

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1	Rui PINTO	3	M	00:31:11	00:31:09	03:07	00:15:40	SL BENFICA
2	João SILVA	4	M	00:31:15	00:31:13	03:08	00:15:40	SPORTING CP
3	João VIEIRA	15110	M	00:31:19	00:31:17	03:08	00:15:41	Gabinete de Fisioterapia no Desporto
4	Antonio SOUSA	15	M	00:31:57	00:31:54	03:12	00:15:39	GARMIN COO
5	Bruno PAIXÃO	2303	M	00:32:02	00:32:01	03:13	00:15:37	ACP - Atletismo Clube de Portalegre
6	Ricardo FIGUEIREDO	3535	M	00:32:16	00:32:14	03:14	00:16:00	CENTRO ATLETISMO SEIA
7	Samuel BARATA	3553	M	00:32:30	00:32:27	03:15	00:15:59	SL BENFICA
8	Rui SILVA	2	M	00:32:31	00:32:29	03:15	00:15:40	SPORTING CP
9	Bruno FRAGA	15112	M	00:32:52	00:32:50	03:17	00:16:00	Gabinete de Fisioterapia no Desporto
10	Miguel MOREIRA	3527	M	00:32:55	00:32:52	03:18	00:15:47	SL BENFICA
11	João MARQUES	15111	M	00:32:58	00:32:56	03:18	00:16:02	Gabinete de Fisioterapia no Desporto
12	Bruno CARDOSO	15169	M	00:33:05	00:33:03	03:19	00:16:03	Gabinete de Fisioterapia no Desporto
13	Emanuel ROLIM	10573	M	00:33:10	00:33:07	03:19	00:16:09	SL BENFICA
14	Luis LIMA	1761	M	00:33:13	00:33:11	03:20	00:16:20	NUCLEOEIRAS/SPORTZONE
15	Hernani SANTOS	1797	M	00:33:43	00:33:40	03:22	00:16:20	NUCLEOEIRAS/SPORTZONE
16	Miguel SANTOS	1744	M	00:33:43	00:33:40	03:22	00:16:19	NUCLEOEIRAS/SPORTZONE
17	Paulo GALEGO	2315	M	00:33:49	00:33:47	03:23	00:16:33	ACP - Atletismo Clube de Portalegre
18	Pedro CONCEIÇÃO	2633	M	00:33:51	00:33:49	03:23	00:16:33	GARMIN COO
19	Artur SANTIAGO	1837	M	00:33:55	00:33:53	03:24	00:16:33	NUCLEOEIRAS/SPORTZONE
20	Nuno CARDOSO	1881	M	00:33:58	00:33:56	03:24	00:16:33	NUCLEOEIRAS/SPORTZONE
21	David FERNANDES	1914	M	00:33:59	00:33:59	03:24	00:16:52	Grupo Desportivo Joanelhas de Leião
22	Ricardo VALE	2652	M	00:33:59	00:33:57	03:24	00:16:49	
23	Eugénio NETO	15108	M	00:34:03	00:34:01	03:25	00:16:43	Gabinete de Fisioterapia no Desporto
24	Marco MELLO	303	M	00:34:05	00:34:03	03:25	00:16:43	Associação de Moradores de Atibá
25	Jessica AUGUSTO	1	F	00:34:12	00:34:11	03:26	00:16:50	NIKE
26	Luis FERNANDES	1957	M	00:34:13	00:34:07	03:25	00:16:45	Maratona Clube de Portugal
27	Luis GINJA	15109	M	00:34:13	00:34:09	03:25	00:16:48	Gabinete de Fisioterapia no Desporto
28	Luis BORGES	27	M	00:34:19	00:34:17	03:26	00:16:52	SL BENFICA
29	João CALDEIRA	15152	M	00:34:27	00:34:25	03:27	00:17:06	Linda-a-Pastora Sporting Clube
30	Luís ALLEN	15006	M	00:34:30	00:34:28	03:27	00:17:06	C. R. Leões de Porto Salvo
31	Paulo ROLA	2826	M	00:34:31	00:34:29	03:27	00:17:07	Núcleo de Atletismo Zona Abçboda
32	Armando MONTEIRO	15297	M	00:34:35	00:34:32	03:28	00:17:05	
33	José MOREIRA	2563	M	00:34:44	00:34:42	03:29	00:17:07	GARMIN COO
34	João SANTOS	1829	M	00:34:46	00:34:40	03:28	00:17:03	NUCLEOEIRAS/SPORTZONE

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
35	Paulo FRANCO	3558	M	00:34:47	00:34:40	03:28	00:17:01	
36	José ANTUNES	15104	M	00:34:54	00:34:52	03:30	00:17:07	Gabinete de Fisioterapia no Desporto
37	Alexandre SOARES	15002	M	00:34:54	00:34:51	03:30	00:17:06	C. R. Leões de Porto Salvo
38	Rui DUARTE	1845	M	00:34:57	00:34:56	03:30	00:17:08	NUCLEOEIRAS/SPORTZONE
39	Mário CASSACA	2645	M	00:34:58	00:34:56	03:30	00:17:08	GARMIN COO
40	Luis RAÇÕES	1742	M	00:35:07	00:35:05	03:31	00:16:24	NUCLEOEIRAS/SPORTZONE
41	José INÁCIO	15106	M	00:35:09	00:35:06	03:31	00:17:07	Gabinete de Fisioterapia no Desporto
42	Angelo GUERRA	1876	M	00:35:11	00:35:05	03:31	00:17:38	Maratona Clube de Portugal
43	Pedro ARSÉNIO	15238	M	00:35:11	00:35:06	03:31	00:17:20	Amigos Vale do Silêncio
44	Vasco PESSOA	3238	M	00:35:15	00:35:13	03:32	00:16:50	
45	João FERREIRA	2551	M	00:35:16	00:35:12	03:32	00:17:23	GARMIN COO
46	Carlos ALPOIM	3762	M	00:35:25	00:35:17	03:32	00:17:28	
47	João FIGUEIREDO	3534	M	00:35:26	00:35:18	03:32	00:16:56	
48	José SANTOS	25	M	00:35:27	00:35:25	03:33	00:17:06	SL BENFICA
49	Marco TAVARES	2038	M	00:35:31	00:35:23	03:33	00:17:28	Grupo Desportivo Santander Totta
50	Carlos REIS	73	M	00:35:34	00:35:30	03:33	00:17:40	
51	Hugo GONÇALVES	15005	M	00:35:36	00:35:33	03:34	00:17:36	C. R. Leões de Porto Salvo
52	Benek MORAIS	1846	M	00:35:38	00:35:29	03:33	00:17:25	NUCLEOEIRAS/SPORTZONE
53	José HEITOR	304	M	00:35:38	00:35:34	03:34	00:17:17	Associação de Moradores de Atibá
54	Jorge REIS	2271	M	00:35:39	00:35:36	03:34	00:17:41	G.R.D. Os Fixes
55	Hleder GROSSO	15004	M	00:35:41	00:35:36	03:34	00:17:22	C. R. Leões de Porto Salvo
56	António MANETA	15003	M	00:35:42	00:35:40	03:34	00:17:19	C. R. Leões de Porto Salvo
57	João BRITO	2180	M	00:35:43	00:35:35	03:34	00:17:36	Associação de Moradores de Atibá
58	Filipe JANUÁRIO	3569	M	00:35:44	00:35:33	03:34	00:17:39	
59	David NOGUEIRA	2048	M	00:35:46	00:35:40	03:34	00:17:37	Maratona Clube de Portugal
60	Pedro MONTEIRO	6644	M	00:35:47	00:35:47	03:35		Valejas Atletico Clube
61	Álvaro COSTA	1859	M	00:35:51	00:35:49	03:35	00:17:42	Maratona Clube de Portugal
62	Ricardo PEREIRA	15001	M	00:35:52	00:35:49	03:35	00:17:25	C. R. Leões de Porto Salvo
63	Pedro GIL	15107	M	00:35:54	00:35:52	03:36	00:17:41	Gabinete de Fisioterapia no Desporto
64	Paulo MARTINS	1804	M	00:36:03	00:35:56	03:36	00:17:29	NUCLEOEIRAS/SPORTZONE
65	Vitor LIMA	1864	M	00:36:03	00:36:00	03:36	00:17:36	NUCLEOEIRAS/SPORTZONE
66	Marco FERNANDES	1771	M	00:36:07	00:35:58	03:36	00:17:52	NUCLEOEIRAS/SPORTZONE
67	Tiago Cantante RODRIGUES	3022	M	00:36:08	00:35:59	03:36	00:17:24	
68	João BERTOLO	1855	M	00:36:12	00:36:06	03:37	00:17:22	NUCLEOEIRAS/SPORTZONE

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
69	Joaquim NEVES FREITAS	2487	M	00:36:13	00:36:09	03:37	00:17:33	Bombeiros Voluntarios de Montemor-o-Novo
70	Rui OLIVEIRA	1873	M	00:36:13	00:36:04	03:37	00:18:07	Açoreana clube Banif
71	Andre Oliveira Dos Santos ANDRE SANTOS	479	M	00:36:16	00:36:01	03:37	00:17:46	
72	Rui RODRIGUES	1760	M	00:36:20	00:36:05	03:37	00:17:40	NUCLEOEIRAS/SPORTZONE
73	Paulo RAMOS	2443	M	00:36:21	00:36:18	03:38	00:18:13	
74	João FONTAINHA	1858	M	00:36:22	00:36:12	03:38	00:18:06	Maratona Clube de Portugal
75	Francisco CLAUDINO	1956	M	00:36:22	00:36:22	03:39	00:18:16	Maratona Clube de Portugal
76	Filipe AZEVEDO	4619	M	00:36:26	00:36:12	03:38	00:17:59	
77	Paulo Alexandre LIZ DAMÁSIO CANTANTE	8634	M	00:36:26	00:36:26	03:39	00:17:58	
78	Salvador MOURÃO	6291	M	00:36:30	00:36:27	03:39	00:17:59	
79	Paulo MOREIRA	15103	M	00:36:35	00:36:33	03:40	00:17:37	Gabinete de Fisioterapia no Desporto
80	Luis OLIVEIRA	3533	M	00:36:40	00:36:26	03:39	00:18:00	
81	João ANTÓNIO	2860	M	00:36:41	00:36:32	03:40	00:17:54	Clube Desportivo e Cultural da Nave
82	Ricardo OLIVEIRA	4756	M	00:36:42	00:36:23	03:39	00:18:04	
83	Marco GRILEIRO	15210	M	00:36:49	00:36:15	03:38	00:18:00	Amigos do Atletismo de Mafra
84	Iulian CAPCELEA	15030	M	00:36:50	00:36:44	03:41	00:18:12	Linda-a-Pastora Sporting Clube
85	Valéria FREITAS	5086	M	00:36:50	00:36:50	03:41		Valejas Atletico Clube
86	Nuno FELICIO	15245	M	00:36:51	00:36:47	03:41	00:18:16	Associação de Moradores de Atibá
87	Diogo MORGADO	15026	M	00:36:51	00:36:41	03:41	00:17:42	Linda-a-Pastora Sporting Clube
88	José Manuel Carvalho LOPES	11154	M	00:36:51	00:36:46	03:41	00:18:15	
89	Rui RODRIGUES	2220	M	00:36:51	00:36:48	03:41	00:18:17	Associação de Moradores de Atibá
90	Ernesto José FERREIRA	15113	M	00:36:52	00:36:50	03:41	00:18:06	Gabinete de Fisioterapia no Desporto
91	João Eduardo AFONSO	15332	M	00:36:53	00:36:40	03:40	00:18:10	
92	Sandra TEIXEIRA	16	F	00:36:55	00:36:53	03:42	00:18:25	SPORTING CP
93	Luis PINTO	7	M	00:36:55	00:36:53	03:42	00:18:24	SPORTING CP
94	Carlos GOMES	1682	M	00:36:57	00:36:48	03:41	00:18:19	NUCLEOEIRAS/SPORTZONE
95	Luis CATARINO	2557	M	00:36:57	00:36:07	03:37	00:17:58	
96	Alexandre NUNES	2185	M	00:37:00	00:36:52	03:42	00:18:20	NUCLEOEIRAS/SPORTZONE
97	Luis SANTOS	15027	M	00:37:01	00:36:54	03:42	00:18:11	Linda-a-Pastora Sporting Clube
98	Hugo GONÇALVES	15099	M	00:37:01	00:36:59	03:42	00:18:11	Gabinete de Fisioterapia no Desporto
99	João Carlos PARDAL GONÇALVES MARQUES	4161	M	00:37:03	00:36:59	03:42	00:18:00	
100	Rildo COSTA	1917	M	00:37:04	00:36:58	03:42	00:18:27	Grupo Desportivo Joaninhas de Leião
101	Rui CAMPOS	2626	M	00:37:04	00:37:01	03:43	00:18:01	GARMIN COO
102	Paulo ALBINO	1907	M	00:37:05	00:36:55	03:42	00:17:57	Grupo Desportivo Joaninhas de Leião

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
103	João Daniel FERREIRA	5195	M	00:37:05	00:37:02	03:43	00:18:12	Grupo Desportivo Joaninhas de Leião
104	Oswaldo FREITAS	15348	M	00:37:07	00:37:07	03:43	00:19:08	Clube de Natação de Rio Maior
105	Humberto VIAIS	3405	M	00:37:07	00:37:02	03:43	00:18:15	
106	António SILVESTRE	6851	M	00:37:09	00:37:01	03:43	00:18:08	C.C.D. PESSOAL MUNICIPIO DE CASCAIS
107	Luis FEITEIRA	8	M	00:37:12	00:37:10	03:43	00:18:24	GARMIN COO
108	Catia SANTOS	5597	F	00:37:12	00:37:10	03:43	00:18:24	SL BENFICA
109	João Manuel PEREIRA MARTINS	3804	M	00:37:13	00:37:04	03:43	00:18:25	
110	Francisco MACHADO	4148	M	00:37:14	00:37:11	03:44	00:18:00	
111	Aretino MOTA	15120	M	00:37:15	00:37:01	03:43	00:18:13	Linda-a-Pastora Sporting Clube
112	João Paulo VALENTE	362	M	00:37:15	00:37:09	03:43	00:18:33	
113	Joel RODRIGUES	15222	M	00:37:15	00:36:53	03:42	00:18:33	Amigos do Atletismo de Mafra
114	António MURTEIRA	1965	M	00:37:16	00:37:16	03:44	00:18:13	C. R. Leões de Porto Salvo
115	José GIL	15007	M	00:37:17	00:36:57	03:42	00:18:13	C. R. Leões de Porto Salvo
116	Pedro Alves MARTINS	6045	M	00:37:20	00:37:07	03:43	00:18:34	Clube Millennium BCP
117	João GOMES	1815	M	00:37:23	00:37:14	03:44	00:18:29	Açoreana clube Banif
118	Paulo PALMA	3331	M	00:37:25	00:37:22	03:45	00:18:30	
119	Bruno SALVADOR	2779	M	00:37:26	00:37:23	03:45	00:18:17	
120	Rui Manuel OLIVEIRA INFANTE	10420	M	00:37:27	00:37:09	03:43	00:18:36	
121	Carlos TAVEIRA	11152	M	00:37:27	00:37:19	03:44	00:18:53	
122	Carlos Miguel ANTUNES TEIXEIRA	8576	M	00:37:32	00:37:29	03:45	00:18:25	
123	André MACHADO	3781	M	00:37:33	00:37:25	03:45	00:18:26	
124	Domingos CARNEIRO	6049	M	00:37:34	00:37:27	03:45	00:18:12	C. R. Leões de Porto Salvo
125	Manuel MASCARENHAS	2588	M	00:37:34	00:37:27	03:45	00:18:18	
126	Fernando PEREIRA	372	M	00:37:38	00:37:20	03:44	00:18:31	
127	Paulo HERMEZILHA	11165	M	00:37:43	00:37:37	03:46	00:18:27	Casa do Benfica de Algueirão Mem-martins
128	Edmir CORREIA	8237	M	00:37:46	00:37:27	03:45	00:18:21	
129	António LIEBANAS BLANCO	3645	M	00:37:46	00:37:00	03:42	00:18:03	
130	António LIEBANAS	3693	M	00:37:46	00:37:00	03:42	00:18:02	
131	Ricardo FAÍSCA	1967	M	00:37:46	00:37:31	03:46	00:18:18	C. R. Leões de Porto Salvo
132	Nuno Miguel ALDINHAS	2807	M	00:37:48	00:37:48	03:47	00:18:04	Bombeiros Voluntarios de Montemor-o-Novo
133	João Pedro RODRIGUES	3166	M	00:37:48	00:37:34	03:46	00:18:41	
134	Rui Pedro CABEÇAS	15354	M	00:37:50	00:37:35	03:46	00:18:26	
135	Ricardo LANCEIRO	1883	M	00:37:50	00:37:35	03:46	00:18:12	Açoreana clube Banif
136	Emilio PAULINO	2059	M	00:37:51	00:37:41	03:47	00:18:45	ACP - Atletismo Clube de Portalegre

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
137	José Carlos CAMACHO	15023	M	00:37:53	00:37:39	03:46	00:18:15	Linda-a-Pastora Sporting Clube
138	Tiago MOTA E COSTA	10778	M	00:37:54	00:37:48	03:47	00:18:14	
139	António VALE	82	M	00:37:55	00:37:52	03:48	00:18:44	C. R. Leões de Porto Salvo
140	Diogo CUSTÓDIO	1842	M	00:37:56	00:37:47	03:47	00:18:53	NUCLEOEIRAS/SPORTZONE
141	Luis COELHO	2387	M	00:37:56	00:37:54	03:48	00:18:37	Valejas Atletico Clube
142	Luis Filipe CARDOSO	1853	M	00:37:58	00:37:51	03:48	00:18:27	NUCLEOEIRAS/SPORTZONE
143	Andre JANUÁRIO	3570	M	00:37:59	00:37:37	03:46	00:18:35	
144	Emanuel SIMÕES	4323	M	00:37:59	00:37:49	03:47	00:18:50	
145	Daniel ANTUNES	3338	M	00:37:59	00:37:56	03:48	00:18:57	
146	Anabela DELGADO	844	F	00:38:00	00:38:00	03:48	00:18:46	Grupo Desportivo Joaninhas de Leião
147	António Francisco MADEIRA MOREIRA	7553	M	00:38:01	00:37:57	03:48	00:18:45	
148	Luís Miguel Mealha Guerreiro MARTINS	4636	M	00:38:04	00:37:56	03:48	00:18:40	
149	Pedro Manuel VAZ SEMEDO	15008	M	00:38:06	00:37:08	03:43	00:18:18	Grupo Cultural Atletismo N. de Porto Salvo
150	António GONÇALVES	234	M	00:38:06	00:37:59	03:48	00:18:42	Serviços Sociais da CGD
151	Ruben PESSOA	2040	M	00:38:09	00:38:00	03:48	00:20:04	Maratona Clube de Portugal
152	Fernando MENDONÇA	1745	M	00:38:09	00:38:00	03:48	00:20:03	Maratona Clube de Portugal
153	Anastácio VALADAS	2029	M	00:38:10	00:38:02	03:49	00:18:10	Grupo Desportivo Santander Totta
154	Oscar PICAZO	4406	M	00:38:12	00:38:09	03:49	00:18:42	
155	Cláudio RIBEIRO	4149	M	00:38:12	00:37:49	03:47	00:18:45	
156	Miguel BILBAO FERNANDES GRUMER DUARTE	8599	M	00:38:15	00:37:23	03:45	00:18:24	
157	Mário FERREIRA	2439	M	00:38:15	00:38:06	03:49	00:19:10	BolotaObra Atletismo
158	Jorge RODRIGUES	6383	M	00:38:16	00:38:03	03:49	00:18:51	G.R.D. Ribeira da Lage
159	Bruno PEREIRA	2078	M	00:38:17	00:38:11	03:50	00:17:59	Maratona Clube de Portugal
160	António COSTA	2188	M	00:38:18	00:38:14	03:50	00:18:36	Associação de Moradores de Atibá
161	Gonçalo FIGUEIRA	292	M	00:38:18	00:38:13	03:50	00:19:26	G.D.C. Banco De Portugal
162	Hugo GIL	1977	M	00:38:18	00:38:13	03:50	00:19:26	C. R. Leões de Porto Salvo
163	António PINTO	6460	M	00:38:21	00:37:46	03:47	00:18:54	G.R.D. Os Fixes
164	Fernando CARMO	2787	M	00:38:21	00:38:17	03:50	00:18:36	
165	Luis CANDEIAS	1822	M	00:38:22	00:38:11	03:50	00:18:56	Associação de Moradores de Atibá
166	João SILVA	2452	M	00:38:24	00:38:24	03:51	00:19:22	Núcleo de Atletismo Zona Abçboda
167	Rodrigo Santos LADEIRA	522	M	00:38:27	00:38:18	03:50	00:18:46	
168	António Manuel GASPAR	2485	M	00:38:28	00:38:20	03:50	00:18:56	Bombeiros Voluntarios de Montemor-o-Novo
169	Nuno ESPÍRITO SANTO	144	M	00:38:28	00:38:14	03:50	00:18:57	Açoreana clube Banif
170	José SANTOS	1814	M	00:38:31	00:38:27	03:51	00:18:37	Açoreana clube Banif

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
171	Sérgio RUSSO	71	M	00:38:31	00:38:29	03:51	00:18:47	
172	Rui PERDIGÃO	2391	M	00:38:32	00:38:27	03:51	00:18:42	Clube de Lazer, Aventura e Competição
173	Pedro JUDICE DA COSTA	2756	M	00:38:32	00:38:22	03:51	00:18:56	
174	Sebastian BIALOBRZESKI	511	M	00:38:34	00:38:13	03:50	00:18:55	
175	Fernando Miguel SIMÕES DOS SANTOS GOMES	4548	M	00:38:35	00:38:26	03:51	00:18:43	
176	Fernando GOMES	396	M	00:38:35	00:38:23	03:51	00:18:53	
177	Miguel RODRIGUES	8889	M	00:38:36	00:38:29	03:51	00:19:00	Clube de Natação de Rio Maior
178	Milton SILVA	2118	M	00:38:38	00:38:33	03:52	00:19:07	
179	Manuel António Freitas DA SILVA	15320	M	00:38:38	00:38:35	03:52	00:18:57	
180	Andre MILNE	2416	M	00:38:39	00:38:30	03:51	00:19:05	
181	Miguel REIS	7088	M	00:38:41	00:38:30	03:51	00:18:53	
182	Luís PEREIRA	4492	M	00:38:41	00:38:41	03:53	00:19:05	
183	Alfredo FELICIDADE	4346	M	00:38:41	00:38:22	03:51	00:18:42	
184	Raffik BALDE	2627	M	00:38:41	00:38:38	03:52	00:18:37	GARMIN COO
185	António SANTOS	6516	M	00:38:42	00:38:29	03:51	00:19:19	Grupo Desportivo do INE
186	Henrique COELHO	2204	M	00:38:44	00:38:40	03:52	00:18:20	Associação de Moradores de Atibá
187	Luis PEREIRA	4849	M	00:38:45	00:38:33	03:52	00:19:00	
188	Luis BARATA	1841	M	00:38:48	00:38:39	03:52	00:19:02	NUCLEOEIRAS/SPORTZONE
189	Kay THOMAS	6957	M	00:38:48	00:38:40	03:52	00:18:52	
190	Carlos MENDES	1966	M	00:38:48	00:38:40	03:52	00:18:52	C. R. Leões de Porto Salvo
191	Edgar TAVARES DOS SANTOS	102	M	00:38:50	00:38:36	03:52	00:18:59	
192	Cristian JUSTO ROSA	15347	M	00:38:51	00:38:44	03:53	00:19:01	Clube de Natação de Rio Maior
193	Ventura Da Graça PIRES	4710	M	00:38:51	00:38:34	03:52	00:19:13	
194	Pedro DA SILVA	3842	M	00:38:54	00:38:47	03:53	00:18:45	
195	António GASPARINHO	2514	M	00:38:54	00:38:44	03:53	00:19:16	Grupo Excursionista Os Económicos
196	Susana GODINHO	6	F	00:38:55	00:38:53	03:54	00:19:10	SL BENFICA
197	Paulo PORTGAL	15240	M	00:38:56	00:38:54	03:54	00:19:43	Amigos Vale do Silêncio
198	Nuno Tiago VICENTE	4550	M	00:38:57	00:38:24	03:51	00:18:50	
199	Mario PARRULAS	10013	M	00:38:58	00:38:39	03:52	00:19:22	
200	André TRINDADE	305	M	00:39:00	00:38:49	03:53	00:19:03	ACP - Atletismo Clube de Portalegre
201	Nuno Diogo SALVATERRA VENTURA	3246	M	00:39:00	00:38:34	03:52	00:19:04	
202	Diana ALMEIDA	9787	F	00:39:02	00:38:56	03:54	00:19:07	SL BENFICA
203	João Miguel SOTERO	1750	M	00:39:02	00:38:45	03:53	00:18:45	Clube Millennium BCP
204	Nuno ROCHA	2062	M	00:39:03	00:38:52	03:54	00:18:40	Grupo Recreativo Cultural Desportivo Leião

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
205	José CASTELO LOPES	15070	M	00:39:04	00:39:01	03:55	00:19:43	Clube Grupo Desportivo BES
206	Alcino NUNES	2394	M	00:39:04	00:38:47	03:53	00:19:23	Clube de Lazer, Aventura e Competição
207	Sérgio XISTO	6004	M	00:39:05	00:38:54	03:54	00:19:24	
208	Daniel MAGALHÃES	15156	M	00:39:09	00:39:01	03:55	00:19:05	Linda-a-Pastora Sporting Clube
209	Bernardo COSTA SILVEIRA	8423	M	00:39:11	00:39:04	03:55	00:19:09	
210	Jorge SERRA	1826	M	00:39:11	00:39:00	03:54	00:19:41	Açoreana clube Banif
211	João PRISAL	296	M	00:39:17	00:39:10	03:55	00:19:12	RAIL RUNNERS
212	Catarina FERREIRA	839	F	00:39:18	00:39:14	03:56	00:19:11	Grupo Desportivo Joaninhas de Leião
213	Gonçalo Simaozinho TOMAS	4545	M	00:39:19	00:38:39	03:52	00:19:17	
214	Ricardo MARCHÃO	1737	M	00:39:19	00:39:08	03:55	00:19:29	NUCLEOEIRAS/SPORTZONE
215	João VALADÃO	2430	M	00:39:19	00:39:06	03:55	00:19:21	
216	Luis VALVERDE	3531	M	00:39:20	00:39:08	03:55	00:19:11	
217	Joana MARQUES	1162	F	00:39:21	00:39:18	03:56	00:19:18	GARMIN COO
218	António Silva DIAS	2556	M	00:39:22	00:39:15	03:56	00:19:19	
219	Pedro Jorge Barroso FORTES DA CUNHA	15244	M	00:39:23	00:39:04	03:55	00:19:10	
220	Luis Pedro DOMINGUES	7023	M	00:39:24	00:39:15	03:56	00:19:43	
221	André Filipe SANTOS	2462	M	00:39:26	00:39:20	03:56	00:18:55	Bombeiros Voluntarios de Montemor-o-Novo
222	Cleby ARAÚJO	2517	M	00:39:26	00:39:18	03:56	00:19:40	Amigos do Parque da Paz
223	João GREGÓRIO	9944	M	00:39:27	00:39:11	03:56	00:19:38	G.R.D. Ribeira da Lage
224	Paulo FELIX	6428	M	00:39:27	00:39:25	03:57	00:18:21	G.R.D. Os Fixes
225	Carlos ROSADO	4031	M	00:39:28	00:39:15	03:56	00:19:25	
226	Carlos José Trigueiro CARRAPIÇO	109	M	00:39:29	00:39:21	03:57	00:19:20	
227	Ricardo FRADE	6574	M	00:39:30	00:39:19	03:56	00:19:30	CCD Sintrense
228	André José DIAS VIEIRA	6809	M	00:39:30	00:39:19	03:56	00:19:31	Clube Atletico Riachense
229	Nuno LORVAO	3188	M	00:39:31	00:39:20	03:56	00:19:21	
230	Josefa BONGE	838	F	00:39:31	00:39:27	03:57	00:19:33	Grupo Desportivo Joaninhas de Leião
231	Miguel SATURNINO	302	M	00:39:32	00:39:22	03:57	00:19:41	
232	Liliana ALEXANDRE	1168	F	00:39:32	00:39:25	03:57	00:19:11	GARMIN COO
233	Fábio FERREIRA	6424	M	00:39:32	00:39:24	03:57	00:19:38	G.R.D. Os Fixes
234	Miguel TAVARES	505	M	00:39:33	00:39:14	03:56	00:19:39	
235	Paulo DIAS	232	M	00:39:33	00:39:28	03:57	00:18:37	NUCLEOEIRAS/SPORTZONE
236	Miguel OLIVEIRA	6799	M	00:39:34	00:39:34	03:58	00:19:29	RAIL RUNNERS
237	Luís SILVA	165	M	00:39:34	00:39:24	03:57	00:19:30	
238	Carlos Manuel VICENTE PEREIRA	2837	M	00:39:34	00:39:23	03:57	00:19:43	Clube Atletico Riachense

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
239	Gustavo SANTOS	15022	M	00:39:35	00:39:25	03:57	00:19:01	Linda-a-Pastora Sporting Clube
240	António PAIAS	1904	M	00:39:36	00:38:59	03:54	00:19:24	G.R.D. Ribeira da Lage
241	Espírito SANTO	15123	M	00:39:36	00:39:24	03:57	00:19:41	Linda-a-Pastora Sporting Clube
242	João VASCONCELOS	3358	M	00:39:37	00:39:33	03:58	00:19:37	
243	Marco PINTO	1887	M	00:39:38	00:39:26	03:57	00:19:29	Clube Académico de Penafirme
244	Sénio MESSIA	6853	M	00:39:38	00:39:15	03:56	00:20:03	Clube Desportivo e Cultural da Nave
245	Luis Miguel RAFAEL	2047	M	00:39:38	00:39:28	03:57	00:19:10	Grupo Desportivo Santander Totta
246	Almiro FEIJÃO	1974	M	00:39:38	00:39:31	03:58	00:19:25	C. R. Leões de Porto Salvo
247	João MESQUITA	2083	M	00:39:39	00:39:10	03:55	00:19:18	
248	Abílio AMADO	2179	M	00:39:39	00:39:29	03:57	00:19:12	NUCLEOEIRAS/SPORTZONE
249	Carlos Daniel SILVA	15319	M	00:39:39	00:39:30	03:57	00:19:25	
250	António PIEDADE	1684	M	00:39:40	00:39:27	03:57	00:19:48	NUCLEOEIRAS/SPORTZONE
251	Pedro GOUVEIA	1756	M	00:39:41	00:39:30	03:57	00:19:30	C. R. Leões de Porto Salvo
252	Nelson Rafael FERNANDES LIMA	192	M	00:39:41	00:39:25	03:57	00:19:15	
253	Carlos ALBANO	2904	M	00:39:43	00:39:26	03:57	00:19:24	
254	Vitorino Henrique DOS ANJOS	2081	M	00:39:43	00:39:39	03:58	00:19:57	
255	Olivier DELMOTTE	15192	M	00:39:43	00:39:35	03:58	00:19:54	Clube Vodafone
256	Carlos SILVA	1740	M	00:39:44	00:39:42	03:59	00:19:20	
257	Nuno Manuel ALVES	257	M	00:39:44	00:39:20	03:56	00:19:37	
258	Jose Antonio DIAS DA SILVA PEREIRA	426	M	00:39:44	00:39:44	03:59	00:19:37	
259	Tiago Paulo DIAS VIEIRA	2832	M	00:39:44	00:39:32	03:58	00:19:43	Clube Atletico Riachense
260	Rui GOMINHO	3304	M	00:39:45	00:39:22	03:57	00:20:10	
261	Alexandre CUNHA	15158	M	00:39:45	00:39:36	03:58	00:19:05	Linda-a-Pastora Sporting Clube
262	João Pedro FERREIRA	2383	M	00:39:45	00:39:35	03:58	00:19:31	Clube de Lazer, Aventura e Competição
263	Pedro FERREIRA	2313	M	00:39:45	00:39:31	03:58	00:19:44	Grupo Recreativo Cultural Desportivo Leião
264	Carlos Miguel RODRIGUES	3109	M	00:39:46	00:39:30	03:57	00:19:32	
265	Raucy BENOIT	9184	M	00:39:47	00:39:31	03:58	00:19:44	
266	Gilberto Freitas PINTO	3247	M	00:39:47	00:39:36	03:58	00:19:34	
267	Rodrigo SANTOS	1840	M	00:39:47	00:39:36	03:58	00:19:45	NUCLEOEIRAS/SPORTZONE
268	Rogério PINGUINHA	2508	M	00:39:48	00:39:34	03:58	00:19:39	Tartarugas de Loulé
269	Fernando ALVES	2501	M	00:39:48	00:39:35	03:58	00:19:40	Tartarugas de Loulé
270	Duarte RIBEIRO	6949	M	00:39:49	00:39:28	03:57	00:19:28	
271	Bruno DIAS	123	M	00:39:49	00:39:38	03:58	00:19:46	
272	João Vasco Lopes MOTA	4438	M	00:39:50	00:39:43	03:59	00:19:48	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
273	Paulo ALVES	7863	M	00:39:51	00:39:40	03:58	00:19:43	
274	João ABRANTES	2502	M	00:39:52	00:39:43	03:59	00:19:40	Amigos do Parque da Paz
275	Paulo Jorge CORREIA LAMEGO	4434	M	00:39:53	00:39:44	03:59	00:19:09	
276	José SOBRAL	3932	M	00:39:54	00:39:45	03:59	00:19:54	
277	Ricardo Filipe VARELA COSTA	7908	M	00:39:54	00:39:45	03:59	00:19:09	
278	Fernando SANTOS	371	M	00:39:54	00:39:36	03:58	00:19:08	
279	João MARQUES	15280	M	00:39:54	00:39:43	03:59	00:20:07	CCD Tranquilidade
280	Paulino BORGES	1809	M	00:39:55	00:39:55	04:00	00:20:00	NUCLEOEIRAS/SPORTZONE
281	João CAEIRO	3537	M	00:39:55	00:39:34	03:58	00:19:17	
282	Jose QUEIROS	4655	M	00:39:55	00:39:37	03:58	00:19:14	
283	Tiago SANTOS	1836	M	00:39:55	00:39:46	03:59	00:19:38	NUCLEOEIRAS/SPORTZONE
284	Fernando SOUSA	15100	M	00:39:55	00:39:44	03:59	00:19:50	Gabinete de Fisioterapia no Desporto
285	António Manuel Bernardino RIBEIRO	3704	M	00:39:56	00:39:13	03:56	00:19:30	
286	Mauro José SARMENTO PINTO MACHADO	4782	M	00:39:57	00:39:47	03:59	00:20:08	
287	Adérito LOPES	6077	M	00:39:57	00:39:47	03:59	00:19:31	G.R.D. Ribeira da Lage
288	Tânia CABRAL	31	F	00:39:57	00:39:53	04:00	00:19:22	GARMIN COO
289	Jorge CRUZ	15233	M	00:39:57	00:39:07	03:55	00:20:12	Amigos do Atletismo de Mafra
290	Francisco ROCHA	15166	M	00:39:57	00:39:08	03:55	00:20:12	Amigos do Atletismo de Mafra
291	Luis FERREIRA	6575	M	00:39:58	00:39:47	03:59	00:19:44	
292	Marcolino VERISSIMO	219	M	00:39:58	00:39:42	03:59	00:19:23	Serviços Sociais da CGD
293	Joaquim CASTELA	75	M	00:40:00	00:39:55	04:00	00:19:23	
294	Luis PAULO	15298	M	00:40:00	00:39:56	04:00	00:19:34	
295	Edmilson SANTOS	148	M	00:40:01	00:39:50	03:59	00:19:26	
296	Lucilia SOARES	38	F	00:40:01	00:39:58	04:00	00:19:59	SL BENFICA
297	Ricardo COSTA	15350	M	00:40:02	00:39:52	04:00	00:20:08	Clube de Natação de Rio Maior
298	Pedro RUNA	4674	M	00:40:02	00:39:42	03:59	00:19:45	
299	José Maurílio RODRIGUES GOUVEIA	3730	M	00:40:03	00:40:01	04:01	00:19:40	
300	Henrique MATIAS	4013	M	00:40:03	00:39:42	03:59	00:19:51	
301	João MEDEIRO	210	M	00:40:04	00:39:54	04:00	00:19:43	Serviços Sociais da CGD
302	Luís REIS	3461	M	00:40:05	00:39:58	04:00	00:19:40	
303	Guilherme Lopes CABRAL	3478	M	00:40:05	00:40:05	04:01	00:19:22	
304	José OLIVEIRA	2205	M	00:40:05	00:39:56	04:00	00:19:31	Associação de Moradores de Atibá
305	Luis MACEDO	15317	M	00:40:06	00:39:47	03:59	00:19:35	
306	Paulo TORRÃO	2173	M	00:40:06	00:39:52	04:00	00:20:02	Açoreana clube Banif

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
307	Luís Miguel SALES	3626	M	00:40:08	00:40:02	04:01	00:19:55	
308	Mario GOMES	1832	M	00:40:08	00:39:58	04:00	00:19:50	Açoreana clube Banif
309	José LEMOS	2333	M	00:40:09	00:39:51	04:00	00:19:46	Valejas Atletico Clube
310	Luis Filipe Costa SANTOS	143	M	00:40:10	00:39:47	03:59	00:19:54	
311	Vasco MARTA	1909	M	00:40:11	00:40:07	04:01	00:19:58	Grupo Desportivo Joaninhas de Leião
312	Nuno CLEMENTE	15182	M	00:40:13	00:40:07	04:01	00:19:56	CCD Tranquilidade
313	José António VARELA	6722	M	00:40:13	00:40:08	04:01	00:19:31	Bombeiros Voluntarios de Montemor-o-Novo
314	Augusto DIOGO	6746	M	00:40:14	00:39:55	04:00	00:19:41	Núcleo de Atletismo Zona Abçboda
315	Mykola STOLYKO	4034	M	00:40:14	00:40:14	04:02	00:19:42	
316	José MONTEIRO	2538	M	00:40:14	00:40:04	04:01	00:19:50	G.D.C. Banco De Portugal
317	Gonçalo FERREIRA	2346	M	00:40:16	00:40:05	04:01	00:19:46	Grupo Desportivo do INE
318	Jorge RODRIGUES	1726	M	00:40:18	00:40:02	04:01	00:19:44	C. R. Leões de Porto Salvo
319	Pedro RAINHO	1827	M	00:40:18	00:39:30	03:57	00:19:53	NUCLEOEIRAS/SPORTZONE
320	Paulo SANTOS	6885	M	00:40:20	00:40:13	04:02	00:19:48	GARMIN COO
321	José CARDOSO	1913	M	00:40:21	00:40:19	04:02	00:19:44	G.R.D. Ribeira da Lage
322	António SIMÕES	6757	M	00:40:22	00:40:11	04:02	00:19:59	G.D.C. Banco De Portugal
323	Jorge ANTÓNIO	2068	M	00:40:22	00:39:58	04:00	00:20:43	Clube Desportivo e Cultural da Nave
324	João SANTOS	309	M	00:40:22	00:40:16	04:02	00:19:42	Clube de Lazer, Aventura e Competição
325	Luis Miguel LADEIRA	11155	M	00:40:25	00:40:16	04:02	00:19:52	
326	Vitor ANTUNES	2421	M	00:40:26	00:40:09	04:01	00:19:43	Soc. Rec. Camarnal
327	Paulo Salvador PACHECO RODRIGUES	79370	M	00:40:26	00:40:19	04:02	00:19:49	
328	Rui Miguel GOMES CARDOSO	8893	M	00:40:27	00:40:17	04:02	00:19:43	
329	Rui HONRADO	15024	M	00:40:27	00:39:44	03:59	00:19:57	Linda-a-Pastora Sporting Clube
330	José Luis NOBRE	7244	M	00:40:28	00:40:00	04:00	00:19:57	
331	Rogério AZEVEDO	2221	M	00:40:28	00:39:52	04:00	00:19:51	CCD Sintrense
332	Luis GODINHO	15046	M	00:40:29	00:40:17	04:02	00:19:27	Clube Grupo Desportivo BES
333	Pedro PEREIRA	15211	M	00:40:30	00:40:11	04:02	00:19:42	Amigos do Atletismo de Mafra
334	Nuno David BORGAS NUNES PEREIRA	3794	M	00:40:31	00:39:58	04:00	00:19:55	
335	José Carlos MONTEIRO PITEIRA	168	M	00:40:32	00:40:17	04:02	00:19:46	
336	Paulo OLIVEIRA	6841	M	00:40:33	00:40:24	04:03	00:19:52	C.C.D. PESSOAL MUNICIPIO DE CASCAIS
337	Carlos GARCEZ	7988	M	00:40:34	00:39:53	04:00	00:19:36	
338	José LAGARIÇO	15223	M	00:40:34	00:40:25	04:03	00:20:06	Amigos do Atletismo de Mafra
339	Ricardo VAZ	15180	M	00:40:35	00:40:24	04:03	00:19:51	Gabinete de Fisioterapia no Desporto
340	Miguel SILVA	2842	M	00:40:36	00:40:05	04:01	00:19:41	Clube de Atletismo da Nazaré

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
341	Mónica MOREIRAS	696	F	00:40:37	00:40:33	04:04	00:20:18	NUCLEOEIRAS/SPORTZONE
342	António Baptista PARDAL	3009	M	00:40:38	00:40:23	04:03	00:19:51	
343	Mário CHAVES	150	M	00:40:39	00:40:16	04:02	00:19:57	
344	João SALVADO	6116	M	00:40:39	00:40:16	04:02	00:20:02	C. R. Leões de Porto Salvo
345	Telmo DOURADO	11499	M	00:40:40	00:40:32	04:04	00:19:42	
346	Tiago BASTOS	2561	M	00:40:41	00:40:35	04:04	00:20:02	
347	João MARQUES	6396	M	00:40:43	00:40:40	04:04	00:20:27	G.R.D. Ribeira da Lage
348	Marcos OLIVEIRA	272	M	00:40:43	00:40:30	04:03	00:20:08	Grupo Desportivo do INE
349	Heraldo PEIXE	10097	M	00:40:44	00:40:12	04:02	00:19:54	Clube de Atletismo da Nazaré
350	Augusto FIGUEIREDO	166	M	00:40:44	00:40:32	04:04	00:20:02	
351	Paulo CARMO	100	M	00:40:44	00:40:36	04:04	00:19:54	
352	Marcos ESTRELA	7036	M	00:40:45	00:39:36	03:58	00:19:17	
353	Paulo PIRES	8023	M	00:40:46	00:40:41	04:05	00:19:42	
354	José Manuel VIRALHADA	15021	M	00:40:46	00:40:04	04:01	00:19:58	Linda-a-Pastora Sporting Clube
355	Luis FARELO	2584	M	00:40:47	00:40:40	04:04	00:19:53	
356	Filipe Manuel Lopes DIAS	2697	M	00:40:47	00:40:10	04:01	00:20:21	
357	Hugo MACHADO	15278	M	00:40:47	00:40:39	04:04	00:20:10	CCD Tranquilidade
358	António ADRO	1893	M	00:40:49	00:40:41	04:05	00:20:13	Associação de Moradores de Atibá
359	Mário Rui BARATA	8971	M	00:40:49	00:40:09	04:01	00:19:37	
360	Paulo JERÓNIMO	7574	M	00:40:51	00:40:38	04:04	00:20:07	
361	Abel COSTA	7571	M	00:40:51	00:40:38	04:04	00:20:10	
362	Pampeu AIRES	1942	M	00:40:51	00:40:49	04:05	00:20:39	G.R.D. Ribeira da Lage
363	Jaime LAMEGO	2622	M	00:40:52	00:40:48	04:05	00:19:49	
364	Chantal XHERVELLE	1131	F	00:40:52	00:40:48	04:05	00:19:50	
365	Diogo MORGADO	3562	M	00:40:52	00:40:11	04:02	00:19:37	
366	Rui Pedro SOARES CERREJO	5946	M	00:40:54	00:40:13	04:02	00:19:37	
367	Paul ROTHANS	7917	M	00:40:54	00:40:33	04:04	00:19:32	
368	João FERREIRA	2406	M	00:40:55	00:40:39	04:04	00:19:52	Valejas Atletico Clube
369	Pedro RAMOS	3511	M	00:40:56	00:40:51	04:06	00:19:57	
370	Joao Manuel PINTO DA SILVA	3506	M	00:40:56	00:40:40	04:04	00:19:37	
371	António PERPÉTUA	4042	M	00:40:56	00:40:43	04:05	00:19:49	
372	Carlos Augusto Cezar LENZI	3146	M	00:40:57	00:40:50	04:05	00:20:19	
373	Carlos Isaac PEREIRA	15357	M	00:40:58	00:40:16	04:02	00:20:02	
374	Augusto PIRES	7942	M	00:41:00	00:40:37	04:04	00:20:21	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
375	Jorge CORREIA	15082	M	00:41:01	00:40:39	04:04	00:20:33	Gabinete de Fisioterapia no Desporto
376	Marcos Moises ANASTACIO LUIS	3053	M	00:41:02	00:40:28	04:03	00:20:17	
377	Jorge CANTEIRO	1835	M	00:41:04	00:40:14	04:02	00:20:06	Açoreana clube Banif
378	Armando Jorge P. SOUSA	2548	M	00:41:05	00:40:28	04:03	00:20:05	Grupo Dinamizador do Desporto Os Kotas Bike Team
379	Diogo BARBOSA	1894	M	00:41:05	00:40:53	04:06	00:19:43	Clube Académico de Penafirme
380	Vicente ALBUQUERQUE	2314	M	00:41:06	00:40:49	04:05	00:20:00	ACP - Atletismo Clube de Portalegre
381	Pedro ONOFRE	4671	M	00:41:07	00:40:55	04:06	00:20:09	
382	José João ALBANO	6276	M	00:41:07	00:40:17	04:02	00:20:40	Clube Millennium BCP
383	Luís ESTRELINHA	6742	M	00:41:07	00:40:49	04:05	00:20:22	Clube de Atletismo da Nazaré
384	Jose BARRINHA	312	M	00:41:07	00:40:54	04:06	00:19:56	
385	João CALHAU	3404	M	00:41:09	00:39:06	03:55	00:19:52	
386	Filipe FIDALGO	337	M	00:41:10	00:40:38	04:04	00:20:18	
387	Da Silva DANIEL	2486	M	00:41:11	00:40:39	04:04	00:19:54	
388	João MENDES	74	M	00:41:11	00:41:08	04:07	00:19:57	
389	Nelson Edgar RIBEIRO	2586	M	00:41:11	00:40:52	04:06	00:19:57	
390	Edgar JACINTO	4327	M	00:41:12	00:40:46	04:05	00:20:12	
391	Nuno FORTE	474	M	00:41:12	00:40:56	04:06	00:20:30	
392	Paulo VENTURA	2172	M	00:41:13	00:40:57	04:06	00:20:30	Açoreana clube Banif
393	Anselmo BARATA	1673	M	00:41:13	00:40:50	04:05	00:20:22	NUCLEOEIRAS/SPORTZONE
394	Veaceslav IGNAT	6393	M	00:41:14	00:40:53	04:06	00:19:57	Grupo Desportivo Joaninhas de Leião
395	Pedro SEBASTIÃO	10856	M	00:41:14	00:40:51	04:06	00:20:13	
396	Rodrigo Gonçalves Da Costa SANTOS	334	M	00:41:14	00:40:51	04:06	00:20:17	
397	Carlos Miguel HENRIQUES	516	M	00:41:14	00:40:44	04:05	00:20:28	
398	Marcos António PEREIRA	4593	M	00:41:15	00:40:58	04:06	00:20:33	
399	Luís Filipe CARVALHO	3269	M	00:41:15	00:40:58	04:06	00:19:54	
400	Joaquim ROSA	3577	M	00:41:16	00:41:04	04:07	00:20:31	
401	Nuno ALMEIDA	1830	M	00:41:16	00:41:05	04:07	00:19:50	NUCLEOEIRAS/SPORTZONE
402	Mário GUEDES	1763	M	00:41:18	00:40:44	04:05	00:20:17	NUCLEOEIRAS/SPORTZONE
403	Fernando DOMINGOS	7941	M	00:41:18	00:41:05	04:07	00:20:31	
404	Domingos COSTA	6080	M	00:41:19	00:41:16	04:08	00:20:39	G.R.D. Ribeira da Lage
405	Manuel Jorge Gradiz SOARES	4466	M	00:41:20	00:41:08	04:07	00:19:48	
406	Nuno GONÇALVES	3484	M	00:41:20	00:40:42	04:05	00:20:04	
407	Fernando SOUSA	1952	M	00:41:21	00:41:12	04:08	00:20:02	G.R.D. Ribeira da Lage
408	Bruno SILVA	3934	M	00:41:21	00:41:06	04:07	00:20:02	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
409	José LOPES	1729	M	00:41:22	00:41:11	04:08	00:20:45	C. R. Leões de Porto Salvo
410	Dionisio FRANCISCO	4691	M	00:41:23	00:41:12	04:08	00:20:15	
411	Miguel Angelo ALGARVIO	4225	M	00:41:23	00:40:46	04:05	00:20:16	
412	Orlando REBELO	15232	M	00:41:24	00:41:00	04:06	00:20:47	Amigos do Atletismo de Mafra
413	Josue FRANCISCO	2428	M	00:41:24	00:41:09	04:07	00:20:13	Soc. Rec. Camarnal
414	Alexandre TEIXEIRA	3297	M	00:41:25	00:41:17	04:08	00:20:24	
415	Augusto LOPES	2053	M	00:41:25	00:41:11	04:08	00:20:32	Grupo Desportivo Santander Totta
416	Tito FERREIRA	6656	M	00:41:26	00:41:04	04:07	00:20:41	Clube Anacom
417	Jose Serafim Aldiaga TRINCHETE	7112	M	00:41:27	00:41:14	04:08	00:19:52	
418	Manuel Lopes Batista OLIVEIRA	10542	M	00:41:27	00:41:27	04:09		
419	Manuel PEREIRA ALVES	8130	M	00:41:28	00:41:20	04:08	00:20:22	
420	Manuel FIGUEIREDO	2512	M	00:41:29	00:41:17	04:08	00:19:44	Grupo Excursionista Os Económicos
421	Vicente ROCHA	6285	M	00:41:29	00:41:08	04:07	00:20:30	C. R. Leões de Porto Salvo
422	Cristiano MARQUES	1897	M	00:41:30	00:41:30	04:09	00:19:56	Clube Académico de Penafirme
423	Hugo Miguel Melo RODRIGUES	185	M	00:41:31	00:41:18	04:08	00:20:29	
424	Hugo Jorge MONTEIRO	6240	M	00:41:32	00:41:18	04:08	00:19:46	
425	Joaquim GRILLO	2506	M	00:41:33	00:41:24	04:09	00:20:31	Joma
426	Paulo LOPES	3578	M	00:41:33	00:41:17	04:08	00:20:47	
427	Manuel VAZ	204	M	00:41:33	00:41:13	04:08	00:20:31	Clube do Stress
428	Hélder VAZ	256	M	00:41:34	00:41:26	04:09	00:20:17	CCD Sintrense
429	João Augusto ALMEIDA	2151	M	00:41:35	00:41:25	04:09	00:20:15	
430	Orlando FIGUEIREDO	1851	M	00:41:37	00:41:32	04:10	00:20:14	Serviços Sociais da CGD
431	Miguel SOUSA	3042	M	00:41:38	00:41:00	04:06	00:20:14	
432	Renato VIEIRA	4787	M	00:41:38	00:40:47	04:05	00:19:59	
433	Mykola STOYKO	1932	M	00:41:40	00:41:40	04:10	00:19:51	Grupo Desportivo Joaninhas de Leirão
434	José DIAS	3711	M	00:41:41	00:41:19	04:08	00:20:29	
435	Rui Miguel PEREIRA COELHO	3464	M	00:41:41	00:40:47	04:05	00:20:21	
436	Dinis Antonio CARVALHO MENDES	8322	M	00:41:41	00:41:36	04:10	00:20:15	
437	Carlos LOPES	2218	M	00:41:42	00:41:30	04:09	00:20:18	Associação de Moradores de Atibá
438	António LEMOS	266	M	00:41:42	00:41:04	04:07	00:20:51	Wikaboo
439	Sergio LOURENÇO	7540	M	00:41:43	00:41:29	04:09	00:19:49	
440	José Francisco MACHADO	502	M	00:41:43	00:41:33	04:10	00:20:41	
441	Carlos FERREIRA	2980	M	00:41:44	00:41:20	04:08	00:20:24	
442	José António FERNANDES	8931	M	00:41:45	00:41:43	04:11	00:20:07	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
443	Luis Miguel SANTOS	4096	M	00:41:45	00:41:09	04:07	00:20:26	
444	Nelson COSTA	2441	M	00:41:45	00:41:16	04:08	00:20:19	N.A. "Os Papagaios de Cascais"
445	Leonel OLIVEIRA DIAS	4658	M	00:41:47	00:41:14	04:08	00:20:18	
446	Paulo FERREIRA	378	M	00:41:48	00:41:40	04:10	00:20:25	
447	José MELO	6728	M	00:41:48	00:41:28	04:09	00:20:33	Núcleo de Atletismo Zona Abóboda
448	Jefferson BORGES	15028	M	00:41:48	00:41:39	04:10	00:20:15	Linda-a-Pastora Sporting Clube
449	António GASPAR	2976	M	00:41:49	00:41:49	04:11	00:20:59	
450	João FARINHA	2305	M	00:41:49	00:41:38	04:10	00:20:14	ACP - Atletismo Clube de Portalegre
451	Daniel Filipe MACHADO	2962	M	00:41:49	00:41:40	04:10	00:20:41	
452	Fernando Felipe BORREGO YEGUAS	4822	M	00:41:49	00:40:49	04:05	00:20:35	
453	Pedro LUCAS	4547	M	00:41:50	00:41:09	04:07	00:20:46	
454	Paulo FERREIRA	15349	M	00:41:50	00:41:17	04:08	00:20:54	Clube de Natação de Rio Maior
455	Amério BRITO	7454	M	00:41:51	00:41:43	04:11	00:20:35	
456	Leo MEIA-VIA	429	M	00:41:51	00:41:19	04:08	00:20:57	
457	André COSTA	11506	M	00:41:52	00:41:41	04:11	00:19:50	
458	Carlos ALBERTO	2057	M	00:41:52	00:41:52	04:12	00:20:58	Grupo Desportivo do INE
459	Rui SILVA	1882	M	00:41:53	00:41:38	04:10	00:21:05	Açoreana clube Banif
460	Pailo Sergio Simões ONOFRE	439	M	00:41:54	00:41:22	04:09	00:20:42	
461	Artur Jorge De Moura TAVARES	7888	M	00:41:54	00:41:50	04:11	00:20:26	
462	João Paulo MATOSA	2693	M	00:41:55	00:40:55	04:06	00:20:16	
463	Luis FERÃO	15140	M	00:41:56	00:41:47	04:11	00:20:35	Linda-a-Pastora Sporting Clube
464	Nuno Vasco LOPES	140	M	00:41:57	00:41:25	04:09	00:20:24	
465	Luis PINTO	15177	M	00:41:57	00:41:45	04:11	00:20:14	Gabinete de Fisioterapia no Desporto
466	Alfredo CRUZ	4001	M	00:41:58	00:41:21	04:09	00:20:41	
467	Rogério FAZENDA	3466	M	00:41:58	00:41:17	04:08	00:20:11	
468	Miguel PALMA	2203	M	00:41:59	00:41:51	04:12	00:21:18	Associação de Moradores de Atibá
469	Fernando CORREIA	6145	M	00:41:59	00:41:53	04:12	00:20:44	G.R.D. Ribeira da Lage
470	Fernando FIGUEIREDO	2207	M	00:41:59	00:41:46	04:11	00:20:37	Associação de Moradores de Atibá
471	Carlos VIDEIRA MARTINS	3731	M	00:42:00	00:41:26	04:09	00:20:23	
472	António ALMEIDA	6357	M	00:42:00	00:41:46	04:11	00:20:58	G.R.D. Ribeira da Lage
473	Luis MONTEIRO	15067	M	00:42:00	00:41:48	04:11	00:20:34	Clube Grupo Desportivo BES
474	Pedro MOREIRA	4483	M	00:42:01	00:41:46	04:11	00:20:43	
475	Pedro SOUSA	4375	M	00:42:02	00:41:29	04:09	00:20:22	
476	António BATISTA	2560	M	00:42:02	00:41:57	04:12	00:20:53	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
477	José Luís FERREIRA PIRES	8631	M	00:42:02	00:41:59	04:12	00:20:41	
478	João CABELEIRA	1730	M	00:42:02	00:41:51	04:12	00:20:58	Clube do Stress
479	João XAVIER	7671	M	00:42:03	00:41:54	04:12	00:19:59	
480	Antonio RISCADO	7943	M	00:42:03	00:41:52	04:12	00:20:40	
481	João SILVA	9198	M	00:42:04	00:41:31	04:10	00:20:47	
482	Carlos GODINHO	6251	M	00:42:05	00:41:49	04:11	00:19:46	
483	Leonel VIEGAS	4113	M	00:42:05	00:41:56	04:12	00:19:55	
484	Miguel CAMPOS	6115	M	00:42:05	00:41:54	04:12	00:20:58	Clube do Stress
485	José AZEVEDO	15148	M	00:42:05	00:41:23	04:09	00:21:02	Linda-a-Pastora Sporting Clube
486	Pedro JORGE	250	M	00:42:06	00:41:59	04:12	00:20:31	10 P'ras 11
487	Carlos FERNANDES	2688	M	00:42:07	00:41:56	04:12	00:20:58	
488	Rodrigo INGLES	2183	M	00:42:08	00:41:55	04:12	00:20:43	Clube Académico de Penafirme
489	Pedro Filipe PEREIRA	3181	M	00:42:08	00:41:41	04:11	00:20:32	
490	Luis Manuel LOPES CORREIA	3065	M	00:42:08	00:41:48	04:11	00:20:30	
491	Carlos Alberto SARAIVA PINTO	5867	M	00:42:10	00:41:53	04:12	00:20:41	
492	Gonçalo MACHADO	1724	M	00:42:10	00:41:18	04:08	00:20:33	Clube do Stress
493	António SABIDO	1689	M	00:42:11	00:41:30	04:09	00:20:42	NUCLEOEIRAS/SPORTZONE
494	Gonçalo SANTOS	2824	M	00:42:12	00:41:34	04:10	00:20:39	Grupo Desportivo e Cultural Porto de Sines
495	Luis BARATA	471	M	00:42:12	00:41:38	04:10	00:20:18	
496	Rui ALMEIDA	15185	M	00:42:12	00:41:58	04:12	00:20:36	Clube Vodafone
497	Nuno Miguel REBOCHO	2465	M	00:42:13	00:41:52	04:12	00:20:33	Bombeiros Voluntarios de Montemor-o-Novo
498	Pedro NUNES	6130	M	00:42:14	00:42:00	04:12	00:20:31	Clube do Stress
499	Rui LOPES	15059	M	00:42:14	00:42:01	04:13	00:21:07	Clube Grupo Desportivo BES
500	José GEADA	428	M	00:42:14	00:42:08	04:13	00:20:13	
501	Paulo SOUSA	6067	M	00:42:14	00:41:59	04:12	00:20:49	Clube Millennium BCP
502	Miguel ROCHA	350	M	00:42:15	00:42:04	04:13	00:20:25	
503	Luis FERREIRA	3818	M	00:42:16	00:41:36	04:10	00:20:46	
504	Telémaco Augusto SANTANA	4530	M	00:42:16	00:41:42	04:11	00:20:46	
505	Maria SÁ	1432	F	00:42:16	00:42:06	04:13	00:20:39	
506	Eduardo Manuel FERREIRA NASCIMENTO GREGORIO	2876	M	00:42:17	00:42:08	04:13	00:20:12	
507	Bruno GONÇALVES	4752	M	00:42:18	00:41:35	04:10	00:20:48	
508	António ALMEIDA	15144	M	00:42:19	00:42:10	04:13	00:21:08	Linda-a-Pastora Sporting Clube
509	Ricardo CORTES	279	M	00:42:19	00:42:01	04:13	00:21:10	
510	Jose Moreira SOUSA	469	M	00:42:20	00:42:03	04:13	00:20:30	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
511	José Manuel Esteves DUARTE	3468	M	00:42:21	00:41:41	04:11	00:21:42	
512	Rogério Tiago BRANCO	10990	M	00:42:21	00:42:12	04:14	00:21:17	
513	Gualter Manuel CONSTANTINO	4872	M	00:42:21	00:42:12	04:14	00:21:17	
514	José Alberto F. PEDRAS	2547	M	00:42:22	00:41:40	04:10	00:20:48	Grupo Dinamizador do Desporto Os Kotas Bike Team
515	Pedro DIAS	15168	M	00:42:22	00:42:12	04:14	00:21:30	Gabinete de Fisioterapia no Desporto
516	Rui Alexandre VICENTE DOS SANTOS	7737	M	00:42:22	00:41:52	04:12	00:21:01	
517	Americo AMARO	1969	M	00:42:22	00:42:18	04:14	00:20:42	C. R. Leões de Porto Salvo
518	Josué FRADE	6138	M	00:42:23	00:42:14	04:14	00:20:42	G.R.D. Ribeira da Lage
519	João Pedro Gonçalves PIRES	7815	M	00:42:23	00:41:56	04:12	00:20:24	
520	Rui CANDEIAS	2806	M	00:42:24	00:42:12	04:14	00:21:13	Grupo Desp. Rec. S. Francisco da Serra
521	Nuno Manuel ALMEIDA	6274	M	00:42:24	00:42:24	04:15	00:20:58	Clube Millennium BCP
522	Paulo SILVA	501	M	00:42:25	00:41:49	04:11	00:20:50	
523	Rui CORREIA	2967	M	00:42:26	00:41:34	04:10	00:21:06	
524	Paulo SALGADO	2343	M	00:42:26	00:41:08	04:07	00:21:10	Grupo Desportivo BPI
525	Carlos Namorado MONTEIRO	3595	M	00:42:26	00:42:26	04:15	00:21:22	Casa do Benfica de Algueirão Mem-martins
526	Ricardo Manuel SILVA RODRIGUES	2982	M	00:42:26	00:42:14	04:14	00:20:26	
527	Leonel NEVES	15237	M	00:42:27	00:42:12	04:14	00:20:44	Amigos Vale do Silêncio
528	Manuel DA SILVA	6014	M	00:42:27	00:41:09	04:07	00:20:37	
529	Alexandre COSTA	4222	M	00:42:28	00:42:22	04:15	00:20:40	
530	Carlos Manuel CAETANO	7819	M	00:42:28	00:41:46	04:11	00:20:43	
531	Ricardo SOFIO	3018	M	00:42:30	00:42:10	04:13	00:20:31	
532	João Alexandre FERREIRA PINTO	482	M	00:42:30	00:41:33	04:10	00:20:50	
533	João PASTOR	6979	M	00:42:31	00:42:10	04:13	00:20:56	
534	Marco MELO	15242	M	00:42:32	00:41:37	04:10	00:21:28	Amigos Vale do Silêncio
535	Rui Pedro JULIÃO	2587	M	00:42:33	00:42:13	04:14	00:21:13	
536	João BATALHA	15204	M	00:42:33	00:41:51	04:12	00:21:13	Amigos do Atletismo de Mafra
537	João Fernando MACHADO	7208	M	00:42:34	00:42:16	04:14	00:22:03	
538	Tomás TEIGÃO	4252	M	00:42:34	00:42:06	04:13	00:20:26	
539	Mario António GOMES MAIA	477	M	00:42:35	00:42:08	04:13	00:21:06	
540	Edgar GEADA	1944	M	00:42:35	00:42:22	04:15	00:21:11	G.R.D. Ribeira da Lage
541	Leandro REIS	15209	M	00:42:35	00:41:51	04:12	00:21:11	Amigos do Atletismo de Mafra
542	Vitor Manuel LEBRE GONÇALVES	3487	M	00:42:35	00:42:16	04:14	00:21:10	
543	Paulo Miguel RODRIGUES UVEIRA	2728	M	00:42:36	00:41:39	04:10	00:21:36	
544	Fabio DOMINGOS	7924	M	00:42:36	00:42:22	04:15	00:21:12	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
545	David Philip ROBERTS	4753	M	00:42:36	00:41:49	04:11	00:21:05	
546	Gonçalo CASIMIRO	7495	M	00:42:38	00:41:57	04:12	00:21:48	
547	José OLIVEIRA	6867	M	00:42:39	00:42:32	04:16	00:20:20	
548	Tiago Alexandre Simões INÁCIO	9010	M	00:42:39	00:42:13	04:14	00:21:16	
549	Paulo COSTA	2983	M	00:42:40	00:41:48	04:11	00:21:06	
550	Nuno BASILIO	6568	M	00:42:40	00:41:59	04:12	00:21:25	Grupo Recreativo Cultural Desportivo Leião
551	Miguel VALENTE	3677	M	00:42:41	00:42:10	04:13	00:20:53	
552	David FAUSTINO	1872	M	00:42:41	00:42:22	04:15	00:20:43	Serviços Sociais da CGD
553	Alberto ANDRADE	3556	M	00:42:41	00:42:26	04:15	00:20:29	
554	Nuno ANJOS	1960	M	00:42:42	00:42:30	04:15	00:20:28	G.R.D. Ribeira da Lage
555	João Miguel CAMPOS	8609	M	00:42:42	00:41:26	04:09	00:21:04	
556	Johann MECKENSTOCK	4504	M	00:42:42	00:41:14	04:08	00:20:57	
557	Fernando LOURENÇO	6455	M	00:42:43	00:42:02	04:13	00:21:24	Grupo Desportivo Joaninhas de Leião
558	Alcindo ALMEIDA	1975	M	00:42:43	00:42:21	04:15	00:21:10	C. R. Leões de Porto Salvo
559	Jorge Manuel LUZ MAURICIO	2926	M	00:42:44	00:42:33	04:16	00:21:12	
560	Paulo Alexandre BARROSO SIMÕES	6690	M	00:42:44	00:42:33	04:16	00:21:11	Clube Atletico Riachense
561	Rodrigo CRESPO	2320	M	00:42:45	00:42:18	04:14	00:20:42	ACP - Atletismo Clube de Portalegre
562	Antonio Bento FERNANDES	2186	M	00:42:45	00:42:25	04:15	00:21:16	
563	Luis Carlos MESQUITA	138	M	00:42:46	00:42:07	04:13	00:21:17	
564	Jose Casimiro FERNANDES	3858	M	00:42:46	00:42:34	04:16	00:20:40	
565	Tomás MONTEIRO FERNANDES	4145	M	00:42:46	00:42:11	04:14	00:20:57	
566	José Luís DIAS	2859	M	00:42:47	00:42:40	04:16	00:20:56	RAIL RUNNERS
567	Gonçalo ALMEIDA	2970	M	00:42:47	00:42:37	04:16	00:21:32	
568	Nuno Miguel Gonçalves ALVES	7313	M	00:42:47	00:42:36	04:16	00:20:13	
569	Nuno SOUSA	2733	M	00:42:48	00:41:57	04:12	00:21:17	
570	Ricardo CABO	2998	M	00:42:48	00:42:12	04:14	00:21:08	
571	Diogo LEÓNIDAS	15344	M	00:42:49	00:42:33	04:16	00:20:29	Clube do Stress
572	Miguel ASSIS LOPES TENÓRIO MARTINS	8071	M	00:42:49	00:41:46	04:11	00:20:42	
573	Nuno LEMOS	15224	M	00:42:50	00:42:11	04:14	00:21:23	Amigos do Atletismo de Mafra
574	Ailton MENDES	2184	M	00:42:51	00:42:38	04:16	00:19:45	Açoreana clube Banif
575	Pedro Joel RIBEIRO	3611	M	00:42:51	00:42:38	04:16	00:20:29	
576	Miguel RAPOSO MAGALHÃES	10629	M	00:42:52	00:42:52	04:18	00:20:58	
577	Marco MALAGUERRA	1831	M	00:42:53	00:42:21	04:15	00:21:14	Açoreana clube Banif
578	Nuno LOPES	8084	M	00:42:53	00:42:53	04:18	00:21:32	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
579	Carlos AIRES	79	M	00:42:53	00:42:45	04:17	00:21:14	
580	Ricardo SILVA	2458	M	00:42:53	00:42:28	04:15	00:21:03	LINK
581	Luciano DANTAS	2562	M	00:42:53	00:42:50	04:17	00:21:13	GARMIN COO
582	Adolfo LEAL	2659	M	00:42:55	00:42:37	04:16	00:20:38	
583	Rúben VEIGA	1818	M	00:42:56	00:42:16	04:14	00:20:44	NUCLEOEIRAS/SPORTZONE
584	Leonel SÃO JOSÉ	2564	M	00:42:57	00:42:25	04:15	00:21:20	GARMIN COO
585	Miguel GUERREIRO	3710	M	00:42:57	00:42:52	04:18	00:20:12	Sportlife
586	João LOURENÇO	1738	M	00:42:57	00:42:26	04:15	00:21:23	NUCLEOEIRAS/SPORTZONE
587	Hamilton DIAS	237	M	00:42:57	00:42:07	04:13	00:21:22	Grupo Desportivo Santander Totta
588	Pedro TAROUCA	7717	M	00:42:58	00:42:04	04:13	00:20:36	
589	Sérgio BASTINHO	9132	M	00:42:58	00:42:28	04:15	00:20:36	
590	Julio NUNES	3256	M	00:42:58	00:42:33	04:16	00:20:55	
591	Fábio Alexandre VARELA	8636	M	00:42:59	00:41:59	04:12	00:20:42	
592	Nuno Filipe MONTEIRO PITEIRA	9042	M	00:43:00	00:42:23	04:15	00:21:22	
593	Luis SIMÕES	4613	M	00:43:00	00:42:29	04:15	00:21:24	
594	Luís OLIVEIRA E SILVA	7365	M	00:43:02	00:41:37	04:10	00:20:30	
595	Luis MARQUES	281	M	00:43:02	00:42:49	04:17	00:21:12	
596	Germano PIRES	2687	M	00:43:03	00:42:54	04:18	00:20:48	
597	Paulo LOPES	2815	M	00:43:03	00:42:28	04:15	00:20:27	Grupo Excursionista Os Económicos
598	Gustavo Martins SILVA	7371	M	00:43:03	00:42:36	04:16	00:21:02	
599	António Loureiro OLIVEIRA	6048	M	00:43:05	00:43:03	04:19	00:20:49	Clube Millennium BCP
600	Pedro GOMES	6504	M	00:43:05	00:42:20	04:14	00:21:32	Grupo Desportivo Joaninhas de Leião
601	Filipe MORAIS	3780	M	00:43:05	00:42:38	04:16	00:19:47	
602	João MAÇÃS	3224	M	00:43:05	00:42:23	04:15	00:20:50	
603	António RICO	3469	M	00:43:05	00:42:47	04:17	00:21:12	
604	Rui Filipe SILVA MORAIS	3253	M	00:43:06	00:42:22	04:15	00:21:11	
605	David SILVA	448	M	00:43:06	00:42:53	04:18	00:20:56	Casa do Benfica de Algueirão Mem-martins
606	Nuno FELICIO	15220	M	00:43:06	00:42:09	04:13	00:21:36	Amigos do Atletismo de Mafra
607	Luis ORVALHO	8726	M	00:43:07	00:42:55	04:18	00:21:31	
608	Arlindo NASCIMENTO	462	M	00:43:09	00:42:42	04:17	00:21:22	
609	Carlos FONSECA	2196	M	00:43:10	00:42:59	04:18	00:21:29	Açoreana clube Banif
610	Nuno SAMPAIO	7978	M	00:43:10	00:42:56	04:18	00:20:59	
611	Augusto BRITO	2405	M	00:43:10	00:42:54	04:18	00:21:32	BolotaObra Atletismo
612	João Verissimo RODRIGUES	2835	M	00:43:10	00:42:39	04:16	00:21:28	Bombeiros Voluntarios de Montemor-o-Novo

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
613	Luís AIRES	6051	M	00:43:11	00:43:04	04:19	00:20:55	C. R. Leões de Porto Salvo
614	Tony Nilson ALMEIDA	3913	M	00:43:11	00:42:47	04:17	00:20:49	
615	Pedro COSTA LIMA	146	M	00:43:13	00:42:44	04:17	00:21:23	
616	Domingos SILVA	9896	M	00:43:13	00:42:55	04:18	00:21:10	C. R. Leões de Porto Salvo
617	Pedro CONSTANTINO	2552	M	00:43:14	00:43:14	04:20	00:21:14	
618	Luís MARÇAL	11170	M	00:43:14	00:42:39	04:16	00:20:53	
619	Pedro MENDONÇA	15188	M	00:43:15	00:43:00	04:18	00:20:52	Clube Vodafone
620	António Manuel LOPES DA CRUZ	15335	M	00:43:15	00:42:45	04:17	00:21:16	Run 4 Fun
621	Gonçalo RODRIGUES	3738	M	00:43:16	00:41:53	04:12	00:21:09	
622	Hugo NUNES	2219	M	00:43:16	00:42:20	04:14	00:20:58	Clube de Natação de Rio Maior
623	Fernando SOARES	9147	M	00:43:17	00:42:38	04:16	00:21:06	
624	João SANTOS	7535	M	00:43:17	00:43:03	04:19	00:21:31	
625	Abilio DUARTE	6114	M	00:43:17	00:42:52	04:18	00:21:04	C. R. Leões de Porto Salvo
626	Pedro AGUIAR	11174	M	00:43:18	00:42:50	04:17	00:21:26	
627	Valter ALBINO	1919	M	00:43:18	00:42:45	04:17	00:21:08	Grupo Desportivo Joaninhas de Leião
628	Armindo José Raminhos QUEIMADO	9500	M	00:43:18	00:43:01	04:19	00:21:22	
629	Mário NETO	3497	M	00:43:19	00:42:48	04:17	00:21:22	
630	João JESUS	2264	M	00:43:19	00:42:38	04:16	00:20:54	Grupo Desportivo Santander Totta
631	Pedro Miguel ALVES PINOTES	10876	M	00:43:19	00:42:05	04:13	00:21:33	
632	Aires SÃO PEDRO	3432	M	00:43:20	00:42:59	04:18	00:21:39	
633	José Austelino TEIXIERA	1777	M	00:43:20	00:42:56	04:18	00:20:33	NUCLEOEIRAS/SPORTZONE
634	Helder Joaquim FIALHO	98	M	00:43:20	00:42:47	04:17	00:21:05	
635	Paulo Luís GONÇALVES MIGUEL	6639	M	00:43:20	00:42:44	04:17	00:21:33	Grupo Dinamizador do Desporto Os Kotas Bike Team
636	Inacio QUARESMA	15143	M	00:43:22	00:43:05	04:19	00:21:14	Linda-a-Pastora Sporting Clube
637	António Miguel Pinto RODRIGUES	2777	M	00:43:22	00:43:01	04:19	00:21:09	
638	Rui Batista FREITAS	96	M	00:43:23	00:42:39	04:16	00:21:15	
639	Andre RISCADO	11503	M	00:43:24	00:42:25	04:15	00:21:29	
640	Edgar FRANCISCO	3811	M	00:43:24	00:42:45	04:17	00:21:18	
641	Pedro RODRIGUES	3035	M	00:43:25	00:43:10	04:19	00:21:49	
642	Francisco FERNANDES	6403	M	00:43:25	00:43:19	04:20	00:21:31	Grupo Desportivo Joaninhas de Leião
643	Nuno SANTOS	3028	M	00:43:26	00:43:08	04:19	00:21:16	
644	Rui SEQUEIRA	15253	M	00:43:26	00:43:00	04:18	00:21:40	
645	Filipe BRANCO	3793	M	00:43:26	00:43:07	04:19	00:21:15	
646	Paulo Luis LEITÃO DOS SANTOS	3258	M	00:43:26	00:43:16	04:20	00:20:30	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
647	José COSTA	3529	M	00:43:26	00:43:10	04:19	00:21:33	
648	Hugo Miguel FONSECA	2322	M	00:43:27	00:42:51	04:18	00:20:57	Sonae Sierra
649	Joaquim FRADE	1847	M	00:43:28	00:43:12	04:20	00:21:19	Serviços Sociais da CGD
650	Joaquim ROLO	1924	M	00:43:28	00:42:36	04:16	00:21:13	
651	João R. RIBEIRO	4616	M	00:43:29	00:42:55	04:18	00:21:00	
652	Teresa ESTEVES	916	F	00:43:29	00:43:29	04:21		Sonae Sierra
653	Ana Soraia GOMES	782	F	00:43:29	00:43:29	04:21		Sonae Sierra
654	Ricardo Simões MARTA	1672	M	00:43:29	00:43:29	04:21	00:21:38	Clube Millennium BCP
655	Pedro PINHA	3831	M	00:43:29	00:42:47	04:17	00:21:30	
656	Marco António DE SOUZA	11509	M	00:43:29	00:42:56	04:18	00:21:11	
657	Pedro BUENO	2498	M	00:43:29	00:43:08	04:19	00:21:48	Atletico Clube Porto Salvo
658	João Eduardo SÉCIO SILVEIRA	3977	M	00:43:30	00:43:22	04:21	00:21:45	
659	Teotonio Xavier PEREIRA NETO	2082	M	00:43:30	00:42:56	04:18	00:21:32	
660	Manuel ARAÚJO	6061	M	00:43:30	00:43:24	04:21	00:21:03	C. R. Leões de Porto Salvo
661	José OLIVEIRA	6636	M	00:43:30	00:42:47	04:17	00:21:09	Associação Atletismo Lebres do Sado
662	Duarte MOURÃO	10924	M	00:43:31	00:43:26	04:21	00:21:18	
663	Andre FERNANDES	10501	M	00:43:31	00:43:17	04:20	00:21:18	
664	Virgilio MADEIRA	1899	M	00:43:31	00:43:21	04:21	00:21:11	Açoreana clube Banif
665	Bruno PEREIRA	4265	M	00:43:31	00:43:27	04:21	00:22:06	
666	Nuno MARTINS	6613	M	00:43:32	00:43:04	04:19	00:21:20	Grupo Desportivo do INE
667	André SILVA	2398	M	00:43:32	00:43:15	04:20	00:20:49	Valejas Atletico Clube
668	Pedro REBELO PINTO	9057	M	00:43:32	00:43:13	04:20	00:21:26	
669	João Paulo GOMES CORREIA	8475	M	00:43:33	00:43:05	04:19	00:21:33	
670	Joao Paulo SANTOS	2918	M	00:43:33	00:42:59	04:18	00:21:43	
671	António ELÍSIO GONÇALVES	3673	M	00:43:33	00:42:58	04:18	00:21:28	
672	Jorge MIMOSO	8310	M	00:43:33	00:42:42	04:17	00:21:50	
673	António BORGES	7750	M	00:43:34	00:43:02	04:19	00:21:25	
674	António LOURO	2039	M	00:43:35	00:43:18	04:20	00:21:24	Grupo Desportivo Santander Totta
675	Pedro Miguel T. V. RATO	15358	M	00:43:35	00:43:28	04:21	00:20:19	
676	Rui MILAGRES	15243	M	00:43:35	00:43:19	04:20	00:21:02	
677	Luis FINO	6216	M	00:43:36	00:42:41	04:17	00:21:49	
678	Paulo MIGUEL	7147	M	00:43:36	00:43:11	04:20	00:21:47	
679	Oscar BATALHA	15219	M	00:43:36	00:42:40	04:16	00:21:36	Amigos do Atletismo de Mafra
680	Paulo José Ferreira GONÇALVES	2999	M	00:43:36	00:43:26	04:21	00:20:32	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
681	Joao Pedro SERODIO	3718	M	00:43:36	00:42:00	04:12	00:21:38	
682	Mónica VIEIRA	11279	F	00:43:36	00:42:45	04:17	00:21:12	
683	Rui LOPES	1803	M	00:43:37	00:42:56	04:18	00:21:41	NUCLEOEIRAS/SPORTZONE
684	António Manuel ALGARVIO COELHO	3052	M	00:43:37	00:43:00	04:18	00:21:30	
685	Alvaro DEL POZO ALCALDE	4400	M	00:43:38	00:43:30	04:21	00:21:36	
686	Dário José JESUS ALEIXO	7294	M	00:43:38	00:43:00	04:18	00:21:31	
687	João António Mendes Rodrigues CORREIA	7963	M	00:43:38	00:42:53	04:18	00:21:26	
688	Pedro MENDES	2625	M	00:43:38	00:43:16	04:20	00:21:13	GARMIN COO
689	Ernesto MONTEIRO	7425	M	00:43:38	00:42:59	04:18	00:21:31	
690	Rui VIEIRA	6421	M	00:43:39	00:42:59	04:18	00:21:14	G.R.D. Os Fixes
691	Mário AMARO	5904	M	00:43:39	00:43:33	04:22	00:21:28	
692	Carlos SANTOS	2505	M	00:43:40	00:42:46	04:17	00:21:34	Joma
693	Carlos Vicente SOUTO	5914	M	00:43:40	00:42:42	04:17	00:21:29	Açoreana clube Banif
694	Ricardo GONÇALVES	3547	M	00:43:41	00:43:41	04:23	00:22:51	
695	Ricardo MARTINS	2691	M	00:43:42	00:43:10	04:19	00:21:39	
696	Steven COWLISHAW	9825	M	00:43:42	00:43:27	04:21	00:21:43	
697	João DELGADO	3465	M	00:43:42	00:43:02	04:19	00:21:49	
698	Ricardo CARREIRO	4580	M	00:43:42	00:42:06	04:13	00:21:16	
699	João Filipe FERREIRA	7983	M	00:43:42	00:42:05	04:13	00:21:13	
700	Maria LUCAS	954	F	00:43:44	00:43:44	04:23	00:21:49	Grupo Desportivo Joaninhas de Leião
701	Luis QUEIROS	9178	M	00:43:45	00:42:15	04:14	00:21:04	
702	Eduardo Anjos Alves RODRIGUES	10720	M	00:43:45	00:42:36	04:16	00:21:35	
703	Arlindo DOMINGUES	338	M	00:43:46	00:43:15	04:20	00:21:48	
704	Pedro JORGE	2851	M	00:43:46	00:42:59	04:18	00:21:16	Lisboa Racket Centre
705	Tiago VERMELHO	3141	M	00:43:46	00:43:33	04:22	00:20:56	
706	Francisco Eduardo MOREIRINHAS	2916	M	00:43:47	00:43:17	04:20	00:21:48	
707	Nuno LIMA	2155	M	00:43:47	00:43:38	04:22	00:21:25	
708	Henrique HELDER	3720	M	00:43:48	00:43:44	04:23	00:21:45	
709	Pedro SILVA	7746	M	00:43:49	00:42:58	04:18	00:21:49	
710	Pedro MOLEIRINHO	2112	M	00:43:49	00:43:21	04:21	00:21:43	
711	Nuno GONÇALO	2695	M	00:43:50	00:43:18	04:20	00:21:39	
712	Domingos MACHADO	2192	M	00:43:50	00:42:41	04:17	00:21:18	
713	Rui BATATA	2798	M	00:43:50	00:43:37	04:22	00:21:14	
714	Romulo TEIXEIRA	15186	M	00:43:50	00:43:20	04:20	00:21:46	Clube Vodafone

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
715	Miguel MARTINS	1955	M	00:43:52	00:43:46	04:23	00:20:45	G.R.D. Ribeira da Lage
716	João VEIGA	3806	M	00:43:52	00:43:23	04:21	00:21:32	
717	Rui MONTEIRO	6515	M	00:43:52	00:43:18	04:20	00:21:16	ACP - Atletismo Clube de Portalegre
718	Paulo LOPES	15159	M	00:43:52	00:43:38	04:22	00:21:17	Linda-a-Pastora Sporting Clube
719	Nuno Alexandre SILVA	3736	M	00:43:54	00:42:59	04:18	00:21:42	
720	Cedric FOURNIER	2417	M	00:43:55	00:43:45	04:23	00:22:03	
721	Vitor MARQUES	6405	M	00:43:55	00:43:48	04:23	00:21:24	G.R.D. Ribeira da Lage
722	Roberto Carlod Mateus ALVES	3479	M	00:43:55	00:41:53	04:12	00:20:43	
723	Waldo CARVALHO SOUSA BASTOS	4407	M	00:43:55	00:43:37	04:22	00:21:52	
724	Manuel ELISEU	9830	M	00:43:55	00:43:21	04:21	00:20:34	
725	Andre BARROS	351	M	00:43:56	00:43:10	04:19	00:21:24	
726	Miguel AGUIAR	7176	M	00:43:56	00:43:50	04:23	00:21:42	
727	José Carlos FORTE	2609	M	00:43:56	00:43:41	04:23	00:21:45	
728	André MARTINS	4600	M	00:43:57	00:43:40	04:22	00:22:03	
729	Luis PASSOS	15276	M	00:43:57	00:43:19	04:20	00:22:00	CCD Tranquilidade
730	Rui HORTA SARAIVA	2993	M	00:43:58	00:43:03	04:19	00:21:22	
731	Maria MELO	1239	F	00:43:59	00:43:59	04:24		
732	Hélder Jorge P. SOUSA	2535	M	00:43:59	00:43:37	04:22	00:21:30	Grupo Dinamizador do Desporto Os Kotas Bike Team
733	Manuel MENDES	238	M	00:44:00	00:43:55	04:24	00:21:22	10 P'ras 11
734	Jaime Daniel FIGUEIREDO	243	M	00:44:00	00:43:11	04:20	00:21:28	
735	Stoltz PHILIPPE	2169	M	00:44:00	00:42:59	04:18	00:21:31	
736	Miguel Jorge Santos CORREIA	2148	M	00:44:01	00:43:45	04:23	00:21:46	
737	Abel PINA	15262	M	00:44:01	00:43:35	04:22	00:21:47	BP Portugal
738	Ana Filipa MENDONÇA	1401	F	00:44:01	00:43:42	04:23	00:20:53	
739	António ESTRELA	6374	M	00:44:02	00:43:48	04:23	00:21:36	GARMIN COO
740	Jorge NABAIS	4835	M	00:44:03	00:43:16	04:20	00:22:07	
741	Filipe SANTOS	15145	M	00:44:03	00:43:50	04:23	00:21:31	Linda-a-Pastora Sporting Clube
742	Rui PERIÇÃO DE ALMEIDA	6261	M	00:44:03	00:43:24	04:21	00:21:34	
743	Fernando RODRIGUES	1732	M	00:44:03	00:43:56	04:24	00:21:05	Clube Millennium BCP
744	Luis MENDES	10869	M	00:44:03	00:43:03	04:19	00:21:32	
745	Luis VIDOEIRA	8547	M	00:44:04	00:43:51	04:24	00:21:29	
746	Paulo SILVA	4687	M	00:44:05	00:42:57	04:18	00:22:18	
747	Carlos António LOPES ANTUNES	10005	M	00:44:05	00:43:19	04:20	00:21:54	Serviços Sociais da CGD
748	Paulo ENES	3723	M	00:44:06	00:43:13	04:20	00:21:53	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
749	Armando Carvalho MINEIRO	3367	M	00:44:07	00:44:07	04:25	00:22:28	
750	Jorge GODINHO	3347	M	00:44:07	00:43:37	04:22	00:21:23	
751	João BORREGA	15045	M	00:44:07	00:43:49	04:23	00:22:00	Clube Grupo Desportivo BES
752	José SANTOS	6763	M	00:44:08	00:43:37	04:22	00:21:47	Grupo Desp. Rec. S. Francisco da Serra
753	Paulo PATRICIO	4511	M	00:44:09	00:42:13	04:14	00:21:06	
754	António CRUZ	2054	M	00:44:09	00:43:55	04:24	00:22:13	Grupo Desportivo Santander Totta
755	Roberto AREIAS	4679	M	00:44:10	00:41:57	04:12	00:20:49	
756	Helder MARTINHO	10935	M	00:44:11	00:43:34	04:22	00:21:46	
757	José LOPES	4050	M	00:44:11	00:43:40	04:22	00:21:03	
758	João AFONSO	7216	M	00:44:12	00:43:02	04:19	00:21:56	
759	Armando ALDEGALEGA	66	M	00:44:12	00:44:05	04:25	00:21:44	SPORTING CP
760	Jose NUNES	2685	M	00:44:12	00:43:58	04:24	00:21:22	
761	Carlos PORFÍRIO	6410	M	00:44:13	00:43:57	04:24	00:21:37	Grupo Desportivo Joaninhas de Leião
762	Alvaro FURTADO	1865	M	00:44:13	00:44:13	04:26	00:21:53	Serviços Sociais da CGD
763	Joaquim Manuel LORES CAPELA	10261	M	00:44:13	00:44:04	04:25	00:21:36	
764	Domingos PENEDO	15116	M	00:44:13	00:43:37	04:22	00:21:52	Linda-a-Pastora Sporting Clube
765	João SOARES	1927	M	00:44:13	00:43:54	04:24	00:21:57	G.R.D. Ribeira da Lage
766	Victor Manuel BATISTA E SILVA	2709	M	00:44:14	00:43:55	04:24	00:22:14	
767	Francisco Daniel QUITÉRIO	4867	M	00:44:14	00:44:05	04:25	00:21:36	
768	Paula FERNANDES	287	M	00:44:15	00:44:11	04:26	00:21:47	GARMIN COO
769	Vasco SOARES	15331	M	00:44:15	00:44:12	04:26	00:19:54	
770	Filipe Jose DE JESUS NEVES	5922	M	00:44:15	00:44:11	04:26	00:21:37	
771	Manuel ZORRO	15213	M	00:44:15	00:43:34	04:22	00:21:58	Amigos do Atletismo de Mafra
772	Pedro Miguel TAVARES CAMACHO	91	M	00:44:16	00:43:18	04:20	00:22:26	
773	José MOUQUINHO	8013	M	00:44:16	00:44:05	04:25	00:21:22	
774	Cristina GUERREIRO	756	M	00:44:16	00:44:11	04:26	00:21:37	
775	Ernestino AZEVEDO	7889	M	00:44:16	00:43:37	04:22	00:21:48	
776	Jorge Eduardo DANTAS	4783	M	00:44:16	00:43:59	04:24	00:21:54	
777	Joaquim Pedro MARQUES	4259	M	00:44:17	00:43:48	04:23	00:21:56	
778	João Manuel REIS MADUREIRA	2931	M	00:44:17	00:43:53	04:24	00:21:36	
779	Massimo CAVALLI	8852	M	00:44:18	00:43:26	04:21	00:21:26	
780	Luis ALBUQUERQUE	1816	M	00:44:18	00:43:32	04:22	00:22:19	Açoreana clube Banif
781	Eduardo ALMEIDA	15134	M	00:44:18	00:44:05	04:25	00:22:14	Linda-a-Pastora Sporting Clube
782	António BATALHA	2152	M	00:44:18	00:43:47	04:23	00:21:40	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
783	Carlos CABRAL	6456	M	00:44:19	00:43:34	04:22	00:21:56	Grupo Desportivo Joaninhas de Leião
784	André OLIVEIRA	6204	M	00:44:19	00:44:13	04:26	00:20:54	G.R.D. Ribeira da Lage
785	José GERARDO	2836	M	00:44:20	00:44:10	04:25	00:21:42	Clube de Atletismo da Nazaré
786	Nuno Alexandre AZENHAS RIJO	7174	M	00:44:20	00:44:06	04:25	00:22:19	
787	Tiago BARRAL	8014	M	00:44:21	00:43:30	04:21	00:21:37	
788	Gabriel CABRAL	1963	M	00:44:22	00:44:08	04:25	00:21:35	C. R. Leões de Porto Salvo
789	Artur PAIVA FERREIRA	7646	M	00:44:22	00:43:51	04:24	00:21:35	
790	Nuno Miguel XAVIER VIEIRA	3565	M	00:44:22	00:43:57	04:24	00:21:39	
791	Ricardo PINTO SOUSA	270	M	00:44:23	00:41:13	04:08	00:20:56	Serviços Sociais Montepio Geral
792	António PUCARICO	2519	M	00:44:23	00:43:37	04:22	00:21:53	C.C.D. PESSOAL MUNICIPIO DE CASCAIS
793	Arsénio FERNANDES	10111	M	00:44:23	00:43:55	04:24	00:21:58	Amigos do Parque da Paz
794	Filipe José MARTINS GARCIA	7280	M	00:44:23	00:42:56	04:18	00:23:04	
795	Armando NICOLAU	7010	M	00:44:24	00:43:57	04:24	00:21:49	
796	Gonçalo MARQUES	3583	M	00:44:24	00:44:11	04:26	00:20:18	
797	Rui BERNARDINO	4873	M	00:44:24	00:44:00	04:24	00:22:24	
798	Manuel CORREIA	3054	M	00:44:24	00:44:20	04:26	00:22:15	
799	Justiniano Francisco SILVA	3713	M	00:44:24	00:42:58	04:18	00:21:50	
800	João Luís SANTOS	6346	M	00:44:25	00:44:17	04:26	00:21:43	G.R.D. Ribeira da Lage
801	Tiago PACHECO DA SILVA	2768	M	00:44:25	00:43:52	04:24	00:21:44	
802	Paulo BARREIRA	2308	M	00:44:25	00:44:09	04:25	00:21:47	Grupo Recreativo Cultural Desportivo Leião
803	Nuno LAURENTINO	10152	M	00:44:25	00:44:25	04:27	00:21:35	
804	Fernando MARQUES	2666	M	00:44:26	00:44:02	04:25	00:21:41	
805	Nuno SENTIEIRO MARQUES	7251	M	00:44:26	00:44:14	04:26	00:21:49	
806	Francisco José DO ADRO	8597	M	00:44:27	00:43:53	04:24	00:21:55	
807	António José CUNHA	2431	M	00:44:28	00:43:56	04:24	00:21:58	
808	Rui ANDRADE	6475	M	00:44:28	00:44:09	04:25	00:21:48	A.C.S. Amigos da Corrida de Salvaterra
809	Victor CORREIA	3447	M	00:44:28	00:44:15	04:26	00:21:33	
810	Virgílio Manuel SESTA	7225	M	00:44:28	00:42:43	04:17	00:21:44	
811	Tiago NETO	3775	M	00:44:28	00:42:28	04:15	00:21:22	
812	Jose Francisco MIRANDA	2615	M	00:44:28	00:43:47	04:23	00:21:53	
813	Ricardo SANTOS	4373	M	00:44:28	00:42:50	04:17	00:21:47	
814	Rodolfo PINTO	9153	M	00:44:28	00:42:58	04:18	00:21:44	
815	Luís FILIPE	2680	M	00:44:29	00:43:04	04:19	00:21:09	
816	Humberto FERNANDES	2540	M	00:44:31	00:43:42	04:23	00:21:40	Tartarugas de Loulé

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
817	Adrian MELO DE MELO	3892	M	00:44:31	00:44:31	04:28	00:22:04	
818	Jose Manuel Casimiro CAÇÃO	7292	M	00:44:31	00:44:11	04:26	00:21:42	
819	José ALVES	6129	M	00:44:31	00:43:49	04:23	00:22:11	Serviços Sociais da CGD
820	Vitor ANTUNES	7490	M	00:44:34	00:44:25	04:27	00:22:06	
821	Luís Miguel FERREIRA	3191	M	00:44:34	00:44:02	04:25	00:21:51	
822	Manuel GOMES	9873	M	00:44:35	00:44:11	04:26	00:22:08	C. R. Leões de Porto Salvo
823	José CARLOS	2442	M	00:44:35	00:44:05	04:25	00:22:09	N.A. "Os Papagaios de Cascais"
824	Nuno SANTOS	2812	M	00:44:35	00:43:14	04:20	00:22:02	Sporting Clube Casainhos
825	Pedro Jorge Vicente CASTANHEIRA	7934	M	00:44:36	00:43:55	04:24	00:21:55	
826	André Filipe VASCONCELOS TAVARES	1262	M	00:44:36	00:43:50	04:23	00:21:25	
827	Edmilton José DA SILVA	3946	M	00:44:36	00:44:10	04:25	00:21:46	
828	José AUGUSTO	7057	M	00:44:36	00:44:15	04:26	00:22:11	
829	Luzia DIAS	56	F	00:44:36	00:44:33	04:28	00:22:01	SPORTING CP
830	Marcio SEQUEIRA	4414	M	00:44:37	00:44:09	04:25	00:22:35	
831	António Manuel GRILO	8725	M	00:44:37	00:43:47	04:23	00:21:28	
832	Carlos CARDOSO	6630	M	00:44:37	00:44:08	04:25	00:21:48	Grupo Desportivo BPI
833	Nuno Miguel LOURENÇO DIMAS	8884	M	00:44:37	00:44:24	04:27	00:21:23	
834	Joao GONCALVES	4153	M	00:44:38	00:44:21	04:27	00:22:01	
835	António RICO PIRES	3104	M	00:44:38	00:43:36	04:22	00:21:59	
836	Lúcia OLIVEIRA	774	F	00:44:38	00:44:23	04:27	00:21:27	Açoreana clube Banif
837	Vitor TAVARES	3162	M	00:44:39	00:43:31	04:22	00:22:21	
838	Rui PINTO	3213	M	00:44:39	00:44:16	04:26	00:22:10	
839	Fernando ANDRADE	2711	M	00:44:39	00:43:44	04:23	00:22:09	
840	Sergio SANTOS	4734	M	00:44:39	00:44:01	04:25	00:21:43	
841	Virgilio DA CONCEIÇÃO S. VINAGRE	3840	M	00:44:40	00:43:53	04:24	00:21:47	
842	António ANTUNES	10611	M	00:44:41	00:44:41	04:29	00:17:05	
843	Antonio MARQUES DOS SANTOS	3382	M	00:44:41	00:43:37	04:22	00:21:40	
844	Vitor CABRITA	2635	M	00:44:42	00:43:58	04:24	00:22:41	GARMIN COO
845	José ALMEIDA	6273	M	00:44:42	00:44:23	04:27	00:22:14	Clube Millennium BCP
846	Isidro Batista DUARTE	3396	M	00:44:42	00:43:59	04:24	00:21:52	
847	Andrónico DUARTE	4305	M	00:44:43	00:44:06	04:25	00:22:00	
848	Luís Filipe Marques PINTO	444	M	00:44:44	00:43:58	04:24	00:21:50	
849	Eduardo LAGOA	2719	M	00:44:44	00:44:03	04:25	00:21:59	
850	Paulo Jorge MALHO	7007	M	00:44:44	00:44:09	04:25	00:22:19	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
851	Pedro CARLOS	7035	M	00:44:45	00:43:55	04:24	00:22:07	
852	Miguel CABRAL	402	M	00:44:45	00:43:59	04:24	00:21:58	
853	Pedro TAVARES	3623	M	00:44:45	00:44:20	04:26	00:22:40	
854	Jose J CAMPOS	3320	M	00:44:45	00:44:00	04:24	00:21:50	
855	Tobias HAMANN	4712	M	00:44:46	00:42:47	04:17	00:21:09	
856	João Gonçalves PALMA	8208	M	00:44:46	00:44:09	04:25	00:21:54	
857	Isabel MOLEIRO	908	F	00:44:46	00:44:29	04:27	00:21:49	Serviços Sociais da CGD
858	Nuno PIMENTA	8393	M	00:44:47	00:44:03	04:25	00:22:06	
859	Ricardo OLIVEIRAA	4389	M	00:44:47	00:43:50	04:23	00:21:47	
860	José António R. VILHENA	2526	M	00:44:48	00:44:10	04:25	00:22:09	Grupo Dinamizador do Desporto Os Kotas Bike Team
861	Carlos GONÇALVES	2747	M	00:44:48	00:42:55	04:18	00:21:50	
862	Pedro MARQUES	7611	M	00:44:48	00:43:47	04:23	00:21:55	
863	João LOPES	7492	M	00:44:48	00:44:36	04:28	00:22:13	
864	Américo MOREIRA ALEXANDRE	3435	M	00:44:49	00:43:31	04:22	00:22:32	
865	Manuel Silvestre Caldeira BORGES	4731	M	00:44:49	00:44:12	04:26	00:22:01	
866	Luís ALVES	3833	M	00:44:49	00:44:13	04:26	00:22:00	
867	António Manuel Machado De ALMEIDA	7504	M	00:44:49	00:43:55	04:24	00:22:06	
868	Luis Miguel Leal SEMEDO	6226	M	00:44:50	00:44:11	04:26	00:21:52	
869	Sergiu BARBINEAGRA	7501	M	00:44:50	00:42:58	04:18	00:21:39	
870	Manuel BENTO	2489	M	00:44:51	00:43:32	04:22	00:22:06	Sporting Clube Casainhos
871	Tiago Almeida COSTA	6001	M	00:44:51	00:44:27	04:27	00:21:50	
872	Paulo LOURO	4815	M	00:44:51	00:44:28	04:27	00:21:37	
873	Manuel ALMEIDA	2477	M	00:44:52	00:43:58	04:24	00:21:47	Grupo Carmo
874	Manuel RODRIGUES	6058	M	00:44:52	00:44:38	04:28	00:22:09	C. R. Leões de Porto Salvo
875	Carlos COSTA	5869	M	00:44:52	00:44:07	04:25	00:21:40	
876	Carlos Manuel Silvestre JACINTO	4694	M	00:44:53	00:43:50	04:23	00:21:45	
877	Miguel CARTUXO	4473	M	00:44:53	00:44:43	04:29	00:22:37	
878	José Alberto Gonçalves CLEMENTE	3235	M	00:44:54	00:43:36	04:22	00:22:06	
879	Carlos AFONSO	2726	M	00:44:54	00:44:07	04:25	00:22:20	
880	João PAIXÃO	3477	M	00:44:54	00:44:35	04:28	00:21:37	
881	Mário Miguel DA SILVA LOPES	2702	M	00:44:54	00:44:08	04:25	00:22:21	
882	Ricardo GONÇALVES	2399	M	00:44:54	00:44:38	04:28	00:21:20	Valejas Atletico Clube
883	José ANTÓNIO	6402	M	00:44:54	00:44:20	04:26	00:22:18	G.R.D. Ribeira da Lage
884	Marco LOURENÇO	374	M	00:44:54	00:42:48	04:17	00:21:44	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
885	Fernando POLÓNIO	2069	M	00:44:55	00:44:35	04:28	00:21:40	
886	Alfredo AZEVEDO	1920	M	00:44:55	00:44:40	04:28	00:21:58	Grupo Desportivo Roche
887	Paula LEMOS	264	M	00:44:55	00:44:50	04:29	00:22:09	GARMIN COO
888	Alvaro QUITERIO	5891	F	00:44:55	00:44:32	04:28	00:22:00	
889	Pedro Miguel RODRIGUES PESTANA	11508	M	00:44:57	00:43:20	04:20	00:21:37	
890	Eduardo SOARES	8525	M	00:44:57	00:44:25	04:27	00:22:31	
891	Eduardo José Morgado PASSOS CORREIA	3020	M	00:44:57	00:44:22	04:27	00:21:57	
892	João PENAS	3485	M	00:44:57	00:43:36	04:22	00:22:28	
893	Francisco CALÇADA	2182	M	00:44:57	00:44:33	04:28	00:21:29	Açoreana clube Banif
894	Bruno DINIS	7715	M	00:44:58	00:43:42	04:23	00:21:33	
895	Abilio Joaquim CATARRO	2810	M	00:44:59	00:44:53	04:30	00:21:37	Bombeiros Voluntarios de Montemor-o-Novo
896	Luis FRAGOSO	209	M	00:44:59	00:44:38	04:28	00:23:01	Serviços Sociais da CGD
897	António BARBOSA	4238	M	00:45:00	00:44:40	04:28	00:22:07	
898	Nuno PINTO	3979	M	00:45:00	00:44:30	04:27	00:21:32	
899	Ricardo Jorge Oliveira DIAS	3835	M	00:45:00	00:43:31	04:22	00:21:59	
900	Armando JORGE	1759	M	00:45:00	00:44:38	04:28	00:22:25	Maratona Clube de Portugal
901	Pedro Daniel SILVA	3722	M	00:45:01	00:43:58	04:24	00:21:57	
902	Rodrigo ENES	4667	M	00:45:01	00:43:50	04:23	00:21:56	
903	Luis CONSTANTE	8540	M	00:45:02	00:44:35	04:28	00:22:23	
904	Tiago VIANA MACHADO	3501	M	00:45:03	00:43:49	04:23	00:21:45	
905	Fernando SOBRAL	293	M	00:45:03	00:44:48	04:29	00:21:58	Grupo Desp. Rec. S. Francisco da Serra
906	Valter MORAIS	6698	M	00:45:04	00:44:26	04:27	00:21:31	LINK
907	Gonçalo CATARINO	8355	M	00:45:04	00:44:59	04:30	00:21:51	
908	José Manuel Ferreira MATOS	4737	M	00:45:05	00:44:42	04:29	00:22:10	
909	Carlos Manuel PAIVA NEVES	3514	M	00:45:05	00:45:05	04:31	00:22:59	
910	Gonçalo Nuno Silva Gonçalves DE CARVALHO	4760	M	00:45:05	00:43:51	04:24	00:21:29	
911	Rui CABRAL	15160	M	00:45:06	00:44:13	04:26	00:22:13	Linda-a-Pastora Sporting Clube
912	Carlos BEATO	15161	M	00:45:06	00:44:13	04:26	00:22:13	Linda-a-Pastora Sporting Clube
913	André RISCADO	3554	M	00:45:06	00:44:52	04:30	00:22:01	
914	Daniel COSTA	1819	M	00:45:06	00:44:11	04:26	00:22:07	NUCLEOEIRAS/SPORTZONE
915	Manuel MARTINS	6511	M	00:45:06	00:45:00	04:30	00:22:12	Grupo Recreativo Cultural Desportivo Leião
916	Paulo REIS	3890	M	00:45:07	00:45:07	04:31	00:23:34	
917	José FERREIRA	10446	M	00:45:07	00:44:16	04:26	00:21:52	
918	Lourenco SAMPAIO	3352	M	00:45:08	00:44:35	04:28	00:22:05	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
919	João Paulo NUNES DOMINGUES	3927	M	00:45:08	00:44:13	04:26	00:22:09	
920	Miguel Ângelo SERVUCO TOMÉ	2784	M	00:45:08	00:43:40	04:22	00:22:14	
921	Armando CORREIA	2481	M	00:45:08	00:43:50	04:23	00:21:57	Sporting Clube Casainhos
922	Daniel FERREIRA	4226	M	00:45:08	00:44:11	04:26	00:22:36	
923	António ANTUNES	8027	M	00:45:09	00:44:17	04:26	00:22:24	
924	Bernardino PEREIRA	1867	M	00:45:09	00:45:04	04:31	00:21:58	Serviços Sociais da CGD
925	João Nuno Saraiva Mota De ALBUQUERQUE	9142	M	00:45:09	00:43:54	04:24	00:22:23	
926	Nuno CIDADE DO CARMO	2789	M	00:45:09	00:44:35	04:28	00:22:06	
927	David Jorge Rodrigues OLIVEIRA	4411	M	00:45:09	00:44:41	04:29	00:22:35	
928	Rita SERRA	1369	F	00:45:09	00:44:33	04:28	00:22:10	
929	João ANTUNES	8318	M	00:45:10	00:44:23	04:27	00:22:00	
930	Orlando BRIZIDA	6632	M	00:45:11	00:44:51	04:30	00:22:07	C.C.D. EFACEC
931	Jorge MENEZES	4549	M	00:45:11	00:44:20	04:26	00:21:59	
932	Paulo OLIVEIRA	6594	M	00:45:11	00:44:51	04:30	00:22:09	C.C.D. EFACEC
933	Antonio BAPTISTA	8058	M	00:45:11	00:44:02	04:25	00:21:56	
934	Nuno NORTE	1817	M	00:45:11	00:45:01	04:31	00:21:39	NUCLEOEIRAS/SPORTZONE
935	Pedro Alexandre ALVAREZ	2723	M	00:45:12	00:44:36	04:28	00:21:48	
936	Octávio DIAS	6486	M	00:45:12	00:45:03	04:31	00:22:08	Clube de Lazer, Aventura e Competição
937	João Pedro FONSECA	2223	M	00:45:12	00:44:19	04:26	00:22:06	
938	Nuno RODRIGUES	15050	M	00:45:13	00:44:10	04:25	00:22:53	Clube Grupo Desportivo BES
939	António TABORDA	199	M	00:45:14	00:44:39	04:28	00:22:13	Serviços Sociais da CGD
940	Lucas Manuel Paulino FERREIRA LUIS	490	M	00:45:14	00:44:54	04:30	00:22:24	
941	Pedro LOURENÇO	15187	M	00:45:14	00:45:14	04:32	00:22:52	Clube Vodafone
942	Gonçalo VICENTE	7300	M	00:45:15	00:44:39	04:28	00:22:01	
943	André CID	7901	M	00:45:15	00:44:25	04:27	00:21:41	Sportlife
944	Joao Pedro GAMA	2163	M	00:45:16	00:44:20	04:26	00:22:14	
945	Paulo BRITO	1805	M	00:45:16	00:44:51	04:30	00:22:01	NUCLEOEIRAS/SPORTZONE
946	Mário PIRES	6060	M	00:45:17	00:44:54	04:30	00:22:12	C. R. Leões de Porto Salvo
947	Armando CORREIA	1962	M	00:45:17	00:44:59	04:30	00:22:32	C. R. Leões de Porto Salvo
948	Marco Filipe Santos GONÇALVES	4403	M	00:45:17	00:44:51	04:30	00:22:39	
949	António SALDANHA	6703	M	00:45:18	00:44:42	04:29	00:22:02	Clube de Atletismo da Nazaré
950	Fernando MENDES	2070	M	00:45:18	00:44:58	04:30	00:22:18	GARMIN COO
951	Nelson Manuel FERNANDES	2772	M	00:45:18	00:44:57	04:30	00:22:09	
952	Henrique Jose Caramelo SAMORA	5950	M	00:45:18	00:45:02	04:31	00:22:19	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
953	Carlos GRADÍSSIMO	2570	M	00:45:19	00:45:00	04:30	00:22:02	
954	Bernardo GRADISSIMO	6272	M	00:45:19	00:45:00	04:30	00:22:02	C. R. Leões de Porto Salvo
955	José MARTINHO	2532	M	00:45:19	00:44:30	04:27	00:21:59	Tartarugas de Loulé
956	Jorge MONTEIRO	2216	M	00:45:19	00:44:18	04:26	00:22:32	Clube de Natação de Rio Maior
957	Tiago Alexandre Roque RAIMUNDO	4129	M	00:45:20	00:44:26	04:27	00:23:11	
958	Juan COSTA	3093	M	00:45:20	00:44:46	04:29	00:22:40	
959	Ruben RAMALHAIS	4761	M	00:45:20	00:44:14	04:26	00:22:17	
960	Miguel Sergio Henriques Guedes GOMES	7651	M	00:45:21	00:44:18	04:26	00:22:36	
961	Ricardo MADEIRA	4368	M	00:45:21	00:44:54	04:30	00:22:42	
962	Pedro SOBRAL	7887	M	00:45:21	00:44:21	04:27	00:21:54	
963	Paula COUTO	15315	F	00:45:21	00:45:00	04:30	00:22:52	
964	Ilidio FERNANDES	15171	M	00:45:22	00:45:11	04:32	00:23:03	Gabinete de Fisioterapia no Desporto
965	Simon SHINN	8469	M	00:45:22	00:44:59	04:30	00:22:21	
966	Carlos CARMINO	320	M	00:45:22	00:44:35	04:28	00:23:12	
967	Eduardo CHAGAS	3879	M	00:45:22	00:44:20	04:26	00:22:24	
968	Helio Manuel MARQUES	7227	M	00:45:22	00:44:53	04:30	00:22:14	
969	Susana ALMEIDA	1145	M	00:45:22	00:45:17	04:32	00:22:10	GARMIN COO
970	Henrique Manuel RAMOS	4576	M	00:45:23	00:44:59	04:30	00:22:08	
971	José Carlos DUARTE ANTUNES	7406	M	00:45:24	00:44:52	04:30	00:21:59	
972	António FERREIRA	6458	M	00:45:24	00:44:37	04:28	00:22:30	Grupo Desportivo Santander Totta
973	João ANDRADE	2565	M	00:45:24	00:44:30	04:27	00:22:55	
974	Jorge CARLOS	6452	M	00:45:24	00:45:11	04:32	00:22:11	Grupo Desportivo Joaninhas de Leião
975	Ana PEREIRA	658	F	00:45:24	00:45:13	04:32	00:22:15	NUCLEOEIRAS/SPORTZONE
976	José GONÇALVES	3528	M	00:45:25	00:44:13	04:26	00:22:18	
977	José BARROCO	6631	M	00:45:25	00:45:10	04:31	00:22:29	C.C.D. EFACEC
978	Nuno Jose Rodrigues CESÁRIO	8213	M	00:45:25	00:44:51	04:30	00:22:26	
979	Vitor SEBASTIÃO	524	M	00:45:26	00:43:59	04:24	00:22:24	
980	António Alexandre TAVARES	8930	M	00:45:26	00:44:16	04:26	00:22:05	
981	Fernando CARDOSO	2044	M	00:45:26	00:45:12	04:32	00:22:12	Grupo Desportivo Santander Totta
982	Pedro Manuel PACHECO POMBO	6110	M	00:45:26	00:44:44	04:29	00:21:11	
983	Ricardo DA CONCEIÇÃO RIBEIRO	4495	M	00:45:27	00:43:50	04:23	00:22:14	
984	José GALAMBA	6522	M	00:45:27	00:45:02	04:31	00:22:37	Valejas Atletico Clube
985	Joaquim SILVA	1753	M	00:45:28	00:45:24	04:33	00:22:22	
986	Simao SEICA	155	M	00:45:28	00:44:24	04:27	00:21:56	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
987	Gabriel CHARRUA	3105	M	00:45:28	00:44:26	04:27	00:22:01	
988	João Filipe MARQUES SANTOS	8069	M	00:45:28	00:44:14	04:26	00:21:25	
989	Rui David FREITAS	3273	M	00:45:28	00:44:45	04:29	00:21:43	
990	Ana BENTO	901	F	00:45:28	00:44:19	04:26	00:22:07	G.R.D. Ribeira da Lage
991	Fátima SANTOS	5067	F	00:45:29	00:45:11	04:32	00:22:19	C. R. Leões de Porto Salvo
992	Aristides MONTEIRO	1898	M	00:45:29	00:45:17	04:32	00:22:04	G.R.D. Ribeira da Lage
993	Eduardo EUSTÁQUIO	15167	M	00:45:29	00:44:40	04:28	00:22:40	Amigos do Atletismo de Mafra
994	Herbert BEAUMONT	15150	M	00:45:29	00:45:11	04:32	00:22:16	Linda-a-Pastora Sporting Clube
995	Lídia MAGALHÃES	1580	F	00:45:30	00:45:19	04:32	00:22:17	
996	Pedro CRISPIM	7655	M	00:45:30	00:43:28	04:21	00:21:52	
997	Pedro Maria CARVALHO	10106	M	00:45:30	00:45:02	04:31	00:22:39	
998	João PASTOR	15229	M	00:45:30	00:45:07	04:31	00:23:26	Amigos do Atletismo de Mafra
999	João RIBEIRO DA SILVA	112	M	00:45:30	00:44:34	04:28	00:22:28	
1000	José AFONSO ALVES	4802	M	00:45:31	00:44:55	04:30	00:22:20	
1001	Mario Rui Apura GOMES	95	M	00:45:31	00:44:34	04:28	00:22:44	
1002	Carlos CARREIRO	7520	M	00:45:31	00:44:54	04:30	00:22:44	
1003	Dinis MORAIS	7309	M	00:45:32	00:44:46	04:29	00:22:45	
1004	José RUA	2829	M	00:45:32	00:44:54	04:30	00:22:49	Wikaboo
1005	Michael DIAS	15193	M	00:45:32	00:45:32	04:34	00:23:07	Clube Vodafone
1006	Rui Jorge BRÁS	8490	M	00:45:32	00:44:41	04:29	00:22:29	
1007	Paulo RIBEIRO	7496	M	00:45:32	00:44:29	04:27	00:21:49	
1008	Sandra Raquel RIOS DE CASTRO	1600	F	00:45:33	00:45:16	04:32	00:22:38	
1009	Helena MARTINS	15221	M	00:45:33	00:44:52	04:30	00:22:10	Amigos do Atletismo de Mafra
1010	Antonio ALMEIDA	4745	M	00:45:33	00:45:24	04:33	00:23:05	
1011	Tiago Alexandre Guerreiro GAMA	4128	M	00:45:33	00:44:39	04:28	00:23:11	
1012	Pedro João REIS	318	M	00:45:33	00:44:49	04:29	00:22:23	
1013	Odete FERREIRA	9559	F	00:45:33	00:45:25	04:33	00:23:05	
1014	João PEDRAS	423	M	00:45:35	00:44:59	04:30	00:21:43	
1015	José Alberto NEVES MOURATO MARTINS FERREIRA	5936	M	00:45:35	00:44:06	04:25	00:22:13	
1016	Pedro MARTINS	358	M	00:45:35	00:45:10	04:31	00:22:04	
1017	Fernando SANTOS	1780	M	00:45:35	00:45:35	04:34	00:22:44	C. R. Leões de Porto Salvo
1018	Pedro GONÇALVES	15189	M	00:45:35	00:44:48	04:29	00:22:24	Clube Vodafone
1019	José Fidélio VICENTE	2381	M	00:45:35	00:45:27	04:33	00:22:17	Clube de Lazer, Aventura e Competição
1020	Filipe FRAGA	4181	M	00:45:36	00:44:43	04:29	00:22:41	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1021	Hugo ORTINS	4383	M	00:45:37	00:45:19	04:32	00:22:38	
1022	Paulo MIGUEL	15345	M	00:45:37	00:44:35	04:28	00:22:32	Clube de Natação de Rio Maior
1023	Manuel Pereira FERREIRA	8352	M	00:45:37	00:45:20	04:32	00:22:10	
1024	Antóni Carlos TEIXEIRA	457	M	00:45:37	00:45:11	04:32	00:22:12	
1025	António Carlos DUARTE	1857	M	00:45:38	00:44:59	04:30	00:22:25	Clube do Stress
1026	Sérgio ARRUDA	3674	M	00:45:38	00:45:26	04:33	00:23:15	
1027	Fernando LOPES	15176	M	00:45:38	00:45:18	04:32	00:22:32	Gabinete de Fisioterapia no Desporto
1028	Marcelo XAVIER	398	M	00:45:38	00:44:04	04:25	00:22:10	
1029	Christopher APPS	4606	M	00:45:38	00:44:07	04:25	00:22:29	
1030	Virgílio Manuel CORREIA	3123	M	00:45:39	00:45:11	04:32	00:22:25	
1031	Luís GONZAGA MARTINS QUENTAL	4337	M	00:45:39	00:44:54	04:30	00:23:14	
1032	Manuel De Azevedo OLIVEIRA	9012	M	00:45:39	00:44:50	04:29	00:22:48	
1033	José Santos COSTA	3135	M	00:45:40	00:45:08	04:31	00:22:28	
1034	Vitor SANTOS MARREIRA	7602	M	00:45:40	00:45:28	04:33	00:22:03	
1035	António Maria CAMPOS	3356	M	00:45:40	00:45:28	04:33	00:22:10	
1036	Eva ALVES	5357	F	00:45:40	00:45:26	04:33	00:22:54	Tartarugas de Loulé
1037	Bernardino ANTUNES	15119	M	00:45:41	00:45:15	04:32	00:22:10	Linda-a-Pastora Sporting Clube
1038	Miguel AIRES	8025	M	00:45:41	00:44:37	04:28	00:22:19	
1039	Fernando BERNARDO	15149	M	00:45:42	00:44:17	04:26	00:22:04	Linda-a-Pastora Sporting Clube
1040	Francisco José DOS SANTOS FLORÊNCIO	2833	M	00:45:43	00:43:52	04:24	00:22:36	Clube Atletico Riachense
1041	Paulo GONÇALVES	3792	M	00:45:43	00:43:09	04:19	00:21:52	
1042	Fernando OLIVEIRA	6143	M	00:45:43	00:45:05	04:31	00:22:20	G.R.D. Ribeira da Lage
1043	Arlindo PAIXÃO	7869	M	00:45:44	00:45:12	04:32	00:22:15	
1044	Jose VERACRUZ	4484	M	00:45:45	00:44:24	04:27	00:21:46	
1045	Pedro RIBEIRO	7931	M	00:45:45	00:44:52	04:30	00:21:54	
1046	Joaquim MONTEIRO	4104	M	00:45:46	00:45:02	04:31	00:22:24	
1047	Fátima SANTOS	773	F	00:45:46	00:45:34	04:34	00:22:21	Açoreana clube Banif
1048	Luís Miguel BARRELAS	355	M	00:45:46	00:45:29	04:33	00:22:02	
1049	Ricardo CHARRUA	3328	M	00:45:46	00:44:10	04:25	00:22:18	
1050	Carla MARTINS	4968	F	00:45:46	00:45:34	04:34	00:22:47	NUCLEOEIRAS/SPORTZONE
1051	Severo MELO	10812	M	00:45:46	00:45:00	04:30	00:22:28	
1052	Abílio FERNANDES	8115	M	00:45:47	00:43:20	04:20	00:21:48	
1053	José Manuel MOTA	7204	M	00:45:47	00:45:29	04:33	00:22:04	
1054	José SOUSA	2854	M	00:45:47	00:45:20	04:32	00:22:57	Atletico Clube Porto Salvo

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1055	Guilherme GONÇALVES	7683	M	00:45:47	00:45:05	04:31	00:22:06	
1056	Alexandre VAZ	2802	M	00:45:48	00:44:53	04:30	00:22:35	Grupo Excursionista Os Económicos
1057	José MAIO	2853	M	00:45:48	00:45:20	04:32	00:22:58	Atletico Clube Porto Salvo
1058	Herberto MONTEIRO	41	M	00:45:48	00:45:41	04:35	00:22:36	
1059	German SANCHEZ	6924	M	00:45:49	00:44:17	04:26	00:21:48	
1060	Julio FERREIRA	15068	M	00:45:49	00:44:47	04:29	00:22:53	Clube Grupo Desportivo BES
1061	Paula Cristina Santos Martinho Cunha ALMEIDA	5342	F	00:45:49	00:44:47	04:29	00:22:55	
1062	André FIDALGO	4344	M	00:45:49	00:45:09	04:31	00:22:55	
1063	Fernando FERNANDES	10322	M	00:45:50	00:45:08	04:31	00:22:11	
1064	Pedro RODRIGUES	3280	M	00:45:50	00:45:40	04:34	00:22:04	
1065	Ana PARENTE	1383	F	00:45:50	00:45:33	04:34	00:22:19	
1066	Paulo BRITO	6780	M	00:45:50	00:45:40	04:34	00:21:42	Joma
1067	Bruno Gomes PEREIRA	6976	M	00:45:51	00:45:31	04:34	00:22:39	
1068	César FERREIRA	4272	M	00:45:51	00:45:30	04:33	00:22:14	
1069	Paulo SEBASTIÃO	3784	M	00:45:51	00:44:52	04:30	00:22:10	
1070	José Pedro MARQUES	6707	M	00:45:51	00:45:44	04:35	00:21:49	Bombeiros Voluntarios de Montemor-o-Novo
1071	António RAMOS	2412	M	00:45:52	00:44:49	04:29	00:22:39	C.C.D. EFACEC
1072	Marco Gonçalo Albuquerque Das Neves CAMPOS	3688	M	00:45:52	00:45:23	04:33	00:22:11	
1073	Neves SILVA	7603	M	00:45:52	00:45:33	04:34	00:22:34	
1074	José LEÃO	15172	M	00:45:52	00:45:41	04:35	00:22:25	Gabinete de Fisioterapia no Desporto
1075	José Pedro RIBEIRO	8029	M	00:45:52	00:45:26	04:33	00:21:53	
1076	Joao SOUSA	3184	M	00:45:53	00:45:31	04:34	00:22:12	
1077	Nuno Miguel LOPES RAPOSO	4278	M	00:45:53	00:42:27	04:15	00:21:26	
1078	Vasco FARIAS	8530	M	00:45:54	00:45:14	04:32	00:22:27	
1079	Filipe José Barros FAUSTINO	347	M	00:45:54	00:45:44	04:35	00:22:26	
1080	Milene SANTOS	827	F	00:45:54	00:45:07	04:31	00:23:11	
1081	Miguel BAPTISTA	2933	M	00:45:54	00:45:34	04:34	00:22:21	
1082	Nuno FARIA GOMES	2140	M	00:45:54	00:45:22	04:33	00:22:39	
1083	João BRITES	3732	M	00:45:54	00:45:03	04:31	00:22:52	
1084	João ROSA	15197	M	00:45:55	00:44:54	04:30	00:23:01	Clube Vodafone
1085	Carlos FERREIRA	4156	M	00:45:55	00:44:36	04:28	00:22:28	
1086	Nuno VICENTE	15318	M	00:45:55	00:45:43	04:35	00:22:41	
1087	Diogo ALAGADOR	15164	M	00:45:56	00:44:56	04:30	00:22:40	Linda-a-Pastora Sporting Clube
1088	Alfredo MATEUS	15132	M	00:45:57	00:45:42	04:35	00:22:42	Linda-a-Pastora Sporting Clube

