



SÃO CORRIDA  
SILVESTRE  
AMADORA

# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1	1635	Ruben Amaral	00:15:52	00:30:18	00:30:18	1	Sporting Clube de Portugal	Senior	1
2	1821	Duarte Gomes	00:15:52	00:30:27	00:30:27	2	Sport Lisboa e Benfica	Senior	2
3	1293	Davide Silva	00:15:51	00:30:42	00:30:40	3	Sporting Clube de Braga	Senior	3
4	1886	Samuel Freire	00:15:51	00:30:49	00:30:49	4	Vitória Futebol Clube	Senior	4
5	1703	Alexandre Venâncio	00:15:51	00:30:57	00:30:56	5	Recreio Desportivo de Águeda	Senior	5
6	1787	Said Ameqrane	00:15:53	00:31:10	00:31:09	6		Senior	6
7	415	André Costa	00:15:52	00:31:37	00:31:36	7		Senior	7
8	1365	Nuno Carraça	00:15:52	00:31:43	00:31:42	8	Run Tejo - Prevent Sprain	Senior	8
9	1788	Lyazid Imgharene	00:15:58	00:31:53	00:31:53	9		V35	1
10	391	Christophe Keyser	00:15:52	00:31:54	00:31:54	10		Senior	9
11	429	João Dias	00:15:56	00:31:55	00:31:54	11	Triatlo Sporting	Senior	10
12	1881	Bruno Lourenço	00:15:58	00:31:57	00:31:56	12		Senior	11
13	1315	Bruno Santos	00:15:57	00:32:28	00:32:27	13	Grupo Desportivo e Recreativo da Reboleira	Senior	12
14	1372	Evandro Pires	00:16:14	00:32:50	00:32:50	14	Run Tejo - Prevent Sprain	Junior	1
15	1472	Leonardo Branco	00:16:38	00:32:52	00:32:51	15		Senior	13
16	1362	Carlos Tiago	00:16:39	00:32:57	00:32:56	16	Run Tejo - Prevent Sprain	V40	1
17	1445	Rodrigo Pissarra	00:16:38	00:33:13	00:33:12	17		Junior	2
18	1334	Válter Costa	00:16:38	00:33:14	00:33:13	18		Senior	14
19	1416	Hugo Correia	00:16:39	00:33:27	00:33:26	19	Run Tejo - Prevent Sprain	Senior	15



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Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
20	1052	João Vaz	00:16:27	00:33:28	00:33:27	20		Junior	3
21	206	José Gaspar	00:16:47	00:33:30	00:33:30	21	Associação Desportiva de Palmeiros Sintra	V45	1
22	1592	André Alves	00:16:47	00:33:42	00:33:41	22	CF Os Belenenses	V35	2
23	1769	Sandy Martins	00:16:54	00:33:48	00:33:47	23	SFRA Amadora	Senior	16
24	1410	Miguel Quaresma	00:17:15	00:33:53	00:33:52	24	Run Tejo - Prevent Sprain	V40	2
25	1133	André Corvo	00:17:24	00:34:36	00:34:34	25	Linda-a-Pastora Sporting Clube	V40	3
26	1426	Ana Ferreira	00:17:23	00:34:39	00:34:38	26	Sporting Clube de Portugal	V35	1
27	1386	Alexandre Felício	00:17:35	00:34:42	00:34:40	27		Senior	17
28	1568	Tiago Graça	00:17:21	00:34:43	00:34:42	28	Run Tejo - Prevent Sprain	V35	3
29	1892	Mónica Silva	00:17:48	00:34:51	00:34:50	29	Sport Comércio e Salgueiros	V40	1
30	1962	Joana Ferreira	00:17:44	00:34:57	00:34:56	30	Recreio Desportivo de Águeda	Senior	1
31	1648	Susana Cunha	00:17:38	00:35:19	00:35:17	31	Recreio Desportivo de Águeda	V35	2
32	1444	Ricardo Pissarra	00:17:38	00:35:22	00:35:19	32		Junior	4
33	1482	João Lopes	00:17:46	00:35:23	00:35:22	33	GDC Banco de Portugal	V35	4
34	1797	Tiago Corvo	00:17:38	00:35:31	00:35:29	34		V35	5
35	1770	André Freitas	00:18:09	00:35:41	00:35:40	35	SFRA Amadora	Junior	5
36	1103	Júlio Finote	00:17:58	00:35:54	00:35:52	36	CCD Sintrense	V50	1
37	589	Gelson Gonçalves	00:17:48	00:35:55	00:35:55	37	Associação Desportiva de Palmeiros Sintra	Senior	18
38	1846	Daniel Araújo	00:18:03	00:35:55	00:35:55	38	Associação Desportiva de Palmeiros Sintra	V40	4



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Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
39	1795	David Leitão	00:18:14	00:36:03	00:36:03	39		Junior	6
40	1704	Sara Carvalho	00:18:09	00:36:08	00:36:08	40	Recreio Desportivo de Águeda	V35	3
41	1418	Carlos Canha	00:18:23	00:36:15	00:36:14	43	Run Tejo - Prevent Sprain	Senior	19
42	1924	Neide Dias	00:18:29	00:36:17	00:36:16	44	Sporting Clube de Portugal	V35	4
43	563	Duarte Brás	00:18:41	00:36:19	00:36:12	42		Senior	20
44	1737	Rui Martins	00:18:11	00:36:19	00:36:18	45	Triatlo Sporting	V35	6
45	235	Duarte Tereso	00:18:38	00:36:20	00:36:18	46		Senior	21
46	1781	Fernando Gomes	00:18:44	00:36:22	00:36:11	41	SFRA Amadora	V40	5
47	1405	Joel Pena	00:18:24	00:36:34	00:36:32	47	Run Tejo - Prevent Sprain	V40	6
48	926	Hugo Silva	00:18:22	00:36:35	00:36:35	52	GDRONDA	V45	2
49	1796	Gonçalo Almeida	00:18:48	00:36:36	00:36:34	49		Junior	7
50	1441	Kevin Pels	00:18:10	00:36:37	00:36:35	51		Senior	22
51	1721	Sérgio Paiva	00:18:23	00:36:37	00:36:35	50		V50	2
52	1548	Miguel Leitão	00:18:40	00:36:38	00:36:34	48		Junior	8
53	1414	Kcénia Bougrova	00:18:24	00:36:42	00:36:41	53	Run Tejo - Prevent Sprain	Senior	2
54	1346	Tomás Ribeiro	00:18:28	00:36:43	00:36:43	55	Atlético da Póvoa	Junior	9
55	1146	Luis Machado	00:18:42	00:36:46	00:36:43	54		V35	7
56	1647	Bernardo Silveira	00:18:27	00:36:47	00:36:46	56		Senior	23
57	1417	Amir Aníbal	00:18:24	00:36:49	00:36:47	57	Run Tejo - Prevent Sprain	Senior	24



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
58	227	José Camacho	00:18:25	00:36:51	00:36:50	59	Linda-a-Pastora Sporting Clube	V35	8
59	229	Artur Pereira	00:18:25	00:36:52	00:36:50	58	Linda-a-Pastora Sporting Clube	V45	3
60	117	Fernando Miranda	00:18:35	00:36:54	00:36:53	60	Linda-a-Pastora Sporting Clube	V50	3
61	733	Nuno Ruela	00:18:27	00:36:55	00:36:54	61	Os Galgos	V50	4
62	1262	Tiago Ferreira	00:18:35	00:37:03	00:37:00	62		Senior	25
63	1829	Rafael Gonçalves	00:18:42	00:37:21	00:37:20	63	União Desportiva de Alfovelos	V35	9
64	702	Américo Pereira	00:18:47	00:37:25	00:37:24	64	Associação Desportiva de Palmeiros Sintra	V55	1
65	55	Fernando Pereira	00:19:25	00:37:31	00:37:26	65		V50	5
66	1866	António Roque	00:18:41	00:37:40	00:37:39	67	Caracóis de Pedra	V35	10
67	624	João Borges	00:18:28	00:37:42	00:37:40	69		V40	7
68	1600	Gustavo Santos	00:19:21	00:37:43	00:37:40	68	CF Os Belenenses	V50	6
69	325	Hugo Palmeiro	00:19:04	00:37:45	00:37:39	66	Linda-a-Pastora Sporting Clube	V45	4
70	1980	Francisco Matos	00:18:57	00:37:51	00:37:49	70		V35	11
71	703	Rodrigo Pereira	00:18:20	00:37:52	00:37:51	71	Associação Desportiva de Palmeiros Sintra	Senior	26
72	947	Afonso Feijao	00:19:25	00:37:58	00:37:56	72	Clube Millennium BCP	Senior	27
73	1168	Laura Grilo	00:19:08	00:38:00	00:37:57	73	Clube de Praças da Armada	V35	5
74	1713	Tiago Encarnação	00:19:08	00:38:00	00:37:57	74		Senior	28
75	438	Hugo Paulo	00:19:17	00:38:07	00:38:04	76		V45	5
76	1504	Sérgio Pinto	00:19:04	00:38:11	00:38:02	75		Senior	29



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Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
77	1779	Mario Santos	00:19:17	00:38:14	00:38:10	78	SFRA Amadora	V45	6
78	1551	Mário Santos	00:19:17	00:38:14	00:38:10	77		V45	7
79	1767	Inês Marques	00:19:08	00:38:15	00:38:14	79		Senior	3
80	1281	José Antunes	00:19:07	00:38:16	00:38:15	81	Grupo Desportivo e Recreativo da Reboleira	V55	2
81	1254	Paulo Costa	00:19:01	00:38:18	00:38:14	80		V45	8
82	1398	Rúben Chaves	00:19:26	00:38:20	00:38:17	82	CRC Marvila Jovem	V35	12
83	205	Francisco Gonçalves	00:19:38	00:38:22	00:38:20	84	Associação Desportiva de Palmeiros Sintra	V50	7
84	1159	Joana Fonseca	00:19:21	00:38:25	00:38:24	88		V35	6
85	1630	Luis Allen	00:19:02	00:38:26	00:38:24	86	Grupo Desportivo Santander Totta	V50	8
86	1941	Marina Domingues	00:19:22	00:38:27	00:38:23	85	Linda-a-Pastora Sporting Clube	V40	2
87	186	Miguel Bernardo	00:19:14	00:38:27	00:38:25	89		V40	8
88	405	Pedro Amigo	00:19:28	00:38:27	00:38:24	87		V40	9
89	887	Ivandro Moreira	00:19:34	00:38:30	00:38:17	83		V35	13
90	1819	Tiago Allen	00:19:39	00:38:33	00:38:25	90		V35	14
91	1720	João Tavares	00:18:25	00:38:35	00:38:33	91		V35	15
92	61	Pedro Conceição	00:18:55	00:38:35	00:38:33	93		V40	10
93	173	Alfredo Veiga	00:19:07	00:38:36	00:38:33	92		Junior	10
94	773	António Murteira	00:19:22	00:38:39	00:38:37	94	Grupo Recreativo e Desportivo da Ribeira da Lage	V55	3
95	1776	Carlos Fernandes	00:19:28	00:38:40	00:38:38	95	SFRA Amadora	V45	9



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Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
96	1732	Carlos Casal	00:18:42	00:38:46	00:38:45	96	Grupo Recreativo e Desportivo da Ribeira da Lage	Junior	11
97	969	Nuno Naia	00:19:07	00:38:46	00:38:45	97	Clube Millennium BCP	V45	10
98	104	Bruno Paixao	00:19:34	00:38:56	00:38:55	99	Associação Desportiva de Palmeiros Sintra	V40	11
99	350	Hélder Cotrim	00:19:18	00:38:57	00:38:55	98		V40	12
100	1419	Jessara Xavier	00:19:34	00:39:02	00:38:59	100	Olímpico Vianense	Senior	4
101	1239	Benvinda Santos	00:19:27	00:39:05	00:39:02	103		Senior	5
102	725	João Guterres	00:19:35	00:39:07	00:39:02	102	1º Dezembro Queijas	V45	11
103	1533	Carlos Lourenço	00:19:42	00:39:10	00:39:05	104		V55	4
104	1478	André Reis	00:19:58	00:39:11	00:39:02	101	Monsanto Running Team	V40	13
105	1166	José Dias	00:19:55	00:39:11	00:39:07	106		V60	1
106	906	Den Chuang	00:19:55	00:39:12	00:39:10	107		Senior	30
107	1394	Pedro Baleia	00:19:33	00:39:14	00:39:07	105	Caracóis de Pedra	V45	12
108	692	Jorge Deus	00:19:55	00:39:15	00:39:14	108		V45	13
109	153	Vitor Marques	00:19:52	00:39:17	00:39:15	109		V45	14
110	208	David Karim	00:19:55	00:39:20	00:39:18	111	Associação Desportiva de Palmeiros Sintra	V45	15
111	1367	Paulo Arrenega	00:19:58	00:39:27	00:39:22	113	Run Tejo - Prevent Sprain	V55	5
112	712	José Santos	00:20:18	00:39:28	00:39:17	110	CCDTMetroLX	V50	9
113	1465	António Pinto	00:19:36	00:39:29	00:39:20	112		Senior	31
114	986	Paulo Gomes	00:20:09	00:39:32	00:39:24	115		V40	14



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Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
115	1573	Hugo Lopes	00:19:55	00:39:34	00:39:32	117		V35	16
116	704	Tiago Simões	00:20:11	00:39:37	00:39:28	116	Associação Desportiva de Palmeiros Sintra	Junior	12
117	1537	Gonçalo Brás	00:19:54	00:39:39	00:39:36	118		V40	15
118	812	Nuno Quintela	00:20:08	00:39:40	00:39:38	119	GRCD Leião	V35	17
119	572	João Teixeira	00:20:09	00:39:41	00:39:24	114	SIMECQ - Sociedade de Instrução Musical e Escolar Cruz	V60	2
120	1	Rosa Mota	00:19:58	00:39:41	00:39:40	120		V65	1
121	3019	4 Min/Km	00:19:54	00:39:52	00:39:48	122		V40	16
122	1722	Miriam Martins	00:19:47	00:39:54	00:39:53	124		Senior	6
123	701	Miguel Barba	00:19:59	00:39:55	00:39:54	126	Peniche a Correr	V45	16
124	1056	Miguel Fernandes	00:19:57	00:39:58	00:39:54	125		V40	17
125	414	Diamantino Serrano	00:19:59	00:39:58	00:39:57	127	Correr Queluz	V45	17
126	820	João Alves	00:20:17	00:40:00	00:39:42	121		V50	10
127	1890	Diogo Parracho	00:20:15	00:40:02	00:39:50	123		Senior	32
128	1361	Ana Rebelo	00:20:19	00:40:06	00:40:01	128	Run Tejo - Prevent Sprain	Senior	7
129	1037	José Costa	00:19:59	00:40:10	00:40:07	130		Senior	33
130	12	Jorge Nabais	00:19:55	00:40:14	00:40:06	129		V40	18
131	1284	Eugénio Neto	00:20:51	00:40:15	00:40:13	133	Grupo Desportivo e Recreativo da Reboleira	V60	3
132	1599	Fernando Santos	00:20:40	00:40:21	00:40:12	132	CF Os Belenenses	V50	11
133	105	Artur Oliveira	00:20:41	00:40:22	00:40:12	131	Associação Desportiva de Palmeiros Sintra	V50	12



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Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
134	1603	Luis Marçal	00:20:06	00:40:22	00:40:16	134	CF Os Belenenses	V45	18
135	604	Almiro Feijão	00:20:10	00:40:23	00:40:19	137	Linda-a-Pastora Sporting Clube	V65	1
136	1772	Miguel	00:19:56	00:40:24	00:40:20	138	SFRA Amadora	Junior	13
137	746	Pedro Silva	00:20:10	00:40:27	00:40:21	140		V35	18
138	660	Pedro Jorge	00:20:32	00:40:28	00:40:18	135		Senior	34
139	266	Dinis Ribas	00:20:30	00:40:29	00:40:18	136		V50	13
140	1874	Rogério Machado	00:19:59	00:40:30	00:40:26	141		V40	19
141	757	Nuno Ferreira	00:20:25	00:40:31	00:40:27	142		V45	19
142	1238	João Pateira	00:20:31	00:40:35	00:40:31	144		V45	20
143	1631	Paulo Alves	00:20:49	00:40:36	00:40:28	143	Grupo Desportivo Santander Totta	V45	21
144	207	Hugo Borges	00:20:44	00:40:36	00:40:21	139	Associação Desportiva de Palmeiros Sintra	V40	20
145	1013	Diego Testolin	00:20:47	00:40:39	00:40:34	145		V40	21
146	1044	Rui Henriques	00:20:29	00:40:44	00:40:43	149	Serviços Sociais Montepio	V40	22
147	1108	Pedro Pereira	00:20:21	00:40:50	00:40:49	152		V35	19
148	155	Mafalda Martinho	00:20:23	00:40:50	00:40:49	153		V35	7
149	1059	Carlos Gomes	00:20:40	00:40:53	00:40:48	151	Clube EDP - Lisboa	V60	4
150	823	Tiago Gabriel	00:20:25	00:40:55	00:40:50	154		V35	20
151	1219	João Silva	00:19:22	00:40:55	00:40:53	155		V40	23
152	513	João Eça	00:20:57	00:40:56	00:40:47	150		V35	21





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Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
153	1325	Nelson Felix	00:20:49	00:40:57	00:40:36	146		V45	22
154	285	Sergio Ventura	00:20:18	00:41:00	00:40:55	156		V40	24
155	903	Rafael Matoso	00:21:06	00:41:00	00:40:37	148		Senior	35
156	538	Luís Ferreira	00:21:14	00:41:02	00:40:36	147		V45	23
157	57	Didier Valente	00:20:34	00:41:03	00:41:01	158		V50	14
158	56	Nelson Graça	00:20:34	00:41:03	00:41:01	157		V35	22
159	779	José Duarte	00:20:39	00:41:09	00:41:01	159	Os Galgos	V50	15
160	729	Rui Santos	00:20:55	00:41:11	00:41:04	160	1º Dezembro Queijas	V40	25
161	1487	João Pacheco	00:20:43	00:41:13	00:41:10	162		V35	23
162	1560	Nelson Costa	00:20:14	00:41:14	00:41:09	161		V40	26
163	835	Paulo Costa	00:20:57	00:41:14	00:41:10	164		V55	6
164	917	Jose Martins	00:20:50	00:41:18	00:41:10	163	SS CGD	V45	24
165	1777	Rui Matias	00:20:18	00:41:18	00:41:16	167	SFRA Amadora	Senior	36
166	1286	Jorge Almeida	00:20:21	00:41:20	00:41:15	166	Grupo Desportivo e Recreativo da Reboleira	Senior	37
167	1203	Pedro Temporão	00:20:47	00:41:23	00:41:20	169		V40	27
168	1257	Daniel Rose	00:20:56	00:41:24	00:41:13	165		V40	28
169	1940	Nuno Silva	00:20:19	00:41:24	00:41:22	171	NAZABOBODA	V50	16
170	151	Pedro Fernandes	00:20:47	00:41:27	00:41:25	172		V40	29
171	1330	Inacio Serrazina	00:20:35	00:41:28	00:41:18	168		V60	5



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Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
172	1007	Pedro Vicente	00:21:03	00:41:31	00:41:20	170		V45	25
173	1412	Tiago Ribeiro	00:20:49	00:41:34	00:41:28	173	Run Tejo - Prevent Sprain	V35	24
174	134	Paulo Rocha	00:21:00	00:41:38	00:41:31	174		V40	30
175	1399	Steven Santos	00:20:48	00:41:39	00:41:32	175	Run Tejo - Prevent Sprain	V35	25
176	256	Bruno Andrade	00:21:05	00:41:44	00:41:35	176		V35	26
177	1094	Nuno Carvalhinho	00:21:10	00:41:45	00:41:38	179		V45	26
178	486	Miguel Alpendre	00:21:10	00:41:45	00:41:38	178	Swimrunners	Junior	14
179	1547	João Ribeiro	00:21:16	00:41:47	00:41:45	181		V50	17
180	1628	Miguel Carmo	00:21:00	00:41:49	00:41:36	177		V35	27
181	934	Gonçalo Vicente	00:20:29	00:41:49	00:41:46	183		Senior	38
182	1671	Marcos Estrela	00:20:50	00:41:50	00:41:41	180		Senior	39
183	118	Lino Miguel	00:20:26	00:41:51	00:41:48	184		V35	28
184	1114	Pedro Frias	00:21:02	00:41:54	00:41:45	182		V45	27
185	1403	António Boné	00:21:08	00:41:58	00:41:54	186	Run Tejo - Prevent Sprain	Senior	40
186	1574	Pedro Pereira	00:21:24	00:42:04	00:42:03	188		V45	28
187	1457	Bruno Pissarra	00:21:04	00:42:05	00:42:02	187		V45	29
188	1391	Ricardo Domingues	00:21:48	00:42:07	00:41:52	185		V35	29
189	1708	João Lemos	00:21:33	00:42:10	00:42:05	189		V35	30
190	1702	Duarte Costa	00:21:22	00:42:11	00:42:08	195		V40	31



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
191	232	António Graça	00:20:58	00:42:12	00:42:08	196	Linda-a-Pastora Sporting Clube	V60	6
192	1174	João Tomaz	00:21:30	00:42:13	00:42:06	192		V35	31
193	311	João Canas	00:21:24	00:42:16	00:42:06	191		V35	32
194	1870	André Coelho	00:20:39	00:42:16	00:42:09	198		V45	30
195	1606	Nuno Queija	00:21:17	00:42:16	00:42:06	190	CF Os Belenenses	V50	18
196	1382	André Gonçalves	00:21:30	00:42:17	00:42:11	199		Senior	41
197	1706	Luciana Viengo	00:19:56	00:42:20	00:42:20	205	ADNO - NucleOeiras	Senior	8
198	90	João Dias	00:21:27	00:42:20	00:42:09	197		Senior	42
199	1724	Gonçalo Inácio	00:21:07	00:42:21	00:42:07	194	Associação Vale Grande	V45	31
200	141	Fernando Almeida	00:21:55	00:42:23	00:42:07	193		V45	32
201	1366	Carlos Freitas	00:22:01	00:42:23	00:42:17	204	Run Tejo - Prevent Sprain	V50	19
202	571	João Narra	00:21:45	00:42:26	00:42:15	202	SIMECQ - Sociedade de Instrução Musical e Escolar Cruz	V50	20
203	1260	André Serrazina	00:20:53	00:42:28	00:42:17	203		V35	33
204	1602	Avelino Soares	00:21:38	00:42:28	00:42:22	207	CF Os Belenenses	V55	7
205	1948	Miguel Reis	00:21:44	00:42:29	00:42:21	206		V45	33
206	1163	Paulo Menezes	00:21:48	00:42:29	00:42:14	200		V50	21
207	1015	João Antunes	00:21:10	00:42:31	00:42:24	209		Senior	43
208	893	Artur Carvalho	00:21:45	00:42:31	00:42:15	201	Correr Queluz	V50	22
209	533	Edmir Correia	00:20:25	00:42:34	00:42:30	210		Senior	44



