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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	13	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	12	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 P.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	480	Rui Henriques	00:19:43	00:38:10	00:38:05	87	Federação da Família para a Paz Mundial e Unifi	V45	10
86	1205	Joana Ramalho	00:19:42	00:38:12	00:38:11	88	RUN TEJO	Senior	6
87	423	Bruno Santos	00:19:21	00:38:14	00:38:04	86		V40	10
88	218	Luis Rodrigues	00:19:49	00:38:17	00:38:12	89		V45	11
89	1765	Ruth Waller	00:19:57	00:38:17	00:37:59	84		Senior	7
90	676	Jorge Pedroso	00:19:54	00:38:24	00:38:19	91	Amigos do Atletismo de Mafra	V45	12
91	1560	Pedro Costa	00:19:43	00:38:26	00:38:16	90		Senior	34
92	1122	Carlos Gomes	00:20:00	00:38:31	00:38:24	92	Clube EDP Lisboa	V55	1
93	1376	Inaldo Silva	00:19:46	00:38:35	00:38:30	95	Correr Lisboa	V50	7
94	596	Manuel Oliveira	00:19:20	00:38:36	00:38:27	93		V40	11
95	1291	Sandra Protásio	00:19:42	00:38:39	00:38:38	98	JOMA	Senior	8
96	831	Didier Valente	00:19:54	00:38:43	00:38:27	94	Monsanto Running Team	V45	13
97	1407	Jose Fachadas	00:20:03	00:38:47	00:38:37	96	A NATUREZA ENSINA	V45	14
98	1107	Luis Semedo	00:19:43	00:38:51	00:38:48	99	Nucleo Oeiras	V35	18
99	453	David Jesus	00:19:47	00:38:53	00:38:49	102	pace.makers	V50	8
100	1093	Eduardo Pena	00:19:59	00:38:55	00:38:48	100		V50	9



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101	1411	Henrique Coelho	00:19:54	00:39:03	00:38:56	108		V45	15
102	62	Duarte Costa	00:20:21	00:39:03	00:38:58	109	RUN FOR FRIENDS	V35	19
103	696	David Pereira	00:20:06	00:39:04	00:38:53	107		Senior	35
104	496	Pedro Pereira	00:19:50	00:39:05	00:38:59	110	ASICS Lisboa Run Club	Senior	36
105	1234	Fernando Pereira	00:19:45	00:39:06	00:38:49	104	RUN TEJO	V35	20
106	1577	Luís Martins	00:20:06	00:39:07	00:39:02	112	Sociedade Filarmónica de Apoio Social e Recreio	Senior	37
107	1745	Sergio Marques	00:20:51	00:39:09	00:38:37	97		V35	21
108	1392	Helena Carvalho	00:20:20	00:39:11	00:38:48	101	NucleOeiras	Senior	9
109	1101	Telmo Viegas	00:19:49	00:39:11	00:39:08	114		V40	12
110	1722	Duarte Brás	00:20:20	00:39:11	00:38:49	103		Senior	38
111	1405	Pedro Ribeiro	00:20:03	00:39:13	00:39:06	113	A NATUREZA ENSINA	V45	16
112	166	Ângelo Silva	00:20:10	00:39:18	00:39:11	115	CCDTMetroLX	V35	22
113	844	Pedro Monteiro	00:20:01	00:39:19	00:39:13	116		V35	23
114	1536	José Lopes	00:20:36	00:39:20	00:39:15	117		V50	10
115	1320	Aléxis Martins	00:19:54	00:39:25	00:38:59	111	Núcleo Sportinguista da Lourinhã	Senior	39
116	1261	Fernando Rangel	00:20:00	00:39:27	00:39:18	118	Run24Run	V35	24
117	1329	Nuno Ferreira	00:20:52	00:39:30	00:38:51	106	RUN TEJO	V40	13
118	879	Nuno Lopes	00:20:19	00:39:33	00:39:28	121		V40	14
119	848	Filipa Rodrigues	00:20:11	00:39:38	00:39:33	125		Senior	10
120	1115	Sandra Teixeira	00:19:50	00:39:39	00:39:37	126	Sporting Clube de Portugal	V40	2



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121	769	José Abrantes	00:20:21	00:39:40	00:39:30	122		V45	17
122	1504	Fernando Martins	00:20:36	00:39:46	00:39:26	119		V45	18
123	426	Margarida Dionísio	00:20:18	00:39:46	00:39:45	133		Senior	11
124	971	Pedro Marques	00:20:35	00:39:48	00:39:32	123	G.D.CHELAS	V40	15
125	1349	Eduardo Lourenço	00:20:20	00:39:50	00:39:46	134		V50	11
126	795	Nelson Costa	00:20:17	00:39:52	00:39:48	136	Clube Millennium bcp	V35	25
127	142	Mário Santos	00:20:35	00:39:52	00:39:33	124		V40	16
128	1359	João Lopes	00:20:41	00:39:53	00:39:45	131		V60	1
129	206	Tiago Silva	00:20:09	00:39:54	00:39:47	135	Linda-a-Pastora Sporting Clube	Senior	40
130	1226	Verónica Scutaru	00:20:33	00:39:55	00:39:53	141	GDRC PONTERROLENSE	V40	3
131	259	Joaquim Costa	00:20:29	00:39:56	00:39:51	137	CBAMM - Casa do Benfica de Algueirão Mem Ma	V65	1
132	590	Sara Marinho	00:20:21	00:39:58	00:39:45	132		Senior	12
133	1436	Jose Ferreira	00:20:26	00:39:59	00:39:56	143	GD Barcarena	V35	26
134	750	Diogo Correia	00:20:53	00:39:59	00:39:27	120	Familia Correia	Junior	5
135	713	Luis Monteiro	00:20:49	00:40:00	00:39:54	142		V45	19
136	1227	Isidro Duarte	00:21:06	00:40:01	00:39:43	128	RB RUNNING	V50	12
137	962	Nuno Ribeiro	00:20:42	00:40:04	00:39:40	127		Senior	41
138	1422	Luis Santos	00:20:29	00:40:05	00:39:44	130		Senior	42
139	77	António Graça	00:20:22	00:40:07	00:40:00	145		V55	2
140	190	Nuno Silva	00:21:17	00:40:08	00:38:51	105	M&B	V40	17



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141	145	José Santos	00:20:36	00:40:13	00:39:58	144	CCDTMetroLX	V45	20
142	1488	Luís Macedo	00:21:35	00:40:14	00:39:44	129	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	V35	27
143	841	Pedro Barreirão	00:20:22	00:40:15	00:40:10	151		Senior	43
144	1070	Nuno Faria	00:20:48	00:40:16	00:39:52	139	Monsanto Running Team	Senior	44
145	1212	Paulo Rodrigues	00:20:40	00:40:20	00:40:14	153	Serviços Sociais Montepio	V40	18
146	1222	Jorge Correia	00:20:50	00:40:20	00:40:06	150	G.D.R. da Reboleira	V45	21
147	1723	João Afonso	00:20:45	00:40:21	00:40:01	146		V40	19
148	448	Rui Martins	00:20:29	00:40:23	00:40:18	155	Associação Vale Grande	Senior	45
149	66	Miguel Santos	00:21:05	00:40:24	00:40:05	149	URBAN RUN TEAM	V35	28
150	1368	Miguel David	00:20:49	00:40:24	00:40:02	147		V45	22
151	197	Almiro Feijão	00:20:42	00:40:27	00:40:20	158	Linda-a-Pastora Sporting Clube	V60	2
152	1096	Rodrigo Silvério	00:20:08	00:40:28	00:40:24	160	Sporting Clube de Portugal	V40	20
153	287	Nelson Fernandes	00:21:03	00:40:32	00:40:11	152		V35	29
154	1249	Ricardo Pinto	00:21:08	00:40:32	00:40:17	154	G.D.R. da Reboleira	V35	30
155	1299	Laura Grilo	00:21:11	00:40:34	00:39:52	138	Clube de Praças da Armada	Senior	13
156	308	Fernando Gomes	00:20:42	00:40:35	00:40:28	163	Ferraris da Serafina	V45	23
157	919	Henrique Mateus	00:20:35	00:40:37	00:40:29	164	CF Os Belenenses	V45	24
158	162	Hernâni Fernandes	00:20:48	00:40:39	00:40:28	161		V45	25
159	465	David Karim	00:21:10	00:40:40	00:40:28	162	AUTO JACINTO	V40	21
160	1177	Jorge Marrão	00:20:42	00:40:41	00:40:35	166	Clube ANA Lisboa	V40	22



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161	298	José Marcelino	00:20:47	00:40:42	00:40:35	167	CLUBE DESPORTIVO ESTRELA	V55	3
162	1021	Nelson Felix	00:21:04	00:40:43	00:40:20	157		V40	23
163	1764	Nelson Louro	00:21:10	00:40:43	00:40:20	156	Correr Queluz	V35	31
164	1284	António Miranda	00:21:25	00:40:45	00:39:52	140		Senior	46
165	408	João Pastor	00:21:04	00:40:52	00:40:45	171	Amigos do Atletismo de Mafra	V45	26
166	85	Pedro Ferreira	00:21:26	00:40:52	00:40:36	168	RB RUNNING	V50	13
167	1670	Kcénia Bougrova	00:20:38	00:40:55	00:40:49	176		Senior	14
168	455	João Oliveira	00:21:13	00:40:56	00:40:47	173	CCDTMetroLX	V40	24
169	775	Tiago Sousa	00:20:53	00:40:58	00:40:45	169		V35	32
170	1751	Paulo Gomes	00:21:04	00:41:01	00:40:49	175	Evelx	V35	33
171	1617	José Rua	00:21:54	00:41:01	00:40:04	148		V40	25
172	1614	Francisco Santos	00:22:03	00:41:02	00:40:46	172		V45	27
173	1338	Tony Almeida	00:21:11	00:41:02	00:40:45	170	RB RUNNING	V35	34
174	1161	Luis Mesquita	00:20:44	00:41:04	00:40:58	180		V40	26
175	1413	André Santos	00:21:09	00:41:08	00:40:56	179	G. R. D. RIBEIRA da LAGE	V40	27
176	1800	João Jorge	00:20:31	00:41:11	00:41:08	187	Usc Mira-Sintra	Senior	47
177	863	António Madeira	00:21:15	00:41:11	00:41:04	183	Clube de Praças da Armada	V55	4
178	1351	Roberto Guerreiro	00:20:33	00:41:11	00:41:08	186	RB RUNNING	V35	35
179	727	João Pateira	00:21:06	00:41:11	00:41:04	181		V40	28
180	689	Benvinda Santos	00:21:06	00:41:11	00:41:04	182		Senior	15



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181	669	Samuel Sebastião	00:21:17	00:41:15	00:40:32	165	Caracóis de Pedra	V35	36
182	187	Paulo Robalo	00:21:06	00:41:15	00:41:05	184		V35	37
183	826	Armando Dias	00:21:24	00:41:17	00:41:11	190	Os Galgos	V50	14
184	1756	Filipe Alvarelhos	00:21:30	00:41:19	00:40:52	178		Senior	48
185	1515	António Vale	00:20:54	00:41:20	00:41:16	193	Desportivo Operário do Rangel	V60	3
186	1210	Nelson Coelho	00:20:58	00:41:20	00:41:15	192	Federação da Família para a Paz Mundial e Unifi	Senior	49
187	526	Fernando Candeias	00:21:17	00:41:21	00:41:10	188	SS CGD	V45	28
188	1770	Marco Fernandes	00:20:42	00:41:21	00:41:14	191	A.M.Atibá	V40	29
189	790	José Silva	00:21:39	00:41:21	00:41:10	189	Clube Millennium bcp	V55	5
190	193	Bruno Ribeiro	00:21:57	00:41:22	00:40:22	159	kaninos	V35	38
191	1710	Tiago Campos	00:21:06	00:41:24	00:41:19	197		Senior	50
192	1362	Dário Luz	00:21:21	00:41:27	00:41:06	185		V35	39
193	1461	Edmilson Santos	00:21:03	00:41:27	00:41:22	199	Linda-a-Pastora Sporting Clube	V50	15
194	230	João Paixão	00:21:14	00:41:30	00:40:48	174	NAPA - Núcleo de Amigos da Perna Assada	V45	29
195	1389	Hélder Machado	00:20:56	00:41:31	00:41:17	194		V45	30
196	111	Jorge Nabais	00:21:27	00:41:32	00:41:26	200		V35	40
197	1769	Mónica Moreiras	00:21:14	00:41:34	00:41:33	206	A.M.Atibá	V35	1
198	1475	João Rocha	00:21:38	00:41:36	00:41:19	196	RB RUNNING	Senior	51
199	1095	Ruben Pinto	00:21:08	00:41:36	00:41:18	195	Sporting Clube de Portugal	V35	41
200	745	Francisco Gaio	00:21:24	00:41:38	00:41:30	201		V55	6



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201	1798	Joana Boaventura	00:20:58	00:41:40	00:41:38	210		Senior	16
202	419	Ricardo Teixeira	00:21:22	00:41:43	00:41:38	209		Senior	52
203	313	Fábio Rodrigues	00:21:31	00:41:44	00:41:31	203		Senior	53
204	1206	Nuno Naia	00:21:36	00:41:46	00:41:22	198	RUN TEJO	V40	30
205	1535	Paulo Costa	00:21:30	00:41:47	00:41:39	212		V50	16
206	1622	Bruno Godinho	00:21:11	00:41:47	00:41:41	214		V35	42
207	897	Adriano Araújo	00:21:16	00:41:50	00:41:42	217	CONQUISTA GINÁSIO - CADAVAL	V40	31
208	1029	José Monteiro	00:21:52	00:41:51	00:40:51	177		Senior	54
209	1297	Pedro Semedo	00:21:20	00:41:53	00:41:42	216	Clube de Natação da Amadora	V45	31
210	1744	Vanessa Pereira	00:21:38	00:41:54	00:41:46	220		Senior	17
211	788	Fernando Feijao	00:21:27	00:41:54	00:41:50	223	Clube Millennium bcp	V60	4
212	1666	Orlando Correia	00:21:27	00:41:56	00:41:40	213		V45	32
213	869	Nuno Henriques	00:21:42	00:41:56	00:41:36	207	gdctincm	V40	32
214	1772	Cristina Garcia	00:21:14	00:41:57	00:41:55	227	A.M.Atibá	V40	4
215	15	Sérgio Manso	00:21:45	00:41:57	00:41:50	222		Senior	55
216	310	Gil Alves	00:21:05	00:41:58	00:41:51	224	Ferraris da Serafina	V40	33
217	1305	Rui Machinho	00:21:41	00:42:02	00:41:44	218	GD SANTANDERTOTTA	V40	34
218	1301	Raul Custodio	00:21:41	00:42:02	00:41:45	219	GD SANTANDERTOTTA	Senior	56
219	1344	Carlo Alves	00:21:57	00:42:02	00:41:37	208	RUN TEJO	V40	35
220	508	Carlos Viseu	00:21:39	00:42:04	00:41:55	226	CLUBE DESPORTIVO DO ARNEIRO	V45	33



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221	1805	Liliana Alexandre	00:21:14	00:42:06	00:41:58	230		Senior	18
222	1553	Daniel Valente	00:21:20	00:42:07	00:41:32	205		Senior	57
223	859	José Cunha	00:21:36	00:42:08	00:42:01	231	OS ZATPEQUES	V50	17
224	751	Manuel Correia	00:21:35	00:42:14	00:41:41	215	Familia Correia	Junior	6
225	994	João Galhordas	00:21:24	00:42:14	00:42:03	232		V45	34
226	229	Luis Mendes	00:22:00	00:42:16	00:42:08	236	NAPA - Núcleo de Amigos da Perna Assada	V45	35
227	1381	Fernando Corda	00:21:25	00:42:17	00:42:09	237		V50	18
228	774	Edmundo Fonte	00:21:35	00:42:18	00:42:04	233		V55	7
229	110	Paulo Lopes	00:22:34	00:42:19	00:41:32	204		V45	36
230	553	Eduardo Leite	00:21:37	00:42:22	00:42:12	239		V40	36
231	1146	Lucília Soares	00:21:47	00:42:25	00:42:21	244	GRUPO DESPORTIVO DE SÃO DOMINGOS	V55	1
232	327	Nuno Moleiro	00:21:20	00:42:25	00:42:10	238	brunosempre	V40	37
233	161	Paulo Ferreira	00:22:40	00:42:29	00:41:30	202		V45	37
234	450	António Santos	00:22:15	00:42:29	00:41:56	229	Associação Vale Grande	V60	5
235	973	Alexandre Lucas	00:21:56	00:42:31	00:41:49	221	Caracóis de Pedra	V35	43
236	1037	Nelson Sánchez	00:22:05	00:42:31	00:41:39	211		Senior	58
237	274	Luis Oliveira	00:22:04	00:42:32	00:42:16	240	CBAMM - Casa do Benfica de Algueirão Mem Ma	V45	38
238	1516	Jose Machado	00:21:27	00:42:33	00:42:26	248	Desportivo Operário do Rangel	V60	6
239	178	Helder Pereira	00:21:39	00:42:37	00:42:28	249		V35	44
240	500	Nuno Queija	00:21:47	00:42:38	00:42:18	242	CF Os Belenenses	V45	39