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1089	Mariana MOREIRA	11352	F	00:45:57	00:45:40	04:34	00:22:35	
1090	Jorge Manuel SEBASTIÃO	431	M	00:45:58	00:44:52	04:30	00:23:05	
1091	Carlos LOPES	3541	M	00:45:58	00:44:21	04:27	00:21:36	
1092	Jose Luis SANTOS CORREIA	3160	M	00:45:58	00:45:52	04:36	00:22:44	
1093	Hugo REBELO	4266	M	00:45:58	00:45:17	04:32	00:22:57	
1094	Luis MAURÍCIO	5977	M	00:45:58	00:45:22	04:33	00:22:55	ACP - Atletismo Clube de Portalegre
1095	Ricardo MARQUES DE SOUSA	4450	M	00:45:59	00:45:16	04:32	00:22:21	
1096	Jorge Manuel SOUSA PINTO VILELA	3875	M	00:45:59	00:45:34	04:34	00:22:42	
1097	Joaquim OLIVEIRA	2490	M	00:45:59	00:45:54	04:36	00:22:35	10 P'ras 11
1098	Fernando António SANTOS	10767	M	00:46:00	00:45:27	04:33	00:22:26	
1099	Carlos GREGORIO	3515	M	00:46:00	00:44:49	04:29	00:22:40	
1100	José GONÇALVES	15207	M	00:46:00	00:44:51	04:30	00:22:21	Amigos do Atletismo de Mafra
1101	Pedro MENDONÇA	15228	M	00:46:00	00:45:04	04:31	00:21:55	Amigos do Atletismo de Mafra
1102	Paulo OLIVEIRA	4078	M	00:46:00	00:45:08	04:31	00:23:10	
1103	Joaquim GUERRA	10020	M	00:46:01	00:45:24	04:33	00:22:31	G.R.D. Ribeira da Lage
1104	João SILVA	6653	M	00:46:01	00:45:37	04:34	00:23:06	C.C.D. EFACEC
1105	Carla CALÇADA	794	F	00:46:03	00:45:53	04:36	00:22:25	Açoreana clube Banif
1106	Pedro Gonçalves CARDOSO	3657	M	00:46:03	00:45:10	04:31	00:22:35	
1107	Artur QUEIROZ MACHADO	4588	M	00:46:04	00:45:04	04:31	00:22:48	
1108	João COSTA	3257	M	00:46:04	00:44:59	04:30	00:22:52	
1109	Manuel RIBEIRO MARTINS	4464	M	00:46:05	00:44:59	04:30	00:22:52	
1110	Rui Manuel PEREIRA DA GLÓRIA	5943	M	00:46:06	00:45:15	04:32	00:22:12	Grupo Desportivo Unidos Caxienses
1111	Manuela FOLGADO	975	F	00:46:06	00:45:55	04:36	00:22:23	G.R.D. Os Fixes
1112	Pedro COSTA	5855	M	00:46:07	00:45:21	04:33	00:22:26	
1113	Eduardo FAZENDA BRANCO	121	M	00:46:07	00:44:47	04:29	00:22:16	
1114	Gonçalo DINIS	7842	M	00:46:08	00:44:40	04:28	00:22:50	
1115	Manuel SEQUEIRA	2492	M	00:46:08	00:44:47	04:29	00:22:55	G. D. C. T. Repsol Polimeros
1116	João CABRITA	5911	M	00:46:08	00:45:26	04:33	00:22:42	Açoreana clube Banif
1117	Artur GONÇALVES	3936	M	00:46:08	00:45:01	04:31	00:22:25	
1118	Armenio MENDES	4764	M	00:46:08	00:45:40	04:34	00:22:18	
1119	Cláudio Manuel ALEXANDRE CANAVILHAS	4744	M	00:46:09	00:45:03	04:31	00:22:55	
1120	Ivo Gomes Da Silva SILVA	3915	M	00:46:09	00:45:29	04:33	00:22:46	
1121	Malaquias DA LUZ	7745	M	00:46:09	00:45:20	04:32	00:22:47	
1122	Tiago De Campos Charters De Azevedo TABORDA	4228	M	00:46:09	00:45:33	04:34	00:22:38	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1123	Ricardo CARVALHO	9049	M	00:46:10	00:45:03	04:31	00:22:55	
1124	Augusto FERNANDES	6783	M	00:46:10	00:46:04	04:37	00:22:34	10 P'ras 11
1125	Joaquim António Mendes VIANA	341	M	00:46:10	00:45:46	04:35	00:22:38	
1126	João Carlos Almeida FRANCO	4448	M	00:46:11	00:45:06	04:31	00:22:14	
1127	Ricardo FORTES	9940	M	00:46:12	00:45:12	04:32	00:22:14	Grupo Desportivo Joaninhas de Leião
1128	Cidália PIMENTEL	1320	F	00:46:12	00:46:04	04:37	00:22:42	
1129	Rui FERREIRA	7870	M	00:46:12	00:45:36	04:34	00:22:44	
1130	Chris PARRIS	6987	M	00:46:12	00:45:01	04:31	00:21:55	
1131	Miguel GUALDINO	9040	M	00:46:12	00:43:23	04:21	00:22:08	
1132	Joaquim Avelino Ribeiro CUNHA	3414	M	00:46:14	00:45:01	04:31	00:23:12	
1133	Leonel LUCAS	6096	M	00:46:15	00:45:09	04:31	00:22:25	Clube Académico de Penafirme
1134	Ruben BATISTA	4465	M	00:46:15	00:45:31	04:34	00:22:12	
1135	Pau STORCH	5893	M	00:46:15	00:45:02	04:31	00:22:17	
1136	Jorge CANELHAS	6122	M	00:46:15	00:45:57	04:36	00:22:02	GARMIN COO
1137	Pedro Manuel Feliciano SOUTO Mouro Santos	4769	M	00:46:16	00:44:45	04:29	00:22:37	
1138	Alexandra ALVES	656	F	00:46:17	00:45:54	04:36	00:22:34	Açoreana clube Banif
1139	Dinis SILVA	6578	M	00:46:17	00:45:20	04:32	00:22:19	
1140	João BUCHO	2244	M	00:46:17	00:44:53	04:30	00:22:23	
1141	Josemar GOMES (ANIMAL)	4119	M	00:46:17	00:45:31	04:34	00:22:54	
1142	Jose AGAPITO	3421	M	00:46:17	00:45:44	04:35	00:22:50	
1143	Alexandra LAMAS	1191	F	00:46:17	00:46:09	04:37	00:22:41	
1144	João TOMÁS	4786	M	00:46:18	00:45:41	04:35	00:23:07	
1145	Maria Carmo PINTO	15338	F	00:46:18	00:46:11	04:38	00:22:41	Associação de Moradores de Atibá
1146	Tiago CRUZ	8173	M	00:46:19	00:46:01	04:37	00:22:08	
1147	Rui COCHILHA	8549	M	00:46:19	00:44:52	04:30	00:22:39	
1148	Fernando Jorge VICENTE	3938	M	00:46:19	00:45:15	04:32	00:22:58	
1149	João CABANAS	196	M	00:46:19	00:45:08	04:31	00:23:04	
1150	Ruben FERREIRA	2275	M	00:46:19	00:46:03	04:37	00:22:30	G.R.D. Os Fixes
1151	Ruben SILVA	3310	M	00:46:19	00:45:39	04:34	00:22:43	
1152	Carlos TEIXEIRA	2056	M	00:46:20	00:45:32	04:34	00:23:22	Grupo Desportivo Santander Totta
1153	João Silva MARQUES	488	M	00:46:20	00:44:50	04:29		
1154	Arlindo Pereira BRÁS	8243	M	00:46:21	00:45:56	04:36	00:22:47	Amigos da Estrela
1155	Diogo FIGUEIRA	3869	M	00:46:21	00:45:08	04:31	00:22:49	
1156	Daniel Antonio HONRADO MORAIS	7272	M	00:46:21	00:45:44	04:35	00:23:02	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1157	Luís NÓBREGA	4313	M	00:46:21	00:46:16	04:38	00:23:25	
1158	Nuno Miguel RODRIGUES	7453	M	00:46:22	00:46:15	04:38	00:22:21	Clube Millennium BCP
1159	António Manuel BORLA	3080	M	00:46:22	00:45:54	04:36	00:23:01	
1160	Carlos Manuel Carvalho HENRIQUES	15291	M	00:46:22	00:45:48	04:35	00:23:07	
1161	Jose CAVACO	6868	M	00:46:22	00:45:16	04:32	00:22:38	
1162	José Manuel Jorge COSTA ROLDÃO	3772	M	00:46:22	00:45:20	04:32	00:23:00	
1163	Friedrich TAMMO	2419	M	00:46:24	00:45:42	04:35	00:23:02	
1164	Marco BAPTISTA	3399	M	00:46:25	00:45:16	04:32	00:22:48	
1165	Pedro GONÇALVES	1790	M	00:46:25	00:46:18	04:38	00:22:13	Clube do Stress
1166	Diogo CALMEIRO	158	M	00:46:25	00:44:58	04:30	00:22:07	
1167	Jorge Manuel Varanda PINTO	6689	M	00:46:25	00:45:18	04:32	00:22:47	
1168	José REINAS	9871	M	00:46:26	00:46:13	04:38	00:22:44	C. R. Leões de Porto Salvo
1169	Rui Pedro ALBUQUERQUE	327	M	00:46:26	00:46:00	04:36	00:22:11	
1170	Telmo COELHO	7654	M	00:46:26	00:45:18	04:32	00:22:34	
1171	José LOPES	6092	M	00:46:26	00:43:51	04:24	00:22:18	Açoreana clube Banif
1172	Margarida DE ALMEIDA SANTOS SOBREIRA	1640	F	00:46:26	00:46:21	04:39	00:23:12	
1173	Pedro OLIVEIRA	11488	M	00:46:26	00:45:22	04:33	00:22:27	
1174	Margarida GODINHO	15352	F	00:46:27	00:45:51	04:36	00:23:06	
1175	Zé CATALÃO	4446	M	00:46:27	00:45:00	04:30	00:22:03	
1176	Nuno PRATA	4864	M	00:46:27	00:45:38	04:34	00:22:35	
1177	João COSTA	10644	M	00:46:27	00:45:57	04:36	00:22:38	
1178	Jaime CADETE	10860	M	00:46:27	00:45:14	04:32	00:23:08	
1179	Joaquim Manuel BASSO	7382	M	00:46:28	00:46:03	04:37	00:23:02	
1180	Luis PINTO	2073	M	00:46:28	00:45:47	04:35	00:22:52	ACP - Atletismo Clube de Portalegre
1181	Bernardo PONTÃO PASSOS CORREIA	373	M	00:46:28	00:45:50	04:35	00:22:56	
1182	Rodrigo SERGIO	3787	M	00:46:29	00:45:15	04:32	00:22:38	
1183	António Manuel Freire VITORINO	9093	M	00:46:29	00:46:17	04:38	00:23:02	
1184	Bruno COELHO	6192	M	00:46:29	00:45:59	04:36	00:22:44	Valejas Atletico Clube
1185	Pedro GONÇALVES PINTO	8671	M	00:46:29	00:46:03	04:37	00:23:16	
1186	Antonio Augusto Gonçalves CORREIA	4397	M	00:46:30	00:46:03	04:37	00:22:49	
1187	Carlos BRÁS	4669	M	00:46:30	00:45:43	04:35	00:22:08	
1188	José Manuel OLIVEIRA INFANTE	10430	M	00:46:30	00:46:08	04:37	00:22:46	
1189	Fernando LUZ	3463	M	00:46:30	00:45:22	04:33	00:22:39	
1190	Heitor GOMES	255	M	00:46:30	00:46:10	04:37	00:23:10	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1191	Ramiro DELGADO INÁCIO	9029	M	00:46:30	00:46:22	04:39	00:22:47	
1192	João PAIVA	2332	M	00:46:30	00:45:54	04:36	00:22:28	Clube Anacom
1193	Armando PARREIRA	2198	M	00:46:30	00:45:47	04:35	00:22:52	Açoreana clube Banif
1194	Filipe LEITÃO	9130	M	00:46:31	00:45:59	04:36	00:22:41	
1195	Diogo Miguel FERREIRA GRAÇA	4875	M	00:46:31	00:45:30	04:33	00:21:49	
1196	João Vasco DIAS	3315	M	00:46:31	00:46:10	04:37	00:22:10	
1197	Manuel ROBALO	2033	M	00:46:31	00:46:20	04:38	00:23:03	Grupo Desportivo Santander Totta
1198	Pedro COSTA MOREIRA	2339	M	00:46:31	00:46:19	04:38	00:22:32	Grupo Desportivo do INE
1199	Nuno VIEGAS	207	M	00:46:31	00:45:23	04:33	00:22:40	Grupo Desportivo Roche
1200	Adolfo SALAZAR	10184	M	00:46:31	00:46:21	04:39	00:23:04	
1201	Ivo Almeida Vicente Vital COELHO	3769	M	00:46:31	00:45:32	04:34	00:22:14	
1202	Joaquim FERRÃO	6762	M	00:46:32	00:45:52	04:36	00:22:38	G.D.C. Banco De Portugal
1203	Sérgio Alexandre MARTINS FERREIRA	2566	M	00:46:33	00:44:55	04:30	00:22:40	
1204	José MESQUITA	10728	M	00:46:33	00:45:11	04:32	00:23:02	
1205	Jaime SOUSA	1770	M	00:46:33	00:46:22	04:39	00:22:26	NUCLEOEIRAS/SPORTZONE
1206	João Carlos BRONZE	2698	M	00:46:34	00:45:21	04:33	00:23:09	
1207	Rui FRANGO	2621	M	00:46:34	00:46:30	04:39	00:22:39	GARMIN COO
1208	José NOVAIS	1722	M	00:46:34	00:46:11	04:38	00:24:12	C. R. Leões de Porto Salvo
1209	Paulo João Cardoso SANTOS	7387	M	00:46:34	00:45:35	04:34	00:22:58	
1210	Fernando PINTO	1752	M	00:46:34	00:46:13	04:38	00:23:09	NUCLEOEIRAS/SPORTZONE
1211	Alexandre MATEUS	4256	M	00:46:35	00:43:08	04:19	00:21:26	
1212	Maria NOVAIS	5068	M	00:46:35	00:46:11	04:38	00:24:13	C. R. Leões de Porto Salvo
1213	Fausto ISAAC	5928	M	00:46:35	00:45:50	04:35	00:23:03	Açoreana clube Banif
1214	Mark VAZ	3821	M	00:46:35	00:44:04	04:25	00:22:04	
1215	Gonçalo SERRA	8508	M	00:46:35	00:45:41	04:35	00:23:09	
1216	Juliana RODRIGUES	11223	F	00:46:36	00:44:16	04:26	00:22:35	
1217	Rui BRÁS	7568	M	00:46:36	00:45:24	04:33	00:23:44	
1218	António VILELA	1964	M	00:46:36	00:46:13	04:38	00:24:13	C. R. Leões de Porto Salvo
1219	Paulo CRAVO	6474	M	00:46:37	00:46:01	04:37	00:22:43	A.C.S. Amigos da Corrida de Salvaterra
1220	Carlos Manuel Caetano ALMEIDA	8284	M	00:46:37	00:45:48	04:35	00:22:32	
1221	Joaquim VARANDA	10035	M	00:46:38	00:46:12	04:38	00:22:57	
1222	Francisco BANDO	1994	M	00:46:38	00:45:33	04:34	00:22:41	
1223	Pedro ROSA AFONSO	387	M	00:46:39	00:46:12	04:38	00:23:00	
1224	Pedro PASSOS	2721	M	00:46:39	00:45:47	04:35	00:23:10	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1225	Nélson MOTA	1823	M	00:46:39	00:45:54	04:36	00:22:47	Açoreana clube Banif
1226	Pedro FERREIRA	2847	M	00:46:39	00:45:38	04:34	00:22:44	Academia Life Club
1227	Abel SILVA	4633	M	00:46:40	00:45:32	04:34	00:22:58	
1228	Norberto MARQUES	7804	M	00:46:40	00:46:23	04:39	00:22:50	
1229	Pedro Miguel Azevedo Ramos Relvas PIRES	3658	M	00:46:41	00:45:16	04:32	00:22:44	
1230	Tiago TENENTE	7760	M	00:46:41	00:45:30	04:33	00:22:53	
1231	Arlindo Jose BARROS FREIRE	6816	M	00:46:41	00:46:32	04:40	00:23:04	
1232	Gonçalo FALCÃO	3341	M	00:46:41	00:46:14	04:38	00:23:17	
1233	Joao MATA	3157	M	00:46:42	00:46:14	04:38	00:22:41	
1234	Daniel HUBERT	6734	M	00:46:42	00:45:59	04:36	00:22:45	St. Julians School
1235	Luís Filipe CUNHA	4133	M	00:46:42	00:45:27	04:33	00:23:27	
1236	Miguel MARQUES	10129	M	00:46:43	00:46:03	04:37	00:23:25	
1237	Nuno Alexandre TAVARES	2907	M	00:46:43	00:45:53	04:36	00:22:47	
1238	João CONCEIÇÃO	3545	M	00:46:43	00:45:55	04:36	00:22:33	
1239	Armindo Manuel SILVA ROMANA	496	M	00:46:43	00:43:18	04:20	00:22:22	
1240	Sérgio PIRES	6557	M	00:46:43	00:45:37	04:34	00:22:27	Valejas Atletico Clube
1241	Bernardo SOUSA	3101	M	00:46:43	00:46:03	04:37	00:22:54	
1242	Gerry WAHE SANITZ	6611	M	00:46:44	00:45:46	04:35	00:23:05	Odebrecht / BPC
1243	Francisco VAL	7527	M	00:46:44	00:45:51	04:36	00:22:21	
1244	Luis PENTEADO	3148	M	00:46:44	00:46:04	04:37	00:22:49	
1245	Eduardo Augusto RODRIGUES	6076	M	00:46:45	00:46:21	04:39	00:23:35	Clube Millennium BCP
1246	Luis Toscano FONSECA JUDICIBUS	7189	M	00:46:45	00:44:28	04:27	00:21:58	
1247	João NASCIMENTO	6062	M	00:46:45	00:45:13	04:32	00:23:09	Clube do Stress
1248	Ricardo PEREIRA	15041	M	00:46:45	00:46:31	04:40	00:22:14	Clube Grupo Desportivo BES
1249	António RICARDO SILVA	8233	M	00:46:45	00:45:19	04:32	00:22:28	
1250	Luis CARVALHO	6319	M	00:46:45	00:44:35	04:28	00:23:28	
1251	Paulo PICÃO	7724	M	00:46:45	00:45:44	04:35	00:23:16	
1252	André ALBUQUERQUE	7930	M	00:46:46	00:42:19	04:14	00:22:10	
1253	Rui Manuel LUCAS RAPOSO	4637	M	00:46:46	00:45:46	04:35	00:22:48	
1254	Rodrigo DURÃO	3118	M	00:46:47	00:46:19	04:38	00:22:41	
1255	Ricardo VINAGRE	4132	M	00:46:47	00:45:59	04:36	00:22:58	
1256	Jorge VIEIRA	1901	M	00:46:47	00:46:17	04:38	00:23:27	Grupo Desportivo Roche
1257	Filipe CARAPETO	4442	M	00:46:47	00:46:47	04:41	00:23:07	
1258	Nuno MOLEIRO	3616	M	00:46:47	00:45:54	04:36	00:22:52	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1259	Pedro GONÇALVES	15141	M	00:46:47	00:46:32	04:40	00:22:51	Linda-a-Pastora Sporting Clube
1260	Luis Miguel LINO	4698	M	00:46:47	00:45:55	04:36	00:23:17	
1261	Hugo Simplício PALMA	2234	M	00:46:48	00:46:14	04:38	00:22:43	
1262	Ricardo Jorge MARTINS ARRAIAS	3761	M	00:46:48	00:46:48	04:41	00:23:28	
1263	Barbara CLEMENTE	1166	F	00:46:48	00:46:44	04:41	00:22:15	GARMIN COO
1264	Rosa VASSINDULA	955	M	00:46:48	00:45:57	04:36	00:23:00	Grupo Desportivo Joaninhas de Leião
1265	André Frederico LOPES PIRES	3234	M	00:46:49	00:46:02	04:37	00:23:01	
1266	Ventura SARAIVA	1928	M	00:46:49	00:46:41	04:41	00:23:10	G.R.D. Ribeira da Lage
1267	Eladio Jorge Chainho MANUEL	8555	M	00:46:49	00:46:25	04:39	00:23:41	
1268	Luis GOMES	9878	M	00:46:50	00:46:36	04:40	00:22:58	C. R. Leões de Porto Salvo
1269	Constântino MENDÃO	2396	M	00:46:50	00:46:19	04:38	00:23:08	Associação Atletismo Lebres do Sado
1270	Antonio CID	2555	M	00:46:51	00:46:51	04:42	00:23:44	
1271	João MARREIROS	7555	M	00:46:51	00:45:35	04:34	00:22:38	
1272	Eduardo RIBEIRO	4216	M	00:46:51	00:46:02	04:37	00:22:33	
1273	João Rodrigues SILVA	6069	M	00:46:51	00:46:28	04:39	00:23:36	Clube Millennium BCP
1274	André MOREIRA	6501	M	00:46:51	00:45:53	04:36	00:22:39	Serviços Sociais Montepio Geral
1275	Jorge FERREIRA	2175	M	00:46:52	00:46:35	04:40	00:22:37	Hovione
1276	Bruno Luis Andrade DIAS	4577	M	00:46:52	00:46:08	04:37	00:22:12	
1277	Ricardo BALEIA	1675	M	00:46:52	00:46:04	04:37	00:23:09	
1278	Pedro Manuel CABRAL	3502	M	00:46:53	00:45:40	04:34	00:22:32	
1279	Silvério LOPES CORREIA	3102	M	00:46:53	00:46:12	04:38	00:22:45	
1280	António Farinha Maurício MAURÍCIO	4876	M	00:46:53	00:45:56	04:36	00:23:07	
1281	Paulo LUÍS	6054	M	00:46:53	00:46:41	04:41	00:22:46	C. R. Leões de Porto Salvo
1282	João MARCHÃO	9876	M	00:46:53	00:46:29	04:39	00:23:13	C. R. Leões de Porto Salvo
1283	Antonio ANAIA	3380	M	00:46:54	00:45:32	04:34	00:22:54	
1284	Manuel EMIDIO	6128	M	00:46:54	00:46:31	04:40	00:22:51	C. R. Leões de Porto Salvo
1285	João Miguel GARRINHAS	4250	M	00:46:54	00:45:01	04:31	00:23:42	
1286	Luís António Moreira FERNANDES	4874	M	00:46:54	00:45:13	04:32	00:22:37	
1287	João GARCIA	3333	M	00:46:55	00:46:01	04:37	00:22:53	
1288	Manuel FIDALGO	6584	M	00:46:55	00:45:58	04:36	00:23:07	C.C.D. EFACEC
1289	David Miguel Moreira FERNANDES	181	M	00:46:57	00:45:15	04:32	00:22:37	
1290	Francisco António MENDES LOPES	8561	M	00:46:57	00:42:40	04:16	00:21:44	
1291	Vitor Manuel De Paiva DUARTE	10791	M	00:46:57	00:45:51	04:36	00:22:37	
1292	Tam AFONSO	1900	M	00:46:57	00:46:57	04:42	00:23:31	Açoreana clube Banif

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1293	Bento Maria PALMA	15333	M	00:46:57	00:46:12	04:38	00:23:07	
1294	Rodrigo PINHO	6580	M	00:46:57	00:46:08	04:37	00:23:00	CCD Sintrense
1295	Francisco SANCHES-OSÓRIO	15360	M	00:46:58	00:46:45	04:41	00:22:55	
1296	Fernando CELESTINO	2194	M	00:46:58	00:46:09	04:37	00:22:52	Açoreana clube Banif
1297	Francisco CAPELAS	10025	M	00:46:58	00:45:59	04:36	00:23:02	G.R.D. Ribeira da Lage
1298	Ricardo Teodósio OLIVEIRA	2945	M	00:46:58	00:46:39	04:40	00:22:18	
1299	Manuel MARQUES	8444	M	00:46:58	00:44:52	04:30	00:23:32	
1300	Luis MENDES	3488	M	00:46:59	00:46:40	04:40	00:22:36	
1301	Pedro BURGUETTE	2154	M	00:46:59	00:46:09	04:37	00:22:52	Açoreana clube Banif
1302	Vitor Hugo Pinto SARAIVA	4569	M	00:46:59	00:45:23	04:33	00:22:38	
1303	Bruno Miguel DA SILVA SOARES	15018	M	00:46:59	00:45:59	04:36	00:23:06	Grupo Cultural Atletismo N. de Porto Salvo
1304	Vasco MONTEIRO	2630	M	00:46:59	00:44:46	04:29	00:22:53	
1305	Nuno SANTOS	8056	M	00:47:00	00:45:54	04:36	00:23:29	
1306	Sandro Miguel JORDÃO	1694	M	00:47:00	00:46:03	04:37	00:22:54	Clube Millennium BCP
1307	Pedro MONTEIRO	2828	M	00:47:00	00:46:15	04:38	00:23:18	Wikaboo
1308	Luis MEALHA	2952	M	00:47:00	00:44:51	04:30	00:22:33	
1309	Luis Filipe CARVALHO	4730	M	00:47:01	00:46:29	04:39	00:23:10	
1310	Diogo INÁCIO	3344	M	00:47:01	00:45:38	04:34	00:23:08	
1311	Nuno ARCHER	4350	M	00:47:01	00:46:14	04:38	00:23:14	
1312	Aparicio José LOPES DOS SANTOS	6071	M	00:47:01	00:46:13	04:38	00:23:13	
1313	Maria Manuela MARQUES FARINHA	15309	F	00:47:01	00:46:32	04:40	00:23:35	Pepsico Portugal
1314	Hugo CANHOTO	3023	M	00:47:02	00:45:08	04:31	00:22:34	
1315	Carlos BORDA D'ÁGUA	6800	M	00:47:02	00:46:54	04:42	00:22:37	RAIL RUNNERS
1316	Bernardo ABREU MOTA	2087	M	00:47:02	00:46:42	04:41	00:23:15	
1317	Miguel SANTIAGO	1871	M	00:47:02	00:46:20	04:38	00:23:15	G.R.D. Ribeira da Lage
1318	Fernando Jose NASCIMENTO VICENTE	6325	M	00:47:02	00:46:56	04:42	00:22:04	
1319	Carlos VENANCIO	15153	M	00:47:02	00:46:01	04:37	00:22:55	Linda-a-Pastora Sporting Clube
1320	Antonio ROCHA MENDES	4599	M	00:47:03	00:46:44	04:41	00:23:17	
1321	Carlos NABIÇA	15076	M	00:47:03	00:46:35	04:40	00:23:53	Clube Grupo Desportivo BES
1322	José Augusto LEANDRO	2241	M	00:47:03	00:46:26	04:39	00:23:17	
1323	Sandro CORREIA	2732	M	00:47:03	00:45:06	04:31	00:23:21	
1324	Nelson Alexandre FLORENTINO	4515	M	00:47:04	00:44:54	04:30	00:23:22	
1325	José Polido FERREIRA	6282	M	00:47:04	00:46:52	04:42	00:23:25	Clube Millennium BCP
1326	Jorge PEREIRA	15069	M	00:47:04	00:46:36	04:40	00:23:53	Clube Grupo Desportivo BES

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1327	Pedro SILVA	2628	M	00:47:04	00:46:35	04:40	00:23:01	
1328	Hélio CARREIRA	4772	M	00:47:04	00:45:59	04:36	00:22:20	
1329	António RICO	3482	M	00:47:04	00:45:35	04:34	00:22:31	
1330	Glauco LOUZADA	4056	M	00:47:05	00:46:26	04:39	00:23:09	
1331	José Carlos BATISTA	2382	M	00:47:05	00:46:10	04:37	00:23:27	Clube de Lazer, Aventura e Competição
1332	Romão Ramalho BANDARRINHA	8910	M	00:47:06	00:46:11	04:38	00:23:21	
1333	Luis MOUCHO	7894	M	00:47:06	00:44:37	04:28	00:21:48	
1334	Michel COSTA	2165	M	00:47:06	00:46:46	04:41	00:23:11	Açoreana clube Banif
1335	Bruno Elísio DELGADO	11487	M	00:47:07	00:47:01	04:43	00:22:43	
1336	Anabela CARVALHO	1372	F	00:47:07	00:46:55	04:42	00:23:16	
1337	Jorge CORREIA	414	M	00:47:07	00:45:36	04:34	00:23:02	
1338	Carlos SIMÕES	295	M	00:47:07	00:45:35	04:34	00:22:52	Núcleo de Atletismo Zona Abçboda
1339	Milton PERPÉTUA	8251	M	00:47:07	00:46:03	04:37	00:23:00	
1340	Rodrigo CORDEIRO	7518	M	00:47:08	00:45:52	04:36	00:22:59	
1341	Leonel SANTOS	7608	M	00:47:08	00:46:43	04:41	00:23:43	
1342	Jorge CARDOSO	4839	M	00:47:09	00:46:37	04:40	00:23:12	
1343	Miguel MESSIAS	4654	M	00:47:09	00:45:46	04:35	00:23:11	
1344	Ludovico CAPITO	6487	M	00:47:10	00:46:59	04:42	00:23:12	Clube de Lazer, Aventura e Competição
1345	Luis AMORIM	2928	M	00:47:11	00:46:29	04:39	00:23:02	
1346	Francisco Oliveira RATO	1776	M	00:47:11	00:46:33	04:40	00:23:04	Clube Millennium BCP
1347	Afonso SILVA	10412	M	00:47:11	00:47:11	04:44	00:23:32	
1348	Sónia CRISTINA	15057	M	00:47:11	00:45:48	04:35	00:23:05	Clube Grupo Desportivo BES
1349	José VAZ	6665	M	00:47:11	00:46:49	04:41	00:22:55	Clube Anacom
1350	Milton MELO	4711	M	00:47:12	00:45:42	04:35	00:23:12	
1351	Paulo MARQUES	6350	M	00:47:12	00:46:03	04:37	00:22:54	G.R.D. Ribeira da Lage
1352	António GOMES	6530	M	00:47:12	00:46:40	04:40	00:23:03	Grupo Recreativo Cultural Desportivo Leião
1353	Carla Sofia CARVALHO SANTOS	1328	F	00:47:12	00:45:40	04:34	00:23:18	
1354	Antonio Gonçalves RAMALHO	4301	M	00:47:12	00:46:24	04:39	00:22:50	
1355	Jorge Manuel Marques VITORINO	3362	M	00:47:12	00:43:33	04:22	00:22:00	
1356	Duarte VARGAS	2942	M	00:47:13	00:45:37	04:34	00:23:19	
1357	Carlos TERENAS	4444	M	00:47:13	00:46:08	04:37	00:22:38	
1358	Emanuel TAVARES	42	M	00:47:14	00:47:05	04:43	00:23:47	SPORTING CP
1359	Bernardo FALCAO	4264	M	00:47:14	00:46:43	04:41	00:22:35	
1360	Francisco José Olivença De OLIVEIRA	3969	M	00:47:15	00:45:15	04:32	00:22:27	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1361	Rodrigo COELHO	2318	M	00:47:15	00:46:14	04:38	00:23:22	Grupo Recreativo Cultural Desportivo Leião
1362	Xavier OLIVÉ	9134	M	00:47:16	00:47:09	04:43	00:23:19	NIKE
1363	Francisco SANTOS ALMEIDA	4793	M	00:47:16	00:46:15	04:38	00:23:02	
1364	Paulo Jorge R FERNANDES	9014	M	00:47:16	00:46:15	04:38	00:22:25	
1365	Sílvia SOBREIRA	15343	F	00:47:16	00:47:02	04:43	00:23:11	Clube do Stress
1366	Adriano ENCARNAÇÃO	2026	M	00:47:16	00:47:06	04:43	00:22:27	Grupo Desportivo Santander Totta
1367	Luis SOUSA RIBEIRO	3194	M	00:47:17	00:46:07	04:37	00:23:25	
1368	Marcos FERREIRA	6544	M	00:47:17	00:46:46	04:41	00:23:21	Associação Atletismo Lebres do Sado
1369	José BADALO	4049	M	00:47:18	00:46:48	04:41	00:22:49	
1370	José RESENDE	2856	M	00:47:18	00:47:11	04:44	00:22:39	RAIL RUNNERS
1371	José LOPES	3885	M	00:47:18	00:46:39	04:40	00:24:25	
1372	Marcelo VIEIRA	6217	M	00:47:19	00:46:40	04:40	00:23:28	
1373	Miguel SOUSA	2841	M	00:47:19	00:46:02	04:37	00:23:15	Wikaboo
1374	Antonio BARRADAS	3467	M	00:47:19	00:46:17	04:38	00:23:11	
1375	Pedro FARO	2965	M	00:47:19	00:45:17	04:32	00:22:50	
1376	Paulo CAMPOS	6078	M	00:47:20	00:47:07	04:43	00:23:13	Casa do Pessoal Estradas de Portugal
1377	João BANDEIRA	211	M	00:47:20	00:46:55	04:42	00:23:35	
1378	Gonçalo MAGALHÃES	2665	M	00:47:20	00:46:38	04:40	00:24:05	
1379	Gonçalo OLIVEIRA	7688	M	00:47:21	00:46:23	04:39	00:22:49	
1380	Jose António SERRA	508	M	00:47:21	00:46:29	04:39	00:23:37	
1381	Marcio MUNIZ	2445	M	00:47:21	00:46:21	04:39	00:24:16	Academia Life Club
1382	Sérgio Miguel SILVA	2969	M	00:47:22	00:45:49	04:35	00:22:42	
1383	Daniel PEÇA LOURAÇO	7861	M	00:47:22	00:45:50	04:35	00:22:42	
1384	James GOLDSBROUGH	7027	M	00:47:23	00:46:54	04:42	00:22:25	
1385	Joaquim MACEDO	15316	M	00:47:23	00:46:33	04:40	00:23:33	
1386	Pedro Egídio De Matos PEDROGAM	3918	M	00:47:23	00:46:57	04:42	00:22:41	
1387	Joaquim CARRILHO	6104	M	00:47:23	00:46:52	04:42	00:23:00	Serviços Sociais da CGD
1388	Matteo TAIANA	460	M	00:47:23	00:46:33	04:40	00:23:22	
1389	José LIBERATO	2734	M	00:47:24	00:46:34	04:40	00:23:18	
1390	António MARQUES	6392	M	00:47:25	00:46:54	04:42	00:23:11	Grupo Desportivo Joaninhas de Leião
1391	Sérgio MANSO	3919	M	00:47:25	00:46:42	04:41	00:23:15	
1392	Rui Manuel Tente BELO	7787	M	00:47:25	00:46:51	04:42	00:23:06	
1393	Luis BARBOT	8546	M	00:47:26	00:46:38	04:40	00:23:27	
1394	Jocelyne ANTUNES	5253	F	00:47:26	00:47:05	04:43	00:23:23	Associação de Moradores de Atibá

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1395	Vitor OLIVEIRA	2712	M	00:47:26	00:45:50	04:35	00:23:03	
1396	Bruno ROCHA	8408	M	00:47:27	00:46:33	04:40	00:23:24	
1397	Edgar MARQUES	4708	M	00:47:27	00:46:24	04:39	00:22:57	
1398	Eliseu Pinto De ALMEIDA	4846	M	00:47:27	00:45:57	04:36	00:23:05	
1399	José J. C. FACHADAS	7556	M	00:47:27	00:46:18	04:38	00:24:05	
1400	Paulo Jorge Araújo BRAGA	5969	M	00:47:27	00:46:54	04:42	00:22:38	
1401	Nuno MONTEIRO	7874	M	00:47:28	00:47:05	04:43	00:24:20	
1402	Prudencio PEDRO	8094	M	00:47:29	00:46:25	04:39	00:22:38	
1403	Jaime COUTO	8433	M	00:47:29	00:47:08	04:43	00:24:37	
1404	Afonso C R GONÇALVES	483	M	00:47:29	00:45:26	04:33	00:23:04	
1405	Ricardo M. CORREIA	1936	M	00:47:29	00:46:53	04:42	00:23:10	G.R.D. Ribeira da Lage
1406	Leonel Fernando BRANDÃO	6230	M	00:47:30	00:47:19	04:44	00:23:32	Clube Millennium BCP
1407	José Carlos MELO	15356	M	00:47:30	00:46:18	04:38	00:23:25	
1408	Joaquim CARDOSO	384	M	00:47:30	00:47:03	04:43	00:23:22	
1409	Pedro LEMOS	2301	M	00:47:30	00:45:59	04:36	00:23:20	G.R.D. Os Fixes
1410	Rui FERREIRA	7220	M	00:47:30	00:46:21	04:39	00:23:09	
1411	Jose MARTINS	8689	M	00:47:30	00:46:51	04:42	00:22:49	
1412	José MORAIS	2870	M	00:47:30	00:46:21	04:39	00:23:08	
1413	Pedro HENRIQUES	4536	M	00:47:31	00:46:10	04:37	00:22:30	
1414	Pedro GRACIA	6314	M	00:47:31	00:45:21	04:33	00:23:28	
1415	Vera VAZ	11307	F	00:47:32	00:47:08	04:43	00:23:04	
1416	Ricardo MARTINS	10655	M	00:47:32	00:45:40	04:34	00:23:01	
1417	Luis SAMPAIO	4631	M	00:47:32	00:47:18	04:44	00:22:27	
1418	Ricardo PEBRE	2544	M	00:47:33	00:44:15	04:26	00:22:25	
1419	Miguel PONTINHA	4164	M	00:47:33	00:45:42	04:35	00:22:40	
1420	Miguel Soares Brilha Rosendo RITO	7032	M	00:47:33	00:45:16	04:32	00:22:44	
1421	Veronica PALAU HUNZIKER	799	F	00:47:33	00:47:15	04:44	00:23:17	
1422	Joao Pedro GOMES DOMINGOS	3870	F	00:47:33	00:45:41	04:35	00:23:12	
1423	Ricardo SIMÕES CORREIA	86770	M	00:47:34	00:46:13	04:38	00:22:50	
1424	Ricardo DAMIÃO	9872	M	00:47:34	00:46:55	04:42	00:22:45	C. R. Leões de Porto Salvo
1425	Carla CRUZ	877	F	00:47:34	00:45:02	04:31	00:22:57	Clube do Stress
1426	Alexandre SILVA	2616	M	00:47:34	00:47:06	04:43	00:22:41	
1427	Miguel ANTÓNIO DA COSTA BARBOSA	8896	M	00:47:34	00:47:13	04:44	00:22:53	
1428	David RODRIGUES PASEIRO	8572	M	00:47:35	00:45:13	04:32	00:22:57	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1429	Carlos Alberto PEREIRA DE SÁ	9098	M	00:47:35	00:46:57	04:42	00:23:35	
1430	António PEDROSO	15101	M	00:47:35	00:47:22	04:45	00:23:09	Gabinete de Fisioterapia no Desporto
1431	Carlos RODRIGUES	15216	M	00:47:35	00:46:17	04:38	00:23:13	Amigos do Atletismo de Mafra
1432	Rui BARBOSA	2735	M	00:47:35	00:46:35	04:40	00:23:22	
1433	Ana Paula ABEGÃO	1040	F	00:47:36	00:47:27	04:45	00:23:49	Clube de Lazer, Aventura e Competição
1434	Pedro MARQUES	6341	M	00:47:36	00:47:25	04:45	00:23:54	Clube do Stress
1435	Fernando CARMO	3512	M	00:47:36	00:46:42	04:41	00:22:11	
1436	João Raimundo Gonçalves RODRIGUES	2720	M	00:47:36	00:46:33	04:40	00:23:28	
1437	Orlando Albino MARTINS	8178	M	00:47:37	00:47:37	04:46	00:24:27	
1438	Luis CRUZ	7141	M	00:47:37	00:44:23	04:27	00:22:31	
1439	Mario LINO	7695	M	00:47:37	00:45:57	04:36	00:23:10	
1440	Nuno PEREIRA	4833	M	00:47:38	00:46:18	04:38	00:23:14	
1441	Manuel ANTÓNIO	10148	M	00:47:38	00:47:30	04:45	00:23:33	RAIL RUNNERS
1442	Raul FERREIRA	15336	M	00:47:38	00:47:25	04:45	00:22:41	
1443	Paulo Alexandre REIS	8481	M	00:47:39	00:46:02	04:37	00:22:24	
1444	Diogo Alexandre SANTOS RODRIGUES	3040	M	00:47:39	00:46:52	04:42	00:22:57	
1445	Isac MENDES	7606	M	00:47:39	00:46:23	04:39	00:23:09	
1446	João GREGÓRIO	6036	M	00:47:39	00:47:17	04:44	00:22:49	NUCLEOEIRAS/SPORTZONE
1447	Daniel ANDRADE	3853	M	00:47:40	00:46:02	04:37	00:25:27	
1448	Gorete NUNES	4984	F	00:47:40	00:47:13	04:44	00:24:06	NUCLEOEIRAS/SPORTZONE
1449	Ricardo ALVES	7549	M	00:47:40	00:46:42	04:41	00:22:56	
1450	António PINHEIRO	3832	M	00:47:40	00:45:33	04:34	00:23:00	
1451	Sérgio DUARTE	1747	M	00:47:40	00:46:27	04:39	00:23:44	Serviços Sociais da CGD
1452	Gil Xavier BARELLA DOS SANTOS ALVES	4478	M	00:47:40	00:47:18	04:44	00:23:22	
1453	Rodolfo MELO	8619	M	00:47:40	00:45:56	04:36	00:22:40	
1454	Filipe José SOUSA	8887	M	00:47:40	00:47:40	04:46	00:23:44	
1455	Erik WENNERBERG	504	M	00:47:40	00:47:28	04:45	00:23:01	
1456	Mário RODRIGUES	10666	M	00:47:41	00:47:29	04:45	00:23:32	
1457	Gonçalo SALGADO LOPES	6968	M	00:47:41	00:46:16	04:38	00:23:17	
1458	Joana MACHADO	9652	F	00:47:41	00:47:28	04:45	00:23:56	
1459	Carlos BATISTA	2820	M	00:47:41	00:46:23	04:39	00:23:35	Sporting Clube Casainhos
1460	Paulo Alexandre ANTUNES	4681	M	00:47:41	00:47:06	04:43	00:23:20	
1461	Diogo COSTA SOUSA	3883	M	00:47:41	00:47:10	04:43	00:23:37	
1462	António CORREIA	1931	M	00:47:41	00:47:41	04:47	00:23:51	G.R.D. Ribeira da Lage

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1463	Mateus ESTEVES	420	M	00:47:41	00:47:41	04:47	00:24:20	
1464	Próspero João Dos Santos RAPOSO	10197	M	00:47:42	00:47:13	04:44	00:23:22	
1465	António COSTA	3601	M	00:47:42	00:45:15	04:32	00:22:39	
1466	João Manuel DIOGO RIBEIRO	15250	M	00:47:42	00:47:08	04:43	00:23:08	
1467	Sara SIMÕES	15040	F	00:47:42	00:47:21	04:45	00:22:51	Linda-a-Pastora Sporting Clube
1468	Armando BRAVO	6407	M	00:47:42	00:47:04	04:43	00:23:38	Grupo Desportivo Joaninhas de Leião
1469	Hugo Ricardo NABAIS TAVARES	3494	M	00:47:43	00:46:12	04:38	00:23:48	
1470	Luis REIS	6016	M	00:47:43	00:45:14	04:32	00:22:43	
1471	Carlos HIPÓLITO	4469	M	00:47:43	00:46:47	04:41	00:22:37	
1472	José Dos Santos AUGUSTO	6237	M	00:47:43	00:46:54	04:42	00:23:45	
1473	Alceu ESTEVES	6331	M	00:47:44	00:46:36	04:40	00:23:12	G.R.D. Ribeira da Lage
1474	Pedro RODRIGUES	4649	M	00:47:44	00:47:22	04:45	00:23:32	
1475	António PAIXÃO	2408	M	00:47:44	00:47:15	04:44	00:23:34	Clube de Lazer, Aventura e Competição
1476	Francisco GOMES	2181	M	00:47:45	00:46:39	04:40	00:23:19	Clube Académico de Penafirme
1477	Gil BRAZ DE OLIVEIRA	7891	M	00:47:45	00:45:44	04:35	00:22:54	
1478	Carlos DUARTE	280	M	00:47:45	00:46:42	04:41	00:23:11	Núcleo de Atletismo Zona Abçboda
1479	Gonçalo Lopes ROCHA	2660	M	00:47:46	00:46:24	04:39	00:23:26	
1480	José COUTO	9883	M	00:47:46	00:47:28	04:45	00:23:20	C. R. Leões de Porto Salvo
1481	Pedro CHAVES FERREIRA	6966	M	00:47:47	00:46:45	04:41	00:23:37	
1482	Rui Miguel MARTINS	11168	M	00:47:47	00:47:40	04:46	00:23:09	
1483	Jesus VEIGA	5248	F	00:47:47	00:47:41	04:47	00:23:44	G.R.D. Os Fixes
1484	André FERREIRA	3584	M	00:47:48	00:46:03	04:37	00:22:42	
1485	Manuel SEQUEIRA	6729	M	00:47:48	00:47:06	04:43	00:23:35	Clube de Atletismo da Nazaré
1486	André RODRIGUES	4664	M	00:47:48	00:45:32	04:34	00:23:41	
1487	Eduardo RODRIGUES	7706	M	00:47:48	00:47:37	04:46	00:23:39	
1488	José António VIEIRA FARIA	9190	M	00:47:48	00:45:56	04:36	00:22:37	
1489	Pedro Daniel SOUSA FARINHA MARTINS DOS SANTOS	4374	M	00:47:48	00:45:51	04:36	00:22:43	
1490	Joaquim José Fernandes BACALHAU	3264	M	00:47:48	00:47:35	04:46	00:23:06	
1491	Luis Filipe GAMA	3415	M	00:47:48	00:46:53	04:42	00:23:39	
1492	Nick COUTTS	7793	M	00:47:49	00:46:26	04:39	00:23:08	
1493	Hugo SILVA	9038	M	00:47:49	00:45:58	04:36	00:23:38	
1494	Rui Miguel De Sousa CARRIÇO	8717	M	00:47:49	00:47:01	04:43	00:23:23	
1495	João Paulo Marques ANTÓNIO	3746	M	00:47:49	00:45:57	04:36	00:23:14	
1496	Richard WARRELL	4440	M	00:47:49	00:47:08	04:43	00:23:13	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1497	Rui Manuel ROSA ARAÚJO	3698	M	00:47:49	00:46:10	04:37	00:23:17	
1498	Sérgio MONTE LEE	4620	M	00:47:51	00:46:25	04:39	00:23:04	
1499	Alexandre MONTE LEE	2414	M	00:47:51	00:46:25	04:39	00:23:04	
1500	Luis MARQUES	7653	M	00:47:51	00:46:03	04:37	00:23:15	
1501	Pedro DIAS	11507	M	00:47:52	00:46:41	04:41	00:23:14	
1502	Alexandre NEVES	15011	M	00:47:52	00:46:50	04:41	00:23:19	Clube Grupo Desportivo BES
1503	Paulo TRILHO	15190	M	00:47:52	00:46:52	04:42	00:23:24	Clube Vodafone
1504	Ricardo Sergio LOBO	8194	M	00:47:52	00:47:16	04:44	00:22:42	
1505	Miguel SILVA	15118	M	00:47:52	00:47:41	04:47	00:22:36	Linda-a-Pastora Sporting Clube
1506	Bruno Miguel ESPADEIRO	8880	M	00:47:53	00:46:41	04:41	00:22:49	
1507	Rui MADEIRA	7185	M	00:47:53	00:47:06	04:43	00:24:03	
1508	Ana AZEVEDO	1251	F	00:47:53	00:47:05	04:43	00:24:05	
1509	Fernando RODRIGUES	6015	M	00:47:53	00:46:32	04:40	00:23:33	
1510	Afonso VILELA PINTO DA SILVA	4351	M	00:47:53	00:46:17	04:38	00:23:20	
1511	Carlos CHAVES	7267	M	00:47:53	00:47:06	04:43	00:24:04	
1512	Jorge BICHO	7111	M	00:47:53	00:47:05	04:43	00:23:27	
1513	Narciso MOREIRA	6483	M	00:47:53	00:47:44	04:47	00:22:36	Grupo Desportivo Joaninhas de Leão
1514	Hugo Lourenço TORRES	4520	M	00:47:54	00:45:49	04:35	00:23:20	
1515	Branca DIAS	5158	F	00:47:54	00:46:53	04:42	00:23:02	Açoreana clube Banif
1516	Rui RODAS	10899	M	00:47:54	00:47:21	04:45	00:23:48	
1517	Rui CORREA HENRIQUES	4102	M	00:47:54	00:47:39	04:46	00:24:00	
1518	Rui SOEIRO	8170	M	00:47:54	00:44:45	04:29	00:22:49	
1519	Pedro Miguel MACHADO	8299	M	00:47:54	00:47:54	04:48	00:25:30	
1520	Artur CORREIA	6382	M	00:47:54	00:47:01	04:43	00:23:03	
1521	Carlos ANJOS	2403	M	00:47:54	00:47:12	04:44	00:24:06	Valejas Atletico Clube
1522	Ricardo SILVA	7817	M	00:47:55	00:46:33	04:40	00:23:26	
1523	Alexandre COSTA	15203	M	00:47:55	00:47:06	04:43	00:23:04	Clube Vodafone
1524	Narciso Baptista MOREIRA	5947	M	00:47:55	00:47:45	04:47	00:22:38	
1525	Carlos Armando MELO RODRIGUES	8492	M	00:47:55	00:47:03	04:43	00:23:07	
1526	Luis CATALÃO	2319	M	00:47:56	00:47:16	04:44	00:23:41	Grupo Recreativo Cultural Desportivo Leão
1527	Luis Miguel ROCHA	3797	M	00:47:56	00:46:29	04:39	00:23:10	
1528	Peter FAY	452	M	00:47:56	00:47:35	04:46	00:23:18	
1529	Artur MARTINS	3992	M	00:47:56	00:47:05	04:43	00:23:17	
1530	Luis MARTINS	2607	M	00:47:56	00:45:19	04:32	00:22:42	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1531	António Fernando OLIVEIRA	10400	M	00:47:56	00:45:56	04:36	00:22:28	
1532	Jorge Manuel De SOUTO BOUÇÓS	80550	M	00:47:56	00:47:31	04:46	00:23:58	
1533	Paulo Renato CORREIA DE ALMEIDA MARQUES	7700	M	00:47:57	00:46:28	04:39	00:23:56	
1534	Francisco GOUCHA JORGE	8443	M	00:47:57	00:42:57	04:18	00:22:08	
1535	Mário Miguel LOPES PEREIRA	6823	M	00:47:57	00:47:07	04:43	00:22:41	Grupo Desportivo Unidos Caxienses
1536	João Paulo GOUCHA JORGE	8453	M	00:47:57	00:42:57	04:18	00:22:07	
1537	David ABECASIS	3924	M	00:47:57	00:47:17	04:44	00:24:04	
1538	Ricardo Alexandre De Oliveira NUNO	8628	M	00:47:57	00:46:35	04:40	00:23:45	
1539	João MAGALHÃES	427	M	00:47:57	00:47:32	04:46	00:24:00	
1540	Nuno MAGALHÃES	7472	M	00:47:58	00:47:32	04:46	00:24:00	
1541	Pedro Miguel Andrade Pissarra VALENTE	3770	M	00:47:58	00:45:17	04:32	00:23:08	
1542	João Paulo DUARTE BORBA	4809	M	00:47:58	00:46:18	04:38	00:23:07	
1543	Fernando CALDAS	3812	M	00:47:58	00:47:25	04:45	00:23:47	
1544	Vitor Manuel LOURENÇO	1985	M	00:47:58	00:45:34	04:34	00:23:06	
1545	Rui AMADO	3372	M	00:47:59	00:46:40	04:40	00:23:59	
1546	Manuel VERÍSSIMO	2647	M	00:47:59	00:45:48	04:35	00:23:09	
1547	Lúisa SANTO	5003	F	00:47:59	00:47:24	04:45	00:23:37	C. R. Leões de Porto Salvo
1548	Horácio FERREIRA	278	M	00:47:59	00:47:13	04:44	00:22:52	Oeiras Sport Club
1549	Nicolau João MESQUITA	7976	M	00:48:00	00:46:37	04:40	00:24:07	
1550	Pedro Jorge SESOES	8020	M	00:48:00	00:46:28	04:39	00:23:01	
1551	Patrícia DINIS	1486	F	00:48:00	00:47:34	04:46	00:24:10	
1552	Alipio Manuel COELHO	5874	M	00:48:00	00:47:07	04:43	00:24:04	
1553	João Carlos SOARES	2754	M	00:48:00	00:47:05	04:43	00:22:57	
1554	Carolina CABRAL	1301	F	00:48:01	00:47:38	04:46	00:23:16	
1555	Jesus LAFITA	6995	M	00:48:01	00:47:05	04:43	00:22:57	
1556	Nuno Vaz SERRANO	9071	M	00:48:01	00:46:32	04:40	00:23:27	
1557	José Carlos GAMA	6621	M	00:48:01	00:47:37	04:46	00:23:41	Grupo Desportivo BPI
1558	Luis Manuel VERDELHO DA COSTA	10909	M	00:48:01	00:47:14	04:44	00:23:43	
1559	Luis Filipe CRUZ	8506	M	00:48:01	00:45:20	04:32	00:22:49	
1560	Silvio PAIVA	15058	M	00:48:02	00:47:48	04:47	00:24:03	Clube Grupo Desportivo BES
1561	Alfredo GOMES	10119	M	00:48:02	00:46:52	04:42	00:23:56	Tartarugas de Loulé
1562	Carlos MORAIS	15231	M	00:48:02	00:47:16	04:44	00:23:27	Amigos do Atletismo de Mafra
1563	Luís Carlos Daniel BAPTISTA	6572	M	00:48:02	00:47:53	04:48	00:23:15	
1564	Rui Miguel PISCO	9079	M	00:48:02	00:46:28	04:39	00:24:04	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1565	Nelson GONÇALVES	7702	M	00:48:03	00:46:18	04:38	00:23:02	
1566	Larcheveque PATRICK	6610	M	00:48:03	00:47:33	04:46	00:23:23	
1567	Rosa CARITA	812	F	00:48:03	00:47:46	04:47	00:23:26	CCD Sintrense
1568	Rui SILVA	3220	M	00:48:04	00:47:08	04:43	00:23:19	
1569	Joao Carlos PIRES DIAS	7400	M	00:48:05	00:46:34	04:40	00:23:46	
1570	Carlos REIS	6975	M	00:48:05	00:47:53	04:48	00:23:25	
1571	Jorge Manuel LAFFONT SEVERINO SILVA	8649	M	00:48:05	00:46:45	04:41	00:23:27	
1572	Ricardo REIS	8923	M	00:48:05	00:47:27	04:45	00:23:17	
1573	Luis COSTA	2953	M	00:48:05	00:47:06	04:43	00:23:22	
1574	Bento Jorge RIBEIRO	4372	M	00:48:06	00:46:24	04:39	00:23:47	
1575	Vitor André CARDOSO	379	M	00:48:06	00:46:34	04:40	00:23:48	
1576	Paulo Jorge Cruz CHAGAS LOPES PEREIRA	4208	M	00:48:06	00:46:51	04:42	00:23:45	
1577	Fernando MOREIRA	6134	M	00:48:06	00:47:44	04:47	00:23:38	Serviços Sociais da CGD
1578	José MAGALHÃES	6543	M	00:48:06	00:45:30	04:33	00:23:30	Grupo Desportivo do INE
1579	Helder COSTA	3618	M	00:48:07	00:47:12	04:44	00:23:51	
1580	Adriano MARQUES	4755	M	00:48:07	00:45:50	04:35	00:23:40	
1581	Pedro Miguel Leitão JORGE	9185	M	00:48:07	00:46:40	04:40	00:23:30	
1582	Rui FERNANDES	3360	M	00:48:07	00:47:08	04:43	00:23:57	
1583	João MENDES	7012	M	00:48:08	00:45:56	04:36	00:22:20	
1584	Idílio FREIRE	2102	M	00:48:08	00:47:02	04:43	00:23:58	Grupo Desportivo do INE
1585	Sérgio MARTINS	8593	M	00:48:09	00:46:06	04:37	00:23:10	
1586	Antonio VICENTE	325	M	00:48:09	00:46:44	04:41	00:23:27	
1587	João PRELHAZ	3267	M	00:48:09	00:48:05	04:49	00:23:45	
1588	Maria Teresa BERNARDO	1106	F	00:48:09	00:47:38	04:46	00:23:46	Núcleo Sportinguista Leões da Fronteira de Vilar Formoso
1589	Paulo TOMÉ	3330	M	00:48:09	00:47:10	04:43	00:23:40	
1590	Maria PEDRO	5048	F	00:48:10	00:47:51	04:48	00:23:32	C. R. Leões de Porto Salvo
1591	Mário FERREIRA	7841	M	00:48:10	00:47:23	04:45	00:23:41	
1592	Paula RIOS MARQUES	1110	F	00:48:10	00:47:03	04:43	00:23:10	Núcleo Sportinguista Leões da Fronteira de Vilar Formoso
1593	Jorge ANTUNES MARTINS	4279	M	00:48:10	00:46:43	04:41	00:23:38	
1594	José SARAIVA	8291	M	00:48:11	00:47:14	04:44	00:23:34	
1595	Ricardo CARVALHO	3071	M	00:48:11	00:47:12	04:44	00:23:04	
1596	Manuel FRANCISCO	2390	M	00:48:12	00:47:33	04:46	00:23:27	Soc. Rec. Camarnal
1597	Pedro ARAÚJO E SÁ	6906	M	00:48:12	00:46:58	04:42	00:24:09	
1598	Bruno CARDOSO	2572	M	00:48:12	00:47:22	04:45	00:23:46	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1599	Carlos MIRANDA	8595	M	00:48:13	00:47:34	04:46	00:23:17	
1600	João OLIVEIRA	3212	M	00:48:13	00:46:56	04:42	00:23:09	
1601	Miguel GOMES	6430	M	00:48:13	00:47:38	04:46	00:23:37	G.R.D. Ribeira da Lage
1602	Pedro ROA	519	M	00:48:14	00:47:20	04:44	00:24:02	
1603	Rui Miguel De Campos MATEUS	8657	M	00:48:14	00:47:56	04:48	00:23:00	
1604	Nuno COSTA	6133	M	00:48:14	00:47:23	04:45	00:23:41	Serviços Sociais da CGD
1605	António COSTA	4602	M	00:48:15	00:46:05	04:37	00:22:51	
1606	Jose PIÇARRA	3592	M	00:48:15	00:47:33	04:46	00:23:43	
1607	Santiago DANTAS	8499	M	00:48:15	00:46:59	04:42	00:24:23	
1608	Carlos M V MARTINS	3739	M	00:48:15	00:46:59	04:42	00:23:00	
1609	Carlos Manuel VICENTE CORREIA	2992	M	00:48:16	00:46:21	04:39	00:23:30	
1610	António JACINTO	10467	M	00:48:16	00:47:23	04:45	00:23:16	
1611	Pedro LOBO	2467	M	00:48:16	00:48:16	04:50	00:23:46	LINK
1612	João MOACHO	1946	M	00:48:17	00:48:07	04:49	00:23:37	G.R.D. Ribeira da Lage
1613	José MOTA	2825	M	00:48:17	00:47:03	04:43	00:24:02	Wikaboo
1614	Pedro SILVA	4844	M	00:48:17	00:46:31	04:40	00:23:29	
1615	Pedro Alexandre Mauricio VIEIRA	7440	M	00:48:17	00:46:32	04:40	00:23:29	
1616	Nelson SATURNINO	7730	M	00:48:18	00:47:03	04:43	00:23:49	
1617	Luís COCCO	2932	M	00:48:18	00:48:03	04:49	00:23:18	
1618	Fernando SOLERA BLASCO	7086	M	00:48:18	00:45:41	04:35	00:23:38	
1619	Alexandre YIP	3187	M	00:48:19	00:46:43	04:41	00:22:57	
1620	Paulo PINTO	328	M	00:48:19	00:46:35	04:40	00:23:38	
1621	João MIRANDA RODRIGUES	8405	M	00:48:20	00:47:31	04:46	00:25:38	
1622	José CARDOSO	9879	M	00:48:20	00:47:03	04:43	00:23:15	C. R. Leões de Porto Salvo
1623	Nuno Miguel FERREIRA DOS SANTOS	10240	M	00:48:20	00:46:54	04:42	00:23:52	
1624	Filipe SANTOS	2347	M	00:48:20	00:47:02	04:43	00:22:44	Grupo Desportivo BPI
1625	José Luis FARINHA	6224	M	00:48:20	00:47:41	04:47	00:23:32	Clube Millennium BCP
1626	Paulo PESSOA	7709	M	00:48:20	00:46:36	04:40	00:23:01	
1627	Carlos Filipe Duarte ROSA	4470	M	00:48:21	00:47:58	04:48	00:23:37	
1628	Antonio SERRANO	8295	M	00:48:21	00:47:28	04:45	00:22:50	
1629	Rafael FRANCO	8630	M	00:48:21	00:47:06	04:43	00:22:57	
1630	Fernando BATALHA	413	M	00:48:21	00:47:05	04:43	00:24:23	
1631	José Manuel GONÇALVES	8890	M	00:48:22	00:48:06	04:49	00:23:29	
1632	Amilcar PÓVOA	2536	M	00:48:22	00:48:19	04:50	00:23:15	Amigos do Parque da Paz

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1633	Paulo José Costa ALVES	4322	M	00:48:22	00:47:24	04:45	00:23:20	
1634	Nuno GONÇALVES	2632	M	00:48:22	00:48:10	04:49	00:23:14	GARMIN COO
1635	Pedro GOMES DA SILVA	8924	M	00:48:22	00:47:42	04:47	00:23:18	
1636	Oscar HENRIQUES	4828	M	00:48:23	00:47:07	04:43	00:23:46	
1637	João Filipe Silva LOBO	2917	M	00:48:23	00:47:41	04:47	00:24:04	
1638	Isac José LAGE VILHENA	8644	M	00:48:23	00:46:59	04:42	00:23:48	
1639	Carlos PINTO SILVA	6708	M	00:48:24	00:47:50	04:47	00:23:11	Bombeiros Voluntarios de Montemor-o-Novo
1640	Diogo MACEDO	2531	M	00:48:24	00:46:40	04:40	00:25:07	Carapaus de Corrida
1641	Virgilio Augusto De Castro GONÇALVES	4395	M	00:48:24	00:47:58	04:48	00:24:09	
1642	Fernando BENTO	3120	M	00:48:25	00:47:05	04:43	00:23:24	
1643	André RIBEIRO	4610	M	00:48:25	00:45:35	04:34	00:22:53	
1644	Pedro José Costa GOUVEIA	4080	M	00:48:25	00:47:30	04:45	00:23:48	
1645	Pedro VIEIRA	3196	M	00:48:26	00:46:50	04:41	00:23:27	
1646	Filipe SÁ	6919	M	00:48:26	00:48:13	04:50	00:23:34	
1647	Daniel Dos Santos AGUIAR	7383	M	00:48:26	00:47:02	04:43	00:23:27	
1648	Peter MENDES	3169	M	00:48:26	00:47:40	04:46	00:23:01	
1649	António FIGUEIREDO	6974	M	00:48:27	00:47:25	04:45	00:23:58	
1650	Nelson PEREIRA	4701	M	00:48:27	00:47:20	04:44	00:23:49	
1651	Ezequiel NAZARÉ	2575	M	00:48:28	00:47:22	04:45	00:23:21	Soc. Rec. Camarnal
1652	Nuno MAGALHAES DIAS	3997	M	00:48:28	00:48:00	04:48	00:23:57	
1653	Jose Manuel MIRANDA MONTEIRO	4718	M	00:48:28	00:47:47	04:47	00:23:33	
1654	Luis Miguel DIAS	3929	M	00:48:29	00:47:17	04:44	00:23:53	
1655	Nuno GAMEIRO	8466	M	00:48:29	00:47:18	04:44	00:23:32	
1656	Rita MANSO	909	F	00:48:29	00:48:24	04:51	00:23:28	Clube do Stress
1657	Pedro DIAS	2681	M	00:48:30	00:48:03	04:49	00:23:48	
1658	José FREIRE	6523	M	00:48:30	00:48:13	04:50	00:23:34	Grupo Recreativo Cultural Desportivo Leião
1659	Joana FREIRE	5257	F	00:48:30	00:48:15	04:50	00:23:36	Grupo Recreativo Cultural Desportivo Leião
1660	Maitane INCHAURBE	11479	F	00:48:30	00:48:23	04:51	00:24:06	
1661	Jorge COSTA	8039	M	00:48:31	00:46:58	04:42	00:23:23	
1662	João CÓ	145	M	00:48:31	00:47:41	04:47	00:24:10	NUCLEOEIRAS/SPORTZONE
1663	Gonçalo FERREIRA	1915	M	00:48:31	00:46:42	04:41	00:23:28	Grupo Desportivo Roche
1664	Luis Miguel Nobre OLIVEIRA	311	M	00:48:32	00:47:52	04:48	00:23:50	
1665	Ruben António COSTA	8305	M	00:48:32	00:47:59	04:48	00:23:51	
1666	José L. SOUSA	15285	M	00:48:32	00:47:27	04:45	00:23:55	CCD Tranquilidade

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1667	Gentil PEREIRA	7771	M	00:48:32	00:47:00	04:42	00:23:39	
1668	Carlos Alberto Teixeira LUIS	4748	M	00:48:32	00:47:14	04:44	00:22:25	
1669	Alcino RAMOS	229	M	00:48:33	00:48:11	04:50	00:23:41	
1670	Felix LOPES	3127	M	00:48:33	00:47:02	04:43	00:23:27	
1671	José Luis MARQUES	6041	M	00:48:33	00:48:06	04:49	00:23:03	Clube Millennium BCP
1672	João MOUTA	6140	M	00:48:34	00:47:39	04:46	00:23:48	GARMIN COO
1673	Luis REIS	6857	M	00:48:34	00:47:50	04:47	00:23:44	C.C.D. PESSOAL MUNICIPIO DE CASCAIS
1674	Miguel RODRIGUES	8415	M	00:48:34	00:46:51	04:42	00:23:22	
1675	Jorge Filipe COSTA	161	M	00:48:34	00:46:03	04:37	00:23:24	
1676	Tiago Joaquim Dias RAMOS	1970	M	00:48:34	00:45:58	04:36	00:22:25	
1677	Vitor SANTIAGO	10024	M	00:48:34	00:47:52	04:48	00:23:16	G.R.D. Ribeira da Lage
1678	Carlos PEREIRA	7113	M	00:48:35	00:46:54	04:42	00:23:23	
1679	Manuel CARDIM	2085	M	00:48:35	00:47:58	04:48	00:23:40	
1680	João Pedro SOARES	6538	M	00:48:36	00:47:39	04:46	00:24:23	
1681	Bruno DUARTE	15274	M	00:48:36	00:45:33	04:34	00:22:22	CCD Tranquilidade
1682	Manuel Vitorino PINTO	3490	M	00:48:37	00:48:02	04:49	00:24:05	
1683	José SANTOS	2384	M	00:48:37	00:48:29	04:51	00:23:00	Clube de Lazer, Aventura e Competição
1684	Cidalia MARTINS	710	F	00:48:37	00:47:58	04:48	00:23:37	
1685	Ricardo GONÇALVES	8859	M	00:48:37	00:48:30	04:51	00:23:25	
1686	João Paulo MONTEIRO PITEIRA	10989	M	00:48:38	00:48:01	04:49	00:23:28	
1687	Rogério Paulo DE CAMPOS ARAÚJO	4486	M	00:48:38	00:46:22	04:39	00:23:08	
1688	Steeve NEVES ROSADO	5962	M	00:48:38	00:47:57	04:48	00:23:35	
1689	Fernando JOÃO	10091	M	00:48:38	00:48:29	04:51	00:23:21	Clube de Lazer, Aventura e Competição
1690	Isac DORIN	1769	M	00:48:39	00:47:59	04:48	00:22:41	NUCLEOEIRAS/SPORTZONE
1691	João CORREIA	11179	M	00:48:39	00:47:52	04:48	00:23:34	
1692	Jorge LOPES	15154	M	00:48:39	00:47:42	04:47	00:23:26	Linda-a-Pastora Sporting Clube
1693	Filipe TORRES	2743	M	00:48:41	00:47:00	04:42	00:22:53	
1694	Gustavo PEDROSA	3505	M	00:48:41	00:47:58	04:48	00:23:53	
1695	Moises CARDOSO	11515	M	00:48:41	00:48:22	04:51	00:24:13	
1696	Paulo MATIAS	4763	M	00:48:41	00:48:04	04:49	00:24:16	
1697	André Filipe FERNANDES	10434	M	00:48:41	00:44:54	04:30	00:22:34	
1698	António PINTO DE MATOS	9207	M	00:48:42	00:47:02	04:43	00:23:30	
1699	Ricardo Francisco FREIXIAL	2459	M	00:48:42	00:48:09	04:49	00:24:28	Bombeiros Voluntarios de Montemor-o-Novo
1700	Francisco MONTEIRO GOMES	7299	M	00:48:42	00:46:27	04:39	00:23:31	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1701	José Cristóvão JUSTO	6283	M	00:48:42	00:47:52	04:48	00:23:45	
1702	Nuno Filipe VIDEIRA LOURENÇO	8371	M	00:48:43	00:48:43	04:53		
1703	Rui BARÇAS	6135	M	00:48:43	00:47:13	04:44	00:23:17	Clube do Stress
1704	Fernando GASPAR	8200	M	00:48:43	00:46:22	04:39	00:23:08	
1705	Ricardo SILVA	1954	M	00:48:43	00:48:10	04:49	00:23:43	G.R.D. Ribeira da Lage
1706	Carlos MESQUITA	2511	M	00:48:44	00:47:36	04:46	00:24:01	Tartarugas de Loulé
1707	Luís CAMPOS	506	M	00:48:44	00:47:53	04:48	00:24:53	
1708	Luis FERNANDES	6833	M	00:48:44	00:48:27	04:51	00:23:30	Joma
1709	Sara Margarida MILHEIRO DE MELO MARINHO	744	F	00:48:45	00:46:30	04:39	00:23:39	
1710	Maria José VARELA	667	F	00:48:45	00:48:06	04:49	00:23:11	NUCLEOEIRAS/SPORTZONE
1711	David COELHO	4563	M	00:48:45	00:46:29	04:39	00:23:39	
1712	Nuno FERNANDES	2943	M	00:48:45	00:47:55	04:48	00:23:27	
1713	Cristina MITRE	11243	F	00:48:45	00:48:39	04:52	00:24:11	
1714	Leonel BORGES	7720	M	00:48:45	00:47:31	04:46	00:23:49	
1715	Vitor REVEZ	6337	M	00:48:46	00:47:56	04:48	00:23:57	G.R.D. Ribeira da Lage
1716	Paulo CATARINO	9209	M	00:48:46	00:47:01	04:43	00:23:38	
1717	Guillermo BERLANDINO	10357	M	00:48:46	00:47:22	04:45	00:23:33	
1718	João Ferreira Lima NOGUEIRA	3074	M	00:48:46	00:48:17	04:50	00:23:56	
1719	Fernando CARVALHO	3174	M	00:48:46	00:48:05	04:49	00:23:30	
1720	Hugo Emanuel LOURENÇO E SANTOS	4057	M	00:48:46	00:47:00	04:42	00:23:52	
1721	Luís Miguel ROCHA OLIVEIRA RODRIGUES	3675	M	00:48:47	00:48:03	04:49	00:24:09	
1722	Mário MOREIRA	451	M	00:48:47	00:46:46	04:41	00:23:48	
1723	Tiago SOUSA LAGE	3337	M	00:48:47	00:47:06	04:43	00:24:06	
1724	Luis Filipe BRANCO RODRIGUES LEITÃO	7348	M	00:48:47	00:48:41	04:53	00:24:04	
1725	António FERREIRA	6042	M	00:48:47	00:48:02	04:49	00:24:33	Clube do Stress
1726	Rui Manuel RODRIGUES	10139	M	00:48:48	00:48:34	04:52	00:23:19	
1727	Nuno LOPES	6123	M	00:48:48	00:48:03	04:49	00:24:34	Clube do Stress
1728	António SIMPLICIO	4342	M	00:48:48	00:47:36	04:46	00:24:00	
1729	Pedro RUIVO	3133	M	00:48:48	00:48:24	04:51	00:23:37	
1730	João MOREIRA	3767	M	00:48:49	00:48:29	04:51	00:24:57	
1731	Pedro PÓVOAS	8969	M	00:48:49	00:46:34	04:40	00:23:51	
1732	Nuno LIMA	345	M	00:48:50	00:46:34	04:40	00:23:55	
1733	Hugo BRAS	6855	M	00:48:50	00:46:09	04:37	00:23:51	Clube Desportivo e Cultural da Nave
1734	Carlos PINHEIRO	9946	M	00:48:51	00:47:23	04:45	00:24:35	G.R.D. Ribeira da Lage

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1735	João CONSTANTINÓ	10054	M	00:48:51	00:47:46	04:47	00:23:53	Clube de Atletismo da Nazaré
1736	Henrique ROCHA	6310	M	00:48:51	00:47:44	04:47	00:24:19	
1737	João COUCEIRO	7682	M	00:48:51	00:46:55	04:42	00:23:07	
1738	Pedro FERROS	8225	M	00:48:52	00:47:27	04:45	00:24:07	
1739	Cecília SHINN	702	F	00:48:52	00:48:30	04:51	00:23:57	NUCLEOEIRAS/SPORTZONE
1740	Dário SANTOS	2409	M	00:48:52	00:48:40	04:52	00:24:08	Clube Académico de Penafirme
1741	Daniel João Valente SIMÕES	7434	M	00:48:52	00:45:13	04:32	00:23:02	
1742	Nuno SILVA	10293	M	00:48:53	00:47:57	04:48	00:23:36	
1743	Nuno Miguel PINHEIRO DOS SANTOS	4488	M	00:48:53	00:47:44	04:47	00:25:28	
1744	Carlos Pedro PEREIRA	4282	M	00:48:54	00:47:17	04:44	00:24:09	
1745	Luis MACHADO	3933	M	00:48:54	00:47:31	04:46	00:23:29	
1746	Sandro MARQUES	349	M	00:48:55	00:46:47	04:41	00:23:31	
1747	António Pedro BRUNO	3476	M	00:48:55	00:47:02	04:43	00:23:14	
1748	Sónia SILVA	11259	F	00:48:55	00:48:09	04:49	00:23:50	
1749	Luis Filipe GUERRA	3598	M	00:48:55	00:45:37	04:34	00:23:27	
1750	Pedro FALCATO	2857	M	00:48:55	00:48:46	04:53	00:24:17	RAIL RUNNERS
1751	Gonçalo PEREIRA ESTEVES	395	M	00:48:55	00:46:53	04:42	00:24:03	
1752	Nuno Ricardo Gameiro MERGULHÃO	8598	M	00:48:55	00:46:44	04:41	00:23:26	
1753	Abilio Paulo Moitinho CAMPOS	3480	M	00:48:56	00:46:38	04:40	00:22:34	
1754	João REVEZ	1802	M	00:48:56	00:47:49	04:47	00:24:28	C. R. Leões de Porto Salvo
1755	Idalecio BARROS	8989	M	00:48:56	00:47:49	04:47	00:23:42	
1756	Antonio INGLÊS	4117	M	00:48:56	00:47:50	04:47	00:23:35	
1757	Diogo PINHEIRO	7811	M	00:48:56	00:47:28	04:45	00:23:42	
1758	Nuno CORREIA	7834	M	00:48:57	00:47:29	04:45	00:24:57	
1759	Carlos Manuel ANTUNES DE SOUSA	7489	M	00:48:57	00:47:04	04:43	00:23:28	
1760	Jorge BARREIRA	6561	M	00:48:57	00:48:42	04:53	00:23:38	Grupo Recreativo Cultural Desportivo Leião
1761	Joao MIGUEL	4090	M	00:48:57	00:48:49	04:53	00:24:19	
1762	Nuno CUNHA	4316	M	00:48:57	00:48:06	04:49	00:23:38	
1763	José Pedro MOREIRA	3659	M	00:48:57	00:48:04	04:49	00:23:23	
1764	João REIS	6537	M	00:48:57	00:48:15	04:50	00:24:07	Valejas Atletico Clube
1765	Nuno GOMES	2703	M	00:48:57	00:47:23	04:45	00:24:38	
1766	Pedro QUEIRÓZ	4317	M	00:48:58	00:48:52	04:54	00:24:20	
1767	Mário BAIÃO	3233	M	00:48:58	00:47:48	04:47	00:23:41	
1768	Carlos André DIAS FERREIRA	2793	M	00:48:58	00:46:02	04:37	00:23:40	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1769	Isabel RODRIGUES	1163	F	00:48:58	00:48:35	04:52	00:24:02	GARMIN COO
1770	Nuno COSTA	2558	M	00:48:58	00:48:58	04:54	00:24:07	
1771	João DIAS PINHEIRO	2582	M	00:48:59	00:46:14	04:38	00:24:04	
1772	Maria Piedade RODRIGUES NARCISO ALVES	5731	F	00:48:59	00:46:33	04:40	00:23:20	
1773	João SIMÕES	1748	M	00:48:59	00:48:51	04:54	00:23:24	NUCLEOEIRAS/SPORTZONE
1774	Paulo Alexandre SANTOS	4202	M	00:48:59	00:47:11	04:44	00:24:05	
1775	Fernando PEREIRA	6981	M	00:49:00	00:47:01	04:43	00:23:10	
1776	Nuno SILVA	4615	M	00:49:00	00:48:26	04:51	00:23:28	
1777	André LOURENÇO	6826	M	00:49:00	00:47:43	04:47	00:24:11	Bom Petisco
1778	Diogo Filipe Matos RODRIGUES	4583	M	00:49:00	00:45:14	04:32	00:22:43	
1779	Joao BARBOSA	3144	M	00:49:00	00:46:34	04:40	00:22:54	
1780	Vladmir PIRES FERREIRA	9843	M	00:49:00	00:47:53	04:48	00:24:17	
1781	Rui COSTA	317	M	00:49:00	00:46:34	04:40	00:22:54	
1782	Nuno FERREIRA	3443	M	00:49:00	00:47:48	04:47	00:24:02	
1783	Manuel HORTELÃO	7773	M	00:49:01	00:47:27	04:45	00:24:08	
1784	Adilton CAMPOS	3774	M	00:49:01	00:46:48	04:41	00:23:50	
1785	Cioran CRISTIAN-NICOLAE	4591	M	00:49:01	00:47:46	04:47	00:23:18	
1786	Rui VICENTE DIAS	8375	M	00:49:01	00:48:03	04:49	00:24:04	
1787	José CRESPO	6395	M	00:49:01	00:47:49	04:47	00:24:48	Grupo Desportivo Roche
1788	Aristides SILVA	344	M	00:49:02	00:48:21	04:51	00:23:45	
1789	Bruno PIO	9015	M	00:49:02	00:47:32	04:46	00:24:10	
1790	Orlando MORENO	2149	M	00:49:02	00:47:16	04:44	00:24:12	
1791	Cipriano CO	410	M	00:49:02	00:48:29	04:51	00:23:00	
1792	Rafael ASSUNÇÃO	459	M	00:49:02	00:46:18	04:38	00:22:36	
1793	Henrique BRITO	2475	M	00:49:03	00:48:00	04:48	00:23:39	Casa da Dizima
1794	Paulo José CARIAS GODINHO	7913	F	00:49:03	00:47:32	04:46	00:23:42	
1795	Vítor LEMOS	2125	M	00:49:03	00:48:21	04:51	00:23:56	
1796	José Carlos Saraiva Arelo CARLOS ARELO	5976	M	00:49:03	00:47:36	04:46	00:23:58	
1797	Paulo MATOS	4410	M	00:49:04	00:47:55	04:48	00:24:01	
1798	José Manuel PEREIRA	15155	M	00:49:04	00:48:43	04:53	00:23:41	Linda-a-Pastora Sporting Clube
1799	Joaquim FIDALGO	6451	M	00:49:04	00:47:26	04:45	00:23:31	Tejavista
1800	Manuel PEDRO	6865	M	00:49:05	00:47:54	04:48	00:23:39	Atletico Clube Porto Salvo
1801	José PEQUENO	15052	M	00:49:05	00:48:02	04:49	00:23:51	Clube Grupo Desportivo BES
1802	Carlos BENAVENTE	10022	M	00:49:05	00:48:49	04:53	00:24:18	G.R.D. Ribeira da Lage

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1803	Luis SANTOS	2107	M	00:49:06	00:46:53	04:42	00:25:00	
1804	Luís Pedro PEREIRA	2861	M	00:49:06	00:48:39	04:52	00:23:20	
1805	Gustavo GRANJA	3860	M	00:49:06	00:47:32	04:46	00:23:16	
1806	João José MAGRO VENTURA	10415	M	00:49:07	00:47:02	04:43	00:24:03	
1807	Fernando Jorge ALVES DOS REIS	7228	M	00:49:07	00:48:46	04:53	00:24:03	
1808	José FÉLIX	3309	M	00:49:07	00:48:27	04:51	00:22:44	
1809	Diana BATISTA	636	F	00:49:07	00:47:42	04:47	00:25:07	
1810	José Francisco VILHENA	3685	M	00:49:07	00:46:42	04:41	00:23:13	
1811	José Carlos FELIX	8438	M	00:49:07	00:48:28	04:51	00:22:44	
1812	Steven DUNLOP	2098	M	00:49:07	00:47:50	04:47	00:24:06	
1813	Manuel BORGES	7130	M	00:49:07	00:48:39	04:52	00:23:43	
1814	Rodrigo COSTEIRA	7414	M	00:49:07	00:47:33	04:46	00:23:58	
1815	Rui Manuel POMBINHO	7781	M	00:49:08	00:47:45	04:47	00:23:51	
1816	Fernando CARVALHO	6520	M	00:49:08	00:48:03	04:49	00:24:16	Grupo Desportivo do INE
1817	Fernando CARVALHO	10067	M	00:49:08	00:48:26	04:51	00:24:06	ACP - Atletismo Clube de Portalegre
1818	Luis Filipe SOLIPA	10290	M	00:49:08	00:48:50	04:53	00:23:55	
1819	Daniel RAMOS DE OLIVEIRA JUNIOR	3680	M	00:49:08	00:48:30	04:51	00:25:01	
1820	Mário Jorge SILVA	7116	M	00:49:09	00:48:47	04:53	00:25:01	
1821	Ângela DE SOUSA SILVÉRIO	11204	F	00:49:09	00:47:26	04:45	00:23:52	
1822	Paulo PALMA	2324	M	00:49:09	00:47:55	04:48	00:23:52	Grupo Desportivo do INE
1823	Carlos PINTO	2783	M	00:49:09	00:48:04	04:49	00:24:11	
1824	André VITÓRIA	359	M	00:49:10	00:48:42	04:53	00:24:29	
1825	José JACOB	15241	M	00:49:10	00:48:06	04:49	00:24:13	Amigos Vale do Silêncio
1826	Pedro Dias CORREIA	3089	M	00:49:10	00:48:18	04:50	00:24:16	
1827	Pedro Miguel FERREIRA	7356	M	00:49:10	00:48:22	04:51	00:22:23	
1828	Luis LEMOS	3622	M	00:49:10	00:46:14	04:38	00:24:48	
1829	Nuno Alexandre MOREIRA MARTINS	2930	M	00:49:10	00:47:03	04:43	00:23:42	
1830	Rodolfo RAPAÇ	3197	M	00:49:11	00:47:58	04:48	00:23:28	
1831	Bernardo PEREIRA	7367	M	00:49:11	00:48:01	04:49	00:24:00	
1832	Rui RODRIGUES	4355	M	00:49:11	00:47:27	04:45	00:24:24	
1833	Hugo Miguel F RAMOS	3056	M	00:49:11	00:48:56	04:54	00:24:19	
1834	João Carlos SANTOS MARQUES	4878	M	00:49:11	00:48:33	04:52	00:24:24	
1835	Pedro MELO	3808	M	00:49:12	00:47:44	04:47	00:23:58	
1836	Angelo SILVA	2801	M	00:49:12	00:49:12	04:56	00:24:48	St. Julians School

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1837	Geoffray RAMOS	15249	M	00:49:12	00:48:38	04:52	00:24:11	
1838	Daniel ZACARIAS	4419	M	00:49:12	00:46:59	04:42	00:23:40	
1839	Pedro BEINA	258	M	00:49:12	00:48:16	04:50	00:25:30	Clube de Natação de Rio Maior
1840	José PEDRO	15053	M	00:49:12	00:48:10	04:49	00:24:08	Clube Grupo Desportivo BES
1841	Nuno PEIXEIRO	480	M	00:49:13	00:43:05	04:19	00:22:50	
1842	Jose MEDINA	2099	M	00:49:13	00:46:00	04:36	00:23:35	
1843	Tiago DIAS	6150	M	00:49:13	00:48:23	04:51	00:23:39	NUCLEOEIRAS/SPORTZONE
1844	Rodrigo DIAS	6142	M	00:49:13	00:47:01	04:43	00:23:41	Clube do Stress
1845	Thiago FIGUEIREDO	6225	M	00:49:13	00:47:07	04:43	00:23:16	
1846	João COSTA	6378	M	00:49:13	00:49:13	04:56	00:24:21	Pepsico Portugal
1847	Carlos CUPETO	10193	M	00:49:13	00:48:33	04:52	00:24:07	
1848	Ricardo PEDRO	9136	M	00:49:14	00:46:42	04:41	00:23:58	
1849	Francisco RODRIGUES	2012	M	00:49:14	00:48:00	04:48	00:25:06	
1850	Marcio NOGUEIRA	7727	M	00:49:14	00:48:00	04:48	00:23:51	
1851	Rui GERALDES	6798	M	00:49:14	00:49:04	04:55	00:24:16	RAIL RUNNERS
1852	Ricardo ANTUNES	7969	M	00:49:15	00:47:08	04:43	00:23:33	
1853	Nuno LOURO	3763	M	00:49:15	00:48:37	04:52	00:24:02	
1854	Carlos MARINA	6586	M	00:49:15	00:48:51	04:54	00:24:29	CCD Sintrense
1855	Sandro Fernando Baião Da ENCARNAÇÃO	3798	M	00:49:15	00:48:13	04:50	00:23:13	
1856	Nuno SABINO	2150	M	00:49:15	00:46:13	04:38	00:22:22	Açoreana clube Banif
1857	Francisco CALDEIRA	6512	M	00:49:15	00:48:12	04:50	00:24:19	Grupo Desportivo do INE
1858	Paulo Alexandre Rato DA SILVA	3336	M	00:49:15	00:48:20	04:50	00:24:27	
1859	Carlos Manuel Pacheco RODRIGUES	3871	M	00:49:15	00:47:41	04:47	00:23:51	
1860	Eduardo Pereira MARQUES	3653	M	00:49:16	00:47:31	04:46	00:23:09	
1861	Joao PIEDADE GUERREIRO	2796	M	00:49:16	00:48:54	04:54	00:24:14	
1862	José Manuel CARRETAS	8002	M	00:49:16	00:48:05	04:49	00:23:51	
1863	João FIGUEIREDO	7155	M	00:49:16	00:48:09	04:49	00:24:15	
1864	José NAVE	6391	M	00:49:16	00:48:14	04:50	00:24:01	Grupo Desportivo Joaninhas de Leião
1865	Joaquim GUERREIRO	1807	M	00:49:16	00:48:20	04:50	00:24:06	Açoreana clube Banif
1866	Gonçalo SANTOS	2435	M	00:49:16	00:47:47	04:47	00:23:56	
1867	Manuel CARDIM	3683	M	00:49:17	00:49:17	04:56	00:25:37	
1868	Fernando ESPERANÇA	6705	M	00:49:17	00:48:36	04:52	00:23:25	Clube de Atletismo da Nazaré
1869	António Francisco PIRES	2168	M	00:49:17	00:48:40	04:52	00:25:01	
1870	João Tiago FERNANDES	15017	M	00:49:17	00:46:07	04:37	00:22:44	Grupo Cultural Atletismo N. de Porto Salvo

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1871	João Tiago FERREIRA	7794	M	00:49:17	00:47:46	04:47	00:25:04	
1872	Vitor RAFAEL	1890	M	00:49:17	00:49:01	04:55	00:23:51	Açoreana clube Banif
1873	João Pedro ALCOBIA LUZ	4646	M	00:49:17	00:47:46	04:47	00:23:50	
1874	Jose Maria CUMBRE	2880	M	00:49:17	00:46:56	04:42	00:24:18	
1875	Paulo FRANÇA	3440	M	00:49:17	00:49:00	04:54	00:24:09	
1876	Luis PEREIRA	6657	M	00:49:17	00:48:14	04:50	00:24:25	Clube Anacom
1877	Alexandre DUQUE VIEIRA	7714	M	00:49:18	00:47:44	04:47	00:23:52	
1878	David Ventura GONÇALVES	3984	M	00:49:18	00:42:29	04:15	00:21:41	
1879	Nuno Miguel SANTOS CARDOSO	4776	M	00:49:18	00:47:14	04:44	00:22:44	
1880	Pedro Miguel De Sousa FERNANDES	3985	M	00:49:18	00:49:13	04:56	00:24:22	
1881	Miguel PINHO	381	M	00:49:18	00:46:31	04:40	00:23:33	
1882	Jorge Niny Pereira De CASTRO	3715	M	00:49:18	00:47:37	04:46	00:23:31	
1883	José António COSTA	2903	M	00:49:19	00:48:11	04:50	00:24:10	
1884	José António TRONCOSO ESTEVES	7337	M	00:49:19	00:48:33	04:52	00:24:06	
1885	Miguel PULIDO	3457	M	00:49:19	00:48:23	04:51	00:23:57	
1886	Paulo Nuno GOUVEIA BRANCO	5902	M	00:49:19	00:47:22	04:45	00:24:13	
1887	António Pedro MATA	7761	M	00:49:20	00:48:58	04:54	00:24:01	
1888	Rita Monteiro RODRIGUES	5486	F	00:49:20	00:48:46	04:53	00:23:33	
1889	Henrique BELMAR DA COSTA	7734	M	00:49:20	00:48:05	04:49	00:23:57	
1890	Nuno ESPAÑA	6289	M	00:49:20	00:47:45	04:47	00:23:59	
1891	Filipe SILVA GOMES	7560	M	00:49:20	00:49:15	04:56	00:24:22	Sportlife
1892	Carlos Manuel OLIVEIRA E SILVA	2138	M	00:49:21	00:48:11	04:50	00:23:44	
1893	Pedro ANDRADE	15062	M	00:49:21	00:48:15	04:50	00:24:06	Clube Grupo Desportivo BES
1894	Mauricio Antunes JÚNIOR	4084	M	00:49:21	00:49:06	04:55	00:23:49	
1895	Vitor ROCHA	1934	M	00:49:21	00:48:11	04:50	00:24:21	G.R.D. Ribeira da Lage
1896	Luis ZEZERE	7990	M	00:49:22	00:47:30	04:45	00:24:06	
1897	Luis PEREIRA	8079	M	00:49:22	00:46:57	04:42	00:23:36	
1898	Rui LANÇA	3728	M	00:49:22	00:49:17	04:56	00:24:33	Sportlife
1899	Andre NAVARRO	4417	M	00:49:22	00:48:40	04:52	00:23:54	
1900	João Pedro CABETE FERREIRA	2109	M	00:49:22	00:47:22	04:45		
1901	Vasco Tavares Brito E ABREU	3610	M	00:49:22	00:48:05	04:49	00:24:51	
1902	Sérgio HENRIQUE	2071	M	00:49:22	00:47:34	04:46	00:24:06	Odebrecht / BPC
1903	Vicente DIAS	7778	M	00:49:22	00:48:41	04:53	00:24:01	
1904	Nuno PEREIRA	15085	M	00:49:22	00:46:55	04:42	00:23:34	Gabinete de Fisioterapia no Desporto

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1905	Alexandre DIAS	7779	M	00:49:23	00:48:41	04:53	00:24:00	
1906	Joao BLASQUES	4240	M	00:49:23	00:48:12	04:50	00:23:53	
1907	Tomás VILA LUZ	275	M	00:49:23	00:48:02	04:49	00:25:09	Grupo Desportivo BPI
1908	Carlos MARQUES	15127	M	00:49:23	00:48:55	04:54	00:24:35	Linda-a-Pastora Sporting Clube
1909	Bruno ALMEIDA	1667	M	00:49:23	00:47:54	04:48	00:24:14	Clube do Stress
1910	Fernando ANDRADE	15136	M	00:49:23	00:48:47	04:53	00:23:52	Linda-a-Pastora Sporting Clube
1911	Gonçalo QUINTANILHA	2910	M	00:49:23	00:47:34	04:46	00:23:22	
1912	Carlos Filipe ANDRADE	3897	M	00:49:24	00:46:06	04:37	00:23:33	
1913	Helder LEITÃO	8996	M	00:49:24	00:47:10	04:43	00:23:53	
1914	Filipe PEREIRA	163	M	00:49:24	00:43:50	04:23	00:21:45	
1915	Francisco RODRIGUES	412	M	00:49:24	00:48:30	04:51	00:24:10	
1916	Sérgio RODRIGUES	1940	M	00:49:24	00:48:47	04:53	00:23:46	G.R.D. Os Fixes
1917	Rui FALHAS SANTOS	4685	M	00:49:24	00:47:36	04:46	00:23:56	
1918	João BRETES	6896	M	00:49:24	00:47:56	04:48	00:23:31	
1919	Jaime FIGUEIREDO	7944	M	00:49:24	00:47:05	04:43	00:23:35	
1920	Tiago MARQUES	169	M	00:49:24	00:48:49	04:53	00:25:04	
1921	Hugo GUERREIRO	8211	M	00:49:25	00:47:00	04:42	00:23:07	
1922	Julio FERNANDES	1929	M	00:49:25	00:48:41	04:53	00:24:03	Grupo Desportivo Roche
1923	José Daniel MARTINS FRANCISCO	3917	M	00:49:25	00:48:54	04:54	00:23:37	
1924	Paula VIEIRA	879	F	00:49:25	00:48:56	04:54	00:24:48	Grupo Desportivo Roche
1925	João ROCHA	2080	M	00:49:25	00:49:12	04:56	00:24:13	Grupo Desportivo Santander Totta
1926	Joaquim Manuel De Mira BRANQUINHO	4294	M	00:49:25	00:47:00	04:42	00:23:28	
1927	Miguel VALENTE	8667	M	00:49:26	00:48:29	04:51	00:24:18	
1928	Carlos Néilson DIAS	8205	M	00:49:26	00:48:02	04:49	00:23:50	
1929	Filipe MENDES	520	M	00:49:26	00:47:54	04:48	00:24:16	
1930	Nuno Alexandre Pita SILVA	2096	M	00:49:27	00:46:41	04:41	00:23:28	
1931	Vitor CAMPOS	8656	M	00:49:27	00:47:48	04:47	00:24:23	
1932	Agostinho VALENTE	7247	M	00:49:27	00:48:37	04:52	00:24:28	
1933	Joaquim Matos MATOS	2624	M	00:49:28	00:47:31	04:46	00:23:50	
1934	Vitor LOURENÇO	7816	M	00:49:28	00:48:46	04:53	00:22:27	
1935	João Manuel PEREIRA SANTOS	7920	M	00:49:28	00:49:24	04:57	00:24:25	
1936	Miguel MONTALVÃO	4677	M	00:49:29	00:48:17	04:50	00:24:32	
1937	Rui Miguel PIRES DA RIBEIRA CHAVES	4092	M	00:49:29	00:46:45	04:41	00:23:08	
1938	Rogério SANTOS	7506	M	00:49:29	00:47:25	04:45	00:24:22	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1939	Jorge RODRIGUES	3078	M	00:49:29	00:48:31	04:52	00:23:48	
1940	Luís MALHEIRO	7507	M	00:49:29	00:47:29	04:45	00:24:23	
1941	Joao JOSE	7437	M	00:49:29	00:47:50	04:47	00:25:00	
1942	Pedro SANTOS	8105	M	00:49:30	00:46:42	04:41	00:23:20	
1943	Miguel PEREIRA BASTOS	6616	M	00:49:30	00:48:27	04:51	00:24:00	Grupo Desportivo do INE
1944	Sandra ROMANO	1170	M	00:49:30	00:49:05	04:55	00:24:56	GARMIN COO
1945	Jorge PAULO	15355	M	00:49:30	00:48:59	04:54	00:23:49	
1946	José Pedro CONCEIÇÃO	9146	M	00:49:31	00:48:51	04:54	00:24:15	
1947	Jorge LOURO	9172	M	00:49:31	00:49:21	04:57	00:24:23	
1948	João JACINTO	2242	M	00:49:31	00:46:32	04:40	00:23:14	
1949	Alexandre CONCEIÇÃO	8487	M	00:49:31	00:48:14	04:50	00:23:48	
1950	Duarte Miguel Saloio CARRIÇO	11003	M	00:49:31	00:48:17	04:50	00:24:11	
1951	Bruno Fernando PIEDADE	3387	M	00:49:31	00:47:37	04:46	00:24:04	
1952	João LOPES FERNANDES	8553	M	00:49:32	00:47:57	04:48	00:24:00	
1953	Rui PATRÍCIO	15260	M	00:49:32	00:48:23	04:51	00:23:41	BP Portugal
1954	Dinis Manuel PALMA	10520	M	00:49:32	00:48:38	04:52	00:24:50	
1955	Armando Lluís Ramos Marques ARMANDO MARQUES	10510	M	00:49:32	00:48:22	04:51	00:23:24	
1956	Álvaro CASTRO	10480	M	00:49:32	00:48:33	04:52	00:24:45	
1957	Bernardo Coelho ACHEGA	3173	M	00:49:33	00:46:17	04:38	00:23:27	
1958	Marcos Jose NORITAKE	3920	M	00:49:33	00:48:18	04:50	00:24:09	
1959	Luis Alberto PEREIRA	3311	M	00:49:33	00:46:52	04:42	00:23:37	
1960	Rafael José Santos LAVOURAS	9117	M	00:49:33	00:48:33	04:52	00:23:53	
1961	Carlos VILAÇA	3225	M	00:49:33	00:47:43	04:47	00:23:32	
1962	Manuel TEIXEIRA	7291	M	00:49:33	00:47:53	04:48	00:24:10	
1963	Pedro SAMPAIO	4433	M	00:49:34	00:49:24	04:57	00:24:02	
1964	Norberto Rio Diegues DIEGUES	6111	M	00:49:34	00:47:58	04:48	00:24:01	
1965	Rui AMARAL PINTO	4628	M	00:49:34	00:49:03	04:55	00:24:11	
1966	David GRACIAS	7713	M	00:49:34	00:48:33	04:52	00:23:59	
1967	João BRANCO	4271	M	00:49:34	00:48:22	04:51	00:23:57	
1968	Paulo Luz TEIXEIRA	4804	M	00:49:35	00:48:14	04:50	00:23:49	
1969	Vasco SANTOS	6605	M	00:49:35	00:49:07	04:55	00:24:54	Grupo Desportivo BPI
1970	Miguel MATEUS	3785	M	00:49:35	00:47:57	04:48	00:23:55	
1971	Luis Manuel Seixas AZEVEDO	9199	M	00:49:35	00:48:56	04:54	00:23:42	
1972	Carlos ESTEVES	7644	M	00:49:36	00:47:28	04:45	00:24:31	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1973	Daniel VALENTE	3408	M	00:49:36	00:48:45	04:53	00:24:02	
1974	Luis BARROS	6212	M	00:49:37	00:49:30	04:57	00:24:05	Clube do Stress
1975	João Carlos BAPTISTA FERREIRA DA CONCEIÇÃO	9193	M	00:49:37	00:49:16	04:56	00:24:31	
1976	Ricardo Miguel TORRINHA GONÇALVES	4683	M	00:49:37	00:47:49	04:47	00:23:55	
1977	Pedro FARIA	6147	M	00:49:37	00:49:30	04:57	00:24:06	Clube do Stress
1978	Carlos PAPACINZA	3532	M	00:49:37	00:49:13	04:56	00:25:09	
1979	Susana CALHAU	5555	F	00:49:37	00:49:13	04:56	00:25:09	
1980	Jorge Manuel SILVA	7058	M	00:49:37	00:49:07	04:55	00:24:49	
1981	Américo Silva SANTOS	3452	M	00:49:37	00:47:25	04:45	00:23:11	
1982	Luis SILVA	15025	M	00:49:37	00:49:25	04:57	00:24:09	Linda-a-Pastora Sporting Clube
1983	Artur Brás GONÇALVES	6090	M	00:49:37	00:49:07	04:55	00:24:49	
1984	Anna HOBBISS	5758	F	00:49:37	00:49:16	04:56	00:24:19	
1985	António CANAS	15130	M	00:49:38	00:49:23	04:57	00:24:49	Linda-a-Pastora Sporting Clube
1986	Carlos OLIVEIRA	2007	M	00:49:38	00:49:21	04:57	00:24:45	
1987	Hugo Alexandre Correia CORREIA	2750	M	00:49:38	00:48:09	04:49	00:24:37	
1988	Pedro DIAS	8315	M	00:49:38	00:46:38	04:40	00:22:54	
1989	Fernando SILVA	3462	M	00:49:38	00:49:35	04:58	00:24:44	
1990	José Carlos DIAS FREITAS	3849	M	00:49:39	00:48:50	04:53	00:24:41	
1991	Francisco MADEIRA	10684	M	00:49:39	00:47:43	04:47	00:23:29	
1992	Ernestina BORGES	4969	F	00:49:39	00:49:00	04:54		NUCLEOEIRAS/SPORTZONE
1993	Pedro SANTOS	3862	M	00:49:39	00:48:04	04:49	00:23:20	
1994	Miguel MARTINS DA SILVA	6952	M	00:49:39	00:48:28	04:51	00:23:44	
1995	José Carlos VIEIRA	10530	M	00:49:39	00:47:55	04:48	00:24:23	
1996	Rita MARQUES	611	F	00:49:40	00:49:33	04:58	00:24:25	
1997	Nuno CASTANHEIRA	8191	M	00:49:40	00:48:39	04:52	00:24:23	
1998	Tiago VILLANUEVA GUTIERREZ MARQUES	3953	M	00:49:40	00:46:20	04:38	00:23:26	
1999	Gilles CAZABAN	4566	M	00:49:40	00:47:35	04:46	00:23:54	
2000	Vasco NASCIMENTO	4070	M	00:49:40	00:48:01	04:49	00:24:05	
2001	Elísio COSTA	10822	M	00:49:41	00:48:54	04:54	00:24:59	
2002	João BENTO	2977	M	00:49:41	00:47:34	04:46	00:23:42	
2003	Manuel ANTUNES	4728	M	00:49:41	00:49:09	04:55	00:24:47	
2004	Ricardo DIAS	10238	M	00:49:42	00:48:49	04:53	00:24:43	
2005	Jorge SANTOS	2794	M	00:49:42	00:47:47	04:47	00:24:17	
2006	Joana COSTA	863	F	00:49:42	00:49:14	04:56	00:25:59	Clube de Natação de Rio Maior

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2007	Luís Pedro Gonçalves VENTURA	4537	M	00:49:43	00:47:23	04:45	00:23:56	
2008	Antonio GOUCHA SOARES	2225	M	00:49:43	00:47:21	04:45	00:24:06	
2009	Bernardo FIGUEIREDO	2482	M	00:49:43	00:48:11	04:50	00:24:14	
2010	José Miguel Peça Oliveira VALADA	8077	M	00:49:43	00:47:43	04:47	00:24:06	
2011	Eduardo FIGUEIREDO	15073	M	00:49:43	00:48:48	04:53	00:24:09	Clube Grupo Desportivo BES
2012	Inácio GONÇALVES	15313	M	00:49:44	00:48:57	04:54	00:24:29	
2013	Filipe Manuel SANTOS LOURENÇO	377	M	00:49:44	00:46:57	04:42	00:23:10	
2014	André SILVA	7915	M	00:49:44	00:47:18	04:44	00:23:51	
2015	Jorge CUNHA	3589	M	00:49:44	00:46:19	04:38	00:23:25	
2016	Luis Miguel GOMES GRAÇA	3791	M	00:49:44	00:46:51	04:42	00:23:50	
2017	Jorge NORTE	3803	M	00:49:45	00:49:35	04:58	00:24:57	
2018	Paulo ALMEIDA	7722	M	00:49:47	00:48:49	04:53	00:24:30	
2019	Paulo CONCEIÇÃO	6545	M	00:49:47	00:48:15	04:50	00:24:35	Associação Atletismo Lebres do Sado
2020	Alfredo FALCAO	8139	M	00:49:47	00:49:17	04:56	00:24:20	
2021	João Diogo CRUZ	6083	M	00:49:48	00:49:12	04:56	00:23:55	
2022	João GONÇALVES	3735	M	00:49:48	00:49:06	04:55	00:24:40	
2023	Vanessa AMARAL SILVA	1261	F	00:49:49	00:48:55	04:54	00:24:12	
2024	Cátia MOREIRA SILVA	11412	F	00:49:50	00:49:35	04:58	00:24:06	
2025	Aarnout SALWEGTER	7017	M	00:49:50	00:48:56	04:54	00:25:10	
2026	Ilidio MONTEIRO	7173	M	00:49:50	00:48:29	04:51	00:23:03	
2027	Claudio FIGUEIRA	6457	M	00:49:51	00:47:35	04:46	00:22:57	Tejavista
2028	Hugo Miguel COELHO	7576	M	00:49:51	00:47:59	04:48	00:23:36	
2029	Rui Pedro SANTOS	2437	M	00:49:51	00:49:05	04:55	00:24:33	
2030	Joao VENANCIO	10138	M	00:49:51	00:49:45	04:59	00:24:28	
2031	Ribeiro SOARES	5861	M	00:49:51	00:48:09	04:49	00:24:21	
2032	Carlos Daniel PEREIRA	8146	M	00:49:51	00:47:29	04:45	00:23:52	
2033	Manuel Maria MAGALHÃES	15293	M	00:49:52	00:48:50	04:53	00:24:06	
2034	Ricardo RODRIGUES	241	M	00:49:52	00:48:27	04:51	00:24:24	
2035	Luís NEVES	1782	M	00:49:52	00:49:04	04:55	00:24:44	Pepsico Portugal
2036	Paulo FERNANDES	4594	M	00:49:52	00:48:52	04:54	00:24:14	
2037	Carlos PORTELA	445	M	00:49:52	00:48:29	04:51	00:24:24	
2038	Carlos GOMES DA PALMA	2126	M	00:49:53	00:48:07	04:49	00:25:14	
2039	Jorge AMARAL	2176	M	00:49:54	00:49:37	04:58	00:24:59	
2040	Luís Filipe Serrano RAMOS	4741	M	00:49:54	00:48:36	04:52	00:24:27	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2041	Domingos PAO DURO	7001	M	00:49:55	00:49:08	04:55	00:25:02	
2042	Antonio LIMA	4136	M	00:49:55	00:49:50	04:59	00:24:36	
2043	João JESUS	8999	M	00:49:56	00:49:16	04:56	00:24:27	
2044	Jorge LOPES	7958	M	00:49:56	00:49:25	04:57	00:22:57	
2045	Nuno ALMEIDA	3072	M	00:49:57	00:48:20	04:50	00:24:08	
2046	Jorge SALEMA GARCAO JOSE DE MELO	10997	M	00:49:57	00:49:50	04:59	00:24:20	
2047	José VICENTE	9840	M	00:49:57	00:47:27	04:45	00:23:57	
2048	Margarida PEREIRA	5245	F	00:49:57	00:46:25	04:39	00:24:15	Associação de Moradores de Atibá
2049	Nuno PASSANHA	9116	M	00:49:58	00:49:51	05:00	00:24:19	
2050	João FREIRE	6139	M	00:49:58	00:49:10	04:55	00:24:10	
2051	Bruno Miguel GUERRA	3971	M	00:49:58	00:47:57	04:48	00:23:39	
2052	Nuno BARRADAS	6709	M	00:49:59	00:48:30	04:51	00:24:01	Wikaboo
2053	Pedro Daniel Viana Justino ALVES	10324	M	00:49:59	00:43:47	04:23	00:23:05	Sportlife
2054	Silvino MARTINS	15088	M	00:50:00	00:49:13	04:56	00:25:03	Gabinete de Fisioterapia no Desporto
2055	Akira MATSUMURA	8474	M	00:50:00	00:48:10	04:49	00:24:33	
2056	Luís SILVA	10546	M	00:50:00	00:49:39	04:58	00:23:54	
2057	David BRANQUINHO	1788	M	00:50:00	00:49:14	04:56	00:24:59	Pepsico Portugal
2058	Pedro MONTEIRO	6917	M	00:50:00	00:47:46	04:47	00:23:50	
2059	Jorge FERNANDES	2889	M	00:50:00	00:49:18	04:56	00:25:18	
2060	Daniel Julio JACINTO GARCEZ DE LENCASTRE	489	M	00:50:01	00:47:25	04:45	00:24:32	
2061	Hugo Miguel MARQUES COIMBRA	8090	M	00:50:01	00:48:28	04:51	00:24:34	
2062	Catarina CABRAL SARAIVA FERNANDES	866	F	00:50:01	00:47:42	04:47	00:23:50	
2063	Daniel Carlos SANTOS RAIMUNDO	3707	M	00:50:01	00:48:34	04:52	00:24:36	
2064	Hugo COSTEIRA	7480	M	00:50:02	00:48:27	04:51	00:23:58	
2065	Antonio PRIMOR	4773	M	00:50:02	00:48:44	04:53	00:24:19	
2066	António ALEXANDRE	6640	M	00:50:02	00:48:53	04:54	00:22:57	Clube de Atletismo da Nazaré
2067	Tiago Miguel RODRIGUES	1741	M	00:50:02	00:48:01	04:49	00:24:23	Clube Millennium BCP
2068	Andre FERNANDES	487	M	00:50:03	00:48:31	04:52	00:23:52	
2069	David Alexandre MARTINS	9133	M	00:50:03	00:48:17	04:50	00:24:14	
2070	António LISBOA	9131	M	00:50:03	00:48:17	04:50	00:24:14	
2071	João MONTEIRO	3455	M	00:50:03	00:48:53	04:54	00:24:54	
2072	António QUARESMA	15162	M	00:50:03	00:49:23	04:57	00:23:51	Linda-a-Pastora Sporting Clube
2073	Vasco Costa GONCALVES	152	M	00:50:03	00:49:26	04:57	00:23:58	
2074	José CORREIA	8397	M	00:50:04	00:48:13	04:50	00:24:09	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2075	João PALETA	4030	M	00:50:04	00:48:02	04:49	00:22:50	
2076	Maria Joaquina De Sousa FLORES	5679	F	00:50:04	00:49:43	04:59	00:25:24	
2077	Carlos FREIRE	15097	M	00:50:04	00:49:40	04:58	00:24:18	Gabinete de Fisioterapia no Desporto
2078	Paulino PACHECO	6697	M	00:50:04	00:48:59	04:54	00:23:57	Núcleo de Atletismo Zona Abçboda
2079	Fernando MENDES	2388	M	00:50:04	00:48:51	04:54	00:24:53	Associação Atletismo Lebres do Sado
2080	António Manuel B. G. GODINHO	3909	M	00:50:04	00:47:48	04:47	00:24:37	
2081	João Rodrigues REIS	10255	M	00:50:05	00:49:07	04:55	00:24:28	
2082	Manuel CARRASQUEIRA	4551	M	00:50:05	00:47:38	04:46	00:23:49	
2083	Luís VIEGAS	6918	M	00:50:05	00:48:50	04:53	00:24:27	
2084	Rui GOMES	4167	M	00:50:06	00:49:33	04:58	00:24:26	
2085	Diogo GONÇALVES	3359	M	00:50:06	00:48:42	04:53	00:24:14	
2086	Henrique DELGADO	2201	M	00:50:06	00:49:09	04:55	00:24:26	Clube Académico de Penafirme
2087	José NOGUEIRA	7171	M	00:50:06	00:49:04	04:55	00:24:28	
2088	Carlos Alberto Braga Brasão ANTUNES	8228	M	00:50:07	00:49:53	05:00	00:26:35	
2089	Nuno SANTOS	10966	M	00:50:07	00:49:27	04:57	00:23:35	
2090	Maria AZEVEDO	1115	F	00:50:07	00:48:39	04:52	00:24:01	Wikaboo
2091	Carla ADRO	956	F	00:50:07	00:49:47	04:59	00:24:45	Associação de Moradores de Atibá
2092	Gonçalo Pedroso SOUSA	8082	M	00:50:08	00:48:32	04:52	00:24:42	
2093	Vasco Nuno ANDRADE	2232	M	00:50:08	00:46:56	04:42	00:24:16	
2094	Miguel M. BOTELHO	7902	M	00:50:08	00:48:55	04:54	00:24:19	
2095	Valerio CABRITO	4213	M	00:50:08	00:47:38	04:46	00:24:14	
2096	Pedro DOMINGOS	7744	M	00:50:08	00:49:58	05:00	00:23:34	
2097	Luis SANTOS	3852	M	00:50:08	00:48:34	04:52	00:24:40	
2098	Carla FONSECA	957	F	00:50:08	00:49:56	05:00	00:24:24	Clube Académico de Penafirme
2099	Susana SILVA	938	F	00:50:08	00:49:56	05:00	00:24:24	Clube Académico de Penafirme
2100	Amilicar DIAS	6039	M	00:50:10	00:49:52	05:00	00:24:01	NUCLEOEIRAS/SPORTZONE
2101	Paulo MATEUS	289	M	00:50:10	00:49:54	05:00	00:24:46	
2102	Jorge Alexandre RAMOS	2760	M	00:50:10	00:49:26	04:57	00:24:28	
2103	Ruben DE OLIVEIRA LOURENÇO MARQUES	4622	M	00:50:11	00:48:47	04:53	00:24:24	
2104	Diogo PEREIRA DUARTE	4661	M	00:50:11	00:45:26	04:33	00:22:56	
2105	Tina OLIVEIRA	1059	F	00:50:11	00:49:55	05:00	00:25:00	
2106	André Maria VILLAVERDE COTRIM	3332	M	00:50:11	00:48:49	04:53	00:24:18	
2107	Pedro MORAIS	8543	M	00:50:12	00:49:48	04:59	00:23:59	
2108	Edgar MARTINS	3548	M	00:50:12	00:48:26	04:51	00:25:38	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2109	Pedro Miguel Pereira Da Silva BROQUEIRA	6838	M	00:50:12	00:49:32	04:58	00:24:22	
2110	Ricardo Miguel SIMÕES ALMEIDA GODINHO	7829	M	00:50:13	00:48:49	04:53	00:24:25	
2111	Ruben FRANCISCO	3546	M	00:50:13	00:48:27	04:51	00:25:39	
2112	Andre Eduardo Alves CASTRO	9096	M	00:50:13	00:49:00	04:54	00:24:11	
2113	Paulo PUGA	6622	M	00:50:13	00:49:11	04:56	00:24:41	Grupo Desportivo do INE
2114	Pedro GOMES SANTOS	5939	M	00:50:13	00:48:41	04:53	00:24:32	
2115	Daniel AZEVEDO PORTELA	9468	M	00:50:13	00:49:45	04:59	00:24:42	
2116	Ricardo LUÍS	3087	M	00:50:13	00:49:28	04:57	00:24:12	
2117	Nuno PROENÇA	286	M	00:50:14	00:49:11	04:56	00:25:08	Academia Life Club
2118	Carlos Manuel CAMPOS MIRANDA	7404	M	00:50:14	00:50:14	05:02	00:24:46	
2119	Jose DONATO	8219	M	00:50:14	00:49:07	04:55	00:24:26	
2120	Agostinho FACAS PINTO	2817	M	00:50:14	00:49:13	04:56	00:24:32	Bombeiros Voluntarios de Montemor-o-Novo
2121	Jorge Manuel LOZANO	10398	M	00:50:14	00:50:14	05:02	00:24:46	
2122	Gonçalo POÇAS	8577	M	00:50:15	00:50:06	05:01	00:24:09	
2123	Vitor Manuel Antunes SERRANO	3251	M	00:50:15	00:49:21	04:57	00:24:29	
2124	Luis Pedro ROMEIRAS	3661	M	00:50:15	00:48:52	04:54	00:24:08	
2125	Bruno SAFARA	436	M	00:50:16	00:47:42	04:47	00:23:28	
2126	Amadeu MORGADO	3100	M	00:50:16	00:45:55	04:36	00:24:18	
2127	Alceu PAULO	15115	M	00:50:16	00:49:33	04:58	00:24:21	Linda-a-Pastora Sporting Clube
2128	Luis BARROS	10159	M	00:50:16	00:49:22	04:57	00:24:50	
2129	Helder SOARES	441	M	00:50:16	00:47:43	04:47	00:23:28	
2130	Pedro TEIXEIRA	8103	M	00:50:17	00:47:56	04:48	00:24:18	
2131	Duarte Nuno DE ALMEIDA SANTOS DE SEIXAS ANTÃO	4824	M	00:50:17	00:46:56	04:42	00:25:17	
2132	Rui ROSA	2342	M	00:50:17	00:49:23	04:57	00:24:15	
2133	Armindo GOMES	10180	M	00:50:18	00:49:03	04:55	00:24:21	
2134	José António FIGUEIREDO	4449	M	00:50:18	00:48:57	04:54	00:23:46	
2135	Carlos REBECA MADEIRA	6706	M	00:50:18	00:49:18	04:56	00:24:33	Bombeiros Voluntarios de Montemor-o-Novo
2136	António Julio Machado SERRA	8476	M	00:50:18	00:49:25	04:57	00:24:28	
2137	Rui FILIPE	7966	M	00:50:18	00:48:15	04:50	00:24:35	
2138	Paulo LILAIA	9206	M	00:50:19	00:48:59	04:54	00:24:49	
2139	André CARDOSO	10642	M	00:50:19	00:48:06	04:49	00:25:23	
2140	Andreia MENDES	1214	F	00:50:19	00:49:19	04:56	00:24:58	
2141	Milton RODRIGUES	4578	M	00:50:19	00:48:28	04:51	00:23:50	
2142	Nelson Gonçalves ALVES	9201	M	00:50:20	00:47:56	04:48	00:23:16	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2143	Isabel SEGURA	59	F	00:50:20	00:50:13	05:02	00:24:38	NIKE
2144	José MENDES	7045	M	00:50:20	00:49:19	04:56	00:24:57	
2145	Mario FERREIRA	4621	M	00:50:20	00:49:57	05:00	00:24:35	
2146	José RODRIGUES	8298	M	00:50:20	00:47:55	04:48	00:23:49	
2147	Nuno ANTUNES	4779	M	00:50:21	00:48:56	04:54	00:23:55	
2148	Diogo BORGES	3508	M	00:50:21	00:49:47	04:59	00:24:27	
2149	Rogério Paulodos Santos FOLGADO	3756	M	00:50:21	00:49:40	04:58	00:24:27	
2150	Raul António Agostinho Cardoso GRILLO	3551	M	00:50:21	00:49:41	04:59	00:24:27	
2151	Hugo AGUA	4725	M	00:50:22	00:47:33	04:46	00:24:09	
2152	José Miguel PISCO	3960	M	00:50:22	00:48:11	04:50	00:23:55	
2153	Manuel ALMEIDA	6361	M	00:50:22	00:49:49	04:59	00:24:56	Grupo Recreativo Cultural Desportivo Leião
2154	Ana Margarida ROSA	783	F	00:50:22	00:49:52	05:00	00:24:24	Grupo Desportivo do INE
2155	Adventino RIBEIRO DA CONCEIÇÃO	3550	M	00:50:22	00:49:23	04:57	00:24:05	
2156	António MARQUES	2075	M	00:50:22	00:49:50	04:59	00:24:22	Grupo Desportivo do INE
2157	Gentil OLIVEIRA	6425	M	00:50:23	00:49:11	04:56	00:24:46	G.R.D. Os Fixes
2158	Luis PAULO	2135	M	00:50:23	00:49:38	04:58	00:24:37	
2159	João CRESPO	6570	M	00:50:23	00:49:30	04:57	00:24:40	Valejas Atletico Clube
2160	Alberto PIMENTA	1709	M	00:50:24	00:48:55	04:54	00:25:08	Clube do Stress
2161	António José F.r. GONÇALVES	6915	M	00:50:24	00:49:31	04:58	00:24:44	
2162	Claudio RODRIGUES	2522	M	00:50:24	00:48:41	04:53	00:24:48	Carapaus de Corrida
2163	Marta PITTA	675	F	00:50:25	00:49:35	04:58	00:24:37	NUCLEOEIRAS/SPORTZONE
2164	Carlos PEREIRA	2273	M	00:50:25	00:49:57	05:00	00:24:52	Grupo Desportivo Santander Totta
2165	Nuno PARREIRA	4439	M	00:50:25	00:49:54	05:00	00:24:51	
2166	Nuno SOBRAL	3295	M	00:50:25	00:49:02	04:55	00:24:18	
2167	Salvador AFONSO	6447	M	00:50:25	00:49:58	05:00	00:25:16	Grupo Desportivo Santander Totta
2168	Joao FIALHO	15337	M	00:50:25	00:49:54	05:00	00:24:19	
2169	Jorge ROSA	8414	M	00:50:25	00:48:02	04:49	00:23:28	
2170	Pedro FERNANDES	5979	M	00:50:26	00:50:01	05:01	00:24:19	
2171	Carolina HENRIQUE	2161	F	00:50:26	00:49:47	04:59	00:24:48	NUCLEOEIRAS/SPORTZONE
2172	José MARQUES	8117	M	00:50:26	00:49:30	04:57	00:24:11	
2173	Pedro Miguel GORDO MARTINS	8715	M	00:50:26	00:44:55	04:30	00:22:57	
2174	Domingos HENRIQUE	6037	M	00:50:26	00:49:51	05:00	00:24:51	NUCLEOEIRAS/SPORTZONE
2175	Manuel ROMANO	7003	M	00:50:26	00:49:13	04:56	00:25:11	
2176	Nélson CANHOTO	10137	M	00:50:26	00:48:40	04:52	00:24:25	Atletico Clube Porto Salvo

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2177	António MAJOR	7063	M	00:50:26	00:50:18	05:02	00:24:32	
2178	Paulo Alexandre ANDRADE DA SILVA	7402	M	00:50:27	00:49:16	04:56	00:25:15	
2179	António José De Jesus GOMES	2769	M	00:50:27	00:49:03	04:55	00:24:17	
2180	Hélder RODRIGUES	7512	M	00:50:27	00:49:52	05:00	00:25:35	
2181	Paulo PERALTA	8154	M	00:50:27	00:48:51	04:54	00:23:57	
2182	Renato LOUREIRO	10557	M	00:50:27	00:49:01	04:55	00:24:39	
2183	Carlos SUSANA	1751	M	00:50:27	00:48:30	04:51	00:24:07	NUCLEOEIRAS/SPORTZONE
2184	Helena MEDEIRO	893	F	00:50:27	00:49:48	04:59	00:25:11	Serviços Sociais da CGD
2185	João VENÂNCIO	15173	M	00:50:27	00:49:03	04:55	00:24:22	Gabinete de Fisioterapia no Desporto
2186	Ruth LOPES	11275	F	00:50:28	00:49:49	04:59	00:24:57	
2187	André CAETANO	4684	M	00:50:28	00:48:12	04:50	00:23:47	
2188	Miguel MARTINS	4747	M	00:50:28	00:49:45	04:59	00:24:12	
2189	Miguel SANTOS	9456	M	00:50:28	00:49:45	04:59	00:24:11	
2190	Afonso Miguel OLIVEIRA DINIS NUNES	3986	M	00:50:29	00:48:36	04:52	00:23:59	
2191	Luís MELO	1834	M	00:50:29	00:50:18	05:02	00:24:50	Açoreana clube Banif
2192	Nuno MARQUES	6620	M	00:50:29	00:49:18	04:56	00:24:33	
2193	Pedro FERREIRA	4589	M	00:50:29	00:49:47	04:59	00:23:11	
2194	Anastácio VALADAS	15090	M	00:50:29	00:49:07	04:55	00:24:05	Gabinete de Fisioterapia no Desporto
2195	João José Sousa Rocha RODRIGES	75410	M	00:50:29	00:48:38	04:52	00:24:18	
2196	Dario GARRIDO	2130	M	00:50:30	00:48:45	04:53	00:25:40	
2197	Ricardo BEXIGA	7878	M	00:50:30	00:46:19	04:38	00:23:29	
2198	Artur Jorge Mimoso Da Luz GUERREIRO	3995	M	00:50:30	00:48:26	04:51	00:23:46	
2199	Renato HENRIQUE	7741	M	00:50:30	00:50:30	05:03	00:26:36	
2200	Vasco SOARES	6866	M	00:50:31	00:49:38	04:58	00:24:32	
2201	André JORGE SILVA	4391	M	00:50:31	00:49:07	04:55	00:24:45	
2202	Daniel OLIVEIRA	7475	M	00:50:31	00:49:43	04:59	00:25:06	
2203	Gonçalo SAJARA MADEIRA	7183	M	00:50:31	00:49:37	04:58	00:23:56	
2204	Ana Raquel PEREIRA	897	F	00:50:32	00:48:57	04:54	00:25:07	Clube Académico de Penafirme
2205	Ricardo MIGUEL	7052	M	00:50:32	00:50:28	05:03	00:24:33	
2206	Conceição LOPES	549	F	00:50:32	00:49:46	04:59	00:24:21	C. R. Leões de Porto Salvo
2207	Paulo GONALVES	15063	M	00:50:32	00:49:41	04:59	00:24:39	Clube Grupo Desportivo BES
2208	Rui CHAMBEL	297	M	00:50:33	00:49:37	04:58	00:24:31	
2209	Miguel RANGEL	331	M	00:50:33	00:50:26	05:03	00:24:27	
2210	Martim SOARES FRANCO	8368	M	00:50:33	00:50:17	05:02	00:24:41	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2211	Jorge MENDES	3837	M	00:50:33	00:49:14	04:56	00:24:33	
2212	Jorge Filipe NUNES	10059	M	00:50:33	00:50:05	05:01	00:25:16	Grupo Desportivo BPI
2213	Virgilio CARLOS	10108	M	00:50:34	00:49:40	04:58	00:23:18	Núcleo de Atletismo Zona Abçboda
2214	Joaquim DAMAS	15170	M	00:50:34	00:49:47	04:59	00:24:46	Gabinete de Fisioterapia no Desporto
2215	Vasco SILVA	4785	M	00:50:34	00:47:29	04:45	00:24:31	
2216	Paulo MOREIRA	1678	M	00:50:34	00:47:30	04:45	00:24:30	Clube Millennium BCP
2217	Daniel INÁCIO	4842	M	00:50:35	00:48:27	04:51	00:25:00	
2218	Daniel MOREIRA	133	M	00:50:35	00:49:28	04:57	00:24:34	
2219	Nuno EVANGELISTA	4617	M	00:50:35	00:49:00	04:54	00:24:11	
2220	Paulo PINTO LUIS	4665	M	00:50:35	00:49:18	04:56	00:24:53	
2221	David INÁCIO	4843	M	00:50:35	00:45:04	04:31	00:22:58	
2222	Rodrigo CRESPO	3827	M	00:50:36	00:48:44	04:53	00:24:37	
2223	Dinis Dos SANTOS MATEUS FERNANDES	7909	M	00:50:36	00:47:47	04:47	00:24:07	
2224	Eduardo MANSO	7533	M	00:50:36	00:49:55	05:00	00:24:41	
2225	Martins BARATA	3431	M	00:50:36	00:49:59	05:00	00:24:27	
2226	João COELHO	8180	M	00:50:36	00:48:12	04:50	00:24:30	
2227	Guilherme CANEDO CORREIA	6309	M	00:50:36	00:49:43	04:59	00:24:51	
2228	Francisco PIRES DE LIMA	3602	M	00:50:36	00:48:16	04:50	00:24:46	
2229	Francisco PRATES	2407	M	00:50:36	00:49:51	05:00	00:25:01	Associação Atletismo Lebres do Sado
2230	Carlos Jorge PEIXOTO MONTEIRO	3621	M	00:50:36	00:47:39	04:46	00:24:47	
2231	Miguel Vasconcelos ESTEVES AZEVEDO	3574	F	00:50:36	00:49:44	04:59	00:24:44	
2232	Gonçalo TITO MARTINS	4357	M	00:50:37	00:48:56	04:54	00:24:08	
2233	João Paulo FILIPE TORNEIRO	4358	M	00:50:37	00:48:55	04:54	00:24:07	
2234	Manuel PAULO	2066	M	00:50:37	00:48:45	04:53	00:24:19	Odebrecht / BPC
2235	Rui LEITÃO	3987	M	00:50:37	00:49:43	04:59	00:24:18	
2236	Rafael Alexandre COUVEIRO LUTAS	3149	M	00:50:37	00:48:42	04:53	00:24:51	
2237	Valter DIAS	6234	M	00:50:37	00:49:20	04:56	00:25:25	
2238	Fautino José MARMELEIRA ANTONINO	3138	M	00:50:37	00:48:42	04:53	00:24:50	
2239	Frederico Miguel M. DA PAZ	3799	M	00:50:38	00:48:53	04:54	00:25:21	
2240	Paulo Alexandre Duarte Ferreira FILIPE	8970	M	00:50:38	00:50:09	05:01	00:24:45	
2241	Jorge Afonso SANTOS CARVALHO	3636	M	00:50:38	00:49:50	04:59	00:24:26	
2242	Carlos BENTO	10144	M	00:50:38	00:50:29	05:03	00:24:18	RAIL RUNNERS
2243	Miguel ALEIXO	8350	M	00:50:39	00:49:08	04:55	00:23:39	
2244	Alberto SANTOS	10063	M	00:50:39	00:49:35	04:58	00:24:03	Grupo Desportivo BPI

