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CLASSIFICAÇÃO 2018

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1	1	Rui Pinto	00:15:21	00:29:46	00:29:44	1	Sport Lisboa e Benfica	Senior	1
2	10	Miguel Marques	00:15:22	00:29:57	00:29:55	2	Sporting Clube de Portugal	Senior	2
3	2	Licínio Pimentel	00:15:22	00:30:07	00:30:05	3	Sporting Clube de Portugal	V40	1
4	3	Eduardo Mbengani	00:15:22	00:30:18	00:30:16	4	Sporting Clube de Portugal	Senior	3
5	1112	Miguel Borges	00:15:22	00:30:24	00:30:22	5	Sport Lisboa e Benfica	Senior	4
6	4	Andralino Furtado	00:15:22	00:30:28	00:30:27	6	Sporting Clube de Portugal	Senior	5
7	5	Hugo Correia	00:15:35	00:31:06	00:31:04	7	Sporting Clube de Portugal	Senior	6
8	907	Marco Miguel	00:15:51	00:31:09	00:31:07	8	Clube Praças da Armada	Senior	7
9	948	Marco Teixeira	00:15:50	00:31:31	00:31:29	9		Senior	8
10	872	José Gaspar	00:16:03	00:31:48	00:31:46	10	Odimarq	V40	2
11	1098	João Bertolo	00:16:03	00:31:52	00:31:50	12	Sport Lisboa e Benfica	Senior	9
12	1431	Sandy Martins	00:16:20	00:31:54	00:31:49	11	Sporting Clube de Portugal	Senior	10
13	1104	Luis Macau	00:16:17	00:31:56	00:31:50	13	GFD Running	V40	3
14	1183	Filipe Ferreira	00:16:17	00:32:02	00:32:00	14	ACR DE VALE DE CAMBRA	Senior	11
15	1079	Nuno Carraça	00:16:03	00:32:19	00:32:15	15	NucleoDeAtletismoDeCucujaes	Senior	12
16	667	Carlos Silva	00:16:47	00:32:37	00:32:32	16	Clube Desportivo São Salvador do Campo	V35	1
17	1374	Miguel Quaresma	00:16:43	00:32:39	00:32:36	17	RUN TEJO	V35	2
18	1108	Cristiano Borges	00:16:34	00:32:48	00:32:42	18	AERO	Junior	1
19	1293	Adilson Spencer	00:16:34	00:33:01	00:32:57	19	CCR PRAIA MIRA	V35	3
20	1094	Leonardo Aniceto	00:16:50	00:33:10	00:33:05	20	Sport Lisboa e Benfica	Senior	13



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21	449	Vitor Oliveira	00:17:03	00:33:14	00:33:10	21	Associação Vale Grande	Senior	14
22	908	Plácido Jesus	00:16:46	00:33:16	00:33:11	22	Clube Praças da Armada	Senior	15
23	1294	Aricson Gomes	00:16:55	00:33:24	00:33:18	23	CCR PRAIA MIRA	Senior	16
24	1486	António	00:16:44	00:33:37	00:33:32	24	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	Junior	2
25	1109	Nuno Fernandes	00:17:31	00:33:46	00:33:44	25	AERO	Senior	17
26	1110	Leandro Martins	00:17:31	00:33:53	00:33:51	26	AERO	Senior	18
27	1295	Osvaldo Barros	00:17:10	00:33:57	00:33:53	27	CCR PRAIA MIRA	Senior	19
28	1106	Nuno Rocha	00:17:14	00:34:07	00:34:04	28	Grupo Jamor	V40	4
29	950	João Boa	00:17:31	00:34:15	00:34:06	29	CLUBE ATLÉTICO DAS PATAMEIRAS	Senior	20
30	1393	João Mansos	00:17:32	00:34:21	00:34:16	30	NucleOeiras	Senior	21
31	873	Celso Pinto	00:17:51	00:34:40	00:34:31	31	CF Os Belenenses	Senior	22
32	6	Ana Ferreira	00:17:34	00:34:41	00:34:40	33	Sporting Clube de Portugal	Senior	1
33	1394	Rui Gominho	00:17:34	00:34:43	00:34:37	32		Senior	23
34	724	Carlos Alpoim	00:17:51	00:34:50	00:34:48	35	CASA DO PESSOAL DA RTP	V35	4
35	1236	Filipe Rebelo	00:17:31	00:34:51	00:34:47	34	RUN TEJO	Senior	24
36	494	Rui Cruz	00:17:44	00:34:57	00:34:51	36	CBAMM - Casa do Benfica de Algueirão Mem Ma	Junior	3
37	830	Hugo Silva	00:18:01	00:35:02	00:35:00	37	RB RUNNING	Senior	25
38	7	Carla Martinho	00:17:54	00:35:08	00:35:07	38	R.D. Águeda	V40	1
39	1580	Claudio Paulinho	00:17:51	00:35:16	00:35:13	39	Sociedade Filarmónica de Apoio Social e Recreio	V35	5
40	1578	David Coelho	00:18:06	00:35:17	00:35:13	40	Sociedade Filarmónica de Apoio Social e Recreio	V35	6



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41	1649	Nuno Romão	00:17:51	00:35:19	00:35:15	41		V45	1
42	9	Ercilia Machado	00:18:07	00:35:26	00:35:25	42	New Balance	Senior	2
43	1676	Sérgio Paiva	00:18:11	00:35:33	00:35:28	43		V45	2
44	1100	Ricardo Santos	00:18:21	00:35:36	00:35:33	44		V35	7
45	1223	José Antunes	00:18:11	00:35:50	00:35:46	45	G.D.R. da Reboleira	V50	1
46	8	Susana Cunha	00:17:57	00:36:11	00:36:09	46	R.D. Águeda	Senior	3
47	1404	Carlos Arieiro	00:18:32	00:36:26	00:36:19	47	A NATUREZA ENSINA	V40	5
48	1786	Pedro Gomes	00:18:59	00:36:29	00:36:21	48		V35	8
49	478	Flávio Santos	00:18:53	00:36:35	00:36:30	49	Federação da Família para a Paz Mundial e Unifi	Senior	26
50	913	Nuno Silva	00:18:45	00:36:39	00:36:36	56	CLUBE ATLETISMO AMIGOS DE BELÉM	V35	9
51	1097	João Valente	00:18:45	00:36:39	00:36:35	54	Escola de Atletismo de Coimbra	Senior	27
52	484	Luís Cardoso	00:18:44	00:36:39	00:36:30	50	Federação da Família para a Paz Mundial e Unifi	Senior	28
53	1325	Carlos Freitas	00:18:49	00:36:40	00:36:35	55	RUN TEJO	V45	3
54	1669	Frederico Cerdeira	00:18:56	00:36:40	00:36:33	52		V35	10
55	1296	António Correia	00:18:32	00:36:50	00:36:48	58	CCR PRAIA MIRA	V35	11
56	746	José Martins	00:18:33	00:36:54	00:36:49	59		V50	2
57	402	João Maciel	00:19:15	00:36:54	00:36:31	51		V35	12
58	868	Rodrigo Silva	00:19:13	00:36:55	00:36:33	53	Monsanto Running Team	Senior	29
59	693	Nuno Evangelista	00:19:21	00:36:58	00:36:46	57		V35	13
60	1680	Vitor Marques	00:19:01	00:36:59	00:36:54	60	Correr Lisboa	V40	6



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61	258	Carlos Lopes	00:19:00	00:37:01	00:36:54	61	CBAMM - Casa do Benfica de Algueirão Mem Ma	V45	4
62	1105	Jaime Nunes	00:18:44	00:37:05	00:37:03	67	Atibá	V45	5
63	1495	João Silva	00:18:57	00:37:06	00:37:00	63	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	Senior	30
64	887	Antonio Murteira	00:19:07	00:37:08	00:37:00	64	CARRASCO & AMIGOS	V50	3
65	909	Pedro Lomba	00:18:56	00:37:08	00:37:05	68	Clube Praças da Armada	V35	14
66	462	Paulo Costa	00:18:54	00:37:10	00:37:01	66	Legionários	V40	7
67	1069	Carlos Fernandes	00:18:56	00:37:11	00:37:07	69		V40	8
68	1248	Paulo Moreira	00:19:12	00:37:13	00:36:57	62	G.D.R. da Reboleira	V45	6
69	1766	Justin Liddle	00:19:16	00:37:19	00:37:01	65		V40	9
70	784	Julio Finote	00:19:30	00:37:20	00:37:15	70	CCD Sintrense	V45	7
71	1054	Tiago Sousa	00:18:56	00:37:21	00:37:16	71		V35	15
72	1589	Rodrigo Santos	00:18:41	00:37:28	00:37:24	72	SRAA	Senior	31
73	1598	Inês Marques	00:19:03	00:37:33	00:37:32	74	Escola de Atletismo de Coimbra / JPaiva	Senior	4
74	828	Jorge Rodrigues	00:19:17	00:37:34	00:37:30	73	NAZABOBODA	V50	4
75	911	José Santos	00:19:31	00:37:37	00:37:32	75	Os Galgos	V45	8
76	1510	Nelson Santos	00:19:15	00:37:41	00:37:37	76		V35	16
77	502	Fernando Santos	00:19:15	00:37:41	00:37:37	77	CF Os Belenenses	V45	9
78	1402	Luis Gouveia	00:19:51	00:37:48	00:37:37	78	A NATUREZA ENSINA	V50	5
79	1494	Rafael	00:18:50	00:37:49	00:37:45	79	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	Junior	4
80	910	António Figueiredo	00:19:31	00:37:50	00:37:46	80	Os Galgos	V35	17



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81	252	Joana Fonseca	00:19:07	00:37:51	00:37:49	82		Senior	5
82	184	Daniel Seborro	00:19:04	00:37:53	00:37:47	81		Senior	32
83	566	David Amaral	00:19:39	00:37:55	00:37:50	83		Senior	33
84	1449	Paulo Arrenega	00:19:11	00:38:06	00:38:02	85	RUN TEJO	V50	6
85	1360	Rui Fonseca	00:19:14	00:38:10	00:38:04	86		V40	10
86	480	Rui Henriques	00:19:43	00:38:10	00:38:05	88	Federação da Família para a Paz Mundial e Unifi	V45	10
87	1205	Joana Ramalho	00:19:42	00:38:12	00:38:11	89	RUN TEJO	Senior	6
88	423	Bruno Santos	00:19:21	00:38:14	00:38:04	87		V40	11
89	218	Luis Rodrigues	00:19:49	00:38:17	00:38:12	90		V45	11
90	1765	Ruth Waller	00:19:57	00:38:17	00:37:59	84		Senior	7
91	676	Jorge Pedroso	00:19:54	00:38:24	00:38:19	92	Amigos do Atletismo de Mafra	V45	12
92	1560	Pedro Costa	00:19:43	00:38:26	00:38:16	91		Senior	34
93	1122	Carlos Gomes	00:20:00	00:38:31	00:38:24	93	Clube EDP Lisboa	V55	1
94	1376	Inaldo Silva	00:19:46	00:38:35	00:38:30	96	Correr Lisboa	V50	7
95	596	Manuel Oliveira	00:19:20	00:38:36	00:38:27	94		V40	12
96	1291	Sandra Protásio	00:19:42	00:38:39	00:38:38	99	JOMA	Senior	8
97	831	Didier Valente	00:19:54	00:38:43	00:38:27	95	Monsanto Running Team	V45	13
98	1407	Jose Fachadas	00:20:03	00:38:47	00:38:37	98	A NATUREZA ENSINA	V45	14
99	1107	Luis Semedo	00:19:43	00:38:51	00:38:48	100	Nucleo Oeiras	V35	18
100	453	David Jesus	00:19:47	00:38:53	00:38:49	103	pace.makers	V50	8



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101	1093	Eduardo Pena	00:19:59	00:38:55	00:38:48	101		V50	9
102	1411	Henrique Coelho	00:19:54	00:39:03	00:38:56	109		V45	15
103	62	Duarte Costa	00:20:21	00:39:03	00:38:58	110	RUN FOR FRIENDS	V35	19
104	696	David Pereira	00:20:06	00:39:04	00:38:53	108		Senior	35
105	496	Pedro Pereira	00:19:50	00:39:05	00:38:59	111	ASICS Lisboa Run Club	Senior	36
106	1234	Fernando Pereira	00:19:45	00:39:06	00:38:49	105	RUN TEJO	V35	20
107	1577	Luís Martins	00:20:06	00:39:07	00:39:02	113	Sociedade Filarmónica de Apoio Social e Recreio	Senior	37
108	1745	Sergio Marques	00:20:51	00:39:09	00:38:37	97		V35	21
109	1392	Helena Carvalho	00:20:20	00:39:11	00:38:48	102	NucleOeiras	Senior	9
110	1101	Telmo Viegas	00:19:49	00:39:11	00:39:08	115		V40	13
111	1722	Duarte Brás	00:20:20	00:39:11	00:38:49	104		Senior	38
112	1405	Pedro Ribeiro	00:20:03	00:39:13	00:39:06	114	A NATUREZA ENSINA	V45	16
113	166	Ângelo Silva	00:20:10	00:39:18	00:39:11	116	CCDTMetroLX	V35	22
114	844	Pedro Monteiro	00:20:01	00:39:19	00:39:13	117		V35	23
115	1536	José Lopes	00:20:36	00:39:20	00:39:15	118		V50	10
116	1320	Aléxis Martins	00:19:54	00:39:25	00:38:59	112	Núcleo Sportinguista da Lourinhã	Senior	39
117	1261	Fernando Rangel	00:20:00	00:39:27	00:39:18	119	Run24Run	V35	24
118	1329	Nuno Ferreira	00:20:52	00:39:30	00:38:51	107	RUN TEJO	V40	14
119	879	Nuno Lopes	00:20:19	00:39:33	00:39:28	122		V40	15
120	848	Filipa Rodrigues	00:20:11	00:39:38	00:39:33	126		Senior	10



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121	1115	Sandra Teixeira	00:19:50	00:39:39	00:39:37	127	Sporting Clube de Portugal	V40	2
122	769	José Abrantes	00:20:21	00:39:40	00:39:30	123		V45	17
123	1504	Fernando Martins	00:20:36	00:39:46	00:39:26	120		V45	18
124	426	Margarida Dionísio	00:20:18	00:39:46	00:39:45	132		Senior	11
125	971	Pedro Marques	00:20:35	00:39:48	00:39:32	124	G.D.CHELAS	V40	16
126	1349	Eduardo Lourenço	00:20:20	00:39:50	00:39:46	135		V50	11
127	795	Nelson Costa	00:20:17	00:39:52	00:39:48	137	Clube Millennium bcp	V35	25
128	142	Mário Santos	00:20:35	00:39:52	00:39:33	125		V40	17
129	1359	João Lopes	00:20:41	00:39:53	00:39:45	133		V60	1
130	206	Tiago Silva	00:20:09	00:39:54	00:39:47	136	Linda-a-Pastora Sporting Clube	Senior	40
131	1226	Verónica Scutaru	00:20:33	00:39:55	00:39:53	142	GDRC PONTERROLENSE	V40	3
132	259	Joaquim Costa	00:20:29	00:39:56	00:39:51	138	CBAMM - Casa do Benfica de Algueirão Mem Ma	V65	1
133	590	Sara Marinho	00:20:21	00:39:58	00:39:45	134		Senior	12
134	1436	Jose Ferreira	00:20:26	00:39:59	00:39:56	144	GD Barcarena	V35	26
135	750	Diogo Correia	00:20:53	00:39:59	00:39:27	121	Família Correia	Junior	5
136	713	Luis Monteiro	00:20:49	00:40:00	00:39:54	143		V45	19
137	1227	Isidro Duarte	00:21:06	00:40:01	00:39:43	129	RB RUNNING	V50	12
138	962	Nuno Ribeiro	00:20:42	00:40:04	00:39:40	128		Senior	41
139	1422	Luis Santos	00:20:29	00:40:05	00:39:44	130		Senior	42
140	77	António Graça	00:20:22	00:40:07	00:40:00	146		V55	2



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141	190	Nuno Silva	00:21:17	00:40:08	00:38:51	106	M&B	V40	18
142	145	José Santos	00:20:36	00:40:13	00:39:58	145	CCDTMetroLX	V45	20
143	1488	Luís Macedo	00:21:35	00:40:14	00:39:44	131	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	V35	27
144	841	Pedro Barreirão	00:20:22	00:40:15	00:40:10	152		Senior	43
145	1070	Nuno Faria	00:20:48	00:40:16	00:39:52	140	Monsanto Running Team	Senior	44
146	1212	Paulo Rodrigues	00:20:40	00:40:20	00:40:14	154	Serviços Sociais Montepio	V40	19
147	1222	Jorge Correia	00:20:50	00:40:20	00:40:06	151	G.D.R. da Reboleira	V45	21
148	1723	João Afonso	00:20:45	00:40:21	00:40:01	147		V40	20
149	448	Rui Martins	00:20:29	00:40:23	00:40:18	156	Associação Vale Grande	Senior	45
150	66	Miguel Santos	00:21:05	00:40:24	00:40:05	150	URBAN RUN TEAM	V35	28
151	1368	Miguel David	00:20:49	00:40:24	00:40:02	148		V45	22
152	197	Almiro Feijão	00:20:42	00:40:27	00:40:20	159	Linda-a-Pastora Sporting Clube	V60	2
153	1096	Rodrigo Silvério	00:20:08	00:40:28	00:40:24	161	Sporting Clube de Portugal	V40	21
154	287	Nelson Fernandes	00:21:03	00:40:32	00:40:11	153		V35	29
155	1249	Ricardo Pinto	00:21:08	00:40:32	00:40:17	155	G.D.R. da Reboleira	V35	30
156	1299	Laura Grilo	00:21:11	00:40:34	00:39:52	139	Clube de Praças da Armada	Senior	13
157	308	Fernando Gomes	00:20:42	00:40:35	00:40:28	162	Ferraris da Serafina	V45	23
158	919	Henrique Mateus	00:20:35	00:40:37	00:40:29	165	CF Os Belenenses	V45	24
159	162	Hernâni Fernandes	00:20:48	00:40:39	00:40:28	164		V45	25
160	465	David Karim	00:21:10	00:40:40	00:40:28	163	AUTO JACINTO	V40	22



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161	1177	Jorge Marrão	00:20:42	00:40:41	00:40:35	167	Clube ANA Lisboa	V40	23
162	298	José Marcelino	00:20:47	00:40:42	00:40:35	168	CLUBE DESPORTIVO ESTRELA	V55	3
163	1021	Nelson Felix	00:21:04	00:40:43	00:40:20	158		V40	24
164	1764	Nelson Louro	00:21:10	00:40:43	00:40:20	157	Correr Queluz	V35	31
165	1284	António Miranda	00:21:25	00:40:45	00:39:52	141		Senior	46
166	408	João Pastor	00:21:04	00:40:52	00:40:45	172	Amigos do Atletismo de Mafra	V45	26
167	85	Pedro Ferreira	00:21:26	00:40:52	00:40:36	169	RB RUNNING	V50	13
168	1670	Kcénia Bougrova	00:20:38	00:40:55	00:40:49	177		Senior	14
169	455	João Oliveira	00:21:13	00:40:56	00:40:47	174	CCDTMetroLX	V40	25
170	775	Tiago Sousa	00:20:53	00:40:58	00:40:45	171		V35	32
171	1751	Paulo Gomes	00:21:04	00:41:01	00:40:49	176	Evelx	V35	33
172	1617	José Rua	00:21:54	00:41:01	00:40:04	149		V40	26
173	1614	Francisco Santos	00:22:03	00:41:02	00:40:46	173		V45	27
174	1338	Tony Almeida	00:21:11	00:41:02	00:40:45	170	RB RUNNING	V35	34
175	1161	Luis Mesquita	00:20:44	00:41:04	00:40:58	181		V40	27
176	1413	André Santos	00:21:09	00:41:08	00:40:56	180	G. R. D. RIBEIRA da LAGE	V40	28
177	1800	João Jorge	00:20:31	00:41:11	00:41:08	188	Usc Mira-Sintra	Senior	47
178	863	António Madeira	00:21:15	00:41:11	00:41:04	182	Clube de Praças da Armada	V55	4
179	1351	Roberto Guerreiro	00:20:33	00:41:11	00:41:08	187	RB RUNNING	V35	35
180	727	João Pateira	00:21:06	00:41:11	00:41:04	183		V40	29



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181	689	Benvinda Santos	00:21:06	00:41:11	00:41:04	184		Senior	15
182	669	Samuel Sebastião	00:21:17	00:41:15	00:40:32	166	Caracóis de Pedra	V35	36
183	187	Paulo Robalo	00:21:06	00:41:15	00:41:05	185		V35	37
184	826	Armando Dias	00:21:24	00:41:17	00:41:11	191	Os Galgos	V50	14
185	1756	Filipe Alvarelhos	00:21:30	00:41:19	00:40:52	179		Senior	48
186	1515	António Vale	00:20:54	00:41:20	00:41:16	194	Desportivo Operário do Rangel	V60	3
187	1210	Nelson Coelho	00:20:58	00:41:20	00:41:15	193	Federação da Família para a Paz Mundial e Unifi	Senior	49
188	526	Fernando Candeias	00:21:17	00:41:21	00:41:10	189	SS CGD	V45	28
189	1770	Marco Fernandes	00:20:42	00:41:21	00:41:14	192	A.M.Atibá	V40	30
190	790	José Silva	00:21:39	00:41:21	00:41:10	190	Clube Millennium bcp	V55	5
191	193	Bruno Ribeiro	00:21:57	00:41:22	00:40:22	160	kaninos	V35	38
192	1710	Tiago Campos	00:21:06	00:41:24	00:41:19	197		Senior	50
193	1362	Dário Luz	00:21:21	00:41:27	00:41:06	186		V35	39
194	1461	Edmilson Santos	00:21:03	00:41:27	00:41:22	200	Linda-a-Pastora Sporting Clube	V50	15
195	230	João Paixão	00:21:14	00:41:30	00:40:48	175	NAPA - Núcleo de Amigos da Perna Assada	V45	29
196	1389	Hélder Machado	00:20:56	00:41:31	00:41:17	195		V45	30
197	111	Jorge Nabais	00:21:27	00:41:32	00:41:26	201		V35	40
198	1769	Mónica Moreiras	00:21:14	00:41:34	00:41:33	207	A.M.Atibá	V35	1
199	1475	João Rocha	00:21:38	00:41:36	00:41:19	198	RB RUNNING	Senior	51
200	1095	Ruben Pinto	00:21:08	00:41:36	00:41:18	196	Sporting Clube de Portugal	V35	41



