



CLASSIFICAÇÕES



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escação
1	Sérgio Dias	00:15:56	00:29:04	00:29:03	Maratona Clube de Portugal	Senior
2	António Sousa	00:16:10	00:30:19	00:30:18	GARMIN Olimpico de Oeiras	Veterano 1
3	Filipe Januário	00:17:18	00:31:28	00:31:24	Clube ANA Lisboa	Senior
4	Augusto Pires	00:17:11	00:31:29	00:31:27	maduro athletics associação desportiva	Senior
5	David Inácio	00:17:24	00:31:36	00:31:31		Senior
6	Mário Cassaca	00:17:21	00:31:43	00:31:41	GARMIN Olimpico de Oeiras	Senior
7	Pedro Silva	00:17:16	00:31:53	00:31:52		Senior
8	Ricardo Mestre	00:17:30	00:31:54	00:31:49	Grupo Desportivo Carris	Veterano 1
9	Jorge Alves	00:17:11	00:31:58	00:31:57		Senior
10	Ricardo Pereira	00:17:31	00:32:20	00:32:17	Mirantense Futebol Clube	Senior
11	André Santos	00:17:33	00:32:36	00:32:32		Senior
12	Pedro Gomes	00:17:32	00:32:59	00:32:57	boavista do pico açores	Senior
13	Jorge Santos	00:18:14	00:32:59	00:32:56	maduro athletics associação desportiva	Senior
14	Jose Cardoso	00:18:06	00:33:45	00:33:43	GDOA	Veterano 1
15	Manuel Mascarenhas	00:18:23	00:33:47	00:33:44		Senior
16	André Januário	00:18:17	00:33:49	00:33:42	Clube ANA Lisboa	Senior
17	Paulo Hermezilha	00:18:14	00:33:59	00:33:55	Mirantense Futebol Clube	Senior
18	Pedro Silva	00:18:23	00:34:13	00:34:10		Veterano 1
19	Armando Monteiro	00:19:02	00:34:13	00:33:38	FSG Collonge-Bellerive	Senior
20	Nuno Felicio	00:18:42	00:34:26	00:34:24		Senior
21	Germano Silva	00:18:50	00:34:48	00:34:46		Veterano 3
22	Nuno Rocha	00:18:50	00:34:52	00:34:40	Grupo Recreativo Cultural e Desportivo de Leião	Senior
23	José Santos	00:18:46	00:35:02	00:35:00	Açoreana Clube Banif	Veterano 3
24	Tiago Leal	00:18:56	00:35:03	00:34:34		Senior
25	Pedro Cardoso	00:19:06	00:35:13	00:35:08		Veterano 1
26	Milton Silva	00:19:10	00:35:15	00:35:12		Senior
27	João Ferreira	00:18:57	00:35:28	00:35:24		Senior
28	Ricardo Silva	00:18:49	00:35:35	00:35:32	Link	Senior
29	Joana Marques	00:19:11	00:35:39	00:35:37	GARMIN Olimpico de Oeiras	Senior
30	Luis Paulo	00:19:09	00:35:42	00:35:40	Bahia	Veterano 2
31	Nuno Vasconcelos	00:19:41	00:35:45	00:35:41	ThunderRunners	Senior
32	Manuel Figueiredo	00:19:16	00:35:54	00:35:51	Grupo Excursionista Os Economicos	Veterano 3
33	João Prisal	00:19:07	00:36:05	00:35:54	Rail Runners	Senior
34	Joaquim Alves	00:19:32	00:36:23	00:36:21		Veterano 4
35	António Piedade	00:20:12	00:36:30	00:36:15	Grupo Desportivo Carris	Veterano 1
36	Bruno Brito	00:19:54	00:36:32	00:36:29		Senior
37	Catarina Ferreira	00:19:45	00:36:33	00:36:31		Senior



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escação
38	Cesario Morgado	00:19:17	00:36:33	00:36:31		Senior
39	Carlos Garcez	00:19:44	00:36:35	00:36:24	Gafanho Sport Clube	Veterano 2
40	Francisco Azevedo	00:20:01	00:36:38	00:36:36		Veterano 1
41	Leandro Reis	00:20:26	00:36:44	00:36:42		Veterano 1
42	Paulo Alves	00:19:57	00:36:49	00:36:41	GD Imprensa Nacional Casa da Moeda	Senior
43	Carlos Pedro	00:19:52	00:36:55	00:36:53	clube oriental lisboa	Veterano 1
44	Nuno Alves	00:20:05	00:36:56	00:36:43		Senior
45	Luis Valente	00:19:52	00:36:57	00:36:55		Senior
46	Katarina Larsson	00:19:49	00:36:58	00:36:56	NucleOeiras	Senior
47	Pedro Monteiro	00:20:22	00:37:00	00:36:40		Senior
48	Miguel Oliveira	00:19:54	00:37:15	00:37:00	Rail Runners	Senior
49	Alexandre Teixeira	00:20:22	00:37:22	00:37:19		Veterano 2
50	Tiago Bastos	00:19:41	00:37:24	00:37:19	oristars cellfood farelo	Senior
51	Edgar Martinho	00:20:19	00:37:24	00:36:51		Senior
52	Carlos Reis	00:19:47	00:37:26	00:37:19	clube oriental lisboa	Veterano 1
53	Daniel Pereira	00:11:31	00:37:30	00:22:45		Senior
54	Patricia Gonçalves	00:20:29	00:37:31	00:37:19	Clube do Stress	Veterana
55	Fábio Pratas	00:20:13	00:37:32	00:37:17		Senior
56	Pedro Ramos	00:20:23	00:37:39	00:37:37	Clube Ferroviário Portugal	Senior
57	Luis Farelo	00:20:08	00:37:41	00:37:36	oristars cellfood farelo	Veterano 2
58	Jefferson Borges	00:20:22	00:37:43	00:37:37		Junior
59	Miguel Sousa	00:20:42	00:37:43	00:37:20	Clube Colaboradores AXA	Senior
60	Hernani Fernandes	00:20:12	00:37:45	00:37:33		Veterano 1
61	Carlos Caetano	00:20:23	00:37:48	00:37:45		Senior
62	José Barrinha	00:20:21	00:37:51	00:37:46		Veterano 1
63	Ricardo Silva	00:21:06	00:37:52	00:37:49		Junior
64	João Xavier	00:20:15	00:37:55	00:37:43	Grupo de Atletismo «OS PATRICIOS»	Senior
65	Jose Lopes	00:20:55	00:37:57	00:37:50		Veterano 2
66	José Oliveira	00:20:22	00:38:00	00:37:56	oristars cellfood farelo	Veterano 1
67	Raul Quaresma	00:20:46	00:38:06	00:37:52		Senior
68	António Bicho	00:20:46	00:38:08	00:38:00		Senior
69	Maria Frias	00:20:51	00:38:09	00:38:08	Amigos Atletismo Mafra	Veterana
70	João Mendonça	00:20:24	00:38:09	00:38:05		Senior
71	Artur Tavares	00:20:31	00:38:10	00:38:07		Veterano 2
72	Mário Santos	00:20:40	00:38:11	00:37:58	SOBRALPISO	Senior
73	José Sousa	00:20:41	00:38:17	00:38:13		Veterano 2
74	Miguel Rocha	00:20:32	00:38:17	00:38:06		Veterano 1



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Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escação
75	Vicente Rocha	00:21:05	00:38:22	00:38:07	Clube ANACOM	Senior
76	Paulo Brito	00:20:55	00:38:24	00:38:19	J.O.M.A.	Veterano 1
77	Pedro Silva	00:21:06	00:38:25	00:38:21		Junior
78	Luis Sales	00:20:46	00:38:25	00:38:18		Senior
79	Lino Santos	00:20:45	00:38:26	00:38:19	Grupo Desportivo Carris	Veterano 2
80	João Frias	00:20:52	00:38:26	00:38:25	Amigos Atletismo Mafra	Veterano 1
81	Paulo Alves	00:21:10	00:38:33	00:38:26		Veterano 3
82	Pedro Lima	00:21:04	00:38:34	00:38:32		Veterano 2
83	Carlos Rosado	00:20:35	00:38:35	00:37:29		Veterano 1
84	Hugo Reis	00:20:26	00:38:36	00:38:16		Senior
85	Miguel Valente	00:20:26	00:38:41	00:38:31		Senior
86	Antonio Fernandes	00:20:48	00:38:43	00:38:38	tokandar	Veterano 2
87	Paulo Lopes	00:21:11	00:38:48	00:38:19	Grupo Excursionista Os Economicos	Veterano 1
88	Francisco Simão	00:21:18	00:38:50	00:37:53	Pernas de Gafanhoto	Senior
89	Rui Henriques	00:20:56	00:38:51	00:38:48		Senior
90	Tito Ferreira	00:21:34	00:38:52	00:38:45	Clube ANACOM	Veterano 2
91	Henrique Matias	00:20:42	00:38:56	00:38:37		Senior
92	Joaquim Santos	00:21:20	00:38:57	00:38:44		Veterano 1
93	Nuno Lopes	00:21:01	00:38:58	00:38:54		Senior
94	Amândio Gouveia	00:21:06	00:38:58	00:38:27	Associação Desportiva e Cultural do Catujal	Senior
95	António Patrício	00:20:44	00:38:59	00:38:47	Pernas de Gafanhoto	Senior
96	Edgar Francisco	00:20:57	00:38:59	00:38:51	U.R.D. Arranhó	Veterano 2
97	Nuno Pita	00:21:05	00:39:06	00:38:40	Centro Cultural e Desportivo dos Trabalhadores	Senior
98	António Gonçalves	00:21:04	00:39:06	00:38:36	Centro Cultural e Desportivo dos Trabalhadores	Veterano 2
99	António Pereira	00:21:15	00:39:07	00:38:37	Centro Cultural e Desportivo dos Trabalhadores	Veterano 2
100	Luis Sousa	00:21:24	00:39:09	00:38:40		Senior
101	António Costa	00:21:30	00:39:11	00:38:37		Veterano 1
102	Antonio Massano	00:21:05	00:39:13	00:39:07		Senior
103	Manuel Araujo	00:21:19	00:39:14	00:38:57		Veterano 3
104	Nuno Sousa	00:21:20	00:39:14	00:38:59	GD Imprensa Nacional Casa da Moeda	Senior
105	Bruno Salazar	00:21:03	00:39:15	00:39:05		Senior
106	Alexandre Cantiga	00:21:06	00:39:17	00:39:08		Senior
107	Carlos Alberto	00:21:01	00:39:18	00:39:08	GDINE	Veterano 3
108	João Santos	00:20:35	00:39:18	00:39:09		Senior
109	Marcos Pereira	00:21:19	00:39:19	00:38:47		Veterano 4
110	José Clemente	00:21:49	00:39:22	00:39:02		Veterano 1
111	Paulo Cardoso	00:20:45	00:39:25	00:39:24	Grupo Desp. Chelas	Veterano 2



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112	Tomás Fernandes	00:21:25	00:39:27	00:39:25	Clube ANA Lisboa	Junior
113	Carlos Fernandes	00:21:22	00:39:27	00:39:20	GDOA	Veterano 2
114	Paulo Barreira	00:21:19	00:39:28	00:39:04	Grupo Recreativo Cultural e Desportivo de Leião	Senior
115	Carlos Brás	00:20:50	00:39:32	00:38:54	Bacana Running	Senior
116	Carlos Rodrigues	00:21:22	00:39:33	00:39:19	Grupo Desp. Chelas	Senior
117	Fernando Caeiro	00:21:22	00:39:33	00:39:19	Grupo Desp. Chelas	Senior
118	Jose Nunes	00:21:28	00:39:38	00:39:31	GDOA	Veterano 1
119	Eduardo Rodrigues	00:21:37	00:39:38	00:39:04		Veterano 3
120	Ricardo Cabo	00:22:01	00:39:39	00:39:12		Senior
121	Ernesto Guia	00:21:35	00:39:40	00:39:39	ACD Bocal	Veterano 4
122	Álvaro Pinto	00:21:29	00:39:44	00:39:39	Associação Desportiva Real Academia	Veterano 3
123	Mário Leitão	00:21:13	00:39:46	00:39:30		Senior
124	Pedro Pereira	00:21:16	00:39:48	00:38:47	CUN Boston	Senior
125	Paulo Santos	00:21:38	00:39:54	00:39:51	GARMIN Olimpico de Oeiras	Veterano 1
126	Paula Lemos	00:21:40	00:39:54	00:39:51	GARMIN Olimpico de Oeiras	Veterana
127	Paulo Enes	00:21:40	00:39:59	00:39:16		Veterano 2
128	João André	00:21:29	00:40:02	00:39:27		Senior
129	Daniel Gonçalves	00:21:25	00:40:03	00:39:33	Associação Desportiva e Cultural do Catujal	Senior
130	Joaquim Belo	00:21:14	00:40:06	00:39:56		Veterano 2
131	José Orlandolopes	00:22:02	00:40:07	00:40:00	Grupo Desportivo Carris	Veterano 2
132	José Lopes	00:21:53	00:40:07	00:39:44		Veterano 4
133	Pedro Guedes	00:21:56	00:40:09	00:39:29		Senior
134	Jorge Nabais	00:21:59	00:40:09	00:39:31	Bacana Running	Senior
135	Jorge Baptista	00:21:48	00:40:09	00:39:49	Grupo Excursionista Os Economicos	Veterano 4
136	Luis Martins	00:21:41	00:40:10	00:39:44	Os beri beri do asfalto	Senior
137	Filipe Carvalho	00:21:19	00:40:13	00:40:09	Mirantense Futebol Clube	Senior
138	Carlos Vitorino	00:21:19	00:40:13	00:40:10	Mirantense Futebol Clube	Senior
139	Marco Ricardo	00:21:12	00:40:13	00:39:23	Georunners	Senior
140	Filipe Branco	00:21:41	00:40:13	00:39:57	U.R.D. Arranhó	Veterano 1
141	João Guedes	00:21:35	00:40:15	00:40:07	GARMIN Olimpico de Oeiras	Senior
142	Fernando Marques	00:21:39	00:40:15	00:40:11	Clube Pessoal EDP Carregado	Veterano 5
143	Rui Pinela	00:22:00	00:40:16	00:40:06	Bladerunners	Veterano 1
144	Pedro Nunes	00:21:53	00:40:18	00:40:06	Clube do Stress	Veterano 1
145	Joaquim Charrua	00:22:01	00:40:18	00:40:08		Veterano 6
146	Nuno Santos	00:21:51	00:40:21	00:39:52	Sporting Clube de Casainhos	Senior
147	Isidro Duarte	00:22:32	00:40:24	00:40:17		Veterano 1
148	Silvino Moringa	00:21:40	00:40:24	00:40:16		Veterano 4



