

**20** CASCAIS  
CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 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	2692	Luis Pinto	00:32:02	01:03:20	01:03:19	1		Senior	1
2	521	Nuno Carraça	00:33:04	01:05:52	01:05:52	2	U.R.C.Abrunheira	Senior	2
3	1933	Wesley Matos	00:34:09	01:06:42	01:06:42	3	Complexo Desportivo Rio Maior	Senior	3
4	1894	Danilo Pimentel	00:34:10	01:06:48	01:06:48	4	Complexo Desportivo Rio Maior	Senior	4
5	2440	Claudio Cardoso	00:34:08	01:07:51	01:07:51	5	A.M.ATIBÁ	V35	1
6	2237	Nuno Romão	00:34:43	01:08:14	01:08:14	6	GFD Running	V40	1
7	1729	Bruno Lourenço	00:34:09	01:08:46	01:08:45	7		Senior	5
8	2312	Bruno Pais	00:35:27	01:09:27	01:09:26	8	Sport Lisboa e Benfica	Senior	6
9	2589	Francisco Pedro	00:34:44	01:09:32	01:09:31	9		V40	2
10	1979	Ricardo Pereira	00:35:33	01:09:44	01:09:44	10	GRFH - IMPORTAÇÃO E EXPORTAÇÃO	V35	2
11	2455	Marco Mello	00:35:33	01:10:13	01:10:11	11	A.M.ATIBÁ	V40	3
12	2332	Helder Ferreira	00:35:34	01:10:43	01:10:41	12	União FCI Tomar	V35	3
13	184	Diogo Baena	00:35:34	01:10:44	01:10:44	13		Senior	7
14	2609	Pedro Conceição	00:35:33	01:11:17	01:11:16	14	LINDA-A-PASTORA SPORTING CLUBE	Senior	8
15	1986	Luis Lima	00:35:33	01:11:45	01:11:45	15	NúcleOeiras/Sportzone	V40	4
16	1740	João Ginja	00:36:39	01:12:32	01:12:31	17	NAZABOBODA	V45	1
17	1739	Paulo Rola	00:36:39	01:12:32	01:12:30	16	NAZABOBODA	V45	2
18	1428	Francisco Carvalho	00:37:24	01:12:55	01:12:53	18		Senior	9
19	1650	José Camacho	00:37:22	01:13:01	01:13:00	19	LINDA-A-PASTORA SPORTING CLUBE	Senior	10

**20** CASCAIS  
CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
20	1741	Virgilio Gomes	00:37:21	01:13:04	01:13:04	20	NAZABOBODA	V45	3
21	1316	Andre Januario	00:37:21	01:13:10	01:13:09	21	CLUBE MILLENNIUM BCP	Senior	11
22	2480	David Fernandes	00:37:21	01:13:21	01:13:20	22	GFD Running	V35	4
23	922	Luis Santos	00:36:57	01:13:30	01:13:29	24	Amigos Vale Silencio	Senior	12
24	2717	Claudia Pereira	00:37:24	01:13:30	01:13:28	23	GFD Running	V35	1
25	1478	Pedro Maia	00:37:22	01:13:30	01:13:30	25	Amigos Atletismo Mafra	V40	5
26	2225	José Ferreira	00:37:25	01:13:30	01:13:30	26	GFD Running	V35	5
27	1393	Rui Sousa	00:37:23	01:13:35	01:13:34	27		V40	6
28	2229	Ernesto Ferreira	00:37:24	01:13:57	01:13:57	28	GFD Running	V40	7
29	1744	Jorge Rodrigues	00:37:23	01:14:04	01:14:03	29	NAZABOBODA	V45	4
30	2435	Vitor Tavaresmarques	00:37:23	01:14:06	01:14:04	30	Correr Lisboa	V35	6
31	1649	Susana Cunha	00:37:22	01:14:07	01:14:07	32	LINDA-A-PASTORA SPORTING CLUBE	Senior	1
32	1648	José Félix	00:37:23	01:14:07	01:14:06	31	LINDA-A-PASTORA SPORTING CLUBE	V45	5
33	1855	Wilson Bento	00:37:24	01:14:10	01:14:08	33	LINDA-A-PASTORA SPORTING CLUBE	Senior	13
34	2500	José Dias	00:37:23	01:14:11	01:14:09	34	A.M.ATIBÁ	V35	7
35	617	Paulo Alves	00:37:25	01:14:24	01:14:22	35	GDCTIN Casa da Moeda	V35	8
36	2751	Diogo Custódio	00:37:23	01:14:28	01:14:28	36	Clube Olimpico de Oeiras	Senior	14
37	2753	Nuno Silva	00:37:49	01:14:33	01:14:32	37	Clube Atletismo Amigos de Belém	Senior	15
38	1984	Ricardo Lanceiuro	00:37:23	01:14:57	01:14:57	38	NúcleOeiras/Sportzone	V35	9

**20** CASCAIS  
 - - - - CORRIDA

CASCAIS **5** km  
 RÁPIDINHA

15 DE FEVEREIRO 2015  
 BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
39	199	Manuel Mascarenhas	00:37:25	01:15:06	01:15:04	39	N.A."OS PAPAGAIOS DE CASCAIS"	Senior	16
40	2131	Vitor Oliveira	00:38:34	01:15:11	01:15:05	40	Weventual	Senior	17
41	2112	Jose Correia	00:37:52	01:15:23	01:15:16	41		V45	6
42	145	Moisés Oliveira	00:37:24	01:15:24	01:15:22	42	Cascais Pandilha redux	Senior	18
43	311	Nuno André	00:38:21	01:15:46	01:15:44	43		Senior	19
44	2718	Carlos Freitas	00:38:22	01:15:48	01:15:48	44	GFD Running	V40	8
45	1726	Nuno Teixeira	00:38:10	01:16:12	01:16:10	45		Senior	20
46	2302	Luí Rio	00:39:03	01:16:21	01:16:16	46	GDC Banco de Portugal	V40	9
47	924	António Fernandes	00:38:41	01:16:28	01:16:21	48	Amigos Vale Silencio	V55	1
48	471	António Rodrigues	00:39:16	01:16:30	01:16:25	49		Senior	21
49	140	Nuno Vaz	00:38:35	01:16:31	01:16:27	50	Falcões Selvagens	Senior	22
50	1951	Ricardo Frade	00:37:24	01:16:33	01:16:29	51	CCD Sintrense	V50	1
51	692	Artur Oliveira	00:39:14	01:16:36	01:16:19	47	Casa do Benfica de Algueirão Mem Martins	V40	10
52	2043	Celso Gouveia	00:38:37	01:16:55	01:16:53	52		V45	7
53	1953	Rogério Azevedo	00:38:59	01:17:10	01:17:09	54	CCD Sintrense	V40	11
54	1133	Rui Cabeças	00:38:42	01:17:19	01:17:15	55		V40	12
55	709	Pedro Marques	00:38:33	01:17:21	01:17:19	56		V35	10
56	2448	Nelson Graça	00:40:00	01:17:25	01:17:25	57	A.M.ATIBÁ	Senior	23
57	2761	Ricardo Gouveia	00:37:23	01:17:27	01:17:27	58	Clube Olimpico de Oeiras	Senior	24

**20** CASCAIS  
km  
CORRIDA

CASCAIS 5 km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
58	122	José Barrinha	00:38:32	01:17:34	01:17:32	59		V40	13
59	177	Edgar Jacinto	00:39:38	01:17:44	01:16:55	53		Senior	25
60	1985	Vitor Lima	00:39:34	01:17:45	01:17:42	62	NúcleOeiras/Sportzone	V45	8
61	416	Pedro Amigo	00:40:02	01:17:46	01:17:43	63	Team Bellissimus Caffé	Senior	26
62	86	Ricardo Martins	00:40:02	01:18:04	01:18:02	64		Senior	27
63	1809	António Murteira	00:39:38	01:18:12	01:17:35	60	G. R. D. Ribeira da Lage	V45	9
64	1893	Sérgio Santos	00:41:24	01:18:24	01:18:24	68	Complexo Desportivo Rio Maior	V45	10
65	1175	Pedro Mestre	00:41:24	01:18:24	01:18:23	67	Netcourier Logística	V40	14
66	1942	Rodrigo Carrilho	00:41:24	01:18:24	01:18:24	69	Netcourier Logística	Senior	28
67	2085	Rui Henriques	00:39:30	01:18:26	01:18:19	65	Serviços Sociais Montepio	V35	11
68	1916	José Amaral	00:39:01	01:18:34	01:18:29	70		V35	12
69	2306	João Martins	00:39:11	01:18:38	01:18:21	66	GDC Banco de Portugal	Senior	29
70	2701	Hugo Ferreira	00:40:02	01:18:39	01:18:34	71	Clube Olimpico de Oeiras	V35	13
71	2261	Carlos Henriques	00:40:03	01:18:41	01:18:37	72		V35	14
72	2102	Rui Monteiro	00:39:11	01:18:44	01:18:40	74	Clube Desportivo TCPI	Senior	30
73	761	Luis Matos	00:39:43	01:18:53	01:18:50	76		V40	15
74	2427	Pedro Cavilhas	00:40:59	01:19:01	01:17:39	61	weRUN Portugal	V40	16
75	388	Paulo Gomes	00:40:31	01:19:02	01:18:38	73		Senior	31
76	2691	Sandra Teixeira	00:39:23	01:19:04	01:19:04	79		V35	2

**20** CASCAIS  
CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
77	144	Sérgio Ribeiro	00:40:02	01:19:05	01:19:00	78	Cascais Pandilha redux	V40	17
78	2313	Luis Reis	00:39:10	01:19:13	01:19:11	80	Helicopters In	V45	11
79	616	Ricardo Neves	00:39:20	01:19:16	01:19:14	82	GDCTIN Casa da Moeda	V35	15
80	2526	Fernando Candeias	00:40:37	01:19:17	01:18:49	75	SSCGD	V40	18
81	1508	Pedro Fernandes	00:40:02	01:19:17	01:19:15	83	VdAtletas	Senior	32
82	1787	José Queiros	00:40:05	01:19:21	01:19:16	84		V40	19
83	2453	Sergio Trindade	00:39:51	01:19:22	01:19:14	81		V35	16
84	1745	Luis Luciano	00:40:45	01:19:26	01:18:59	77	NAZABOBODA	V45	12
85	1934	Eurico Candeias	00:41:24	01:19:34	01:19:34	85	Complexo Desportivo Rio Maior	V45	13
86	1058	Antonio Rebelo	00:40:06	01:19:47	01:19:42	86		V40	20
87	1523	Rui Cabral	00:40:05	01:19:48	01:19:42	87	N.A."OS PAPAGAIOS DE CASCAIS"	V35	17
88	1814	Hugo Freire	00:40:29	01:19:50	01:19:47	90	Associação GD Academia do Korpo	V35	18
89	2095	Nuno Gonçalo	00:40:05	01:19:50	01:19:46	88		Senior	33
90	1196	Tiago Castela	00:39:49	01:19:51	01:19:49	92	Corrida Noturna Parque das Nações	Senior	34
91	2443	José Heitor	00:40:01	01:19:54	01:19:53	94	A.M.ATIBÁ	V50	2
92	2450	Rui Rodrigues	00:40:02	01:19:54	01:19:53	93	A.M.ATIBÁ	Senior	35
93	1782	Carlos Mendes	00:40:02	01:19:57	01:19:55	95	NAZABOBODA	V45	14
94	2555	4 Min/Km	00:40:01	01:19:57	01:19:56	96		Junior	1
95	2426	João Pires	00:39:50	01:19:58	01:19:49	91	Desportivo Monte Real	V35	19

**20** CASCAIS  
km  
CORRIDA

CASCAIS 5 km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
96	159	Carlos Teixeira	00:41:25	01:20:02	01:20:01	99		V40	21
97	1356	Roland Zoder	00:41:25	01:20:03	01:19:58	97		V40	22
98	1089	José Barros	00:40:02	01:20:12	01:20:10	100	N.A. BDF	Senior	36
99	1771	Sérgio Faia	00:41:37	01:20:15	01:19:46	89	Urban Hiit	V35	20
100	120	Daniel Costa	00:41:23	01:20:24	01:19:59	98		V40	23
101	2575	João Coelho	00:40:02	01:20:42	01:20:37	103		V35	21
102	2155	Nuno Oliveira	00:40:04	01:20:48	01:20:45	104		V40	24
103	2654	Ricardo Santos	00:40:05	01:20:50	01:20:47	105	Clube Olimpico de Oeiras	Senior	37
104	2051	Nuno Casaca	00:41:23	01:20:51	01:20:24	101		Senior	38
105	1923	João Silva	00:40:56	01:20:54	01:20:24	102	Clube Desportivo de Mafra	V55	2
106	1895	Pamella Oliveira	00:41:27	01:20:57	01:20:56	107	Complexo Desportivo Rio Maior	Senior	2
107	554	António Santos	00:40:15	01:21:10	01:21:06	108	GDINE	V55	3
108	1640	Vanessa Pereira	00:41:04	01:21:15	01:21:14	110		Senior	3
109	126	Germano Silva	00:41:05	01:21:19	01:21:17	112		V55	4
110	1173	Pedro Gonçalves	00:41:07	01:21:23	01:21:21	116		Senior	39
111	1738	Carlos Rouxinol	00:39:13	01:21:25	01:21:20	115	NAZABOBODA	V40	25
112	1832	Henrique Matias	00:40:48	01:21:26	01:20:52	106		V35	22
113	1807	Manuel Coelho	00:41:29	01:21:36	01:21:24	117	G. R. D. Ribeira da Lage	V55	5
114	1813	Miguel Sobral	00:40:29	01:21:38	01:21:35	118	Associação GD Academia do Korpo	V35	23

**20** CASCAIS  
- - - - CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
115	907	Tiago Amado	00:41:22	01:21:39	01:21:20	113		Senior	40
116	2236	Mónica Moreiras	00:41:04	01:21:43	01:21:42	123	GFD Running	V35	3
117	2239	Fernando Santos	00:41:03	01:21:44	01:21:41	120	GFD Running	V40	26
118	2235	Luis Pereira	00:41:04	01:21:44	01:21:41	121	GFD Running	V45	15
119	1868	João Alves	00:41:05	01:21:44	01:21:20	114		Senior	41
120	565	Rui Juliao	00:42:20	01:21:44	01:21:37	119	Georunners	V45	16
121	2279	João Rodrigues	00:41:25	01:21:52	01:21:42	122		V55	6
122	2180	António Figueiredo	00:41:03	01:22:00	01:21:57	128	weRUN Portugal	Senior	42
123	1219	Joaquim Vaz	00:40:51	01:22:00	01:21:55	125		V40	27
124	1817	Gustavo Gasopo	00:41:25	01:22:06	01:22:03	132	Associação GD Academia do Korpo	Senior	43
125	570	Joaquim Capela	00:41:03	01:22:08	01:22:05	134		V40	28
126	2213	Francisco Santos	00:41:48	01:22:13	01:22:04	133	RESTAURANTE O CARTAXEIRO-CANEÇAS	V40	29
127	1692	Romeu Silva	00:40:27	01:22:15	01:22:13	140		V35	24
128	2215	Hugo Luz	00:41:48	01:22:16	01:22:08	137	RESTAURANTE O CARTAXEIRO-CANEÇAS	V35	25
129	41	José Pires	00:40:08	01:22:16	01:21:58	129		V35	26
130	1169	Francisco Lima	00:41:48	01:22:17	01:22:02	131		Senior	44
131	2211	Adolfo Leal	00:41:47	01:22:17	01:22:08	136	RESTAURANTE O CARTAXEIRO-CANEÇAS	V45	17
132	596	António Santos	00:41:26	01:22:19	01:21:59	130	Clube Atletismo Amigos de Belém	V50	3
133	1351	Ricardo Candeias	00:43:12	01:22:20	01:21:12	109	Os Amigos da Alameda	Senior	45

**20** CASCAIS  
 - - - - CORRIDA

CASCAIS **5** km  
 RÁPIDINHA

15 DE FEVEREIRO 2015  
 BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
134	175	Nuno Almeida	00:41:49	01:22:20	01:22:10	138		V35	27
135	2341	Edmilson Santos	00:40:54	01:22:23	01:21:46	124	weRUN Portugal	V50	4
136	783	Carlos Caetano	00:41:23	01:22:24	01:22:23	143		V40	30
137	1011	Joaquim Pato	00:41:22	01:22:26	01:21:57	126		V40	31
138	1957	Julio Finote	00:41:26	01:22:26	01:22:21	142	CCD Sintrense	V45	18
139	1600	João Santos	00:41:25	01:22:30	01:22:27	145	C.A.S.P.A. - Clube Amador Só Para Atletismo	V35	28
140	1214	Augusto Pires	00:41:25	01:22:31	01:22:28	146	LINDA-A-PASTORA SPORTING CLUBE	V60	1
141	218	Florianio Silva	00:41:05	01:22:31	01:22:08	135		V35	29
142	2226	André Riscado	00:42:15	01:22:35	01:22:32	149	GFD Running	V35	30
143	2311	Fernando Martins	00:41:49	01:22:40	01:22:32	148	GDC Banco de Portugal	V45	19
144	1742	Paulo Silva	00:41:24	01:22:43	01:22:27	144	NAZABOBODA	V40	32
145	2597	Vitor Piçarra	00:42:23	01:22:45	01:22:10	139		V35	31
146	738	João Poças	00:42:13	01:22:48	01:22:29	147		V35	32
147	2639	Hugo Silva	00:42:14	01:22:48	01:22:19	141		Senior	46
148	757	Filipe Torres	00:41:08	01:22:51	01:22:44	153		V35	33
149	2125	António Louro	00:41:28	01:22:56	01:22:51	154	Grupo Desportivo Santander Totta	V40	33
150	861	Paulo Santos	00:42:55	01:22:59	01:21:16	111		V40	34
151	2755	Nuno Lopes	00:40:00	01:23:01	01:22:32	150		Junior	2
152	2441	Cristina Garcia	00:41:05	01:23:02	01:23:01	156	A.M.ATIBÁ	V40	1



**20** CASCAIS  
 - - - - CORRIDA

CASCAIS **5** km  
 RÁPIDINHA

15 DE FEVEREIRO 2015  
 BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
153	2613	Gonçalo Cardoso	00:42:25	01:23:03	01:22:32	151		V40	35
154	552	Gonçalo Ferreira	00:41:26	01:23:04	01:23:00	155	GDINE	V40	36
155	1849	Rui Cardoso	00:41:02	01:23:04	01:23:02	157	Unidos da Manutenção	V40	37
156	1717	Luís Mealha	00:42:26	01:23:05	01:22:40	152		V40	38
157	66	Manuel Tavares	00:41:52	01:23:06	01:23:05	159	Clube Banif	V40	39
158	67	Lúcia Oliveira	00:41:52	01:23:07	01:23:05	160	Generg	V35	4
159	1719	José Esteves	00:41:49	01:23:10	01:23:04	158	Tartarugas Solidárias	V45	20
160	2619	Jaime Nunes	00:39:36	01:23:12	01:23:12	161		V45	21
161	117	Martim Menezes	00:41:25	01:23:18	01:23:17	163		V45	22
162	696	Marco Silva	00:41:01	01:23:26	01:23:23	165	hot runners	Senior	47
163	615	Bruno Rolim	00:42:21	01:23:35	01:23:27	167	PI-LINHA RUNNERS	Senior	48
164	623	Carlos Camoes	00:42:22	01:23:36	01:23:34	168		V40	40
165	1851	Gil Alves	00:41:12	01:23:38	01:23:35	169	Unidos da Manutenção	V35	34
166	2314	André Gaga	00:43:24	01:23:39	01:21:57	127		Senior	49
167	1384	Luis Paulo	00:42:22	01:23:40	01:23:20	164	Bahia	V45	23
168	545	Joaquim Oliveira	00:40:04	01:23:42	01:23:40	171	Clube EDP - Lisboa	V45	24
169	1487	Carlos Guedes	00:41:51	01:23:43	01:23:40	172	N.A."OS PAPAGAIOS DE CASCAIS"	V45	25
170	84	Rui Mestre	00:42:52	01:23:45	01:23:24	166		Senior	50
171	674	Helder Lopes	00:42:21	01:23:49	01:23:48	175	Casa do Benfica de Algueirão Mem Martins	V45	26

**20** CASCAIS  
- - - - CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
172	2044	Jose Baptista	00:41:25	01:23:52	01:23:45	173		V45	27
173	621	Nuno Sousa	00:41:52	01:23:54	01:23:50	178	GDCTIN Casa da Moeda	V40	41
174	193	Lúcio Alves	00:42:24	01:23:59	01:23:48	176		V40	42
175	908	Paulo Rodrigues	00:41:07	01:24:01	01:23:58	181		V45	28
176	2212	Fernando Godinho	00:41:50	01:24:05	01:23:56	180	RESTAURANTE O CARTAXEIRO-CANEÇAS	V40	43
177	1612	Alexandra Alves	00:41:36	01:24:10	01:24:08	184	AÇOREANA CLUBE BANIF	Senior	4
178	1723	Tomas Colaco	00:41:04	01:24:11	01:23:49	177		V45	29
179	1256	Nuno Lino	00:42:20	01:24:22	01:24:16	186		Senior	51
180	1561	Augusto Lopes	00:42:55	01:24:26	01:24:21	189	Grupo Desportivo Santander Totta	V60	2
181	1030	Carlos Baptista	00:42:19	01:24:35	01:24:31	190	Sporting Clube de Casainhos	V50	5
182	1870	Peter Steinhausen	00:41:30	01:24:47	01:24:45	199		V60	3
183	26	Luís Pisco	00:41:49	01:24:47	01:24:36	192		Senior	52
184	962	Paulo Duarte	00:43:15	01:24:48	01:24:32	191		V40	44
185	736	António Madeira	00:43:09	01:24:48	01:24:44	197	Clube de Praças da Armada	V50	6
186	1800	Tiago Vermelho	00:42:51	01:24:52	01:23:38	170	G. R. D. Ribeira da Lage	Senior	53
187	1613	Ricardo Alves	00:43:34	01:24:54	01:24:44	198	AÇOREANA CLUBE BANIF	Senior	54
188	1903	José Diogo	00:42:11	01:24:54	01:24:08	183		Senior	55
189	2099	Gonçalo Cruzeiro	00:41:25	01:24:56	01:24:50	200		Senior	56
190	2442	Fernando Figueiredo	00:43:28	01:24:57	01:24:52	201	A.M.ATIBÁ	V40	45

**20** CASCAIS  
- - - - CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
191	2103	Bruno Luís	00:41:39	01:24:58	01:24:53	202	Clube Desportivo TCPI	V35	35
192	500	João Silva	00:43:29	01:25:00	01:24:36	193		Senior	57
193	1071	Fernando Tavares	00:42:23	01:25:09	01:25:02	206		V40	46
194	2220	José Lopes	00:44:02	01:25:10	01:24:43	196	RESTAURANTE O CARTAXEIRO-CANEÇAS	V50	7
195	864	Ricardo Neves	00:44:22	01:25:12	01:23:47	174		Senior	58
196	1445	Emanuel Freitas	00:43:10	01:25:19	01:25:12	208		V50	8
197	1914	Tiago Neto	00:43:31	01:25:19	01:25:00	205		Senior	59
198	1815	Hugo Barroso	00:43:09	01:25:19	01:25:13	209	Associação GD Academia do Korpo	V35	36
199	1524	Nelio Carvalho	00:40:01	01:25:27	01:25:24	213	Pontével a Mexer	Senior	60
200	2627	Filipe Brízida	00:43:32	01:25:30	01:24:58	204		V40	47
201	99	Gil Oliveira	00:43:30	01:25:31	01:24:02	182		V45	30
202	1606	André Quarenta	00:43:28	01:25:31	01:24:56	203	AÇOREANA CLUBE BANIF	V40	48
203	1854	José Gil	00:43:27	01:25:31	01:23:16	162	LINDA-A-PASTORA SPORTING CLUBE	V55	7
204	2200	Patricia Rivotti	00:43:30	01:25:31	01:25:05	207		V35	5
205	1688	Joao Cabecas	00:43:23	01:25:32	01:25:14	210		V40	49
206	440	João Coutinho	00:42:33	01:25:33	01:25:19	212		V50	9
207	1582	Paulo Alves	00:42:35	01:25:36	01:25:29	215	Grupo Desportivo Santander Totta	V35	37
208	2344	Nuno Gonçalves	00:43:35	01:25:42	01:23:53	179		V35	38
209	550	Hugo Dourado	00:43:17	01:25:45	01:25:33	216	HNNP	Senior	61

**20** CASCAIS  
CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
210	818	Fernando Correia	00:42:36	01:25:46	01:25:43	220	G. R. D. Ribeira da Lage	V45	31
211	2156	Teotónio Neto	00:42:32	01:25:47	01:25:39	217		V50	10
212	855	Rui Querido	00:44:37	01:25:49	01:24:40	194		Senior	62
213	1546	João Pastor	00:41:53	01:25:51	01:25:47	224	CCDTML	V40	50
214	413	Jorge Martinho	00:43:35	01:25:53	01:25:41	219	Os Galgos	V45	32
215	362	Tiago Sousa	00:43:22	01:25:57	01:25:39	218		Senior	63
216	651	Carlos Cardoso	00:43:50	01:26:02	01:25:46	223	GD Banco BPI	V60	4
217	1982	Bruno Marrão	00:42:48	01:26:03	01:25:45	222	Clube ANA Lisboa	V35	39
218	2445	Lucia Falé	00:43:22	01:26:03	01:26:03	230	A.M.ATIBÁ	Senior	5
219	732	António Marçal	00:42:53	01:26:06	01:25:56	227		V50	11
220	2349	Abel Costa	00:44:46	01:26:07	01:24:42	195	Desportivo Monte Real	V50	12
221	947	Mário Lourenço	00:43:34	01:26:12	01:26:03	229		V45	33
222	2684	Alcides Varela	00:42:27	01:26:15	01:26:07	233	Casa do Benfica de Algueirão Mem Martins	V45	34
223	2387	Ricardo Soeiro	00:44:59	01:26:16	01:25:14	211	Grupo Desportivo Roche Portugal	V35	40
224	1935	Rui Cabral	00:43:25	01:26:18	01:26:13	235		V40	51
225	2546	Paulo Pires	00:45:43	01:26:19	01:24:21	188	SSCGD	V45	35
226	593	João Pereira	00:43:39	01:26:20	01:26:09	234	Clube Ferroviario de Portugal	V40	52
227	954	Nuno Silva	00:42:33	01:26:20	01:26:07	232	Correr Lisboa	V35	41
228	2592	Silvestre Demétrio	00:43:36	01:26:23	01:26:01	228	Pavitenis	V45	36

**20** CASCAIS  
km  
CORRIDA

CASCAIS 5 km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
229	1630	André Cunha	00:44:36	01:26:25	01:24:15	185	AÇOREANA CLUBE BANIF	V45	37
230	439	Bruno Canhão	00:43:03	01:26:25	01:26:24	240		Senior	64
231	1171	Fernando Almeida	00:43:38	01:26:29	01:26:22	239		V35	42
232	1172	Eduardo Santos	00:43:39	01:26:29	01:26:22	238		V35	43
233	556	Marcos Oliveira	00:42:34	01:26:34	01:26:30	244	GDINE	V40	53
234	2143	Fernando Domingos	00:44:02	01:26:34	01:25:52	226		V50	13
235	1628	Luis Albuquerque	00:44:36	01:26:35	01:24:18	187	AÇOREANA CLUBE BANIF	V40	54
236	591	Pedro Ramos	00:44:06	01:26:37	01:26:17	237	Clube Ferroviario de Portugal	V35	44
237	1448	Chantal Xhervelle	00:43:10	01:26:37	01:26:36	250	Xtreme Level	V45	1
238	932	Álvaro Cardoso	00:44:07	01:26:40	01:26:28	242		V35	45
239	2523	David Faustino	00:43:23	01:26:43	01:26:29	243	SSCGD	V45	38
240	1774	José Borges	00:44:01	01:26:52	01:26:47	256	NAZABOBODA	V35	46
241	468	Francisco Calçada	00:44:06	01:26:54	01:26:46	255	C C D "O ALVITEJO"	V50	14
242	1479	José Lagariço	00:43:32	01:26:54	01:26:46	254	Amigos Atletismo Mafra	V40	55
243	405	João Duarte	00:44:16	01:26:55	01:26:35	247		V40	56
244	1566	Fábio Passos	00:43:36	01:26:58	01:26:35	248	Grupo Desportivo Santander Totta	Senior	65
245	1492	José Carlos	00:44:01	01:27:00	01:26:53	258	N.A."OS PAPAGAIOS DE CASCAIS"	V50	15
246	1734	João Carvalho	00:44:04	01:27:03	01:26:54	259	NAZABOBODA	V55	8
247	44	Bernardo Pinto-Coelho	00:44:06	01:27:03	01:26:40	252		V35	47

**20** CASCAIS  
- - - - CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
248	1509	João Cadete	00:43:29	01:27:04	01:26:58	261	VdAtletas	V45	39
249	1789	Luis Queirós	00:43:50	01:27:06	01:26:44	253		V40	57
250	2222	Laura Grilo	00:43:33	01:27:08	01:26:13	236		Senior	6
251	1125	Carlos Moura	00:43:34	01:27:08	01:26:34	245		Senior	66
252	2665	Miguel Guerreiro	00:42:13	01:27:08	01:27:07	268		V40	58
253	2414	Rui Almeida	00:43:42	01:27:13	01:27:07	267	Clube Vodafone	V35	48
254	146	António Palma	00:43:05	01:27:16	01:26:53	257	ACADEMIA FITNESS MILITAR	V35	49
255	2615	João Afonso	00:46:13	01:27:16	01:25:25	214		V35	50
256	1716	Luis Fino	00:44:50	01:27:24	01:26:36	249		V40	59
257	1252	Pedro Barbosa	00:43:37	01:27:24	01:27:17	274		V35	51
258	2383	Julio Fernandes	00:44:59	01:27:28	01:26:25	241	Grupo Desportivo Roche Portugal	V35	52
259	1033	Armando Correia	00:44:05	01:27:29	01:27:07	266	Sporting Clube de Casainhos	Senior	67
260	1607	Vitor Rafael	00:44:04	01:27:31	01:27:01	263	AÇOREANA CLUBE BANIF	V50	16
261	1480	Carlos Morais	00:44:03	01:27:31	01:27:06	264	Amigos Atletismo Mafra	V50	17
262	1962	Alexandre Dias	00:44:05	01:27:33	01:27:08	269		V45	40
263	2187	Jorge Gonçalves	00:43:57	01:27:34	01:27:09	270		V45	41
264	2228	Carla Ribeiro	00:43:32	01:27:34	01:27:33	279	GFD Running	Senior	7
265	379	José Gordilho	00:43:59	01:27:35	01:27:14	273	Clube Atletismo Amigos de Belém	Senior	68
266	1444	Paulo Marques	00:44:57	01:27:40	01:26:39	251		V35	53

