

Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escalão
1	Sérgio Dias	00:16:08	00:29:42	00:29:42		Senior
2	Carlos Saias	00:16:22	00:30:30	00:30:30	CLUBE – Serviço Salvamento e luta contra incên	Senior
3	João Cruz	00:16:48	00:31:15	00:31:13		Senior
4	Luis Gomes	00:17:23	00:31:54	00:31:54	OESTE RUNNING	Veterano 1
5	Carlos Mendes	00:17:46	00:32:32	00:32:30		Veterano 1
6	Pedro Silva	00:17:44	00:32:34	00:32:33	FSG Collonge-Bellerive	Veterano 1
7	André Machado	00:17:49	00:32:36	00:32:33	EARO	Senior
8	Manuel Mascarenhas	00:18:09	00:33:32	00:33:31		Senior
9	Cátia Santos	00:18:19	00:33:41	00:33:41	Clube Olimpico de Oeiras	Senior
10	Mário Ferreira	00:18:19	00:33:41	00:33:41	Clube Olimpico de Oeiras	Senior
11	Armando Monteiro	00:18:56	00:33:46	00:33:37	FSG Collonge-Bellerive	Senior
12	João Silva	00:18:43	00:33:54	00:33:51		Veterano 3
13	Janício Reis	00:18:26	00:33:58	00:33:54	Casa do Benfica de Algueirão Mem-Martins	Senior
14	João André	00:18:42	00:34:08	00:34:06	Grupo Desportivo Diana	Senior
15	João Estevão	00:18:47	00:34:18	00:34:18	Solar dos Presuntos	Veterano 2
16	Paulo Alves	00:18:56	00:34:24	00:34:19	G. Desportivo Imprensa Nacional Casa da Moed	Senior
17	António Santos	00:18:45	00:34:26	00:34:23	GDINE	Veterano 3
18	Joaquim Rodrigues	00:19:18	00:34:54	00:34:50	OESTE RUNNING	Veterano 1
19	Vitor Santos	00:19:16	00:34:54	00:34:53	OESTE RUNNING	Senior
20	Rui Neves	00:19:04	00:35:07	00:35:01		Senior
21	José Lemos	00:18:49	00:35:09	00:35:06	Casa do Benfica de Algueirão Mem-Martins	Veterano 3
22	Celso Gouveia	00:18:50	00:35:15	00:35:15		Veterano 2
23	Joaquim Santos	00:19:05	00:35:23	00:35:22	JG SEGUROS	Veterano 1
24	Marcos Oliveira	00:19:24	00:35:37	00:35:34	Grupo Desportivo do INE	Veterano 1
25	Joao Franco	00:19:19	00:35:44	00:35:41	OESTE RUNNING	Veterano 4
26	Paulo Gomes	00:19:57	00:35:54	00:35:49	Amigos Atletismo Mafra	Veterano 1
27	Valter Rosa	00:19:45	00:35:55	00:35:45	Grupo Desportivo "Os Amarelos"	Senior
28	Amandio Gouveia	00:19:51	00:35:57	00:35:47	ADC CATUJAL	Senior
29	Vasco Marques	00:19:49	00:35:57	00:35:45	Grupo Desportivo "Os Amarelos"	Veterano 2
30	Rui Henriques	00:19:20	00:35:59	00:35:58		Senior
31	Nuno Pita	00:19:45	00:36:01	00:35:57	CCDTML	Senior
32	Pedro Reis	00:19:45	00:36:01	00:35:58	NAV	Senior
33	Constantino Araújo	00:20:12	00:36:04	00:35:53		Veterano 2
34	António Gasparinho	00:20:07	00:36:17	00:36:12		Senior
35	David Karim	00:20:14	00:36:20	00:36:14		Senior

Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escalão
36	Carlos Rebola	00:19:31	00:36:22	00:36:20	LAPQN	Senior
37	Rui Correia	00:19:57	00:36:25	00:36:19	G. Desportivo Imprensa Nacional Casa da Moed	Senior
38	Marcos Pereira	00:20:13	00:36:30	00:36:17		Veterano 4
39	João Braz	00:20:16	00:36:31	00:36:12	Clube Atlético das Patameiras	Veterano 2
40	António Pires	00:19:58	00:36:33	00:36:25	Clube de Praças da Armada	Veterano 1
41	Luis Rebelo	00:19:28	00:36:34	00:36:32	OESTE RUNNING	Veterano 2
42	Antonio Botão	00:20:03	00:36:35	00:36:33	Clube MILLENNIUMBCP	Senior
43	Pedro Silva	00:19:33	00:36:36	00:36:34	LAPQN	Junior
44	João Cruz	00:19:33	00:36:38	00:36:31	Flamingos Atletismo	Veterano 3
45	Pedro Marques	00:20:10	00:36:39	00:36:32		Senior
46	Carlos Lopes	00:19:58	00:36:42	00:36:37		Veterano 1
47	Gonçalo Ferreira	00:20:03	00:36:45	00:36:42	Grupo Desportivo do INE	Veterano 1
48	António Viegas	00:20:25	00:36:45	00:36:39	CLUBE – Serviço Salvamento e luta contra incên	Senior
49	Hugo Paredes	00:19:52	00:36:49	00:36:46		Senior
50	João Galiano	00:19:58	00:37:05	00:36:52		Senior
51	Miguel Tavares	00:20:30	00:37:10	00:37:05	Clube Atlético das Patameiras	Veterano 1
52	Hélio Patrício	00:20:42	00:37:15	00:37:11	Casa do Benfica de Algueirão Mem-Martins	Veterano 1
53	Carlos Varela	00:20:34	00:37:16	00:37:11	Casa do Benfica de Algueirão Mem-Martins	Junior
54	Jorge Barata	00:20:00	00:37:17	00:37:15	CLUBE – Serviço Salvamento e luta contra incên	Senior
55	Carlos Rosado	00:20:35	00:37:19	00:37:09	clube rugby juromenha	Veterano 1
56	João Monteiro	00:21:05	00:37:21	00:37:10	FSG Collonge-Bellerive	Veterano 2
57	António Costa	00:20:19	00:37:28	00:37:25		Senior
58	Nelson Casanova	00:20:32	00:37:29	00:37:25	Casa do Benfica de Algueirão Mem-Martins	Senior
59	Paulo Lopes	00:20:54	00:37:31	00:37:16	ponterrolense	Senior
60	Pedro Milharado	00:20:07	00:37:35	00:37:29		Senior
61	Mário Lourenço	00:20:25	00:37:37	00:37:24	Clube de Praças da Armada	Veterano 2
62	Nuno Graça	00:21:05	00:37:39	00:37:28	FSG Collonge-Bellerive	Senior
63	Gilberto Pinto	00:20:49	00:37:43	00:37:41		Veterano 3
64	Pedro Fernandes	00:20:11	00:37:44	00:37:44	CLUBE – Serviço Salvamento e luta contra incên	Senior
65	João Fianca	00:20:21	00:37:46	00:37:46	Solar dos Presuntos	Veterano 2
66	Sidónio Dias	00:20:42	00:37:49	00:37:41	Casa do Benfica de Algueirão Mem-Martins	Veterano 1
67	Nuno Sousa	00:21:07	00:37:50	00:37:44	G. Desportivo Imprensa Nacional Casa da Moed	Senior
68	Fernando Soares	00:20:36	00:37:52	00:37:47	Clube Atlético das Patameiras	Senior
69	Ricardo Pedroso	00:20:39	00:37:54	00:37:47		Senior
70	Pedro Camacho	00:20:56	00:37:56	00:37:44		Senior

Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escalão
71	Joao Vieira	00:20:12	00:37:56	00:37:54	LAPQN	Senior
72	Rafael Assunção	00:20:28	00:37:58	00:37:53		Senior
73	Paulo Gomes	00:21:09	00:38:02	00:37:33		Senior
74	Edgar Francisco	00:20:58	00:38:03	00:37:52	U.R.D.Arranho	Veterano 2
75	Jose Antunes	00:20:58	00:38:03	00:37:53	Clube Desportivo de Mafra	Veterano 2
76	Antonio Cruz	00:20:42	00:38:04	00:37:57	Run 4 Fun	Veterano 2
77	Luis Conceição	00:20:57	00:38:08	00:37:56	Clube de Praças da Armada	Senior
78	Pedro Gonçalves	00:21:00	00:38:09	00:38:03	RB Running	Senior
79	Pedro Lima	00:20:54	00:38:09	00:38:05		Veterano 2
80	António Pereira	00:20:47	00:38:10	00:38:09	Clube Colaboradores AXA	Veterano 3
81	Miguel Rocha	00:20:39	00:38:12	00:38:08		Veterano 1
82	Ricardo S.silva	00:20:54	00:38:17	00:38:15		Junior
83	Pedro Silva	00:20:53	00:38:23	00:38:21		Junior
84	Carlos Custódio	00:20:24	00:38:24	00:38:23	CLUBE – Serviço Salvamento e luta contra incên	Senior
85	Mário Santos	00:20:46	00:38:28	00:38:25	ponterrolense	Veterano 1
86	António Camacho	00:21:01	00:38:29	00:38:13	Grupo Desportivo "Os Amarelos"	Veterano 4
87	André Lapa	00:20:46	00:38:34	00:38:15	Asics	Senior
88	Jose Gonçalves	00:20:52	00:38:36	00:38:31	Amigos Atletismo Mafra	Veterano 2
89	Pedro Ferreira	00:21:06	00:38:39	00:38:30		Senior
90	Manuel Bento	00:21:33	00:38:49	00:38:18	Sporting Clube de Casainhos	Senior
91	João Queiroz	00:21:02	00:38:50	00:38:45	SIEMENS	Senior
92	Pedro Cardoso	00:21:36	00:38:50	00:38:34	Basiliscos Sport Clube	Senior
93	António Morais	00:21:31	00:38:53	00:38:47	Clube Atlético das Patameiras	Veterano 4
94	José Roldão	00:20:49	00:38:53	00:38:46		Veterano 3
95	António Inácio	00:20:55	00:38:54	00:38:50	ponterrolense	Veterano 4
96	Jorge Santos	00:21:25	00:38:55	00:38:50	Casa do Benfica de Algueirão Mem-Martins	Veterano 4
97	Rui Lopes	00:21:13	00:38:56	00:38:49		Senior
98	Luciano Dantas	00:20:58	00:39:01	00:38:58	Clube Olimpico de Oeiras	Veterano 2
99	Stevan Pavlovic	00:20:51	00:39:05	00:38:53		Veterano 1
100	Josue Francisco	00:20:38	00:39:05	00:39:01		Veterano 1
101	Rute Martins	00:22:06	00:39:07	00:38:29		Senior
102	Paulo Gamboa	00:21:59	00:39:10	00:39:06	Clube Atlético das Patameiras	Veterano 1
103	Rui Duarte	00:21:14	00:39:14	00:39:07		Veterano 1
104	Miguel Nunes	00:21:29	00:39:15	00:39:09	Tartarugas	Senior
105	Tiago Mendes	00:21:07	00:39:19	00:39:17	Clube MILLENNIUMBCP	Senior

