

# 9ª CORRIDA DO BENFICA - ANTÓNIO LEITÃO, Lisboa 30/03/2014

Corrida - 10KM. Classificação VETERANOS I MASC (40 A 44 ANOS)

**Chegados: 606**

Lugar	Dorsal	Nome	T_Oficial	RitmoKm	T_Real	RitKmReal	Km 5
1	12318	LUIS LIMA	00:33:41	00:03:23	00:33:39	00:03:22	00:16:27
2	7796	FRANCISCO PEDRO	00:34:00	00:03:24	00:33:58	00:03:24	00:16:45
3	9880	MÁRIO CASSACA	00:34:50	00:03:29	00:34:47	00:03:29	00:17:08
4	12356	JOÃO INOCENCIO	00:35:23	00:03:33	00:35:19	00:03:32	00:17:29
5	12304	LUIS BARATA	00:35:40	00:03:34	00:35:36	00:03:34	00:17:43
6	7728	CESÁRIO SIMÕES	00:36:32	00:03:40	00:36:21	00:03:39	00:18:15
7	6966	BRUNO BONDOSO	00:36:52	00:03:42	00:36:45	00:03:41	00:18:03
8	7316	CARLOS ALBERTO SOUSA DE ALMEIDA	00:36:53	00:03:42	00:36:48	00:03:41	00:18:16
9	5505	LUIS MOTA	00:37:17	00:03:44	00:37:14	00:03:44	00:18:25
10	12184	FERNANDO SOARES	00:37:29	00:03:45	00:37:25	00:03:45	00:18:29
11	8340	RUGÈRIO CASSACA	00:37:50	00:03:47	00:37:46	00:03:47	00:18:33
12	5828	PEDRO MIGUEL RATO CHAGAS BRAVO	00:37:58	00:03:48	00:36:58	00:03:42	00:19:13
13	7832	JOÃO MIGUEL PERESTRELLO PAIXÃO PALMA MIRAN	00:38:05	00:03:49	00:37:58	00:03:48	00:19:10
14	5681	LUIS DAMIÃO	00:38:27	00:03:51	00:37:46	00:03:47	00:19:36
15	6609	JORGE CORREIA	00:38:30	00:03:51	00:38:23	00:03:51	00:19:18
16	11137	CARLOS SAIAS	00:38:36	00:03:52	00:38:17	00:03:50	00:19:47
17	8266	AMILCAR BARRETO	00:38:39	00:03:52	00:37:21	00:03:45	
18	6552	ARMANDO PESSOA	00:39:13	00:03:56	00:39:07	00:03:55	00:19:15
19	11956	JOAQUIM CAPELA	00:39:14	00:03:56	00:39:06	00:03:55	00:19:13
20	11730	LUIS PAULO	00:39:14	00:03:56	00:39:09	00:03:55	00:19:34
21	5648	JOSÉ CARAMELO	00:39:25	00:03:57	00:38:39	00:03:52	00:20:29
22	6427	JOSÉ MANUEL GOMES NEVES	00:39:35	00:03:58	00:39:30	00:03:57	00:19:32
23	9580	EDUARDO MARQUES	00:39:46	00:03:59	00:39:35	00:03:58	00:19:31
24	11145	DIDIER VALENTE	00:39:52	00:04:00	00:39:42	00:03:59	00:19:56
25	9932	CARLOS ALBERTO GOMES BRANCO	00:39:55	00:04:00	00:39:47	00:03:59	00:20:04
26	10923	JOÃO PASTOR	00:39:56	00:04:00	00:39:44	00:03:59	00:19:38
27	11518	ANTÓNIO LOURO	00:40:03	00:04:01	00:39:58	00:04:00	00:19:41
28	5695	ARTUR DIAS	00:40:07	00:04:01	00:38:54	00:03:54	
29	7010	RUI INÊS	00:40:09	00:04:01	00:39:50	00:03:59	00:20:24
30	8117	FRANCISCO GONÇALVES	00:40:14	00:04:02	00:40:09	00:04:01	00:19:23
31	10965	MÁRIO CAMARATE	00:40:31	00:04:04	00:40:25	00:04:03	00:19:40
32	11057	PEDRO PIMENTEL	00:40:45	00:04:05	00:40:36	00:04:04	00:20:07
33	6366	NUNO FILIPE MARREIROS	00:40:47	00:04:05	00:36:40	00:03:40	
34	11011	LUIS FERNANDES	00:40:48	00:04:05	00:40:46	00:04:05	00:19:28
35	5248	JOÃO VEIGA	00:40:50	00:04:05	00:40:37	00:04:04	00:20:41
36	6936	FERNANDO GOMES	00:40:54	00:04:06	00:40:46	00:04:05	00:20:13
37	12451	GUILHERME HORA	00:40:56	00:04:06	00:40:08	00:04:01	00:21:07
38	9863	DUARTE PONTE	00:41:13	00:04:08	00:41:06	00:04:07	00:22:13
39	6601	JOÃO CARLOS GONÇALVES DIAS XAVIER	00:41:24	00:04:09	00:41:18	00:04:08	00:20:41
40	9953	FERNANDO MANUEL CARRASCO GODINHO	00:41:26	00:04:09	00:41:18	00:04:08	00:20:18
41	10697	CARLOS SILVA	00:41:35	00:04:10	00:40:45	00:04:05	00:21:22
42	10803	HELDER LOPES	00:41:39	00:04:10	00:40:49	00:04:05	00:21:15
43	5704	GONÇALO ANTÓNIO SANTOS	00:41:54	00:04:12	00:41:46	00:04:11	00:20:54
44	10101	SIDÓNIO DIAS	00:42:17	00:04:14	00:42:02	00:04:13	00:20:49
45	8106	JOÃO DIAS	00:42:19	00:04:14	00:42:00	00:04:12	00:21:08

46	5447 MÁRIO PARRULAS	00:42:28	00:04:15	00:42:07	00:04:13	00:21:27
47	6624 JOÃO SALGUEIRO ANTUNES	00:42:32	00:04:16	00:42:25	00:04:15	00:20:49
48	11707 NUNO SOUSA	00:42:35	00:04:16	00:42:09	00:04:13	00:21:58
49	5214 RUI VIEIRA	00:42:35	00:04:16	00:42:12	00:04:14	00:21:31
50	10263 JOAQUIM AVELINO	00:42:41	00:04:17	00:42:04	00:04:13	00:21:58
51	5204 JOAQUIM DANIEL SANTOS	00:42:45	00:04:17	00:42:06	00:04:13	00:21:48
52	9746 JORGE SANTOS	00:42:51	00:04:18	00:42:43	00:04:17	00:20:59
53	6957 MIGUEL A. CABRAL	00:42:51	00:04:18	00:42:30	00:04:15	00:21:26
54	10014 PAULO MENEZES	00:42:56	00:04:18	00:42:28	00:04:15	00:21:42
55	6388 MÁRIO LOBO	00:42:58	00:04:18	00:42:33	00:04:16	00:21:36
56	5822 JOSE MANUEL MARQUES FERREIRA	00:42:58	00:04:18	00:42:25	00:04:15	00:21:40
57	6299 LUIS MELO	00:43:13	00:04:20	00:42:54	00:04:18	00:21:44
58	9975 JORGE ANDRÉ DE BARROS AZEVEDO QUARENTA	00:43:14	00:04:20	00:42:28	00:04:15	00:22:18
59	5544 PAULO LOURINHO	00:43:19	00:04:20	00:41:41	00:04:11	00:23:14
60	11174 RUI JORGE DA VEIGA VENTURA PERIÇÃO DE ALMEI	00:43:26	00:04:21	00:42:27	00:04:15	00:22:11
61	5604 ABÍLIO FERNANDES	00:43:31	00:04:22	00:42:21	00:04:15	00:22:25
62	9824 JOSÉ VARELA	00:43:34	00:04:22	00:42:56	00:04:18	00:21:49
63	8451 JOSÉ FARO	00:43:36	00:04:22	00:43:15	00:04:20	00:21:53
64	10536 HÉLIO SANTOS	00:43:38	00:04:22	00:43:23	00:04:21	00:21:54
65	10181 CARLOS HENRIQUE PEREIRA TOME	00:43:47	00:04:23	00:43:05	00:04:19	00:22:23
66	5247 CARLOS CAETANO	00:43:49	00:04:23	00:43:35	00:04:22	00:21:51
67	6358 FERNANDO POLÓNIO	00:43:51	00:04:24	00:43:09	00:04:19	00:21:55
68	7693 PAULO NASCIMENTO	00:43:57	00:04:24	00:42:55	00:04:18	00:22:06
69	12211 CARLOS RODRIGUES	00:43:58	00:04:24	00:43:42	00:04:23	00:21:53
70	10748 JOÃO CARMO	00:44:00	00:04:24	00:43:09	00:04:19	00:22:39
71	6127 LEANDRO REIS	00:44:07	00:04:25	00:43:35	00:04:22	00:22:36
72	10829 NUNO DIAS	00:44:08	00:04:25	00:43:52	00:04:24	00:21:33
73	11512 LUIS RODRIGUES	00:44:14	00:04:26	00:41:37	00:04:10	00:23:23
74	6561 PAULO FRANCISCO	00:44:17	00:04:26	00:43:46	00:04:23	00:22:36
75	10147 PEDRO MOREIRA	00:44:31	00:04:28	00:44:19	00:04:26	00:21:57
76	8307 PAULO MATOS	00:44:33	00:04:28	00:42:38	00:04:16	00:23:24
77	11599 DAVID SOUSA BRITO	00:44:42	00:04:29	00:44:26	00:04:27	00:22:28
78	7685 JORGE REIS	00:44:49	00:04:29	00:44:20	00:04:26	00:22:03
79	7619 JOÃO BARBOSA	00:44:50	00:04:29	00:44:04	00:04:25	00:22:46
80	11945 JOÃO OLIVEIRA	00:44:50	00:04:29	00:44:04	00:04:25	00:22:45
81	5062 NUNO TEMPERA	00:44:51	00:04:30	00:44:23	00:04:27	00:22:37
82	6217 HÉLIO MARQUES	00:44:54	00:04:30	00:44:41	00:04:29	00:22:17
83	5587 VÍTOR RAIMUNDO	00:44:55	00:04:30	00:43:47	00:04:23	00:22:46
84	12494 JOSÉ PARRINHA	00:44:55	00:04:30	00:43:40	00:04:22	00:22:54
85	6979 LUIS CAETANO	00:45:14	00:04:32	00:44:24	00:04:27	00:23:27
86	11088 JOÃO MARAL	00:45:17	00:04:32	00:45:08	00:04:31	00:21:53
87	6293 CARLOS PINTO	00:45:17	00:04:32	00:44:37	00:04:28	00:23:45
88	5297 JOAQUIM GABRIEL SANTOS	00:45:20	00:04:32	00:43:02	00:04:19	00:23:23
89	5564 DÁRIO CABETE	00:45:33	00:04:34	00:43:38	00:04:22	00:24:09
90	8440 PAULO FONSECA	00:45:40	00:04:34	00:45:26	00:04:33	00:22:29
91	9551 RUI PINELA	00:45:44	00:04:35	00:44:42	00:04:29	00:23:40
92	5061 NUNO ALMEIDA	00:45:48	00:04:35	00:45:20	00:04:32	00:23:15
93	9801 ALEXANDRE VAZ	00:45:52	00:04:36	00:45:36	00:04:34	00:22:35
94	6986 PAULO LOPES	00:45:53	00:04:36	00:43:22	00:04:21	00:24:35
95	10961 JOÃO PARISOT	00:45:57	00:04:36	00:43:27	00:04:21	00:24:39

96	6125	ARTUR BARREIROS	00:46:08	00:04:37	00:46:00	00:04:36	00:22:51
97	7354	FERNANDO PINHEIRO MENDES	00:46:13	00:04:38	00:45:46	00:04:35	00:23:14
98	9958	PAULO BRITO	00:46:24	00:04:39	00:45:41	00:04:35	00:23:38
99	5502	MANUEL SILVA	00:46:25	00:04:39	00:46:08	00:04:37	00:23:03
100	6868	JORGE PAULINO	00:46:30	00:04:39	00:45:04	00:04:31	00:24:18
101	5824	RICARDO MESTRE	00:46:31	00:04:40	00:44:38	00:04:28	00:25:46
102	6367	JOÃO VAZ VELHO	00:46:37	00:04:40	00:46:32	00:04:40	00:22:34
103	11988	PAULO MIGUEL	00:46:40	00:04:40	00:46:11	00:04:38	00:22:52
104	7978	ANTÓNIO CARLOS TEIXEIRA	00:46:47	00:04:41	00:46:01	00:04:37	00:23:56
105	12458	PAULO JORGE FERNANDES MEIRELES	00:46:53	00:04:42	00:46:14	00:04:38	00:23:46
106	11047	LUIS CRUZ	00:46:54	00:04:42	00:46:46	00:04:41	00:22:47
107	8207	ORLANDO AUGUSTO DOS SANTOS SILVA	00:46:54	00:04:42	00:46:19	00:04:38	00:23:29
108	8124	GONÇALO MAGALHÃES	00:46:58	00:04:42	00:46:47	00:04:41	00:23:20
109	10997	SÉRGIO AUGUSTO PEREIRA LIMA	00:46:58	00:04:42	00:43:54	00:04:24	00:25:45
110	6069	SÉRGIO MORGADO	00:46:59	00:04:42	00:46:43	00:04:41	00:22:56
111	11349	ANGELO FERNANDES	00:47:05	00:04:43	00:46:38	00:04:40	00:23:51
112	10088	ARTUR OLIVEIRA	00:47:16	00:04:44	00:46:49	00:04:41	00:23:41
113	12064	EMANUEL DA CRUZ	00:47:17	00:04:44	00:44:23	00:04:27	00:25:19
114	7217	ARTUR DUARTE	00:47:19	00:04:44	00:44:40	00:04:28	00:25:32
115	12431	JOÃO MALATO	00:47:21	00:04:45	00:47:14	00:04:44	00:22:58
116	11763	EDUARDO JOSÉ FERREIRA TELES	00:47:27	00:04:45	00:46:26	00:04:39	00:24:24
117	5811	PEDRO CARVALHO	00:47:30	00:04:45	00:45:43	00:04:35	00:25:03
118	12313	VITOR NOBRE	00:47:35	00:04:46	00:46:44	00:04:41	00:24:14
119	5089	PAULO PEREIRA	00:47:36	00:04:46	00:46:56	00:04:42	00:24:03
120	7273	RUI MOREIRA	00:47:36	00:04:46	00:44:21	00:04:27	00:25:39
121	8450	MIGUEL BATISTA	00:47:37	00:04:46	00:47:20	00:04:44	00:23:53
122	9840	VASCO DIAS	00:47:38	00:04:46	00:47:08	00:04:43	00:23:52
123	5134	ANTÓNIO FONSECA	00:47:39	00:04:46	00:46:08	00:04:37	00:24:44
124	12338	FRANCISCO CALDEIRA	00:47:40	00:04:46	00:46:26	00:04:39	00:24:01
125	10489	AGOSTINHO VALENTE	00:47:42	00:04:47	00:47:02	00:04:43	00:24:27
126	6634	DAVID ALEXANDRE DUARTE SIMÃO	00:47:44	00:04:47	00:46:43	00:04:41	00:24:02
127	10864	BERNARDO ELIAS DA COSTA FIGUEIREDO	00:47:44	00:04:47	00:46:13	00:04:38	00:24:46
128	10302	LUÍS CASCAO	00:47:48	00:04:47	00:46:57	00:04:42	00:24:30
129	9542	CARLOS PEREIRA	00:47:53	00:04:48	00:47:32	00:04:46	00:24:04
130	6404	PEDRO ANTONIO MARTINS SANTOS	00:47:53	00:04:48	00:47:26	00:04:45	00:23:21
131	9879	ABILIO PAULO CAMPOS	00:47:58	00:04:48	00:47:38	00:04:46	00:23:58
132	5585	CLÁUDIO NEVES	00:48:03	00:04:49	00:46:54	00:04:42	00:24:37
133	7241	CARLOS MIGUEL DA ROCHA GONÇALVES	00:48:06	00:04:49	00:46:53	00:04:42	00:25:04
134	10850	PEDRO EUGÉNIO	00:48:08	00:04:49	00:47:04	00:04:43	00:24:43
135	10846	JOAO PARADINHA	00:48:09	00:04:49	00:46:30	00:04:39	00:25:04
136	5096	JORGE PAULO	00:48:14	00:04:50	00:47:28	00:04:45	00:24:48
137	6356	HELDER HENRIQUES	00:48:20	00:04:50	00:47:36	00:04:46	00:25:17
138	6308	FREDERICO CARVALHO	00:48:21	00:04:51	00:48:16	00:04:50	00:23:15
139	6741	JORGE COSTA	00:48:22	00:04:51	00:47:33	00:04:46	00:24:11
140	10169	PAULO ALEXANDRE SANTOS	00:48:25	00:04:51	00:46:18	00:04:38	00:25:39
141	7139	JOÃO SALDANHA	00:48:26	00:04:51	00:47:14	00:04:44	00:24:24
142	11482	CARLOS JORGE DA GRAÇA LOPES	00:48:27	00:04:51	00:47:11	00:04:44	00:25:34
143	12226	MANUEL ANTÓNIO DA PALMA TROLE	00:48:28	00:04:51	00:48:04	00:04:49	00:24:25
144	7707	PAULO NASCIMENTO	00:48:29	00:04:51	00:47:59	00:04:48	00:23:52
145	12224	ORLANDO MANUEL RAMOS JARRA	00:48:30	00:04:51	00:48:06	00:04:49	00:24:26

146	12190	NUNO RAMINHOS	00:48:30	00:04:51	00:47:13	00:04:44	00:24:35
147	7836	VIRIATO COELHO	00:48:34	00:04:52	00:48:18	00:04:50	00:23:56
148	9791	ALBERTO DOMINGUES	00:48:42	00:04:53	00:46:02	00:04:37	00:26:16
149	12127	MÁRIO JOSÉ SALVADOR ALVES	00:48:42	00:04:53	00:48:32	00:04:52	00:23:28
150	6935	RUI GUERREIRO	00:48:42	00:04:53	00:48:25	00:04:51	00:23:54
151	10367	JOSE FRANCISCO SITIMA	00:48:43	00:04:53	00:47:46	00:04:47	00:25:01
152	6152	MIGUEL AZEVEDO	00:48:45	00:04:53	00:47:47	00:04:47	00:24:38
153	5987	ARTUR GONÇALVES	00:48:47	00:04:53	00:48:19	00:04:50	00:24:00
154	8315	FERNANDO M FERNANDES	00:48:48	00:04:53	00:48:18	00:04:50	00:24:05
155	5526	VICTOR FARINHA	00:48:48	00:04:53	00:48:41	00:04:53	00:24:04
156	6474	JOSÉ PAULO SILVA	00:48:49	00:04:53	00:48:38	00:04:52	00:24:00
157	12248	MÁRIO NUNES	00:48:57	00:04:54	00:48:32	00:04:52	00:24:18
158	10702	PEDRO BRANDÃO	00:48:57	00:04:54	00:47:39	00:04:46	00:26:04
159	10269	RUI FILIPE	00:48:58	00:04:54	00:47:57	00:04:48	00:25:34
160	11897	FERNADO AUGUSTO ANTUNES BAPTISTA	00:48:59	00:04:54	00:48:16	00:04:50	00:24:39
161	12401	JOSÉ LOPES	00:49:01	00:04:55	00:48:08	00:04:49	00:25:24
162	12209	MÁRIO BERNARDINO	00:49:04	00:04:55	00:47:45	00:04:47	00:25:59
163	7506	LUÍS NUNES	00:49:07	00:04:55	00:47:54	00:04:48	00:25:44
164	8419	NUNO VAZ MIGUEL	00:49:08	00:04:55	00:48:31	00:04:52	00:24:41
165	6714	JOSE JOAQUIM MARTINS CASTRO	00:49:09	00:04:55	00:48:50	00:04:53	00:24:23
166	9600	PEDRO ENCARNAÇÃO	00:49:13	00:04:56	00:48:30	00:04:51	00:24:49
167	5228	MAURICIO MARQUES	00:49:15	00:04:56	00:47:07	00:04:43	00:25:58
168	7896	BENTO PALMA	00:49:15	00:04:56	00:48:38	00:04:52	00:25:02
169	9986	JOÃO PEREIRA	00:49:17	00:04:56	00:48:13	00:04:50	00:24:58
170	9736	RICARDO MOREIRA	00:49:20	00:04:56	00:47:20	00:04:44	00:26:14
171	10249	CARLOS COSTA	00:49:32	00:04:58	00:45:03	00:04:31	00:27:36
172	7994	PAULO ENES	00:49:36	00:04:58	00:48:59	00:04:54	00:25:12
173	8353	STEVEN DUNLOP	00:49:36	00:04:58	00:47:54	00:04:48	00:25:45
174	11351	JOSÉ ANTÓNIO PEREIRA LOPES	00:49:46	00:04:59	00:49:36	00:04:58	00:24:17
175	5208	JOAQUIM CORREIA	00:49:47	00:04:59	00:48:33	00:04:52	00:25:23
176	11964	ANTÓNIO MANUEL CARVALHO SILVA LEAL	00:49:48	00:04:59	00:46:59	00:04:42	00:28:08
177	8428	JAIME CADETE	00:49:48	00:04:59	00:47:17	00:04:44	00:26:33
178	8480	JOSÉ CARLOS VERMELHUDO AMARAL	00:49:48	00:04:59	00:48:28	00:04:51	00:25:35
179	12403	EDUARDO CABRITA	00:49:54	00:05:00	00:49:19	00:04:56	00:25:34
180	10085	ROGÉRIO LUIS	00:49:57	00:05:00	00:49:16	00:04:56	00:25:12
181	8308	RUI FAUSTINO	00:49:58	00:05:00	00:48:03	00:04:49	00:26:38
182	11924	DANIEL RAMOS COSTA	00:49:58	00:05:00	00:47:42	00:04:47	00:26:51
183	8296	PAULO ESPERANÇA	00:49:59	00:05:00	00:49:14	00:04:56	00:24:47
184	5756	JOÃO VIEIRA	00:50:00	00:05:00	00:47:27	00:04:45	00:27:35
185	8319	JORGE ALBUQUERQUE SILVA	00:50:02	00:05:01	00:49:17	00:04:56	00:24:44
186	8327	ADELINO TRINDADE	00:50:03	00:05:01	00:49:07	00:04:55	00:25:32
187	8341	VICTOR FIGUEIREDO	00:50:05	00:05:01	00:49:44	00:04:59	00:23:57
188	12409	MIGUEL MATOS	00:50:10	00:05:01	00:49:34	00:04:58	00:25:02
189	5121	JESUS MANUEL DUARTE JORGE	00:50:13	00:05:02	00:48:52	00:04:54	00:26:04
190	5949	CARLOS CRAVEIRA	00:50:14	00:05:02	00:48:51	00:04:54	00:25:53
191	6573	MARIO MARTINS	00:50:15	00:05:02	00:50:15	00:05:02	00:27:25
192	11391	ACÚRCIO MARIA	00:50:20	00:05:02	00:48:34	00:04:52	00:25:22
193	11573	JOSÉ LUÍS PEREIRA	00:50:20	00:05:02	00:48:58	00:04:54	00:26:03
194	5768	PAULO JORGE MARIANO GODINHO	00:50:26	00:05:03	00:49:40	00:04:58	00:25:45
195	6244	LUIS COSTA	00:50:31	00:05:04	00:50:11	00:05:02	00:24:57

196	10882	PAULO SILVA	00:50:34	00:05:04	00:48:08	00:04:49	00:26:58
197	9784	JOSÉ HENRIQUES	00:50:39	00:05:04	00:48:29	00:04:51	00:25:46
198	10013	JOSÉ COSTA	00:50:39	00:05:04	00:50:29	00:05:03	00:24:29
199	5210	LUIS OLIVEIRA	00:50:40	00:05:04	00:50:18	00:05:02	00:25:26
200	9597	JOAQUIM CONDEÇA	00:50:43	00:05:05	00:49:01	00:04:55	00:25:41
201	7880	JOÃO PEDRO RIBEIRO	00:50:44	00:05:05	00:47:53	00:04:48	00:26:43
202	8343	DINIS PEREIRA	00:50:47	00:05:05	00:50:26	00:05:03	00:24:28
203	11790	ALEXANDRE GOMES	00:50:58	00:05:06	00:50:46	00:05:05	00:25:10
204	11817	NUNO LUCAS	00:51:01	00:05:07	00:50:18	00:05:02	00:25:41
205	11204	LUÍS MACEDO	00:51:07	00:05:07	00:50:17	00:05:02	00:25:38
206	12126	PEDRO MIGUEL ÓSCAR	00:51:11	00:05:08	00:49:49	00:04:59	00:26:37
207	5676	MIGUEL RAU	00:51:16	00:05:08	00:50:35	00:05:04	00:25:26
208	5071	EDUARDO VILARINHO	00:51:18	00:05:08	00:50:12	00:05:02	00:25:42
209	7052	JOÃO GABRIEL CARVALHO RODRIGUES	00:51:18	00:05:08	00:50:23	00:05:03	00:24:23
210	12137	RICARDO MIGUEL PINHEIRO MARTINS	00:51:24	00:05:09	00:50:37	00:05:04	00:25:50
211	10473	JOÃO LEITÃO	00:51:24	00:05:09	00:49:20	00:04:56	00:26:54
212	10303	CARLOS RAMOS	00:51:32	00:05:10	00:50:56	00:05:06	00:25:00
213	7659	FERNANDO FERREIRA	00:51:32	00:05:10	00:49:37	00:04:58	00:26:11
214	6436	JORGE ABREU	00:51:34	00:05:10	00:50:13	00:05:02	00:26:22
215	9674	CARLOS PATO	00:51:36	00:05:10	00:47:08	00:04:43	00:29:28
216	7022	PEDRO MIGUEL BELO DAS NEVES	00:51:36	00:05:10	00:50:28	00:05:03	00:26:26
217	7847	NUNO MADEIRA	00:51:38	00:05:10	00:48:51	00:04:54	00:28:03
218	11942	PAULO ALEXANDRE DIAS DE OLIVEIRA	00:51:40	00:05:10	00:50:53	00:05:06	00:25:59
219	7863	JULIO PAULO SERRAS	00:51:42	00:05:11	00:49:48	00:04:59	00:27:00
220	5005	JOÃO FARDILHA	00:51:47	00:05:11	00:49:28	00:04:57	00:27:16
221	6355	RUI MILAGRES	00:51:47	00:05:11	00:51:04	00:05:07	00:25:52
222	10354	RICARDO MACHADO	00:51:48	00:05:11	00:49:06	00:04:55	00:27:59
223	6754	PEDRO SÁ	00:51:51	00:05:12	00:48:59	00:04:54	00:27:22
224	11403	JOSE CARLOS GALVEIAS GOMES	00:51:53	00:05:12	00:51:30	00:05:09	00:25:57
225	8162	JOSÉ JÚLIO PÓVOA RODRIGUES	00:51:54	00:05:12	00:51:49	00:05:11	00:25:01
226	5806	LINO PEDRO MORAIS ROQUE	00:51:57	00:05:12	00:51:57	00:05:12	00:26:29
227	11547	JOSÉ PEREIRA	00:51:58	00:05:12	00:48:50	00:04:53	00:28:44
228	11571	DANIEL SIMÕES	00:52:01	00:05:13	00:49:21	00:04:57	00:28:48
229	7074	SÉRGIO ALMEIDA	00:52:03	00:05:13	00:50:55	00:05:06	00:27:11
230	12054	ANTÓNIO RAMOS	00:52:05	00:05:13	00:50:50	00:05:05	00:25:59
231	9934	ANTÓNIO JOSÉ MONTEIRO DAS PAZES	00:52:09	00:05:13	00:50:54	00:05:06	00:26:20
232	10857	PEDRO MANUEL RIOS DE OLIVEIRA CAMÕES GOUVI	00:52:11	00:05:14	00:50:39	00:05:04	00:27:45
233	10598	ANTONIO NOGUEIRA	00:52:14	00:05:14	00:48:22	00:04:51	00:28:06
234	7513	LUÍS DUARTE	00:52:18	00:05:14	00:51:08	00:05:07	00:25:59
235	6314	JOAQUIM MANUEL CARDOSO	00:52:20	00:05:14	00:51:04	00:05:07	00:27:10
236	7812	CARLOS MANUEL GOMES MOTA MIGUEL	00:52:22	00:05:15	00:50:01	00:05:01	00:28:04
237	10253	NUNO CABEÇA	00:52:23	00:05:15	00:51:06	00:05:07	00:26:52
238	5076	ANTÓNIO RAMOS	00:52:28	00:05:15	00:51:06	00:05:07	00:26:59
239	7998	JOSE CUNHA	00:52:32	00:05:16	00:51:53	00:05:12	00:26:38
240	6302	DINIS MORAIS	00:52:35	00:05:16	00:50:26	00:05:03	00:27:55
241	8105	ANTÓNIO PEREIRA	00:52:40	00:05:16	00:52:21	00:05:15	00:25:48
242	6484	NUNO GRAÇA	00:52:44	00:05:17	00:51:46	00:05:11	00:27:12
243	10370	RICARDO CARVALHO	00:52:47	00:05:17	00:50:45	00:05:05	00:27:51
244	11192	JOSÉ FERNANDO SOUSA GOMES	00:52:48	00:05:17	00:51:01	00:05:07	00:27:10
245	12012	NUNO BEXIGA	00:52:50	00:05:17	00:49:14	00:04:56	00:29:01