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2245	Catarina Guerrilha JERÓNIMO	1140	F	00:50:39	00:49:54	05:00	00:24:16	
2246	Fernando PINTO	6348	M	00:50:39	00:50:18	05:02	00:25:33	G.R.D. Ribeira da Lage
2247	Ricardo AZEVEDO	8370	M	00:50:39	00:49:36	04:58	00:24:42	
2248	João Paulo PEREIRA	7366	M	00:50:39	00:48:03	04:49	00:23:40	
2249	Pedro PROENÇA	1767	M	00:50:39	00:49:15	04:56	00:24:45	
2250	Paulo SILVA	15208	M	00:50:39	00:49:21	04:57	00:24:51	Amigos do Atletismo de Mafra
2251	Fábio CARVALHO	3639	M	00:50:40	00:49:54	05:00	00:23:58	
2252	Paulo GOMES	6741	M	00:50:40	00:49:14	04:56	00:24:49	Grupo Desportivo e Cultural Porto de Sines
2253	Vitor Pedro FERREIRA	2893	M	00:50:40	00:49:00	04:54	00:24:40	
2254	Miguel FERRINHO	6287	M	00:50:40	00:49:50	04:59	00:24:39	
2255	Hugo SOUSA	5926	M	00:50:40	00:48:57	04:54	00:23:58	Açoreana clube Banif
2256	Jorge PAULA	3993	M	00:50:40	00:49:06	04:55	00:25:00	
2257	Adam STANDRING	10813	M	00:50:40	00:48:29	04:51	00:24:34	
2258	Paulo HENRIQUES	7622	M	00:50:41	00:49:42	04:59	00:24:24	
2259	Pedro RIBEIRO	4597	M	00:50:41	00:49:21	04:57	00:24:21	
2260	Pedro Miguel Alvarez VILELA	2956	F	00:50:41	00:46:05	04:37	00:25:32	
2261	Martim LOPES DE AZEVEDO	9058	M	00:50:41	00:50:21	05:03	00:24:14	
2262	Luis Manuel Sousa Lages LAGES	8411	M	00:50:41	00:49:21	04:57	00:24:23	
2263	Fernanda BARBOZA	11518	F	00:50:41	00:49:33	04:58	00:24:05	
2264	Pedro TRABUCHO	9101	M	00:50:41	00:48:30	04:51	00:24:40	
2265	Nuno Miguel MARTINS	2731	M	00:50:41	00:49:03	04:55	00:25:23	
2266	Manuel GUERREIRO	11493	M	00:50:41	00:48:34	04:52	00:24:12	
2267	Daniela CARVALHO	1126	F	00:50:41	00:48:34	04:52	00:24:08	Joma
2268	Rui GAMA	15061	M	00:50:42	00:49:47	04:59	00:24:50	Clube Grupo Desportivo BES
2269	João MORGADO	7193	M	00:50:42	00:48:57	04:54	00:24:27	
2270	Pedro SIMÕES DE ALBUQUERQUE ROCHA	3317	M	00:50:42	00:50:42	05:05	00:27:04	
2271	Hugo RODRIGUES CASANOVA	4268	M	00:50:42	00:49:31	04:58	00:25:33	
2272	Gonçalo Miguel CASEIRO	2716	M	00:50:42	00:47:36	04:46	00:25:16	
2273	Americo Joaquim Carrilho CARVALHO	7412	M	00:50:42	00:50:22	05:03	00:25:27	
2274	David VARANDAS	2042	M	00:50:42	00:49:05	04:55	00:24:25	Pepsico Portugal
2275	Francisco José Jesus SILVA	3025	M	00:50:43	00:48:18	04:50	00:23:21	
2276	Pedro ANDRADE	2100	M	00:50:43	00:49:29	04:57	00:24:13	
2277	Jorge António GAUDENCIO	9103	M	00:50:43	00:50:09	05:01	00:25:35	
2278	Rita PAUL	1314	F	00:50:44	00:50:02	05:01	00:23:41	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2279	Pedro HENRIQUES	8864	M	00:50:44	00:48:26	04:51	00:24:32	
2280	Nuno ALMEIDA	2984	M	00:50:45	00:50:45	05:05	00:26:19	
2281	José Maria CARCHINHA	1755	M	00:50:45	00:50:15	05:02	00:24:52	Clube do Stress
2282	Pedro Alexandre Monteiro GONÇALVES	492	M	00:50:45	00:44:57	04:30	00:22:21	
2283	Paulo BATISTA	4120	M	00:50:45	00:49:09	04:55	00:25:52	
2284	Paulo SANTOS	3472	M	00:50:45	00:48:42	04:53	00:24:39	
2285	João Anselmo LOPES	6929	M	00:50:46	00:49:25	04:57	00:23:46	
2286	Vera Catarina MARQUES VENÂNCIO MARQUEIRO	4987	F	00:50:46	00:48:24	04:51	00:24:45	
2287	Luis TEVES	7916	M	00:50:46	00:49:03	04:55	00:23:57	
2288	Nelson SANTOS	3088	M	00:50:46	00:48:06	04:49	00:23:46	
2289	Rui LOURENÇO	4037	M	00:50:46	00:48:07	04:49	00:24:25	
2290	Gonçalo RIJO DA SILVA	3807	M	00:50:46	00:47:46	04:47	00:24:35	
2291	João RODRIGUES	2307	M	00:50:47	00:50:11	05:02	00:23:47	G.R.D. Os Fixes
2292	Ilídio Gomes RODRIGUES	6075	M	00:50:47	00:49:47	04:59	00:24:52	Clube Millennium BCP
2293	Nelson RISSO	3815	M	00:50:48	00:50:07	05:01	00:23:58	
2294	Antonio FARIA	8885	M	00:50:48	00:47:32	04:46	00:24:40	
2295	Celia CECILIO	1616	F	00:50:49	00:50:29	05:03	00:25:22	
2296	Bruno Alexandre BARBOSA	11151	M	00:50:49	00:50:05	05:01	00:23:52	
2297	Nuno CLEMENTE	10071	M	00:50:50	00:48:53	04:54	00:24:37	Carapaus de Corrida
2298	Diogo Miguel Reis MADUREIRA	2946	M	00:50:50	00:45:27	04:33	00:22:54	
2299	Jose Eduardo SILVA MONTEIRO	10211	M	00:50:51	00:47:07	04:43	00:23:47	
2300	Manuel NASCIMENTO	2790	M	00:50:51	00:50:30	05:03	00:24:45	
2301	Ebrima BAYO	2818	M	00:50:51	00:50:17	05:02	00:24:57	Grupo Excursionista Os Económicos
2302	Ricardo MENDES	2797	M	00:50:51	00:50:31	05:04	00:24:49	
2303	Angelo FARIA	7284	M	00:50:51	00:48:04	04:49	00:24:10	
2304	Miguel COSTA	15296	M	00:50:51	00:50:19	05:02	00:24:28	
2305	Hugo ALMEIDA	2583	M	00:50:52	00:48:40	04:52	00:23:27	
2306	Duarte PEREIRA	8238	M	00:50:52	00:47:20	04:44	00:24:21	
2307	Paulo Jorge Vitanela NUNES	2710	M	00:50:52	00:49:53	05:00	00:24:31	
2308	Paulo GALVEIA	2701	M	00:50:52	00:49:53	05:00	00:24:31	
2309	Joao Nuno MACEDO	7938	M	00:50:53	00:49:34	04:58	00:24:56	
2310	Sara Raquel CARDOSO	5111	F	00:50:53	00:50:09	05:01	00:23:55	
2311	Pedro LOPES	2949	M	00:50:53	00:49:21	04:57	00:24:40	
2312	Vasco Manuel Dos Santos TAVARES	8060	M	00:50:53	00:50:17	05:02	00:24:33	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2313	Marta COLAÇO	1125	F	00:50:53	00:48:10	04:49	00:23:56	Clube de Atletismo da Nazaré
2314	Cristina GAVINHO	655	F	00:50:53	00:49:58	05:00	00:24:39	
2315	Domingos CARDOSO	6417	M	00:50:53	00:50:46	05:05	00:24:09	Grupo Desportivo Joaninhas de Leião
2316	Sandra Manuela SANTOS TEIXEIRA	1529	F	00:50:54	00:49:25	04:57	00:24:02	
2317	Tiago BATISTA	3090	M	00:50:54	00:48:55	04:54	00:25:25	
2318	Leonor COSTA MOREIRA SILVA	11413	F	00:50:54	00:50:39	05:04	00:25:08	
2319	Sandro GASPAR	6879	M	00:50:55	00:48:15	04:50	00:25:48	
2320	Jacinto SOUSA	6263	M	00:50:55	00:50:10	05:01	00:24:10	
2321	João Nuno CALADO	2122	M	00:50:55	00:49:20	04:56	00:24:27	
2322	Angelo GASPAR	6871	M	00:50:55	00:48:16	04:50	00:25:48	
2323	Manuel PEREIRA MAIA	307	M	00:50:55	00:50:16	05:02	00:25:03	Clube de Lazer, Aventura e Competição
2324	Domingos Augusto MARQUES JANELA	1992	M	00:50:56	00:49:41	04:59	00:24:43	
2325	Fernanda PARRO	1161	F	00:50:56	00:50:37	05:04	00:24:51	GARMIN COO
2326	João PEREIRA	4032	M	00:50:56	00:49:01	04:55	00:24:26	
2327	João TOMÁS	15071	M	00:50:56	00:50:06	05:01	00:24:15	Clube Grupo Desportivo BES
2328	Helio Rodrigo Martins PEREIRA	3930	M	00:50:56	00:45:19	04:32	00:23:00	
2329	Raquel Maria LOPES	11524	F	00:50:56	00:47:47	04:47	00:23:51	
2330	José CATITA	6796	M	00:50:57	00:50:05	05:01	00:24:53	GARMIN COO
2331	Rodrigo MATEUS	2574	M	00:50:57	00:47:47	04:47	00:24:28	
2332	Luis Miguel AMORIM	3773	M	00:50:57	00:49:57	05:00	00:24:33	
2333	Luis PARRO	2637	M	00:50:57	00:50:39	05:04	00:24:52	GARMIN COO
2334	Luís Manuel SOUSA DUARTE	514	M	00:50:58	00:49:40	04:58	00:25:20	
2335	Adelino PARREIRA	2919	M	00:50:58	00:50:23	05:03	00:24:36	
2336	Gonçalo SANTOS	4126	M	00:50:59	00:48:25	04:51	00:23:50	
2337	João Manuel B BEIRÃO	3434	M	00:50:59	00:49:57	05:00	00:24:36	
2338	José António FERREIRA DUARTE	4072	M	00:50:59	00:49:39	04:58	00:25:00	
2339	Manuel Carlos FERREIRA	4041	M	00:50:59	00:50:48	05:05	00:25:34	
2340	João CADETE	332	M	00:50:59	00:48:41	04:53	00:24:32	
2341	Francisco PEREIRA	1813	M	00:50:59	00:50:22	05:03	00:25:07	Açoreana clube Banif
2342	José PACHECO	183	M	00:51:00	00:48:43	04:53	00:24:00	
2343	João SERRA	6103	M	00:51:00	00:50:23	05:03	00:25:08	Açoreana clube Banif
2344	Cláudio BERNARDINO	4242	M	00:51:00	00:48:53	04:54	00:23:03	
2345	Paulo MILÍCIAS	8316	M	00:51:00	00:48:50	04:53	00:24:34	
2346	Arlindo FREIRE	10121	M	00:51:00	00:49:42	04:59	00:25:06	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2347	Antonio Ricardo ALVES	2875	M	00:51:00	00:49:48	04:59	00:24:31	
2348	Ricardo COELHO	6132	M	00:51:00	00:49:16	04:56	00:24:45	Serviços Sociais da CGD
2349	Paulo BONIFÁCIO	7403	M	00:51:00	00:49:47	04:59	00:24:22	
2350	Nuno PEREIRA	10677	M	00:51:01	00:50:44	05:05	00:25:03	
2351	Jorge BRITO PEREIRA	6912	M	00:51:01	00:49:46	04:59	00:25:02	
2352	José João FRAGA	9158	M	00:51:01	00:47:40	04:46	00:24:41	
2353	Tiago LOPES	3190	M	00:51:01	00:50:51	05:06	00:24:30	
2354	Rui PRIMO SILVA	8247	M	00:51:01	00:50:15	05:02	00:24:35	
2355	Diogo LOPES PEREIRA	4071	M	00:51:01	00:48:57	04:54	00:23:55	
2356	Manuel Nicolau Relvas PIRES	3990	M	00:51:01	00:49:35	04:58	00:24:40	
2357	Filipe SANTOS	3891	M	00:51:01	00:50:51	05:06	00:23:55	
2358	Luis Filipe DE MATOS ISIDORO	3298	M	00:51:02	00:48:30	04:51	00:24:02	
2359	Susana CARREIRA BISCAIA	9674	F	00:51:02	00:50:31	05:04	00:25:02	
2360	José TRINDADE	6258	M	00:51:02	00:49:35	04:58	00:24:39	
2361	João Pedro ADEGAS	3755	M	00:51:02	00:47:34	04:46	00:24:35	
2362	Luís GRILO	6736	M	00:51:02	00:48:20	04:50	00:24:03	Wikaboo
2363	João BATISTA	3373	M	00:51:02	00:49:54	05:00	00:25:11	
2364	Helena ESTEVENS	15295	F	00:51:02	00:50:33	05:04	00:25:23	
2365	Sergio FIGUEIRAS	3393	M	00:51:02	00:46:34	04:40	00:23:46	
2366	Nuno SANTOS	4035	M	00:51:03	00:48:30	04:51	00:24:21	
2367	Miguel Alexandre Santos NUNES	7263	M	00:51:03	00:48:25	04:51	00:25:29	
2368	Ricardo HENRIQUES	8708	M	00:51:03	00:46:39	04:40	00:23:58	
2369	Nelson Carlos LOURO	3872	M	00:51:03	00:47:24	04:45	00:25:10	
2370	Manuel COUTO	3587	M	00:51:03	00:50:40	05:04	00:24:38	Casa do Benfica de Algueirão Mem-martins
2371	António FRANCO	9960	M	00:51:03	00:49:43	04:59	00:24:53	Serviços Sociais Montepio Geral
2372	José RUFINO	5932	M	00:51:03	00:49:50	04:59	00:24:48	Clube de Lazer, Aventura e Competição
2373	Pedro CABRITO	446	M	00:51:04	00:47:59	04:48	00:24:46	
2374	Carlos TORRÃO	179	M	00:51:04	00:48:14	04:50	00:24:14	
2375	Rui PAÇO	3216	M	00:51:04	00:48:51	04:54	00:25:06	
2376	Rui PEREIRA	7905	M	00:51:04	00:51:00	05:06	00:24:19	Sportlife
2377	Jacinto PEREIRA	15257	M	00:51:05	00:48:09	04:49	00:24:00	C.Comunitário de Linda-a-Velha
2378	Francisco Heitor FERREIRA	6789	M	00:51:05	00:50:26	05:03	00:25:28	Grupo Dinamizador do Desporto Os Kotas Bike Team
2379	Valter ROCHINHA	4017	M	00:51:05	00:44:50	04:29	00:23:03	
2380	António CARPINTEIRO	6118	M	00:51:05	00:50:02	05:01	00:25:04	Serviços Sociais da CGD

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2381	Miguel ALMEIDA ESTEVES	11505	M	00:51:05	00:48:49	04:53	00:24:22	
2382	Manuel Fernando ALMEIDA	4028	M	00:51:05	00:50:03	05:01	00:24:13	
2383	Eduardo Jorge Cardoso COSTA	8275	M	00:51:05	00:48:37	04:52	00:24:52	
2384	António BATALHA	15218	M	00:51:06	00:49:28	04:57	00:24:57	Amigos do Atletismo de Mafra
2385	Pedro CAMPOS	7866	M	00:51:06	00:50:04	05:01	00:24:28	
2386	Alberto CORDEIRO	316	M	00:51:06	00:49:42	04:59	00:25:29	
2387	Pedro BARBOSA	4749	M	00:51:06	00:48:54	04:54	00:23:57	
2388	Joao DAMAS	10828	M	00:51:07	00:49:42	04:59	00:24:50	
2389	Ricardo Nuno Serra MADEIRA MOÁS	7411	M	00:51:07	00:49:42	04:59	00:24:50	
2390	Pedro MAIA	15214	M	00:51:07	00:50:26	05:03	00:24:52	Amigos do Atletismo de Mafra
2391	Henrique FERREIRA	2463	M	00:51:08	00:49:14	04:56	00:24:08	S. M. D. Caneças
2392	Joaquim GUERRIDO	6852	M	00:51:08	00:50:12	05:02	00:24:51	Clube Ferroviário de Portugal
2393	Victor BLANCHARD	6682	M	00:51:08	00:50:15	05:02	00:24:34	
2394	José MARQUES	1697	M	00:51:09	00:50:54	05:06	00:24:39	Clube Millennium BCP
2395	João VALDEZ	10690	M	00:51:09	00:49:54	05:00	00:24:51	
2396	António SUL	2603	M	00:51:10	00:50:44	05:05	00:25:17	GARMIN COO
2397	Henrique FONSECA	6684	M	00:51:10	00:50:54	05:06	00:25:01	Tabaqueira
2398	Armindo MAGALHÃES	6637	M	00:51:10	00:50:53	05:06	00:24:55	Tabaqueira
2399	Henrique RODRIGUES	3671	M	00:51:11	00:44:42	04:29	00:22:12	
2400	José FIGUEIRA	9882	M	00:51:11	00:50:23	05:03	00:24:57	C. R. Leões de Porto Salvo
2401	Jose NATARIO	3825	M	00:51:11	00:49:35	04:58	00:24:10	
2402	João PEREIRA	1884	M	00:51:11	00:50:15	05:02	00:24:25	G.R.D. Os Fixes
2403	Filipe COELHO	5990	M	00:51:11	00:49:39	04:58	00:24:37	
2404	José Carlos RODRIGUES	1727	M	00:51:11	00:50:28	05:03	00:25:25	Clube Millennium BCP
2405	Ricardo Filipe CARDEIRA	2084	M	00:51:12	00:50:00	05:00	00:25:24	
2406	Francisco ESTEVES	5989	M	00:51:12	00:49:48	04:59	00:25:25	
2407	Catarina MIRANDA RODRIGUES	1475	F	00:51:12	00:50:23	05:03	00:25:50	
2408	Jose ANDRADE	2684	M	00:51:13	00:50:47	05:05	00:24:29	
2409	Márcio CAMPOS	2017	M	00:51:13	00:49:27	04:57	00:24:08	
2410	Pedro COELHO	4425	M	00:51:14	00:49:15	04:56	00:24:41	
2411	Francis HALEY	7974	M	00:51:14	00:49:07	04:55	00:25:11	
2412	José CARVALHO	5857	M	00:51:15	00:49:41	04:59	00:24:13	
2413	Domingos BRITO	2864	M	00:51:15	00:50:04	05:01	00:25:13	
2414	Joaquim CARREIRA	360	M	00:51:15	00:50:07	05:01	00:24:48	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2415	João VENTURA	10066	M	00:51:16	00:50:04	05:01	00:24:56	Tejavista
2416	Luis Miguel NEVES	8270	M	00:51:16	00:48:02	04:49	00:24:52	
2417	Manuel Alfredo RODRIGUES GARRINHAS	4245	M	00:51:16	00:49:23	04:57	00:25:05	
2418	Miguel GUERRA	7234	M	00:51:16	00:49:55	05:00	00:24:47	
2419	Miguel DEUS BARRADAS	7424	M	00:51:16	00:49:22	04:57	00:23:48	
2420	Eduardo RIBEIRO	7689	M	00:51:16	00:48:03	04:49	00:24:44	
2421	Nuno TALHADAS	2143	M	00:51:16	00:47:01	04:43	00:23:44	Açoreana clube Banif
2422	Paulo GRILO	3660	M	00:51:16	00:48:14	04:50	00:23:36	
2423	José Luís LOPES	10693	M	00:51:16	00:49:59	05:00	00:24:33	Amigos da Estrela
2424	João REBELO	4868	M	00:51:17	00:48:48	04:53	00:25:27	
2425	João Manuel GREGÓRIO	465	M	00:51:17	00:49:07	04:55	00:24:55	
2426	Nuno Miguel ANTUNES	1720	M	00:51:17	00:47:52	04:48	00:23:52	
2427	Joaquim HERMENEGILDO	8018	M	00:51:18	00:50:38	05:04	00:24:40	Casa do Benfica de Algueirão Mem-martins
2428	Pedro CASTANHEIRA	5907	M	00:51:18	00:48:56	04:54	00:25:04	
2429	Hugo VENÂNCIO	6198	M	00:51:18	00:49:49	04:59	00:24:40	Serviços Sociais da CGD
2430	João Fernando MARTINS MACHADO	475	M	00:51:18	00:45:47	04:35	00:22:59	
2431	João Manuel GARRISCO	6761	M	00:51:19	00:48:34	04:52	00:24:41	Grupo de Manutenção do E.Nacional
2432	Salvador NUNES DE ALMEIDA	4378	M	00:51:19	00:45:00	04:30	00:22:57	
2433	Gonçalo GAMEIRO	3178	M	00:51:19	00:48:02	04:49	00:23:54	
2434	Manuel Fernando PORTUGAL BENEDITO	3495	M	00:51:19	00:51:09	05:07	00:25:08	
2435	Ana Filipa DA COSTA GIL	4890	F	00:51:20	00:50:52	05:06	00:25:40	
2436	Fábio Oliveira CARBALLO	3474	M	00:51:20	00:47:54	04:48	00:24:24	
2437	José Pereira SANTOS	10298	M	00:51:20	00:49:37	04:58	00:24:52	
2438	Miguel NASCIMENTO	7270	M	00:51:21	00:51:21	05:09	00:24:31	
2439	Jorge AGUIAR	10160	M	00:51:22	00:47:49	04:47	00:24:39	
2440	Miguel RAMALHO	4797	M	00:51:22	00:50:29	05:03	00:25:06	
2441	Anibal MATEUS	8351	M	00:51:22	00:51:22	05:09	00:27:18	
2442	André SILVA	10462	M	00:51:23	00:47:45	04:47	00:24:10	
2443	Daniel L. V. V. DA SILVA	4101	M	00:51:23	00:50:07	05:01	00:24:45	
2444	Arnaldo BRAGANÇA	6394	M	00:51:23	00:51:03	05:07	00:25:16	Grupo Desportivo Joaninhas de Leão
2445	Hugo FONSECA	4430	M	00:51:23	00:49:44	04:59	00:26:08	
2446	Manuel Furtado JACINTO	3670	M	00:51:24	00:49:44	04:59	00:25:23	
2447	Carlos RENATO	2997	M	00:51:24	00:50:48	05:05	00:25:02	
2448	Hugo PESTANA	4817	M	00:51:24	00:50:02	05:01	00:24:34	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2449	Renato PENAS	9958	M	00:51:24	00:49:58	05:00	00:24:49	Grupo Desportivo e Cultural Porto de Sines
2450	Henriqueta SOLIPA	5744	F	00:51:24	00:50:49	05:05	00:25:02	
2451	Guilherme MELETTI	2873	M	00:51:24	00:48:32	04:52	00:24:08	
2452	Hugo Manuel Pimenta AFONSO	2972	M	00:51:25	00:47:00	04:42	00:24:00	
2453	Américo COSTA	8868	M	00:51:25	00:49:42	04:59	00:25:00	
2454	Paulo PEREIRA	6091	M	00:51:25	00:50:19	05:02	00:25:36	Clube Académico de Penafirme
2455	José NEVES	7483	M	00:51:25	00:50:45	05:05	00:25:23	
2456	Guy ATKINSON	10080	M	00:51:25	00:48:28	04:51		St. Julians School
2457	António PORTUGAL	2067	M	00:51:26	00:51:26	05:09	00:25:11	Grupo Desportivo do INE
2458	Paulo Pereira CARDOSO	2755	M	00:51:26	00:49:35	04:58	00:24:38	
2459	Emanuel Marcos SILVESTRE	3669	M	00:51:26	00:48:43	04:53	00:24:35	
2460	Sandra SILVA	777	F	00:51:26	00:49:52	05:00	00:25:08	Clube Académico de Penafirme
2461	Áurea ATAÍDE	1238	F	00:51:26	00:49:01	04:55	00:24:56	
2462	Miguel RESENDES	8451	M	00:51:27	00:50:04	05:01	00:24:08	
2463	João MARTINS	10109	M	00:51:27	00:50:15	05:02	00:24:50	Clube de Lazer, Aventura e Competição
2464	João CLARO	8207	M	00:51:27	00:47:08	04:43	00:22:55	
2465	Tiago FERREIRA M. DUARTE JORGE	9457	M	00:51:28	00:50:21	05:03	00:24:22	
2466	José Emílio LINDO	1991	M	00:51:28	00:51:03	05:07	00:25:21	
2467	Isidoro MARTINS CARVALHO	2493	M	00:51:28	00:49:49	04:59	00:24:28	Papaléguas Team
2468	Sérgio CASTRO DA COSTA	8876	M	00:51:28	00:51:28	05:09	00:27:32	
2469	João Carlos MARQUES DA SILVA	10218	M	00:51:28	00:51:03	05:07	00:24:42	
2470	Pedro FIUZA	4267	M	00:51:28	00:50:58	05:06	00:25:05	
2471	João MIRANDA	3266	M	00:51:28	00:45:48	04:35	00:22:53	
2472	Francisco José Baleia AMARO	8935	M	00:51:28	00:48:33	04:52	00:24:31	
2473	Pablo FORTES	503	M	00:51:29	00:49:00	04:54	00:25:18	
2474	Carlos JORGE	9083	M	00:51:29	00:50:19	05:02	00:25:11	
2475	Ricardo SANTOS	2018	M	00:51:29	00:50:41	05:05	00:24:26	
2476	Luis MADEIRA	10011	M	00:51:29	00:49:46	04:59	00:24:50	Serviços Sociais da CGD
2477	Pedro Miguel Henrique SANTOS	7069	M	00:51:30	00:50:33	05:04	00:24:52	
2478	Anibal PEREIRA	7161	M	00:51:30	00:51:15	05:08	00:24:37	
2479	Mário GOULART	15086	M	00:51:30	00:51:05	05:07	00:27:09	Gabinete de Fisioterapia no Desporto
2480	Diogo GAMITO	8545	M	00:51:30	00:50:14	05:02	00:24:37	
2481	Tiago MARQUES	2848	M	00:51:30	00:46:50	04:41	00:25:13	Lisboa Racket Centre
2482	Luis MARTINS	6788	M	00:51:30	00:49:47	04:59	00:25:07	Carapaus de Corrida

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2483	Paulo Filipe Silva PLANCHE	7444	M	00:51:31	00:49:24	04:57	00:25:03	
2484	José Manuel SEQUEIRA MATOS	7638	M	00:51:31	00:49:50	04:59	00:25:16	
2485	André NORONHA	6120	M	00:51:31	00:50:07	05:01	00:25:33	Serviços Sociais da CGD
2486	Simão VINHAS	7833	M	00:51:31	00:51:02	05:07	00:24:58	
2487	Teresa Maria SEPÚLVEDA	11424	F	00:51:31	00:51:02	05:07	00:24:58	
2488	Tiago RIBEIRO	15339	M	00:51:31	00:50:59	05:06	00:24:53	
2489	Joao Jose DA SILVA BARROS	353	M	00:51:31	00:50:27	05:03	00:25:11	
2490	David PIMENTA	8922	M	00:51:32	00:50:03	05:01	00:25:08	
2491	Marcelo VIEIRA SILVA	6205	M	00:51:32	00:48:10	04:49	00:24:40	TCPI
2492	Carlos PEREIRA	6577	M	00:51:32	00:51:25	05:09	00:25:13	CCD Sintrense
2493	António Miguel CALIXTO	3942	M	00:51:32	00:48:41	04:53	00:24:21	
2494	José GONÇALVES SANTOS NOBRE	2674	M	00:51:33	00:51:03	05:07	00:24:30	
2495	Pedro CARVALHO	4369	M	00:51:33	00:47:06	04:43	00:23:55	
2496	João Manuel BARBOSA	4190	M	00:51:33	00:50:12	05:02	00:24:50	
2497	Susana CUNHA	835	F	00:51:33	00:47:16	04:44	00:24:54	Açoreana clube Banif
2498	Valter CUNHA	6164	M	00:51:33	00:47:15	04:44	00:24:53	Açoreana clube Banif
2499	Duarte CALDEIRA	3156	M	00:51:34	00:48:43	04:53	00:23:54	
2500	Pedro OLIVEIRA	4471	M	00:51:34	00:50:04	05:01	00:24:06	
2501	Tiago MARQUES	3126	M	00:51:34	00:51:13	05:08	00:24:19	
2502	Miguel Abreu Malafaia MENDES BELO	2894	M	00:51:34	00:50:17	05:02	00:24:52	
2503	Rui PIRES	6349	M	00:51:35	00:50:28	05:03	00:24:13	G.R.D. Ribeira da Lage
2504	Manuel BRÁS	2523	M	00:51:36	00:49:56	05:00	00:25:13	N.A. "Os Papagaios de Cascais"
2505	Manuel Mendes ANDRÉ	8417	M	00:51:36	00:51:26	05:09	00:24:58	
2506	Vanilssa SILVA	694	F	00:51:36	00:50:45	05:05	00:24:20	NUCLEOEIRAS/SPORTZONE
2507	Miguel FERREIRA	10678	M	00:51:36	00:49:13	04:56	00:24:31	
2508	Vasco Manuel ALMEIDA PEREIRA	6894	M	00:51:36	00:49:30	04:57	00:24:51	
2509	Fernanda MARQUES SANTINHA	1417	F	00:51:36	00:49:16	04:56	00:25:17	
2510	Paulo Renato LOPES	7534	M	00:51:37	00:50:45	05:05	00:24:44	
2511	Alexandra PAULA	5015	F	00:51:37	00:49:19	04:56	00:24:21	
2512	Carlos NUNES	1688	M	00:51:37	00:51:10	05:07	00:24:21	NUCLEOEIRAS/SPORTZONE
2513	José FINURAS	7926	M	00:51:38	00:50:28	05:03	00:25:04	
2514	Nuno Miguel DARGENT	4673	M	00:51:38	00:50:37	05:04	00:24:26	
2515	Pedro MALVEIRO	8702	M	00:51:38	00:48:12	04:50	00:25:16	
2516	António MANUEL ALMEIDA	3955	M	00:51:39	00:49:18	04:56	00:24:25	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2517	Fernando MALHEIROS	4333	M	00:51:39	00:48:17	04:50	00:24:49	
2518	Nuno BRANDÃO	6182	M	00:51:39	00:48:22	04:51	00:24:13	TCPI
2519	Vasco CAMARA MARTINS	368	M	00:51:39	00:46:19	04:38	00:23:21	
2520	Mauricio MARQUES	7728	M	00:51:39	00:50:03	05:01	00:25:06	
2521	Célia SILVA	1101	F	00:51:39	00:50:42	05:05	00:25:19	Clube de Lazer, Aventura e Competição
2522	Maria Céu ANTUNES	5190	F	00:51:39	00:50:31	05:04	00:23:36	G.R.D. Ribeira da Lage
2523	Jorge Alexandre TEIXEIRA ESTEVES	8239	M	00:51:40	00:49:44	04:59	00:25:11	
2524	Álvaro SANTOS	8286	M	00:51:40	00:48:31	04:52	00:24:31	
2525	Inácio DUARTE	4308	M	00:51:40	00:48:16	04:50	00:24:47	
2526	Rui Joaquim Anjos SILVA	3965	M	00:51:41	00:49:49	04:59	00:25:11	
2527	Pedro Miguel GOUVEIA	3972	M	00:51:41	00:49:57	05:00	00:24:05	
2528	Hugo Miguel ALMEIDA REALINHO	4204	M	00:51:41	00:47:14	04:44	00:23:54	
2529	Ana Cristina GRÁCIO MARGARIDO	11554	F	00:51:42	00:47:14	04:44	00:23:53	
2530	Carlos CHARRAZ	7298	M	00:51:42	00:47:54	04:48	00:24:59	
2531	Maria VENANCIO	11317	F	00:51:43	00:50:07	05:01	00:25:06	
2532	Carlos Guerreiro COELHO	4023	M	00:51:44	00:49:27	04:57	00:24:35	
2533	Sérgio PAULO	6978	M	00:51:44	00:49:01	04:55	00:24:09	
2534	António GAZZO	8531	M	00:51:44	00:49:34	04:58	00:23:55	
2535	Pedro Maria BOTELHO MONIZ NOVAES TITO	7615	M	00:51:44	00:51:16	05:08	00:25:36	
2536	Bogdan BODYANCHUK	7105	M	00:51:44	00:50:38	05:04	00:24:34	
2537	Luis Miguel NUNES NOGUEIRA	7392	M	00:51:44	00:48:50	04:53	00:24:19	
2538	Cesar ORVALHO	4058	M	00:51:44	00:46:21	04:39	00:23:15	
2539	João DIAS	2804	M	00:51:44	00:50:31	05:04	00:24:31	Clube de Lazer, Aventura e Competição
2540	José CANHOTO	6786	M	00:51:45	00:50:17	05:02	00:24:41	Atletico Clube Porto Salvo
2541	João GODINHO MENDES	2015	M	00:51:45	00:51:27	05:09	00:24:33	
2542	Egídio PORTELA	15227	M	00:51:45	00:51:06	05:07	00:25:23	Amigos do Atletismo de Mafra
2543	Aníbal FERNANDES	119	M	00:51:45	00:48:32	04:52	00:24:06	
2544	Rosária MORGADO	5683	F	00:51:45	00:51:33	05:10	00:25:13	
2545	Artur BERNARDO	4188	M	00:51:45	00:47:11	04:44	00:22:42	
2546	Joaquim MACATRÃO	6735	M	00:51:45	00:51:13	05:08	00:25:43	Clube de Atletismo da Nazaré
2547	Vasco Manuel COENTRO TABORDA MONTEIRO	4392	M	00:51:45	00:50:05	05:01	00:25:03	
2548	Carlos PENA	9539	M	00:51:46	00:50:01	05:01	00:25:19	G.R.D. Ribeira da Lage
2549	Alexandre FIGUEIREDO	6233	M	00:51:46	00:50:24	05:03	00:24:23	
2550	Nuno OLIVEIRA	15300	M	00:51:46	00:51:46	05:11	00:26:32	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2551	Eduardo BRITO	7872	M	00:51:46	00:51:29	05:09	00:25:08	
2552	António CAMPOS	7347	M	00:51:47	00:50:51	05:06	00:25:30	
2553	Luis AFONSO	4276	M	00:51:47	00:49:40	04:58	00:24:37	
2554	Paulo GARRAU	2288	M	00:51:47	00:50:11	05:02	00:25:50	Tejavista
2555	Pedro SANTA-CLARA	8000	M	00:51:47	00:51:13	05:08	00:24:25	
2556	José MAN	343	M	00:51:48	00:50:10	05:01	00:25:05	
2557	João ROSA	8663	M	00:51:48	00:50:04	05:01	00:23:26	
2558	Helder CONSTANTINO	11512	M	00:51:48	00:50:13	05:02	00:25:58	
2559	Celso COSTA	10817	M	00:51:48	00:47:37	04:46	00:24:24	
2560	José GUERREIRO	8472	M	00:51:48	00:50:13	05:02	00:25:58	
2561	António BILA	6131	M	00:51:49	00:50:53	05:06	00:25:48	GARMIN COO
2562	Nuno MENDES SILVA	6609	M	00:51:49	00:50:30	05:03	00:24:52	Grupo Desportivo do INE
2563	Vitor VICENTE	7350	M	00:51:49	00:50:22	05:03	00:25:38	
2564	Rita VALENTIM	5825	F	00:51:49	00:50:29	05:03	00:25:09	
2565	Rogério MORAIS	7629	M	00:51:49	00:50:29	05:03	00:25:09	
2566	Luis MESQUITA	4157	M	00:51:49	00:50:10	05:01	00:25:45	
2567	Ugo RUFINO	6860	M	00:51:50	00:50:11	05:02	00:25:37	Academia Life Club
2568	Rui DUARTE VIEIRA	525	M	00:51:50	00:49:45	04:59	00:25:29	
2569	Bruno VINAGRE	1671	M	00:51:50	00:51:31	05:10	00:25:51	NUCLEOEIRAS/SPORTZONE
2570	José BENRÓS	2103	M	00:51:50	00:50:35	05:04	00:24:59	
2571	Francisco MACHADO	3510	M	00:51:50	00:48:09	04:49	00:25:02	
2572	Fabio RIBEIRO	2849	M	00:51:50	00:47:12	04:44	00:25:19	Lisboa Racket Centre
2573	Paulo MACHADO	3507	M	00:51:50	00:48:09	04:49	00:25:03	
2574	João RODRIGUES	7877	M	00:51:51	00:50:49	05:05	00:24:51	
2575	Luís António PEREIRA RODRIGUES	7319	M	00:51:51	00:50:22	05:03	00:24:44	
2576	Miguel CARVALHO	15346	M	00:51:51	00:51:22	05:09	00:26:00	Clube de Natação de Rio Maior
2577	Jorge CARMO	7235	M	00:51:51	00:50:02	05:01	00:24:56	
2578	Francisco SANCHES	2890	M	00:51:51	00:48:39	04:52	00:24:52	
2579	Mara RIBEIRO	259	F	00:51:51	00:50:46	05:05	00:25:23	Clube de Natação de Rio Maior
2580	Hugo NALHA	3940	M	00:51:52	00:49:21	04:57	00:24:39	
2581	Mário DELGADO	6704	M	00:51:52	00:49:03	04:55	00:24:16	St. Julians School
2582	Francisco FERRO	4758	M	00:51:53	00:48:48	04:53	00:23:48	
2583	Eduardo FRAGA	9166	M	00:51:54	00:48:32	04:52	00:24:41	
2584	Luis NOVO	326	M	00:51:54	00:49:33	04:58	00:25:13	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2585	Luís BOLETO	3939	M	00:51:54	00:49:32	04:58	00:25:12	
2586	Nuno Miguel Marques RODRIGUES	3805	M	00:51:54	00:46:36	04:40	00:23:47	
2587	Antonio Manuel MARQUES	5870	M	00:51:55	00:50:13	05:02	00:23:46	
2588	Ana Rita CANADAS	784	F	00:51:55	00:50:50	05:05	00:25:22	Clube de Natação de Rio Maior
2589	Nuno PITA	10730	M	00:51:56	00:50:16	05:02	00:25:41	
2590	Fernando MENDES	8065	M	00:51:56	00:51:56	05:12	00:26:16	
2591	Rui Miguel VALE	3741	M	00:51:56	00:51:35	05:10	00:25:19	
2592	Antonio Jorge MARTINHO	3419	M	00:51:57	00:50:37	05:04	00:25:12	
2593	Pedro CABRITA	4850	M	00:51:57	00:49:26	04:57	00:25:06	
2594	Abílio Augusto PIRES	8309	M	00:51:57	00:50:08	05:01	00:25:04	
2595	Bruno MATIAS	8696	M	00:51:57	00:48:34	04:52	00:23:46	
2596	Luis BILAU	9916	M	00:51:58	00:51:31	05:10	00:25:57	Serviços Sociais da CGD
2597	Rita RIBEIRO	930	F	00:51:59	00:50:53	05:06	00:25:22	Clube de Natação de Rio Maior
2598	Luis ZEFERINO	15217	M	00:51:59	00:50:21	05:03	00:24:39	Amigos do Atletismo de Mafra
2599	Luício SILVA	2280	M	00:51:59	00:51:20	05:08	00:24:42	Grupo Desportivo Santander Totta
2600	Nuno Tiago DOMINGOS	7127	M	00:52:00	00:49:43	04:59	00:25:12	
2601	Tauer TAUER SAFADY	3409	M	00:52:00	00:51:00	05:06	00:24:07	
2602	Rogério LUIS	7786	M	00:52:00	00:50:41	05:05	00:24:56	
2603	Tomás Manuel Duarte SOUSA	4825	M	00:52:00	00:50:43	05:05	00:25:47	
2604	João José PEREIRA ESTEVES	4130	M	00:52:00	00:51:02	05:07	00:25:04	
2605	Jorge ALMEIDA	2990	M	00:52:00	00:51:24	05:09	00:25:02	
2606	Paulo Alexandre PIRES	8662	M	00:52:01	00:49:08	04:55	00:24:20	
2607	José Francisco Palma AFONSO	8424	M	00:52:01	00:48:58	04:54	00:24:55	
2608	Amável Matins LUZ	7776	M	00:52:01	00:50:33	05:04	00:25:15	
2609	Alexandre Miguel CHORA DE OLIVEIRA	9173	M	00:52:01	00:49:40	04:58	00:24:52	
2610	José Francisco RAMOS PAIVA	269	M	00:52:01	00:50:46	05:05	00:24:49	G.R.D. Os Fixes
2611	Samuel Paulo CARREIRA SANCHES	2753	M	00:52:01	00:48:49	04:53	00:25:27	
2612	Salomé FERREIRA	845	F	00:52:01	00:51:43	05:11	00:25:31	Grupo Desportivo do INE
2613	Alexandre SANTANA	4560	M	00:52:02	00:49:41	04:59	00:23:55	
2614	Eduardo ENCARNAÇÃO	6844	M	00:52:02	00:48:03	04:49	00:23:30	C.C.D. PESSOAL MUNICIPIO DE CASCAIS
2615	António CHAINHO PEREIRA	2527	M	00:52:02	00:50:01	05:01	00:24:32	Grupo Dinamizador do Desporto Os Kotas Bike Team
2616	Lia MIRANDA	5331	F	00:52:02	00:50:01	05:01	00:24:33	Grupo Dinamizador do Desporto Os Kotas Bike Team
2617	João FERREIRA	7777	M	00:52:03	00:50:30	05:03	00:25:19	
2618	António CARRASCO	15117	M	00:52:03	00:51:59	05:12	00:24:48	Linda-a-Pastora Sporting Clube

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2619	Fernando TRINO	7890	M	00:52:03	00:49:14	04:56	00:24:48	
2620	João Da Silva MAFRA	7345	M	00:52:03	00:51:00	05:06	00:25:06	
2621	Luis SANTINHA	8586	M	00:52:03	00:50:50	05:05	00:25:29	
2622	Helder LOPES	7034	M	00:52:04	00:49:59	05:00	00:24:25	
2623	Paulo DUARTE	3449	M	00:52:04	00:51:48	05:11	00:25:33	
2624	Lurdes ANTÓNIO	1081	F	00:52:04	00:51:05	05:07	00:25:29	LINK
2625	João GRAÇA	7488	M	00:52:05	00:51:22	05:09	00:24:52	
2626	Duarte DELGADO	4235	M	00:52:05	00:49:48	04:59	00:23:42	
2627	Miguel NUNES	10318	M	00:52:05	00:50:22	05:03	00:25:22	
2628	João FERREIRA	6681	M	00:52:05	00:52:00	05:12	00:25:13	
2629	Gonçalo Andre Franco PINHEIRO	4418	M	00:52:06	00:51:03	05:07	00:25:02	
2630	João Pedro GOMES	4347	M	00:52:06	00:50:59	05:06	00:24:53	
2631	Carlos OLIVEIRA	15055	M	00:52:06	00:50:59	05:06	00:25:49	Clube Grupo Desportivo BES
2632	Teresa NOVO PALMA	11455	F	00:52:06	00:49:38	04:58	00:24:22	
2633	Charlotte CAZABAN	644	F	00:52:06	00:50:02	05:01	00:24:59	
2634	Nadine CAZABAN	630	F	00:52:07	00:50:02	05:01	00:24:53	
2635	Adriano MAGALHÃES	6645	M	00:52:07	00:47:22	04:45	00:24:30	
2636	Rodrigo Amaro BALANCHO DE JESUS	4039	M	00:52:07	00:49:15	04:56	00:25:00	
2637	Ricardo MARQUES	3214	M	00:52:07	00:51:00	05:06	00:25:26	
2638	Ana Margarida FERNANDES	4949	F	00:52:08	00:51:43	05:11	00:24:36	
2639	Diogo FERREIRA	5912	M	00:52:08	00:51:45	05:11	00:25:56	Açoreana clube Banif
2640	Daniel PIRES	7390	M	00:52:08	00:50:59	05:06	00:25:21	
2641	Vasco Manuel VENTURA SERRO	7788	M	00:52:09	00:51:07	05:07	00:24:23	
2642	João COUTO	7809	M	00:52:09	00:50:46	05:05	00:24:37	
2643	Antonio Jose GASPAR POMBINHO	10878	M	00:52:09	00:51:03	05:07	00:24:43	
2644	João Carlos Silva SARAIVA	4573	M	00:52:09	00:49:44	04:59	00:25:53	
2645	Alvaro AZEVEDO	2764	M	00:52:09	00:48:51	04:54	00:24:58	
2646	Marco SILVA	4386	M	00:52:09	00:49:05	04:55	00:24:14	
2647	Pedro Miguel DAS NEVES RODRIGUES	8459	M	00:52:10	00:50:53	05:06	00:23:53	
2648	Joao Pedro Rodrigues FERREIRA	8510	M	00:52:10	00:48:27	04:51	00:25:18	
2649	Luis MARINO	4455	M	00:52:10	00:48:31	04:52	00:24:47	
2650	João PAÚL	6027	M	00:52:10	00:51:54	05:12	00:25:42	
2651	Nuno Gonçalo Carvalho ANTÓNIO	4359	M	00:52:10	00:45:40	04:34	00:23:15	
2652	Ruben Manuel SANTOS ANDRADE	2955	M	00:52:11	00:45:39	04:34	00:23:14	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2653	José Luis CARVALHO	8349	M	00:52:11	00:49:04	04:55	00:25:48	
2654	Luís António RIBEIRO DE ALMEIDA	3888	M	00:52:11	00:51:13	05:08	00:25:16	
2655	Amilcar Manuel Pereira ALMEIDA	1990	M	00:52:11	00:48:47	04:53	00:24:33	
2656	Euclides TAVARES ROCHA	7921	M	00:52:11	00:51:23	05:09	00:24:57	
2657	Joao GUERRA	10395	M	00:52:12	00:50:31	05:04	00:25:14	
2658	Ivone Do Carmo LOURENÇO	5711	F	00:52:12	00:51:49	05:11	00:24:17	
2659	Fernando SILVERIO	8363	M	00:52:12	00:50:38	05:04	00:24:58	
2660	João CANAS	15198	M	00:52:12	00:51:13	05:08	00:24:46	Clube Vodafone
2661	João ALVES	4291	M	00:52:12	00:47:00	04:42	00:23:47	
2662	Nuno MACHADO	7807	M	00:52:13	00:50:07	05:01	00:26:38	
2663	Paulo ROCHA	8507	M	00:52:13	00:46:49	04:41	00:23:17	
2664	Miguel BOTTO	2791	M	00:52:13	00:49:47	04:59	00:24:56	
2665	Alexandre Manuel Carvalho BRÁS	6278	M	00:52:13	00:50:28	05:03	00:25:46	
2666	Edgar DAVID	6426	M	00:52:13	00:49:30	04:57	00:24:53	G.R.D. Os Fixes
2667	Armando TAVARES	15092	M	00:52:13	00:51:47	05:11	00:24:38	Gabinete de Fisioterapia no Desporto
2668	Miguel EUSÉBIO	3422	M	00:52:13	00:49:47	04:59	00:24:55	
2669	Rui FERREIRA	86	M	00:52:13	00:51:01	05:07	00:24:00	
2670	João Pedro COPETO	3204	M	00:52:14	00:50:44	05:05	00:25:14	
2671	Hugo CAROÇO	4541	M	00:52:14	00:49:41	04:59	00:25:12	
2672	Marco António TOMÉ HENRIQUES	3948	M	00:52:14	00:50:05	05:01	00:25:07	
2673	João MORAES CARDOSO	4863	M	00:52:14	00:49:55	05:00	00:25:59	
2674	Guilherme CARDOSO	8706	M	00:52:14	00:51:42	05:11	00:24:45	
2675	Ricardo José Faria FRANCO	8865	M	00:52:14	00:51:31	05:10	00:23:00	
2676	Paulo Sérgio Aleixo VIEIRA	6244	M	00:52:15	00:50:17	05:02	00:25:22	
2677	Maria Cidalia Gois Sousa SANTOS	5787	F	00:52:15	00:51:05	05:07	00:25:33	
2678	Francisco ROCHA DE CARVALHO	10885	M	00:52:16	00:50:07	05:01	00:24:49	
2679	Francisco FERREIRA	3590	M	00:52:16	00:50:31	05:04	00:25:16	
2680	Claudia SOUSA	1324	F	00:52:16	00:50:43	05:05	00:25:10	
2681	Alexandre Manuel FERREIRA FERNANDES	10583	M	00:52:16	00:49:58	05:00	00:24:37	
2682	Rodrigo FERREIRA	6749	M	00:52:18	00:51:25	05:09	00:24:51	HP Portugal Clube
2683	Manuel SEQUEIRA	2334	M	00:52:18	00:51:43	05:11	00:25:46	Associação Atletismo Lebres do Sado
2684	Tiago Miguel Leite Rochinha Diogo DIOGO	5862	M	00:52:19	00:48:40	04:52		
2685	Pedro GONÇALVES	2229	M	00:52:19	00:49:26	04:57	00:25:07	
2686	José Manuel ARAGÃO	1999	M	00:52:19	00:45:36	04:34	00:23:20	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2687	Mário César Colaço AREDE	8240	M	00:52:19	00:51:14	05:08	00:25:26	
2688	Helder BONACHO	9161	M	00:52:19	00:48:36	04:52	00:24:36	
2689	Paulo PURVIS	3951	M	00:52:20	00:52:05	05:13	00:26:35	
2690	Jorge IGLÉSIAS	8478	M	00:52:20	00:49:34	04:58	00:24:33	
2691	Enrique BRISACH FELIP	4648	M	00:52:20	00:49:40	04:58	00:24:59	
2692	Fernando Albuquerque ALBUQUERQUE	10742	M	00:52:21	00:52:07	05:13	00:25:30	
2693	João LOPES COSTA	2745	M	00:52:21	00:51:01	05:07	00:24:48	
2694	Carlos CORREIA	2516	M	00:52:21	00:51:27	05:09	00:25:30	Grupo Excursionista Os Económicos
2695	José MADEIRA	3223	M	00:52:21	00:46:42	04:41	00:23:41	
2696	Manuel António Santos NUNES	7261	M	00:52:21	00:49:44	04:59	00:25:30	
2697	Jorge DUARTE	7380	M	00:52:22	00:51:48	05:11	00:25:18	
2698	Pedro NUNES	1793	M	00:52:22	00:51:56	05:12	00:25:24	NUCLEOEIRAS/SPORTZONE
2699	Hélio Santos SILVA	2940	M	00:52:22	00:50:24	05:03	00:25:11	
2700	José GUERREIRO	7640	M	00:52:22	00:51:04	05:07	00:25:43	
2701	Almeida CARLOS	8188	M	00:52:22	00:51:24	05:09	00:25:06	
2702	Fernando TOMAZ	8585	M	00:52:22	00:51:10	05:07	00:24:31	
2703	Ana Paula GONÇALVES	5004	F	00:52:23	00:51:57	05:12	00:25:01	Clube Millennium BCP
2704	Vasco FONSECA	2121	M	00:52:23	00:50:47	05:05	00:25:27	
2705	Luis RENDEIRO	2606	M	00:52:23	00:47:44	04:47	00:24:13	
2706	António Sales NOBRE	4162	M	00:52:23	00:51:36	05:10	00:24:36	
2707	Mário LOPES	9112	M	00:52:23	00:51:32	05:10	00:26:09	
2708	Jose Manuel Viana ESTEVES	7687	M	00:52:23	00:50:42	05:05	00:25:10	
2709	Jorge BRITO	10921	M	00:52:23	00:51:31	05:10	00:26:09	
2710	Jorge CASTANHEIRA	8560	M	00:52:24	00:51:19	05:08	00:25:22	
2711	Clara PAPANÇA	1510	F	00:52:24	00:51:19	05:08	00:25:21	
2712	Tiago LOURO	9051	M	00:52:24	00:50:08	05:01	00:24:42	
2713	Pedro FIGUEIRA DA SILVA GÓIS	9170	M	00:52:24	00:48:48	04:53	00:25:08	
2714	José Pires LOPES	7281	M	00:52:24	00:50:15	05:02	00:26:10	
2715	Andreia Margarida OLIVEIRA	791	F	00:52:24	00:49:22	04:57	00:24:48	
2716	Pedro Miguel SERRARIO DIAS QUINTELA	4812	M	00:52:25	00:50:21	05:03	00:27:29	
2717	Sofia MENDES	1141	F	00:52:25	00:50:41	05:05	00:24:58	
2718	António Joaquim PEREIRA RAMOS	8197	M	00:52:25	00:50:38	05:04	00:25:42	
2719	Alexandre MARTINHO	2669	M	00:52:26	00:50:42	05:05	00:24:58	
2720	Diogo ROSA	7631	M	00:52:26	00:50:37	05:04	00:24:50	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2721	Daniel FERREIRA	8906	M	00:52:26	00:49:32	04:58	00:24:40	
2722	Francisco Pulawski RODRIGUES	3712	M	00:52:26	00:50:52	05:06	00:25:23	
2723	Tiago MENDES	4525	M	00:52:27	00:50:09	05:01	00:25:07	
2724	João SARAGOÇA	193	M	00:52:27	00:51:40	05:10	00:25:07	
2725	Carolina ROSA	5804	F	00:52:27	00:50:38	05:04	00:24:50	
2726	José Miguel SENA	2651	M	00:52:27	00:48:24	04:51	00:24:15	
2727	Bernardo AGUIR	2909	M	00:52:27	00:50:26	05:03	00:25:01	
2728	Mário João Paulo De Jesus CARVALHO	6196	M	00:52:27	00:47:39	04:46	00:24:24	
2729	José BRÁZIO	8182	M	00:52:27	00:49:10	04:55	00:24:59	
2730	Bruno Lopes NUNES	3013	M	00:52:27	00:49:48	04:59	00:25:46	
2731	Carlos Filipe TAVARES PEREIRA	2834	M	00:52:27	00:50:35	05:04	00:25:07	Clube Atletico Riachense
2732	Bruno COSTA GOMES	3631	M	00:52:27	00:50:14	05:02	00:25:01	
2733	Sandra MARTINS	5208	F	00:52:27	00:52:06	05:13	00:25:26	G.R.D. Ribeira da Lage
2734	José ESCUDERO	4706	M	00:52:27	00:49:56	05:00	00:25:13	
2735	Rui A C MACHADO	10965	M	00:52:28	00:51:01	05:07	00:25:32	
2736	Luis MARTINS	7320	M	00:52:28	00:50:26	05:03	00:25:11	
2737	António JOAQUIM	2410	M	00:52:28	00:50:22	05:03	00:24:35	C.C.D. EFACEC
2738	Rui CARDOSO	3060	M	00:52:28	00:50:53	05:06	00:26:18	
2739	Frederico DINIZ	80440	M	00:52:28	00:50:52	05:06	00:26:18	
2740	Filipe CARMO	9020	M	00:52:28	00:51:07	05:07	00:25:48	
2741	Maria Carmo BARROS	825	F	00:52:28	00:51:34	05:10	00:25:39	
2742	Jorge MARIEIRO	4832	M	00:52:28	00:47:40	04:46	00:24:39	
2743	Jorge COUTO	3185	M	00:52:28	00:49:35	04:58	00:24:58	
2744	Ricardo DIAS	8856	M	00:52:28	00:48:24	04:51	00:24:40	
2745	António Jose CLEMENTE	6253	M	00:52:29	00:51:03	05:07	00:24:50	
2746	Nuno Frederico HENRIQUES TRINDADE	7304	M	00:52:29	00:50:31	05:04	00:25:16	
2747	José CAETANO ALVES NETO	9054	M	00:52:29	00:49:54	05:00	00:25:25	
2748	Gonçalo MELO	424	M	00:52:30	00:49:02	04:55	00:25:00	
2749	Fernando Emílio PEREIRA GERALDES	10572	M	00:52:30	00:50:48	05:05	00:25:47	
2750	Miguel ESPADA	4159	M	00:52:30	00:50:37	05:04	00:25:41	
2751	Tomás CORREA	4870	M	00:52:30	00:49:59	05:00	00:24:33	
2752	Pedro REIS	4160	M	00:52:30	00:50:37	05:04	00:25:41	
2753	Ana Paula MARTINS SALOIO	15252	F	00:52:30	00:49:57	05:00	00:24:24	
2754	Jorge SOBRAL	4524	M	00:52:31	00:49:29	04:57	00:24:42	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2755	Nuno JORGE	3045	M	00:52:31	00:49:34	04:58	00:24:58	
2756	José Pedro BOLÉO-TOMÉ	129	M	00:52:31	00:49:28	04:57	00:26:00	
2757	Jorge Manuel CORREIA VILELA	10669	M	00:52:32	00:48:18	04:50	00:24:48	
2758	Miguel DIAS	3566	M	00:52:32	00:50:12	05:02	00:24:52	
2759	José PEREIRA	6414	M	00:52:33	00:49:40	04:58	00:25:41	Grupo Desportivo Santander Totta
2760	Luis FILIPE	2009	M	00:52:33	00:50:41	05:05	00:25:36	
2761	Artur IBRAIMO	7566	M	00:52:33	00:49:51	05:00	00:25:51	
2762	Vitor Luis Santos ROCHA	8456	M	00:52:34	00:48:03	04:49	00:24:46	
2763	Tiago GONÇALVES CEREJEIRA	3684	M	00:52:34	00:50:14	05:02	00:24:20	
2764	Sandra INÊS	1659	F	00:52:34	00:51:23	05:09	00:25:17	
2765	Paulo PEREIRA	6177	M	00:52:34	00:50:27	05:03	00:25:09	Serviços Sociais Montepio Geral
2766	Cristina ARAUJO	1335	F	00:52:34	00:48:23	04:51	00:23:47	
2767	Luis Eduardo LOPES	10785	M	00:52:34	00:51:19	05:08	00:25:49	
2768	Luis MALTÊS	521	M	00:52:35	00:51:19	05:08	00:25:48	
2769	José LAMEIRAS	2325	M	00:52:35	00:50:38	05:04	00:25:02	Grupo Desportivo BPI
2770	António DUARTE	6160	M	00:52:35	00:50:52	05:06	00:25:13	Clube do Stress
2771	José XAVIER	5885	M	00:52:35	00:50:28	05:03	00:25:02	
2772	Eugenio Vicente RODRÍGUEZ MARTÍNEZ	3231	M	00:52:35	00:50:00	05:00	00:24:42	
2773	Rafael SANTOS	8190	M	00:52:35	00:50:55	05:06	00:26:07	
2774	Celestino ESPIRITO SANTO	4493	M	00:52:35	00:47:28	04:45	00:25:00	
2775	Fábio Ruben FACHADAS LARANJEIRA	10906	M	00:52:36	00:48:19	04:50	00:26:17	
2776	Fernando GONÇALVES	3450	M	00:52:37	00:52:13	05:14	00:27:09	
2777	Alexandre MATEUS	3070	M	00:52:37	00:47:24	04:45	00:23:52	
2778	Atílio CHICA	2545	M	00:52:37	00:51:40	05:10	00:25:45	
2779	Artur FERREIRA PINTO	7919	M	00:52:37	00:49:40	04:58	00:25:24	
2780	Nuno Miguel TEIXEIRA	3388	M	00:52:37	00:51:36	05:10	00:25:08	
2781	Carlos MAMEDE	3327	M	00:52:37	00:51:17	05:08	00:25:18	
2782	Carlos DINIS	7856	M	00:52:37	00:49:54	05:00	00:24:56	
2783	José Dias MARTINS	7749	M	00:52:37	00:50:03	05:01	00:25:32	
2784	João BORRALHO	2766	M	00:52:38	00:51:16	05:08	00:25:43	
2785	Gonçalo ENES	4716	M	00:52:38	00:50:52	05:06	00:24:29	
2786	Paulo SILVA	366	F	00:52:38	00:52:10	05:13	00:25:15	
2787	Francisco CID	2554	M	00:52:38	00:52:25	05:15	00:26:14	
2788	Herculano DOMINGUES	6352	M	00:52:39	00:52:30	05:15	00:31:40	G.R.D. Ribeira da Lage

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2789	Mário MOURÃO	3294	M	00:52:39	00:50:34	05:04	00:24:32	
2790	João Nuno FARIA	4241	M	00:52:39	00:47:37	04:46	00:25:27	
2791	Jorge DAVID	4085	M	00:52:39	00:47:15	04:44	00:24:41	
2792	Alexandre VIEIRA	352	M	00:52:39	00:51:42	05:11	00:24:40	
2793	Miguel DAVID	8452	M	00:52:39	00:47:14	04:44	00:24:40	
2794	Steve GABADINHO	6209	M	00:52:40	00:49:47	04:59	00:24:53	TCPI
2795	Claudio SOUSA	9182	M	00:52:40	00:51:39	05:10	00:24:51	
2796	Jorge SILVA	8354	M	00:52:40	00:50:14	05:02	00:24:48	
2797	Carlos GARCIA	3210	M	00:52:40	00:51:15	05:08	00:24:53	
2798	Apólo PEREIRA	7685	M	00:52:41	00:51:28	05:09	00:25:28	
2799	Gonçalo LIBERAL	3192	M	00:52:41	00:51:09	05:07	00:25:14	
2800	João BAPTISTA	8428	M	00:52:41	00:49:43	04:59	00:25:32	
2801	Olga CORREIA	9679	F	00:52:41	00:51:52	05:12	00:26:29	
2802	Pedro PIRES	6292	M	00:52:41	00:51:53	05:12	00:25:44	
2803	Mário LANÇÃO	2958	M	00:52:42	00:48:17	04:50	00:24:15	
2804	Carlos LOURENÇO	6032	M	00:52:42	00:50:27	05:03	00:25:21	Clube Millennium BCP
2805	Antonio FERNANDES	3163	M	00:52:42	00:51:35	05:10	00:25:47	
2806	António Eduardo MIGUÉIS SARDO	7497	M	00:52:42	00:51:07	05:07	00:23:40	
2807	Nuno SANTINHO	4860	M	00:52:42	00:50:07	05:01	00:25:26	
2808	Diogo TEIXEIRA	8523	M	00:52:43	00:49:33	04:58	00:25:46	
2809	Vitor Manuel VARELA SEQUEIRA	4306	M	00:52:43	00:50:51	05:06	00:24:15	
2810	Aurea SEQUEIRA	786	F	00:52:43	00:52:14	05:14	00:25:23	Associação de Moradores de Atibá
2811	Maria VILAÇA	5273	F	00:52:43	00:52:24	05:15	00:25:34	Associação de Moradores de Atibá
2812	Jonathan LAWTON	7910	M	00:52:43	00:52:38	05:16	00:25:46	
2813	Paulo MENEZES	6433	M	00:52:43	00:51:28	05:09	00:24:59	Pepsico Portugal
2814	Carlos DA SILVA PEREIRA	8199	M	00:52:44	00:50:07	05:01	00:24:50	
2815	Manuel SOUSA DIAS	6797	M	00:52:44	00:48:08	04:49	00:24:56	Lisboa Racket Centre
2816	Luís DAMIÃO	9877	M	00:52:44	00:52:08	05:13	00:25:09	C. R. Leões de Porto Salvo
2817	José COSTA	2785	M	00:52:44	00:52:10	05:13	00:26:34	
2818	Eurico GERVÁSIO	4187	M	00:52:44	00:47:33	04:46	00:24:12	
2819	João Filipe RODRIGUES DE CARVALHO	2878	M	00:52:45	00:48:04	04:49	00:23:39	
2820	Pedro CUSTÓDIO NEVES	3205	M	00:52:45	00:51:13	05:08	00:25:14	
2821	Fernando PESTANA	7701	M	00:52:45	00:52:11	05:14	00:24:57	
2822	Rodrigo SERRA	8615	M	00:52:45	00:49:47	04:59	00:24:16	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2823	Fernando PIRES	6752	M	00:52:45	00:50:25	05:03	00:24:41	Núcleo de Atletismo Zona Abçboda
2824	Fernando FERNANDES	3843	M	00:52:46	00:50:18	05:02	00:24:25	
2825	Nuno MARQUES	4722	M	00:52:46	00:51:38	05:10	00:26:04	
2826	Miguel PONTES	3518	F	00:52:46	00:51:08	05:07	00:26:11	
2827	Bruno Pereira DA SILVA	4559	M	00:52:46	00:49:56	05:00	00:25:24	
2828	Pedro SERRA	6597	M	00:52:46	00:50:07	05:01	00:24:56	
2829	Manuel Tiago PEREIRA	11491	M	00:52:46	00:49:46	04:59	00:25:11	
2830	Armindo LOUREIRO	8030	M	00:52:46	00:50:29	05:03	00:25:12	
2831	Carlos PEREIRA	8301	M	00:52:46	00:50:17	05:02	00:25:11	
2832	Dina PACHECO	9607	F	00:52:47	00:47:59	04:48	00:24:30	
2833	Eduardo BERNAL OROZCO	5894	M	00:52:47	00:50:42	05:05	00:25:55	
2834	Inês RUEFF	11485	F	00:52:47	00:48:29	04:51	00:24:30	
2835	Sérgio SOARES	4315	M	00:52:48	00:50:16	05:02	00:25:33	
2836	Mário Francisco M. LOURENÇO	7557	M	00:52:48	00:47:30	04:45	00:24:16	
2837	Zacarias ALVES	6540	M	00:52:48	00:51:08	05:07	00:25:51	N.A. "Os Papagaios de Cascais"
2838	Nelson OLIVEIRA JORGE	8404	M	00:52:48	00:50:46	05:05	00:24:49	
2839	Jose FEIJO	7081	M	00:52:49	00:52:13	05:14	00:25:23	
2840	Pedro SIMOES	8596	M	00:52:49	00:50:25	05:03	00:25:06	
2841	Ricardo Manuel MORAIS PATRICIO	8043	M	00:52:49	00:50:54	05:06	00:24:48	
2842	Ruben GARCIA	2469	M	00:52:49	00:52:15	05:14	00:25:17	LINK
2843	Ricardo ROMBA	10316	M	00:52:49	00:51:40	05:10	00:25:03	
2844	João Pedro GALRIÇA NETO	4365	M	00:52:49	00:50:07	05:01	00:24:06	
2845	Hipolito FERREIRA	10305	M	00:52:49	00:52:31	05:16	00:25:07	
2846	Vera CHEROUX	11301	F	00:52:49	00:51:19	05:08	00:25:28	
2847	Rui Manuel Nunes FERNANDES	4051	M	00:52:49	00:51:24	05:09	00:25:00	
2848	Paulo FERREIRA	3385	M	00:52:49	00:48:23	04:51	00:23:48	
2849	Diogo ESPERANÇA	4437	M	00:52:50	00:51:10	05:07	00:26:08	
2850	Pedro Miguel RIBEIRO	5938	M	00:52:50	00:47:21	04:45	00:24:15	Hovione
2851	Cristina RIOS	4955	F	00:52:50	00:51:43	05:11	00:25:20	
2852	Jorge Manuel NEVES	11193	M	00:52:50	00:51:29	05:09	00:25:30	
2853	Ulisses Faria PEREIRA	104930	M	00:52:50	00:49:24	04:57	00:25:23	
2854	Estela GONÇALVES	11305	F	00:52:51	00:51:44	05:11	00:25:00	
2855	Eduardo COELHO	8342	M	00:52:51	00:51:12	05:08	00:24:02	
2856	João RODRIGUES	10862	M	00:52:51	00:49:12	04:56	00:25:19	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2857	Luis Vitorino Pereira Dos SANTOS	8221	M	00:52:51	00:51:04	05:07	00:25:52	
2858	Pedro SANTOS VICENTE	11494	M	00:52:51	00:50:01	05:01	00:25:29	
2859	Paulo GONÇALVES	4487	M	00:52:51	00:50:56	05:06	00:25:15	
2860	Pedro COELHO	101	M	00:52:52	00:51:10	05:07	00:25:47	
2861	António José Faria VERISSIMO	10133	M	00:52:52	00:51:34	05:10	00:25:24	
2862	Antonio MENEZES	5972	M	00:52:52	00:50:06	05:01	00:25:32	
2863	Alvaro RODRIGUES	11191	M	00:52:52	00:48:45	04:53	00:24:36	
2864	Duarte FONTES	2653	M	00:52:53	00:50:08	05:01	00:26:18	
2865	Paulo MARQUES	10163	M	00:52:53	00:50:08	05:01	00:26:18	
2866	João NARCISO	136	M	00:52:55	00:50:27	05:03	00:24:52	
2867	João FERNANDES	2944	M	00:52:55	00:52:36	05:16	00:26:07	
2868	João CAMPOS	15084	M	00:52:55	00:52:29	05:15	00:27:13	Gabinete de Fisioterapia no Desporto
2869	Mario Rui Dos Santos SILVA	335	M	00:52:55	00:50:00	05:00	00:24:55	
2870	David LAMEIRO	4554	M	00:52:55	00:49:34	04:58	00:25:05	
2871	Sónia BRANDÃO	1039	F	00:52:56	00:50:59	05:06	00:25:19	Grupo Desportivo BPI
2872	Nuno CARNEIRO	6890	M	00:52:56	00:51:38	05:10	00:25:52	
2873	Margarida SERRA VIEIRA	1642	F	00:52:57	00:52:57	05:18	00:23:58	
2874	Jorge MANUEL VIEIRA	2159	M	00:52:57	00:52:57	05:18	00:24:20	
2875	Pedro SANTOS	7767	M	00:52:57	00:52:57	05:18	00:23:58	
2876	Flavio NAIA	440	M	00:52:57	00:50:11	05:02	00:25:53	
2877	José ALMODÓVAR	10916	M	00:52:57	00:48:18	04:50		
2878	Nuno RIBEIRO	7681	M	00:52:58	00:52:01	05:13	00:25:31	
2879	Fernando OLIVEIRA	2634	M	00:52:58	00:50:51	05:06	00:25:20	
2880	Joao CRESPO	2076	M	00:52:58	00:47:07	04:43	00:23:49	
2881	Nuno FERNANDES	6476	M	00:52:58	00:51:08	05:07	00:25:40	Grupo Desportivo Cimpor
2882	Vitor Manuel PEREIRA	7275	M	00:52:58	00:51:06	05:07	00:26:21	
2883	Nuno Manuel COELHO	3030	M	00:52:58	00:51:06	05:07	00:26:21	
2884	Maria CANEIRAS	668	F	00:52:59	00:52:29	05:15	00:26:10	NUCLEOEIRAS/SPORTZONE
2885	Joaquim CARDOSO	6087	M	00:52:59	00:51:32	05:10	00:25:49	G.R.D. Ribeira da Lage
2886	Pedro ALMEIDA	6814	M	00:52:59	00:52:30	05:15	00:26:15	
2887	Jose Pedro ABREU	6101	M	00:52:59	00:52:18	05:14	00:25:18	
2888	Aurora COUTINHO	797	F	00:52:59	00:52:00	05:12	00:25:18	Valejas Atletico Clube
2889	Pedro NEO	447	M	00:53:00	00:48:43	04:53	00:26:17	
2890	Fernando ALVES	3996	M	00:53:00	00:51:22	05:09	00:25:16	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2891	Vitor ESCARIA	8913	M	00:53:00	00:50:37	05:04	00:25:52	
2892	José GUIA	208	M	00:53:00	00:52:01	05:13	00:25:15	Serviços Sociais da CGD
2893	João José CUNHA	6296	M	00:53:00	00:50:02	05:01	00:25:50	Clube Millennium BCP
2894	Albano SILVA	10029	M	00:53:00	00:52:28	05:15	00:25:46	G.R.D. Ribeira da Lage
2895	Carlos ALVES	3430	M	00:53:01	00:52:12	05:14	00:27:04	
2896	António Da Silveira Pataco RAPOSO	10736	M	00:53:01	00:50:14	05:02	00:25:35	
2897	Anibal Domingues SIMÕES	8217	M	00:53:01	00:50:21	05:03	00:25:19	
2898	Manuel MENDES	4724	M	00:53:01	00:46:18	04:38	00:24:02	
2899	Claudinei Pereira LOPES	4302	M	00:53:01	00:52:34	05:16	00:24:09	
2900	Julie CHATELAIN	11293	F	00:53:01	00:50:05	05:01	00:24:55	
2901	Fernando Manuel DUARTE PALHAS	7231	M	00:53:01	00:52:34	05:16	00:25:35	
2902	Luis GATINHO	7354	M	00:53:02	00:51:53	05:12	00:25:23	
2903	Tomás PINA	4445	M	00:53:02	00:51:33	05:10	00:25:03	
2904	Duarte FARIA	4047	M	00:53:02	00:50:27	05:03	00:25:31	
2905	Manuel FARIA	8257	M	00:53:02	00:50:27	05:03	00:25:31	
2906	Carlos SANTOS	9828	M	00:53:02	00:50:28	05:03	00:25:32	
2907	Rodolfo CANDEIAS	4214	M	00:53:02	00:52:49	05:17	00:25:44	
2908	Raquel CANDEIAS	687	F	00:53:03	00:53:03	05:19	00:25:57	
2909	Gonçalo CAEIRO	8242	M	00:53:03	00:49:46	04:59	00:24:34	
2910	Luis JESUS	217	M	00:53:04	00:51:36	05:10	00:25:44	Serviços Sociais da CGD
2911	Pedro LOURENÇO	3239	M	00:53:04	00:49:46	04:59	00:25:15	
2912	Marco David VINAGRE	1820	M	00:53:04	00:48:19	04:50	00:23:25	Pepsico Portugal
2913	Nuno FERREIRA	2805	M	00:53:05	00:50:57	05:06	00:24:49	Mirc
2914	Pedro CAMPOS D'OLIVEIRA	7886	M	00:53:05	00:52:03	05:13	00:25:32	
2915	José Pedro DIAS	7236	M	00:53:05	00:51:51	05:12	00:26:06	
2916	José João GONÇALVES CUSTÓDIO	4338	M	00:53:05	00:51:26	05:09	00:25:22	
2917	Ivo CALHA	8651	M	00:53:05	00:48:34	04:52	00:24:20	
2918	António ROSA	7620	M	00:53:05	00:50:47	05:05	00:27:15	
2919	Possidónio CONSTANTINO	10425	M	00:53:05	00:47:47	04:47	00:24:24	
2920	André COMPRIDO	8953	M	00:53:06	00:49:23	04:57	00:25:00	
2921	João Gonçalo Guerra VINAGRE	4856	M	00:53:06	00:50:40	05:04	00:25:32	
2922	Gonçalo VALENTE	1981	M	00:53:07	00:51:19	05:08	00:25:15	
2923	Luis NUNES	2139	M	00:53:08	00:51:30	05:09	00:25:21	
2924	António Pereira LOBO	6191	M	00:53:08	00:52:24	05:15	00:25:34	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2925	Anabela FLOR	11544	F	00:53:08	00:50:38	05:04	00:25:04	
2926	Sílvia Vieira MURTEIRA	745	F	00:53:08	00:51:42	05:11	00:25:53	
2927	Carlos MARQUES	10653	M	00:53:09	00:49:58	05:00	00:25:50	
2928	Isac TOSTE DINIS	10494	M	00:53:09	00:51:53	05:12	00:25:47	
2929	Nuno CRESPO	10344	M	00:53:09	00:50:46	05:05	00:24:48	
2930	Nuno RIBEIRO	3410	M	00:53:10	00:50:14	05:02	00:25:14	
2931	Paula JESUS	4946	F	00:53:10	00:52:18	05:14	00:26:20	NUCLEOEIRAS/SPORTZONE
2932	Ana CHANDE	1210	F	00:53:10	00:50:14	05:02	00:25:14	
2933	Antonio CARREIRA	9127	M	00:53:10	00:50:47	05:05	00:26:06	
2934	Carlos BARRY	3001	M	00:53:10	00:51:45	05:11	00:25:52	
2935	César Augusto VIEGAS	6564	M	00:53:11	00:52:52	05:18	00:26:03	
2936	Paulo PATRÍCIO	3740	M	00:53:11	00:53:08	05:19	00:25:30	Sportlife
2937	Francisco PARÁIBA	8690	M	00:53:11	00:52:39	05:16	00:24:46	
2938	Victor PEREIRA	10168	M	00:53:12	00:52:18	05:14	00:25:28	
2939	João GOMES	1808	M	00:53:12	00:52:21	05:15	00:25:24	NUCLEOEIRAS/SPORTZONE
2940	João MARTINS	8111	M	00:53:12	00:50:55	05:06	00:25:29	
2941	Pedro COSTA	3175	M	00:53:12	00:49:53	05:00	00:25:02	
2942	João Pedro CALADO	6221	M	00:53:12	00:50:40	05:04	00:25:25	Clube Millennium BCP
2943	Orlando COSTA	3199	M	00:53:12	00:48:01	04:49	00:24:39	
2944	Francisco DUARTE NEVES	239	M	00:53:12	00:52:40	05:16	00:25:28	
2945	Jorge REBOCHO	4705	M	00:53:12	00:50:22	05:03	00:26:34	
2946	Rui CARNEIRO	15142	M	00:53:13	00:52:03	05:13	00:25:49	Linda-a-Pastora Sporting Clube
2947	Jorge ALCOBIA	8145	M	00:53:13	00:51:13	05:08	00:25:23	
2948	Igor CORREIA	4836	M	00:53:13	00:50:58	05:06	00:25:43	
2949	Rute COSTA	5110	F	00:53:13	00:52:40	05:16	00:25:27	
2950	Helder G FERREIRA	4727	M	00:53:13	00:47:29	04:45	00:24:31	
2951	Noélia Madalena BARBOSA ARRUDA	1252	F	00:53:13	00:50:17	05:02	00:24:48	
2952	Ricardo PEREIRA	8266	M	00:53:14	00:50:44	05:05	00:25:12	
2953	Rui FERREIRA	8430	M	00:53:14	00:52:19	05:14	00:26:20	
2954	Jorge Antonio Da Fonseca TEIXEIRA	3412	M	00:53:14	00:51:31	05:10	00:25:35	
2955	Carlos Manuel GONÇALVES	7419	M	00:53:14	00:49:45	04:59	00:25:08	
2956	Renato CRUZ	10061	M	00:53:14	00:51:38	05:10	00:25:58	Grupo Desportivo BPI
2957	Paulo Jorge Ferreira AZEVEDO	356	M	00:53:15	00:51:41	05:11	00:26:16	
2958	João Carlos ALVES	1708	M	00:53:16	00:51:35	05:10	00:25:45	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2959	Noemia MONTEIRO	9798	F	00:53:16	00:51:04	05:07	00:25:23	
2960	Maria Da Luz CARCHINHA	894	F	00:53:16	00:51:04	05:07	00:25:25	Clube do Stress
2961	António Pedro HORTEGA	2255	M	00:53:16	00:52:38	05:16	00:27:01	
2962	Luis MIRANDA	9886	M	00:53:17	00:51:41	05:11	00:25:53	Tejavista
2963	Sílvia Alexandra Santos TOMÁS	1164	F	00:53:17	00:52:09	05:13	00:24:21	
2964	Gonçalo ALMEIDA	3664	M	00:53:17	00:50:53	05:06	00:25:43	
2965	Pedro RODRIGUES	9998	M	00:53:17	00:51:48	05:11	00:25:50	G.R.D. Ribeira da Lage
2966	António FRANCO	8163	M	00:53:17	00:52:48	05:17	00:26:40	
2967	Pedro GOUCHA JORGE	8441	M	00:53:17	00:48:18	04:50	00:24:59	
2968	Francisco Jose Pires FERREIRA	6280	M	00:53:18	00:51:33	05:10	00:26:05	
2969	Rui BIGA DA CONCEIÇÃO	3907	M	00:53:18	00:51:55	05:12	00:25:02	
2970	Marcelo ESTEVES	8248	M	00:53:18	00:52:39	05:16	00:25:13	Amigos da Estrela
2971	Ana Luisa AMADO VAZ	11536	F	00:53:18	00:50:59	05:06	00:25:17	
2972	Pedro NEVES	4653	M	00:53:18	00:50:59	05:06	00:25:17	
2973	Orlando Simões CHINA	7515	M	00:53:18	00:52:00	05:12	00:27:29	
2974	Jose Miguel PESTANA	2770	M	00:53:18	00:48:31	04:52	00:24:25	
2975	Fernando Manuel ALMEIDA	1687	M	00:53:19	00:51:15	05:08	00:25:52	Clube Millennium BCP
2976	Joana DOMINGOS	907	F	00:53:19	00:52:36	05:16	00:25:54	Grupo Desportivo Roche
2977	Arménio ANDRADE	6454	M	00:53:19	00:52:42	05:17	00:26:12	A.C.S. Amigos da Corrida de Salvaterra
2978	Jorge VIEIRA	1906	M	00:53:19	00:52:41	05:17	00:26:11	A.C.S. Amigos da Corrida de Salvaterra
2979	Nelson DIAS	2461	M	00:53:19	00:50:57	05:06	00:26:31	Sporting Clube Casainhos
2980	Bruno H. J. Araújo UNINHO	11178	M	00:53:19	00:48:26	04:51	00:24:08	
2981	Miguel MESQUITA PALMA	8054	M	00:53:20	00:51:48	05:11	00:26:01	
2982	Celia Maria SANTOS DIAS	1315	F	00:53:20	00:51:48	05:11	00:25:58	
2983	Pedro PIMENTA SILVA	3994	M	00:53:20	00:51:13	05:08	00:25:28	
2984	Joaquim BARROCAS	2528	M	00:53:20	00:51:38	05:10	00:25:59	N.A. "Os Papagaios de Cascais"
2985	Alexandre Jorge CALDEIRA RODRIGUES	3115	M	00:53:20	00:52:39	05:16	00:25:59	
2986	Paula JACOB	5706	F	00:53:20	00:51:13	05:08	00:25:29	
2987	Vasco QUINTÃOS	105960	M	00:53:21	00:48:04	04:49	00:25:15	
2988	João ANTUNES	5944	M	00:53:21	00:51:55	05:12	00:26:14	
2989	César SANTOS	2692	M	00:53:22	00:50:43	05:05	00:25:16	
2990	José António SILVA	3765	M	00:53:22	00:48:39	04:52	00:24:48	
2991	David PEDRA NUNES	4660	M	00:53:22	00:51:09	05:07	00:25:10	
2992	Gabriela DE OLIVEIRA FREITAS	5025	F	00:53:22	00:52:05	05:13	00:25:52	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2993	Leonel Correia SOEIRO	7125	M	00:53:23	00:52:36	05:16	00:25:37	
2994	Ana Catarina FARIA	1425	F	00:53:23	00:52:16	05:14	00:27:45	
2995	Mário COSTA	9891	M	00:53:23	00:48:19	04:50	00:24:37	Serviços Sociais da CGD
2996	Nelson Correia SOEIRO	3357	M	00:53:23	00:52:36	05:16	00:25:36	
2997	Sérgio José Correia SOEIRO	3377	M	00:53:23	00:52:34	05:16	00:25:34	
2998	Bruno Emanuel Lemos Lopes Santiago SILVA	4180	M	00:53:24	00:49:02	04:55	00:24:13	
2999	Nelson Carlos SANTOS CUNHA	3504	M	00:53:24	00:51:19	05:08	00:25:42	
3000	Nelson RIBEIRO	8311	M	00:53:25	00:50:13	05:02	00:25:03	
3001	Pedro SILVA	8070	M	00:53:25	00:52:04	05:13	00:25:25	
3002	João Carlos CORREIA	3751	M	00:53:25	00:51:13	05:08	00:25:23	
3003	Joao Miguel OLIVEIRA ALVES	8633	M	00:53:25	00:52:08	05:13	00:25:32	
3004	Pedro SANTOS	8186	M	00:53:25	00:51:52	05:12	00:26:09	
3005	Pedro Alexandre Botelho De Castro CERVEIRA DIREITO	4565	M	00:53:25	00:51:23	05:09	00:26:27	
3006	Daniel Candeias MARTINS	2091	M	00:53:26	00:51:04	05:07	00:25:12	
3007	David BERNFELD	4519	M	00:53:26	00:49:05	04:55	00:24:29	
3008	José PENA	2124	M	00:53:26	00:52:07	05:13	00:25:30	
3009	Jorge Paulo LOBO DA SILVA	3242	M	00:53:26	00:50:14	05:02	00:25:07	
3010	Nuno CORREIA	4494	M	00:53:26	00:50:00	05:00	00:27:31	
3011	Pedro ESTEVES	8215	M	00:53:27	00:49:56	05:00	00:25:02	
3012	Catarina SERRAS	11443	F	00:53:27	00:52:01	05:13	00:26:10	
3013	Paulo BAILÃO	1838	M	00:53:27	00:52:05	05:13	00:25:01	Serviços Sociais da CGD
3014	Manuel BARROS	10085	M	00:53:27	00:51:46	05:11	00:25:46	Clube Anacom
3015	Catia SOUSA	1318	F	00:53:27	00:50:56	05:06	00:25:16	
3016	João Filipe SANTOS JOAQUIM	4506	M	00:53:28	00:50:52	05:06	00:25:57	
3017	José SANTOS	4115	M	00:53:28	00:51:53	05:12	00:25:57	
3018	Jorge Alexandre SOARES	6086	M	00:53:28	00:50:50	05:05	00:25:18	Clube Millennium BCP
3019	José Luis PAULO	3557	M	00:53:29	00:50:12	05:02	00:26:12	
3020	José CALLÉ	15258	M	00:53:29	00:50:48	05:05	00:26:07	BP Portugal
3021	Petra MATIAS JELINKOVA	11399	F	00:53:29	00:52:51	05:18	00:25:51	
3022	Edgar BARBOSA	10250	M	00:53:29	00:52:30	05:15	00:25:49	
3023	Rúben COSTA	4206	M	00:53:29	00:51:38	05:10	00:25:43	
3024	Tânia Filipa CABRITA XAVIER	671	F	00:53:29	00:51:10	05:07	00:25:24	
3025	Sandra CRUZ	1060	F	00:53:29	00:51:42	05:11	00:25:24	
3026	Vitor RODRIGUES	7882	M	00:53:29	00:51:39	05:10	00:25:43	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3027	Raul COSTA	8169	M	00:53:29	00:51:38	05:10	00:25:44	
3028	Arnaldo GRAÇA	3167	M	00:53:30	00:50:31	05:04		
3029	Gabriel GUERRA	3193	M	00:53:30	00:49:43	04:59	00:23:57	
3030	Cristina GONCALVES	5613	F	00:53:30	00:52:04	05:13	00:25:52	
3031	Ricardo MIRANDA	2741	M	00:53:30	00:50:14	05:02	00:24:56	
3032	Tiago GREGÓRIO	3523	M	00:53:30	00:51:27	05:09	00:26:08	
3033	Mário GUERREIRO	4087	M	00:53:31	00:52:53	05:18	00:25:46	
3034	Nuno Battista FERNANDES	6839	M	00:53:31	00:52:14	05:14	00:25:15	Casa da Dizima
3035	Manuel AZEVEDO	9997	M	00:53:31	00:52:03	05:13	00:26:50	G.R.D. Ribeira da Lage
3036	Teresa ROLO	1476	F	00:53:31	00:52:12	05:14	00:25:21	
3037	João CABRAL	10136	M	00:53:31	00:52:15	05:14	00:25:13	Casa da Dizima
3038	Rui Cruz MARTINS	8011	M	00:53:31	00:50:44	05:05	00:25:41	
3039	Renato MARTINHO	78	M	00:53:31	00:50:55	05:06	00:25:58	
3040	Pedro SANTOS	8152	M	00:53:31	00:51:39	05:10	00:25:36	
3041	Vitor Manuel Pereira GONÇALVES	9003	M	00:53:31	00:51:49	05:11	00:25:55	
3042	Pedro Miguel Beirão RAPOSO	3117	M	00:53:32	00:50:16	05:02	00:27:10	
3043	Armando ALEXANDRE PEREIRA	5853	M	00:53:32	00:52:11	05:14	00:25:26	
3044	Pedro RODRIGUES	3726	M	00:53:32	00:47:50	04:47	00:23:50	
3045	Nuno CRUZ	4046	M	00:53:32	00:51:25	05:09	00:25:55	
3046	Catherine SERIS SILVA	4889	F	00:53:32	00:52:30	05:15	00:25:45	
3047	Jose Maria DIAS	2385	M	00:53:32	00:50:26	05:03	00:24:42	
3048	Ricardo De Figueiredo PREGUIÇA	10756	M	00:53:33	00:52:02	05:13	00:25:23	
3049	Luis Artur SILVA	10891	M	00:53:33	00:52:30	05:15	00:25:45	
3050	Alberto PEREIRA DO CABO	7033	M	00:53:33	00:51:18	05:08	00:26:14	
3051	Pedro Jorge Carvalheiro HENRIQUES	4385	M	00:53:33	00:49:33	04:58	00:25:07	
3052	Joaquim António Teixeira BARREIRA	4388	M	00:53:33	00:49:33	04:58	00:25:05	
3053	Isabel REIS	5247	F	00:53:33	00:52:46	05:17	00:26:01	G.R.D. Os Fixes
3054	João BRÁSIO	4880	M	00:53:33	00:53:02	05:19	00:24:46	
3055	Rui PASTOR	10191	M	00:53:34	00:49:36	04:58	00:24:51	
3056	Bruno LOPES DA SILVA	7091	M	00:53:34	00:50:06	05:01	00:25:24	
3057	Jerónimo SILVINO FERNANDES LOPES LEAL	3353	M	00:53:34	00:52:00	05:12	00:26:05	
3058	Sandra SILVA	15080	F	00:53:35	00:51:51	05:12	00:25:59	Gabinete de Fisioterapia no Desporto
3059	Helena SILVA	5673	F	00:53:35	00:51:28	05:09	00:25:47	
3060	Inês ALMEIDA PAIS DE SOUSA	824	F	00:53:35	00:53:35	05:22	00:27:07	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3061	Tiago RÉGIO	3834	M	00:53:35	00:51:58	05:12	00:25:28	
3062	Carlos DIAS	6534	M	00:53:35	00:51:58	05:12	00:26:41	Grupo Desportivo do INE
3063	Paulo BARRETO	8629	M	00:53:36	00:51:47	05:11	00:26:36	
3064	João COSTA	7186	M	00:53:37	00:51:32	05:10	00:25:51	
3065	Bento VALENTE QUARESMA	15163	M	00:53:37	00:52:56	05:18	00:25:11	Linda-a-Pastora Sporting Clube
3066	Pedro DIAS	2389	M	00:53:37	00:51:30	05:09	00:25:10	C.C.D. EFACEC
3067	Jorge SARAIVA	8509	M	00:53:37	00:52:21	05:15	00:25:30	
3068	António ORLANDO	15165	M	00:53:38	00:47:23	04:45	00:24:28	Linda-a-Pastora Sporting Clube
3069	Ana Sofia MONTEIRO	5373	F	00:53:38	00:52:44	05:17	00:26:23	
3070	Ana Rita AFONSO	1428	F	00:53:38	00:51:24	05:09	00:25:22	
3071	António Manuel PITORRA JOAQUIM	8976	M	00:53:38	00:51:03	05:07	00:25:57	
3072	Alexandre CAPUCHA	4364	M	00:53:38	00:51:53	05:12	00:26:44	
3073	Francisco CARLOS	4198	M	00:53:38	00:47:58	04:48	00:23:45	
3074	Pedro ALEIXO	7753	M	00:53:39	00:52:08	05:13	00:25:33	
3075	Paulo FRAZÃO	6659	M	00:53:39	00:53:08	05:19	00:25:15	
3076	Fernando GRACHA	15139	M	00:53:39	00:53:10	05:19	00:25:48	Linda-a-Pastora Sporting Clube
3077	Luis Santos REIS	6053	M	00:53:39	00:51:42	05:11	00:25:50	Clube Millennium BCP
3078	Paula VENTURA	15191	F	00:53:40	00:50:18	05:02	00:25:34	Clube Vodafone
3079	Helena WALLENTIN	788	F	00:53:40	00:51:18	05:08	00:26:08	
3080	Bruno SOARES	8093	M	00:53:40	00:52:34	05:16	00:25:28	
3081	Cleiton Braga DOS SANTOS	2913	M	00:53:40	00:50:48	05:05	00:24:58	
3082	Fernando ROCHA PEREIRA	3048	M	00:53:40	00:51:25	05:09	00:25:31	
3083	Dirk TILSNER	8132	M	00:53:40	00:51:11	05:08	00:25:18	
3084	Bruno RIBEIRO	4079	M	00:53:40	00:50:24	05:03	00:25:24	
3085	Lucinda NASCIMENTO RIBEIRO	9602	F	00:53:41	00:53:41	05:23		Grupo de Manutenção do E.Nacional
3086	André LOPES	3632	M	00:53:41	00:49:58	05:00	00:25:18	
3087	Vítor Manuel S FREITAS	8403	M	00:53:41	00:51:57	05:12	00:27:03	
3088	Vitor M R CANDEIAS	4343	M	00:53:41	00:51:57	05:12	00:27:04	
3089	José António PRELHAZ	9836	M	00:53:41	00:51:57	05:12	00:27:03	
3090	Pedro GUIMARAES	9195	M	00:53:42	00:50:39	05:04	00:25:26	
3091	Edney VIEIRA	10101	M	00:53:42	00:51:52	05:12	00:26:10	Grupo Desportivo Cimpor
3092	Marco Daniel SANTOS	135	M	00:53:42	00:49:33	04:58	00:24:37	
3093	Antonio CORREIA	8997	M	00:53:43	00:52:04	05:13	00:25:14	
3094	Eduardo Manuel SANTOS NABAIS	1948	M	00:53:43	00:50:34	05:04	00:26:43	Casa do Pessoal Estradas de Portugal

