



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1	1294	Pedro Arsenio	00:16:21	00:32:14	00:32:12	1		Senior	1
2	1554	Carlos Cardoso	00:16:23	00:32:39	00:32:38	2		V35	1
3	812	João Figueiredo	00:16:25	00:33:23	00:33:20	3		Senior	2
4	772	Rui Pereira	00:16:27	00:34:23	00:34:21	4		Senior	3
5	814	José Gaspar	00:16:29	00:34:45	00:34:42	5		V40	1
6	441	Filipe Januario	00:16:30	00:35:19	00:35:17	6	Clube Millennium bcp	Senior	4
7	281	Nuno Pinho	00:16:30	00:35:24	00:35:23	7		V35	2
8	1359	Hugo Rodrigues	00:16:30	00:35:35	00:35:33	8		Senior	5
9	1087	Bruno Lourenço	00:16:30	00:35:44	00:35:41	9		Senior	6
10	748	Fábio Durão	00:16:30	00:35:59	00:35:58	10	Clube Desportivo Ribeirense	Senior	7
11	440	Andre Januario	00:18:07	00:36:27	00:36:25	11	Clube Millennium bcp	Senior	8
12	1005	Nuno Lopes	00:18:09	00:36:48	00:36:47	12		Senior	9
13	227	Paulo Alves	00:18:22	00:36:54	00:36:52	13	GDCTINCM	V35	3
14	544	Nuno Rodrigues	00:18:23	00:37:01	00:36:58	14	Casa do Benfica em Castelo Branco	V35	4
15	719	Rui Parrochinha	00:18:22	00:37:32	00:37:29	15	Clube Desportivo Ribeirense	V40	2
16	255	Leonardo Simões	00:18:26	00:37:52	00:37:44	16		V35	5
17	469	Rui Henriques	00:18:54	00:38:10	00:38:07	17	Serviços Sociais Montepio	V35	6
18	811	Sandra Protásio	00:19:00	00:38:15	00:38:12	18		Senior	1
19	1549	Bruno Inacio	00:19:00	00:38:33	00:38:30	19		Senior	10
20	192	Carlos Queirós	00:19:01	00:38:39	00:38:37	20	A. D. Amarante Atletismo	Senior	11



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
21	716	Amândio Paulo	00:19:05	00:38:50	00:38:47	21	Clube Desportivo Ribeirense	V45	1
22	813	Alexandra Alves	00:19:09	00:39:15	00:39:14	24		Senior	2
23	154	David Karim	00:19:49	00:39:21	00:39:18	25		V35	7
24	1038	Rui Sequeira	00:19:41	00:39:25	00:39:08	22		V40	3
25	1555	Miguel Silva	00:19:26	00:39:31	00:39:09	23		Senior	12
26	464	Pedro Serra	00:19:58	00:39:39	00:39:19	26	Tartarugas Solidarias	Senior	13
27	860	José Lopes	00:19:48	00:39:43	00:39:39	27		V50	1
28	1551	Pedro Burrica	00:19:37	00:39:50	00:39:49	30		V40	4
29	715	Paulo Ferreira	00:19:24	00:39:54	00:39:54	32	Clube Desportivo Ribeirense	V35	8
30	943	Samuel Galveia	00:19:54	00:39:54	00:39:49	29	C.A.D.T.Portucel Setubal	V65	1
31	1545	Kcénia Bougrova	00:19:27	00:39:55	00:39:53	31		Senior	3
32	730	Rui Duarte	00:19:51	00:39:58	00:39:43	28		V45	2
33	1162	Jorge Marrão	00:19:43	00:40:07	00:40:03	33		V40	5
34	1262	João Cardoso	00:19:54	00:40:07	00:40:05	34		V55	1
35	832	Joao Vasconcelos	00:20:06	00:40:23	00:40:13	35	Clube TAP PORTUGAL	V55	2
36	891	Sérgio Malheiro	00:20:11	00:40:26	00:40:22	36	Linda-a-Pastora Sporting Clube	V35	9
37	280	Pedro Henriques	00:20:04	00:40:29	00:40:27	37		Senior	14
38	207	Ricardo Ramalhete	00:20:09	00:40:43	00:40:37	38		V35	10
39	951	José Simões	00:20:03	00:40:52	00:40:51	39		V55	3
40	290	José Gomes	00:20:32	00:41:03	00:41:00	42		V55	4



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
41	997	António Varandas	00:20:37	00:41:06	00:40:58	40		V45	3
42	210	Bruno Amaro	00:20:12	00:41:12	00:40:59	41		V35	11
43	353	Nuno Mendão	00:20:42	00:41:14	00:41:05	43		V40	6
44	1341	Nuno Santos	00:20:33	00:41:23	00:41:18	45		V35	12
45	1093	Nuno Calisto	00:20:28	00:41:23	00:41:20	46		V40	7
46	896	Mario Lopo	00:20:44	00:41:27	00:41:20	47	G.D.Zambujeira e Serra do Calvo	Senior	15
47	895	Francisco Inacio	00:20:45	00:41:27	00:41:09	44	G.D.Zambujeira e Serra do Calvo	Senior	16
48	1530	Jose Silva	00:20:37	00:41:29	00:41:24	48		V50	2
49	1097	Helena Miranda	00:20:24	00:41:29	00:41:28	50		Senior	4
50	292	Luis Alves	00:20:31	00:41:31	00:41:24	49		V35	13
51	560	Duarte Costa	00:20:23	00:41:35	00:41:33	51		Senior	17
52	788	Jose Correia	00:20:42	00:41:39	00:41:34	52	NAV RUNNERS	V55	5
53	839	Rui Soeiro	00:20:42	00:41:39	00:41:34	53	Clube TAP PORTUGAL	V35	14
54	94	Nuno Sousa	00:20:35	00:41:46	00:41:43	55	GDCTINCM	V40	8
55	841	Daniel Trindade	00:20:14	00:41:53	00:41:43	56	Trindade	Junior	1
56	901	João Franco	00:21:07	00:41:54	00:41:48	58	G.D.Zambujeira e Serra do Calvo	V60	1
57	833	Carlos Pedro	00:20:43	00:41:56	00:41:45	57	Clube TAP PORTUGAL	V45	4
58	642	Filipe Silva	00:20:45	00:42:00	00:41:55	61	Tranquilidade Açoreana Clube	V40	9
59	347	Paulo Ferreira	00:20:48	00:42:02	00:41:49	59		V35	15
60	392	Rui Carvalho	00:21:09	00:42:10	00:41:38	54		V35	16

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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
61	139	Ricardo Leitão	00:20:44	00:42:11	00:42:00	62		V40	10
62	184	Paulo Novais	00:21:18	00:42:15	00:41:52	60	Grupo dos Amigos do Atletismo de Vila Franca d	V40	11
63	1031	Fernando Matos	00:20:52	00:42:16	00:42:11	64		V35	17
64	49	José Esteves	00:21:12	00:42:17	00:42:03	63	Tartarugas Solidarias	V50	3
65	93	Nuno Henriques	00:21:05	00:42:22	00:42:19	66	GDCTINCM	V40	12
66	919	Bruno Carrilho	00:21:01	00:42:28	00:42:26	67	ACPortalegre/UTSM	V35	18
67	986	Paulo Reis	00:20:39	00:42:31	00:42:28	69		Senior	18
68	751	Alexandre Vaz	00:20:31	00:42:31	00:42:27	68		V40	13
69	680	Rui Machinho	00:20:45	00:42:36	00:42:33	71	GD SANTANDERTOTTA	V40	14
70	893	Rui Aguiar	00:20:43	00:42:45	00:42:43	73	G.D.Zambujeira e Serra do Calvo	V40	15
71	358	Marco Lourenço	00:20:57	00:42:53	00:42:41	72		V35	19
72	484	Constantino Araújo	00:22:19	00:42:57	00:42:15	65		V50	4
73	1429	António Costa	00:21:41	00:42:58	00:42:33	70		V50	5
74	869	João Simões	00:21:01	00:43:01	00:42:49	75		Senior	19
75	1579	Emilio Deslgado	00:20:45	00:43:02	00:42:54	76		Senior	20
76	1345	Carlos Santos	00:21:40	00:43:04	00:42:45	74		V40	16
77	1102	Angelo Relvas	00:21:22	00:43:07	00:43:03	78		V40	17
78	908	Edgar Aguiar	00:21:13	00:43:07	00:43:01	77		Senior	21
79	329	Pedro Marques	00:21:18	00:43:11	00:43:04	80		V45	5
80	200	Stephane Almeida	00:21:21	00:43:15	00:43:11	81	Caracóis de Pedra	V35	20



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
81	228	Rui Correia	00:20:52	00:43:20	00:43:17	84	GDCTINCM	V40	18
82	740	João Silva	00:21:50	00:43:21	00:43:12	82	Casa da Dizima	V35	21
83	818	Margarida Amaro	00:21:27	00:43:22	00:43:19	85		V40	1
84	1311	Helder Tomas	00:20:45	00:43:23	00:43:16	83		V40	19
85	1035	Renato Manuel	00:21:24	00:43:26	00:43:23	87		V40	20
86	840	António Martins	00:21:43	00:43:26	00:43:21	86	NAV RUNNERS	V50	6
87	872	Pedro Reis	00:21:44	00:43:26	00:43:23	88	NAV RUNNERS	V45	6
88	660	João Nunes	00:21:03	00:43:33	00:43:31	91		V50	7
89	712	Miguel Gineto	00:21:08	00:43:39	00:43:37	94	Clube Desportivo Ribeiense	V40	21
90	179	Frederico Miranda	00:21:30	00:43:42	00:43:37	95		V35	22
91	363	António Lopes	00:21:27	00:43:42	00:43:31	92		V45	7
92	1233	Luis Aurélio	00:22:10	00:43:49	00:43:39	96		V45	8
93	1150	Rodrigo Carrera	00:21:43	00:43:52	00:43:46	98		Senior	22
94	764	Rui Valério	00:21:44	00:43:52	00:43:47	99	NAV RUNNERS	Senior	23
95	861	Bruno Dias	00:21:55	00:43:54	00:43:40	97		V35	23
96	79	Pedro Fontes	00:22:30	00:43:54	00:43:29	89		V35	24
97	249	Carlos Bernardo	00:21:25	00:43:55	00:43:50	100		V45	9
98	939	Teotónio Neto	00:22:10	00:43:57	00:43:33	93	ADRC Mata de Benfica	V50	8
99	1111	Sérgio Manso	00:22:28	00:44:05	00:43:51	101		Senior	24
100	507	José Augusto	00:22:09	00:44:06	00:43:30	90	SS CGD	V35	25



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
101	1358	Tiago Costa	00:21:28	00:44:07	00:44:06	104	pai e filho	Junior	2
102	616	Jorge Nabais	00:23:03	00:44:11	00:43:03	79		V35	26
103	1565	José Oliveira	00:21:48	00:44:15	00:44:05	103		V35	27
104	667	Inácio Ribeiro	00:21:26	00:44:16	00:44:08	105	Terroros do Asfalto	Senior	25
105	256	Ricardo Rosa	00:22:01	00:44:18	00:44:08	106		V35	28
106	390	Ana Mendes	00:21:46	00:44:19	00:44:15	107		V40	2
107	1452	Sérgio Feliciano	00:22:16	00:44:22	00:44:16	108		V40	22
108	506	Joaquim Frade	00:21:55	00:44:23	00:44:18	109	SS CGD	V60	2
109	972	Sílvia Oliveira	00:22:13	00:44:24	00:44:19	110		V40	3
110	674	Leonilde Rita	00:22:00	00:44:24	00:44:22	112		Senior	5
111	1238	Rui Correa	00:22:07	00:44:27	00:44:25	115		Senior	26
112	1426	Carlos Ribeiro	00:21:43	00:44:29	00:44:22	113		V55	6
113	252	António Ferreira	00:21:48	00:44:32	00:44:20	111		Senior	27
114	898	Eurico Agostinho	00:21:46	00:44:35	00:44:29	118	G.D.Zambuqueira e Serra do Calvo	V55	7
115	1279	Tiago Alves	00:21:45	00:44:37	00:44:33	121	Grupo Barraqueiro	Senior	28
116	1096	Luis Pires	00:21:35	00:44:38	00:44:31	120		V45	10
117	1248	Nuno Aniceto	00:22:41	00:44:38	00:44:03	102	ACCENTURE	Senior	29
118	605	José Badalo	00:22:25	00:44:40	00:44:24	114	ADCSABALDIO	V50	9
119	828	Fernando Pereira	00:22:18	00:44:40	00:44:30	119	Clube TAP PORTUGAL	V50	10
120	214	Hugo Torres	00:21:52	00:44:44	00:44:37	123		V40	23



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
121	1067	Ruben	00:22:08	00:44:45	00:44:28	116	Clube Groundforce Portugal	Senior	30
122	894	Diogo Leal	00:21:49	00:44:45	00:44:39	125	G.D.Zambujeira e Serra do Calvo	Senior	31
123	1380	Miguel Querido	00:21:39	00:44:47	00:44:28	117		Senior	32
124	76	Jose Pereira	00:21:53	00:44:50	00:44:44	129		V40	24
125	503	Henrique Amador	00:22:00	00:44:50	00:44:43	127	SS CGD	V45	11
126	892	João Calçada	00:22:35	00:44:53	00:44:37	124	G.D.Zambujeira e Serra do Calvo	V45	12
127	1396	Fernando Fernandes	00:21:54	00:44:56	00:44:51	135		V60	3
128	359	Pedro Neto	00:22:58	00:44:57	00:44:36	122		Senior	33
129	1141	Bruno Gomes	00:22:23	00:44:57	00:44:49	133		Senior	34
130	114	Jose Bueno	00:21:43	00:44:58	00:44:54	139		V35	29
131	1474	Sérgio Pires	00:22:47	00:44:59	00:44:42	126		V40	25
132	1026	Filipe Marques	00:21:57	00:44:59	00:44:54	138		V40	26
133	669	Rui Luis	00:21:56	00:45:00	00:44:55	140	Terroros do Asfalto	V40	27
134	41	João Melo	00:22:35	00:45:00	00:44:46	130		V40	28
135	1522	Ana Alves	00:22:30	00:45:03	00:44:53	136		Senior	6
136	1338	Francisco Loureiro	00:22:46	00:45:03	00:44:50	134		Junior	3
137	371	Joao Goncalves	00:22:03	00:45:08	00:45:05	146		V45	13
138	653	Virgílio Madeira	00:23:02	00:45:09	00:44:53	137	Tranquilidade Açoreana Clube	V55	8
139	651	Nelson Mota	00:22:47	00:45:09	00:44:46	131	Tranquilidade Açoreana Clube	V45	14
140	1176	Ruben Fortes	00:22:14	00:45:10	00:45:00	144		V35	30



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
141	158	Alexandre Cavalheiro	00:22:49	00:45:11	00:45:05	147		V40	29
142	584	Luis Jose	00:22:51	00:45:11	00:44:43	128		V45	15
143	271	Dário Fidalgo	00:22:54	00:45:12	00:44:47	132	Falck SCI Running Team	Senior	35
144	858	João Reis	00:22:33	00:45:14	00:44:57	141		V50	11
145	958	Mário Clemente	00:22:04	00:45:14	00:44:59	143		V40	30
146	1013	Francisco Fernandes	00:22:06	00:45:22	00:45:07	150		V35	31
147	591	Miguel Sousa	00:22:54	00:45:24	00:44:58	142	CLUBE COLABORADORES AGEAS	V40	31
148	1220	Rui Duarte	00:22:43	00:45:25	00:45:11	153		V40	32
149	1553	Daniel Morais	00:22:33	00:45:26	00:45:14	155		V45	16
150	1049	Paulo Henriques	00:21:57	00:45:28	00:45:25	158	Clube Groundforce Portugal	V40	33
151	713	António Palmeira	00:22:41	00:45:29	00:45:20	157	Clube Desportivo Ribeiense	V40	34
152	1226	João Saldanha	00:22:24	00:45:32	00:45:26	159		V40	35
153	1347	Camilo Tarmahomed	00:22:49	00:45:33	00:45:07	148		V45	17
154	1305	Pedro Gomes	00:22:10	00:45:36	00:45:17	156	Clube de Atletismo Odimarq	V35	32
155	108	Inês Brito	00:22:26	00:45:40	00:45:34	166		V45	1
156	365	Vitor Borges	00:22:16	00:45:41	00:45:37	169		Senior	36
157	1221	António Moita	00:22:57	00:45:43	00:45:33	164		V55	9
158	701	Pedro Xavier	00:23:03	00:45:43	00:45:08	152	GD SANTANDERTOTTA	V45	18
159	344	Jorge Vaz	00:22:22	00:45:43	00:45:37	168		V40	36
160	317	Filipa Costa	00:23:03	00:45:43	00:45:28	160	PRAFITCLUB	Senior	7