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201	745	Francisco Gaio	00:21:24	00:41:38	00:41:30	202		V55	6
202	1798	Joana Boaventura	00:20:58	00:41:40	00:41:38	211		Senior	16
203	419	Ricardo Teixeira	00:21:22	00:41:43	00:41:38	210		Senior	52
204	313	Fábio Rodrigues	00:21:31	00:41:44	00:41:31	204		Senior	53
205	1206	Nuno Naia	00:21:36	00:41:46	00:41:22	199	RUN TEJO	V40	31
206	1535	Paulo Costa	00:21:30	00:41:47	00:41:39	213		V50	16
207	1622	Bruno Godinho	00:21:11	00:41:47	00:41:41	215		V35	42
208	897	Adriano Araújo	00:21:16	00:41:50	00:41:42	218	CONQUISTA GINÁSIO - CADAVAL	V40	32
209	1029	José Monteiro	00:21:52	00:41:51	00:40:51	178		Senior	54
210	1297	Pedro Semedo	00:21:20	00:41:53	00:41:42	217	Clube de Natação da Amadora	V45	31
211	1744	Vanessa Pereira	00:21:38	00:41:54	00:41:46	221		Senior	17
212	788	Fernando Feijao	00:21:27	00:41:54	00:41:50	223	Clube Millennium bcp	V60	4
213	1666	Orlando Correia	00:21:27	00:41:56	00:41:40	214		V45	32
214	869	Nuno Henriques	00:21:42	00:41:56	00:41:36	208	gdctincm	V40	33
215	1772	Cristina Garcia	00:21:14	00:41:57	00:41:55	228	A.M.Atibá	V40	4
216	15	Sérgio Manso	00:21:45	00:41:57	00:41:50	224		Senior	55
217	310	Gil Alves	00:21:05	00:41:58	00:41:51	225	Ferraris da Serafina	V40	34
218	1305	Rui Machinho	00:21:41	00:42:02	00:41:44	219	GD SANTANDERTOTTA	V40	35
219	1301	Raul Custodio	00:21:41	00:42:02	00:41:45	220	GD SANTANDERTOTTA	Senior	56
220	1344	Carlo Alves	00:21:57	00:42:02	00:41:37	209	RUN TEJO	V40	36



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221	508	Carlos Viseu	00:21:39	00:42:04	00:41:55	227	CLUBE DESPORTIVO DO ARNEIRO	V45	33
222	1805	Liliana Alexandre	00:21:14	00:42:06	00:41:58	231		Senior	18
223	1553	Daniel Valente	00:21:20	00:42:07	00:41:32	206		Senior	57
224	859	José Cunha	00:21:36	00:42:08	00:42:01	232	OS ZATPEQUES	V50	17
225	751	Manuel Correia	00:21:35	00:42:14	00:41:41	216	Familia Correia	Junior	6
226	994	João Galhordas	00:21:24	00:42:14	00:42:03	233		V45	34
227	229	Luis Mendes	00:22:00	00:42:16	00:42:08	237	NAPA - Núcleo de Amigos da Perna Assada	V45	35
228	1381	Fernando Corda	00:21:25	00:42:17	00:42:09	238		V50	18
229	774	Edmundo Fonte	00:21:35	00:42:18	00:42:04	234		V55	7
230	110	Paulo Lopes	00:22:34	00:42:19	00:41:32	205		V45	36
231	553	Eduardo Leite	00:21:37	00:42:22	00:42:12	240		V40	37
232	1146	Lucília Soares	00:21:47	00:42:25	00:42:21	245	GRUPO DESPORTIVO DE SÃO DOMINGOS	V55	1
233	327	Nuno Moleiro	00:21:20	00:42:25	00:42:10	239	brunosempre	V40	38
234	161	Paulo Ferreira	00:22:40	00:42:29	00:41:30	203		V45	37
235	450	António Santos	00:22:15	00:42:29	00:41:56	229	Associação Vale Grande	V60	5
236	973	Alexandre Lucas	00:21:56	00:42:31	00:41:49	222	Caracóis de Pedra	V35	43
237	1037	Nelson Sánchez	00:22:05	00:42:31	00:41:39	212		Senior	58
238	274	Luis Oliveira	00:22:04	00:42:32	00:42:16	241	CBAMM - Casa do Benfica de Algueirão Mem Ma	V45	38
239	1516	Jose Machado	00:21:27	00:42:33	00:42:26	249	Desportivo Operário do Rangel	V60	6
240	178	Helder Pereira	00:21:39	00:42:37	00:42:28	250		V35	44



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241	500	Nuno Queija	00:21:47	00:42:38	00:42:18	243	CF Os Belenenses	V45	39
242	847	Rui Carmo	00:22:27	00:42:38	00:42:25	248		V35	45
243	467	Jaime Maurício	00:22:05	00:42:39	00:42:28	251	RunLovers	V40	39
244	891	Tiago Gabriel	00:21:21	00:42:43	00:42:35	253	CARRASCO & AMIGOS	Senior	59
245	86	Rui Juliao	00:21:31	00:42:43	00:42:36	254		V50	19
246	318	Ruben Costa	00:21:35	00:42:44	00:42:39	257		V35	46
247	1334	João Santos	00:22:51	00:42:45	00:41:56	230		Junior	7
248	220	Vitor Martins	00:22:28	00:42:46	00:42:23	246		V45	40
249	227	Alexandre Figueiredo	00:21:47	00:42:47	00:42:39	256	NAPA - Núcleo de Amigos da Perna Assada	V45	41
250	1117	Rosa Oliveira	00:21:54	00:42:49	00:42:46	258	AERO	V50	1
251	1369	André Guerreiro	00:22:42	00:42:50	00:41:54	226		Senior	60
252	706	Luis Marques	00:21:50	00:42:50	00:42:31	252		V40	40
253	1615	Arlindo Paixão	00:22:03	00:42:52	00:42:38	255		V55	8
254	276	Hugo Palmeiro	00:21:52	00:42:53	00:42:24	247	CBAMM - Casa do Benfica de Algueirão Mem Ma	V40	41
255	89	Fábio Lima	00:22:45	00:42:58	00:42:04	235		Senior	61
256	277	Rui Ferreira	00:22:20	00:43:03	00:42:46	259	CBAMM - Casa do Benfica de Algueirão Mem Ma	V40	42
257	1808	Carlos Vaz	00:22:15	00:43:04	00:42:17	242		Senior	62
258	243	António Jorge	00:22:10	00:43:05	00:43:01	267	Lisbon Moonlight Runners	V60	7
259	1457	António Ferreira	00:22:12	00:43:10	00:42:48	261		V40	43
260	1654	João Lemos	00:21:49	00:43:11	00:43:05	270		Senior	63



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261	1727	Diogo Matos	00:21:59	00:43:12	00:42:59	265		Senior	64
262	354	Joel Nunes	00:23:38	00:43:13	00:42:05	236		V35	47
263	1647	João Pimentel	00:22:30	00:43:17	00:43:07	272	Escola de Atletismo de Coimbra / JPaiva	V35	48
264	1049	João Prisal	00:24:27	00:43:19	00:42:52	263	Clube Ferroviário de Portugal	V45	42
265	1031	Vitor Oliveira	00:22:30	00:43:21	00:43:01	268	Câmara Municipal da Amadora	V55	9
266	202	Ernesto Pereira	00:22:25	00:43:24	00:43:18	273	Os Galgos	V45	43
267	616	Gonçalo Porêlo	00:22:50	00:43:24	00:42:55	264		V35	49
268	1542	Cristiano Paes	00:22:56	00:43:26	00:42:20	244	Running Club Santa Casa	V45	44
269	1487	Hélder	00:20:42	00:43:26	00:43:23	275	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	Junior	8
270	1397	António Roque	00:22:30	00:43:29	00:42:46	260	Caracóis de Pedra	Senior	65
271	1490	Paulo	00:21:38	00:43:32	00:43:28	280	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	Junior	9
272	1254	José Vieira	00:22:29	00:43:32	00:43:25	278		V55	10
273	1552	João Narra	00:22:41	00:43:33	00:43:02	269		V45	45
274	1706	Paulo Menezes	00:22:55	00:43:35	00:43:01	266		V45	46
275	643	Paulo Frango	00:22:05	00:43:37	00:43:19	274		V40	44
276	1203	Rui Pinto	00:22:18	00:43:39	00:43:32	283		V40	45
277	1153	Luis Veloso	00:22:20	00:43:43	00:43:34	286		V45	47
278	251	Jorge Valadas	00:22:44	00:43:47	00:43:23	276	Running Bastards	V35	50
279	1306	Anastácio Valadas	00:22:36	00:43:48	00:43:36	288	GD SANTANDERTOTTA	V65	2
280	550	Paulo Pires	00:22:48	00:43:49	00:43:33	285	SS CGD	V50	20



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281	1385	Sérgio Pires	00:22:50	00:43:51	00:43:44	292		V40	46
282	253	Luís Cipriano	00:23:03	00:43:55	00:43:25	279		V45	48
283	442	Pedro Lima	00:22:28	00:43:58	00:43:54	301		V50	21
284	96	Jose Dias	00:23:03	00:44:03	00:43:33	284		V45	49
285	1507	Nelson Santos	00:22:48	00:44:04	00:43:38	289		V35	51
286	571	Carlos Martins	00:22:58	00:44:04	00:43:47	294	FIDELIDADE GDC	V45	50
287	1588	Henrique Ferreira	00:22:48	00:44:04	00:43:38	290		V45	51
288	170	Luis Pires	00:23:10	00:44:07	00:43:31	282	Clube Vodafone	V45	52
289	838	João Navarro	00:22:52	00:44:07	00:43:59	309		V40	47
290	559	Sebastiao Barata	00:22:50	00:44:08	00:43:46	293		V45	53
291	1328	Avelino Soares	00:22:56	00:44:08	00:43:48	297	RUN TEJO	V55	11
292	1527	João Santos	00:22:45	00:44:08	00:44:04	316	Desportivo Operário do Rangel	V60	8
293	849	Antonio Rebelo	00:23:26	00:44:09	00:43:24	277		V45	54
294	1078	Vitor Ferrão	00:22:06	00:44:09	00:43:48	298		V45	55
295	446	Nelson Dias	00:22:57	00:44:11	00:43:57	307	RB RUNNING	V55	12
296	1437	Marisa Costa	00:22:28	00:44:11	00:44:09	324	GD Barcarena	V35	2
297	928	Paulo Lopes	00:22:12	00:44:13	00:44:02	314	G. R. D. RIBEIRA da LAGE	V45	56
298	338	João Lobo	00:22:53	00:44:14	00:43:36	287		V45	57
299	1268	Amélia Costa	00:22:36	00:44:16	00:44:06	318	Centro Cultural e Recreativo do Alto do Moinho	V50	2
300	1421	Rui Gerales	00:23:12	00:44:17	00:43:54	304		V45	58



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301	1656	Paulo Ribeiro	00:22:04	00:44:17	00:44:08	323		V45	59
302	1217	João Gonçalves	00:22:50	00:44:18	00:43:54	303		V40	48
303	413	Bruno Duque	00:23:01	00:44:19	00:43:43	291	Serviços Sociais Montepio	V35	52
304	1603	Paulo Rocha	00:23:27	00:44:21	00:43:47	295		V35	53
305	923	Paulo Guia	00:22:35	00:44:21	00:44:12	329		V40	49
306	1747	Bruno Carvalho	00:22:56	00:44:21	00:43:56	306		V40	50
307	674	Nuno Antunes	00:23:33	00:44:23	00:44:06	320	URBAN RUN TEAM	V40	51
308	673	João Antunes	00:23:33	00:44:23	00:44:06	319	URBAN RUN TEAM	V45	60
309	307	Manuel Soares	00:22:19	00:44:25	00:44:18	334	Ferraris da Serafina	V50	22
310	1450	Sandra Barros	00:22:37	00:44:26	00:44:22	340	RUN TEJO	V45	1
311	1802	Tiago Lopes	00:22:19	00:44:27	00:44:23	342	Usc Mira-Sintra	Senior	66
312	955	Jose Dias	00:23:01	00:44:28	00:44:09	325	RB RUNNING	V55	13
313	1356	Luis Silva	00:23:08	00:44:29	00:44:03	315		V35	54
314	527	Fernando Lima	00:22:39	00:44:29	00:44:24	344	SS CGD	V45	61
315	117	Fernando Almeida	00:23:02	00:44:29	00:44:00	310	Gelpeixe	V40	52
316	1699	Luis Barbosa	00:24:28	00:44:29	00:43:06	271		Senior	67
317	173	Vasco Ascensão	00:22:50	00:44:30	00:44:21	339	CDCR dos CTT	V45	62
318	1057	Eduardo Mendonça	00:22:23	00:44:31	00:44:18	333		Senior	68
319	754	Joao Costa	00:23:06	00:44:33	00:44:01	313	RUN:)	Senior	69
320	1058	Paulo Monteiro	00:22:12	00:44:34	00:44:29	350		V40	53



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321	261	Marcos Charrua	00:22:42	00:44:34	00:44:16	332	CBAMM - Casa do Benfica de Algueirão Mem Ma	V50	23
322	1371	Vitor Gonçalves	00:23:16	00:44:36	00:44:08	322	RUN TEJO	V50	24
323	245	Mário Monteiro	00:23:46	00:44:36	00:43:48	296	Os Galgos	V45	63
324	1551	Ricardo Neto	00:23:11	00:44:37	00:44:01	312		V35	55
325	1566	Artur Basilio	00:23:06	00:44:38	00:44:14	330		V40	54
326	931	Andre Oliveira	00:23:14	00:44:39	00:44:14	331	G. R. D. RIBEIRA da LAGE	Senior	70
327	309	Nuno Mestre	00:22:57	00:44:40	00:44:34	356	Ferraris da Serafina	V40	55
328	1761	Artur Miranda	00:22:56	00:44:41	00:44:21	338		V40	56
329	201	Jorge Martinho	00:23:17	00:44:41	00:43:53	300	Os Galgos	V45	64
330	668	Patrícia Caldas	00:23:14	00:44:42	00:43:58	308	Caracóis de Pedra	V35	3
331	436	Rute Martins	00:22:56	00:44:44	00:44:37	361		Senior	19
332	311	Luis Silva	00:22:58	00:44:44	00:44:36	360	Ferraris da Serafina	V35	56
333	289	Vítor Marques	00:22:53	00:44:46	00:44:11	326		V35	57
334	348	Rúben Maurício	00:22:57	00:44:46	00:44:12	328		V35	58
335	452	David Saraiva	00:23:41	00:44:47	00:43:55	305	Mind Runners	V35	59
336	241	Pedro Cardoso	00:24:06	00:44:47	00:44:18	335		V40	57
337	557	André Barbosa	00:23:04	00:44:48	00:43:54	302		V35	60
338	1474	Hugo Fidalgo	00:23:03	00:44:50	00:44:26	345		Senior	71
339	1348	Rui Duarte	00:23:12	00:44:50	00:44:34	357		V40	58
340	729	Fernando Laranjo	00:22:33	00:44:50	00:44:45	369		V35	61



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341	84	Eduardo Luís	00:24:00	00:44:52	00:44:12	327	Atómicos	V40	59
342	1417	Miguel Almeida	00:23:06	00:44:52	00:44:31	352		V35	62
343	273	António Silva	00:23:29	00:44:52	00:44:28	347	CBAMM - Casa do Benfica de Algueirão Mem Ma	V40	60
344	875	Ricardo Almeida	00:23:06	00:44:52	00:44:31	354		V35	63
345	936	Nuno Carrilho	00:23:31	00:44:52	00:44:42	364	G. R. D. RIBEIRA da LAGE	V40	61
346	262	Bruno Matias	00:23:30	00:44:53	00:44:29	348	CBAMM - Casa do Benfica de Algueirão Mem Ma	Senior	72
347	347	Bruno Silva	00:23:08	00:44:53	00:44:31	353		V40	62
348	705	Jácome Silva	00:23:26	00:44:55	00:44:34	358		V35	64
349	657	Manuel Correia	00:23:27	00:44:56	00:44:22	341		V45	65
350	1219	Valter Oliveira	00:24:12	00:44:56	00:44:08	321	G.D.R. da Reboleira	V40	63
351	660	Pedro Santos	00:23:54	00:44:57	00:43:51	299		V45	66
352	641	Jorge Simoes	00:24:18	00:44:58	00:43:30	281		V35	65
353	351	Lino Santos	00:23:10	00:45:00	00:44:48	370		V50	25
354	1749	Pedro Cordeiro	00:23:05	00:45:01	00:44:30	351		V50	26
355	1715	Sérgio Viegas	00:24:02	00:45:02	00:44:20	337		V40	64
356	982	Vitor Canto	00:23:13	00:45:03	00:44:52	375		V45	67
357	1524	João Soares	00:23:53	00:45:04	00:44:28	346	Desportivo Operário do Rangel	V65	3
358	355	Vitor Jorge	00:24:17	00:45:04	00:44:23	343		Senior	73
359	1159	Rui Rodrigues	00:23:33	00:45:07	00:44:33	355		V40	65
360	632	Pedro Pereira	00:23:49	00:45:08	00:44:42	363		Senior	74



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
361	64	António Orlando	00:22:48	00:45:10	00:45:02	384		V40	66
362	1545	José Dias	00:23:23	00:45:11	00:44:05	317	Running Club Santa Casa	V40	67
363	1451	Tiago Silva	00:22:58	00:45:12	00:45:04	386		V40	68
364	368	André Wiborg	00:24:46	00:45:13	00:44:01	311	WL84	V60	9
365	295	Rui Silva	00:22:59	00:45:14	00:44:50	373	CLUBE DESPORTIVO ESTRELA	V45	68
366	1506	Fernando Figueiredo	00:24:56	00:45:15	00:44:19	336		V45	69
367	1623	Nuno Carvalho	00:23:06	00:45:20	00:44:56	377		Senior	75
368	812	Paulo Goncalves	00:23:13	00:45:20	00:44:37	362	Clube Millennium bcp	V45	70
369	1006	Alexandre Cunha	00:22:48	00:45:21	00:45:05	387	O MUNDO DA CORRIDA	V50	27
370	1697	Mauro Pereira	00:23:56	00:45:21	00:44:42	365		Senior	76
371	250	André Rodrigues	00:23:24	00:45:22	00:44:58	381	Running Bastards	Senior	77
372	903	Ricardo Nunes	00:23:18	00:45:23	00:44:49	371		V40	69
373	131	José Gordilho	00:23:23	00:45:23	00:45:06	388	CLUBE ATLETISMO AMIGOS DE BELÉM	V50	28
374	857	David Paulos	00:24:01	00:45:26	00:44:45	368		V35	66
375	150	Pedro Ferreira	00:23:10	00:45:26	00:45:11	395		V40	70
376	1708	Vitor Novais	00:24:29	00:45:27	00:44:35	359		V40	71
377	785	Carlos Henriques	00:23:39	00:45:28	00:45:09	392	RB RUNNING	V40	72
378	732	Andre Figueiredo	00:24:12	00:45:28	00:44:29	349		Junior	10
379	36	Rui Merujo	00:23:44	00:45:29	00:44:50	372		V55	14
380	765	Tiago Madeira	00:23:27	00:45:29	00:45:07	389		V40	73



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381	529	Henrique Amador	00:23:24	00:45:29	00:45:15	399	SS CGD	V45	71
382	1564	Matheus Silva	00:24:33	00:45:29	00:42:49	262		Junior	11
383	1312	Paulo Nunes	00:23:34	00:45:30	00:45:12	396	GD SANTANDERTOTTA	V45	72
384	547	Nuno Costa	00:23:33	00:45:30	00:45:13	398	SS CGD	V40	74
385	1076	Helder Silva	00:23:26	00:45:30	00:45:12	397		V45	73
386	501	Nuno Silva	00:23:15	00:45:30	00:45:09	393	CF Os Belenenses	V45	74
387	367	Rui Carvalho	00:23:05	00:45:31	00:45:03	385		V45	75
388	1433	Sérgio Barbosa	00:23:34	00:45:31	00:45:08	390		Senior	78
389	1781	João Dias	00:18:01	00:45:32	00:45:27	407		Junior	12
390	532	João Marques	00:23:46	00:45:35	00:44:57	379	SS CGD	V40	75
391	855	Jose Serrano	00:23:05	00:45:37	00:45:31	411	Monsanto Running Team	V45	76
392	30	João Cabeleira	00:24:11	00:45:37	00:44:54	376	Clube do Stress	V45	77
393	168	Carlos Esteves	00:23:45	00:45:37	00:45:01	382	Clube Vodafone	V50	29
394	228	Célia Cecílio	00:23:14	00:45:42	00:45:36	416	NAPA - Núcleo de Amigos da Perna Assada	V45	2
395	888	Paulo	00:23:54	00:45:43	00:45:17	401	CARRASCO & AMIGOS	V50	30
396	589	Carlos Lopes	00:23:13	00:45:43	00:45:26	406		V40	76
397	128	Frederico Nobre	00:23:23	00:45:43	00:45:33	413	CLUBE ATLETISMO AMIGOS DE BELÉM	V40	77
398	41	Filipe Freire	00:23:58	00:45:44	00:44:45	367		V35	67
399	1481	Isidro Simões	00:24:14	00:45:45	00:45:16	400		V40	78
400	1281	Bruno Safara	00:24:46	00:45:46	00:45:41	422		V35	68



