

CORRIDA DE SESIMBRA 2008

10 Km (cert. CNEC) - 5 de Outubro de 2008

| Class. | Nº. | Atleta | Sexo | Clube | Cla.Esc | Escalão | Controlo | Tempo |
|--------|-----|--------------------|------|-------------------|---------|---------|----------|----------|
| 1 | 3 | RUBEN BRAS | M | JUV. VIDIGALENSE | 1 | M2039 | 00:21:06 | 00:30:44 |
| 2 | 1 | EDWIN KIBET | M | QUENIA | 2 | M2039 | 00:21:07 | 00:30:56 |
| 3 | 457 | EUCLIDES VARELA | M | GDU CAXIENSES | 3 | M2039 | 00:21:16 | 00:31:14 |
| 4 | 9 | RICARDO ABREU | M | GD ESTREITO | 4 | M2039 | 00:21:39 | 00:31:51 |
| 5 | 740 | MIKE BIRIR | M | QUÉNIA | 5 | M2039 | 00:21:54 | 00:32:17 |
| 6 | 10 | PEDRO MARAVILHAS | M | INDIVIDUAL | 6 | M2039 | 00:22:08 | 00:32:38 |
| 7 | 187 | EUSEBIO ROSA | M | SUC | 1 | M4044 | 00:22:21 | 00:32:45 |
| 8 | 2 | BRUNO RODRIGUES | M | ACDR VILA REI | 7 | M2039 | 00:22:21 | 00:32:46 |
| 9 | 403 | RICARDO REIS | M | CCDT CM SETUBAL | 8 | M2039 | 00:22:21 | 00:32:50 |
| 10 | 396 | APARECIDO GOMES | M | NA CP LAVRE | 9 | M2039 | 00:22:45 | 00:33:21 |
| 11 | 701 | MARCIO AZEVEDO | M | RADIO ATLANTICA | 10 | M2039 | 00:22:50 | 00:33:37 |
| 12 | 16 | PEDRO GOMES | M | BOAVISTA S MATEUS | 11 | M2039 | 00:22:50 | 00:33:49 |
| 13 | 5 | JORGE MIRANDA | M | SL BENFICA | 12 | M2039 | 00:23:15 | 00:34:06 |
| 14 | 554 | JOSE LOURO | M | INDIVIDUAL | 1 | M4549 | 00:23:19 | 00:34:15 |
| 15 | 183 | MANUEL GABOLEIRO | M | SUC | 13 | M2039 | 00:23:19 | 00:34:18 |
| 16 | 526 | LUIS GOMES | M | ARSC TOLEDO | 14 | M2039 | 00:23:31 | 00:34:26 |
| 17 | 523 | FRANCISCO PEDRO | M | ARSC TOLEDO | 15 | M2039 | 00:23:51 | 00:34:54 |
| 18 | 404 | CUSTODIO ANTONIO | M | CCDT CM SETUBAL | 16 | M2039 | 00:23:51 | 00:35:00 |
| 19 | 341 | FRANCISCO ROCHA | M | AA MAFRA | 2 | M4044 | 00:24:12 | 00:35:08 |
| 20 | 488 | TIAGO LOBO | M | AA LEBRES SADO | 17 | M2039 | 00:24:01 | 00:35:19 |
| 21 | 184 | RUI AFONSO | M | SUC | 18 | M2039 | 00:24:25 | 00:35:34 |
| 22 | 340 | EDUARDO EUSTAQUIO | M | AA MAFRA | 3 | M4044 | 00:24:25 | 00:35:34 |
| 23 | 84 | JOSE SANTOS | M | JD NEVES | 2 | M4549 | 00:24:17 | 00:35:53 |
| 24 | 458 | FABIO SANTOS | M | GDU CAXIENSES | 19 | M2039 | 00:24:16 | 00:35:55 |
| 25 | 710 | PAULO DIAS | M | NUCLEOEIRAS | 4 | M4044 | 00:24:40 | 00:35:59 |
| 26 | 538 | JORGE PERFEITO | M | VRC CARPINTARIA | 20 | M2039 | 00:25:10 | 00:36:15 |
| 27 | 354 | JORGE CRUZ | M | AA MAFRA | 5 | M4044 | 00:24:50 | 00:36:17 |
| 28 | 268 | FILIPE JAMOARIO | M | CCDT AUT ALMADA | 21 | M2039 | 00:24:54 | 00:36:20 |
| 29 | 139 | CARLOS COUTO | M | CDR AGUIAS UNIDAS | 22 | M2039 | 00:24:51 | 00:36:28 |
| 30 | 475 | DAVID FERNANDES | M | CABRAL RUNNERS | 23 | M2039 | 00:24:50 | 00:36:29 |
| 31 | 386 | JOAO INOCENCIO | M | CCDT CM LOURES | 24 | M2039 | 00:24:54 | 00:36:30 |
| 32 | 262 | PAULO ALFAR | M | CCDT METRO LX | 6 | M4044 | 00:25:10 | 00:36:45 |
| 33 | 237 | RUI INFANTE | M | AA LEBRES SADO | 25 | M2039 | 00:00:00 | 00:36:58 |
| 34 | 702 | MADALENA CARRIÇO | F | CA MADEIRA | 1 | F2034 | 00:25:11 | 00:37:05 |
| 35 | 520 | ANDRE FERREIRA | M | ARSC TOLEDO | 26 | M2039 | 00:25:11 | 00:37:06 |
| 36 | 681 | SILVESTRE PALMINHA | M | INDIVIDUAL | 3 | M4549 | 00:25:21 | 00:37:07 |
| 37 | 530 | EMANUEL LOUREIRO | M | OLIMPICO C LAGOS | 1 | M1819 | 00:25:45 | 00:37:25 |
| 38 | 534 | PAULO SANTOS | M | VRC CARPINTARIA | 27 | M2039 | 00:25:45 | 00:37:34 |
| 39 | 550 | GERMANO SILVA | M | AD REAL ACADEMIA | 1 | M5054 | 00:25:36 | 00:37:36 |
| 40 | 162 | CARLOS ALPOIM | M | CP RTP | 28 | M2039 | 00:25:37 | 00:37:44 |
| 41 | 141 | EURICO BRAZ | M | CDR AGUIAS UNIDAS | 4 | M4549 | 00:25:56 | 00:37:45 |
| 42 | 625 | ARMINDO CARDOSO | M | INDIVIDUAL | 5 | M4549 | 00:25:57 | 00:37:48 |
| 43 | 537 | JOSE PIRES | M | VRC CARPINTARIA | 7 | M4044 | 00:25:46 | 00:37:50 |
| 44 | 161 | ANA FERREIRA | F | GD ESTREITO | 2 | F2034 | 00:25:51 | 00:37:51 |
| 45 | 372 | EURICO CHARNECA | M | CCDT CM LOURES | 6 | M4549 | 00:26:16 | 00:37:58 |

| <i>Class.</i> | <i>Nº.</i> | <i>Atleta</i> | <i>Sexo</i> | <i>Clube</i> | <i>Cla.Esc</i> | <i>Escalão</i> | <i>Controlo</i> | <i>Tempo</i> |
|---------------|------------|---------------------|-------------|-----------------------|----------------|----------------|-----------------|--------------|
| 46 | 70 | MADEIRA MOREIRA | M | C SARGENTO ARMADA | 7 | M4549 | 00:26:12 | 00:38:07 |
| 47 | 366 | SAMUEL GRANADEIRO | M | CABRAL RUNNERS | 29 | M2039 | 00:26:13 | 00:38:09 |
| 48 | 711 | WILLIN LEMOS | M | NUCLEOEIRAS | 30 | M2039 | 00:26:17 | 00:38:11 |
| 49 | 612 | NUNO ABILIO | M | INDIVIDUAL | 31 | M2039 | 00:25:58 | 00:38:13 |
| 50 | 671 | FERNANDO RIBEIRO | M | AA LEBRES SADO | 8 | M4044 | 00:26:10 | 00:38:20 |
| 51 | 503 | LUIS PAULO | M | BAHIA | 9 | M4044 | 00:25:58 | 00:38:23 |
| 52 | 65 | PEDRO DIAS | M | C SARGENTO ARMADA | 32 | M2039 | 00:26:11 | 00:38:25 |
| 53 | 80 | RICHARDSON FERREIRA | M | GDR S FRANC SERRA | 33 | M2039 | 00:26:25 | 00:38:28 |
| 54 | 346 | JOAO MIRANDA | M | AA MAFRA | 34 | M2039 | 00:26:06 | 00:38:34 |
| 55 | 192 | MARCOLINO VERISSIMO | M | SS CGD | 35 | M2039 | 00:00:00 | 00:38:37 |
| 56 | 521 | RUI AGUIAR | M | ARSC TOLEDO | 36 | M2039 | 00:26:22 | 00:38:39 |
| 57 | 714 | PEDRO RAINHO | M | NUCLEOEIRAS | 2 | M1819 | 00:26:15 | 00:38:41 |
| 58 | 709 | JOSEFA BONGUE | F | NUCLEOEIRAS | 3 | F2034 | 00:26:12 | 00:38:46 |
| 59 | 345 | JOAO FRIAS | M | AA MAFRA | 10 | M4044 | 00:26:32 | 00:38:47 |
| 60 | 524 | JOAQUIM RODRIGUES | M | ARSC TOLEDO | 37 | M2039 | 00:26:37 | 00:38:49 |
| 61 | 261 | ORLANDO SILVA | M | CCDT METRO LX | 2 | M5054 | 00:26:43 | 00:39:04 |
| 62 | 493 | JOAO CHAINHO | M | GDC ESTRELA NEGRA | 11 | M4044 | 00:26:53 | 00:39:06 |
| 63 | 292 | LUIS RAFAEL | M | GD SANTANDER TOTTA | 38 | M2039 | 00:26:37 | 00:39:10 |
| 64 | 316 | JOSE MONTEIRO | M | GDC BANCO PORTUGAL | 3 | M5054 | 00:26:33 | 00:39:12 |
| 65 | 532 | SERGIO COSTA | M | OLIMPICO C LAGOS | 4 | M5054 | 00:26:44 | 00:39:13 |
| 66 | 676 | PEDRO NOBRE | M | CASA POVO CORROIOS | 3 | M1819 | 00:27:54 | 00:39:14 |
| 67 | 204 | JOAO MEDEIRO | M | SS CGD | 8 | M4549 | 00:26:51 | 00:39:16 |
| 68 | 429 | JOSE SILVA | M | SESIMBRA MAR | 5 | M5054 | 00:26:50 | 00:39:20 |
| 69 | 662 | TIAGO MARQUES | M | GD SAO DOMINGOS | 39 | M2039 | 00:27:23 | 00:39:25 |
| 70 | 321 | JOAO JACINTO | M | CCD O ALVITEJO | 6 | M5054 | 00:27:01 | 00:39:31 |
| 71 | 661 | EDMIR CORREIA | M | GD SAO DOMINGOS | 4 | M1819 | 00:27:24 | 00:39:34 |
| 72 | 18 | PAULO CARVALHO | M | BOAVISTA S MATEUS | 12 | M4044 | 00:27:01 | 00:39:44 |
| 73 | 258 | MANUEL COSTA | M | CCDT METRO LX | 7 | M5054 | 00:27:02 | 00:39:46 |
| 74 | 408 | JOAO DIAS | M | CCDT CM SETUBAL | 9 | M4549 | 00:26:44 | 00:39:47 |
| 75 | 20 | AMILCAR DUARTE | M | BOAVISTA S MATEUS | 10 | M4549 | 00:27:36 | 00:39:50 |
| 76 | 675 | ANDRE PORTUGAL | M | CASA POVO CORROIOS | 5 | M1819 | 00:27:37 | 00:39:54 |
| 77 | 148 | JOSE SEABRA | M | GDCT BES | 13 | M4044 | 00:27:28 | 00:39:56 |
| 78 | 107 | JOSE LANÇA | M | CCR ALTO MOINHO | 1 | M5559 | 00:26:53 | 00:39:57 |
| 79 | 674 | PEDRO NUNES | M | CASA POVO CORROIOS | 6 | M1819 | 00:27:23 | 00:39:58 |
| 80 | 76 | RUI CANDEIAS | M | GDR S FRANC SERRA | 40 | M2039 | 00:27:28 | 00:40:05 |
| 81 | 693 | PEDRO ESTEVENS | M | C FERROV PORTUGAL | 11 | M4549 | 00:27:45 | 00:40:05 |
| 82 | 719 | GUILHERME CABRAL | M | CN SESIMBRA | 41 | M2039 | 00:27:45 | 00:40:05 |
| 83 | 78 | BRUNO GAMITO | M | GDR S FRANC SERRA | 42 | M2039 | 00:27:27 | 00:40:06 |
| 84 | 77 | HUGO GONÇALVES | M | GDR S FRANC SERRA | 43 | M2039 | 00:27:34 | 00:40:07 |
| 85 | 406 | ANTONIO PIRES | M | CCDT CM SETUBAL | 14 | M4044 | 00:27:43 | 00:40:16 |
| 86 | 468 | OLIMPIO SANTOS | M | CADT PORTUCEL | 15 | M4044 | 00:27:42 | 00:40:19 |
| 87 | 673 | MARCO SANTOS | M | CASA POVO CORROIOS | 7 | M1819 | 00:28:09 | 00:40:20 |
| 88 | 528 | TIAGO REIS | M | OLIMPICO C LAGOS | 8 | M1819 | 00:27:25 | 00:40:24 |
| 89 | 106 | MANUEL AMARO | M | CCR ALTO MOINHO | 8 | M5054 | 00:27:28 | 00:40:27 |
| 90 | 49 | JOAQUIM ALEXANDRE | M | URD ARANHO | 16 | M4044 | 00:28:00 | 00:40:31 |
| 91 | 182 | CHANTAL XHERVELLE | F | AM Bº CASAL FIGUEIRAS | 1 | F3544 | 00:27:44 | 00:40:31 |
| 92 | 505 | JAIME LAMEGO | M | MACHADA RUNNERS | 12 | M4549 | 00:27:45 | 00:40:31 |
| 93 | 434 | PEDRO LUIS | M | SESIMBRA MAR | 44 | M2039 | 00:27:39 | 00:40:33 |