246	11062	BRUNO COSTA	00:52:50	00:05:17	00:52:18	00:05:14	00:25:51
247	8079	JOSÉ PALMEIRA	00:52:51	00:05:18	00:51:49	00:05:11	00:26:17
248	8402	PEDRO PIRES DE CASTRO	00:52:59	00:05:18	00:52:02	00:05:13	00:26:47
249	11340	JOSÉ ALÍPIO	00:53:03	00:05:19	00:52:31	00:05:16	00:26:41
250	11201	RENATO MARTINS	00:53:03	00:05:19	00:50:21	00:05:03	00:28:25
251	6651	LUIS DAMIÃO	00:53:05	00:05:19	00:50:37	00:05:04	00:28:13
252	8433	PAULO BONACHO	00:53:09	00:05:19	00:52:10	00:05:13	00:27:13
253	10742	NUNO ALEXANDRE FARINHA	00:53:12	00:05:20	00:53:08	00:05:19	00:26:39
254	10528	NUNO FILIPE CALDES PIMPÃO	00:53:22	00:05:21	00:52:42	00:05:17	00:26:18
255	10770	RUI DUARTE	00:53:22	00:05:21	00:50:59	00:05:06	00:28:08
256	10746	JOSÉ SILVA	00:53:24	00:05:21	00:50:56	00:05:06	00:28:30
257	11657	RICARDO LUIS MARANTE JESUS ANTUNES	00:53:25	00:05:21	00:49:30	00:04:57	00:29:49
258	8012	ARTUR TEIXEIRA	00:53:26	00:05:21	00:52:18	00:05:14	00:27:51
259	5397	ALVARO JOSÉ GARCIA	00:53:29	00:05:21	00:51:10	00:05:07	00:27:57
260	11893	DAVID JOÃO ALMEIDA	00:53:29	00:05:21	00:51:13	00:05:08	00:27:59
261	6418	JOSÉ ANTÓNIO TORRADO GUERREIRO	00:53:35	00:05:22	00:52:46	00:05:17	00:27:17
262	6648	JOSÉ JOAQUIM MENOITA MARQUES	00:53:37	00:05:22	00:53:23	00:05:21	00:26:20
263	12326	JOSÉ LEITÃO	00:53:41	00:05:23	00:51:03	00:05:07	00:29:02
264	5888	RUI MIGUEL TEODÓSIO COSTA	00:53:42	00:05:23	00:52:37	00:05:16	00:28:09
265	9544	EDUARDO AQUINO	00:53:44	00:05:23	00:52:07	00:05:13	00:28:27
266	7841	JAIME MESTRE	00:53:45	00:05:23	00:51:36	00:05:10	00:28:06
267	11591	HELDER ALVALADE	00:53:45	00:05:23	00:49:23	00:04:57	00:30:00
268	7748	JORGE MANUEL SIMOES COSTA	00:53:49	00:05:23	00:52:05	00:05:13	00:26:27
269	11404	RUI CAETANO	00:53:54	00:05:24	00:53:54	00:05:24	00:25:54
270	9790	JORGE LOPES	00:53:56	00:05:24	00:50:50	00:05:05	00:29:04
271	9742	VITOR CAVACO	00:54:00	00:05:24	00:49:29	00:04:57	00:29:28
272	6014	RUI CARNEIRO	00:54:03	00:05:25	00:52:19	00:05:14	00:27:45
273	6012	RUI FERREIRA AGOSTINHO	00:54:03	00:05:25	00:52:18	00:05:14	00:27:45
274	8219	PEDRO MIGUEL XAVIER SANTOS	00:54:06	00:05:25	00:54:06	00:05:25	00:29:14
275	9754	MANUEL FERREIRA SILVA	00:54:08	00:05:25	00:53:11	00:05:20	00:29:31
276	10286	BARTOLUMEU PEREIRA	00:54:08	00:05:25	00:52:50	00:05:17	00:28:29
277	5152	ANTONIO MANUEL AFONSO MARTINS	00:54:12	00:05:26	00:53:53	00:05:24	00:27:15
278	5009	MANUEL AUNON ESCALONA	00:54:19	00:05:26	00:51:57	00:05:12	00:28:21
279	6656	MIGUEL CAETANO	00:54:21	00:05:27	00:52:02	00:05:13	00:28:18
280	5227	PAULO JORGE ROBERTO GONÇALVES	00:54:24	00:05:27	00:54:01	00:05:25	00:26:06
281	11913	PAULO JORGE FERNANDES	00:54:28	00:05:27	00:47:05	00:04:43	00:00:49
282	6344	FILIPE TAVARES	00:54:29	00:05:27	00:50:14	00:05:02	00:30:24
283	8152	ANTONIO JORGE RAMOS	00:54:29	00:05:27	00:53:32	00:05:22	00:27:13
284	8048	PEDRO BURNAY	00:54:30	00:05:27	00:52:08	00:05:13	00:28:05
285	5684	RICARDO JESUS	00:54:31	00:05:28	00:52:01	00:05:13	00:28:43
286	11745	MIGUEL RIBEIRO	00:54:32	00:05:28	00:50:50	00:05:05	00:30:09
287	6461	CARLOS ALBERTO MARTINS COSTA	00:54:32	00:05:28	00:54:10	00:05:25	00:26:51
288	10358	VASCO PEDRO FERREIRA DOS SANTOS AFONSO	00:54:33	00:05:28	00:53:19	00:05:20	00:27:52
289	11056	CARLOS MANUEL AIRES VIDAIS	00:54:34	00:05:28	00:51:59	00:05:12	00:28:58
290	6212	FILIPE MANUEL CARREIRA SIMÕES	00:54:34	00:05:28	00:54:17	00:05:26	00:27:08
291	11725	JORGE SILVA	00:54:35	00:05:28	00:53:47	00:05:23	00:29:29
292	11346	CARLOS SANTOS	00:54:39	00:05:28	00:52:56	00:05:18	00:26:34
293	6201	MÁRIO VITÓRIA	00:54:40	00:05:28	00:52:00	00:05:12	00:28:46
294	7261	FRANCISCO MACHETA	00:54:41	00:05:29	00:52:32	00:05:16	00:29:13
295	8089	PAULO CARDOSO	00:54:48	00:05:29	00:53:38	00:05:22	00:27:52

296	10113	NUNO PEREIRA	00:54:57	00:05:30	00:53:52	00:05:24	00:28:08
297	6556	MÁRIO VEIGA	00:55:01	00:05:31	00:50:47	00:05:05	00:30:00
298	10679	PAULO CALDEIRINHA	00:55:02	00:05:31	00:52:23	00:05:15	00:30:30
299	12016	PAULO RATILAL	00:55:03	00:05:31	00:53:05	00:05:19	00:29:47
300	12308	JORGE COUTO	00:55:03	00:05:31	00:52:30	00:05:15	00:29:26
301	11412	PEDRO MATOS	00:55:03	00:05:31	00:55:00	00:05:30	00:26:39
302	11413	JOSÉ HENRIQUE MATOS	00:55:04	00:05:31	00:55:00	00:05:30	00:26:39
303	5559	OCTAVIO MARIANO	00:55:06	00:05:31	00:50:42	00:05:05	00:30:56
304	6694	PEDRO VIEIRA	00:55:08	00:05:31	00:54:23	00:05:27	00:28:05
305	6891	MIGUEL ESTEVES	00:55:10	00:05:31	00:51:09	00:05:07	00:29:47
306	7800	PAULO ALBERTO SOUSA FIGUEIREDO	00:55:13	00:05:32	00:53:18	00:05:20	00:28:19
307	9540	MIGUEL REDMONT	00:55:15	00:05:32	00:53:04	00:05:19	00:28:52
308	12013	HUGO BEXIGA	00:55:16	00:05:32	00:51:40	00:05:10	00:29:51
309	11581	PAULO JORGE SANTOS PEREIRA MARTINS	00:55:17	00:05:32	00:53:50	00:05:23	00:28:05
310	6575	LUIS CARDOSO	00:55:18	00:05:32	00:52:04	00:05:13	00:30:01
311	9933	PAULO RAPOSO	00:55:19	00:05:32	00:53:16	00:05:20	00:29:17
312	6422	JOÃO MANUEL DOS SANTOS FERREIRA	00:55:19	00:05:32	00:52:42	00:05:17	00:29:19
313	5212	JOAO PAULO DIAS	00:55:24	00:05:33	00:54:58	00:05:30	00:26:45
314	6248	MIGUEL RIBEIRO DA SILVA	00:55:26	00:05:33	00:53:26	00:05:21	00:29:10
315	8237	FRANCISCO SILVA	00:55:28	00:05:33	00:53:32	00:05:22	00:29:00
316	8236	NUNO ALBERTO MARQUES VEIGA	00:55:30	00:05:33	00:54:39	00:05:28	00:27:33
317	11824	PAULO SILVA	00:55:32	00:05:34	00:53:52	00:05:24	00:28:13
318	5913	ARTUR SOARES	00:55:32	00:05:34	00:52:41	00:05:17	00:29:50
319	8095	DANIEL DIAS CRAVEIRO ANTUNES	00:55:33	00:05:34	00:53:46	00:05:23	00:28:34
320	6091	JOÃO MIGUEL FURTADO	00:55:34	00:05:34	00:54:37	00:05:28	00:28:21
321	10352	PAULO VICENTE	00:55:36	00:05:34	00:53:35	00:05:22	00:29:10
322	11783	MARIO JOSE DUARTE RODRIGUES	00:55:37	00:05:34	00:54:54	00:05:30	
323	7864	STELIO LOPES	00:55:39	00:05:34	00:53:42	00:05:23	00:29:31
324	6617	JOÃO GARCIA	00:55:40	00:05:34	00:53:58	00:05:24	00:29:07
325	7239	NELSON FERREIRA	00:55:42	00:05:35	00:55:01	00:05:31	00:28:23
326	6970	LUIS COSTA	00:55:42	00:05:35	00:51:57	00:05:12	00:31:18
327	5707	TIAGO LOPES PAULO	00:55:44	00:05:35	00:51:58	00:05:12	00:29:41
328	6740	LUIS COELHO	00:55:48	00:05:35	00:52:44	00:05:17	00:29:50
329	5538	SERGIO BORGES	00:55:48	00:05:35	00:53:28	00:05:21	00:29:50
330	11254	NUNO LUFINHA	00:55:50	00:05:35	00:53:26	00:05:21	00:31:05
331	6615	PEDRO MANSO PIRES	00:56:00	00:05:36	00:54:18	00:05:26	00:29:07
332	10904	NUNO MIGUEL MARTINS RODRIGUES	00:56:03	00:05:37	00:54:31	00:05:28	00:28:54
333	8475	JOEL COELHO	00:56:05	00:05:37	00:51:45	00:05:11	00:30:54
334	6776	ALBERTO DELGADO	00:56:07	00:05:37	00:52:56	00:05:18	00:30:25
335	12080	NUNO PINTO	00:56:12	00:05:38	00:53:22	00:05:21	00:29:23
336	11779	MIGUEL CAMPO	00:56:15	00:05:38	00:55:19	00:05:32	00:29:14
337	7300	JOSE BONITO	00:56:16	00:05:38	00:52:47	00:05:17	00:30:19
338	6270	PAULO COVA	00:56:17	00:05:38	00:55:27	00:05:33	00:27:13
339	9510	JORGE CARREIRA	00:56:17	00:05:38	00:53:28	00:05:21	00:29:01
340	11101	NUNO PAULO	00:56:18	00:05:38	00:55:49	00:05:35	00:27:21
341	8367	JOÃO ANASTÁCIO	00:56:19	00:05:38	00:56:08	00:05:37	00:28:26
342	7045	RUI PÉCURTO	00:56:20	00:05:38	00:52:47	00:05:17	00:31:04
343	6093	LUIS ANTONIO AGUIAR	00:56:22	00:05:39	00:53:08	00:05:19	00:30:27
344	8169	MANUEL PUNGO	00:56:22	00:05:39	00:56:22	00:05:39	00:32:17
345	11869	PAULO MANUEL VIDAL ANACLETO	00:56:24	00:05:39	00:55:46	00:05:35	00:28:02

346	7124	LUIS MARIA	00:56:26	00:05:39	00:53:04	00:05:19	00:31:47
347	11081	NUNO VALADA	00:56:33	00:05:40	00:56:03	00:05:37	00:29:09
348	5788	ANTONIO JOSE DUARTE CARVALHO DA SILVA	00:56:38	00:05:40	00:53:23	00:05:21	00:30:30
349	10594	JORGE LEITE	00:56:39	00:05:40	00:52:53	00:05:18	00:30:28
350	7990	LUÍS PIMENTA	00:56:41	00:05:41	00:55:16	00:05:32	00:28:32
351	9512	PAULO FADISTA	00:56:50	00:05:41	00:53:46	00:05:23	00:29:53
352	9931	JOÃO FERNANDO COVAS SIMÕES	00:56:54	00:05:42	00:55:38	00:05:34	00:28:57
353	8401	CRISTOVÃO RAMOS	00:56:54	00:05:42	00:53:26	00:05:21	00:30:31
354	9533	ANTÓNIO CALDEIRA	00:57:02	00:05:43	00:53:10	00:05:19	00:30:59
355	12162	RICARDO GOMES	00:57:04	00:05:43	00:56:38	00:05:40	00:28:06
356	11147	JOSÉ ANTÓNIO SILVA	00:57:05	00:05:43	00:53:44	00:05:23	00:31:17
357	10678	CESAR RODRIGUES	00:57:11	00:05:44	00:54:44	00:05:29	00:29:27
358	5664	DIOGO CARMO	00:57:11	00:05:44	00:55:21	00:05:33	00:28:54
359	10713	RICARDO BOTAO	00:57:13	00:05:44	00:54:34	00:05:28	00:29:38
360	5874	PAULO GOULÃO	00:57:18	00:05:44	00:55:45	00:05:35	00:29:45
361	10687	PAULO MESTRE	00:57:18	00:05:44	00:55:45	00:05:35	00:29:46
362	6545	LUIS COTRIM	00:57:20	00:05:44	00:55:50	00:05:35	00:28:31
363	10858	JOSÉ LOURENÇO	00:57:29	00:05:45	00:56:00	00:05:36	00:28:08
364	8418	MARIO DIAS MONTEIRO	00:57:38	00:05:46	00:56:24	00:05:39	00:29:43
365	6085	JOÃO PINTO	00:57:40	00:05:46	00:55:39	00:05:34	00:30:26
366	6207	FRANCISCO MIGUEL ANDRE SARDINHA	00:57:41	00:05:47	00:57:06	00:05:43	00:28:49
367	5091	RUI GERALDES	00:57:44	00:05:47	00:55:57	00:05:36	00:30:03
368	6572	JOSE RUIVO	00:57:44	00:05:47	00:55:38	00:05:34	00:29:50
369	6336	RUI GERALDES	00:57:44	00:05:47	00:55:57	00:05:36	00:30:04
370	11981	MANUEL DIAS	00:57:45	00:05:47	00:55:56	00:05:36	00:31:07
371	10953	HELDER ANTONIO GALAMBA FORTUNATO	00:57:46	00:05:47	00:54:46	00:05:29	00:30:49
372	11770	SÉRGIO DURÃO	00:57:49	00:05:47	00:53:53	00:05:24	00:31:52
373	7670	DAVIDE MANUEL HENRIQUE ANTUNES INÁCIO	00:57:51	00:05:48	00:55:06	00:05:31	00:31:31
374	10114	MARIO RODRIGUES	00:57:52	00:05:48	00:56:25	00:05:39	00:29:32
375	12168	ANTONIO SILVA	00:57:55	00:05:48	00:57:45	00:05:47	00:28:25
376	9891	ALBERTO MONTEIRO	00:57:56	00:05:48	00:55:11	00:05:32	00:30:52
377	6654	MÁRIO JOSÉ SILVA JERÓNIMO	00:57:59	00:05:48	00:54:29	00:05:27	00:31:13
378	6431	MANUEL ANGELINO	00:58:06	00:05:49	00:57:52	00:05:48	00:27:35
379	11280	DANIEL COLLA	00:58:07	00:05:49	00:56:12	00:05:38	00:30:28
380	7327	HERMENIO PATRICIO ESCORCIO	00:58:08	00:05:49	00:53:35	00:05:22	00:32:25
381	7567	PAULO PEREIRA	00:58:09	00:05:49	00:54:33	00:05:28	00:31:39
382	11638	JORGE ANJOS	00:58:10	00:05:49	00:57:12	00:05:44	00:30:06
383	9733	PAULO SILVA	00:58:13	00:05:50	00:53:46	00:05:23	00:32:01
384	9555	NUNO MENEZES	00:58:16	00:05:50	00:57:12	00:05:44	00:29:00
385	7374	RICARDO GONCALVES	00:58:23	00:05:51	00:56:59	00:05:42	00:30:06
386	11117	RUI JORGE DA SILVA OLIVENÇA	00:58:26	00:05:51	00:55:14	00:05:32	00:31:36
387	12444	JOÃO LOURENÇO	00:58:27	00:05:51	00:57:59	00:05:48	00:29:35
388	6291	CARLOS MARTINS	00:58:31	00:05:52	00:57:52	00:05:48	00:27:43
389	10262	JOAO NOGUEIRA	00:58:35	00:05:52	00:57:57	00:05:48	00:28:25
390	7216	MIGUEL ANGELO	00:58:37	00:05:52	00:55:32	00:05:34	00:31:06
391	6423	PEDRO SILVA	00:58:38	00:05:52	00:55:22	00:05:33	00:31:42
392	8139	SERGIO CANEIRA	00:58:46	00:05:53	00:55:24	00:05:33	00:32:25
393	11498	ANTÓNIO JOSÉ MENDONÇA RAPOSO	00:58:49	00:05:53	00:55:03	00:05:31	00:32:15
394	9811	JOSÉ ARTUR	00:58:50	00:05:53	00:57:41	00:05:47	00:30:57
395	10986	PEDRO SANTOS	00:58:52	00:05:54	00:57:07	00:05:43	00:31:06



396	6808	ANTONIO MANUEL ROCHA	00:58:52	00:05:54	00:58:17	00:05:50	00:29:17
397	7594	JORGE BENTO CLEMENTE DURO	00:58:52	00:05:54	00:55:31	00:05:34	00:31:02
398	7253	ANTONIO LOPES	00:58:53	00:05:54	00:56:29	00:05:39	00:32:46
399	10758	ANTÓNIO NARCISO	00:58:58	00:05:54	00:58:32	00:05:52	00:29:22
400	10188	JAIME FERNANDO MARQUES SEMEDO	00:58:59	00:05:54	00:58:41	00:05:53	00:29:45
401	9545	CARLOS CAMÕES	00:59:00	00:05:54	00:57:23	00:05:45	00:29:38
402	6240	PAULO JORGE CARVALHO	00:59:00	00:05:54	00:57:01	00:05:43	00:30:11
403	6940	EDGAR REINHARDT	00:59:02	00:05:55	00:54:23	00:05:27	00:32:03
404	6897	JOÃO SILVA	00:59:06	00:05:55	00:56:24	00:05:39	00:30:52
405	11743	MEIRE CEZÁRIO DE OLIVEIRA	00:59:14	00:05:56	00:55:34	00:05:34	00:33:11
406	11649	ANTÓNIO NASCIMENTO FILHO	00:59:14	00:05:56	00:55:34	00:05:34	00:33:11
407	6241	SERGIO MANUEL FERREIRA BERNARDO	00:59:24	00:05:57	00:57:22	00:05:45	00:30:11
408	5266	PAULO SILVEIRA	00:59:28	00:05:57	00:56:19	00:05:38	00:30:36
409	6045	FERNANDO PEREIRA	00:59:30	00:05:57	00:57:33	00:05:46	00:30:34
410	6855	ANTÓNIO CARLOS VIEIRA VASQUES	00:59:32	00:05:58	00:55:10	00:05:31	00:34:43
411	7677	LUIS MIGUEL COSTA	00:59:32	00:05:58	00:56:40	00:05:40	00:31:51
412	11870	LUÍS MIGUEL SILVA SANTOS	00:59:37	00:05:58	00:58:59	00:05:54	00:29:15
413	5007	JOSÉ SUBTIL	00:59:39	00:05:58	00:57:19	00:05:44	00:30:48
414	8488	VITOR FRANCISCO	00:59:43	00:05:59	00:57:46	00:05:47	00:30:59
415	11400	IVO JOAQUIM	00:59:47	00:05:59	00:59:09	00:05:55	00:29:31
416	8658	PAULO ALMEIDA	00:59:49	00:05:59	00:58:06	00:05:49	00:30:47
417	7214	FERNANDO PIRES	00:59:49	00:05:59	00:54:47	00:05:29	00:33:06
418	9567	RUI GUILHERME PEREIRA	00:59:55	00:06:00	00:57:52	00:05:48	00:31:23
419	6924	CARLOS TEÓFILO	01:00:00	00:06:00	00:56:58	00:05:42	00:32:48
420	7234	LUÍS COITO	01:00:07	00:06:01	00:57:47	00:05:47	00:30:29
421	10281	JOÃO PAULO SERRANO	01:00:09	00:06:01	01:00:09	00:06:01	00:31:35
422	6614	LUIS FRIAÇAS	01:00:11	00:06:02	00:58:53	00:05:54	00:29:48
423	7012	VITOR MANUEL ÁLVARES ESCÁRIA	01:00:16	00:06:02	00:58:28	00:05:51	00:31:48
424	8370	RICARDO BRANCO	01:00:16	00:06:02	00:58:36	00:05:52	00:30:04
425	11474	RUI PEDRO R. D PIRES	01:00:18	00:06:02	00:58:37	00:05:52	00:31:34
426	10105	RICARDO SOUSA	01:00:20	00:06:02	00:56:00	00:05:36	00:32:51
427	11310	RICARDO MANUEL DE FIGUEIREDO DE SAMPAIO M.	01:00:21	00:06:03	00:58:01	00:05:49	00:32:44
428	11311	PEDRO MIGUEL DE FARIA GONÇALVES NAVARRO M	01:00:21	00:06:03	00:58:01	00:05:49	00:32:43
429	8414	FRANCISCO CERQUEIRA	01:00:28	00:06:03	00:59:11	00:05:56	00:30:52
430	5106	CARLOS GONÇALVES	01:00:31	00:06:04	00:56:09	00:05:37	00:35:52
431	11733	MARCO ANTÓNIO TEODORO	01:00:33	00:06:04	01:00:02	00:06:01	00:28:20
432	5789	HUGO ALEXANDRE GOMES	01:00:34	00:06:04	00:57:28	00:05:45	00:31:32
433	10308	RICARDO CASTRO	01:00:47	00:06:05	00:58:29	00:05:51	00:31:03
434	6946	CARLOS MARTINS	01:00:48	00:06:05	00:58:56	00:05:54	00:30:21
435	8276	MANUEL PRATES	01:00:48	00:06:05	00:58:37	00:05:52	00:31:42
436	12334	RICARDO MOREIRA	01:00:49	00:06:05	00:59:50	00:05:59	00:29:29
437	11946	PAULO SÁ	01:00:50	00:06:05	00:59:34	00:05:58	00:30:39
438	10259	CARLOS FIGUEIREDO	01:00:52	00:06:06	00:57:48	00:05:47	00:32:45
439	7249	JOSÉ JOAQUIM PIRES GIL	01:00:52	00:06:06	00:59:44	00:05:59	00:30:16
440	7598	JOSÉ MANUEL BORGES DE CARVALHO	01:00:56	00:06:06	00:57:39	00:05:46	00:32:34
441	6996	NUNO MOREIRA	01:01:03	00:06:07	00:56:13	00:05:38	00:33:53
442	10964	YANNIS JORGE	01:01:04	00:06:07	00:58:17	00:05:50	00:31:25
443	11182	MIGUEL BARRIGA	01:01:05	00:06:07	00:57:56	00:05:48	00:34:12
444	8241	FRANCISCO CARREIRA	01:01:06	00:06:07	00:57:22	00:05:45	00:32:51
445	9979	NUNO VALE OLIVEIRA	01:01:06	00:06:07	01:00:21	00:06:03	00:30:25