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241	847	Rui Carmo	00:22:27	00:42:38	00:42:25	247		V35	45
242	467	Jaime Maurício	00:22:05	00:42:39	00:42:28	250	RunLovers	V40	38
243	891	Tiago Gabriel	00:21:21	00:42:43	00:42:35	252	CARRASCO & AMIGOS	Senior	59
244	86	Rui Juliao	00:21:31	00:42:43	00:42:36	253		V50	19
245	318	Ruben Costa	00:21:35	00:42:44	00:42:39	255		V35	46
246	1334	João Santos	00:22:51	00:42:45	00:41:56	228		Junior	7
247	220	Vitor Martins	00:22:28	00:42:46	00:42:23	245		V45	40
248	227	Alexandre Figueiredo	00:21:47	00:42:47	00:42:39	256	NAPA - Núcleo de Amigos da Perna Assada	V45	41
249	1117	Rosa Oliveira	00:21:54	00:42:49	00:42:46	257	AERO	V50	1
250	1369	André Guerreiro	00:22:42	00:42:50	00:41:54	225		Senior	60
251	706	Luis Marques	00:21:50	00:42:50	00:42:31	251		V40	39
252	1615	Arlindo Paixão	00:22:03	00:42:52	00:42:38	254		V55	8
253	276	Hugo Palmeiro	00:21:52	00:42:53	00:42:24	246	CBAMM - Casa do Benfica de Algueirão Mem Ma	V40	40
254	89	Fábio Lima	00:22:45	00:42:58	00:42:04	234		Senior	61
255	277	Rui Ferreira	00:22:20	00:43:03	00:42:46	259	CBAMM - Casa do Benfica de Algueirão Mem Ma	V40	41
256	1808	Carlos Vaz	00:22:15	00:43:04	00:42:17	241		Senior	62
257	243	António Jorge	00:22:10	00:43:05	00:43:01	267	Lisbon Moonlight Runners	V60	7
258	1457	António Ferreira	00:22:12	00:43:10	00:42:48	260		V40	42
259	1654	João Lemos	00:21:49	00:43:11	00:43:05	269		Senior	63
260	1727	Diogo Matos	00:21:59	00:43:12	00:42:59	264		Senior	64



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261	354	Joel Nunes	00:23:38	00:43:13	00:42:05	235		V35	47
262	1647	João Pimentel	00:22:30	00:43:17	00:43:07	271	Escola de Atletismo de Coimbra / JPaiva	V35	48
263	1049	João Prisal	00:24:27	00:43:19	00:42:52	262	Clube Ferroviário de Portugal	V45	42
264	1031	Vitor Oliveira	00:22:30	00:43:21	00:43:01	266	Câmara Municipal da Amadora	V55	9
265	202	Ernesto Pereira	00:22:25	00:43:24	00:43:18	272	Os Galgos	V45	43
266	616	Gonçalo Porêlo	00:22:50	00:43:24	00:42:55	263		V35	49
267	1542	Cristiano Paes	00:22:56	00:43:26	00:42:20	243	Running Club Santa Casa	V45	44
268	1487	Hélder	00:20:42	00:43:26	00:43:23	275	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	Junior	8
269	1397	António Roque	00:22:30	00:43:29	00:42:46	258	Caracóis de Pedra	Senior	65
270	1490	Paulo	00:21:38	00:43:32	00:43:28	279	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	Junior	9
271	1254	José Vieira	00:22:29	00:43:32	00:43:25	277		V55	10
272	1552	João Narra	00:22:41	00:43:33	00:43:02	268		V45	45
273	1706	Paulo Menezes	00:22:55	00:43:35	00:43:01	265		V45	46
274	643	Paulo Frango	00:22:05	00:43:37	00:43:19	273		V40	43
275	1203	Rui Pinto	00:22:18	00:43:39	00:43:32	282		V40	44
276	1153	Luis Veloso	00:22:20	00:43:43	00:43:34	285		V45	47
277	251	Jorge Valadas	00:22:44	00:43:47	00:43:23	274	Running Bastards	V35	50
278	1306	Anastácio Valadas	00:22:36	00:43:48	00:43:36	286	GD SANTANDERTOTTA	V65	2
279	550	Paulo Pires	00:22:48	00:43:49	00:43:33	284	SS CGD	V50	20
280	1385	Sérgio Pires	00:22:50	00:43:51	00:43:44	291		V40	45



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281	253	Luís Cipriano	00:23:03	00:43:55	00:43:25	278		V45	48
282	442	Pedro Lima	00:22:28	00:43:58	00:43:54	301		V50	21
283	96	Jose Dias	00:23:03	00:44:03	00:43:33	283		V45	49
284	1507	Nelson Santos	00:22:48	00:44:04	00:43:38	288		V35	51
285	571	Carlos Martins	00:22:58	00:44:04	00:43:47	293	FIDELIDADE GDC	V45	50
286	1588	Henrique Ferreira	00:22:48	00:44:04	00:43:38	289		V45	51
287	170	Luis Pires	00:23:10	00:44:07	00:43:31	281	Clube Vodafone	V45	52
288	838	João Navarro	00:22:52	00:44:07	00:43:59	308		V40	46
289	559	Sebastiao Barata	00:22:50	00:44:08	00:43:46	292		V45	53
290	1328	Avelino Soares	00:22:56	00:44:08	00:43:48	297	RUN TEJO	V55	11
291	1527	João Santos	00:22:45	00:44:08	00:44:04	315	Desportivo Operário do Rangel	V60	8
292	849	Antonio Rebelo	00:23:26	00:44:09	00:43:24	276		V45	54
293	1078	Vitor Ferrão	00:22:06	00:44:09	00:43:48	296		V45	55
294	446	Nelson Dias	00:22:57	00:44:11	00:43:57	306	RB RUNNING	V55	12
295	1437	Marisa Costa	00:22:28	00:44:11	00:44:09	324	GD Barcarena	V35	2
296	928	Paulo Lopes	00:22:12	00:44:13	00:44:02	313	G. R. D. RIBEIRA da LAGE	V45	56
297	338	João Lobo	00:22:53	00:44:14	00:43:36	287		V45	57
298	1268	Amélia Costa	00:22:36	00:44:16	00:44:06	318	Centro Cultural e Recreativo do Alto do Moinho	V50	2
299	1421	Rui Geraldes	00:23:12	00:44:17	00:43:54	300		V45	58
300	1656	Paulo Ribeiro	00:22:04	00:44:17	00:44:08	322		V45	59



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301	1217	João Gonçalves	00:22:50	00:44:18	00:43:54	302		V40	47
302	413	Bruno Duque	00:23:01	00:44:19	00:43:43	290	Serviços Sociais Montepio	V35	52
303	1603	Paulo Rocha	00:23:27	00:44:21	00:43:47	294		V35	53
304	923	Paulo Guia	00:22:35	00:44:21	00:44:12	328		V40	48
305	1747	Bruno Carvalho	00:22:56	00:44:21	00:43:56	305		V40	49
306	674	Nuno Antunes	00:23:33	00:44:23	00:44:06	319	URBAN RUN TEAM	V40	50
307	673	João Antunes	00:23:33	00:44:23	00:44:06	317	URBAN RUN TEAM	V45	60
308	307	Manuel Soares	00:22:19	00:44:25	00:44:18	333	Ferraris da Serafina	V50	22
309	1450	Sandra Barros	00:22:37	00:44:26	00:44:22	339	RUN TEJO	V45	1
310	1802	Tiago Lopes	00:22:19	00:44:27	00:44:23	342	Usc Mira-Sintra	Senior	66
311	955	Jose Dias	00:23:01	00:44:28	00:44:09	323	RB RUNNING	V55	13
312	1356	Luis Silva	00:23:08	00:44:29	00:44:03	314		V35	54
313	527	Fernando Lima	00:22:39	00:44:29	00:44:24	343	SS CGD	V45	61
314	117	Fernando Almeida	00:23:02	00:44:29	00:44:00	309	Gelpeixe	V40	51
315	1699	Luis Barbosa	00:24:28	00:44:29	00:43:06	270		Senior	67
316	173	Vasco Ascensão	00:22:50	00:44:30	00:44:21	338	CDCR dos CTT	V45	62
317	1057	Eduardo Mendonça	00:22:23	00:44:31	00:44:18	332		Senior	68
318	754	Joao Costa	00:23:06	00:44:33	00:44:01	312	RUN:)	Senior	69
319	1058	Paulo Monteiro	00:22:12	00:44:34	00:44:29	347		V40	52
320	261	Marcos Charrua	00:22:42	00:44:34	00:44:16	331	CBAMM - Casa do Benfica de Algueirão Mem Ma	V50	23



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321	1371	Vitor Gonçalves	00:23:16	00:44:36	00:44:08	321	RUN TEJO	V50	24
322	245	Mário Monteiro	00:23:46	00:44:36	00:43:48	295	Os Galgos	V45	63
323	1551	Ricardo Neto	00:23:11	00:44:37	00:44:01	310		V35	55
324	1566	Artur Basilio	00:23:06	00:44:38	00:44:14	330		V40	53
325	931	Andre Oliveira	00:23:14	00:44:39	00:44:14	329	G. R. D. RIBEIRA da LAGE	Senior	70
326	309	Nuno Mestre	00:22:57	00:44:40	00:44:34	355	Ferraris da Serafina	V40	54
327	1761	Artur Miranda	00:22:56	00:44:41	00:44:21	337		V40	55
328	201	Jorge Martinho	00:23:17	00:44:41	00:43:53	299	Os Galgos	V45	64
329	668	Patrícia Caldas	00:23:14	00:44:42	00:43:58	307	Caracóis de Pedra	V35	3
330	436	Rute Martins	00:22:56	00:44:44	00:44:37	361		Senior	19
331	311	Luis Silva	00:22:58	00:44:44	00:44:36	359	Ferraris da Serafina	V35	56
332	289	Vitor Marques	00:22:53	00:44:46	00:44:11	325		V35	57
333	348	Rúben Maurício	00:22:57	00:44:46	00:44:12	326		V35	58
334	452	David Saraiva	00:23:41	00:44:47	00:43:55	304	Mind Runners	V35	59
335	241	Pedro Cardoso	00:24:06	00:44:47	00:44:18	334		V40	56
336	557	André Barbosa	00:23:04	00:44:48	00:43:54	303		V35	60
337	1474	Hugo Fidalgo	00:23:03	00:44:50	00:44:26	344		Senior	71
338	1348	Rui Duarte	00:23:12	00:44:50	00:44:34	356		V40	57
339	729	Fernando Laranjo	00:22:33	00:44:50	00:44:45	367		V35	61
340	84	Eduardo Luís	00:24:00	00:44:52	00:44:12	327	Atómicos	V40	58



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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>
341	1417	Miguel Almeida	00:23:06	00:44:52	00:44:31	351		V35	62
342	273	António Silva	00:23:29	00:44:52	00:44:28	346	CBAMM - Casa do Benfica de Algueirão Mem Ma	V40	59
343	875	Ricardo Almeida	00:23:06	00:44:52	00:44:31	353		V35	63
344	936	Nuno Carrilho	00:23:31	00:44:52	00:44:42	363	G. R. D. RIBEIRA da LAGE	V40	60
345	262	Bruno Matias	00:23:30	00:44:53	00:44:29	348	CBAMM - Casa do Benfica de Algueirão Mem Ma	Senior	72
346	347	Bruno Silva	00:23:08	00:44:53	00:44:31	352		V40	61
347	705	Jácome Silva	00:23:26	00:44:55	00:44:34	357		V35	64
348	657	Manuel Correia	00:23:27	00:44:56	00:44:22	340		V45	65
349	1219	Valter Oliveira	00:24:12	00:44:56	00:44:08	320	G.D.R. da Reboleira	V40	62
350	660	Pedro Santos	00:23:54	00:44:57	00:43:51	298		V45	66
351	641	Jorge Simoes	00:24:18	00:44:58	00:43:30	280		V35	65
352	351	Lino Santos	00:23:10	00:45:00	00:44:48	369		V50	25
353	1749	Pedro Cordeiro	00:23:05	00:45:01	00:44:30	350		V50	26
354	1715	Sérgio Viegas	00:24:02	00:45:02	00:44:20	336		V40	63
355	982	Vitor Canto	00:23:13	00:45:03	00:44:52	374		V45	67
356	1524	João Soares	00:23:53	00:45:04	00:44:28	345	Desportivo Operário do Rangel	V65	3
357	355	Vitor Jorge	00:24:17	00:45:04	00:44:23	341		Senior	73
358	1159	Rui Rodrigues	00:23:33	00:45:07	00:44:33	354		V40	64
359	632	Pedro Pereira	00:23:49	00:45:08	00:44:42	364		Senior	74
360	64	António Orlando	00:22:48	00:45:10	00:45:02	383		V40	65



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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	1545	José Dias	00:23:23	00:45:11	00:44:05	316	Running Club Santa Casa	V40	66
362	1451	Tiago Silva	00:22:58	00:45:12	00:45:04	385		V40	67
363	368	André Wiborg	00:24:46	00:45:13	00:44:01	311	WL84	V60	9
364	295	Rui Silva	00:22:59	00:45:14	00:44:50	372	CLUBE DESPORTIVO ESTRELA	V45	68
365	1506	Fernando Figueiredo	00:24:56	00:45:15	00:44:19	335		V45	69
366	1623	Nuno Carvalho	00:23:06	00:45:20	00:44:56	376		Senior	75
367	812	Paulo Goncalves	00:23:13	00:45:20	00:44:37	360	Clube Millennium bcp	V45	70
368	1006	Alexandre Cunha	00:22:48	00:45:21	00:45:05	386	O MUNDO DA CORRIDA	V50	27
369	1697	Mauro Pereira	00:23:56	00:45:21	00:44:42	362		Senior	76
370	250	André Rodrigues	00:23:24	00:45:22	00:44:58	379	Running Bastards	Senior	77
371	903	Ricardo Nunes	00:23:18	00:45:23	00:44:49	370		V40	68
372	131	José Gordilho	00:23:23	00:45:23	00:45:06	387	CLUBE ATLETISMO AMIGOS DE BELÉM	V50	28
373	857	David Paulos	00:24:01	00:45:26	00:44:45	368		V35	66
374	150	Pedro Ferreira	00:23:10	00:45:26	00:45:11	394		V40	69
375	1708	Vitor Novais	00:24:29	00:45:27	00:44:35	358		V40	70
376	785	Carlos Henriques	00:23:39	00:45:28	00:45:09	392	RB RUNNING	V40	71
377	732	Andre Figueiredo	00:24:12	00:45:28	00:44:29	349		Junior	10
378	36	Rui Merujo	00:23:44	00:45:29	00:44:50	371		V55	14
379	765	Tiago Madeira	00:23:27	00:45:29	00:45:07	388		V40	72
380	529	Henrique Amador	00:23:24	00:45:29	00:45:15	398	SS CGD	V45	71



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381	1564	Matheus Silva	00:24:33	00:45:29	00:42:49	261		Junior	11
382	1312	Paulo Nunes	00:23:34	00:45:30	00:45:12	396	GD SANTANDERTOTTA	V45	72
383	547	Nuno Costa	00:23:33	00:45:30	00:45:13	397	SS CGD	V40	73
384	1076	Helder Silva	00:23:26	00:45:30	00:45:12	395		V45	73
385	501	Nuno Silva	00:23:15	00:45:30	00:45:09	391	CF Os Belenenses	V45	74
386	367	Rui Carvalho	00:23:05	00:45:31	00:45:03	384		V45	75
387	1433	Sérgio Barbosa	00:23:34	00:45:31	00:45:08	389		Senior	78
388	1781	João Dias	00:18:01	00:45:32	00:45:27	406		Junior	12
389	532	João Marques	00:23:46	00:45:35	00:44:57	377	SS CGD	V40	74
390	855	Jose Serrano	00:23:05	00:45:37	00:45:31	410	Monsanto Running Team	V45	76
391	30	João Cabelreira	00:24:11	00:45:37	00:44:54	375	Clube do Stress	V45	77
392	168	Carlos Esteves	00:23:45	00:45:37	00:45:01	381	Clube Vodafone	V50	29
393	1209	Marlene Oliveira	00:23:47	00:45:40	00:45:33	413	Federação da Família para a Paz Mundial e Unifi	V45	2
394	228	Célia Cecílio	00:23:14	00:45:42	00:45:36	416	NAPA - Núcleo de Amigos da Perna Assada	V45	3
395	888	Paulo	00:23:54	00:45:43	00:45:17	400	CARRASCO & AMIGOS	V50	30
396	589	Carlos Lopes	00:23:13	00:45:43	00:45:26	405		V40	75
397	128	Frederico Nobre	00:23:23	00:45:43	00:45:33	412	CLUBE ATLETISMO AMIGOS DE BELÉM	V40	76
398	41	Filipe Freire	00:23:58	00:45:44	00:44:45	366		V35	67
399	1481	Isidro Simões	00:24:14	00:45:45	00:45:16	399		V40	77
400	1281	Bruno Safara	00:24:46	00:45:46	00:45:41	423		V35	68