| <i>Class.</i> | <i>Nº.</i> | <i>Atleta</i> | <i>Sexo</i> | <i>Clube</i> | <i>Cla.Esc</i> | <i>Escalão</i> | <i>Controlo</i> | <i>Tempo</i> |
|---------------|------------|----------------------|-------------|-----------------------|----------------|----------------|-----------------|--------------|
| 94 | 476 | DANIEL PINTO | M | A VALE SILENCIO | 45 | M2039 | 00:28:01 | 00:40:45 |
| 95 | 435 | JULIO VIEGAS | M | SESIMBRA MAR | 9 | M5054 | 00:27:46 | 00:40:51 |
| 96 | 298 | PAULO SOARES | M | C MILLENNIUM BCP | 46 | M2039 | 00:27:41 | 00:40:52 |
| 97 | 572 | CELSO GOUVEIA | M | INDIVIDUAL | 17 | M4044 | 00:27:39 | 00:40:52 |
| 98 | 497 | CARLOS FONSECA | M | AÇOREANA C BANIF | 13 | M4549 | 00:28:04 | 00:40:53 |
| 99 | 410 | JORVAL CONCEIÇÃO | M | CCDT CM SETUBAL | 10 | M5054 | 00:27:43 | 00:40:59 |
| 100 | 342 | EDGAR CANHOTO | M | AA MAFRA | 18 | M4044 | 00:28:03 | 00:41:00 |
| 101 | 175 | JOAO SOUSA | M | AM Bº CASAL FIGUEIRAS | 11 | M5054 | 00:27:57 | 00:41:06 |
| 102 | 409 | FRANCISCO MOLETA | M | CCDT CM SETUBAL | 12 | M5054 | 00:27:57 | 00:41:09 |
| 103 | 224 | NUNO CARVALHO | M | AA LEBRES SADO | 47 | M2039 | 00:28:17 | 00:41:10 |
| 104 | 8 | Mª CEU NUNES | F | SC BRAGA | 4 | F2034 | 00:27:59 | 00:41:11 |
| 105 | 173 | RUI BOLOTA | M | AM Bº CASAL FIGUEIRAS | 48 | M2039 | 00:28:01 | 00:41:13 |
| 106 | 485 | MANUEL BATISTA | M | GAA VILA FRANCA XIRA | 19 | M4044 | 00:28:12 | 00:41:21 |
| 107 | 61 | LUIS OLIVEIRA | M | C SARGENTO ARMADA | 49 | M2039 | 00:29:31 | 00:41:34 |
| 108 | 436 | AMILCAR PINTO | M | SESIMBRA MAR | 50 | M2039 | 00:28:50 | 00:41:39 |
| 109 | 606 | NUNO NEVES | M | INDIVIDUAL | 20 | M4044 | 00:28:45 | 00:41:41 |
| 110 | 172 | MARIO PAIXAO | M | AM Bº CASAL FIGUEIRAS | 13 | M5054 | 00:28:21 | 00:41:43 |
| 111 | 384 | SUSANA ADELINO | F | CCDT CM LOURES | 5 | F2034 | 00:28:21 | 00:41:44 |
| 112 | 689 | FERNANDO CAÇOTE | M | OLIMPICO C LAGOS | 51 | M2039 | 00:28:09 | 00:41:44 |
| 113 | 72 | DUARTE SARES | M | C SARGENTO ARMADA | 14 | M5054 | 00:29:06 | 00:41:48 |
| 114 | 179 | MARIO PITEIRA | M | AM Bº CASAL FIGUEIRAS | 52 | M2039 | 00:29:07 | 00:41:53 |
| 115 | 473 | JOAQUIM VASQUES | M | SUC | 53 | M2039 | 00:29:06 | 00:41:54 |
| 116 | 125 | JOSE CUNHA | M | OS ZATOPÉQUES | 21 | M4044 | 00:29:06 | 00:41:55 |
| 117 | 128 | RUI FILIPE | M | OS ZATOPÉQUES | 22 | M4044 | 00:29:06 | 00:41:55 |
| 118 | 45 | FILIPE BRANCO | M | URD ARANHO | 54 | M2039 | 00:28:40 | 00:42:04 |
| 119 | 529 | LUIS LOUREIRO | M | OLIMPICO C LAGOS | 9 | M1819 | 00:28:28 | 00:42:08 |
| 120 | 327 | JOSE SIMOES | M | GD AGUIAS MOITA | 14 | M4549 | 00:29:15 | 00:42:09 |
| 121 | 215 | GUMERSINDO RODRIGUES | M | AA LEBRES SADO | 2 | M5559 | 00:28:38 | 00:42:10 |
| 122 | 535 | JOAQUIM FIGUEIREDO | M | VRC CARPINTARIA | 15 | M5054 | 00:28:49 | 00:42:14 |
| 123 | 428 | DOMINGOS AGUIAR | M | SESIMBRA MAR | 23 | M4044 | 00:28:46 | 00:42:18 |
| 124 | 193 | JOAQUIM FRADE | M | SS CGD | 16 | M5054 | 00:29:08 | 00:42:20 |
| 125 | 370 | ANTONIO CARDOSO | M | CABRAL RUNNERS | 24 | M4044 | 00:29:20 | 00:42:21 |
| 126 | 482 | ALEXANDRINO AIRES | M | PLUMAS | 17 | M5054 | 00:29:11 | 00:42:21 |
| 127 | 369 | OSVALDO CALDEIRA | M | CABRAL RUNNERS | 15 | M4549 | 00:29:01 | 00:42:22 |
| 128 | 231 | JOAO BRANCO | M | AA LEBRES SADO | 25 | M4044 | 00:29:05 | 00:42:23 |
| 129 | 132 | LUIS ANTUNES | M | CDR AGUIAS UNIDAS | 55 | M2039 | 00:29:24 | 00:42:25 |
| 130 | 112 | JOSE LEAL | M | MARINHAIS AC | 56 | M2039 | 00:29:26 | 00:42:29 |
| 131 | 608 | PAULO ADELINO | M | INDIVIDUAL | 26 | M4044 | 00:29:27 | 00:42:30 |
| 132 | 58 | JOSE SILVA | M | CABRAL RUNNERS | 27 | M4044 | 00:29:02 | 00:42:31 |
| 133 | 120 | MÁRIO GOMES | M | OS ZATOPÉQUES | 57 | M2039 | 00:29:08 | 00:42:32 |
| 134 | 566 | AVELINO LARANJO | M | INDIVIDUAL | 58 | M2039 | 00:29:10 | 00:42:33 |
| 135 | 367 | JAIME FIGUEIREDO | M | CABRAL RUNNERS | 28 | M4044 | 00:29:13 | 00:42:34 |
| 136 | 415 | JOAO CALDAS | M | CLUBE AUTOCOOPE | 29 | M4044 | 00:28:39 | 00:42:38 |
| 137 | 311 | JOSE ALBANO | M | C MILLENNIUM BCP | 30 | M4044 | 00:29:24 | 00:42:41 |
| 138 | 111 | LUIS NEVES | M | MARINHAIS AC | 59 | M2039 | 00:29:18 | 00:42:48 |
| 139 | 502 | PEDRO PINHA | M | AÇOREANA C BANIF | 60 | M2039 | 00:29:32 | 00:42:50 |
| 140 | 235 | JOAO SANTOS | M | AA LEBRES SADO | 31 | M4044 | 00:29:24 | 00:42:55 |
| 141 | 146 | CARLOS NABIÇA | M | GDCT BES | 16 | M4549 | 00:29:50 | 00:42:59 |