**20** CASCAIS  
CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
267	2056	Cláudio Rocha	00:43:21	01:27:42	01:27:33	280	Lis Running Clube de Praticantes de Atletismo	V40	60
268	1449	Jaime Lamego	00:43:11	01:27:42	01:27:40	285	Xtreme Level	V55	9
269	407	Raul Quaresma	00:45:45	01:27:45	01:25:52	225		Senior	69
270	1812	Jorge Santos	00:44:21	01:27:46	01:27:42	289	Associação GD Academia do Korpo	V40	61
271	746	Rogério Meleiro	00:44:02	01:27:50	01:27:39	283	Estoril Praia	V45	42
272	1907	Miguel Ribeiro	00:43:57	01:27:51	01:27:07	265		V35	54
273	443	Isidro Duarte	00:44:54	01:27:54	01:27:38	281	@Running Club CCD-AT	V45	43
274	2132	Miguel Rodrigues	00:44:32	01:27:56	01:27:47	291	Weventual	V35	55
275	2090	Carlos Morais	00:45:42	01:27:56	01:26:34	246		V45	44
276	2686	Janício Reis	00:43:30	01:28:00	01:27:27	277	Casa do Benfica de Algueirão Mem Martins	V35	56
277	2048	Hugo José	00:46:50	01:28:05	01:27:48	292		Senior	70
278	804	Jorge Caldeira	00:45:10	01:28:05	01:27:52	294		V40	62
279	414	Eurico Nicho	00:43:40	01:28:08	01:27:55	297	Os Galgos	V50	18
280	467	André Sá	00:44:49	01:28:08	01:27:52	295	VILA FRIA/JG SEGUROS	V35	57
281	653	João Antunes	00:45:17	01:28:10	01:27:50	293	GD Banco BPI	V40	63
282	1342	Marco Costa	00:44:00	01:28:10	01:27:40	284	Up With Bambu	V35	58
283	1023	Francisco Rodrigues	00:44:37	01:28:11	01:25:43	221	Run em all	Senior	71
284	2223	Jose Varela	00:46:40	01:28:17	01:28:17	307	Netcourier Logistica	V40	64
285	452	Fernando Andrade	00:44:31	01:28:19	01:27:46	290	OS PERIGOSOS	V35	59

**20** CASCAIS  
- - - - CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
286	1924	Luís Branco	00:46:54	01:28:20	01:26:03	231	GRD.Ribeira da Lage	V50	19
287	2178	Maria Lucas	00:44:58	01:28:21	01:28:16	306	weRUN Portugal	V45	2
288	2252	Bruno Claro	00:44:26	01:28:21	01:27:42	288		Senior	72
289	1662	Carlos Portela	00:44:04	01:28:24	01:28:03	298	NAZABOBODA	V40	65
290	742	Luis Aguiar	00:44:49	01:28:24	01:28:14	305		V40	66
291	635	Paulo Coelho	00:44:39	01:28:28	01:28:21	310		V35	60
292	479	Rafael Abrunhosa	00:45:45	01:28:29	01:28:09	299		V45	45
293	673	Luis Courelas	00:45:11	01:28:29	01:28:12	300	Casa do Benfica de Algueirão Mem Martins	V35	61
294	1708	João Gameiro	00:44:47	01:28:30	01:27:41	286		V40	67
295	1046	Diogo Pisco	00:44:52	01:28:32	01:28:14	304		Senior	73
296	2682	Luís Alves	00:45:20	01:28:32	01:26:54	260	Casa do Benfica de Algueirão Mem Martins	V45	46
297	1910	Nuno Silva	00:45:11	01:28:37	01:28:19	308		V40	68
298	689	João Pereira	00:45:22	01:28:38	01:28:22	311	Casa do Benfica de Algueirão Mem Martins	V35	62
299	1966	João Vaz	00:45:42	01:28:41	01:27:23	276		V45	47
300	652	Daniel Gomes	00:45:16	01:28:41	01:28:29	314	GD Banco BPI	V35	63
301	1556	André Monteiro	00:44:04	01:28:42	01:28:29	313	Os Galgos	Senior	74
302	1551	Angelo Silva	00:44:28	01:28:45	01:28:38	318	CCDTML	Senior	75
303	2267	Jorge Caiado	00:48:13	01:28:46	01:26:59	262		V40	69
304	487	Paulo Rosa	00:45:07	01:28:46	01:28:31	317		V45	48



**20** CASCAIS  
- - - - CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
305	856	Rui Vieira	00:44:05	01:28:48	01:28:43	320		V45	49
306	1301	Ricardo Gomes	00:44:25	01:28:49	01:28:12	301	CLUBE MILLENNIUM BCP	V40	70
307	819	Carlos Folgado	00:46:07	01:28:52	01:27:39	282	G. R. D. Ribeira da Lage	V50	20
308	182	Armando Lopes	00:44:36	01:28:54	01:28:30	315		V50	21
309	2072	Daniel Farinha	00:45:44	01:28:55	01:27:11	272	Serviços Sociais Montepio	Senior	76
310	690	Henrique Joanico	00:45:22	01:28:56	01:28:53	322	Casa do Benfica de Algueirão Mem Martins	V35	64
311	1182	Byron Rodrigues	00:43:59	01:28:58	01:28:23	312		V35	65
312	768	José Nunes	00:44:20	01:29:01	01:28:51	321		V45	50
313	647	David Azenha	00:44:06	01:29:03	01:28:54	323		Senior	77
314	1103	Sergio Santos	00:42:57	01:29:04	01:28:55	324		V40	71
315	2488	Gois Gomes	00:45:46	01:29:05	01:27:41	287		V45	51
316	1704	Manuel Matos	00:44:27	01:29:11	01:29:03	325	C C D "O ALVITEJO"	V40	72
317	137	Jose Faustino	00:44:56	01:29:12	01:29:06	327		V60	5
318	2462	Hugo Goncalves	00:45:37	01:29:16	01:27:09	271		V35	66
319	1850	Fernando Gomes	00:43:03	01:29:20	01:29:13	332	Unidos da Manutenção	V40	73
320	549	Nuno Marçal	00:44:26	01:29:20	01:29:09	328	HNNP	V35	67
321	1349	Mauro Pereira	00:44:34	01:29:21	01:28:13	302	Os Amigos da Alameda	Senior	78
322	1857	Hussene Keshavjee	00:43:39	01:29:25	01:29:14	333		V40	74
323	2117	Fernando Anacleto	00:44:36	01:29:27	01:29:23	342		V60	6

**20** CASCAIS  
 - - - - CORRIDA

CASCAIS **5** km  
 RÁPIDINHA

15 DE FEVEREIRO 2015  
 BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
324	1539	Jorge Fonseca	00:45:33	01:29:28	01:29:16	334		V35	68
325	1373	Stephan Koenig	00:44:05	01:29:28	01:29:05	326		V45	52
326	2091	António Jacinto	00:46:26	01:29:29	01:28:41	319		V55	10
327	2231	Fernando Gomes	00:45:42	01:29:31	01:29:19	337	GFD Running	V35	69
328	2234	Luis Pires	00:45:43	01:29:32	01:29:21	340	GFD Running	V45	53
329	2242	Vitor Sousa	00:45:41	01:29:32	01:29:20	339	GFD Running	V40	75
330	1818	António Parreira	00:45:45	01:29:32	01:29:28	348	Associação GD Academia do Korpo	V40	76
331	631	Artur Pinto	00:45:43	01:29:32	01:27:20	275		V35	70
332	2116	Paulo Galhardo	00:45:44	01:29:37	01:29:26	343		V45	54
333	728	Jeroen Meijers	00:45:43	01:29:38	01:29:10	330		Senior	79
334	1711	Massimo Cavalli	00:45:21	01:29:39	01:29:23	341		V45	55
335	504	Armando Dias	00:44:40	01:29:39	01:29:28	346	MASSAMÁ RUN	V45	56
336	1424	José Melo	00:45:41	01:29:39	01:29:28	347	GDC Fidelidade	V50	22
337	1862	Vitor Tavares	00:46:56	01:29:43	01:27:32	278		V45	57
338	1195	Nuno Alcobia	00:47:57	01:29:46	01:28:30	316	Clube Ferroviario de Portugal	V35	71
339	660	Paulo Pires	00:46:16	01:29:48	01:29:10	329	GD Banco BPI	V45	58
340	1732	Carlos Marques	00:45:45	01:29:51	01:29:29	349	NAZABOBODA	V45	59
341	2726	Nuno Cavaleiro	00:45:46	01:29:51	01:29:17	335		Senior	80
342	1002	António Ramalho	00:44:35	01:29:56	01:29:42	355	Os Galgos	V50	23

**20** CASCAIS  
CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
343	2531	Isabel Moleiro	00:45:23	01:30:00	01:29:45	357	SSCGD	V45	3
344	1799	Diogo Garcia	00:47:02	01:30:03	01:27:55	296	Os Conta-Kilómetros	Senior	81
345	1057	Nuno Silva	00:43:59	01:30:04	01:29:51	360		V35	72
346	889	Clélio Cunha	00:44:07	01:30:05	01:29:53	362		V35	73
347	1937	Emilio Santos	00:45:43	01:30:07	01:30:03	371		V45	60
348	1255	Marcelo Dias	00:45:45	01:30:08	01:29:44	356		V35	74
349	2241	Victor Carvalho	00:45:41	01:30:10	01:29:59	368	GFD Running	V50	24
350	2240	Rui Freitas	00:45:43	01:30:11	01:29:59	367	GFD Running	V35	75
351	1548	José Santos	00:46:53	01:30:12	01:28:13	303	CCDTML	V45	61
352	1547	João Sequeira	00:46:19	01:30:12	01:29:55	364	CCDTML	V50	25
353	1772	Diogo Calmeiro	00:42:07	01:30:13	01:29:41	354	NAZABOBODA	Junior	3
354	1801	Paulo Lopes	00:44:27	01:30:14	01:29:28	345	G. R. D. Ribeira da Lage	V40	77
355	785	Vitor Venda	00:46:12	01:30:14	01:29:53	363		V40	78
356	2439	Carmo Pinto	00:45:26	01:30:15	01:30:14	375	A.M.ATIBÁ	V40	2
357	2451	José Correia	00:45:26	01:30:16	01:30:16	376	A.M.ATIBÁ	V50	26
358	2565	Nuno Silva	00:45:45	01:30:27	01:29:26	344	Ginásio Clube Português	V45	62
359	1709	João Cardoso	00:45:44	01:30:30	01:30:18	378		V40	79
360	1946	Elton Almeida	00:47:46	01:30:34	01:28:20	309	Os Coxos	Senior	82
361	2232	Jorge Correia	00:45:44	01:30:35	01:30:23	382	GFD Running	V40	80

**20** CASCAIS  
 - - - - CORRIDA

CASCAIS **5** km  
 RÁPIDINHA

15 DE FEVEREIRO 2015  
 BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
362	2449	Miguel Palma	00:45:21	01:30:35	01:30:33	390	A.M.ATIBÁ	V45	63
363	1234	Rodrigo Cordeiro	00:46:34	01:30:40	01:29:11	331		V40	81
364	340	Fausto Pereira	00:45:45	01:30:40	01:30:24	384		Senior	83
365	370	Renato Moraes	00:46:52	01:30:42	01:29:38	351	Tartarugas Solidárias	Senior	84
366	767	Liberto Santos	00:45:44	01:30:42	01:30:20	379		V45	64
367	1465	Manuel Verissimo	00:47:36	01:30:42	01:30:03	370	koxus	V45	65
368	712	Jose Henriques	00:46:46	01:30:47	01:30:21	380		V40	82
369	2216	João Aguilar	00:45:38	01:30:50	01:29:58	365	RESTAURANTE O CARTAXEIRO-CANEÇAS	Senior	85
370	900	Bruno Ramos	00:46:33	01:30:50	01:30:07	373		V35	76
371	1247	Afzal Aziz	00:48:03	01:30:50	01:29:31	350		Senior	86
372	1925	Carlos Fernandes	00:45:46	01:30:51	01:29:59	366	GRD.Ribeira da Lage	V40	83
373	1088	Pedro Pimentel	00:46:54	01:30:51	01:30:17	377	N.A. BDF	Senior	87
374	995	Pedro Guarita	00:42:34	01:30:55	01:30:46	396	Cascais Pandilha redux	V40	84
375	2301	Joaquim Ferrão	00:46:19	01:30:57	01:29:19	336	GDC Banco de Portugal	V50	27
376	2468	João Rodrigues	00:46:40	01:31:02	01:30:27	387		V50	28
377	399	Eduardo Silva	00:47:06	01:31:04	01:31:00	403		V50	29
378	328	Jose Neves	00:45:53	01:31:04	01:30:02	369	Os indomáveis	V60	7
379	523	Deolindo André	00:45:18	01:31:06	01:30:57	401	U.R.C.Abrunheira	V50	30
380	2646	Joao Mouta	00:46:13	01:31:07	01:31:03	406	Clube Olimpico de Oeiras	V35	77

**20** CASCAIS  
- - - - CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
381	1808	João Marques	00:47:56	01:31:07	01:30:56	400	G. R. D. Ribeira da Lage	V45	66
382	2651	Paulo Menezes	00:45:11	01:31:07	01:31:01	405	Clube Olimpico de Oeiras	V40	85
383	32	José Pinto-Coelho	00:44:37	01:31:09	01:30:46	395		Senior	88
384	2721	Luis Cardoso	00:44:47	01:31:10	01:29:50	359		Senior	89
385	945	Paulo Basílio	00:46:43	01:31:12	01:29:45	358	OS ZATOPQUES	V45	67
386	155	André Santos	00:45:35	01:31:14	01:31:00	404		V35	78
387	2650	Nuno Silva	00:47:19	01:31:16	01:31:08	409	Clube Olimpico de Oeiras	Senior	90
388	1104	Joao Goncalves	00:46:15	01:31:19	01:31:12	412		V40	86
389	390	Rui Almeida	00:44:29	01:31:22	01:31:13	413	GO!Runners	Senior	91
390	1841	Francisco Rodrigues	00:46:27	01:31:22	01:30:54	398		V35	79
391	869	Pedro Lima	00:46:15	01:31:25	01:31:18	415		V45	68
392	884	Tiago Raimundo	00:46:20	01:31:27	01:31:10	411		V35	80
393	1754	José Maçarria	00:47:41	01:31:29	01:29:40	353	Maresia Bar Figueira da Foz	V50	31
394	2533	Joao Maral	00:44:33	01:31:30	01:31:26	421	SSCGD	V45	69
395	2478	Antonio Soares	00:47:00	01:31:31	01:29:20	338		V45	70
396	2512	Vladimir Radaev	00:46:26	01:31:36	01:30:23	381		V60	8
397	2164	Vitor Pires	00:47:27	01:31:36	01:30:55	399		V40	87
398	2115	Paulo Santos	00:45:46	01:31:36	01:31:20	417		V45	71
399	2536	Joaquim Frade	00:45:06	01:31:38	01:31:15	414	SSCGD	V55	11

**20** CASCAIS  
- - - - CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
400	45	Pedro Lopes	00:46:50	01:31:38	01:31:27	423		V40	88
401	2202	Marco Tael	00:44:03	01:31:39	01:31:10	410		V35	81
402	1940	Alexandre Bento	00:46:26	01:31:41	01:31:05	408		V40	89
403	1245	Ricardo Oliveira	00:45:35	01:31:41	01:31:34	430	Clube de Praças da Armada	V35	82
404	1941	Pedro Proença	00:46:27	01:31:41	01:31:04	407		V40	90
405	1767	Paulo Cabral	00:45:20	01:31:43	01:31:28	424		Senior	92
406	128	Luis Nunes	00:47:13	01:31:44	01:29:53	361		V35	83
407	2511	Paulo Simões	00:46:27	01:31:45	01:30:42	394		V35	84
408	1960	Isabel Silva	00:46:57	01:31:46	01:30:53	397		Senior	8
409	564	Carlos Ferreira	00:47:40	01:31:47	01:30:30	389		V55	12
410	1961	Daniel Neves	00:45:46	01:31:48	01:31:34	429		Senior	93
411	1795	Paulo Toledo	00:47:28	01:31:49	01:30:26	385		V50	32
412	2037	Fernando Moreira	00:46:57	01:31:50	01:30:57	402		V60	9
413	663	Pedro Trabucho	00:46:33	01:31:51	01:31:26	422	GD Banco BPI	V50	33
414	1781	Mário Gomes	00:45:02	01:31:54	01:31:39	434	Pontével a Mexer	V35	85
415	763	Laurindo Carneiro	00:47:01	01:31:54	01:29:39	352		Senior	94
416	1964	Luís Alves	00:46:15	01:31:55	01:30:06	372		V35	86
417	2645	João Ferreira	00:46:15	01:31:55	01:30:08	374	Clube Olimpico de Oeiras	V35	87
418	838	António Pucariço	00:45:59	01:31:56	01:31:26	420		V50	34

**20** CASCAIS  
- - - - CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
419	921	Andre Santos	00:44:34	01:31:57	01:31:32	426	Amigos Vale Silencio	V35	88
420	923	Leonel Neves	00:44:35	01:31:57	01:31:46	435	Amigos Vale Silencio	V60	10
421	2402	Miguel Fernandes	00:46:53	01:32:00	01:30:40	393		V35	89
422	2690	Nuno Pinto	00:45:45	01:32:02	01:31:50	440		Senior	95
423	201	Vitor Lebre	00:45:29	01:32:03	01:31:49	438		V40	91
424	1643	José Maio	00:47:59	01:32:07	01:31:49	437		V50	35
425	1890	Ricardo Nunes	00:46:59	01:32:08	01:30:23	383		V40	92
426	1847	Carlos Silva	00:45:46	01:32:09	01:31:49	439		V50	36
427	360	Carlos Oleastro	00:46:28	01:32:11	01:31:35	431	Casa do Benfica de Algueirão Mem Martins	V50	37
428	1639	Carlos Viseu	00:46:27	01:32:18	01:31:30	425		V45	72
429	2434	Antonio Francês	00:46:12	01:32:21	01:31:24	418		V40	93
430	1645	Carlos Caseiro	00:46:53	01:32:22	01:32:10	447	LINDA-A-PASTORA SPORTING CLUBE	V55	13
431	682	Januario Coelho	00:47:47	01:32:23	01:30:39	392	Casa do Benfica de Algueirão Mem Martins	V60	11
432	1408	Fabrice Polteau	00:46:22	01:32:27	01:31:54	442	DECARUNNERS	V40	94
433	1545	Hugo Pinto	00:47:30	01:32:27	01:32:20	455	CCDTML	V35	90
434	2677	Carlos Rodrigyes	00:46:17	01:32:28	01:32:19	453	Amigos Atletismo Mafra	V55	14
435	503	Eduardo Luís	00:45:45	01:32:32	01:32:24	461	Atomic Team	V35	91
436	1278	Antonio Ramos	00:45:48	01:32:34	01:32:24	460	CLUBE MILLENNIUM BCP	V40	95
437	2750	Vítor Novais	00:47:22	01:32:34	01:31:33	428	GAAVFXira	V35	92

**20** CASCAIS  
km  
CORRIDA

CASCAIS 5 km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
438	1777	Luís Valinho	00:48:18	01:32:35	01:31:26	419	3Runners	Senior	96
439	2610	Bruno Silva	00:47:29	01:32:36	01:30:26	386		V40	96
440	2454	José Guilherme	00:46:35	01:32:36	01:32:32	468	A.M.ATIBÁ	V50	38
441	1675	Pedro Pinha	00:48:43	01:32:37	01:30:28	388	TRY@LEAST	V40	97
442	2219	António Pazes	00:46:51	01:32:39	01:31:48	436	RESTAURANTE O CARTAXEIRO-CANEÇAS	V40	98
443	555	Carlos Santos	00:46:54	01:32:39	01:32:20	456	GDINE	V45	73
444	586	Jorge Nabais	00:45:44	01:32:45	01:32:36	471		Senior	97
445	2756	Carlos Milheiro	00:47:09	01:32:45	01:32:17	450		Senior	98
446	725	Joaquim Santos	00:46:26	01:32:49	01:32:27	464		V55	15
447	1266	Fernando Rodrigues	00:47:03	01:32:49	01:32:21	457	CLUBE MILLENNIUM BCP	V50	39
448	1560	António Cruz	00:47:27	01:32:50	01:32:42	477	Grupo Desportivo Santander Totta	V65	1
449	2510	Rui Paulo	00:45:46	01:32:51	01:32:20	454		V45	74
450	772	Anderson Dias	00:52:18	01:32:52	01:30:38	391	Run Buddy Run	Senior	99
451	2030	Francisco Adro	00:45:47	01:32:53	01:32:25	462		V50	40
452	1702	Ana Duarte	00:45:35	01:32:55	01:32:53	481	C C D "O ALVITEJO"	V45	4
453	629	Filipe Mendonça	00:46:56	01:32:56	01:32:23	458	Estoril Praia	Senior	100
454	2304	Adelino Semedo	00:47:56	01:32:56	01:32:23	459	GDC Banco de Portugal	V60	12
455	1965	Pedro Pinheiro	00:46:49	01:32:57	01:32:17	451		V35	93
456	1685	Carlos Sá	00:47:33	01:32:58	01:32:37	472		V45	75



**20** CASCAIS  
km  
CORRIDA

CASCAIS 5 km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
457	162	Rui Pinela	00:48:00	01:32:58	01:31:55	444	Bladerunners	V40	99
458	2174	Miguel Carneiro	00:48:00	01:33:01	01:32:59	483	"A Rota em Movimento"	Senior	101
459	708	Fúlvio Esteves	00:46:51	01:33:02	01:32:41	476		V35	94
460	1109	Bruno Raposeira	00:47:41	01:33:02	01:32:29	466	2 FF	Senior	102
461	1108	Miguel Pereira	00:47:39	01:33:02	01:32:29	467	2 FF	V35	95
462	477	Jose Miranda	00:46:22	01:33:05	01:32:57	482		V50	41
463	1569	Filipe Ferreira	00:47:26	01:33:08	01:32:44	478	Grupo Desportivo Santander Totta	V35	96
464	2060	José Caetano	00:48:33	01:33:10	01:31:35	432	CLUBE COLABORADORES AXA	V60	13
465	1141	Miguel Gomes	00:48:03	01:33:13	01:31:33	427		V40	100
466	1087	Luis Amorim	00:47:20	01:33:13	01:33:04	490	N.A. BDF	V55	16
467	101	Ricardo Martins	00:45:49	01:33:18	01:33:11	498		V40	101
468	2134	João Silva	00:48:04	01:33:19	01:31:51	441		V45	76
469	1878	Paulo Simões	00:49:07	01:33:23	01:32:35	470	iRun	V40	102
470	740	Paulo Ramos	00:47:01	01:33:24	01:33:05	491		V45	77
471	1555	José João	00:45:31	01:33:25	01:33:12	499	Os Galgos	V55	17
472	1274	Joao Carvalho	00:48:30	01:33:27	01:32:50	479	CLUBE MILLENNIUM BCP	V50	42
473	1938	Nuno Rico	00:45:49	01:33:28	01:33:09	494		V40	103
474	1544	Honorato Moura	00:47:59	01:33:29	01:32:12	448	CCDTML	Senior	103
475	382	Rodrigo Oliveira	00:45:49	01:33:29	01:33:22	510		Junior	4

**20** CASCAIS  
km  
CORRIDA

CASCAIS 5 km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
476	2016	Filipe Branco	00:47:58	01:33:30	01:32:51	480	u.r.d.arranhò	V45	78
477	1553	António Gonçalves	00:47:59	01:33:31	01:32:38	475	CCDTML	V45	79
478	359	António Grilo	00:46:50	01:33:31	01:33:17	504		V50	43
479	1321	Pedro Neves	00:47:32	01:33:33	01:33:05	492	CLUBE MILLENNIUM BCP	V45	80
480	1323	Pedro Caeiro	00:48:02	01:33:33	01:32:18	452	CLUBE MILLENNIUM BCP	V45	81
481	2129	Antonio Vieira	00:47:31	01:33:36	01:33:01	486	CASA DO PESSOAL DA RTP	V45	82
482	1882	Carlos Sara	00:47:36	01:33:36	01:33:03	489	ases pelos ares	V40	104
483	1816	Helder Varanda	00:44:21	01:33:36	01:33:32	518	Associação GD Academia do Korpo	V35	97
484	2327	Joao Crespo	00:49:32	01:33:36	01:31:19	416		V50	44
485	919	Fernando Rosete	00:46:59	01:33:38	01:33:15	501		V40	105
486	1407	Rui Rodas	00:46:08	01:33:38	01:33:25	515	DECARUNNERS	V40	106
487	1122	Carlos Constancio	00:47:29	01:33:40	01:33:11	497		V35	98
488	2630	Bruno Gouveia	00:49:14	01:33:41	01:33:18	507		Senior	104
489	1537	Gonçalo Santos	00:50:13	01:33:42	01:33:17	502	G.D.R. São Francisco da Serra	V40	107
490	469	Carla Calçada	00:47:01	01:33:42	01:33:33	524	C C D "O ALVITEJO"	V45	5
491	1654	Gerry Sanitz	00:46:45	01:33:47	01:33:28	517	ODEBRECHT PORTUGAL	V45	83
492	1215	Casimiro Abreu	00:46:38	01:33:49	01:33:17	505	LINDA-A-PASTORA SPORTING CLUBE	V55	18
493	940	José Cunha	00:47:55	01:33:50	01:33:10	496	OS ZATOPQUES	V50	45
494	1554	António Pereira	00:47:04	01:33:50	01:33:33	522	CCDTML	V50	46

**20** CASCAIS  
 - - - - CORRIDA

CASCAIS **5** km  
 RÁPIDINHA

15 DE FEVEREIRO 2015  
 BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
495	1359	Augusta Barbosa	00:47:15	01:33:52	01:33:37	531		V40	3
496	685	José Inocêncio	00:47:18	01:33:53	01:33:32	520	Casa do Benfica de Algueirão Mem Martins	V60	14
497	698	Eduardo Rodrigues	00:47:34	01:33:53	01:33:33	523		V55	19
498	823	Mária Santos	00:47:33	01:33:53	01:33:13	500		Senior	9
499	1374	Jose Martins	00:47:24	01:33:54	01:33:38	532		V45	84
500	567	Jorge Morgado	00:47:11	01:33:55	01:33:17	506		V50	47
501	563	Miguel Cardoso	00:47:38	01:33:55	01:32:02	446		V35	99
502	42	Tiago Silva	00:47:11	01:33:57	01:33:24	514		V35	100
503	1604	Fausto Isaac	00:50:20	01:33:57	01:33:17	503	AÇOREANA CLUBE BANIF	V45	85
504	2321	Ricardo Sequeira	00:46:57	01:33:57	01:33:46	540	Clube Ferroviario de Portugal	Senior	105
505	805	André Guerreiro	00:47:35	01:33:58	01:33:41	535		Senior	106
506	1843	Miguel Lança	00:45:41	01:33:59	01:33:00	484		Senior	107
507	305	Pedro Cabral	00:47:54	01:34:00	01:32:37	474		V35	101
508	480	Vitor Luis	00:49:40	01:34:00	01:31:38	433		V55	20
509	544	Daniela Marinheiro	00:47:29	01:34:02	01:33:49	546	Clube EDP - Lisboa	V35	6
510	2150	Paulo Machado	00:47:18	01:34:04	01:33:22	509		Senior	108
511	431	Rui Antunes	00:46:49	01:34:05	01:33:44	538		V45	86
512	511	Pedro Nunes	00:49:04	01:34:07	01:32:32	469	Clube do Stress	V45	87
513	1842	Bruno Batalha	00:47:15	01:34:09	01:33:41	534		Senior	109

**20** CASCAIS  
CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
514	1778	Christoph Fetkenheuer	00:48:20	01:34:10	01:33:00	485	3Runners	Senior	110
515	2680	Camilo Tarmahomed	00:48:36	01:34:10	01:32:14	449		V40	108
516	1074	Carla Turner	00:47:20	01:34:11	01:33:46	541		Senior	10
517	2268	Paulo Tomás	00:46:48	01:34:12	01:33:47	543		V35	102
518	1413	Ricardo Santos	00:46:24	01:34:14	01:34:08	561		V35	103
519	2769	João Girão	00:46:18	01:34:14	01:33:06	493		V45	88
520	1707	Nuno Costa	00:46:48	01:34:14	01:33:53	549		V35	104
521	70	Joao Bogalheiro	00:46:54	01:34:14	01:34:06	560		V45	89
522	1066	Francisco Mendes	00:48:42	01:34:15	01:32:26	463		V40	109
523	2076	José Guerreiro	00:49:01	01:34:15	01:32:29	465	Serviços Sociais Montepio	V55	21
524	2764	Paulo Malaquias	00:47:40	01:34:15	01:33:47	544		V40	110
525	2028	José Cardoso	00:49:22	01:34:16	01:33:02	488		V50	48
526	1632	Virgilio Madeira	00:48:13	01:34:19	01:33:43	537	AÇOREANA CLUBE BANIF	V55	22
527	1805	Belchior Barrocas	00:47:17	01:34:20	01:34:11	564	G. R. D. Ribeira da Lage	V45	90
528	909	Diogo Sousa	00:48:18	01:34:22	01:33:35	527		Senior	111
529	970	Rodrigo Almeida	00:47:03	01:34:22	01:34:16	569	Surf Runners	V35	105
530	107	Pedro Gabriel	00:47:03	01:34:22	01:33:52	548	C.A. Amigos Parque da Paz	V40	111
531	2679	Virgilio Oliveira	00:46:58	01:34:23	01:33:34	525	Sporting Clube Moitense	V50	49
532	769	Ricardo Furacon	00:48:19	01:34:25	01:34:11	563		V35	106

**20** CASCAIS  
 - - - - CORRIDA

CASCAIS **5** km  
 RÁPIDINHA

15 DE FEVEREIRO 2015  
 BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
533	346	Raul Coelho	00:47:24	01:34:25	01:34:15	568		V35	107
534	1361	Joao Peres	00:47:16	01:34:26	01:33:55	551		V40	112
535	39	Pedro Fernandes	00:48:21	01:34:26	01:34:21	573	Cascais Pandilha redux	V40	113
536	1257	Pedro Reis	00:48:02	01:34:27	01:34:12	566		V40	114
537	2189	Marco Meireles	00:47:47	01:34:27	01:33:42	536		V40	115
538	2096	José Cipriano	00:47:39	01:34:27	01:34:04	557		Senior	112
539	37	Carlos Grego	00:48:21	01:34:27	01:34:18	572	Cascais Pandilha redux	V45	91
540	2248	Eduardo Teles	00:47:30	01:34:28	01:33:58	555	Turbolento	V40	116
541	684	Albino Neiva	00:47:34	01:34:32	01:34:18	571	Casa do Benfica de Algueirão Mem Martins	V65	2
542	2573	Gonçalo Azevedo	00:48:42	01:34:32	01:34:04	558		V35	108
543	1802	Joaquim Guerra	00:47:15	01:34:33	01:33:55	552	G. R. D. Ribeira da Lage	V40	117
544	2688	Vitor Barata	00:47:42	01:34:33	01:33:46	542		V55	23
545	2598	Eduardo Branco	00:48:44	01:34:34	01:33:01	487		V55	24
546	188	Almeida	00:50:45	01:34:35	01:31:54	443		Senior	113
547	1161	Simão Cardoso	00:50:35	01:34:35	01:31:56	445		Senior	114
548	2735	Pedro Mendes	00:48:21	01:34:37	01:34:34	583	Clube Olimpico de Oeiras	V35	109
549	1647	Filipe Santos	00:47:56	01:34:37	01:34:31	581	LINDA-A-PASTORA SPORTING CLUBE	V55	25
550	1327	Marcos Noritake	00:49:37	01:34:38	01:33:23	511	CLUBE MILLENNIUM BCP	V45	92
551	33	João Crisóstomo	00:48:24	01:34:39	01:33:57	554		V50	50

**20** CASCAIS  
km  
CORRIDA

CASCAIS 5 km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
552	1279	Pedro Matias	00:49:37	01:34:39	01:33:23	512	CLUBE MILLENNIUM BCP	V40	118
553	163	Francisco Garoto	00:49:36	01:34:40	01:33:36	529	Bladerunners	V40	119
554	1959	José Ogando	00:48:43	01:34:41	01:34:12	565		V35	110
555	1231	Álvaro Pinto	00:48:54	01:34:42	01:33:40	533	Real Academia	V55	26
556	488	João Ribeiro	00:48:01	01:34:45	01:33:45	539		V40	120
557	1531	Daniel Nascimento	00:46:56	01:34:45	01:34:40	585		V45	93
558	2269	Tiago Costa	00:49:14	01:34:45	01:33:27	516		V35	111
559	2303	José Monteiro	00:49:03	01:34:54	01:32:37	473	GDC Banco de Portugal	V55	27
560	1193	Cecília Shinn	00:49:11	01:34:55	01:33:09	495		V35	7
561	2108	Paulo Amaral	00:48:58	01:34:55	01:34:31	582		V45	94
562	14	Pedro Barroso	00:48:41	01:34:56	01:34:01	556		Senior	115
563	809	Lino Martins	00:47:43	01:34:56	01:34:47	589		V35	112
564	2133	Nuno Soares	00:47:17	01:34:59	01:34:51	592	Weventual	Senior	116
565	1667	João Santos	00:50:11	01:35:01	01:33:35	526	NAZABOBODA	V55	28
566	1743	José Conduto	00:50:09	01:35:03	01:33:37	530	NAZABOBODA	V50	51
567	1029	Sara Loureiro	00:47:32	01:35:04	01:34:53	594	Sporting Clube de Casainhos	Senior	11
568	1051	Ricardo Garcia	00:49:34	01:35:04	01:33:35	528		V40	121
569	1821	José Amaral	00:47:57	01:35:04	01:34:51	591		V40	122
570	259	Carlos Nabiça	00:47:43	01:35:05	01:34:45	587		V50	52