<i>Class.</i>	<i>Atleta</i>	<i>5 km</i>	<i>Tempo</i>	<i>T. Chip</i>	<i>Clube</i>	<i>Escalão</i>
106	Paulo Pinheiro	00:20:52	00:39:19	00:39:14		Senior
107	Luis Ferreira	00:21:07	00:39:21	00:39:12	U.R.D.Arranho	Veterano 2
108	Augusto Cruz	00:21:59	00:39:21	00:39:16	Clube Atlético das Patameiras	Veterano 5
109	José Oliveira	00:21:26	00:39:23	00:39:17	Associação de Atletismo Lebres do sado	Senior
110	Luis Ventura	00:21:20	00:39:25	00:39:17		Senior
111	Nuno Silva	00:21:45	00:39:29	00:39:09	C.A.D.T.Portucel	Senior
112	Mário Silva	00:21:27	00:39:31	00:39:25	Asas nos Pés	Veterano 1
113	Ricardo Madeira	00:22:07	00:39:32	00:38:57		Senior
114	Gonçalo Carvalho	00:21:47	00:39:39	00:39:36	Guards N Runners	Senior
115	Nuno Santos	00:21:17	00:39:40	00:39:20		Senior
116	Albino Neiva	00:21:14	00:39:43	00:39:39	Casa do Benfica de Algueirão Mem-Martins	Veterano 6
117	Nuno Prata	00:21:22	00:39:43	00:39:41		Veterano 1
118	Américo Amaro	00:21:51	00:39:44	00:39:39	10 P`ras 11	Veterano 3
119	Miguel Sousa	00:20:28	00:39:46	00:39:44	Clube Colaboradores AXA	Senior
120	Filipe Branco	00:21:32	00:39:46	00:39:37	U.R.D.Arranho	Veterano 1
121	Marco Tomás	00:21:49	00:39:49	00:39:22		Senior
122	José Reis	00:22:06	00:39:49	00:39:38		Veterano 4
123	Rui Soeiro	00:22:02	00:39:50	00:39:36	Os Estarolas do PrimeFitness	Senior
124	Luis Gabriel	00:21:40	00:39:51	00:39:45		Veterano 1
125	Diogo Rebelo	00:20:51	00:39:51	00:39:45		Senior
126	Vitor Rocha	00:21:35	00:39:53	00:39:50		Veterano 1
127	Joao Silva	00:21:41	00:39:53	00:39:42		Veterano 1
128	Jose Baptista	00:21:06	00:39:56	00:39:54		Veterano 2
129	Luis Alves	00:21:32	00:39:57	00:39:52		Senior
130	João Santos	00:22:03	00:39:59	00:39:47	Clube de Praças da Armada	Veterano 2
131	Alexandre Teixeira	00:21:49	00:39:59	00:39:57		Veterano 2
132	Paulo Enes	00:22:08	00:40:01	00:39:34		Veterano 3
133	David Ferreira	00:21:44	00:40:01	00:39:47		Senior
134	Daniel Nunes	00:22:06	00:40:07	00:39:56		Veterano 3
135	António Merujo	00:21:42	00:40:10	00:40:02		Veterano 3
136	Pedro Mendes	00:22:33	00:40:11	00:39:40	Clube Olimpico de Oeiras	Senior
137	João Mouta	00:22:33	00:40:13	00:40:00	Clube Olimpico de Oeiras	Senior
138	José Magalhães	00:22:34	00:40:14	00:39:52	Grupo Desportivo do INE	Veterano 4
139	Hélio Carreira	00:21:26	00:40:14	00:40:12		Senior
140	Miguel Yoshicawa	00:22:04	00:40:16	00:40:14	CLUBE – Serviço Salvamento e luta contra incên	Veterano 1

Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escalão
141	Vitor Moreira	00:22:26	00:40:20	00:40:02		Veterano 4
142	Carlos Marques	00:21:39	00:40:21	00:40:10		Veterano 1
143	Paulo Almeida	00:22:17	00:40:22	00:40:19		Veterano 2
144	Antonio Angelino	00:22:30	00:40:25	00:40:13		Veterano 1
145	Diamantino Mondim	00:21:34	00:40:26	00:40:20	C.A.D.T.Portucel	Senior
146	Joaquim Costa	00:22:06	00:40:28	00:40:28	Casa do Benfica de Algueirão Mem-Martins	Veterano 5
147	Hugo Rocha	00:22:01	00:40:30	00:40:26		Junior
148	Paula Lemos	00:22:01	00:40:30	00:40:27	Clube Olimpico de Oeiras	Veterana
149	Pedro Vitor	00:21:29	00:40:31	00:40:23	Clube Grupo Bes	Veterano 1
150	Carlos Sousa	00:21:53	00:40:33	00:40:28		Veterano 4
151	Joaquim Alexandre	00:21:43	00:40:35	00:40:34	U.R.D.Arranho	Veterano 2
152	José Páscoa	00:21:53	00:40:37	00:40:17	Casa do Benfica de Algueirão Mem-Martins	Veterano 1
153	Pedro Antunes	00:21:53	00:40:37	00:40:22	OESTE RUNNING	Senior
154	António Gonçalves	00:22:33	00:40:39	00:40:07	CCDTML	Veterano 2
155	Carlos Venâncio	00:22:09	00:40:40	00:40:39	Clube Colaboradores AXA	Veterano 3
156	Sergio Santos	00:22:01	00:40:40	00:40:27		Veterano 1
157	Telmo Sousa	00:22:38	00:40:41	00:40:05		Senior
158	José Costa	00:22:07	00:40:43	00:40:33	Flamings Atletismo	Veterano 2
159	Rui Varão	00:21:53	00:40:44	00:40:44		Senior
160	Luís Brásio	00:22:38	00:40:46	00:40:27		Veterano 3
161	José Badalo	00:22:47	00:40:46	00:40:34	Evorarunners	Veterano 2
162	Jose Mira	00:22:39	00:40:47	00:40:31	Baia do Seixal	Veterano 4
163	José Esteves	00:22:37	00:40:48	00:40:36	Tranportes Florêncio & Silva S.A	Veterano 2
164	Carlos Caetano	00:21:59	00:40:49	00:40:46		Senior
165	Joaquim Frade	00:22:14	00:40:49	00:40:42	SS CGD	Veterano 4
166	Bruno Silva	00:22:19	00:40:53	00:40:45		Senior
167	Manuel Mexia	00:22:29	00:40:53	00:40:37	clube tap portugal	Veterano 2
168	Jorge Filipe	00:22:13	00:40:53	00:40:31		Veterano 2
169	Manuel Nunes	00:22:09	00:40:59	00:40:51	Tartarugas	Veterano 2
170	César Luís	00:22:27	00:40:59	00:40:41		Senior
171	Gustavo Silva	00:22:13	00:41:01	00:40:52	NAV	Senior
172	Nuno Branco	00:23:05	00:41:07	00:40:34		Senior
173	Francisco Serrano	00:23:01	00:41:09	00:40:47	Grupo Desportivo do INE	Senior
174	Nuno Mendão	00:22:40	00:41:16	00:41:08	Lojas Francas de Portugal (LFP)	Senior
175	José Lopes	00:23:18	00:41:18	00:40:41	CARRIS	Veterano 2



<i>Class.</i>	<i>Atleta</i>	<i>5 km</i>	<i>Tempo</i>	<i>T. Chip</i>	<i>Clube</i>	<i>Escalão</i>
176	Mario Carvalho	00:22:39	00:41:19	00:41:04	Baia do Seixal	Veterano 5
177	João Gomes	00:22:36	00:41:22	00:41:05	ponterrolense	Senior
178	Paulo Lopes	00:22:35	00:41:22	00:41:07	Baia do Seixal	Veterano 1
179	Ana Amaro	00:22:38	00:41:24	00:41:10	Baia do Seixal	Senior
180	Pedro Diogo	00:22:15	00:41:28	00:41:27	CLUBE – Serviço Salvamento e luta contra incên	Senior
181	Antonio Taborda	00:22:27	00:41:30	00:41:24	SS CGD	Veterano 5
182	Armando Queimado	00:23:07	00:41:34	00:41:23	MMRUNNERS	Veterano 2
183	Fernando Pereira	00:22:48	00:41:38	00:41:18		Senior
184	Paulo Santos	00:22:42	00:41:41	00:41:24	Basiliscos Sport Clube	Senior
185	Nuno Lucas	00:23:13	00:41:44	00:41:05	Pernas de Gafanhoto	Senior
186	Klara Jakesova	00:21:51	00:41:45	00:41:40		Senior
187	Alberto Domingues	00:23:22	00:41:45	00:41:37		Veterano 1
188	Barros Costa	00:23:23	00:41:45	00:41:12	CCDTML	Veterano 4
189	João Sequeira	00:23:47	00:41:46	00:41:14	CCDTML	Veterano 3
190	Ricardo Pinheiro	00:22:38	00:41:47	00:41:27		Senior
191	Mária Santos	00:22:48	00:41:48	00:41:46		Senior
192	António Costa	00:22:58	00:41:50	00:41:39	Flamingos Atletismo	Veterano 4
193	José Canhoto	00:23:20	00:41:50	00:41:30	Casa do Benfica de Algueirão Mem-Martins	Veterano 5
194	Nuno Pereira	00:22:09	00:41:51	00:41:47	Casa do Benfica de Algueirão Mem-Martins	Senior
195	Nuno Soares	00:23:13	00:41:52	00:41:31		Senior
196	José Couto	00:22:23	00:41:54	00:41:47	Casa do Benfica de Algueirão Mem-Martins	Veterano 4
197	Augusto Fernandes	00:22:35	00:41:56	00:41:51	10 P'ras 11	Veterano 2
198	Jose Sousa	00:22:36	00:42:00	00:41:48		Veterano 2
199	Carlos Martins	00:22:48	00:42:03	00:41:55	Equipa Rasga Sapatilhas	Senior
200	Helena Gois	00:22:41	00:42:05	00:41:58	Moon7Runners	Senior
201	Manuel Gonçalves	00:22:28	00:42:06	00:41:51		Senior
202	Domingos Gato	00:22:18	00:42:07	00:42:01	CLUBE – Serviço Salvamento e luta contra incên	Veterano 1
203	Paulo Pereira	00:21:57	00:42:07	00:42:06		Senior
204	Lauro Lazarino	00:21:57	00:42:11	00:42:09	LAPQN	Senior
205	Vasco Pessanha	00:23:09	00:42:11	00:41:29		Senior
206	Domingos Janela	00:22:41	00:42:12	00:42:09		Veterano 6
207	André Monteiro	00:23:19	00:42:12	00:41:46		Senior
208	Francisco Carmo	00:23:34	00:42:12	00:41:43	G.D.R. São Francisco da Serra	Veterano 1
209	Fernando Sobral	00:23:34	00:42:13	00:41:44	G.D.R. São Francisco da Serra	Veterano 4
210	João Gavrishancar	00:23:50	00:42:16	00:41:46	Clube Ana Lisboa	Senior