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
210	1134	Nuno Gonçalves	00:21:33	00:42:35	00:42:24	208	CA Patameiras	V45	34
211	510	Alexandre Figueiredo	00:21:43	00:42:41	00:42:33	211	NAPA - Núcleo de Amigos da Perna Assada	V50	23
212	1613	André Fernandes	00:21:11	00:42:44	00:42:38	213	Clube de Natação da Amadora	Senior	45
213	942	Paula Martins	00:21:35	00:42:46	00:42:41	215		V40	3
214	469	André Oliveira	00:21:45	00:42:48	00:42:39	214	Grupo Recreativo e Desportivo da Ribeira da Lage	V35	34
215	1883	Bruno Godinho	00:21:27	00:42:49	00:42:43	217		V40	32
216	1958	Liliana Baltazar	00:21:33	00:42:49	00:42:42	216		V35	8
217	1514	Edgar Caldeira	00:21:50	00:42:50	00:42:37	212		V35	35
218	1364	Luís Brito	00:21:38	00:42:57	00:42:51	221	Run Tejo - Prevent Sprain	V45	35
219	1400	Natacha Cunha	00:21:39	00:42:57	00:42:52	222	Run Tejo - Prevent Sprain	V40	4
220	1871	Mário Carvalho	00:21:18	00:42:58	00:42:55	226	Grupo Vilarinho Cima	V60	7
221	874	João Antunes	00:21:49	00:42:58	00:42:50	219		V50	24
222	66	Pedro Sanguino	00:21:32	00:43:00	00:42:53	224		V40	33
223	181	Luis Santos	00:21:18	00:43:00	00:42:46	218		V35	36
224	1956	Pedro Silva	00:21:56	00:43:02	00:42:58	230		Senior	46
225	157	Catarina Lourenço	00:21:52	00:43:02	00:42:51	220		V45	1
226	36	Bruno Ribeiro	00:21:46	00:43:03	00:42:57	227	Kaninos	V40	34
227	158	Gonçalo Ferreira	00:21:50	00:43:04	00:42:57	228	CF Os Belenenses	V50	25
228	1792	Bruno Pires	00:21:46	00:43:05	00:42:54	225	GDC Banco de Portugal	V40	35



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
229	852	José Cunha	00:21:57	00:43:06	00:42:57	229	Os Zatopeques	V55	8
230	1791	José Pinto	00:22:21	00:43:09	00:42:52	223	Grupo Recreativo e Desportivo da Ribeira da Lage	V60	8
231	1401	Monica Domingos	00:21:54	00:43:11	00:43:05	231	Run Tejo - Prevent Sprain	Senior	9
232	1680	Virgínia Pereira	00:21:57	00:43:12	00:43:07	232		V55	1
233	484	Pedro Couto	00:21:13	00:43:21	00:43:12	234	Associação Vale Grande	V40	36
234	89	André Barbosa	00:22:07	00:43:24	00:43:12	233		V40	37
235	559	Rui Simoes	00:22:02	00:43:25	00:43:15	236		V45	36
236	95	Ricardo Almeida	00:21:52	00:43:28	00:43:14	235		V40	38
237	827	Mário Monteiro	00:22:10	00:43:28	00:43:21	240	Clube Ferroviário de Portugal	V50	26
238	88	Hugo Barbosa	00:22:08	00:43:28	00:43:17	237		V40	39
239	870	Nuno Carrilho	00:22:13	00:43:29	00:43:18	238	Carrasco & Amigos	V45	37
240	215	Hugo Pelica	00:22:28	00:43:31	00:43:19	239	Amigos do Atletismo de Mafra	V35	37
241	1348	Luís Oliveira	00:21:18	00:43:31	00:43:23	241	Casa do Benfica em Algueirão Mem Martins	V50	27
242	1707	Filipe Faia	00:21:51	00:43:33	00:43:28	244		V40	40
243	401	Nuno Fontes	00:21:59	00:43:36	00:43:23	242		V35	38
244	1402	Elisabete Macedo	00:21:44	00:43:38	00:43:33	248	Run Tejo - Prevent Sprain	V40	5
245	1363	Jorge Nunes	00:21:44	00:43:38	00:43:34	249	Run Tejo - Prevent Sprain	V45	38
246	1395	Nuno Estacio	00:21:50	00:43:39	00:43:32	247		V45	39
247	1694	Cláudio Caseiro	00:21:53	00:43:40	00:43:36	251		V45	40



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
248	1926	Rafael Abrunhosa	00:22:28	00:43:44	00:43:30	245	GRCD Leão	V55	9
249	76	Ricardo Martins	00:22:12	00:43:45	00:43:39	253		V35	39
250	184	Nuno Carioca	00:21:53	00:43:45	00:43:37	252		V45	41
251	1506	Rodolfo Serra	00:22:46	00:43:47	00:43:39	254		V40	41
252	1282	Paulo Moreira	00:23:25	00:43:47	00:43:34	250	Grupo Desportivo e Recreativo da Reboleira	V50	28
253	1111	Sílvio Romão	00:22:26	00:43:48	00:43:32	246	Associação Vale Grande	V40	42
254	1043	Antonio Godinho	00:21:44	00:43:49	00:43:41	255	Sporting Clube de Casainhos	V45	42
255	1856	Gonçalo Marques	00:22:00	00:43:50	00:43:44	258		V45	43
256	1095	Pedro Pombo	00:22:17	00:43:51	00:43:27	243		V40	43
257	47	Carlos Caeiro	00:22:00	00:43:52	00:43:46	259	Aminhacorrida/Runextrem	V45	44
258	1740	Rui Ramos	00:21:34	00:43:55	00:43:50	262		V40	44
259	957	Fernando Feijao	00:22:25	00:43:57	00:43:56	267	Clube Millennium BCP	V65	2
260	323	José Borges	00:22:08	00:43:58	00:43:48	261	Linda-a-Pastora Sporting Clube	V45	45
261	1943	Ricardo Fonseca	00:22:03	00:43:58	00:43:51	263		Senior	47
262	933	Justin Vos	00:23:36	00:43:58	00:43:46	260		Senior	48
263	96	Paulo Lamego	00:21:43	00:43:59	00:43:55	266		V50	29
264	655	Rui Correia	00:22:29	00:44:01	00:43:53	265	Rambos	V50	30
265	1542	Nuno Marques	00:22:15	00:44:04	00:43:52	264		V45	46
266	517	Filipe Dias	00:22:08	00:44:04	00:43:43	257		V35	40



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
267	1698	Gonçalo Ferreira	00:22:01	00:44:06	00:44:02	272		V40	45
268	682	Marco Moura	00:21:49	00:44:06	00:43:59	268		V45	47
269	1275	Natalina Bordino	00:22:18	00:44:07	00:43:43	256		V35	9
270	1875	Valter Pereira	00:22:20	00:44:08	00:44:05	275		V45	48
271	1118	António Fernandes	00:22:43	00:44:09	00:44:01	270		V45	49
272	1607	Carlos Escorcio	00:22:05	00:44:14	00:44:06	276	CF Os Belenenses	V35	41
273	1569	Carla Almeida	00:22:29	00:44:16	00:44:08	277	ACRSD	V35	10
274	648	João Oliveira	00:22:44	00:44:16	00:44:05	274	CCDTMetroLX	V45	50
275	511	José Brito	00:22:29	00:44:19	00:44:14	279		V60	9
276	35	Eduardo Luís	00:22:53	00:44:20	00:44:04	273		V45	51
277	312	Ricardo Silveira	00:21:44	00:44:22	00:44:16	283		V35	42
278	20	Nuno Silva	00:22:35	00:44:23	00:44:20	286	HeCaTEAM	V40	46
279	24	Helena Moreira	00:22:46	00:44:23	00:44:17	284	HeCaTEAM	V45	2
280	353	Fernando Laranjo	00:22:21	00:44:23	00:44:20	289		V40	47
281	1183	Agostinho Silva	00:22:54	00:44:24	00:44:14	280	GT10.30SX	V40	48
282	1519	Miguel Lopes	00:22:22	00:44:25	00:44:18	285		V40	49
283	609	Fábio Júlio	00:22:38	00:44:26	00:44:00	269		V35	43
284	1967	Pedro Garcia	00:22:12	00:44:27	00:44:22	292		V35	44
285	465	Maurício Cruz	00:21:22	00:44:27	00:44:25	297		V45	52



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
286	365	Ricardo Rodrigues	00:22:00	00:44:30	00:44:20	288		V35	45
287	1768	Diana Sousa	00:22:29	00:44:30	00:44:22	291	SFRA Amadora	Junior	1
288	1771	Inês Veredas	00:22:29	00:44:30	00:44:21	290	SFRA Amadora	Junior	2
289	1161	Vitor Cavadas	00:22:32	00:44:35	00:44:25	296		V35	46
290	1162	Diogo Alfarelos	00:22:42	00:44:35	00:44:28	299	Bobadelas Running Team	V35	47
291	273	Carlos Calado	00:22:46	00:44:36	00:44:20	287		V50	31
292	1079	Luis Madeira	00:22:41	00:44:36	00:44:15	281	SS CGD	V50	32
293	303	Carlos Tomé	00:22:45	00:44:36	00:44:31	306		V50	33
294	295	Tiago Sousa	00:22:08	00:44:37	00:44:23	293		V40	50
295	826	Palmira Quinhama	00:22:45	00:44:37	00:44:29	300	Walkandrun-we run	V45	3
296	1341	João Casinhas	00:22:29	00:44:39	00:44:25	298		V45	53
297	383	Diogo Leite	00:22:07	00:44:39	00:44:30	303		V35	48
298	711	José Alves	00:22:44	00:44:40	00:44:29	301	CCDTMetroLX	V50	34
299	340	João Faustino	00:23:03	00:44:41	00:44:12	278	Clube do Stress	V50	35
300	868	José Machado	00:20:53	00:44:42	00:44:41	312	Carrasco & Amigos	V65	3
301	1809	Leonel Batista	00:22:52	00:44:42	00:44:39	310		V50	36
302	1979	Pedro Pereira	00:22:47	00:44:42	00:44:01	271		Senior	49
303	1884	André Silva	00:22:43	00:44:44	00:44:30	304		V35	49
304	536	Gonçalo Pereira	00:22:19	00:44:49	00:44:38	308		Senior	50





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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
305	975	Pedro Pereira	00:23:01	00:44:49	00:44:36	307	Clube Millennium BCP	V55	10
306	1024	Leonel Fonte	00:22:47	00:44:50	00:44:24	294		V35	50
307	238	Nuno Romão	00:22:16	00:44:51	00:44:48	321		V50	37
308	991	José Duarte	00:23:07	00:44:51	00:44:25	295		V40	51
309	1413	Bárbara Abreu	00:22:21	00:44:51	00:44:44	317	Run Tejo - Prevent Sprain	Senior	10
310	1579	João Branco	00:22:13	00:44:51	00:44:48	322		V50	38
311	478	Gonçalo Porêlo	00:22:30	00:44:52	00:44:30	302	UDR Zona Alta	V40	52
312	1054	José Trigo	00:22:08	00:44:52	00:44:48	320		Senior	51
313	1135	Jaime Mauricio	00:22:28	00:44:52	00:44:42	314	CA Patameiras	V45	54
314	1833	Tiago Adrião	00:22:59	00:44:53	00:44:31	305		Senior	52
315	1210	Rui Machinho	00:21:58	00:44:54	00:44:46	319	Grupo Desportivo Santander Totta	V45	55
316	1911	Pedro Monteiro	00:22:43	00:44:55	00:44:40	311		V40	53
317	1030	Ricardo Pina	00:22:38	00:44:55	00:44:50	325		Senior	53
318	1199	Alysson Viana	00:22:47	00:44:56	00:44:39	309		V45	56
319	329	Carlos Pedro	00:22:24	00:44:57	00:44:51	327	Linda-a-Pastora Sporting Clube	V50	39
320	576	Nuno Ricardo	00:23:04	00:44:59	00:44:41	313	SIMECQ - Sociedade de Instrução Musical e Escolar Cruz	V45	57
321	196	Pedro Manaças	00:23:17	00:44:59	00:44:46	318		V50	40
322	1932	Hugo Matias	00:22:38	00:45:01	00:44:48	323		V35	51
323	390	Nuno Gonçalves	00:23:06	00:45:02	00:44:43	315	GDCTINCM	V45	58



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
324	1462	Vítor Fuzeta	00:22:53	00:45:03	00:44:49	324		Senior	54
325	1950	Rogier Stuger	00:22:39	00:45:04	00:44:55	328		V50	41
326	914	João Marques	00:22:57	00:45:04	00:44:50	326	SS CGD	V45	59
327	1234	António Vilhena	00:22:50	00:45:06	00:44:58	331		Senior	55
328	496	Pedro Silva	00:22:54	00:45:09	00:45:00	332		V45	60
329	375	João Godinho	00:22:37	00:45:10	00:44:58	329	AMIGOS DO ASFALTO	V40	54
330	723	Paulo Gonçalves	00:23:09	00:45:10	00:44:16	282	Ermelindas	V35	52
331	490	André Martins	00:22:37	00:45:10	00:44:58	330	Run & Win[e]	V35	53
332	622	André Silva	00:22:43	00:45:12	00:45:04	333		Senior	56
333	591	Renato Rocha	00:22:51	00:45:12	00:44:44	316	Amigos do Atletismo de Mafra	V35	54
334	1658	Patrick Carneiro	00:22:28	00:45:12	00:45:08	337		Senior	57
335	1761	Lourenço Pimenta	00:22:06	00:45:15	00:45:12	339		Senior	58
336	1466	Jose Serrano	00:22:49	00:45:17	00:45:12	338	Monsanto Running Team	V50	42
337	373	Nuno Paiva	00:22:37	00:45:18	00:45:15	343	Associação Desportiva de Palmeiros Sintra	V45	61
338	270	Henrique Ramos	00:22:57	00:45:18	00:45:04	334		V60	10
339	658	Pedro Vicente	00:22:53	00:45:19	00:45:07	335		V55	11
340	150	David Viegas	00:22:19	00:45:23	00:45:12	340		Senior	59
341	1755	Fernando Sobral	00:22:39	00:45:23	00:45:21	348		V35	55
342	877	João Santos	00:22:33	00:45:25	00:45:18	346	1º Dezembro Queijas	V35	56



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
343	524	Carlos Craveira	00:22:52	00:45:25	00:45:16	345		V50	43
344	1863	Raul Campos	00:23:16	00:45:26	00:45:24	351		V45	62
345	714	Nuno Pita	00:23:05	00:45:27	00:45:15	344	CCDTMetroLX	V45	63
346	844	Rui Silva	00:22:45	00:45:29	00:45:13	341	Club Football Estrela	V50	44
347	1190	Audatilo Moreno	00:22:18	00:45:30	00:45:15	342		V40	55
348	116	Amândio Caetano	00:22:59	00:45:33	00:45:28	355		V60	11
349	960	Guilherme Godinho	00:22:54	00:45:34	00:45:30	359	Clube Millennium BCP	Senior	60
350	636	Anabela Vinha	00:22:39	00:45:35	00:45:28	354		V40	6
351	972	Paulo Sousa	00:22:52	00:45:35	00:45:29	358	Clube Millennium BCP	V60	12
352	558	Antonio Teixeira	00:22:51	00:45:36	00:45:25	352		V45	64
353	455	Américo Rodrigues	00:23:07	00:45:36	00:45:32	360	Casa do Benfica em Algueirão Mem Martins	V60	13
354	101	João Gameiro	00:23:46	00:45:36	00:45:08	336		V35	57
355	267	Renata Fernandes	00:22:59	00:45:39	00:45:34	364		V40	7
356	796	Luis Silva	00:22:56	00:45:39	00:45:33	362		V40	56
357	700	Nuno Lopes	00:22:43	00:45:39	00:45:36	368		Senior	61
358	1923	Gonçalo Silva	00:23:51	00:45:41	00:45:24	350		Senior	62
359	476	Paulo Alceu	00:22:57	00:45:42	00:45:40	372	Grupo Recreativo e Desportivo da Ribeira da Lage	V70	1
360	1280	Ricardo Pinto	00:23:40	00:45:43	00:45:29	357	Grupo Desportivo e Recreativo da Reboleira	V40	57
361	705	Isidro Simões	00:23:09	00:45:43	00:45:33	363	Associação Desportiva de Palmeiros Sintra	V45	65



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
362	93	Adriano Araújo	00:23:00	00:45:44	00:45:40	373		V45	66
363	1393	David Branco	00:23:03	00:45:48	00:45:27	353		Senior	63
364	1620	José Amaro	00:22:42	00:45:48	00:45:34	366		V45	67
365	1221	Nuno Arraiano	00:22:50	00:45:48	00:45:40	374		Senior	64
366	1802	Luis Pinho	00:22:50	00:45:49	00:45:35	367		V35	58
367	339	Francisco Almeida	00:23:21	00:45:52	00:45:23	349	Clube do Stress	V45	68
368	1513	Elias Porto	00:23:06	00:45:52	00:45:48	381		V40	58
369	269	Vítor Gonzas	00:23:16	00:45:52	00:45:41	375	CF Os Belenenses	V55	12
370	978	Pedro Correia	00:23:35	00:45:52	00:45:18	347	Clube Millennium BCP	V45	69
371	1879	Nuno Pitta	00:23:09	00:45:53	00:45:43	378		V50	45
372	548	José Martins	00:23:26	00:45:54	00:45:34	365		V35	59
373	341	Paulo Ferreira	00:22:27	00:45:54	00:45:49	384	Bolinhas Runners	V40	59
374	485	João Alpendre	00:23:08	00:45:54	00:45:38	370	Swimrunners	V50	46
375	79	António Merujo	00:23:26	00:45:55	00:45:33	361		V60	14
376	277	Paulo Moutinho	00:23:37	00:45:58	00:45:45	379		V50	47
377	1216	Tiago Branco	00:23:23	00:45:58	00:45:28	356	CRC Marvila Jovem	V35	60
378	1949	Maria Borracha	00:23:16	00:45:59	00:45:43	377	A Natureza Ensina	V60	1
379	1718	José Vieira	00:23:01	00:46:00	00:45:58	391		V60	15
380	679	Paulo Carvalho	00:23:19	00:46:00	00:45:42	376		V35	61



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
381	1392	Sílvia Gomes	00:23:21	00:46:03	00:45:48	382		V45	4
382	984	Luis Dias	00:23:34	00:46:05	00:45:37	369		V35	62
383	1633	Rui Cunha	00:23:19	00:46:06	00:45:50	387	Grupo Desportivo Santander Totta	V55	13
384	421	José Delfino	00:23:36	00:46:06	00:45:50	386		V60	16
385	33	Sérgio Cardoso	00:23:12	00:46:06	00:45:51	388		V35	63
386	1332	Vinicius Guedes	00:23:29	00:46:06	00:46:00	394	GRCD Leão	V40	60
387	570	Henrique Ferreira	00:23:30	00:46:06	00:45:39	371	SIMECQ - Sociedade de Instrução Musical e Escolar Cruz Queluz das Maas	V50	48
388	727	Paulo Santos	00:23:13	00:46:11	00:46:08	399	Associação Cultural Sambrasense	V55	14
389	1783	Pedro Semedo	00:23:15	00:46:11	00:46:06	398		V50	49
390	487	Joao Bogalheiro	00:24:05	00:46:11	00:45:58	393	NAZABOBODA	V50	50
391	818	David Jesus	00:23:24	00:46:14	00:46:11	402		V55	15
392	287	Maria Dias	00:23:57	00:46:15	00:46:13	403		V45	5
393	1782	Carla Pereira	00:23:24	00:46:17	00:46:04	397		V35	11
394	1225	Bruno Maia	00:23:26	00:46:17	00:45:48	380		V40	61
395	1387	Luis Martins	00:23:26	00:46:17	00:45:48	383		V45	70
396	1762	Rúben Ferreira	00:23:27	00:46:19	00:46:17	407		Senior	65
397	1001	Hugo Guerreiro	00:23:32	00:46:20	00:46:04	396		V45	71
398	854	Paulo Basilio	00:23:38	00:46:21	00:45:54	389	Os Zatopeques	V55	16
399	1634	Silvério Correia	00:23:20	00:46:21	00:46:10	401	Grupo Desportivo Santander Totta	V55	17



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
400	1570	Hugo Brito	00:24:04	00:46:21	00:45:54	390	ADR "O Relâmpago"	V40	62
401	1078	João Maral	00:23:41	00:46:23	00:46:15	405	SS CGD	V50	51
402	320	Vitor Silva	00:23:46	00:46:25	00:45:50	385	Os Silvas	V35	64
403	366	Jose Pereira	00:23:59	00:46:25	00:46:02	395		V35	65
404	1267	Alexandre Palmeiro	00:23:34	00:46:27	00:46:16	406		V40	63
405	1021	Ricardo Lourenço	00:23:27	00:46:28	00:46:25	412		V45	72
406	1677	Miguel Judas	00:23:37	00:46:29	00:46:14	404		V50	52
407	1175	Mário Agostinho	00:23:37	00:46:29	00:45:58	392		V40	64
408	1611	Cristovão Domingos	00:23:03	00:46:30	00:46:24	411	Clube de Natação da Amadora	Junior	15
409	732	Pedro Marques	00:23:52	00:46:30	00:46:18	408		V45	73
410	1040	Filipe Boléo	00:23:46	00:46:37	00:46:24	410	clube Anacom	V50	53
411	72	Pedro Goncalves	00:23:13	00:46:38	00:46:25	413		V40	65
412	619	André Aparício	00:23:01	00:46:39	00:46:33	420		Senior	66
413	891	Carlos Lopes	00:23:53	00:46:40	00:46:27	416	Aminhacorrída/Runextrem	V45	74
414	1259	Luís Bonito	00:23:42	00:46:40	00:46:27	415		V50	54
415	1240	Mariana Nave	00:23:57	00:46:41	00:46:37	423		Junior	3
416	1459	Mário Filipe	00:23:26	00:46:42	00:46:34	421		V55	18
417	492	Filipa Ferreira	00:23:36	00:46:43	00:46:27	414	Run & Win[e]	Senior	11
418	1086	Rui Cleto	00:23:36	00:46:43	00:46:39	427	Amigos do Atletismo de Mafra	V50	55



