

# Prova Aberta GRANDE PRÉMIO BES

Lisboa, 2 de Dezembro de 2001

Lugar	Nome	Clube	Tempo	81	Alice Madeira	38:23	162	João Teixeira	Cadp Mun Cascais	41:28
1	Jose Simoes	Gde Bta	29:27	82	Ricardo Nobais	38:28	163	Carlos Tavares	Cadp Cpp	41:34
2	Julio Godinho	Miranense Fc	30:15	83	Mario Rui	38:28	164	Jose Protes	Gd Alcantara Azeuques	41:37
3	Felipeberto Pinto	Liberdade Ac	30:57	84	Carlos Pereira	38:32	165	Vitor Vicente	Na Bdf	41:38
4	Antonio Nunes	Ca Visu	31:19	85	Carlos Ferreira	38:43	166	Vitor Rodrigues	Cd Costa Estoril	41:44
5	Alfredo Valente	Sl Campolide	32:32	86	Manuel Robalo	38:51	167	Manuel Martins	Airf Almoadense	41:47
6	Elio Lopes	Individual	32:43	87	Alexandre Gomes	38:51	168	Sergio Daniel	Na Papagaio Cascais	41:50
7	Joao Aires	C Autocoope	33:27	88	Antonio Vicente	38:52	169	Horacio Gomes	Individual	41:51
8	Luis Cordeiro	Gd Patuicos Vialonga	33:27	89	Miguel Jorge	38:52	170	Carilda Branco	Gd Alcatel Portugal	41:52
9	Tiago Louca	Isapsi	33:57	90	Rui Bernardino	38:53	171	Fernando Branco	Gd Alcatel Portugal	41:52
10	Bruno Ferreira	Gd Casais Vento	34:01	91	Lino Santos	38:57	172	Nuno Lopes	Individual	41:53
11	Humberto Goncalves	Gd Casais Vento	34:01	92	Luis Vicente	39:00	173	Dinis Sousa	Gde Bta	41:54
12	Jose Ramos	Jf Trafaria	34:20	93	Jose Cavaco	39:00	174	Carlos Jarouca	Revit Club	41:55
13	Joao Vaz	Individual	34:25	94	Vitorino Anjos	39:07	175	Francisca Alves	Os Zangoes	41:57
14	Manuel Sa	Gdca Arcos Valdevez	34:30	95	Jaime Gomes	39:08	176	David Fernandes	Individual	41:57
15	Sergio Santos	Jf Trafaria	34:33	96	Carlos Costa	39:09	177	Joaoim Cavaco	Individual	41:58
16	Americo Costa	Gd Os Matulos	34:37	97	Cesar Costa	39:10	178	Bruno Moutinho	Gd Sao Domingos	41:58
17	Joao Fandango	Casa Benfica Cascais	34:43	98	Vitor Jorge	39:11	179	Nelson Gomes	Gd Sao Domingos	42:00
18	Tiago Pinto	Liberdade Ac	34:44	99	Antonio Parreira	39:17	180	Manuel Rodrigues	Individual	42:04
19	Bruno Alves	Isapsi	34:53	100	Carlos Santos	39:18	181	Joao Mendes	Individual	42:07
20	Rui Loureiro	Aa Arratense	34:55	101	Antonio Catalino	39:22	182	Antonio Capelo	Individual	42:08
21	Rafina Bello	Casa Benfica Cascais	35:06	102	Jeremias Manuel	39:23	183	Antonio Neves	Gd Patuicos Vialonga	42:09
22	Antonio Cruz	Gde Bta	35:07	103	Jorge Jourdan	39:23	184	Jorge Placido	Individual	42:09
23	Hugo Fina	Individual	35:30	104	Jose Almeida	39:28	185	Jose Oliveira	Individual	42:12
24	Carlos Ricardo	Matutano	35:35	105	Fernando Reis	39:34	186	Joao Traveasa	C Ferroviario P	42:13
25	Joao Rodrigues	Gd Macedo Oculista	35:41	106	Sul Silva	39:34	187	Jose Henriques	Cadl Metropolitano Lx	42:14
26	Rui Dias	Montepio Geral Ss	35:43	107	Jose Alves	39:38	188	Manuel Dantas	Cadl Metropolitano Lx	42:15
