

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1	1208	Pedro Nogueira	00:16:19	00:33:21	00:33:18	1	www.ESTABIL.pt	Senior	1
2	1609	Miguel Fortunato	00:16:21	00:33:26	00:33:23	3	Alhandra Sporting Club	Junior	1
3	1667	Claudio Cardoso	00:16:36	00:33:27	00:33:21	2	Associação de Moradores do Atibá	V35	1
4	1666	Marco Mello	00:16:36	00:33:31	00:33:28	4	Associação de Moradores do Atibá	V45	1
5	1205	Jorge Cruz	00:16:42	00:34:31	00:34:27	5	www.ESTABIL.pt	V50	1
6	1607	Tiago Pinto	00:17:12	00:34:53	00:34:49	6	Alhandra Sporting Club	Junior	2
7	1610	Nuno Ribeiro	00:16:57	00:34:57	00:34:53	7	Alhandra Sporting Club	Senior	2
8	1085	Luís Santos	00:17:12	00:35:01	00:34:58	8	Amigos Atletismo Mafra	Senior	3
9	1608	Joaquim Cerqueira	00:17:29	00:35:32	00:35:28	9	Alhandra Sporting Club	Junior	3
10	1601	Diogo Gonçalves	00:17:29	00:35:50	00:35:46	10	Alhandra Sporting Club	Junior	4
11	902	João Prisal	00:17:36	00:35:51	00:35:47	11		V40	1
12	1261	Rui Belo	00:17:23	00:35:53	00:35:47	12		V40	2
13	1669	Paulo Santos	00:17:35	00:35:53	00:35:48	13	Associação de Moradores do Atibá	V45	2
14	759	Rui Ribeiro	00:17:12	00:35:59	00:35:54	14	Engidro	Senior	4
15	328	Nuno Silva	00:17:43	00:36:24	00:36:20	15		Senior	5
16	1560	Pedro Vilaverde	00:17:49	00:36:26	00:36:22	16		Senior	6
17	1209	Joel Rodrigues	00:18:04	00:36:27	00:36:23	17	www.ESTABIL.pt	V40	3
18	1104	Eduardo Eustaquio	00:18:04	00:36:31	00:36:26	18	Amigos Atletismo Mafra	V50	2
19	484	Claudio Paulinho	00:18:03	00:36:33	00:36:28	19		Senior	7
20	15	Pedro Machado	00:18:06	00:36:45	00:36:41	20		Senior	8

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
21	1670	José Heitor	00:18:03	00:36:46	00:36:42	22	Associação de Moradores do Atibá	V50	3
22	1671	Pedro Marques	00:18:02	00:36:46	00:36:42	23	Associação de Moradores do Atibá	V35	2
23	1668	Telmo Silva	00:18:02	00:36:46	00:36:42	21	Associação de Moradores do Atibá	V35	3
24	1672	José Dias	00:18:13	00:37:19	00:37:14	24	Associação de Moradores do Atibá	V35	4
25	1603	João Queirós	00:17:50	00:37:22	00:37:17	25	Alhandra Sporting Club	Junior	5
26	1183	Tony Paulos	00:18:20	00:37:58	00:37:54	27		V40	4
27	680	Ricardo Silva	00:18:53	00:37:58	00:37:53	26		Senior	9
28	347	Ricardo Morgado	00:18:29	00:38:00	00:37:55	28	Certoma	V35	5
29	1604	João Guerra	00:18:35	00:38:01	00:37:56	29	Alhandra Sporting Club	Junior	6
30	331	Fernando Miranda	00:18:45	00:38:17	00:38:09	31	DAC-Drogaria America	V40	5
31	337	Paulo Delgado	00:18:45	00:38:18	00:38:08	30	DAC-Drogaria America	V45	3
32	855	Miguel Silva	00:19:01	00:38:30	00:38:24	32	Plásticos Molding	V45	4
33	760	Anibal Costa	00:19:13	00:38:36	00:38:30	33		V45	5
34	1458	Alexandra Sousa	00:19:02	00:38:43	00:38:39	35	GFD Running	Senior	1
35	1032	António Santos	00:18:54	00:38:47	00:38:39	36	G. D. I. N. E.	V55	1
36	360	Jaime Mauricio	00:19:12	00:38:48	00:38:43	37		V40	6
37	1033	Francisco Serrano	00:19:07	00:39:11	00:39:05	39	G. D. I. N. E.	V40	7
38	163	Ricardo Jorge	00:19:22	00:39:19	00:39:15	41		V35	6
39	56	Raul Coelho	00:19:15	00:39:21	00:39:17	42		V35	7
40	818	Joel Rodrigues	00:19:07	00:39:25	00:39:20	43		V35	8

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
41	290	Duarte Costa	00:18:54	00:39:25	00:39:21	44		Senior	10
42	438	Pedro Rodrigues	00:20:18	00:39:27	00:38:32	34		V45	6
43	96	Helio Marques	00:19:11	00:39:28	00:39:23	45		V40	8
44	1024	Pedro Ferreira	00:20:09	00:39:32	00:39:03	38	RB RUNNING	V45	7
45	582	Pedro Marques	00:19:53	00:39:35	00:39:28	46	Grupo Desportivo de Chelas	V40	9
46	93	Mihai Ticu	00:19:51	00:39:38	00:39:09	40		Senior	11
47	22	Pedro Soares	00:19:02	00:39:38	00:39:28	47		V35	9
48	1602	Gabriela Ribeiro	00:19:31	00:39:39	00:39:32	48	Alhandra Sporting Club	Junior	1
49	1614	Pedro Leitão	00:19:30	00:39:39	00:39:33	49	Alhandra Sporting Club	Senior	12
50	804	Hugo Silva	00:19:28	00:39:42	00:39:36	50	Os Galgos	Senior	13
51	797	Isidro Duarte	00:19:52	00:39:45	00:39:36	51	RB RUNNING	V45	8
52	1182	Eduardo Quaresma	00:19:51	00:39:48	00:39:41	54		V35	10
53	166	Jose Esteves	00:20:00	00:39:50	00:39:41	53	Tartarugas Solidarias	V50	4
54	1127	Cláudio Rocha	00:19:44	00:39:51	00:39:46	56		V40	10
55	308	Jorge Fonseca	00:19:59	00:39:52	00:39:47	58	TRADUPRIME RUNNING TEAM	V35	11
56	1656	Nuno Almeida	00:19:55	00:39:53	00:39:44	55	Holmes Place	V35	12
57	1151	Joaquim Dias	00:19:45	00:39:55	00:39:37	52		V40	11
58	336	António Lopes	00:20:00	00:39:55	00:39:47	57	DAC-Drogaria America	V50	5
59	917	Filipe Vintém	00:19:31	00:39:56	00:39:50	61	Colara / Pontevel a Mexer	V35	13
60	335	Almiro Feijão	00:20:00	00:39:57	00:39:54	64	DAC-Drogaria America	V55	2

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
61	174	Luís Cordeiro	00:19:50	00:39:58	00:39:52	63	Team SAPOR	V35	14
62	915	Tiago Vintem	00:19:05	00:39:58	00:39:52	62	Colara / Pontevel a Mexer	Senior	14
63	1412	João Afonso	00:20:00	00:39:58	00:39:48	59		V40	12
64	1720	Pacer 4Km/Min	00:20:00	00:40:01	00:39:58	65		Senior	15
65	287	Nuno Santos	00:20:00	00:40:08	00:39:49	60		Senior	16
66	1664	Cristina Garcia	00:20:00	00:40:20	00:40:15	67	Associação de Moradores do Atibá	V45	1
67	921	Pedro Barbas	00:19:31	00:40:25	00:40:20	68	Colara / Pontevel a Mexer	V40	13
68	790	Roberto Guerreiro	00:20:51	00:40:27	00:40:14	66	RB RUNNING	V35	15
69	313	Pedro Martins	00:19:59	00:40:31	00:40:24	69	BI4ALL	Senior	17
70	904	José Gonçalves	00:19:31	00:40:34	00:40:29	72	Amigos Atletismo Mafra	V45	9
71	744	Nuno Lino	00:19:53	00:40:36	00:40:31	75		V35	16
72	1561	Pedro Lavrador	00:19:30	00:40:40	00:40:30	73		Senior	18
73	1038	Fábio Carvalho	00:20:01	00:40:40	00:40:37	77	DAVID VAZ	Senior	19
74	799	André Monteiro	00:20:06	00:40:42	00:40:30	74	Os Galgos	Senior	20
75	395	Constantino Araujo	00:20:32	00:40:42	00:40:27	71		V45	10
76	1395	Rui Freitas	00:20:00	00:40:44	00:40:38	80	GFD Running	V35	17
77	1419	Jose Nunes	00:19:59	00:40:45	00:40:37	78	a natureza ensina	Senior	21
78	250	João Rodrigues	00:20:00	00:40:49	00:40:38	79		V40	14
79	1484	Fernando Almeida	00:19:57	00:40:51	00:40:43	81		V35	18
80	17	João Silva	00:20:00	00:40:53	00:40:46	84	Casa da Dizima	V35	19

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
81	819	Eduardo Santos	00:19:55	00:40:53	00:40:45	82		V35	20
82	1390	Luís Pereira	00:19:34	00:40:54	00:40:27	70	GFD Running	V50	6
83	718	Artur Carvalho	00:19:46	00:40:54	00:40:45	83		V45	11
84	334	António Mota	00:20:00	00:40:55	00:40:53	85	DAC-Drogaria America	V50	7
85	490	Valter Realista	00:20:15	00:40:59	00:40:37	76	CCM Qta Marques da Costa	V35	21
86	1469	Hugo Luz	00:20:38	00:41:17	00:41:04	88	RB RUNNING	V40	15
87	1416	Ricardo Castanho	00:19:59	00:41:17	00:41:14	91	a natureza ensina	V40	16
88	1230	Daniel Rosário	00:19:59	00:41:19	00:41:03	87	NFK by CIBEN	Senior	22
89	128	José Figueiredo	00:20:00	00:41:20	00:41:12	90	Team Pernetas	V45	12
90	1217	Francisco Rodrigues	00:20:02	00:41:23	00:41:16	92	ITEN@PME	V40	17
91	1181	Diogo Brito	00:20:39	00:41:26	00:41:01	86		Junior	7
92	1445	Ricardo Nunes	00:20:30	00:41:28	00:41:16	93		V40	18
93	880	Joaquim Oliveira	00:19:59	00:41:36	00:41:28	94	Clube EDP Lisboa	V50	8
94	1388	Filipe Silveira	00:20:00	00:41:38	00:41:31	96	GFD Running	Senior	23
95	806	Luis Nogueira	00:20:07	00:41:40	00:41:30	95	Os Galgos	V45	13
96	1611	Sofia Hipólito	00:20:34	00:41:47	00:41:41	100	Alhandra Sporting Club	Senior	2
97	1605	Pauline Vie	00:20:34	00:41:48	00:41:43	101	Alhandra Sporting Club	Junior	2
98	42	Paulo Reis	00:20:07	00:41:50	00:41:38	97		V45	14
99	329	Telmo Simões	00:21:23	00:41:50	00:41:08	89		Senior	24
100	480	Pedro Maia	00:20:02	00:41:52	00:41:40	99		V35	22

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
101	1093	Paulo Santos	00:20:12	00:41:57	00:41:52	103	BOTA LAMBRA	V45	15
102	1068	Carlos Cardoso	00:20:57	00:42:11	00:41:59	104		V60	1
103	302	Bruno Garcia	00:19:59	00:42:11	00:42:06	107	LIMEiros	V35	23
104	1139	Pedro Carvalho	00:20:24	00:42:15	00:42:05	106		Senior	25
105	920	Nélio Carvalho	00:19:55	00:42:15	00:42:10	109	Colara / Pontevel a Mexer	V35	24
106	592	Miguel Heitor	00:20:19	00:42:22	00:42:04	105	OLX	Senior	26
107	113	Jorge Nunes	00:20:57	00:42:27	00:41:38	98	Tivoli running team	Senior	27
108	1418	Jose Martins	00:21:03	00:42:33	00:42:27	112	a natureza ensina	V55	3
109	803	Eurico Nicho	00:20:37	00:42:35	00:42:24	111	Os Galgos	V55	4
110	1207	Carlos Almeida	00:19:31	00:42:39	00:42:34	114	www.ESTABIL.pt	V40	19
111	1210	Francisco Rocha	00:19:31	00:42:40	00:42:35	115	www.ESTABIL.pt	V45	16
112	200	Simão Cardoso	00:21:31	00:42:40	00:41:44	102		Senior	28
113	1011	Orlando Lopes	00:20:55	00:42:42	00:42:08	108	Equipa_B	Senior	29
114	1613	Frederico Raposo	00:20:25	00:42:46	00:42:40	116	Alhandra Sporting Club	Senior	30
115	354	Luís Carvalho	00:20:57	00:42:46	00:42:34	113		V40	20
116	75	João Prieto	00:21:11	00:42:47	00:42:22	110	Priberam	Junior	8
117	1043	José Pina	00:20:50	00:42:48	00:42:45	119	DAVID VAZ	V45	17
118	1574	Ivo Ferreira	00:20:54	00:42:52	00:42:42	117	CREDIN PORTUGAL	Senior	31
119	181	António Marçal	00:20:51	00:42:54	00:42:45	120		V55	5
120	399	Eduardo Silva	00:21:23	00:42:56	00:42:51	124		V50	9



Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
121	554	Vasco Ascensão	00:20:56	00:42:57	00:42:47	122		V45	18
122	1436	Miguel Ribeiro	00:21:27	00:43:03	00:42:43	118	OZ Energia	V45	19
123	1690	Marcos Oliveira	00:21:50	00:43:07	00:42:46	121	G. D. I. N. E.	V40	21
124	1573	Rui Mota	00:21:38	00:43:11	00:43:01	126	CREDIN PORTUGAL	V35	25
125	65	David Gorgulho	00:21:10	00:43:18	00:43:11	127		Senior	32
126	312	Bruno Paulino	00:20:51	00:43:23	00:43:14	129	BI4ALL	V35	26
127	1417	Carlos Lima	00:20:48	00:43:24	00:43:18	130	a natureza ensina	V45	20
128	512	João Maçãs	00:21:27	00:43:31	00:42:49	123		V45	21
129	1136	André Mendonça	00:20:46	00:43:33	00:43:28	135		Senior	33
130	890	Mário Gomes	00:21:25	00:43:34	00:43:25	134		V45	22
131	633	João Batalha	00:21:29	00:43:34	00:43:12	128	Amigos Atletismo Mafra	V50	10
132	1665	Maria Alves	00:21:29	00:43:40	00:43:28	136	Associação de Moradores do Atibá	V50	1
133	672	Eduardo Rodrigues	00:21:17	00:43:41	00:43:31	137	Grupo Desportivo de Chelas	V55	6
134	1559	Tiago Cruz	00:21:00	00:43:45	00:43:32	138		Senior	34
135	1036	Rui Almeida	00:21:51	00:43:46	00:43:24	133	G. D. I. N. E.	V50	11
136	1098	Oswaldo Caldeira	00:21:12	00:43:46	00:43:38	142	URBAN RUN TEAM	V55	7
137	1358	Pedro Ferreira	00:22:00	00:43:48	00:43:24	132		V35	27
138	196	Jose Pereira	00:21:01	00:43:55	00:43:50	148		V40	22
139	805	José João	00:21:27	00:43:59	00:43:48	146	Os Galgos	V55	8
140	976	Sérgio Pires	00:22:11	00:43:59	00:43:52	149		V35	28