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
419	1066	Ana Cleto	00:23:36	00:46:44	00:46:40	430	Amigos do Atletismo de Mafra	V50	1
420	1283	José Marcelino	00:23:42	00:46:44	00:46:40	432	Grupo Desportivo e Recreativo da Reboleira	V60	17
421	1140	José Cruz	00:24:20	00:46:45	00:46:10	400		V45	75
422	1586	Jorge Atalaia	00:25:04	00:46:45	00:46:28	417		V40	66
423	1409	Evelino Magalhães	00:23:17	00:46:46	00:46:39	426	Run Tejo - Prevent Sprain	V45	76
424	1017	Miguel Pimenta	00:24:31	00:46:48	00:46:22	409		Senior	67
425	460	Gonçalo Rodrigues	00:23:41	00:46:49	00:46:30	418	Associação Vale Grande	V40	67
426	1878	Pedro Paiva	00:23:41	00:46:49	00:46:46	435		V35	66
427	993	João Rato	00:23:41	00:46:49	00:46:47	436		Senior	68
428	866	Helder Batista	00:24:03	00:46:49	00:46:40	429	Carrasco & Amigos	V50	56
429	1182	Gustavo Bonito	00:23:42	00:46:50	00:46:37	424		Senior	69
430	1676	Rogério Lima	00:22:50	00:46:51	00:46:46	434		V40	68
431	527	José Monteiro	00:24:03	00:46:52	00:46:30	419		V65	4
432	456	José Inocêncio	00:23:48	00:46:52	00:46:48	438	Casa do Benfica em Algueirão Mem Martins	V70	2
433	1820	Machel Carvalho	00:24:08	00:46:54	00:46:37	425		V35	67
434	744	António Nereu	00:23:57	00:46:54	00:46:35	422		V60	18
435	1427	José Sousa	00:23:19	00:46:57	00:46:52	442		V55	19
436	124	Joao Braz	00:24:09	00:46:58	00:46:48	439		V55	20
437	1128	Gonçalo Tomé	00:24:20	00:47:01	00:46:40	431		Junior	16



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
438	626	Paulo Manaças	00:23:54	00:47:02	00:46:47	437		V50	57
439	1642	Vitor Oliveira	00:23:48	00:47:02	00:46:55	444		V60	19
440	819	Jorge Fraga	00:23:57	00:47:02	00:46:43	433		V55	21
441	1902	Vasco Rodrigues	00:24:12	00:47:05	00:47:01	450		V40	69
442	1200	Felisberto Silva	00:23:42	00:47:05	00:46:54	443		V55	22
443	1074	Carlos Santos	00:23:46	00:47:06	00:46:48	440		V45	77
444	1775	Rute Menezes	00:23:49	00:47:07	00:47:01	448	SFRA Amadora	V40	8
445	1748	Hermínio Tavares	00:23:56	00:47:07	00:47:01	449		Senior	70
446	1700	Pedro Mendonça	00:23:48	00:47:08	00:47:00	447		V45	78
447	556	Rui Pires	00:23:29	00:47:09	00:47:03	453		V45	79
448	795	Patrícia Costa	00:23:25	00:47:09	00:46:59	445		V35	12
449	642	José Gordilho	00:24:17	00:47:14	00:46:49	441	Clube Atletismo Amigos de Belém	V55	23
450	1765	Fábio Ferreira	00:22:46	00:47:16	00:47:13	462		Senior	71
451	172	Jaime Duarte	00:23:23	00:47:17	00:47:11	458		V35	68
452	1811	Beatriz Lopes	00:23:54	00:47:18	00:47:17	465		Senior	12
453	49	Renato Vieira	00:23:23	00:47:19	00:47:11	457		V35	69
454	3013	Ivo Pais	00:23:30	00:47:22	00:47:20	468		V35	70
455	973	Pedro Sa	00:24:23	00:47:23	00:46:39	428	Clube Millennium BCP	V50	58
456	1500	Mafalda Moniz	00:23:57	00:47:23	00:47:10	455		V35	13





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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
457	953	Carlos Nunes	00:24:23	00:47:23	00:47:02	452	Clube Millennium BCP	V55	24
458	1406	Pedro Marques	00:24:14	00:47:23	00:47:06	454	Run Tejo - Prevent Sprain	Senior	72
459	1207	Carlos Francisco	00:23:58	00:47:25	00:47:10	456	Grupo Desportivo Santander Totta	Senior	73
460	327	Catarina Carreira	00:23:46	00:47:26	00:47:18	466	Linda-a-Pastora Sporting Clube	Senior	13
461	351	Celso Leal	00:24:19	00:47:27	00:47:13	459		V35	71
462	765	Marco Charrua	00:23:23	00:47:30	00:47:28	475	Casa do Benfica em Algueirão Mem Martins	V55	25
463	412	Nuno Pascoal	00:24:12	00:47:32	00:47:16	463	Correr Queluz	V50	59
464	1109	Isabel Santos	00:24:34	00:47:33	00:47:13	460		V50	2
465	306	Vitor Silva	00:24:22	00:47:34	00:47:25	472	Casa do Benfica em Algueirão Mem Martins	V55	26
466	1085	Cátia Reis	00:23:54	00:47:36	00:47:30	476		V35	14
467	627	Paulo Pires	00:24:04	00:47:38	00:47:00	446		V55	27
468	1540	Francisco Ramos	00:24:32	00:47:40	00:47:01	451		V35	72
469	1320	Nuno Pereira	00:24:07	00:47:40	00:47:32	479		V40	70
470	522	Paulo Ramos	00:24:39	00:47:41	00:47:17	464		V55	28
471	28	Tiago Rodrigues	00:23:37	00:47:42	00:47:35	480		V35	73
472	219	Paulo Garrudo	00:24:25	00:47:43	00:47:24	471	OutSystems	V45	80
473	1116	Bruno Pinto	00:23:48	00:47:44	00:47:13	461		V35	74
474	616	Gustavo Almeida	00:23:39	00:47:45	00:47:27	473		Senior	74
475	1242	Maksim Ploskodniak	00:23:58	00:47:45	00:47:40	488		Senior	75



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
476	1805	Pedro Reis	00:24:12	00:47:49	00:47:31	477		Senior	76
477	1389	Carlos Duarte	00:23:58	00:47:50	00:47:40	489	The Godwin's	Senior	77
478	1969	Bruno Rodrigues	00:23:43	00:47:50	00:47:36	483	PT-BR	V35	75
479	1390	César Natário	00:23:58	00:47:51	00:47:40	490	The Godwin's	Senior	78
480	1269	Fábio Monte	00:24:11	00:47:51	00:47:42	493		V35	76
481	243	Otsuka Hiroshi	00:24:04	00:47:52	00:47:43	494		V60	20
482	1307	Tiago Amado	00:24:48	00:47:53	00:47:40	487	NOKIA SPORTS TRIBE	V40	71
483	1351	João Rebelo	00:24:03	00:47:53	00:47:35	481		Senior	79
484	1012	Rui Antunes	00:23:51	00:47:54	00:47:44	497		V45	81
485	230	Bento Quaresma	00:24:09	00:47:55	00:47:48	502	Linda-a-Pastora Sporting Clube	V50	60
486	641	Pedro Vitorino	00:24:09	00:47:55	00:47:40	486	Linda-a-Pastora Sporting Clube	V45	82
487	640	Patrícia Matos	00:24:09	00:47:55	00:47:39	485	Linda-a-Pastora Sporting Clube	V45	6
488	2050	Paulo Gonçalves	00:25:13	00:47:55	00:47:51	506		V50	61
489	1929	Gilberto Paulino	00:24:02	00:47:56	00:47:45	499		V55	29
490	1867	Edmilson Sanches	00:24:56	00:47:57	00:47:19	467		Senior	80
491	1338	Augusto Fernandes	00:24:11	00:47:57	00:47:44	495		V65	5
492	1619	João Veiga	00:24:11	00:47:57	00:47:41	491		V35	77
493	1205	Bruno Ramos	00:25:05	00:47:58	00:47:24	470		V40	72
494	271	Carla Bernardino	00:23:54	00:47:59	00:47:49	503		V45	7



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
495	1799	Maria Varela	00:24:41	00:47:59	00:47:38	484		V45	8
496	1564	Nuno Gonçalves	00:24:18	00:48:01	00:47:44	498		V40	73
497	1213	Anastácio Valadas	00:24:18	00:48:01	00:47:49	504	Grupo Desportivo Santander Totta	V70	3
498	1632	Filipe Pinto	00:23:58	00:48:02	00:47:36	482	Grupo Desportivo Santander Totta	V35	78
499	629	Pedro Trabucho	00:24:13	00:48:04	00:48:00	513		V55	30
500	1430	Pedro Carvalho	00:24:10	00:48:05	00:47:46	501		V45	83
501	1008	Rui Brás	00:24:54	00:48:06	00:47:21	469		V45	84
502	310	Ana Mendes	00:25:10	00:48:07	00:47:41	492	Associação Desportiva de Palmeiros Sintra	V40	9
503	1304	Rui Oliveira	00:24:13	00:48:08	00:47:46	500	NOKIA SPORTS TRIBE	V45	85
504	1375	Bruno Claro	00:24:31	00:48:08	00:47:51	507		V40	74
505	923	Pedro Fontoura	00:24:36	00:48:08	00:47:55	509	SS CGD	V50	62
506	1176	Pedro Libanio	00:23:45	00:48:09	00:47:44	496	Caracóis de Pedra	Senior	81
507	1299	Joaquim Branquinho	00:24:37	00:48:09	00:47:55	508	NOKIA SPORTS TRIBE	V45	86
508	670	Paulo Tainha	00:23:59	00:48:10	00:48:06	524		V55	31
509	911	Henrique Amador	00:24:09	00:48:12	00:48:03	515	SS CGD	V50	63
510	1975	Elton Vieira	00:25:53	00:48:16	00:47:32	478		Senior	82
511	453	Paulo Sousa	00:24:33	00:48:18	00:47:58	510	CF Os Belenenses	V50	64
512	1666	Marcos Ratola	00:24:04	00:48:19	00:48:01	514		V40	75
513	283	Nélio Vieira	00:24:41	00:48:21	00:47:59	512		Senior	83



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
514	1153	Olga Araujo	00:24:07	00:48:22	00:48:05	520		V40	10
515	932	Carolina Guedes	00:24:51	00:48:22	00:48:10	529		Senior	14
516	963	Luis Silva	00:24:26	00:48:23	00:48:06	525	Clube Millennium BCP	V55	32
517	1944	Nuno Duarte	00:24:42	00:48:24	00:48:05	518	Serul	V50	65
518	1529	Fernando Espanhol	00:25:17	00:48:24	00:48:08	526		Senior	84
519	1823	Tiago Brito	00:24:35	00:48:25	00:48:11	532		V35	79
520	929	Luis Taborda	00:24:33	00:48:26	00:48:04	517		V35	80
521	1039	Ricardo Fortes	00:24:52	00:48:27	00:48:05	519		V45	87
522	651	António Guerreiro	00:24:16	00:48:27	00:47:59	511	Amigos do Atletismo de Mafra	V65	6
523	1604	Luís Valverde	00:24:17	00:48:28	00:48:18	540	CF Os Belenenses	V55	33
524	1311	Hugo Pires	00:24:10	00:48:29	00:48:09	527		V45	88
525	25	Jorge Vaz	00:24:08	00:48:30	00:48:24	545		V50	66
526	1582	Mazane Batista	00:24:32	00:48:31	00:48:25	546		V35	81
527	943	Bruno Saavedra	00:24:04	00:48:31	00:48:11	531		V45	89
528	500	Felisberto Pinto	00:24:17	00:48:31	00:48:12	533		V55	34
529	395	Rui Pereira	00:25:14	00:48:31	00:48:20	542		V40	76
530	1922	Danilo Oliveira	00:25:21	00:48:32	00:48:05	522		V35	82
531	1546	Tito Vieira	00:25:21	00:48:32	00:48:06	523		V40	77
532	60	Vitor Moreira	00:24:30	00:48:34	00:48:05	521		Senior	85



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
533	1347	José Pereira	00:24:18	00:48:34	00:48:29	550	Grupo Barraqueiro	V60	21
534	97	Ricardo Franco	00:24:13	00:48:34	00:48:15	534		V35	83
535	1222	João Churro	00:24:57	00:48:34	00:47:50	505		V35	84
536	1609	David Moreira	00:24:07	00:48:35	00:48:29	552	Clube de Natação da Amadora	Junior	17
537	1612	Martim Martins	00:24:07	00:48:35	00:48:30	555	Clube de Natação da Amadora	Junior	18
538	1610	Tiago Pinto	00:24:07	00:48:35	00:48:30	553	Clube de Natação da Amadora	Junior	19
539	1608	Vicente Graça	00:24:07	00:48:35	00:48:30	554	Clube de Natação da Amadora	Junior	20
540	814	António Marques	00:24:55	00:48:35	00:48:10	530		V60	22
541	875	Nuno Alves	00:24:50	00:48:36	00:48:17	537		V45	90
542	680	Rui Carvalho	00:24:19	00:48:36	00:48:15	535		V50	67
543	579	Paulo Serra	00:24:44	00:48:37	00:48:29	551	SIMECQ - Sociedade de Instrução Musical e Escolar Cruz	V45	91
544	374	Rui Mena	00:24:30	00:48:38	00:48:26	547	AMIGOS DO ASFALTO	V50	68
545	754	João Amorim	00:24:41	00:48:38	00:48:15	536		Senior	86
546	503	Ricardo Lopes	00:24:52	00:48:39	00:47:27	474		Senior	87
547	435	David Baltazar	00:25:10	00:48:39	00:48:34	559		Senior	88
548	1966	Ricardo Martins	00:23:34	00:48:40	00:48:36	562		V50	69
549	888	Ana Almeida	00:24:37	00:48:40	00:48:30	556	Linda-a-Pastora Sporting Clube	V45	9
550	1068	João Gama	00:24:54	00:48:41	00:48:03	516		V45	92
551	30	Tiago Rodrigues	00:24:54	00:48:41	00:48:33	558		V45	93



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
552	1580	Pedro Rodrigues	00:24:25	00:48:42	00:48:41	567		V45	94
553	1110	Emi Silva	00:25:19	00:48:44	00:48:19	541	Associação Vale Grande	V40	11
554	308	Luis Mateus	00:24:32	00:48:44	00:48:17	538		V40	78
555	71	André Ferreira	00:24:46	00:48:45	00:48:18	539		Senior	89
556	1503	Sebastião Seguro	00:24:33	00:48:49	00:48:23	544		Senior	90
557	360	Pedro Antunes	00:24:53	00:48:49	00:48:37	564		V45	95
558	1988	Luis Cipriano	00:25:09	00:48:50	00:48:46	572	AMCR Fonte Grada	V50	70
559	950	Bruno Vaz	00:24:37	00:48:51	00:48:48	578	Clube Millennium BCP	V50	71
560	901	Rui Duarte	00:23:55	00:48:51	00:48:42	569	Linda-a-Pastora Sporting Clube	V45	96
561	995	Nuno Morgado	00:24:32	00:48:52	00:48:39	565		V40	79
562	1894	Cláudia Viegas	00:24:16	00:48:53	00:48:51	584		V40	12
563	1090	Pedro Ferreira	00:24:16	00:48:54	00:48:36	561		V45	97
564	231	Tiago Lousa	00:22:05	00:48:55	00:48:21	543		V40	80
565	1697	Diogo Freitas	00:22:05	00:48:55	00:48:42	568		Senior	91
566	1714	Isabel Boavida	00:24:17	00:48:57	00:48:54	587		V40	13
567	784	António Romão	00:24:43	00:48:57	00:48:26	548		V55	35
568	169	Miguel San-Payo	00:25:02	00:48:58	00:48:37	563		V60	23
569	1813	Jorge Ferreira	00:24:13	00:48:58	00:48:46	573		V50	72
570	1936	Hugo Duarte	00:25:03	00:48:59	00:48:53	586		V40	81



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
571	1220	Edgar Lima	00:25:24	00:49:00	00:48:09	528		Junior	21
572	1129	Ana Bigode	00:25:20	00:49:01	00:48:27	549		V45	10
573	671	Nuno Carvalho	00:24:57	00:49:02	00:48:45	571		V45	98
574	780	Joaquim Guerreiro	00:25:30	00:49:03	00:48:40	566	AA Lebres do Sado	V50	73
575	37	António Duarte	00:24:58	00:49:04	00:48:47	576	Kaninos	V45	99
576	1934	Luís Ribeiro	00:23:38	00:49:06	00:48:52	585		V45	100
577	265	Maria Augusto	00:25:07	00:49:07	00:48:44	570		V55	2
578	399	António Marçal	00:24:54	00:49:07	00:48:55	589		V60	24
579	1536	Pedro Magalhães	00:24:45	00:49:08	00:48:48	580		Senior	92
580	1455	Dangola Rosickaite	00:25:48	00:49:09	00:48:47	574		V35	15
581	759	Vitor Santos	00:25:05	00:49:11	00:48:31	557	Casa do Benfica em Algueirão Mem Martins	V55	36
582	450	Paulo Campos	00:24:40	00:49:11	00:48:56	591		V50	74
583	457	Carlos Costa	00:25:02	00:49:11	00:48:49	581	Casa do Benfica em Algueirão Mem Martins	V55	37
584	272	Carlos Luís	00:25:33	00:49:12	00:48:50	582		V55	38
585	582	Paula Fernandes	00:24:36	00:49:12	00:48:56	590	Linda-a-Pastora Sporting Clube	V55	3
586	262	Ana Marques	00:25:06	00:49:14	00:48:54	588	Clube Millennium BCP	V60	2
587	1251	Rui Lima	00:24:36	00:49:15	00:48:51	583		V50	75
588	646	Jorge Carvalheiro	00:25:21	00:49:15	00:48:48	577		Senior	93
589	1447	Raffik Baldé	00:25:21	00:49:15	00:48:48	579		Senior	94



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
590	1049	Pedro Castro	00:25:32	00:49:17	00:48:47	575		V45	101
591	467	Bruno Amaro	00:25:04	00:49:17	00:48:35	560	Grupo Recreativo e Desportivo da Ribeira da Lage	V40	82
592	281	Paulo Lourinho	00:25:12	00:49:18	00:48:57	594		V50	76
593	1380	Deivid Borba	00:24:57	00:49:19	00:48:59	596		V35	85
594	1463	Mateus Ferreira	00:24:23	00:49:19	00:49:07	602		Senior	95
595	543	Bruno Santos	00:24:59	00:49:20	00:48:56	592		V45	102
596	163	Nelson Mota	00:25:33	00:49:21	00:48:59	595		V50	77
597	915	Joaquim Frade	00:24:59	00:49:22	00:49:14	611	SS CGD	V65	7
598	1959	Nelson Araujo	00:25:20	00:49:23	00:49:03	597		V40	83
599	716	Paulo Guedes	00:25:02	00:49:24	00:48:57	593	CCDTMetroLX	V50	78
600	282	João Pires	00:24:36	00:49:24	00:49:18	613		V50	79
601	1206	José Pereira	00:25:07	00:49:24	00:49:03	598	Grupo Desportivo Santander Totta	V50	80
602	597	José Eusébio	00:24:48	00:49:25	00:49:10	607		V50	81
603	1982	Nuno Café	00:23:38	00:49:25	00:49:18	614		V40	84
604	289	Pedro Pereira	00:25:06	00:49:26	00:49:16	612		V45	103
605	354	Luís Rodas	00:25:27	00:49:27	00:49:13	610		V45	104
606	233	Rosa Freitas	00:25:04	00:49:28	00:49:09	606	Run Tejo - Prevent Sprain	V55	4
607	1034	Alexandre Domingos	00:25:10	00:49:29	00:49:04	599		V50	82
608	1981	Andreu Sala	00:24:32	00:49:31	00:49:26	618		V35	86





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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
609	380	Ricardo Figueiredo	00:25:01	00:49:31	00:49:06	600		V50	83
610	109	Ana Oliveira	00:25:24	00:49:31	00:49:08	604		V45	11
611	1443	Joao Gondar	00:24:58	00:49:36	00:49:12	609		Senior	96
612	1822	Pedro Mendes	00:24:35	00:49:37	00:49:35	633		V50	84
613	91	Pedro Fonseca	00:24:41	00:49:39	00:49:28	621		Senior	97
614	425	Domingos Gato	00:24:34	00:49:39	00:49:23	617	Linda-a-Pastora Sporting Clube	V50	85
615	254	Filipe Freire	00:25:06	00:49:40	00:49:08	603		V40	85
616	214	João Pastor	00:25:28	00:49:42	00:49:30	628	Amigos do Atletismo de Mafra	V50	86
617	1309	Miguel Pedro	00:25:19	00:49:43	00:49:22	616	NOKIA SPORTS TRIBE	V50	87
618	1250	Rui Aníbal	00:25:33	00:49:46	00:49:07	601	Clube Oriental de Pechão	V45	105
619	1935	Vinicius Santos	00:24:31	00:49:46	00:49:38	637		Senior	98
620	74	Catarina Borges	00:25:10	00:49:48	00:49:29	626	1º Dezembro Queijas	Senior	15
621	678	Céu Fernandes	00:25:04	00:49:50	00:49:41	641		V45	12
622	324	José Proença	00:25:04	00:49:50	00:49:42	644	Linda-a-Pastora Sporting Clube	V60	25
623	1188	Diogo Santos	00:25:43	00:49:51	00:49:19	615		V35	87
624	1539	Miguel Barreto	00:24:04	00:49:52	00:49:41	642		Senior	99
625	1379	Hugo Cardoso	00:24:52	00:49:53	00:49:33	631		V35	88
626	1323	Ricardo Leitão	00:24:51	00:49:54	00:49:29	625		V45	106
627	385	Ricardo Simoes	00:25:07	00:49:55	00:49:34	632	GDCTINCM	V50	88