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Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escação
149	Luís Alves	00:21:16	00:40:28	00:39:26	CUN Boston	Senior
150	Rui Bernardino	00:21:54	00:40:31	00:40:24	MaMorais	Senior
151	Valter Morais	00:21:31	00:40:32	00:40:15		Senior
152	Marlene Ferreira	00:21:44	00:40:34	00:40:04	Associação Desportiva e Cultural do Catujal	Senior
153	Paulo Pereira	00:21:45	00:40:37	00:40:10	Rail Runners	Senior
154	Angelo Gaspar	00:22:15	00:40:37	00:40:21		Senior
155	Sandro Gaspar	00:22:12	00:40:37	00:40:21		Senior
156	Jorge Marques	00:21:38	00:40:43	00:40:29	Grupo Desp. Chelas	Veterano 2
157	Abilio Marcos	00:21:38	00:40:43	00:40:29	Grupo Desp. Chelas	Veterano 2
158	Joaquim Santos	00:21:46	00:40:43	00:40:39	JG Seguros	Veterano 1
159	Manuel Bento	00:21:51	00:40:44	00:40:14	Sporting Clube de Casainhos	Senior
160	Vitor Lourenço	00:21:58	00:40:45	00:40:41		Senior
161	Pedro Martins	00:21:57	00:40:51	00:40:46	Habitar Imobiliária	Senior
162	João Machado	00:21:57	00:40:52	00:40:46	Habitar Imobiliária	Veterano 1
163	Jose Tomas	00:21:49	00:40:53	00:40:31	U.R.D. Arranhó	Senior
164	Mário Amaro	00:22:14	00:40:56	00:40:47	individual	Veterano 1
165	Daniel Simões	00:22:03	00:40:56	00:40:06		Senior
166	Ruben Batista	00:21:46	00:40:57	00:40:44		Senior
167	David Karim	00:22:06	00:40:58	00:40:55	Associação Desportiva Real Academia	Senior
168	Armindo Queimado	00:22:26	00:41:03	00:40:56		Veterano 2
169	José Sousa	00:22:25	00:41:05	00:40:25	Associação de Atletismo Lebres do Sado	Senior
170	Luis Godinho	00:23:12	00:41:12	00:40:40	Clube Grupo BES	Veterano 2
171	Nuno Rodrigues	00:23:13	00:41:12	00:40:40	Clube Grupo BES	Senior
172	Luís Loureiro	00:22:18	00:41:14	00:40:21		Senior
173	Ricardo Varela	00:21:41	00:41:17	00:40:46		Senior
174	André Vaz	00:21:54	00:41:17	00:41:05	Pernas de Gafanhoto	Senior
175	Armando Correia	00:22:03	00:41:18	00:40:50	Sporting Clube de Casainhos	Senior
176	Joel Guedes	00:22:23	00:41:18	00:40:57	Clube Colaboradores AXA	Senior
177	André Cid	00:21:46	00:41:21	00:40:34	SportLife	Senior
178	Joaquim Frade	00:22:33	00:41:22	00:41:03	ss cgd	Veterano 4
179	Nuno Vicente	00:22:10	00:41:22	00:41:12	Pepper House Running Team	Veterano 1
180	Rui Silva	00:22:58	00:41:22	00:40:31	Sporting Clube de Portugal	Veterano 1
181	Pedro Martins	00:22:34	00:41:25	00:41:01	Peters	Senior
182	Paulo Trindade	00:21:53	00:41:26	00:41:23		Senior
183	Arlindo Paixão	00:22:05	00:41:31	00:41:26	Restaurante «O CARTAXEIRO»	Veterano 2
184	Sergio Santos	00:22:27	00:41:33	00:41:25		Senior
185	Fernando Luz	00:22:26	00:41:33	00:41:29	GDCT UNICRE	Veterano 1



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186	Rui Araujo	00:22:44	00:41:34	00:41:04	Centro Cultural e Desportivo dos Trabalhadores	Veterano 3
187	Ricardo Martins	00:23:23	00:41:37	00:40:59		Senior
188	Joao Monteiro	00:22:00	00:41:39	00:41:24		Senior
189	Paulo Fernandes	00:22:21	00:41:39	00:41:18	Falcões Selvagens	Senior
190	João Mendes	00:23:16	00:41:40	00:41:01		Senior
191	Gaspar Laneiro	00:22:01	00:41:41	00:41:40		Veterano 3
192	Gonçalo Oliveira	00:22:33	00:41:42	00:41:37	GDCT UNICRE	Veterano 2
193	Luciano Dantas	00:22:29	00:41:43	00:41:33	GARMIN Olimpico de Oeiras	Veterano 1
194	Hélio Santos	00:22:54	00:41:44	00:41:21	BueRapidos	Senior
195	Marco Campos	00:22:32	00:41:44	00:41:28		Senior
196	Alexandre Oliveira	00:22:22	00:41:44	00:41:30		Senior
197	Alexandre Mateus	00:22:29	00:41:46	00:41:21		Senior
198	Jorge Lozano	00:23:03	00:41:46	00:41:44		Veterano 3
199	João Cabanas	00:22:40	00:41:47	00:41:18		Senior
200	Fátima Santos	00:22:14	00:41:48	00:41:45	Açoreana Clube Banif	Veterana
201	Vitor Cunha	00:22:25	00:41:48	00:40:38	wikaboo	Veterano 1
202	Carlos Venancio	00:22:37	00:41:50	00:41:40		Veterano 3
203	Neves Silva	00:22:44	00:41:50	00:41:25	Clube Ferroviário Portugal	Veterano 4
204	Luis Penteado	00:22:55	00:41:50	00:41:30	BueRapidos	Veterano 1
205	Luís Ferreira	00:22:23	00:41:51	00:41:01		Senior
206	Manuel Rodrigues	00:22:54	00:41:51	00:41:33	Leões de Porto Salvo	Veterano 3
207	António Duarte	00:22:41	00:41:54	00:41:34	Clube do Stress	Veterano 5
208	Manuel Mexia	00:22:42	00:41:56	00:41:21		Veterano 2
209	António Barbosa	00:22:36	00:41:57	00:41:29	MaMorais	Senior
210	Hugo Caselhas	00:22:09	00:41:57	00:41:52	maduro athletics associação desportiva	Senior
211	Rui Varão	00:22:23	00:41:57	00:41:50		Senior
212	Eduardo Ribeiro	00:22:35	00:42:00	00:41:56	GDCT UNICRE	Veterano 1
213	Ricardo Marques	00:22:15	00:42:01	00:41:15	Falcões Selvagens	Senior
214	Manuel Rosa	00:22:12	00:42:06	00:41:50	Link	Senior
215	João Vieira	00:24:09	00:42:07	00:41:07		Junior
216	Pedro Martins	00:22:50	00:42:09	00:41:59	Bladerunners	Senior
217	João Borrega	00:22:50	00:42:10	00:41:57	Clube Grupo BES	Veterano 2
218	José Badalo	00:22:35	00:42:12	00:41:06		Veterano 2
219	Antonio Almeida	00:22:32	00:42:12	00:42:02	Clube MILLENNIUMBPCP	Veterano 2
220	Ruben Costa	00:22:42	00:42:16	00:42:07		Veterano 2
221	Fernando Vicente	00:22:03	00:42:16	00:42:15		Veterano 3
222	Domingos Pinto-coelho	00:22:46	00:42:18	00:41:16	Os Leões da Estrada	Senior



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223	Ricardo Gonçalves	00:22:12	00:42:18	00:42:14		Senior
224	Manuel Guerreiro	00:22:15	00:42:18	00:42:14	Guerreiros do Rio	Veterano 4
225	Julio Ferreira	00:23:14	00:42:22	00:41:49	Clube Grupo BES	Veterano 4
226	Bruno Reis	00:22:47	00:42:22	00:41:39		Senior
227	Pedro Pereira	00:22:31	00:42:23	00:42:14		Veterano 1
228	Daniel Silva	00:22:52	00:42:25	00:41:43		Veterano 3
229	Vitor Moreira	00:22:35	00:42:29	00:42:19		Veterano 4
230	Mário Silva	00:22:49	00:42:29	00:42:08		Veterano 1
231	Antonio Braga	00:22:39	00:42:30	00:42:24	Clube MILLENNIUMBCP	Veterano 3
232	Paulo Tomé	00:22:34	00:42:31	00:42:21		Senior
233	Rui Ferreira	00:23:08	00:42:32	00:42:27	Restaurante «O CARTAXEIRO»	Veterano 1
234	Joaquim Santos	00:22:59	00:42:32	00:42:13		Veterano 3
235	José Santos	00:23:19	00:42:33	00:42:24	Clube ANACOM	Veterano 3
236	Carlos Afonso	00:23:44	00:42:33	00:41:48	Clube ANA Lisboa	Senior
237	Rui Rodas	00:22:44	00:42:33	00:42:31		Senior
238	Telmo Coelho	00:23:13	00:42:34	00:42:13	ACD Bocal	Senior
239	Marco Baptista	00:22:52	00:42:34	00:41:54	ACD Bocal	Senior
240	João Veríssimo	00:23:15	00:42:35	00:42:22	tokandar	Veterano 3
241	António Figueiredo	00:22:15	00:42:36	00:42:28		Senior
242	Manuel Gonçalves	00:22:51	00:42:36	00:42:28	Grupo de Atletismo «OS PATRICIOS»	Veterano 6
243	Mário Lúcio	00:23:08	00:42:37	00:42:11		Veterano 2
244	Herberto Monteiro	00:22:41	00:42:40	00:42:26		Veterano 1
245	Cidalia Pimentel	00:22:59	00:42:41	00:42:38		Senior
246	Pedro Marques	00:23:25	00:42:42	00:41:38		Senior
247	Ricardo Amado	00:23:30	00:42:43	00:41:58		Senior
248	Bernardo Afonso	00:23:09	00:42:44	00:42:32		Senior
249	Arlindo Brás	00:22:49	00:42:44	00:42:43	Amigos da Estrela	Veterano 2
250	Fernando Gonçalves	00:22:52	00:42:45	00:42:37	GDCT UNICRE	Veterano 1
251	Mário Lopes	00:23:15	00:42:45	00:42:18	BS Runners	Veterano 1
252	Gonçalo Lopes	00:22:44	00:42:45	00:41:40		Senior
253	Carlos Ribeiro	00:22:44	00:42:45	00:42:19		Veterano 1
254	Mario Lino	00:23:07	00:42:46	00:42:32		Veterano 2
255	António Bolra	00:23:00	00:42:47	00:42:28		Veterano 6
256	David Nascimento	00:23:56	00:42:49	00:41:44		Senior
257	Romão Pedroso	00:22:33	00:42:50	00:41:29	Running Strike Force	Senior
258	Rui Oliveira	00:22:51	00:42:51	00:42:01		Senior
259	Ricardo Tavares	00:22:51	00:42:51	00:42:02		Senior



CLASSIFICAÇÕES



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escação
260	Marco Lourenço	00:24:29	00:42:52	00:42:01		Senior
261	Hugo Venancio	00:22:47	00:42:52	00:42:50	ss cgd	Senior
262	Nuno Monteiro	00:22:58	00:42:53	00:42:12	Running of d ^a Maria	Senior
263	Miguel Ferraz	00:23:00	00:42:54	00:42:10	Ferraz	Senior
264	Alexandra Lamas	00:23:06	00:42:54	00:42:32		Senior
265	Paulo Tomas	00:23:10	00:42:55	00:42:07	U.R.D. Arranhó	Senior
266	Paulo Amorim	00:23:37	00:42:55	00:42:08	4@fundo	Veterano 2
267	Eduardo Silva	00:23:16	00:42:56	00:41:58	Pernas de Gafanhoto	Veterano 2
268	Pedro Roxo	00:21:50	00:42:56	00:40:44		Senior
269	Afonso Silva	00:23:27	00:42:56	00:42:21		Senior
270	Americo Pimenta	00:23:33	00:42:59	00:42:49	Grupo Desp. Chelas	Veterano 3
271	Luis Barreiras	00:23:32	00:42:59	00:42:42		Veterano 1
272	Aníbal Costa	00:23:34	00:42:59	00:42:42		Veterano 1
273	Fatima Pinto	00:23:33	00:42:59	00:42:49	Grupo Desp. Chelas	Veterana
274	Rodrigo Durão	00:22:44	00:43:00	00:42:57		Senior
275	Joao Mata	00:22:44	00:43:00	00:42:58		Senior
276	Luis Caetano	00:23:21	00:43:02	00:42:21	Valadares	Veterano 2
277	Nuno Gonçalo	00:23:25	00:43:02	00:42:25		Senior
278	Alexandre Silva	00:22:34	00:43:03	00:42:44		Senior
279	Nuno Moleiro	00:22:36	00:43:04	00:42:10		Senior
280	José Correia	00:23:24	00:43:05	00:43:03		Veterano 3
281	Rui Belo	00:23:02	00:43:07	00:42:49		Senior
282	Jorge Filipe	00:22:59	00:43:08	00:42:36		Veterano 2
283	Bruno Afonso	00:22:22	00:43:09	00:41:32	METAVISTA	Senior
284	Norberto Marques	00:23:08	00:43:10	00:42:44	Running of d ^a Maria	Veterano 1
285	Carlos Duarte	00:22:57	00:43:10	00:42:30		Senior
286	Lauro Lazarino	00:23:55	00:43:15	00:42:13		Senior
287	Paulo Moreno	00:23:55	00:43:16	00:42:14		Senior
288	Paulo Lourenço	00:23:32	00:43:16	00:43:11		Senior
289	Antonio Batista	00:23:29	00:43:18	00:43:02	Clube de Futebol Estrela	Veterano 5
290	João Sequeira	00:24:08	00:43:18	00:42:18	Centro Cultural e Desportivo dos Trabalhadores	Veterano 2
291	Raul Ferreira	00:23:09	00:43:19	00:43:10	Pepper House Running Team	Senior
292	José Valério	00:22:54	00:43:22	00:43:16	Associação Desportiva e Cultural do Catujal	Veterano 6
293	José Pacheco	00:23:22	00:43:23	00:43:15	Família Pacheco	Veterano 2
294	Jose Santos	00:23:25	00:43:24	00:43:21	C.C.D. O Alvitejo	Veterano 4
295	Celso Gouveia	00:24:37	00:43:24	00:43:10		Veterano 1
296	José Dias	00:23:22	00:43:24	00:43:10	Rail Runners	Veterano 2



CLASSIFICAÇÕES



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escação
297	Nuno Marques	00:23:00	00:43:25	00:42:29	Run 4 Fun	Veterano 1
298	Heitor Cardoso	00:23:31	00:43:25	00:43:22	Clube Atletismo Amigos de Belém	Veterano 2
299	Manuel Fidalgo	00:23:44	00:43:26	00:43:05	OS "NÓMADAS"	Veterano 4
300	Jose Barroco	00:23:44	00:43:26	00:43:05	OS "NÓMADAS"	Veterano 3
301	Miguel Pontinha	00:23:22	00:43:26	00:42:50	Squadra	Senior
302	José Cavaco	00:23:40	00:43:27	00:43:21	sportzone	Veterano 2
303	Filipe Neves	00:25:22	00:43:28	00:42:19	wikaboo	Senior
304	Pedro Assunção	00:23:08	00:43:29	00:43:11		Senior
305	Luís Silva	00:23:40	00:43:31	00:42:40		Senior
306	Jorge Barreira	00:23:30	00:43:32	00:43:15	Grupo Recreativo Cultural e Desportivo de Leião	Veterano 6
307	Pedro Marques	00:23:43	00:43:34	00:42:54	Grupo Desp. Chelas	Veterano 2
308	Jorge Rebocho	00:23:21	00:43:35	00:42:54		Senior
309	Paulo Grilo	00:23:09	00:43:35	00:43:17		Senior
310	Pedro Ferraz	00:23:24	00:43:38	00:43:15	Peters	Senior
311	Tiago Teles	00:23:18	00:43:38	00:43:22		Senior
312	Orlando Martins	00:23:08	00:43:40	00:43:02	Running of d ^a Maria	Veterano 4
313	João Simões	00:23:52	00:43:42	00:43:14	Clube Grupo BES	Veterano 4
314	João Bretes	00:23:27	00:43:42	00:43:30		Senior
315	Almerindo Silva	00:23:22	00:43:43	00:43:30	A.D.C.C.	Veterano 3
316	Salette Tavares	00:23:38	00:43:43	00:43:36		Senior
317	Ivane Santos	00:23:44	00:43:44	00:43:28		Veterana
318	Tiago Canhoto	00:23:34	00:43:45	00:43:02	Canhoto	Senior
319	Jorge Sousa	00:23:26	00:43:45	00:42:51	Grupo Desp. Chelas	Veterano 3
320	Pedro Campos	00:23:34	00:43:45	00:43:40	ThunderRunners	Senior
321	Pedro Lobo	00:23:56	00:43:45	00:43:16	Link	Senior
322	Rui Rodrigues	00:23:26	00:43:47	00:43:41		Veterano 2
323	António Almeida	00:23:56	00:43:48	00:43:10		Veterano 3
324	Carlos Silva	00:23:13	00:43:48	00:43:07		Veterano 2
325	António Varela	00:23:27	00:43:49	00:43:46		Veterano 2
326	Sadiq Kassamo	00:23:01	00:43:52	00:43:16		Senior
327	Ricardo Arraias	00:23:56	00:43:52	00:43:20		Senior
328	Luis Silva	00:23:35	00:43:53	00:43:11	Silva	Senior
329	Tiago Rodrigues	00:23:56	00:43:54	00:43:49	Clube MILLENNIUMBCP	Junior
330	Paulo Magalhães	00:23:29	00:43:54	00:43:32	Grupo Unidos e Progresso de Gralhas	Veterano 1
331	Antonio Reis	00:23:40	00:43:55	00:43:50	Amigos Atletismo Mafra	Veterano 4
332	João Silva	00:23:42	00:43:55	00:42:53	PrimeFitness	Senior
333	André Machado	00:23:39	00:43:55	00:42:50		Senior