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
141	341	André Oliveira	00:22:16	00:44:01	00:42:56	125		V35	29
142	39	Alberto Matias	00:21:27	00:44:01	00:43:56	151		V55	9
143	44	João Neto	00:22:12	00:44:01	00:43:42	144	Clube do Stress	V50	12
144	1384	Alberto Mosqueira	00:22:30	00:44:05	00:43:37	141	GFD Running	V35	30
145	538	Ricardo Gonçalves	00:21:11	00:44:05	00:43:52	150	Bilhudos	Senior	35
146	470	Cédric Monteiro	00:21:51	00:44:06	00:43:23	131		Senior	36
147	424	Daniel Martins	00:22:20	00:44:07	00:43:35	139		Senior	37
148	1137	Jorge Abreu	00:22:02	00:44:09	00:43:36	140		Senior	38
149	1318	Daniel Barbosa	00:21:22	00:44:09	00:43:45	145	Pés de Chumbo	V55	10
150	1612	Ana Sampaio	00:21:33	00:44:11	00:43:58	152	Alhandra Sporting Club	Senior	3
151	832	Pedro Antunes	00:20:34	00:44:12	00:44:07	153		V35	31
152	1084	Bruno Roxo	00:22:31	00:44:17	00:43:49	147	J. B. Roxo	V40	23
153	1112	Jorge Curto	00:21:19	00:44:21	00:44:15	161		V40	24
154	1031	Francisco Caldeira	00:22:00	00:44:21	00:44:13	158	G. D. I. N. E.	V40	25
155	546	Tomás Duarte	00:21:46	00:44:21	00:44:14	160		Junior	9
156	1428	António Adro	00:22:10	00:44:22	00:44:08	154		V45	23
157	412	João Páscoa	00:22:12	00:44:23	00:43:38	143		V45	24
158	528	Bruno Pandaio	00:21:19	00:44:23	00:44:19	162		V40	26
159	36	Sérgio Manso	00:22:50	00:44:24	00:44:13	157		Senior	39
160	794	Arnaldo Trindade	00:22:25	00:44:26	00:44:11	156	RB RUNNING	V45	25



Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
161	597	Nelson Fitas	00:21:38	00:44:31	00:44:13	159		V35	32
162	267	Alexandre Santos	00:21:46	00:44:33	00:44:28	164	TRADUPRIME RUNNING TEAM	V45	26
163	209	João Pinto	00:21:24	00:44:40	00:44:34	170		V45	27
164	587	Christoph Fetkenheuer	00:22:32	00:44:41	00:44:10	155		Senior	40
165	187	Gonçalo Ferraz	00:22:17	00:44:43	00:44:31	165		Senior	41
166	1703	Renato Andrade	00:22:10	00:44:45	00:44:19	163	LeYatletas	V35	33
167	1423	Bruno Mercier	00:22:20	00:44:48	00:44:40	175	a natureza ensina	V35	34
168	1126	Guilherme Martins	00:21:27	00:44:51	00:44:34	169		Senior	42
169	396	José Reis	00:22:30	00:44:51	00:44:36	172		V60	2
170	363	Carlos Lopes	00:22:12	00:44:54	00:44:36	171		V50	13
171	632	Luís Zeferino	00:21:31	00:44:54	00:44:32	166	Amigos Atletismo Mafra	V40	27
172	97	Luís Pinto	00:22:05	00:44:55	00:44:38	173		V40	28
173	1188	Jorge Barros	00:22:09	00:44:56	00:44:40	174		V35	35
174	457	Giovani Ricciardi	00:21:52	00:45:02	00:44:53	177		V45	28
175	333	Mario Neves	00:22:04	00:45:04	00:44:55	179	DAC-Drogaria America	V55	11
176	1079	António Ferreira	00:22:44	00:45:07	00:44:34	167		V45	29
177	914	Francisco Collado	00:22:54	00:45:13	00:44:34	168		Senior	43
178	1661	Nuno Anastácio	00:21:53	00:45:13	00:44:54	178	Holmes Place	V35	36
179	1255	Jose Gerardo	00:21:54	00:45:19	00:45:05	184	Plásticos Molding	V50	14
180	975	Germano Louro	00:22:12	00:45:24	00:45:16	190		Senior	44

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
181	783	Luis Antunes	00:21:12	00:45:25	00:45:19	193		Senior	45
182	1459	António Costa	00:22:38	00:45:29	00:45:12	188		V50	15
183	795	Pedro Martins	00:22:30	00:45:31	00:45:13	189	RB RUNNING	V40	29
184	1387	Fernando Lopes	00:22:31	00:45:33	00:45:12	187	GFD Running	V45	30
185	410	Paulo Guerreiro	00:22:56	00:45:33	00:45:21	195		V50	16
186	1187	João Carvalho	00:22:38	00:45:34	00:45:17	191		V45	31
187	26	Bavieche Samgi	00:22:11	00:45:34	00:45:25	201		Senior	46
188	1014	José Ferreira	00:22:42	00:45:34	00:44:57	180	Equipa_B	Senior	47
189	183	Hélder Monteiro	00:22:46	00:45:36	00:45:25	200	Team Pernetas	V45	32
190	583	Delfim Machado	00:22:27	00:45:36	00:45:05	183		V50	17
191	88	Nelson Nunes	00:22:13	00:45:39	00:45:21	194		Senior	48
192	1190	Gustavo Évora	00:22:38	00:45:40	00:45:24	199		V50	18
193	1329	Stephane Almeida	00:21:44	00:45:41	00:45:29	203		V35	37
194	952	Nuno Naia	00:22:02	00:45:43	00:45:35	208		V40	30
195	1131	Julio Serras	00:22:56	00:45:43	00:45:22	197		V40	31
196	394	António Santos	00:23:27	00:45:49	00:45:35	207		V45	33
197	1704	Rui Cruz	00:22:52	00:45:50	00:45:03	181	LeYatletas	V45	34
198	353	Bruno Duque	00:22:48	00:45:50	00:44:52	176		Senior	49
199	1368	Paulo Vieira	00:23:13	00:45:50	00:45:33	205	Clube Ferroviário de Portugal	V45	35
200	1076	Eduard Irimia	00:22:26	00:45:53	00:45:22	196		V40	32

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
201	1568	Gonçalo Areia	00:22:17	00:45:56	00:45:18	192		V40	33
202	252	Jose Pereira	00:22:14	00:45:57	00:45:50	212		V45	36
203	446	Ricardo Nascimento	00:23:17	00:46:01	00:45:04	182		Senior	4
204	522	Bruno Campos	00:22:47	00:46:03	00:45:52	214	TRADUPRIME RUNNING TEAM	V40	34
205	1053	Pedro José	00:23:14	00:46:04	00:45:06	185		Senior	50
206	648	Filipe Gomes	00:23:17	00:46:05	00:45:08	186		Senior	51
207	1662	André	00:22:53	00:46:07	00:45:47	211	Holmes Place	Senior	52
208	61	José Alves	00:22:22	00:46:10	00:45:58	218		Senior	53
209	55	Steven Dunlop	00:23:09	00:46:12	00:45:54	216		V40	35
210	1716	Gonçalo Torres	00:22:22	00:46:12	00:46:08	225		V35	38
211	1122	Luis Duque	00:21:54	00:46:12	00:45:54	215		V50	19
212	1627	João Cabo	00:23:10	00:46:16	00:45:32	204		Senior	54
213	99	Nuno Varela	00:22:59	00:46:16	00:45:27	202	Tivoli running team	V40	36
214	277	Pedro Trigo	00:23:07	00:46:17	00:45:45	209		Senior	55
215	1356	Pedro Ferreira	00:22:19	00:46:20	00:46:10	226		V35	39
216	1174	João Barbosa	00:24:54	00:46:21	00:45:23	198	Plásticos Molding	V45	37
217	276	Tiago Oliveira	00:22:17	00:46:23	00:45:52	213		Senior	56
218	594	Cláudia Rosado	00:22:17	00:46:23	00:46:06	222		Senior	5
219	693	Nuno Boaventura	00:22:16	00:46:24	00:46:12	227		V35	40
220	708	Gonçalo Mota	00:22:17	00:46:25	00:46:14	229		Senior	57

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
221	132	Evelino Magalhães	00:22:08	00:46:26	00:46:15	230		V40	37
222	1248	Tiago Guerreiro	00:23:39	00:46:26	00:45:34	206	Hero Portugal	V35	41
223	994	Luis Antunes	00:23:10	00:46:28	00:45:54	217		V40	38
224	1160	Pedro Simões	00:22:29	00:46:30	00:46:21	233		Senior	58
225	1463	Henrique Ramos	00:22:30	00:46:36	00:46:18	232	DAC-Drogaria America	V55	12
226	787	Luis Antunes	00:23:12	00:46:37	00:46:26	238	RB RUNNING	V40	39
227	273	António Dinis	00:24:04	00:46:47	00:45:46	210		V35	42
228	656	Nuno Santos	00:22:58	00:46:47	00:46:25	237		V35	43
229	439	Ricardo Madeira	00:22:59	00:46:47	00:46:24	235		V40	40
230	563	Rafael Santo	00:23:26	00:46:48	00:46:14	228		Senior	59
231	309	Nuno Sousa	00:24:01	00:46:49	00:46:41	250	BI4ALL	Senior	60
232	791	Alberto Araujo	00:22:36	00:46:51	00:46:37	246	RB RUNNING	V40	41
233	1069	Jorge Vilela	00:23:22	00:46:53	00:46:49	256		V50	20
234	891	Joaquim Galvão	00:23:16	00:46:55	00:46:37	248		V60	3
235	625	Paulo Mendes	00:23:37	00:46:55	00:45:59	219		V40	42
236	1504	Gonçalo Lagos	00:23:16	00:46:56	00:46:33	244		Senior	61
237	1435	Tiago Marques	00:23:40	00:46:57	00:46:04	221	Hero Portugal	Senior	62
238	1065	José Cavaco	00:23:16	00:46:58	00:46:47	254		Senior	63
239	1342	Artur Carvalho	00:23:22	00:46:59	00:46:45	253		V50	21
240	1556	Tomás Feith	00:24:00	00:46:59	00:46:03	220	CELPA	Junior	10

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
241	1475	Flavio Cordeiro	00:23:04	00:47:00	00:46:07	223	FAGIR	V35	44
242	324	Alexandre Yip	00:22:42	00:47:00	00:46:28	239		V40	43
243	937	Hugo Duro	00:24:04	00:47:01	00:46:49	255		V35	45
244	497	Joaquim Caeiro	00:23:55	00:47:01	00:46:30	240		V45	38
245	384	Diogo Inocência	00:23:17	00:47:04	00:46:43	251		Senior	64
246	1015	António Amaral	00:23:15	00:47:12	00:46:32	243	CCD Crédito Agrícola Mútuo	V35	46
247	1142	Valter Cabeças	00:22:42	00:47:12	00:47:06	273		Senior	65
248	268	Claudio Gonçalves	00:23:13	00:47:13	00:47:00	265	TRADUPRIME RUNNING TEAM	Senior	66
249	743	Nuno Taxeiro	00:23:34	00:47:13	00:47:03	271		Senior	67
250	338	Miguel Lopes	00:23:46	00:47:13	00:46:31	241	DAC-Drogaria America	V35	47
251	1421	Virgilio Oliveira	00:23:12	00:47:14	00:46:37	247	a natureza ensina	V55	13
252	685	Nuno Madeira	00:23:37	00:47:14	00:46:31	242		V40	44
253	958	Luis Marques	00:23:13	00:47:15	00:46:59	264	RB RUNNING	V55	14
254	786	Rui Martins	00:23:53	00:47:15	00:47:09	274		V45	39
255	1005	Valter Almeida	00:23:53	00:47:15	00:46:24	236		V35	48
256	1257	Miguel Lopes	00:23:17	00:47:16	00:47:00	266	OZ Energia	V40	45
257	1086	Paulo Almeida	00:22:54	00:47:17	00:46:17	231	ENVY team	V45	40
258	1240	Bruno Fernandes	00:23:36	00:47:19	00:46:55	259		V35	49
259	1009	Tomás Faria	00:23:27	00:47:21	00:46:43	252	Equipa_B	V35	50
260	571	João Almeida	00:23:06	00:47:21	00:47:10	275		Senior	68

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
261	529	Ricardo Pinto	00:23:43	00:47:22	00:47:02	268		V40	46
262	366	Nuno Anastácio	00:22:55	00:47:22	00:47:03	269		V35	51
263	34	João Martins	00:23:36	00:47:23	00:46:56	261		Senior	69
264	1259	Mário Carvalho	00:23:17	00:47:26	00:47:11	276	OZ Energia	V60	4
265	72	Tiago Veiga	00:23:48	00:47:27	00:46:23	234	Priberam	V35	52
266	1361	Aldina Marques	00:23:13	00:47:28	00:47:12	277	Clube Ferroviário de Portugal	V45	2
267	1343	Daniel Rosa	00:22:22	00:47:30	00:47:15	279		Senior	70
268	1215	Rui Reis	00:23:35	00:47:30	00:46:58	262	ITEN@PME	V45	41
269	1171	Diogo Lima	00:23:52	00:47:36	00:46:38	249		Senior	71
270	1165	João Silva	00:24:04	00:47:36	00:46:50	257		Senior	72
271	1152	Renato Pereira	00:24:04	00:47:39	00:46:52	258		Senior	73
272	1596	António Bento	00:23:36	00:47:40	00:47:17	281		V40	47
273	798	Jorge Oliveira	00:23:45	00:47:41	00:47:15	278	RB RUNNING	V50	22
274	1107	João Dias	00:23:59	00:47:42	00:47:28	285	a natureza ensina	V50	23
275	1191	Paula Nunes	00:23:18	00:47:43	00:47:27	284		V40	1
276	255	Marco Santana	00:24:25	00:47:44	00:47:04	272		V40	48
277	1096	Norberto Marques	00:24:05	00:47:49	00:47:02	267	running of dª maria	V45	42
278	674	Filipe Bugalho	00:23:21	00:47:49	00:47:40	291		Senior	74
279	95	Carlos Júnior	00:23:47	00:47:51	00:47:03	270		V40	49
280	1157	Marta Maia	00:23:58	00:47:52	00:46:56	260		V40	2



Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
281	1369	António Ferreira	00:23:24	00:47:53	00:47:36	288	Clube Ferroviário de Portugal	V50	24
282	447	Álvaro Carmo	00:23:17	00:47:56	00:46:59	263		Senior	75
283	886	Luis Alexandre	00:23:54	00:47:57	00:47:31	287		V45	43
284	1397	Armando Almeida	00:23:24	00:48:03	00:47:30	286		V55	15
285	1616	Bárbara Clemente	00:23:35	00:48:04	00:47:39	290	Aguirre Newman Portugal	Senior	6
286	1020	Nuno Simões	00:24:04	00:48:05	00:47:27	283	CCD Crédito Agrícola Mútuo	V35	53
287	467	Helder Rosário	00:24:05	00:48:10	00:47:16	280		V35	54
288	38	António Castro	00:23:31	00:48:12	00:47:55	296		V70	1
289	664	Nuno Lopes	00:22:49	00:48:19	00:47:51	294	GERAFLUXO	Senior	76
290	1381	Hugo Duarte	00:24:03	00:48:20	00:48:02	304		V35	55
291	1382	Paulo Costa	00:24:03	00:48:21	00:48:02	302		V35	56
292	1530	Gonçalo Lage	00:24:32	00:48:21	00:47:53	295		V35	57
293	665	Rui Julião	00:25:03	00:48:21	00:47:58	298		V50	25
294	167	Rui Martins	00:25:54	00:48:22	00:47:23	282		Senior	77
295	508	Paulo Lopes	00:23:30	00:48:22	00:48:02	303		V35	58
296	537	Miguel Vivas	00:23:17	00:48:26	00:48:11	309	Bilhudos	Senior	78
297	506	Tiago Almeida	00:24:50	00:48:27	00:47:50	293		V35	59
298	126	Ricardo Dias	00:24:24	00:48:28	00:48:19	319	Team Pernetas	V35	60
299	1000	Marco Baeta	00:23:51	00:48:30	00:48:15	312	COPAM	V40	50
300	68	Rafael Mendes	00:23:14	00:48:32	00:48:24	325	Mendes	V35	61

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
301	501	Rui Martins	00:24:29	00:48:32	00:47:43	292		V40	51
302	542	Daniel Tato	00:23:27	00:48:33	00:48:00	300		Senior	79
303	356	João Leitão	00:24:25	00:48:34	00:48:17	314		V45	44
304	946	Sara Ribeiro	00:24:20	00:48:34	00:48:23	323		Senior	7
305	139	Manuel Fraga	00:24:15	00:48:34	00:48:07	306	CELPA	Senior	80
306	944	João Romana	00:23:59	00:48:36	00:48:00	299		Junior	11
307	768	António Candeias	00:23:21	00:48:37	00:47:57	297	Approach	V35	62
308	1262	Renato Matos	00:24:18	00:48:37	00:48:28	329		V40	52
309	271	Sérgio Martins	00:23:37	00:48:39	00:47:38	289		Senior	81
310	691	Paulo Sousa	00:24:02	00:48:40	00:48:13	310		V45	45
311	272	Raquel Duque	00:23:41	00:48:40	00:48:27	328	TRADUPRIME RUNNING TEAM	Senior	82
312	980	Miguel Faias	00:24:01	00:48:41	00:48:19	318		V40	53
313	972	Pedro Oliveira	00:24:01	00:48:42	00:48:19	317		V35	63
314	398	António Carreto	00:23:44	00:48:43	00:48:22	322		Senior	83
315	879	Ricardo Santos	00:24:09	00:48:44	00:48:19	316	Clube EDP Lisboa	V40	54
316	1012	Filipe Lopes	00:24:12	00:48:45	00:48:09	307	Equipa_B	Senior	84
317	867	David Talhão	00:23:46	00:48:49	00:48:01	301	Engimind	Senior	85
318	678	Luís Soares	00:24:06	00:48:49	00:48:22	321		V35	64
319	1578	Francisco Augusto	00:24:13	00:48:50	00:48:06	305	TRANE	V45	46
320	1239	Nuno Carreira	00:22:29	00:48:55	00:48:32	332		V35	65

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
321	1228	Paulo Palminha	00:23:48	00:49:00	00:48:10	308		V45	47
322	293	Hermano Cardoso	00:24:48	00:49:01	00:48:40	335	timestamp	Senior	86
323	106	Paulo Magalhães	00:24:59	00:49:01	00:48:29	331	Inovflow	V35	66
324	228	Artur Alfama	00:24:52	00:49:02	00:48:17	315	GETBRAND	V35	67
325	460	João Castro	00:24:18	00:49:02	00:48:20	320		V35	68
326	1454	Nuno Fonseca	00:24:14	00:49:02	00:48:28	330		Senior	87
327	888	Miguel Garcia	00:25:00	00:49:03	00:48:15	313		V40	55
328	793	João Ferreira	00:24:46	00:49:05	00:48:24	326	RB RUNNING	V55	16
329	1502	Mario Bernardo	00:24:55	00:49:05	00:48:24	324	Fidalguia	V40	56
330	1090	José Martins	00:24:53	00:49:06	00:48:47	339		V55	17
331	58	Fabiano Bortolotti	00:24:25	00:49:07	00:48:47	340		V40	57
332	1057	Filipe Macedo	00:24:07	00:49:08	00:48:54	344	COMON	Senior	88
333	1206	Orlando Rebelo	00:24:21	00:49:08	00:48:40	334	www.ESTABIL.pt	V55	18
334	1606	Inês Pereira	00:24:13	00:49:09	00:49:01	350	Alhandra Sporting Club	Junior	3
335	303	Caio Costa	00:23:38	00:49:10	00:49:04	353	BI4ALL	Senior	89
336	702	Rita Duranza	00:23:58	00:49:11	00:48:57	346		V40	3
337	1408	Bernardo Zoio	00:24:23	00:49:12	00:49:00	349		V40	58
338	262	Edgar Nunes	00:24:29	00:49:14	00:48:14	311		V35	69
339	133	Manuel Vaz	00:23:05	00:49:14	00:48:58	347		V55	19
340	400	Antonio Soares	00:24:36	00:49:16	00:48:56	345	Confidentia	V45	48

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
341	677	Raquel Chinita	00:24:06	00:49:17	00:48:51	343		V40	4
342	180	José Calheiros	00:25:47	00:49:17	00:48:33	333		V40	59
343	274	Ricardo Mota	00:24:06	00:49:17	00:49:06	355	TRADUPRIME RUNNING TEAM	V40	60
344	1383	Joaquim Esteves	00:24:12	00:49:17	00:48:59	348		Senior	90
345	1721	Rafael Rocha	00:25:10	00:49:19	00:48:50	342		V40	61
346	1455	Nelson Nunes	00:25:21	00:49:24	00:49:05	354		V35	70
347	1360	Guilherme Gonçalves	00:24:03	00:49:24	00:49:15	370	Clube Ferroviário de Portugal	V55	20
348	846	João Costa	00:25:45	00:49:24	00:49:02	351	timestamp	V35	71
349	471	Nuno Soares	00:25:09	00:49:27	00:49:09	358		V35	72
350	1058	Rui Sobral	00:24:50	00:49:28	00:49:13	367	COMON	Senior	91
351	1114	Camilo Oliveira	00:23:51	00:49:29	00:49:13	366	COPAM	V40	62
352	469	Christiane Monteiro	00:24:49	00:49:29	00:48:45	337		Senior	8
353	1110	José Proença	00:25:06	00:49:30	00:49:13	365		V50	26
354	1184	José Rua	00:24:51	00:49:30	00:49:07	357		V40	63
355	1111	Carla Henriques	00:25:06	00:49:30	00:49:13	368		V40	5
356	1194	Fernando Azevedo	00:24:37	00:49:31	00:49:24	373		V60	5
357	703	Jose Rodrigues	00:24:42	00:49:33	00:49:10	360		V55	21
358	658	Ricardo Gariso	00:24:48	00:49:34	00:48:26	327		Senior	92
359	1364	Valter Teixeira	00:24:04	00:49:35	00:49:27	377	Clube Ferroviário de Portugal	V45	49
360	18	Maria Martins	00:24:32	00:49:37	00:49:27	380	Casa da Dizima	Senior	9

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
361	978	João Guterres	00:24:30	00:49:38	00:49:09	359		V50	27
362	1527	Artur Sarmento	00:25:28	00:49:39	00:48:41	336		Senior	93
363	1473	João Santos	00:23:13	00:49:40	00:48:46	338	FAGIR	Senior	94
364	1533	Tomás Gonçalves	00:24:32	00:49:40	00:49:12	361		V35	73
365	1483	Cátia Santana	00:24:23	00:49:41	00:49:06	356		Junior	4
366	1339	André Rogério	00:25:30	00:49:41	00:49:13	364		Senior	95
367	240	Jorge Vieira	00:25:30	00:49:41	00:49:14	369		V45	50
368	647	José Bastos	00:24:51	00:49:41	00:49:12	363	GERAFLUXO	Senior	96
369	21	Helder Silva	00:24:15	00:49:41	00:49:37	390		V45	51
370	727	Joaquim Lopes	00:24:29	00:49:42	00:49:22	372		V65	1
371	765	Joaquim Cardoso	00:25:10	00:49:42	00:49:27	379	Lebre com feijão	V40	64
372	1258	Carla Fernandes	00:25:02	00:49:43	00:49:27	378	OZ Energia	Senior	10
373	131	Luís Santos	00:25:21	00:49:43	00:48:48	341	Rosa Maria Leitão Marques	V40	65
374	452	António Maduro	00:26:07	00:49:45	00:49:19	371		Senior	97
375	1378	Bento Raminhos	00:25:12	00:49:45	00:49:12	362		V45	52
376	306	José Almada	00:25:09	00:49:46	00:49:26	376	timestamp	V40	66
377	13	Maria Oliveira	00:24:13	00:49:49	00:49:45	399		V50	2
378	1524	Tiago Santos	00:25:05	00:49:49	00:49:02	352		Senior	98
379	709	Jorge Almeida	00:24:55	00:49:50	00:49:32	382		Senior	99
380	192	Augusto Caria	00:25:11	00:49:51	00:49:26	375		V60	6

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
381	377	Bruno Silva	00:25:26	00:49:51	00:49:30	381		Senior	100
382	1192	Marco Reis	00:25:10	00:49:52	00:49:43	397		V40	67
383	1431	Ricardo Conceição	00:25:11	00:49:52	00:49:40	395		Senior	101
384	269	Carlos Andrade	00:25:11	00:49:53	00:49:39	394	TRADUPRIME RUNNING TEAM	V35	74
385	1380	Hernâni Silva	00:25:26	00:49:53	00:49:33	384		V50	28
386	327	Maximiano Santos	00:24:28	00:49:53	00:49:39	392		V50	29
387	796	Olga Martins	00:25:07	00:49:54	00:49:37	388	RB RUNNING	V40	6
388	1385	Andreia Tourais	00:24:32	00:49:57	00:49:46	400	GFD Running	Senior	11
389	1353	João Malto	00:24:37	00:49:57	00:49:25	374		V40	68
390	588	Carlos Morais	00:25:07	00:49:57	00:49:37	387		V35	75
391	184	Francisco Pinto	00:24:13	00:49:58	00:49:50	406		V40	69
392	475	João Cunha	00:24:25	00:49:59	00:49:49	403		Senior	102
393	621	Tiago Silva	00:23:28	00:50:00	00:49:41	396	OLX	Senior	103
394	125	Nuno Maia	00:24:25	00:50:00	00:49:49	402	Team Pernetas	V40	70
395	127	Júlio Ferreira	00:24:25	00:50:00	00:49:50	405	Team Pernetas	V40	71
396	736	Bruno Correia	00:24:38	00:50:01	00:49:51	407		Senior	104
397	350	Bruno Rebelo	00:24:46	00:50:04	00:49:58	419	LIMEiros	Senior	105
398	1719	Pacer 5Km/Min	00:25:11	00:50:07	00:50:01	422		Senior	106
399	728	António Batalha	00:25:35	00:50:11	00:49:51	408	Amigos Atletismo Mafra	V45	53
400	415	Bruno Jacob	00:25:17	00:50:18	00:50:00	421	Confidentia	Senior	107



Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
401	681	Hugo Cipriano	00:25:08	00:50:21	00:50:02	424		V35	76
402	574	Miguel Boim	00:25:07	00:50:21	00:49:54	416		V45	54
403	877	Manuel Miranda	00:25:11	00:50:22	00:49:35	385		V55	22
404	1429	Carla Adro	00:25:12	00:50:22	00:50:08	427		V40	7
405	32	Nelson João	00:24:43	00:50:23	00:49:52	412		Senior	108
406	123	Catarina Lamego	00:25:08	00:50:23	00:49:52	411		Senior	12
407	721	Pedro Amorim	00:25:55	00:50:24	00:50:09	428		V35	77
408	989	Nuno Freire	00:25:59	00:50:24	00:49:52	410		Senior	109
409	561	Luís Ferreira	00:24:25	00:50:26	00:49:53	414		V35	78
410	1598	Vasco Correia	00:25:00	00:50:27	00:49:45	398		V40	72
411	941	Rui Fonseca	00:25:18	00:50:29	00:49:55	418		V35	79
412	1355	Rui Sousa	00:25:12	00:50:35	00:49:48	401		Senior	110
413	1401	Pedro Monteiro	00:25:12	00:50:36	00:49:50	404		Senior	111
414	148	Rui Rosa	00:24:59	00:50:37	00:50:04	426	Inovflow	V40	73
415	552	Paulo Calvino	00:26:53	00:50:41	00:49:37	389	Innoteam	V40	74
416	527	Jose Rodrigues	00:24:55	00:50:41	00:50:28	436		V45	55
417	1597	Fernando Silva	00:25:23	00:50:41	00:50:18	432		V60	7
418	820	Nuno Ferreira	00:24:29	00:50:41	00:50:16	431		V35	80
419	33	Luciano Marques	00:25:08	00:50:43	00:50:36	443		V55	23
420	1490	Paula Gonçalves	00:25:31	00:50:43	00:49:54	417		V40	8