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401	551	Pedro Fontoura	00:23:50	00:45:47	00:45:31	412	SS CGD	V45	78
402	1547	Pedro Figueiredo	00:23:36	00:45:48	00:44:43	366	Running Club Santa Casa	V45	79
403	1083	José Costa	00:23:15	00:45:49	00:45:41	424		V50	31
404	297	José Monteiro	00:25:13	00:45:52	00:44:57	378	CLUBE DESPORTIVO ESTRELA	V50	32
405	82	Diogo Leite	00:23:10	00:45:53	00:45:41	423		Senior	79
406	782	Bruno Martinho	00:24:10	00:45:53	00:44:52	374	CSB_RF	Senior	80
407	865	Rui Fernandes	00:23:21	00:45:55	00:45:31	410	Monsanto Running Team	V40	79
408	1787	Paulo Simões	00:24:07	00:45:58	00:45:11	394		V40	80
409	1624	Luís Viegas	00:24:29	00:45:59	00:45:01	383		V45	80
410	334	Francisco Fouto	00:23:49	00:45:59	00:45:49	432	FastFouto	Junior	13
411	1584	Bruno Inça	00:24:28	00:46:01	00:45:09	391		V40	81
412	314	Ernesto Gonçalves	00:23:41	00:46:04	00:45:31	409		V45	81
413	358	Ricardo Trigueiro	00:23:35	00:46:04	00:45:38	420		V35	69
414	860	Paulo Basilio	00:24:30	00:46:05	00:45:18	402	OS ZATPEQUES	V50	33
415	760	Miguel Rocha	00:23:48	00:46:05	00:45:45	426		V45	82
416	364	Avelino Rodrigues	00:23:25	00:46:05	00:45:57	438		V40	82
417	972	Victor Dias	00:24:52	00:46:06	00:44:58	380	G.D.CHELAS	V50	34
418	728	Nuno Ramos	00:23:53	00:46:06	00:46:01	444		V40	83
419	802	Luis Costa	00:23:47	00:46:07	00:45:23	405	Clube Millennium bcp	V45	83
420	833	Nuno Quintela	00:24:01	00:46:07	00:45:47	430		Senior	81



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421	577	Carlos Calado	00:23:47	00:46:08	00:45:23	404		V45	84
422	1606	Paulo Miranda	00:23:53	00:46:10	00:45:46	428		V45	85
423	1514	Leonel Seleiro	00:23:32	00:46:12	00:46:00	442	Desportivo Operário do Rangel	V60	10
424	1036	Edinson Sánchez	00:23:50	00:46:13	00:45:21	403		V35	70
425	1746	Carlos Martins	00:23:53	00:46:16	00:45:48	431		V40	84
426	1277	Ricardo Santos	00:23:55	00:46:16	00:45:40	421		V35	71
427	568	Dinis Ribas	00:23:54	00:46:17	00:45:51	433	Desportivo Lameira Grande	V45	86
428	463	Domingos Rodrigues	00:23:45	00:46:17	00:46:12	452	Legionários	V45	87
429	344	João Nabais	00:23:22	00:46:17	00:46:12	451		V55	15
430	1285	Edgar Fernandes	00:24:08	00:46:17	00:45:58	440		Senior	82
431	1771	Maria Pinto	00:23:43	00:46:18	00:46:13	455	A.M.Atibá	V45	3
432	1633	José João	00:24:08	00:46:19	00:45:46	427	Os Galgos	V55	16
433	1152	Helder Rosário	00:24:01	00:46:19	00:45:59	441		V35	72
434	561	António Marçal	00:23:18	00:46:20	00:46:14	457		V55	17
435	1412	Bruno Pissarra	00:24:23	00:46:20	00:45:53	434		V40	85
436	1321	Pedro Pereira	00:23:55	00:46:22	00:46:07	446		V40	86
437	72	Rodrigo Santos	00:23:58	00:46:24	00:46:19	460		V45	88
438	350	Álvaro Gomes	00:24:42	00:46:25	00:45:29	408		V45	89
439	1470	Rui Oliveira	00:23:35	00:46:26	00:46:19	463	CCD Tranquilidade	V45	90
440	78	Fernando Alvim	00:24:14	00:46:28	00:46:09	448	Alvin e os Esquilos	V45	91



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441	443	Rui Pastor	00:24:37	00:46:28	00:45:46	429		V45	92
442	1314	Ivo Lima	00:24:13	00:46:31	00:46:09	450	GD SANTANDERTOTTA	V40	87
443	1307	Joao Frazão	00:24:13	00:46:31	00:46:09	449	GD SANTANDERTOTTA	V35	73
444	1378	Juan Conde	00:24:50	00:46:32	00:45:35	414	NAPA - Núcleo de Amigos da Perna Assada	V55	18
445	1377	Jose Cazorla	00:24:50	00:46:32	00:45:35	415	NAPA - Núcleo de Amigos da Perna Assada	V55	19
446	983	Ana Almeida	00:24:19	00:46:33	00:45:54	435		V35	4
447	240	Andreia Pereira	00:24:04	00:46:33	00:46:15	458		Senior	20
448	734	Armando Lopes	00:24:04	00:46:34	00:46:12	453		V55	20
449	415	José Guerreiro	00:24:28	00:46:36	00:45:58	439	Serviços Sociais Montepio	V60	11
450	945	Pedro Batista	00:24:12	00:46:36	00:46:33	475		V35	74
451	1062	João Vilares	00:24:45	00:46:37	00:45:41	425	Câmara Municipal da Amadora	Senior	83
452	1782	Paulo Marques	00:24:08	00:46:37	00:46:08	447		V40	88
453	483	Nuno Santos	00:23:56	00:46:37	00:46:24	466	Federação da Família para a Paz Mundial e Unifi	Senior	84
454	45	Francisco Almeida	00:25:01	00:46:38	00:45:37	419	Clube do Stress	V40	89
455	1091	João Veiga	00:24:30	00:46:39	00:45:37	418		Senior	85
456	796	Vitor Marques	00:23:56	00:46:41	00:46:37	477	Clube Millennium bcp	V45	93
457	876	Tiago Ribeiro	00:25:07	00:46:41	00:45:37	417		V35	75
458	406	Nuno Morgado	00:23:36	00:46:43	00:46:25	468		V35	76
459	225	Pedro Antunes	00:24:18	00:46:44	00:46:13	454	OsAntunes	V40	90
460	195	Pedro Manaças	00:24:51	00:46:45	00:46:19	462		V45	94



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461	695	Ricardo Franco	00:24:10	00:46:47	00:46:27	469		Senior	86
462	1242	Rui Botão	00:24:41	00:46:49	00:46:01	443		V50	35
463	1784	Joana Castro	00:24:09	00:46:49	00:46:21	464		V35	5
464	491	João Silva	00:24:16	00:46:51	00:46:45	485	CBAMM - Casa do Benfica de Algueirão Mem Ma	V35	77
465	430	Joaquim Sande	00:24:18	00:46:52	00:46:30	473		V55	21
466	606	Rui Nunes	00:23:55	00:46:52	00:46:47	486		V40	91
467	1350	Pedro Favinha	00:24:45	00:46:56	00:46:28	470	RUN TEJO	V45	95
468	1462	José Nunes	00:22:40	00:46:56	00:46:50	491	Linda-a-Pastora Sporting Clube	V35	78
469	1133	António Fernandes	00:24:54	00:46:57	00:46:19	461	Câmara Municipal da Amadora	V55	22
470	701	Nuno Carvalho	00:24:18	00:46:58	00:46:22	465	gdctincm	V40	92
471	1005	Pedro Trabucho	00:24:04	00:46:58	00:46:48	487	O MUNDO DA CORRIDA	V50	36
472	217	Vasco Ramos	00:23:47	00:46:59	00:46:49	489		V40	93
473	1489	Rute Menezes	00:24:23	00:47:01	00:46:24	467	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	V35	6
474	630	Pedro Pacheco	00:24:24	00:47:01	00:46:18	459		V35	79
475	466	Jaime Silva	00:24:07	00:47:03	00:46:49	488	AUTO JACINTO	V65	4
476	1763	Maria Varela	00:24:30	00:47:04	00:46:43	483	Correr Queluz	V40	5
477	54	Francisco Farinha	00:24:30	00:47:04	00:46:38	478	Correr Queluz	V35	80
478	46	João Faustino	00:25:01	00:47:07	00:46:06	445	Clube do Stress	V45	96
479	493	Vitor Santos	00:23:50	00:47:07	00:46:38	479	CBAMM - Casa do Benfica de Algueirão Mem Ma	V50	37
480	991	Pedro Reis	00:24:15	00:47:09	00:46:59	500		V40	94



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481	1208	João Antunes	00:23:30	00:47:10	00:47:07	514	Clube Atletismo Fátima	Senior	87
482	542	Luis Madeira	00:24:23	00:47:14	00:46:41	481	SS CGD	V45	97
483	421	Antonio Vasconcelos	00:23:59	00:47:15	00:47:06	511		V35	81
484	718	José Vaz	00:24:09	00:47:16	00:46:55	496	CLUBE ANACOM	V60	12
485	565	Luis Azevedo	00:23:44	00:47:16	00:47:00	501		V50	38
486	867	Adriana Turenschi	00:25:34	00:47:17	00:45:54	436	CARRASCO & AMIGOS	Senior	21
487	320	Evelino Magalhães	00:24:12	00:47:18	00:46:53	494		V40	95
488	988	Lino Vaz	00:24:46	00:47:18	00:47:01	502		V40	96
489	1472	Alexandre Jorge	00:23:09	00:47:19	00:47:03	505		Senior	88
490	1184	José Monteiro	00:24:55	00:47:19	00:46:30	472	GDC Banco de Portugal	V60	13
491	1677	Mauricio Cruz	00:24:15	00:47:19	00:47:15	525		V40	97
492	708	Carlos Felício	00:24:11	00:47:19	00:47:12	520		V45	98
493	219	Carlos Craveira	00:24:11	00:47:20	00:46:58	498		V45	99
494	702	Nuno Gonçalves	00:24:52	00:47:20	00:46:33	474	gdctincm	V40	98
495	479	Isabel Santos	00:24:35	00:47:21	00:47:07	513	Federação da Família para a Paz Mundial e Unifi	V45	4
496	703	Rui Correia	00:24:52	00:47:22	00:46:34	476	gdctincm	V40	99
497	1176	Pedro Ramos	00:25:18	00:47:22	00:45:56	437	Clube ANA Lisboa	V50	39
498	1082	Paulo Campos	00:24:14	00:47:23	00:46:55	495		V45	100
499	692	Fernando Santos	00:25:05	00:47:25	00:46:13	456	O MUNDO DA CORRIDA	V55	23
500	1783	Rogério Machado	00:24:36	00:47:29	00:47:08	516		V35	82



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501	1124	Vítor Rocha	00:24:39	00:47:29	00:47:05	510	CARRASCO & AMIGOS	V55	24
502	1286	Ricardo Botão	00:24:41	00:47:33	00:46:44	484		V45	101
503	1026	Diogo Aguiar	00:24:20	00:47:33	00:46:53	493		V35	83
504	324	Paulo Ferreira	00:25:05	00:47:33	00:46:29	471		V40	100
505	646	Nuno Cruz	00:24:35	00:47:35	00:47:20	532		V35	84
506	1013	Inês Marques	00:25:18	00:47:37	00:46:50	490		V40	6
507	984	Pedro Campos	00:24:37	00:47:37	00:47:17	527		V40	101
508	188	Pedro Galvão	00:24:26	00:47:37	00:47:23	537		V40	102
509	1335	Hugo Sequeira	00:24:27	00:47:39	00:47:09	517		V40	103
510	510	Belchior Barrocas	00:25:12	00:47:40	00:47:06	512	CLUBE DESPORTIVO DO ARNEIRO	V50	40
511	296	Rui Trindade	00:24:59	00:47:40	00:46:42	482	CLUBE DESPORTIVO ESTRELA	V45	102
512	257	Carlos Oleastro	00:24:29	00:47:41	00:47:14	523	CBAMM - Casa do Benfica de Algueirão Mem Ma	V55	25
513	881	Rui Lima	00:24:08	00:47:41	00:47:14	521		V45	103
514	1477	Antonio Pedroso	00:24:17	00:47:43	00:47:29	542	G.C.Estrelas da Amadora	V45	104
515	1476	Pedro Correia	00:24:17	00:47:43	00:47:29	541	G.C.Estrelas da Amadora	V40	104
516	1493	Marco	00:25:12	00:47:44	00:46:52	492	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	V40	105
517	1041	David Pinheiro	00:26:03	00:47:47	00:46:57	497	Desportivo de Odivelas	V40	106
518	1134	Paulo Silva	00:24:08	00:47:47	00:47:34	548	CONQUISTA GINÁSIO - CADAVAL	V40	107
519	136	Paulo Gonçalves	00:26:30	00:47:48	00:46:39	480	CAMARA LISBOA CLUBE	V45	105
520	967	Guilherme Martins	00:23:28	00:47:48	00:47:42	556		Senior	89



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521	1618	Mauro Pimenta	00:25:08	00:47:50	00:47:14	522		V40	108
522	1121	Joana Taneco	00:24:41	00:47:51	00:47:49	569	Grupo Jamor	Senior	22
523	306	Miguel Barbosa	00:22:19	00:47:53	00:47:45	564	Ferraris da Serafina	V60	14
524	1186	André Falcão	00:24:41	00:47:54	00:47:01	504		Senior	90
525	1309	Rui Cunha	00:24:51	00:47:54	00:47:15	524	GD SANTANDERTOTTA	V50	41
526	1561	Pedro Cortes	00:23:51	00:47:54	00:47:42	558		V40	109
527	185	Acácio Conceição	00:24:15	00:47:56	00:47:45	562		V55	26
528	609	Rui Rodrigues	00:25:18	00:47:56	00:47:03	506		V55	27
529	805	Paulo Sousa	00:26:01	00:47:56	00:46:59	499	Clube Millennium bcp	V55	28
530	507	Pedro Bueno	00:25:15	00:47:57	00:47:23	536	CLUBE DESPORTIVO DO ARNEIRO	V50	42
531	522	Bruno Dias	00:24:24	00:47:57	00:47:22	534	SS CGD	V40	110
532	1797	Tiago Santos	00:24:49	00:47:58	00:47:18	529		Senior	91
533	1064	Pedro Ribeiro	00:24:48	00:47:59	00:47:45	563		V45	106
534	506	Jose Maio	00:25:16	00:47:59	00:47:25	539	CLUBE DESPORTIVO DO ARNEIRO	V55	29
535	451	Carlos Francisco	00:25:50	00:48:01	00:47:09	518	Mind Runners	Senior	92
536	893	Nelson Santos	00:25:10	00:48:01	00:47:19	531	CARRASCO & AMIGOS	V45	107
537	856	Gabriel Moreira	00:25:44	00:48:01	00:47:08	515		V60	15
538	652	Jorge Gonçalves	00:25:10	00:48:02	00:47:18	530		V35	85
539	43	Paulo Sousa	00:24:18	00:48:03	00:47:42	557		V45	108
540	29	Ana Ribeiro	00:25:26	00:48:04	00:47:21	533	Clube do Stress	V45	5



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541	1528	José Alves	00:24:07	00:48:04	00:47:48	567	Desportivo Operário do Rangel	V65	5
542	235	Joao Bogalheiro	00:25:38	00:48:04	00:47:33	546		V45	109
543	996	Carlos Átila	00:24:14	00:48:06	00:47:55	577		Senior	93
544	94	José Cruz	00:24:42	00:48:06	00:47:23	538	Run for Lunch	V40	111
545	285	Jorge Campos	00:24:52	00:48:07	00:47:39	553		V40	112
546	1196	Paulo Patrício	00:24:41	00:48:07	00:48:02	585		V45	110
547	1637	João Pacheco	00:24:39	00:48:08	00:47:50	571		Senior	94
548	637	Paulo Pires	00:25:03	00:48:08	00:47:29	543		V50	43
549	710	Eduardo Ribeiro	00:24:43	00:48:09	00:47:38	552		Senior	95
550	536	Rodrigo Almeida	00:24:39	00:48:09	00:47:52	573	SS CGD	V35	86
551	52	Sofia Caeiro	00:25:17	00:48:09	00:47:05	509		Senior	23
552	1548	Rui Antunes	00:24:51	00:48:10	00:47:04	507	Running Club Santa Casa	V40	113
553	1061	Bruno Martins	00:25:24	00:48:10	00:47:01	503		V40	114
554	1541	Bruno Corgas	00:25:25	00:48:11	00:47:05	508	Running Club Santa Casa	Senior	96
555	57	Pedro Santos	00:24:43	00:48:14	00:47:15	526		V35	87
556	301	Manuel Martins	00:24:58	00:48:15	00:47:52	574	CLUBE DESPORTIVO ESTRELA	V70	1
557	1688	Pedro Almeida	00:25:13	00:48:16	00:47:18	528		V35	88
558	707	Jorge Mimoso	00:25:51	00:48:17	00:47:30	544		V45	111
559	1523	Manuel	00:24:22	00:48:18	00:48:03	586	Desportivo Operário do Rangel	V55	30
560	763	Joao Antunes	00:24:28	00:48:18	00:48:09	595		V45	112



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561	1409	Paulo Brissos	00:24:43	00:48:19	00:47:38	551	A NATUREZA ENSINA	V50	44
562	422	José Dinis	00:24:52	00:48:19	00:47:57	579		V40	115
563	454	Paulo Varandas	00:24:44	00:48:19	00:48:09	594	pace.makers	V35	89
564	884	Fernando Correia	00:24:50	00:48:20	00:47:56	578	CARRASCO & AMIGOS	V50	45
565	843	Carlos Jesus	00:25:17	00:48:20	00:47:49	568		V35	90
566	997	Nuno Alves	00:25:32	00:48:21	00:47:43	560		V40	116
567	974	Carina Xavier	00:25:35	00:48:21	00:47:36	549	Caracóis de Pedra	Senior	24
568	1355	Nuno Pitta	00:25:26	00:48:21	00:47:37	550		V45	113
569	1028	Pedro Cardoso	00:25:35	00:48:21	00:47:34	547		V45	114
570	1596	Mário Veiga	00:25:27	00:48:22	00:47:43	559		V45	115
571	488	João Tobias	00:25:39	00:48:23	00:48:04	587	CCD do Crédito Agrícola Mútuo	V35	91
572	1534	Álvaro Pinto	00:25:43	00:48:23	00:47:47	565		V60	16
573	487	Jimmy Boy	00:25:38	00:48:23	00:48:06	592	CCD do Crédito Agrícola Mútuo	V55	31
574	1767	Botche Seidi	00:25:43	00:48:24	00:47:47	566		V45	116
575	497	Cátia Nascimento	00:24:28	00:48:26	00:48:20	607		V35	7
576	761	Mafalda Martinho	00:24:28	00:48:27	00:48:20	608		Senior	25
577	921	Tiago Rosa	00:26:13	00:48:27	00:47:11	519		Senior	97
578	109	Augusto Semedo	00:25:12	00:48:27	00:47:40	555		V60	17
579	482	Jose Silva	00:24:43	00:48:28	00:48:17	604	Federação da Família para a Paz Mundial e Unifi	V35	92
580	134	Júlio Castro	00:25:21	00:48:29	00:47:27	540	CLUBE ATLETISMO AMIGOS DE BELÉM	V55	32



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581	1224	Paulo Garrudo	00:25:12	00:48:30	00:48:06	591		V40	117
582	25	Alexandre Andrade	00:24:40	00:48:30	00:48:17	602	BOTA LAMBRA	V40	118
583	1228	Rui Sá	00:25:12	00:48:31	00:48:06	590		V35	93
584	653	Hugo Pires	00:24:39	00:48:31	00:48:11	596		V40	119
585	95	Francisco Gama	00:25:34	00:48:32	00:47:51	572		V50	46
586	1040	João Fialho	00:25:36	00:48:34	00:47:45	561	Desportivo de Odivelas	V35	94
587	797	Pedro Pereira	00:26:07	00:48:35	00:47:55	576	Clube Millennium bcp	V50	47
588	1522	Domingos Penedo	00:25:12	00:48:36	00:47:31	545	Desportivo Operário do Rangel	V60	18
589	1403	Mario Boucinha	00:25:19	00:48:38	00:48:29	615	A NATUREZA ENSINA	V45	117
590	731	Ricardo Figueiredo	00:25:38	00:48:38	00:47:39	554		V45	118
591	1406	Florbela Barros	00:25:21	00:48:39	00:48:31	619	A NATUREZA ENSINA	V45	6
592	1423	Rui Lourenço	00:24:56	00:48:39	00:48:07	593		V45	119
593	1408	Joao Oliveira	00:25:21	00:48:39	00:48:30	617	A NATUREZA ENSINA	Senior	98
594	1132	Pedro Cabral	00:26:10	00:48:40	00:47:22	535		V35	95
595	471	Nuno Tempera	00:25:08	00:48:41	00:48:32	620	RunLovers	V45	120
596	1232	Pedro Mendes	00:25:06	00:48:41	00:48:01	583		V45	121
597	469	João Leitão	00:25:08	00:48:41	00:48:30	616	RunLovers	V45	122
598	1420	José Bonito	00:25:07	00:48:42	00:48:23	609		V45	123
599	499	Ricardo Viegas	00:25:08	00:48:42	00:48:16	600	ASICS Lisboa Run Club	V40	120
600	618	Pedro Ramos	00:25:13	00:48:42	00:48:18	605		V40	121