CLASSIFICAÇÕES



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escação
334	Nuno Ventura	00:23:20	00:43:56	00:43:30	wikaboo	Senior
335	Jose Freire	00:23:39	00:43:57	00:43:44		Veterano 4
336	Joana Freire	00:23:41	00:43:57	00:43:46		Junior
337	Bernardo Pereira	00:23:43	00:43:59	00:43:48		Senior
338	Fernando Fernandes	00:23:36	00:44:01	00:43:49		Senior
339	Hugo Monteiro	00:23:20	00:44:01	00:43:48	complicados	Senior
340	Antonio Gonçalves	00:23:57	00:44:04	00:43:23		Veterano 3
341	Pedro Ferreira	00:23:45	00:44:04	00:43:17		Veterano 1
342	Gentil Pereira	00:23:56	00:44:06	00:43:26	Amigos da Flor	Senior
343	Antonio Correia	00:24:11	00:44:06	00:43:17	Clube MILLENNIUMBCP	Veterano 4
344	Nuno Pereira	00:23:10	00:44:06	00:42:55	Acc Team	Senior
345	Egídio Silva	00:23:16	00:44:08	00:43:26		Veterano 2
346	Bruno Araújo	00:24:31	00:44:09	00:43:48		Senior
347	Paulo Patrício	00:23:35	00:44:10	00:43:56		Veterano 1
348	José Rua	00:24:36	00:44:14	00:43:05	wikaboo	Senior
349	Virgílio Carlos	00:23:34	00:44:14	00:44:03		Veterano 2
350	José Carvalho	00:24:17	00:44:15	00:43:49	Os Queimados	Senior
351	Marco Moutinho	00:24:17	00:44:15	00:43:49	Os Queimados	Senior
352	Paulo Cravo	00:23:18	00:44:15	00:43:20	ACS - Amigos da Corrida Salvaterra de Magos	Veterano 1
353	Joaquim Carrilho	00:24:09	00:44:15	00:43:43	ss cgd	Veterano 2
354	Idalécio Barros	00:23:33	00:44:19	00:44:10		Veterano 4
355	Jorge Vieira	00:23:36	00:44:20	00:42:57	Grupo Desportivo Roche	Senior
356	Fernando Guerreiro	00:23:18	00:44:21	00:44:12		Veterano 5
357	Joaquim Varanda	00:23:47	00:44:21	00:44:13	GDOA	Veterano 2
358	Pedro Dias	00:23:47	00:44:21	00:44:13	GDOA	Senior
359	Jose Goncalves	00:23:39	00:44:22	00:44:09		Veterano 2
360	Luis Ribeiro	00:23:45	00:44:26	00:43:34		Veterano 1
361	Vasco Costa	00:23:34	00:44:28	00:44:22		Veterano 4
362	José Figueiredo	00:23:26	00:44:29	00:44:26		Senior
363	Daniela Carvalho	00:23:41	00:44:29	00:44:25	Guerreiros do Rio	Senior
364	Luis Grilo	00:23:31	00:44:31	00:43:26	wikaboo	Veterano 1
365	Jose Fernandes	00:23:21	00:44:32	00:44:26		Senior
366	João Ferreira	00:24:02	00:44:33	00:43:56	Amigos da Flor	Veterano 4
367	Luis Rendeiro	00:24:03	00:44:33	00:43:22		Veterano 2
368	Jorge Rodrigues	00:23:51	00:44:33	00:44:21		Veterano 2
369	Paulo Matias	00:23:44	00:44:34	00:43:38		Veterano 1
370	Fernando Manuel	00:23:43	00:44:34	00:43:39		Veterano 4



CLASSIFICAÇÕES



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escação
371	Carlos Henriques	00:23:42	00:44:34	00:43:32		Senior
372	Nuno Lucas	00:24:15	00:44:35	00:43:42	Pernas de Gafanhoto	Senior
373	Nuno Amaral	00:24:26	00:44:36	00:44:29	ctx@run	Senior
374	Andre Fernandes	00:23:38	00:44:37	00:43:58		Senior
375	Henrique Ruas	00:24:16	00:44:38	00:44:32	C.C.D. O Alvitejo	Veterano 6
376	Jorge Bicho	00:23:54	00:44:38	00:43:54	4@fundo	Veterano 3
377	José Magalhães	00:24:59	00:44:38	00:44:20	GDINE	Veterano 4
378	Rui Tavares	00:23:57	00:44:40	00:43:56		Senior
379	David Clemente	00:24:19	00:44:40	00:43:59		Senior
380	Fernando Carvalho	00:23:50	00:44:41	00:44:19	BueRapidos	Veterano 1
381	Rodrigo Opa	00:24:51	00:44:42	00:44:00		Senior
382	Luis Amorim	00:24:09	00:44:42	00:44:32	N.A.BDF	Veterano 3
383	Carlos Pessoa	00:23:57	00:44:42	00:44:16		Veterano 1
384	José Costa	00:23:49	00:44:43	00:43:52		Veterano 1
385	Maria Carita	00:23:54	00:44:43	00:44:33		Veterana
386	Pedro Pinto	00:24:13	00:44:43	00:44:20		Veterano 5
387	Eduardo Nabais	00:23:54	00:44:44	00:44:08		Senior
388	Fernando Silva	00:24:10	00:44:45	00:44:21		Veterano 3
389	Rui Gerales	00:24:20	00:44:45	00:44:13	Rail Runners	Senior
390	João Miguel	00:24:12	00:44:45	00:44:30	Tangas Clube	Veterano 6
391	Carlos Soares	00:24:11	00:44:45	00:44:33		Junior
392	Fernando Vergamota	00:24:02	00:44:46	00:44:30		Veterano 4
393	Ricardo Baleia	00:24:23	00:44:48	00:44:09	Bacana Running	Senior
394	Jorge Santos	00:25:02	00:44:49	00:43:57	C.C.D. S.R.S. de Lisboa	Senior
395	Joao Reis	00:23:55	00:44:50	00:44:22		Veterano 5
396	Avelino Véstias	00:24:00	00:44:50	00:44:49	Os Indomáveis	Veterano 5
397	Rui Carriço	00:24:19	00:44:51	00:44:13	Bacana Running	Senior
398	Gil Valentim	00:24:05	00:44:52	00:44:47		Junior
399	Artur Martins	00:23:22	00:44:52	00:44:35		Veterano 1
400	Roberto Cardeta	00:23:33	00:44:52	00:44:36	JDEUS	Senior
401	Manuel Hortelão	00:24:30	00:44:53	00:44:11	Amigos da Flor	Veterano 1
402	Albino Ferreira	00:23:53	00:44:53	00:44:51	Lesmas Aloperadas	Veterano 2
403	Manuel António	00:23:59	00:44:53	00:44:25	Rail Runners	Veterano 1
404	Maria Dias	00:23:49	00:44:54	00:44:50	Mirantense Futebol Clube	Veterana
405	Germano Pires	00:24:16	00:44:54	00:44:29	GDOA	Veterano 3
406	Daniel Nunes	00:24:17	00:44:54	00:44:29	Os Nunes	Senior
407	Jorge Aguiar	00:24:23	00:44:54	00:44:21		Veterano 2



CLASSIFICAÇÕES



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escação
408	Ricardo Neiva	00:25:00	00:44:54	00:43:53		Veterano 1
409	Sandrina Cunha	00:24:49	00:44:55	00:44:30		Senior
410	André Leandro	00:24:45	00:44:55	00:44:30		Senior
411	Alcides Nunes	00:23:50	00:44:55	00:44:52		Veterano 3
412	Ilidio Rodrigues	00:24:43	00:44:56	00:44:50	Clube MILLENNIUMBCP	Veterano 5
413	Manuel Trindade	00:24:20	00:44:57	00:44:45		Veterano 4
414	Glauco Louzada	00:24:07	00:44:58	00:44:36		Senior
415	Alexandre Lee	00:24:00	00:45:00	00:44:06		Senior
416	Antonio Correia	00:24:40	00:45:01	00:44:29		Veterano 3
417	Mário Rodrigues	00:24:25	00:45:02	00:44:39	ASICS	Veterano 1
418	Paulo França	00:23:41	00:45:04	00:44:59	GDCT UNICRE	Veterano 2
419	Marco Henriques	00:23:44	00:45:05	00:45:00	Guerreiros do Rio	Senior
420	José Monteiro	00:24:42	00:45:10	00:44:51		Veterano 3
421	Vasco Magalhães	00:23:42	00:45:11	00:45:01		Senior
422	Rodrigo Dias	00:24:23	00:45:15	00:44:24	Premium Minds	Senior
423	Daniel Zacarias	00:24:22	00:45:15	00:44:23	Premium Minds	Senior
424	João Vicente	00:24:20	00:45:16	00:44:17		Veterano 1
425	Antonio Coutinho	00:24:46	00:45:20	00:44:37		Veterano 4
426	Luis Ramos	00:24:28	00:45:22	00:44:48		Senior
427	Filipe Sá	00:24:00	00:45:23	00:45:18		Veterano 1
428	Virgilio Gonçalves	00:24:14	00:45:24	00:44:38		Veterano 3
429	Julio Fernandes	00:24:08	00:45:25	00:44:44	Grupo Desportivo Roche	Senior
430	Rui Borges	00:23:43	00:45:25	00:44:39	G A Monsanto/Gascan	Veterano 2
431	Fernando Pires	00:24:15	00:45:27	00:44:36		Veterano 1
432	Nuno Jorge	00:24:05	00:45:28	00:45:03		Senior
433	Rita Ferreira	00:24:16	00:45:28	00:45:14		Senior
434	Manuel Hall	00:24:42	00:45:31	00:44:22		Senior
435	Nuno Silva	00:24:02	00:45:32	00:45:12		Veterano 1
436	Carlos Pereira	00:24:08	00:45:32	00:44:56	Os Zatopeques	Senior
437	Isabel Rodrigues	00:24:44	00:45:34	00:44:56	GARMIN Olimpico de Oeiras	Veterana
438	Antonio Ingles	00:23:47	00:45:35	00:44:49	G A Monsanto/Gascan	Veterano 3
439	Alexandre Dias	00:24:29	00:45:36	00:45:25		Senior
440	Vicente Dias	00:24:31	00:45:37	00:45:26	N.A.BDF	Veterano 4
441	Carlos Dinis	00:24:46	00:45:37	00:45:03		Veterano 2
442	Manuel Teixeira	00:25:04	00:45:38	00:44:47	C.C.D. S.R.S. de Lisboa	Veterano 4
443	Pedro Ferreira	00:24:29	00:45:39	00:44:50		Senior
444	Martins Barata	00:24:34	00:45:40	00:45:34	Clube Ferroviário Portugal	Veterano 6



CLASSIFICAÇÕES



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escação
445	Nuno Marques	00:24:31	00:45:40	00:45:34	Clube Pessoal EDP Carregado	Senior
446	Miguel Almeida	00:23:53	00:45:43	00:45:36	TINTACRIATIVA.COM	Senior
447	Ana Amaral	00:24:45	00:45:44	00:45:37	ctx@run	Senior
448	Paulo Miranda	00:24:10	00:45:44	00:45:20		Veterano 1
449	Virgílio Espada	00:24:53	00:45:47	00:45:37		Veterano 4
450	Sérgio Pedro	00:24:15	00:45:49	00:45:14	Squadra	Senior
451	Fernando Almeida	00:24:06	00:45:51	00:45:45	Clube MILLENNIUMBCP	Veterano 1
452	Carlos Oliveira	00:24:14	00:45:51	00:44:47	Mistral Spirit	Veterano 4
453	Vitor Revez	00:23:56	00:45:52	00:45:15	Grupo Excursionista Os Economicos	Veterano 3
454	Pedro Oliveira	00:24:18	00:45:52	00:44:46		Senior
455	Luís Zeferino	00:24:21	00:45:52	00:45:27		Senior
456	Fernando Moura	00:24:14	00:45:53	00:45:44	Grupo de Atletismo «OS PATRICIOS»	Veterano 3
457	António Bogas	00:23:48	00:45:54	00:45:34		Veterano 2
458	Bruno Pio	00:23:44	00:45:55	00:45:26	Squadra	Senior
459	Alexandre Gomes	00:25:24	00:46:00	00:45:51		Veterano 1
460	Orlando Ferreira	00:24:33	00:46:00	00:45:33	Grupo Desportivo CIMPOR	Veterano 3
461	Carlos Moreira	00:25:28	00:46:01	00:45:33	Centro Cultural e Desportivo dos Trabalhadores	Veterano 4
462	Jose Andrade	00:24:27	00:46:02	00:45:56	GDOA	Veterano 2
463	Joaquim Corrula	00:24:42	00:46:03	00:45:31	brandoa corre	Veterano 2
464	Mario Campos	00:24:46	00:46:03	00:45:47	Clube MILLENNIUMBCP	Veterano 5
465	Eduardo Martins	00:24:40	00:46:03	00:45:36	O Celeiro Da Memoria	Veterano 5
466	Antonio Ramos	00:24:42	00:46:04	00:45:24	Clube MILLENNIUMBCP	Veterano 1
467	Nuno Santos	00:23:33	00:46:06	00:42:30		Senior
468	José Fachada	00:24:51	00:46:06	00:45:14		Veterano 4
469	Joao Santos	00:24:38	00:46:08	00:45:55		Veterano 3
470	Aníbal Fernandes	00:24:54	00:46:08	00:45:15		Senior
471	Roger Martins	00:24:36	00:46:10	00:45:32	ASICS	Senior
472	João Antunes	00:24:22	00:46:10	00:45:20		Senior
473	António Fonseca	00:23:56	00:46:11	00:46:02		Veterano 1
474	Domingos Matos	00:24:41	00:46:11	00:45:48	Falcões Selvagens	Veterano 3
475	Nuno Alves	00:24:25	00:46:11	00:45:57		Veterano 1
476	José Neves	00:24:17	00:46:11	00:46:08	Os Indomáveis	Veterano 4
477	Manuel Pereira	00:25:05	00:46:12	00:45:22	Grupo de Atletismo «OS PATRICIOS»	Veterano 4
478	José Silva	00:24:47	00:46:13	00:45:16	Centro Cultural e Desportivo dos Trabalhadores	Veterano 4
479	Nuno Serras	00:25:15	00:46:15	00:45:48		Senior
480	Odete Fiuza	00:25:06	00:46:16	00:45:45		Senior
481	Pedro Meireles	00:25:06	00:46:16	00:45:45		Veterano 1



CLASSIFICAÇÕES



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escalão
482	Pedro Guimarães	00:25:13	00:46:17	00:45:59		Senior
483	Pedro Ribeiro	00:24:52	00:46:18	00:45:59		Senior
484	Euclides Levy	00:25:14	00:46:19	00:46:05	SportLife	Veterano 1
485	Nuno Martins	00:25:55	00:46:21	00:45:37		Senior
486	David Lameiro	00:25:09	00:46:21	00:45:26		Senior
487	Inácio Gonçalves	00:25:00	00:46:22	00:45:54	ALGIMS	Veterano 5
488	Anibal Simoes	00:25:05	00:46:25	00:45:41		Veterano 1
489	Paulino Rodrigues	00:24:02	00:46:26	00:46:11		Veterano 3
490	Carlos Barrento	00:24:04	00:46:26	00:46:06	Os Amigos	Veterano 2
491	Fernando Coelho	00:24:03	00:46:26	00:46:06	Os Amigos	Veterano 2
492	João Baptista	00:25:14	00:46:27	00:45:46	ACD Bocal	Senior
493	Nuno Fernandes	00:24:46	00:46:27	00:45:53		Senior
494	Mário Silva	00:25:03	00:46:27	00:45:44	Georunners	Veterano 3
495	Rita Valentim	00:25:23	00:46:28	00:46:22	Clube Ferroviário Portugal	Veterana
496	Carlos Alves	00:25:07	00:46:28	00:46:09	Clube Ferroviário Portugal	Veterano 3
497	Raquel Lopes	00:24:49	00:46:28	00:45:25		Senior
498	Jorge Louro	00:24:35	00:46:32	00:46:22		Veterano 2
499	Albano Coutinho	00:24:44	00:46:34	00:45:49		Veterano 2
500	Eduardo Brito	00:24:59	00:46:35	00:46:09	Running of d ^a Maria	Senior
501	Orlando Cruz	00:24:02	00:46:36	00:45:38		Veterano 5
502	João Cunha	00:25:13	00:46:36	00:46:25	Clube MILLENNIUMBCP	Veterano 3
503	Luis Almeida	00:25:05	00:46:36	00:46:12	Grupo Unidos e Progresso de Gralhas	Senior
504	David Branco	00:24:26	00:46:37	00:45:59		Senior
505	Luis Amorim	00:24:55	00:46:37	00:46:05		Veterano 1
506	Rui Pombinho	00:25:34	00:46:38	00:45:56		Veterano 2
507	Antonio Sousa	00:25:11	00:46:43	00:46:04	Clube MILLENNIUMBCP	Veterano 6
508	Miguel Mateus	00:24:26	00:46:43	00:46:26		Senior
509	José Freitas	00:24:58	00:46:44	00:46:36	Associação Águas Livres de Caneças	Senior
510	Luis Neves	00:24:57	00:46:44	00:46:08		Veterano 3
511	Antonio Correia	00:24:36	00:46:45	00:46:36		Veterano 2
512	Nuno Clemente	00:25:23	00:46:45	00:45:45	Carapaus de Corrida	Senior
513	Nuno Azevedo	00:25:42	00:46:46	00:45:29	Centro Cultural e Desportivo dos Trabalhadores	Senior
514	João Carvalho	00:24:35	00:46:47	00:45:46		Senior
515	Mario Miguel	00:25:35	00:46:49	00:46:03	4@fundo	Senior
516	Nuno	00:24:51	00:46:50	00:46:43	GDINE	Veterano 4
517	Gonçalo Melo	00:25:23	00:46:50	00:46:28		Veterano 2
518	Vitor Teixeira	00:25:09	00:46:50	00:46:03		Veterano 3