27	Fernanda Carvalho	Cadp Cpp	35:48	108	Alberto Correia	39:41	189	Pedro Caetano	Na Bdf	42:15
28	Diogo Amorim	Individual	35:52	109	Joao Claudio	39:43	190	Jose Pngalho	Gde Bta	42:18
29	Paula Cantante	Individual	35:53	110	Pedro Martins	39:46	191	Jose Sabreira	Alfap	42:19
30	Jose Martins	C Ferroviario Portugal	35:54	111	Eduardo Martins	39:56	192	Hugo Silva	G Escarpioes Fc	42:20
31	Fernando Cardoso	Gde Bta	35:55	112	Jose Ferreira	39:59	193	Fernando Cardoso	Cadl Metropolitano Lx	42:20
32	Vitória Cabrira	Gde Bta	36:04	113	Carlos Silva	40:03	194	Luis Ferreira	Galapaa	42:21
33	Carlos Campos	Os Zangoes	36:06	114	David Santos	40:04	195	Julio Sabino	Casa Benfica Cascais	42:22
34	Paulo Monteiro	Gd Patuicos Vialonga	36:08	115	Poulo Soares	40:07	196	Manuel Ventura	Individual	42:22
35	Fernando Moreira	Gde Bta	36:10	116	Miguel Silva	40:07	197	Manuel Coelho	Sc Moitense	42:23
36	Mario Zorro	Aa Mafra	36:14	117	Alvaro Portugal	40:08	198	Ilda Sousa	Gimda	42:23
37	Adulcino Lutucuta	Isapsi	36:15	118	Ricardo Silva	40:08	199	Bruno Guirino	Galapaa	42:24
38	Bruno Campos	Car Alto Moinho	36:16	119	Joao Elias	40:08	200	Helena Medeiros	Ss Cgd	42:26
39	Carlos Gameiro	Individual	36:19	120	Jose Barreiros	40:09	201	Ricardo Freire	Gd Casais Vento	42:27
40	Vasco Feijoo	Gd Gloria Ribatejo	36:23	121	Augusto Silva	40:10	202	Joao Ramos	Cadp Camara Loures	42:32
41	Helder Ferreira	Individual	36:24	122	Francisco Martins	40:10	203	Carlos Viegas	Individual	42:34
42	Manuel	Sr Os Alhadas Brandao	36:24	123	Domingos Coelho	40:11	204	Vitor Mendes	Sotecnica Sa	42:42
43	Carla Dias	Jr Neves	36:32	124	Tiago Simoes	40:14	205	Jose Antunes	Individual	42:44
44	David Palmeiro	Individual	36:37	125	Luis Correia	40:22	206	Augusto Martins	Individual	42:45
45	Fernando Silva	Sl Campolide	36:39	126	Horacio Rodrigues	40:24	207	Vitor Jorge	Jovigal	42:49
46	Jose Ferreira	Beira Mar Ac Almada	36:40	127	Jose Marcal	40:25	208	Antonio Silva	Cad Tribunal Contos	42:50
47	Oscar Batalha	Aa Mafra	36:47	128	Jose Mocho	40:25	209	Augusto Fonseca	Individual	42:59
48	Joaoim Cordeiro	Casa Benfica Cascais	36:53	129	Tiago Castro	40:26	210	Antonio Gaspar	Gdca In Casa Moeda	43:00
49	Pedro Dias	Gd Patuicos Vialonga	36:55	130	Joao Dias	40:27	211	Antonia Santos	Gdc Eirapadense	43:01
50	Manuel Fidalgo	Cad Efacec Lisboa	37:01	131	Eduardo Ferreira	40:27	212	Carlos Cunha	C Autocoope	43:02
51	Carlos Alves	Revit Club	37:03	132	Carlos Tavares	40:28	213	Luciano Branco	Os Amigos Jamar	43:02
52	Paulo Silva	Liberdade Ac	37:04	133	Joao Gomes	40:31	214	Carlos Gomes	Sl Campolide	43:03
53	Goncalo Correia	Aa Mafra	37:08	134	Fernando Lopo	40:33	215	Carlos Azevedo	Individual	43:09
54	Deolinda Antonio	Gd Patuicos Vialonga	37:08	135	Jose Zorro	40:34	216	Jose Lourenco	Individual	43:09