446	11943	PAULO SOBRAL MASCARENHAS	01:01:15	00:06:08	01:00:23	00:06:03	00:30:12
447	7560	JOÃO MAIA SILVA	01:01:17	00:06:08	00:57:43	00:05:47	00:33:49
448	7992	LUIS LOPES	01:01:18	00:06:08	00:56:57	00:05:42	00:32:33
449	11516	ANTÓNIO FERREIRA	01:01:21	00:06:09	00:57:02	00:05:43	00:32:33
450	7601	SÉRGIO FALAMINO	01:01:24	00:06:09	00:57:35	00:05:46	00:32:36
451	7715	PEDRO BASTOS	01:01:25	00:06:09	00:57:14	00:05:44	00:32:04
452	7821	RODRIGO REIS	01:01:26	00:06:09	01:01:26	00:06:09	00:36:01
453	6226	PEDRO LIMA BASTO	01:01:29	00:06:09	00:57:53	00:05:48	00:32:45
454	6616	JOÃO ALBERTO AZEVEDO	01:01:30	00:06:09	00:59:48	00:05:59	00:32:18
455	7104	RICARDO FILIPE	01:01:34	00:06:10	00:56:58	00:05:42	00:33:41
456	7574	PEDRO NICOLAU	01:01:35	00:06:10	00:58:27	00:05:51	00:34:59
457	10343	LUIS MIGUEL FERREIRA	01:01:40	00:06:10	00:58:45	00:05:53	00:32:25
458	6458	PEDRO SILVA RIBEIRO	01:01:41	00:06:11	00:58:55	00:05:54	00:32:48
459	9729	PAULO BIRRA	01:01:41	00:06:11	00:58:05	00:05:49	00:33:29
460	6977	RUI CONTREIRAS	01:01:42	00:06:11	00:58:56	00:05:54	00:32:48
461	10360	JOSE MANUEL SARGACO	01:01:42	00:06:11	01:00:59	00:06:06	00:29:46
462	6747	ANTÓNIO QUELHAS	01:01:43	00:06:11	00:58:41	00:05:53	00:34:10
463	6778	PAULO JORGE DOMINGUES	01:01:44	00:06:11	01:00:10	00:06:01	00:31:17
464	5908	RICARDO SARDINHEIRO	01:01:44	00:06:11	00:56:54	00:05:42	00:36:09
465	7996	JOAQUIM NUNES CORREIA	01:01:48	00:06:11	00:57:29	00:05:45	00:32:50
466	11253	NUNO BOTELHO	01:01:48	00:06:11	00:59:33	00:05:58	00:32:35
467	9546	PEDRO MAGALHÃES	01:01:53	00:06:12	00:59:14	00:05:56	00:34:16
468	10209	JOÃO FIGUEIREDO	01:01:53	00:06:12	01:00:18	00:06:02	00:31:21
469	9961	DUARTE NUNO ALVES MARTELO	01:01:57	00:06:12	00:59:52	00:06:00	00:32:02
470	8637	NUNO PEREIRA	01:01:58	00:06:12	00:58:14	00:05:50	00:32:56
471	10481	LUÍS CHAVEIRO	01:02:08	00:06:13	00:58:54	00:05:54	00:32:13
472	10651	FERNANDO TORRES	01:02:09	00:06:13	01:00:20	00:06:02	00:32:12
473	10272	MIGUEL FORTUNA	01:02:10	00:06:13	01:00:49	00:06:05	00:32:32
474	10270	SANDRO JOSE ROSA MATIAS	01:02:10	00:06:13	01:00:51	00:06:06	00:32:33
475	5176	JOAQUIM MATOS	01:02:12	00:06:14	00:59:02	00:05:55	00:33:34
476	5175	PEDRO LOPES	01:02:12	00:06:14	00:59:02	00:05:55	00:33:36
477	11279	VITOR FRANCISCO	01:02:13	00:06:14	00:59:51	00:06:00	00:32:00
478	11636	JOEL SILVA	01:02:13	00:06:14	00:59:51	00:06:00	00:32:01
479	11721	JOÃO MIGUEL DE ALMEIDA CAMPOS	01:02:13	00:06:14	00:59:51	00:06:00	00:32:01
480	7724	JOÃO MARTINS	01:02:14	00:06:14	00:58:29	00:05:51	00:33:41
481	12232	LUIS COITO	01:02:15	00:06:14	00:58:49	00:05:53	00:32:49
482	11525	CARLOS TEIXEIRA	01:02:15	00:06:14	00:58:47	00:05:53	00:32:39
483	5197	FRANCISCO JOSÉ GUEDES PEREIRA	01:02:19	00:06:14	00:58:19	00:05:50	00:34:49
484	10607	SÉRGIO PEREIRA	01:02:32	00:06:16	01:00:05	00:06:01	00:30:31
485	9862	PEDRO JOAO FERNANDES	01:02:32	00:06:16	00:59:25	00:05:57	00:32:49
486	7869	TIAGO DE CARVALHO NOBRE	01:02:38	00:06:16	00:58:40	00:05:52	00:32:59
487	5989	ROGÉRIO ALVES	01:02:40	00:06:16	01:02:00	00:06:12	00:31:05
488	11504	RICARDO ARAÚJO	01:02:43	00:06:17	01:01:11	00:06:08	00:33:07
489	11604	ACÁCIO GAMBOA	01:02:44	00:06:17	00:59:35	00:05:58	00:33:55
490	5177	VITOR SOUSA	01:02:49	00:06:17	00:59:38	00:05:58	00:33:37
491	6725	MIGUEL MONTEIRO	01:02:53	00:06:18	00:59:34	00:05:58	00:32:45
492	10709	PAULO GONÇALVES	01:03:05	00:06:19	01:00:27	00:06:03	00:32:59
493	8004	JOAO DINIZ	01:03:10	00:06:19	01:00:38	00:06:04	00:33:43
494	11517	ANTÓNIO CASTRO	01:03:13	00:06:20	01:00:05	00:06:01	00:34:59
495	11524	CARLOS PEREIRA	01:03:13	00:06:20	01:00:09	00:06:01	00:34:59

496	11635	PEDRO SANTOS	01:03:13	00:06:20	01:02:23	00:06:15	00:31:43
497	9908	NUNO CIPRIANO	01:03:21	00:06:21	01:01:17	00:06:08	00:33:09
498	7959	PAULO DURÃO	01:03:38	00:06:22	01:03:29	00:06:21	00:31:04
499	10733	PAULO MARIO SEQUEIRA	01:03:39	00:06:22	01:03:17	00:06:20	00:31:26
500	10309	ANTONIO RAMOS	01:03:40	00:06:22	01:01:31	00:06:10	00:33:48
501	6907	RUI ALMEIDA	01:03:42	00:06:23	01:00:23	00:06:03	00:33:23
502	7865	ARTUR AMORIM	01:03:43	00:06:23	01:01:50	00:06:11	00:32:37
503	5049	NUNO PEREIRA	01:03:47	00:06:23	01:00:24	00:06:03	00:32:46
504	9977	ANTÓNIO DO AMARAL	01:03:53	00:06:24	01:00:34	00:06:04	00:33:56
505	11727	JOSÉ MASSUÇA	01:03:53	00:06:24	01:00:12	00:06:02	00:34:01
506	6523	RUI FERNANDO ALVES MACHADO	01:04:00	00:06:24	00:59:02	00:05:55	00:35:00
507	9998	NUNO MIGUEL OLIVEIRA SIBORRO	01:04:02	00:06:25	01:03:22	00:06:21	00:30:29
508	12243	PEDRO DIAS	01:04:08	00:06:25	00:59:50	00:05:59	00:33:39
509	11862	JOAQUIM COSTA	01:04:14	00:06:26	01:01:05	00:06:07	00:34:20
510	10683	LUIS FILIPE GOMES	01:04:19	00:06:26	00:59:40	00:05:58	00:34:34
511	12186	FRANCISCO JOSE F. L. BATISTA	01:04:21	00:06:27	01:01:16	00:06:08	00:34:28
512	12021	NUNO AMEIXIAL	01:04:21	00:06:27	01:02:33	00:06:16	00:32:52
513	5807	PAULO JORGE MARTINS	01:04:22	00:06:27	01:01:46	00:06:11	00:32:35
514	11963	NUNO DIOGO	01:04:27	00:06:27	01:03:02	00:06:19	00:32:47
515	7784	JOEL RODRIGUES	01:04:28	00:06:27	01:00:23	00:06:03	00:34:48
516	8311	RUI MACHADO	01:04:29	00:06:27	01:02:56	00:06:18	00:33:00
517	6743	FRANCISCO GIL	01:04:30	00:06:27	01:02:57	00:06:18	00:33:00
518	9846	PEDRO REIS	01:04:32	00:06:28	01:04:32	00:06:28	00:35:45
519	7615	LUIZ HENRIQUE RODRIGUES DA SILVA	01:04:36	00:06:28	01:00:30	00:06:03	00:36:10
520	11185	NUNO TIAGO GIL DOS SANTOS	01:04:38	00:06:28	01:01:29	00:06:09	00:34:12
521	12150	JOSÉ CRUZ	01:05:02	00:06:31	01:02:21	00:06:15	00:34:04
522	10389	ANTÓNIO RIBEIRINHO	01:05:03	00:06:31	01:01:25	00:06:09	00:33:38
523	5345	CRISTOVÃO MARQUES JUNQUEIRA	01:05:06	00:06:31	01:01:54	00:06:12	00:34:45
524	6039	VITOR ABRANCHES	01:05:08	00:06:31	01:02:18	00:06:14	00:36:28
525	10943	CARLOS TORRE	01:05:12	00:06:32	01:02:58	00:06:18	00:32:35
526	6428	PAULO ONOFRE	01:05:12	00:06:32	01:03:22	00:06:21	00:32:29
527	5895	JOAO DANTAS CAMPOS	01:05:19	00:06:32	01:04:24	00:06:27	00:34:42
528	5605	NUNO DIAS	01:05:19	00:06:32	01:01:48	00:06:11	00:34:05
529	6413	NELSON FERNANDO ALMEIDA	01:05:30	00:06:33	01:01:45	00:06:11	00:33:46
530	6806	PAULO ALEXANDRE LEITÃO LOPES	01:05:39	00:06:34	01:02:29	00:06:15	00:34:39
531	12491	NUNO MARQUES	01:05:42	00:06:35	01:02:21	00:06:15	00:33:54
532	10510	VASCO MANUEL LEITE TORRES DO VALE	01:05:45	00:06:35	01:02:08	00:06:13	00:34:17
533	7823	VÍTOR ANTUNES	01:05:46	00:06:35	01:03:29	00:06:21	00:32:28
534	5899	LUIS SILVA	01:05:52	00:06:36	01:02:18	00:06:14	00:35:47
535	7352	TIAGO CERQUEIRA	01:05:52	00:06:36	01:02:18	00:06:14	00:35:49
536	6156	PAULO JESUS	01:05:56	00:06:36	01:05:42	00:06:35	00:32:33
537	6630	LUIS RAPOSO	01:06:01	00:06:37	01:02:05	00:06:13	00:35:28
538	7167	LUIS JACOB	01:06:02	00:06:37	01:01:09	00:06:07	00:36:36
539	5838	JÚLIO COELHO	01:06:07	00:06:37	01:03:32	00:06:22	00:34:34
540	11527	FÁBIO DIAS	01:06:22	00:06:39	01:03:14	00:06:20	
541	11336	VITOR LUIS DOS SANTOS ROCHA	01:06:23	00:06:39	01:05:38	00:06:34	00:31:38
542	5896	JOSE SAMPAIO	01:06:29	00:06:39	01:05:35	00:06:34	00:34:42
543	6534	ANDERSON PIMENTA	01:06:32	00:06:40	01:06:32	00:06:40	
544	10327	PAULO MIRANDA	01:06:34	00:06:40	01:04:50	00:06:29	00:34:04
545	6040	JOÃO JORGE VIEIRA	01:06:38	00:06:40	01:03:47	00:06:23	00:36:27

546	11805	PEDRO BERLENGA	01:06:50	00:06:41	01:02:05	00:06:13	00:36:12
547	8077	FERNANDO FIEL	01:06:55	00:06:42	01:06:07	00:06:37	00:33:27
548	6478	GUSTAVO VERÍSSIMO	01:06:59	00:06:42	01:06:59	00:06:42	00:35:04
549	6831	PAULO MENDES	01:07:05	00:06:43	01:02:32	00:06:16	00:36:07
550	7242	CARLOS MIGUEL DA ROCHA GONÇALVES	01:07:06	00:06:43	01:03:26	00:06:21	00:36:10
551	12070	JOÃO NUNO FORTE DA SILVA MAIA	01:07:06	00:06:43	01:04:18	00:06:26	00:35:51
552	6141	JORGE MANUEL PITA VIEIRA	01:07:15	00:06:44	01:04:19	00:06:26	00:35:32
553	8361	LUIS LOURENÇO	01:07:18	00:06:44	01:03:47	00:06:23	00:35:19
554	6585	ERMINDO PAULO	01:07:21	00:06:45	01:06:14	00:06:38	00:32:56
555	5418	BERNARDO MAIA	01:07:29	00:06:45	01:02:38	00:06:16	00:37:43
556	12300	LUIS ANTÓNIO MARQUES PISSARRA FARIAS	01:07:40	00:06:46	01:05:21	00:06:33	00:36:05
557	6202	MÁRIO PIRES	01:07:46	00:06:47	01:05:07	00:06:31	00:35:44
558	10002	LUIS ROQUE	01:07:48	00:06:47	01:03:41	00:06:23	00:36:13
559	10631	HUGO VAZ	01:08:09	00:06:49	01:04:30	00:06:27	00:35:05
560	5460	JOSÉ GABRIEL PEREIRA QUARESMA	01:08:11	00:06:50	01:06:55	00:06:42	00:34:24
561	11477	ARMINDO PEREIRA BARROS	01:08:17	00:06:50	01:06:37	00:06:40	00:32:38
562	12121	RICARDO NEGRÃO	01:08:18	00:06:50	01:04:42	00:06:29	00:36:26
563	10570	JOSE GOMES	01:08:18	00:06:50	01:06:05	00:06:37	00:33:47
564	8286	RUI MIGUEL TABORDA	01:08:27	00:06:51	01:04:29	00:06:27	00:36:11
565	12246	RUI MARTINS	01:08:30	00:06:51	01:06:55	00:06:42	00:35:55
566	12120	RUI PEDRO SANTOS	01:09:02	00:06:55	01:05:26	00:06:33	
567	6173	CARLOS CARRACHA	01:09:18	00:06:56	01:06:43	00:06:41	00:36:49
568	6166	MARIO JOAO SANTOS	01:09:18	00:06:56	01:06:44	00:06:41	00:36:49
569	11633	NUNO RENATO PINTO SILVA	01:09:19	00:06:56	01:07:24	00:06:45	00:33:30
570	5606	ALEXANDRE DOMINGOS	01:09:23	00:06:57	01:04:47	00:06:29	00:39:00
571	6107	CESAR PEDRO BANDEIRA ALVES	01:09:37	00:06:58	01:07:20	00:06:44	00:35:56
572	9950	RUI ALMEIDA	01:09:50	00:06:59	01:06:04	00:06:37	00:36:24
573	10623	RUI TELES	01:09:58	00:07:00	01:08:00	00:06:48	00:34:33
574	11778	CARLOS REIS	01:09:59	00:07:00	01:08:06	00:06:49	00:35:17
575	10143	JOAQUIM REMEDIO	01:10:00	00:07:00	01:05:20	00:06:32	00:38:58
576	7231	JÚLIO SILVA	01:10:17	00:07:02	01:07:23	00:06:45	00:36:16
577	6874	JULIO VEIGA	01:10:21	00:07:03	01:07:34	00:06:46	00:37:09
578	11705	MIGUEL FRAGA	01:10:21	00:07:03	01:06:53	00:06:42	00:35:59
579	6180	PEDRO MIGUEL HENRIQUES	01:10:24	00:07:03	01:08:18	00:06:50	
580	6730	OSCAR MIGUEL FERREIRA	01:10:36	00:07:04	01:06:54	00:06:42	00:36:54
581	11417	FERNANDO POÇAS	01:10:37	00:07:04	01:07:38	00:06:46	00:36:03
582	6594	ALEXANDRE MIGUEL LACERDA	01:10:42	00:07:05	01:07:40	00:06:46	00:36:19
583	10983	NUNO PINHO	01:11:39	00:07:10	01:07:53	00:06:48	00:37:37
584	6278	AFONSO N.	01:12:18	00:07:14	01:11:18	00:07:08	00:37:36
585	5388	RUI ALMEIDA	01:12:42	00:07:17	01:10:18	00:07:02	00:36:23
586	10238	ANTÓNIO PEDRO	01:12:43	00:07:17	01:08:05	00:06:49	00:38:52
587	10458	GABRIEL MORIM	01:13:13	00:07:20	01:08:39	00:06:52	00:38:52
588	8373	PAULO SILVA	01:13:52	00:07:24	01:13:52	00:07:24	00:37:31
589	12136	RUI VASCO LOPES ANACLETO	01:14:32	00:07:28	01:13:47	00:07:23	00:36:41
590	6619	NUNO MIGUEL CRUZ	01:15:36	00:07:34	01:11:47	00:07:11	00:35:14
591	5689	DAVID BEVAN	01:15:41	00:07:35	01:13:44	00:07:23	00:39:49
592	5552	LUIS MOURA	01:16:00	00:07:36	01:11:41	00:07:11	00:39:51
593	5569	ALFREDO NETO	01:16:21	00:07:39	01:13:09	00:07:19	00:39:22
594	7531	CARLOS VIEIRA	01:16:35	00:07:40	01:13:56	00:07:24	00:38:01
595	9752	LUIS SOARES	01:16:35	00:07:40	01:13:04	00:07:19	00:39:15

596	10552	JOAO CARLOS SIMOES SOUSA	01:16:58	00:07:42	01:12:44	00:07:17	00:38:55
597	11448	FERNANDO GOMES	01:17:23	00:07:45	01:15:43	00:07:35	00:38:31
598	11446	FERNANDO SABINO	01:17:27	00:07:45	01:15:48	00:07:35	00:36:30
599	10374	MIGUEL OLIVEIRA	01:18:06	00:07:49	01:13:29	00:07:21	00:41:22
600	11313	MIGUEL RODRIGUES	01:19:07	00:07:55	01:16:09	00:07:37	00:41:32
601	7233	GONÇALO DE AGUILAR DA COSTA BOTELHO	01:19:33	00:07:58	01:17:35	00:07:46	00:39:49
602	10507	LUIS TORRES	01:20:09	00:08:01	01:15:51	00:07:36	00:41:54
603	6081	MÁRIO RITO	01:21:42	00:08:11	01:20:41	00:08:05	00:38:57
604	10830	RUI MIGUEL SOARES	01:23:12	00:08:20	01:19:17	00:07:56	00:43:51
605	7295	HELDER VIEIRA COSTA	01:33:25	00:09:21	01:30:40	00:09:04	00:43:16
606	7868	VITOR PAULO CUNHA SILVA AZEVEDO	01:33:53	00:09:24	01:33:32	00:09:22	00:45:13
Desc	7397	LOURENÇO MENEZES	00:51:26	00:05:09	00:32:02	00:03:13	
Desc	6286	JOÃO ADRO	01:01:07	00:06:07	00:43:51	00:04:24	
Desc	6281	CARLOS MOREIRA	01:01:07	00:06:07	00:43:51	00:04:24	
Desc	7952	JOSE FERREIRA	00:45:23	00:04:33	00:28:06	00:02:49	
Desc	6287	PAULO ATALAINHA	01:00:55	00:06:06	00:43:39	00:04:22	

Publicada a las 14:33:04 del 30/03/2014

## 9ª CORRIDA DO BENFICA - ANTÓNIO LEITÃO, Lisboa 30/03/2014

Corrida - 10KM. Classificação VETERANOS II MASC (45 A 49 ANOS)

### Chegados: 436

Lugar	Dorsal	Nome	T_Oficial	RitmoKm	T_Real	RitKmReal	Km 5
1	10963	JORGE CRUZ	00:34:02	00:03:25	00:34:00	00:03:24	00:16:44
2	8397	MANUEL GOMES	00:35:18	00:03:32	00:35:17	00:03:32	00:17:20
3	11077	RUI DUARTE	00:35:26	00:03:33	00:35:23	00:03:33	00:17:19
4	10288	CELSO GOUVEIA	00:36:18	00:03:38	00:36:15	00:03:38	00:17:51
5	6353	VITOR LIMA	00:36:24	00:03:39	00:36:16	00:03:38	00:17:54
6	7897	JOÃO GONÇALVES	00:36:39	00:03:40	00:36:31	00:03:40	00:18:22
7	11217	MANUEL FARIA	00:36:56	00:03:42	00:36:52	00:03:42	00:18:00
8	10764	JOSE SOBRAL	00:37:22	00:03:45	00:37:02	00:03:43	00:18:44
9	5642	RUI BALTAZAR	00:37:22	00:03:45	00:36:37	00:03:40	00:19:06
10	10741	ALVARO RODRIGUES	00:37:47	00:03:47	00:37:46	00:03:47	00:18:09
11	5508	JOSÉ DURÃO	00:37:58	00:03:48	00:37:51	00:03:48	00:18:38
12	11281	JOSE MIGUEL TIAGO CORREIA	00:37:59	00:03:48	00:37:55	00:03:48	00:18:35
13	8159	JOSÉ FELIX	00:38:11	00:03:50	00:38:06	00:03:49	00:18:47
14	10082	JOÃO AFONSO	00:38:28	00:03:51	00:37:39	00:03:46	00:19:36
15	6357	JORGE ROMÃO	00:38:49	00:03:53	00:38:06	00:03:49	
16	7729	JACINTO CORREIA	00:38:51	00:03:54	00:38:47	00:03:53	00:19:14
17	8160	ANTÓNIO SILVA	00:39:05	00:03:55	00:39:01	00:03:55	00:19:26
18	7628	FILIPE NUNES	00:39:23	00:03:57	00:39:19	00:03:56	00:19:16
19	12309	JOÃO LOURENÇO	00:39:24	00:03:57	00:39:07	00:03:55	00:19:49
20	5380	CARLOS DIAS	00:39:33	00:03:58	00:39:20	00:03:56	00:19:47
21	5826	CARLOS FERNANDES	00:39:45	00:03:59	00:39:41	00:03:59	00:20:03
22	5259	JOSÉ LUIS DA SILVA DIAS	00:39:48	00:03:59	00:39:41	00:03:59	00:19:42
23	11183	JULIO RIBEIRO	00:39:50	00:03:59	00:39:45	00:03:59	00:19:43
24	12296	JOSÉ SILVA	00:40:42	00:04:05	00:40:35	00:04:04	00:20:10
25	5506	ERNESTO HEITOR	00:40:46	00:04:05	00:40:36	00:04:04	00:20:01
26	10005	FERNANDO ADRIÃO	00:40:53	00:04:06	00:40:43	00:04:05	00:20:03



27	10200	PAULO GRASINA	00:40:59	00:04:06	00:40:34	00:04:04	00:20:25
28	12479	JOSE ESTEVES	00:41:03	00:04:07	00:40:53	00:04:06	00:20:20
29	5561	CARLOS DUARTE	00:41:15	00:04:08	00:40:07	00:04:01	00:21:39
30	8470	FERNANDO VICENTE	00:41:27	00:04:09	00:41:20	00:04:08	00:20:45
31	5856	VITOR SILVA	00:41:42	00:04:11	00:40:52	00:04:06	00:21:15
32	5235	FERNANDO FIGUEIREDO	00:41:43	00:04:11	00:41:28	00:04:09	00:20:45
33	6346	FERNANDO REIS	00:41:47	00:04:11	00:41:05	00:04:07	00:21:50
34	5535	JOAO CALDAS	00:41:53	00:04:12	00:41:42	00:04:11	00:20:42
35	5560	CARLOS SOARES	00:42:03	00:04:13	00:40:55	00:04:06	00:21:39
36	6115	JOAQUIM EPIMÉNIO OLIVEIRA	00:42:10	00:04:13	00:41:26	00:04:09	00:21:19
37	12028	PAULO GUERREIRO	00:42:37	00:04:16	00:42:23	00:04:15	00:21:19
38	8118	MARIO LOURENÇO	00:42:40	00:04:16	00:42:24	00:04:15	00:21:10
39	6610	FERNANDO CORREIRA	00:42:57	00:04:18	00:42:48	00:04:17	00:21:18
40	5093	JOSÉ LUÍS DIAS	00:42:59	00:04:18	00:42:53	00:04:18	00:21:18
41	6611	MARCO OLIVEIRA	00:43:12	00:04:20	00:43:04	00:04:19	00:21:23
42	7278	HEITOR CARDOSO	00:43:17	00:04:20	00:43:06	00:04:19	00:20:58
43	10870	JOSE GONÇALVES	00:43:24	00:04:21	00:43:02	00:04:19	00:21:37
44	8220	JOÃO MANUEL MENDONÇA ROQUE	00:43:31	00:04:22	00:42:56	00:04:18	00:22:26
45	5860	FERNANDO CLEMENTINO	00:43:36	00:04:22	00:43:15	00:04:20	00:21:41
46	7890	JOAQUIM VIEGAS	00:43:37	00:04:22	00:42:59	00:04:18	00:21:55
47	5504	LUIS EMIDIO	00:43:39	00:04:22	00:43:22	00:04:21	00:21:51
48	10951	JORGE DUQUE	00:43:39	00:04:22	00:41:37	00:04:10	00:22:36
49	7626	ARTUR FERREIRA	00:43:42	00:04:23	00:43:26	00:04:21	00:21:45
50	12171	PAULO FERNANDES	00:43:51	00:04:24	00:43:40	00:04:22	00:22:02
51	12172	PAULO OLIVEIRA	00:43:52	00:04:24	00:43:44	00:04:23	00:22:02
52	7690	JOÃO BORBA	00:43:57	00:04:24	00:43:28	00:04:21	00:22:06
53	8037	LUIS SILVA	00:43:59	00:04:24	00:43:10	00:04:19	00:22:19
54	6055	MANUEL ANTÓNIO SANTOS NUNES	00:44:02	00:04:25	00:43:46	00:04:23	00:22:02
55	7838	JOÃO PAULO CORREIA	00:44:18	00:04:26	00:43:59	00:04:24	00:21:55
56	8738	PAULO BERNARDO	00:44:27	00:04:27	00:44:05	00:04:25	00:22:17
57	9928	LUIS GRILO	00:44:28	00:04:27	00:43:35	00:04:22	00:23:01
58	5040	JOÃO OLIVEIRA	00:44:44	00:04:29	00:43:29	00:04:21	00:22:22
59	5507	ANTÓNIO COSTA	00:44:53	00:04:30	00:44:47	00:04:29	00:21:40
60	7033	JOÃO PRATAS	00:44:56	00:04:30	00:44:51	00:04:30	00:22:19
61	10100	VITOR SANTOS	00:45:07	00:04:31	00:43:47	00:04:23	00:23:04
62	11399	LUIS PINTO	00:45:08	00:04:31	00:44:07	00:04:25	00:22:55
63	7751	PAULO SANTOS	00:45:10	00:04:31	00:45:01	00:04:31	00:22:36
64	10859	JORGE HUMBERTO DA SILVA FRAGA	00:45:11	00:04:32	00:42:46	00:04:17	00:24:00
65	9602	JOSÉ RAMALHO	00:45:27	00:04:33	00:45:23	00:04:33	00:22:15
66	6848	PEDRO MATIAS	00:45:33	00:04:34	00:44:48	00:04:29	00:23:50
67	5951	RUI ANDRADE	00:45:42	00:04:35	00:45:07	00:04:31	00:22:49
68	7688	ANTONIO FERREIRA	00:45:47	00:04:35	00:45:19	00:04:32	00:22:43
69	6440	MIGUEL ESTEVES GUERRA	00:46:01	00:04:37	00:45:05	00:04:31	00:23:53
70	12204	POMPEU AIRES	00:46:03	00:04:37	00:42:49	00:04:17	00:25:26
71	6360	HENRIQUE SIMÃO	00:46:04	00:04:37	00:45:32	00:04:34	00:22:47
72	8088	CARLOS SILVESTRE JACINTO	00:46:05	00:04:37	00:45:36	00:04:34	00:23:22
73	7314	JOÃO REBELO	00:46:11	00:04:38	00:45:22	00:04:33	00:24:00
74	6645	CARLOS SERRA	00:46:14	00:04:38	00:46:03	00:04:37	00:23:25
75	12442	PEDRO SESÕES	00:46:15	00:04:38	00:46:12	00:04:38	00:22:35
76	11470	PAULO LOURO	00:46:16	00:04:38	00:45:24	00:04:33	00:23:38