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601	1416	Nelson Tavares	00:25:23	00:48:47	00:48:13	598		V35	96
602	92	Paulo Fernandes	00:25:29	00:48:47	00:48:30	618		V50	48
603	1627	Henrique Viegas	00:26:18	00:48:47	00:47:50	570		Junior	14
604	504	Paulo Pereira	00:25:16	00:48:49	00:48:39	628		V40	122
605	429	Manuel Martins	00:24:46	00:48:49	00:48:41	629		V60	19
606	1237	Paulo Gonçalves	00:26:16	00:48:52	00:48:00	580		Senior	99
607	1752	Inês Peixoto	00:25:04	00:48:53	00:48:41	630	Evelx	V40	7
608	681	João Vintém	00:25:27	00:48:54	00:48:13	597		V45	124
609	1354	Paulo Mauricio	00:25:25	00:48:56	00:48:05	588		V35	97
610	538	Tiago Avelãs	00:25:08	00:48:57	00:48:16	601	SS CGD	V40	123
611	1137	Rui Silva	00:25:45	00:48:59	00:48:05	589		V50	49
612	1497	Hélia	00:24:49	00:49:00	00:48:41	631	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	Senior	26
613	1055	Bernardo Emídio	00:26:23	00:49:00	00:48:00	581		Senior	100
614	1313	Jose Pereira	00:25:44	00:49:01	00:48:14	599	GD SANTANDERTOTTA	V45	125
615	534	Jorge Morgado	00:25:55	00:49:02	00:48:20	606	SS CGD	V55	33
616	278	Luis Palma	00:26:04	00:49:04	00:48:36	626	CBAMM - Casa do Benfica de Algueirão Mem Ma	V45	126
617	254	Anabela Ferreira	00:26:04	00:49:04	00:48:36	625	CBAMM - Casa do Benfica de Algueirão Mem Ma	V45	7
618	1128	José Freitas	00:25:08	00:49:05	00:48:53	645		V40	124
619	18	Paulo Moutinho	00:26:02	00:49:05	00:48:01	582		V45	127
620	686	Luís Gil	00:26:30	00:49:06	00:48:01	584		Senior	101



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621	1774	João Santana	00:25:33	00:49:07	00:48:25	611	Grupo marcha e corrida jamor	V40	125
622	922	Mariana Graça	00:25:37	00:49:07	00:48:25	610		Senior	27
623	1289	Antonio Vieira	00:25:28	00:49:10	00:48:50	640		V65	6
624	521	Bernardino Pereira	00:25:17	00:49:12	00:49:07	662	SS CGD	V80	1
625	800	Fernando Rodrigues	00:26:05	00:49:13	00:48:34	621	Clube Millennium bcp	V50	50
626	890	João Oliveira	00:25:37	00:49:14	00:48:49	637	CARRASCO & AMIGOS	V50	51
627	798	Luis Baixinho	00:26:07	00:49:15	00:48:36	622	Clube Millennium bcp	V35	98
628	1170	Nuno Marques	00:27:18	00:49:15	00:47:54	575	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	V40	126
629	1080	Sérgio Freitas	00:25:40	00:49:15	00:48:51	642		V40	127
630	221	Tiago Guerreiro	00:26:19	00:49:16	00:48:17	603		V40	128
631	874	Narciso Sá	00:25:09	00:49:19	00:49:02	655	CBAMM - Casa do Benfica de Algueirão Mem Ma	V50	52
632	1065	Bruno Maia	00:25:28	00:49:19	00:49:00	654		V35	99
633	385	Rui Simoes	00:26:11	00:49:21	00:48:25	612		V40	129
634	409	Alexandre Palmeiro	00:25:16	00:49:22	00:49:06	660		V35	100
635	1192	Gonçalo Lopes	00:25:23	00:49:23	00:48:49	639		V40	130
636	67	Avelino Silva	00:25:02	00:49:24	00:49:08	663		V65	7
637	683	Manuel Romano	00:25:14	00:49:25	00:49:15	674	crc marvila jovem	V55	34
638	1650	Hugo Mantas	00:25:09	00:49:26	00:49:13	670		V40	131
639	1733	Tito Nascimento	00:25:10	00:49:27	00:49:14	672		V35	101
640	1520	Manuel	00:25:35	00:49:27	00:49:14	671	Desportivo Operário do Rangel	V60	20



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641	283	João Silva	00:25:23	00:49:29	00:48:42	634		V35	102
642	139	Diogo Silva	00:24:38	00:49:29	00:49:12	667		Senior	102
643	635	Janete Morais	00:25:23	00:49:29	00:48:42	633		Senior	28
644	153	David Simão	00:26:06	00:49:30	00:48:29	614		V45	128
645	386	Antonio Teixeira	00:26:11	00:49:32	00:48:36	623		V40	132
646	1525	João Salvado	00:26:14	00:49:32	00:48:52	644	Desportivo Operário do Rangel	V50	53
647	1043	Isa Santo	00:26:06	00:49:32	00:48:43	636	Desportivo de Odivelas	Senior	29
648	1646	Telmo Lopes	00:25:50	00:49:32	00:48:42	632	Os Galgos	V40	133
649	337	Joaquim Mendes	00:25:09	00:49:33	00:49:23	680		V50	54
650	115	Nuno Miguel	00:25:20	00:49:33	00:49:05	656		V45	129
651	1512	Tiago Brandão	00:25:34	00:49:35	00:49:23	679		Senior	103
652	1298	Amândio Pacheco	00:25:37	00:49:36	00:48:56	650	Clube de Natação da Amadora	V40	134
653	1090	Luis Vidoeira	00:25:52	00:49:36	00:49:00	653	CLUBE DESPORTIVO DO ARNEIRO	V60	21
654	1453	Jose Fernandes	00:25:36	00:49:38	00:49:32	684		V65	8
655	183	Antonio Marques	00:26:04	00:49:40	00:48:36	624		V55	35
656	1231	Francisco Teixeira	00:26:56	00:49:41	00:48:27	613		Senior	104
657	268	Vitor Silva	00:26:07	00:49:41	00:49:12	666	CBAMM - Casa do Benfica de Algueirão Mem Ma	V50	55
658	1252	Nuno Felicio	00:26:02	00:49:42	00:48:38	627		V40	135
659	269	Cristina Carvalho	00:26:08	00:49:45	00:49:16	675	CBAMM - Casa do Benfica de Algueirão Mem Ma	V45	8
660	981	Rui Silva	00:25:44	00:49:47	00:48:55	648		V50	56



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661	400	Carlos Lopes	00:25:05	00:49:48	00:49:28	681		V35	103
662	1511	Rui Silva	00:25:58	00:49:49	00:48:49	638		V45	130
663	1636	David Santos	00:25:07	00:49:50	00:49:35	686		V45	131
664	1415	Luís Aires	00:26:00	00:49:50	00:48:43	635		V50	57
665	555	Diogo Conde	00:26:33	00:49:52	00:48:55	649	Os Compadres	V35	104
666	1185	José Mota	00:24:32	00:49:52	00:49:35	687	Câmara Municipal da Amadora	V40	136
667	1439	Pedro Costa	00:26:14	00:49:52	00:49:09	665	SS CGD	V45	132
668	556	Nuno Lima	00:26:34	00:49:52	00:48:55	647	Os Compadres	V40	137
669	264	Estela Costa	00:26:05	00:49:52	00:48:59	651	CBAMM - Casa do Benfica de Algueirão Mem Ma	V40	8
670	1204	Rui Madruga	00:25:36	00:49:54	00:49:46	704		V50	58
671	381	Rui Henriques	00:26:14	00:49:55	00:49:07	661		V45	133
672	739	Paulo Sousa	00:26:11	00:49:57	00:49:06	659		V45	134
673	107	Carlos Morais	00:25:34	00:49:58	00:49:39	693		V50	59
674	1088	Luisa Palminhas	00:25:23	00:49:58	00:49:43	699	CARRASCO & AMIGOS	V45	9
675	853	Manuel Sobral	00:25:39	00:49:58	00:49:40	694		V60	22
676	1288	Nuno Freire	00:26:28	00:49:59	00:49:17	677		Senior	105
677	898	Miguel Beja	00:26:06	00:50:00	00:49:08	664		V40	138
678	638	Diego Tomaz	00:25:47	00:50:01	00:49:39	692		Senior	106
679	719	Rita Melo	00:26:03	00:50:01	00:49:49	708	Clube Ferroviário de Portugal	V35	8
680	957	Paulo Silva	00:26:29	00:50:01	00:49:05	657		V55	36



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
681	1247	Mário Miguel	00:25:39	00:50:03	00:49:37	690	G.D.R. da Reboleira	V65	9
682	333	Luis Fouto	00:25:27	00:50:05	00:49:56	715	FastFouto	V45	135
683	79	Edna Alvim	00:25:09	00:50:06	00:49:47	705	Alvin e os Esquilos	V45	10
684	1736	António Almeida	00:25:51	00:50:07	00:49:51	710		V55	37
685	1316	Paulo Trindade	00:25:58	00:50:07	00:49:56	716	O MUNDO DA CORRIDA	V40	139
686	810	Cristina Andrade	00:25:47	00:50:07	00:49:57	718	Clube Millennium bcp	V45	11
687	811	Diogo Pereira	00:25:47	00:50:07	00:49:44	700	Clube Millennium bcp	V40	140
688	1363	Pedro Rodrigues	00:26:30	00:50:08	00:49:37	688		V45	136
689	1024	Jose Oliveira	00:26:52	00:50:09	00:48:51	641		V45	137
690	138	Paulo Lourinho	00:27:20	00:50:10	00:49:16	676		V45	138
691	1440	Luis Antunes	00:25:40	00:50:10	00:49:45	701	RB RUNNING	V45	139
692	58	Marcos Ratola	00:26:05	00:50:11	00:49:30	682		V35	105
693	363	Manuel Rego	00:26:37	00:50:11	00:49:21	678	Federação da Família para a Paz Mundial e Unifi	V45	140
694	60	Bruno Correia	00:26:15	00:50:12	00:49:41	697		V35	106
695	216	Artur Gonçalves	00:26:53	00:50:12	00:48:54	646		V40	141
696	834	Nuno Fragoso	00:26:30	00:50:13	00:49:06	658		V40	142
697	777	Pedro Serra	00:25:53	00:50:13	00:49:46	703		Senior	107
698	1144	Maria Sanches	00:26:33	00:50:14	00:50:05	730	Câmara Municipal da Amadora	V50	3
699	232	Rui Costa	00:25:50	00:50:14	00:50:03	724	NAPA - Núcleo de Amigos da Perna Assada	V50	60
700	360	Marta Costa	00:25:50	00:50:14	00:50:04	728		V45	12



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701	985	Patrícia Silva	00:25:54	00:50:15	00:49:48	707		V35	9
702	1311	Filipe Pinto	00:26:50	00:50:16	00:48:51	643	GD SANTANDERTOTTA	Senior	108
703	68	Laurent Moeri	00:25:34	00:50:16	00:49:57	717		V40	143
704	1446	Paulo Teixeira	00:26:02	00:50:17	00:49:00	652		V45	141
705	73	Carlos Carvalho	00:26:35	00:50:18	00:49:14	673	RB RUNNING	V45	142
706	1418	Heitor Gomes	00:26:40	00:50:20	00:49:43	698		V45	143
707	717	Rui Matos	00:27:00	00:50:22	00:49:13	669		V40	144
708	823	Rui Ramalho	00:26:08	00:50:23	00:49:52	711	Clube Millennium bcp	V50	61
709	824	Sofia Ramalho	00:26:09	00:50:23	00:49:52	712	Clube Millennium bcp	Senior	30
710	666	Vitor Neves	00:25:45	00:50:25	00:50:01	721		Senior	109
711	1051	Reinaldo Santos	00:25:47	00:50:26	00:50:16	742	Câmara Municipal da Amadora	V50	62
712	1788	Pedro Nunes	00:25:57	00:50:27	00:50:09	733		V50	63
713	378	Paulo Pascoal	00:25:53	00:50:28	00:49:53	713		V50	64
714	237	Luis Dias	00:25:57	00:50:28	00:50:01	723		V45	144
715	759	Kennedy Rodrigues	00:25:47	00:50:29	00:49:55	714		V40	145
716	965	José Cardoso	00:26:22	00:50:31	00:49:40	696		V55	38
717	432	Luis Oliveira	00:26:50	00:50:31	00:49:13	668	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SA	V45	145
718	1593	Sofia Botelho	00:26:36	00:50:33	00:50:18	743	SRAA	Junior	1
719	366	Helder Cabana	00:25:25	00:50:34	00:50:18	744		V40	146
720	1246	Filipa Ferro	00:25:52	00:50:36	00:50:04	729	G.D.R. da Reboleira	V40	9



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721	1027	Bruno Gonzalez	00:27:19	00:50:36	00:49:37	689		V35	107
722	845	João Pereira	00:25:43	00:50:37	00:50:08	732		V55	39
723	1241	Afonso Rodrigues	00:26:25	00:50:37	00:50:20	749		V40	147
724	1158	Sónia França	00:26:04	00:50:38	00:50:30	762		V40	10
725	1513	Daniel Matias	00:26:21	00:50:39	00:50:10	735		Senior	110
726	1521	Januário	00:26:25	00:50:40	00:50:00	719	Desportivo Operário do Rangel	V65	10
727	1479	Miguel Cruz	00:26:00	00:50:40	00:50:03	725		V45	146
728	1022	José Barreira	00:26:58	00:50:44	00:49:48	706		V55	40
729	885	Vitor Revez	00:26:39	00:50:44	00:49:40	695	CARRASCO & AMIGOS	V55	41
730	1240	João Pereira	00:26:13	00:50:45	00:50:20	750		V55	42
731	906	Rui Brito	00:26:49	00:50:46	00:49:39	691		V35	108
732	70	Ricardo Reis	00:25:38	00:50:46	00:50:19	746		Senior	111
733	1679	Paulo Cravo	00:25:28	00:50:46	00:50:41	779		V50	65
734	1705	Pedro Sanguino	00:25:17	00:50:48	00:50:38	773		V35	109
735	1690	Pedro Ferreira	00:25:17	00:50:48	00:50:38	772		V45	147
736	1748	Odete Barbas	00:26:04	00:50:50	00:50:44	783		V45	13
737	1191	Paula Martins	00:26:31	00:50:53	00:50:30	763		V35	10
738	249	Frederico Almeida	00:25:09	00:50:54	00:50:29	761	Running Bastards	V35	110
739	325	Fernando Manuel	00:26:17	00:50:54	00:50:39	777	brunosempre	V65	11
740	1401	David Rosa	00:26:27	00:50:54	00:50:42	781	A NATUREZA ENSINA	V40	148



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741	1602	Sandra Claro	00:26:31	00:50:54	00:50:44	786		V40	11
742	1645	Jaime Portugal	00:26:28	00:50:55	00:49:50	709		V45	148
743	1611	Rui Alegre	00:25:56	00:50:56	00:50:25	759		V35	111
744	20	Luiz Chatillon	00:26:20	00:50:57	00:50:42	780		V60	23
745	377	Fabiano Loures	00:28:06	00:50:58	00:49:45	702		Senior	112
746	1773	Marco Angelino	00:26:48	00:50:58	00:50:22	754		Junior	15
747	598	David Rodrigues	00:25:45	00:50:58	00:50:37	771		Senior	113
748	998	Antonio Angelino	00:26:48	00:50:59	00:50:23	755	REAL ACADEMIA	V45	149
749	932	Josué Frade	00:26:34	00:51:00	00:50:33	769	G. R. D. RIBEIRA da LAGE	V45	150
750	1365	Leonel José	00:27:56	00:51:00	00:49:30	683	Sport Clube Alfragide	V45	151
751	1792	Joan Forés	00:27:02	00:51:00	00:50:20	752		V45	152
752	825	Jose Ferreira	00:26:21	00:51:01	00:50:21	753	Clube Millennium bcp	V45	153
753	256	Agostinho Cristino	00:26:23	00:51:01	00:50:52	794	CBAMM - Casa do Benfica de Algueirão Mem Ma	V70	2
754	636	Maximiano Santos	00:26:26	00:51:02	00:50:51	792		V50	66
755	642	Nuno Silva	00:26:40	00:51:03	00:50:04	727		V35	112
756	1279	Susana Pontes	00:26:36	00:51:04	00:50:15	740		V45	14
757	492	Rui Emídio	00:25:42	00:51:05	00:50:49	791	CBAMM - Casa do Benfica de Algueirão Mem Ma	V60	24
758	711	Amílcar Delgadinho	00:26:29	00:51:06	00:50:18	745		V40	149
759	486	Márcio Rodrigues	00:26:31	00:51:06	00:50:47	790		V35	113
760	387	João Mendes	00:27:31	00:51:07	00:50:44	784	CCDTMetroLX	V45	154



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761	19	Tiago Costa	00:27:22	00:51:09	00:49:34	685		V35	114
762	545	Margarida Pires	00:25:52	00:51:09	00:50:53	796	SS CGD	Junior	2
763	321	Paulo Sousa	00:26:05	00:51:10	00:50:15	739		V35	115
764	180	Filipe Martins	00:26:05	00:51:10	00:50:14	737		V35	116
765	600	Paulo Serra	00:27:18	00:51:11	00:50:20	751		V40	150
766	1604	Filipa Oliveira	00:26:05	00:51:11	00:50:59	802		V45	15
767	1667	Tiago Marques	00:26:39	00:51:12	00:50:13	736	Dreamseekers	V35	117
768	926	Jorge Nunes	00:26:54	00:51:13	00:50:27	760	ADRC Mata de Benfica	V40	151
769	1324	Rosa Freitas	00:26:31	00:51:13	00:50:43	782	RUN TEJO	V50	4
770	265	Carlos Silva	00:27:26	00:51:13	00:50:10	734	CBAMM - Casa do Benfica de Algueirão Mem Ma	V50	67
771	1558	Luis Garanhoto	00:27:58	00:51:14	00:50:03	726		Junior	16
772	546	Miguel Reis	00:26:49	00:51:14	00:50:30	764	SS CGD	V40	152
773	1681	Custodio Ferreira	00:26:20	00:51:16	00:51:02	807		V50	68
774	1755	Bruno Amaro	00:27:01	00:51:17	00:50:30	765	G. R. D. RIBEIRA da LAGE	V35	118
775	1653	André Laborinho	00:27:18	00:51:18	00:50:15	741		V50	69
776	621	Hugo Santos	00:26:58	00:51:18	00:50:01	720	Falcões Selvagens	V40	153
777	1340	Marina Henriques	00:26:32	00:51:19	00:50:57	797		V50	5
778	1339	Jose Henriques	00:26:32	00:51:20	00:50:57	798		V45	155
779	1169	Bárbara Marques	00:27:18	00:51:22	00:50:01	722	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	V35	11
780	995	Bruno Dias	00:28:08	00:51:22	00:50:19	747		V40	154



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781	1034	Luis Rocha	00:27:29	00:51:23	00:51:12	811		V40	155
782	132	Sérgio Rodrigues	00:25:33	00:51:24	00:51:19	817	CLUBE ATLETISMO AMIGOS DE BELÉM	V45	156
783	1696	Alexandra Batista	00:26:54	00:51:25	00:50:46	788		V35	12
784	1594	Domingos Ferreira	00:26:32	00:51:26	00:50:06	731	RUN FOR FRIENDS	Senior	114
785	684	Albino Tomás	00:28:27	00:51:29	00:50:39	776	CLUBE ATLÉTICO DAS PATAMEIRAS	V60	25
786	336	Ivor Sebalj	00:26:36	00:51:29	00:50:20	748		Senior	115
787	1683	Cristina Gabriel	00:27:29	00:51:30	00:50:31	768		V35	13
788	1674	Carlos Santos	00:27:29	00:51:31	00:50:33	770		V45	157
789	1675	João Gouveia	00:27:04	00:51:31	00:50:14	738		V45	158
790	1519	Manuel Emídio	00:26:35	00:51:31	00:51:17	814	Desportivo Operário do Rangel	V60	26
791	267	José Duarte	00:27:45	00:51:32	00:51:02	806	CBAMM - Casa do Benfica de Algueirão Mem Ma	V55	43
792	1518	Fernando Santos	00:26:34	00:51:33	00:51:22	820	Desportivo Operário do Rangel	V65	12
793	1581	Fernando Pinheiro	00:25:49	00:51:34	00:51:29	828		V40	156
794	1383	Nelson Melo	00:27:17	00:51:34	00:50:39	775		V40	157
795	1628	Nelson Santos	00:26:39	00:51:34	00:50:31	767		V35	119
796	1563	Luís Santos	00:26:09	00:51:35	00:51:02	805		V45	159
797	924	Paulo Almeida	00:26:43	00:51:36	00:50:25	758		V50	70
798	1480	Suse Lucas	00:26:25	00:51:36	00:50:47	789		Senior	31
799	871	Carlos Folgado	00:28:27	00:51:36	00:50:31	766	CF Os Belenenses	V55	44
800	758	Luís Rodas	00:26:24	00:51:37	00:51:04	808		V40	158