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
161	486	Marco Constantino	00:23:05	00:45:44	00:45:07	149		V35	33
162	1550	João Marinho	00:22:13	00:45:45	00:45:29	161		V45	19
163	1039	Paulo Costa	00:23:09	00:45:45	00:45:32	163		V45	20
164	1558	Sara Marinho	00:22:12	00:45:45	00:45:29	162		Senior	8
165	1105	Helder Silva	00:22:50	00:45:45	00:45:08	151		V40	37
166	1237	Francisco Casegas	00:22:49	00:45:47	00:45:46	173		Senior	37
167	1417	Orlando Alves	00:23:03	00:45:49	00:45:39	170		V45	21
168	1192	Joaquim Maia	00:23:03	00:45:49	00:45:34	167		V50	12
169	1106	João Caeiro	00:23:11	00:45:49	00:45:12	154		V35	34
170	1184	Rui Guerreiro	00:22:47	00:45:52	00:45:47	175		V35	35
171	117	André Martins	00:22:19	00:45:52	00:45:50	179	Tesco Team Running	V40	38
172	1251	Ricardo Firmino	00:22:20	00:45:53	00:45:47	176	ACCENTURE	V40	39
173	714	João Justo	00:22:42	00:45:56	00:45:47	177	Clube Desportivo Ribeirense	V40	40
174	324	José Pinto	00:22:19	00:45:56	00:45:46	174	Clinica Dr. Cautela	V50	13
175	935	António Teixeira	00:23:07	00:45:58	00:45:34	165		V45	22
176	84	Humberto Borges	00:22:20	00:46:01	00:45:49	178		V45	23
177	717	Rodolfo Deyllot	00:22:22	00:46:01	00:45:56	180	Clube Desportivo Ribeirense	V50	14
178	1456	João Navarro	00:22:57	00:46:02	00:45:43	171		V40	41
179	571	Nuno Ferreira	00:24:08	00:46:04	00:45:02	145		V40	42
180	910	Torquato Cardoso	00:22:40	00:46:07	00:45:57	181	NAV RUNNERS	Senior	38



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
181	516	Pedro Fontoura	00:22:51	00:46:11	00:46:05	185	SS CGD	V45	24
182	1377	João Simões	00:22:01	00:46:14	00:46:11	191		Junior	4
183	1249	Paulo Campos	00:22:29	00:46:16	00:46:09	188	ACCENTURE	V45	25
184	578	André Campos	00:22:54	00:46:18	00:45:58	182		Senior	39
185	1400	Rodrigo Francisco	00:22:30	00:46:18	00:46:03	183		Junior	5
186	1399	Vitor Francisco	00:22:30	00:46:18	00:46:04	184		V45	26
187	1081	Rui Pedro	00:22:46	00:46:22	00:46:14	192		V35	36
188	14	Ana Correia	00:22:36	00:46:22	00:46:10	189	Grupo Barraqueiro	V35	1
189	15	Gil Carneiro	00:22:29	00:46:23	00:46:10	190		V35	37
190	398	Cristina Lourenco	00:23:34	00:46:25	00:46:09	187	Clube Millennium bcp	V50	1
191	260	Ernesto Pereira	00:23:00	00:46:30	00:46:29	197	Fariseus	V45	27
192	473	Paulo Rodrigues	00:23:03	00:46:31	00:46:25	194	Serviços Sociais Montepio	V40	43
193	1061	Rodrigo Santo	00:21:33	00:46:41	00:46:27	196	Clube Groundforce Portugal	V40	44
194	1194	Pedro Vicente	00:23:35	00:46:44	00:46:26	195		V40	45
195	1083	Pedro Caramba	00:23:23	00:46:46	00:46:33	200		V40	46
196	829	Jorge Gonçalves	00:23:39	00:46:49	00:45:44	172	Clube TAP PORTUGAL	Senior	40
197	1357	Carlos Costa	00:22:57	00:46:50	00:46:47	202	pai e filho	V45	28
198	28	Jorge Azevedo	00:23:28	00:46:52	00:46:31	198		V45	29
199	569	Luís Godinho	00:23:02	00:46:53	00:46:32	199		V35	38
200	1171	Pedro Ponte	00:22:50	00:46:57	00:46:49	203		V35	39



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
201	1344	Pedro Santos	00:22:45	00:47:05	00:46:56	209		V40	47
202	1329	Vicente Boto	00:22:58	00:47:05	00:47:03	213		V45	30
203	1092	José Caldeira	00:24:08	00:47:07	00:46:08	186		V45	31
204	897	Antonio Clara	00:23:19	00:47:09	00:46:58	211	G.D.Zambuqueira e Serra do Calvo	V55	10
205	852	Diamantino Gamito	00:23:20	00:47:13	00:47:04	214		V50	15
206	1055	Rui Pavia	00:24:07	00:47:13	00:46:15	193	Clube Groundforce Portugal	Senior	41
207	1216	Miguel Judas	00:23:31	00:47:17	00:47:11	219		V40	48
208	1236	Nino Raleiras	00:23:30	00:47:17	00:47:11	220		V45	32
209	635	Armando Parreira	00:23:35	00:47:19	00:46:55	207	Tranquilidade Açoreana Clube	V45	33
210	1320	Rui Santos	00:23:56	00:47:19	00:46:52	204		V35	40
211	327	Evelino Magalhães	00:23:05	00:47:20	00:46:54	205		V40	49
212	334	António Costa	00:23:35	00:47:21	00:47:07	215		V55	11
213	1011	José Barbosa	00:23:53	00:47:22	00:46:40	201		V35	41
214	320	Nuno Matos	00:23:45	00:47:29	00:47:13	221	PRAFITCLUB	V35	42
215	679	Nuno Damiaes	00:23:47	00:47:31	00:46:58	210	GD SANTANDERTOTTA	V35	43
216	546	Leonído Afonso	00:22:16	00:47:33	00:47:30	229	Casa do Benfica em Castelo Branco	V55	12
217	905	Filipe Ribeiro	00:23:14	00:47:33	00:47:29	228		V40	50
218	1304	José Amaro	00:24:25	00:47:38	00:47:24	225	LIZ RUNNERS	V40	51
219	1009	António Fernandes	00:23:44	00:47:40	00:47:33	232	Amigos Vale Silencio	V60	4
220	171	Sérgio Pontes	00:23:26	00:47:40	00:47:29	227	SRED	V40	52



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
221	310	Carlos Marques	00:24:16	00:47:41	00:47:01	212		V35	44
222	989	Paulo Letras	00:23:32	00:47:42	00:47:34	233		V40	53
223	781	Bruno Oliveira	00:22:45	00:47:45	00:47:37	236		V40	54
224	370	Paulo Martins	00:23:01	00:47:48	00:47:10	218		V40	55
225	1273	Júlio Teodoro	00:24:06	00:47:50	00:47:38	237		V40	56
226	1556	Helder Rosário	00:23:23	00:47:51	00:47:39	240		V35	45
227	738	Fernando Paulino	00:22:27	00:47:51	00:47:46	248	Asas nos Pés	V40	57
228	1293	Sílvio Romão	00:24:25	00:47:51	00:47:19	224		V35	46
229	613	Pedro Caetano	00:24:11	00:47:53	00:47:45	247		V50	16
230	58	Carlos Craveira	00:23:25	00:47:55	00:47:43	243		V45	34
231	1499	Pedro Oliveira	00:23:55	00:47:57	00:47:36	234		Senior	42
232	136	Carlos Pereira	00:23:50	00:47:57	00:47:24	226	Pereiras	V35	47
233	557	José Guerreiro	00:24:13	00:47:58	00:46:55	206	Serviços Sociais Montepio	V60	5
234	443	Antonio Braga	00:24:35	00:47:58	00:47:54	257	Clube Millennium bcp	V55	13
235	1328	Tiago Marques	00:24:02	00:48:00	00:47:48	249		Senior	43
236	990	Fernando Cândido	00:23:32	00:48:00	00:47:51	254		V50	17
237	1427	Paulo Costa	00:23:54	00:48:01	00:47:39	238		V45	35
238	1473	Miguel Coutinho	00:24:23	00:48:01	00:47:07	216		V35	48
239	1068	Joana Grilo	00:24:28	00:48:01	00:47:09	217	Clube Groundforce Portugal	V35	2
240	1110	Cátia Guerreiro	00:23:19	00:48:01	00:47:48	251		Senior	9



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
241	1118	Rui Mendes	00:23:23	00:48:03	00:47:56	260		V45	36
242	243	Tiago Ferreira	00:24:14	00:48:04	00:47:31	231	OPTICALIA RUNNING TEAM	V35	49
243	131	Nuno Jacinto	00:24:28	00:48:04	00:47:36	235		Senior	44
244	655	Ricardo Campos	00:24:07	00:48:04	00:47:45	246		V40	58
245	641	Fernando Celestino	00:23:55	00:48:05	00:47:49	252	Tranquilidade Açoreana Clube	V55	14
246	1340	Carlos Nabiça	00:24:20	00:48:05	00:47:43	244		V50	18
247	215	Pedro Rocha	00:23:21	00:48:05	00:47:58	263	EXTERNATO DA LUZ	V40	59
248	718	Nuno Moleano	00:23:15	00:48:06	00:47:58	264	Clube Desportivo Ribeirense	V40	60
249	103	Aníbal Fernandes	00:24:26	00:48:13	00:47:31	230		V40	61
250	412	João Calado	00:24:22	00:48:16	00:47:50	253	Clube Millennium bcp	V50	19
251	590	Miguel Esteves	00:24:08	00:48:17	00:47:56	261	CLUBE COLABORADORES AGEAS	V35	50
252	1403	Joao Oliveira	00:25:27	00:48:17	00:46:56	208		Senior	45
253	618	Pedro Borges	00:23:53	00:48:18	00:47:53	256		Senior	46
254	157	Hugo Barreto	00:24:26	00:48:18	00:47:52	255		V35	51
255	1189	António Cadima	00:23:23	00:48:20	00:48:15	279		Senior	47
256	431	Carlos Dinis	00:23:50	00:48:20	00:48:16	280	Clube Millennium bcp	V50	20
257	176	David Pinheiro	00:24:43	00:48:22	00:47:39	239	Desportivo de Odivelas	V35	52
258	462	Pedro Curto	00:23:41	00:48:22	00:48:06	273	Link	Senior	48
259	402	Sergio Goncalves	00:24:20	00:48:22	00:47:48	250	Clube Millennium bcp	V40	62
260	60	Henrique Horta	00:23:43	00:48:22	00:48:05	272		V50	21



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
261	430	Hugo Trolho	00:24:13	00:48:23	00:48:04	271	Clube Millennium bcp	V40	63
262	510	Jose Martins	00:25:01	00:48:23	00:47:18	223	SS CGD	V40	64
263	520	Miguel Vinagre	00:24:28	00:48:24	00:47:59	265	CCD Crédito Agrícola Mútuo	V40	65
264	1277	António Almeida	00:24:08	00:48:25	00:47:42	242	Grupo Barraqueiro	V35	53
265	548	José Godinho	00:23:19	00:48:27	00:48:20	284	Casa do Benfica em Castelo Branco	V45	37
266	130	Adelino Inês	00:24:09	00:48:27	00:48:22	285	Casa do Benfica em Castelo Branco	Senior	49
267	178	Bruno Baleizão	00:24:23	00:48:27	00:47:58	262		Senior	50
268	572	Filipe Morais	00:24:09	00:48:28	00:47:56	259	EXTERNATO DA LUZ	V35	54
269	102	Paulo Caldeira	00:23:25	00:48:30	00:48:20	283		V35	55
270	689	Jose Pereira	00:24:21	00:48:32	00:48:08	276	GD SANTANDERTOTTA	V45	38
271	1322	Paulo Garrudo	00:24:23	00:48:34	00:48:06	274		V40	66
272	694	Daniel Simoes	00:24:28	00:48:35	00:48:01	266	GD SANTANDERTOTTA	V40	67
273	284	Luis Palma	00:24:05	00:48:35	00:48:04	270		V40	68
274	1374	Gonçalo Duque	00:23:54	00:48:36	00:48:02	267		Junior	6
275	241	João Fragoso	00:23:32	00:48:37	00:48:33	292	2Fast4You	V40	69
276	810	Luís Trigo	00:24:02	00:48:38	00:47:56	258		V35	56
277	1302	José Santos	00:23:47	00:48:39	00:48:29	287		V55	15
278	1047	Joana Craveiro	00:24:14	00:48:39	00:48:14	278	Clube Groundforce Portugal	V35	3
279	855	Pedro Pinel	00:25:06	00:48:39	00:48:04	269	NAV RUNNERS	V45	39
280	830	Manuel Mexia	00:26:00	00:48:40	00:47:13	222	Clube TAP PORTUGAL	V50	22



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
281	1151	Pedro Ramos	00:23:41	00:48:40	00:48:30	288		V45	40
282	277	Henrique Coquenim	00:24:43	00:48:42	00:48:07	275		V50	23
283	1582	Nunocristovão	00:23:39	00:48:45	00:48:35	294		V45	2
284	1122	Alexandre Mateus	00:24:02	00:48:46	00:48:38	297		V40	70
285	220	Francisco Passos	00:24:24	00:48:51	00:48:11	277		V55	16
286	1290	Eduardo Pinto	00:24:13	00:48:52	00:48:31	290		Senior	51
287	1325	Rui Sá	00:24:31	00:48:56	00:48:29	286		V35	57
288	1298	Bruno Silva	00:24:32	00:48:58	00:48:18	281		Senior	52
289	1007	José Raposo	00:24:21	00:49:00	00:48:34	293		V45	41
290	351	Pedro Coelho	00:24:22	00:49:00	00:48:36	296		V40	71
291	722	Pedro Silva	00:24:25	00:49:01	00:48:32	291	Serviços Sociais Montepio	Junior	7
292	1402	Nuno Soares	00:25:27	00:49:02	00:47:41	241		Senior	53
293	924	Gonçalo Cardoso	00:25:32	00:49:03	00:47:45	245	Os Coxos	Senior	54
294	1471	João Félix	00:24:49	00:49:03	00:48:36	295		Senior	55
295	459	Gonçalo Grazina	00:24:15	00:49:03	00:48:47	300	Link	Senior	56
296	195	Carlos Jesus	00:23:49	00:49:06	00:48:42	299		V35	58
297	1164	Sergio Catita	00:25:28	00:49:08	00:48:55	303		V40	72
298	101	Joao Moreira	00:24:29	00:49:08	00:49:00	306		V45	42
299	899	Lucas Delgado	00:24:33	00:49:09	00:48:50	302	G.D.Zambujeira e Serra do Calvo	V60	6
300	1227	Sergio Nunes	00:25:11	00:49:10	00:48:03	268	marvila jovem	V40	73



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
301	1012	Miguel Costa	00:24:43	00:49:11	00:48:38	298		V40	74
302	1569	José Augusto	00:24:48	00:49:12	00:48:59	305		V55	17
303	496	Pedro Ferreira	00:24:59	00:49:13	00:48:18	282		V35	59
304	514	Orlindo Figueiredo	00:24:10	00:49:17	00:49:14	318	SS CGD	V65	2
305	998	Ernesto Guia	00:24:49	00:49:17	00:49:10	311		V60	7
306	180	Margarida Godinho	00:24:41	00:49:18	00:49:13	316		V55	1
307	185	Antonio Ribeiro	00:24:31	00:49:21	00:48:57	304	Grupo dos Amigos do Atletismo de Vila Franca d	V55	18
308	338	Nelson Lourenço	00:24:28	00:49:22	00:49:13	317		V45	43
309	1018	Paulo Enes	00:24:44	00:49:24	00:49:04	308		V55	19
310	500	Fernando Lima	00:24:15	00:49:24	00:49:16	319	SS CGD	V45	44
311	447	João Fernandes	00:24:52	00:49:25	00:48:48	301		V35	60
312	368	Hugo Sequeira	00:24:08	00:49:38	00:49:33	332		V40	75
313	213	Álvaro Gomes	00:24:58	00:49:39	00:49:25	325		V40	76
314	1368	Daniel Silva	00:24:37	00:49:39	00:49:01	307	Chalet D'Ávila	Senior	57
315	1537	Paulo Gonçalves	00:24:45	00:49:39	00:49:28	326		V45	45
316	1139	José Tomás	00:25:31	00:49:41	00:49:36	338		V60	8
317	362	Bart Schoenmakers	00:24:19	00:49:42	00:49:10	312	G. D. I. N. E.	V45	46
318	1332	Hernâni Silva	00:24:40	00:49:44	00:49:37	340	Amigos Vale Silencio	V55	20
319	1561	João Barreto	00:26:24	00:49:44	00:49:24	324		V50	24
320	1283	Pedro Cruz	00:25:12	00:49:45	00:48:30	289		V40	77