77	7219	FERNANDO RODRIGUES	00:46:17	00:04:38	00:46:04	00:04:37	00:22:48
78	12337	BART SCHOENMAKERS	00:46:18	00:04:38	00:45:04	00:04:31	00:24:03
79	9822	CARLOS MADEIRA	00:46:31	00:04:40	00:46:16	00:04:38	00:22:27
80	5823	CARLOS FERREIRA	00:46:31	00:04:40	00:44:38	00:04:28	00:25:46
81	5398	JOSÉ SOARES	00:46:32	00:04:40	00:46:19	00:04:38	00:22:40
82	7166	JOSE MANUEL BOUCEIRO	00:46:32	00:04:40	00:44:56	00:04:30	00:24:12
83	11620	LUIS MANUEL TRIGO	00:46:37	00:04:40	00:44:48	00:04:29	00:24:43
84	10813	EDGAR MARQUES	00:46:38	00:04:40	00:46:11	00:04:38	00:23:24
85	5168	ADVENTINO CONCEIÇÃO	00:46:41	00:04:41	00:44:24	00:04:27	00:24:19
86	11749	PAULO SANTOD	00:46:41	00:04:41	00:45:54	00:04:36	00:24:13
87	6956	JOSE J. CAMPOS	00:46:52	00:04:42	00:46:32	00:04:40	00:23:57
88	6083	VÍTOR DIAS	00:46:53	00:04:42	00:46:38	00:04:40	00:23:26
89	12108	ABEL PINA	00:46:59	00:04:42	00:46:46	00:04:41	00:23:21
90	7676	JOSE LUIS ALVES	00:47:00	00:04:42	00:45:45	00:04:35	00:24:02
91	11753	BELCHIOR BARROCAS	00:47:06	00:04:43	00:46:52	00:04:42	00:23:32
92	7161	JUSTINIANO SILVA	00:47:07	00:04:43	00:46:01	00:04:37	00:24:23
93	7691	CARLOS NATHIS	00:47:18	00:04:44	00:46:41	00:04:41	00:23:54
94	5276	ANTÓNIO MANUEL FONSECA DA SILVA	00:47:24	00:04:45	00:45:20	00:04:32	00:24:52
95	10827	AMERICO PIMENTA	00:47:35	00:04:46	00:47:19	00:04:44	00:23:48
96	10042	CARLOS CAMPOS	00:47:43	00:04:47	00:47:32	00:04:46	00:23:44
97	7505	LUÍS GOUVEIA	00:47:44	00:04:47	00:46:32	00:04:40	00:24:12
98	5715	JOAQUIM MEIRELLES	00:47:48	00:04:47	00:47:42	00:04:47	00:23:27
99	10603	LUIS MIGUEL DUQUE	00:47:50	00:04:47	00:47:00	00:04:42	00:23:46
100	10656	PAULO NEVES	00:47:51	00:04:48	00:45:58	00:04:36	00:25:42
101	10814	RUI MANUEL DIAS DE BRITO	00:47:55	00:04:48	00:47:32	00:04:46	00:23:03
102	10828	CARLOS DIAS	00:48:05	00:04:49	00:47:49	00:04:47	00:23:47
103	11153	ANTÓNIO PEREIRA	00:48:05	00:04:49	00:46:04	00:04:37	00:26:02
104	12369	HENRIQUE SIMÃO	00:48:06	00:04:49	00:47:32	00:04:46	00:24:30
105	12360	PAULO PRATA	00:48:06	00:04:49	00:47:31	00:04:46	00:24:04
106	9578	RICARDO PAIVA	00:48:15	00:04:50	00:48:03	00:04:49	00:23:45
107	12156	JORGE COSTA	00:48:26	00:04:51	00:47:55	00:04:48	00:23:57
108	12314	CARLOS JARDINO	00:48:34	00:04:52	00:47:40	00:04:46	00:24:37
109	10451	RAFAEL LAVOURAS	00:48:41	00:04:53	00:48:11	00:04:50	00:24:06
110	8183	PEDRO ROSA AFONSO	00:48:49	00:04:53	00:47:47	00:04:47	00:24:34
111	10810	EDUARDO GRILO	00:48:51	00:04:54	00:48:28	00:04:51	00:24:30
112	11220	JOÃO CORREIA	00:48:57	00:04:54	00:45:17	00:04:32	00:26:15
113	10913	PAULO CAMPOS	00:48:58	00:04:54	00:48:10	00:04:49	00:24:23
114	6866	JOSÉ ALBERTO NEVES MOURATO MARTINS FERREIF	00:48:59	00:04:54	00:46:25	00:04:39	00:26:19
115	11807	LUIS MANUEL DUARTE JESUS	00:48:59	00:04:54	00:47:40	00:04:46	00:24:59
116	8235	ANTÓNIO MARTINS	00:49:04	00:04:55	00:47:31	00:04:46	00:26:00
117	11574	VITOR MANUEL PEREIRA FARIA	00:49:05	00:04:55	00:47:07	00:04:43	00:26:07
118	10674	MAURICIO SANTOS	00:49:06	00:04:55	00:46:35	00:04:40	00:25:41
119	10137	PAULO LOPES	00:49:06	00:04:55	00:47:56	00:04:48	00:25:43
120	5563	VITOR RODRIGUES	00:49:08	00:04:55	00:46:54	00:04:42	00:25:58
121	9760	JOÃO RODRIGUES	00:49:11	00:04:56	00:47:36	00:04:46	00:25:06
122	7508	ROBERTO LOURENÇO	00:49:13	00:04:56	00:48:02	00:04:49	00:25:46
123	10382	JOAQUIM MANUEL PINTO VIEIRA	00:49:21	00:04:57	00:47:41	00:04:47	00:25:57
124	7822	JOSÉ ANTUNES	00:49:23	00:04:57	00:47:09	00:04:43	00:25:55
125	6592	RICARDO MIGUEL NEVES E SILVA	00:49:23	00:04:57	00:48:57	00:04:54	00:24:56
126	7340	CARLOS MANUEL PINTO VIEIRA	00:49:23	00:04:57	00:47:44	00:04:47	00:25:56

127	10957	JOSÉ MATEUS	00:49:25	00:04:57	00:48:52	00:04:54	00:24:40
128	6586	JOSÉ MARQUES	00:49:26	00:04:57	00:49:11	00:04:56	00:24:01
129	11200	MARIO RUI ABEGÃO	00:49:26	00:04:57	00:48:03	00:04:49	00:25:23
130	9559	JOAO PAULO PINTO SOUSA	00:49:29	00:04:57	00:48:45	00:04:53	00:25:26
131	11206	PEDRO CAETANO	00:49:31	00:04:58	00:48:41	00:04:53	00:25:38
132	6947	CARLOS DUARTE	00:49:43	00:04:59	00:47:52	00:04:48	00:25:55
133	5527	JOÃO JOSÉ DIAS ANDRÉ	00:49:43	00:04:59	00:49:35	00:04:58	00:24:09
134	5991	JOSÉ ALEIXO	00:49:44	00:04:59	00:48:48	00:04:53	00:25:26
135	9505	FERNANDO OLIVEIRA	00:49:45	00:04:59	00:49:00	00:04:54	00:24:46
136	5665	EDGAR FRANCISCO	00:49:45	00:04:59	00:46:24	00:04:39	00:27:01
137	5667	FILIPPE BRANCO	00:49:46	00:04:59	00:46:26	00:04:39	00:27:00
138	9853	FERNANDO LUZ	00:49:49	00:04:59	00:47:22	00:04:45	00:27:02
139	5645	FERNANDO PAULO	00:49:49	00:04:59	00:47:39	00:04:46	00:27:04
140	8439	NUNO MIGUEL CORREIA	00:49:51	00:05:00	00:46:23	00:04:39	00:28:02
141	9990	JOSÉ HENRIQUES	00:49:55	00:05:00	00:49:14	00:04:56	00:24:58
142	7982	EUSEBIO MOREIRE NUNES	00:49:58	00:05:00	00:47:54	00:04:48	00:26:03
143	6872	AMADEU FONSECA BRIGAS	00:50:09	00:05:01	00:49:34	00:04:58	00:24:47
144	11348	JOSÉ MIRANDA	00:50:12	00:05:02	00:47:20	00:04:44	00:26:35
145	10028	FERNANDO RODRIGUES	00:50:14	00:05:02	00:49:00	00:04:54	00:25:22
146	9649	RUI RODRIGUES	00:50:17	00:05:02	00:48:45	00:04:53	00:26:03
147	12353	CARLOS COSTA	00:50:17	00:05:02	00:49:45	00:04:59	00:25:29
148	7859	ALEXANDRE HERCULANO PEREIRA SOUSA	00:50:21	00:05:03	00:47:03	00:04:43	00:27:08
149	11322	PAULO JORGE GUARDADO MARQUES	00:50:26	00:05:03	00:48:32	00:04:52	00:24:22
150	6892	JOSÉ ALMEIDA	00:50:30	00:05:03	00:48:50	00:04:53	00:26:12
151	11320	BENTO JOSÉ SABINO SEMEDO	00:50:34	00:05:04	00:48:42	00:04:53	00:26:13
152	6140	LUIS ALBERTO LACERDA DE MELO CHAVES	00:50:38	00:05:04	00:47:39	00:04:46	
153	12208	JOÃO BAPTISTA	00:50:39	00:05:04	00:49:17	00:04:56	00:26:06
154	6016	LUIS LEMOS	00:50:44	00:05:05	00:50:00	00:05:00	00:25:55
155	12247	RUI CUNHA	00:50:50	00:05:05	00:49:36	00:04:58	00:26:17
156	11867	ANTÓNIO MONTEIRO	00:50:53	00:05:06	00:48:28	00:04:51	00:26:22
157	12398	JORGE ALEXANDRE TEIXEIRA ESTEVES	00:50:57	00:05:06	00:50:10	00:05:01	00:25:54
158	5904	HENRIQUE MORAIS	00:51:07	00:05:07	00:48:03	00:04:49	00:27:13
159	10911	SERGIO BRUNO RIBEIRO E SILVA	00:51:09	00:05:07	00:50:21	00:05:03	00:26:18
160	9589	GUSTAVO ÉVORA	00:51:10	00:05:07	00:48:49	00:04:53	00:27:18
161	5653	ARTUR SAMPAIO	00:51:13	00:05:08	00:48:54	00:04:54	00:26:58
162	7741	PAULO ALEXANDRE CAETANO MARQUES	00:51:14	00:05:08	00:48:13	00:04:50	00:27:54
163	11339	JOÃO PEREIRA	00:51:15	00:05:08	00:48:13	00:04:50	00:27:55
164	11188	PAULO RATO	00:51:16	00:05:08	00:50:55	00:05:06	00:25:14
165	7380	RUI MONTEIRO	00:51:16	00:05:08	00:50:05	00:05:01	00:25:54
166	5805	FERNANDO MANUEL PEREIRA DUARTE	00:51:17	00:05:08	00:48:31	00:04:52	00:26:19
167	7116	PEDRO VENTURA COSTA	00:51:29	00:05:09	00:50:52	00:05:06	00:26:09
168	6231	LUIS GARÇÃO	00:51:33	00:05:10	00:50:59	00:05:06	00:25:37
169	7232	ANTONIO MARQUES	00:51:48	00:05:11	00:50:43	00:05:05	00:27:03
170	6799	LUIS SILVEIRINHA	00:51:50	00:05:11	00:50:10	00:05:01	00:26:30
171	8657	JOAQUIM BUGALHO MARQUES	00:51:54	00:05:12	00:47:24	00:04:45	00:29:42
172	9896	LUIS REAL	00:51:58	00:05:12	00:51:08	00:05:07	00:26:46
173	11163	VALTER TEIXEIRA	00:51:59	00:05:12	00:50:44	00:05:05	00:26:40
174	6649	JOÃO ALBERTO DIAS	00:52:07	00:05:13	00:51:53	00:05:12	00:26:20
175	6944	PAULO SANTOS	00:52:08	00:05:13	00:48:31	00:04:52	00:28:39
176	7803	LUIS AMORIM	00:52:10	00:05:13	00:51:38	00:05:10	00:26:33

177	7200	JEREMIAS JOAQUIM FERRUGENTO CARDOSO	00:52:16	00:05:14	00:49:28	00:04:57	00:28:12
178	8432	NELSON CARLOS GUERREIRO PEREIRA	00:52:17	00:05:14	00:47:58	00:04:48	00:28:34
179	5942	MANUEL CANANÉ	00:52:18	00:05:14	00:51:42	00:05:11	00:26:49
180	7117	RUI JOAQUIM ANJOS SILVA	00:52:24	00:05:15	00:51:29	00:05:09	00:27:25
181	5236	RUI GONÇALVES	00:52:27	00:05:15	00:50:16	00:05:02	00:27:16
182	6255	FREDERICO SACRAMENTO	00:52:30	00:05:15	00:49:09	00:04:55	00:28:22
183	11087	ANDRÉ NORONHA	00:52:31	00:05:16	00:51:29	00:05:09	00:27:09
184	10231	MARIO DUARTE	00:52:32	00:05:16	00:50:37	00:05:04	00:28:18
185	10227	PAULO MARCELINO	00:52:37	00:05:16	00:49:51	00:05:00	00:29:24
186	11530	JOSE CARLOS NUNES FERREIRA	00:52:39	00:05:16	00:50:52	00:05:06	00:27:46
187	6260	LUIS COSTA	00:52:42	00:05:17	00:51:55	00:05:12	00:27:38
188	12416	PEDRO MIGUEL JORDAO	00:52:48	00:05:17	00:51:19	00:05:08	00:27:28
189	10604	CARLOS MANUEL DINIS CARRANCA	00:52:54	00:05:18	00:49:46	00:04:59	00:27:59
190	10996	MOURÃO GARCIA	00:52:58	00:05:18	00:50:34	00:05:04	00:28:09
191	10724	ARMANDO FERNANDES	00:53:20	00:05:20	00:50:58	00:05:06	00:27:59
192	11904	PAULO JORGE DA SILVA PIRES	00:53:27	00:05:21	00:53:19	00:05:20	00:25:37
193	10854	ANTONIO RAFAEL MARTINS	00:53:29	00:05:21	00:52:49	00:05:17	00:27:05
194	10587	PAULO BARREIROS	00:53:30	00:05:21	00:50:15	00:05:02	00:28:43
195	11058	PEDRO SEQUEIRA	00:53:31	00:05:22	00:53:21	00:05:21	00:26:18
196	6809	JOAQUIM BEXIGA	00:53:33	00:05:22	00:52:33	00:05:16	00:27:02
197	12139	MÁRIO RUI PEREIRA PINHO	00:53:37	00:05:22	00:52:23	00:05:15	00:27:47
198	5156	LUISMARQUES1967@HOTMAIL.COM	00:53:43	00:05:23	00:50:21	00:05:03	00:30:08
199	9519	RICARDO ROSA	00:53:51	00:05:24	00:53:44	00:05:23	00:26:37
200	12315	LUÍS GUEDELHAS	00:53:59	00:05:24	00:53:07	00:05:19	00:26:19
201	10822	ANTÓNIO RAPOSO	00:54:00	00:05:24	00:51:46	00:05:11	00:28:55
202	11795	ANTÓNIO MANUEL MIGUÉNS	00:54:02	00:05:25	00:53:10	00:05:19	00:27:07
203	7692	HONÓRIO TEIXEIRA	00:54:07	00:05:25	00:54:07	00:05:25	00:27:44
204	7519	PAULO PIRES	00:54:07	00:05:25	00:53:20	00:05:20	00:27:39
205	7664	PEDRO V MATOS	00:54:07	00:05:25	00:51:56	00:05:12	00:28:22
206	6781	FERNANDO MANUEL LOPES GONÇALVES	00:54:09	00:05:25	00:52:20	00:05:14	00:27:44
207	10442	NUNO NETO SILVA	00:54:13	00:05:26	00:52:21	00:05:15	00:28:26
208	10357	FRANCISCO ANTÓNIO CAPELAS	00:54:15	00:05:26	00:50:45	00:05:05	00:29:33
209	12428	CARLOS SOARES	00:54:16	00:05:26	00:49:35	00:04:58	00:29:32
210	5589	JOSE GONCALVES	00:54:19	00:05:26	00:53:04	00:05:19	00:26:35
211	6818	LUÍS ROSÁRIO	00:54:21	00:05:27	00:51:17	00:05:08	00:29:05
212	10043	ANTÓNIO LUIS	00:54:27	00:05:27	00:51:30	00:05:09	00:27:46
213	9518	PAULO ROSA	00:54:29	00:05:27	00:54:23	00:05:27	00:26:37
214	5203	ANÍBAL JOSÉ GRILO DOS SANTOS	00:54:33	00:05:28	00:53:36	00:05:22	00:26:45
215	12493	CARLOS ROCHA	00:54:35	00:05:28	00:50:11	00:05:02	00:30:21
216	7235	CARLOS SOUSA	00:54:52	00:05:30	00:54:03	00:05:25	00:27:49
217	6429	ALEXANDRE DÂMASO	00:54:52	00:05:30	00:52:53	00:05:18	00:27:56
218	10449	NUNO MARQUES	00:54:52	00:05:30	00:52:49	00:05:17	00:28:08
219	10237	JOSÉ MARIANO	00:54:56	00:05:30	00:51:00	00:05:06	00:29:39
220	9949	DAVID JESUS	00:54:57	00:05:30	00:51:11	00:05:08	00:29:30
221	9710	JOSÉ GARCIA	00:54:59	00:05:30	00:52:06	00:05:13	00:28:48
222	12299	FRANCISCO ANDRÉ	00:55:09	00:05:31	00:53:43	00:05:23	00:28:51
223	11892	GIL PAULO MARQUES JORGE	00:55:13	00:05:32	00:52:59	00:05:18	00:29:18
224	6571	CARLOS HILÁRIO	00:55:14	00:05:32	00:52:01	00:05:13	00:30:01
225	5847	MANUEL MARRAFA	00:55:16	00:05:32	00:52:58	00:05:18	00:28:29
226	11353	LUIS RIBEIRO DA SILVA	00:55:23	00:05:33	00:53:22	00:05:21	00:28:50

227	6820	PAULO BORGES	00:55:25	00:05:33	00:51:43	00:05:11	00:29:46
228	5213	NUNO FERREIRA	00:55:25	00:05:33	00:55:00	00:05:30	00:26:46
229	8306	JOAQUIM MANUEL MORGADO	00:55:29	00:05:33	00:54:55	00:05:30	00:27:01
230	12346	PAULO BARBEITO	00:55:33	00:05:34	00:52:03	00:05:13	00:29:35
231	7903	JULIO AUGUSTO MORAIS PEREIRA	00:55:38	00:05:34	00:55:11	00:05:32	00:27:03
232	10761	MANUEL REIS	00:55:38	00:05:34	00:54:54	00:05:30	00:27:39
233	6922	JOSÉ VELOSO	00:55:39	00:05:34	00:54:38	00:05:28	00:28:01
234	5074	VITOR PINTO	00:55:44	00:05:35	00:54:22	00:05:27	00:29:16
235	12050	JOSE DAVID MONTEIRO MORGADO	00:55:49	00:05:35	00:54:34	00:05:28	00:28:16
236	11624	MÁRIO BRAZ	00:55:51	00:05:36	00:53:57	00:05:24	00:28:16
237	8395	ARTUR JORGE ALMEIDA LEITE	00:55:52	00:05:36	00:54:58	00:05:30	00:28:22
238	12329	LUIS ALMEIDA	00:55:53	00:05:36	00:54:16	00:05:26	00:28:21
239	10751	RAFAEL SANTOS	00:55:55	00:05:36	00:54:53	00:05:30	00:29:29
240	10954	JOSE PAULINO	00:55:56	00:05:36	00:52:55	00:05:18	00:30:46
241	10952	MANUEL JOAQUIM DA SILVA DIAS	00:55:56	00:05:36	00:52:56	00:05:18	00:30:48
242	12005	MANUEL FRANCISCO RAMALHO GUERRA	00:55:57	00:05:36	00:55:02	00:05:31	00:28:51
243	9509	FERNANDO LOPES	00:56:06	00:05:37	00:53:17	00:05:20	00:29:02
244	10157	PAULO CABAÇO	00:56:07	00:05:37	00:51:59	00:05:12	00:30:48
245	6487	JOÃO MANUEL DE MATOS CADETE	00:56:08	00:05:37	00:54:14	00:05:26	00:29:08
246	5709	ABEL ANTÓNIO ALMEIDA LUIS	00:56:17	00:05:38	00:56:10	00:05:37	00:26:36
247	11522	MIGUEL CALDAS	00:56:21	00:05:39	00:56:01	00:05:37	00:27:56
248	6865	LUIS MIGUEL DUQUE SANTOS	00:56:28	00:05:39	00:53:04	00:05:19	00:30:04
249	7263	RICARDO BASTOS	00:56:28	00:05:39	00:53:05	00:05:19	00:30:02
250	11381	JOÃO BERNARDINO RODRIGUES	00:56:28	00:05:39	00:52:21	00:05:15	00:31:04
251	11700	JOÃO FREIRE	00:56:31	00:05:40	00:53:01	00:05:19	00:29:36
252	5787	JOAO PAULO CARVALHO DA SILVA	00:56:39	00:05:40	00:53:25	00:05:21	00:30:32
253	6906	PAULO JORGE GOMES LOPES	00:56:41	00:05:41	00:53:23	00:05:21	00:31:06
254	7879	RUI PEDRO TENDEIRO	00:56:49	00:05:41	00:53:42	00:05:23	00:30:37
255	7515	JOSÉ LOUREIRO	00:56:49	00:05:41	00:56:01	00:05:37	00:27:39
256	6394	CARLOS JOSE	00:56:52	00:05:42	00:56:36	00:05:40	00:27:53
257	7961	JOAO SALAZAR	00:56:53	00:05:42	00:55:35	00:05:34	00:27:50
258	11568	LÚCIO SILVA	00:56:57	00:05:42	00:52:49	00:05:17	00:30:52
259	5992	JOSE RIBEIRO	00:56:57	00:05:42	00:56:02	00:05:37	00:27:57
260	10494	ANTONIO JORGE MARTINHO	00:56:59	00:05:42	00:54:23	00:05:27	00:29:54
261	6775	JOSÉ OLIVEIRA	00:57:00	00:05:42	00:55:52	00:05:36	00:30:58
262	6028	VICTOR PONTES	00:57:01	00:05:43	00:54:27	00:05:27	00:30:53
263	10519	LUÍS MANUEL BRITO SANTOS	00:57:01	00:05:43	00:52:46	00:05:17	00:32:21
264	9850	EDUARDO RIBEIRO	00:57:07	00:05:43	00:52:25	00:05:15	00:32:42
265	7185	CARLOS VAZ	00:57:09	00:05:43	00:53:27	00:05:21	00:30:02
266	6305	RUI BOTÃO	00:57:13	00:05:44	00:54:34	00:05:28	00:29:38
267	11078	PAULO NUNES	00:57:15	00:05:44	00:56:13	00:05:38	00:29:05
268	5088	MANUEL ANTÓNIO	00:57:18	00:05:44	00:56:53	00:05:42	00:28:05
269	7590	LUIS MANUEL AZEVEDO	00:57:23	00:05:45	00:55:02	00:05:31	00:29:20
270	7537	JAIME CARREIRA	00:57:37	00:05:46	00:56:47	00:05:41	00:28:18
271	11434	RODRIGO CARVALHO	00:57:38	00:05:46	00:55:54	00:05:36	00:30:22
272	8429	JOÃO CARLOS ALMEIDA BORGES	00:57:40	00:05:46	00:54:43	00:05:29	00:30:04
273	11141	ALVARO QUITERIO	00:57:46	00:05:47	00:57:23	00:05:45	00:28:14
274	11855	JORGE FREITAS	00:57:47	00:05:47	00:56:42	00:05:41	00:28:29
275	11209	ALEXANDRE JOSÉ COSTA MIGUEL	00:57:56	00:05:48	00:54:55	00:05:30	00:31:11
276	8300	DOMINGOS JERONIMO	00:57:58	00:05:48	00:54:28	00:05:27	00:31:13