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401	551	Pedro Fontoura	00:23:50	00:45:47	00:45:31	409	SS CGD	V45	78
402	1547	Pedro Figueiredo	00:23:36	00:45:48	00:44:43	365	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	425		Senior	79
406	782	Bruno Martinho	00:24:10	00:45:53	00:44:52	373	CSB_RF	Senior	80
407	865	Rui Fernandes	00:23:21	00:45:55	00:45:31	408	Monsanto Running Team	V40	78
408	1787	Paulo Simões	00:24:07	00:45:58	00:45:11	393		V40	79
409	1624	Luís Viegas	00:24:29	00:45:59	00:45:01	382		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	390		V40	80
412	314	Ernesto Gonçalves	00:23:41	00:46:04	00:45:31	411		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	401	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	81
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	82
419	802	Luis Costa	00:23:47	00:46:07	00:45:23	404	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	403		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	402		V35	70
425	1746	Carlos Martins	00:23:53	00:46:16	00:45:48	431		V40	83
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	451	Legionários	V45	87
429	344	João Nabais	00:23:22	00:46:17	00:46:12	452		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	4
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	84
436	1321	Pedro Pereira	00:23:55	00:46:22	00:46:07	446		V40	85
437	72	Rodrigo Santos	00:23:58	00:46:24	00:46:19	463		V45	88
438	350	Álvaro Gomes	00:24:42	00:46:25	00:45:29	407		V45	89
439	1470	Rui Oliveira	00:23:35	00:46:26	00:46:19	461	CCD Tranquilidade	V45	90
440	78	Fernando Alvim	00:24:14	00:46:28	00:46:09	450	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	449	GD SANTANDERTOTTA	V40	86
443	1307	Joao Frazão	00:24:13	00:46:31	00:46:09	448	GD SANTANDERTOTTA	V35	73
444	1378	Juan Conde	00:24:50	00:46:32	00:45:35	415	NAPA - Núcleo de Amigos da Perna Assada	V55	18
445	1377	Jose Cazorla	00:24:50	00:46:32	00:45:35	414	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	474		V35	74
451	1062	João Vilares	00:24:45	00:46:37	00:45:41	422	Câmara Municipal da Amadora	Senior	83
452	1782	Paulo Marques	00:24:08	00:46:37	00:46:08	447		V40	87
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	417	Clube do Stress	V40	88
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	419		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	89
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	90
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	460	Câmara Municipal da Amadora	V55	22
470	701	Nuno Carvalho	00:24:18	00:46:58	00:46:22	465	gdctincm	V40	91
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	92
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	499		V40	93



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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	512		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	94
488	988	Lino Vaz	00:24:46	00:47:18	00:47:01	502		V40	95
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	526		V40	96
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	475	gdctincm	V40	97
495	479	Isabel Santos	00:24:35	00:47:21	00:47:07	513	Federação da Família para a Paz Mundial e Unifi	V45	5
496	703	Rui Correia	00:24:52	00:47:22	00:46:34	476	gdctincm	V40	98
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	99
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	100
508	188	Pedro Galvão	00:24:26	00:47:37	00:47:23	537		V40	101
509	1335	Hugo Sequeira	00:24:27	00:47:39	00:47:09	518		V40	102
510	510	Belchior Barrocas	00:25:12	00:47:40	00:47:06	511	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	522		V45	103
514	1477	Antonio Pedroso	00:24:17	00:47:43	00:47:29	541	G.C.Estrelas da Amadora	V45	104
515	1476	Pedro Correia	00:24:17	00:47:43	00:47:29	542	G.C.Estrelas da Amadora	V40	103
516	1493	Marco	00:25:12	00:47:44	00:46:52	492	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	V40	104
517	1041	David Pinheiro	00:26:03	00:47:47	00:46:57	497	Desportivo de Odivelas	V40	105
518	1134	Paulo Silva	00:24:08	00:47:47	00:47:34	548	CONQUISTA GINÁSIO - CADAVAL	V40	106
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	557		Senior	89



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521	1618	Mauro Pimenta	00:25:08	00:47:50	00:47:14	521		V40	107
522	1121	Joana Taneco	00:24:41	00:47:51	00:47:49	568	Grupo Jamor	Senior	22
523	306	Miguel Barbosa	00:22:19	00:47:53	00:47:45	563	Ferraris da Serafina	V60	14
524	1186	André Falcão	00:24:41	00:47:54	00:47:01	503		Senior	90
525	1309	Rui Cunha	00:24:51	00:47:54	00:47:15	525	GD SANTANDERTOTTA	V50	41
526	1561	Pedro Cortes	00:23:51	00:47:54	00:47:42	556		V40	108
527	185	Acácio Conceição	00:24:15	00:47:56	00:47:45	564		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	500	Clube Millennium bcp	V55	28
530	507	Pedro Bueno	00:25:15	00:47:57	00:47:23	538	CLUBE DESPORTIVO DO ARNEIRO	V50	42
531	522	Bruno Dias	00:24:24	00:47:57	00:47:22	535	SS CGD	V40	109
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	562		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	517	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	528		V35	85
539	43	Paulo Sousa	00:24:18	00:48:03	00:47:42	558		V45	108
540	29	Ana Ribeiro	00:25:26	00:48:04	00:47:21	533	Clube do Stress	V45	6



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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	536	Run for Lunch	V40	110
545	285	Jorge Campos	00:24:52	00:48:07	00:47:39	554		V40	111
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	551		Senior	95
550	536	Rodrigo Almeida	00:24:39	00:48:09	00:47:52	574	SS CGD	V35	86
551	52	Sofia Caeiro	00:25:17	00:48:09	00:47:05	508		Senior	23
552	1548	Rui Antunes	00:24:51	00:48:10	00:47:04	507	Running Club Santa Casa	V40	112
553	1061	Bruno Martins	00:25:24	00:48:10	00:47:01	504		V40	113
554	1541	Bruno Corgas	00:25:25	00:48:11	00:47:05	509	Running Club Santa Casa	Senior	96
555	57	Pedro Santos	00:24:43	00:48:14	00:47:15	524		V35	87
556	301	Manuel Martins	00:24:58	00:48:15	00:47:52	573	CLUBE DESPORTIVO ESTRELA	V70	1
557	1688	Pedro Almeida	00:25:13	00:48:16	00:47:18	530		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	594		V45	112



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561	1409	Paulo Brissos	00:24:43	00:48:19	00:47:38	552	A NATUREZA ENSINA	V50	44
562	422	José Dinis	00:24:52	00:48:19	00:47:57	579		V40	114
563	454	Paulo Varandas	00:24:44	00:48:19	00:48:09	595	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	569		V35	90
566	997	Nuno Alves	00:25:32	00:48:21	00:47:43	560		V40	115
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	566		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	565		V45	116
575	497	Cátia Nascimento	00:24:28	00:48:26	00:48:20	608		V35	7
576	761	Mafalda Martinho	00:24:28	00:48:27	00:48:20	607		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	603	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	116
582	25	Alexandre Andrade	00:24:40	00:48:30	00:48:17	602	BOTA LAMBRA	V40	117
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	118
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	553		V45	118
591	1406	Florbela Barros	00:25:21	00:48:39	00:48:31	619	A NATUREZA ENSINA	V45	7
592	1408	Joao Oliveira	00:25:21	00:48:39	00:48:30	617	A NATUREZA ENSINA	Senior	98
593	1423	Rui Lourenço	00:24:56	00:48:39	00:48:07	593		V45	119
594	1132	Pedro Cabral	00:26:10	00:48:40	00:47:22	534		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	601	ASICS Lisboa Run Club	V40	119
600	618	Pedro Ramos	00:25:13	00:48:42	00:48:18	605		V40	120



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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	121
605	429	Manuel Martins	00:24:46	00:48:49	00:48:41	631		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	629	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	600	SS CGD	V40	122
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	630	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	625	CBAMM - Casa do Benfica de Algueirão Mem Ma	V45	126
617	254	Anabela Ferreira	00:26:04	00:49:04	00:48:36	626	CBAMM - Casa do Benfica de Algueirão Mem Ma	V45	8
618	1128	José Freitas	00:25:08	00:49:05	00:48:53	645		V40	123
619	18	Paulo Moutinho	00:26:02	00:49:05	00:48:01	584		V45	127
620	686	Luís Gil	00:26:30	00:49:06	00:48:01	582		Senior	101



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621	1774	João Santana	00:25:33	00:49:07	00:48:25	612	Grupo marcha e corrida jamor	V40	124
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	639	CARRASCO & AMIGOS	V50	51
627	798	Luis Baixinho	00:26:07	00:49:15	00:48:36	624	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	125
629	1080	Sérgio Freitas	00:25:40	00:49:15	00:48:51	643		V40	126
630	221	Tiago Guerreiro	00:26:19	00:49:16	00:48:17	604		V40	127
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	653		V35	99
633	385	Rui Simoes	00:26:11	00:49:21	00:48:25	611		V40	128
634	409	Alexandre Palmeiro	00:25:16	00:49:22	00:49:06	659		V35	100
635	1712	Lucio Morais	00:25:23	00:49:23	00:48:49	637	CARRASCO & AMIGOS	V55	34
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	35
638	1650	Hugo Mantas	00:25:09	00:49:26	00:49:13	670		V40	129
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	673	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	666		Senior	102
643	635	Janete Morais	00:25:23	00:49:29	00:48:42	632		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	622		V40	130
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	633	Os Galgos	V40	131
649	337	Joaquim Mendes	00:25:09	00:49:33	00:49:23	679		V50	54
650	115	Nuno Miguel	00:25:20	00:49:33	00:49:05	657		V45	129
651	1512	Tiago Brandão	00:25:34	00:49:35	00:49:23	680		Senior	103
652	1298	Amândio Pacheco	00:25:37	00:49:36	00:48:56	650	Clube de Natação da Amadora	V40	132
653	1090	Luis Vidoeira	00:25:52	00:49:36	00:49:00	652	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	623		V55	36
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	667	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	133
659	269	Cristina Carvalho	00:26:08	00:49:45	00:49:16	676	CBAMM - Casa do Benfica de Algueirão Mem Ma	V45	9
660	981	Rui Silva	00:25:44	00:49:47	00:48:55	649		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	687		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	647	Os Compadres	V35	104
666	1185	José Mota	00:24:32	00:49:52	00:49:35	686	Câmara Municipal da Amadora	V40	134
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	648	Os Compadres	V40	135
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	658		V45	134
673	107	Carlos Morais	00:25:34	00:49:58	00:49:39	692		V50	59
674	1088	Luisa Palminhas	00:25:23	00:49:58	00:49:43	698	CARRASCO & AMIGOS	V45	10
675	853	Manuel Sobral	00:25:39	00:49:58	00:49:40	696		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	136
678	638	Diego Tomaz	00:25:47	00:50:01	00:49:39	693		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	656		V55	37



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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	716	FastFouto	V45	135
683	79	Edna Alvim	00:25:09	00:50:06	00:49:47	705	Alvin e os Esquilos	V45	11
684	1736	António Almeida	00:25:51	00:50:07	00:49:51	710		V55	38
685	1316	Paulo Trindade	00:25:58	00:50:07	00:49:56	715	O MUNDO DA CORRIDA	V40	137
686	810	Cristina Andrade	00:25:47	00:50:07	00:49:57	717	Clube Millennium bcp	V45	12
687	811	Diogo Pereira	00:25:47	00:50:07	00:49:44	700	Clube Millennium bcp	V40	138
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	675		V45	138
691	1440	Luis Antunes	00:25:40	00:50:10	00:49:45	702	RB RUNNING	V45	139
692	58	Marcos Ratola	00:26:05	00:50:11	00:49:30	683		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	139
696	834	Nuno Fragoso	00:26:30	00:50:13	00:49:06	660		V40	140
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	726	NAPA - Núcleo de Amigos da Perna Assada	V50	60
700	360	Marta Costa	00:25:50	00:50:14	00:50:04	729		V45	13



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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	642	GD SANTANDERTOTTA	Senior	108
703	68	Laurent Moeri	00:25:34	00:50:16	00:49:57	718		V40	141
704	1446	Paulo Teixeira	00:26:02	00:50:17	00:49:00	654		V45	141
705	73	Carlos Carvalho	00:26:35	00:50:18	00:49:14	671	RB RUNNING	V45	142
706	1418	Heitor Gomes	00:26:40	00:50:20	00:49:43	699		V45	143
707	717	Rui Matos	00:27:00	00:50:22	00:49:13	669		V40	142
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	143
716	965	José Cardoso	00:26:22	00:50:31	00:49:40	694		V55	39
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	744	SRAA	Junior	1
719	366	Helder Cabana	00:25:25	00:50:34	00:50:18	745		V40	144
720	1246	Filipa Ferro	00:25:52	00:50:36	00:50:04	728	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	40
723	1241	Afonso Rodrigues	00:26:25	00:50:37	00:50:20	750		V40	145
724	1158	Sónia França	00:26:04	00:50:38	00:50:30	764		V40	10
725	1513	Daniel Matias	00:26:21	00:50:39	00:50:10	734		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	41
729	885	Vitor Revez	00:26:39	00:50:44	00:49:40	695	CARRASCO & AMIGOS	V55	42
730	1240	João Pereira	00:26:13	00:50:45	00:50:20	749		V55	43
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	778		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	784		V45	14
737	1191	Paula Martins	00:26:31	00:50:53	00:50:30	765		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	146



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741	1602	Sandra Claro	00:26:31	00:50:54	00:50:44	783		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	758		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	701		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	682	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	793	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	741		V45	15
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	743		V40	147
759	486	Márcio Rodrigues	00:26:31	00:51:06	00:50:47	789		V35	113
760	387	João Mendes	00:27:31	00:51:07	00:50:44	785	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	795	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	748		V40	148
766	1604	Filipa Oliveira	00:26:05	00:51:11	00:50:59	801		V45	16
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	149
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	735	CBAMM - Casa do Benfica de Algueirão Mem Ma	V50	67
771	1558	Luis Garanhoto	00:27:58	00:51:14	00:50:03	724		Junior	16
772	546	Miguel Reis	00:26:49	00:51:14	00:50:30	762	SS CGD	V40	150
773	1681	Custodio Ferreira	00:26:20	00:51:16	00:51:02	804		V50	68
774	1755	Bruno Amaro	00:27:01	00:51:17	00:50:30	763	G. R. D. RIBEIRA da LAGE	V35	118
775	1653	André Laborinho	00:27:18	00:51:18	00:50:15	740		V50	69
776	621	Hugo Santos	00:26:58	00:51:18	00:50:01	720	Falcões Selvagens	V40	151
777	1340	Marina Henriques	00:26:32	00:51:19	00:50:57	796		V50	5
778	1339	Jose Henriques	00:26:32	00:51:20	00:50:57	797		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	152



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781	1034	Luis Rocha	00:27:29	00:51:23	00:51:12	810		V40	153
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	787		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	751		Senior	115
787	1683	Cristina Gabriel	00:27:29	00:51:30	00:50:31	766		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	813	Desportivo Operário do Rangel	V60	26
791	267	José Duarte	00:27:45	00:51:32	00:51:02	805	CBAMM - Casa do Benfica de Algueirão Mem Ma	V55	44
792	1518	Fernando Santos	00:26:34	00:51:33	00:51:22	818	Desportivo Operário do Rangel	V65	12
793	1581	Fernando Pinheiro	00:25:49	00:51:34	00:51:29	825		V40	154
794	1383	Nelson Melo	00:27:17	00:51:34	00:50:39	774		V40	155
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	806		V45	159
797	924	Paulo Almeida	00:26:43	00:51:36	00:50:25	759		V50	70
798	1480	Suse Lucas	00:26:25	00:51:36	00:50:47	790		Senior	31
799	871	Carlos Folgado	00:28:27	00:51:36	00:50:31	768	CF Os Belenenses	V55	45
800	758	Luís Rodas	00:26:24	00:51:37	00:51:04	807		V40	156



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801	1694	Vitor Ferreira	00:26:54	00:51:38	00:51:00	803		Senior	116
802	949	Filipe Rações	00:26:13	00:51:40	00:51:25	822		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	808	FIDELIDADE GDC	V55	46
805	664	André Borges	00:26:25	00:51:41	00:51:27	823		V35	121
806	341	Sheila Galiano	00:26:34	00:51:41	00:51:17	814		V45	17
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	157
809	817	Jose Rodrigues	00:27:06	00:51:44	00:51:39	843	Clube Millennium bcp	V65	13
810	1562	Bruno Claro	00:26:56	00:51:47	00:50:44	786		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	820	ADRC Mata de Benfica	V45	161
814	329	Mahendrasinh Bassangy	00:27:12	00:51:54	00:50:58	800		V50	71
815	1045	José Oliveira	00:27:04	00:51:55	00:51:29	827	N.A.Z.A - Nucleo Atletismo Zona Abóboda	V50	72
816	804	Magda Ourelo	00:26:31	00:51:56	00:51:15	811	Clube Millennium bcp	V40	12
817	1570	Sandra Azeitona	00:26:50	00:51:57	00:51:33	835		V35	15
818	1672	José Brito	00:28:13	00:52:01	00:50:41	779		V35	123
819	1060	Miguel Sousa	00:27:54	00:52:01	00:51:24	821		V55	47
820	59	David Viegas	00:26:42	00:52:05	00:50:39	775		Senior	117