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
421	1488	Tiago Pedra	00:25:12	00:50:44	00:50:03	425	Fidalguia	Senior	112
422	868	Diogo Coutinho	00:24:50	00:50:46	00:50:33	438		Senior	113
423	1441	Simão Cunha	00:24:50	00:50:46	00:50:35	441		V45	56
424	316	João Farinha	00:24:05	00:50:48	00:50:40	448	BI4ALL	Senior	114
425	615	Paulo Carôco	00:27:35	00:50:48	00:49:54	415		V35	81
426	1193	António Reis	00:25:35	00:50:48	00:50:10	429		Junior	12
427	444	Carla Nascimento	00:25:48	00:50:49	00:49:52	413		V35	82
428	954	Carlos Marques	00:25:08	00:50:50	00:50:11	430		Junior	13
429	1062	João Romana	00:25:19	00:50:50	00:50:19	433		V45	57
430	1396	Afonso Rodrigues	00:24:42	00:50:53	00:50:34	439		V35	83
431	1526	Paulo Gil	00:27:41	00:50:53	00:46:07	224		V35	84
432	1362	Neves Silva	00:25:28	00:50:57	00:49:59	420	Clube Ferroviário de Portugal	V60	8
433	1178	Vitor Antunes	00:25:37	00:50:58	00:50:35	440		V35	85
434	589	Franquelim Alvito	00:25:11	00:50:59	00:50:44	450		V40	75
435	1571	Rui Pita	00:24:40	00:51:00	00:50:41	449	CREDIN PORTUGAL	Senior	115
436	138	Henrique Vieira	00:26:52	00:51:02	00:50:02	423	CELPA	Senior	116
437	413	Carla Costa	00:25:22	00:51:06	00:50:20	434		V45	3
438	1460	João Pereira	00:24:59	00:51:08	00:50:27	435	Certoma	Senior	117
439	270	Filipe Pires	00:24:07	00:51:19	00:50:54	452	TRADUPRIME RUNNING TEAM	V35	86
440	114	Paulo Franco	00:25:53	00:51:19	00:50:29	437	Tivoli running team	V40	76

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
441	1268	Pedro Barroso	00:25:13	00:51:22	00:50:37	444		V35	87
442	1162	João Cordeiro	00:24:53	00:51:25	00:51:16	466		Senior	118
443	500	Natacha Ribeirinho	00:26:05	00:51:28	00:51:22	470		Senior	13
444	1391	Pedro Cerdeira	00:25:10	00:51:28	00:51:01	454	GFD Running	V45	58
445	1511	Tiago Pires	00:25:14	00:51:29	00:51:14	462		Senior	119
446	1003	Miguel Marques	00:25:50	00:51:29	00:50:37	445		V35	88
447	264	Luis Valadas	00:25:26	00:51:30	00:51:01	453		V40	77
448	785	Nuno Lamas	00:25:51	00:51:30	00:50:38	446		V35	89
449	626	Humberto Soeima	00:25:29	00:51:31	00:50:36	442		Senior	120
450	1402	Marcos Esteves	00:24:50	00:51:31	00:51:05	457		Senior	121
451	602	Alexandre Neves	00:26:10	00:51:33	00:50:39	447	Team Pernetas	V40	78
452	254	Mafalda Henriques	00:26:17	00:51:33	00:50:54	451		V40	9
453	1299	Marlene Fonseca	00:26:35	00:51:34	00:51:18	467		V35	1
454	523	Nuno Gonçalves	00:25:54	00:51:38	00:51:04	456		V35	90
455	157	Carlos Franco	00:25:43	00:51:39	00:51:15	464		V40	79
456	365	Rodrigo Sousa	00:24:35	00:51:41	00:51:24	473		V35	91
457	957	Joao Abreu	00:24:52	00:51:42	00:51:15	465		Senior	122
458	361	Nuno Marques	00:25:37	00:51:43	00:51:27	475		V45	59
459	1030	Rodrigo Duarte	00:27:38	00:51:43	00:49:36	386	Brigada do Reumático	Senior	123
460	1021	Rui Tomás	00:25:11	00:51:43	00:51:37	480	CCD Crédito Agrícola Mútuo	V45	60

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
461	485	Jacinto Paulinho	00:25:44	00:51:46	00:51:29	477		V60	9
462	1218	Luis Correia	00:25:32	00:51:54	00:51:19	468	ITEN@PME	V45	61
463	999	Sérgio Grade	00:25:55	00:51:56	00:51:40	483	COPAM	V35	92
464	234	Ivo Gonçalves	00:25:00	00:51:57	00:51:11	459	GETBRAND	Senior	124
465	605	Ricardo Ferreira	00:26:20	00:52:01	00:51:12	461	osiris travel	Senior	125
466	1161	Tiago Gonçalves	00:26:21	00:52:02	00:51:24	472	Maeil Team	Senior	126
467	772	Fausto Pinto	00:27:38	00:52:06	00:51:02	455	Brigada do Reumático	Senior	127
468	1340	Ricardo Aguiar	00:26:15	00:52:08	00:51:28	476		V50	30
469	367	Eurico Cabrita	00:27:14	00:52:11	00:51:39	482		Senior	128
470	838	Luís Silva	00:27:27	00:52:12	00:51:44	487	Inaceinox Runners	Senior	129
471	1019	Miguel Vinagre	00:25:37	00:52:13	00:51:33	478	CCD Crédito Agrícola Mútuo	V40	80
472	121	João Branco	00:25:09	00:52:13	00:52:00	493		Senior	130
473	696	José Fernandes	00:25:32	00:52:14	00:51:53	491	timestamp	Senior	131
474	261	Nuno Marques	00:26:26	00:52:14	00:51:51	489		V45	62
475	419	João Santos	00:27:32	00:52:14	00:51:14	463		Senior	132
476	1150	João Vieira	00:25:41	00:52:15	00:52:08	503		Senior	133
477	1651	Carlos Costa	00:25:48	00:52:16	00:51:11	460		V50	31
478	1141	Sofia Costa	00:25:31	00:52:16	00:52:11	504		Senior	14
479	124	Carlos Lomba	00:24:13	00:52:16	00:52:12	505		V45	63
480	813	Andreia Oliveira	00:25:51	00:52:17	00:51:11	458		Senior	15

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
481	498	Carolina Garcia	00:26:38	00:52:17	00:52:01	494		Senior	16
482	792	Susana Vicente	00:26:34	00:52:18	00:51:46	488	RB RUNNING	V35	2
483	1130	Tiago Santos	00:25:59	00:52:19	00:51:36	479		V35	93
484	389	Ricardo Mota	00:26:13	00:52:21	00:51:24	471		V35	94
485	752	Rui Oliveira	00:26:10	00:52:25	00:51:20	469	Falcões Selvagens	V50	32
486	60	João Melo	00:25:37	00:52:29	00:52:18	513		V35	95
487	243	Rui Mendes	00:26:11	00:52:30	00:51:25	474	Engidro	V45	64
488	1185	Miguel Duarte	00:27:01	00:52:31	00:51:42	485		V45	65
489	1169	Mário Simões	00:27:01	00:52:31	00:51:41	484		V40	81
490	1442	Joao Silva	00:25:09	00:52:31	00:51:44	486	run off dutty	Senior	134
491	1023	Pedro Ferreira	00:26:47	00:52:32	00:52:17	512	MultiRunners	V50	33
492	1153	João Ferreira	00:26:47	00:52:32	00:52:17	511		Senior	135
493	472	Vincenzo Scarlato	00:26:58	00:52:34	00:52:08	502		V45	66
494	701	Carlos Veredas	00:26:05	00:52:35	00:52:23	518		Senior	136
495	1579	Nuno Boia	00:25:55	00:52:35	00:51:52	490	TRANE	V35	96
496	1386	Carla Santos	00:25:45	00:52:35	00:52:25	521	GFD Running	V40	10
497	1389	Liliana Louro	00:25:19	00:52:36	00:52:25	520	GFD Running	V40	11
498	288	Bruno Ribeiro	00:25:34	00:52:36	00:52:06	499		Senior	137
499	955	Antonio Mourao	00:25:06	00:52:37	00:52:01	495		V50	34
500	1485	Rodrigo Passos	00:27:02	00:52:37	00:52:05	498		Senior	138

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
501	266	Gonçalo Rocha	00:27:13	00:52:37	00:52:05	497		V35	97
502	279	Tiago Oliveira	00:27:40	00:52:38	00:52:07	501		V35	98
503	319	Luís Trigo	00:25:28	00:52:39	00:52:07	500		V35	99
504	456	Maria Fernandes	00:26:14	00:52:42	00:51:54	492		V40	12
505	1026	Pedro Barbosa	00:27:17	00:52:44	00:51:39	481	Innoteam	V45	67
506	1539	Luiz Menezes	00:27:51	00:52:45	00:52:28	524		Senior	139
507	560	Sérgio Rosa	00:25:54	00:52:48	00:52:19	515		V50	35
508	579	Gonçalo Louro	00:25:33	00:52:48	00:52:32	525		V35	100
509	570	Carlos Fernandes	00:25:54	00:52:49	00:52:19	514		V40	82
510	712	Luís Raposo	00:27:06	00:52:50	00:52:15	508		V55	24
511	305	João Pinto	00:26:39	00:52:53	00:52:45	530	BI4ALL	Senior	140
512	977	Vasco Amaral	00:26:05	00:52:53	00:52:24	519	GERAFLUXO	Senior	141
513	1018	Luísa Mourão	00:26:37	00:52:53	00:52:15	507	CCD Crédito Agrícola Mútuo	V35	3
514	816	Mariana Godinho	00:26:34	00:52:55	00:52:03	496		Junior	5
515	1393	Ricardo Branco	00:26:29	00:52:55	00:52:27	522	GFD Running	V45	68
516	300	David Almas	00:25:39	00:52:57	00:52:48	532	BI4ALL	Senior	142
517	984	Orlando Cruz	00:26:57	00:53:05	00:52:15	506		V65	2
518	821	Sérgio Rodrigues	00:25:47	00:53:05	00:53:00	542		V40	83
519	340	José Barreira	00:27:45	00:53:07	00:52:16	510		V50	36
520	1071	Ricardo Trigueiro	00:25:31	00:53:10	00:52:37	527		Senior	143



Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
521	1064	Luis Silva	00:25:31	00:53:12	00:52:37	528		V35	101
522	1220	Filipe Martins	00:24:46	00:53:13	00:53:00	541	ITEN@PME	V35	102
523	1363	Carlos Alves	00:26:04	00:53:14	00:52:57	539	Clube Ferroviário de Portugal	V55	25
524	90	Luis Espada	00:25:25	00:53:16	00:53:11	552		V50	37
525	1506	Renato Póvoas	00:26:06	00:53:16	00:52:53	536		V35	103
526	584	Andreia Carvalho	00:26:00	00:53:18	00:53:01	543		Senior	17
527	1067	Maria Silva	00:25:48	00:53:18	00:53:08	550		V45	4
528	852	Eduardo Lopes	00:25:51	00:53:19	00:52:27	523	Engimind	V35	104
529	35	Vanessa Reis	00:26:54	00:53:21	00:52:57	538		V35	4
530	959	Fluvia Casam	00:25:43	00:53:21	00:52:48	531	Digitando	Senior	18
531	577	João Aranha	00:25:34	00:53:22	00:53:05	546		Senior	144
532	160	Mário Lobo	00:27:30	00:53:23	00:52:33	526		V40	84
533	1563	Paulo Cordeiro	00:27:03	00:53:25	00:53:04	544		V50	38
534	89	Claudia Barragon	00:26:12	00:53:26	00:53:06	547		V40	13
535	1001	Sérgio Rodrigues	00:26:10	00:53:30	00:53:14	556	COPAM	Senior	145
536	1470	Miguel Nunes	00:31:05	00:53:31	00:52:49	534		V50	39
537	884	Carla Viegas	00:27:07	00:53:33	00:52:21	516		V35	5
538	455	Sara Paulino	00:27:07	00:53:33	00:52:21	517		Senior	19
539	762	Alexandra Guerreiro	00:25:54	00:53:34	00:53:26	564		V40	14
540	1132	João Medeiros	00:27:06	00:53:39	00:52:53	537		V35	105

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
541	1075	Rodrigo Gomes	00:25:40	00:53:39	00:53:20	561		Senior	146
542	1462	Jose Felgueiras	00:27:24	00:53:39	00:52:50	535	DAC-Drogaria America	V55	26
543	1167	José Eugénio	00:26:33	00:53:41	00:53:08	551		V55	27
544	694	Joaquim Vieira	00:27:58	00:53:42	00:53:11	553		Senior	147
545	505	Pedro Maia	00:27:03	00:53:43	00:52:40	529		V65	3
546	474	Vasco Delgado	00:27:51	00:53:48	00:52:49	533		V35	106
547	1296	Bruno Carmo	00:29:40	00:53:48	00:53:12	554	By Travel	V40	85
548	932	Fernando Chaves	00:26:53	00:53:51	00:53:13	555		V50	40
549	57	Renato Pauleta	00:24:35	00:53:51	00:53:45	581		V45	69
550	107	Paulo Gonçalves	00:26:48	00:53:52	00:53:18	558	Inovflow	V40	86
551	1655	Mário Silva	00:25:46	00:53:54	00:53:34	574	Holmes Place	V35	107
552	175	Helder Duarte	00:25:20	00:53:57	00:53:30	567		V35	108
553	1063	Gilberto Gonçalves	00:27:07	00:53:57	00:53:05	545		V65	4
554	695	Jorge Fernandes	00:27:58	00:53:57	00:53:28	565		V35	109
555	585	Carlos Marinho	00:27:54	00:53:58	00:53:16	557		V35	110
556	737	Ricardo Leitão	00:27:35	00:54:00	00:53:34	573		V35	111
557	1002	José Allen	00:24:15	00:54:03	00:53:47	583	COPAM	Senior	148
558	935	Nuno Leão	00:27:09	00:54:05	00:53:19	559		V35	112
559	1027	Pedro Lobo	00:28:12	00:54:05	00:52:59	540	Innoteam	V40	87
560	831	Valdemiro Barbosa	00:26:40	00:54:05	00:53:37	576	Inaceinox Runners	V60	10