<b>Class.</b>	<b>Atleta</b>	<b>5 km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escação</b>
211	Rui Emidio	00:22:51	00:42:18	00:42:11	Casa do Benfica de Algueirão Mem-Martins	Veterano 4
212	Jose Amaro	00:23:03	00:42:18	00:42:05	Amigos Atletismo Mafra	Veterano 2
213	Carlos Duarte	00:22:58	00:42:20	00:42:06	Solar dos Presuntos	Senior
214	Rui Mata	00:23:20	00:42:20	00:42:05		Veterano 1
215	Luis S.nunes	00:23:14	00:42:22	00:42:07		Veterano 1
216	Andre Leite	00:22:43	00:42:22	00:42:17		Senior
217	Jose Henriques	00:23:19	00:42:24	00:42:00		Veterano 1
218	Mário Amaro	00:23:30	00:42:24	00:42:11		Veterano 2
219	Luis Pereira	00:22:56	00:42:24	00:42:14	Flamingos Atletismo	Veterano 5
220	Daniel Gonçalves	00:23:54	00:42:25	00:42:14	ADC CATUJAL	Senior
221	Cândido Carvalho	00:24:11	00:42:25	00:42:21		Senior
222	Daniela Carvalho	00:23:15	00:42:26	00:42:11	Guerreiros do Rio	Senior
223	Joaquim Corrula	00:23:37	00:42:30	00:42:12	brandoa corre	Veterano 2
224	Fernando Vicente	00:21:53	00:42:31	00:42:31		Veterano 3
225	Vitor Amado	00:22:55	00:42:33	00:42:18	Clube Atlético das Patameiras	Veterano 4
226	Almerindo Silva	00:22:54	00:42:37	00:42:27	A.D.C.C.	Veterano 3
227	Ricardo Fonseca	00:22:53	00:42:40	00:42:31	OESTE RUNNING	Senior
228	Tam Afonso	00:23:24	00:42:48	00:42:44	Açoreana Clube Banif	Veterano 5
229	André Machado	00:22:57	00:42:49	00:42:35	Os Estarolas do PrimeFitness	Senior
230	Pedro Martins	00:23:20	00:42:51	00:42:49		Senior
231	Nelson Martins	00:22:13	00:42:52	00:42:49		Senior
232	Erik Wennberg	00:23:08	00:42:52	00:42:39		Senior
233	Maurício Marques	00:23:38	00:42:52	00:42:20	Clube do Stress	Senior
234	João Cândido	00:22:56	00:42:56	00:42:51	Casa do Benfica de Algueirão Mem-Martins	Veterano 2
235	Bruno Lopes	00:23:28	00:42:58	00:42:49		Senior
236	Ricardo Junior	00:24:04	00:42:59	00:42:58		Senior
237	Carlos Simão	00:23:08	00:43:01	00:42:39	GO Running Team	Veterano 1
238	Nuno Pereira	00:23:22	00:43:03	00:42:46	Asics	Veterano 1
239	Jorge Sousa	00:22:55	00:43:03	00:42:58		Veterano 3
240	Fernando Costa	00:23:14	00:43:05	00:42:50		Senior
241	Pedro Barreirão	00:23:01	00:43:06	00:42:52		Senior
242	José Leitão	00:23:23	00:43:07	00:42:59	Asas nos Pés	Veterano 1
243	José Agapito	00:24:07	00:43:08	00:42:56		Veterano 2
244	Rui Rodas	00:23:41	00:43:08	00:42:34		Veterano 1
245	Anibal Carvalho	00:23:46	00:43:09	00:42:58		Veterano 5

Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escalão
246	Fernando Guerreiro	00:23:45	00:43:09	00:42:59	ABREU	Veterano 6
247	José Catanho	00:22:52	00:43:09	00:43:01	Equipa Rasga Sapatilhas	Senior
248	Artur Botão	00:22:25	00:43:10	00:43:08	Clube MILLENNIUMBCP	Veterano 1
249	Marco Henriques	00:23:45	00:43:11	00:42:56	Guerreiros do Rio	Senior
250	Fabrice Polteau	00:23:45	00:43:13	00:42:38		Senior
251	José Matos	00:24:19	00:43:14	00:42:43	Clube de Praças da Armada	Veterano 1
252	Jorge Martins	00:23:50	00:43:16	00:42:48		Senior
253	Carlos Miranda	00:23:27	00:43:18	00:43:03		Veterano 5
254	Luis Ribeiro	00:22:44	00:43:20	00:43:12		Senior
255	Tiago Ferreira	00:22:32	00:43:21	00:43:14	Gazelas de Lisboa	Senior
256	Armindo Nicolau	00:24:03	00:43:22	00:43:21		Veterano 1
257	António Barreiros	00:23:49	00:43:22	00:43:13		Veterano 5
258	Nuno Gomes	00:23:01	00:43:22	00:43:18		Veterano 1
259	Ricardo Loura	00:24:44	00:43:24	00:42:59		Senior
260	Diogo Silva	00:22:32	00:43:24	00:43:21	LAPQN	Senior
261	Célia Paiva	00:23:27	00:43:28	00:43:27		Veterana
262	Antonio Gonçalves	00:23:49	00:43:29	00:43:02		Veterano 3
263	António Reis	00:24:13	00:43:29	00:43:16		Senior
264	Paulo Marcelino	00:23:23	00:43:29	00:43:18	ampliatletas	Veterano 1
265	Nuno Marcelino	00:23:24	00:43:30	00:43:18	ampliatletas	Senior
266	Gabriel Henriques	00:24:49	00:43:30	00:43:07		Junior
267	Tito Silva	00:24:17	00:43:30	00:43:11		Senior
268	Rodrigo Duarte	00:23:54	00:43:31	00:43:23		Senior
269	Filipe Sá	00:23:34	00:43:31	00:43:22	Vila Fria	Veterano 1
270	Rodrigo Silva	00:23:29	00:43:33	00:43:23		Senior
271	Rogério Carreiro	00:22:50	00:43:36	00:43:30	Asas nos Pés	Veterano 3
272	Raul Matos	00:23:47	00:43:36	00:43:26	CML	Veterano 1
273	Bruno Raimundo	00:24:26	00:43:39	00:43:21		Senior
274	Paulo Tomás	00:23:23	00:43:43	00:43:35	U.R.D.Arranho	Veterano 1
275	Sergio Ramos	00:24:33	00:43:44	00:42:59		Senior
276	Jose Santos	00:23:32	00:43:44	00:43:41	alvitejo	Veterano 4
277	Maria Venancio	00:23:55	00:43:46	00:43:38		Veterana
278	João Veiga	00:23:47	00:43:47	00:43:19	Run 4 Fun	Senior
279	Jorge Paulino	00:24:26	00:43:47	00:43:26	Clube Desportivo de Mafra	Veterano 4
280	Ricardo Madrinha	00:23:35	00:43:54	00:43:40		Senior



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escalão
281	Ricardo Franco	00:22:39	00:43:55	00:43:48		Veterano 1
282	Joaquim Carrilho	00:24:26	00:43:59	00:43:25	SS CGD	Veterano 2
283	Paulo Santos	00:25:04	00:44:01	00:43:28	Clube Olimpico de Oeiras	Veterano 2
284	Isabel Rodrigues	00:25:04	00:44:02	00:43:29	Clube Olimpico de Oeiras	Veterana
285	João Antunes	00:23:44	00:44:05	00:43:57		Veterano 1
286	Bruno Maciel	00:23:54	00:44:08	00:43:31	CARRIS	Senior
287	Paulo Lourenço	00:24:18	00:44:09	00:43:44		Senior
288	Nuno Sousa	00:23:39	00:44:10	00:44:03	NAV	Senior
289	José Agapito	00:24:32	00:44:12	00:43:37	Pernas de Gafanhoto	Senior
290	Luís Loureiro	00:24:27	00:44:15	00:43:44		Senior
291	Artur Martins	00:23:49	00:44:16	00:44:07		Veterano 1
292	Pedro Proença	00:24:12	00:44:17	00:44:13		Senior
293	João Freire	00:23:48	00:44:20	00:43:56	G. Desportivo Imprensa Nacional Casa da Moed	Veterano 2
294	Bruno Nunes	00:24:01	00:44:20	00:44:13	Tartarugas	Junior
295	José Morgado	00:23:22	00:44:22	00:44:05		Veterano 1
296	Manuel Cruz	00:24:28	00:44:23	00:44:12	Clube de Praças da Armada	Veterano 6
297	Constântino Mendão	00:24:28	00:44:24	00:44:15	Associação de Atletismo Lebres do sado	Veterano 3
298	Manuel Baptista	00:24:28	00:44:24	00:44:14	Associação de Atletismo Lebres do sado	Veterano 5
299	Álvaro Gingado	00:24:28	00:44:24	00:44:13	Associação de Atletismo Lebres do sado	Veterano 4
300	Fernando Ribeiro	00:24:54	00:44:24	00:43:48		Veterano 2
301	Rui Araújo	00:24:03	00:44:25	00:43:52	CCDTML	Veterano 3
302	Nuno Miguel	00:24:36	00:44:26	00:44:09	Lojas Francas de Portugal (LFP)	Veterano 1
303	Nuno Marques	00:24:27	00:44:26	00:44:05	Asas nos Pés	Senior
304	Luis Simoes	00:23:58	00:44:27	00:44:09	brandoa corre	Senior
305	Helena Martins	00:23:19	00:44:29	00:44:25	Amigos Atletismo Mafra	Veterana
306	Vitor Nogueira	00:24:18	00:44:37	00:44:36		Veterano 2
307	Carlos Ribeiro	00:24:50	00:44:37	00:44:16		Veterano 1
308	André Nunes	00:24:10	00:44:38	00:44:29	Tartarugas	Junior
309	João Neto	00:23:12	00:44:38	00:44:19		Senior
310	Carlos Castanheira	00:22:47	00:44:39	00:44:39	Clube Ana Lisboa	Senior
311	Bogdan Sandu	00:24:33	00:44:40	00:44:08		Senior
312	João Reis	00:24:16	00:44:41	00:44:31		Veterano 5
313	Sergio Oliveira	00:24:54	00:44:46	00:44:10		Senior
314	Paulino Pacheco	00:24:41	00:44:47	00:44:11		Veterano 4
315	Joaquim Charrua	00:25:01	00:44:47	00:44:26		Veterano 6

<b>Class.</b>	<b>Atleta</b>	<b>5 km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
316	Francisco Gomes	00:24:31	00:44:48	00:44:35	Solar dos Presuntos	Senior
317	Filipe Rebelo	00:24:55	00:44:55	00:44:12	Farmacêuticos Coxos	Senior
318	Manuel Couto	00:23:16	00:44:57	00:44:51	Casa do Benfica de Algueirão Mem-Martins	Senior
319	Bruno Marçal	00:24:35	00:44:57	00:44:19		Senior
320	Manuel Francisco	00:24:11	00:44:57	00:44:50		Veterano 3
321	João Pedro	00:24:12	00:44:58	00:44:58		Junior
322	Mário Lúcio	00:24:21	00:45:00	00:44:51		Veterano 2
323	Narciso Neves	00:24:19	00:45:02	00:44:58		Senior
324	António Sarilho	00:24:22	00:45:04	00:45:00	Asas nos Pés	Veterano 3
325	Pedro Luis	00:25:50	00:45:04	00:44:56	Volkswagen Autoeuropa	Senior
326	Paulo Caldeira	00:24:53	00:45:04	00:44:31		Senior
327	David Azenha	00:24:35	00:45:06	00:44:53		Senior
328	Alexandre Tam	00:25:33	00:45:09	00:45:06		Senior
329	Miguel Vergamota	00:25:04	00:45:10	00:45:04		Veterano 1
330	António Ferreira	00:24:36	00:45:13	00:45:01		Veterano 3
331	Tiago Domingos	00:25:05	00:45:14	00:44:42	Autozitania	Senior
332	Joao Lamy	00:25:06	00:45:14	00:44:43	Autozitania	Junior
333	Antonio Serra	00:24:48	00:45:16	00:45:05	MMRUNNERS	Veterano 3
334	Helder Martinho	00:25:41	00:45:17	00:44:42		Senior
335	Hugo Venancio	00:24:40	00:45:18	00:45:17	SS CGD	Senior
336	Paulo Cravo	00:24:21	00:45:20	00:45:14	Clube Olimpico de Oeiras	Veterano 2
337	Joaquim Mónica	00:25:30	00:45:20	00:44:53	Casa do Benfica de Algueirão Mem-Martins	Veterano 3
338	Joaquim Pinto	00:25:16	00:45:20	00:45:09		Veterano 3
339	Vitor Venda	00:26:54	00:45:21	00:44:50		Veterano 1
340	Mauri Son	00:25:10	00:45:22	00:44:49		Veterano 3
341	Américo Costa	00:24:55	00:45:24	00:45:06	TECNOSPIE	Veterano 4
342	Oswaldo Furtado	00:23:38	00:45:25	00:45:04	Casa do Benfica de Algueirão Mem-Martins	Senior
343	Antonio Franco	00:25:03	00:45:27	00:45:12	Serviços Sociais Montepio Geral	Veterano 2
344	Jesus Jorge	00:24:50	00:45:27	00:45:09		Senior
345	Rui Gonçalves	00:25:14	00:45:28	00:45:06		Senior
346	António Alves	00:23:54	00:45:29	00:44:47		Veterano 1
347	Manuel Afonso	00:24:50	00:45:31	00:45:03		Veterano 6
348	Pedro Santos	00:24:49	00:45:33	00:45:12		Senior
349	Júlio Barreiros	00:24:09	00:45:34	00:45:33	CLUBE – Serviço Salvamento e luta contra incên	Senior
350	Possidónio Constantino	00:25:48	00:45:35	00:45:07	Clube de Praças da Armada	Veterano 5

