



## Classificação Final

<i>Class.</i>	<i>Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
1	António Sousa	00:33:24	00:33:23	Clube Olímpico de Oeiras
2	Paulo Abreu	00:33:32	00:33:30	Grupo Desp. Imprensa Nacional Casa da
3	Luis Lima	00:33:54	00:33:53	
4	Marco António Mello	00:34:35	00:34:34	
5	Helder Grosso	00:35:15	00:35:13	Atomic Team
6	Rui Duarte	00:35:39	00:35:38	
7	José Santos	00:35:48	00:35:46	
8	Carlos Freitas	00:35:48	00:35:47	RB Running
9	José Heitor	00:36:15	00:36:13	
10	Júlio Barroco	00:36:34	00:36:33	RB Running
11	Vitor Alves	00:37:09	00:37:06	bolotaobra atletismo
12	Janissio Soares dos Reis	00:37:23	00:37:21	Mirantense Futebol Clube
13	Pedro Arsénio	00:37:25	00:37:18	
14	Rodrigo Carrera	00:37:54	00:37:51	
15	Hugo Adelino	00:38:06	00:38:00	Amigos Vale Silencio
16	Mauro Fly Damião	00:38:12	00:38:12	
17	Pedro Da Silva	00:38:24	00:38:22	HP Amoreiras - Clube Bolinha
18	Daniel Antunes	00:38:25	00:38:24	Câmara Lisboa Clube
19	Raul Pimenta	00:38:25	00:38:21	NAPJ - Nucleo Amigos Palácio Justiça
20	Diogo Branco	00:38:38	00:38:28	Clube Vodafone
21	Ricardo Franco	00:38:42	00:38:40	Wikaboo
22	Mário Prrulas	00:38:56	00:38:22	
23	Bruno Cardoso	00:38:57	00:38:56	
24	Paulo Alves	00:38:59	00:38:56	Grupo Desp. Imprensa Nacional Casa da
25	Alexandre Monteiro	00:39:00	00:38:59	RB Running
26	Tania Cabral	00:39:03	00:39:01	Clube Olímpico de Oeiras
27	Carlos Lopes	00:39:05	00:39:02	Mirantense Futebol Clube
28	João Antunes	00:39:06	00:39:04	RB Running
29	Jorge Miguel Cupertino Rodrigues	00:39:09	00:38:59	
30	Paulo Costa	00:39:13	00:39:11	RB Running
31	Paulo Palma	00:39:29	00:39:25	Câmara Lisboa Clube



## Classificação Final

<i>Class. Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
32 Orlando Rebelo	00:39:39	00:39:37	
33 José Silva	00:39:42	00:39:07	Odimarq
34 António Lemos	00:39:54	00:39:44	Wikaboo
35 Isidro Fontes	00:39:56	00:39:30	
36 Lucília Soares	00:40:06	00:40:03	Sport Lisboa e Benfica
37 Ricardo Ferreira	00:40:08	00:39:58	
38 Alberto Monteiro	00:40:09	00:39:51	GRD Ribeira da Lage
39 João Azevedo	00:40:10	00:40:08	Amigos Luis
40 Olivier Delmotte	00:40:15	00:40:09	Clube Vodafone
41 Marcos Oliveira	00:40:16	00:40:14	Grupo Desportivo do INE
42 Miguel Guerreiro	00:40:17	00:40:15	
43 David João Ribeiro Ganço	00:40:21	00:40:17	
44 Luis Antunes	00:40:24	00:40:21	RB Running
45 Constantino Araújo	00:40:31	00:40:23	Macedo Oculista B
46 Antonio Rodrigues Lopes	00:40:37	00:40:34	
47 André Alves Januário	00:40:39	00:39:43	
48 Joao Vasco Lopes Mota	00:40:42	00:40:23	
49 Carlos Pascoal	00:40:43	00:40:34	Os Nómadas
50 Jorge Vicencia Duque	00:40:44	00:40:43	Mirantense Futebol Clube
51 Alexandre Teixeira	00:40:45	00:40:43	Amigos da Estrela
52 Paulo Aug. Pires	00:40:52	00:40:38	
53 Jorge Rodrigues	00:40:52	00:40:48	Grupo Desportivo Amaras Joalheiros
54 João Freire	00:40:54	00:40:41	Grupo Desp. Imprensa Nacional Casa da
55 João Nuno Oliveira Gonçalves	00:40:55	00:40:39	
56 João Daniel Ferreira	00:40:56	00:40:10	
57 Artur Jorge Moura Tavares	00:41:02	00:40:57	
58 Filipe Neves	00:41:02	00:40:42	Wikaboo
59 Marcelino Almeida	00:41:07	00:41:02	Os Faíscas
60 Luciano Dantas	00:41:07	00:41:06	Clube Olímpico de Oeiras
61 Raffick Baldé	00:41:07	00:41:05	
62 Manuel Pereira Alves	00:41:10	00:41:03	



## Classificação Final

<i>Class.</i>	<i>Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
63	Ricardo Jorge Barros Do Nascimento	00:41:11	00:41:08	
64	David Morgado	00:41:13	00:41:11	Os Compadres
65	...	00:41:16	00:40:30	
66	Carlos Silva	00:41:22	00:40:14	Pumas do Guincho
67	Pedro Miguel Bravo	00:41:27	00:41:00	
68	Luis Matos Ferreira	00:41:27	00:41:22	Run 4 Fun
69	Francisco Monte	00:41:29	00:41:13	
70	Pedro Burrica Ramos	00:41:30	00:41:28	
71	Bruno Alexandre Filipe De Carvalho	00:41:39	00:41:33	
72	Mário Neves	00:41:41	00:41:24	Os Indomáveis
73	Jose Dionisio	00:41:43	00:41:38	multifow
74	Paulo Lopes	00:41:48	00:41:46	GRD Ribeira da Lage
75	Nuno Alexandre Pita	00:41:51	00:41:49	
76	Manuel Soares	00:41:52	00:41:47	Unidos da Manutenção
77	Miguel Velez	00:41:55	00:41:21	Câmara Lisboa Clube
78	Fernando Avelino	00:41:56	00:41:30	Amigos Vale Silencio
79	Fernando Candeias	00:41:58	00:41:23	ADCR PJ
80	Francisco Cunha	00:42:03	00:42:01	Odimarq
81	João R. Ribeiro	00:42:07	00:41:55	
82	Luis Farelo	00:42:11	00:42:05	Sport Zone
83	Antonio Gabriel Gasparinho	00:42:13	00:41:10	
84	Edgar Francisco	00:42:14	00:42:05	U. R. D. Arranhò
85	João Baltazar Mendes	00:42:19	00:42:18	
86	Rui Pedro Almeida	00:42:22	00:42:16	Clube Vodafone
87	Gonçalo Ferreira	00:42:24	00:42:22	Grupo Desportivo do INE
88	Ademar Souza	00:42:26	00:41:56	Sintra 3
89	Rui Lopes	00:42:29	00:42:23	Clube Desportivo do Grupo BES
90	André Justino Leandro	00:42:31	00:42:20	
91	Carlos Ferreira Vitorino	00:42:31	00:42:29	Mirantense Futebol Clube
92	Lúcio Da Rocha Alves	00:42:35	00:42:29	
93	Fernando Manuel Lourenço	00:42:38	00:41:24	



## Classificação Final

<i>Class.</i>	<i>Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
94	Hugo Picotez	00:42:44	00:42:42	Os Compadres
95	Tiago Bastos	00:42:44	00:42:42	NAXIDIETE
96	Jose Oliveira	00:42:45	00:42:42	NAXIDIETE
97	Alexandre Miguel Ferreira Cantiga	00:42:45	00:42:43	
98	Gonçalo Marques	00:42:46	00:41:49	
99	Paulo Ventura	00:42:46	00:42:13	
100	David Palmeiro	00:42:55	00:42:46	
101	Nelson Coelho	00:42:57	00:42:54	Plumas
102	Paulo Manuel Marques Cota Vieira	00:42:57	00:42:41	CNO Anselmo de Andrade
103	Rui David Freitas	00:42:59	00:42:51	
104	Justiniano Francisco Silva	00:43:03	00:42:59	
105	Joao Silva Gama	00:43:03	00:42:54	
106	Miguel Silva Lima	00:43:04	00:42:57	
107	Pedro Nuno Lucas Santos	00:43:07	00:42:40	
108	Eduardo Rodrigues	00:43:11	00:43:05	
109	Valdemar Alves Da Silva	00:43:11	00:43:06	
110	Joao Canatario	00:43:14	00:43:06	
111	Joao Caldas	00:43:17	00:42:22	Clube Autocoope
112	Paulo Alexandre Pires	00:43:20	00:43:18	
113	Pedro Costa Lima	00:43:22	00:43:19	
114	Américo Brito	00:43:23	00:42:58	Câmara Lisboa Clube
115	Carlos Rodrigues	00:43:28	00:43:21	Grupo Desp. Chelas
116	Joaquim Mota Ribeiro	00:43:29	00:43:21	Grupo Desp. Chelas
117	Sergio Daniel	00:43:30	00:42:54	Nucleo de Atletismo Os Papagaios de Ca
118	José Faustino	00:43:34	00:43:31	
119	João Manuel Santos Ferreira	00:43:35	00:43:23	
120	Domingos Matos	00:43:36	00:43:29	Falcões Selvagens
121	António Patrício	00:43:38	00:43:23	Pernas de Gafanhoto
122	David Miguel Do Rio Pires Lousada	00:43:44	00:43:02	
123	Albino Neiva	00:43:44	00:43:05	Grupo Desportivo Amaros Joalheiros
124	José Joaquim Nunes	00:43:46	00:43:08	



## Classificação Final

<i>Class.</i>	<i>Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
125	José Tomás	00:43:47	00:43:20	
126	Ricardo Baleia	00:43:47	00:43:25	Bacana Running
127	Rui Manuel Pereira Da Gloria	00:43:48	00:43:29	
128	Licínio Simoes	00:43:49	00:43:22	Atomic Team
129	Rómulo Teixeira	00:43:52	00:43:43	Clube Vodafone
130	Nuno Miguel Anjos	00:43:52	00:43:00	
131	Júlio Ferreira	00:43:56	00:43:46	Amigos para Sempre
132	João Simoes	00:43:57	00:43:43	Clube Desportivo do Grupo BES
133	Gonçalo Carrera	00:43:58	00:43:53	
134	José Costa	00:44:00	00:43:56	bolotaobra atletismo
135	Rui Humberto Baptista Romão	00:44:03	00:43:22	
136	José Reis	00:44:04	00:43:58	Macedo Oculista B
137	Vasco António Bernardino Santos	00:44:05	00:43:21	
138	Francisco Cardoso	00:44:08	00:43:38	Grupo São Bernardo
139	Carlos Antunes	00:44:12	00:44:00	
140	Rui Frango	00:44:18	00:44:16	Clube Olímpico de Oeiras
141	Eduardo Taganhito	00:44:19	00:44:08	Grupo Desportivo Amaro Joalheiros
142	Tiago Martins	00:44:21	00:44:05	
143	David Abrantes Abdul Karim	00:44:21	00:44:07	
144	Antonio Emidio Correia Barra Soares	00:44:21	00:44:16	
145	José Bouceiro	00:44:22	00:43:20	ADCR PJ
146	José Francisco Miranda	00:44:22	00:44:04	
147	Nuno Miguel Simões Pinto	00:44:26	00:43:41	
148	Fernando Sousa	00:44:30	00:43:26	Gabinete de Fisioterapia no Desporto
149	Ernesto Monteiro	00:44:32	00:43:57	Câmara Lisboa Clube
150	Antero Rodrigues	00:44:34	00:43:27	Associação de M.B.C.V.Lumiar
151	José Manuel Esteves Duarte	00:44:37	00:43:21	
152	Eduardo Manuel Alves Da Silva	00:44:39	00:44:27	
153	Ricardo Cebola	00:44:39	00:44:34	Unidos da Manutenção
154	João Carlos Gonçalves Simões Delga	00:44:42	00:43:29	
155	Arlindo Brás	00:44:45	00:44:43	Amigos da Estrela



## Classificação Final

<i>Class.</i>	<i>Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
156	Francisco Ascensão Azevedo	00:44:45	00:44:38	
157	João Paulo Nunes Domingues	00:44:45	00:44:11	
158	Carlos Carvalho	00:44:51	00:44:12	Nucleo de Atletismo Os Papagaios de Ca
159	Jorge Duarte Pinheiro	00:44:53	00:44:38	Run 4 Fun
160	António Castanheira	00:44:55	00:43:45	
161	Rui Miguel E Silva Milagres	00:44:57	00:44:50	
162	Joao Manuel Felicio Candido	00:45:00	00:44:58	
163	Filipe Branco	00:45:02	00:44:12	U. R. D. Arranhò
164	Luis Ferreira	00:45:02	00:44:12	U. R. D. Arranhò
165	Manuel Robalo	00:45:06	00:44:56	
166	Bernardo Falcao	00:45:06	00:44:50	
167	Heitor Pereira	00:45:08	00:45:00	Grupo Desp. Chelas
168	Jorge Marques	00:45:08	00:45:00	Grupo Desp. Chelas
169	Luis Manuel Rendeiro	00:45:11	00:44:52	
170	Fernando Soares	00:45:13	00:44:10	
171	Fernando Rodrigues	00:45:15	00:44:38	U. R. D. Arranhò
172	Guilherme Gonçalves	00:45:18	00:45:15	
173	Catarina João Lopes Ferreira	00:45:22	00:45:02	
174	Alexandre Vaz	00:45:22	00:44:45	
175	Eurico Marinho	00:45:23	00:45:08	
176	Carlos Ferreira	00:45:24	00:45:02	
177	Pedro Miguel Lopes Pereira	00:45:25	00:44:50	
178	Alexandra Sousa	00:45:25	00:44:23	GRD Ribeira da Lage
179	Fernando Jorge Polónio	00:45:28	00:45:22	
180	Rui Miguel Silva Batista	00:45:29	00:45:22	Os Kamarros
181	Luis M. Magalhaes	00:45:30	00:45:23	
182	Rui Marques	00:45:33	00:45:31	RB Running
183	José Santos Correia	00:45:33	00:44:56	
184	Domingos Gonçalves	00:45:33	00:44:31	Macedo Oculista B
185	Vitor Antunes	00:45:38	00:43:45	Câmara Lisboa Clube
186	Alexandrino Aires	00:45:38	00:45:17	Grupo São Bernardo



## Classificação Final

<i>Class.</i>	<i>Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
187	Miguel Loureiro	00:45:39	00:44:45	Wikaboo
188	Pedro Manuel Sousa Costa Miranda	00:45:40	00:43:33	
189	Luís António Moreira Branco	00:45:45	00:43:42	
190	Ruben Silva	00:45:47	00:44:38	Câmara Lisboa Clube
191	Teotonio Xavier Neto	00:45:48	00:45:34	
192	Rui Filipe Silva Morais	00:45:48	00:44:17	
193	Rui Tomás	00:45:48	00:45:17	Amigos Vale Silencio
194	Antonio Peixoto	00:45:51	00:45:46	
195	Antonio Fernandes	00:45:54	00:45:40	Amigos Vale Silencio
196	Carlos Baptista	00:45:55	00:45:12	
197	Arlindo Manuel Lopes Salgueiro	00:45:55	00:45:29	
198	Carlos Alberto Ferreira Barbosa Pint	00:45:55	00:45:10	
199	César Augusto Tomaz Ferreira	00:45:56	00:44:58	
200	Ricardo Franco	00:45:56	00:45:19	
201	Orlando Manuel Cruz	00:45:58	00:45:42	
202	Bruno Miguel Pereira Cipriano	00:45:59	00:45:36	
203	Pedro Jorge Rosa Relha	00:46:00	00:45:50	
204	Lino Santos	00:46:01	00:45:57	Grupo Desportivo da Carris
205	Henrique Romão	00:46:01	00:45:22	Grupo Desportivo Amaros Joalheiros
206	Ricardo Mestre	00:46:02	00:45:57	Grupo Desportivo da Carris
207	Luis Carlos Ramos Da Silva	00:46:03	00:45:28	
208	Paulo Santos	00:46:04	00:45:28	RB Running
209	Eduardo Luis	00:46:05	00:45:39	Atomic Team
210	João Vicente Abelho Rosa	00:46:05	00:45:11	
211	Fernando Marques	00:46:06	00:46:03	Clube Pessoal EDP Carregado
212	Rui Feio	00:46:11	00:46:11	Clube de Futebol "Os Avisenses"
213	Manuel Fidalgo	00:46:11	00:45:59	Os Nómadas
214	Adilton Ferreira Campos	00:46:12	00:46:08	
215	Vitor Manuel Almeida Dos Santos	00:46:12	00:45:58	
216	Nuno Barradas	00:46:12	00:44:07	Wikaboo
217	Maria João Candeia	00:46:13	00:46:10	Finiform