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821	157	Paulo Benido	00:27:52	00:52:06	00:50:52	794		V60	27
822	147	Paulo Guedes	00:27:16	00:52:10	00:51:34	836	CCDTMetroLX	V45	162
823	523	Carlos Albano	00:27:04	00:52:12	00:51:22	819	SS CGD	V45	163
824	892	Carla Carneiro	00:27:01	00:52:12	00:51:31	830	CARRASCO & AMIGOS	V50	6
825	889	Helder	00:26:44	00:52:12	00:51:30	829	CARRASCO & AMIGOS	V45	164
826	346	Luis Santos	00:27:31	00:52:12	00:51:11	809		V40	158
827	639	Pedro Guedes	00:26:46	00:52:13	00:50:46	788		Senior	118
828	979	Henrique Coelho	00:26:38	00:52:14	00:51:34	837	Clube de Ténis da Amadora	V35	124
829	602	Acácio Lopes	00:26:34	00:52:16	00:52:08	869	SERUL - Os Unidos de Leceia	V50	73
830	1337	Nuno Avó	00:27:20	00:52:16	00:51:46	846		V45	165
831	284	Mário Duarte	00:27:19	00:52:16	00:50:58	798		V45	166
832	1695	Luzia Dias	00:26:55	00:52:17	00:52:11	871		V45	18
833	1496	Helena	00:26:43	00:52:17	00:52:02	862	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	V35	16
834	88	Rogério Santos	00:27:19	00:52:17	00:50:59	802		V40	159
835	1693	Armando Aldegalega	00:26:55	00:52:17	00:52:12	872	Sporting Clube de Portugal	V80	2
836	1454	Rafael Azriel	00:26:34	00:52:18	00:51:56	855		V45	167
837	392	Jorge Adivinha	00:26:25	00:52:18	00:51:57	857		V35	125
838	781	David Silva	00:27:22	00:52:18	00:51:15	812	CSB_RF	V35	126
839	49	Fernando Conceição	00:27:07	00:52:19	00:51:59	859		V50	74
840	1000	Francisco Alves	00:25:59	00:52:20	00:52:14	875	Sport Amadora e Pumas	Junior	17



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841	1807	Carlos Mendes	00:26:01	00:52:21	00:51:47	847		V50	75
842	427	Carlos Marques	00:26:48	00:52:22	00:52:01	860		V55	48
843	177	Romão Santos	00:27:55	00:52:23	00:51:56	854		V45	168
844	815	Rui Rijo	00:26:35	00:52:23	00:51:50	851	Clube Millennium bcp	V45	169
845	902	Pedro Broco	00:26:35	00:52:24	00:51:50	850		V45	170
846	560	Carla Fernandes	00:27:04	00:52:26	00:51:39	842		V40	13
847	1473	Ricardo Silva	00:28:08	00:52:27	00:51:19	815		V40	160
848	757	Vinicius Guedes	00:27:49	00:52:27	00:51:29	826		V35	127
849	882	Felisberto Pinto	00:26:58	00:52:27	00:51:30	828		V50	76
850	352	Paula Cardoso	00:26:41	00:52:28	00:52:20	883		V45	19
851	210	Pedro Amigo	00:26:22	00:52:32	00:52:22	888		V35	128
852	591	Sofia Medronheira	00:26:23	00:52:32	00:52:21	886		V35	17
853	65	Sandra Arraias	00:27:40	00:52:33	00:51:45	845		V35	18
854	1072	José Borges	00:27:47	00:52:33	00:51:35	840	CCD Sintrense	V55	49
855	213	Olga Martins	00:27:12	00:52:35	00:52:03	863	RB RUNNING	V40	14
856	1332	Inês Cláudia	00:27:05	00:52:35	00:51:49	849	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SA	Senior	33
857	1655	Jessica Faria	00:26:49	00:52:35	00:52:28	895		Senior	34
858	665	Nuno Antunes	00:27:04	00:52:35	00:51:49	848		V45	171
859	951	Ines Santos	00:27:29	00:52:36	00:51:32	833	CLUBE ATLÉTICO DAS PATAMEIRAS	Senior	35
860	743	António Patricio	00:27:54	00:52:38	00:51:19	816		V50	77



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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>
861	165	Luis Santos	00:27:28	00:52:39	00:51:35	839	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SA	V50	78
862	226	Ricardo Simoes	00:27:11	00:52:40	00:52:02	861	Correr Queluz	V45	172
863	458	José Seixo	00:26:33	00:52:41	00:52:17	879		V35	129
864	395	António Vicêncio	00:29:55	00:52:41	00:51:32	834	CCD PM CASCAIS	V45	173
865	1607	José Massuça	00:29:55	00:52:41	00:51:31	832		V45	174
866	1025	Joao Verissimo	00:27:13	00:52:43	00:52:24	891		V60	28
867	152	Ricardo Leitao	00:27:28	00:52:46	00:51:41	844		V40	161
868	806	Luis Silva	00:27:02	00:52:46	00:52:14	876	Clube Millennium bcp	V50	79
869	1123	David Cavalheiro	00:27:28	00:52:46	00:51:35	838	CARRASCO & AMIGOS	Senior	119
870	1278	Carla Henriques	00:27:51	00:52:46	00:52:20	881		V40	15
871	1444	Gilberto Santos	00:27:25	00:52:48	00:52:20	884		V45	175
872	396	Pedro Ramos	00:27:58	00:52:48	00:51:39	841	CCD PM CASCAIS	V35	130
873	1125	Sônia Caixeirinho	00:28:10	00:52:51	00:51:57	856	RB RUNNING	V45	20
874	1610	Jorge Barros	00:27:47	00:52:51	00:52:07	868		V45	176
875	752	João Santos	00:27:46	00:52:52	00:52:09	870		V45	177
876	896	Elisabete Silva	00:27:09	00:52:56	00:52:44	912	Linda-a-Pastora Sporting Clube	V35	19
877	1141	Alberto Cancelino	00:27:39	00:52:58	00:52:07	867		V40	162
878	899	Bruno Simões	00:27:43	00:52:58	00:52:25	894		Senior	120
879	191	Maria Almeida	00:27:06	00:52:59	00:52:32	904	Correr Queluz	V40	16
880	205	Artur Carvalho	00:27:06	00:52:59	00:52:31	903	Correr Queluz	V45	178



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881	91	Nuno Carvalho	00:27:41	00:53:00	00:52:05	864		V35	131
882	770	Marco Pacheco	00:27:42	00:53:00	00:52:06	865		V40	163
883	1485	Francisco Pessoa	00:27:26	00:53:01	00:52:45	914	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	V45	179
884	541	Jose Martins	00:28:00	00:53:02	00:51:57	858	SS CGD	V40	164
885	214	Pedro Martins	00:27:17	00:53:03	00:52:31	901	RB RUNNING	V40	165
886	1503	João Carvalhinho	00:26:57	00:53:03	00:52:32	906		V55	50
887	391	Bruno Silva	00:28:04	00:53:04	00:51:50	852	1 Km/x	V40	166
888	604	Ramiro Canto	00:27:26	00:53:05	00:52:25	893	SERUL - Os Unidos de Leceia	V50	80
889	490	Albino Neiva	00:25:54	00:53:06	00:52:58	923	CBAMM - Casa do Benfica de Algueirão Mem Ma	V70	4
890	1582	Rita Monteiro	00:27:46	00:53:06	00:52:15	878		V35	20
891	1466	Artur Gaio	00:28:00	00:53:06	00:52:22	887	CCD Tranquilidade	V35	132
892	768	Luís Duarte	00:27:34	00:53:09	00:52:24	890		Senior	121
893	1214	Zi Barros	00:27:40	00:53:10	00:52:55	918	KeepRunning	V40	17
894	1213	Jose Nunes	00:27:29	00:53:10	00:52:57	922	KeepRunning	V50	81
895	697	Tomás Sousa	00:27:55	00:53:11	00:52:06	866	Federação da Família para a Paz Mundial e Unifi	V40	167
896	659	Pedro Valentim	00:27:51	00:53:12	00:52:12	873		V45	180
897	457	Severino Cruz	00:27:39	00:53:15	00:52:30	899		V55	51
898	1085	Luís Luís	00:27:38	00:53:15	00:52:51	917		V55	52
899	1698	Miguel Silva	00:27:44	00:53:15	00:51:51	853		Senior	122
900	1555	Tânia Rodrigues	00:27:46	00:53:15	00:52:23	889		V35	21



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901	720	Filipe Goulão	00:28:14	00:53:18	00:52:56	921		V35	133
902	1600	Winnie Picoto	00:27:47	00:53:19	00:52:14	877		V40	18
903	204	Helder Raposo	00:27:41	00:53:19	00:52:32	905	Os Galgos	V50	82
904	1599	Joao Picoto	00:27:48	00:53:19	00:52:13	874		V40	168
905	198	Paulo Santos	00:27:37	00:53:20	00:52:38	908		V50	83
906	194	Pedro Carvalho	00:27:53	00:53:21	00:52:40	909		V45	181
907	1188	Carlos Semide	00:26:30	00:53:22	00:53:04	930		V40	169
908	1793	Ximo Ferré	00:27:19	00:53:23	00:52:42	910		V45	182
909	1245	Luís Ferreira	00:26:30	00:53:25	00:53:07	933	Clube Ferroviário de Portugal	V50	84
910	764	Teresa Sepúlveda	00:28:18	00:53:26	00:52:20	882		V35	22
911	37	João Antunes	00:27:35	00:53:27	00:52:45	913		V60	29
912	175	Nuno Oliveira	00:27:38	00:53:28	00:52:59	925	CDCR dos CTT	V40	170
913	304	José Galamba	00:27:38	00:53:30	00:53:16	945	CLUBE DESPORTIVO ESTRELA	V65	14
914	607	Vanda Maia	00:27:10	00:53:31	00:53:26	952	Federação da Família para a Paz Mundial e Unifi	V40	19
915	509	Manuel Alves	00:28:24	00:53:31	00:52:55	920	CLUBE DESPORTIVO DO ARNEIRO	V50	85
916	608	Bruno Maia	00:27:07	00:53:31	00:53:26	953	Federação da Família para a Paz Mundial e Unifi	V40	171
917	531	João Correia	00:27:36	00:53:32	00:52:44	911	SS CGD	V55	53
918	1550	Tiago Nascimento	00:27:34	00:53:35	00:52:29	897	Running Club Santa Casa	Senior	123
919	1327	Hugo Baptista	00:27:37	00:53:35	00:53:04	929	RUN TEJO	V45	183
920	1326	Carla Nascimento	00:27:37	00:53:35	00:53:05	931	RUN TEJO	V35	23



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921	1346	João Ferreira	00:28:14	00:53:35	00:52:33	907		V55	54
922	44	Oliver Meewes	00:28:16	00:53:35	00:52:20	885		V50	86
923	960	Paula Silva	00:27:31	00:53:36	00:53:01	926	Sporting Clube da Reboleira e Damaia	V45	21
924	725	Jorge Fernandes	00:26:41	00:53:36	00:52:50	916	cabrizrun	V45	184
925	629	Gonçalo Loureiro	00:28:02	00:53:36	00:52:18	880		V40	172
926	135	Miguel Velez	00:28:45	00:53:37	00:52:30	898	CAMARA LISBOA CLUBE	V55	55
927	362	Susana Fernandes	00:27:41	00:53:39	00:53:09	935	Correr Queluz	V35	24
928	247	Nuno Almeida	00:28:01	00:53:40	00:52:25	892	Sportings de Almeida	V40	173
929	485	Maria Gonçalves	00:27:59	00:53:41	00:52:31	900		V50	7
930	159	António Fonseca	00:27:12	00:53:43	00:53:13	939		V70	5
931	517	Tomas Oliveira	00:29:05	00:53:44	00:52:29	896	CLUBE DESPORTIVO DO ARNEIRO	Junior	18
932	16	Mário Ferreira	00:27:49	00:53:45	00:52:58	924		V40	174
933	1032	Mário Gaspar	00:27:39	00:53:46	00:53:32	961		V50	87
934	1714	Sérgio Viegas	00:27:16	00:53:47	00:53:28	957		V40	175
935	886	Fernanda Camacho	00:27:38	00:53:48	00:53:33	962	CARRASCO & AMIGOS	V45	22
936	1448	Hugo Barata	00:27:39	00:53:48	00:53:27	954		V40	176
937	1502	Artemisa Mendes	00:27:51	00:53:49	00:52:55	919		Senior	36
938	540	Jose Ferreira	00:28:08	00:53:51	00:53:06	932	SS CGD	V60	30
939	567	Rui Paz	00:28:10	00:53:55	00:53:15	940		V40	177
940	1753	Daniel Raposo	00:28:55	00:53:55	00:52:46	915		V35	134



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941	920	Fernando Dias	00:27:36	00:53:55	00:53:23	949		V55	56
942	1700	Joaquim Santos	00:27:45	00:53:56	00:53:43	969		V50	88
943	1463	Ana Telo	00:27:45	00:53:56	00:53:44	971	Linda-a-Pastora Sporting Clube	V45	23
944	1803	Ana Duarte	00:28:09	00:54:02	00:53:03	928	Usc Mira-Sintra	V45	24
945	69	Leandro Real	00:27:43	00:54:02	00:53:24	950		Junior	19
946	1711	Joaquim Guerra	00:27:39	00:54:04	00:53:51	978	CARRASCO & AMIGOS	V55	57
947	244	Helena Santos	00:27:57	00:54:05	00:53:18	947	Lisbon Moonlight Runners	V55	2
948	189	Manuel Costa	00:27:01	00:54:07	00:53:50	976	M&B	V60	31
949	231	Nelson Colaço	00:28:53	00:54:08	00:53:11	937	NAPA - Núcleo de Amigos da Perna Assada	V45	185
950	631	Vitor Martins	00:28:43	00:54:08	00:53:15	942		V65	15
951	698	Joaquim Fonseca	00:27:44	00:54:09	00:54:02	984	Federação da Família para a Paz Mundial e Unifi	V60	32
952	1126	Helder Vidal	00:28:20	00:54:09	00:53:12	938		V45	186
953	263	Sónia Ferreira	00:27:45	00:54:09	00:53:42	968	CBAMM - Casa do Benfica de Algueirão Mem Ma	V35	25
954	938	Rita Manso	00:28:21	00:54:09	00:53:25	951	Clube do Stress	V45	25
955	901	António Cruz	00:27:16	00:54:11	00:54:04	987		V65	16
956	939	Tiago Dionisio	00:28:21	00:54:12	00:53:29	958	Clube do Stress	V40	178
957	1160	Tiago Barreira	00:27:20	00:54:12	00:53:40	966		Senior	124
958	1198	Eduardo Alves	00:28:09	00:54:13	00:53:10	936		V40	179
959	1631	Artur Santos	00:28:02	00:54:13	00:53:43	970		V45	187
960	1529	Ricardo Fernandes	00:28:20	00:54:16	00:54:10	994		V45	188



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
961	1635	Luis Cruz	00:27:08	00:54:18	00:54:03	986		V40	180
962	530	João Cabrito	00:28:26	00:54:19	00:53:31	960	SS CGD	V55	58
963	328	Susana Gomes	00:28:37	00:54:20	00:53:50	977		V45	26
964	1701	Bárbara Cruz	00:28:08	00:54:20	00:54:06	989		Senior	37
965	552	Vítor Correia	00:29:50	00:54:20	00:53:15	943		V40	181
966	1498	Hugo Pinto	00:29:48	00:54:22	00:53:15	941		V40	182
967	593	Sónia Jesus	00:28:02	00:54:23	00:53:57	980		V40	20
968	12	Saul Leite	00:28:41	00:54:24	00:53:28	956		Senior	125
969	1155	Alexandre Drake	00:28:12	00:54:25	00:53:36	965		V50	89
970	460	Angelo Fernandes	00:28:09	00:54:27	00:54:00	982		V45	189
971	1149	César Cabeza	00:28:59	00:54:27	00:53:02	927	Team Moinhos da Funcheira	V35	135
972	1585	Vasco Alpalhão	00:27:40	00:54:27	00:53:46	973		V45	190
973	723	Paulo Quaresma	00:27:54	00:54:28	00:54:17	1005	Veteranos de Massamá	V60	33
974	151	Pedro Rodrigues	00:27:46	00:54:28	00:53:36	964		V35	136
975	93	Marta Fernandes	00:28:04	00:54:30	00:54:13	998		Senior	38
976	1008	Manuel Joao	00:28:38	00:54:30	00:53:08	934		V35	137
977	799	Leonel Brandao	00:27:49	00:54:31	00:53:52	979	Clube Millennium bcp	V50	90
978	672	Luis Correia	00:28:41	00:54:32	00:53:41	967	Matilha ds Atalaia	V50	91
979	1709	Bruno Costa	00:29:06	00:54:36	00:53:16	944		V35	138
980	1187	António Junior	00:29:07	00:54:37	00:53:19	948		V50	92



