

CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1	138	Nelson Cruz	00:16:15	00:32:29	00:32:28	1		V40	1
2	324	Carlos Silva	00:16:29	00:32:58	00:32:57	2	Clube Desportivo São Salvador do Campo	V35	1
3	438	Diogo Ramalheira	00:16:49	00:33:37	00:33:36	3		Senior	1
4	16	André Costa	00:16:57	00:33:53	00:33:51	4		Senior	2
5	256	Marco Gomes	00:17:26	00:34:52	00:34:52	5		V40	2
6	574	Tiago Godinho	00:17:43	00:35:24	00:35:23	6	Team Trail Bifase	Senior	3
7	823	Eduardo Mourato	00:18:17	00:36:32	00:36:28	7		Senior	4
8	457	Pedro Pedro	00:18:59	00:37:56	00:37:54	8		V35	2
9	442	Filipe Marques	00:19:08	00:38:15	00:38:11	9		Senior	5
10	23	Manuel Mascarenhas	00:19:10	00:38:19	00:38:18	10		V35	3
11	56	Hugo Ferreira	00:19:16	00:38:32	00:38:29	11		V40	3
12	651	António Antunes	00:19:11	00:38:38	00:38:36	12		V50	1
13	91	Nuno Ruela	00:19:22	00:38:44	00:38:43	13		V45	1
14	636	Álvaro Oliveira	00:19:21	00:39:07	00:39:02	14		V50	2
15	645	Fábio Pratas	00:18:56	00:39:18	00:39:18	15		V35	4
16	406	Luís Santos	00:19:19	00:39:25	00:39:24	16		V35	5
17	61	Sara Carvalho	00:19:42	00:39:56	00:39:53	17	Greca Vagos	Senior	1
18	50	Miguel Barba	00:19:53	00:40:08	00:40:07	18	Peniche a Correr	V40	4
19	109	Liliana Veríssimo	00:19:55	00:40:11	00:40:10	19		Senior	2

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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
20	1503	Nelson Coelho	00:19:48	00:40:15	00:40:13	20		Senior	6
21	640	Luis Vasconcelos	00:19:59	00:40:21	00:40:19	22	Associação vale grande	V45	2
22	150	António Santos	00:19:58	00:40:22	00:40:17	21		V60	1
23	657	Fernando Caçote	00:19:21	00:40:26	00:40:20	23		V35	6
24	299	Adriano Correia	00:19:37	00:40:50	00:40:31	24		Senior	7
25	712	Paulo Carvalho	00:19:53	00:41:02	00:40:59	26		V50	3
26	280	Paulo Patrício	00:19:58	00:41:04	00:40:58	25	Grupo Barraqueiro	V35	7
27	84	Rafael Domingos	00:19:59	00:41:09	00:41:04	27		Senior	8
28	284	Bruno Amaro	00:19:47	00:41:14	00:41:07	28		V40	5
29	342	Paulo Costa	00:20:41	00:41:21	00:41:13	29		V50	4
30	92	Fernando Vicente	00:20:00	00:41:22	00:41:20	31		V50	5
31	446	Gonçalo Encarnação	00:19:58	00:41:27	00:41:14	30	Encarnação dos Miras	Senior	9
32	141	Fernando Gaspar	00:20:40	00:41:32	00:41:29	32		V40	6
33	713	Hugo Palmeiro	00:20:42	00:41:39	00:41:34	33		V40	7
34	691	Luis Semedo	00:20:02	00:41:42	00:41:41	34		V35	8
35	688	Sandra Teixeira	00:20:02	00:41:42	00:41:41	35		V40	1
36	529	Nuno Lopes	00:20:20	00:41:52	00:41:47	36	Clube Millennium bcp	V45	3
37	526	Nuno Alves	00:20:36	00:41:54	00:41:52	37	CLUBE OLÍMPICO DE OEIRAS	V40	8
38	263	Pedro Fernandes	00:20:21	00:42:01	00:42:01	38		V40	9

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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
39	681	José Gomes	00:20:26	00:42:17	00:42:13	39		V55	1
40	100	Mónica Moreiras	00:20:19	00:42:21	00:42:20	40		V35	1
41	95	José Felix	00:20:57	00:42:33	00:42:31	41		V50	6
42	333	Paulo Palma	00:20:44	00:42:35	00:42:34	42	DREAM RUNNERS ÉVORA	V55	2
43	718	António Mouro	00:21:39	00:42:42	00:42:36	43		V40	10
44	749	Pedro Pires	00:21:02	00:42:46	00:42:45	44		V50	7
45	802	Alexandra Sousa	00:20:17	00:42:52	00:42:51	49		V35	2
46	66	Fernando Tavares	00:20:46	00:42:52	00:42:48	45	OS DUROS	V45	4
47	370	Luis Silva	00:20:56	00:42:54	00:42:49	46		V35	9
48	569	Bruno Carriço	00:21:05	00:42:56	00:42:51	48		Senior	10
49	815	Palmira Quinhama	00:21:35	00:42:58	00:42:53	50		V40	2
50	649	Sérgio Almeida	00:21:02	00:42:59	00:42:54	51		V40	11
51	735	Pedro Favinha	00:21:04	00:43:05	00:42:51	47		V45	5
52	54	Joaquim Carreira	00:20:49	00:43:06	00:43:05	54		V55	3
53	726	Sandra Barros	00:21:04	00:43:07	00:43:05	55		V45	1
54	725	Apolo Pereira	00:21:04	00:43:07	00:43:05	53		V50	8
55	27	Andre Rodrigues	00:20:39	00:43:09	00:42:59	52		Junior	1
56	28	Ricardo Ramalhete	00:20:45	00:43:16	00:43:07	56		V40	12
57	307	Jacinto Ferreira	00:21:43	00:43:22	00:43:15	57		V45	6

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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
58	576	Rita Santos	00:20:57	00:43:22	00:43:20	60		Senior	3
59	320	Paulo Rodrigues	00:20:39	00:43:24	00:43:23	61		V50	9
60	369	Fernando Salgueiro	00:21:34	00:43:33	00:43:19	59		V40	13
61	247	Rui Pastor	00:21:52	00:43:35	00:43:16	58		V45	7
62	619	Orenias Santos	00:20:17	00:43:36	00:43:34	63		V45	8
63	195	Jose Pinto	00:21:00	00:43:37	00:43:32	62		V55	4
64	404	Orlando Silva	00:21:04	00:43:42	00:43:41	66		V60	2
65	471	Carlos Pedro	00:21:17	00:43:43	00:43:39	64	Clube TAP PORTUGAL	V45	9
66	656	Tiago Álvares	00:21:14	00:43:46	00:43:39	65		Senior	11
67	379	Maria Frias	00:21:32	00:43:50	00:43:49	68		V50	1
68	132	Jorge Vaz	00:21:12	00:43:56	00:43:54	69		V45	10
69	832	Carlos Lima	00:21:38	00:44:05	00:44:02	72		V45	11
70	752	Bruno Carvalho	00:21:43	00:44:06	00:43:46	67		Senior	12
71	797	Pedro Castro	00:21:49	00:44:07	00:44:05	73		V55	5
72	421	Hugo Conceição	00:21:41	00:44:09	00:43:56	70		V40	14
73	707	João Maral	00:21:11	00:44:10	00:44:07	74		V50	10
74	1530	Armando Reis	00:21:58	00:44:13	00:44:01	71		V40	15
75	733	Álvaro Gomes	00:21:18	00:44:21	00:44:19	75		V45	12
76	200	Avelino Rodrigues	00:21:52	00:44:23	00:44:20	76		V45	13