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
628	1073	Cláudia Sousa	00:25:41	00:49:55	00:49:11	608		V45	13
629	107	Maria Borges	00:25:56	00:49:55	00:49:28	622	Trilhos de Viana	V50	3
630	189	Alexandre Cavalheiro	00:25:25	00:49:56	00:49:27	619		V45	107
631	977	Pedro Santos	00:25:55	00:49:56	00:49:28	624	Clube Millennium BCP	V50	89
632	103	Diogo Cavalheiro	00:25:25	00:49:56	00:49:27	620		V40	86
633	54	João Brás	00:25:39	00:49:57	00:49:09	605		Senior	100
634	656	Justiniano Silva	00:25:19	00:49:57	00:49:37	635	Rambos	V55	39
635	442	João Marques	00:25:38	00:49:57	00:49:29	627		V45	108
636	1113	Paulo Branco	00:25:14	00:49:58	00:49:28	623		V55	40
637	909	Ana Lima	00:25:40	00:49:58	00:49:39	640	Casa Benfica do Seixal	V50	4
638	1891	André Pinto	00:25:20	00:49:59	00:49:38	638		V40	87
639	1481	Gonçalo Duarte	00:26:08	00:49:59	00:49:31	630	GDC Banco de Portugal	V35	89
640	1170	Nuno Godinho	00:24:10	00:49:59	00:49:48	649		V45	109
641	1963	Raquel Gonçalves	00:25:46	00:49:59	00:49:30	629		V35	16
642	1469	Oliver Seidel	00:24:36	00:50:00	00:49:47	648		V35	90
643	1295	Carlos Henriques	00:25:33	00:50:01	00:49:38	639	NOKIA SPORTS TRIBE	V60	26
644	179	Baltasar Martinho	00:25:54	00:50:03	00:49:36	634		Senior	101
645	1308	Tirdad Eskandari	00:25:13	00:50:05	00:50:00	663	NOKIA SPORTS TRIBE	V35	91
646	145	Mário Gaspar	00:25:18	00:50:05	00:49:46	647		V55	41



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
647	1961	João Gouveia	00:27:16	00:50:05	00:49:43	646		Senior	102
648	1492	André Nunes	00:25:10	00:50:09	00:49:51	655	KEEP RUNNING	Senior	103
649	1187	Sandra Alves	00:25:46	00:50:10	00:49:49	650		V45	14
650	1887	Carlos Esteves	00:25:04	00:50:12	00:49:37	636		Senior	104
651	925	João Pereira	00:25:27	00:50:13	00:50:05	673		V55	42
652	81	Carlos Vieira	00:24:18	00:50:13	00:50:03	669		V35	92
653	1758	Filipa Água	00:25:18	00:50:15	00:50:03	670		V45	15
654	1865	Miguel Pinto	00:25:36	00:50:15	00:50:09	677		V35	93
655	1193	Lessandro Moreira	00:25:47	00:50:15	00:49:56	658		V35	94
656	1342	Deivid Ferreira	00:26:34	00:50:16	00:49:43	645		V35	95
657	1002	Cláudio Areias	00:26:42	00:50:17	00:50:11	680		V40	88
658	789	António Campos	00:25:19	00:50:18	00:50:02	667		V45	110
659	910	Cristina Gabriel	00:25:28	00:50:18	00:49:57	662	SS CGD	V40	14
660	3017	5 Min/Km	00:25:29	00:50:21	00:49:56	660		V35	96
661	288	João Passeiro	00:25:29	00:50:21	00:49:53	656		V60	27
662	1233	Joao Fernandes	00:25:29	00:50:22	00:49:55	657		V40	89
663	750	Francisco Duarte	00:25:29	00:50:22	00:50:09	675		Senior	105
664	1790	Alexandra Pinto	00:25:32	00:50:22	00:50:01	666	Grupo Recreativo e Desportivo da Ribeira da Lage	V45	16
665	758	Rui Ferreira	00:25:30	00:50:23	00:49:49	653	Casa do Benfica em Algueirão Mem Martins	V45	111



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
666	768	Carolina Charrua	00:25:30	00:50:23	00:49:49	651	Casa do Benfica em Algueirão Mem Martins	Senior	16
667	526	Cristina Carvalho	00:25:31	00:50:23	00:49:49	652	Casa do Benfica em Algueirão Mem Martins	V50	5
668	1946	Nuno Alves	00:27:16	00:50:25	00:50:03	671		Senior	106
669	1000	Anselmo Rodrigues	00:25:23	00:50:27	00:49:56	659	4 sapatilhas	V55	43
670	1483	Mónica Martins	00:26:07	00:50:27	00:49:42	643	GDC Banco de Portugal	V40	15
671	160	Armando Cid	00:26:53	00:50:27	00:50:15	684		V60	28
672	611	Filipe Côte-Real	00:25:52	00:50:27	00:49:50	654		V55	44
673	1360	David Simão	00:25:41	00:50:28	00:50:11	681		V50	90
674	632	Paulo Pascoal	00:25:42	00:50:29	00:50:03	668		V55	45
675	462	Alberto Pascoal	00:26:01	00:50:30	00:50:05	672		V55	46
676	1872	Filipe Lourenço	00:25:47	00:50:33	00:49:57	661		Senior	107
677	1026	Antonio Oliveira	00:25:30	00:50:33	00:50:15	683		V70	4
678	1840	Ana Pipa	00:25:26	00:50:35	00:50:34	700		V40	16
679	29	João Silva	00:26:08	00:50:37	00:50:15	685		Senior	108
680	1147	Sónia Carvalho	00:26:10	00:50:37	00:50:18	689		V45	17
681	1656	Pedro Lima	00:25:51	00:50:38	00:50:23	691		Senior	109
682	520	João Escoval	00:25:31	00:50:38	00:50:35	701		V50	91
683	1760	João Pereira	00:25:43	00:50:39	00:50:36	704		Senior	110
684	1857	Miguel Cohen	00:26:23	00:50:40	00:50:01	665		Senior	111



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
685	338	Eduardo Neves	00:25:53	00:50:41	00:50:10	679	Clube Atletismo Amigos de Belém	V40	90
686	152	Carlos Martins	00:26:45	00:50:42	00:50:08	674		V50	92
687	639	Miguel Aleixo	00:24:59	00:50:43	00:50:26	693		V40	91
688	1909	Paulo Lopes	00:25:48	00:50:44	00:50:15	686		V40	92
689	1432	Nivaldo Oliveira	00:26:27	00:50:44	00:50:37	706		V50	93
690	1268	Guilherme Brás	00:25:59	00:50:46	00:50:09	676		Senior	112
691	73	Luis Loureiro	00:25:40	00:50:47	00:50:16	687		V40	93
692	1357	José Matos	00:25:29	00:50:47	00:50:29	695		V55	47
693	1477	Joaquim Carreira	00:25:56	00:50:48	00:50:40	711		V60	29
694	1511	Martim Duarte	00:25:59	00:50:48	00:50:10	678		Senior	113
695	1340	Antonio Saraiva	00:25:45	00:50:50	00:50:21	690		V55	48
696	1181	Miguel Barros	00:25:56	00:50:51	00:50:29	694		V45	112
697	840	Daniel Sampaio	00:25:51	00:50:51	00:50:14	682		V45	113
698	1906	José Baptista	00:24:55	00:50:51	00:50:47	717		Senior	114
699	1901	Joao Navarro	00:25:50	00:50:51	00:50:36	705		V45	114
700	451	Sérgio Paz	00:26:08	00:50:52	00:50:30	696		V50	94
701	1067	Carolina Castro	00:25:36	00:50:53	00:50:23	692		Senior	17
702	899	Marco Santos	00:25:12	00:50:55	00:50:43	713		V35	97
703	110	João Brito	00:26:15	00:50:58	00:50:34	699		V40	94



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
704	331	Evandro López	00:24:58	00:50:58	00:50:50	721	Linda-a-Pastora Sporting Clube	V40	95
705	245	André Fialho	00:25:51	00:51:00	00:50:37	708	7COLINASRUNNERS	V40	96
706	832	Andreia Pereira	00:26:03	00:51:00	00:50:35	702	7COLINASRUNNERS	V35	17
707	1522	Bruno Silva	00:26:22	00:51:00	00:50:17	688	CUA Benaventense - 3B Triatlo	V45	115
708	590	Joana Narciso	00:25:41	00:51:01	00:50:32	697	Amigos do Atletismo de Mafra	V35	18
709	388	Rui Duarte	00:25:53	00:51:03	00:50:37	707	GDCTINCM	V50	95
710	1745	José Brito	00:25:29	00:51:03	00:50:49	720		V45	116
711	1862	Andreia Lopes	00:23:32	00:51:05	00:51:04	734		Senior	18
712	1844	Luís Figueiredo	00:25:41	00:51:05	00:50:39	709		V40	97
713	1467	Pedro Viana	00:25:39	00:51:06	00:50:40	710		Senior	115
714	1670	Denise Cesca	00:26:18	00:51:08	00:50:59	730		V40	17
715	1370	Pedro Belo	00:25:30	00:51:11	00:50:45	716		V35	98
716	504	Nuno Ferreira	00:26:34	00:51:12	00:50:01	664		V35	99
717	70	Pedro Costa	00:26:07	00:51:14	00:50:34	698		Senior	116
718	1494	Patricio Semedo	00:25:12	00:51:16	00:50:57	725	KEEP RUNNING	Junior	22
719	787	José Fidalgo	00:26:17	00:51:16	00:51:01	731		V55	49
720	1490	José Nunes	00:26:16	00:51:16	00:50:59	729	KEEP RUNNING	V55	50
721	1807	Bernardo Filipitsch	00:26:14	00:51:16	00:51:09	741		V40	98
722	1276	Francisca Silva	00:25:40	00:51:18	00:50:47	718		V40	18



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
723	156	Rita Antunes	00:25:52	00:51:19	00:51:04	733		V40	19
724	314	Zélia Rodrigues	00:26:05	00:51:20	00:50:56	723		V50	6
725	210	Isabel David	00:26:00	00:51:21	00:50:58	726	7COLINASRUNNERS	V40	20
726	748	Maria Gamito	00:26:37	00:51:21	00:50:45	715		V45	18
727	734	Hugo Calado	00:26:43	00:51:21	00:50:43	714		V40	99
728	1843	José Almeida	00:26:29	00:51:21	00:50:57	724		V50	96
729	871	Marcio Henriques	00:25:53	00:51:22	00:50:36	703		Senior	117
730	1289	Helder Silva	00:26:23	00:51:23	00:51:17	749		V50	97
731	1292	David Silva	00:26:23	00:51:23	00:51:16	748		Junior	23
732	115	Luis Mendes	00:25:40	00:51:24	00:50:59	728		V45	117
733	676	Marcos Pereira	00:26:49	00:51:26	00:50:48	719		V65	8
734	1589	Pedro Martins	00:25:43	00:51:26	00:50:41	712		V45	118
735	1918	Joana Caldeira	00:25:47	00:51:30	00:51:21	752	Associação de Moradores de Atibá	V45	19
736	82	João Infante	00:26:19	00:51:31	00:51:09	740	Linda-a-Pastora Sporting Clube	V60	30
737	621	Raquel Cruz	00:26:31	00:51:32	00:51:06	736		V40	21
738	667	Maria Peceguina	00:26:28	00:51:34	00:51:03	732		V40	22
739	472	Carlos Lopes	00:27:40	00:51:37	00:50:58	727	Grupo Recreativo e Desportivo da Ribeira da Lage	V60	31
740	263	José Gabriel	00:25:45	00:51:37	00:51:10	742		V65	9
741	1523	Hélia Santos	00:26:48	00:51:37	00:51:07	737	CUA Benaventense - 3B Triatlo	V35	19



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
742	790	Ramiro Canto	00:25:45	00:51:38	00:51:20	750		V55	51
743	1524	Daniel Falcão	00:26:48	00:51:38	00:51:07	738	CUA Benaventense - 3B Triatlo	V40	100
744	614	Nuno Parreira	00:27:20	00:51:38	00:50:53	722		V45	119
745	125	Gonçalo Augusto	00:26:14	00:51:40	00:51:05	735		V40	101
746	225	Pedro Ramos	00:26:11	00:51:43	00:51:36	762	CCD PM Cascais	V40	102
747	1669	Sónia Machado	00:25:58	00:51:44	00:51:41	769	1º Dezembro Queijas	V45	20
748	1683	Vitor Pinto	00:26:27	00:51:44	00:51:12	744		V50	98
749	674	Filipe Pereira	00:26:50	00:51:45	00:51:08	739		V40	103
750	1148	Carlos Neves	00:26:16	00:51:45	00:51:26	755		V60	32
751	1100	José Véstias	00:25:44	00:51:45	00:51:28	756		V50	99
752	607	Pedro Santos	00:25:30	00:51:46	00:51:15	747		V35	100
753	675	Vasco Palma	00:26:42	00:51:46	00:51:15	745		V60	33
754	1559	Ana Frias	00:26:15	00:51:46	00:51:36	764		V40	23
755	1917	Henriques Coelho	00:25:47	00:51:47	00:51:36	763	Associação de Moradores de Atibá	V45	120
756	1241	Luis Martins	00:26:17	00:51:50	00:51:15	746		V45	121
757	681	José Pardal	00:26:52	00:51:52	00:51:12	743		V45	122
758	1798	Armando Lopes	00:26:35	00:51:53	00:51:33	759		V60	34
759	307	Sara Reis	00:26:38	00:51:56	00:51:20	751		Senior	19
760	764	João Soares	00:26:44	00:51:59	00:51:49	778	Casa do Benfica em Algueirão Mem Martins	V70	5





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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
761	122	Carlos Correia	00:25:50	00:51:59	00:51:42	770		V55	52
762	1288	Hugo Santos	00:26:52	00:51:59	00:51:35	760		V45	123
763	113	Paulo Silva	00:26:23	00:51:59	00:51:29	757		V55	53
764	1105	José Borges	00:26:09	00:52:00	00:51:48	775	CCD Sintrense	V60	35
765	1261	Marta Andrade	00:25:58	00:52:03	00:51:43	772		V40	24
766	1688	Pedro Neves	00:21:58	00:52:03	00:51:55	781		Senior	118
767	1196	Rui Santos	00:26:01	00:52:05	00:51:44	773		V40	104
768	1725	João Marques	00:27:59	00:52:06	00:51:24	754	Grupo Recreativo e Desportivo da Ribeira da Lage	V55	54
769	873	Miguel Ferreira	00:26:19	00:52:09	00:51:49	777		V45	124
770	1287	Carlos Rodrigues	00:26:10	00:52:10	00:51:32	758		V40	105
771	1411	Ezequiel Andrade	00:26:48	00:52:12	00:51:40	768	Run Tejo - Prevent Sprain	V45	125
772	501	Eduardo Ribeiro	00:27:12	00:52:12	00:51:35	761		V35	101
773	821	Maria Silva	00:26:43	00:52:15	00:52:09	792		V65	2
774	756	Henrique Goncalves	00:25:59	00:52:16	00:52:11	794		Senior	119
775	955	Eduardo Rodrigues	00:26:37	00:52:17	00:51:38	767	Clube Millennium BCP	V60	36
776	1032	António Costa	00:26:53	00:52:17	00:51:51	779		V55	55
777	982	Rute Ribeiro	00:26:33	00:52:18	00:51:48	776	Clube Millennium BCP	V40	25
778	1814	Luís Carvalho	00:27:43	00:52:18	00:51:37	765		V40	106
779	420	Rui Figueiredo	00:26:30	00:52:19	00:51:59	785		V45	126



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
780	1662	Pedro Ivo	00:25:59	00:52:20	00:51:59	786		V45	127
781	1144	Marco Vaz	00:27:24	00:52:20	00:51:53	780		V40	107
782	628	Carla Ferreira	00:26:45	00:52:21	00:52:01	788		V45	21
783	477	Vera Ferreira	00:26:36	00:52:22	00:52:01	787	UDR Zona Alta	V45	22
784	1046	José Guerreiro	00:26:45	00:52:22	00:51:58	783	Serviços Sociais Montepio	V65	10
785	643	Hugo Lopes	00:25:32	00:52:23	00:52:05	791		V40	108
786	1038	Afonso Rodrigues	00:27:11	00:52:23	00:51:38	766		V45	128
787	437	Claudio Bonito	00:26:03	00:52:23	00:52:19	803		Senior	120
788	867	Vitor Rocha	00:25:41	00:52:24	00:51:57	782	Carrasco & Amigos	V60	37
789	58	Pedro Silva	00:27:24	00:52:26	00:51:43	771		Senior	121
790	17	Filipe Martins	00:27:13	00:52:27	00:51:45	774		V40	109
791	22	Nuno Martins	00:26:38	00:52:30	00:52:13	797		V35	102
792	86	Rui Vasconcelos	00:26:08	00:52:30	00:52:25	806		V45	129
793	1223	André Fernandes	00:27:12	00:52:30	00:51:23	753		Senior	122
794	1921	Sérgio Ferreira	00:27:02	00:52:31	00:52:14	799		V45	130
795	69	António Gonçalves	00:25:17	00:52:31	00:52:28	812		V35	103
796	1006	Ana Mendes	00:26:51	00:52:33	00:52:04	790		V35	20
797	1217	Paulo Moreira	00:25:49	00:52:34	00:52:14	798	Amigos do Atletismo de Mafra	V55	56
798	471	Paulo Lopes	00:25:53	00:52:35	00:52:27	811	Grupo Recreativo e Desportivo da Ribeira da Lage	V50	100



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
799	767	Helena Silva	00:26:53	00:52:37	00:52:03	789	Casa do Benfica em Algueirão Mem Martins	V55	5
800	1115	Madalena Gonçalves	00:27:21	00:52:38	00:52:15	800		Junior	4
801	1209	Joao Ferreira	00:26:57	00:52:38	00:51:59	784	Grupo Desportivo Santander Totta	V40	110
802	774	Fernanda Camacho	00:26:45	00:52:40	00:52:18	802	Grupo Recreativo e Desportivo da Ribeira da Lage	V50	7
803	1690	Cláudia Madeira	00:27:19	00:52:45	00:52:17	801	Correr Lisboa	V40	26
804	216	Rita Oliveira	00:26:29	00:52:47	00:52:42	823	Team El Comandante	V40	27
805	1566	César Avó	00:26:27	00:52:48	00:52:12	796		V45	131
806	1194	Mário Condeço	00:27:00	00:52:48	00:52:12	795		V45	132
807	1900	Ricardo Suzano	00:26:33	00:52:48	00:52:29	813		V35	104
808	1314	Ricardo Faria	00:27:03	00:52:51	00:52:36	818		V45	133
809	1873	Wander Neto	00:26:03	00:52:51	00:52:35	817		V40	111
810	247	Paulo Valente	00:26:42	00:52:52	00:52:44	827		V35	105
811	1279	João Marques	00:27:02	00:52:52	00:52:37	819	Grupo Desportivo e Recreativo da Reboleira	V50	101
812	1475	Paulo Sousa	00:27:34	00:52:53	00:52:10	793		V40	112
813	154	Carla Henriques	00:27:17	00:52:53	00:52:30	814	Associação Vale Grande	V45	23
814	488	Gonçalo Lopes	00:26:26	00:52:53	00:52:23	804	Run & Win[e]	V45	134
815	473	Luis Godinho	00:27:42	00:52:53	00:52:42	824	Grupo Recreativo e Desportivo da Ribeira da Lage	V55	57
816	560	Ana Silva	00:27:20	00:52:54	00:52:24	805		V40	28
817	298	Henrique Ferreira	00:27:13	00:52:56	00:52:32	815		V40	113



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
818	749	Francisco Arbués	00:26:42	00:52:56	00:52:38	821		V55	58
819	1396	Ana Borges	00:27:12	00:52:58	00:52:25	808		V45	24
820	1561	Rafael Azriel	00:27:03	00:52:58	00:52:25	807		V50	102
821	1532	Luís Rodrigues	00:26:40	00:53:00	00:52:52	839		V40	114
822	333	José Melo	00:27:20	00:53:00	00:52:27	810	FIDELIDADE GDC	V60	38
823	1593	António Oliveira	00:26:36	00:53:02	00:52:46	831	CF Os Belenenses	V45	135
824	1927	David Moraes	00:26:15	00:53:04	00:52:51	837		V50	103
825	413	Carla Serrano	00:27:24	00:53:04	00:52:42	825	Correr Queluz	V45	25
826	837	André Wiborg	00:27:50	00:53:06	00:52:56	848		V65	11
827	1629	Carlos Bras	00:27:15	00:53:07	00:52:27	809	Grupo Desportivo Santander Totta	V55	59
828	949	Artur Botao	00:26:35	00:53:07	00:52:51	836	Clube Millennium BCP	V50	104
829	1933	Luís Barros	00:26:28	00:53:08	00:52:43	826		Senior	123
830	956	Fernando Rodrigues	00:27:23	00:53:11	00:52:46	830	Clube Millennium BCP	V55	60
831	1501	Tânia Freitas	00:26:31	00:53:11	00:53:07	854		V35	21
832	98	André Castelo	00:26:59	00:53:12	00:52:56	847		Senior	124
833	838	Alexander Drescher	00:27:46	00:53:13	00:52:32	816		Senior	125
834	1407	Manuel Martins	00:27:07	00:53:13	00:52:39	822	Run Tejo - Prevent Sprain	V75	1
835	506	Manuel Martins	00:26:34	00:53:14	00:52:59	850		V65	12
836	916	José Dimas	00:27:11	00:53:14	00:52:52	840	SS CGD	V55	61