CLASSIFICAÇÕES



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escação
519	Paulo Lopes	00:25:09	00:46:51	00:45:21		Senior
520	Paulo Gonçalves	00:24:56	00:46:52	00:46:46		Senior
521	Carlos Miranda	00:24:13	00:46:52	00:46:46		Veterano 4
522	Sara Marinho	00:25:16	00:46:53	00:46:28		Senior
523	David Coelho	00:25:16	00:46:53	00:46:27		Senior
524	Rui Trindade	00:24:49	00:46:55	00:45:25		Veterano 1
525	Armando Tavares	00:24:47	00:46:56	00:46:39	Clube de Futebol Estrela	Veterano 5
526	Nuno Freitas	00:24:57	00:46:56	00:46:49	Associação Águas Livres de Caneças	Senior
527	Rui Margarido	00:25:41	00:46:57	00:46:15		Senior
528	Vitor Rocha	00:25:46	00:46:57	00:46:09		Veterano 3
529	Nuno Catarro	00:25:42	00:46:57	00:46:15		Senior
530	Pedro Cunha	00:25:40	00:46:57	00:45:38	Centro Cultural e Desportivo dos Trabalhadores	Veterano 2
531	Bruno Santos	00:25:10	00:46:57	00:46:11		Junior
532	Damião Santos	00:25:11	00:46:57	00:46:11		Senior
533	Assis Fernandes	00:25:41	00:46:57	00:46:47		Senior
534	Joaquim Ermenegildo	00:24:48	00:46:58	00:46:53	Mirantense Futebol Clube	Veterano 2
535	José Lopes	00:24:39	00:47:00	00:46:42	Amigos da Estrela	Veterano 3
536	António Ramos	00:25:12	00:47:01	00:46:32		Veterano 4
537	Carla Cruz	00:25:36	00:47:02	00:46:35	Clube do Stress	Veterana
538	Jose Caetano	00:25:45	00:47:03	00:46:06		Veterano 4
539	Tito F.silva	00:25:46	00:47:03	00:46:01		Senior
540	Rudolfo Bento	00:25:28	00:47:04	00:46:32	Cidada Afável	Senior
541	Domingos Janela	00:25:20	00:47:04	00:46:45		Veterano 6
542	João Rodrigues	00:25:49	00:47:06	00:46:29		Senior
543	Liliana Filipe	00:25:02	00:47:07	00:46:39		Senior
544	Luis Duarte	00:25:59	00:47:07	00:47:06		Veterano 5
545	Fernando Faria	00:24:57	00:47:08	00:46:19		Senior
546	André Tavares	00:24:55	00:47:08	00:46:18		Senior
547	Carlos Ipe	00:25:59	00:47:08	00:46:45		Senior
548	Amável Luz	00:25:23	00:47:13	00:46:37	UDR ZONA ALTA - Torres Novas	Veterano 3
549	Antonio Pombinho	00:25:04	00:47:16	00:46:51		Veterano 3
550	António Serra	00:24:14	00:47:18	00:47:08		Veterano 3
551	Manuel Nunes	00:25:39	00:47:19	00:46:43	Os Nunes	Veterano 4
552	Jeremias Ribeiro	00:26:18	00:47:19	00:46:22		Veterano 6
553	Marco Meireles	00:25:21	00:47:20	00:47:07		Senior
554	Paulo Puga	00:25:12	00:47:20	00:46:59	GDINE	Veterano 2
555	António Portugal	00:25:01	00:47:20	00:47:09	GDINE	Veterano 2



CLASSIFICAÇÕES



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escação
556	Miguel Roxo	00:25:00	00:47:22	00:46:32	Premium Minds	Senior
557	Madalena Fontinhas	00:25:01	00:47:23	00:46:55		Senior
558	Carlos Neves	00:25:07	00:47:24	00:47:21	Os Indomáveis	Senior
559	Eduardo Lobito	00:25:59	00:47:25	00:47:03		Senior
560	Jose Leitao	00:26:00	00:47:25	00:47:04		Veterano 1
561	Ramiro Damas	00:25:32	00:47:27	00:46:38	Grupo de Atletismo «OS PATRICIOS»	Veterano 5
562	Américo Costa	00:25:17	00:47:27	00:46:54	TECNOSPIE, SA	Veterano 3
563	Luis Santos	00:25:39	00:47:28	00:46:02		Veterano 1
564	Carla Leão	00:24:57	00:47:28	00:46:49	Jubas	Veterana
565	Pedro Pires	00:25:14	00:47:31	00:47:16	Link	Senior
566	Rafael Santos	00:25:53	00:47:31	00:46:13	Centro Cultural e Desportivo dos Trabalhadores	Veterano 1
567	Barros Costa	00:25:54	00:47:31	00:46:12	Centro Cultural e Desportivo dos Trabalhadores	Veterano 4
568	Teresa Silva	00:24:45	00:47:31	00:47:04	Clube do Stress	Veterana
569	Carlos Vilaça	00:25:32	00:47:31	00:47:18		Senior
570	Jorge Mendes	00:26:34	00:47:32	00:47:04		Senior
571	Filipe Santos	00:27:07	00:47:34	00:46:54	Trolemom	Senior
572	Luis Xavier	00:28:07	00:47:35	00:47:17		Senior
573	Pedro Quina	00:26:11	00:47:36	00:46:42		Veterano 2
574	Maria Venancio	00:25:40	00:47:36	00:47:31		Veterana
575	Nuno Pereira	00:25:23	00:47:38	00:47:16	ASICS	Veterano 1
576	Helio Pereira	00:26:40	00:47:39	00:46:48	Alvite Moimenta da Beira	Senior
577	Luis Barbosa	00:26:40	00:47:39	00:46:50	Alvite Moimenta da Beira	Senior
578	Ricardo Pacheco	00:24:54	00:47:41	00:47:24		Senior
579	Nelson Jorge	00:25:32	00:47:41	00:47:19		Senior
580	Fábio Carballo	00:25:39	00:47:44	00:47:07		Senior
581	Mário Lucas	00:25:27	00:47:44	00:47:10		Senior
582	Hugo Rego	00:25:12	00:47:44	00:46:23		Senior
583	Fernando Santos	00:25:16	00:47:45	00:47:22	Falcões Selvagens	Veterano 2
584	José Costa	00:25:33	00:47:46	00:46:56		Veterano 1
585	João Calado	00:26:28	00:47:49	00:47:07	Clube MILLENNIUMBCP	Veterano 2
586	João Roxo	00:24:29	00:47:50	00:46:51		Veterano 1
587	António Desidério	00:25:51	00:47:53	00:46:51	Run 4 Fun	Veterano 1
588	António Sul	00:25:48	00:47:54	00:47:28	GARMIN Olimpico de Oeiras	Veterano 1
589	Bruno Augusto	00:25:12	00:47:54	00:46:34		Senior
590	Nuno Soares	00:25:15	00:47:55	00:46:51	PrimeFitness	Senior
591	Raul Costa	00:25:50	00:47:55	00:47:25	Clube Robbialac	Veterano 3
592	Jorge Paulo	00:25:51	00:47:56	00:46:56	Run 4 Fun	Veterano 3



CLASSIFICAÇÕES



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escação
593	Joaquim Cardoso	00:25:55	00:47:57	00:47:24		Senior
594	Paulo Duarte	00:26:12	00:47:58	00:47:54	GDCT UNICRE	Veterano 2
595	Jorge Gaudencio	00:24:55	00:47:59	00:47:19	complicados	Senior
596	André Lopes	00:25:41	00:47:59	00:47:23		Senior
597	Mario Antonio	00:25:40	00:48:01	00:47:44	Tangas Clube	Veterano 6
598	Rui Vieira	00:24:38	00:48:01	00:47:22		Senior
599	Jose Cardoso	00:27:25	00:48:01	00:47:32		Senior
600	Ana Canhoto	00:25:59	00:48:01	00:47:16	Canhoto	Veterana
601	Ricardo Dias	00:25:49	00:48:02	00:47:32	Centro Cultural e Desportivo dos Trabalhadores	Senior
602	Rosa Pratas	00:25:14	00:48:02	00:47:52	Clube Ferroviário Portugal	Veterana
603	António Cumbre	00:26:13	00:48:02	00:47:56	Pernas de Gafanhoto	Senior
604	João Cunha	00:26:44	00:48:05	00:46:40		Veterano 2
605	Mário Ferro	00:25:59	00:48:07	00:47:55	Clube Ferroviário Portugal	Veterano 4
606	Andre Barata	00:26:10	00:48:09	00:47:21		Junior
607	Carlos Costa	00:24:50	00:48:11	00:47:08		Senior
608	Sérgio Antunes	00:26:02	00:48:14	00:46:52	Running Strike Force	Senior
609	Joao Milheiro	00:25:56	00:48:14	00:47:32	O Celeiro Da Memoria	Veterano 3
610	Tomás Pina	00:26:37	00:48:15	00:48:00		Veterano 1
611	Vitor Gonçalves	00:26:10	00:48:15	00:47:19		Veterano 1
612	João Pedro	00:25:47	00:48:17	00:48:09		Junior
613	Nuro Carvalho	00:25:11	00:48:18	00:46:49		Senior
614	Alberto Ramires	00:25:08	00:48:18	00:48:09		Veterano 4
615	João Borges	00:25:23	00:48:19	00:47:33		Veterano 1
616	António Sousa	00:25:28	00:48:19	00:48:12		Veterano 6
617	Manuel Azedo	00:26:04	00:48:20	00:47:33		Veterano 3
618	Fernanda Parro	00:25:32	00:48:22	00:48:11	GARMIN Olimpico de Oeiras	Veterana
619	Ricardo Silva	00:26:39	00:48:22	00:47:49	Clube Grupo BES	Senior
620	Luis Parro	00:25:30	00:48:22	00:48:11	GARMIN Olimpico de Oeiras	Veterano 3
621	Manuel Sequeira	00:26:00	00:48:24	00:47:26	Associação de Atletismo Lebres do Sado	Veterano 5
622	Sérgio Moreiras	00:25:58	00:48:26	00:47:05	Running Strike Force	Senior
623	João Gomes	00:26:00	00:48:27	00:48:07		Senior
624	Pedro Barros	00:24:57	00:48:27	00:47:52		Senior
625	Eurico Semedo	00:26:02	00:48:27	00:47:32	ss cgd	Veterano 5
626	Antonio Ferreira	00:26:19	00:48:27	00:48:16	ss cgd	Veterano 4
627	Luis Gomes	00:26:40	00:48:28	00:47:40	Alvite Moimenta da Beira	Senior
628	Pedro Lopes	00:25:57	00:48:29	00:47:01		Veterano 1
629	Luis Vicente	00:26:50	00:48:29	00:48:11		Veterano 3



CLASSIFICAÇÕES



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escação
630	Carlos Correia	00:26:26	00:48:32	00:48:22	Grupo Excursionista Os Economicos	Senior
631	Carlos Silva	00:25:29	00:48:33	00:48:21	Serviços Sociais Montepio Geral	Veterano 1
632	Pedro Fernandes	00:25:54	00:48:34	00:47:59	Clube MILLENNIUMBCP	Senior
633	Jean-paul Ascenso	00:25:31	00:48:34	00:48:23		Senior
634	Sergio Castro	00:25:47	00:48:36	00:47:16		Senior
635	Cláudio Monteiro	00:26:32	00:48:37	00:47:43		Senior
636	Domingos Barreiros	00:25:46	00:48:38	00:48:26		Veterano 6
637	Artur Martins	00:25:46	00:48:38	00:48:25	Tangas Clube	Veterano 6
638	Alexandre Rodrigues	00:26:27	00:48:38	00:48:16	BueRapidos	Veterano 1
639	Guilherme Rosa	00:25:19	00:48:38	00:48:27	N&A CNAS	Veterano 2
640	Isabel Santos	00:25:50	00:48:40	00:48:20		Veterana
641	Miguel Vergamota	00:26:54	00:48:40	00:48:31		Veterano 1
642	Fernando Azevedo	00:25:25	00:48:40	00:47:49	C.C.D. S.R.S. de Lisboa	Veterano 4
643	Paulo Rodrigues	00:26:03	00:48:41	00:48:10		Veterano 1
644	Isidro Carvalho	00:26:30	00:48:42	00:48:19	Papa Léguas Team	Veterano 1
645	Joaquim Querido	00:25:58	00:48:44	00:48:00		Veterano 3
646	Carlos Miranda	00:26:09	00:48:45	00:48:43		Veterano 2
647	Rui Almeida	00:26:16	00:48:48	00:48:40		Senior
648	Fernando Pires	00:25:33	00:48:48	00:46:51		Senior
649	Tomás Sousa	00:24:59	00:48:49	00:48:25	Os Super	Senior
650	Carlos Renato	00:26:30	00:48:49	00:47:57	Connect2Run	Veterano 3
651	Henriqueta Solipa	00:26:35	00:48:49	00:48:02	Connect2Run	Veterana
652	Hugo Cruz	00:26:37	00:48:50	00:47:47		Senior
653	Celso Gomes	00:25:25	00:48:51	00:48:39		Veterano 3
654	Pedro Mourão	00:25:42	00:48:52	00:47:29	Georunners	Veterano 3
655	Mário Luís	00:26:20	00:48:54	00:47:55	Carapaus de Corrida	Veterano 2
656	Mauricio Júnior	00:26:48	00:48:55	00:47:56		Senior
657	Vitor Rocha	00:28:16	00:48:55	00:47:56		Veterano 1
658	Marcelo Esteves	00:25:58	00:48:55	00:48:16	Amigos da Estrela	Senior
659	Joao Ferreira	00:27:24	00:48:57	00:48:27		Senior
660	Rui Vergamota	00:25:58	00:48:57	00:47:46		Veterano 3
661	Fernando Pestana	00:25:38	00:48:59	00:48:57	Clube Ferroviário Portugal	Veterano 5
662	Anabela Pacheco	00:26:08	00:49:01	00:48:31	O Mundo da Corrida	Veterana
663	Jose Dias	00:26:39	00:49:01	00:48:31	brandoa corre	Veterano 3
664	José Magro	00:26:02	00:49:01	00:48:30	O Mundo Corrida	Veterano 1
665	Antonio Ribeiro	00:26:08	00:49:01	00:47:48		Veterano 2
666	Duarte Lima	00:25:41	00:49:02	00:48:43	LimaSLB	Junior