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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
77	40	Carlos Dias	00:21:44	00:44:35	00:44:33	77		V40	16
78	666	Pedro Barata	00:21:49	00:44:36	00:44:33	79		Junior	2
79	632	Pedro Mineiro	00:21:48	00:44:36	00:44:35	80		Senior	13
80	468	Diamantino Gamito	00:21:43	00:44:39	00:44:33	78	Clube TAP PORTUGAL	V50	11
81	635	João Félix	00:21:33	00:44:40	00:44:37	81		V45	14
82	242	Juvenal Moreira	00:21:45	00:44:43	00:44:41	82	NUCLEO DESPORTIVO AUTOCOOPE	V55	6
83	590	Pedro Azenha	00:22:00	00:44:58	00:44:52	83		V40	17
84	650	Vitor Viana	00:22:08	00:45:05	00:44:59	84		Senior	14
85	411	Carlos Pires	00:22:03	00:45:21	00:45:20	87		V40	18
86	616	Nuno Carvalho	00:22:56	00:45:26	00:45:09	86		V35	10
87	265	André Filipe	00:22:57	00:45:35	00:45:24	88	SS CGD	Senior	15
88	604	Pedro Palma	00:22:42	00:45:37	00:45:30	90		Senior	16
89	499	Filipe Vidal	00:22:28	00:45:39	00:45:05	85		Senior	17
90	459	Frederico Rocha	00:22:35	00:45:40	00:45:29	89		Senior	18
91	303	Joel Antunes	00:23:02	00:45:42	00:45:37	92	Os Galgos de Tancos	V35	11
92	186	Gonçalo Porêlo	00:21:05	00:45:48	00:45:44	93		V35	12
93	515	Tiago Quitério	00:22:13	00:45:50	00:45:44	94		V35	13
94	673	Nuno Santos	00:22:22	00:45:51	00:45:33	91	XRunners	V35	14
95	502	Bruno Vaz	00:22:20	00:45:55	00:45:54	97	Clube Millennium bcp	V50	12

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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
96	776	Artur Carvalho	00:22:59	00:45:58	00:45:48	96		V55	7
97	694	João Veiga	00:22:44	00:46:06	00:45:48	95		Senior	19
98	489	Waldir Silva	00:21:56	00:46:08	00:46:05	98		V35	15
99	676	Marco Vieira	00:22:07	00:46:20	00:46:16	100		V45	15
100	606	Ricardo Trigueiro	00:22:03	00:46:22	00:46:17	101		V35	16
101	393	Pedro Ferreira	00:22:36	00:46:24	00:46:13	99		V40	19
102	496	Pedro Sobreira	00:23:00	00:46:28	00:46:21	103	Dá-lhe com força mas devagarinho	V40	20
103	149	Sérgio Pinho	00:22:11	00:46:30	00:46:27	104		V45	16
104	804	Luis Duarte	00:22:09	00:46:34	00:46:30	106		V45	17
105	323	João Rosado	00:22:18	00:46:34	00:46:17	102		V55	8
106	298	Vitor Amado	00:22:49	00:46:36	00:46:34	108		V65	1
107	266	Bruno Dias	00:22:21	00:46:36	00:46:30	107	SS CGD	V40	21
108	271	Joaquim Frade	00:22:51	00:46:41	00:46:36	109	SS CGD	V60	3
109	437	André Rodrigues	00:23:18	00:46:49	00:46:29	105		Senior	20
110	784	Tiago Lança	00:23:06	00:46:53	00:46:53	112	Peniche a Correr	V35	17
111	283	Cedric Monteiro	00:22:54	00:46:54	00:46:50	111	Teen from Restelo	Senior	21
112	194	Pedro Lima	00:22:42	00:46:58	00:46:55	113		V50	13
113	88	Sérgio Feliciano	00:23:34	00:47:01	00:46:43	110		V40	22
114	253	Paulo Moura	00:23:40	00:47:05	00:46:56	114		V35	18

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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
115	213	Luis Pinho	00:24:05	00:47:06	00:46:59	115		Senior	22
116	103	João Fragoso	00:22:56	00:47:09	00:47:05	118		V45	18
117	408	Gilberto Loth	00:23:27	00:47:14	00:47:11	120		V40	23
118	275	Noémia Sequeira	00:23:04	00:47:15	00:47:08	119	SS CGD	V50	2
119	429	Victor Rodrigues	00:23:09	00:47:20	00:47:16	121		V45	19
120	430	Cédric Jacquet	00:23:10	00:47:20	00:47:16	123		V35	19
121	337	Leonel Seleiro	00:22:56	00:47:21	00:47:16	124		V60	4
122	434	Jorge Valadas	00:23:20	00:47:21	00:47:01	116		V35	20
123	753	Cândido Poças	00:23:14	00:47:24	00:47:04	117		V45	20
124	1518	Gonçalo Baroutakis	00:23:00	00:47:26	00:47:23	127		V45	21
125	322	Fábio Ferrão	00:23:22	00:47:27	00:47:17	125		Senior	23
126	720	Paulo Botelho	00:23:21	00:47:31	00:47:16	122		V45	22
127	321	João Correia	00:23:39	00:47:35	00:47:27	128		V35	21
128	87	Nuno Cruz	00:23:39	00:47:35	00:47:27	129		V35	22
129	135	Luís Alter	00:23:17	00:47:39	00:47:39	132		V40	24
130	120	Pedro Baudouin	00:23:47	00:47:42	00:47:20	126		V45	23
131	268	Henrique Amador	00:23:01	00:47:44	00:47:37	130	SS CGD	V45	24
132	37	Sara Gabriel	00:23:18	00:47:44	00:47:41	134		Senior	4
133	67	Vitor Monteiro	00:23:40	00:47:46	00:47:42	135	OS DUROS	V55	9