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
321	1288	Ricardo Santos	00:25:20	00:49:47	00:49:05	310		V35	61
322	1121	Pedro Vicente	00:24:13	00:49:48	00:49:43	343		V50	25
323	532	Rafael Lopes	00:24:00	00:49:50	00:49:32	330	Link	Junior	8
324	1422	Ricardo Rodrigues	00:24:31	00:49:54	00:49:31	328		Senior	58
325	337	João Rebelo	00:24:48	00:49:54	00:49:36	337		V50	26
326	728	Vitor Bernardo	00:24:32	00:49:56	00:49:20	322		V35	62
327	1116	José Cruz	00:23:46	00:49:56	00:49:22	323	Run for Lunch	V40	78
328	92	Nuno Gonçalves	00:25:12	00:49:56	00:49:17	321	GDCTINCM	V40	79
329	361	Hugo Dias	00:25:19	00:49:57	00:49:37	339		V40	80
330	611	António Rodrigues	00:25:32	00:49:57	00:49:13	313		V50	27
331	656	António Marques	00:24:42	00:49:58	00:49:46	345		V55	21
332	900	Valentim Fernandes	00:24:23	00:50:00	00:49:51	348	G.D.Zamujeira e Serra do Calvo	V60	9
333	1436	Duarte Delgado	00:24:59	00:50:00	00:49:30	327		Senior	59
334	456	Fernando Faria	00:24:32	00:50:03	00:49:48	347	Link	V55	22
335	1278	Carlos Amaro	00:25:17	00:50:03	00:49:13	314	Grupo Barraqueiro	V35	63
336	974	Pedro Pinto	00:25:20	00:50:04	00:49:17	320		Senior	60
337	163	Leonor Loureiro	00:25:28	00:50:05	00:49:45	344	Falcões Selvagens	Junior	1
338	1285	José Veiga	00:25:48	00:50:07	00:49:35	336		V55	23
339	1301	João Veiga	00:25:48	00:50:07	00:49:35	334		Senior	61
340	1181	José Charrua	00:25:34	00:50:11	00:50:02	356		V35	64



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
341	480	Ioan Matei	00:24:46	00:50:11	00:50:09	364		V55	24
342	1104	José Belo	00:25:22	00:50:11	00:49:35	335		V45	47
343	756	Helder Silvério	00:25:31	00:50:14	00:50:09	365		V45	48
344	1462	Maria Oliveira	00:24:59	00:50:15	00:50:11	368		V50	2
345	1284	Anibal Carvalho	00:25:08	00:50:17	00:49:59	352		V65	3
346	1165	Sergio Caetano	00:25:33	00:50:17	00:49:31	329		V40	81
347	306	Bruno Reis	00:25:17	00:50:20	00:49:59	351		V40	82
348	1408	Marco Júlio	00:24:59	00:50:22	00:50:00	353		V35	65
349	725	Luis Dias	00:25:04	00:50:23	00:49:57	350		V45	49
350	938	Catarina Quinteiro	00:26:04	00:50:24	00:49:05	309	Os Coxos	V35	4
351	1560	Mahendrasinh Bassangy	00:23:13	00:50:27	00:50:07	362		V50	28
352	878	Antonio Ferreira	00:25:23	00:50:27	00:50:05	359		V55	25
353	824	Luís Leão	00:26:36	00:50:28	00:49:13	315	STANLEY SECURITY PORTUGAL	V35	66
354	530	Pedro Chaves	00:25:31	00:50:28	00:49:33	331	Golfinhos	Senior	62
355	844	Henrique Dias	00:25:47	00:50:30	00:49:33	333		V60	10
356	457	Carlos Palma	00:25:06	00:50:31	00:50:14	370	Link	V45	50
357	1069	Carlos Nunes	00:24:28	00:50:31	00:50:18	371	Clube Groundforce Portugal	V45	51
358	845	Raul Vasconcelos	00:25:19	00:50:32	00:50:04	357		V35	67
359	533	Isabel Rodrigues	00:25:30	00:50:36	00:50:10	367	ADCR PJ	V45	3
360	342	Ricardo Furtado	00:25:03	00:50:36	00:49:38	341		V35	68



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
361	755	Gonçalo Carpinteiro	00:25:23	00:50:39	00:49:56	349		V35	69
362	1119	Carlos Madureira	00:24:37	00:50:40	00:50:14	369		Senior	63
363	1178	Armindo Gariso	00:25:34	00:50:41	00:50:01	354		V45	52
364	181	Manuel Navarro	00:25:38	00:50:42	00:50:02	355		V35	70
365	1198	João Fernandes	00:24:27	00:50:43	00:50:27	375		V40	83
366	276	Ricardo Marques	00:24:31	00:50:45	00:50:21	372	Falck SCI Running Team	V35	71
367	505	João Marques	00:26:47	00:50:50	00:50:08	363	SS CGD	V40	84
368	670	Pedro Matos	00:25:15	00:50:50	00:50:33	376		V50	29
369	418	Pedro Pereira	00:25:54	00:50:51	00:50:09	366	Clube Millennium bcp	V50	30
370	1126	Jorge Amaral	00:25:01	00:50:52	00:50:45	380		V45	53
371	843	Rodrigo Machado	00:24:57	00:50:54	00:50:45	379		V45	54
372	110	Fábio Alves	00:27:01	00:50:55	00:49:41	342		Senior	64
373	1125	Tina Oliveira	00:25:04	00:50:56	00:50:49	382		V50	3
374	554	Carlos Ferreira	00:25:04	00:50:56	00:50:49	383	NUCLEO DESPORTIVO AUTOCOOPE	V60	11
375	498	Bruno Dias	00:24:55	00:50:58	00:50:47	381	SS CGD	V40	85
376	568	João Estevão	00:25:15	00:50:59	00:50:42	378		V35	72
377	147	Gil Pinela	00:23:23	00:51:04	00:51:01	389		V40	86
378	419	Luis Goncalves	00:26:06	00:51:05	00:49:47	346	Clube Millennium bcp	V40	87
379	909	Carlos Calmão	00:24:46	00:51:07	00:50:25	374		V35	73
380	232	João Valeriano	00:26:03	00:51:07	00:50:05	358	Fast Turtles	Senior	65



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
381	472	Paulo Rainho	00:27:16	00:51:09	00:50:05	360	Serviços Sociais Montepio	V50	31
382	743	Ricardo Marques	00:25:41	00:51:12	00:50:22	373	Dá-le!	Senior	66
383	268	Pedro Correia	00:26:03	00:51:14	00:50:36	377		V35	74
384	302	Tiago Fonseca	00:25:08	00:51:14	00:51:04	396		V40	88
385	634	António Sena	00:24:59	00:51:15	00:50:53	386	Tranquilidade Açoreana Clube	V45	55
386	640	Elizete Duarte	00:25:21	00:51:15	00:51:03	394	Tranquilidade Açoreana Clube	V40	4
387	1066	Pedro Manaças	00:25:51	00:51:19	00:51:02	390	Clube Groundforce Portugal	V40	89
388	1385	Rodrigo Durao	00:25:07	00:51:21	00:51:02	391		V40	90
389	326	João Godinho	00:25:31	00:51:22	00:50:53	387		Senior	67
390	1101	Lina Eugénio	00:24:43	00:51:23	00:51:19	405		Senior	10
391	936	Rui Guarda	00:26:32	00:51:24	00:50:06	361	Os Coxos	V35	75
392	494	Gonçalo Telo	00:25:23	00:51:26	00:51:07	397		Senior	68
393	1478	Paulo Brito	00:23:56	00:51:30	00:51:24	412	J.O.M.A. (Juventude Operária do Monte Abraão	V45	56
394	1166	João Pires	00:25:32	00:51:30	00:51:19	404		V35	76
395	261	Vital Vilarinho	00:26:52	00:51:31	00:50:51	385		V35	77
396	727	José Amaral	00:26:02	00:51:36	00:51:07	398		V45	57
397	1114	Luís Duarte	00:26:04	00:51:37	00:51:34	422		V70	1
398	19	Nuno Carvalho	00:25:30	00:51:42	00:51:18	402		V35	78
399	50	Hugo Gonçalves	00:25:30	00:51:43	00:51:19	403		V35	79
400	1453	João Cunha	00:25:19	00:51:44	00:51:16	401		Senior	69



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
401	570	Luis Meirinhos	00:24:28	00:51:47	00:51:23	411		V40	91
402	527	Luis Damião	00:25:14	00:51:48	00:51:23	410	CCD Crédito Agrícola Mútuo	V50	32
403	91	Nuno Carvalho	00:26:10	00:51:48	00:51:08	399	GDCTINCM	V40	92
404	529	João Cruz	00:22:17	00:51:49	00:51:20	406	Golfinhos	Senior	70
405	360	Joao Macedo	00:25:19	00:51:49	00:51:31	419		V50	33
406	597	Fernando Luz	00:25:36	00:51:50	00:51:28	415	GDCT Unicre	V45	58
407	877	Rui Nunes	00:24:55	00:51:50	00:51:28	414		V35	80
408	627	Almerindo Silva	00:25:16	00:51:51	00:51:35	423	A.D.C.Catujal	V55	26
409	1129	Tiago Brandão	00:24:59	00:51:51	00:51:40	428		Senior	71
410	132	André Laborinho	00:25:00	00:51:51	00:51:44	436		V45	59
411	550	Nuno Serrnao	00:26:18	00:51:52	00:51:03	393	Os Cansados	V35	81
412	551	Joel Mósca	00:26:18	00:51:52	00:51:04	395	Os Cansados	V50	34
413	340	Pedro Barroso	00:25:27	00:51:52	00:51:09	400		V35	82
414	151	Maria Gonçalves	00:26:08	00:51:53	00:51:39	427		V50	4
415	1373	Alfredo Notário	00:25:45	00:51:54	00:51:35	424		V45	60
416	1197	Bruno Martins	00:25:44	00:51:55	00:51:27	413		V40	93
417	1117	Rui Carricho	00:25:14	00:51:57	00:51:43	433		Senior	72
418	881	João Fialho	00:25:30	00:52:05	00:51:22	409		V35	83
419	628	João Passeiro	00:25:23	00:52:05	00:51:49	439	A.D.C.Catujal	V55	27
420	406	Pedro Fernandes	00:26:48	00:52:09	00:50:51	384	Clube Millennium bcp	V40	94



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
421	203	António Novas	00:26:47	00:52:10	00:50:59	388		V35	84
422	1138	Rui Silva	00:26:04	00:52:11	00:51:43	432		V45	61
423	1016	Nuno Purificação	00:25:38	00:52:13	00:51:46	437		V50	35
424	904	Luis Baptista	00:27:04	00:52:13	00:51:38	425		Senior	73
425	540	Rodrigo Mariano	00:25:34	00:52:15	00:51:31	418	ROFF	V40	95
426	1389	Ilda Cruz	00:25:48	00:52:16	00:51:50	440		V50	5
427	1333	Fernando Fatela	00:25:29	00:52:16	00:52:04	450	NAV RUNNERS	V55	28
428	1130	João Valente	00:26:00	00:52:16	00:51:02	392		V45	62
429	521	João Pereira	00:25:28	00:52:18	00:52:02	448	CCD Crédito Agrícola Mútuo	V40	96
430	1202	Pedro Carreira	00:27:11	00:52:18	00:51:20	407		Senior	74
431	1131	Luís Martins	00:26:25	00:52:20	00:52:14	454		V55	29
432	685	Lino Oliveira	00:26:01	00:52:23	00:52:17	457	GD SANTANDERTOTTA	V70	2
433	1070	João Crujo	00:24:12	00:52:24	00:52:11	452	Clube Groundforce Portugal	Junior	9
434	599	Eduardo Ribeiro	00:25:48	00:52:24	00:52:02	447	GDCT Unicre	V50	36
435	555	Jose Dias	00:24:52	00:52:28	00:52:20	459	NUCLEO DESPORTIVO AUTOCOOPE	V60	12
436	1410	Henrique Belmar	00:25:40	00:52:28	00:51:40	429		V55	30
437	545	Nuno Duarte	00:25:10	00:52:29	00:52:25	462	Casa do Benfica em Castelo Branco	V40	97
438	769	Paulo Lopes	00:26:13	00:52:30	00:51:20	408		V40	98
439	454	Antonio Melgao	00:26:42	00:52:32	00:51:33	421		V35	85
440	1244	Fernando Arvelaiz	00:25:52	00:52:34	00:52:00	445	ACCENTURE	Senior	75



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
441	493	Miguel Cartó	00:26:41	00:52:39	00:51:30	417		V35	86
442	1306	Paulo Graça	00:26:26	00:52:40	00:51:55	443		Senior	76
443	668	Jorge Margarido	00:25:42	00:52:40	00:52:33	465	Terrores do Asfalto	Senior	77
444	666	Aníbal Martins	00:25:41	00:52:41	00:52:34	466	Terrores do Asfalto	Senior	78
445	349	Bruno Batista	00:26:10	00:52:41	00:52:18	458		V45	63
446	508	José Dimas	00:26:51	00:52:42	00:51:38	426	SS CGD	V45	64
447	637	Carlos Bargado	00:26:30	00:52:43	00:51:33	420	Tranquilidade Açoreana Clube	V50	37
448	636	Artur Gaio	00:26:07	00:52:43	00:52:24	461	Tranquilidade Açoreana Clube	Senior	79
449	606	Julio Serra	00:26:27	00:52:44	00:51:41	430	ADCSABALDIO	V55	31
450	1398	Joaquim Mendes	00:25:53	00:52:44	00:52:15	455		V50	38
451	253	Pedro Cleto	00:27:33	00:52:45	00:51:44	435		V40	99
452	71	Joaquim Barroso	00:25:51	00:52:45	00:52:06	451		V50	39
453	1564	Gabriela Genova	00:25:47	00:52:47	00:52:37	469		Senior	11
454	502	Francisco Clerigo	00:26:17	00:52:47	00:52:22	460	SS CGD	V60	13
455	547	António Lopes	00:25:28	00:52:47	00:52:39	471	Casa do Benfica em Castelo Branco	V45	65
456	442	Jose Ferreira	00:26:57	00:52:47	00:51:29	416	Clube Millennium bcp	V45	66
457	1562	Jaime Portugal	00:26:43	00:52:49	00:51:53	442		V45	67
458	455	Sandra Lopes	00:26:51	00:52:50	00:51:53	441		Senior	12
459	1120	Miguel Maia	00:26:19	00:52:51	00:51:58	444		V35	87
460	199	Paula Calisto	00:25:47	00:52:52	00:52:47	481	Caracóis de Pedra	V35	5



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
461	676	Luís Filipe	00:25:39	00:52:56	00:52:44	477	KotaKid	V40	100
462	577	Anselmo Ferreira	00:24:20	00:52:58	00:52:32	463		V35	88
463	1027	Filipa Vilar	00:26:17	00:52:59	00:52:53	486		Senior	13
464	1229	Paulo Gonçalves	00:25:42	00:53:00	00:52:47	480	marvila jovem	V50	40
465	468	Jaime Gomes	00:26:10	00:53:02	00:52:32	464	Serviços Sociais Montepio	V55	32
466	1108	Pedro Codeço	00:25:59	00:53:04	00:52:47	479		V35	89
467	313	Carlos Gonçalves	00:27:02	00:53:05	00:51:48	438	PRAFITCLUB	Senior	80
468	208	Fernando Martins	00:26:29	00:53:05	00:51:43	434		Senior	81
469	624	Francisco Costa	00:27:10	00:53:06	00:52:03	449		Senior	82
470	921	Nuno Constâncio	00:27:06	00:53:07	00:52:16	456	Clube Vodafone	V40	101
471	352	Pedro Jorge	00:26:29	00:53:07	00:52:41	475		V45	68
472	1124	Hugo Pinto	00:26:17	00:53:08	00:52:39	472		V35	90
473	808	Oscar Rocha	00:26:15	00:53:08	00:52:55	489		V55	33
474	384	Alejandro Centeno	00:25:54	00:53:09	00:52:41	474		Senior	83
475	385	Paulo Moutinho	00:27:02	00:53:12	00:52:38	470		V45	69
476	33	Filipa Curralo	00:27:11	00:53:13	00:52:52	484		V40	5
477	153	Filipe Ginja	00:28:30	00:53:13	00:51:42	431		Senior	84
478	937	André Pinto	00:27:31	00:53:20	00:52:02	446	Os Coxos	V35	91
479	394	Fernando Almeida	00:26:29	00:53:23	00:52:48	482	Clube Millennium bcp	V45	70
480	237	João Vieira	00:27:05	00:53:24	00:52:35	467	Solera Runners	V35	92