**20** CASCAIS  
 - - - - CORRIDA

CASCAIS **5** km  
 RÁPIDINHA

15 DE FEVEREIRO 2015  
 BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
571	688	Joaquim Neiva	00:48:01	01:35:06	01:33:51	547	Casa do Benfica de Algueirão Mem Martins	V70	1
572	695	Jorge Santos	00:49:10	01:35:06	01:34:15	567	Casa do Benfica de Algueirão Mem Martins	V60	15
573	1096	Artur Gonçalves	00:49:25	01:35:07	01:34:21	574	Associação de Atletismo Lebres do Sado	V35	113
574	2683	Marco Nóbrega	00:49:11	01:35:10	01:34:18	570	Casa do Benfica de Algueirão Mem Martins	V40	123
575	425	Carlos Lopes	00:47:18	01:35:12	01:35:01	601	RunLovers	V50	53
576	203	Jose Ribeiro	00:47:24	01:35:12	01:35:02	602		V35	114
577	796	Carlos Silva	00:47:38	01:35:13	01:34:53	595		V45	95
578	332	Pedro Tavares	00:49:06	01:35:17	01:34:27	578		Senior	117
579	2549	Pedro Santos	00:49:43	01:35:19	01:33:20	508	SSCGD	V35	115
580	1766	Arnaldo Trindade	00:47:37	01:35:19	01:35:03	603		V40	124
581	1380	Hugo Nogueira	00:48:45	01:35:22	01:35:00	599		V35	116
582	880	Rui Carvalho	00:49:23	01:35:23	01:33:54	550		V45	96
583	971	Paula Jacob	00:48:47	01:35:23	01:35:00	600	Surf Runners	V35	8
584	2522	Bernardino Pereira	00:47:35	01:35:25	01:35:13	612	SSCGD	V75	1
585	1442	Paulo Santos	00:48:31	01:35:30	01:35:20	618		V45	97
586	448	Helder Valadas	00:49:55	01:35:30	01:34:59	597	OS PERIGOSOS	Senior	118
587	2233	Jorge Costa	00:46:28	01:35:31	01:35:20	619	GFD Running	V45	98
588	2571	Luis Monteiro	00:49:27	01:35:33	01:35:05	605		V35	117
589	836	António Horta	00:49:19	01:35:33	01:34:30	580		V60	16

**20** CASCAIS  
CORRIDA

CASCAIS **5**km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
590	1872	João Rodrigues	00:49:25	01:35:34	01:35:04	604	Estoril Praia	V45	99
591	2055	Paulo Marques	00:46:06	01:35:35	01:35:08	607	Amigos Atletismo Mafra	V35	118
592	969	Carlos Costa	00:47:01	01:35:39	01:35:13	611	@Running Club CCD-AT	V40	125
593	2661	Bruno Espadeiro	00:50:54	01:35:40	01:34:35	584		V35	119
594	2062	Miguel Sousa	00:49:49	01:35:40	01:34:05	559	CLUBE COLABORADORES AXA	V35	120
595	1270	Luis Faria	00:48:13	01:35:43	01:34:27	577	CLUBE MILLENNIUM BCP	V40	126
596	630	Gustavo Silva	00:48:41	01:35:44	01:33:32	521		V35	121
597	1780	Herculano Domingues	00:47:20	01:35:46	01:35:24	621	NAZABOBODA	V55	29
598	1671	Hugo Silva	00:50:05	01:35:46	01:35:08	606		V35	122
599	1887	Paulo Fernandes	00:47:55	01:35:49	01:35:34	633		V45	100
600	1838	Amândio Pimenta	00:49:58	01:35:49	01:34:41	586		V40	127
601	368	Duarte Almeida	00:48:23	01:35:51	01:35:36	635	ROTAPRO	V45	101
602	2173	Rui Gomes	00:49:23	01:35:53	01:34:52	593	Correr Lisboa	Senior	119
603	929	Nuno Pintão	00:48:19	01:35:53	01:35:39	637		V40	128
604	1642	Pedro Bueno	00:50:28	01:35:53	01:35:25	624		V45	102
605	1626	Cristina Godinho	00:48:23	01:35:53	01:35:36	634		V40	4
606	1578	Lino Santos	00:48:23	01:35:54	01:35:37	636		V50	54
607	2299	Fernando Costa	00:48:21	01:35:55	01:35:34	632		V35	123
608	2570	Joao Sousa	00:48:44	01:35:58	01:35:32	627	Nucleo de atletismo das Taipas - NAT	V45	103



**20** CASCAIS  
km  
CORRIDA

CASCAIS 5 km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
609	643	Gonçalo Palma	00:47:55	01:35:58	01:34:51	590	Samorunning	Senior	120
610	2177	Hugo Pinto	00:48:25	01:36:00	01:35:54	652	weRUN Portugal	V35	124
611	111	Ruben Costa	00:50:44	01:36:02	01:33:57	553	Run 4 Fun	V55	30
612	2602	Alexandre Silva	00:49:41	01:36:02	01:33:24	513		V35	125
613	1460	Luis Nunes	00:48:03	01:36:04	01:35:30	626	41ºCFSA	Senior	121
614	1617	Nuno Gameiro	00:50:21	01:36:04	01:35:25	623	AÇOREANA CLUBE BANIF	Senior	122
615	85	Paulo Campos	00:46:23	01:36:05	01:35:41	640		V40	129
616	427	Sandro Pinto	00:47:39	01:36:05	01:35:54	653	RunLovers	V35	126
617	1618	Isabel Matias	00:50:22	01:36:05	01:35:26	625	AÇOREANA CLUBE BANIF	Senior	12
618	2674	António Torre	00:50:35	01:36:06	01:34:22	575		V50	55
619	1461	António Pereira	00:48:03	01:36:06	01:35:33	631	41ºCFSA	Senior	123
620	2437	Mário Malheiro	00:47:51	01:36:06	01:36:01	663	A.M.ATIBÁ	V50	56
621	2517	André Coelho	00:48:41	01:36:07	01:35:33	630	SSCGD	Senior	124
622	437	Guilherme Gonçalves	00:48:00	01:36:09	01:36:01	664	Clube Ferroviario de Portugal	V50	57
623	2307	Pedro Pinto	00:48:10	01:36:11	01:35:48	646	GDC Banco de Portugal	Senior	125
624	1061	António Duarte	00:48:07	01:36:11	01:35:59	658		V35	127
625	1757	Dinis Morais	00:50:54	01:36:13	01:34:11	562	CCD Siemens	V45	104
626	701	Nuno Jacinto	00:47:08	01:36:13	01:35:40	638		V35	128
627	2224	Manuel Mexia	00:51:01	01:36:15	01:33:32	519	Clube Tap Portugal	V45	105

**20** CASCAIS  
 - - - - CORRIDA

CASCAIS **5** km  
 RÁPIDINHA

15 DE FEVEREIRO 2015  
 BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
628	1453	Jorge Pinho	00:49:15	01:36:17	01:35:25	622	Casa do Benfica de Algueirão Mem Martins	V35	129
629	1330	Nuno Naia	00:47:25	01:36:17	01:35:50	650	CLUBE MILLENNIUM BCP	V35	130
630	559	Carlos Abrunhosa	00:48:59	01:36:18	01:35:58	657		V40	130
631	2167	Higino Silva	00:49:00	01:36:18	01:35:46	643		V45	106
632	2746	Liliana Baltazar	00:49:40	01:36:19	01:35:19	616		Senior	13
633	2629	Carlos Pereira	00:48:41	01:36:19	01:34:29	579		V35	131
634	2605	Pedro Pedro	00:49:23	01:36:19	01:34:25	576	GRCD :Leião	V45	107
635	275	Altino Gonçalves	00:51:48	01:36:20	01:33:48	545		V35	132
636	833	Alexandra Machado	00:48:41	01:36:22	01:36:00	661		Senior	14
637	679	Jaime Mauricio	00:46:24	01:36:22	01:35:41	641	Casa do Benfica de Algueirão Mem Martins	V35	133
638	1473	Francisco Fonseca	00:50:24	01:36:23	01:35:20	617		V40	131
639	13	Gonçalo Seabra	00:48:19	01:36:24	01:36:11	675		V45	108
640	1228	Pedro Cunha	00:48:39	01:36:25	01:35:53	651		V40	132
641	1167	João Luz	00:48:29	01:36:27	01:36:06	669		V35	134
642	1288	Arlindo Deus	00:49:46	01:36:29	01:35:57	654	CLUBE MILLENNIUM BCP	V65	3
643	896	Carlos Pereira	00:49:26	01:36:31	01:36:08	672		V45	109
644	1497	Jaime Sousa	00:48:36	01:36:31	01:36:14	679	amigosdacorrída.com	V50	58
645	396	Bruno Esteves	00:50:15	01:36:31	01:35:17	614		Senior	126
646	306	Miguel Soares	00:50:07	01:36:32	01:34:46	588		Senior	127

**20** CASCAIS  
CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
647	1168	Nelson Lopes	00:47:13	01:36:32	01:36:20	685		V40	133
648	1443	Ricardo Conceição	00:49:21	01:36:33	01:36:11	676		Senior	128
649	1597	Vasco Nascimento	00:48:16	01:36:35	01:36:18	682		V35	135
650	421	João Leitão	00:47:58	01:36:39	01:36:30	692	RunLovers	V40	134
651	482	Nuno Bogalheiro	00:48:58	01:36:40	01:36:32	694		V40	135
652	551	Bruno Neves	00:49:20	01:36:41	01:36:11	674	PI-LINHA RUNNERS	Senior	129
653	2749	António Ribeiro	00:47:23	01:36:42	01:35:41	639	GAAVFXira	V50	59
654	781	Vanessa Schnietzer	00:50:08	01:36:42	01:35:00	598	TTerra	Senior	15
655	1629	Nelson Mota	00:49:33	01:36:43	01:36:04	667	AÇOREANA CLUBE BANIF	V40	136
656	1634	Pedro Burquette	00:49:34	01:36:43	01:36:16	680	AÇOREANA CLUBE BANIF	V35	136
657	1944	Bruno Pissarra	00:48:59	01:36:43	01:36:01	665	Correr Lisboa	V35	137
658	2521	Antonio Taborda	00:48:46	01:36:45	01:36:00	662	SSCGD	V60	17
659	2733	Frederico Teixeira	00:48:43	01:36:45	01:36:12	678		Senior	130
660	2770	António Castro	00:49:15	01:36:46	01:36:27	689		V70	2
661	2097	Carlos Correia	00:50:09	01:36:50	01:36:28	690		V50	60
662	2172	Alexander Ehlert	00:49:48	01:36:53	01:34:56	596		Senior	131
663	196	Roberto Gonçalves	00:49:22	01:36:57	01:36:26	688		V35	138
664	1706	Carlos Carreiro	00:48:06	01:36:59	01:36:39	701		V40	137
665	822	Bruno Pandaio	00:48:04	01:36:59	01:36:51	714		V35	139

**20** CASCAIS  
km  
CORRIDA

CASCAIS 5 km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
666	620	Rui Correia	00:49:12	01:37:03	01:35:11	609	GDCTIN Casa da Moeda	V35	140
667	619	João Freire	00:49:13	01:37:04	01:35:12	610	GDCTIN Casa da Moeda	V45	110
668	866	Carlos Vitorino	00:49:27	01:37:06	01:35:17	613		V45	111
669	901	Domingos Janela	00:48:16	01:37:08	01:36:34	697		V65	4
670	2065	Tito Teixeira	00:49:49	01:37:09	01:35:33	628	CLUBE COLABORADORES AXA	V35	141
671	1764	Américo Palheira	00:48:49	01:37:11	01:36:54	720		V55	31
672	288	Ângelo Fernandes	00:50:51	01:37:11	01:36:52	717		V40	138
673	1024	Vítor Jorge	00:50:56	01:37:11	01:36:08	673	Clube Atletismo Amigos de Belém	V50	61
674	2656	Susana Almeida	00:48:50	01:37:12	01:37:07	730	Clube Olimpico de Oeiras	V40	139
675	657	Luis Álvaro	00:50:45	01:37:12	01:36:46	708	GD Banco BPI	V45	112
676	2163	Vitor Ferreira	00:49:09	01:37:13	01:36:33	696		V50	62
677	1972	Fernando Azevedo	00:50:45	01:37:14	01:35:49	647		V60	18
678	539	João Nascimento	00:50:42	01:37:15	01:35:46	644	Clube do Stress	V45	113
679	1913	Jose Lopes	00:48:51	01:37:16	01:36:55	721		V45	114
680	1660	Luisa Santo	00:50:57	01:37:16	01:36:52	715	NAZABOBODA	V45	6
681	710	Sérgio Costa	00:49:22	01:37:18	01:37:06	728		V35	142
682	2118	Andrea Pelizzari	00:50:22	01:37:18	01:36:22	686		V40	140
683	1833	Diana Batista	00:49:57	01:37:18	01:35:43	642		Senior	16
684	786	Antonio Alverca	00:50:01	01:37:18	01:36:06	670		V40	141

**20** CASCAIS  
 - - - - CORRIDA

CASCAIS **5** km  
 RÁPIDINHA

15 DE FEVEREIRO 2015  
 BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
685	459	Rui Dias	00:49:22	01:37:19	01:36:44	704	PI-LINHA RUNNERS	V35	143
686	456	Artur Denominato	00:49:22	01:37:19	01:36:47	711	PI-LINHA RUNNERS	V40	142
687	1863	Francisco Gomes	00:48:24	01:37:21	01:36:33	695		Senior	132
688	2107	Carlos Lopes	00:50:46	01:37:24	01:35:59	660		V45	115
689	961	Antonio Nogueira	00:48:31	01:37:24	01:37:06	729		V40	143
690	348	Gonçalo Silva	00:50:07	01:37:25	01:35:33	629		Senior	133
691	1067	Conrad Winters	00:48:28	01:37:26	01:36:44	705		V45	116
692	2024	Luis Chambel	00:50:10	01:37:27	01:36:45	707		V35	144
693	2554	Valter Rodrigues	00:49:10	01:37:28	01:36:56	724	SSCGD	Senior	134
694	2080	Paulo Rainho	00:51:09	01:37:28	01:35:49	648	Serviços Sociais Montepio	V45	117
695	1398	Henrique Ruivo	00:49:03	01:37:28	01:37:04	726		V50	63
696	2082	Pedro Alves	00:49:53	01:37:29	01:35:50	649	Serviços Sociais Montepio	V35	145
697	1121	Bernardo Figueiredo	00:48:47	01:37:30	01:37:11	735		V40	144
698	1243	Paulo Machado	00:47:59	01:37:30	01:37:14	739	Correr Lisboa	V45	118
699	293	António Martins	00:49:50	01:37:33	01:36:03	666		V45	119
700	254	Nelson Carneiro	00:51:04	01:37:33	01:36:16	681		V50	64
701	2695	João Massano	00:51:02	01:37:35	01:37:09	733		V40	145
702	582	Adelino Trindade	00:49:40	01:37:35	01:36:35	698	Correr Lisboa	V40	146
703	641	Rui Lamy	00:48:33	01:37:38	01:35:17	615	Runners do Travesseiro	V35	146

**20** CASCAIS  
- - - - CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
704	1919	Michael Dias	00:50:42	01:37:38	01:35:57	656		V40	147
705	2652	Paulo Santos	00:49:03	01:37:38	01:37:33	757	Clube Olimpico de Oeiras	V45	120
706	2266	Nuno Carneiro	00:51:05	01:37:39	01:35:10	608		V40	148
707	1458	Carlos Filipe	00:49:51	01:37:39	01:36:46	710		V35	147
708	1481	Joao Calisto	00:48:53	01:37:40	01:37:15	740		V50	65
709	844	João Pereira	00:50:03	01:37:41	01:35:24	620		V50	66
710	1557	Alexandre Cantiga	00:52:24	01:37:43	01:36:06	668	Grupo Desportivo Santander Totta	V35	148
711	1580	Nuno Carvalho	00:52:24	01:37:43	01:36:07	671	Grupo Desportivo Santander Totta	V35	149
712	1791	Pedro Rodrigues	00:50:08	01:37:44	01:36:12	677	NAZABOBODA	Senior	135
713	27	Paulo Sousa	00:49:23	01:37:46	01:36:50	712		V45	121
714	2596	João Dinis	00:49:18	01:37:47	01:35:57	655		Senior	136
715	588	Tomás Gonçalves	00:49:25	01:37:49	01:37:34	759	Estoril Praia	Senior	137
716	2672	Joao Gago	00:50:08	01:37:49	01:36:56	723		Senior	138
717	2338	João Ferro	00:48:51	01:37:51	01:36:19	684		Senior	139
718	343	Carlos Bernardo	00:48:31	01:37:53	01:37:27	752		V45	122
719	190	Rui Trindade	00:49:24	01:37:55	01:37:30	755		V45	123
720	1725	Pedro Sanguino	00:48:10	01:37:56	01:37:43	767		Senior	140
721	1599	Gustavo Faria	00:49:31	01:37:57	01:37:19	743	C.A.S.P.A. - Clube Amador Só Para Atletismo	Senior	141
722	2114	Rogério Guerreiro	00:49:21	01:37:57	01:36:53	718		V40	149

**20** CASCAIS  
 - - - - CORRIDA

CASCAIS **5** km  
 RÁPIDINHA

15 DE FEVEREIRO 2015  
 BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
723	262	José Alves	00:50:06	01:37:57	01:36:18	683		V45	124
724	1174	Jorge Aleixo	00:49:14	01:37:58	01:37:08	731		V35	150
725	2272	Ricardo Isidoro	00:49:13	01:37:58	01:37:28	754	Urban Hiit	V35	151
726	1249	Luis Martins	00:49:22	01:37:58	01:37:13	738		V40	150
727	2162	Nuno Correia	00:50:13	01:37:59	01:35:47	645		V35	152
728	186	Filipe Santos	00:50:54	01:38:01	01:37:26	750		V40	151
729	97	Marcelo Areias	00:50:03	01:38:01	01:36:53	719		V35	153
730	2214	Paulo Meireles	00:50:23	01:38:02	01:36:43	703	RESTAURANTE O CARTAXEIRO-CANEÇAS	V40	152
731	1512	Miguel Cartó	00:48:08	01:38:04	01:37:39	763	VdAtletas	Senior	142
732	179	Nuno Cunha	00:48:34	01:38:07	01:37:41	764		V35	154
733	906	Rui Gonçalves	00:46:39	01:38:07	01:37:44	768		V35	155
734	1386	Mário Bastardo	00:52:40	01:38:08	01:36:37	699	Hand2Hand	V35	156
735	1304	Carlos Ramos	00:49:54	01:38:08	01:36:41	702	CLUBE MILLENNIUM BCP	V45	125
736	1180	António Nascimento	00:52:40	01:38:09	01:36:38	700	Hand2Hand	V40	153
737	338	Eduard Irimia	00:49:18	01:38:10	01:36:46	709		V40	154
738	2580	Joao Canhao	00:48:29	01:38:10	01:35:59	659		V45	126
739	1357	Manuela Fonseca	00:50:36	01:38:10	01:36:55	722	Tartarugas Solidárias	V45	7
740	476	António Ferreira	00:49:47	01:38:11	01:37:20	744		Senior	143
741	1837	Sara Martinez	00:49:22	01:38:12	01:37:35	761		V40	5

**20** CASCAIS  
CORRIDA

CASCAIS 5 km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
742	2029	Jorge Santos	00:50:12	01:38:15	01:37:23	746		V45	127
743	2401	João Micaelo	00:48:45	01:38:16	01:37:59	781		Senior	144
744	1977	Ivone Duarte	00:49:13	01:38:17	01:37:48	773	Urban Hiit	Senior	145
745	215	Henrique Brito	00:49:02	01:38:17	01:37:51	777		V55	32
746	152	Orlando Martins	00:49:29	01:38:17	01:38:10	792		V55	33
747	2470	Samuel Pereira	00:49:53	01:38:18	01:36:31	693		V35	157
748	1239	Rafael Carvalho	00:51:03	01:38:18	01:37:24	747		V45	128
749	2410	João Anjos	00:51:04	01:38:19	01:37:24	748		V50	67
750	2632	Joaquim Pinheiro	00:50:28	01:38:19	01:37:11	734		V35	158
751	320	Jorge Matias	00:50:09	01:38:20	01:37:25	749	GD Bayer Portugal	V40	155
752	2396	Sara Gomes	00:49:41	01:38:21	01:37:49	775		Senior	17
753	1258	Antonio Almeida	00:50:30	01:38:22	01:37:16	741	NUCLEO DESPORTIVO AUTOCOOPE	V50	68
754	1521	José Morais	00:47:59	01:38:23	01:37:39	762	N.A."OS PAPAGAIOS DE CASCAIS"	V50	69
755	206	José Morgado	00:47:22	01:38:25	01:38:10	793		V45	129
756	93	Jose Oliveira	00:49:13	01:38:27	01:38:12	797		V40	156
757	2012	Rui Guerreiro	00:50:03	01:38:29	01:37:34	758		V40	157
758	1824	Pedro Ferreira	00:49:58	01:38:30	01:37:21	745	Clube Robbialac	V35	159
759	2685	Marco Charrua	00:50:31	01:38:34	01:36:23	687	Casa do Benfica de Algueirão Mem Martins	V45	130
760	1672	Paulo Marques	00:49:34	01:38:35	01:37:08	732		V50	70



**20** CASCAIS  
km  
CORRIDA

CASCAIS 5 km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
761	391	Marco Vaz	00:47:01	01:38:37	01:37:46	770	Falcões Selvagens	Senior	146
762	1516	Rui Marques	00:49:21	01:38:37	01:38:16	799	GDINE	V40	158
763	230	Manuel Rodrigues	00:50:13	01:38:39	01:38:00	782	Extintos de Aqualva	V55	34
764	415	Mário Monteiro	00:47:42	01:38:39	01:38:27	815	Os Galgos	V40	159
765	1993	Pedro Ramos	00:49:11	01:38:40	01:37:43	766	Clube ANA Lisboa	V45	131
766	2130	José Augusto	00:49:37	01:38:42	01:38:26	813	Falcões Selvagens	V50	71
767	1950	Helder Vaz	00:49:20	01:38:42	01:38:24	810	CCD Sintrense	Senior	147
768	2556	5 Min/Km	00:49:20	01:38:42	01:38:34	821		Junior	5
769	2655	Rui Lacerda	00:49:20	01:38:43	01:38:39	822	Clube Olimpico de Oeiras	V40	160
770	369	Eulália Almeida	00:50:13	01:38:45	01:38:30	817	ROTAPRO	V35	9
771	2275	Rui Amado	00:49:11	01:38:46	01:38:04	785		V50	72
772	1251	Sandro Lavado	00:54:10	01:38:49	01:36:30	691		Senior	148
773	2452	Tiago Lage	00:50:10	01:38:49	01:38:46	826	A.M.ATIBÁ	Senior	149
774	2438	Carla Adro	00:50:11	01:38:49	01:38:46	827	A.M.ATIBÁ	V40	6
775	2436	António Adro	00:50:10	01:38:50	01:38:46	828	A.M.ATIBÁ	V45	132
776	432	Bruno Garcia	00:49:33	01:38:51	01:38:05	789		V35	160
777	2159	Luis Novais	00:50:10	01:38:52	01:37:59	780		V35	161
778	1542	Carlos Dias	00:51:23	01:38:52	01:37:05	727	CCDTML	V50	73
779	1194	Liliana Rodrigues	00:49:23	01:38:52	01:38:30	818	hot runners	Senior	18

**20** CASCAIS  
km  
CORRIDA

CASCAIS 5 km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
780	307	Vitor Marques	00:47:29	01:38:53	01:37:51	776		V35	162
781	2737	Carlos Ferreira	00:50:14	01:38:56	01:38:22	806		V50	74
782	1846	Jose Guerreiro	00:49:27	01:38:57	01:38:45	825		V50	75
783	611	Joaquim Palmeiro	00:49:21	01:38:57	01:38:29	816		V40	161
784	389	Ivo Rebocho	00:50:14	01:38:57	01:38:03	784	Furões do Alentejo	Senior	150
785	756	Sérgio Pinho	00:51:11	01:38:58	01:38:23	807		V35	163
786	2487	Paulo Marques	00:51:51	01:38:58	01:37:27	751		V35	164
787	377	Paulo Lourinho	00:52:47	01:38:59	01:37:02	725	Clube Atletismo Amigos de Belém	V45	133
788	1575	Luis Paiva	00:51:09	01:38:59	01:38:12	796	Grupo Desportivo Santander Totta	V45	134
789	62	Antonio Soares	00:51:09	01:39:00	01:38:10	791		V50	76
790	1792	Carlos Soares	00:50:10	01:39:00	01:37:28	753	NAZABOBODA	Senior	151
791	2017	Edgar Francisco	00:48:00	01:39:01	01:38:24	808	u.r.d.arranhò	V45	135
792	571	Ramiro Inacio	00:49:26	01:39:03	01:38:49	830		V60	19
793	868	Luis Guedes	00:50:12	01:39:08	01:38:10	794		V35	165
794	2190	Pedro Caneco	00:50:53	01:39:14	01:37:41	765		V40	162
795	973	Graça Roldão	00:51:38	01:39:16	01:37:58	779	Os Tugas	V50	1
796	1048	Vitor Valagão	00:47:17	01:39:17	01:39:08	840		Senior	152
797	1347	Tiago Abreu	00:50:04	01:39:18	01:38:11	795	Os Amigos da Alameda	Senior	153
798	2485	Ricardo Madeira	00:51:29	01:39:18	01:38:22	804	Winners Team WR	V40	163

**20** CASCAIS  
CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
799	794	Sergio Teles	00:50:44	01:39:19	01:37:30	756		Senior	154
800	2499	Joana Pires	00:49:27	01:39:20	01:39:17	849	A.M.ATIBÁ	V35	10
801	1678	Lourenço Menezes	00:53:11	01:39:22	01:37:12	736	TRY@LEAST	V40	164
802	2505	Ricardo Martins	00:49:32	01:39:23	01:38:18	801		V35	166
803	644	João Bento	00:51:02	01:39:26	01:39:00	834	Samorunning	Senior	155
804	357	Rui Almeida	00:50:02	01:39:27	01:39:10	841		V35	167
805	1676	Gonçalo Esteves	00:53:18	01:39:27	01:37:17	742	TRY@LEAST	Senior	156
806	928	Daniel Tavares	00:52:14	01:39:28	01:38:27	814		V35	168
807	2444	Luis Lourenço	00:49:26	01:39:28	01:39:26	858	A.M.ATIBÁ	V40	165
808	2277	Bruno Trincadeiras	00:50:28	01:39:29	01:37:13	737		V40	166
809	1298	Carlos Costa	00:49:19	01:39:32	01:39:26	859	CLUBE MILLENNIUM BCP	V50	77
810	2041	José Gouveia	00:51:26	01:39:35	01:38:42	824	N.A."OS PAPAGAIOS DE CASCAIS"	V55	35
811	1244	José Matos	00:49:16	01:39:36	01:39:26	860	Clube de Praças da Armada	V45	136
812	1106	Vitor Carvalho	00:50:26	01:39:36	01:38:21	802		V55	36
813	1731	Sérgio Montes	00:51:26	01:39:41	01:38:15	798	NAZABOBODA	V35	169
814	1396	António Ramos	00:50:40	01:39:42	01:39:19	850		V40	167
815	1375	Bruno Barreiros	00:51:36	01:39:43	01:38:02	783		Senior	157
816	1681	João Sousa	00:53:18	01:39:43	01:37:34	760	TRY@LEAST	V35	170
817	1159	José Pereira	00:52:58	01:39:43	01:37:47	772		V45	137

**20** CASCAIS  
CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
818	1280	Nuno Torcato	00:50:08	01:39:44	01:38:04	787	CLUBE MILLENNIUM BCP	V35	171
819	967	Eunice Amorim	00:51:32	01:39:46	01:38:26	812		V45	8
820	1651	Adelino Pereira	00:50:23	01:39:46	01:38:52	831	ODEBRECHT PORTUGAL	V50	78
821	466	Filipe Sá	00:51:26	01:39:48	01:39:29	866	VILA FRIA/JG SEGUROS	V40	168
822	584	Paulo Carôco	00:50:27	01:39:48	01:39:12	844		Senior	158
823	1666	José Oliveira	00:51:25	01:39:49	01:38:22	805	NAZABOBODA	V45	138
824	939	Jorge Leitão	00:50:21	01:39:49	01:38:25	811	OS ZATOPEQUES	V50	79
825	1335	Nuno Nunes	00:49:13	01:39:49	01:37:49	774		V40	169
826	1235	Paulo Santos	00:51:11	01:39:49	01:37:57	778		V45	139
827	433	Paulo Santos	00:51:47	01:39:49	01:38:33	819		V50	80
828	2524	Eduardo Rodrigues	00:50:27	01:39:49	01:39:13	845	SSCGD	Senior	159
829	2744	Manuel Magalhães	00:51:05	01:39:50	01:38:21	803		V40	170
830	1427	David Lucas	00:53:25	01:39:52	01:37:47	771		Senior	160
831	1371	António Trigueiro	00:48:55	01:39:56	01:39:29	864	Falcões Selvagens	V40	171
832	1572	José Pereira	00:49:59	01:39:57	01:39:49	885	Grupo Desportivo Santander Totta	V45	140
833	1922	Jorge Paulino	00:51:45	01:39:58	01:39:28	862	Clube Desportivo de Maфра	V55	37
834	1119	João Pires	00:52:13	01:40:02	01:37:46	769		Senior	161
835	450	Marco Caseiro	00:49:56	01:40:05	01:39:36	871	OS PERIGOSOS	V35	172
836	2433	João Barreto	00:51:31	01:40:06	01:38:47	829		V50	81

**20** CASCAIS  
- - - - CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
837	527	António Fernandes	00:52:27	01:40:09	01:38:33	820	Clube do Stress	V50	82
838	603	João Cabeleira	00:52:15	01:40:09	01:38:06	790	Clube do Stress	V40	172
839	1586	Rui Cunha	00:50:21	01:40:10	01:39:49	886	Grupo Desportivo Santander Totta	V45	141
840	453	Tiago Rodrigues	00:49:40	01:40:11	01:39:11	843	Correr Lisboa	V35	173
841	2049	Idalécio Barros	00:49:18	01:40:13	01:40:04	901		V60	20
842	1952	Rodrigo Correia	00:50:10	01:40:13	01:39:15	847	CCD Sintrense	V35	174
843	852	Paulo Oliveira	00:49:25	01:40:14	01:40:09	905		V45	142
844	834	Ana Brás	00:49:25	01:40:14	01:39:58	893		Senior	19
845	1995	José Rosa	00:50:17	01:40:16	01:39:39	878	Ta-lentos	V40	173
846	691	Rui Emídio	00:52:18	01:40:17	01:38:05	788	Casa do Benfica de Algueirão Mem Martins	V55	38
847	143	Rogério Matos	00:51:01	01:40:18	01:38:57	833	Run 4 Fun	V50	83
848	375	Sérgio Eira	00:51:56	01:40:21	01:38:24	809		V40	174
849	2714	Pedro Viegas	00:52:07	01:40:23	01:39:06	837		Senior	162
850	222	Fernando Santos	00:51:48	01:40:25	01:39:39	877	Extintos de Aqualva	V60	21
851	228	Alberto Fernandes	00:51:47	01:40:25	01:39:39	876	Extintos de Aqualva	V60	22
852	223	Bernardo Gradissimo	00:51:47	01:40:25	01:39:39	875	Extintos de Aqualva	V55	39
853	302	Pedro Almeida	00:50:42	01:40:26	01:39:45	880		V55	40
854	1227	João Jorge	00:53:17	01:40:28	01:38:18	800		V35	175
855	536	Eloi Silva	00:50:39	01:40:29	01:40:08	904	Clube do Stress	V60	23