CLASSIFICAÇÕES



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escação
667	Joao Salazar	00:25:32	00:49:03	00:48:48		Veterano 1
668	Jorge Vieira	00:25:56	00:49:03	00:47:51	ACS - Amigos da Corrida Salvaterra de Magos	Veterano 2
669	Miguel Alves	00:25:30	00:49:03	00:48:34		Senior
670	Jorge Almeida	00:26:30	00:49:04	00:48:12	Connect2Run	Veterano 1
671	Pedro Beltrão	00:26:13	00:49:04	00:48:28	Squadra	Senior
672	Ricardo Pita	00:25:56	00:49:05	00:48:42		Senior
673	Guilherme Alves	00:26:59	00:49:06	00:48:54		Junior
674	Paula Almeida	00:26:58	00:49:07	00:48:53	Clube ANA Lisboa	Veterana
675	Antonio Franco	00:26:48	00:49:07	00:47:59	Serviços Sociais Montepio Geral	Veterano 2
676	João Pacheco	00:26:46	00:49:07	00:47:59	Centro Desportivo de Quarteira	Senior
677	Tiago Silva	00:26:15	00:49:08	00:48:45		Senior
678	Pedro Lóios	00:27:40	00:49:09	00:48:34		Senior
679	Jose Valentim	00:28:09	00:49:10	00:48:13	Clube Colaboradores AXA	Veterano 1
680	Rui Rabaça	00:27:41	00:49:10	00:48:34		Senior
681	Hugo Rodrigues	00:25:39	00:49:10	00:48:51		Senior
682	Vitor Santos	00:26:21	00:49:11	00:48:12	Carapaus de Corrida	Veterano 1
683	Vera Correia	00:26:06	00:49:11	00:49:01		Senior
684	Teresa Sepúlveda	00:25:54	00:49:12	00:48:37		Senior
685	Alvaro Ricardo	00:26:13	00:49:12	00:49:01		Veterano 5
686	Samuel Pereira	00:26:11	00:49:13	00:48:01	Acc Team	Senior
687	Bruno Soares	00:25:40	00:49:13	00:48:18		Senior
688	Jorge Marques	00:26:44	00:49:17	00:48:43		Veterano 4
689	Marcelo Cardoso	00:26:35	00:49:18	00:49:16	GDCT UNICRE	Veterano 1
690	José Castro	00:27:34	00:49:19	00:48:03	Clube Atletismo Amigos de Belém	Veterano 3
691	Rui Vilão	00:26:47	00:49:20	00:48:11		Veterano 1
692	Nuno Morgado	00:26:41	00:49:20	00:49:08	Gafanho Sport Clube	Veterano 3
693	Luis Calheiros	00:26:29	00:49:21	00:48:36		Senior
694	Fernando Leão	00:25:35	00:49:21	00:48:41	Jubas	Veterano 1
695	António Mata	00:26:23	00:49:22	00:48:23	Run 4 Fun	Veterano 3
696	Pedro Santos	00:26:08	00:49:23	00:48:17		Senior
697	Cláudia Ferreira	00:27:28	00:49:25	00:48:37		Veterana
698	José Ramos	00:26:20	00:49:25	00:49:16		Veterano 1
699	Ramiro Borrego	00:26:19	00:49:25	00:49:15		Veterano 2
700	Eduardo Coelho	00:24:13	00:49:26	00:49:19		Senior
701	Bruno Mendes	00:26:52	00:49:27	00:48:51	DFA	Senior
702	Conceição Peres	00:26:46	00:49:28	00:48:54	Clube ANA Lisboa	Veterana
703	José Alípio	00:26:19	00:49:28	00:49:04		Veterano 3



CLASSIFICAÇÕES



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escação
704	Luis Santos	00:25:14	00:49:29	00:49:11		Senior
705	José Mauricio	00:26:57	00:49:29	00:49:11		Veterano 4
706	António Norte	00:26:43	00:49:30	00:48:23		Senior
707	Carlos Tome	00:26:10	00:49:31	00:49:14	Clube MILLENNIUMBCP	Veterano 5
708	Paulo Fernandes	00:25:43	00:49:32	00:48:52	complicados	Senior
709	Paulo Pereira	00:26:48	00:49:32	00:48:24	Serviços Sociais Montepio Geral	Veterano 1
710	Maria Santos	00:27:11	00:49:32	00:49:25		Veterana
711	Pedro Silva	00:26:03	00:49:32	00:49:10	Os Queimados	Senior
712	Henrique Ferreira	00:25:09	00:49:33	00:49:14	U.R.D. Arranhó	Veterano 1
713	Nuno Marques	00:26:34	00:49:34	00:48:38	Pernas de Gafanhoto	Senior
714	Eloi Silva	00:25:55	00:49:36	00:49:15	Clube do Stress	Veterano 5
715	Nuno Amaro	00:26:38	00:49:36	00:49:22		Veterano 1
716	Jose Luis	00:26:36	00:49:36	00:49:02		Veterano 3
717	André Camilo	00:26:35	00:49:37	00:49:04	Premium Minds	Senior
718	João Ralha	00:27:18	00:49:41	00:48:34	Run 4 Fun	Veterano 3
719	Vitor Cardoso	00:26:25	00:49:43	00:49:38		Veterano 2
720	Helder Rodrigues	00:27:59	00:49:43	00:49:29		Senior
721	Luis Almeida	00:26:53	00:49:44	00:49:16		Senior
722	Paulo Lourinho	00:27:36	00:49:48	00:48:35		Veterano 1
723	Júlio Castro	00:27:35	00:49:48	00:48:34	Clube Atletismo Amigos de Belém	Veterano 3
724	Francisco Gomes	00:26:03	00:49:50	00:49:41		Senior
725	Ana Pereira	00:27:11	00:49:52	00:49:33		Junior
726	Domingos Mó	00:26:31	00:49:53	00:49:22	Grupo de Atletismo «OS PATRICIOS»	Veterano 5
727	Carlos Coelho	00:26:38	00:49:53	00:49:12		Veterano 3
728	Carla Lopes	00:26:46	00:49:57	00:49:39	GDINE	Senior
729	Carlos Pereira	00:26:44	00:49:57	00:49:09	Alvite Moimenta da Beira	Veterano 1
730	Paulo Lopes	00:26:49	00:49:57	00:49:07	Alvite Moimenta da Beira	Senior
731	Fernando Rodrigues	00:26:46	00:49:57	00:49:10	U.R.D. Arranhó	Veterano 1
732	Gabriel Antonio	00:26:45	00:49:58	00:49:10	U.R.D. Arranhó	Veterano 2
733	Edmundo Lourenço	00:26:46	00:49:58	00:49:11	U.R.D. Arranhó	Senior
734	Nuno André	00:27:33	00:49:59	00:49:25		Senior
735	Pedro Vieira	00:27:31	00:50:00	00:49:25		Senior
736	Tiago Ribeiro	00:27:26	00:50:00	00:48:57	Run 4 Fun	Senior
737	Fernando Fernandes	00:27:06	00:50:02	00:48:55	wikaboo	Senior
738	Ana Gonçalves	00:26:54	00:50:02	00:49:25	DFA	Senior
739	Jose Piedade	00:26:35	00:50:03	00:49:30	brandoa corre	Veterano 2
740	Nuno Santos	00:27:08	00:50:06	00:49:27	Trolemom	Senior



CLASSIFICAÇÕES



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escalão
741	Francisco Covas	00:26:40	00:50:06	00:49:35		Senior
742	Ana Torrão	00:26:11	00:50:06	00:48:53		Veterana
743	António Manteiga	00:27:02	00:50:07	00:48:54	Clube do Stress	Senior
744	Ana Gonçalves	00:27:03	00:50:07	00:48:54	Run 4 Fun	Veterana
745	Mário Lopes	00:27:28	00:50:07	00:49:03	Centro Desportivo de Quarteira	Veterano 1
746	Jorge Brito	00:27:26	00:50:07	00:49:00	Centro Desportivo de Quarteira	Veterano 1
747	Paulo Roxo	00:26:34	00:50:07	00:49:54		Senior
748	Agostinho Dias	00:26:26	00:50:08	00:49:08	Carapaus de Corrida	Veterano 2
749	João Pinto	00:26:59	00:50:09	00:49:03	G A Monsanto/Gascan	Veterano 3
750	Jorge Pombo	00:27:21	00:50:12	00:49:22		Veterano 2
751	Petra Jelínková	00:27:04	00:50:12	00:49:13		Senior
752	Manuel Rodrigo	00:26:23	00:50:17	00:50:05		Veterano 5
753	Arlindo Conde	00:27:20	00:50:19	00:49:00		Veterano 2
754	João Grilo	00:27:03	00:50:21	00:49:08		Senior
755	Daniel Rodrigues	00:26:30	00:50:22	00:49:47	Clube Robbialac	Senior
756	Pedro Sanches	00:28:18	00:50:27	00:49:16		Senior
757	Manuel Simões	00:26:29	00:50:27	00:49:42	Clube Ferroviário Portugal	Veterano 5
758	João Ratinho	00:26:24	00:50:30	00:49:32		Veterano 2
759	Luis Aguiar	00:26:29	00:50:30	00:49:52		Veterano 1
760	Carlos Abreu	00:26:31	00:50:30	00:50:08	Clube do Stress	Veterano 1
761	Horácio Vieira	00:27:32	00:50:32	00:49:57		Veterano 5
762	Fernando Nunes	00:26:34	00:50:32	00:49:49		Senior
763	Manuel Tavares	00:25:43	00:50:32	00:50:25	Grupo Desp. Chelas	Veterano 3
764	Ricardo Silva	00:27:45	00:50:34	00:50:24		Senior
765	Alberto Bento	00:27:21	00:50:34	00:49:45		Veterano 1
766	José Milagres	00:26:37	00:50:34	00:50:32	GDCT UNICRE	Veterano 4
767	Nuno Jacinto	00:26:52	00:50:35	00:50:19		Veterano 1
768	Fernando Machado	00:27:13	00:50:35	00:49:38		Veterano 3
769	Ana Groznik	00:27:13	00:50:35	00:49:37		Veterana
770	Manuel Cardoso	00:26:50	00:50:36	00:50:08	Clube de Futebol Estrela	Veterano 5
771	Alexandre Gaspar	00:26:49	00:50:37	00:50:25		Veterano 6
772	Fernanda Costa	00:26:50	00:50:37	00:50:33	Amigos Atletismo Mafra	Veterana
773	Marina Baptista	00:27:39	00:50:38	00:50:11		Veterana
774	Eduardo Ramos	00:25:45	00:50:39	00:50:16		Junior
775	Raquel Madeira	00:28:21	00:50:40	00:50:15		Senior
776	Luis Antunes	00:27:08	00:50:40	00:50:11	G A Monsanto/Gascan	Veterano 2
777	Vilma Bento	00:27:21	00:50:41	00:49:53		Veterana



CLASSIFICAÇÕES



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escação
778	Fernando Alves	00:27:07	00:50:42	00:49:41	ss cgd	Veterano 3
779	Carlos Assis	00:27:18	00:50:43	00:50:00	Os beri beri do asfalto	Senior
780	Renato Silva	00:27:06	00:50:45	00:49:59		Senior
781	Artur Pereira	00:26:54	00:50:45	00:50:15		Veterano 4
782	Jorge Martins	00:27:30	00:50:45	00:50:00		Senior
783	Luis Afonso	00:28:02	00:50:46	00:49:57		Senior
784	Pedro Gois	00:28:00	00:50:46	00:49:31		Senior
785	Jose Loureiro	00:27:25	00:50:46	00:50:19	AOGMA	Veterano 2
786	João Lima	00:27:23	00:50:47	00:50:09	4 ao Km	Veterano 3
787	Alexandre Vaz	00:27:02	00:50:49	00:50:28	Grupo Excursionista Os Economicos	Senior
788	Catarina Dias	00:26:46	00:50:49	00:50:06	Serviços Sociais Montepio Geral	Senior
789	Fernando Calçada	00:26:46	00:50:50	00:50:06	Serviços Sociais Montepio Geral	Senior
790	Carlos Costa	00:27:18	00:50:50	00:50:05		Veterano 1
791	Susana Santos	00:27:18	00:50:50	00:50:05	Clube ANA Lisboa	Senior
792	Roberto Félix	00:26:20	00:50:53	00:50:36	Link	Senior
793	Elisabete Barreira	00:27:09	00:50:53	00:50:38	Grupo Recreativo Cultural e Desportivo de Leião	Senior
794	António Marques	00:27:00	00:50:54	00:49:40		Veterano 5
795	Jose Piedade	00:27:04	00:50:56	00:50:12		Veterano 4
796	Pedro Machado	00:27:42	00:50:58	00:50:41	Clube ANA Lisboa	Veterano 1
797	Paulo Vilão	00:25:48	00:50:59	00:50:08		Senior
798	José Coelho	00:27:16	00:51:00	00:50:15	Os beri beri do asfalto	Veterano 1
799	Alexandre Livério	00:26:22	00:51:02	00:50:24		Senior
800	Carlos Janela	00:27:43	00:51:06	00:50:46	Clube MILLENNIUMBCP	Veterano 4
801	Antonio Alves	00:26:54	00:51:07	00:50:53		Veterano 5
802	Albertino Semedo	00:27:31	00:51:07	00:50:09	ss cgd	Veterano 3
803	João Frias	00:26:22	00:51:11	00:50:49	GDINE	Veterano 4
804	Sonia Cristina	00:26:47	00:51:16	00:50:21	Clube Grupo BES	Veterana
805	Inês Gonçalves	00:26:11	00:51:17	00:50:59		Senior
806	Rui Gonçalves	00:26:09	00:51:17	00:51:00		Veterano 3
807	Carlos Albano	00:27:39	00:51:17	00:50:19	ss cgd	Veterano 1
808	João Oliveira	00:26:57	00:51:18	00:51:11		Veterano 2
809	Paulo Costa	00:26:47	00:51:20	00:51:04	Amigos da Estrela	Senior
810	João Carvalho	00:26:54	00:51:20	00:50:49		Senior
811	Jorge Domingos	00:27:20	00:51:20	00:50:40	ACD Bocal	Senior
812	Carmina Pires	00:27:13	00:51:21	00:51:04		Veterana
813	Fernando Matias	00:28:16	00:51:22	00:50:24		Veterano 4
814	Fernando Cardoso	00:27:19	00:51:23	00:50:16	Centro Cultural e Desportivo dos Trabalhadores	Veterano 4



CLASSIFICAÇÕES



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escação
815	Alberto Martinho	00:27:20	00:51:23	00:50:16	Centro Cultural e Desportivo dos Trabalhadores	Veterano 2
816	Pedro Vicente	00:27:15	00:51:24	00:50:31		Senior
817	Ricardo Alves	00:27:42	00:51:25	00:50:39		Veterano 1
818	Joaquim Pimentel	00:27:42	00:51:25	00:50:56		Senior
819	Pedro Simões	00:26:46	00:51:25	00:51:07	Clube ANA Lisboa	Veterano 1
820	Amilcar Pires	00:27:27	00:51:26	00:50:23		Veterano 5
821	Nuno Prates	00:27:27	00:51:26	00:50:38		Veterano 1
822	Paula Machado	00:27:26	00:51:26	00:51:01		Veterana
823	Marta Quina	00:27:14	00:51:27	00:50:34		Senior
824	Guilherme Albino	00:27:36	00:51:29	00:50:23	Serviços Sociais Montepio Geral	Senior
825	Joao Vaz	00:26:43	00:51:30	00:51:06	brandoa corre	Veterano 2
826	João Tomás	00:25:22	00:51:30	00:50:55	Clube Grupo BES	Senior
827	Sérgio Antunes	00:29:30	00:51:31	00:50:54		Senior
828	Ana Ferreira	00:27:09	00:51:32	00:50:48	Clube Grupo BES	Veterana
829	Vítor Alves	00:26:50	00:51:36	00:51:02		Veterano 2
830	Fábio Michelli	00:26:33	00:51:36	00:49:49		Senior
831	Miguel Carvalho	00:27:17	00:51:38	00:50:43		Senior
832	Rita Rodrigues	00:28:06	00:51:40	00:51:21		Junior
833	Marco Silva	00:27:08	00:51:42	00:50:57		Veterano 1
834	Francisco Ramos	00:27:58	00:51:47	00:50:47		Veterano 1
835	Raul Carvalho	00:26:25	00:51:48	00:51:11	Falcões Selvagens	Veterano 3
836	Carla Teixeira	00:28:01	00:51:49	00:51:17		Veterana
837	António Rosa	00:28:03	00:51:49	00:51:21		Veterano 3
838	Maria Fernandes	00:27:41	00:51:50	00:51:24	Grupo Desportivo CIMPOR	Veterana
839	Armando Cardoso	00:27:58	00:51:50	00:51:16		Veterano 2
840	Nuno Silva	00:26:58	00:51:50	00:51:08	Silva	Senior
841	Carlos Pereira	00:27:51	00:51:51	00:51:21		Veterano 2
842	António Morgado	00:27:09	00:51:52	00:51:50	Clube ANA Lisboa	Senior
843	Célia Paiva	00:27:00	00:51:53	00:51:40		Veterana
844	Pedro Nunes	00:28:12	00:51:54	00:51:08		Senior
845	Sérgio Silva	00:26:48	00:51:57	00:51:21		Senior
846	Anselmo Lima	00:27:56	00:51:57	00:51:18		Veterano 1
847	Juaquim Palma	00:27:27	00:51:59	00:51:35	Os Nunes	Veterano 4
848	Carlos Marques	00:27:44	00:52:00	00:50:51	Centro Cultural e Desportivo dos Trabalhadores	Veterano 5
849	Patricia Dias	00:28:01	00:52:00	00:51:07	Clube Colaboradores AXA	Senior
850	Rui Santos	00:27:59	00:52:00	00:51:05		Senior
851	Sandra Martins	00:28:10	00:52:01	00:51:23	4 ao Km	Senior