55	Otilio Monteiro	Cadp Mun.Salv.Magos	37:13	136	Antonio Pereira	40:35	217	Fernando Rodrigues	Individual	43:11
56	Carlos Brito	Cadp Cpp	37:14	137	Jorge Modesto	40:36	218	Joao Serra	Cp Iva	43:11
57	Paulo Almeida	Individual	37:24	138	Pedro Lencastre	40:37	219	Ricardo Santos	Individual	43:12
58	Andre Reis	Gdca Bnu	37:27	139	Abilio Sousa	40:38	220	Luis Reis	Montepio Geral Ss	43:13
59	Joao Duarte	Individual	37:28	140	Morris Santos	40:41	221	Rogeria Santos	A Cova Moura	43:16
60	Joao Teixeira	Casa Benfica Cascais	37:33	141	Salvador Alonso	40:42	222	Vitor Almeida	Individual	43:17
61	Helder Gomes	Individual	37:34	142	Manuel Pinto	40:42	223	Isabel Santos	Fup Mundial	43:18
62	Antonio Adro	Os Zangoes	37:40	143	Antonio Nascimento	40:43	224	Jose Caneira	Cadp Mun.Salv.Magos	43:18
63	Pedro Pinha	Os Resistentes Monsanto	37:42	144	Jose Marcelino	40:44	225	Luis Miguens	Os Zatopeques	43:25
64	Augusto Ferreira	Os Celas	37:43	145	Tiago Simao	40:45	226	Antonio Nascimento	Gdca In Casa Moeda	43:29
65	Ricardo Batista	Aa Mafra	37:50	146	Ivo Ferreira	40:46	227	Vitor Matos	Gd O Trabalho	43:30
66	Aurelio Ribeiro	Gdca Arcos Valdevez	37:51	147	Goncalo Pires	40:49	228	Jose Oleiro	Gdca In Casa Moeda	43:40
67	Gil Ferreira	Veteranas Quezuz	37:52	148	Humberto Loureica	40:52	229	Jose Abreu	Gdca In Casa Moeda	43:44
68	Antonio Marques	Veteranas Quezuz	37:56	149	Domingos Milheiro	40:55	230	Rui Caldas	Individual	43:44
69	Victor Passarinho	Airf Almoadense	37:59	150	Henrique Marcal	40:56	231	Carlos Maria	Individual	43:45
70	Nuno Cordeira	Os Zatopeques	38:00	151	Helena Guia	40:56	232	Luis Alves	Individual	43:46
71	Joao Carvalho	Alfap	38:07	152	Raul Luz	41:00	233	Ricardo Antunes	Individual	43:48
72	Joaoim Folgado	Individual	38:08	153	Jose Guia	41:06	234	Francisco Goncalves	Cadl Metropolitano Lx	43:52
73	Jose Alves	Individual	38:11	154	Tiago Castonheira	41:07	235	Rui Varela	Aa Belem	43:52
74	Armenio Andrade	Ac Salvaterra	38:12	155	Carlos Santos	41:08	236	Jose Pires	Individual	43:54
75	Jose Baixinho	Santiago Fc	38:13	156	Paulo Duarte	41:12	237	Joao Santos	Gdca Borsalis	43:54
76	Carlos Godunhas	Cadp Camara Loures	38:15	157	Antonio Campos	41:13	238	Jose Pires	Cadl Metropolitano Lx	43:54
77	Henrique Mateus	D Pedro Iv	38:15	158	Lidia Lopes	41:15	239	Adelino Sousa	Individual	43:55
78	Julio Antunes	Sr Os Alhadas Brandao	38:17	159	Leonardo Mauro	41:20	240	Mauricio Rodrigues	Individual	43:56
79	Philippe Pereira	Gd Casais Vento	38:21	160	Joao Ventura	41:24	241	Jorge Fernandes	Individual	43:56
80	Jose Silva	Individual	38:22	161	Jose Vaz	41:24	242	Carlos Goncalves	Individual	43:57

243	Paulo Lapao	Individual	43:58	367	Joaquim Claudino	Legris	48:00	491	Antonio Pereira	Individual	53:29
244	Nuno Santos	Flup Mundial	44:02	368	Joao Games	Individual	48:01	492	Luis Barbosa	Individual	53:30