**20** CASCAIS  
CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
856	2495	Ines Parente	00:51:09	01:40:30	01:39:48	883	TUA	V35	11
857	1031	Nuno Pereira	00:51:09	01:40:30	01:39:50	887	Sporting Clube de Casainhos	V40	175
858	1469	César Lopes	00:50:33	01:40:30	01:39:48	884	Magic Runners	Senior	163
859	1899	Vasco Ramires	00:53:28	01:40:31	01:39:24	854	BMW Portugal	V40	176
860	788	Miguel Bermonte	00:50:25	01:40:32	01:39:58	894		V35	176
861	417	Mario Cunha	00:50:41	01:40:32	01:40:14	911	Team Bellissimus Caffé	V35	177
862	1592	João Mendes	00:50:17	01:40:33	01:39:55	891		V35	178
863	1752	Diogo Custodio	00:50:33	01:40:33	01:39:35	870		Senior	164
864	568	Fernando Martins	00:52:34	01:40:37	01:39:13	846		V40	177
865	910	Rui Costa	00:50:05	01:40:38	01:40:09	906		Senior	165
866	1828	Tiago Vintém	00:50:46	01:40:38	01:39:30	867	Pontével a Mexer	Senior	166
867	990	Durval Santos	00:50:35	01:40:39	01:40:32	925		V50	84
868	2243	Hugo Domingues	00:48:55	01:40:40	01:39:08	839		Senior	167
869	2298	Nuno Afonso	00:54:08	01:40:41	01:38:04	786		V35	179
870	1241	John Gilsean	00:48:40	01:40:41	01:40:00	898		V40	178
871	2265	Dinis Ribas	00:51:27	01:40:43	01:39:16	848		V40	179
872	2146	Constantino Mendão	00:50:40	01:40:44	01:40:14	912	Associação de Atletismo Lebres do Sado	V55	41
873	2771	António Almeida	00:52:00	01:40:46	01:40:26	920		V40	180
874	2377	Faizal Ismael	00:50:40	01:40:47	01:40:00	895		V35	180

**20** CASCAIS  
CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
875	913	Hugo Santos	00:51:23	01:40:47	01:39:25	857	H&R	V35	181
876	1034	Manuel Bento	00:50:43	01:40:48	01:39:28	863	Sporting Clube de Casainhos	V35	182
877	2217	Nuno Apolo	00:52:29	01:40:48	01:39:29	865	RESTAURANTE O CARTAXEIRO-CANEÇAS	V35	183
878	91	Paulo Caldeira	00:52:58	01:40:49	01:39:30	868		V35	184
879	1758	João Fernandes	00:52:46	01:40:50	01:38:41	823	CCD Siemens	Senior	168
880	2400	Diana Kakietek	00:51:10	01:40:50	01:39:55	890		Senior	20
881	336	Pedro Paulino	00:51:10	01:40:51	01:40:36	931		V35	185
882	92	João Antunes	00:51:48	01:40:54	01:39:37	872		V55	42
883	334	Carlos Pinto	00:51:07	01:40:57	01:40:13	909		V45	143
884	2002	Pedro Dias	00:48:01	01:40:58	01:40:54	946	Associação GD Academia do Korpo	Senior	169
885	406	José Braga	00:51:00	01:40:59	01:39:11	842		V55	43
886	721	Sarah Coutts	00:52:17	01:41:00	01:39:27	861		V45	9
887	358	Ana Margarida	00:53:13	01:41:00	01:39:39	873		Senior	21
888	52	Carlos Rangel	00:53:22	01:41:00	01:39:39	874		V60	24
889	1659	Rui Gameiro	00:51:40	01:41:01	01:40:37	934	CASA DO PESSOAL DA RTP	V40	181
890	530	Bruno Almeida	00:52:17	01:41:02	01:39:33	869	Clube do Stress	V40	182
891	1155	Carlos Costa	00:51:43	01:41:03	01:40:46	940	Amigos Vale Silencio	V45	144
892	1202	Francisco Pestana	00:52:06	01:41:03	01:39:47	881		Senior	170
893	1680	Tiago Belo	00:53:17	01:41:04	01:38:55	832	TRY@LEAST	V35	186

**20** CASCAIS  
 - - - - CORRIDA

CASCAIS **5** km  
 RÁPIDINHA

15 DE FEVEREIRO 2015  
 BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
894	2569	Maria Lopes	00:51:31	01:41:06	01:40:13	910		Senior	22
895	2074	João Santos	00:51:11	01:41:08	01:39:20	851	Serviços Sociais Montepio	Senior	171
896	449	Bento Valente	00:51:15	01:41:08	01:40:11	907	OS PERIGOSOS	V45	145
897	31	Paulo Sousa	00:50:25	01:41:09	01:40:54	947		V40	183
898	1377	José Pinto	00:50:24	01:41:11	01:39:22	852		V50	85
899	1314	Jose Branco	00:50:57	01:41:13	01:40:38	935	CLUBE MILLENNIUM BCP	V60	25
900	2689	Ricardo Marques	00:51:17	01:41:15	01:40:32	926		Senior	172
901	135	Tiago Ferreira	00:52:16	01:41:15	01:39:07	838		V35	187
902	1092	Eduardo Pinto	00:52:10	01:41:16	01:40:30	922		Senior	173
903	124	Rui Matos	00:50:53	01:41:16	01:40:36	932		V35	188
904	347	Rui Martins	00:52:23	01:41:18	01:39:25	855		Senior	174
905	2628	Ricardo Afonso	00:52:50	01:41:18	01:40:06	902		V40	184
906	2046	Ricardo Balau	00:49:12	01:41:19	01:40:28	921		Senior	175
907	897	João Silva	00:49:07	01:41:19	01:40:07	903		V40	185
908	1644	Carlos Duarte	00:51:30	01:41:19	01:41:01	953		V60	26
909	706	Marco Cachinho	00:49:20	01:41:19	01:41:06	956	Kaninos	Senior	176
910	2736	Nuno Martins	00:53:24	01:41:20	01:39:25	856		V35	189
911	893	Pedro Reis	00:51:11	01:41:20	01:40:50	943	Grupo Desportivo Dianas	V35	190
912	894	Cristina Guerreiro	00:51:11	01:41:20	01:40:50	944	Grupo Desportivo Dianas	V40	7



**20** CASCAIS  
 - - - - CORRIDA

CASCAIS **5** km  
 RÁPIDINHA

15 DE FEVEREIRO 2015  
 BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
913	1619	Tam Afonso	00:49:23	01:41:21	01:41:11	959	AÇOREANA CLUBE BANIF	V60	27
914	1568	Filipe Pinto	00:52:13	01:41:21	01:39:04	835	Grupo Desportivo Santander Totta	Senior	177
915	1773	Carlos Simões	00:51:31	01:41:22	01:40:43	939	NAZABOBODA	V70	3
916	842	Ivan Ramos	00:49:16	01:41:25	01:40:21	914		Senior	178
917	1273	Manuel Pereira	00:50:47	01:41:26	01:40:11	908	CLUBE MILLENNIUM BCP	V50	86
918	1139	Fernando Castela	00:52:35	01:41:28	01:40:40	936		V40	186
919	1014	Henrique Belmar	00:49:26	01:41:30	01:41:20	966		V55	44
920	1436	Octavio Mariano	00:50:28	01:41:30	01:40:31	923	CCRD Burinhosa	V40	187
921	1983	José Charrua	00:51:59	01:41:31	01:40:35	930	Clube ANA Lisboa	V35	191
922	569	Alfredo Falcao	00:50:30	01:41:34	01:41:10	957		V45	146
923	1877	José Miranda	00:50:53	01:41:35	01:41:17	964		V45	147
924	686	José Canhoto	00:50:44	01:41:37	01:40:37	933	Casa do Benfica de Algueirão Mem Martins	V65	5
925	1665	José Melo	00:52:37	01:41:37	01:39:05	836	NAZABOBODA	V50	87
926	2582	Luis Vale	00:51:33	01:41:40	01:40:59	950		V40	188
927	2270	Nuno Barradas	00:53:40	01:41:40	01:36:52	716		V50	88
928	2271	Maria Azevedo	00:53:39	01:41:40	01:36:50	713		V35	12
929	2255	Nuno Espanha	00:53:41	01:41:40	01:39:22	853		Senior	179
930	2537	José Alves	00:52:35	01:41:41	01:40:58	948	SSCGD	V65	6
931	1616	Fernando Andrade	00:52:38	01:41:42	01:40:17	913	AÇOREANA CLUBE BANIF	V60	28

**20** CASCAIS  
- - - - CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
932	1888	Jose Pita	00:52:15	01:41:43	01:39:52	888		V50	89
933	2424	Miguel Gaivão	00:50:07	01:41:44	01:41:17	965		V50	90
934	1779	Paulino Pacheco	00:48:12	01:41:46	01:41:37	991	NAZABOBODA	V55	45
935	1410	Tiago Valadas	00:50:39	01:41:46	01:41:12	960	DECARUNNERS	V35	192
936	219	Fernando Guerreiro	00:52:20	01:41:46	01:41:13	961		V40	189
937	1533	José Figueiredo	00:49:34	01:41:47	01:41:11	958		V40	190
938	1501	Luís Barbot	00:52:02	01:41:47	01:41:13	962	amigosdacorrída.com	V50	91
939	2101	Paulo Correia	00:52:48	01:41:49	01:40:46	941		V40	191
940	61	João Santos	00:52:03	01:41:50	01:39:53	889		V40	192
941	1299	Sergio Goncalves	00:48:59	01:41:50	01:41:36	989	CLUBE MILLENNIUM BCP	V40	193
942	1927	Hugo Patricio	00:53:13	01:41:51	01:40:35	929		V35	193
943	662	Paulo Luz	00:48:58	01:41:52	01:41:34	984	GD Banco BPI	V45	148
944	2218	Hugo Paulo	00:52:31	01:41:53	01:40:33	928	RESTAURANTE O CARTAXEIRO-CANEÇAS	V35	194
945	789	João Magalhães	00:53:07	01:41:54	01:40:40	937		V35	195
946	1097	Miguel Castela	00:51:45	01:41:55	01:40:02	900	Associação de Atletismo Lebres do Sado	V40	194
947	2342	Paulo Jerónimo	00:55:48	01:41:57	01:40:31	924	Desportivo Monte Real	V45	149
948	944	José Torres	00:52:27	01:41:58	01:40:33	927	OS ZATOPQUES	V50	92
949	622	José Liberato	00:50:11	01:41:58	01:41:41	998	GDCTIN Casa da Moeda	V35	196
950	1189	Mário Bica	00:53:53	01:42:02	01:40:22	916		Senior	180

**20** CASCAIS  
- - - - CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
951	434	Jose Ferreira	00:50:09	01:42:02	01:41:58	1010		V45	150
952	2550	Pedro Torrinha	00:52:36	01:42:03	01:39:47	882	SSCGD	V35	197
953	2040	Gonçalo Lopes	00:52:39	01:42:05	01:40:01	899		V40	195
954	1093	Francis Haley	00:50:43	01:42:05	01:41:15	963		V65	7
955	472	Pasquale Perrotta	00:49:26	01:42:08	01:41:27	975		V35	198
956	1720	Carlos Fortunato	00:50:22	01:42:09	01:41:59	1011		V50	93
957	1963	Karin Omberg	00:52:19	01:42:10	01:40:24	917		V45	10
958	598	Sofia Brito	00:51:15	01:42:11	01:41:40	996	Clube Atletismo Amigos de Belém	V40	8
959	830	José Santos	00:50:29	01:42:12	01:41:03	954		V50	94
960	1081	Luís Gonçalves	00:51:52	01:42:12	01:41:41	997		V45	151
961	2161	João Pinheiro	00:56:46	01:42:17	01:40:21	915	DP&A	Senior	181
962	327	Jorge Paulo	00:51:09	01:42:19	01:41:55	1005	Run 4 Fun	V55	46
963	878	Romão Santos	00:51:44	01:42:21	01:41:39	994	Magic Runners	V40	196
964	147	Américo Rodrigues	00:50:29	01:42:22	01:41:35	985		V55	47
965	2185	Rodrigo Germano	00:52:32	01:42:23	01:41:01	952		Senior	182
966	2667	Jean Valente	00:54:35	01:42:23	01:39:57	892		V40	197
967	626	Jorge Pombo	00:52:35	01:42:23	01:41:57	1007		V50	95
968	23	Alexandre Dâmaso	00:51:28	01:42:23	01:41:39	993		V45	152
969	130	Joaquim Dias	00:52:31	01:42:24	01:41:30	980		V40	198

**20** CASCAIS  
CORRIDA

CASCAIS **5**km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
970	637	Nuno Brito	00:52:31	01:42:24	01:41:30	978		V35	199
971	2285	Jose Fernandes	00:53:54	01:42:24	01:40:26	919	GDCT Unicre	V35	200
972	2625	Alejandra Luis	00:52:45	01:42:25	01:41:43	1000		V35	13
973	1668	António Saraiva	00:51:57	01:42:25	01:41:52	1004	amigosdacorrída.com	V55	48
974	911	Manuel Valença	00:49:24	01:42:26	01:41:33	982		Senior	183
975	1926	Manuel Saraiva	00:52:35	01:42:27	01:41:44	1001		V50	96
976	2324	Valter Gonçalves	00:53:02	01:42:28	01:40:00	897	Jubas Team	Senior	184
977	458	Luis Vicente	00:51:05	01:42:31	01:42:03	1016	PI-LINHA RUNNERS	V35	201
978	1236	Filipa Curralo	00:51:34	01:42:31	01:42:11	1025		V35	14
979	1237	Joao Lopes	00:51:34	01:42:31	01:42:12	1026		V35	202
980	1552	Amilcar Almeida	00:51:46	01:42:33	01:41:58	1009	CCDTML	V50	97
981	2297	Marcelo Xavier	00:53:21	01:42:37	01:40:24	918		Senior	185
982	303	António Gonçalves	00:54:01	01:42:37	01:41:39	995		V50	98
983	2335	Mário Pimenta	00:53:01	01:42:41	01:41:30	979		V40	199
984	1188	Nuno Rito	00:52:18	01:42:42	01:42:17	1030		V35	203
985	1956	Adriano Felício	00:51:46	01:42:44	01:41:22	967	CCD Sintrense	V35	204
986	1664	Carlos Duarte	00:51:05	01:42:45	01:42:29	1041	NAZABOBODA	V60	29
987	125	David Palmeiro	00:50:48	01:42:45	01:42:31	1043		V45	153
988	376	Filipe Leitao	00:53:44	01:42:46	01:42:02	1015		V35	205

**20** CASCAIS  
 - - - - CORRIDA

CASCAIS **5** km  
 RÁPIDINHA

15 DE FEVEREIRO 2015  
 BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
989	784	Jacinto Batista	00:50:19	01:42:47	01:42:11	1024		V50	99
990	1614	João Fernandes	00:50:35	01:42:49	01:42:21	1033	AÇOREANA CLUBE BANIF	Senior	186
991	2005	António Silva	00:51:47	01:42:49	01:41:50	1002	CCD TRANQUILIDADE / G2M	V40	200
992	715	Rui Rodrigues	00:51:32	01:42:49	01:42:36	1048		V45	154
993	2758	Telmo Filipe	00:52:33	01:42:50	01:41:39	992		V35	206
994	1981	Catarina Carvoeiras	00:49:20	01:42:51	01:41:43	999	Clube ANA Lisboa	V35	15
995	2010	Tiago Belo	00:52:49	01:42:56	01:39:39	879	CCD TRANQUILIDADE / G2M	V35	207
996	2525	Fernando Alves	00:53:14	01:43:00	01:41:04	955	SSCGD	V50	100
997	1012	Nuno Simões	00:53:52	01:43:01	01:41:22	968		V35	208
998	800	António Lopes	00:52:05	01:43:03	01:42:13	1027		V40	201
999	1975	Vitor Ferreira	00:52:46	01:43:05	01:40:58	949	Clube ANA Lisboa	V35	209
1000	73	Carlos Veríssimo	00:52:19	01:43:05	01:41:35	986	Falcões Selvagens	V40	202
1001	366	Manuel Silva	00:55:25	01:43:06	01:42:49	1059	Veteranos de Massamá	V55	49
1002	280	Carole Jombart	00:51:49	01:43:07	01:42:45	1054		V35	16
1003	890	Eduardo Moreira	00:52:35	01:43:08	01:42:25	1035		V40	203
1004	2069	Antonio Franco	00:53:16	01:43:11	01:41:29	977	Serviços Sociais Montepio	V45	155
1005	2006	João Marques	00:51:47	01:43:11	01:42:13	1028	CCD TRANQUILIDADE / G2M	V35	210
1006	594	Duarte Silva	00:52:39	01:43:12	01:40:53	945	Clube Ferroviario de Portugal	V40	204
1007	2759	Ana Luisa	00:52:33	01:43:12	01:42:01	1014		Senior	23

**20** CASCAIS  
- - - - CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1008	2658	Luis Graça	00:50:00	01:43:12	01:42:00	1012		V35	211
1009	1889	Paulo Ribeiro	00:53:41	01:43:12	01:40:42	938		Senior	187
1010	484	Luís Moura	00:49:59	01:43:13	01:42:54	1067		V40	205
1011	2529	Henrique Amador	00:50:48	01:43:17	01:42:57	1071	SSCGD	V40	206
1012	1149	Jose Magro	00:52:38	01:43:19	01:42:09	1022	NOVOS TRILHOS	V40	207
1013	1929	Daniel Tomas	00:53:51	01:43:20	01:41:00	951		V35	212
1014	1608	Hugo Sousa	00:53:05	01:43:21	01:41:25	974	AÇOREANA CLUBE BANIF	V35	213
1015	1615	João Prelhaz	00:53:05	01:43:21	01:41:25	972	AÇOREANA CLUBE BANIF	V35	214
1016	1177	Manuel Sobral	00:53:43	01:43:23	01:42:18	1032	Hand2Hand	V55	50
1017	1179	Filipe Fraga	00:53:43	01:43:23	01:42:18	1031	Hand2Hand	V50	101
1018	65	Bruno Reis	00:53:22	01:43:23	01:41:56	1006		Senior	188
1019	1804	António Correia	00:50:31	01:43:25	01:43:12	1078	G. R. D. Ribeira da Lage	V50	102
1020	2003	Ricardo Silva	00:53:56	01:43:26	01:40:47	942		V35	215
1021	313	Teodoro Trindade	00:53:12	01:43:27	01:41:23	971		V50	103
1022	755	Diogo Leite	00:50:34	01:43:28	01:42:36	1046		Senior	189
1023	697	António Iria	00:52:43	01:43:29	01:42:08	1021		V45	156
1024	2364	Paulo Cabaço	00:52:33	01:43:29	01:42:28	1038		V45	157
1025	149	Jorge Ferreira	00:52:59	01:43:30	01:41:23	969		V40	208
1026	2408	Vasco Guerreiro	00:52:02	01:43:31	01:42:35	1045		V35	216

**20** CASCAIS  
CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1027	1292	Carlos Dinis	00:52:41	01:43:32	01:42:55	1068	CLUBE MILLENNIUM BCP	V45	158
1028	1759	João Dias	00:53:20	01:43:33	01:41:25	973	CCD Siemens	Senior	190
1029	2291	Rudolfo Bento	00:54:32	01:43:35	01:42:29	1040	ETIOPE E QUENIANOS	V35	217
1030	1320	Pedro Sa	00:53:09	01:43:35	01:42:22	1034	CLUBE MILLENNIUM BCP	V40	209
1031	35	Rui Matias	00:53:06	01:43:35	01:42:55	1069	Clube Vodafone	V40	210
1032	847	Julio Meireles	00:52:07	01:43:37	01:43:28	1096		V60	30
1033	2317	Pedro Mendonça	00:53:27	01:43:38	01:42:26	1037		V35	218
1034	1865	João Faden	00:53:16	01:43:40	01:42:58	1072		V45	159
1035	1176	Claudia Novais	00:51:44	01:43:41	01:43:26	1094	Netcourier Logística	V45	11
1036	2070	Carlos Azevedo	00:54:33	01:43:42	01:41:57	1008	Serviços Sociais Montepio	V45	160
1037	1414	Sandra Inês	00:52:23	01:43:43	01:42:48	1057		V40	9
1038	951	Luís Costa	00:52:20	01:43:43	01:43:33	1101		V60	31
1039	386	Joaquim Morgado	00:54:48	01:43:43	01:41:32	981		V45	161
1040	1749	João Batista	00:53:46	01:43:43	01:42:46	1056		V35	219
1041	1790	Gonçalo Carpinteiro	00:51:59	01:43:43	01:41:23	970		V35	220
1042	2186	Paulo Salsa	00:54:22	01:43:44	01:41:37	990		V35	221
1043	791	Vitor Marques	00:54:06	01:43:45	01:41:29	976		V50	104
1044	980	João Silvestre	00:54:25	01:43:48	01:41:35	987		V40	211
1045	771	Pedro Favinha	00:54:53	01:43:49	01:42:07	1020		V40	212

**20**CASCAIS  
km  
CORRIDA

CASCAIS 5 km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1046	875	Maurício Rodrigues	00:52:01	01:43:52	01:42:53	1066	CCRD Burinhosa	Senior	191
1047	516	Tiago Bianchi	00:51:48	01:43:52	01:43:24	1092	Clube do Stress	V40	213
1048	881	João Botelho	00:54:10	01:43:52	01:41:33	983		V35	222
1049	2292	Miguel Santos	00:52:48	01:43:53	01:42:50	1061		V35	223
1050	1776	João Martinho	00:53:00	01:43:53	01:42:44	1053	3Runners	Senior	192
1051	494	Pedro Farinha	00:52:35	01:43:54	01:43:07	1076		Senior	193
1052	1070	David Fróis	00:52:26	01:43:56	01:42:26	1036		V40	214
1053	1601	Vitor Aguilar	00:53:30	01:43:56	01:43:12	1077	Run 4 Fun	V60	32
1054	249	Hugo Ferreira	00:49:59	01:43:56	01:43:29	1098	LEBRES E TARTARUGAS	V35	224
1055	739	Inês Peixoto	00:54:20	01:43:58	01:42:05	1017		Senior	24
1056	1431	Lloyd Martins	00:50:56	01:44:02	01:42:10	1023		Senior	194
1057	493	Filipe Ramos	00:52:34	01:44:07	01:43:21	1091		V40	215
1058	2088	Hugo Costa	00:49:25	01:44:10	01:43:44	1111	Gondomar Futesal Clube	V40	216
1059	36	Luis Pires	00:52:34	01:44:11	01:43:15	1085	Clube Vodafone	V40	217
1060	888	João Silva	00:52:20	01:44:12	01:41:35	988		V40	218
1061	917	Carlos Mimoso	00:53:48	01:44:14	01:43:35	1103		V50	105
1062	744	José Matos	00:54:11	01:44:15	01:42:00	1013		V50	106
1063	1313	Nelson Guimaraes	00:54:21	01:44:16	01:42:48	1058	CLUBE MILLENNIUM BCP	V65	8
1064	96	Jorge Oliveira	00:52:56	01:44:17	01:42:52	1064		V50	107



**20** CASCAIS  
CORRIDA

CASCAIS 5 km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1065	2447	Luis Tomé	00:51:48	01:44:17	01:44:00	1123	A.M.ATIBÁ	V40	219
1066	1021	Mário Aparício	00:52:12	01:44:19	01:41:52	1003	Run em all	Senior	195
1067	160	Sandra Teixeira	00:51:41	01:44:19	01:43:51	1115		V40	10
1068	2295	Luis Lopes	00:52:39	01:44:20	01:43:26	1093		V35	225
1069	1819	Pedro Rodrigues	00:53:41	01:44:23	01:42:40	1051		V45	162
1070	1181	Noémia Monteiro	00:53:30	01:44:25	01:43:53	1119		V35	17
1071	2564	Ray Carpenter	00:54:32	01:44:25	01:42:16	1029		V60	33
1072	1820	Victor Ribeiro	00:53:26	01:44:26	01:43:00	1074		V50	108
1073	246	Carlos Gonçalves	00:52:57	01:44:27	01:42:30	1042	LEBRES E TARTARUGAS	V55	51
1074	2429	Luis Graça	00:55:20	01:44:29	01:43:19	1088		V45	163
1075	1880	Carlos Patusco	00:55:29	01:44:29	01:43:41	1107	iRun	Senior	196
1076	1502	António Morezo	00:51:37	01:44:31	01:43:41	1108	amigosdacorrída.com	V55	52
1077	2113	João Cardoso	00:55:10	01:44:31	01:43:18	1087		V50	109
1078	1140	Nuno Stoffel	00:53:08	01:44:31	01:43:43	1109		V40	220
1079	1022	Cristiano Sousa	00:53:42	01:44:33	01:42:05	1018	Run em all	Senior	197
1080	2015	João Colaço	00:53:20	01:44:33	01:42:51	1063		Senior	198
1081	2697	João Carranquinha	00:51:16	01:44:33	01:43:50	1114		Senior	199
1082	1223	Raul Liz	00:53:54	01:44:36	01:43:15	1084	Arrow Portugal	V35	226
1083	2123	João Antunes	00:52:59	01:44:37	01:42:57	1070		V45	164

**20** CASCAIS  
CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1084	2280	Paulo Duarte	00:54:03	01:44:39	01:42:38	1049	GDCT Unicre	V45	165
1085	918	Nuno Simões	00:52:43	01:44:42	01:42:29	1039		V35	227
1086	895	Jorge Leite	00:52:43	01:44:44	01:43:13	1083		V45	166
1087	1433	Pedro Maia	00:53:57	01:44:45	01:42:33	1044		V35	228
1088	1037	Carlos Silva	00:53:44	01:44:46	01:44:02	1124		V40	221
1089	1282	Humberto Cabral	00:54:12	01:44:47	01:42:58	1073	CLUBE MILLENNIUM BCP	V40	222
1090	1881	Humberto Borges	00:49:38	01:44:48	01:44:16	1131	ases pelos ares	V45	167
1091	1369	Pedro Teigas	00:52:37	01:44:48	01:44:23	1137	Tartarugas Solidárias	V40	223
1092	2501	Sofia Caetano	00:51:59	01:44:50	01:44:48	1157	A.M.ATIBÁ	V40	11
1093	2259	Joaquim Palma	00:53:24	01:44:52	01:44:17	1132		V60	34
1094	400	Camila Gomes	00:53:37	01:44:55	01:43:13	1079		Senior	25
1095	401	Renato Gomes	00:53:35	01:44:55	01:43:13	1082		V35	229
1096	402	Nelson Gomes	00:53:37	01:44:55	01:43:13	1081		V35	230
1097	1412	Antonio Amaro	00:54:58	01:44:56	01:42:51	1062		Senior	200
1098	618	Nuno Gonçalves	00:52:56	01:44:57	01:44:35	1148	GDCTIN Casa da Moeda	V35	231
1099	991	Gonçalo Marques	00:52:09	01:44:58	01:44:17	1133		Senior	201
1100	1050	Sally Homer	00:53:31	01:44:59	01:43:27	1095		V40	12
1101	2698	Rodrigo Quintas	00:49:42	01:45:01	01:44:18	1134		Senior	202
1102	198	Miguel Barradas	00:52:16	01:45:01	01:43:55	1120		V40	224

**20** CASCAIS  
- - - - CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1103	1746	Miguel Azevedo	00:54:49	01:45:04	01:42:53	1065		V40	225
1104	2715	Nuno Costa	00:53:16	01:45:05	01:44:02	1125	SSCGD	V40	226
1105	1072	Vitor Monteiro	00:52:25	01:45:07	01:43:51	1117		V50	110
1106	670	Arnaldo Machado	00:52:12	01:45:09	01:44:58	1164	Casa do Benfica de Algueirão Mem Martins	V60	35
1107	1577	António Varela	00:51:55	01:45:09	01:42:50	1060		V45	168
1108	2020	João Bandarrinha	00:56:16	01:45:10	01:42:36	1047	Grupo Recreativo e Desportivo "OS FIXES"	V50	111
1109	2052	David Antunes	00:54:18	01:45:10	01:44:20	1136		Senior	203
1110	2022	Romão Bandarrinha	00:56:15	01:45:10	01:42:38	1050	Grupo Recreativo e Desportivo "OS FIXES"	V55	53
1111	599	Luís Murcho	00:53:51	01:45:12	01:43:02	1075		Senior	204
1112	2247	Fernando Silva	00:50:37	01:45:12	01:45:01	1169		V55	54
1113	398	Rui Lourenço	00:52:39	01:45:12	01:43:39	1105		V45	169
1114	2145	António Primor	00:53:53	01:45:14	01:44:37	1150	Sporting Clube Moitense	V70	4
1115	1596	Joao Ferreira	00:53:18	01:45:14	01:42:44	1052		V45	170
1116	1587	Rui Henriques	00:56:19	01:45:16	01:43:13	1080	Grupo Desportivo Santander Totta	V35	232
1117	1372	Carlos Torrão	00:57:46	01:45:18	01:42:45	1055		Senior	205
1118	1006	Bruno Ruas	00:49:37	01:45:21	01:45:00	1166		V40	227
1119	345	Luís Domingues	00:54:22	01:45:21	01:43:18	1086		Senior	206
1120	1073	Sabrina Ruan	00:53:02	01:45:29	01:43:33	1102		V45	12
1121	2507	Jeremy Teixeira	00:55:27	01:45:30	01:43:58	1121		Senior	207

**20** CASCAIS  
CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1122	1663	Jorge Paiva	00:49:19	01:45:32	01:45:24	1187	NAZABOBODA	V50	112
1123	1472	Rui Dias	00:52:21	01:45:33	01:44:54	1161		V45	171
1124	1830	Joao Ramos	00:53:45	01:45:34	01:44:36	1149		V40	228
1125	2616	Sérgio Pereira	00:54:03	01:45:36	01:43:46	1113		V35	233
1126	1036	Paulo Vieira	00:58:26	01:45:38	01:43:37	1104		V45	172
1127	1459	José Calheiros	00:55:11	01:45:38	01:44:35	1147		V40	229
1128	1866	Nuno Cabeça	00:54:00	01:45:38	01:44:32	1146		V45	173
1129	1831	Acúrcio Mendes	00:54:11	01:45:39	01:43:19	1089		V40	230
1130	34	Mauro Gonçalves	00:53:45	01:45:41	01:45:00	1168	Clube Vodafone	V40	231
1131	2700	Ricardo Duarte	00:54:50	01:45:44	01:44:24	1139	Arrow Portugal	V35	234
1132	1027	Paulo Ruivo	00:54:12	01:45:45	01:44:11	1129		Senior	208
1133	2120	Luís Gaspar	00:55:33	01:45:45	01:43:40	1106		V45	174
1134	2724	Filipe Santos	00:56:45	01:45:50	01:43:43	1110		V35	235
1135	1803	Rui Pires	00:51:12	01:45:51	01:45:22	1185	G. R. D. Ribeira da Lage	V45	175
1136	2395	Luis Canhão	00:53:35	01:45:52	01:44:23	1138		V45	176
1137	1876	Ivo Pina	00:56:48	01:45:52	01:44:37	1151		V40	232
1138	2446	Luis Pereira	00:49:18	01:45:53	01:45:17	1181	A.M.ATIBÁ	V50	113
1139	1001	Antonio Ribeiro	00:53:47	01:45:53	01:43:30	1099		V45	177
1140	1416	Jacinto Pereira	00:52:19	01:45:54	01:45:28	1190	Lis Running Clube de Praticantes de Atletismo	V55	55