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981	1318	Margarida Lucas	00:28:22	00:54:37	00:54:10	996	EAE Lazy Runners	Senior	39
982	1445	Ana Nunes	00:28:19	00:54:37	00:53:47	974		V45	27
983	837	Carlos Madureira	00:28:36	00:54:40	00:52:31	902		Senior	126
984	1776	Luiz Nogueira	00:28:56	00:54:41	00:54:34	1022		Senior	127
985	648	Bruno Fernandes	00:28:04	00:54:41	00:54:04	988		V35	139
986	1725	Alvaro Ferreira	00:28:43	00:54:42	00:54:17	1006		V50	93
987	31	Pedro Neto	00:28:29	00:54:43	00:54:00	983	Clube do Stress	V50	94
988	617	Ana Roque	00:28:16	00:54:45	00:54:17	1008		V45	28
989	365	Nuno Gonçalves	00:27:58	00:54:46	00:54:10	995		V45	191
990	1092	Shahin Amirali	00:28:45	00:54:47	00:53:17	946	Benfica em Forma	Senior	128
991	914	Carlos Pena	00:29:12	00:54:51	00:53:45	972	GRD OS FIXES	V45	192
992	842	João Silva	00:29:20	00:54:51	00:53:28	955		Senior	129
993	778	Jorge Camoesas	00:29:20	00:54:53	00:53:30	959		V35	140
994	1215	Paulo Fernandes	00:27:29	00:54:55	00:54:40	1024	KeepRunning	V50	95
995	370	Fabiano Ferreira	00:29:05	00:54:55	00:53:36	963	Benfica em Forma	V35	141
996	133	José Castro	00:29:53	00:54:56	00:54:03	985	CLUBE ATLETISMO AMIGOS DE BELÉM	V60	34
997	1707	Rui Menezes	00:28:13	00:54:58	00:54:22	1013		V40	183
998	645	Hélder Romano	00:27:34	00:54:59	00:54:24	1017		V50	96
999	424	Henrique Joaquim	00:27:17	00:55:00	00:54:15	1002		V45	193
1000	374	Luís Piedade	00:27:51	00:55:06	00:54:52	1029		V50	97



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1001	624	Hugo Teixeira	00:25:41	00:55:08	00:55:03	1043		Senior	130
1002	610	Paulo Sena	00:28:13	00:55:12	00:54:15	1001		V45	194
1003	1211	Paula Pereira	00:28:12	00:55:13	00:55:08	1048	Federação da Família para a Paz Mundial e Unifi	V40	21
1004	1391	Maria Borges	00:29:07	00:55:13	00:54:15	1000		V45	29
1005	818	Pedro Santos	00:29:54	00:55:13	00:54:16	1003	Clube Millennium bcp	V45	195
1006	99	Tiago Rosa	00:29:15	00:55:13	00:53:57	981		Senior	131
1007	481	Carlos Pereira	00:28:12	00:55:13	00:55:10	1049	Federação da Família para a Paz Mundial e Unifi	V40	184
1008	1336	Rui Fernandes	00:28:34	00:55:14	00:54:20	1011		V45	196
1009	1179	José Coelho	00:28:57	00:55:15	00:54:20	1010	Clube ANA Lisboa	V50	98
1010	17	Ricardo Faria	00:28:11	00:55:16	00:54:57	1033		V40	185
1011	821	Arnaldo Pinteus	00:28:48	00:55:17	00:54:36	1023	Clube Millennium bcp	V55	59
1012	1135	Murillo Rocha	00:30:06	00:55:17	00:53:49	975		V35	142
1013	1758	Alice Vilaça	00:30:00	00:55:18	00:54:07	990		V35	26
1014	397	Teresa Simões	00:30:00	00:55:18	00:54:08	992	CCD PM CASCAIS	V45	30
1015	1048	Adriano Cunha	00:29:25	00:55:20	00:54:16	1004		V60	35
1016	1540	Ana Cortes	00:28:44	00:55:22	00:54:17	1007	Running Club Santa Casa	V35	27
1017	741	Nuno Bochinha	00:28:06	00:55:22	00:54:41	1025		V40	186
1018	1644	Cristina Portugal	00:28:49	00:55:25	00:54:21	1012		V50	8
1019	1163	Michal Zajkowski	00:28:51	00:55:25	00:54:27	1018		V35	143
1020	925	Nuno Dias	00:27:58	00:55:26	00:55:13	1052		V45	197



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1021	1447	Sérgio Rodrigues	00:28:42	00:55:26	00:54:13	999		Senior	132
1022	140	Ana Rodrigues	00:28:42	00:55:26	00:54:33	1020		Senior	40
1023	1157	Jose Manuel	00:28:02	00:55:27	00:55:19	1060		V40	187
1024	655	Diogo Raposo	00:27:57	00:55:28	00:55:00	1035	Correr Queluz	Junior	20
1025	1508	Fernando Moreira	00:28:34	00:55:29	00:54:56	1032		V60	36
1026	1067	Paulo Calvino	00:29:58	00:55:30	00:54:34	1021		V45	198
1027	905	Ana Martins	00:28:53	00:55:32	00:55:13	1051		V35	28
1028	548	Paula Gonçalves	00:28:53	00:55:33	00:55:15	1054	SS CGD	V40	22
1029	50	Marco Miguel	00:28:17	00:55:33	00:55:22	1062		V40	188
1030	1759	Andreia Fernandes	00:28:53	00:55:33	00:54:07	991		V35	29
1031	1225	Joao Inacio	00:28:35	00:55:33	00:54:44	1026		Senior	133
1032	783	Paulo Gamboa	00:28:35	00:55:34	00:54:44	1027	CLUBE ATLÉTICO DAS PATAMEIRAS	V45	199
1033	1136	Márcio Freitas	00:30:06	00:55:37	00:54:09	993		V40	189
1034	690	Mario Silva	00:30:03	00:55:37	00:54:13	997		V50	99
1035	1238	Carlos Oliveira	00:29:01	00:55:42	00:54:29	1019		V50	100
1036	537	Severino Rosa	00:28:55	00:55:42	00:54:55	1031	SS CGD	V60	37
1037	1087	Carlos Coelho	00:29:31	00:55:42	00:54:23	1016	CPOC	V55	60
1038	1086	Vitor Rodrigues	00:29:31	00:55:42	00:54:22	1014	CPOC	V60	38
1039	1613	Luis Ferreira	00:29:22	00:55:43	00:55:02	1041	Clube de Ténis da Amadora	Senior	134
1040	1424	João Caetano	00:30:03	00:55:43	00:54:19	1009		V40	190



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1041	680	Elias Cruz	00:29:18	00:55:43	00:54:45	1028		V45	200
1042	558	Fernando Rodrigues	00:28:37	00:55:44	00:55:17	1056		V45	201
1043	1425	Paulo Almeida	00:30:04	00:55:44	00:54:22	1015		V50	101
1044	1308	Jose Santos	00:29:04	00:55:46	00:55:00	1036	GD SANTANDERTOTTA	V45	202
1045	1775	Paulo Pereira	00:28:21	00:55:47	00:55:33	1071		V55	61
1046	1270	Tiago Pinto	00:27:32	00:55:47	00:55:14	1053		Senior	135
1047	1304	Luis Dias	00:28:26	00:55:49	00:55:27	1068	GD SANTANDERTOTTA	V40	191
1048	305	Luís Brazão	00:28:41	00:55:56	00:55:49	1082	Ferraris da Serafina	V70	6
1049	255	Ana	00:28:43	00:55:57	00:55:27	1067	CBAMM - Casa do Benfica de Algueirão Mem Ma	V40	23
1050	1728	Vasco Aleluia	00:29:05	00:55:58	00:55:32	1070		V35	144
1051	1730	Joana Lúcio	00:29:05	00:56:00	00:55:33	1072		V45	31
1052	791	Alexandra Costa	00:28:33	00:56:01	00:55:22	1063	Clube Millennium bcp	V45	32
1053	1625	Tania Vieira	00:28:48	00:56:04	00:55:03	1044		Senior	41
1054	649	José Lindo	00:29:01	00:56:04	00:55:54	1091	CA Vale de Figueira	V70	7
1055	1138	Susana Amorim	00:28:33	00:56:06	00:55:04	1045		Senior	42
1056	658	Fernanda Ribeiro	00:29:22	00:56:07	00:55:05	1046		V50	9
1057	1142	Joao Pacheco	00:26:33	00:56:07	00:55:58	1095	Câmara Municipal da Amadora	V40	192
1058	1713	Antonio Reis	00:29:45	00:56:08	00:55:24	1065		V55	62
1059	623	Maria Magro	00:29:48	00:56:10	00:55:01	1037		V45	33
1060	614	Marta Rodrigues	00:29:48	00:56:10	00:55:01	1038		Senior	43



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1061	1595	João Pereira	00:29:48	00:56:10	00:55:01	1039		V50	102
1062	644	José Finuras	00:29:46	00:56:11	00:55:01	1040		V45	203
1063	1388	Luis Dionisio	00:29:04	00:56:12	00:55:38	1076		V45	204
1064	633	Bruno Neves	00:29:51	00:56:12	00:54:55	1030		V35	145
1065	740	Joaquim Costa	00:29:34	00:56:18	00:56:09	1105		V65	17
1066	98	João Anjos	00:29:08	00:56:19	00:55:51	1088		V45	205
1067	513	Andre Silva	00:28:49	00:56:23	00:55:07	1047	CLUBE DESPORTIVO DO ARNEIRO	Junior	21
1068	56	Luis Silva	00:30:10	00:56:24	00:54:57	1034		V45	206
1069	1484	Ana	00:29:30	00:56:27	00:55:34	1073	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	V45	34
1070	1358	Mário Sobral	00:29:25	00:56:28	00:55:24	1064		V40	193
1071	975	Luís Nabais	00:29:24	00:56:28	00:55:25	1066		V35	146
1072	976	Anabela Ruivo	00:29:25	00:56:29	00:55:27	1069		V45	35
1073	900	Sara Rodrigues	00:29:18	00:56:29	00:56:01	1097		V35	30
1074	405	Adelaide Scalpelli	00:29:03	00:56:30	00:56:26	1127		V50	10
1075	730	José Vitória	00:29:43	00:56:30	00:56:19	1115		Senior	136
1076	582	Jose Machado	00:29:29	00:56:30	00:55:17	1057		V50	103
1077	583	Marta Machado	00:29:29	00:56:30	00:55:17	1055		Senior	44
1078	433	Miguel Castela	00:30:19	00:56:31	00:55:12	1050	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SA	V45	207
1079	102	Gonçalo Jorge	00:28:51	00:56:31	00:55:49	1081		V35	147
1080	14	Helder Rodrigues	00:28:40	00:56:32	00:56:16	1113		V35	148



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1081	640	José Amaro	00:28:32	00:56:33	00:55:49	1080		V40	194
1082	518	Álvaro Furtado	00:31:37	00:56:33	00:55:02	1042	SS CGD	V60	39
1083	248	Alexandre Dâmaso	00:29:46	00:56:34	00:55:19	1058	Sportings de Almeida	V50	104
1084	207	Luis Almeida	00:28:33	00:56:34	00:55:51	1087		V45	208
1085	246	Ana Almeida	00:29:47	00:56:35	00:55:19	1059	Sportings de Almeida	V40	24
1086	753	Iris Petinga	00:30:20	00:56:36	00:56:03	1101	RUN:)	Senior	45
1087	470	Joana Peralta	00:28:52	00:56:38	00:56:27	1129	RunLovers	V40	25
1088	755	Nadine Gandaio	00:30:21	00:56:38	00:56:05	1102	RUN:)	Senior	46
1089	756	Kuniyoshi Ishii	00:30:20	00:56:40	00:56:07	1103	RUN:)	V35	149
1090	1641	Paulo Roxo	00:28:37	00:56:44	00:56:15	1111		V40	195
1091	1428	João Brites	00:29:33	00:56:45	00:55:51	1086		V45	209
1092	196	Filipe Monteiro	00:28:03	00:56:45	00:56:29	1131		Senior	137
1093	1768	Sofia Caetano	00:28:45	00:56:46	00:56:41	1142	A.M.Atibá	V45	36
1094	1526	Joaquim Neiva	00:29:19	00:56:47	00:56:16	1112	Desportivo Operário do Rangel	V75	1
1095	1546	Maria Teixeira	00:29:50	00:56:47	00:55:41	1077	Running Club Santa Casa	Senior	47
1096	103	José Dias	00:28:47	00:56:49	00:56:20	1116	Correr Queluz	V45	210
1097	104	Ana Santos	00:28:40	00:56:49	00:56:26	1126	Correr Queluz	V35	31
1098	779	Edmundo Cardeira	00:29:19	00:56:49	00:56:09	1104	Leões de Barcarena	V70	8
1099	266	Marcos Leonardo	00:28:40	00:56:50	00:56:20	1118	CBAMM - Casa do Benfica de Algueirão Mem Ma	V65	18
1100	543	Luis Paris	00:30:04	00:56:50	00:55:57	1093	SS CGD	V50	105



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1101	519	Antonio Negrinho	00:29:35	00:56:51	00:56:02	1100	SS CGD	V50	106
1102	1239	Filipa Monteiro	00:29:59	00:56:52	00:55:41	1079		V40	26
1103	878	Ricardo Preguiça	00:29:26	00:56:54	00:55:58	1096		Senior	138
1104	288	Catarina Rolo	00:29:40	00:56:56	00:56:12	1108		Senior	48
1105	339	Cátia Camara	00:29:40	00:56:56	00:56:13	1110		Senior	49
1106	1063	João Pereira	00:30:01	00:56:57	00:56:02	1099	Câmara Municipal da Amadora	V40	196
1107	1643	Emerson Kachiungo	00:30:28	00:56:59	00:55:20	1061		Senior	139
1108	1616	Adérito Gonçalves	00:29:42	00:56:59	00:56:26	1128		V45	211
1109	223	Carlos Fernandes	00:29:17	00:57:00	00:55:36	1074		V45	212
1110	1256	Manuel Araújo	00:29:17	00:57:00	00:55:37	1075	GRD OS FIXES	V55	63
1111	51	Idália Caeiro	00:29:56	00:57:00	00:55:57	1092		V45	37
1112	1352	Claudio Guerreiro	00:31:21	00:57:00	00:56:22	1121	RB RUNNING	Senior	140
1113	1452	Filipe Morais	00:29:13	00:57:02	00:56:02	1098		V40	197
1114	787	Delfina Alexandre	00:29:41	00:57:03	00:56:29	1132	Clube Millennium bcp	V50	11
1115	1019	Rozires Garcia	00:30:32	00:57:03	00:55:52	1089		V35	32
1116	1791	Rafael Neves	00:29:40	00:57:03	00:56:24	1124		V40	198
1117	83	Vasco Paixão	00:29:28	00:57:04	00:56:11	1107		Senior	141
1118	956	Diogo Santos	00:29:55	00:57:04	00:56:38	1139		Senior	142
1119	212	Bruno Paixão	00:29:29	00:57:05	00:56:12	1109		Senior	143
1120	1147	João Costa	00:30:30	00:57:05	00:55:41	1078	Team Moinhos da Funcheira	V35	150



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1121	224	Sofia Antunes	00:29:33	00:57:07	00:56:36	1135	OsAntunes	V35	33
1122	407	Carla Neves	00:28:57	00:57:08	00:56:51	1148		V35	34
1123	1260	Nuno Afonso	00:30:17	00:57:09	00:55:51	1084	Run24Run	V40	199
1124	1262	Marlene Mendes	00:30:17	00:57:10	00:55:51	1085	Run24Run	V40	27
1125	389	António Monteiro	00:29:45	00:57:10	00:56:21	1120	Os Galgos	V70	9
1126	1018	Constancio Almeida	00:30:07	00:57:10	00:55:50	1083	GRUPO DE ATLETAS DE MONSANTO	V55	64
1127	1469	José Aires	00:30:07	00:57:11	00:55:52	1090	CCD Tranquilidade	V60	40
1128	699	Mercedes Fonseca	00:29:41	00:57:12	00:56:40	1141	Federação da Família para a Paz Mundial e Unifi	V60	1
1129	722	João Santos	00:29:21	00:57:13	00:57:05	1152	Veteranos de Massamá	V65	19
1130	199	Nuno Molero	00:29:17	00:57:15	00:56:32	1133		V45	213
1131	661	Vanuza Silva	00:29:06	00:57:16	00:57:02	1151		V40	28
1132	1621	Andreia Castro	00:31:01	00:57:16	00:56:10	1106		Senior	50
1133	801	Pedro Sa	00:29:41	00:57:19	00:56:20	1117	Clube Millennium bcp	V45	214
1134	929	Manel Rego	00:30:02	00:57:22	00:56:35	1134	G. R. D. RIBEIRA da LAGE	V55	65
1135	1806	Carlos Moreira	00:30:20	00:57:31	00:56:43	1145		V65	20
1136	1367	Alexandre Bento	00:30:16	00:57:32	00:56:19	1114	RUN TEJO	V55	66
1137	1310	Carlos Pereira	00:30:05	00:57:33	00:56:46	1147	GD SANTANDERTOTTA	V45	215
1138	1274	Vera Costa	00:29:19	00:57:34	00:57:00	1150		Senior	51
1139	894	Carlos Casal	00:28:42	00:57:36	00:57:10	1157	CARRASCO & AMIGOS	V40	200
1140	141	André Henriques	00:30:43	00:57:36	00:56:22	1122		Senior	144