245	Jose Santos	Flup Mundial	44:13	369	Jose Beja	Gdine	48:02	493	Fernando Ferreira	Individual	53:31
246	Fernando Ferreira	Individual	44:13	370	Pedro Bartolo	Montepia Geral Ss	48:05	494	Ricardo Carvalho	Individual	53:32
247	Benilde Anjos	Criterion	44:14	371	Jose Loucas	Ccqp Cpp	48:05	495	Antonio Ferroo	Individual	53:32
248	Manuel Bandeira	Cad Metropolitan Lx	44:15	372	Nuno Violance	Muntabons	48:07	496	Fernando Pereira	Individual	53:34
249	Vitor Santos	SI Campolide	44:16	373	Ana Fidalgo	Individual	48:07	497	Carla Marcelino	Individual	53:38
250	Manuel Gomes	Foul Divv	44:17	374	Prates Manilal	Individual	48:08	498	Luis Almeida	Individual	53:41
251	Pedro Gomes	Foul Divv	44:17	375	Joao Pereira	Ccqp Mun Cascais	48:08	499	Pedro Martins	Ao Belem	53:42
252	Gisela Pinto	Gr Escorpions Fc	44:18	376	Zeca Silva	Gde Bta	48:09	500	Jose Teixeira	Ao Belem	53:43
253	Joao Martins	Gd O Trabalho	44:21	377	Jose Carneira	Individual	48:10	501	Fernanda Nascimento	Gcd Fois	53:48
254	Jose Marais	Os Zotopeques	44:21	378	Esmeralda Gomes	Individual	48:11	502	Jose Tavares	Individual	53:49
255	Martins Barata	C Ferroviaria Portugal	44:23	379	Vitor Cordeira	Individual	48:11	503	Antonio Alves	SI Campolide	53:49
256	Laura Rodrigues	C Ferroviaria Portugal	44:26	380	Fernando Bravo	Individual	48:12	504	Nuno Concacoo	Individual	53:50
257	Carla Brazinha	Individual	44:27	381	Paulo Bailao	Individual	48:16	505	Pedro Castelo	Individual	53:53
258	Belarmino Mesquita	Rsb Lisboa 2 Camp	44:28	382	Vitor Chow	F3	48:17	506	Antonio Campinas	Individual	53:56
259	Jose Leitao	Rsb Lisboa 2 Camp	44:30	383	Jose Cautinha	Aa Labres Sada	48:17	507	Mario Ribeiro	Individual	54:01
260	Augusto Frozoo	Gcd Eirapadrense	44:31	384	Carla Grasa	Gdine	48:20	508	Antonia Cerqueira	Individual	54:02
261	Joao Constancio	Cad Metropolitan Lx	44:34	385	Vitor Ferreira	Gde Bta	48:28	509	Isabel Santos	Individual	54:06
262	Manuel Casalta	Individual	44:35	386	Jose Gorrada	Gde Bta	48:29	510	Paulo Carvalheiro	Individual	54:12
263	Fernando Alves	Ss Cgd	44:40	387	Reis Antoa	Gde Bta	48:49	511	Joao Pereira	Cad Metropolitan Lx	54:16
264	Francisco Feliciano	C Autocoope	44:47	388	Fernando Farinha	C Autocoope	48:51	512	Antonia Rodrigues	Gde Bta	54:16
265	Luis Almeida	Ss Cgd	44:48	389	Francisca Guerra	Clac Parede	48:52	513	Jorge Manhica	Individual	54:21
266	Joao Cunha	Cad Tipc	44:49	390	Carlos Carmo	Gcd Borealis	48:59	514	Maria Gertrudes	Gde Bta	54:21
267	Rui Batista	Cad Tipc	44:51	391	Adriano Silva	Ac Porto Salvo	49:00	515	Rasa Cabral	Individual	54:29
268	Manuel Custodia	Ac Porto Salva	44:52	392	Guetta Xavier	Individual	49:00	516	Joao Almeida	Gdad In Casa Moeda	54:30
269	Joaquim Gomes	Cad Metropolitan Lx	44:53	393	Vasco Santos	Gd Bpi	49:03	517	Antonio Santos	Rc Santo Amaro	54:32