CLASSIFICAÇÕES



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escação
852	Paulo Fernandes	00:28:08	00:52:01	00:51:22	Associação de Atletismo Lebres do Sado	Senior
853	Ricardo Costa	00:27:08	00:52:02	00:51:54		Junior
854	João Veiga	00:26:59	00:52:03	00:50:33		Senior
855	José Vale	00:27:29	00:52:03	00:51:47		Veterano 3
856	Antonio Reyes	00:27:46	00:52:03	00:50:58	G A Monsanto/Gascan	Veterano 4
857	Ricardo Rodrigues	00:27:22	00:52:04	00:50:57	ss cgd	Senior
858	Gilberto Pereira	00:28:33	00:52:07	00:50:45		Senior
859	Antonio Lopes	00:26:19	00:52:08	00:50:56		Veterano 4
860	Nuno Bom	00:27:09	00:52:11	00:52:00	Pepper House Running Team	Senior
861	Vasco Alpalhão	00:27:05	00:52:11	00:51:06	Alpalhao	Veterano 1
862	Rui Pires	00:28:10	00:52:15	00:51:36		Veterano 3
863	Luis Silva	00:28:09	00:52:15	00:51:06	JDEUS	Senior
864	Florival Andrade	00:27:19	00:52:16	00:51:34	O Celeiro Da Memoria	Veterano 5
865	Mário Pereira	00:27:57	00:52:17	00:51:33		Veterano 1
866	Lina Simanoniene	00:28:48	00:52:18	00:50:54		Senior
867	José Cardoso	00:27:57	00:52:19	00:52:00	Tangas Clube	Veterano 6
868	Goncalo Dinis	00:28:34	00:52:20	00:51:45		Junior
869	Jorge Pinto	00:27:59	00:52:21	00:51:47	Clube Robbialac	Veterano 1
870	Diogo Guilherme	00:28:30	00:52:23	00:51:44	G A Monsanto/Gascan	Senior
871	Pedro Cardoso	00:28:31	00:52:23	00:51:44	G A Monsanto/Gascan	Senior
872	José Amaro	00:27:27	00:52:24	00:51:18	Centro Desportivo de Quarteira	Veterano 3
873	Bruno Parreira	00:27:00	00:52:26	00:51:32		Senior
874	Luís Pimenta	00:27:59	00:52:28	00:51:01		Senior
875	Francisco Melo	00:28:36	00:52:30	00:52:08		Veterano 1
876	Victor Valente	00:28:12	00:52:31	00:51:45		Veterano 4
877	Rita Aguiar	00:27:19	00:52:31	00:52:01		Senior
878	Luís Miranda	00:27:13	00:52:32	00:51:55		Senior
879	José Vilela	00:28:23	00:52:36	00:52:03	Clube Robbialac	Veterano 2
880	Bruno Costa	00:28:01	00:52:37	00:51:23		Senior
881	Oswaldo Pires	00:27:54	00:52:37	00:51:32		Senior
882	Ana Pacheco	00:28:19	00:52:38	00:52:30	Família Pacheco	Junior
883	Antonio Silva	00:27:05	00:52:38	00:52:17	Os Queimados	Veterano 1
884	Pedro Fernandes	00:27:42	00:52:40	00:52:03	Bacana Running	Senior
885	Marília Ribeiro	00:28:42	00:52:41	00:51:37	tokandar	Senior
886	Mário Alves	00:27:14	00:52:41	00:52:27		Senior
887	José Antunes	00:27:15	00:52:42	00:52:27		Senior
888	Jacinto Godinho	00:29:35	00:52:42	00:51:47	Godinho	Veterano 2



CLASSIFICAÇÕES



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escação
889	Antonio Paulino	00:27:24	00:52:44	00:52:35		Veterano 4
890	Gonçalo Delca	00:27:59	00:52:45	00:51:31		Senior
891	Fernando Guerra	00:28:50	00:52:45	00:52:40		Veterano 6
892	Carlos Ambrósio	00:27:59	00:52:45	00:51:32	Clube ANA Lisboa	Junior
893	Vasco Silva	00:27:58	00:52:45	00:51:32		Veterano 2
894	Rosinda Gonçalves	00:27:42	00:52:47	00:52:19	ALGIMS	Veterana
895	Mário Caetano	00:28:36	00:52:48	00:52:36		Senior
896	Joaquim Valadares	00:28:03	00:52:50	00:52:36	Valadares	Veterano 2
897	António Ribeiro	00:27:35	00:52:52	00:52:03		Veterano 5
898	Igor Oliveira	00:28:07	00:52:52	00:51:39	Acc Team	Senior
899	Bruno Talhadas	00:28:58	00:52:54	00:51:37		Senior
900	Paulo Barra	00:25:33	00:52:57	00:52:35	Os Queimados	Veterano 1
901	Gonçalo Carvalho	00:28:18	00:52:59	00:51:49		Senior
902	Elisabete Águas	00:27:26	00:53:00	00:51:40	C.C.D. O Alvitejo	Veterana
903	Jaime Pardal	00:26:29	00:53:04	00:52:05	Carapaus de Corrida	Veterano 1
904	João Ferreira	00:28:33	00:53:04	00:52:40	Grupo Desportivo CIMPOR	Senior
905	Fatima Fernandes	00:27:58	00:53:05	00:52:40	Papa Léguas Team	Veterana
906	Tiago Pedro	00:28:33	00:53:07	00:52:16		Senior
907	José Simões	00:28:02	00:53:07	00:52:57	Georunners	Veterano 4
908	Ricardo Rodrigues	00:28:50	00:53:07	00:52:18		Senior
909	Ana Carrasco	00:28:50	00:53:08	00:52:18		Senior
910	Gonçalo Oliveira	00:30:06	00:53:08	00:52:17	4@fundo	Senior
911	Andre Gaspar	00:29:53	00:53:09	00:51:54		Senior
912	Luis Januário	00:27:22	00:53:09	00:52:22	Clube ANA Lisboa	Veterano 3
913	Joaquim Fulgêncio	00:28:23	00:53:10	00:52:46	Clube MILLENNIUMBCP	Veterano 3
914	Liliana Marques	00:28:05	00:53:10	00:52:25		Senior
915	António Eduardo	00:28:36	00:53:12	00:52:45	Centro Cultural e Desportivo dos Trabalhadores	Veterano 4
916	Joao Goulart	00:27:51	00:53:13	00:52:52		Senior
917	José Pires	00:28:11	00:53:13	00:52:45	Centro Cultural e Desportivo dos Trabalhadores	Veterano 6
918	David Almeida	00:27:03	00:53:14	00:52:08		Veterano 1
919	António Basso	00:27:58	00:53:15	00:52:08		Veterano 1
920	Ana Matias	00:28:11	00:53:16	00:52:19	Clube Colaboradores AXA	Veterana
921	André Lapa	00:29:26	00:53:22	00:52:19	ASICS	Senior
922	José Vieira	00:29:27	00:53:22	00:52:19	ASICS	Senior
923	Teresa Figueiredo	00:27:47	00:53:22	00:52:51		Senior
924	Rui Domingues	00:27:55	00:53:23	00:52:49		Veterano 2
925	Paulo Cardoso	00:29:23	00:53:23	00:52:23		Veterano 2



CLASSIFICAÇÕES



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escação
926	José Fraga	00:28:43	00:53:25	00:52:01		Veterano 1
927	Helena Silva	00:27:49	00:53:26	00:53:01	Grupo Desportivo CIMPOR	Veterana
928	Pedro Pinto	00:28:17	00:53:29	00:53:09	Clube Colaboradores AXA	Veterano 3
929	Arménio Correia	00:27:55	00:53:31	00:53:06	Grupo Unidos e Progresso de Galhas	Veterano 3
930	Ana Agostinho	00:27:03	00:53:32	00:52:03		Senior
931	Arménio Patrício	00:29:08	00:53:34	00:53:08		Veterano 6
932	Isabel Neves	00:28:04	00:53:36	00:52:59		Veterana
933	Manuel Vinagre	00:27:54	00:53:36	00:52:59		Veterano 6
934	Rui Ferreira	00:28:32	00:53:39	00:53:01		Senior
935	Francisco Pais	00:28:07	00:53:41	00:53:14	Clube ANACOM	Veterano 3
936	João Cardoso	00:28:19	00:53:43	00:52:33		Senior
937	Paula Crispim	00:28:20	00:53:43	00:53:10		Senior
938	João Branco	00:27:44	00:53:43	00:52:31		Veterano 1
939	Tiago Batista	00:28:09	00:53:44	00:53:10		Senior
940	Sergio Correia	00:27:00	00:53:44	00:53:33		Senior
941	Alexandre Guimaraes	00:28:03	00:53:46	00:53:32	complicados	Senior
942	Marques Alexandre	00:28:59	00:53:47	00:53:32	Centro Cultural e Desportivo dos Trabalhadores	Veterano 3
943	Inês Pinto	00:28:33	00:53:49	00:53:02		Senior
944	Inês Santos	00:28:35	00:53:50	00:53:37		Senior
945	Tiago Martins	00:29:00	00:53:53	00:52:47		Senior
946	Pedro Gois	00:29:01	00:53:53	00:52:47	ss cgd	Veterano 1
947	Artur Dinis	00:28:19	00:53:55	00:52:54	ALGIMS	Veterano 3
948	Ana Silva	00:27:54	00:53:56	00:53:41		Senior
949	José Duarte	00:28:57	00:53:57	00:52:52		Senior
950	Rui Ralha	00:29:24	00:53:57	00:53:06	Run 4 Fun	Veterano 3
951	Manuel Dantas	00:27:54	00:53:58	00:52:50	Centro Cultural e Desportivo dos Trabalhadores	Veterano 6
952	Jose André	00:28:44	00:53:59	00:53:33		Veterano 4
953	João Quitalo	00:28:49	00:54:00	00:53:33	AOGMA	Veterano 5
954	Manuel Borges	00:29:34	00:54:00	00:53:14		Veterano 3
955	Maria Rodrigues	00:28:34	00:54:01	00:53:27		Veterana
956	Ron Franken	00:28:31	00:54:02	00:53:45		Veterano 4
957	Chiara Bedini	00:29:19	00:54:04	00:53:21	Muamba	Senior
958	Paulo Godinho	00:28:41	00:54:04	00:53:35		Veterano 1
959	José Sousa	00:30:16	00:54:04	00:53:08		Veterano 3
960	João Alves	00:29:11	00:54:05	00:53:14	Grupo de Atletismo «OS PATRICIOS»	Veterano 3
961	Marco Neto	00:28:15	00:54:05	00:53:17	Alvite Moimenta da Beira	Senior
962	Fernando Rodrigues	00:28:46	00:54:05	00:53:16	Clube MILLENNIUMBCP	Veterano 2



CLASSIFICAÇÕES



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escação
963	Helia Santos	00:28:34	00:54:06	00:53:17		Senior
964	Henrique Vilhena	00:29:02	00:54:07	00:52:53		Veterano 4
965	Eduarda Paiva	00:29:15	00:54:10	00:53:21	Clube do Stress	Veterana
966	Carlos Paiva	00:29:14	00:54:11	00:53:21	Clube do Stress	Veterano 3
967	Mario Pires	00:29:00	00:54:13	00:53:17		Veterano 3
968	Diogo Gois	00:27:57	00:54:14	00:53:43		Junior
969	Fernando Rodrigues	00:29:26	00:54:16	00:53:58		Veterano 6
970	Aníbal Carvalho	00:31:39	00:54:17	00:52:56		Veterano 5
971	Hugo Gaspar	00:30:13	00:54:18	00:52:58		Senior
972	Valter Moreira	00:30:04	00:54:21	00:52:54		Senior
973	António Resende	00:29:37	00:54:23	00:53:31		Veterano 3
974	Jorge Gois	00:28:01	00:54:24	00:53:57	Clube ANA Lisboa	Veterano 3
975	Teresa Caria	00:28:32	00:54:26	00:53:41		Senior
976	Vania Guerreiro	00:28:32	00:54:26	00:53:41		Senior
977	Helena Adegas	00:28:35	00:54:26	00:54:23		Veterana
978	Cláudia Freixo	00:28:56	00:54:27	00:53:55		Senior
979	Carlos Pardelha	00:28:21	00:54:27	00:54:21		Veterano 2
980	Domingos Mó	00:28:32	00:54:28	00:54:11		Veterano 5
981	José Martins	00:28:03	00:54:29	00:53:23	Clube ANA Lisboa	Veterano 4
982	Pedro Junior	00:28:51	00:54:30	00:53:59		Senior
983	Clara Raimundo	00:27:43	00:54:30	00:53:19	Acc Team	Senior
984	Aurelio Calado	00:29:01	00:54:30	00:53:28	ss cgd	Veterano 5
985	João Oliveira	00:28:24	00:54:32	00:53:56	Clássicos 2009	Senior
986	Fernando Matias	00:28:39	00:54:32	00:54:11	Amigos da Estrela	Veterano 2
987	Rui Lapa	00:28:36	00:54:33	00:54:21		Veterano 1
988	Carlos Sousa	00:28:54	00:54:35	00:54:05	AOGMA	Veterano 1
989	Isabel Monteiro	00:29:05	00:54:36	00:53:52	Ferraz	Senior
990	Virgilio Rodrigues	00:28:46	00:54:38	00:54:21	Clube de Futebol Estrela	Veterano 5
991	Rodrigo Reis	00:30:19	00:54:40	00:53:41		Senior
992	Lúisa Pintão	00:29:27	00:54:40	00:54:07		Veterana
993	Paulo Tainha	00:28:20	00:54:41	00:54:35		Veterano 2
994	António Silva	00:27:58	00:54:42	00:53:46		Veterano 4
995	Tiago Ramos	00:28:01	00:54:42	00:54:24		Senior
996	Antonio Novas	00:29:35	00:54:42	00:53:47	Godinho	Senior
997	Francisco Clerigo	00:28:54	00:54:43	00:53:41	ss cgd	Veterano 4
998	Mario Vitoria	00:28:28	00:54:48	00:54:06	Grupo Desportivo Roche	Veterano 1
999	Paulo Oliveira	00:29:29	00:54:49	00:54:03		Veterano 2