## Classificação Final

<i>Class.</i>	<i>Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
218	Francisco Bando	00:46:16	00:46:08	
219	Nuno Martins	00:46:17	00:45:50	Grupo Desportivo do INE
220	Herbert Beaumont	00:46:18	00:45:45	
221	Carlos Alberto Da Costa Mendes	00:46:19	00:45:39	
222	Jorge Manuel Guerreiro Pires	00:46:19	00:46:05	
223	Nuno Caetano	00:46:19	00:46:19	Grupo Desp. Chelas
224	Manuel Pinto	00:46:20	00:46:15	Grupo Desp. Chelas
225	Carlos Ribeiro	00:46:20	00:44:48	
226	Paulo Renato Correia De Almeida Ma	00:46:20	00:46:10	
227	Alcides nunes	00:46:20	00:45:43	Os Perigosos
228	Hugo Filipe Figueiredo	00:46:23	00:45:37	
229	Ricardo Jorge Meneses Gonçalves	00:46:30	00:46:22	
230	Davide Manuel Albuquerque Da Roc	00:46:32	00:46:22	
231	José Carlos Soeiro Moreira	00:46:33	00:46:22	
232	Gonçalo Lopes	00:46:34	00:45:20	LabeTeam
233	Filipe Ramalho	00:46:34	00:46:25	Amigos Vale Silencio
234	João Belo Martins	00:46:36	00:45:55	NS Golegã
235	Jorge Manuel Soares Paulo	00:46:36	00:46:22	
236	Teodoro Trindade	00:46:36	00:46:21	Run 4 Fun
237	Vitorino Pires	00:46:39	00:45:59	
238	Carlos Alberto Pereira De Sá	00:46:43	00:46:35	
239	Paulo Pires	00:46:44	00:46:29	Amigos Vale Silencio
240	António Barbosa	00:46:46	00:45:29	Ma Morais
241	Francisco Guerra Vilela	00:46:47	00:46:22	
242	Severo Alex. Melo	00:46:47	00:46:02	
243	Carlos Barata	00:46:48	00:46:44	
244	Miguel Delgado Gomes De Oliveira	00:46:49	00:46:12	
245	Gil Xavier Alves	00:46:50	00:46:44	Unidos da Manutenção
246	Miguel Alexandre Magalhães Pinho	00:46:51	00:46:06	
247	Mario Neves	00:46:52	00:46:23	Associação Atlética do Pego Longo
248	Daniel Augusto De Castro Nunes	00:46:53	00:46:44	





## *Classificação Final*

<i>Class.</i>	<i>Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
249	Antonio Carneiro	00:46:54	00:45:28	APOGMA
250	Domingos Ribeiro	00:46:54	00:46:29	Câmara Lisboa Clube
251	Jose Carlos Nunes	00:46:56	00:46:39	
252	Rui Carriço	00:46:58	00:46:35	Bacana Running
253	Henrique Manuel Ribeiro Fiadeiro	00:46:59	00:45:24	
254	Joaquim Guerra	00:47:01	00:46:34	
255	Nuno Pereira	00:47:01	00:45:54	
256	Mário Jorge Freire Da Silva	00:47:03	00:46:27	
257	André Filipe Lopes	00:47:04	00:46:56	
258	Pedro Rebelo Dias	00:47:05	00:47:00	
259	Joao Durao	00:47:07	00:46:30	Nucleo de Atletismo Os Papagaios de Ca
260	Nuno Saldanha	00:47:09	00:46:17	
261	Vitor Peneda	00:47:10	00:45:24	HP Amoreiras - Clube Bolinha
262	Paulo Alexandre Reis	00:47:12	00:46:15	
263	João Canas	00:47:12	00:46:36	Clube Vodafone
264	André Filipe Sá Leite	00:47:13	00:46:35	
265	Carlos Manuel Alves Caetano	00:47:13	00:47:07	
266	Carlos Esteves	00:47:13	00:47:08	
267	Nuno Vicente	00:47:17	00:46:31	Pepper House Running Team
268	Setta Machado	00:47:19	00:46:17	GRD Ribeira da Lage
269	Bartolomeu de Gusmão	00:47:21	00:47:03	Grupo Amigos Gascan-Monsanto
270	Abilio Marques	00:47:21	00:46:40	Grupo Desp. Chelas
271	Pedro Marques	00:47:24	00:46:14	
272	Filipe Carvalho Albuquerque	00:47:25	00:47:05	
273	Carlos Venancio	00:47:26	00:46:54	
274	Paulino Rodrigues	00:47:27	00:47:24	
275	Dinis Freitas Morais	00:47:27	00:47:15	
276	Jorge Nabais	00:47:29	00:47:06	Bacana Running
277	Rui Manuel Casquilho	00:47:34	00:47:31	
278	Vitor Jose Rodrigues Lopes	00:47:34	00:47:05	
279	Jose Oliveira	00:47:35	00:46:23	Ginasio Trapezius



## Classificação Final

<b>Class. Atleta</b>	<b>T. Oficial</b>	<b>T. Chip</b>	<b>Clube</b>
280 Norberto Marques	00:47:36	00:47:06	running of dº maria
281 Jorge Sousa	00:47:36	00:46:35	Grupo Desp. Chelas
282 Francisco Sanches-Osorio	00:47:36	00:46:40	Run 4 Fun
283 Luis Miguel Pinto	00:47:38	00:46:56	
284 Francisco Santos	00:47:39	00:47:24	
285 Mário Das Neves Silva	00:47:39	00:47:02	
286 João Cordeiro	00:47:39	00:47:22	
287 Nuno Cidade Do Carmo	00:47:41	00:47:37	
288 Francisco Silva	00:47:41	00:47:26	Falcões Selvagens
289 Fernando Lopes	00:47:42	00:46:38	Gabinete de Fisioterapia no Desporto
290 Daniela Carvalho	00:47:43	00:47:13	Guerreiros do Rio
291 Carlos Gonçalves	00:47:43	00:46:35	Associação de M.B.C.V.Lumiar
292 Gabriel Cabral	00:47:43	00:46:35	Associação de M.B.C.V.Lumiar
293 Henrique Oliveira	00:47:46	00:47:31	
294 Paulo Jorge Sequeira Caetano	00:47:46	00:46:55	Solar da Colina
295 Sergio Pereira Anjos	00:47:47	00:47:28	
296 Helder Figueiredo	00:47:47	00:47:29	ADCR PJ
297 Manuel Rodrigues	00:47:48	00:46:42	Associação de M.B.C.V.Lumiar
298 Francisco Proença	00:47:49	00:46:42	Associação de M.B.C.V.Lumiar
299 Nuno Miguel Keptanui Malveiro Gom	00:47:50	00:47:25	
300 Luis Filipe Alves Mimoso	00:47:50	00:47:26	
301 Joaquim Marques	00:47:51	00:46:39	
302 Miguel Sousa	00:47:52	00:46:36	Wikaboo
303 José Rua	00:47:52	00:46:59	Wikaboo
304 Nuno Manuel Silva Sá	00:47:54	00:47:26	
305 Carla Sofia Carvalho dos Santos	00:47:54	00:47:12	Os Kamarros
306 José Vaz	00:47:54	00:47:31	Clube ANACOM
307 Carlos Manuel Sampaio Conceicao	00:47:55	00:46:45	
308 Mário Júlio Rodrigues Lúcio	00:47:56	00:46:57	
309 Manuel Moreira	00:47:59	00:47:40	ADCR PJ
310 Bruno César D M Afonso	00:47:59	00:47:32	



## Classificação Final

<i>Class. Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
311 José Manuel Carretas	00:47:59	00:47:55	
312 Armando Almeida	00:48:00	00:46:50	Amigos Vale Silencio
313 Isabel Rodrigues	00:48:01	00:47:19	Clube Olímpico de Oeiras
314 Gonçalo Bouhon	00:48:07	00:46:59	
315 Fabio Cruz	00:48:07	00:47:39	Grupo Desportivo do INE
316 Tiago Manuel Dos Santos Gaspar	00:48:07	00:46:44	
317 Paulo Jorge Braga	00:48:07	00:48:00	Electrimeca
318 Manuel Montes	00:48:09	00:47:40	Sintra 3
319 Miguel Barbosa	00:48:09	00:48:01	Unidos da Manutenção
320 Jose De Moura Branco	00:48:11	00:47:33	
321 Ricardo Gonçalves	00:48:12	00:47:14	Nervosíssimos
322 Paulo Gonçalves	00:48:12	00:47:44	Sintra 3
323 Elsa Ribeirinho	00:48:13	00:48:03	
324 Carlos Miguel Antunes Teixeira	00:48:13	00:48:03	
325 Vítor André Da Silva Cardoso	00:48:14	00:47:34	
326 Luis Farinha	00:48:15	00:47:38	Os Perigosos
327 Filipe Carapeto	00:48:17	00:47:44	Super LEIC
328 Luis Filipe Gama	00:48:17	00:46:38	Amigos Luis
329 Joaquim Santos	00:48:17	00:48:08	JG Seguros
330 Filipe Outeiro De Araújo E Sá	00:48:17	00:48:05	
331 João Ferreira Coelho	00:48:18	00:47:38	NS Golegã
332 Sadiq Kassamo	00:48:19	00:48:12	
333 Antonio Manuel Graça Correia	00:48:21	00:47:27	
334 Carlos Manuel Oliveira E Silva	00:48:22	00:48:12	
335 Rui Miguel Cerqueira Martins	00:48:23	00:48:18	
336 Jorge Bicho	00:48:24	00:48:21	4@fundo
337 Mario Miguel	00:48:24	00:48:21	4@fundo
338 Paulo Pereira	00:48:31	00:46:48	
339 Rodrigo Castro	00:48:35	00:47:37	
340 Germán Cayetano Sanchez	00:48:35	00:48:22	
341 Pedro M. Q. Aguiar	00:48:36	00:46:02	



## Classificação Final

<i>Class.</i>	<i>Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
342	João Figueiredo	00:48:36	00:47:59	
343	Nuno Lucas	00:48:38	00:47:07	Pernas de Gafanhoto
344	Virgílio Oliveira	00:48:39	00:47:36	ADCR PJ
345	Ricardo Jorge Pereira Negrinho	00:48:40	00:47:17	
346	Jose Nogueira	00:48:42	00:48:23	
347	Paulo Jorge Carvalho Miguel	00:48:42	00:48:06	
348	Leonel Brandão	00:48:44	00:48:08	
349	Eduardo Brito	00:48:45	00:48:17	running of dº maria
350	Paulo Alexandre Brás Santos	00:48:47	00:47:29	
351	Nuno Alexandre Vieira Santos	00:48:47	00:47:29	
352	Narciso Baptista Moreira	00:48:49	00:48:46	
353	Pedro Miguel Canadas Vale De Gato	00:48:51	00:48:23	
354	Joao Verissimo	00:48:51	00:47:22	
355	José Pedro Ribeiro	00:48:52	00:48:30	
356	Luis Filipe Santos	00:48:52	00:48:15	Grupo São Bernardo
357	António Godinho	00:48:53	00:47:38	
358	José Luis Lopes	00:48:54	00:48:46	Amigos da Estrela
359	Luciano Tomás	00:48:54	00:48:23	Amigos Vale Silencio
360	António Manuel De Oliveira Valente	00:48:54	00:48:41	
361	Vasco Delgado	00:48:55	00:48:48	
362	Carlos Chaves	00:48:56	00:48:30	
363	Paulo Marques	00:48:57	00:48:46	
364	Guilherme Antunes	00:48:58	00:48:34	
365	José Neves	00:49:01	00:48:36	Os Indomáveis
366	Mário Miguel B.I.pereira	00:49:02	00:48:43	
367	Fernando Manuel Durão Pinto	00:49:03	00:48:45	
368	Orlando Gabriel Da Silva Ferreira	00:49:04	00:48:55	
369	Helder Santiago	00:49:05	00:48:38	
370	Manuel GUerreiro	00:49:07	00:48:32	Guerreiros do Rio
371	Tiago Miguel Sousa	00:49:10	00:48:09	
372	Amilcar Manuel Pereira De Almeida	00:49:10	00:49:05	



## Classificação Final

<i>Class. Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
373 Carlos Gamelas	00:49:11	00:48:46	
374 Vítor Marques	00:49:12	00:48:07	GRD Ribeira da Lage
375 David Peachey	00:49:13	00:46:37	The Mixed Bunch
376 Joaquim Filipe Caracol Pinto	00:49:13	00:48:51	
377 Orlando Martins	00:49:13	00:48:43	running of d <sup>o</sup> maria
378 Fernando Caeiro	00:49:13	00:48:47	Grupo Desp. Chelas
379 Rui Pedro Esteves Borges	00:49:13	00:47:19	
380 Alvaro Matos	00:49:13	00:48:47	Grupo Desp. Chelas
381 Alexandre Yip	00:49:14	00:48:38	
382 Jorge Rodrigues	00:49:15	00:49:07	Clube Vodafone
383 José Manuel Fernandes Monteiro	00:49:17	00:48:37	
384 Alfredo Falcao	00:49:19	00:49:09	
385 Eduardo Correia	00:49:20	00:48:25	
386 Filipe Santos	00:49:21	00:49:07	
387 Fernando Bugalho Monteiro	00:49:23	00:47:32	
388 José Félix	00:49:23	00:47:32	Câmara Lisboa Clube
389 João Manuel Da Silva Reis	00:49:23	00:49:15	
390 Licínio Fidalgo	00:49:23	00:47:30	Câmara Lisboa Clube
391 Rui Almeida Rodrigues	00:49:23	00:48:31	
392 Jose Luis Pedroso Pacheco	00:49:23	00:49:13	
393 Miguel Martins Da Silva	00:49:24	00:49:18	
394 Joaquim Costa	00:49:25	00:48:45	
395 Luis Vasconcelos Amorim	00:49:25	00:48:33	
396 Jorge Pinto	00:49:26	00:49:14	Amigos para Sempre
397 Queluntam Turé	00:49:28	00:47:12	
398 Guido Varatojo Dos Santos	00:49:30	00:49:11	
399 Eduardo Ribeiro	00:49:31	00:49:15	GDCT Unicre
400 Jose Carlos Alvarez Troncoso	00:49:33	00:48:26	
401 António Sul	00:49:34	00:49:23	Clube Olímpico de Oeiras
402 Rodrigo Manuel Esteves De Eça Mor	00:49:35	00:48:26	
403 João Lourenço	00:49:38	00:49:28	