| <i>Class.</i> | <i>Nº.</i> | <i>Atleta</i> | <i>Sexo</i> | <i>Clube</i> | <i>Cla.Esc</i> | <i>Escalão</i> | <i>Controlo</i> | <i>Tempo</i> |
|---------------|------------|--------------------|-------------|-----------------------|----------------|----------------|-----------------|--------------|
| 142 | 151 | LUIS MONTEIRO | M | GDCT BES | 61 | M2039 | 00:29:50 | 00:43:00 |
| 143 | 328 | LUIS MARIANO | M | GD AGUIAS MOITA | 17 | M4549 | 00:29:17 | 00:43:00 |
| 144 | 704 | MONICA VIEIRA | F | INDIVIDUAL | 6 | F2034 | 00:29:04 | 00:43:01 |
| 145 | 703 | HELDER COSTA | M | INDIVIDUAL | 32 | M4044 | 00:29:04 | 00:43:02 |
| 146 | 430 | MARCELO PINTO | M | SESIMBRA MAR | 10 | M1819 | 00:29:38 | 00:43:05 |
| 147 | 28 | VITOR HIPOLITO | M | REST CANT CAÇADOR | 33 | M4044 | 00:29:28 | 00:43:07 |
| 148 | 491 | NUNO ROCHA | M | GD CD LEIAO | 62 | M2039 | 00:29:13 | 00:43:08 |
| 149 | 11 | JOAO RAQUEL | M | CUA BENAVENTENSE | 63 | M2039 | 00:29:36 | 00:43:09 |
| 150 | 62 | MIGUEL CARNEIRO | M | C SARGENTO ARMADA | 64 | M2039 | 00:29:31 | 00:43:12 |
| 151 | 46 | EDGAR FRANCISCO | M | URD ARANHO | 34 | M4044 | 00:29:44 | 00:43:13 |
| 152 | 47 | LUIS FERREIRA | M | URD ARANHO | 35 | M4044 | 00:29:43 | 00:43:13 |
| 153 | 351 | ALICE BASILIO | F | AA MAFRA | 2 | F3544 | 00:29:38 | 00:43:14 |
| 154 | 536 | VIRGILIO GONÇALVES | M | VRC CARPINTARIA | 65 | M2039 | 00:27:52 | 00:43:22 |
| 155 | 126 | JOSE MORAIS | M | OS ZATOPÉQUES | 18 | M4549 | 00:30:08 | 00:43:24 |
| 156 | 724 | LUIS BARBOSA | M | CCD EP LINHO | 66 | M2039 | 00:29:54 | 00:43:24 |
| 157 | 42 | JOSE F COSTA | M | CARACOIS DA MACHADA | 19 | M4549 | 00:29:40 | 00:43:26 |
| 158 | 136 | JORGE AMARAL | M | CDR AGUIAS UNIDAS | 36 | M4044 | 00:30:25 | 00:43:28 |
| 159 | 368 | ALIPIO COELHO | M | CABRAL RUNNERS | 37 | M4044 | 00:29:57 | 00:43:32 |
| 160 | 650 | PAULO LOPES | M | CD ASAS MILENIUM | 38 | M4044 | 00:30:20 | 00:43:32 |
| 161 | 688 | RICARDO LOURENÇO | M | A 20 KM ALMEIRIM | 18 | M5054 | 00:29:51 | 00:43:33 |
| 162 | 189 | JOSE ALVES | M | SS CGD | 3 | M5559 | 00:30:12 | 00:43:36 |
| 163 | 379 | LUIS LOPES | M | CCDT CM LOURES | 67 | M2039 | 00:29:42 | 00:43:40 |
| 164 | 381 | ANTONIO VALERIO | M | CCDT CM LOURES | 4 | M5559 | 00:29:43 | 00:43:40 |
| 165 | 632 | CARLOS A S COSTA | M | INDIVIDUAL | 68 | M2039 | 00:29:45 | 00:43:42 |
| 166 | 83 | DAVID SANTOS | M | UDCA | 20 | M4549 | 00:30:27 | 00:43:51 |
| 167 | 85 | FATIMA SANTOS | F | JD NEVES | 3 | F3544 | 00:29:42 | 00:43:55 |
| 168 | 122 | JORGE H FERREIRA | M | OS ZATOPÉQUES | 39 | M4044 | 00:30:11 | 00:43:56 |
| 169 | 604 | RUI CAEIRO | M | INDIVIDUAL | 69 | M2039 | 00:30:11 | 00:43:56 |
| 170 | 586 | PAULO CARVALHO | M | INDIVIDUAL | 70 | M2039 | 00:30:22 | 00:43:57 |
| 171 | 736 | DAVID FAUSTINO | M | INDIVIDUAL | 40 | M4044 | 00:30:00 | 00:43:58 |
| 172 | 627 | JOSE L ALVES | M | INDIVIDUAL | 41 | M4044 | 00:30:07 | 00:44:01 |
| 173 | 283 | FERNANDO CARDOSO | M | GD SANTANDER TOTTA | 1 | M6099 | 00:30:09 | 00:44:05 |
| 174 | 145 | JORGE PEREIRA | M | GDCT BES | 19 | M5054 | 00:30:51 | 00:44:06 |
| 175 | 104 | CARLOS COELHO | M | GA MONSANTO GASCAN | 21 | M4549 | 00:30:32 | 00:44:08 |
| 176 | 116 | ANTONIO JACINTO | M | OS ZATOPÉQUES | 22 | M4549 | 00:30:09 | 00:44:09 |
| 177 | 81 | JOAQUIM CRISPIM | M | UDCA | 20 | M5054 | 00:30:27 | 00:44:14 |
| 178 | 729 | JOSE FERNANDES | M | REST FAZ FIGURA | 5 | M5559 | 00:30:13 | 00:44:14 |
| 179 | 271 | NUNO TREMAS | M | CCDT AUT ALMADA | 71 | M2039 | 00:29:56 | 00:44:15 |
| 180 | 734 | RAUL SANTOS | M | AM Bº CASAL FIGUEIRAS | 2 | M6099 | 00:30:32 | 00:44:16 |
| 181 | 230 | AMANDIO LOBO | M | AA LEBRES SADO | 6 | M5559 | 00:30:35 | 00:44:17 |
| 182 | 610 | FERNANDO SOUSA | M | INDIVIDUAL | 42 | M4044 | 00:30:03 | 00:44:18 |
| 183 | 383 | ELISIO COSTA | M | CCDT CM LOURES | 7 | M5559 | 00:30:38 | 00:44:21 |
| 184 | 222 | HENRIQUE RODRIGUES | M | AA LEBRES SADO | 43 | M4044 | 00:30:45 | 00:44:23 |
| 185 | 243 | ANTONIO PEREIRA | M | CCDT METRO LX | 44 | M4044 | 00:30:31 | 00:44:23 |
| 186 | 628 | RICARDO LOBO | M | INDIVIDUAL | 72 | M2039 | 00:30:14 | 00:44:23 |
| 187 | 489 | PAULO BARREIRA | M | GD CD LEIAO | 73 | M2039 | 00:30:23 | 00:44:24 |
| 188 | 213 | MANUEL PEDRO | M | AA LEBRES SADO | 3 | M6099 | 00:30:35 | 00:44:25 |
| 189 | 376 | JOSE ARUIL | M | CCDT CM LOURES | 4 | M6099 | 00:30:12 | 00:44:25 |

| <i>Class.</i> | <i>Nº.</i> | <i>Atleta</i> | <i>Sexo</i> | <i>Clube</i> | <i>Cla.Esc</i> | <i>Escalão</i> | <i>Controlo</i> | <i>Tempo</i> |
|---------------|------------|---------------------|-------------|---------------------|----------------|----------------|-----------------|--------------|
| 190 | 539 | AUGUSTO FERNANDES | M | VRC CARPINTARIA | 23 | M4549 | 00:30:30 | 00:44:26 |
| 191 | 291 | REINALDO FIGUEIRA | M | GD SANTANDER TOTTA | 8 | M5559 | 00:30:34 | 00:44:29 |
| 192 | 626 | JOSE M COSTA | M | INDIVIDUAL | 45 | M4044 | 00:30:36 | 00:44:31 |
| 193 | 507 | GUSTAVO SEIA | M | CD ASAS MILENIUM | 74 | M2039 | 00:30:46 | 00:44:32 |
| 194 | 620 | JOAO ALPALHAO | M | INDIVIDUAL | 75 | M2039 | 00:30:28 | 00:44:33 |
| 195 | 465 | MANUEL MOREIRA | M | ADCR P JUDICIARIA | 5 | M6099 | 00:30:49 | 00:44:34 |
| 196 | 124 | JORGE LEITAO | M | OS ZATOPÉQUES | 46 | M4044 | 00:30:31 | 00:44:38 |
| 197 | 730 | ANTONIO COSTA | M | INDIVIDUAL | 21 | M5054 | 00:30:31 | 00:44:39 |
| 198 | 338 | ANTONIO PINTO | M | AA MAFRA | 47 | M4044 | 00:30:40 | 00:44:42 |
| 199 | 388 | FRANCISCO BANDO | M | CCDT CM LOURES | 9 | M5559 | 00:30:39 | 00:44:43 |
| 200 | 695 | GUILHERME GONÇALVES | M | C FERROV PORTUGAL | 24 | M4549 | 00:30:22 | 00:44:44 |
| 201 | 209 | JOAO MARAL | M | SS CGD | 76 | M2039 | 00:30:15 | 00:44:45 |
| 202 | 611 | JOSE MIRA | M | INDIVIDUAL | 48 | M4044 | 00:30:32 | 00:44:46 |
| 203 | 637 | JORGE PE CURTO | M | INDIVIDUAL | 77 | M2039 | 00:31:20 | 00:44:50 |
| 204 | 43 | JOSE GODINHO | M | CARACOIS DA MACHADA | 49 | M4044 | 00:30:43 | 00:44:56 |
| 205 | 142 | ALEXNADRE NEVES | M | GDCT BES | 78 | M2039 | 00:30:52 | 00:44:58 |
| 206 | 347 | LEONEL AMARO | M | AA MAFRA | 6 | M6099 | 00:30:40 | 00:44:59 |
| 207 | 212 | MARIO LOURENÇO | M | C PRAÇAS ARMADA | 50 | M4044 | 00:30:51 | 00:45:00 |
| 208 | 221 | ALVARO GINGADO | M | AA LEBRES SADO | 22 | M5054 | 00:31:03 | 00:45:00 |
| 209 | 509 | CIRILO SANTOS | M | CD ASAS MILENIUM | 23 | M5054 | 00:31:24 | 00:45:02 |
| 210 | 356 | FERNANDO LUZ | M | GDCT UNICRE | 79 | M2039 | 00:30:48 | 00:45:04 |
| 211 | 413 | ANTONIO ALMEIDA | M | CLUBE AUTOCOOPE | 51 | M4044 | 00:31:21 | 00:45:07 |
| 212 | 365 | ANDRE GOMES | M | CABRAL RUNNERS | 80 | M2039 | 00:30:50 | 00:45:10 |
| 213 | 743 | JOSE HILARIO | M | INDIVIDUAL | 25 | M4549 | 00:31:17 | 00:45:10 |
| 214 | 682 | NUNO CESARIO | M | INDIVIDUAL | 81 | M2039 | 00:30:59 | 00:45:16 |
| 215 | 569 | JOAQUIM VARANDA | M | INDIVIDUAL | 26 | M4549 | 00:31:02 | 00:45:19 |
| 216 | 621 | JOSE M P FIGUEIREDO | M | INDIVIDUAL | 82 | M2039 | 00:30:58 | 00:45:19 |
| 217 | 97 | ANTONIO NASCIMENTO | M | AMIGOS PARQUE PAZ | 24 | M5054 | 00:31:15 | 00:45:20 |
| 218 | 149 | JOSE PEDRO | M | GDCT BES | 7 | M6099 | 00:31:11 | 00:45:20 |
| 219 | 150 | SILVIO PAIVA | M | GDCT BES | 10 | M5559 | 00:31:11 | 00:45:20 |
| 220 | 115 | MARIO GOMES | M | OS ZATOPÉQUES | 83 | M2039 | 00:31:18 | 00:45:24 |
| 221 | 92 | JOSE GARRIDO | M | AMIGOS PARQUE PAZ | 27 | M4549 | 00:31:15 | 00:45:26 |
| 222 | 236 | JOSE INFANTE | M | AA LEBRES SADO | 52 | M4044 | 00:31:00 | 00:45:28 |
| 223 | 741 | FILIFE CARVALHEIRO | M | INDIVIDUAL | 53 | M4044 | 00:31:06 | 00:45:28 |
| 224 | 713 | SOLAIA CÓ | F | NUCLEOEIRAS | 7 | F2034 | 00:30:29 | 00:45:31 |
| 225 | 290 | AUGUSTO LOPES | M | GD SANTANDER TOTTA | 25 | M5054 | 00:32:06 | 00:45:32 |
| 226 | 220 | MANUEL BATISTA | M | AA LEBRES SADO | 11 | M5559 | 00:31:04 | 00:45:34 |
| 227 | 108 | RODOLFO CARNEIRO | M | JOAO CARNEIRO SAD | 84 | M2039 | 00:31:30 | 00:45:35 |
| 228 | 444 | MANUEL FIDALGO | M | CCD EFACEC LX | 12 | M5559 | 00:31:25 | 00:45:44 |
| 229 | 504 | FERNANDO MARQUES | M | CP EDP CARREGADO | 13 | M5559 | 00:31:31 | 00:45:45 |
| 230 | 437 | FILIFE FILIFE | M | SESIMBRA MAR | 54 | M4044 | 00:31:39 | 00:45:47 |
| 231 | 454 | JOSE NOVAIS | M | GDU CAXIENSES | 55 | M4044 | 00:32:05 | 00:45:52 |
| 232 | 551 | IVO SILVA | M | INDIVIDUAL | 14 | M5559 | 00:31:44 | 00:45:52 |
| 233 | 123 | JORGE DURAES | M | OS ZATOPÉQUES | 56 | M4044 | 00:31:25 | 00:45:53 |
| 234 | 692 | MARIO SILVA | M | C FERROV PORTUGAL | 15 | M5559 | 00:31:09 | 00:45:53 |
| 235 | 455 | ANTONIO VILELA | M | GDU CAXIENSES | 85 | M2039 | 00:32:05 | 00:45:55 |
| 236 | 93 | JOSE MATOS | M | AMIGOS PARQUE PAZ | 28 | M4549 | 00:31:23 | 00:45:56 |
| 237 | 412 | MANUEL CARDIM | M | GD LACEROTE | 16 | M5559 | 00:31:55 | 00:45:56 |