270	Agostinha Lopes	Nq Bdf	44:56	394	Isilda Barradas	SI Campolide	49:05	518	Antonio Monteiro	Cad Etaoec Lisboa	54:35
271	Gabriel Lourinho	Jovigall	44:56	395	Fernanda Mendes	Individual	49:05	519	Victor Varela	Individual	54:36
272	Luis Ferreira	Asp Policia Maritima	44:57	396	Orlando Sousa	Cad Metropolitan Lx	49:06	520	Pedro Ferreira	Santiago Fc	54:42
273	Domingos Rodrigues	Asp Policia Maritima	45:00	397	Manuel Campinos	Individual	49:06	521	Joao Parada	Individual	54:43
274	Iliado Targal	Individual	45:04	398	Miguel Farias	Individual	49:07	522	Joao Cunha	Legris	54:43
275	Jose Caldas	Individual	45:06	399	Jose Rodrigues	Cad Metropolitan Lx	49:07	523	Armando Loureiro	Individual	54:43
276	Vitor Rodrigues	Asp Policia Maritima	45:07	400	Ludgero G Caldeira	Cp Iva	49:07	524	Jose Luis	Gd Sao Domingos	54:43
277	Vania Dias	Gd Pouscos Vialonga	45:08	401	Antonio Mautinho	Legris	49:08	525	Paulo Rebelo	Gd Roche	54:44
278	Carlos Silva	Individual	45:09	402	Lurdes Sant Ana	Individual	49:14	526	Fernando Teixeira	Individual	54:58
279	Armando Jorge	Individual	45:10	403	Vitalino Mandonca	Os Zangoes	49:17	527	Emidio Quaresma	Individual	55:07
280	Santos Neta	Aa Belem	45:11	404	Manuel Jarrete	Ac Porto Salvo	49:18	528	Antonio Martins	Muntabons	55:16
281	Joao Boim	Individual	45:11	405	Antonio Vicente	Gde Bta	49:19	529	David Alves	Individual	55:17
282	Armando Luis	Ga Os Matuloes	45:12	406	M Cibele Rodrigues	Hospital St Marta	49:21	530	Ricardo Caldeira	Individual	55:18
283	Joao Agostinho	Ga Os Matuloes	45:12	407	Luis Carvalho	Casru	49:21	531	Ana Vieira	Individual	55:37
284	Nascimento Costa	Ga Os Matuloes	45:12	408	Caminda Madureira	Liberdade Ac	49:27	532	Luis Gomes	Individual	55:41
285	Artur Monteiro	Ga Os Matuloes	45:12	409	Adriano Coelho	Na Papagosais Cascais	49:28	533	Jorge Duarte	Veteranos Queluz	55:41
286	Raul Henriques	Ga Os Matuloes	45:13	410	Antonio Lopes	Cad Etaoec Lisboa	49:29	534	Gabriel Camacho	Individual	55:49
287	Jorge Pereira	Ga Os Matuloes	45:13	411	Ramiro Nunes	Individual	49:33	535	Rui Dinis	Individual	55:59
288	Paulo Gomes	Individual	45:14	412	Leonel Brandao	Individual	49:35	536	Estreia Dias	C Autocoope	56:04
289	Rui Rodrigues	Individual	45:15	413	Jose Guimaraes	Cad Etaoec Lisboa	49:39	537	Pedro Vieira	Individual	56:09
290	Fernando Azevedo	Individual	45:16	414	Mario Domingues	Individual	49:39	538	Bruno Capelo	Individual	56:10
291	Antonio Valente	Individual	45:24	415	Cesar Matos	Individual	49:40	539	Patricia Pedro	Gd Bpi	56:24
292	Joaquim Guerreiro	Gd O Trabalho	45:24	416	Sergio Linheiro	Cp Iva	49:41	540	Rui Dugas	Individual	56:24
293	Carlos Varela	Individual	45:24	417	Ruben Fonseca	Individual	49:41	541	Hugo Ferreira	Cinsozouhant	56:25