## Classificação Final

<b>Class.</b>	<b>Atleta</b>	<b>T. Oficial</b>	<b>T. Chip</b>	<b>Clube</b>
404	Sónia Caixeirinho	00:49:39	00:49:14	RB Running
405	Manuel Paulo	00:49:40	00:49:28	Odebrecht - BPC
406	Carlos Ferreira	00:49:42	00:49:28	Clube Autocoope
407	Ângelo Miguel Lucas Arlindo	00:49:43	00:47:25	GCD FÓIOS
408	Carlos Neves	00:49:45	00:49:20	Os Indomáveis
409	Fernando Rocha	00:49:46	00:47:58	
410	Ricardo Serio	00:49:46	00:49:22	
411	Bruno Miguel Ferreira Guerra	00:49:46	00:49:15	
412	Carlos Luís Antunes	00:49:47	00:47:29	Cacilhas-Tejo Team
413	Fernando Caldas	00:49:48	00:48:43	
414	Mauro Teixeira	00:49:48	00:49:15	
415	Victor Pinto	00:49:49	00:49:22	Atomic Team
416	Paulo Jorge Alves Mateus	00:49:50	00:48:57	Solar da Colina
417	Rui Falhas	00:49:50	00:48:53	Nervosíssimos
418	Nuno Ricardo Norte	00:49:51	00:48:37	
419	José Guimarães	00:49:51	00:48:12	
420	Joaquim Alexandre	00:49:52	00:49:50	
421	Sónia Cristina Nunes	00:49:53	00:48:20	
422	Miguel Vergamota	00:49:53	00:49:48	
423	Luis H. Costa	00:49:53	00:49:01	
424	Hugo Miguel Paisana Domingos	00:49:54	00:49:41	
425	Nuno Miguel Santos	00:49:54	00:47:26	
426	Elsa Maria Pedroso Alves Gonçalves	00:49:55	00:49:33	
427	João Carlos Santana Gonçalves	00:49:56	00:49:33	
428	joaquim corrula	00:49:57	00:48:58	Brandoa Corre
429	Sergio Henrique	00:49:59	00:49:02	Odebrecht - BPC
430	Carlos Silva Neto	00:50:00	00:47:34	
431	Mario Botas Campos	00:50:01	00:49:23	
432	João Carlos D. Sanches	00:50:02	00:48:54	
433	Henrique Ferreira	00:50:02	00:49:30	U. R. D. Arranhò
434	Simon Andrew Shinn	00:50:03	00:49:18	



## Classificação Final

<i>Class. Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
435 Fernando Guerreiro	00:50:03	00:49:58	
436 António Cruz	00:50:04	00:50:04	Os Indomáveis
437 Hélder Branco	00:50:07	00:48:21	Clube Vodafone
438 Luís Miguel Alves Loureiro	00:50:09	00:48:02	
439 Miguel Carneiro	00:50:09	00:49:06	ADCR PJ
440 Dário Duarte Mendes Prates	00:50:10	00:49:53	
441 Antonio Anaia	00:50:10	00:49:54	
442 Paulo Magalhães	00:50:11	00:49:39	Grupo Unidos e Progresso de Gralhas
443 Tomás Manuel Sousa	00:50:11	00:49:31	
444 José António Polido Ferreira	00:50:12	00:49:35	
445 Jose Antonio Goncalves Torres	00:50:13	00:49:45	
446 Fernando De Jesus Machado Da Silv	00:50:13	00:49:49	
447 Carlos Manuel Pereira Benavente	00:50:14	00:49:04	
448 Edson Esteves Manso	00:50:15	00:47:52	GCD FÓIOS
449 Fausto Issac	00:50:15	00:49:37	ADCR PJ
450 Joao Rodrigues Dos Reis	00:50:16	00:49:48	
451 Abílio Oliveira	00:50:17	00:49:57	
452 Tiago Miguel Silva	00:50:17	00:50:07	
453 Miguel Antonio Ruivopalma	00:50:18	00:49:06	
454 Gabriela De Oliveira Freitas	00:50:18	00:50:07	
455 Nelson Alcino Da Silva	00:50:18	00:50:03	
456 Carlos Manuel Fialho Machado	00:50:18	00:49:40	
457 Joao Carlos Pires Dias	00:50:21	00:49:38	Os Kamarros
458 Luis vieira	00:50:22	00:49:59	Brandoa Corre
459 Paulo Morgado Grilo	00:50:22	00:50:18	
460 Manuel Dias Da Trindade	00:50:23	00:50:14	
461 Renee Jarvalt	00:50:23	00:50:18	Cacilhas-Tejo Team
462 Helder Gandarinho	00:50:23	00:49:30	APOGMA
463 Americo Pimenta	00:50:24	00:49:25	Grupo Desp. Chelas
464 Joaquim Maria C. Hermenegildo	00:50:25	00:49:52	
465 Nelson Jorge Ribeiro Martins	00:50:25	00:49:07	



## Classificação Final

<i>Class. Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
466 Abrimo Bayo	00:50:26	00:50:14	GRD Ribeira da Lage
467 Rufina Sacramento	00:50:27	00:50:27	Cacilhas-Tejo Team
468 Mário Sousa	00:50:28	00:49:14	GRD Ribeira da Lage
469 Romão Ramalho Bandarrinha	00:50:28	00:49:18	
470 João Ramalho Bandarrinha	00:50:28	00:49:17	
471 Helder Fernando Goncalves Moreira	00:50:29	00:49:38	
472 David Pires Ramos	00:50:31	00:49:14	
473 João Cunha Ferreira	00:50:33	00:50:24	
474 Ricardo Sousa Ribeiro	00:50:35	00:49:35	
475 José Luis Marques	00:50:37	00:50:31	
476 Paulo J. Hermezilha	00:50:39	00:50:37	
477 Jesus Manuel Duarte Jorge	00:50:42	00:49:15	
478 Ivane Lopes Sousa Santos	00:50:43	00:49:26	
479 Luís Almeida	00:50:43	00:50:11	Grupo Unidos e Progresso de Gralhas
480 José Monteiro	00:50:44	00:50:19	
481 Alberto Manuel Pereira Dos Santos	00:50:45	00:50:32	
482 Orlando Couto	00:50:45	00:50:30	
483 Rui Bernardino	00:50:49	00:48:36	Ma Morais
484 Pedro Pinto	00:50:49	00:50:12	Os Indomáveis
485 José Moga	00:50:52	00:49:39	Amigos Vale Silencio
486 José Rosa Marques	00:50:52	00:49:55	
487 Augusto Seabra Lourenço	00:50:52	00:50:31	
488 José Filipe	00:50:53	00:49:53	Prego a fundo
489 Nuno Santos	00:50:56	00:50:40	Os Rafinhas
490 Bruno Massano	00:50:56	00:49:56	clube marginal
491 Álvaro Daniel Fradique Cardoso	00:50:57	00:50:32	
492 Adalberto Grilo	00:50:58	00:50:27	Sintra 3
493 Luis Manuel Ribeiro Gonçalves	00:50:58	00:49:53	
494 José Manuel E. Padrão Gonçalves	00:50:58	00:49:47	
495 Maria Azevedo	00:51:00	00:48:58	Wikaboo
496 Euclides Roque Levy	00:51:00	00:50:19	





## Classificação Final

<i>Class.</i>	<i>Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
497	José Mota	00:51:00	00:49:42	Wikaboo
498	Herberto Monteiro	00:51:02	00:50:17	
499	Miguel Mateus	00:51:02	00:49:43	
500	Júlio Serras	00:51:03	00:50:32	G D Andorinha
501	Tiago Canhoto	00:51:03	00:50:43	
502	Carlos Manuel Moreira Guedes	00:51:04	00:49:33	
503	Luis Manuel Santos	00:51:05	00:49:31	
504	Tiago Ramos	00:51:05	00:50:06	Prego a fundo
505	Ivan Andre Vidal Pinto Gomes Ramo	00:51:07	00:48:39	
506	Nuno Miguel F. Amaral	00:51:08	00:50:41	
507	Luis Ferreira	00:51:09	00:48:42	
508	Ana Catarina Martins	00:51:09	00:48:42	
509	Bruno Miguel Gonçalves De Campos	00:51:10	00:49:11	
510	Ana Marcia P. F. Amaral	00:51:11	00:50:45	
511	Luís Mesquita David	00:51:12	00:50:01	
512	Marcos José Noritake	00:51:12	00:50:37	
513	Pedro Goucha Jorge	00:51:14	00:50:01	
514	José Félix	00:51:15	00:49:58	Editorial do Ministério da Educação
515	Vitor Manuel Garrido De Matos Teixeira	00:51:16	00:50:10	
516	Germano Silva	00:51:16	00:50:02	Editorial do Ministério da Educação
517	André Bruno Machado	00:51:16	00:50:19	
518	Carlos Fernando Borges Ventura	00:51:16	00:51:05	
519	Samuel Araujo	00:51:17	00:50:58	
520	Luis Manuel Afonso	00:51:17	00:51:05	
521	Ana Catarina Silva	00:51:18	00:51:05	
522	Paulo Louro	00:51:19	00:51:16	4@fundo
523	Amilcar Figueiredo	00:51:20	00:50:05	
524	Carlos Pereira	00:51:21	00:49:18	
525	Carlos Alberto Fonseca Santos	00:51:22	00:49:16	
526	Carlos Alberto J Dias	00:51:22	00:51:03	
527	Damiao Jose Rega	00:51:23	00:50:38	



## Classificação Final

<i>Class.</i>	<i>Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
528	João Gonçalo Melo	00:51:23	00:51:15	
529	Fernando José Nascimento Vicente	00:51:24	00:51:22	
530	André Lourenço	00:51:25	00:50:29	Bom Petisco
531	Jorge Brito	00:51:25	00:50:32	Centro Desportivo de Quarteira
532	Rodrigo Babau	00:51:25	00:50:30	Bom Petisco
533	António Ramos	00:51:26	00:50:03	Pernas de Gafanhoto
534	António Inglês	00:51:26	00:50:37	Grupo Amigos Gascan-Monsanto
535	Domingos Pires	00:51:26	00:50:40	
536	Paulo Puga	00:51:27	00:50:46	
537	Artur Manuel Carvalho Ferreira Pinto	00:51:28	00:50:30	
538	Ivo Pimenta	00:51:28	00:49:52	Pernas de Gafanhoto
539	José Pedro Tomé	00:51:28	00:50:03	
540	Saúl Almeida Rafael	00:51:28	00:49:23	
541	Ruth Lopes	00:51:29	00:50:20	Pumas do Guincho
542	José lopes	00:51:29	00:50:20	Pumas do Guincho
543	Nuno Miguel Pereira Marques	00:51:30	00:51:23	
544	José Luís Canhoto	00:51:31	00:51:14	
545	Carlos Alberto Luis	00:51:36	00:51:09	
546	Joaquim Damas	00:51:36	00:49:47	
547	Luis Jose V. Sousa Ribeiro	00:51:36	00:50:37	
548	Eduardo Jorge Figueiredo	00:51:37	00:51:14	
549	Carlos Jorge Sousa Ramos	00:51:38	00:51:35	
550	João Carlos Borges	00:51:39	00:51:04	
551	Lurdes Simoes	00:51:40	00:51:35	
552	Andre Miguel Torres Silva	00:51:40	00:50:31	
553	Raul Manuel Almada Galveia	00:51:40	00:49:29	
554	Antonio Martinho	00:51:41	00:51:30	
555	Alberto José Ganhão Pereira	00:51:42	00:51:22	
556	Ana Margarida Azevedo	00:51:43	00:51:18	
557	José Alves	00:51:44	00:50:30	Editorial do Ministério da Educação
558	Manuel José Calhó Guimas	00:51:45	00:51:16	



## Classificação Final

<i>Class.</i>	<i>Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
559	Avelino Véstias	00:51:45	00:51:44	Os Indomáveis
560	Armindo Loureiro	00:51:47	00:50:12	
561	Luis Filipe Serrano Ramos	00:51:48	00:51:29	
562	Gonçalo Valente	00:51:48	00:50:28	
563	Pedro Manuel Marques Vieira	00:51:49	00:51:13	
564	Carlos Manuel Vieira Manteu	00:51:49	00:51:07	
565	Miguel Lemos Dias	00:51:50	00:50:55	Run 4 Fun
566	Pedro Almeida	00:51:51	00:49:57	
567	Eduardo Aquino	00:51:52	00:51:24	
568	Rui Manuel Tente Belo	00:51:56	00:50:40	
569	Joaquim António De Carvalho Teixeira	00:51:57	00:50:05	
570	Manuel Mendes	00:51:58	00:50:34	
571	Joao Miguel Costa Soares	00:51:58	00:51:37	
572	Amilcar Nunes	00:51:59	00:49:40	GCD FÓIOS
573	Carlos Miranda	00:52:00	00:51:43	
574	Teresa Novo Palma	00:52:00	00:50:47	
575	Cristina Gavinho	00:52:01	00:50:53	Pumas do Guincho
576	Ricardo Fonseca	00:52:01	00:51:02	La Résistance
577	Adriano Vitorino	00:52:02	00:51:33	running of d <sup>o</sup> maria
578	José André Rocha Sá e Moura	00:52:02	00:50:48	
579	Luis Artur Soares Duarte	00:52:03	00:49:53	
580	Silvino Martins	00:52:05	00:50:15	NAPJ - Nucleo Amigos Palácio Justiça
581	Jorge Miguel Mendes	00:52:05	00:51:25	
582	Augusto Rui Trindade	00:52:07	00:50:22	
583	Mário Dos Santos Ferro	00:52:08	00:51:22	
584	Joaquim Manuel Salvado Pires	00:52:08	00:52:02	Pelegas
585	João Miguel Xavier Rita	00:52:08	00:52:02	Pelegas
586	António Ramalho Baptista	00:52:09	00:52:03	Pelegas
587	Luis Jesus	00:52:09	00:51:05	Associação Atlética do Pego Longo
588	Nuno Freitas	00:52:10	00:51:50	Associação Águas Livres de Caneças
589	José Crespo	00:52:13	00:51:13	Clube do Stress



## Classificação Final

<b>Class.</b>	<b>Atleta</b>	<b>T. Oficial</b>	<b>T. Chip</b>	<b>Clube</b>
590	Jorge Manuel Valente Matias	00:52:13	00:52:00	
591	João José Luciano Antunes	00:52:13	00:51:50	
592	João Francisco Duarte	00:52:14	00:51:58	
593	Adelino Pires	00:52:15	00:51:50	Câmara Lisboa Clube
594	Joaquim Manuel Cardoso	00:52:15	00:51:21	
595	João Carlos Dias Correia	00:52:16	00:51:32	
596	José Manuel Borrego Morais	00:52:16	00:51:37	
597	Carlos Rafael Da Silva Lopes	00:52:18	00:52:10	
598	Alexandre Abade	00:52:18	00:50:24	
599	Vitor Manuel Pereira Gonçalves	00:52:19	00:51:23	
600	Afonso Sousa Ribeiro	00:52:21	00:51:21	
601	Pedro Humberto Mateus	00:52:22	00:52:14	Electrimeca
602	Vera Carvalho	00:52:23	00:51:56	Atomic Team
603	José Pietra	00:52:23	00:52:18	Grupo de Atletismo Vamos a Caminho
604	Manuel Tavares	00:52:26	00:51:23	Grupo Desp. Chelas
605	Bernardino Augusto Rebelo Soares	00:52:26	00:52:00	
606	António Sousa	00:52:27	00:51:27	
607	Diogo Filipe Cunha	00:52:29	00:51:35	Cacilhas-Tejo Team
608	Rui Miguel Costa Geraldès	00:52:33	00:50:58	
609	Ricardo Esteves Ribeiro	00:52:33	00:52:28	
610	Nuno Geadá	00:52:34	00:51:15	XHXH
611	Ricardo Jorge Rodrigues	00:52:35	00:51:37	
612	Vitor Sequeira	00:52:36	00:51:34	Os Nómadas
613	Zacarias Alves	00:52:37	00:51:23	Nucleo de Atletismo Os Papagaios de Ca
614	Pedro Duarte	00:52:37	00:52:31	Amigos da Estrela
615	Carlos Manuel M. Dos Remédios	00:52:37	00:52:21	
616	Alexandra Smarzaró Ferraz	00:52:37	00:52:16	
617	Daniel Rodrigues	00:52:40	00:52:02	Clube Robbialac
618	Rui Rosa	00:52:40	00:51:30	Pumas do Guincho
619	Luis Manuel Seixas Azevedo	00:52:41	00:51:35	
620	Pedro Plassen Lopes	00:52:41	00:51:11	