| <i>Class.</i> | <i>Nº.</i> | <i>Atleta</i> | <i>Sexo</i> | <i>Clube</i> | <i>Cla.Esc</i> | <i>Escalão</i> | <i>Controlo</i> | <i>Tempo</i> |
|---------------|------------|---------------------|-------------|--------------------|----------------|----------------|-----------------|--------------|
| 238 | 658 | RUI SANTOS | M | OS PORTELAS | 17 | M5559 | 00:31:08 | 00:45:57 |
| 239 | 147 | JULIO FERREIRA | M | GDCT BES | 26 | M5054 | 00:32:06 | 00:45:58 |
| 240 | 152 | LUIS GODINHO | M | GDCT BES | 57 | M4044 | 00:32:06 | 00:45:58 |
| 241 | 552 | HENRIQUE FORMIGA | M | INDIVIDUAL | 86 | M2039 | 00:31:16 | 00:45:58 |
| 242 | 643 | CARLOS A MENDES | M | INDIVIDUAL | 27 | M5054 | 00:31:30 | 00:45:59 |
| 243 | 158 | JOSE CARVALHO | M | REST BARCA DELTA | 29 | M4549 | 00:31:44 | 00:46:04 |
| 244 | 339 | VITOR REAL | M | AA MAFRA | 87 | M2039 | 00:32:42 | 00:46:10 |
| 245 | 642 | ANTONIO A M MOREIRA | M | INDIVIDUAL | 58 | M4044 | 00:32:23 | 00:46:11 |
| 246 | 87 | ANTONIO SIMOES | M | JD NEVES | 28 | M5054 | 00:32:03 | 00:46:16 |
| 247 | 672 | DIOGO OLIVEIRA | M | CASA POVO CORROIOS | 88 | M2039 | 00:32:18 | 00:46:19 |
| 248 | 156 | JOAO ANTONIO | M | REST BARCA DELTA | 89 | M2039 | 00:31:50 | 00:46:20 |
| 249 | 293 | CARLOS TEIXEIRA | M | GD SANTANDER TOTTA | 90 | M2039 | 00:31:21 | 00:46:20 |
| 250 | 684 | CARLOS JACINTO | M | INDIVIDUAL | 91 | M2039 | 00:32:09 | 00:46:21 |
| 251 | 708 | JOAO FIALHO | M | INDIVIDUAL | 92 | M2039 | 00:31:23 | 00:46:21 |
| 252 | 352 | HELENA MARTINS | F | AA MAFRA | 1 | F4599 | 00:31:35 | 00:46:24 |
| 253 | 633 | ANTONIO ESTRELA | M | INDIVIDUAL | 59 | M4044 | 00:31:29 | 00:46:24 |
| 254 | 677 | PEDRO GOUVEIA | M | INDIVIDUAL | 60 | M4044 | 00:32:15 | 00:46:28 |
| 255 | 553 | HUGO CONCEIÇÃO | M | INDIVIDUAL | 93 | M2039 | 00:31:33 | 00:46:30 |
| 256 | 540 | LUIS FRANCO | M | VRC CARPINTARIA | 18 | M5559 | 00:31:27 | 00:46:39 |
| 257 | 744 | ANTONIO CARVALHO | M | LESMAS ALOPRADAS | 94 | M2039 | 00:31:47 | 00:46:41 |
| 258 | 310 | JOSE TEIXEIRA | M | C MILLENNIUM BCP | 95 | M2039 | 00:31:58 | 00:46:42 |
| 259 | 218 | CONSTANCIO MENDAO | M | AA LEBRES SADO | 30 | M4549 | 00:31:53 | 00:46:44 |
| 260 | 278 | JOSE GONÇALVES | M | GD SANTANDER TOTTA | 19 | M5559 | 00:31:55 | 00:46:45 |
| 261 | 589 | JORGE A NUNES | M | INDIVIDUAL | 61 | M4044 | 00:32:55 | 00:46:48 |
| 262 | 712 | MARIA VARELA | F | NUCLEOEIRAS | 8 | F2034 | 00:31:53 | 00:46:48 |
| 263 | 506 | TIMOTEO SEIA | M | CD ASAS MILENIUM | 96 | M2039 | 00:32:46 | 00:46:49 |
| 264 | 57 | BERNARDINO ANTUNES | M | LINDA A PASTORA SC | 31 | M4549 | 00:31:27 | 00:46:50 |
| 265 | 103 | JOSE AIRES | M | GA MONSANTO GASCAN | 29 | M5054 | 00:32:26 | 00:46:51 |
| 266 | 659 | ANABELA CARVALHO | F | GD SAO DOMINGOS | 4 | F3544 | 00:32:08 | 00:46:53 |
| 267 | 279 | JOAO ROCHA | M | GD SANTANDER TOTTA | 20 | M5559 | 00:31:54 | 00:46:54 |
| 268 | 664 | SERGIO ARRUDA | M | GD SAO DOMINGOS | 30 | M5054 | 00:32:07 | 00:46:54 |
| 269 | 667 | JOSE SANTOS | M | GD SAO DOMINGOS | 21 | M5559 | 00:32:28 | 00:46:54 |
| 270 | 467 | GASPAR GONÇALVES | M | CADT PORTUCEL | 8 | M6099 | 00:32:19 | 00:46:56 |
| 271 | 227 | FERNANDO MENDES | M | AA LEBRES SADO | 9 | M6099 | 00:32:19 | 00:46:57 |
| 272 | 319 | IDALIO BANDEIRA | M | GDC BANCO PORTUGAL | 10 | M6099 | 00:32:37 | 00:46:58 |
| 273 | 121 | ANTONIO MATEUS | M | OS ZATOPQUES | 11 | M6099 | 00:32:21 | 00:46:59 |
| 274 | 527 | ANTONIO MONTEIRO | M | ARSC TOLEDO | 12 | M6099 | 00:29:53 | 00:47:02 |
| 275 | 296 | JOAO CUNHA | M | C MILLENNIUM BCP | 31 | M5054 | 00:32:30 | 00:47:05 |
| 276 | 433 | PAULO RAMOS | M | SESIMBRA MAR | 97 | M2039 | 00:31:59 | 00:47:10 |
| 277 | 336 | RUI PASTOR | M | AA MAFRA | 98 | M2039 | 00:33:19 | 00:47:11 |
| 278 | 461 | MARCO MARTINS | M | ADCR P JUDICIARIA | 99 | M2039 | 00:00:00 | 00:47:11 |
| 279 | 602 | JOSE S AUGUSTO | M | INDIVIDUAL | 32 | M4549 | 00:32:36 | 00:47:11 |
| 280 | 232 | FRANCISCO PRATES | M | AA LEBRES SADO | 13 | M6099 | 00:32:17 | 00:47:12 |
| 281 | 546 | JOAO P FERREIRA | M | UR DAFUNDO | 62 | M4044 | 00:33:12 | 00:47:12 |
| 282 | 98 | JORGE FERNANDO | M | AMIGOS PARQUE PAZ | 32 | M5054 | 00:32:20 | 00:47:13 |
| 283 | 541 | MIGUEL MATOS | M | UR DAFUNDO | 63 | M4044 | 00:33:12 | 00:47:19 |
| 284 | 438 | ANTONIO LOPES | M | SESIMBRA MAR | 64 | M4044 | 00:32:35 | 00:47:20 |
| 285 | 324 | PEDRO ZANARIO | M | GD AGUIAS MOITA | 11 | M1819 | 00:32:42 | 00:47:22 |

| <i>Class.</i> | <i>Nº.</i> | <i>Atleta</i> | <i>Sexo</i> | <i>Clube</i> | <i>Cla.Esc</i> | <i>Escalão</i> | <i>Controlo</i> | <i>Tempo</i> |
|---------------|------------|-------------------|-------------|--------------------|----------------|----------------|-----------------|--------------|
| 286 | 207 | JOAQUIM CARRILHO | M | SS CGD | 65 | M4044 | 00:32:41 | 00:47:24 |
| 287 | 601 | FERNANDO CORREIA | M | INDIVIDUAL | 66 | M4044 | 00:32:37 | 00:47:38 |
| 288 | 579 | JOAO L TAVORA | M | INDIVIDUAL | 100 | M2039 | 00:31:58 | 00:47:39 |
| 289 | 244 | CARLOS MOREIRA | M | CCDT METRO LX | 22 | M5559 | 00:32:45 | 00:47:44 |
| 290 | 559 | MARIO AMRO | M | INDIVIDUAL | 67 | M4044 | 00:32:08 | 00:47:44 |
| 291 | 245 | FRANCISCO PLINIO | M | CCDT METRO LX | 33 | M5054 | 00:32:16 | 00:47:46 |
| 292 | 486 | ANALICE SILVA | F | LIBERDADE AC | 2 | F4599 | 00:32:41 | 00:47:46 |
| 293 | 99 | JOSE ROCHA | M | AMIGOS PARQUE PAZ | 34 | M5054 | 00:33:11 | 00:47:47 |
| 294 | 517 | PAULO ABADIA | M | CD ASAS MILENIUM | 101 | M2039 | 00:32:45 | 00:47:50 |
| 295 | 323 | ANTONIO SIMAO | M | CCD O ALVITEJO | 14 | M6099 | 00:33:03 | 00:47:54 |
| 296 | 349 | ANGELO PEREIRA | M | AA MAFRA | 35 | M5054 | 00:32:20 | 00:47:57 |
| 297 | 96 | LUIS FONSECA | M | AMIGOS PARQUE PAZ | 33 | M4549 | 00:32:36 | 00:47:58 |
| 298 | 696 | MARIO FERRO | M | C FERROV PORTUGAL | 23 | M5559 | 00:32:55 | 00:47:59 |
| 299 | 490 | JORGE BARREIRA | M | GDCD LEIAO | 15 | M6099 | 00:32:30 | 00:48:00 |
| 300 | 416 | CARLOS FERREIRA | M | CLUBE AUTOCOOPE | 36 | M5054 | 00:31:56 | 00:48:03 |
| 301 | 19 | CANDIDO LIMA | M | BOAVISTA S MATEUS | 37 | M5054 | 00:32:24 | 00:48:04 |
| 302 | 299 | SOBRAL SOUSA | M | C MILLENNIUM BCP | 16 | M6099 | 00:33:06 | 00:48:10 |
| 303 | 462 | VIRGILIO OLIVEIRA | M | ADCR P JUDICIARIA | 34 | M4549 | 00:33:03 | 00:48:13 |
| 304 | 494 | ANTONIO SUL | M | ADCR P JUDICIARIA | 102 | M2039 | 00:32:47 | 00:48:13 |
| 305 | 470 | LUIS ANTUNES | M | CADT PORTUCEL | 38 | M5054 | 00:32:53 | 00:48:14 |
| 306 | 277 | JOSE MARÇAL | M | GD SANTANDER TOTTA | 39 | M5054 | 00:32:52 | 00:48:15 |
| 307 | 153 | LUIS AMORIM | M | NA BEIERSDORF | 40 | M5054 | 00:33:03 | 00:48:16 |
| 308 | 154 | VICENTE DIAS | M | NA BEIERSDORF | 41 | M5054 | 00:33:03 | 00:48:16 |
| 309 | 201 | ALVARO FURTADO | M | SS CGD | 35 | M4549 | 00:32:39 | 00:48:16 |
| 310 | 322 | JOSE SANTOS | M | CCD O ALVITEJO | 42 | M5054 | 00:33:00 | 00:48:17 |
| 311 | 646 | LEONEL PIRES | M | INDIVIDUAL | 17 | M6099 | 00:32:38 | 00:48:17 |
| 312 | 27 | AMERICO SABINO | M | REST CANT CAÇADOR | 68 | M4044 | 00:32:26 | 00:48:18 |
| 313 | 654 | MANUEL CRUZ | M | INDIVIDUAL | 43 | M5054 | 00:33:17 | 00:48:21 |
| 314 | 239 | CLARINDA SANTOS | F | AA LEBRES SADO | 5 | F3544 | 00:33:01 | 00:48:26 |
| 315 | 745 | JOAO REVEZ | M | LESMAS ALOPRADAS | 103 | M2039 | 00:33:50 | 00:48:26 |
| 316 | 666 | ANTONIO BRITO | M | GD SAO DOMINGOS | 24 | M5559 | 00:33:01 | 00:48:33 |
| 317 | 665 | ANIBAL CARVALHO | M | GD SAO DOMINGOS | 25 | M5559 | 00:33:02 | 00:48:34 |
| 318 | 518 | HELDER JORGE | M | O MUNDO CORRIDA | 104 | M2039 | 00:33:09 | 00:48:37 |
| 319 | 160 | TIAGO MATIAS | M | REST BARCA DELTA | 105 | M2039 | 00:33:25 | 00:48:38 |
| 320 | 317 | JOAQUIM FERRAO | M | GDC BANCO PORTUGAL | 36 | M4549 | 00:33:30 | 00:48:38 |
| 321 | 630 | PAULO DINIS | M | INDIVIDUAL | 106 | M2039 | 00:33:28 | 00:48:42 |
| 322 | 615 | JOAO CARRETO | M | INDIVIDUAL | 37 | M4549 | 00:33:30 | 00:48:44 |
| 323 | 100 | LUIS ALVES | M | AMIGOS PARQUE PAZ | 18 | M6099 | 00:34:03 | 00:48:48 |
| 324 | 105 | RUI BORGES | M | GA MONSANTO GASCAN | 38 | M4549 | 00:33:14 | 00:48:50 |
| 325 | 431 | MIGUEL PINTO | M | SESIMBRA MAR | 69 | M4044 | 00:33:26 | 00:48:52 |
| 326 | 605 | SERGIO SILVA | M | INDIVIDUAL | 107 | M2039 | 00:32:47 | 00:48:53 |
| 327 | 418 | AMERICO COSTA | M | CLUBE AUTOCOOPE | 44 | M5054 | 00:33:17 | 00:48:55 |
| 328 | 286 | JOSE PEREIRA | M | GD SANTANDER TOTTA | 108 | M2039 | 00:33:45 | 00:48:56 |
| 329 | 545 | EMIDIO CARRAPEIRO | M | UR DAFUNDO | 39 | M4549 | 00:34:05 | 00:49:00 |
| 330 | 320 | JOSE MAIA | M | CCD O ALVITEJO | 45 | M5054 | 00:33:01 | 00:49:01 |
| 331 | 233 | MARIO NOVA | M | AA LEBRES SADO | 26 | M5559 | 00:33:08 | 00:49:02 |
| 332 | 314 | ANTONIO BRAGA | M | C MILLENNIUM BCP | 40 | M4549 | 00:34:00 | 00:49:05 |
| 333 | 445 | JOSE CARVALHO | M | CCD EFACEC LX | 27 | M5559 | 00:33:15 | 00:49:08 |