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
481	885	João Deus	00:27:46	00:53:26	00:53:07	494		Senior	85
482	1281	Roberto Bettencourt	00:26:50	00:53:27	00:53:10	497		V40	102
483	847	Vitor Almeida	00:26:09	00:53:29	00:53:21	505		V60	14
484	201	Claúdia Tanganho	00:25:33	00:53:30	00:53:24	508		V40	6
485	27	Jose Cruz	00:27:46	00:53:33	00:52:13	453		V45	71
486	1041	Francisco Rodrigues	00:28:03	00:53:34	00:52:41	473		V45	72
487	693	Antonio Castro	00:27:47	00:53:36	00:52:54	488	GD SANTANDERTOTTA	V45	73
488	1161	Pedro Simões	00:26:35	00:53:39	00:53:00	490		V45	74
489	526	João Vieira	00:22:46	00:53:39	00:53:29	513	CCD Crédito Agrícola Mútuo	V55	34
490	1381	Paulo Roxo	00:26:32	00:53:41	00:53:10	498		V40	103
491	1361	Nuno Duarte	00:26:29	00:53:41	00:53:14	500		V40	104
492	159	Nuno Condeço	00:28:03	00:53:47	00:52:53	487		V35	93
493	513	Miraldo Ramos	00:26:51	00:53:47	00:52:46	478	SS CGD	V35	94
494	330	Jose Ferreira	00:27:16	00:53:47	00:53:36	515		V40	105
495	826	Alexandre Pedrosa	00:27:16	00:53:50	00:52:35	468	STANLEY SECURITY PORTUGAL	V40	106
496	466	Bruno Rodrigues	00:27:37	00:53:51	00:53:23	506	Serviços Sociais Montepio	V40	107
497	70	João Silva	00:26:59	00:53:53	00:52:53	485		Senior	86
498	375	Pedro Confraria	00:26:23	00:53:53	00:53:17	503	Carvalho Confraria	V35	95
499	863	Antonio Major	00:28:00	00:53:53	00:53:02	492	Associação Rotas dos Vinhos de Portugal	V55	35
500	488	José Gonçalves	00:26:34	00:53:54	00:53:11	499		V40	108



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
501	1109	Pedro Pinto	00:25:58	00:53:56	00:53:39	519		V35	96
502	837	Antonio Ribeiro	00:26:55	00:53:56	00:53:10	496	Clube TAP PORTUGAL	V50	41
503	786	Pedro Gaspar	00:26:00	00:53:58	00:52:44	476	NAV RUNNERS	V45	75
504	46	Carlos Abreu	00:27:35	00:54:00	00:53:14	501	Clube do Stress	V50	42
505	1024	Gonçalo Lopes	00:26:36	00:54:06	00:53:26	510		V45	76
506	435	Artur Leite	00:26:24	00:54:08	00:53:47	525	Clube Millennium bcp	V50	43
507	1043	Simão Vinhas	00:27:13	00:54:09	00:53:18	504	Clube Groundforce Portugal	V45	77
508	1086	Nuno Martins	00:27:42	00:54:11	00:53:01	491		V40	109
509	397	Augusto Lourenco	00:27:37	00:54:12	00:53:05	493	Clube Millennium bcp	V55	36
510	116	Joaquim Costa	00:26:32	00:54:12	00:54:07	536		V65	4
511	684	Joao Rocha	00:27:19	00:54:12	00:54:06	534	GD SANTANDERTOTTA	V65	5
512	1219	Paula Lemos	00:26:37	00:54:14	00:53:59	530		V50	6
513	1420	Paulo Sousa	00:26:53	00:54:16	00:53:49	527		V50	44
514	643	Francisco Pereira	00:27:49	00:54:17	00:53:55	528	Tranquilidade Açoreana Clube	V50	45
515	345	António Junior	00:27:08	00:54:20	00:53:16	502		V50	46
516	1428	Jorge Almeida	00:27:02	00:54:20	00:53:07	495		V45	78
517	229	Marco Carvalho	00:27:12	00:54:21	00:53:40	520	GDCTINCM	V40	110
518	1330	Carlos Simões	00:27:19	00:54:22	00:54:02	532		V35	97
519	1287	António Moura	00:26:00	00:54:26	00:54:18	547		V45	79
520	231	Sónia Franco	00:26:35	00:54:26	00:53:49	526		Senior	14



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
521	467	Eurico Loureiro	00:27:08	00:54:27	00:53:24	507	Serviços Sociais Montepio	V35	98
522	477	Maria Cardoso	00:27:24	00:54:27	00:54:01	531	Serviços Sociais Montepio	V35	6
523	954	Igor Batista	00:28:00	00:54:28	00:53:27	512	Corredores da adegã	Senior	87
524	603	Celso Pereira	00:28:44	00:54:29	00:53:27	511	S.R.C.D.Tesoureira	V35	99
525	21	Fernando Vergamota	00:28:01	00:54:30	00:54:07	535		V60	15
526	525	Rui Tomás	00:26:09	00:54:31	00:54:23	549	CCD Crédito Agrícola Mútuo	V45	80
527	835	Fernando Coelho	00:26:52	00:54:32	00:53:46	523	Clube TAP PORTUGAL	V50	47
528	834	Carlos Silva	00:26:52	00:54:32	00:53:46	522	Clube TAP PORTUGAL	V50	48
529	556	Sergio Borges	00:27:21	00:54:34	00:54:26	556	NUCLEO DESPORTIVO AUTOCOOPE	V45	81
530	74	João Ferreira	00:26:28	00:54:35	00:54:04	533		Senior	88
531	994	Miguel Ribeiro	00:27:22	00:54:37	00:54:12	542		V45	82
532	85	Nuno Barra	00:27:51	00:54:38	00:53:25	509	RUN FORREST RUN	V40	111
533	1346	João Santana	00:26:29	00:54:39	00:54:25	555		V40	112
534	671	Jorge Miguel	00:26:28	00:54:39	00:54:17	545		Senior	89
535	789	Carlos Vasconcelos	00:25:58	00:54:39	00:54:32	562		V55	37
536	1392	Joana Santenico	00:26:51	00:54:40	00:53:45	521		Senior	15
537	517	Pedro Torrinha	00:28:39	00:54:41	00:53:36	518	SS CGD	V40	113
538	675	Eduardo Rodrigues	00:28:39	00:54:41	00:53:36	517	SS CGD	V35	100
539	62	Luis Ferreira	00:27:15	00:54:41	00:54:08	537		V60	16
540	135	Inês Ribeiro	00:28:05	00:54:42	00:53:47	524		Senior	16



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
541	1367	Miguel Cruz	00:26:48	00:54:42	00:54:10	539		V45	83
542	1529	João Figueiredo	00:28:15	00:54:45	00:53:35	514		V60	17
543	1531	Eduardo Manso	00:28:15	00:54:45	00:53:36	516		V55	38
544	222	Vítor Gonzas	00:26:20	00:54:46	00:54:31	561		V50	49
545	879	Vitor Ramos	00:26:13	00:54:48	00:54:14	543		V35	101
546	800	José Vermelhudo	00:27:02	00:54:53	00:54:43	574	NAV RUNNERS	V55	39
547	724	José Matos	00:27:33	00:54:55	00:54:12	541		V50	50
548	416	Mario Mendes	00:26:51	00:54:56	00:54:35	566	Clube Millennium bcp	V50	51
549	242	Paulo Alves	00:27:44	00:54:57	00:54:52	583	2Fast4You	V40	114
550	395	Nuno Mendes	00:26:57	00:54:58	00:54:36	570	Clube Millennium bcp	Senior	90
551	593	Rui Boa	00:27:38	00:54:58	00:54:34	564	CLUBE COLABORADORES AGEAS	V35	102
552	196	Luis Vicente	00:27:10	00:55:02	00:54:45	576		V55	40
553	197	Joao Duarte	00:27:12	00:55:03	00:54:44	575		V60	18
554	460	João Agostinho	00:27:01	00:55:04	00:54:51	582	Link	Senior	91
555	1137	Carlos Sousa	00:27:58	00:55:06	00:54:41	573		V35	103
556	864	Pedro Lourenço	00:27:25	00:55:06	00:54:16	544	Associação Rotas dos Vinhos de Portugal	V45	84
557	1326	Joel Ferreira	00:27:08	00:55:06	00:54:27	557		Senior	92
558	331	Valter Teixeira	00:26:47	00:55:07	00:54:51	581	Clube Ferroviário de Portugal	V45	85
559	259	Luis Godinho	00:27:37	00:55:09	00:54:55	590		V45	86
560	212	Rozires Ferreira	00:27:37	00:55:09	00:54:55	589		V35	7



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
561	1540	Hugo Sobreira	00:27:17	00:55:10	00:54:59	595		V35	104
562	407	Paulo Pais	00:26:29	00:55:11	00:54:55	588	Clube Millennium bcp	V50	52
563	522	Miguel Mendanha	00:26:36	00:55:12	00:54:46	578	CCD Crédito Agrícola Mútuo	V40	115
564	161	Mário Sobral	00:28:49	00:55:13	00:54:09	538		V40	116
565	801	Luis Simões	00:28:33	00:55:13	00:53:58	529		V40	117
566	1095	Rui Dias	00:26:30	00:55:14	00:55:02	597		V40	118
567	95	Rui Braz	00:28:29	00:55:14	00:54:35	569	GDCTINCM	V40	119
568	509	Jose Ferreira	00:27:29	00:55:15	00:54:34	565	SS CGD	V60	19
569	866	Antonio Pataca	00:26:16	00:55:15	00:55:05	600		V45	87
570	782	Mário Vicente	00:27:53	00:55:16	00:54:25	554		V65	6
571	1535	Carlos Gonçalves	00:27:31	00:55:17	00:54:24	551		V45	88
572	1538	Carlos Freire	00:27:36	00:55:17	00:54:24	552		V40	120
573	1159	Pedro Machado	00:26:50	00:55:19	00:55:07	601		V50	53
574	762	Fernando Marques	00:28:15	00:55:19	00:54:27	558	Teixeiras	V35	105
575	67	Alexandre Tam	00:27:38	00:55:20	00:55:09	603		V35	106
576	109	Luis Costa	00:27:46	00:55:21	00:54:39	572		V40	121
577	1243	Fábio Monteiro	00:26:35	00:55:22	00:55:17	614	ACCENTURE	Senior	93
578	665	Sergio Ramalho	00:27:15	00:55:22	00:54:35	567		V35	107
579	749	Vitor Goncalves	00:28:22	00:55:23	00:54:18	546		V45	89
580	750	Duarte Goncalves	00:28:22	00:55:23	00:54:19	548		Senior	94



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
581	659	Paulo Gonçalves	00:28:45	00:55:23	00:54:56	591		V45	90
582	1348	Diego Almeida	00:26:06	00:55:27	00:54:58	594		V35	108
583	630	Ana Carrasco	00:27:56	00:55:28	00:54:25	553	Acru Brilho	Senior	17
584	1314	Artur Almeida	00:28:00	00:55:29	00:54:10	540	Os Coxos	V35	109
585	726	Filipe Varges	00:28:41	00:55:29	00:54:29	559		V35	110
586	652	Tam Afonso	00:27:02	00:55:29	00:55:21	616	Tranquilidade Açoreana Clube	V60	20
587	1384	Ricardo Miranda	00:28:03	00:55:31	00:54:31	560		V35	111
588	1160	Mariana Pombinho	00:27:09	00:55:31	00:54:39	571		Senior	18
589	1455	Nelson Melo	00:29:02	00:55:33	00:54:54	587		V40	122
590	1309	Sónia Dantas	00:27:51	00:55:34	00:55:02	596		V35	8
591	996	José Mira	00:28:08	00:55:34	00:54:47	579		V45	91
592	1099	Leandro Santos	00:28:55	00:55:35	00:55:13	609	Fonseca	V60	21
593	955	Luís Batista	00:27:29	00:55:36	00:54:35	568	Corredores da adegã	V35	112
594	72	José Pedro	00:27:19	00:55:37	00:54:52	584		V60	22
595	729	João Abreu	00:26:31	00:55:37	00:55:16	612		Senior	95
596	145	Paulo Marques	00:27:16	00:55:38	00:55:12	607		V40	123
597	1544	Valério Passarinho	00:29:02	00:55:40	00:54:32	563		Senior	96
598	504	Henrique Mouta	00:27:37	00:55:41	00:54:45	577	SS CGD	V35	113
599	303	Ricardo Figueiredo	00:29:03	00:55:42	00:54:23	550		V45	92
600	790	Luis Armindo	00:27:21	00:55:42	00:55:38	622		V45	93



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
601	1282	Gonçalo Delca	00:31:12	00:55:50	00:52:49	483		V40	124
602	678	Pedro Dias	00:27:19	00:55:50	00:55:15	611	GD SANTANDERTOTTA	V45	94
603	1337	Luís Almeid	00:27:10	00:55:53	00:55:17	613		V45	95
604	300	Paulo Sousa	00:28:31	00:55:53	00:55:12	608	GDCTINCM	V40	125
605	1094	Luís Valente	00:27:49	00:55:54	00:55:04	598		V45	96
606	52	Aires Ildefonso	00:27:46	00:55:54	00:55:34	621		V60	23
607	1032	João Batista	00:28:56	00:55:55	00:55:07	602	NAV RUNNERS	V60	24
608	73	Hugo Colaço	00:27:38	00:55:55	00:55:10	606		V35	114
609	518	Rui Santos	00:27:00	00:55:56	00:55:24	617	SS CGD	V45	97
610	1006	Maria Vaz	00:29:43	00:55:56	00:54:57	592		V50	7
611	1057	José	00:27:55	00:55:57	00:54:58	593	Clube Groundforce Portugal	V50	54
612	559	Dinis Quitério	00:27:26	00:55:59	00:54:51	580		V40	126
613	1085	Mafalda Branco	00:28:48	00:56:02	00:54:52	585		Senior	19
614	983	Tiago Caramelo	00:31:54	00:56:02	00:54:53	586		Senior	97
615	933	Rui Lopes	00:27:29	00:56:08	00:56:06	641		V40	127
616	601	Nelson Fernandes	00:28:11	00:56:12	00:55:10	605	S.R.C.D.Tesoureira	V40	128
617	1366	Marco Barros	00:28:09	00:56:13	00:55:27	619		V45	98
618	1405	João Ferro	00:27:19	00:56:14	00:55:56	632		V45	99
619	988	Paulo Santos	00:29:34	00:56:16	00:55:05	599		V45	100
620	403	Paulo Rebocho	00:27:11	00:56:20	00:55:50	630	Clube Millennium bcp	V50	55



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
621	265	Ricardo Rodrigues	00:27:28	00:56:21	00:55:10	604		V35	115
622	561	António Romeiras	00:29:09	00:56:24	00:55:43	624		V40	129
623	1175	Filipa Mata	00:28:10	00:56:25	00:56:16	657		Senior	20
624	177	Dmitry Sorokin	00:28:22	00:56:25	00:55:50	631		V40	130
625	1365	Augusto Caria	00:26:23	00:56:25	00:56:12	650	Grupo Barraqueiro	V65	7
626	615	Filipe Pereira	00:28:45	00:56:29	00:55:25	618		Senior	98
627	760	Carlos Teixeira	00:27:53	00:56:30	00:56:28	666	Teixeiras	V65	8
628	318	Leonor Ramalho	00:28:31	00:56:31	00:55:13	610	PRAFITCLUB	V40	7
629	995	Daniel Soeiro	00:29:34	00:56:31	00:55:20	615		Senior	99
630	1274	Marco Cachinho	00:27:54	00:56:32	00:55:47	629	Kaninos	V35	116
631	1313	Rogério Dias	00:27:49	00:56:33	00:56:16	656		V45	101
632	118	Marisa Pereira	00:27:06	00:56:34	00:56:32	672	Tesco Team Running	Senior	21
633	235	Samuel Martins	00:27:51	00:56:35	00:55:46	628	Solera Runners	V40	131
634	246	Henrique Coelho	00:27:18	00:56:36	00:56:05	639	OPTICALIA RUNNING TEAM	V35	117
635	333	Nuno Ferreira	00:27:29	00:56:36	00:56:14	652		V35	118
636	1064	Fernando Faleiro	00:26:26	00:56:37	00:56:10	648	Clube Groundforce Portugal	V40	132
637	588	Diogo Baltazar	00:27:29	00:56:37	00:56:12	651		Senior	100
638	1498	Rui Duarte	00:27:34	00:56:38	00:56:15	655		V55	41
639	343	João Escoval	00:28:46	00:56:38	00:55:59	634		V35	119
640	336	Jose Baixinho	00:29:07	00:56:39	00:55:45	625		V60	25