294	Helio Godinho	Individual	45:25	418	Nuno Dinis	Individual	49:50	542	Ana Canhato	Individual	56:25
295	Joaquim Pereira	Cad Metropolitan Lx	45:26	419	Jose Bom	Individual	49:56	543	Maria Encarnacao	Cinsozouhant	56:26
296	Jose Monge	Siemens	45:27	420	Jose Regalado	Gde Bta	49:58	544	Ana Martins	Individual	56:31
297	Manuel Catarino	Ccqp Mun Cascais	45:27	421	Daniel Vargas	Individual	50:01	545	Rui Magalhães	Individual	56:31
298	Emilio Piller	Muntabons	45:29	422	Jorge Chagas	Cad Metropolitan Lx	50:06	546	Mario Almeida	Individual	56:40
299	Sergio Leitao	Individual	45:32	423	Paulo Rodrigues	Hospital St Marta	50:12	547	Antonio Botelho	Gd Colgate/Palmolive	56:42
300	Carlos Moreno	Individual	45:34	424	Joao Carvalho	Individual	50:12	548	Carroo Sousa	Aa Belem	56:51
301	Pedro Monteiro	Cad Se Lisboa	45:35	425	Antonio Martinho	Gcd Borealis	50:12	549	Alberto Cano	Aa Belem	56:52
302	Jaime Fernandes	Os Amigos Jamar	45:38	426	Pedro Moura	Ccqp Mun Cascais	50:13	550	Joao Martins	Clube Stress	56:52
303	Antonio Mesquita	Individual	45:39	427	Manuel Castilho	Veteranos Queluz	50:14	551	Jose Tavares	Clube Stress	56:53
304	Carlos Goncalves	Individual	45:40	428	Joaquim Gois	Cad Se Lisboa	50:15	552	Luis Goncalo	Individual	56:54
305	Laurenco Rosario	Beira Mar Ac Almada	45:49	429	Aha Augusto	Individual	50:18	553	Rui Luis	Asp Policia Maritima	57:00
306	Adelino Castro	Cad Etaoec Lisboa	45:50	430	Fernando Fernandes	Cad Metropolitan Lx	50:22	554	Fernanda Domingues	Individual	57:02
307	Antonio Martinho	Gcp	45:51	431	Tomas Moreno	Gcp	50:27	555	M.Graça Carvalho	Individual	57:04
308	Antonio Saraiva	Gcp	45:52	432	Joaquim Mouchinho	Cp Iva	50:27	556	M Elvira Lima	Cad Etaoec Lisboa	57:04
309	Carla Fernandes	Cinsozouhant	45:55	433	Nuno Gaspar	Individual	50:28	557	Manuel Nunes	Individual	57:08
310	Joao Gomes	Individual	45:56	434	Rute Menezes	Gd Macedo Oculista	50:28	558	Rui Alfonso	Gd Bpi	57:18
311	Joao Pereira	Individual	45:57	435	Mario Castilho	Individual	50:29	559	Luciana Silva	Cinsozouhant	57:23
312	Antonio Bogralho	Gdine	45:58	436	Angela Flor	Individual	50:35	560	Conceicao Nunes	Cinsozouhant	57:24
313	Americo Lopes	Individual	46:00	437	Marta Nu	Individual	50:36	561	Antonio Granjo	Individual	57:25
314	Jose Fialho	Ccqp Mun Cascais	46:01	438	Virgilio Jesus	Os Resistentes Monsanto	50:38	562	Eduardo Granjo	Gcp	57:26
315	Antonio Tavares	Ccqp Mun Cascais	46:02	439	Joaquim Fanecka	Tap Air Portugal	50:43	563	M Helena Carvalho	Individual	57:39
316	Paulo Diegues	Individual	46:05	440	Vitor Bandeira	Individual	50:44	564	Sara Viola	Cinsozouhant	57:54
317	Antonio Soares	Gimda	46:06	441	Antonio Trindade	Os Amigos Jamar	50:54	565	Natalia Amarim	Nq Bdf	57:55
318	Carlos Silva	Individual	46:14	442	Antonio Fernandes	Individual	50:54	566	Alito Ramos	Individual	57:55