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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
134	164	João Baptista	00:23:40	00:47:48	00:47:44	138	Os Galgos de Tancos	V50	14
135	264	Rui Custódio	00:24:04	00:47:50	00:47:38	131		V40	25
136	146	Tomás Encarnação	00:21:58	00:47:52	00:47:39	133	EJS	Senior	24
137	789	Guilherme Borcic	00:22:58	00:47:53	00:47:51	140		Junior	3
138	592	Paulo Santos	00:23:29	00:47:53	00:47:43	137		V55	10
139	93	Orlando Dias	00:24:20	00:47:59	00:47:43	136		V50	15
140	503	Tiago Andrade	00:23:16	00:48:00	00:47:52	141		Senior	25
141	211	Ricardo Pedro	00:24:04	00:48:01	00:47:50	139		V40	26
142	230	Nuno Onca	00:23:07	00:48:08	00:47:55	142	GRCD Leião	V35	23
143	748	Bruno Oliveira	00:23:18	00:48:11	00:47:56	143	GRCD Leião	V40	27
144	732	Manuel Silva	00:23:32	00:48:14	00:48:04	144		V50	16
145	239	Reginaldo Nascimento	00:24:00	00:48:16	00:48:07	145		Senior	26
146	463	Luis Jose	00:23:15	00:48:19	00:48:13	148		V50	17
147	106	Mário Salgado	00:23:17	00:48:21	00:48:11	147		V45	25
148	508	Jorge Azevedo	00:23:46	00:48:26	00:48:11	146		V45	26
149	440	João Prelhaz	00:23:09	00:48:26	00:48:20	150		V40	28
150	229	Paulo Cordeiro	00:23:41	00:48:29	00:48:24	152		V45	27
151	199	Ricardo Oliveira	00:23:28	00:48:30	00:48:23	151		V35	24
152	182	Paulo Antunes	00:23:06	00:48:36	00:48:19	149	condores varge mondar	V45	28

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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
153	224	Rui Henriques	00:23:31	00:48:42	00:48:27	153		V45	29
154	216	Fabiano Loures	00:24:48	00:48:45	00:48:37	155		Senior	27
155	24	Paulo Tomás	00:23:13	00:48:48	00:48:43	157		V50	18
156	778	Sérgio Rodrigues	00:24:47	00:48:49	00:48:36	154		V40	29
157	599	Vitor Batista	00:22:32	00:48:50	00:48:47	158		V45	30
158	310	João Fernandes	00:23:41	00:48:52	00:48:40	156		V35	25
159	773	Helio Bruno	00:23:34	00:48:54	00:48:47	159	Peniche a Correr	V35	26
160	631	Cristiana Mineiro	00:23:08	00:49:07	00:49:05	164		Junior	1
161	465	Paulo Fernandes	00:24:22	00:49:09	00:49:03	163		V35	27
162	279	Pedro Alves	00:23:40	00:49:09	00:49:03	162		V35	28
163	116	André Beja	00:24:34	00:49:10	00:48:55	161		V40	30
164	423	Nuno Silva	00:23:53	00:49:12	00:49:10	165		V40	31
165	472	José Sousa	00:24:10	00:49:15	00:48:54	160	Clube TAP PORTUGAL	V50	19
166	828	Duarte Porém	00:23:32	00:49:18	00:49:17	167		V50	20
167	288	Diogo Henriques	00:23:46	00:49:22	00:49:18	168	CCD PM Cascais	Senior	28
168	165	Carlos Grácio	00:23:17	00:49:26	00:49:23	169	Os Galgos de Tancos	V55	11
169	217	André Leal	00:24:39	00:49:28	00:49:14	166		Senior	29
170	94	José Gonçalves	00:24:02	00:49:32	00:49:30	173		V55	12
171	497	Pedro Pereira	00:23:36	00:49:37	00:49:24	170		V45	31

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172	205	Norberto Marques	00:24:13	00:49:41	00:49:37	176		V45	32
173	13	Nuno Patricio	00:23:41	00:49:42	00:49:40	180		V45	33
174	42	Tiago Ribeiro	00:24:45	00:49:43	00:49:27	172	GRCD Leião	Senior	30
175	317	Luis Santos	00:23:37	00:49:43	00:49:34	175		V50	21
176	792	José Salgado	00:23:48	00:49:44	00:49:32	174		V50	22
177	163	Catarina Santos	00:24:09	00:49:46	00:49:39	179		V40	3
178	139	Rui Pinto	00:23:40	00:49:46	00:49:44	184		V50	23
179	696	Jose Magalhaes	00:24:21	00:49:49	00:49:40	182		V50	24
180	96	Maximiano Santos	00:24:24	00:49:49	00:49:40	181		V55	13
181	609	Eduardo Antunes	00:24:14	00:49:53	00:49:39	178		V35	29
182	758	Sergio Ribeiro	00:23:54	00:49:54	00:49:41	183		V40	32
183	251	Ramiro Madureira	00:24:27	00:49:55	00:49:47	185		V40	33
184	607	Ricardo Cruz	00:24:54	00:49:56	00:49:47	186		Junior	4
185	221	Gonçalo Patrício	00:23:38	00:50:00	00:49:38	177		V35	30
186	830	Vitor Amorim	00:25:16	00:50:05	00:49:27	171		V35	31
187	591	João Nunes	00:25:03	00:50:13	00:50:01	188		V35	32
188	183	Tiago Dias	00:24:18	00:50:14	00:49:58	187	condores varge mondar	V35	33
189	399	Luis Pinheiro	00:25:20	00:50:16	00:50:05	191		V45	34
190	306	Ricardo Francisco	00:25:21	00:50:16	00:50:04	190		V40	34

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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
191	573	Bruno Silva	00:24:12	00:50:21	00:50:15	193		V40	35
192	17	Rodrigo Santos	00:24:57	00:50:26	00:50:18	195		V45	35
193	643	Tiago Pires	00:24:34	00:50:27	00:50:16	194		V40	36
194	14	Luis Loureiro	00:24:44	00:50:28	00:50:04	189		V35	34
195	15	Armindo Constancio	00:24:43	00:50:32	00:50:08	192		V45	36
196	292	Maria Policarpo	00:25:06	00:50:35	00:50:19	196	CCD PM Cascais	V45	2
197	575	Mariana Pombinho	00:23:53	00:50:38	00:50:36	199		Senior	5
198	209	Francisco Passos	00:24:49	00:50:39	00:50:25	197		V55	14
199	618	André Rocha	00:25:31	00:50:46	00:50:27	198		V40	37
200	791	José Verissimo	00:24:29	00:50:47	00:50:44	202		V50	25
201	589	Ismael Campeão	00:24:59	00:50:49	00:50:43	200		Junior	5
202	495	Sérgio Serra	00:24:11	00:50:50	00:50:43	201	Dá-lhe com força mas devagarinho	V35	35
203	565	Vicente Boto	00:24:35	00:50:54	00:50:53	204		V45	37
204	637	Elsa Oliveira	00:25:23	00:50:58	00:50:54	206		V50	3
205	705	Joana Craveiro	00:24:56	00:50:58	00:50:49	203	Clube Groundforce Portugal	V35	3
206	736	Tito Nascimento	00:24:45	00:51:00	00:50:55	207		V35	36
207	240	Antonio Almeida	00:24:47	00:51:02	00:50:55	208	NUCLEO DESPORTIVO AUTOCOOPE	V55	15
208	372	Bruno Almeida	00:24:55	00:51:05	00:50:55	209	Serviços Sociais Montepio	V35	37
209	374	Ricardo Sousa	00:25:01	00:51:10	00:51:08	212	Serviços Sociais Montepio	V35	38

CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
210	397	Alberto Silva	00:25:07	00:51:14	00:51:07	211		V50	26
211	371	Carlos Teixeira	00:25:46	00:51:15	00:51:08	213		V70	1
212	225	Alberto Sousa	00:25:46	00:51:15	00:51:08	214		V50	27
213	198	João Moiteiro	00:25:23	00:51:22	00:50:58	210		V45	38
214	709	Bárbara Sá	00:25:23	00:51:24	00:50:54	205		V35	4
215	218	Armando Martins	00:23:54	00:51:24	00:51:20	218		V50	28
216	699	José Veiga	00:25:48	00:51:29	00:51:10	215		V55	16
217	549	Fernando Serrano	00:25:58	00:51:29	00:51:12	216		V45	39
218	286	Alberto Abreu	00:25:19	00:51:33	00:51:15	217	CCD PM Cascais	V50	29
219	627	Fernando Conceição	00:25:21	00:51:39	00:51:28	219		V50	30
220	113	Nuno Cabanas	00:23:45	00:51:40	00:51:36	222		V45	40
221	267	Carlos Leitão	00:25:11	00:51:41	00:51:33	221	SS CGD	V55	17
222	318	Fernando Gonçalves	00:24:22	00:51:45	00:51:40	224		V50	31
223	507	Rúben Almeida	00:25:27	00:51:47	00:51:33	220		Senior	31
224	114	Duarte Costa	00:25:08	00:51:50	00:51:41	226		V35	39
225	431	Honório Teixeira	00:25:56	00:51:50	00:51:43	227		V50	32
226	432	Graça Cardoso	00:25:56	00:51:50	00:51:44	228		V45	3
227	360	Margarida Amaro	00:25:08	00:51:51	00:51:41	225	CCD Siemens	V40	4
228	700	Aimo Tuoriniemi	00:25:38	00:51:52	00:51:49	230		V60	5

CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
229	613	Bruno Rombo	00:25:04	00:51:55	00:51:39	223		Senior	32
230	734	Pedro Correia	00:24:27	00:52:01	00:51:45	229		V40	38
231	523	Jorge Lourenco	00:27:02	00:52:04	00:51:59	237	Clube Millennium bcp	V45	41
232	338	Manuel Rodrigues	00:25:25	00:52:06	00:51:56	232		V60	6
233	274	Miguel Angelo	00:25:01	00:52:06	00:51:57	234	SS CGD	V40	39
234	355	João Tubal	00:25:17	00:52:07	00:51:58	235	Belverde runners	V40	40
235	184	José Manso	00:25:34	00:52:08	00:51:57	233		V40	41
236	494	Gregory Arnolin	00:25:00	00:52:11	00:52:03	240	Dá-lhe com força mas devagarinho	V35	40
237	304	Suse Lucas	00:25:42	00:52:13	00:52:08	242	Os Galgos de Tancos	Senior	6
238	365	Sérgio Freitas	00:24:54	00:52:19	00:52:00	238		V40	42
239	259	Pedro Fraústo	00:26:10	00:52:23	00:52:03	241		V45	42
240	427	Rui Oliveira	00:26:10	00:52:23	00:52:02	239		V45	43
241	741	Sérgio Vieira	00:26:06	00:52:24	00:51:58	236		V45	44
242	148	Sílvia Miranda	00:25:42	00:52:26	00:52:14	244		V35	5
243	90	Jorge Assunção	00:25:58	00:52:27	00:52:09	243		V45	45
244	740	Paulo Ramos	00:25:51	00:52:29	00:51:55	231		V40	43
245	233	Vanessa Sequeira	00:25:35	00:52:29	00:52:25	245	marvila jovem	V35	6
246	169	Pedro Cordas	00:25:21	00:52:37	00:52:27	247		V35	41
247	162	Ana Francisco	00:27:20	00:52:38	00:52:27	246		V45	4

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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
248	806	Inês Pinto	00:24:09	00:52:39	00:52:37	252		Junior	2
249	220	Andre Laborinho	00:25:41	00:52:43	00:52:36	249		V50	33
250	68	Antonio Alves	00:25:05	00:52:46	00:52:40	254	OS DUROS	V55	18
251	201	Paulo Martins	00:25:57	00:52:47	00:52:45	258		V55	19
252	339	Tomás Brites	00:26:58	00:52:49	00:52:37	250		Junior	6
253	469	Jorge Gonçalves	00:27:12	00:52:51	00:52:29	248	Clube TAP PORTUGAL	Senior	33
254	58	Ricardo Baptista	00:24:56	00:52:53	00:52:45	257		V40	44
255	111	José Balula	00:25:38	00:52:54	00:52:42	255		V45	46
256	49	João Cabaço	00:26:40	00:52:55	00:52:37	251		V40	45
257	723	Nicole Schäfer	00:26:17	00:52:58	00:52:49	260		Senior	7
258	368	André Jardim	00:26:01	00:52:58	00:52:45	259		Senior	34
259	617	Sara Cordeiro	00:26:13	00:53:00	00:52:44	256		Senior	8
260	595	Joana Ribeiro	00:24:59	00:53:06	00:52:54	261		Senior	9
261	480	Paula Mariano	00:25:23	00:53:07	00:52:39	253		V45	5
262	250	Joao Almeida	00:25:50	00:53:08	00:52:55	263		V50	34
263	698	Rui Correia	00:24:47	00:53:08	00:52:54	262		V45	47
264	79	Duarte Coelho	00:24:55	00:53:11	00:53:06	267	Fragmentos	V50	35
265	160	Fernando Almeida	00:27:20	00:53:11	00:53:01	264		V50	36
266	377	Paulo Francisco	00:27:21	00:53:14	00:53:04	266		V50	37

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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
267	405	António Morezo	00:26:09	00:53:15	00:53:13	271		V60	7
268	140	João Antunes	00:26:08	00:53:21	00:53:12	270		V60	8
269	176	Pedro Nobre	00:25:12	00:53:25	00:53:07	268	condores varge mondar	V40	46
270	191	Nuno Fragoso	00:26:36	00:53:26	00:53:11	269		V40	47
271	353	João Gomes	00:25:45	00:53:32	00:53:04	265		V45	48
272	45	Olindo Pereira	00:25:49	00:53:33	00:53:29	274		V50	38
273	498	Filipe Garranas	00:25:15	00:53:40	00:53:34	276		V40	48
274	359	Jorge Campos	00:25:27	00:53:44	00:53:40	279		V45	49
275	174	Luis Santos	00:26:48	00:53:45	00:53:28	273	condores varge mondar	V45	50
276	181	Artur Paiva	00:26:48	00:53:45	00:53:28	272	condores varge mondar	V45	51
277	192	Osvaldo Barros	00:26:18	00:53:51	00:53:30	275		V55	20
278	117	Vasco Ramos	00:24:04	00:53:57	00:53:42	280		V40	49
279	258	Luís Alves	00:24:58	00:54:02	00:54:00	283		Senior	35
280	422	João Fernandes	00:26:45	00:54:05	00:53:38	277		V35	42
281	215	Sérgio Cardoso	00:26:45	00:54:05	00:53:39	278		V40	50
282	366	Gui Santos	00:25:58	00:54:05	00:54:00	284		Senior	36
283	545	João Costa	00:27:36	00:54:09	00:53:49	281		V35	43
284	533	Jose Ferreira	00:25:27	00:54:10	00:53:58	282	Clube Millennium bcp	V45	52
285	18	Pedro Silva	00:26:32	00:54:11	00:54:04	287		Senior	37