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1141	238	Joel Ginga	00:30:43	00:57:36	00:56:23	1123	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	V35	151
1142	1682	João Falé	00:29:05	00:57:37	00:57:21	1164		Senior	145
1143	1077	Rafael Almeida	00:29:14	00:57:38	00:57:11	1158		Junior	22
1144	369	Frederico Wiborg	00:31:51	00:57:38	00:56:24	1125	WL84	V45	216
1145	744	Adriana Roque	00:29:32	00:57:39	00:56:28	1130		Senior	52
1146	1056	Favelina Santos	00:30:11	00:57:40	00:56:38	1140		V40	29
1147	1030	Sara Nogueira	00:30:10	00:57:40	00:56:38	1138		V35	35
1148	1432	Abilio Tavares	00:28:55	00:57:42	00:57:33	1167		V60	41
1149	992	Amadeu Pereira	00:28:53	00:57:42	00:57:20	1163		V55	67
1150	1390	Diogo Silva	00:30:50	00:57:44	00:56:21	1119		Senior	146
1151	767	António Lopes	00:31:15	00:57:45	00:56:43	1144		V60	42
1152	766	Rui Lopes	00:31:15	00:57:46	00:56:44	1146		Senior	147
1153	160	João Miguel	00:29:37	00:57:48	00:57:18	1162		V80	3
1154	662	Jorge Bicho	00:31:52	00:57:53	00:56:37	1137		V55	68
1155	1435	Inês Vieira	00:27:14	00:57:55	00:57:51	1191		Junior	3
1156	597	Cátia Pinto	00:31:49	00:57:56	00:56:37	1136		V35	36
1157	26	Paulo Sousa	00:29:24	00:57:57	00:57:35	1171		V40	201
1158	1047	Henrique Ferreira	00:30:08	00:57:59	00:56:41	1143		V35	152
1159	1150	Alexandra Guerreiro	00:29:38	00:58:00	00:57:09	1154	Desportivo de Odivelas	V45	38
1160	1042	Rita Capucho	00:29:38	00:58:00	00:57:10	1155	Desportivo de Odivelas	V40	30



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1161	371	José Saraiva	00:29:13	00:58:12	00:57:10	1156		V55	69
1162	282	Ana Silvério	00:29:39	00:58:13	00:57:55	1197		V40	31
1163	1357	Eugénia Ribeiro	00:29:39	00:58:17	00:57:46	1181		V45	39
1164	1202	Joao Teixeira	00:29:38	00:58:17	00:57:45	1179		V55	70
1165	1140	Pedro Macêdo	00:30:35	00:58:18	00:58:03	1201		V40	202
1166	776	João Pereira	00:29:28	00:58:19	00:57:34	1170		V50	107
1167	119	João Lima	00:31:25	00:58:19	00:56:57	1149	4 ao Km	V55	71
1168	762	António Galheto	00:29:41	00:58:20	00:58:16	1211		V70	10
1169	1757	Nuno Ventura	00:31:03	00:58:21	00:57:13	1160		V45	217
1170	126	Marco Lucas	00:29:14	00:58:23	00:57:43	1178	BREAKAWAY	Senior	148
1171	836	Helder Morais	00:29:30	00:58:26	00:57:49	1188		Senior	149
1172	716	Marco Louro	00:29:31	00:58:26	00:57:47	1182		V35	153
1173	503	Pedro Silva	00:29:48	00:58:28	00:57:52	1194		Senior	150
1174	35	Jose Correia	00:30:40	00:58:29	00:57:24	1165		V55	72
1175	615	Andre Tavares	00:29:05	00:58:31	00:57:56	1198		V35	154
1176	1671	Renato Saragoça	00:31:16	00:58:32	00:55:58	1094		V40	203
1177	978	Pedro Vieira	00:29:36	00:58:32	00:57:52	1192	Clube de Ténis da Amadora	V35	155
1178	1612	Andre Maurice	00:29:37	00:58:32	00:57:52	1193	Clube de Ténis da Amadora	Senior	151
1179	1760	Daniela Brilhante	00:30:58	00:58:35	00:57:09	1153		Senior	53
1180	1426	Jorge Palma	00:30:27	00:58:36	00:57:14	1161		V40	204



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1181	299	Fernando Duarte	00:30:09	00:58:37	00:57:12	1159	CLUBE DESPORTIVO ESTRELA	V55	73
1182	332	Rui Pereira	00:30:40	00:58:37	00:57:46	1180		Senior	152
1183	1517	Bernardo Gradíssimo	00:30:09	00:58:38	00:58:00	1200	Desportivo Operário do Rangel	V60	43
1184	1343	Fernando Tavares	00:30:40	00:58:38	00:57:48	1187		V65	21
1185	412	Luís Costa	00:29:48	00:58:39	00:58:04	1202		Senior	153
1186	1015	Carlos Costa	00:30:20	00:58:40	00:57:26	1166	Trailers	V50	108
1187	1014	Daniel Sol	00:29:44	00:58:42	00:58:10	1206	FIDELIDADE GDC	V40	205
1188	1456	Hugo Dinis	00:29:30	00:58:43	00:57:33	1168		V40	206
1189	1762	Nuno Caridade	00:29:31	00:58:43	00:57:33	1169		V35	156
1190	437	João Rosário	00:29:40	00:58:45	00:57:49	1189		V45	218
1191	1565	Fernando Robles	00:29:19	00:58:49	00:58:23	1220		V45	219
1192	1373	Cláudia Cardoso	00:29:19	00:58:49	00:58:24	1222		V45	40
1193	410	Flávio Lucas	00:28:25	00:58:51	00:58:27	1225		V35	157
1194	1717	Joao Branco	00:31:15	00:58:56	00:57:37	1173		Senior	154
1195	1531	Carla Reizinho	00:31:15	00:58:56	00:57:38	1174		V35	37
1196	399	Germano Bernardo	00:31:22	00:58:56	00:57:47	1184	PRAZER DA CORRIDA	V60	44
1197	963	Vasco Coelho	00:31:18	00:58:57	00:57:47	1183	CARACÓIS DE CORRIDA	V40	207
1198	137	Paula Leitão	00:31:22	00:58:57	00:57:48	1186	CAMARA LISBOA CLUBE	V40	32
1199	1059	José Mota	00:30:28	00:58:58	00:58:22	1219		V55	74
1200	1164	Rita Oliveira	00:30:36	00:58:59	00:57:38	1175		V35	38



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1201	1264	Ana Mendes	00:30:01	00:58:59	00:58:16	1212	G. R. D. RIBEIRA da LAGE	V35	39
1202	964	Catarina Afonso	00:30:01	00:58:59	00:58:46	1235		V35	40
1203	1718	Agostinho Figueiredo	00:29:16	00:58:59	00:58:48	1238		Senior	155
1204	1263	Ventura Saraiva	00:29:59	00:58:59	00:58:16	1213	G. R. D. RIBEIRA da LAGE	V65	22
1205	935	Elisabete	00:30:06	00:58:59	00:57:52	1195	G. R. D. RIBEIRA da LAGE	V40	33
1206	1265	Vanda Badé	00:29:59	00:58:59	00:58:15	1208	G. R. D. RIBEIRA da LAGE	V35	41
1207	1266	Carla Mendes	00:30:02	00:59:00	00:58:15	1209	G. R. D. RIBEIRA da LAGE	V35	42
1208	858	António Mateus	00:31:05	00:59:00	00:58:13	1207	OS ZATPEQUES	V75	2
1209	380	Isabel Rodrigues	00:30:50	00:59:00	00:58:25	1223	ADCR Polícia Judiciária	V45	41
1210	1039	Marco Carvalho	00:30:42	00:59:00	00:58:08	1204	gdctincm	V40	208
1211	1629	Pedro Correia	00:31:35	00:59:01	00:57:39	1176		V45	220
1212	1777	Ascen Rodriguez	00:31:35	00:59:01	00:57:40	1177		V50	12
1213	1568	Paulo Brito	00:29:20	00:59:04	00:58:00	1199		V45	221
1214	1795	António Relvas	00:31:07	00:59:04	00:58:23	1221		V60	45
1215	1734	Diogo Matos	00:31:05	00:59:05	00:57:48	1185		V35	158
1216	1275	Luis Oliveira	00:30:50	00:59:06	00:57:35	1172		Senior	156
1217	384	Andre Silva	00:30:27	00:59:07	00:59:03	1243		Junior	23
1218	528	Francisco Clerigo	00:30:25	00:59:08	00:58:04	1203	SS CGD	V65	23
1219	1634	Lucete Rocha	00:30:08	00:59:10	00:57:50	1190		V40	34
1220	525	Fernando Alves	00:31:20	00:59:13	00:58:09	1205	SS CGD	V55	75



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1221	835	Nuno Baptista	00:30:26	00:59:13	00:58:30	1227		V40	209
1222	414	João Santos	00:30:24	00:59:14	00:58:16	1210	Serviços Sociais Montepio	V35	159
1223	832	Jaime Gomes	00:30:24	00:59:14	00:58:18	1217	Serviços Sociais Montepio	V55	76
1224	417	Paulo Pereira	00:30:24	00:59:15	00:58:17	1216	Serviços Sociais Montepio	V45	222
1225	912	Jorge Almeida	00:31:33	00:59:15	00:57:55	1196	CLUBE ATLETISMO AMIGOS DE BELÉM	V65	24
1226	416	Manuel Narciso	00:30:23	00:59:15	00:58:17	1214	Serviços Sociais Montepio	V50	109
1227	737	Aliete Rodrigues	00:29:35	00:59:16	00:59:10	1253		V40	35
1228	303	Virgílio Rodrigues	00:30:39	00:59:22	00:59:05	1247	CLUBE DESPORTIVO ESTRELA	V70	11
1229	588	Eunice Lourenço	00:30:10	00:59:22	00:58:45	1233		V40	36
1230	1742	Luís Gomes	00:31:05	00:59:22	00:58:43	1231		Senior	157
1231	1434	José Proença	00:30:10	00:59:24	00:58:48	1239		V55	77
1232	968	Paulo Tomé	00:31:30	00:59:29	00:58:26	1224		Senior	158
1233	1687	Pedro Duarte	00:30:04	00:59:30	00:58:19	1218		V35	160
1234	1499	Jose Rodrigues	00:31:01	00:59:32	00:58:47	1236		V60	46
1235	1492	Camila	00:32:25	00:59:33	00:58:17	1215	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	Senior	54
1236	390	Nuno Azul	00:30:46	00:59:36	00:58:46	1234	Os Galgos	V40	210
1237	877	Sónia Pinto	00:31:01	00:59:37	00:58:29	1226		V45	42
1238	1035	Vitor Garcia	00:29:18	00:59:38	00:59:27	1262	Câmara Municipal da Amadora	V40	211
1239	398	Paulo Fernandes	00:30:21	00:59:39	00:59:03	1244	CCDTMetroLX	V45	223
1240	1398	Nuno Rodrigues	00:30:29	00:59:45	00:59:14	1255		Senior	159



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1241	820	Filipa Vilar	00:30:57	00:59:47	00:58:47	1237	Clube Millennium bcp	Senior	55
1242	1073	Emilia Borges	00:30:48	00:59:47	00:59:10	1254	CCD Sintrense	V55	3
1243	172	Tiago Caldeira	00:30:40	00:59:48	00:59:27	1261	CDCR dos CTT	V35	161
1244	1322	António Santos	00:31:50	00:59:51	00:58:44	1232	G. R. D. RIBEIRA da LAGE	V70	12
1245	120	Vítor Gonçalves	00:31:59	00:59:53	00:58:31	1228	4 ao Km	V45	224
1246	118	Isadora Costa	00:31:59	00:59:54	00:58:32	1229	4 ao Km	Senior	56
1247	468	Maria Leitão	00:31:36	00:59:56	00:59:45	1267	RunLovers	V45	43
1248	174	Pedro Galguinho	00:30:44	00:59:59	00:59:50	1271	CDCR dos CTT	V45	225
1249	80	Daniel Ramos	00:30:45	01:00:01	00:58:35	1230	Jobrinde - Montes Saloios	V40	212
1250	794	Maria Nobre	00:31:45	01:00:02	00:58:56	1240	Clube Millennium bcp	V50	13
1251	822	Eduardo Ferreira	00:31:45	01:00:03	00:58:56	1241	Clube Millennium bcp	V40	213
1252	441	Paulo Gordo	00:30:35	01:00:07	00:59:36	1263		V50	110
1253	677	Ana Reis	00:30:35	01:00:07	00:59:37	1264		V40	37
1254	1455	Pedro Pôncio	00:31:38	01:00:08	00:59:04	1245		V35	162
1255	1253	Fernando Oliveira	00:31:10	01:00:09	00:59:09	1252		Senior	160
1256	444	Marisa Rianço	00:31:16	01:00:10	00:59:00	1242		V35	43
1257	47	Joaquim Leal	00:29:34	01:00:15	00:59:14	1256	Clube do Stress	V55	78
1258	1370	Ana Marques	00:30:48	01:00:15	00:59:43	1265	RUN TEJO	V55	4
1259	1778	Eamonn Kelly	00:32:00	01:00:18	00:59:05	1246		V50	111
1260	1399	José Tomé	00:31:16	01:00:19	00:59:08	1250		V40	214



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1261	578	Hugo Dionisio	00:30:22	01:00:19	00:59:06	1249		V40	215
1262	1414	Sandymary Cross	00:31:41	01:00:20	00:59:08	1251	G. R. D. RIBEIRA da LAGE	V40	38
1263	1131	Ana Martins	00:31:33	01:00:25	01:00:00	1278		V50	14
1264	1459	Paulo Gama	00:29:48	01:00:26	00:59:47	1268		V35	163
1265	940	Marcos Serrano	00:32:03	01:00:26	00:59:05	1248		V35	164
1266	1003	Goreti Cabeleira	00:31:09	01:00:36	00:59:27	1260	CARACÓIS DE CORRIDA	V50	15
1267	1089	Guilherme Gonçalves	00:31:16	01:00:36	01:00:04	1279	Correr Queluz	Junior	24
1268	1353	Tiago Guerreiro	00:31:20	01:00:37	00:59:59	1276	RB RUNNING	V40	216
1269	130	Luiz Rosa	00:32:03	01:00:38	00:59:18	1257	CLUBE ATLETISMO AMIGOS DE BELÉM	V65	25
1270	862	Maria Fatuda	00:31:00	01:00:38	01:00:25	1299	CARRASCO & AMIGOS	V60	2
1271	129	Gilberto Gonçalves	00:32:03	01:00:39	00:59:19	1258	CLUBE ATLETISMO AMIGOS DE BELÉM	V70	13
1272	570	Beatriz Figueiredo	00:31:16	01:00:40	00:59:45	1266	FIDELIDADE GDC	V40	39
1273	1692	Helena Costa	00:31:14	01:00:44	00:59:47	1270		V55	5
1274	1156	Ana Lopes	00:31:20	01:00:47	01:00:40	1308		V40	40
1275	937	Herminio Cabceira	00:30:22	01:00:48	01:00:21	1294	G. R. D. RIBEIRA da LAGE	V55	79
1276	176	João Cravo	00:32:09	01:00:49	00:59:27	1259	4 ao Km	Senior	161
1277	236	Joaquim Real	00:30:35	01:00:49	01:00:11	1283		V50	112
1278	574	Paulo Carvalho	00:30:57	01:00:53	01:00:17	1290	FIDELIDADE GDC	V45	226
1279	1387	Pedro Silveira	00:31:34	01:00:55	01:00:32	1303		V45	227
1280	343	António Certã	00:30:44	01:00:56	01:00:24	1296		V50	113