| <i>Class.</i> | <i>Nº.</i> | <i>Atleta</i> | <i>Sexo</i> | <i>Clube</i> | <i>Cla.Esc</i> | <i>Escalão</i> | <i>Controlo</i> | <i>Tempo</i> |
|---------------|------------|---------------------|-------------|-----------------------|----------------|----------------|-----------------|--------------|
| 334 | 705 | FILIFE ARROJA | M | INDIVIDUAL | 41 | M4549 | 00:00:00 | 00:49:10 |
| 335 | 305 | MANUEL PEREIRA | M | C MILLENNIUM BCP | 42 | M4549 | 00:34:09 | 00:49:14 |
| 336 | 155 | CARLOS ZEGRE | M | REST BARCA DELTA | 70 | M4044 | 00:00:00 | 00:49:17 |
| 337 | 265 | ARMANDO GONÇALVES | M | CCDT AUT ALMADA | 28 | M5559 | 00:34:10 | 00:49:18 |
| 338 | 63 | FERNANDO COLAÇO | M | C SARGENTO ARMADA | 109 | M2039 | 00:34:34 | 00:49:21 |
| 339 | 325 | ROGERIO NUNES | M | GD AGUIAS MOITA | 110 | M2039 | 00:33:45 | 00:49:21 |
| 340 | 472 | ANABELA MARAVILHAS | F | SUC | 9 | F2034 | 00:34:59 | 00:49:21 |
| 341 | 242 | ANTONIO EDUARDO | M | CCDT METRO LX | 46 | M5054 | 00:33:31 | 00:49:22 |
| 342 | 556 | ABILIO OLIVEIRA | M | INDIVIDUAL | 71 | M4044 | 00:33:41 | 00:49:23 |
| 343 | 71 | FRANCISCO CURTINHA | M | C SARGENTO ARMADA | 47 | M5054 | 00:34:35 | 00:49:24 |
| 344 | 73 | HENRIQUE ALVAREDO | M | C SARGENTO ARMADA | 48 | M5054 | 00:33:41 | 00:49:26 |
| 345 | 50 | FRANCISCO SILVA | M | NEOFRIO | 43 | M4549 | 00:33:55 | 00:49:31 |
| 346 | 401 | JOAO BRAZIO | M | CP IVA | 44 | M4549 | 00:33:18 | 00:49:31 |
| 347 | 263 | RAFAEL SANTOS | M | CCDT METRO LX | 72 | M4044 | 00:34:15 | 00:49:37 |
| 348 | 140 | TERESA COITO | F | CDR AGUIAS UNIDAS | 10 | F2034 | 00:33:58 | 00:49:44 |
| 349 | 427 | ADELINO FORTUNATO | M | SESIMBRA MAR | 29 | M5559 | 00:33:59 | 00:49:44 |
| 350 | 432 | NOEL CABEÇA | M | SESIMBRA MAR | 73 | M4044 | 00:34:00 | 00:49:44 |
| 351 | 394 | GILBERTO GONÇALVES | M | CR ALVORADA | 30 | M5559 | 00:33:59 | 00:49:45 |
| 352 | 157 | RUI CORTES | M | REST BARCA DELTA | 49 | M5054 | 00:34:13 | 00:49:47 |
| 353 | 561 | JOAO FERNANDES | M | INDIVIDUAL | 19 | M6099 | 00:33:40 | 00:49:49 |
| 354 | 619 | FRANCISCO LOURENÇO | M | INDIVIDUAL | 20 | M6099 | 00:34:37 | 00:49:54 |
| 355 | 166 | JOAO PINTO | M | GRUPO S BERNARDO | 50 | M5054 | 00:34:31 | 00:49:56 |
| 356 | 197 | ANTONIO CARPINTEIRO | M | SS CGD | 21 | M6099 | 00:34:32 | 00:49:56 |
| 357 | 89 | PAULO SANTOS | M | AMIGOS PARQUE PAZ | 111 | M2039 | 00:34:20 | 00:49:57 |
| 358 | 360 | EDUARDO RIBEIRO | M | GDCT UNICRE | 74 | M4044 | 00:34:53 | 00:50:05 |
| 359 | 333 | CARLOS CARROMEU | M | GD AGUIAS MOITA | 112 | M2039 | 00:34:53 | 00:50:18 |
| 360 | 276 | SALVADOR AFONSO | M | GD SANTANDER TOTTA | 51 | M5054 | 00:35:00 | 00:50:19 |
| 361 | 297 | MARIO CAMPOS | M | C MILLENNIUM BCP | 22 | M6099 | 00:34:15 | 00:50:20 |
| 362 | 477 | AMADEU FERREIRA | M | GDCT REPSOL | 23 | M6099 | 00:35:00 | 00:50:22 |
| 363 | 359 | FERNANDO GONÇALVES | M | GDCT UNICRE | 75 | M4044 | 00:34:37 | 00:50:27 |
| 364 | 466 | ANTONIO MATOS | M | CADT PORTUCEL | 24 | M6099 | 00:35:21 | 00:50:28 |
| 365 | 690 | FERNANDO PESTANA | M | C FERROV PORTUGAL | 25 | M6099 | 00:34:02 | 00:50:29 |
| 366 | 387 | MANUELA LOPES | F | CCDT CM LOURES | 6 | F3544 | 00:34:14 | 00:50:30 |
| 367 | 357 | VITOR CID | M | GDCT UNICRE | 113 | M2039 | 00:34:52 | 00:50:32 |
| 368 | 88 | VITOR RODRIGUES | M | CPOC | 52 | M5054 | 00:34:36 | 00:50:35 |
| 369 | 603 | LUIS BATISTA | M | INDIVIDUAL | 114 | M2039 | 00:34:33 | 00:50:38 |
| 370 | 733 | PIERRE FERBUS | M | INDIVIDUAL | 45 | M4549 | 00:34:58 | 00:50:41 |
| 371 | 308 | FERNANDO ALMEIDA | M | C MILLENNIUM BCP | 76 | M4044 | 00:35:03 | 00:50:49 |
| 372 | 51 | MARCO CRISPIM | M | NEOFRIO | 115 | M2039 | 00:34:06 | 00:50:50 |
| 373 | 90 | RUI REMEDIOS | M | AMIGOS PARQUE PAZ | 77 | M4044 | 00:35:07 | 00:50:51 |
| 374 | 95 | RUI LOPES | M | AMIGOS PARQUE PAZ | 46 | M4549 | 00:35:06 | 00:50:51 |
| 375 | 614 | JOAO BEM | M | INDIVIDUAL | 116 | M2039 | 00:33:12 | 00:51:00 |
| 376 | 229 | ALBERTO CAROLINO | M | AA LEBRES SADO | 31 | M5559 | 00:35:30 | 00:51:01 |
| 377 | 609 | SILVERIO BRAS | M | INDIVIDUAL | 47 | M4549 | 00:33:44 | 00:51:01 |
| 378 | 174 | JOAQUIM SANTOS | M | AM Bº CASAL FIGUEIRAS | 117 | M2039 | 00:35:49 | 00:51:07 |
| 379 | 635 | RUI VIGOÇO | M | INDIVIDUAL | 26 | M6099 | 00:35:43 | 00:51:09 |
| 380 | 495 | ISABEL RODRIGUES | F | ADCR P JUDICIARIA | 7 | F3544 | 00:34:43 | 00:51:11 |
| 381 | 423 | JOSE NEVES | M | OS INDOMAVEIS | 32 | M5559 | 00:34:56 | 00:51:12 |