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
641	1419	Nuno Ribeiro	00:29:50	00:56:40	00:55:29	620		Senior	101
642	1454	Pedro Malheiro	00:26:35	00:56:42	00:56:30	669		V35	120
643	115	Amílcar Póvoa	00:27:44	00:56:42	00:56:39	676		V70	3
644	930	José Alves	00:28:15	00:56:43	00:56:27	665		V60	26
645	1303	Paulo Salgado	00:28:05	00:56:44	00:56:01	638		V45	102
646	746	Hugo Henriques	00:28:00	00:56:45	00:56:20	661		V40	133
647	367	Acácio Gamboa	00:28:00	00:56:45	00:56:22	662		V45	103
648	379	João Almeida	00:28:46	00:56:46	00:56:07	642		V35	121
649	66	João Coutinho	00:27:53	00:56:47	00:56:10	647		V55	42
650	257	Vitor Lourenço	00:26:52	00:56:50	00:56:30	670	Jobrinde - Montes Saloios	V45	104
651	754	Bruno Delgado	00:27:59	00:56:53	00:56:15	654		V35	122
652	451	Vítor Moura	00:28:13	00:56:54	00:56:07	643	ROFF	V35	123
653	773	Pedro Dinis	00:28:53	00:56:55	00:56:00	635		Senior	102
654	377	Patricia Costal	00:27:56	00:56:56	00:56:44	682	GDCTINCM	V40	8
655	1030	Joaquim Cunha	00:27:51	00:56:57	00:56:00	637		V45	105
656	37	Bruno Madeira	00:27:59	00:56:58	00:56:54	689		V35	124
657	319	Luis Dias	00:29:10	00:56:59	00:55:42	623	PRAFITCLUB	V35	125
658	30	Mariana Miurim	00:29:09	00:57:00	00:55:45	626		Senior	22
659	602	António Pereira	00:28:45	00:57:02	00:56:00	636	S.R.C.D.Tesoureira	V40	134
660	437	Manuel Lopes	00:28:27	00:57:04	00:56:10	649	Clube Millennium bcp	V40	135



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
661	383	Daniel Oliveira	00:29:26	00:57:04	00:55:45	627		Senior	103
662	1004	Jessica Monteiro	00:28:03	00:57:05	00:56:33	673	WE MOVE - BNP PARIBAS	Senior	23
663	697	Carina Veiga	00:28:22	00:57:05	00:56:08	646	GD SANTANDERTOTTA	Senior	24
664	1191	João Martins	00:27:03	00:57:05	00:56:58	692		Senior	104
665	698	Tiago Veiga	00:28:22	00:57:05	00:56:08	644	GD SANTANDERTOTTA	Senior	105
666	1173	Maria Alves	00:28:15	00:57:05	00:56:57	691		Senior	25
667	1482	João Pereira	00:28:39	00:57:07	00:55:57	633		V45	106
668	182	José Serafim	00:27:46	00:57:08	00:56:44	683	Grupo dos Amigos do Atletismo de Vila Franca d	V60	27
669	604	Armindo Queimado	00:30:48	00:57:12	00:56:08	645	ADCSABALDIO	V50	56
670	838	David Afonso	00:29:12	00:57:17	00:56:30	671	Clube TAP PORTUGAL	V50	57
671	515	Paulo Bailão	00:28:08	00:57:18	00:56:24	663	SS CGD	V45	107
672	322	Mário Ferro	00:29:24	00:57:18	00:56:42	678	Clube Ferroviário de Portugal	V65	9
673	43	António Paulino	00:29:45	00:57:19	00:56:25	664	Clube do Stress	V65	10
674	857	Carlos Maruta	00:28:13	00:57:19	00:56:42	679		V35	126
675	311	Nuno Fragoso	00:29:24	00:57:19	00:56:05	640	Correr Lisboa	V40	136
676	1362	Jorge Bicho	00:28:29	00:57:20	00:56:37	675		V55	43
677	86	Alexandra Alves	00:29:05	00:57:20	00:56:44	684	GDCTINCM	V35	9
678	219	Jorge Santos	00:28:00	00:57:21	00:56:19	659		V50	58
679	1224	João Barrigola	00:27:08	00:57:22	00:57:04	695		Senior	106
680	202	Pedro Henriques	00:28:53	00:57:23	00:56:42	677		V40	137



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
681	907	Andre Sousa	00:27:14	00:57:27	00:56:53	688		Senior	107
682	12	André Costa	00:30:05	00:57:27	00:56:14	653		V35	127
683	803	Jeremias Ribeiro	00:28:36	00:57:28	00:57:17	711		V70	4
684	35	Antonio Pombinho	00:27:28	00:57:28	00:57:06	699		V60	28
685	632	Ana Panela	00:28:25	00:57:30	00:57:18	712	Tranquilidade Açoreana Clube	V40	9
686	458	Gil Dias	00:28:44	00:57:33	00:57:18	713	Link	Senior	108
687	859	Carlos Marinho	00:28:33	00:57:35	00:57:16	710		V35	128
688	126	Tiago Marques	00:27:31	00:57:36	00:57:32	727	Casa do Benfica em Castelo Branco	V40	138
689	873	Jose Castro	00:28:02	00:57:38	00:56:43	681		V60	29
690	152	Nuno Jerónimo	00:30:49	00:57:39	00:56:19	660		V35	129
691	47	Dina Rosa	00:28:43	00:57:42	00:56:51	685	Clube do Stress	V40	10
692	1559	Luisa Ramos	00:27:48	00:57:43	00:57:24	719		V45	4
693	240	José Liberato	00:37:18	00:57:46	00:57:08	702	GDCTINCM	V40	139
694	961	João Gaspar	00:28:58	00:57:48	00:56:35	674		V50	59
695	476	Rute Morna	00:28:59	00:57:49	00:57:21	717	Serviços Sociais Montepio	V40	11
696	1440	Pedro Silveira	00:28:55	00:57:49	00:56:29	667		V45	108
697	1142	João Silva	00:30:50	00:57:50	00:56:29	668		V45	109
698	558	Rui Pinto	00:29:02	00:57:51	00:56:43	680		V40	140
699	162	Nuno Loureiro	00:29:19	00:57:52	00:57:04	696	Falcões Selvagens	V50	60
700	83	Fernando Louro	00:27:06	00:57:53	00:57:36	734		V50	61



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
701	1190	Jorge Rodrigues	00:28:19	00:57:57	00:57:06	698		V55	44
702	1483	Claudia Fonseca	00:29:47	00:57:58	00:56:52	687		Senior	26
703	175	Joao Salazar	00:28:06	00:57:59	00:57:22	718		V50	62
704	1149	Patricia Fernandes	00:27:53	00:57:59	00:57:34	731		V45	5
705	744	Sérgio Homens	00:29:27	00:58:00	00:57:11	706	Dá-le!	Senior	109
706	761	Pedro Morgado	00:31:36	00:58:01	00:57:08	701	Teixeiras	V35	130
707	1312	Jaime Silva	00:28:47	00:58:01	00:57:01	694		V40	141
708	1103	Isabel Bettencourt	00:28:22	00:58:02	00:57:35	733		V60	1
709	1008	Ana Raposo	00:28:54	00:58:04	00:57:37	735		V40	12
710	1310	João Marques	00:28:12	00:58:04	00:57:33	729		V40	142
711	269	Tomás Correia	00:27:31	00:58:04	00:57:27	720		Senior	110
712	1292	Bruno Rodrigues	00:34:15	00:58:05	00:58:02	755		Senior	111
713	1321	Bruno Grácio	00:30:28	00:58:06	00:57:28	721		Senior	112
714	483	André Alves	00:27:38	00:58:08	00:57:43	741		Senior	113
715	1213	Rodolfo Aniceto	00:30:02	00:58:10	00:57:13	707		V35	131
716	1147	Paulo Mendes	00:30:02	00:58:11	00:57:13	708		V45	110
717	1431	Pedro Catarino	00:31:32	00:58:12	00:56:52	686		Senior	114
718	54	Manuel Fontinha	00:28:33	00:58:12	00:57:29	724		V45	111
719	1082	Vítor Formiga	00:29:30	00:58:13	00:57:06	697		Senior	115
720	490	Vasco Metelo	00:28:45	00:58:14	00:57:39	738		V40	143



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
721	846	Ricardo Monteiro	00:28:01	00:58:16	00:58:07	758		Senior	116
722	1518	Diogo Madaleno	00:29:30	00:58:16	00:57:30	725		V40	144
723	617	Ricardo Costa	00:29:36	00:58:17	00:57:07	700		V35	132
724	784	Catarina Vargês	00:29:33	00:58:19	00:57:19	715		V40	13
725	849	João Moreira	00:29:37	00:58:20	00:57:10	703		Senior	117
726	64	Joaquim Feijoo	00:28:58	00:58:20	00:57:46	745		V65	11
727	608	Ricardo Caldas	00:28:05	00:58:20	00:57:57	752		V40	145
728	654	Carlos Pereira	00:30:39	00:58:21	00:57:11	705	GD SANTANDERTOTTA	V45	112
729	1232	Pedro Rebelo	00:29:38	00:58:22	00:56:18	658		V40	146
730	1180	Nelson Kopke	00:28:53	00:58:22	00:57:41	739		V45	113
731	1331	Fábio Valente	00:30:29	00:58:23	00:57:45	744		Senior	118
732	1379	Tiago Rosa	00:29:36	00:58:24	00:57:14	709		Senior	119
733	18	Antonio Faria	00:29:15	00:58:24	00:57:10	704		V60	30
734	411	Fernando Sousa	00:29:46	00:58:25	00:57:35	732	Clube Millennium bcp	V45	114
735	942	Fernando Martinho	00:29:46	00:58:25	00:57:18	714	C.A.D.T.Portucel Setubal	V50	63
736	1212	Ana Melo	00:28:58	00:58:27	00:58:01	753		V40	14
737	1407	Antonio Costa	00:33:52	00:58:27	00:56:56	690		V60	31
738	736	Jorge Pereira	00:29:45	00:58:27	00:57:01	693		V50	64
739	1421	Vasco Gonçalves	00:28:15	00:58:29	00:58:19	764		V35	133
740	711	Sérgio Antunes	00:28:57	00:58:29	00:57:44	743	CLUBE ANACOM	V50	65



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
741	795	Fernando Fiães	00:28:57	00:58:31	00:57:29	723		V50	66
742	90	Miguel	00:36:42	00:58:33	00:57:52	748	GDCTINCM	V45	115
743	399	Eduardo Pinto	00:29:09	00:58:34	00:58:04	757	Clube Millennium bcp	V45	116
744	945	Geraldo Fernandes	00:32:11	00:58:36	00:57:31	726	C.A.D.T.Portucel Setubal	V60	32
745	856	Joana Magalhães	00:29:24	00:58:37	00:57:28	722		Senior	27
746	461	Joao Mateus	00:28:11	00:58:38	00:58:22	765	Link	Senior	120
747	767	Sérgio Vasco	00:28:33	00:58:38	00:57:49	747		V35	134
748	534	Núria Antunes	00:29:17	00:58:39	00:57:55	750	Verifone	Senior	28
749	539	Nuno Silva	00:29:17	00:58:39	00:57:56	751	Verifone	V45	117
750	1059	Rui Júlio	00:30:19	00:58:41	00:57:20	716	Clube Groundforce Portugal	V40	147
751	581	André Loureiro	00:30:24	00:58:45	00:57:42	740		V35	135
752	1214	Fernanda Martins	00:28:11	00:58:49	00:58:41	784		Senior	29
753	128	Ghiran Cosmin	00:33:27	00:58:50	00:57:33	728		Senior	121
754	589	João Frade	00:28:20	00:58:50	00:58:22	767	CLUBE COLABORADORES AGEAS	V45	118
755	304	João Melo	00:29:25	00:58:50	00:57:39	737		V45	119
756	25	Carlos Silva	00:33:27	00:58:50	00:57:33	730		V60	33
757	629	Tiago Castro	00:28:14	00:58:56	00:57:53	749	Acru Brilho	Senior	122
758	649	Luís Silva	00:29:23	00:58:58	00:58:35	775	Tranquilidade Açoreana Clube	V40	148
759	984	Tiago Machado	00:29:31	00:58:59	00:58:01	754		V35	136
760	1170	José Almeida	00:29:43	00:59:02	00:58:03	756		V50	67



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
761	682	Lidia Lopes	00:31:07	00:59:05	00:57:48	746	GD SANTANDERTOTTA	V55	2
762	647	João Melo	00:29:43	00:59:06	00:58:49	789	Tranquilidade Açoreana Clube	Senior	123
763	926	Tiago Alves	00:29:43	00:59:06	00:58:48	788		Senior	124
764	250	Pedro Henriques	00:29:46	00:59:10	00:57:39	736		Senior	125
765	1584	Maria Magalhães	00:29:08	00:59:12	00:58:36	779		V40	15
766	1434	Paulo Falcão	00:29:46	00:59:14	00:57:43	742		Senior	126
767	298	Marisa Rianço	00:29:21	00:59:16	00:59:02	800		V35	10
768	777	Carlos Bicho	00:29:34	00:59:18	00:58:22	766	NAV RUNNERS	V45	120
769	87	António	00:29:05	00:59:20	00:58:44	786	GDCTINCM	V70	5
770	1393	Pedro Palrão	00:29:37	00:59:20	00:58:54	792		V50	68
771	979	Marisa Gomes	00:30:03	00:59:20	00:58:32	771		Senior	30
772	335	Judite Baixinho	00:29:34	00:59:21	00:58:27	769		Senior	31
773	186	Rui Amaral	00:30:01	00:59:23	00:58:34	773	Bolinhas Runners	V40	149
774	187	Paulo Saraiva	00:30:01	00:59:23	00:58:36	778	Bolinhas Runners	V50	69
775	1157	Luis Braz	00:30:02	00:59:23	00:58:35	776		V40	150
776	305	Egídio Portela	00:28:58	00:59:24	00:59:11	805	Amigos do Atletismo de Mafra	V60	34
777	1258	Carlos Rodrigues	00:30:34	00:59:27	00:58:11	759		V50	70
778	194	Dina Silva	00:30:10	00:59:30	00:58:11	760		Senior	32
779	1581	Diego Martinez	00:29:07	00:59:30	00:58:59	795		Senior	127
780	405	Joel Esteves	00:30:24	00:59:31	00:58:14	762	Clube Millennium bcp	V35	137



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
781	1437	Nuno Marques	00:29:43	00:59:32	00:58:32	772		V45	121
782	1438	António Donato	00:29:37	00:59:32	00:58:35	774		V50	71
783	793	Carla Miranda	00:30:19	00:59:32	00:58:27	768	NAV RUNNERS	V45	6
784	166	Carina Condeço	00:29:37	00:59:33	00:58:41	783		V35	11
785	661	Jorge Pedro	00:30:07	00:59:33	00:58:14	761		V45	122
786	704	Luís Pereira	00:30:24	00:59:34	00:58:30	770		V35	138
787	683	Dinis Sousa	00:31:06	00:59:36	00:58:18	763	GD SANTANDERTOTTA	V75	1
788	452	Joana Ponte	00:29:43	00:59:36	00:58:42	785		V40	16
789	1386	João Melo	00:29:35	00:59:37	00:59:00	797		Senior	128
790	438	Ramiro Borrego	00:29:44	00:59:41	00:58:47	787	Clube Millennium bcp	V50	72
791	1144	Luis Domingues	00:29:44	00:59:42	00:58:36	777		V35	139
792	1371	António Pereira	00:30:42	00:59:43	00:59:22	812		V40	151
793	1255	António Morgado	00:34:14	00:59:49	00:59:29	814		V60	35
794	1245	José Tomé	00:29:37	00:59:49	00:59:12	806	ACCENTURE	V40	152
795	816	Luis Gois	00:28:56	00:59:50	00:59:01	798	NAV RUNNERS	V45	123
796	732	Luis Mota	00:31:17	00:59:50	00:59:06	801		V40	153
797	1020	Margarida Correia	00:28:56	00:59:50	00:59:01	799	NAV RUNNERS	Senior	33
798	1395	Sofia Caetano	00:30:24	00:59:51	00:58:37	780		V40	17
799	1394	Paulo Costa	00:30:24	00:59:51	00:58:37	781		V40	154
800	771	Rui Andrade	00:29:34	00:59:53	00:58:52	790		Senior	129