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1281	1574	Francisco Heitor	00:30:44	01:00:56	01:00:24	1297		V40	217
1282	581	Ricardo Dias	00:30:51	01:00:56	01:00:22	1295		Senior	162
1283	738	Susana Ribeiro	00:32:11	01:00:57	01:00:04	1280		V35	44
1284	564	Joaquim Santana	00:30:39	01:00:57	01:00:25	1298	Os Kotas	V35	165
1285	1533	Joana Rodrigues	00:31:08	01:00:58	01:00:21	1293		Senior	57
1286	947	Fernanda Afonso	00:32:00	01:00:58	01:00:15	1287		V50	16
1287	319	Carolina Manuel	00:31:42	01:00:59	01:00:00	1277	O MUNDO DA CORRIDA	V40	41
1288	814	Carlos Conceicao	00:31:39	01:01:00	01:00:20	1292	Clube Millennium bcp	V55	80
1289	1732	Fernando Matine	00:29:46	01:01:03	01:00:17	1289		V40	218
1290	1174	Marta Sá	00:32:28	01:01:09	00:59:47	1269	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	V35	45
1291	1075	Lara Gama	00:31:28	01:01:14	00:59:51	1272	Dueto Dinâmico	V40	42
1292	1074	Miriam Ferreira	00:31:28	01:01:15	00:59:51	1274	Dueto Dinâmico	V35	46
1293	1501	André Beja	00:31:36	01:01:17	01:00:10	1282		V40	219
1294	1801	Enrico Vianini	00:31:37	01:01:17	01:00:09	1281	Usc Mira-Sintra	V35	166
1295	1605	Bruno Matias	00:31:27	01:01:19	00:59:53	1275		V35	167
1296	1632	Pedro Almeida	00:31:35	01:01:20	01:00:16	1288		V60	47
1297	747	Sandra Silva	00:31:56	01:01:21	01:00:20	1291		V40	43
1298	1673	Edite Sa	00:31:20	01:01:22	01:00:35	1305		V50	17
1299	148	Rafael Santos	00:31:20	01:01:23	01:00:35	1306	CCDTMetroLX	V50	114
1300	1379	Sérgio Crispim	00:31:32	01:01:23	01:01:00	1314		V50	115



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1301	1319	Arden Raaij	00:31:01	01:01:24	01:00:56	1312	EAE Lazy Runners	Senior	163
1302	915	Carlos Crespo	00:32:48	01:01:25	00:59:51	1273	GRD OS FIXES	V55	81
1303	411	Luis Calheiros	00:32:06	01:01:26	01:00:12	1284	O MUNDO DA CORRIDA	V40	220
1304	394	Sandra Senas	00:32:08	01:01:26	01:00:12	1285		V40	44
1305	1201	Sandra Gonçalves	00:32:21	01:01:28	01:01:07	1318		Senior	58
1306	520	Antonio Taborda	00:30:19	01:01:33	01:00:31	1301	SS CGD	V65	26
1307	1271	Teresa Biscaia	00:30:17	01:01:34	01:01:01	1315		Senior	59
1308	611	Ana Neto	00:31:16	01:01:36	01:01:24	1329	Linda-a-Pastora Sporting Clube	V40	45
1309	1218	Rui Vaz	00:32:16	01:01:37	01:00:13	1286		V40	221
1310	1530	Ricardo Caldas	00:29:31	01:01:42	01:00:32	1304		V40	222
1311	1478	Maria Trindade	00:31:21	01:01:45	01:00:54	1311		Senior	60
1312	1315	Mario S.Sousa	00:31:14	01:01:46	01:00:26	1300	GRD OS FIXES	V60	48
1313	773	Paulo Roberto	00:31:23	01:01:46	01:00:31	1302		V45	228
1314	302	Armando Tavares	00:30:54	01:01:47	01:01:21	1326	CLUBE DESPORTIVO ESTRELA	V70	14
1315	866	Dina Venancio	00:31:49	01:01:50	01:01:03	1317	Monsanto Running Team	V40	46
1316	854	Laurinda Castro	00:31:56	01:01:52	01:01:46	1339		V55	6
1317	524	Esmeraldo Pereira	00:32:35	01:01:56	01:01:21	1325	SS CGD	V40	223
1318	21	Ana Châtillon	00:31:40	01:01:57	01:01:43	1336		Senior	61
1319	272	Fernando Ferreira	00:32:24	01:01:57	01:01:26	1330	CBAMM - Casa do Benfica de Algueirão Mem Ma	V80	4
1320	1554	Daniel Chagas	00:32:49	01:01:58	01:00:48	1310		V35	168



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1321	1737	Rúben Almeida	00:34:57	01:01:59	01:01:49	1340		Senior	164
1322	1302	Ricardo Neves	00:30:30	01:02:02	01:01:40	1332	GD SANTANDERTOTTA	V40	224
1323	827	Rui Monteiro	00:32:11	01:02:04	01:01:03	1316	CSB_RF	Senior	165
1324	789	Catarina Altas	00:31:58	01:02:04	01:01:29	1331	Clube Millennium bcp	V45	44
1325	42	Joao Campos	00:32:48	01:02:07	01:00:40	1307		V45	229
1326	1721	Pedro Bação	00:31:46	01:02:08	01:00:42	1309		V35	169
1327	1162	Ewa Zajkowska	00:32:07	01:02:09	01:01:11	1321		V35	47
1328	1180	Filipa Mata	00:32:22	01:02:11	01:01:17	1323	Clube ANA Lisboa	Senior	62
1329	656	Ana Dias	00:32:20	01:02:11	01:00:59	1313		V45	45
1330	1181	Paulo Machado	00:32:22	01:02:11	01:01:17	1324	Clube ANA Lisboa	V45	230
1331	1460	Sandra Rodrigues	00:32:45	01:02:12	01:01:23	1328		V35	48
1332	1539	Nuno Figueiredo	00:32:12	01:02:16	01:01:08	1320	CBAMM - Casa do Benfica de Algueirão Mem Ma	V40	225
1333	260	Jorge Jesus	00:32:12	01:02:16	01:01:07	1319	CBAMM - Casa do Benfica de Algueirão Mem Ma	V65	27
1334	959	Rui Cabral	00:31:09	01:02:18	01:02:05	1353		V60	49
1335	1532	Gonçalo Rodrigues	00:32:02	01:02:18	01:01:42	1334		Senior	166
1336	1283	Cristina Oliveira	00:31:44	01:02:22	01:02:04	1350		V50	18
1337	1754	Francisco Reis	00:30:56	01:02:22	01:02:04	1351	G. R. D. RIBEIRA da LAGE	V60	50
1338	1482	Mário Luís	00:31:45	01:02:34	01:02:05	1354	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	V50	116
1339	691	Carlos Correia	00:33:02	01:02:34	01:01:42	1333		V60	51
1340	353	Filipe Reis	00:31:03	01:02:35	01:02:02	1348	Clube do Stress	V45	231



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1341	1007	Jorge Marques	00:32:32	01:02:36	01:01:12	1322		V65	28
1342	1010	Márcio Ribeiro	00:32:48	01:02:41	01:01:45	1338		Senior	167
1343	293	Beatriz Franco	00:32:30	01:02:43	01:02:06	1356	CLUBE DESPORTIVO ESTRELA	Junior	4
1344	1483	Jorge	00:34:00	01:02:46	01:01:52	1341	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	V45	232
1345	1583	João Garcia	00:34:00	01:02:48	01:01:54	1344		V40	226
1346	954	Nuno Simões	00:32:49	01:02:51	01:01:23	1327		V40	227
1347	292	Natividade Cardoso	00:31:47	01:02:51	01:02:38	1361	CLUBE DESPORTIVO ESTRELA	V65	1
1348	404	Miguel Sanches	00:32:27	01:03:00	01:01:43	1335		V60	52
1349	403	Miguel Leal	00:32:29	01:03:00	01:01:44	1337		V60	53
1350	1724	Maria Sanches	00:32:57	01:03:01	01:02:01	1346	Academia Fitness Militar	V45	46
1351	1071	Vitor Rodrigues	00:33:54	01:03:04	01:02:02	1347	Linda-a-Pastora Sporting Clube	V65	29
1352	1567	Natália Fernandes	00:31:29	01:03:04	01:02:58	1372		V55	7
1353	1686	Manuel Fonseca	00:31:36	01:03:04	01:01:57	1345		V55	82
1354	587	Laurindo Oliveira	00:33:49	01:03:05	01:01:53	1343		V50	117
1355	586	Filomena Barrancos	00:33:49	01:03:05	01:01:53	1342		V45	47
1356	990	Suzana Silveiro	00:32:42	01:03:23	01:03:02	1373		V45	48
1357	721	Manuel Azevedo	00:32:43	01:03:27	01:03:08	1377	Veteranos de Massamá	V60	54
1358	1573	Madalena Fontinhas	00:34:01	01:03:37	01:02:03	1349		V35	49
1359	1017	Pedro Monteiro	00:32:27	01:03:38	01:02:22	1357	Traillers	V55	83
1360	1572	Hugo Gomes	00:34:02	01:03:38	01:02:04	1352		Senior	168



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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	275	Monica Freire	00:32:31	01:03:38	01:03:09	1378	CBAMM - Casa do Benfica de Algueirão Mem Ma	V45	49
1362	1586	Daniel Falcão	00:34:03	01:03:39	01:02:06	1355		V35	170
1363	1642	Lara Ferreira	00:33:22	01:03:43	01:02:37	1360		Senior	63
1364	1689	Pedro Moura	00:32:46	01:03:44	01:02:34	1359		V40	228
1365	1780	Aline Correia	00:33:19	01:03:46	01:02:53	1367		Senior	64
1366	222	João Nunes	00:33:24	01:03:46	01:02:52	1365		V55	84
1367	647	José Reis	00:33:17	01:03:47	01:02:54	1369		V45	233
1368	420	José Canela	00:33:18	01:03:47	01:02:54	1370		V40	229
1369	1652	Joaquim Santos	00:33:19	01:03:47	01:03:37	1391		V50	118
1370	733	Carolina Pecegueiro	00:33:21	01:03:47	01:02:53	1366		V35	50
1371	1735	Priscila Gonçalves	00:33:17	01:03:47	01:02:55	1371		V35	51
1372	40	Pedro Leiria	00:33:20	01:03:48	01:02:54	1368		V45	234
1373	603	Carlos Gonçalves	00:28:08	01:03:49	01:03:08	1376	SERUL - Os Unidos de Leceia	V45	235
1374	601	Nuno Duarte	00:28:10	01:03:51	01:03:09	1379	SERUL - Os Unidos de Leceia	V45	236
1375	1691	António Bila	00:34:33	01:03:52	01:02:47	1363		V60	55
1376	742	Silvia Bochinha	00:32:45	01:03:54	01:03:12	1381		V40	47
1377	1050	Hilário Dias	00:33:05	01:03:55	01:02:23	1358		V55	85
1378	626	Pedro Cardoso	00:32:56	01:03:55	01:03:10	1380		V40	230
1379	121	Luís Afonso	00:33:25	01:03:55	01:03:36	1388		V45	237
1380	373	Inês Gilbert	00:33:25	01:03:55	01:03:37	1390		V35	52



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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	946	Pedro Soares	00:33:31	01:03:56	01:03:12	1382		V45	238
1382	989	Paulo Silva	00:34:22	01:04:11	01:02:43	1362		V40	231
1383	1341	Ricardo Almeida	00:32:14	01:04:17	01:02:51	1364		V40	232
1384	1557	Luis Miguel	00:33:56	01:04:17	01:03:05	1375		V40	233
1385	1386	Kele Veras	00:33:03	01:04:21	01:04:07	1400		V35	53
1386	1509	Bruno Graca	00:33:21	01:04:24	01:03:36	1389		V40	234
1387	1229	Carlos Martins	00:33:58	01:04:28	01:03:04	1374		V50	119
1388	654	Manuel Oliveira	00:33:34	01:04:31	01:04:10	1402		V75	3
1389	375	Fernanda Brum	00:33:23	01:04:35	01:03:22	1383		V40	48
1390	376	Eduardo Mune	00:33:23	01:04:35	01:03:23	1384		V45	239
1391	1638	Manuel Magalhães	00:32:37	01:04:39	01:03:24	1385		V50	120
1392	934	Ana Candeias	00:32:48	01:04:43	01:03:36	1386	G. R. D. RIBEIRA da LAGE	V40	49
1393	933	Patricia Almeida	00:32:47	01:04:43	01:03:37	1392	G. R. D. RIBEIRA da LAGE	V40	50
1394	418	João Borges	00:33:21	01:04:44	01:04:02	1398		V50	121
1395	663	Eliana Pegoretti	00:33:58	01:04:49	01:03:36	1387		V45	50
1396	904	Dina Nunes	00:32:53	01:04:51	01:04:31	1408		V40	51
1397	1639	Rita Pacheco	00:32:53	01:04:52	01:04:32	1409		Senior	65
1398	1282	Pedro Ascensão	00:34:12	01:04:57	01:03:43	1395		V45	240
1399	515	Joao Barreto	00:34:45	01:04:57	01:03:42	1393	CLUBE DESPORTIVO DO ARNEIRO	Senior	169
1400	1130	Sonia Sousa	00:32:42	01:05:00	01:04:30	1407		V40	52



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1401	1729	Luís Andrade	00:33:19	01:05:01	01:04:38	1410		V50	122
1402	803	Vasco Ourelo	00:32:20	01:05:07	01:04:52	1413	Clube Millennium bcp	V40	235
1403	816	Jose Rebelo	00:33:20	01:05:07	01:04:06	1399	Clube Millennium bcp	V50	123
1404	966	Ivo Matine	00:32:20	01:05:10	01:04:26	1406		V40	236
1405	1066	André Trindade	00:34:11	01:05:12	01:04:09	1401		Senior	170
1406	852	António Henriques	00:33:56	01:05:12	01:03:43	1394		V55	86
1407	112	Ângelo Sousa	00:34:27	01:05:15	01:04:00	1396		V40	237
1408	113	Ana Sousa	00:34:27	01:05:16	01:04:00	1397		Senior	66
1409	388	Susana Mendes	00:33:16	01:05:17	01:04:54	1414	CCDTMetroLX	V45	51
1410	1230	Miguel Guerra	00:34:27	01:05:28	01:04:20	1403		V40	238
1411	203	Ana Pereira	00:34:04	01:05:30	01:04:22	1405	Os Galgos	V40	53
1412	771	Baltazar Lopes	00:33:28	01:05:34	01:05:24	1420		V55	87
1413	772	Sonia Alves	00:33:29	01:05:34	01:05:24	1422		V35	54
1414	270	Joaquim Hermenegildo	00:33:46	01:05:39	01:05:30	1426	CBAMM - Casa do Benfica de Algueirão Mem Ma	V55	88
1415	544	Manuel Baptista	00:34:56	01:05:42	01:04:21	1404	SS CGD	V50	124
1416	679	Patricia Xavier	00:33:32	01:05:44	01:05:13	1416		V40	54
1417	1458	Catia Mariano	00:33:11	01:05:45	01:05:24	1421		V35	55
1418	154	Luísa Santos	00:34:05	01:05:45	01:04:43	1412		V50	19
1419	124	Vítor Lucas	00:34:01	01:05:51	01:05:08	1415	BREAKAWAY	V55	89
1420	1790	Tiago Carvalho	00:35:51	01:05:56	01:04:41	1411		V45	241



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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>
1421	792	Maria Folques	00:34:01	01:06:02	01:05:21	1417	Clube Millennium bcp	V45	52
1422	599	Marta Ferreira	00:36:59	01:06:09	01:05:59	1441		Senior	67
1423	144	Vânia Pretti	00:35:09	01:06:14	01:05:29	1423		V35	56
1424	143	David Assunção	00:35:09	01:06:14	01:05:29	1424		V40	239
1425	326	Raquel Moleiro	00:34:48	01:06:23	01:05:21	1418	brunosempre	V40	55
1426	372	Irene Inácio	00:34:49	01:06:23	01:05:21	1419		V45	53
1427	864	Maria Rodrigues	00:34:21	01:06:26	01:05:39	1427	Monsanto Running Team	Senior	68
1428	125	Olivia Lucas	00:35:15	01:06:26	01:05:44	1429	BREAKAWAY	V50	20
1429	1243	Luis Pires	00:33:49	01:06:26	01:06:19	1460		V65	30
1430	1139	Rui Dias	00:33:53	01:06:33	01:05:44	1428		V35	171
1431	1020	Francisco Ramos	00:33:53	01:06:34	01:05:44	1430		V35	172
1432	1129	Joao Farinha	00:33:53	01:06:35	01:05:47	1433		V45	242
1433	1300	Eduardo Quaresma	00:27:15	01:06:37	01:06:27	1465	GD SANTANDERTOTTA	V35	173
1434	1033	Sofia Forte	00:35:41	01:06:39	01:05:30	1425		V45	54
1435	1738	Miguel Cabrita	00:33:29	01:06:44	01:06:29	1466		V40	240
1436	584	Cristina Reis	00:33:43	01:06:46	01:06:11	1456		V45	55
1437	592	Ana Roberto	00:33:39	01:06:46	01:06:11	1455		V35	57
1438	1175	Deolinda Santos	00:34:44	01:06:53	01:05:53	1439	Clube ANA Lisboa	V45	56
1439	1608	Élia Granja	00:33:50	01:06:54	01:06:04	1444		V45	57
1440	1609	Inácio Serralheiro	00:33:51	01:06:54	01:06:04	1445		V60	56