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801	1694	Vitor Ferreira	00:26:54	00:51:38	00:51:00	804		Senior	116
802	949	Filipe Rações	00:26:13	00:51:40	00:51:25	823		V35	120
803	300	António Batista	00:26:28	00:51:40	00:51:31	831	CLUBE DESPORTIVO ESTRELA	V70	3
804	575	José Melo	00:26:47	00:51:41	00:51:10	809	FIDELIDADE GDC	V55	45
805	664	André Borges	00:26:25	00:51:41	00:51:27	825		V35	121
806	341	Sheila Galiano	00:26:34	00:51:41	00:51:17	815		V45	16
807	330	João Moiteiro	00:27:00	00:51:43	00:50:58	799		V45	160
808	712	Helder Santos	00:26:41	00:51:43	00:51:27	824		V40	159
809	817	Jose Rodrigues	00:27:06	00:51:44	00:51:39	842	Clube Millennium bcp	V65	13
810	1562	Bruno Claro	00:26:56	00:51:47	00:50:44	785		V35	122
811	1382	Mónica Martins	00:27:52	00:51:48	00:50:24	757		V35	14
812	105	Nina Honrado	00:27:55	00:51:49	00:50:23	756		Senior	32
813	1410	Rui Almeida	00:26:33	00:51:50	00:51:23	821	ADRC Mata de Benfica	V45	161
814	1810	Carlos Soares	00:27:29	00:51:53	00:50:51	793		V50	71
815	329	Mahendrasinh Bassangy	00:27:12	00:51:54	00:50:58	800		V50	72
816	1045	José Oliveira	00:27:04	00:51:55	00:51:29	826	N.A.Z.A - Nucleo Atletismo Zona Abóboda	V50	73
817	804	Magda Ourelo	00:26:31	00:51:56	00:51:15	812	Clube Millennium bcp	V40	12
818	1570	Sandra Azeitona	00:26:50	00:51:57	00:51:33	836		V35	15
819	1672	José Brito	00:28:13	00:52:01	00:50:41	778		V35	123
820	1060	Miguel Sousa	00:27:54	00:52:01	00:51:24	822		V55	46



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821	59	David Viegas	00:26:42	00:52:05	00:50:39	774		Senior	117
822	157	Paulo Benido	00:27:52	00:52:06	00:50:52	795		V60	27
823	147	Paulo Guedes	00:27:16	00:52:10	00:51:34	838	CCDTMetroLX	V45	162
824	523	Carlos Albano	00:27:04	00:52:12	00:51:22	819	SS CGD	V45	163
825	892	Carla Carneiro	00:27:01	00:52:12	00:51:31	833	CARRASCO & AMIGOS	V50	6
826	889	Helder	00:26:44	00:52:12	00:51:30	830	CARRASCO & AMIGOS	V45	164
827	346	Luis Santos	00:27:31	00:52:12	00:51:11	810		V40	160
828	639	Pedro Guedes	00:26:46	00:52:13	00:50:46	787		Senior	118
829	979	Henrique Coelho	00:26:38	00:52:14	00:51:34	837	Clube de Ténis da Amadora	V35	124
830	602	Acácio Lopes	00:26:34	00:52:16	00:52:08	870	SERUL - Os Unidos de Leceia	V50	74
831	1337	Nuno Avó	00:27:20	00:52:16	00:51:46	847		V45	165
832	284	Mário Duarte	00:27:19	00:52:16	00:50:58	801		V45	166
833	1695	Luzia Dias	00:26:55	00:52:17	00:52:11	872		V45	17
834	1496	Helena	00:26:43	00:52:17	00:52:02	863	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	V35	16
835	88	Rogério Santos	00:27:19	00:52:17	00:50:59	803		V40	161
836	1693	Armando Aldegalega	00:26:55	00:52:17	00:52:12	874	Sporting Clube de Portugal	V80	2
837	1454	Rafael Azriel	00:26:34	00:52:18	00:51:56	856		V45	167
838	392	Jorge Adivinha	00:26:25	00:52:18	00:51:57	858		V35	125
839	781	David Silva	00:27:22	00:52:18	00:51:15	813	CSB_RF	V35	126
840	49	Fernando Conceição	00:27:07	00:52:19	00:51:59	860		V50	75



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841	1000	Francisco Alves	00:25:59	00:52:20	00:52:14	876	Sport Amadora e Pumas	Junior	17
842	1807	Carlos Mendes	00:26:01	00:52:21	00:51:47	848		V50	76
843	427	Carlos Marques	00:26:48	00:52:22	00:52:01	861		V55	47
844	177	Romão Santos	00:27:55	00:52:23	00:51:56	855		V45	168
845	815	Rui Rijo	00:26:35	00:52:23	00:51:50	852	Clube Millennium bcp	V45	169
846	902	Pedro Broco	00:26:35	00:52:24	00:51:50	851		V45	170
847	560	Carla Fernandes	00:27:04	00:52:26	00:51:39	843		V40	13
848	1473	Ricardo Silva	00:28:08	00:52:27	00:51:19	816		V40	162
849	757	Vinicius Guedes	00:27:49	00:52:27	00:51:29	827		V35	127
850	882	Felisberto Pinto	00:26:58	00:52:27	00:51:30	829		V50	77
851	352	Paula Cardoso	00:26:41	00:52:28	00:52:20	882		V45	18
852	210	Pedro Amigo	00:26:22	00:52:32	00:52:22	888		V35	128
853	591	Sofia Medronheira	00:26:23	00:52:32	00:52:21	887		V35	17
854	65	Sandra Arraias	00:27:40	00:52:33	00:51:45	846		V35	18
855	1072	José Borges	00:27:47	00:52:33	00:51:35	839	CCD Sintrense	V55	48
856	213	Olga Martins	00:27:12	00:52:35	00:52:03	864	RB RUNNING	V40	14
857	1332	Inês Cláudia	00:27:05	00:52:35	00:51:49	850	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SA	Senior	33
858	1655	Jessica Faria	00:26:49	00:52:35	00:52:28	896		Senior	34
859	665	Nuno Antunes	00:27:04	00:52:35	00:51:49	849		V45	171
860	951	Ines Santos	00:27:29	00:52:36	00:51:32	835	CLUBE ATLÉTICO DAS PATAMEIRAS	Senior	35



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861	743	António Patricio	00:27:54	00:52:38	00:51:19	818		V50	78
862	165	Luis Santos	00:27:28	00:52:39	00:51:35	840	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SA	V50	79
863	226	Ricardo Simoes	00:27:11	00:52:40	00:52:02	862	Correr Queluz	V45	172
864	458	José Seixo	00:26:33	00:52:41	00:52:17	880		V35	129
865	395	António Vicêncio	00:29:55	00:52:41	00:51:32	834	CCD PM CASCAIS	V45	173
866	1607	José Massuça	00:29:55	00:52:41	00:51:31	832		V45	174
867	1025	Joao Verissimo	00:27:13	00:52:43	00:52:24	891		V60	28
868	152	Ricardo Leitao	00:27:28	00:52:46	00:51:41	845		V40	163
869	806	Luis Silva	00:27:02	00:52:46	00:52:14	878	Clube Millennium bcp	V50	80
870	1123	David Cavalheiro	00:27:28	00:52:46	00:51:35	841	CARRASCO & AMIGOS	Senior	119
871	1278	Carla Henriques	00:27:51	00:52:46	00:52:20	884		V40	15
872	1444	Gilberto Santos	00:27:25	00:52:48	00:52:20	886		V45	175
873	396	Pedro Ramos	00:27:58	00:52:48	00:51:39	844	CCD PM CASCAIS	V35	130
874	1125	Sônia Caixeirinho	00:28:10	00:52:51	00:51:57	857	RB RUNNING	V45	19
875	1610	Jorge Barros	00:27:47	00:52:51	00:52:07	869		V45	176
876	752	João Santos	00:27:46	00:52:52	00:52:09	871		V45	177
877	896	Elisabete Silva	00:27:09	00:52:56	00:52:44	913	Linda-a-Pastora Sporting Clube	V35	19
878	1141	Alberto Cancelino	00:27:39	00:52:58	00:52:07	868		V40	164
879	899	Bruno Simões	00:27:43	00:52:58	00:52:25	895		Senior	120
880	191	Maria Almeida	00:27:06	00:52:59	00:52:32	906	Correr Queluz	V40	16



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881	205	Artur Carvalho	00:27:06	00:52:59	00:52:31	904	Correr Queluz	V45	178
882	91	Nuno Carvalho	00:27:41	00:53:00	00:52:05	865		V35	131
883	770	Marco Pacheco	00:27:42	00:53:00	00:52:06	867		V40	165
884	1485	Francisco Pessoa	00:27:26	00:53:01	00:52:45	914	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	V45	179
885	541	Jose Martins	00:28:00	00:53:02	00:51:57	859	SS CGD	V40	166
886	214	Pedro Martins	00:27:17	00:53:03	00:52:31	902	RB RUNNING	V40	167
887	1503	João Carvalhinho	00:26:57	00:53:03	00:52:32	907		V55	49
888	391	Bruno Silva	00:28:04	00:53:04	00:51:50	853	1 Km/x	V40	168
889	604	Ramiro Canto	00:27:26	00:53:05	00:52:25	894	SERUL - Os Unidos de Leceia	V50	81
890	490	Albino Neiva	00:25:54	00:53:06	00:52:58	924	CBAMM - Casa do Benfica de Algueirão Mem Ma	V70	4
891	1582	Rita Monteiro	00:27:46	00:53:06	00:52:15	879		V35	20
892	1466	Artur Gaio	00:28:00	00:53:06	00:52:22	889	CCD Tranquilidade	V35	132
893	768	Luís Duarte	00:27:34	00:53:09	00:52:24	892		Senior	121
894	1214	Zi Barros	00:27:40	00:53:10	00:52:55	920	KeepRunning	V40	17
895	1213	Jose Nunes	00:27:29	00:53:10	00:52:57	923	KeepRunning	V50	82
896	697	Tomás Sousa	00:27:55	00:53:11	00:52:06	866	Federação da Família para a Paz Mundial e Unifi	V40	169
897	659	Pedro Valentim	00:27:51	00:53:12	00:52:12	873		V45	180
898	457	Severino Cruz	00:27:39	00:53:15	00:52:30	899		V55	50
899	1085	Luís Luís	00:27:38	00:53:15	00:52:51	918		V55	51
900	1698	Miguel Silva	00:27:44	00:53:15	00:51:51	854		Senior	122



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901	1555	Tânia Rodrigues	00:27:46	00:53:15	00:52:23	890		V35	21
902	720	Filipe Goulão	00:28:14	00:53:18	00:52:56	922		V35	133
903	1600	Winnie Picoto	00:27:47	00:53:19	00:52:14	877		V40	18
904	204	Helder Raposo	00:27:41	00:53:19	00:52:32	905	Os Galgos	V50	83
905	1599	Joao Picoto	00:27:48	00:53:19	00:52:13	875		V40	170
906	198	Paulo Santos	00:27:37	00:53:20	00:52:38	909		V50	84
907	194	Pedro Carvalho	00:27:53	00:53:21	00:52:40	910		V45	181
908	1188	Carlos Semide	00:26:30	00:53:22	00:53:04	931		V40	171
909	1793	Ximo Ferré	00:27:19	00:53:23	00:52:42	911		V45	182
910	1245	Luís Ferreira	00:26:30	00:53:25	00:53:07	934	Clube Ferroviário de Portugal	V50	85
911	764	Teresa Sepúlveda	00:28:18	00:53:26	00:52:20	883		V35	22
912	37	João Antunes	00:27:35	00:53:27	00:52:45	915		V60	29
913	175	Nuno Oliveira	00:27:38	00:53:28	00:52:59	926	CDCR dos CTT	V40	172
914	304	José Galamba	00:27:38	00:53:30	00:53:16	946	CLUBE DESPORTIVO ESTRELA	V65	14
915	607	Vanda Maia	00:27:10	00:53:31	00:53:26	954	Federação da Família para a Paz Mundial e Unifi	V40	19
916	509	Manuel Alves	00:28:24	00:53:31	00:52:55	919	CLUBE DESPORTIVO DO ARNEIRO	V50	86
917	608	Bruno Maia	00:27:07	00:53:31	00:53:26	953	Federação da Família para a Paz Mundial e Unifi	V40	173
918	531	João Correia	00:27:36	00:53:32	00:52:44	912	SS CGD	V55	52
919	1550	Tiago Nascimento	00:27:34	00:53:35	00:52:29	898	Running Club Santa Casa	Senior	123
920	1327	Hugo Baptista	00:27:37	00:53:35	00:53:04	930	RUN TEJO	V45	183



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921	1326	Carla Nascimento	00:27:37	00:53:35	00:53:05	932	RUN TEJO	V35	23
922	1346	João Ferreira	00:28:14	00:53:35	00:52:33	908		V55	53
923	44	Oliver Meewes	00:28:16	00:53:35	00:52:20	885		V50	87
924	960	Paula Silva	00:27:31	00:53:36	00:53:01	927	Sporting Clube da Reboleira e Damaia	V45	20
925	725	Jorge Fernandes	00:26:41	00:53:36	00:52:50	917	cabrizrun	V45	184
926	629	Gonçalo Loureiro	00:28:02	00:53:36	00:52:18	881		V40	174
927	135	Miguel Velez	00:28:45	00:53:37	00:52:30	900	CAMARA LISBOA CLUBE	V55	54
928	362	Susana Fernandes	00:27:41	00:53:39	00:53:09	936	Correr Queluz	V35	24
929	247	Nuno Almeida	00:28:01	00:53:40	00:52:25	893	Sportings de Almeida	V40	175
930	485	Maria Gonçalves	00:27:59	00:53:41	00:52:31	901		V50	7
931	159	António Fonseca	00:27:12	00:53:43	00:53:13	940		V70	5
932	517	Tomas Oliveira	00:29:05	00:53:44	00:52:29	897	CLUBE DESPORTIVO DO ARNEIRO	Junior	18
933	16	Mário Ferreira	00:27:49	00:53:45	00:52:58	925		V40	176
934	1032	Mário Gaspar	00:27:39	00:53:46	00:53:32	962		V50	88
935	1714	Sérgio Viegas	00:27:16	00:53:47	00:53:28	956		V40	177
936	886	Fernanda Camacho	00:27:38	00:53:48	00:53:33	963	CARRASCO & AMIGOS	V45	21
937	1448	Hugo Barata	00:27:39	00:53:48	00:53:27	955		V40	178
938	1502	Artemisa Mendes	00:27:51	00:53:49	00:52:55	921		Senior	36
939	540	Jose Ferreira	00:28:08	00:53:51	00:53:06	933	SS CGD	V60	30
940	567	Rui Paz	00:28:10	00:53:55	00:53:15	943		V40	179



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941	1753	Daniel Raposo	00:28:55	00:53:55	00:52:46	916		V35	134
942	920	Fernando Dias	00:27:36	00:53:55	00:53:23	950		V55	55
943	1700	Joaquim Santos	00:27:45	00:53:56	00:53:43	970		V50	89
944	1463	Ana Telo	00:27:45	00:53:56	00:53:44	972	Linda-a-Pastora Sporting Clube	V45	22
945	1803	Ana Duarte	00:28:09	00:54:02	00:53:03	929	Usc Mira-Sintra	V45	23
946	69	Leandro Real	00:27:43	00:54:02	00:53:24	951		Junior	19
947	1711	Joaquim Guerra	00:27:39	00:54:04	00:53:51	979	CARRASCO & AMIGOS	V55	56
948	244	Helena Santos	00:27:57	00:54:05	00:53:18	948	Lisbon Moonlight Runners	V55	2
949	189	Manuel Costa	00:27:01	00:54:07	00:53:50	978	M&B	V60	31
950	231	Nelson Colaço	00:28:53	00:54:08	00:53:11	938	NAPA - Núcleo de Amigos da Perna Assada	V45	185
951	631	Vitor Martins	00:28:43	00:54:08	00:53:15	944		V65	15
952	698	Joaquim Fonseca	00:27:44	00:54:09	00:54:02	985	Federação da Família para a Paz Mundial e Unifi	V60	32
953	1126	Helder Vidal	00:28:20	00:54:09	00:53:12	939		V45	186
954	263	Sónia Ferreira	00:27:45	00:54:09	00:53:42	969	CBAMM - Casa do Benfica de Algueirão Mem Ma	V35	25
955	938	Rita Manso	00:28:21	00:54:09	00:53:25	952	Clube do Stress	V45	24
956	901	António Cruz	00:27:16	00:54:11	00:54:04	989		V65	16
957	939	Tiago Dionisio	00:28:21	00:54:12	00:53:29	959	Clube do Stress	V40	180
958	1160	Tiago Barreira	00:27:20	00:54:12	00:53:40	967		Senior	124
959	1198	Eduardo Alves	00:28:09	00:54:13	00:53:10	937		V40	181
960	1631	Artur Santos	00:28:02	00:54:13	00:53:43	971		V45	187



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961	1529	Ricardo Fernandes	00:28:20	00:54:16	00:54:10	995		V45	188
962	1635	Luis Cruz	00:27:08	00:54:18	00:54:03	986		V40	182
963	530	João Cabrito	00:28:26	00:54:19	00:53:31	961	SS CGD	V55	57
964	328	Susana Gomes	00:28:37	00:54:20	00:53:50	977		V45	25
965	1701	Bárbara Cruz	00:28:08	00:54:20	00:54:06	990		Senior	37
966	552	Vítor Correia	00:29:50	00:54:20	00:53:15	942		V40	183
967	1498	Hugo Pinto	00:29:48	00:54:22	00:53:15	941		V40	184
968	593	Sónia Jesus	00:28:02	00:54:23	00:53:57	981		V40	20
969	12	Saul Leite	00:28:41	00:54:24	00:53:28	958		Senior	125
970	1155	Alexandre Drake	00:28:12	00:54:25	00:53:36	966		V50	90
971	460	Angelo Fernandes	00:28:09	00:54:27	00:54:00	983		V45	189
972	1149	César Cabeza	00:28:59	00:54:27	00:53:02	928	Team Moinhos da Funcheira	V35	135
973	1585	Vasco Alpalhão	00:27:40	00:54:27	00:53:46	974		V45	190
974	723	Paulo Quaresma	00:27:54	00:54:28	00:54:17	1008	Veteranos de Massamá	V60	33
975	151	Pedro Rodrigues	00:27:46	00:54:28	00:53:36	964		V35	136
976	93	Marta Fernandes	00:28:04	00:54:30	00:54:13	1000		Senior	38
977	1008	Manuel Joao	00:28:38	00:54:30	00:53:08	935		V35	137
978	799	Leonel Brandao	00:27:49	00:54:31	00:53:52	980	Clube Millennium bcp	V50	91
979	672	Luis Correia	00:28:41	00:54:32	00:53:41	968	Matilha ds Atalaia	V50	92
980	1709	Bruno Costa	00:29:06	00:54:36	00:53:16	945		V35	138



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981	1187	António Junior	00:29:07	00:54:37	00:53:19	949		V50	93
982	1318	Margarida Lucas	00:28:22	00:54:37	00:54:10	997	EAE Lazy Runners	Senior	39
983	1445	Ana Nunes	00:28:19	00:54:37	00:53:47	975		V45	26
984	837	Carlos Madureira	00:28:36	00:54:40	00:52:31	903		Senior	126
985	1776	Luiz Nogueira	00:28:56	00:54:41	00:54:34	1022		Senior	127
986	648	Bruno Fernandes	00:28:04	00:54:41	00:54:04	988		V35	139
987	1725	Alvaro Ferreira	00:28:43	00:54:42	00:54:17	1007		V50	94
988	31	Pedro Neto	00:28:29	00:54:43	00:54:00	984	Clube do Stress	V50	95
989	617	Ana Roque	00:28:16	00:54:45	00:54:17	1006		V45	27
990	365	Nuno Gonçalves	00:27:58	00:54:46	00:54:10	996		V45	191
991	1092	Shahin Amirali	00:28:45	00:54:47	00:53:17	947	Benfica em Forma	Senior	128
992	914	Carlos Pena	00:29:12	00:54:51	00:53:45	973	GRD OS FIXES	V45	192
993	842	João Silva	00:29:20	00:54:51	00:53:28	957		Senior	129
994	778	Jorge Camoesas	00:29:20	00:54:53	00:53:30	960		V35	140
995	1215	Paulo Fernandes	00:27:29	00:54:55	00:54:40	1025	KeepRunning	V50	96
996	370	Fabiano Ferreira	00:29:05	00:54:55	00:53:36	965	Benfica em Forma	V35	141
997	133	José Castro	00:29:53	00:54:56	00:54:03	987	CLUBE ATLETISMO AMIGOS DE BELÉM	V60	34
998	1707	Rui Menezes	00:28:13	00:54:58	00:54:22	1014		V40	185
999	645	Hélder Romano	00:27:34	00:54:59	00:54:24	1018		V50	97
1000	424	Henrique Joaquim	00:27:17	00:55:00	00:54:15	1003		V45	193