277	6582 MÁRIO SANTOS	00:58:04	00:05:49	00:55:43	00:05:35	00:30:16
278	6696 PEDRO CARVALHO	00:58:05	00:05:49	00:56:25	00:05:39	00:29:23
279	6718 PEDRO FELIX	00:58:06	00:05:49	00:54:26	00:05:27	00:32:14
280	9785 JOSÉ GOUVEIA	00:58:12	00:05:50	00:55:07	00:05:31	00:31:27
281	12061 JOÃO ERNESTO DIAS BERNARDINO	00:58:12	00:05:50	00:57:00	00:05:42	00:30:32
282	10375 VITOR BARREIRA	00:58:16	00:05:50	00:57:01	00:05:43	00:29:37
283	5174 ARMANDO JOSE PEREIRA	00:58:29	00:05:51	00:55:42	00:05:35	00:31:05
284	5359 RUI FONSECA	00:58:30	00:05:51	00:54:07	00:05:25	00:31:53
285	12233 LUIS PAIVA	00:58:31	00:05:52	00:55:04	00:05:31	00:30:39
286	7794 RICARDO TEIXEIRA OLIVEIRA	00:58:31	00:05:52	00:58:25	00:05:51	00:29:38
287	7349 VITOR LOURENÇO	00:58:32	00:05:52	00:55:20	00:05:32	00:30:29
288	6043 CARLOS AMARAL	00:58:33	00:05:52	00:58:24	00:05:51	00:28:52
289	12140 JOÃO PEDRO FIRMINO SILVA	00:58:33	00:05:52	00:57:19	00:05:44	00:28:22
290	11375 ANTÓNIO MANUEL DE OLIVEIRA BOGAS	00:58:36	00:05:52	00:55:08	00:05:31	00:30:44
291	7298 ANTONIO MANUEL DE OLIVEIRA LOPES	00:58:39	00:05:52	00:57:00	00:05:42	00:29:31
292	6301 LUIS ABRUNHOSA	00:58:46	00:05:53	00:56:35	00:05:40	00:30:14
293	12203 JOÃO MARQUES	00:58:47	00:05:53	00:55:34	00:05:34	00:26:40
294	6969 CARLOS OLIVEIRA	00:58:48	00:05:53	00:55:02	00:05:31	00:31:58
295	7039 PAULO RENATO	00:59:03	00:05:55	00:56:52	00:05:42	00:29:57
296	5034 SÉRGIO ANTUNES	00:59:03	00:05:55	00:56:33	00:05:40	00:30:51
297	9832 PAULO VERÍSSIMO	00:59:04	00:05:55	00:57:45	00:05:47	00:30:13
298	12402 GONÇALO SÁ	00:59:04	00:05:55	00:57:27	00:05:45	00:30:17
299	10045 JOÃO ALBERTO JORGE	00:59:09	00:05:55	00:55:35	00:05:34	00:31:52
300	5985 PEDRO FARO	00:59:12	00:05:56	00:55:31	00:05:34	00:31:55
301	10361 JORGE CARVALHO	00:59:15	00:05:56	00:58:31	00:05:52	00:29:45
302	5435 LUIS FILIPE FIDALGO CARIOCA	00:59:17	00:05:56	00:56:46	00:05:41	00:30:38
303	8005 PEDRO ALFERES	00:59:18	00:05:56	00:56:45	00:05:41	00:31:36
304	8003 RICARDO MANUEL LOPES FIGUEIREDO	00:59:18	00:05:56	00:56:44	00:05:41	00:31:36
305	6023 VIRGILIO PINTO	00:59:20	00:05:56	00:54:53	00:05:30	00:33:46
306	6148 FERNANDO JORGE AMARAL	00:59:21	00:05:57	00:55:42	00:05:35	00:31:50
307	10677 JOÃO CARLOS FERREIRA	00:59:33	00:05:58	00:55:55	00:05:36	00:31:40
308	5368 JOÃO ALMEIDA	00:59:36	00:05:58	00:57:36	00:05:46	00:30:33
309	12477 ARTUR LOPES	00:59:37	00:05:58	00:59:01	00:05:55	00:29:41
310	7878 JOÃO PAULO PRIOLÉ	00:59:40	00:05:58	00:56:34	00:05:40	00:30:58
311	8011 ANTONIO DOS SANTOS	00:59:41	00:05:59	00:58:33	00:05:52	00:30:00
312	10086 JOÃO CARLOS LOPES	00:59:41	00:05:59	00:56:14	00:05:38	00:32:24
313	9536 FERNANDO MENDES	00:59:42	00:05:59	00:57:45	00:05:47	00:30:20
314	11260 PEDRO PALRÃO	00:59:47	00:05:59	00:57:22	00:05:45	00:31:46
315	11934 VITOR JOSÉ MENDES BRITES NUNES	00:59:52	00:06:00	00:57:36	00:05:46	00:31:38
316	9861 ROGÉRIO MANUEL RODRIGUES NOBRE	00:59:58	00:06:00	00:56:50	00:05:41	00:31:16
317	11127 PAULO VASCONCELOS	01:00:02	00:06:01	00:57:02	00:05:43	00:32:18
318	10645 NUNO AVÓ	01:00:20	00:06:02	00:57:36	00:05:46	00:31:24
319	8138 LUIS AFONSO LEIRIA PINTO DE SOUSA LOBO	01:00:26	00:06:03	00:57:44	00:05:47	00:30:14
320	11179 RUI PAULO FONSECA SOARES XAVIER	01:00:28	00:06:03	00:58:24	00:05:51	00:31:34
321	10576 CARLOS LAMY BANDEIRA	01:00:39	00:06:04	00:58:39	00:05:52	00:31:40
322	7154 NELSON FRANCISCO CORDEIRO SOUSA	01:00:46	00:06:05	00:58:13	00:05:50	00:30:50
323	8420 ANTÓNIO MANUEL ALMEIDA	01:00:52	00:06:06	00:57:57	00:05:48	00:32:31
324	7963 ÓSCAR MOTA GIL	01:00:56	00:06:06	00:57:53	00:05:48	00:31:59
325	5816 HORÁCIO RODRIGUES	01:00:57	00:06:06	00:57:39	00:05:46	00:32:51
326	7035 LUIS JESUS	01:01:00	00:06:06	01:00:41	00:06:05	00:30:12

327	10772	JORGE FERREIRA	01:01:02	00:06:07	00:57:18	00:05:44	00:34:03
328	9848	EDUARDO CARDOSO	01:01:04	00:06:07	01:00:22	00:06:03	00:30:52
329	9844	PAULO DUARTE	01:01:05	00:06:07	00:56:22	00:05:39	00:32:42
330	7909	CARLOS ALBERTO GOMES SANTANA	01:01:09	00:06:07	00:58:09	00:05:49	00:32:42
331	8200	CARLOS PEDRO FERREIRA	01:01:12	00:06:08	00:59:34	00:05:58	00:31:05
332	12443	LUIS DOMINGUES	01:01:15	00:06:08	00:57:51	00:05:48	00:32:56
333	10324	SERGIO MARTINS	01:01:17	00:06:08	00:59:46	00:05:59	00:31:03
334	7558	EDUARDO LEYVA PINZON	01:01:17	00:06:08	00:57:43	00:05:47	00:33:49
335	6692	JOÃO RODRIGUES	01:01:18	00:06:08	00:57:04	00:05:43	00:33:38
336	11540	JOÃO MARINHO	01:01:21	00:06:09	00:57:02	00:05:43	00:32:33
337	5578	RAÚL BIZARRO	01:01:31	00:06:10	01:01:09	00:06:07	00:30:13
338	7138	CARLOS NEVES	01:01:35	00:06:10	01:00:22	00:06:03	00:33:13
339	7183	VITOR RIBEIRO	01:01:37	00:06:10	00:58:56	00:05:54	00:32:12
340	6745	PAULO QUELHAS	01:01:43	00:06:11	00:58:41	00:05:53	00:34:09
341	10934	CARLOS PEREIRA	01:01:45	00:06:11	00:58:15	00:05:50	00:32:45
342	12277	FERNANDO LEÃO	01:01:45	00:06:11	00:57:44	00:05:47	00:32:34
343	10708	AGOSTINHO DIAS	01:01:50	00:06:11	00:59:13	00:05:56	00:32:10
344	10706	JAIME PARDAL	01:01:51	00:06:12	00:59:14	00:05:56	00:32:11
345	7940	JOAO VALLE	01:01:52	00:06:12	01:00:53	00:06:06	00:30:16
346	9547	NUNO LOUÇÃO	01:01:52	00:06:12	00:59:14	00:05:56	00:34:15
347	11250	MÁRIO SILVA	01:01:57	00:06:12	01:01:57	00:06:12	00:32:30
348	7086	JORGE NEVES	01:02:01	00:06:13	00:59:54	00:06:00	00:31:46
349	5586	CESÁRIO MATOS	01:02:04	00:06:13	00:58:01	00:05:49	00:32:43
350	7723	JOAQUIM MELO	01:02:05	00:06:13	01:00:29	00:06:03	00:32:04
351	6732	CARLOS PEREIRA	01:02:06	00:06:13	01:00:24	00:06:03	00:31:53
352	5032	RUI BATISTA	01:02:09	00:06:13	00:59:41	00:05:59	00:31:27
353	7818	LUIS MIGUEL VICENTE VARANDAS	01:02:10	00:06:13	00:56:51	00:05:42	00:33:17
354	10273	PAULO PEDROSO	01:02:10	00:06:13	01:00:51	00:06:06	00:32:32
355	6193	CARLOS MANUEL PEREIRA	01:02:19	00:06:14	01:00:21	00:06:03	00:31:11
356	6197	HELDER ANTÓNIO DIAS RAPOSO	01:02:54	00:06:18	00:58:26	00:05:51	00:33:39
357	10060	JOSE VIEIRA	01:03:03	00:06:19	01:01:29	00:06:09	00:32:14
358	11838	JOAO OLIVEIRA	01:03:07	00:06:19	00:59:11	00:05:56	00:34:22
359	10774	PAULO FRANCISCO DOS SANTOS FERREIRA	01:03:07	00:06:19	01:01:42	00:06:11	00:31:20
360	8293	MANUEL JORGE NARCISO	01:03:21	00:06:21	00:59:44	00:05:59	00:34:34
361	5755	FRANCISCO SOUSA	01:03:23	00:06:21	00:58:42	00:05:53	00:34:05
362	7576	ANTÓNIO CARLOS PINTO PRATA	01:03:24	00:06:21	00:59:14	00:05:56	00:35:32
363	12427	PEDRO MORAIS	01:03:29	00:06:21	00:59:54	00:06:00	00:34:58
364	12023	VITOR GONCAL	01:03:30	00:06:21	01:00:45	00:06:05	00:32:55
365	6716	MANUEL COELHO	01:03:31	00:06:22	01:01:46	00:06:11	00:32:08
366	6204	CARLOS LAVRADOR	01:03:35	00:06:22	01:03:13	00:06:20	00:31:33
367	6685	LUIS MANUEL BORGES CORREIA	01:03:37	00:06:22	00:59:21	00:05:57	00:34:19
368	10447	LUIS FERREIRA	01:03:39	00:06:22	01:01:34	00:06:10	00:32:20
369	10204	CARLOS CAETANO SILVA	01:03:43	00:06:23	01:02:50	00:06:17	00:32:53
370	8354	LUÍS MANUEL PEDRO	01:04:06	00:06:25	01:03:19	00:06:20	00:32:34
371	5978	ANTÓNIO JOSÉ FERREIRA	01:04:22	00:06:27	01:03:20	00:06:20	00:31:54
372	6871	MANUEL NOGUEIRA	01:04:22	00:06:27	01:03:39	00:06:22	00:31:28
373	10379	PAULO JORGE GONÇALVES FIGUEIREDO	01:04:24	00:06:27	00:59:23	00:05:57	00:35:32
374	11947	FERNANDO CHAMBEL	01:04:27	00:06:27	01:03:11	00:06:20	00:31:50
375	7614	SIDNEY PEREIRA	01:04:34	00:06:28	01:00:28	00:06:03	00:36:10
376	5523	JORGE MANUEL GABRIEL XAREPE	01:04:41	00:06:29	01:02:00	00:06:12	00:34:03

377	12355	EMILIO GONÇALVES	01:04:53	00:06:30	01:01:09	00:06:07	00:36:21
378	8626	ARNALDO FRADE	01:04:54	00:06:30	01:02:06	00:06:13	00:34:28
379	6758	PEDRO SÉRGIO	01:04:57	00:06:30	01:01:22	00:06:09	00:34:05
380	6393	JOSÉ TOMÉ	01:05:21	00:06:33	01:02:41	00:06:17	00:35:43
381	11577	HERCULANO MANUEL COSME RAPOSO	01:05:24	00:06:33	01:01:18	00:06:08	00:34:55
382	7356	ALCIDES DA CUNHA PAULO	01:05:26	00:06:33	01:05:14	00:06:32	00:32:53
383	12167	JOSE ROBERTO	01:05:31	00:06:34	01:04:58	00:06:30	00:31:52
384	10177	JORGE MANUEL TOMÉ DUARTE	01:05:34	00:06:34	01:01:17	00:06:08	00:35:26
385	11704	LUIS DE MATOS	01:05:36	00:06:34	01:03:11	00:06:20	00:33:44
386	10625	VASCO MURTA REBELO	01:05:53	00:06:36	01:03:55	00:06:24	00:34:32
387	10984	PAULO PAIS	01:06:06	00:06:37	01:03:02	00:06:19	00:35:10
388	6671	LUIS MANUEL DIAS	01:06:07	00:06:37	01:03:56	00:06:24	00:34:03
389	10000	ANTÓNIO MANUEL DOS SANTOS ALVES	01:06:29	00:06:39	01:03:00	00:06:18	00:34:22
390	6221	PEDRO BENTO FREIRE	01:06:34	00:06:40	01:04:59	00:06:30	00:34:00
391	7044	JOÃO CARLOS DUARTE TOMÁZIO	01:06:53	00:06:42	01:04:34	00:06:28	00:33:27
392	6894	LUIS COSTA	01:07:05	00:06:43	01:05:04	00:06:31	00:33:31
393	12071	PEDRO ALEIXO	01:07:06	00:06:43	01:04:18	00:06:26	00:35:52
394	12161	ANTÓNIO JOAQUIM PINTO DEDEIRAS	01:07:14	00:06:44	01:06:11	00:06:38	00:32:51
395	6061	LUIS PEREIRA	01:07:20	00:06:44	01:04:48	00:06:29	00:34:58
396	6410	VENTURA MALTEZ	01:07:21	00:06:45	01:03:54	00:06:24	00:35:04
397	6192	JOAO LOPES	01:07:27	00:06:45	01:07:13	00:06:44	00:31:42
398	9883	JOAO CARVALHO	01:07:34	00:06:46	01:05:59	00:06:36	00:33:51
399	9763	CARLOS AFOITO	01:07:37	00:06:46	01:02:22	00:06:15	00:38:23
400	9764	FERNANDO BATISTA	01:07:38	00:06:46	01:02:23	00:06:15	00:38:23
401	5427	PAULO ALVES	01:07:39	00:06:46	01:02:45	00:06:17	00:36:23
402	12322	VITOR PEREIRA SILVA	01:07:43	00:06:47	01:04:26	00:06:27	00:35:53
403	6863	MIGUEL CAMPOS	01:07:46	00:06:47	01:07:01	00:06:43	00:31:52
404	12001	FERNANDO JORGE RIBEIRO	01:07:52	00:06:48	01:06:20	00:06:38	00:33:52
405	9717	LUIS CARDOSO	01:08:10	00:06:49	01:04:00	00:06:24	00:36:03
406	5944	FERNANDO BORGES	01:08:57	00:06:54	01:01:27	00:06:09	
407	11256	PAULO FIGUEIREDO	01:09:09	00:06:55	01:05:34	00:06:34	00:38:19
408	11397	FERNANDO EGIDIO	01:09:39	00:06:58	01:07:56	00:06:48	00:34:43
409	6513	MANUEL CRUZ	01:09:47	00:06:59	01:06:58	00:06:42	00:35:59
410	5669	JOSÉ FREIRO	01:10:05	00:07:01	01:07:25	00:06:45	00:35:18
411	11068	MANUEL BRAS	01:10:06	00:07:01	01:09:34	00:06:58	00:34:36
412	8660	MIGUEL MORAIS	01:11:17	00:07:08	01:06:21	00:06:39	00:39:49
413	6973	JAIME MANUEL GONCALVES ROQUE	01:11:50	00:07:11	01:07:35	00:06:46	00:38:12
414	12476	JOSE VENTURA	01:12:08	00:07:13	01:08:35	00:06:52	00:38:39
415	6509	CELSO GRAÇA PEREIRA	01:12:43	00:07:17	01:09:45	00:06:59	00:36:25
416	6862	PEDRO PARALTA	01:13:18	00:07:20	01:09:38	00:06:58	00:39:23
417	6588	JOSÉ CARLOS MARQUES	01:13:59	00:07:24	01:09:46	00:06:59	00:39:10
418	12142	FERNANDO JORGE REIS	01:14:32	00:07:28	01:13:44	00:07:23	00:36:42
419	12464	FERNANDO COELHO	01:14:49	00:07:29	01:12:04	00:07:13	00:37:48
420	11792	PAULO A CRUZ	01:14:52	00:07:30	01:10:23	00:07:03	00:38:06
421	12185	JOSÉ A. NOVO	01:15:24	00:07:33	01:12:16	00:07:14	00:38:15
422	8100	PAULO PALHAIS	01:15:34	00:07:34	01:08:08	00:06:49	00:42:12
423	8097	RUI FARIA	01:15:34	00:07:34	01:08:05	00:06:49	00:42:13
424	10142	JOÃO HILARIO	01:15:48	00:07:35	01:12:13	00:07:14	00:38:25
425	11089	LUIS PARIS	01:16:46	00:07:41	01:16:14	00:07:38	00:36:59
426	9535	FERNANDO VASCONCELOS	01:18:59	00:07:54	01:15:11	00:07:32	00:41:32

427	10412	PAULO MACHADO	01:19:37	00:07:58	01:19:37	00:07:58	00:41:22
428	8165	LUIS BRITO	01:19:52	00:08:00	01:16:32	00:07:40	00:44:50
429	5185	JOAQUIM DIAS	01:19:52	00:08:00	01:15:09	00:07:31	00:41:49
430	5107	CARLOS MACÁRIO	01:20:07	00:08:01	01:15:45	00:07:35	00:40:01
431	6553	PEDRO MIGUEL VAZ MARTINS FERNANDES	01:21:24	00:08:09	01:17:31	00:07:46	00:40:54
432	10918	VITOR MOREIRA	01:21:59	00:08:12	01:18:41	00:07:53	00:40:44
433	7227	ANÍBAL TOMÉ	01:22:54	00:08:18	01:18:26	00:07:51	00:45:48
434	12087	ANTONIO NABAIS	01:25:11	00:08:32	01:21:17	00:08:08	00:44:23
435	10015	CARLOS JORGE JESUS ANTONIO	01:30:16	00:09:02	01:28:33	00:08:52	00:45:00
436	10123	JOAO PAULO RAMALHO	01:32:32	00:09:16	01:30:18	00:09:02	00:49:25
Desc	11106	LUIS FILIPE FERRADOR PEREIRA	01:11:33	00:07:10	00:51:18	00:05:08	
Desc	6282	JOSÉ FAUSTO	01:01:07	00:06:07	00:43:48	00:04:23	
Desc	9522	MARCELINO ROSA ROBERTO	01:03:51	00:06:24	00:44:26	00:04:27	

Publicada a las 14:33:06 del 30/03/2014

## 9ª CORRIDA DO BENFICA - ANTÓNIO LEITÃO, Lisboa 30/03/2014

Corrida - 10KM. Classificação VETERANOS III MASC (50 A 54 ANOS)

### Chegados: 265

Lugar	Dorsal	Nome	T_Oficial	RitmoKm	T_Real	RitKmReal	Km 5
1	10011	JOÃO PEREIRA	00:36:42	00:03:41	00:36:39	00:03:40	00:18:17
2	10657	PAULO RAMOS	00:36:45	00:03:41	00:36:44	00:03:41	00:18:13
3	10074	ERNESTO ALMEIDA	00:36:51	00:03:42	00:36:46	00:03:41	00:18:31
4	8656	ALEXANDRE ALVES MATOS	00:37:00	00:03:42	00:36:56	00:03:42	00:18:01
5	5647	JOÃO CARDOSO	00:37:43	00:03:47	00:36:58	00:03:42	00:19:12
6	11221	FERNANDO SANTIAGO	00:38:03	00:03:49	00:38:01	00:03:49	00:18:37
7	11490	CARLOS GOMES	00:38:38	00:03:52	00:38:27	00:03:51	00:19:22
8	8737	OSÓRIO PARDAL	00:39:26	00:03:57	00:39:13	00:03:56	00:19:37
9	7029	JUVENAL RIBEIRO	00:39:27	00:03:57	00:39:07	00:03:55	00:19:55
10	7889	JORGE FONTES	00:39:39	00:03:58	00:39:05	00:03:55	00:19:55
11	7032	MANUEL RODRIGUES	00:40:00	00:04:00	00:39:55	00:04:00	00:19:51
12	7617	JORGE CIPRIANO	00:40:14	00:04:02	00:40:05	00:04:01	00:20:07
13	5798	TEOTÓNIO XAVIER NETO	00:41:05	00:04:07	00:40:53	00:04:06	00:20:40
14	8246	FILIPE CARVALHEIRO	00:41:39	00:04:10	00:41:21	00:04:09	00:20:46
15	6879	JOSÉ SILVA	00:41:43	00:04:11	00:41:39	00:04:10	00:20:42
16	10514	ANTÓNIO BENTO FERNANDES	00:41:45	00:04:11	00:41:20	00:04:08	00:21:01
17	6715	JOSE MARIA PEREIRA DE MELO	00:41:48	00:04:11	00:41:30	00:04:09	00:20:57
18	7245	JOSE FRANCISCO MIRANDA	00:42:43	00:04:17	00:42:22	00:04:15	00:21:12
19	9673	ANTÓNIO ALVES	00:42:46	00:04:17	00:42:21	00:04:15	00:21:47
20	12303	LINO SANTOS	00:42:49	00:04:17	00:42:29	00:04:15	00:21:12
21	7186	JOAQUIM SEMEDO FIDALGO	00:42:55	00:04:18	00:42:20	00:04:14	00:21:58
22	7236	BENTO JORGE RIBEIRO	00:43:08	00:04:19	00:42:51	00:04:18	00:21:46
23	11953	ADELINO RODRIGUES	00:43:10	00:04:19	00:40:29	00:04:03	
24	6326	JOSÉ MANUEL SOUSA	00:43:13	00:04:20	00:40:01	00:04:01	00:23:53
25	11184	ANTONIO NASCIMENTO	00:43:16	00:04:20	00:43:10	00:04:19	00:21:28
26	12214	PAULO CARDOSO	00:43:49	00:04:23	00:43:44	00:04:23	00:21:26
27	5601	VITOR MANSO	00:43:57	00:04:24	00:43:37	00:04:22	00:22:06
28	11858	VITOR MANUEL DUARTE ALVES	00:44:03	00:04:25	00:41:20	00:04:08	
29	5829	BERNARDINO DA SILVA FERREIRA	00:44:27	00:04:27	00:44:01	00:04:25	00:22:04

30	6446 JOSÉ CIPRIANO HILÁRIO CARDOSO	00:45:04	00:04:31	00:43:20	00:04:20	00:23:05
31	11618 LUIS ALBERTO MARTINS	00:45:06	00:04:31	00:44:07	00:04:25	00:22:37
32	6292 JOSÉ MANUEL GORDO	00:45:10	00:04:31	00:44:47	00:04:29	00:22:45
33	6607 JOSÉ MANUEL FERNANDES FIGUEIREDO	00:45:12	00:04:32	00:44:34	00:04:28	00:23:16
34	11102 JOAQUIM AZEVEDO	00:45:12	00:04:32	00:44:58	00:04:30	00:23:04
35	11740 JOSÉ GORDILLO	00:45:18	00:04:32	00:42:30	00:04:15	00:24:26
36	12205 LUIS BRANCO	00:45:33	00:04:34	00:42:20	00:04:14	00:25:07
37	11195 JOSÉ GARRAFÃO	00:45:42	00:04:35	00:44:18	00:04:26	00:23:16
38	9823 JOSE MARQUES	00:45:43	00:04:35	00:45:37	00:04:34	00:22:40
39	6074 RUI MANUEL PEREIRA CARREIRA	00:45:45	00:04:35	00:45:23	00:04:33	00:22:58
40	9817 ANTONIO GASPAR	00:45:52	00:04:36	00:45:12	00:04:32	00:23:39
41	5170 J.PEREIRA	00:46:14	00:04:38	00:44:14	00:04:26	00:24:10
42	11629 LUIS FILIPE S. B. GAMA	00:46:17	00:04:38	00:45:39	00:04:34	00:23:40
43	11422 ANTERO JERÓNIMO	00:46:19	00:04:38	00:45:40	00:04:34	00:24:00
44	5253 GUILHERME FERNANDES GONÇALVES	00:46:27	00:04:39	00:46:02	00:04:37	00:23:18
45	9661 CARLOS MANUEL VENÂNCIO	00:46:29	00:04:39	00:46:20	00:04:38	00:23:09
46	10184 JOSÉ RODRIGUES	00:46:40	00:04:40	00:45:13	00:04:32	00:24:26
47	5080 PAULO MESTRE	00:46:49	00:04:41	00:45:25	00:04:33	00:25:10
48	10216 FERNANDO PEREIRA	00:46:53	00:04:42	00:46:37	00:04:40	00:23:35
49	10589 RUI FORTES	00:46:57	00:04:42	00:45:58	00:04:36	00:23:51
50	7608 ANTÓNIO LINHEIRO	00:47:07	00:04:43	00:46:48	00:04:41	00:23:24
51	11277 VASCO COSTA	00:47:12	00:04:44	00:46:55	00:04:42	00:23:43
52	9886 JOSE FERREIRA DUARTE	00:47:19	00:04:44	00:46:43	00:04:41	00:24:15
53	11767 OLIMPIO JOAQUIM DE CARVALHO	00:47:22	00:04:45	00:46:57	00:04:42	00:23:45
54	7687 JOÃO RIBEIRO	00:47:24	00:04:45	00:46:55	00:04:42	00:23:02
55	7891 ANTÓNIO PULQUÉRIO	00:47:30	00:04:45	00:46:51	00:04:42	00:21:03
56	9809 JOSÉ CARAVELA	00:47:37	00:04:46	00:45:58	00:04:36	00:25:01
57	7603 JOAQUIM COSTA	00:47:49	00:04:47	00:47:40	00:04:46	00:23:03
58	5232 ANTÓNIO LUCAS ROSA	00:47:55	00:04:48	00:46:56	00:04:42	00:24:21
59	10868 JOAO MARREIROS	00:48:08	00:04:49	00:47:42	00:04:47	00:24:36
60	6321 JAIME SOUSA	00:48:15	00:04:50	00:46:42	00:04:41	00:25:49
61	5562 ANIBAL SILVA	00:48:29	00:04:51	00:47:21	00:04:45	00:24:42
62	12225 PAULO JORGE VELOSO GOUVEIA CHAVES	00:48:34	00:04:52	00:48:10	00:04:49	00:24:28
63	11884 VITOR TEIXEIRA	00:48:46	00:04:53	00:47:13	00:04:44	00:25:50
64	6033 JOSÉ ANTONIO PINTO	00:48:46	00:04:53	00:47:50	00:04:47	00:24:05
65	10711 LUIS JORGE GASPAR FARIA	00:48:55	00:04:54	00:48:41	00:04:53	00:24:03
66	9581 ROGÉRIO AZEVEDO	00:49:09	00:04:55	00:48:30	00:04:51	00:25:15
67	5348 AUGUSTO GASPAR	00:49:17	00:04:56	00:46:44	00:04:41	00:26:41
68	10714 JOSÉ SANTOS AUGUSTO	00:49:20	00:04:56	00:48:42	00:04:53	00:25:27
69	5796 MIGUEL MARQUES	00:49:22	00:04:57	00:48:00	00:04:48	00:25:53
70	7520 FERNANDO FERNANDES	00:49:40	00:04:58	00:48:49	00:04:53	00:25:13
71	5557 RUI VENTURA	00:49:44	00:04:59	00:47:53	00:04:48	00:26:00
72	5599 CARLOS SEBASTIÃO	00:49:46	00:04:59	00:48:45	00:04:53	00:25:37
73	10818 CONSTÂNTINO MENDÃO	00:49:53	00:05:00	00:49:24	00:04:57	00:25:08
74	9829 HENRIQUE SAMORA	00:49:56	00:05:00	00:49:18	00:04:56	00:25:40
75	10945 ANTÓNIO RIBEIRO	00:50:01	00:05:01	00:46:43	00:04:41	00:27:30
76	5258 ANTONIO FERREIRA	00:50:04	00:05:01	00:49:09	00:04:55	00:26:19
77	11143 EUGÉNIO PIRES VAZ	00:50:06	00:05:01	00:48:05	00:04:49	00:25:47
78	6880 JOAQUIM MARTINS	00:50:15	00:05:02	00:47:35	00:04:46	00:27:20
79	5072 ROGÉRIO FOLGADO	00:50:16	00:05:02	00:49:02	00:04:55	00:25:29