# 20 CASCAIS km CORRIDA

## CASCAIS 5 km RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1141	587	Rui Leão	00:54:46	01:45:56	01:43:51	1116		V45	178
1142	297	Diogo Arraias	00:54:18	01:45:58	01:43:46	1112	Os Arraias	V60	36
1143	2486	Susana Pereira	00:53:03	01:45:59	01:45:31	1197	hot runners	V35	18
1144	2042	Mª Madeira	00:54:06	01:46:02	01:44:24	1140	N.A."OS PAPAGAIOS DE CASCAIS"	V40	13
1145	2033	Luís Rosário	00:54:10	01:46:04	01:44:07	1126		V45	179
1146	2031	Ana Figueiredo	00:54:10	01:46:04	01:44:07	1127		V40	14
1147	1284	Pedro Silva	00:50:12	01:46:04	01:45:12	1179	CLUBE MILLENNIUM BCP	V45	180
1148	2195	Davide Mendes	00:53:32	01:46:04	01:43:29	1097		V35	236
1149	2169	Mario Jesus	00:53:33	01:46:04	01:43:30	1100		V40	233
1150	119	António Vale	00:55:04	01:46:06	01:43:58	1122	Os Conta-Kilómetros	Senior	209
1151	109	Pedro Matos	00:54:33	01:46:07	01:45:29	1194		V50	114
1152	98	Fábio Areias	00:55:03	01:46:07	01:44:59	1165		Senior	210
1153	2467	Nádia Casteleiro	00:54:15	01:46:08	01:44:52	1159		Senior	26
1154	930	Carlos Santos	00:55:34	01:46:10	01:44:28	1144		Senior	211
1155	613	Rui Rebelo	00:54:04	01:46:13	01:43:19	1090		V35	237
1156	1503	Aníbal Caiado	00:55:36	01:46:16	01:44:18	1135	amigosdacorrída.com	V70	5
1157	1392	Joao Pacheco	00:54:14	01:46:25	01:44:56	1162		V35	238
1158	1358	Kate Bliss	00:54:06	01:46:25	01:44:32	1145		V45	13
1159	854	Ruben Gonçalves	00:53:12	01:46:27	01:44:57	1163		Senior	212

**20** CASCAIS  
 - - - - CORRIDA

CASCAIS **5** km  
 RÁPIDINHA

15 DE FEVEREIRO 2015  
 BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1160	483	Luis Silva	00:56:09	01:46:27	01:43:51	1118		V40	234
1161	2607	João Reis	00:53:18	01:46:28	01:44:16	1130		V35	239
1162	1853	Rui Santos	00:55:55	01:46:31	01:45:15	1180	CATA - Clube Atletismo da Amora	V40	235
1163	948	Miguel Mendes	00:55:37	01:46:32	01:45:20	1183		V60	37
1164	1317	Fernanda Ferreira	00:53:44	01:46:32	01:44:38	1152	CLUBE MILLENNIUM BCP	V35	19
1165	54	Pedro Amor	00:53:28	01:46:34	01:45:28	1192		V35	240
1166	2293	César Avó	00:54:29	01:46:36	01:44:45	1156		V35	241
1167	247	Carlos Teixeira	00:53:40	01:46:36	01:46:09	1231	LEBRES E TARTARUGAS	V50	115
1168	671	Alexandre Reis	00:53:27	01:46:37	01:44:25	1141	Casa do Benfica de Algueirão Mem Martins	V50	116
1169	960	Victor Cabral	00:55:01	01:46:40	01:45:02	1172		V45	181
1170	933	Carlos Moia	00:55:01	01:46:40	01:45:01	1171		V40	236
1171	2704	Ricardo Boaventura	00:54:00	01:46:40	01:46:24	1244	weRUN Portugal	V35	242
1172	2538	José Guia	00:54:38	01:46:41	01:45:00	1167	SSCGD	V65	9
1173	1457	Joaquim Seco	00:54:02	01:46:41	01:46:03	1224		V45	182
1174	1153	Nuno Gaspar	00:51:00	01:46:42	01:45:59	1219	AZ Runners	V35	243
1175	2633	Rodrigo Azevedo	00:52:33	01:46:43	01:46:14	1235		V35	244
1176	354	Pedro Filipe	00:54:33	01:46:43	01:44:50	1158	Clube Atletismo Amigos de Belém	Senior	213
1177	238	Helder Cruz	00:54:34	01:46:43	01:46:06	1226		V40	237
1178	1858	Rui Machado	00:53:25	01:46:43	01:45:18	1182		V50	117

**20** CASCAIS  
 - - - - CORRIDA

CASCAIS **5** km  
 RÁPIDINHA

15 DE FEVEREIRO 2015  
 BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1179	524	Alberto Reis	00:56:31	01:46:43	01:44:10	1128	Clube do Stress	V50	118
1180	752	Rui Monteiro	00:56:19	01:46:46	01:45:07	1173		V45	183
1181	257	Helder Pontes	00:50:25	01:46:49	01:46:30	1249		V35	245
1182	2142	Pedro Carreiro	00:52:37	01:46:50	01:45:28	1188		Senior	214
1183	2119	Ricardo Matos	00:52:40	01:46:50	01:45:28	1191		Senior	215
1184	518	José Vaz	00:52:30	01:46:51	01:46:03	1225	Clube ANACOM	V55	56
1185	2018	Henrique Ferreira	00:51:14	01:46:51	01:46:31	1250	u.r.d.arranhò	V40	238
1186	648	Pedro Serra	00:52:44	01:46:54	01:45:32	1201		V35	246
1187	726	Jan Pooter	00:54:13	01:46:55	01:45:09	1175		V40	239
1188	543	Mário Vicente	00:54:50	01:46:57	01:45:08	1174	Clube do Stress	V65	10
1189	1496	Gentil Pereira	00:54:58	01:46:59	01:44:39	1153	AMIGOS DA FLOR	V40	240
1190	1495	Manuel Hortelão	00:54:57	01:47:00	01:44:39	1154	AMIGOS DA FLOR	V45	184
1191	1797	Luis Duarte	00:54:18	01:47:00	01:46:32	1252		V65	11
1192	2296	Nuno Antunes	00:52:41	01:47:01	01:45:23	1186		V35	247
1193	1192	Domingos Farinho	00:52:54	01:47:02	01:46:00	1220		V35	248
1194	1528	Rui Silva	00:55:49	01:47:02	01:44:26	1142		V35	249
1195	1570	João Rocha	00:53:30	01:47:03	01:46:49	1267	Grupo Desportivo Santander Totta	V60	38
1196	2535	Joaquim Antunes	00:53:36	01:47:05	01:45:41	1207	SSCGD	V35	250
1197	260	Carlos Marques	00:57:32	01:47:06	01:44:45	1155		V35	251

**20** CASCAIS  
CORRIDA

CASCAIS 5 km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1198	1770	Luís Conceição	00:55:19	01:47:07	01:45:49	1216	CCRD Burinhosa	V50	119
1199	2098	Jorge Brito	00:51:46	01:47:08	01:46:08	1227		V40	241
1200	562	João Guerreiro	00:53:48	01:47:08	01:45:45	1214		Senior	216
1201	1005	Alberto Gonçalves	00:56:56	01:47:08	01:44:27	1143		V55	57
1202	2388	Ana Ramalho	00:54:42	01:47:09	01:45:31	1196	Valadares	Senior	27
1203	1622	João Serra	00:53:37	01:47:10	01:46:42	1259	AÇOREANA CLUBE BANIF	V40	242
1204	1609	Francisco Pereira	00:53:37	01:47:10	01:47:00	1276	AÇOREANA CLUBE BANIF	V45	185
1205	428	Nuno Anastacio	00:50:53	01:47:10	01:47:01	1277	RunLovers	V35	252
1206	174	Luis Isidoro	00:54:49	01:47:10	01:45:31	1198		Senior	217
1207	1206	Helena Ferreira	00:55:21	01:47:11	01:46:19	1240		Senior	28
1208	1240	André Carvalho	00:55:20	01:47:11	01:46:20	1243		Senior	218
1209	2752	Matthew King	00:57:45	01:47:13	01:36:44	706		Senior	219
1210	178	Jorge Boim	00:56:36	01:47:13	01:45:09	1177		V35	253
1211	1703	Artur Batista	00:55:16	01:47:15	01:45:10	1178	C C D "O ALVITEJO"	V40	243
1212	589	Nuno Sobral	00:52:29	01:47:15	01:45:01	1170	Run Buddy Run	V35	254
1213	2305	António Simões	00:53:39	01:47:17	01:46:49	1270	GDC Banco de Portugal	V45	186
1214	2309	Gina Cheio	00:53:39	01:47:17	01:46:49	1269	GDC Banco de Portugal	V40	15
1215	1762	Luís Reves	00:53:31	01:47:17	01:45:09	1176	CCD Siemens	V40	244
1216	2696	Camille Pialat	00:53:38	01:47:18	01:45:45	1212		V35	20



**20** CASCAIS  
CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1217	899	Antonio Marques	00:54:12	01:47:18	01:45:46	1215		V50	120
1218	1573	Lino Oliveira	00:53:54	01:47:19	01:47:05	1282	Grupo Desportivo Santander Totta	V65	12
1219	2078	Nuno Rodrigues	00:56:05	01:47:22	01:45:42	1209	Serviços Sociais Montepio	V35	255
1220	2081	Pedro Carrasco	00:56:05	01:47:22	01:45:43	1211	Serviços Sociais Montepio	V40	245
1221	1844	Paulo Lopes	00:52:23	01:47:23	01:45:29	1193		V35	256
1222	1376	Jose Moura	00:56:12	01:47:24	01:45:31	1199		V40	246
1223	2611	Miguel Moura	00:54:14	01:47:25	01:46:26	1246		V45	187
1224	2207	Nuno Silva	00:50:13	01:47:25	01:46:47	1266		Senior	220
1225	2491	Filipe Moraes	00:53:56	01:47:26	01:46:30	1248		V35	257
1226	1698	Tito Henriques	00:55:22	01:47:26	01:44:52	1160		V40	247
1227	2497	Fernando Mendes	00:54:17	01:47:27	01:46:15	1238		V40	248
1228	806	Carlos Francisco	00:55:36	01:47:28	01:46:10	1232		Senior	221
1229	1368	Gonçalo Machado	00:55:26	01:47:29	01:45:57	1218		V35	258
1230	1625	Paulo Sena	00:54:09	01:47:29	01:46:54	1272		V40	249
1231	1285	Joao Goncalves	00:55:29	01:47:29	01:45:43	1210	CLUBE MILLENNIUM BCP	V45	188
1232	1784	Antonio Ramos	00:55:24	01:47:29	01:46:43	1260		V40	250
1233	1275	Luis Costa	00:54:21	01:47:29	01:46:02	1223	CLUBE MILLENNIUM BCP	V40	251
1234	2077	Manuel Narciso	00:54:55	01:47:29	01:45:42	1208	Serviços Sociais Montepio	V50	121
1235	1852	Manuel Dias	00:55:55	01:47:30	01:46:14	1236	CATA - Clube Atletismo da Amora	V45	189

**20** CASCAIS  
CORRIDA

CASCAIS **5**km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1236	636	Margarida Brites	00:54:31	01:47:30	01:46:09	1229		V45	14
1237	658	Luis Calheiros	00:54:43	01:47:33	01:46:14	1237	GD Banco BPI	V40	252
1238	1567	Fernando Marques	00:57:01	01:47:34	01:45:33	1202	Grupo Desportivo Santander Totta	V60	39
1239	1788	Miguel Veludo	00:54:18	01:47:34	01:46:44	1263		V40	253
1240	2416	Pedro Pinto	00:55:01	01:47:35	01:45:34	1205	Clube Bolinha	V45	190
1241	2425	Luis Tavares	00:54:59	01:47:35	01:45:33	1203		V45	191
1242	1090	Luis Silva	00:55:30	01:47:35	01:45:56	1217	N.A. BDF	V35	259
1243	2415	Jorge Melo	00:54:59	01:47:35	01:45:34	1204	Clube Bolinha	V35	260
1244	2705	Rui Luís	00:53:58	01:47:37	01:47:20	1288	weRUN Portugal	V35	261
1245	451	Carlos Sousa	00:54:38	01:47:37	01:47:07	1285	OS PERIGOSOS	V55	58
1246	397	Ricardo Figueiredo	00:54:22	01:47:39	01:46:09	1230		V40	254
1247	724	Maria Oliveira	00:58:00	01:47:43	01:40:00	896	Ginásio Clube Português	V45	15
1248	2460	Rui Coutinho	00:57:49	01:47:43	01:46:19	1241		V35	262
1249	2584	Martim Serrano	00:55:42	01:47:43	01:45:30	1195		V35	263
1250	665	Iolanda Soares	00:55:45	01:47:44	01:45:21	1184	Soares Family	V45	16
1251	1345	Paulo Pires	00:52:12	01:47:44	01:46:36	1255	Os Amigos da Alameda	V45	192
1252	839	António Silvestre	00:57:37	01:47:48	01:47:08	1287		V45	193
1253	1271	Ines Morgado	00:55:51	01:47:50	01:46:33	1253	CLUBE MILLENNIUM BCP	V40	16
1254	2727	Pedro Brandão	00:55:11	01:47:53	01:46:43	1261		Senior	222

**20** CASCAIS  
CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1255	985	André Lourenço	00:55:54	01:47:54	01:45:28	1189	COFACO AÇORES, SA	Senior	223
1256	1691	Nelson Esteves	00:51:10	01:47:55	01:47:01	1278		Senior	224
1257	612	António Ramos	00:54:15	01:47:55	01:46:59	1275		V55	59
1258	47	Ana Monteiro	00:53:52	01:47:59	01:46:20	1242	Georunners	V40	17
1259	1690	Lierville Marie	00:54:36	01:47:59	01:47:36	1305		V40	18
1260	1563	Carlos Henrique	00:56:45	01:48:01	01:45:45	1213	Grupo Desportivo Santander Totta	V45	194
1261	2128	José Almas	00:56:45	01:48:01	01:46:27	1247	Grupo Desportivo Santander Totta	V40	255
1262	419	Cristina Caldeira	00:54:03	01:48:04	01:46:58	1273	RunLovers	V45	17
1263	475	Eduardo Jorge	00:54:00	01:48:05	01:47:02	1279		V60	40
1264	1346	Joaquim Costa	00:54:00	01:48:06	01:46:59	1274	Os Amigos da Alameda	V50	122
1265	200	Paulo Ferreira	00:49:23	01:48:07	01:47:48	1310		V40	256
1266	2165	Pedro Castro	00:51:46	01:48:08	01:46:49	1268		V35	264
1267	849	Luis Reis	00:55:44	01:48:09	01:46:08	1228		V50	123
1268	1095	Danyel Cunha	00:55:48	01:48:09	01:45:32	1200		V40	257
1269	625	Tiago Batista	00:54:36	01:48:12	01:46:40	1257		Senior	225
1270	2474	Filipe Carvalheiro	00:55:43	01:48:13	01:45:41	1206		V50	124
1271	1653	Manuel Paulo	00:52:40	01:48:17	01:46:51	1271	ODEBRECHT PORTUGAL	V55	60
1272	2079	Paulo Pereira	00:54:54	01:48:18	01:46:36	1254	Serviços Sociais Montepio	V40	258
1273	2158	Patricia Encarnacao	00:55:59	01:48:19	01:46:31	1251		V40	19

**20** CASCAIS  
CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1274	497	Ricardo Ferreira	00:54:16	01:48:20	01:47:22	1292		Senior	226
1275	114	Jose Correia	00:53:25	01:48:21	01:47:31	1302		V55	61
1276	438	João Serôdio	00:56:05	01:48:23	01:46:00	1221		Senior	227
1277	2392	Miguel Ramalho	00:54:26	01:48:23	01:46:44	1262	Valadares	Senior	228
1278	2601	Carlos Costa	00:54:31	01:48:23	01:47:07	1286		V50	125
1279	831	Alberto Abreu	00:51:20	01:48:25	01:48:14	1327		V45	195
1280	795	Pedro Silva	00:53:12	01:48:27	01:47:07	1284		V40	259
1281	2514	Luis Quental	00:55:54	01:48:28	01:46:47	1265	SSCGD	V45	196
1282	2191	António Pereira	00:55:53	01:48:29	01:47:28	1297		V35	265
1283	2087	Teresa Cardoso	00:55:08	01:48:29	01:46:40	1258	Serviços Sociais Montepio	V35	21
1284	2489	Hamilton	00:53:24	01:48:32	01:47:22	1293		V35	266
1285	870	Gonçalo Oliveira	00:54:59	01:48:32	01:47:31	1299		V40	260
1286	75	Ricardo Jesus	00:54:48	01:48:35	01:47:37	1306		V40	261
1287	705	David Silva	00:53:40	01:48:35	01:47:23	1294	Correr Lisboa	Senior	229
1288	1494	João Ferreira	00:54:56	01:48:38	01:46:17	1239	AMIGOS DA FLOR	V55	62
1289	2257	Gabriel Lúcio	00:53:21	01:48:42	01:47:04	1280		Senior	230
1290	2709	Liliana Correia	00:51:50	01:48:43	01:48:15	1330	Desportivo Monte Real	Senior	29
1291	1423	Gonçalo Rebelo	00:54:53	01:48:43	01:47:31	1300	OS ZATOPEQUES	V55	63
1292	1931	Susana Duro	00:55:56	01:48:43	01:47:06	1283		V35	22

**20** CASCAIS  
CORRIDA

CASCAIS 5 km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1293	2376	Carlos Bravo	00:51:36	01:48:45	01:48:11	1324		Senior	231
1294	943	Elisio Costa	00:55:12	01:48:46	01:47:20	1289	OS ZATOPEQUES	V55	64
1295	727	Aurélio Quaios	00:57:00	01:48:46	01:46:25	1245		V35	267
1296	1184	João Fialho	00:55:05	01:48:48	01:46:44	1264	@Running Club CCD-AT	V35	268
1297	1840	Carlos Alves	00:51:04	01:48:50	01:46:12	1234		V40	262
1298	2494	Jose Cavaco	00:53:02	01:48:56	01:48:14	1329	TUA	V50	126
1299	600	Joao Almeida	00:50:35	01:48:56	01:48:43	1353		V45	197
1300	2675	Antonio Moreira	00:56:10	01:49:00	01:48:03	1320		V55	65
1301	1152	Paulo Santos	00:53:10	01:49:00	01:48:18	1335	AZ Runners	V40	263
1302	235	Maria Conchinha	00:53:11	01:49:02	01:48:50	1364		V55	1
1303	1540	Joaquim Barrocas	00:59:50	01:49:02	01:46:38	1256	N.A."OS PAPAGAIOS DE CASCAIS"	V60	41
1304	19	Paulo Louro	00:52:07	01:49:06	01:46:11	1233		V50	127
1305	925	Sandra Baptista	00:55:11	01:49:06	01:47:56	1316	Amigos Vale Silencio	V35	23
1306	540	Joaquim Camões	00:54:31	01:49:07	01:48:16	1333	Clube do Stress	V50	128
1307	1829	Filipe Marques	00:51:36	01:49:09	01:48:49	1362		V35	269
1308	871	Joaquim Dias	00:51:36	01:49:09	01:48:49	1361		V40	264
1309	1955	Mara Araújo	00:55:06	01:49:10	01:48:14	1328	CCD Sintrense	Senior	30
1310	1463	Conceição Alves	00:55:52	01:49:12	01:48:33	1345	koxus	V50	2
1311	2393	Miguel Oliveira	00:55:52	01:49:15	01:47:37	1308	Valadares	V40	265

# 20 CASCAIS km CORRIDA

# CASCAIS 5 km RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

## CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1312	1595	João Torrado	00:57:20	01:49:15	01:48:01	1317		V65	13
1313	1013	Rodolfo Carneiro	00:54:57	01:49:18	01:47:22	1291		Senior	232
1314	1948	Rui Guarda	00:57:06	01:49:19	01:47:05	1281	Os Coxos	V35	270
1315	683	Rogério Luis	00:56:59	01:49:20	01:47:29	1298	Casa do Benfica de Algueirão Mem Martins	V40	266
1316	1594	Paulo Costa	00:51:21	01:49:21	01:48:28	1343		V35	271
1317	1333	António Coutinho	00:55:44	01:49:22	01:47:25	1295		V55	66
1318	1892	Francisco Sardinha	00:53:49	01:49:23	01:48:01	1318		V40	267
1319	1400	Paulo Nunes	00:54:55	01:49:24	01:48:15	1331		V40	268
1320	802	Bruno Gonçalves	00:54:13	01:49:25	01:47:53	1312		V35	272
1321	2739	Rita Morais	00:55:48	01:49:26	01:48:22	1337		V40	20
1322	2593	António Pereira	00:50:05	01:49:26	01:49:20	1397	Pavitenis	V40	269
1323	470	António Nunes	00:54:59	01:49:27	01:48:55	1367		V45	198
1324	958	Susana Maio	00:57:39	01:49:27	01:47:31	1301	RPSCM	V35	24
1325	957	Rui Pinto	00:57:39	01:49:27	01:47:32	1304	RPSCM	V40	270
1326	2430	Joaquim Fernandes	00:54:55	01:49:30	01:48:36	1347		V50	129
1327	649	Ana Fórneas	00:55:30	01:49:31	01:48:22	1339	GD Banco BPI	V45	18
1328	129	Orlando Silva	00:56:58	01:49:31	01:47:38	1309		V40	271
1329	352	José Castro	01:00:04	01:49:31	01:47:37	1307	Clube Atletismo Amigos de Belém	V55	67
1330	2014	Helder Martins	00:52:42	01:49:33	01:48:38	1349		V45	199

**20** CASCAIS  
 - - - - CORRIDA

CASCAIS **5** km  
 RÁPIDINHA

15 DE FEVEREIRO 2015  
 BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1331	1353	Odete Nogueira	00:54:58	01:49:33	01:48:26	1342	Os Amigos da Alameda	V60	1
1332	1091	Luis Afonso	00:56:08	01:49:35	01:48:07	1322	Georunners	V40	272
1333	1370	Antonio Correia	00:56:07	01:49:35	01:48:07	1321	Georunners	V55	68
1334	1550	Rafael Santos	00:56:22	01:49:35	01:48:45	1357	CCDTML	V45	200
1335	974	Paula Santos	00:56:18	01:49:35	01:48:16	1332	Os Tugas	V45	19
1336	1543	Francisco Plínio	00:56:22	01:49:35	01:48:43	1352	CCDTML	V55	69
1337	1334	Miguel Melo	00:55:06	01:49:40	01:47:49	1311		Senior	233
1338	2144	Artur Serrano	00:56:56	01:49:40	01:47:32	1303		V40	273
1339	1883	Luis Miguel	00:53:04	01:49:42	01:49:10	1390	ases pelos ares	V40	274
1340	213	José Garrido	00:57:59	01:49:43	01:47:27	1296		V50	130
1341	1689	Lierville Arnaud	00:55:13	01:49:43	01:49:20	1398		V40	275
1342	30	Carla Morgado	00:56:40	01:49:43	01:47:54	1315		V40	21
1343	1520	Francisco Dias	00:52:08	01:49:43	01:49:27	1407	N.A."OS PAPAGAIOS DE CASCAIS"	Senior	234
1344	2036	Maria Martins	00:54:51	01:49:44	01:48:50	1363		V55	2
1345	1884	Manuel Araújo	00:49:50	01:49:44	01:49:07	1385		V50	131
1346	1310	Luis Monteiro	00:57:04	01:49:45	01:48:34	1346	CLUBE MILLENNIUM BCP	V40	276
1347	2039	Pedro Ferreira	00:49:27	01:49:45	01:49:31	1415		V40	277
1348	2711	Ricardo Santos	00:50:40	01:49:46	01:49:20	1400	hot runners	Senior	235
1349	1911	José Noites	00:57:11	01:49:46	01:47:22	1290		V40	278

**20** CASCAIS  
CORRIDA

CASCAIS **5**km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1350	209	António Tavares	00:57:19	01:49:46	01:48:10	1323		V40	279
1351	659	Miguel Chaves	00:55:08	01:49:47	01:49:29	1411	GD Banco BPI	V40	280
1352	654	José Gama	00:55:08	01:49:47	01:49:32	1417	GD Banco BPI	V45	201
1353	64	Fernando Correia	00:53:50	01:49:48	01:49:13	1393		V45	202
1354	1859	Miguel Costa	00:55:23	01:49:51	01:48:52	1365		Senior	236
1355	272	Ricardo Baptista	00:54:52	01:49:53	01:48:30	1344		V35	273
1356	1562	Bruno Salvador	00:55:00	01:49:53	01:49:06	1381	Grupo Desportivo Santander Totta	V35	274
1357	1806	Joaquim Cardoso	00:55:07	01:49:56	01:49:07	1386	G. R. D. Ribeira da Lage	V40	281
1358	2059	Fernando Matias	00:59:04	01:49:57	01:48:22	1338	CLUBE COLABORADORES AXA	V55	70
1359	634	Carlos Silva	00:55:58	01:49:58	01:48:12	1325		V35	275
1360	576	António Orlando	00:55:58	01:49:58	01:48:12	1326		V35	276
1361	241	Pedro Silva	00:55:14	01:49:59	01:48:47	1359		V35	277
1362	365	Paulo Quaresma	00:55:27	01:49:59	01:48:48	1360	Veteranos de Massamá	V55	71
1363	1340	Olivier Duraó	00:55:47	01:50:04	01:47:53	1313	Up With Bambu	V35	278
1364	1039	Ricardo Matos	00:54:26	01:50:06	01:49:20	1399	Alverca Urban Runners	V40	282
1365	220	Jesper Jensen	00:51:33	01:50:06	01:48:42	1351		V40	283
1366	329	Antonio Silva	00:54:55	01:50:06	01:49:37	1421	Os indomáveis	V55	72
1367	1765	Paulo Milicias	00:55:00	01:50:08	01:49:07	1387		V45	203
1368	950	Nuno Dias	00:56:28	01:50:08	01:48:42	1350		V40	284



**20** CASCAIS  
CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1369	1232	António Ventura	00:58:04	01:50:09	01:48:01	1319	Real Academia	V55	73
1370	2765	Rui Neves	00:53:36	01:50:09	01:48:16	1334		V35	279
1371	2175	Jorge Gomes	00:55:37	01:50:09	01:49:30	1413	"A Rota em Movimento"	Senior	237
1372	1047	José Duarte	01:00:05	01:50:10	01:49:06	1382		V40	285
1373	1246	António Monteiro	00:53:57	01:50:11	01:49:22	1403	Os Galgos	V65	14
1374	1674	Fernando Solera	00:54:53	01:50:13	01:49:07	1384		V35	280
1375	1693	Gonçalo Câmara	00:54:54	01:50:13	01:49:08	1388		Senior	238
1376	1694	Roberto Salgueiro	00:47:58	01:50:13	01:49:07	1383		Senior	239
1377	1673	Vera Fernandes	00:54:09	01:50:13	01:49:08	1389		Senior	31
1378	229	Cáudia Emídio	00:55:53	01:50:14	01:49:33	1418	Extintos de Aqualva	Senior	32
1379	863	Dulce Reis	00:53:39	01:50:15	01:49:05	1380		V45	20
1380	646	Bruna Rocha	00:54:31	01:50:21	01:48:45	1356	ACADEMIA FITNESS MILITAR	Senior	33
1381	2432	Filipe Almeid	00:57:15	01:50:21	01:49:24	1404		V40	286
1382	2197	Orlando Almeida	00:55:34	01:50:24	01:48:56	1368		V45	204
1383	1848	Rui Alves	00:56:11	01:50:26	01:50:02	1444		V40	287
1384	1004	João Rosário	00:57:46	01:50:27	01:47:53	1314		Senior	240
1385	1391	Jose Rodrigues	00:54:15	01:50:27	01:48:58	1374		V45	205
1386	700	Abilio Tavares	00:52:53	01:50:27	01:49:58	1440		V55	74
1387	853	Pedro Ramos	00:57:13	01:50:28	01:48:46	1358		Senior	241

**20** CASCAIS  
 - - - - CORRIDA

CASCAIS **5** km  
 RÁPIDINHA

15 DE FEVEREIRO 2015  
 BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1388	217	Bruno Graça	00:56:54	01:50:28	01:49:02	1379		V35	281
1389	492	Carlos Goncalves	00:56:11	01:50:28	01:49:12	1392		V65	15
1390	17	João Duarte	00:56:11	01:50:29	01:49:12	1391		V35	282
1391	2147	Armando Martins	00:55:33	01:50:29	01:48:22	1336		V50	132
1392	533	Carlos Abreu	00:55:02	01:50:30	01:50:06	1448	Clube do Stress	V45	206
1393	2348	Vanessa Pais	00:57:16	01:50:30	01:48:57	1371		Senior	34
1394	693	Antonio Coelho	00:57:16	01:50:30	01:48:57	1372	Casa do Benfica de Algueirão Mem Martins	V55	75
1395	240	Fabiana Freitas	00:55:14	01:50:31	01:49:18	1395		Senior	35
1396	2053	Miguel Oliveira	00:57:18	01:50:31	01:49:41	1423		V40	288
1397	441	Isabel Jorge	00:55:03	01:50:32	01:49:42	1425		Junior	1
1398	639	Mariano Magalhães	00:55:11	01:50:32	01:48:56	1369		Senior	242
1399	1909	Antonio Lavajo	00:54:32	01:50:33	01:49:56	1437		V35	283
1400	1710	Vitor Pereira	00:53:03	01:50:37	01:49:58	1441		Senior	243
1401	2513	Mafalda Pinheiro	00:56:55	01:50:39	01:48:43	1354	DP&A	Senior	36
1402	2160	Pedro Coriel	00:56:55	01:50:40	01:48:45	1355	DP&A	V40	289
1403	778	Carlos Cupeto	00:56:13	01:50:40	01:48:58	1376	TTerra	V50	133
1404	2367	Francisco Rodrigues	00:56:13	01:50:40	01:48:58	1373		V55	76
1405	24	Rodrigo Santos	00:55:15	01:50:42	01:49:51	1434		V40	290
1406	2767	José Gabriel	00:57:42	01:50:45	01:48:54	1366		V55	77

**20** CASCAIS  
- - - - CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1407	2622	Ella Writer	00:57:01	01:50:46	01:49:36	1420		Senior	37
1408	418	Nuno Marques	00:54:23	01:50:47	01:49:41	1424	RunLovers	V45	207
1409	48	Carlos Semide	00:55:09	01:50:51	01:49:01	1378		V40	291
1410	723	Cristina Caetano	00:57:07	01:50:51	01:49:49	1432	Ginásio Clube Português	V45	21
1411	244	Maria Pereira	00:56:24	01:50:52	01:50:09	1451		V40	22
1412	2323	Carla Viegas	00:56:23	01:50:52	01:48:25	1341	Jubas Team	V35	25
1413	722	José Reis	00:57:07	01:50:53	01:49:50	1433	Ginásio Clube Português	V50	134
1414	266	Salvador Menezes	00:54:28	01:50:53	01:49:45	1429	Grupo Coral do Cante Enquante Corre	Senior	244
1415	1156	Zito Silva	00:54:20	01:50:57	01:50:31	1462	hot runners	V40	292
1416	2664	Luis Baptista	00:57:21	01:50:59	01:48:36	1348		V50	135
1417	754	Marcos Heitor	00:55:46	01:51:01	01:48:24	1340		V35	284
1418	1049	Nelson Silva	00:55:43	01:51:03	01:49:48	1431		Senior	245
1419	2382	Antonio Martinho	00:56:55	01:51:03	01:48:57	1370		V45	208
1420	2011	Ricardo Rodrigues	00:53:01	01:51:05	01:50:56	1487	Lis Running Clube de Praticantes de Atletismo	V40	293
1421	667	Joaquim Cruz	00:56:59	01:51:09	01:49:18	1396	Casa do Benfica de Algueirão Mem Martins	V55	78
1422	395	Miguel Santos	00:53:54	01:51:11	01:49:01	1377		Senior	246
1423	176	Rui Belo	01:00:20	01:51:12	01:42:06	1019		V35	285
1424	1114	Jorge Garcia	00:54:21	01:51:12	01:50:26	1457		V35	286
1425	1297	Paulo Rato	00:56:01	01:51:14	01:49:47	1430	CLUBE MILLENNIUM BCP	V50	136