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3095	Maria ESPERANÇA	1559	F	00:53:43	00:52:03	05:13	00:25:18	
3096	Jose Antonio Borges GRAFANHATE	3113	M	00:53:43	00:52:46	05:17	00:25:30	
3097	José RIBEIRO	2034	M	00:53:43	00:53:28	05:21	00:25:37	Grupo Desportivo Santander Totta
3098	Alexandra David SILVA	1221	F	00:53:43	00:52:29	05:15	00:25:44	
3099	Nuno Gonçalo SERRARIO DIAS QUINTELA	4738	M	00:53:43	00:51:38	05:10	00:27:28	
3100	Ana Paula Lourenço GRAFANHATE	5592	F	00:53:43	00:52:46	05:17	00:25:30	
3101	Rui Filipe RIBEIRO ANDRE	128	M	00:53:44	00:51:18	05:08	00:25:54	
3102	Roberto CARDETA	8345	M	00:53:44	00:49:22	04:57	00:24:27	
3103	Mário LUIS	6793	M	00:53:44	00:51:45	05:11	00:25:13	Carapaus de Corrida
3104	Rui Pedro CORREIA MATIAS	4163	M	00:53:44	00:50:49	05:05	00:25:18	
3105	Carlos José PINTO ELVAS	8341	M	00:53:45	00:53:22	05:21	00:25:21	
3106	Pedro BELTRÃO	3855	M	00:53:45	00:51:56	05:12	00:25:41	
3107	Ricardo SILVA SOUSA	2145	M	00:53:45	00:50:35	05:04	00:24:50	Serviços Sociais Montepio Geral
3108	Fatih CUBUKCU	6942	M	00:53:45	00:52:46	05:17	00:25:18	
3109	Francisco SILVÉRIO MARQUES	2240	M	00:53:46	00:53:38	05:22	00:25:58	
3110	António Manuel Félix VICENTE	4077	M	00:53:46	00:53:15	05:20	00:25:38	
3111	Carlos TELHAL	10320	M	00:53:46	00:49:35	04:58	00:24:56	
3112	Alexandre ABADE	7782	M	00:53:47	00:49:04	04:55	00:24:51	
3113	Jorge Manuel Santos CRESPO	4200	M	00:53:47	00:50:43	05:05	00:25:32	
3114	Paulo VISEU	11159	M	00:53:47	00:51:36	05:10	00:26:37	
3115	Manuel CORREIA	15195	M	00:53:47	00:50:44	05:05	00:25:18	Clube Vodafone
3116	Alexandre SILVA	8165	M	00:53:48	00:51:24	05:09	00:25:32	
3117	Carlos VILAR	4089	M	00:53:49	00:52:44	05:17	00:25:44	
3118	David Da Cruz LIMA	7577	M	00:53:49	00:46:58	04:42	00:23:51	
3119	Monika LUBERADZKA	5735	F	00:53:50	00:51:31	05:10	00:25:12	
3120	Daniel AREIAS	6275	M	00:53:50	00:52:05	05:13	00:26:05	
3121	Luis COITO	2278	M	00:53:50	00:53:01	05:19	00:26:22	Grupo Desportivo Santander Totta
3122	Hugo CRAVIDÃO	10352	M	00:53:51	00:51:16	05:08	00:26:12	
3123	Fernando NETO	8909	M	00:53:51	00:53:15	05:20	00:25:29	
3124	Fernando TOCHA	3656	M	00:53:51	00:52:27	05:15	00:26:01	
3125	Diogo NUNCIO	7783	M	00:53:52	00:52:19	05:14	00:25:36	
3126	Duarte Miguel André LIMA	7735	M	00:53:52	00:51:39	05:10	00:25:07	
3127	Rui TENDEIRO	7563	M	00:53:52	00:50:13	05:02	00:24:54	
3128	Lázaro OLIVEIRA	7691	M	00:53:52	00:50:14	05:02	00:24:54	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3129	Pedro MOURÃO	15334	M	00:53:52	00:52:31	05:16	00:25:59	
3130	António Manuel Matos Cavilhas Alves Da COSTA	3351	M	00:53:53	00:50:58	05:06	00:25:16	
3131	Álvaro GARCÍA RECUERO	3846	M	00:53:53	00:51:02	05:07	00:26:12	
3132	Carlos TOMÉ	6073	M	00:53:53	00:53:48	05:23	00:25:37	Clube Millennium BCP
3133	Ricardo SOUSA	8581	M	00:53:54	00:50:20	05:02	00:25:48	
3134	Pedro AGOSTINHO ROCHA	3696	M	00:53:54	00:51:05	05:07	00:25:44	
3135	Gisela BORGES	1309	F	00:53:54	00:51:48	05:11	00:26:11	
3136	Ricardo JERÓNIMO	6106	M	00:53:54	00:47:26	04:45	00:23:46	
3137	Joaquim PARREIRA	3271	M	00:53:54	00:52:06	05:13	00:24:59	
3138	Samuel Jorge Da Silva Barata PASSOS	11496	M	00:53:54	00:50:33	05:04	00:25:13	
3139	Kenneth BEST	9128	M	00:53:54	00:52:32	05:16		
3140	Nuno Miguel PEREIRA	1677	M	00:53:55	00:51:11	05:08	00:25:58	Clube Millennium BCP
3141	Bruno FREITAS	7626	M	00:53:55	00:49:13	04:56	00:24:49	
3142	José TRANCOSO	3143	M	00:53:55	00:50:46	05:05	00:25:03	
3143	Rui Manuel CARVALHO SANTOS	8899	M	00:53:55	00:51:34	05:10	00:26:18	
3144	Susana CORREIA	808	F	00:53:55	00:53:34	05:22	00:26:06	
3145	Paulo PAIS	8464	M	00:53:55	00:51:36	05:10	00:26:20	
3146	Ricardo HENRIQUES	10244	M	00:53:56	00:51:54	05:12	00:25:57	
3147	José Carlos DOS SANTOS MENDES	4808	M	00:53:56	00:49:51	05:00	00:25:55	
3148	Fernando SILVA	10750	M	00:53:56	00:52:26	05:15	00:25:34	
3149	Mario SOUSA	6413	M	00:53:56	00:50:59	05:06	00:25:53	G.R.D. Os Fixes
3150	Joao Carlos PINTO FREIRE	8900	M	00:53:56	00:52:33	05:16	00:26:04	
3151	Diogo CASTRO	3579	M	00:53:57	00:47:36	04:46	00:24:25	Sportlife
3152	Fernando AZEVEDO	7336	M	00:53:57	00:52:08	05:13	00:26:15	
3153	Antonio GOMES DE JESUS	4168	M	00:53:57	00:53:00	05:18	00:26:17	
3154	Carlos GONÇALVES	3252	M	00:53:57	00:53:30	05:21	00:26:14	
3155	João BRANCO	4788	M	00:53:57	00:53:31	05:22	00:23:55	
3156	Luciano ASSUNÇÃO	7758	M	00:53:58	00:52:44	05:17	00:26:09	
3157	António José Ruivo GRILO	9120	M	00:53:58	00:50:34	05:04	00:25:46	
3158	Isabel Margarida Pereira Robalo Ferreira GRILO	858	F	00:53:58	00:50:34	05:04	00:25:46	
3159	Carolina BRANDÃO	861	F	00:53:58	00:53:25	05:21	00:25:56	Associação de Moradores de Atibá
3160	Carlos NOVO	10682	M	00:53:58	00:52:41	05:17	00:26:00	
3161	Ricardo RIBEIRO	4105	M	00:53:59	00:50:42	05:05	00:24:43	
3162	Rui ALVES	7101	M	00:53:59	00:52:06	05:13	00:25:06	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3163	José BARROS	7170	M	00:53:59	00:53:41	05:23	00:27:21	
3164	Nuno Gonçalo FÉLIX	8963	M	00:53:59	00:53:07	05:19	00:26:08	
3165	Sérgio CORREIA	111	M	00:53:59	00:50:44	05:05	00:26:06	
3166	Stuart ROYLE	6536	M	00:53:59	00:49:29	04:57	00:24:17	St. Julians School
3167	Mário CALDEANO	4853	M	00:53:59	00:51:28	05:09	00:25:06	
3168	Mariana BRANQUINHO FONSECA	1471	F	00:54:00	00:49:20	04:56	00:24:20	
3169	Luis DIAS DA SILVA	9052	M	00:54:00	00:53:41	05:23	00:26:02	
3170	José ROSEIRO	8400	M	00:54:01	00:49:36	04:58	00:24:58	
3171	Miguel Angelo Rebelo VARGAS	8622	M	00:54:01	00:47:33	04:46	00:24:08	
3172	Maria Catarina LADEIRA	1526	F	00:54:01	00:52:50	05:17	00:25:58	
3173	Paulo Jorge AH QUIN	15251	M	00:54:01	00:53:27	05:21	00:25:13	
3174	Tiago TORRE	7202	M	00:54:02	00:48:22	04:51	00:22:59	
3175	Ricardo SILVA	4777	M	00:54:02	00:48:12	04:50	00:24:25	
3176	João Paulo D. CAETANO	7199	M	00:54:03	00:53:04	05:19	00:29:18	
3177	Antonio BARREIROS	4297	M	00:54:03	00:52:27	05:15	00:25:25	
3178	Joaquim José RODRIGUES DOS SANTOS	6925	M	00:54:03	00:52:35	05:16	00:25:39	
3179	António Jorge MORGADO	10273	M	00:54:03	00:52:51	05:18	00:25:50	
3180	Alexandre ESPIRITO SANTO	10465	M	00:54:03	00:49:52	05:00	00:25:07	
3181	Hugo PINTO	7415	M	00:54:03	00:52:46	05:17	00:28:17	
3182	Pedro CAETANO	8297	M	00:54:04	00:49:40	04:58	00:26:09	
3183	Sandra SILVA	964	F	00:54:04	00:53:21	05:21	00:25:42	Pepsico Portugal
3184	Mário MARQUES DA CRUZ DIAS	3894	M	00:54:04	00:51:30	05:09	00:25:57	
3185	João Paulo CUNHA FERREIRA	10533	M	00:54:04	00:52:32	05:16	00:27:08	
3186	Luis SILVA	8496	M	00:54:04	00:53:46	05:23	00:25:38	
3187	Jose Antonio MACHADO BAIXINHO	4237	M	00:54:05	00:51:47	05:11	00:25:24	
3188	Angela MENDES	970	F	00:54:05	00:52:35	05:16	00:26:40	ACP - Atletismo Clube de Portalegre
3189	José REIS	10056	M	00:54:05	00:52:34	05:16	00:26:38	ACP - Atletismo Clube de Portalegre
3190	Carlos RIBEIRO	3459	M	00:54:05	00:53:08	05:19	00:25:52	
3191	Telmo MACARRÃO	6743	M	00:54:05	00:54:05	05:25	00:27:54	Grupo Desportivo e Cultural Porto de Sines
3192	Inês PEREIRA	5509	F	00:54:05	00:52:16	05:14	00:25:53	
3193	Paulo SANTOS	117	M	00:54:05	00:51:00	05:06	00:24:05	
3194	Miguel FERREIRA	10544	M	00:54:06	00:52:47	05:17	00:25:47	
3195	Vilma M. Pessanha BENTO	1352	F	00:54:06	00:52:10	05:13	00:26:35	
3196	João Paulo PRIOLE	390	M	00:54:06	00:50:28	05:03	00:24:54	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3197	Hugo PRATAS	6488	M	00:54:06	00:51:15	05:08	00:25:21	C.C.D. EFACEC
3198	Hugo FALCÃO	3816	M	00:54:07	00:52:03	05:13	00:25:44	
3199	João Pedro Sá Nogueira Ferreira FERNANDES	7862	M	00:54:07	00:51:33	05:10	00:25:44	
3200	Miguel AMARAL	7785	M	00:54:07	00:52:02	05:13	00:25:43	
3201	Pedro LUCAS	9062	M	00:54:07	00:51:38	05:10	00:26:11	
3202	Ricardo LOPES	4739	M	00:54:07	00:49:42	04:59	00:24:51	
3203	Filipe Miguel SANTOS	8616	M	00:54:07	00:51:18	05:08	00:26:14	
3204	Ricardo MARTINS	3426	M	00:54:07	00:53:05	05:19	00:26:58	
3205	Ana Cristina GUERREIRO	610	F	00:54:07	00:51:33	05:10	00:26:10	
3206	António VEIGA	6351	M	00:54:07	00:53:31	05:22	00:26:54	G.R.D. Ribeira da Lage
3207	Rui DIAS	6506	M	00:54:07	00:51:54	05:12	00:25:43	Serviços Sociais Montepio Geral
3208	Pedro FERREIRA	3094	M	00:54:08	00:51:24	05:09	00:25:20	
3209	Diogo POPPE	8124	M	00:54:08	00:47:48	04:47	00:24:25	
3210	Artur NOBRE VICENTE	10331	M	00:54:08	00:52:17	05:14	00:25:13	
3211	José ESPINHEIRO GOMES	2513	M	00:54:08	00:52:45	05:17	00:25:47	Oeiras Sport Club
3212	Andre LEITE	7218	M	00:54:09	00:52:45	05:17	00:26:02	
3213	Rodrigo HENRIQUES LAGOA	8160	M	00:54:09	00:49:07	04:55	00:25:27	
3214	Miguel SOUSA MACHADO	10265	M	00:54:09	00:53:46	05:23	00:25:22	
3215	António MONTEIRO	4789	M	00:54:10	00:53:39	05:22	00:25:31	
3216	Pedro VIEIRA	15102	M	00:54:10	00:52:40	05:16	00:26:43	Gabinete de Fisioterapia no Desporto
3217	Joao GOMES	10156	M	00:54:10	00:48:16	04:50	00:24:15	
3218	Nuno C. R. GONÇALVES	3902	M	00:54:10	00:52:07	05:13	00:25:47	
3219	Fernando FERNANDES	7068	M	00:54:10	00:48:23	04:51	00:24:30	
3220	António SERRANO	7493	M	00:54:10	00:50:08	05:01	00:25:48	
3221	Júlio ROBALO	8053	M	00:54:11	00:52:33	05:16	00:26:26	Grupo Desportivo do INE
3222	Sérgia NARCISO	1498	F	00:54:11	00:52:51	05:18	00:25:48	
3223	Vitor VAZ	8323	M	00:54:11	00:51:52	05:12	00:25:35	
3224	Luis MAIA	7803	M	00:54:11	00:54:11	05:26	00:28:43	
3225	Joaquim SOBRAL	61	M	00:54:12	00:53:46	05:23	00:26:41	
3226	Umbelina NUNES	37	F	00:54:12	00:53:46	05:23	00:26:41	
3227	Joao Pessoa De Amorim LIMA RAPOSO	8155	M	00:54:13	00:51:24	05:09	00:25:46	
3228	Rui FERREIRA	7184	M	00:54:13	00:51:28	05:09	00:25:33	
3229	Ricardo FERREIRA	2638	M	00:54:13	00:49:54	05:00	00:24:28	
3230	Luis TAVARES	7233	M	00:54:13	00:53:02	05:19	00:26:17	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3231	Rui VILÃO	2846	M	00:54:14	00:52:10	05:13	00:25:30	S. M. D. Caneças
3232	Ricardo NEGRINHO	4416	M	00:54:14	00:47:30	04:45	00:23:54	
3233	João RUIPIO	4183	M	00:54:14	00:49:37	04:58	00:25:38	
3234	Antonio LEITAO AMARO	2019	M	00:54:14	00:51:48	05:11	00:26:09	
3235	Rui LUIS	7266	M	00:54:14	00:51:27	05:09	00:25:47	
3236	Pedro Miguel MARTINS	8904	M	00:54:15	00:49:36	04:58	00:25:37	
3237	Rogério GRAÇA	7265	M	00:54:15	00:51:27	05:09	00:25:45	
3238	Antonio Henrique Ferreira Vaz NUNES	7447	M	00:54:15	00:52:29	05:15	00:26:16	
3239	Pedro PIRES	7784	M	00:54:15	00:52:43	05:17	00:25:37	
3240	Hélder RODRIGUES	11516	M	00:54:15	00:52:13	05:14	00:25:15	
3241	Jose LOPES	8255	M	00:54:15	00:51:51	05:12	00:26:24	
3242	Daniel Alexandre CAFÉ AZINHAGA	3206	M	00:54:16	00:52:20	05:14	00:26:14	
3243	Pedro BRAVO	3976	M	00:54:16	00:53:12	05:20	00:26:41	
3244	Agostinho DIAS	6791	M	00:54:17	00:52:19	05:14	00:25:36	Carapaus de Corrida
3245	Paulo HENRIQUES	7609	M	00:54:17	00:51:24	05:09	00:26:04	
3246	Anabela CABRITA DOMINGOS NEVES	1222	F	00:54:18	00:54:12	05:26	00:27:01	
3247	Paulo ALMEIDA	6112	M	00:54:18	00:52:48	05:17	00:25:51	Clube do Stress
3248	Catherine BRIGHT	9763	F	00:54:18	00:52:10	05:13	00:25:53	
3249	Antonio VALE	470	M	00:54:18	00:53:57	05:24	00:25:19	
3250	Francisco RODRIGUES	3928	M	00:54:18	00:52:16	05:14	00:25:03	
3251	Antonio NOGUEIRA	385	M	00:54:19	00:51:53	05:12	00:26:38	
3252	Mel NEWTON	15359	F	00:54:19	00:54:07	05:25	00:26:48	
3253	Artur GRAÇA	2197	M	00:54:19	00:50:01	05:01	00:25:22	Açoreana clube Banif
3254	Maria Celeste PEREIRA	1348	F	00:54:21	00:53:06	05:19	00:26:40	
3255	António FERREIRA	6181	M	00:54:21	00:53:30	05:21	00:26:58	Serviços Sociais da CGD
3256	Silvério José MARQUES OLIVEIRA RODRIGUES	2941	M	00:54:21	00:52:44	05:17	00:24:11	
3257	Manuel Vieira SIMÕES	7696	M	00:54:21	00:53:12	05:20	00:25:38	
3258	Pedro PINTO	3284	M	00:54:22	00:53:13	05:20	00:26:41	
3259	Miguel PINTO	6215	M	00:54:22	00:53:14	05:20	00:26:41	
3260	Vitor PENEDA	10342	M	00:54:22	00:53:13	05:20	00:26:40	
3261	António BASSO	10867	M	00:54:22	00:52:38	05:16	00:26:16	
3262	Sergio LIVRAGHI	2520	M	00:54:22	00:51:18	05:08	00:27:04	
3263	José GOMES	4696	M	00:54:22	00:51:53	05:12	00:27:24	
3264	Alberto ARAÚJO	2722	M	00:54:23	00:51:52	05:12	00:25:07	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3265	Pedro Miguel T. CORREIA	3016	M	00:54:23	00:53:53	05:24	00:26:33	
3266	Carlos FERREIRA	7498	M	00:54:23	00:53:29	05:21	00:26:07	
3267	Luis TAVARES	3010	M	00:54:23	00:51:55	05:12	00:26:09	
3268	David AMORIM	3771	M	00:54:23	00:51:07	05:07	00:26:11	
3269	Joana PINTO	787	F	00:54:24	00:53:06	05:19	00:24:54	Clube Académico de Penafirme
3270	Fernando GUERREIRO	3092	M	00:54:24	00:53:06	05:19	00:25:24	
3271	José SOUSA	15259	M	00:54:24	00:53:15	05:20	00:25:51	BP Portugal
3272	Jorge LEMOS	4379	M	00:54:24	00:54:07	05:25	00:26:29	
3273	João LEAL	10626	M	00:54:25	00:49:51	05:00	00:24:49	
3274	Francisco GALVÃO	8422	M	00:54:25	00:51:28	05:09	00:25:33	
3275	Vitor Manuel PEREIRA JUDICIBUS	7205	M	00:54:25	00:52:09	05:13	00:27:27	
3276	Paulo CALADO	4715	M	00:54:26	00:50:26	05:03	00:25:15	
3277	Augusto PORTUGAL	4780	M	00:54:26	00:48:34	04:52	00:25:26	
3278	Ricardo PIRES	8374	M	00:54:26	00:51:08	05:07	00:25:49	
3279	Filipe Miguel Damião RODRIGUES	3752	M	00:54:26	00:52:01	05:13	00:26:02	
3280	Rodrigo ALMEIDA	298	M	00:54:27	00:50:37	05:04	00:26:40	
3281	Antonio Jose Roxo COELHO	10385	M	00:54:28	00:52:04	05:13	00:25:33	
3282	Ricardo MARTINS	3004	M	00:54:28	00:53:20	05:20	00:25:33	
3283	Miguel COELHO	6675	M	00:54:29	00:54:24	05:27	00:26:29	
3284	Rui ARAUJO	3429	M	00:54:29	00:51:21	05:09	00:25:39	
3285	Vitor SANTOS	6807	M	00:54:29	00:52:32	05:16	00:25:44	Carapaus de Corrida
3286	Luís BARBOSA	4243	M	00:54:29	00:51:18	05:08	00:25:49	
3287	Manuel Jose RIBEIRO	5875	M	00:54:29	00:53:13	05:20	00:26:22	
3288	José LINO	5987	M	00:54:30	00:53:48	05:23	00:26:47	G.R.D. Ribeira da Lage
3289	Ricardo CUNHA	7312	M	00:54:30	00:48:31	04:52	00:24:09	
3290	Gonçalo Nuno SILVA	2838	M	00:54:30	00:49:51	05:00	00:25:14	Lisboa Racket Centre
3291	Jorge Miguel Lemos COSTA	8401	M	00:54:30	00:51:56	05:12	00:26:06	
3292	António PEREIRA	6418	M	00:54:30	00:54:13	05:26	00:27:13	Grupo Desportivo Santander Totta
3293	Alexandre MARQUES PEREIRA	4555	M	00:54:30	00:53:12	05:20	00:26:41	
3294	Cecilia NICOLAU	1049	F	00:54:31	00:53:42	05:23	00:27:33	Associação Atletismo Lebres do Sado
3295	Gonçalo NETO	2397	M	00:54:31	00:54:13	05:26	00:28:04	Associação Atletismo Lebres do Sado
3296	António CARTRO	6370	M	00:54:31	00:54:13	05:26	00:28:04	Grupo Desportivo Santander Totta
3297	José AMARAL	4771	M	00:54:31	00:52:07	05:13	00:25:41	
3298	Sérgio Manuel COIMBRA	8412	M	00:54:32	00:54:05	05:25	00:26:08	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3299	Maria Adelaide SANTOS	11523	F	00:54:32	00:52:36	05:16	00:26:34	
3300	Andreia Ponte PONTE	4975	F	00:54:32	00:52:39	05:16	00:26:05	
3301	Amândio Ricardo BESTEIRO	6935	M	00:54:32	00:53:30	05:21	00:26:55	
3302	Diogo CASTELO BRANCO	1971	M	00:54:33	00:46:46	04:41	00:22:53	Clube do Stress
3303	Manuel MACHADO	6524	M	00:54:33	00:53:22	05:21	00:25:56	Grupo Recreativo Cultural Desportivo Leião
3304	Nina ROTHANS	1617	F	00:54:33	00:54:10	05:25	00:26:26	
3305	Rui MOREIRA	2045	M	00:54:33	00:53:22	05:21	00:25:57	Grupo Recreativo Cultural Desportivo Leião
3306	Carlos SALGUEIRO	3679	M	00:54:33	00:54:33	05:28	00:27:00	
3307	André ALDEIA	455	M	00:54:34	00:51:13	05:08	00:25:54	
3308	Diogo LOPES	10801	M	00:54:34	00:50:03	05:01	00:25:03	
3309	Elisabete BARREIRAS	985	F	00:54:34	00:53:25	05:21	00:25:59	Grupo Recreativo Cultural Desportivo Leião
3310	Vitor Manuel Antunes MARTINS	4556	M	00:54:34	00:51:43	05:11	00:25:53	
3311	Helder António Ribeiro SILVA	7181	M	00:54:35	00:54:16	05:26	00:26:39	
3312	Octávio OLIVEIRA	244	M	00:54:35	00:50:12	05:02	00:25:53	
3313	Francisco LOPES DO REGO	443	M	00:54:35	00:51:59	05:12	00:25:33	
3314	Daniele SILVA	15078	M	00:54:35	00:52:52	05:18	00:25:58	Gabinete de Fisioterapia no Desporto
3315	Tiago CARDAO-PITO	8287	M	00:54:35	00:53:14	05:20	00:25:57	
3316	Miguel MACHADO	7432	M	00:54:36	00:54:36	05:28	00:28:04	
3317	Daniel DIAS	2961	M	00:54:36	00:54:36	05:28	00:27:17	
3318	Pedro SANGREMAN PROENÇA	3334	M	00:54:36	00:53:05	05:19	00:26:53	
3319	Antonio Jose Dias NORTE	9148	M	00:54:36	00:53:04	05:19	00:26:52	
3320	Carlos MOREIRA	3322	M	00:54:36	00:53:05	05:19	00:25:29	
3321	Cintia Catarina LOPES	1117	F	00:54:37	00:51:35	05:10	00:25:56	
3322	Amílcar ROMÃO	6765	M	00:54:37	00:53:23	05:21	00:26:28	Grupo Desp. Rec. S. Francisco da Serra
3323	Rui GODINHO	6095	M	00:54:37	00:52:04	05:13	00:27:20	Açoreana clube Banif
3324	João Miguel ALMEIDA E PAIVA	2897	M	00:54:37	00:51:55	05:12	00:26:21	
3325	Henrique CABACEIRA	8454	M	00:54:37	00:53:55	05:24	00:25:21	
3326	André Lopes NUNES	3037	M	00:54:37	00:51:57	05:12	00:26:52	
3327	João PINTO	10795	M	00:54:38	00:52:26	05:15	00:25:27	
3328	João SANTOS	6713	M	00:54:38	00:51:55	05:12	00:25:51	Grupo Desportivo e Cultural Porto de Sines
3329	João SEZEDELO	1886	M	00:54:38	00:52:04	05:13	00:27:20	Açoreana clube Banif
3330	José FERREIRA CAETANO	3059	M	00:54:38	00:50:22	05:03	00:25:46	
3331	Nuno A. PEDRINHO MARTINS	7542	M	00:54:38	00:52:07	05:13	00:26:47	
3332	Paulo Luis Teixeira RIOS	3999	M	00:54:38	00:51:51	05:12	00:25:54	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3333	Joaquim FERREIRA	7047	M	00:54:38	00:51:06	05:07	00:25:54	
3334	Duarte CABETE	9143	M	00:54:38	00:52:06	05:13	00:25:49	
3335	Paulo Alexandre MEDEIROS	8158	M	00:54:39	00:52:36	05:16	00:25:20	
3336	Domingos BARREIROS	3348	M	00:54:39	00:53:10	05:19	00:26:44	
3337	Nuno LOPES	4025	M	00:54:39	00:52:13	05:14	00:25:49	
3338	Luis Miguel SOUSA ROCHA	3575	M	00:54:39	00:51:56	05:12	00:25:17	
3339	Pedro CAETANO	7548	M	00:54:40	00:53:20	05:20	00:26:38	
3340	Bruno SANTOS	10733	M	00:54:40	00:51:19	05:08	00:25:39	
3341	Alberto Nuno SANTOS	3655	M	00:54:40	00:52:15	05:14	00:26:21	
3342	Manuel Gois REBOLO	2981	M	00:54:40	00:53:36	05:22	00:25:30	
3343	António TAVARES	7357	M	00:54:41	00:52:42	05:17	00:26:43	
3344	Duarte GONCALVES	6985	M	00:54:41	00:52:37	05:16	00:26:55	
3345	Celso GOMES	4717	M	00:54:41	00:53:16	05:20	00:25:52	
3346	Mário BAIRRADA	5070	M	00:54:41	00:53:15	05:20	00:25:21	
3347	José Abel OLIVEIRA	6481	M	00:54:41	00:53:19	05:20	00:26:32	Grupo Desportivo Cimpor
3348	Daniel ZEFERINO	3114	M	00:54:41	00:52:42	05:17	00:26:43	
3349	Pedro Miguel FIGUEIRA	7011	M	00:54:41	00:48:16	04:50	00:24:25	
3350	Vitor Manuel FERREIRA	6241	M	00:54:41	00:53:21	05:21	00:26:01	
3351	Fernando BAETA	15265	M	00:54:41	00:53:18	05:20	00:25:55	Construténis de Fernando Ralheta
3352	Paulo LOPES	4579	M	00:54:42	00:49:24	04:57	00:25:24	
3353	José Manuel COSTA	113	M	00:54:42	00:49:36	04:58	00:24:58	
3354	João SANTANA	9053	M	00:54:42	00:51:53	05:12	00:26:09	
3355	Luís Filipe DE SÁ TAVARES	7038	M	00:54:43	00:54:11	05:26	00:26:31	
3356	João OLIVEIRA COSTA	4262	M	00:54:43	00:49:31	04:58	00:24:29	
3357	Gonçalo LAGE	7837	M	00:54:44	00:49:18	04:56	00:24:29	
3358	Junior SANCHEZ	10377	M	00:54:44	00:53:41	05:23	00:26:27	
3359	Pedro Maria Montes ALVES DE CASTRO	7206	M	00:54:45	00:50:42	05:05	00:25:22	
3360	Catarina NETO	1429	F	00:54:45	00:52:46	05:17	00:26:04	
3361	Gonçalo DAVID	2986	M	00:54:45	00:53:03	05:19	00:26:18	
3362	José FLORÊNCIO	2839	M	00:54:45	00:54:38	05:28	00:27:50	
3363	João Carlos BAPTISTA FERNANDES	8457	M	00:54:45	00:51:57	05:12	00:25:32	
3364	Ricardo COSTA	3814	M	00:54:45	00:52:02	05:13	00:26:00	
3365	Margarida BEATO	842	F	00:54:46	00:54:27	05:27	00:27:15	Associação de Moradores de Atibá
3366	Jorge FERREIRA	7875	M	00:54:46	00:54:26	05:27	00:27:29	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3367	Miguel SILVA	4634	M	00:54:46	00:48:55	04:54	00:25:27	
3368	João Nuno Veríssimo Silva FRANCO	2123	M	00:54:47	00:52:44	05:17	00:25:49	
3369	Luis VIROTE	8860	M	00:54:47	00:47:57	04:48	00:24:00	
3370	André ABREU	4852	M	00:54:47	00:54:12	05:26	00:24:38	
3371	Rodrigo SILVA	3649	M	00:54:47	00:50:56	05:06	00:26:03	
3372	Filipe LOUREIRO	7957	M	00:54:47	00:53:32	05:22	00:26:16	
3373	Rui GONÇALVES	7998	M	00:54:47	00:50:58	05:06	00:25:22	
3374	Henrique VALADAS	3379	M	00:54:47	00:52:07	05:13	00:26:12	
3375	Miguel REIS	9992	M	00:54:48	00:53:22	05:21	00:25:49	Serviços Sociais da CGD
3376	Jorge NUNES	1986	M	00:54:48	00:52:17	05:14	00:26:17	
3377	Joaquim Maria GUERREIRO SANTOS	7375	M	00:54:48	00:52:21	05:15	00:25:54	
3378	Jose Filipe Ribeiro RIBEIRO	4021	M	00:54:48	00:49:50	04:59	00:25:23	
3379	Pedro CASTRO	11276	M	00:54:48	00:51:41	05:11	00:25:46	
3380	Luis PRAZERES	7438	M	00:54:48	00:50:39	05:04	00:25:50	
3381	Michael WENNBERG	8230	M	00:54:49	00:54:36	05:28	00:27:14	
3382	José RAMALHO	2058	M	00:54:49	00:54:13	05:26	00:26:58	ACP - Atletismo Clube de Portalegre
3383	Francisco CASTRO SOUSA	4810	M	00:54:49	00:51:52	05:12	00:26:27	
3384	Vitor GONCALVES	10285	M	00:54:49	00:52:46	05:17	00:26:56	
3385	Paulo AMARAL	7169	M	00:54:50	00:49:34	04:58	00:26:17	
3386	Fernanda GIL	596	F	00:54:50	00:54:06	05:25	00:26:24	C. R. Leões de Porto Salvo
3387	Hugo ROSADO	6908	M	00:54:50	00:52:05	05:13	00:26:18	
3388	Manuel Augusto FONTES COELHO	6907	M	00:54:50	00:52:06	05:13	00:26:19	
3389	François PEREIRA	2717	M	00:54:50	00:53:15	05:20	00:27:12	
3390	Veronica PESTANA	9723	F	00:54:50	00:52:07	05:13	00:26:01	
3391	Miguel LOPES	2612	M	00:54:50	00:54:28	05:27	00:26:36	
3392	Miguel ALMEIDA	4289	M	00:54:51	00:54:25	05:27	00:25:36	
3393	Maria LUIS	11257	F	00:54:51	00:52:22	05:15	00:26:05	
3394	André Alexandre RUIVO	3868	M	00:54:51	00:53:27	05:21	00:26:45	
3395	Carlos Lamy Bandeira LAMY BANDEIRA	85	M	00:54:51	00:53:24	05:21	00:26:59	
3396	Fernando LOURENÇO	6829	M	00:54:51	00:53:35	05:22	00:26:29	Bom Petisco
3397	Sónia Manuela PEREIRA	1592	F	00:54:51	00:54:51	05:30	00:27:50	
3398	Fernando Andre SILVA	7853	M	00:54:52	00:52:08	05:13	00:26:01	
3399	Filipe AMARAL	3876	M	00:54:52	00:54:33	05:28	00:26:20	
3400	C NOBREGA	10176	M	00:54:52	00:53:45	05:23	00:26:21	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3401	César António RAIMUNDO RIBEIRO	4172	M	00:54:53	00:51:45	05:11	00:26:49	
3402	Fernando MENDES	8557	M	00:54:54	00:51:46	05:11	00:26:50	
3403	Luís Miguel Ribeiro LOPES	2086	M	00:54:54	00:52:05	05:13	00:25:37	
3404	Nicholas Peter HEATON	7021	M	00:54:54	00:51:52	05:12	00:26:45	
3405	Jose Eduardo FREITAS FERRAZ	2191	M	00:54:54	00:50:01	05:01	00:25:04	
3406	Rui MARGARIDO	8611	M	00:54:55	00:49:43	04:59	00:25:20	
3407	Filipa VAZ PINTO	5109	F	00:54:55	00:52:25	05:15	00:26:29	
3408	Bruno Ribeiro LOPES PINTO	9105	M	00:54:56	00:54:35	05:28	00:26:41	
3409	Rudolfo BENTO	9204	M	00:54:56	00:52:22	05:15	00:25:55	
3410	António SANTOS	1926	M	00:54:56	00:54:20	05:26	00:26:37	G.R.D. Ribeira da Lage
3411	Adriano GOMINHO	7457	M	00:54:56	00:48:47	04:53	00:25:06	
3412	Fernando CARRILHO	7547	M	00:54:56	00:53:37	05:22	00:26:40	
3413	João Luís Fagueiro Machado LOURENÇO	7358	M	00:54:57	00:52:56	05:18	00:25:56	
3414	Henrique Portela GUEDES	6088	M	00:54:57	00:54:51	05:30	00:26:49	
3415	Gil ENSINAS	8064	M	00:54:57	00:50:07	05:01	00:25:17	
3416	Dennis TEIXEIRA	2451	M	00:54:57	00:53:27	05:21	00:26:09	HP Portugal Clube
3417	Nuno CATARRO	6260	M	00:54:57	00:49:45	04:59	00:25:19	
3418	Ricardo FERREIRA	2906	M	00:54:57	00:53:45	05:23	00:25:32	
3419	Alexandra SARAIVA HORTA	5588	F	00:54:57	00:54:03	05:25	00:26:53	
3420	Pedro RUA	10792	M	00:54:58	00:52:29	05:15	00:25:52	
3421	Mário Rui ROMÃO	6074	M	00:54:58	00:50:48	05:05	00:25:19	Clube Millennium BCP
3422	Rui MARQUES	7845	M	00:54:58	00:51:53	05:12	00:26:17	
3423	António DIAS	3343	M	00:54:58	00:52:39	05:16	00:26:30	
3424	Luis ALMEIDA	15256	M	00:54:58	00:52:01	05:13	00:25:49	C.Comunitário de Linda-a-Velha
3425	Nuno Manuel Franco ALVES	1984	M	00:54:58	00:53:59	05:24	00:26:31	
3426	João SANTOS	6105	M	00:54:58	00:50:43	05:05	00:25:26	Açoreana clube Banif
3427	Sérgio MÓNICA	10713	M	00:54:59	00:50:41	05:05	00:25:40	
3428	Pedro Miguel FERNANDES	8905	M	00:54:59	00:53:11	05:20	00:26:13	
3429	Sérgio Pereira ANJOS	1662	M	00:54:59	00:51:37	05:10	00:26:08	Clube Millennium BCP
3430	Ana Paula Cadete Marcelino DUARTE	1295	F	00:54:59	00:51:03	05:07	00:25:59	
3431	Pedro Manuel FONTES	9121	M	00:55:00	00:52:00	05:12	00:26:45	
3432	Rui RAMALHAL	1843	M	00:55:00	00:48:54	04:54	00:24:30	Clube do Stress
3433	Patricia Isabel DUARTE VIEIRA	648	F	00:55:00	00:50:22	05:03	00:25:31	
3434	Carlos Luis NITA	7159	M	00:55:00	00:52:17	05:14	00:25:20	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3435	Tiago OLIVEIRA	7840	M	00:55:01	00:52:28	05:15	00:27:17	
3436	Helder COELHO	4721	M	00:55:01	00:50:31	05:04	00:25:22	
3437	Leila SUZMAN	9795	F	00:55:01	00:52:13	05:14	00:25:55	
3438	David AFONSO	10627	M	00:55:01	00:51:47	05:11	00:26:02	
3439	Carlos Alberto DUARTE	9842	M	00:55:01	00:54:19	05:26	00:26:01	
3440	Pedro LIMA ALEXANDRE	394	M	00:55:01	00:50:40	05:04	00:26:30	
3441	Francisco RAMOS	2004	M	00:55:02	00:52:45	05:17	00:25:55	
3442	Rui RAPOSO	3524	M	00:55:02	00:52:17	05:14	00:26:39	
3443	Jose Carlos ALMEIDA	3967	M	00:55:02	00:54:16	05:26	00:25:49	
3444	Andre PEDRO	2730	M	00:55:02	00:51:01	05:07	00:25:57	
3445	Rui COUTINHO	4356	M	00:55:02	00:51:56	05:12	00:27:05	
3446	Catarina COSTA	1183	F	00:55:03	00:52:34	05:16	00:26:09	
3447	Nelson LOPES	442	M	00:55:03	00:51:51	05:12	00:26:19	
3448	Pedro Miguel DE ALMEIDA E PAIVA	6811	M	00:55:04	00:52:23	05:15	00:25:49	
3449	Nuno PIRES	2602	M	00:55:05	00:52:44	05:17	00:26:23	
3450	Marco GLUCINI	8085	M	00:55:05	00:52:15	05:14	00:27:23	
3451	Daniel VINHAIS	8467	M	00:55:06	00:52:35	05:16	00:25:47	
3452	Hugo TEIXEIRA DA SILVA	3813	M	00:55:06	00:52:20	05:14	00:27:02	
3453	Mário Botas CAMPOS	1663	M	00:55:06	00:51:32	05:10	00:25:59	Clube Millennium BCP
3454	Paulo Manuel TEIXEIRA	3259	M	00:55:06	00:52:03	05:13	00:26:04	
3455	José CARREIRAS	515	M	00:55:06	00:49:46	04:59	00:24:41	
3456	Rui GRIJO	1786	M	00:55:06	00:48:16	04:50	00:24:44	Clube do Stress
3457	Sandro REIS	11173	M	00:55:07	00:52:16	05:14	00:26:33	
3458	Pedro BAÇÃO	7333	M	00:55:07	00:48:58	04:54	00:25:15	
3459	Sandra RAPOSINHO	5164	F	00:55:07	00:54:34	05:28	00:27:18	
3460	Manuel Pereira NOBRE	4173	M	00:55:08	00:52:30	05:15	00:26:52	
3461	Nuno RITO	3240	M	00:55:08	00:51:25	05:09	00:25:48	
3462	Mara ARAÚJO	945	F	00:55:08	00:55:01	05:31	00:26:51	CCD Sintrense
3463	José AMARO	10981	M	00:55:08	00:54:14	05:26	00:26:42	
3464	Nuno PASCOAL	9823	M	00:55:10	00:48:37	04:52	00:25:11	
3465	João Manuel FALÉ CARVALHO PEREIRA ÂNGELO NOBRE	4435	M	00:55:10	00:52:32	05:16	00:26:52	
3466	Catarina PEREIRA	9543	F	00:55:10	00:53:57	05:24	00:27:13	Grupo Desportivo Roche
3467	Alexandre GASPAS	6795	M	00:55:10	00:55:06	05:31	00:26:42	Maratona Clube de Portugal
3468	Ricardo MATOS	8033	M	00:55:11	00:52:29	05:15	00:26:04	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3469	Domingos FARINHO	4412	M	00:55:11	00:52:44	05:17	00:26:08	
3470	Frederico Ferreira COELHO	7024	M	00:55:12	00:52:09	05:13	00:26:38	
3471	Renato CARVALHO	8425	M	00:55:12	00:50:25	05:03	00:24:34	
3472	Lurdes COSTA	9750	F	00:55:12	00:54:17	05:26	00:26:37	
3473	Marco RENZI	3896	M	00:55:12	00:52:23	05:15	00:26:32	
3474	Daniel Makadi ESTILO	170	M	00:55:12	00:54:16	05:26	00:25:15	
3475	Pedro Paulo CASTRO	3786	M	00:55:13	00:53:43	05:23	00:26:51	
3476	Kavanagh JOHN	7764	M	00:55:13	00:52:22	05:15	00:25:51	
3477	Hugo CARVALHO	4767	M	00:55:13	00:51:32	05:10	00:25:46	
3478	Tiago ALDEIA	3864	M	00:55:14	00:51:55	05:12	00:25:57	
3479	João Miguel Mendes CAROÇO	4656	M	00:55:14	00:52:42	05:17	00:27:18	
3480	Nuno CORDEIRO	6774	M	00:55:14	00:54:40	05:28	00:27:02	Companheiros da Mata Escaroupim
3481	João TORRES	7050	M	00:55:14	00:49:45	04:59	00:24:21	
3482	Paulo ALPALHÃO	4008	M	00:55:15	00:51:41	05:11	00:26:10	
3483	Luís GUERREIRO	308	M	00:55:15	00:54:22	05:27	00:26:12	HP Portugal Clube
3484	Telmo Jorge BENTO FRAGUEIRA	4045	M	00:55:15	00:51:42	05:11	00:26:10	
3485	Otilio MONTEIRO	10116	M	00:55:15	00:54:40	05:28	00:27:01	Companheiros da Mata Escaroupim
3486	Ivo FERREIRA	8003	M	00:55:15	00:51:25	05:09	00:24:33	
3487	Rui CORDEIRO	6768	M	00:55:15	00:54:41	05:29	00:27:01	Companheiros da Mata Escaroupim
3488	António GAMEIRO	6754	M	00:55:15	00:54:40	05:28	00:26:59	Companheiros da Mata Escaroupim
3489	Filipe Ribeiro FIGUEIREDO	7946	M	00:55:15	00:52:56	05:18	00:26:21	
3490	Filipe DUARTE	10100	M	00:55:16	00:54:06	05:25	00:27:31	Clube Académico de Penafirme
3491	Hugo VELOSA	7410	M	00:55:16	00:52:26	05:15	00:25:19	
3492	Joao LOBO	6227	M	00:55:16	00:54:07	05:25	00:26:23	
3493	Paulo Alexandre MARQUES	2014	M	00:55:16	00:53:07	05:19	00:26:51	
3494	Nuno Miguel Tavares RODRIGUES	2010	M	00:55:16	00:53:08	05:19	00:26:49	
3495	Luis PEREIRA	4011	M	00:55:17	00:50:51	05:06	00:25:09	
3496	António DUARTE	8148	M	00:55:17	00:55:17	05:32		
3497	Joaquim VENÂNCIO	4590	M	00:55:17	00:54:18	05:26	00:26:24	
3498	João HERNANI	10833	M	00:55:18	00:54:17	05:26	00:26:23	
3499	Gina MARTINS	5773	F	00:55:18	00:53:35	05:22	00:26:54	
3500	Bruno Ricardo De Brito SUBTIL	9451	M	00:55:18	00:52:24	05:15	00:26:08	
3501	Pedro Miguel DIAS	8646	M	00:55:18	00:54:00	05:24	00:25:40	
3502	Rui Miguel DA CRUZ GONÇALVES	4746	M	00:55:18	00:51:13	05:08	00:26:10	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3503	Inês Morgado Kruss AFFLALO	1241	F	00:55:18	00:54:59	05:30	00:27:38	
3504	Manuel GOMES	7509	M	00:55:19	00:52:51	05:18	00:26:53	
3505	Luis Miguel OLIVEIRA MARTINS	10140	M	00:55:19	00:54:26	05:27	00:25:56	
3506	João Miguel ESTIVEIRA	7502	M	00:55:19	00:53:10	05:19	00:25:29	
3507	Daniel DIAS	7647	M	00:55:19	00:54:21	05:27	00:26:00	
3508	Ricardo Duarte VERISSIMO	7635	M	00:55:19	00:54:22	05:27	00:26:02	
3509	Ana Isabel ALMEIDA	1468	F	00:55:20	00:51:11	05:08	00:25:52	
3510	Bruno PECHIRRA	4311	M	00:55:20	00:53:51	05:24	00:25:57	
3511	Isabel SILVA PEDRO	709	F	00:55:20	00:53:02	05:19	00:26:05	
3512	Vitor Jorge Costa MARQUES	4693	M	00:55:20	00:52:30	05:15	00:26:27	
3513	Francisco JESUS AFONSO	6218	M	00:55:20	00:54:10	05:25	00:26:26	
3514	Alexandre BATISTA	363	M	00:55:20	00:54:07	05:25	00:26:47	
3515	João SALAZAR	3567	M	00:55:20	00:53:17	05:20	00:25:55	
3516	José Joaquim Pinheiro MARTINS	7143	M	00:55:20	00:53:32	05:22	00:26:25	
3517	Carla ANDRÉ	984	F	00:55:21	00:54:41	05:29	00:26:34	Grupo Recreativo Cultural Desportivo Leião
3518	Paulo BARBEIRO	15239	M	00:55:21	00:53:48	05:23	00:27:52	Amigos Vale do Silêncio
3519	Daniel MAMEDE BRUNO VENTURA ANDRÉ	8249	M	00:55:21	00:53:29	05:21	00:25:50	
3520	Rui Manuel Pires DIAS	7558	M	00:55:21	00:53:39	05:22	00:25:53	
3521	Sérgio DA SILVA PINTO	4100	M	00:55:22	00:53:38	05:22	00:27:49	
3522	Nuno SILVA	3221	M	00:55:22	00:55:12	05:32	00:25:26	
3523	Rafael Augusto MOREIRA DE ALMEIDA	7085	M	00:55:22	00:53:39	05:22	00:27:49	
3524	Rui PARENTE	3268	M	00:55:22	00:49:42	04:59	00:24:54	
3525	Luis Carlos FERNANDES ALMEIDA	10217	M	00:55:22	00:53:05	05:19	00:26:04	
3526	Margarida BRITES	5708	F	00:55:23	00:53:25	05:21	00:26:55	
3527	Décio MESQUITA	90	M	00:55:23	00:53:42	05:23	00:27:47	
3528	Paulo CARRETEIRO	15064	M	00:55:24	00:54:22	05:27	00:26:17	Clube Grupo Desportivo BES
3529	Joao Ricardo DIAS	3099	M	00:55:24	00:50:39	05:04	00:24:47	
3530	Paulo ROXO	8437	M	00:55:24	00:54:12	05:26	00:26:21	
3531	Tércio Miguel MENDES ÁVILA	9863	M	00:55:24	00:52:59	05:18	00:26:26	
3532	Artur CARVALHO	6903	M	00:55:24	00:51:55	05:12	00:25:56	
3533	Paulo LEAL	6398	M	00:55:24	00:53:38	05:22	00:26:56	Grupo Desportivo Roche
3534	Maria Gabriela QUARESMA	15036	F	00:55:24	00:55:03	05:31	00:26:09	Linda-a-Pastora Sporting Clube
3535	Christina DECASTRO	1555	F	00:55:25	00:53:39	05:22	00:26:57	
3536	Miguel CAPELA	8274	M	00:55:25	00:49:46	04:59	00:25:29	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3537	Pedro LOUREIRO	212	M	00:55:25	00:53:36	05:22	00:27:19	Grupo Desportivo Roche
3538	Carla Alexandra LOPES	781	F	00:55:25	00:52:48	05:17	00:26:23	Grupo Desportivo do INE
3539	Rodolfo MARTINS	4490	M	00:55:26	00:52:36	05:16	00:28:19	
3540	Ricardo ANTUNES	3121	M	00:55:26	00:55:26	05:33	00:27:47	
3541	Soren BISHOP	10622	M	00:55:26	00:54:43	05:29	00:26:19	
3542	Ricardo FONSECA	7329	M	00:55:26	00:52:48	05:17	00:27:02	
3543	António Manuel CANHAO SARAIVA	4068	M	00:55:27	00:48:51	04:54	00:26:04	
3544	Nuno CONTREIRAS	7442	M	00:55:27	00:51:02	05:07	00:26:38	
3545	António Carlos Fonseca PAULO	3389	M	00:55:27	00:55:22	05:33	00:27:07	
3546	Miguel MENDES	7151	M	00:55:27	00:51:03	05:07	00:26:38	
3547	Jose PATRÍCIO	103	M	00:55:27	00:52:06	05:13	00:26:35	
3548	Gabriel Valentim DOS SANTOS LÚCIO	4766	M	00:55:28	00:53:09	05:19	00:26:01	
3549	Paulo FREIRE	15096	M	00:55:28	00:55:02	05:31	00:27:15	Gabinete de Fisioterapia no Desporto
3550	António OLIVEIRA	4732	M	00:55:28	00:51:40	05:10	00:26:42	
3551	Andre ALMEIDA	1908	M	00:55:28	00:53:40	05:22	00:27:19	Grupo Desportivo Roche
3552	Jorge MIGUEL	8699	M	00:55:28	00:52:20	05:14	00:26:49	
3553	Bruno LEANDRO	9048	M	00:55:29	00:54:20	05:26	00:26:55	
3554	Bruno POLICARPO	1821	M	00:55:29	00:54:20	05:26	00:27:31	Clube Académico de Penafirme
3555	Hélder SANTINHOS	8049	M	00:55:29	00:49:24	04:57	00:24:49	
3556	Belmiro AGUIAR	580858	M	00:55:29	00:53:52	05:24	00:27:18	Clube Ferroviário de Portugal
3557	Bruno DOMINGOS	3830	M	00:55:29	00:50:16	05:02	00:26:14	
3558	Pedro PORFÍRIO	3757	M	00:55:29	00:53:14	05:20	00:29:14	
3559	Nuno SOUSA DIAS	4280	M	00:55:30	00:55:03	05:31	00:26:33	
3560	Carlos VARELA	8873	M	00:55:30	00:50:51	05:06	00:26:40	
3561	Pedro Alexandre Gomes FERREIRA	7289	M	00:55:30	00:49:54	05:00	00:26:07	
3562	Esmeraldo PEREIRA	1860	M	00:55:31	00:53:57	05:24	00:26:44	Serviços Sociais da CGD
3563	Anna HURLEBAUS	5201	F	00:55:31	00:55:03	05:31	00:26:20	Clube de Natação de Rio Maior
3564	Vitor Manuel MARQUES AGUILAR	3635	M	00:55:31	00:52:14	05:14	00:26:48	
3565	Carlos Miguel DURAES	3024	M	00:55:32	00:54:27	05:27	00:26:02	
3566	Bruno BARRAN	7140	M	00:55:32	00:52:24	05:15	00:25:50	
3567	Jorge Tito GONÇALVES	8505	M	00:55:32	00:49:46	04:59	00:24:50	
3568	Carlos ASSIS	7871	M	00:55:32	00:54:10	05:25	00:26:50	
3569	José Alberto DA COSTA SANTOS	10615	M	00:55:32	00:54:47	05:29	00:26:29	
3570	André FIGUEIREDO	3131	M	00:55:33	00:53:36	05:22	00:26:40	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3571	Fernando Miguel NUNES	8226	M	00:55:33	00:52:51	05:18	00:26:21	
3572	Cesar Hamilton MAGALHAES	6878	M	00:55:34	00:54:51	05:30	00:27:10	
3573	Tito Policarpo SANTOS NASCIMENTO	224	M	00:55:34	00:55:13	05:32	00:26:58	Rugby Clube Oeiras
3574	Manuel MARTINS	1791	M	00:55:34	00:53:28	05:21	00:26:32	Clube do Stress
3575	Pedro FREITAS	4152	M	00:55:34	00:49:25	04:57	00:24:44	
3576	Acácio PAIXÃO	10438	M	00:55:34	00:50:19	05:02	00:25:59	
3577	Miguel RODRIGUES	7361	M	00:55:35	00:54:08	05:25	00:27:10	
3578	Nuno FONSECA	4854	M	00:55:35	00:53:00	05:18	00:26:32	
3579	Rodrigo MENDONCA	7042	M	00:55:35	00:55:11	05:32	00:28:19	
3580	Tom RAINS	6549	M	00:55:35	00:51:05	05:07	00:26:07	St. Julians School
3581	Maria Joao VAZ CORREIA	5395	F	00:55:35	00:55:27	05:33	00:27:58	
3582	Eduardo Sousa SOUSA	7703	M	00:55:36	00:52:44	05:17	00:26:07	
3583	José PEIXOTO	3689	M	00:55:36	00:53:22	05:21	00:26:28	
3584	Rafael MAYA	8995	M	00:55:36	00:52:59	05:18	00:26:46	
3585	Maria Lurdes VAZ	5368	F	00:55:36	00:55:28	05:33	00:27:59	
3586	Scott CULP	3624	M	00:55:36	00:52:02	05:13	00:26:14	
3587	Nuno JACINTO	9140	M	00:55:36	00:54:14	05:26	00:26:34	
3588	António CAMOLINO	9110	M	00:55:37	00:53:55	05:24	00:26:18	
3589	António CARDOSO	10128	M	00:55:37	00:52:58	05:18	00:26:03	LANG
3590	Luis REIS	5243	M	00:55:38	00:54:05	05:25	00:26:43	Serviços Sociais Montepio Geral
3591	Domingos SILVA	6824	M	00:55:38	00:52:57	05:18	00:26:03	LANG
3592	Ramiro BORREGO	10665	M	00:55:38	00:53:16	05:20	00:26:26	
3593	José RAMOS	10652	M	00:55:38	00:53:16	05:20	00:26:26	
3594	Miguel António Vieira EUFÉMIO	3183	M	00:55:38	00:51:47	05:11	00:26:58	
3595	Nuno HIPÓLITO	2656	M	00:55:39	00:55:39	05:34	00:29:01	
3596	António SOUSA	6072	M	00:55:39	00:55:39	05:34	00:26:03	Clube Millennium BCP
3597	Rui Miguel Almeida FERNANDES	8729	M	00:55:39	00:53:45	05:23	00:25:10	
3598	Liliana CORREIA	5170	F	00:55:39	00:54:06	05:25	00:26:18	
3599	Gonçalo José MARQUES	7435	M	00:55:39	00:54:40	05:28	00:26:41	
3600	José Joaquim AMADOR RIBEIRO	4623	M	00:55:40	00:55:22	05:33	00:27:30	
3601	Pedro FAÍSCA	10732	M	00:55:40	00:52:04	05:13	00:26:55	
3602	Paulo Miguel GONÇALVES	7895	M	00:55:40	00:53:29	05:21	00:26:28	
3603	Ana FERREIRA	15074	F	00:55:40	00:54:39	05:28	00:26:05	Clube Grupo Desportivo BES
3604	Sandra DUARTE	11208	F	00:55:40	00:54:45	05:29	00:26:44	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3605	Tânia ALVES	843	F	00:55:40	00:55:21	05:33	00:26:44	Associação de Moradores de Atibá
3606	Miguel Ângelo PEREIRA E CASTRO	5940	M	00:55:40	00:53:45	05:23	00:27:25	
3607	José Manuel Figueiredo Dos SANTOS	6914	M	00:55:41	00:55:35	05:34	00:26:09	
3608	Paulo MOTA	2206	M	00:55:41	00:55:20	05:32	00:26:43	Associação de Moradores de Atibá
3609	Pedro CARVALHO DA SILVA	8500	M	00:55:41	00:55:21	05:33	00:28:00	
3610	Eduardo RICOU	8522	M	00:55:41	00:54:50	05:29	00:25:53	
3611	Carlos Anselmo SILVA CARVALHO	4108	M	00:55:42	00:51:07	05:07	00:26:29	
3612	Margarida PINTO	15083	F	00:55:42	00:54:13	05:26	00:26:44	Gabinete de Fisioterapia no Desporto
3613	Herlander Filipe SANTOS FERREIRA	3594	M	00:55:42	00:54:54	05:30	00:27:19	
3614	Sergio FLORIANO	288	M	00:55:42	00:49:20	04:56	00:24:53	
3615	Sérgio Manuel GONÇALVES DE SOUSA	2591	M	00:55:42	00:53:33	05:22	00:27:50	
3616	Nuno Gabriel SANTOS AMARO	7601	M	00:55:42	00:53:05	05:19	00:27:09	
3617	Orlando ZACARIAS	2095	M	00:55:42	00:52:42	05:17	00:26:41	
3618	João FERNANDES	248	M	00:55:42	00:49:21	04:57	00:24:52	
3619	Bruno COURINHA	8273	M	00:55:42	00:52:33	05:16	00:25:17	
3620	André SANTOS	2840	M	00:55:43	00:49:57	05:00	00:25:05	Fundação Royal Mcdonald
3621	Luis SOUSA	7230	M	00:55:43	00:54:19	05:26	00:26:12	
3622	João Pedro LIMA	3228	M	00:55:43	00:53:12	05:20	00:27:14	
3623	Jaime Alfredo Da Silva COELHO	9060	M	00:55:43	00:53:47	05:23	00:25:19	
3624	Américo AREIAS	7712	M	00:55:43	00:52:48	05:17	00:26:14	
3625	Rui Pepe GONÇALVES	4735	M	00:55:43	00:52:54	05:18	00:26:38	
3626	Hugo MONTES	7586	M	00:55:44	00:49:33	04:58	00:24:51	
3627	Raul FELIX DA COSTA	7146	M	00:55:44	00:55:20	05:32	00:28:07	
3628	Ilda BARATA	5021	F	00:55:44	00:55:13	05:32	00:27:17	
3629	Romão PEDROSO	9024	M	00:55:44	00:50:01	05:01	00:26:40	
3630	Hugo MACEDO	5942	M	00:55:44	00:53:14	05:20	00:27:10	
3631	Ricardo MADEIRA	8954	M	00:55:44	00:54:13	05:26	00:27:31	
3632	Fernando Jorge MENDES	3901	M	00:55:45	00:51:20	05:08	00:26:28	
3633	Miguel LOPES	4543	M	00:55:45	00:50:54	05:06	00:26:39	
3634	Elena CERVINO	5027	F	00:55:45	00:54:21	05:27	00:24:56	
3635	José Domingos MARQUES DOS SANTOS	7274	M	00:55:45	00:52:22	05:15	00:25:57	
3636	Andre TSOU	10847	M	00:55:45	00:54:22	05:27	00:24:57	
3637	Miguel POTES	6365	M	00:55:45	00:54:07	05:25	00:26:38	Tejavista
3638	Alberto Pereira RAMIRES	7832	F	00:55:45	00:52:50	05:17	00:26:05	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3639	Vitor VIEIRA	8991	M	00:55:45	00:54:35	05:28	00:26:31	
3640	Ricardo Mário De Sá VINAGRE	4236	M	00:55:46	00:52:25	05:15	00:25:04	
3641	José Altino IVA	2748	M	00:55:46	00:54:29	05:27	00:27:06	
3642	João Paulo SANTOS LIMA	7838	M	00:55:46	00:53:53	05:24	00:26:42	
3643	Ana TORRÃO	11420	F	00:55:46	00:55:02	05:31	00:26:48	
3644	Ricardo MATOS	9078	M	00:55:47	00:51:59	05:12	00:25:29	
3645	António LOBATO	7726	M	00:55:47	00:55:33	05:34	00:26:56	
3646	Antonio RIBEIRO	7960	M	00:55:47	00:55:02	05:31	00:26:48	
3647	Carlos Manuel Canhoto FERNANDES	2643	M	00:55:47	00:55:06	05:31	00:27:25	
3648	Hugo DIONÍSIO	4562	M	00:55:47	00:55:25	05:33	00:26:23	
3649	João RAMOS	7723	M	00:55:48	00:55:48	05:35	00:27:11	
3650	Manuel SANTOS	6658	M	00:55:48	00:54:42	05:29	00:27:24	Associação Atletismo Lebres do Sado
3651	Victor REIS	6646	M	00:55:48	00:54:42	05:29	00:27:24	Associação Atletismo Lebres do Sado
3652	Hugo MÁXIMO	3345	M	00:55:48	00:52:45	05:17	00:26:48	
3653	Paulo Manuel FERREIRA	3401	M	00:55:48	00:52:14	05:14	00:25:57	
3654	Miguel AGUSTO	4857	M	00:55:48	00:53:15	05:20	00:25:43	
3655	Hermínio Patricio ESCÓRCIO DA CUNHA	11009	M	00:55:49	00:50:39	05:04	00:25:56	
3656	Kevin MCGUINNESS	8580	M	00:55:49	00:50:32	05:04	00:26:14	
3657	Ana Carla ARAÚJO FILIPE	5389	F	00:55:49	00:54:16	05:26	00:27:32	
3658	Luis SOUTO	3217	M	00:55:49	00:51:46	05:11	00:25:29	
3659	Catarina DIAS	959	F	00:55:49	00:54:20	05:26	00:27:10	Serviços Sociais Montepio Geral
3660	Cristiano MOLHA	4186	M	00:55:49	00:50:36	05:04	00:26:01	
3661	Fernando CALÇADA	6484	M	00:55:50	00:54:19	05:26	00:27:09	Serviços Sociais Montepio Geral
3662	Domingos COSTA	8621	M	00:55:50	00:52:09	05:13	00:26:50	
3663	Rui Jorge TIGELEIRO	6951	M	00:55:50	00:53:02	05:19	00:26:23	
3664	João CUNHA	10617	M	00:55:50	00:50:41	05:05	00:26:43	
3665	Carlos COSTA	9021	M	00:55:50	00:52:48	05:17	00:25:29	
3666	José BAIÃO SANTOS	8051	M	00:55:51	00:53:24	05:21	00:26:42	
3667	Ana CRISTINA	1111	F	00:55:51	00:53:00	05:18	00:27:01	Os Desconhecidos
3668	Bruno MARTINIANO	10584	M	00:55:51	00:51:09	05:07	00:25:33	
3669	Goncalo BOTELHO	10585	M	00:55:51	00:54:38	05:28	00:26:22	
3670	Eduardo JORGE	7148	M	00:55:51	00:50:20	05:02	00:26:03	
3671	Maria Helena COSTA	1240	F	00:55:51	00:54:37	05:28	00:26:21	
3672	Bruno FIGUEIREDO	491	M	00:55:51	00:50:04	05:01	00:25:15	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3673	David CASTRO	3640	M	00:55:52	00:54:13	05:26	00:25:40	
3674	João Carlos MAIA FALCÃO	8912	M	00:55:52	00:52:08	05:13	00:27:01	
3675	Joao Manuel BATISTA	10382	M	00:55:53	00:53:13	05:20	00:27:03	
3676	Frederico FURTADO ANTAS BARREIRA	2761	M	00:55:53	00:55:29	05:33	00:27:18	
3677	Rui Mesquita LUIS	2515	M	00:55:53	00:55:22	05:33	00:26:24	
3678	António Anjos FERNANDES	2077	M	00:55:53	00:55:53	05:36	00:19:52	
3679	Christophe PEREIRA	4060	M	00:55:53	00:50:26	05:03	00:24:58	
3680	Lilia Jéssica FERNANDES GOUVEIA	11345	F	00:55:53	00:52:04	05:13	00:25:54	
3681	Hugo Matos ARAUJO	8709	M	00:55:54	00:51:56	05:12	00:27:22	
3682	Paulo LOPES	8426	M	00:55:54	00:54:20	05:26	00:26:23	
3683	João Paulo ALBERTO MARTINS CARVALHO	8955	M	00:55:55	00:51:21	05:09	00:25:30	
3684	Anacleta Dos Santos ALVES	9523	M	00:55:55	00:52:18	05:14	00:25:47	
3685	João Tiago ALMEIDA	2156	M	00:55:55	00:55:38	05:34	00:27:21	
3686	Susana Sofia Marques FAUSTINO	9810	F	00:55:55	00:54:55	05:30	00:26:40	
3687	Elsa DESIDÉRIO	813	F	00:55:56	00:55:12	05:32	00:27:17	CCD Sintrense
3688	Luis VASCONCELOS	9114	M	00:55:56	00:53:54	05:24	00:26:28	
3689	Paulo Jorge FONSECA	2494	M	00:55:56	00:53:54	05:24	00:27:16	
3690	Paulo Jorge Escobar BENIDO	8010	M	00:55:56	00:53:48	05:23	00:26:19	
3691	Tiago BOAVIDA	2803	M	00:55:57	00:53:37	05:22	00:26:49	HP Portugal Clube
3692	Maria Edite Machado EDITE	1027	F	00:55:57	00:53:58	05:24	00:26:53	
3693	Paulo LOURO	3475	M	00:55:57	00:52:32	05:16	00:26:57	
3694	Emilio Da Silva Machdo MACHADO	8920	M	00:55:57	00:53:59	05:24	00:26:53	
3695	Josemir LIMA	81	M	00:55:57	00:55:04	05:31	00:27:05	C. R. Leões de Porto Salvo
3696	Manuel MONTEIRO	9154	M	00:55:58	00:54:58	05:30	00:25:41	
3697	Luis Miguel DIAS	3620	M	00:55:58	00:50:28	05:03	00:27:12	
3698	Raquel Alexandra GABOLEIRO ANTUNES	1568	F	00:55:58	00:55:29	05:33	00:26:33	
3699	Maria FATUDA	9581	F	00:55:58	00:54:40	05:28	00:27:08	G.R.D. Ribeira da Lage
3700	Raúl Jorge DA CRUZ GOMES VIGÁRIO DE MATOS	2729	M	00:55:59	00:53:32	05:22	00:25:30	
3701	Carlos Alberto SEBASTIÃO	3281	M	00:55:59	00:52:22	05:15	00:26:05	
3702	Elisabete FILIPE	5189	F	00:55:59	00:55:00	05:30	00:26:36	G.R.D. Ribeira da Lage
3703	Sofia Margarida E. F. LUZ DUARTE	1387	F	00:55:59	00:54:52	05:30	00:27:46	
3704	Rodrigo BABAÚ	6830	M	00:55:59	00:54:43	05:29	00:27:54	Bom Petisco
3705	Francisco VAZ	3513	M	00:56:00	00:51:18	05:08	00:25:57	
3706	João CRAVO	7338	M	00:56:00	00:54:27	05:27	00:27:11	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3707	Francisco MEIRELES	2089	M	00:56:00	00:54:48	05:29	00:27:29	
3708	José REBELO	10635	M	00:56:01	00:52:34	05:16	00:27:16	
3709	Jorge LOURO	8668	M	00:56:01	00:52:26	05:15	00:26:55	
3710	Paulo VERISSIMO	7759	M	00:56:01	00:52:20	05:14	00:25:53	
3711	José Diegas Do COITO	10581	M	00:56:02	00:56:02	05:37		
3712	José Manuel CAL TEIXEIRA	10376	M	00:56:02	00:54:07	05:25	00:27:48	
3713	Ana Isabel GUERRA MONTEIRO	1565	F	00:56:02	00:51:03	05:07	00:25:08	
3714	Alex SIQUEIRA	481	M	00:56:02	00:53:47	05:23	00:24:31	
3715	João Carlos F C Amaral MARQUES	7799	M	00:56:02	00:53:08	05:19	00:26:37	
3716	Miguel PEIXOTO	1833	M	00:56:02	00:53:33	05:22	00:26:48	Açoreana clube Banif
3717	Joaquim CARVALHO	6685	M	00:56:02	00:55:56	05:36	00:28:21	
3718	Mónica Juliana SANTOS	605	F	00:56:03	00:55:56	05:36	00:26:43	
3719	Paula Cristina SANTOS DE ALMEIDA	5733	F	00:56:03	00:53:01	05:19	00:27:12	
3720	Maria SANTOS	5108	F	00:56:03	00:54:32	05:28	00:26:45	Açoreana clube Banif
3721	Paulo PEIXOTO	2170	M	00:56:03	00:54:32	05:28	00:26:45	Açoreana clube Banif
3722	Carlos MORGADO	10170	M	00:56:03	00:55:58	05:36	00:28:22	
3723	Alexandre GONÇALVES	3003	M	00:56:03	00:53:39	05:22	00:28:18	
3724	Guilherme Ricardo SANTOS ALVES	399	M	00:56:03	00:53:01	05:19	00:27:11	
3725	Rui José Félix PEREIRA	7479	M	00:56:04	00:51:47	05:11	00:25:50	
3726	Fernanda NUNES	9697	F	00:56:04	00:56:04	05:37		
3727	Joaquim ROSA	4831	M	00:56:04	00:53:06	05:19	00:26:28	
3728	António Battista FERNANDES	2496	M	00:56:04	00:54:59	05:30	00:26:14	Casa da Dizima
3729	João SANCHES	10028	M	00:56:05	00:53:36	05:22	00:27:00	G.R.D. Ribeira da Lage
3730	Bertrand BOUET	2778	M	00:56:05	00:54:30	05:27	00:27:04	
3731	Ricardo Nuno VACAS	6970	M	00:56:05	00:55:00	05:30	00:27:11	
3732	Salvador BOBONE	7426	M	00:56:05	00:54:35	05:28	00:26:49	
3733	Miguel BEJA	3119	M	00:56:05	00:53:57	05:24	00:26:38	
3734	Miguel MELO	7165	M	00:56:06	00:49:15	04:56	00:23:49	
3735	Luís Miguel Serra Anjos CASTANHO	8185	M	00:56:06	00:53:05	05:19	00:26:45	
3736	Pedro SANTOS	8395	M	00:56:06	00:55:13	05:32	00:26:22	
3737	Daniel MACHADO	8364	M	00:56:06	00:52:48	05:17	00:26:26	
3738	Miguel SANTOS	2011	M	00:56:06	00:55:18	05:32	00:25:55	
3739	Gisele BRAUN	1363	F	00:56:07	00:53:22	05:21	00:26:01	
3740	José Carlos MOURA	2947	M	00:56:07	00:51:30	05:09	00:26:28	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3741	Guillermo RAMIREZ HUNTER	7238	M	00:56:07	00:53:23	05:21	00:25:59	
3742	Domingos DA COSTA	4175	M	00:56:07	00:54:51	05:30	00:27:32	
3743	Bruno MARQUES	7996	M	00:56:08	00:54:18	05:26	00:27:07	
3744	Sérgio Nuno BROTA	453	M	00:56:08	00:53:54	05:24	00:27:27	
3745	Joao POMBINHO	9149	M	00:56:08	00:52:40	05:16	00:25:29	
3746	Antonio SILVA VALENTE	7049	M	00:56:09	00:52:28	05:15	00:25:54	
3747	Diogo CALDAS	7374	M	00:56:09	00:51:26	05:09	00:26:12	
3748	Miguel LOPES	357	M	00:56:09	00:53:14	05:20	00:26:24	
3749	Carlos Manuel MONTEIRO	310	M	00:56:09	00:55:52	05:36	00:26:48	
3750	João DOMINGOS	8716	M	00:56:10	00:49:30	04:57	00:25:55	
3751	António Ac BATISTA	369	M	00:56:10	00:54:58	05:30	00:26:47	
3752	Marco SANTOS	94	M	00:56:10	00:55:01	05:31	00:25:30	
3753	Pedro FERNANDES	7597	M	00:56:11	00:53:51	05:24	00:25:43	
3754	João António GOMES	9075	M	00:56:11	00:53:48	05:23	00:27:03	
3755	Rosa De Jesus BISCAIA MACEDO	4977	F	00:56:11	00:53:48	05:23	00:27:03	
3756	Paulo Manuel CARREIRA FONSECA	7486	M	00:56:11	00:53:45	05:23	00:27:33	
3757	Pedro LOURENÇO	7072	M	00:56:12	00:56:03	05:37	00:28:11	
3758	Paulo Fernando SILVA SANTOS	3230	M	00:56:12	00:55:18	05:32	00:25:29	
3759	João Carlos FERREIRA	6582	M	00:56:12	00:54:21	05:27	00:27:21	Grupo Desportivo Cimpor
3760	Jorge FERREIRA	4230	M	00:56:12	00:50:48	05:05	00:25:29	
3761	Luis Filipe VERDADES	7316	M	00:56:12	00:53:07	05:19	00:25:42	
3762	Raul SOUSA	7516	M	00:56:12	00:54:14	05:26	00:27:41	
3763	Paulo Jorge MACHADO	3638	M	00:56:12	00:50:49	05:05	00:25:29	
3764	Sofia MASSANO	11231	F	00:56:13	00:52:40	05:16	00:26:25	
3765	Manuel CARDOSO	15094	M	00:56:13	00:56:01	05:37	00:27:44	Gabinete de Fisioterapia no Desporto
3766	Ricardo SILVA	3492	M	00:56:13	00:52:39	05:16	00:26:25	
3767	Joaquim João F. SANTANA	6805	M	00:56:13	00:53:56	05:24	00:26:40	Grupo Dinamizador do Desporto Os Kotas Bike Team
3768	Maria Paula MONTEIRO	1462	F	00:56:13	00:54:58	05:30	00:27:42	
3769	António Sérgio GAMEIRO ROSA	5993	M	00:56:13	00:55:42	05:35	00:26:38	
3770	Rita AGUIAR	1413	F	00:56:13	00:54:48	05:29	00:26:29	
3771	Ricardo DE FIGUEIREDO LOPES DE MENDONÇA	10539	M	00:56:14	00:55:49	05:35	00:27:21	
3772	Rui DUARTE	1983	M	00:56:14	00:51:45	05:11	00:26:23	
3773	Antonio Abel Castro GONÇALVES	4394	M	00:56:14	00:55:38	05:34	00:28:43	
3774	Susana NOVAIS SANTOS	1291	F	00:56:15	00:56:01	05:37	00:28:41	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3775	Jorge PINTO	4205	M	00:56:16	00:54:29	05:27	00:27:08	
3776	Afonso LOPES	8036	M	00:56:16	00:49:10	04:55	00:24:44	
3777	Andreia Patricia ALMEIDA RIBEIRO	11286	F	00:56:16	00:56:16	05:38	00:30:22	
3778	Sara Batalha SOTERO	5122	F	00:56:16	00:52:44	05:17	00:26:50	Clube Millennium BCP
3779	Joaquim COSTA	1669	M	00:56:16	00:54:25	05:27	00:27:25	Clube Millennium BCP
3780	Carlos MARTINS	8527	M	00:56:16	00:55:15	05:32	00:26:51	
3781	Paulo Alexandre CONDINHO MIRANDA	4345	M	00:56:17	00:50:13	05:02	00:25:09	
3782	Pedro LENCASTRE	6507	M	00:56:18	00:54:16	05:26	00:26:08	Serviços Sociais Montepio Geral
3783	Adérito CORREIA	2939	M	00:56:18	00:49:46	04:59	00:23:52	
3784	Pedro VIDA LARGA	2937	M	00:56:18	00:55:20	05:32	00:26:37	
3785	Virgílio Guerreiro LANÇA	5878	M	00:56:19	00:55:08	05:31	00:26:17	
3786	Hélio Filipe FREIXO	7296	M	00:56:19	00:50:11	05:02	00:26:09	
3787	Luis Manuel VICENTE	10702	M	00:56:19	00:54:47	05:29	00:27:20	
3788	Horácio LOPES	10578	M	00:56:20	00:53:55	05:24	00:26:47	
3789	Luís Filipe Barroso RIGUEIRO	7297	M	00:56:20	00:50:11	05:02	00:26:09	
3790	Amancio Nuno SANTOS	3274	M	00:56:20	00:54:02	05:25	00:25:47	
3791	Fernando Jorge RIBEIRO CORREIA	10189	M	00:56:20	00:53:35	05:22	00:26:43	
3792	Rui Mineiro MELO	4065	M	00:56:20	00:52:51	05:18	00:26:20	
3793	Bruno Filipe ANTUNES NETO	8684	M	00:56:20	00:53:35	05:22	00:26:43	
3794	Jorge Manuel REIS NETO	8685	M	00:56:20	00:53:35	05:22	00:26:42	
3795	Paula PENEDO	11218	F	00:56:20	00:51:39	05:10	00:25:54	
3796	Eduardo MONTEIRO RAMOS	3081	M	00:56:21	00:53:42	05:23	00:27:03	
3797	Pedro LEANDRO	2093	M	00:56:21	00:53:19	05:20	00:27:01	
3798	Ricardo FELIZARDO	4672	M	00:56:21	00:55:36	05:34	00:26:07	
3799	João Fernando SIMÕES BRANCO	6835	M	00:56:22	00:53:45	05:23	00:27:05	A.A.E. BNU
3800	Valter SANTOS MATOS	9188	M	00:56:22	00:51:48	05:11	00:26:21	
3801	José BASTOS	8703	M	00:56:22	00:52:03	05:13	00:27:01	
3802	Luis MORAIS	9469	M	00:56:22	00:52:12	05:14	00:26:35	
3803	Ricardo Manuel OLIVEIRA	8387	M	00:56:23	00:53:00	05:18	00:26:17	
3804	Pedro BARATA	7106	M	00:56:23	00:54:13	05:26	00:26:42	
3805	Manuel PEREIRA	8626	M	00:56:23	00:53:45	05:23	00:27:28	
3806	Ana AZEVEDO	899	F	00:56:23	00:54:44	05:29	00:28:05	Grupo Desportivo Roche
3807	José Alberto RODRIGUES	4463	M	00:56:23	00:53:11	05:20	00:26:47	
3808	Ana RAMOS	1551	F	00:56:23	00:53:46	05:23	00:27:29	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3809	José SERRANO	6623	M	00:56:23	00:52:13	05:14	00:26:36	
3810	Pedro Alexandre MACHADO	2028	M	00:56:23	00:55:05	05:31	00:27:41	
3811	João DIAS	8220	M	00:56:24	00:54:43	05:29	00:27:58	
3812	Isabel LINO	15031	F	00:56:24	00:55:03	05:31	00:27:34	Linda-a-Pastora Sporting Clube
3813	Nuno Jerónimo HENRIQUES COSTA	8952	M	00:56:24	00:53:09	05:19	00:26:14	
3814	Paulo PEGA	10378	M	00:56:25	00:53:17	05:20	00:25:52	
3815	Paulo REIS	3952	M	00:56:25	00:54:47	05:29	00:26:22	
3816	Nuno MOTA	2344	M	00:56:25	00:55:58	05:36	00:26:13	Sonae Sierra
3817	Aurelio GODINHO GOMES	2661	M	00:56:26	00:54:09	05:25	00:26:47	
3818	Lilia Marina PINTO SEBASTIÃO MOTA	5346	F	00:56:26	00:55:59	05:36	00:26:14	
3819	José Manuel VIEIRA ANDRADE	3609	M	00:56:26	00:52:56	05:18	00:25:49	
3820	Luciano RIBEIRO	8532	M	00:56:26	00:54:05	05:25	00:26:46	
3821	Vasco Humberto SANTOS NASCIMENTO	2495	M	00:56:26	00:50:58	05:06	00:26:39	Rugby Clube Oeiras
3822	Nuno CARDOSO	485	M	00:56:27	00:53:46	05:23	00:28:22	
3823	Cristina ROQUE LINO	11439	F	00:56:27	00:53:47	05:23	00:28:23	
3824	Pedro Miguel ALMEIDA	6141	M	00:56:27	00:50:37	05:04	00:25:28	Casa do Pessoal Estradas de Portugal
3825	Marília NEVES	15051	F	00:56:27	00:55:13	05:32	00:27:25	Clube Grupo Desportivo BES
3826	Elsa MOREIRA	940	F	00:56:27	00:56:09	05:37	00:27:12	Grupo Desportivo do INE
3827	Duarte MENDES	8503	M	00:56:27	00:54:15	05:26	00:27:06	
3828	Antonio MOREIRA	4298	M	00:56:28	00:51:22	05:09	00:26:01	
3829	Jose Nuno VARANDAS	2447	M	00:56:28	00:52:50	05:17	00:25:52	
3830	Carlos Eugénio Dias MELO	10696	M	00:56:29	00:54:40	05:28	00:27:15	
3831	Nuno António OLIVEIRA DE BULHÃO PATO	2041	M	00:56:29	00:54:53	05:30	00:27:19	Pepsico Portugal
3832	Paulo CALDEIRA	3386	M	00:56:29	00:54:31	05:28	00:27:25	
3833	Raquel TAVARES	817	F	00:56:29	00:54:31	05:28	00:27:25	
3834	Eloi Marques DA SILVA	6380	M	00:56:29	00:50:22	05:03	00:26:21	Clube do Stress
3835	Luís Manuel DA SILVA DIAS	4218	M	00:56:29	00:54:56	05:30	00:27:09	
3836	César CARA-LINDA	2740	M	00:56:29	00:55:16	05:32	00:26:23	
3837	Carlos ABREU	6052	M	00:56:30	00:55:05	05:31	00:26:37	Clube do Stress
3838	Hugo Miguel GUERREIRO	8017	M	00:56:30	00:54:30	05:27	00:28:07	
3839	António SILVA	15235	M	00:56:31	00:54:59	05:30	00:27:53	Amigos Vale do Silêncio
3840	Catarina ALVES	678	F	00:56:31	00:55:45	05:35	00:26:34	NUCLEOEIRAS/SPORTZONE
3841	Fernando SILVA	15234	M	00:56:31	00:54:59	05:30	00:27:53	Amigos Vale do Silêncio
3842	Sergey BYZIAEV	10421	M	00:56:31	00:50:01	05:01	00:25:18	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3843	Nuno SÁ	8081	M	00:56:32	00:53:47	05:23	00:26:36	
3844	Celeste FREIRE	685	F	00:56:32	00:55:45	05:35	00:26:34	NUCLEOEIRAS/SPORTZONE
3845	Jorge RODRIGUES	7780	M	00:56:32	00:51:31	05:10	00:26:36	
3846	Edmira GOMES	663	F	00:56:32	00:55:45	05:35	00:26:33	NUCLEOEIRAS/SPORTZONE
3847	Rui TEIXEIRA	6354	M	00:56:32	00:54:45	05:29	00:25:59	G.R.D. Ribeira da Lage
3848	Georg DUTSCHKE	5898	M	00:56:32	00:51:49	05:11	00:26:22	
3849	José Luís AGAPITO	4246	M	00:56:33	00:51:05	05:07	00:26:24	
3850	Marco MEIRELES	4220	M	00:56:33	00:50:45	05:05	00:25:42	
3851	Antonio FERREIRA	8956	M	00:56:33	00:50:43	05:05	00:25:54	
3852	Alberto C. Saraiva BENTO	2662	M	00:56:33	00:54:37	05:28	00:26:38	
3853	Ricardo Miguel PACHECO	10406	M	00:56:34	00:55:07	05:31	00:26:09	
3854	Bruno SILVA	9074	M	00:56:34	00:56:04	05:37	00:26:47	
3855	Vitor ARELO AFONSO	5963	M	00:56:34	00:55:13	05:32	00:26:31	
3856	Avelino SOARES	333	M	00:56:34	00:56:04	05:37	00:26:47	
3857	Ricardo MARQUES	4002	M	00:56:34	00:51:37	05:10	00:25:30	
3858	Luís Miguel ELIAS PEREIRA FERNANDES	4253	M	00:56:35	00:53:25	05:21	00:26:43	
3859	Jorge SILVA	3758	M	00:56:35	00:54:27	05:27	00:27:55	
3860	Manuel SILVA	2966	M	00:56:35	00:54:36	05:28		
3861	Luis MARTINS	8276	M	00:56:35	00:54:36	05:28	00:28:30	
3862	Kristine REIS	15212	F	00:56:35	00:55:06	05:31	00:25:52	Amigos do Atletismo de Mafra
3863	João INFANTE	10908	M	00:56:36	00:55:27	05:33	00:27:12	
3864	António MANTEIGA	6035	M	00:56:36	00:50:27	05:03	00:26:19	Clube do Stress
3865	Marco PAIVA	4472	M	00:56:36	00:53:06	05:19	00:26:21	
3866	João Carlos Liberato Paulino PAULINO	7160	M	00:56:36	00:52:24	05:15	00:26:49	
3867	João Maria LOUREIRO RODRIGUES	11001	M	00:56:36	00:53:57	05:24	00:25:57	
3868	João Luís CID ALVES	7162	M	00:56:36	00:52:24	05:15	00:26:50	
3869	Maria Esperança ESPERANÇA	1494	F	00:56:36	00:53:06	05:19	00:26:21	
3870	Jorge MACHADO	1746	M	00:56:36	00:56:07	05:37	00:27:34	NUCLEOEIRAS/SPORTZONE
3871	Maria Inês VILA LUZ	9590	F	00:56:36	00:55:16	05:32	00:27:25	Grupo Desportivo BPI
3872	Pedro Manuel P. N. MONTALAVÃO E SILVA	9000	M	00:56:37	00:53:45	05:23	00:27:27	
3873	Paulo José De Sousa PÁRIS	7005	M	00:56:38	00:54:37	05:28	00:27:33	
3874	Pedro ARAÚJO	8536	M	00:56:38	00:54:37	05:28	00:27:33	
3875	João Pedro VICENTE	7569	M	00:56:38	00:53:06	05:19	00:25:50	
3876	Mário ROVISCO	7607	M	00:56:39	00:54:48	05:29	00:26:18	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3877	Nuno Miguel Aço RODRIGUES	7855	M	00:56:39	00:55:51	05:36	00:28:41	
3878	Hilário FERNANDES	3287	M	00:56:39	00:54:33	05:28	00:26:35	
3879	Sérgio TIMÓTEO	2809	M	00:56:39	00:55:12	05:32	00:25:40	Grupo Desportivo e Cultural Porto de Sines
3880	Pedro CUSTODIO	8554	M	00:56:39	00:53:23	05:21	00:26:30	
3881	António Maria CARVALHO	11511	M	00:56:39	00:55:01	05:31	00:29:01	
3882	Hugo Pedro VEIGA	4659	M	00:56:39	00:50:20	05:02	00:24:26	
3883	André Daniel VIEIRA FONSECA	3063	M	00:56:40	00:55:14	05:32	00:27:40	
3884	Fernando ALVES	6107	M	00:56:40	00:55:14	05:32	00:27:39	Serviços Sociais da CGD
3885	Davide MAGALHÃES	3968	M	00:56:40	00:53:21	05:21	00:26:53	
3886	Vânia Susete RODRIGUES	1466	F	00:56:41	00:53:22	05:21	00:26:55	
3887	João Manuel Ventura CARIA	2924	M	00:56:41	00:52:49	05:17	00:27:08	
3888	Pedro ESTÉVÃO	9197	M	00:56:41	00:51:08	05:07	00:25:06	
3889	Rodolfo LOPES	3588	M	00:56:41	00:55:00	05:30	00:27:08	
3890	André ANRTUNES	419	M	00:56:41	00:55:34	05:34	00:27:58	
3891	Miguel CANSADO	10187	M	00:56:41	00:54:07	05:25	00:26:53	
3892	Tiago Filipe LOPES DA SILVA	8327	M	00:56:41	00:55:04	05:31	00:26:54	
3893	Sofia ROQUETE	841	F	00:56:41	00:56:16	05:38	00:27:56	Associação de Moradores de Atibá
3894	Rui VIDEIRA	3075	M	00:56:41	00:53:44	05:23	00:25:52	
3895	Pedro J. H. FERREIRA	7522	M	00:56:41	00:54:21	05:27	00:26:36	
3896	Rui CAEIRO	7290	M	00:56:42	00:54:57	05:30	00:28:13	
3897	Carlos Manuel MONTEIRO DA SILVA	2672	M	00:56:42	00:54:27	05:27	00:27:12	
3898	Nuno MARQUES	8332	M	00:56:42	00:51:37	05:10	00:26:59	
3899	Filipe PEREIRA	8937	M	00:56:42	00:53:25	05:21	00:25:05	
3900	Carlos GREGO	3822	M	00:56:42	00:51:23	05:09	00:26:08	
3901	Rui Pedro Valente DIAS	403	M	00:56:43	00:55:15	05:32	00:27:35	
3902	Iolanda Marisa Alexandre BATISTA	11216	F	00:56:43	00:55:15	05:32	00:27:35	
3903	Marco PEREIRA	15269	M	00:56:43	00:55:19	05:32	00:27:50	Construténis de Fernando Ralheta
3904	Miguel JUSTINO ALVES	2901	M	00:56:43	00:55:07	05:31	00:27:03	
3905	António Pedro DEUS CARAVELA	10221	M	00:56:43	00:50:50	05:05	00:25:32	
3906	Martim BOUZA SERRANO	7448	M	00:56:44	00:52:25	05:15	00:25:39	
3907	Leandro FONSECA SANTOS	4813	M	00:56:44	00:55:57	05:36	00:26:47	
3908	José COELHO	6525	M	00:56:44	00:54:27	05:27	00:26:47	Valejas Atletico Clube
3909	Marta Filipa MARQUES FONSECA	721	F	00:56:45	00:55:57	05:36	00:26:47	
3910	Ana Cristina CALÇADO CARVALHO	823	F	00:56:45	00:54:18	05:26	00:27:40	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3911	Olivia Cristina GASPAR	1216	F	00:56:45	00:56:45	05:41	00:29:16	
3912	Rosário PENIZ	951	F	00:56:45	00:55:15	05:32	00:26:54	G.R.D. Os Fixes
3913	Silveira NUNO	8218	M	00:56:45	00:51:03	05:07	00:25:44	
3914	Hugo Gonçalo DUARTE RESENDE	3254	M	00:56:45	00:55:19	05:32	00:26:19	
3915	Rui Manuel M. FERREIRA	10468	M	00:56:46	00:53:58	05:24	00:26:05	
3916	António TEIXEIRA	6714	M	00:56:46	00:55:21	05:33	00:27:07	Wikaboo
3917	Luis Filipe AFONSO	6848	M	00:56:47	00:54:42	05:29	00:27:28	
3918	Lucinda NETO	1536	F	00:56:47	00:55:03	05:31	00:27:13	
3919	Barbara FACCHETTI	734	F	00:56:48	00:56:48	05:41	00:29:26	
3920	Carlos Filipe RODA	2329	M	00:56:48	00:52:00	05:12	00:26:17	Grupo Desportivo BPI
3921	Pedro CEPEDA	8009	M	00:56:49	00:54:57	05:30	00:26:56	
3922	José GONAÇVES	6755	M	00:56:49	00:56:06	05:37	00:27:09	Amigos do Parque da Paz
3923	Maria MORENO	1229	F	00:56:49	00:54:49	05:29	00:26:40	
3924	Dario Rafael MARTINS MADEIRA	4796	M	00:56:49	00:52:44	05:17	00:25:58	
3925	Francisco CARDOSO	15263	M	00:56:50	00:54:11	05:26	00:27:19	BP Portugal
3926	Ricardo SILVA	3209	M	00:56:50	00:54:09	05:25	00:26:56	
3927	Rui RICARDO	3961	M	00:56:50	00:54:21	05:27	00:26:35	
3928	Mafalda PEREIRA	5560	F	00:56:50	00:55:35	05:34	00:27:42	
3929	João SOUSA	7310	M	00:56:50	00:55:34	05:34	00:27:42	
3930	Fernando FONSECA	2600	M	00:56:51	00:55:33	05:34	00:27:13	
3931	Rogério Manuel RODRIGUES NOBRE	9187	M	00:56:51	00:53:46	05:23	00:26:36	
3932	Arménio PATRÍCIO	15129	M	00:56:51	00:55:29	05:33	00:28:04	Linda-a-Pastora Sporting Clube
3933	Isabel FELIX	1283	F	00:56:52	00:54:47	05:29	00:27:13	
3934	Nuno Miguel SANTOS CARVALHO	4352	M	00:56:52	00:55:13	05:32	00:29:00	
3935	Jaime PARDAL	10082	M	00:56:52	00:54:54	05:30	00:26:24	Carapaus de Corrida
3936	Vitor Manuel Vieira GONÇALVES	2891	M	00:56:52	00:53:53	05:24	00:27:26	
3937	Carlos FIGUEIREDO	6232	M	00:56:52	00:51:03	05:07	00:25:41	
3938	Carlos Marques JANELA	6308	M	00:56:53	00:54:11	05:26	00:26:53	Clube Millennium BCP
3939	Pedro RODRIGUES	11175	M	00:56:53	00:55:00	05:30	00:26:56	
3940	Miguel MALTEZ	4043	M	00:56:53	00:56:25	05:39	00:26:07	
3941	Frederico Vasco BAETA MONTEIRO MELO	7766	M	00:56:53	00:50:15	05:02	00:25:10	
3942	André GORJÃO COSTA	2978	M	00:56:54	00:56:38	05:40	00:27:39	
3943	João Miguel Moreno MARTINS	3519	M	00:56:54	00:50:15	05:02	00:25:10	
3944	Armenio SILVA	2658	M	00:56:54	00:53:57	05:24	00:27:42	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3945	Francisco CLERIGO	9926	M	00:56:54	00:55:35	05:34	00:26:55	Serviços Sociais da CGD
3946	Pedro PEREIRA	4234	M	00:56:54	00:54:38	05:28	00:27:07	
3947	Tiago QUINTÃO	88	M	00:56:54	00:54:38	05:28	00:27:07	
3948	Jorge Luis FERNANDES	4757	M	00:56:55	00:55:28	05:33	00:27:15	
3949	Mário Jorge DUARTE	6223	M	00:56:55	00:52:24	05:15	00:27:54	Clube Millennium BCP
3950	António PIÃO	6680	M	00:56:55	00:54:17	05:26	00:27:10	Tabaqueira
3951	Tito SANTOS	15184	M	00:56:55	00:55:55	05:36	00:27:47	Clube Vodafone
3952	Vincent SANCHEZ	6990	M	00:56:55	00:55:20	05:32	00:26:48	
3953	Romina GUEDES	5274	F	00:56:56	00:55:35	05:34	00:28:02	Clube de Natação de Rio Maior
3954	Luis SOUSA	6963	M	00:56:56	00:55:04	05:31	00:27:33	
3955	Moisés FERNANDES	1945	M	00:56:56	00:55:47	05:35	00:26:50	G.R.D. Ribeira da Lage
3956	João António Ramalho LOURINHÃ	4219	M	00:56:56	00:52:58	05:18	00:27:38	
3957	Ana Patricia SILVA	36	F	00:56:56	00:56:39	05:40	00:27:11	
3958	Antonio MORAES	4462	M	00:56:56	00:53:40	05:22	00:26:44	
3959	Joaquim CABRAL	6825	M	00:56:56	00:51:35	05:10	00:26:07	Os Desconhecidos
3960	Antonio GONÇALVES	7536	M	00:56:57	00:54:41	05:29	00:26:37	
3961	Miguel Angelo ABELHO PEREIRA	8981	M	00:56:57	00:54:37	05:28	00:26:23	
3962	António VERDUGO	10641	M	00:56:57	00:53:31	05:22	00:27:16	
3963	Hipólito José NEVES PAULO	6384	M	00:56:57	00:53:09	05:19	00:27:10	Casa do Pessoal Estradas de Portugal
3964	Marcelo CARDOSO	7684	M	00:56:57	00:56:41	05:41	00:28:10	
3965	Antonio Armando ANTAS	10408	M	00:56:57	00:55:18	05:32	00:27:38	
3966	Pierre GEIN	3326	M	00:56:58	00:54:44	05:29	00:27:39	
3967	João TRAVESSA	3439	M	00:56:58	00:53:54	05:24	00:25:28	
3968	Fabio DIAS	6416	M	00:56:58	00:56:07	05:37	00:27:28	Grupo Desportivo Santander Totta
3969	Rui Meneses FERREIRA	3098	M	00:56:58	00:49:49	04:59	00:24:58	
3970	David AZENHA	7892	M	00:56:58	00:54:36	05:28	00:27:32	
3971	Eduardo PINTO	4595	M	00:56:58	00:54:26	05:27	00:26:48	
3972	Francisco José LEANDRO	10874	M	00:56:58	00:55:07	05:31	00:25:50	
3973	Apolinário MEIRA	3369	M	00:56:59	00:54:13	05:26	00:27:04	
3974	Rui LIMA	8858	M	00:56:59	00:55:21	05:33	00:26:10	
3975	João Leonel PEREIRA	7015	M	00:56:59	00:55:38	05:34	00:27:14	
3976	Esmeralda GOMES	4941	F	00:56:59	00:56:08	05:37	00:28:03	NUCLEOEIRAS/SPORTZONE
3977	Gabriel Alexandre CABRINHAS	5995	M	00:57:00	00:53:49	05:23	00:25:55	
3978	Fernando De Jesus MACHADO DA SILVA	7932	M	00:57:00	00:50:56	05:06	00:26:11	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3979	Mário Cândido ALVES FERREIRA DOS SANTOS	4207	M	00:57:00	00:55:03	05:31	00:28:06	
3980	José António DUARTE MENDES	8705	M	00:57:00	00:54:14	05:26	00:27:32	
3981	Tiago SILVA	4354	M	00:57:00	00:55:11	05:32	00:27:51	
3982	Nelson GIL	6822	M	00:57:00	00:53:39	05:22	00:27:03	
3983	Sérgio VITORINO	10685	M	00:57:01	00:54:29	05:27	00:27:48	
3984	Jaime GOMES	1951	M	00:57:01	00:53:48	05:23	00:27:15	Serviços Sociais Montepio Geral
3985	João Miguel CASTELO MATEUS	4384	M	00:57:01	00:52:41	05:17	00:22:55	
3986	Ricardo ESTEVES	3402	M	00:57:01	00:56:00	05:36	00:27:17	
3987	Pedro Tiago ALMEIDA SANTOS	8601	M	00:57:01	00:55:53	05:36	00:26:51	
3988	Ângelo CORREIA	3375	M	00:57:01	00:50:52	05:06	00:26:11	
3989	João Paulo LEAL	10512	M	00:57:01	00:55:44	05:35	00:27:46	
3990	Damião José Sousa REGA	4349	M	00:57:02	00:52:05	05:13	00:26:50	
3991	Carlos José MONTEIRO	10991	M	00:57:02	00:55:27	05:33	00:27:54	
3992	Pedro DOMINGOS	4086	M	00:57:02	00:54:39	05:28	00:26:42	
3993	Luís F. COSTA	8915	M	00:57:02	00:55:25	05:33	00:27:10	
3994	Domingos RODRIGUES	3630	M	00:57:02	00:55:27	05:33	00:28:04	
3995	Miguel RIBEIRO	3319	M	00:57:02	00:52:45	05:17	00:27:03	
3996	Paulo Jorge RAMOS MACIEIRA	3646	M	00:57:02	00:51:58	05:12		
3997	Ricardo MAGALHÃES	8947	M	00:57:02	00:55:06	05:31	00:27:56	
3998	Nuno Frederico DUARTE	3222	M	00:57:03	00:52:53	05:18	00:25:40	
3999	Pedro PIRES	3289	M	00:57:03	00:55:29	05:33	00:26:39	
4000	João SANTOS	1925	M	00:57:04	00:55:33	05:34	00:27:50	G.R.D. Ribeira da Lage
4001	Mário VITORIA	6401	M	00:57:04	00:54:18	05:26	00:26:57	Grupo Desportivo Roche
4002	Humberto MENDONÇA	3110	M	00:57:04	00:51:39	05:10	00:25:42	
4003	Brigitte SOUSA	1053	F	00:57:04	00:56:08	05:37	00:27:51	
4004	Andrea PEREIRA	4927	F	00:57:05	00:55:00	05:30	00:27:26	
4005	Ana GUERREIRO	5358	F	00:57:05	00:56:16	05:38	00:27:41	Tartarugas de Loulé
4006	José VALE	4751	M	00:57:05	00:56:45	05:41	00:27:27	
4007	Francisco Theodoro PINTO	3137	M	00:57:05	00:53:16	05:20	00:27:55	
4008	João Pedro RIBEIRO VASCONCELOS	9004	M	00:57:05	00:54:22	05:27	00:26:05	
4009	Guilherme Luis Pereira NUNES	2902	M	00:57:06	00:54:07	05:25	00:27:27	
4010	Sofia FERNANDES	892	F	00:57:06	00:50:44	05:05	00:26:26	Clube do Stress
4011	Cesaltina GREGORIO	5822	F	00:57:07	00:54:38	05:28	00:26:46	
4012	Manuel António LIMA	6872	M	00:57:07	00:50:52	05:06	00:25:34	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4013	Joaquim Pedro ROSA	223	M	00:57:07	00:50:53	05:06	00:25:35	
4014	Rui Miguel Matos Correia Da COSTA	8661	M	00:57:08	00:55:16	05:32	00:26:54	
4015	Ricardo FERNANDES	15048	M	00:57:08	00:55:27	05:33	00:27:08	Clube Grupo Desportivo BES
4016	Goreti VALENTE	1513	F	00:57:08	00:51:33	05:10	00:25:59	
4017	Pedro LUIS	7138	M	00:57:08	00:53:00	05:18	00:27:25	
4018	Manuel Lopes REIA	6279	M	00:57:08	00:52:27	05:15	00:25:49	
4019	Sérgio SILVA	6977	M	00:57:08	00:51:42	05:11	00:27:30	
4020	Bruno MACIEL	10565	M	00:57:08	00:51:42	05:11	00:27:30	
4021	Luis Manuel RIBEIRO LIMA	7373	M	00:57:09	00:54:48	05:29	00:27:08	
4022	Rui CORREIA	10351	M	00:57:09	00:56:23	05:39	00:26:49	
4023	Paulo CABRITA	6633	M	00:57:09	00:55:35	05:34	00:27:07	HP Portugal Clube
4024	Nuno ANDRADE	4192	M	00:57:09	00:54:37	05:28	00:25:49	
4025	Pedro David FONTES	9122	M	00:57:10	00:54:10	05:25	00:26:38	
4026	Pedro ALMEIDA	7770	M	00:57:10	00:54:55	05:30	00:28:21	
4027	Mário MELO	7627	M	00:57:10	00:54:47	05:29	00:28:00	
4028	Daniel REIS	8986	M	00:57:10	00:52:03	05:13	00:27:16	
4029	Helena Maria Correia NUNES	1479	F	00:57:10	00:53:37	05:22	00:27:34	
4030	Artur Manuel SERRA	6489	M	00:57:11	00:56:19	05:38	00:25:42	HP Portugal Clube
4031	Henrique LOPES ROCHA	2649	M	00:57:11	00:55:49	05:35	00:26:23	
4032	Pedro SILVA	6694	M	00:57:11	00:57:11	05:44	00:27:24	HP Portugal Clube
4033	Miguel Ângelo FERREIRA DE MATOS	8688	M	00:57:11	00:51:07	05:07	00:25:41	
4034	Carlos Alberto VIEIRA	7213	M	00:57:11	00:52:15	05:14	00:26:12	
4035	Zdobyslaw ADAMSKI	6983	M	00:57:12	00:53:17	05:20	00:27:46	
4036	Helder MOREIRA	4805	M	00:57:12	00:54:27	05:27	00:27:16	
4037	Cristina PIRES	15175	F	00:57:12	00:55:43	05:35	00:26:52	Gabinete de Fisioterapia no Desporto
4038	José CALADO	8269	M	00:57:12	00:51:45	05:11	00:26:25	
4039	Paulo CRUZ	8857	M	00:57:12	00:54:15	05:26	00:27:01	
4040	Alvaro FERREIRA	8096	M	00:57:13	00:52:28	05:15	00:26:59	
4041	Sérgio MOREIRAS	8998	M	00:57:13	00:51:29	05:09	00:26:38	
4042	José Manuel TRINDADE	3424	M	00:57:13	00:54:00	05:24	00:27:07	
4043	António PEIXE	7056	M	00:57:13	00:53:50	05:23	00:26:53	
4044	António FURA	3692	M	00:57:13	00:53:50	05:23	00:26:51	
4045	Rita CATARINO	1153	F	00:57:14	00:57:08	05:43	00:27:06	
4046	Maria José LAGINHA	5302	F	00:57:14	00:55:52	05:36	00:27:37	Grupo Excursionista Os Económicos

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4047	Manuela ANTON	77	F	00:57:14	00:56:56	05:42	00:27:57	C. R. Leões de Porto Salvo
4048	Pedro FONSECA	7667	M	00:57:14	00:52:55	05:18	00:27:56	
4049	Hugo CRUZ	4012	M	00:57:14	00:52:48	05:17	00:25:22	
4050	Ivan MOUCHAN	2599	M	00:57:15	00:54:17	05:26	00:26:56	
4051	Sérgio Miguel MARTINS	8650	M	00:57:15	00:50:43	05:05	00:26:13	
4052	Daniel COELHO	8072	M	00:57:15	00:52:17	05:14	00:25:59	
4053	Bruno PEREIRA	6206	M	00:57:16	00:56:45	05:41	00:27:42	Açoreana clube Banif
4054	Paulo RISCADO	2581	M	00:57:16	00:54:31	05:28	00:28:42	
4055	Jose Alfredo PIEDADE	7121	M	00:57:16	00:56:02	05:37	00:27:34	
4056	Maria Do Céu JOAQUIM FREITAS	4999	F	00:57:16	00:56:16	05:38	00:26:48	
4057	Luís Miguel MAGALHÃES ADÃO	10679	M	00:57:16	00:52:15	05:14	00:26:23	
4058	Salvador SANTOS	10844	M	00:57:16	00:54:24	05:27	00:27:52	
4059	André Filipe RAPOSO	10268	M	00:57:16	00:53:39	05:22	00:27:45	
4060	António LOPES	8114	M	00:57:17	00:55:42	05:35	00:27:14	
4061	André GOMES	6479	M	00:57:17	00:54:03	05:25	00:27:19	Serviços Sociais Montepio Geral
4062	José Manuel RAPOSO	10260	M	00:57:17	00:53:40	05:22	00:27:45	
4063	Ana NOGUEIRA	5567	F	00:57:17	00:55:06	05:31	00:26:58	
4064	Mário Jorge CORREIA RIBEIRO	2974	M	00:57:18	00:52:05	05:13	00:27:32	
4065	Abílio Luciano NUNES DAS NEVES	4019	M	00:57:18	00:55:56	05:36	00:27:08	
4066	Júlio VAZ	8214	M	00:57:18	00:55:03	05:31	00:26:43	
4067	Manuel Adérito RIBEIRO BRITES	8460	M	00:57:18	00:55:56	05:36	00:27:07	
4068	Luís SILVA	3437	M	00:57:18	00:54:40	05:28	00:27:02	
4069	Luís M	7433	M	00:57:18	00:53:49	05:23	00:26:33	
4070	Gustavo Filipe Rodrigues FERREIRA	510	M	00:57:19	00:53:44	05:23	00:27:45	
4071	Miguel MAIA	4489	M	00:57:19	00:52:08	05:13	00:24:43	
4072	Rui LUZ	4626	M	00:57:19	00:52:26	05:15	00:27:19	
4073	António REIS	15225	M	00:57:19	00:55:41	05:35	00:26:04	Amigos do Atletismo de Mafra
4074	Joao RIBEIRO	2037	M	00:57:19	00:57:19	05:44	00:30:07	
4075	Pedro COSTA	6847	M	00:57:20	00:54:31	05:28	00:27:18	
4076	José Carlos LAMEIRA	7179	M	00:57:20	00:54:50	05:29	00:25:28	
4077	Ricardo Alexandre G.p RAMALHO	3290	M	00:57:21	00:53:54	05:24	00:26:54	
4078	Rui José SERRA PALMA	7523	M	00:57:21	00:53:54	05:24	00:26:54	
4079	Alexandre MORENO	268	M	00:57:21	00:56:55	05:42	00:27:17	GARMIN COO
4080	Nuno ESTEVES	7287	M	00:57:21	00:55:21	05:33	00:27:21	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4081	Nuro CARVALHO	6948	M	00:57:21	00:52:05	05:13	00:26:11	
4082	Pedro CLAUDIO	142	M	00:57:22	00:55:37	05:34	00:27:51	
4083	Maria Cidália OLIVEIRA	725	F	00:57:22	00:54:55	05:30	00:27:40	
4084	Marta COELHO	816	F	00:57:22	00:55:25	05:33	00:27:26	
4085	Nelson Simões Da Silva SILVA	10850	M	00:57:22	00:56:26	05:39	00:26:53	
4086	Rodolfo FERNANDES	6813	M	00:57:22	00:54:24	05:27		Os Desconhecidos
4087	Alessandra LIRA	1075	F	00:57:22	00:50:53	05:06	00:26:16	Wikaboo
4088	Rogério PINA	6650	M	00:57:23	00:56:56	05:42	00:27:03	Clube Anacom
4089	Carlos Fernandes MARQUES	8357	M	00:57:23	00:54:44	05:29	00:26:28	
4090	Sebastião MOSER MACHADO	2678	M	00:57:23	00:54:03	05:25	00:29:21	
4091	Pedro PINA	6648	M	00:57:23	00:56:56	05:42	00:27:03	Clube Anacom
4092	Natália ANDRADE	776	F	00:57:23	00:56:13	05:38	00:27:22	ACP - Atletismo Clube de Portalegre
4093	Firmino Dos Santos SARAIVA	8300	M	00:57:24	00:55:44	05:35	00:27:20	
4094	Nuno FRAZÃO	3244	M	00:57:24	00:53:42	05:23	00:26:03	
4095	Pedro RAMOS	6808	M	00:57:24	00:54:31	05:28	00:26:42	Clube ANA Lisboa
4096	Marcos LEAL	6772	M	00:57:25	00:49:46	04:59	00:24:45	
4097	Francisco Gutierrez MARTIN	10625	M	00:57:25	00:54:26	05:27	00:27:07	
4098	Rui Manuel Carvalho SILVA	10802	M	00:57:25	00:54:33	05:28	00:27:27	
4099	Carlos MOTA	4861	M	00:57:25	00:54:00	05:24	00:26:26	
4100	Ricardo TOMÁS	49	M	00:57:26	00:57:01	05:43	00:29:01	SPORTING CP
4101	Aurélio CALADO	9923	M	00:57:27	00:56:01	05:37	00:27:40	Serviços Sociais da CGD
4102	João AFONSO	6202	M	00:57:27	00:56:56	05:42	00:27:42	Açoreana clube Banif
4103	Tiago PINHAL	2780	M	00:57:27	00:53:29	05:21	00:27:21	
4104	Gyirey SZEKELY	2160	M	00:57:27	00:51:25	05:09	00:25:43	Hovione
4105	Jorge Filipe DRUMOND PINTO DA SILVA	3865	M	00:57:27	00:52:32	05:16	00:26:12	
4106	Rui BRAVO	3354	M	00:57:27	00:51:17	05:08	00:26:32	
4107	Jóni VILELA	5905	M	00:57:27	00:51:32	05:10	00:27:08	
4108	Vergilio TONELO	7992	M	00:57:27	00:52:32	05:16	00:26:12	
4109	Pedro FIGUEIREDO	10167	M	00:57:28	00:53:56	05:24	00:27:33	
4110	Mario MORGADO	8548	M	00:57:29	00:54:46	05:29	00:27:24	
4111	Carlos TEIXEIRA	7420	M	00:57:30	00:54:00	05:24	00:26:17	
4112	Rui Pedro L.M. REIS LIMA	3262	M	00:57:30	00:56:39	05:40	00:25:10	
4113	André DIAS	7066	M	00:57:30	00:50:52	05:06		
4114	Fernando Vasco PIPA	6109	M	00:57:30	00:56:15	05:38	00:27:12	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4115	Alexandre PIRES	4014	M	00:57:30	00:56:55	05:42	00:28:02	
4116	Antonio QUINTAS	8329	M	00:57:31	00:55:44	05:35	00:27:38	
4117	Fernanda COSTA	15226	F	00:57:31	00:56:02	05:37	00:27:40	Amigos do Atletismo de Mafra
4118	Maarten ARYS	9458	M	00:57:31	00:49:07	04:55	00:24:14	
4119	Jorge Alberto RODRIGUES SARAIVA DA COSTA	7054	M	00:57:31	00:55:55	05:36	00:27:23	
4120	José OLIVEIRA	2559	M	00:57:31	00:57:25	05:45	00:25:54	
4121	Hugo Manuel FERREIRA	127	M	00:57:32	00:53:03	05:19	00:25:44	
4122	Fernando Miguel JESUS HENRIQUES	7302	M	00:57:32	00:55:17	05:32	00:26:26	
4123	José Miguel GUIMARÃES	8380	M	00:57:32	00:52:31	05:16	00:27:44	
4124	Pedro MASCARENHAS AZEVEDO	2951	M	00:57:32	00:54:58	05:30	00:28:42	
4125	Artur Manuel DUARTE FERREIRA	4467	M	00:57:32	00:56:13	05:38	00:26:47	
4126	Nuno EPIFÂNIO	9070	M	00:57:32	00:52:22	05:15	00:27:10	
4127	Joaquim BORRALHO	6764	M	00:57:32	00:56:00	05:36	00:27:16	G.D.C. Banco De Portugal
4128	João DIAS	11504	M	00:57:32	00:52:19	05:14	00:25:58	
4129	Anibal Jose GOMES DE CARVALHO	10418	M	00:57:32	00:52:12	05:14	00:25:56	
4130	Ana Rute RAMALHO	1056	F	00:57:33	00:56:40	05:40	00:28:27	
4131	Nuno BELMONTE	8603	M	00:57:33	00:54:42	05:29	00:25:59	
4132	Rui BORRALHO	2533	M	00:57:33	00:56:00	05:36	00:27:16	G.D.C. Banco De Portugal
4133	Pedro José PERES MARTINS	3140	M	00:57:33	00:53:43	05:23	00:26:34	
4134	Roni Lara MOYA	153	M	00:57:33	00:49:39	04:58		
4135	João Garita Frasco CALDEIRA	7422	M	00:57:33	00:54:35	05:28	00:27:36	
4136	Carlos FRANCO	10364	M	00:57:33	00:54:35	05:28	00:27:35	
4137	Luis Miguel RIBEIRO	7288	M	00:57:34	00:53:20	05:20	00:27:15	
4138	Sónia Sofia SILVA	5493	F	00:57:34	00:55:43	05:35	00:27:09	
4139	João SANTOS PINA	3433	M	00:57:34	00:51:39	05:10	00:26:11	
4140	Nuno OLIVEIRA	4604	M	00:57:34	00:54:31	05:28	00:27:05	
4141	Fernando CARDOSO	6733	M	00:57:34	00:55:13	05:32	00:28:07	Núcleo de Atletismo Zona Abçboda
4142	Paulo LUZ	10084	M	00:57:34	00:54:46	05:29	00:27:06	St. Julians School
4143	Marta ALMEIDA	11357	F	00:57:35	00:56:44	05:41	00:26:38	
4144	Francisco PINA RODRIGUES	5953	M	00:57:35	00:53:02	05:19	00:26:23	Hovione
4145	Luis LOPES	10164	M	00:57:35	00:54:03	05:25	00:27:34	
4146	Luis Fernando JACINTO	2210	M	00:57:35	00:54:36	05:28	00:26:45	
4147	Filomena AGUIÃ	541	F	00:57:35	00:56:24	05:39	00:29:20	C. R. Leões de Porto Salvo
4148	Nuno Gonçalo Dinis SANTOS PINTO	5934	M	00:57:36	00:53:56	05:24	00:26:10	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4149	Carlos Faf SIMÕES	8101	M	00:57:36	00:52:12	05:14	00:27:29	
4150	Paula MACHADO	1388	F	00:57:36	00:56:04	05:37	00:27:44	
4151	José ALMEIDA	2446	M	00:57:36	00:52:19	05:14	00:26:07	
4152	Hugo Miguel De Sá GUERREIRO	10259	M	00:57:37	00:53:58	05:24	00:26:10	
4153	João Tomás TEIXEIRA	4719	M	00:57:37	00:55:03	05:31	00:26:27	
4154	João FONSECA	9857	M	00:57:37	00:54:58	05:30	00:27:58	
4155	José MARIA	6513	M	00:57:37	00:57:14	05:44	00:28:43	Grupo Recreativo Cultural Desportivo Leião
4156	Francisco SERRAS	8104	M	00:57:38	00:47:19	04:44		
4157	Joaquim Manuel COELHO DOS SANTOS	8143	M	00:57:38	00:52:19	05:14	00:26:20	
4158	José PEREIRA	2438	M	00:57:38	00:56:53	05:42	00:27:49	BolotaObra Atletismo
4159	Joaquim PEREIRA	2440	M	00:57:38	00:56:53	05:42	00:27:48	BolotaObra Atletismo
4160	Fernando LOURO	10328	M	00:57:38	00:51:55	05:12	00:25:45	
4161	Rodrigo PINTO	8678	M	00:57:38	00:57:11	05:44	00:27:40	
4162	João BALÃO	1839	M	00:57:38	00:53:31	05:22	00:27:07	Serviços Sociais da CGD
4163	José FIGUEIREDO	10012	M	00:57:39	00:54:06	05:25	00:27:32	
4164	João Pedro PEREIRA	2108	M	00:57:39	00:50:55	05:06	00:26:20	
4165	Marisa Alexandra MARQUES	804	F	00:57:39	00:54:49	05:29	00:27:07	
4166	João Morais MORAIS	7704	M	00:57:39	00:51:44	05:11	00:26:12	
4167	António BUSTORFF	8927	M	00:57:39	00:54:51	05:30	00:27:02	
4168	João Hora FAUTINO	3211	M	00:57:39	00:54:50	05:29	00:27:07	
4169	João Carlos FRANCA	9144	M	00:57:40	00:56:13	05:38	00:28:32	
4170	Nelson PINTO	3301	M	00:57:40	00:51:57	05:12	00:24:30	
4171	Maria SANTOS	1109	F	00:57:40	00:54:06	05:25	00:27:25	TCPI
4172	Vitor RIBEIRO	6193	M	00:57:40	00:54:47	05:29	00:27:23	TCPI
4173	Luis Miguel PEREIRA	4682	M	00:57:40	00:52:06	05:13	00:25:32	
4174	Joaquim Lourenço PALMEIRO	8179	M	00:57:40	00:55:51	05:36	00:27:06	
4175	Fernando BARBOSA	4670	M	00:57:40	00:54:56	05:30	00:27:24	
4176	Pedro Miguel Duarte LAPA	4516	M	00:57:40	00:52:40	05:16	00:27:51	
4177	Domingos Barroso PEREIRA	8059	M	00:57:40	00:51:58	05:12	00:26:14	
4178	Madalena CANINAS	9760	F	00:57:40	00:55:21	05:33	00:27:38	
4179	Paulo LEITE	6989	M	00:57:41	00:55:11	05:32	00:28:19	
4180	Ricardo OLIVEIRA	4166	M	00:57:41	00:55:04	05:31	00:27:38	
4181	Rui SILVA	8498	M	00:57:41	00:53:00	05:18	00:25:48	
4182	Ricardo SIMÕES	7876	M	00:57:41	00:57:23	05:45	00:27:31	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4183	Jennie COTTAM	11529	F	00:57:41	00:53:37	05:22	00:26:29	
4184	Luis TORRES	4052	M	00:57:42	00:54:13	05:26	00:26:49	
4185	David LIMA	9009	M	00:57:42	00:51:20	05:08	00:26:11	
4186	Miguel Júlio BARROS DOS REIS	7107	M	00:57:43	00:56:06	05:37	00:27:14	
4187	Cláudia SOUSA CAPELINHA	968	F	00:57:43	00:52:58	05:18	00:26:03	Pepsico Portugal
4188	Rui Pedro MALTEZ	3944	M	00:57:43	00:53:49	05:23	00:26:49	
4189	Manuel NORTE	6773	M	00:57:43	00:57:14	05:44	00:26:26	Clube ANA Lisboa
4190	Filipe JUNQUEIRA	3324	M	00:57:43	00:55:30	05:33		
4191	Jose Da Costa LOPES	3641	M	00:57:43	00:54:51	05:30	00:27:47	
4192	Tiago FERREIRA	5920	M	00:57:43	00:52:56	05:18	00:25:14	
4193	José Manuel SILVA	4720	M	00:57:44	00:53:51	05:24	00:26:50	
4194	Ricardo SANTOS	4837	M	00:57:44	00:52:53	05:18	00:25:50	
4195	Marcos SIMAS	8019	M	00:57:44	00:52:44	05:17	00:26:52	
4196	João GONÇALVES	2605	M	00:57:44	00:56:52	05:42	00:27:39	GARMIN COO
4197	Rui Rodolfo GOMES	8537	M	00:57:44	00:53:17	05:20	00:26:22	
4198	Manuel AZEDO	6883	M	00:57:45	00:52:32	05:16	00:26:38	
4199	Francisco COSTEIRA REBELO	3293	M	00:57:45	00:56:10	05:37	00:26:25	
4200	Vitor Manuel GARRIDO DE MATOS TEIXEIRA	80380	M	00:57:45	00:52:03	05:13	00:26:53	
4201	Nuno MORGADO	9174	M	00:57:45	00:57:22	05:45	00:29:16	
4202	Manuel GAMBOA	7624	M	00:57:46	00:56:37	05:40	00:26:28	
4203	Ana VIEIRA	847	F	00:57:46	00:56:35	05:40	00:27:41	ACP - Atletismo Clube de Portalegre
4204	Paulo FIGUEIREDO	7100	M	00:57:46	00:53:17	05:20	00:27:11	
4205	Mário Branco CARVALHO	9033	M	00:57:47	00:53:31	05:22	00:26:51	
4206	Paulo FONSECA	6676	M	00:57:47	00:57:34	05:46	00:27:36	
4207	Paulo Jorge PEREIRA	7694	M	00:57:47	00:54:28	05:27	00:28:17	
4208	João Pedro PEREIRA	8272	M	00:57:47	00:54:29	05:27	00:28:17	
4209	Carlos MATIAS	3265	M	00:57:48	00:52:29	05:15	00:26:25	
4210	Frederico CUNHA	449	M	00:57:48	00:51:19	05:08	00:26:37	
4211	Vanda Sofia ROSA	5177	F	00:57:48	00:56:44	05:41	00:28:19	Clube Millennium BCP
4212	Paulo Battista FERNANDES	10122	M	00:57:48	00:56:42	05:41	00:27:53	Casa da Dizima
4213	António GUIMARÃES	8515	M	00:57:49	00:52:48	05:17	00:26:19	
4214	Cristiano CORREIA ROCHA	10846	M	00:57:49	00:55:00	05:30	00:27:17	
4215	Pedro Miguek GARCEZ	5897	M	00:57:50	00:55:03	05:31	00:27:28	
4216	Jorge COSTA	6881	M	00:57:50	00:52:00	05:12	00:25:55	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4217	Ludgero IVA	6836	M	00:57:50	00:56:05	05:37	00:27:45	
4218	Henrique MARCAR	6406	M	00:57:50	00:57:16	05:44	00:28:57	Grupo Desportivo Santander Totta
4219	José MARÇAL	2079	M	00:57:50	00:57:15	05:44	00:28:56	Grupo Desportivo Santander Totta
4220	José Manuel Gonçalves MARTINS	7736	M	00:57:50	00:54:34	05:28	00:28:03	
4221	Tiago MAURÍCIO	2316	M	00:57:50	00:56:03	05:37	00:27:05	ACP - Atletismo Clube de Portalegre
4222	Carlos LOPES	8419	M	00:57:51	00:55:37	05:34	00:29:04	
4223	Bruno Miguel Silva RÉGO	3651	M	00:57:51	00:56:18	05:38	00:28:35	
4224	Francisco SOUSA	156	M	00:57:51	00:50:44	05:05	00:25:27	
4225	Inês Isabel De Campos PEREIRA	5829	F	00:57:51	00:55:43	05:35	00:27:56	
4226	Ângelo FELGUEIRAS	10998	M	00:57:51	00:50:45	05:05	00:25:23	
4227	Ricardo Jorge De OLIVEIRA REBELO SANTANA	3376	M	00:57:52	00:55:39	05:34	00:28:36	
4228	Narciso Costa NEVES	214	M	00:57:52	00:56:23	05:39	00:27:48	
4229	Leonor Marcelino DUARTE	1618	F	00:57:53	00:53:56	05:24	00:27:40	
4230	Tânia GERALDES	1423	F	00:57:53	00:57:53	05:48		
4231	Paulo Jorge SOARES DA SILVA	4124	M	00:57:53	00:54:18	05:26	00:27:50	
4232	José Vítor FERREIRA	7369	M	00:57:53	00:56:01	05:37	00:26:48	
4233	Carolina Folques MARQUÊS	1293	F	00:57:53	00:53:57	05:24	00:27:40	
4234	Marta LEITÃO	1619	F	00:57:53	00:57:49	05:47	00:28:25	Sportlife
4235	Hugo LAMPREIA	495	M	00:57:53	00:51:23	05:09	00:26:30	
4236	Pedro Ivo ALVES DA SILVA	1800	M	00:57:53	00:56:01	05:37	00:27:48	Pepsico Portugal
4237	Carlos Caetano SILVA	1930	M	00:57:53	00:52:53	05:18	00:26:37	Serviços Sociais Montepio Geral
4238	Luis FRANCO	2491	M	00:57:54	00:54:54	05:30	00:28:13	LINK
4239	Pedro SIMÕES ROSA	3607	M	00:57:54	00:57:41	05:47	00:29:50	
4240	Pedro Miguel PIRES GIL	8584	M	00:57:54	00:54:48	05:29	00:27:32	
4241	Filipe Alexandre BRANCO MESTRE	6084	M	00:57:54	00:56:14	05:38	00:27:52	
4242	Antonio SANTOS	6862	M	00:57:54	00:57:48	05:47	00:27:27	
4243	Carlos A. P SILVA	3451	M	00:57:55	00:55:02	05:31	00:27:52	
4244	João Manuel DA SILVA SANTOS	8026	M	00:57:55	00:55:05	05:31	00:26:48	
4245	Carlos Alberto RODRIGUES MARQUES	7198	M	00:57:55	00:56:22	05:39	00:28:00	
4246	Claudia BARRAGON	5468	F	00:57:55	00:56:27	05:39	00:27:17	
4247	Miguel CUNHA	7008	M	00:57:55	00:56:27	05:39	00:27:17	
4248	Paulo MAFRA	6711	M	00:57:56	00:57:53	05:48	00:29:22	Núcleo de Atletismo Zona Abçboda
4249	Pedro MACHADO	7398	M	00:57:56	00:54:08	05:25	00:27:30	
4250	Fernando PIRES	8376	M	00:57:56	00:50:53	05:06	00:25:50	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4251	Pedro Miguel Dos Santos COSTA	7180	M	00:57:57	00:56:51	05:42	00:27:48	
4252	Francisco SANTOS	9077	M	00:57:57	00:53:35	05:22	00:27:27	
4253	Pedro AMARAL	7470	M	00:57:57	00:54:09	05:25	00:27:22	
4254	Joao COELHO	7093	M	00:57:58	00:55:27	05:33	00:27:12	
4255	Liliana BARBOSA	11517	F	00:57:58	00:55:27	05:33	00:27:12	
4256	André MARÇAL	4644	M	00:57:58	00:56:22	05:39	00:27:20	
4257	Fernando CASTANHEIRA	15081	M	00:57:58	00:56:28	05:39	00:27:47	Gabinete de Fisioterapia no Desporto
4258	José Manuel PEREIRA	3005	M	00:57:58	00:57:52	05:48	00:28:27	
4259	João Carlos CASTELÃO SOARES	7445	M	00:57:58	00:54:44	05:29	00:26:03	
4260	João Carlos MARQUES FERREIRA DE ALMEIDA	10105	M	00:57:59	00:51:49	05:11	00:26:26	
4261	Paulo FERNANDES	10247	M	00:57:59	00:53:29	05:21	00:27:11	
4262	Francisco Mg FONSECA	10248	M	00:57:59	00:55:57	05:36	00:28:03	
4263	Filipa PIMENTA	1143	F	00:57:59	00:56:34	05:40	00:28:30	
4264	Paulo VIEGAS	10162	M	00:58:00	00:56:36	05:40	00:28:23	
4265	Pedro CRUZ	6999	M	00:58:00	00:52:10	05:13	00:28:02	
4266	Luís DUARTE	4830	M	00:58:00	00:56:24	05:39	00:27:31	
4267	Joaquim MELO	1891	M	00:58:00	00:56:31	05:40	00:28:16	Serviços Sociais Montepio Geral
4268	Nuno LIMAS	8259	M	00:58:00	00:52:34	05:16	00:26:26	
4269	Nuno José ALMEIDA	2020	M	00:58:01	00:55:53	05:36	00:28:13	
4270	Paulo José Dos Santos COSTA AMORIM	3407	M	00:58:02	00:55:36	05:34	00:28:06	
4271	António FERREIRA	9995	M	00:58:02	00:56:29	05:39	00:27:35	G.R.D. Os Fixes
4272	Paulo LAPÃO	7672	M	00:58:02	00:53:23	05:21	00:27:37	
4273	Paula TEIXEIRA	11233	F	00:58:02	00:54:29	05:27	00:26:37	
4274	Fernando GRAÇA	8724	M	00:58:02	00:56:05	05:37	00:26:25	
4275	Carlos PINHEIRO	8701	M	00:58:02	00:52:31	05:16	00:25:59	
4276	Pedro GABRIEL	10381	M	00:58:03	00:56:20	05:38	00:27:37	
4277	Jorge Manuel FRAGOSO	6169	M	00:58:03	00:58:03	05:49		Serviços Sociais da CGD
4278	Rui Sergio MASCARENHAS ALVARES	9460	M	00:58:03	00:53:48	05:23	00:26:52	
4279	Gonçalo CASTELO BRANCO	3303	M	00:58:04	00:54:04	05:25	00:27:07	
4280	Pedro Miguel BASTOS	3667	M	00:58:04	00:53:18	05:20	00:26:04	
4281	Andre VIDAL	8140	M	00:58:04	00:57:23	05:45	00:27:15	
4282	Bruno FONSECA	3983	M	00:58:05	00:48:29	04:51		
4283	José GERALDO	99	M	00:58:05	00:55:23	05:33	00:27:19	
4284	José Joaquim AFECTO	10838	M	00:58:05	00:55:24	05:33	00:27:20	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4285	Davide RAMOS	4629	M	00:58:05	00:55:23	05:33	00:27:19	
4286	Afonso GUERREIRO	7450	M	00:58:05	00:53:47	05:23	00:28:03	
4287	Rosinda GONÇALVES	15312	F	00:58:06	00:57:37	05:46	00:27:58	
4288	Marco MARQUES	9163	M	00:58:06	00:55:41	05:35	00:28:40	
4289	Antonio Dantas SILVA	5978	M	00:58:06	00:56:24	05:39	00:27:04	
4290	Joaquim SIMÃO	6615	M	00:58:06	00:55:22	05:33	00:27:45	Odebrecht / BPC
4291	Miguel Bartolomeu POMPOSO	2484	M	00:58:06	00:55:04	05:31	00:28:18	S. M. D. Caneças
4292	Marcelino SANCHES	9102	M	00:58:06	00:56:38	05:40	00:28:13	
4293	Ricardo MORGADO	7514	M	00:58:06	00:51:13	05:08	00:25:47	
4294	Carlos Frederico CARVALHO	7394	M	00:58:07	00:53:52	05:24	00:27:03	
4295	João Pedro Mendes MORGADINHO	6000	M	00:58:07	00:55:50	05:35	00:27:52	
4296	Pedro PROENÇA	2844	M	00:58:07	00:57:04	05:43	00:27:34	Academia Life Club
4297	Antonio ALBERTY	8967	M	00:58:07	00:57:39	05:46	00:28:39	
4298	Daniel RODRIGUES	10699	M	00:58:08	00:56:24	05:39	00:27:20	
4299	Carlos BARATA CORREIA	7673	M	00:58:08	00:55:49	05:35	00:27:38	
4300	Amândio BORGES DOS SANTOS	93	M	00:58:09	00:57:10	05:43	00:28:19	
4301	Nuno PINTO	7341	M	00:58:09	00:53:43	05:23	00:28:05	
4302	Miguel NINA MARTINS	4140	M	00:58:09	00:57:10	05:43	00:28:18	
4303	Iciar RODRIGO NENADO	1601	F	00:58:09	00:55:36	05:34	00:28:01	
4304	Rui PAULA	6971	M	00:58:09	00:56:02	05:37	00:27:47	
4305	Carlos Alberto DINIS GOMES	10809	M	00:58:10	00:53:43	05:23	00:26:01	
4306	Nuno TENREIRO	3132	M	00:58:10	00:52:26	05:15	00:25:06	
4307	Alexandre RAINHA CAMPOS	6843	M	00:58:11	00:55:08	05:31	00:27:19	
4308	Mafalda ABREU PEIXOTO	5117	F	00:58:11	00:53:26	05:21	00:27:11	
4309	Mónica TEIXEIRA	9566	F	00:58:11	00:57:46	05:47	00:28:00	Associação de Moradores de Atibá
4310	António ALVES HORTA	7306	M	00:58:11	00:57:16	05:44	00:26:10	
4311	César FERROLHO	4191	M	00:58:11	00:54:54	05:30	00:26:58	
4312	Cristina SILVA	1543	F	00:58:11	00:56:12	05:38	00:28:43	
4313	Pedro Escada Battista FERNANDES	2479	M	00:58:12	00:57:08	05:43	00:29:00	Casa da Dizima
4314	António FERNANDES	7293	M	00:58:12	00:53:11	05:20	00:26:43	
4315	Maria Da Graça Santos Da FONSECA	1562	F	00:58:13	00:56:22	05:39	00:27:41	
4316	Rui CARNEIRO	8974	M	00:58:13	00:52:22	05:15	00:26:18	
4317	Marcos BRITO	4194	M	00:58:13	00:51:32	05:10	00:26:30	
4318	Marta LOPES	1396	F	00:58:13	00:51:52	05:12	00:27:13	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4319	Pedro Miguel SANT'ANA VAL VITAL	466	M	00:58:13	00:54:18	05:26	00:29:30	
4320	Pedro PERES	2696	M	00:58:14	00:51:24	05:09	00:26:55	
4321	Gabriel MATEUS	7381	M	00:58:14	00:57:09	05:43	00:29:01	
4322	Roberta RAMOS	539	F	00:58:14	00:56:22	05:39	00:27:13	
4323	António SEIFERT	8946	M	00:58:14	00:58:01	05:49	00:28:24	
4324	Antonio SILVA	8347	M	00:58:15	00:55:08	05:31	00:27:20	
4325	Paulo BARRA	3998	M	00:58:15	00:55:09	05:31	00:27:20	
4326	Joaquim Raminhos CUNHA	2521	M	00:58:15	00:51:32	05:10	00:27:35	
4327	Luis T RICO	15277	M	00:58:15	00:51:46	05:11	00:26:55	CCD Tranquilidade
4328	Ana Maria Neves GONÇALVES	11330	F	00:58:16	00:53:16	05:20	00:26:55	
4329	Vítor ROQUETTE	10182	M	00:58:16	00:55:02	05:31	00:27:50	
4330	Rita MONTALVAO	5647	F	00:58:16	00:53:54	05:24	00:27:14	
4331	Gonçalo MENDES	339	M	00:58:16	00:53:25	05:21	00:26:48	
4332	António FERNANDES	7657	M	00:58:16	00:51:31	05:10	00:24:59	
4333	Helena BARBOSA	15125	F	00:58:16	00:57:28	05:45	00:27:37	Linda-a-Pastora Sporting Clube
4334	Fernando CARVALHO	4750	M	00:58:16	00:55:22	05:33	00:28:08	
4335	João Francisco Ramos De OLIVEIRA	7110	M	00:58:17	00:56:07	05:37	00:27:08	
4336	Lara ESPÍRITO SANTO	11551	F	00:58:17	00:54:24	05:27	00:27:06	
4337	Luis Miguel SOBRAL DOMINGUES	10879	M	00:58:18	00:56:08	05:37	00:28:22	
4338	Ana DANEN	11247	F	00:58:18	00:56:09	05:37	00:28:22	
4339	Bruno Miguel ARAÚJO BRUTO DA COSTA	9176	M	00:58:18	00:54:42	05:29	00:26:23	
4340	Bruno FREIRE	2683	M	00:58:18	00:52:30	05:15	00:26:35	
4341	Miguel CALAPEZ XAVIER	458	M	00:58:19	00:54:22	05:27	00:25:26	
4342	Bruno José Ventura Vale PAULOS	131	M	00:58:19	00:49:49	04:59	00:25:24	
4343	Gilberto CARDOSO	8620	M	00:58:19	00:53:50	05:23	00:26:33	
4344	José ESTEVES	15054	M	00:58:19	00:57:28	05:45	00:28:00	Clube Grupo Desportivo BES
4345	Bruno GONÇALVES	2211	M	00:58:19	00:52:28	05:15	00:27:19	
4346	Ana CLARO	5041	F	00:58:19	00:52:27	05:15	00:27:18	
4347	Luis Toste COSTA	7478	M	00:58:20	00:54:50	05:29	00:25:58	
4348	Joaquim HIPÓLITO	6701	M	00:58:20	00:55:36	05:34	00:27:34	Clube de Atletismo da Nazaré
4349	João RAFAEL	3361	M	00:58:20	00:51:54	05:12	00:26:33	
4350	Américo FRANCISCO	4474	M	00:58:21	00:54:27	05:27	00:28:00	
4351	Luís Diogo FONTES DE MELO	3364	M	00:58:21	00:54:53	05:30	00:26:20	
4352	Nuno Miguel MARQUES	10941	M	00:58:21	00:52:52	05:18	00:27:27	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4353	Luis Miguel Silva NEVES CALHEIROS	2106	M	00:58:23	00:55:05	05:31	00:26:55	
4354	Bruno Miguel RODRIGUES DA FONSECA	7166	M	00:58:23	00:55:49	05:35	00:26:29	
4355	Claudia APARICIO	1057	F	00:58:23	00:55:48	05:35	00:27:50	
4356	Tiago GODINHO	4704	M	00:58:23	00:56:20	05:38	00:28:32	
4357	António SIETRA	15202	M	00:58:23	00:56:07	05:37	00:27:01	Clube Vodafone
4358	Antonio CASTRO	5043	M	00:58:23	00:54:57	05:30	00:27:33	
4359	Martim AVILLENZ FIGUEIREDO	7740	M	00:58:24	00:56:12	05:38	00:27:39	
4360	Ana PAZ	5161	F	00:58:25	00:53:39	05:22	00:27:39	
4361	Ludgero RODRIGUES	6057	M	00:58:25	00:53:51	05:24	00:26:30	Clube Millennium BCP
4362	Bruno PIRES	10389	M	00:58:25	00:57:05	05:43	00:27:36	
4363	João CARVALHO	9019	M	00:58:25	00:57:05	05:43	00:28:12	
4364	Fernando FERREIRA	8198	M	00:58:25	00:57:27	05:45	00:27:16	
4365	Ricardo Manuel CALÇADO CARVALHO	7286	M	00:58:25	00:55:58	05:36	00:27:45	
4366	Jose FARTARIA	2590	M	00:58:25	00:56:14	05:38	00:28:13	
4367	Luisa Pisco Alberto ALBERTO	1179	F	00:58:26	00:56:16	05:38	00:28:15	
4368	José VILELA	8131	M	00:58:26	00:56:34	05:40	00:27:55	
4369	Manuel MARQUES	6664	M	00:58:26	00:56:31	05:40	00:28:45	Tabaqueira
4370	Manuel ALMEIDA OLIVEIRA	6854	M	00:58:26	00:57:35	05:46	00:28:59	A.A.E. BNU
4371	Ricardo BRANCO	3397	M	00:58:27	00:53:41	05:23	00:26:42	
4372	Rodrigo Miguel COELHO RAMOS ESTEVES	3129	M	00:58:27	00:55:18	05:32	00:27:02	
4373	Paula Cristina MARTINS	5312	F	00:58:27	00:53:06	05:19	00:26:45	
4374	José Miguel GUIMARÃES	2758	M	00:58:27	00:53:07	05:19	00:26:45	
4375	João LOPES	7795	M	00:58:27	00:54:46	05:29	00:27:28	
4376	Jorge FERREIRA	3748	M	00:58:27	00:52:26	05:15	00:26:51	
4377	António Manuel Rebelo Pereira PEREIRA	10276	M	00:58:27	00:56:45	05:41	00:27:52	
4378	Rui MATIAS	2694	M	00:58:28	00:56:36	05:40	00:27:34	
4379	Nuno LUCAS	8258	M	00:58:28	00:51:22	05:09	00:26:30	
4380	Paul ECKARDT	10195	M	00:58:28	00:56:15	05:38	00:27:58	
4381	Carlos Pedro PINTO	8410	M	00:58:28	00:54:26	05:27	00:28:18	
4382	Rui Gabriel GONCALVES	2036	M	00:58:28	00:57:20	05:44	00:27:57	
4383	Pedro BORGES	10832	M	00:58:28	00:54:27	05:27	00:28:18	
4384	Catarina MORAES CARDOSO	767	F	00:58:28	00:56:10	05:37	00:28:24	
4385	Luis Filipe OLIVEIRA	1949	M	00:58:28	00:54:26	05:27	00:28:17	Casa do Pessoal Estradas de Portugal
4386	Luis GONÇALVES MARQUES ALMEIDA	7768	M	00:58:28	00:56:20	05:38	00:27:58	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4387	Cristina CRUZ	11535	F	00:58:28	00:52:07	05:13	00:26:24	
4388	Luis AMBROSIO	7301	M	00:58:29	00:54:36	05:28		
4389	João MOTA	4521	M	00:58:29	00:53:05	05:19	00:26:33	
4390	Domingos Paulo Atalaia RIBEIRO	7570	M	00:58:29	00:57:55	05:48	00:28:44	
4391	Pedro SANCHES	134	M	00:58:29	00:53:07	05:19	00:27:37	
4392	Olga Maria R. RIBEIRO	11590	F	00:58:29	00:57:56	05:48	00:28:45	
4393	Pedro MOURA	7191	M	00:58:29	00:56:05	05:37	00:28:32	
4394	José GONÇALVES	6422	M	00:58:30	00:55:56	05:36	00:28:09	Grupo Desportivo Santander Totta
4395	Carlos CRUZEIRO	1997	M	00:58:30	00:57:16	05:44	00:26:24	
4396	José MATIAS	6998	M	00:58:31	00:57:24	05:45	00:29:06	
4397	Carla Isabel FERNANDES TEIXEIRA	11434	F	00:58:31	00:57:14	05:44	00:27:22	
4398	João COUTINHO	9903	M	00:58:31	00:52:25	05:15	00:26:49	Clube do Stress
4399	Pedro MATIAS	10220	M	00:58:31	00:57:23	05:45	00:29:05	
4400	Sonia SILVÉRIO	11219	F	00:58:31	00:54:28	05:27	00:26:38	
4401	Pedro Marques Lopes RIBEIRO	8943	M	00:58:31	00:55:41	05:35	00:27:34	
4402	João ANTUNES	7519	M	00:58:31	00:54:13	05:26	00:27:02	
4403	Fernando Francisco JERONIMO	195	M	00:58:31	00:55:41	05:35	00:27:59	
4404	Miguel ALVES	8664	M	00:58:31	00:56:54	05:42	00:26:38	
4405	Filipe ESTEVES	3481	M	00:58:32	00:54:28	05:27	00:26:39	
4406	Michael JORGE	10504	M	00:58:32	00:55:59	05:36	00:27:55	
4407	João Artur FERNANDES	4570	M	00:58:32	00:52:06	05:13	00:26:44	
4408	Rafael Souza VIANA GOMES	7360	M	00:58:32	00:53:47	05:23	00:26:25	
4409	João PIMENTEL NUNES	3796	M	00:58:32	00:56:51	05:42	00:28:47	
4410	Marques MAURO	4174	M	00:58:33	00:53:59	05:24	00:28:00	
4411	Jorge BONITO	3779	M	00:58:34	00:55:44	05:35	00:27:20	
4412	Nuno AVÓ	1824	M	00:58:34	00:53:24	05:21	00:27:12	Açoreana clube Banif
4413	Luis GUILHERME	8325	M	00:58:34	00:56:16	05:38	00:26:47	
4414	João CRUZ	10222	M	00:58:34	00:53:24	05:21	00:27:13	
4415	Catarina FERRO	11519	F	00:58:34	00:55:29	05:33	00:26:47	
4416	João MENDES	226	M	00:58:34	00:52:23	05:15	00:27:23	
4417	Paulo Jorge MARTINS FERREIRA	9463	M	00:58:35	00:55:30	05:33	00:26:47	
4418	Carlos Manuel COSTA	2934	M	00:58:35	00:55:27	05:33	00:28:24	
4419	Artur SANTOS	4587	M	00:58:36	00:55:32	05:34	00:28:57	
4420	Ricardo VIDAL	10282	M	00:58:36	00:57:31	05:46	00:27:56	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4421	João Carlos Vilela De Freitas CORREIA	4215	M	00:58:36	00:54:32	05:28	00:26:31	
4422	Mario FREITAS	4044	M	00:58:36	00:56:54	05:42	00:28:06	
4423	Diogo MARÇAL	4390	M	00:58:37	00:53:50	05:23	00:26:32	
4424	Teresa Maria BARRADAS	1043	F	00:58:37	00:56:54	05:42	00:28:06	Academia Life Club
4425	Henrique RUIVO	8961	M	00:58:37	00:52:52	05:18	00:27:18	
4426	André Daniel PEREIRA BRITO	120	M	00:58:38	00:54:53	05:30	00:27:37	
4427	Luis LUCAS	7652	M	00:58:38	00:56:44	05:41	00:28:02	
4428	Eduardo CONCHA	2610	M	00:58:38	00:56:53	05:42	00:27:42	
4429	Artur DINIS	15310	M	00:58:38	00:57:51	05:48	00:28:22	
4430	Susana BARATA	5404	F	00:58:38	00:54:39	05:28	00:27:53	
4431	Joao CELESTE	8607	M	00:58:38	00:54:20	05:26	00:28:37	
4432	David FRANCO	7897	M	00:58:39	00:56:27	05:39	00:28:27	
4433	Teodoro RODRIGUES	10887	M	00:58:39	00:57:19	05:44	00:27:21	
4434	Johanna MOLINA	11306	F	00:58:39	00:57:37	05:46	00:27:52	
4435	Manuel BILRO	411	M	00:58:39	00:54:38	05:28	00:26:30	
4436	Tiago Alexandre Leal Marçal MINEIRO	10870	M	00:58:39	00:54:05	05:25	00:28:01	
4437	Luis Filipe Lourenço C. MATOS	10667	M	00:58:40	00:55:21	05:33	00:26:49	
4438	Joao Carlos Macedo CORREIA	3829	M	00:58:40	00:53:26	05:21	00:29:12	
4439	Marta Filipa Sobreiro CORREIA	1405	F	00:58:40	00:53:26	05:21	00:29:10	
4440	Carlos Burnay VINHAS	8068	M	00:58:40	00:55:56	05:36	00:27:39	
4441	Scott Mkenzie RENNZE	6744	M	00:58:40	00:58:15	05:50	00:27:32	Grupo Excursionista Os Económicos
4442	João Pedro MARQUES	4607	M	00:58:40	00:53:11	05:20	00:28:17	
4443	Joaquim GABRIEL	6137	M	00:58:41	00:58:41	05:53	00:30:07	Serviços Sociais da CGD
4444	Maria João REIS PIRES	1091	F	00:58:41	00:56:49	05:41	00:27:05	Clube Atletico Riachense
4445	Ricardo ANTONIO	8648	M	00:58:41	00:53:12	05:20	00:28:18	
4446	Isabel ALPIARÇA	1419	F	00:58:41	00:54:18	05:26	00:29:24	
4447	Pedro BILE DA TRINDADE	4529	M	00:58:41	00:51:33	05:10	00:26:43	
4448	Orlando Lopes QUINTAS	2718	M	00:58:41	00:53:21	05:21	00:26:46	
4449	Miguel ROMAO	4781	M	00:58:41	00:58:41	05:53	00:31:27	
4450	Luís VIEGAS GUIMARÃES MÚRIAS	6937	M	00:58:42	00:53:18	05:20	00:26:21	
4451	Ana HORTA-OSORIO	705	F	00:58:42	00:58:35	05:52	00:28:54	
4452	Tânia Pinheiro RODRIGUES	795	F	00:58:42	00:56:29	05:39	00:27:39	
4453	Ricardo Jorge Alemida Lourenço CAPELO	8861	M	00:58:42	00:56:53	05:42	00:28:36	
4454	Rui ZENOGLIO	8895	M	00:58:43	00:56:54	05:42	00:28:36	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4455	Pedro NETO	1781	M	00:58:43	00:58:36	05:52	00:28:54	Clube do Stress
4456	Rui Manuel Marques LOPES DA COSTA	4063	M	00:58:43	00:56:02	05:37	00:27:09	
4457	Nuno Duarte FRAZÃO	6950	M	00:58:43	00:54:08	05:25	00:27:08	
4458	Antonio HORTA-OSORIO	8181	M	00:58:43	00:58:36	05:52	00:28:54	
4459	João VIEIRA	10335	M	00:58:43	00:54:33	05:28	00:28:03	
4460	Pedro Jorge MATEUS	10321	M	00:58:43	00:57:04	05:43	00:29:36	
4461	Paulo ASCENÇÃO	6576	M	00:58:43	00:56:54	05:42	00:28:36	Grupo Desportivo Cimpor
4462	Pedro Jorge MATIAS PEDRO	3788	M	00:58:44	00:53:53	05:24	00:27:20	
4463	Jose AMOREIRA	4539	M	00:58:44	00:54:09	05:25	00:27:57	
4464	Mafalda Maria Beirão Almeida BELLO	1415	F	00:58:44	00:57:18	05:44	00:27:31	
4465	Conceição TUBETO	1180	F	00:58:44	00:56:34	05:40	00:28:14	
4466	Jose Manuel DOMINGOS LOPES	7226	M	00:58:44	00:56:11	05:38	00:28:46	
4467	Virgilio MATA	10640	M	00:58:44	00:57:11	05:44	00:28:02	
4468	Fernanda MOURA	1625	F	00:58:45	00:55:23	05:33	00:27:38	
4469	Luís Miguel ASSUNÇÃO	454	M	00:58:45	00:55:03	05:31	00:27:29	
4470	Jaime MOTA	6554	M	00:58:45	00:57:38	05:46	00:28:47	Associação Atletismo Lebres do Sado
4471	Abel SOTO CARBAJO	7598	M	00:58:45	00:53:47	05:23	00:27:33	
4472	Joaquim PEREIRA	2404	M	00:58:45	00:58:29	05:51	00:29:38	Associação Atletismo Lebres do Sado
4473	Joao Miguel SEVERINO MENDES	7197	M	00:58:45	00:56:12	05:38	00:28:40	
4474	Pedro RODRIGUES	4851	M	00:58:45	00:53:21	05:21	00:26:54	
4475	Daniel Filipe SANTOS	6490	M	00:58:45	00:52:51	05:18	00:26:27	Hovione
4476	Nuno Miguel G V DINIS BARRETO	2690	M	00:58:46	00:57:37	05:46	00:28:35	
4477	Rui Jorge Dantas Bras CAVALEIRO	2677	M	00:58:46	00:55:44	05:35	00:27:34	
4478	Bruno Filipe BRITO GUERREIRO	4558	M	00:58:46	00:55:02	05:31	00:29:10	
4479	Luis Miguel ROSARIO	7972	M	00:58:46	00:54:13	05:26	00:26:21	
4480	Daniel VILABRIL	3282	M	00:58:47	00:51:41	05:11	00:26:29	
4481	Helder Filipe CARVALHO	3342	M	00:58:47	00:56:33	05:40	00:28:41	
4482	Pedro ANTUNES	4074	M	00:58:47	00:53:45	05:23	00:26:04	
4483	Carlos MARQUES	9085	M	00:58:47	00:58:30	05:51	00:27:47	
4484	Jose Luis GONÇALVES	6268	M	00:58:47	00:52:15	05:14	00:25:55	
4485	Rui GARCIA	7857	M	00:58:48	00:58:42	05:53	00:29:24	
4486	José Manuel SIMÕES	7117	M	00:58:48	00:58:05	05:49	00:28:39	
4487	Manuel Agostinho MAGALHÃES	2724	M	00:58:48	00:53:19	05:20	00:27:06	
4488	Vital LACERDA	10264	M	00:58:48	00:56:56	05:42	00:28:17	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4489	Carlos CIPRIANO	4611	M	00:58:49	00:54:56	05:30	00:26:17	
4490	André GODINHO	472	M	00:58:49	00:55:10	05:31	00:27:48	
4491	Ângelo GODINHO	7973	M	00:58:49	00:55:10	05:31	00:27:48	
4492	Jose Nuno CANONGIA LOPES	9812	M	00:58:49	00:53:43	05:23	00:27:10	
4493	Luis LAGINHA	3159	M	00:58:49	00:55:00	05:30	00:27:20	
4494	Carlos Eduardo MAYTA GARCÍA	3248	M	00:58:49	00:53:54	05:24	00:27:34	
4495	António José Bargante GONÇALVES	7918	M	00:58:50	00:53:09	05:19	00:27:06	
4496	António Carlos GALANDIM	6281	M	00:58:50	00:54:19	05:26	00:27:54	Clube Millennium BCP
4497	Miguel Rui BARROS LEAL	364	M	00:58:50	00:54:36	05:28	00:27:15	
4498	Pedro CASAIS RIBEIRO	172	M	00:58:50	00:51:56	05:12	00:27:35	
4499	Nuno GONÇALVES CORREIA DOS SANTOS	4325	M	00:58:51	00:54:37	05:28	00:28:52	
4500	Pedro BRAZ	2749	M	00:58:52	00:56:04	05:37	00:28:19	
4501	Carlos CRUZ	7229	M	00:58:52	00:56:05	05:37	00:28:19	
4502	Domingos FOLGADO	1995	M	00:58:52	00:54:09	05:25	00:26:56	
4503	João BORGES	9908	M	00:58:52	00:53:15	05:20	00:26:23	Tejavista
4504	António MORGADO	6792	M	00:58:53	00:56:28	05:39	00:27:48	Clube ANA Lisboa
4505	Carlos COSTA	10208	M	00:58:53	00:58:20	05:50	00:28:17	
4506	Susana Cláudia CARRILHO FERNANDES	1123	F	00:58:53	00:58:08	05:49	00:28:37	
4507	Filipe José HORTA	6271	M	00:58:53	00:53:32	05:22	00:27:07	Clube Millennium BCP
4508	Mario Rui VILAR	3612	M	00:58:53	00:58:19	05:50	00:29:19	
4509	Gonçalo Vicente MEDEIROS	530	M	00:58:53	00:56:50	05:41	00:28:16	
4510	Albertino SEMEDO	10021	M	00:58:53	00:56:00	05:36	00:27:40	Serviços Sociais da CGD
4511	Ângela Carmo HORTA	5006	M	00:58:54	00:53:32	05:22	00:27:07	Clube Millennium BCP
4512	Mário Rui BRANDÃO	11514	M	00:58:54	00:55:39	05:34	00:26:14	
4513	Fernando MARTINS	10623	M	00:58:54	00:58:19	05:50	00:29:18	
4514	António FERREIRA	1912	M	00:58:54	00:57:23	05:45	00:27:46	Grupo Desportivo Roche
4515	Rodrigo VIANA MACHADO	254	M	00:58:54	00:55:34	05:34	00:29:21	
4516	Paulo Alexandre FAUSTINO	6235	M	00:58:54	00:55:42	05:35	00:28:07	Clube Millennium BCP
4517	Paulo GUERRA	10952	M	00:58:54	00:56:46	05:41	00:28:33	
4518	Joao MARTINS	4699	M	00:58:55	00:54:49	05:29	00:28:05	
4519	José AGUIAR	6683	M	00:58:55	00:58:55	05:54	00:31:19	
4520	Miguel CAIXINHA	3227	M	00:58:56	00:52:55	05:18	00:26:36	
4521	Olímpio GONÇALVES	10371	M	00:58:56	00:56:22	05:39	00:27:36	
4522	Carlos REMÉDIOS	1998	M	00:58:56	00:56:42	05:41	00:27:42	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4523	Júlio FERREIRA	4231	M	00:58:57	00:52:59	05:18	00:27:10	
4524	Luis Miguel SOUSA CAVALEIRO MADEIRA	3368	M	00:58:57	00:57:31	05:46	00:29:04	
4525	Maria João MAGALHÃES CASTRO DIAS RIBEIRO	5775	F	00:58:57	00:57:31	05:46	00:29:08	
4526	Carla Isabel R F DA COSTA VENÂNCIO LEÃO	624	F	00:58:57	00:52:14	05:14	00:25:37	
4527	Ana Sofia SANTOS	5562	F	00:58:57	00:54:31	05:28	00:28:04	
4528	Jose Francisco GUEDES	10443	M	00:58:57	00:56:32	05:40	00:28:52	
4529	Iciar DOS SANTOS PIRES	1577	F	00:58:57	00:55:15	05:32	00:28:38	
4530	Joana Mónica MOUTELA	5540	F	00:58:58	00:53:11	05:20	00:27:23	
4531	Humberto FRANCÊS	15019	M	00:58:58	00:57:48	05:47	00:27:21	Grupo Cultural Atletismo N. de Porto Salvo
4532	Hélder CASTANHO	2224	M	00:58:58	00:55:55	05:36	00:28:58	
4533	Josué Sanches Évora ÉVORA	3425	M	00:58:58	00:57:57	05:48	00:30:14	
4534	Susana Patrícia DA COSTA SANTOS RIBEIRO	15016	F	00:58:58	00:57:48	05:47	00:27:21	Grupo Cultural Atletismo N. de Porto Salvo
4535	Miguel VIEIRA	2239	M	00:58:59	00:55:54	05:36	00:28:57	
4536	Paula Cristina SANTOS	1055	F	00:58:59	00:54:08	05:25	00:26:55	
4537	Helder SANTOS	1895	M	00:58:59	00:53:57	05:24	00:27:42	Clube Académico de Penafirme
4538	Ana Paula GOMES	1608	F	00:58:59	00:55:18	05:32	00:28:26	
4539	Luis BARROSO	4624	M	00:58:59	00:56:22	05:39	00:28:12	
4540	Miguel PIRES DE MATOS	404	M	00:59:00	00:53:13	05:20	00:27:34	
4541	Solange MOREIRA	4966	F	00:59:00	00:58:07	05:49	00:28:14	NUCLEOEIRAS/SPORTZONE
4542	Carlos VIEGAS	7675	M	00:59:00	00:55:55	05:36	00:27:34	
4543	José FERRABELO	10508	M	00:59:00	00:56:09	05:37	00:27:53	
4544	Helena CUNHA	9710	F	00:59:00	00:56:27	05:39	00:27:44	
4545	Francisco VELOSO	2920	M	00:59:00	00:53:33	05:22	00:27:50	
4546	Hércules BATISTA	1754	M	00:59:00	00:58:08	05:49	00:28:13	NUCLEOEIRAS/SPORTZONE
4547	Manuel ROCHA PEREIRA	3047	M	00:59:00	00:56:42	05:41	00:28:15	
4548	Karla Marisa Lino Almeida ALMEIDA	11423	F	00:59:01	00:57:59	05:48	00:30:14	
4549	Francisco MOTA	8174	M	00:59:01	00:57:09	05:43	00:26:41	
4550	Clauton SOARES DA SILVA	10912	M	00:59:01	00:54:03	05:25	00:26:11	
4551	Fernando MATIAS	3026	M	00:59:01	00:53:15	05:20	00:27:56	
4552	Vitor NOBRE	7094	M	00:59:01	00:55:56	05:36	00:26:55	
4553	Emídio CARRAPEIRO	3525	M	00:59:02	00:53:13	05:20	00:27:33	
4554	Rosário ALVES	535	F	00:59:02	00:51:56	05:12	00:28:04	Maratona Clube de Portugal
4555	Ana CLARO	1587	F	00:59:02	00:56:24	05:39	00:27:31	
4556	Cristiano RODRIGUES	8330	M	00:59:03	00:57:13	05:44	00:28:25	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4557	José NEVES	7268	M	00:59:03	00:56:16	05:38	00:26:09	
4558	Pedro SEQUEIRA	3760	M	00:59:04	00:53:23	05:21	00:27:06	
4559	Ademar PEREIRA	9932	M	00:59:04	00:57:58	05:48	00:27:49	Açoreana clube Banif
4560	Filipe CLEMENTE	2689	M	00:59:04	00:55:28	05:33	00:27:09	
4561	Outi Maria JYLLILA SANCHES	1247	F	00:59:05	00:55:54	05:36	00:27:56	
4562	Pedro FERREIRA ALVES	8518	M	00:59:05	00:55:01	05:31	00:27:17	
4563	António PAULINO	10877	M	00:59:05	00:56:28	05:39	00:27:44	
4564	Carlos Filipe CARDOSO GOMES	10302	M	00:59:06	00:56:53	05:42	00:28:23	
4565	Paulo MARQUES	15205	M	00:59:06	00:57:46	05:47	00:28:48	Amigos do Atletismo de Mafra
4566	José TEIXEIRA	15206	M	00:59:06	00:57:45	05:47	00:28:39	Amigos do Atletismo de Mafra
4567	Filipe GASPAR	3012	M	00:59:06	00:56:54	05:42	00:28:23	
4568	Paulo PONTES	10230	M	00:59:06	00:56:05	05:37	00:28:27	
4569	Joana VAZ ANTUNES	832	F	00:59:07	00:56:12	05:38	00:27:27	
4570	Jorge MORAIS	3307	M	00:59:07	00:57:19	05:44	00:28:01	
4571	Vania DIAS	5624	F	00:59:07	00:57:39	05:46	00:27:38	
4572	Rita ALMEIDA	833	F	00:59:07	00:56:13	05:38	00:27:29	
4573	Manuel De MATOS	10830	M	00:59:08	00:57:19	05:44	00:29:23	
4574	Hunot LIONEL	8073	M	00:59:08	00:53:51	05:24	00:27:10	
4575	Jonathan Ribeiro Pires Madeira GOMES	6259	M	00:59:08	00:58:17	05:50	00:27:52	
4576	Filipa SIOPA	1282	F	00:59:08	00:57:04	05:43	00:28:12	
4577	Carla MOARGADO	873	F	00:59:08	00:53:00	05:18	00:27:08	Clube do Stress
4578	Firmino PEREIRA MARQUES	3789	M	00:59:08	00:54:57	05:30	00:27:03	
4579	Patricia MARQUES FERREIRA	789	F	00:59:09	00:55:02	05:31	00:27:30	
4580	Ana Margarida SUSANO FERRABELO	5827	F	00:59:09	00:56:19	05:38	00:28:36	
4581	Carlos CANHOTA	3721	M	00:59:09	00:57:04	05:43	00:29:22	
4582	Fernando Marcos MARQUES	10130	M	00:59:09	00:57:00	05:42	00:29:38	Núcleo Sportinguista Leões da Fronteira de Vilar Formoso
4583	David PEREIRA	4286	M	00:59:10	00:55:55	05:36	00:27:29	
4584	Jorge GOIS	15043	M	00:59:10	00:58:14	05:50	00:27:45	Clube Grupo Desportivo BES
4585	Marcelo DIAS	3349	M	00:59:10	00:53:56	05:24	00:27:34	
4586	Jorge TOMAZ	8203	M	00:59:10	00:55:55	05:36	00:27:30	
4587	Ana Rita DA CRUZ VALENTE	5795	F	00:59:10	00:57:01	05:43	00:28:04	
4588	Carlos BURACA	321	M	00:59:10	00:52:30	05:15	00:26:56	
4589	Bruno Alexandre TALHADAS	2541	M	00:59:10	00:55:48	05:35	00:29:03	
4590	Manuel PAULA	10788	M	00:59:11	00:55:53	05:36	00:28:29	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4591	Felix CUENCA	7858	M	00:59:11	00:55:53	05:36	00:28:29	
4592	Paulo MIGUEL TAINHA	10396	M	00:59:11	00:57:21	05:45	00:28:19	
4593	Paulo CASTANHEIRA	15264	M	00:59:12	00:55:53	05:36	00:27:55	BP Portugal
4594	Nuno Alexandre Semedo VAZ	7851	M	00:59:12	00:52:33	05:16	00:26:30	
4595	João MARTINS	7273	M	00:59:12	00:55:20	05:32	00:28:08	
4596	Nuno LAZARIM	7025	M	00:59:12	00:56:29	05:39	00:27:48	
4597	Luis Manuel TEIXEIRA DOS SANTOS	2765	M	00:59:12	00:56:29	05:39	00:27:51	
4598	Carlos PEREIRA	5967	M	00:59:13	00:55:31	05:34	00:27:45	
4599	Manuel PIEDADE	2178	M	00:59:13	00:54:07	05:25	00:27:16	
4600	Thierry TACOEN	3418	M	00:59:13	00:56:17	05:38	00:26:27	
4601	Lília NEVES	722	F	00:59:13	00:56:33	05:40	00:28:04	
4602	Luís GARÇÃO	10295	M	00:59:14	00:54:22	05:27	00:27:34	
4603	João FIGUEIREDO	7391	M	00:59:14	00:58:06	05:49	00:28:03	
4604	Pedro VALENTE	7733	M	00:59:15	00:58:11	05:50	00:28:04	
4605	Mário PINA	3215	M	00:59:15	00:54:24	05:27		
4606	Helder ALMEIDA	4790	M	00:59:15	00:52:09	05:13	00:26:37	
4607	Ricardo ESTEVES	4700	M	00:59:15	00:55:10	05:31	00:28:05	
4608	José FERNANDO	10120	M	00:59:15	00:56:18	05:38	00:28:23	Os Desconhecidos
4609	Manuel PERAS	2035	M	00:59:15	00:52:39	05:16	00:27:59	Maratona Clube de Portugal
4610	Pedro Frederico OLIVEIRA	7087	M	00:59:16	00:52:15	05:14	00:25:53	
4611	João MENDES	87	M	00:59:17	00:56:07	05:37	00:28:05	
4612	Liliana Isabel Ferreira FILIPE	1052	F	00:59:17	00:52:38	05:16	00:26:23	
4613	Diogo MARTEL	3877	M	00:59:18	00:57:50	05:47	00:28:41	
4614	Ivone PEREIRA	5506	F	00:59:18	00:57:51	05:48	00:28:42	
4615	José António PEREIRA GONÇALVES	9090	M	00:59:18	00:55:16	05:32	00:27:09	
4616	João CALEJO	2899	M	00:59:19	00:54:39	05:28	00:28:06	
4617	Madalena FONTINHAS	1017	F	00:59:19	00:52:40	05:16	00:26:23	
4618	Helena SILVA	849	F	00:59:19	00:57:36	05:46	00:27:29	Grupo Desportivo Cimpor
4619	Nuno RAMOS	3604	M	00:59:19	00:56:43	05:41	00:30:13	
4620	Pedro OLIVEIRA	8513	M	00:59:19	00:52:52	05:18		
4621	Isabel SANTOS	821	F	00:59:19	00:53:46	05:23	00:27:22	
4622	Domingos PIRES	3340	M	00:59:19	00:54:34	05:28	00:27:39	
4623	Filipe Manuel ARAÚJO TEMPERO	4429	M	00:59:20	00:59:20	05:56		
4624	José CARLOS	6529	M	00:59:20	00:57:27	05:45	00:26:49	Tabaqueira