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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
286	505	Paulo Pereira	00:26:14	00:54:12	00:54:08	288		V55	21
287	759	Manuel Pereira	00:25:52	00:54:13	00:54:03	286		V45	53
288	168	António Varela	00:26:24	00:54:19	00:54:15	294		V50	39
289	520	Jose Rebelo	00:26:36	00:54:20	00:54:14	292	Clube Millennium bcp	V50	40
290	803	Sara Gomes	00:26:30	00:54:20	00:54:11	290		Senior	10
291	354	Rui Fontes	00:25:42	00:54:22	00:54:11	291	Belverde runners	V35	44
292	89	Anabela Assunção	00:26:37	00:54:30	00:54:14	293		V45	6
293	19	Isadora Costa	00:27:19	00:54:31	00:54:02	285	4 ao Km	Senior	11
294	424	Orlando Mestre	00:26:16	00:54:33	00:54:24	296		V45	54
295	435	Frederico Almeida	00:25:40	00:54:42	00:54:22	295		V35	45
296	331	Vanda Maia	00:27:09	00:54:43	00:54:36	299	Federação da Família para a Paz Mundial e Unifi	V40	5
297	675	Nuno Gomes	00:27:07	00:54:45	00:54:26	297	XRunners	Senior	38
298	403	Tiago Branco	00:31:48	00:54:47	00:54:38	300		Senior	39
299	378	Cândida Ganchas	00:27:06	00:54:49	00:54:10	289		V40	6
300	238	Tiago Martins	00:26:21	00:54:49	00:54:27	298		V40	51
301	634	Pedro Valentim	00:27:04	00:54:52	00:54:40	303		V50	41
302	241	Carlos Ferreira	00:26:20	00:54:53	00:54:50	307	NUCLEO DESPORTIVO AUTOCOOPE	V60	9
303	380	Antonio Viegas	00:26:27	00:54:54	00:54:43	305		V45	55
304	77	Luis Nunes	00:26:46	00:54:56	00:54:48	306	Fragmentos	V50	42

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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
305	290	João Faria	00:26:47	00:54:57	00:54:40	302	CCD PM Cascais	V50	43
306	289	Isabel Vieira	00:26:48	00:54:57	00:54:41	304	CCD PM Cascais	V45	7
307	293	Nuno Almeida	00:26:50	00:54:57	00:54:39	301	CCD PM Cascais	V45	56
308	319	António Júnior	00:24:42	00:54:58	00:54:53	309	SERUL - Os Unidos de Leceia	V50	44
309	86	Fernando Oliveira	00:27:01	00:55:09	00:54:58	310		V50	45
310	511	Luís Correia	00:25:58	00:55:12	00:55:08	311		V50	46
311	188	Isabel Gonçalves	00:26:19	00:55:13	00:54:52	308		V35	7
312	602	Paulo Lopes	00:25:30	00:55:19	00:55:11	312		V40	52
313	701	Fernando Faleiro	00:25:26	00:55:25	00:55:17	314	Clube Groundforce Portugal	V40	53
314	504	Arnaldo Pinteus	00:26:11	00:55:26	00:55:24	316	Clube Millennium bcp	V55	22
315	708	Luís Guerreiro	00:27:30	00:55:29	00:55:16	313	Teen from Restelo	V35	46
316	551	Nânci Bôto	00:26:30	00:55:32	00:55:31	320		Senior	12
317	608	Paulo Antunes	00:26:59	00:55:33	00:55:30	319		V45	57
318	400	João Godinho	00:27:39	00:55:39	00:55:25	318		V35	47
319	153	Emílio Gonçalves	00:28:37	00:55:40	00:55:24	317	Team Sense	V50	47
320	99	Luís Santos	00:26:07	00:55:41	00:55:37	321		Senior	40
321	487	Nelson Melo	00:28:01	00:55:41	00:55:18	315		V40	54
322	214	Helder Fernandes	00:25:45	00:55:53	00:55:49	325		V35	48
323	478	Paulo Silva	00:26:48	00:55:53	00:55:41	322		V50	48

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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
324	231	Márcia Aguiar	00:27:06	00:56:00	00:55:50	326		V40	7
325	543	Abel Cardoso	00:26:04	00:56:02	00:55:49	324		Senior	41
326	811	Clidia Coelho	00:27:44	00:56:04	00:55:57	329		V50	4
327	336	Fernando Santos	00:26:36	00:56:04	00:56:02	334		V65	2
328	272	Luis Tavares	00:27:38	00:56:07	00:55:48	323	SS CGD	V45	58
329	234	Monica Matos	00:27:07	00:56:12	00:56:08	337	marvila jovem	V40	8
330	678	Ana Rocha	00:27:09	00:56:14	00:56:01	332		V35	8
331	398	António Santos	00:27:38	00:56:14	00:56:00	331		V35	49
332	278	Daniel Dias	00:27:09	00:56:14	00:56:02	333		V35	50
333	287	Carla Destapado	00:27:18	00:56:16	00:56:00	330	CCD PM Cascais	V45	8
334	475	Manuel Mexia	00:27:12	00:56:19	00:55:56	327	Clube TAP PORTUGAL	V50	49
335	98	Mário Sobral	00:28:31	00:56:24	00:56:05	335		V40	55
336	798	Gonçalo Grade	00:26:02	00:56:26	00:56:08	338		Senior	42
337	833	João Dos	00:28:53	00:56:29	00:56:06	336		Senior	43
338	456	José Figueiredo	00:27:11	00:56:33	00:56:21	340		Senior	44
339	744	Jose Macedo	00:27:05	00:56:37	00:56:15	339		V50	50
340	145	Frederico Campos	00:27:19	00:56:40	00:56:35	344	Fragmentos	V45	59
341	553	Jaime Gomes	00:28:19	00:56:44	00:56:40	345	Serviços Sociais Montepio	V60	10
342	816	Anselmo Ferreira	00:27:28	00:56:47	00:56:30	341		V40	56

CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
343	362	César Vieira	00:27:32	00:56:51	00:55:57	328	Sexy Trails	Senior	45
344	130	Derek Olson	00:27:40	00:56:55	00:56:45	346		V55	23
345	668	Adriano Cunha	00:28:07	00:56:58	00:56:48	347		V65	3
346	204	Jorge Ferreira	00:27:38	00:57:01	00:56:56	351		V50	51
347	539	Pedro Rebelo	00:27:03	00:57:01	00:56:56	350		Senior	46
348	762	Susana Bernardo	00:27:57	00:57:03	00:56:49	348		Senior	13
349	262	Rui Martins	00:26:32	00:57:08	00:56:54	349		Senior	47
350	1514	José Saraiva	00:27:24	00:57:12	00:57:05	354		V55	24
351	470	António Ribeiro	00:28:10	00:57:15	00:56:34	343	Clube TAP PORTUGAL	V50	52
352	394	Carlos Costa	00:26:55	00:57:17	00:57:11	357		V50	53
353	212	Hugo Alexandre	00:27:10	00:57:22	00:56:32	342		V35	51
354	80	Tânia Azevedo	00:27:55	00:57:23	00:57:02	352		V40	9
355	350	Paulo Marques	00:27:33	00:57:27	00:57:05	353		V55	25
356	552	Fernanda Ribeiro	00:28:11	00:57:29	00:57:16	358		V50	5
357	179	Nuno Mestre	00:26:48	00:57:29	00:57:10	355	condores varge mondar	V45	60
358	724	Ricardo Pinto	00:27:17	00:57:30	00:57:24	359		Senior	48
359	329	Pedro Braz	00:27:07	00:57:32	00:57:25	363		V40	57
360	142	Sandro Prates	00:27:25	00:57:32	00:57:10	356		V40	58
361	420	Abilio Campos	00:27:35	00:57:39	00:57:32	365		V45	61

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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
362	801	Domingos Gato	00:29:00	00:57:41	00:57:25	361	ADCR Polícia Judiciária	V45	62
363	775	Joana Piçarra	00:28:59	00:57:41	00:57:26	364		V45	9
364	332	Pedro Jaime	00:28:58	00:57:47	00:57:32	366		V50	54
365	567	Rui Pinto	00:28:58	00:57:47	00:57:32	367		V45	63
366	21	João Lima	00:28:34	00:57:51	00:57:25	360	4 ao Km	V55	26
367	491	Renam Pereira	00:27:34	00:57:52	00:57:48	370		Senior	49
368	51	António Marrachinho	00:28:29	00:57:57	00:57:41	368	Trevodequatrofolhas	V55	27
369	143	Jose Borges	00:27:46	00:58:00	00:57:53	371		V55	28
370	335	José Brites	00:26:57	00:58:01	00:57:47	369		V45	64
371	343	Luís Mota	00:28:33	00:58:10	00:57:25	362		Senior	50
372	1512	Carlos Ferreira	00:28:05	00:58:18	00:58:15	376		Senior	51
373	704	João Soares	00:29:04	00:58:20	00:58:11	375	Clube Groundforce Portugal	V35	52
374	382	Carlos Cardoso	00:29:01	00:58:25	00:58:23	380		V50	55
375	767	Sergio Avelino	00:29:01	00:58:25	00:58:22	379		V40	59
376	294	Paula Machado	00:28:47	00:58:26	00:58:09	374	CCD PM Cascais	V65	1
377	20	Vítor Gonçalves	00:28:50	00:58:26	00:57:59	372	4 ao Km	V45	65
378	349	Rudolf Bezouwen	00:27:00	00:58:29	00:58:21	377		V35	53
379	313	Rui Sol-Posto	00:29:03	00:58:45	00:58:31	385		V40	60
380	605	Tiago Loureiro	00:27:26	00:58:46	00:58:32	386		V35	54

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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
381	1516	Nuno Costa	00:27:56	00:58:46	00:58:24	382		V40	61
382	207	Jose Correia	00:28:49	00:58:47	00:58:31	384		V60	11
383	817	Luiz Dantas	00:30:27	00:58:51	00:58:08	373		V45	66
384	483	Henrique Mouta	00:28:25	00:58:51	00:58:30	383		V40	62
385	190	João Carvalho	00:28:02	00:58:52	00:58:43	387		V50	56
386	75	João Torres	00:26:42	00:59:01	00:58:55	388	Fragmentos	V40	63
387	386	Margarida Coelho	00:27:32	00:59:05	00:58:55	389	Papa Kms	V50	6
388	821	Ana Dantas	00:30:29	00:59:05	00:58:24	381		V35	9
389	312	André Costa	00:27:52	00:59:07	00:58:22	378	Kira	Senior	52
390	686	Daniela Simões	00:27:02	00:59:09	00:59:05	390		Senior	14
391	647	Vanda Ferreria	00:28:17	00:59:19	00:59:11	393		V40	10
392	32	Joaquim Gamito	00:28:47	00:59:19	00:59:07	391		V55	29
393	722	Miguel Serra	00:29:33	00:59:27	00:59:09	392		V45	67
394	834	João Nunes	00:28:49	00:59:29	00:59:13	394		V40	64
395	334	Rita Palma	00:28:13	00:59:29	00:59:27	397	DREAM RUNNERS ÉVORA	V45	10
396	300	Nuno Rodrigues	00:29:18	00:59:32	00:59:25	396		V35	55
397	737	Nuno Silva	00:27:31	00:59:39	00:59:16	395		V40	65
398	12	Miguel Vivas	00:28:23	01:00:02	00:59:56	399	Fragmentos	V40	66
399	291	João Destapado	00:29:28	01:00:06	00:59:49	398	CCD PM Cascais	V45	68

CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
400	452	Didier Branco	00:29:35	01:00:22	01:00:14	404		V40	67
401	133	José Baixinho	00:29:29	01:00:23	01:00:11	400		V55	30
402	383	Luis Mota	00:29:13	01:00:32	01:00:25	407		V45	69
403	41	João Pereira	00:30:09	01:00:35	01:00:21	406		V50	57
404	381	Paulo Patrício	00:30:05	01:00:36	01:00:12	401		V45	70
405	157	José Tomé	00:30:31	01:00:37	01:00:12	402	Grupo Barraqueiro	V50	58
406	559	Tozé Correia	00:28:00	01:00:37	01:00:29	409		Senior	53
407	154	Alexandre Ribeiro	00:30:32	01:00:37	01:00:13	403	Grupo Barraqueiro	V45	71
408	530	Nuno Anjos	00:28:27	01:00:41	01:00:34	410	Clube Millennium bcp	V50	59
409	33	Leanne Crossland	00:28:30	01:00:45	01:00:34	411		V35	10
410	534	Artur Leite	00:28:49	01:00:45	01:00:36	412	Clube Millennium bcp	V50	60
411	31	Marta Adão	00:28:56	01:01:00	01:00:51	413		V40	11
412	419	Tiago Sabino	00:30:33	01:01:00	01:00:26	408		Senior	54
413	779	Miguel Rodrigues	00:28:41	01:01:06	01:00:51	414		Junior	7
414	829	Lúis Martins	00:28:41	01:01:07	01:00:53	415		V45	72
415	348	Piotr Wroniszewski	00:28:55	01:01:09	01:01:01	417		Senior	55
416	426	Manuel Mesquita	00:29:18	01:01:17	01:01:04	418		V45	73
417	482	Paulo Milicias	00:30:05	01:01:19	01:00:54	416		V50	61
418	62	Camilo Vieira	00:30:33	01:01:19	01:01:09	421		V50	62

CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
419	202	Jorge Silva	00:32:10	01:01:21	01:01:04	419	GRCD Leião	V45	74
420	203	Elisabete Macedo	00:32:10	01:01:21	01:01:05	420	GRCD Leião	V35	11
421	357	João Santos	00:30:14	01:01:23	01:01:13	424	Veteranos de Massamá	V70	2
422	757	Samira Bühler	00:30:28	01:01:24	01:01:12	422		Senior	15
423	308	António Ferreira	00:29:09	01:01:28	01:01:18	425		V60	12
424	219	Rafael Murta	00:29:53	01:01:30	01:00:17	405		V35	56
425	254	Luis Cardoso	00:28:52	01:01:32	01:01:22	426		V55	31
426	373	Luis Reis	00:28:19	01:01:38	01:01:35	430	Serviços Sociais Montepio	V60	13
427	178	Luís Meira	00:29:28	01:01:39	01:01:22	427	condores varge mondar	V45	75
428	177	Luis Fernandes	00:29:28	01:01:39	01:01:22	428	condores varge mondar	V50	63
429	134	Judite Baixinho	00:29:50	01:01:42	01:01:30	429		Senior	16
430	527	Sara Oliveira	00:29:57	01:01:46	01:01:40	431	Clube Millennium bcp	V40	12
431	347	Maria Duarte	00:29:32	01:01:46	01:01:44	433		V40	13
432	309	Fernando Almeida	00:29:41	01:01:48	01:01:12	423		V40	68
433	364	Maria Knapic	00:31:02	01:01:57	01:01:44	432		V65	2
434	702	Maria Gonçalves	00:30:44	01:01:57	01:01:47	434	Clube Groundforce Portugal	V50	7
435	455	Maribel Silva	00:29:45	01:02:11	01:02:00	437		V50	8
436	296	Nuno Gonçalves	00:29:45	01:02:13	01:01:52	435		V65	4
437	161	A Balsemão	00:29:36	01:02:14	01:02:07	439		V65	5

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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
438	461	Elisabeth Lage	00:29:43	01:02:15	01:01:53	436		V55	1
439	560	Eduardo Barradas	00:29:07	01:02:16	01:02:06	438	Mind Runners	V35	57
440	793	Tiago Ramos	00:29:20	01:02:24	01:02:07	440	Outsiders	V35	58
441	443	Pedro Lima	00:30:37	01:02:25	01:02:15	442		V45	76
442	167	Antonio Lima	00:30:37	01:02:25	01:02:16	444		V45	77
443	76	Ana Costa	00:29:05	01:02:26	01:02:20	445	Fragmentos	V40	14
444	800	Virgilio Oliveira	00:29:00	01:02:31	01:02:15	443	ADCR Polícia Judiciária	V55	32
445	525	José Catita	00:30:57	01:02:31	01:02:14	441	CLUBE OLÍMPICO DE OEIRAS	V60	14
446	501	Fernanda Ferreira	00:33:35	01:02:32	01:02:24	448	Clube Millennium bcp	V40	15
447	121	Tala Ndjai	00:28:46	01:02:34	01:02:23	447		V35	59
448	441	Ricardo Curto	00:30:14	01:02:34	01:02:20	446		V40	69
449	189	João Caeiro	00:30:10	01:02:39	01:02:25	449		Senior	56
450	474	Madalena Pina	00:30:42	01:02:41	01:02:27	450	Clube TAP PORTUGAL	V50	9
451	196	Alexandra Pinto	00:29:33	01:02:49	01:02:31	451		V45	11
452	453	Carina Pádua	00:30:35	01:02:55	01:02:34	452		Senior	17
453	544	Patrícia Costa	00:29:18	01:03:04	01:02:45	453		V40	16
454	52	José Coelho	00:30:23	01:03:05	01:02:51	454	Trevodequatrofolhas	V50	64
455	519	Virgilio Ferreira	00:31:50	01:03:16	01:02:56	455	Clube Millennium bcp	V65	6
456	751	Armando Teixeira	00:28:42	01:03:18	01:03:07	456	Papa Kms	V55	33

CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
457	542	Bruno Morais	00:26:52	01:03:23	01:03:09	457		V35	60
458	295	Sara Henriques	00:30:41	01:03:25	01:03:09	458	CCD PM Cascais	V45	12
459	155	Ivo Marques	00:30:22	01:03:40	01:03:33	462	Grupo Barraqueiro	V35	61
460	173	Paulo Balotas	00:30:58	01:03:46	01:03:30	460		Junior	8
461	172	Paulo Moutinho	00:30:59	01:03:48	01:03:31	461		V45	78
462	325	Ana Henrique	00:30:27	01:03:48	01:03:27	459		V45	13
463	703	Sofia Cândido	00:30:44	01:03:49	01:03:40	463	Clube Groundforce Portugal	V45	14
464	706	Sandra Rodrigues	00:30:05	01:04:01	01:03:43	464		V50	10
465	166	Helena Grácio	00:30:54	01:04:11	01:04:05	467	Os Galgos de Tancos	V50	11
466	44	Pedro Dias	00:30:25	01:04:15	01:03:59	465		V45	79
467	659	Rui Sabino	00:30:02	01:04:15	01:04:04	466		V45	80
468	78	Catarina Clérico	00:30:35	01:04:19	01:04:12	468	Fragmentos	V50	12
469	83	Maria Teixeira	00:31:23	01:04:26	01:04:19	472	ALGYMNS	V45	15
470	223	Silvia Duarte	00:30:49	01:04:36	01:04:17	469	Housemartins Belas	V40	17
471	222	António Martins	00:30:45	01:04:36	01:04:18	471	Housemartins Belas	V45	81
472	36	Tânia Carvalho	00:30:49	01:04:36	01:04:17	470		Senior	18
473	1520	Vasco Silva	00:29:48	01:04:51	01:04:44	475		V40	70
474	108	Gilberto Gonçalves	00:32:03	01:04:58	01:04:42	474	CLUBE ATLETISMO AMIGOS DE BELÉM	V70	3
475	152	Francisco Sarrasqueiro	00:31:59	01:05:01	01:04:48	476		V70	4