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
801	1135	Alfredo Martinho	00:29:35	00:59:53	00:58:55	793		V40	155
802	646	Isabel Mota	00:28:38	00:59:54	00:59:09	803	Tranquilidade Açoreana Clube	V40	18
803	648	João Serra	00:28:37	00:59:54	00:59:10	804	Tranquilidade Açoreana Clube	V45	124
804	917	Cláudia Capelinha	00:30:36	00:59:55	00:58:39	782	STANLEY SECURITY PORTUGAL	V35	12
805	1363	Patrick Reis	00:33:42	00:59:56	00:59:15	809		Senior	130
806	626	José Abolnik	00:29:54	00:59:56	00:58:53	791		V35	140
807	677	João Antão	00:29:54	00:59:57	00:59:45	821	KotaKid	Senior	131
808	1132	Claudia Sousa	00:28:48	01:00:01	00:59:37	818		V50	8
809	216	Lara Valente	00:29:12	01:00:03	00:59:25	813		V35	13
810	1416	Samuel Rosado	00:29:12	01:00:04	00:59:36	817		V35	141
811	1127	Bruno Abrantes	00:29:24	01:00:08	00:59:20	810	Falcoes Selvagens	V40	156
812	470	Manuel Narciso	00:30:23	01:00:16	00:59:54	835	Serviços Sociais Montepio	V50	73
813	880	Nuno Dâmaso	00:31:02	01:00:16	00:59:12	808		V40	157
814	1015	Joao Lazaro	00:30:18	01:00:18	00:58:57	794		Senior	132
815	1343	Paulo Onofre	00:29:51	01:00:19	00:59:54	836		V45	125
816	1204	Susana Santos	00:29:51	01:00:19	00:59:52	831		V40	19
817	991	Nuno Dias	00:30:18	01:00:19	00:59:00	796		Senior	133
818	391	Joaquim Pinto	00:32:19	01:00:19	00:59:12	807		V55	45
819	664	Maria Escabelado	00:29:50	01:00:19	01:00:00	840		Senior	34
820	1335	Rui Baptista	00:29:41	01:00:22	00:59:20	811		V45	126



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
821	582	Ricardo Verisismo	00:29:47	01:00:23	00:59:51	829		Senior	134
822	339	Catarina Afonso	00:29:26	01:00:26	01:00:07	842		Senior	35
823	301	Ana Pereira	00:35:35	01:00:27	00:59:46	823	GDCTINCM	V40	20
824	977	Esmeraldo Pereira	00:30:10	01:00:29	00:59:33	815	SS CGD	V70	6
825	1017	Maria Purificação	00:29:37	01:00:35	01:00:08	844		V50	9
826	791	Isadora Vicente	00:35:51	01:00:35	00:59:06	802		V40	21
827	328	António Varela	00:30:13	01:00:41	01:00:24	854		V50	74
828	150	Nuno Almeida	00:29:27	01:00:44	00:59:49	827	Sportings de Almeida	V40	158
829	278	Nuno Molero	00:29:50	01:00:47	01:00:11	846		V45	127
830	822	Paulo Rosa	00:31:41	01:00:49	00:59:33	816	STANLEY SECURITY PORTUGAL	V35	142
831	1353	Julio Dias	00:29:17	01:00:50	01:00:16	850		V35	143
832	1460	Ricardo Severino	00:34:13	01:00:50	01:00:17	852		Senior	135
833	1280	Paulo Gama	00:30:24	01:00:53	00:59:53	833		Senior	136
834	233	Rita Tojo	00:30:50	01:00:53	00:59:51	828	Fast Turtles	Senior	36
835	981	Lilia Neves	00:31:02	01:00:54	00:59:46	822		Senior	37
836	164	Veloso Maria	00:30:01	01:00:56	01:00:45	864		V65	1
837	65	Hugo Oliveira	00:31:32	01:00:56	00:59:46	824		V45	128
838	1568	Paulo Banha	00:31:02	01:00:58	00:59:40	820		V45	129
839	934	Jose Morujo	00:30:39	01:00:58	00:59:39	819		V50	75
840	825	Ricardo Galo	00:31:40	01:01:01	00:59:47	825	STANLEY SECURITY PORTUGAL	V35	144



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
841	622	Ricardo Fonseca	00:30:01	01:01:05	01:00:10	845	Casa do Pessoal do IVA	V40	159
842	956	Paulo Moniz	00:30:23	01:01:05	00:59:52	830		V45	130
843	1481	José Catita	00:31:47	01:01:07	00:59:55	837		V55	46
844	1541	Sandra Coval	00:29:12	01:01:08	01:00:35	860		V35	14
845	1250	Paulo Santos	00:29:58	01:01:09	00:59:56	838	ACCENTURE	V40	160
846	1480	Adelino Barros	00:28:28	01:01:11	00:59:52	832		V50	76
847	1115	João Brito	00:30:33	01:01:14	01:00:15	849		Senior	137
848	98	João Rodrigues	00:32:17	01:01:14	01:00:18	853		V55	47
849	1409	Claudio Monteiro	00:31:17	01:01:15	01:00:29	855		V40	161
850	224	Tânia Chaves	00:32:17	01:01:17	00:59:59	839	Manas Chaves	Senior	38
851	223	Sandra Chaves	00:32:17	01:01:19	01:00:01	841	Manas Chaves	Senior	39
852	957	Alexandre Bento	00:31:01	01:01:22	00:59:54	834		V55	48
853	865	Jose Calisto	00:31:38	01:01:24	01:00:07	843		Senior	138
854	850	Rui Carreiro	00:31:21	01:01:25	00:59:48	826		Senior	139
855	1576	Paulo Pereira	00:29:30	01:01:26	01:00:52	868		Senior	140
856	519	Tiago Avelãs	00:30:11	01:01:26	01:00:33	858	SS CGD	V40	162
857	541	Paula Mariano	00:29:09	01:01:28	01:00:42	862	ROFF	V40	22
858	741	Maria Martins	00:28:19	01:01:28	01:01:20	878	Casa da Dizima	Senior	40
859	1019	Ana Seabra	00:51:28	01:01:29	01:00:16	851		V50	10
860	1577	Antonio Guerreiro	00:29:33	01:01:29	01:00:56	869		V50	77

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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
861	1065	Hugo Reis	00:30:30	01:01:34	01:00:36	861	Clube Groundforce Portugal	V40	163
862	1148	Deolinda Santos	00:31:12	01:01:34	01:00:45	863		V45	7
863	1062	Sérgio	00:31:01	01:01:34	01:00:13	847	Clube Groundforce Portugal	V40	164
864	1058	Luis Colaço	00:31:01	01:01:34	01:00:13	848	Clube Groundforce Portugal	V40	165
865	953	Maria Emídio	00:30:35	01:01:42	01:01:30	883	NAV RUNNERS	V50	11
866	51	Tatiana Ildefonso	00:30:25	01:01:45	01:01:01	870		V35	15
867	952	Patrícia Queirós	00:30:17	01:01:46	01:00:45	865		Senior	41
868	1451	Rachael Boon	00:32:13	01:01:47	01:00:34	859		Senior	42
869	528	Julian Perelman	00:30:09	01:01:47	01:00:51	867	Golfinhos	V40	166
870	364	Dina Barroso	00:29:48	01:01:47	01:01:27	880		V40	23
871	183	Herminio Costa	00:30:01	01:01:48	01:01:25	879	Grupo dos Amigos do Atletismo de Vila Franca d	V60	36
872	378	João Fonseca	00:31:00	01:01:51	01:01:18	876		V45	131
873	26	Veronica Cruz	00:30:37	01:01:52	01:00:32	856		V40	24
874	918	Luis Inácio	00:30:22	01:01:52	01:00:47	866	NAV RUNNERS	V45	132
875	429	Ana Rama	00:29:58	01:01:52	01:01:33	888	Clube Millennium bcp	V40	25
876	193	David Feijão	00:30:37	01:01:53	01:00:33	857		V35	145
877	1222	Flávio Ferreira	00:28:41	01:01:53	01:01:41	892		V35	146
878	1098	Marta Fonseca	00:29:21	01:01:54	01:01:32	886	Fonseca	Senior	43
879	770	José Amorim	00:30:21	01:01:56	01:01:39	891		V40	167
880	703	Luis Gatinho	00:30:50	01:01:59	01:01:12	873	GD SANTANDERTOTTA	V45	133



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
881	700	Luis Coito	00:30:33	01:02:01	01:01:14	874	GD SANTANDERTOTTA	V45	134
882	1469	Fernando Serrano	00:31:41	01:02:10	01:01:52	899		V45	135
883	598	Paulo França	00:30:38	01:02:15	01:01:52	897	GDCT Unicre	V55	49
884	940	Cláudia Sousa	00:30:34	01:02:16	01:01:09	872	ADRC Mata de Benfica	V40	26
885	721	Carlos Silva	00:30:18	01:02:16	01:01:46	894	Serviços Sociais Montepio	V45	136
886	247	Rui Domingues	00:31:17	01:02:18	01:01:07	871	Par de Jarras	V50	78
887	226	Ana Morais	00:31:50	01:02:19	01:01:31	885	GDCTINCM	V40	27
888	625	Rafael Augusto	00:30:25	01:02:19	01:01:19	877		Senior	141
889	720	Eduardo Amorim	00:31:40	01:02:24	01:01:29	882		V45	137
890	75	Magdalena Kozaczynska	00:30:49	01:02:24	01:01:53	901		Senior	44
891	323	Neves Silva	00:29:52	01:02:25	01:01:54	904	Clube Ferroviário de Portugal	V60	37
892	248	Ana Cabral	00:31:16	01:02:25	01:01:15	875	Par de Jarras	V50	12
893	1308	Catarina Amaro	00:31:29	01:02:26	01:01:27	881		Senior	45
894	848	Ana Pinto	00:31:29	01:02:27	01:01:37	890		Senior	46
895	1088	Paulo Sousa	00:28:38	01:02:29	01:02:20	916		V40	168
896	1369	Patrícia Pereira	00:30:03	01:02:29	01:01:53	900	Chalet D`Ávila	Senior	47
897	706	Andreia Oliveira	00:30:36	01:02:31	01:01:52	898		V35	16
898	807	Jose Costa	00:31:05	01:02:38	01:01:30	884		V55	50
899	1542	Margarida Benevides	00:32:01	01:02:40	01:01:32	887		V35	17
900	600	Marcelo Cardoso	00:33:17	01:02:41	01:02:18	915	GDCT Unicre	V45	138



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
901	22	Cristina Cunha	00:30:59	01:02:43	01:02:04	909		V45	8
902	797	Pedro Geraldese	00:31:02	01:02:44	01:01:52	896	ROFF	V35	147
903	633	António Jorge	00:29:21	01:02:44	01:02:29	923	Tranquilidade Açoreana Clube	V60	38
904	644	Helena Santos	00:29:24	01:02:45	01:02:31	925	Tranquilidade Açoreana Clube	V55	3
905	1254	Valter Lima	00:31:05	01:02:45	01:01:43	893	ACCENTURE	V40	169
906	44	Carlos Paiva	00:33:17	01:02:47	01:01:54	903	Clube do Stress	V55	51
907	765	Jorge Guilherme	00:30:48	01:02:48	01:01:35	889		V40	170
908	149	Ana Almeida	00:31:23	01:02:49	01:01:53	902	Sportings de Almeida	V40	28
909	299	João Lourenço	00:31:05	01:02:49	01:02:05	910		V35	148
910	59	Mário Lameirão	00:31:23	01:02:50	01:02:41	933		V65	12
911	1217	Flávia Penan	00:29:56	01:02:53	01:02:34	929		Senior	48
912	565	Alberto Ramires	00:30:27	01:02:57	01:02:27	921		V60	39
913	481	Nuno Gonçalves	00:31:01	01:03:02	01:01:50	895		V60	40
914	1112	Caroline Conceição	00:30:09	01:03:03	01:02:53	945		Senior	49
915	1552	Fernando Pestana	00:30:50	01:03:03	01:02:59	952		V70	7
916	274	Nuno Pais	00:31:20	01:03:05	01:02:01	905	Falck SCI Running Team	Senior	142
917	270	Tiago Braga	00:31:20	01:03:06	01:02:01	906	Falck SCI Running Team	Senior	143
918	272	Ana Alves	00:31:20	01:03:06	01:02:01	907	Falck SCI Running Team	Senior	50
919	1376	Angela Ferreira	00:30:23	01:03:06	01:03:02	954		Senior	51
920	82	Luís Almeida	00:51:50	01:03:08	01:02:50	940		V40	171



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
921	262	Alberto Lixa	00:30:26	01:03:09	01:02:40	931		V55	52
922	127	Antonio Pais	00:31:24	01:03:11	01:02:45	937	VALE DE MADEIROS SC	V70	8
923	1443	João Costa	00:31:58	01:03:15	01:02:14	913		Senior	144
924	1133	Barbara Gonçalves	00:30:45	01:03:16	01:02:50	941		V40	172
925	802	Paula Rêgo	00:30:38	01:03:17	01:02:50	939		V45	9
926	1418	Nuno André	00:33:11	01:03:18	01:02:31	926		V40	173
927	1084	Rafael Carrasco	00:36:21	01:03:18	01:02:23	919		V45	139
928	854	Bruno Gonçalves	00:31:37	01:03:19	01:02:10	912		Senior	145
929	112	Celeste Alves	00:31:58	01:03:19	01:02:05	911		V55	4
930	376	Joao Carvalho	00:30:27	01:03:19	01:02:44	936	Carvalho Confraria	V45	140
931	61	Ana Lemos	00:30:31	01:03:20	01:02:59	950		V50	13
932	883	Inês Martins	00:31:50	01:03:21	01:02:15	914	NAV RUNNERS	Senior	52
933	1113	Manuel Baptista	00:31:39	01:03:21	01:02:22	917		V50	79
934	862	Maria Vaz	00:31:22	01:03:22	01:02:32	927	Associação Rotas dos Vinhos de Portugal	V50	14
935	708	Rui Lapa	00:29:41	01:03:23	01:02:40	932		V45	141
936	702	Rita Ramos	00:31:06	01:03:24	01:02:02	908	GD SANTANDERTOTTA	V35	18
937	482	Luis Silva	00:28:55	01:03:28	01:02:49	938		V40	174
938	106	Mário Rogado	00:31:49	01:03:29	01:02:23	920		V35	149
939	1307	Tiago Nunes	00:31:09	01:03:32	01:02:22	918		V35	150
940	752	Kevin Harrison	00:32:05	01:03:35	01:02:51	943		V35	151



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
941	1336	Julio Dias	00:31:09	01:03:35	01:02:57	946		V35	152
942	1090	Pedro Firmino	00:33:10	01:03:38	01:02:41	935		Senior	146
943	16	Joao Cruz	00:30:04	01:03:40	01:03:19	963		V40	175
944	263	Paula Café	00:31:09	01:03:41	01:03:05	955		V40	29
945	1052	Paulo	00:29:27	01:03:42	01:03:17	961	Clube Groundforce Portugal	V35	153
946	1382	Rui Pinto	00:31:57	01:03:42	01:02:30	924		V50	80
947	920	Natália Alexandre	00:31:35	01:03:43	01:03:08	957	ACPortalegre/UTSM	V35	19
948	1476	Nídia Agostinho	00:32:57	01:03:44	01:02:41	934	Grafiwork	V35	20
949	251	Joao Gomes	00:32:03	01:03:44	01:02:59	948		V65	13
950	735	Joao Coelho	00:30:27	01:03:46	01:02:59	949		Senior	147
951	134	Pedro Reis	00:31:29	01:03:51	01:03:14	960		V45	142
952	1342	Diogo Cruz	00:31:27	01:03:52	01:02:29	922		Senior	148
953	1447	José Aguiar	00:28:58	01:03:52	01:03:18	962		V40	176
954	1100	Rita Casimiro	00:31:26	01:03:55	01:02:32	928		Senior	53
955	823	Carla Amaral	00:32:08	01:03:56	01:02:40	930	STANLEY SECURITY PORTUGAL	V40	30
956	393	Leonel Brandao	00:32:13	01:03:57	01:02:51	942	Clube Millennium bcp	V50	81
957	1155	José Martins	00:31:41	01:04:02	01:03:34	965		V60	41
958	1525	Carlos Ferreira	00:33:00	01:04:04	01:02:53	944		V50	82
959	475	Luis Farinha	00:31:05	01:04:07	01:03:35	966	Serviços Sociais Montepio	V45	143
960	639	Cláudia Tam	00:32:05	01:04:10	01:03:07	956	Tranquilidade Açoreana Clube	V35	21