| <i>Class.</i> | <i>Nº.</i> | <i>Atleta</i> | <i>Sexo</i> | <i>Clube</i> | <i>Cla.Esc</i> | <i>Escalão</i> | <i>Controlo</i> | <i>Tempo</i> |
|---------------|------------|---------------------|-------------|---------------------|----------------|----------------|-----------------|--------------|
| 382 | 547 | HENRIQUE SOUSA | M | CSS PINHAL FRADES | 78 | M4044 | 00:35:17 | 00:51:12 |
| 383 | 663 | IOSEF BLETAN | M | GD SAO DOMINGOS | 48 | M4549 | 00:35:44 | 00:51:15 |
| 384 | 117 | PHEILIM O KANE | M | OS ZATOPEQUES | 53 | M5054 | 00:35:44 | 00:51:16 |
| 385 | 94 | RAUL FERREIRA | M | AMIGOS PARQUE PAZ | 49 | M4549 | 00:36:23 | 00:51:18 |
| 386 | 515 | JOSE MIRA | M | CD ASAS MILENIUM | 33 | M5559 | 00:34:57 | 00:51:18 |
| 387 | 13 | ANA BARATA | F | GD FABRIL | 3 | F4599 | 00:35:22 | 00:51:20 |
| 388 | 37 | JOSE TAVARES | M | CARACOIS DA MACHADA | 27 | M6099 | 00:35:52 | 00:51:20 |
| 389 | 499 | JOSE PAVAO | M | AÇOREANA C BANIF | 54 | M5054 | 00:35:20 | 00:51:22 |
| 390 | 694 | CUSTODIO JANUARIO | M | C FERROV PORTUGAL | 34 | M5559 | 00:35:30 | 00:51:24 |
| 391 | 474 | JOSE AMARAL | M | SUC | 118 | M2039 | 00:34:58 | 00:51:25 |
| 392 | 590 | PAULO NUNES | M | INDIVIDUAL | 119 | M2039 | 00:34:42 | 00:51:27 |
| 393 | 691 | MARTINS BARATA | M | C FERROV PORTUGAL | 28 | M6099 | 00:35:14 | 00:51:27 |
| 394 | 39 | DORO TOLEDO | M | CARACOIS DA MACHADA | 29 | M6099 | 00:35:23 | 00:51:39 |
| 395 | 23 | JOSE HORTA | M | INSEPARAVEIS ALMADA | 30 | M6099 | 00:35:19 | 00:51:41 |
| 396 | 399 | FERNANDO SANTOS | M | CP IVA | 31 | M6099 | 00:36:00 | 00:51:42 |
| 397 | 66 | JOSE MATOS | M | C SARGENTO ARMADA | 79 | M4044 | 00:36:13 | 00:51:50 |
| 398 | 24 | RUI CHAVES | M | QUIOSQUE MIRANTE | 80 | M4044 | 00:35:00 | 00:51:52 |
| 399 | 400 | RUFINO CESAR | M | CP IVA | 55 | M5054 | 00:35:33 | 00:51:55 |
| 400 | 59 | FRANCISCO CUNHA | M | CABRAL RUNNERS | 81 | M4044 | 00:35:47 | 00:51:57 |
| 401 | 228 | MANUEL SEQUEIRA | M | AA LEBRES SADO | 35 | M5559 | 00:35:29 | 00:51:57 |
| 402 | 206 | LUIS BILAU | M | SS CGD | 36 | M5559 | 00:35:51 | 00:51:59 |
| 403 | 678 | AUREA ATAIDE | F | INDIVIDUAL | 8 | F3544 | 00:35:41 | 00:52:04 |
| 404 | 329 | CARLOS SECO | M | GD AGUIAS MOITA | 50 | M4549 | 00:35:20 | 00:52:07 |
| 405 | 584 | EDUARDO P CORREIA | M | INDIVIDUAL | 82 | M4044 | 00:35:43 | 00:52:09 |
| 406 | 732 | PAULO AMARO | M | INDIVIDUAL | 120 | M2039 | 00:36:24 | 00:52:12 |
| 407 | 425 | ANTONIO CASTANHEIRA | M | OS INDOMAVEIS | 32 | M6099 | 00:35:42 | 00:52:14 |
| 408 | 508 | DINIS SANTOS | M | CD ASAS MILENIUM | 56 | M5054 | 00:35:24 | 00:52:15 |
| 409 | 716 | MARTA CABRAL | F | CN SESIMBRA | 11 | F2034 | 00:36:15 | 00:52:17 |
| 410 | 737 | JOAQUINA FLORES | F | INDIVIDUAL | 4 | F4599 | 00:36:14 | 00:52:17 |
| 411 | 31 | FRANCISCO ALCANTARA | M | REST CANT CAÇADOR | 121 | M2039 | 00:36:19 | 00:52:18 |
| 412 | 129 | FRANCISCO FARROPAS | M | CDR AGUIAS UNIDAS | 33 | M6099 | 00:36:15 | 00:52:18 |
| 413 | 35 | CARLOS RIBEIRO | M | REST CANT CAÇADOR | 122 | M2039 | 00:36:20 | 00:52:22 |
| 414 | 131 | JOSE FREITAS | M | CDR AGUIAS UNIDAS | 83 | M4044 | 00:36:22 | 00:52:23 |
| 415 | 53 | JOSE MARINHO | M | CCS EPUL | 34 | M6099 | 00:36:56 | 00:52:24 |
| 416 | 133 | JOAO ESPADA | M | CDR AGUIAS UNIDAS | 84 | M4044 | 00:36:21 | 00:52:24 |
| 417 | 270 | LUIS GONÇALVES | M | CCDT AUT ALMADA | 51 | M4549 | 00:36:29 | 00:52:26 |
| 418 | 653 | HELIO GODINHO | M | INDIVIDUAL | 37 | M5559 | 00:35:53 | 00:52:27 |
| 419 | 259 | MANUEL DANTAS | M | CCDT METRO LX | 35 | M6099 | 00:36:06 | 00:52:29 |
| 420 | 304 | ANTONIO MELO | M | C MILLENNIUM BCP | 36 | M6099 | 00:35:55 | 00:52:32 |
| 421 | 748 | HENRIQUE CABACEIRA | M | INDIVIDUAL | 52 | M4549 | 00:36:01 | 00:52:32 |
| 422 | 722 | JOSE AMARO | M | CCD EP LINHO | 123 | M2039 | 00:35:46 | 00:52:34 |
| 423 | 41 | JOSE BENTO | M | CARACOIS DA MACHADA | 38 | M5559 | 00:36:00 | 00:52:37 |
| 424 | 190 | LUIS BOTTO | M | SS CGD | 57 | M5054 | 00:36:21 | 00:52:40 |
| 425 | 647 | JORGE DURO | M | INDIVIDUAL | 124 | M2039 | 00:35:40 | 00:52:41 |
| 426 | 623 | PAULO GOULART | M | INDIVIDUAL | 85 | M4044 | 00:35:04 | 00:52:42 |
| 427 | 471 | EUSEBIO CAMACHO | M | CADT PORTUCEL | 58 | M5054 | 00:36:52 | 00:52:43 |
| 428 | 195 | FERNANDO ALVES | M | SS CGD | 53 | M4549 | 00:36:32 | 00:52:44 |
| 429 | 216 | JOAQUIM PEREIRA | M | AA LEBRES SADO | 37 | M6099 | 00:35:39 | 00:52:45 |

| <i>Class.</i> | <i>Nº.</i> | <i>Atleta</i> | <i>Sexo</i> | <i>Clube</i> | <i>Cla.Esc</i> | <i>Escalão</i> | <i>Controlo</i> | <i>Tempo</i> |
|---------------|------------|--------------------|-------------|---------------------|----------------|----------------|-----------------|--------------|
| 430 | 240 | MAYER RAPOSO | M | AA LEBRES SADO | 38 | M6099 | 00:35:31 | 00:52:45 |
| 431 | 395 | ANTONIO AGOSTINHO | M | CR ALVORADA | 39 | M6099 | 00:36:31 | 00:52:47 |
| 432 | 202 | CARLOS ALBANO | M | SS CGD | 125 | M2039 | 00:35:41 | 00:52:48 |
| 433 | 55 | JOAO MARTIRES | M | CLUBE ANACOM | 86 | M4044 | 00:36:20 | 00:52:49 |
| 434 | 40 | PAULO MADALENO | M | CARACOIS DA MACHADA | 87 | M4044 | 00:36:01 | 00:52:50 |
| 435 | 557 | ARMINDO CONSTANCIO | M | INDIVIDUAL | 126 | M2039 | 00:36:04 | 00:52:52 |
| 436 | 720 | LUIS CRUZ | M | VITORIA FC | 127 | M2039 | 00:35:08 | 00:52:52 |
| 437 | 680 | JOSE OLIVEIRA | M | INDIVIDUAL | 128 | M2039 | 00:35:22 | 00:52:55 |
| 438 | 75 | MAGNIFICA ALVAREDO | F | C SARGENTO ARMADA | 5 | F4599 | 00:36:22 | 00:52:56 |
| 439 | 168 | JORGE PENEDO | M | GRUPO S BERNARDO | 54 | M4549 | 00:37:04 | 00:52:59 |
| 440 | 574 | JOAO M COSTA | M | INDIVIDUAL | 39 | M5559 | 00:36:17 | 00:53:01 |
| 441 | 479 | JOSE NAPOLEAO | M | GDCT REPSOL | 40 | M5559 | 00:36:37 | 00:53:04 |
| 442 | 191 | PAULO PIRES | M | SS CGD | 88 | M4044 | 00:36:14 | 00:53:05 |
| 443 | 618 | HELENA OLIVEIRA | F | INDIVIDUAL | 6 | F4599 | 00:35:55 | 00:53:07 |
| 444 | 109 | RUI CARNEIRO | M | JOAO CARNEIRO SAD | 59 | M5054 | 00:36:47 | 00:53:10 |
| 445 | 638 | CELIA NUNO | F | INDIVIDUAL | 9 | F3544 | 00:36:28 | 00:53:12 |
| 446 | 353 | FERNANDA COSTA | F | AA MAFRA | 7 | F4599 | 00:36:03 | 00:53:17 |
| 447 | 622 | JOSE MALES | M | INDIVIDUAL | 60 | M5054 | 00:36:17 | 00:53:18 |
| 448 | 616 | JORGE PAULO | M | INDIVIDUAL | 61 | M5054 | 00:00:00 | 00:53:21 |
| 449 | 600 | FILIPE DUARTE | M | INDIVIDUAL | 129 | M2039 | 00:35:59 | 00:53:25 |
| 450 | 582 | JOSE A C SANTOS | M | INDIVIDUAL | 55 | M4549 | 00:36:35 | 00:53:28 |
| 451 | 234 | MARCOS FERREIRA | M | AA LEBRES SADO | 40 | M6099 | 00:36:09 | 00:53:32 |
| 452 | 747 | ANA FRUTUOSO | F | INDIVIDUAL | 12 | F2034 | 00:36:30 | 00:53:34 |
| 453 | 32 | HERCULANO ALVES | M | REST CANT CAÇADOR | 89 | M4044 | 00:36:36 | 00:53:35 |
| 454 | 56 | PAULO SILVA | M | ATLETICO S J LAMPAS | 130 | M2039 | 00:37:06 | 00:53:36 |
| 455 | 575 | JOAO L SANTOS | M | INDIVIDUAL | 56 | M4549 | 00:36:19 | 00:53:41 |
| 456 | 264 | TERESA LOPES | F | CCDT METRO LX | 10 | F3544 | 00:36:50 | 00:53:44 |
| 457 | 203 | HELDER VALENTE | M | SS CGD | 131 | M2039 | 00:36:21 | 00:53:46 |
| 458 | 266 | ALEXANDRE CORREIA | M | CCDT AUT ALMADA | 132 | M2039 | 00:37:37 | 00:53:50 |
| 459 | 267 | BRUNO COSTA | M | CCDT AUT ALMADA | 133 | M2039 | 00:37:37 | 00:53:50 |
| 460 | 649 | ALFREDO PINHAL | M | INDIVIDUAL | 41 | M5559 | 00:37:19 | 00:53:51 |
| 461 | 439 | ADELINO BARROS | M | ACD CALVELO | 57 | M4549 | 00:36:29 | 00:53:52 |
| 462 | 498 | HOMERO MAGALHAES | M | AÇOREANA C BANIF | 134 | M2039 | 00:37:05 | 00:53:52 |
| 463 | 656 | MANUEL MARTINS | M | LIRIO CAMPO | 135 | M2039 | 00:36:22 | 00:53:52 |
| 464 | 492 | ELISABETE BARREIRA | F | GD CD LEIAO | 13 | F2034 | 00:36:27 | 00:53:57 |
| 465 | 205 | HELENA MEDEIRO | F | SS CGD | 11 | F3544 | 00:37:30 | 00:53:59 |
| 466 | 636 | JOAO P S LIMA | M | INDIVIDUAL | 58 | M4549 | 00:37:27 | 00:53:59 |
| 467 | 250 | JOAO CONSTANCIO | M | CCDT METRO LX | 41 | M6099 | 00:37:29 | 00:54:00 |
| 468 | 580 | FIRMINO MARQUES | M | INDIVIDUAL | 62 | M5054 | 00:36:07 | 00:54:03 |
| 469 | 326 | TELMO GREGA | M | GD AGUIAS MOITA | 12 | M1819 | 00:00:00 | 00:54:06 |
| 470 | 331 | FRANCISCO ZANARIO | M | GD AGUIAS MOITA | 59 | M4549 | 00:00:00 | 00:54:06 |
| 471 | 453 | MARIA NOVAIS | F | GDU CAXIENSES | 12 | F3544 | 00:37:51 | 00:54:06 |
| 472 | 223 | CARLOS PEREIRA | M | AA LEBRES SADO | 63 | M5054 | 00:36:55 | 00:54:10 |
| 473 | 742 | JORGE RAMALHO | M | GD MACEDO OCULISTA | 90 | M4044 | 00:36:55 | 00:54:11 |
| 474 | 29 | MANUEL BARBOSA | M | REST CANT CAÇADOR | 136 | M2039 | 00:37:04 | 00:54:13 |
| 475 | 417 | JOSE DIAS | M | CLUBE AUTOCOOPE | 64 | M5054 | 00:35:57 | 00:54:16 |
| 476 | 36 | JOSE LOPES | M | REST CANT CAÇADOR | 137 | M2039 | 00:36:43 | 00:54:18 |
| 477 | 735 | ISABEL MOLEIRO | F | INDIVIDUAL | 13 | F3544 | 00:37:22 | 00:54:19 |