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1001	374	Luís Piedade	00:27:51	00:55:06	00:54:52	1030		V50	98
1002	624	Hugo Teixeira	00:25:41	00:55:08	00:55:03	1044		Senior	130
1003	610	Paulo Sena	00:28:13	00:55:12	00:54:15	1002		V45	194
1004	1211	Paula Pereira	00:28:12	00:55:13	00:55:08	1049	Federação da Família para a Paz Mundial e Unifi	V40	21
1005	1391	Maria Borges	00:29:07	00:55:13	00:54:15	1001		V45	28
1006	818	Pedro Santos	00:29:54	00:55:13	00:54:16	1004	Clube Millennium bcp	V45	195
1007	99	Tiago Rosa	00:29:15	00:55:13	00:53:57	982		Senior	131
1008	481	Carlos Pereira	00:28:12	00:55:13	00:55:10	1050	Federação da Família para a Paz Mundial e Unifi	V40	186
1009	1336	Rui Fernandes	00:28:34	00:55:14	00:54:20	1012		V45	196
1010	1179	José Coelho	00:28:57	00:55:15	00:54:20	1011	Clube ANA Lisboa	V50	99
1011	17	Ricardo Faria	00:28:11	00:55:16	00:54:57	1034		V40	187
1012	821	Arnaldo Pinteus	00:28:48	00:55:17	00:54:36	1024	Clube Millennium bcp	V55	58
1013	1135	Murillo Rocha	00:30:06	00:55:17	00:53:49	976		V35	142
1014	1758	Alice Vilaça	00:30:00	00:55:18	00:54:07	991		V35	26
1015	397	Teresa Simões	00:30:00	00:55:18	00:54:08	993	CCD PM CASCAIS	V45	29
1016	1048	Adriano Cunha	00:29:25	00:55:20	00:54:16	1005		V60	35
1017	1540	Ana Cortes	00:28:44	00:55:22	00:54:17	1009	Running Club Santa Casa	V35	27
1018	741	Nuno Bochinha	00:28:06	00:55:22	00:54:41	1026		V40	188
1019	1644	Cristina Portugal	00:28:49	00:55:25	00:54:21	1013		V50	8
1020	1163	Michal Zajkowski	00:28:51	00:55:25	00:54:27	1019		V35	143



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1021	925	Nuno Dias	00:27:58	00:55:26	00:55:13	1053		V45	197
1022	1447	Sérgio Rodrigues	00:28:42	00:55:26	00:54:13	998		Senior	132
1023	140	Ana Rodrigues	00:28:42	00:55:26	00:54:33	1021		Senior	40
1024	1157	Jose Manuel	00:28:02	00:55:27	00:55:19	1061		V40	189
1025	655	Diogo Raposo	00:27:57	00:55:28	00:55:00	1037	Correr Queluz	Junior	20
1026	1508	Fernando Moreira	00:28:34	00:55:29	00:54:56	1033		V60	36
1027	1067	Paulo Calvino	00:29:58	00:55:30	00:54:34	1023		V45	198
1028	905	Ana Martins	00:28:53	00:55:32	00:55:13	1052		V35	28
1029	548	Paula Gonçalves	00:28:53	00:55:33	00:55:15	1055	SS CGD	V40	22
1030	50	Marco Miguel	00:28:17	00:55:33	00:55:22	1063		V40	190
1031	1759	Andreia Fernandes	00:28:53	00:55:33	00:54:07	992		V35	29
1032	1225	Joao Inacio	00:28:35	00:55:33	00:54:44	1027		Senior	133
1033	783	Paulo Gamboa	00:28:35	00:55:34	00:54:44	1028	CLUBE ATLÉTICO DAS PATAMEIRAS	V45	199
1034	1136	Márcio Freitas	00:30:06	00:55:37	00:54:09	994		V40	191
1035	690	Mario Silva	00:30:03	00:55:37	00:54:13	999		V50	100
1036	1238	Carlos Oliveira	00:29:01	00:55:42	00:54:29	1020		V50	101
1037	537	Severino Rosa	00:28:55	00:55:42	00:54:55	1031	SS CGD	V60	37
1038	1087	Carlos Coelho	00:29:31	00:55:42	00:54:23	1017	CPOC	V55	59
1039	1086	Vitor Rodrigues	00:29:31	00:55:42	00:54:22	1015	CPOC	V60	38
1040	1613	Luis Ferreira	00:29:22	00:55:43	00:55:02	1043	Clube de Ténis da Amadora	Senior	134



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1041	1424	João Caetano	00:30:03	00:55:43	00:54:19	1010		V40	192
1042	680	Elias Cruz	00:29:18	00:55:43	00:54:45	1029		V45	200
1043	558	Fernando Rodrigues	00:28:37	00:55:44	00:55:17	1057		V45	201
1044	1425	Paulo Almeida	00:30:04	00:55:44	00:54:22	1016		V50	102
1045	1308	Jose Santos	00:29:04	00:55:46	00:55:00	1036	GD SANTANDERTOTTA	V45	202
1046	1775	Paulo Pereira	00:28:21	00:55:47	00:55:33	1072		V55	60
1047	1270	Tiago Pinto	00:27:32	00:55:47	00:55:14	1054		Senior	135
1048	1304	Luis Dias	00:28:26	00:55:49	00:55:27	1068	GD SANTANDERTOTTA	V40	193
1049	305	Luís Brazão	00:28:41	00:55:56	00:55:49	1081	Ferraris da Serafina	V70	6
1050	255	Ana	00:28:43	00:55:57	00:55:27	1070	CBAMM - Casa do Benfica de Algueirão Mem Ma	V40	23
1051	1728	Vasco Aleluia	00:29:05	00:55:58	00:55:32	1071		V35	144
1052	1730	Joana Lúcio	00:29:05	00:56:00	00:55:33	1073		V45	30
1053	791	Alexandra Costa	00:28:33	00:56:01	00:55:22	1064	Clube Millennium bcp	V45	31
1054	1625	Tania Vieira	00:28:48	00:56:04	00:55:03	1045		Senior	41
1055	649	José Lindo	00:29:01	00:56:04	00:55:54	1092	CA Vale de Figueira	V70	7
1056	1138	Susana Amorim	00:28:33	00:56:06	00:55:04	1046		Senior	42
1057	658	Fernanda Ribeiro	00:29:22	00:56:07	00:55:05	1047		V50	9
1058	1142	Joao Pacheco	00:26:33	00:56:07	00:55:58	1096	Câmara Municipal da Amadora	V40	194
1059	1713	Antonio Reis	00:29:45	00:56:08	00:55:24	1065		V55	61
1060	623	Maria Magro	00:29:48	00:56:10	00:55:01	1041		V45	32



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1061	614	Marta Rodrigues	00:29:48	00:56:10	00:55:01	1040		Senior	43
1062	1595	João Pereira	00:29:48	00:56:10	00:55:01	1039		V50	103
1063	644	José Finuras	00:29:46	00:56:11	00:55:01	1038		V45	203
1064	1388	Luis Dionisio	00:29:04	00:56:12	00:55:38	1077		V45	204
1065	633	Bruno Neves	00:29:51	00:56:12	00:54:55	1032		V35	145
1066	740	Joaquim Costa	00:29:34	00:56:18	00:56:09	1106		V65	17
1067	98	João Anjos	00:29:08	00:56:19	00:55:51	1086		V45	205
1068	513	Andre Silva	00:28:49	00:56:23	00:55:07	1048	CLUBE DESPORTIVO DO ARNEIRO	Junior	21
1069	56	Luis Silva	00:30:10	00:56:24	00:54:57	1035		V45	206
1070	1484	Ana	00:29:30	00:56:27	00:55:34	1074	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	V45	33
1071	1358	Mário Sobral	00:29:25	00:56:28	00:55:24	1066		V40	195
1072	975	Luís Nabais	00:29:24	00:56:28	00:55:25	1067		V35	146
1073	976	Anabela Ruivo	00:29:25	00:56:29	00:55:27	1069		V45	34
1074	900	Sara Rodrigues	00:29:18	00:56:29	00:56:01	1098		V35	30
1075	405	Adelaide Scalpelli	00:29:03	00:56:30	00:56:26	1128		V50	10
1076	730	José Vitória	00:29:43	00:56:30	00:56:19	1116		Senior	136
1077	582	Jose Machado	00:29:29	00:56:30	00:55:17	1058		V50	104
1078	583	Marta Machado	00:29:29	00:56:30	00:55:17	1056		Senior	44
1079	433	Miguel Castela	00:30:19	00:56:31	00:55:12	1051	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SA	V45	207
1080	102	Gonçalo Jorge	00:28:51	00:56:31	00:55:49	1082		V35	147



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1081	14	Helder Rodrigues	00:28:40	00:56:32	00:56:16	1113		V35	148
1082	640	José Amaro	00:28:32	00:56:33	00:55:49	1083		V40	196
1083	518	Álvaro Furtado	00:31:37	00:56:33	00:55:02	1042	SS CGD	V60	39
1084	248	Alexandre Dâmaso	00:29:46	00:56:34	00:55:19	1059	Sportings de Almeida	V50	105
1085	207	Luis Almeida	00:28:33	00:56:34	00:55:51	1089		V45	208
1086	246	Ana Almeida	00:29:47	00:56:35	00:55:19	1060	Sportings de Almeida	V40	24
1087	753	Iris Petinga	00:30:20	00:56:36	00:56:03	1102	RUN:)	Senior	45
1088	470	Joana Peralta	00:28:52	00:56:38	00:56:27	1130	RunLovers	V40	25
1089	755	Nadine Gandaio	00:30:21	00:56:38	00:56:05	1103	RUN:)	Senior	46
1090	756	Kuniyoshi Ishii	00:30:20	00:56:40	00:56:07	1104	RUN:)	V35	149
1091	1641	Paulo Roxo	00:28:37	00:56:44	00:56:15	1112		V40	197
1092	1428	João Brites	00:29:33	00:56:45	00:55:51	1085		V45	209
1093	196	Filipe Monteiro	00:28:03	00:56:45	00:56:29	1132		Senior	137
1094	1768	Sofia Caetano	00:28:45	00:56:46	00:56:41	1143	A.M.Atibá	V45	35
1095	1526	Joaquim Neiva	00:29:19	00:56:47	00:56:16	1114	Desportivo Operário do Rangel	V75	1
1096	1546	Maria Teixeira	00:29:50	00:56:47	00:55:41	1080	Running Club Santa Casa	Senior	47
1097	103	José Dias	00:28:47	00:56:49	00:56:20	1119	Correr Queluz	V45	210
1098	104	Ana Santos	00:28:40	00:56:49	00:56:26	1129	Correr Queluz	V35	31
1099	779	Edmundo Cardeira	00:29:19	00:56:49	00:56:09	1105	Leões de Barcarena	V70	8
1100	266	Marcos Leonardo	00:28:40	00:56:50	00:56:20	1118	CBAMM - Casa do Benfica de Algueirão Mem Ma	V65	18



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1101	543	Luis Paris	00:30:04	00:56:50	00:55:57	1094	SS CGD	V50	106
1102	519	Antonio Negrinho	00:29:35	00:56:51	00:56:02	1101	SS CGD	V50	107
1103	1239	Filipa Monteiro	00:29:59	00:56:52	00:55:41	1078		V40	26
1104	878	Ricardo Prego	00:29:26	00:56:54	00:55:58	1097		Senior	138
1105	288	Catarina Rolo	00:29:40	00:56:56	00:56:12	1109		Senior	48
1106	339	Cátia Camara	00:29:40	00:56:56	00:56:13	1111		Senior	49
1107	1063	João Pereira	00:30:01	00:56:57	00:56:02	1099	Câmara Municipal da Amadora	V40	198
1108	1643	Emerson Kachiungo	00:30:28	00:56:59	00:55:20	1062		Senior	139
1109	1616	Adérito Gonçalves	00:29:42	00:56:59	00:56:26	1127		V45	211
1110	223	Carlos Fernandes	00:29:17	00:57:00	00:55:36	1075		V45	212
1111	1256	Manuel Araújo	00:29:17	00:57:00	00:55:37	1076	GRD OS FIXES	V55	62
1112	51	Idália Caeiro	00:29:56	00:57:00	00:55:57	1093		V45	36
1113	1352	Claudio Guerreiro	00:31:21	00:57:00	00:56:22	1123	RB RUNNING	Senior	140
1114	1452	Filipe Morais	00:29:13	00:57:02	00:56:02	1100		V40	199
1115	787	Delfina Alexandre	00:29:41	00:57:03	00:56:29	1133	Clube Millennium bcp	V50	11
1116	1019	Rozires Garcia	00:30:32	00:57:03	00:55:52	1090		V35	32
1117	1791	Rafael Neves	00:29:40	00:57:03	00:56:24	1125		V40	200
1118	83	Vasco Paixão	00:29:28	00:57:04	00:56:11	1108		Senior	141
1119	956	Diogo Santos	00:29:55	00:57:04	00:56:38	1140		Senior	142
1120	212	Bruno Paixão	00:29:29	00:57:05	00:56:12	1110		Senior	143



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1121	1147	João Costa	00:30:30	00:57:05	00:55:41	1079	Team Moinhos da Funcheira	V35	150
1122	224	Sofia Antunes	00:29:33	00:57:07	00:56:36	1136	OsAntunes	V35	33
1123	407	Carla Neves	00:28:57	00:57:08	00:56:51	1149		V35	34
1124	1260	Nuno Afonso	00:30:17	00:57:09	00:55:51	1087	Run24Run	V40	201
1125	1262	Marlene Mendes	00:30:17	00:57:10	00:55:51	1088	Run24Run	V40	27
1126	389	António Monteiro	00:29:45	00:57:10	00:56:21	1120	Os Galgos	V70	9
1127	1018	Constancio Almeida	00:30:07	00:57:10	00:55:50	1084	GRUPO DE ATLETAS DE MONSANTO	V55	63
1128	1469	José Aires	00:30:07	00:57:11	00:55:52	1091	CCD Tranquilidade	V60	40
1129	699	Mercedes Fonseca	00:29:41	00:57:12	00:56:40	1142	Federação da Família para a Paz Mundial e Unifi	V60	1
1130	722	João Santos	00:29:21	00:57:13	00:57:05	1153	Veteranos de Massamá	V65	19
1131	199	Nuno Molero	00:29:17	00:57:15	00:56:32	1134		V45	213
1132	661	Vanuza Silva	00:29:06	00:57:16	00:57:02	1152		V40	28
1133	1621	Andreia Castro	00:31:01	00:57:16	00:56:10	1107		Senior	50
1134	801	Pedro Sa	00:29:41	00:57:19	00:56:20	1117	Clube Millennium bcp	V45	214
1135	929	Manel Rego	00:30:02	00:57:22	00:56:35	1135	G. R. D. RIBEIRA da LAGE	V55	64
1136	1806	Carlos Moreira	00:30:20	00:57:31	00:56:43	1145		V65	20
1137	1367	Alexandre Bento	00:30:16	00:57:32	00:56:19	1115	RUN TEJO	V55	65
1138	1310	Carlos Pereira	00:30:05	00:57:33	00:56:46	1148	GD SANTANDERTOTTA	V45	215
1139	1274	Vera Costa	00:29:19	00:57:34	00:57:00	1151		Senior	51
1140	894	Carlos Casal	00:28:42	00:57:36	00:57:10	1156	CARRASCO & AMIGOS	V40	202



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1141	141	André Henriques	00:30:43	00:57:36	00:56:22	1122		Senior	144
1142	238	Joel Ginga	00:30:43	00:57:36	00:56:23	1124	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	V35	151
1143	1682	João Falé	00:29:05	00:57:37	00:57:21	1165		Senior	145
1144	1077	Rafael Almeida	00:29:14	00:57:38	00:57:11	1159		Junior	22
1145	369	Frederico Wiborg	00:31:51	00:57:38	00:56:24	1126	WL84	V45	216
1146	744	Adriana Roque	00:29:32	00:57:39	00:56:28	1131		Senior	52
1147	1056	Favelina Santos	00:30:11	00:57:40	00:56:38	1141		V40	29
1148	1030	Sara Nogueira	00:30:10	00:57:40	00:56:38	1139		V35	35
1149	1432	Abílio Tavares	00:28:55	00:57:42	00:57:33	1168		V60	41
1150	992	Amadeu Pereira	00:28:53	00:57:42	00:57:20	1164		V55	66
1151	1390	Diogo Silva	00:30:50	00:57:44	00:56:21	1121		Senior	146
1152	767	António Lopes	00:31:15	00:57:45	00:56:43	1146		V60	42
1153	766	Rui Lopes	00:31:15	00:57:46	00:56:44	1147		Senior	147
1154	160	João Miguel	00:29:37	00:57:48	00:57:18	1163		V80	3
1155	662	Jorge Bicho	00:31:52	00:57:53	00:56:37	1138		V55	67
1156	1435	Inês Vieira	00:27:14	00:57:55	00:57:51	1192		Junior	3
1157	597	Cátia Pinto	00:31:49	00:57:56	00:56:37	1137		V35	36
1158	26	Paulo Sousa	00:29:24	00:57:57	00:57:35	1172		V40	203
1159	1047	Henrique Ferreira	00:30:08	00:57:59	00:56:41	1144		V35	152
1160	1150	Alexandra Guerreiro	00:29:38	00:58:00	00:57:09	1155	Desportivo de Odivelas	V45	37



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1161	1042	Rita Capucho	00:29:38	00:58:00	00:57:10	1157	Desportivo de Odivelas	V40	30
1162	371	José Saraiva	00:29:13	00:58:12	00:57:10	1158		V55	68
1163	282	Ana Silvério	00:29:39	00:58:13	00:57:55	1197		V40	31
1164	1357	Eugénia Ribeiro	00:29:39	00:58:17	00:57:46	1181		V45	38
1165	1202	Joao Teixeira	00:29:38	00:58:17	00:57:45	1180		V55	69
1166	1140	Pedro Macêdo	00:30:35	00:58:18	00:58:03	1202		V40	204
1167	776	João Pereira	00:29:28	00:58:19	00:57:34	1171		V50	108
1168	119	João Lima	00:31:25	00:58:19	00:56:57	1150	4 ao Km	V55	70
1169	762	António Galheto	00:29:41	00:58:20	00:58:16	1214		V70	10
1170	1757	Nuno Ventura	00:31:03	00:58:21	00:57:13	1161		V45	217
1171	126	Marco Lucas	00:29:14	00:58:23	00:57:43	1179	BREAKAWAY	Senior	148
1172	836	Helder Morais	00:29:30	00:58:26	00:57:49	1190		Senior	149
1173	716	Marco Louro	00:29:31	00:58:26	00:57:47	1183		V35	153
1174	503	Pedro Silva	00:29:48	00:58:28	00:57:52	1196		Senior	150
1175	35	Jose Correia	00:30:40	00:58:29	00:57:24	1166		V55	71
1176	615	Andre Tavares	00:29:05	00:58:31	00:57:56	1199		V35	154
1177	1671	Renato Saragoça	00:31:16	00:58:32	00:55:58	1095		V40	205
1178	978	Pedro Vieira	00:29:36	00:58:32	00:57:52	1194	Clube de Ténis da Amadora	V35	155
1179	1612	Andre Maurice	00:29:37	00:58:32	00:57:52	1193	Clube de Ténis da Amadora	Senior	151
1180	1760	Daniela Brilhante	00:30:58	00:58:35	00:57:09	1154		Senior	53



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1181	1426	Jorge Palma	00:30:27	00:58:36	00:57:14	1162		V40	206
1182	299	Fernando Duarte	00:30:09	00:58:37	00:57:12	1160	CLUBE DESPORTIVO ESTRELA	V55	72
1183	332	Rui Pereira	00:30:40	00:58:37	00:57:46	1182		Senior	152
1184	1517	Bernardo Gradíssimo	00:30:09	00:58:38	00:58:00	1201	Desportivo Operário do Rangel	V60	43
1185	1343	Fernando Tavares	00:30:40	00:58:38	00:57:48	1187		V65	21
1186	412	Luís Costa	00:29:48	00:58:39	00:58:04	1204		Senior	153
1187	1015	Carlos Costa	00:30:20	00:58:40	00:57:26	1167	Trailers	V50	109
1188	1014	Daniel Sol	00:29:44	00:58:42	00:58:10	1207	FIDELIDADE GDC	V40	207
1189	1456	Hugo Dinis	00:29:30	00:58:43	00:57:33	1169		V40	208
1190	1762	Nuno Caridade	00:29:31	00:58:43	00:57:33	1170		V35	156
1191	437	João Rosário	00:29:40	00:58:45	00:57:49	1189		V45	218
1192	1565	Fernando Robles	00:29:19	00:58:49	00:58:23	1222		V45	219
1193	1373	Cláudia Cardoso	00:29:19	00:58:49	00:58:24	1223		V45	39
1194	410	Flávio Lucas	00:28:25	00:58:51	00:58:27	1226		V35	157
1195	1717	Joao Branco	00:31:15	00:58:56	00:57:37	1174		Senior	154
1196	1531	Carla Reizinho	00:31:15	00:58:56	00:57:38	1176		V35	37
1197	399	Germano Bernardo	00:31:22	00:58:56	00:57:47	1185	PRAZER DA CORRIDA	V60	44
1198	963	Vasco Coelho	00:31:18	00:58:57	00:57:47	1184	CARACÓIS DE CORRIDA	V40	209
1199	137	Paula Leitão	00:31:22	00:58:57	00:57:48	1186	CAMARA LISBOA CLUBE	V40	32
1200	1059	José Mota	00:30:28	00:58:58	00:58:22	1220		V55	73