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
961	1299	Carlos Guerreiro	00:29:44	01:04:11	01:04:05	977		V55	53
962	851	Ivo Rodrigues	00:31:58	01:04:13	01:03:10	958		Senior	149
963	524	Paula Neto	00:30:29	01:04:16	01:04:04	976	CCD Crédito Agrícola Mútuo	V50	15
964	444	Carlos Machado	00:32:03	01:04:20	01:03:13	959		V45	144
965	1025	Joana Lopes	00:31:54	01:04:20	01:03:40	969		Senior	54
966	413	Eduardo Vilhena	00:32:45	01:04:22	01:02:58	947	Clube Millennium bcp	V45	145
967	432	Abel Louro	00:32:36	01:04:23	01:02:59	951	Clube Millennium bcp	V55	54
968	404	Antonio Fernandes	00:32:36	01:04:23	01:03:00	953	Clube Millennium bcp	V50	83
969	167	Tiago Nascimento	00:31:20	01:04:29	01:03:36	967		V40	177
970	758	Joao Silva	00:30:28	01:04:33	01:04:21	985		V50	84
971	766	Miguel Silva	00:32:47	01:04:35	01:03:32	964		V35	154
972	631	Ana Canaveira	00:31:45	01:04:35	01:04:07	978	Tranquilidade Açoreana Clube	V50	16
973	737	Luísa Pintão	00:31:00	01:04:35	01:04:22	986		V60	2
974	479	Rogério Luis	00:30:57	01:04:35	01:04:16	983		V40	178
975	819	Carlos Gonçalves	00:29:42	01:04:38	01:04:29	988		V55	55
976	853	Marta Verissimo	00:31:57	01:04:44	01:03:36	968		Senior	55
977	389	Orlando Marta	00:31:16	01:04:46	01:03:55	973		V45	146
978	325	Alexandra Pinto	00:31:58	01:04:46	01:03:56	975	Clinica Dr. Cautela	V40	31
979	1252	Sílvia Soares	00:32:00	01:04:51	01:03:49	971	ACCENTURE	V40	32
980	929	Jose Moreira	00:31:28	01:04:54	01:03:50	972		Senior	150



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
981	699	Lucio Silva	00:31:29	01:04:55	01:03:41	970	GD SANTANDERTOTTA	V55	56
982	39	Tania Goncalves	00:32:04	01:05:03	01:04:32	990		Senior	56
983	931	Mónica Simões	00:31:10	01:05:03	01:04:27	987		V40	33
984	923	Sérgio Pereira	00:31:12	01:05:04	01:04:13	981	Clube Vodafone	V45	147
985	1140	Anabela Simões	00:31:27	01:05:05	01:05:01	1008		V50	17
986	1543	Renato Alves	00:31:36	01:05:09	01:04:30	989		V35	155
987	332	Pedro Alferes	00:32:06	01:05:14	01:03:55	974		V50	85
988	809	Patrick Eberhard	00:31:23	01:05:21	01:05:13	1015		V35	156
989	1268	Carlos Cardoso	00:29:39	01:05:21	01:05:05	1012		V50	86
990	1271	Miguel Sousa	00:29:40	01:05:21	01:05:06	1013		V35	157
991	944	Jose Galveia	00:32:26	01:05:21	01:04:16	984	C.A.D.T.Portucel Setubal	V60	42
992	380	Alda Castro	00:31:20	01:05:21	01:04:43	997		Senior	57
993	295	Francisco Cruz	00:32:11	01:05:23	01:04:08	979		Senior	151
994	88	António Nascimento	00:33:01	01:05:24	01:04:42	995	GDCTINCM	V75	2
995	794	Antonino Silva	00:32:39	01:05:25	01:04:15	982		V60	43
996	1423	José Brites	00:31:11	01:05:26	01:05:02	1009		V40	179
997	315	Elisabete Silva	00:32:07	01:05:27	01:04:10	980	PRAFITCLUB	Senior	58
998	1334	Tiago Martins	00:28:57	01:05:31	01:05:02	1010		Senior	152
999	1323	David Martins	00:29:41	01:05:33	01:05:01	1007		Senior	153
1000	1240	Liliana Carreira	00:34:25	01:05:34	01:04:38	992		Senior	59



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1001	1583	João Carvalho	00:31:38	01:05:35	01:04:51	1003		V55	57
1002	45	Eduarda Paiva	00:32:46	01:05:35	01:04:41	993	Clube do Stress	V50	18
1003	190	Cibele Costa	00:31:56	01:05:35	01:04:45	998	Bolinhas Runners	Senior	60
1004	189	João Vieira	00:31:56	01:05:36	01:04:47	1000	Bolinhas Runners	V40	180
1005	978	Rui Oliveira	00:31:19	01:05:37	01:05:27	1021	SS CGD	V45	148
1006	245	Pedro Vieira	00:32:50	01:05:37	01:04:51	1004	OPTICALIA RUNNING TEAM	V35	158
1007	42	Ana Paulino	00:33:04	01:05:39	01:04:46	999	Clube do Stress	V65	2
1008	89	José Abreu	00:37:01	01:05:39	01:04:59	1006	GDCTINCM	V65	14
1009	585	Catarina Dias	00:32:30	01:05:41	01:05:13	1016		Senior	61
1010	523	Sergio Tavares	00:32:44	01:05:41	01:04:42	994	CCD Crédito Agrícola Mútuo	V35	159
1011	1199	Pedro Vicente	00:30:51	01:05:43	01:04:43	996		V35	160
1012	620	Jose Silva	00:32:56	01:05:45	01:04:49	1002	Casa do Pessoal do IVA	V70	9
1013	623	Susana Palma	00:32:56	01:05:45	01:04:49	1001	Casa do Pessoal do IVA	V40	34
1014	733	João Pinheiro	00:32:22	01:05:52	01:05:31	1024		V35	161
1015	785	Bruno Valente	00:32:27	01:05:59	01:04:38	991		Senior	154
1016	775	Tabrez Hanif	00:32:50	01:06:09	01:05:11	1014		Senior	155
1017	346	Oswaldo Santos	00:32:12	01:06:18	01:05:14	1017		V45	149
1018	414	Dora Vilhena	00:32:45	01:06:19	01:04:54	1005	Clube Millennium bcp	V45	10
1019	1468	Maria Andrade	00:33:46	01:06:21	01:05:22	1019		V55	5
1020	1317	Diogo Raposo	00:32:05	01:06:22	01:05:46	1029		V35	162



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1021	1433	Sara Quintas	00:32:42	01:06:26	01:05:05	1011		Senior	62
1022	511	Lidia Bailão	00:33:03	01:06:26	01:05:31	1023	SS CGD	V45	11
1023	125	João Carvalho	00:31:40	01:06:27	01:06:00	1034		V40	181
1024	687	Jose Ribeiro	00:32:50	01:06:27	01:05:16	1018	GD SANTANDERTOTTA	V75	3
1025	1534	Hugo Gouveia	00:32:09	01:06:32	01:05:27	1020		V40	182
1026	1465	Patrícia Ribeiro	00:33:46	01:06:32	01:05:31	1025		V35	22
1027	734	David Sabino	00:31:51	01:06:33	01:06:17	1037		Senior	156
1028	836	Madalena Pina	00:33:15	01:06:37	01:05:42	1027	Clube TAP PORTUGAL	V50	19
1029	875	Miguel Mendes	00:32:39	01:06:38	01:06:06	1036		Senior	157
1030	1230	Sara Seco	00:32:39	01:06:45	01:05:30	1022		Senior	63
1031	173	Célia Catarino	00:33:24	01:06:49	01:05:57	1033		V50	20
1032	672	Elsa Oliveira	00:31:41	01:06:51	01:06:00	1035	ROFF	V35	23
1033	288	Teresa Lima	00:51:39	01:06:55	01:05:40	1026	CTJ	V60	3
1034	287	Cesar Guerra	00:33:04	01:06:55	01:05:42	1028	CTJ	V45	150
1035	348	Martinho Roque	00:32:55	01:06:56	01:05:49	1030		V45	151
1036	739	Pedro Baptista	00:32:56	01:07:02	01:06:54	1048	Casa da Dizima	V35	163
1037	1196	Vitor Cardoso	00:34:20	01:07:06	01:05:57	1032		V50	87
1038	449	Carlos Valério	00:31:01	01:07:12	01:06:27	1040	ROFF	Senior	158
1039	1001	João Ferreira	00:32:28	01:07:15	01:06:59	1051	FDS SportsTeam	V35	164
1040	1580	Vitor Lemos	00:32:39	01:07:19	01:06:58	1049		V35	165



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1041	99	Regina Rosa	00:34:03	01:07:19	01:06:34	1041		V50	21
1042	209	Mário Costa	00:33:17	01:07:19	01:05:57	1031		V35	166
1043	876	Pedro Galhardo	00:31:53	01:07:21	01:06:44	1044		V40	183
1044	286	Maria Quitéria	00:33:40	01:07:23	01:06:20	1038	ALGYMNS	V50	22
1045	1010	Fernanda Vieira	00:32:49	01:07:27	01:07:14	1054		V55	6
1046	1076	Alexis Monplanet	00:31:07	01:07:35	01:06:41	1042		Senior	159
1047	36	Alcina Fernandes	00:33:42	01:07:38	01:06:22	1039		V45	12
1048	1536	Nuno Jorge	00:32:09	01:07:48	01:06:43	1043		V40	184
1049	1404	Gonçalo Grade	00:34:13	01:07:51	01:06:58	1050		Senior	160
1050	1231	Luis Teixeira	00:34:13	01:07:51	01:06:59	1052		Senior	161
1051	1246	Luis Lúcio	00:32:55	01:07:54	01:07:19	1055	ACCENTURE	V40	185
1052	1295	Dora Veríssimo	00:32:46	01:07:56	01:06:45	1045		V45	13
1053	1463	Isilda Barradas	00:32:14	01:08:00	01:07:39	1063		V65	3
1054	55	Francisco Ribeiro	00:33:56	01:08:03	01:07:20	1056		V70	10
1055	144	Teresa Nicolau	00:32:35	01:08:03	01:07:54	1068		V55	7
1056	439	Luis Januario	00:32:45	01:08:04	01:07:38	1062	Clube Millennium bcp	V55	58
1057	723	Celia Azenha	00:32:35	01:08:05	01:07:57	1072		V50	23
1058	105	Cecília Nicolau	00:32:35	01:08:05	01:07:56	1070	Associação de Atletismo Lebres do Sado	V50	24
1059	40	Rui Casanova	00:32:41	01:08:07	01:07:35	1058		Senior	162
1060	1479	Sonia Dias	00:32:29	01:08:10	01:07:56	1069	NAV RUNNERS	V40	35



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1061	96	Vitor Cardoso	00:32:53	01:08:13	01:07:53	1067	GDCTINCM	V40	186
1062	690	Salvador Afonso	00:34:07	01:08:15	01:07:05	1053	GD SANTANDERTOTTA	V60	44
1063	205	Miguel Dantas	00:32:56	01:08:22	01:06:49	1046		V35	167
1064	211	Fernando Fonseca	00:32:56	01:08:23	01:06:49	1047		Senior	163
1065	169	Helder Amaral	00:33:46	01:08:25	01:07:56	1071		V45	152
1066	1512	Rute Teixeira	00:33:59	01:08:28	01:07:41	1064		V35	24
1067	1513	Ana Maceiras	00:33:59	01:08:29	01:07:43	1066		V35	25
1068	448	Rui Melão	00:35:35	01:08:38	01:07:22	1057		V50	88
1069	1449	Ana Leonardo	00:34:19	01:08:41	01:07:37	1061	Grafiwork	V40	36
1070	1477	Vitor Ferreira	00:32:55	01:08:41	01:07:37	1060	Grafiwork	V45	153
1071	1450	Samuel Teles	00:34:19	01:08:42	01:07:37	1059	Grafiwork	V40	187
1072	1411	Maria Sá	00:34:23	01:08:50	01:08:03	1073		V65	4
1073	686	Jose Monteiro	00:32:51	01:08:52	01:08:46	1085	GD SANTANDERTOTTA	V65	15
1074	170	Daniela Monteiro	00:32:55	01:08:52	01:08:40	1081	SRED	V40	37
1075	218	Cátia Pinto	00:37:00	01:08:54	01:08:27	1078		Senior	64
1076	1225	Joana Serrano	00:33:42	01:08:55	01:08:13	1077		Senior	65
1077	1023	Helen Dores	00:33:04	01:09:02	01:08:48	1087		V50	25
1078	400	Rui Rodrigues	00:34:00	01:09:04	01:07:43	1065	Clube Millennium bcp	V45	154
1079	426	Virgilio Ferreira	00:34:51	01:09:07	01:08:05	1074	Clube Millennium bcp	V60	45
1080	928	Ana Reis	00:34:48	01:09:10	01:08:42	1082		V40	38



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1081	1143	João Almeida	00:33:36	01:09:15	01:08:08	1076		V35	168
1082	1296	Tiago Delgado	00:33:59	01:09:18	01:08:07	1075		V35	169
1083	1156	Conceição Peres	00:33:18	01:09:20	01:08:51	1088		V60	4
1084	915	Joao Gomes	00:36:21	01:09:29	01:09:14	1097	VILA FRIA/JG Seguros	V65	16
1085	155	Ana Ribeiro	00:35:03	01:09:29	01:08:43	1083		V45	14
1086	916	Carlos Bandeijas	00:34:34	01:09:29	01:08:44	1084	VILA FRIA/JG Seguros	V55	59
1087	1441	Hugo Paixão	00:33:35	01:09:47	01:08:47	1086		V35	170
1088	960	Eleanor Lobo	00:34:39	01:09:48	01:08:35	1079		V50	26
1089	888	Joaquim Agostinho	00:34:39	01:09:48	01:08:35	1080	NAV RUNNERS	V50	89
1090	236	João Canas	00:34:55	01:09:48	01:08:58	1089	Solera Runners	V35	171
1091	1071	João Rodrigues	00:33:25	01:09:53	01:09:03	1091	Clube Groundforce Portugal	V55	60
1092	238	Carla Vieira	00:34:54	01:09:55	01:09:05	1092	Solera Runners	V35	26
1093	1318	Augusto Oliveira	00:33:00	01:09:56	01:09:22	1099		V50	90
1094	1372	Maria Pereira	00:33:49	01:09:56	01:09:52	1111		V45	15
1095	1234	Maria Condeço	00:34:58	01:10:00	01:09:30	1106		V50	27
1096	1235	Mário Santiago	00:34:58	01:10:00	01:09:29	1105		V50	91
1097	198	Rute Dias	00:34:20	01:10:02	01:09:12	1096		V40	39
1098	1430	Francisco Landeira	00:34:28	01:10:05	01:08:58	1090		V45	155
1099	254	Vítor Nunes	00:33:04	01:10:07	01:09:05	1093		V45	156
1100	172	Tania Dimas	00:34:44	01:10:08	01:09:17	1098		V45	16



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1101	1286	Iryna Hukovska	00:34:56	01:10:08	01:09:38	1108		V35	27
1102	285	Artur Dinis	00:34:23	01:10:11	01:09:10	1094	ALGYMNS	V60	46
1103	705	Sofia Pinho	00:34:27	01:10:15	01:09:28	1104	ROFF	Senior	66
1104	884	Luis Martins	00:35:22	01:10:17	01:09:10	1095	NAV RUNNERS	V60	47
1105	174	Georgina Monteiro	00:34:25	01:10:18	01:09:27	1101		V50	28
1106	1044	Sofia Cândido	00:34:28	01:10:21	01:09:27	1102	Clube Groundforce Portugal	V45	17
1107	168	Susana Sousa	00:33:49	01:10:24	01:09:55	1112		V40	40
1108	1406	Pedro Monteiro	00:33:51	01:10:31	01:09:30	1107		Senior	164
1109	1046	Maria Gonçalves	00:34:28	01:10:35	01:09:41	1109	Clube Groundforce Portugal	V45	18
1110	474	Ricardo Ferreira	00:34:14	01:10:39	01:09:28	1103	Serviços Sociais Montepio	V35	172
1111	133	Marco Cardoso	00:33:04	01:10:39	01:10:31	1119		V35	173
1112	29	Sergio Leite	00:35:03	01:10:42	01:09:26	1100		V40	188
1113	796	Fabiana Pires	00:33:38	01:10:59	01:10:48	1124		V35	28
1114	1033	Carlos Silva	00:35:00	01:11:06	01:09:50	1110		Senior	165
1115	1040	Joao Ribeiro	00:32:58	01:11:07	01:10:41	1121		V50	92
1116	792	Carla Carreira	00:34:14	01:11:10	01:10:13	1116		V60	5
1117	465	Nuno Oliveira	00:35:04	01:11:18	01:10:07	1115		V40	189
1118	1324	Vanda Bernardino	00:34:34	01:11:19	01:10:48	1123		V40	41
1119	424	Jose Vilela	00:34:35	01:11:23	01:09:58	1113	Clube Millennium bcp	V50	93
1120	425	Ana Vilela	00:34:36	01:11:23	01:09:59	1114	Clube Millennium bcp	V50	29

CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1121	1000	Ana Pereira	00:33:08	01:11:24	01:11:09	1127	FDS SportsTeam	Senior	67
1122	576	Ana Pereira	00:34:27	01:11:25	01:10:17	1118		V35	29
1123	491	Ana Zarcos	00:34:27	01:11:25	01:10:17	1117		V35	30
1124	160	Vanda Martins	00:36:03	01:11:29	01:10:35	1120		V40	42
1125	489	Mariana Paulino	00:34:44	01:11:38	01:10:43	1122		Senior	68
1126	446	Americo Costa	00:35:19	01:11:41	01:11:33	1131		V60	48
1127	293	Ambrus Liviu	00:34:59	01:12:09	01:10:54	1125		V50	94
1128	143	Ruben Ribeiro	00:37:15	01:12:10	01:11:31	1129	PoweRunners	Senior	166
1129	141	Rui Catarino	00:37:14	01:12:14	01:11:35	1133	PoweRunners	V35	174
1130	471	Natália Narciso	00:33:49	01:12:17	01:11:55	1136	Serviços Sociais Montepio	V50	30
1131	1585	Izilda Lourenço	00:34:16	01:12:17	01:11:59	1138		V45	19
1132	1174	Cristina Moreira	00:34:25	01:12:22	01:11:58	1137		V35	31
1133	1516	Carla Monteiro	00:35:38	01:12:27	01:11:41	1134		V45	20
1134	987	Rita Dinis	00:36:48	01:12:28	01:11:18	1128		Senior	167
1135	804	Jorge Chang	00:35:53	01:12:29	01:11:31	1130	NAV RUNNERS	V55	61
1136	562	Sofia Carvalho	00:36:03	01:12:30	01:11:08	1126		V45	21
1137	142	Rita Duque	00:37:14	01:12:42	01:12:04	1139	PoweRunners	V35	32
1138	420	Luis Esteves	00:35:09	01:12:50	01:11:34	1132	Clube Millennium bcp	V55	62
1139	1350	Danielle Pestana	00:35:58	01:12:53	01:12:21	1142		V35	33
1140	806	Rafael Gonçalves	00:37:01	01:12:57	01:11:46	1135		Senior	168



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1141	1206	Joana Sobral	00:34:19	01:12:58	01:12:16	1140		V45	22
1142	1470	Carlos Dias	00:36:22	01:13:18	01:12:27	1144		V60	49
1143	1532	André Rolão	00:36:21	01:13:18	01:12:27	1145		V35	175
1144	1475	José Rolão	00:36:22	01:13:18	01:12:28	1146		V60	50
1145	959	António Raimundo	00:38:30	01:13:31	01:12:23	1143		V35	176
1146	1128	Ezequiel Abrantes	00:35:57	01:13:40	01:12:52	1151	Falcoes Selvagens	V60	51
1147	889	Helena Leitão	00:36:50	01:13:40	01:12:43	1150		V55	8
1148	982	Luis Bickmann	00:38:30	01:13:40	01:12:33	1147		V35	177
1149	408	Monica Abrantes	00:38:30	01:13:40	01:12:33	1148	Clube Millennium bcp	V40	43
1150	1256	André Morgado	00:35:05	01:13:42	01:13:22	1156		Senior	169
1151	1572	Isa Coelho	00:36:36	01:13:44	01:12:17	1141		Senior	69
1152	1080	Rafael Azriel	00:35:46	01:13:48	01:13:17	1155		V45	157
1153	1415	Isabel Anjos	00:37:10	01:13:50	01:12:38	1149		V60	6
1154	140	Katia Amaro	00:37:14	01:13:50	01:13:12	1152	PoweRunners	V35	34
1155	1370	Carla Sobreda	00:35:54	01:14:02	01:13:50	1160		V45	23
1156	1218	Rui Pedro	00:35:18	01:14:06	01:13:12	1153	Casa do Pessoal do IVA	V65	17
1157	542	Nuno Correia	00:35:39	01:14:09	01:13:38	1158	SS CGD	V45	158
1158	543	Margarida Pinto	00:35:37	01:14:10	01:13:40	1159	SS CGD	V45	24
1159	975	Ana Vicente	00:34:59	01:14:11	01:13:55	1161		V40	44
1160	487	Catarina Grilo	00:36:37	01:14:14	01:13:17	1154		V35	35



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1161	1297	Johnny Thomassen	00:37:27	01:14:28	01:13:26	1157		V55	63
1162	563	Nuno Bernardinho	00:34:51	01:14:30	01:14:02	1163		V40	190
1163	137	Vânia Pereira	00:36:28	01:14:34	01:13:56	1162	Pereiras	Senior	70
1164	499	Cristina Santos	00:36:24	01:14:54	01:14:23	1165	SS CGD	V50	31
1165	1003	Pedro Canário	00:35:23	01:15:10	01:14:53	1167	FDS SportsTeam	Senior	170
1166	999	João Sabino	00:35:22	01:15:10	01:14:53	1168	FDS SportsTeam	Senior	171
1167	1360	Duarte Rodrigues	00:37:09	01:15:35	01:14:47	1166		V35	178
1168	564	Mário Campina	00:37:13	01:15:38	01:14:16	1164		V55	64
1169	1520	Martim Madaleno	00:38:53	01:15:52	01:15:07	1171		Junior	10
1170	1414	Maria Rita	00:36:32	01:16:04	01:14:55	1169		Senior	71
1171	1349	Andreia Costa	00:36:32	01:16:05	01:14:56	1170		Senior	72
1172	1356	Tiago Quaresma	00:37:26	01:16:05	01:15:10	1172		Senior	172
1173	1209	António Carapinha	00:38:20	01:16:09	01:15:26	1173		V50	95
1174	574	Ângela Fernandes	00:36:32	01:16:22	01:16:14	1179		V40	45
1175	586	Fátima Branco	00:36:32	01:16:23	01:16:15	1180		V40	46
1176	949	Filipa Pires	00:38:34	01:16:23	01:15:47	1177		Senior	73
1177	1316	Alexandra Ferreira	00:36:07	01:16:39	01:15:44	1176		V40	47
1178	538	Filipa Sousa	00:37:26	01:16:40	01:15:43	1175	Verifone	Senior	74
1179	985	Telmo Oliveira	00:32:44	01:16:40	01:15:41	1174		Senior	173
1180	381	Paulo Fernandes	00:38:12	01:16:48	01:16:22	1183		V35	179



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1181	579	Ricardo Vicente	00:37:43	01:16:49	01:16:17	1181		V35	180
1182	580	Marlene Veríssimo	00:37:44	01:16:50	01:16:17	1182		Senior	75
1183	1445	Francisco Mouchinho	00:37:49	01:16:56	01:16:26	1184		V65	18
1184	355	Paula Benevides	00:38:05	01:16:59	01:16:34	1185		V35	36
1185	575	António Marques	00:37:41	01:17:04	01:16:57	1190		V70	11
1186	1378	Ana Notário	00:37:05	01:17:15	01:16:55	1188		V45	25
1187	1375	Carla Simões	00:37:05	01:17:15	01:16:55	1189		V40	48
1188	1339	Filipe Leite	00:38:08	01:17:27	01:16:07	1178		V35	181
1189	1241	Magda Lopes	00:36:48	01:17:30	01:16:34	1186		Senior	76
1190	350	Rita Pereira	00:37:43	01:17:34	01:16:48	1187		V40	49
1191	780	Carlota Silva	00:51:47	01:18:01	01:17:31	1192		V55	9
1192	886	Egídia Martins	00:51:48	01:18:05	01:17:35	1193	NAV RUNNERS	V65	5
1193	146	Carlos Vieira	00:37:37	01:18:43	01:17:51	1194		V45	159
1194	366	Ana Borges	00:38:23	01:18:44	01:18:22	1197		Senior	77
1195	369	Berta Alves	00:38:23	01:18:45	01:18:23	1198		Senior	78
1196	778	Sofia Gomes	00:35:53	01:18:57	01:17:28	1191		V40	50
1197	291	Maria Macedo	00:39:37	01:18:59	01:18:35	1202		V55	10
1198	512	Manuel Brás	00:38:52	01:19:00	01:18:34	1200	SS CGD	V45	160
1199	497	Barbara Braz	00:38:54	01:19:02	01:18:34	1201	SS CGD	Senior	79
1200	1461	Diana Bitton	00:36:49	01:19:15	01:18:06	1195		Senior	80



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1201	1063	Samssia Samgy	00:38:33	01:19:16	01:18:08	1196	Clube Groundforce Portugal	V45	26
1202	745	Rita Valério	00:36:08	01:19:16	01:18:27	1199	Dá-le!	Senior	81
1203	450	Carla Barbado	00:37:59	01:19:34	01:18:53	1203	ROFF	V35	37
1204	445	Margarida Quintela	00:37:18	01:19:34	01:18:53	1204	ROFF	V40	51
1205	709	Cristina Bettencourt	00:37:58	01:20:10	01:19:39	1208		Senior	82
1206	950	Alcino Pires	00:38:51	01:20:18	01:19:41	1209		V55	65
1207	779	Sónia Coutinho	00:38:32	01:20:22	01:19:25	1206		V35	38
1208	1075	Luis Cardoso	00:38:51	01:20:29	01:19:33	1207		V40	191
1209	388	Rita Carvalhinho	00:39:53	01:20:31	01:19:09	1205		V40	52
1210	48	Sara Sousa	00:39:36	01:20:36	01:20:19	1211	Tartarugas Solidarias	V35	39
1211	827	Jason Unsworth	00:42:02	01:20:52	01:19:44	1210	STANLEY SECURITY PORTUGAL	V35	182
1212	1327	Lídia Farinha	00:50:16	01:21:09	01:20:30	1212		Senior	83
1213	650	Ma Hung	00:40:44	01:21:35	01:20:33	1213	Tranquilidade Açoreana Clube	V65	6
1214	100	Ana Varela	00:39:53	01:21:35	01:20:51	1214		V35	40
1215	1354	Paula Santos	00:39:51	01:22:10	01:21:58	1218	NAV RUNNERS	V50	32
1216	1401	Joana Gouveia	00:40:04	01:22:37	01:21:59	1219		Senior	84
1217	621	Ludgero Caldeira	00:42:03	01:22:47	01:21:55	1217	Casa do Pessoal do IVA	V70	12
1218	948	Aldemi Santos	00:42:37	01:22:48	01:21:49	1216	Unidos 4ever	V35	183
1219	947	Ana Gomes	00:42:38	01:22:48	01:21:48	1215	Unidos 4ever	V35	41
1220	1185	Marta Nobre	00:39:53	01:22:57	01:22:33	1220		Senior	85



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1221	1029	Manuela Cunha	00:39:26	01:23:40	01:22:42	1221		V40	53
1222	401	Ana Goncalves	00:43:22	01:23:51	01:23:15	1224	Clube Millennium bcp	V40	54
1223	537	Filipa Lima	00:43:36	01:23:58	01:23:00	1222	Verifone	V40	55
1224	535	Ana Santos	00:43:36	01:23:59	01:23:02	1223	Verifone	Senior	86
1225	188	Carla Saraiva	00:41:25	01:24:07	01:23:18	1225	Bolinhas Runners	V45	27
1226	798	Maria Anjos	00:41:12	01:24:15	01:24:01	1231	CONDOR	V70	1
1227	799	Lucinda Henriques	00:41:12	01:24:19	01:24:05	1232	CONDOR	V65	7
1228	341	Catia Curica	00:42:44	01:24:26	01:23:28	1226		V35	42
1229	742	Diogo Marques	00:42:37	01:24:46	01:23:56	1230	Dá-le!	Senior	174
1230	787	Ana Rodrigues	00:39:54	01:25:03	01:23:42	1227		Senior	87
1231	912	Ruben Quintas	00:39:54	01:25:03	01:23:42	1228		Senior	175
1232	913	Antónia Fortes	00:39:55	01:25:03	01:23:42	1229		Senior	88
1233	1051	Sofia Ferreira	00:43:52	01:25:39	01:24:31	1233	Clube Groundforce Portugal	V35	43
1234	842	Nancy Trindade	00:40:42	01:25:46	01:25:35	1235	Trindade	V40	56
1235	53	Maria Pinto	00:41:44	01:25:50	01:25:03	1234		V50	33
1236	221	Manuel Ribeiro	00:44:15	01:26:17	01:25:53	1236		V45	161
1237	1485	Luís Alves	00:42:32	01:27:04	01:26:31	1239		V70	13
1238	354	Renato Andrade	00:43:00	01:27:18	01:26:48	1240	LeYatletas	V40	192
1239	410	Jose Arruda	00:45:19	01:27:21	01:26:05	1237	Clube Millennium bcp	V65	19
1240	409	Fock Wan	00:45:18	01:27:21	01:26:05	1238	Clube Millennium bcp	V65	8



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1241	1563	Alice Marques	00:42:50	01:27:26	01:27:03	1243		V60	7
1242	1523	Francisco Madaleno	00:43:26	01:27:41	01:26:56	1242		Junior	11
1243	1355	Paula Calado	00:43:29	01:27:43	01:26:48	1241		Junior	2
1244	1519	Rita Madaleno	00:43:26	01:27:59	01:27:15	1244		V40	57
1245	1034	Mariana Antunes	00:39:48	01:29:16	01:28:00	1245		Senior	89
1246	1036	Maria Ferreira	00:39:48	01:29:16	01:28:00	1246		V45	28
1247	492	Sara Afonso	00:43:49	01:29:16	01:28:31	1247		V35	44
1248	1177	Gloria Gomes	00:47:26	01:30:19	01:30:09	1248		V40	58
1249	1182	Susana Serrão	00:47:25	01:30:19	01:30:09	1249		V40	59
1250	1211	Ana Carapinha	00:51:55	01:31:15	01:30:31	1251		Senior	90
1251	1208	Marina Carvalho	00:51:55	01:31:16	01:30:32	1252		V50	34
1252	1022	Rui Pombinho	00:43:12	01:31:51	01:30:27	1250		V50	96
1253	1505	Diana Figueiredo	00:45:18	01:32:05	01:31:32	1257		Senior	91
1254	1501	Stela Lopes	00:45:18	01:32:05	01:31:32	1256		V40	60
1255	1502	Paulo Cordeiro	00:45:19	01:32:06	01:31:33	1258		V50	97
1256	1487	Sérgio Cristino	00:45:19	01:32:06	01:31:31	1255		V40	193
1257	297	Vitor Faria	00:45:35	01:32:21	01:31:29	1253		V50	98
1258	296	Selma Faria	00:45:35	01:32:22	01:31:30	1254		V45	29
1259	113	Cláudia Caetano	00:41:55	01:33:36	01:32:44	1260		Senior	92
1260	123	Rita Lopes	00:41:54	01:33:37	01:32:45	1261		Senior	93



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1261	267	Ana Cunha	00:46:33	01:33:57	01:32:37	1259		Senior	94
1262	992	Maria Prudêncio	00:45:28	01:34:04	01:33:24	1263		V50	35
1263	993	Paulo Melo	00:45:48	01:34:04	01:33:23	1262		V50	99
1264	1172	Telma Ponte	00:47:54	01:37:03	01:36:41	1264		V35	45
1265	1179	Ana Pereira	00:47:24	01:37:17	01:37:06	1266		V50	36
1266	1548	Diana Carvalho	00:47:53	01:37:17	01:36:54	1265		V35	46
1267	980	Ana Raimundo	00:48:50	01:38:59	01:37:46	1267		Senior	95
1268	1276	Hugo Bravo	00:50:40	01:39:24	01:38:09	1269	Os Bravos	V40	194
1269	1275	Filipa Moreira	00:50:41	01:39:24	01:38:09	1268	Os Bravos	V40	61
1270	1223	Evando Santos	00:47:39	01:40:33	01:39:14	1270		V35	184
1271	191	Américo Costa	00:47:41	01:40:33	01:39:14	1271	Bolinhas Runners	V35	185
1272	1215	Diogo Leite	00:51:48	01:42:16	01:41:18	1272		Senior	176
1273	1089	Lia Marques	00:51:48	01:42:17	01:41:21	1274		Senior	96
1274	1078	Paulo Leite	00:51:48	01:42:17	01:41:20	1273		V55	66
1275	1467	Elsa Fonseca	00:50:37	01:43:06	01:41:38	1275		V40	62
1276	1466	João Campos	00:50:39	01:43:06	01:41:38	1276		V45	162
1277	902	Vania Prudencio	00:52:06	01:43:25	01:42:46	1278		V35	47
1278	906	Sofia Pires	00:52:06	01:43:25	01:42:46	1279		Senior	97
1279	903	Ana Marques	00:52:06	01:43:25	01:42:44	1277		V55	11