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1441	650	António Pinho	00:33:38	01:06:55	01:06:17	1458		V65	31
1442	158	Henrique Vilhena	00:34:54	01:06:56	01:05:55	1440		V60	57
1443	688	Sérgio Gonaçalves	00:34:24	01:06:58	01:06:36	1468		V35	174
1444	505	Claudia Gil	00:34:20	01:07:00	01:06:54	1473		V35	58
1445	477	Luis Gil	00:34:21	01:07:00	01:06:54	1474		V40	241
1446	944	Gonçalo Delca	00:34:55	01:07:00	01:06:01	1442		V40	242
1447	1739	Sara Valadares	00:35:06	01:07:00	01:05:47	1432		V45	58
1448	1148	Gonçalo Peres	00:35:07	01:07:01	01:05:49	1435	Team Moinhos da Funcheira	V35	175
1449	1740	João Fonseca	00:35:06	01:07:01	01:05:48	1434		V45	243
1450	709	Cristina Guerra	00:35:15	01:07:01	01:05:46	1431		Senior	69
1451	514	Rita Maio	00:34:09	01:07:04	01:05:50	1438	CLUBE DESPORTIVO DO ARNEIRO	Junior	5
1452	511	Daniela Maia	00:34:08	01:07:04	01:05:50	1437	CLUBE DESPORTIVO DO ARNEIRO	V35	59
1453	585	Celia Azenha	00:34:53	01:07:05	01:07:00	1479		V50	21
1454	780	José Lamego	00:35:13	01:07:06	01:05:49	1436	Leões de Barcarena	V65	32
1455	146	Orlando Sousa	00:34:47	01:07:06	01:06:04	1443	CCDTMetroLX	V55	90
1456	431	Cecília Nicolau	00:34:53	01:07:06	01:06:55	1475	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SA	V50	22
1457	1544	João Carvalho	00:34:20	01:07:14	01:06:08	1447	Running Club Santa Casa	Senior	171
1458	927	Carlos Marques	00:34:41	01:07:16	01:06:05	1446	Linda-a-Pastora Sporting Clube	V80	5
1459	704	Sónia Correia	00:35:12	01:07:18	01:06:39	1470	gdctincm	V40	56
1460	242	António Guedes	00:34:17	01:07:21	01:06:09	1451	Lisbon Moonlight Runners	V45	244



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1461	1467	Cláudia Tam	00:34:11	01:07:21	01:06:09	1450	CCD Tranquilidade	V35	60
1462	1464	Ana Canaveira	00:34:14	01:07:22	01:06:10	1452	CCD Tranquilidade	V50	23
1463	1465	António Jorge	00:34:17	01:07:22	01:06:08	1448	CCD Tranquilidade	V60	58
1464	1471	Tam Afonso	00:34:11	01:07:22	01:06:10	1453	CCD Tranquilidade	V65	33
1465	1468	Helena Santos	00:34:11	01:07:23	01:06:09	1449	CCD Tranquilidade	V55	8
1466	726	Paula Alexandra	00:34:07	01:07:28	01:06:42	1471	cabrizrun	V45	59
1467	97	Cátia Rocha	00:35:29	01:07:28	01:06:11	1454		Senior	70
1468	456	Inês Monteiro	00:34:07	01:07:29	01:06:25	1464	kaninos	Senior	71
1469	1384	Christy Bratz	00:35:15	01:07:31	01:06:19	1459		V40	57
1470	1267	Susana Figueiredo	00:34:16	01:07:33	01:06:47	1472	G. R. D. RIBEIRA da LAGE	V35	61
1471	155	Sofia Carvalho	00:34:22	01:07:37	01:06:15	1457		V45	60
1472	1004	António Coelho	00:35:49	01:07:43	01:06:34	1467	CARACÓIS DE CORRIDA	V45	245
1473	1750	Celestino Cunha	00:34:24	01:07:49	01:07:02	1480		V45	246
1474	76	Pedro Vasconcelos	00:34:00	01:07:51	01:06:21	1461	Impalas do Sarzedo	V35	176
1475	74	Ricardo Mota	00:33:59	01:07:51	01:06:22	1462	Impalas do Sarzedo	V35	177
1476	75	Filipe Vasconcelos	00:33:59	01:07:52	01:06:22	1463	Impalas do Sarzedo	V35	178
1477	233	Marco Cachinho	00:35:07	01:07:57	01:06:57	1476	kaninos	V35	179
1478	234	João Cachinho	00:35:07	01:07:57	01:06:57	1477	kaninos	V65	34
1479	1559	Cecilia Ribeiro	00:34:21	01:07:59	01:07:53	1494		V45	61
1480	1011	João Melo	00:34:54	01:08:00	01:06:38	1469		V35	180



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1481	357	Olga Galvão	00:35:04	01:08:06	01:07:16	1482	SIMECQ	V55	9
1482	1127	Nuno Marques	00:34:39	01:08:06	01:07:07	1481		V40	243
1483	163	Celeste Almeida	00:35:04	01:08:06	01:07:17	1483	SIMECQ	V45	62
1484	349	Susana Mendes	00:34:34	01:08:07	01:07:18	1485	SIMECQ	V35	62
1485	356	Nuno Galvão	00:34:33	01:08:07	01:07:17	1484	SIMECQ	V55	91
1486	670	Ricardo Nobre	00:35:02	01:08:07	01:07:19	1486	SIMECQ	V35	181
1487	1429	Joaquim Cardoso	00:34:57	01:08:09	01:06:58	1478	Benfica em Forma	V45	247
1488	1323	Luis Quental	00:35:03	01:08:22	01:07:39	1490	SS CGD	V50	125
1489	735	Teresa Teixeira	00:34:11	01:08:28	01:07:51	1493		V50	24
1490	179	Henriqueta Solipa	00:34:48	01:08:28	01:07:33	1489		V55	10
1491	209	Jorge Baptista	00:35:28	01:08:41	01:07:23	1487		V60	59
1492	594	Mauro Matine	00:34:37	01:08:47	01:08:02	1497		Senior	172
1493	1171	Carla Atilho	00:35:46	01:08:54	01:07:31	1488	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	V45	63
1494	1046	José Ricardo	00:37:13	01:08:54	01:07:41	1491	N.A.Z.A - Nucleo Atletismo Zona Abóboda	V65	35
1495	562	Un Rita	00:35:53	01:09:14	01:07:47	1492		V40	58
1496	1685	Pedro Manso	00:36:04	01:09:16	01:08:00	1495		V40	244
1497	622	Raquel Roque	00:36:04	01:09:16	01:08:00	1496	Falcões Selvagens	V40	59
1498	1364	Mafalda Morais	00:35:38	01:09:18	01:08:50	1499		V35	63
1499	1280	André Gonçalves	00:35:21	01:09:25	01:08:13	1498		Senior	173
1500	1396	Paula Carrelo	00:35:41	01:09:52	01:09:36	1502		V45	64



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1501	1395	Miguel Azevedo	00:35:41	01:09:53	01:09:36	1503		V45	248
1502	1505	Catarina Duarte	00:36:16	01:10:09	01:09:27	1501		V45	65
1503	1380	Manuel Prates	00:36:22	01:10:23	01:10:16	1511		V45	249
1504	439	Rute Agostinho	00:36:28	01:10:30	01:09:10	1500		V35	64
1505	535	Rita Antunes	00:36:23	01:10:32	01:09:41	1504	SS CGD	V40	60
1506	1597	Manuel Veiga	00:35:16	01:10:34	01:10:21	1514		V65	36
1507	958	João Saraiva	00:35:46	01:10:38	01:10:03	1507		V45	250
1508	1569	Arminda Basilio	00:35:48	01:10:38	01:10:04	1508		V40	61
1509	1366	Cláudia Borralho	00:26:31	01:10:51	01:10:22	1516	RUN TEJO	V45	66
1510	569	Hugo Duarte	00:34:54	01:10:59	01:10:26	1517	FIDELIDADE GDC	V35	182
1511	628	Tânia Rodrigues	00:36:22	01:11:07	01:10:38	1518		Senior	72
1512	1173	Mário Atilho	00:37:05	01:11:09	01:09:48	1505	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	V45	251
1513	1172	Sofia Barros	00:37:05	01:11:10	01:09:48	1506	JUNTA FREGUESIA FALAGUEIRA-VENDA NO	V40	62
1514	880	Joana Ferreira	00:36:32	01:11:10	01:10:08	1510		Senior	73
1515	1002	Helena Ferreira	00:37:10	01:11:14	01:10:07	1509	CARACÓIS DE CORRIDA	V45	67
1516	167	José Alves	00:36:08	01:11:23	01:10:59	1519	CCDTMetroLX	V45	252
1517	1009	Elisete Manuel	00:36:37	01:11:31	01:10:22	1515		V40	63
1518	1543	Joana Chouriço	00:35:24	01:11:33	01:11:20	1525	Running Club Santa Casa	V55	11
1519	156	Ana Seabra	00:37:22	01:11:47	01:10:20	1513		V50	25
1520	1684	Pedro Silva	00:37:21	01:11:47	01:10:20	1512		V50	126



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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	1571	Filomena Correia	00:35:53	01:11:51	01:11:45	1529		V60	3
1522	612	Alexandra Vivas	00:37:06	01:11:55	01:11:02	1520		V35	65
1523	613	Mário Miranda	00:37:07	01:11:56	01:11:02	1521		V40	245
1524	977	Elina Krastina	00:35:40	01:11:59	01:11:26	1526		Senior	74
1525	24	Carlos Bandejas	00:36:32	01:12:06	01:11:04	1522	JG Seguros/Vila Fria	V55	92
1526	291	Helena Duarte	00:36:25	01:12:12	01:11:36	1528	CLUBE DESPORTIVO ESTRELA	V50	26
1527	122	Fátima Flora	00:35:42	01:12:15	01:11:30	1527		V50	27
1528	342	Bruno Anunciação	00:34:06	01:12:23	01:12:02	1530		Senior	174
1529	435	Luís Antunes	00:36:55	01:12:32	01:11:09	1523		V55	93
1530	445	Nuno Antunes	00:36:55	01:12:32	01:11:10	1524		Senior	175
1531	1779	Esther Tamargo	00:37:14	01:13:13	01:12:03	1531		V50	28
1532	345	Sergio Sa	00:37:33	01:13:19	01:12:08	1532		V50	127
1533	619	Ana Serra	00:37:40	01:13:34	01:12:45	1533		V40	64
1534	625	Ernesto Louro	00:34:44	01:13:51	01:13:15	1535		V40	246
1535	1731	Marisa Carpinteiro	00:36:31	01:14:23	01:13:37	1538		V35	66
1536	549	Paulo Bailão	00:37:35	01:14:36	01:13:32	1536	SS CGD	V45	253
1537	539	Catarina Bailão	00:37:34	01:14:37	01:13:34	1537	SS CGD	Junior	6
1538	425	Filipe Silva	00:37:36	01:14:46	01:13:13	1534		V65	37
1539	322	Carina Silva	00:37:36	01:14:47	01:13:56	1540		V35	67
1540	331	Vitorino Carvalho	00:37:35	01:14:48	01:13:57	1541		V45	254



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1541	839	André Santos	00:38:56	01:14:58	01:13:38	1539		Senior	176
1542	715	Cátia Louro	00:37:01	01:15:08	01:15:02	1551		Senior	75
1543	819	Fernando Ferreira	00:39:11	01:15:12	01:14:34	1546	Clube Millennium bcp	V70	15
1544	1216	Jose Monteiro	00:37:33	01:15:16	01:14:07	1545		V60	60
1545	840	Rita Lopes	00:38:38	01:15:19	01:14:01	1542		Senior	76
1546	846	Carla Pereira	00:39:11	01:15:21	01:14:03	1544		V35	68
1547	678	Sandra Filipe	00:38:12	01:15:22	01:14:56	1547		V40	65
1548	961	Bento Galamba	00:38:40	01:15:28	01:14:01	1543	Sporting Clube da Reboleira e Damaia	V50	128
1549	1330	Joaquim Caeiro	00:38:16	01:15:43	01:14:57	1548	AlenMinho	V45	255
1550	1331	Cândida Caeiro	00:38:17	01:15:43	01:14:57	1549	AlenMinho	V50	29
1551	1719	Carolina Vieira	00:38:40	01:15:52	01:15:46	1554		V35	69
1552	980	Mariana Coelho	00:38:40	01:16:00	01:15:16	1552	Clube de Ténis da Amadora	Senior	77
1553	1720	Miguel Castro	00:38:39	01:16:10	01:16:05	1555		V45	256
1554	1537	Sandra Lopes	00:39:20	01:16:22	01:15:00	1550		V40	66
1555	271	Rui Castilho	00:38:43	01:16:47	01:16:42	1557	CBAMM - Casa do Benfica de Algueirão Mem Ma	Senior	177
1556	512	Francelina Silva	00:39:15	01:16:56	01:15:41	1553	CLUBE DESPORTIVO DO ARNEIRO	V50	30
1557	23	Joao Gomes	00:37:58	01:17:48	01:16:46	1558	JG Seguros/Vila Fria	V65	38
1558	1400	Marta Sousa	00:37:38	01:17:49	01:16:20	1556		V40	67
1559	164	Mayer Raposo	00:40:44	01:18:05	01:17:53	1559	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SA	V70	16
1560	930	Diana Penela	00:40:11	01:19:24	01:18:25	1561	G. R. D. RIBEIRA da LAGE	Junior	7



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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	895	Hugo Costa	00:40:11	01:19:25	01:18:26	1562	CARRASCO & AMIGOS	Senior	178
1562	1789	Rute Casimiro	00:39:58	01:19:25	01:17:58	1560		V35	70
1563	1626	Marta Batoreo	00:41:56	01:19:41	01:18:46	1565		V35	71
1564	1678	Diogo Bessam	00:41:56	01:19:41	01:18:47	1566		V35	183
1565	1151	Joao Gameiro	00:39:38	01:19:46	01:18:30	1563		Senior	179
1566	1195	Ana Medeiros	00:39:39	01:19:48	01:18:32	1564		Senior	78
1567	149	Gualdino Freire	00:40:55	01:20:00	01:19:27	1569	CCDTMetroLX	V70	17
1568	90	Rui Santos	00:40:31	01:20:03	01:18:48	1567		V45	257
1569	807	Mario Marcelino	00:39:15	01:20:06	01:19:09	1568	Clube Millennium bcp	V60	61
1570	294	Julia Tavares	00:40:05	01:20:23	01:19:46	1579	CLUBE DESPORTIVO ESTRELA	V65	2
1571	290	Carla Mendes	00:40:04	01:20:24	01:19:48	1583	CLUBE DESPORTIVO ESTRELA	V35	72
1572	447	José Castro	00:40:00	01:21:06	01:19:43	1573	RUN FOR FRIENDS	V45	258
1573	81	João Pinto	00:40:06	01:21:08	01:19:42	1570	RUN FOR FRIENDS	V40	247
1574	34	Bruno Amaro	00:40:06	01:21:08	01:19:43	1572	RUN FOR FRIENDS	V35	184
1575	917	Ricardo Vieira	00:40:05	01:21:09	01:19:45	1574	RUN FOR FRIENDS	V35	185
1576	918	Sara Rei	00:40:05	01:21:09	01:19:45	1575	RUN FOR FRIENDS	V40	68
1577	22	Marco Fernandes	00:40:58	01:21:09	01:19:43	1571	RUN FOR FRIENDS	Senior	180
1578	916	Filipe Ribeiro	00:40:04	01:21:10	01:19:45	1576	RUN FOR FRIENDS	V35	186
1579	215	Estela Gonçalves	00:40:05	01:21:10	01:19:46	1580		V40	69
1580	32	Catarina Amaro	00:40:09	01:21:10	01:19:46	1578	RUN FOR FRIENDS	V35	73



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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	100	Antonio Gonçalves	00:42:26	01:21:11	01:20:26	1584		V45	259
1582	280	Carlos Amaro	00:40:06	01:21:11	01:19:46	1577	RUN FOR FRIENDS	V35	187
1583	861	João Queiroz	00:40:56	01:21:12	01:19:47	1581	RUN FOR FRIENDS	V40	248
1584	33	Ricardo Gomes	00:40:05	01:21:13	01:19:48	1582	RUN FOR FRIENDS	V35	188
1585	1794	José Maia	00:49:14	01:22:12	01:22:02	1585		V50	129
1586	1743	Soraia Ramos	00:42:26	01:23:37	01:22:31	1588		Senior	79
1587	474	Elina Matonse	00:42:24	01:23:38	01:22:16	1586	ASICS Lisboa Run Club	V35	74
1588	970	Mário Santiago	00:42:52	01:23:40	01:22:39	1590	kaninos	V50	130
1589	969	Maria Condeço	00:42:53	01:23:40	01:22:41	1591	kaninos	V55	12
1590	192	Eduardo Pestana	00:42:52	01:23:41	01:22:30	1587	kaninos	V35	189
1591	1438	Hugo Venancio	00:42:54	01:23:41	01:22:37	1589	SS CGD	V35	190
1592	1716	Maria Lopes	00:43:09	01:25:44	01:24:23	1592		V65	3
1593	1500	Ondina Teodoro	00:43:08	01:25:45	01:24:25	1593		V40	70
1594	1084	José Pereira	00:48:59	01:26:52	01:25:13	1594		V45	260
1595	999	Fernando Lopes	00:44:16	01:28:02	01:27:26	1595	REAL ACADEMIA	V70	18
1596	1199	Mafalda Cotovio	00:44:16	01:29:56	01:28:36	1596		V40	71
1597	671	Carla Alfaiate	00:44:18	01:29:56	01:29:05	1597	Matilha ds Atalaia	V45	68