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1201	1164	Rita Oliveira	00:30:36	00:58:59	00:57:38	1175		V35	38
1202	1264	Ana Mendes	00:30:01	00:58:59	00:58:16	1213	G. R. D. RIBEIRA da LAGE	V35	39
1203	964	Catarina Afonso	00:30:01	00:58:59	00:58:46	1236		V35	40
1204	1718	Agostinho Figueiredo	00:29:16	00:58:59	00:58:48	1239		Senior	155
1205	1263	Ventura Saraiva	00:29:59	00:58:59	00:58:16	1212	G. R. D. RIBEIRA da LAGE	V65	22
1206	935	Elisabete	00:30:06	00:58:59	00:57:52	1195	G. R. D. RIBEIRA da LAGE	V40	33
1207	1265	Vanda Badé	00:29:59	00:58:59	00:58:15	1209	G. R. D. RIBEIRA da LAGE	V35	41
1208	1266	Carla Mendes	00:30:02	00:59:00	00:58:15	1210	G. R. D. RIBEIRA da LAGE	V35	42
1209	858	António Mateus	00:31:05	00:59:00	00:58:13	1208	OS ZATOPÉQUES	V75	2
1210	380	Isabel Rodrigues	00:30:50	00:59:00	00:58:25	1224	ADCR Polícia Judiciária	V45	40
1211	1039	Marco Carvalho	00:30:42	00:59:00	00:58:08	1205	gdctincm	V40	210
1212	1629	Pedro Correia	00:31:35	00:59:01	00:57:39	1177		V45	220
1213	1777	Ascen Rodriguez	00:31:35	00:59:01	00:57:40	1178		V50	12
1214	1568	Paulo Brito	00:29:20	00:59:04	00:58:00	1200		V45	221
1215	1795	António Relvas	00:31:07	00:59:04	00:58:23	1221		V60	45
1216	1734	Diogo Matos	00:31:05	00:59:05	00:57:48	1188		V35	158
1217	1275	Luis Oliveira	00:30:50	00:59:06	00:57:35	1173		Senior	156
1218	384	Andre Silva	00:30:27	00:59:07	00:59:03	1244		Junior	23
1219	528	Francisco Clerigo	00:30:25	00:59:08	00:58:04	1203	SS CGD	V65	23
1220	1634	Lucete Rocha	00:30:08	00:59:10	00:57:50	1191		V40	34



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1221	525	Fernando Alves	00:31:20	00:59:13	00:58:09	1206	SS CGD	V55	74
1222	835	Nuno Baptista	00:30:26	00:59:13	00:58:30	1228		V40	211
1223	414	João Santos	00:30:24	00:59:14	00:58:16	1211	Serviços Sociais Montepio	V35	159
1224	832	Jaime Gomes	00:30:24	00:59:14	00:58:18	1218	Serviços Sociais Montepio	V55	75
1225	417	Paulo Pereira	00:30:24	00:59:15	00:58:17	1215	Serviços Sociais Montepio	V45	222
1226	912	Jorge Almeida	00:31:33	00:59:15	00:57:55	1198	CLUBE ATLETISMO AMIGOS DE BELÉM	V65	24
1227	416	Manuel Narciso	00:30:23	00:59:15	00:58:17	1217	Serviços Sociais Montepio	V50	110
1228	737	Aliete Rodrigues	00:29:35	00:59:16	00:59:10	1254		V40	35
1229	303	Virgílio Rodrigues	00:30:39	00:59:22	00:59:05	1249	CLUBE DESPORTIVO ESTRELA	V70	11
1230	588	Eunice Lourenço	00:30:10	00:59:22	00:58:45	1234		V40	36
1231	1742	Luís Gomes	00:31:05	00:59:22	00:58:43	1232		Senior	157
1232	1434	José Proença	00:30:10	00:59:24	00:58:48	1240		V55	76
1233	968	Paulo Tomé	00:31:30	00:59:29	00:58:26	1225		Senior	158
1234	1687	Pedro Duarte	00:30:04	00:59:30	00:58:19	1219		V35	160
1235	1499	Jose Rodrigues	00:31:01	00:59:32	00:58:47	1238		V60	46
1236	1492	Camila	00:32:25	00:59:33	00:58:17	1216	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	Senior	54
1237	390	Nuno Azul	00:30:46	00:59:36	00:58:46	1235	Os Galgos	V40	212
1238	877	Sónia Pinto	00:31:01	00:59:37	00:58:29	1227		V45	41
1239	1035	Vitor Garcia	00:29:18	00:59:38	00:59:27	1261	Câmara Municipal da Amadora	V40	213
1240	398	Paulo Fernandes	00:30:21	00:59:39	00:59:03	1245	CCDTMetroLX	V45	223



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1241	1398	Nuno Rodrigues	00:30:29	00:59:45	00:59:14	1256		Senior	159
1242	820	Filipa Vilar	00:30:57	00:59:47	00:58:47	1237	Clube Millennium bcp	Senior	55
1243	1073	Emilia Borges	00:30:48	00:59:47	00:59:10	1255	CCD Sintrense	V55	3
1244	172	Tiago Caldeira	00:30:40	00:59:48	00:59:27	1260	CDCCR dos CTT	V35	161
1245	1322	António Santos	00:31:50	00:59:51	00:58:44	1233	G. R. D. RIBEIRA da LAGE	V70	12
1246	120	Vítor Gonçalves	00:31:59	00:59:53	00:58:31	1229	4 ao Km	V45	224
1247	118	Isadora Costa	00:31:59	00:59:54	00:58:32	1230	4 ao Km	Senior	56
1248	468	Maria Leitão	00:31:36	00:59:56	00:59:45	1268	RunLovers	V45	42
1249	174	Pedro Galguinho	00:30:44	00:59:59	00:59:50	1272	CDCCR dos CTT	V45	225
1250	80	Daniel Ramos	00:30:45	01:00:01	00:58:35	1231	Jobrinde - Montes Saloios	V40	214
1251	794	Maria Nobre	00:31:45	01:00:02	00:58:56	1242	Clube Millennium bcp	V50	13
1252	822	Eduardo Ferreira	00:31:45	01:00:03	00:58:56	1241	Clube Millennium bcp	V40	215
1253	441	Paulo Gordo	00:30:35	01:00:07	00:59:36	1264		V50	111
1254	677	Ana Reis	00:30:35	01:00:07	00:59:37	1265		V40	37
1255	1455	Pedro Pôncio	00:31:38	01:00:08	00:59:04	1246		V35	162
1256	1253	Fernando Oliveira	00:31:10	01:00:09	00:59:09	1253		Senior	160
1257	444	Marisa Rianço	00:31:16	01:00:10	00:59:00	1243		V35	43
1258	47	Joaquim Leal	00:29:34	01:00:15	00:59:14	1257	Clube do Stress	V55	77
1259	1370	Ana Marques	00:30:48	01:00:15	00:59:43	1266	RUN TEJO	V55	4
1260	1778	Eamonn Kelly	00:32:00	01:00:18	00:59:05	1248		V50	112



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1261	1399	José Tomé	00:31:16	01:00:19	00:59:08	1251		V40	216
1262	578	Hugo Dionisio	00:30:22	01:00:19	00:59:06	1250		V40	217
1263	1414	Sandymary Cross	00:31:41	01:00:20	00:59:08	1252	G. R. D. RIBEIRA da LAGE	V40	38
1264	1131	Ana Martins	00:31:33	01:00:25	01:00:00	1278		V50	14
1265	1459	Paulo Gama	00:29:48	01:00:26	00:59:47	1271		V35	163
1266	940	Marcos Serrano	00:32:03	01:00:26	00:59:05	1247		V35	164
1267	1003	Goreti Cabeleira	00:31:09	01:00:36	00:59:27	1263	CARACÓIS DE CORRIDA	V50	15
1268	1089	Guilherme Gonçalves	00:31:16	01:00:36	01:00:04	1280	Correr Queluz	Junior	24
1269	1353	Tiago Guerreiro	00:31:20	01:00:37	00:59:59	1277	RB RUNNING	V40	218
1270	130	Luiz Rosa	00:32:03	01:00:38	00:59:18	1258	CLUBE ATLETISMO AMIGOS DE BELÉM	V65	25
1271	862	Maria Fatuda	00:31:00	01:00:38	01:00:25	1300	CARRASCO & AMIGOS	V60	2
1272	129	Gilberto Gonçalves	00:32:03	01:00:39	00:59:19	1259	CLUBE ATLETISMO AMIGOS DE BELÉM	V70	13
1273	570	Beatriz Figueiredo	00:31:16	01:00:40	00:59:45	1267	FIDELIDADE GDC	V40	39
1274	1692	Helena Costa	00:31:14	01:00:44	00:59:47	1269		V55	5
1275	1156	Ana Lopes	00:31:20	01:00:47	01:00:40	1308		V40	40
1276	937	Herminio Cabceira	00:30:22	01:00:48	01:00:21	1294	G. R. D. RIBEIRA da LAGE	V55	78
1277	176	João Cravo	00:32:09	01:00:49	00:59:27	1262	4 ao Km	Senior	161
1278	236	Joaquim Real	00:30:35	01:00:49	01:00:11	1284		V50	113
1279	574	Paulo Carvalho	00:30:57	01:00:53	01:00:17	1290	FIDELIDADE GDC	V45	226
1280	1387	Pedro Silveira	00:31:34	01:00:55	01:00:32	1305		V45	227



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1281	343	António Certã	00:30:44	01:00:56	01:00:24	1297		V50	114
1282	1574	Francisco Heitor	00:30:44	01:00:56	01:00:24	1298		V40	219
1283	581	Ricardo Dias	00:30:51	01:00:56	01:00:22	1296		Senior	162
1284	738	Susana Ribeiro	00:32:11	01:00:57	01:00:04	1281		V35	44
1285	564	Joaquim Santana	00:30:39	01:00:57	01:00:25	1299	Os Kotas	V35	165
1286	1533	Joana Rodrigues	00:31:08	01:00:58	01:00:21	1295		Senior	57
1287	947	Fernanda Afonso	00:32:00	01:00:58	01:00:15	1288		V50	16
1288	319	Carolina Manuel	00:31:42	01:00:59	01:00:00	1279	O MUNDO DA CORRIDA	V40	41
1289	814	Carlos Conceicao	00:31:39	01:01:00	01:00:20	1293	Clube Millennium bcp	V55	79
1290	1732	Fernando Matine	00:29:46	01:01:03	01:00:17	1291		V40	220
1291	1174	Marta Sá	00:32:28	01:01:09	00:59:47	1270	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	V35	45
1292	1075	Lara Gama	00:31:28	01:01:14	00:59:51	1273	Dueto Dinâmico	V40	42
1293	1074	Miriam Ferreira	00:31:28	01:01:15	00:59:51	1275	Dueto Dinâmico	V35	46
1294	1501	André Beja	00:31:36	01:01:17	01:00:10	1283		V40	221
1295	1801	Enrico Vianini	00:31:37	01:01:17	01:00:09	1282	Usc Mira-Sintra	V35	166
1296	1605	Bruno Matias	00:31:27	01:01:19	00:59:53	1276		V35	167
1297	1632	Pedro Almeida	00:31:35	01:01:20	01:00:16	1289		V60	47
1298	747	Sandra Silva	00:31:56	01:01:21	01:00:20	1292		V40	43
1299	1673	Edite Sa	00:31:20	01:01:22	01:00:35	1306		V50	17
1300	148	Rafael Santos	00:31:20	01:01:23	01:00:35	1307	CCDTMetroLX	V50	115



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1301	1379	Sérgio Crispim	00:31:32	01:01:23	01:01:00	1315		V50	116
1302	1319	Arden Raaij	00:31:01	01:01:24	01:00:56	1313	EAE Lazy Runners	Senior	163
1303	915	Carlos Crespo	00:32:48	01:01:25	00:59:51	1274	GRD OS FIXES	V55	80
1304	411	Luis Calheiros	00:32:06	01:01:26	01:00:12	1285	O MUNDO DA CORRIDA	V40	222
1305	394	Sandra Senas	00:32:08	01:01:26	01:00:12	1286		V40	44
1306	1201	Sandra Gonçalves	00:32:21	01:01:28	01:01:07	1320		Senior	58
1307	520	Antonio Taborda	00:30:19	01:01:33	01:00:31	1303	SS CGD	V65	26
1308	1271	Teresa Biscaia	00:30:17	01:01:34	01:01:01	1316		Senior	59
1309	611	Ana Neto	00:31:16	01:01:36	01:01:24	1330	Linda-a-Pastora Sporting Clube	V40	45
1310	1218	Rui Vaz	00:32:16	01:01:37	01:00:13	1287		V40	223
1311	1530	Ricardo Caldas	00:29:31	01:01:42	01:00:32	1304		V40	224
1312	1478	Maria Trindade	00:31:21	01:01:45	01:00:54	1312		Senior	60
1313	1315	Mario Sousa	00:31:14	01:01:46	01:00:26	1301	GRD OS FIXES	V60	48
1314	773	Paulo Roberto	00:31:23	01:01:46	01:00:31	1302		V45	228
1315	302	Armando Tavares	00:30:54	01:01:47	01:01:21	1326	CLUBE DESPORTIVO ESTRELA	V70	14
1316	866	Dina Venancio	00:31:49	01:01:50	01:01:03	1317	Monsanto Running Team	V40	46
1317	854	Laurinda Castro	00:31:56	01:01:52	01:01:46	1340		V55	6
1318	524	Esmeraldo Pereira	00:32:35	01:01:56	01:01:21	1327	SS CGD	V40	225
1319	21	Ana Châtillon	00:31:40	01:01:57	01:01:43	1336		Senior	61
1320	272	Fernando Ferreira	00:32:24	01:01:57	01:01:26	1331	CBAMM - Casa do Benfica de Algueirão Mem Ma	V80	4



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1321	1554	Daniel Chagas	00:32:49	01:01:58	01:00:48	1311		V35	168
1322	1737	Rúben Almeida	00:34:57	01:01:59	01:01:49	1341		Senior	164
1323	1302	Ricardo Neves	00:30:30	01:02:02	01:01:40	1333	GD SANTANDERTOTTA	V40	226
1324	827	Rui Monteiro	00:32:11	01:02:04	01:01:03	1318	CSB_RF	Senior	165
1325	789	Catarina Altas	00:31:58	01:02:04	01:01:29	1332	Clube Millennium bcp	V45	43
1326	42	Joao Campos	00:32:48	01:02:07	01:00:40	1309		V45	229
1327	1721	Pedro Bação	00:31:46	01:02:08	01:00:42	1310		V35	169
1328	1162	Ewa Zajkowska	00:32:07	01:02:09	01:01:11	1322		V35	47
1329	1180	Filipa Mata	00:32:22	01:02:11	01:01:17	1325	Clube ANA Lisboa	Senior	62
1330	656	Ana Dias	00:32:20	01:02:11	01:00:59	1314		V45	44
1331	1181	Paulo Machado	00:32:22	01:02:11	01:01:17	1324	Clube ANA Lisboa	V45	230
1332	1460	Sandra Rodrigues	00:32:45	01:02:12	01:01:23	1329		V35	48
1333	1539	Nuno Figueiredo	00:32:12	01:02:16	01:01:08	1321	CBAMM - Casa do Benfica de Algueirão Mem Ma	V40	227
1334	260	Jorge Jesus	00:32:12	01:02:16	01:01:07	1319	CBAMM - Casa do Benfica de Algueirão Mem Ma	V65	27
1335	959	Rui Cabral	00:31:09	01:02:18	01:02:05	1354		V60	49
1336	1532	Gonçalo Rodrigues	00:32:02	01:02:18	01:01:42	1334		Senior	166
1337	1283	Cristina Oliveira	00:31:44	01:02:22	01:02:04	1352		V50	18
1338	1754	Francisco Reis	00:30:56	01:02:22	01:02:04	1353	G. R. D. RIBEIRA da LAGE	V60	50
1339	1482	Mário Luís	00:31:45	01:02:34	01:02:05	1355	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	V50	117
1340	691	Carlos Correia	00:33:02	01:02:34	01:01:42	1335		V60	51



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1341	353	Filipe Reis	00:31:03	01:02:35	01:02:02	1348	Clube do Stress	V45	231
1342	1007	Jorge Marques	00:32:32	01:02:36	01:01:12	1323		V65	28
1343	1010	Márcio Ribeiro	00:32:48	01:02:41	01:01:45	1339		Senior	167
1344	293	Beatriz Franco	00:32:30	01:02:43	01:02:06	1356	CLUBE DESPORTIVO ESTRELA	Junior	4
1345	1483	Jorge	00:34:00	01:02:46	01:01:52	1342	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	V45	232
1346	1583	João Garcia	00:34:00	01:02:48	01:01:54	1345		V40	228
1347	954	Nuno Simões	00:32:49	01:02:51	01:01:23	1328		V40	229
1348	292	Natividade Cardoso	00:31:47	01:02:51	01:02:38	1363	CLUBE DESPORTIVO ESTRELA	V65	1
1349	404	Miguel Sanches	00:32:27	01:03:00	01:01:43	1337		V60	52
1350	403	Miguel Leal	00:32:29	01:03:00	01:01:44	1338		V60	53
1351	1724	Maria Sanches	00:32:57	01:03:01	01:02:01	1347	Academia Fitness Militar	V45	45
1352	1071	Vitor Rodrigues	00:33:54	01:03:04	01:02:02	1349	Linda-a-Pastora Sporting Clube	V65	29
1353	1567	Natália Fernandes	00:31:29	01:03:04	01:02:58	1374		V55	7
1354	1686	Manuel Fonseca	00:31:36	01:03:04	01:01:57	1346		V55	81
1355	587	Laurindo Oliveira	00:33:49	01:03:05	01:01:53	1343		V50	118
1356	586	Filomena Barrancos	00:33:49	01:03:05	01:01:53	1344		V45	46
1357	990	Suzana Silveiro	00:32:42	01:03:23	01:03:02	1375		V45	47
1358	721	Manuel Azevedo	00:32:43	01:03:27	01:03:08	1379	Veteranos de Massamá	V60	54
1359	1573	Madalena Fontinhas	00:34:01	01:03:37	01:02:03	1350		V35	49
1360	1017	Pedro Monteiro	00:32:27	01:03:38	01:02:22	1358	Trailers	V55	82



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1361	1572	Hugo Gomes	00:34:02	01:03:38	01:02:04	1351		Senior	168
1362	275	Monica Freire	00:32:31	01:03:38	01:03:09	1381	CBAMM - Casa do Benfica de Algueirão Mem Ma	V45	48
1363	1586	Daniel Falcão	00:34:03	01:03:39	01:02:06	1357		V35	170
1364	1642	Lara Ferreira	00:33:22	01:03:43	01:02:37	1362		Senior	63
1365	1689	Pedro Moura	00:32:46	01:03:44	01:02:34	1360		V40	230
1366	1780	Aline Correia	00:33:19	01:03:46	01:02:53	1369		Senior	64
1367	222	João Nunes	00:33:24	01:03:46	01:02:52	1367		V55	83
1368	647	José Reis	00:33:17	01:03:47	01:02:54	1372		V45	233
1369	420	José Canela	00:33:18	01:03:47	01:02:54	1370		V40	231
1370	1652	Joaquim Santos	00:33:19	01:03:47	01:03:37	1392		V50	119
1371	733	Carolina Pecegueiro	00:33:21	01:03:47	01:02:53	1368		V35	50
1372	1735	Priscila Gonçalves	00:33:17	01:03:47	01:02:55	1373		V35	51
1373	40	Pedro Leiria	00:33:20	01:03:48	01:02:54	1371		V45	234
1374	603	Carlos Gonçalves	00:28:08	01:03:49	01:03:08	1378	SERUL - Os Unidos de Leceia	V45	235
1375	601	Nuno Duarte	00:28:10	01:03:51	01:03:09	1380	SERUL - Os Unidos de Leceia	V45	236
1376	1691	António Bila	00:34:33	01:03:52	01:02:47	1365		V60	55
1377	742	Silvia Bochinha	00:32:45	01:03:54	01:03:12	1383		V40	47
1378	1050	Hilário Dias	00:33:05	01:03:55	01:02:23	1359		V55	84
1379	626	Pedro Cardoso	00:32:56	01:03:55	01:03:10	1382		V40	232
1380	121	Luís Afonso	00:33:25	01:03:55	01:03:36	1391		V45	237



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1381	373	Inês Gilbert	00:33:25	01:03:55	01:03:37	1393		V35	52
1382	946	Pedro Soares	00:33:31	01:03:56	01:03:12	1384		V45	238
1383	989	Paulo Silva	00:34:22	01:04:11	01:02:43	1364		V40	233
1384	1341	Ricardo Almeida	00:32:14	01:04:17	01:02:51	1366		V40	234
1385	1557	Luis Miguel	00:33:56	01:04:17	01:03:05	1377		V40	235
1386	1386	Kele Veras	00:33:03	01:04:21	01:04:07	1402		V35	53
1387	1509	Bruno Graca	00:33:21	01:04:24	01:03:36	1390		V40	236
1388	1229	Carlos Martins	00:33:58	01:04:28	01:03:04	1376		V50	120
1389	654	Manuel Oliveira	00:33:34	01:04:31	01:04:10	1404		V75	3
1390	375	Fernanda Brum	00:33:23	01:04:35	01:03:22	1385		V40	48
1391	376	Eduardo Mune	00:33:23	01:04:35	01:03:23	1386		V45	239
1392	1638	Manuel Magalhães	00:32:37	01:04:39	01:03:24	1387		V50	121
1393	934	Ana Candeias	00:32:48	01:04:43	01:03:36	1389	G. R. D. RIBEIRA da LAGE	V40	49
1394	933	Patricia Almeida	00:32:47	01:04:43	01:03:37	1394	G. R. D. RIBEIRA da LAGE	V40	50
1395	418	João Borges	00:33:21	01:04:44	01:04:02	1400		V50	122
1396	663	Eliana Pegoretti	00:33:58	01:04:49	01:03:36	1388		V45	49
1397	904	Dina Nunes	00:32:53	01:04:51	01:04:31	1410		V40	51
1398	1639	Rita Pacheco	00:32:53	01:04:52	01:04:32	1411		Senior	65
1399	1282	Pedro Ascensão	00:34:12	01:04:57	01:03:43	1396		V45	240
1400	515	Joao Barreto	00:34:45	01:04:57	01:03:42	1395	CLUBE DESPORTIVO DO ARNEIRO	Senior	169