## Classificação Final

<i>Class.</i>	<i>Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
621	Bento Valente	00:52:42	00:51:37	Os Perigosos
622	Julio Ramos	00:52:43	00:51:36	multifow
623	Débora Soraia Monteiro Pereira	00:52:43	00:52:30	
624	António Monteiro	00:52:46	00:52:36	
625	Pedro Correia	00:52:47	00:51:29	
626	Valentim Cristovão Delgado Barros	00:52:47	00:51:48	
627	Carlos A Tomé	00:52:49	00:52:12	
628	José Francisco Martins Barata	00:52:49	00:52:29	
629	Marilia Ribeiro	00:52:50	00:52:16	
630	Filipe Correia	00:52:52	00:52:05	
631	Antonio Pica	00:52:53	00:51:44	Os Perigosos
632	José Luís Agapito	00:52:54	00:51:12	Pernas de Gafanhoto
633	Mário Lopes	00:52:54	00:52:02	Centro Desportivo de Quarteira
634	Tiago Paulino	00:52:55	00:51:50	
635	Paulo Martins	00:52:55	00:52:24	running of dº maria
636	Gonçalo Da Costa Rua Marques Hen	00:52:56	00:51:31	
637	José Manuel Vieira Câmara	00:52:57	00:52:41	
638	Joana Moutela	00:52:57	00:52:18	
639	Pedro Da Costa Rua Marques Henriq	00:52:57	00:51:32	
640	Virgilio Ferraz	00:53:00	00:52:08	
641	José Freitas	00:53:03	00:52:44	Associação Águas Livres de Caneças
642	Bruno Miguel Guerreiro	00:53:03	00:51:33	
643	Nuno Miguel Cunha	00:53:05	00:51:13	
644	António Manuel Cruz Fernandes Viei	00:53:06	00:51:49	
645	Manuel Saraiva	00:53:06	00:51:49	Editorial do Ministério da Educação
646	Bruno Andrade	00:53:07	00:51:54	Amigos para Sempre
647	Antonio Simoes	00:53:07	00:51:42	
648	José Eduardo Barradas Duarte	00:53:08	00:52:51	
649	Jose Antonio Rijo	00:53:09	00:51:45	
650	Pedro Rodrigues	00:53:10	00:52:13	
651	Jorge Fidalgo Da Costa	00:53:12	00:52:51	



## Classificação Final

<i>Class. Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
652 Duarte Mendes	00:53:12	00:52:53	
653 Fernando Figueiredo	00:53:13	00:52:46	Falcões Selvagens
654 António Barreiros	00:53:13	00:53:09	
655 Carmo Barros	00:53:13	00:52:06	Pumas do Guincho
656 adolfo salazar	00:53:15	00:52:41	clube pessoal EDP-lisboa
657 Alexandre Costa	00:53:16	00:52:33	Clube Vodafone
658 Fernando Lourenço	00:53:19	00:52:25	Bom Petisco
659 Dulce Paiva Vilaça	00:53:19	00:52:09	
660 Henriqueta Solipa	00:53:21	00:53:03	Runners
661 Carlos Renato	00:53:21	00:53:05	Runners
662 Marina Rodrigues Figueiredo	00:53:22	00:52:11	
663 Pedro Morbey Ferreira	00:53:22	00:51:30	
664 Antonio Goucha Soares	00:53:22	00:51:30	
665 Helder Jorge F. Lopes	00:53:23	00:52:31	
666 Jose Rodrigues	00:53:24	00:52:40	
667 Carlos Freire	00:53:24	00:52:48	ADCR PJ
668 Albertino Mota	00:53:24	00:53:07	GRD Ribeira da Lage
669 Luis Miranda	00:53:26	00:52:17	Pumas do Guincho
670 Daniel Oliveira	00:53:27	00:51:34	Câmara Lisboa Clube
671 André Coelho	00:53:28	00:52:09	LabeTeam
672 Joaquim Barrocas	00:53:29	00:52:16	Nucleo de Atletismo Os Papagaios de Ca
673 Luis Pedro Santos	00:53:29	00:53:26	
674 Ricardo João André Lobato Martins	00:53:33	00:52:21	
675	00:53:34	00:53:12	
676 Augusto Da Silva Fonseca	00:53:35	00:51:52	
677 Pedro Costa	00:53:35	00:53:31	
678 Filipe André Da Costa Magalhães	00:53:36	00:53:06	
679 Tiago Hart	00:53:36	00:53:06	
680 Emanuel Santos	00:53:37	00:52:47	
681 António Campos	00:53:39	00:52:50	Pernas de Gafanhoto
682 Paulo Campos	00:53:39	00:52:52	Pernas de Gafanhoto



## Classificação Final

<i>Class. Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
683 Cintia Catarina Ramos Do Nascimento	00:53:39	00:53:22	
684 Joel Armando Costa	00:53:42	00:52:18	
685 Pedro Germano Henriques	00:53:42	00:51:50	
686 João Almeida	00:53:45	00:53:12	Grupo Unidos e Progresso de Galhas
687 António Bila	00:53:46	00:52:57	Clube Olímpico de Oeiras
688 João Gabriel Gomes	00:53:49	00:53:41	
689 Francisco Dias	00:53:50	00:52:17	
690 Fernando Miguel Afonso Ferreira	00:53:51	00:51:30	
691 Maria do Céu Chicharo Nunes Viegas	00:53:51	00:53:34	
692 Maria Tereza Knapic	00:53:52	00:53:48	
693 Carlos Carreiro	00:53:54	00:52:55	
694 Pedro Alexandre Filipe	00:53:56	00:52:41	
695 António Fonseca Sousa	00:53:58	00:51:51	
696 Felipe Sousa	00:53:59	00:52:31	Unidos da Manutenção
697 Domingos Farinho	00:54:00	00:53:17	
698 Carlos Oliveira	00:54:06	00:52:57	Pumas do Guincho
699 Ricardo Jorge Galo Negrão Dos Santos	00:54:08	00:53:34	
700 Jose Francisco Duarte Neves	00:54:08	00:52:19	
701 Rui Miguel Lopes Santos	00:54:08	00:53:55	
702 Carlos Manuel Mota Marcos	00:54:09	00:52:48	
703 Mário Magalhães	00:54:11	00:51:49	GRD Ribeira da Lage
704 Miguel Costa Lopes	00:54:12	00:54:05	
705 José Adelino Mendonça Paiva	00:54:12	00:52:15	
706 Rodrigo Bernardo	00:54:13	00:53:09	
707 Manuel Azedo	00:54:13	00:52:51	
708 Rui Nelson Silva	00:54:14	00:52:00	
709 Cláudia Ferreira	00:54:14	00:53:15	Clube do Stress
710 José Alberto Costa Santos Fernandes	00:54:15	00:53:05	
711 Claudio Gonçalves	00:54:15	00:53:49	
712 Tiago Miguel De Almeida Coutinho Ribeiro	00:54:17	00:53:54	
713 José Manuel D. Lopes	00:54:17	00:53:52	



## Classificação Final

<i>Class. Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
714 Jose Dias	00:54:18	00:53:30	Clube Autocoope
715 Américo Olival	00:54:20	00:53:13	Gabinete de Fisioterapia no Desporto
716 Nelson Oliveira Jorge	00:54:20	00:53:18	
717 Jorge Manuel De Campos Leitão Tav	00:54:21	00:54:01	
718 Helder Nuno Barbacena Castanho	00:54:22	00:53:07	
719 Ana Filipa Costa Da Silva	00:54:24	00:53:19	
720 Jose Venancio	00:54:25	00:53:43	Grupo Desp. Chelas
721 Joaquim Fragoso	00:54:25	00:52:38	Grupo Desp. Chelas
722 Arlindo Sargento Rodrigues	00:54:25	00:53:00	
723 Clara Guerreiro	00:54:26	00:54:17	Já Ganhamos
724 Carlos Pedrosa	00:54:26	00:54:17	Já Ganhamos
725 Artur Filipe Coelho Santos	00:54:29	00:53:13	
726 Miguel Vieira	00:54:29	00:53:14	
727 Gil Tomé Henriques Ferreira	00:54:30	00:52:19	
728 Sidney Pereira	00:54:31	00:51:42	HP Amoreiras - Clube Bolinha
729 Rodrigo Miguel Soares Da Costa Mar	00:54:31	00:54:23	
730 Filipe Pires	00:54:31	00:51:42	HP Amoreiras - Clube Bolinha
731 Jorge Almeida	00:54:31	00:54:14	Runners
732 Carlos Manuel Monteiro Da Silva	00:54:32	00:53:19	
733 Jorge Antonio Fonseca Teixeira	00:54:32	00:53:28	
734 Paulo Sainica	00:54:34	00:52:44	
735 Ana Ferreira	00:54:34	00:54:31	Clube GBES
736 Silvio Paiva	00:54:34	00:54:29	Clube Desportivo do Grupo BES
737 Ricardo Alexandre Aires Pereira Da	00:54:36	00:53:31	
738 Fernando Freire De Almeida	00:54:36	00:54:09	
739 Miguel Cartucho	00:54:37	00:53:10	Unidos da Manutenção
740 Paula Machado	00:54:41	00:54:32	
741 Joaquim Palmeiro	00:54:43	00:54:22	
742 Carlos Morgado Pereira	00:54:44	00:54:36	
743 José Teixeira	00:54:47	00:54:47	Associação de M.B.C.V.Lumiar
744 Jhonny Rodrigues	00:54:51	00:53:43	Gabinete de Fisioterapia no Desporto





## Classificação Final

<i>Class.</i>	<i>Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
745	Rodrigo Ferreira	00:54:52	00:53:20	
746	André Fernandes	00:54:53	00:54:39	
747	Rui Manuel Silva	00:54:53	00:53:55	
748	António silva	00:54:54	00:54:15	Os Indomáveis
749	Mario Adelino Vicente Mendes	00:54:56	00:54:26	
750	Paulo Alexandre Neves Gomes	00:54:56	00:53:19	
751	Miguel Gonçalves	00:54:56	00:53:04	ADCR PJ
752	Francisco Pereira	00:54:57	00:53:36	
753	Nuno Manuel S. F. Alves	00:54:57	00:54:30	
754	Paulo Alexandre Amaral	00:54:58	00:53:21	
755	Valter Santos	00:54:59	00:53:33	
756	Vasco Guilherme Brás Pinho	00:55:03	00:53:55	
757	António Francisco Teixeira Martins D	00:55:04	00:54:36	
758	Jorge Ferreira	00:55:04	00:54:35	running of dº maria
759	Fernando Neto	00:55:05	00:53:39	Unidos da Manutenção
760	Paulo Esteves	00:55:05	00:54:45	Editorial do Ministério da Educação
761	Pedro Miguel Pires Gil	00:55:08	00:54:34	
762	Rogério Adelino Oliveira Santos	00:55:10	00:53:29	
763	Luis Prazeres	00:55:11	00:54:33	
764	Mário Barreto	00:55:12	00:53:33	
765	Vitor Manuel Dantas	00:55:14	00:53:42	
766	Carlos Augusto Pessoa	00:55:15	00:53:46	
767	Miguel Teixeira	00:55:15	00:54:45	running of dº maria
768	Fernando Agostinho Lemos	00:55:16	00:54:57	
769	Hugo Rafael Lopes Rodrigues	00:55:18	00:53:48	
770	José Bivar Xavier	00:55:20	00:54:57	
771	Manuel Reia	00:55:20	00:54:16	clube marginal
772	Jorge Manuel C. Romão	00:55:22	00:54:52	
773	José Paulo Abambres Mariano	00:55:24	00:55:19	
774	Carlos Ribeiro	00:55:24	00:55:19	
775	Vitor Rodrigues	00:55:24	00:54:50	Jovigaaal



## Classificação Final

<b>Class.</b>	<b>Atleta</b>	<b>T. Oficial</b>	<b>T. Chip</b>	<b>Clube</b>
776	Carlos Alberto Gadunhas	00:55:25	00:55:05	
777	Luis Filipe Espada Da Fonseca	00:55:26	00:53:48	
778	Manuel Oliveira Pereira	00:55:26	00:54:36	
779	Ana Luísa Claro	00:55:26	00:54:36	
780	Henrique Ruivo	00:55:28	00:53:44	
781	André Gomes	00:55:28	00:54:29	La Résistance
782	Hélio Godinho	00:55:29	00:53:44	
783	Ruben Costa	00:55:30	00:54:58	Clube Robbialac
784	Manuel Teixeira	00:55:31	00:55:08	
785	Helena Reis	00:55:31	00:53:24	Os Resistentes
786	Nuno Telmo Gonçalves	00:55:31	00:53:23	
787	Joao Carlos Amaral Ferreira Dos San	00:55:31	00:54:33	
788	João Carlos Jesus	00:55:32	00:54:47	
789	Nuno Miguel Duarte Rodrigues Lope	00:55:33	00:53:12	
790	Lourenço Lobo	00:55:37	00:54:22	Grupo São Bernardo
791	Jerónimo Santos	00:55:37	00:54:58	Os Indomáveis
792	Raquel Carvalho	00:55:37	00:55:00	
793	Jose Manuel Figueiredo Dos Santos	00:55:37	00:54:51	
794	José Correia	00:55:38	00:55:02	Grupo São Bernardo
795	Armenio Silva	00:55:39	00:54:27	
796	Fernando Matias	00:55:41	00:55:36	Amigos da Estrela
797	Maria Fernanda Santos	00:55:43	00:55:40	Mirantense Futebol Clube
798	Tiago Veríssimo Morais Dias	00:55:47	00:53:28	Dias
799	Amílcar da Luz Morais Dias	00:55:48	00:53:30	Dias
800	Jose Loureiro	00:55:50	00:53:54	APOGMA
801	Paulo Viegas	00:55:51	00:54:32	XHXH
802	Isa Chantre Faial	00:55:51	00:55:47	
803	Tomas Nuno Pina	00:55:53	00:55:33	
804	Tiago Mano Lopes	00:55:55	00:55:04	Sócio...estamos concentradíssimos a corr
805	Fernando Carvalho	00:55:57	00:54:01	
806	Domingos Pereira	00:55:57	00:54:58	clube marginal