80	11337	ANTONIO GODINHO	00:50:19	00:05:02	00:50:10	00:05:01	00:24:36
81	5568	JOSÉ SOARES	00:50:20	00:05:02	00:49:07	00:04:55	00:25:39
82	5771	JOÃO SEQUEIRA	00:50:24	00:05:03	00:46:58	00:04:42	00:28:15
83	7570	JOSÉ SANTOS	00:50:36	00:05:04	00:49:28	00:04:57	00:25:47
84	5577	LUIS NUNES	00:50:38	00:05:04	00:50:15	00:05:02	00:25:49
85	10203	JOSÉ FONSECA	00:50:40	00:05:04	00:49:43	00:04:59	00:25:35
86	5770	JOÃO PEDRO CUNHA	00:51:04	00:05:07	00:49:12	00:04:56	00:27:27
87	7578	FERNANDO GUERRA	00:51:08	00:05:07	00:49:00	00:04:54	00:27:58
88	5708	ANTONIO MANUEL MARQUES SIMÕES	00:51:20	00:05:08	00:51:14	00:05:08	00:26:34
89	6313	ANTÓNIO GRAÇA CORREIA	00:51:27	00:05:09	00:50:10	00:05:01	00:26:56
90	7318	RUI MANUEL PACHECO DUARTE	00:51:32	00:05:10	00:49:41	00:04:59	00:27:04
91	7518	MARIO RAMOS	00:51:35	00:05:10	00:50:45	00:05:05	00:27:07
92	5394	ANTONIO ALVES	00:51:38	00:05:10	00:50:45	00:05:05	00:26:15
93	10102	ALEXANDRE REIS	00:51:39	00:05:10	00:51:10	00:05:07	00:26:01
94	10981	RAIMUNDO PECHILGA	00:52:07	00:05:13	00:48:19	00:04:50	00:27:58
95	7302	DAVID TEIXEIRA AFONSO	00:52:09	00:05:13	00:47:27	00:04:45	00:29:25
96	9868	ARMANDO MARTINS	00:52:16	00:05:14	00:50:03	00:05:01	00:26:45
97	6362	CARLOS SILVA	00:52:25	00:05:15	00:48:37	00:04:52	00:28:29
98	9959	JOSE CARLOS	00:52:28	00:05:15	00:50:39	00:05:04	00:28:23
99	8198	VIRGÍLIO VAZ	00:52:32	00:05:16	00:50:57	00:05:06	00:27:33
100	5070	EDUARDO SOUSA	00:52:32	00:05:16	00:51:18	00:05:08	00:27:14
101	11535	HERLANDER BRAZ	00:52:41	00:05:17	00:48:25	00:04:51	00:29:32
102	6742	HERNANI MANUEL NASCIMENTO FERNANDES	00:52:42	00:05:17	00:50:02	00:05:01	00:28:17
103	10278	MÁRIO JÚLIO RODRIGUES LÚCIO	00:52:42	00:05:17	00:50:20	00:05:02	00:28:38
104	10627	VASCO GONÇALVES	00:52:43	00:05:17	00:50:24	00:05:03	00:28:01
105	5101	FERNANDO TEIXEIRA	00:52:48	00:05:17	00:51:27	00:05:09	00:27:00
106	5230	VÍTOR MELO	00:52:50	00:05:17	00:52:35	00:05:16	00:26:46
107	8185	ALBERTO ALMEIDA SANTOS	00:52:50	00:05:17	00:49:27	00:04:57	00:28:10
108	8736	MAURICIO	00:52:56	00:05:18	00:49:05	00:04:55	00:29:03
109	5753	ANTÓNIO BEJA	00:53:07	00:05:19	00:50:40	00:05:04	00:28:32
110	10747	JOSÉ BRITO	00:53:08	00:05:19	00:50:41	00:05:05	00:28:25
111	7330	JOSÉ MANUEL MADRINHA BEXIGA	00:53:11	00:05:20	00:49:14	00:04:56	00:29:49
112	8023	MANUEL ANTERO GOMES ALVES	00:53:12	00:05:20	00:53:03	00:05:19	00:25:45
113	11543	JOSÉ BARATA	00:53:13	00:05:20	00:52:49	00:05:17	00:26:28
114	9919	FERNANDO LUÍS	00:53:16	00:05:20	00:51:42	00:05:11	00:27:11
115	5795	MARIO PIRES	00:53:24	00:05:21	00:51:34	00:05:10	00:28:11
116	7673	JOAO DO CARMO	00:53:30	00:05:21	00:52:02	00:05:13	00:26:18
117	12408	JOÃO RODRIGUES SILVA	00:53:34	00:05:22	00:52:59	00:05:18	00:26:43
118	7637	ANTONIO COSTA	00:53:34	00:05:22	00:53:00	00:05:18	00:27:12
119	9821	MANUEL ANTONIO	00:53:34	00:05:22	00:52:47	00:05:17	00:27:09
120	5393	VITOR MONTEIRO	00:53:36	00:05:22	00:51:11	00:05:08	00:28:29
121	7825	JOAO CARLOS CONCEICAO	00:53:46	00:05:23	00:51:21	00:05:09	00:28:42
122	10521	MANUEL SARAIVA	00:53:48	00:05:23	00:51:33	00:05:10	00:28:28
123	8487	ANTÓNIO RODRIGUES LIMA	00:53:54	00:05:24	00:53:52	00:05:24	00:26:06
124	10749	HENRIQUE MOTRENA	00:53:55	00:05:24	00:51:27	00:05:09	00:28:26
125	11306	MÁRIO COSTA	00:53:58	00:05:24	00:53:52	00:05:24	00:27:00
126	10762	CARLOS CONCEIÇÃO	00:54:00	00:05:24	00:51:18	00:05:08	00:28:48
127	8648	CARLOS CONDENÇO	00:54:10	00:05:25	00:52:27	00:05:15	00:27:52
128	12268	JOSÉ MANOEL PEREIRA	00:54:13	00:05:26	00:53:54	00:05:24	00:27:24
129	10695	PAULO LOPES	00:54:20	00:05:26	00:51:07	00:05:07	00:29:40

130	8121	PAULO SILVA	00:54:23	00:05:27	00:52:17	00:05:14	00:27:42
131	10744	MANUEL LOBATO	00:54:26	00:05:27	00:51:58	00:05:12	00:29:11
132	8482	ROGERIO S.JUSTINO	00:54:27	00:05:27	00:51:02	00:05:07	00:29:24
133	5100	ISIDORO BATISTA	00:54:30	00:05:27	00:54:12	00:05:26	00:26:45
134	7837	CARLOS SECO	00:54:31	00:05:28	00:52:22	00:05:15	00:28:06
135	6453	JOAQUIM FERNANDES	00:54:31	00:05:28	00:51:06	00:05:07	00:29:39
136	6670	LUIS MANUEL LOPES VICENTE	00:54:51	00:05:30	00:50:22	00:05:03	00:30:27
137	6213	ANTÓNIO FREITAS NEVES	00:54:51	00:05:30	00:54:34	00:05:28	00:27:08
138	7237	JOSÉ EMANUEL CORREIA	00:55:06	00:05:31	00:53:57	00:05:24	00:28:54
139	9610	RUI A C MACHADO	00:55:23	00:05:33	00:52:37	00:05:16	00:30:32
140	6525	HELIO MANUEL MATEUS RODRIGUES	00:55:38	00:05:34	00:50:48	00:05:05	00:30:13
141	5412	FERNANDO BRANDÃO	00:55:54	00:05:36	00:55:50	00:05:35	00:27:19
142	5160	ALBERTO MARTINHO	00:55:55	00:05:36	00:54:05	00:05:25	00:29:29
143	10296	JOÃO DA CONCEIÇÃO CARRAPIÇO PEREIRA	00:55:55	00:05:36	00:52:30	00:05:15	00:29:40
144	10793	JORGE LOPES	00:55:58	00:05:36	00:53:20	00:05:20	00:30:01
145	6109	CARLOS FORTUNATO	00:55:58	00:05:36	00:52:03	00:05:13	00:29:58
146	5947	VÍTOR PEREIRA	00:56:05	00:05:37	00:52:38	00:05:16	00:29:48
147	8357	JOÃO GASPAR	00:56:06	00:05:37	00:55:31	00:05:34	00:28:04
148	6447	DOMINGOS FERREIRA	00:56:12	00:05:38	00:53:00	00:05:18	00:30:39
149	6017	JOSÉ NOBRE	00:56:13	00:05:38	00:55:28	00:05:33	00:28:25
150	9926	ALVARO MALHEIROS	00:56:17	00:05:38	00:52:36	00:05:16	00:30:37
151	5060	LUIS MARQUES	00:56:19	00:05:38	00:52:54	00:05:18	00:30:24
152	10440	ALFREDO PARADA	00:56:20	00:05:38	00:54:29	00:05:27	00:29:41
153	8461	DAMIÃO REGA	00:56:21	00:05:39	00:55:22	00:05:33	00:28:28
154	11093	JOAO CORREIA	00:56:24	00:05:39	00:55:53	00:05:36	00:28:04
155	7731	ANTONIO MOITA BRITES	00:56:25	00:05:39	00:52:03	00:05:13	00:30:16
156	12033	FRANCISCO MADEIRA	00:56:26	00:05:39	00:53:13	00:05:20	00:29:50
157	6899	JOÃO MARQUES	00:56:38	00:05:40	00:54:09	00:05:25	00:30:35
158	11203	VITOR SILVA	00:56:53	00:05:42	00:54:12	00:05:26	00:30:39
159	5548	RUI MANUEL DA SILVA MATOS	00:56:57	00:05:42	00:53:12	00:05:20	00:30:23
160	7593	JOSÉ MANUEL PEREIRA GOMES	00:57:03	00:05:43	00:54:17	00:05:26	00:29:53
161	6737	ADRIANO VITORINO	00:57:05	00:05:43	00:55:57	00:05:36	00:28:53
162	12450	PEDRO MENDES PINTO	00:57:06	00:05:43	00:53:42	00:05:23	00:31:05
163	8223	HUMBERTO JORGE DA SILVA BATISTA	00:57:08	00:05:43	00:54:43	00:05:29	00:29:51
164	5162	FERNANDO BLASCO	00:57:09	00:05:43	00:55:41	00:05:35	00:29:19
165	9913	MANUEL BORGES	00:57:16	00:05:44	00:54:45	00:05:29	00:30:55
166	11160	ANTONIO MANUEL DOS SANTOS E SILVA	00:57:16	00:05:44	00:55:51	00:05:36	00:32:12
167	10371	JORGE CANHAO	00:57:37	00:05:46	00:56:24	00:05:39	00:29:30
168	7826	ANTONIO PEDRO MATA	00:57:40	00:05:46	00:55:16	00:05:32	00:29:03
169	5877	ROMÃO VALENTE	00:57:42	00:05:47	00:57:11	00:05:44	00:28:16
170	9755	ARLINDO PARRA	00:57:48	00:05:47	00:53:43	00:05:23	00:31:24
171	12173	SEVERINO CRUZ	00:57:49	00:05:47	00:57:20	00:05:44	00:27:59
172	9576	JOSÉ GARRIDO	00:57:51	00:05:48	00:55:28	00:05:33	00:30:30
173	10998	CARLOS JOSÉ FERREIRA LEAL DA SILVA	00:57:59	00:05:48	00:54:57	00:05:30	00:30:24
174	6927	LUIS NETO SILVA	00:58:01	00:05:49	00:55:23	00:05:33	00:30:16
175	8018	JOSÉ RODRIGUES	00:58:08	00:05:49	00:52:55	00:05:18	00:32:20
176	10618	JORGE OLIVEIRA	00:58:10	00:05:49	00:53:54	00:05:24	00:32:26
177	7817	ARTUR ANTÓNIO INÁCIO FARINHA	00:58:13	00:05:50	00:54:56	00:05:30	00:31:32
178	7997	SANTOS GUEREIRO	00:58:22	00:05:51	00:56:41	00:05:41	00:30:18
179	12060	RUI CARRASQUEIRA	00:58:31	00:05:52	00:57:20	00:05:44	00:30:07

180	7173	FRANCISCO PAULINO	00:58:33	00:05:52	00:57:00	00:05:42	00:30:49
181	11637	DANIEL LEITAO	00:58:43	00:05:53	00:57:46	00:05:47	00:30:05
182	11551	ALBERTO LUIIS PACHECO CORREIA	00:58:56	00:05:54	00:57:57	00:05:48	00:29:42
183	11197	JOSÉ RUFINO	00:59:05	00:05:55	00:57:38	00:05:46	00:29:56
184	10475	PAULO HENRIQUE MENDES	00:59:07	00:05:55	00:55:21	00:05:33	00:32:06
185	9775	REINALDO MATEUS	00:59:13	00:05:56	00:54:38	00:05:28	00:33:03
186	10410	JOSE MACHADO	00:59:15	00:05:56	00:55:52	00:05:36	00:31:59
187	6196	JOSÉ LIBÓRIO	00:59:16	00:05:56	00:54:48	00:05:29	00:33:14
188	7343	VALDEMAR BALANCHO	00:59:28	00:05:57	00:55:55	00:05:36	00:33:06
189	5701	FERNANDO FRAGATEIRO	00:59:33	00:05:58	00:56:14	00:05:38	00:32:31
190	11865	JOÃO PAULO DUARTE	00:59:37	00:05:58	00:58:10	00:05:49	00:29:50
191	6780	JOÃO CARLOS LEAL BARATA	00:59:42	00:05:59	00:56:08	00:05:37	00:31:30
192	10214	JOÃO PAULO DUQUE	00:59:48	00:05:59	00:57:32	00:05:46	00:31:50
193	5195	JOSÉ DOS SANTOS GUERREIRO EUGÉNIO	00:59:53	00:06:00	00:58:58	00:05:54	00:31:03
194	7801	JOÃO MENEZES SILVA	00:59:54	00:06:00	00:56:12	00:05:38	00:32:34
195	6323	LUIS ALMEIDA	01:00:06	00:06:01	00:57:06	00:05:43	00:31:17
196	5079	MANUEL MACHADO	01:00:06	00:06:01	00:58:43	00:05:53	00:30:51
197	5114	RICARDO SILVA	01:00:08	00:06:01	00:55:27	00:05:33	
198	9890	LUIS ROMANEIRO	01:00:19	00:06:02	00:57:35	00:05:46	00:31:08
199	8181	JOSÉ SARAIVA	01:00:32	00:06:04	00:58:05	00:05:49	00:30:36
200	8013	ANTONIO LOUREIRO	01:00:44	00:06:05	00:59:38	00:05:58	00:30:29
201	12461	CARLOS SANTOS	01:01:12	00:06:08	01:01:12	00:06:08	00:48:50
202	7662	HERMÍNIO CABACEIRA	01:01:19	00:06:08	00:57:44	00:05:47	00:32:35
203	5672	ANTONIO COELHO DE SOUSA	01:01:29	00:06:09	00:58:43	00:05:53	00:32:31
204	10577	JOSE VERMELHUDO	01:01:36	00:06:10	00:59:35	00:05:58	00:31:40
205	10707	MANUEL FRANCISCO	01:01:50	00:06:11	00:59:13	00:05:56	00:32:10
206	7069	ALEXANDRE MANUEL BAPTISTA DA SILVEIRA COSTA	01:01:51	00:06:12	00:58:39	00:05:52	00:31:44
207	5763	JOÃO DUARTE	01:02:33	00:06:16	00:59:06	00:05:55	00:34:27
208	6639	LUIS LEE	01:02:46	00:06:17	00:59:21	00:05:57	00:33:28
209	12094	JOSÉ BRITO	01:02:49	00:06:17	00:59:38	00:05:58	00:33:45
210	5497	FERNANDO REZENDE	01:02:51	00:06:18	01:00:44	00:06:05	00:33:22
211	5256	JORGE MANUEL NARCISO	01:02:54	00:06:18	00:59:57	00:06:00	00:33:10
212	10769	ANTONIO MANUEL SOUSA	01:02:56	00:06:18	01:01:51	00:06:12	00:30:26
213	5184	JULIO SANTOS	01:02:58	00:06:18	01:00:34	00:06:04	00:33:55
214	5370	FERNANDO FAVINHA	01:03:04	00:06:19	00:58:43	00:05:53	00:34:30
215	5425	JOSÉ CARLOS MOREIRA MELO	01:03:06	00:06:19	00:58:28	00:05:51	00:35:00
216	6110	CARLOS COELHO	01:03:10	00:06:19	00:59:15	00:05:56	00:33:40
217	10908	MÁRIO BRUNO	01:03:27	00:06:21	01:01:50	00:06:11	00:32:54
218	10544	JOAO PEREIRA SANTOS	01:03:30	00:06:21	00:59:49	00:05:59	00:34:54
219	10437	JOAO CALDEIRA SILVA	01:03:49	00:06:23	00:59:30	00:05:57	00:34:56
220	9577	RAUL FERREIRA	01:03:56	00:06:24	00:59:46	00:05:59	00:35:39
221	6116	CARLOS SANTOS	01:03:57	00:06:24	01:01:43	00:06:11	00:33:45
222	7586	JÚLIO SANTOS	01:04:07	00:06:25	01:03:47	00:06:23	00:30:23
223	11499	DIAMANTINO JOSÉ TEIXEIRA	01:04:33	00:06:28	01:03:36	00:06:22	00:32:29
224	5779	NUNO GONÇALVES	01:04:47	00:06:29	01:00:36	00:06:04	00:34:46
225	11793	GUILHERME NABAIS	01:04:53	00:06:30	01:00:25	00:06:03	00:35:20
226	12149	VITOR CARVALHO	01:05:02	00:06:31	01:02:21	00:06:15	00:34:04
227	5912	EDUARDO ANTÓNIO DA CONCEIÇÃO GONÇALVES	01:05:08	00:06:31	01:04:32	00:06:28	00:32:39
228	10919	JOSÉ ANTÓNIO	01:05:31	00:06:34	01:02:12	00:06:14	00:34:50
229	8274	JOÃO SANTOS	01:05:34	00:06:34	01:01:18	00:06:08	00:35:25

230	8133	JACINTO GODINHO	01:05:50	00:06:35	01:01:34	00:06:10	00:35:31
231	10232	ANTÓNIO ROSA DOS SANTOS	01:05:52	00:06:36	01:04:12	00:06:26	00:34:09
232	10610	JOSÉ ABEL VELUDO TEIXEIRA PINTO	01:05:54	00:06:36	01:04:20	00:06:26	00:33:34
233	5190	CARLOS OLIVAL	01:05:55	00:06:36	01:02:12	00:06:14	00:35:41
234	5191	JOSE OLIVEIRA	01:05:56	00:06:36	01:02:13	00:06:14	00:35:41
235	8249	PEDRO MORAIS	01:06:22	00:06:39	01:01:23	00:06:09	00:36:18
236	7886	JULIO OLIVEIRA	01:06:22	00:06:39	01:01:59	00:06:12	00:35:13
237	6167	VITOR CARDOSO	01:06:31	00:06:40	01:03:40	00:06:22	00:36:28
238	8049	JOSÉ ANTÓNIO JESUS CORREIRA VEIGA	01:06:35	00:06:40	01:01:43	00:06:11	00:37:07
239	10916	VITOR LUCAS	01:06:42	00:06:41	01:05:23	00:06:33	00:33:02
240	10115	JOAO BARREIROS ROLO	01:06:57	00:06:42	01:04:19	00:06:26	00:34:20
241	11080	CARLOS LEITÃO	01:07:11	00:06:44	01:02:45	00:06:17	00:38:09
242	5845	JOSÉ JORGE CALDEIRA	01:07:28	00:06:45	01:06:44	00:06:41	00:37:52
243	6759	LINO GOMES	01:08:06	00:06:49	01:04:30	00:06:27	00:34:22
244	7744	PEDRO DE JESUS VIEIRA DA PONTE	01:08:15	00:06:50	01:04:30	00:06:27	00:37:18
245	11159	CARLOS JOAO	01:08:44	00:06:53	01:07:26	00:06:45	00:34:41
246	9798	REINALDO MATEUS	01:08:45	00:06:53	01:07:50	00:06:47	00:34:12
247	9847	PAULO FRANÇA	01:08:51	00:06:54	01:06:24	00:06:39	00:35:45
248	10650	CARLOS ATAÍDE	01:09:15	00:06:56	01:05:34	00:06:34	00:36:27
249	9948	AUGUSTO NOBRE	01:09:52	00:07:00	01:06:05	00:06:37	00:36:24
250	8002	JOSE MORUJO	01:10:06	00:07:01	01:07:34	00:06:46	00:34:59
251	7668	FERNANDO GIRÃO MARQUES	01:11:15	00:07:08	01:06:51	00:06:42	00:37:57
252	12412	RUI RICO	01:11:58	00:07:12	01:10:23	00:07:03	00:34:46
253	12257	JOSÉ FARIA	01:12:06	00:07:13	01:07:06	00:06:43	00:38:44
254	5965	FERNANDO RAMALHETE	01:12:50	00:07:17	01:10:08	00:07:01	00:39:24
255	7120	CARLOS DUARTE	01:13:08	00:07:19	01:09:06	00:06:55	00:36:51
256	6847	HENRIQUE SARAIVA E SILVA	01:14:15	00:07:26	01:10:36	00:07:04	00:39:23
257	11350	HERNANI SILVA	01:14:53	00:07:30	01:12:32	00:07:16	00:37:11
258	10788	JOHNNY THOMASSEN	01:16:51	00:07:42	01:13:00	00:07:18	00:37:58
259	9897	CARLOS BANDEIJAS	01:17:46	00:07:47	01:14:57	00:07:30	00:38:24
260	10376	PEDRO M SILVA	01:19:05	00:07:55	01:19:05	00:07:55	00:36:01
261	10775	PAULO BAPTISTA	01:21:02	00:08:07	01:17:54	00:07:48	00:41:15
262	7683	JOSÉ SANTOS	01:21:13	00:08:08	01:19:04	00:07:55	00:41:19
263	11107	LUIS FILIPE VINAGRE RIBEIRO	01:23:27	00:08:21	01:20:13	00:08:02	00:37:33
264	7858	MANUEL CORREIA	01:24:02	00:08:25	01:20:13	00:08:02	00:43:39
265	8085	PAULO MANUEL DOS SANTOS VITORINO	01:32:30	00:09:15	01:29:48	00:08:59	00:46:53
Desc	7644	LUIS FERNANDES	00:57:53	00:05:48	00:38:37	00:03:52	
Desc	12319	ANTONIO MANUEL SARILHO	01:15:59	00:07:36	00:56:57	00:05:42	

Publicada a las 14:33:08 del 30/03/2014

## 9ª CORRIDA DO BENFICA - ANTÓNIO LEITÃO, Lisboa 30/03/2014

Corrida - 10KM. Classificação VETERANOS IV MASC (55 A 59 ANOS)

### Chegados: 247

Lugar	Dorsal	Nome	T_Oficial	RitmoKm	T_Real	RitKmReal	Km 5
1	9882	SILVESTRE GOMES	00:35:48	00:03:35	00:35:46	00:03:35	00:17:42
2	10070	ANTÓNIO VIEIRA	00:38:01	00:03:49	00:37:56	00:03:48	00:18:48
3	10937	SEVERINO SANTOS	00:38:15	00:03:50	00:38:07	00:03:49	00:20:56
4	12352	AURELIO AGUIAR	00:39:12	00:03:56	00:39:09	00:03:55	00:19:22

5	10148	ANTÓNIO SANTOS	00:39:27	00:03:57	00:39:16	00:03:56	00:19:54
6	7129	RUI CASTRO	00:39:49	00:03:59	00:39:40	00:03:58	00:20:07
7	12499	JOSÉ SIMÕES	00:39:55	00:04:00	00:39:41	00:03:59	00:19:59
8	8356	SÉRGIO MACATRÃO	00:40:35	00:04:04	00:39:36	00:03:58	00:21:10
9	8141	ANTONIO LEMOS	00:40:41	00:04:05	00:39:48	00:03:59	00:20:53
10	7730	ANTÓNIO DIAS	00:40:57	00:04:06	00:40:45	00:04:05	00:20:47
11	8127	LUIS PREGO	00:40:57	00:04:06	00:40:49	00:04:05	00:20:47
12	5825	OSCAR SANTOS	00:40:57	00:04:06	00:40:32	00:04:04	00:20:54
13	7686	ARLINDO NASCIMENTO	00:41:05	00:04:07	00:40:55	00:04:06	00:20:49
14	6082	RAÚL RODRIGUES	00:41:07	00:04:07	00:40:50	00:04:05	00:20:20
15	10338	JOSÉ LUÍS FERREIRA PIRES	00:41:27	00:04:09	00:41:07	00:04:07	00:20:42
16	10150	JOSÉ GOMES	00:42:21	00:04:15	00:42:05	00:04:13	00:21:25
17	12284	JULIO FERREIRA	00:42:25	00:04:15	00:41:54	00:04:12	00:21:13
18	11374	FERNANDO FERNANDES	00:43:01	00:04:19	00:42:46	00:04:17	00:21:05
19	10743	FERNANDO CUSTÓDIO	00:43:07	00:04:19	00:42:18	00:04:14	00:22:10
20	10802	ARTUR BRITES	00:43:17	00:04:20	00:43:03	00:04:19	00:21:16
21	5515	ANTÓNIO CARVALHO	00:43:17	00:04:20	00:43:11	00:04:20	00:21:11
22	7511	JOSÉ SILVA	00:43:46	00:04:23	00:43:24	00:04:21	00:21:45
23	12307	DOMINGOS NETO	00:43:51	00:04:24	00:43:44	00:04:23	00:21:45
24	5068	CARLOS NUNES	00:43:56	00:04:24	00:43:36	00:04:22	00:21:35
25	6335	CARLOS CASEIRO	00:44:25	00:04:27	00:44:13	00:04:26	00:22:10
26	11531	FERNANDO MARQUES	00:44:27	00:04:27	00:43:36	00:04:22	00:23:28
27	7984	ARSÉNIO FERNANDES	00:45:15	00:04:32	00:43:52	00:04:24	00:24:03
28	10009	JOSÉ SOUSA	00:45:18	00:04:32	00:45:10	00:04:31	00:22:43
29	12212	JOAQUIM MARINHO	00:45:20	00:04:32	00:44:47	00:04:29	00:22:49
30	10808	ANTÓNIO COELHO	00:45:21	00:04:33	00:45:17	00:04:32	00:22:40
31	10765	CASIMIRO ABREU	00:45:34	00:04:34	00:44:46	00:04:29	00:23:13
32	12180	MANUEL ANTONIO SILVA	00:45:57	00:04:36	00:45:48	00:04:35	00:22:42
33	6626	ANIBAL MATEUS	00:46:00	00:04:36	00:45:43	00:04:35	00:22:19
34	11155	ORLANDO SILVA	00:46:04	00:04:37	00:45:01	00:04:31	00:23:48
35	10128	JOAQUIM RODRIGUES DOS REIS	00:46:10	00:04:37	00:45:59	00:04:36	00:22:41
36	10010	JOSÉ MANTA	00:46:20	00:04:38	00:46:11	00:04:38	00:23:04
37	10071	JOSÉ MOREIRA DA SILVA	00:46:20	00:04:38	00:46:12	00:04:38	00:23:04
38	10087	RUI EMIDIO	00:46:27	00:04:39	00:46:03	00:04:37	00:23:24
39	8231	ISIDRO FERREIRA	00:46:28	00:04:39	00:45:28	00:04:33	00:23:53
40	5892	CARLOS MANUEL DA SILVA CAEIRO	00:46:28	00:04:39	00:45:54	00:04:36	00:23:53
41	12311	ANTÓNIO SABIDO	00:46:34	00:04:40	00:45:22	00:04:33	00:23:57
42	5918	AMERICO RODRIGUES	00:46:43	00:04:41	00:46:24	00:04:39	00:23:26
43	8284	JOSÉ LUIS MOREIRA FERREIRA	00:47:08	00:04:43	00:45:06	00:04:31	00:24:45
44	7842	JOSÉ DA FONSECA PEIXOTO	00:47:10	00:04:43	00:46:00	00:04:36	00:24:16
45	11984	ANTONIO PARREIRA	00:47:13	00:04:44	00:46:34	00:04:40	00:23:11
46	7792	HENRIQUE BRITO	00:47:18	00:04:44	00:47:11	00:04:44	00:23:19
47	12320	JORGE PAULINO	00:47:37	00:04:46	00:47:30	00:04:45	00:24:05
48	8098	MANUEL FERNANDES	00:48:02	00:04:49	00:46:32	00:04:40	00:25:52
49	10999	ANIBAL DA SILVA CARVALHO	00:48:04	00:04:49	00:45:01	00:04:31	00:26:00
50	11479	MANUEL RIBEIRO MARTINS	00:48:07	00:04:49	00:46:54	00:04:42	00:24:59
51	7133	FERNANDO MANUEL FERREIRA DO AMARAL	00:48:08	00:04:49	00:47:27	00:04:45	00:25:15
52	12170	MÁRIO CONDE	00:48:13	00:04:50	00:48:05	00:04:49	00:23:44
53	9825	ABILIO CATARRO	00:48:47	00:04:53	00:48:42	00:04:53	00:23:54
54	8299	CARLOS VASCONCELOS	00:49:04	00:04:55	00:48:59	00:04:54	00:24:04