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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
476	64	Maria Silva	00:31:00	01:05:12	01:05:03	478		V50	13
477	26	Antonio Faria	00:31:17	01:05:25	01:04:57	477		V65	7
478	417	Daniela Carvalho	00:31:26	01:05:28	01:05:19	481		V40	18
479	341	Palmira Ribeiro	00:31:24	01:05:28	01:05:22	483		V50	14
480	418	Susana Oliveira	00:31:26	01:05:28	01:05:19	482		V45	16
481	273	Manuel Baptista	00:32:02	01:05:34	01:05:15	479	SS CGD	V50	65
482	326	Lina Gomes	00:32:39	01:05:45	01:05:17	480		Senior	19
483	742	Joaquim Gabriel	00:32:06	01:05:52	01:05:39	484		V50	66
484	454	Albertino Pinto	00:30:24	01:05:52	01:05:41	485		V70	5
485	257	Luiz Miranda	00:32:32	01:05:53	01:05:43	486		V65	8
486	557	Irene Inácio	00:31:23	01:06:12	01:06:04	489		V50	15
487	29	Susana Alves	00:32:32	01:06:19	01:06:02	488		V45	17
488	302	Albino Ferreira	00:33:08	01:06:27	01:05:50	487		V50	67
489	269	Hugo Venancio	00:30:34	01:06:40	01:06:36	491	SS CGD	V40	71
490	710	Marlene Oliveira	00:32:56	01:06:46	01:06:43	493		V45	18
491	672	Fernando Marques	00:33:09	01:06:50	01:06:30	490	XRunners	Senior	57
492	34	Tiago Ribeiro	00:27:34	01:07:02	01:06:42	492		Senior	58
493	180	Soraia Mestre	00:34:12	01:07:11	01:04:38	473	condores varge mondar	Senior	20
494	1517	Patricia Alexandre	00:32:01	01:07:40	01:07:17	494		Senior	21

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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
495	642	Susana Pimentel	00:32:45	01:07:41	01:07:40	495		V40	19
496	356	Manuel Azevedo	00:32:03	01:08:08	01:07:57	497	Veteranos de Massamá	V60	15
497	131	Hugo Gonçalves	00:32:26	01:08:13	01:07:58	498		V45	82
498	612	Pedro Sarrasqueiro	00:32:28	01:08:14	01:08:00	500		V35	62
499	376	Liliana Guerreiro	00:33:05	01:08:22	01:07:56	496	Marcio Temtem	V35	12
500	611	Sofia Barata	00:33:05	01:08:24	01:07:59	499		V35	13
501	743	Rute Martins	00:34:26	01:08:25	01:08:05	502		V45	19
502	375	Marcio Temtem	00:33:05	01:08:27	01:08:02	501	Marcio Temtem	V35	63
503	769	José Santos	00:32:17	01:08:46	01:08:23	503		V55	34
504	1505	Célia Corte	00:34:06	01:08:55	01:08:52	506		V35	14
505	137	Paula Almeida	00:31:16	01:08:57	01:08:43	504		Senior	22
506	477	Gonçalo Silva	00:34:04	01:09:01	01:08:50	505		Senior	59
507	301	Tânia Rodrigues	00:32:41	01:09:04	01:08:57	508		V35	15
508	512	Carla Pereira	00:33:29	01:09:06	01:09:02	509		V45	20
509	82	Artur Dinis	00:33:17	01:09:15	01:09:08	510	ALGYMNS	V60	16
510	481	Rui Quaresma	00:32:28	01:09:15	01:08:54	507		Senior	60
511	410	Marisa Banha	00:34:04	01:09:27	01:09:17	513		Senior	23
512	598	Sara Dias	00:33:28	01:09:49	01:09:13	511		Senior	24
513	596	Miguel Gamboa	00:33:27	01:09:50	01:09:13	512		Senior	61

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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
514	594	José Antunes	00:32:17	01:09:54	01:09:33	514		V45	83
515	246	Filipe Basto	00:34:30	01:10:13	01:10:05	517		V50	68
516	554	Marta Ferreirinha	00:34:09	01:10:13	01:09:54	516		Senior	25
517	550	Helena Alonso	00:34:09	01:10:13	01:09:54	515		V35	16
518	652	Maria Moura	00:34:25	01:10:28	01:10:06	518		V40	20
519	281	Paulo Martins	00:33:46	01:11:14	01:10:59	519	Teen from Restelo	V50	69
520	187	Amtonio Madaleno	00:34:46	01:12:11	01:11:59	520		V55	35
521	626	Luís Monteiro	00:35:26	01:12:21	01:12:09	521		V40	72
522	330	Paulo Junior	00:34:19	01:12:30	01:12:19	522		V60	17
523	467	Claudia Fortunato	00:34:51	01:12:53	01:12:41	523	marvila jovem	Senior	26
524	466	Jose Casimiro	00:34:52	01:12:57	01:12:44	524	marvila jovem	Senior	62
525	55	Samuel Joaquim	00:34:55	01:13:08	01:12:57	526		V65	9
526	53	Cristina Soares	00:35:12	01:13:25	01:13:10	527	Trevodequatrofolhas	V55	2
527	556	João Ascenso	00:35:46	01:13:25	01:12:50	525	H & J	V35	64
528	43	Joana Chouriço	00:34:30	01:13:28	01:13:17	528	Running Club Santa Casa	V55	3
529	396	Rita Soares	00:34:24	01:14:04	01:13:42	529		V40	21
530	345	Rui Pires	00:34:02	01:14:12	01:13:50	530		V40	73
531	344	Susana Borges	00:34:02	01:14:12	01:13:51	531		V40	22
532	570	Vanessa Alves	00:34:42	01:14:16	01:14:02	534	Os Galgos	V40	23

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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
533	667	Pedro Soares	00:33:08	01:14:17	01:13:57	532		V45	84
534	670	Fernanda Afonso	00:30:22	01:14:17	01:13:58	533		V50	16
535	1513	Patrica Ferreira	00:36:19	01:14:35	01:14:32	535		Senior	27
536	59	Ricardo Martinho	00:36:28	01:16:09	01:15:51	536		V40	74
537	311	Sara Amorim	00:38:36	01:18:25	01:17:38	537	Kira	Senior	28
538	1515	Andre Sousa	00:35:47	01:19:02	01:18:54	540		Senior	63
539	30	Tiago Costa	00:38:53	01:19:05	01:18:16	539		Junior	9
540	805	Paulo Costa	00:38:54	01:19:05	01:18:15	538		V45	85
541	104	Helena Prata	00:36:49	01:19:56	01:19:41	541		V50	17
542	105	José Mugeiro	00:35:38	01:19:58	01:19:44	542		V50	70
543	682	Maria Macedo	00:37:47	01:20:01	01:19:51	543		V55	4
544	764	Perm Muangnapha	00:38:13	01:20:55	01:20:37	544		V50	71
545	794	João Figueira	00:37:47	01:21:38	01:21:20	545	Outsiders	V35	65
546	518	Henrique Alves	00:38:32	01:22:02	01:21:54	547	Clube Millennium bcp	V55	36
547	436	Eliana Fernandes	00:38:53	01:22:02	01:21:50	546		V40	24
548	35	Ana Martins	00:38:16	01:22:18	01:21:56	548		Senior	29
549	412	Ricardo Branco	00:37:17	01:22:38	01:22:16	550		V45	86
550	739	Carla Ramos	00:39:35	01:22:48	01:22:13	549		V40	25
551	363	Andreia Fernandes	00:41:40	01:25:10	01:24:15	551	Sexy Trails	Senior	30

CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
552	48	Gustavo Gama	00:42:04	01:30:42	01:30:34	552		V50	72