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
561	301	Bruno Henriques	00:26:42	00:54:05	00:53:26	563		V40	88
562	1133	João Ferreira	00:26:55	00:54:08	00:53:46	582		V45	70
563	1535	Pedro Ceia	00:27:51	00:54:14	00:53:58	586		V35	113
564	1278	Tiago Fonseca	00:27:35	00:54:16	00:53:37	577		V40	89
565	1275	Pedro Lourenço	00:27:35	00:54:16	00:53:39	578		V35	114
566	1581	Paulo Lopes	00:27:20	00:54:17	00:53:33	571	TRANE	V35	115
567	1138	João Martins	00:26:17	00:54:17	00:54:11	599		V45	71
568	1510	Romeu Costa	00:27:37	00:54:18	00:53:23	562		V45	72
569	530	João Melo	00:26:59	00:54:18	00:53:30	568		V40	90
570	533	Manuel Rijo	00:26:16	00:54:19	00:53:34	575	R&C	V60	11
571	1054	David Figueiredo	00:27:10	00:54:19	00:53:32	570		V40	91
572	1547	Cláudia Cardoso	00:26:50	00:54:20	00:54:04	594		Senior	20
573	1577	Hugo Pereira	00:27:43	00:54:20	00:53:07	548	Os Macários	Senior	149
574	637	Sérgio Marques	00:28:24	00:54:20	00:53:20	560	Amigos Atletismo Mafra	V50	41
575	599	Intrusa Macário	00:27:43	00:54:20	00:53:07	549	Os Macários	Senior	21
576	1641	Pedro Brandão	00:30:58	00:54:21	00:46:34	245		Senior	150
577	502	Filomena Santos	00:26:15	00:54:22	00:54:00	590		V40	15
578	432	Francisco Farinha	00:26:16	00:54:22	00:53:58	585		Senior	151
579	1457	Catarina Gouveia	00:27:43	00:54:22	00:52:16	509	Brigada do Reumático	Senior	22
580	1537	Carla Vitorino	00:27:50	00:54:24	00:54:08	598		V40	16

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
581	1244	Pedro Sousa	00:26:14	00:54:25	00:54:04	593		V40	92
582	1115	Helena Moreira	00:27:00	00:54:26	00:54:14	607		V40	17
583	1066	António Costa	00:26:53	00:54:28	00:54:18	610		V70	2
584	189	José Serafim	00:27:31	00:54:29	00:53:29	566		V60	12
585	682	Luis Ribeiro	00:25:48	00:54:31	00:54:13	606		V35	116
586	1525	José Catita	00:27:59	00:54:34	00:53:41	580		V55	28
587	1492	Carlos Oliveira	00:27:41	00:54:34	00:53:33	572	Clube Ferroviário de Portugal	V60	13
588	401	Mário Rodrigues	00:27:25	00:54:34	00:54:13	604		V45	73
589	310	Luis Santana	00:25:54	00:54:36	00:54:06	595		V50	42
590	1712	Sofia Abrantes	00:27:27	00:54:36	00:54:02	591		Senior	23
591	1575	Maria Godinho	00:27:00	00:54:38	00:54:18	611	CREDIN PORTUGAL	V40	18
592	1634	Luís Martins	00:26:21	00:54:41	00:54:15	609		Senior	152
593	900	Jorge Lima	00:26:51	00:54:42	00:54:30	622	Horacalibra	V50	43
594	1352	Diogo Brandão	00:26:59	00:54:46	00:54:12	603		V35	117
595	1711	Inês Abrantes	00:27:44	00:54:48	00:54:13	605		Senior	24
596	152	Hugo Bruno	00:27:08	00:54:51	00:54:24	619		Senior	153
597	257	Luis Magalhães	00:26:58	00:54:51	00:54:08	597		V40	19
598	339	Francisco Pires	00:27:49	00:54:52	00:54:00	588		V40	93
599	885	Alexandre Vasco	00:27:30	00:54:52	00:53:54	584		V45	74
600	1088	João Vieira	00:27:24	00:54:53	00:53:41	579	ENVY team	Senior	154

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
601	359	Íris Maurício	00:27:58	00:54:53	00:54:34	627		V35	6
602	1444	Luís Fernandes	00:28:12	00:54:54	00:54:18	612		V35	118
603	122	Manuel Lamego	00:27:25	00:54:56	00:54:26	621		V55	29
604	70	Rui Mendes	00:27:32	00:54:56	00:54:32	625	Priberam	V50	44
605	169	Gonçalo Silva	00:26:43	00:54:57	00:53:58	587		V35	119
606	973	Carlos Gomes	00:27:33	00:54:58	00:54:00	589		V45	75
607	1316	Filipe Pombo	00:25:25	00:54:59	00:54:33	626	Pés de Chumbo	V40	94
608	948	Luísa Fernandes	00:26:51	00:54:59	00:54:49	637		Senior	25
609	653	João Niza	00:27:49	00:55:04	00:54:12	600		V45	76
610	53	Luís Cruz	00:27:31	00:55:08	00:54:07	596		V35	120
611	510	Mateus Sossai	00:26:41	00:55:08	00:54:15	608		Senior	155
612	67	Nuno Mendes	00:28:27	00:55:09	00:55:03	654	Mendes	Senior	156
613	1323	Fábio Alves	00:28:58	00:55:10	00:54:02	592	A Casa do Tio Tenente	Senior	157
614	1097	Miguel Teixeira	00:27:01	00:55:11	00:54:23	616	running of dª maria	Senior	158
615	1600	Sergio Rodrigues	00:28:19	00:55:11	00:54:30	624		V40	95
616	1095	Ricardo Simoes	00:26:59	00:55:11	00:54:24	617	running of dª maria	V45	77
617	723	João Fernandes	00:27:30	00:55:12	00:54:12	602		Senior	159
618	722	Gonçalo Andrade	00:27:30	00:55:12	00:54:12	601		V35	121
619	1517	Paulo Silva	00:27:11	00:55:13	00:54:35	629		V50	45
620	1519	André Quintans	00:27:11	00:55:13	00:54:35	630		V50	46

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
621	801	Daniel Machado	00:25:22	00:55:14	00:55:03	653	Os Galgos	V35	122
622	802	Elizabeth Duarte	00:27:21	00:55:14	00:54:54	639	Os Galgos	V45	5
623	1546	António Salta	00:27:51	00:55:16	00:55:00	648		Senior	160
624	931	João Ferreira	00:27:21	00:55:17	00:54:25	620		Senior	161
625	541	Nuno Côte-Real	00:27:52	00:55:18	00:54:58	643		V50	47
626	924	Hugo Braz	00:27:19	00:55:19	00:54:40	632		V35	123
627	136	Francisco Goes	00:28:15	00:55:19	00:54:19	613	CELPA	V40	96
628	1551	Henk Feith	00:27:54	00:55:20	00:54:23	615	CELPA	V50	48
629	1016	Carlos Silva	00:27:40	00:55:20	00:54:24	618	CCD Crédito Agrícola Mútuo	V50	49
630	1070	José Alves	00:27:46	00:55:20	00:54:35	628		V45	78
631	1438	Paulo Veiga	00:27:48	00:55:22	00:55:01	650		V45	79
632	507	Luis Tonicher	00:26:53	00:55:22	00:54:46	635		V35	124
633	1025	Susana Cabrita	00:27:44	00:55:23	00:54:20	614	Innoteam	Senior	26
634	650	Joana Pereira	00:27:36	00:55:28	00:54:36	631		Senior	27
635	596	Suzana Cano	00:27:39	00:55:31	00:54:42	634		V45	6
636	1317	Sofia Barbosa	00:26:37	00:55:33	00:55:07	659	Pés de Chumbo	Senior	28
637	225	Carlos Bicho	00:27:09	00:55:34	00:55:06	658	NAV RUNNERS	V45	80
638	749	Carlos Coelho	00:27:25	00:55:34	00:54:30	623	Falcões Selvagens	V40	97
639	352	Marco Martins	00:29:14	00:55:38	00:54:40	633		Senior	162
640	351	Heitor Gomes	00:25:03	00:55:38	00:55:15	667		V40	98



Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
641	235	Plínio Marques	00:26:53	00:55:40	00:55:17	671	GETBRAND	V35	125
642	738	Nuno Leão	00:27:36	00:55:41	00:55:13	663		V40	99
643	1497	João Couceiro	00:28:31	00:55:41	00:55:00	649		Senior	163
644	897	Francisco Ferreira	00:27:58	00:55:41	00:55:10	661		V45	81
645	86	Paulo Borges	00:27:43	00:55:42	00:55:04	655		V45	82
646	177	Tiago Paulino	00:28:26	00:55:43	00:55:17	669		Senior	164
647	1572	Nuno Costa	00:26:50	00:55:43	00:55:23	675	CREDIN PORTUGAL	V40	100
648	226	Pedro Ferreira	00:27:09	00:55:44	00:55:17	672	NAV RUNNERS	V40	101
649	725	Silverio Rodrigues	00:28:00	00:55:46	00:55:36	687		V45	83
650	1108	Fernando Coelho	00:27:14	00:55:47	00:54:49	636		V40	102
651	624	Sandra Silva	00:27:57	00:55:47	00:54:53	638		V40	20
652	613	Emanuel Godinho	00:27:42	00:55:49	00:55:00	647	osiris travel	V45	84
653	1467	Rui Carvalho	00:28:08	00:55:49	00:54:58	645		V50	50
654	1344	Nuno Couto	00:27:19	00:55:54	00:55:19	673	Maeil Team	V40	103
655	767	Pedro Cabrita	00:27:12	00:55:54	00:55:13	662	Approach	V40	104
656	16	Pedro Baptista	00:27:53	00:55:54	00:55:47	695	Casa da Dizima	V35	126
657	547	Vitor Escária	00:28:20	00:55:54	00:55:02	651		V40	105
658	298	Tito Andrade	00:27:16	00:55:54	00:55:02	652		V40	106
659	449	Luís Ramos	00:28:38	00:55:55	00:54:57	641		V45	85
660	284	Joao Henriques	00:27:39	00:55:55	00:55:24	678		V45	86

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
661	1164	Hugo Fonseca	00:27:19	00:55:55	00:55:20	674	Maeil Team	V40	107
662	101	Edi Pires	00:27:49	00:55:55	00:55:05	657	Tivoli running team	V45	87
663	100	Rui Sousa	00:27:49	00:55:56	00:55:05	656	Tivoli running team	V50	51
664	1501	Maria Sousa	00:27:50	00:55:56	00:55:14	666	Fidalguia	V40	21
665	741	Elsa Mendes	00:27:41	00:55:56	00:55:41	690		V45	7
666	1498	Luis Gaspar	00:26:17	00:55:57	00:55:16	668	Fidalguia	Senior	165
667	1449	Rita Reyes	00:28:08	00:55:58	00:54:58	644		Senior	29
668	1453	Lino Maia	00:28:11	00:55:59	00:54:57	640		Senior	166
669	1450	Andreia Silva	00:28:11	00:55:59	00:54:57	642		Senior	30
670	259	Jorge Rodrigues	00:27:52	00:56:01	00:55:17	670		V50	52
671	387	Pedro Jorge	00:27:21	00:56:02	00:55:27	680	ACPA	Senior	167
672	1521	Diogo Correia	00:27:09	00:56:03	00:55:09	660	FAGIR	Senior	168
673	51	Ana Cabral	00:27:36	00:56:04	00:55:23	676		V50	3
674	119	José Alves	00:28:51	00:56:05	00:55:23	677		V55	30
675	145	André Figueiredo	00:29:04	00:56:06	00:55:33	682	Pernas de Gafanhoto	V35	127
676	1125	Helga Girão	00:27:56	00:56:06	00:55:34	683		V60	1
677	1124	Raul Girão	00:27:56	00:56:06	00:55:34	684		V55	31
678	120	João Oliveira	00:27:52	00:56:10	00:55:49	696		V40	108
679	534	Luis Compoete	00:27:53	00:56:10	00:55:51	699		V45	88
680	1319	Gonçalo Pombo	00:26:53	00:56:11	00:55:46	694	Pés de Chumbo	Senior	169

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
681	1198	Mario Bunifacio	00:31:32	00:56:12	00:49:33	383	Body & Soul	V50	53
682	635	Rute Marques	00:28:24	00:56:13	00:55:14	664	Amigos Atletismo Mafra	V40	22
683	634	Fernanda Vieira	00:28:24	00:56:13	00:55:14	665	Amigos Atletismo Mafra	V40	23
684	826	Alexandre Luz	00:28:34	00:56:14	00:55:35	685		V40	109
685	50	Rui Domingues	00:27:36	00:56:16	00:55:36	688		V50	54
686	66	Ann Macpherson	00:27:42	00:56:17	00:55:57	700		V35	7
687	566	Maria Magalhães	00:27:04	00:56:18	00:55:51	698		V35	8
688	1632	Pedro Silva	00:28:29	00:56:19	00:54:59	646		Senior	170
689	1202	Frederico Antunes	00:31:32	00:56:19	00:49:39	393	Body & Soul	V35	128
690	1477	Francisco Grosso	00:28:14	00:56:20	00:55:25	679	FAGIR	Senior	171
691	1625	Goncalo Lopes	00:28:04	00:56:22	00:55:46	693	GDCT Unicre	V40	110
692	73	Pedro Balage	00:28:22	00:56:24	00:55:59	701	Priberam	Senior	172
693	713	Valdemar Rocha	00:28:21	00:56:25	00:55:50	697		V50	55
694	1543	Rodrigo Paulino	00:28:56	00:56:28	00:56:12	705		V35	129
695	1544	Nuno Couto	00:28:57	00:56:28	00:56:13	707		V40	111
696	1694	Guilherme Libório	00:28:56	00:56:28	00:56:12	706		V35	130
697	800	Catarina Nicho	00:27:55	00:56:29	00:56:08	704	Os Galgos	V50	4
698	761	Rita Capucho	00:27:43	00:56:31	00:56:23	710		V40	24
699	1447	Dina Nunes	00:28:38	00:56:33	00:55:28	681		Senior	31
700	1059	Mariano Magalhães	00:27:00	00:56:39	00:56:24	711	COMON	Senior	173