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
837	1711	Francisco Teixeira	00:27:21	00:53:16	00:52:52	838		V35	106
838	547	Carlos Pereira	00:26:27	00:53:17	00:52:55	846		V40	115
839	603	Alexandre Reis	00:26:31	00:53:18	00:53:14	866	Casa do Benfica em Algueirão Mem Martins	V60	39
840	806	Ana Romão	00:27:08	00:53:20	00:52:47	832	7COLINASRUNNERS	V50	8
841	50	Graziela Alves	00:26:57	00:53:21	00:53:10	856		V40	29
842	274	Susana Mendes	00:27:10	00:53:23	00:52:45	829		V40	30
843	615	Matheus Vianna	00:26:51	00:53:23	00:52:48	833		V40	116
844	292	Patricia Silva	00:27:34	00:53:24	00:52:44	828	Casa do Benfica em Algueirão Mem Martins	V45	26
845	608	Nuno Figueiredo	00:27:09	00:53:25	00:52:58	849		V40	117
846	772	José Sapo	00:27:28	00:53:25	00:53:08	855	Grupo Recreativo e Desportivo da Ribeira da Lage	V70	6
847	1701	Adérito Reis	00:26:51	00:53:27	00:53:18	869	Linda-a-Pastora Sporting Clube	V55	62
848	693	Zulmira Rodrigues	00:26:56	00:53:27	00:52:52	841		V45	27
849	1695	Leao Moreira	00:26:58	00:53:28	00:53:10	857		Senior	126
850	1636	Alexandra Silva	00:26:58	00:53:28	00:53:11	860		Senior	20
851	1415	Ana Silveira	00:27:26	00:53:28	00:52:54	844	Run Tejo - Prevent Sprain	V35	22
852	237	José Salazar	00:27:26	00:53:28	00:52:54	843	Run Tejo - Prevent Sprain	V60	40
853	1404	Telma Silva	00:27:27	00:53:28	00:53:12	862	Run Tejo - Prevent Sprain	Senior	21
854	1692	Carlos Madaleno	00:25:35	00:53:29	00:52:54	845		V40	118
855	1158	Dário Hipólito	00:27:28	00:53:29	00:52:38	820		Senior	127



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
856	1587	Daniel Anjos	00:27:09	00:53:29	00:53:05	853		Senior	128
857	1974	Gabriel Oliveira	00:26:13	00:53:30	00:53:25	873		Senior	129
858	1614	Tina Kropf	00:26:40	00:53:34	00:53:28	875	Clube de Natação da Amadora	Senior	22
859	482	Bauduino Ferreira	00:27:17	00:53:34	00:53:23	871	UDR Zona Alta	V70	7
860	1318	Dina Ferreira	00:27:14	00:53:35	00:53:00	851		V45	28
861	1973	Teresa Santos	00:27:16	00:53:36	00:53:10	858		V45	29
862	1803	José Pedro	00:27:49	00:53:36	00:53:12	863		Senior	130
863	3016	Vera Vaz	00:27:16	00:53:36	00:53:11	859		V45	30
864	108	Nuno Oliveira	00:26:46	00:53:36	00:53:13	864		V45	136
865	1480	Célia Silva	00:27:28	00:53:40	00:53:16	868	Linda-a-Pastora Sporting Clube	V45	31
866	1084	José Silva	00:27:36	00:53:42	00:53:35	881		V50	105
867	976	Pedro Fernandes	00:27:38	00:53:43	00:52:54	842	Clube Millennium BCP	V45	137
868	1337	Tiago Fernandes	00:28:14	00:53:44	00:52:48	834		V40	119
869	1859	Rui Paz	00:27:33	00:53:44	00:53:02	852		V45	138
870	217	Rui Sá	00:27:12	00:53:46	00:53:27	874	OutSystems	V40	120
871	1563	Luis Aguiar	00:26:38	00:53:47	00:53:39	885		V50	106
872	1649	Fernando Carvalho	00:27:04	00:53:47	00:53:44	889		V50	107
873	1510	Cleidir Neves	00:26:40	00:53:47	00:53:15	867		Senior	131
874	638	Patrícia Alves	00:27:25	00:53:47	00:53:30	878		V40	31



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
875	417	Ana Moutinho	00:26:37	00:53:49	00:53:43	888		V45	32
876	803	Rogério Dias	00:27:00	00:53:50	00:53:35	882		V45	139
877	65	Joaquim Safara	00:28:04	00:53:50	00:52:49	835		V60	41
878	1461	Rodrigo Nicolau	00:27:47	00:53:51	00:53:23	872		V35	107
879	427	Joana Piçarra	00:27:50	00:53:51	00:53:29	876	Linda-a-Pastora Sporting Clube	V45	33
880	1097	Raquel Figueiredo	00:28:27	00:53:51	00:53:11	861		V40	32
881	18	João Gonçalves	00:26:51	00:53:53	00:53:42	887		V40	121
882	149	Fernando Lopes	00:28:45	00:53:56	00:53:14	865		V50	108
883	1137	Luis Rato	00:27:29	00:53:58	00:53:29	877	CA Patameiras	V70	8
884	1590	Joao Santos	00:26:28	00:54:00	00:53:50	902		V55	63
885	644	Joao Camisao	00:27:36	00:54:00	00:53:49	897		V50	109
886	43	Ana Rosário	00:27:37	00:54:01	00:53:50	900		V50	9
887	990	João Norte	00:27:28	00:54:01	00:53:45	892		V45	140
888	176	Mário Veiga	00:27:21	00:54:01	00:53:32	880		V50	110
889	162	Joao Moiteiro	00:27:28	00:54:01	00:53:39	884		V50	111
890	318	Ana Letra	00:27:17	00:54:06	00:53:47	894	Linda-a-Pastora Sporting Clube	V50	10
891	1591	José Simões	00:27:15	00:54:06	00:53:47	896	Linda-a-Pastora Sporting Clube	V60	42
892	1730	Lurdes Romero	00:27:31	00:54:09	00:53:50	899	Grupo Recreativo e Desportivo da Ribeira da Lage	V65	3
893	64	Rui Pereira	00:27:25	00:54:10	00:53:42	886		V35	108



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
894	53	Rui Bras	00:27:20	00:54:10	00:53:21	870		Senior	132
895	1937	Mafalda Margalho	00:27:54	00:54:10	00:53:44	890		Senior	23
896	1729	Paulo Santos	00:27:11	00:54:11	00:53:47	895	Grupo Recreativo e Desportivo da Ribeira da Lage	V55	64
897	1266	Maria Almeida	00:27:51	00:54:12	00:53:31	879		V40	33
898	1244	Carla Neves	00:27:13	00:54:12	00:53:47	893		V50	11
899	1889	Cristina Carrega	00:27:23	00:54:14	00:54:11	917		V50	12
900	741	Casimiro Silva	00:27:39	00:54:14	00:53:38	883		V45	141
901	356	Nuno Botelho	00:27:49	00:54:17	00:53:45	891		V45	142
902	1515	Francisco Guedes	00:27:02	00:54:17	00:54:02	911	Grupo Desportivo e Recreativo da Reboleira	V50	112
903	1236	João Mineiro	00:28:03	00:54:18	00:54:07	914		V35	109
904	226	Carlos Marques	00:27:13	00:54:20	00:53:50	901	GRCD Leião	V60	43
905	1749	Vanda Badé	00:27:35	00:54:22	00:53:57	908		V40	34
906	594	David Silva	00:27:12	00:54:25	00:53:54	904	CSB_RCF	V40	122
907	1899	Pedro Bação	00:28:05	00:54:25	00:53:54	905		V40	123
908	684	Lília Gonçalves	00:27:44	00:54:26	00:53:55	906		V55	6
909	902	Claidir Rendall	00:27:04	00:54:29	00:53:56	907		V35	110
910	1335	Ana Sampaio	00:27:07	00:54:32	00:54:14	923		Senior	24
911	815	Paulo Silva	00:27:45	00:54:34	00:53:49	898		V50	113
912	1679	Luís Luís	00:27:57	00:54:35	00:54:09	916		V60	44





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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
913	1541	Bárbara Marques	00:27:13	00:54:35	00:54:24	931		V40	35
914	994	Carlos Antunes	00:27:59	00:54:39	00:53:52	903		V45	143
915	1180	Pedro Nunes	00:27:31	00:54:40	00:54:36	946		V55	65
916	1752	Sérgio Barbosa	00:27:30	00:54:41	00:54:07	913		V35	111
917	1150	Rodrigo Pais	00:27:25	00:54:41	00:54:07	915		Senior	133
918	1136	Paulo Gamboa	00:28:07	00:54:43	00:54:20	926	CA Patameiras	V50	114
919	161	Ana Folgado	00:27:58	00:54:43	00:54:12	922		V50	13
920	964	Luis Reis	00:27:21	00:54:44	00:54:36	947	Clube Millennium BCP	V50	115
921	178	Alessandro Nascimento	00:27:59	00:54:44	00:54:11	921		V40	124
922	1018	Jéssica Romano	00:27:31	00:54:45	00:54:36	948		V40	36
923	1438	Luis Nogueira	00:30:01	00:54:45	00:54:07	912		V50	116
924	1955	João Leite	00:27:01	00:54:45	00:54:24	930		V35	112
925	1041	Sofia Boléo	00:27:57	00:54:45	00:54:16	924	clube Anacom	V50	14
926	839	Marta Matos	00:27:59	00:54:47	00:54:01	909		V40	37
927	1011	Tiago Marques	00:27:59	00:54:48	00:54:01	910		V40	125
928	613	André Costa	00:28:06	00:54:48	00:54:11	919		V40	126
929	1828	Nuno Santos	00:27:18	00:54:49	00:54:29	937	União Desportiva de Alfoanelos	Senior	134
930	1208	Lourenço Pereira	00:28:19	00:54:49	00:54:11	918	Grupo Desportivo Santander Totta	V55	66
931	174	Armando Lacerda	00:28:24	00:54:49	00:54:11	920		V65	13



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
932	808	Emanuel Martinho	00:27:10	00:54:49	00:54:32	940		V40	127
933	444	Hugo Paixão	00:27:01	00:54:52	00:54:30	939		Senior	135
934	1356	Selma Silva	00:27:09	00:54:53	00:54:20	927		V55	7
935	284	Diogo Veiga	00:27:05	00:54:55	00:54:34	943		Senior	136
936	1786	António Roque	00:26:53	00:54:56	00:54:44	955	Caracóis de Pedra	V35	113
937	398	Ru Trindade	00:27:41	00:54:56	00:54:21	928		V50	117
938	1562	Joao Moradias	00:27:34	00:54:57	00:54:49	959		V50	118
939	94	Paulo Rodrigues	00:27:08	00:54:57	00:54:33	942		V35	114
940	1471	Rodrigo Ferreira	00:27:33	00:54:58	00:54:50	961		V50	119
941	1439	Rita Capucho	00:27:23	00:55:00	00:54:49	960		V45	34
942	1615	António Rodrigues	00:27:04	00:55:00	00:54:41	953	Correr Lisboa	V35	115
943	249	Carla Santos	00:27:16	00:55:00	00:54:24	933		V40	38
944	1381	Artur Silva	00:27:55	00:55:01	00:54:30	938		V35	116
945	252	Ricardo Nunes	00:27:15	00:55:01	00:54:24	932		V45	144
946	1832	José Adrião	00:27:07	00:55:01	00:54:38	950		V50	120
947	502	Alvaro Ferreira	00:28:08	00:55:04	00:54:40	952		V55	67
948	190	António Brigas	00:28:46	00:55:05	00:54:36	949		V60	45
949	618	Gonçalo Delca	00:29:15	00:55:05	00:54:42	954		V45	145
950	1905	André Gonçalves	00:28:00	00:55:05	00:54:23	929		V35	117



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
951	1826	Maria Abreu	00:27:38	00:55:06	00:54:26	934	União Desportiva de Alfoanelos	Senior	25
952	397	Jorge Cruz	00:28:09	00:55:07	00:54:27	935		V50	121
953	944	Edgar Proença	00:27:22	00:55:08	00:54:45	956		V60	46
954	481	Paulo Soares	00:27:38	00:55:08	00:54:28	936	UDR Zona Alta	V40	128
955	992	Juliana Pinheiral	00:28:12	00:55:09	00:54:32	941		V35	23
956	1277	Gonçalo Costa	00:27:41	00:55:10	00:54:35	945		V50	122
957	1047	Manuel Narciso	00:28:13	00:55:13	00:55:11	976	Serviços Sociais Montepio	V55	68
958	290	Vitor Amado	00:28:04	00:55:14	00:54:52	963		V70	9
959	1895	André Agostinho	00:26:04	00:55:15	00:55:10	973		Senior	137
960	1211	Ivo Lima	00:27:55	00:55:16	00:54:50	962	Grupo Desportivo Santander Totta	V45	146
961	673	Juliano Costa	00:27:53	00:55:16	00:54:16	925		V35	118
962	697	Fabiana Zunfrilli	00:29:08	00:55:21	00:54:56	965		V50	15
963	1831	Raúl Santos	00:27:43	00:55:21	00:55:03	968	União Desportiva de Alfoanelos	V65	14
964	552	Hélio Silva	00:28:40	00:55:21	00:54:46	957		V40	129
965	1681	Carlos Noronha	00:28:03	00:55:22	00:55:07	972		V40	130
966	1535	Henrique Silva	00:27:37	00:55:22	00:55:18	983		Junior	24
967	883	Mauro Peliquito	00:28:22	00:55:22	00:55:10	974		V35	119
968	1423	Sérgio Dias	00:27:31	00:55:22	00:54:39	951	Caracóis de Pedra	V45	147
969	1036	Rui Monteiro	00:29:12	00:55:24	00:54:35	944		V35	120



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
970	1806	Marco Almeida	00:29:39	00:55:26	00:55:13	980		V40	131
971	1951	Pedro Alves	00:28:22	00:55:26	00:55:13	979		V40	132
972	1371	Tânia Freitas	00:28:01	00:55:26	00:54:57	966		V35	24
973	423	Paulo Marques	00:28:30	00:55:26	00:54:47	958		V55	69
974	384	Sónia Correia	00:28:21	00:55:29	00:54:55	964	GDCTINCM	V45	35
975	168	Carlos Martinho	00:27:34	00:55:30	00:55:03	969		V55	70
976	602	Sandra Lopes	00:28:14	00:55:32	00:55:05	971	GRCD Leião	V45	36
977	599	Meirevone Ferreira	00:28:14	00:55:33	00:55:04	970	GRCD Leião	V45	37
978	1623	Paulo Martins	00:28:19	00:55:37	00:55:03	967		V55	71
979	106	Sergio Sota	00:28:13	00:55:39	00:55:11	977	Trilhos de Viana	V55	72
980	376	Hélder Alexandre	00:28:19	00:55:41	00:55:28	999	AMIGOS DO ASFALTO	V40	133
981	1004	João Filipe	00:28:28	00:55:43	00:55:12	978		V40	134
982	846	Sara Carvalho	00:28:41	00:55:43	00:55:15	981	PTCLINIC	V45	38
983	1938	André Abreu	00:28:00	00:55:47	00:55:23	991		V35	121
984	1897	Rita Pacheco	00:29:05	00:55:51	00:55:16	982		V35	25
985	1264	Anderson Mendonça	00:26:52	00:55:51	00:55:42	1006		V40	135
986	1517	Teresa Sepúlveda	00:28:42	00:55:51	00:55:26	997		V40	39
987	441	Celso Pereira	00:29:04	00:55:53	00:55:28	1000		V45	148
988	755	Luís Gonçalves	00:28:30	00:55:58	00:55:26	996		V55	73



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
989	809	Artur Sousa	00:29:13	00:56:00	00:55:11	975		V65	15
990	213	Diogo Matos	00:27:34	00:56:00	00:55:24	992	BTeam	Junior	25
991	1344	Miguel Baptista	00:28:27	00:56:00	00:55:24	993	#SOMAI51KM	V60	47
992	212	Rui Matos	00:27:34	00:56:01	00:55:25	994	BTeam	V45	149
993	430	José Caldeira	00:28:38	00:56:01	00:55:21	988		V50	123
994	959	Filipa Vilar	00:28:10	00:56:01	00:55:28	1001	Clube Millennium BCP	V35	26
995	1156	Inácio Malu	00:27:11	00:56:02	00:55:21	987		V45	150
996	305	Nkadi António	00:27:07	00:56:02	00:55:52	1020		Senior	138
997	1107	Augusto Aguiar	00:26:22	00:56:02	00:55:48	1013	CCD Sintrense	V65	16
998	1968	Eduarda Vidigueira	00:28:47	00:56:02	00:55:22	990		Senior	26
999	1343	Natasha Planas	00:28:33	00:56:02	00:55:26	995	#SOMAI51KM	V50	16
1000	1489	Simão Ribeiro	00:28:29	00:56:03	00:55:20	985	Academia Recreativa de Linda-a-Velha	V40	136
1001	1731	Carlos Casal	00:28:55	00:56:04	00:55:52	1019	Grupo Recreativo e Desportivo da Ribeira da Lage	V60	48
1002	1048	Paulo Pereira	00:28:47	00:56:04	00:55:18	984	Serviços Sociais Montepio	V50	124
1003	1734	Cândida Ganchas	00:28:55	00:56:04	00:55:45	1010	Grupo Recreativo e Desportivo da Ribeira da Lage	V45	39
1004	1952	Luís Ribeiro	00:28:38	00:56:05	00:55:21	986		V40	137
1005	1429	João Antunes	00:27:23	00:56:05	00:55:29	1002		V55	74
1006	165	Sandra Paulico	00:28:41	00:56:05	00:55:27	998		V40	40
1007	114	Helena Gonçalves	00:28:19	00:56:06	00:55:34	1003		V45	40



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1008	516	Vítor Correia	00:28:52	00:56:07	00:55:22	989		V45	151
1009	718	Rui Pastor	00:29:00	00:56:09	00:55:44	1009	CCDTMetroLX	V50	125
1010	989	Inês Moreira	00:28:13	00:56:11	00:56:07	1031		Junior	5
1011	1747	Edmilson Jacinto	00:27:57	00:56:11	00:56:03	1028		Senior	139
1012	41	Ricardo Guerreiro	00:28:30	00:56:13	00:55:37	1004		V45	152
1013	386	Célia Carvalho	00:28:39	00:56:15	00:55:41	1005	GDCTINCM	V50	17
1014	368	Carlos Pereira	00:28:09	00:56:16	00:55:47	1011		Senior	140
1015	1727	Lucia Silva	00:27:52	00:56:16	00:56:11	1037	Grupo Recreativo e Desportivo da Ribeira da Lage	V60	3
1016	1214	Carlos Morais	00:27:48	00:56:16	00:55:58	1024	Grupo Desportivo Santander Totta	V55	75
1017	886	Ricardo Lima	00:28:54	00:56:18	00:55:53	1021		V45	153
1018	1960	Paulo Calvino	00:28:18	00:56:20	00:55:48	1014		V50	126
1019	192	Jorge Mimoso	00:29:38	00:56:20	00:55:48	1012		V50	127
1020	1735	Nuno Marques	00:28:43	00:56:21	00:55:44	1008		V55	76
1021	1736	Sandro Pinto	00:28:43	00:56:21	00:55:42	1007		V45	154
1022	666	Guilherme Godinho	00:28:02	00:56:23	00:56:00	1025		V45	155
1023	1358	Nelson Melo	00:29:21	00:56:23	00:55:57	1022		V45	156
1024	745	Carlos Carvalho	00:28:30	00:56:24	00:55:49	1015		V50	128
1025	596	Joaquim Roque	00:28:54	00:56:25	00:55:49	1016		V55	77
1026	1322	Justine Santos	00:28:16	00:56:26	00:56:10	1034		Senior	27



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1027	1329	Anaís Barroso	00:28:16	00:56:27	00:56:11	1035		Senior	28
1028	1957	Luis Guilherme	00:29:11	00:56:27	00:56:07	1032		V40	138
1029	1326	Rui Sapeira	00:28:50	00:56:28	00:56:17	1042		V55	78
1030	408	Jaqueline Fonseca	00:28:19	00:56:29	00:56:21	1047		Senior	29
1031	683	Vera Toubarro	00:28:20	00:56:29	00:56:21	1044		V40	41
1032	896	Zaida Pires	00:28:43	00:56:32	00:56:19	1043		V45	41
1033	859	Vitor Revés	00:28:36	00:56:33	00:55:50	1017	Carrasco & Amigos	V60	49
1034	198	Sérgio Gonaçalves	00:28:57	00:56:36	00:56:04	1029		V40	139
1035	545	Carlos Caseiro	00:28:18	00:56:36	00:56:27	1056		V45	157
1036	544	Jorge Caseiro	00:28:18	00:56:36	00:56:25	1053		V50	129
1037	1650	Rui Alves	00:28:22	00:56:38	00:55:58	1023		V50	130
1038	428	Melody Ibanez	00:28:24	00:56:39	00:56:34	1062		Senior	30
1039	1285	Mario Miguel	00:28:50	00:56:40	00:56:23	1051	Grupo Desportivo e Recreativo da Reboleira	V70	10
1040	724	Filipa Monteiro	00:29:17	00:56:41	00:56:22	1050	Ermelindas	Senior	31
1041	102	Ricardo Silva	00:29:51	00:56:43	00:56:14	1040		V45	158
1042	900	Pedro Azevedo	00:28:06	00:56:43	00:55:51	1018		V35	122
1043	668	Marcelo Fonseca	00:29:20	00:56:44	00:56:03	1027		Senior	141
1044	1686	Beni Gourgel	00:28:45	00:56:46	00:56:12	1038		V55	79
1045	1425	Mahendrasinh Bassangy	00:28:48	00:56:47	00:56:05	1030	TBC	V55	80