<b>Class.</b>	<b>Atleta</b>	<b>5 km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escação</b>
351	António Borla	00:25:48	00:45:35	00:45:05	Clube de Praças da Armada	Veterano 6
352	Jorge Paula	00:24:52	00:45:35	00:45:12		Veterano 4
353	Luis Aguiar	00:24:25	00:45:37	00:45:28	Asas nos Pés	Veterano 1
354	Maria Carita	00:24:49	00:45:38	00:45:25		Veterana
355	Kristine Reis	00:24:30	00:45:38	00:45:34	NAV	Senior
356	Brigitte Cardoso	00:24:50	00:45:39	00:45:21	Basiliscos Sport Clube	Senior
357	Bruno Ribeiro	00:24:53	00:45:40	00:45:00		Senior
358	Nuno Marques	00:25:08	00:45:43	00:45:07	Pernas de Gafanhoto	Senior
359	André Sá	00:24:14	00:45:44	00:45:34	Vila Fria	Senior
360	Anibal Simões	00:25:23	00:45:44	00:45:21	C.A.D.T.Portucel	Veterano 2
361	Carlos Rangel	00:25:15	00:45:45	00:45:28		Veterano 4
362	Daniel Vilabril	00:27:12	00:45:47	00:45:09		Senior
363	Luis Xavier	00:26:13	00:45:47	00:45:14	Grupo Desp. S.º Domingos	Senior
364	Fernando Fernandes	00:24:30	00:45:49	00:45:37		Veterano 1
365	Tiago Machado	00:26:33	00:45:51	00:45:25	PRIMEFITNESS	Senior
366	Rui Matos	00:25:49	00:45:51	00:45:16		Senior
367	Jorge Goncalves	00:24:12	00:45:52	00:45:45	Moon7Runners	Senior
368	Honorato Moura	00:24:42	00:45:52	00:45:11		Senior
369	Tiago Carvalho	00:25:14	00:45:52	00:45:49		Senior
370	Hugo Veiga	00:25:41	00:45:53	00:45:26		Senior
371	José Monteiro	00:25:21	00:45:56	00:45:32		Veterano 3
372	Manuel Cardim	00:25:49	00:46:01	00:45:31	Clube de Praças da Armada	Veterano 5
373	José Baixinho	00:25:48	00:46:02	00:45:45	Santiago Futebol Clube	Veterano 4
374	Luis Silva	00:25:24	00:46:05	00:45:45		Senior
375	Luis Cardoso	00:24:52	00:46:08	00:45:56	Tranportes Florêncio & Silva S.A	Senior
376	Nuno Soares	00:24:56	00:46:12	00:45:46	Grupo Desportivo "Os Amarelos"	Veterano 3
377	Antonio Carpinteiro	00:25:16	00:46:12	00:46:05	SS CGD	Veterano 6
378	Bruno Courinha	00:24:16	00:46:15	00:46:09	Moon7Runners	Senior
379	José Liberato	00:25:22	00:46:15	00:45:50	G. Desportivo Imprensa Nacional Casa da Moed	Senior
380	Joao Vicente	00:25:31	00:46:18	00:46:06		Veterano 1
381	Rui Almeida	00:25:06	00:46:19	00:46:13		Senior
382	Jeremias Ribeiro	00:26:04	00:46:21	00:45:44		Veterano 6
383	Nuno Freitas	00:24:43	00:46:24	00:46:21	Águas Livres de Caneças	Senior
384	Fernando Martinho	00:25:24	00:46:25	00:46:04	C.A.D.T.Portucel	Veterano 3
385	Joaquim Dias	00:26:42	00:46:27	00:46:04		Senior

Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escalão
386	Rita Rodrigues	00:25:35	00:46:28	00:46:11		Junior
387	Filipe Marques	00:26:42	00:46:32	00:46:08		Senior
388	Bruno Mendes	00:24:28	00:46:34	00:46:26	Asas nos Pés	Senior
389	Miguel Bermonte	00:25:18	00:46:37	00:46:26		Senior
390	Luca Ranise	00:25:20	00:46:37	00:46:12		Veterano 1
391	David Branco	00:24:54	00:46:42	00:46:26		Senior
392	Carlos Morais	00:24:52	00:46:42	00:46:26		Senior
393	Nuno Pintão	00:25:01	00:46:43	00:46:34		Veterano 1
394	Mário Ferreira	00:25:39	00:46:48	00:46:33		Veterano 2
395	João Miguel	00:26:07	00:46:48	00:46:44	tangasclube	Veterano 6
396	Ines Parente	00:25:21	00:46:49	00:46:29	Asics	Senior
397	Jose Cavaco	00:25:21	00:46:49	00:46:30	Asics	Veterano 3
398	Rogério Matos	00:25:26	00:46:49	00:46:40	CML	Veterano 3
399	Pedro Ramos	00:23:45	00:46:55	00:46:53	Clube Ana Lisboa	Veterano 1
400	Miguel Matos	00:25:38	00:46:55	00:46:51	CCD TRANQUILIDADE	Veterano 1
401	José Freitas	00:24:07	00:46:56	00:46:53	Águas Livres de Caneças	Senior
402	David Almeida	00:24:47	00:46:58	00:46:37		Veterano 1
403	Madalena Fontinhas	00:26:02	00:47:00	00:46:22		Senior
404	João Teixeira	00:25:50	00:47:00	00:46:37		Veterano 1
405	Pedro Cardoso	00:25:53	00:47:00	00:46:35		Senior
406	Bruno Ribeiro	00:23:23	00:47:07	00:46:56	ampliatletas	Junior
407	Helia Santos	00:26:03	00:47:10	00:47:00		Senior
408	José Esteves	00:26:01	00:47:10	00:46:39	ponterrolense	Veterano 5
409	Miguel Amaro	00:25:34	00:47:11	00:46:57	Baia do Seixal	Senior
410	Paulo Duarte	00:26:43	00:47:13	00:46:57	GDCT UNICRE	Veterano 2
411	José Junva	00:25:38	00:47:13	00:46:49		Veterano 3
412	Dino Miranda	00:26:56	00:47:14	00:46:53		Senior
413	Fernando Mendes	00:26:00	00:47:15	00:46:48		Veterano 1
414	Rui Paz	00:25:34	00:47:16	00:46:48		Senior
415	Pedro Silva	00:26:35	00:47:17	00:46:59		Senior
416	Carlos Pessoa	00:25:21	00:47:18	00:47:00		Veterano 2
417	Renee Jarvalt	00:25:50	00:47:19	00:47:06	Clube Ana Lisboa	Senior
418	Mario Ferro	00:25:47	00:47:19	00:47:04		Veterano 5
419	Joaquim Hermenegildo	00:25:08	00:47:20	00:47:09	Casa do Benfica de Algueirão Mem-Martins	Veterano 2
420	Virgílio Espada	00:25:42	00:47:20	00:47:06		Veterano 4

Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escalão
421	Paulo Gonçalves	00:25:39	00:47:24	00:47:13		Veterano 1
422	Raquel Lopes	00:25:42	00:47:25	00:47:04		Senior
423	Felix Esteves	00:25:44	00:47:27	00:47:10		Veterano 6
424	Rodrigo Vicente	00:25:44	00:47:27	00:47:09		Senior
425	Idilio Jacinto	00:25:32	00:47:27	00:47:07		Senior
426	Hélio Martins	00:25:26	00:47:28	00:47:26		Senior
427	João Mangana	00:25:23	00:47:29	00:47:13		Senior
428	Alexandra Paula	00:25:22	00:47:31	00:47:12		Junior
429	Davide Amado	00:25:02	00:47:32	00:47:24		Senior
430	Pedro Soares	00:25:11	00:47:32	00:47:28		Senior
431	Amândio Busca	00:25:23	00:47:33	00:47:26		Veterano 1
432	Ricardo Venancio	00:25:34	00:47:33	00:47:02	Autozitania	Senior
433	Sara Loureiro	00:27:33	00:47:34	00:47:02	Sporting Clube de Casainhos	Senior
434	Luis Castanheta	00:24:55	00:47:35	00:47:21		Senior
435	Adalberto Grilo	00:25:55	00:47:36	00:47:18	Casa do Benfica de Algueirão Mem-Martins	Veterano 3
436	Pedro Dias	00:26:48	00:47:38	00:47:09		Senior
437	Susana Pereira	00:25:38	00:47:38	00:47:38		Senior
438	Mário Pereira	00:23:59	00:47:40	00:47:35		Veterano 1
439	Joao Parisot	00:27:10	00:47:40	00:47:10	Autozitania	Senior
440	Sacha Matias	00:27:10	00:47:41	00:47:11	Autozitania	Senior
441	Paulo Padrão	00:25:50	00:47:41	00:47:17		Veterano 1
442	João Alves	00:25:50	00:47:46	00:47:37	Volkswagen Autoeuropa	Veterano 4
443	Pavel Pedação	00:25:50	00:47:46	00:47:35	Volkswagen Autoeuropa	Senior
444	Paulo Santos	00:26:22	00:47:46	00:47:19		Veterano 1
445	Catarina Dias	00:25:56	00:47:47	00:47:32	Serviços Sociais Montepio Geral	Senior
446	Fernando Guerreiro	00:25:04	00:47:48	00:47:43		Senior
447	Luís Duarte	00:26:39	00:47:50	00:47:49		Veterano 6
448	Rui Santos	00:24:49	00:47:51	00:47:48		Veterano 1
449	André Gomes	00:26:43	00:47:52	00:47:27	GO Running Team	Senior
450	Tiago Almeida	00:27:34	00:48:00	00:47:21		Senior
451	Pedro Costa	00:27:46	00:48:01	00:47:33	SS CGD	Senior
452	João Rodrigues	00:26:59	00:48:01	00:47:31		Senior
453	Carla Lopes	00:26:21	00:48:01	00:47:40	Grupo Desportivo do INE	Veterana
454	João Roxo	00:25:31	00:48:02	00:47:49		Veterano 1
455	Henrique Ferreira	00:25:12	00:48:03	00:47:51	U.R.D.Arranho	Veterano 1