## Classificação Final

<i>Class.</i>	<i>Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
807	Paula Batalha	00:55:59	00:55:22	
808	Luís Manuel Antunes Monteiro Preto	00:56:00	00:54:25	CNO Anselmo de Andrade
809	Mário Rovisco	00:56:02	00:55:56	
810	António Silva	00:56:02	00:56:01	
811	Antonio Rocha Dias Correia	00:56:03	00:55:33	
812	Luis Fernando Garcia	00:56:05	00:55:19	
813	Tito Nascimento	00:56:05	00:55:56	
814	António Coelho	00:56:05	00:55:31	Amigos Vale Silencio
815	António Araújo	00:56:06	00:55:23	Macedo Oculista B
816	Luci Leandra Santos	00:56:06	00:55:40	
817	Nadia Tavares	00:56:07	00:55:22	
818	Belchior Barrocas	00:56:07	00:56:04	
819	Jorge Aguiar	00:56:09	00:55:40	Clube Atletas de Peso
820	Ricardo Vareta Duarte	00:56:09	00:53:42	
821	Sérgio Manuel Pinho Alves	00:56:12	00:54:26	
822	Emilio Gonçalves	00:56:14	00:55:39	Amigos Vale Silencio
823	Nuno Miguel Moleiro	00:56:15	00:54:24	
824	Nuno Miguel Martins Dias	00:56:16	00:54:57	
825	José Calado	00:56:17	00:54:34	Pernas de Gafanoto
826	Nuno Gonçalves	00:56:18	00:55:21	Nervosíssimos
827	Marta Pimentel	00:56:19	00:55:21	Nervosíssimos
828	Ricardo Nicolau	00:56:21	00:55:47	Amigos Vale Silencio
829	Ricardo Rodrigues	00:56:23	00:54:57	ctjdri
830	Avelino Teixeira Rodrigues	00:56:24	00:54:27	
831	Luis Miguel Alegria	00:56:24	00:55:44	Miguel Team
832	Jorge Alexandre Victor De Oliveira	00:56:24	00:55:13	
833	António Gaspar	00:56:24	00:56:16	Grupo Desp. Imprensa Nacional Casa da
834	Raul Amadeu Milhais Carvalho	00:56:26	00:56:15	
835	Paulo Gonçalves	00:56:26	00:55:59	
836	João Filipe Fino Frade	00:56:28	00:56:05	
837	Pedro Miguel Branco	00:56:28	00:55:08	



## Classificação Final

<i>Class.</i>	<i>Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
838	João Pinto	00:56:29	00:55:37	Grupo Amigos Gascan-Monsanto
839	Orlando Zacarias	00:56:29	00:55:23	
840	Miguel Almeida	00:56:30	00:56:25	
841	Paulo Jorge Jesus Varela	00:56:30	00:55:57	
842	Ricardo Jorge Cipriano Pita	00:56:30	00:55:11	
843	Andreia Oliveira	00:56:31	00:55:43	
844	Fernando Azevedo	00:56:31	00:55:59	
845	Joaquim Simão	00:56:34	00:55:12	Odebrecht - BPC
846	Joana Marques	00:56:36	00:54:53	HP Amoreiras - Clube Bolinha
847	José Pedro Pereira Da Costa	00:56:36	00:54:54	HP Amoreiras - Clube Bolinha
848	José Praça	00:56:36	00:54:52	HP Amoreiras - Clube Bolinha
849	Sérgio Miguel Pinheiro Oliveira	00:56:39	00:56:24	
850	Vanda Sofia Fernandes Correia Rosa	00:56:39	00:56:01	
851	Luis Garção	00:56:41	00:56:20	Os Buscas
852	Sofia Mina Mendes	00:56:42	00:55:28	HP Amoreiras - Clube Bolinha
853	Alexandre Martinho	00:56:42	00:55:28	HP Amoreiras - Clube Bolinha
854	Jorge Duarte	00:56:43	00:54:46	Câmara Lisboa Clube
855	Carlos José Vaz Guterres	00:56:43	00:56:03	
856	Pedro Bouhon Gonçalves	00:56:44	00:55:33	
857	Hugo Gonçalves	00:56:44	00:55:38	Gabinete de Fisioterapia no Desporto
858	Ernesto Ferreira	00:56:44	00:55:39	Gabinete de Fisioterapia no Desporto
859	Margarida Pinto	00:56:44	00:55:38	Gabinete de Fisioterapia no Desporto
860	Mário Luís	00:56:45	00:54:50	Carapaus de Corrida
861	Carlos Costa	00:56:45	00:54:47	Clube Vodafone
862	Pedro Barbosa	00:56:46	00:55:51	
863	Vanda Campos	00:56:46	00:54:58	HP Amoreiras - Clube Bolinha
864	Paulo França	00:56:48	00:56:33	GDCT Unicre
865	José Milagres	00:56:48	00:56:30	GDCT Unicre
866	Luis Rodrigo Cortez Sales Dos Santo	00:56:48	00:55:01	
867	Joaquim M C Santos	00:56:49	00:54:53	
868	José Joaquim C Santos	00:56:49	00:54:52	



## Classificação Final

<b>Class.</b>	<b>Atleta</b>	<b>T. Oficial</b>	<b>T. Chip</b>	<b>Clube</b>
869	Rodrigo C B Coelho Santos	00:56:49	00:54:53	
870	Carlos Alberto Gomes Santana	00:56:51	00:55:39	
871	João Pedro Gama	00:56:52	00:55:12	Amigos Luis
872	Henrique Girão	00:56:52	00:56:45	Os Faíscas
873	Fernando Camungondo	00:56:52	00:56:25	Atomic Team
874	Vítor Girão	00:56:53	00:56:45	Os Faíscas
875	Ivo Diegues Rodrigues	00:56:53	00:55:40	
876	Carminda Pires	00:56:53	00:56:10	
877	João Lobo	00:56:54	00:55:10	HP Amoreiras - Clube Bolinha
878	Afonso Pinto	00:56:54	00:56:18	Amigos Vale Silencio
879	Miguel Bernardes Carmo	00:56:58	00:56:24	
880	Sebasteão do Carmo Melo	00:57:00	00:56:02	Sociedade Musical Ordem Progresso
881	Sandra Inês	00:57:02	00:55:13	HP Amoreiras - Clube Bolinha
882	João Dias Frias	00:57:02	00:56:21	Grupo Desportivo do INE
883	André Gorjão Costa	00:57:05	00:55:05	
884	Rosinda Goncalves	00:57:06	00:56:56	
885	Pedro Miguel Almeida	00:57:06	00:56:15	
886	Pedro Esteves	00:57:11	00:56:50	Editorial do Ministério da Educação
887	Arménio Correia	00:57:13	00:56:41	Grupo Unidos e Progresso de Gralhas
888	Marco Antonio Silva	00:57:14	00:56:52	
889	Alberto Carlos Saraiva Pereira Bento	00:57:14	00:55:49	
890	Irina Coelho	00:57:16	00:55:50	ctjdrj
891	Margarida Gonçalves	00:57:16	00:57:12	
892	João Venâncio	00:57:16	00:57:13	
893	Sonia Cristina	00:57:17	00:56:43	Clube Desportivo do Grupo BES
894	Mónica Sofia	00:57:17	00:56:42	Clube Desportivo do Grupo BES
895	Mario Rui Freitas	00:57:19	00:55:46	
896	Teresa Barradas	00:57:20	00:55:46	
897	Luís Corista	00:57:21	00:55:30	Clube ANACOM
898	Luis Manuel Picanço Madeira	00:57:21	00:55:49	
899	Pedro Mendes	00:57:21	00:57:11	:)



## Classificação Final

<i>Class.</i>	<i>Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
900	Rui Vaz Pereira	00:57:22	00:55:48	
901	M <sup>a</sup> João Vargas	00:57:22	00:57:13	: )
902	Fausto Neto Mendes Coimbra	00:57:22	00:57:05	
903	João Hernâni Simões	00:57:24	00:55:57	
904	João Pinheiro	00:57:24	00:55:57	
905	Luis Manuel Gonçalves Reis	00:57:26	00:57:18	
906	Rafael Ribeiro Silva	00:57:28	00:55:23	
907	Cecília Nicolau	00:57:28	00:55:23	
908	Olivia Gaspar	00:57:31	00:55:43	HP Amoreiras - Clube Bolinha
909	António Batista	00:57:31	00:55:19	
910	Ana Simões	00:57:32	00:56:05	Grupo Desportivo CIMPOR
911	André Fernandes	00:57:32	00:56:42	
912	Carlos A P Silva	00:57:33	00:56:05	
913	José António Pedro	00:57:33	00:56:05	
914	Mussa Rafic Amad	00:57:36	00:56:13	
915	Nuno Gonçalo Ramos Antunes	00:57:36	00:56:14	
916	Bruno Ricardo Martins Afonso	00:57:38	00:57:21	
917	Vilma Maria Pessanha Flores Bento	00:57:40	00:56:14	
918	Alexandre Batista	00:57:41	00:55:28	
919	Sandra Martins	00:57:42	00:57:01	GRD Ribeira da Lage
920	Rogério Pina	00:57:42	00:57:06	Clube ANACOM
921	Antonio Manuel Rocha Da Silva	00:57:45	00:57:29	
922	Luís Santos	00:57:45	00:57:44	Macedo Oculista B
923	Jose Levezinho	00:57:46	00:56:51	APOGMA
924	João Fernando Simões Branco	00:57:47	00:55:49	
925	Fernando Cardoso Da Silva	00:57:48	00:55:49	
926	Jorge Manuel Silva Fernandes	00:57:48	00:55:50	Cabrizrun
927	Fernando Antunes	00:57:49	00:55:33	
928	José Manuel Martins	00:57:52	00:56:49	
929	Rui Guerreiro	00:57:52	00:56:44	
930	Jose Piedade	00:57:53	00:56:54	Brandoa Corre



## Classificação Final

<i>Class.</i>	<i>Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
931	Edgar Dias Tavares	00:57:56	00:56:55	
932	Delfim Alves	00:57:56	00:56:11	Câmara Lisboa Clube
933	Victor Manuel Da Silva Valente	00:57:57	00:57:01	
934	Miguel Sanches	00:57:58	00:57:16	
935	Joao Fandango	00:57:58	00:57:18	
936	Vera Castilho Sanches	00:57:58	00:57:17	
937	Jose Manuel Cal	00:57:58	00:57:30	
938	Pedro Miguel Viegas	00:57:58	00:56:58	
939	João Figueiredo	00:57:58	00:56:06	Câmara Lisboa Clube
940	Francisco Tomeno	00:57:59	00:57:14	
941	Fernando Filipe	00:58:00	00:57:43	Clube Desportivo do Grupo BES
942	Pedro Miguel Silva	00:58:01	00:57:13	
943	Paulo César Rosado Vilão	00:58:01	00:55:58	
944	Rosária Semedo Miranda	00:58:01	00:56:49	
945	Fernando Oliveira	00:58:04	00:57:35	Clube Atletas de Peso
946	Catarina Pereira	00:58:05	00:56:28	
947	Sérgio Luis	00:58:06	00:56:08	Clube Vodafone
948	Mario Augusto Cordeiro Pires	00:58:08	00:57:50	
949	Eduardo Covelinhas	00:58:09	00:56:22	RoadRunners
950	Maria Clara Pires Sanches	00:58:10	00:55:53	GCD FÓIOS
951	André Pedro Amaral	00:58:11	00:57:25	
952	José Luís De Oliveira Lopes	00:58:11	00:57:44	
953	Esmeralda Gomes	00:58:11	00:58:04	
954	José Miguel Weinberg	00:58:12	00:56:53	
955	Luis Miguel Do Paçov Videira	00:58:13	00:57:46	
956	Paulo Alexandre Horta	00:58:13	00:56:35	
957	Bruno Cartucho	00:58:14	00:56:12	
958	Valter Luis Freire De Lima	00:58:14	00:56:11	
959	António Ramos Sietra	00:58:14	00:57:32	Clube Vodafone
960	Nuno Alexandre Molero	00:58:14	00:57:33	
961	Sivia Reis Da Silva	00:58:15	00:57:15	



## Classificação Final

<i>Class.</i>	<i>Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
962	Carlos Santos	00:58:15	00:57:04	Ases da Parede
963	Miguel Ângelo Meneses Vivas	00:58:16	00:58:10	
964	Jose Abel Oliveira	00:58:17	00:57:16	Grupo Desportivo CIMPOR
965	Carla Lemos Silva	00:58:17	00:57:17	
966	Florence Huber	00:58:17	00:56:24	
967	Pierre Corbeil	00:58:18	00:56:24	
968	Carlos José Monteiro	00:58:20	00:57:20	
969	André Madruga	00:58:22	00:55:55	
970	Joao Paulo Fonseca Dos Santos Clar	00:58:22	00:57:10	
971	Bruno Salazar	00:58:22	00:57:38	Pepper House Running Team
972	Luis Brazão	00:58:23	00:56:34	Unidos da Manutenção
973	Joao Lima Raposo	00:58:25	00:56:31	
974	João Soares Da Cunha	00:58:27	00:56:42	
975	Marco Paulo Pereira Rodrigues	00:58:27	00:56:16	
976	Ana Marques	00:58:29	00:58:24	
977	Miguel Ângelo Nogueira Da Silva	00:58:29	00:58:17	
978	Francisco Coito	00:58:29	00:57:24	clube marginal
979	Ermelinda Mineiro	00:58:30	00:56:32	Câmara Lisboa Clube
980	Paula Silva	00:58:30	00:56:49	Câmara Lisboa Clube
981	Jorge Marques	00:58:31	00:56:25	
982	Andre Almeida	00:58:31	00:57:16	
983	Paulo Caldeira	00:58:31	00:57:17	HP Amoreiras - Clube Bolinha
984	Raquel Tavares	00:58:31	00:57:17	HP Amoreiras - Clube Bolinha
985	Pedro Fernandes	00:58:32	00:58:06	Bacana Running
986	Orlando Sousa	00:58:34	00:58:22	
987	Fernando Marinho	00:58:35	00:56:49	
988	António José Alves Ambrósio	00:58:40	00:58:00	
989	João Manuel Ladeiro	00:58:41	00:53:59	
990	Nuno Oliveira	00:58:45	00:58:28	
991	Pedro Busca	00:58:49	00:58:29	Os Buscas
992	Amandio Busca	00:58:49	00:58:29	Os Buscas





## Classificação Final

<i>Class.</i>	<i>Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
993	Antonio Correia	00:58:50	00:57:35	
994	João Filipe Pinheiro	00:58:51	00:58:43	
995	Jorge Duarte	00:58:51	00:57:45	Gabinete de Fisioterapia no Desporto
996	Celia Maria Santos Dias	00:58:55	00:58:12	Os Kamarros
997	Fernando Vasco Pipa	00:58:56	00:58:47	
998	Ermelinda Valentim	00:59:02	00:57:56	Ases da Parede
999	Joaquim Santos	00:59:03	00:58:59	Mirantense Futebol Clube
1000	Luis Parro	00:59:05	00:57:11	Clube Olímpico de Oeiras
1001	António Castanheira	00:59:09	00:58:16	Os Indomáveis
1002	Paulo Saraiva	00:59:09	00:56:41	
1003	Florentino Teodoro	00:59:11	00:58:48	Odebrecht - BPC
1004	João Mourato	00:59:13	00:58:51	Os Buscas
1005	António Paulino	00:59:13	00:58:57	Grupo de Atletismo Vamos a Caminho
1006	Vitor Candeias	00:59:13	00:58:37	
1007	Elza Candeias	00:59:13	00:58:38	
1008	Marta Coelho	00:59:13	00:57:59	HP Amoreiras - Clube Bolinha
1009	António Busca	00:59:14	00:58:51	Os Buscas
1010	Nuno Oliveira e Santos	00:59:16	00:56:37	NovaSBE
1011	José Carlos Narciso	00:59:19	00:58:14	Sociedade Musical Ordem Progresso
1012	António Pereira Lopes	00:59:19	00:58:13	Sociedade Musical Ordem Progresso
1013	Manuel Oliveira	00:59:19	00:57:22	
1014	Jorge Narciso	00:59:20	00:58:14	Sociedade Musical Ordem Progresso
1015	Pedro Rodrigo Monteiro Pedro	00:59:20	00:59:20	
1016	Maria Fernanda Barbosa Pinto	00:59:20	00:59:20	
1017	Manuel Ferreira	00:59:22	00:57:30	Quiosque Mirante
1018	Carlos Sequeira	00:59:23	00:57:29	Quiosque Mirante
1019	Miguel Marques	00:59:23	00:58:05	LabeTeam
1020	Armando Oliveira	00:59:23	00:58:46	
1021	Rui Chaves	00:59:23	00:57:30	Quiosque Mirante
1022	Luís António Basílio Moreno	00:59:25	00:57:36	
1023	Bruno Miguel Custodio Lopes Rainho	00:59:25	00:56:58	