| <i>Class.</i> | <i>Nº.</i> | <i>Atleta</i> | <i>Sexo</i> | <i>Clube</i> | <i>Cla.Esc</i> | <i>Escalão</i> | <i>Controlo</i> | <i>Tempo</i> |
|---------------|------------|--------------------|-------------|--------------------|----------------|----------------|-----------------|--------------|
| 478 | 25 | MANUEL FERREIRA | M | QUIOSQUE MIRANTE | 42 | M6099 | 00:36:24 | 00:54:24 |
| 479 | 246 | FERNANDO CARDOSO | M | CCDT METRO LX | 42 | M5559 | 00:37:30 | 00:54:27 |
| 480 | 167 | AMERICO LOPES | M | GRUPO S BERNARDO | 60 | M4549 | 00:37:15 | 00:54:29 |
| 481 | 480 | NUNO SANTOS | M | PLUMAS | 138 | M2039 | 00:37:07 | 00:54:30 |
| 482 | 332 | JAIME MESTRE | M | GD AGUIAS MOITA | 139 | M2039 | 00:36:44 | 00:54:32 |
| 483 | 634 | AUGUSTO SEMEDO | M | INDIVIDUAL | 65 | M5054 | 00:37:20 | 00:54:35 |
| 484 | 571 | CARLOS MIRANDA | M | INDIVIDUAL | 61 | M4549 | 00:37:31 | 00:54:38 |
| 485 | 570 | JORGE LOZANO | M | INDIVIDUAL | 62 | M4549 | 00:37:31 | 00:54:39 |
| 486 | 565 | JOAO LANDEIRO | M | INDIVIDUAL | 43 | M6099 | 00:36:52 | 00:54:40 |
| 487 | 188 | PAULO CORDEIRO | M | SUC | 43 | M5559 | 00:36:45 | 00:54:43 |
| 488 | 300 | CARLOS TOME | M | C MILLENNIUM BCP | 44 | M5559 | 00:37:24 | 00:54:44 |
| 489 | 592 | VALDEMAR PEREIRA | M | INDIVIDUAL | 45 | M5559 | 00:37:25 | 00:54:44 |
| 490 | 686 | AMELIA GONÇALVES | M | INDIVIDUAL | 140 | M2039 | 00:37:14 | 00:54:47 |
| 491 | 548 | JOSE SANTOS | M | GDCT BES | 44 | M6099 | 00:37:12 | 00:54:48 |
| 492 | 481 | ANTONIO MOURA | M | PLUMAS | 66 | M5054 | 00:37:21 | 00:54:51 |
| 493 | 501 | PEDRO BURGUETTE | M | AÇOREANA C BANIF | 141 | M2039 | 00:37:22 | 00:54:53 |
| 494 | 315 | OSCAR MARQUES | M | C MILLENNIUM BCP | 46 | M5559 | 00:37:38 | 00:54:59 |
| 495 | 510 | FERNANDO PEREIRA | M | CD ASAS MILENIUM | 91 | M4044 | 00:36:47 | 00:55:01 |
| 496 | 685 | ISABEL OLIVEIRA | F | INDIVIDUAL | 14 | F3544 | 00:37:18 | 00:55:03 |
| 497 | 289 | HENRIQUE MARÇAL | M | GD SANTANDER TOTTA | 47 | M5559 | 00:37:54 | 00:55:04 |
| 498 | 284 | JOAO COSTA | M | GD SANTANDER TOTTA | 142 | M2039 | 00:37:36 | 00:55:05 |
| 499 | 82 | JOSE PEREIRA | M | UDCA | 67 | M5054 | 00:38:40 | 00:55:07 |
| 500 | 640 | DIOGO GOUVEIA | M | INDIVIDUAL | 143 | M2039 | 00:37:41 | 00:55:12 |
| 501 | 144 | JOAO VENCES | M | GDCT BES | 68 | M5054 | 00:37:49 | 00:55:14 |
| 502 | 478 | MANUEL SANTOS | M | GDCT REPSOL | 45 | M6099 | 00:37:40 | 00:55:14 |
| 503 | 558 | MARIO CONSTANCIO | M | INDIVIDUAL | 144 | M2039 | 00:36:50 | 00:55:22 |
| 504 | 397 | JOSE SILVA | M | CP IVA | 46 | M6099 | 00:37:58 | 00:55:24 |
| 505 | 660 | EUGENIA VALE | F | GD SAO DOMINGOS | 8 | F4599 | 00:38:31 | 00:55:34 |
| 506 | 226 | CAETANO SILVEIRA | M | AA LEBRES SADO | 47 | M6099 | 00:38:09 | 00:55:35 |
| 507 | 519 | ELIANA PEGORETTI | F | O MUNDO CORRIDA | 15 | F3544 | 00:38:04 | 00:55:38 |
| 508 | 607 | CARLOS COELHO | M | INDIVIDUAL | 63 | M4549 | 00:37:44 | 00:55:48 |
| 509 | 110 | JOAO CARNEIRO | M | JOAO CARNEIRO SAD | 64 | M4549 | 00:38:17 | 00:55:55 |
| 510 | 280 | JOSE RIBEIRO | M | GD SANTANDER TOTTA | 48 | M6099 | 00:38:40 | 00:55:55 |
| 511 | 170 | JOAO MAFRA | M | A TENIS SESIMBRA | 145 | M2039 | 00:38:13 | 00:56:03 |
| 512 | 301 | LEONEL FERREIRINHA | M | C MILLENNIUM BCP | 49 | M6099 | 00:38:52 | 00:56:04 |
| 513 | 52 | JOAQUIM CARPELHO | M | CCS EPUL | 48 | M5559 | 00:38:35 | 00:56:07 |
| 514 | 568 | FILIPE BRAGA | M | INDIVIDUAL | 13 | M1819 | 00:37:26 | 00:56:13 |
| 515 | 302 | FERNANDO LEMOS | M | C MILLENNIUM BCP | 49 | M5559 | 00:00:00 | 00:56:20 |
| 516 | 392 | PAULO RIBEIRO | M | C PETER PAN SINTRA | 146 | M2039 | 00:38:32 | 00:56:21 |
| 517 | 424 | JERONIMO SANTOS | M | OS INDOMAVEIS | 50 | M6099 | 00:38:21 | 00:56:23 |
| 518 | 542 | BERNARDO SARMENTO | M | UR DAFUNDO | 92 | M4044 | 00:38:53 | 00:56:26 |
| 519 | 514 | AGOSTINHO MARQUES | M | CD ASAS MILENIUM | 69 | M5054 | 00:39:04 | 00:56:31 |
| 520 | 364 | JOSE PRAÇA | M | GDCT UNICRE | 51 | M6099 | 00:38:51 | 00:56:32 |
| 521 | 668 | ANTONIO MARTINS | M | LIRIO CAMPO | 147 | M2039 | 00:38:20 | 00:56:33 |
| 522 | 307 | LUDGERO RODRIGUES | M | C MILLENNIUM BCP | 70 | M5054 | 00:36:46 | 00:56:39 |
| 523 | 119 | RUI ALBERTO | M | OS ZATOPEQUES | 50 | M5559 | 00:00:00 | 00:56:40 |
| 524 | 697 | MANUEL ANTONIO | M | C FERROV PORTUGAL | 71 | M5054 | 00:39:03 | 00:56:42 |
| 525 | 698 | LUISA SOARES | F | C FERROV PORTUGAL | 9 | F4599 | 00:39:04 | 00:56:42 |

| <i>Class.</i> | <i>Nº.</i> | <i>Atleta</i> | <i>Sexo</i> | <i>Clube</i> | <i>Cla.Esc</i> | <i>Escalão</i> | <i>Controlo</i> | <i>Tempo</i> |
|---------------|------------|--------------------|-------------|---------------------|----------------|----------------|-----------------|--------------|
| 526 | 48 | HENRIQUE FERREIRA | M | URD ARANHO | 148 | M2039 | 00:38:11 | 00:56:43 |
| 527 | 318 | ANTONIO PEREIRA | M | GDC BANCO PORTUGAL | 52 | M6099 | 00:38:59 | 00:56:44 |
| 528 | 391 | JOSE CARLOS | M | C PETER PAN SINTRA | 53 | M6099 | 00:38:37 | 00:56:48 |
| 529 | 91 | LUIS ROQUE | M | AMIGOS PARQUE PAZ | 149 | M2039 | 00:38:16 | 00:56:50 |
| 530 | 496 | ANTONIO CARVALHO | M | AÇOREANA C BANIF | 72 | M5054 | 00:38:27 | 00:56:52 |
| 531 | 378 | FERNANDO PEREIRA | M | CCDT CM LOURES | 54 | M6099 | 00:39:01 | 00:56:54 |
| 532 | 447 | FERNANDO MAGALHAES | M | CCD EFACEC LX | 73 | M5054 | 00:38:45 | 00:56:54 |
| 533 | 441 | INACIO GONCALVES | M | GD MACEDO OCULISTA | 51 | M5559 | 00:38:36 | 00:56:56 |
| 534 | 645 | ARLINDO SILVA | M | INDIVIDUAL | 55 | M6099 | 00:38:56 | 00:56:56 |
| 535 | 624 | HELENA MOREIRA | F | INDIVIDUAL | 14 | F2034 | 00:39:28 | 00:57:05 |
| 536 | 706 | RUI SIMOES | M | INDIVIDUAL | 150 | M2039 | 00:38:42 | 00:57:05 |
| 537 | 74 | FERNANDO OLIVEIRA | M | C SARGENTO ARMADA | 74 | M5054 | 00:39:02 | 00:57:07 |
| 538 | 135 | ARMANDO ANDRADE | M | CDR AGUIAS UNIDAS | 56 | M6099 | 00:39:08 | 00:57:08 |
| 539 | 511 | HELENA CUNHA | F | CD ASAS MILENIUM | 10 | F4599 | 00:39:04 | 00:57:09 |
| 540 | 516 | ISAAC DINIS | M | CD ASAS MILENIUM | 52 | M5559 | 00:39:07 | 00:57:10 |
| 541 | 102 | JOSE PIRES | M | DEIXA PASSAR | 151 | M2039 | 00:39:19 | 00:57:13 |
| 542 | 269 | JOSE GONÇALVES | M | CCDT AUT ALMADA | 53 | M5559 | 00:38:18 | 00:57:21 |
| 543 | 274 | ANTONIO PEREIRA | M | GD SANTANDER TOTTA | 93 | M4044 | 00:38:58 | 00:57:27 |
| 544 | 513 | JOSE FERRABELO | M | CD ASAS MILENIUM | 54 | M5559 | 00:39:06 | 00:57:27 |
| 545 | 54 | ISABEL RODRIGUES | F | CLUBE ANACOM | 16 | F3544 | 00:39:03 | 00:57:29 |
| 546 | 577 | EBERHARD WILHELM | M | INDIVIDUAL | 57 | M6099 | 00:39:06 | 00:57:32 |
| 547 | 260 | ORLANDO SOUSA | M | CCDT METRO LX | 65 | M4549 | 00:39:37 | 00:57:33 |
| 548 | 648 | LUIS M COSTA | M | INDIVIDUAL | 58 | M6099 | 00:38:58 | 00:57:36 |
| 549 | 533 | VITOR PETINGA | M | C BENFICA ALHANDRA | 59 | M6099 | 00:39:02 | 00:57:53 |
| 550 | 563 | NIDIA SILVA | F | INDIVIDUAL | 11 | F4599 | 00:39:10 | 00:57:56 |
| 551 | 67 | JORGE NETO | M | C SARGENTO ARMADA | 94 | M4044 | 00:38:28 | 00:57:57 |
| 552 | 669 | BRUNO NETO | M | C SARGENTO ARMADA | 14 | M1819 | 00:38:30 | 00:57:57 |
| 553 | 585 | HUGO PINTO | M | INDIVIDUAL | 152 | M2039 | 00:39:27 | 00:58:01 |
| 554 | 64 | ALEXANDRE COSTA | M | C SARGENTO ARMADA | 153 | M2039 | 00:38:44 | 00:58:02 |
| 555 | 487 | LUIS TORRAO | M | AA LEBRES SADO | 75 | M5054 | 00:39:14 | 00:58:10 |
| 556 | 393 | ZIGORIO BORLOT | M | CR ALVORADA | 66 | M4549 | 00:38:31 | 00:58:18 |
| 557 | 452 | RICARDO SEPULVEDA | M | CCD EFACEC LX | 154 | M2039 | 00:39:08 | 00:58:32 |
| 558 | 196 | LUIS SANTAREM | M | SS CGD | 76 | M5054 | 00:39:55 | 00:58:54 |
| 559 | 358 | PAULO DUARTE | M | GDCT UNICRE | 95 | M4044 | 00:34:14 | 00:59:01 |
| 560 | 361 | GONÇALO OLIVEIRA | M | GDCT UNICRE | 67 | M4549 | 00:38:29 | 00:59:01 |
| 561 | 210 | PAULO BILAO | M | SS CGD | 155 | M2039 | 00:39:23 | 00:59:04 |
| 562 | 253 | JOAO CUNHA | M | CCDT METRO LX | 68 | M4549 | 00:39:37 | 00:59:17 |
| 563 | 22 | JOSE BARREIROS | M | INSEPARAVEIS ALMADA | 60 | M6099 | 00:40:46 | 00:59:24 |
| 564 | 275 | JOSE SIMOES | M | GD SANTANDER TOTTA | 55 | M5559 | 00:40:42 | 00:59:25 |
| 565 | 562 | CARLA MATOS | F | INDIVIDUAL | 17 | F3544 | 00:00:00 | 00:59:30 |
| 566 | 165 | SERGIO CARVALHO | F | GATOS FEDORENTOS | 12 | F4599 | 00:40:48 | 00:59:33 |
| 567 | 219 | FILINTO GROSSO | M | AA LEBRES SADO | 61 | M6099 | 00:40:17 | 00:59:33 |
| 568 | 247 | FERNANDO FERNANDES | M | CCDT METRO LX | 56 | M5559 | 00:40:47 | 00:59:41 |
| 569 | 312 | NUNO FERRAO | M | C MILLENNIUM BCP | 96 | M4044 | 00:41:30 | 00:59:41 |
| 570 | 164 | MARIO RODRIGUES | M | GATOS FEDORENTOS | 57 | M5559 | 00:40:45 | 00:59:49 |
| 571 | 211 | GERALDO LOURENÇO | M | C PRAÇAS ARMADA | 62 | M6099 | 00:40:54 | 00:59:50 |
| 572 | 446 | ADELINO CASTRO | M | CCD EFACEC LX | 58 | M5559 | 00:40:23 | 00:59:51 |
| 573 | 68 | ANTONIO PEREIRA | M | C SARGENTO ARMADA | 97 | M4044 | 00:40:39 | 00:59:52 |