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escalão
456	Jose Gaspar	00:25:24	00:48:04	00:47:54	SS CGD	Veterano 2
457	João Esteveira	00:25:54	00:48:04	00:47:41	Clube MILLENNIUMBCP	Veterano 1
458	Pedro Lopes	00:27:38	00:48:06	00:47:37		Veterano 1
459	António Ramos	00:26:39	00:48:06	00:47:30		Veterano 4
460	Pedro Oliveira	00:25:09	00:48:07	00:47:22	InvestQuest, SA.	Senior
461	Carlos Janela	00:26:11	00:48:10	00:48:07	Clube MILLENNIUMBCP	Veterano 4
462	Nelson Olim	00:25:46	00:48:10	00:47:57		Veterano 1
463	Mário Alves	00:25:54	00:48:14	00:47:56		Senior
464	Luis Reino	00:26:36	00:48:16	00:47:46		Veterano 1
465	Hugo Rodrigues	00:25:54	00:48:17	00:47:59		Senior
466	Antonio Martinho	00:26:34	00:48:19	00:47:44		Veterano 2
467	Ana Correia	00:26:43	00:48:21	00:47:39		Senior
468	Gil Carneiro	00:26:43	00:48:21	00:47:39		Senior
469	Susana Santos	00:26:42	00:48:22	00:48:09	Clube Ana Lisboa	Senior
470	Paulo Martins	00:25:49	00:48:24	00:48:09	Os Estarolas do PrimeFitness	Senior
471	Domingos Barreiros	00:26:07	00:48:25	00:48:21		Veterano 6
472	António Portugal	00:26:21	00:48:26	00:48:05	Grupo Desportivo do INE	Veterano 2
473	Alexandre Fernandes	00:26:17	00:48:27	00:48:01	Free Runners	Senior
474	Diogo Alves	00:27:10	00:48:27	00:47:57		Senior
475	Joana Garcia	00:28:36	00:48:27	00:44:56		Senior
476	Ana Pereira	00:26:57	00:48:28	00:47:55		Senior
477	Pedro Moita	00:26:51	00:48:28	00:47:53		Senior
478	Fernando Ferreira	00:26:13	00:48:30	00:48:18	Casa do Benfica de Algueirão Mem-Martins	Veterano 6
479	Jose Ruivo	00:27:56	00:48:30	00:47:59		Veterano 5
480	Luis Reis	00:25:56	00:48:30	00:48:16	Serviços Sociais Montepio Geral	Veterano 4
481	Goreti Silva	00:26:43	00:48:32	00:48:08		Senior
482	Nuno Alves	00:26:33	00:48:33	00:48:20		Veterano 4
483	Paula Teixeira	00:25:52	00:48:34	00:48:27	Falcões Selvagens	Senior
484	José Fernandes	00:26:04	00:48:35	00:48:21		Senior
485	Joaquim Fragoso	00:26:59	00:48:37	00:48:04	CCD CASA PIA	Veterano 5
486	João Amorim	00:25:36	00:48:37	00:48:19	Basiliscos Sport Clube	Senior
487	Luis Moreno	00:26:42	00:48:40	00:48:17		Senior
488	Antonio Caeiro	00:26:28	00:48:42	00:48:13		Senior
489	Arnaldo Pinteus	00:26:31	00:48:44	00:47:59	Clube MILLENNIUMBCP	Veterano 3
490	Carlos Ipe	00:26:44	00:48:45	00:48:24	Asas nos Pés	Senior

Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escalão
491	Horácio Vieira	00:26:53	00:48:45	00:48:18		Veterano 5
492	Pedro Vieira	00:26:53	00:48:45	00:48:18		Senior
493	Paulo Pereira	00:25:14	00:48:49	00:48:35	Serviços Sociais Montepio Geral	Veterano 1
494	Joaquim Palmeiro	00:26:08	00:48:51	00:48:43		Veterano 1
495	Antonio Ribeiro	00:27:48	00:48:54	00:48:29		Veterano 2
496	Guilherme Rosa	00:26:41	00:48:58	00:48:26		Veterano 3
497	Fernando Gonçalves	00:25:54	00:48:59	00:48:52		Veterano 1
498	Paulo Marques	00:26:58	00:49:01	00:48:38		Veterano 2
499	Nuno Rodrigues	00:26:58	00:49:01	00:48:39		Veterano 1
500	Paulo Sirgado	00:25:49	00:49:01	00:48:45		Senior
501	Mário António	00:26:16	00:49:03	00:48:59	tangasclube	Veterano 6
502	Luis Vicente	00:26:31	00:49:03	00:48:51		Veterano 3
503	António Bogas	00:25:30	00:49:05	00:48:45		Veterano 2
504	Vitor Santos	00:27:15	00:49:06	00:48:22	Carapaus de Corrida	Veterano 1
505	Paula Correia	00:26:40	00:49:08	00:49:01	Asas nos Pés	Veterana
506	Tiago Martins	00:27:55	00:49:08	00:48:25		Senior
507	José Mariano	00:27:13	00:49:09	00:48:24		Veterano 2
508	Rui Rosa	00:25:45	00:49:10	00:48:50		Senior
509	Luis Vasconcelos	00:25:49	00:49:11	00:48:46		Veterano 3
510	Fernando Luis	00:26:01	00:49:11	00:49:03		Veterano 4
511	Manuel Martinho	00:26:09	00:49:13	00:48:53		Veterano 2
512	Fernando Pires	00:26:49	00:49:26	00:48:52	Team Iskas	Senior
513	Jaime Ribeiro	00:27:45	00:49:31	00:48:48		Senior
514	João Almeida	00:27:09	00:49:33	00:49:15	Basiliscos Sport Clube	Senior
515	José Lindo	00:27:21	00:49:34	00:49:33		Veterano 6
516	David Clemente	00:26:41	00:49:35	00:48:58		Senior
517	Américo Carvalho	00:25:28	00:49:37	00:49:29		Senior
518	João Duarte	00:26:32	00:49:39	00:49:26		Veterano 5
519	Pedro Carvalho	00:27:23	00:49:39	00:49:02		Veterano 1
520	Bruno Dias	00:27:23	00:49:39	00:49:02		Senior
521	Rafael Santos	00:28:00	00:49:41	00:49:09	CCDTML	Veterano 3
522	Arno Junior	00:28:19	00:49:43	00:49:13		Veterano 1
523	Bruno Viana	00:25:53	00:49:43	00:49:12		Senior
524	Luis Proença	00:27:15	00:49:44	00:49:25		Veterano 1
525	Pedro Simões	00:26:15	00:49:45	00:49:44	Clube Ana Lisboa	Veterano 1

Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escação
526	Joao Venancio	00:27:29	00:49:46	00:49:26		Veterano 1
527	José Charrua	00:27:37	00:49:46	00:49:17	Clube Ana Lisboa	Senior
528	Sérgio Martins	00:28:04	00:49:47	00:49:30		Senior
529	José Almeida	00:28:07	00:49:48	00:49:21	Clube Ana Lisboa	Veterano 2
530	Joel Guedes	00:27:23	00:49:50	00:49:33	Clube Colaboradores AXA	Senior
531	Marco Campaniço	00:27:06	00:49:52	00:49:49		Senior
532	Nuno Charrua	00:28:08	00:49:52	00:49:30		Senior
533	Maria Pinto	00:27:49	00:49:53	00:49:10		Senior
534	João Morgado	00:27:36	00:49:53	00:49:16	Almada Running	Senior
535	André Simões	00:26:41	00:49:53	00:49:51		Veterano 1
536	Vitor Gonçalves	00:27:37	00:49:54	00:49:22		Veterano 1
537	Carlos Correia	00:26:44	00:49:57	00:49:51		Senior
538	Pedro Pereira	00:25:51	00:49:57	00:49:44	Solar dos Presuntos	Veterano 1
539	Maria Ribeiro	00:27:37	00:49:58	00:49:25	Quarteto Fantástico	Veterana
540	Nuno André	00:25:39	00:50:00	00:49:58	Grupo Desportivo Diana	Senior
541	Sónia Freire	00:26:28	00:50:04	00:49:56	Asas nos Pés	Senior
542	Carlos Palhinhas	00:25:21	00:50:04	00:49:48	GDC PORTO DE SINES	Senior
543	Pedro Serra	00:26:18	00:50:07	00:50:02		Senior
544	Ricardo Geraldes	00:27:36	00:50:08	00:49:29		Senior
545	Artur Martins	00:26:17	00:50:08	00:50:04	tangasclube	Veterano 6
546	José Pinto	00:27:36	00:50:09	00:49:49	Lojas Francas de Portugal (LFP)	Senior
547	Nuno Prates	00:27:32	00:50:10	00:49:54		Veterano 1
548	João Vagos	00:26:47	00:50:10	00:49:56		Senior
549	Inês Pereira	00:26:47	00:50:10	00:49:56		Senior
550	António Martins	00:27:47	00:50:11	00:49:37		Veterano 3
551	Carlos Silva	00:26:16	00:50:17	00:50:12		Veterano 4
552	Nuno Lopes	00:27:27	00:50:19	00:50:03		Veterano 1
553	Carlos Pereira	00:27:27	00:50:19	00:50:03		Veterano 1
554	José Isidoro	00:27:49	00:50:20	00:50:03	Clube de Praças da Armada	Veterano 6
555	José Veiga	00:27:49	00:50:21	00:49:52		Veterano 3
556	Jose Moreno	00:27:52	00:50:22	00:49:45		Veterano 1
557	Pedro Ferreira	00:27:58	00:50:24	00:49:58		Senior
558	Fernando Calçada	00:27:15	00:50:26	00:50:11	Serviços Sociais Montepio Geral	Senior
559	Francisco Vale	00:28:12	00:50:33	00:50:01		Senior
560	André Sequeira	00:28:56	00:50:33	00:49:44		Senior

Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escalão
561	José Vieira	00:28:56	00:50:33	00:49:43	Asics	Senior
562	Tiago Valadas	00:28:56	00:50:34	00:49:45	Asics	Senior
563	Filipe Nascimento	00:26:38	00:50:36	00:49:56		Senior
564	José Alves	00:27:25	00:50:38	00:50:20		Veterano 4
565	João Gonçalves	00:27:27	00:50:42	00:50:19		Senior
566	António Bila	00:28:29	00:50:42	00:50:18	Clube Olimpico de Oeiras	Veterano 4
567	Ruben Lima	00:29:33	00:50:45	00:45:30		Senior
568	Bruno Soares	00:26:39	00:50:46	00:50:41		Senior
569	Ana Carvalho	00:27:28	00:50:47	00:50:35		Senior
570	João Borges	00:27:21	00:50:49	00:50:21		Veterano 2
571	Antonio Pais	00:27:50	00:50:50	00:50:23	Vale de Madeiros SC	Veterano 6
572	Catarina Pereira	00:28:10	00:50:52	00:50:08		Senior
573	Maria Sebastião	00:28:01	00:50:55	00:50:28	NAV	Senior
574	Alfredo Castro	00:28:01	00:50:56	00:50:09	NAV	Senior
575	Ivan Cortes	00:30:20	00:50:56	00:47:30	Erasmus Running Team	Senior
576	Paulo Baptista	00:29:20	00:50:56	00:50:22		Veterano 2
577	Victor Ramos	00:27:09	00:50:57	00:50:53	Clube Colaboradores AXA	Veterano 1
578	Alberto Ramires	00:26:05	00:51:02	00:50:43		Veterano 4
579	Vajk Kramer	00:26:48	00:51:03	00:50:37		Senior
580	Nuno Prospero	00:27:21	00:51:03	00:50:33		Senior
581	Hugo Gaspar	00:25:18	00:51:05	00:50:57		Senior
582	Filipe Gil	00:27:20	00:51:06	00:50:32	Clube Ana Lisboa	Senior
583	António Sousa	00:25:46	00:51:08	00:51:05		Veterano 6
584	Luis Salvador	00:28:36	00:51:11	00:50:45	CCLAV - Linda-A-Velha	Veterano 5
585	Immanuel Block	00:31:09	00:51:14	00:45:11	Erasmus Running Team	Senior
586	Javi Simo	00:31:09	00:51:16	00:48:44	Erasmus Running Team	Senior
587	Luís Silva	00:27:15	00:51:16	00:51:14		Veterano 5
588	Paulo Correia	00:26:00	00:51:16	00:51:14		Senior
589	Ismar Basso	00:27:57	00:51:18	00:50:43		Veterano 4
590	Eduardo Pedreira	00:28:00	00:51:19	00:50:54	PRIMEFITNESS	Senior
591	Pedro Figueiras	00:28:03	00:51:19	00:50:52	Clube Ana Lisboa	Junior
592	Eduardo Rodrigues	00:27:48	00:51:19	00:50:51	SS CGD	Senior
593	Carlos Parente	00:27:57	00:51:23	00:50:50		Senior
594	Ana Torrao	00:27:48	00:51:27	00:51:04		Veterana
595	Serafim Marques	00:28:24	00:51:37	00:51:20		Veterano 5