55	8170	CARLOS MATOS	00:49:15	00:04:56	00:48:56	00:04:54	00:24:13
56	11308	DOMINGOS BORGES	00:49:15	00:04:56	00:49:09	00:04:55	00:25:18
57	8376	MANUEL PERAS	00:49:16	00:04:56	00:48:02	00:04:49	00:25:14
58	7274	NORBERTO RIO DIEGUES	00:49:17	00:04:56	00:47:34	00:04:46	00:25:29
59	7182	RAFAEL RIBEIRO	00:49:37	00:04:58	00:48:31	00:04:52	00:25:06
60	10441	PAULO CARVALHO	00:49:40	00:04:58	00:48:18	00:04:50	00:25:46
61	12414	JOSÉ ROBALO	00:49:48	00:04:59	00:48:03	00:04:49	00:26:29
62	6735	CONSTÂNCIO DE BRITO MARTINS	00:49:56	00:05:00	00:49:21	00:04:57	00:25:04
63	5391	RUI GASPAR	00:49:56	00:05:00	00:49:05	00:04:55	00:25:42
64	5383	ELMAR DERKITSCH	00:50:01	00:05:01	00:47:31	00:04:46	00:26:59
65	7160	JOAQUIM SANTOS	00:50:03	00:05:01	00:49:50	00:04:59	00:24:42
66	9757	CARLOS PARENTE RODRIGUES	00:50:09	00:05:01	00:49:47	00:04:59	00:24:29
67	11696	ISIDRO PIRES SANTOS	00:50:10	00:05:01	00:49:56	00:05:00	00:24:48
68	6071	JOAQUIM PALMA	00:50:16	00:05:02	00:50:00	00:05:00	00:25:13
69	11096	JOAQUIM FRADE	00:50:19	00:05:02	00:48:23	00:04:51	00:26:47
70	6421	ALBINO PAULINO TOMÁS	00:50:25	00:05:03	00:49:30	00:04:57	00:25:43
71	10901	JOSÉ VITOR MÁXIMO FRANCO	00:50:44	00:05:05	00:47:51	00:04:48	00:26:54
72	10847	JORGE FERREIRA	00:50:45	00:05:05	00:48:11	00:04:50	00:26:35
73	5073	RAÚL GRILO	00:50:47	00:05:05	00:49:34	00:04:58	00:25:28
74	5219	ANTONIO DE JESUS PEREIRA	00:50:51	00:05:06	00:46:23	00:04:39	00:29:04
75	11175	JOÃO MIRANDA	00:51:05	00:05:07	00:49:12	00:04:56	00:27:27
76	11205	FERNANDO CARRILHO	00:51:09	00:05:07	00:50:20	00:05:02	00:25:39
77	5534	CARLOS FERREIRA	00:51:15	00:05:08	00:51:02	00:05:07	00:25:44
78	10730	JOSÉ MARIA PEDRO	00:51:33	00:05:10	00:50:20	00:05:02	00:26:11
79	7072	MÁRIO AUGUSTO PINTO CLARO	00:51:42	00:05:11	00:50:35	00:05:04	00:27:10
80	5017	JOSE GUERREIRO	00:51:45	00:05:11	00:50:04	00:05:01	00:27:10
81	6486	ANTONIO MANUEL	00:51:45	00:05:11	00:48:29	00:04:51	00:27:35
82	7202	MÁRIO MANUEL SOARES ALVES	00:51:47	00:05:11	00:50:51	00:05:06	00:26:25
83	5574	FERNANDO MAGALHEIRO	00:51:47	00:05:11	00:51:23	00:05:09	00:26:50
84	10173	ANTÓNIO CORREIA	00:51:52	00:05:12	00:49:25	00:04:57	00:28:09
85	12364	ANTONIO FERNANDES	00:51:55	00:05:12	00:51:22	00:05:09	00:25:56
86	9894	ANTONIO LAMAS SOBRAL	00:51:56	00:05:12	00:51:07	00:05:07	00:26:45
87	9810	AGOSTINHO PINTO	00:52:02	00:05:13	00:50:22	00:05:03	00:27:07
88	6324	JOSÉ JACINTO PEREIRA	00:52:16	00:05:14	00:49:51	00:05:00	00:27:05
89	10331	JOSÉ FORTE	00:52:18	00:05:14	00:50:27	00:05:03	00:26:24
90	10959	JOSÉ ESTEVES MONTEIRO	00:52:18	00:05:14	00:50:34	00:05:04	00:27:40
91	11086	ALVARO FURTADO	00:52:31	00:05:16	00:49:41	00:04:59	00:28:13
92	10798	ALCINDO ALMEIDA	00:52:39	00:05:16	00:50:52	00:05:06	00:27:46
93	10849	OSVALDO CONCEIÇÃO	00:52:40	00:05:16	00:51:35	00:05:10	00:27:11
94	7711	VITOR MANUEL RIBEIRO FERNANDES	00:53:07	00:05:19	00:51:44	00:05:11	00:27:45
95	10967	JOÃO PAÇO	00:53:09	00:05:19	00:52:09	00:05:13	00:27:55
96	7745	JOSE DUARTE FERREIRA	00:53:13	00:05:20	00:50:49	00:05:05	00:28:15
97	12340	CARLOS MARTINS	00:53:23	00:05:21	00:52:08	00:05:13	00:27:41
98	11191	CARLOS SILVA	00:53:24	00:05:21	00:53:10	00:05:19	00:26:14
99	10394	ANTONIO REIS	00:53:30	00:05:21	00:50:28	00:05:03	00:28:55
100	10168	MANUEL CABEÇAS	00:53:45	00:05:23	00:51:34	00:05:10	00:28:40
101	5576	JOSÉ MANUEL SANTOS	00:53:47	00:05:23	00:53:23	00:05:21	00:27:43
102	6712	JOÃO ANTUNES	00:54:01	00:05:25	00:52:13	00:05:14	00:28:02
103	7969	CARLOS DE JESUS	00:54:10	00:05:25	00:51:57	00:05:12	00:28:40
104	11194	JOSÉ FIDELIO	00:54:16	00:05:26	00:52:52	00:05:18	00:28:06

105	12358	JOSÉ FREIRE	00:54:32	00:05:28	00:53:45	00:05:23	00:26:30
106	6816	LUIS MANUEL MOTA FERREIRA	00:54:36	00:05:28	00:52:00	00:05:12	00:27:52
107	11207	VÍTOR MANUEL GONÇALVES GUERREIRO	00:54:37	00:05:28	00:53:47	00:05:23	00:27:41
108	10439	PEDRO GONÇALVES	00:54:45	00:05:29	00:52:03	00:05:13	00:28:40
109	9854	JOSÉ MILAGRES	00:54:46	00:05:29	00:53:31	00:05:22	00:27:35
110	7516	JOSÉ ANDRE	00:54:55	00:05:30	00:54:06	00:05:25	
111	10948	JOSÉ SERAFIM	00:54:57	00:05:30	00:51:40	00:05:10	00:29:34
112	10545	JOSE ANTONIO DA SILVA SERRA	00:55:01	00:05:31	00:51:20	00:05:08	00:29:01
113	5217	MANUEL FERNANDO BATISTA SILVA	00:55:11	00:05:32	00:55:04	00:05:31	00:26:50
114	11196	JOSÉ MANUEL SANTOS	00:55:14	00:05:32	00:53:50	00:05:23	00:28:08
115	10141	JOSÉ MATEUS MORAIS FREIRE	00:55:25	00:05:33	00:53:52	00:05:24	00:28:38
116	11216	JOÃO CARLOS SANTOS CORREIA	00:55:28	00:05:33	00:51:07	00:05:07	00:30:05
117	7338	FERNANDO SOBRAL	00:55:29	00:05:33	00:52:20	00:05:14	00:30:35
118	5392	VITOR CARVALHO	00:55:34	00:05:34	00:53:11	00:05:20	00:28:35
119	6065	GERMANO NUNES PIRES	00:55:38	00:05:34	00:53:13	00:05:20	00:30:34
120	9962	CARLOS LOPES	00:55:44	00:05:35	00:55:23	00:05:33	00:27:56
121	5536	JOSE DIAS	00:55:48	00:05:35	00:53:28	00:05:21	00:29:49
122	10768	JOAO MANUEL DOS SANTOS ALMEIDA	00:55:53	00:05:36	00:52:43	00:05:17	00:29:39
123	8008	ALBERTO RAMIRES	00:55:57	00:05:36	00:55:23	00:05:33	00:27:08
124	5520	JOSÉ LUIS LOPES	00:55:57	00:05:36	00:54:46	00:05:29	00:28:02
125	6378	JOSE MANUEL CORREIA LOPES	00:56:04	00:05:37	00:54:20	00:05:26	00:29:02
126	11616	VICTOR SANTOS	00:56:06	00:05:37	00:52:42	00:05:17	00:30:32
127	10107	JOAQUIM MÓNICA	00:56:14	00:05:38	00:52:46	00:05:17	00:30:45
128	6999	MANUEL SILVEIRA ALVES FÈLIX	00:56:20	00:05:38	00:55:49	00:05:35	00:27:59
129	10812	VITOR MANUEL SILVA MARTINS PEDROSO	00:56:36	00:05:40	00:53:04	00:05:19	00:30:15
130	6328	FRANCISCO MACHADO	00:56:44	00:05:41	00:53:43	00:05:23	00:30:57
131	8322	ANTÓNIO GONÇALVES	00:56:50	00:05:41	00:53:39	00:05:22	00:30:54
132	12279	GABRIEL MOREIRA	00:56:52	00:05:42	00:52:04	00:05:13	00:31:50
133	11552	CARLOS MANUEL MARTINS LOPES	00:57:13	00:05:44	00:56:12	00:05:38	00:29:39
134	6139	FIRMINO CARLOS LOPES DE OLIVEIRA	00:57:15	00:05:44	00:54:19	00:05:26	00:29:20
135	6157	NORBERTO COELHO	00:57:20	00:05:44	00:56:32	00:05:40	00:29:03
136	6382	AUGUSTO FONSECA	00:57:21	00:05:45	00:52:18	00:05:14	00:31:22
137	10266	JOAQUIM DE MACEDO	00:57:23	00:05:45	00:53:41	00:05:22	00:31:08
138	5031	ROGÉRIO PINA	00:57:24	00:05:45	00:56:26	00:05:39	00:29:10
139	6031	ERNESTO LEAL CARVALHO	00:57:25	00:05:45	00:57:08	00:05:43	00:28:15
140	11379	JOSÉ LUIS RAMOS RAPOSO	00:57:26	00:05:45	00:55:19	00:05:32	00:29:34
141	7747	JOAQUIM FILIPE CARACOL PINTO	00:57:27	00:05:45	00:53:47	00:05:23	00:32:31
142	7932	JOAQUIM COSTA	00:57:29	00:05:45	00:54:41	00:05:29	00:30:20
143	11437	FAUSTO CARVALHO	00:57:31	00:05:46	00:53:22	00:05:21	00:31:20
144	9656	JOSÉ COSTA	00:57:41	00:05:47	00:55:43	00:05:35	00:28:29
145	8485	JOSE MARQUES	00:57:43	00:05:47	00:57:09	00:05:43	00:29:14
146	6998	FERNANDO FERRITO	00:57:46	00:05:47	00:56:00	00:05:36	00:30:11
147	6206	JOÃO MANUEL SANTOS FIGUEIREDO	00:57:46	00:05:47	00:57:05	00:05:43	00:28:29
148	7073	VITOR CAMPOS	00:57:57	00:05:48	00:56:48	00:05:41	00:30:21
149	9831	ANTÓNIO VALENTE	00:58:15	00:05:50	00:56:21	00:05:39	00:29:26
150	6597	LUIS MATIAS	00:58:15	00:05:50	00:55:50	00:05:35	00:30:11
151	5774	ARTUR DOS REIS PEREIRA	00:58:17	00:05:50	00:56:22	00:05:39	00:30:04
152	5804	JOSE CHAMBEL	00:58:28	00:05:51	00:55:09	00:05:31	00:30:40
153	8101	JOSÉ BAIXINHO	00:58:40	00:05:52	00:56:43	00:05:41	00:30:51
154	5598	MARIO JOAO DA CRUZ GOMES FREIRE	00:58:41	00:05:53	00:55:23	00:05:33	00:32:13

155	9687	LUIS FERNANDO HONÓRIO DE MELO E SILVA	00:59:07	00:05:55	00:57:06	00:05:43	00:29:46
156	11909	ANTÓNIO SANTOS	00:59:11	00:05:56	00:59:11	00:05:56	00:26:24
157	6236	FERNANDO CASTELEIRA	00:59:21	00:05:57	00:59:06	00:05:55	00:29:48
158	8027	JOAQUIM FONSECA	00:59:22	00:05:57	00:58:45	00:05:53	00:29:37
159	6581	JOSÉ GONÇALVES RIBEIRO	00:59:25	00:05:57	00:57:26	00:05:45	00:31:47
160	10095	MIGUEL PRUDENCIO	00:59:29	00:05:57	00:57:43	00:05:47	00:30:15
161	8239	ANTONIO LUIS CHAINHO MARQUES	00:59:31	00:05:58	00:57:58	00:05:48	00:30:36
162	6945	JOSÉ DOS SANTOS CANEDO RODRIGUES	00:59:42	00:05:59	00:56:56	00:05:42	00:31:21
163	6108	VITOR RODRIGUES	00:59:44	00:05:59	00:55:49	00:05:35	00:32:39
164	11138	LUIS MARQUES	00:59:46	00:05:59	00:56:51	00:05:42	00:31:35
165	7958	LUÍS VICENTE BARROSO	00:59:48	00:05:59	00:58:39	00:05:52	00:29:41
166	7631	LUIS SANTOS MATOS	01:00:00	00:06:00	00:55:54	00:05:36	00:32:29
167	11219	ALBERTO CARVALHO	01:00:06	00:06:01	00:56:24	00:05:39	00:32:15
168	8379	JOSÉ BAPTISTA	01:00:09	00:06:01	00:59:15	00:05:56	00:30:06
169	12200	ALBANO CABRITO ALVES	01:00:20	00:06:02	00:57:38	00:05:46	00:31:22
170	5831	LUCIANO SILVA	01:00:32	00:06:04	00:58:13	00:05:50	00:31:30
171	12339	DOMINGOS MELÃO	01:00:35	00:06:04	01:00:00	00:06:00	00:30:24
172	5762	DINIS SANTOS	01:00:36	00:06:04	00:57:09	00:05:43	00:32:44
173	8045	RUI LUIS	01:00:45	00:06:05	00:59:10	00:05:55	00:30:53
174	9654	JOÃO CARRIL	01:00:50	00:06:05	00:58:48	00:05:53	00:32:05
175	10258	DÁRIO MENDONÇA	01:00:52	00:06:06	00:57:48	00:05:47	00:32:45
176	12160	JOSÉ ANTUNES GONÇALVES	01:00:58	00:06:06	00:59:54	00:06:00	00:32:29
177	10593	JOAQUIM VIVAS GRILO	01:00:59	00:06:06	00:59:35	00:05:58	00:32:36
178	10351	JACINTO JESUS FERREIRA	01:01:11	00:06:07	00:57:51	00:05:48	00:33:18
179	10040	JUAN MANUEL SOTELINO POMBO	01:01:28	00:06:09	00:59:04	00:05:55	00:32:30
180	11597	JOSÉ CARLOS FERREIRA ALFREDO	01:01:31	00:06:10	00:59:32	00:05:58	00:31:45
181	7853	MANUEL GOMES	01:01:39	00:06:10	00:59:59	00:06:00	00:31:01
182	10329	JOSE MONTEIRO	01:01:58	00:06:12	00:57:23	00:05:45	00:34:54
183	5777	JOSÉ LUÍS DA SILVA GONÇALVES	01:02:01	00:06:13	00:59:14	00:05:56	00:32:15
184	11950	ORLANDO ROLO	01:02:04	00:06:13	01:00:28	00:06:03	00:31:37
185	7651	ABEL COSTA	01:02:07	00:06:13	00:59:50	00:05:59	00:32:00
186	8389	VITOR SILVA	01:02:18	00:06:14	01:00:52	00:06:06	00:31:45
187	11933	ANTONIO SOUSA	01:02:41	00:06:17	00:59:28	00:05:57	00:32:22
188	6111	ANTONIO REYES	01:03:07	00:06:19	00:59:11	00:05:56	00:33:40
189	6114	VIEIRA NEVES	01:03:11	00:06:20	01:02:53	00:06:18	00:31:30
190	10125	JAIME GOMES	01:03:20	00:06:20	00:59:43	00:05:59	00:34:34
191	6375	JOSÉ ANTÓNIO BAPTISTA	01:03:29	00:06:21	00:59:57	00:06:00	00:32:53
192	9955	ANTONIO LOPES	01:03:40	00:06:22	00:59:56	00:06:00	00:36:43
193	6454	CARLOS CATARINO	01:03:53	00:06:24	01:01:07	00:06:07	00:32:58
194	6527	RUI MANUEL ROSA ARAÚJO	01:04:00	00:06:24	00:58:59	00:05:54	00:35:32
195	11673	FRANCISCO ROQUE	01:04:15	00:06:26	01:01:51	00:06:12	00:32:31
196	10955	LUIS FIGUEIREDO	01:04:29	00:06:27	01:01:39	00:06:10	00:33:38
197	6426	CARLOS LUÍS RODRIGUES CALDEIRA	01:04:29	00:06:27	01:01:39	00:06:10	00:32:53
198	11150	RUI MANUEL ROSA ARAÚJO	01:04:29	00:06:27	01:03:26	00:06:21	00:35:31
199	6757	JOÃO SALVATERRA	01:04:36	00:06:28	01:02:17	00:06:14	00:32:10
200	12045	JORGE SIMÃO	01:04:50	00:06:29	00:59:51	00:06:00	00:36:43
201	11335	ANTONIO ALMEIDA OLIVA	01:05:07	00:06:31	01:03:15	00:06:20	00:33:44
202	12357	JOSÉ REBOCHO	01:05:08	00:06:31	01:04:18	00:06:26	00:31:55
203	10215	JOSÉ ALÍPIO	01:05:08	00:06:31	01:05:02	00:06:31	00:31:02
204	8156	JOAQUIM JORGE SANTOS NUNES	01:05:09	00:06:31	01:01:06	00:06:07	00:35:24

205	8026	JOSÉ PEDRO SANTOS SILVA	01:05:20	00:06:32	01:00:35	00:06:04	00:35:10
206	5979	ANTONIO FERRO	01:05:29	00:06:33	01:02:13	00:06:14	00:35:59
207	7824	ACÁCIO AFONSO	01:05:46	00:06:35	01:03:32	00:06:22	00:32:27
208	7209	ALFREDO DOS REIS	01:06:04	00:06:37	01:03:23	00:06:21	00:33:49
209	7001	VITORINO SANTOS	01:06:05	00:06:37	01:04:45	00:06:29	00:32:16
210	8377	MARCOS ANTONIO PEREIRA	01:06:06	00:06:37	01:03:37	00:06:22	00:33:34
211	10931	ANTÓNIO LUIZ MARTINS	01:06:23	00:06:39	01:04:31	00:06:28	00:34:08
212	10083	EMIDIO ALEXANDRE	01:06:44	00:06:41	01:05:38	00:06:34	00:32:30
213	10247	ANTONIO GUERRA	01:06:46	00:06:41	01:01:46	00:06:11	00:35:43
214	6048	ANTÓNIO JORGE FARIA	01:07:23	00:06:45	01:05:16	00:06:32	00:34:23
215	11491	MANUEL BARBOSA	01:07:29	00:06:45	01:05:40	00:06:34	00:33:33
216	10208	PEDRO SILVEIRA RAMOS	01:07:53	00:06:48	01:04:02	00:06:25	00:36:35
217	6068	CELESTINO RODRIGUES OLIVEIRA	01:07:54	00:06:48	01:04:40	00:06:28	00:35:02
218	12218	MIGUEL MARTINS LIMA	01:08:31	00:06:52	01:06:47	00:06:41	00:34:43
219	5179	ARTUR DINIS	01:08:38	00:06:52	01:06:05	00:06:37	00:35:29
220	9889	JOSÉ JÚLIO FIGUEIREDO	01:08:44	00:06:53	01:06:02	00:06:37	00:36:23
221	7875	ANTÓNIO COSTA E SILVA	01:08:56	00:06:54	01:06:33	00:06:40	00:34:43
222	11502	FRANCISCO MATA	01:09:04	00:06:55	01:07:23	00:06:45	00:35:50
223	9974	JORGE FERREIRA	01:09:07	00:06:55	01:05:02	00:06:31	00:36:53
224	11759	IVÂNIO OLIVEIRA	01:09:22	00:06:57	01:05:33	00:06:34	00:36:07
225	11979	MIGUEL OLIVEIRA	01:09:31	00:06:58	01:05:39	00:06:34	00:36:08
226	7292	ANTONIO CARLOS FONSECA PAULO	01:09:38	00:06:58	01:05:32	00:06:34	00:36:05
227	5936	JOSÉ SOUSA	01:10:25	00:07:03	01:08:54	00:06:54	00:35:25
228	7854	VITOR DUARTE	01:10:43	00:07:05	01:10:14	00:07:02	00:32:07
229	7807	VITOR MANUEL SANTOS DOMINGOS	01:10:46	00:07:05	01:09:02	00:06:55	00:35:51
230	7211	RUI NUNES	01:11:57	00:07:12	01:08:40	00:06:52	00:36:46
231	7148	JOSÉ MARTINS	01:12:28	00:07:15	01:11:01	00:07:07	00:36:33
232	6088	JOSE AUGUSTO ANTUNES	01:12:31	00:07:16	01:09:52	00:07:00	00:39:36
233	12411	HENRIQUE DIAS SANTOS	01:12:40	00:07:16	01:11:05	00:07:07	00:34:46
234	12262	AMADEU RODRIGUES	01:13:03	00:07:19	01:08:54	00:06:54	00:39:27
235	10003	CLAUDIO FERNANDES	01:13:13	00:07:20	01:12:07	00:07:13	00:35:40
236	6370	EMILIO FERNANDES	01:13:49	00:07:23	01:13:45	00:07:23	00:35:18
237	12143	ANTÓNIO MANUEL SANCHES	01:14:32	00:07:28	01:13:45	00:07:23	00:36:43
238	9982	PEDRO FERREIRA MALAQUIAS	01:17:06	00:07:43	01:14:57	00:07:30	00:38:25
239	7364	BELMIRO LEITE BARBOSA	01:17:25	00:07:45	01:12:40	00:07:16	00:40:56
240	5997	JOÃO ALBERTO DA CONCEIÇÃO DE CASTRO	01:18:26	00:07:51	01:13:40	00:07:22	00:42:43
241	6400	TORCATO MANUEL JORGE	01:18:38	00:07:52	01:15:55	00:07:36	00:38:45
242	5889	JORGE FONSECA	01:20:18	00:08:02	01:15:21	00:07:33	00:42:57
243	8123	ANTÓNIO RAFAEL ROVISCO	01:22:15	00:08:14	01:18:33	00:07:52	00:40:44
244	9927	FERNANDO OLIVEIRA	01:22:20	00:08:14	01:18:50	00:07:53	00:39:30
245	11398	DAVID JOSÉ FONSECA PEREIRA	01:25:21	00:08:33	01:22:30	00:08:15	00:43:22
246	10421	JORGE MARQUES	01:26:21	00:08:39	01:22:09	00:08:13	01:01:44
247	7346	ANTÓNIO GIRÃO COELHO	01:51:48	00:11:11	01:47:21	00:10:45	00:58:31
Desc	10739	JOSE PEDRO	01:09:11	00:06:56	00:49:16	00:04:56	
Desc	11685	HUMBERTO REIS	01:29:49	00:08:59	01:08:37	00:06:52	
Desc	5580	CARLOS OLIVEIRA	01:06:52	00:06:42	00:47:40	00:04:46	
Desc	11797	JOSÉ PAIS	01:12:34	00:07:16	00:51:45	00:05:11	

Publicada a las 14:33:09 del 30/03/2014

# 9ª CORRIDA DO BENFICA - ANTÓNIO LEITÃO, Lisboa 30/03/2014

Corrida - 10KM. Classificação VETERANOS V MASC (60 ANOS E MAIS)