**20** CASCAIS  
- - - - CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1426	605	Paulo Silva	00:56:26	01:51:17	01:49:39	1422		V50	137
1427	1077	Gonçalo Mendes	00:57:15	01:51:19	01:49:43	1426	Clube do Stress	V40	294
1428	517	Manuel Barros	00:57:11	01:51:19	01:48:58	1375	Clube ANACOM	V55	79
1429	2492	Paulo Santos	00:55:21	01:51:20	01:50:38	1466	TUA	V45	209
1430	1126	Abilio Campos	00:52:37	01:51:21	01:50:07	1449		V40	295
1431	1974	Pedro Machado	00:56:52	01:51:22	01:49:15	1394	Clube ANA Lisboa	V45	210
1432	1657	Thelmo Cunha	00:55:22	01:51:24	01:49:29	1410	ODEBRECHT PORTUGAL	V50	138
1433	2139	Sérgio Figueiredo	00:58:03	01:51:26	01:49:28	1409		Senior	247
1434	574	Barbara Neves	00:57:28	01:51:26	01:50:42	1467		Junior	2
1435	575	Carlos Neves	00:57:27	01:51:27	01:50:42	1468		V45	211
1436	2246	Rui Marques	00:55:44	01:51:27	01:50:08	1450		V40	296
1437	2405	António Mateus	00:57:07	01:51:28	01:50:47	1476	OS ZATOPQUES	V70	6
1438	793	Francisco Pinheiro	00:56:26	01:51:30	01:49:31	1414		V60	42
1439	1579	Javier Calvo	00:57:29	01:51:31	01:51:09	1499	Grupo Desportivo Santander Totta	V35	287
1440	461	Raúl Félix	00:57:09	01:51:31	01:50:30	1460	GD Bayer Portugal	V55	80
1441	2386	João Matos	00:54:04	01:51:34	01:50:32	1463	Grupo Desportivo Roche Portugal	V35	288
1442	1736	Carlos Gonçalves	00:56:57	01:51:35	01:49:55	1436		V45	212
1443	873	António Jubilado	00:57:07	01:51:36	01:50:36	1465		V55	81
1444	1834	Pedro Silva	00:55:28	01:51:38	01:49:44	1427		V35	289

**20** CASCAIS  
 - - - - CORRIDA

CASCAIS **5** km  
 RÁPIDINHA

15 DE FEVEREIRO 2015  
 BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1445	719	Carlos Soares	00:56:51	01:51:39	01:50:43	1470		V45	213
1446	11	Joel Silva	00:55:54	01:51:39	01:50:01	1443		V40	297
1447	2528	Francisco Clerigo	00:56:10	01:51:40	01:50:00	1442	SSCGD	V50	139
1448	2591	Hugo Ferreira	00:59:14	01:51:42	01:49:44	1428	LEBRES E TARTARUGAS	V35	290
1449	538	Frederico Nobre	00:55:34	01:51:43	01:49:35	1419	Clube do Stress	V35	291
1450	2067	Jorge Tomaz	00:57:17	01:51:44	01:49:53	1435		V40	298
1451	2373	Pedro Costa	01:01:38	01:51:44	01:49:29	1412		Senior	248
1452	1482	Diogo Viegas	00:57:12	01:51:45	01:49:21	1402		Senior	249
1453	2477	André António	00:57:10	01:51:45	01:49:21	1401		Senior	250
1454	310	Nuno Ferreira	00:57:07	01:51:46	01:50:48	1478		V40	299
1455	380	Manuel Oliveira	00:57:47	01:51:46	01:50:58	1491	Clube Atletismo Amigos de Belém	V60	43
1456	1007	António F.R.Gonçalves	00:57:47	01:51:46	01:50:58	1490		V60	44
1457	745	Fernando Jerónimo	00:55:04	01:51:48	01:49:32	1416		V60	45
1458	1712	Ana Conceição	00:55:29	01:51:49	01:51:01	1494		V35	26
1459	1143	Manuel Carrasqueira	00:57:22	01:51:50	01:50:57	1488		V45	214
1460	2136	Paulo Fernandes	00:58:34	01:51:50	01:49:26	1406		V40	300
1461	966	Antonio Castilho	00:57:23	01:51:52	01:50:59	1492		V45	215
1462	829	Rui Menas	00:56:27	01:51:53	01:50:26	1456	Clube Vodafone	V35	292
1463	2331	Nuno Teixeira	00:55:53	01:51:55	01:50:54	1486		V35	293

**20** CASCAIS  
CORRIDA

CASCAIS 5 km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1464	202	Rui Sarroeira	00:57:11	01:51:55	01:50:57	1489		V45	216
1465	1722	Cristóvão Ramos	00:56:29	01:51:56	01:50:06	1447		V40	301
1466	2083	Ricardo Dias	00:55:07	01:51:56	01:51:32	1515	Serviços Sociais Montepio	V40	302
1467	444	João Lima	00:57:56	01:51:57	01:49:25	1405	4 ao Km	V50	140
1468	1602	Carlos Ribeiro	00:56:49	01:51:59	01:50:43	1469	Os Galgos	V40	303
1469	1603	Rogério Gonçalves	00:56:49	01:51:59	01:50:44	1471	Os Galgos	V45	217
1470	353	Júlio Castro	01:00:04	01:51:59	01:50:05	1446	Clube Atletismo Amigos de Belém	V55	82
1471	2716	Catarina Martins	00:56:39	01:51:59	01:50:46	1473	SSCGD	V40	23
1472	941	Orlando Silva	00:57:07	01:51:59	01:50:32	1464	OS ZATOPEQUES	V55	83
1473	2379	Nuno Martins	00:56:07	01:52:00	01:50:47	1475		V35	294
1474	2423	Hugo Figueiredo	00:58:04	01:52:01	01:50:03	1445		Senior	251
1475	1098	Estela Gonçalves	00:56:50	01:52:01	01:51:14	1505	Associação de Atletismo Lebres do Sado	V35	27
1476	2673	Paulo Matos	00:56:05	01:52:01	01:51:07	1497		V35	295
1477	993	Sérgio Pedro	00:58:26	01:52:02	01:49:28	1408		Senior	252
1478	1076	João Netto	00:57:18	01:52:05	01:50:28	1459	Clube do Stress	V45	218
1479	902	Susana Gonçalves	00:56:28	01:52:06	01:51:09	1500		V45	22
1480	797	Maria Fonseca	00:56:08	01:52:06	01:50:49	1480		V55	3
1481	2184	Fabiano Ferreira	00:57:34	01:52:07	01:50:11	1453		Senior	253
1482	2540	Luisa Landeiro	00:58:13	01:52:09	01:50:09	1452	SSCGD	V40	24

**20** CASCAIS  
 - - - - CORRIDA

CASCAIS **5** km  
 RÁPIDINHA

15 DE FEVEREIRO 2015  
 BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1483	1170	Silvano Monteiro	00:55:58	01:52:12	01:51:13	1504		V60	46
1484	141	Nuno Almeida	00:56:44	01:52:12	01:51:58	1534	No Pain No Gain	V35	296
1485	255	Rui Veiga	00:55:45	01:52:13	01:50:48	1477		V50	141
1486	1085	Rita Aguiar	00:56:48	01:52:14	01:50:51	1482		Senior	38
1487	2431	Antonino Barras	00:55:18	01:52:14	01:51:08	1498		V35	297
1488	2227	Andreia Tourais	00:55:52	01:52:17	01:51:10	1501	GFD Running	Senior	39
1489	148	Francisco Rego	00:57:14	01:52:19	01:51:22	1511		V45	219
1490	2518	André Noronha	00:58:13	01:52:19	01:50:19	1455	SSCGD	V50	142
1491	409	Ricardo Ribeiro	00:55:37	01:52:25	01:51:22	1510		Senior	254
1492	216	Rui Silva	00:55:49	01:52:26	01:50:51	1483		V40	304
1493	927	José Pinto	00:53:49	01:52:27	01:52:02	1538	hot runners	Senior	255
1494	2183	Manuel Anastácio	00:55:15	01:52:30	01:52:15	1550		V45	220
1495	519	Isaac Carrêlo	00:56:45	01:52:31	01:51:43	1519	Clube ANACOM	V50	143
1496	1415	Manuel Gomes	00:57:34	01:52:31	01:50:13	1454	Clube ANACOM	V50	144
1497	308	Pedro Correia	00:55:57	01:52:33	01:50:54	1485		V35	298
1498	2340	Rui Pedro	00:56:14	01:52:37	01:52:05	1542	OS PERIGOSOS	Senior	256
1499	57	Rui Barros	00:55:17	01:52:39	01:51:58	1533		V45	221
1500	2561	Pedro Monteiro	00:51:52	01:52:40	01:50:49	1479	Traillers	V50	145
1501	1536	Pedro Nunes	00:53:19	01:52:41	01:50:27	1458		V40	305

**20** CASCAIS  
 - - - - CORRIDA

CASCAIS **5** km  
 RÁPIDINHA

15 DE FEVEREIRO 2015  
 BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1502	981	Luís Duarte	00:57:01	01:52:42	01:51:47	1523		V45	222
1503	1100	Carla Rodrigues	00:56:40	01:52:42	01:52:01	1537	Magic Runners	V40	25
1504	1055	João Lourenço	00:56:39	01:52:42	01:51:39	1518		V50	146
1505	2631	Pedro Braz	00:54:44	01:52:44	01:52:12	1548		V50	147
1506	1148	Sérgio Caneira	00:59:21	01:52:44	01:51:11	1502		V40	306
1507	1395	Mário Lino	00:57:32	01:52:46	01:50:49	1481		V50	148
1508	1145	Jorge Doellinger	00:54:54	01:52:47	01:52:09	1545		V35	299
1509	72	Joaquim Gamito	00:58:08	01:52:50	01:51:55	1529		V50	149
1510	1378	Mauro Machado	00:58:09	01:52:50	01:51:54	1528		Senior	257
1511	412	Pedro Correia	00:57:18	01:52:52	01:51:22	1512		V35	300
1512	2355	Nuno Santos	00:48:52	01:52:54	01:52:02	1539	Desportivo Monte Real	Senior	258
1513	331	Natacha Mouco	00:57:26	01:52:54	01:52:07	1544		Senior	40
1514	474	Carlos Machado	00:54:53	01:52:55	01:50:30	1461		V35	301
1515	1008	Miguel Vale	01:00:42	01:52:55	01:51:16	1506		V40	307
1516	473	Paulo Patricio	00:55:42	01:52:58	01:51:56	1531		V40	308
1517	2194	Marisa Chemela	00:55:33	01:52:59	01:52:29	1559	Urban Hiit	V35	28
1518	2411	Pedro Sa	00:58:49	01:53:04	01:51:05	1495		V45	223
1519	339	Gonçalo Malheiro	00:58:40	01:53:08	01:51:11	1503		V40	309
1520	1160	João Ferreira	00:55:37	01:53:08	01:51:39	1517		V50	150



**20** CASCAIS  
 - - - - CORRIDA

CASCAIS **5** km  
 RÁPIDINHA

15 DE FEVEREIRO 2015  
 BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1521	982	Ricardo Viegas	00:56:44	01:53:09	01:52:13	1549		V35	302
1522	1420	João Teixeira	00:59:22	01:53:13	01:50:47	1474		V45	224
1523	1289	Jorge Canhao	00:57:02	01:53:14	01:51:20	1507	CLUBE MILLENNIUM BCP	V50	151
1524	1290	Maria Barroca	00:57:02	01:53:14	01:51:20	1509	CLUBE MILLENNIUM BCP	V50	3
1525	1504	João Pedroso	00:54:06	01:53:16	01:53:07	1595	VdAtletas	V50	152
1526	1822	Raúl Costa	00:57:02	01:53:16	01:52:45	1573	Clube Robbialac	V50	153
1527	298	Sandra Arraias	00:57:52	01:53:16	01:51:06	1496	Os Arraias	Senior	41
1528	965	João Venâncio	00:58:34	01:53:16	01:51:28	1514		V40	310
1529	2361	Patricia Ferreira	00:56:23	01:53:17	01:52:47	1574	Estoril Praia	V35	29
1530	1999	Luís Matos	00:55:46	01:53:19	01:52:04	1541		V45	225
1531	1038	Hugo Freire	00:56:15	01:53:20	01:52:09	1546		Senior	259
1532	2559	António Pedro	00:59:08	01:53:22	01:50:51	1484		V40	311
1533	1060	Mário Duarte	00:58:55	01:53:22	01:50:46	1472		V40	312
1534	1211	Pedro Coelho	00:51:13	01:53:25	01:52:54	1583		V35	303
1535	1265	Joao Caeiro	00:58:49	01:53:26	01:52:00	1536	CLUBE MILLENNIUM BCP	V40	313
1536	1204	Jorge Esteves	00:57:41	01:53:27	01:51:56	1530		V50	154
1537	1205	Elsa Mota	00:57:41	01:53:27	01:51:57	1532		V50	4
1538	1737	Maria Gonçalves	00:57:05	01:53:30	01:51:50	1524		V40	26
1539	1713	Helio Godinho	00:56:11	01:53:31	01:51:00	1493		V60	47

**20** CASCAIS  
CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1540	915	António Pais	00:57:13	01:53:36	01:51:39	1516	NucleOeiras/Sportzone	V65	16
1541	1464	Luisa Pisco	00:56:04	01:53:37	01:52:57	1587	koxus	V50	5
1542	349	Gilberto Gonçalves	01:00:02	01:53:38	01:51:44	1520	Clube Atletismo Amigos de Belém	V65	17
1543	645	Belina Talaia	00:56:28	01:53:39	01:53:13	1602	Samorunning	V40	27
1544	1677	Francisco Silva	01:00:39	01:53:43	01:51:20	1508	TRY@LEAST	V45	226
1545	2649	Nuno Gonçalves	00:57:08	01:53:44	01:53:38	1624	Clube Olimpico de Oeiras	V40	314
1546	1054	Adriano Cunha	00:57:20	01:53:46	01:52:28	1558		V60	48
1547	956	Vasco Alpalhão	00:59:17	01:53:46	01:51:59	1535	Alpalhão	V45	227
1548	1905	Alexandre Pinto	00:55:51	01:53:47	01:52:37	1566		V55	84
1549	1294	Mario Mendes	00:56:49	01:53:47	01:52:57	1586	CLUBE MILLENNIUM BCP	V45	228
1550	2681	Daniel Oliveira	00:58:37	01:53:47	01:51:44	1521		Senior	260
1551	1621	Albano Alves	00:57:44	01:53:49	01:53:11	1601	AÇOREANA CLUBE BANIF	V55	85
1552	150	Nuno Estacio	00:59:54	01:53:57	01:51:25	1513		V35	304
1553	423	Paulo Ribeiro	00:57:44	01:53:58	01:52:38	1568	RunLovers	V50	155
1554	426	Franco Wudich	00:57:44	01:53:58	01:52:37	1567	RunLovers	V50	156
1555	1150	José Mendes	00:53:37	01:53:59	01:53:15	1606	AZ Runners	V40	315
1556	1418	João Catarino	00:59:18	01:53:59	01:51:51	1526	Clube do Stress	V55	86
1557	534	Casimiro Ferreira	00:59:16	01:53:59	01:51:52	1527	Clube do Stress	V70	7
1558	1142	Rodrigo Costeira	00:56:54	01:54:00	01:53:04	1593		Senior	261

**20** CASCAIS  
 - - - - CORRIDA

CASCAIS **5** km  
 RÁPIDINHA

15 DE FEVEREIRO 2015  
 BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1559	1344	Marco Goncalves	01:00:15	01:54:02	01:51:51	1525	Up With Bambu	V35	305
1560	2757	Frederico Abraão	00:55:09	01:54:04	01:52:11	1547		V35	306
1561	858	Rui Vasques	00:57:10	01:54:06	01:52:36	1565		V45	229
1562	2001	Susana Climas	00:57:09	01:54:06	01:52:49	1578	Os Caracóis Furiosos	Senior	42
1563	2000	Miguel Silva	00:57:09	01:54:06	01:52:49	1577	Os Caracóis Furiosos	V45	230
1564	2205	Carlos Gasopo	00:57:52	01:54:07	01:52:43	1571		V50	157
1565	1026	Diogo Vieira	00:57:47	01:54:09	01:53:00	1589		V35	307
1566	1670	Adalberto Grilo	00:56:47	01:54:10	01:53:38	1623		V50	158
1567	1388	José Duarte	00:59:24	01:54:10	01:51:45	1522	The Lisbon MBA 2014	Senior	262
1568	1322	Jorge Soares	00:57:02	01:54:12	01:52:17	1552	CLUBE MILLENNIUM BCP	V45	231
1569	2176	Manuel Cardoso	00:57:06	01:54:13	01:53:34	1622	"A Rota em Movimento"	V45	232
1570	278	Carla Oliveira	00:55:52	01:54:14	01:53:39	1625		V40	28
1571	1101	João Monteiro	00:56:48	01:54:14	01:53:20	1609		V35	308
1572	478	José Costa	00:58:54	01:54:20	01:52:19	1554		V50	159
1573	1132	Rui Salgado	00:53:31	01:54:23	01:53:07	1594		V40	316
1574	931	José Santos	00:57:26	01:54:23	01:52:42	1570		V50	160
1575	1157	Marília Ribeiro	00:53:51	01:54:25	01:53:52	1640		Senior	43
1576	1199	Francisco Vieira	00:59:26	01:54:26	01:52:16	1551	Fast & Furious Runners Team	V45	233
1577	1259	Carlos Ferreira	00:55:50	01:54:28	01:53:22	1611	NUCLEO DESPORTIVO AUTOCOOPE	V55	87

**20** CASCAIS  
CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1578	2475	Pedro Norton	00:58:02	01:54:28	01:53:44	1630		V45	234
1579	1735	Mario Domingues	00:56:50	01:54:29	01:52:48	1576		V40	317
1580	1936	Marlene Santos	00:57:36	01:54:29	01:53:11	1599		Senior	44
1581	678	Iris Mauricio	00:56:52	01:54:30	01:53:50	1635	Casa do Benfica de Algueirão Mem Martins	V35	30
1582	926	Carla Mendes	00:57:04	01:54:31	01:53:14	1604		V35	31
1583	872	Andreia Costa	00:57:04	01:54:31	01:53:14	1605		V35	32
1584	2391	Miguel Moradias	00:59:40	01:54:32	01:52:55	1585	Valadares	V45	235
1585	903	Alexandre Domingos	01:00:27	01:54:35	01:52:02	1540		V40	318
1586	1354	Filomena Jacinto	00:56:42	01:54:35	01:53:30	1617	Os Amigos da Alameda	V45	23
1587	1475	Nuno Mendes	00:58:43	01:54:35	01:52:53	1581	Grupo dos Primos e Amigos	V40	319
1588	1337	Rui Fernandes	00:53:40	01:54:35	01:52:50	1579		V40	320
1589	1128	Fernando Saraiva	01:00:57	01:54:37	01:53:52	1638		V55	88
1590	1994	António Morgado	00:55:01	01:54:39	01:54:18	1658	Clube ANA Lisboa	V55	89
1591	711	Nuno Melo	00:51:13	01:54:40	01:53:14	1603		V35	309
1592	968	Nuno Nascimento	00:59:29	01:54:41	01:53:53	1641		V40	321
1593	2419	Joaquim Botelho	00:57:14	01:54:41	01:52:38	1569	Clube Bolinha	V55	90
1594	680	Ana Martins	00:56:34	01:54:42	01:54:11	1654	Casa do Benfica de Algueirão Mem Martins	V40	29
1595	949	João Pratas	00:54:35	01:54:42	01:53:49	1634		V50	161
1596	879	João Medeiros	01:00:26	01:54:42	01:52:05	1543		V35	310

# 20 CASCAIS CORRIDA

## CASCAIS 5km RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1597	1224	Ricardo Matias	00:57:48	01:54:42	01:52:43	1572		Senior	263
1598	79	Luis Silva	00:58:32	01:54:44	01:54:21	1661		V60	49
1599	78	Catherine Silva	00:58:32	01:54:45	01:54:21	1663		V55	4
1600	2384	Ana Azevedo	00:59:05	01:54:46	01:52:25	1557	Grupo Desportivo Roche Portugal	V45	24
1601	2738	Catarina Pereira	00:58:49	01:54:47	01:53:04	1592		V35	33
1602	481	Maria Matos	01:00:03	01:54:47	01:53:27	1616		V55	5
1603	2406	Phelim O'kane	00:58:32	01:54:47	01:53:00	1588	OS ZATOPEQUES	V55	91
1604	2254	Carla Fernandes	00:57:03	01:54:48	01:53:41	1627	Correr Lisboa	V35	34
1605	748	Filipe Mayer	00:59:24	01:54:49	01:52:25	1556		V35	311
1606	2245	José Lourenço	00:55:23	01:54:52	01:52:18	1553		V40	322
1607	1307	Oscar Marques	00:57:18	01:54:53	01:53:16	1607	CLUBE MILLENNIUM BCP	V60	50
1608	51	Carla Morgado	00:58:17	01:54:54	01:52:48	1575		V40	30
1609	355	Rita Carvalho	00:58:40	01:54:55	01:52:31	1560	Surf Runners	Senior	45
1610	2347	Pedro Pimenta	00:58:40	01:54:56	01:52:32	1563	Surf Runners	V35	312
1611	1980	José Santos	00:55:31	01:54:56	01:54:18	1656	Clube ANA Lisboa	V45	236
1612	2547	Pedro Claudio	00:58:40	01:54:57	01:52:33	1564	SSCGD	V45	237
1613	1954	Paulo Neves	00:56:00	01:54:58	01:53:32	1621	CCD Sintrense	V35	313
1614	826	Diogo Ferreira	00:57:26	01:54:58	01:54:29	1668		V40	323
1615	1514	Luis Grangeia	00:55:21	01:55:01	01:53:11	1600	VdAtletas	V35	314

**20** CASCAIS  
 - - - - CORRIDA

CASCAIS **5** km  
 RÁPIDINHA

15 DE FEVEREIRO 2015  
 BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1616	750	Nuno Malaquias	01:00:40	01:55:02	01:52:24	1555		V35	315
1617	2170	Américo Carvalho	00:57:14	01:55:03	01:53:02	1590		V40	324
1618	1272	Pedro Pires	00:57:06	01:55:03	01:53:52	1637	CLUBE MILLENNIUM BCP	V45	238
1619	1032	Fabio Pereira	00:56:50	01:55:03	01:52:50	1580	Sporting Clube de Casainhos	Senior	264
1620	94	João Carrinho	00:55:57	01:55:04	01:54:27	1667		V50	162
1621	1381	Adelaide Manhica	00:59:22	01:55:06	01:52:53	1582		V55	6
1622	300	Tiago Marques	00:56:04	01:55:06	01:53:26	1614	Grupo Coral do Cante Enquante Corre	V40	325
1623	250	João Valérior	01:00:17	01:55:06	01:53:08	1598	LEBRES E TARTARUGAS	V60	51
1624	2294	Paulo Cruz	00:58:15	01:55:07	01:53:08	1596		V55	92
1625	2638	David Nascimento	01:01:11	01:55:08	01:46:01	1222	Correr Lisboa	Senior	265
1626	317	Manuel Gomes	00:57:24	01:55:09	01:53:08	1597	clube marginal	V45	239
1627	1082	Manuel Fernandes	00:55:28	01:55:09	01:54:45	1678		V55	93
1628	2140	Artur Freire	01:00:40	01:55:09	01:52:32	1562		Senior	266
1629	2534	João Marques	01:00:40	01:55:09	01:52:32	1561	SSCGD	V35	316
1630	1823	José Vilela	00:57:01	01:55:09	01:54:38	1676	Clube Robbialac	V50	163
1631	2587	Sérgio Sales	00:52:26	01:55:09	01:53:03	1591		Senior	267
1632	733	Luis Santos	00:54:12	01:55:09	01:53:21	1610		V45	240
1633	2357	Florêncio Coelho	00:55:50	01:55:10	01:54:25	1666	Desportivo Monte Real	V65	18
1634	403	Ana Santos	00:57:45	01:55:10	01:53:27	1615		V35	35

**20** CASCAIS  
CORRIDA

CASCAIS **5**km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1635	1127	Pedro Silva	00:55:20	01:55:11	01:54:22	1664		Senior	268
1636	2110	Nuno Pedroso	00:57:04	01:55:12	01:53:43	1628		V40	326
1637	741	José Melo	00:57:54	01:55:12	01:53:44	1629		V40	327
1638	1421	Célia Nuno	00:59:56	01:55:13	01:53:49	1633	Hand2Hand	V45	25
1639	76	José Reis	00:57:22	01:55:15	01:53:55	1642		V60	52
1640	420	Helena Leitão	00:56:51	01:55:16	01:54:09	1651	RunLovers	V40	31
1641	189	Filipe Silva	00:56:42	01:55:17	01:54:10	1652		V50	164
1642	1434	Carlos Videira	00:57:56	01:55:19	01:54:48	1679		V60	53
1643	1527	Alberto Leal	00:59:12	01:55:20	01:53:32	1619		V45	241
1644	1485	César Mesquita	00:59:13	01:55:21	01:53:32	1620		V55	94
1645	2375	Henrique Menezes	00:56:09	01:55:23	01:54:53	1684		V50	165
1646	1226	Pedro Fernandes	00:59:58	01:55:25	01:54:21	1662		V40	328
1647	1638	Maria Esperança	00:57:30	01:55:28	01:55:12	1706		V35	36
1648	2013	Francisco Afonso	00:58:39	01:55:28	01:53:26	1613		V50	166
1649	1529	Pedro Trigo	00:57:30	01:55:30	01:53:22	1612	Os Conta-Kilómetros	Senior	269
1650	572	Isabel Faria	00:59:52	01:55:30	01:53:55	1643		V40	32
1651	1129	Carla Silva	00:59:58	01:55:33	01:53:47	1632		V40	33
1652	123	Pedro Ribeiro	00:58:24	01:55:34	01:53:17	1608		V40	329
1653	1399	Sónia Rei	00:58:58	01:55:35	01:54:32	1671		V35	37

**20** CASCAIS  
 - - - - CORRIDA

CASCAIS **5** km  
 RÁPIDINHA

15 DE FEVEREIRO 2015  
 BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1654	237	Jorge Pires	00:57:31	01:55:35	01:54:10	1653		V60	54
1655	1397	António Guerreiro	00:58:58	01:55:35	01:54:32	1672		V45	242
1656	90	Rui Girão	00:55:15	01:55:36	01:54:00	1646		Senior	270
1657	2050	Nuno Miguel	00:57:40	01:55:42	01:54:18	1657		V40	330
1658	1052	Angelo Silva	00:59:15	01:55:43	01:54:49	1680		V60	55
1659	1864	Marisa Costa	00:57:05	01:55:44	01:55:00	1691		V35	38
1660	1068	Jose Vermelhudo	00:58:30	01:55:45	01:53:39	1626		V55	95
1661	1867	Sandra Gaspar	00:58:18	01:55:46	01:55:10	1703		V35	39
1662	2399	Márcio Basílio	00:57:37	01:55:49	01:55:10	1705		Senior	271
1663	1164	Daniela Moreira	00:57:35	01:55:51	01:54:04	1649		Senior	46
1664	946	Bruno Ricardo	00:57:40	01:55:55	01:53:50	1636		V50	167
1665	2409	Célia Silveira	00:58:09	01:55:56	01:55:02	1697		V40	34
1666	276	Jose Nogueira	00:59:58	01:55:56	01:53:30	1618		V50	168
1667	1053	Eduardo Castela	00:57:16	01:55:57	01:54:31	1669		Senior	272
1668	735	Pedro Morais	00:57:08	01:56:03	01:55:21	1713		V40	331
1669	2358	Margarida Coelho	00:56:04	01:56:04	01:55:19	1711	Desportivo Monte Real	V65	1
1670	1755	António Cerejo	00:57:12	01:56:10	01:55:03	1698	Correr Lisboa	V40	332
1671	1221	Ricardo Gomes	01:00:28	01:56:11	01:54:51	1681	Arrow Portugal	V40	333
1672	1220	Carlos Rebelo	01:00:27	01:56:11	01:54:51	1682	Arrow Portugal	V35	317



**20** CASCAIS  
 - - - - CORRIDA

CASCAIS **5** km  
 RÁPIDINHA

15 DE FEVEREIRO 2015  
 BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1673	1425	Magadiel Lopes	00:57:17	01:56:15	01:55:30	1719	GDC Fidelidade	V45	243
1674	180	António Lopes	00:57:22	01:56:15	01:55:24	1715		V60	56
1675	592	Gonçalo Lopes	00:58:28	01:56:17	01:54:03	1648	Run Buddy Run	V35	318
1676	2281	Nuno Duarte	00:58:26	01:56:17	01:54:19	1659	GDCT Unicre	V35	319
1677	820	Maria Fatuda	00:58:29	01:56:19	01:55:05	1699	G. R. D. Ribeira da Lage	V55	7
1678	1166	David Samuel	00:58:33	01:56:19	01:53:52	1639		V45	244
1679	1017	Cláudio Caseiro	00:59:14	01:56:20	01:53:46	1631		V35	320
1680	1198	Paula Bakker	01:00:31	01:56:21	01:54:12	1655	Fast & Furious Runners Team	V40	35
1681	2657	Teresa Sepúlveda	00:56:43	01:56:24	01:56:21	1755	Clube Olimpico de Oeiras	Senior	47
1682	2315	Maria Almeida	00:58:29	01:56:24	01:55:43	1728		V50	6
1683	1390	Carlos Watson-Ferreira	01:01:42	01:56:25	01:54:01	1647	The Lisbon MBA 2014	Senior	273
1684	548	Rui Morais	00:58:06	01:56:29	01:55:08	1701		V35	321
1685	2577	Bernardo Mota	01:01:47	01:56:31	01:54:31	1670		V40	334
1686	920	Carlos Lopes	00:54:03	01:56:31	01:55:34	1722		Senior	274
1687	274	Judite Baixinho	00:58:17	01:56:34	01:55:57	1738		Senior	48
1688	273	Jose Baixinho	00:58:33	01:56:34	01:55:57	1737		V55	96
1689	69	Gonçalo Rey	00:56:53	01:56:36	01:53:59	1645		V35	322
1690	1574	Lúcio Silva	00:59:07	01:56:36	01:54:34	1673	Grupo Desportivo Santander Totta	V45	245
1691	205	Ricardo Romão	01:02:04	01:56:37	01:53:58	1644		V35	323