## Classificação Final

<i>Class.</i>	<i>Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
1024	Miguel Ângelo Costa	00:59:26	00:57:37	
1025	Paulo Costa	00:59:26	00:59:22	Amigos da Estrela
1026	Lucília Casanova	00:59:27	00:58:26	
1027	Carlos Rodrigo Da Fonseca Caxaria	00:59:28	00:58:01	
1028	Luigi Pollara	00:59:28	00:58:42	
1029	Saul Cunha Marques	00:59:29	00:58:00	
1030	André M Lamego	00:59:33	00:57:47	
1031	Ana Isabel Naia Rama	00:59:33	00:58:05	
1032	Sónia Pereira	00:59:36	00:57:50	HP Amoreiras - Clube Bolinha
1033	José Rebocho	00:59:38	00:59:26	Amigos Vale Silencio
1034	Bruno Miguel Soares	00:59:39	00:57:48	
1035	João Amilcar Gomes Correia Gregori	00:59:40	00:59:20	
1036	Rui Manuel Euzébio	00:59:40	00:58:07	
1037	Pedro Filipe C. Almeida	00:59:41	00:59:07	
1038	Tiago Pargana	00:59:41	00:58:46	Cacilhas-Tejo Team
1039	João A Camacho	00:59:41	00:57:37	
1040	Pedro Silva	00:59:41	00:59:40	
1041	Henrique Almeida	00:59:42	00:59:40	
1042	Aníbal Francisco	00:59:42	00:57:24	
1043	Carla Patrícia Cardoso Quinta	00:59:44	00:58:11	
1044	Nilda Barreto	00:59:46	00:56:54	
1045	João Dias	00:59:47	00:58:27	Clube Desportivo do Grupo BES
1046	Nuno Miguel Nunes	00:59:47	00:59:40	Mirantense Futebol Clube
1047	Joaquim Nunes Pimentel	00:59:48	00:57:55	
1048	Nuno Gerales	00:59:50	00:59:03	
1049	Sónia Alexandra Brandão	00:59:51	00:59:37	
1050	Pedro Manuel Gomes Vieira	00:59:53	00:58:57	
1051	Paulo Garcia Santos Martins Barata	00:59:55	00:59:33	
1052	Nuno Miguel França	00:59:59	00:59:55	
1053	Fernando Castanheira	01:00:03	00:58:57	Gabinete de Fisioterapia no Desporto
1054	Nuno Gonçalves	01:00:03	00:58:13	



## Classificação Final

<i>Class.</i>	<i>Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
1055	Ricardo Jorge Lúcio	01:00:03	00:59:45	
1056	João Fouto Rita	01:00:04	00:59:57	Pelegas
1057	Marlene Tatiana Melicio Barros	01:00:05	00:59:04	
1058	Layan Beatrice	01:00:06	00:58:13	
1059	Ricardo Ferreira Alves	01:00:06	00:58:34	
1060	Joana Almeida	01:00:08	00:58:21	HP Amoreiras - Clube Bolinha
1061	Carlos Eduardo Moura Barbosa	01:00:09	00:58:29	
1062	Carlos Ferreira	01:00:11	00:58:26	Câmara Lisboa Clube
1063	Luís Filipe Farinha Marçal	01:00:12	00:59:03	
1064	Fábio Araújo Michelli	01:00:12	00:59:04	
1065	Rui Gonçalves	01:00:12	00:58:21	
1066	João Miguel Santos	01:00:13	01:00:01	
1067	Bruno Rafael Silva	01:00:16	00:59:42	
1068	João Pinto	01:00:16	00:59:40	Grupo São Bernardo
1069	Joao Joaquim Mendonça Pereira	01:00:19	01:00:12	
1070	Jorge Almeida Ferreira	01:00:20	01:00:09	
1071	Maria João Lopes	01:00:23	00:58:33	HP Amoreiras - Clube Bolinha
1072	Carla Laureano	01:00:23	00:58:30	HP Amoreiras - Clube Bolinha
1073	José Carlos	01:00:24	00:59:11	Editorial do Ministério da Educação
1074	Rui Miguel Ferrão Pinto Rabaça	01:00:25	00:59:08	
1075	Pedro Miguel Moreira Da Cruz Lóios	01:00:25	00:59:08	
1076	Carlos Manuel Almeida Antunes	01:00:25	00:59:09	
1077	João Carlos Ferreira	01:00:26	00:59:07	Grupo Desportivo CIMPOR
1078	Albano Da Silva Ginja	01:00:30	00:59:28	
1079	António Batista Nunes	01:00:30	00:59:28	
1080	José Abreu	01:00:32	01:00:19	Grupo Desp. Imprensa Nacional Casa da
1081	António Dias De Sousa	01:00:32	01:00:14	
1082	Tito Santos	01:00:33	00:58:35	Clube Vodafone
1083	Antonio Augusto Moura	01:00:36	01:00:01	Plumas
1084	Jose Brogueira Rodrigues	01:00:42	01:00:42	
1085	João Manuel Nunes Soares	01:00:45	01:00:40	



## Classificação Final

<b>Class.</b>	<b>Atleta</b>	<b>T. Oficial</b>	<b>T. Chip</b>	<b>Clube</b>
1086	Celma Oliveira	01:00:46	01:00:41	
1087	Andreia Barroso	01:00:47	00:58:56	
1088	Cláudio Rodrigues	01:00:47	00:58:48	Carapaus de Corrida
1089	Raul Costa	01:00:48	01:00:19	Clube Robbialac
1090	António Nascimento	01:00:49	01:00:38	Grupo Desp. Imprensa Nacional Casa da
1091	Manuel Magalhaes	01:00:49	01:00:01	Amigos para Sempre
1092	Orlando Rodrigues	01:00:51	00:59:08	multifow
1093	Susana Maria Pinto	01:00:51	01:00:39	
1094	André Felício	01:00:53	00:59:17	
1095	Iolanda Teixeira	01:00:54	00:59:41	HP Amoreiras - Clube Bolinha
1096	Luis Bouceiro	01:00:54	00:59:42	HP Amoreiras - Clube Bolinha
1097	Miguel Rio-Tinto	01:00:56	00:59:11	HP Amoreiras - Clube Bolinha
1098	José Caldeirinha	01:00:57	00:58:22	
1099	Alexandra Inácio	01:01:02	00:59:20	Clube Hermes
1100	Alessandro Almeida	01:01:03	01:00:28	Mirantense Futebol Clube
1101	José Carlos Antunes	01:01:09	00:59:38	
1102	João Artur Batista	01:01:09	00:59:37	
1103	Rita Maria Camacho Pimenta	01:01:09	01:00:47	
1104	Filipe Nuno Lopes Da Silva	01:01:09	00:58:57	
1105	Carlos Pardelha	01:01:10	01:01:01	
1106	Clara Raimundo	01:01:10	01:00:03	
1107	Vitor Manuel Rodrigues E Castro	01:01:10	01:00:20	
1108	Susana Dias	01:01:10	00:59:23	
1109	Rui Pedro Rodrigues Duarte	01:01:11	00:59:46	
1110	Maria José Dos Santos Batista	01:01:15	01:01:11	
1111	Flavio Manuel Assunção De Oliveira	01:01:15	01:01:12	
1112	Andreia Rocha	01:01:17	00:59:43	Pernas de Gafanhoto
1113	Bruno Alexandre Guerra De Oliveira	01:01:18	01:00:03	
1114	António José Guerreiro	01:01:19	00:58:55	Os Atletas
1115	João Carmo	01:01:23	01:00:16	Gabinete de Fisioterapia no Desporto
1116	Rui Manuel Guerreiro	01:01:24	00:59:01	Os Atletas



## Classificação Final

<i>Class. Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
1117 Jorge Ferreira	01:01:24	00:59:58	Editorial do Ministério da Educação
1118 Rui Tato Marinho	01:01:26	00:59:58	
1119 Pedro Ribeiro	01:01:26	01:00:20	Gabinete de Fisioterapia no Desporto
1120 Mariana Santos Lucas	01:01:26	01:00:20	
1121 Carlos Manuel Serrão Cardoso	01:01:27	00:59:55	
1122 Alberto Manuel Fernandes Nunes	01:01:28	00:58:57	
1123 António Manuel Da Conceição Cerqu	01:01:31	00:59:15	
1124 Nuno Alberto Marques Veiga	01:01:31	00:59:07	
1125 Joaquim Manuel Parreira	01:01:33	01:01:33	
1126 Pedro Vicente	01:01:34	00:59:55	
1127 Miguel Prudencio	01:01:35	00:59:34	
1128 Joaquim Leomaro	01:01:38	01:00:52	
1129 Edmundo Vieira Simoes	01:01:39	00:59:53	
1130 Isabel Bargaio	01:01:39	00:58:04	Nucleo de Atletismo Os Papagaios de Ca
1131 Julio Martins	01:01:39	01:00:21	Grupo Desportivo CIMPOR
1132 Beatriz Rute Figueiredo	01:01:40	00:59:52	
1133 Luisa Freitas	01:01:43	01:00:01	Clube Hermes
1134 Rui Gameiro	01:01:43	01:01:00	Clube Desportivo do Grupo BES
1135 Mafalda Sofia De Carvalho Gameiro	01:01:43	01:00:53	
1136 Paulo Jorge Pires Cepa	01:01:44	01:00:52	
1137 Miguel Angelo Gomes	01:01:44	01:00:37	
1138 Fernando Ferreira	01:01:46	01:01:08	
1139 Ana Patricia Carvalho	01:01:47	01:01:07	
1140 Joao Augusto Sarmiento Ribeiro De	01:01:50	01:01:41	
1141 Raquel Santos	01:01:51	01:00:21	
1142 Catarina Leal	01:01:56	01:00:57	Clube do Stress
1143 David Miguel Quinaz De Brito	01:01:56	01:00:32	
1144 Francisco Afonso	01:01:58	01:00:16	HP Amoreiras - Clube Bolinha
1145 Bruno Correia	01:01:59	01:00:29	
1146 Jorge Rica Da Silva	01:02:00	01:00:12	HP Amoreiras - Clube Bolinha
1147 Miguel Beja	01:02:00	01:00:14	HP Amoreiras - Clube Bolinha



## Classificação Final

<i>Class.</i>	<i>Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
1148	Bruno Gonzalez	01:02:00	01:00:13	HP Amoreiras - Clube Bolinha
1149	João Tomás	01:02:01	01:00:43	Clube Desportivo do Grupo BES
1150	Tania Mafalda Antunes Saraiva	01:02:01	01:00:43	
1151	António Teixeira	01:02:02	01:01:07	Wikaboo
1152	Margarida Malta	01:02:04	01:00:15	HP Amoreiras - Clube Bolinha
1153	Sofia Viana	01:02:04	01:00:16	HP Amoreiras - Clube Bolinha
1154	Nilde Dinis Pinto	01:02:06	01:00:04	
1155	José Avelino Pedreiro Garrido	01:02:07	01:00:26	
1156	Domingos Brito	01:02:08	01:00:20	HP Amoreiras - Clube Bolinha
1157	Jorge Melo	01:02:08	01:00:24	HP Amoreiras - Clube Bolinha
1158	Pedro Pinto	01:02:08	01:00:24	HP Amoreiras - Clube Bolinha
1159	Nuno Jorge Pinto Sousa	01:02:11	01:00:41	
1160	Vitor Neves	01:02:12	01:01:59	Amigos da Estrela
1161	Fernando Pereira Rodrigues	01:02:12	01:01:59	
1162	Maria Dora Jesus Duarte Rosa	01:02:15	01:01:28	
1163	Isabel M M Cruz Oliveira	01:02:16	01:01:28	
1164	Agostinho Dias	01:02:17	01:00:18	Carapaus de Corrida
1165	João Eduardo Barata Carvalho	01:02:20	01:01:30	
1166	Jaime Pardal	01:02:36	01:00:40	Carapaus de Corrida
1167	Rogério Guerreiro	01:02:38	01:00:12	Os Atletas
1168	Paulo Salgado	01:02:39	01:02:26	
1169	Leonel Costa Ferreirinha	01:02:40	01:02:21	
1170	José Vilela	01:02:46	01:02:14	Clube Robbialac
1171	Rafaela Marques Pinto	01:02:47	01:01:57	
1172	Fábio Luis Bravo Teixeira Da Silva	01:02:47	01:01:57	
1173	Fatima Fernandes	01:02:52	01:01:30	PapaLéguas Team
1174	Nuno Pinto	01:02:52	01:02:35	Clube Desportivo do Grupo BES
1175	Irina Maria Kruk	01:02:53	01:02:10	
1176	Ana Patricia Lima Da Silva	01:02:54	01:02:46	
1177	Armando Carmo	01:03:08	01:02:01	Macedo Oculista B
1178	Vitor Manuel Gonçalves Cardoso	01:03:08	01:03:01	



## Classificação Final

<b>Class.</b>	<b>Atleta</b>	<b>T. Oficial</b>	<b>T. Chip</b>	<b>Clube</b>
1179	Jorge Manuel De Oliveira Martins	01:03:10	01:02:28	
1180	António Lopes	01:03:11	01:02:32	Os Nómadas
1181	Tomás Godinho	01:03:11	01:01:52	
1182	Rui Miguel Pinto Araújo	01:03:11	01:01:02	
1183	Manuel Santos Gomes	01:03:11	01:02:35	
1184	Pedro Luís Antunes Rodrigues	01:03:14	01:02:00	
1185	Henrique Rodrigues	01:03:15	01:02:13	
1186	Mario João Santos	01:03:17	01:02:49	
1187	Miguel Garcia Dos Santos Martins Ba	01:03:20	01:02:53	
1188	Francisco Policarpo Da Silva	01:03:24	01:02:58	
1189	Carlos Cristovão	01:03:24	01:02:23	Grupo Desp. Imprensa Nacional Casa da
1190	Maria Carmo Anjos	01:03:25	01:03:13	
1191	Miguel Marques	01:03:25	01:02:58	
1192	João Francisco Dias	01:03:27	01:02:19	
1193	Marco Teixeira	01:03:28	01:01:11	Guerreiros do Rio
1194	Leonardo Farinha	01:03:31	01:01:43	
1195	José Santos	01:03:32	01:02:53	Clube ANACOM
1196	Jacinto Godinho	01:03:32	01:02:13	
1197	Vitor Manuel Antunes Martins	01:03:33	01:01:44	
1198	João Luis Távora	01:03:33	01:03:08	
1199	Sandra Catarina Vieira Jorge	01:03:33	01:01:44	
1200	Carole Jombart	01:03:34	01:01:49	
1201	José Pedro Paio	01:03:35	01:03:14	
1202	Liliana Maria Soares Carraco	01:03:42	01:01:49	
1203	David Eduardo Sousa Branco	01:03:44	01:02:13	
1204	Gerardo Atienza	01:03:46	01:02:25	
1205	Sandra Correia	01:03:46	01:02:51	
1206	Luis Januário	01:03:47	01:01:27	
1207	cesar guerra	01:03:47	01:02:24	ctjdrj
1208	Pedro Silva Vieira	01:03:48	01:02:35	
1209	Mário António Rodrigues	01:03:49	01:02:03	Gatos Fedorentos