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1046	659	David Moreira	00:30:02	00:56:49	00:56:30	1060		Senior	142
1047	432	Tiago Martins	00:29:22	00:56:50	00:56:09	1033		V40	140
1048	669	José Silva	00:28:37	00:56:50	00:56:11	1036		V55	81
1049	882	Carla Neves	00:30:12	00:56:52	00:56:41	1073	correr. com(e)	V45	42
1050	264	Maria Conchinha	00:29:21	00:56:52	00:56:21	1046		V65	4
1051	881	Pedro Verissimo	00:30:12	00:56:52	00:56:39	1070	correr. com(e)	V50	131
1052	1780	Luís Cordeiro	00:29:34	00:56:53	00:56:14	1039	SFRA Amadora	V40	141
1053	1778	Liliana Aguiar	00:29:36	00:56:54	00:56:16	1041	SFRA Amadora	V45	43
1054	1087	Sónia Jesus	00:28:41	00:56:54	00:56:29	1059		V45	44
1055	159	Paulo Fonseca	00:27:57	00:56:54	00:56:33	1061		V40	142
1056	16	João Gouveia	00:28:24	00:56:55	00:56:22	1049		V60	50
1057	419	Luisa Ralha	00:28:24	00:56:55	00:56:22	1048		V60	4
1058	936	Nuno Moreira	00:29:51	00:56:56	00:56:01	1026		V40	143
1059	459	Telma Jesus	00:29:13	00:56:58	00:56:39	1069	Associação Vale Grande	V45	45
1060	120	Francisco Amaro	00:29:21	00:57:00	00:56:21	1045		V55	82
1061	763	Joaquim Costa	00:29:12	00:57:00	00:56:28	1057	Casa do Benfica em Algueirão Mem Martins	V70	11
1062	99	Silvia Bettencourt	00:28:42	00:57:01	00:56:28	1058		V35	27
1063	1598	Elsa Bruxelas	00:28:59	00:57:01	00:56:25	1055	CF Os Belenenses	V60	5
1064	841	Elsa Oliveira	00:28:59	00:57:01	00:56:25	1052	Associação Desportiva de Palmeiros Sintra	V55	8





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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1065	637	Fernando Claudino	00:28:53	00:57:03	00:56:38	1067		V70	12
1066	1178	Maria Felício	00:28:53	00:57:04	00:56:36	1065		V35	28
1067	1359	Rita Ferreira	00:28:53	00:57:05	00:56:35	1063		V45	46
1068	1177	Cátia Nascimento	00:28:53	00:57:05	00:56:36	1064		V40	42
1069	1855	Débora Alves	00:28:49	00:57:05	00:56:25	1054		Senior	32
1070	1027	Carlos Martins	00:28:41	00:57:09	00:56:37	1066		V40	144
1071	1920	Carlos Gil	00:29:09	00:57:10	00:56:38	1068		V50	132
1072	981	Rui Rijo	00:28:35	00:57:12	00:56:40	1071	Clube Millennium BCP	V50	133
1073	974	Pedro Broco	00:28:34	00:57:12	00:56:40	1072	Clube Millennium BCP	V50	134
1074	1808	Daniel Costa	00:28:44	00:57:12	00:56:53	1080		V45	159
1075	135	João Cunha	00:29:07	00:57:18	00:56:45	1075		V55	83
1076	532	Gabriel Fernandes	00:29:11	00:57:19	00:56:50	1078		V35	123
1077	203	Rui Robles	00:28:52	00:57:20	00:56:47	1077		V40	145
1078	858	Fernando Correia	00:28:45	00:57:20	00:57:13	1097	Carrasco & Amigos	V55	84
1079	304	Daniel Batalha	00:28:45	00:57:22	00:56:59	1084		V35	124
1080	250	Tiago Cerqueira	00:28:18	00:57:22	00:57:14	1099		Senior	143
1081	922	Paulo Bailão	00:29:02	00:57:22	00:57:00	1085	SS CGD	V50	135
1082	40	Diogo Rodrigues	00:29:35	00:57:23	00:56:45	1074		Senior	144
1083	1355	Guilherme Fonseca	00:29:14	00:57:25	00:56:53	1081		Junior	26



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1084	1352	António Fonseca	00:29:13	00:57:25	00:56:53	1082		V45	160
1085	1098	João Carvalho	00:29:34	00:57:26	00:56:46	1076		V40	146
1086	1544	Marta Sá	00:28:42	00:57:29	00:57:19	1105		V40	43
1087	540	Francisco Alves	00:28:16	00:57:32	00:57:21	1110		Senior	145
1088	1198	Vanessa Carvalho	00:28:53	00:57:32	00:57:29	1120		V35	29
1089	1577	Margarida Pestana	00:29:24	00:57:34	00:57:11	1094		V35	30
1090	635	João Gonçalves	00:27:58	00:57:34	00:56:51	1079		Senior	146
1091	1578	Hugo Água	00:29:24	00:57:35	00:57:13	1098		V35	125
1092	112	Leonardo Jesus	00:29:08	00:57:35	00:57:06	1088		V35	126
1093	1741	José Bica	00:29:08	00:57:38	00:57:12	1095		V40	147
1094	480	Catarina Costa	00:29:58	00:57:41	00:57:02	1086	UDR Zona Alta	V40	44
1095	195	Luis Silva	00:28:59	00:57:41	00:56:57	1083		V50	136
1096	1023	Marco Sarmento	00:28:23	00:57:46	00:57:29	1119		V45	161
1097	912	João Cabrito	00:29:15	00:57:47	00:57:16	1100	SS CGD	V60	51
1098	199	Hugo Dionisio	00:29:07	00:57:47	00:57:12	1096		V45	162
1099	825	Rute Jesus	00:29:29	00:57:49	00:57:04	1087		V45	47
1100	855	João Silva	00:29:42	00:57:49	00:57:24	1112	Os Zatopeques	V60	52
1101	851	José Morais	00:29:43	00:57:49	00:57:26	1113	Os Zatopeques	V60	53
1102	129	Claudio Freire	00:28:57	00:57:50	00:57:07	1089		V50	137



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1103	1617	André Vilela	00:29:06	00:57:53	00:57:42	1132		Senior	147
1104	326	Maria Palma	00:29:34	00:57:54	00:57:30	1123	Linda-a-Pastora Sporting Clube	V40	45
1105	760	Sónia Ferreira	00:29:41	00:57:54	00:57:20	1107	Casa do Benfica em Algueirão Mem Martins	V40	46
1106	1449	Rodrigo Valentim	00:30:10	00:57:54	00:57:10	1092		Senior	148
1107	1450	Gonçalo Valentim	00:30:10	00:57:55	00:57:10	1093		Senior	149
1108	1986	Sérgio Pereira	00:30:20	00:57:55	00:57:19	1106		V40	148
1109	1625	Regina Borges	00:29:09	00:57:55	00:57:29	1121		V45	48
1110	804	Carlos Pina	00:29:58	00:57:55	00:57:09	1090		V35	127
1111	1383	João Pereira	00:28:48	00:57:57	00:57:29	1122		V60	54
1112	592	Miriam Ferreira	00:29:42	00:57:58	00:57:21	1109	#SOMAI51KM	V40	47
1113	1516	Jorge Rodrigues	00:29:40	00:57:58	00:57:09	1091		V55	85
1114	593	Gonçalo Faria	00:29:42	00:57:58	00:57:20	1108	#SOMAI51KM	Senior	150
1115	1265	Maria Lopes	00:29:43	00:57:59	00:57:19	1103	#SOMAI51KM	V40	48
1116	1003	Tomás Sousa	00:28:37	00:57:59	00:57:19	1104		V45	163
1117	988	Carla Neves	00:29:27	00:58:00	00:57:16	1101		V40	49
1118	1255	Luciano Pereira	00:30:03	00:58:00	00:57:17	1102		V35	128
1119	387	Carla Duarte	00:29:31	00:58:04	00:57:28	1116	GDCTINCM	V50	18
1120	48	Henriqueta Solipa	00:29:31	00:58:04	00:57:28	1115		V60	6
1121	752	Gonçalo Rodrigues	00:29:37	00:58:06	00:57:51	1142		V35	129



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1122	884	Joana Luzia	00:29:37	00:58:06	00:57:53	1143		V35	31
1123	1512	Marco Figueiredo	00:26:54	00:58:06	00:57:58	1149		V35	130
1124	1667	Analtina Miranda	00:29:25	00:58:07	00:57:49	1139		Senior	33
1125	1117	Fernando Goncalves	00:28:51	00:58:07	00:57:44	1135		V50	138
1126	377	Hugo Belo	00:29:39	00:58:09	00:57:24	1111	AMIGOS DO ASFALTO	V40	149
1127	781	Ernesto Pereira	00:30:01	00:58:09	00:57:32	1124	Os Galgos	V50	139
1128	783	Ana Pereira	00:30:01	00:58:09	00:57:33	1125	Os Galgos	V45	49
1129	913	João Correia	00:29:28	00:58:10	00:57:28	1118	SS CGD	V60	55
1130	1160	Adelino Carvalho	00:29:11	00:58:11	00:57:39	1130		V45	164
1131	1256	João Margaça	00:29:14	00:58:12	00:57:39	1131		V45	165
1132	1154	Paulo Silva	00:30:11	00:58:13	00:57:36	1126		V60	56
1133	446	Francisco Folgado	00:28:56	00:58:13	00:57:56	1146		Junior	27
1134	11	João Campos	00:30:12	00:58:13	00:57:37	1128		V50	140
1135	927	Luis Soares	00:28:51	00:58:13	00:57:58	1148		V40	150
1136	663	Ricardo Magalhães	00:29:12	00:58:15	00:57:28	1117		V35	131
1137	202	João Sousa	00:29:43	00:58:16	00:57:26	1114		V35	132
1138	555	Fabiana Bonito	00:29:26	00:58:18	00:57:37	1129		Senior	34
1139	268	Severino Rosa	00:30:02	00:58:19	00:57:36	1127	SS CGD	V65	17
1140	1009	Maria Roldão	00:29:33	00:58:20	00:58:13	1162		V35	32



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1141	573	Luis Correia	00:29:17	00:58:21	00:57:43	1133	SIMECQ - Sociedade de Instrução Musical e Escolar Cruz	V55	86
1142	1693	Mónica Figueiredo	00:29:50	00:58:24	00:58:05	1155		Senior	35
1143	100	Rui Maneta	00:29:49	00:58:24	00:58:05	1154	Correr Queluz	V40	151
1144	138	Lukasz Pajak	00:29:21	00:58:26	00:57:44	1134	Ekipa Grubego	V40	152
1145	1385	Joao Marques	00:29:33	00:58:28	00:58:08	1160		V40	153
1146	464	Miguel Alves	00:27:55	00:58:28	00:58:19	1165		Senior	151
1147	1473	Peter Forsgren	00:28:51	00:58:29	00:57:47	1136		V60	57
1148	1454	Ricardo Prazeres	00:28:51	00:58:30	00:57:48	1137		V35	133
1149	813	Jorge Pombo	00:29:44	00:58:30	00:57:56	1144		V60	58
1150	623	Teresa Silva	00:29:50	00:58:32	00:58:16	1163		V50	19
1151	416	Luis Dias	00:29:37	00:58:32	00:57:50	1141		V50	141
1152	494	Lara Pereira	00:29:51	00:58:32	00:58:17	1164		V40	50
1153	1369	Ricardo Sérgio	00:29:03	00:58:32	00:58:08	1161		Senior	152
1154	530	Miguel Meireles	00:30:14	00:58:32	00:57:48	1138		V45	166
1155	721	José Sousa	00:29:02	00:58:33	00:58:31	1184	Associação de Atletismo Lebres do Sado	V50	142
1156	1270	Sara Ferreira	00:30:05	00:58:33	00:57:56	1145		V45	50
1157	1237	Nuno Pereira	00:30:05	00:58:33	00:57:57	1147		V50	143
1158	785	Artur Gonçalves	00:29:03	00:58:33	00:58:31	1185		V45	167
1159	1484	Tiago Catalão	00:29:29	00:58:35	00:57:50	1140	GDC Banco de Portugal	V40	154



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1160	928	Marta Ferreira	00:29:35	00:58:36	00:58:07	1158		Senior	36
1161	848	Cariani Leite	00:31:35	00:58:37	00:58:36	1196	PTCLINIC	Senior	37
1162	1082	Ana Martins	00:29:10	00:58:37	00:58:01	1150		V40	51
1163	1081	Sérgio Martins	00:29:10	00:58:38	00:58:02	1151		V40	155
1164	1928	Carlos Rocha	00:29:45	00:58:39	00:58:08	1159	Correr Queluz	V50	144
1165	127	Sara Fernandes	00:29:26	00:58:42	00:58:33	1192		Senior	38
1166	479	Catarina Fontinha	00:30:44	00:58:43	00:58:03	1153	UDR Zona Alta	V45	51
1167	799	Fernando Gouveia	00:29:06	00:58:43	00:58:29	1180		Senior	153
1168	3015	Marcos Leonardo	00:29:55	00:58:45	00:58:25	1174	Casa do Benfica em Algueirão Mem Martins	V70	13
1169	1660	Paulo Tomé	00:29:41	00:58:47	00:58:02	1152		V35	134
1170	569	Eugénia Ribeiro	00:29:24	00:58:47	00:58:20	1166	SIMECQ - Sociedade de Instrução Musical e Escolar Cruz	V50	20
1171	1446	Elsa Carrilho	00:30:09	00:58:50	00:58:29	1182		V40	52
1172	83	Nelson Almendra	00:30:14	00:58:54	00:58:06	1156		V35	135
1173	251	Sandra Moura	00:29:41	00:58:56	00:58:40	1197		V45	52
1174	707	Rita Teixeira	00:29:35	00:58:56	00:58:23	1168	#SOMAIS1KM	V40	53
1175	1804	Sílvia Ferreira	00:30:41	00:58:56	00:58:23	1172		V50	21
1176	1983	Sara Catita	00:29:34	00:58:56	00:58:25	1175		V35	33
1177	1435	Paula Machado	00:30:05	00:58:57	00:58:31	1183		V65	5
1178	1069	Sonia Caixeirinho	00:30:35	00:58:58	00:58:26	1179		V50	22



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1179	537	Guida Cid	00:30:22	00:58:58	00:58:33	1193		V50	23
1180	1212	Jose Santos	00:29:49	00:58:58	00:58:33	1191	Grupo Desportivo Santander Totta	V50	145
1181	1215	Fábio Dias	00:29:49	00:58:58	00:58:33	1190	Grupo Desportivo Santander Totta	V50	146
1182	919	André Filipe	00:29:16	00:58:59	00:58:44	1199	SS CGD	Senior	154
1183	1616	Bruno Cipriano	00:30:26	00:59:01	00:58:25	1177	SISCOG SU	V40	156
1184	690	Cidália Carvalheiro	00:30:11	00:59:01	00:58:24	1173		V40	54
1185	1534	Rudolfo Bento	00:30:26	00:59:01	00:58:25	1176		V40	157
1186	1784	João Carvalhinho	00:29:22	00:59:03	00:58:57	1205		V60	59
1187	299	Maria Teixeira	00:30:45	00:59:03	00:58:31	1187		V35	34
1188	798	Marta Amaral	00:30:05	00:59:03	00:58:23	1170		V40	55
1189	797	Sofia Amaral	00:30:05	00:59:03	00:58:23	1169		V35	35
1190	998	Pedro Figueiredo	00:30:45	00:59:04	00:58:32	1188		V50	147
1191	1464	Bruno Alves	00:30:12	00:59:05	00:58:25	1178		V40	158
1192	1505	Isabel Bué	00:30:12	00:59:05	00:58:23	1171		V40	56
1193	920	Nuno Oliveira	00:29:16	00:59:06	00:58:47	1201	SS CGD	V45	168
1194	1060	Carlos Pereira	00:29:07	00:59:07	00:59:05	1215	Clube EDP - Lisboa	V60	60
1195	1229	Miguel Sanches	00:31:34	00:59:07	00:58:32	1189		V65	18
1196	610	Rui Lopes	00:30:23	00:59:08	00:58:22	1167		V35	136
1197	895	Miguel Martins	00:29:29	00:59:09	00:58:29	1181		V45	169



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1198	1373	Sonia Araújo	00:30:05	00:59:10	00:59:01	1207		V45	53
1199	549	Sonia Ribeiro	00:29:29	00:59:11	00:58:31	1186		V40	57
1200	1978	Andreia Costa	00:30:20	00:59:11	00:58:35	1194		V35	36
1201	1089	José Borracha	00:30:18	00:59:11	00:58:42	1198		V60	61
1202	777	José Freitas	00:28:40	00:59:12	00:58:52	1204	Águas Livres de Caneças	V45	170
1203	302	Antonio Hortega	00:31:18	00:59:13	00:58:07	1157		V60	62
1204	1336	Rafael Almeida	00:29:11	00:59:17	00:58:59	1206		Senior	155
1205	166	Luiz Chatillon	00:29:36	00:59:21	00:58:47	1202		V65	19
1206	1061	João Santos	00:30:14	00:59:23	00:58:45	1200	Clube EDP - Lisboa	V55	87
1207	1022	Gonçalo Rebelo	00:29:40	00:59:26	00:59:04	1212		V65	20
1208	1029	Carlos Silva	00:30:09	00:59:27	00:59:03	1211		V35	137
1209	3018	6 Min/Km	00:29:36	00:59:27	00:58:35	1195		V35	138
1210	1458	Zsofia Santos	00:29:53	00:59:28	00:59:20	1227		V35	37
1211	865	Maria Bica	00:29:35	00:59:31	00:59:26	1236	Carrasco & Amigos	V50	148
1212	1526	Pedro Loureiro	00:30:45	00:59:34	00:59:15	1222		V50	149
1213	1594	Bernardino Pereira	00:30:38	00:59:36	00:59:05	1214	CF Os Belenenses	V85	1
1214	1149	Luís Conceição	00:30:43	00:59:36	00:58:50	1203		V60	63
1215	831	David Rosa	00:29:56	00:59:38	00:59:35	1242		V45	171
1216	1793	Elisabete Santos	00:29:37	00:59:40	00:59:22	1231	GDC Banco de Portugal	V40	58





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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1217	1583	Elisabete Costa	00:30:06	00:59:40	00:59:03	1208		V40	59
1218	1621	Nuno Miguel	00:30:07	00:59:41	00:59:04	1213		V35	139
1219	316	João Moacho	00:30:24	00:59:42	00:59:13	1221	Linda-a-Pastora Sporting Clube	V65	21
1220	1836	Diego Furtado	00:30:03	00:59:42	00:59:03	1210		V35	140
1221	1801	Pedro Medeiros	00:29:39	00:59:43	00:59:41	1249		Senior	156
1222	1800	Fábio Tavares	00:30:06	00:59:43	00:59:03	1209		Senior	157
1223	392	Nuno Pereira	00:29:45	00:59:45	00:59:29	1238		V40	159
1224	1131	Marta Alves	00:29:29	00:59:46	00:59:06	1216		V40	60
1225	699	Jose Dias	00:30:07	00:59:47	00:59:07	1217		V40	160
1226	1965	Ana Margaça	00:30:29	00:59:48	00:59:30	1239		Senior	39
1227	876	Ana Neto	00:31:14	00:59:48	00:59:08	1218	Linda-a-Pastora Sporting Clube	V45	54
1228	1567	Manuel Fonseca	00:30:37	00:59:48	00:59:24	1234	Amigos do Atletismo de Mafra	V60	64
1229	1065	Sandra Bolas	00:29:51	00:59:50	00:59:18	1225		V50	24
1230	1470	Pedro Duarte	00:29:22	00:59:50	00:59:35	1244		V35	141
1231	1064	Custodio Atalho	00:29:52	00:59:50	00:59:17	1224		V45	172
1232	336	Luis Almeida	00:32:06	00:59:52	00:59:33	1241	Associação Vale Grande	V45	173
1233	334	João Gonçalves	00:30:54	00:59:52	00:59:31	1240	FIDELIDADE GDC	V50	150
1234	46	Nicoleta Burtoiu	00:30:23	00:59:52	00:59:10	1220		V50	25
1235	1661	Jorge Nunes	00:31:06	00:59:54	00:59:22	1230		V45	174



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1236	535	Pedro Carvalho	00:30:13	00:59:54	00:59:08	1219		V45	175
1237	1028	Carlos Coelho	00:29:35	00:59:55	00:59:19	1226		V60	65
1238	1520	Cristina Figueira	00:30:06	00:59:55	00:59:45	1252		V45	55
1239	1876	Ana Ribeiro	00:30:32	00:59:58	00:59:24	1233		V40	61
1240	845	António Batista	00:30:34	00:59:59	00:59:25	1235	Club Football Estrela	V75	2
1241	1834	António Lourenço	00:29:38	00:59:59	00:59:48	1254		V45	176
1242	1877	Ricardo Paulo	00:30:12	01:00:00	00:59:26	1237		V40	161
1243	1910	Dinis Churro	00:29:18	01:00:00	00:59:17	1223		Senior	158
1244	1601	Inês Bernardo	00:30:46	01:00:01	00:59:44	1251	CF Os Belenenses	V40	62
1245	1869	Pedro Correia	00:29:18	01:00:02	00:59:55	1256		V45	177
1246	1327	Miguel Coelho	00:31:18	01:00:02	00:59:21	1228		V40	162
1247	1093	Goncalo Silva	00:31:17	01:00:02	00:59:23	1232		V40	163
1248	743	João Monteiro	00:29:34	01:00:06	00:59:21	1229		V35	142
1249	1864	Ricardo Tiago	00:30:49	01:00:11	00:59:35	1243		V55	88
1250	1397	Pedro Vieira	00:29:37	01:00:14	00:59:58	1257		V40	164
1251	445	Marcos Magalhães	00:30:25	01:00:15	00:59:40	1248		V45	178
1252	367	Bruno Lemos	00:30:25	01:00:15	00:59:40	1247		V35	143
1253	39	Fernando Martinho	00:31:09	01:00:18	00:59:36	1245		V40	165
1254	1977	Armando Costa	00:29:35	01:00:22	01:00:17	1268		V50	151