**20** CASCAIS  
- - - - CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1692	2019	Edgar David	00:59:50	01:56:39	01:54:05	1650	Grupo Recreativo e Desportivo "OS FIXES"	V50	169
1693	50	Francisco Linhol	00:58:17	01:56:42	01:54:36	1675		V60	57
1694	2551	Rui Pereira	01:00:06	01:56:42	01:52:54	1584	SSCGD	V40	335
1695	2148	Paulo Dias	01:00:35	01:56:46	01:55:02	1693		V50	170
1696	2100	Cheila Dias	01:00:34	01:56:46	01:55:02	1694		Senior	49
1697	258	Pedro Neto	00:57:01	01:56:48	01:54:20	1660		Senior	275
1698	2469	Luís Pereira	00:51:15	01:56:51	01:56:48	1769		V50	171
1699	2693	Antonio Fonseca	00:56:24	01:56:51	01:56:05	1745		V65	19
1700	1687	Ricardo Matos	00:56:04	01:56:54	01:55:09	1702		V35	324
1701	2594	Céu Viegas	00:55:40	01:56:54	01:56:48	1770	Pavitenis	V50	7
1702	801	Sérgio Nunes	00:59:21	01:56:55	01:55:37	1724		V35	325
1703	393	Otelinda Sousa	00:58:36	01:56:55	01:55:07	1700		V35	40
1704	2253	Rui Carvalho	00:59:32	01:56:55	01:54:59	1690		Senior	276
1705	1343	Marco Libório	01:00:14	01:56:56	01:54:44	1677	Up With Bambu	V35	326
1706	942	Luis Grave	00:58:51	01:56:57	01:55:32	1721	OS ZATOPEQUES	V55	97
1707	2390	Joaquim Valadares	00:59:39	01:56:57	01:55:20	1712	Valadares	V50	172
1708	1477	Rui Ribeiro	00:58:45	01:56:57	01:55:16	1708	Grupo dos Primos e Amigos	V40	336
1709	2590	José Duarte	00:59:07	01:56:58	01:55:41	1727		V35	327
1710	2542	Marcolino Veríssimo	01:00:12	01:56:58	01:54:24	1665	SSCGD	V40	337

**20** CASCAIS  
 - - - - CORRIDA

CASCAIS **5** km  
 RÁPIDINHA

15 DE FEVEREIRO 2015  
 BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1711	1476	Nuno Carrolo	00:58:46	01:57:00	01:55:18	1710	Grupo dos Primos e Amigos	V40	338
1712	383	Carlos Freire	00:59:01	01:57:02	01:55:31	1720		V40	339
1713	2171	Bernardo Gomes	01:02:19	01:57:04	01:54:52	1683		Senior	277
1714	1775	Virgilio Carlos	00:57:30	01:57:05	01:56:06	1747	NAZABOBODA	V50	173
1715	269	Fernando Araújo	00:55:34	01:57:06	01:56:34	1761		V40	340
1716	1162	Rodrigo Albergaria	00:59:49	01:57:06	01:54:55	1686		V45	246
1717	1218	João Costa	00:59:49	01:57:06	01:54:55	1687		V40	341
1718	74	Nuno Loureiro	00:58:54	01:57:08	01:54:54	1685	Falcões Selvagens	V45	247
1719	2636	Julio Miranda	00:59:24	01:57:09	01:55:02	1695		V55	98
1720	2626	Vítor Canto	01:00:40	01:57:10	01:54:35	1674		V40	342
1721	1525	Maria Fernandes	00:58:15	01:57:13	01:55:10	1704		V45	26
1722	1947	Ricardo Costa	01:01:13	01:57:14	01:55:01	1692	Os Coxos	V35	328
1723	2687	Pedro Gonçalves	00:58:14	01:57:16	01:56:09	1750		V40	343
1724	2614	Eduardo Amado	00:54:50	01:57:16	01:54:57	1688		V40	344
1725	2595	Pedro C.C.Almeida	00:54:50	01:57:16	01:54:57	1689		V40	345
1726	2702	Diogo Pereira	00:57:55	01:57:18	01:55:16	1707		V35	329
1727	2057	Ana Matias	00:59:31	01:57:18	01:55:44	1730	CLUBE COLABORADORES AXA	V45	27
1728	666	Patricia Pedro	00:58:37	01:57:20	01:56:33	1760	Casa do Benfica de Algueirão Mem Martins	V45	28
1729	489	Daniel Carvalho	01:00:24	01:57:22	01:55:17	1709		Senior	278

**20** CASCAIS  
CORRIDA

CASCAIS **5**km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1730	1305	Antonio Jorge	01:00:03	01:57:25	01:55:58	1740	CLUBE MILLENNIUM BCP	V50	174
1731	207	Paulo Lapão	01:00:36	01:57:28	01:55:39	1725		V45	248
1732	1277	Fernando Almeida	00:59:16	01:57:29	01:55:53	1736	CLUBE MILLENNIUM BCP	V45	249
1733	296	Joao Sotomayor	00:58:46	01:57:30	01:56:09	1749		V50	175
1734	2668	Angela Silva	01:00:05	01:57:33	01:55:02	1696		V35	41
1735	2394	Ana Marques	00:59:01	01:57:34	01:55:28	1718		V40	36
1736	2532	João Correia	00:58:21	01:57:36	01:55:58	1739	SSCGD	V50	176
1737	243	João Campos	00:59:47	01:57:37	01:55:59	1741		V40	346
1738	1785	Renato Lopes	00:57:45	01:57:37	01:56:50	1773		V35	330
1739	2182	Fernando Lopes	01:00:44	01:57:37	01:55:47	1733	Gil Eanes Running	V40	347
1740	2273	Mário Gonçalves	01:00:45	01:57:39	01:55:48	1734	Gil Eanes Running	V45	250
1741	606	Alberto Domingues	01:01:56	01:57:39	01:56:08	1748		V40	348
1742	2230	Fábio Domingos	00:56:56	01:57:40	01:56:47	1767	GFD Running	Senior	279
1743	2732	Jorge Andrade	01:03:53	01:57:41	01:55:41	1726		V50	177
1744	546	Rui Xavier	01:00:52	01:57:43	01:56:26	1758	Clube EDP - Lisboa	V45	251
1745	815	Artur Pereira	00:56:39	01:57:43	01:57:00	1779	Magic Runners	V40	349
1746	814	Sara Cunha	00:56:40	01:57:43	01:57:00	1778	Magic Runners	V35	42
1747	2359	Hugo Rebelo	01:00:04	01:57:44	01:55:21	1714	Desportivo Monte Real	V40	350
1748	1967	Carlos Varela	01:00:09	01:57:45	01:55:46	1732		V45	252

**20** CASCAIS  
 - - - - CORRIDA

CASCAIS **5** km  
 RÁPIDINHA

15 DE FEVEREIRO 2015  
 BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1749	1379	Tiago Pinhel	00:58:02	01:57:46	01:55:52	1735		Senior	280
1750	2138	Carolina Leal	01:00:49	01:57:46	01:56:23	1756		V35	43
1751	410	João Domingues	00:59:25	01:57:48	01:56:01	1742		V40	351
1752	446	Nuno Martins	00:54:05	01:57:50	01:56:17	1754		Senior	281
1753	2104	Isabel Ferreira	01:00:30	01:57:51	01:55:36	1723	Clube Desportivo TCPI	V50	8
1754	1291	Antonio Santos	00:58:20	01:57:52	01:57:12	1784	CLUBE MILLENNIUM BCP	V50	178
1755	2545	Paulo Andrade	00:56:25	01:57:55	01:56:55	1777	SSCGD	V40	352
1756	1945	Filipe Cunha	01:01:13	01:57:57	01:55:43	1729	Os Coxos	Senior	282
1757	1856	António Costa	00:59:07	01:57:59	01:57:17	1787		V50	179
1758	2262	Rito Correia	01:00:56	01:57:59	01:56:10	1751		Senior	283
1759	40	Tiago Teixeira	01:00:55	01:57:59	01:56:11	1752		Senior	284
1760	2353	Isabel Oleiro	00:59:56	01:58:01	01:57:12	1785	Desportivo Monte Real	V40	37
1761	2354	Licínia Rego	00:59:56	01:58:01	01:56:25	1757	Desportivo Monte Real	V45	29
1762	898	Luís Fagulha	01:00:22	01:58:06	01:55:28	1717		Senior	285
1763	642	Tiago Magalhaes	00:57:00	01:58:07	01:55:45	1731	Runners do Travesseiro	V35	331
1764	2484	Renato Silva	00:53:39	01:58:09	01:57:13	1786	Winners Team WR	Senior	286
1765	309	Jorge Francisco	00:54:46	01:58:14	01:57:39	1802		V35	332
1766	2330	Ivan Guerra	00:59:42	01:58:17	01:56:11	1753		V35	333
1767	1885	Maria Knapic	00:58:53	01:58:18	01:57:50	1806		V60	2

# 20 CASCAIS CORRIDA

## CASCAIS 5 km RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1768	1102	Raquel Franco	00:58:41	01:58:19	01:56:50	1772		V35	44
1769	1996	Tania Saraiva	00:57:04	01:58:19	01:56:50	1771		Senior	50
1770	1715	Nuno Duarte	00:58:15	01:58:22	01:56:37	1763		V40	353
1771	2122	Jose Troncoso	00:59:16	01:58:28	01:57:21	1788		V50	180
1772	1530	Tiago Gama	01:00:33	01:58:30	01:56:05	1744		Senior	287
1773	1441	Rui Rompante	01:00:34	01:58:30	01:56:05	1746		Senior	288
1774	2135	Sergio Amaral	00:58:00	01:58:32	01:57:09	1781		V35	334
1775	1269	Miguel Santos	00:59:17	01:58:35	01:56:48	1768	CLUBE MILLENNIUM BCP	V50	181
1776	89	Helena Moreira	00:59:06	01:58:35	01:57:44	1805		V35	45
1777	2287	Jose Milagres	00:58:31	01:58:35	01:56:51	1774	GDCT Unicre	V55	99
1778	2124	Joana Albuquerque	01:00:51	01:58:36	01:57:41	1803		V40	38
1779	1610	Claudia Tam	01:00:42	01:58:37	01:56:54	1776	AÇOREANA CLUBE BANIF	Senior	51
1780	747	Alberto Galamba	01:00:53	01:58:38	01:57:23	1791		V45	253
1781	2676	Artur Costa	01:04:34	01:58:38	01:56:03	1743		V50	182
1782	1435	Carlos Mendes	00:59:37	01:58:38	01:57:54	1807	Clube Ferroviario de Portugal	V50	183
1783	1401	Tiago Gameiro	00:58:59	01:58:43	01:57:29	1796		Senior	289
1784	2560	Carlos Costa	00:57:32	01:58:45	01:56:53	1775	Traillers	V45	254
1785	638	Sandra Silva	00:59:39	01:58:46	01:57:10	1782		V40	39
1786	325	Pedro Figueiredo	01:00:46	01:58:47	01:56:29	1759	GO!Runners	V40	354

**20** CASCAIS  
 - - - - CORRIDA

CASCAIS **5** km  
 RÁPIDINHA

15 DE FEVEREIRO 2015  
 BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1787	573	Hugo Palma	01:00:26	01:58:48	01:56:34	1762		Senior	290
1788	1493	Helena Rosa	01:00:36	01:58:48	01:57:06	1780	N.A."OS PAPAGAIOS DE CASCAIS"	V45	30
1789	2641	Mário Pires	01:00:56	01:58:50	01:57:44	1804		V50	184
1790	1874	Sandro Prates	00:57:36	01:58:54	01:57:56	1810		V35	335
1791	363	Jose Dias	00:57:29	01:58:58	01:58:02	1814		V50	185
1792	677	Fernando Ferreira	01:00:57	01:59:00	01:58:15	1822	Casa do Benfica de Algueirão Mem Martins	V75	2
1793	1505	Francisco Noronha	01:01:18	01:59:01	01:57:10	1783	VdAtletas	V50	186
1794	669	Antonio Ginjeira	00:58:18	01:59:01	01:57:36	1801	Casa do Benfica de Algueirão Mem Martins	V70	8
1795	1987	Luis Lopes	01:00:46	01:59:02	01:56:45	1766	ATLETAS DE PESO	V55	100
1796	1593	Raúl Matos	01:00:36	01:59:06	01:57:29	1795		V45	255
1797	344	Manuel Potes	00:59:25	01:59:13	01:57:55	1808		V40	355
1798	1917	Paulo Dionisio	01:00:52	01:59:15	01:57:55	1809		V45	256
1799	1908	José Oliveira	01:01:33	01:59:18	01:58:51	1849	Associação de Atletismo Lebres do Sado	V40	356
1800	1714	Nuno Pacheco	01:00:53	01:59:18	01:58:51	1850		V45	257
1801	2326	Helena Neto	01:01:01	01:59:20	01:58:30	1835	MAPUTO Girls	V40	40
1802	1083	António Teixeira	00:58:59	01:59:24	01:58:11	1819		V35	336
1803	1135	Martin Adams	01:01:08	01:59:26	01:57:33	1798		V55	101
1804	676	Ricardo Sousa	01:00:55	01:59:27	01:58:01	1812	Casa do Benfica de Algueirão Mem Martins	V40	357
1805	1992	Deolinda Santos	01:02:41	01:59:28	01:57:28	1794	Clube ANA Lisboa	V40	41

# 20 CASCAIS km CORRIDA

## CASCAIS 5 km RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1806	81	Valter Lopes	00:59:35	01:59:29	01:58:15	1821		V35	337
1807	2461	Luis Martins	00:57:49	01:59:30	01:58:06	1816		V50	187
1808	2743	Maria Maçanita	01:00:38	01:59:30	01:57:59	1811		V35	46
1809	2643	António Bila	01:01:05	01:59:30	01:58:18	1824	Clube Olimpico de Oeiras	V55	102
1810	1918	André Dionisio	01:00:52	01:59:34	01:58:14	1820		Junior	6
1811	447	Rui Almeida	01:00:53	01:59:34	01:57:22	1790		V35	338
1812	1921	Mª Lopes	01:00:49	01:59:36	01:56:44	1764	N.A."OS PAPAGAIOS DE CASCAIS"	Senior	52
1813	1488	João Lopes	01:00:48	01:59:36	01:56:45	1765	N.A."OS PAPAGAIOS DE CASCAIS"	Senior	291
1814	1535	Gonçalo Delca	01:02:40	01:59:36	01:57:36	1800		V40	358
1815	2543	Patricia Morais	01:00:50	01:59:39	01:58:25	1830	SSCGD	V35	47
1816	608	Jose Santos	01:01:24	01:59:39	01:58:35	1838		V45	258
1817	607	Joaquim Santos	01:01:25	01:59:40	01:58:36	1839		V60	58
1818	585	António Jorge	01:00:57	01:59:42	01:57:21	1789		V60	59
1819	759	Ana Ferreira	00:58:34	01:59:43	01:58:36	1840	Clube Novo Banco	V45	31
1820	2558	Clara Lourenço	00:59:11	01:59:44	01:58:45	1845		V40	42
1821	1123	Vitor Escária	01:03:15	01:59:44	01:58:48	1847	Escaria&Friends	V40	359
1822	656	José Mestre	00:58:36	01:59:46	01:58:08	1817	GD Banco BPI	V55	103
1823	2111	Lita Veiga	00:58:42	01:59:47	01:58:18	1823		V35	48
1824	1387	Barbara Alexandre	01:00:17	01:59:50	01:57:26	1793	The Lisbon MBA 2014	Senior	53



**20** CASCAIS  
CORRIDA

CASCAIS 5 km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1825	1020	Rui Nunes	00:59:48	01:59:51	01:57:24	1792	Run em all	Senior	292
1826	316	Manuel Reia	01:00:28	01:59:52	01:57:35	1799	clube marginal	V65	20
1827	851	Paula Machado	01:00:36	01:59:53	01:58:33	1836		V60	3
1828	1976	Marco Carvalho	01:00:29	01:59:54	01:57:32	1797	Clube ANA Lisboa	V35	339
1829	975	Lurdes Silva	00:58:47	01:59:54	01:58:34	1837	Os Tugas	V45	32
1830	1656	Sandra Letras	00:59:41	01:59:56	01:59:05	1854	ODEBRECHT PORTUGAL	Senior	54
1831	1010	Gualdino Martins	01:00:51	01:59:59	01:58:25	1829	Clube Ferroviario de Portugal	V60	60
1832	1107	Susana Ferreira	01:00:53	01:59:59	01:58:22	1826		Senior	55
1833	827	Paulo Bettencourt	01:00:37	02:00:00	01:58:10	1818		V50	188
1834	364	Manuel Azevedo	00:57:55	02:00:02	01:59:27	1866	Veteranos de Massamá	V55	104
1835	2648	José Catita	01:02:40	02:00:16	01:58:18	1825	Clube Olimpico de Oeiras	V55	105
1836	2260	Luís Figueiredo	01:00:29	02:00:17	01:59:41	1869		V50	189
1837	1490	Arménio Silva	01:02:01	02:00:19	01:58:29	1831	N.A."OS PAPAGAIOS DE CASCAIS"	V75	3
1838	2548	Pedro Fontoura	00:56:17	02:00:21	01:58:42	1843	SSCGD	V40	360
1839	2557	6 Min/Km	01:00:52	02:00:21	01:58:50	1848		Junior	7
1840	1879	Bruno Jacob	01:00:30	02:00:22	01:59:33	1867	iRun	Senior	293
1841	286	Helder Rodrigues	01:02:30	02:00:24	01:59:05	1855		Senior	294
1842	2206	Lourenço Pinto	00:56:13	02:00:24	01:59:46	1872		Senior	295
1843	2025	Fábio Branco	01:00:52	02:00:25	01:58:02	1815		Senior	296

**20** CASCAIS  
CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1844	2740	Sara Silva	01:06:00	02:00:26	01:49:57	1438		Senior	56
1845	2741	Duarte Amaral	01:06:01	02:00:27	01:49:58	1439		Senior	297
1846	1165	Nuno Sottomayor	00:57:23	02:00:31	01:58:01	1813		V40	361
1847	239	Sérgio Dionísio	00:55:57	02:00:31	01:59:55	1876		V40	362
1848	2520	Antonio Negrinho	01:02:45	02:00:35	01:58:40	1841	SSCGD	V50	190
1849	862	João Caria	01:02:45	02:00:35	01:58:40	1842		Senior	298
1850	1558	António Pereira	00:56:56	02:00:41	01:59:06	1856	Grupo Desportivo Santander Totta	V45	259
1851	166	Joana Fragata	00:59:34	02:00:47	01:59:03	1853	sempre a fugir...	V35	49
1852	2412	Francisco Bastos	01:00:52	02:00:47	01:59:14	1858		Senior	299
1853	1968	Ademar Pereira	00:59:17	02:00:49	01:58:46	1846		V40	363
1854	142	Carlos José	00:56:44	02:00:51	02:00:37	1885	No Pain No Gain	V45	260
1855	976	Rui Rodrigues	01:03:52	02:00:58	01:58:24	1828	Os Tugas	V45	261
1856	1699	Paulo Morais	01:03:34	02:01:00	01:58:24	1827		V40	364
1857	2250	Isadora Costa	01:01:14	02:01:01	01:58:30	1832	4 ao Km	Senior	57
1858	2251	Vitor Gonçalves	01:01:15	02:01:01	01:58:30	1833	4 ao Km	V45	262
1859	865	Ana Pinto	01:00:47	02:01:02	01:58:44	1844		V50	9
1860	2699	Vanessa Borges	01:01:54	02:01:05	01:59:02	1851		V35	50
1861	515	Sofia Fernandes	01:01:54	02:01:05	01:59:02	1852	Clube do Stress	V35	51
1862	887	Isabel Luis	01:03:34	02:01:06	01:58:30	1834		V40	43

**20** CASCAIS  
CORRIDA

CASCAIS **5**km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1863	1793	Inês Coutinho	00:57:17	02:01:07	02:00:35	1883		Senior	58
1864	1455	Jorge Castanheira	01:00:20	02:01:11	01:59:26	1865		V45	263
1865	808	Carlos Sampaio	00:59:08	02:01:12	02:00:37	1886		V50	191
1866	12	Daniel Leitão	00:59:03	02:01:15	02:00:16	1879		V55	106
1867	837	António Tavares	01:02:19	02:01:20	01:59:19	1859		V45	264
1868	859	Sara Henriques	01:02:12	02:01:20	01:59:44	1871		V40	44
1869	1348	Fernando Barbosa	01:02:40	02:01:25	01:59:21	1860	Os Amigos da Alameda	V45	265
1870	2199	José Pereira	00:59:32	02:01:26	02:00:53	1891	OS PERIGOSOS	V55	107
1871	2760	Manuel Fernandes	01:00:26	02:01:30	01:59:44	1870		V50	192
1872	2352	Teresa Jerónimo	01:00:53	02:01:31	02:01:01	1894	Desportivo Monte Real	V45	33
1873	1598	José Moura	01:03:32	02:01:31	01:59:23	1863	Falcões Selvagens	V45	266
1874	1296	Artur Leite	00:58:15	02:01:33	02:00:43	1887	CLUBE MILLENNIUM BCP	V45	267
1875	321	Custódio Silva	01:02:51	02:01:40	01:59:51	1875	GD Bayer Portugal	V50	193
1876	959	Jorge Barros	00:57:43	02:01:41	01:59:06	1857		V40	365
1877	561	Mario Sá	01:02:36	02:01:41	01:59:22	1861		V35	340
1878	560	Luís Fonseca	01:02:37	02:01:41	01:59:23	1862		V45	268
1879	2126	João Barros	01:03:30	02:01:44	01:59:25	1864	Grupo Desportivo Santander Totta	V50	194
1880	350	Luiz Rosa	01:02:39	02:01:45	01:59:49	1874	Clube Atletismo Amigos de Belém	V60	61
1881	1254	João Verissimo	01:01:32	02:01:47	02:01:13	1901		V55	108

**20** CASCAIS  
CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1882	581	Carla Simões	00:59:58	02:01:48	02:00:48	1889	Correr Lisboa	V45	34
1883	1144	Hugo Costeira	00:56:55	02:01:53	02:00:58	1892		V35	341
1884	1450	Silvia Oliveira	01:00:37	02:01:54	02:00:34	1882		V35	52
1885	1439	Katja Sietmann	00:58:42	02:01:55	02:01:25	1906		V40	45
1886	1756	António Ferreira	01:00:57	02:01:56	02:01:03	1895	CCD Siemens	V50	195
1887	1760	Lara Simons	01:02:00	02:01:57	01:59:47	1873	CCD Siemens	Senior	59
1888	371	Mauricio Alvarez	00:57:05	02:02:02	02:00:19	1880		V45	269
1889	1920	Maria Andrade	01:00:06	02:02:03	02:02:01	1915		V50	10
1890	2530	Hugo Venancio	01:01:33	02:02:09	01:59:34	1868	SSCGD	V35	342
1891	2188	Valter Santos	01:02:20	02:02:09	01:59:58	1877		Senior	300
1892	1115	Edmundo Cardeira	01:01:28	02:02:10	02:00:47	1888		V65	21
1893	520	Fernando Varela	01:00:39	02:02:18	02:01:32	1909	Clube ANACOM	V40	366
1894	1532	Aida Pereira	00:58:50	02:02:22	02:01:05	1897		V45	35
1895	342	Mario Marques	00:59:10	02:02:29	02:01:17	1904		V60	62
1896	627	Vasco Taborda	01:03:34	02:02:33	02:00:15	1878		V50	196
1897	1583	Pedro Graça	01:04:04	02:02:36	02:00:50	1890	Grupo Desportivo Santander Totta	V35	343
1898	330	Avelino Vestias	00:57:37	02:02:45	02:02:45	1932	Os indomáveis	V65	22
1899	2208	Andreia Oliveira	01:01:44	02:02:49	02:01:11	1899	Georunners	V35	53
1900	609	José Martins	01:03:32	02:02:50	02:00:23	1881		V55	109

# 20 CASCAIS km CORRIDA

## CASCAIS 5 km RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1901	702	Ines Duarte	00:57:55	02:02:53	02:00:35	1884		Senior	60
1902	165	Nuno Menezes	01:00:18	02:02:54	02:01:48	1912	Bladerunners	V45	270
1903	318	Teresa Serra	01:02:51	02:02:57	02:01:08	1898	GD Bayer Portugal	V45	36
1904	462	Luis Antunes	01:01:10	02:03:06	02:02:09	1918	GA Monsanto Gascan	V50	197
1905	764	Joaquim Carreira	01:03:58	02:03:13	01:55:27	1716		V50	198
1906	1216	Vítor Formiga	01:04:17	02:03:24	02:01:01	1893		Senior	301
1907	2509	Telmo Santos	00:59:38	02:03:26	02:01:12	1900		V35	344
1908	315	Francisco Coito	01:02:35	02:03:30	02:01:30	1908	clube marginal	V60	63
1909	1538	Victória Carneiro	01:02:45	02:03:30	02:02:55	1934	G.D.R. São Francisco da Serra	V40	46
1910	803	Eduardo Santini	01:04:16	02:03:34	02:01:04	1896		V35	345
1911	194	Vanessa Cunha	01:02:36	02:03:41	02:02:26	1923		V35	54
1912	2604	Carmen Cristino	01:03:30	02:03:41	02:01:29	1907	GRCD :Leião	V40	47
1913	2368	Tiago Oliveira	00:59:45	02:03:42	02:02:31	1925		Senior	302
1914	2703	Jorge Maçanita	01:00:38	02:03:43	02:02:12	1919		V35	346
1915	1810	Mário Conduto	01:02:05	02:03:44	02:01:14	1902	Team Conduto	Senior	303
1916	1208	Paulo Leite	01:02:07	02:03:45	02:01:15	1903		V40	367
1917	337	Liliana Monteiro	01:01:00	02:03:46	02:01:59	1914		V35	55
1918	212	Eduardo Amorim	01:00:49	02:03:49	02:02:29	1924		V40	368
1919	435	António Novas	01:02:59	02:03:51	02:01:34	1910		V35	347

**20** CASCAIS  
CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1920	2204	Pedro Ascensão	01:04:51	02:04:02	02:01:23	1905		V35	348
1921	1794	José Varela	01:02:57	02:04:04	02:03:53	1953		V50	199
1922	602	Patrícia Calado	01:03:03	02:04:10	02:01:50	1913	Run 4 Fun	V40	48
1923	512	Pedro Ribeiro	01:04:25	02:04:10	02:01:36	1911	Clube do Stress	V35	349
1924	672	Adriana Silva	01:02:53	02:04:12	02:02:25	1922	Casa do Benfica de Algueirão Mem Martins	Senior	61
1925	2763	Nick Velde	01:04:20	02:04:25	02:03:24	1942		Senior	304
1926	1300	Carlos Rodrigues	01:05:58	02:04:26	02:02:38	1930	CLUBE MILLENNIUM BCP	V55	110
1927	2137	Christianne Figueira	01:00:54	02:04:26	02:03:03	1936		Senior	62
1928	2600	Mario Santos	01:04:29	02:04:28	02:02:36	1929		V45	271
1929	1440	Hermínio Cabaceira	01:04:55	02:04:31	02:02:35	1928		V50	200
1930	2745	Onofre Costa	01:04:55	02:04:33	02:02:06	1916		V40	369
1931	2343	Carlos Machado	01:04:55	02:04:33	02:02:07	1917		V45	272
1932	2047	Ana Correia	01:01:07	02:04:37	02:03:48	1949		Senior	63
1933	2466	Pau Storch	01:06:27	02:04:40	02:02:14	1920		V35	350
1934	1468	David Caldeira	01:00:47	02:04:40	02:03:10	1937	Associação Daniel Caldeira	V35	351
1935	1467	Antonio Caldeira	01:00:49	02:04:41	02:03:10	1938	Associação Daniel Caldeira	V60	64
1936	1991	Fernando Oliveira	01:04:11	02:04:50	02:02:32	1926	ATLETAS DE PESO	V55	111
1937	1783	Maria Soares	01:04:23	02:04:50	02:02:24	1921		V40	49
1938	1576	Helder Lopes	01:02:00	02:04:50	02:02:33	1927	Grupo Desportivo Santander Totta	V45	273

**20** CASCAIS  
- - - - CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1939	2021	Carlos Crespo	01:02:02	02:04:54	02:03:53	1952	Grupo Recreativo e Desportivo "OS FIXES"	V50	201
1940	1748	Carlos Lourenço	01:00:24	02:04:57	02:04:07	1959		V45	274
1941	2624	Nuno Pinheiro	01:08:40	02:04:57	02:02:44	1931		V40	370
1942	1084	Pedro Rosendo	00:59:40	02:04:58	02:02:57	1935		Senior	305
1943	2276	João Lopes	01:02:54	02:05:01	02:02:46	1933		Senior	306
1944	367	João Santos	01:01:40	02:05:02	02:04:03	1958	Veteranos de Massamá	V65	23
1945	2086	Sonia Quintino	01:04:14	02:05:11	02:03:22	1941	Serviços Sociais Montepio	V35	56
1946	1901	Luis Libanio	01:01:17	02:05:21	02:03:50	1951		V55	112
1947	2640	Helena Nunes	01:03:32	02:05:22	02:03:35	1947		V45	37
1948	290	André Cabral	01:02:26	02:05:24	02:03:27	1943		V35	352
1949	291	Madalena Andrade	01:02:37	02:05:24	02:03:27	1944		V35	57
1950	231	Vasco Gomes	01:00:21	02:05:28	02:04:01	1957		V35	353
1951	541	Joaquim Leal	01:07:18	02:05:29	02:03:17	1940	Clube do Stress	V50	202
1952	248	Frederico Sousa	01:02:31	02:05:31	02:03:34	1946	LEBRES E TARTARUGAS	V50	203
1953	1447	Ana Frutuoso	00:58:58	02:05:33	02:03:56	1954		V40	50
1954	43	Miguel Tainha	01:04:51	02:05:34	02:04:52	1970		V50	204
1955	792	Sara Lopes	01:02:31	02:05:35	02:04:17	1961		Senior	64
1956	1661	Pedro Campos	01:00:10	02:05:37	02:03:12	1939	NAZABOBODA	V35	354
1957	2109	Marlene Oliveira	01:02:35	02:05:44	02:03:48	1950		V40	51

**20** CASCAIS  
CORRIDA

CASCAIS 5 km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1958	1120	Antonio Ferreira	01:00:57	02:05:44	02:04:59	1973		V50	205
1959	2075	João Catarino	01:00:41	02:05:48	02:03:44	1948	Serviços Sociais Montepio	V45	275
1960	2089	Isabel Silva	01:02:39	02:05:55	02:04:58	1972		V35	58
1961	2747	Frederico Pinto	01:00:25	02:05:55	02:04:24	1964		Senior	307
1962	2506	Diogo Palhinha	01:00:24	02:05:56	02:04:25	1965		Senior	308
1963	1728	Inês Machado	01:05:08	02:06:00	02:03:32	1945	hot runners	V35	59
1964	2566	Walter Palma	01:04:19	02:06:06	02:04:08	1960	Ginásio Clube Português	V45	276
1965	661	Paulo Godinho	01:04:24	02:06:09	02:04:31	1966	GD Banco BPI	V45	277
1966	2516	Anabela Esteves	01:01:29	02:06:22	02:05:08	1978	SSCGD	V50	11
1967	454	Paula Nogueira	01:04:59	02:06:28	02:03:56	1955	indieRunnersLx	V35	60
1968	455	Nuno Almeida	01:04:59	02:06:28	02:03:56	1956	indieRunnersLx	Senior	309
1969	299	Francisco Duarte	01:02:58	02:06:35	02:04:51	1969	Grupo Coral do Cante Enquante Corre	Senior	310
1970	2105	Ana Coutinho	01:01:09	02:06:37	02:04:22	1963	Clube Desportivo TCPI	Senior	65
1971	2094	Virgílio Mata	01:01:57	02:06:39	02:05:07	1976		V60	65
1972	2325	Madalena Rutkowski	01:01:11	02:06:41	02:05:51	1998	MAPUTO Girls	V40	52
1973	1900	Luis Dinis	01:04:37	02:06:43	02:05:51	1997	BMW Portugal	V35	355
1974	265	Filipe Menezes	01:03:08	02:06:44	02:05:01	1974	Grupo Coral do Cante Enquante Corre	V55	113
1975	2476	Paulo Costa	01:05:04	02:06:45	02:04:22	1962		V45	278
1976	2374	João Churro	01:03:21	02:06:46	02:05:01	1975		V35	356