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
701	1082	Sílvio Silva	00:29:13	00:56:44	00:55:37	689	A Casa do Tio Tenente	Senior	174
702	1630	Ricardo Rosa	00:29:01	00:56:45	00:55:35	686		Senior	175
703	775	Rita Pinto	00:29:27	00:56:46	00:55:44	691	Brigada do Reumático	Senior	32
704	675	Edward Dwyer	00:29:31	00:56:47	00:55:45	692		V45	89
705	1242	João Caparica	00:27:02	00:56:49	00:56:26	713		V45	90
706	934	Ana Simão	00:28:01	00:56:59	00:56:36	721		Senior	33
707	1272	Pedro Monteiro	00:28:04	00:57:01	00:56:29	716	Grupo Encostas do Alqueva	Senior	176
708	807	Marisa Gonçalves	00:28:17	00:57:01	00:56:42	722	Os Galgos	V35	9
709	1422	Lindalva Silva	00:28:35	00:57:02	00:56:25	712	a natureza ensina	V45	8
710	1674	Maria Viegas	00:27:36	00:57:08	00:56:51	728		V50	5
711	1676	César Viegas	00:27:59	00:57:09	00:56:51	727		V55	32
712	1409	Vítor Lopes	00:28:08	00:57:12	00:56:21	709		V45	91
713	979	Jorge Pêgo	00:27:55	00:57:12	00:56:27	714		V35	131
714	668	João Lavadinho	00:27:55	00:57:12	00:56:28	715		V35	132
715	48	Nuno Passanha	00:29:46	00:57:14	00:57:04	736	Clube do Stress	V40	112
716	809	Filipe Moura	00:29:46	00:57:14	00:56:34	719		V40	113
717	218	Rui Pinheiro	00:27:20	00:57:14	00:56:36	720		V45	92
718	671	Leandro Faria	00:29:34	00:57:23	00:56:18	708		V35	133
719	1293	Ana Vieira	00:27:27	00:57:24	00:57:08	740		Senior	34
720	1618	Paulo Silva	00:27:42	00:57:27	00:57:03	735	Aguirre Newman Portugal	V45	93

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
721	286	Miguel Vieira	00:29:31	00:57:28	00:56:48	725		V50	56
722	1650	Eduardo Santos	00:27:26	00:57:28	00:57:16	746		V35	134
723	393	António Vital	00:29:03	00:57:28	00:57:13	745		V65	5
724	856	Pascal Silva	00:28:33	00:57:31	00:56:34	718	Plásticos Molding	V45	94
725	576	Daniel Gomes	00:28:28	00:57:33	00:57:10	744		V35	135
726	1144	Pedro Paulo	00:27:10	00:57:34	00:56:54	729	Equipa_B	V35	136
727	1277	Manuel Bio	00:29:55	00:57:35	00:57:04	737	Grupo Encostas do Alqueva	V45	95
728	1631	Humberto Valentim	00:29:01	00:57:39	00:56:30	717		Junior	14
729	179	Antonio Faria	00:28:27	00:57:39	00:56:55	730		V60	14
730	1337	Rita Rijo	00:29:49	00:57:41	00:57:33	757		V40	25
731	1332	Luís Silva	00:29:50	00:57:41	00:57:33	756		V45	96
732	1529	Carlos Renato	00:29:31	00:57:42	00:57:00	732		V55	33
733	1443	Henriqueta Solipa	00:28:41	00:57:42	00:57:01	734		V50	6
734	1534	Luis Neves	00:29:31	00:57:43	00:57:01	733		V45	97
735	1505	Jorge Azevedo	00:28:43	00:57:43	00:57:20	747		V40	114
736	130	Rosa Marques	00:28:46	00:57:43	00:56:50	726	Rosa Maria Leitão Marques	V40	26
737	1440	Helder Palma	00:28:45	00:57:44	00:57:05	738		V40	115
738	420	Victória Quintã	00:28:26	00:57:44	00:56:44	723		Senior	35
739	79	António Lopes	00:28:50	00:57:48	00:57:07	739		V60	15
740	249	Rui Marques	00:29:49	00:57:50	00:56:47	724		V45	98

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
741	1638	Rodrigo Castro	00:28:17	00:57:58	00:57:32	755		V40	116
742	1325	Fabio Francisco	00:28:58	00:58:06	00:56:59	731	A Casa do Tio Tenente	Senior	177
743	1503	Paulo Pereira	00:28:43	00:58:08	00:57:45	763		V40	117
744	970	Ricardo Oliveira	00:28:07	00:58:10	00:57:57	770	TRADUPRIME RUNNING TEAM	V40	118
745	224	Tabrez Hanif	00:28:53	00:58:13	00:57:45	762	NAV RUNNERS	Senior	178
746	586	Antonio Rego	00:28:07	00:58:16	00:57:25	748		V45	99
747	154	Paula Vieira	00:29:34	00:58:16	00:57:09	741		V40	27
748	1657	Marisa Serra	00:29:02	00:58:16	00:57:31	752	Holmes Place	V45	9
749	1565	Alexandre Brito	00:30:49	00:58:17	00:57:09	743		V40	119
750	1094	Jorge Ferreira	00:29:08	00:58:19	00:57:32	754	running of dª maria	V50	57
751	950	Ricardo Sarmento	00:29:43	00:58:20	00:57:09	742		Senior	179
752	104	Bruno Sousa	00:30:12	00:58:22	00:57:28	750	Manuel Loves Bruno e vice-versa	Senior	180
753	726	Isabel Rodrigues	00:28:01	00:58:23	00:58:14	779		V45	10
754	156	Manuel Arsénio	00:28:45	00:58:24	00:58:13	778		V60	16
755	155	José Vale	00:28:56	00:58:24	00:58:18	787		V55	34
756	1653	José Louro	00:28:56	00:58:24	00:58:21	788		V50	58
757	162	Miguel Ribeiro	00:33:44	00:58:25	00:49:38	391		V40	120
758	143	Ricardo Barreia	00:29:54	00:58:26	00:57:25	749	CELPA	Senior	181
759	385	João Eustáquio	00:28:03	00:58:27	00:57:52	768	ACPA	Senior	182
760	1241	Isabel Caparica	00:28:05	00:58:29	00:58:08	777		V45	11



Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
761	108	Joel Fernandes	00:27:09	00:58:31	00:57:55	769	Inovflow	V45	100
762	922	Rita Duarte	00:27:45	00:58:33	00:58:04	775	Grupo Interpass	V35	10
763	483	Ana Maia	00:27:41	00:58:34	00:57:31	751		V35	11
764	450	Tatiana Prudscaia	00:29:09	00:58:38	00:57:39	760		Senior	36
765	715	Daniela Silva	00:28:28	00:58:40	00:58:18	786	Wintrust	Senior	37
766	938	Elena Cabac	00:28:16	00:58:40	00:58:17	784		Senior	38
767	499	Sheila Galiano	00:29:03	00:58:41	00:57:47	764		V40	28
768	440	Nuno Henriques	00:29:07	00:58:41	00:57:52	767		V40	121
769	473	Anabela Assunção	00:29:04	00:58:41	00:57:47	765		V40	29
770	1140	Sérgio Costa	00:30:04	00:58:42	00:57:59	771		Senior	183
771	1591	Luis Mota	00:29:22	00:58:43	00:57:39	759		V40	122
772	949	Vânia Muge	00:29:42	00:58:43	00:57:32	753		Senior	39
773	1370	Fernando Costa	00:30:31	00:58:46	00:58:00	773		V50	59
774	45	Gabriela Dias	00:31:25	00:58:46	00:57:59	772	GDias	Senior	40
775	1143	Carolina Manuel	00:28:42	00:58:47	00:58:27	794		V40	30
776	1688	Sandra Silva	00:29:17	00:58:47	00:57:38	758		V35	12
777	1481	Rui João	00:29:51	00:58:50	00:58:05	776		V40	123
778	1628	Richard Hampson	00:30:28	00:58:52	00:57:42	761	CoworkLisboa	V40	124
779	282	Helena Azevedo	00:29:47	00:58:53	00:57:48	766		Senior	41
780	1541	Miguel Meirinhos	00:29:21	00:58:53	00:58:14	780		Senior	184

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
781	170	Laura Carmenates	00:28:57	00:58:55	00:58:49	812		V55	1
782	105	Manuel Pereira	00:30:12	00:58:55	00:58:01	774	Manuel Loves Bruno e vice-versa	Senior	185
783	479	João Rodrigues	00:29:55	00:58:59	00:58:32	797	NAV RUNNERS	V55	35
784	1186	Marco Mendes	00:28:41	00:59:06	00:58:16	781		V40	125
785	1041	Jose Piedade	00:28:36	00:59:08	00:58:55	819	DAVID VAZ	V50	60
786	1044	Alberto Santos	00:28:37	00:59:08	00:58:55	820	DAVID VAZ	V55	36
787	549	José Teixeira	00:29:46	00:59:09	00:58:27	793	PRIMORDIAL	V45	101
788	178	Zuzka Simulcikova	00:27:49	00:59:11	00:58:46	811		Senior	42
789	947	Pedro Correia	00:28:34	00:59:13	00:58:34	798		V40	126
790	1709	António Abrantes	00:28:15	00:59:13	00:58:38	799		V60	17
791	1347	José Rodrigues	00:30:00	00:59:17	00:58:23	791	Hero Portugal	V40	127
792	1327	Paula Calisto	00:28:45	00:59:17	00:58:38	800		Senior	43
793	52	Paulo Silva	00:29:29	00:59:21	00:58:25	792		V45	102
794	779	Tiago Figo	00:32:01	00:59:21	00:53:30	569		Senior	186
795	1156	Luís Laginha	00:29:55	00:59:21	00:58:53	814		Senior	187
796	550	Nuno Pereira	00:29:47	00:59:23	00:58:41	804	PRIMORDIAL	V40	128
797	551	Magda Marques	00:29:48	00:59:24	00:58:42	807	PRIMORDIAL	V35	13
798	1629	Vítor Duarte	00:29:03	00:59:25	00:58:16	782		V45	103
799	1072	Jordão Freitas	00:30:23	00:59:25	00:58:53	816		V45	104
800	1326	José Rodrigues	00:28:55	00:59:25	00:58:57	822		Senior	188

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
801	278	Luís Coelho	00:29:54	00:59:26	00:58:21	789		V40	129
802	1081	Marta Malhadas	00:30:26	00:59:26	00:58:22	790		Senior	44
803	1010	Maria Oliveira	00:30:05	00:59:26	00:58:45	808	Equipa_B	V40	31
804	41	Alberto Lixa	00:28:58	00:59:28	00:59:13	835		V50	61
805	11	Adelaide Manhiça	00:29:28	00:59:32	00:59:03	829		V55	2
806	1478	Tiago Santos	00:29:42	00:59:34	00:58:39	801	FAGIR	Senior	189
807	876	Rodrigo Cirilo	00:28:18	00:59:34	00:59:00	824		V40	130
808	1540	Luis Cabaça	00:29:20	00:59:34	00:58:53	815		V35	137
809	71	Pedro Amaral	00:29:04	00:59:35	00:59:10	833	Priberam	V45	105
810	1482	Ivo Claro	00:31:55	00:59:35	00:58:46	809		V35	138
811	1091	Lucilia Casanova	00:29:33	00:59:36	00:59:17	837		V60	2
812	158	Luis Vicente	00:28:58	00:59:37	00:59:17	836		V45	106
813	724	João Palma	00:29:55	00:59:37	00:58:55	818		V35	139
814	82	Luís Miranda	00:29:31	00:59:38	00:59:03	826		V40	131
815	1172	André Narciso	00:29:12	00:59:38	00:58:42	806		Senior	190
816	1173	Dina Oliveira	00:29:12	00:59:38	00:58:41	805		Senior	45
817	280	Paulo Quintas	00:29:02	00:59:39	00:59:08	830		V40	132
818	281	Rodolfo Nunes	00:29:02	00:59:39	00:59:08	831		V40	133
819	1313	António Costa	00:30:28	00:59:40	00:58:30	795	CoworkLisboa	Senior	191
820	1013	Simão Santiago	00:30:05	00:59:40	00:58:56	821	Equipa_B	V35	140

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
821	1649	Maria Simoes	00:29:21	00:59:40	00:59:22	839		V45	12
822	256	Aires Ventura	00:28:09	00:59:40	00:59:29	844		V45	107
823	1236	Tiago Caldeira	00:28:59	00:59:41	00:59:30	845		V35	141
824	1599	Angela Lima	00:30:45	00:59:42	00:58:59	823		V35	14
825	808	Carla Portela	00:29:25	00:59:42	00:58:49	813		V40	32
826	889	Luís Malato	00:28:57	00:59:44	00:59:11	834		V45	108
827	1008	Cesar Silva	00:31:03	00:59:46	00:58:40	803		V45	109
828	299	João Carvalho	00:29:26	00:59:46	00:58:46	810		V55	37
829	1146	Tiago Gaspar	00:31:03	00:59:47	00:58:40	802		Senior	192
830	74	David Nogueira	00:30:10	00:59:48	00:59:23	840	Priberam	Senior	193
831	1718	Pacer 6Km/Min	00:29:54	00:59:51	00:59:47	855		V35	142
832	405	Fernando Ferreira	00:30:00	00:59:52	00:58:54	817		V45	110
833	1582	Pedro Jorge	00:29:57	00:59:55	00:59:02	825		Senior	194
834	85	Pedro Faro	00:29:48	01:00:01	00:59:23	841		V45	111
835	247	David Mota	00:29:54	01:00:01	00:59:09	832		Senior	195
836	59	Ana Lemos	00:29:10	01:00:01	00:59:50	856		V50	7
837	173	Joana Antunes	00:31:16	01:00:02	00:59:34	847	Team SAPOR	Senior	46
838	578	Ricardo Cardador	00:30:33	01:00:03	00:59:46	854		Senior	196
839	1045	Elmano Silva	00:30:11	01:00:07	00:59:54	860		V35	143
840	858	Romão Santos	00:31:04	01:00:08	00:59:54	859		V40	134