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4625	Antonio COELHO	7192	M	00:59:21	00:56:32	05:40	00:28:20	
4626	Pedro FONSECA	4138	M	00:59:21	00:56:45	05:41	00:30:14	
4627	João BATISTA	3283	M	00:59:21	00:56:32	05:40	00:29:34	
4628	Cecilia SANTOS PAIS NEVES PAULO	5222	F	00:59:21	00:55:33	05:34	00:27:24	Casa do Pessoal Estradas de Portugal
4629	Carmen LIMA	4958	F	00:59:21	00:58:13	05:50	00:28:27	
4630	Carlos FERNANDES	8021	M	00:59:22	00:56:49	05:41	00:27:54	
4631	Henrique BARATA	6199	M	00:59:22	00:53:10	05:19	00:26:26	Açoreana clube Banif
4632	Maria João ESTEVES	569	F	00:59:23	00:57:27	05:45	00:28:16	
4633	Ricardo MONTEIRO	5880	M	00:59:23	00:58:16	05:50	00:26:53	
4634	Filipa Mendes Felício COUTINHO	5465	F	00:59:23	00:59:03	05:55	00:29:17	
4635	Maria Luisa LEITÃO	1613	F	00:59:23	00:56:06	05:37	00:28:03	
4636	Alberto DE CARVALHO	6307	M	00:59:23	00:53:27	05:21	00:27:24	Clube do Stress
4637	Pedro MOTA SOARES	1789	M	00:59:23	00:56:05	05:37	00:27:27	Clube do Stress
4638	Bernardo CUNHA	9001	M	00:59:23	00:54:40	05:28	00:28:09	
4639	Diogo Filipe PIMENTA ANDRADE	5890	M	00:59:23	00:53:22	05:21	00:26:47	
4640	José Graça VALENTIM	10391	M	00:59:24	00:54:54	05:30	00:29:13	
4641	Filipe MATOS DA FONSECA	7679	M	00:59:24	00:54:01	05:25	00:26:32	
4642	Nuno Alexandre Vaz MIGUEL	10433	M	00:59:24	00:55:52	05:36	00:27:13	
4643	Gonçalo ARANCHES DUARTE	10907	M	00:59:24	00:58:14	05:50	00:28:27	
4644	Mário José OLIVEIRA SANTOS	2775	M	00:59:24	00:56:37	05:40	00:28:57	
4645	Sofia BRITO	1653	F	00:59:24	00:56:07	05:37	00:28:02	
4646	Ana Mafalda RAMOS	1496	F	00:59:24	00:54:02	05:25	00:26:54	
4647	Francisco CABRITA	6832	M	00:59:24	00:57:30	05:45	00:28:34	Uniao Recreativa Dafundo
4648	Paulo PINTO	2097	M	00:59:26	00:54:48	05:29	00:27:47	
4649	Alexandre TAM	2631	M	00:59:26	00:57:33	05:46	00:26:32	
4650	Duarte PEREIRA	7565	M	00:59:26	00:54:24	05:27	00:27:14	
4651	Maria Do Céu MOVILHA	929	F	00:59:27	00:56:16	05:38	00:28:05	Serviços Sociais da CGD
4652	Victor JORGE	10094	M	00:59:27	00:59:27	05:57	00:26:50	Serviços Sociais Montepio Geral
4653	Francisco Nunes SANCHES	9082	M	00:59:28	00:55:40	05:34	00:28:19	
4654	Carlos JOSÉ ISABEL	2400	M	00:59:28	00:58:06	05:49	00:28:04	
4655	Carolina MANUEL	5692	F	00:59:28	00:57:32	05:46	00:27:54	
4656	Helena REYS SANTOS	1297	F	00:59:28	00:58:08	05:49	00:28:05	
4657	Patricia BARRETO	5778	F	00:59:28	00:55:37	05:34	00:28:13	
4658	Paulo MORAIS	2923	M	00:59:28	00:55:37	05:34	00:28:12	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4659	Eduardo Jorge PEREIRA ROSSA	6363	M	00:59:29	00:56:20	05:38	00:26:56	Casa do Pessoal Estradas de Portugal
4660	Sergio CASTRO	7508	M	00:59:29	00:53:17	05:20	00:25:21	
4661	João FIALHO	3116	M	00:59:29	00:53:26	05:21	00:26:04	
4662	Alexandra RODRIGUES	769	F	00:59:29	00:56:38	05:40	00:29:11	
4663	Paulo SENA	7997	M	00:59:29	00:55:49	05:35	00:27:28	
4664	Ricardo FIGUEIRA	6821	M	00:59:29	00:58:14	05:50	00:27:56	Bom Petisco
4665	Luisa Maria PINTÃO	5038	F	00:59:29	00:57:09	05:43	00:28:33	
4666	Nuno NUNES	3207	M	00:59:29	00:53:27	05:21	00:26:04	
4667	João Miguel CORREIA	215	M	00:59:30	00:55:42	05:35	00:27:47	
4668	Emanuel SANTOS	9138	M	00:59:30	00:55:29	05:33	00:28:02	
4669	Joaquim Nunes PIMENTEL	7828	M	00:59:30	00:54:43	05:29	00:28:02	
4670	José Nuno BRAZÃO COURINHA E PRATES	10763	M	00:59:30	00:54:35	05:28	00:27:55	
4671	Jorge Humberto LIMA GOMES	10312	M	00:59:30	00:58:32	05:52	00:27:38	
4672	Joaquim Jorge CARDOSO VALADARES	5858	M	00:59:30	00:58:07	05:49	00:28:08	
4673	Bruno Filipe Zambujo PARREIRA	4557	M	00:59:31	00:56:10	05:37	00:27:29	
4674	Agnelo MOREIRA	3817	M	00:59:31	00:54:39	05:28	00:27:40	
4675	Pedro CARAMONA	7830	M	00:59:31	00:54:39	05:28	00:27:41	
4676	São GALVÃO	5356	F	00:59:31	00:56:42	05:41	00:28:01	Amigos do Parque da Paz
4677	Carlos GRAÇA	6864	M	00:59:32	00:55:33	05:34	00:28:51	C.C.D. PESSOAL MUNICIPIO DE CASCAIS
4678	Joao Mota LOPES	7064	M	00:59:32	00:59:25	05:57	00:28:12	
4679	Paulo CORREIA	8468	M	00:59:32	00:55:38	05:34	00:27:37	
4680	Pedro VICENTE	3627	M	00:59:32	00:55:38	05:34	00:27:49	
4681	Luís LIMA	386	M	00:59:33	00:52:59	05:18	00:26:48	
4682	Catarina Alexandra BRÁS SIMÕES PEREIRA	11318	F	00:59:34	00:54:33	05:28	00:27:01	
4683	João CARVALHO	8886	M	00:59:34	00:56:13	05:38	00:27:18	
4684	João RAMALHO	2676	M	00:59:34	00:56:36	05:40	00:28:40	
4685	Carlos FORTUNATO	10624	M	00:59:34	00:54:31	05:28	00:27:35	
4686	Isa Maria GONÇALVES TAVARES	15012	M	00:59:34	00:55:51	05:36	00:27:28	Grupo Cultural Atletismo N. de Porto Salvo
4687	Filipe ANJOS	8627	M	00:59:34	00:59:06	05:55	00:27:24	
4688	Nuno PINA	3186	M	00:59:35	00:54:06	05:25	00:27:27	
4689	Luis Alexandre CORREIA	1938	M	00:59:35	00:57:25	05:45	00:28:39	Casa do Pessoal Estradas de Portugal
4690	Bruno NOBRE	4082	M	00:59:35	00:54:20	05:26	00:27:49	
4691	Julio PEIXE	7763	M	00:59:35	00:56:06	05:37	00:28:25	
4692	Ana Paula MACEDO	1217	F	00:59:35	00:57:06	05:43	00:27:11	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4693	Sandro PINTO	4742	M	00:59:36	00:55:27	05:33	00:27:57	
4694	Telma LOPES	15268	F	00:59:36	00:58:20	05:50	00:27:59	Construténis de Fernando Ralheta
4695	Ana BAETA	15266	F	00:59:36	00:58:13	05:50	00:27:49	Construténis de Fernando Ralheta
4696	Luis GARCAO	8521	M	00:59:36	00:54:21	05:27	00:27:49	
4697	Luís CLARO	8647	M	00:59:36	00:53:47	05:23	00:27:20	
4698	Pedro Miguel ESTEVÃO GUERREIRO	7619	M	00:59:37	00:57:00	05:42	00:28:38	
4699	Carla José ROSÁRIO	5305	F	00:59:37	00:56:51	05:42	00:28:46	
4700	Joaquim Manuel Duarte PALMA	6994	F	00:59:37	00:57:20	05:44	00:27:49	
4701	António ANTUNES	8534	M	00:59:38	00:56:49	05:41	00:29:34	
4702	Pedro Filipe Félix PIRES	4413	M	00:59:38	00:57:48	05:47	00:27:11	
4703	Ricardo SILVA	15284	M	00:59:38	00:57:49	05:47	00:27:11	CCD Tranquilidade
4704	Rui ROSA	10452	M	00:59:38	00:57:44	05:47	00:28:01	
4705	Jorge FERREIRA	4247	M	00:59:39	00:57:31	05:46	00:29:13	
4706	Jose BATISTA	10134	M	00:59:39	00:54:20	05:26	00:27:21	Os Desconhecidos
4707	Pedro REIS	4106	M	00:59:39	00:58:02	05:49	00:30:08	
4708	Carlos VIEGAS	15201	M	00:59:39	00:57:20	05:44	00:27:33	Clube Vodafone
4709	Alexandra TORRES	11302	F	00:59:39	00:57:53	05:48	00:28:28	
4710	Luis SEMEDO	4146	M	00:59:40	00:52:49	05:17	00:25:32	
4711	Manuel Fernando MACHADO	7217	M	00:59:40	00:59:21	05:57	00:28:32	
4712	José Eduardo TEIXEIRA MEIRELES SOUSA	10384	M	00:59:40	00:57:00	05:42	00:28:12	
4713	Anabela De Jesus CODEÇO FERREIRA	5761	F	00:59:40	00:56:43	05:41	00:28:07	
4714	Pedro NUNES	3097	M	00:59:41	00:55:19	05:32	00:27:28	
4715	Vasco FIGUEIRA	7552	M	00:59:41	00:56:38	05:40	00:28:33	
4716	José Carlos GARCIA	4144	M	00:59:42	00:57:03	05:43	00:27:42	
4717	Antonio Torgal SILVA ABREU	7798	M	00:59:42	00:57:53	05:48	00:27:45	
4718	José SOUSA	10270	M	00:59:42	00:57:48	05:47	00:28:36	
4719	Mário PIRES	6921	M	00:59:42	00:57:54	05:48	00:28:19	
4720	Paulo Henrique COSTA	2128	M	00:59:43	00:56:52	05:42	00:28:41	
4721	Paulo Alexandre Guerreiro SILVA DIAS	8175	M	00:59:43	00:56:51	05:42	00:28:41	
4722	Palmira RODRIGUES	9582	F	00:59:43	00:59:43	05:59		Grupo Desportivo Joaninhas de Leão
4723	João Carlos Fale BAIÃO MATOSO	10225	M	00:59:43	00:56:07	05:37	00:27:31	
4724	Paulo MARQUES	8377	M	00:59:43	00:53:52	05:24	00:26:55	
4725	Rui RAPOSO	7352	M	00:59:43	00:57:10	05:43	00:27:18	
4726	Mário DOS SANTOS MARTINS RAPOSO	3085	M	00:59:43	00:57:52	05:48	00:27:46	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4727	Francisco MAIA	7190	M	00:59:44	00:55:59	05:36	00:28:58	
4728	Carlos COSTA	8166	M	00:59:44	00:55:30	05:33		
4729	Vitor ALVARO	205	M	00:59:44	00:54:40	05:28	00:26:54	Serviços Sociais da CGD
4730	Ivone MATOS	1254	F	00:59:44	00:56:42	05:41	00:29:32	
4731	Rui FONSECA	2667	M	00:59:44	00:54:16	05:26	00:27:47	
4732	Vasco CATARRO	3460	M	00:59:44	00:57:29	05:45	00:30:22	
4733	Catarina CASTRO PEREIRA	1469	F	00:59:44	00:58:16	05:50	00:29:19	
4734	Joana PESSOA	11297	F	00:59:44	00:54:17	05:26	00:27:47	
4735	Antonio Manuel Marques GARCIA	8162	M	00:59:44	00:57:46	05:47	00:27:19	
4736	Marcio Filipe DOS SANTOS E SANTOS PIRES	4784	M	00:59:44	00:55:39	05:34	00:25:56	
4737	Filipe AMADOR	3582	M	00:59:45	00:56:58	05:42	00:27:42	
4738	Nuno MONIZ	421	M	00:59:45	00:58:04	05:49	00:29:16	
4739	Gonçalo SOUSA	4269	M	00:59:45	00:58:04	05:49	00:29:15	
4740	Carla Maria G. QUINA R. BERNARDINO	9702	F	00:59:45	00:57:41	05:47	00:28:26	
4741	João REMÍGIO	10663	M	00:59:45	00:56:54	05:42	00:28:48	
4742	Pedro VITOR	15049	M	00:59:45	00:58:32	05:52	00:27:25	Clube Grupo Desportivo BES
4743	Lurdes Filipa GONÇALVES	5031	F	00:59:45	00:57:41	05:47	00:28:25	
4744	João MADEIRA	7499	M	00:59:45	00:55:37	05:34	00:28:02	
4745	António MOURA	8551	M	00:59:45	00:57:40	05:46	00:28:11	
4746	António BARATA	3489	M	00:59:45	00:55:27	05:33	00:27:57	
4747	Joao GONCALVES	8720	M	00:59:46	00:54:27	05:27	00:27:42	
4748	António BARATA	6661	M	00:59:46	00:56:57	05:42	00:28:18	Tabaqueira
4749	Ricardo DIMAS	7370	M	00:59:46	00:57:12	05:44	00:28:31	
4750	Lai Har SOH	5805	F	00:59:46	00:56:47	05:41	00:28:05	
4751	Ricardo ASCENSO	3363	M	00:59:46	00:54:22	05:27	00:28:40	
4752	Mário PEDRO	8308	M	00:59:46	00:55:23	05:33	00:27:00	
4753	Nuno Miguel MARTINS	3591	M	00:59:46	00:53:08	05:19	00:26:37	
4754	António Seabra Cruz PINTO DIAS	4535	M	00:59:47	00:57:37	05:46	00:26:42	
4755	Maria RAMOS	11274	F	00:59:47	00:53:30	05:21		
4756	Sergio PEREIRA	3077	M	00:59:47	00:56:25	05:39	00:27:23	
4757	Carla QUINTÃ	5633	F	00:59:47	00:57:01	05:43	00:27:31	
4758	Hugo PINHEIRO	8524	M	00:59:48	00:54:49	05:29	00:26:54	
4759	António Pedro CAVALEIRO	7705	M	00:59:48	00:56:23	05:39	00:28:15	
4760	José Ruivo RUIVO	10390	M	00:59:48	00:58:36	05:52	00:28:03	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4761	João Luciano Valdez DOMINGOS	3686	M	00:59:48	00:56:50	05:41	00:28:39	
4762	Hugo MAGALHÃES	15199	M	00:59:48	00:56:25	05:39	00:29:09	Clube Vodafone
4763	Henrique MARTINS GOMES	8565	M	00:59:48	00:57:16	05:44	00:28:39	
4764	Paula FIGUEIREDO	958	F	00:59:48	00:59:00	05:54	00:28:30	Grupo Desportivo Santander Totta
4765	Rodrigo DIAS	2852	M	00:59:49	00:55:10	05:31	00:27:38	Lisboa Racket Centre
4766	Ricardo CARVALHO	8973	M	00:59:49	00:54:32	05:28	00:27:03	
4767	Fernando Oliveira ANTÓNIO COSTA	7503	M	00:59:49	00:57:22	05:45	00:28:16	
4768	Ana ALMEIDA	708	F	00:59:49	00:56:23	05:39	00:28:19	
4769	Tiago ROMAO	361	M	00:59:49	00:59:49	05:59	00:31:29	
4770	Luis Filipe SILVA	7618	M	00:59:49	00:55:55	05:36	00:29:29	
4771	Edgar Emanuel PEREIRA BARIZON CARDOSO	2767	M	00:59:50	00:57:04	05:43	00:28:54	
4772	José Eduardo GIL	8083	M	00:59:50	00:53:22	05:21	00:26:32	
4773	Hugo SILVA	2855	M	00:59:50	00:55:12	05:32	00:27:39	Lisboa Racket Centre
4774	Luis JANUÁRIO	7933	M	00:59:50	00:56:31	05:40	00:28:10	
4775	José CALHEIROS	79450	M	00:59:51	00:56:34	05:40	00:28:47	
4776	Jaime SILVA	6870	M	00:59:51	00:56:30	05:39	00:27:04	
4777	António SANTOS	10086	M	00:59:51	00:57:50	05:47	00:26:20	Clube Anacom
4778	Milene CALADO	11402	F	00:59:51	00:56:39	05:40	00:28:32	
4779	Bruno Miguel RODRIGUES DOS SANTOS MENDES	10251	M	00:59:52	00:57:17	05:44	00:28:08	
4780	Antonino BARRAS	2598	M	00:59:53	00:54:15	05:26	00:27:02	
4781	Claudio FONSECA	6353	M	00:59:53	00:57:13	05:44	00:29:59	G.R.D. Ribeira da Lage
4782	Carlos Manuel AFONSO DE SOUSA	10803	M	00:59:53	00:57:15	05:44	00:28:35	
4783	Paulo LOPES	9080	M	00:59:53	00:55:23	05:33	00:26:56	
4784	Antonio Augusto MARQUES	7537	M	00:59:54	00:55:08	05:31	00:27:49	
4785	Joao Carlos GOUVEIA GOMES RIBEIRO	7594	M	00:59:54	00:59:27	05:57	00:27:11	
4786	Roberto GONÇALVES	4754	M	00:59:54	00:55:20	05:32	00:28:55	
4787	Gonçalo Nuno MELO DE SAMPAIO	8911	M	00:59:54	00:54:42	05:29	00:28:33	
4788	Fábio GODINHO	2963	M	00:59:54	00:54:33	05:28	00:27:37	
4789	Hugo SILVA	10727	M	00:59:54	00:55:50	05:35	00:26:57	
4790	Mário MENDES	6046	M	00:59:54	00:56:50	05:41	00:28:21	Clube Millennium BCP
4791	Gonçalo Barroso DUARTE	8938	M	00:59:55	00:54:43	05:29	00:28:34	
4792	Emanuele TIDO	9039	M	00:59:55	00:57:05	05:43	00:28:06	
4793	Cristóvão ARAÚJO	4328	M	00:59:55	00:53:25	05:21	00:27:31	
4794	Ricardo FREIRE	7095	M	00:59:55	00:57:59	05:48	00:29:12	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4795	José-manuel SANTOS	8714	M	00:59:55	00:58:19	05:50	00:28:32	
4796	Rodrigues ANTONIO	8866	M	00:59:55	00:59:36	05:58	00:27:45	
4797	Luís OLIVEIRA	9073	M	00:59:55	00:54:34	05:28	00:26:47	
4798	Antonio Jose Martins HENRIQUES	4339	M	00:59:55	00:51:15	05:08	00:25:45	
4799	Filipe LEITE	6011	M	00:59:56	00:56:55	05:42	00:25:53	
4800	Manuel SILVA	4210	M	00:59:56	00:56:54	05:42	00:25:53	
4801	João CAVALEIRO	7674	M	00:59:56	00:56:32	05:40	00:28:15	
4802	Ricardo RODRIGUES	6195	M	00:59:56	00:57:03	05:43	00:27:46	Serviços Sociais da CGD
4803	Filipa BRÁS CABAÇA	5690	F	00:59:56	00:57:31	05:46	00:28:52	
4804	Bernardo MOREIRA	7792	M	00:59:56	00:53:21	05:21	00:27:37	
4805	Luis VEIGA	4480	M	00:59:56	00:56:03	05:37	00:28:01	
4806	Bruno De SOUSA	3637	M	00:59:57	00:56:23	05:39	00:28:06	
4807	Rodrigo PEREIRA COUTINHO	7103	M	00:59:57	00:55:57	05:36	00:27:07	
4808	Rui Pedro Rodrigues DUARTE	8336	M	00:59:57	00:54:52	05:30	00:27:04	
4809	Basílio LEAL	7043	M	00:59:57	00:54:27	05:27	00:27:29	
4810	João TENENTE	3043	M	00:59:58	00:57:08	05:43	00:28:24	
4811	António NUNES	2642	M	00:59:58	00:59:13	05:56	00:28:55	
4812	Armindo LOUREIRO	6781	M	00:59:58	00:59:14	05:56	00:28:55	
4813	Pedro BARREIRA	4340	M	00:59:58	00:59:53	06:00	00:30:22	
4814	Joao CHAMBEL LEITAO	7692	M	00:59:58	00:56:50	05:41	00:29:13	
4815	Nuno SILVA	3096	M	00:59:59	00:53:50	05:23	00:27:02	
4816	Arlindo PARRA	10216	M	00:59:59	00:57:22	05:45	00:28:38	
4817	Arsénio FACAS	7628	M	00:59:59	00:58:04	05:49	00:28:34	
4818	António TAVARES CABRAL	6252	M	00:59:59	00:54:19	05:26	00:27:16	
4819	Cláudia FERREIRA	869	F	00:59:59	00:53:51	05:24	00:28:02	Clube do Stress
4820	Joao Paulo MARQUES DA SILVA	10695	M	01:00:00	00:56:10	05:37	00:27:07	
4821	Paulo FERREIRA	1796	M	01:00:00	00:53:51	05:24	00:28:00	Clube do Stress
4822	Duarte TEIXEIRA	7471	M	01:00:00	00:54:56	05:30	00:28:11	
4823	José ROCHA	3061	M	01:00:00	00:53:51	05:24	00:27:00	
4824	Luís VERÍSSIMO	8312	M	01:00:00	00:55:58	05:36	00:28:32	
4825	Joaquim LEAL	10558	M	01:00:00	00:55:26	05:33	00:27:16	
4826	Nádia TEIXEIRA	1458	F	01:00:01	00:58:14	05:50	00:28:44	
4827	Bjorn CASTEGREN	7462	M	01:00:01	00:57:06	05:43	00:28:20	
4828	Hélder PONTES	10249	M	01:00:01	00:58:08	05:49	00:28:37	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4829	João Carlos RIBEIRO DE LOBATO CORTESÃO	7019	M	01:00:01	00:54:42	05:29	00:28:00	
4830	Carlos DIAS	6119	M	01:00:01	00:54:18	05:26	00:27:54	Hovione
4831	Fernando CARLOS FERREIRA	8028	M	01:00:01	00:54:42	05:29	00:28:04	
4832	Leonor ALVES	5146	F	01:00:02	00:57:57	05:48	00:30:12	Serviços Sociais da CGD
4833	Jorge LOURENÇO	4093	M	01:00:02	00:53:37	05:22	00:27:55	
4834	Luis Pedro SILVA	6802	M	01:00:02	00:57:29	05:45	00:28:53	
4835	Joaquim FONSECA	10996	M	01:00:02	00:58:49	05:53	00:28:57	
4836	Fernando LEMOS	4257	M	01:00:02	00:59:48	05:59	00:28:25	
4837	Jorge CORREIA	4329	M	01:00:03	00:53:33	05:22	00:26:21	
4838	António PAULINO	1670	M	01:00:03	00:57:05	05:43	00:29:30	Clube do Stress
4839	Jorge Gabriel CARDOSO DOS SANTOS FERNANDES	3539	M	01:00:03	00:55:12	05:32	00:28:12	
4840	Patricia Neves DELGADO	5446	F	01:00:03	00:58:27	05:51	00:29:07	
4841	Inês CATALÃO	5532	F	01:00:03	00:56:57	05:42	00:27:35	
4842	Cristina LOURENÇO	9552	F	01:00:03	00:55:01	05:31	00:27:43	Clube Académico de Penafirme
4843	Miguel Alexandre Veiga GOMES	8326	M	01:00:03	00:55:13	05:32	00:29:12	
4844	Francisco FERNANDEZ FORTES	8234	M	01:00:03	00:57:36	05:46	00:28:03	
4845	Magadiel CATARRO	10488	M	01:00:04	00:57:50	05:47	00:30:22	
4846	António Manuel Carneiro Marques TEIXEIRA	8075	M	01:00:05	00:55:10	05:31	00:29:00	
4847	Mário Alberto ESPANHA DA CUNHA	7002	F	01:00:05	00:54:59	05:30	00:28:30	
4848	Antonio FABIAO	6539	M	01:00:05	00:54:08	05:25	00:27:06	
4849	Mário Fernando VALE	106130	M	01:00:05	00:55:10	05:31	00:29:00	
4850	Francisco PEREIRA	3954	M	01:00:05	00:57:27	05:45	00:28:35	
4851	Paulo Vicente RESENDES FERNANDES	3202	M	01:00:06	00:55:53	05:36	00:27:06	
4852	Pedro LOPES	7449	M	01:00:06	00:54:06	05:25	00:28:43	
4853	Rui Carlos SANTOS	8919	M	01:00:06	00:48:38	04:52	00:23:54	
4854	Miguel NETO	7431	M	01:00:06	00:54:07	05:25	00:28:43	
4855	Célia DIAS	15038	F	01:00:07	00:58:42	05:53	00:29:22	Linda-a-Pastora Sporting Clube
4856	Andreia BARROSO	711	M	01:00:07	00:59:10	05:55	00:28:39	
4857	Rui GAMEIRO	15060	M	01:00:07	00:59:32	05:58	00:28:52	Clube Grupo Desportivo BES
4858	Luis Miguel ROUSSADO NARCISO	3963	M	01:00:07	00:57:09	05:43	00:29:51	
4859	Frederico SOUSA	10922	M	01:00:08	00:56:37	05:40	00:28:00	
4860	Leonardo Miguel PEREIRA FERREIRA	15009	M	01:00:08	00:56:23	05:39	00:27:27	Grupo Cultural Atletismo N. de Porto Salvo
4861	João COTRIM FIGUEIREDO	6992	M	01:00:08	00:54:16	05:26	00:27:14	
4862	Gustavo LOPES	7062	M	01:00:08	00:53:47	05:23	00:28:38	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4863	Osvaldo NICOLAU	6018	M	01:00:08	00:54:35	05:28	00:27:40	
4864	Pedros POGAS	2850	M	01:00:09	00:55:30	05:33	00:27:39	Lisboa Racket Centre
4865	José VALENTIM	6911	M	01:00:09	00:58:21	05:51	00:29:29	
4866	Luís Manuel CARVALHO	3243	M	01:00:09	00:54:37	05:28	00:27:58	
4867	Rui Jorge LEÃO SANTOS MONTEIRO	3687	M	01:00:09	00:53:16	05:20	00:26:29	
4868	Joao Manuel RAMIRES BARATA DE CARVALHO	7124	M	01:00:09	00:54:33	05:28	00:27:55	
4869	José PIRES	8574	M	01:00:09	00:59:59	06:00	00:29:31	
4870	Cristina ALEXANDRE	15075	F	01:00:10	00:59:36	05:58	00:28:55	Clube Grupo Desportivo BES
4871	Tiago REBELO	8491	M	01:00:10	00:52:51	05:18	00:26:47	
4872	Marco STROUS	2215	M	01:00:10	00:58:01	05:49	00:24:47	
4873	Hugo SILVA	5927	M	01:00:10	00:55:54	05:36	00:29:16	Açoreana clube Banif
4874	Manuel CARVALHEIRA	2444	M	01:00:10	00:56:12	05:38	00:26:56	
4875	Ricardo ALVES	9041	M	01:00:11	00:57:18	05:44	00:29:03	
4876	Joaquim PEDROSA	3370	M	01:00:11	00:57:16	05:44	00:29:59	
4877	Reinaldo PEREIRA	7636	M	01:00:11	00:58:31	05:52	00:27:51	
4878	António Vicente RAMALHO	4393	F	01:00:11	00:58:19	05:50	00:27:56	
4879	António Manuel M. MEDALHAS FERREIRA	8277	M	01:00:11	00:57:38	05:46	00:29:04	
4880	Jorge Bento Clemente DURO	9046	M	01:00:11	00:55:26	05:33	00:26:51	
4881	Jamie SANCHES	346	M	01:00:11	01:00:11	06:02	00:29:43	
4882	Sérgio Rodrigo Do Rosário SALVADO	10776	M	01:00:12	00:53:46	05:23	00:26:46	
4883	José Diogo MORAES	7860	M	01:00:12	00:58:13	05:50	00:28:54	
4884	Francisco CORREIA	3073	M	01:00:12	00:53:56	05:24	00:28:03	
4885	Vera Maria RIBEIRO OLIVEIRA	5605	F	01:00:12	00:57:37	05:46	00:29:17	
4886	Alexandre LIVÉRIO	4726	M	01:00:12	00:54:50	05:29	00:27:06	
4887	Luisa CARVALHO	1086	F	01:00:12	00:57:24	05:45	00:28:59	Wikaboo
4888	Bernardo BELLO	425	M	01:00:13	00:49:53	05:00		
4889	Jorge Humberto PACHECO LOPES	8449	M	01:00:13	00:56:00	05:36	00:29:18	
4890	Matilda MEINSHAUSEN	5584	F	01:00:13	00:59:23	05:57	00:28:53	
4891	Susana CRUZ	753	F	01:00:13	00:57:51	05:48	00:28:47	
4892	Alberto VALENTE	9007	M	01:00:13	00:55:14	05:32	00:26:57	
4893	Pedro Manuel Dos SANTOS MACEDO	8652	M	01:00:13	00:56:00	05:36	00:29:17	
4894	Pablo Miguel LEÓN VIGARINHO	1980	M	01:00:13	00:58:53	05:54	00:31:24	
4895	Fernando MARTINS	2336	M	01:00:14	00:59:25	05:57	00:28:13	
4896	Susana Carla FERNANDES CHAVES PAIVA ALMEIDA	1385	F	01:00:14	00:54:54	05:30	00:28:43	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4897	Jose Maria BARBOSA	5958	M	01:00:14	00:58:25	05:51	00:30:48	
4898	Nuno LOPES	3203	M	01:00:14	00:56:01	05:37	00:27:06	
4899	Pedro MESQUITA	1961	M	01:00:14	00:58:12	05:50	00:27:34	C. R. Leões de Porto Salvo
4900	Nuno Fernando MARQUES PAIVA DE ALMEIDA	6013	M	01:00:14	00:54:55	05:30	00:28:44	
4901	Vanessa Sofia COSTA	5361	F	01:00:14	00:55:36	05:34	00:28:59	
4902	António Manuel Linhares MIRANDA	10280	M	01:00:14	00:55:06	05:31	00:28:14	
4903	Joaquim LIMA	15196	M	01:00:14	00:56:13	05:38	00:28:20	Clube Vodafone
4904	Ana Filipa RODRIGUES	1147	F	01:00:14	00:55:35	05:34	00:28:59	
4905	Fernando DINIS	8854	M	01:00:14	00:56:33	05:40	00:28:26	
4906	Renato CORREIA	7408	M	01:00:15	00:59:49	05:59	00:28:38	
4907	Paulo GARNEL	330	M	01:00:15	00:54:19	05:26	00:27:32	
4908	Fernando FERNANDES	8046	M	01:00:15	00:57:43	05:47	00:28:23	
4909	Maria Manuela FONSECA	1188	F	01:00:15	00:57:44	05:47	00:28:23	
4910	Rui P PEREIRA	3392	M	01:00:15	00:56:20	05:38	00:28:17	
4911	António Carlos GONÇALVES TAVARES	4091	M	01:00:16	00:53:37	05:22	00:28:06	
4912	José RUIVO	6340	M	01:00:16	00:57:37	05:46	00:29:53	G.R.D. Ribeira da Lage
4913	Gonçalo RODRIGUES	6819	M	01:00:16	00:55:37	05:34	00:28:59	
4914	António MARQUES	3790	M	01:00:16	00:54:25	05:27	00:27:18	
4915	Luis MOURA	2274	M	01:00:17	00:54:58	05:30	00:27:26	Tejavista
4916	Bernardo CANDELÁRIA	7102	M	01:00:17	00:58:35	05:52	00:26:57	
4917	Domingos António MARTINS	4801	M	01:00:17	00:58:40	05:52	00:30:02	
4918	Nuno Miguel OLIVEIRA	10872	M	01:00:17	00:58:27	05:51	00:27:24	
4919	Tiago Andre EUSEBIO	8097	M	01:00:17	00:56:27	05:39	00:28:18	
4920	Ricardo PINHEIRO	10267	M	01:00:17	00:59:14	05:56	00:29:10	
4921	Ricardo LAMPREIA	3854	M	01:00:18	00:53:48	05:23	00:28:10	
4922	Dário Duarte MENDES PRATES	6846	M	01:00:18	00:55:16	05:32	00:29:03	
4923	Joaquim MACHADO	6759	M	01:00:18	00:58:29	05:51	00:29:13	Grupo Desp. Rec. S. Francisco da Serra
4924	Rodrigues SILVIA	11321	F	01:00:19	00:58:32	05:52	00:28:22	
4925	Luis PIRES	9025	M	01:00:19	00:56:25	05:39	00:27:06	
4926	Nuno CORREIA	8063	M	01:00:19	00:57:11	05:44	00:28:28	
4927	Nuno MARQUES FERREIRA	5851	M	01:00:20	00:58:23	05:51	00:27:30	
4928	Adrian PEARCE	7802	M	01:00:20	00:54:07	05:25	00:27:14	
4929	Bruno CANTINHO	4221	M	01:00:20	00:56:33	05:40	00:28:10	
4930	Ricardo DE JESUS	7351	M	01:00:21	00:55:21	05:33	00:27:30	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4931	José Barroca SILVA PEREIRA	10537	M	01:00:22	01:00:08	06:01	00:28:14	
4932	Carlos TRAVANCA	2654	M	01:00:22	00:57:38	05:46	00:26:47	
4933	Filipe FORJAZ SAMPAIO	7844	M	01:00:23	00:58:44	05:53	00:27:53	
4934	Tomas PRAZERES	4022	M	01:00:23	00:54:47	05:29	00:28:44	
4935	Luís COSTA	10388	M	01:00:23	00:56:17	05:38	00:28:05	
4936	Carlos PIRES	3153	M	01:00:24	00:55:20	05:32	00:28:51	
4937	Margarida Viseu ROQUE AMARO	951022	F	01:00:24	00:53:50	05:23	00:28:12	
4938	Mário GONÇALVES	10113	M	01:00:25	00:55:43	05:35	00:28:38	Amigos do Parque da Paz
4939	Pedro Jorge LEMOS FIGUEIREDO FERREIRA	7984	M	01:00:25	00:57:55	05:48	00:29:22	
4940	Luis ALVES	6779	M	01:00:25	00:55:44	05:35	00:28:40	Amigos do Parque da Paz
4941	Eduardo LOURENÇO	6197	M	01:00:25	00:55:44	05:35	00:28:38	Amigos do Parque da Paz
4942	Manuel ROSA	6695	M	01:00:26	00:56:57	05:42	00:28:30	LINK
4943	Paula Isabel BATALHA	546	F	01:00:26	00:59:22	05:57	00:28:24	Clube Millennium BCP
4944	João Carlos MENEZES	3596	M	01:00:26	00:55:25	05:33	00:28:46	
4945	Oscar Silva MARQUES	1674	M	01:00:26	00:59:22	05:57	00:28:24	Clube Millennium BCP
4946	Ana Cristina ALVES MARQUES	5617	F	01:00:26	00:58:31	05:52	00:28:54	
4947	José Manuel HENRIQUES	2483	M	01:00:26	00:55:33	05:34	00:28:23	
4948	Paulo GOMES	6595	M	01:00:27	00:58:48	05:53	00:30:01	Grupo Desportivo do INE
4949	Tania Filipa FERREIRA BAIXINHO	1376	F	01:00:27	00:58:09	05:49	00:28:52	
4950	José Luís Olveira GONÇALVES	8407	M	01:00:27	00:59:34	05:58	00:29:50	
4951	Rui PINTO	6229	M	01:00:27	00:56:02	05:37	00:27:31	Clube do Stress
4952	Vitória Bárbara FOLGADO MONTEIRO	4914	F	01:00:27	01:00:07	06:01	00:28:47	
4953	Miguel SALGADO VALADAO DO VALE	7311	M	01:00:27	00:54:07	05:25	00:28:15	
4954	Rita BARREIRO	980	F	01:00:28	00:53:22	05:21	00:28:04	Maratona Clube de Portugal
4955	João AZEVEDO	7716	M	01:00:28	00:53:50	05:23	00:26:38	
4956	Paulo SANTOS	8853	M	01:00:28	00:57:26	05:45	00:29:16	
4957	Bruno FRANCISCO	7721	M	01:00:28	00:53:50	05:23	00:26:38	
4958	Vasco AMARAL	8361	M	01:00:28	00:56:42	05:41	00:27:14	
4959	Isabel MARQUES	1001	F	01:00:28	00:53:23	05:21	00:28:05	Maratona Clube de Portugal
4960	Alfredo FACHADA	10405	M	01:00:28	00:56:47	05:41	00:28:11	
4961	Diogo PEREIRA-DIAS	7307	M	01:00:28	00:56:43	05:41	00:28:19	
4962	José Dionisio TIQUE DA SILVA	6863	M	01:00:28	00:55:26	05:33	00:29:03	
4963	Narciso LOURENÇO	10115	M	01:00:29	00:59:49	05:59	00:29:53	Companheiros da Mata Escarpupim
4964	Paulo F. CRUZ	15273	M	01:00:29	00:57:26	05:45	00:29:08	CCD Tranquilidade

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4965	Ricardo César CAMELO DEALMEIDA	6858	M	01:00:29	00:55:26	05:33	00:29:03	
4966	Francisco KOITO	3701	M	01:00:29	00:54:36	05:28	00:26:26	
4967	Pedro Manuel MADEIRA PINA	7690	M	01:00:30	00:56:19	05:38	00:28:16	
4968	Rosa Maria SOUSA CASSIS	5814	F	01:00:30	00:56:19	05:38	00:28:17	
4969	Paulo Jorge MIRANDA RIBEIRO	4341	M	01:00:30	00:56:53	05:42	00:29:00	
4970	Jorge MARTINS	10353	M	01:00:30	00:57:37	05:46	00:27:20	
4971	José Januário DE AZEVEDO LIMA	10681	M	01:00:30	00:54:20	05:26	00:27:43	
4972	Rui Pedro MACOVIO	198	M	01:00:31	00:55:35	05:34	00:27:12	
4973	Rogério MARTINS	3603	M	01:00:31	00:59:15	05:56	00:29:42	
4974	Pedro CARVALHO	10258	M	01:00:31	00:56:21	05:39	00:27:14	
4975	António Manuel Jesus SOUSA	8265	M	01:00:31	00:56:21	05:39	00:27:14	
4976	Sonia JANELA	1453	F	01:00:31	00:54:10	05:25		
4977	Helder LEAL	5866	M	01:00:31	00:59:29	05:57	00:29:11	
4978	Ana GROZNIK	5640	F	01:00:31	00:54:37	05:28	00:27:37	
4979	Alexandra LOPES	1588	F	01:00:31	00:56:11	05:38	00:27:59	
4980	Virgílio RODRIGUES	15087	M	01:00:32	00:58:05	05:49	00:28:26	Gabinete de Fisioterapia no Desporto
4981	Paulo COUTINHO	294	M	01:00:32	00:53:53	05:24	00:26:57	HP Portugal Clube
4982	Duarte D´ARAÚJO JORGE CARDOSO DA MATA	8339	M	01:00:32	00:54:21	05:27	00:27:40	
4983	Paulo SOUSA	8035	M	01:00:32	00:56:32	05:40	00:27:47	
4984	Mário OLIVEIRA ALVES	11497	M	01:00:33	00:57:32	05:46	00:29:45	
4985	Luis SILVA	3724	M	01:00:33	00:57:47	05:47	00:27:53	
4986	Helder GOMES	2449	M	01:00:33	00:56:35	05:40	00:26:57	
4987	António GARCIA	513	M	01:00:33	00:56:08	05:37	00:28:44	
4988	Artur CUNHA	2193	M	01:00:34	00:58:24	05:51	00:29:37	Açoreana clube Banif
4989	Manuela ROMÃO	5689	F	01:00:34	00:56:09	05:37	00:28:24	
4990	André CUNHA	2200	M	01:00:34	00:58:24	05:51	00:29:37	Açoreana clube Banif
4991	Jorge FELICIO	10638	M	01:00:34	00:59:26	05:57	00:28:58	
4992	Sílvia CRUZ GONÇALVES	11217	F	01:00:34	00:56:19	05:38	00:27:03	
4993	Luis Manuel FERREIRA	8098	M	01:00:35	00:54:57	05:30	00:27:59	
4994	Carolina GOMES	11268	F	01:00:35	00:58:48	05:53	00:30:16	
4995	Julio BENTO	3702	M	01:00:35	00:58:49	05:53	00:30:16	
4996	Franco WUDICH	6960	M	01:00:35	00:53:13	05:20	00:26:44	
4997	Eduardo PINHEIRO	7487	M	01:00:35	00:57:11	05:44	00:27:53	
4998	Nelson SANTOS	242	M	01:00:36	00:56:37	05:40	00:26:57	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4999	Julio RODRIGUES	6964	M	01:00:36	01:00:21	06:03	00:28:22	
5000	Pedro GOMES	9086	M	01:00:36	00:53:44	05:23	00:27:53	
5001	Liliana MENDONÇA	11550	F	01:00:36	00:58:24	05:51	00:29:15	
5002	Joaquim DE SOUSA	7059	M	01:00:36	00:59:55	06:00	00:29:16	
5003	André DIAS	8966	M	01:00:37	00:58:24	05:51	00:29:14	
5004	Adriel MONTEIRO	2094	M	01:00:37	00:53:52	05:24	00:27:34	
5005	Ricardo Miguel MARTINS	3619	M	01:00:37	00:56:30	05:39	00:28:52	
5006	Manuel NETA	227	M	01:00:37	00:57:56	05:48	00:28:59	
5007	Alberto LEAL	10865	M	01:00:37	00:55:45	05:35	00:27:56	
5008	Pedro COSTA PEREIRA	8613	M	01:00:37	00:55:54	05:36	00:26:30	
5009	Vitor SILVA	3899	M	01:00:37	00:58:42	05:53	00:29:28	
5010	César MESQUITA	3526	M	01:00:37	00:55:45	05:35	00:27:54	
5011	Laurinda CASTRO	1377	F	01:00:38	00:59:44	05:59	00:29:50	
5012	Maria Goretti FERNANDES	9563	F	01:00:38	00:58:50	05:53	00:28:40	Grupo Desportivo Cimpor
5013	Claúdia LOPES	914	F	01:00:38	00:58:39	05:52	00:28:49	Sonae Sierra
5014	Jose Carlos SILVA	3903	M	01:00:38	00:58:43	05:53	00:29:28	
5015	Ilda SOUSA	5339	F	01:00:38	00:58:43	05:53	00:29:06	Núcleo de Atletismo Zona Abçboda
5016	Nuno AZEVEDO	7718	M	01:00:38	01:00:09	06:01	00:27:47	
5017	Humberto MONTEIRO CHAVES	8324	M	01:00:38	00:58:05	05:49	00:28:17	
5018	Celia AZEVEDO	9668	F	01:00:39	01:00:09	06:01	00:27:48	
5019	Ana Cristina LOUREIRO	1349	F	01:00:39	00:57:07	05:43	00:28:53	
5020	José Adelino METELO	7325	M	01:00:39	00:57:07	05:43	00:28:53	
5021	Luís SOUSA	4729	M	01:00:39	00:55:50	05:35	00:27:04	
5022	Carlos MARQUES	10127	M	01:00:39	00:55:40	05:34	00:27:57	Núcleo Sportinguista Leões da Fronteira de Vilar Formoso
5023	Pedro MARQUES	8713	M	01:00:39	00:55:39	05:34	00:27:57	
5024	José Armando Ramos Pessoa DINIS	10454	M	01:00:39	00:59:48	05:59	00:28:21	
5025	Isabel PINTO DA COSTA	1658	F	01:00:39	01:00:35	06:04	00:30:26	Sportlife
5026	Nuno ESTACIO	8862	M	01:00:39	00:55:53	05:36	00:28:38	
5027	André SABINO	4211	M	01:00:40	00:55:19	05:32	00:28:23	
5028	Mónica PIERCY	5494	F	01:00:40	00:56:06	05:37	00:28:24	
5029	Claudio TENENTE	7421	M	01:00:40	00:57:50	05:47	00:28:24	
5030	Victor JORGE	164	M	01:00:40	00:56:06	05:37	00:28:26	
5031	Pedro JESUS	8878	M	01:00:40	00:56:03	05:37	00:28:50	
5032	Nadia Nicole C.V. FONSECA TAVARES	5723	F	01:00:41	00:57:54	05:48	00:28:07	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5033	Isabel SILVA	5206	F	01:00:41	00:53:58	05:24	00:28:12	G.R.D. Ribeira da Lage
5034	Carlos Miguel DIAS LOPES	4053	M	01:00:41	00:57:58	05:48	00:28:11	
5035	Dinis ORLANDO	2619	M	01:00:41	00:56:08	05:37	00:28:25	
5036	Ana PEREIRA	1207	F	01:00:41	00:55:35	05:34	00:27:40	
5037	Pedro TOJO	3950	M	01:00:42	00:57:34	05:46	00:27:53	
5038	Pedro Jorge ARTUR	7524	M	01:00:42	00:55:05	05:31	00:27:18	
5039	Antonio CLAVERIA	3777	M	01:00:42	00:55:14	05:32	00:28:09	
5040	António REIS	15042	M	01:00:43	00:59:57	06:00	00:29:28	Clube Grupo Desportivo BES
5041	Joan WILSON	11354	F	01:00:43	00:54:48	05:29	00:27:30	
5042	Pedro RODRIGUES	8183	M	01:00:43	00:57:28	05:45	00:27:38	
5043	João SIMÕES	15044	M	01:00:43	00:59:55	06:00	00:29:13	Clube Grupo Desportivo BES
5044	Raquel PINTO	5072	F	01:00:43	00:58:59	05:54	00:29:39	
5045	João VASCONCELOS	9800	M	01:00:44	01:00:24	06:03	00:28:18	
5046	Ricardo TOMÉ	3154	M	01:00:44	00:53:59	05:24	00:28:06	
5047	Alexandre PERDIGÃO	7328	M	01:00:44	00:58:57	05:54	00:27:45	
5048	João Carlos LOURENÇO	3973	M	01:00:44	00:59:04	05:55	00:25:26	
5049	Jorge Luís GODINHO VIEGAS	8511	M	01:00:44	00:55:24	05:33	00:27:38	
5050	Helder CRUZ	8958	M	01:00:44	00:58:30	05:51	00:27:32	
5051	Miguel BANHA	8482	M	01:00:45	00:55:24	05:33	00:27:38	
5052	José Eduardo REIS	8867	M	01:00:45	00:56:25	05:39	00:27:49	
5053	Miguel PERES	2328	M	01:00:45	00:58:49	05:53	00:28:02	Grupo Desportivo BPI
5054	Etelvina PAULINO	538	M	01:00:46	00:59:11	05:56	00:28:55	
5055	Jorge Filipe PIRES PINTO	79910	M	01:00:46	00:59:32	05:58	00:28:25	
5056	Sérgio DANIEL	10075	M	01:00:46	00:59:06	05:55	00:28:58	N.A. "Os Papagaios de Cascais"
5057	Ana Margarida PEREIRA	9751	F	01:00:46	00:56:56	05:42	00:27:54	
5058	Jorge ANTUNES	6932	M	01:00:46	00:57:14	05:44	00:29:26	
5059	Nuno BONIFÁCIO	8863	M	01:00:46	00:56:25	05:39	00:27:49	
5060	Nuno Alexandre SOUSA	10672	M	01:00:46	00:57:58	05:48	00:27:04	
5061	João CANDEIAAS	416	M	01:00:46	00:57:28	05:45	00:29:30	
5062	Hugo HENRIQUES	434	M	01:00:46	00:57:28	05:45	00:29:29	
5063	Patricia CARVALHO DIAS	1361	F	01:00:47	00:56:47	05:41	00:29:03	
5064	Alvaro SILVEIRA	7755	M	01:00:47	00:57:18	05:44	00:28:26	
5065	Ladislau BATALHA	7224	M	01:00:47	00:58:18	05:50	00:29:15	
5066	Rui SANTOS	8936	M	01:00:47	00:56:45	05:41	00:29:07	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5067	Silvestre MACHADO	10355	M	01:00:47	01:00:47	06:05	00:29:02	
5068	Gonçalo LOPES	8045	M	01:00:47	00:53:41	05:23	00:25:26	
5069	António ALMADANIM	8034	M	01:00:48	00:59:42	05:59	00:29:37	
5070	Goncalo LINCE FERNANDES	3312	M	01:00:48	00:56:01	05:37	00:28:38	
5071	Vitor Manuel SANTOS	8658	M	01:00:48	00:59:09	05:55	00:30:17	
5072	Luis Filipe Gomes Da SILVA	7118	M	01:00:49	00:54:17	05:26	00:25:45	
5073	Alberto Jorge BRANCO CARVALHO	3828	M	01:00:49	00:55:57	05:36	00:27:55	
5074	Francisco Pedroso SOUSA	3925	M	01:00:49	00:59:12	05:56	00:31:25	
5075	Boris SOUSA	6519	M	01:00:49	00:57:02	05:43	00:27:11	Grupo Recreativo Cultural Desportivo Leião
5076	André GRILO	7463	M	01:00:49	00:55:20	05:32	00:27:36	
5077	Nuno AGOSTINHO	3654	M	01:00:49	00:57:34	05:46	00:29:37	
5078	Henrique DUARTE NEVES	2915	M	01:00:50	01:00:12	06:02	00:28:51	
5079	Luis LOBATO DE ALMEIDA	4632	M	01:00:50	00:56:29	05:39	00:29:55	
5080	Jorge DINIZ	15261	M	01:00:50	00:58:09	05:49	00:28:23	BP Portugal
5081	Bruno SILVA SANTOS	7531	M	01:00:50	00:55:06	05:31	00:27:45	
5082	Jorge Edgar SANTOS MOSA	7115	M	01:00:51	00:56:56	05:42	00:28:26	
5083	Luis VIANA	9044	M	01:00:51	00:57:06	05:43	00:28:55	
5084	Alberto Manuel TOMAS CARDOSO	8697	M	01:00:51	00:56:46	05:41	00:29:14	
5085	Bruno RIBEIRO	2092	M	01:00:51	00:58:41	05:53	00:30:00	
5086	Rui ROCHA	2167	M	01:00:51	00:53:44	05:23	00:27:06	Grupo Carmo
5087	Lucilia Conceição Nunes CASANOVA	11212	F	01:00:51	00:57:36	05:46	00:29:06	
5088	Gonçalo ALMEIDA	2507	M	01:00:52	00:57:55	05:48	00:30:01	
5089	Raquel LARCHER BRINCA	1480	F	01:00:52	00:57:26	05:45	00:28:54	
5090	Sérgio CRUZ	5971	M	01:00:52	00:56:35	05:40	00:28:08	
5091	Débora Alexandra DE MATOS CASTRO	1545	F	01:00:52	00:54:14	05:26	00:28:06	
5092	Vasco LARCHER BRINCA	8388	M	01:00:52	00:57:27	05:45	00:28:54	
5093	Joao PITA	7359	M	01:00:52	00:55:30	05:33	00:26:54	
5094	Pedro MORGADO	3491	M	01:00:52	00:58:08	05:49	00:28:20	
5095	Carla PEIXE	1614	F	01:00:52	00:57:24	05:45	00:28:40	
5096	André Filipe BRITO	383	M	01:00:52	00:58:08	05:49	00:28:20	
5097	Henrique Jorge RODRIGUES ROSA	8719	M	01:00:53	00:55:21	05:33	00:27:20	
5098	Diana CORREIA	1406	F	01:00:53	01:00:07	06:01	00:28:13	
5099	Fernando MAGALHÃES	6473	M	01:00:53	01:00:21	06:03	00:29:59	C.C.D. EFACEC
5100	José António DAS NEVES RODA	6997	M	01:00:54	00:56:01	05:37	00:28:47	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5101	Joana PINTO	5218	F	01:00:54	00:58:10	05:49	00:28:42	Pepsico Portugal
5102	Manuel GONÇALVES	7070	M	01:00:54	01:00:49	06:05	00:29:41	
5103	Aníbal PINHEIRO SIMÕES PEREIRA	10177	M	01:00:54	00:56:01	05:37	00:28:47	
5104	Pedro Filipe FARIA MORGADO	401	M	01:00:54	00:56:33	05:40	00:27:54	
5105	António EUSÉBIO	7710	M	01:00:54	00:57:46	05:47	00:29:12	
5106	Ana Lúcia VALE	1644	F	01:00:55	00:56:12	05:38	00:29:31	
5107	Diogo FERREIRA	4531	M	01:00:55	00:59:56	06:00	00:28:05	
5108	Elena IABANJI	1444	F	01:00:55	00:56:27	05:39	00:28:16	
5109	Hugo FERREIRA	7031	M	01:00:55	00:57:56	05:48	00:28:13	
5110	João ARBUÉS MOREIRA	5533	M	01:00:55	00:54:44	05:29	00:28:38	Sportlife
5111	José MAGALHÃES	7083	M	01:00:56	00:57:48	05:47		
5112	Mário Gonçalves De FREITAS	10341	M	01:00:56	00:58:03	05:49	00:29:01	
5113	João Henrique MELO ALVES	11182	M	01:00:56	00:58:16	05:50	00:30:25	
5114	Miguel ALVES	3180	M	01:00:56	00:55:01	05:31	00:27:56	
5115	João BERNARDO	6910	M	01:00:56	00:56:58	05:42	00:27:39	
5116	Ines CONSTANTINO	1042	F	01:00:57	00:59:48	05:59	00:29:33	Clube Anacom
5117	João CARNEIRO	15151	M	01:00:57	00:58:30	05:51	00:28:52	Linda-a-Pastora Sporting Clube
5118	Elsa Cristina CAPELA	1319	F	01:00:58	00:55:40	05:34	00:29:00	
5119	Pedro LOBO GASPAR	9145	M	01:00:58	00:56:38	05:40	00:29:55	
5120	Joao COLAÇO	2739	M	01:00:58	00:59:47	05:59	00:28:06	
5121	Carla Maria Lemos SILVA	650	F	01:00:58	00:57:28	05:45	00:29:17	
5122	Jose RODRIGUES	10680	M	01:00:58	00:59:14	05:56	00:28:31	
5123	Antonio MOURAO	3652	M	01:00:58	00:58:59	05:54	00:29:45	
5124	Alvaro Manuel ALMEIDA	2411	M	01:00:59	00:56:51	05:42	00:27:58	
5125	Jorge MARTINS	3856	M	01:00:59	00:55:53	05:36	00:28:35	
5126	Delarmando OSÓRIO	15286	M	01:00:59	00:54:44	05:29	00:27:23	
5127	Raimundo MOUTINHO	7625	M	01:00:59	00:54:03	05:25	00:28:25	
5128	Armindo MIRANTE	2843	M	01:01:00	00:56:22	05:39	00:28:19	Lisboa Racket Centre
5129	Nuno MOURA PINHEIRO	8102	M	01:01:00	00:57:23	05:45	00:28:08	
5130	Julien SIMAS	10107	M	01:01:00	00:56:56	05:42	00:27:46	Mirc
5131	Graciete PINTO	5710	F	01:01:00	00:56:25	05:39	00:27:48	
5132	David ALMEIDA	3705	M	01:01:00	00:54:26	05:27	00:27:34	
5133	Joao CARVALHO	3647	M	01:01:00	00:53:14	05:20	00:27:14	
5134	Silvia BREU	5385	F	01:01:01	01:00:54	06:06	00:30:26	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5135	Pedro REIS	3500	M	01:01:01	01:00:34	06:04	00:29:37	
5136	Artur David VITORINO GOMES	10308	M	01:01:01	00:57:54	05:48	00:28:44	
5137	Sérgio ALMEIDA	4507	M	01:01:01	00:57:13	05:44	00:28:20	
5138	João PAISANA	4800	M	01:01:01	00:54:44	05:29	00:27:36	
5139	Fernando M BNACIO LEÃO	4803	M	01:01:01	00:54:17	05:26	00:26:40	
5140	Sara DIAS	772	F	01:01:01	00:59:26	05:57	00:28:41	Clube Académico de Penafirme
5141	Mário FONSECA	10445	M	01:01:01	00:56:06	05:37	00:28:13	
5142	Carolina SILVA	807	F	01:01:02	00:57:29	05:45	00:28:23	Açoreana clube Banif
5143	Filipe Alexandre FERREIRA DOS SANTOS	10895	M	01:01:02	00:56:50	05:41	00:28:04	
5144	Sofia VIDEIRA	1097	F	01:01:02	00:59:41	05:59	00:29:05	
5145	José Carlos PEREIRA	10687	M	01:01:03	01:01:03	06:07	00:31:41	
5146	João Paulo DURÃO	43	M	01:01:03	00:56:12	05:38	00:29:06	
5147	Tiago DUARTE NEVES	2895	M	01:01:03	01:00:33	06:04	00:30:02	
5148	Adriano DUARTE NEVES	5865	M	01:01:03	01:00:32	06:04	00:30:02	
5149	Óscar GIL	10889	M	01:01:03	00:56:27	05:39	00:28:50	
5150	Filipe DIAS	6102	M	01:01:03	00:55:34	05:34	00:29:34	Hovione
5151	Ana MOREIRA	5303	F	01:01:04	00:56:59	05:42	00:27:46	Mirc
5152	Bruno NASCIMENTO	8429	M	01:01:04	00:56:56	05:42	00:29:09	
5153	Andreia Filipa CARRONDO BOAVIDA PINA	1264	F	01:01:04	00:57:50	05:47	00:29:09	
5154	Pedro Filipe Dos Santos NASCIMENTO	4496	M	01:01:05	00:58:58	05:54	00:29:16	
5155	Daniel José Dos Santos NASCIMENTO	4485	M	01:01:05	00:58:58	05:54	00:29:15	
5156	Marco DINIS	4424	M	01:01:06	00:55:50	05:35	00:28:21	
5157	Ricardo NOBRE	8894	M	01:01:06	00:56:25	05:39	00:29:02	
5158	Joao CONSTANTINO	417	M	01:01:07	00:56:25	05:39	00:29:02	
5159	Helder BREDA	7951	M	01:01:07	00:55:16	05:32	00:28:46	
5160	Rodrigo BREDA	7953	M	01:01:07	00:55:12	05:32	00:28:42	
5161	Cesar SANTOS	8004	M	01:01:07	00:57:38	05:46	00:28:45	
5162	Guilherme ALBINO	6453	M	01:01:07	00:57:35	05:46	00:27:53	Serviços Sociais Montepio Geral
5163	Pedro CARRASCO	9937	M	01:01:07	00:57:35	05:46	00:27:53	Serviços Sociais Montepio Geral
5164	João BREDA	3841	M	01:01:07	00:55:13	05:32	00:28:43	
5165	Carla Susana LOPES DOS SANTOS	11277	F	01:01:08	01:00:23	06:03	00:29:14	
5166	Célia PAIVA	5654	F	01:01:08	00:58:21	05:51	00:29:41	
5167	Ricardo Nelson MORGADO	10281	M	01:01:08	00:57:11	05:44	00:27:47	
5168	Ricardo Manuel NUNES DOS SANTOS	11401	M	01:01:09	01:00:23	06:03	00:29:13	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5169	Carlos MORAIS	4806	M	01:01:09	00:57:10	05:43	00:30:40	
5170	Ana PINTO	1366	F	01:01:09	00:57:53	05:48	00:28:25	
5171	Fernando Guilherme LOBO PIMENTEL	9067	M	01:01:10	00:55:14	05:32	00:26:49	
5172	Pedro Miguel QUARTIN ASSUNÇÃO	6420	M	01:01:10	00:57:51	05:48	00:28:53	Casa do Pessoal Estradas de Portugal
5173	João Carlos PNTEIRA LOPES	6364	M	01:01:10	00:57:50	05:47	00:28:52	Casa do Pessoal Estradas de Portugal
5174	Cátia CANOTILLO	5148	F	01:01:10	00:58:56	05:54	00:29:10	Sonae Sierra
5175	João Fernando MELO	10157	M	01:01:11	00:55:30	05:33	00:27:59	
5176	Cláudio RIBEIRO	8916	M	01:01:11	00:57:06	05:43	00:29:07	
5177	Carlos Andre VIEIRA	7214	M	01:01:11	00:56:13	05:38	00:28:27	
5178	Carla GARCEZ	803	F	01:01:11	00:57:04	05:43	00:27:55	
5179	Isabel Maria DIAS MARTINS	1172	F	01:01:11	00:57:06	05:43	00:29:07	
5180	Elena PONT COLOMER	1594	F	01:01:11	00:55:18	05:32	00:27:57	
5181	Rui BARROCA	4479	M	01:01:12	00:56:36	05:40		
5182	António Manuel BORGA	3980	M	01:01:12	00:58:09	05:49	00:30:46	
5183	Rui MAURICIO	2227	M	01:01:13	01:00:27	06:03	00:28:31	CCD Sintrense
5184	João ESCALEIRA	6089	M	01:01:13	00:57:16	05:44	00:29:29	
5185	Sérgio SANTOS MARTINS	10794	M	01:01:14	00:56:09	05:37	00:28:26	
5186	Luis NUNES	7666	M	01:01:14	00:57:54	05:48	00:26:15	
5187	Pablo CASALS	3198	M	01:01:14	00:59:37	05:58	00:28:51	
5188	Carla GAMEIRO	11203	F	01:01:14	00:57:54	05:48	00:29:51	
5189	Emilio ESTRELINHA	3709	M	01:01:15	00:59:28	05:57	00:30:16	
5190	Florbela BARROS	1135	F	01:01:15	00:55:31	05:34	00:29:07	
5191	Carlos CARVALHAL	2925	M	01:01:15	00:55:28	05:33	00:29:04	
5192	Nuno LUCAS	8624	M	01:01:15	00:57:44	05:47	00:29:30	
5193	José Carlos ALEIXO SILVA	2921	M	01:01:15	00:55:28	05:33	00:29:04	
5194	Rui Jerónimo Paiva Lopes FARINHA	4584	F	01:01:15	00:55:28	05:33	00:29:04	
5195	Dina ALVES	703	F	01:01:15	00:58:10	05:49	00:29:13	
5196	Tiago Rafael Oliveira CORREIA	4018	M	01:01:15	00:58:53	05:54	00:28:18	
5197	Sara LOUREIRO	5329	F	01:01:15	00:58:53	05:54	00:28:31	Sporting Clube Casainhos
5198	João MORAIS	8529	M	01:01:16	00:54:31	05:28	00:27:38	
5199	Antonio Lopes MONTEIRO	5881	M	01:01:17	00:57:18	05:44	00:28:21	
5200	João Pedro CÂNCIO	10884	M	01:01:17	00:54:32	05:28	00:27:39	
5201	Hugo OITAVEM	2699	M	01:01:18	00:56:19	05:38	00:28:18	
5202	João FERNANDES	6208	M	01:01:18	00:57:25	05:45	00:28:42	Açoreana clube Banif

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5203	Bernardo RODO	3176	M	01:01:18	00:57:12	05:44	00:28:06	
5204	Irene MACHADO	11236	F	01:01:18	00:57:37	05:46	00:28:37	
5205	Bárbara CAMPOS FERREIRA	4996	F	01:01:19	00:54:46	05:29	00:27:22	
5206	Nuno FERREIRA	10602	M	01:01:19	00:56:43	05:41	00:27:46	
5207	Nuno Miguel Dinis FERNANDES	9454	M	01:01:19	00:52:20	05:14	00:26:23	
5208	Silvia Regina Soares VARELA	9758	F	01:01:19	00:57:37	05:46	00:28:38	
5209	Nuno VEIGA	6300	M	01:01:20	00:56:11	05:38	00:26:45	
5210	Ana SILVEIRA	1339	F	01:01:20	01:00:14	06:02	00:29:00	
5211	Paulo Jorge PIRES FERNANDES	202	M	01:01:20	01:00:43	06:05	00:29:52	
5212	André PONTE	9047	M	01:01:20	00:58:08	05:49	00:30:47	
5213	Sérgio RESENDE	10262	M	01:01:20	00:58:42	05:53	00:29:39	
5214	Manuel David AMARO GIL DE ANDRADE BORGES	3365	M	01:01:21	00:58:52	05:54	00:29:20	
5215	Paulo BRANDÃO	3782	M	01:01:21	00:59:54	06:00	00:29:23	
5216	Tiago Nobre CARRILHO	10576	M	01:01:22	00:56:36	05:40	00:27:48	
5217	Nuno DIAS	8292	M	01:01:22	00:59:21	05:57	00:29:35	
5218	Victor FERNANDES	5975	M	01:01:22	00:59:05	05:55	00:28:43	
5219	Samuel MATEUS	10760	M	01:01:22	00:59:10	05:55	00:28:58	
5220	Fernando VITÓRIA	7849	M	01:01:22	00:58:42	05:53	00:29:42	
5221	Valter OLIVEIRA	3910	M	01:01:23	00:57:35	05:46	00:29:23	
5222	João BRAZ	7612	M	01:01:23	00:56:22	05:39	00:27:41	
5223	Sara AZENHA NUNES DO VALE	4906	F	01:01:23	00:57:32	05:46	00:28:19	
5224	Joao FRADE	8892	M	01:01:23	00:57:56	05:48	00:28:51	
5225	Pedro César MONTEIRO GONÇALVES	8686	M	01:01:23	00:57:31	05:46	00:28:19	
5226	João DIAS	10078	M	01:01:24	00:59:14	05:56	00:28:47	Grupo Desportivo do INE
5227	Pedro CASINHA	2090	M	01:01:24	00:57:49	05:47	00:29:47	
5228	Pedro CELESTE	10871	M	01:01:24	00:57:07	05:43	00:27:46	
5229	Fernando FERREIRA	1692	M	01:01:24	01:00:48	06:05	00:30:21	Clube Millennium BCP
5230	Joaquim Antonio SECO	7650	M	01:01:25	00:58:38	05:52	00:29:00	
5231	Mário MEDEIROS	7401	M	01:01:25	00:59:28	05:57	00:28:48	
5232	Ruben Renato Da Silva PEDRO	2423	M	01:01:25	00:54:10	05:25	00:27:57	
5233	Fernanda LUCAS	550	F	01:01:26	01:00:26	06:03	00:29:38	C. R. Leões de Porto Salvo
5234	Paulo CARRIL	6559	M	01:01:26	00:59:35	05:58	00:29:12	Tabaqueira
5235	André GODINHO	3064	M	01:01:27	00:55:02	05:31	00:27:22	
5236	Miguel MARQUES	10484	M	01:01:27	01:00:28	06:03	00:28:54	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5237	Casimiro OLIVEIRA	8567	M	01:01:27	01:01:27	06:09		
5238	José PONTES	8497	M	01:01:27	00:58:34	05:52	00:29:29	
5239	Paulo Jorge MARTINS	10207	M	01:01:27	00:57:29	05:45	00:27:46	
5240	Otilia OLIVEIRA	9515	F	01:01:27	01:01:27	06:09		
5241	Pedro MURTINHAL	2869	M	01:01:27	00:57:19	05:44	00:28:03	
5242	Beatriz Rute FIGUEIREDO	1062	F	01:01:28	00:58:55	05:54	00:28:54	
5243	Leonardo Alexandre CABACEIRA	4165	M	01:01:28	00:55:42	05:35	00:28:21	
5244	Margarida MONTEIRO	11559	F	01:01:28	01:00:01	06:01	00:29:24	
5245	Gustavo Jose HENRIQUES PATRICIO	4546	M	01:01:28	00:55:03	05:31	00:29:06	
5246	Samuel LOPES ARAÚJO	528	M	01:01:29	00:58:22	05:51	00:28:02	
5247	Maria Do Céu VIEGAS	15272	F	01:01:29	01:00:11	06:02	00:27:15	Construténis de Fernando Ralheta
5248	Fernando SEBASTIÃO	10746	M	01:01:30	00:57:30	05:45	00:27:48	
5249	Rui RIBEIRO	2589	M	01:01:30	00:56:04	05:37	00:27:55	
5250	Filipa BAPTISTA	1544	F	01:01:30	00:55:39	05:34	00:27:54	
5251	Carlos CANDEIAS	2195	M	01:01:30	00:59:53	06:00	00:29:30	Açoreana clube Banif
5252	Ricardo COSTA	6677	M	01:01:30	00:56:02	05:37	00:28:36	
5253	Sofia GUEDES	834	F	01:01:31	00:59:54	06:00	00:29:30	Açoreana clube Banif
5254	Pedro EVANGELISTA	2994	M	01:01:31	00:56:15	05:38	00:28:54	
5255	Rui PINTO	4823	M	01:01:31	00:56:25	05:39	00:27:34	
5256	Miguel DUARTE	6174	M	01:01:31	00:55:03	05:31	00:28:41	Clube do Stress
5257	Pedro Moreira DUARTE	6158	M	01:01:31	00:55:03	05:31	00:28:42	Clube do Stress
5258	Paulo Jorge FERREIRA SANTOS	7561	M	01:01:31	00:59:23	05:57	00:30:19	
5259	Nuno MOLERO	124	M	01:01:32	00:58:46	05:53	00:28:14	
5260	Renato FILIPE	7676	M	01:01:32	00:58:29	05:51	00:26:56	
5261	Afonso BUSTORFF	2055	M	01:01:33	00:55:46	05:35	00:29:39	Tejavista
5262	Fernando COSTA	6996	M	01:01:34	00:57:24	05:45	00:29:19	
5263	Joao GOMES	8092	M	01:01:34	00:57:19	05:44	00:28:27	
5264	Manuel FONSECA	6732	M	01:01:34	00:58:06	05:49	00:28:30	LINK
5265	Rui COSTA	8638	M	01:01:34	00:55:56	05:36	00:27:15	
5266	Manuel Henrique DIONISIO DA SILVA	3381	M	01:01:34	00:59:27	05:57	00:28:25	
5267	Luis FERNANDES	6643	M	01:01:34	01:00:25	06:03		Tabaqueira
5268	Jorge Miguel Morais CHUMBO	7132	M	01:01:34	00:58:27	05:51	00:28:48	
5269	Maria Jesuina CORREIA	5571	F	01:01:34	00:59:28	05:57	00:28:24	
5270	Cristina Maria Cardoso Piedade CUNHA	5100	F	01:01:35	00:59:43	05:59	00:28:38	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5271	José Félix MARTINS	1993	M	01:01:35	00:57:01	05:43	00:27:33	
5272	Nuno GERALDES	4064	M	01:01:35	00:58:52	05:54	00:29:43	
5273	Isabel Maria MARTINS	5405	F	01:01:36	00:57:01	05:43	00:27:34	
5274	Mercedes FONSECA	5478	F	01:01:36	01:00:22	06:03	00:30:00	
5275	Helder GOMES	8679	M	01:01:36	00:58:46	05:53	00:31:05	
5276	Jose GUERREIRO	2927	M	01:01:36	00:54:27	05:27	00:29:21	
5277	Teresa CALHEIROS	5315	F	01:01:37	00:55:46	05:35	00:28:10	
5278	Maria Teresa FERNANDES	11211	F	01:01:37	00:55:06	05:31	00:27:16	
5279	Helena ADEGAS	5720	F	01:01:38	00:58:16	05:50	00:28:36	
5280	Paulo CARDOSO	7600	M	01:01:38	00:59:35	05:58	00:28:41	
5281	João SANTOS	4707	M	01:01:38	00:58:48	05:53	00:29:04	
5282	Teresa ALMEIDA	5750	F	01:01:38	00:59:32	05:58	00:28:48	
5283	Sofia REBOCHO	589	F	01:01:38	00:58:48	05:53	00:29:05	
5284	Joao RIBEIRO	7562	M	01:01:38	00:59:28	05:57	00:30:01	
5285	Antero DE AGUIAR MARQUES TEIXEIRA	5856	M	01:01:38	00:58:48	05:53	00:28:22	
5286	João António MENDES QUÍNTALO	7250	M	01:01:39	00:56:42	05:41	00:28:07	
5287	João MATOS LOPES	8012	M	01:01:39	00:56:33	05:40	00:27:38	
5288	Isabel FERREIRA	1102	F	01:01:40	00:58:24	05:51	00:30:18	TCPI
5289	João Miguel CARVALHO ABREU	6876	M	01:01:40	00:57:12	05:44	00:31:09	
5290	José Manuel LOBO	7632	M	01:01:40	01:00:20	06:02	00:29:30	
5291	Ana Bernardina ANDRADE LOPES	5833	F	01:01:40	01:00:21	06:03	00:29:30	
5292	Heitor BAPTISTA	10314	M	01:01:41	01:00:11	06:02	00:28:17	
5293	Pedro ROCHA	10123	M	01:01:41	01:01:01	06:07	00:28:13	Companheiros da Mata Escaroupim
5294	Tiago EPIFÂNIO	2448	M	01:01:41	00:57:11	05:44	00:30:25	LINK
5295	Adao SOARES PEREIRA LUZ	3733	M	01:01:41	00:56:47	05:41	00:29:26	
5296	José Carlos LOUREIRO	7914	M	01:01:41	00:58:55	05:54	00:29:50	
5297	Luis Miguel Relvas PEDRO	10274	M	01:01:41	00:55:29	05:33	00:27:23	
5298	Alexandre Raphael PIEDADE CASTELÃO	6002	M	01:01:41	00:59:08	05:55	00:30:23	
5299	Fabio Ruben Oliveira CORREIA	4007	M	01:01:42	00:59:18	05:56	00:29:25	
5300	Henrique RODRIGUES	2131	M	01:01:42	00:57:53	05:48	00:28:52	
5301	Eduardo PROENÇA	4662	M	01:01:42	00:55:31	05:34	00:26:40	
5302	Pedro Miguel PIRES LOPES	8264	M	01:01:42	00:57:17	05:44	00:29:24	
5303	José Manuel TEIXIERA	1779	M	01:01:42	00:58:44	05:53	00:29:08	Clube Millennium BCP
5304	Jarismar FERREIRA	3716	M	01:01:42	00:57:58	05:48	00:28:35	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5305	David CONSTANTINO	265	M	01:01:42	01:00:33	06:04	00:29:40	Clube Anacom
5306	Fernando REZENDE	6954	M	01:01:43	00:56:16	05:38	00:28:55	
5307	Vasco Gil VIEIRA LOURENÇO	4571	M	01:01:43	00:59:01	05:55	00:29:47	
5308	Carminda Jesus AMEIDA PIRES REGA	1449	F	01:01:43	00:56:54	05:42	00:28:08	
5309	Marco António Luís GONÇALVES DA COSTA	4564	M	01:01:43	00:56:20	05:38	00:27:17	
5310	Silvia PAULINO PEREIRA VERACRUZ	1591	F	01:01:44	00:55:52	05:36	00:27:59	
5311	Ana Paula FÓRNEAS	1019	F	01:01:44	00:59:26	05:57	00:28:13	Grupo Desportivo BPI
5312	Ana Maria LOPES	5644	F	01:01:44	00:58:31	05:52	00:29:04	
5313	Manuel Sebastião MORGADO	10928	M	01:01:44	00:54:55	05:30	00:28:27	
5314	Hugo Miguel MARCOS SIMÕES	9200	M	01:01:44	00:59:12	05:56	00:25:54	
5315	Inês SANTOS	851	F	01:01:44	00:58:57	05:54	00:28:53	
5316	Jorge Manuel DOMINGUES	10329	M	01:01:44	00:55:52	05:36	00:27:58	
5317	Odete COSTA	5097	F	01:01:44	00:56:04	05:37	00:27:57	
5318	Pedro ALVES	1923	M	01:01:44	00:56:04	05:37	00:27:57	Hovione
5319	Carlos MARECO	7806	M	01:01:45	00:58:21	05:51	00:28:29	
5320	Luis Miguel NUNES	7808	M	01:01:45	01:01:06	06:07	00:29:31	
5321	Rui BENTO	3844	M	01:01:45	00:57:00	05:42	00:28:11	
5322	Paulo Jorge OLIVEIRA	7805	M	01:01:45	00:56:59	05:42	00:28:10	
5323	Marco SILVA	467	M	01:01:45	00:56:59	05:42	00:28:11	
5324	Hugo PEDRO	3617	M	01:01:45	00:57:10	05:43	00:28:38	
5325	Luis FERREIRA	2664	M	01:01:45	00:57:17	05:44	00:27:17	
5326	Claudio ROCHA	3168	M	01:01:46	01:01:33	06:10	00:28:41	
5327	Luis OLIVEIRA	3810	M	01:01:46	00:57:00	05:42	00:28:11	
5328	Jorge VERGA MATOS	3325	M	01:01:46	00:59:28	05:57	00:30:22	
5329	João JESUS	8851	M	01:01:46	01:00:25	06:03	00:29:09	
5330	Carla PACHECO	1483	F	01:01:46	00:58:55	05:54	00:29:55	
5331	Jose De Jesus GAMA	8926	M	01:01:46	01:01:13	06:08	00:31:52	
5332	Gonçalo Nuno HENRIQUES PATRÍCIO	4635	M	01:01:46	00:55:22	05:33	00:29:07	
5333	Henrique MORAIS	10919	M	01:01:46	00:52:45	05:17	00:26:22	
5334	Mário RODRIGUES	9931	M	01:01:46	01:00:23	06:03	00:29:45	Grupo Desportivo Joaninhas de Leião
5335	Tiago Domingos ESTEVES	2887	M	01:01:47	00:58:13	05:50	00:31:27	
5336	Paulo RODRIGUES	9935	M	01:01:47	01:00:22	06:03	00:29:55	Grupo Desportivo Joaninhas de Leião
5337	Júlio MARTINS	6472	M	01:01:47	01:00:01	06:01	00:28:36	Grupo Desportivo Cimpor
5338	Marcio Miguel Pereira MENDES	11172	M	01:01:47	00:54:50	05:29	00:30:39	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5339	Tina GRIMM	1193	F	01:01:47	00:59:27	05:57	00:29:58	
5340	Nuno Miguel De Vasconcelos E HORTA	8637	M	01:01:47	00:56:33	05:40	00:29:09	
5341	Nélia Maria Lourenço POMBO	1531	F	01:01:47	00:56:34	05:40	00:28:26	
5342	Filipe Manuel ANDRADE DE MATOS	8344	M	01:01:48	00:58:30	05:51	00:29:13	
5343	Paula MARQUES	5283	F	01:01:48	01:00:29	06:03	00:29:41	Grupo Recreativo Cultural Desportivo Leião
5344	Nuno Alexandre LEITÃO PINTO	2212	M	01:01:48	00:57:54	05:48	00:30:34	
5345	Lúis POLICARPO	106050	M	01:01:48	00:59:12	05:56	00:28:10	
5346	António VIEIRA	10114	M	01:01:49	00:55:03	05:31	00:28:41	
5347	Rui Pedro HENRIQUES	7153	M	01:01:49	01:01:49	06:11		
5348	Marcos LESSA	7295	M	01:01:49	01:00:05	06:01	00:30:01	
5349	Miguel CASTELA	6562	M	01:01:50	01:00:06	06:01	00:31:09	Associação Atletismo Lebres do Sado
5350	Maria João VARGAS	1248	F	01:01:50	00:59:11	05:56	00:28:24	
5351	Mayer RAPOSO	6660	M	01:01:50	01:00:06	06:01	00:31:08	Associação Atletismo Lebres do Sado
5352	Pedro Miguel MENDES	5909	M	01:01:50	00:59:12	05:56	00:28:25	
5353	Raul Alberto RODRIGUES	10853	M	01:01:50	00:59:38	05:58	00:29:11	
5354	Valter CARVALHO	7801	M	01:01:50	00:55:05	05:31	00:28:05	
5355	Jose Manuel PALHARES PINTO SANTOS	8384	M	01:01:50	00:59:10	05:55	00:29:23	
5356	Paulo MONTE	10810	M	01:01:50	00:58:32	05:52	00:28:59	
5357	Carlos RODRIGUES	6347	M	01:01:51	00:56:12	05:38	00:28:31	Tejavista
5358	Ricardo FREIRE	2914	M	01:01:51	00:56:59	05:42		
5359	José Carlos ALMEIDA SILVA	7729	M	01:01:51	00:58:09	05:49	00:28:09	
5360	Ana GONCALVES	5174	F	01:01:51	00:54:50	05:29	00:28:00	
5361	João MONTEIRO	2593	M	01:01:51	00:55:42	05:35	00:28:11	
5362	João Manuel DUARTE RODRIGUES	8655	M	01:01:52	01:00:13	06:02	00:30:18	
5363	Rudi MONTEIRO	7460	M	01:01:52	00:55:19	05:32	00:30:00	
5364	José Maria AZEVEDO RODRIGUES	2260	M	01:01:53	00:58:04	05:49	00:28:56	
5365	Duarte CASTELO BRANCO	1973	M	01:01:53	00:54:06	05:25		Clube do Stress
5366	Nuno David MARTINS	10607	M	01:01:54	00:57:46	05:47	00:30:03	
5367	José CARITA	301	M	01:01:54	01:00:59	06:06	00:28:51	CCD Sintrense
5368	Sara UCHA	1121	F	01:01:54	00:59:57	06:00	00:28:46	
5369	João PLANCHE	10489	M	01:01:54	00:58:50	05:53	00:29:33	
5370	Pedro MAMEDE	8167	M	01:01:54	00:58:08	05:49	00:28:32	
5371	Joana RAMOS	5784	F	01:01:55	00:58:50	05:53	00:29:34	
5372	Luis SILVA	2046	M	01:01:55	01:01:29	06:09	00:29:44	Grupo Desportivo Santander Totta

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5373	Nuno Luis LOPES GENGALA	10246	M	01:01:55	00:59:09	05:55	00:29:42	
5374	Nuno GONÇALVES	5935	M	01:01:56	00:59:30	05:57	00:29:37	
5375	Luísa FOLGADO	1612	F	01:01:56	01:00:41	06:05	00:29:42	
5376	Paulo Jorge DIAS LEITÃO	8427	M	01:01:56	00:59:32	05:58	00:29:05	
5377	Rui Miguel SALES NOBRE	4871	M	01:01:56	00:59:35	05:58	00:29:22	
5378	Adriana MACEDO	688	F	01:01:57	00:55:46	05:35	00:28:07	
5379	Renato PEREIRA	8473	M	01:01:57	00:59:42	05:59	00:30:39	
5380	Antonio REMECHIDO	10155	M	01:01:57	00:59:43	05:59	00:30:21	
5381	Ana Lucia DUARTE	1660	F	01:01:57	00:55:22	05:33	00:28:24	
5382	Carlos SEMEDO	4609	M	01:01:59	00:55:12	05:32	00:28:06	
5383	Joaquim Paulo RODRIGUES	7473	M	01:01:59	01:00:29	06:03	00:28:30	
5384	Rodrigo MARTINS	6255	M	01:01:59	00:58:46	05:53	00:29:51	
5385	Marta ROCHA	5536	F	01:01:59	00:58:46	05:53	00:29:51	
5386	Carlos MARGATO	4527	M	01:02:00	00:56:56	05:42	00:28:52	
5387	José Pedro TOMÉ	6385	M	01:02:00	00:54:47	05:29	00:28:12	
5388	Igor OLIVEIRA	9129	M	01:02:00	00:56:24	05:39	00:28:35	
5389	Luís PIMENTA	7864	M	01:02:00	00:55:32	05:34	00:28:12	
5390	Pedro Gustavo TORRES	4295	M	01:02:00	00:59:49	05:59	00:29:31	
5391	Hélder Jorge VARANDAS	10037	M	01:02:01	00:58:34	05:52	00:28:59	
5392	Cristina SILVA	5265	F	01:02:01	01:00:08	06:01	00:30:41	Pepsico Portugal
5393	João Paulo SERRA	6913	M	01:02:01	00:58:34	05:52	00:29:25	
5394	Óscar RODRIGUES	2157	M	01:02:02	00:57:16	05:44	00:29:32	Açoreana clube Banif
5395	Armenio DOS SANTOS	7599	M	01:02:02	00:59:11	05:56	00:29:07	
5396	Cátia PEDRO	1174	F	01:02:02	01:01:04	06:07	00:31:35	
5397	Gabriel PIRES	7994	M	01:02:02	01:00:21	06:03	00:28:47	
5398	João CHOON	6696	M	01:02:02	00:59:39	05:58	00:29:48	HP Portugal Clube
5399	Vasco LEAL	3802	M	01:02:03	00:58:28	05:51	00:29:44	
5400	Hugo VELOSO	7053	M	01:02:03	00:59:13	05:56	00:30:06	
5401	Paulo Jorge Vieira ARAÚJO	10975	M	01:02:04	00:57:10	05:43	00:28:35	
5402	Marta Isabel Carrondo TORCATO	1609	F	01:02:04	00:57:13	05:44	00:28:37	
5403	Julio RAPAÇ	10117	M	01:02:05	00:55:20	05:32	00:28:39	
5404	Joao RIBEIRO	10132	M	01:02:05	00:55:19	05:32	00:28:40	
5405	Ricardo Jorge PEREIRA LUCIO	10843	M	01:02:05	00:58:58	05:54	00:29:48	
5406	Amaro António PEREIRA SOUSA	8015	M	01:02:05	01:00:28	06:03	00:31:25	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5407	Rui Jorge Mendonça DOMINGUES	3021	M	01:02:05	00:58:51	05:54	00:28:34	
5408	José Manuel BELO	8874	M	01:02:05	01:00:43	06:05	00:28:50	
5409	Jorge Manel Alves LIMA	10523	M	01:02:05	00:59:52	06:00	00:29:09	
5410	José MASCARENHAS	7526	M	01:02:06	00:59:09	05:55	00:29:04	
5411	Luis ROSA	10588	M	01:02:06	00:59:10	05:55	00:30:29	
5412	Glória MARIA FERREIRA DA CUNHA SILVA	5056	F	01:02:06	01:01:41	06:11	00:29:32	
5413	Pedro MATA-MOUROS	8189	M	01:02:06	00:58:57	05:54	00:30:18	
5414	Nuno Manuel SACRAMENTO	437	M	01:02:07	00:59:12	05:56	00:30:44	
5415	James SHELDON	4468	M	01:02:07	00:58:01	05:49	00:26:53	
5416	Nuno SANTOS	3106	M	01:02:07	00:56:53	05:42	00:27:56	
5417	Diogo ROCHA	8147	M	01:02:07	00:58:28	05:51	00:28:29	
5418	Nuno ROCHA	8187	M	01:02:07	00:58:27	05:51	00:28:28	
5419	Susana BRÁS SANTOS	1489	F	01:02:07	00:56:39	05:40	00:28:57	
5420	Martim FRANCA	10707	M	01:02:08	00:55:23	05:33	00:26:33	
5421	João Francisco ROSA CONCEICÃO	7044	M	01:02:08	00:56:06	05:37	00:28:54	
5422	Nuno BUGARIM	4189	M	01:02:09	00:58:02	05:49	00:29:24	
5423	Clara RAIMUNDO	604	F	01:02:09	00:57:15	05:44	00:28:00	
5424	José Pedro CARVALHO	4553	M	01:02:09	00:56:55	05:42	00:28:41	
5425	Margarida AMADO	5175	F	01:02:10	01:00:07	06:01	00:29:47	
5426	Rui Manuel Sousa RAMALHO	10768	M	01:02:10	00:59:47	05:59	00:28:44	
5427	Ana MARTINEZ DE CASTRO	9628	F	01:02:10	00:57:49	05:47	00:28:50	
5428	Marta Isabel NUNES	693	F	01:02:10	00:56:57	05:42	00:28:41	
5429	Maria MARTINS	1549	F	01:02:10	00:59:39	05:58	00:30:07	
5430	Paula SILVA	5503	F	01:02:10	00:57:18	05:44	00:28:17	
5431	Vinhais PEREIRA	10779	M	01:02:11	00:59:39	05:58	00:30:07	
5432	José Eduardo MACEDO BASTO	8294	M	01:02:11	00:55:12	05:32	00:25:52	
5433	Luis VEIGA MARTINS	7955	M	01:02:11	01:01:38	06:10	00:29:59	
5434	Marco RIBEIRO	10313	M	01:02:11	00:58:29	05:51	00:28:46	
5435	Ricardo LUIS	1902	M	01:02:11	00:59:24	05:57	00:30:37	Grupo Desportivo Roche
5436	António Jorge Lemos MACEDO	10775	M	01:02:11	00:59:12	05:56	00:28:48	
5437	Flo HUBER	5316	F	01:02:11	00:56:24	05:39	00:28:22	
5438	Rui SÁ	3111	M	01:02:12	00:54:19	05:26	00:27:43	
5439	João CARVALHO	7126	M	01:02:12	00:58:29	05:51	00:29:01	
5440	Maria Helena NUNO	15032	F	01:02:12	01:01:06	06:07	00:29:29	Linda-a-Pastora Sporting Clube

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5441	Ninousca Fabiana BOTO	5538	F	01:02:12	01:00:18	06:02	00:29:45	
5442	Cristina Maria DOS SANTOS CAETANO	532	F	01:02:12	00:56:09	05:37	00:29:11	
5443	Bernardete CÉSAR	4963	M	01:02:12	01:01:17	06:08	00:29:40	NUCLEOEIRAS/SPORTZONE
5444	Ricardo TAVARES	7821	M	01:02:12	00:59:15	05:56	00:31:08	
5445	John GOLDSBROUGH	10175	M	01:02:12	00:57:37	05:46	00:28:43	
5446	Hugo Alexandre Amara AMARAL FERNANDES DE OLIVEIRA	9013	M	01:02:12	00:56:10	05:37	00:29:11	
5447	José Carlos Serra REIS	9018	M	01:02:13	00:56:10	05:37	00:29:12	
5448	Nelson TAVARES	7818	M	01:02:13	00:59:16	05:56	00:31:09	
5449	Alexandra LOPES	1137	F	01:02:13	01:00:40	06:04	00:29:55	
5450	José N. SILVA	10006	M	01:02:13	01:01:39	06:10	00:32:04	G.R.D. Ribeira da Lage
5451	Nuno Miguel DURO	10340	M	01:02:13	01:00:39	06:04	00:27:43	
5452	Miguel LEÓNIDAS	6368	M	01:02:13	01:00:44	06:05	00:29:48	Clube do Stress
5453	Sofia SALVADOR	11256	F	01:02:13	00:57:14	05:44	00:28:24	
5454	Pedro OLIVEIRA	2641	M	01:02:13	00:55:53	05:36	00:28:35	
5455	João Paulo PINTO	3051	M	01:02:13	00:58:02	05:49	00:28:37	
5456	Ricardo SILVA	7456	M	01:02:14	01:00:35	06:04	00:29:29	
5457	Ana Paula MATIAS	1321	F	01:02:14	00:57:47	05:47	00:29:21	
5458	Maria Madalena TEIXEIRA	9692	F	01:02:15	01:00:16	06:02	00:30:15	
5459	Maria Elisabete Matos MATIAS	11416	F	01:02:15	01:00:16	06:02	00:30:15	
5460	Manuel VALENTE	6902	M	01:02:15	00:59:33	05:58	00:30:04	
5461	Francisco TROCADO	4792	M	01:02:15	00:56:28	05:39	00:27:56	
5462	Nuno LIMA	5854	M	01:02:15	00:59:48	05:59	00:28:37	
5463	José Carlos CORREIA	10188	M	01:02:16	00:56:57	05:42	00:28:45	
5464	Roberto FERRER	10016	M	01:02:16	00:55:55	05:36	00:28:35	
5465	Patricia Alexandra GOMES	633	F	01:02:16	00:59:50	05:59	00:28:38	
5466	Goncalo ROMAO	4714	M	01:02:16	01:02:16	06:14	00:31:28	
5467	Paulo SILVA	3296	M	01:02:17	01:00:04	06:01	00:27:56	
5468	Fernando RODRIGUES	7633	M	01:02:17	00:57:58	05:48	00:28:52	
5469	Carlos MORGADO	497	M	01:02:17	00:56:25	05:39	00:27:37	
5470	Delfim ALVES	7538	M	01:02:17	01:01:23	06:09	00:29:39	
5471	Ricardo Manuel De Almeida CORREIA	6214	M	01:02:17	01:00:24	06:03	00:29:45	
5472	Mário Valter SOARES MADEIRA	3826	M	01:02:18	01:00:14	06:02	00:30:12	
5473	Luis Ricardo CARVALHO CANDEIAS DUARTE LEITAO	7276	M	01:02:18	00:56:01	05:37	00:28:08	
5474	Kristin MENDEZ	1260	F	01:02:18	00:57:43	05:47	00:28:23	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5475	Zaida PIRES	634	F	01:02:18	01:00:27	06:03	00:29:36	
5476	Francisco CALMEIRO	4859	M	01:02:18	01:00:50	06:05	00:27:36	
5477	Filipe SÉRGIO	8078	M	01:02:18	01:00:19	06:02	00:28:39	
5478	José ALVES	6817	M	01:02:18	00:59:21	05:57	00:28:59	Os Desconhecidos
5479	John COSTA	4073	M	01:02:18	01:00:20	06:02	00:30:12	
5480	Sérgio ESPERANÇA	7467	M	01:02:18	00:57:44	05:47	00:28:47	
5481	José Manuel Freire LACERDA MORGADO	7277	M	01:02:18	00:56:02	05:37	00:28:08	
5482	António José VASCO DA CRUZ	2650	M	01:02:19	00:56:57	05:42	00:28:09	
5483	José Fernando RIBEIRO	10755	M	01:02:19	00:57:41	05:47	00:29:04	
5484	Frederico Jose Santos Sousa Valente RIBEIRO	2663	F	01:02:19	00:57:41	05:47	00:29:40	
5485	Carla LAUREANO	5087	F	01:02:19	01:01:06	06:07	00:29:02	
5486	Antonio MENDES	6730	M	01:02:20	01:02:15	06:14	00:29:34	
5487	Tomás GONÇALVES	7649	M	01:02:20	00:52:01	05:13		
5488	José António JANEIRO FIALHO	9160	M	01:02:20	00:57:34	05:46	00:27:26	
5489	Nuno MENDES	6738	M	01:02:20	01:02:15	06:14	00:29:34	
5490	Jacinto GODINHO	10880	M	01:02:20	00:56:44	05:41	00:28:48	
5491	Carla MIRANDA	11255	F	01:02:21	00:56:38	05:40	00:28:12	
5492	Luís INÁCIO	409	M	01:02:21	00:56:38	05:40	00:28:12	
5493	Luisa COSTA	558	F	01:02:21	01:00:19	06:02	00:29:49	
5494	Filipa COSTA	9608	F	01:02:21	01:00:20	06:02	00:29:49	
5495	Daniela OLIVEIRA	5338	F	01:02:22	01:01:23	06:09	00:31:35	
5496	Luís ROCHA	3943	M	01:02:22	01:00:27	06:03	00:28:38	
5497	Ines Isabel Serra ALVES	1342	F	01:02:22	00:57:11	05:44	00:28:34	
5498	Ricardo REIS	7271	M	01:02:22	00:59:57	06:00	00:30:19	
5499	Ana PRIETO	11394	F	01:02:22	00:55:53	05:36	00:27:55	
5500	Carlos AVEIRO	7279	M	01:02:23	00:57:32	05:46	00:29:11	
5501	Nuno Libano LIBANO MONTEIRO	4456	M	01:02:23	00:55:57	05:36	00:27:41	
5502	Marcos RATOLA	4304	M	01:02:23	00:57:36	05:46	00:27:45	
5503	Fausto COIMBRA	3300	M	01:02:24	00:59:28	05:57	00:30:40	
5504	Ricardo DANTAS DA CUNHA	3278	M	01:02:24	00:57:42	05:47	00:29:40	
5505	Nuno Alberto Seruca FERRO	10637	M	01:02:24	00:59:53	06:00	00:28:32	
5506	André ANDRADE DE MELO	10476	M	01:02:24	00:56:58	05:42	00:27:25	
5507	Sandro BARÃO	3471	M	01:02:25	00:55:17	05:32	00:26:45	
5508	Vitor LOURAÇO	6718	M	01:02:25	00:57:35	05:46	00:29:11	Clube de Atletismo da Nazaré

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5509	Vasco Filipe BORRALHO	8480	M	01:02:25	00:58:52	05:54	00:28:24	
5510	Francisco FELIX DA COSTA	7150	M	01:02:26	01:02:03	06:13	00:30:08	
5511	Ana DANTAS DA CUNHA	5528	F	01:02:26	00:57:45	05:47	00:29:41	
5512	José Joaquim Pires GIL	8552	M	01:02:26	00:59:21	05:57	00:28:00	
5513	Vítor Manuel Feteira De Matos PIMENTA	10956	M	01:02:27	00:59:04	05:55	00:29:03	
5514	Nuno BOTELHO	6113	M	01:02:27	00:56:16	05:38	00:28:21	Clube do Stress
5515	Ricardo SILVA	4427	M	01:02:27	00:58:11	05:50	00:28:00	
5516	Miguel CARY TEIXEIRA DE SOUSA	4324	M	01:02:28	00:58:15	05:50	00:29:22	
5517	Antonio BENTES	6725	M	01:02:28	00:59:22	05:57	00:27:59	
5518	João Paulo DAMÁSIO GEADA	10601	M	01:02:28	00:59:50	05:59	00:29:19	
5519	Carlos CRESPO	9875	M	01:02:28	01:00:42	06:05	00:30:33	G.R.D. Os Fixes
5520	Carolina MARTINS	9731	F	01:02:29	00:59:35	05:58	00:30:30	
5521	Patrícia PINO	1603	F	01:02:29	00:59:33	05:58	00:30:41	
5522	Sergio CANDEIAS	10780	M	01:02:29	01:00:29	06:03	00:29:18	
5523	Luis NEVES	7656	M	01:02:29	01:00:15	06:02	00:28:39	
5524	Pedro BARROS FERREIRA	9826	M	01:02:29	01:00:46	06:05	00:30:05	
5525	Rodrigo LOPES	15029	M	01:02:29	01:00:58	06:06	00:29:08	Linda-a-Pastora Sporting Clube
5526	Rute MASCARENHAS	11314	F	01:02:30	01:01:46	06:11	00:30:55	
5527	Miguel Rodrigues BASTOS	10563	M	01:02:30	00:58:26	05:51	00:29:18	
5528	Eurico JESUS	10235	M	01:02:31	00:57:00	05:42	00:29:04	
5529	Ana LEITÃO	1455	F	01:02:31	00:57:03	05:43	00:28:58	
5530	Luis BENTO	3066	M	01:02:31	00:59:18	05:56	00:28:25	
5531	Carlos Manuel Gomes CORREIA	7145	M	01:02:31	00:56:28	05:39	00:28:41	
5532	Paulo FARIA	2418	M	01:02:32	00:56:38	05:40	00:29:39	
5533	Ricardo CHUNG	2147	M	01:02:32	00:56:38	05:40	00:29:38	
5534	João Luis SOARES BRANCO	3032	M	01:02:32	00:57:38	05:46	00:28:16	
5535	Ricardo Daniel BAPTISTA MARQUES	10757	M	01:02:33	00:55:24	05:33	00:27:32	
5536	Sónia ALVES	5271	F	01:02:33	01:02:08	06:13	00:30:11	Associação de Moradores de Atibá
5537	Luis SILVA	8343	M	01:02:33	00:58:09	05:49	00:28:35	
5538	Sónia BRANCO	5580	F	01:02:33	00:55:34	05:34	00:28:50	
5539	Miguel NEVES	3046	M	01:02:33	00:55:34	05:34	00:28:50	
5540	Marco António LOPES L. SOARES DURÃO	6982	M	01:02:34	00:57:44	05:47	00:29:35	
5541	Maria Inês PIRES	1572	F	01:02:34	00:57:49	05:47	00:28:32	
5542	Luis GONÇALVES	8590	M	01:02:34	00:57:18	05:44	00:30:02	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5543	Patricia BOURDAIN	1547	F	01:02:35	01:00:32	06:04	00:29:07	
5544	Guilherme Augusto Ostwald Pedro Da COSTA	9006	M	01:02:35	00:57:53	05:48	00:29:07	
5545	Rita RAMOS	11222	F	01:02:35	01:01:04	06:07	00:30:13	
5546	Alina IAGER	1550	F	01:02:35	01:00:33	06:04	00:29:08	
5547	André MATOS	4361	M	01:02:36	00:58:43	05:53	00:29:16	
5548	Carlos Manuel SIMÃO	6211	M	01:02:36	00:58:12	05:50	00:30:32	
5549	António PIÇARRA	3068	M	01:02:36	00:57:44	05:47	00:29:42	
5550	Manuel Da Cruz CAMPOS BOAVIDA	8990	M	01:02:36	00:58:49	05:53	00:29:55	
5551	Carlos Manuel MORGADO LAGARTO	10527	M	01:02:36	00:58:43	05:53	00:28:38	
5552	André GOMES	9818	M	01:02:36	00:58:13	05:50	00:30:33	
5553	Sónia FERREIRA	1435	F	01:02:37	00:57:31	05:46	00:28:55	
5554	Susana ADEGAS	5791	F	01:02:37	00:59:10	05:55	00:28:41	
5555	Maria Helena SANTOS	5705	F	01:02:37	01:00:27	06:03	00:28:36	
5556	Mario RODRIGUES	1896	M	01:02:37	01:00:11	06:02	00:29:32	Hovione
5557	Juan Carlos CONTRERA ARÍAS	8604	M	01:02:38	01:02:11	06:14	00:29:06	
5558	Diogo SIMAO	8940	M	01:02:38	00:58:32	05:52	00:29:24	
5559	António ALVES	10070	M	01:02:38	01:00:20	06:02	00:29:43	Odebrecht / BPC
5560	Salomé SERRA	1473	F	01:02:39	00:59:27	05:57	00:29:49	
5561	Miguel MIMOSO	3444	M	01:02:39	00:56:44	05:41	00:28:03	
5562	Sara GRAÇA	740	F	01:02:39	01:01:18	06:08	00:30:14	
5563	Ricardo GERALDES	5931	M	01:02:39	00:55:59	05:36	00:29:39	
5564	Luis Filipe Moço CARAPETO	7550	M	01:02:39	00:58:08	05:49	00:30:09	
5565	Tiago ALMEIDA	5941	M	01:02:39	00:55:59	05:36	00:29:39	
5566	Joana MARTINS	854	F	01:02:40	01:00:01	06:01	00:30:50	
5567	Cecilia Ayaco FRANCISCO	757	F	01:02:40	00:57:42	05:47	00:28:31	
5568	Luis SILVA	7466	M	01:02:40	01:00:01	06:01	00:30:50	
5569	Diogo FRAZÃO DE CASTELLO-BRANCO DE GÓIS	6901	M	01:02:40	01:01:44	06:11	00:29:28	
5570	Pedro Miguel ANTUNES DOS SANTOS COSTA	15247	M	01:02:41	01:00:41	06:05	00:30:04	
5571	Rute Da Conceição SOUSA FONSECA	15248	F	01:02:41	01:00:41	06:05	00:30:04	
5572	Mónica MACHADO	5103	F	01:02:41	01:02:11	06:14	00:31:20	NUCLEOEIRAS/SPORTZONE
5573	Mário RIBEIRO	1828	M	01:02:41	01:02:10	06:13	00:31:20	NUCLEOEIRAS/SPORTZONE
5574	Cristiana ALMEIDA	1082	F	01:02:42	00:59:26	05:57	00:30:18	TCPI
5575	Carla SERRA	5090	F	01:02:42	01:02:11	06:14	00:31:20	NUCLEOEIRAS/SPORTZONE
5576	Ricardo Jorge Pinto Da Silva PEREIRA	8493	M	01:02:42	00:55:57	05:36	00:27:37	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5577	Miguel RODRIGUES	7952	M	01:02:43	00:57:19	05:44	00:29:33	
5578	Dinis António SANTOS DA CRUZ	6245	M	01:02:43	00:57:59	05:48	00:28:29	
5579	Fátima FERNANDES	2478	F	01:02:43	01:00:56	06:06	00:29:08	Papaléguas Team
5580	Ricardo MOREIRA	5895	M	01:02:43	00:57:58	05:48	00:29:15	
5581	Manuel SILVA	8458	M	01:02:44	00:57:51	05:48	00:28:22	
5582	Ricardo RAFAEL	10777	M	01:02:44	00:56:08	05:37	00:28:20	
5583	Heitor Manuel TOMÉ CAEIRO DOS SANTOS	8612	M	01:02:45	00:54:23	05:27	00:26:26	
5584	Justino ROSA CAMPOS	3316	M	01:02:45	01:00:18	06:02	00:30:22	
5585	Sofia PARADA	11458	F	01:02:45	01:01:17	06:08	00:29:52	
5586	Fernando RESINA DA SILVA	8431	M	01:02:45	01:02:23	06:15	00:29:22	
5587	Joao Diogo Do Carmo GONCALVES	11490	M	01:02:46	00:57:09	05:43	00:27:50	
5588	Edgar FERREIRA	15290	M	01:02:46	00:59:45	05:59	00:28:56	
5589	Pedro Neves PINTO	7452	M	01:02:46	00:59:00	05:54	00:29:13	
5590	Bobby FURTADO	4650	M	01:02:46	00:59:45	05:59	00:29:11	
5591	Raquel SOUSA	9597	F	01:02:47	00:57:50	05:47	00:28:08	
5592	Furtado RICHARD	9043	M	01:02:47	00:59:45	05:59	00:29:11	
5593	Isidro ALVES FILIPE	10769	M	01:02:47	00:58:17	05:50	00:28:23	
5594	Liliana GOMES	815	F	01:02:47	00:59:45	05:59	00:29:11	
5595	Rui TREPADO	8346	M	01:02:47	00:57:31	05:46	00:28:43	
5596	João Paulo LUZ	3959	M	01:02:47	00:58:22	05:51	00:30:23	
5597	Paulo FERREIRA	10587	M	01:02:47	00:57:39	05:46	00:29:02	
5598	Tiago RIBEIRO	3949	M	01:02:47	01:00:17	06:02	00:29:35	
5599	Ricardo Filipe FIDALGO CARIOCA	3613	M	01:02:48	01:00:55	06:06	00:31:27	
5600	Paulo Jorge GODINHO	6628	M	01:02:48	00:59:11	05:56	00:29:41	Grupo Desportivo BPI
5601	Carlos CARMO	2488	M	01:02:48	01:00:38	06:04	00:30:15	G. D. C. T. Repsol Polimeros
5602	Barny WAINWRIGHT	9189	M	01:02:48	00:58:18	05:50	00:29:07	
5603	João Nobre GONÇALVES	6973	M	01:02:48	00:57:34	05:46	00:29:43	
5604	Anabela SOUSA SANTOS	670	F	01:02:49	00:58:27	05:51	00:29:23	
5605	José Luís SOARES	3277	M	01:02:49	00:59:53	06:00	00:31:01	
5606	Edmundo CARDEIRA	6750	M	01:02:49	00:55:33	05:34	00:28:23	S. M. D. Caneças
5607	Pedro LEITAO	8728	M	01:02:49	00:58:27	05:51	00:29:22	
5608	Leonia CEBAN	5653	F	01:02:49	00:58:38	05:52	00:28:31	
5609	Sandra SOUSA	1359	F	01:02:49	00:57:34	05:46	00:29:42	
5610	Carlos JESUS	2158	M	01:02:49	00:56:20	05:38	00:31:48	G. D. C. T. Repsol Polimeros

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5611	Joao Eduardo OURIQUE	3195	M	01:02:49	00:57:04	05:43	00:29:55	
5612	Augusto NASCIMENTO	10875	M	01:02:49	00:56:20	05:38	00:29:21	
5613	Carlos LOPES	3483	M	01:02:49	01:01:50	06:11	00:30:54	
5614	Teresa JERÓNIMO	11200	F	01:02:50	01:01:17	06:08	00:29:43	
5615	Paulo Alexandre SILVA	3428	M	01:02:50	01:00:26	06:03	00:29:14	
5616	Nuno PINTO	7572	M	01:02:50	00:58:28	05:51		
5617	Pedro NETO	10092	M	01:02:50	01:01:04	06:07	00:28:36	Grupo Desportivo Cimpor
5618	Inês FREIRE	1541	F	01:02:51	00:56:04	05:37	00:29:47	
5619	Miguel COELHO	3448	M	01:02:51	00:56:20	05:38	00:28:27	
5620	Deborah AIREY	5028	F	01:02:52	00:57:56	05:48	00:29:30	
5621	Rui LOUREIRO	8128	M	01:02:52	01:00:50	06:05	00:30:43	
5622	Jaime CORREIA	2948	M	01:02:52	01:01:46	06:11	00:31:17	
5623	António SARMENTO	7119	M	01:02:52	00:58:58	05:54	00:30:59	
5624	Ricardo António Alves PIRES	7774	M	01:02:52	01:02:30	06:15	00:27:36	
5625	Casimiro Frias COUTINHO	5937	M	01:02:52	01:00:55	06:06	00:30:57	
5626	João Carlos Ovelmeiro MARCOS	141	M	01:02:53	00:56:28	05:39	00:28:58	
5627	Nuno CAMELO	10536	M	01:02:53	00:56:28	05:39	00:28:59	
5628	Alberto PINA	2074	M	01:02:53	00:58:40	05:52	00:30:54	Grupo Desportivo do INE
5629	Marcelo FERREIRA	8365	M	01:02:54	00:58:41	05:53	00:30:12	
5630	Catarina MOURA	5278	M	01:02:54	00:57:35	05:46	00:28:29	Tejavista
5631	Camila SZOLIMOWSKI	9599	F	01:02:54	00:59:17	05:56	00:29:41	
5632	Renato GOMES	230	M	01:02:54	00:59:17	05:56	00:29:38	
5633	Sara MADEIRA	1533	F	01:02:55	00:59:07	05:55	00:29:21	
5634	Carolina Szolimowski RIBEIRO	5311	F	01:02:55	00:59:18	05:56	00:29:41	
5635	Nelson GOMES	11186	M	01:02:55	00:59:18	05:56	00:29:38	
5636	António M. GARCIA	3911	M	01:02:55	00:55:51	05:36	00:28:09	
5637	Francisco SILVA	3836	M	01:02:55	00:56:19	05:38	00:29:05	
5638	Renato SILVA	5949	M	01:02:55	00:59:08	05:55	00:29:21	
5639	Miguel LOPES DA COSTA	8516	M	01:02:56	00:58:13	05:50	00:29:40	
5640	António SOUSA	3493	M	01:02:57	01:01:41	06:11	00:26:37	
5641	Domingos RIBEIRO	7494	M	01:02:57	00:57:10	05:43	00:27:59	
5642	Teresa PESSOA	995	F	01:02:57	01:01:22	06:09	00:31:00	Pepsico Portugal
5643	Rita SILVA	1538	F	01:02:57	01:01:46	06:11	00:30:49	
5644	João FERNANDES	7564	M	01:02:57	00:58:28	05:51	00:29:43	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5645	João MARQUES	5910	M	01:02:57	00:59:11	05:56	00:31:52	
5646	Camila PROENÇA MUNHOZ	5561	F	01:02:57	00:58:04	05:49	00:29:37	
5647	Rui Pedro LOURENÇO	4736	M	01:02:58	00:57:07	05:43	00:28:26	
5648	Duarte GUERRA	7906	M	01:02:58	01:01:30	06:09	00:30:28	Sportlife
5649	Antonio CAPELO	4033	M	01:02:58	01:01:44	06:11	00:30:50	
5650	Nuno GOMES	8353	M	01:02:59	00:58:33	05:52	00:29:19	
5651	João Pedro SILVA	9032	M	01:02:59	00:59:15	05:56	00:27:54	
5652	Marco SOARES	3276	M	01:03:00	01:00:09	06:01	00:30:04	
5653	Cristina BRAZ	11486	F	01:03:00	00:57:04	05:43		
5654	Francisco PAIS	6679	M	01:03:00	01:00:59	06:06	00:30:47	Clube Anacom
5655	Mário BRAZ	8897	M	01:03:01	00:57:04	05:43		
5656	Mário Rui AREIAS CORREIA DA SILVA	10570	M	01:03:01	00:58:10	05:49	00:28:12	
5657	Inês RODRIGUES	9636	F	01:03:01	01:00:29	06:03	00:29:58	
5658	António RODRIGUES	7060	M	01:03:01	00:59:28	05:57	00:29:35	
5659	Sara MARTINS	9605	F	01:03:02	01:00:30	06:03	00:29:59	
5660	Pedro DIAS	3084	M	01:03:02	00:58:37	05:52	00:27:10	
5661	Amândio BUSCA	10431	M	01:03:02	00:58:10	05:49	00:30:14	
5662	João SANTOS VIEIRA	3666	M	01:03:02	01:00:56	06:06	00:30:04	
5663	Lúcia SILVA	775	F	01:03:02	01:00:41	06:05	00:30:06	Açoreana clube Banif
5664	Ana Rita BENTES	5197	F	01:03:03	01:00:43	06:05	00:31:44	
5665	José CARVALHO	4642	M	01:03:03	00:58:37	05:52	00:27:44	
5666	Natividade CARDOSO	15093	F	01:03:03	01:01:03	06:07	00:30:58	Gabinete de Fisioterapia no Desporto
5667	Alberto MARTINHO	9037	M	01:03:04	00:56:50	05:41	00:27:58	
5668	Ana ANTUNES	1011	F	01:03:04	01:01:46	06:11	00:29:13	Valejas Atletico Clube
5669	Paulo PADRÃO	15283	M	01:03:04	00:56:35	05:40	00:28:49	CCD Tranquilidade
5670	Alvaro Manuel FERNANDES FERREIRA	5872	F	01:03:04	01:00:23	06:03	00:30:03	
5671	João Nunes RODRIGUES	3978	M	01:03:05	01:00:00	06:00	00:28:51	
5672	Vitor ANTUNES	2401	M	01:03:05	01:03:05	06:19		Valejas Atletico Clube
5673	António Manuel Duarte De OLIVEIRA	10350	M	01:03:05	00:58:54	05:54	00:29:03	
5674	Nelson BARREIROS	10609	M	01:03:05	00:54:07	05:25	00:27:10	
5675	Giuseppe RUSSO	10567	M	01:03:05	01:01:06	06:07	00:29:14	
5676	Patricia FERNANDES	2529	F	01:03:05	01:00:12	06:02	00:29:55	Clube ANA Lisboa
5677	José Carlos MENDES	3700	M	01:03:06	01:00:22	06:03	00:29:21	
5678	Mafalda REBELO PINTO	11547	F	01:03:06	01:02:49	06:17	00:30:27	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5679	Vitor Rui DE SOUSA	15340	M	01:03:06	01:00:03	06:01	00:29:50	
5680	Henrique REBELO OINTO	108980	M	01:03:06	01:02:48	06:17	00:30:26	
5681	Ana DUARTE	617	F	01:03:06	01:00:30	06:03	00:31:42	
5682	Luca CAMPENNI'	10999	M	01:03:07	01:02:17	06:14	00:30:44	
5683	Amilcar REIS	5879	M	01:03:08	00:58:37	05:52	00:29:09	
5684	José RAPOSO	2882	M	01:03:08	00:57:28	05:45	00:29:07	
5685	Fernando CHASQUEIRA	8494	M	01:03:08	01:01:17	06:08	00:29:18	
5686	Jorge DUARTE	9175	M	01:03:08	00:58:38	05:52	00:29:02	
5687	José RICARDO	7630	M	01:03:09	01:00:40	06:04	00:29:47	
5688	Vitor SILVA	3314	M	01:03:09	01:02:23	06:15	00:29:45	
5689	Bernardo PERLOIRO	9831	M	01:03:09	01:00:25	06:03	00:30:42	
5690	António GLÓRIA	8618	M	01:03:09	01:00:26	06:03	00:30:43	
5691	Artur CARVALHAL	4678	M	01:03:09	00:58:30	05:51	00:30:08	
5692	Manuel HORTA	7989	M	01:03:10	00:56:43	05:41	00:29:04	
5693	Gonçalo Nuno SOUSA DA PIEDADE NORONHA	4625	M	01:03:10	00:57:54	05:48	00:28:57	
5694	Paulo Rogerio RIBEIRO	3536	M	01:03:10	00:56:49	05:41	00:29:07	
5695	Josélia ALMEIDA	1228	F	01:03:10	01:01:55	06:12	00:30:50	
5696	Susana AMARO	11206	F	01:03:10	01:01:04	06:07	00:30:21	
5697	Luis FERREIRA	2885	M	01:03:10	01:00:27	06:03	00:28:57	
5698	Manuel VIEIRA	4111	M	01:03:11	00:58:51	05:54	00:27:51	
5699	André HAUER	5933	M	01:03:11	00:56:21	05:39	00:27:46	
5700	Irta VAINULA	5054	F	01:03:11	01:00:01	06:01	00:29:39	
5701	Luis Filipe SOUSA	10815	M	01:03:11	01:01:16	06:08	00:29:04	
5702	Isabel SILVA	986	F	01:03:11	01:01:44	06:11	00:30:16	Grupo Recreativo Cultural Desportivo Leião
5703	Pedro SEQUEIRA	4098	M	01:03:11	00:58:24	05:51	00:30:19	
5704	Lucia ROBLA	9794	F	01:03:11	00:58:12	05:50	00:29:22	
5705	Carlos GUERREIRO	10485	M	01:03:11	01:00:42	06:05	00:29:48	
5706	Paulo Jorge NENÉ	10619	M	01:03:11	01:00:06	06:01	00:29:40	
5707	Henrique BLATTNANN	3275	M	01:03:12	01:01:26	06:09	00:31:36	
5708	Marta CYRNE	5718	F	01:03:12	01:02:52	06:18	00:31:29	
5709	José S. L. M. R. CUSTÓDIO	9183	M	01:03:12	00:59:54	06:00	00:28:51	
5710	Bernardo NASCIMENTO	2132	M	01:03:12	00:59:03	05:55	00:29:29	
5711	Tony TAM	8514	M	01:03:12	00:59:20	05:56	00:29:00	
5712	Bruno MALHEIRO	3261	M	01:03:12	00:58:50	05:53	00:28:41	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5713	Nuno MARRANITA	10380	M	01:03:13	00:59:56	06:00	00:28:48	
5714	João GOULART	3694	M	01:03:13	00:59:27	05:57	00:29:12	
5715	José Carlos FARIA	8031	M	01:03:13	00:57:09	05:43	00:29:00	
5716	Pedro GOMES	10591	M	01:03:14	00:57:49	05:47	00:28:52	
5717	Pedro Miguel PINHEIRO DA FONSECA	7813	M	01:03:14	01:01:23	06:09	00:28:42	
5718	José SOARES	3263	M	01:03:14	00:59:16	05:56	00:31:40	
5719	Luis Filipe SILVA	7109	M	01:03:14	00:58:34	05:52	00:28:45	
5720	João COSTA	6526	M	01:03:14	00:59:53	06:00	00:28:32	Grupo Recreativo Cultural Desportivo Leião
5721	Nuno LOPES	8369	M	01:03:15	00:56:20	05:38	00:27:44	
5722	António SILVA	4775	M	01:03:15	00:56:12	05:38	00:31:42	
5723	Pedro Nuno PIRES MACHADO	9900	M	01:03:15	01:01:48	06:11	00:29:39	Pepsico Portugal
5724	Claudia Susana ALMEIDA AUGUSTO	5452	F	01:03:15	01:01:49	06:11	00:31:06	
5725	Filipe GONÇALVES	4024	M	01:03:15	00:56:00	05:36	00:28:44	
5726	Isabel CAMARA	11549	F	01:03:15	00:59:43	05:59	00:28:59	
5727	Paulo VIEGAS	2762	M	01:03:15	00:56:12	05:38	00:29:18	
5728	Nuno GEADA	2786	M	01:03:16	00:56:12	05:38	00:29:17	
5729	Marta Charraz MARTINS	1008	F	01:03:16	01:01:20	06:08	00:29:09	Casa do Pessoal Estradas de Portugal
5730	Idálio GONÇALVES DA SILVA	2429	M	01:03:16	00:58:12	05:50	00:29:40	
5731	José ESPERANÇA	9849	M	01:03:16	00:58:10	05:49	00:29:31	
5732	Lara Andrea SIMONS	5577	F	01:03:16	00:57:45	05:47	00:28:34	
5733	Carlos CORREIA	6900	M	01:03:16	01:00:54	06:06	00:30:11	
5734	Miguel CASTILLO	4643	M	01:03:17	00:57:19	05:44	00:28:31	
5735	Pedro MACEDO	107120	M	01:03:17	00:57:28	05:45	00:28:36	
5736	Inês VIEIRA	4967	F	01:03:17	00:58:17	05:50	00:29:28	NUCLEOEIRAS/SPORTZONE
5737	Aníbal NOVO	10205	M	01:03:17	01:01:30	06:09	00:30:33	
5738	Pedro IGREJA	8129	M	01:03:17	01:00:25	06:03	00:30:25	
5739	Nuno Reis PEREIRA	3498	M	01:03:18	01:00:43	06:05	00:30:44	
5740	Paulo Fernando JESUS CALDEIRA	8669	M	01:03:18	00:55:28	05:33	00:27:46	
5741	Paula Sofia LIMA TENDEIRO DE SA PEDROSO	9797	F	01:03:18	01:02:45	06:17	00:30:18	
5742	Maria Conceição SILVA	11232	F	01:03:18	01:00:43	06:05	00:30:44	
5743	Vasco ALPALHÃO	4847	M	01:03:18	00:57:00	05:42	00:29:20	
5744	Idilio António JACINTO	3076	M	01:03:19	00:58:35	05:52	00:28:45	
5745	Simão LOPES	4097	M	01:03:19	00:55:06	05:31	00:28:00	
5746	Dhebora BONFANTE	11366	F	01:03:19	00:58:10	05:49	00:30:10	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5747	Filipe Emanuel CUNHA	9459	M	01:03:19	00:59:35	05:58	00:28:37	
5748	Jennifer MCCASLIN	5621	F	01:03:19	00:59:13	05:56	00:29:16	
5749	Pedro JOÃO	464	M	01:03:19	01:03:19	06:20		
5750	Hugo FARIA	3171	M	01:03:20	00:59:13	05:56	00:29:16	
5751	Pedro CARVALHO	10580	M	01:03:20	01:01:05	06:07	00:30:07	
5752	João FERREIRA	7800	M	01:03:20	01:00:01	06:01	00:29:06	
5753	David BACELAR	10374	M	01:03:20	00:57:50	05:47	00:28:59	
5754	David SILVA VIEIRA	11181	M	01:03:20	00:58:09	05:49	00:29:20	
5755	Jose Augusto VIEIRA	8550	M	01:03:21	00:58:09	05:49	00:29:19	
5756	Ricardo LOPES	8488	M	01:03:21	00:58:28	05:51	00:28:26	
5757	Pedro Manuel Gonçalves DUARTE	10482	M	01:03:21	00:58:09	05:49	00:29:19	
5758	Rui BRANCO	3809	M	01:03:21	00:57:18	05:44	00:29:37	
5759	Maria PUGA	5150	F	01:03:21	01:00:41	06:05	00:29:59	G.R.D. Ribeira da Lage
5760	Luís Miguel CAVACO REVÉS	7812	M	01:03:21	01:00:19	06:02	00:30:46	
5761	Nuno GONÇALVES	4009	M	01:03:21	00:58:49	05:53	00:30:17	
5762	Luis Carlos Vaz RIBEIRO	9171	M	01:03:21	00:57:47	05:47	00:28:15	
5763	Nuno SILVA	10569	M	01:03:22	01:02:53	06:18	00:29:57	
5764	Rui CALISTO	1878	M	01:03:22	00:58:38	05:52	00:29:37	Açoreana clube Banif
5765	Mário ALMEIDA E PAIVA	5919	M	01:03:22	01:00:41	06:05	00:29:06	
5766	Maria ALMEIDA E PAIVA	1231	F	01:03:22	01:00:41	06:05	00:29:09	
5767	Filipe GRAÇA	4552	M	01:03:22	00:56:56	05:42	00:31:53	
5768	Rita MACHADO	11271	F	01:03:22	01:01:06	06:07	00:31:56	
5769	Eric VAN LEUVEN	10689	M	01:03:22	00:59:58	06:00	00:30:11	
5770	Madalena SILVA	15079	F	01:03:22	01:01:41	06:11	00:29:28	Gabinete de Fisioterapia no Desporto
5771	Hugo PALMA	2127	M	01:03:23	00:59:20	05:56	00:31:28	
5772	Bruno ARAUJO	3006	M	01:03:23	00:59:11	05:56	00:28:58	
5773	João GONÇALVES	3882	M	01:03:23	00:59:54	06:00	00:30:35	
5774	Fernando BISPO	8358	M	01:03:23	01:00:16	06:02	00:29:25	
5775	Filipa JOÃO	11284	F	01:03:24	00:59:55	06:00	00:30:35	
5776	Edgar SERRANO	7376	M	01:03:24	00:57:04	05:43	00:27:47	
5777	Nuno MARQUES	3744	M	01:03:24	00:56:39	05:40	00:27:45	
5778	Alexandre ZARAGOZA	9118	M	01:03:24	00:59:22	05:57	00:28:58	
5779	Marta QUINA	5602	F	01:03:24	00:59:29	05:57	00:29:55	
5780	Mario FREIRE	10354	M	01:03:24	00:56:50	05:41	00:29:59	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5781	Sara ASSEICEIRO	4934	F	01:03:24	00:59:15	05:56	00:31:09	
5782	Miguel SALGUEIRO	7022	M	01:03:24	00:58:24	05:51	00:29:52	
5783	Luis AMARO	6236	M	01:03:24	00:58:13	05:50	00:30:05	
5784	Matthias Gross GROSS	8639	M	01:03:24	00:56:23	05:39	00:28:14	
5785	João FERREIRA	8409	M	01:03:25	00:59:29	05:57	00:29:57	
5786	Luis ANDRADE	8391	M	01:03:25	01:02:30	06:15	00:29:21	
5787	Pedro DIAS	10142	M	01:03:25	00:58:23	05:51	00:30:34	
5788	António Manuel PIRES	1681	M	01:03:25	01:01:39	06:10	00:29:10	Clube Millennium BCP
5789	Tiago RODRIGUES	2111	M	01:03:26	01:02:22	06:15	00:28:18	
5790	Joao POMBO	5022	F	01:03:26	01:01:49	06:11	00:31:44	
5791	Miguel MONTEIRO FERNANDES	7530	M	01:03:26	00:58:15	05:50	00:27:15	
5792	Levi PAGAIME	3438	M	01:03:27	00:59:39	05:58	00:31:19	
5793	Rui Manuel Igrejas Martins EUSEBIO	4158	M	01:03:27	00:59:24	05:57	00:29:51	
5794	Lourenço CARDOSO MENEZES	10659	M	01:03:27	00:57:08	05:43	00:27:23	
5795	Rossano RIBEIRO	2871	M	01:03:27	01:00:35	06:04	00:28:33	
5796	João GONÇALVES	8707	M	01:03:28	00:59:41	05:59	00:31:09	
5797	Agostinho OLIVEIRA	6840	M	01:03:28	00:58:27	05:51	00:30:35	
5798	Rita HILÁRIO	1246	F	01:03:28	01:00:35	06:04	00:28:33	
5799	Rômulo MARZULLO	7977	M	01:03:28	00:57:01	05:43	00:28:05	
5800	Tomás LOPES	324	M	01:03:28	01:01:54	06:12	00:27:49	
5801	Marco CATARRO	1982	M	01:03:28	00:58:19	05:50	00:30:07	
5802	Fernando VAZ DO CARMO	2959	M	01:03:28	00:58:34	05:52	00:28:51	
5803	Célia Maria Colaço GIL	950	F	01:03:29	01:00:05	06:01	00:28:38	
5804	João Carlos LOPES	3285	M	01:03:29	01:01:54	06:12	00:27:49	
5805	Jose Luis MARQUES	4676	M	01:03:29	01:00:05	06:01	00:30:23	
5806	Ivan FRANÇA	5852	M	01:03:30	01:00:34	06:04	00:30:28	
5807	Tiago GOMES	7948	M	01:03:30	00:56:41	05:41	00:30:25	
5808	Tiago LOPES	354	M	01:03:30	00:58:11	05:50	00:28:38	
5809	Alberto MONTEIRO	2813	M	01:03:30	01:02:47	06:17	00:32:23	Grupo Excursionista Os Económicos
5810	Pedro RIBEIRO LOPES	8929	M	01:03:31	01:01:21	06:09	00:28:40	
5811	Flávio António DUARTE MARCOS	8119	M	01:03:31	01:01:31	06:10	00:30:41	
5812	José SEQUEIRA	1825	M	01:03:31	00:59:17	05:56	00:29:41	Açoreana clube Banif
5813	Rodrigo Afonso Martins CORREIA GOMES DOS REIS	2233	M	01:03:31	00:56:23	05:39	00:29:38	
5814	Paula SIMÕES	5101	F	01:03:31	00:59:16	05:56	00:29:40	Açoreana clube Banif