**20** CASCAIS  
km  
CORRIDA

CASCAIS 5 km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1977	2286	Goncalo Oliveira	01:02:09	02:06:50	02:04:51	1968	GDCT Unicre	V50	206
1978	1588	Salvador Afonso	00:59:48	02:06:51	02:04:42	1967	Grupo Desportivo Santander Totta	V60	66
1979	1845	Beatriz Figueiredo	01:02:53	02:06:54	02:05:10	1980		V35	61
1980	322	Joaquim Lopes	01:00:55	02:06:57	02:05:30	1987	GD Bayer Portugal	V50	207
1981	2568	João Esteves	01:04:18	02:07:00	02:05:58	1999	Ginásio Clube Português	Senior	311
1982	2586	David Xavier	01:03:22	02:07:00	02:05:18	1984		V40	371
1983	2662	Paulino Rodrigues	01:00:51	02:07:08	02:05:16	1983		V50	208
1984	835	António Bugalho	01:02:18	02:07:11	02:05:47	1995		V35	357
1985	1064	Luis Santos	01:01:09	02:07:17	02:06:06	2000	Amigos Vale Silencio	V55	114
1986	664	Albertino Soares	01:05:05	02:07:19	02:04:57	1971	Soares Family	V50	209
1987	1623	António Jorge	01:01:48	02:07:22	02:06:52	2013	AÇOREANA CLUBE BANIF	V60	67
1988	1627	Helena Santos	01:01:54	02:07:22	02:06:53	2016	AÇOREANA CLUBE BANIF	V50	12
1989	289	Mário Sousa	01:03:45	02:07:26	02:05:09	1979		V60	68
1990	1250	Artur Pinto	01:03:43	02:07:27	02:05:08	1977		V50	210
1991	1700	Pedro Piedade	01:01:21	02:07:31	02:06:53	2015		V35	358
1992	936	Filipa Malheiro	01:03:57	02:07:38	02:05:42	1992		V40	53
1993	935	Alexandre Abade	01:03:57	02:07:38	02:05:42	1991		V40	372
1994	282	Rui Pereira	01:02:32	02:07:40	02:05:26	1986		V40	373
1995	1136	Angelica Heldt	01:03:20	02:07:40	02:05:48	1996		V40	54

**20** CASCAIS  
CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1996	112	Ana Varejão	01:04:12	02:07:49	02:05:43	1993	Run 4 Fun	V55	8
1997	263	Silvio Paiva	01:07:19	02:07:50	02:05:37	1988		V60	69
1998	1238	Antonio Saiote	01:02:44	02:07:52	02:06:42	2007		V35	359
1999	2574	Maria Coelho	01:01:50	02:07:53	02:07:46	2035		V40	55
2000	185	Ricardo Pregoça	01:07:45	02:07:53	02:05:18	1985		Senior	312
2001	1286	Eduardo Vilhena	01:03:17	02:07:55	02:05:14	1982	CLUBE MILLENNIUM BCP	V45	279
2002	1287	Abel Louro	01:03:33	02:07:56	02:05:13	1981	CLUBE MILLENNIUM BCP	V55	115
2003	1585	Rui Martins	01:02:03	02:07:59	02:06:37	2005	Grupo Desportivo Santander Totta	V40	374
2004	1065	Nuno Moreira	01:02:11	02:08:00	02:07:13	2017	Alverca Urban Runners	Senior	313
2005	1989	Armando Lopes	01:04:11	02:08:04	02:05:47	1994	ATLETAS DE PESO	V55	116
2006	1043	Maria Puga	01:05:09	02:08:17	02:05:40	1989	O MUNDO DA CORRIDA	V45	38
2007	68	Ana Batista	01:05:08	02:08:17	02:05:41	1990		Senior	66
2008	2007	João Silva	01:04:21	02:08:17	02:07:18	2021	CCD TRANQUILIDADE / G2M	V50	211
2009	2723	Aline Correia	01:01:13	02:08:19	02:06:17	2003		Senior	67
2010	463	Nuno Antunes	01:07:40	02:08:24	02:07:27	2027	GA Monsanto Gascan	Senior	314
2011	2493	Joao Amorim	01:00:59	02:08:27	02:06:26	2004	TUA	V35	360
2012	1302	Joao Canas	01:03:46	02:08:31	02:06:48	2011	CLUBE MILLENNIUM BCP	Senior	315
2013	986	Fernando Lourenço	01:04:32	02:08:35	02:06:09	2001	COFACO AÇORES, SA	V60	70
2014	267	Carlos Duarte	01:03:01	02:08:37	02:06:53	2014	Grupo Coral do Cante Enquante Corre	V50	212

# 20 CASCAIS CORRIDA

## CASCAIS 5 km RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
2015	790	Vitor Alves	01:02:09	02:08:38	02:06:12	2002		V60	71
2016	387	Susana Ribeiro	01:06:27	02:08:43	02:06:47	2009		V40	56
2017	2502	Joaquim Pombeiro	01:00:52	02:08:49	02:06:49	2012		V60	72
2018	2496	Vanda Lima	01:02:08	02:08:50	02:08:11	2046		Senior	68
2019	843	Ivone Pereira	01:02:18	02:08:50	02:07:14	2018		V45	39
2020	1471	Luis Teixeira	01:05:42	02:08:50	02:07:16	2019		Senior	316
2021	1474	Gonçalo Grade	01:05:42	02:08:51	02:07:16	2020	Hand2Hand	Senior	317
2022	1197	Jaquelina Vieira	01:03:20	02:08:52	02:06:42	2006	Fast & Furious Runners Team	V35	62
2023	2578	Jose Alves	01:03:08	02:08:54	02:06:45	2008		V55	117
2024	912	Pedro D'oliveira	01:04:24	02:09:08	02:07:19	2022		V40	375
2025	874	Rui Santos	01:02:51	02:09:11	02:07:39	2034		V45	280
2026	749	David Mendes	01:02:42	02:09:12	02:08:20	2051		V45	281
2027	2339	Karin Stoop	01:06:51	02:09:13	02:07:19	2023		V50	13
2028	1041	Odilia Pereira	01:01:58	02:09:14	02:07:48	2036	Clube Vodafone	V40	57
2029	2300	António Pereira	01:04:33	02:09:14	02:07:28	2028	GDC Banco de Portugal	V70	9
2030	601	Henrique Vilhena	01:05:31	02:09:14	02:06:47	2010		V55	118
2031	633	Cris Cunha	01:02:06	02:09:15	02:08:18	2048		V40	58
2032	1513	Nuno Vieira	01:05:16	02:09:18	02:07:24	2026	VdAtletas	V50	213
2033	127	Joaquim Lopes	01:05:03	02:09:21	02:07:19	2024		V65	24

**20** CASCAIS  
CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
2034	226	Francisco Pessoa	01:00:12	02:09:24	02:08:57	2058	Extintos de Aqualva	V40	376
2035	1902	José Dinis	01:01:54	02:09:26	02:07:53	2040		V35	361
2036	1200	Eduardo Freitas	01:01:21	02:09:34	02:07:24	2025	Fast & Furious Runners Team	V45	282
2037	703	Susana Amorim	01:04:15	02:09:36	02:08:20	2053	Correr Lisboa	Senior	69
2038	1406	Alexandre Coelho	01:06:11	02:09:47	02:08:03	2041		V40	377
2039	2035	Sanches Francisco	01:04:20	02:09:52	02:07:37	2032		V65	25
2040	71	Celia Azenha	01:04:59	02:09:54	02:09:18	2064		V50	14
2041	1099	Cecília Nicolau	01:04:59	02:09:55	02:09:18	2063	Associação de Atletismo Lebres do Sado	V45	40
2042	963	Fernando Fiães	01:05:00	02:09:55	02:07:35	2030		V50	214
2043	675	Ilda Rodrigues	01:04:01	02:09:56	02:08:10	2045	Casa do Benfica de Algueirão Mem Martins	V45	41
2044	987	Rogério Dias	01:06:20	02:09:58	02:07:32	2029	COFACO AÇORES, SA	V40	378
2045	2322	Hugo Viegas	01:05:21	02:10:04	02:07:36	2031	Jubas Team	Senior	318
2046	2663	Eduardo Borges	01:04:24	02:10:17	02:07:53	2039		V50	215
2047	2407	Carlos Cunha	01:06:48	02:10:18	02:07:38	2033	Grupo Desportivo Santander Totta	V35	362
2048	1891	Bruno Alberto	01:07:14	02:10:20	02:08:36	2057		V40	379
2049	261	Rui Pita	00:59:24	02:10:22	02:07:52	2038		Senior	319
2050	333	Jose Pita	00:59:23	02:10:22	02:07:52	2037		Senior	320
2051	1581	Paula Figueiredo	01:04:25	02:10:24	02:09:53	2071	Grupo Desportivo Santander Totta	V55	9
2052	510	Pedro Soares	01:08:39	02:10:31	02:08:14	2047	Clube do Stress	V40	380

**20** CASCAIS  
CORRIDA

CASCAIS 5 km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
2053	529	António Paulino	01:08:40	02:10:31	02:08:19	2050	Clube do Stress	V60	73
2054	532	Carlos Paiva	01:08:40	02:10:31	02:08:20	2052	Clube do Stress	V55	119
2055	2694	Francisca Chichorro	01:05:47	02:10:39	02:08:36	2056		Senior	70
2056	2617	João Freitas	01:02:23	02:10:40	02:09:27	2067		V35	363
2057	799	Helder Vidal	01:07:46	02:10:41	02:08:04	2044		V40	381
2058	904	Joao Horta	01:07:47	02:10:41	02:08:04	2043		V40	382
2059	905	Pedro Zeferino	01:07:46	02:10:41	02:08:03	2042		V40	383
2060	2539	Luis Jesus	01:01:33	02:10:52	02:08:18	2049	SSCGD	V45	283
2061	1203	Julio Almeida	01:04:27	02:11:02	02:08:22	2054		V35	364
2062	640	Francisco Rafael	01:04:27	02:11:02	02:08:22	2055		V35	365
2063	579	João Infante	01:01:47	02:11:06	02:09:24	2066		V50	216
2064	1040	Carla Raposo	01:02:49	02:11:07	02:10:07	2073	Correr Lisboa	V40	59
2065	1646	Carlos Marques	01:01:35	02:11:10	02:09:59	2072	LINDA-A-PASTORA SPORTING CLUBE	V75	4
2066	1970	Jose Conceição	01:05:45	02:11:15	02:10:38	2085		V65	26
2067	392	Ana Rodrigues	01:00:58	02:11:16	02:09:14	2061		Senior	71
2068	2413	Catarina Mesquita	01:05:25	02:11:16	02:09:43	2070		V50	15
2069	424	Luis Ferreira	00:47:40	02:11:20	02:11:10	2093	RunLovers	V45	284
2070	2371	Sofia Raposo	01:03:22	02:11:24	02:10:13	2074		Senior	72
2071	1686	Pedro Capelinha	01:04:18	02:11:27	02:09:06	2059		V40	384

**20** CASCAIS  
- - - - CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2072	1727	Paulo Fernandes	01:04:13	02:11:27	02:09:07	2060	Associação de Atletismo Lebres do Sado	V40	385
2073	341	Isabel Rodrigues	01:07:35	02:11:32	02:10:30	2081		V45	42
2074	681	José Carlos	01:04:11	02:11:35	02:10:28	2079	Casa do Benfica de Algueirão Mem Martins	V65	27
2075	1518	Verónica Vinhas	01:05:05	02:11:42	02:09:19	2065	N.A."OS PAPAGAIOS DE CASCAIS"	V45	43
2076	1315	Luis Januario	01:05:59	02:11:43	02:09:17	2062	CLUBE MILLENNIUM BCP	V55	120
2077	1350	Diogo Carvalho	01:02:45	02:11:46	02:09:42	2068	Os Amigos da Alameda	Senior	321
2078	1652	Joaquim Simao	01:02:11	02:11:50	02:11:05	2092	ODEBRECHT PORTUGAL	V50	217
2079	2063	Mónica Sousa	01:01:07	02:11:50	02:10:15	2075	CLUBE COLABORADORES AXA	V40	60
2080	1506	César Machado	01:03:11	02:11:58	02:10:20	2078	VdAtletas	Senior	322
2081	1930	Emilia Janela	01:06:36	02:11:59	02:09:42	2069		V45	44
2082	1549	Orlando Sousa	01:04:19	02:12:03	02:10:29	2080	CCDTML	V50	218
2083	1419	António Ferreira	01:01:40	02:12:05	02:11:01	2091		V65	28
2084	2515	Ana Azevedo	01:03:26	02:12:09	02:10:54	2090	SSCGD	V35	63
2085	1113	Susana Simão	01:05:37	02:12:14	02:10:18	2076	CRT	Senior	73
2086	1111	Jorge Machado	01:05:38	02:12:14	02:10:19	2077	CRT	V45	285
2087	495	Nuno Ameixial	01:04:08	02:12:23	02:10:43	2086		V40	386
2088	1281	Henrique Alves	01:02:26	02:12:32	02:11:34	2096	CLUBE MILLENNIUM BCP	V50	219
2089	457	Joaquim Dias	01:00:54	02:12:32	02:12:01	2102	PI-LINHA RUNNERS	V40	387
2090	2249	Helena Gonçalves	01:05:07	02:12:46	02:12:15	2107	Turbolento	V40	61

**20** CASCAIS  
- - - - CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
2091	2193	Nuno Lopes	01:05:29	02:12:47	02:10:36	2084		V35	366
2092	777	António Braga	01:04:41	02:12:53	02:11:53	2101	Cangurus	V55	121
2093	136	Nuno Lopes	01:05:03	02:12:54	02:10:51	2089		V35	367
2094	892	Avelino Fernandes	01:02:37	02:12:57	02:10:49	2088		V40	388
2095	1178	Laurinda Castro	01:08:28	02:12:59	02:11:53	2100	Hand2Hand	V55	10
2096	1389	Frederico Barreira	01:06:45	02:13:01	02:10:36	2083	The Lisbon MBA 2014	Senior	323
2097	1836	Rogério Luís	01:06:45	02:13:01	02:11:21	2094		V60	74
2098	2198	Guy Mercier	01:05:35	02:13:07	02:11:29	2095		V55	122
2099	1367	Jorge Domingues	01:07:13	02:13:14	02:12:47	2118		V60	75
2100	813	Sandra Carvalho	01:07:13	02:13:14	02:12:47	2119	hot runners	V40	62
2101	882	Fernando Ruas	01:03:50	02:13:17	02:12:13	2104		V45	286
2102	2328	José Figueiredo	01:06:20	02:13:20	02:10:49	2087		Senior	324
2103	2153	Paula Sousa	01:04:16	02:13:21	02:11:43	2097	DigioOutdoor	V35	64
2104	2274	Sara Gonçalves	01:04:15	02:13:21	02:11:44	2098	DigioOutdoor	Senior	74
2105	2707	Joana Lopes	01:03:01	02:13:21	02:12:30	2108		Senior	75
2106	2612	Ana Sousa	01:07:49	02:13:45	02:12:35	2111		V35	65
2107	1364	Francisco Garcia	01:07:37	02:13:52	02:11:48	2099	Garcia Runners	Senior	325
2108	2670	Hermínio Duarte	01:00:11	02:14:01	02:13:17	2125		V40	389
2109	2471	Fabricio Alves	01:04:50	02:14:03	02:12:31	2109		V35	368

**20** CASCAIS  
 - - - - CORRIDA

CASCAIS **5** km  
 RÁPIDINHA

15 DE FEVEREIRO 2015  
 BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
2110	445	Eberhard Wilhelm	01:03:23	02:14:13	02:13:12	2121	4 ao Km	V65	29
2111	16	Sandra Mota	01:06:08	02:14:16	02:13:16	2122		V40	63
2112	1028	Elisabeth Loureiro	01:08:23	02:14:31	02:12:09	2103	Sporting Clube de Casainhos	V55	11
2113	2283	Carlos Viegas	01:04:20	02:14:39	02:12:43	2115	GDCT Unicre	V55	123
2114	2264	Ana Coelho	01:05:51	02:14:40	02:14:07	2136		V40	64
2115	816	Cláudia Garcia	01:08:32	02:14:44	02:12:13	2105	Correr Lisboa	Senior	76
2116	2346	Patricia Fogaça	01:08:32	02:14:44	02:12:14	2106	Correr Lisboa	V40	65
2117	1309	Carla Lourenco	01:08:39	02:14:47	02:13:34	2129	CLUBE MILLENNIUM BCP	V35	66
2118	1308	Jose Farinha	01:08:37	02:14:47	02:13:35	2130	CLUBE MILLENNIUM BCP	V35	369
2119	2473	Inês Pinto	01:06:58	02:14:57	02:14:12	2137		V45	45
2120	1075	Nuno Pereira	01:03:38	02:15:02	02:14:13	2138		V40	390
2121	2032	Julia Almeida	01:06:50	02:15:05	02:14:14	2139		V50	16
2122	1417	Luís Almeida	01:06:47	02:15:05	02:14:38	2147	Lis Running Clube de Praticantes de Atletismo	V50	220
2123	2463	Marta Andrade	01:08:09	02:15:07	02:12:39	2114		V40	66
2124	2637	Ana Lemos	01:08:09	02:15:08	02:12:38	2113		V40	67
2125	2503	Ana Martins	01:08:15	02:15:08	02:12:37	2112		Senior	77
2126	2490	Nuno Silva	00:59:00	02:15:13	02:12:34	2110		V35	370
2127	2363	Vitor Sousa	01:09:18	02:15:14	02:14:06	2135		V60	76
2128	2719	Nuno Luz	01:07:57	02:15:18	02:13:55	2133		V50	221



**20** CASCAIS  
CORRIDA

CASCAIS 5 km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
2129	2720	Nuno Amorim	01:07:58	02:15:19	02:13:56	2134		V50	222
2130	1763	Susana Antunes	01:07:11	02:15:20	02:13:17	2123	CCD Siemens	V35	67
2131	1886	Maria Simoes	01:05:13	02:15:20	02:14:44	2148		V45	46
2132	1761	Marta Carreira	01:07:11	02:15:20	02:13:17	2124	CCD Siemens	V35	68
2133	2398	Margarida Gordo	01:12:17	02:15:20	02:13:26	2127		V45	47
2134	1339	Antonio Pereira	01:09:43	02:15:22	02:12:44	2117	O MUNDO DA CORRIDA	V50	223
2135	1338	Esmeralda Alves	01:09:43	02:15:23	02:12:44	2116	O MUNDO DA CORRIDA	V35	69
2136	46	Andreia Vale	01:04:19	02:15:26	02:12:55	2120		V35	70
2137	2397	António Rodrigues	01:12:17	02:15:34	02:13:39	2131		V50	224
2138	373	Luís Gouveia	01:03:07	02:15:36	02:14:35	2145		V40	391
2139	886	Margarida Martins	01:06:55	02:15:41	02:14:36	2146	A bela e o bicho	Senior	78
2140	2026	João Fernandes	01:07:49	02:15:48	02:14:18	2140		V50	225
2141	2459	Rui Espadinha	01:08:50	02:15:55	02:13:26	2126		V35	371
2142	2456	Francisco Amaral	01:08:49	02:15:55	02:13:49	2132		V40	392
2143	77	Pedro Almeida	01:08:50	02:15:55	02:15:53	2158		Senior	326
2144	2457	Jose Santos	01:08:50	02:15:56	02:13:27	2128		V40	393
2145	2464	Daniel Ramos	00:52:46	02:16:02	02:14:34	2144		V35	372
2146	1998	Ricardo Nogueira	01:02:04	02:16:26	02:15:18	2152		V35	373
2147	1633	Idalina Madeira	01:05:32	02:16:38	02:14:55	2150	AÇOREANA CLUBE BANIF	V50	17

**20** CASCAIS  
 - - - - CORRIDA

CASCAIS **5** km  
 RÁPIDINHA

15 DE FEVEREIRO 2015  
 BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2148	542	Jorge Gonçalves	01:10:23	02:16:46	02:14:33	2143	Clube do Stress	V45	287
2149	1112	Diogo Paisana	01:05:47	02:16:46	02:14:52	2149	CRT	Senior	327
2150	782	Jorge Silva	01:07:12	02:17:04	02:16:36	2163	hot runners	V40	394
2151	1044	Helder Jorge	01:04:46	02:17:06	02:14:29	2141	O MUNDO DA CORRIDA	V35	374
2152	1042	Eliana Pegoretti	01:09:27	02:17:07	02:14:30	2142	O MUNDO DA CORRIDA	V40	68
2153	1365	Ricardo Ferreira	01:08:01	02:17:11	02:15:06	2151	Garcia Runners	V35	375
2154	1825	Inês Cunha	01:08:44	02:17:14	02:16:04	2159	Clube Robbialac	Senior	79
2155	590	Jorge Oliveira	01:03:31	02:17:28	02:17:07	2169	Clube Ferroviario de Portugal	V60	77
2156	2360	Timóteo Pfumo	01:05:09	02:17:29	02:15:29	2154	Desportivo Monte Real	V65	30
2157	2073	Feliciana Ferreira	01:07:21	02:17:30	02:15:42	2156	Serviços Sociais Montepio	V45	48
2158	2356	Etelvina Paulino	01:06:17	02:17:31	02:16:34	2162	Desportivo Monte Real	V55	12
2159	1019	Joana Cordeiro	01:11:51	02:17:42	02:15:41	2155		V35	71
2160	845	Jorge Jourdan	01:03:19	02:17:47	02:15:28	2153		V50	226
2161	103	Joaquim Oliveira	01:06:00	02:17:59	02:15:45	2157		V45	288
2162	408	António Pinho	01:07:39	02:18:08	02:17:23	2171		V60	78
2163	2310	Fabio Michelli	01:08:30	02:18:19	02:10:31	2082	GDC Banco de Portugal	Senior	328
2164	2316	Americo Marques	01:08:41	02:18:30	02:16:37	2164		V50	227
2165	2319	Isabel Costa	01:08:41	02:18:30	02:16:38	2165		V40	69
2166	113	Francisco Santos	01:07:17	02:18:48	02:17:15	2170		V55	124

**20** CASCAIS  
 - - - - CORRIDA

CASCAIS **5** km  
 RÁPIDINHA

15 DE FEVEREIRO 2015  
 BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
2167	1835	João Martins	01:12:10	02:18:51	02:16:21	2160		Senior	329
2168	1906	Marisa Cortez	01:12:10	02:18:51	02:16:22	2161		Senior	80
2169	2404	Rita Marques	01:08:41	02:18:58	02:17:27	2172	SSCGD	V35	72
2170	385	Carlos Pena	01:07:56	02:19:06	02:18:14	2176		V45	289
2171	610	Lucilia Casanova	01:10:18	02:19:10	02:16:44	2166		V55	13
2172	867	Cláudia Gomes	01:08:32	02:19:18	02:16:47	2167	Correr Lisboa	V40	70
2173	817	Luís Dixon	01:05:08	02:19:18	02:17:39	2173	Correr Lisboa	V40	395
2174	1062	Paulo Silva	01:09:08	02:19:29	02:16:56	2168		V35	376
2175	171	Patrícia Santos	01:08:40	02:19:58	02:18:49	2186	Salamandrecos	V40	71
2176	170	António Santos	01:08:39	02:19:58	02:18:49	2185	Salamandrecos	V40	396
2177	2258	José Alípio	01:09:53	02:20:04	02:19:31	2189		V55	125
2178	1187	Tiago Correia	01:00:02	02:20:13	02:17:44	2174		Senior	330
2179	1163	Rosa Marques	01:07:43	02:20:27	02:18:28	2178		V40	72
2180	2027	Diogo Santos	01:01:30	02:20:27	02:18:40	2182		Senior	331
2181	2192	Tiago Gonçalves	00:58:00	02:20:31	02:19:32	2190		Senior	332
2182	2071	Claudia Leitão	01:06:42	02:20:39	02:18:52	2187	Serviços Sociais Montepio	V35	73
2183	2084	Rui Fazendeiro	01:06:42	02:20:40	02:18:48	2184	Serviços Sociais Montepio	V40	397
2184	2282	Eduardo Cardoso	01:08:39	02:20:45	02:18:45	2183	GDCT Unicre	V45	290
2185	2422	Raquel Santos	01:10:28	02:20:46	02:18:39	2180		Senior	81

**20** CASCAIS  
CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
2186	2583	Pedro Bretes	01:10:28	02:20:46	02:18:39	2181		V45	291
2187	1684	Tânia Fernandes	01:08:07	02:20:52	02:18:20	2177		Senior	82
2188	751	Luís Alexandre	01:08:01	02:21:17	02:18:38	2179		V35	377
2189	58	Joana Chouriço	01:09:14	02:21:18	02:20:51	2202		V50	18
2190	18	Eunice Batalha	01:08:07	02:21:27	02:20:37	2201		Senior	83
2191	2329	Sofia Lopes	01:10:01	02:21:30	02:19:08	2188		V35	74
2192	846	José Fialho	01:07:48	02:21:43	02:19:42	2193		V50	228
2193	955	Ana Alpalhão	01:10:46	02:21:47	02:20:00	2194	Alpalhão	V40	73
2194	442	Andreia Pereira	01:06:54	02:21:49	02:20:34	2199		Senior	84
2195	716	Andreia Silva	01:06:54	02:21:49	02:20:34	2200		Senior	85
2196	1515	Belén Vicente	01:11:39	02:21:59	02:20:07	2195	VdAtletas	V45	49
2197	294	Tiago Ramos	01:09:47	02:22:06	02:19:40	2192		Senior	333
2198	295	Rita Ferrito	01:09:47	02:22:06	02:19:39	2191		Senior	86
2199	2121	José Garcez	01:09:39	02:22:07	02:20:21	2197		V35	378
2200	1018	Marta Cordeiro	01:13:22	02:22:31	02:20:30	2198		Senior	87
2201	655	José Magalhães	01:09:51	02:22:46	02:21:09	2205	GD Banco BPI	V50	229
2202	2660	Isabel Costa	01:13:21	02:22:48	02:20:17	2196		V40	74
2203	984	Ricardo Figueira	01:07:48	02:23:19	02:20:52	2203	COFACO AÇORES, SA	V35	379
2204	60	João Melo	01:07:36	02:23:31	02:18:13	2175		V35	380

**20** CASCAIS  
- - - - CORRIDA

CASCAIS **5** km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2205	1003	Anderson Sousa	01:00:58	02:23:31	02:20:58	2204		Senior	334
2206	2725	Christine Vanderweyden	01:12:48	02:23:42	02:22:51	2209		V45	50
2207	983	Luis Mota	01:05:02	02:23:43	02:22:27	2208		V40	398
2208	1362	Francisco Garcia	01:08:02	02:24:00	02:21:55	2206	Garcia Runners	V55	126
2209	2472	José Correia	01:08:42	02:24:26	02:22:18	2207		V55	127
2210	2722	João Lima	01:09:33	02:24:51	02:24:11	2215		Senior	335
2211	21	Paulo Amorim	01:13:01	02:25:04	02:23:44	2212		V35	381
2212	1565	Fábio Dias	01:11:59	02:25:27	02:24:19	2216	Grupo Desportivo Santander Totta	V40	399
2213	1311	Pedro Dias	01:13:01	02:25:37	02:22:58	2210	CLUBE MILLENNIUM BCP	Senior	336
2214	1312	Marta Grifo	01:13:01	02:25:37	02:22:59	2211	CLUBE MILLENNIUM BCP	Senior	88
2215	2567	Alexandra Palma	01:04:19	02:25:52	02:23:53	2214	Ginásio Clube Português	V45	51
2216	1124	Sofia Escária	01:04:41	02:25:59	02:25:02	2218	Escaria&Friends	Junior	3
2217	2482	Carlos Morais	01:11:20	02:25:59	02:23:47	2213	Winners Team WR	V45	292
2218	1786	Nilda Oliver	01:07:09	02:26:11	02:25:33	2221		Senior	89
2219	2381	Edineia Carvalho	01:07:10	02:26:12	02:25:36	2222		V45	52
2220	824	Johnny Thomassen	01:12:26	02:26:19	02:25:09	2220		V50	230
2221	292	Fernando Santos	01:05:55	02:26:19	02:26:02	2226		Senior	337
2222	821	Nuno Frazão	01:07:12	02:26:33	02:25:37	2223		V55	128
2223	2618	João Melo	01:10:11	02:26:40	02:25:55	2224		Senior	338

**20** CASCAIS  
CORRIDA

CASCAIS 5 km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
2224	1452	Rute Pinho	01:09:21	02:26:47	02:25:55	2225		V35	75
2225	356	Rosa Falarido	01:10:20	02:26:48	02:25:06	2219		V50	19
2226	1486	Ana Pereira	01:08:28	02:26:52	02:26:12	2227		V35	76
2227	1718	Sara Sousa	01:13:29	02:27:13	02:24:57	2217	Tartarugas Solidárias	V35	77
2228	1015	Sílvia Costa	01:09:00	02:28:38	02:27:19	2232		V40	75
2229	25	Tânia Oliveira	01:13:46	02:28:48	02:26:40	2229	Aminhacorrida.com	V35	78
2230	486	Luis Costa	01:11:45	02:28:52	02:26:39	2228		V45	293
2231	1045	Lúcia Cavaleiro	01:13:47	02:29:01	02:26:53	2230		V35	79
2232	161	Cláudia Vaz	01:13:49	02:29:04	02:27:27	2233	ACADEMIA FITNESS MILITAR	V35	80
2233	1636	Nuno Santo	01:09:40	02:29:12	02:27:18	2231	AÇOREANA CLUBE BANIF	V40	400
2234	1751	Tiago Oliveira	01:07:58	02:29:54	02:28:43	2234		Senior	339
2235	2541	Manuel Brás	01:13:03	02:30:57	02:29:16	2240	SSCGD	V50	231
2236	1620	Ma Hung	01:11:38	02:31:08	02:29:25	2243	AÇOREANA CLUBE BANIF	V60	4
2237	580	Manuel António	01:06:33	02:31:09	02:28:53	2235	Clube Ferroviario de Portugal	V55	129
2238	595	Elisabete Aguiar	01:06:35	02:31:10	02:28:54	2236	Clube Ferroviario de Portugal	V45	53
2239	485	Lúcia Costa	01:11:54	02:31:12	02:28:59	2237		V45	54
2240	2585	Cristina Serrano	01:14:21	02:31:32	02:29:18	2241		V35	81
2241	2092	Ivone Apura	01:13:49	02:31:41	02:29:07	2238		Senior	90
2242	2168	Ana Teixeira	01:13:50	02:31:43	02:29:09	2239		Senior	91

**20** CASCAIS  
CORRIDA

CASCAIS 5 km  
RÁPIDINHA

15 DE FEVEREIRO 2015  
BAÍA DE CASCAIS

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2243	108	Carla Almeida	01:11:36	02:31:54	02:29:24	2242		Senior	92
2244	2263	Raquel Fernandes	01:13:27	02:32:11	02:29:42	2244		Senior	93
2245	2201	Nuno Vieira	01:13:26	02:32:13	02:29:43	2245		Senior	340
2246	2196	Jaime Fernandes	01:13:26	02:32:13	02:29:44	2246		V50	232
2247	214	Sandra Guerreiro	01:13:49	02:32:54	02:30:19	2247		V40	76
2248	506	Manuel Santos	01:11:34	02:33:22	02:30:54	2248	G.D.C.T. REPSOL POLÍMEROS	V65	31
2249	507	Luis Torrão	01:11:34	02:33:22	02:30:55	2249	G.D.C.T. REPSOL POLÍMEROS	V60	79
2250	87	Isolda Guedes	01:14:09	02:33:32	02:31:33	2250		Senior	94
2251	422	Carmen Greff	01:14:22	02:33:47	02:32:28	2251	RunLovers	V50	20
2252	2337	Mário Afonso	01:07:54	02:34:26	02:32:53	2252		Senior	341
2253	807	João Sousa	01:09:16	02:35:02	02:33:17	2254		V40	401
2254	2508	Jose Santos	01:13:07	02:35:13	02:33:07	2253		V45	294
2255	1978	André Morgado	01:14:47	02:37:38	02:35:48	2256	Clube ANA Lisboa	Senior	342
2256	1973	Rui Banha	01:09:24	02:37:52	02:35:13	2255		V45	295
2257	2365	Vanessa Marchante	01:11:37	02:38:40	02:36:11	2257		Senior	95
2258	116	António Marques	01:14:38	02:38:50	02:38:11	2258		V65	32