| <i>Class.</i> | <i>Nº.</i> | <i>Atleta</i> | <i>Sexo</i> | <i>Clube</i> | <i>Cla.Esc</i> | <i>Escalão</i> | <i>Controlo</i> | <i>Tempo</i> |
|---------------|------------|-------------------|-------------|-----------------------|----------------|----------------|-----------------|--------------|
| 574 | 181 | VANESSA COELHO | F | AM Bº CASAL FIGUEIRAS | 15 | F2034 | 00:40:32 | 00:59:52 |
| 575 | 746 | JOSE BATISTA | M | INDIVIDUAL | 77 | M5054 | 00:40:10 | 00:59:52 |
| 576 | 69 | ANA PINTO | F | C SARGENTO ARMADA | 13 | F4599 | 00:40:39 | 00:59:53 |
| 577 | 700 | ANTONIO PEIXE | M | GD LACEROTE | 63 | M6099 | 00:41:21 | 00:59:53 |
| 578 | 295 | LEONEL BRANDAO | M | C MILLENNIUM BCP | 98 | M4044 | 00:40:21 | 01:00:19 |
| 579 | 313 | RUI RODRIGUES | M | C MILLENNIUM BCP | 156 | M2039 | 00:39:19 | 01:00:20 |
| 580 | 641 | JOSE G PEREIRA | M | INDIVIDUAL | 59 | M5559 | 00:39:38 | 01:00:20 |
| 581 | 225 | VITOR REIS | M | AA LEBRES SADO | 60 | M5559 | 00:41:22 | 01:00:21 |
| 582 | 238 | LUIZA CAROÇO | F | AA LEBRES SADO | 14 | F4599 | 00:41:22 | 01:00:21 |
| 583 | 198 | ANDRE NORONHA | M | SS CGD | 99 | M4044 | 00:41:19 | 01:00:27 |
| 584 | 208 | PAULO NUNES | M | SS CGD | 100 | M4044 | 00:40:58 | 01:00:27 |
| 585 | 443 | ROSINDA GONÇALVES | F | GD MACEDO OCULISTA | 15 | F4599 | 00:42:18 | 01:01:03 |
| 586 | 613 | HERLANDER BRAZ | M | INDIVIDUAL | 69 | M4549 | 00:41:47 | 01:01:27 |
| 587 | 143 | ANTONIO BARATA | M | GDCT BES | 157 | M2039 | 00:41:14 | 01:01:48 |
| 588 | 679 | ALFREDO ZEGRE | M | INDIVIDUAL | 64 | M6099 | 00:41:27 | 01:01:48 |
| 589 | 405 | FREDERICO VIEIRA | M | CCDT CM SETUBAL | 158 | M2039 | 00:44:01 | 01:01:59 |
| 590 | 26 | JOSE MENDONÇA | M | REST CANT CAÇADOR | 78 | M5054 | 00:41:44 | 01:02:09 |
| 591 | 555 | BENTO FERREIRA | M | INDIVIDUAL | 65 | M6099 | 00:42:48 | 01:02:10 |
| 592 | 549 | NUNO OLIVEIRA | M | # 1 | 159 | M2039 | 00:41:02 | 01:02:15 |
| 593 | 583 | RUI MARINHO | M | INDIVIDUAL | 79 | M5054 | 00:41:58 | 01:02:37 |
| 594 | 398 | RUI PEDRO | M | CP IVA | 61 | M5559 | 00:42:26 | 01:02:57 |
| 595 | 652 | JOSE P HENRIQUES | M | INDIVIDUAL | 62 | M5559 | 00:42:57 | 01:03:23 |
| 596 | 419 | ANA PAULA | F | CLUBE AUTOCOOPE | 16 | F2034 | 00:41:42 | 01:03:32 |
| 597 | 21 | MANUEL MARTINS | M | INSEPARAVEIS ALMADA | 66 | M6099 | 00:43:10 | 01:03:47 |
| 598 | 377 | JOAO RAMOS | M | CCDT CM LOURES | 67 | M6099 | 00:42:46 | 01:03:53 |
| 599 | 699 | PAULO JANUARIO | M | C FERROV PORTUGAL | 160 | M2039 | 00:41:56 | 01:04:23 |
| 600 | 34 | JOAO FERREIRA | M | REST CANT CAÇADOR | 161 | M2039 | 00:43:47 | 01:04:35 |
| 601 | 448 | MANUEL GOMES | M | CCD EFACEC LX | 68 | M6099 | 00:44:17 | 01:04:35 |
| 602 | 738 | PAULO FERNANDES | M | AA LEBRES SADO | 162 | M2039 | 00:43:44 | 01:04:46 |
| 603 | 567 | ALEXANDRE GASPAR | M | INDIVIDUAL | 80 | M5054 | 00:43:34 | 01:04:57 |
| 604 | 464 | VITOR RODRIGUES | M | ADCR P JUDICIARIA | 63 | M5559 | 00:45:32 | 01:05:00 |
| 605 | 440 | ARTUR DINIS | M | GD MACEDO OCULISTA | 81 | M5054 | 00:44:37 | 01:05:01 |
| 606 | 442 | PAULA COUTO | F | GD MACEDO OCULISTA | 16 | F4599 | 00:44:37 | 01:05:01 |
| 607 | 44 | MANUEL MENDES | M | CARACOIS DA MACHADA | 69 | M6099 | 00:00:00 | 01:05:02 |
| 608 | 411 | JULIO SANTOS | M | GD LACEROTE | 70 | M4549 | 00:43:41 | 01:05:05 |
| 609 | 422 | JOAO GRAÇA | M | CLUBE AUTOCOOPE | 70 | M6099 | 00:45:19 | 01:05:37 |
| 610 | 629 | ANA RAPOSO | F | INDIVIDUAL | 17 | F2034 | 00:44:33 | 01:05:44 |
| 611 | 543 | LUCILIA BRITO | F | UR DAFUNDO | 17 | F4599 | 00:43:19 | 01:05:47 |
| 612 | 598 | ANA ESPECIAL | F | INDIVIDUAL | 18 | F2034 | 00:44:38 | 01:05:47 |
| 613 | 599 | DANIEL LEITAO | M | INDIVIDUAL | 163 | M2039 | 00:44:38 | 01:05:47 |
| 614 | 617 | TANIA LOURENÇO | F | INDIVIDUAL | 19 | F2034 | 00:41:23 | 01:05:48 |
| 615 | 33 | JOEL FERREIRA | M | REST CANT CAÇADOR | 164 | M2039 | 00:44:23 | 01:06:11 |
| 616 | 456 | GLORIA RAMALHO | F | GDU CAXIENSES | 18 | F3544 | 00:45:25 | 01:06:28 |
| 617 | 596 | CLAUDIA BARBOSA | F | INDIVIDUAL | 20 | F2034 | 00:45:16 | 01:06:40 |
| 618 | 272 | MARIA BARROSO | F | CCDT AUT ALMADA | 18 | F4599 | 00:45:17 | 01:07:10 |
| 619 | 715 | ANDREIA MARVILHAS | F | CN SESIMBRA | 21 | F2034 | 00:45:15 | 01:07:10 |
| 620 | 560 | MARIO J SANTOS | M | INDIVIDUAL | 165 | M2039 | 00:44:20 | 01:07:58 |
| 621 | 118 | JOSE MAIO | M | OS ZATOPEQUES | 64 | M5559 | 00:45:16 | 01:08:23 |

| <i>Class.</i> | <i>Nº.</i> | <i>Atleta</i> | <i>Sexo</i> | <i>Clube</i> | <i>Cla.Esc</i> | <i>Escalão</i> | <i>Controlo</i> | <i>Tempo</i> |
|---------------|------------|-------------------|-------------|---------------------|----------------|----------------|-----------------|--------------|
| 622 | 159 | ANTONIO CASCAIS | M | REST BARCA DELTA | 101 | M4044 | 00:45:14 | 01:08:23 |
| 623 | 587 | CARLOS CLARO | M | INDIVIDUAL | 71 | M6099 | 00:47:26 | 01:09:04 |
| 624 | 163 | PAULO RODRIGUES | M | GATOS FEDORENTOS | 166 | M2039 | 00:47:24 | 01:10:28 |
| 625 | 169 | JOHN JOHNSON | M | GRUPO S BERNARDO | 72 | M6099 | 00:47:22 | 01:10:41 |
| 626 | 38 | JOAO VAZ | M | CARACOIS DA MACHADA | 102 | M4044 | 00:00:00 | 01:10:47 |
| 627 | 355 | FELICIDADE MENDES | F | INDIVIDUAL | 19 | F4599 | 00:00:00 | 01:10:47 |
| 628 | 544 | GRAÇA PAQUETE | F | UR DAFUNDO | 19 | F3544 | 00:49:07 | 01:12:04 |
| 629 | 214 | ANTONIO CAROÇO | M | AA LEBRES SADO | 82 | M5054 | 00:47:27 | 01:12:07 |
| 630 | 644 | IDALECIANO VIEGAS | M | INDIVIDUAL | 73 | M6099 | 00:45:14 | 01:12:14 |
| 631 | 749 | BRUNO CARIDADE | M | INDIVIDUAL | 1 | M0017 | 00:47:31 | 01:13:41 |
| 632 | 683 | ALIPIO CHAGAS | M | INDIVIDUAL | 74 | M6099 | 00:49:07 | 01:14:33 |
| 633 | 655 | MARIA GOMES | F | INDIVIDUAL | 20 | F4599 | 00:50:41 | 01:15:43 |
| 634 | 294 | JOSE ARRUDA | M | C MILLENNIUM BCP | 65 | M5559 | 00:52:06 | 01:16:33 |
| 635 | 303 | FOCK YOT | F | C MILLENNIUM BCP | 21 | F4599 | 00:52:07 | 01:16:33 |
| 636 | 522 | HERMINIO VICENTE | M | ARSC TOLEDO | 167 | M2039 | 00:00:00 | 01:22:06 |
| 637 | 525 | EMANUEL MARQUES | M | ARSC TOLEDO | 168 | M2039 | 00:00:00 | 01:22:06 |