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5815	Leonardo SANTOS	10715	M	01:03:32	00:58:07	05:49	00:29:40	
5816	João Luis CALHA	4491	M	01:03:33	00:57:51	05:48	00:30:04	
5817	Bernardo LORENA PONTE	10568	M	01:03:33	00:57:51	05:48	00:30:05	
5818	Elisabete Esteves PEREIRA FONTE	5484	F	01:03:33	01:00:01	06:01	00:31:05	
5819	Pedro RIBEIRO DA CUNHA	8126	M	01:03:33	00:57:29	05:45	00:29:24	
5820	Carla NUNES	9522	F	01:03:33	00:59:32	05:58	00:30:36	
5821	Fernando NASCIMENTO	8107	M	01:03:33	01:01:12	06:08	00:30:09	
5822	Luis ABREU	10362	M	01:03:34	00:57:18	05:44	00:28:51	
5823	João DUARTE	3766	M	01:03:34	00:57:09	05:43	00:27:48	
5824	Rui GOMES	3170	M	01:03:35	01:00:36	06:04	00:30:40	
5825	Jose OLIVEIRA	6712	M	01:03:35	00:58:34	05:52	00:30:36	
5826	Paulo CAMPOS	9155	M	01:03:36	00:58:11	05:50	00:27:45	
5827	Rui Miguel ALVES ESPÍRITO SANTO DE CARVALHO	3453	M	01:03:36	00:58:52	05:54	00:29:39	
5828	Paula VEIGA	1182	F	01:03:36	01:01:33	06:10	00:28:49	
5829	Joana PINHA	11291	F	01:03:36	00:58:39	05:52	00:29:35	
5830	Rui CRUZ	7221	M	01:03:37	00:59:08	05:55	00:29:48	
5831	Pedro EDRIS SOUSA	3019	M	01:03:37	01:01:33	06:10	00:28:48	
5832	Ana FARO	1225	F	01:03:37	00:58:39	05:52	00:29:33	
5833	Flavio OLIVEIRA	2434	M	01:03:37	00:58:48	05:53	00:28:50	
5834	Pedro A MARQUES	8057	M	01:03:37	00:58:22	05:51	00:28:32	
5835	Nuno BRITES	3753	M	01:03:37	01:00:31	06:04	00:31:10	
5836	João SEGURO	3725	M	01:03:37	00:59:02	05:55	00:26:58	Sportlife
5837	Ana Sofia CORREIA	11209	F	01:03:38	01:00:34	06:04	00:31:12	
5838	João André COSTA	4038	M	01:03:38	00:57:30	05:45		
5839	Ismael GERALDES	2415	M	01:03:38	00:56:54	05:42	00:28:53	
5840	Sérgio OLIVEIRA	6125	M	01:03:38	00:58:34	05:52	00:29:39	
5841	António FERREIRA	6818	M	01:03:38	00:56:54	05:42	00:28:53	
5842	José Luís CARDOSO	10472	M	01:03:39	01:01:10	06:07	00:29:46	
5843	Tiago Miguel FERREIRA POCINHO	4402	M	01:03:39	00:58:16	05:50	00:31:31	
5844	Andreia FLORÊNCIO	11438	F	01:03:39	01:00:58	06:06	00:29:42	
5845	Ronald Alberto ZUNIGA ROJAS	10192	M	01:03:39	00:59:47	05:59	00:31:07	
5846	Fernando O Vaz ALVARES	8120	M	01:03:39	00:58:38	05:52	00:28:50	
5847	Antonio CASTEL-BRANCO	10365	M	01:03:39	01:02:31	06:16	00:32:27	
5848	Manuel NEVES	8872	M	01:03:40	00:59:54	06:00	00:29:49	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5849	Rita SOUSA	780	F	01:03:40	01:01:03	06:07	00:30:49	
5850	Ana COSTA	4994	F	01:03:40	01:03:13	06:20	00:31:11	NUCLEOEIRAS/SPORTZONE
5851	Pedro SOUSA	3158	M	01:03:40	01:01:03	06:07	00:30:49	
5852	Jose Luis Mendes FERREIRA	4740	M	01:03:41	00:56:56	05:42	00:28:30	
5853	Jorge BAPTISTA	6745	M	01:03:41	01:00:39	06:04	00:29:15	Grupo Excursionista Os Económicos
5854	José Pedro OLIVEIRA GOMES	225	M	01:03:41	01:02:03	06:13	00:28:55	A.A.E. BNU
5855	Vesna BOZANIC	1249	F	01:03:41	00:58:20	05:50	00:28:40	
5856	Ilda Da Silva RODRIGUES	11327	F	01:03:42	01:00:07	06:01	00:29:48	
5857	João AZEVEDO	8988	M	01:03:43	01:02:53	06:18	00:31:17	
5858	Maria Dulce DUARTE	5684	F	01:03:43	01:00:35	06:04	00:29:01	
5859	Ricardo JUNQUEIRO	4447	M	01:03:43	00:56:54	05:42	00:29:40	
5860	Lara VELOSO	952	F	01:03:43	01:02:55	06:18	00:30:00	Grupo Desportivo Santander Totta
5861	Nuno CHUNG	3496	M	01:03:43	00:57:49	05:47	00:29:39	
5862	Alcides PAULO	8138	M	01:03:43	01:01:50	06:11	00:29:53	
5863	Inês LIMA	11309	F	01:03:43	01:01:34	06:10	00:29:13	
5864	Eliandro SILVA	4498	M	01:03:44	00:59:19	05:56	00:35:17	
5865	Luís DINIS	7241	M	01:03:44	00:58:51	05:54	00:28:34	
5866	Pedro SALGUEIRO	2617	M	01:03:44	01:03:19	06:20	00:32:00	
5867	Beatriz LOURENÇO	4950	F	01:03:45	01:03:12	06:20	00:30:07	NUCLEOEIRAS/SPORTZONE
5868	Marcia CARNEIRO	1306	F	01:03:45	01:03:19	06:20	00:31:59	
5869	Mariana GOMES	5516	F	01:03:45	00:58:30	05:51	00:28:59	
5870	Rui Manuel Araújo CLETO	4312	M	01:03:45	01:02:37	06:16	00:31:08	
5871	Sonia ARRUDA	1224	F	01:03:45	00:57:52	05:48	00:28:46	
5872	Rosa DIAS	1556	F	01:03:45	01:00:24	06:03	00:29:45	
5873	Helia FERREIRA	1253	F	01:03:45	01:00:38	06:04	00:29:04	
5874	António SANTOS	6651	M	01:03:45	00:58:40	05:52	00:29:01	C.C.D. EFACEC
5875	David ANACLETO	2304	M	01:03:46	01:02:13	06:14	00:29:08	G.R.D. Os Fixes
5876	Vitor RODRIGUES	9899	M	01:03:46	01:02:13	06:14	00:31:03	C. R. Leões de Porto Salvo
5877	Joel COELHO	7587	M	01:03:46	01:00:12	06:02	00:31:49	
5878	Luís Rodolfo PIRES	2595	M	01:03:46	00:52:12	05:14	00:25:21	
5879	Marco CAMPANISO	6945	M	01:03:46	01:00:14	06:02	00:29:50	
5880	Nuno Pedro SILVA	10759	M	01:03:46	01:01:57	06:12	00:28:40	
5881	Luís Filipe Da Cruz AFONSO	9125	M	01:03:46	00:57:05	05:43	00:29:41	
5882	Jose Pedro De Sousa PINTO	10359	M	01:03:46	00:59:37	05:58	00:31:45	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5883	Moniz GALVÃO	10112	M	01:03:46	01:00:24	06:03	00:29:58	Amigos do Parque da Paz
5884	Bruno JORGE	6934	M	01:03:47	00:58:48	05:53	00:27:29	
5885	Pedro BARBOSA	9203	M	01:03:47	00:58:12	05:50	00:28:24	
5886	Judite Alexandra FERREIRA BAIXINHO	1371	F	01:03:48	01:01:28	06:09	00:30:19	
5887	Ana Filipa MARTINS SILVA	11453	F	01:03:48	00:58:39	05:52	00:29:30	
5888	Carlos DUARTE	3082	M	01:03:48	01:01:08	06:07	00:29:22	
5889	Marta QUEIROZ	11584	F	01:03:48	00:59:49	05:59	00:29:26	
5890	Diogo LIMA	2950	M	01:03:48	00:58:52	05:54	00:29:39	
5891	Adélia RECIO	9782	F	01:03:48	01:01:08	06:07	00:29:22	
5892	Edgar Filipe HENRIQUES DUARTE ANTUNES	468	M	01:03:48	01:01:18	06:08	00:29:42	
5893	Mara LOPES	5514	F	01:03:49	00:59:08	05:55	00:30:08	
5894	Ruben REIS	10458	M	01:03:49	01:01:23	06:09	00:28:49	
5895	Manuel NOGUEIRA	8463	M	01:03:49	00:58:45	05:53	00:28:52	
5896	Nuno DANTAS	306	M	01:03:49	01:01:08	06:07	00:30:02	HP Portugal Clube
5897	Ricardo NUNES	162	M	01:03:49	00:59:08	05:55	00:30:14	
5898	Rui COSTA	10725	M	01:03:49	01:00:29	06:03	00:29:46	
5899	Carlson KARN	10647	M	01:03:49	00:59:21	05:57	00:29:14	
5900	Vitorino NUNES	463	M	01:03:50	00:59:09	05:55	00:30:14	
5901	Nuno DAVID	3800	M	01:03:50	00:59:23	05:57	00:31:49	
5902	Gonçalo MESTRE	7308	M	01:03:50	00:59:38	05:58	00:30:19	
5903	João PISSARRA	10319	M	01:03:50	01:02:17	06:14	00:31:31	
5904	Mário João BASTARDO	8559	M	01:03:50	01:00:20	06:02	00:32:17	
5905	Otilia PINTO	5719	F	01:03:52	00:59:16	05:56		
5906	Tania Vanessa Alho Geraldes DA COSTA TEIXEIRA	9761	F	01:03:52	01:01:06	06:07	00:30:17	
5907	Hugo GONÇALVES	4335	M	01:03:52	00:59:18	05:56	00:30:35	
5908	Luís FERRAZ	8495	M	01:03:52	00:59:00	05:54	00:27:55	
5909	Elsa Rute ALBUQUERQUE MENDES	1066	F	01:03:52	00:58:37	05:52	00:30:15	
5910	Maria Augusta BARROS DE CARVALHO	1069	M	01:03:53	00:59:40	05:58	00:29:55	
5911	Maria QUITÉRIA	15311	F	01:03:53	01:03:06	06:19	00:29:56	
5912	Rui COSTA PINTO	10595	M	01:03:53	01:02:33	06:16	00:35:16	
5913	Joel Filipe COUVEIRO LUTAS	3139	M	01:03:53	01:01:56	06:12	00:30:02	
5914	Alexandre CAETANO	3164	M	01:03:53	00:57:42	05:47	00:30:59	
5915	Luis António CAMPANHA	8360	M	01:03:54	00:59:03	05:55	00:30:14	
5916	Francisco CARVALHO	80	M	01:03:54	01:01:32	06:10	00:30:45	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5917	Mariana OLIVEIRA	5210	F	01:03:54	01:02:50	06:17	00:30:03	G.R.D. Ribeira da Lage
5918	Frederico VIDEIRA MARTINS	382	M	01:03:54	01:02:29	06:15		
5919	Sonia CAIXEIRINHO	5123	F	01:03:54	01:03:03	06:19	00:31:41	C. R. Leões de Porto Salvo
5920	Armando Alberto Matos DURÃO	3947	M	01:03:55	01:02:50	06:17	00:30:03	
5921	Carlos Alberto SALGADO FELIX	4258	M	01:03:55	00:59:22	05:57	00:31:41	
5922	João OLIVEIRA	6342	M	01:03:55	01:02:51	06:18	00:30:04	G.R.D. Ribeira da Lage
5923	Mário DIAS	2773	M	01:03:56	01:01:39	06:10	00:31:31	
5924	Sónia ALCOBIA	5386	F	01:03:56	01:01:39	06:10	00:30:21	
5925	Rui MARTINS	10360	M	01:03:56	00:58:03	05:49	00:30:17	
5926	Pedro SIMÕES	6144	M	01:03:56	00:57:04	05:43	00:30:59	Clube do Stress
5927	Nídia Maria Gonçalves SILVA	5559	F	01:03:56	01:01:06	06:07	00:30:07	
5928	Pedro ROXO	10741	M	01:03:56	00:58:03	05:49	00:30:16	
5929	Maria José FERREIRA	5704	F	01:03:57	01:01:02	06:07	00:31:25	
5930	João CARRADINHA	8632	M	01:03:57	00:58:31	05:52	00:29:41	
5931	Jose DIOGO	392	M	01:03:57	00:58:01	05:49	00:29:13	
5932	Liliana ABREU	9765	F	01:03:57	00:57:29	05:45	00:28:40	
5933	José Carlos TEIXEIRA	10692	M	01:03:58	01:02:53	06:18	00:28:51	
5934	Cátia Palma De Sá CERVEIRA DIREITO	629	F	01:03:58	01:01:57	06:12	00:30:02	
5935	João MORAIS SARMENTO	3124	M	01:03:58	00:59:40	05:58	00:29:58	
5936	Mario OLIVEIRA	7922	M	01:03:58	00:59:54	06:00	00:31:00	
5937	Alexandre PORTUGAL	8588	M	01:03:59	00:59:40	05:58	00:29:58	
5938	António AUGUSTO COSTA CATARINO	6242	M	01:03:59	01:01:39	06:10	00:31:44	
5939	Helena Isabel DA LUZ FREITAS	1482	F	01:03:59	00:58:13	05:50	00:29:56	
5940	José Miguel FLORES RIBEIRO	2120	M	01:03:59	00:59:17	05:56	00:29:12	
5941	José Luís NEVES FREITAS	10825	M	01:03:59	00:58:13	05:50	00:29:56	
5942	Ana Catarina Moreira CARRIÇO	1128	F	01:03:59	00:59:38	05:58	00:28:50	
5943	Martinho Paulo RODRIGUES ROQUE	9030	M	01:03:59	01:00:36	06:04	00:29:39	
5944	Joao SILVA	2865	M	01:04:00	00:58:42	05:53	00:29:15	
5945	João SERENO	7172	F	01:04:00	00:58:44	05:53	00:26:57	
5946	António RODRIGUES	6700	M	01:04:00	00:59:31	05:58	00:30:25	LINK
5947	Romão VALENTE	10481	M	01:04:01	01:01:27	06:09	00:29:45	
5948	Rodrigo CAXARIA	8362	M	01:04:01	00:58:55	05:54	00:30:18	
5949	Pedro SILVINO	7332	M	01:04:01	00:59:04	05:55	00:29:37	
5950	Carlos BARREIROS	6920	M	01:04:01	00:58:52	05:54	00:30:21	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5951	Pedro FRANCA	10704	M	01:04:01	00:57:30	05:45	00:27:17	
5952	Marisa Conceição RODRIGUES MENDES	5593	F	01:04:01	00:57:31	05:46	00:28:50	
5953	Miguel Lopo Tuna LOPO TUNA	8379	M	01:04:01	00:56:33	05:40	00:30:22	
5954	Victor MENDES	4331	M	01:04:01	00:57:31	05:46	00:28:50	
5955	Marcos MARGULIES	4209	M	01:04:02	00:56:51	05:42	00:28:01	
5956	João Domingos DIAS	370	M	01:04:02	01:02:17	06:14	00:30:49	
5957	Maria ALMEIDA	5062	F	01:04:02	01:03:00	06:18	00:31:30	C. R. Leões de Porto Salvo
5958	Rui MENINO	4518	M	01:04:03	01:00:59	06:06	00:29:49	
5959	António COSTA E SILVA	4362	M	01:04:03	00:58:42	05:53	00:29:31	
5960	Paulo Alexandre CAVACO HORTA	3563	M	01:04:03	00:57:30	05:45	00:28:52	
5961	Aidulio Da Silva MOREIRA	5868	M	01:04:03	01:02:10	06:13	00:29:13	
5962	Rui FERREIRA	7939	M	01:04:03	00:58:41	05:53	00:30:02	
5963	Nivaldo SANTOS	10683	M	01:04:04	00:58:49	05:53	00:29:28	
5964	Nuno G. Dias Chaves PINTO	8660	M	01:04:05	01:00:53	06:06	00:31:10	
5965	Paulo ENCARNAÇÃO	8670	M	01:04:05	00:59:42	05:59	00:31:12	
5966	Joaquim LIMA	6068	M	01:04:06	01:03:35	06:22	00:30:54	NUCLEOEIRAS/SPORTZONE
5967	Paulo Jorge RODRIGUES RAMOS	10864	M	01:04:06	00:58:05	05:49	00:29:55	
5968	João C. ALMEIDA	10387	M	01:04:06	00:58:36	05:52	00:29:12	
5969	Jorge Manuel MARECO	7680	M	01:04:07	00:59:29	05:57	00:31:13	
5970	Fábio PIO	5954	M	01:04:07	00:58:52	05:54	00:29:28	Hovione
5971	Gilberto GONÇALVES	8176	M	01:04:07	00:58:52	05:54	00:29:27	
5972	Pedro ROCHA	3384	M	01:04:07	00:59:12	05:56	00:29:02	
5973	Joao Nuno ALVES	4054	M	01:04:08	01:01:27	06:09	00:30:23	
5974	Hugo DIOGO	8022	M	01:04:08	00:58:07	05:49	00:28:15	
5975	Jacinto Maurício NUNES	3981	M	01:04:08	01:00:44	06:05	00:31:21	
5976	Alexandrina FILIPE	15010	F	01:04:08	01:02:46	06:17	00:30:17	Clube Grupo Desportivo BES
5977	Adriano Augusto ROCHA CUNHA	8317	M	01:04:08	00:57:41	05:47	00:29:45	
5978	Paulo CAPELAS	9177	M	01:04:09	01:00:30	06:03	00:30:41	
5979	João PEREIRA	6991	M	01:04:09	01:00:30	06:03	00:30:40	
5980	Paulo DUARTE	11176	M	01:04:09	00:59:08	05:55	00:27:01	
5981	Pedro PEREIRA	7659	M	01:04:09	01:03:10	06:19		
5982	Guilherme MALTA	4048	M	01:04:09	01:01:01	06:07	00:30:17	
5983	Joana Margarida NUNES SOUSA	875	F	01:04:09	01:00:45	06:05	00:31:20	
5984	Luis Filipe MARQUES ARANHA	10437	M	01:04:10	00:58:04	05:49	00:30:01	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5985	Célia Paulo NUNO	9766	F	01:04:10	00:59:08	05:55	00:30:24	
5986	Filipe SAINHAS	10976	M	01:04:11	00:57:49	05:47		
5987	Rita FIÚZA	639	F	01:04:11	00:57:49	05:47	00:28:31	
5988	Luís GUERREIRO	10399	M	01:04:11	00:58:07	05:49	00:28:49	
5989	Alpar Vajk KRAMER	4743	M	01:04:11	00:58:47	05:53	00:28:07	
5990	Joaquim HENRIQUES	3586	M	01:04:11	00:58:15	05:50	00:29:27	
5991	Valdemiro GROSA	15124	M	01:04:12	01:02:55	06:18	00:31:14	Linda-a-Pastora Sporting Clube
5992	Marta COSTA	9483	F	01:04:13	00:59:32	05:58	00:29:30	
5993	Joaquim SILVA	5876	M	01:04:14	01:03:09	06:19	00:31:03	
5994	Sónia SANTOS	684	F	01:04:14	01:01:54	06:12	00:29:18	
5995	Paulo NUNES	10962	M	01:04:14	01:02:32	06:16	00:30:44	
5996	José Carlos Correia MARGARIDO	2187	M	01:04:15	00:57:10	05:43	00:30:15	
5997	Erica HERZ	11356	F	01:04:15	00:57:26	05:45	00:28:31	
5998	Germano MATOS	15137	M	01:04:16	01:04:07	06:25	00:30:32	Linda-a-Pastora Sporting Clube
5999	Daniela VINAGRE	679	F	01:04:16	01:03:28	06:21	00:28:10	NUCLEOEIRAS/SPORTZONE
6000	Susana CÓ	680	F	01:04:16	01:03:29	06:21	00:29:53	NUCLEOEIRAS/SPORTZONE
6001	Rui FERNANDES	4029	M	01:04:17	00:59:27	05:57	00:29:35	
6002	Maria João REGALO	11261	F	01:04:17	01:01:34	06:10	00:30:47	
6003	Carla Marisa B A SIMÕES	11411	F	01:04:17	00:58:54	05:54	00:29:01	
6004	Robert FELIX	6721	M	01:04:17	00:59:48	05:59	00:30:26	LINK
6005	Nuno Filipe DUARTE	246	M	01:04:17	00:57:13	05:44	00:30:46	
6006	Guilherme HENRIQUES	15279	M	01:04:17	00:57:47	05:47	00:29:12	CCD Tranquilidade
6007	Rodrigo SEVINATE PINTO	5871	M	01:04:18	00:57:50	05:47	00:29:05	
6008	José MATOS	7668	M	01:04:18	00:59:23	05:57	00:29:05	
6009	Tiago MATOS	7604	M	01:04:18	00:59:23	05:57	00:29:04	
6010	Marisa DUARTE	5582	F	01:04:18	01:00:47	06:05	00:32:17	
6011	Bruno SANTOS	2971	M	01:04:18	01:00:47	06:05	00:32:17	
6012	Angelica HELDT	559	F	01:04:19	01:01:57	06:12	00:30:17	
6013	Luís MATOS	5945	M	01:04:19	01:00:41	06:05	00:30:36	
6014	Marialda Negrão De Barros SERRA	1569	F	01:04:19	01:02:28	06:15	00:30:04	
6015	João Ferreira Da FONSECA	2137	M	01:04:19	01:02:30	06:15	00:30:06	
6016	Antonio José CAMPOS PEREIRA	2088	M	01:04:19	01:02:17	06:14	00:30:45	
6017	Paulo Jorge PEREIRA	7318	M	01:04:19	00:58:03	05:49	00:29:17	
6018	Edgar MADRUGADA	380	M	01:04:19	01:04:13	06:26	00:31:25	Sportlife

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6019	João BARROSO MARTINS	9848	M	01:04:19	01:01:16	06:08	00:28:56	
6020	João Da Conceição NITA	10327	M	01:04:20	01:01:35	06:10	00:30:06	
6021	Márcio LOURENÇO	3062	M	01:04:20	00:58:03	05:49	00:28:50	
6022	Helia Sofia Francisco SANTOS	5754	F	01:04:20	00:58:43	05:53	00:29:53	
6023	Sara Santos CHAVEIRO	1381	F	01:04:20	00:57:27	05:45	00:28:45	
6024	Peter HENRIQUES DE JESUS	8271	M	01:04:20	00:58:25	05:51	00:29:46	
6025	Nuno Paulo AGRELA ABREU	8420	M	01:04:20	01:00:15	06:02	00:30:41	
6026	Victor Manuel ROSA RAMOS	3663	M	01:04:20	01:02:44	06:17	00:30:32	
6027	Daniel FERNANDES	6286	M	01:04:21	00:58:52	05:54	00:28:30	
6028	Maria J. SILVA	15281	F	01:04:21	00:59:02	05:55	00:30:10	CCD Tranquilidade
6029	Jorge ESTEVES	6669	M	01:04:21	00:58:33	05:52	00:30:53	Fundação Royal Mcdonald
6030	José Maria MORAES	7865	M	01:04:21	01:02:22	06:15	00:29:07	
6031	Pedro CENTIEIRO	4807	M	01:04:21	00:58:45	05:53	00:30:45	
6032	Fernando GONÇALVES	2830	M	01:04:21	00:58:34	05:52	00:30:54	Fundação Royal Mcdonald
6033	Valter André RIBEIRO RODRIGUES	1959	M	01:04:22	00:58:44	05:53	00:28:19	Casa do Pessoal Estradas de Portugal
6034	Maria Rita FERNANDES	761	F	01:04:22	00:58:06	05:49	00:28:23	
6035	Nuno PINTO E SILVA	4816	M	01:04:22	00:58:07	05:49	00:28:24	
6036	António BEZERRA	4195	M	01:04:22	00:57:45	05:47	00:29:04	
6037	Ana Margarida PRAÇA	1557	F	01:04:22	00:57:09	05:43	00:30:01	
6038	Claudia Cristina Da Cruz CANUDO	5646	F	01:04:23	00:59:24	05:57	00:28:37	
6039	Pedro SANTOS	3411	M	01:04:24	00:57:29	05:45	00:28:29	
6040	Sylvia PILISI	735	M	01:04:24	01:02:50	06:17	00:30:51	
6041	Ana BARBADO	1442	F	01:04:25	01:03:14	06:20	00:31:10	
6042	Marco NUNES DIAS	1573	M	01:04:25	01:01:21	06:09	00:30:07	
6043	Lucia Franchi FRANCHI	1574	F	01:04:25	01:01:21	06:09	00:30:06	
6044	Paulo LOUREIRO	10033	M	01:04:25	00:58:51	05:54	00:29:22	
6045	António MOURA	6175	M	01:04:26	01:00:55	06:06	00:30:59	Açoreana clube Banif
6046	Henrique Silva SOUSA	180	M	01:04:26	00:59:29	05:57	00:30:06	
6047	Nuno GIÃO	8328	M	01:04:27	01:02:25	06:15	00:30:22	
6048	Telma Sofia R. Santos SILVA	712	F	01:04:27	01:00:13	06:02	00:29:07	
6049	Manuel REBELO	7378	M	01:04:27	00:59:42	05:59	00:31:13	
6050	Miguel C LOUREIRO	4103	M	01:04:27	00:58:23	05:51	00:29:47	
6051	Pedro Kroner MATOS	11162	M	01:04:28	00:59:09	05:55	00:30:39	
6052	António Mayer Godinho Monteiro FERNANDES	4523	M	01:04:28	00:59:17	05:56	00:28:37	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6053	Manuel Gonçalves Da SILVA	4688	M	01:04:28	01:00:57	06:06	00:29:15	
6054	Nélio CARDOSO	7030	M	01:04:29	01:02:26	06:15	00:30:41	
6055	Silvia Reis SILVA	643	F	01:04:29	01:00:57	06:06	00:29:19	
6056	Brigitte MAIOR	5347	M	01:04:29	00:58:01	05:49	00:29:16	Clube Desportivo e Cultural da Nave
6057	Patrícia PEREIRA	5020	F	01:04:30	01:01:51	06:12	00:30:10	
6058	Isabel FATIMA MEDEIROS SOUSA	5196	F	01:04:30	00:59:30	05:57	00:29:37	
6059	Pedro MANUEL	2636	M	01:04:30	01:01:31	06:10	00:29:16	
6060	Bruno COSTA	8052	M	01:04:30	00:58:58	05:54	00:30:02	
6061	Vitor SANTOS	3668	M	01:04:30	00:54:54	05:30	00:27:20	
6062	Mário PATRICIO	65	M	01:04:31	01:04:05	06:25	00:31:09	SPORTING CP
6063	António BUSCA	8542	M	01:04:31	00:59:40	05:58	00:30:17	
6064	João Tiago MOREIRA	2872	M	01:04:32	01:03:49	06:23	00:32:02	
6065	Carlos Daniel SINCERIDADES	2594	M	01:04:32	01:02:45	06:17	00:31:24	
6066	Vânia Sofia SINCERIDADES	11281	F	01:04:33	01:02:46	06:17	00:31:24	
6067	Isabel Filipa GARCIA MONTEIRO	602	F	01:04:33	00:59:05	05:55	00:30:12	
6068	André GASPAR	7677	M	01:04:34	00:51:14	05:08	00:26:25	
6069	Timóteo P. F.	10099	M	01:04:35	01:01:42	06:11	00:30:11	Grupo Desportivo e Cultural Porto de Sines
6070	Claudino José RESSURREIÇÃO	7912	M	01:04:35	00:57:57	05:48	00:29:59	
6071	Mariana CALDEIRA	1031	F	01:04:35	00:58:20	05:50	00:30:03	
6072	António Vicente FONSECA	10372	M	01:04:35	00:59:05	05:55	00:28:54	
6073	Gile CATARINO	11495	M	01:04:35	01:00:07	06:01	00:30:28	
6074	Mafalda CALDEIRA	5734	F	01:04:35	00:58:21	05:51	00:30:03	
6075	Ana COUCEIRO	739	F	01:04:35	00:59:05	05:55	00:29:34	
6076	Tomás DAGNINO	8672	M	01:04:36	00:59:05	05:55	00:29:33	
6077	Pedro Miguel Moreira BRITO	8471	M	01:04:36	00:59:30	05:57	00:28:26	
6078	Maria GOMES	11376	F	01:04:36	00:58:29	05:51	00:28:17	
6079	José António GARCIA	9208	M	01:04:38	01:00:49	06:05	00:29:02	
6080	Maria Luz FREIRE	15095	F	01:04:38	01:02:37	06:16	00:30:59	Gabinete de Fisioterapia no Desporto
6081	Pedro BORGES CARVALHO	6098	M	01:04:39	00:58:42	05:53	00:28:24	Hovione
6082	Adelaide MANUCHA	5282	F	01:04:39	01:02:29	06:15	00:30:11	Grupo Recreativo Cultural Desportivo Leião
6083	Nelson CARDOSO	2117	M	01:04:40	01:01:05	06:07	00:30:00	
6084	Paulo SANCHES	8674	M	01:04:40	01:03:34	06:22	00:30:50	
6085	Catarina TAINHA	9683	F	01:04:40	01:01:33	06:10	00:30:31	
6086	Ana POÇAS	4916	F	01:04:40	00:58:41	05:53	00:28:33	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6087	Ricardo ALBUQUERQUE	4820	M	01:04:41	01:00:26	06:03	00:29:28	
6088	Isabel Maria COSTA SILVA	5698	F	01:04:41	01:02:22	06:15	00:31:14	
6089	Maria GOLINELLI	4965	F	01:04:42	01:02:17	06:14	00:29:46	
6090	Paula ALBUQUERQUE	700	F	01:04:42	01:00:27	06:03	00:29:28	
6091	Fernando FERNANDES	10509	M	01:04:42	00:59:33	05:58	00:30:01	
6092	Carla Sofia Jaime MATOS	1322	F	01:04:43	01:01:58	06:12	00:30:53	
6093	Francisco Carlos SILVA RIBEIRO	4663	M	01:04:43	00:59:32	05:58	00:29:57	
6094	Walery ROBERT UCHA DE MELO E LAURENCE	11184	M	01:04:43	00:58:42	05:53	00:29:21	
6095	Tiago Da Silva BARROQUEIRO	7469	M	01:04:44	01:00:24	06:03	00:29:51	
6096	Filipe Daniel JUNOT FLORÊNCIO	7658	M	01:04:44	00:59:31	05:58	00:28:36	
6097	Kim LEMBECK	1534	F	01:04:45	01:00:19	06:02	00:29:53	
6098	Catarina LAMEGO	1267	F	01:04:45	00:58:53	05:54	00:30:11	
6099	Amélia JOAQUIM	11448	F	01:04:45	01:01:12	06:08	00:30:34	
6100	Dora MONTEIRO	11234	F	01:04:45	01:00:04	06:01	00:29:56	
6101	Jorge GONÇALVES	4075	M	01:04:46	01:01:02	06:07	00:30:31	
6102	Manuel PACHECO	6005	M	01:04:46	00:58:00	05:48	00:30:15	
6103	Filipa SANTOS	11432	F	01:04:47	01:03:06	06:19	00:31:04	
6104	Eduardo SALVADOR	529	M	01:04:48	01:03:20	06:20	00:31:16	
6105	Jorge PRÓSPERO DOS SANTOS	2604	M	01:04:48	01:02:14	06:14	00:28:09	
6106	André PINHO	8718	M	01:04:48	01:03:06	06:19	00:30:16	
6107	Ana ROBIN DE ANDRADE	11383	F	01:04:48	01:02:52	06:18	00:30:23	
6108	Carlos Alberto MONTEIRO DA COSTA	2938	M	01:04:48	00:59:04	05:55	00:29:20	
6109	Eduarda PAIVA	881	F	01:04:49	00:58:26	05:51	00:30:13	Clube do Stress
6110	António José LOPES COUTINHO	5964	M	01:04:49	00:59:11	05:56	00:29:01	
6111	Carlos PAIVA	6055	M	01:04:49	00:58:26	05:51	00:30:13	Clube do Stress
6112	Vasco Manuel MATOS	10089	M	01:04:50	01:03:21	06:21	00:29:16	
6113	Fernando Lopes PINHEIRO	7981	M	01:04:50	01:03:30	06:21	00:30:47	
6114	Miguel Borges PINHEIRO	8008	M	01:04:50	01:03:30	06:21	00:30:47	
6115	Carlos Manuel COUTINHO MOREIRA	8089	M	01:04:50	01:02:10	06:13	00:30:11	
6116	Sílvia ANJOS	11449	F	01:04:50	01:03:10	06:19	00:31:02	
6117	Miguel PORTELA	3049	M	01:04:50	01:00:39	06:04	00:31:06	
6118	Pedro LOURENÇO	7074	M	01:04:51	01:00:40	06:04	00:31:06	
6119	Nelson MARQUES	8945	M	01:04:51	01:00:07	06:01	00:30:04	
6120	David MORAIS	367	M	01:04:51	01:02:47	06:17		

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6121	Paulo Alexandre OLIVEIRA LOPES	4666	M	01:04:52	01:04:19	06:26	00:31:11	
6122	Jorge LEMOS	7986	M	01:04:52	01:02:22	06:15	00:30:36	
6123	Vera Palma COSTA	11456	F	01:04:52	00:58:06	05:49	00:29:08	
6124	Rui BARROS	10414	M	01:04:52	00:58:06	05:49	00:30:41	
6125	Rui FERREIRA	4457	M	01:04:52	01:03:53	06:24	00:29:14	
6126	Mónica T. RODRIGUES F. DE MACEDO	5051	F	01:04:53	00:58:40	05:52	00:30:09	
6127	Tania AREIAS	5095	F	01:04:53	00:58:45	05:53	00:29:27	
6128	Sérgio CANDEIAS	4819	M	01:04:54	01:01:23	06:09	00:30:32	
6129	João PINHA	493	M	01:04:55	00:59:59	06:00	00:30:47	
6130	Margarida De Canaveira ROQUE	9508	F	01:04:55	01:02:44	06:17	00:31:39	
6131	Sílvia Catarina Reis FRAZÃO	11299	F	01:04:55	01:00:53	06:06	00:30:43	
6132	Pedro LUÍS	4380	M	01:04:56	01:00:53	06:06	00:30:43	
6133	Gonçalo SILVA	6887	M	01:04:56	00:58:23	05:51	00:28:09	
6134	Ricardo SILVA	15047	M	01:04:56	01:00:54	06:06	00:30:44	Clube Grupo Desportivo BES
6135	Pedro Manuel DUARTE	6298	M	01:04:57	01:01:44	06:11	00:29:38	Clube Millennium BCP
6136	Mariana PINHA	9778	F	01:04:57	01:00:01	06:01	00:30:46	
6137	Carla SILVA	5077	F	01:04:57	01:01:31	06:10	00:30:03	
6138	Gilberto Nelson LOTH	10471	M	01:04:58	00:58:42	05:53	00:29:46	
6139	Sara TEIXEIRA	5665	F	01:04:59	01:03:03	06:19	00:30:55	
6140	Pedro CARREGA	4107	M	01:05:00	00:57:58	05:48	00:30:02	
6141	Isabel OLIVEIRA	5276	F	01:05:01	01:02:55	06:18	00:30:29	Serviços Sociais Montepio Geral
6142	António COUTINHO	7037	M	01:05:01	01:02:57	06:18	00:30:40	
6143	Cristina SILVA BARATA	5184	F	01:05:01	01:03:28	06:21	00:31:07	
6144	Sara Luisa OLIVEIRA	5183	F	01:05:02	01:04:11	06:26	00:31:55	
6145	Carlos PINTO DA ROCHA	10670	M	01:05:02	01:01:22	06:09	00:29:46	
6146	Susana MENDES	11407	F	01:05:02	01:03:28	06:21	00:31:07	
6147	Ana Isabel DE ALMEIDA SANTOS	848	F	01:05:02	01:01:17	06:08	00:32:33	
6148	Jose LAGES	3962	M	01:05:02	00:59:31	05:58	00:30:52	
6149	Renato Miguel SEABRA MENDES	5901	M	01:05:02	00:58:47	05:53	00:30:49	
6150	Marta NAVE	4929	F	01:05:03	01:02:12	06:14	00:30:31	
6151	Fernando Jorge Bernardino SERRANO	10286	M	01:05:03	01:01:48	06:11	00:30:35	
6152	Goncalo Soares Dos Reis SERRANO	10288	M	01:05:03	01:01:48	06:11	00:30:35	
6153	Ligia SANCHES	11408	F	01:05:04	01:01:55	06:12	00:30:15	
6154	Alexandrino MALHEIRO	7505	M	01:05:04	01:03:01	06:19	00:30:47	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6155	Pedro Jorge MARQUES	10514	M	01:05:04	01:02:09	06:13	00:30:43	
6156	Antonio BERNAL FUENTES	10242	M	01:05:05	01:01:40	06:10	00:31:06	
6157	Eugénia CID	1657	F	01:05:06	00:58:55	05:54	00:29:41	Sportlife
6158	Ira LITWINOFF	9789	F	01:05:06	00:59:52	06:00	00:30:11	
6159	Maria PINTO COELHO	9635	F	01:05:07	00:58:34	05:52	00:28:42	
6160	Manuel BRITO	7211	M	01:05:07	00:59:40	05:58	00:28:45	
6161	Orlando FERNANDEZ	7013	M	01:05:07	01:01:43	06:11	00:31:09	
6162	Claudia GONÇALVES	673	F	01:05:07	01:02:10	06:13	00:30:59	
6163	Carlos TEIXEIRA	4798	M	01:05:07	01:02:08	06:13	00:30:57	
6164	Mario SILVA	6367	M	01:05:08	00:59:28	05:57	00:29:44	Tejavista
6165	Sandro PRATES	4879	M	01:05:08	01:00:06	06:01	00:29:19	
6166	Paula Cristina CRISPIM	5780	F	01:05:08	00:58:56	05:54	00:30:22	
6167	Rui Pedro CARVALHO	3521	M	01:05:09	00:58:54	05:54	00:30:48	
6168	Pedro Fernando GEVELTOUK LUIS	484	M	01:05:09	00:58:55	05:54	00:30:48	
6169	Rui Carlos COUTO NINA ALVES FERREIRA	8869	M	01:05:09	01:00:32	06:04	00:30:40	
6170	João TAVEIRA	8263	M	01:05:09	00:58:43	05:53	00:31:53	
6171	Edmundo VIEIRA SIMOES	10279	M	01:05:09	00:59:59	06:00	00:29:37	
6172	Ricardo CABAÇO	319	M	01:05:10	00:59:20	05:56	00:29:43	
6173	Ana Rita LIMÃO MARQUES	1334	F	01:05:10	00:59:21	05:57	00:29:43	
6174	Marco PARAÍBA	167	M	01:05:10	01:01:21	06:09	00:29:50	
6175	Manuel POLIDO PEDRO	5996	M	01:05:11	00:59:58	06:00	00:28:28	
6176	Tiago Poças LOPES	8080	M	01:05:11	00:59:22	05:57	00:28:54	
6177	Marco CRUZ	10705	M	01:05:12	00:59:53	06:00	00:30:25	
6178	José MILAGRES	7665	M	01:05:12	01:05:12	06:32	00:32:49	
6179	Ricardo CABRAL	8673	M	01:05:12	01:00:22	06:03	00:31:00	
6180	Marta TOMADA	5721	F	01:05:12	01:02:14	06:14	00:30:26	
6181	Paulo AUGUSTO	1784	M	01:05:12	01:00:26	06:03	00:29:34	Pepsico Portugal
6182	Claúdio FERNANDES	6546	M	01:05:13	01:03:24	06:21	00:30:34	Odebrecht / BPC
6183	Maria Felícia DE SANCTIS	5000	F	01:05:14	01:04:24	06:27	00:32:03	
6184	Jorge GEADA	3926	M	01:05:14	01:02:00	06:12	00:31:05	
6185	Francisco PATINHA	2051	M	01:05:15	01:03:48	06:23	00:31:17	Grupo Recreativo Cultural Desportivo Leião
6186	Augusto Paulo FERREIRA MENDES PEREIRA	10896	M	01:05:15	00:58:41	05:53	00:28:35	
6187	José Carlos MAGALHÃES	2323	M	01:05:16	01:02:57	06:18	00:30:09	Grupo Desportivo BPI
6188	José ALVES	10706	M	01:05:16	01:00:37	06:04	00:30:54	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6189	Miguel OLIVEIRA	4185	M	01:05:16	01:00:37	06:04	00:30:54	
6190	Carla MARQUES	1272	F	01:05:17	01:00:16	06:02	00:30:34	
6191	Lucienne NEVES	1274	F	01:05:17	01:00:17	06:02	00:30:33	
6192	João Manuel CONSTANTINO	365	M	01:05:17	00:59:27	05:57	00:29:40	
6193	Sarah MUSGRAVE	818	F	01:05:17	00:59:27	05:57	00:29:40	
6194	Jorge SILVA	5887	M	01:05:18	01:04:29	06:27	00:30:33	
6195	George PALMER	6550	M	01:05:18	01:00:57	06:06	00:30:17	St. Julians School
6196	Paula TARULLI	11252	F	01:05:18	01:01:34	06:10	00:31:59	
6197	Pedro MOARAIIS LEITÃO	6213	M	01:05:19	00:58:28	05:51	00:29:25	Clube do Stress
6198	José Eduardo REIS	10752	M	01:05:19	01:03:38	06:22	00:31:35	
6199	Vitor CUNHA	2808	M	01:05:19	01:04:15	06:26	00:32:13	Wikaboo
6200	Filipa CUNHA	1087	F	01:05:20	01:04:15	06:26	00:32:13	Wikaboo
6201	Tiago MARQUES	10231	M	01:05:20	01:02:33	06:16	00:30:08	
6202	Sara MARTINS	11560	M	01:05:20	01:03:21	06:21	00:31:31	
6203	Frederico LIMA	15179	M	01:05:20	00:53:47	05:23	00:25:55	Gabinete de Fisioterapia no Desporto
6204	Fernando CARVALHO	3241	M	01:05:20	01:03:18	06:20	00:29:48	
6205	António PEREIRA	10098	M	01:05:21	01:01:35	06:10	00:30:14	Odebrecht / BPC
6206	Maria Isabel RODRIGUES	749	F	01:05:21	00:59:10	05:55	00:30:04	
6207	Cláudia MOTA NEVES	1265	F	01:05:21	01:03:12	06:20	00:30:28	
6208	Silvia Rute DE OLIVEIRA	750	F	01:05:22	01:02:11	06:14	00:32:46	
6209	Jose SILVA	10141	M	01:05:22	01:00:08	06:01	00:30:57	
6210	Miguel RIJO	6654	M	01:05:22	01:00:35	06:04	00:30:48	
6211	Marco BARRADAS	6926	M	01:05:22	01:00:08	06:01	00:30:49	
6212	Miguel FERREIRA	3880	M	01:05:23	00:57:56	05:48	00:30:27	
6213	Andreia FERNANDES RAMOS	11375	F	01:05:23	01:01:18	06:08	00:30:42	
6214	Susana PINTO	5777	F	01:05:24	01:01:24	06:09	00:29:10	
6215	Luis TORRÃO	2474	M	01:05:24	00:58:46	05:53	00:28:58	G. D. C. T. Repsol Polimeros
6216	José LOURO	6415	M	01:05:24	01:04:59	06:30	00:29:34	Grupo Desportivo Santander Totta
6217	Sarah FERNANDES	11483	F	01:05:24	01:03:12	06:20	00:30:40	
6218	Arnaldo DAVID	8137	M	01:05:24	01:02:55	06:18	00:30:55	
6219	Paula Cristina DA CUNHA	11322	F	01:05:24	01:03:30	06:21	00:31:04	
6220	Sandra FIGUEIRA	826	F	01:05:25	01:02:22	06:15	00:30:57	
6221	Adelino GONÇALVES	6093	M	01:05:25	00:58:29	05:51	00:29:07	
6222	Rui FERNANDES	1757	M	01:05:25	01:02:37	06:16	00:30:12	Clube do Stress

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6223	Ana Isabel FIGUEIREDO PUJOL	1160	F	01:05:25	01:02:21	06:15	00:30:57	
6224	Filipa De La Salete Mendes MARQUES	5608	F	01:05:25	01:01:05	06:07	00:31:13	
6225	Teresa PORTELA MORAIS	11546	F	01:05:25	01:05:05	06:31	00:31:47	
6226	Bruno Miguel Rodrigues Pinto RAMOS	3615	M	01:05:25	01:01:05	06:07	00:31:12	
6227	Antonio MACHADO	5974	M	01:05:26	01:02:05	06:13	00:31:00	
6228	Julia CARMO	5518	F	01:05:26	01:01:57	06:12	00:30:32	Grupo Carmo
6229	Tiago VEIGA LÁZARO	4574	M	01:05:26	01:00:09	06:01	00:30:19	
6230	Manuel ALBUQUERQUE	4095	M	01:05:26	00:59:26	05:57	00:30:04	
6231	Ana SANTOS	11428	F	01:05:27	01:01:55	06:12		
6232	Andreia Filipa SANTOS	1474	F	01:05:27	01:02:09	06:13	00:31:02	
6233	Ana Alice SIMOES PEREIRA	4931	M	01:05:27	01:02:54	06:18	00:30:36	
6234	João Filipe CARVALHO	11498	M	01:05:27	01:02:09	06:13	00:31:02	
6235	António DOMINGOS	6959	M	01:05:28	01:00:09	06:01	00:30:10	
6236	Marta REIS	11463	F	01:05:28	00:59:23	05:57	00:29:57	
6237	Fernando FILIPE	15072	M	01:05:28	01:04:06	06:25	00:30:16	Clube Grupo Desportivo BES
6238	João PACHECO	159	M	01:05:28	01:03:08	06:19	00:31:01	
6239	Luis Alexandre PINTO	4118	M	01:05:28	01:00:13	06:02	00:30:42	
6240	Teresa PINHEIRO	9613	F	01:05:29	00:59:38	05:58	00:30:13	
6241	Mariana TAVARES	659	F	01:05:29	01:04:29	06:27	00:31:46	
6242	Diogo CALDAS	2611	M	01:05:29	01:04:53	06:30	00:31:23	
6243	Nuno CONDINHO	4334	M	01:05:29	01:02:28	06:15	00:31:07	
6244	Richard HAMPSON	9016	M	01:05:30	00:59:37	05:58	00:30:50	
6245	Christopher GOLDSBROUGH	7028	M	01:05:31	01:00:56	06:06	00:28:53	
6246	Inês PAIS	1213	F	01:05:31	01:02:24	06:15	00:31:53	
6247	Ana ORDEM	5807	F	01:05:32	00:58:04	05:49	00:28:55	
6248	Cristiano DEVESA DIAS	7623	M	01:05:32	00:59:20	05:56	00:29:58	
6249	Angelo JORGE	7738	M	01:05:32	00:58:04	05:49	00:28:55	
6250	Luis ABREU	2472	M	01:05:32	00:58:53	05:54	00:30:38	S. M. D. Caneças
6251	Fernando António BAPTISTA	10439	M	01:05:32	01:03:00	06:18	00:31:53	
6252	Jorge RODRIGUES	7484	M	01:05:33	01:03:00	06:18	00:31:53	
6253	Ana MARTINS	11266	F	01:05:33	01:02:50	06:17	00:31:47	
6254	Bruno SILVESTRE	8223	M	01:05:33	01:02:51	06:18	00:30:54	
6255	Helder GUERREIRO	4774	M	01:05:33	01:02:46	06:17	00:32:18	
6256	Claudio André Lopes PINTO	10804	M	01:05:34	00:58:30	05:51	00:29:48	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6257	Rita CONCEICAO	4960	F	01:05:34	01:00:24	06:03	00:29:59	
6258	Pedro Manuel Palma MONTEIRO VARELA	4640	M	01:05:34	00:59:17	05:56	00:29:10	
6259	Tiago ANDRADE	9088	M	01:05:35	01:00:23	06:03	00:29:58	
6260	Pedro Miguel SILVA	7551	M	01:05:35	00:59:10	05:55	00:30:03	
6261	Gonçalo David ABREU MOTA	422	M	01:05:35	00:59:11	05:56	00:29:44	
6262	Joao PALMEIRO	8289	M	01:05:35	00:58:47	05:53	00:29:20	
6263	Maria Teresa JANELA	5008	F	01:05:36	01:02:55	06:18	00:30:19	Clube Millennium BCP
6264	Carlos Eduardo FIGUEIREDO	7593	M	01:05:36	00:59:12	05:56	00:29:44	
6265	Carina Maria FERNANDES SOBREIRA	1015	F	01:05:36	01:03:09	06:19	00:30:48	Casa do Pessoal Estradas de Portugal
6266	Paulo DOMINGUES	2751	M	01:05:37	01:00:24	06:03	00:29:27	
6267	Pedro BRITO	3644	M	01:05:37	01:01:52	06:12	00:30:32	
6268	Pedro SOROMENHO	3678	M	01:05:37	01:01:51	06:12	00:30:32	
6269	Sergio LEAL GONÇALVES FINO	1943	M	01:05:37	01:03:10	06:19	00:30:48	Casa do Pessoal Estradas de Portugal
6270	Sara FONSECA	1499	F	01:05:37	00:59:12	05:56	00:30:34	
6271	Nuno COLA	5906	M	01:05:38	00:59:32	05:58	00:30:42	
6272	Bruno Delgado COLAÇO	473	M	01:05:38	00:59:10	05:55	00:29:57	
6273	Johnny CUNHA SANTOS	10232	M	01:05:38	01:00:50	06:05	00:28:55	
6274	Vasco CASTELO BRANCO	6220	M	01:05:39	01:01:35	06:10	00:31:34	Clube do Stress
6275	Hélder GONÇALVES	4713	M	01:05:39	01:03:08	06:19	00:29:29	
6276	Fernando REIS	1749	M	01:05:40	01:01:35	06:10	00:31:33	Clube do Stress
6277	Sofia LEMOS DA COSTA	5009	F	01:05:40	01:01:29	06:09	00:30:45	
6278	João António MACHADO MARTINS	10283	M	01:05:40	01:01:30	06:09	00:30:59	
6279	Edgar Jesús NELO SÁNCHEZ	10401	M	01:05:41	01:04:36	06:28	00:32:21	
6280	Pedro MORAIS	2673	M	01:05:42	00:59:47	05:59	00:31:47	
6281	Carlos VITORINO	3608	M	01:05:42	01:05:00	06:30	00:29:36	Casa do Benfica de Algueirão Mem-martins
6282	Carla PARREIRINHA	5407	M	01:05:42	00:59:47	05:59	00:31:46	
6283	Javier ARRUPEA	4381	M	01:05:42	01:01:21	06:09	00:31:58	
6284	Tomás DOS REMÉDIOS SEMEDO	4016	M	01:05:42	01:02:19	06:14	00:30:25	
6285	Sérgio RODELO	8112	M	01:05:43	01:02:48	06:17	00:28:37	
6286	Daniel BARATA	8558	M	01:05:43	00:59:37	05:58	00:29:41	
6287	Valter LOPES	10153	M	01:05:43	01:00:50	06:05	00:29:12	
6288	Paulo VIEIRA	8680	M	01:05:43	01:00:57	06:06	00:32:14	
6289	Paulo GRAÇA	7900	M	01:05:43	01:00:54	06:06	00:29:27	
6290	João Pedro MIRANDA	9150	M	01:05:43	01:02:40	06:16	00:30:31	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6291	Luis SIMÕES	10169	M	01:05:44	00:59:15	05:56	00:30:14	
6292	Jose Antonio DA CRUZ PAIVA E COSTA	8692	M	01:05:44	01:00:57	06:06	00:32:14	
6293	Orlando SILVA	3145	M	01:05:44	00:59:50	05:59	00:30:27	
6294	João Paulo FREITAS LAVADO	8562	M	01:05:44	01:03:09	06:19	00:30:16	
6295	Nuno RODRIGUES	8413	M	01:05:45	01:03:29	06:21	00:30:33	
6296	Fernando BARROS	9925	M	01:05:45	01:01:31	06:10	00:30:51	Serviços Sociais da CGD
6297	Pedro Sérgio OLIVEIRA	3055	M	01:05:45	00:58:34	05:52	00:29:27	
6298	Rui BARATA	9942	M	01:05:45	00:59:32	05:58	00:30:25	Açoreana clube Banif
6299	Bruno ELIAS DE SOUSA	4639	M	01:05:45	01:04:02	06:25	00:30:15	
6300	Gonçalo MADEIRA	4596	M	01:05:46	00:55:24	05:33	00:26:21	
6301	Francisco Manuel Dos Reis GOMES	7134	M	01:05:46	00:58:23	05:51	00:29:36	
6302	Silvia SOUSA	33	F	01:05:47	01:05:08	06:31	00:31:55	
6303	Luis Miguel De Sousa FERREIRA	9108	M	01:05:47	00:59:03	05:55	00:27:31	
6304	Gonçalo Alexandre TEIXEIRA GARCIA	7020	M	01:05:47	00:59:42	05:59	00:30:02	
6305	Susana PEREIRA	1507	F	01:05:47	01:01:21	06:09	00:30:42	
6306	Ricardo PEDRO	5988	M	01:05:47	00:58:33	05:52	00:30:07	
6307	Antonio SANTOS	3008	M	01:05:47	01:03:01	06:19	00:32:19	
6308	Margarida Isabel DUARTE DA SILVA	1357	F	01:05:47	01:03:01	06:19	00:32:19	
6309	Ana Catarina Reis PEIXOTO	1130	F	01:05:47	00:58:33	05:52	00:30:06	
6310	Jorge MARTINHO	4759	M	01:05:48	01:00:29	06:03	00:29:13	
6311	António MOEDA	8348	M	01:05:49	01:05:49	06:35	00:24:03	
6312	David SANTOS	4454	M	01:05:49	00:59:11	05:56	00:30:09	
6313	Carlos MELO	6508	M	01:05:49	01:00:47	06:05	00:31:01	Serviços Sociais Montepio Geral
6314	Tânia SILVA	1118	F	01:05:49	00:59:11	05:56	00:30:09	LINK
6315	Cláudia TAM	5343	F	01:05:49	01:03:51	06:24	00:30:17	
6316	Fernando LOPES	2338	M	01:05:49	01:01:52	06:12	00:32:54	Clube Anacom
6317	Meike LUX	1430	F	01:05:51	01:01:45	06:11	00:31:14	
6318	Luis LIMA	15353	M	01:05:51	01:01:00	06:06	00:29:04	
6319	José ZACARIAS	10982	M	01:05:51	01:01:00	06:06	00:29:05	
6320	João LOPES	15246	M	01:05:51	01:01:01	06:07	00:29:04	
6321	Sandra RAMALHO	1171	F	01:05:51	01:03:51	06:24	00:32:42	
6322	Tiago PAULINO	10819	M	01:05:51	01:03:00	06:18	00:29:40	
6323	Mário ROBALO	3313	M	01:05:52	00:59:39	05:58	00:29:48	
6324	Miguel FREITAS	3136	M	01:05:52	01:01:06	06:07	00:32:14	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6325	Rosario FIGUEIRAL	5055	F	01:05:52	01:03:29	06:21	00:31:30	
6326	Madalena BOAVIDA	5029	F	01:05:53	01:03:30	06:21	00:31:29	
6327	João GOMES	7732	M	01:05:54	01:03:46	06:23	00:31:14	
6328	Duarte VAZ DE ALMEIDA	8691	M	01:05:54	01:00:24	06:03	00:29:33	
6329	Miguel VALE	10309	M	01:05:55	00:59:04	05:55	00:31:19	
6330	Hélder Tavares MAGALHÃES	3366	M	01:05:55	01:03:14	06:20	00:31:25	
6331	Ana MASCARENHAS	1232	F	01:05:56	01:03:00	06:18	00:31:42	
6332	Nuno CARMONA	4363	M	01:05:56	01:01:13	06:08	00:30:31	
6333	Pedro Miguel MONZELO	4066	M	01:05:56	01:00:47	06:05	00:29:10	
6334	Guy MERCIER	10497	M	01:05:56	00:59:50	05:59	00:29:27	
6335	Cláudia CANTO	1437	F	01:05:56	01:01:14	06:08	00:30:31	
6336	Maria Jose NICOLAU	5473	F	01:05:56	01:00:23	06:03	00:28:42	
6337	José GALVÃO	6834	M	01:05:56	00:59:25	05:57	00:31:10	Uniao Recreativa Dafundo
6338	Luiz Antonio PEREIRA DE OLIVEIRA	8582	M	01:05:57	01:01:08	06:07	00:31:43	
6339	Miguel PEDRO	6149	M	01:05:57	00:58:43	05:53	00:30:07	
6340	Bruno Miguel MARTINS DOS SANTOS	7079	M	01:05:57	01:00:58	06:06	00:30:15	
6341	Ricardo Miguel COSTA	2799	M	01:05:57	01:04:18	06:26	00:29:36	
6342	Rui VALLE	3957	M	01:05:57	01:01:25	06:09	00:31:18	
6343	Martinho FREIRE	15098	M	01:05:57	01:05:29	06:33	00:32:07	Gabinete de Fisioterapia no Desporto
6344	Pedro GRAÇA	7154	M	01:05:58	01:03:12	06:20	00:29:44	
6345	José António VEIGA	3614	M	01:05:58	00:59:11	05:56	00:30:03	
6346	José Luis SIMÕES MARQUES NUNES	6427	M	01:05:58	01:04:41	06:29	00:32:15	G.R.D. Os Fixes
6347	Francisco SILVA	7051	M	01:05:58	01:03:02	06:19	00:30:01	
6348	José MACEDO CUNHA	1875	M	01:05:59	00:59:38	05:58	00:31:25	Maratona Clube de Portugal
6349	Miguel MÓIA	6411	M	01:05:59	00:59:38	05:58	00:31:25	Maratona Clube de Portugal
6350	Carlos MÓIA	6412	M	01:05:59	00:59:39	05:58	00:31:25	Maratona Clube de Portugal
6351	Nuno LOPES	1877	M	01:06:00	00:58:55	05:54	00:30:14	Açoreana clube Banif
6352	Paulo NUNES	1879	M	01:06:00	00:58:55	05:54	00:30:13	Açoreana clube Banif
6353	Francisco REMÉDIOS	7686	M	01:06:00	00:59:17	05:56	00:30:22	
6354	Paulo MARTINS	7698	M	01:06:00	00:59:18	05:56	00:30:22	
6355	Fernando VARELA	10064	M	01:06:02	00:59:55	06:00	00:29:41	Clube Anacom
6356	Rui Pedro PEREIRA	8694	M	01:06:02	00:59:38	05:58	00:31:48	
6357	Pedro CARVALHO	5889	M	01:06:02	00:59:38	05:58	00:31:48	
6358	Paulo CARDOSO	3260	M	01:06:03	01:02:02	06:13	00:29:57	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6359	Manuel AUGUSTO	15157	M	01:06:03	00:59:21	05:57	00:30:27	Linda-a-Pastora Sporting Clube
6360	Luis FERNANDES	6207	M	01:06:03	01:03:38	06:22	00:30:42	Serviços Sociais da CGD
6361	Bernardo José PARAIBA	6044	M	01:06:03	01:03:15	06:20	00:31:04	Clube Millennium BCP
6362	Teresa Sofia ABREU	1292	F	01:06:04	01:03:40	06:22	00:31:59	
6363	João Pedro BENTO SANTIAGO	6922	M	01:06:04	01:00:50	06:05	00:30:58	
6364	Luis Artur BARATA	7511	M	01:06:05	01:00:38	06:04	00:30:50	
6365	Ricardo Telmo TRIGO	3576	M	01:06:05	01:03:42	06:23	00:31:59	
6366	António Manuel RIBEIRO	6243	M	01:06:06	01:03:47	06:23	00:31:45	
6367	Sagi KOSHET	11146	M	01:06:06	00:59:32	05:58	00:29:51	
6368	Clara FARIA	1436	F	01:06:07	01:02:08	06:13		
6369	Pedro FERREIRA	4147	M	01:06:07	01:01:30	06:09	00:30:44	
6370	André GUIMARÃES	2263	M	01:06:07	01:00:19	06:02	00:30:19	Tejavista
6371	Nuno QUITÉRIA	7893	M	01:06:07	01:01:08	06:07	00:30:42	
6372	André LOPES	498	M	01:06:08	00:59:39	05:58	00:30:37	
6373	António MESQUITA	9888	M	01:06:08	01:04:02	06:25	00:30:45	C. R. Leões de Porto Salvo
6374	David ARAGÃO	2911	M	01:06:09	00:59:11	05:56	00:29:41	
6375	Catia NOGUEIRA	1457	F	01:06:09	01:03:55	06:24	00:31:05	
6376	Vânia PEREIRA	11337	F	01:06:09	01:03:41	06:23	00:31:21	
6377	Francisco DE MENDONÇA ROCHA	4277	M	01:06:09	01:01:36	06:10	00:31:44	
6378	António Manuel SILVA ROCHA	8278	M	01:06:09	01:01:36	06:10	00:31:41	
6379	Fausto Silva Alexandre PINTO	8267	M	01:06:09	01:01:36	06:10	00:31:44	
6380	Anabela De Oliveira MENDONÇA	5125	F	01:06:09	01:01:36	06:10	00:31:44	
6381	Renato Filipe RITO	2886	M	01:06:10	01:02:32	06:16	00:30:43	
6382	Marta De Mendonça ROCHA	731	F	01:06:10	01:01:36	06:10	00:31:41	
6383	Luís Manuel Pereira Do COITO	10571	M	01:06:11	01:04:02	06:25	00:30:33	
6384	Paulo MARTINS MENDONÇA DE ABREU	8533	M	01:06:12	01:02:12	06:14	00:29:59	
6385	Susana Patrícia SARGENTO	555	F	01:06:12	01:02:12	06:14	00:30:00	
6386	Nuno ALVES	2866	M	01:06:13	01:01:32	06:10	00:30:08	
6387	Renato SILVA	6993	M	01:06:13	01:00:21	06:03	00:30:40	
6388	Rodrigo Miguel GARCIA CANDIDO	4263	M	01:06:14	01:01:58	06:12	00:31:44	
6389	António Augusto CHAGAS CANDIDO	4255	M	01:06:14	01:01:58	06:12	00:31:44	
6390	Miguel GASPAS	3128	M	01:06:15	00:59:03	05:55	00:29:54	
6391	Daniel PAIXÃO	3122	M	01:06:15	00:59:04	05:55	00:29:54	
6392	Rita VILAÇA	5423	F	01:06:16	01:00:25	06:03	00:28:31	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6393	Luís GRAÇA	10731	M	01:06:16	01:01:56	06:12	00:30:34	
6394	Pedro BISCAIA	10575	M	01:06:16	01:00:12	06:02		
6395	Daniel PINTO	7987	M	01:06:16	01:00:23	06:03		
6396	Rui MARINHO	4422	M	01:06:17	01:00:54	06:06	00:29:28	
6397	Nuno BRANCO	8396	M	01:06:18	01:00:14	06:02	00:30:35	
6398	Ricardo MARQUES	2700	M	01:06:18	01:01:15	06:08	00:30:32	
6399	Paulo METELO	6905	M	01:06:20	01:02:22	06:15	00:30:05	
6400	Joaquim Jose PIA BELGA	10818	M	01:06:20	01:01:53	06:12	00:31:15	
6401	José ABREU	2738	M	01:06:20	01:01:24	06:09	00:31:05	
6402	Nuno Miguel TAVARES INÁCIO	3150	M	01:06:21	01:00:14	06:02	00:30:17	
6403	Rita Gonçalves DUARTE	5649	F	01:06:21	01:03:06	06:19	00:29:40	
6404	Carla SOUSA	5157	F	01:06:21	00:59:42	05:59	00:31:20	
6405	Antonio Ramos SILVA	7959	M	01:06:22	01:04:05	06:25	00:30:27	
6406	António Jacinto Godinho CASAS NOVAS	10866	M	01:06:22	01:00:45	06:05	00:29:21	
6407	Jose SERRAO	4239	M	01:06:22	01:05:19	06:32	00:30:54	
6408	Justino Manuel CORREIA LOPES	6933	M	01:06:23	01:01:47	06:11	00:31:54	
6409	Stefanie MICHALKE SANTOS	5661	F	01:06:23	01:02:08	06:13	00:31:13	
6410	Melina Carmen GOSSGILION	5169	F	01:06:24	01:02:02	06:13	00:30:22	
6411	Carlos NASCIMENTO	8418	M	01:06:24	01:02:16	06:14	00:32:39	
6412	Cassiano CUNHA	15089	M	01:06:24	01:03:39	06:22	00:30:56	Gabinete de Fisioterapia no Desporto
6413	Vasco SOARES	8883	M	01:06:24	01:00:13	06:02	00:32:56	
6414	Teresa Paula RIBEIRO	5659	F	01:06:24	01:03:11	06:20	00:30:28	
6415	Vera PIZANI	4883	F	01:06:24	01:05:26	06:33	00:31:58	
6416	Joana CASCAIS	1485	F	01:06:25	01:01:52	06:12	00:30:40	
6417	Eurico Jorge BERNARDES MIRANDA	10745	M	01:06:26	01:04:23	06:27	00:31:26	
6418	João CARVALHO	10711	M	01:06:26	01:00:49	06:05	00:30:30	
6419	João COSTA	4608	M	01:06:27	01:04:17	06:26	00:31:51	
6420	Henrique CASQUINHA CUSTÓDIO	11153	M	01:06:27	01:00:52	06:06	00:30:30	
6421	Teresa GIL	5671	F	01:06:28	01:04:14	06:26	00:32:30	
6422	Gabriel DE JESUS M. MATEUS	3878	M	01:06:28	01:01:10	06:07	00:31:17	
6423	Paulo CARIA	8227	M	01:06:28	00:59:30	05:57	00:29:31	
6424	Joao FONSECA	8539	M	01:06:29	01:05:59	06:36	00:31:30	
6425	Anabela FONSECA	11481	F	01:06:29	01:05:59	06:36	00:31:30	
6426	Joao Batista GOMES	10158	M	01:06:29	01:00:35	06:04	00:30:16	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6427	Daniel CAROLINO	9066	M	01:06:30	00:59:52	06:00	00:32:08	
6428	Jose ROCHA	10649	M	01:06:31	01:02:40	06:16	00:31:53	
6429	Manuel LAMEGO	10337	M	01:06:32	01:00:40	06:04	00:30:36	
6430	Rita ASCENSO	11254	F	01:06:32	00:59:20	05:56	00:30:04	
6431	Hugo MANUEL	10697	M	01:06:32	01:04:36	06:28	00:32:22	
6432	João OLIVEIRA PIRES DA COSTA DE MATOS	507	M	01:06:32	01:06:04	06:37	00:27:23	
6433	Orlando BAIARRADA	2546	M	01:06:33	01:05:56	06:36	00:31:15	
6434	Diogo DA CUNHA NUNES	3177	M	01:06:33	01:03:06	06:19	00:29:10	
6435	Andrew LUCAS	2101	M	01:06:33	00:59:31	05:58	00:28:25	
6436	Diogo MOURO	3179	M	01:06:33	01:03:06	06:19	00:29:10	
6437	Pedro SAMPAIO	6376	M	01:06:33	01:00:44	06:05	00:31:20	Tejavista
6438	Pedro COSTA	9181	M	01:06:33	00:59:55	06:00	00:32:09	
6439	Pedro PIRES	11192	M	01:06:33	01:02:59	06:18	00:29:44	
6440	Pedro DELGADO	6471	M	01:06:33	01:00:55	06:06	00:31:18	Tejavista
6441	Orlando Augusto DOS SANTOS SILVA	8512	M	01:06:33	01:00:53	06:06	00:30:09	
6442	Sara DIAS	653	F	01:06:34	01:05:47	06:35	00:32:58	NUCLEOEIRAS/SPORTZONE
6443	Susana CUNHA	1433	F	01:06:34	01:00:54	06:06	00:30:09	
6444	Filipa MACHADO	677	F	01:06:34	01:06:34	06:40	00:33:44	NUCLEOEIRAS/SPORTZONE
6445	Paula COSTA	884	F	01:06:34	01:03:37	06:22	00:31:26	Casa do Pessoal Estradas de Portugal
6446	André FUNG	2819	M	01:06:34	01:03:37	06:22	00:31:26	HP Portugal Clube
6447	Fernando VENDRELL HENRIQUES	1996	M	01:06:34	01:00:16	06:02	00:30:30	
6448	Rui Pedro NOBRE RIBEIRO	6360	M	01:06:34	01:03:37	06:22	00:31:25	Casa do Pessoal Estradas de Portugal
6449	Diogo ALMEIDA	63	M	01:06:35	01:03:33	06:22	00:33:34	
6450	Rui DUARTE	1935	M	01:06:35	01:03:37	06:22	00:31:26	Casa do Pessoal Estradas de Portugal
6451	Luis Miguel MARTINHO	4314	M	01:06:35	01:01:37	06:10	00:32:22	
6452	Filipa Isabel FIDALGO CARIOCA	11278	F	01:06:35	01:04:42	06:29	00:32:12	
6453	Catarina PARDELHA	1589	F	01:06:35	01:05:49	06:35	00:32:38	
6454	Luis MARCEVES	15174	M	01:06:35	00:59:50	05:59	00:30:18	Gabinete de Fisioterapia no Desporto
6455	Rute SILVA	706	F	01:06:36	01:02:12	06:14	00:30:37	
6456	Carlos DIAS	8682	M	01:06:36	01:02:12	06:14	00:30:38	
6457	Nuno ALMEIDA	62	M	01:06:36	01:03:34	06:22	00:33:34	
6458	Sergio Miguel AZINHEIRINHA	3530	M	01:06:36	01:06:16	06:38	00:31:56	
6459	Ivy VAN DER WERF	11457	F	01:06:37	01:02:47	06:17	00:31:47	
6460	Lourenço SOTTOMAYOR	5965	M	01:06:37	01:04:48	06:29	00:30:50	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6461	Ana CONDUTO	11311	F	01:06:37	01:06:04	06:37	00:31:42	
6462	Joel VIEIRA	2640	M	01:06:37	01:00:16	06:02	00:29:54	
6463	Jorge Humberto COLAÇO	6299	M	01:06:38	01:04:26	06:27	00:30:52	Clube Millennium BCP
6464	Madalena CASTELO BRANCO	882	F	01:06:38	00:58:50	05:53	00:28:18	Clube do Stress
6465	Paulo Fernando DA CRUZ MANUEL	10410	M	01:06:38	01:05:40	06:34	00:31:13	
6466	Duarte AFONSO	8871	M	01:06:38	01:03:27	06:21	00:32:21	
6467	Jorge IGLESIAS	8617	M	01:06:39	01:03:28	06:21	00:32:19	
6468	António GOMES	7152	M	01:06:39	01:02:23	06:15	00:30:49	
6469	Julio SANTOS	10688	M	01:06:39	01:05:36	06:34	00:30:48	
6470	João Tiago FERREIRA	10339	M	01:06:40	00:58:53	05:54	00:28:19	
6471	Fernando LEANDRO	10515	M	01:06:40	01:03:37	06:22	00:30:21	
6472	Joao SILVA	6247	M	01:06:41	01:00:06	06:01	00:29:51	
6473	Ricardo MONTEIRO	7641	M	01:06:41	00:59:46	05:59	00:30:30	
6474	Susana PENELAS	1491	F	01:06:42	01:03:10	06:19	00:31:20	
6475	Vitor MOURA	2648	M	01:06:42	01:00:00	06:00	00:29:10	
6476	Paulo BARATA	10369	M	01:06:43	01:02:52	06:18	00:30:11	
6477	Ricardo Jorge FERNANDES	5884	M	01:06:43	01:02:12	06:14	00:29:51	
6478	José PARRANÇA	8334	M	01:06:43	01:03:20	06:20	00:30:52	
6479	Pedro PIRES	2874	M	01:06:45	01:03:10	06:19	00:29:44	
6480	Margarida EMILIO	1384	F	01:06:45	01:05:04	06:31	00:32:08	
6481	António EDUARDO	8722	M	01:06:45	01:01:23	06:09	00:32:12	
6482	Lara Cristiana VALENTE	1492	F	01:06:45	01:04:20	06:26	00:31:12	
6483	Nuno SERRANO	3633	M	01:06:45	01:03:59	06:24	00:31:03	
6484	Isabel CHINES	743	F	01:06:46	01:04:32	06:28	00:32:30	
6485	João Manuel DA CRUZ	10363	M	01:06:46	01:05:58	06:36	00:31:45	
6486	Antonio Pedro RIBEIRO	6008	M	01:06:46	00:59:34	05:58	00:29:20	
6487	Miguel CORREIA	10198	M	01:06:47	01:04:02	06:25	00:30:35	
6488	Marta Maria VASCONCELOS	4959	F	01:06:47	01:02:34	06:16	00:31:53	
6489	Vera KOSHET	9633	F	01:06:47	01:00:13	06:02	00:29:51	
6490	Paula GONÇALVES	900	F	01:06:48	01:01:06	06:07	00:30:19	Serviços Sociais da CGD
6491	João SILVA	7379	M	01:06:48	01:04:19	06:26	00:31:01	
6492	Paulo Lopes RATO	6038	M	01:06:48	01:06:48	06:41	00:32:59	Clube Millennium BCP
6493	João Filipe Padrão COELHO	3383	M	01:06:49	00:59:31	05:58	00:33:34	
6494	Jacqueline CORREIA	11387	F	01:06:49	01:00:37	06:04	00:29:47	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6495	Pedro CAEIRO	6297	M	01:06:49	01:03:48	06:23	00:31:58	Clube Millennium BCP
6496	Pedro COSTA	8340	M	01:06:50	01:00:04	06:01	00:30:42	
6497	André COELHO	8260	M	01:06:51	01:01:03	06:07	00:29:07	
6498	Miguel VARELA	7278	M	01:06:51	01:06:39	06:40	00:32:25	
6499	João FREIRE	10102	M	01:06:51	01:05:01	06:31	00:33:26	Grupo Desportivo Cimpor
6500	Claudio FERREIRA	8676	M	01:06:51	01:00:39	06:04	00:31:01	
6501	Rui ALVES	10953	M	01:06:51	01:02:15	06:14	00:30:45	
6502	Cidália NEVES	1422	F	01:06:52	01:03:51	06:24	00:33:05	
6503	Hugo SILVA	2597	M	01:06:52	01:03:51	06:24	00:33:04	
6504	Antonio FREIRE	9104	M	01:06:52	01:01:10	06:07	00:31:13	
6505	Silvia Alexandra RITO	1400	F	01:06:52	01:00:38	06:04	00:30:47	
6506	Nuno AFONSO	2072	M	01:06:53	01:01:56	06:12	00:33:03	Serviços Sociais Montepio Geral
6507	Bruno NANDIN DE CARVALHO	4371	M	01:06:53	01:00:26	06:03	00:31:54	
6508	Célia FRANCISCO	11353	F	01:06:53	00:59:45	05:59	00:30:17	
6509	França OLIVIER	4502	M	01:06:53	01:01:23	06:09	00:31:48	
6510	Luís Miguel ROCHA	2960	M	01:06:53	01:01:33	06:10	00:31:18	
6511	Filipe FONSECA	8643	M	01:06:54	01:04:21	06:27		
6512	Ricardo CAETANO	7648	M	01:06:54	01:03:47	06:23	00:30:52	
6513	António RODRIGUES	7928	M	01:06:55	01:01:02	06:07	00:31:09	
6514	Luís ROSADO	3745	M	01:06:55	01:01:24	06:09	00:30:00	
6515	Manuel CAROLINO	6589	M	01:06:55	01:00:56	06:06	00:31:29	CCD Sintrense
6516	Vladimir BORCIC	10773	M	01:06:56	00:58:10	05:49	00:28:34	
6517	Elsa Maria CORREIA MOTA	876	F	01:06:56	01:05:11	06:32	00:32:27	
6518	João PARRA	6459	M	01:06:56	01:01:09	06:07	00:30:20	Tejavista
6519	Hernâni Filipe NEVES ALVES	2657	M	01:06:57	01:03:37	06:22	00:32:51	
6520	Filipe LEAL DE FARIA	7443	M	01:06:57	01:02:28	06:15	00:30:20	
6521	Rita João MATOS VENTURA	5776	M	01:06:57	01:03:37	06:22	00:32:52	
6522	Mariana REIS	1077	F	01:06:57	01:01:17	06:08	00:29:42	Mirc
6523	Pedro SILVA	7321	M	01:06:57	01:04:48	06:29	00:31:18	
6524	Carlos Alexandre BORRALHO	7344	M	01:06:57	01:04:49	06:29	00:31:19	
6525	Célia João Costa FIGUEIREDO	1655	F	01:06:58	01:04:48	06:29	00:32:03	
6526	Mónica RAMOS	1155	F	01:06:58	01:02:57	06:18	00:31:07	
6527	Luis PIRES	3889	M	01:06:58	01:02:57	06:18	00:31:07	
6528	Paulo PICÃO	6726	M	01:06:59	01:00:48	06:05	00:34:57	S. M. D. Caneças

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6529	Francisco José PEREIRA	5917	M	01:06:59	01:00:04	06:01	00:29:08	
6530	Nuno DUARTE	10490	M	01:06:59	01:06:40	06:40	00:32:04	
6531	Pedro VIOLANTE	3470	M	01:06:59	01:01:06	06:07	00:29:08	
6532	Henrique Sebastião ALCADA KOENDERS	9824	M	01:07:00	00:58:37	05:52	00:28:44	
6533	Iolanda BRANCO	1595	F	01:07:00	01:03:04	06:19	00:31:49	
6534	Rosaria PACHECO	727	F	01:07:00	01:04:43	06:29	00:31:43	
6535	Jaime Manuel CALDEIRA GATO	8625	M	01:07:01	00:58:38	05:52	00:28:44	
6536	Jorge VICENTE	8382	M	01:07:01	01:01:54	06:12	00:30:36	
6537	Andreia LUZ	1516	F	01:07:01	01:01:53	06:12	00:30:36	
6538	Miguel Abreu SANTOS	6070	M	01:07:01	01:03:25	06:21	00:30:52	Clube Millennium BCP
6539	Eoin O'TOOLE	8479	M	01:07:02	01:02:19	06:14	00:31:09	
6540	Filomena CAPELO	1495	F	01:07:02	01:02:19	06:14	00:31:09	
6541	Carolina MARTINS	1597	F	01:07:02	00:59:51	06:00	00:29:17	
6542	Carlos VIEIRA	9192	M	01:07:02	01:05:07	06:31	00:31:39	
6543	Jose ROSADO	7661	M	01:07:02	01:01:33	06:10	00:31:25	
6544	Irina KRUK	728	F	01:07:03	01:05:08	06:31	00:31:36	
6545	Joao Fernando PEREIRA DA CRUZ	10447	M	01:07:03	01:00:54	06:06	00:29:39	
6546	Fernando APOLINÁRIO	10972	M	01:07:03	01:05:08	06:31	00:31:38	
6547	Sofia Alexandra COSTA ARAÚJO	9757	F	01:07:03	01:01:45	06:11	00:31:12	
6548	Florival Da Silva LUCAS	7923	M	01:07:04	01:02:59	06:18	00:32:16	
6549	Augusto MARTINS	10841	M	01:07:04	01:03:19	06:20	00:32:26	
6550	Alexandra MATIAS	651	F	01:07:04	01:00:11	06:02	00:32:22	
6551	Joaquim LAVADO	9917	M	01:07:04	01:04:37	06:28	00:31:58	Serviços Sociais da CGD
6552	João LOBO	1870	M	01:07:05	01:03:48	06:23	00:31:40	Serviços Sociais Montepio Geral
6553	José BALINHO DO Ó	9813	M	01:07:06	01:03:06	06:19	00:31:32	
6554	Patricia CAEIRO	5005	F	01:07:06	01:04:04	06:25	00:31:55	Clube Millennium BCP
6555	Gilberto MENDES CARNEIRO	186	M	01:07:06	00:59:51	06:00	00:28:57	
6556	Jorge BALINHO DO Ó	1972	M	01:07:06	01:03:07	06:19	00:31:32	
6557	Ana Margarida CORREIA	736	F	01:07:06	00:59:51	06:00	00:28:57	
6558	Pedro ROUXINOL	147	M	01:07:06	01:04:32	06:28	00:29:51	
6559	Bernardo Miguel MOREIRA	6939	M	01:07:06	01:03:30	06:21	00:30:46	
6560	Jorge Manuel P. LEANDRO	3848	M	01:07:06	01:00:38	06:04	00:31:53	
6561	António Alexandre GONÇALVES DE ABREU	7968	M	01:07:07	01:00:38	06:04	00:31:53	
6562	Pablo PUEY	6842	M	01:07:07	01:00:39	06:04	00:29:41	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6563	Tiago Torgal Cunha FREIRE	6958	M	01:07:07	01:02:32	06:16	00:30:14	
6564	Diana Marisa COSTA	9802	F	01:07:07	01:02:51	06:18	00:30:52	
6565	José Pedro GUIMARÃES	10771	M	01:07:07	01:02:05	06:13	00:31:08	
6566	Rui Jorge PINHEIRO	408	M	01:07:08	01:02:52	06:18	00:30:52	
6567	João ANTUNES	7368	M	01:07:08	01:06:01	06:37	00:28:56	
6568	Alexandra SOARES	6435	F	01:07:09	01:02:22	06:15	00:31:03	Maratona Clube de Portugal
6569	Paulo BORJA	8704	M	01:07:09	01:00:31	06:04	00:29:58	
6570	Nuno DUARTE	10910	M	01:07:10	01:02:48	06:17	00:29:44	
6571	Maria Alexandra RAMALHO	5499	F	01:07:10	01:02:23	06:15	00:31:02	
6572	Pedro MOREIRA DE ALMEIDA	5951	M	01:07:10	01:02:22	06:15	00:31:01	
6573	Pedro GOMES	8683	M	01:07:11	01:04:20	06:26	00:31:07	
6574	Fernando OLIVEIRA	10151	M	01:07:12	01:03:38	06:22	00:31:38	
6575	João BOURA	10073	M	01:07:12	01:03:39	06:22	00:31:40	
6576	Rodrigo SANTOS	4260	M	01:07:12	01:01:52	06:12	00:31:24	
6577	António NASCIMENTO	2979	M	01:07:12	01:02:15	06:14	00:31:04	
6578	José Joaquim Coelho SANTOS	8881	M	01:07:12	01:01:52	06:12	00:31:24	
6579	André Esteves Gomes LOUREIRO	10511	M	01:07:12	01:04:26	06:27	00:28:55	
6580	Sofia Inês RAMALHO	5064	F	01:07:12	01:06:46	06:41	00:33:39	Clube Millennium BCP
6581	Rui Jorge RAMALHO	6040	M	01:07:13	01:06:46	06:41	00:33:39	Clube Millennium BCP
6582	Ilídio TORGAL	2335	M	01:07:13	01:05:50	06:35	00:31:03	Valejas Atletico Clube
6583	Ana Cristina TAVARES	1263	F	01:07:13	01:06:27	06:39	00:31:02	
6584	Pedro PRETO	10397	M	01:07:14	01:06:53	06:42		
6585	Joao RODRIGUES	9027	M	01:07:14	01:07:14	06:44	00:33:06	
6586	Manuel Fernando PINTO FERRADOR	9845	M	01:07:14	01:04:21	06:27	00:32:32	
6587	Luis Miguel Coelho LEMOS	2251	M	01:07:15	01:00:52	06:06	00:30:58	
6588	Osvanilda JESUS SILVA CARDOSO	15013	F	01:07:15	01:03:32	06:22	00:29:18	Grupo Cultural Atletismo N. de Porto Salvo
6589	Rita CRISOSTOMO	5456	F	01:07:15	01:05:11	06:32	00:31:44	
6590	Chiara BEDINI	1411	F	01:07:15	01:01:14	06:08	00:31:27	
6591	Alexandra QUEIROZ	5384	F	01:07:16	01:06:01	06:37	00:33:25	
6592	Diane Marie SILVA	15301	F	01:07:16	01:05:34	06:34	00:32:28	
6593	Sandra SERRA	5632	F	01:07:16	01:03:00	06:18	00:30:55	
6594	Luis MENDONÇA	7678	M	01:07:16	01:00:39	06:04	00:30:31	
6595	Susana MENDES	1631	F	01:07:17	01:00:23	06:03	00:30:31	
6596	Paulo MARTINS	5873	M	01:07:17	01:00:05	06:01	00:29:54	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6597	Isabella GOLDSBROUGH	5429	F	01:07:17	01:02:44	06:17	00:29:40	
6598	Sandra CORREIA	831	F	01:07:17	01:00:47	06:05	00:29:25	
6599	João Carlos VALENTE	108	M	01:07:18	01:02:19	06:14	00:29:43	
6600	Rogério Paulo ALVES	2104	M	01:07:19	01:01:42	06:11	00:30:22	
6601	Jorge LOURENÇO	10651	M	01:07:19	01:04:18	06:26	00:32:57	
6602	Manuel ALVES	7071	M	01:07:19	01:03:01	06:19	00:31:35	
6603	Eduardo Costa FIALHO	1693	M	01:07:20	01:00:06	06:01	00:30:39	Clube Millennium BCP
6604	Joao Carlos SILVA	10323	M	01:07:21	01:05:58	06:36	00:31:50	
6605	Pedro MELO PEREIRA	8252	M	01:07:21	01:00:53	06:06	00:28:17	
6606	Sofia GONÇALVES	1567	F	01:07:21	01:05:00	06:30	00:32:54	
6607	Mariana POPPE FIGUEIREDO	5421	F	01:07:22	01:01:31	06:10	00:31:04	
6608	Henrique VENTURA	9137	M	01:07:22	01:00:17	06:02	00:29:40	
6609	João POPPE FIGUEIREDO	7000	M	01:07:23	01:01:31	06:10	00:31:02	
6610	Susana PALMA	5738	F	01:07:23	01:00:34	06:04	00:31:22	
6611	Pritesh MANILAL	10392	M	01:07:23	01:07:05	06:43	00:31:48	
6612	Luis FRANGANITO	7264	M	01:07:24	01:02:52	06:18	00:32:55	
6613	Ricardo OLIVEIRA	7353	M	01:07:25	01:02:55	06:18	00:31:20	
6614	Carlos ALVES	3643	M	01:07:25	01:04:19	06:26	00:33:37	
6615	Tito FERREIRA	4421	M	01:07:26	01:00:24	06:03	00:31:46	
6616	André ALVES	3542	M	01:07:26	01:01:42	06:11	00:28:08	
6617	Luis Miguel PEREIRA	2863	M	01:07:26	01:00:54	06:06	00:29:34	
6618	Hugo FALCÃO	11160	M	01:07:26	01:01:33	06:10	00:32:55	
6619	Mafalda SOARES	1552	F	01:07:26	01:01:33	06:10	00:32:55	
6620	Anne TAYLOR	1285	F	01:07:27	01:04:54	06:30	00:31:53	
6621	Paulo DIAS AGUDO	2877	M	01:07:27	01:05:41	06:35	00:31:02	
6622	Sofia PIGNATELLI	4919	F	01:07:28	01:02:31	06:16	00:30:36	
6623	Hugo Ricardo Figueiras CAEIRO	7135	M	01:07:28	01:04:49	06:29	00:31:27	
6624	Pedro GOUVEIA E MELO	10469	M	01:07:28	01:02:58	06:18	00:31:21	
6625	Pedro LOUREIRO	10805	M	01:07:30	01:02:48	06:17	00:30:43	
6626	Andre Miguel TEIXEIRA PINTO	105920	M	01:07:30	01:03:44	06:23	00:29:00	
6627	Jaceline MENDES MARTINS	15014	F	01:07:30	01:03:46	06:23	00:29:23	Grupo Cultural Atletismo N. de Porto Salvo
6628	Carolina ALMEIDA	15033	F	01:07:30	01:06:09	06:37	00:32:44	Linda-a-Pastora Sporting Clube
6629	Paulo FERREIRA	7389	M	01:07:31	01:01:18	06:08	00:29:51	
6630	Livia DOSA	1564	F	01:07:31	01:03:11	06:20	00:30:50	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6631	Miguel EÇA MATOS	8381	M	01:07:31	01:02:10	06:13	00:31:26	
6632	Vania GUERREIRO	5578	F	01:07:31	01:00:52	06:06	00:30:08	
6633	Maria Da Conceição SÁ	5376	F	01:07:31	01:04:32	06:28	00:30:31	
6634	Rui Jorge CAMEJO	3232	M	01:07:32	01:01:55	06:12	00:33:26	
6635	Mário Bernardo CORREIA E CUNHA	3029	M	01:07:32	01:01:57	06:12	00:31:31	
6636	Kellen ABREU	1255	F	01:07:32	01:01:58	06:12	00:31:31	
6637	Carla GIRIO	11210	F	01:07:33	01:04:25	06:27	00:31:15	
6638	Sónia VELHO	1477	F	01:07:33	01:06:27	06:39	00:32:28	
6639	Alessandro SACCON	8556	M	01:07:33	01:03:08	06:19	00:29:57	
6640	Noel FERREIRA	3734	M	01:07:33	01:04:25	06:27	00:31:15	
6641	João Nuno ABREU	376	M	01:07:33	01:04:26	06:27	00:31:16	
6642	João Luis RAIMUNDO	6467	M	01:07:34	01:00:59	06:06	00:30:34	Tejavista
6643	António José CIDADÃO	3648	M	01:07:34	01:00:50	06:05	00:30:38	
6644	Sara AFONSO	11315	F	01:07:34	01:04:11	06:26	00:32:12	
6645	Francisco COVAS	4396	M	01:07:34	01:04:33	06:28	00:30:37	
6646	Ana Maria Pires MARQUES	5781	F	01:07:34	01:01:00	06:06	00:30:15	
6647	Susana PROZIL	11304	F	01:07:34	01:04:11	06:26	00:32:12	
6648	Maria BATISTA	1279	F	01:07:34	01:02:45	06:17	00:30:49	
6649	Liliana GUERRA	11442	F	01:07:35	01:03:19	06:20	00:31:44	
6650	Dário TOMAS	3103	M	01:07:36	01:01:46	06:11	00:31:36	
6651	Luis ZACARIAS	15275	M	01:07:37	01:02:18	06:14	00:31:19	CCD Tranquilidade
6652	Rubina OLIVEIRA	15282	F	01:07:38	01:02:19	06:14	00:31:19	CCD Tranquilidade
6653	Diana SILVA	553	F	01:07:38	01:01:45	06:11	00:30:50	
6654	Pedro JOSÉ	10442	M	01:07:38	01:01:08	06:07	00:32:02	
6655	Vitor MAVIOSO	6082	M	01:07:38	01:07:03	06:43	00:31:01	
6656	António SILVA	2744	M	01:07:39	01:02:20	06:14	00:29:15	
6657	Sandra FALCÃO	1156	F	01:07:39	01:02:22	06:15	00:30:28	
6658	António JOSÉ DAS NEVES FREITAS	10435	M	01:07:39	01:00:53	06:06	00:31:16	
6659	Catarina COELHO	9579	F	01:07:39	01:02:54	06:18	00:31:36	St. Julians School
6660	Tessa BRYANT	5310	M	01:07:39	01:03:28	06:21	00:30:38	St. Julians School
6661	Ana Gaspar FERREIRA	9595	F	01:07:39	01:07:05	06:43	00:31:03	
6662	Luis Manuel Neves PEREIRA	4538	M	01:07:40	01:00:55	06:06	00:31:17	
6663	Liliana AGUIAR	9739	F	01:07:40	01:04:11	06:26	00:32:19	
6664	João RAPOSO	3011	M	01:07:40	01:04:10	06:25	00:32:19	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6665	António Teixeira MOURA	10942	M	01:07:41	01:05:59	06:36	00:30:08	
6666	João Ricardo SILVA	4572	M	01:07:41	00:54:43	05:29	00:26:33	
6667	Gina CORREIA	11473	F	01:07:41	01:01:00	06:06	00:31:05	
6668	José Carlos PADRE ETERNO	10528	M	01:07:42	01:00:59	06:06	00:32:03	
6669	Manuel Vaz Alves BARRETO	7187	M	01:07:43	01:03:27	06:21	00:31:33	
6670	Raquel MADEIRA	11224	F	01:07:43	01:01:15	06:08	00:31:42	
6671	Nuno Alexandre VIEIRA PINTO DUARTE	2257	M	01:07:44	01:03:06	06:19	00:32:01	
6672	Armando OLIVEIRA	8141	M	01:07:44	01:03:01	06:19	00:29:23	
6673	Neal HOCKING	10660	M	01:07:45	01:03:08	06:19	00:31:40	
6674	Henrique VILHENA	6429	M	01:07:45	01:01:17	06:08	00:31:43	G.R.D. Os Fixes
6675	Sara BATALHA	5663	F	01:07:45	01:04:03	06:25	00:32:20	
6676	Tania VERMELHUDO	1582	F	01:07:46	01:04:03	06:25	00:32:20	
6677	Joao BATALHA	8606	M	01:07:46	01:04:04	06:25	00:32:20	
6678	Sergio NEVES	7262	M	01:07:46	01:03:14	06:20	00:32:55	
6679	Carlos HENRIQUES	3067	M	01:07:47	01:01:30	06:09	00:30:14	
6680	Sandra TOMÉ	1593	F	01:07:47	01:03:04	06:19	00:31:28	
6681	Eva SILVA	11454	F	01:07:47	01:01:45	06:11	00:31:26	
6682	Rodrigo TROCADO	8470	M	01:07:48	01:01:44	06:11	00:29:30	
6683	Maria Madalena SOARES RIBAS DE SOUSA	5651	F	01:07:48	01:03:08	06:19	00:31:54	
6684	Ligia MARTINS	1354	F	01:07:49	01:01:05	06:07	00:30:51	
6685	Vitor FRANCO	4500	M	01:07:50	01:05:33	06:34	00:30:37	
6686	António GOMES	10831	M	01:07:50	01:05:21	06:33	00:31:37	
6687	Ana Filipa PEREIRA	5337	F	01:07:51	01:05:53	06:36	00:32:23	Carapaus de Corrida
6688	Jaime Manuel TRINDADES	10018	M	01:07:52	01:07:18	06:44	00:32:58	Casa do Pessoal Estradas de Portugal
6689	Joana Sequeira COSTA	4897	F	01:07:52	01:04:34	06:28	00:29:55	
6690	Luis MIRA	6984	M	01:07:52	01:01:45	06:11	00:30:39	
6691	Pedro CURTO	7578	M	01:07:52	01:03:20	06:20	00:31:59	
6692	Dulce VARZEA	1269	F	01:07:53	01:01:45	06:11	00:30:39	
6693	Marta PATRICIO	5042	F	01:07:53	01:05:40	06:34	00:33:19	
6694	Paulo PATRICIO	8640	M	01:07:53	01:05:40	06:34	00:33:18	
6695	Maria GERTRUDES	9542	F	01:07:54	01:07:39	06:46	00:33:06	Grupo Desportivo Santander Totta
6696	Fernando João DIAS	4244	M	01:07:55	01:03:49	06:23	00:31:38	
6697	Alain YVON	3714	M	01:07:55	01:01:43	06:11	00:31:01	
6698	José COSTA GOMES	11008	M	01:07:55	01:04:58	06:30	00:31:17	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6699	Manuel COPETO	7129	M	01:07:56	01:02:43	06:17	00:30:03	
6700	André BASTOS	5882	M	01:07:56	01:01:20	06:08	00:31:10	
6701	Luis Fernando SILVA JORGE	7041	M	01:07:57	01:03:01	06:19	00:31:07	
6702	Antonio FONSECA	1989	M	01:07:57	01:02:47	06:17	00:31:35	
6703	Indre SABAITE	9616	F	01:07:57	01:02:48	06:17	00:31:36	
6704	Maria Rosa Figueiredo VASCONCELOS RIBEIRO	5530	F	01:07:58	01:05:32	06:34	00:31:46	
6705	Osvaldo RITO	8448	M	01:07:59	01:02:47	06:17	00:31:11	
6706	Micaela MENINO	11202	F	01:07:59	01:01:33	06:10	00:31:42	
6707	Miguel RANGEL	4459	M	01:08:00	01:01:34	06:10	00:32:10	
6708	Jose CARVALHO	3423	M	01:08:00	01:06:46	06:41	00:32:15	
6709	Santos-victor JOSÉ	8944	M	01:08:01	01:01:45	06:11	00:31:21	
6710	Carolina RODA	1045	F	01:08:02	01:03:14	06:20	00:30:40	Grupo Desportivo BPI
6711	Carlos Alberto MACHADO	8222	M	01:08:03	01:06:40	06:40	00:31:03	
6712	Miguel PINHAL	15183	M	01:08:03	01:02:43	06:17	00:31:18	CCD Tranquilidade
6713	José POUSINHO	15181	M	01:08:03	01:04:50	06:29	00:31:51	CCD Tranquilidade
6714	Pedro MARTINS	4083	M	01:08:04	01:03:03	06:19	00:29:47	
6715	Adriana MARQUES	613	F	01:08:04	01:03:08	06:19	00:30:47	
6716	Alexandra JARMELA MARQUES	5354	F	01:08:04	01:03:08	06:19	00:30:47	Núcleo Sportinguista Leões da Fronteira de Vilar Formoso
6717	Barbara MARQUES	1026	F	01:08:04	01:03:09	06:19	00:30:55	
6718	Jorge VARANDAS	8928	M	01:08:05	01:02:02	06:13	00:29:37	
6719	Pailo Jorge QUINTINO	1686	M	01:08:06	01:05:30	06:33	00:29:32	Clube Millennium BCP
6720	Andreia LOUZEIRO	822	F	01:08:07	01:04:03	06:25	00:32:36	
6721	Paulo Alexandre LOURO MOUTINHO	2714	M	01:08:07	01:04:29	06:27	00:31:27	
6722	Sofia SANTOS	11433	F	01:08:07	01:02:34	06:16	00:31:12	
6723	Bruno CORREIA	4026	M	01:08:07	01:03:39	06:22	00:30:30	
6724	Susana SANTOS	11435	F	01:08:07	01:02:34	06:16	00:31:12	
6725	Carlos SANTOS	10709	M	01:08:08	01:06:24	06:39	00:31:48	
6726	Rui Miguel RAPOSO	10703	M	01:08:08	01:06:24	06:39	00:31:49	
6727	Cristina MARQUES CALDEIRA	1275	F	01:08:08	01:01:49	06:11	00:31:33	
6728	Inês FONSECA	801	F	01:08:08	01:05:57	06:36	00:31:43	
6729	Gonçalo PIMENTA	4630	M	01:08:09	01:03:47	06:23	00:32:31	
6730	João PACHECO	8201	M	01:08:09	01:01:40	06:10	00:31:26	
6731	Patrícia Dantas DE MIRANDA	1362	F	01:08:10	01:05:34	06:34	00:32:23	
6732	José Luis PEREIRA	7372	M	01:08:10	01:05:33	06:34	00:32:22	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6733	Daniel SOUSA	7039	M	01:08:10	01:03:12	06:20	00:30:54	
6734	Alexandra GRAÇA	657	F	01:08:10	01:03:55	06:24	00:30:55	Açoreana clube Banif
6735	Mario Rui PIRES	10284	M	01:08:11	01:05:34	06:34	00:30:20	
6736	Álvaro MARQUES	10863	M	01:08:11	01:04:44	06:29	00:32:55	
6737	Vítor Manuel REIS	8076	M	01:08:11	01:00:58	06:06	00:30:34	
6738	João Miguel RASQUILHO	7046	M	01:08:11	01:04:33	06:28	00:32:21	
6739	João SOUSA	7364	M	01:08:12	01:03:21	06:21	00:32:48	
6740	Bruno MARCOS	8564	M	01:08:12	01:01:32	06:10	00:30:08	
6741	Susana Cristina MACHADO	1099	F	01:08:12	01:05:02	06:31	00:32:39	
6742	Ana Alexandra VIEIRA GONÇALVES	1622	F	01:08:12	01:01:49	06:11	00:32:34	
6743	Hugo PASCOA	6492	M	01:08:13	01:02:34	06:16	00:31:18	Tejavista
6744	Ahniya BAKHTSIHAREYEVA	11450	F	01:08:13	01:06:23	06:39	00:31:38	
6745	Luisa LOURENÇO	5505	F	01:08:15	01:04:21	06:27	00:31:55	
6746	Francisco José MELO JORGE	1812	M	01:08:15	01:06:37	06:40	00:32:08	Pepsico Portugal
6747	Ana Filipa DELGADO SILVESTRE	991	F	01:08:15	01:06:37	06:40	00:32:08	Pepsico Portugal
6748	Luis Carlos Bertolo VITORINO	4641	M	01:08:16	01:08:16	06:50	00:32:45	
6749	Saima SALE	1647	F	01:08:16	01:05:33	06:34	00:32:10	
6750	Louise WILES	9707	F	01:08:17	01:02:16	06:14	00:31:15	
6751	Inês CARDOSO CORREIA	1169	F	01:08:17	01:04:42	06:29	00:31:49	
6752	Isabelle VAN DER GAAG	5527	F	01:08:17	01:02:17	06:14	00:31:15	
6753	Carlos MARCOS	4501	M	01:08:17	01:01:38	06:10	00:30:08	
6754	Tânia Sofia CHAGAS	11339	F	01:08:17	01:05:55	06:36	00:30:31	
6755	Luís CATITA	7634	M	01:08:18	01:04:25	06:27	00:32:13	
6756	Sara FULGENCIO	11251	F	01:08:18	01:04:25	06:27	00:32:13	
6757	Paulo SOUSA	4121	M	01:08:18	01:04:48	06:29	00:32:27	
6758	Samanta DINIS	1598	F	01:08:19	01:04:48	06:29	00:32:27	
6759	Márcia PAIS DE OLIVEIRA	5836	F	01:08:19	01:05:33	06:34	00:34:32	
6760	Rui Daniel SOBRAL	7314	M	01:08:19	01:03:33	06:22	00:29:25	
6761	Carlos Manuel GONÇALVES DE OLIVEIRA	8161	M	01:08:21	01:06:32	06:40	00:29:33	
6762	André GRILO	10475	M	01:08:22	01:01:34	06:10	00:32:17	
6763	Idalina MADEIRA	4947	F	01:08:22	01:03:34	06:22	00:30:58	Açoreana clube Banif
6764	João ADRO	6485	M	01:08:22	01:08:01	06:49	00:32:36	Associação de Moradores de Atibá
6765	Luis Miguel Jorge GONÇALVES	3250	M	01:08:22	01:04:39	06:28	00:32:04	
6766	Carla FLORIANO	5136	F	01:08:22	01:02:00	06:12	00:31:23	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6767	Paulo RODRIGUES COSTA	10183	M	01:08:23	01:02:52	06:18	00:31:50	
6768	José André Da Fonseca GOUVEIA	10857	M	01:08:23	01:06:23	06:39	00:34:29	
6769	Duarte TEIXEIRA	3682	M	01:08:23	01:00:17	06:02	00:30:27	
6770	José Manuel RODRIGUES BRAZ	9109	M	01:08:23	01:05:08	06:31	00:30:43	
6771	Filipe LEITAO	10754	M	01:08:23	01:04:00	06:24	00:32:24	
6772	Manuel Lopes MARTA	1666	M	01:08:23	01:08:23	06:51		Clube Millennium BCP
6773	Mariana Torgal CUNHA FREIRE	5439	F	01:08:23	01:02:49	06:17	00:31:21	
6774	Ana GREGÓRIO	5382	F	01:08:24	01:05:27	06:33	00:31:06	
6775	Anibal Augusto DOURADO CAMELO FERNANDES	8050	M	01:08:25	01:05:46	06:35	00:33:12	
6776	Francisco Alberto CASTANHEIRO	6941	M	01:08:25	01:03:38	06:22	00:32:21	
6777	António TAVARES	9839	M	01:08:26	01:02:25	06:15	00:31:59	
6778	Luis SANTOS	6446	M	01:08:27	01:07:05	06:43	00:33:38	Odebrecht / BPC
6779	Nuno ZANATTI	7810	M	01:08:27	01:05:58	06:36	00:30:39	
6780	António CALADO FERREIRA	3390	M	01:08:27	01:01:22	06:09	00:31:11	
6781	Paulo SILVA	9169	M	01:08:28	01:01:22	06:09	00:31:10	
6782	Anabela MEIA-VIA	5504	F	01:08:28	01:05:19	06:32	00:32:53	
6783	Nuno SIMÕES	10194	M	01:08:29	01:02:41	06:17	00:29:34	
6784	Marcos MADEIRA	10460	M	01:08:29	01:04:20	06:26	00:31:23	
6785	Joao Manuel LEITE VIEIRA	7084	M	01:08:29	01:03:45	06:23	00:31:43	
6786	Luis CARVALHO	8934	M	01:08:29	01:06:08	06:37	00:32:28	
6787	Maria DAS DORES	15039	M	01:08:30	01:06:41	06:41	00:31:22	Linda-a-Pastora Sporting Clube
6788	Sílvia PINTO	1395	F	01:08:30	01:02:09	06:13	00:30:30	
6789	João Miguel Calado VIEIRA	4762	M	01:08:30	01:03:53	06:24	00:29:43	
6790	André FREITAS	523	M	01:08:30	01:02:24	06:15	00:30:42	
6791	Vitor FERNANDES BRAGA	7949	M	01:08:32	01:05:32	06:34	00:33:08	
6792	Tiago CATALÃO	9462	M	01:08:33	01:01:30	06:09	00:31:43	
6793	Tatiana NUNES DA SILVA	15254	F	01:08:34	01:06:01	06:37	00:31:28	
6794	Ângela Patrícia DELGADO MARTINEZ	9497	F	01:08:35	01:02:32	06:16	00:32:00	
6795	José Cipriano CARDOSO	8563	M	01:08:35	01:04:12	06:26	00:32:47	
6796	Filomena JESUS	11372	F	01:08:35	01:04:12	06:26	00:32:47	
6797	Joana AREIAS	1525	F	01:08:36	01:02:57	06:18	00:30:03	
6798	Ivana MONTEIRO	5241	F	01:08:36	01:07:11	06:44	00:31:44	Clube Académico de Penafirme
6799	Ana SIMPLICIO	1448	F	01:08:36	01:02:56	06:18	00:30:10	
6800	Rui Manuel Pimpão RIBEIRO	4645	M	01:08:36	01:04:27	06:27	00:31:02	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6801	Liliana DIAS	4915	F	01:08:36	01:04:05	06:25	00:31:52	
6802	Sinclair OWEN	3850	M	01:08:37	01:01:25	06:09	00:31:01	
6803	João DIAS	4827	M	01:08:37	01:04:07	06:25	00:31:53	
6804	Ana GUIMARÃES	5545	F	01:08:39	01:04:27	06:27	00:31:16	
6805	Hélder SIMÕES	8385	M	01:08:40	01:02:53	06:18	00:32:45	
6806	Pedro SILVEIRA	8941	M	01:08:40	01:06:14	06:38	00:30:55	
6807	Ana BORRACHA	1470	F	01:08:40	01:03:40	06:22	00:34:05	
6808	Liliana MARQUES	5156	F	01:08:41	01:02:01	06:13	00:31:03	
6809	Teresa CARIA	5464	F	01:08:41	01:02:01	06:13	00:31:04	
6810	António RODRIGUES DOS SANTOS JÚNIOR	6450	M	01:08:41	01:02:07	06:13	00:37:03	
6811	Vanessa JOSÉ	11384	F	01:08:41	01:02:11	06:14	00:32:03	
6812	Pedro MATIAS	3941	M	01:08:41	01:02:38	06:16	00:32:06	
6813	Fernando ALLEN	10719	M	01:08:41	01:03:49	06:23	00:32:35	
6814	Joana Sofia TABANEZ	5476	F	01:08:41	01:06:16	06:38	00:30:55	
6815	João VALE DOS SANTOS	8477	M	01:08:41	01:02:11	06:14	00:32:02	
6816	Daniel Ribeiro Morais MORAIS	10252	M	01:08:42	01:04:34	06:28	00:32:23	
6817	Diogo Afonso TAVARES	10332	M	01:08:42	01:05:55	06:36	00:31:41	
6818	Bruno GUERRA	10411	M	01:08:43	01:07:33	06:46	00:32:23	
6819	Mário FREITAS	10994	M	01:08:44	01:04:02	06:25	00:29:34	
6820	Carlos Manuel GOMES OLIVEIRA	8541	M	01:08:45	01:05:51	06:36		
6821	Milton NOGUEIRA	11489	M	01:08:45	01:05:50	06:35		
6822	Ana MIRAMON	11355	F	01:08:46	01:01:59	06:12	00:31:18	
6823	Diogo RIBEIRO	4436	M	01:08:46	01:02:21	06:15	00:32:10	
6824	Paulo SILVA	10538	M	01:08:47	01:01:59	06:12	00:31:18	
6825	Rui PEREIRA	10758	M	01:08:47	01:01:42	06:11	00:33:38	
6826	Catarina LEAL	862	F	01:08:47	01:02:24	06:15	00:32:08	Clube do Stress
6827	Miguel Jorge MARQUES	7911	M	01:08:48	01:03:13	06:20	00:32:20	
6828	André Filipe COELHO	10913	M	01:08:49	01:03:13	06:20	00:32:20	
6829	Antonio CASTANERA AJENJO	8016	M	01:08:50	01:01:52	06:12	00:29:56	
6830	Adelaide SILVA	5490	F	01:08:50	01:07:00	06:42	00:32:12	
6831	José COSTA	15128	M	01:08:51	01:07:28	06:45	00:30:04	Linda-a-Pastora Sporting Clube
6832	Teodoro TRINDADE	8246	M	01:08:51	01:04:55	06:30	00:30:53	
6833	Rui TRINDADE	8232	M	01:08:51	01:04:55	06:30	00:30:56	
6834	Nuno CARMO COSTA	7532	M	01:08:51	01:08:51	06:54	00:41:33	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6835	Andreia CORREIA	676	F	01:08:51	01:05:26	06:33	00:31:47	
6836	Camilo João CASTELO BRANCO	10496	M	01:08:51	01:03:35	06:22	00:30:55	
6837	Augusto OLIVEIRA	7517	M	01:08:51	01:01:25	06:09	00:31:12	
6838	Mário DIAS	3839	M	01:08:52	01:05:17	06:32	00:31:31	
6839	Pedro TEIXEIRA	4497	M	01:08:52	01:01:52	06:12	00:29:39	
6840	Susana CRUZ	9791	F	01:08:52	01:05:18	06:32	00:31:31	
6841	Maria Rosario SILVA	5451	F	01:08:52	01:06:50	06:41		
6842	Albano ALVES	5923	M	01:08:53	01:04:03	06:25	00:31:33	Açoreana clube Banif
6843	Joao Manuel Alves NARCISO	10743	M	01:08:53	01:06:59	06:42	00:33:05	
6844	Sonia VIEIRA	11249	F	01:08:53	01:01:53	06:12	00:30:54	
6845	Paulo Nuno Cardoso SILVA FERREIRA	10215	M	01:08:54	01:01:53	06:12	00:30:54	
6846	Ana Cristina ALMEIDA	11244	F	01:08:54	01:01:53	06:12	00:30:54	
6847	Richard TORRES	4858	M	01:08:54	00:58:22	05:51	00:29:13	
6848	Ademar SPENCER FORTES	6769	M	01:08:55	01:03:27	06:21	00:31:33	Rugby Clube Oeiras
6849	Margarida MARINHO	5049	F	01:08:55	01:06:38	06:40	00:32:53	Clube Millennium BCP
6850	Paulo REIS	7006	M	01:08:55	01:01:47	06:11	00:32:43	
6851	Luis Miguel JERONIMO	407	M	01:08:56	01:02:25	06:15	00:32:45	
6852	Paulo OLIVEIRA	4818	M	01:08:57	01:05:11	06:32	00:32:36	
6853	Sandra PIRES MENDES	752	F	01:08:57	01:05:11	06:32	00:32:33	
6854	Marta MENDES	11522	F	01:08:57	01:05:11	06:32	00:32:33	
6855	Joao Manuel Pereira Pires GONCALVES	4062	M	01:08:57	01:03:20	06:20	00:30:16	
6856	Elsa DE LUCA	11362	F	01:08:58	01:04:59	06:30	00:32:18	
6857	Nélia Sandra Da Costa PEREIRA	1611	F	01:08:58	01:04:11	06:26	00:34:04	
6858	Jorge BARROS	10403	M	01:08:59	01:02:45	06:17	00:31:36	
6859	Luis BRAZINHA	6953	M	01:08:59	01:02:45	06:17	00:31:36	
6860	Jose Manuel INACIO	8086	M	01:08:59	01:06:56	06:42	00:32:30	
6861	Daniel Renato CARDOSO	7739	M	01:09:00	01:04:12	06:26	00:34:02	
6862	José PERES ANTÓNIO PERES	10373	M	01:09:00	01:06:57	06:42	00:32:37	
6863	Filipe CRUZ	2001	M	01:09:00	01:06:22	06:39	00:32:48	
6864	Vânia TEIXEIRA	5782	F	01:09:00	01:02:36	06:16	00:31:02	
6865	Ricardo MESTRE	8195	M	01:09:01	01:06:53	06:42	00:31:16	
6866	António Miguel CARREIRO VALENTE	10661	M	01:09:01	01:05:14	06:32	00:32:13	
6867	João Pedro FERREIRA	8641	M	01:09:01	01:05:14	06:32	00:32:13	
6868	Rita CARVALHO	1416	F	01:09:01	01:06:54	06:42	00:31:16	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6869	José Jorge PAÇÓ	7269	M	01:09:01	01:05:34	06:34	00:32:32	
6870	António João OLIVEIRA	139	M	01:09:02	01:03:39	06:22	00:30:44	
6871	Armando LOPES	7078	M	01:09:02	01:05:29	06:33	00:31:39	
6872	Rui BARBOSA	10851	M	01:09:03	01:06:24	06:39	00:31:18	
6873	Catarina BATISTA	5453	F	01:09:03	01:03:14	06:20	00:30:53	
6874	Ana BRANCO	5314	F	01:09:04	01:02:21	06:15	00:30:59	
6875	Maria Paula QUELUZ	5788	F	01:09:04	01:06:02	06:37	00:32:30	
6876	João SILVA	10383	M	01:09:04	01:03:29	06:21	00:30:23	
6877	Sonia Alexandra PIRES	1132	F	01:09:05	01:03:16	06:20	00:32:46	
6878	Joana RODRIGUES	1148	F	01:09:05	01:03:16	06:20	00:32:46	
6879	Maria Eugénia RATO BORRACHA	742	F	01:09:06	01:04:05	06:25	00:34:04	
6880	António FERREIRA	8520	M	01:09:06	01:02:29	06:15		
6881	José Manuel Feio BORRACHA	8462	M	01:09:06	01:04:05	06:25	00:34:05	
6882	Diogo Alexandre MARQUES	8579	M	01:09:07	01:04:36	06:28	00:31:25	
6883	Paula SAPINHA	953	F	01:09:08	01:02:49	06:17	00:31:32	Grupo Desportivo Santander Totta
6884	Rui TEODOSIO	7796	M	01:09:10	01:05:13	06:32	00:33:52	
6885	Antonio LIMA	7797	M	01:09:10	01:05:13	06:32	00:33:52	
6886	Jose FERREIRA	7791	M	01:09:10	01:05:13	06:32	00:33:51	
6887	Inês SANTOS	626	F	01:09:11	01:02:22	06:15	00:31:27	
6888	Rosario CORSA	8535	M	01:09:12	01:03:40	06:22	00:32:10	
6889	Carla Sofia SANTOS CARDOSO	4985	F	01:09:14	01:07:10	06:43	00:32:53	
6890	António BRITO	10236	M	01:09:14	01:03:40	06:22	00:31:57	
6891	Paulo VIEIRA	10429	M	01:09:15	01:05:02	06:31	00:32:15	
6892	Pedro PEDROSA	8235	M	01:09:15	01:06:43	06:41	00:33:25	
6893	Diogo GABADO	4326	M	01:09:15	01:03:22	06:21	00:29:32	
6894	David MOREIRA	9881	M	01:09:16	01:03:36	06:22	00:32:29	Tejavista
6895	Manuel GOMES	6593	M	01:09:16	01:04:12	06:26	00:32:24	C.C.D. EFACEC
6896	Vasco ALMEIDA	4040	M	01:09:16	01:04:53	06:30	00:32:41	
6897	Ana Beatriz Simões PEREIRA	11521	F	01:09:17	01:04:55	06:30	00:32:52	
6898	Ana Luisa FONSECA	993	F	01:09:17	01:03:29	06:21	00:32:20	Tejavista
6899	Cláudia CORDEIRO	1379	F	01:09:18	01:07:54	06:48	00:33:56	
6900	Márcio Filipe MARQUES DA FONSECA	4061	M	01:09:18	01:06:36	06:40	00:31:48	
6901	Henrique MOUTA	1869	M	01:09:19	01:04:15	06:26	00:30:17	Serviços Sociais da CGD
6902	Ana PAULINO	5050	F	01:09:19	01:06:22	06:39	00:32:08	Clube do Stress