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
841	1129	Diana Gonçalves	00:29:29	01:00:08	00:59:56	861		Senior	47
842	817	Joana Godinho	00:30:51	01:00:09	00:59:18	838		Junior	6
843	1471	José Santos	00:29:51	01:00:14	00:59:29	843		V60	18
844	1055	Elisa Canário	00:31:06	01:00:16	01:00:02	863		Senior	48
845	1673	Fernando Marinho	00:31:05	01:00:16	00:59:57	862		V45	112
846	172	Ana Antunes	00:31:16	01:00:18	00:59:51	857	Team SAPOR	Senior	49
847	985	André Bacalhau	00:31:12	01:00:20	00:59:24	842		V35	144
848	1555	Sara Prates	00:30:36	01:00:21	00:59:38	849	Atletismo Vidense	V35	15
849	1554	Manuel Prates	00:30:36	01:00:21	00:59:37	848	Atletismo Vidense	V40	135
850	780	Ana Romano	00:30:08	01:00:25	00:59:32	846		V45	13
851	20	P Antonio	00:28:59	01:00:27	01:00:07	869	Confidentia	V45	113
852	1586	Tania Correia	00:31:00	01:00:30	00:59:53	858		Senior	50
853	1532	Andre Melo	00:29:21	01:00:32	01:00:03	864		V35	145
854	1626	Eduardo Cardoso	00:29:16	01:00:41	01:00:04	866	GDCT Unicre	V45	114
855	993	Mariana Pinto	00:30:36	01:00:45	01:00:10	870		V35	16
856	1087	Anastácia Evménenko	00:29:54	01:00:45	00:59:46	853	ENVY team	Senior	51
857	1116	Martinho Roque	00:30:33	01:00:45	00:59:43	852		V45	115
858	1089	João Pereira	00:35:03	01:00:47	00:49:52	409		V50	62
859	221	Cidália Gonçalves	00:32:14	01:00:47	00:59:41	850	Mind Runners	Senior	52
860	151	David Saraiva	00:32:15	01:00:47	00:59:41	851	Mind Runners	Senior	197

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
861	997	Claudio Torrinha	00:32:30	01:00:50	01:00:05	867		Senior	198
862	755	Rosa Falardo	00:29:31	01:00:51	01:00:40	879		V50	8
863	487	Manuel Baptista	00:30:00	01:00:52	01:00:11	871		V50	63
864	1420	Rita Fachadas	00:30:18	01:00:55	01:00:47	882	a natureza ensina	Senior	53
865	815	Paulo Godinho	00:30:51	01:01:03	01:00:13	872		V45	116
866	1035	Nuno Valente	00:29:54	01:01:03	01:00:41	880	G. D. I. N. E.	V35	146
867	433	Tânia Carvalho	00:29:29	01:01:06	01:00:43	881		Senior	54
868	770	Luis Cardoso	00:30:02	01:01:12	01:00:32	875	Approach	V55	38
869	210	Dinis Fernandes	00:30:01	01:01:12	01:00:05	868		V40	136
870	1622	Eduardo Fonseca	00:28:29	01:01:12	01:00:47	883	Aguirre Newman Portugal	V35	147
871	882	Francisco Morgado	00:30:03	01:01:17	01:00:56	887		Senior	199
872	742	Maria Gomes	00:30:04	01:01:18	01:00:56	885		Senior	55
873	847	André Santos	00:30:17	01:01:22	01:01:07	888	run off dutty	Senior	200
874	859	Miguel Mendes	00:31:23	01:01:25	01:00:34	878	Engimind	Senior	201
875	1588	Celeste Cunha	00:30:31	01:01:31	01:00:28	874	Engidro	V35	17
876	242	António Monteiro	00:30:32	01:01:36	01:00:33	877	Engidro	V55	39
877	1654	O Linda	00:30:30	01:01:40	01:00:27	873	Os Macários	Senior	202
878	676	Carmel Sharkey	00:30:58	01:01:46	01:00:50	884		V50	9
879	1341	Fernanda Poças	00:30:30	01:01:49	01:01:35	898		V40	33
880	1623	Luís Reis	00:29:47	01:01:49	01:01:24	893	Aguirre Newman Portugal	V40	137



Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
881	836	Manuel Almeida	00:31:22	01:01:56	01:01:25	895	Inaceinox Runners	V50	64
882	1060	Sara Godinho	00:29:47	01:02:01	01:01:48	902	COMON	V35	18
883	1321	João Almeida	00:31:03	01:02:03	01:00:56	886		Senior	203
884	1562	Sofia Cordeiro	00:31:28	01:02:03	01:01:40	900		Senior	56
885	1564	Pedro Pestana	00:31:28	01:02:03	01:01:40	901		Senior	57
886	720	Carlos Silva	00:29:37	01:02:08	01:01:21	891	run off dutty	V50	65
887	141	João Marques	00:31:02	01:02:12	01:01:10	889	CELPA	V35	148
888	603	Sonia Cruz	00:31:04	01:02:14	01:01:22	892	Team Pernetas	V40	34
889	1166	Ana Lima	00:30:56	01:02:14	01:01:16	890		Senior	58
890	1048	Célia Júlio	00:30:59	01:02:24	01:01:27	897		V40	35
891	1269	Luis Goncalves	00:29:40	01:02:25	01:01:49	904	By Travel	V40	138
892	1022	Sergio Tavares	00:32:00	01:02:28	01:01:49	903	CCD Crédito Agrícola Mútuo	Senior	204
893	871	Maria Pestana	00:32:30	01:02:42	01:01:53	905	Engimind	Senior	59
894	747	António Marques	00:31:12	01:02:43	01:01:35	899		V45	117
895	848	Pedro Reis	00:31:23	01:02:45	01:01:55	908	Engimind	V40	139
896	321	Fernando Dinis	00:31:56	01:02:47	01:01:55	907		V35	149
897	559	Nélia Perdigão	00:31:56	01:02:47	01:01:55	906		V35	19
898	861	Marco Pereira	00:31:47	01:02:47	01:02:25	916	Onda Grafe	V35	150
899	227	Luis Gois	00:30:05	01:02:48	01:02:20	914	NAV RUNNERS	V45	118
900	186	Mário Lameirão	00:31:13	01:02:52	01:02:39	920		V65	6

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
901	76	Dina Nunes	00:30:37	01:03:01	01:02:18	912		V40	36
902	343	Arno Junior	00:30:31	01:03:05	01:02:12	909	BI4ALL	V45	119
903	1007	Luís Silva	00:30:22	01:03:06	01:02:40	923		V45	120
904	116	Sara Carvalha	00:30:01	01:03:06	01:02:18	913		V40	37
905	117	Alipio Costa	00:30:01	01:03:06	01:02:17	911		V50	66
906	874	David Bergano	00:30:19	01:03:07	01:02:31	917		Senior	205
907	1233	Ana Pereira	00:32:16	01:03:11	01:02:23	915		Senior	60
908	1028	Daniel Pereira	00:30:03	01:03:19	01:02:15	910	Innoteam	V35	151
909	431	Célia Corte	00:32:15	01:03:20	01:02:55	928		Senior	61
910	660	José Fidalgo	00:31:38	01:03:24	01:02:39	921	GERAFLUXO	V55	40
911	1620	Patrícia Liz	00:30:10	01:03:25	01:03:01	931	Aguirre Newman Portugal	V40	38
912	1624	Filipe Frade	00:29:03	01:03:25	01:03:01	930	Aguirre Newman Portugal	Senior	206
913	1468	Susana Almeida	00:30:34	01:03:28	01:02:53	927		V35	20
914	1619	Nuno Fideles	00:31:11	01:03:28	01:03:03	932	Aguirre Newman Portugal	V45	121
915	735	António Barros	00:30:36	01:03:31	01:03:08	938		V40	140
916	593	Bruno Coelho	00:29:12	01:03:34	01:03:06	935		Senior	207
917	1472	Paulo Grosso	00:31:13	01:03:36	01:02:40	922	FAGIR	V50	67
918	80	Lionnel Xavier	00:31:13	01:03:36	01:03:05	934		Senior	208
919	663	Mariana Feijó	00:32:25	01:03:38	01:02:53	926	GERAFLUXO	Senior	62
920	919	Ana Barata	00:31:44	01:03:38	01:02:38	919	Colara / Pontevel a Mexer	V35	21

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
921	429	Claudia Silva	00:31:51	01:03:42	01:02:49	925		V35	22
922	545	Fernando Duarte	00:29:41	01:03:43	01:03:23	943		V55	41
923	1566	Natacha Filipe	00:30:49	01:03:45	01:02:37	918		V40	39
924	1077	Jorge Cerejeira	00:31:51	01:03:47	01:02:44	924	OZ Energia	V45	122
925	835	Sónia Freire	00:30:58	01:03:50	01:03:43	951		V40	40
926	662	Sofia Santos	00:32:22	01:03:55	01:03:11	940	GERAFLUXO	Senior	63
927	870	Catarina Rodrigo	00:32:30	01:03:56	01:03:05	933	Engimind	Senior	64
928	1717	Francisco Landeira	00:30:09	01:04:00	01:03:52	953		V45	123
929	87	Pedro D'oliveira	00:30:35	01:04:04	01:02:56	929		V45	124
930	649	Jose Bastos	00:31:38	01:04:05	01:03:21	942	GERAFLUXO	V50	68
931	1295	Diogo Ferreira	00:33:02	01:04:05	01:03:30	946	By Travel	V40	141
932	1288	Nuno Mesquita	00:33:02	01:04:05	01:03:29	945	By Travel	V40	142
933	1686	Gonçalo Marcelino	00:35:41	01:04:06	00:56:04	703	GEN Portugal	V35	152
934	1683	Joana Silva	00:35:42	01:04:06	00:56:04	702	GEN Portugal	V35	23
935	511	Carla Floriano	00:31:15	01:04:08	01:03:17	941		V40	41
936	916	Mário Gomes	00:31:24	01:04:09	01:03:07	936	Colara / Pontevel a Mexer	V40	143
937	918	Filipa Silva	00:31:25	01:04:09	01:03:07	937	Colara / Pontevel a Mexer	V35	24
938	1304	Bruno Cartaxeiro	00:34:00	01:04:12	01:00:04	865	CoworkLisboa	V35	153
939	486	Pedro Fernandes	00:30:04	01:04:15	01:03:56	954		V40	144
940	622	Cristina Brizido	00:31:50	01:04:20	01:03:27	944		V40	42

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
941	1365	Mário Melo	00:32:02	01:04:26	01:03:42	950	Clube Ferroviário de Portugal	V65	7
942	185	Ana Gonçalves	00:32:04	01:04:33	01:04:01	955		V40	43
943	1594	Judite Basilio	00:31:50	01:04:33	01:03:40	949		V50	10
944	878	Cecília Gomes	00:30:53	01:04:38	01:04:09	958		V40	44
945	1569	Marta Leite	00:31:18	01:04:44	01:03:36	948		V45	14
946	1570	João Ferro	00:31:18	01:04:44	01:03:35	947		V45	125
947	357	Helena Leitão	00:32:21	01:04:56	01:04:38	964		V45	15
948	426	Arlindo Sou	00:32:03	01:04:56	01:03:48	952		V40	145
949	1531	Claudia Costa	00:33:25	01:04:58	01:04:05	956		V45	16
950	332	Carla Miranda	00:32:24	01:05:00	01:04:14	961	DAC-Drogaria America	V40	45
951	763	Henrique Vilhena	00:33:12	01:05:07	01:04:06	957		V60	19
952	111	Rui Pires	00:30:38	01:05:08	01:04:30	962	Inovflow	V45	126
953	991	Ana Pires	00:32:20	01:05:09	01:04:14	960		Senior	65
954	923	Flavio Castelo	00:32:02	01:05:09	01:04:40	965	Grupo Interpass	Senior	209
955	390	Tiago Bernardo	00:31:01	01:05:10	01:04:14	959		Senior	210
956	110	João Afonso	00:31:16	01:05:16	01:04:38	963	Inovflow	V40	146
957	630	Ana Antunes	00:32:52	01:05:35	01:04:46	969		Senior	66
958	46	Gustavo Dias	00:31:25	01:05:35	01:04:47	970	GDias	Senior	211
959	544	Helena Duarte	00:31:47	01:05:36	01:05:17	976		V50	11
960	631	João Robalo	00:32:51	01:05:37	01:04:46	968		V35	154

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
961	1073	Paulo Oliveira	00:32:02	01:05:38	01:05:23	977		V45	127
962	465	Robin Statfeld	00:31:22	01:05:40	01:05:15	975		V50	12
963	729	Joana Rodrigues	00:31:50	01:05:44	01:05:11	974		Senior	67
964	1528	Pedro Gama	00:32:20	01:05:45	01:04:41	966		V35	155
965	1017	Lino Gomes	00:29:53	01:05:48	01:04:43	967	CCD Crédito Agrícola Mútuo	V55	42
966	118	Francisco Ribeiro	00:31:14	01:05:49	01:05:35	979		V65	8
967	258	Luis Rodrigues	00:32:45	01:05:51	01:05:02	971		V45	128
968	829	Manuel Miranda	00:32:22	01:05:52	01:05:06	972		V55	43
969	766	Rita Pereira	00:32:01	01:05:52	01:05:26	978	Lebre com feijão	V40	46
970	857	Ricardo Miranda	00:32:22	01:05:54	01:05:08	973		Senior	212
971	842	Maria Correia	00:32:34	01:06:04	01:05:36	980	Inaceinox Runners	V40	47
972	1587	Tiago Pito	00:32:51	01:06:13	01:05:59	981		V35	156
973	845	Marco Castanheira	00:30:48	01:06:39	01:06:24	985	run off dutty	V35	157
974	1331	José Silva	00:30:26	01:06:44	01:06:04	982		V40	147
975	230	Ricardo Lopes	00:31:53	01:06:57	01:06:11	984	GETBRAND	Senior	213
976	636	Rui Bastos	00:33:56	01:07:03	01:06:04	983	Amigos Atletismo Mafra	V40	148
977	1196	Norberto Rodrigues	00:36:45	01:07:12	01:00:33	876	Body & Soul	V35	158
978	837	Tiago Pinho	00:32:36	01:07:14	01:06:46	990	Inaceinox Runners	Senior	214
979	841	Susana Batista	00:32:36	01:07:15	01:06:48	992	Inaceinox Runners	Senior	68
980	391	Honório Oliveira	00:32:57	01:07:17	01:06:40	988	Saldo Positivo	V55	44