## Classificação Final

<b>Class.</b>	<b>Atleta</b>	<b>T. Oficial</b>	<b>T. Chip</b>	<b>Clube</b>
1210	Ivone Maria Vicente Da Costa Matos	01:03:49	01:01:45	
1211	José Rodrigues	01:03:50	01:03:50	Clube Robbialac
1212	Hugo Filipe Da Silva Matos	01:03:50	01:01:45	
1213	Marco Alexandre Pinheiro Dos Santo	01:03:50	01:01:22	
1214	Gonçalo Laghans Neto Almieda	01:03:51	01:02:17	
1215	Fábio Pio Dias	01:03:53	01:03:28	
1216	Sílvia Prudêncio	01:03:53	01:01:52	
1217	Paulo José Jacob Miguel Tainha	01:03:53	01:03:46	
1218	Tiago Filipe Pinto Silva	01:03:54	01:03:29	
1219	Nuno Reis Pereira	01:03:54	01:03:29	
1220	Renato Miguel Barreiras Pereira	01:03:56	01:00:07	
1221	Luis Filipe Massas Caparica	01:03:57	01:03:30	
1222	Ana Rita Oliveira Vilela	01:03:57	01:03:31	
1223	Luis Mira	01:03:57	01:03:03	Os Paxucas
1224	Carla Alexandra Lopes	01:04:00	01:01:42	Grupo Desportivo do INE
1225	Duarte Lima	01:04:00	01:02:34	Lima SLB
1226	Dora Ralão	01:04:02	01:03:10	Cacilhas-Tejo Team
1227	Sandra Ramalho	01:04:02	01:03:10	Cacilhas-Tejo Team
1228	Simion Ceban Vasile	01:04:04	01:02:14	
1229	Rui Miguel Gonçalves Freixo	01:04:04	01:02:41	
1230	Claudia Freixo	01:04:04	01:02:41	
1231	Marcos Andre Ramos Da Silva	01:04:06	01:02:40	
1232	Carlos Manuel Campos Miranda	01:04:07	01:02:16	
1233	Jorge Manuel Barros Da Cruz Lozano	01:04:07	01:02:19	
1234	Dulce Várzea	01:04:09	01:03:16	Os Paxucas
1235	Catarina Isabel Fonseca Paulos	01:04:10	01:01:41	
1236	Nuno Abrantes	01:04:16	01:02:41	Pernas de Gafanhoto
1237	Márcia Pinho	01:04:18	01:02:31	RoadRunners
1238	David Branquinho Maximino	01:04:22	01:02:27	
1239	Nidia Silva	01:04:28	01:03:23	Ases da Parede
1240	Jacqueline Correia	01:04:28	01:02:46	





## Classificação Final

<i>Class.</i>	<i>Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
1241	David Andrade	01:04:29	01:03:12	Editorial do Ministério da Educação
1242	Palmira Mendes Rodrigues	01:04:32	01:04:26	Gatos Fedorentos
1243	Paulo Alexandre Rodrigues	01:04:33	01:02:46	Gatos Fedorentos
1244	Paulo Ascensão	01:04:41	01:03:19	Grupo Desportivo CIMPOR
1245	Cláudia Ramos	01:04:43	01:01:59	Cacilhas-Tejo Team
1246	João Raimundo	01:04:44	01:01:58	Cacilhas-Tejo Team
1247	Margarida Fonseca	01:04:44	01:03:54	Cacilhas-Tejo Team
1248	Etelvina Paulino	01:04:46	01:04:32	Grupo de Atletismo Vamos a Caminho
1249	Ana Sofia Correia Pacheco	01:04:48	01:04:28	
1250	David Freitas	01:04:49	01:02:58	ADCR PJ
1251	David Samuel De Sousa Espada	01:04:50	01:02:17	
1252	João Pedro Juzarte	01:04:51	01:02:24	
1253	Conceição Silva	01:04:51	01:04:28	
1254	Adérito Fernandes	01:04:54	01:04:42	Câmara Lisboa Clube
1255	Alexandrina Filipe	01:04:54	01:04:42	Clube Desportivo do Grupo BES
1256	Sérgio Pereira	01:04:54	01:03:44	Clube Vodafone
1257	Arsénio Facas	01:04:54	01:04:32	
1258	Jorge Gonçalves	01:04:56	01:03:50	
1259	Paula Couto	01:05:01	01:04:05	ALGINS
1260	Artur Dinis	01:05:02	01:04:05	ALGINS
1261	Ângelo Oliveira	01:05:03	01:04:09	Os Paxucas
1262	Jose A.m. Batista	01:05:03	01:04:35	
1263	Humberto Correia	01:05:06	01:02:27	Clube Autocoope
1264	Joao Caires	01:05:06	01:02:28	Clube Autocoope
1265	Ines Reis Pinto	01:05:07	01:03:36	
1266	Maria Carolina Duarte	01:05:09	01:03:49	
1267	Miguel A. Correia de Oliveira	01:05:16	01:04:25	EngenhariaLiquida
1268	Antonio Luis Tavares Da Fonseca	01:05:17	01:02:51	
1269	Jorge Manuel Mariano Oliveira Pires	01:05:20	01:02:54	
1270	António Casas Novas	01:05:22	01:04:02	
1271	Elsa Maria Mota	01:05:24	01:04:13	



## Classificação Final

<i>Class. Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
1272 Teresa Rodrigues	01:05:28	01:04:04	ctjdri
1273 José Joaquim Pires Gil	01:05:28	01:04:52	
1274 Francisco Pais	01:05:34	01:03:56	Clube ANACOM
1275 Susana Frazão	01:05:35	01:03:34	Pedro e Susana
1276 Pedro Leal	01:05:35	01:03:33	Pedro e Susana
1277 Hugo Barão	01:05:39	01:03:37	Pedro e Susana
1278 Maria Luisa Correia Lamego	01:05:39	01:03:40	
1279 Nuno Colaço Pereira David	01:05:44	01:03:45	
1280 Pedro Macedo	01:05:45	01:04:43	Prego a fundo
1281 Elsa Jessica De Luca	01:05:46	01:05:21	
1282 Luisa carvalho	01:05:48	01:03:44	Wikaboo
1283 Diogo Borges Alves Marçal	01:05:49	01:04:36	
1284 Fernando Bispo	01:05:51	01:05:48	
1285 Leonia Ceban Tudor	01:06:01	01:04:11	
1286 António Manuel Sanches	01:06:05	01:03:47	GCD FÓIOS
1287 Sérgio Silva	01:06:09	01:04:40	Editorial do Ministério da Educação
1288 Manuel dos Santos	01:06:10	01:05:18	Os Indomáveis
1289 Maria Manuela Adrega Fonseca	01:06:11	01:05:21	
1290 Vasco Duarte Mendes	01:06:11	01:04:30	
1291 Jorge Manuel Nunes Fonseca Mende	01:06:11	01:05:25	
1292 Luis Henrique Antunes Costa	01:06:14	01:04:56	
1293 Fernando Manuel Nascimento	01:06:14	01:04:33	
1294 Vasco da Silva José	01:06:16	01:03:58	GCD FÓIOS
1295 Rita De Sousa Teixeira	01:06:20	01:05:19	
1296 Gonçalo Dos Santos	01:06:21	01:05:19	
1297 Víctor Colman	01:06:21	01:05:22	Os Invencíveis V.M
1298 Maria Augusta Fernandes	01:06:22	01:05:37	Odebrecht - BPC
1299 Antonio Alves	01:06:24	01:06:14	Odebrecht - BPC
1300 Isabel Cristina Guerra	01:06:34	01:05:01	
1301 Teresa Margarida Dos Santos Lucas	01:06:35	01:04:24	
1302 Mercedes Fonseca	01:06:37	01:06:00	



## Classificação Final

<b>Class.</b>	<b>Atleta</b>	<b>T. Oficial</b>	<b>T. Chip</b>	<b>Clube</b>
1303	Carla Isabel Nunes	01:06:41	01:04:40	
1304	Pedro Murtinhal	01:06:41	01:05:43	
1305	Rui Pedro Grazina Ferreira	01:06:49	01:04:12	
1306	Paulo Pinheiro Calhau	01:06:50	01:04:25	
1307	Tânia Baptista Dias	01:06:50	01:04:25	
1308	Maria Da Conceição Tavares	01:06:57	01:05:46	
1309	Paulo de Carvalho	01:06:58	01:06:07	EngenhariaLiquida
1310	Manuel Coelho	01:07:02	01:04:29	
1311	Luis Manuel Bicho Policarpo	01:07:05	01:05:38	
1312	Sandra Mencucci	01:07:07	01:05:24	
1313	Ana Patricia Trindade	01:07:14	01:07:04	
1314	Carlos Morais	01:07:14	01:07:05	
1315	Rui Vasco Correia	01:07:17	01:05:13	
1316	Pedro Moreira	01:07:17	01:06:40	Sociedade Musical Ordem Progresso
1317	Jorge Lima	01:07:29	01:06:03	Lima SLB
1318	Cassiano Pacheco Da Cunha	01:07:31	01:05:05	
1319	Paulo César Da Cunha	01:07:31	01:05:05	
1320	Inês A. Pereira	01:07:32	01:05:52	
1321	Ana Guimarães	01:07:32	01:05:52	
1322	Graça Maria Matias Dos Santos	01:07:34	01:06:48	
1323	Daniel Ricardo Baptista	01:07:36	01:06:08	
1324	Laurentino Santos	01:07:44	01:05:55	Sociedade Musical Ordem Progresso
1325	Mario Jorge Rodrigues Garcia	01:07:47	01:05:29	
1326	Manuel Luiz H M Afonso	01:07:50	01:06:47	
1327	Germano Louro	01:07:51	01:06:55	
1328	Miguel Campos	01:07:54	01:06:41	HP Amoreiras - Clube Bolinha
1329	Paulo Jorge Pinheiro Da Pedreira	01:07:57	01:07:49	
1330	Carlos Andrade	01:07:58	01:07:15	Grupo Desp. Chelas
1331	Antonio Valente	01:07:58	01:07:16	Grupo Desp. Chelas
1332	João Freire	01:08:02	01:07:25	Grupo Desportivo CIMPOR
1333	Cesar David Sá	01:08:04	01:06:56	



## Classificação Final

<b>Class.</b>	<b>Atleta</b>	<b>T. Oficial</b>	<b>T. Chip</b>	<b>Clube</b>
1334	Luis Manuel Santos Mendonca	01:08:08	01:06:10	
1335	João Afonso Tomàs Fernandes	01:08:10	01:06:36	
1336	Sara Filipa Borges Lopes	01:08:11	01:06:03	
1337	Antonio Ramos Silva	01:08:12	01:06:47	
1338	Pedro Miguel Carvalheira	01:08:22	01:05:58	
1339	Rosaria Da Conceição A. Correia Pac	01:08:22	01:08:11	
1340	Sónia Santos	01:08:28	01:07:42	Sócio...estamos concentradíssimos a corr
1341	Gonçalo Silva	01:08:29	01:05:53	
1342	Orlando Jorge Fonseca Gonçalves	01:08:30	01:07:18	
1343	Maria Goretteh Alfaia	01:08:34	01:07:32	
1344	Noemy Ely	01:08:35	01:06:18	Cacilhas-Tejo Team
1345	Elizabeth Gomes da Lage	01:08:45	01:04:25	
1346	Daniel Filipe Barros Martins	01:08:45	01:04:25	
1347	Tiago José Domingues Martins	01:08:45	01:07:53	Sócio...estamos concentradíssimos a corr
1348	Maria João Sousa	01:08:48	01:07:54	
1349	André Valente	01:08:58	01:08:58	
1350	Natalia Lopes	01:09:01	01:08:54	
1351	Maria Helena Martins	01:09:08	01:08:14	
1352	Rui Miguel Cardim Salgado Marques	01:09:10	01:07:44	
1353	Adelino Castro	01:09:14	01:08:35	Os Nómadas
1354	Anselmo Silva	01:09:15	01:07:08	Os Resistentes
1355	Shabir Najmudin	01:09:17	01:06:41	The Mixed Bunch
1356	António Carvalho Fernandes Do Vale	01:09:27	01:07:12	
1357	Carla Rodrigues De Pina	01:09:28	01:06:37	
1358	Carlos Alberto Vieira Pedro	01:09:29	01:09:20	
1359	Mónica Paredes	01:09:32	01:07:28	Wikaboo
1360	Vasco Fernandes	01:09:33	01:07:29	Wikaboo
1361	Nuno Filipe Guerreiro Moreira	01:09:37	01:07:12	
1362	Tiago Jorge Gomes Martins	01:09:37	01:07:13	
1363	José Lourenço Cunha	01:09:40	01:08:41	Cacilhas-Tejo Team
1364	Orlando Perreira	01:09:43	01:08:44	Os Invencíveis V.M



## *Classificação Final*

<i>Class. Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
1365 Natalia Catela	01:09:43	01:08:52	Os Invencíveis V.M
1366 Natalia Pinto	01:09:45	01:09:14	
1367 Cristiana Teles Gonçalves	01:09:48	01:08:05	
1368 Miguel Alves Martins	01:09:48	01:08:05	
1369 Maria De Fatima Tavares Silvestre S	01:09:54	01:08:11	
1370 Beatriz Cracel	01:09:56	01:09:50	
1371 João Serra	01:10:05	01:09:10	Amigos para Sempre
1372 Afonso Carboila	01:10:06	01:10:06	
1373 Miguel Pina Pereira Xavier	01:10:06	01:10:06	
1374 Jose Martins	01:10:09	01:08:44	ctjdr
1375 Maria Hortense Correia	01:10:10	01:09:21	
1376 Laurinda Ferreira	01:10:10	01:09:22	
1377 Vanessa Silva	01:10:10	01:08:46	Gabinete de Fisioterapia no Desporto
1378 Fatima Loureiro	01:10:11	01:08:45	
1379 Luis Romaneiro	01:10:11	01:08:46	
1380 Joao Gomes	01:10:19	01:09:15	JG Seguros
1381 Susana Fernandes	01:10:19	01:08:59	
1382 Orlando Nascimento	01:10:26	01:10:00	
1383 António De Sousa Ferreira	01:10:33	01:08:35	
1384 Helena Cristina Martins Pereira Da P	01:10:33	01:10:24	
1385 Gonçalo Jorge Lopes Domingues	01:10:40	01:09:12	
1386 Joao Graça	01:10:41	01:09:28	Clube Autocoope
1387 Marta Sofia Guedes	01:10:41	01:09:12	
1388 Maria Inês Marques	01:10:43	01:10:05	
1389 André Martins	01:10:43	01:10:04	
1390 Ricardo Figueira	01:10:44	01:09:51	Bom Petisco
1391 Filipe Carioca	01:10:46	01:10:42	
1392 Mário Da Silva Santos	01:10:52	01:10:41	
1393 Pedro Miguel Ribeiro Gaspar	01:10:52	01:10:52	
1394 Elisabete Souto	01:10:55	01:09:21	
1395 Mónica Guerreiro	01:11:00	01:09:34	



## Classificação Final

<i>Class.</i>	<i>Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
1396	Gonçalo Tavares Pimenta	01:11:17	01:09:13	
1397	Hugo Miguel Ferreira Almeida	01:11:17	01:09:15	
1398	Sónia Marisa Ferreira Diogo	01:11:18	01:09:15	
1399	José Manuel Borges Carvalho	01:11:21	01:09:35	
1400	Gisela Carvalho	01:11:24	01:09:44	HP Amoreiras - Clube Bolinha
1401	Francisco Carvalho	01:11:25	01:09:44	HP Amoreiras - Clube Bolinha
1402	Joaquim Furtado	01:11:37	01:10:32	
1403	Pedro Sergio Santos Junior	01:11:37	01:09:16	
1404	Sérgio Alexandre Antunes Mendes	01:11:39	01:10:23	
1405	Luis Filipe Godinho	01:11:44	01:09:50	
1406	Carlos Manuel Antunes De Sousa	01:11:56	01:11:51	
1407	Maria Gabriela Correia Gonçalves Ma	01:11:59	01:10:22	CNO Anselmo de Andrade
1408	Paulo Alexandre Capela	01:11:59	01:11:25	
1409	Ana Luísa Rodrigues Guilhas	01:11:59	01:10:24	CNO Anselmo de Andrade
1410	Maria Bárbara Côrte-Real Ribeiro Alv	01:11:59	01:10:23	CNO Anselmo de Andrade
1411	José Pais	01:12:00	01:08:53	Cacilhas-Tejo Team
1412	Filipe Guerra	01:12:04	01:09:41	
1413	Ricardo João Castro Sá	01:12:04	01:11:04	
1414	Inês Gama Franco	01:12:04	01:11:05	
1415	Carlos Uria	01:12:07	01:09:31	Nucleo de Atletismo Os Papagaios de Ca
1416	Joaquim de Almeida	01:12:07	01:09:53	abc do caçem
1417	Ana Rita Brito	01:12:11	01:12:11	
1418	Sofia Cordeiro Nunes Duarte	01:12:13	01:11:30	
1419	Joaquim Parreira Da Silva	01:12:17	01:10:00	
1420	Maria Joana Sobral	01:12:17	01:11:40	
1421	Pedro Miguel Pereira Da Silva	01:12:17	01:10:01	
1422	Dagmar Baptista	01:12:23	01:11:13	
1423	Pedro Furtado	01:12:31	01:10:09	GCD FÓIOS
1424	José Henriques Tavares	01:12:31	01:10:14	GCD FÓIOS
1425	Maria Madalena Soares Ribas De So	01:13:04	01:11:43	
1426	Susana Monteiro	01:13:04	01:12:36	