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6903	Paulo FIGUEIREDO	3165	M	01:09:20	01:03:45	06:23	00:30:12	
6904	Eduardo PATRÍCIO	8032	M	01:09:20	01:03:15	06:20	00:30:07	
6905	Cátia Janete CASCAIS	5393	F	01:09:20	01:02:46	06:17	00:32:25	
6906	Isabel COUTO	1233	F	01:09:21	01:05:04	06:31	00:32:47	
6907	Cláudio PINA	6875	M	01:09:21	01:02:39	06:16	00:31:23	
6908	Jorge ROSARIO	7971	M	01:09:21	01:04:38	06:28	00:30:19	
6909	Jose Manuel CAMPOS DE ALMEIDA	9156	M	01:09:21	01:07:00	06:42	00:31:42	
6910	Carlos MORAIS	11142	M	01:09:22	01:07:07	06:43	00:32:55	
6911	Joana Jorge LEANDRO	747	F	01:09:22	01:06:25	06:39	00:32:29	
6912	Djamila COSTA	5682	F	01:09:22	01:06:16	06:38	00:33:37	
6913	Paulo Salvador Coreixas Rascão RASCÃO	6531	M	01:09:23	01:03:49	06:23	00:31:11	
6914	João Paulo Martins Marçal MARÇAL	1794	M	01:09:23	01:03:50	06:23	00:31:11	
6915	Luis ABREU	10104	M	01:09:24	01:07:50	06:47	00:35:50	HP Portugal Clube
6916	Ana Maria MATOS RODRIGUES	1104	F	01:09:24	01:07:08	06:43	00:33:15	
6917	Monica GIGANTE	672	F	01:09:24	01:04:18	06:26	00:32:38	
6918	Paulo SANTOS	10424	M	01:09:25	01:01:57	06:12	00:31:19	
6919	Amadeu FERREIRA	2460	M	01:09:25	01:02:56	06:18	00:32:29	G. D. C. T. Repsol Polimeros
6920	José SIMÕES	6408	M	01:09:25	01:03:58	06:24	00:31:49	Grupo Desportivo Santander Totta
6921	Pedro OLIVEIRA	3208	M	01:09:25	01:05:08	06:31	00:32:44	
6922	Carla SIMÕES	5648	F	01:09:25	01:03:58	06:24	00:31:49	
6923	Inês CARDOSO	5258	F	01:09:26	01:04:40	06:28	00:32:06	Maratona Clube de Portugal
6924	Sergio Daniel BRANCO DE MOURA	3552	M	01:09:26	01:02:53	06:18	00:30:20	
6925	Alfredo DIAS	10173	M	01:09:27	01:03:48	06:23	00:31:09	
6926	Tiago LINO FERREIRA	8486	M	01:09:27	01:02:57	06:18	00:34:31	
6927	Mariana Morais CATARINO	9612	F	01:09:27	01:02:52	06:18	00:32:25	
6928	Maria Aida HENRIQUES ANTUNES	1427	F	01:09:27	01:06:57	06:42	00:32:31	
6929	Isabel FALCÃO	1113	F	01:09:28	01:03:17	06:20	00:31:33	
6930	Ricardo GAIRIFO	461	M	01:09:30	01:02:27	06:15	00:31:41	
6931	Rui Manuel SOARES	10473	M	01:09:30	01:05:22	06:33	00:31:04	
6932	Pedro Bouçoinha NASCIMENTO CORREIA	10126	M	01:09:30	01:04:02	06:25	00:31:33	Rugby Clube Oeiras
6933	José Luís BASTO	10714	M	01:09:31	01:02:28	06:15	00:31:41	
6934	Teresa SERRA	1159	F	01:09:31	01:08:20	06:50	00:33:27	
6935	Nuno LOPES	4232	M	01:09:31	01:05:56	06:36	00:31:27	
6936	João CASQUINHO	7824	M	01:09:31	01:05:28	06:33	00:30:46	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6937	Rui Marino Gouveia MARTINS	10772	M	01:09:31	01:02:44	06:17	00:31:08	
6938	Isabel MATELA	11213	F	01:09:32	01:04:50	06:29	00:32:20	
6939	Verónica Burnay Vinhas Van Zelles VINHAS	1503	F	01:09:32	01:06:07	06:37	00:33:12	
6940	Mafalda NUNES	11320	F	01:09:32	01:05:57	06:36	00:31:27	
6941	Manuel GUERRA	7903	M	01:09:32	01:06:18	06:38	00:32:57	Sportlife
6942	Carlos RODA	10062	M	01:09:33	01:04:45	06:29	00:31:20	Grupo Desportivo BPI
6943	Elisabete PIO	1311	F	01:09:33	01:05:50	06:35	00:32:59	
6944	Sara GUERREIRO	1323	F	01:09:33	01:02:25	06:15	00:31:46	
6945	Vasco Miguel FREITAS	3002	M	01:09:34	01:02:24	06:15	00:31:44	
6946	Francisco FERREIRA	6634	M	01:09:34	01:06:40	06:40	00:31:18	C.C.D. EFACEC
6947	Nuno VENTURA	2827	M	01:09:35	01:04:46	06:29	00:31:33	Wikaboo
6948	Vanessa Ana GABRIEL DE ALMEIDA DA SILVA REIS	1157	F	01:09:35	01:04:46	06:29	00:31:33	
6949	António Vítor CARLOS MARGALHO	8653	M	01:09:35	01:07:30	06:45	00:33:24	
6950	Sandrina ANTÓNIO DA ENCARNAÇÃO	1151	F	01:09:35	01:04:46	06:29	00:31:32	
6951	Luisa RAIMUNDO	1501	F	01:09:36	01:07:18	06:44	00:32:53	
6952	Margarida AMARAL	5165	F	01:09:36	01:07:18	06:44	00:32:09	
6953	Miguel MENDES	10263	M	01:09:36	01:02:45	06:17	00:31:43	
6954	Mark BROEMER	9031	M	01:09:37	01:02:50	06:17	00:31:26	
6955	Deolinda Carmo ROLDAO LEAL WENNBORG	5052	F	01:09:37	01:09:12	06:56	00:32:37	
6956	Filipa GRENHO	5018	F	01:09:37	01:07:37	06:46	00:33:17	
6957	Filipa SOARES	5024	F	01:09:37	01:07:37	06:46	00:33:18	
6958	Ma Fee HUNG	5105	F	01:09:38	01:07:41	06:47	00:33:08	Açoreana clube Banif
6959	Rosa DUARTE	1103	F	01:09:38	01:09:03	06:55	00:32:54	
6960	Erica GAWLEY	726	F	01:09:39	01:04:43	06:29	00:31:21	
6961	Ana GUERRA	755	F	01:09:39	01:04:42	06:29	00:31:21	
6962	Rosa MOTA	17	F	01:09:39	01:09:37	06:58	00:31:16	
6963	José MARQUES	10287	M	01:09:39	01:04:11	06:26	00:31:48	
6964	António Bessone BASTO	2450	M	01:09:39	01:09:36	06:58	00:31:14	
6965	Paulo VISTAS	10000	M	01:09:40	01:09:37	06:58	00:31:16	
6966	Sergio AFONSO	8313	M	01:09:40	01:09:33	06:58	00:31:12	
6967	Alexandre LUZ	10083	M	01:09:40	01:09:35	06:58	00:31:12	
6968	Joaquim Oliveira FULGENCIO	6288	M	01:09:40	01:03:31	06:22	00:32:23	Clube Millennium BCP
6969	José CALHA	10729	M	01:09:41	01:03:35	06:22	00:33:48	
6970	Patrícia PICCIOCHI	9803	F	01:09:41	01:05:22	06:33	00:33:11	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6971	Victor ELIAS	7885	M	01:09:41	01:05:58	06:36	00:31:24	
6972	Laurindo OLIVEIRA	8303	M	01:09:41	01:03:10	06:19	00:33:09	
6973	Sónia PIO	1312	F	01:09:41	01:05:58	06:36	00:33:00	
6974	Marta BARATA	5830	F	01:09:42	01:05:24	06:33	00:33:12	
6975	Rute PEDRO	5831	F	01:09:42	01:05:23	06:33	00:33:11	
6976	Isabel RODRIGUES	5319	F	01:09:42	01:06:57	06:42	00:33:18	Clube Anacom
6977	André OLIVEIRA	4281	M	01:09:42	01:03:12	06:20	00:33:09	
6978	Luis Raimundo SCHWAB	8171	M	01:09:42	01:03:02	06:19	00:34:35	
6979	Ana SIMÕES	5073	F	01:09:42	01:03:18	06:20	00:30:45	Grupo Desportivo Cimpor
6980	Marina FERREIRA	5371	F	01:09:43	01:08:29	06:51	00:30:09	
6981	Pedro SÉRGIO	7386	M	01:09:43	01:07:11	06:44	00:31:13	
6982	Lurdes DUARTE	5615	F	01:09:43	01:04:53	06:30	00:33:31	
6983	Vitor GONÇALVES	6336	M	01:09:45	01:03:21	06:21	00:32:05	Clube do Stress
6984	Vanda BELO	691	F	01:09:45	01:03:21	06:21	00:32:05	
6985	Amandio FONTOURA	9753	M	01:09:45	01:03:11	06:20	00:30:17	
6986	Carlos MARTINS	7935	M	01:09:46	01:07:25	06:45	00:33:12	
6987	Henrique CONTE DE BARROS	4399	M	01:09:46	01:08:21	06:51		
6988	Isabel CASTRO	5442	F	01:09:46	01:05:57	06:36	00:31:57	
6989	Rui NUNES	3395	M	01:09:47	01:04:14	06:26	00:31:33	
6990	Hugo Alexandre DOS SANTOS	3038	M	01:09:47	01:03:23	06:21	00:32:32	
6991	Miguel FRAGA	10186	M	01:09:48	01:04:42	06:29	00:33:09	
6992	Lourenço RAPOSO MAGALHÃES	3597	M	01:09:48	01:03:36	06:22	00:30:41	
6993	Paulo PIRES	1968	M	01:09:48	01:04:43	06:29	00:33:09	
6994	Paulo GUIMARAES	9123	M	01:09:49	01:03:40	06:22	00:34:23	
6995	António COUTINHO REBELO	3801	M	01:09:49	01:07:03	06:43	00:33:30	
6996	Maria Lurdes ALVES	1209	F	01:09:51	01:04:08	06:25	00:32:21	
6997	Miguel CASTRO PEREIRA	7384	M	01:09:51	01:04:48	06:29	00:34:41	
6998	Marta TRINDADE	1360	F	01:09:51	01:04:48	06:29	00:34:41	
6999	Eseher DOMINGUEZ	9769	F	01:09:52	01:04:42	06:29	00:31:22	
7000	José FERNANDES	6521	M	01:09:52	01:06:30	06:39	00:32:09	Grupo Recreativo Cultural Desportivo Leião
7001	Anastácio Mendes FIALHO	6284	M	01:09:53	01:02:40	06:16	00:30:40	Clube Millennium BCP
7002	Ana CASADO	5553	F	01:09:54	01:03:17	06:20	00:30:05	
7003	Paulo ALMEIDA	10800	M	01:09:54	01:04:40	06:28	00:31:43	
7004	David FRÓIS	4270	M	01:09:54	01:04:34	06:28	00:32:52	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7005	Marco Filipe Calinas Da Silva NEVES	10449	M	01:09:54	01:06:12	06:38	00:35:15	
7006	Rui Miguel Bernardo MENDES	329	M	01:09:54	01:03:16	06:20	00:29:54	
7007	Aparicio VIEIRA	4834	M	01:09:55	01:04:19	06:26	00:31:51	
7008	Claudia CELESTINO	1202	M	01:09:55	01:08:45	06:53	00:34:10	
7009	Paulo MORÃO	2912	M	01:09:56	01:05:04	06:31	00:32:56	
7010	Crisálida Conceição ANTUNES VARANDA	5557	F	01:09:56	01:07:29	06:45	00:34:14	
7011	Sofia ARAGÃO	5508	F	01:09:56	01:05:05	06:31	00:32:58	
7012	Susana FERREIRA	5341	F	01:09:56	01:08:46	06:53	00:34:10	BolotaObra Atletismo
7013	João Pedro ANJOS	249	M	01:09:56	01:05:05	06:31	00:32:58	
7014	Nuno TAVARES	8067	M	01:09:56	01:02:46	06:17	00:30:37	
7015	Lucy WATSON	5036	F	01:09:58	01:05:29	06:33	00:31:12	
7016	Teresa ALBUQUERQUE	5498	F	01:09:58	01:03:57	06:24	00:30:03	
7017	Nuno Miguel OLIVEIRA	7417	M	01:10:00	01:05:21	06:33	00:32:01	
7018	Luis MARQUES	7122	M	01:10:00	01:06:15	06:38	00:31:31	
7019	Etelvina DUARTE	976	M	01:10:00	01:06:28	06:39	00:31:18	G.R.D. Os Fixes
7020	Sabine ARAGÃO	0	F	01:10:00	01:03:01	06:19	00:30:57	
7021	Alexandra FERREIRA	864	F	01:10:00	01:06:03	06:37	00:32:30	
7022	Tiago ALVES	7416	M	01:10:01	01:05:22	06:33	00:32:02	
7023	Alexandra RUEFF VIEIRA	11370	F	01:10:02	01:05:27	06:33	00:32:02	
7024	João ANDRÉ	6480	M	01:10:02	01:03:37	06:22	00:30:46	Grupo Desportivo Cimpor
7025	Ana VAZQUEZ	1521	F	01:10:04	01:04:23	06:27	00:32:29	
7026	Ricardo Jorge FIGUEIREDO SANTOS SILVA	526	M	01:10:05	01:06:23	06:39	00:33:35	
7027	Jose PARDAL	2682	M	01:10:05	01:10:05	07:01	00:28:59	
7028	Ana Micaela ARAÚJO	796	M	01:10:05	01:08:15	06:50	00:33:27	Grupo Desportivo Cimpor
7029	Maria COSTA	1218	F	01:10:06	01:10:06	07:01	00:28:59	
7030	Joauim ALMEIDA	8296	M	01:10:07	01:07:45	06:47	00:31:59	
7031	Luis Miguel SANTOS COSTA	5985	M	01:10:07	01:06:21	06:39	00:33:04	
7032	Maria Jose VIROTT	5083	F	01:10:07	01:06:50	06:41	00:31:10	
7033	José Manuel PARDAL	2968	M	01:10:07	01:06:21	06:39	00:33:04	
7034	Rita ALVES	11484	F	01:10:08	01:05:52	06:36	00:31:36	
7035	Graça ALMEIDA	1464	F	01:10:08	01:04:56	06:30	00:30:55	
7036	José ROMÃO FERREIRA	9126	M	01:10:09	01:03:18	06:20	00:31:53	
7037	Bruna Tiago ALFAIA SILVA	5133	F	01:10:09	01:06:07	06:37	00:33:21	Casa do Pessoal Estradas de Portugal
7038	Antonio Pedro Dos Santos FERNANDES	8605	M	01:10:09	01:08:12	06:50	00:32:02	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7039	Ricardo ANTON	10543	M	01:10:09	01:06:53	06:42	00:31:10	
7040	Luis Ribeiro De Sousa RIBEIRO DE SOUSA	7114	M	01:10:10	01:04:15	06:26	00:31:08	
7041	Maria Fátima ALMEIDA ANTUNES TOMÉ	1584	F	01:10:10	01:06:28	06:39	00:33:35	
7042	José Manuel Da Silva GOUVEIA	10185	M	01:10:10	01:05:33	06:34	00:31:53	
7043	Francisco BRANCO	1801	M	01:10:10	01:09:31	06:58	00:33:29	C. R. Leões de Porto Salvo
7044	Carlos Alberto Vieira PEDRO	5957	M	01:10:10	01:08:07	06:49	00:31:24	
7045	Carlos Henrique PEREIRA TOMÉ	4123	M	01:10:10	01:06:28	06:39	00:33:35	
7046	Carlos SERRA	10920	M	01:10:11	01:08:14	06:50	00:33:30	
7047	Luisa ZIGUE	4918	F	01:10:11	01:08:15	06:50	00:33:31	
7048	André BEXELL	3904	M	01:10:11	01:06:22	06:39	00:29:23	
7049	Serafim ALVES	6782	M	01:10:11	01:07:30	06:45	00:32:15	LANG
7050	Pedro FERREIRO	228	M	01:10:11	01:08:40	06:52	00:31:29	Grupo Desportivo Roche
7051	Denise MIRANDA	1386	F	01:10:11	01:06:31	06:40	00:32:39	
7052	Rui Miguel CLAUDIO ANTUNES	79400	M	01:10:11	01:06:31	06:40	00:32:39	
7053	Teresa FIGUEIREDO GOMES	5563	F	01:10:12	01:07:55	06:48	00:33:00	
7054	Rita BORBINHA	5138	F	01:10:12	01:07:33	06:46	00:32:26	
7055	Cristiana ALVES	11361	F	01:10:12	01:07:25	06:45	00:34:15	
7056	Miguel GOMES	7076	M	01:10:13	01:07:25	06:45	00:34:16	
7057	Carlos TEIXEIRA	10068	M	01:10:13	01:04:33	06:28	00:32:29	Tejavista
7058	Joaquim CARVALHO	7455	M	01:10:13	01:02:47	06:17	00:31:29	
7059	Luis VIEIRA	10426	M	01:10:13	01:02:44	06:17	00:31:26	
7060	Ana Rita DIAS	1514	F	01:10:14	01:07:32	06:46	00:32:52	
7061	Fatima Jesus GONÇALVES SIMÕES	9625	F	01:10:14	01:05:19	06:32	00:31:37	
7062	Francisco José CRUZ GARCIA	10310	M	01:10:14	01:05:51	06:36	00:34:02	
7063	António RETO	3900	M	01:10:14	01:05:51	06:36	00:34:01	
7064	Ricardo FERREIRA	10224	M	01:10:14	01:05:51	06:36	00:34:01	
7065	José Carlos ANTUNES	6724	M	01:10:14	01:06:29	06:39	00:32:59	Grupo de Manutenção do E.Nacional
7066	Luis Filipe FERNANDES DE MATOS	8331	M	01:10:15	01:06:56	06:42	00:32:08	
7067	José MARTINS	6751	M	01:10:15	01:06:13	06:38	00:32:10	Clube ANA Lisboa
7068	Alexandre BRANCO	8484	M	01:10:15	01:06:38	06:40	00:32:30	
7069	Liliana FERREIRA	5574	F	01:10:15	01:07:45	06:47	00:34:58	
7070	Conceição PERES	5340	F	01:10:15	01:06:19	06:38	00:32:14	Clube ANA Lisboa
7071	Inês SILVA	5074	F	01:10:15	01:08:25	06:51	00:31:06	
7072	Ivone BARREIRA	616	F	01:10:16	01:05:28	06:33	00:34:01	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7073	Rui COSTA	8711	M	01:10:16	01:05:28	06:33	00:34:01	
7074	Ana Cristina DOMINGOS	746	F	01:10:16	01:10:11	07:02	00:33:12	
7075	Maria José CARVALHO	5637	F	01:10:17	01:07:21	06:45	00:32:01	
7076	Francisco Cotrim MENDES	2896	M	01:10:17	01:03:19	06:20	00:31:28	
7077	Luis PEREIRA	3302	M	01:10:17	01:07:22	06:45	00:32:01	
7078	Joaquim Miguel TEIXEIRA	2162	M	01:10:17	01:04:16	06:26	00:33:41	Hovione
7079	Romulo PONCE DE LEÃO	4134	M	01:10:17	01:03:29	06:21	00:31:47	
7080	Flavia Pitz BATISTA	1583	F	01:10:18	01:03:30	06:21	00:31:47	
7081	João Luis FIGUEIREDO CORREIA	7827	M	01:10:18	01:05:31	06:34	00:32:02	
7082	Aleandre Miguel GUERREIRO LOPES CARNEIRO MOURÃO	7429	M	01:10:18	01:03:25	06:21	00:32:07	
7083	João Vítor SANTOS NETO	3672	M	01:10:19	01:03:26	06:21	00:32:07	
7084	Pedro CARMO	7004	M	01:10:19	01:03:13	06:20	00:29:03	
7085	Margarida EGEA	11229	F	01:10:19	01:07:40	06:46	00:33:27	
7086	Rita Maria BURNAY LIVÉRIO	4926	F	01:10:19	01:07:40	06:46	00:33:27	
7087	António SIMÕES	8100	M	01:10:19	01:04:06	06:25	00:31:54	
7088	Nuno SOUSA	3152	M	01:10:20	01:04:59	06:30	00:33:04	
7089	Fernando ALMEIDA CORREIA	10852	M	01:10:20	01:08:14	06:50	00:33:43	
7090	Bruno Fernandes SALAZAR	7393	M	01:10:20	01:04:46	06:29	00:30:12	
7091	Maria Teresa RODRIGUES	5670	F	01:10:22	01:06:55	06:42	00:32:53	
7092	César Fialho GUERRA	8184	M	01:10:22	01:06:54	06:42	00:32:52	
7093	Carlos FIGUEIREDO	6033	M	01:10:22	01:04:00	06:24	00:33:30	Clube do Stress
7094	Carlos LOPES PEREIRA	8610	M	01:10:23	01:04:29	06:27	00:34:42	
7095	Marie BURN	895	F	01:10:23	01:04:04	06:25	00:33:33	Clube do Stress
7096	António MARQUES	8113	M	01:10:24	01:06:04	06:37	00:31:15	
7097	Margarida SEQUEIRA	5844	F	01:10:25	01:07:26	06:45	00:34:19	Serviços Sociais da CGD
7098	Kate PEARSON	1532	F	01:10:26	01:05:02	06:31	00:31:23	
7099	Luis Jorge MONTEIRO	4131	M	01:10:26	01:04:40	06:28	00:32:45	
7100	Antonio Vasco AMARO TRAVASSOS	7223	M	01:10:27	01:05:32	06:34	00:33:47	
7101	Francisco Antonio PINTO	7979	M	01:10:28	01:07:04	06:43	00:32:38	
7102	Ana Cristina Moreira GODINHO	15287	F	01:10:28	01:04:12	06:26	00:32:51	
7103	Diogo OSORIO	15255	M	01:10:28	01:04:12	06:26	00:32:51	
7104	Urbino MIGUEL	3091	M	01:10:28	01:06:09	06:37	00:30:54	
7105	Graciete Conceição FERREIRA GODINHO	11241	F	01:10:29	01:07:44	06:47	00:31:49	
7106	Paulo LOPES	9026	M	01:10:29	01:05:48	06:35	00:30:27	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7107	Nuno Miguel BRANDÃO	4404	M	01:10:29	01:04:25	06:27	00:30:16	
7108	Pedro Jorge RODRIGUES DINIZ	10299	M	01:10:31	01:03:44	06:23	00:31:04	
7109	Maria Alexandra SILVA PEREIRA DA COSTA	5454	F	01:10:31	01:08:33	06:52	00:35:11	
7110	Sérgio OLIVEIRA	6194	M	01:10:32	01:06:58	06:42	00:32:00	TCPI
7111	Carla Sofia PONSÃO SILVA	1527	F	01:10:32	01:03:53	06:24	00:31:21	
7112	José Adriano COSTA MARTINS	4451	M	01:10:32	01:03:54	06:24	00:31:22	
7113	Luis Duarte PINTO	7589	M	01:10:33	01:07:12	06:44	00:31:45	
7114	Carlos Manuel CARDOSO LEITÃO	10764	M	01:10:33	01:04:45	06:29	00:32:36	
7115	Dinis António RIBAS	405	M	01:10:33	01:04:21	06:27	00:31:57	
7116	Maria De Fatima FERREIRA PRAZERES	11225	F	01:10:33	01:09:05	06:55	00:31:08	
7117	Andre REIS	10946	M	01:10:33	01:04:45	06:29	00:32:40	
7118	Luis DIAS	7168	M	01:10:34	01:04:50	06:29	00:35:03	
7119	Victor Manuel SANTOS SILVA	10277	M	01:10:34	01:08:37	06:52	00:33:20	
7120	Alda Maria Rosado DUARTE	5441	F	01:10:34	01:03:27	06:21	00:32:08	
7121	Hana GERBELOVÁ	1337	F	01:10:34	01:04:45	06:29	00:32:36	
7122	António Manuel Valente RIBEIRO	6923	F	01:10:35	01:05:57	06:36	00:31:57	
7123	Susana FRANCISCO	5229	M	01:10:35	01:04:07	06:25	00:32:19	Clube Desportivo e Cultural da Nave
7124	António LOPES	6598	M	01:10:35	01:03:22	06:21	00:32:34	C.C.D. EFACEC
7125	Nuno MURINELO	10552	M	01:10:35	01:10:11	07:02	00:32:28	
7126	Marisa MARTINHO	5531	F	01:10:36	01:04:13	06:26	00:34:13	
7127	Nuno Paulo GUERREIRO JACINTO	8968	M	01:10:38	01:04:06	06:25	00:31:17	
7128	Andrea RITTER	5823	F	01:10:38	01:05:56	06:36	00:31:51	
7129	Adozinda Da Conceição RITO	5669	F	01:10:38	01:04:24	06:27	00:31:11	
7130	Pedro COSTA	7464	M	01:10:39	01:03:48	06:23	00:31:20	
7131	Tiago FARIAS	10612	M	01:10:39	01:03:53	06:24	00:31:36	
7132	Jorge ALVES	9034	M	01:10:39	01:04:08	06:25	00:31:17	
7133	Idalina COMPLETA	1420	F	01:10:39	01:08:02	06:49	00:33:47	
7134	Susana MIGUEL	5202	F	01:10:40	01:05:41	06:35	00:34:02	Clube de Natação de Rio Maior
7135	Maria Eduarda NOBRE	1389	F	01:10:41	01:03:55	06:24	00:31:37	
7136	Sandra SILVA ANTUNES	5687	F	01:10:41	01:07:16	06:44	00:31:52	
7137	João António PINHEIRO PROENÇA	3908	M	01:10:42	01:09:24	06:57	00:32:03	
7138	Paulo FERNANDES	2171	M	01:10:42	01:04:29	06:27	00:32:27	Açoreana clube Banif
7139	Joana FOLGADO	601	F	01:10:43	01:06:43	06:41	00:33:19	
7140	Manuel SANTOS	6784	M	01:10:43	01:04:16	06:26	00:29:58	G. D. C. T. Repsol Polimeros

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7141	Tiago MATEUS	8544	M	01:10:44	01:05:57	06:36	00:31:47	
7142	Ângelo MARCOS	10783	M	01:10:44	01:06:31	06:40	00:32:10	
7143	Andreia CARDOSO	11333	F	01:10:44	01:06:32	06:40	00:32:11	
7144	Luis FONTES	6326	M	01:10:44	01:09:56	07:00	00:33:07	
7145	Filipe Jorge CARVALHO	10579	M	01:10:45	01:02:21	06:15	00:30:53	
7146	Sílvia Maria PINTO SANTOS	5193	F	01:10:46	01:04:36	06:28	00:31:36	
7147	Brigite ALVES	1185	F	01:10:46	01:04:03	06:25	00:33:11	
7148	Rita RODRIGUES	949	F	01:10:47	01:04:40	06:28	00:32:28	
7149	Patricia PASSOS	1602	F	01:10:47	01:05:30	06:33	00:32:39	
7150	Sónia DIOGO	11567	F	01:10:48	01:06:25	06:39	00:32:35	
7151	Paulo José BOTELHO PASSOS	8578	M	01:10:48	01:05:30	06:33	00:32:39	
7152	João TAVARES	3270	M	01:10:48	01:04:47	06:29	00:31:41	
7153	Ana ISAAC	697	F	01:10:49	01:07:25	06:45	00:32:42	Açoreana clube Banif
7154	Pedro RODRIGUES	4151	M	01:10:49	01:06:02	06:37	00:31:19	
7155	Isabel MATIAS	1506	M	01:10:49	01:07:25	06:45	00:32:41	
7156	Flávio LOPES	4585	M	01:10:49	01:05:29	06:33	00:29:21	
7157	Andreina MARTINEZ	1578	F	01:10:50	01:05:00	06:30	00:32:04	
7158	João DUARTE	2114	M	01:10:50	01:08:14	06:50	00:33:52	
7159	Aline DUARTE	5667	F	01:10:50	01:08:14	06:50	00:33:51	
7160	Mafalda MOREIRA	1570	F	01:10:50	01:08:42	06:53	00:36:11	
7161	Pedro ANDRADE FIGUEIRA	8659	M	01:10:51	01:08:42	06:53	00:36:11	
7162	Maria SANTOS	9546	F	01:10:51	01:05:06	06:31	00:32:18	Grupo Desportivo Roche
7163	Lucas RINCÓN	10361	M	01:10:51	01:09:48	06:59	00:34:05	
7164	Rui Gerardo NOBREGA AFONSO	7342	M	01:10:52	01:09:48	06:59	00:34:06	
7165	Joao OLIVEIRA	7082	M	01:10:52	01:08:15	06:50	00:34:49	
7166	Eduardo MONTEIRO	7965	M	01:10:52	01:04:25	06:27	00:31:20	
7167	Claudio MONTEIRO	10181	M	01:10:52	01:07:08	06:43	00:33:19	
7168	Pedro Miguel SOUSA	4561	M	01:10:52	01:03:33	06:22	00:33:26	
7169	Carlos SOARES	8394	M	01:10:53	01:05:20	06:32	00:32:47	
7170	Ana Maria SERODIO	5835	F	01:10:54	01:10:54	07:06		
7171	Ana Rita A. Pimenta TAVARES	715	F	01:10:54	01:05:45	06:35	00:32:37	
7172	Ana Cristina SANTOS	1596	F	01:10:54	01:05:46	06:35	00:32:38	
7173	Bárbara BARRETO	11221	F	01:10:55	01:06:28	06:39	00:33:08	
7174	António ELIAS	6898	M	01:10:55	01:05:24	06:33	00:31:34	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7175	Joao Luis SERODIO	6899	M	01:10:55	01:09:24	06:57	00:32:15	
7176	Carlos FERNANDES	2353	M	01:10:56	01:06:59	06:42	00:32:55	Clube Anacom
7177	Nuno Filipe ROBERTO DE ALMEIDA	10632	M	01:10:56	01:06:58	06:42	00:32:12	
7178	Priscila CERDEIRA	11472	F	01:10:56	01:05:15	06:32	00:32:29	
7179	Pedro GOMES	10716	M	01:10:56	01:07:25	06:45	00:31:18	
7180	Teresa GARRIDO	1530	F	01:10:57	01:08:21	06:51	00:34:50	
7181	José FERNANDES	10227	M	01:11:00	01:07:40	06:46	00:32:52	
7182	Catarina ARAÚJO	5126	F	01:11:01	01:09:09	06:55	00:33:11	C. R. Leões de Porto Salvo
7183	Joana Vaz MONTEIRO	4912	F	01:11:01	01:04:55	06:30	00:33:10	
7184	João RIBEIRO	6790	M	01:11:01	01:08:08	06:49	00:30:54	Clube ANA Lisboa
7185	Hugo RATINHO	2247	M	01:11:02	00:57:47	05:47	00:29:22	
7186	Nuno Miguel CHAMBINO	184	M	01:11:03	01:07:30	06:45	00:31:53	
7187	Ana Isabel NUNES	4964	F	01:11:03	01:08:08	06:49	00:32:41	
7188	Manuel GONÇALVES	10326	M	01:11:03	01:11:00	07:06	00:31:16	
7189	Baptista DIZIMA	10124	M	01:11:07	01:10:01	07:01	00:33:55	Casa da Dizima
7190	Fernanda Maria Costa ROXO	4892	F	01:11:09	01:05:35	06:34	00:32:58	
7191	Gonçalo BASTO	7399	M	01:11:09	01:07:21	06:45	00:33:41	
7192	Joana COSTA	1330	F	01:11:09	01:07:21	06:45	00:33:41	
7193	José DELGADO	6641	M	01:11:09	01:09:20	06:56	00:31:28	Tabaqueira
7194	Ana MATIAS	11400	F	01:11:10	01:08:18	06:50	00:33:25	
7195	Paula CORREIA	582	F	01:11:10	01:09:37	06:58	00:34:17	C. R. Leões de Porto Salvo
7196	Carmen GREFF	5819	F	01:11:11	01:04:51	06:30	00:32:53	
7197	João Paulo SILVA	15077	M	01:11:11	01:10:59	07:06	00:24:52	Gabinete de Fisioterapia no Desporto
7198	Marta CARAPUÇO	11328	F	01:11:12	01:07:50	06:47	00:33:47	
7199	Aníbal FERREIRA	10700	M	01:11:12	01:07:48	06:47	00:33:46	
7200	Luis FERREIRA	6691	M	01:11:12	01:09:57	07:00	00:33:00	HP Portugal Clube
7201	Fausto TAVARES MENDES SILVA	1950	M	01:11:14	01:09:34	06:58	00:34:27	Casa do Pessoal Estradas de Portugal
7202	Rita TEIXEIRA	5280	F	01:11:14	01:05:26	06:33	00:33:15	Tejavista
7203	João RIBEIRO	4036	M	01:11:15	01:04:30	06:27	00:36:38	
7204	Beatriz PINA E MELO	11336	F	01:11:16	01:07:27	06:45	00:32:58	
7205	Paulo Alexandre Rodrigues CARDOSO	4273	M	01:11:16	01:08:01	06:49	00:33:06	
7206	Jaime GOMES	10042	M	01:11:16	01:08:59	06:54	00:31:41	Maratona Clube de Portugal
7207	Pedro Manuel DELGADO	1664	M	01:11:16	01:05:55	06:36	00:32:55	Clube Millennium BCP
7208	Raquel CARDOSO	1439	F	01:11:17	01:08:53	06:54	00:33:10	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7209	Sonia Sofia Branco TIMOTEO	714	F	01:11:19	01:04:54	06:30	00:33:21	
7210	Ricardo Manuel GERMANO MIRAGAIA	175	M	01:11:19	01:04:54	06:30	00:33:21	
7211	Licínio Marques CANICEIRO	4826	M	01:11:19	01:10:43	07:05	00:34:02	
7212	Hugo Henrique ENCARNAÇÃO FERREIRA DE OLIVEIRA	9068	M	01:11:20	01:05:51	06:36	00:34:29	
7213	Andreia ANACLETO	5270	F	01:11:20	01:09:48	06:59	00:31:54	G.R.D. Os Fixes
7214	Carlos CARNEIRINHO	6849	M	01:11:21	01:10:23	07:03	00:31:02	
7215	Joao VICTOR	6723	M	01:11:21	01:10:24	07:03		
7216	João Ricardo DUARTE	7927	M	01:11:23	01:04:31	06:28	00:31:43	
7217	Cláudia MAURICIO	1632	F	01:11:24	01:08:46	06:53	00:32:49	
7218	António ANTUNES	7177	M	01:11:25	01:05:59	06:36	00:34:55	
7219	Pedro Alexandre PIRES	84	M	01:11:25	01:05:59	06:36	00:34:53	
7220	Luís SOMMER RIBEIRO	10686	M	01:11:25	01:05:07	06:31	00:31:56	
7221	Mendonça DIAS	2129	M	01:11:26	01:05:07	06:31	00:31:56	
7222	Luis PEREIRA SANTOS	10814	M	01:11:26	01:06:59	06:42	00:32:20	
7223	José Alexandre Guerra CIPRIANO	7898	M	01:11:27	01:07:39	06:46	00:32:38	
7224	Rui TEIVES HENRIQUES	3606	M	01:11:28	01:05:41	06:35	00:32:47	
7225	Francisco José LOPES	10291	M	01:11:29	01:06:31	06:40	00:31:06	
7226	Carlos Manuel GALVÃO DE SOUSA	7245	M	01:11:29	01:06:30	06:39	00:31:06	
7227	Josiane LIMA	15178	F	01:11:29	01:02:03	06:13	00:30:55	Gabinete de Fisioterapia no Desporto
7228	Ricardo Jorge Marques LIMA	7543	M	01:11:29	01:05:36	06:34	00:33:15	
7229	Alexandre Vaz BARTOLOMEU	7544	M	01:11:30	01:05:36	06:34	00:33:15	
7230	Fernando Aragão COSTA	6820	M	01:11:30	01:04:31	06:28	00:33:38	
7231	Rui DIAS AFONSO	1939	M	01:11:31	01:06:34	06:40	00:33:03	Serviços Sociais Montepio Geral
7232	João Gonçalo DIAS CORDEIRO	76970	M	01:11:31	01:08:40	06:52	00:32:11	
7233	Artur Paulo Cunha CASTANHEIRA	10821	M	01:11:31	01:10:39	07:04	00:33:47	
7234	Paulo GOMES	7136	M	01:11:32	01:07:47	06:47	00:33:06	
7235	José GERALDES	9938	M	01:11:33	01:08:40	06:52	00:33:02	Açoreana clube Banif
7236	Mariana BORGES	11331	F	01:11:33	01:07:44	06:47	00:32:58	
7237	Alessio FIGURETTI	10600	M	01:11:33	01:08:43	06:53	00:31:33	
7238	Elisio MONTEIRO	2964	M	01:11:33	01:06:43	06:41	00:33:10	
7239	Carlos DINIS	7240	M	01:11:33	01:06:31	06:40	00:32:06	
7240	Silvina PEREIRA	15271	F	01:11:35	01:10:18	07:02	00:33:58	Construténis de Fernando Ralheta
7241	Maria Luisa COSTA COUTINHO	1215	F	01:11:36	01:05:04	06:31	00:33:25	
7242	Carla JOYCE	5186	F	01:11:36	01:08:48	06:53	00:33:34	Pepsico Portugal

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7243	Luís OLIVEIRA	6673	M	01:11:37	01:05:39	06:34	00:33:47	Associação Atletismo Lebres do Sado
7244	Cláudia SARAIVA	11288	F	01:11:37	01:05:39	06:34	00:33:50	
7245	Humberto Manuel SILVA	6482	M	01:11:37	01:06:07	06:37	00:32:14	Hovione
7246	Isabel Maria SEMEDO	1528	F	01:11:38	01:06:25	06:39	00:33:15	
7247	Ana Madalena Pacheco FERREIRA	4981	F	01:11:38	01:05:26	06:33	00:31:25	
7248	João CATARINO	10739	M	01:11:38	01:07:32	06:46	00:37:08	
7249	Miguel Santos LADEIRA	4453	M	01:11:38	01:06:25	06:39	00:33:15	
7250	João RAVASCO MENDES	9151	M	01:11:39	01:04:10	06:25	00:31:27	
7251	Alexandre MENDES	8568	M	01:11:39	01:06:29	06:39	00:32:26	
7252	Rute LOPES	11228	F	01:11:39	01:05:01	06:31	00:31:29	
7253	Paula NUNES ALMEIDA	11520	F	01:11:40	01:05:26	06:33	00:32:13	
7254	José Luís CRAVEIRO PAIS	6463	M	01:11:40	01:08:52	06:54	00:33:34	Pepsico Portugal
7255	Marta CABRAL	800	F	01:11:41	01:04:47	06:29	00:32:24	
7256	João FERREIRA	3446	M	01:11:41	01:04:47	06:29	00:32:24	
7257	Catarina GOMES DA SILVA	1509	F	01:11:42	01:08:10	06:49	00:33:27	
7258	Andreia Filipa GONÇALVES GRAÇA	615	F	01:11:42	01:11:12	07:08	00:34:43	
7259	Luis Alexandre OLIVEIRA SOARES	7962	M	01:11:42	01:09:29	06:57	00:30:23	
7260	Vasco TAVARES FESTAS	2858	M	01:11:43	01:04:23	06:27	00:29:04	
7261	Leonor ANJOS	1064	F	01:11:43	01:04:23	06:27	00:29:03	
7262	Margarida ANJOS	1063	F	01:11:43	01:04:23	06:27	00:29:04	
7263	João Manuel MARTINS PINTO	10179	M	01:11:43	01:06:38	06:40	00:31:44	
7264	Maria Carmo ANJOS	10347	F	01:11:44	01:09:28	06:57	00:33:56	
7265	Alexandre DÂMASO	3861	M	01:11:44	01:09:36	06:58	00:37:11	
7266	Beatriz COELHO	4903	F	01:11:44	01:07:46	06:47	00:34:18	
7267	Tânia ALVES OIVEIRA	1412	F	01:11:44	01:09:36	06:58	00:37:12	
7268	António BAPTISTA	4336	M	01:11:44	01:04:43	06:29	00:32:07	
7269	Rodrigo CORREIA	197	M	01:11:45	01:09:41	06:59	00:32:32	
7270	Sérgio COELHO	9452	M	01:11:45	01:07:46	06:47	00:34:18	
7271	Joao MARQUES	10507	M	01:11:46	01:06:38	06:40	00:33:10	
7272	António José MARTINS HENRIQUES	8589	M	01:11:46	01:05:56	06:36	00:34:05	
7273	Joana SOALHEIRA	15122	F	01:11:46	01:11:46	07:11		Linda-a-Pastora Sporting Clube
7274	Ricardo SOUSA	9081	M	01:11:46	01:06:20	06:38	00:34:31	
7275	Manuel BRAZ	9919	M	01:11:47	01:10:25	07:03	00:33:38	Serviços Sociais da CGD
7276	António Manuel LÚCIO	11513	M	01:11:47	01:05:12	06:32	00:32:06	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7277	Sonia OLIVEIRA	5700	F	01:11:48	01:08:02	06:49	00:32:15	
7278	Tania CARMO	1199	F	01:11:48	01:06:24	06:39	00:32:30	
7279	Raquel SANTOS	717	F	01:11:49	01:09:24	06:57	00:33:33	
7280	Maria João COUTINHO REBELO	11272	F	01:11:50	01:09:04	06:55	00:33:30	
7281	Pedro BRETES	7645	M	01:11:52	01:06:57	06:42	00:31:55	
7282	Francisco José Vasconcelos Esteves AZEVEDO	4431	M	01:11:52	01:08:08	06:49	00:32:56	
7283	Paulo SILVA	7257	M	01:11:52	01:07:20	06:44	00:32:48	
7284	Sofia Freitas E MENEZES	5691	F	01:11:52	01:04:45	06:29	00:33:34	
7285	Paulo Freitas E MENEZES	4248	M	01:11:52	01:04:44	06:29	00:33:33	
7286	Cristina BENTO	11469	F	01:11:52	01:08:09	06:49	00:33:20	
7287	Francisco TEIXEIRA	7559	M	01:11:53	01:06:06	06:37	00:33:53	
7288	José LOUÇAS	9897	M	01:11:53	01:11:37	07:10	00:35:13	Grupo Desportivo Santander Totta
7289	Tânia DIMAS	948	F	01:11:53	01:07:23	06:45	00:33:29	Clube do Stress
7290	Ana Sofia CASCAIS	1034	F	01:11:53	01:09:21	06:57	00:33:14	
7291	Daher VALADÃO DINIZ	2996	M	01:11:54	01:05:34	06:34	00:31:41	
7292	Vitor Miguel CAPELO CAMPANIÇO	8587	M	01:11:55	01:07:38	06:46	00:31:46	
7293	Alexandre JANICAS	10491	M	01:11:55	00:58:34	05:52	00:28:29	
7294	Silvia MOREIRA	631	F	01:11:57	01:07:49	06:47	00:34:27	
7295	Margarida BAJANCA	1186	F	01:11:57	01:07:49	06:47	00:34:29	
7296	Maria MEIA-VIA	5286	F	01:11:57	01:08:48	06:53	00:33:52	Odebrecht / BPC
7297	Ana Paula SOARES DOS REIS	5551	F	01:11:58	01:08:08	06:49	00:33:10	
7298	Martinho FIALHO TOJO	7418	M	01:11:58	01:08:08	06:49	00:33:11	
7299	Luís GONÇALVES	106330	M	01:11:59	01:08:07	06:49	00:32:38	
7300	Alice CRUZ	9584	F	01:11:59	01:11:30	07:09	00:34:00	Grupo Desportivo Joaninhas de Leião
7301	Vera Mónica TOUBARRO TIAGO	5092	F	01:11:59	01:06:23	06:39	00:32:51	
7302	Carlos TEIXEIRA GONÇALVES	2736	M	01:12:00	01:06:23	06:39	00:32:51	
7303	Emanuel OLIVEIRA	8320	M	01:12:00	01:07:16	06:44	00:32:36	
7304	Marta SERRA	1511	F	01:12:00	01:04:00	06:24	00:32:01	
7305	Pedro USSMAN	10816	M	01:12:00	01:04:00	06:24	00:32:01	
7306	Artur Favita MADEIRA	10356	M	01:12:00	01:09:09	06:55	00:33:18	
7307	Manuel MARTINHO	6806	M	01:12:02	01:07:24	06:45	00:30:50	Lisboa Racket Centre
7308	Mário Jorge MARTINS PIRES	10748	M	01:12:02	01:09:05	06:55	00:35:42	
7309	Adelaide BARROS	11237	F	01:12:03	01:04:42	06:29	00:32:41	
7310	Rui Alexandre AZEVEDO MARTINS	10749	M	01:12:03	01:09:05	06:55	00:35:42	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7311	Els CLAEYS	5747	F	01:12:04	01:03:38	06:22	00:30:52	
7312	David ABECASIS KALIL GOMES FERREIRA	3905	M	01:12:04	01:08:03	06:49	00:32:44	
7313	Emilio FERNANDES	7868	M	01:12:04	01:11:26	07:09	00:34:00	
7314	Francisco CABRAL	7867	M	01:12:04	01:11:25	07:09	00:33:59	
7315	André MOREIRAS	7852	M	01:12:04	01:06:21	06:39	00:31:42	
7316	José Amilcar Correia CLAMOTE	8573	M	01:12:05	01:06:01	06:37	00:29:49	
7317	João Miguel CLETO	5952	M	01:12:06	01:06:36	06:40	00:30:29	Hovione
7318	Natalia LOPES	1378	F	01:12:07	01:06:43	06:41	00:32:54	
7319	João Henrique PINHO DIAS	3279	M	01:12:08	01:08:16	06:50	00:34:55	
7320	Ângela Márcia JESUS SOLPOSTO	9701	F	01:12:08	01:08:16	06:50	00:34:55	
7321	Dinis SOUSA	2052	M	01:12:08	01:04:49	06:29	00:33:27	Grupo Desportivo Santander Totta
7322	Filipa Alexandra MACIEIRA	723	F	01:12:08	01:07:37	06:46	00:31:10	
7323	Susana PALMA FÉRIA	1563	F	01:12:09	01:06:17	06:38	00:33:12	
7324	Monica Sofia MARQUES	4980	F	01:12:09	01:11:30	07:09	00:34:54	
7325	Laura CRUZ	51	F	01:12:09	01:11:27	07:09	00:34:51	
7326	André MIRANDA	10820	M	01:12:11	01:07:24	06:45	00:31:51	
7327	Alexandra COSTA GOMES	4905	F	01:12:11	01:08:13	06:50	00:34:18	
7328	Nuno PAIS	6124	M	01:12:11	01:06:08	06:37	00:32:54	Clube do Stress
7329	Luis PEREIRA	6371	M	01:12:12	01:06:08	06:37	00:32:54	Clube do Stress
7330	Luis MADANÇOS	7446	M	01:12:12	01:05:53	06:36	00:33:18	
7331	Pedro Maria DUARTE	1866	M	01:12:13	01:05:08	06:31	00:33:02	Clube do Stress
7332	Filipa OLIVEIRA	9700	F	01:12:13	01:08:00	06:48	00:34:36	
7333	Lidia LOPES	5252	F	01:12:14	01:04:54	06:30	00:33:26	Grupo Desportivo Santander Totta
7334	Ricardo José RODRIGUES PRATA	10256	M	01:12:14	01:09:39	06:58	00:33:45	
7335	Mário José MARTINS GUERREIRO	10786	M	01:12:14	01:09:40	06:58	00:33:45	
7336	Lidia PERAS	9545	F	01:12:14	01:05:09	06:31	00:32:25	Maratona Clube de Portugal
7337	Lino TORGAL	10525	M	01:12:15	01:05:38	06:34	00:32:13	
7338	Beatriz SÉCIO	1220	F	01:12:16	01:05:42	06:35	00:31:13	
7339	António José RODRIGUES	10761	M	01:12:16	01:09:13	06:56	00:33:13	
7340	Carlos GASPAS PEREIRA	11164	M	01:12:16	01:05:42	06:35	00:31:13	
7341	Marco SANTOS	4568	M	01:12:17	01:06:46	06:41	00:32:49	
7342	André COSTA	11185	M	01:12:17	01:09:49	06:59	00:31:50	
7343	Gonçalo CAIADO	4376	M	01:12:17	01:06:09	06:37	00:33:40	
7344	Marco DIAS	6845	M	01:12:18	01:08:18	06:50	00:32:07	C.C.D. PESSOAL MUNICIPIO DE CASCAIS

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7345	Sérgio SILVA	7500	M	01:12:19	01:10:31	07:04	00:36:18	
7346	Pierre OLIVEIRA	500	M	01:12:20	01:05:48	06:35	00:34:07	
7347	Paulo SELAS	499	M	01:12:20	01:05:48	06:35	00:34:07	
7348	Faro JOÃO LUIS SANTOS	4332	M	01:12:20	01:05:48	06:35	00:34:07	
7349	André Filipe ROSA	8972	M	01:12:20	01:03:50	06:23	00:32:20	
7350	Miguel SANTIAGO ARANDA DA SILVA	3650	M	01:12:20	01:07:55	06:48	00:32:25	
7351	Nadia Rita STUART	11543	F	01:12:20	01:08:15	06:50	00:33:34	
7352	Gonçalo AIRES	2008	M	01:12:23	01:08:39	06:52	00:33:54	
7353	Carla PEREIRA	5840	F	01:12:23	01:07:08	06:43	00:32:25	
7354	Nuno PINTO	15065	M	01:12:24	01:09:53	07:00	00:30:41	Clube Grupo Desportivo BES
7355	Carla Cristina GONÇALVES COELHO	1523	F	01:12:26	01:06:21	06:39	00:33:20	
7356	Conceição NETO	11436	F	01:12:26	01:10:25	07:03	00:34:17	
7357	Vitor Manuel GUERRA	5999	M	01:12:26	01:06:33	06:40	00:32:50	
7358	Tiago BERGANO	10574	M	01:12:28	01:06:43	06:41	00:30:59	
7359	Cristina Maria DA CUNHA MARTINS	1465	F	01:12:28	01:07:53	06:48	00:33:54	
7360	Noélia DUARTE	5098	F	01:12:29	01:09:57	07:00	00:33:53	
7361	José FUNENGA	10610	M	01:12:29	01:09:53	07:00	00:33:10	
7362	Maria Celeste ALMEIDA	3681	F	01:12:30	01:10:47	07:05	00:33:23	
7363	William TRODD	6528	M	01:12:30	01:07:56	06:48	00:32:30	St. Julians School
7364	Raquel ROLANDO	4939	F	01:12:31	01:07:32	06:46	00:33:12	
7365	Josefina NEVES	5414	F	01:12:31	01:08:19	06:50	00:33:15	
7366	Pedro SIMÕES	6778	M	01:12:34	01:01:56	06:12	00:31:01	Clube ANA Lisboa
7367	Vitor DAVID	10721	M	01:12:34	01:06:36	06:40	00:32:26	
7368	Ricardo Luis RAMOS CATULO	10317	M	01:12:34	01:05:52	06:36	00:30:57	
7369	Artur PEGAS	10014	M	01:12:35	01:08:31	06:52	00:30:56	
7370	Esmeralda LOURENÇO	9536	F	01:12:36	01:12:36	07:16		G.R.D. Ribeira da Lage
7371	Ana Paula ALMEIDA	1175	F	01:12:36	01:12:32	07:16	00:35:10	Sportlife
7372	Nuno Miguel PATRICIO	3544	M	01:12:36	01:12:32	07:16	00:35:08	Sportlife
7373	Tiago TEIXEIRA	4143	M	01:12:36	01:09:22	06:57	00:38:23	
7374	Ricardo Sancho MENDES DE LINHARES	8150	M	01:12:37	01:07:14	06:44	00:31:18	
7375	Pedro Miguel GARCIA CANDIDO	4261	M	01:12:38	01:08:22	06:51	00:33:36	
7376	Paulo SILVA	7669	M	01:12:38	01:05:58	06:36	00:33:38	
7377	Ana Catarina ALMEIDA	9786	F	01:12:38	01:05:58	06:36	00:33:38	
7378	Rui AMARO	9011	M	01:12:38	01:08:35	06:52	00:34:09	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7379	Joana LOPES	9487	F	01:12:38	01:08:35	06:52	00:34:09	
7380	Mario BORGES	10691	M	01:12:39	01:10:48	07:05	00:34:03	
7381	Virgílio SILVA	4567	M	01:12:39	01:03:37	06:22	00:32:00	
7382	Pedro CATARINO	10379	M	01:12:40	01:09:09	06:55	00:32:26	
7383	Catarina O'NEILL	5642	F	01:12:40	01:08:36	06:52	00:32:16	
7384	Francisco COUTO	3323	M	01:12:40	01:08:36	06:52	00:32:16	
7385	Francisco Torgal Cunha FREIRE	6947	M	01:12:40	01:08:48	06:53	00:31:32	
7386	Paulo Jorge ANDRADE FREITAS	2704	M	01:12:41	01:06:41	06:41	00:28:55	
7387	António FONSECA	1844	M	01:12:41	01:11:18	07:08	00:32:12	Serviços Sociais da CGD
7388	Ana NEVES	5348	M	01:12:41	01:06:14	06:38	00:32:21	Clube Desportivo e Cultural da Nave
7389	Jorge Maria PEREIRA	10023	M	01:12:42	01:08:24	06:51	00:32:13	Clube do Stress
7390	Teresa MENDONÇA	932	F	01:12:42	01:08:24	06:51	00:32:13	Clube do Stress
7391	Ricardo STROSBERG	221	M	01:12:42	01:08:25	06:51	00:32:13	Clube do Stress
7392	Gonçalo MELLO BARRETO	7009	M	01:12:43	01:09:47	06:59	00:32:37	
7393	Paula SILVA	5066	F	01:12:43	01:11:43	07:11	00:34:44	
7394	Ricardo CORRÊA	7693	M	01:12:44	01:05:32	06:34	00:32:30	
7395	João AMORIM	2757	M	01:12:44	01:09:01	06:55	00:35:58	
7396	Luis Felipe SILVA	10237	M	01:12:44	01:07:01	06:43	00:34:06	
7397	Cláudia RAMALHOSA	1338	F	01:12:45	01:07:01	06:43	00:34:06	
7398	Paulo MATEUS	4829	M	01:12:46	01:06:47	06:41	00:34:11	
7399	Francisco José De SEQUEIRA	8875	M	01:12:46	01:09:04	06:55	00:33:04	
7400	Luisa Natacha FERNANDES	11572	F	01:12:46	01:09:05	06:55	00:33:04	
7401	Frederico ROQUETTE MENDONÇA	10459	M	01:12:47	01:05:58	06:36	00:33:55	
7402	Nuno MATEUS	8005	M	01:12:48	01:06:49	06:41	00:34:11	
7403	Fernanda SILVA	1340	F	01:12:48	01:09:09	06:55	00:34:19	
7404	Marta SOUSA	11415	F	01:12:48	01:07:08	06:43	00:33:38	
7405	Joana AGUIAR	594	F	01:12:48	01:07:33	06:46	00:35:57	
7406	Joana MONTEIRO	890	F	01:12:49	01:08:58	06:54	00:35:04	ACP - Atletismo Clube de Portalegre
7407	Ricardo Jorge AGUIAR	322	M	01:12:49	01:07:34	06:46	00:35:58	
7408	Sonia LEITAO	5716	F	01:12:49	01:08:25	06:51	00:32:26	
7409	Eliseu GOMES	10868	M	01:12:49	01:09:17	06:56	00:32:53	
7410	Paulo Jorge GOMES DOS SANTOS	8378	M	01:12:50	01:08:23	06:51	00:32:53	
7411	Luis GARCIA	10923	M	01:12:51	01:09:25	06:57	00:35:29	
7412	André GARCIA	2243	M	01:12:51	01:09:25	06:57	00:35:29	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7413	João CURADO SILVEIRINHA	10882	M	01:12:51	01:06:37	06:40	00:32:56	
7414	João COSTA	3989	M	01:12:52	01:06:19	06:38	00:32:23	
7415	Pedro Miguel PEREIRA	9466	M	01:12:53	01:11:48	07:11	00:35:20	
7416	Paulo Jorge AFONSO	8041	M	01:12:54	01:09:47	06:59	00:32:38	
7417	Zara CARDOSO	11429	F	01:12:54	01:09:45	06:59	00:32:36	
7418	Mario SILVA	4196	M	01:12:55	01:11:08	07:07	00:34:29	
7419	Otelinda Rosa DA CUNHA SOUSA	9783	F	01:12:55	01:07:22	06:45	00:34:06	
7420	Raoul VAN HARTEN	4318	M	01:12:55	01:06:28	06:39	00:31:55	
7421	Gonçalo PEREIRA	4287	M	01:12:57	01:06:02	06:37	00:35:05	
7422	Elsa Costa MATIAS	5185	F	01:12:57	01:11:26	07:09	00:34:44	
7423	Juvenal MONTEIRO	2245	M	01:12:57	01:11:13	07:08	00:31:50	Grupo Desportivo Cimpor
7424	Paulo MATOS	7596	M	01:12:58	01:07:38	06:46	00:30:41	
7425	Rita MARGARIDO	1067	F	01:12:59	01:08:07	06:49	00:32:20	
7426	João Paulo SANTOS	4170	M	01:12:59	01:06:10	06:37	00:32:38	
7427	João Pedro ALBINO	9115	M	01:13:00	01:09:48	06:59	00:35:00	
7428	Carlos MENDES	2571	M	01:13:00	01:08:07	06:49	00:33:12	
7429	Ana Margarida GODINHO	11287	F	01:13:02	01:07:10	06:43	00:35:17	
7430	Carlos GOMES	253	M	01:13:03	01:10:42	07:05	00:31:55	
7431	Cátia ROSALINO	9754	F	01:13:03	01:10:40	07:04	00:34:02	
7432	Luis PALMA FÉRIA	4821	M	01:13:04	01:07:12	06:44	00:33:12	
7433	Possidónio CACHAPA	4275	M	01:13:04	01:06:00	06:36	00:30:46	
7434	Inês BRAGA DE CARVALHO	642	F	01:13:04	01:08:24	06:51	00:32:59	
7435	Julia TAVARES	15091	F	01:13:05	01:11:03	07:07	00:34:40	Gabinete de Fisioterapia no Desporto
7436	Nuno Miguel ALVES TAVARES	3823	M	01:13:05	01:10:47	07:05	00:33:56	
7437	Joaquim CORREIA	8356	M	01:13:06	01:06:10	06:37	00:35:05	
7438	Ana Raquel Martins DAMAS	11555	F	01:13:06	01:09:35	06:58	00:34:04	
7439	João Carlos Martins FALCÃO	4509	M	01:13:06	01:09:36	06:58	00:34:05	
7440	Sara CAVACO	690	F	01:13:06	01:06:18	06:38	00:34:01	
7441	Artur Alexandre Rey ARNALDINO	8528	M	01:13:06	01:06:18	06:38	00:33:58	
7442	Aurélio CARRIÇO FARINHA	6804	M	01:13:07	01:09:21	06:57	00:32:57	Grupo de Manutenção do E.Nacional
7443	Rogério FREIRE LUÍS	4055	M	01:13:07	01:07:03	06:43	00:32:37	
7444	Elisabete PRECIOSA AZEVEDO TIXEIRA PINTO	96870	F	01:13:08	01:09:21	06:57	00:33:07	
7445	Eduardo AMORIM	10888	M	01:13:09	01:09:41	06:59	00:34:08	
7446	Pedro SIZA VIEIRA	11004	M	01:13:11	01:09:27	06:57	00:33:57	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7447	Carla FERNANDES	1219	F	01:13:11	01:06:38	06:40	00:31:13	
7448	Andreia Filipa GONÇALVES SILVA	5213	F	01:13:12	01:10:14	07:02	00:34:43	
7449	Luis António MESQUITA FLOR	10541	M	01:13:12	01:10:42	07:05	00:33:48	
7450	Catarina SOARES PEIXOTO	11437	F	01:13:14	01:09:39	06:58	00:34:56	
7451	Ana ROSADO	15056	M	01:13:15	01:12:01	07:13	00:34:31	Clube Grupo Desportivo BES
7452	Silvia DUARTE	11548	F	01:13:16	01:10:45	07:05	00:33:06	
7453	Carla Patricia CAMARA MOTA	574	F	01:13:16	01:08:03	06:49	00:33:28	
7454	Alfredo VICENTE PEREIRA	9453	M	01:13:16	01:04:16	06:26	00:30:55	
7455	Rosa Maria DESIDERIO	1243	F	01:13:17	01:08:27	06:51	00:35:34	
7456	Manuel RIBEIRO	2763	M	01:13:17	01:08:27	06:51	00:35:36	
7457	Nuno Miguel MARQUES	7016	M	01:13:17	01:10:16	07:02	00:34:36	
7458	Cristina Rosado CORREIA	5367	F	01:13:19	01:13:12	07:20	00:37:02	
7459	Sérgio Miguel IVO	2174	M	01:13:20	01:07:19	06:44	00:33:41	Hovione
7460	Pedro OLIVEIRA	7482	M	01:13:22	01:09:13	06:56	00:34:03	
7461	Vitor GRENCHO	6017	M	01:13:22	01:07:16	06:44	00:33:10	
7462	Isabel CAMPOS	5800	F	01:13:22	01:08:05	06:49	00:35:48	
7463	Paulo PEREIRA	10448	M	01:13:22	01:09:13	06:56	00:34:03	
7464	Andreia Maria ROCHA SOARES	11583	F	01:13:22	01:10:06	07:01	00:35:31	
7465	Rui Miguel SILVA RODRIGUES DOS SANTOS	9821	M	01:13:22	01:10:06	07:01	00:35:31	
7466	Sofia Alexandra NASCIMENTO	5416	F	01:13:23	01:09:19	06:56	00:28:36	
7467	Rui LUCENA	6136	M	01:13:24	01:07:26	06:45	00:32:22	Clube do Stress
7468	Rute PAIS DE OLIVEIRA	5832	F	01:13:24	01:10:37	07:04	00:34:32	
7469	Marco FIGUEIREDO	3321	M	01:13:25	01:06:13	06:38	00:33:36	
7470	Marta SIMAS	5591	F	01:13:25	01:06:13	06:38	00:33:36	
7471	Ricardo GARCIA	7305	M	01:13:25	01:08:39	06:52	00:33:24	
7472	Tiago Jorge Gomes MARTINS	9059	M	01:13:28	01:06:41	06:41	00:32:00	
7473	Nuno MOREIRA	9050	M	01:13:28	01:06:40	06:40	00:32:00	
7474	Francisco CUNHA FERREIRA	10960	M	01:13:28	01:10:29	07:03	00:34:29	
7475	Pedro SILVEIRA GODINHO	10346	M	01:13:28	01:10:29	07:03	00:34:28	
7476	Pedro ANDRADE	5921	M	01:13:29	01:06:20	06:38	00:35:13	Açoreana clube Banif
7477	José Alberto MARTINS	8933	M	01:13:29	01:10:17	07:02	00:33:22	
7478	Ana Luisa MARTINS	587	F	01:13:29	01:10:17	07:02	00:33:24	
7479	Alberto Leonel FERNANDES PALHA	6938	M	01:13:29	01:07:22	06:45	00:32:55	
7480	Francisco Manuel MACEDO	6943	M	01:13:30	01:07:22	06:45	00:32:54	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7481	Susana RAMOS	585	F	01:13:30	01:08:14	06:50	00:34:27	
7482	Cristina LOPES	9720	F	01:13:30	01:07:26	06:45	00:33:50	
7483	Mário NETO	8882	M	01:13:30	01:08:14	06:50	00:34:27	
7484	Tânia Carina FREITAS FONTINHA	9809	F	01:13:32	01:07:59	06:48	00:34:06	
7485	António Adolfo PEREIRA	2881	M	01:13:32	01:07:00	06:42	00:32:31	
7486	Anibal COUTINHO	7826	M	01:13:33	01:07:39	06:46	00:32:33	
7487	Carlos Jorge CARVALHO MORAIS	89770	M	01:13:33	01:08:16	06:50	00:34:01	
7488	Maria Alexandra DEMONY MOREIRA SANTOS GASPAR	5120	M	01:13:35	01:11:45	07:11	00:34:51	
7489	Ana LAVADO	5598	F	01:13:35	01:09:29	06:57	00:34:27	
7490	Pedro Manuel ALBUQUERQUE	8212	M	01:13:35	01:08:36	06:52	00:33:28	
7491	Rui BAJANCA	7315	M	01:13:36	01:09:29	06:57	00:34:27	
7492	Manuel Luis CRUZ	10072	M	01:13:36	01:07:11	06:44	00:34:42	S. M. D. Caneças
7493	Ana Margarida MAMEDE PIRES	4893	F	01:13:36	00:59:12	05:56	00:28:06	
7494	João Paulo ALBUQUERQUE	10531	M	01:13:36	01:08:37	06:52	00:33:28	
7495	Carla Sofia MENEZES BARBOSA	5437	F	01:13:36	01:07:03	06:43	00:34:26	
7496	Joana AGUIAR	11207	F	01:13:36	01:10:29	07:03	00:34:26	
7497	Rui BARBOSA	2713	M	01:13:37	01:07:04	06:43	00:34:23	
7498	Maria GERALDES	5151	F	01:13:37	01:10:45	07:05	00:32:41	Açoreana clube Banif
7499	Pedro Miguel Matias MOREIRA	10210	M	01:13:37	01:11:43	07:11	00:32:28	
7500	Frederico Alexandre SALDANHA E SOUSA FERNANDES CRAVEIRO	4657	M	01:13:39	00:59:15	05:56	00:29:02	
7501	Clara SILVA	730	F	01:13:40	01:09:16	06:56	00:34:00	
7502	José MACEDO TEIXEIRA	7731	M	01:13:40	01:08:03	06:49	00:32:53	
7503	Diniz Duarte Leal TEIXEIRA	10502	M	01:13:40	01:08:03	06:49	00:32:53	
7504	Ivo Reis MOREIRA	4581	M	01:13:41	01:00:21	06:03	00:31:22	
7505	João Manuel URMAL MIRANDA	7595	M	01:13:41	01:06:54	06:42	00:32:50	
7506	Valter Amadeu Costa MOREIRA	110	M	01:13:41	01:00:21	06:03	00:31:22	
7507	Tiago CARETO	11171	M	01:13:41	01:13:25	07:21	00:27:44	
7508	Abel José Da Cunha CAMPIÃO	10961	M	01:13:41	01:06:54	06:42	00:32:49	
7509	Colin VIEIRA	251	M	01:13:41	01:13:22	07:21	00:27:39	
7510	Fátima CARRELO	5313	F	01:13:42	01:10:37	07:04	00:35:06	
7511	Ricardo DE SÁ	236	M	01:13:42	01:13:20	07:20	00:33:37	
7512	Ana Catarina PINHEIRO RODRIGUES	5334	F	01:13:42	01:10:38	07:04	00:35:06	Clube Atletico Riachense
7513	Catarina GAMA	5431	F	01:13:43	01:13:22	07:21	00:33:39	
7514	Silvano Henrique ESTEVES AIRES	10770	M	01:13:44	01:06:01	06:37	00:32:50	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7515	Raimundo Manuel DIAS FREIRE	10334	M	01:13:44	01:06:01	06:37	00:32:50	
7516	Horácio FERNANDES GONÇALVES	10428	M	01:13:44	01:06:27	06:39	00:33:34	
7517	Joana VAN DEN TOORN	5102	F	01:13:44	01:07:26	06:45	00:33:38	
7518	Teresa TAMPINHO	9626	F	01:13:45	01:11:12	07:08	00:36:00	
7519	Mário António FERREIRA SIMAS	2727	M	01:13:45	01:11:12	07:08	00:36:00	
7520	Jorge Manuel LOPES	6969	M	01:13:46	01:11:53	07:12	00:33:30	
7521	Katja TROST	1648	F	01:13:47	01:09:51	07:00	00:31:55	
7522	António COSTA	4768	M	01:13:47	01:06:53	06:42	00:32:06	
7523	Carmo LARANJEIRA	872	F	01:13:47	01:07:24	06:45	00:32:24	Clube do Stress
7524	Hélder José MENDES VALENTE	10375	M	01:13:49	01:08:07	06:49	00:35:23	
7525	Rui ROMAO	10892	M	01:13:49	01:11:11	07:08	00:34:11	
7526	Carlos ALBANO	5982	M	01:13:49	01:08:06	06:49	00:35:22	Serviços Sociais da CGD
7527	Ana Filipa BILÉ SILVA	1107	F	01:13:50	01:10:57	07:06	00:33:42	TCPI
7528	Carla LEITÃO	1098	F	01:13:50	01:10:12	07:02	00:35:52	
7529	Fernanda FONSECA	5394	F	01:13:50	01:10:12	07:02	00:35:52	
7530	Irene PEREIRA	572	F	01:13:50	01:10:32	07:04	00:34:11	
7531	José Pedro NEVES DOS SANTOS FREIRE	10901	M	01:13:51	01:08:48	06:53	00:31:52	
7532	Luís FERNANDES VELOSO	10636	M	01:13:52	01:06:50	06:41	00:33:31	
7533	Agostinho LADEIRA	3413	M	01:13:52	01:00:31	06:04	00:29:24	
7534	Paulo CATARINO	10737	M	01:13:53	01:09:47	06:59	00:37:08	
7535	Steven VITORIA	3417	M	01:13:53	01:11:54	07:12	00:33:27	
7536	José Manuel Silva MARTINS	7055	M	01:13:53	01:10:25	07:03	00:33:46	
7537	Manuel GERALDO	15135	M	01:13:55	01:10:10	07:01	00:33:55	Linda-a-Pastora Sporting Clube
7538	Davide José DA SILVA TOMÁS	527	M	01:13:55	01:11:07	07:07	00:32:48	
7539	Filipa Batista BRANCO	11326	F	01:13:56	01:10:15	07:02	00:34:50	
7540	Aurelio Marques BRANCO	4233	M	01:13:56	01:10:15	07:02	00:34:51	
7541	João ERSE	4212	M	01:13:56	01:06:57	06:42	00:33:43	
7542	Paulo NEVES	1933	M	01:13:57	01:13:01	07:19	00:34:02	G.R.D. Ribeira da Lage
7543	Carlos NOVO	4227	M	01:13:57	01:06:56	06:42	00:33:42	
7544	Vanessa MIRANDA	1626	F	01:13:57	01:00:37	06:04	00:31:22	
7545	Filipe RODRIGUES	7954	M	01:13:57	01:08:34	06:52	00:32:46	
7546	Franka STEINHÄUSSER	5645	F	01:13:58	01:08:53	06:54	00:34:07	
7547	Andre DIAS	4522	M	01:13:58	01:08:31	06:52	00:27:34	
7548	Susana FERREIRA MARTINS	1553	F	01:13:58	01:11:17	07:08	00:35:23	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7549	Carlos CABRINHAS	3151	M	01:13:59	01:10:49	07:05	00:30:08	
7550	Francelino DIAS FERNANDES	10959	M	01:14:00	01:12:20	07:14	00:34:27	
7551	João VIEIRA	4059	M	01:14:01	01:04:07	06:25	00:30:29	
7552	Manuel Candido PEREIRA	2774	M	01:14:01	01:12:20	07:14	00:34:28	
7553	Joaquim BENTES	9815	M	01:14:01	01:11:45	07:11	00:35:12	
7554	Rosanglea TANABE	9681	F	01:14:01	01:08:51	06:54	00:35:00	
7555	Luis RODRIGUES	10241	M	01:14:01	01:08:29	06:51	00:35:50	
7556	João Pedro MARÇALO	10547	M	01:14:02	01:10:06	07:01	00:33:28	
7557	Laura AZEVEDO	1280	F	01:14:02	01:08:29	06:51	00:35:50	
7558	Paulo BASTO	7156	M	01:14:02	01:11:25	07:09	00:36:19	
7559	João LEITES	6770	M	01:14:02	01:10:03	07:01	00:32:52	G.D.C. Banco De Portugal
7560	Andreia FERREIRA	5233	F	01:14:02	01:12:37	07:16	00:34:08	Clube Académico de Penafirme
7561	Diogo SANTOS	10436	M	01:14:03	01:09:16	06:56	00:31:43	
7562	Ana ALPALHÃO	758	F	01:14:03	01:07:45	06:47	00:33:37	
7563	Rodrigo RODRIGUES	10203	M	01:14:03	01:08:41	06:53	00:33:23	
7564	Inácio António CAEIRO CHARNECA	406	M	01:14:04	01:10:54	07:06	00:34:37	
7565	Pablo MUÑOZ ROMERO	10616	M	01:14:04	01:10:58	07:06	00:34:04	
7566	Sónia MAIA	1341	F	01:14:05	01:08:51	06:54	00:32:59	
7567	Inês FÉLIX	11246	F	01:14:05	01:08:08	06:49	00:33:46	
7568	Manuel Pinto GOMES	8517	M	01:14:05	01:10:37	07:04	00:34:39	
7569	David LOPES	10135	M	01:14:06	01:08:48	06:53	00:35:47	LANG
7570	Francisco Henrique Salvadina AMARO	4814	M	01:14:07	01:09:07	06:55	00:33:33	
7571	Sofia DUARTE	1305	F	01:14:07	01:12:20	07:14	00:35:06	
7572	Vanessa Cristina PEREIRA FERREIRA	15015	F	01:14:08	01:10:24	07:03	00:32:43	Grupo Cultural Atletismo N. de Porto Salvo
7573	Luis RICARDO	6478	M	01:14:08	01:12:20	07:14	00:34:55	Grupo Desportivo Cimpor
7574	Marta MACHADO	5793	F	01:14:08	01:09:41	06:59	00:34:13	
7575	Pedro MADANÇOS	3219	M	01:14:08	01:07:48	06:47	00:34:24	
7576	Ana Filipa SILVA	11316	F	01:14:09	01:06:40	06:40	00:34:09	
7577	Anna TOMASIK MICHALCZYK	542	F	01:14:09	01:09:22	06:57	00:34:02	
7578	Nuno Miguel SANTOS	10093	M	01:14:09	01:12:22	07:15	00:34:55	Grupo Desportivo Cimpor
7579	Claudia LOURENÇO	5842	F	01:14:11	01:11:21	07:09	00:34:43	Serviços Sociais da CGD
7580	Paula MOREIRA	913	F	01:14:13	01:09:23	06:57	00:34:00	CCD Sintrense
7581	Rui MONTEIRO	8206	M	01:14:14	01:07:34	06:46	00:32:26	
7582	José FARRICA	2534	M	01:14:15	01:07:07	06:43	00:32:50	Grupo Carmo

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7583	Duarte RIBEIRO	8608	M	01:14:15	01:07:10	06:43	00:32:56	
7584	Pedro MATOS	6787	M	01:14:15	01:07:08	06:43	00:32:53	Grupo Carmo
7585	Alfredo João MATIAS	10046	M	01:14:16	01:09:23	06:57	00:34:16	Maratona Clube de Portugal
7586	Inês Viegas DE ARAÚJO LIMA	9490	F	01:14:17	01:11:36	07:10	00:35:24	
7587	Herlander BRAZ	6262	M	01:14:17	01:07:23	06:45	00:33:50	
7588	Justino Machado RAMALHO	10593	M	01:14:18	01:08:15	06:50	00:33:52	
7589	Maria Filomena RAMALHO	9664	F	01:14:18	01:08:15	06:50	00:33:53	
7590	Custodio TEIGÃO	8156	M	01:14:18	01:12:00	07:12	00:34:15	
7591	Ana CASTRO	5709	F	01:14:20	01:09:10	06:55	00:32:45	Castro Vargas
7592	Maria LOUREIRO	5742	F	01:14:21	01:12:01	07:13	00:34:31	
7593	Joao MELO	10925	M	01:14:22	01:09:41	06:59	00:35:17	
7594	Joao Manuel OLIVEIRA	10836	M	01:14:22	01:08:17	06:50	00:32:35	
7595	Pedro MELO	9162	M	01:14:22	01:09:42	06:59	00:35:17	
7596	Rita BRITO	1270	F	01:14:22	01:08:58	06:54	00:33:01	
7597	Nuno PERALTA	8307	M	01:14:23	01:04:28	06:27	00:30:33	
7598	Rui ARMADA	6184	M	01:14:23	01:11:07	07:07	00:35:04	TCPI
7599	Rui SANTOS	10226	M	01:14:23	01:09:00	06:54	00:33:12	
7600	Ricardo Joge CARVALHO PORTELA	10839	M	01:14:23	01:09:03	06:55	00:34:41	
7601	Raquel ESPIRITO SANTO	620	F	01:14:24	01:10:37	07:04	00:36:04	
7602	Rita BANDEIRA	9771	F	01:14:25	01:07:39	06:46	00:30:12	
7603	Maria Gabriela MARTINS NUNES ALMEIDA	4886	F	01:14:25	01:07:33	06:46	00:33:16	
7604	Ana PARRA	982	F	01:14:26	01:08:39	06:52	00:33:05	Tejavista
7605	Mario BELGA	8447	M	01:14:26	01:09:55	07:00	00:34:59	
7606	Paulo Alexandre Vidal PARREIRA	9851	M	01:14:26	01:08:09	06:49	00:32:39	
7607	Fock Yiot CHIU	543	F	01:14:27	01:09:42	06:59	00:35:00	Clube Millennium BCP
7608	José Eduardo ARRUDA	6321	M	01:14:27	01:09:42	06:59	00:35:00	Clube Millennium BCP
7609	João Filipe PIMENTA SILVESTRE	3130	M	01:14:28	01:12:24	07:15	00:30:50	
7610	Pedro Renato CORREIA DE AMEIDA MARQUES	9868	M	01:14:28	01:10:25	07:03	00:34:34	
7611	Joana Maria RODRIGUES DA CRUZ	5216	F	01:14:29	01:09:06	06:55	00:33:20	
7612	Fernando António MONTEIRO DE AZEVEDO	8087	M	01:14:29	01:10:54	07:06	00:34:18	
7613	José Carlos MATOS	8061	M	01:14:29	01:10:54	07:06	00:34:18	
7614	Gonçalo José JUSTINO ANTUNES	7349	M	01:14:30	01:09:14	06:56	00:33:59	
7615	Cátia Virginia SEMEDO RAMOS	5573	F	01:14:32	01:08:52	06:54	00:33:13	
7616	Filipe HORTA	4770	M	01:14:32	01:14:32	07:28	00:41:09	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7617	Carla RESENDE	1095	F	01:14:33	01:08:47	06:53	00:33:15	Fundação Royal Mcdonald
7618	Casimiro CRISTO	7699	M	01:14:33	01:07:58	06:48	00:35:17	
7619	Joana PANACA	830	F	01:14:34	01:10:41	07:05	00:33:36	
7620	Ana Bárbara Leal Rendeiro Da Piedade PIEDADE	4973	F	01:14:35	01:11:18	07:08	00:39:48	
7621	Fátima ADÃO	9793	F	01:14:35	01:12:31	07:16	00:34:50	
7622	Gonçalo GALVÃO	10513	M	01:14:35	01:07:52	06:48	00:35:05	
7623	Sara Maria TOMÁS FERREIRA DOMINGUES	1452	F	01:14:35	01:08:06	06:49	00:33:06	
7624	Paulo MARMÉ	391	M	01:14:35	01:08:18	06:50	00:35:40	Sportlife
7625	Catarina AMADOR	11395	F	01:14:35	01:11:19	07:08	00:39:48	
7626	Conceição Jorge GRILO	11398	F	01:14:35	01:11:21	07:09	00:33:31	
7627	José Pais GONÇALVES	10477	M	01:14:35	01:08:12	06:50	00:32:42	
7628	João Paulo Caldas SILVA	11005	M	01:14:36	01:11:14	07:08	00:39:17	
7629	Claudia MOREIRA	52	F	01:14:37	01:13:55	07:24	00:34:50	
7630	Elsa Maria Teixeira MENDES	632	F	01:14:37	01:07:49	06:47	00:34:20	
7631	Rita Alexandra PALMELA CERTÃ	5515	F	01:14:38	01:10:45	07:05	00:35:48	
7632	Hugo AFONSO	3945	M	01:14:38	01:10:45	07:05	00:35:48	
7633	Manuela CALTRAN	5144	F	01:14:39	01:12:53	07:18	00:35:45	Sonae Sierra
7634	Afonso Celso Theodoro PINTO	7616	M	01:14:39	01:10:50	07:05	00:32:47	
7635	Telma MOREIRA	5581	F	01:14:41	01:08:42	06:53	00:33:34	
7636	Luis Pedro CRISTÃO	7413	M	01:14:42	01:10:12	07:02	00:34:24	
7637	Luis Miguel Duarte PEREIRA	9819	M	01:14:42	01:12:27	07:15	00:33:50	
7638	Luis Pedro ALVES LOPES CABAÇA	3014	M	01:14:43	01:10:49	07:05	00:35:48	
7639	José DAMIÃO	10676	M	01:14:44	01:08:43	06:53	00:33:20	
7640	José DAMIÃO	8236	M	01:14:44	01:08:44	06:53	00:33:21	
7641	Celeste Torres ROMERO	9772	F	01:14:44	01:11:48	07:11	00:34:06	
7642	Manuel Domingos CALHAU LEMOS	7899	M	01:14:45	01:08:51	06:54	00:34:43	
7643	Augusta COSTA	4991	F	01:14:45	01:14:24	07:27	00:35:55	NUCLEOEIRAS/SPORTZONE
7644	Ana Filipa Carvalho FERNANDES	9808	F	01:14:46	01:11:57	07:12	00:35:21	
7645	Susana Margarida ANTA	5010	F	01:14:46	01:08:46	06:53	00:34:58	Clube Millennium BCP
7646	Marta Maria Serejo GOULAO DE SOUSA	1656	F	01:14:48	01:10:50	07:05	00:33:40	
7647	Pedro VILELA	4122	M	01:14:48	01:08:23	06:51	00:34:26	
7648	Fernanda RIBEIRO	15035	F	01:14:48	01:12:54	07:18	00:34:33	Linda-a-Pastora Sporting Clube
7649	Hélio RODRIGUES	10650	M	01:14:49	01:10:22	07:03	00:35:05	
7650	Maria Helena COELHO	15267	F	01:14:49	01:13:30	07:21	00:36:27	Construténis de Fernando Ralheta

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7651	Bruno PLUCHET	8099	M	01:14:49	01:08:41	06:53	00:33:30	
7652	Veronica LASO	5535	F	01:14:50	01:08:32	06:52	00:34:16	
7653	Pedro BRANDÃO	5915	M	01:14:50	01:11:02	07:07	00:34:47	Açoreana clube Banif
7654	Carla Sofia MARQUES	9496	F	01:14:50	01:14:12	07:26	00:34:38	
7655	Fernando Agostinho LEMOS	6047	M	01:14:52	01:13:54	07:24	00:37:36	Clube Millennium BCP
7656	José Alberto Zacarias Bastidas ZACARIAS BASTIDAS	9196	M	01:14:53	01:10:01	07:01	00:34:16	
7657	Afonso SOARES	8891	M	01:14:53	01:08:41	06:53		
7658	José OLIVEIRA	8209	M	01:14:53	01:09:50	06:59	00:32:54	
7659	Virgílio Pedro PINTO	4307	M	01:14:56	01:10:22	07:03	00:35:25	
7660	Alexandre Miguel F. CANTIGA	2110	M	01:14:56	01:10:23	07:03	00:35:26	
7661	Fernanda BORGES	5455	F	01:14:59	01:12:32	07:16	00:34:20	
7662	Ricardo ALVES	9934	M	01:14:59	01:10:09	07:01	00:34:15	Açoreana clube Banif
7663	Fernando AZEVEDO	7363	M	01:15:00	01:10:15	07:02	00:35:11	
7664	Joanna PARAIZO	1373	F	01:15:00	01:08:32	06:52	00:34:16	
7665	Andreia JESUS	9601	M	01:15:00	01:08:33	06:52	00:33:30	Clube Desportivo e Cultural da Nave
7666	Vasco COELHO	9817	M	01:15:03	01:08:27	06:51	00:35:49	
7667	Nelson DAVID	2133	M	01:15:06	01:07:12	06:44	00:33:23	
7668	António Jorge RIBEIRO	10206	M	01:15:06	01:11:06	07:07	00:33:46	
7669	Gustavo PEREIRA	4142	M	01:15:06	01:08:58	06:54	00:34:45	
7670	Nuno SIMÃO	235	M	01:15:06	01:08:59	06:54	00:34:45	
7671	Maria Cristina ALVES	741	F	01:15:07	01:11:27	07:09	00:35:36	
7672	Sandra Maria DO CARMO GUERREIRO INÁCIO	9693	F	01:15:07	01:13:06	07:19	00:34:31	
7673	Rodrigo Miguel GRAÇA	7843	M	01:15:08	01:09:39	06:58	00:36:34	
7674	Susana PEREIRA DA SILVA	5707	F	01:15:10	01:08:38	06:52	00:33:30	
7675	Natalia PINTO	5737	F	01:15:11	01:11:25	07:09	00:35:58	
7676	Bruno António HORTELÃO	9064	M	01:15:11	01:13:39	07:22	00:36:01	
7677	Catarina PEREIRA LOURENÇO	666	F	01:15:12	01:09:06	06:55	00:34:04	
7678	João Guilherme NOBRE PRATA FRAGOSO REBELO	10811	M	01:15:12	01:09:32	06:58	00:34:14	
7679	Casimiro FERREIRA	6031	M	01:15:13	01:08:50	06:53	00:32:23	Clube do Stress
7680	João CATARINO	6064	M	01:15:13	01:08:51	06:54	00:32:24	Clube do Stress
7681	Nuno CASTANHEIRA	6127	M	01:15:14	01:08:52	06:54	00:32:25	Clube do Stress
7682	Eva Helena ALBERTO MARTINS CARVALHO	11530	F	01:15:14	01:10:39	07:04	00:33:33	
7683	Daniel GONÇALVES	7765	M	01:15:16	01:08:34	06:52	00:35:54	
7684	Marta Maria TOJAL PEREIRA	1522	F	01:15:16	01:11:05	07:07	00:34:17	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7685	Bruno VICENTE	10903	M	01:15:17	01:12:57	07:18	00:35:18	
7686	Jaime Pereira Cordeiro PIRES	8125	M	01:15:19	01:08:40	06:52	00:34:49	
7687	Carmen MAIO	5272	F	01:15:20	01:11:44	07:11	00:35:53	
7688	Daniel RIBEIRO DE SOUSA	7242	M	01:15:20	01:10:36	07:04	00:35:11	
7689	Ana SOARES	5474	F	01:15:20	01:11:45	07:11	00:35:54	
7690	José CORREIA	2393	M	01:15:22	01:10:59	07:06	00:33:25	C.C.D. EFACEC
7691	Ricardo SOUSA	6635	M	01:15:22	01:10:17	07:02	00:35:41	C.C.D. EFACEC
7692	Ricardo FELIX	6642	M	01:15:22	01:10:59	07:06	00:33:24	C.C.D. EFACEC
7693	Paulo SANTOS	6652	M	01:15:22	01:10:59	07:06	00:33:24	C.C.D. EFACEC
7694	Adelino CASTRO	6592	M	01:15:22	01:10:18	07:02	00:34:32	C.C.D. EFACEC
7695	Joana MIRANDA	11566	F	01:15:23	01:09:58	07:00	00:34:51	
7696	Tiago COSTA	4249	M	01:15:23	01:09:57	07:00	00:34:50	
7697	Patrícia OLIVEIRA	9537	F	01:15:24	01:08:41	06:53	00:34:11	G.R.D. Ribeira da Lage
7698	Rute Filipa ÉVORA SERRA	9770	F	01:15:24	01:12:25	07:15	00:34:42	
7699	Filipe Miguel PEREIRA BRANCO	3824	M	01:15:25	01:12:26	07:15	00:34:42	
7700	Ricardo RODRIGUES	7605	M	01:15:25	01:12:19	07:14	00:35:46	
7701	Teresa CANO	903	F	01:15:26	01:11:49	07:11	00:35:56	
7702	Alberto CANO	2573	M	01:15:27	01:11:49	07:11	00:35:56	
7703	Sandra CARREGA	1481	F	01:15:27	01:08:26	06:51	00:34:05	
7704	Liliana PARREIRA	809	F	01:15:27	01:09:13	06:56	00:34:17	
7705	Claudio FIGUEIREDO	8925	M	01:15:27	01:09:00	06:54	00:37:19	
7706	Rui REIS	7525	M	01:15:28	01:12:22	07:15	00:35:50	
7707	José AMORIM	7848	M	01:15:31	01:13:50	07:23	00:33:48	
7708	Andreia Filipa Pereira MENDES	5497	F	01:15:33	01:08:37	06:52	00:32:48	
7709	Tiago CASTRO	6944	M	01:15:33	01:10:20	07:02	00:35:26	
7710	Joana BRUM	11430	F	01:15:33	01:11:07	07:07	00:34:40	
7711	Manuel Gonçalves ORLANDO PEREIRA	7613	M	01:15:33	01:09:58	07:00	00:34:44	
7712	Sandra Carmela FERREIRA MOTA	5630	F	01:15:34	01:09:00	06:54	00:33:42	
7713	Beatriz Helena FRANCO MARIA	5422	F	01:15:34	01:10:21	07:03	00:35:01	
7714	Mónica ALMEIDA	11380	F	01:15:34	01:11:10	07:07	00:34:15	
7715	Ricardo GOMES	4182	M	01:15:35	01:09:03	06:55	00:34:12	
7716	Sara CERDEIRA	618	F	01:15:36	01:08:23	06:51	00:32:57	
7717	Sílvio FONTE	10905	M	01:15:36	01:08:22	06:51	00:32:56	
7718	António FERNANDES	10904	M	01:15:36	01:08:26	06:51	00:31:46	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7719	José Alexandre MATEUS	6094	M	01:15:37	01:09:35	06:58	00:33:32	Hovione
7720	Carlos Manuel FERREIRA MARTINS	4432	M	01:15:37	01:12:55	07:18	00:35:23	
7721	Ana Carina FERREIRA MARTINS	1554	F	01:15:37	01:12:55	07:18	00:35:23	
7722	António PEREIRA	397	M	01:15:40	01:10:38	07:04	00:27:15	
7723	João HENRIQUES	8280	M	01:15:40	01:09:12	06:56	00:33:31	
7724	Acácio PEREIRA	8164	M	01:15:40	01:11:20	07:08	00:34:53	
7725	Mario GONÇALVES	10550	M	01:15:41	01:10:03	07:01	00:35:49	
7726	Miguel BAPTISTA	2655	M	01:15:42	01:11:43	07:11	00:34:23	
7727	Ana Maria ABREU	9644	F	01:15:43	01:12:14	07:14	00:34:58	
7728	Celia MADEIRA	11334	F	01:15:43	01:12:31	07:16	00:35:20	
7729	Tomas FRIAS	3729	M	01:15:43	01:10:42	07:05	00:27:14	
7730	João Tiago FERNANDES MARQUES	10300	M	01:15:43	01:14:07	07:25	00:35:17	
7731	José CALADO	7194	M	01:15:43	01:14:07	07:25	00:35:16	
7732	Helena FARIA	11564	F	01:15:45	01:13:22	07:21	00:34:21	
7733	Jorge Amândio T. SANTOS	6012	M	01:15:45	01:11:11	07:08	00:35:48	
7734	João CASTANHEIRA	6050	M	01:15:46	01:08:57	06:54	00:35:42	Clube do Stress
7735	João SOUSA	7428	M	01:15:47	01:10:30	07:03	00:35:45	
7736	Mateus PERRE VIANA	11501	M	01:15:48	01:08:26	06:51	00:33:41	
7737	Jorge SILVA	8700	M	01:15:48	01:12:07	07:13	00:45:18	
7738	Bruno SILVA	6880	M	01:15:49	01:09:17	06:56	00:33:12	
7739	Sofia BRAZ	1370	F	01:15:49	01:09:30	06:57	00:32:44	
7740	Vitor CARDOSO	6355	M	01:15:51	01:10:35	07:04	00:36:02	
7741	Beatriz CRACEL	9627	F	01:15:52	01:11:16	07:08	00:35:45	
7742	Alexandra JUSTINO ALVES COSTA	664	F	01:15:52	01:11:19	07:08	00:36:49	
7743	Paulo MESQUITA	231	M	01:15:55	01:09:14	06:56	00:34:49	Açoreana clube Banif
7744	Tania Filipa FARINHA	621	F	01:15:57	01:12:47	07:17	00:34:16	
7745	Maria Eugenia ZACARIAS	4901	F	01:15:57	01:11:07	07:07	00:34:17	
7746	Pedro FARIA MONTEIRO	8399	M	01:15:57	01:11:28	07:09	00:32:19	
7747	José Carlos CASTRO	3017	M	01:15:59	01:12:45	07:17	00:35:59	
7748	Fátima BRANCO	779	F	01:15:59	01:12:11	07:14	00:35:13	
7749	José Maria CASTRO	375	M	01:16:00	01:12:45	07:17	00:35:58	
7750	Bruno FONTES DA VEIGA	10343	M	01:16:00	01:13:30	07:21	00:35:29	
7751	Lurdes DUARTE	5765	F	01:16:00	01:13:30	07:21	00:35:29	
7752	Liliana SANTOS	561	F	01:16:00	01:14:14	07:26	00:36:08	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7753	Nuno ALBUQUERQUE	8932	M	01:16:01	01:10:41	07:05	00:36:15	
7754	Pedro Miguel COSTA DIAS	2246	M	01:16:01	01:06:23	06:39	00:33:32	
7755	Rafael SALGUEIRO	6888	M	01:16:07	01:06:28	06:39	00:33:32	
7756	Anabela Rocha PEREIRA	1336	F	01:16:08	01:11:09	07:07	00:34:52	
7757	Ana RAPOSO	1307	F	01:16:08	01:09:50	06:59	00:33:38	
7758	Ana Teresa VERDASCA	4978	F	01:16:11	01:13:00	07:18	00:35:35	
7759	Fernanda Isabel Lopes Sampaio Dos SANTOS	9642	F	01:16:11	01:13:54	07:24	00:35:57	
7760	António CASTELO-BRANCO	9094	M	01:16:12	01:09:28	06:57	00:35:07	
7761	Ana PERESTRELO	4948	F	01:16:12	01:09:29	06:57	00:35:06	
7762	Pedro Alexandre XAVIER SIMÃO	4503	M	01:16:13	01:14:17	07:26	00:26:51	
7763	António SANTOS COSTA	9035	M	01:16:13	01:07:59	06:48	00:33:37	
7764	Alfredo SOARES	10842	M	01:16:13	01:10:03	07:01	00:35:26	
7765	Ana Margarida MARTINS	4925	F	01:16:15	01:10:46	07:05	00:36:13	
7766	Armando SÁ	3988	M	01:16:16	01:12:24	07:15	00:35:36	
7767	Carlos PARDELHA	97	M	01:16:16	01:16:16	07:38	00:36:23	
7768	Sara COSTA	5789	F	01:16:17	01:11:59	07:12	00:35:25	
7769	Susana CORDEIRO	1505	F	01:16:20	01:14:01	07:25	00:35:49	
7770	Bruno Rodrigo PERES DA SILVA	8048	M	01:16:20	01:14:25	07:27	00:35:04	
7771	Magda MAGALHÃES	15037	F	01:16:21	01:15:27	07:33	00:36:08	Linda-a-Pastora Sporting Clube
7772	Pedro LIMA	9465	M	01:16:21	01:12:02	07:13	00:35:35	
7773	Antonio Alberto MOICÓ ROSA	10590	M	01:16:21	01:12:21	07:15	00:33:30	
7774	Ana PORFIRIO	1576	F	01:16:21	01:12:03	07:13	00:35:35	
7775	Mario Jorge SOARES	7967	M	01:16:21	01:10:59	07:06	00:35:10	
7776	Ana Lurdes SOARES	5794	F	01:16:21	01:10:59	07:06	00:35:10	
7777	Pedro CLEMENTE	3456	M	01:16:24	01:10:54	07:06	00:41:25	
7778	Carlos MARQUES	3033	M	01:16:24	01:13:23	07:21	00:32:51	
7779	Jaime Apolinário CALADO DA PALMA	6962	M	01:16:25	01:13:23	07:21	00:34:36	
7780	João Diário SOTTO MAYOR	10143	M	01:16:27	01:14:21	07:27	00:36:28	Grupo Dinamizador do Desporto Os Kotas Bike Team
7781	Nikolina MUGIC	915	F	01:16:27	01:14:12	07:26	00:35:52	Sonae Sierra
7782	Rita CUNHA	871	F	01:16:28	01:14:19	07:26	00:35:26	Açoreana clube Banif
7783	Ana Cristina CAMARA MOTA	556	F	01:16:29	01:11:16	07:08	00:34:59	
7784	Mariana LANÇA	627	F	01:16:30	01:12:30	07:15	00:34:59	
7785	Vilma GRACIA	5129	F	01:16:30	01:12:30	07:15	00:34:59	
7786	José SILVA	10668	M	01:16:30	01:12:11	07:14	00:34:57	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7787	Conceição DUARTE	5678	F	01:16:31	01:13:56	07:24	00:36:39	
7788	Susana FERREIRA	902	F	01:16:32	01:09:56	07:00	00:35:31	Grupo Desportivo Roche
7789	Laurinda FERREIRA	918	F	01:16:32	01:09:54	07:00	00:35:29	Grupo Desportivo Roche
7790	Susana ALVES	5118	F	01:16:35	01:09:33	06:58	00:35:59	
7791	Bruno ALVES	8416	M	01:16:36	01:09:33	06:58	00:35:58	
7792	Alexandre MATOSO	3503	M	01:16:36	01:13:22	07:21	00:34:52	
7793	Catarina RAMOS BRITO	11248	F	01:16:36	01:13:23	07:21	00:34:53	
7794	Hugo URQUIJO	3245	M	01:16:41	01:11:02	07:07	00:34:28	
7795	Fernando ALVES FERREIRA	10799	M	01:16:42	01:12:28	07:15	00:35:58	
7796	Sofia GUEDES VAZ	5063	F	01:16:42	01:13:45	07:23	00:36:30	
7797	Ana SANTOS	603	F	01:16:42	01:09:53	07:00	00:34:00	
7798	João GIL	2623	M	01:16:43	01:15:24	07:33	00:36:30	
7799	José PUJOL	8159	M	01:16:44	01:16:14	07:38	00:37:41	
7800	Joana CASTELÃO	1649	F	01:16:44	01:13:32	07:22	00:35:03	
7801	José Manuel CASMARRINHA RABECA	7014	M	01:16:45	01:14:36	07:28	00:35:16	
7802	Vanda SEQUEIRA SANTOS	9767	F	01:16:46	01:10:49	07:05	00:35:11	
7803	Isabel CHUNG	1643	F	01:16:47	01:10:49	07:05	00:35:11	
7804	Maria Cidália DIAS RIBEIRO	5662	F	01:16:48	01:12:03	07:13	00:35:44	
7805	Paulo Jorge Real CORREIA	7407	M	01:16:49	01:12:43	07:17	00:36:45	
7806	Avelino COELHO RODRIGUES	8965	M	01:16:50	01:14:44	07:29	00:34:48	
7807	Fátima GUIA	5841	F	01:16:51	01:14:52	07:30	00:35:03	Serviços Sociais da CGD
7808	Carlos Jorge Matos ANDRÉ	8074	M	01:16:53	01:10:34	07:04	00:34:57	
7809	Samuel MONTEIRO	7099	M	01:16:53	01:14:22	07:27	00:34:12	
7810	Ricardo Manuel ROSÁRIO SANTOS	6527	M	01:16:54	01:03:39	06:22	00:30:26	Sonae Sierra
7811	Lurdes COSTA	5235	F	01:16:54	01:14:59	07:30	00:35:21	Pepsico Portugal
7812	Paulo SILVA	5930	M	01:16:55	01:13:07	07:19	00:34:31	
7813	Alexandra REDONDO	1100	F	01:16:55	01:11:20	07:08	00:34:50	
7814	Alexandra Sofia ARAÚJO RIBEIRO	1518	F	01:16:58	01:09:42	06:59	00:33:58	
7815	Maria Do Carmo PASSOS COELHO RIBEIRO	1195	F	01:16:58	01:10:27	07:03	00:34:32	
7816	Pedro EUGÉNIO	3970	M	01:16:58	01:13:50	07:23	00:36:08	
7817	Sara VIEIRA GONÇALVES	1446	F	01:17:00	01:14:28	07:27	00:34:13	
7818	Maria José PINHEIRO RAMOS MATEUS	11338	F	01:17:00	01:09:44	06:59	00:33:58	
7819	Joana NUNES	9768	F	01:17:00	01:10:30	07:03	00:34:32	
7820	Carlos LOBO	7075	M	01:17:00	01:09:55	07:00	00:33:37	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7821	Juvenal Joaquim Sarmiento GUSMÃO	8445	M	01:17:02	01:13:12	07:20	00:35:19	
7822	Joao Miguel GUERRA	10917	M	01:17:04	01:10:41	07:05	00:35:45	
7823	Pedro GALVAO	4778	M	01:17:04	01:10:40	07:04	00:35:45	
7824	Maria CARDOSO	9667	F	01:17:05	01:16:35	07:40	00:38:12	
7825	Bruno Ferraz FONSECA	8485	M	01:17:06	01:13:11	07:20	00:34:48	
7826	Sérgio Alexandre Morgado FERNANDES	4116	M	01:17:06	01:13:10	07:19	00:34:48	
7827	Euridice Adriana B. F. SILVA	11382	F	01:17:06	01:13:11	07:20	00:34:49	
7828	Paulo MESSIAS	1880	M	01:17:06	01:13:36	07:22	00:35:20	Açoreana clube Banif
7829	Joana SOUSA	5459	F	01:17:08	01:15:04	07:31	00:34:44	
7830	Paulo Luis PEREIRA BRANDÃO SOUSA MATOS	10479	M	01:17:09	01:16:51	07:42	00:36:08	
7831	Duarte Miguel MOREIRA	10040	M	01:17:09	01:12:42	07:17	00:35:46	
7832	Carlos LOPES	10213	M	01:17:09	01:04:02	06:25	00:31:48	
7833	Ana Maria SILVA LINO	10519	F	01:17:10	01:12:10	07:13	00:35:49	
7834	Manuela CUNHA	1033	F	01:17:12	01:09:54	07:00	00:34:55	
7835	Edson DE ARAÚJO LEITE	7283	M	01:17:13	01:09:42	06:59	00:36:16	
7836	José BRANCO	3866	M	01:17:13	01:10:21	07:03	00:37:00	
7837	Carlos Manuel Da Luz CORREIA	8177	M	01:17:14	01:13:54	07:24	00:35:53	
7838	João Paulo DA SIVA BRANCO	7592	M	01:17:14	01:10:17	07:02	00:34:13	
7839	Luiz Carlos PRASSER	10409	M	01:17:14	01:14:00	07:24	00:34:37	
7840	Joana HENRIQUES CORREIA	5204	F	01:17:14	01:13:54	07:24	00:35:53	
7841	Mário Miguel Cortes SANCHES	3914	M	01:17:14	01:12:17	07:14	00:35:19	
7842	Ana Cristina Mendes CONCEIÇÃO	11404	F	01:17:14	01:12:17	07:14	00:35:19	
7843	Jorge Manuel FERREIRA RAMOS BELO	8389	M	01:17:15	01:09:47	06:59	00:33:38	
7844	André BATORÉU	7331	M	01:17:16	01:12:11	07:14	00:30:25	
7845	Isabel Cristina SILVA	4943	F	01:17:16	01:16:31	07:40	00:38:24	NUCLEOEIRAS/SPORTZONE
7846	Jennifer ATKINSON	9610	M	01:17:16	01:13:55	07:24	00:37:20	St. Julians School
7847	Beatriz HENRIQUE	654	F	01:17:16	01:16:31	07:40	00:38:25	NUCLEOEIRAS/SPORTZONE
7848	Ana Sofia Ramos ALEIXO	11340	F	01:17:18	01:13:00	07:18	00:35:17	
7849	Indira BASTOS	1581	F	01:17:18	01:12:26	07:15	00:37:02	
7850	Luís MARTINHO	4125	M	01:17:18	01:12:26	07:15	00:37:03	
7851	Leonor AZEVEDO	15194	F	01:17:19	01:14:07	07:25	00:35:23	Clube Vodafone
7852	Colin COOKE	10849	M	01:17:21	01:13:51	07:24	00:36:33	
7853	Rogério Paulo Barreira PINTO	7980	M	01:17:24	01:14:00	07:24	00:36:06	
7854	Pedro LOPES	2358	M	01:17:25	01:11:06	07:07	00:34:24	N.A. "Os Papagaios de Cascais"

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7855	Maria Carolina SOLLARI LOPES	856	F	01:17:26	01:11:07	07:07	00:34:24	
7856	João LOPES	2549	M	01:17:27	01:11:09	07:07	00:34:25	N.A. "Os Papagaios de Cascais"
7857	Nuno Miguel RODRIGUES MATIAS	10603	M	01:17:28	01:14:14	07:26	00:35:25	
7858	Viegas FARIA	6085	M	01:17:30	01:11:04	07:07	00:36:39	
7859	Ricardo GARCIA	4845	M	01:17:30	01:12:27	07:15	00:34:03	
7860	Sara SERRA	5397	F	01:17:30	01:13:52	07:24	00:34:41	
7861	Luis Baptista FERNANDES	6532	M	01:17:31	01:15:25	07:33	00:36:49	
7862	Hernani CALADO	10534	M	01:17:33	01:17:09	07:43	00:36:58	
7863	Anabela Miguel FERNANDES	9736	F	01:17:35	01:15:30	07:33	00:36:14	
7864	Jaime LOPES	2585	M	01:17:35	01:11:59	07:12	00:34:49	
7865	Helder MACHADO	10628	M	01:17:36	01:14:16	07:26	00:34:24	
7866	Ricardo Manuel FERREIRA DA SILVA GUIMARÃES	9464	M	01:17:38	01:11:30	07:09	00:34:24	
7867	Tânia DUQUE	1467	F	01:17:40	01:10:36	07:04	00:34:07	
7868	Inês MENEZES	1380	F	01:17:40	01:11:07	07:07	00:34:56	
7869	Ricardo OLIVEIRA	5877	M	01:17:40	01:10:36	07:04	00:34:07	
7870	Maria Do Rosário ROSA	771	F	01:17:40	01:15:14	07:32	00:34:12	
7871	Adelaide MONTEIRO	5242	M	01:17:42	01:16:17	07:38	00:35:39	Clube Académico de Penafirme
7872	João Sebastião CAMPOS	10608	M	01:17:43	01:11:49	07:11	00:35:34	
7873	Ana Sofia RODRIGUES DA CRUZ	11474	F	01:17:45	01:12:23	07:15	00:33:22	
7874	Rui Miguel MARQUES	9124	M	01:17:47	01:12:41	07:17	00:35:13	
7875	Ana Isaura MAGALHÃES	9711	F	01:17:49	01:10:37	07:04	00:34:36	
7876	Madalena PEDREIRA	11562	F	01:17:49	01:10:51	07:06	00:37:17	
7877	João MONTEIRO	2317	M	01:17:50	01:13:59	07:24	00:35:03	ACP - Atletismo Clube de Portalegre
7878	Vasco CORDEIRO	435	M	01:17:51	01:12:36	07:16	00:36:55	
7879	André BARATA SIMÕES	7458	M	01:17:55	01:13:33	07:22	00:36:15	
7880	Ana ALMEIDA	11351	F	01:17:56	01:13:36	07:22	00:36:19	
7881	Daniel ROCHA	2226	M	01:17:56	01:11:23	07:09	00:35:12	
7882	Vera Lucia De Jesus BERNARDO	766	F	01:17:56	01:11:23	07:09	00:35:14	
7883	Inês RODRIGUES	11325	F	01:17:56	01:16:17	07:38	00:36:32	
7884	José António BRITO	3991	M	01:17:57	01:16:17	07:38	00:36:32	
7885	António Manuel RODRIGUES	8602	M	01:17:59	01:11:46	07:11	00:33:26	
7886	Mafalda Cardeiro UBACH TRINDADE	4910	F	01:18:00	01:15:33	07:34	00:37:09	
7887	Raquel MADEIRA	5745	F	01:18:00	01:15:06	07:31	00:36:47	
7888	Maria MÓIA	961	F	01:18:01	01:11:38	07:10	00:36:51	Maratona Clube de Portugal

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7889	Miguel RODRIGUES	4169	M	01:18:02	01:11:48	07:11	00:33:26	
7890	Amalia VARELA	11581	F	01:18:02	01:16:52	07:42	00:36:09	
7891	Gonçalo SANTOS	4199	M	01:18:05	01:14:03	07:25	00:36:33	
7892	Catarina ESPÍRITO SANTO	1599	F	01:18:05	01:14:04	07:25	00:36:33	
7893	Carlos NOBRE	2707	M	01:18:05	01:12:49	07:17	00:35:05	
7894	João RAPOSO	9822	M	01:18:06	01:12:49	07:17	00:35:05	
7895	João Luís BARREIRO PEREIRA	8921	M	01:18:06	01:12:49	07:17	00:35:05	
7896	Rui SALGADO	1852	M	01:18:07	01:16:48	07:41	00:37:43	Clube do Stress
7897	Ana ALBUQUERQUE	595	F	01:18:08	01:16:48	07:41	00:37:43	Clube do Stress
7898	Paulo JACOME	2456	M	01:18:10	01:10:50	07:05	00:35:32	Mirc
7899	João ABECASIS	10784	M	01:18:11	01:13:46	07:23	00:35:21	
7900	Telmo JOHN	4254	M	01:18:13	01:16:38	07:40	00:35:01	
7901	Elina Isabel ANTÓNIO MATONSE	11367	F	01:18:14	01:11:19	07:08	00:34:16	
7902	Lucilia LIMA PEREIRA	9792	F	01:18:15	01:15:20	07:32	00:36:46	
7903	José Rafael CUNHA MALTEZ	9084	M	01:18:16	01:14:22	07:27	00:36:50	
7904	Natalia LUCERO PAVON	1590	F	01:18:18	01:12:46	07:17	00:34:50	
7905	João CASTELO MENDES	4423	M	01:18:18	01:12:42	07:17	00:34:47	
7906	Sofia WARBURTON	5714	F	01:18:20	01:16:14	07:38	00:35:41	
7907	Daren WARBURTON	3665	M	01:18:20	01:16:14	07:38	00:35:40	
7908	Raquel TEIXEIRA	5207	F	01:18:22	01:16:25	07:39	00:35:39	Clube Académico de Penafirme
7909	Diogo BAPTISTA	9829	M	01:18:23	01:16:42	07:41	00:38:17	
7910	Bárbara RAMOS	1365	F	01:18:23	01:11:57	07:12	00:35:40	
7911	Elia SILVA	15200	F	01:18:26	01:15:15	07:32	00:34:55	Clube Vodafone
7912	Euclides PIO	7323	M	01:18:26	01:14:43	07:29	00:36:08	
7913	Ana Sofia PEREIRA DA LUZ PIMENTA	1502	F	01:18:27	01:13:52	07:24	00:36:06	
7914	Jose JARDIM	3394	M	01:18:28	01:12:44	07:17	00:33:43	
7915	Filipa ALMEIDA	9781	F	01:18:29	01:11:31	07:10	00:35:52	
7916	Fernando António BENTO OLIVEIRA	10441	M	01:18:30	01:13:42	07:23	00:34:27	
7917	Carla FONSECA	9517	F	01:18:30	01:13:53	07:24	00:34:39	
7918	Hugo MATIAS	3229	M	01:18:31	01:12:45	07:17	00:36:49	
7919	Veronica PENIDO	9695	F	01:18:33	01:11:26	07:09	00:34:35	
7920	Tatiana TREPADO	11267	F	01:18:34	01:13:17	07:20	00:36:37	
7921	Rita PROENÇA	661	F	01:18:34	01:12:24	07:15	00:35:02	
7922	Carlos PARENTE	8695	M	01:18:35	01:12:23	07:15	00:35:02	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7923	Afonso Miguel SIMÕES	7098	M	01:18:36	01:11:44	07:11	00:33:38	
7924	Miguel OLIVEIRA	3107	M	01:18:38	01:13:24	07:21	00:33:06	
7925	Mafalda DE OLIVEIRA DIAS	576	F	01:18:38	01:16:20	07:38	00:37:50	
7926	Nuno Miguel DUARTE PASCOAL	4477	M	01:18:38	01:13:49	07:23	00:35:53	
7927	João BRANCO	9988	M	01:18:39	01:14:42	07:29	00:35:51	
7928	Laurinda Da Graça FREITAS DE SOUSA	5387	F	01:18:40	01:12:01	07:13	00:36:23	
7929	Diogo BRANCO	2380	M	01:18:40	01:14:42	07:29	00:35:50	
7930	Alexandre COSTA	6827	M	01:18:40	01:12:08	07:13	00:32:11	Uniao Recreativa Dafundo
7931	Natacha Alexandra MOURA VILANOVA	9646	M	01:18:42	01:16:02	07:37	00:36:26	
7932	Leonel GARCIA MARQUES	10740	M	01:18:42	01:13:50	07:23	00:37:04	
7933	Helia GOMES	11378	F	01:18:43	01:13:15	07:20	00:34:21	
7934	Mariana GIL SILVA	11348	F	01:18:44	01:13:15	07:20	00:34:20	
7935	Paula Maria Da Fonseca ALMEIDA	5796	F	01:18:44	01:14:36	07:28	00:35:25	
7936	Carlos Manuel SALTÃO	5956	M	01:18:45	01:09:35	06:58	00:33:13	
7937	Maria Manuela ALEMÃO DUARTE JUNOT FLORÊNCIO	9784	F	01:18:46	01:13:33	07:22	00:36:25	
7938	Pedro Manuel PIRES GONÇALVES	10964	M	01:18:46	01:15:00	07:30	00:36:54	
7939	Carlos CAIXEIRO	5955	M	01:18:46	01:13:20	07:20	00:30:27	
7940	Sara SECO	853	F	01:18:48	01:15:20	07:32	00:36:51	
7941	Nuno COSTA	10470	M	01:18:48	01:15:20	07:32	00:36:50	
7942	Maria Isabel MARQUES COELHO	1029	F	01:18:48	01:18:44	07:53	00:39:10	
7943	António Vitorino LOPES DO REGO	8108	M	01:18:49	01:16:10	07:37	00:36:16	
7944	Luís Filipe DUARTE SILVA PEREIRA DOS REIS	9820	M	01:18:50	01:17:22	07:45	00:36:05	
7945	Tiago JACINTO	4526	M	01:18:51	01:15:37	07:34	00:38:23	
7946	António BARREIROS	5712	M	01:18:52	01:18:01	07:49	00:38:40	
7947	Manuel FERREIRA PINTO GUERRA	10095	M	01:18:53	01:15:40	07:34	00:36:19	Sonae Sierra
7948	Joao MORAIS	3580	M	01:18:54	01:13:30	07:21	00:35:32	
7949	Esmeralda Sofia OLIVEIRA TOMAS PIRES	649	F	01:18:54	01:11:56	07:12	00:37:14	
7950	Isabel Rute SILVA	11369	F	01:18:54	01:11:57	07:12	00:37:15	
7951	Anna ANDRADE	1374	F	01:18:54	01:12:59	07:18	00:34:46	
7952	Rui Manuel AFONSO VAZ	10451	M	01:18:54	01:12:44	07:17	00:36:16	
7953	Vanessa VIOLANTE	11533	F	01:18:55	01:12:15	07:14	00:34:38	
7954	João MALCATA	10594	M	01:18:55	01:11:26	07:09	00:35:21	
7955	Susana GOMES	947	F	01:18:57	01:12:50	07:17	00:36:56	
7956	José RODRIGUES	10599	M	01:18:58	01:17:38	07:46	00:35:16	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7957	Luis Alberto GONÇALVES	7128	M	01:18:58	01:13:21	07:21	00:35:02	
7958	José Santinho CAVAQUEIRA	7664	M	01:18:58	01:13:17	07:20	00:35:55	
7959	Isabel MARTINS	11570	F	01:18:59	01:11:47	07:11	00:35:37	
7960	Marta RAINHO	4945	F	01:18:59	01:17:55	07:48	00:36:56	NUCLEOEIRAS/SPORTZONE
7961	Francisco CALHEIROS	7048	M	01:19:02	01:13:10	07:19	00:36:19	
7962	Rui CLEMENTE	7859	M	01:19:02	01:19:02	07:55	00:39:39	
7963	Ana Sofia SIMOES PEREIRA	5093	F	01:19:02	01:12:58	07:18	00:34:48	
7964	Joaquim Diogo SIMÕES PEREIRA	10330	M	01:19:03	01:12:57	07:18	00:34:34	
7965	Virginia DATO ROBINSON	9641	F	01:19:03	01:13:08	07:19	00:36:38	
7966	Céu NEVES	5658	F	01:19:04	01:13:02	07:19	00:35:38	
7967	Manuel FERREIRA	6409	M	01:19:04	01:17:38	07:46	00:37:45	Grupo Desportivo Joaninhas de Leião
7968	Sílvia CALCATERRA	5652	F	01:19:05	01:16:15	07:38	00:37:33	
7969	Rui VIDEIRA	7326	M	01:19:05	01:15:21	07:33	00:36:55	
7970	Jose OLIVEIRA	10798	M	01:19:05	01:17:55	07:48	00:37:29	
7971	Cristina CRUZ	1021	F	01:19:06	01:16:20	07:38	00:38:08	Clube Anacom
7972	Mário PINTO	7209	M	01:19:06	01:17:18	07:44	00:38:42	
7973	Paulo COSTA	7835	M	01:19:08	01:12:56	07:18	00:33:44	
7974	Sónia MATIAS	11347	F	01:19:08	01:13:06	07:19	00:35:30	
7975	Diogo ENVAGELHO	10751	M	01:19:09	01:14:07	07:25	00:34:29	
7976	António José AZEVEDO EVANGELHO	10753	M	01:19:09	01:14:07	07:25	00:34:29	
7977	Susana SANTOS	5751	F	01:19:09	01:13:37	07:22	00:35:51	
7978	Amilcar LAGES	8591	M	01:19:10	01:13:28	07:21	00:34:58	
7979	José DIONÍSIO	10654	M	01:19:10	01:13:28	07:21	00:34:57	
7980	Pedro Carvalho OLIVEIRA	3473	M	01:19:10	01:12:47	07:17	00:36:21	
7981	Marco VICENTE	4542	M	01:19:11	01:10:41	07:05	00:32:20	
7982	Melanie MOSTAJO	1585	F	01:19:11	01:12:10	07:13	00:37:29	
7983	Mariana GASPAR	4993	F	01:19:11	01:12:10	07:13	00:34:01	
7984	Rui Eduardo CUSTÓDIO	3662	M	01:19:11	01:13:50	07:23	00:36:13	
7985	Clotilde NEVES	1450	F	01:19:12	01:13:51	07:24	00:36:13	
7986	Henrique BARRY	3182	M	01:19:16	01:12:42	07:17	00:39:21	
7987	Eduardo DE BRITO BAPTISTA PEREZ DE NORONHA	400	M	01:19:17	01:13:03	07:19	00:38:38	
7988	João Pedro Pontes FADISTA	10196	M	01:19:18	01:13:34	07:22	00:35:22	
7989	Rute Fatima Batista Baião CARDOSO	5114	F	01:19:18	01:16:02	07:37	00:35:14	
7990	Luis GLEUTÉRIO	2608	M	01:19:18	01:12:37	07:16	00:36:38	Pés d'Atleta

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7991	Sérgio HONRADO	3391	M	01:19:18	01:12:18	07:14	00:35:35	
7992	José Teófilo BRAGA	6837	M	01:19:18	01:12:38	07:16	00:36:39	Pés d'Atleta
7993	Ana ALMEIDA	5375	F	01:19:18	01:14:47	07:29	00:36:00	
7994	Francisco Carlos CRAVEIRO	5961	M	01:19:21	01:16:30	07:39	00:36:57	
7995	Andréa OLIVEIRA SANTOS	9544	F	01:19:22	01:14:20	07:26	00:36:38	Pepsico Portugal
7996	Maria Conceição FERREIRA MENDES	1244	F	01:19:22	01:15:56	07:36	00:38:14	
7997	Osvaldo RODRIGUES DOS SANTOS	7591	M	01:19:22	01:12:48	07:17	00:37:03	
7998	Márcia ARANHA	5799	F	01:19:23	01:14:05	07:25	00:37:19	
7999	Maria Luisa VASCONCELOS	9698	F	01:19:23	01:14:07	07:25	00:37:20	
8000	Luis Filipe LAMEIRA PINTO	10463	M	01:19:25	01:16:04	07:37	00:36:20	
8001	Victor ALMEIDA	6678	M	01:19:27	01:15:40	07:34	00:35:08	Tabaqueira
8002	Fernando FERREIRA	10370	M	01:19:27	01:12:52	07:18	00:39:21	
8003	Jorge ASSUNÇÃO	11161	M	01:19:27	01:15:10	07:31	00:35:50	
8004	Paulo ALMEIDA	6629	M	01:19:30	01:12:17	07:14	00:36:21	Grupo Desportivo BPI
8005	Ricardo VALADAS	89	M	01:19:30	01:14:16	07:26	00:36:57	
8006	Inês ALMEIDA	5300	F	01:19:30	01:12:17	07:14	00:36:21	Grupo Desportivo BPI
8007	Marco FORLONI	105980	M	01:19:31	01:13:22	07:21	00:34:58	
8008	Catarina REBELO	11537	F	01:19:32	01:15:12	07:32	00:36:23	
8009	Alice MALATO	9564	F	01:19:32	01:16:54	07:42	00:36:49	Grupo Desportivo Joaninhas de Leião
8010	Luis Filipe DUARTE	10834	M	01:19:34	01:15:13	07:32	00:36:32	
8011	Maria AMORIM	9533	F	01:19:34	01:15:14	07:32	00:36:32	
8012	Duarte CORREIA	9205	M	01:19:35	01:15:51	07:36	00:34:18	
8013	Nuno JONET	6566	M	01:19:42	01:13:16	07:20	00:36:07	Tabaqueira
8014	Teresa PRATES	5230	F	01:19:45	01:19:00	07:54	00:37:38	Associação Atletismo Lebres do Sado
8015	Clara PADUA	1114	F	01:19:45	01:14:47	07:29	00:37:17	Clube ANA Lisboa
8016	Carlos ALMEIDA	10708	M	01:19:45	01:15:59	07:36	00:35:52	
8017	Fernando SILVA	6239	M	01:19:46	01:14:43	07:29	00:37:07	
8018	Alexandre SILVA	430	M	01:19:47	01:14:44	07:29	00:37:07	
8019	Andreia COVAS	5044	F	01:19:50	01:15:25	07:33	00:37:06	
8020	Francisco Manuel BORRALHO	8502	M	01:19:50	01:16:17	07:38	00:35:41	
8021	Ana Mafalda AGUIAR	4961	F	01:19:51	01:15:37	07:34	00:36:29	Clube Millennium BCP
8022	Patricia Isabel SILVA LOPES	11220	F	01:19:53	01:15:58	07:36	00:38:12	
8023	Gabriel PINHEIRO	4067	M	01:19:54	01:14:57	07:30	00:35:27	
8024	Gabriela Souza VIANA GOMES	5635	F	01:19:55	01:13:43	07:23	00:38:39	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8025	Diogo ASSUNÇÃO	6699	M	01:19:57	01:15:46	07:35	00:39:12	HP Portugal Clube
8026	Paula Cristina JESUS MAIA	11280	F	01:19:57	01:19:30	07:57	00:39:51	
8027	Vanda Isabel FERREIRA FREDERICO	9662	F	01:19:57	01:16:02	07:37	00:38:13	
8028	Pedro Alexandre LARANJEIRO	7742	M	01:19:57	01:15:51	07:36	00:36:52	
8029	Alexandra Cristina FERNANDES S. F. P. COUTINHO	1375	F	01:19:58	01:15:51	07:36	00:36:52	
8030	Ana Cristina RAPOSO	5026	F	01:19:59	01:16:33	07:40	00:37:01	
8031	Raquel RIBEIRO	1560	F	01:19:59	01:13:56	07:24	00:36:15	
8032	Katalin KOVATS	5587	F	01:20:01	01:18:27	07:51	00:36:47	
8033	Marta GOMES	886	F	01:20:03	01:16:32	07:40	00:35:18	
8034	Filipa PAIS	987	F	01:20:03	01:19:19	07:56	00:38:22	Grupo Recreativo Cultural Desportivo Leião
8035	Paulo Jorge Malveiro B. AMORIM	10349	M	01:20:05	01:17:35	07:46	00:38:23	
8036	André Fat CRAVEIRO	11167	M	01:20:05	01:17:14	07:44	00:36:56	
8037	Eduardo CUNHA	10886	M	01:20:06	01:13:38	07:22	00:35:07	
8038	Soraya COSTA	592	F	01:20:06	01:13:30	07:21	00:36:34	
8039	José BERNARDO	6972	M	01:20:07	01:14:26	07:27	00:37:48	
8040	Carlos Alberto NEVES	6248	M	01:20:08	01:17:45	07:47	00:32:50	
8041	Tiago Filipe CALDEIRA NEVES	252	M	01:20:08	01:17:45	07:47	00:32:50	
8042	Maria João FONTES	5002	F	01:20:08	01:16:45	07:41	00:36:49	
8043	Bruno MANHA	3690	M	01:20:08	01:16:45	07:41	00:36:49	
8044	Alberta MILHÃO	11468	F	01:20:11	01:14:38	07:28	00:36:27	
8045	José Luís SILVA	8455	M	01:20:12	01:13:06	07:19	00:37:09	
8046	Cláudia Alexandra Da Cunha PERNENCAR	1050	F	01:20:12	01:17:03	07:43	00:36:24	
8047	Monica SOFIA	15066	F	01:20:13	01:18:55	07:54	00:36:43	Clube Grupo Desportivo BES
8048	Luis PROENÇA	8436	M	01:20:13	01:07:21	06:45	00:34:05	
8049	Adelina MARQUES	1065	F	01:20:17	01:20:13	08:02	00:39:11	
8050	José Manuel D'oliveira Marques MONTEIRO	8121	M	01:20:17	01:09:45	06:59	00:34:55	
8051	Victor LOBO	8122	M	01:20:18	01:09:45	06:59	00:34:55	
8052	Andreia BENTO	1391	F	01:20:19	01:14:50	07:29	00:36:45	
8053	Ana Rita MARQUES SOARES	11459	F	01:20:19	01:14:50	07:29	00:36:46	
8054	Cristina Maria FELIZARDO	5668	F	01:20:20	01:13:44	07:23	00:36:06	
8055	Alexandra FELIZARDO	537	F	01:20:20	01:13:44	07:23	00:36:06	
8056	Sónia DIAS	5046	F	01:20:23	01:14:12	07:26	00:37:18	
8057	Paulo CARRILHO	4540	M	01:20:23	01:14:12	07:26	00:37:17	
8058	Perpetua OLIVEIRA	5269	F	01:20:24	01:18:53	07:54	00:37:25	G.R.D. Os Fixes

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8059	Fabio FERREIRA	1918	M	01:20:25	01:18:59	07:54	00:37:31	Grupo Desportivo Joaninhas de Leião
8060	Gabriel FIGUEIREDO	2792	M	01:20:26	01:16:47	07:41	00:36:06	
8061	Sofia VEIGA	5639	F	01:20:26	01:15:14	07:32	00:35:26	
8062	Afonso LAVADO	11183	M	01:20:27	01:15:55	07:36	00:37:47	
8063	Sonia SCHALK	5724	F	01:20:29	01:15:14	07:32	00:36:19	
8064	Rui TORRES DE MASCARENHAS	10304	M	01:20:29	01:15:13	07:32	00:36:19	
8065	Pedro VARGAS	10701	M	01:20:29	01:15:09	07:31	00:34:46	Castro Vargas
8066	Marco Filipe SANTIAGO JORDÃO	4251	M	01:20:30	01:20:30	08:03	00:46:51	
8067	Isabel BARGÃO	1079	F	01:20:31	01:17:20	07:44	00:36:42	N.A. "Os Papagaios de Cascais"
8068	João Tiago PIMENTEL	9152	M	01:20:32	01:20:32	08:04	00:39:13	
8069	José Luis COSTA LOIO	5994	M	01:20:32	01:17:17	07:44	00:38:14	
8070	Diogo GOULÃO HENRIQUES	4330	M	01:20:32	01:17:22	07:45	00:35:40	
8071	Susana Isabel PINTO JESUS	9780	F	01:20:32	01:17:17	07:44	00:38:14	
8072	Iolanda SANTOS	1024	F	01:20:32	01:15:35	07:34	00:36:13	
8073	Ana CABRAL	11290	F	01:20:32	01:15:16	07:32	00:37:06	
8074	Tiago GOULÃO HENRIQUES	8383	M	01:20:32	01:17:22	07:45	00:37:39	
8075	Patrícia PULIDO	5837	F	01:20:33	01:16:00	07:36	00:36:50	
8076	João Pedro DOS SANTOS RAMOS DA COSTA MATOS	8877	M	01:20:33	01:19:30	07:57	00:38:16	
8077	Ana Cristina ALAGOINHA	11569	F	01:20:34	01:14:56	07:30	00:36:15	
8078	Filipe KANEKO	8435	M	01:20:34	01:13:52	07:24	00:38:10	
8079	Liliana FERNANDES	5767	F	01:20:34	01:10:40	07:04	00:35:11	
8080	André ALBUQUERQUE	10827	M	01:20:37	01:17:29	07:45	00:41:30	
8081	José Emanuel Lemos Lopes Santiago SILVA	4179	M	01:20:38	01:15:45	07:35	00:37:23	
8082	Gonçalo LOPES	8594	M	01:20:38	01:14:57	07:30	00:37:17	
8083	Santiago PERRE VIANA	11500	M	01:20:42	01:13:20	07:20	00:36:38	
8084	Joao PERRE VIANA	11510	M	01:20:44	01:13:22	07:21	00:36:39	
8085	Maria Do Rosario CALLE DA CUNHA LUCAS E SALDANHA	9799	F	01:20:45	01:19:31	07:58	00:37:21	
8086	Maria José GOMES	5524	F	01:20:49	01:14:31	07:28	00:36:51	
8087	Ana Filipa COSTA MARQUES	11577	F	01:20:49	01:16:48	07:41	00:36:29	
8088	Bela TELINHOS	5674	F	01:20:51	01:18:03	07:49	00:37:57	
8089	Alexandrino BANDOLA	10214	M	01:20:53	01:14:35	07:28	00:36:16	
8090	Carlos António Parente FERREIRA	2752	M	01:20:53	01:14:35	07:28	00:36:17	
8091	José Manuel GUERREIRO	10674	M	01:20:54	01:17:02	07:43	00:38:30	
8092	Ana Maria CANHOTO	5057	F	01:20:55	01:17:09	07:43	00:37:29	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8093	Elias LUIS	10554	M	01:20:55	01:17:02	07:43	00:37:54	
8094	Sara Isabel PIRES	1607	F	01:20:55	01:18:00	07:48	00:38:46	
8095	Rita Malcata ALVES	647	F	01:20:56	01:15:52	07:36	00:36:59	
8096	Luis Manuel Malcata ALVES	8210	M	01:20:56	01:15:53	07:36	00:37:00	
8097	Pedro OLIVEIRA	3427	M	01:21:01	01:13:51	07:24	00:38:11	
8098	Ana Margarida Dinis Dias PEREIRA	738	F	01:21:01	01:13:50	07:23	00:38:12	
8099	Maria Glória DIAS	9565	F	01:21:02	01:15:20	07:32	00:34:25	Hovione
8100	Carlos CARVALHO	3819	M	01:21:03	01:16:59	07:42	00:39:36	
8101	Diogo GOMES	8333	M	01:21:03	01:16:49	07:41	00:38:29	
8102	Bernardo GOMES	3975	M	01:21:04	01:16:49	07:41	00:38:29	
8103	Florinda Jesus PEREIRA	3863	F	01:21:05	01:13:37	07:22	00:36:30	
8104	João Miguel Duarte LANDEIRO	3867	M	01:21:05	01:13:37	07:22	00:36:31	
8105	João VALADAS	10698	M	01:21:09	01:15:47	07:35	00:35:41	
8106	Sofia SANTOS	4933	F	01:21:11	01:15:23	07:33	00:37:31	
8107	António Manuel PAISANA GRANJO	4811	M	01:21:12	01:16:18	07:38	00:37:37	
8108	Maria Ângela GOMES	5239	F	01:21:15	01:19:07	07:55	00:39:15	Casa do Pessoal Estradas de Portugal
8109	Carla MARTINS FALUA	9488	F	01:21:16	01:17:08	07:43	00:37:54	
8110	Duarte Roberto SPINOLA FERNANDES	8987	M	01:21:16	01:17:08	07:43	00:37:54	
8111	Paulo Luís PIÇARRA	7662	M	01:21:16	01:14:04	07:25	00:35:53	
8112	Vanessa SILVEIRA	11312	F	01:21:16	01:14:05	07:25	00:35:51	
8113	Sandra Patricia VEIGAS CAMPANIÇO	5127	F	01:21:17	01:17:24	07:45	00:37:21	
8114	Luís GODINHO	7090	M	01:21:19	01:14:31	07:28	00:35:20	
8115	Leovegildo Duarte GOMES	6345	M	01:21:21	01:19:14	07:56	00:38:25	Casa do Pessoal Estradas de Portugal
8116	Ana Isabel PEREIRA HENRIQUES COELHO DA SILVA	11374	F	01:21:23	01:21:10	08:07	00:39:02	
8117	Thierry REBELO	104	M	01:21:24	01:18:48	07:53	00:36:43	
8118	Paula Cristina SANTOS CARVALHO	11444	M	01:21:24	01:17:37	07:46	00:36:17	
8119	Cristina SERRANO	5548	F	01:21:25	01:16:59	07:42	00:37:48	
8120	Jose Francisco SOUSA	7409	M	01:21:25	01:14:16	07:26	00:37:27	
8121	Ana Isabel FERNANDES	11526	F	01:21:27	01:16:20	07:38	00:37:45	
8122	Gonçalo GUERRA	10450	M	01:21:32	01:17:22	07:45	00:38:25	
8123	José MACHADO	10630	M	01:21:32	01:20:48	08:05	00:39:53	
8124	Laura HORTA	1561	F	01:21:33	01:15:30	07:33	00:37:50	
8125	Bárbara SANTOS	11310	F	01:21:33	01:17:19	07:44	00:36:19	
8126	Luís Miguel JORGE	4296	M	01:21:34	01:16:42	07:41	00:34:58	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8127	Duarte Manuel Rodrigues SOUSA	10456	M	01:21:35	01:14:17	07:26	00:47:32	
8128	Ana Margarida SUÁREZ	9714	F	01:21:38	01:17:18	07:44	00:36:32	
8129	Miguel GAYOSO SUÁREZ	7396	M	01:21:38	01:17:18	07:44	00:36:31	
8130	Patricio TORRES	4692	M	01:21:38	01:14:40	07:28	00:35:45	
8131	Salvador HORTA OSORIO CABRAL	4155	M	01:21:38	01:17:21	07:45	00:34:40	
8132	Alice JUSTINO	1208	F	01:21:38	01:14:59	07:30	00:36:53	
8133	Maria Teresa LEAL FERREIRA	1504	F	01:21:40	01:16:02	07:37	00:36:59	
8134	Vanessa NEVES	11300	F	01:21:40	01:16:41	07:41	00:38:37	
8135	Teresa FERNANDES	623	F	01:21:41	01:16:03	07:37	00:39:48	
8136	Maria GORETI VIEIRA	9725	F	01:21:41	01:18:08	07:49	00:36:51	
8137	Miguel LOPES	6766	M	01:21:41	01:21:06	08:07	00:42:33	Companheiros da Mata Escaroupim
8138	Helena PINTO	9726	F	01:21:41	01:18:08	07:49	00:36:51	
8139	Pedro FIGUEIRA	3923	M	01:21:41	01:16:33	07:40	00:31:17	
8140	Eduardo EXCELENTE PINTO	3083	M	01:21:42	01:20:24	08:03	00:25:27	
8141	Raquel MURÇA	5741	F	01:21:42	01:16:50	07:41	00:36:42	
8142	Pedro Miguel Medeiros CASTRO	7203	M	01:21:42	01:17:35	07:46	00:41:20	
8143	Paulo Alexandre HENRIQUES PATRICIO	10837	M	01:21:43	01:15:18	07:32	00:35:14	
8144	Mónica PINTO	5255	F	01:21:43	01:20:17	08:02	00:37:21	Clube Académico de Penafirme
8145	Sandra TEIXEIRA	5672	F	01:21:47	01:18:58	07:54	00:37:56	
8146	Felicidade Cristina ASSAME	5007	F	01:21:47	01:16:02	07:37	00:37:07	Clube Millennium BCP
8147	Nádia RIBEIRO	1500	F	01:21:47	01:15:32	07:34	00:36:23	
8148	Pedro RUANO	3509	M	01:21:49	01:21:49	08:11	00:46:31	
8149	Virgílio MARTINS	2646	M	01:21:51	01:15:37	07:34	00:36:38	
8150	Pedro Miguel DUARTE NEVES	10234	M	01:21:52	01:20:52	08:06	00:36:56	
8151	Natália Queiroz PINTO	819	F	01:21:52	01:18:03	07:49	00:39:07	
8152	Julieta PEREIRA	9630	F	01:21:53	01:17:30	07:45	00:37:45	
8153	Rui MASCARENHAS	8127	M	01:21:53	01:21:09	08:07	00:39:53	
8154	Sandra PAÇO	891	F	01:21:54	01:15:04	07:31	00:37:05	Clube do Stress
8155	Graça PAQUETE	5583	F	01:21:54	01:21:54	08:12	00:42:51	
8156	Rita LANÇÓS	11385	F	01:21:54	01:15:11	07:32	00:36:24	
8157	Isabel EUSEBIO	5610	F	01:21:54	01:18:17	07:50	00:36:10	
8158	Teresa Marques DA SILVA	5238	F	01:21:55	01:15:06	07:31	00:37:07	Clube do Stress
8159	Helena OLIVEIRA	5178	M	01:21:55	01:15:07	07:31	00:37:08	Clube do Stress
8160	Miguel Ângelo COSTA	1257	M	01:21:56	01:21:32	08:10	00:36:37	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8161	António GIL	8282	M	01:21:56	01:15:58	07:36	00:37:09	
8162	José Lúcio LAMPREIA	8279	M	01:21:56	01:15:58	07:36	00:37:09	
8163	Maria João DE ALMEIDA E SOUSA	5179	F	01:21:56	01:17:02	07:43	00:38:11	
8164	Ove BERGKVIST	7175	M	01:21:56	01:15:58	07:36	00:37:09	
8165	André Luciano ANTUNES RIBEIRO	9811	M	01:21:58	01:15:57	07:36	00:39:10	
8166	Idalina MEDEIROS	5643	F	01:22:00	01:17:18	07:44	00:35:51	
8167	Luis MEDEIROS	8446	M	01:22:01	01:17:18	07:44	00:35:51	
8168	Maria CARDOSO	5390	F	01:22:03	01:18:04	07:49	00:37:52	
8169	Nuno Rodrigo Dias FRANCO	4703	M	01:22:07	01:19:05	07:55	00:36:49	
8170	Jorge Miguel VILHENA RODRIGUES	105	M	01:22:09	01:16:58	07:42	00:36:35	
8171	Carolina Costa MORAIS	9777	F	01:22:09	01:18:33	07:52	00:40:50	
8172	Nuno COSTA	3851	M	01:22:09	01:18:33	07:52	00:40:51	
8173	Rui ALVES	6801	M	01:22:11	01:16:25	07:39	00:35:49	Fundação Royal Mcdonald
8174	Pedro Miguel DUQUE	8623	M	01:22:12	01:15:12	07:32	00:36:21	
8175	Vanda BARBOSA	5462	F	01:22:13	01:16:28	07:39	00:37:17	
8176	Joaquim PINHEIRO	9996	M	01:22:13	01:16:40	07:40	00:37:06	Serviços Sociais da CGD
8177	Alberto ROSA	6604	M	01:22:16	01:15:09	07:31	00:34:17	Grupo Carmo
8178	Hugo JERÓNIMO	6785	M	01:22:16	01:15:10	07:31	00:34:18	Grupo Carmo
8179	Ana Paula ABREU	9740	F	01:22:17	01:19:22	07:57	00:37:58	
8180	João Luís Mendes Romão REIS	10200	M	01:22:17	01:19:22	07:57	00:37:25	
8181	Sergio Manuel RAPOSEIRA	3335	M	01:22:18	01:16:48	07:41	00:36:42	
8182	Jorge VILHENA RODRIGUES	6400	M	01:22:20	01:17:07	07:43	00:36:53	Casa do Pessoal Estradas de Portugal
8183	Manuela RODRIGUES	935	M	01:22:23	01:18:50	07:53	00:36:56	G.R.D. Os Fixes
8184	Waleska NUNES	1044	F	01:22:24	01:15:31	07:34	00:36:42	
8185	Ana VILAR	575	F	01:22:25	01:16:29	07:39	00:36:49	
8186	César Gerardo NOBILE COSTA	10517	M	01:22:25	01:19:29	07:57	00:36:06	
8187	Sónia SARAMAGO	1456	F	01:22:26	01:17:28	07:45	00:38:49	
8188	Ana RAMALHETE	857	F	01:22:26	01:19:57	08:00	00:35:37	
8189	Carlos SANTOS	10297	M	01:22:27	01:19:27	07:57	00:39:04	
8190	Jose GARRIDO	9847	M	01:22:36	01:19:59	08:00	00:38:34	
8191	Jorge Manuel Ideias HIPOLITO	8153	M	01:22:36	01:18:16	07:50	00:39:19	
8192	João Carlos Mendes CRUZ	2119	M	01:22:37	01:18:16	07:50	00:39:18	
8193	Vasco FERNANDES	2116	M	01:22:38	01:15:30	07:33	00:37:57	
8194	Angela DIAS	619	F	01:22:38	01:20:03	08:01	00:38:44	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8195	João BARATA	7104	M	01:22:39	01:16:11	07:38	00:36:55	
8196	Maria Manuela GONÇALVES MARTINHO DOS SANTOS	11425	F	01:22:43	01:19:30	07:57	00:39:01	
8197	Helena URQUIJO	5521	F	01:22:43	01:17:04	07:43	00:38:46	
8198	Maria RAIMUNDO	5467	F	01:22:44	01:15:37	07:34	00:39:29	
8199	Isabel MOTA CARMO	5470	F	01:22:46	01:15:39	07:34	00:39:29	
8200	Alda OLIVEIRA	1122	F	01:22:49	01:16:06	07:37	00:37:28	G. D. C. T. Repsol Polimeros
8201	Anabela PINELA	11405	F	01:22:49	01:16:06	07:37	00:37:28	
8202	Rui FERNANDES FALÉ	7896	M	01:22:49	01:17:54	07:48	00:36:47	
8203	Sandra Marisa MADEIRA BARRETO	9577	F	01:22:50	01:17:47	07:47	00:39:35	
8204	Cristina DIOGO	778	F	01:22:53	01:17:54	07:48	00:36:28	
8205	António Filipe GERTRUDES	4197	M	01:22:53	01:18:19	07:50	00:37:04	
8206	João MATIAS	2892	M	01:22:56	01:16:34	07:40	00:34:49	
8207	João Francisco ROSADO PITEIRA	10988	M	01:22:57	01:19:20	07:56	00:36:30	
8208	Lara LOPES	9638	F	01:22:57	01:18:38	07:52	00:38:51	
8209	Susana PINTO	9682	F	01:22:57	01:18:45	07:53	00:38:50	
8210	Carlos Eduardo BAPTISTA DA PIEDADE DE NORONHA	10453	M	01:22:58	01:16:45	07:41	00:38:39	
8211	Fatima Cristina ANTUNES GOULART DE SOUZA	5565	F	01:22:58	01:16:46	07:41	00:38:39	
8212	Fábio André BARATA CRUZ	8645	M	01:22:59	01:18:47	07:53	00:39:20	
8213	Pedro SILVA	10782	M	01:22:59	01:18:09	07:49	00:36:33	
8214	Elisabete GONÇALVES	751	F	01:22:59	01:18:48	07:53	00:39:21	
8215	Joaquim SILVA	10781	M	01:22:59	01:18:09	07:49	00:36:33	
8216	Daniela Alexandra SANTOS SILVA	5434	F	01:23:00	01:18:21	07:51	00:38:22	
8217	Ernesto AMARO SILVA	2788	M	01:23:01	01:18:21	07:51	00:38:22	
8218	Ana Cristina FERREIRA	5417	F	01:23:01	01:16:24	07:39	00:36:33	
8219	Carlos Alberto FONSECA	2003	M	01:23:02	01:16:24	07:39	00:36:32	
8220	Maria Manuel ALMEIDA CALDEIRA	5607	F	01:23:02	01:20:27	08:03	00:38:50	
8221	Tiago MARTINS	6535	M	01:23:02	01:16:39	07:40	00:37:19	Tabaqueira
8222	João LOUÇÃO	7188	M	01:23:05	01:16:37	07:40	00:36:03	
8223	Bruna Filipa AMORIM	5752	F	01:23:05	01:16:37	07:40	00:36:03	
8224	Isidora Pais VARANDA	1408	F	01:23:07	01:16:18	07:38	00:38:59	
8225	Ana Cristina Tavares Da Cunha Mota De Almeida BARROCA	7879	F	01:23:07	01:16:19	07:38	00:39:00	
8226	Sérgio Rodrigo SOUSA	3499	M	01:23:11	01:09:37	06:58	00:34:10	
8227	João Ricardo Ferreira Lopes Teixeira MIGUEL	106460	M	01:23:11	01:19:49	07:59	00:37:12	
8228	Ana Margarida GONÇALVES	571	F	01:23:12	01:17:37	07:46	00:39:01	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8229	Sandra TIMOTEO	11545	F	01:23:12	01:17:22	07:45	00:39:29	
8230	José Júlio CABACEIRA	8465	M	01:23:14	01:17:28	07:45	00:35:15	
8231	Hugo MEDINA	3306	M	01:23:15	01:23:15	08:20	00:57:40	
8232	Paulo BARRIGOLA	5918	M	01:23:16	01:23:00	08:18	00:30:34	Açoreana clube Banif
8233	Alice SANTOS SILVA	5803	F	01:23:18	01:17:56	07:48	00:37:30	
8234	Ricardo Antonio SANTOS SILVA	7925	M	01:23:18	01:17:56	07:48	00:37:30	
8235	Joaquim MATOS	15138	M	01:23:18	01:17:23	07:45	00:36:39	Linda-a-Pastora Sporting Clube
8236	Olímpia ALMEIDA	5194	F	01:23:19	01:19:38	07:58	00:39:32	
8237	Teresa PEREIRA	5849	F	01:23:19	01:23:19	08:20	00:42:55	Serviços Sociais da CGD
8238	Isabel PEREIRA	5275	F	01:23:19	01:18:08	07:49	00:37:45	G.R.D. Os Fixes
8239	Noemia COELHO	5251	F	01:23:20	01:18:08	07:49	00:37:44	G.R.D. Os Fixes
8240	Marta ANDRADE	1621	F	01:23:21	01:16:49	07:41	00:38:26	
8241	Jorge ANDRADE	7748	M	01:23:21	01:16:49	07:41	00:38:26	
8242	Alexandra STILWELL	5762	F	01:23:23	01:16:31	07:40	00:36:39	
8243	Maria Helena Marques De Almeida MARTINS	11379	F	01:23:25	01:18:31	07:52	00:38:12	
8244	Emanuel SOARES	7322	M	01:23:25	01:19:41	07:59	00:38:18	
8245	Zulmira TEIXEIRA	5096	F	01:23:27	01:23:27	08:21		
8246	Claudia Sofia FERREIRA MARTINS	1610	F	01:23:29	01:20:47	08:05	00:38:37	
8247	Joana SEQUEIRA	5001	F	01:23:29	01:19:37	07:58	00:37:30	
8248	Ana RODRIGUES LEMOS	793	F	01:23:30	01:22:15	08:14	00:39:48	Grupo Desportivo Cimpor
8249	Carla ROMANA	5625	F	01:23:31	01:17:50	07:47	00:37:23	
8250	Madalena SALVATERRA	1296	F	01:23:32	01:18:50	07:53	00:36:32	
8251	Rute FERNANDES	1459	F	01:23:32	01:17:58	07:48	00:39:02	
8252	Telma SANTOS	713	F	01:23:33	01:16:22	07:39	00:38:11	
8253	Rita FREITAS	4899	F	01:23:33	01:16:23	07:39	00:38:13	
8254	Prudêncio De Sousa Rodrigues BRUSCO	11006	M	01:23:35	01:16:43	07:41	00:37:18	
8255	Eduardo PRATAS	2935	M	01:23:36	01:17:20	07:44	00:39:23	
8256	Carla ALMEIDA	1535	F	01:23:36	01:16:16	07:38	00:37:37	
8257	Ines HASSELBERG	5115	F	01:23:36	01:17:20	07:44	00:39:24	
8258	João Filipe Dos Santos BRUSCO	2259	M	01:23:36	01:16:45	07:41	00:37:19	
8259	Antonio Joao FERNANDES	10918	M	01:23:37	01:19:01	07:55	00:38:47	
8260	Alice SANTOS	1404	F	01:23:38	01:20:27	08:03	00:39:10	
8261	Fernanda Luisa MATEUS COSTA	11476	F	01:23:39	01:18:50	07:53	00:35:41	
8262	Paula CAPELA	906	F	01:23:42	01:17:44	07:47	00:36:37	Clube do Stress