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
981	963	Patrícia Pinto	00:31:58	01:07:23	01:06:48	991	Digitando	Senior	69
982	962	Tiago Cachucho	00:31:45	01:07:23	01:06:40	987	Digitando	Senior	215
983	1074	Maria Matos	00:32:02	01:07:29	01:07:14	996		V45	17
984	153	João Vieira	00:33:53	01:07:30	01:06:25	986		V45	129
985	945	Ana-Alice Pereira	00:32:19	01:07:39	01:07:27	1001		V50	13
986	373	Helena Dias	00:33:58	01:07:50	01:06:54	994		V45	18
987	372	Vanessa Costa	00:33:58	01:07:51	01:06:54	993		Senior	70
988	971	Mário Araujo	00:38:05	01:07:58	00:59:03	828		Senior	216
989	983	Manuel Araújo	00:38:05	01:07:58	00:59:03	827		V60	20
990	911	Ana Bailão	00:32:56	01:07:59	01:07:24	1000		V35	25
991	909	Rodrigo Ferreira	00:32:56	01:08:00	01:07:23	999		V40	149
992	1328	Zélia Leite	00:32:31	01:08:23	01:07:44	1003		V35	26
993	893	Mónica Moreira	00:33:31	01:08:25	01:08:00	1008		V40	48
994	899	Rita Santos	00:34:14	01:08:28	01:07:15	998		Senior	71
995	1320	Tiago Rosa	00:34:14	01:08:28	01:06:46	989		Senior	217
996	898	Andreia Costa	00:34:13	01:08:28	01:07:15	997		Senior	72
997	925	Jorge Welsh	00:31:18	01:08:33	01:08:14	1013		V55	45
998	757	Armanda Robalo	00:34:47	01:08:33	01:07:40	1002		V50	14
999	830	Maria Santos	00:31:22	01:08:34	01:08:03	1009	Inaceinox Runners	V35	27
1000	833	Ricardo Silva	00:32:33	01:08:34	01:08:08	1012	Inaceinox Runners	V35	159



Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1001	1158	Nuno Dias	00:30:06	01:08:35	01:07:58	1006	Maeil Team	Senior	218
1002	64	Susana Jesus	00:32:00	01:08:37	01:08:29	1016		V50	15
1003	1149	João Santos	00:37:47	01:08:38	01:01:25	896		V40	150
1004	1148	Vanessa José	00:37:47	01:08:39	01:01:25	894		V35	28
1005	519	Jorge Coelho	00:33:15	01:08:41	01:08:05	1010		V40	151
1006	289	Lina Baia	00:34:46	01:08:44	01:08:07	1011		Senior	73
1007	1238	Pedro Marques	00:32:08	01:08:47	01:08:24	1015		V35	160
1008	222	Ivone Costa	00:32:22	01:08:55	01:07:49	1005	Mind Runners	V35	29
1009	223	João Faria	00:32:22	01:08:55	01:07:48	1004	Mind Runners	V35	161
1010	514	José Silva	00:32:11	01:08:59	01:08:14	1014		V40	152
1011	1078	Marco Marques	00:31:51	01:09:03	01:08:00	1007		Senior	219
1012	63	J Lóio	00:33:30	01:09:08	01:08:59	1029		V60	21
1013	1211	Adelino Santos	00:37:22	01:09:14	01:08:36	1019	RexRunners	V40	153
1014	1621	Sónia Cardoso	00:42:19	01:09:17	01:08:52	1028	Aguirre Newman Portugal	V35	30
1015	296	Ricardo Valente	00:33:07	01:09:21	01:08:51	1027		V35	162
1016	115	Luis Lopes	00:33:07	01:09:22	01:08:32	1017		V65	9
1017	40	Joao M.E.Gil	00:32:48	01:09:24	01:09:14	1033		V55	46
1018	112	Pedro Brazinha	00:34:24	01:09:24	01:08:44	1022	Inovflow	V45	130
1019	109	Tatiana Santos	00:34:24	01:09:24	01:08:43	1021	Inovflow	Senior	74
1020	1538	Alessandra Ide	00:33:18	01:09:28	01:09:10	1031		Senior	75

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1021	580	Solange Alvito	00:32:44	01:09:44	01:08:50	1025	OLX	Senior	76
1022	906	António Fernandes	00:32:44	01:09:44	01:08:50	1026		Senior	220
1023	1309	Nuno Morgadinho	00:35:13	01:09:48	01:08:38	1020	CoworkLisboa	V35	163
1024	1500	Silvia Cardoso	00:33:17	01:09:49	01:09:07	1030	Fidalguia	V35	31
1025	1379	Catarina Fragata	00:36:59	01:09:52	01:03:11	939		Senior	77
1026	1260	Mónica Pereira	00:34:29	01:09:55	01:09:21	1037		V35	32
1027	1118	Rui Sampaio	00:34:17	01:09:56	01:09:44	1043		V45	131
1028	659	Beatriz Martins	00:32:46	01:10:12	01:09:40	1040	GERAFLUXO	Senior	78
1029	778	Ana Mendes	00:34:54	01:10:24	01:09:12	1032		Senior	79
1030	98	Maria Sá	00:34:12	01:10:26	01:10:05	1046		V60	3
1031	777	Eduardo Mendes	00:34:54	01:10:28	01:09:15	1034		Senior	221
1032	454	Magda Santos	00:34:53	01:10:28	01:09:16	1035		Senior	80
1033	883	Hugo Viegas	00:34:54	01:10:28	01:09:16	1036		Senior	222
1034	750	Carla Ferreira	00:33:56	01:10:38	01:09:30	1038	Falcões Selvagens	V40	49
1035	751	José Martins	00:33:56	01:10:38	01:09:31	1039	Falcões Selvagens	V35	164
1036	1644	Ana Leal	00:35:12	01:10:43	01:08:32	1018		V35	33
1037	892	Délia Pereira	00:35:37	01:10:47	01:10:16	1048		V35	34
1038	1101	Pedro Guerreiro	00:35:08	01:10:50	01:09:43	1042	Airfree Team	Senior	223
1039	1102	Tiago Prates	00:35:08	01:10:50	01:09:42	1041	Airfree Team	Senior	224
1040	689	Ana Sousa	00:34:12	01:10:51	01:10:25	1051		V40	50

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1041	933	Sérgio Gomes	00:36:30	01:10:58	01:09:58	1045		V40	154
1042	1315	Helder Duarte	00:36:56	01:11:04	01:09:55	1044	CoworkLisboa	Senior	225
1043	448	Ricardo Ramos	00:34:55	01:11:13	01:10:15	1047		V40	155
1044	860	Jorge Loureiro	00:32:46	01:11:21	01:11:08	1060	Onda Grafe	V55	47
1045	929	Gonçalo Barragan	00:36:30	01:11:22	01:10:20	1050		Senior	226
1046	982	Ana Graça	00:34:03	01:11:22	01:10:17	1049	Engidro	Senior	81
1047	1040	Joel Farinha	00:36:07	01:11:36	01:10:53	1055	Da Silva FF	Senior	227
1048	1039	Lídia Farinha	00:36:07	01:11:36	01:10:53	1056	Da Silva FF	Senior	228
1049	1675	Mariana Antunes	00:34:42	01:11:38	01:11:19	1063		V35	35
1050	926	Carlos Santos	00:36:30	01:11:39	01:10:37	1052		V60	22
1051	423	Joao Carvalho	00:34:36	01:11:40	01:11:09	1061		V45	132
1052	532	Marta Calado	00:35:00	01:11:45	01:10:58	1058	R&C	Senior	82
1053	531	Sérgio Rijo	00:35:00	01:11:45	01:10:58	1057	R&C	V35	165
1054	1100	Rui Fernandes	00:35:38	01:11:57	01:10:49	1054	Airfree Team	V35	166
1055	981	Ana Neto	00:34:03	01:12:10	01:11:04	1059	Engidro	Senior	83
1056	595	José Gomes	00:35:20	01:12:15	01:11:15	1062	OLX	Senior	229
1057	739	Antonio Clara	00:35:08	01:12:29	01:11:59	1069		V55	48
1058	1545	Andreia Moita	00:35:44	01:12:30	01:12:00	1070		Senior	84
1059	990	Ricardo Farinha	00:33:40	01:12:34	01:11:50	1068		Senior	230
1060	1046	Narciso Laranjo	00:33:40	01:12:34	01:11:49	1066		V40	156

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1061	998	Pedro Antunes	00:33:40	01:12:34	01:11:49	1067		Senior	231
1062	1117	Marta Carreira	00:35:18	01:12:48	01:12:32	1073		V45	19
1063	1479	João Dias	00:35:17	01:12:49	01:11:47	1064	Colara / Pontevel a Mexer	Senior	232
1064	996	Jéssica Rolho	00:35:17	01:12:49	01:11:48	1065	Colara / Pontevel a Mexer	Senior	85
1065	445	Célia Carvalho	00:34:54	01:13:03	01:12:40	1074		V40	51
1066	564	Marta Custódio	00:35:29	01:13:11	01:12:41	1075		Senior	86
1067	165	Sara Sousa	00:36:56	01:13:14	01:13:04	1077	Tartarugas Solidarias	V35	36
1068	569	Marta Palma	00:35:16	01:13:26	01:12:56	1076		Senior	87
1069	1227	Carlos Bacalhau	00:36:03	01:13:35	01:12:30	1072	NFK by CIBEN	V45	133
1070	1338	Fernando Ganhão	00:36:04	01:13:35	01:12:29	1071	NFK by CIBEN	Senior	233
1071	814	João Miranda	00:37:33	01:13:52	01:10:39	1053		Senior	234
1072	1552	M. Azevedo	00:35:49	01:13:59	01:13:25	1078	Clube Vodafone	V45	20
1073	1200	Andre Alves	00:37:05	01:14:02	01:07:06	995	Body & Soul	Senior	235
1074	936	Anakcimandra Nandigna	00:35:02	01:14:04	01:13:41	1080		Senior	88
1075	1168	Joana Andrade	00:35:44	01:14:17	01:13:40	1079		V35	37
1076	1464	Ellen Theodoro	00:44:58	01:15:10	00:58:16	783		V35	38
1077	515	Miguel Cabral	00:44:58	01:15:10	00:58:17	785		V40	157
1078	422	David Paulo	00:34:40	01:15:20	01:15:00	1082	Confidentia	V35	167
1079	1312	Isabel Remelgado	00:36:56	01:15:23	01:14:11	1081	CoworkLisboa	V35	39
1080	509	Luisa Maças	00:35:54	01:15:47	01:15:02	1083		V40	52

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1081	854	Daniela Mar	00:36:53	01:16:01	01:15:45	1087		Senior	89
1082	609	Pedro Farrim	00:36:22	01:16:10	01:15:22	1084	osiris travel	V40	158
1083	43	João Carapau	00:44:56	01:16:20	00:58:31	796		V40	159
1084	135	Cláudia Garcia	00:38:29	01:16:30	01:15:30	1085	CELPA	V45	21
1085	1004	Carmen Vicente	00:37:11	01:16:33	01:15:36	1086		V45	22
1086	1617	Diana Chaves	00:35:58	01:16:48	01:16:24	1088	Aguirre Newman Portugal	Senior	90
1087	1681	João Norte	00:45:18	01:16:49	01:08:47	1023		V35	168
1088	1687	Cristiana Pinto	00:45:18	01:16:52	01:08:49	1024		Senior	91
1089	1170	Filipe Carlos	00:33:36	01:17:35	01:17:13	1096		V45	134
1090	940	Vanessa Raposo	00:36:55	01:17:38	01:16:38	1089		Senior	92
1091	928	Cláudia Duarte	00:39:37	01:17:45	01:16:43	1090		Senior	93
1092	930	Jennie Guevara	00:36:54	01:17:45	01:16:43	1091		V35	40
1093	142	Marta Barreiros	00:38:28	01:17:49	01:16:50	1093	CELPA	V45	23
1094	140	Ana Fernandes	00:38:29	01:17:49	01:16:50	1094	CELPA	V35	41
1095	137	Irina Marcelino	00:38:46	01:18:04	01:17:04	1095	CELPA	V35	42
1096	1099	Filipa Domingos	00:38:11	01:18:06	01:16:49	1092	Airfree Team	Senior	94
1097	525	Maria Caeiro	00:38:04	01:18:15	01:17:28	1098		V50	16
1098	627	Pedro Santos	00:38:05	01:18:15	01:17:28	1097		Senior	236
1099	865	Nuno Teixeira	00:36:25	01:18:36	01:17:42	1099	Beyondevices	V35	169
1100	1119	Carla Sampaio	00:37:22	01:19:01	01:18:50	1100		V40	53

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1101	960	Duarte Nuno	00:38:42	01:19:28	01:18:51	1101	Digitando	V35	170
1102	407	Paulo Simoes	00:36:28	01:19:43	01:19:21	1103	Confidentia	V45	135
1103	1307	Marco Peralta	00:39:49	01:20:24	01:19:14	1102	CoworkLisboa	Senior	237
1104	1212	Cintia Santos	00:37:22	01:20:27	01:19:49	1104	RexRunners	V35	43
1105	1507	Patricia Robalo	00:40:36	01:22:23	01:21:33	1106		V40	54
1106	1274	Armando Serrano	00:41:40	01:23:36	01:23:06	1107	Grupo Encostas do Alqueva	V50	69
1107	195	Manuel Ribeiro	00:42:22	01:24:16	01:24:04	1108		V45	136
1108	565	Nuno Peixoto	00:43:57	01:25:24	01:24:53	1109		V40	160
1109	147	Márcio Almeida	00:42:16	01:25:49	01:25:09	1111	Inovflow	V35	171
1110	149	Rute Brissos	00:42:16	01:25:49	01:25:09	1110	Inovflow	Senior	95
1111	1049	Fernanda Gonçalves	00:42:35	01:26:14	01:25:17	1112		Senior	96
1112	623	Joëlle Dodémont	00:42:23	01:26:58	01:26:45	1113		V55	3
1113	567	Maria Machado	00:43:58	01:27:24	01:26:54	1115		V40	55
1114	661	Maria Santos	00:41:41	01:27:35	01:26:55	1117	GERAFLUXO	V60	4
1115	1701	Helena Alves	00:43:30	01:27:40	01:26:54	1116	LeYatletas	V45	24
1116	1702	Maria Gamito	00:43:37	01:27:41	01:26:53	1114	LeYatletas	V40	56
1117	1684	Luísa Nogueira	00:47:12	01:29:23	01:21:22	1105		V35	44
1118	368	Silvina Martins	00:47:47	01:30:06	01:29:09	1118		V45	25
1119	1197	Silvia Marques	00:47:12	01:31:25	01:31:20	1119	Body & Soul	Senior	238
1120	894	Sílvia Costa	00:45:39	01:35:03	01:33:58	1120	Dentaleader	V40	57



<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1121	896	Sara Borges	00:45:39	01:35:04	01:33:59	1121	Dentaleader	Senior	97
1122	370	Albertina Oliveira	00:49:15	01:36:21	01:35:26	1122		V45	26
1123	1636	Christelle Domingos	00:48:52	01:37:58	01:35:45	1123		Senior	98
1124	371	Mafalda Cândido	00:49:14	01:39:44	01:38:48	1124		V35	45
1125	1154	Diogo Lopes	00:46:58	01:39:47	01:39:08	1126	Maeil Team	Senior	239
1126	369	Sónia Soeiro	00:49:16	01:39:54	01:38:58	1125		V35	46