CLASSIFICAÇÕES



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escação
1000	Ana Rosado	00:29:59	00:54:50	00:54:21	Clube Grupo BES	Senior
1001	Luis Cardoso	00:28:44	00:54:53	00:54:00		Veterano 1
1002	Rui Euzébio	00:29:13	00:54:54	00:54:14		Veterano 6
1003	Marília Neves	00:29:59	00:54:54	00:54:25	Clube Grupo BES	Senior
1004	Jaime Bernardes	00:28:17	00:54:57	00:54:26		Veterano 1
1005	Jose Gomes	00:29:03	00:54:59	00:53:30	AC Activo Criativo	Veterano 5
1006	Bruno Morais	00:30:17	00:55:00	00:53:40		Senior
1007	Patricia Carvalho	00:29:18	00:55:01	00:54:06		Senior
1008	António Ribeiro	00:28:32	00:55:06	00:54:56		Veterano 2
1009	Alexandre Janicas	00:29:54	00:55:08	00:53:53		Senior
1010	José Rodrigues	00:28:24	00:55:09	00:54:36	Clube Robbialac	Veterano 4
1011	Miguel Loureiro	00:29:37	00:55:10	00:54:37		Veterano 1
1012	Marlene Oliveira	00:29:04	00:55:14	00:54:57		Senior
1013	Joao Palmeiro	00:28:22	00:55:14	00:53:30		Veterano 5
1014	Bruno Soares	00:29:23	00:55:15	00:54:06		Senior
1015	Nuno Gonçalves	00:29:53	00:55:15	00:54:29		Veterano 4
1016	Pedro Nascimento	00:29:03	00:55:17	00:53:27		Senior
1017	Daniel Nascimento	00:29:02	00:55:17	00:53:27		Senior
1018	Etelvina Paulino	00:29:05	00:55:20	00:55:11		Veterana
1019	Nelson Ferreira	00:33:07	00:55:22	00:54:11		Senior
1020	Luis Barata	00:29:53	00:55:23	00:54:34		Veterano 2
1021	Joaquim Fonseca	00:29:47	00:55:26	00:55:19	Os Super	Veterano 4
1022	António Teixeira	00:29:39	00:55:27	00:54:48	wikaboo	Senior
1023	Joao Montes	00:29:30	00:55:27	00:55:00		Veterano 3
1024	Cristina Araújo	00:28:53	00:55:29	00:55:08		Senior
1025	Raquel Santos	00:29:56	00:55:29	00:54:41		Senior
1026	Pedro Ramos	00:30:55	00:55:30	00:55:09	Clube ANA Lisboa	Veterano 1
1027	André Glória	00:29:04	00:55:31	00:54:37		Senior
1028	Filipe Gaspar	00:30:27	00:55:31	00:55:17		Senior
1029	Ana Castro	00:29:52	00:55:31	00:54:11	Pernas de Gafanhoto	Senior
1030	João Claro	00:29:52	00:55:31	00:54:12		Veterano 1
1031	Nuno Duro	00:27:01	00:55:31	00:55:05		Senior
1032	Carlos Gomes	00:30:25	00:55:32	00:55:17		Veterano 1
1033	Paulo Luis	00:29:44	00:55:32	00:54:30	PrimeFitness	Veterano 1
1034	Mercedes Fonseca	00:29:29	00:55:37	00:55:30	Os Super	Veterana
1035	Leonia Tudor	00:29:26	00:55:41	00:54:57		Veterana
1036	Fernando Bispo	00:28:50	00:55:41	00:55:20	Os Queimados	Veterano 3



CLASSIFICAÇÕES



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escação
1037	Pedro Vitor	00:29:58	00:55:44	00:55:15	Clube Grupo BES	Veterano 1
1038	Bernardo Paraiba	00:29:46	00:55:44	00:54:31	Clube MILLENNIUMBCP	Veterano 4
1039	José Carita	00:28:44	00:55:44	00:55:28		Veterano 3
1040	Martinho Roque	00:28:55	00:55:45	00:54:45		Veterano 1
1041	Susana Fernandes	00:29:30	00:55:48	00:55:29		Senior
1042	Gil Ferreira	00:33:07	00:55:48	00:54:37		Senior
1043	Assimina Camal	00:30:02	00:55:48	00:54:22	Clube do Stress	Veterana
1044	Vitor Cordeiro	00:30:03	00:55:48	00:54:23		Veterano 4
1045	Eva Silva	00:29:21	00:55:50	00:55:05	Muamba	Senior
1046	João Silva	00:29:34	00:55:55	00:55:03		Senior
1047	João Vasconcelos	00:29:07	00:55:58	00:55:54		Veterano 3
1048	João Santos	00:29:19	00:55:59	00:55:21		Senior
1049	Sofia Rebocho	00:29:19	00:55:59	00:55:19		Senior
1050	Ana Marques	00:29:38	00:56:04	00:55:31		Veterana
1051	Maria Batista	00:29:38	00:56:04	00:55:30	G.A. " OS TARTARUGAS"	Veterana
1052	Isabel Costa	00:29:33	00:56:05	00:55:29	SportLife	Veterana
1053	Dhebora Bonfante	00:30:59	00:56:07	00:55:29		Veterana
1054	João Pacheco	00:28:26	00:56:07	00:55:58	Família Pacheco	Senior
1055	Paulo Caria	00:29:41	00:56:08	00:54:52		Senior
1056	Sergio Resende	00:30:16	00:56:08	00:55:34		Veterano 1
1057	Luis Santarem	00:30:16	00:56:09	00:55:21	ss cgd	Veterano 4
1058	Ana Correia	00:29:43	00:56:10	00:54:58		Senior
1059	Patricia Fernandes	00:29:58	00:56:11	00:55:50	Clube ANA Lisboa	Senior
1060	José Reis	00:29:03	00:56:12	00:55:28		Veterano 2
1061	Jorge Lima	00:29:16	00:56:13	00:55:55	LimaSLB	Veterano 2
1062	António Sá	00:29:30	00:56:15	00:55:35		Veterano 1
1063	Joaquim Lavos	00:29:03	00:56:15	00:55:30		Senior
1064	Abílio Pires	00:29:53	00:56:23	00:55:23		Veterano 6
1065	Carlos Margato	00:30:14	00:56:24	00:55:20		Veterano 2
1066	Vitor Rodrigues	00:29:45	00:56:27	00:55:08	C.C.D. O Alvitejo	Veterano 1
1067	Edmundo Simões	00:29:38	00:56:28	00:55:02		Veterano 4
1068	António Moura	00:28:39	00:56:28	00:56:19		Veterano 4
1069	Davide Amado	00:30:13	00:56:29	00:55:08		Senior
1070	Frederico Craveiro	00:29:55	00:56:31	00:55:31		Senior
1071	Cláudia Ramos	00:30:27	00:56:33	00:55:59		Senior
1072	Laura Carmenates	00:29:29	00:56:33	00:56:16		Veterana
1073	Edgar Ferreira	00:29:39	00:56:35	00:55:41		Senior



CLASSIFICAÇÕES



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escação
1074	Bruno Marcos	00:29:04	00:56:35	00:55:14		Junior
1075	Joao Madeira	00:30:25	00:56:35	00:56:00		Veterano 2
1076	Carlos Marcos	00:29:05	00:56:36	00:55:15		Veterano 3
1077	Narciso Neves	00:30:29	00:56:37	00:55:42		Senior
1078	Filipe Cunha	00:29:33	00:56:37	00:55:44		Senior
1079	Jose Venancio	00:31:08	00:56:38	00:55:43	Grupo Desp. Chelas	Veterano 4
1080	Julio Martins	00:29:25	00:56:43	00:56:19	Grupo Desportivo CIMPOR	Senior
1081	Paulo Ascensão	00:28:49	00:56:43	00:56:15	Grupo Desportivo CIMPOR	Veterano 1
1082	Carlos Correia	00:29:57	00:56:44	00:56:22		Veterano 1
1083	Rafael Ribeiro	00:30:01	00:56:45	00:55:52	Quarteto Maravilha	Senior
1084	Sara Martins	00:30:05	00:56:46	00:56:15		Senior
1085	Ricardo Bernardino	00:29:36	00:56:48	00:55:43		Senior
1086	António Valente	00:31:10	00:56:48	00:55:53	Grupo Desp. Chelas	Senior
1087	Carlos Andrade	00:31:07	00:56:49	00:55:51	Grupo Desp. Chelas	Veterano 1
1088	Maria Martinho	00:31:06	00:56:50	00:55:51	Grupo Desp. Chelas	Veterana
1089	Pedro Reis	00:30:10	00:56:51	00:56:43	GDCT UNICRE	Veterano 1
1090	José Branco	00:29:55	00:56:53	00:56:06		Senior
1091	Marta Martins	00:29:05	00:57:02	00:56:07		Senior
1092	Manuel Carvalho	00:30:13	00:57:04	00:56:24		Veterano 5
1093	Paula Batalha	00:29:52	00:57:05	00:55:50		Veterana
1094	Ana Poças	00:29:34	00:57:05	00:56:12	Pernas de Gafanhoto	Senior
1095	Eugénia Cid	00:30:16	00:57:08	00:56:32	SportLife	Veterana
1096	José Barreiros	00:30:06	00:57:08	00:56:26		Veterano 1
1097	Helena Guerra	00:29:13	00:57:13	00:57:08		Veterana
1098	António Reis	00:29:30	00:57:13	00:57:02	Clube Grupo BES	Veterano 2
1099	Ana Leitão	00:29:51	00:57:16	00:56:32	Sapatilhas Ardentes	Senior
1100	Rui Leitão	00:29:52	00:57:17	00:56:34	Sapatilhas Ardentes	Senior
1101	Nuno Lopes	00:29:43	00:57:23	00:56:38	Alvite Moimenta da Beira	Senior
1102	Clara Mina	00:28:59	00:57:28	00:56:22	Clube Atletismo Vale Figueira	Veterana
1103	Antonio Mina	00:28:55	00:57:28	00:56:22	Clube Atletismo Vale Figueira	Veterano 3
1104	Pedro Correia	00:30:32	00:57:31	00:56:20	Bacana Running	Senior
1105	Paula Madeira	00:30:02	00:57:35	00:57:11		Senior
1106	Joao Gomes	00:29:56	00:57:36	00:57:20	JG Seguros	Veterano 5
1107	Fernando Allen	00:30:52	00:57:36	00:56:48		Veterano 5
1108	Ana Santos	00:31:05	00:57:39	00:56:39		Senior
1109	Marisa Silva	00:30:06	00:57:41	00:56:52		Senior
1110	Sílvia Frazão	00:30:43	00:57:42	00:56:37		Senior



CLASSIFICAÇÕES



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escação
1111	Susana Frazão	00:29:56	00:57:43	00:57:34		Senior
1112	Sergio Rodelo	00:28:25	00:57:46	00:57:17		Veterano 1
1113	Paula Silva	00:29:46	00:57:51	00:57:12		Senior
1114	Andreia Rocha	00:31:00	00:57:52	00:56:55	Pernas de Gafanhoto	Senior
1115	Reinaldo Pereira	00:29:55	00:57:53	00:56:49		Veterano 2
1116	Joao Carvalho	00:30:17	00:57:55	00:56:54		Veterano 5
1117	Custodio Catarino	00:30:06	00:57:58	00:56:46		Veterano 2
1118	José Batista	00:31:20	00:58:06	00:58:03		Veterano 4
1119	Filipe Rebelo	00:31:01	00:58:08	00:57:08		Senior
1120	Inês Mira	00:31:08	00:58:08	00:57:11		Senior
1121	Rui Alves	00:31:09	00:58:11	00:57:47		Senior
1122	Pedro Tomas	00:31:04	00:58:15	00:57:31		Senior
1123	Nuno Silva	00:30:42	00:58:18	00:57:44		Senior
1124	Filipe Rodrigues	00:30:16	00:58:20	00:58:04	Grupo Desp. Chelas	Junior
1125	Maria Fortunato	00:30:29	00:58:20	00:57:34		Veterana
1126	Joao Bayam	00:30:29	00:58:20	00:57:35		Veterano 1
1127	Marta Leitão	00:30:57	00:58:26	00:57:48	SportLife	Senior
1128	Elsa Duarte	00:30:04	00:58:27	00:57:06		Senior
1129	Pedro Leitão	00:30:04	00:58:27	00:57:06		Senior
1130	Pedro Rodrigues	00:31:25	00:58:28	00:57:42		Senior
1131	Miguel Lopes	00:31:08	00:58:31	00:57:34	Clube ANA Lisboa	Senior
1132	Pedro Silva	00:30:38	00:58:34	00:57:33		Senior
1133	Paula Veiga	00:30:43	00:58:39	00:56:46		Senior
1134	Arsénio Facas	00:31:18	00:58:39	00:57:32	Clube Ferroviário Portugal	Veterano 5
1135	Ricardo Sepulveda	00:31:11	00:58:43	00:58:18	OS "NÓMADAS"	Senior
1136	Mario Ferreira	00:30:20	00:58:44	00:58:17		Veterano 3
1137	Manuel Gomes	00:31:15	00:58:44	00:58:24		Veterano 6
1138	Sofia Costa	00:31:03	00:58:44	00:58:39		Senior
1139	Renato Daniel	00:31:02	00:58:44	00:58:39		Senior
1140	João Esménio	00:30:30	00:58:47	00:58:33		Veterano 3
1141	Carlos Sousa	00:30:12	00:58:48	00:58:43		Veterano 3
1142	Ana Ferreira	00:30:46	00:58:53	00:58:22		Senior
1143	Fernando Almeida	00:29:52	00:58:54	00:58:44		Senior
1144	Cristina Igreja	00:30:37	00:59:01	00:58:41		Senior
1145	Diogo Paisana	00:30:37	00:59:01	00:58:41		Senior
1146	Cesar Guerra	00:32:02	00:59:08	00:58:25	CTJD	Veterano 1
1147	João Correia	00:30:33	00:59:14	00:58:43		Veterano 4



CLASSIFICAÇÕES



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escação
1148	Jose Matildes	00:31:17	00:59:17	00:58:41	Os Nunes	Veterano 4
1149	Vânia Pereira	00:31:19	00:59:17	00:58:39	Os Zatopeques	Senior
1150	Carlos Teixeira	00:28:52	00:59:18	00:59:04	Valadares	Veterano 3
1151	Fernando Gomes	00:31:57	00:59:18	00:58:06		Senior
1152	Susana Pereira	00:31:13	00:59:19	00:58:15		Senior
1153	Hugo Oliveira	00:30:48	00:59:20	00:58:02		Senior
1154	Fernando Ferreira	00:32:11	00:59:21	00:58:06	Clube MILLENNIUMBCP	Veterano 6
1155	Luísa Ralha	00:30:00	00:59:22	00:58:30	Run 4 Fun	Veterana
1156	Carlos Reis	00:30:27	00:59:22	00:58:54	BS Runners	Veterano 2
1157	Isabel Martinez	00:31:17	00:59:23	00:59:06	Martinez	Senior
1158	Luis Monteiro	00:32:12	00:59:23	00:58:28		Senior
1159	Pedro Caetano	00:29:03	00:59:24	00:58:48		Senior
1160	Ana Caetano	00:30:13	00:59:24	00:58:47		Senior
1161	Margarida Beato	00:29:38	00:59:25	00:58:54		Junior
1162	Hugo Matos	00:31:09	00:59:30	00:58:34		Senior
1163	Dora Verissimo	00:30:51	00:59:31	00:58:27		Veterana
1164	Filipe Mendes	00:30:55	00:59:31	00:58:30	PrimeFitness	Senior
1165	Manuel Alcada	00:31:53	00:59:35	00:59:19		Senior
1166	Carlos Antunes	00:30:57	00:59:35	00:59:00		Veterano 4
1167	Eduardo Tomé	00:31:24	00:59:40	00:59:07	Cidada Afável	Veterano 2
1168	Nuno Peralta	00:30:20	00:59:44	00:59:36	Quarteto Maravilha	Senior
1169	Antonio Castanera	00:30:48	00:59:48	00:58:30		Veterano 1
1170	João Simões	00:30:48	00:59:48	00:58:30		Veterano 6
1171	Maria Pereira	00:31:35	00:59:51	00:59:31		Senior
1172	Alexandrina Filipe	00:30:36	00:59:52	00:58:58	Clube Grupo BES	Veterana
1173	Sérgio Pereira	00:29:34	00:59:52	00:58:58		Veterano 3
1174	Fernando Filipe	00:30:23	00:59:53	00:58:46	Clube Grupo BES	Veterano 1
1175	Nuno Abrantes	00:30:57	00:59:57	00:59:05	Pernas de Gafanhoto	Senior
1176	Fernando Lemos	00:31:14	00:59:59	00:58:47	Clube MILLENNIUMBCP	Veterano 5
1177	Miguel Banha	00:28:10	01:00:01	00:59:02		Senior
1178	Alvaro Marques	00:32:13	01:00:03	00:59:40		Veterano 5
1179	Cristina Barata	00:32:31	01:00:05	00:59:42		Senior
1180	Alexandra Forte	00:32:31	01:00:05	00:59:42		Veterana
1181	Rosaria Pacheco	00:31:32	01:00:08	01:00:00	Família Pacheco	Veterana
1182	Carlos Melo	00:33:54	01:00:09	00:59:40	Serviços Sociais Montepio Geral	Senior
1183	Rui Osório	00:28:03	01:00:16	00:50:49		Senior
1184	José David	00:30:36	01:00:27	01:00:24		Veterano 3