<b>Class.</b>	<b>Atleta</b>	<b>5 km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
596	Joaquim Silva	00:27:41	00:51:41	00:51:13		Senior
597	Diamantino Albuquerque	00:28:21	00:51:41	00:51:21	Clube Desportivo de Mafra	Veterano 4
598	Rui Lapa	00:26:31	00:51:47	00:51:26		Veterano 1
599	Inês Santos	00:27:06	00:51:47	00:51:47		Senior
600	Inês Oliva	00:28:36	00:51:52	00:51:45	Clube Ana Lisboa	Junior
601	Pedro Nobrega	00:26:56	00:51:54	00:51:33		Senior
602	Marisa Tavares	00:27:42	00:51:55	00:51:48	Moon7Runners	Senior
603	Jaime Marçal	00:28:57	00:51:55	00:51:07	Asics	Veterano 4
604	António Monteiro	00:27:22	00:51:56	00:51:44		Veterano 6
605	Judite Baixinho	00:28:00	00:51:57	00:51:39	Santiago Futebol Clube	Senior
606	Teresa Conceição	00:28:39	00:52:04	00:51:38	Pro Runner	Senior
607	Joao Salazar	00:27:42	00:52:07	00:51:48		Veterano 2
608	Carolina Lourenço	00:20:55	00:52:08	00:51:54	Pro Runner	Senior
609	Manuel Azedo	00:28:47	00:52:09	00:51:37		Veterano 3
610	Carina Ladeira	00:29:06	00:52:10	00:51:44	Equipa Rasga Sapatilhas	Senior
611	Rui Carrilho	00:27:10	00:52:11	00:52:00		Senior
612	José Vale	00:27:46	00:52:12	00:52:05		Veterano 3
613	Agostinho Dias	00:28:44	00:52:15	00:51:31	Carapaus de Corrida	Veterano 2
614	Mario Mendes	00:27:14	00:52:16	00:51:54	Clube MILLENNIUMBCP	Veterano 2
615	Manuel Tavares	00:28:36	00:52:17	00:51:43	CCD CASA PIA	Veterano 3
616	Paulo Dias	00:28:12	00:52:18	00:51:49		Senior
617	José Alípio	00:27:29	00:52:21	00:52:02		Veterano 4
618	João Vigário	00:27:58	00:52:23	00:51:51		Senior
619	Luis Alves	00:24:44	00:52:27	00:52:21		Senior
620	Sofia Santos	00:28:42	00:52:33	00:52:17		Senior
621	Paulo Fernandes	00:28:22	00:52:34	00:52:15		Senior
622	Sara Paulino	00:27:46	00:52:39	00:52:32		Senior
623	António Morgado	00:27:38	00:52:43	00:52:34		Veterano 1
624	Nuno Jacinto	00:29:04	00:52:46	00:52:12		Veterano 1
625	João Gonçalves	00:29:27	00:52:47	00:52:15	Clube Olimpico de Oeiras	Veterano 3
626	Joaquim Seco	00:29:00	00:52:53	00:52:34		Veterano 1
627	Carminda Rega	00:27:51	00:52:54	00:52:45		Veterana
628	Nelson Ramos	00:29:13	00:52:55	00:52:18		Veterano 1
629	Henrique Vilhena	00:30:29	00:52:56	00:52:14		Veterano 4
630	Tiago Silva	00:28:57	00:52:56	00:52:24		Senior



<b>Class.</b>	<b>Atleta</b>	<b>5 km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
631	Lluis Galbany	00:28:35	00:52:57	00:52:30		Senior
632	Joaquim Fonseca	00:28:26	00:52:57	00:52:51	Os Super	Veterano 4
633	José Antunes	00:29:04	00:52:59	00:52:40		Senior
634	João Escaleira	00:30:26	00:52:59	00:52:21		Veterano 4
635	Humberto Valentim	00:29:04	00:52:59	00:52:39		Senior
636	Mario Lino	00:28:58	00:53:04	00:52:34		Veterano 2
637	Francisco Linhol	00:29:50	00:53:11	00:52:52		Veterano 4
638	Ricardo Cano	00:29:37	00:53:11	00:52:42	C A Amigos de Belém	Senior
639	Paulo Moreira	00:28:35	00:53:13	00:52:48	PRIMEFITNESS	Veterano 1
640	João Esménio	00:29:05	00:53:16	00:52:55		Veterano 4
641	Claudia Barragon	00:28:19	00:53:16	00:52:53	CPU Energia	Veterana
642	Miguel Cunha	00:28:19	00:53:17	00:52:52	CPU Energia	Veterano 1
643	Eduardo Pinto	00:29:57	00:53:17	00:52:37		Senior
644	Patrícia Pedro	00:28:25	00:53:19	00:53:05	Casa do Benfica de Algueirão Mem-Martins	Veterana
645	Teresa Mendes	00:29:36	00:53:19	00:53:14	10 P'ras 11	Senior
646	Mário Pires	00:28:03	00:53:22	00:53:05		Veterano 3
647	Jose Martins	00:29:43	00:53:23	00:52:41		Veterano 5
648	Gabriel António	00:28:52	00:53:24	00:52:52	U.R.D.Arranho	Veterano 2
649	Eliseu Pinto	00:28:47	00:53:26	00:53:11		Veterano 5
650	Tiago Silva	00:29:00	00:53:35	00:53:11		Senior
651	Pedro Marques	00:28:55	00:53:37	00:53:02	Team Iskas	Senior
652	Mercedes Fonseca	00:28:51	00:53:38	00:53:31	Os Super	Veterana
653	José Gouveia	00:28:05	00:53:40	00:53:19	Asas nos Pés	Veterano 2
654	Maria Pires	00:29:25	00:53:41	00:53:31		Senior
655	Joaquim Feijoo	00:29:36	00:53:43	00:53:07		Veterano 6
656	Ricardo Silva	00:27:40	00:53:45	00:53:36	Clube Grupo Bes	Senior
657	Luis Barata	00:30:32	00:53:47	00:53:19		Veterano 2
658	Augusto Caria	00:28:27	00:53:48	00:53:35		Veterano 5
659	Bruno Agostinho	00:29:25	00:53:50	00:53:06		Veterano 1
660	Joana Ribeiro	00:29:38	00:53:51	00:53:24	Pro Runner	Senior
661	Marcelo Cardoso	00:29:00	00:53:51	00:53:36	GDCT UNICRE	Veterano 1
662	Paulo Tainha	00:27:54	00:53:53	00:53:52		Veterano 2
663	Helder Leal	00:28:37	00:53:55	00:53:44		Veterano 1
664	Pedro Nunes	00:27:22	00:53:56	00:53:35		Senior
665	João Cordeiro	00:28:49	00:54:00	00:53:40		Senior

Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escalão
666	Armando Correia	00:27:36	00:54:02	00:53:30	Sporting Clube de Casainhos	Senior
667	Bruno Viana	00:28:51	00:54:02	00:53:31	Autozitania	Senior
668	Andressa Omitti	00:29:59	00:54:05	00:53:27		Senior
669	Pedro Nunes	00:30:29	00:54:12	00:53:33		Senior
670	Hugo Maximiano	00:30:13	00:54:13	00:53:47		Senior
671	Carla Reis	00:30:13	00:54:13	00:53:46		Senior
672	Joao Peixoto	00:30:21	00:54:13	00:53:40	NAV	Senior
673	David Branco	00:28:16	00:54:14	00:54:04		Senior
674	Fernando Guerra	00:30:42	00:54:14	00:54:12		Veterano 6
675	Antonio Mourao	00:29:57	00:54:17	00:53:45		Veterano 2
676	José Rolão	00:31:01	00:54:18	00:54:00	Clube Colaboradores AXA	Senior
677	Luiz Prasser	00:31:01	00:54:18	00:54:00	Clube Colaboradores AXA	Veterano 2
678	Carlos Costa	00:27:11	00:54:22	00:53:56		Senior
679	Ismael Teixeira	00:29:09	00:54:28	00:54:19	Clube Grupo Bes	Senior
680	Tiago Ramos	00:28:55	00:54:30	00:54:28	Wolfpack	Senior
681	Mário Gonçalves	00:30:24	00:54:38	00:54:06		Veterano 2
682	Joaquim Matos	00:30:34	00:54:38	00:53:46		Veterano 2
683	Jose Piedade	00:30:09	00:54:39	00:54:21	brandoa corre	Veterano 3
684	Jose Dias	00:30:09	00:54:40	00:54:20	brandoa corre	Veterano 3
685	Rui Domingues	00:28:58	00:54:40	00:54:28		Veterano 2
686	Fernando Cardoso	00:29:12	00:54:45	00:54:15	CCDTML	Veterano 5
687	Paulo Cunha	00:29:09	00:54:57	00:54:17	Caracois do Asfalto	Senior
688	Marco Silva	00:29:09	00:54:57	00:54:18	Caracois do Asfalto	Veterano 1
689	João Gonçalves	00:28:57	00:55:01	00:54:42	Basiliscos Sport Clube	Senior
690	Arsénio Facas	00:30:21	00:55:02	00:54:32		Veterano 5
691	António Paulino	00:30:08	00:55:04	00:54:46	Clube do Stress	Veterano 5
692	Vitor Cordeiro	00:28:36	00:55:05	00:54:58		Veterano 4
693	Renato Silva	00:30:08	00:55:08	00:54:31		Senior
694	Pedro Santos	00:29:37	00:55:12	00:54:56		Senior
695	Rodrigo Reis	00:31:14	00:55:17	00:53:09		Senior
696	Pedro Coelho	00:27:59	00:55:17	00:55:00	Lojas Francas de Portugal (LFP)	Senior
697	Jorge Santos	00:31:11	00:55:19	00:55:04		Senior
698	Andre Santos	00:31:11	00:55:19	00:55:04		Senior
699	Ana Afonso	00:30:38	00:55:21	00:54:52		Veterana
700	Jose Pinto	00:30:57	00:55:22	00:54:45		Senior

Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escalão
701	Durga Sharma	00:28:49	00:55:22	00:55:08	Solar dos Presuntos	Senior
702	Sandra Lima	00:30:26	00:55:23	00:54:39		Senior
703	Aurelio Calado	00:29:53	00:55:26	00:55:02	SS CGD	Veterano 5
704	Dora Verissimo	00:30:14	00:55:26	00:55:08	Os Estarolas do PrimeFitness	Veterana
705	Pedro Francisco	00:29:39	00:55:26	00:55:01	SS CGD	Senior
706	Orlando Sousa	00:30:34	00:55:26	00:54:35	CCDTML	Veterano 3
707	Luís Pimenta	00:29:29	00:55:26	00:54:47		Senior
708	José Pires	00:30:34	00:55:27	00:54:35	CCDTML	Veterano 6
709	Sérgio Santos	00:29:30	00:55:27	00:54:47		Senior
710	Jaime Pardal	00:29:23	00:55:28	00:54:45	Carapaus de Corrida	Veterano 1
711	Pedro Pinto	00:29:34	00:55:31	00:55:27		Veterano 4
712	Carlos Ferreira	00:30:26	00:55:35	00:54:52		Senior
713	Joao Silva	00:30:48	00:55:36	00:55:01		Veterano 1
714	Bruno Araujo	00:29:57	00:55:39	00:54:53	AraujoTeam	Senior
715	Cristina Araujo	00:30:09	00:55:39	00:54:52	AraujoTeam	Senior
716	Alberto Martinho	00:30:50	00:55:43	00:54:52	CCDTML	Veterano 2
717	Claudio Fonseca	00:29:12	00:55:44	00:55:14		Senior
718	Jose Costa	00:29:18	00:55:45	00:54:55	Clube Tabaqueira	Veterano 3
719	Virgílio Belo	00:31:37	00:55:45	00:54:54	NAV	Senior
720	Ricardo Carvalho	00:28:57	00:55:56	00:55:35		Senior
721	Ana Santos	00:31:05	00:55:58	00:55:14	Farmacêuticos Coxos	Senior
722	Orlando Cruz	00:31:04	00:55:58	00:55:14		Veterano 5
723	Maria Janela	00:29:04	00:56:00	00:55:57	Clube MILLENNIUMBCP	Veterana
724	Jose Abreu	00:29:50	00:56:01	00:55:36	G. Desportivo Imprensa Nacional Casa da Moed	Veterano 5
725	Pedro Lopes	00:30:43	00:56:03	00:55:46		Veterano 1
726	Luis Marques	00:30:22	00:56:04	00:55:47		Veterano 4
727	Adelaide Manhica	00:30:05	00:56:05	00:56:04		Veterana
728	Nuno Abrantes	00:30:29	00:56:08	00:55:30	Pernas de Gafanhoto	Senior
729	Pedro Plácido	00:29:49	00:56:10	00:56:00		Senior
730	Ricardo Serrao	00:33:02	00:56:11	00:52:33	Erasmus Running Team	Senior
731	João Tomás	00:30:58	00:56:17	00:55:59	Clube Grupo Bes	Senior
732	Tânia Azevedo	00:30:58	00:56:17	00:55:59	Clube Grupo Bes	Senior
733	Antonio Lopes	00:30:11	00:56:23	00:55:49		Senior
734	Joaquim Capucho	00:29:36	00:56:25	00:56:11		Veterano 5
735	Ricardo Campos	00:29:45	00:56:26	00:56:05		Senior

Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escalão
736	André Morgado	00:30:00	00:56:28	00:56:19	Clube Ana Lisboa	Senior
737	Heitor Baptista	00:28:47	00:56:30	00:56:20		Veterano 2
738	Carla Matos	00:31:05	00:56:32	00:56:21		Senior
739	António Silva	00:29:39	00:56:32	00:55:56		Veterano 4
740	Ricardo Costa	00:31:49	00:56:33	00:55:54		Senior
741	António Nunes	00:30:03	00:56:34	00:56:29	Açoreana Clube Banif	Veterano 4
742	Helena Santos	00:30:03	00:56:34	00:56:29	Açoreana Clube Banif	Senior
743	Cristina Ferreira	00:30:40	00:56:38	00:56:07		Veterana
744	Jorge Antunes	00:29:32	00:56:43	00:56:40		Senior
745	Isabel Coelho	00:30:27	00:56:44	00:56:34		Veterana
746	Silvani Carvalho	00:30:27	00:56:45	00:56:34		Senior
747	Deolinda Santos	00:31:08	00:56:45	00:55:59	Clube Ana Lisboa	Veterana
748	Patrícia Fernandes	00:31:23	00:56:46	00:56:19	Free Runners	Senior
749	Carlos Ambrósio	00:31:08	00:56:46	00:55:59		Veterano 1
750	Luis Cruz	00:31:20	00:56:49	00:56:20	Clube Ana Lisboa	Senior
751	Fernando Almeida	00:30:42	00:56:54	00:56:31	Solar dos Presuntos	Senior
752	Nuno Almeida	00:30:32	00:56:57	00:56:33	Sportings de almeida	Senior
753	Manuel Guerreiro	00:30:55	00:56:57	00:56:41	Guerreiros do Rio	Veterano 4
754	Luís Catita	00:31:12	00:57:11	00:56:39		Veterano 2
755	Sara Fulgêncio	00:31:12	00:57:11	00:56:39		Senior
756	Paulo Figueiredo	00:30:15	00:57:15	00:56:57	Clube Colaboradores AXA	Senior
757	Reinaldo Mateus	00:30:06	00:57:21	00:57:13	Asas nos Pés	Veterano 3
758	António Nascimento	00:30:40	00:57:21	00:56:54	G. Desportivo Imprensa Nacional Casa da Moed	Veterano 6
759	Luís Lopes	00:29:59	00:57:25	00:57:07	Os Estarolas do PrimeFitness	Senior
760	Miguel Manteiga	00:32:07	00:57:26	00:56:48		Junior
761	Daniel Dias	00:31:35	00:57:30	00:56:51		Senior
762	Ricardo Casaca	00:30:39	00:57:31	00:56:45		Senior
763	Maria Capela	00:32:50	00:57:36	00:57:04	Quarteto Fantástico	Veterana
764	Paula Campos	00:30:32	00:57:43	00:57:42	Clube Ana Lisboa	Senior
765	João Gomes	00:31:43	00:57:44	00:57:22		Veterano 5
766	José Batista	00:31:35	00:57:45	00:57:44		Veterano 5
767	Maria Puga	00:30:54	00:57:46	00:57:15		Veterana
768	Daniel Teixeira	00:31:25	00:57:46	00:57:21		Senior
769	Maria Lourenço	00:25:29	00:57:57	00:57:43	Clube MILLENNIUMBPCP	Veterana
770	Michael Wennberg	00:30:05	00:58:01	00:57:48		Veterano 3

Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escação
771	Artur Dinis	00:30:35	00:58:06	00:57:54		Veterano 4
772	Salvador Ferreira	00:31:25	00:58:08	00:56:44		Senior
773	Elina Matonse	00:31:26	00:58:21	00:57:39		Senior
774	Katarzyna Woch	00:32:27	00:58:24	00:55:56	Erasmus Running Team	Senior
775	Carlos Morais	00:31:03	00:58:24	00:58:02		Senior
776	Isabel Martinez	00:32:30	00:58:33	00:57:59		Senior
777	Rui Martins	00:30:45	00:58:38	00:58:09		Veterano 1
778	Costan Ioan	00:31:33	00:58:44	00:58:15		Veterano 1
779	Hugo Diogo	00:31:16	00:58:49	00:58:25		Senior
780	Luis Santarem	00:31:06	00:58:50	00:58:24	SS CGD	Veterano 4
781	Bruno Silvestre	00:30:54	00:58:55	00:58:32	CTT	Senior
782	Rui Romão	00:30:56	00:58:55	00:58:50		Senior
783	Antonio Nunes	00:31:45	00:58:56	00:58:33		Veterano 4
784	Pedro Fragata	00:29:29	00:59:04	00:58:24		Senior
785	Paula Rocha	00:31:02	00:59:05	00:59:01		Veterana
786	Pedro Ferreira	00:31:06	00:59:05	00:58:31	Serviços Sociais Montepio Geral	Senior
787	João Basilio	00:30:50	00:59:07	00:58:50		Veterano 1
788	António Moura	00:31:03	00:59:19	00:59:09		Veterano 4
789	José Carita	00:31:53	00:59:21	00:59:02		Veterano 3
790	Regina Badalo	00:31:52	00:59:25	00:59:13	Evorarunners	Veterana
791	Elisabeth Loureiro	00:32:01	00:59:25	00:58:51	Sporting Clube de Casainhos	Veterana
792	Paulo Capela	00:32:51	00:59:35	00:59:02	Quarteto Fantástico	Veterano 1
793	Ana Paulino	00:31:46	00:59:39	00:59:21	Clube do Stress	Veterana
794	Vitor Cardoso	00:32:49	00:59:51	00:58:49	G. Desportivo Imprensa Nacional Casa da Moed	Senior
795	Diogo Marques	00:28:58	00:59:54	00:59:09		Junior
796	Joao Carvalho	00:32:24	00:59:55	00:59:14		Veterano 5
797	Filomena Jesus	00:32:01	00:59:56	00:59:40	Penduras da Torre	Veterana
798	Fernando Rodrigues	00:33:02	01:00:06	00:59:46		Veterano 6
799	Pedro Pires	00:34:05	01:00:08	00:59:26		Senior
800	Bruno Marques	00:34:05	01:00:08	00:59:27		Senior
801	Ana Almeida	00:32:26	01:00:10	00:59:46	Sportings de almeida	Senior
802	Teresa Figueiredo	00:32:10	01:00:10	00:59:48		Senior
803	Sofia Antunes	00:37:54	01:00:25	00:49:55		Senior
804	Diogo Esteves	00:37:54	01:00:25	00:49:55		Senior
805	Arlindo Salgueiro	00:32:53	01:00:29	01:00:02		Veterano 3



Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escalão
806	Fernando Ramos	00:32:53	01:00:29	01:00:01		Veterano 3
807	Diogo Paisana	00:31:21	01:00:41	01:00:30	NAV	Senior
808	Carla Morgado	00:33:14	01:00:47	01:00:17		Senior
809	Carlos Melo	00:34:05	01:00:48	01:00:20	Serviços Sociais Montepio Geral	Senior
810	José Barreiros	00:32:43	01:00:56	01:00:15		Veterano 1
811	Luis Fernandes	00:33:09	01:00:56	01:00:07	Clube Tabaqueira	Veterano 6
812	Iris Oliveira	00:32:59	01:00:59	01:00:29		Senior
813	Maria Lourenço	00:25:29	01:01:05	01:00:51	Clube MILLENNIUMBCP	Veterana
814	Helena Guerra	00:30:44	01:01:06	01:01:04		Veterana
815	Carlos Machado	00:33:12	01:01:10	01:00:45	G. Desportivo Imprensa Nacional Casa da Moed	Veterano 2
816	Claudia Tam	00:31:17	01:01:14	01:01:01		Senior
817	Mario F.d.ferreira	00:31:12	01:01:14	01:00:50		Veterano 3
818	Ana Morais	00:32:20	01:01:24	01:00:58	PRIMEFITNESS	Senior
819	Gisela Padre	00:32:20	01:01:24	01:00:55	Clube Ana Lisboa	Senior
820	João Silva	00:32:20	01:01:25	01:00:59	PRIMEFITNESS	Senior
821	Fátima Lopes	00:32:38	01:01:28	01:01:05		Veterana
822	Micaela Reis	00:33:46	01:01:29	01:00:40		Senior
823	Tiago Almeida	00:33:46	01:01:29	01:00:40		Senior
824	Pedro Ribeiro	00:33:46	01:01:29	01:00:49	Pernas de Gafanhoto	Veterano 1
825	Paulo Ferreira	00:30:41	01:01:37	01:01:16		Veterano 1
826	Atsuko	00:33:28	01:01:41	01:01:16		Senior
827	Paulo Vilela	00:32:54	01:01:42	01:01:06		Senior
828	Joana Correia	00:32:53	01:01:43	01:01:06		Senior
829	Bernardo Paraíba	00:31:57	01:01:44	01:01:13	Clube MILLENNIUMBCP	Veterano 4
830	Paula Cristóvão	00:35:25	01:01:48	01:01:21	Equipa Rasga Sapatilhas	Senior
831	Miguel Fraga	00:32:29	01:01:56	01:01:31	G. Desportivo Imprensa Nacional Casa da Moed	Veterano 1
832	Nuno Duarte	00:32:58	01:01:59	01:01:43	GDCT UNICRE	Senior
833	Alexandre Pires	00:32:14	01:01:59	01:01:39		Senior
834	Maria Varzea	00:33:00	01:02:05	01:01:41		Veterana
835	Joana Aguiar	00:33:01	01:02:05	01:01:41		Junior
836	António Gaspar	00:33:01	01:02:06	01:01:40	G. Desportivo Imprensa Nacional Casa da Moed	Veterano 6
837	Alberto Ferraz	00:33:24	01:02:10	01:01:37	Quarteto Fantástico	Veterano 2
838	Laurinda Sousa	00:32:51	01:02:15	01:01:52	Solar dos Presuntos	Senior
839	Fernando Marques	00:33:26	01:02:15	01:01:59		Veterano 2
840	Romão Valente	00:31:56	01:02:15	01:01:47		Veterano 3