## Chegados: 229

Lugar	Dorsal	Nome	T_Oficial	RitmoKm	T_Real	RitKmReal	Km 5
1	11957	RAMIRO INÁCIO	00:39:41	00:03:59	00:39:32	00:03:58	00:19:40
2	11514	ANASTÁCIO VALADAS	00:39:46	00:03:59	00:39:41	00:03:59	00:19:46
3	11520	AUGUSTO LOPES	00:40:48	00:04:05	00:40:43	00:04:05	00:20:15
4	7348	PETER STEINHAUSEN	00:41:39	00:04:10	00:41:33	00:04:10	00:20:31
5	5379	JOSÉ ANTÓNIO	00:41:44	00:04:11	00:41:31	00:04:10	00:20:51
6	8128	LUIZ FERRÃO	00:43:37	00:04:22	00:43:27	00:04:21	00:21:54
7	11816	ADELINO SEMEDO	00:43:56	00:04:24	00:43:46	00:04:23	00:21:55
8	7737	ANTÓNIO FARINHA MAURICIO	00:44:45	00:04:29	00:44:33	00:04:28	00:22:16
9	11076	ORLINDO FIGUEIREDO	00:44:56	00:04:30	00:44:52	00:04:30	00:22:10
10	10108	CARLOS MONTEIRO	00:45:26	00:04:33	00:44:50	00:04:29	00:24:04
11	10805	ALBINO NEIVA	00:46:08	00:04:37	00:44:38	00:04:28	00:24:20
12	5384	JOSÉ FERNANDES	00:46:17	00:04:38	00:46:04	00:04:37	00:22:44
13	10804	JOAQUIM COSTA	00:46:29	00:04:39	00:46:26	00:04:39	00:23:00
14	11877	SALVADOR AFONSO	00:46:32	00:04:40	00:45:40	00:04:34	00:23:53
15	12182	ANTONIO ARAUJO	00:47:01	00:04:43	00:46:52	00:04:42	00:23:06
16	5518	AUGUSTO CRUZ	00:47:07	00:04:43	00:46:55	00:04:42	00:23:27
17	5573	ARSÉNIO FERREIRA	00:47:33	00:04:46	00:47:07	00:04:43	00:24:20
18	5859	JOÃO SOARES	00:47:34	00:04:46	00:47:10	00:04:43	00:21:46
19	10244	PRIMO PAULO	00:47:38	00:04:46	00:47:12	00:04:44	00:23:53
20	11519	ANTÓNIO CRUZ	00:47:50	00:04:47	00:46:19	00:04:38	00:25:02
21	11154	CARLOS JESUS MOREIRA	00:48:06	00:04:49	00:46:12	00:04:38	00:26:01
22	6354	JOAQUIM BACALHAU	00:48:08	00:04:49	00:47:25	00:04:45	00:24:25
23	10078	JORGE SANTOS	00:48:28	00:04:51	00:48:05	00:04:49	00:24:53
24	5098	RENÉ DUARTE	00:48:43	00:04:53	00:47:57	00:04:48	00:24:48
25	10109	JOSÉ CANHOTO	00:48:48	00:04:53	00:48:37	00:04:52	00:24:00
26	12220	ANTONIO FRANCISCO PEPE GALHETO	00:48:50	00:04:53	00:48:43	00:04:53	00:24:18
27	6084	JOSÉ PINTO	00:49:12	00:04:56	00:48:59	00:04:54	00:24:12
28	5854	ARNALDO MACHADO	00:49:57	00:05:00	00:49:30	00:04:57	00:25:10
29	12234	MANUEL ROBALO	00:49:59	00:05:00	00:47:29	00:04:45	00:26:33
30	5132	MANUEL PEDRO	00:50:06	00:05:01	00:49:44	00:04:59	00:25:08
31	6606	JOAO MARQUES	00:50:14	00:05:02	00:49:16	00:04:56	00:25:43
32	7905	ISAIAS PERALTA	00:50:16	00:05:02	00:50:09	00:05:01	00:24:59
33	12344	LEONEL NEVES	00:50:16	00:05:02	00:49:45	00:04:59	00:25:30
34	10007	VITORINO SILVA PEREIRA	00:50:26	00:05:03	00:50:20	00:05:02	00:24:55
35	7181	JOSÉ MARQUES	00:50:39	00:05:04	00:49:33	00:04:58	00:25:21
36	9828	MARIO NEVES SILVA	00:50:55	00:05:06	00:50:36	00:05:04	00:25:09
37	10785	JOÃO JOAQUIM	00:50:55	00:05:06	00:49:53	00:05:00	00:25:48
38	6928	LUÍS BRAZÃO	00:50:57	00:05:06	00:50:49	00:05:05	00:25:08
39	6627	ALBERTO SANTOS	00:51:05	00:05:07	00:50:47	00:05:05	00:25:30
40	10505	JOÃO ROSADO	00:51:14	00:05:08	00:50:20	00:05:02	00:26:30
41	10787	JOAQUIM MOURA	00:51:33	00:05:10	00:50:34	00:05:04	00:25:56
42	10241	MARCOS FERREIRA	00:51:41	00:05:11	00:51:00	00:05:06	00:26:19
43	7510	ADELINO FORTUNATO	00:51:57	00:05:12	00:51:30	00:05:09	00:26:00
44	7587	ANTÓNIO BORLA	00:51:58	00:05:12	00:51:00	00:05:06	00:26:58
45	10728	CARLOS OLIVEIRA	00:51:59	00:05:12	00:50:44	00:05:05	00:26:41



46	9565	JOÃO RODRIGUES MIGUEL	00:52:09	00:05:13	00:50:53	00:05:06	00:26:42
47	6080	ACACIO ALMEIDA DA SILVA	00:52:13	00:05:14	00:42:35	00:04:16	00:31:14
48	6669	JOAO FRANCISCO DUARTE	00:52:17	00:05:14	00:51:38	00:05:10	00:26:21
49	9561	ANTONIO FONSECA	00:52:23	00:05:15	00:51:07	00:05:07	00:26:42
50	7584	MANUEL CARDIM	00:52:32	00:05:16	00:51:35	00:05:10	00:26:58
51	8016	ANTÓNIO RODRIGUES COSTA	00:52:39	00:05:16	00:51:55	00:05:12	00:26:47
52	12056	FRANCISCO FARRAJOTA	00:52:40	00:05:16	00:50:11	00:05:02	00:27:19
53	6327	MANUEL PINTO PEREIRA	00:52:41	00:05:17	00:48:24	00:04:51	00:29:32
54	10080	FERNANDO FERREIRA	00:52:44	00:05:17	00:51:24	00:05:09	00:27:59
55	5927	ARMÉNIO ANDRADE	00:52:46	00:05:17	00:51:18	00:05:08	00:27:38
56	8233	AVELINO VÉSTIAS	00:52:53	00:05:18	00:52:49	00:05:17	00:26:33
57	7781	JOSE AIRES	00:52:58	00:05:18	00:51:11	00:05:08	00:28:30
58	12213	JOSE VENANCIO	00:53:07	00:05:19	00:52:52	00:05:18	00:26:10
59	11541	JOÃO ROCHA	00:53:07	00:05:19	00:51:34	00:05:10	00:27:13
60	12221	FERNANDO JESUS	00:53:16	00:05:20	00:51:17	00:05:08	00:27:36
61	11820	FERNANDO GUERREIRO	00:53:23	00:05:21	00:51:19	00:05:08	00:28:53
62	5543	GILBERTO GONÇALVES	00:53:36	00:05:22	00:49:28	00:04:57	00:30:21
63	7641	ANTÓNIO SIMÕES	00:53:37	00:05:22	00:53:02	00:05:19	00:27:40
64	12286	JORGE PINTO	00:53:39	00:05:22	00:49:54	00:05:00	00:29:57
65	11567	LINO OLIVEIRA	00:53:59	00:05:24	00:52:25	00:05:15	00:27:41
66	6981	NORBERTO SANTOS ALVES	00:54:02	00:05:25	00:52:23	00:05:15	00:28:01
67	10484	JOSE NEVES	00:54:10	00:05:25	00:52:48	00:05:17	00:27:57
68	6971	MOURA BRANCO	00:54:11	00:05:26	00:52:00	00:05:12	00:28:22
69	10131	JOAO FAUSTINO	00:54:16	00:05:26	00:52:56	00:05:18	00:27:59
70	7596	FRANCISCO MANUEL DAS NEVES CORREIA SIMÕES	00:54:35	00:05:28	00:53:59	00:05:24	00:27:39
71	11343	JOÃO VALADA	00:54:39	00:05:28	00:52:55	00:05:18	00:26:35
72	11067	LUIS BILAU	00:54:48	00:05:29	00:53:58	00:05:24	00:27:08
73	12436	ANTÓNIO GRAZINA	00:54:50	00:05:29	00:52:51	00:05:18	00:29:18
74	8478	VICTOR FIGUEIREDO	00:54:53	00:05:30	00:50:32	00:05:04	00:35:27
75	10397	JOSÉ LOURENÇO	00:54:57	00:05:30	00:53:56	00:05:24	00:27:57
76	7573	MANUEL BAPTISTA	00:55:02	00:05:31	00:54:32	00:05:28	00:27:26
77	8234	PEDRO PINTO	00:55:08	00:05:31	00:51:17	00:05:08	00:30:18
78	6452	ANTÓNIO MARTINHO	00:55:13	00:05:32	00:51:46	00:05:11	00:29:39
79	11199	MANUEL MAIA	00:55:14	00:05:32	00:53:50	00:05:23	00:28:05
80	5461	FRANCISCO REIS	00:55:15	00:05:32	00:54:27	00:05:27	00:27:38
81	5147	DUARTE CENTENO	00:55:18	00:05:32	00:55:01	00:05:31	00:27:05
82	8211	ROMEU GAIOLA VON AMANN	00:55:25	00:05:33	00:53:58	00:05:24	00:28:36
83	8422	ADRIANO CUNHA	00:55:44	00:05:35	00:52:59	00:05:18	00:29:04
84	5836	JOSE MANUEL MENDES DIAS	00:56:05	00:05:37	00:54:18	00:05:26	00:29:07
85	7857	JORGE VAZQUEZ	00:56:10	00:05:37	00:54:44	00:05:29	00:29:24
86	5554	CARLOS TEIXEIRA	00:56:11	00:05:38	00:56:02	00:05:37	00:28:17
87	10084	JOSÉ INOCÊNCIO	00:56:12	00:05:38	00:54:42	00:05:29	00:29:48
88	10721	AUGUSTO CARIA	00:56:27	00:05:39	00:53:41	00:05:23	00:30:17
89	11739	LUIS RIBEIRO ROSA	00:56:33	00:05:40	00:53:43	00:05:23	00:30:01
90	12497	MARCOLINO BATISTA	00:56:37	00:05:40	00:53:17	00:05:20	00:28:41
91	6433	ANTONIO LANÇA	00:56:40	00:05:40	00:56:31	00:05:40	00:26:53
92	8022	JOÃO CARLOS SANTOS	00:56:44	00:05:41	00:55:44	00:05:35	00:28:24
93	5503	HELIO GODINHO	00:56:47	00:05:41	00:54:45	00:05:29	00:29:40
94	5367	JOSÉ MARQUES	00:56:53	00:05:42	00:55:52	00:05:36	00:28:40
95	12413	ARMANDO FERNANDES	00:56:57	00:05:42	00:54:43	00:05:29	00:25:11

96	9563	ARTUR CAETANO MARTINS	00:57:03	00:05:43	00:55:47	00:05:35	00:28:53
97	12006	SILVINO MARTINS	00:57:04	00:05:43	00:54:35	00:05:28	00:30:35
98	6029	MANUEL PINHO	00:57:04	00:05:43	00:54:30	00:05:27	00:30:53
99	5572	ALBERTINO SANTOS	00:57:12	00:05:44	00:56:48	00:05:41	00:29:31
100	5571	ANTÓNIO SOUSA	00:57:13	00:05:44	00:56:50	00:05:41	00:29:30
101	5817	JOSÉ ANTÓNIO P. ESTEVES	00:57:14	00:05:44	00:54:43	00:05:29	00:30:09
102	10395	ROGÉRIO DIAS	00:57:18	00:05:44	00:56:17	00:05:38	00:29:02
103	5627	ISAC TOSTE DINIS	00:57:23	00:05:45	00:57:08	00:05:43	00:28:57
104	10393	JOAQUIM SILVEIRA	00:57:24	00:05:45	00:54:40	00:05:28	00:30:52
105	7811	CASIMIRO DA SILVA MARQUES	00:57:25	00:05:45	00:54:59	00:05:30	00:29:50
106	10922	ANTÓNIO JOSÉ F.R.GONÇALVES	00:57:32	00:05:46	00:57:09	00:05:43	00:27:14
107	6129	ANTÓNIO SILVA	00:57:38	00:05:46	00:56:36	00:05:40	00:30:22
108	10694	SAUL VIEIRA SILVA	00:57:48	00:05:47	00:57:36	00:05:46	00:28:37
109	6980	ANTÓNIO DE SEIXAS OLIVEIRA	00:57:56	00:05:48	00:56:19	00:05:38	00:29:39
110	10299	JOSÉ SIMÕES	00:58:02	00:05:49	00:57:30	00:05:45	00:29:20
111	6402	PEDRO FERREIRA HENRIQUES	00:58:09	00:05:49	00:57:03	00:05:43	00:29:13
112	6188	FREDERICO CARLOS TORRES	00:58:34	00:05:52	00:55:01	00:05:31	00:31:56
113	11774	CARLOS ALFAIATE	00:58:36	00:05:52	00:58:17	00:05:50	00:29:11
114	12285	MANUEL MAGALHÃES	00:58:40	00:05:52	00:56:38	00:05:40	00:30:08
115	7884	MARIO SANTOS	00:58:42	00:05:53	00:57:45	00:05:47	00:30:05
116	6072	EGAS FERNANDES MARQUES	00:58:43	00:05:53	00:58:37	00:05:52	00:29:06
117	10104	MÁRIO LAMEIRÃO	00:58:48	00:05:53	00:58:33	00:05:52	00:29:09
118	11814	FERNANDO AGOSTINHO SANTOS LEMOS	00:58:50	00:05:53	00:58:50	00:05:53	
119	5950	ALVARO RICARDO	00:59:03	00:05:55	00:57:11	00:05:44	00:30:25
120	7093	ALBINO SILVA RESENDE	00:59:07	00:05:55	00:56:20	00:05:38	00:30:55
121	12297	DIAMANTINO ALBUQUERQUE	00:59:15	00:05:56	00:57:48	00:05:47	00:30:52
122	6416	JOSÉ INÁCIO MATIAS RICARDO	00:59:31	00:05:58	00:56:32	00:05:40	00:32:53
123	7971	RUI CORDEIRO	00:59:39	00:05:58	00:57:21	00:05:45	00:31:45
124	6340	CARLOS MARQUES	00:59:48	00:05:59	00:58:19	00:05:50	00:30:15
125	5852	JORGE JESUS	00:59:56	00:06:00	00:58:04	00:05:49	00:31:29
126	9838	MÁRIO FERRO	01:00:14	00:06:02	00:57:19	00:05:44	00:32:03
127	12441	ORLANDO MANUEL SILVA ZACARIAS	01:00:28	00:06:03	00:56:33	00:05:40	00:32:33
128	12025	JOAQUIM CARPELHO	01:00:29	00:06:03	00:58:56	00:05:54	00:31:58
129	11347	BENJAMIM MADEIRA	01:00:33	00:06:04	00:58:51	00:05:54	00:33:09
130	11544	JOSÉ MONTEIRO	01:00:40	00:06:04	00:59:50	00:05:59	00:30:07
131	11555	ANTONIO ALMEIDA	01:00:41	00:06:05	00:58:17	00:05:50	00:31:09
132	9869	JOAO PAIXAO	01:00:51	00:06:06	00:58:44	00:05:53	00:31:49
133	11125	FRANCISCO CLERIGO	01:00:54	00:06:06	00:59:00	00:05:54	00:30:47
134	7945	JOSÉ RUIVO	01:01:02	00:06:07	00:56:28	00:05:39	00:33:12
135	8631	EBERHARD AXEL WILHELM	01:01:09	00:06:07	01:01:09	00:06:07	00:30:12
136	7331	ÁLVARO EDUARDO ELBLING DE CAMPOS COSTA	01:01:10	00:06:07	00:57:10	00:05:43	00:32:58
137	11701	JOSÉ ABREU	01:01:12	00:06:08	00:59:49	00:05:59	00:31:31
138	10323	CARLOS PORTO	01:01:19	00:06:08	00:59:48	00:05:59	00:31:03
139	10417	ÓSCAR FERREIRA	01:01:21	00:06:09	00:59:57	00:06:00	00:32:36
140	9837	JORGE OLIVEIRA	01:01:24	00:06:09	01:00:58	00:06:06	00:29:49
141	5579	ROMÃO JOSÉ	01:01:31	00:06:10	01:01:07	00:06:07	00:30:13
142	10659	JOSÉ FARTARIA	01:01:34	00:06:10	00:58:02	00:05:49	00:32:57
143	10396	ALVARO PAULINO	01:01:36	00:06:10	01:00:45	00:06:05	00:30:41
144	7734	JOÃO NUNO COSTA	01:01:42	00:06:11	00:57:50	00:05:47	00:33:05
145	7805	ANTONIO COSTA	01:01:43	00:06:11	01:00:03	00:06:01	00:31:00

146	11526	DINIS SOUSA	01:01:56	00:06:12	00:57:19	00:05:44	00:34:48
147	6815	FRANCISCO ANTÓNIO MAÇARICO VITORINO	01:02:05	00:06:13	00:59:36	00:05:58	00:32:41
148	6814	ANTÓNIO ESPADA	01:02:09	00:06:13	00:59:41	00:05:59	00:32:41
149	10081	JOSÉ PAULINO CARLOS	01:02:20	00:06:14	01:01:08	00:06:07	00:32:29
150	11627	CRISTIANO FREITAS PINTO	01:02:23	00:06:15	00:58:02	00:05:49	00:35:32
151	8443	ADELINO GONÇALVES	01:02:34	00:06:16	01:00:28	00:06:03	00:33:03
152	12351	ANTÓNIO SILVA	01:02:37	00:06:16	00:58:54	00:05:54	00:33:32
153	6852	JOSUÉ RITO DIAS	01:02:38	00:06:16	01:01:58	00:06:12	00:30:57
154	10089	JOSÉ SILVÉRIO	01:02:39	00:06:16	01:01:30	00:06:09	00:30:38
155	10807	ANTÓNIO GINJEIRA	01:02:40	00:06:16	01:01:30	00:06:09	00:30:39
156	8161	RUY CASAES	01:02:40	00:06:16	01:01:28	00:06:09	00:30:08
157	10052	MANUEL OLIVEIRA	01:02:54	00:06:18	00:59:48	00:05:59	00:33:50
158	11626	EDUARDO MARQUES	01:02:57	00:06:18	01:02:17	00:06:14	00:32:17
159	11854	FRANCISCO RIBEIRO	01:02:59	00:06:18	01:01:49	00:06:11	00:32:49
160	6381	JOSE PAIVA FILIPE	01:03:02	00:06:19	01:02:43	00:06:17	00:31:04
161	10061	VITOR VIEIRA	01:03:06	00:06:19	01:01:32	00:06:10	00:32:14
162	7874	JORGE MOSA	01:03:17	00:06:20	00:59:52	00:06:00	00:33:49
163	8434	RAUL JOÃO SANTOS PIMENTA	01:03:22	00:06:21	00:59:58	00:06:00	00:34:02
164	12024	GUILHERME LUIS NUNES	01:03:29	00:06:21	01:00:43	00:06:05	00:32:55
165	10759	JÃO DA SILVA ALVES	01:03:29	00:06:21	01:03:10	00:06:19	00:30:56
166	9833	CUSTÓDIO JANUÁRIO	01:03:43	00:06:23	01:00:52	00:06:06	00:33:17
167	10799	JOSÉ LAMEGO	01:04:10	00:06:25	00:59:26	00:05:57	00:34:55
168	11333	JOAQUIM A. SANTOS	01:04:11	00:06:26	01:00:15	00:06:02	00:34:01
169	11602	AMADEU SILVA	01:04:13	00:06:26	01:01:04	00:06:07	00:34:10
170	12371	JOSÉ CARDOSO	01:04:17	00:06:26	01:02:53	00:06:18	00:32:42
171	7625	JOSÉ CARMO	01:04:18	00:06:26	01:01:26	00:06:09	00:32:55
172	6771	LUIS ANTÓNIO NUNES COELHO	01:04:26	00:06:27	00:59:25	00:05:57	00:35:36
173	7870	NUNO GONÇALVES	01:04:32	00:06:28	01:00:46	00:06:05	00:34:02
174	11494	CARLOS ALBERTO NETO LOPES	01:04:46	00:06:29	01:00:37	00:06:04	00:34:57
175	8017	MANUEL ANTÓNIO CORREIA	01:05:05	00:06:31	01:04:02	00:06:25	00:32:46
176	11569	LUIS SILVA	01:05:16	00:06:32	01:02:56	00:06:18	00:34:16
177	6445	JOSE ANTONIO ROCHINHA	01:05:20	00:06:32	01:01:17	00:06:08	00:34:42
178	11697	ANTÓNIO NASCIMENTO	01:05:20	00:06:32	01:03:58	00:06:24	00:33:25
179	11798	ANTÓNIO DOS SANTOS CORREIA TEIXEIRA	01:05:27	00:06:33	01:03:16	00:06:20	00:34:32
180	9756	CARLOS OLIVEIRA	01:05:29	00:06:33	01:04:14	00:06:26	00:32:10
181	10696	FRANCISCO BANDO	01:05:29	00:06:33	01:01:25	00:06:09	00:36:02
182	11695	ANTÓNIO GASPAR	01:05:37	00:06:34	01:04:15	00:06:26	00:33:14
183	11151	JOSÉ PIORES	01:05:39	00:06:34	01:01:53	00:06:12	00:35:24
184	11545	JOSÉ RIBEIRO	01:05:41	00:06:35	01:02:36	00:06:16	00:35:00
185	12047	JACINTO CAEIRO	01:05:57	00:06:36	01:00:58	00:06:06	00:34:26
186	5120	JOSÉ ANTÓNIO AGANTE NUNO	01:06:02	00:06:37	01:05:08	00:06:31	00:32:26
187	5206	AUGUSTO FERNANDES	01:06:03	00:06:37	01:05:48	00:06:35	00:31:48
188	6699	FERNANDO GUERRA	01:06:04	00:06:37	01:05:16	00:06:32	00:32:52
189	12448	CARLOS CARMO	01:06:25	00:06:39	01:04:04	00:06:25	00:34:05
190	12470	MANUEL SANTOS	01:06:25	00:06:39	01:04:04	00:06:25	00:34:01
191	11061	AURELIO CALADO	01:06:46	00:06:41	01:03:39	00:06:22	00:34:36
192	12072	LUIS TRIGO	01:07:05	00:06:43	01:02:16	00:06:14	00:35:30
193	5800	RUI T. HENRIQUES	01:07:31	00:06:46	01:04:56	00:06:30	00:34:47
194	10432	MÁRIO LOURENÇO COSTA	01:07:33	00:06:46	01:04:04	00:06:25	00:34:42
195	7980	ANTONIO LADEIRAS	01:07:41	00:06:47	01:05:04	00:06:31	00:32:28

196	10925	MANUEL ELÍSIO	01:07:59	00:06:48	01:04:25	00:06:27	00:34:52
197	5207	MANUEL ARONS CARVALHO	01:08:05	00:06:49	01:05:14	00:06:32	00:34:46
198	10240	JOAQUIM PEREIRA	01:08:12	00:06:50	01:07:09	00:06:43	00:34:24
199	9596	LÁZARO CARVALHO ANDRÉ	01:08:35	00:06:52	01:08:23	00:06:51	00:32:37
200	11648	ANTÓNIO FORTE	01:08:38	00:06:52	01:07:50	00:06:47	00:33:15
201	12447	JULIO MILHARADAS	01:08:39	00:06:52	01:06:51	00:06:42	00:34:33
202	11396	ALBERTINO FERREIRA SANTOS	01:09:39	00:06:58	01:07:55	00:06:48	00:34:47
203	6548	JOSE ALLEGRO	01:09:58	00:07:00	01:07:40	00:06:46	00:36:06
204	12469	MANUEL SEQUEIRA	01:10:50	00:07:05	01:08:44	00:06:53	00:36:14
205	8157	JOAO ROSA SOARES GALAMBA	01:11:02	00:07:07	01:10:32	00:07:04	00:35:51
206	11724	JOÃO SERÓDIO	01:11:07	00:07:07	01:10:56	00:07:06	00:33:24
207	12263	GUILHERME JORGE	01:11:43	00:07:11	01:10:16	00:07:02	00:36:43
208	5995	FERNANDO RAPOSO	01:11:49	00:07:11	01:09:38	00:06:58	00:35:57
209	5104	ABILIO MARQUES	01:11:52	00:07:12	01:07:29	00:06:45	00:38:45
210	10163	JOSÉ LUÍS GONÇALVES	01:12:44	00:07:17	01:09:12	00:06:56	00:37:30
211	9660	JOÃO MANUEL ESPIRITO SANTO DE CARVALHO	01:12:53	00:07:18	01:09:51	00:07:00	00:36:21
212	6175	ELIAS DE JESUS LUIS	01:13:10	00:07:19	01:09:34	00:06:58	00:37:29
213	6380	VICTOR MANUEL ROSA RAMOS	01:13:22	00:07:21	01:10:17	00:07:02	00:36:39
214	5537	JOAO GRAÇA	01:13:28	00:07:21	01:09:38	00:06:58	00:38:40
215	5673	JOAQUIM FILIPE AFONSO REGO	01:14:28	00:07:27	01:10:32	00:07:04	00:37:52
216	6338	VITOR RODRIGUES	01:15:44	00:07:35	01:11:32	00:07:10	00:40:14
217	6352	JOAQUIM LIMA	01:17:22	00:07:45	01:14:56	00:07:30	00:38:05
218	6310	ANTÓNIO LOPES	01:17:30	00:07:45	01:17:17	00:07:44	00:36:08
219	9658	LUÍS FERNANDES	01:17:31	00:07:46	01:13:45	00:07:23	
220	10753	GUALDINO GOMES FREIRE	01:18:04	00:07:49	01:16:07	00:07:37	00:39:24
221	10848	JOÃO PALMA	01:18:15	00:07:50	01:13:53	00:07:24	00:40:06
222	11097	JOAQUIM LAVADO	01:18:32	00:07:52	01:13:46	00:07:23	00:41:06
223	6258	JOAQUIM GABRIEL	01:18:50	00:07:53	01:15:10	00:07:31	00:41:55
224	11647	ANIBAL LOUREIRO	01:21:53	00:08:12	01:20:48	00:08:05	00:49:25
225	11444	RUI RIBEIRO	01:23:38	00:08:22	01:20:42	00:08:05	00:43:27
226	6121	JOSE EDUARDO GASPARRUDA	01:24:41	00:08:29	01:20:18	00:08:02	00:44:56
227	6909	MANUEL CIPRIANO GONÇALVES	01:25:25	00:08:33	01:24:27	00:08:27	00:40:47
228	10116	ALFREDO ALMEIDA	01:32:29	00:09:15	01:29:46	00:08:59	00:46:49
229	10726	CARLOS PORFIRIO INSUA GONÇALVES	01:37:48	00:09:47	01:33:06	00:09:19	01:01:44
Desc	10930	ARLINDO SILVESTRE REGO MOURATO	00:53:20	00:05:20	00:34:26	00:03:27	
Desc	12466	VITOR MANUEL CARVALHO	00:47:39	00:04:46	00:30:41	00:03:05	
Desc	8650	JOÃO ARTUR MERLIN NOBRE	01:24:02	00:08:25	01:06:06	00:06:37	
Desc	8021	ANTÓNIO ROSA BALEISÃO	01:01:57	00:06:12	00:44:02	00:04:25	
Desc	5530	SILVESTRE PREGUIÇA	01:22:18	00:08:14	01:04:16	00:06:26	

Publicada a las 14:33:10 del 30/03/2014