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1401	1130	Sonia Sousa	00:32:42	01:05:00	01:04:30	1409		V40	52
1402	1729	Luís Andrade	00:33:19	01:05:01	01:04:38	1412		V50	123
1403	803	Vasco Ourelo	00:32:20	01:05:07	01:04:52	1415	Clube Millennium bcp	V40	237
1404	816	Jose Rebelo	00:33:20	01:05:07	01:04:06	1401	Clube Millennium bcp	V50	124
1405	966	Ivo Matine	00:32:20	01:05:10	01:04:26	1408		V40	238
1406	1066	André Trindade	00:34:11	01:05:12	01:04:09	1403		Senior	170
1407	852	António Henriques	00:33:56	01:05:12	01:03:43	1397		V55	85
1408	112	Ângelo Sousa	00:34:27	01:05:15	01:04:00	1399		V40	239
1409	113	Ana Sousa	00:34:27	01:05:16	01:04:00	1398		Senior	66
1410	388	Susana Mendes	00:33:16	01:05:17	01:04:54	1416	CCDTMetroLX	V45	50
1411	1230	Miguel Guerra	00:34:27	01:05:28	01:04:20	1405		V40	240
1412	203	Ana Pereira	00:34:04	01:05:30	01:04:22	1407	Os Galgos	V40	53
1413	771	Baltazar Lopes	00:33:28	01:05:34	01:05:24	1424		V55	86
1414	772	Sonia Alves	00:33:29	01:05:34	01:05:24	1423		V35	54
1415	270	Joaquim Hermenegildo	00:33:46	01:05:39	01:05:30	1428	CBAMM - Casa do Benfica de Algueirão Mem Ma	V55	87
1416	544	Manuel Baptista	00:34:56	01:05:42	01:04:21	1406	SS CGD	V50	125
1417	679	Patricia Xavier	00:33:32	01:05:44	01:05:13	1418		V40	54
1418	1458	Catia Mariano	00:33:11	01:05:45	01:05:24	1422		V35	55
1419	154	Luísa Santos	00:34:05	01:05:45	01:04:43	1414		V50	19
1420	124	Vítor Lucas	00:34:01	01:05:51	01:05:08	1417	BREAKAWAY	V55	88



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1421	1790	Tiago Carvalho	00:35:51	01:05:56	01:04:41	1413		V45	241
1422	792	Maria Folques	00:34:01	01:06:02	01:05:21	1421	Clube Millennium bcp	V45	51
1423	599	Marta Ferreira	00:36:59	01:06:09	01:05:59	1443		Senior	67
1424	144	Vânia Pretti	00:35:09	01:06:14	01:05:29	1425		V35	56
1425	143	David Assunção	00:35:09	01:06:14	01:05:29	1426		V40	241
1426	326	Raquel Moleiro	00:34:48	01:06:23	01:05:21	1420	brunosempre	V40	55
1427	372	Irene Inácio	00:34:49	01:06:23	01:05:21	1419		V45	52
1428	864	Maria Rodrigues	00:34:21	01:06:26	01:05:39	1429	Monsanto Running Team	Senior	68
1429	125	Olivia Lucas	00:35:15	01:06:26	01:05:44	1432	BREAKAWAY	V50	20
1430	1243	Luis Pires	00:33:49	01:06:26	01:06:19	1462		V65	30
1431	1139	Rui Dias	00:33:53	01:06:33	01:05:44	1430		V35	171
1432	1020	Francisco Ramos	00:33:53	01:06:34	01:05:44	1431		V35	172
1433	1129	Joao Farinha	00:33:53	01:06:35	01:05:47	1435		V45	242
1434	1300	Eduardo Quaresma	00:27:15	01:06:37	01:06:27	1467	GD SANTANDERTOTTA	V35	173
1435	1033	Sofia Forte	00:35:41	01:06:39	01:05:30	1427		V45	53
1436	1738	Miguel Cabrita	00:33:29	01:06:44	01:06:29	1468		V40	242
1437	584	Cristina Reis	00:33:43	01:06:46	01:06:11	1458		V45	54
1438	592	Ana Roberto	00:33:39	01:06:46	01:06:11	1456		V35	57
1439	1175	Deolinda Santos	00:34:44	01:06:53	01:05:53	1441	Clube ANA Lisboa	V45	55
1440	1608	Élia Granja	00:33:50	01:06:54	01:06:04	1446		V45	56



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1441	1609	Inácio Serralheiro	00:33:51	01:06:54	01:06:04	1445		V60	56
1442	650	António Pinho	00:33:38	01:06:55	01:06:17	1460		V65	31
1443	158	Henrique Vilhena	00:34:54	01:06:56	01:05:55	1442		V60	57
1444	688	Sérgio Gonaçalves	00:34:24	01:06:58	01:06:36	1470		V35	174
1445	505	Claudia Gil	00:34:20	01:07:00	01:06:54	1475		V35	58
1446	477	Luis Gil	00:34:21	01:07:00	01:06:54	1476		V40	243
1447	944	Gonçalo Delca	00:34:55	01:07:00	01:06:01	1444		V40	244
1448	1739	Sara Valadares	00:35:06	01:07:00	01:05:47	1434		V45	57
1449	1148	Gonçalo Peres	00:35:07	01:07:01	01:05:49	1438	Team Moinhos da Funcheira	V35	175
1450	1740	João Fonseca	00:35:06	01:07:01	01:05:48	1436		V45	243
1451	709	Cristina Guerra	00:35:15	01:07:01	01:05:46	1433		Senior	69
1452	514	Rita Maio	00:34:09	01:07:04	01:05:50	1440	CLUBE DESPORTIVO DO ARNEIRO	Junior	5
1453	511	Daniela Maia	00:34:08	01:07:04	01:05:50	1439	CLUBE DESPORTIVO DO ARNEIRO	V35	59
1454	585	Celia Azenha	00:34:53	01:07:05	01:07:00	1481		V50	21
1455	780	José Lamego	00:35:13	01:07:06	01:05:49	1437	Leões de Barcarena	V65	32
1456	146	Orlando Sousa	00:34:47	01:07:06	01:06:04	1447	CCDTMetroLX	V55	89
1457	431	Cecília Nicolau	00:34:53	01:07:06	01:06:55	1477	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SA	V50	22
1458	1544	João Carvalho	00:34:20	01:07:14	01:06:08	1449	Running Club Santa Casa	Senior	171
1459	927	Carlos Marques	00:34:41	01:07:16	01:06:05	1448	Linda-a-Pastora Sporting Clube	V80	5
1460	704	Sónia Correia	00:35:12	01:07:18	01:06:39	1472	gdctincm	V40	56



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1461	242	António Guedes	00:34:17	01:07:21	01:06:09	1453	Lisbon Moonlight Runners	V45	244
1462	1467	Cláudia Tam	00:34:11	01:07:21	01:06:09	1452	CCD Tranquilidade	V35	60
1463	1464	Ana Canaveira	00:34:14	01:07:22	01:06:10	1455	CCD Tranquilidade	V50	23
1464	1465	António Jorge	00:34:17	01:07:22	01:06:08	1450	CCD Tranquilidade	V60	58
1465	1471	Tam Afonso	00:34:11	01:07:22	01:06:10	1454	CCD Tranquilidade	V65	33
1466	1468	Helena Santos	00:34:11	01:07:23	01:06:09	1451	CCD Tranquilidade	V55	8
1467	726	Paula Alexandra	00:34:07	01:07:28	01:06:42	1473	cabrizrun	V45	58
1468	97	Cátia Rocha	00:35:29	01:07:28	01:06:11	1457		Senior	70
1469	456	Inês Monteiro	00:34:07	01:07:29	01:06:25	1466	kaninos	Senior	71
1470	1384	Christy Bratz	00:35:15	01:07:31	01:06:19	1461		V40	57
1471	1267	Susana Figueiredo	00:34:16	01:07:33	01:06:47	1474	G. R. D. RIBEIRA da LAGE	V35	61
1472	155	Sofia Carvalho	00:34:22	01:07:37	01:06:15	1459		V45	59
1473	1004	António Coelho	00:35:49	01:07:43	01:06:34	1469	CARACÓIS DE CORRIDA	V45	245
1474	1750	Celestino Cunha	00:34:24	01:07:49	01:07:02	1482		V45	246
1475	76	Pedro Vasconcelos	00:34:00	01:07:51	01:06:21	1463	Impalas do Sarzedo	V35	176
1476	74	Ricardo Mota	00:33:59	01:07:51	01:06:22	1464	Impalas do Sarzedo	V35	177
1477	75	Filipe Vasconcelos	00:33:59	01:07:52	01:06:22	1465	Impalas do Sarzedo	V35	178
1478	233	Marco Cachinho	00:35:07	01:07:57	01:06:57	1478	kaninos	V35	179
1479	234	João Cachinho	00:35:07	01:07:57	01:06:57	1479	kaninos	V65	34
1480	1559	Cecilia Ribeiro	00:34:21	01:07:59	01:07:53	1496		V45	60



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1481	1011	João Melo	00:34:54	01:08:00	01:06:38	1471		V35	180
1482	357	Olga Galvão	00:35:04	01:08:06	01:07:16	1484	SIMECQ	V55	9
1483	1127	Nuno Marques	00:34:39	01:08:06	01:07:07	1483		V40	245
1484	163	Celeste Almeida	00:35:04	01:08:06	01:07:17	1486	SIMECQ	V45	61
1485	349	Susana Mendes	00:34:34	01:08:07	01:07:18	1487	SIMECQ	V35	62
1486	356	Nuno Galvão	00:34:33	01:08:07	01:07:17	1485	SIMECQ	V55	90
1487	670	Ricardo Nobre	00:35:02	01:08:07	01:07:19	1488	SIMECQ	V35	181
1488	1429	Joaquim Cardoso	00:34:57	01:08:09	01:06:58	1480	Benfica em Forma	V45	247
1489	1323	Luis Quental	00:35:03	01:08:22	01:07:39	1492	SS CGD	V50	126
1490	735	Teresa Teixeira	00:34:11	01:08:28	01:07:51	1495		V50	24
1491	179	Henriqueta Solipa	00:34:48	01:08:28	01:07:33	1491		V55	10
1492	209	Jorge Baptista	00:35:28	01:08:41	01:07:23	1489		V60	59
1493	594	Mauro Matine	00:34:37	01:08:47	01:08:02	1499		Senior	172
1494	1171	Carla Atilho	00:35:46	01:08:54	01:07:31	1490	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	V45	62
1495	1046	José Ricardo	00:37:13	01:08:54	01:07:41	1493	N.A.Z.A - Nucleo Atletismo Zona Abóboda	V65	35
1496	562	Un Rita	00:35:53	01:09:14	01:07:47	1494		V40	58
1497	1685	Pedro Manso	00:36:04	01:09:16	01:08:00	1497		V40	246
1498	622	Raquel Roque	00:36:04	01:09:16	01:08:00	1498	Falcões Selvagens	V40	59
1499	1364	Mafalda Morais	00:35:38	01:09:18	01:08:50	1501		V35	63
1500	1280	André Gonçalves	00:35:21	01:09:25	01:08:13	1500		Senior	173



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1501	1396	Paula Carrelo	00:35:41	01:09:52	01:09:36	1504		V45	63
1502	1395	Miguel Azevedo	00:35:41	01:09:53	01:09:36	1505		V45	248
1503	1505	Catarina Duarte	00:36:16	01:10:09	01:09:27	1503		V45	64
1504	1380	Manuel Prates	00:36:22	01:10:23	01:10:16	1513		V45	249
1505	439	Rute Agostinho	00:36:28	01:10:30	01:09:10	1502		V35	64
1506	535	Rita Antunes	00:36:23	01:10:32	01:09:41	1506	SS CGD	V40	60
1507	1597	Manuel Veiga	00:35:16	01:10:34	01:10:21	1516		V65	36
1508	958	João Saraiva	00:35:46	01:10:38	01:10:03	1509		V45	250
1509	1569	Arminda Basilio	00:35:48	01:10:38	01:10:04	1510		V40	61
1510	1366	Cláudia Borralho	00:26:31	01:10:51	01:10:22	1517	RUN TEJO	V45	65
1511	569	Hugo Duarte	00:34:54	01:10:59	01:10:26	1519	FIDELIDADE GDC	V35	182
1512	628	Tânia Rodrigues	00:36:22	01:11:07	01:10:38	1520		Senior	72
1513	1173	Mário Atilho	00:37:05	01:11:09	01:09:48	1508	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	V45	251
1514	1172	Sofia Barros	00:37:05	01:11:10	01:09:48	1507	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	V40	62
1515	880	Joana Ferreira	00:36:32	01:11:10	01:10:08	1512		Senior	73
1516	1002	Helena Ferreira	00:37:10	01:11:14	01:10:07	1511	CARACÓIS DE CORRIDA	V45	66
1517	167	José Alves	00:36:08	01:11:23	01:10:59	1521	CCDTMetroLX	V45	252
1518	1009	Elisete Manuel	00:36:37	01:11:31	01:10:22	1518		V40	63
1519	1543	Joana Chouriço	00:35:24	01:11:33	01:11:20	1527	Running Club Santa Casa	V55	11
1520	156	Ana Seabra	00:37:22	01:11:47	01:10:20	1514		V50	25



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1521	1684	Pedro Silva	00:37:21	01:11:47	01:10:20	1515		V50	127
1522	1571	Filomena Correia	00:35:53	01:11:51	01:11:45	1531		V60	3
1523	612	Alexandra Vivas	00:37:06	01:11:55	01:11:02	1522		V35	65
1524	613	Mário Miranda	00:37:07	01:11:56	01:11:02	1523		V40	247
1525	977	Elina Krastina	00:35:40	01:11:59	01:11:26	1528		Senior	74
1526	24	Carlos Bandejas	00:36:32	01:12:06	01:11:04	1524	JG Seguros/Vila Fria	V55	91
1527	291	Helena Duarte	00:36:25	01:12:12	01:11:36	1530	CLUBE DESPORTIVO ESTRELA	V50	26
1528	122	Fátima Flora	00:35:42	01:12:15	01:11:30	1529		V50	27
1529	342	Bruno Anunciação	00:34:06	01:12:23	01:12:02	1532		Senior	174
1530	435	Luís Antunes	00:36:55	01:12:32	01:11:09	1525		V55	92
1531	445	Nuno Antunes	00:36:55	01:12:32	01:11:10	1526		Senior	175
1532	1779	Esther Tamargo	00:37:14	01:13:13	01:12:03	1533		V50	28
1533	345	Sergio Sa	00:37:33	01:13:19	01:12:08	1534		V50	128
1534	619	Ana Serra	00:37:40	01:13:34	01:12:45	1535		V40	64
1535	625	Ernesto Louro	00:34:44	01:13:51	01:13:15	1537		V40	248
1536	1731	Marisa Carpinteiro	00:36:31	01:14:23	01:13:37	1540		V35	66
1537	549	Paulo Bailão	00:37:35	01:14:36	01:13:32	1538	SS CGD	V45	253
1538	539	Catarina Bailão	00:37:34	01:14:37	01:13:34	1539	SS CGD	Junior	6
1539	425	Filipe Silva	00:37:36	01:14:46	01:13:13	1536		V65	37
1540	322	Carina Silva	00:37:36	01:14:47	01:13:56	1542		V35	67



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1541	331	Vitorino Carvalho	00:37:35	01:14:48	01:13:57	1543		V45	254
1542	839	André Santos	00:38:56	01:14:58	01:13:38	1541		Senior	176
1543	715	Cátia Louro	00:37:01	01:15:08	01:15:02	1553		Senior	75
1544	819	Fernando Ferreira	00:39:11	01:15:12	01:14:34	1548	Clube Millennium bcp	V70	15
1545	1216	Jose Monteiro	00:37:33	01:15:16	01:14:07	1547		V60	60
1546	840	Rita Lopes	00:38:38	01:15:19	01:14:01	1544		Senior	76
1547	846	Carla Pereira	00:39:11	01:15:21	01:14:03	1546		V35	68
1548	678	Sandra Filipe	00:38:12	01:15:22	01:14:56	1549		V40	65
1549	961	Bento Galamba	00:38:40	01:15:28	01:14:01	1545	Sporting Clube da Reboleira e Damaia	V50	129
1550	1330	Joaquim Caeiro	00:38:16	01:15:43	01:14:57	1550	AlenMinho	V45	255
1551	1331	Cândida Caeiro	00:38:17	01:15:43	01:14:57	1551	AlenMinho	V50	29
1552	1719	Carolina Vieira	00:38:40	01:15:52	01:15:46	1556		V35	69
1553	980	Mariana Coelho	00:38:40	01:16:00	01:15:16	1554	Clube de Ténis da Amadora	Senior	77
1554	1720	Miguel Castro	00:38:39	01:16:10	01:16:05	1557		V45	256
1555	1537	Sandra Lopes	00:39:20	01:16:22	01:15:00	1552		V40	66
1556	271	Rui Castilho	00:38:43	01:16:47	01:16:42	1559	CBAMM - Casa do Benfica de Algueirão Mem Ma	Senior	177
1557	512	Francelina Silva	00:39:15	01:16:56	01:15:41	1555	CLUBE DESPORTIVO DO ARNEIRO	V50	30
1558	23	Joao Gomes	00:37:58	01:17:48	01:16:46	1560	JG Seguros/Vila Fria	V65	38
1559	1400	Marta Sousa	00:37:38	01:17:49	01:16:20	1558		V40	67
1560	164	Mayer Raposo	00:40:44	01:18:05	01:17:53	1561	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SA	V70	16



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1561	1809	Marlene Oliveira	00:47:37	01:18:05	01:02:34	1361		V45	67
1562	930	Diana Penela	00:40:11	01:19:24	01:18:25	1563	G. R. D. RIBEIRA da LAGE	Junior	7
1563	895	Hugo Costa	00:40:11	01:19:25	01:18:26	1564	CARRASCO & AMIGOS	Senior	178
1564	1789	Rute Casimiro	00:39:58	01:19:25	01:17:58	1562		V35	70
1565	1626	Marta Batoreo	00:41:56	01:19:41	01:18:46	1567		V35	71
1566	1678	Diogo Bessam	00:41:56	01:19:41	01:18:47	1568		V35	183
1567	1151	Joao Gameiro	00:39:38	01:19:46	01:18:30	1565		Senior	179
1568	1195	Ana Medeiros	00:39:39	01:19:48	01:18:32	1566		Senior	78
1569	149	Gualdino Freire	00:40:55	01:20:00	01:19:27	1571	CCDTMetroLX	V70	17
1570	90	Rui Santos	00:40:31	01:20:03	01:18:48	1569		V45	257
1571	807	Mario Marcelino	00:39:15	01:20:06	01:19:09	1570	Clube Millennium bcp	V60	61
1572	294	Julia Tavares	00:40:05	01:20:23	01:19:46	1579	CLUBE DESPORTIVO ESTRELA	V65	2
1573	290	Carla Mendes	00:40:04	01:20:24	01:19:48	1584	CLUBE DESPORTIVO ESTRELA	V35	72
1574	447	José Castro	00:40:00	01:21:06	01:19:43	1575	RUN FOR FRIENDS	V45	258
1575	81	João Pinto	00:40:06	01:21:08	01:19:42	1572	RUN FOR FRIENDS	V40	249
1576	34	Bruno Amaro	00:40:06	01:21:08	01:19:43	1573	RUN FOR FRIENDS	V35	184
1577	917	Ricardo Vieira	00:40:05	01:21:09	01:19:45	1578	RUN FOR FRIENDS	V35	185
1578	918	Sara Rei	00:40:05	01:21:09	01:19:45	1577	RUN FOR FRIENDS	V40	68
1579	22	Marco Fernandes	00:40:58	01:21:09	01:19:43	1574	RUN FOR FRIENDS	Senior	180
1580	916	Filipe Ribeiro	00:40:04	01:21:10	01:19:45	1576	RUN FOR FRIENDS	V35	186



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1581	215	Estela Gonçalves	00:40:05	01:21:10	01:19:46	1580		V40	69
1582	32	Catarina Amaro	00:40:09	01:21:10	01:19:46	1581	RUN FOR FRIENDS	V35	73
1583	100	Antonio Gonçalves	00:42:26	01:21:11	01:20:26	1586		V45	259
1584	280	Carlos Amaro	00:40:06	01:21:11	01:19:46	1582	RUN FOR FRIENDS	V35	187
1585	861	João Queiroz	00:40:56	01:21:12	01:19:47	1583	RUN FOR FRIENDS	V40	250
1586	33	Ricardo Gomes	00:40:05	01:21:13	01:19:48	1585	RUN FOR FRIENDS	V35	188
1587	1794	José Maia	00:49:14	01:22:12	01:22:02	1587		V50	130
1588	1743	Soraia Ramos	00:42:26	01:23:37	01:22:31	1590		Senior	79
1589	474	Elina Matonse	00:42:24	01:23:38	01:22:16	1588	ASICS Lisboa Run Club	V35	74
1590	970	Mário Santiago	00:42:52	01:23:40	01:22:39	1592	kaninos	V50	131
1591	969	Maria Condeço	00:42:53	01:23:40	01:22:41	1593	kaninos	V55	12
1592	192	Eduardo Pestana	00:42:52	01:23:41	01:22:30	1589	kaninos	V35	189
1593	1438	Hugo Venancio	00:42:54	01:23:41	01:22:37	1591	SS CGD	V35	190
1594	1716	Maria Lopes	00:43:09	01:25:44	01:24:23	1594		V65	3
1595	1500	Ondina Teodoro	00:43:08	01:25:45	01:24:25	1595		V40	70
1596	1084	José Pereira	00:48:59	01:26:52	01:25:13	1596		V45	260
1597	999	Fernando Lopes	00:44:16	01:28:02	01:27:26	1597	REAL ACADEMIA	V70	18
1598	1199	Mafalda Cotovio	00:44:16	01:29:56	01:28:36	1598		V40	71
1599	671	Carla Alfaiate	00:44:18	01:29:56	01:29:05	1599	Matilha ds Atalaia	V45	68