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1255	898	José Roseiro	00:31:18	01:00:23	00:59:39	1246		V65	22
1256	171	Patricia Pereira	00:31:10	01:00:24	00:59:42	1250		V40	63
1257	449	Colombo Quintal	00:29:59	01:00:26	01:00:16	1266		V40	166
1258	1572	João Garcia	00:30:15	01:00:26	00:59:47	1253		V45	179
1259	1726	Ventura Saraiva	00:30:34	01:00:28	01:00:16	1267	Grupo Recreativo e Desportivo da Ribeira da Lage	V70	14
1260	904	Fernando Anjos	00:32:00	01:00:30	01:00:02	1258		V60	66
1261	1173	Bruno Miguel	00:32:27	01:00:31	00:59:49	1255		V40	167
1262	864	Tiago Cabrita	00:30:19	01:00:32	01:00:31	1276	Carrasco & Amigos	V40	168
1263	470	António Santos	00:30:48	01:00:34	01:00:20	1269	Grupo Recreativo e Desportivo da Ribeira da Lage	V75	3
1264	1096	Inês Anjos	00:30:54	01:00:35	01:00:10	1264		Senior	40
1265	335	Miguel Dias	00:30:05	01:00:40	01:00:11	1265	FIDELIDADE GDC	V50	152
1266	1104	Emília Borges	00:30:34	01:00:41	01:00:03	1259	CCD Sintrense	V60	7
1267	1521	José Guia	00:31:29	01:00:41	01:00:06	1262	SS CGD	V75	4
1268	1345	Ricardo Matias	00:30:02	01:00:44	01:00:05	1260	#SOMAI51KM	V40	169
1269	1388	Pedro Silva	00:30:03	01:00:44	01:00:08	1263	#SOMAI51KM	V40	170
1270	829	Jacinta Almeida	00:30:02	01:00:44	01:00:06	1261	Clube Ferroviário de Portugal	V60	8
1271	42	José Rodrigues	00:30:30	01:00:46	01:00:34	1278		V65	23
1272	722	Maria Barrancos	00:31:12	01:00:47	01:00:28	1275	Ermelindas	V50	26
1273	620	Fernando Rodrigues	00:31:16	01:00:54	01:00:35	1279		V50	153



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1274	1507	Tânia Mendanha	00:31:23	01:00:54	01:00:36	1280		V35	38
1275	1508	Dina Coelho	00:31:23	01:00:55	01:00:37	1281		V35	39
1276	1896	Luís Lopes	00:29:16	01:00:57	01:00:52	1287		Senior	159
1277	1815	Renato Figueiras	00:31:30	01:00:59	01:00:26	1274		V50	154
1278	1152	Ana Pedreira	00:30:04	01:01:02	01:00:23	1270	#SOMAI51KM	V40	64
1279	1913	Rui Nogueira	00:31:07	01:01:03	01:00:50	1286		V45	180
1280	1912	Carla Marques	00:31:07	01:01:03	01:00:50	1285		V50	27
1281	315	Henrique Ruivo	00:31:40	01:01:03	01:00:24	1272		V60	67
1282	1421	Ana Mota	00:30:23	01:01:03	01:00:23	1271	#SOMAI51KM	Senior	41
1283	1420	Joana Pereira	00:30:23	01:01:03	01:00:26	1273	#SOMAI51KM	V40	65
1284	75	Maria Borges	00:30:34	01:01:06	01:00:42	1282	Linda-a-Pastora Sporting Clube	V45	56
1285	1328	Hugo Marques	00:30:15	01:01:08	01:00:43	1284		V45	181
1286	1691	Bruno Ferreira	00:30:16	01:01:09	01:00:56	1290		V35	144
1287	1689	Susana Pina	00:30:16	01:01:09	01:00:55	1289		Senior	42
1288	1099	Andreza Araújo	00:30:55	01:01:09	01:00:34	1277		V45	57
1289	1985	Rosa Dias	00:30:48	01:01:13	01:01:04	1296		V50	28
1290	348	Sofia Antunes	00:31:36	01:01:23	01:01:11	1301		V40	66
1291	713	Maria Ferreira	00:31:05	01:01:25	01:00:43	1283	CCDTMetroLX	V45	58
1292	1496	Fernanda Simões	00:30:07	01:01:26	01:01:19	1309		V50	29



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1293	1527	Sandra Cardoso	00:30:45	01:01:27	01:01:08	1298		V50	30
1294	1431	Carlos Costa	00:30:03	01:01:27	01:01:12	1304		V55	89
1295	1882	Joao Blasques	00:26:50	01:01:28	01:01:15	1307		V45	182
1296	726	Isabel Santos	00:31:31	01:01:32	01:01:03	1295	Associação Cultural Sambrasense	V55	9
1297	1088	João Rosário	00:30:15	01:01:33	01:01:26	1314		V50	155
1298	771	Eurico Carocha	00:30:50	01:01:34	01:01:12	1302	Casa do Benfica em Algueirão Mem Martins	V55	90
1299	1545	Rui Almeida	00:30:07	01:01:37	01:01:27	1316		V55	91
1300	345	Pedro Morgado	00:31:03	01:01:38	01:00:56	1291		V35	145
1301	1907	Conrad Schwarzrock	00:31:03	01:01:39	01:00:55	1288		V35	146
1302	21	Md Ahmed	00:30:30	01:01:39	01:01:09	1299		Senior	160
1303	695	Maria Coronha	00:31:21	01:01:40	01:01:17	1308		V40	67
1304	346	Josefina Fernandes	00:31:03	01:01:40	01:00:58	1292		V40	68
1305	68	Luis Proença	00:30:42	01:01:41	01:01:11	1300		V50	156
1306	879	Teresa Teixeira	00:31:09	01:01:43	01:01:31	1321		V55	10
1307	1247	Ana Magalhães	00:30:56	01:01:43	01:01:28	1317	Clube Oriental de Pechão	V40	69
1308	1248	Filipe Magalhães	00:30:56	01:01:43	01:01:29	1318	Clube Oriental de Pechão	V45	183
1309	869	Elisabete Filipe	00:30:38	01:01:44	01:01:02	1294	Carrasco & Amigos	V45	59
1310	313	Sara Casaleiro	00:30:17	01:01:45	01:01:26	1315		V35	40
1311	830	Luís Ferreira	00:30:02	01:01:45	01:01:07	1297	Clube Ferroviário de Portugal	V55	92



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1312	561	Luis Gouveia	00:30:38	01:01:45	01:01:02	1293		V50	157
1313	1448	Marta Rodrigues	00:30:25	01:01:46	01:01:12	1303		V35	41
1314	720	Marta Machado	00:31:03	01:01:46	01:01:33	1324	correr. com(e)	Senior	43
1315	1744	Ronilson Sa	00:30:26	01:01:46	01:01:12	1305		V45	184
1316	1746	Fernando Leitão	00:30:51	01:01:46	01:01:14	1306		V40	171
1317	1124	Peter Hoffman	00:31:04	01:01:54	01:01:46	1328		V75	5
1318	863	Manuel Rego	00:31:21	01:01:55	01:01:38	1325	Carrasco & Amigos	V60	68
1319	1331	Patrícia António	00:31:55	01:01:56	01:01:25	1313		V35	42
1320	1971	Goncalo Amaro	00:30:57	01:01:58	01:01:44	1327		V45	185
1321	514	Rui Cardoso	00:30:20	01:02:03	01:01:24	1312		V45	186
1322	77	João Franco	00:30:27	01:02:04	01:01:31	1322		V55	93
1323	1184	Nuno Rodrigues	00:29:31	01:02:05	01:01:57	1339		V45	187
1324	1476	Juelson Lourenço	00:30:39	01:02:05	01:02:03	1342		Senior	161
1325	688	Sandra Aguiar	00:30:52	01:02:07	01:01:49	1329		V45	60
1326	689	Rui Godinho	00:30:51	01:02:07	01:01:49	1330		V50	158
1327	1626	Luis Fausto	00:30:13	01:02:08	01:01:22	1310		V45	188
1328	742	Catarina Francisco	00:30:37	01:02:09	01:01:24	1311		V35	43
1329	1848	Maria Tavares	00:31:07	01:02:10	01:01:40	1326		V55	11
1330	1723	Armando Almeida	00:31:26	01:02:12	01:01:30	1319		V60	69



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1331	1908	Sílvia Quintino	00:30:55	01:02:15	01:02:10	1346		V40	70
1332	475	Manuel Rego	00:31:26	01:02:15	01:01:53	1334	Grupo Recreativo e Desportivo da Ribeira da Lage	V60	70
1333	710	Hugo Pinto	00:30:08	01:02:17	01:01:50	1332	CCDTMetroLX	V45	189
1334	1652	Joao Caetano	00:31:09	01:02:17	01:01:32	1323		V45	190
1335	1653	Paulo Almeida	00:31:10	01:02:17	01:01:31	1320		V55	94
1336	1678	João Brites	00:30:57	01:02:22	01:02:00	1341		V50	159
1337	148	Paula Cabaço	00:31:05	01:02:24	01:01:49	1331		V50	31
1338	575	Nuno Galvão	00:29:18	01:02:27	01:02:07	1344	SIMECQ - Sociedade de Instrução Musical e Escolar Cruz	V60	71
1339	751	Fernando Oliveira	00:31:18	01:02:28	01:02:14	1348		V55	95
1340	221	Cátia Lopes	00:31:52	01:02:32	01:01:51	1333	Alverca Urban Runners	V35	44
1341	805	Joao Costa	00:31:29	01:02:33	01:01:53	1335		V45	191
1342	224	Paulo Oliveira	00:32:09	01:02:36	01:02:29	1358	CCD PM Cascais	V55	96
1343	222	Cláudia Bico	00:32:09	01:02:37	01:02:29	1357	CCD PM Cascais	V40	71
1344	1715	Céu Pardana	00:31:03	01:02:37	01:02:24	1352		V55	12
1345	133	Sonia Cabaço	00:31:16	01:02:37	01:02:23	1351		V45	61
1346	370	Filipe Nunes	00:31:36	01:02:42	01:01:55	1336		Senior	162
1347	491	Andreia Barreto	00:31:36	01:02:44	01:01:57	1338	Run & Win[e]	Senior	44
1348	493	Alexandre Sandinha	00:31:36	01:02:44	01:01:57	1337	Run & Win[e]	V35	147
1349	1549	Tânia Pereira	00:31:30	01:02:45	01:02:34	1364		V35	45



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1350	278	Luis Santos	00:32:11	01:02:47	01:01:59	1340		V55	97
1351	1102	Gonçalo Jorge	00:31:35	01:02:47	01:02:28	1356	CCD Sintrense	V40	172
1352	1249	Sara Aníbal	00:31:57	01:02:47	01:02:33	1362	Clube Oriental de Pechão	V40	72
1353	45	Luís Pedro	00:31:35	01:02:47	01:02:27	1353	Associação Desportiva de Palmeiros Sintra	V65	24
1354	1904	Bruno Espadeiro	00:31:43	01:02:52	01:02:38	1368		V45	192
1355	1837	Paulo Louro	00:30:53	01:02:53	01:02:29	1359		V55	98
1356	136	Marcus Costa	00:30:53	01:02:53	01:02:28	1354		V35	148
1357	583	Rita Mina	00:31:31	01:02:53	01:02:12	1347	Linda-a-Pastora Sporting Clube	V50	32
1358	738	Jorge Cordeiro	00:30:53	01:02:53	01:02:52	1375		V60	72
1359	1738	António Apolónio	00:32:06	01:02:54	01:02:15	1350		V45	193
1360	1739	Vera Pinto	00:32:06	01:02:55	01:02:14	1349		V40	73
1361	931	Claudeni Almeida	00:31:55	01:02:55	01:02:05	1343		V50	160
1362	730	Marta Sanchez	00:31:29	01:02:57	01:02:56	1377	Serul	V35	46
1363	696	Cidália Borges	00:31:29	01:02:57	01:02:37	1366		V50	33
1364	918	Manuel Baptista	00:32:14	01:03:01	01:02:10	1345	SS CGD	V55	99
1365	890	Beatriz Figueiredo	00:31:52	01:03:01	01:02:28	1355	FIDELIDADE GDC	V45	62
1366	1230	Maria Cargaleiro	00:31:00	01:03:01	01:02:30	1361		V55	13
1367	568	Elisa Reis	00:31:33	01:03:07	01:02:48	1373	SIMECQ - Sociedade de Instrução Musical e Escolar Cruz	Senior	45
1368	1672	Odete Francisco	00:32:02	01:03:09	01:02:34	1363		V50	34





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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1369	1324	Irina Moreira	00:31:44	01:03:14	01:03:10	1386		V35	47
1370	121	Celia Azenha	00:31:58	01:03:14	01:02:56	1378		V55	14
1371	119	Cecilia Nicolau	00:31:58	01:03:14	01:02:57	1379		V55	15
1372	954	Catarina Altas	00:32:06	01:03:15	01:02:55	1376	Clube Millennium BCP	V50	35
1373	965	Luis Costa	00:31:06	01:03:18	01:03:17	1388	Clube Millennium BCP	V50	161
1374	612	António Lopes	00:31:39	01:03:19	01:02:36	1365		V65	25
1375	258	Gilberto Gonçalves	00:32:43	01:03:21	01:02:30	1360		V75	6
1376	1712	Ronald Galenkamp	00:32:19	01:03:22	01:02:38	1367		V60	73
1377	534	Rui Fernandes	00:31:14	01:03:24	01:02:40	1370		V50	162
1378	1139	Maria Levezinho	00:32:08	01:03:24	01:03:20	1390	Bombeiros Voluntários de Rio Maior	Junior	6
1379	1235	David Prata	00:32:27	01:03:28	01:02:46	1371		V40	173
1380	924	Angelo Fernandes	00:31:47	01:03:28	01:02:40	1369		V50	163
1381	1468	António Cerdeira	00:30:48	01:03:28	01:02:50	1374		V45	194
1382	330	Susana Almeida	00:32:50	01:03:29	01:02:47	1372	Caracóis Runners	V35	48
1383	1302	Tiago Fernandes	00:32:41	01:03:39	01:03:03	1385	NOKIA SPORTS TRIBE	V35	149
1384	1719	Ricardo Daniel	00:31:48	01:03:42	01:03:00	1384		V40	174
1385	1138	Célia Pereira	00:32:08	01:03:43	01:03:39	1400	Bombeiros Voluntários de Rio Maior	V50	36
1386	1673	Carlos Correia	00:32:24	01:03:45	01:03:18	1389		V65	26
1387	1794	João Nuno	00:32:21	01:03:45	01:03:21	1392	Associação Desportiva do Fundão	V40	175



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1388	653	Maria Souza	00:33:09	01:03:45	01:02:59	1381	Vânanda's Fast Trackers	Senior	46
1389	431	Luís Cordeiro	00:32:28	01:03:45	01:02:58	1380		V45	195
1390	652	Vânia Andrade	00:33:59	01:03:45	01:03:00	1382	Vânanda's Fast Trackers	V35	49
1391	649	Elias Cruz	00:32:01	01:03:46	01:03:10	1387		V50	164
1392	1460	Mariana Marques	00:32:34	01:03:46	01:03:00	1383		Senior	47
1393	1733	Sissas Atanásio	00:32:27	01:03:47	01:03:28	1396	Grupo Recreativo e Desportivo da Ribeira da Lage	V35	50
1394	474	Catia Tavares	00:32:27	01:03:47	01:03:27	1395	Grupo Recreativo e Desportivo da Ribeira da Lage	Senior	48
1395	753	Paulo Caçador	00:31:43	01:03:48	01:03:22	1394		V45	196
1396	111	Moises Pires	00:32:25	01:03:48	01:03:22	1393		V55	100
1397	595	Tom Vanoverschelde	00:31:44	01:03:49	01:03:21	1391		V45	197
1398	966	Maria Folques	00:31:33	01:03:51	01:03:47	1405	Clube Millennium BCP	V50	37
1399	406	Helena Agua	00:31:52	01:03:52	01:03:46	1402	Aminhacorrída/Runextrem	V50	38
1400	407	António Revez	00:31:52	01:03:52	01:03:47	1403	Aminhacorrída/Runextrem	V50	165
1401	204	Ana Pereira	00:31:21	01:03:52	01:03:28	1397		V50	39
1402	1172	Carmen Cristino	00:31:22	01:03:52	01:03:29	1398		V50	40
1403	1185	Raquel Brigas	00:32:14	01:04:03	01:03:34	1399		Senior	49
1404	439	António Pais	00:32:53	01:04:05	01:03:52	1406		V55	101
1405	1189	Sofia Cruz	00:24:35	01:04:20	01:04:00	1409	GRCD Leião	Senior	50
1406	218	André Afonso	00:31:55	01:04:21	01:04:04	1412	OutSystems	V40	176



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1407	67	Maria Borges	00:31:20	01:04:25	01:03:47	1404		V55	16
1408	1070	Mário Martins	00:32:20	01:04:25	01:04:11	1417		V50	166
1409	319	Mariana Borges	00:31:20	01:04:25	01:03:46	1401	Linda-a-Pastora Sporting Clube	V45	63
1410	1847	Isabel Godinho	00:32:00	01:04:29	01:04:07	1413		Senior	51
1411	817	Ezequiel Oliveira	00:32:22	01:04:32	01:04:08	1414		V45	198
1412	816	Nidia Valadares	00:32:22	01:04:32	01:04:12	1419		V45	64
1413	650	Patricia Geraldes	00:31:28	01:04:36	01:03:56	1408		V55	17
1414	529	Luis Marques	00:32:49	01:04:36	01:03:54	1407		V45	199
1415	1035	Maria Sanches	00:32:53	01:04:41	01:04:02	1411		V50	41
1416	970	Paulo Pinto	00:32:53	01:04:41	01:04:01	1410	Clube Millennium BCP	V55	102
1417	647	Elisa Alves	00:32:56	01:04:46	01:04:13	1421		V45	65
1418	661	Rui Alves	00:32:53	01:04:46	01:04:13	1420		V45	200
1419	1031	Vitor Rodrigues	00:32:20	01:04:48	01:04:10	1415		V65	27
1420	778	Nuno Freitas	00:32:14	01:04:50	01:04:29	1423	Águas Livres de Caneças	V40	177
1421	1051	André Trindade	00:32:26	01:04:57	01:04:12	1418		V35	150
1422	23	Diana Oliveira	00:32:41	01:05:01	01:04:33	1424		V40	74
1423	1442	Miguel Brito	00:32:48	01:05:01	01:04:10	1416		Senior	163
1424	1947	Sara Xavier	00:32:23	01:05:02	01:04:40	1431		Senior	52
1425	889	Nuno Almeida	00:32:43	01:05:06	01:04:54	1441	Linda-a-Pastora Sporting Clube	V45	201



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1426	139	Anita Pajak	00:33:24	01:05:07	01:04:35	1426	Ekipa Grubego	V40	75
1427	836	Tania Martins	00:32:32	01:05:09	01:04:28	1422		V35	51
1428	433	Luís Nabais	00:32:21	01:05:12	01:04:51	1437		V40	178
1429	800	Mário Sobral	00:32:25	01:05:12	01:04:49	1436		V45	202
1430	78	João Pereira	00:32:26	01:05:13	01:04:53	1440		V55	103
1431	434	Anabela Ruivo	00:32:19	01:05:13	01:04:51	1438		V50	42
1432	378	Victoria Mata	00:32:59	01:05:13	01:04:34	1425		V70	1
1433	349	Anabela Costa	00:31:37	01:05:15	01:04:43	1434		V60	9
1434	276	António Costa	00:31:37	01:05:15	01:04:41	1433		V60	74
1435	1763	Helena Barbosa	00:32:08	01:05:16	01:04:58	1444		Senior	53
1436	1764	Rita Pardal	00:32:08	01:05:16	01:04:58	1445		Senior	54
1437	794	Andreia Duarte	00:32:31	01:05:18	01:05:06	1447		Senior	55
1438	1456	Sergio Brito	00:36:06	01:05:18	01:04:40	1432		Senior	164
1439	1709	António Jubilado	00:34:36	01:05:19	01:04:38	1430		V65	28
1440	577	Olga Galvão	00:33:53	01:05:21	01:04:36	1427	SIMECQ - Sociedade de Instrução Musical e Escolar Cruz	V60	10
1441	578	Paula Leitão	00:33:53	01:05:22	01:04:37	1428	SIMECQ - Sociedade de Instrução Musical e Escolar Cruz	V45	66
1442	567	Maria Almeida	00:33:53	01:05:22	01:04:37	1429	SIMECQ - Sociedade de Instrução Musical e Escolar Cruz	V50	43
1443	1699	Inga Freitas	00:31:19	01:05:23	01:05:04	1446		Senior	56
1444	677	Henrique Vilhena	00:34:10	01:05:24	01:04:58	1443		V65	29



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1445	588	Paulo Quaresma	00:33:07	01:05:26	01:04:46	1435	Veteranos de Massamá	V65	30
1446	498	Silvio Paiva	00:32:26	01:05:34	01:05:07	1448	Grupo Recreativo e Desportivo da Ribeira da Lage	V70	15
1447	664	João Nabais	00:32:40	01:05:35	01:05:10	1451		Senior	165
1448	662	Hugo Bastos	00:32:41	01:05:35	01:05:08	1449		Senior	166
1449	665	Pedro Cunha	00:32:41	01:05:36	01:05:08	1450		Senior	167
1450	389	Cristina Rainha	00:32:48	01:05:37	01:05:25	1456	GDCTINCM	V55	18
1451	3012	Paulo Vicente	00:33:22	01:05:39	01:05:29	1463	UDR Zona Alta	V40	179
1452	1077	Álvaro Furtado	00:34:36	01:05:41	01:04:56	1442	SS CGD	V65	31
1453	1987	Alexandre Martins	00:35:04	01:05:46	01:04:52	1439		V40	180
1454	1167	Sónia Cândido	00:34:27	01:05:46	01:05:25	1454		V40	76
1455	546	Nuno Lima	00:33:47	01:05:48	01:05:47	1473		V45	203
1456	344	Amílcar Delgadinho	00:31:58	01:05:48	01:05:35	1467		V45	204
1457	698	Ana Zibaia	00:31:59	01:05:49	01:05:36	1468		V40	77
1458	930	Helder Marques	00:32:56	01:05:56	01:05:28	1458		V45	205
1459	411	André Quintino	00:32:33	01:05:56	01:05:31	1466	FIDELIDADE GDC	V50	167
1460	951	Carla Vaz	00:33:40	01:05:56	01:05:14	1452	Clube Millennium BCP	V50	44
1461	1497	Mario Anjo	00:32:57	01:05:56	01:05:28	1461		V55	104
1462	1498	Gessina Mendes	00:32:57	01:05:57	01:05:30	1465		V55	19
1463	1433	Esmeralda Ramalho	00:32:54	01:05:59	01:05:29	1462		V50	45