CLASSIFICAÇÕES



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escação
1185	João Silva	00:31:05	01:00:31	01:00:11		Senior
1186	Vitor Cardoso	00:32:43	01:00:40	00:59:23	GD Imprensa Nacional Casa da Moeda	Senior
1187	Carlos Martins	00:29:20	01:00:44	01:00:28	JDEUS	Senior
1188	Joao Vieira	00:33:25	01:00:47	00:59:59		Veterano 2
1189	Pedro Pinto	00:31:52	01:00:53	00:59:49		Senior
1190	Rui Pires	00:34:37	01:01:02	00:59:47	Georunners	Veterano 2
1191	João Pissarra	00:31:04	01:01:03	00:59:55		Veterano 4
1192	Joaquim Almeida	00:31:18	01:01:05	01:00:09		Veterano 5
1193	João Vieira	00:31:49	01:01:12	01:00:35		Senior
1194	Catarina Pereira	00:30:29	01:01:14	00:59:46		Senior
1195	André Felício	00:30:35	01:01:15	00:59:46		Senior
1196	Carla Matos	00:31:52	01:01:18	01:00:14		Senior
1197	Ines Oliva	00:32:12	01:01:20	01:01:12		Junior
1198	Nuno Pinto	00:31:41	01:01:21	01:00:13	Clube Grupo BES	Senior
1199	Fernando Silva	00:30:21	01:01:38	01:00:56	Clube MILLENNIUMBCP	Veterano 1
1200	Ana Rocha	00:31:40	01:01:45	01:00:46		Veterana
1201	Tania Potes	00:31:55	01:01:45	01:01:29	Grupo Desp. Chelas	Senior
1202	Cristina Marques	00:31:54	01:01:45	01:01:30	Grupo Desp. Chelas	Veterana
1203	João Gomes	00:33:08	01:01:46	01:00:46		Veterano 5
1204	Rui Barros	00:31:34	01:01:49	01:00:40	Clube ANA Lisboa	Senior
1205	Maria Coelho	00:31:28	01:01:50	01:00:20		Veterano 2
1206	Maria Rodrigues	00:32:05	01:01:51	01:01:10	CTJD	Veterana
1207	Maria Lima	00:31:39	01:01:53	01:01:07	O Celeiro Da Memoria	Veterana
1208	Fernando Gomes	00:31:29	01:01:53	01:01:12	Clube ANA Lisboa	Veterano 1
1209	António Paulino	00:32:13	01:01:58	01:01:07	Clube do Stress	Veterano 4
1210	Ana Paulino	00:32:15	01:01:58	01:01:07	Clube do Stress	Veterana
1211	Carlos Silva	00:32:53	01:02:08	01:02:01		Veterano 3
1212	Aurelia Ghiran	00:32:57	01:02:11	01:02:05		Veterana
1213	Carolina Ribeiro	00:33:11	01:02:12	01:01:04	wikaboo	Veterana
1214	Luis Ribeiro	00:33:11	01:02:12	01:01:05	wikaboo	Veterano 2
1215	Luisa Carvalho	00:33:09	01:02:13	01:01:03	wikaboo	Senior
1216	Sara Lopes	00:33:10	01:02:19	01:01:09		Senior
1217	Cátia Ramos	00:32:42	01:02:22	01:02:13		Senior
1218	Liliana Pereira	00:31:21	01:02:35	01:01:16		Senior
1219	António Barreto	00:31:32	01:02:36	01:01:59	Clássicos 2009	Veterano 4
1220	João Albuquerque	00:31:58	01:02:49	01:01:20		Senior
1221	Pedro Albuquerque	00:31:58	01:02:49	01:01:21		Veterano 6



CLASSIFICAÇÕES



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escação
1222	Bruno Reis	00:33:01	01:02:55	01:02:37		Senior
1223	Carlos Ferreira	00:32:59	01:03:01	01:02:20	JG Seguros	Veterano 3
1224	João Ribeiro	00:30:59	01:03:02	01:02:42	Clube ANA Lisboa	Veterano 2
1225	Maria L.leitão	00:32:24	01:03:04	01:02:51		Veterana
1226	Paula Campos	00:30:58	01:03:06	01:02:46	Clube ANA Lisboa	Senior
1227	Emilia Reis	00:34:33	01:03:13	01:02:12		Veterana
1228	Mário Ribeiro	00:32:45	01:03:14	01:02:31		Senior
1229	Claudia Lourenço	00:33:46	01:03:14	01:02:19	ss cgd	Veterana
1230	Manuel Afonso	00:32:28	01:03:17	01:01:17	METAVIDA	Veterano 4
1231	Irina Kruk	00:33:35	01:03:36	01:02:41		Senior
1232	Carlos Vieira	00:33:36	01:03:36	01:02:41		Veterano 1
1233	Fernando Fernandes	00:33:12	01:03:42	01:02:33	Centro Cultural e Desportivo dos Trabalhadores	Veterano 4
1234	João Barbosa	00:33:11	01:03:44	01:02:35	Centro Cultural e Desportivo dos Trabalhadores	Veterano 3
1235	Gualdino Freire	00:33:17	01:03:44	01:02:41	Centro Cultural e Desportivo dos Trabalhadores	Veterano 6
1236	Teresa Serra	00:33:46	01:03:50	01:03:31	4@fundo	Veterana
1237	Sérgio Moreno	00:35:02	01:03:54	01:03:41		Veterano 3
1238	Margarida Pardal	00:32:50	01:03:57	01:02:57	Carapaus de Corrida	Veterana
1239	Vítor Duarte	00:32:50	01:04:02	01:03:44	Amigos da Estrela	Veterano 1
1240	Rui Santos	00:32:08	01:04:06	01:03:13		Veterano 1
1241	Vítor Gonçalves	00:32:15	01:04:07	01:03:14	Clube do Stress	Veterano 3
1242	Paula Capela	00:32:05	01:04:08	01:03:14	Clube do Stress	Senior
1243	António Rodrigues	00:32:12	01:04:08	01:03:16	Clube ANA Lisboa	Veterano 5
1244	Maria Silva	00:34:59	01:04:11	01:03:09		Veterana
1245	Bruno Silvestre	00:33:55	01:04:20	01:03:36	CTT Aeroporto	Senior
1246	Nuno Figueiredo	00:33:12	01:04:21	01:03:25		Senior
1247	Ana Santos	00:32:45	01:04:28	01:03:39		Veterana
1248	Luis Proença	00:34:53	01:04:35	01:03:00		Veterano 1
1249	Ana Santos	00:35:14	01:04:36	01:03:34		Senior
1250	Antonio Fernandes	00:30:30	01:04:38	01:04:34		Veterano 6
1251	António Rodrigues	00:34:49	01:04:55	01:04:42		Veterano 2
1252	Maria Anjos	00:33:43	01:04:56	01:03:53	Junta de Freguesia da Portela	Veterana
1253	Doris Marques	00:33:11	01:04:58	01:03:46	Acc Team	Senior
1254	André Moreiras	00:34:04	01:05:06	01:03:52		Senior
1255	Paula Silva	00:34:51	01:05:10	01:04:26	4@fundo	Veterana
1256	Marta Leão	00:34:02	01:05:12	01:04:38	Clube MILLENNIUMBCP	Senior
1257	Hugo Matias	00:35:47	01:05:27	01:04:27		Senior
1258	António Marques	00:32:30	01:05:28	01:05:00		Veterano 6



CLASSIFICAÇÕES



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escação
1259	Juvenal Monteiro	00:30:31	01:05:35	01:05:08	Grupo Desportivo CIMPOR	Veterano 2
1260	Carla Leitão	00:35:12	01:05:41	01:04:25	Clube Atletismo Amigos de Belém	Senior
1261	Rui Varela	00:35:12	01:05:42	01:04:25	Clube Atletismo Amigos de Belém	Veterano 2
1262	João Reis	00:31:13	01:05:49	01:05:20	BS Runners	Junior
1263	Catarina Borges	00:34:37	01:05:49	01:04:35		Senior
1264	Mariana Bonfante	00:35:02	01:05:50	01:05:12		Junior
1265	Cecilia Tavares	00:34:36	01:05:52	01:05:46	Grupo Desp. Chelas	Veterana
1266	Manuel Cruz	00:35:32	01:06:12	01:05:02		Veterano 1
1267	Jorge Gonçalves	00:32:29	01:06:14	01:05:02		Veterano 2
1268	Joana Martinez	00:35:07	01:06:17	01:06:01	Martinez	Senior
1269	Maria Dias	00:34:41	01:06:23	01:06:07		Veterana
1270	Vasco Coelho	00:31:12	01:06:23	01:05:05		Senior
1271	Nadia Tavares	00:33:51	01:06:33	01:05:34		Senior
1272	Ana Alpalhão	00:35:49	01:06:37	01:05:33	Alpalhao	Senior
1273	Ana Mendes	00:35:51	01:06:37	01:05:35		Senior
1274	Ana Madruga	00:36:01	01:06:40	01:05:41		Senior
1275	Helena Durão	00:36:10	01:06:48	01:04:49		Senior
1276	Tania Farinha	00:35:46	01:06:55	01:06:03		Senior
1277	Tânia Dimas	00:34:36	01:07:06	01:06:05	Clube do Stress	Veterana
1278	Joao Branco	00:35:00	01:07:13	01:05:46	Papa Milhas	Veterano 1
1279	Rosa Vasconcelos	00:36:11	01:07:18	01:05:20		Senior
1280	João Gonçalves	00:34:20	01:07:21	01:05:59	GARMIN Olimpico de Oeiras	Veterano 3
1281	Gustavo Pedrosa	00:34:20	01:07:21	01:05:59	Clube Ferroviário Portugal	Senior
1282	Marcia Martinez	00:35:16	01:07:27	01:07:12	Martinez	Senior
1283	Naisa Carneiro	00:35:20	01:07:32	01:07:10		Veterana
1284	Jose Arruda	00:35:55	01:07:47	01:07:16	Clube MILLENNIUMBCP	Veterano 5
1285	Fock Chiu	00:35:56	01:07:47	01:07:16	Clube MILLENNIUMBCP	Veterana
1286	Cláudia Pernencar	00:35:25	01:08:06	01:07:15		Senior
1287	Marina Salvador	00:35:12	01:08:12	01:07:26		Veterana
1288	Diogo Branco	00:36:46	01:08:16	01:06:49	Papa Milhas	Junior
1289	Inês Rosa	00:35:47	01:08:16	01:07:51		Senior
1290	Maria Ribeiro	00:36:22	01:08:16	01:07:29		Veterana
1291	João Grilo	00:35:47	01:08:16	01:07:51		Senior
1292	Laurinda Sousa	00:35:42	01:08:24	01:08:13		Senior
1293	Julieta Andrade	00:35:43	01:08:26	01:08:17		Senior
1294	Pedro Natal	00:34:42	01:08:29	01:07:31	Pernas de Gafanhoto	Senior
1295	Luiz Prasser	00:34:48	01:08:30	01:08:07	Clube Colaboradores AXA	Veterano 2



CLASSIFICAÇÕES



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escação
1296	Clara Silva	00:36:24	01:08:51	01:07:41	JDEUS	Senior
1297	Joana Gonçalves	00:32:30	01:08:55	01:07:43		Junior
1298	Inês Santa	00:36:20	01:09:01	01:07:44		Senior
1299	Zahra Ahmad	00:36:19	01:09:01	01:07:43		Veterana
1300	Rosa Caetano	00:35:21	01:09:28	01:09:06	Clube Colaboradores AXA	Veterana
1301	Paulo Nicolau	00:36:13	01:09:36	01:08:38		Veterano 2
1302	Antonio Evangelho	00:34:53	01:09:53	01:08:53		Veterano 3
1303	David Lopes	00:37:39	01:09:57	01:09:00		Senior
1304	Isabel Machado	00:35:58	01:10:05	01:08:55		Senior
1305	Celeste Romero	00:35:40	01:10:10	01:10:00		Senior
1306	Liliana Pais	00:36:56	01:10:27	01:09:11		Senior
1307	Duarte Teixeira	00:36:57	01:10:27	01:09:12		Senior
1308	David Barata	00:36:52	01:10:54	01:10:11	CTJD	Veterano 1
1309	Kika Falcão	00:39:32	01:12:48	01:11:34	Acc Team	Senior
1310	Sandra Matos	00:37:16	01:12:53	01:11:27	Clube MILLENNIUMBCP	Senior
1311	Eduardo Lopes	00:37:16	01:12:53	01:11:28	Clube MILLENNIUMBCP	Veterano 1
1312	Carlota Silva	00:38:13	01:12:58	01:12:39		Veterana
1313	Bruno Borges	00:39:35	01:14:06	01:12:42		Senior
1314	António Coelho	00:40:19	01:14:59	01:14:24		Senior
1315	Ruben Garcia	00:37:58	01:15:01	01:13:45	Link	Senior
1316	Sandra Serafim	00:37:54	01:15:05	01:13:50	Sapatilhas Ardentes	Senior
1317	Sónia Ganito	00:40:27	01:15:08	01:14:32		Senior
1318	António Nascimento	00:40:10	01:15:36	01:14:39		Veterano 2
1319	Carolina Nascimento	00:40:09	01:15:36	01:14:38	N&A CNAS	Junior
1320	Leonor Nascimento	00:40:07	01:15:36	01:14:38	N&A CNAS	Junior
1321	Luís Gonçalves	00:38:05	01:16:05	01:15:33	Squadra	Senior
1322	David Santos	00:39:24	01:16:22	01:15:12		Senior
1323	Eva Carvalho	00:38:47	01:16:24	01:15:21		Senior
1324	Mario Pires	00:31:23	01:16:27	01:15:55		Veterano 2
1325	Paulo Basto	00:30:53	01:16:28	01:15:52		Veterano 2
1326	Gina Rosa	00:40:22	01:16:33	01:15:43	N&A CNAS	Veterana
1327	Andre Palmeiro	00:40:18	01:16:36	01:14:53		Senior
1328	José Gomes	00:41:40	01:17:19	01:16:42		Senior
1329	Liliana Gomes	00:41:40	01:17:19	01:16:42		Senior
1330	Lilia Vilhena	00:40:27	01:17:21	01:16:22		Senior
1331	Eduardo Pereira	00:40:44	01:17:21	01:16:30		Veterano 2
1332	Ricardo Graça	00:40:24	01:18:02	01:16:40		Senior



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CLASSIFICAÇÕES



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escalão
1333	Eugenio Mota	00:37:44	01:18:10	01:16:56		Veterano 6
1334	Maria Sousa	00:36:21	01:19:16	01:17:52		Veterana
1335	Gisela Morgado	00:45:03	01:19:56	01:19:30	Gafanho Sport Clube	Veterana
1336	Sandra Martins	00:40:57	01:24:08	01:23:06	PrimeFitness	Senior
1337	Maria Vaz	00:44:48	01:26:06	01:25:24		Veterana
1338	Carla Rodrigues	00:44:46	01:26:06	01:25:23		Senior
1339	Alice Nascimento	00:42:37	01:26:20	01:25:31	N&A CNAS	Veterana
1340	Ana Gordalina	00:40:21	01:27:46	01:27:39	Clube ANA Lisboa	Veterana
1341	Ines Barradas	00:40:21	01:27:46	01:27:39		Senior
1342	Ana Marcos	00:47:51	01:28:22	01:27:38		Veterana
1343	Clotilde Correia	00:47:49	01:28:23	01:27:39		Veterana
1344	Inês Pimentel	00:46:17	01:30:22	01:30:08		Senior
1345	Célia Azenha	00:46:17	01:30:23	01:30:09	Associação de Atletismo Lebres do Sado	Veterana
1346	Ana Tapadas	00:45:56	01:30:38	01:29:07		Veterana
1347	Paulo Marques	00:45:56	01:30:38	01:29:07		Veterano 2
1348	Elisabete Pereira	00:45:55	01:30:38	01:29:08		Veterana
1349	Rita Mathias	00:46:39	01:34:05	01:33:40	Gafanho Sport Clube	Senior
1350	Marta Mathias	00:46:44	01:34:05	01:33:41	Gafanho Sport Clube	Senior