## Classificação Final

<i>Class.</i>	<i>Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
1427	Antonio Manuel Reis	01:13:13	01:11:33	
1428	Paula Cristina Cunha Almeida	01:13:13	01:11:33	
1429	Nuno Figueiredo	01:13:22	01:12:34	
1430	Juvenal Monteiro	01:13:40	01:12:19	Grupo Desportivo CIMPOR
1431	Pedro Siza Vieira	01:13:40	01:11:41	
1432	António José Dos Santos Espada	01:13:41	01:11:24	
1433	Luís Manuel Eduardo	01:13:41	01:11:07	
1434	Helena Silva	01:13:41	01:12:19	Grupo Desportivo CIMPOR
1435	Nelson Dinis Espada Gomes	01:13:41	01:11:07	
1436	Hugo Manuel Jesus Gaspar Carvalho	01:13:59	01:13:50	
1437	Vitor Duarte	01:14:00	01:13:47	Amigos da Estrela
1438	João Figueira	01:14:03	01:11:33	
1439	Teresa Serra	01:14:05	01:12:53	4@fundo
1440	Marina Rute Lopes Gomes Salvador	01:14:08	01:12:54	
1441	Liliana Saraiva Gabriel Gomes	01:14:09	01:13:49	
1442	Manuel Gomes	01:14:10	01:11:47	GRD Ribeira da Lage
1443	Carlos Pinto Abreu	01:14:12	01:12:08	Clube do Stress
1444	Paulo Ricardo Henriques Ferreira	01:14:19	01:11:41	
1445	Antonio Manuel Nunes Balsa	01:14:19	01:11:43	
1446	Fernanda Ribeiro	01:14:25	01:14:14	
1447	Silvia Maria Fernandes Domingos Sa	01:14:25	01:13:29	
1448	Tiago Nuno Dos Santos Bordalo E Sá	01:14:29	01:14:03	
1449	Joao Carlos Silva	01:14:39	01:14:34	
1450	Marta Charraz Martins	01:14:40	01:13:51	
1451	Olga Rodrigues Ribeiro	01:14:40	01:14:26	
1452	Margarida Pardal	01:14:40	01:12:45	Carapaus de Corrida
1453	Hugo Miguel Esteves Rego	01:14:51	01:12:13	
1454	Anabela Santos	01:14:51	01:12:13	
1455	Manuel Orlando Pereira Gonçalves	01:14:52	01:13:42	
1456	João Teixeira	01:15:04	01:13:36	
1457	Rui Manuel Araújo Cleto	01:15:13	01:14:11	



## Classificação Final

<i>Class.</i>	<i>Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
1458	João Luís Figueiredo Correia	01:15:23	01:13:29	
1459	Ana Cristina Santos	01:15:25	01:14:59	
1460	Carlos Catela	01:15:28	01:14:31	Os Invencíveis V.M
1461	Nuno Miguel Costa Santos	01:15:41	01:14:52	
1462	Carlos Bandeijas	01:15:45	01:13:33	JG Seguros
1463	Rita Abreu Lima	01:15:45	01:13:07	
1464	Joaquim António da Silva Gomes Ba	01:16:04	01:14:25	
1465	Carlos Vieira	01:16:09	01:15:25	
1466	Elsa Sofia Morais Almeida Santos	01:16:18	01:14:02	
1467	Jorge Costa	01:16:18	01:14:50	Grupo Desportivo CIMPOR
1468	Lucinda Lopes Henriques	01:16:27	01:15:54	
1469	Carlos Tavares Lopes	01:16:31	01:14:01	
1470	Ângela Fernandes	01:16:39	01:15:01	
1471	Liliana Crespo Henriques	01:16:41	01:14:26	
1472	Ana Dionisio	01:17:23	01:15:36	multifow
1473	Fatima Rute Barbeiro Branco	01:17:25	01:15:48	
1474	Ana Alberto Santos	01:17:59	01:16:08	
1475	Luís António Jorge Nabais	01:18:11	01:17:07	
1476	José Luis Fernandes Esteves	01:18:18	01:17:54	
1477	Filipe Carvalho	01:18:35	01:18:35	Mirantense Futebol Clube
1478	Américo Pereira	01:18:52	01:18:01	Alva e companhia
1479	Edgar S Martins	01:19:17	01:17:23	
1480	Maria João Bettencourt Coelho	01:19:20	01:19:14	
1481	Emília Teodolinda Rosa Da Silva Reis	01:19:50	01:19:25	
1482	Bruno Vicente	01:19:51	01:19:01	Sócio...estamos concentradíssimos a corr
1483	André Filipe Domingues Sequeira	01:19:52	01:18:17	CNO Anselmo de Andrade
1484	Ana Filipa Pinto Ruas	01:19:53	01:18:16	CNO Anselmo de Andrade
1485	Fock Yiot Wan Chiu	01:20:09	01:17:57	
1486	Jose Eduardo Gaspar Arruda	01:20:09	01:17:56	
1487	Luís Miguel Dias Duarte	01:20:18	01:19:07	
1488	Florinda Fernandes Pereira	01:20:30	01:15:50	





## Classificação Final

<i>Class. Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
1489 Natália Moreno Lima	01:20:30	01:15:49	
1490 Luis Miguel Nova	01:20:52	01:19:44	Alva e companhia
1491 Virginia Antunes	01:20:56	01:20:56	
1492 Ana Maria Pereira	01:21:12	01:19:02	
1493 Marco António Marques Amaral	01:21:21	01:19:56	
1494 Catarina Neves	01:21:22	01:20:50	
1495 Fatima Oliveira	01:21:23	01:20:16	JG Seguros
1496 Nuno Fernandes	01:21:23	01:20:16	JG Seguros
1497 Sandra Cristina Travassos Silva	01:21:42	01:20:00	
1498 Luis Miguel Pragana Cleto	01:22:11	01:21:08	
1499 Catarina Alexandra Dos Santos Clet	01:22:11	01:21:09	
1500 Mario Almeida	01:22:17	01:21:26	
1501 Maria Teresa Lopes De Oliveira	01:22:21	01:21:33	
1502 Ana Isabel Pereira Henriques Coelho	01:22:27	01:22:24	
1503 David Barata	01:22:45	01:21:20	ctjdri
1504 Wilson Govindji	01:23:32	01:22:20	
1505 Ana Isabel Lourenço Pascoal	01:23:44	01:21:35	
1506 Lucian Radu Soisso	01:23:48	01:21:38	
1507 Sara Patrícia Janela	01:24:02	01:22:38	
1508 João Miguel Antunes Alves	01:24:05	01:22:40	
1509 Manuel João Barbosa	01:24:08	01:22:28	
1510 Ana Sofia Graça	01:24:22	01:22:08	
1511 Renato Matias Da Silva	01:24:22	01:22:08	
1512 Marta Almeida	01:24:53	01:24:53	
1513 Ana Cristina Dos Santos Cleto	01:24:54	01:23:51	
1514 Vitor Candeias	01:25:12	01:21:47	bolotaobra atletismo
1515 Pedro Cachaldora	01:25:18	01:23:09	
1516 Carlos Jorge Gonçalves Dias	01:25:18	01:23:04	
1517 Nuno Miguel Silva	01:25:19	01:25:13	
1518 Joana Maria Da Silva Mendes Pedros	01:25:49	01:24:17	
1519 José Figueiredo	01:25:59	01:25:53	



## Classificação Final

<i>Class.</i>	<i>Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
1520	M <sup>a</sup> Carolina Cabral	01:26:05	01:25:15	
1521	Guiomar Fernanda Da Costa Rua	01:26:13	01:24:47	
1522	Manuel Ferreira	01:26:54	01:26:06	
1523	Tania Zaragoza Silva	01:27:17	01:24:54	
1524	Joana Maurício	01:27:17	01:24:54	
1525	Sérgio Amaral	01:27:25	01:25:25	
1526	Antonio Marcos Santos Massano	01:27:42	01:26:46	
1527	Filipe Alexandre Pragana Cleto	01:27:43	01:26:40	
1528	Andreia Simões	01:27:57	01:25:33	Finiform
1529	José Freixo	01:28:01	01:25:33	Finiform
1530	Isabel Santos	01:28:08	01:27:06	
1531	Rui Moreira Santos	01:28:09	01:27:08	
1532	Diana Fernandes	01:28:30	01:28:18	Odebrecht - BPC
1533	Eduardo Jorge Ferreira Lopes	01:29:23	01:26:58	
1534	Mónica Roxo Rosa	01:31:16	01:29:05	
1535	Susana Isabel Ribeiro David	01:32:52	01:32:52	
1536	Sónia Oliveira Dantas	01:32:53	01:31:21	
1537	Catarina Catela	01:33:05	01:32:12	Os Invencíveis V.M
1538	Helena Borges	01:33:05	01:32:14	Os Invencíveis V.M
1539	Maria da Luz Silva	01:33:55	01:33:06	Alva e companhia
1540	Cláudia Sofia Ramos	01:33:55	01:33:05	Alva e companhia
1541	Alzira Maria Costa	01:34:26	01:33:36	Alva e companhia
1542	Inacio Goncalves	01:34:26	01:34:26	
1543	Lucília Pereira Moras	01:35:03	01:34:13	Alva e companhia
1544	Ana Virgínia Henriques Dos Santos	01:35:05	01:32:37	
1545	Fernando Manuel M M Lemos	01:35:05	01:32:37	
1546	Maria de Lurdes Bento	01:36:55	01:35:59	Friends Walk
1547	Nuno de Oliveira	01:38:08	01:35:46	Finiform
1548	Ana Mercedes Duarte	01:38:08	01:35:46	Finiform
1549	Guilherme Palmeiro Portela Martins	01:38:09	01:38:09	
1550	Luisa Santos	01:38:36	01:37:49	Tri_Massamá



## Classificação Final

<i>Class.</i>	<i>Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
1551	Manuel Batista Ramos	01:39:26	01:38:20	Alva e companhia
1552	Maria Vieira Ramos	01:39:26	01:38:20	Alva e companhia
1553	Isabel Maria Martins	01:39:37	01:38:30	Alva e companhia
1554	Sandra Horta Nova	01:39:42	01:38:35	Alva e companhia
1555	João Pedro Valado Rodrigues	01:39:49	01:37:40	
1556	Luis Filipe Dias	01:39:49	01:37:34	
1557	António Martins	01:40:17	01:38:39	Câmara Lisboa Clube
1558	António Delfino	01:40:22	01:39:14	Tri_Massamá
1559	Paula Filomena Xavier	01:40:22	01:39:35	Tri_Massamá
1560	Hussna Alibhai	01:40:23	01:39:35	Tri_Massamá
1561	Joana Dos Santos Tiago	01:40:38	01:39:27	
1562	Luis Fernando Lopes Álvaro	01:40:50	01:38:27	
1563	Cristina Fernandes	01:42:48	01:40:07	Cacilhas-Tejo Team
1564	Edmilson Rodrigues Silva	01:42:51	01:40:33	
1565	Hugo Alexandre Dinis Tomé	01:42:52	01:40:35	
1566	Carlos Pinto	01:42:53	01:40:07	Cacilhas-Tejo Team
1567	Diana Magalhães	01:44:54	01:43:13	
1568	Alda Magalhães	01:44:55	01:43:13	
1569	Ana Isabel Rodrigues Fonseca	01:45:04	01:43:02	
1570	Catarina Isabel Monteiro Ribeiro	01:45:04	01:43:03	
1571	Ana Luisa Ribeiros	01:45:14	01:42:51	Finiform
1572	Verónica Prado	01:45:14	01:42:51	Finiform
1573	Augusto Martinho Rodrigues Dias	01:45:32	01:45:17	Nós somos nós!
1574	Ana Maria Batista	01:45:33	01:45:18	Nós somos nós!
1575	Liliana Rodrigues Dos Santos Dias	01:45:33	01:45:17	Nós somos nós!
1576	Rafael Pinheiro Moreira	01:48:02	01:45:47	
1577	Joana Magda Alves De Macedo	01:48:07	01:45:52	
1578	Telmo Branco Tomé	01:49:25	01:46:50	
1579	Tânia Bernardo	01:49:26	01:46:50	
1580	Maria Judite Costa Ferreira	01:49:27	01:47:15	
1581	Ana Daniel	01:49:48	01:48:47	Friends Walk



## *Classificação Final*

<i>Class. Atleta</i>	<i>T. Oficial</i>	<i>T. Chip</i>	<i>Clube</i>
1582 Débora Vanigli	01:49:48	01:48:48	Friends Walk
1583 Ana Paula Rodrigues	01:49:54	01:48:47	Alva e companhia
1584 Goretti Manuela Ramos	01:49:54	01:48:48	Alva e companhia
1585 Maria da Conceição Rodrigues	01:50:00	01:48:53	Alva e companhia
1586 Filomena Almeida	01:50:16	01:48:16	Clube do pau
1587 Patrícia Carvalho	01:50:17	01:48:16	Clube do pau
1588 David Carmo	01:50:17	01:48:16	Clube do pau
1589 Rosa Pereira	01:50:17	01:48:18	Clube do pau
1590 Natalia Maria Silva Fernandes	01:50:20	01:47:57	Cabrizrun
1591 Paula Alexandra Matos Silva	01:50:20	01:47:57	Cabrizrun
1592 Tiago Alexandre Rodrigues Dias	01:50:32	01:46:49	Nós somos nós!
1593 Joana Filipa Monteiro Dos Reis	01:50:32	01:46:50	Nós somos nós!
1594 Ana Catarina Ferrão Reis	01:50:33	01:46:50	Nós somos nós!
1595 Margarida Pereira	01:50:57	01:49:16	
1596 Sara Guerreiro	01:50:57	01:49:16	
1597 Elisabete Dias	01:51:01	01:50:01	Friends Walk
1598 Maria Bértolo	01:51:05	01:50:07	Friends Walk
1599 Ana Paula Santos	01:51:05	01:50:06	Friends Walk
1600 Deolinda Neves	01:51:45	01:50:34	Cacilhas-Tejo Team
1601 Helia Cristina Branco Tomé	01:52:33	01:49:56	
1602 Diamantino José Teixeira	01:52:57	01:52:57	
1603 Ausenda Teixeira	01:52:59	01:52:59	
1604 Pedro Miguel Figueiredo Dos Santos	01:53:18	01:53:00	
1605 Ana Sofia Bastinho Arnaldo	01:53:19	01:53:02	
1606 Graciela De Sousa Figueiredo Dos S	01:53:20	01:53:02	
1607 Patricia Bastinho Arnaldo Dos Santo	01:53:21	01:53:04	