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1464	907	Pepe Pereira	00:31:56	01:06:04	01:05:40	1469		V40	181
1465	1682	Sónia Santos	00:32:38	01:06:04	01:05:44	1472		V45	67
1466	322	João Silva	00:35:11	01:06:04	01:05:49	1476	Os Silvas	Senior	168
1467	1354	Mariana Soares	00:33:20	01:06:04	01:05:48	1474		V70	2
1468	1169	Samira Lima	00:33:17	01:06:04	01:05:19	1453		V35	52
1469	1119	Mercedes Fonseca	00:33:21	01:06:05	01:05:49	1477		V65	6
1470	321	Agostinho Silva	00:35:11	01:06:05	01:05:49	1475	Os Silvas	V60	75
1471	1226	José Marques	00:34:05	01:06:06	01:05:28	1460		V70	16
1472	791	Gracinda Fernandes	00:34:04	01:06:06	01:05:28	1459		V50	46
1473	140	Bartłomiej Nowak	00:34:29	01:06:09	01:05:28	1457	Ekipa Grubego	V40	182
1474	948	Antonio Almeida	00:32:25	01:06:09	01:05:25	1455	Clube Millennium BCP	V55	105
1475	967	Marina Morgado	00:32:20	01:06:09	01:05:40	1470	Clube Millennium BCP	Senior	57
1476	961	Jose Rebelo	00:32:25	01:06:09	01:05:40	1471	Clube Millennium BCP	V55	106
1477	300	Luis Sousa	00:34:50	01:06:11	01:06:10	1486		V45	206
1478	1903	Ricardo Almeida	00:30:56	01:06:14	01:06:09	1484		V45	207
1479	1062	Marco Cachinho	00:33:23	01:06:14	01:05:30	1464	Clube EDP - Lisboa	V40	183
1480	1618	Joana Ferreira	00:33:23	01:06:20	01:06:04	1481		V35	53
1481	1491	Nuno Gonçalves	00:32:31	01:06:21	01:06:06	1482	KEEP RUNNING	V70	17
1482	1925	Bruno Gomes	00:33:10	01:06:26	01:06:17	1492		Senior	169



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1483	177	Isabel Gomes	00:33:11	01:06:26	01:06:17	1491		V50	47
1484	123	José Gomes	00:33:25	01:06:29	01:06:16	1490		V55	107
1485	987	Sueli Santos	00:32:43	01:06:30	01:06:27	1496		V55	20
1486	497	Jose Correia	00:34:00	01:06:34	01:06:13	1489		V60	76
1487	878	Luis Azevedo	00:29:40	01:06:34	01:06:12	1487		V55	21
1488	1126	Ricardo Farinha	00:33:38	01:06:35	01:06:09	1485		V45	208
1489	1488	Paula Almeida	00:33:13	01:06:36	01:06:07	1483		V45	68
1490	483	Teresa Ferreira	00:33:14	01:06:37	01:06:26	1495	UDR Zona Alta	V70	3
1491	946	Maria Craveiro	00:33:38	01:06:38	01:06:00	1478		V50	48
1492	260	António Fonseca	00:32:30	01:06:44	01:06:03	1480		V75	7
1493	1976	Joacy Baptista	00:32:59	01:06:48	01:06:00	1479		Senior	170
1494	983	Vasco Ourelo	00:32:39	01:06:57	01:06:49	1503	Clube Millennium BCP	V45	209
1495	1045	Nuno Serrão	00:33:33	01:06:59	01:06:13	1488	Serviços Sociais Montepio	V45	210
1496	1970	Janaina Silva	00:33:22	01:06:59	01:06:24	1493	PT-BR	V40	78
1497	828	António Monteiro	00:33:07	01:07:01	01:06:24	1494	Clube Ferroviário de Portugal	V75	8
1498	761	Rui Emídio	00:33:25	01:07:06	01:06:44	1502	Casa do Benfica em Algueirão Mem Martins	V65	32
1499	1898	Erick Santos	00:32:41	01:07:06	01:06:54	1508		Senior	171
1500	381	Virgílio Mata	00:33:42	01:07:09	01:06:31	1497		V70	18
1501	1597	Carlos Crespo	00:35:16	01:07:13	01:06:36	1498	CF Os Belenenses	V60	77



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1502	130	Pedro Santos	00:34:49	01:07:13	01:06:38	1499		V40	184
1503	131	Claudia Marques	00:34:49	01:07:13	01:06:40	1500		V40	79
1504	941	Luis Ribeiro	00:34:39	01:07:13	01:07:06	1512		Senior	172
1505	424	Mónica Santos	00:32:16	01:07:20	01:07:17	1515		V45	69
1506	1050	Sandra Santos	00:33:18	01:07:25	01:06:43	1501		V40	80
1507	63	Luis Lourenço	00:34:24	01:07:27	01:06:52	1506		V45	211
1508	62	Teresa Quaresma	00:34:25	01:07:28	01:06:53	1507		V45	70
1509	1685	Tiago Santos	00:35:44	01:07:34	01:07:12	1514		Senior	173
1510	1231	Maria Tavares	00:34:26	01:07:35	01:07:05	1511		V55	22
1511	565	Ana Serra	00:34:03	01:07:35	01:06:50	1504	SIMECQ - Sociedade de Instrução Musical e Escolar Cruz	V45	71
1512	1530	Goreti Cabeleira	00:33:47	01:07:37	01:06:55	1509		V55	23
1513	1195	Rui Vaz	00:34:08	01:07:37	01:06:51	1505		V45	212
1514	1157	Aires Silva	00:33:48	01:07:37	01:07:26	1517		V55	108
1515	1252	Cátia Ribeiro	00:33:18	01:07:39	01:06:56	1510		V40	81
1516	31	Patrícia Santos	00:33:48	01:07:39	01:07:29	1518		Senior	58
1517	32	Rui Teixeira	00:33:48	01:07:39	01:07:30	1519		Senior	174
1518	1759	Manuel Silva	00:30:39	01:07:44	01:07:38	1522		V45	213
1519	1384	Karina Barcelos	00:33:29	01:07:47	01:07:43	1523		V40	82
1520	600	Isabel Silva	00:33:45	01:07:50	01:07:34	1521	GRCD Leião	V50	49





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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1521	1245	Rita Cunha	00:34:08	01:07:56	01:07:10	1513		Senior	59
1522	1120	Joaquim Fonseca	00:34:06	01:08:06	01:07:26	1516		V65	33
1523	126	João Torres	00:34:56	01:08:06	01:07:47	1524		V70	19
1524	447	Laurinda Castro	00:35:12	01:08:10	01:08:00	1528		V60	11
1525	1605	Maria Sebastião	00:34:10	01:08:12	01:07:54	1527	CF Os Belenenses	V35	54
1526	1368	Francisco Tomaz	00:34:42	01:08:16	01:07:30	1520		V40	185
1527	1954	Luís Bernardo	00:34:08	01:08:28	01:08:07	1533	CV Runners	V45	214
1528	580	Ricardo Nobre	00:30:16	01:08:30	01:08:10	1534	SIMECQ - Sociedade de Instrução Musical e Escolar Cruz	V40	186
1529	1868	Ana Delgado	00:33:25	01:08:30	01:07:53	1526		Senior	60
1530	1684	Pedro Silveira	00:34:20	01:08:31	01:08:02	1530		V50	168
1531	1083	Joaquim Morgado	00:33:26	01:08:32	01:08:18	1539		V45	215
1532	182	Rafaela Norte	00:34:50	01:08:34	01:07:51	1525		Senior	61
1533	843	Virgílio Rodrigues	00:34:34	01:08:36	01:08:05	1531	Club Football Estrela	V75	9
1534	842	Armando Tavares	00:34:35	01:08:36	01:08:06	1532	Club Football Estrela	V75	10
1535	1127	Ana Palmela	00:35:42	01:08:45	01:08:01	1529		V40	83
1536	1141	Rui Silva	00:38:55	01:08:47	01:08:14	1538		V55	109
1537	810	Paulo Silva	00:37:45	01:08:48	01:08:18	1540	SIMECQ - Sociedade de Instrução Musical e Escolar Cruz	V60	78
1538	1273	Miguel Pereira	00:34:43	01:08:50	01:08:11	1535	Bankinter	V40	187
1539	1274	Marta Andrade	00:34:44	01:08:50	01:08:11	1536	Bankinter	V35	55



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1540	1585	Manuel Santos	00:34:19	01:08:53	01:08:53	1545		V65	34
1541	1232	Adriano Cunha	00:35:18	01:08:54	01:08:13	1537		V65	35
1542	802	Ana Dias	00:33:39	01:09:00	01:08:25	1541		V50	50
1543	1550	José Santos	00:34:36	01:09:08	01:08:57	1546		V45	216
1544	853	António Mateus	00:35:24	01:09:15	01:08:51	1544	Os Zatopeques	V80	1
1545	128	Cristina Cruz	00:33:23	01:09:19	01:08:51	1543		Senior	62
1546	1914	Manuel Carvalho	00:35:23	01:09:26	01:09:10	1547		Senior	175
1547	84	Sara Correia	00:35:35	01:09:32	01:08:46	1542		Senior	63
1548	654	Eduardo Lopes	00:35:23	01:09:35	01:09:19	1549	Rambos	V55	110
1549	657	Maria Ferreira	00:35:22	01:09:35	01:09:23	1551	Rambos	V45	72
1550	786	Raquel Santos	00:35:10	01:09:39	01:09:32	1557		V45	73
1551	633	Lilia Prymak	00:35:01	01:09:42	01:09:25	1552		Senior	64
1552	1495	Rita Soares	00:37:44	01:09:44	01:09:16	1548		V45	74
1553	1298	Luis Chula	00:32:45	01:09:57	01:09:22	1550	NOKIA SPORTS TRIBE	V45	217
1554	1076	Rute Eleutério	00:34:53	01:09:58	01:09:27	1554		Senior	65
1555	1641	Miguel Mendes	00:36:07	01:09:59	01:09:29	1556		V40	188
1556	1640	Ana Romão	00:36:07	01:09:59	01:09:29	1555		V40	84
1557	1294	Carlos Cardoso	00:32:17	01:10:00	01:09:25	1553	NOKIA SPORTS TRIBE	V45	218
1558	1830	Bruno Barata	00:32:59	01:10:08	01:09:57	1560	União Desportiva de Alfovelos	V45	219



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1559	1305	Canan Colaco	00:33:02	01:10:08	01:10:04	1562	NOKIA SPORTS TRIBE	V35	56
1560	861	João Oliveira	00:32:53	01:10:09	01:10:00	1561	Carrasco & Amigos	V55	111
1561	581	Vitor Vital	00:34:33	01:10:24	01:10:05	1563	SIMECQ - Sociedade de Instrução Musical e Escolar Cruz	V60	79
1562	574	Maria Silva	00:34:33	01:10:24	01:10:05	1564	SIMECQ - Sociedade de Instrução Musical e Escolar Cruz	V60	12
1563	1316	João Paulo	00:33:18	01:10:24	01:09:57	1559		V45	220
1564	1312	João Ribeiro	00:33:08	01:10:25	01:09:57	1558		V45	221
1565	1687	Rute Vilarinho	00:35:44	01:10:29	01:10:07	1566		V40	85
1566	34	Cristina Reis	00:35:24	01:10:36	01:10:05	1565		V50	51
1567	1750	Pedro Ascensão	00:38:26	01:10:40	01:10:39	1569		V50	169
1568	521	José Garcez	00:34:41	01:10:43	01:10:35	1568		V45	222
1569	1291	Susana Mendes	00:35:16	01:10:46	01:10:09	1567	CCDTMetroLX	V50	52
1570	1453	Eurico Silva	00:34:23	01:11:10	01:10:48	1570		Senior	176
1571	1376	Fernando Palma	00:34:37	01:11:27	01:11:22	1574		V45	223
1572	1377	Olga Palma	00:34:37	01:11:27	01:11:22	1575		V45	75
1573	1812	Ana Nascimento	00:35:34	01:11:49	01:11:14	1572		Senior	66
1574	509	João Matias	00:35:09	01:11:53	01:11:09	1571		Senior	177
1575	52	Ana Mendes	00:35:14	01:11:58	01:11:49	1576		V55	24
1576	279	Mário Lameirão	00:36:50	01:12:04	01:11:17	1573	Casa do Benfica em Algueirão Mem Martins	V75	11
1577	564	Alda Sebastião	00:35:42	01:12:16	01:11:57	1577	SIMECQ - Sociedade de Instrução Musical e Escolar Cruz	V65	7



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1578	999	Elisabete Graça	00:36:23	01:12:28	01:12:25	1581	4 sapatilhas	V40	86
1579	1485	Andreia Parreira	00:36:07	01:12:35	01:11:57	1578	GDC Banco de Portugal	Senior	67
1580	146	Camila Assunção	00:37:12	01:12:47	01:12:05	1579		V40	87
1581	541	João Paulino	00:35:41	01:12:47	01:12:42	1584		V40	189
1582	1025	Susana Costa	00:36:28	01:12:53	01:12:12	1580		V40	88
1583	280	Luisa Santos	00:36:32	01:13:03	01:12:44	1586		V55	25
1584	1942	Ruben Costa	00:36:43	01:13:08	01:12:43	1585		V35	151
1585	144	Susana Fernandes	00:39:04	01:13:17	01:12:30	1582		V40	89
1586	400	Fernando Marques	00:35:34	01:13:25	01:12:39	1583		Senior	178
1587	1751	Tiago Cardoso	00:41:20	01:13:33	01:13:32	1594		Senior	179
1588	1930	Yannick Pedrosa	00:35:53	01:13:38	01:12:55	1587		Senior	180
1589	3014	Joao Serra	00:35:54	01:13:39	01:12:56	1588		Senior	181
1590	519	Sandra Silva	00:35:58	01:13:46	01:13:30	1593	GRCD Leião	V45	76
1591	1575	Luís Berger	00:36:59	01:14:03	01:13:27	1589	NOKIA SPORTS TRIBE	V55	112
1592	1915	Ana Calafate	00:36:46	01:14:10	01:13:27	1590		V55	26
1593	1893	Paulo Silva	00:36:00	01:14:11	01:13:53	1596		V45	224
1594	1860	José Matos	00:36:12	01:14:11	01:13:29	1592		Senior	182
1595	1916	Irene Pérez	00:36:12	01:14:11	01:13:29	1591		Senior	68
1596	739	José Brito	00:29:26	01:14:15	01:13:38	1595		V50	170



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1597	706	Carla Simões	00:36:14	01:14:20	01:13:55	1597	Associação Desportiva de Palmeiros Sintra	V45	77
1598	897	Tânia Rodrigues	00:37:37	01:14:29	01:14:13	1601		V35	57
1599	1664	Anso Sanó	00:36:33	01:14:31	01:14:03	1600		V45	225
1600	357	Susana Mendes	00:38:11	01:14:38	01:14:03	1599		V40	90
1601	361	Francisco Santos	00:38:11	01:14:38	01:14:02	1598		V40	190
1602	255	Elina Matonse	00:37:31	01:14:58	01:14:26	1603		V40	91
1603	297	Collins Fonsho	00:37:30	01:14:58	01:14:27	1604		V35	152
1604	180	Graça Afonso	00:38:05	01:15:05	01:14:53	1606		V50	53
1605	1422	Paulo Oliveira	00:37:43	01:15:06	01:14:15	1602		V50	171
1606	979	Pedro Silva	00:38:10	01:15:24	01:15:14	1610	Clube Millennium BCP	V55	113
1607	253	Marisa Machado	00:37:13	01:15:28	01:15:02	1607		V35	58
1608	463	Beatriz Pais	00:38:08	01:15:31	01:14:47	1605		Senior	69
1609	1179	Bruno Anunciação	00:35:34	01:15:44	01:15:13	1609		V35	153
1610	952	Carlos Santo	00:38:23	01:15:48	01:15:06	1608	Clube Millennium BCP	V65	36
1611	1556	Maria Silva	00:25:58	01:16:00	01:15:59	1612		V65	8
1612	709	Gualdino Freire	00:26:00	01:16:01	01:16:00	1613	CCDTMetroLX	V75	12
1613	1486	André Dias	00:37:17	01:16:09	01:15:46	1611		V35	154
1614	587	Manuel Azevedo	00:37:35	01:16:37	01:16:16	1614	Veteranos de Massamá	V65	37
1615	1627	Raul Neves	00:37:50	01:16:40	01:16:37	1617		V55	114



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# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1616	1436	Maria Moura	00:38:14	01:16:48	01:16:19	1615		V45	78
1617	1218	Deolinda Santos	00:37:58	01:17:03	01:16:54	1620		V50	54
1618	1243	Isabella Paula	00:38:34	01:17:04	01:16:45	1618		Senior	70
1619	1204	Elias Costa	00:38:34	01:17:04	01:16:47	1619		V35	155
1620	1584	Marcia Garoupa	00:39:01	01:17:07	01:16:23	1616		V45	79
1621	1165	Maria Gomes	00:37:04	01:17:37	01:17:34	1628		V60	13
1622	736	Sónia Quintas	00:39:06	01:17:40	01:16:58	1621		V45	80
1623	847	Arsénio Facas	00:39:42	01:17:47	01:17:18	1622	PTCLINIC	V70	20
1624	359	João Velho	00:39:23	01:17:56	01:17:21	1623		V40	191
1625	1728	Ana Coutinho	00:37:27	01:18:05	01:18:00	1631	Grupo Recreativo e Desportivo da Ribeira da Lage	V35	59
1626	244	José Lindo	00:35:32	01:18:05	01:18:05	1632		V75	13
1627	740	Idalina Nogueira	00:38:17	01:18:08	01:17:30	1625		V45	81
1628	715	Orlando Sousa	00:39:37	01:18:10	01:17:28	1624	CCDTMetroLX	V60	80
1629	1339	Sílvia Marçal	00:37:48	01:18:14	01:18:00	1629		V40	92
1630	1317	Ana Marçal	00:37:49	01:18:14	01:18:00	1630		Junior	7
1631	1953	António Maria	00:39:25	01:18:18	01:17:30	1626		V65	38
1632	1440	António Moura	00:38:47	01:18:20	01:18:17	1634		V65	39
1633	1842	Luís Ramalho	00:39:25	01:18:23	01:17:32	1627		V40	192
1634	1555	Maria Luz	00:26:46	01:18:46	01:18:45	1635		V60	14



SÃO CORRIDA  
SILVESTRE  
AMADORA

# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1635	1665	Luciane Huf	00:39:40	01:19:02	01:18:10	1633		V55	27
1636	328	Sónia Cason	00:40:02	01:19:27	01:19:10	1636	Linda-a-Pastora Sporting Clube	V50	55
1637	1142	Ana Campos	00:39:17	01:20:05	01:19:31	1637		V55	28
1638	275	Maria Almeida	00:39:59	01:20:07	01:19:58	1640		V60	15
1639	1053	Constâncio Almeida	00:39:59	01:20:08	01:19:58	1639		V60	81
1640	1155	António Henriques	00:40:02	01:20:26	01:19:40	1638		V60	82
1641	1258	Ângelo Borges	00:40:16	01:20:29	01:19:59	1641		V35	156
1642	436	Rúben Maurício	00:40:16	01:20:29	01:20:00	1643		V40	193
1643	443	Clara Saraiva	00:40:16	01:20:29	01:20:00	1642		V40	93
1644	1121	Ana Farinha	00:40:23	01:20:29	01:20:06	1644		V45	82
1645	393	Laudilene Martins	00:40:21	01:22:32	01:22:16	1646		V35	60
1646	935	Margarida Vicente	00:40:27	01:22:32	01:22:16	1645		V40	94
1647	85	Elisete Manuel	00:42:10	01:23:00	01:22:19	1647		V45	83
1648	372	Vasco Coelho	00:42:09	01:23:10	01:22:28	1648		V45	226
1649	1101	Sandra Ferreira	00:44:16	01:23:36	01:23:10	1649	CCD Sintrense	V45	84
1650	1106	Maria Silva	00:44:16	01:23:36	01:23:10	1650	CCD Sintrense	V55	29
1651	1558	Lucinda Henriques	00:28:02	01:23:38	01:23:37	1651		V75	1
1652	1554	Isaura Abrantes	00:26:43	01:23:38	01:23:37	1652		V75	2
1653	80	Mariana Bizarro	00:42:30	01:24:53	01:24:16	1653		V45	85



SÃO CORRIDA  
SILVESTRE  
AMADORA

# CLASSIFICAÇÃO 23

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1654	1858	Octávio Amaro	00:40:44	01:25:24	01:25:19	1655		V40	194
1655	1756	Maria Veladas	00:43:01	01:25:32	01:24:48	1654		V45	86
1656	507	Fátima Flora	00:41:44	01:26:17	01:25:53	1656		V55	30
1657	27	Rui Santos	00:43:22	01:26:41	01:26:05	1657		V50	172
1658	26	Rui Melão	00:42:57	01:28:30	01:27:54	1658		V55	115
1659	1663	Margarida Freitas	00:45:46	01:31:27	01:30:41	1659		Senior	71
1660	1123	Mário Santiago	00:45:08	01:32:35	01:32:30	1661		V55	116
1661	1122	Maria Condeço	00:45:10	01:32:36	01:32:30	1660		V60	16
1662	1827	Fátima Abreu	00:48:11	01:33:17	01:32:34	1662	União Desportiva de Alfoanelos	V70	4
1663	1743	Rui Galante	00:44:57	01:33:47	01:33:21	1663		V50	173
1664	1333	Hugo Capelão	00:45:46	01:34:57	01:34:11	1664		V40	195
1665	1557	Regina Rosa	00:50:19	01:36:28	01:35:48	1665		V55	31
1666	1742	Maria Clementina	00:50:18	01:36:30	01:36:04	1666		V70	5
1667	352	Rosa Dias	00:49:24	01:36:30	01:36:20	1667	Casa do Benfica em Algueirão Mem Martins	V55	32
1668	495	Armindo Paixão	00:48:57	01:37:25	01:37:00	1668		V60	83