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8263	Maria Isabel GRAÇA	570	F	01:23:42	01:21:37	08:10	00:39:07	Clube Millennium BCP
8264	Paula SANTOS	5846	F	01:23:43	01:21:37	08:10	00:39:07	Serviços Sociais da CGD
8265	Luis Carlos FERNANDES	3486	M	01:23:44	01:17:05	07:43	00:37:38	
8266	Joana MESQUITA	5611	F	01:23:45	01:20:14	08:02	00:38:01	
8267	Sara MESQUITA	829	F	01:23:45	01:20:14	08:02	00:38:01	
8268	Vitor CARNEIRO	4441	M	01:23:45	01:22:08	08:13	00:38:30	
8269	Luis EDUARDO	10253	M	01:23:47	01:17:49	07:47	00:37:58	
8270	Joana EDUARDO	1624	F	01:23:48	01:17:49	07:47	00:37:59	
8271	Rita FELIZOL	1463	F	01:23:48	01:18:14	07:50	00:39:01	
8272	Jan Maria VAN VAERENBERGH	10338	M	01:23:49	01:23:18	08:20	00:42:14	
8273	Ana Maria RUNKEL	5755	F	01:23:49	01:23:18	08:20	00:42:14	
8274	Teresa BORGES	1478	F	01:23:50	01:21:36	08:10	00:38:31	
8275	Maria Conceicao NUNES	9502	F	01:23:52	01:20:05	08:01	00:38:27	
8276	Matilde COSTA	1136	F	01:23:55	01:18:30	07:51	00:38:09	
8277	Petra ANSELMO	11344	F	01:23:56	01:19:57	08:00	00:39:05	
8278	Gisela MARTINS	11466	F	01:23:58	01:17:49	07:47	00:38:43	
8279	Carla Alexandra RIBEIRO	1310	F	01:23:59	01:19:21	07:57	00:41:37	
8280	Matilde MENDES	11461	F	01:24:01	01:21:48	08:11	00:40:03	
8281	António José CRUZ	10464	M	01:24:02	01:20:20	08:02	00:37:06	
8282	Fernando MORGADO	7639	M	01:24:02	01:20:21	08:03	00:37:07	
8283	Sandra BRITES	759	F	01:24:03	01:21:22	08:09	00:39:57	
8284	Sergio TEIXEIRA	3355	M	01:24:03	01:21:13	08:08	00:38:22	
8285	Guiomar Fernanda RUA	1723	F	01:24:05	01:18:47	07:53	00:37:43	
8286	Catarina LOURENÇO	637	F	01:24:05	01:18:12	07:50	00:38:11	
8287	Tiago ALMEIDA	4348	M	01:24:06	01:18:12	07:50	00:38:11	
8288	Sandra FRADE	600	F	01:24:06	01:18:12	07:50	00:38:12	
8289	Aureliano COSTA	6965	M	01:24:07	01:18:42	07:53	00:38:08	
8290	Luis Filipe DIAS RAMOS	6967	M	01:24:07	01:18:42	07:53	00:38:08	
8291	Daniel Sergio DA SILVA BARRETO	10664	M	01:24:08	01:19:05	07:55	00:38:06	
8292	Gabiela Jorge GONÇALVES	5035	F	01:24:18	01:17:33	07:46	00:38:23	
8293	Ana Paula BARRA	5019	F	01:24:23	01:17:38	07:46	00:38:23	
8294	Francisco Rosado CORREIA	2577	M	01:24:25	01:24:19	08:26	00:38:22	
8295	Julieta Maria SOARES DOMINGOS EMIDIO	1142	F	01:24:25	01:19:58	08:00	00:38:28	
8296	Hélène LECLERCQ	9634	F	01:24:26	01:19:03	07:55	00:39:45	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8297	Ana Catarina RICARDO	4887	F	01:24:30	01:19:08	07:55	00:37:22	
8298	Leopoldina MACEDO	699	F	01:24:30	01:19:09	07:55	00:37:16	
8299	Luis CHAVES	5883	M	01:24:31	01:20:39	08:04	00:38:30	
8300	Maria Madalena VALENTE	4954	F	01:24:32	01:21:35	08:10	00:41:45	
8301	Catia SARMENTO	652	F	01:24:39	01:20:57	08:06	00:38:57	
8302	Antonio TORRES	4765	M	01:24:40	01:20:50	08:05	00:38:48	
8303	Jose NEVES	7725	M	01:24:42	01:18:18	07:50	00:38:13	
8304	Tiago Miguel DUARTE VIEIRA	9100	M	01:24:45	01:20:06	08:01	00:40:02	
8305	Américo Marques CARDOSO	9816	M	01:24:49	01:22:27	08:15	00:40:43	
8306	Bento FERREIRA	8229	M	01:24:53	01:19:02	07:55	00:37:09	
8307	Joana GONÇALVES	1520	F	01:24:56	01:19:15	07:56	00:37:21	
8308	António Joaquim RASCÃO MAGRO	7907	M	01:24:56	01:19:01	07:55	00:36:46	
8309	Filomena GOMES	9576	F	01:25:00	01:20:40	08:04	00:39:22	Pepsico Portugal
8310	António Jose COELHO	10131	M	01:25:00	01:18:36	07:52	00:39:28	
8311	Helder ALMEIDA	2331	M	01:25:08	01:21:26	08:09	00:39:35	Clube Anacom
8312	Vanessa CORTE	5510	F	01:25:09	01:20:32	08:04	00:44:49	
8313	Joana AFONSO	1184	F	01:25:12	01:20:35	08:04	00:42:18	
8314	Joao RODRIGUES	10835	M	01:25:13	01:21:52	08:12	00:37:49	
8315	Celso FERNANDES	10386	M	01:25:18	01:20:01	08:01	00:40:29	
8316	Gonçalo MATEUS	8957	M	01:25:22	01:21:27	08:09	00:37:45	
8317	José Miguel HENRIQUES VIANA	4689	M	01:25:23	01:19:56	08:00	00:40:25	
8318	António Jorge TARDEGO BENTO	9095	M	01:25:24	01:19:56	08:00	00:40:24	
8319	Morgana De MELO	720	F	01:25:25	01:21:50	08:11	00:39:16	
8320	Kika FALCÃO	878	F	01:25:26	01:19:49	07:59	00:40:45	
8321	João Paulo MARQUES	10503	M	01:25:26	01:22:22	08:15	00:40:03	
8322	Andreia RIJO	5045	F	01:25:27	01:20:47	08:05	00:40:05	
8323	David PINA	8335	M	01:25:30	01:19:52	08:00	00:40:08	
8324	Maria Margarida GONÇALVES MARTINHO SANTOS	5380	F	01:25:31	01:22:17	08:14	00:39:57	
8325	Rui Vizinho De OLIVEIRA	9069	M	01:25:34	01:18:31	07:52	00:36:59	
8326	Ana Isabel Jesus Da SILVA	4935	F	01:25:34	01:18:31	07:52	00:36:59	
8327	Isabel FORTUNA	5099	F	01:25:34	01:19:56	08:00	00:38:48	
8328	Margarida Ana FONSECA	1144	F	01:25:40	01:23:39	08:22	00:39:30	
8329	Barrigas CARLOS	6231	M	01:25:40	01:19:50	07:59	00:35:53	
8330	Ana Teresa ANTÓNIO	9600	F	01:25:42	01:21:43	08:11	00:40:11	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8331	Sofia MELO	5160	F	01:25:43	01:22:10	08:13	00:41:15	Açoreana clube Banif
8332	Tiago Prates Da Rosa Lopes JERÓNIMO	494	M	01:25:45	01:19:54	08:00	00:39:16	
8333	Dalia Maria Coelho FERREIRA	11308	F	01:25:45	01:19:54	08:00	00:39:18	
8334	Renata SILVA	9655	F	01:25:45	01:23:10	08:19	00:41:08	
8335	José Afonso DIAS	9180	M	01:25:48	01:19:16	07:56	00:37:41	
8336	João GAVANCHA	3400	M	01:25:48	01:19:09	07:55	00:38:33	
8337	Patricia BAKKER	1327	F	01:25:48	01:19:10	07:55	00:38:34	
8338	Alexandra ESTROIA	1316	F	01:25:48	01:19:10	07:55	00:38:35	
8339	Ana Filipa DINIS	628	F	01:25:49	01:19:03	07:55	00:39:16	
8340	Vanessa KUAN	5487	F	01:25:49	01:19:43	07:59	00:38:31	
8341	Dora FERNANDES	5040	F	01:25:50	01:21:10	08:07	00:40:05	
8342	José Luis MARQUES CAPELA	206	M	01:25:51	01:20:57	08:06	00:38:10	Casa do Pessoal Estradas de Portugal
8343	Rui Manuel Fernandes Dias PEDRO	8095	M	01:25:51	01:19:10	07:55	00:37:38	
8344	Emilia MARTINS	943	F	01:25:56	01:23:37	08:22	00:40:14	CCD Sintrense
8345	Luis Filipe BERNARDO LOPES	8398	M	01:25:57	01:19:29	07:57	00:38:31	
8346	Carla AMORIM	5485	F	01:25:59	01:22:15	08:14	00:36:00	
8347	Diana PASSANHA	11467	F	01:25:59	01:23:44	08:23	00:40:08	
8348	Marta VARELA	9481	F	01:26:03	01:19:48	07:59	00:38:48	
8349	Jose Manuel VARELA GONÇALVES	10787	M	01:26:03	01:19:48	07:59	00:38:44	
8350	João Pedro MARTINS	7436	M	01:26:04	01:22:22	08:15	00:41:46	
8351	Marta MONTEIRO	1234	F	01:26:05	01:22:22	08:15	00:41:35	
8352	Maria Leonor PINTO	9554	F	01:26:07	01:21:53	08:12	00:39:59	
8353	António FERRAZ	4675	M	01:26:07	01:21:53	08:12	00:39:59	
8354	António SAMPAIO	10500	M	01:26:08	01:24:08	08:25	00:41:33	
8355	Ruben José DA SILVA FERREIRA	7330	M	01:26:08	01:21:09	08:07	00:40:35	
8356	Ana Raquel Domingues ALEXANDRE	5154	F	01:26:08	01:20:10	08:01	00:39:34	
8357	Gonçalo FERREIRA	388	M	01:26:08	01:24:08	08:25	00:41:37	
8358	Paulo José Gonçalves MONTEIRO	4840	M	01:26:08	01:20:10	08:01	00:39:34	
8359	Rita FERREIRA	732	F	01:26:11	01:24:42	08:29	00:43:21	
8360	Vera HORTA OSÓRIO CABRAL	5032	F	01:26:14	01:21:56	08:12	00:39:30	
8361	Noel SARREIRA	10294	M	01:26:16	01:19:19	07:56	00:36:18	
8362	Nelson Miguel Marques FERNANDES	10306	M	01:26:16	01:19:19	07:56	00:36:19	
8363	Ana Sofia FÉLIX	5764	F	01:26:16	01:19:19	07:56	00:36:18	
8364	Victória STROSBERG	936	F	01:26:23	01:19:36	07:58	00:40:22	Clube do Stress

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8365	David SANTOS	5929	M	01:26:23	01:21:06	08:07	00:39:27	
8366	Andreia COSTA	674	F	01:26:23	01:19:21	07:57	00:39:58	
8367	António CONDE PEREIRA	10926	M	01:26:24	01:20:14	08:02	00:39:48	
8368	Joana CATARINO	5695	F	01:26:24	01:22:20	08:14	00:37:13	
8369	Mabel Cristiana GARCIA	9658	F	01:26:24	01:19:45	07:59	00:36:35	
8370	Ana SEABRA BRITO	139248	F	01:26:26	01:20:52	08:06	00:39:03	
8371	Dulcelina RESENDE	5259	F	01:26:29	01:25:19	08:32	00:41:56	Tejavista
8372	Nicolau BRAZÃO MENDES LUÍS	7947	M	01:26:29	01:19:06	07:55	00:36:45	
8373	Julietta ANDRADE	9657	F	01:26:30	01:23:20	08:20	00:38:10	
8374	Paula Maria BRAZÃO MENDES LUIS	11591	F	01:26:30	01:19:06	07:55	00:36:45	
8375	Eduardo SANTOS	10774	M	01:26:30	01:24:35	08:28	00:41:04	
8376	Bruno Miguel PEREIRA	10582	M	01:26:30	01:23:51	08:24	00:39:24	
8377	Catarina RIBEIRO	11552	F	01:26:31	01:21:56	08:12	00:42:02	
8378	Carla SANTOS	9606	F	01:26:31	01:21:56	08:12	00:42:02	
8379	Paulo COUTO	10823	M	01:26:33	01:19:19	07:56	00:38:11	
8380	Joana MORIM	865	F	01:26:38	01:16:05	07:37	00:36:11	
8381	João Manuel PAIXÃO	10555	M	01:26:39	01:21:44	08:11	00:39:15	
8382	Francisco PEREIRA COUTINHO	11177	M	01:26:39	01:21:02	08:07	00:39:16	
8383	Frederico PEREIRA COUTINHO	4499	M	01:26:39	01:21:02	08:07	00:39:16	
8384	João José MARCELINO	10564	M	01:26:41	01:19:21	07:57	00:37:50	
8385	Lisa RATO	4986	F	01:26:43	01:23:32	08:22	00:44:26	
8386	Maria MACHADO	9588	F	01:26:47	01:22:55	08:18	00:39:17	ACP - Atletismo Clube de Portalegre
8387	Susana BRITO	4962	F	01:26:47	01:20:20	08:02	00:38:47	NUCLEOEIRAS/SPORTZONE
8388	Joana Félix CHINA	5623	F	01:26:48	01:25:29	08:33	00:37:37	
8389	Gloria SILVA	9678	F	01:26:48	01:24:39	08:28	00:40:04	
8390	Helder CARREIRA	7096	M	01:26:53	01:19:48	07:59	00:37:43	
8391	Maria Clara CONCEIÇÃO JULIO GONÇALVES	5636	F	01:27:01	01:20:50	08:05	00:38:06	
8392	Jorge CATARINO	8202	M	01:27:01	01:22:57	08:18	00:37:11	
8393	Liliana Saraiva G. GOMES	1399	F	01:27:01	01:26:35	08:40	00:44:11	
8394	José António C. GOMES	8250	M	01:27:02	01:26:35	08:40	00:44:11	
8395	Silvia SOARES	5116	F	01:27:03	01:21:46	08:11	00:38:33	
8396	Mariana GALVÃO	11289	F	01:27:04	01:22:48	08:17	00:40:17	
8397	José Marques MARCELINO	7222	M	01:27:05	01:25:35	08:34	00:40:33	
8398	José BATALHA	4010	M	01:27:05	01:23:22	08:21	00:40:27	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8399	Fernanda LEMOS	1358	F	01:27:05	01:22:07	08:13	00:40:55	
8400	Armando ALVES	2936	M	01:27:06	01:22:07	08:13	00:38:50	
8401	Michelle Cardoso DA SILVA	607	F	01:27:06	01:22:09	08:13	00:42:20	
8402	Joao PAULINO	2341	M	01:27:07	01:24:50	08:29	00:42:06	
8403	Nuno CUSTÓDIO	6893	M	01:27:07	01:24:51	08:30	00:42:06	
8404	Ana Isabel PINTO MARQUES	5203	F	01:27:08	01:25:13	08:32	00:40:03	Pepsico Portugal
8405	João ANGEJA	8951	M	01:27:09	01:22:02	08:13	00:39:04	
8406	Luís FERREIRA BARBOSA	8723	M	01:27:10	01:21:02	08:07	00:39:49	
8407	Bruno Alexandre Ferreira DOS SANTOS	2675	M	01:27:15	01:21:32	08:10	00:40:38	
8408	Luciene Da Vila Rodrigues DOS SANTOS	5333	F	01:27:15	01:21:32	08:10	00:40:40	
8409	Mónica MARTINS	1628	F	01:27:15	01:20:14	08:02	00:39:58	
8410	José Pedro CABRAL	3931	M	01:27:16	01:20:32	08:04	00:38:46	
8411	Liliana PAIS	11245	F	01:27:16	01:27:16	08:44	00:45:31	
8412	Pedro Rafael ARAÚJO	107	M	01:27:20	01:24:14	08:26	00:43:07	
8413	Samuel FREITAS	3847	M	01:27:21	01:20:46	08:05	00:38:04	
8414	Catarina GAMEIRO	1000	F	01:27:22	01:25:27	08:33	00:40:03	Pepsico Portugal
8415	Jorge Miguel FRAGOSO	6166	M	01:27:23	01:24:57	08:30	00:42:13	Serviços Sociais da CGD
8416	Sandra PRIMO SILVA	9629	F	01:27:28	01:21:14	08:08	00:38:34	
8417	Filipa ROQUE	9779	F	01:27:29	01:21:32	08:10	00:39:35	
8418	Paula SANTOS	1290	F	01:27:30	01:21:24	08:09	00:38:50	
8419	Marco ASSUNÇÃO	4382	M	01:27:30	01:20:30	08:03	00:45:31	
8420	João SARMENTO COELHO	10487	M	01:27:32	01:21:27	08:09	00:38:51	
8421	Maria Inês Santos SOARES	5650	F	01:27:33	01:24:52	08:30	00:41:37	
8422	Mario PEREIRA	15270	M	01:27:35	01:23:46	08:23	00:41:28	Construténis de Fernando Ralheta
8423	Jaime MIL-HOMENS	8281	M	01:27:38	01:21:36	08:10	00:38:50	
8424	Pedro TEIXEIRA	10974	M	01:27:38	01:20:11	08:02	00:36:31	
8425	Fatima SANTOS	606	F	01:27:42	01:23:11	08:20	00:39:11	
8426	Paula Alexandra MONTEIRO PITEIRA	9672	F	01:27:44	01:24:07	08:25	00:40:06	
8427	Eduardo PEREIRA	7219	M	01:27:48	01:22:21	08:15	00:40:43	
8428	Vanda ANTUNES	1189	F	01:27:48	01:22:22	08:15	00:41:08	
8429	Armanda ROBALO	9562	M	01:27:51	01:22:40	08:16	00:39:15	G.R.D. Os Fixes
8430	Paulo Jorge BASTOS	4651	M	01:27:52	01:22:24	08:15	00:41:49	
8431	Rui José LOPES MOURATO	10671	M	01:27:52	01:23:39	08:22	00:39:48	
8432	Rafael CUNHA	92	M	01:27:53	01:20:35	08:04	00:34:14	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8433	Madalena ALMEIDA C BARATA	11475	F	01:27:54	01:21:26	08:09	00:39:25	
8434	João MARQUES PEREIRA	7985	M	01:27:56	01:23:59	08:24	00:40:18	
8435	Paula NEVES	11446	F	01:27:56	01:23:59	08:24	00:40:18	
8436	Susana SOUSA JACINTO	4908	F	01:27:57	01:22:52	08:18	00:39:43	
8437	Andreia Filipa SOUSA SUSANO	4882	F	01:27:57	01:22:53	08:18	00:39:43	
8438	Claudia Tatiana Carva FARIA	1302	F	01:27:58	01:22:20	08:14	00:40:22	
8439	Nuno Miguel Paiva ALMEIDA	6980	M	01:27:58	01:22:20	08:14	00:39:02	
8440	Rui GONÇALVES	7385	M	01:28:00	01:20:51	08:06	00:37:42	
8441	Andreia SOUSA	1353	F	01:28:01	01:20:51	08:06	00:37:42	
8442	Manuel Silva CUNHA	8204	M	01:28:01	01:27:14	08:44	00:45:26	
8443	Isabel MARCOS	852	F	01:28:03	01:22:25	08:15	00:40:12	
8444	Ricardo PINTO	6003	M	01:28:06	01:20:03	08:01	00:37:59	
8445	Paula SILVA	4970	F	01:28:06	01:21:16	08:08	00:39:11	
8446	Pedro TORRES	8693	M	01:28:10	01:21:20	08:08	00:39:30	
8447	Catarina TORRES XAVIER	1646	F	01:28:10	01:21:20	08:08	00:39:30	
8448	Paulo SALVADOR	8151	M	01:28:10	01:21:28	08:09	00:39:18	
8449	Inês CARVALHO SIMÃO	5526	F	01:28:11	01:22:51	08:18	00:39:48	
8450	Alexandra LOURENÇO	4992	F	01:28:12	01:27:26	08:45	00:39:30	NUCLEOEIRAS/SPORTZONE
8451	Clotilde BARRETO FERREIRA	9730	F	01:28:12	01:25:18	08:32	00:42:21	
8452	Ana LOPES	4982	F	01:28:15	01:23:53	08:24	00:42:32	
8453	António RODRIGUES	9892	M	01:28:16	01:27:26	08:45	00:43:33	Grupo Desportivo Santander Totta
8454	Martins AURA ANDRADE	5743	F	01:28:17	01:26:25	08:39	00:40:11	
8455	Sara CORDEIRO	748	F	01:28:17	01:26:00	08:36	00:40:44	
8456	Filipa CARVALHO	11329	F	01:28:17	01:26:00	08:36	00:40:44	
8457	Manuel FERREIRA	9939	M	01:28:17	01:26:05	08:37	00:41:15	Serviços Sociais Montepio Geral
8458	Joana FARIA	1440	F	01:28:18	01:26:01	08:37	00:40:44	
8459	António Domingos MONTEIRO PINHEIRO	10047	M	01:28:18	01:23:46	08:23	00:41:10	Pepsico Portugal
8460	José PEREIRA	10855	M	01:28:19	01:25:00	08:30	00:42:46	
8461	António COSTA	10553	M	01:28:20	01:24:09	08:25	00:42:35	
8462	Maria Leonor ANTUNES	11298	F	01:28:20	01:24:10	08:25	00:42:35	
8463	Rosa Maria CAETANO	5544	F	01:28:22	01:23:38	08:22	00:41:44	
8464	Lília Flávia COPIO VILHENA	9671	F	01:28:23	01:23:02	08:19	00:41:00	
8465	Hugo Miguel COLAÇO	4647	M	01:28:24	01:23:59	08:24	00:37:48	
8466	Paula RAMALHETE	5566	F	01:28:27	01:25:58	08:36	00:41:09	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8467	Cláudia Soifa MARQUES LIMA	5783	F	01:28:29	01:24:26	08:27	00:42:39	
8468	Bruno BORGES	10466	M	01:28:29	01:23:01	08:19	00:38:30	
8469	Ricardo Miguel DE OLIVEIRA GRAÇA	10444	M	01:28:30	01:23:01	08:19	00:38:30	
8470	Rute LOPES	5013	F	01:28:31	01:23:40	08:22	00:40:42	
8471	Ricardo Jorge CUNHA	9023	M	01:28:33	01:21:15	08:08	00:34:14	
8472	Gilberto KANEKO	8432	M	01:28:36	01:21:55	08:12	00:38:11	
8473	Ana FREITAS	4998	F	01:28:37	01:24:25	08:27	00:41:26	
8474	Ana CONCEIÇÃO	612	F	01:28:37	01:24:25	08:27	00:41:26	
8475	Nuno ALVES RIBEIRO	6503	M	01:28:38	01:25:08	08:31	00:42:52	Pepsico Portugal
8476	Laura Maria REIS	4983	F	01:28:38	01:21:59	08:12	00:38:48	
8477	Andriyana ORLINOVA	1010	F	01:28:38	01:25:08	08:31	00:42:52	Pepsico Portugal
8478	Filipe ALMEIDA	7751	M	01:28:39	01:21:40	08:10	00:35:53	
8479	Antonio ALMEIDA	7756	M	01:28:39	01:21:40	08:10	00:35:53	
8480	Maria Arlette Fernandes PONTES	4928	F	01:28:44	01:24:14	08:26	00:39:17	
8481	Fernando LEITÃO	10455	M	01:28:45	01:26:12	08:38	00:37:47	
8482	Miriam TELO	588	F	01:28:46	01:23:22	08:21	00:38:56	
8483	Susana FREITAS	563	F	01:28:48	01:24:07	08:25	00:42:56	
8484	Eduardo MADEIRA	6882	M	01:28:51	01:19:36	07:58	00:38:11	
8485	Marcela ZORCASTRO	1393	F	01:28:52	01:23:32	08:22	00:41:14	
8486	Andrea ZORASTRO	1392	F	01:28:53	01:23:32	08:22	00:41:14	
8487	João RAMOS DO Ó	9186	M	01:28:57	01:21:57	08:12	00:41:13	
8488	Clara FERREIRA	1041	F	01:28:58	01:21:58	08:12	00:41:12	
8489	Ilda PACHECO	9540	M	01:28:59	01:23:47	08:23	00:37:44	Serviços Sociais da CGD
8490	Fábio MARTINS	6377	M	01:29:03	01:23:55	08:24	00:40:49	Pepsico Portugal
8491	Rita MONTEIRO	963	F	01:29:04	01:23:56	08:24	00:40:50	Pepsico Portugal
8492	Alexandra RUIVO	11576	F	01:29:09	01:23:24	08:21	00:40:56	
8493	Francis BULL	8592	M	01:29:19	01:23:27	08:21	00:43:42	
8494	Carla PAULO	11349	F	01:29:19	01:23:27	08:21	00:43:42	
8495	Nuno PECHIRRA	8367	M	01:29:20	01:26:49	08:41	00:42:01	
8496	Francisco PECHIRRA	509	M	01:29:20	01:26:50	08:41	00:42:02	
8497	Patricia BERNARDO	9476	F	01:29:21	01:23:43	08:23	00:40:15	
8498	Cristina BAPTISTA	9495	F	01:29:21	01:15:34	07:34	00:36:38	
8499	Cristina ANGEJA	5058	F	01:29:22	01:24:15	08:26	00:42:55	
8500	Ana Mafalda BASTIÃO	5030	F	01:29:22	01:24:15	08:26	00:39:05	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8501	Carlos PIRES MARTINS	2134	M	01:29:22	01:22:23	08:15	00:41:21	
8502	Luanda BRAGA BATISTA	9512	F	01:29:26	01:25:04	08:31	00:39:14	
8503	Leal JOSÉ FRANCISCO CASIMIRO	2141	M	01:29:26	01:23:24	08:21	00:38:57	
8504	Licinia De Jesus CUNHA PEREIRA	5550	F	01:29:30	01:24:32	08:28	00:40:19	
8505	Patricia RACHINAS LOPES	11418	F	01:29:30	01:27:17	08:44	00:42:54	
8506	Julia ORRICO	5609	F	01:29:32	01:25:29	08:33	00:42:28	
8507	Mário COSTA	9846	M	01:29:35	01:27:24	08:45	00:42:23	
8508	Valério Henrique NUNES PAULINO	8406	M	01:29:35	01:22:23	08:15	00:40:27	
8509	António Manuel DOMINGOS	7355	M	01:29:38	01:25:20	08:32	00:41:27	
8510	Fernando TAVARES	6097	M	01:29:48	01:22:54	08:18	00:40:13	
8511	Sílvia Santos DIOGO	5443	F	01:29:48	01:22:54	08:18	00:40:13	
8512	Carla Maria Carvalho BAPTISTA	11303	F	01:29:56	01:23:14	08:20	00:44:03	
8513	Maria Nali Fernandes PONTES	760	F	01:29:57	01:25:28	08:33	00:39:07	
8514	Rita SANTINHO MARTINS	1414	F	01:29:58	01:23:39	08:22	00:39:19	
8515	Filipe VARANDAS	11190	M	01:30:00	01:22:49	08:17	00:40:24	
8516	Maria José CABRITA RAMIRES GREGORIO	9560	F	01:30:01	01:27:33	08:46	00:43:49	
8517	Teresa Maria Fonseca Santos SOUSA	5460	F	01:30:01	01:27:57	08:48	00:42:31	
8518	João Afonso BARREIRO	245	M	01:30:01	01:25:28	08:33	00:46:02	
8519	Ricardo MARQUES	9028	M	01:30:02	01:23:20	08:20	00:35:47	
8520	Fernanda FILIPE	11532	F	01:30:02	01:25:29	08:33	00:46:02	
8521	Sandra RODRIGUES	5033	F	01:30:02	01:23:35	08:22	00:36:02	
8522	Henrique MENDONÇA	222	M	01:30:07	01:23:12	08:20	00:41:08	Clube do Stress
8523	Manuel DUARTE	1862	M	01:30:07	01:23:13	08:20	00:41:09	Clube do Stress
8524	Lurdes DAVID	5701	F	01:30:10	01:27:35	08:46	00:42:47	
8525	Patricia FERREIRA	917	F	01:30:11	01:23:34	08:22	00:39:35	Grupo Desportivo Roche
8526	Valdemar LOPES	4321	M	01:30:14	01:23:18	08:20	00:41:34	
8527	Filipa HENRIQUES	5660	F	01:30:15	01:22:57	08:18	00:40:48	
8528	Susana BASTOS MORAIS	5554	F	01:30:15	01:22:58	08:18	00:40:48	
8529	Pedro FRADIQUE	3057	M	01:30:16	01:27:52	08:48	00:31:36	
8530	Isadora CAMACHO	5736	F	01:30:29	01:26:49	08:41	00:42:01	
8531	Catarina KOPPITZ	5128	F	01:30:36	01:23:36	08:22	00:41:55	
8532	Paulo CORREIA	10402	M	01:30:39	01:25:58	08:36	00:41:42	
8533	Rui Jorge MARTINS	10423	M	01:30:42	01:25:08	08:31	00:42:47	
8534	Daniel Francisco GONÇALVES	1941	M	01:30:44	01:27:13	08:44	00:43:20	Casa do Pessoal Estradas de Portugal

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8535	Rui CRUZ	7144	M	01:30:45	01:24:42	08:29	00:38:39	
8536	Ana Rita REIS	5824	F	01:30:45	01:26:43	08:41	00:42:39	
8537	Ana Cristina MOREIRA	1203	F	01:30:50	01:26:23	08:39	00:40:28	
8538	Célia FERNANDES GONÇALVES	990	F	01:30:50	01:27:19	08:44	00:43:20	Casa do Pessoal Estradas de Portugal
8539	Pedro Miguel Roque BRETES	10648	M	01:30:51	01:26:26	08:39	00:39:55	
8540	Madalena JANEIRO	9575	F	01:30:53	01:24:05	08:25	00:41:12	Clube do Stress
8541	Rui RAMOS	3050	M	01:30:55	01:26:42	08:41	00:43:47	
8542	Inês Maria Medeiros CASTRO	1152	F	01:31:04	01:26:57	08:42	00:42:05	
8543	Maria Emilia BALTAZAR	5546	F	01:31:04	01:28:16	08:50	00:42:32	
8544	Maria Sofia Petrucci NOBRE JULTO	5489	F	01:31:09	01:27:02	08:43	00:42:05	
8545	José COELHO	10971	M	01:31:10	01:26:06	08:37		
8546	Claudia Filipa JESUS LUCAS	1201	F	01:31:13	01:25:12	08:32	00:40:39	
8547	Pedro TAVEIRA	9837	M	01:31:13	01:24:41	08:29	00:40:23	
8548	Susana RODRIGUES DA COSTA	1200	F	01:31:13	01:25:12	08:32	00:40:38	
8549	Maria MARQUES	1571	F	01:31:14	01:26:11	08:38	00:42:27	
8550	Luísa PINHO	15034	F	01:31:14	01:29:20	08:56	00:40:28	Linda-a-Pastora Sporting Clube
8551	Elvira RAÇÕES	5409	F	01:31:16	01:28:56	08:54	00:43:12	
8552	Pedro RAÇÕES	2471	M	01:31:16	01:28:57	08:54	00:43:13	
8553	Paula SANTOS	1211	F	01:31:20	01:28:35	08:52	00:38:08	
8554	Susana LAZARO	1230	F	01:31:20	01:28:36	08:52	00:41:04	
8555	Lurdes PRATA	5622	F	01:31:21	01:25:20	08:32	00:42:21	
8556	Antonio CARDOSO	10797	M	01:31:23	01:24:23	08:27	00:45:31	
8557	Vitor João DOS SANTOS VENÂNCIO MARQUEIRO	122	M	01:31:26	01:24:11	08:26	00:39:17	
8558	Teresa Maria MARTINS RAMALHO BARBOSA	5309	F	01:31:31	01:27:05	08:43	00:41:54	
8559	Maria Do Carmo CONTUMÉLIAS	5352	F	01:31:31	01:27:05	08:43	00:41:54	
8560	Nuno CATARINO	7789	M	01:31:34	01:24:28	08:27	00:40:59	
8561	Débora BRAGA	9699	F	01:31:34	01:24:29	08:27	00:40:58	
8562	Rogério FERREIRA	10566	M	01:31:34	01:24:29	08:27	00:40:58	
8563	Maria CAMPOS	11294	F	01:31:38	01:24:51	08:30	00:38:21	
8564	Simone CALDEIRA	11421	F	01:31:39	01:24:51	08:30	00:38:21	
8565	Catarina ÂNGELO	5753	F	01:31:50	01:27:20	08:44	00:42:41	
8566	Paula Cristina Martins DIAS	9752	F	01:31:56	01:27:16	08:44	00:43:33	
8567	José Eddie Júnior SABÓIA DE CASTRO	8483	M	01:31:58	01:24:36	08:28	00:40:22	
8568	Julio Cesar De Almeida Paes LOUREIRO	8088	M	01:31:59	01:24:36	08:28	00:41:17	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8569	Sandra Rodrigues Paes LOUREIRO	9801	F	01:31:59	01:24:36	08:28	00:40:22	
8570	Ana Sofia SILVA	5396	F	01:32:01	01:26:25	08:39	00:39:40	
8571	Carlos COUTINHO SILVA	4598	M	01:32:05	01:18:25	07:51	00:39:12	
8572	Maria Carmo RODRIGUES	5137	F	01:32:06	01:30:03	09:01	00:43:43	Clube Millennium BCP
8573	Teresa Margarida CARNEIRO	11540	F	01:32:07	01:26:14	08:38	00:42:05	
8574	Ana Madalena SILVA PINTO	10722	F	01:32:07	01:24:14	08:26	00:39:20	
8575	Maria Margarida FERREIRA DE SOUSA	9732	M	01:32:08	01:26:02	08:37	00:41:11	
8576	Maria Alice PEREIRA RAMOS	5664	F	01:32:11	01:30:18	09:02	00:41:33	
8577	Paula TANQUEIRO	5542	F	01:32:15	01:25:52	08:36	00:40:38	
8578	José TANQUEIRO	3058	M	01:32:15	01:25:52	08:36	00:40:37	
8579	Ana Cristina ROBALO LISBOA	11464	F	01:32:16	01:25:32	08:34	00:40:53	
8580	Ana Rita RIBEIRO DA COSTA	1431	F	01:32:16	01:25:32	08:34	00:40:53	
8581	Luis RAMOS	3634	M	01:32:17	01:29:16	08:56	00:41:59	
8582	Mara GALHARDAS	5603	F	01:32:17	01:29:16	08:56	00:41:59	
8583	Isabel LEAL	5808	F	01:32:22	01:25:07	08:31	00:46:26	
8584	Cristina VILAS BOAS	5260	F	01:32:25	01:30:02	09:01	00:43:18	Maratona Clube de Portugal
8585	Henrique BALLESTEROS	9135	M	01:32:29	01:21:22	08:09	00:46:00	
8586	Silvia GUEDES	5466	F	01:32:29	01:21:21	08:09	00:46:01	
8587	Cidalia ALMEIDA	1497	F	01:32:32	01:25:10	08:31	00:41:19	
8588	Ana PINTO	418	F	01:32:35	01:25:29	08:33		
8589	Vitor ALVES	7762	M	01:32:48	01:27:04	08:43	00:44:03	
8590	Carlos Manuel VIEIRA DA SILVA	9165	M	01:32:50	01:23:22	08:21	00:40:54	
8591	Susana LOPES	11360	F	01:32:50	01:25:52	08:36	00:40:07	
8592	Paulina ABRANTES	960	F	01:32:50	01:30:29	09:03	00:44:31	Serviços Sociais Montepio Geral
8593	Fernando FACHADAS	10272	M	01:32:52	01:28:13	08:50	00:40:32	
8594	Helena PASSANHA	1515	F	01:32:54	01:30:39	09:04	00:42:24	
8595	Maria Cecília ALMEIDA	9525	F	01:32:57	01:29:21	08:57	00:43:29	
8596	Sara Raquel Reis SIMÕES	11324	F	01:32:58	01:29:21	08:57	00:43:29	
8597	Susana PINA	11391	F	01:33:03	01:30:15	09:02	00:42:59	
8598	Ana NEVES	1636	F	01:33:07	01:26:42	08:41	00:39:41	
8599	Maria NEVES	5811	F	01:33:07	01:26:42	08:41	00:39:41	
8600	António PIRES	6222	M	01:33:13	01:26:14	08:38	00:42:19	
8601	Joana Ester PAUPÉRIO	9604	F	01:33:14	01:26:15	08:38	00:42:19	
8602	Domingos Gomes SIMÕES	8193	M	01:33:14	01:27:48	08:47	00:41:20	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8603	Fernando Manuel RIBEIRO	10049	M	01:33:15	01:30:52	09:06	00:43:00	Casa do Pessoal Estradas de Portugal
8604	João AMARAL	10806	M	01:33:21	01:28:35	08:52	00:43:21	
8605	Carmo NASCIMENTO	5477	F	01:33:21	01:28:36	08:52	00:43:22	
8606	Jose Luis ESTEVES	10858	M	01:33:23	01:29:54	09:00	00:42:05	
8607	M.margarida PEREIRA-MÜLLER	9727	F	01:33:25	01:26:29	08:39	00:41:42	
8608	Hans MÜLLER	10474	M	01:33:25	01:26:29	08:39	00:41:42	
8609	António GALVÃO SOARES	2715	M	01:33:25	01:27:19	08:44		
8610	Sónia VIEIRA	9518	F	01:33:29	01:26:44	08:41	00:42:00	
8611	Tânia FRADIQUE	5818	F	01:33:30	01:31:06	09:07	00:41:43	
8612	Rute Miguel Santos LUÍS	11389	F	01:33:32	01:30:44	09:05	00:42:50	
8613	Maria Glória GOMES	5167	F	01:33:34	01:32:20	09:14	00:44:04	A.A.E. BNU
8614	Diana FERNANDES	5281	F	01:33:35	01:31:46	09:11	00:44:22	Odebrecht / BPC
8615	Ana Rita AGUILAR	11571	F	01:33:36	01:30:35	09:04	00:45:36	
8616	Alessandra DE MOURA VELASCO	5748	F	01:33:39	01:26:09	08:37	00:41:18	
8617	Ana VARELA	568	F	01:33:39	01:30:25	09:03	00:45:23	
8618	Marta SILVA	11451	F	01:33:45	01:28:47	08:53	00:42:39	
8619	Simone PUENTES	11452	F	01:33:46	01:28:47	08:53	00:42:39	
8620	João Paulo BATISTA	7814	M	01:33:46	01:28:47	08:53	00:42:39	
8621	Hellen Cristina GOLDSBROUGH	5449	F	01:33:48	01:29:04	08:55	00:45:29	
8622	Ana Rita LOPES	1268	F	01:33:53	01:28:18	08:50	00:45:14	
8623	Luciana CASEIRO	5264	F	01:33:54	01:29:38	08:58	00:44:32	Pepsico Portugal
8624	Joana VEIGA	5757	F	01:33:55	01:26:58	08:42	00:43:53	
8625	Vasco MATOS	1177	M	01:33:59	01:28:16	08:50	00:41:40	
8626	Helena SHIRLEY	719	F	01:33:59	01:28:16	08:50	00:41:42	
8627	João CANTEIRO	233	M	01:33:59	01:30:09	09:01	00:47:25	Açoreana clube Banif
8628	João Afonso Mendonça ESTEVES	3516	M	01:33:59	01:28:20	08:50	00:44:23	
8629	Antonio Manuel ALVES COUTINHO	10266	M	01:34:00	01:28:22	08:51	00:43:58	
8630	Alexandra RICARDO	9489	F	01:34:01	01:28:40	08:52	00:42:21	
8631	Eva PAIS	965	F	01:34:05	01:29:49	08:59	00:44:33	Pepsico Portugal
8632	Luis Miguel BRAGA	10404	M	01:34:08	01:28:15	08:50	00:42:39	
8633	Inês NEVES	1194	F	01:34:08	01:30:25	09:03	00:43:32	
8634	André PASCOAL	4877	M	01:34:11	01:24:24	08:27	00:39:51	
8635	Sara DUQUE DIAS	4894	F	01:34:11	01:24:23	08:27	00:39:52	
8636	Isabel BRANCO	5500	F	01:34:12	01:27:30	08:45	00:44:47	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8637	Raquel GASPAR	11558	F	01:34:14	01:32:02	09:13	00:40:59	
8638	Catarina MIRA	5457	F	01:34:14	01:33:58	09:24	00:44:04	
8639	Luis Miguel GEADA	1716	M	01:34:14	01:28:29	08:51	00:38:36	Clube Millennium BCP
8640	João Paulo SOUSA	2708	M	01:34:15	01:34:15	09:26	00:44:20	
8641	Hugo LOURENÇO	10030	M	01:34:16	01:30:15	09:02	00:43:44	
8642	Maria Teresa RAMOS BATISTA NAZARIO	11341	F	01:34:18	01:28:39	08:52	00:42:50	
8643	Sónia DE FREITAS	4904	F	01:34:19	01:27:46	08:47	00:41:25	
8644	João TEIXEIRA	7491	M	01:34:20	01:30:14	09:02	00:43:22	
8645	Mónica RODRIGUES	4956	F	01:34:22	01:29:14	08:56	00:42:16	
8646	Sandra ALMEIDA	4979	F	01:34:23	01:29:16	08:56	00:42:18	
8647	Marco CARMO	4627	M	01:34:24	01:29:17	08:56	00:42:16	
8648	Leandro DIONISIO	4508	M	01:34:24	01:27:19	08:44	00:46:30	
8649	Sara FERREIRA	931	F	01:34:24	01:27:19	08:44	00:46:30	Açoreana clube Banif
8650	Sónia GANITO	5182	F	01:34:24	01:27:19	08:44	00:46:30	
8651	Fábio ALMEIDA	6441	M	01:34:24	01:29:28	08:57	00:44:18	Odebrecht / BPC
8652	Patrícia PEDRO	5288	F	01:34:26	01:29:30	08:57	00:44:17	Odebrecht / BPC
8653	Luisa LOPES	5680	F	01:34:28	01:30:52	09:06	00:44:58	
8654	Susana ESCARIA	11531	F	01:34:29	01:32:05	09:13	00:44:23	
8655	Andreia Cristina NUNES PALMEIRÃO	5785	F	01:34:34	01:28:00	08:48	00:43:19	
8656	Ines GIL GONÇALVES DA SILVA	9509	F	01:34:38	01:29:10	08:55	00:43:40	
8657	Abílio AUGUSTO PIRES	10957	M	01:34:41	01:20:17	08:02	00:41:09	
8658	Maria De Lurdes CARVALHO MENDES RODRIGUES	11588	F	01:34:43	01:32:36	09:16	00:45:23	
8659	Zulmira Maria Costa Nunes Borges PINTO	9749	F	01:34:45	01:31:02	09:07	00:43:33	
8660	José Manuel LAGOA LOPES	4686	M	01:34:47	01:30:04	09:01	00:43:50	
8661	Maria Inês ALVES DE SOUSA	5641	F	01:34:55	01:29:27	08:57	00:43:16	
8662	Rita SILVA	4990	F	01:34:58	01:28:47	08:53	00:43:56	
8663	Vanessa TAVARES	1236	F	01:35:07	01:28:01	08:49		
8664	Silvia VIOLA	9733	F	01:35:10	01:27:59	08:48	00:43:24	
8665	Élia ANGELINO	1012	F	01:35:11	01:26:11	08:38	00:42:33	
8666	Luisa VALENTE	1537	F	01:35:11	01:26:12	08:38	00:42:34	
8667	Filipa FERREIRA	5549	F	01:35:14	01:31:05	09:07	00:44:55	
8668	Margarida LOBATO	1092	F	01:35:15	01:29:43	08:59	00:41:08	
8669	Andre MORAES PALMEIRO	8290	M	01:35:16	01:28:27	08:51	00:43:06	
8670	Carlos OLIVEIRA	7822	M	01:35:17	01:28:05	08:49	00:43:23	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8671	Rui Filipe MAGALHÃES	1698	M	01:35:23	01:33:07	09:19	00:47:16	Clube Millennium BCP
8672	Teresa Carla MAGALHÃES	5047	F	01:35:23	01:33:07	09:19	00:47:16	Clube Millennium BCP
8673	Rui Anacleto MAGALHÃES	6034	M	01:35:23	01:33:07	09:19	00:47:15	Clube Millennium BCP
8674	Fábio BAETA	7255	M	01:35:26	01:35:26	09:33	01:03:00	
8675	Maria Dos Anjos LOPES	1344	F	01:35:33	01:29:30	08:57	00:45:50	
8676	Ana Catarina MATEUS	5600	F	01:35:45	01:33:03	09:19	00:45:29	
8677	Josefina BASTOS	5638	F	01:35:46	01:32:12	09:14	00:43:06	
8678	João JACINTO	3717	M	01:35:53	01:30:42	09:05	00:45:42	
8679	Margarida Rosa Marques MENDONÇA	5815	F	01:35:57	01:30:18	09:02	00:44:23	
8680	Maria OLIVEIRA	889	F	01:36:07	01:30:26	09:03	00:45:00	Odebrecht / BPC
8681	Claudio BALANHO	4081	M	01:36:08	01:30:59	09:06	00:28:49	
8682	Helena Paula RAMOS DINIS DA COSTA	5834	F	01:36:16	01:30:44	09:05	00:47:36	
8683	Vera SILVA	9589	F	01:36:17	01:32:17	09:14	00:44:52	Odebrecht / BPC
8684	Soraya FERNANDES	885	F	01:36:18	01:32:18	09:14	00:44:46	Odebrecht / BPC
8685	Cecília FIENS	911	F	01:36:22	01:30:10	09:01	00:42:37	Grupo Desportivo Roche
8686	Vitor JORGE	6185	M	01:36:22	01:30:11	09:02	00:42:38	Grupo Desportivo Roche
8687	Dora PORTUGAL	5475	F	01:36:26	01:30:34	09:04	00:41:11	
8688	Jose Guilherme GASPAR	10718	M	01:36:29	01:29:14	08:56	00:43:49	
8689	Vera LOBO	1250	F	01:36:32	01:30:27	09:03		
8690	Marta GARCIA	1242	F	01:36:32	01:30:26	09:03		
8691	Cristina RAFAEL	4930	F	01:36:32	01:29:54	09:00	00:44:22	
8692	Pilar FRAGUÍO	9774	F	01:36:34	01:31:37	09:10		
8693	Teresa SILVA	11386	F	01:36:35	01:30:35	09:04	00:43:57	
8694	Pedro SILVA	4310	M	01:36:35	01:30:36	09:04	00:43:58	
8695	Ana BARÃO	9713	F	01:36:41	01:33:51	09:24	00:46:04	
8696	Patricia SILVA	5599	F	01:36:41	01:32:32	09:16	00:44:56	
8697	Inês COSTA	4972	F	01:36:45	01:33:21	09:21	00:44:52	
8698	João FAEL	2987	M	01:36:46	01:32:37	09:16	00:44:55	
8699	Helder VERISSIMO	2985	M	01:36:50	01:31:49	09:11	00:40:51	
8700	Tiago DAMAS	137	M	01:36:52	01:36:52	09:42	00:53:10	
8701	Paulo GOMES	10945	M	01:36:55	01:33:14	09:20	00:45:22	
8702	Jorge GONÇALVES	10927	M	01:36:55	01:33:14	09:20	00:45:22	
8703	João MARTINS	4794	M	01:36:55	01:33:15	09:20	00:45:19	
8704	Rui CARRASQUEIRA	11000	M	01:36:56	01:31:50	09:11	00:46:25	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8705	Lourdes DELGADO DE MELO	638	F	01:36:57	01:32:33	09:16	00:43:46	
8706	Giselle MELO CABRAL	608	F	01:36:57	01:32:33	09:16	00:43:47	
8707	Marco CARDOSO	10992	M	01:36:58	01:33:47	09:23	00:44:26	
8708	João GOMES	7149	M	01:36:59	01:33:49	09:23	00:46:06	
8709	Mariana BAPTISTA GOULÃO HENRIQUES	547	F	01:37:01	01:33:50	09:23	00:44:21	
8710	Andreia BATALHA	6190	M	01:37:01	01:33:30	09:21	00:39:54	Açoreana clube Banif
8711	José Manuel LUCIANA HENRIQUES	8386	M	01:37:01	01:33:50	09:23	00:44:21	
8712	Vasco BARBOSA	6176	M	01:37:01	01:33:29	09:21	00:39:53	Açoreana clube Banif
8713	Filipa COLAÇO	5586	F	01:37:04	01:31:35	09:10	00:44:30	
8714	Manuel Joaquim SARAIVA	10829	M	01:37:07	01:30:32	09:04	00:43:08	
8715	Rui CARMO	5860	M	01:37:10	01:34:50	09:29	00:45:04	
8716	Maria De Fátima FIALHO	5676	F	01:37:16	01:35:17	09:32	00:45:35	
8717	Maria Emilia Alves A CATARINO	5703	F	01:37:17	01:31:38	09:10	00:46:04	
8718	Paulo CASTRO	9945	M	01:37:17	01:31:06	09:07	00:44:02	Grupo Desportivo Roche
8719	Liliana CASTRO	9548	F	01:37:17	01:31:06	09:07	00:44:02	Grupo Desportivo Roche
8720	Fernando LEANDRO	10032	M	01:37:19	01:34:13	09:26	00:45:37	GARMIN COO
8721	Virgilio PALMINHA	3031	M	01:37:25	01:31:38	09:10	00:48:02	
8722	Marta Sofia VASQUES	9585	F	01:37:26	01:30:52	09:06	00:41:36	Tejavista
8723	Luis MOURA	15292	M	01:37:27	01:31:39	09:10	00:48:02	
8724	Carlos Alberto SANTOS	3249	M	01:37:35	01:32:01	09:13	00:46:17	
8725	Clara CÂMARA	934	F	01:37:37	01:30:49	09:05	00:44:12	Clube do Stress
8726	Sílvia DUARTE	937	F	01:37:38	01:30:51	09:06	00:44:13	Clube do Stress
8727	Maria Madalena DUARTE	926	F	01:37:39	01:30:51	09:06	00:44:13	Clube do Stress
8728	Inês VEIGA VIEIRA	5139	F	01:37:39	01:30:41	09:05	00:43:53	
8729	João PAÇO	9913	M	01:37:39	01:37:22	09:45	00:50:51	Clube do Stress
8730	Mariana MACEDO BASTO	9473	F	01:37:40	01:30:42	09:05	00:44:48	
8731	Paula SARAIVA	5364	F	01:37:40	01:31:54	09:12	00:44:31	
8732	Isabel MARÇAL DE BRAGANÇA	1054	F	01:37:41	01:30:43	09:05	00:44:48	
8733	Sebastian MÜLLER	10478	M	01:37:43	01:30:47	09:05	00:46:41	
8734	Ana Sofia MENDONÇA	669	F	01:37:45	01:36:16	09:38	00:44:02	
8735	Rogério Martins KRITHINAS	10717	M	01:37:45	01:29:00	08:54	00:41:09	
8736	Pedro LASQUINHO	6121	M	01:37:45	01:37:32	09:46	00:50:56	Clube do Stress
8737	Fernanda MOREIRA	1398	F	01:37:48	01:33:03	09:19	00:46:47	
8738	Vanda FERNANDES	1454	F	01:37:48	01:33:03	09:19	00:46:46	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8739	João Miguel Henriques CORREIRA	4201	M	01:37:53	01:34:33	09:28	00:47:29	
8740	José Manuel Ferreira CAVACAS	6936	M	01:37:58	01:34:27	09:27	00:46:17	
8741	Otilia SANTOS	9573	F	01:37:59	01:34:24	09:27	00:48:17	
8742	Suzete FORMIGA	9617	F	01:37:59	01:34:24	09:27	00:48:14	
8743	Rogério FERRÃO	10551	M	01:38:00	01:32:42	09:17	00:44:51	
8744	Ana GASPAR	977	F	01:38:01	01:37:42	09:47	00:38:24	Serviços Sociais Montepio Geral
8745	Fátima Lurdes GONÇALVES	1424	F	01:38:03	01:32:46	09:17	00:44:52	
8746	Fernanda RAPOSO	9615	F	01:38:05	01:34:29	09:27	00:48:17	
8747	Ana VICENTE	9807	F	01:38:05	01:34:03	09:25	00:42:00	
8748	Filipa BRAY	5234	F	01:38:06	01:36:40	09:40	00:40:04	Clube Académico de Penafirme
8749	Claudia CAETANO	5198	F	01:38:06	01:36:41	09:41	00:40:04	Clube Académico de Penafirme
8750	Nuno BARRROS	3420	M	01:38:07	01:35:38	09:34	00:46:14	
8751	Maria Lourdes CARVALHO	5426	F	01:38:17	01:36:00	09:36	00:44:48	
8752	Maria Joao DA CONCEIÇÃO SOUSA CARVALHO	5612	F	01:38:17	01:36:00	09:36	00:44:47	
8753	Brites JACINTO	5130	F	01:38:18	01:33:07	09:19	00:45:45	
8754	Lúcia CANTEIRO	5078	F	01:38:18	01:34:27	09:27	00:47:25	Açoreana clube Banif
8755	Tânia Saraiva JESUS	1313	F	01:38:26	01:31:55	09:12	00:44:56	
8756	José LAVADO	6940	M	01:38:26	01:33:38	09:22	00:45:21	
8757	Sara FIALHO	5675	F	01:38:26	01:36:28	09:39	00:46:49	
8758	Sónia ESTEVES	9479	F	01:38:26	01:36:27	09:39	00:46:48	
8759	Maria-belén MARTIN	5801	F	01:38:29	01:31:43	09:11	00:45:24	
8760	Orlando SANTOS PINELA	10076	M	01:38:31	01:34:46	09:29		Grupo de Manutenção do E.Nacional
8761	Carmen Soraia LISBOA	5440	F	01:38:38	01:33:58	09:24	00:45:45	
8762	Vanda Sofia BENTO RITA	5400	F	01:38:41	01:36:45	09:41	00:48:20	
8763	Lucília PEREIRA	11264	F	01:38:41	01:36:45	09:41	00:48:20	
8764	Amélia Cristina CANTADEIRO ANDRE	9686	F	01:38:41	01:36:45	09:41	00:48:20	
8765	Tania Sofia AMARAL BENTO	11319	F	01:38:41	01:36:45	09:41	00:48:19	
8766	Marina Isabel HENRIQUES	5430	F	01:38:41	01:34:02	09:25	00:45:45	
8767	Elisabeth DUARTE	1637	F	01:38:42	01:33:51	09:24	00:46:45	
8768	Ana Paula PINTO	5806	F	01:38:42	01:33:52	09:24	00:46:44	
8769	Pedro LOPES	6859	M	01:38:44	01:33:04	09:19	00:43:57	
8770	Vera LOURES	5378	F	01:38:44	01:33:04	09:19	00:43:58	
8771	Lucia GASPAR	4976	F	01:38:45	01:36:35	09:40	00:47:01	
8772	Jorge Humberto MATOS DOS SANTOS GREGORIO	10254	M	01:38:46	01:36:18	09:38		

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8773	Ângela Filipa NUNES	1472	F	01:38:51	01:30:20	09:02	00:40:27	
8774	Ruth José DELGADO PARDAL	5688	F	01:38:51	01:36:37	09:40	00:50:56	
8775	Bruno MENDES	4309	M	01:38:51	01:38:51	09:54		
8776	Nuno Daniel CORREIA	2742	M	01:38:52	01:33:56	09:24	00:46:03	
8777	José CORREIA	10201	M	01:38:53	01:32:12	09:14	00:45:29	
8778	Filipa OLIVEIRA	5079	F	01:38:56	01:33:07	09:19	00:44:23	Sonae Sierra
8779	Fátima PIRES	5217	F	01:38:57	01:33:07	09:19	00:44:23	Sonae Sierra
8780	José FALCATO CONCEIÇÃO	6335	M	01:38:57	01:34:16	09:26	00:49:18	Casa do Pessoal Estradas de Portugal
8781	Susana Maria PINTO	1237	F	01:38:57	01:34:00	09:24	00:46:03	
8782	Almerinda Maria FALCATO	5168	F	01:38:57	01:34:16	09:26	00:49:18	Casa do Pessoal Estradas de Portugal
8783	Inês RODRIGUES	9747	F	01:38:57	01:32:43	09:17	00:43:05	
8784	Marta CRESPO	11350	F	01:38:57	01:32:43	09:17	00:43:05	
8785	Ana Gomes CAVAQUEIRA	1627	F	01:38:58	01:32:57	09:18	00:42:53	
8786	Tiago TEIXEIRA	3887	M	01:38:59	01:32:57	09:18	00:46:10	
8787	Rita SANTOS SILVA	1127	F	01:38:59	01:32:57	09:18	00:46:10	
8788	Inês SANTOS FAÍSCA	1409	F	01:39:00	01:32:22	09:15	00:45:23	
8789	Maria Do Ceu LAVADO	5843	F	01:39:00	01:36:32	09:40	00:48:53	Serviços Sociais da CGD
8790	Manuela FERNANDES	1397	F	01:39:03	01:34:08	09:25	00:44:38	
8791	Sandra GOMES	1016	F	01:39:09	01:35:00	09:30	00:42:21	
8792	Clara GOMES	1018	F	01:39:09	01:35:00	09:30	00:42:20	
8793	Isabel PEREIRA	7182	F	01:39:12	01:33:41	09:23	00:46:21	
8794	George RODRIGUES	9709	F	01:39:12	01:33:40	09:22	00:46:31	
8795	Alice COSTA	9703	F	01:39:13	01:34:22	09:27	00:47:41	
8796	Débora JERÓNIMO	11201	F	01:39:14	01:34:23	09:27	00:47:42	
8797	Mário RIBEIRO	7131	M	01:39:14	01:34:48	09:29	00:50:33	
8798	Zulmira Maria SANTOS VALADARES	5155	F	01:39:21	01:36:02	09:37	00:47:29	
8799	Filipa Faria Vaz PASSOS	4989	F	01:39:22	01:36:02	09:37	00:47:30	
8800	Diana PARSOTAM	11358	F	01:39:23	01:32:25	09:15	00:43:50	
8801	Maria Da Conceição PATRÍCIO	11381	F	01:39:35	01:35:27	09:33	00:47:04	
8802	António MOTA	6624	M	01:39:40	01:32:49	09:17	00:47:45	
8803	Carla Sofia CARVALHO	9549	F	01:39:43	01:31:29	09:09	00:45:18	
8804	Paula ARRUDA	941	F	01:39:44	01:35:43	09:35	00:46:43	CCD Sintrense
8805	Ermelinda VALENTIM	3069	F	01:39:44	01:36:58	09:42	00:46:23	
8806	João GONÇALVES	6590	M	01:39:44	01:35:44	09:35	00:46:43	CCD Sintrense

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8807	Claudia Melissa SOUSA	1072	F	01:39:45	01:34:23	09:27	00:46:39	Papaléguas Team
8808	Luisa Fernandes CARVALHO	9556	F	01:39:46	01:31:32	09:10	00:45:19	
8809	Carlos António FERREIRA	2480	M	01:39:47	01:34:23	09:27	00:44:12	Papaléguas Team
8810	Lina SOUSA	5142	F	01:39:48	01:34:25	09:27	00:46:39	Grupo Desportivo Cimpor
8811	Sara FERREIRA	5149	F	01:39:49	01:34:26	09:27	00:44:12	Grupo Desportivo Cimpor
8812	Sara VIEIRA	567	F	01:39:52	01:33:37	09:22	00:49:04	Sonae Sierra
8813	Maria VAZ	5173	F	01:39:52	01:32:21	09:15	00:42:12	Clube do Stress
8814	Luis Alberto ROSADO MARTINS	8993	M	01:39:56	01:38:39	09:52	00:42:55	
8815	Carla FONSECA	698	F	01:39:58	01:33:03	09:19	00:47:26	
8816	Priscila VIDAL	11240	F	01:40:00	01:33:40	09:22	00:47:54	
8817	Conceição SANTOS	9587	F	01:40:02	01:38:11	09:50	00:47:56	Odebrecht / BPC
8818	Ana SANTOS	5299	F	01:40:04	01:38:14	09:50	00:47:57	Odebrecht / BPC
8819	Carolina HENRIQUE	888	F	01:40:04	01:38:14	09:50	00:48:13	Odebrecht / BPC
8820	Marta RAMOS	5244	F	01:40:08	01:36:06	09:37	00:46:35	Serviços Sociais Montepio Geral
8821	Luis Filipe SANTOS REIS	3629	M	01:40:13	01:36:06	09:37	00:42:53	
8822	Rute COELHO	5085	F	01:40:14	01:34:07	09:25	00:45:11	Açoreana clube Banif
8823	Nuno COELHO	5925	M	01:40:18	01:34:11	09:26	00:45:10	Açoreana clube Banif
8824	Francisco COELHO	1806	M	01:40:18	01:34:11	09:26	00:45:10	Açoreana clube Banif
8825	Maria Luisa PATRÍCIO	11397	F	01:40:19	01:36:11	09:38	00:47:05	
8826	Pedro RAMOS	6203	M	01:40:20	01:36:17	09:38	00:46:38	Serviços Sociais Montepio Geral
8827	Catarina RAMOS	5250	F	01:40:20	01:36:17	09:38	00:46:38	Serviços Sociais Montepio Geral
8828	Maria Irene Martins MARTINS	9593	F	01:40:25	01:39:11	09:56	00:48:27	
8829	António Martinho ALMEIDA PINTO	10723	M	01:40:25	01:32:32	09:16	00:40:03	
8830	Maria Clara SILVA PINTO	10724	F	01:40:25	01:32:35	09:16	00:39:57	
8831	Valdemar Severino SOUSA	7621	M	01:40:32	01:34:34	09:28	00:46:11	
8832	Nuno Antonio MARQUES	8118	M	01:40:35	01:36:54	09:42	00:44:54	
8833	Maria Joao Crespo CRESPO	5398	F	01:40:36	01:34:43	09:29	00:46:29	
8834	Monica Paula Narciso Dias DIAS	5403	F	01:40:36	01:34:44	09:29	00:46:29	
8835	Dora MARTINS	9645	F	01:40:52	01:38:17	09:50	00:47:45	
8836	Isabel NOBRE	860	F	01:40:54	01:39:10	09:55	00:46:50	
8837	Tânia CONCHINHA	586	F	01:40:59	01:36:42	09:41	00:49:05	
8838	Pedro VARGAS	6369	M	01:41:30	01:33:59	09:24	00:45:28	Clube do Stress
8839	Rita VARGAS	5171	F	01:41:31	01:34:00	09:24	00:45:29	Clube do Stress
8840	Natália CARPALHOSO	5717	F	01:41:34	01:36:41	09:41	00:49:18	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8841	Manuel TAVARES FESTAS	6731	M	01:41:35	01:34:13	09:26	00:46:43	Mirc
8842	Glorialdo BRITO	2166	M	01:41:35	01:36:51	09:42	00:48:17	
8843	Alda MAGALHAES	11542	F	01:41:35	01:39:11	09:56	00:48:33	
8844	Diana MAGALHÃES	11561	F	01:41:36	01:39:12	09:56	00:48:33	
8845	Vera FESTAS	9620	F	01:41:36	01:34:16	09:26	00:46:45	Mirc
8846	Sara SILVA	4995	F	01:41:41	01:38:57	09:54	00:49:24	
8847	Deborah CANAS SERRÃO	11258	F	01:41:42	01:36:10	09:37	00:48:14	
8848	Alexandra COELHO	11470	F	01:41:45	01:33:08	09:19	00:48:17	
8849	Anabela SANTOS	1517	F	01:41:45	01:33:08	09:19	00:48:17	
8850	Solange CRUZ	1245	F	01:41:54	01:38:38	09:52	00:47:38	
8851	Sandra PINA	11342	F	01:41:54	01:37:02	09:43	00:47:53	
8852	Ana VIANA	5774	M	01:41:55	01:37:02	09:43	00:47:53	
8853	Rita SARMENTO	5790	F	01:41:58	01:39:03	09:55	00:49:21	
8854	Maria Miquelina PARDAL	1070	F	01:41:59	01:39:45	09:59	00:50:56	
8855	Fernanda CHAGAS	9478	F	01:42:01	01:39:39	09:58	00:47:35	
8856	Mário FRANCO	10524	M	01:42:02	01:39:08	09:55	00:49:38	
8857	Maria DIAS	9569	F	01:42:06	01:37:02	09:43	00:46:23	
8858	Maria Jose MARTINS RIBEIRO	5715	F	01:42:09	01:35:14	09:32	00:46:43	
8859	Albertina ROSA	5685	F	01:42:09	01:35:15	09:32	00:46:41	
8860	André BENVEGNU	10930	M	01:42:16	01:35:34	09:34	00:49:55	
8861	Maria Fernanda VITORINO DA LUZ DA COSTA OLIVEIRA	5406	F	01:42:26	01:40:09	10:01	00:50:51	
8862	Sandra SERAFIM	1382	F	01:42:31	01:35:38	09:34	00:37:52	
8863	Maria Conceição ALMEIDA	9696	F	01:42:33	01:38:39	09:52	00:50:17	
8864	Rodrigo F. R. Neto Simões RODRIGO SIMÕES	476	M	01:42:41	01:36:50	09:41	00:49:08	
8865	Ana Júlia SEQUEIRA	5322	F	01:42:41	01:37:06	09:43	00:51:51	Associação Atletismo Lebres do Sado
8866	Elvira Dias MANARTE	1212	F	01:42:45	01:38:59	09:54	00:49:29	
8867	José Filipe MANARTE	5986	M	01:42:45	01:39:00	09:54	00:49:30	
8868	Elisabete PINTO	9775	F	01:42:49	01:38:56	09:54	00:49:30	
8869	Arminda LIMA	9785	F	01:42:49	01:38:56	09:54	00:49:30	
8870	Isabel AMARAL	10577	F	01:42:50	01:38:57	09:54	00:47:29	
8871	Laura DANIEL	840	F	01:42:55	01:38:39	09:52	00:49:06	ACP - Atletismo Clube de Portalegre
8872	Ana MENDES	920	F	01:43:12	01:39:46	09:59	00:49:32	Açoreana clube Banif
8873	Sónia MATOS	5159	F	01:43:12	01:39:46	09:59	00:49:35	Açoreana clube Banif
8874	Maria Gertrudes SOUSA	11419	F	01:43:14	01:37:19	09:44	00:47:53	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8875	Priscila MOTA CARMO	5479	F	01:43:20	01:36:22	09:39	00:42:03	
8876	Pedro MOTA CARMO	10212	M	01:43:20	01:36:22	09:39	00:42:07	
8877	Joana PENÃO	11465	F	01:43:21	01:33:11	09:20	00:46:51	
8878	Ana Isabel VALDEZ	5448	F	01:43:22	01:36:08	09:37	00:47:49	
8879	Carla Filipa ALBUQUERQUE	9643	F	01:43:22	01:36:08	09:37	00:47:49	
8880	Inês Filipa TAVARES INÁCIO	5596	F	01:43:28	01:38:24	09:51	00:47:49	
8881	Francisco José AIRES	10618	M	01:43:30	01:35:54	09:36	00:46:56	
8882	Susana MARCELINO	9659	F	01:43:38	01:40:10	10:01		
8883	Olga MAIA	9653	F	01:43:38	01:40:10	10:01		
8884	Vítor GONÇALVES	10358	M	01:43:38	01:37:19	09:44	00:50:05	
8885	Antonio PEREIRA	7546	M	01:43:39	01:36:35	09:40	00:49:04	
8886	Carla LIMA	5539	F	01:43:39	01:37:19	09:44	00:50:05	
8887	Jorge FERRÃO	10110	M	01:43:41	01:38:02	09:49	00:45:53	Hovione
8888	Teresa ALMEIDA	9568	F	01:43:43	01:40:39	10:04	00:52:06	
8889	Gisela MORGADO	765	F	01:43:43	01:39:19	09:56	00:50:48	
8890	Elisabete ANDRADE SILVA	1089	F	01:43:45	01:37:04	09:43	00:45:48	
8891	Rita AMBRÓSIO	11440	F	01:43:45	01:39:20	09:56	00:48:00	
8892	Micaela MACHADO	11586	F	01:43:45	01:39:20	09:56	00:48:00	
8893	Jesuina RIBEIRO	11445	F	01:43:46	01:39:20	09:56	00:48:00	
8894	Paulo Jorge RUIVO	7080	M	01:43:52	01:38:34	09:52	00:52:37	
8895	Maria De Lurdes SEMEDO DE OLIVEIRA	9684	F	01:43:54	01:40:14	10:02	00:53:29	
8896	Ines PEREIRA	1615	F	01:43:56	01:40:17	10:02	00:53:29	
8897	Maria Conceição ARTUR	9748	F	01:43:57	01:38:19	09:50	00:46:30	
8898	Luis COSTA	10621	M	01:43:57	01:38:19	09:50	00:46:29	
8899	Ana Paula PAIS	11390	F	01:43:58	01:40:11	10:02	00:49:42	
8900	Maria Isabel PITACAS ALVES	9704	F	01:44:00	01:36:53	09:42	00:48:02	
8901	António Jorge LIMA	10161	M	01:44:00	01:36:54	09:42	00:48:03	
8902	Ana Cristina RUIVO	9656	F	01:44:06	01:38:48	09:53	00:52:37	
8903	Luis Filipe MARTINS	6256	M	01:44:07	01:37:00	09:42	00:48:31	
8904	Ana LOUREIRO	11480	F	01:44:12	01:39:26	09:57	00:47:27	
8905	Vera Lúcia GOMES	4900	F	01:44:12	01:39:56	10:00	00:47:57	
8906	Sandra SILVA	4953	F	01:44:12	01:39:56	10:00	00:47:56	
8907	Isabel BRANCO	1426	F	01:44:12	01:37:21	09:45	00:48:55	
8908	João Pedro VINTÉM	3727	M	01:44:14	01:37:01	09:43	00:48:13	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8909	Elsa CARDOSO	10103	F	01:44:14	01:37:02	09:43	00:48:11	HP Portugal Clube
8910	Maria Helena FLORENCIO	11482	F	01:44:22	01:39:53	10:00	00:50:12	
8911	Lara Lúcia FARIA	9598	F	01:44:23	01:40:22	10:03	00:48:06	
8912	Cristina ALEIXO	5332	F	01:44:23	01:40:22	10:03	00:48:05	
8913	Maria Adélia F. R. Simões MARIA SIMÕES	9661	F	01:44:25	01:38:35	09:52	00:49:09	
8914	Joaquim J. N. Simões SIMÕES	10532	M	01:44:26	01:38:34	09:52	00:49:07	
8915	Maria Do Rosário GIL	9596	F	01:44:27	01:43:07	10:19	00:49:30	
8916	Andreia GIL	1096	F	01:44:28	01:43:07	10:19	00:49:30	
8917	Frederica CASQUINHO	850	F	01:44:28	01:37:11	09:44	00:49:33	Clube do Stress
8918	Júlia PAPENHASSEN	867	F	01:44:28	01:37:12	09:44	00:49:33	Clube do Stress
8919	Ana Paula COSTA	762	F	01:44:33	01:41:14	10:08	00:50:37	
8920	Carlos Manuel FRAZÃO VITORINO	10744	M	01:44:36	01:38:01	09:49	00:48:01	
8921	Emília FERREIRA MARTINS	5180	F	01:44:37	01:41:54	10:12	00:49:02	
8922	Helena Maria FERREIRA MARTINS	5017	F	01:44:37	01:41:54	10:12	00:49:02	
8923	Cristina Alexandra CABRAL RIBEIRO	692	F	01:44:37	01:38:02	09:49	00:48:01	
8924	Ines GONÇALVES	1634	F	01:44:38	01:41:18	10:08	00:50:37	
8925	Alexandra DA FONTE PRATES	11556	F	01:44:39	01:36:49	09:41	00:47:29	
8926	Anabela POÇAS PIRES ALMEIDA	5223	F	01:44:43	01:42:32	10:16	00:52:08	Casa do Pessoal Estradas de Portugal
8927	Isabel Maria ANTÃO	9574	M	01:44:45	01:42:33	10:16	00:52:09	Casa do Pessoal Estradas de Portugal
8928	Margarida DOMINGUES	944	F	01:44:45	01:41:53	10:12	00:47:57	CCD Sintrense
8929	Ana Sofia DOMINGOS	1278	F	01:44:45	01:39:00	09:54	00:47:33	
8930	Carla Patricia FERREIRA	9670	F	01:44:45	01:39:00	09:54	00:47:33	
8931	Ana Rita GUILHERME	4937	F	01:44:50	01:37:48	09:47	00:48:15	
8932	Vania Filipa GAMA	1635	F	01:44:53	01:41:32	10:10	00:50:37	
8933	Ana Maria ROSA	9746	F	01:44:55	01:41:30	10:09	00:50:53	
8934	Sandra MARQUES	9745	F	01:44:56	01:41:31	10:10	00:50:52	
8935	Marta MATIAS	11114	F	01:44:57	01:40:33	10:04	00:50:49	
8936	João Manuel FERNANDES SANTIAGO	7521	M	01:45:05	01:42:34	10:16	00:50:55	
8937	Isabel Alexandra GONÇALVES SANTOS MONTEIRO	1058	F	01:45:09	01:38:16	09:50	00:48:50	
8938	Maria De Fatima RIBEIRO SANTOS	1277	M	01:45:11	01:39:38	09:58	00:49:07	
8939	Madalena TUNA	1487	F	01:45:15	01:38:18	09:50	00:47:56	
8940	Margarida BASTO	5702	F	01:45:15	01:38:19	09:50	00:47:56	
8941	Ana Julia NOZES	5802	F	01:45:17	01:38:30	09:51	00:48:17	
8942	Noémia SOBREIRO	1641	F	01:45:17	01:38:01	09:49	00:47:47	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8943	Vera Lúcia Amorim PINTO	689	F	01:45:18	01:39:37	09:58	00:47:07	
8944	Hélio José Cardim DOLORES	3750	M	01:45:18	01:39:37	09:58	00:47:07	
8945	Cátia GLÓRIA	5034	F	01:45:20	01:42:35	10:16	00:52:36	
8946	Inês SILVA	5119	F	01:45:20	01:42:35	10:16	00:52:37	
8947	Júlio Manuel MONTEIRO	9741	M	01:45:20	01:42:18	10:14	00:43:23	
8948	Elisa ALVES	5135	F	01:45:20	01:42:21	10:15	00:43:25	Serviços Sociais da CGD
8949	Sofia Alexandra MICAELO ALVES	5558	F	01:45:20	01:42:19	10:14	00:43:23	
8950	Lukas BEXELL	3937	M	01:45:21	01:41:17	10:08	00:49:01	
8951	Diogo JESUS LOYOLA RODRIGUES	8366	M	01:45:22	01:39:41	09:59	00:48:34	
8952	Isabel DUARTE	933	F	01:45:22	01:38:36	09:52	00:52:39	Clube do Stress
8953	Pedro Miguel ALVES DE ABREU	10873	M	01:45:27	01:41:56	10:12	00:51:35	
8954	Ana Paula DRUMOND DA SILVA QUARESMA	5162	F	01:45:27	01:41:55	10:12	00:51:34	
8955	Maria Arminda MONTEIRO	5570	F	01:45:27	01:42:25	10:15	00:43:24	
8956	Marília PEREIRA	923	M	01:45:27	01:42:52	10:18	00:48:26	Serviços Sociais da CGD
8957	Eva DA SILVA QUARESMA	11557	F	01:45:27	01:41:55	10:12	00:51:34	
8958	José JONET	2355	M	01:45:28	01:38:41	09:53	00:52:39	Tabaqueira
8959	Daniela Filipa Barbosa Teixeira DANIELA	9665	F	01:45:35	01:43:36	10:22	00:51:41	
8960	Maria José Guerra GUERRA	9685	F	01:45:35	01:43:37	10:22	00:51:40	
8961	Patricia BELA CARDOSO	11230	F	01:45:35	01:42:13	10:14	00:47:51	
8962	Sonia FERNANDES	11238	F	01:45:36	01:42:14	10:14	00:47:52	
8963	Sara BASTOS	11262	F	01:45:38	01:42:54	10:18		
8964	Ana Maria RIJO	9637	F	01:45:38	01:44:48	10:29	00:52:02	
8965	Cristina SILVA	5696	F	01:45:38	01:44:49	10:29	00:52:02	
8966	José Bernardo LOBO	10738	M	01:45:43	01:39:32	09:58	00:50:40	
8967	José Dias VILLAR	10620	M	01:45:43	01:39:33	09:58	00:50:41	
8968	Luis COSTA	6638	M	01:45:45	01:40:04	10:01	00:51:52	Mirc
8969	Maria ROQUE	11113	F	01:45:46	01:41:44	10:11	00:50:46	
8970	Joana SOARES MATIAS TAVARES DA COSTA	770	F	01:45:47	01:40:42	10:05	00:48:37	
8971	Maria José FERNANDES	1347	F	01:45:50	01:39:46	09:59	00:51:47	
8972	Ana Cristina PRATAS	1350	F	01:45:51	01:39:47	09:59	00:51:48	
8973	Cecilia SANTOS	11263	F	01:45:56	01:41:43	10:11	00:50:32	
8974	Arlete MARTINS	9688	F	01:45:57	01:41:43	10:11	00:50:32	
8975	Esmeralda CARMONA	1258	F	01:45:59	01:38:37	09:52	00:53:35	
8976	Ana ALMEIDA	5798	F	01:45:59	01:38:37	09:52	00:53:35	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8977	Pedro Maria TEIXEIRA DUARTE	6170	M	01:46:02	01:46:02	10:37	01:00:28	Clube do Stress
8978	Sardinha JOSÉ LUIS	10545	M	01:46:15	01:42:03	10:13	00:51:32	
8979	Sardinha ANTONIO FREDERICO	7772	M	01:46:15	01:42:02	10:13	00:51:31	
8980	Artur Jorge SANTOS FERNANDES BARROS	10315	M	01:46:18	01:40:03	10:01	00:51:54	
8981	Maria João FERRAZ	5433	F	01:46:24	01:42:14	10:14	00:47:42	
8982	Rui Alexandre MADEIRA CONDE	2618	M	01:46:24	01:42:15	10:14	00:47:40	
8983	Miguel Gomes ROQUE DA SILVA	2679	M	01:46:24	01:42:15	10:14	00:39:32	
8984	Patrícia Maria BISPO BARREIROS MARQUES CONDE	5391	F	01:46:25	01:42:15	10:14	00:47:42	
8985	Inês MENDONÇA	928	F	01:46:26	01:39:28	09:57	00:53:05	Clube do Stress
8986	Teresa RAIMUNDO	942	F	01:46:27	01:39:30	09:57	00:53:05	Clube do Stress
8987	Lurdes PINTO	764	F	01:46:28	01:42:36	10:16	00:50:29	
8988	Celeste CONCHINHA	5231	F	01:46:29	01:42:11	10:14	00:49:15	ACP - Atletismo Clube de Portalegre
8989	Rosa Maria CARVALHO	1256	F	01:46:29	01:40:54	10:06	00:49:55	
8990	Mariana PAULINO	5277	F	01:46:29	01:42:14	10:14	00:49:17	ACP - Atletismo Clube de Portalegre
8991	Marta DELGADO ABREU	1299	F	01:46:29	01:40:53	10:06	00:49:54	
8992	Bernardo FREIRE CUSTÓDIO	342	M	01:46:38	01:42:42	10:17	00:52:54	
8993	José António DUARTE CUSTÓDIO	10559	M	01:46:40	01:42:43	10:17	00:54:02	
8994	Ana TAVARES	9550	F	01:46:41	01:41:39	10:10	00:48:37	Pepsico Portugal
8995	Anabela MONTEIRO	5262	F	01:46:42	01:42:51	10:18	00:50:30	ACP - Atletismo Clube de Portalegre
8996	Ana PAULINO	5279	F	01:46:42	01:42:27	10:15	00:50:05	ACP - Atletismo Clube de Portalegre
8997	José MACHADO	10069	M	01:46:42	01:42:50	10:17	00:50:29	ACP - Atletismo Clube de Portalegre
8998	Filipa AFONSO	9551	F	01:46:46	01:42:45	10:17	00:49:32	CCD Sintrense
8999	Adelaide BERNARDO	5076	F	01:46:46	01:42:45	10:17	00:49:32	CCD Sintrense
9000	Isolda De Jesus FERREIRO CALDEIRA	4932	F	01:46:47	01:44:23	10:27	00:51:54	
9001	Tiago SOUSA	6717	M	01:46:56	01:46:56	10:42	01:06:25	Mirc
9002	Joana PERPÉTUA	9507	F	01:47:01	01:44:02	10:25	00:50:38	
9003	Carlos BABO	10675	M	01:47:02	01:40:31	10:04	00:48:57	
9004	Estevao CALDEIRA	5888	M	01:47:02	01:40:31	10:04	00:48:57	
9005	Carmen SILVESTRE	1259	F	01:47:05	01:39:50	09:59	00:49:45	
9006	Fabian ALBARRACIN	512	M	01:47:05	01:43:01	10:19	00:48:09	
9007	Iva RIBEIRO	5192	F	01:47:07	01:40:04	10:01	00:47:38	Pepsico Portugal
9008	Elisa Cristina MAGALHÃES MADEIRA	11431	F	01:47:10	01:40:58	10:06	00:47:55	
9009	Vitor DUARTE TAVARES	7660	M	01:47:10	01:45:40	10:34	00:51:58	
9010	Maria Zita GUERRA	9578	F	01:47:10	01:41:37	10:10	00:51:22	Sonae Sierra

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
9011	Juana VERDE	9663	F	01:47:10	01:42:14	10:14	00:50:43	
9012	Ana Cristina FARIA CAMACHO	11427	F	01:47:12	01:41:00	10:06	00:47:55	
9013	Sónia AMADINHO	5145	F	01:47:13	01:41:40	10:10	00:49:35	Sonae Sierra
9014	Maria Amélia MARTINS	5211	F	01:47:13	01:41:41	10:11	00:49:35	Sonae Sierra
9015	Filipa FERREIRA	9580	F	01:47:13	01:41:41	10:11	00:49:36	Sonae Sierra
9016	Ana GOMES	2525	F	01:47:25	01:42:56	10:18	00:52:56	
9017	Picão FERNANDES	10039	M	01:47:29	01:41:20	10:08	00:52:26	Maratona Clube de Portugal
9018	José Candido ANTUNCS	10303	M	01:47:29	01:41:02	10:07	00:51:36	
9019	Joaquim SANTOS	9885	M	01:47:29	01:41:21	10:09	00:52:27	Maratona Clube de Portugal
9020	Anabela VELHA	552	F	01:47:33	01:45:31	10:34	00:52:56	
9021	Corina FIGUEIREDO	5848	F	01:47:36	01:46:52	10:42	00:53:08	Serviços Sociais da CGD
9022	Ana TABORDA	946	F	01:47:36	01:46:51	10:42	00:53:07	Serviços Sociais da CGD
9023	Ana Cláudia DIONISIO NOVO	4952	F	01:47:41	01:43:48	10:23	00:50:07	
9024	Ana FALCAO	5686	F	01:47:41	01:43:49	10:23	00:50:07	
9025	Luis NEVES	2524	M	01:47:41	01:42:57	10:18	00:52:44	
9026	Nuno MORAIS	10154	M	01:47:41	01:42:58	10:18	00:52:44	
9027	Marina Leonor Santos COELHO	9673	F	01:47:53	01:42:58	10:18	00:55:05	
9028	Patrícia Alexandra LOURENÇO DE SOUSA	640	F	01:47:54	01:42:29	10:15	00:47:23	
9029	Octávio Manuel ALDEANO SILVEIRINHA	125	M	01:47:54	01:42:29	10:15	00:47:24	
9030	Jorge MARQUES	10735	M	01:48:02	01:43:09	10:19	00:51:06	
9031	Vitor CARPALHOSO	10734	M	01:48:03	01:43:08	10:19	00:51:05	
9032	Susana COSTA	11582	F	01:48:05	01:43:39	10:22	00:50:27	
9033	Isaura ROSMANINHO	11589	F	01:48:05	01:43:34	10:22	00:50:22	
9034	Maria Luisa Baião Alberto GONÇALVES	11578	F	01:48:06	01:43:34	10:22	00:50:23	
9035	Gertrudes Teresa Teodoro CALADO	5071	F	01:48:06	01:43:33	10:22	00:50:22	
9036	Rita VICTORINO	5579	F	01:48:12	01:42:39	10:16	00:49:46	
9037	Manuel RODRIGUES	9852	M	01:48:14	01:34:25	09:27	00:43:54	
9038	Maria Odete SOBRAL	5746	F	01:48:15	01:43:07	10:19	00:54:22	
9039	Miguel MUNOZ	10243	M	01:48:17	01:41:36	10:10	00:51:33	
9040	Isis ANTUNES	5728	F	01:48:24	01:43:17	10:20	00:54:22	
9041	Manuela DIONISIO	792	F	01:48:30	01:42:45	10:17	00:51:00	CCD Sintrense
9042	Narciso BERNARDO	2230	M	01:48:30	01:42:45	10:17	00:51:00	CCD Sintrense
9043	Susana CHINITA	811	F	01:48:30	01:48:30	10:51	00:56:45	CCD Sintrense
9044	Maria Da Graça RAMOS LOPES	5820	F	01:48:45	01:42:43	10:17	00:47:29	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
9045	Ana Margarida LEITE	1351	F	01:48:45	01:42:41	10:17	00:47:27	
9046	Paula JERONIMO	1138	F	01:48:49	01:41:42	10:11	00:51:00	
9047	Liseta FARRICA	1139	F	01:48:49	01:41:43	10:11	00:55:52	
9048	Alexandra SILVA	10015	F	01:48:55	01:42:59	10:18	00:53:43	Pepsico Portugal
9049	Tiago MANO LOPES	3742	M	01:48:57	01:42:20	10:14	00:45:30	
9050	Margarida ALMEIDA	5075	F	01:49:15	01:43:53	10:24	00:50:55	Grupo Desportivo Cimpor
9051	Ana Margarida FURTADO	1120	F	01:49:16	01:43:53	10:24	00:50:54	Papaléguas Team
9052	Marina ASCENSO	5254	F	01:49:18	01:42:59	10:18	00:50:29	Hovione
9053	Cristina SOUSA	5547	F	01:49:18	01:42:59	10:18	00:50:29	
9054	Graça PINHEIRO	9547	F	01:49:25	01:44:53	10:30	00:49:38	Pepsico Portugal
9055	Ana Maria ESTEVES GUILHERME	9623	F	01:49:36	01:42:53	10:18	00:50:22	
9056	Luisa RODRIGUES	9621	F	01:49:36	01:42:53	10:18	00:50:21	
9057	Ana Cristina Baião Trinca Matos ANDRÉ	5619	F	01:49:37	01:43:19	10:20	00:51:40	
9058	Ramiro Fernandes GOMES	10505	M	01:49:37	01:43:20	10:20	00:51:52	
9059	Claudia SANTOS	9631	F	01:49:48	01:43:18	10:20	00:50:38	
9060	Filomena ROSA	5374	F	01:49:48	01:43:18	10:20	00:50:39	
9061	Olimpia GONÇALVES	11392	F	01:49:49	01:44:09	10:25	00:51:24	
9062	Dionisia Silva CARVALHO	11368	F	01:49:50	01:44:11	10:26	00:51:25	
9063	Raquel PALITO	11363	F	01:49:51	01:44:11	10:26	00:51:23	
9064	António BORGES	10457	M	01:49:57	01:47:26	10:45	00:54:39	
9065	Hugo LUIS	6117	M	01:50:02	01:49:01	10:55	00:50:35	NUCLEOEIRAS/SPORTZONE
9066	Susete Jesus PROENÇA	1558	F	01:50:09	01:45:50	10:35	00:48:14	
9067	Nuno MONTEIRO	7528	M	01:50:15	01:50:15	11:02	01:08:37	
9068	Carla PINTO	9705	F	01:50:16	01:44:15	10:26	00:53:57	
9069	Mónica PEREIRA	9570	F	01:50:16	01:44:16	10:26	00:53:58	Pepsico Portugal
9070	Fátima Carvalho PEREIRA	9532	F	01:50:16	01:44:16	10:26	00:53:51	Pepsico Portugal
9071	Manuela MENEZES	5263	F	01:50:16	01:44:16	10:26	00:53:57	Pepsico Portugal
9072	Lídia Miguel ALBUQUERQUE	9480	F	01:50:20	01:45:21	10:33	00:52:36	
9073	Ana Cristina RAPOULA	5769	F	01:50:20	01:43:53	10:24	00:51:40	
9074	Joana OLIVEIRA	9572	F	01:50:24	01:41:44	10:11	00:57:19	
9075	Simone Lourenço FARINHA	5772	F	01:50:35	01:46:26	10:39	00:50:43	
9076	Laura FERREIRA	1451	F	01:50:35	01:46:25	10:39	00:50:42	
9077	Teresa Jesus AFONSO	5360	F	01:50:38	01:45:02	10:31	00:51:09	Grupo de Manutenção do E.Nacional
9078	Domingos FERNANDES AFONSO	6771	M	01:50:38	01:45:03	10:31	00:51:09	Grupo de Manutenção do E.Nacional

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
9079	Carla PEREIRA	5425	F	01:50:45	01:45:31	10:34	00:52:21	
9080	Patricia MADUREIRA	1484	F	01:50:46	01:45:31	10:34	00:52:21	
9081	Nuno VULTOS	4353	M	01:50:47	01:45:32	10:34	00:52:21	
9082	Ramiro BASTOS	8949	M	01:50:49	01:43:26	10:21	00:50:25	
9083	Alfredo Da Cunha FERREIRA	10495	M	01:50:52	01:46:55	10:42	00:53:32	
9084	Anabela ALEXANDRE	5483	F	01:50:55	01:44:35	10:28	00:51:24	
9085	Patricia JESUS	5537	F	01:50:55	01:44:33	10:28	00:51:24	
9086	Jorge PAULO	2883	M	01:50:55	01:44:33	10:28	00:51:23	
9087	Ana Paula CABRAL	5482	F	01:50:56	01:44:35	10:28	00:51:25	
9088	Maria Alexandra SALGUEIRO	5614	F	01:50:58	01:50:58	11:06	01:09:49	
9089	Ana DUARTE	1286	F	01:51:04	01:44:50	10:29	00:51:33	
9090	Maria GONÇALVES	1271	F	01:51:04	01:44:50	10:29	00:51:33	
9091	Gonçalo AMARO BARBOSA	6874	M	01:51:05	01:49:04	10:55	00:51:30	
9092	Maria José SOUSA BRANCO	10009	M	01:51:09	01:49:09	10:55	00:51:30	
9093	João Ricardo LEITÃO	2327	M	01:51:29	01:45:07	10:31	00:53:57	Grupo Desportivo Cimpor
9094	Maria Ivone SANTOS	5080	F	01:51:29	01:45:07	10:31	00:53:57	Grupo Desportivo Cimpor
9095	Lara TEIXEIRA	9744	F	01:51:32	01:46:48	10:41	00:45:11	
9096	Joana CAMPOS	5576	F	01:51:32	01:46:48	10:41	00:52:09	
9097	José Carlos GOMES	6250	M	01:51:40	01:45:21	10:33	00:55:00	
9098	João Leonarde De ABREU	10311	M	01:51:50	01:48:57	10:54	00:50:10	
9099	Carolina PINTO	1196	F	01:51:50	01:46:14	10:38	00:55:36	
9100	Gonçalo Filipe OLIVEIRA	3079	M	01:51:51	01:46:15	10:38	00:55:36	
9101	Ana CASTELO MENDES	5016	F	01:51:51	01:46:17	10:38	00:53:21	
9102	Rui CASTELO MENDES	8879	M	01:51:51	01:46:17	10:38	00:53:20	
9103	Bárbara FREIRE CUSTÓDIO	5817	F	01:52:02	01:48:05	10:49	00:49:25	
9104	Olga SANTOS	11112	F	01:52:04	01:47:40	10:46	00:55:00	
9105	Maria De Lurdes PANTA FREIRE	9773	F	01:52:04	01:48:06	10:49	00:54:05	
9106	Sofia SINCERIDADES	5232	F	01:52:04	01:46:04	10:37	00:53:51	Pepsico Portugal
9107	Paulo TEIXEIRA	10522	M	01:52:08	01:46:09	10:37	00:51:14	
9108	Ana VIEIRA	665	F	01:52:08	01:45:02	10:31	00:51:02	
9109	Susana PERPÉTUA	9485	F	01:52:09	01:49:10	10:55	00:52:11	
9110	Carla GOMES	820	F	01:52:09	01:45:02	10:31	00:51:01	
9111	Filipa Cristina CAEIRO	1519	F	01:52:09	01:45:35	10:34	00:51:43	
9112	Isabel Do Carmo SARAIVA AFONSO	11373	F	01:52:11	01:45:36	10:34	00:51:43	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
9113	Anabela MATEUS	11410	F	01:52:13	01:46:17	10:38	00:51:11	
9114	Maria Do Carmo CANHAO SARAIVA	557	F	01:52:16	01:45:41	10:35	00:51:44	
9115	Catia AGUIAR	5568	F	01:52:17	01:47:08	10:43	00:53:03	
9116	Antonieta ALMEIDA	5656	F	01:52:18	01:47:09	10:43	00:53:05	
9117	Vanessa MARQUES	828	F	01:52:18	01:47:10	10:43	00:53:04	
9118	Gabriela ALMEIDA	5594	F	01:52:21	01:47:13	10:44	00:53:05	
9119	Carlota SANTOS	11313	F	01:52:34	01:49:18	10:56	00:53:57	
9120	Marisa MARTINS ANTUNES	805	F	01:52:36	01:47:22	10:45	00:54:47	
9121	Mónica DIAS	1317	F	01:52:37	01:47:23	10:45	00:54:47	
9122	Maria Do Céu Azevedo OLIVEIRA	9506	F	01:52:38	01:48:52	10:54	00:53:56	
9123	António Jaime VITÓRIA	2105	M	01:52:38	01:48:51	10:54	00:53:54	
9124	Pedro METELO	3291	M	01:52:51	01:52:51	11:18	01:11:44	
9125	Marta LUIS	5268	F	01:52:58	01:47:17	10:44	00:51:03	Tejavista
9126	Francisco Manuel DINIZ GALAMBA	10245	M	01:52:58	01:50:36	11:04	00:54:11	
9127	Ana Maria Esteves SILVEIRO	9567	F	01:53:03	01:45:43	10:35	00:52:04	
9128	Telmo João ESTEVES	4405	M	01:53:03	01:45:44	10:35	00:52:04	
9129	Elisabete SILVA	11426	F	01:53:05	01:49:50	10:59	00:53:43	
9130	Paulo VICENTE	2113	M	01:53:05	01:49:59	11:00	00:56:24	
9131	Ana Catarina ARRANCA	11282	F	01:53:05	01:49:51	11:00	00:53:43	
9132	Helena Isabel SEBASTIÃO	11471	F	01:53:05	01:49:59	11:00	00:56:22	
9133	Carolina JOAQUIM	9724	F	01:53:07	01:47:09	10:43	00:52:30	
9134	Helena Isabel CUNHA ROSA	11120	F	01:53:20	01:50:51	11:06	00:54:10	
9135	Aida MORAIS	11119	F	01:53:21	01:50:51	11:06	00:54:09	
9136	Jose Manuel GONÇALVES	10498	M	01:53:28	01:53:28	11:21	00:43:34	
9137	Maria De Fátima FERRÃO	9756	F	01:53:30	01:48:14	10:50	00:53:06	
9138	Isilda URBANO	1421	F	01:53:31	01:48:14	10:50	00:53:06	
9139	Ana PERDIGÃO	1652	F	01:53:31	01:53:31	11:22	00:55:47	
9140	Carla MAGALHÃES	5082	F	01:53:37	01:50:26	11:03	00:54:24	
9141	Zaida SILVA	11580	F	01:53:38	01:50:27	11:03	00:54:25	
9142	Sérgio SILVA	7108	M	01:53:39	01:50:27	11:03	00:54:25	
9143	Jacinto URBANO	3564	M	01:53:40	01:48:21	10:51	00:53:17	
9144	Silvia PORTELINHA	1198	F	01:53:43	01:46:53	10:42	00:53:12	
9145	Carlos SOUSA	10333	M	01:53:44	01:47:58	10:48	00:54:07	
9146	Filipa Eduarda Rodrigues V. Branquinho ALMEIDA	5523	F	01:53:44	01:46:26	10:39	00:52:25	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
9147	Maria MAGALHÃES	1032	F	01:53:47	01:48:37	10:52	00:54:06	
9148	Anabela MARQUES	1068	F	01:53:49	01:48:39	10:52	00:54:05	
9149	Neuza Cátia PRIMO NUNES	1223	F	01:53:52	01:50:47	11:05	00:54:19	
9150	Sandra Marisa PRIMO NUNES	9624	F	01:53:52	01:50:47	11:05	00:54:19	
9151	Fátima PEDROSO	5699	F	01:53:52	01:48:41	10:53	00:54:05	
9152	Maria Amélia Adelaide CORTE REAL DA FONSECA	5627	F	01:54:02	01:49:33	10:58	00:57:14	
9153	Celestina FERREIRA COSTA SALGADO VELOSO	9675	F	01:54:02	01:49:33	10:58	00:54:53	
9154	Ester FARIA	1461	F	01:54:06	01:45:42	10:35	00:54:41	
9155	Celia Cristina ROSMANINHO TRAGUEDO	11388	F	01:54:07	01:45:43	10:35	00:54:44	
9156	Maria Fernanda PITA	9492	F	01:54:07	01:45:43	10:35	00:54:45	
9157	Paulo Sergio VARELA	8157	M	01:54:11	01:48:44	10:53	00:54:32	
9158	Susana Isabel Cabrito Ramos CARDOSO	9680	F	01:54:12	01:49:16	10:56	00:55:04	
9159	Anabela Araújo Calçada Vieira SAÚDE	4920	F	01:54:13	01:49:17	10:56	00:55:05	
9160	Pedro Miguel MATOS DA COSTA	7610	M	01:54:18	01:50:38	11:04	00:55:18	
9161	Nelson LOUREIRO	7663	M	01:54:18	01:50:39	11:04	00:55:19	
9162	Jorge Manuel PINHEIRO DE ALMEIDA	6831	M	01:54:23	01:50:49	11:05	00:55:37	
9163	Sandra Maria CAPITÃO	5427	F	01:54:23	01:50:49	11:05	01:02:14	
9164	Madalena CARVALHO	1288	F	01:54:36	01:48:46	10:53	00:51:29	
9165	Rita QUINTELA	4907	F	01:54:43	01:49:35	10:58	00:53:07	
9166	Sandra PACHECO	4974	F	01:54:43	01:49:36	10:58	00:53:07	
9167	Ana Sofia ALMEIDA	9689	F	01:54:46	01:47:45	10:47	00:54:59	
9168	Graça Maria FERNANDES	9472	F	01:54:50	01:49:23	10:57	00:54:33	
9169	Fatima PEREIRA	11292	F	01:54:55	01:49:54	11:00	00:54:31	
9170	Pedro LAMEIRA	3560	M	01:54:56	01:49:55	11:00	00:54:32	
9171	Ines Capitao DUARTE DE ALMEIDA	1460	F	01:54:57	01:49:49	10:59	00:54:30	
9172	Maria FERNANDES	9591	F	01:55:00	01:50:16	11:02	00:52:51	
9173	Carlos LEMOS	10368	M	01:55:02	01:48:41	10:53	00:53:07	
9174	Marta MARTINS	9718	F	01:55:02	01:48:41	10:53	00:53:08	
9175	Ana Paula Rego De Sousa COSTA	5200	F	01:55:06	01:52:28	11:15	00:55:39	
9176	Maria Emília MONTEIRO	5424	F	01:55:08	01:52:30	11:15	00:55:38	
9177	Maria De Lourdes Rodrigues SANTOS	9660	F	01:55:08	01:52:30	11:15	00:55:39	
9178	Catarina BAILÃO	905	F	01:55:10	01:49:05	10:55	00:56:34	Serviços Sociais da CGD
9179	Rodrigo Matias MATIAS	5899	M	01:55:19	01:49:27	10:57	00:54:47	
9180	Vanda ALVES	4944	F	01:55:22	01:48:04	10:49	00:52:34	NUCLEOEIRAS/SPORTZONE

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
9181	Sónia ALVES	682	F	01:55:23	01:55:23	11:33	00:59:53	NUCLEOEIRAS/SPORTZONE
9182	Alcina LOPES	9510	F	01:55:23	01:48:04	10:49	00:52:35	NUCLEOEIRAS/SPORTZONE
9183	Paula FRAGOSO	4942	F	01:55:23	01:48:05	10:49	00:52:35	NUCLEOEIRAS/SPORTZONE
9184	Afonso Miguel BOUÇA PEREIRA	8245	M	01:55:28	01:53:04	11:19	00:56:15	
9185	Ana Cristina BOUÇA	548	F	01:55:30	01:53:05	11:19	00:56:14	
9186	Marcelo MATOS	5960	M	01:55:32	01:49:40	10:58	00:54:46	
9187	Ana Mafalda Pereira SILVA	5461	F	01:55:33	01:49:43	10:59	00:54:48	
9188	Maria Amélia Fernandes DO VALE	9558	F	01:55:33	01:49:44	10:59	00:54:49	
9189	Antonio OLIVEIRA	10958	M	01:55:34	01:48:57	10:54	00:54:42	
9190	Ana PEREIRA	695	F	01:55:34	01:48:57	10:54	00:54:42	
9191	Carla SEMEDO	4895	F	01:55:35	01:48:58	10:54	00:54:41	
9192	Nuno Miguel RODRIGUES DE SOUSA	7719	M	01:55:36	01:53:11	11:20	00:56:28	
9193	Carla Sofia BOUÇA	9622	F	01:55:36	01:53:13	11:20	00:56:29	
9194	Maria Do Rosário MARREIROS	9609	F	01:55:39	01:48:26	10:51	00:49:32	S. M. D. Caneças
9195	Maria José MARREIROS	5307	F	01:55:39	01:48:27	10:51	00:49:15	S. M. D. Caneças
9196	Luis ALMEIDA	8144	M	01:55:44	01:48:07	10:49	00:53:08	
9197	Araceli CRUZ	5492	F	01:55:49	01:49:07	10:55	00:53:45	
9198	Telma ROBIM	5666	F	01:55:49	01:49:07	10:55	00:53:45	
9199	Beatriz GARCIA	9471	F	01:55:50	01:55:50	11:35	01:01:04	
9200	Carmen LIEBANAS SANTOS	5012	F	01:55:55	01:55:55	11:36	01:01:13	
9201	Genise ALMEIDA	8142	F	01:55:56	01:48:19	10:50	00:53:09	
9202	João LIMA	7836	M	01:55:59	01:52:00	11:12	00:55:38	
9203	Sonia MORGADO	11579	F	01:55:59	01:52:00	11:12	00:55:38	
9204	Mário Jorge RAMOS PEREIRA	7617	M	01:56:05	01:50:08	11:01	00:54:20	
9205	Rita Da Cruz CHOCALHINHO	9722	F	01:56:05	01:50:09	11:01	00:54:18	
9206	Maria DUARTE	11253	F	01:56:09	01:48:55	10:54	00:54:08	
9207	Manuela SILVA	11377	M	01:56:10	01:49:58	11:00	00:52:44	
9208	Helena Mónica CARVALHO	5541	F	01:56:10	01:50:37	11:04	00:56:56	
9209	André VERISSIMO	1916	M	01:56:24	01:53:12	11:20	00:53:39	Grupo Desportivo Roche
9210	Sandra CREIO	846	F	01:56:24	01:53:12	11:20	00:53:44	Grupo Desportivo Roche
9211	Sandra BAPTISTA	1078	F	01:56:31	01:49:39	10:58	00:54:49	Fundação Royal Mcdonald
9212	Ana PATACHO	1071	F	01:56:31	01:49:39	10:58	00:54:48	Fundação Royal Mcdonald
9213	Isabel TRISTÃO	9475	F	01:56:51	01:49:34	10:58	00:54:17	NUCLEOEIRAS/SPORTZONE
9214	Sandra MACHADO	9474	F	01:56:51	01:49:34	10:58	00:54:17	NUCLEOEIRAS/SPORTZONE

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
9215	Maria Inês ESTEVES CORREIA	7881	F	01:56:52	01:51:22	11:09	00:54:53	
9216	Ana Rita GARÇA	10540	F	01:56:52	01:51:23	11:09	00:54:54	
9217	Maria Augusta MARQUES	9654	F	01:56:53	01:50:56	11:06	00:54:49	
9218	Lurdes CARAPINHA	1787	F	01:56:53	01:50:56	11:06	00:54:50	Pepsico Portugal
9219	Raquel GONÇALVES	919	F	01:56:56	01:50:35	11:04	00:54:07	Grupo Desportivo Cimpor
9220	Andreia GONÇALVES	814	F	01:56:56	01:50:35	11:04	00:54:07	Grupo Desportivo Cimpor
9221	Irina Luana CABRITA	534	F	01:56:59	01:48:00	10:48	00:52:50	
9222	Carlos BENTES	10301	M	01:57:02	01:51:29	11:09	00:57:05	
9223	Edite FIGUEIREDO OLIVEIRA	798	F	01:57:02	01:50:06	11:01	00:58:11	
9224	Henrique Manuel LARANGEIRA ANSELMO	2436	M	01:57:05	01:50:08	11:01	00:58:11	
9225	Telma Fabricia GALRÃO DUARTE	5604	F	01:57:09	01:50:05	11:01	00:56:51	
9226	Nuno Miguel COURELA LOPES	3625	M	01:57:09	01:50:05	11:01	00:56:52	
9227	Luciano NEVES	10562	M	01:57:14	01:54:04	11:25	00:56:41	
9228	José NEVES	10561	M	01:57:22	01:54:12	11:26	00:56:41	
9229	Joana VALINHAS	1623	F	01:57:24	01:53:29	11:21	00:55:45	
9230	Sara MATEUS	11573	F	01:57:24	01:53:29	11:21	00:55:44	
9231	João JESUS	2568	M	01:57:26	01:50:15	11:02	00:56:43	Clube Ferroviário de Portugal
9232	Marta GONÇALVES	1630	F	01:57:26	01:50:15	11:02	00:56:42	
9233	Rodrigo COSTA	10845	M	01:57:58	01:50:33	11:04	00:55:15	
9234	Carla GRANGEIA	5771	F	01:57:58	01:50:33	11:04	00:55:15	
9235	Dália MIMOSO	1025	F	01:57:58	01:50:33	11:04	00:55:08	
9236	João MIMOSO	10955	M	01:57:58	01:50:33	11:04	00:55:06	
9237	Paulo BENITTES	10890	M	01:57:58	01:50:33	11:04	00:55:15	
9238	Joana Fernandes VITAL	4957	F	01:57:59	01:50:33	11:04	00:55:14	
9239	Sónia ALVES	4951	F	01:57:59	01:50:34	11:04	00:55:14	
9240	Victor Manuel MORAIS	3416	M	01:58:18	01:54:23	11:27	00:53:33	
9241	Alzira E Tavares MARQUES	9666	F	01:58:18	01:58:18	11:50		
9242	Maria Alexandra BENTO PIRES VIDEIRA	5655	F	01:58:20	01:52:04	11:13	00:57:44	
9243	Vasco CANUDO	10366	M	01:58:31	01:51:17	11:08	00:53:22	
9244	Virginia SEQUEIRA	9737	F	01:58:32	01:51:17	11:08	00:54:09	
9245	Herminia Tonelo QUARENTA	5629	F	01:58:37	01:54:08	11:25	00:54:55	
9246	Maria Luisa Martins SILVA	11285	F	01:58:40	01:54:09	11:25	00:55:58	
9247	Joana SILVA	1403	F	01:58:41	01:54:09	11:25	00:57:11	
9248	Adelaide SILVA	9805	F	01:58:44	01:54:11	11:26	00:57:15	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
9249	Maria Ruth Martins SILVA	5628	F	01:58:44	01:54:13	11:26	00:55:58	
9250	Susana MAIA	11227	F	01:58:49	01:55:48	11:35	00:58:29	
9251	Pedro Miguel Miranda LUCAS	6897	M	01:58:49	01:55:48	11:35	00:58:28	
9252	Catarina BASTOS	5219	M	01:59:00	01:52:03	11:13	00:56:01	Casa do Pessoal Estradas de Portuga
9253	Ana LIMA	969	M	01:59:00	01:56:47	11:41	00:56:38	Casa do Pessoal Estradas de Portugal
9254	Isabel NISA	962	F	01:59:00	01:52:04	11:13	00:56:00	Casa do Pessoal Estradas de Portugal
9255	Ana TOMAZ	1002	F	01:59:01	01:52:04	11:13	00:56:01	Casa do Pessoal Estradas de Portugal
9256	Luis Filipe Calado VIEIRA	9076	M	01:59:02	01:54:25	11:27	00:56:44	
9257	Catarina REIS	810	F	01:59:07	01:51:41	11:11	00:56:12	
9258	Irina COJUHARENCO	5634	F	01:59:07	01:51:41	11:11	00:56:13	
9259	Ricardo PRACA CAVACO NUNES	10417	M	01:59:07	01:51:40	11:10	00:56:12	
9260	Nuno Filipe MARQUES	7334	M	01:59:22	01:59:22	11:57	01:04:02	
9261	Filipa PASSARINHO	5091	F	01:59:23	01:59:23	11:57	01:04:02	
9262	Rebecca RODGERS	1088	F	01:59:32	01:54:59	11:30	00:55:22	St. Julians School
9263	Florence TRODD	551	F	01:59:32	01:54:58	11:30	00:55:22	St. Julians School
9264	Paulo BASILIO	2395	F	01:59:33	01:52:16	11:14	00:55:07	Mirc
9265	Maria Conceição RIBEIRO	11118	F	01:59:34	01:56:25	11:39	00:56:21	
9266	Luis Miguel RIBEIRO	10535	M	01:59:34	01:56:25	11:39	00:56:20	
9267	Maria Da Graça FLOR	544	F	01:59:36	01:53:29	11:21	00:58:10	
9268	Teresa Rita Vaz Serra LIMA	573	F	01:59:36	01:53:29	11:21	00:58:11	
9269	Maria Inês Dos Santos BRUSCO	1046	F	01:59:40	01:52:49	11:17	00:55:59	
9270	Teresa JACOME	5306	F	01:59:42	01:52:21	11:15	00:55:03	Mirc
9271	Carmo TORRES	1085	F	01:59:42	01:52:25	11:15	00:55:06	Mirc
9272	Virginia Da Conceição Dos Santos BRUSCO	581	F	01:59:46	01:52:56	11:18	00:56:01	
9273	Luis CUNHA	6715	M	01:59:57	01:57:00	11:42	00:59:26	Mirc
9274	Nuno MARTINS	7642	M	02:00:01	01:52:51	11:18	00:56:34	
9275	Eduarda OLIVEIRA	9728	F	02:00:01	01:52:52	11:18	00:56:35	
9276	Lilia DIAS	9538	F	02:00:02	01:54:56	11:30	00:57:33	Serviços Sociais da CGD
9277	Lidia BAILÃO	898	F	02:00:02	01:53:57	11:24	00:56:35	Serviços Sociais da CGD
9278	Ana Carina GASPAR	9804	F	02:00:21	01:52:48	11:17	00:58:14	
9279	Manuel António FERREIRA DA SILVA	3371	M	02:00:21	01:52:48	11:17	00:58:13	
9280	Cátia MARTINS	9529	F	02:00:23	01:54:22	11:27	00:57:35	
9281	Armando MARTINS	4869	M	02:00:23	01:54:26	11:27	00:57:40	
9282	Maria Anunciação MARTINS	4891	F	02:00:23	01:54:26	11:27	00:57:39	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
9283	Dina MARMELEIRA	9759	F	02:00:41	01:53:08	11:19	00:58:12	
9284	Ana Margarida GODINHO	9806	F	02:00:43	01:53:10	11:19	00:58:14	
9285	Ana MARTINS	5410	F	02:01:12	01:56:43	11:41	00:58:30	
9286	Pedro GOMES	7073	M	02:01:13	01:56:43	11:41	00:58:30	
9287	Rosalita HENRIQUES	9592	F	02:01:13	01:56:30	11:39	00:58:16	
9288	Cristina CARVALHO	806	F	02:01:14	01:55:49	11:35	00:57:04	Açoreana clube Banif
9289	António CARVALHO	5924	M	02:01:14	01:55:48	11:35	00:59:39	Açoreana clube Banif
9290	Carlos RODRIGUES	5916	M	02:01:14	01:55:50	11:35	00:57:01	Açoreana clube Banif
9291	Otilia ESTEVES	9618	F	02:01:15	01:55:07	11:31	00:54:14	
9292	Maria Ludgera CARDOSO	5436	F	02:01:15	01:55:05	11:31	00:57:25	
9293	Maria Rosario CARLOS	5432	F	02:01:15	01:55:07	11:31	00:54:13	
9294	Ana Margarida FERREIRA	5428	F	02:01:15	01:55:05	11:31	00:54:11	
9295	Olga NEVES	5349	F	02:01:24	01:54:32	11:28	01:01:38	
9296	Margarida VIEIRA MARTINS	5359	F	02:01:25	01:54:33	11:28	01:01:35	Fundação Royal Mcdonald
9297	Lurdes FONSECA	5321	F	02:01:26	01:54:48	11:29	00:56:17	Fundação Royal Mcdonald
9298	Teresa ALVES DE MATOS	5572	F	02:01:27	01:56:38	11:40	00:45:13	
9299	Tânia BARREIRA	5601	F	02:01:29	01:55:27	11:33	01:00:11	
9300	Patricia SILVA	5677	F	02:01:30	01:55:28	11:33	01:00:11	
9301	Rui Miguel SANTOS	10951	M	02:01:30	01:55:29	11:33	01:00:13	
9302	Sandra CARVALHO	5472	F	02:01:37	01:55:27	11:33	00:57:24	
9303	Antónia Maria RODRIGUES	9619	F	02:01:38	01:55:27	11:33	00:57:24	
9304	Victor MONTEIRO	10529	M	02:01:50	01:54:16	11:26	00:55:46	
9305	Tiago CAVALHEIRO	1888	M	02:01:56	01:57:39	11:46	00:59:16	Açoreana clube Banif
9306	Neuza FERREIRA	5713	F	02:01:58	01:55:19	11:32	00:57:38	
9307	Rui Miguel SANTOS	4443	M	02:01:58	01:55:20	11:32	00:57:37	
9308	Ana Sofia Silva OLIVEIRA	5088	F	02:02:08	01:55:35	11:34	00:56:56	
9309	Ana LUISA	5295	F	02:02:13	01:56:20	11:38	01:06:05	Odebrecht / BPC
9310	Mario Miguel RODRIGUES	10019	M	02:02:28	01:55:11	11:32	00:56:36	Casa do Pessoal Estradas de Portugal
9311	Rita Alexandra RODRIGUES	9541	F	02:02:28	01:55:12	11:32	00:56:35	Casa do Pessoal Estradas de Portugal
9312	Maria Luz RODRIGUES	979	F	02:02:28	01:55:11	11:32	00:56:35	Casa do Pessoal Estradas de Portugal
9313	Carlos Alberto Jesus ALMEIDA	10292	M	02:02:36	01:56:05	11:37	00:56:57	
9314	Filipa Alexandra Moreira REDONDO	5089	F	02:02:37	01:56:05	11:37	00:56:56	
9315	Ana Cristina Antunes MOREIRA	9742	F	02:02:38	01:56:06	11:37	00:56:57	
9316	Manuel MOSTEIAS	2867	M	02:02:58	02:02:58	12:18	01:11:16	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
9317	Carla Cristina GONÇALVES	5749	F	02:03:18	01:57:42	11:47	00:55:34	
9318	Helena Isabel RISCADOR	1300	F	02:03:19	01:57:42	11:47	00:55:35	
9319	Silvia RISCADOR	9669	F	02:03:19	01:57:42	11:47	00:55:34	
9320	Ana Filipa PIMENTEL MIRANDA DA FRANCA	9762	F	02:03:55	01:57:13	11:44	00:58:40	
9321	Maria Elisabete ARAUJO SOUSA OLIVEIRA	11409	F	02:03:56	01:57:14	11:44	00:58:40	
9322	Maria Do Pilar BENVEGNUM	9555	F	02:04:42	01:58:00	11:48	00:56:49	
9323	Ana Laura RIBEIRO	5595	F	02:04:42	01:57:59	11:48	00:56:48	
9324	Fátima LAVOS	5399	F	02:04:51	01:58:42	11:53	01:01:03	
9325	Fátima COELHO	10422	F	02:04:54	02:04:54	12:30	01:08:03	
9326	Luís NEVES	6108	M	02:05:06	01:57:42	11:47	00:59:03	Açoreana clube Banif
9327	Sandra FERRÃO	5084	F	02:05:06	01:57:42	11:47	00:59:02	Açoreana clube Banif
9328	Ana Maria MARTINS	5413	F	02:05:19	01:59:13	11:56	01:01:05	
9329	Filipa MARTINS	5344	F	02:05:21	01:59:14	11:56	01:01:51	
9330	Alberto MARTINS	7061	M	02:05:21	01:59:13	11:56	01:01:50	
9331	Helena LUIS	11585	F	02:05:23	02:01:26	12:09	01:02:50	
9332	Nuno JACINTO	2357	M	02:05:38	02:01:41	12:11	01:04:15	Tabaqueira
9333	Filomena COSTA	5330	F	02:05:38	02:01:41	12:11	01:04:15	Tabaqueira
9334	Bruno SILVA	6662	M	02:05:39	02:04:22	12:27	00:26:25	Tabaqueira
9335	Ana COELHO	5327	F	02:05:39	02:01:42	12:11	01:04:14	Tabaqueira
9336	Elisabete JESUS	1158	M	02:05:40	02:01:03	12:07	01:00:41	
9337	Ana Maria ALVAREZ	9571	M	02:05:40	02:01:03	12:07	01:00:41	
9338	Fabio ALVES	6591	M	02:06:10	02:00:18	12:02	01:00:32	Odebrecht / BPC
9339	Ana ALVES	1037	M	02:06:10	02:00:16	12:02	01:06:19	Odebrecht / BPC
9340	Leonor CLARO	9729	F	02:07:19	02:00:17	12:02	01:02:03	
9341	Helena ALVES PEREIRA	5826	F	02:07:31	02:00:29	12:03	01:02:02	
9342	Ana Paula BELMARÇO	9691	F	02:07:31	02:00:29	12:03	01:02:03	
9343	Andrzej MICHALCZYK	10881	M	02:08:31	02:03:44	12:23	01:01:47	
9344	Inácia Rosa Candeias COSTA	583	F	02:09:04	02:04:30	12:27	01:05:38	
9345	Gertrudes Maria CALADO	565	F	02:09:05	02:04:31	12:28	01:05:35	
9346	Carla MACHADO	1331	F	02:09:40	02:02:13	12:14	01:03:51	