Class.	Atleta	5 km	Tempo	T. Chip	Clube	Escalão
841	Catarina Bastos	00:34:15	01:02:26	01:01:48		Senior
842	Bruno Oliveira	00:34:15	01:02:26	01:01:47		Senior
843	Nuno Morgadinho	00:32:49	01:02:39	01:02:23		Senior
844	Marta Rodrigues	00:33:57	01:02:40	01:02:03		Veterana
845	Edgar Duarte	00:32:59	01:02:59	01:02:22		Senior
846	Ana Ribeiro	00:33:12	01:03:05	01:02:34	SIEMENS	Senior
847	Carlos Lopes	00:33:11	01:03:05	01:02:35	SIEMENS	Senior
848	Filipe Noronha	00:35:05	01:03:08	01:03:04		Senior
849	Margarida Pardal	00:33:25	01:03:10	01:02:27	Carapaus de Corrida	Veterana
850	Sandra Campaniço	00:35:05	01:03:14	01:02:37		Senior
851	Madalena Barata	00:34:02	01:03:19	01:03:11	Gazelas de Lisboa	Senior
852	Ricardo Marques	00:32:40	01:03:26	01:02:41		Senior
853	Filipe Farelo	00:33:15	01:03:34	01:03:14		Senior
854	Joana Silva	00:35:05	01:03:40	01:03:35		Junior
855	Edgar Ferreira	00:32:52	01:03:43	01:03:16		Senior
856	Nuno Silva	00:33:49	01:03:44	01:03:34	Clube Olimpico de Oeiras	Senior
857	Masayuki Kibe	00:33:45	01:03:45	01:03:20		Senior
858	Catarina Reis	00:40:48	01:03:45	01:03:10	Clube do Stress	Senior
859	Inês Fonseca	00:33:25	01:03:47	01:03:41		Senior
860	Joao Silva	00:35:05	01:03:48	01:03:43		Veterano 2
861	Jose Soares	00:35:08	01:03:49	01:02:58	NAV	Senior
862	Manuel Santos	00:34:06	01:03:49	01:03:29	Serviços Sociais Montepio Geral	Senior
863	Maria Sobral	00:33:50	01:03:50	01:03:02	Clube Ana Lisboa	Veterana
864	Rita Gonçalves	00:34:08	01:03:54	01:03:33	Serviços Sociais Montepio Geral	Senior
865	Eduardo Amorim	00:33:28	01:03:56	01:03:14		Veterano 1
866	Pedro Silva	00:23:15	01:04:00	01:03:53		Senior
867	Maria Garcia	00:40:14	01:04:02	01:03:52		Senior
868	Carla Palmeiro	00:40:15	01:04:14	01:04:03		Senior
869	Vânia Silva	00:35:10	01:04:14	01:03:52		Senior
870	Fernanda Borges	00:32:44	01:04:21	01:04:09	CML	Veterana
871	Luis Coelho	00:32:22	01:04:21	01:04:19		Senior
872	Joao Gomes	00:32:44	01:04:23	01:04:01	JG SEGUROS	Veterano 5
873	Carlos Bandejas	00:33:33	01:04:25	01:03:49	JG SEGUROS	Veterano 3
874	Ma Hung	00:33:47	01:04:26	01:04:13	Açoreana Clube Banif	Veterana
875	Arminda Junza	00:39:44	01:04:27	01:04:02		Veterana

<b>Class.</b>	<b>Atleta</b>	<b>5 km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
876	Rita Fernandes	00:35:30	01:04:32	01:03:50		Senior
877	Ricardo Palma	00:35:30	01:04:32	01:03:50		Senior
878	João Figueira	00:34:20	01:04:40	01:04:37	Wolfpack	Senior
879	Pedro Machado	00:35:07	01:04:48	01:04:12	Clube Ana Lisboa	Veterano 2
880	Celia Macieira	00:35:07	01:04:48	01:04:13	Clube Ana Lisboa	Veterana
881	Manuel Alcada	00:34:32	01:04:54	01:04:13		Senior
882	Paulo Alves	00:37:16	01:05:01	01:04:15		Veterano 2
883	Helmo Silva	00:34:11	01:05:07	01:04:39		Senior
884	Joaquim Fortunato	00:34:34	01:05:10	01:04:58		Veterano 5
885	Ricardo Ferreira	00:34:34	01:05:10	01:04:58		Senior
886	Paula Silva	00:35:11	01:05:22	01:05:03	Clube Grupo Bes	Veterana
887	Ana Ferreira	00:35:10	01:05:22	01:05:04	Clube Grupo Bes	Veterana
888	Carlos Sousa	00:38:19	01:05:30	01:05:08		Senior
889	Vanessa Kuan	00:35:37	01:05:34	01:04:57		Senior
890	Filipe Leão	00:35:38	01:05:34	01:04:57		Senior
891	João Branco	00:35:35	01:05:48	01:05:46	Papa Milhas 2	Veterano 1
892	Diogo Branco	00:35:35	01:05:48	01:05:45	Papa Milhas 2	Junior
893	António Marques	00:34:16	01:05:54	01:05:34		Veterano 6
894	Paulo Almeida	00:35:33	01:06:06	01:05:59		Senior
895	Gualdino Freire	00:35:27	01:06:18	01:05:47	CCDTML	Veterano 6
896	Tania Farinha	00:35:00	01:06:20	01:05:40		Senior
897	Celeste Romero	00:34:41	01:06:27	01:06:07		Senior
898	Isabel Silva	00:37:26	01:06:37	01:05:52		Veterana
899	Manuel Manteiga	00:36:28	01:06:39	01:06:01		Junior
900	Tânia Dimas	00:36:29	01:06:45	01:06:07		Veterana
901	Claudia Pernencar	00:36:32	01:06:46	01:06:05		Senior
902	Lúcia Guerra	00:36:29	01:06:47	01:06:07		Senior
903	Célia Martins	00:36:25	01:06:52	01:06:35		Senior
904	Tiago Marques	00:36:25	01:06:52	01:06:35		Senior
905	José Carlos	00:38:06	01:07:30	01:07:17	Casa do Benfica de Algueirão Mem-Martins	Veterano 6
906	Mara Santos	00:36:20	01:08:00	01:07:36		Senior
907	Cecilia Tavares	00:37:16	01:08:14	01:07:40	CCD CASA PIA	Veterana
908	Jorge Sobral	00:37:14	01:08:16	01:07:31		Veterano 6
909	Susana Tavares	00:36:10	01:08:17	01:08:05		Senior
910	João Monteiro	00:37:04	01:08:20	01:07:35		Senior

<b>Class.</b>	<b>Atleta</b>	<b>5 km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
911	Carlota Silva	00:37:15	01:08:22	01:07:54	NAV	Senior
912	Ana Cardoso	00:37:17	01:08:24	01:07:40		Senior
913	Ana Sousa	00:38:35	01:08:25	01:08:01		Senior
914	Anabela Matias	00:35:35	01:08:27	01:07:45		Veterana
915	Samuel Sabino	00:36:49	01:08:38	01:07:51		Senior
916	Marlene Saragoça	00:36:49	01:08:38	01:07:52		Senior
917	Sandra Oliveira	00:36:10	01:08:42	01:08:32		Senior
918	Carlos Pereira	00:33:44	01:08:46	01:08:34	Asas nos Pés	Veterano 2
919	João Estrela	00:37:22	01:08:47	01:08:01		Senior
920	Rita Silva	00:37:18	01:08:47	01:08:01		Senior
921	Miguel Sanches	00:35:55	01:08:55	01:08:03		Senior
922	Carlos Vieira	00:35:56	01:08:55	01:08:02		Veterano 1
923	Vera Duarte	00:37:12	01:09:26	01:08:41		Senior
924	Rodrigo Sena	00:37:11	01:09:26	01:08:42		Senior
925	Paulo Nicolau	00:37:22	01:10:21	01:09:47		Veterano 2
926	Naisa Carneiro	00:38:41	01:13:00	01:12:52	Asas nos Pés	Veterana
927	Pedro Palmeiro	00:43:11	01:13:58	01:06:14	InvestQuest, SA.	Senior
928	Ana Pimenta	00:43:11	01:13:58	01:06:13	InvestQuest, SA.	Senior
929	Rui Pinto	00:41:32	01:14:58	01:14:39	Pintos e Galinhas	Veterano 1
930	Ana Saramago	00:41:33	01:14:58	01:14:40	Pintos e Galinhas	Senior
931	Maria Ribeiro	00:41:06	01:15:37	01:15:13		Veterana
932	Carolina Barata	00:41:53	01:15:39	01:15:29	Gazelas de Lisboa	Senior
933	Lilia Vilhena	00:41:43	01:15:53	01:15:12	Clube Tabaqueira	Senior
934	Mário Pereira	00:40:48	01:16:04	01:15:26		Senior
935	Catarina Borges	00:45:42	01:16:34	01:09:11		Senior
936	André Moreiras	00:45:40	01:16:35	01:09:13		Senior
937	Elisabete Cabral	00:51:49	01:19:20	01:05:21		Veterana
938	Tiago Henriques	00:46:35	01:21:32	01:21:03		Senior
939	Ana Sapinho	00:47:03	01:21:44	01:21:31	Clube MILLENNIUMBCP	Senior
940	Hugo Alves	00:47:03	01:21:48	01:21:35	Clube MILLENNIUMBCP	Senior
941	David Oliveira	00:46:33	01:21:48	01:21:19		Senior
942	João Lourenço	00:43:44	01:21:55	01:21:42	Clube MILLENNIUMBCP	Veterano 1
943	Maria Marnoto	00:44:53	01:22:59	01:22:11	SIEMENS	Senior
944	Adriana Fadigas	00:45:03	01:23:06	01:22:40		Veterana
945	Angela Pimentel	00:38:19	01:23:12	01:22:50		Senior

<i>Class.</i>	<i>Atleta</i>	<i>5 km</i>	<i>Tempo</i>	<i>T. Chip</i>	<i>Clube</i>	<i>Escalão</i>
946	Catarina Pereira	00:44:15	01:23:14	01:22:33	Clube Tabaqueira	Senior
947	Maria Sequeira	00:54:58	01:25:07	01:24:40		Veterana
948	Maria Portugal	00:54:57	01:26:13	01:25:45		Veterana
949	Maria Ribeiro	00:50:06	01:32:24	01:31:44	Clube Ana Lisboa	Veterana
950	Ana Xavier	00:50:06	01:32:25	01:31:48	Clube Ana Lisboa	Senior
951	Maria Serrão	01:02:37	01:38:41	01:38:03		Veterana
952	Maria Xavier	01:02:36	01:38:41	01:38:03		Veterana