319	Fernando Oliveira	Atletas Peso	46:15	443	Jose Antunes	Individual	50:55	567	Francisco Gomes	Desportivo Lancias	58:15
320	Francisco Dias	Individual	46:17	444	Joaquim Marques	Individual	50:56	568	Rita Sousa	C Ferroviario P	58:45
321	John Johnson	Individual	46:20	445	M. Idalina Santos	Individual	50:57	569	Luciana Silva	C Autocoope	58:46
322	Vitor Monteiro	Individual	46:24	446	Helio Godinho	Individual	51:06	570	Rui Vargas	Individual	58:46
323	Miguel Santos	Individual	46:32	447	Mario Fonseca	Individual	51:09	571	Andre Silva	Individual	58:50
324	Joao Graça	C Autocoope	46:34	448	Iliadio Monteiro	Rc Santo Amaro	51:15	572	Ana Alice	Ccs Epul	58:50
325	Cristina Abrunhosa	C Autocoope	46:43	449	Teodoro Marujo	Al Vale Silecio	51:19	573	Jorge Goncalves	Individual	59:04
326	Antonio Coutinho	Beira Mar Ac Almada	46:45	450	Armanda Barbosa	Desportivo Lancias	51:22	574	Susana Rodrigues	Individual	59:05
327	Olega Chibaeva	Russia	46:49	451	Joao Ortao	Individual	51:26	575	Helena Oliveira	Clube Stress	59:07
328	Carla Valadas	Gcqp Cpp	46:50	452	Anibal Carvalho	Gyro-Varial	51:26	576	Antonio Silva	Ccs Epul	59:56
329	Antonio Almeida	Gcqp Cpp	46:51	453	Sebastiao Matos	Gyro-Varial	51:31	577	Hugo Guedes	Desportivo Lancias	01:00:43
330	Vitor Boim	Individual	46:51	454	Laurenco Lopes	Individual	51:32	578	Sandra Teresa	Desportivo Lancias	01:00:44
331	Guntherme Goncalves	C Ferroviario P	46:52	455	Jose Nana	Individual	51:41	579	Claudia Goncalves	Individual	01:01:03
332	Alberto Cardoso	Ccs Epul	46:52	456	Francisco Parro	Cad Tipc	51:42	580	Joana Azeada	Individual	01:01:04
333	Jaime Paizaa	Ccs Epul	46:53	457	Armando Parracho	Individual	51:44	581	Leopoldina Fonseca	Gr Escorpions Fc	01:01:20
334	Carlos Goncalves	Individual	46:53	458	M.Lurdes Magalhães	Individual	51:45	582	Ano Fonseca	Gr Escorpions Fc	01:01:21
335	Mario Goncalves	Individual	46:55	459	Jose J Matias	Individual	51:53	583	Zelia Soromenho	Individual	01:01:26
336	Judi Miller	Individual	46:57	460	Orlando Silva	Individual	51:55	584	Armenio Fidalgo	Os Zotopeques	01:01:39
337	Frances Austin	Individual	46:57	461	Carlos Rodrigues	Tap Air Portugal	52:04	585	Nuno Pinto	Individual	01:03:10
338	Suzanne Humpoul	Individual	47:01	462	Jose Ramos	Montepia Geral Ss	52:05	586	Cassalinha Carpelho	Ccs Epul	01:03:25
339	Jose Jardim	C Ferroviaria Portugal	47:05	463	Jose Botaiso	Tap Air Portugal	52:05	587	Jose Marcelino	Ccqp Mun Cascais	01:03:28
340	Paulo Camica	Ccqp Mun. Salv. Magos	47:08	464	Jose Ines	Legris	52:06	588	M Jose Marinho	Criterion	01:03:30
341	Luis Ferreira	Individual	47:09	465	Joao Pereira	Individual	52:08	589	Idelina Fernandes	Individual	01:04:52
342	Antonio Resende	Individual	47:09	466	Abilio Sousa	Individual	52:11	590	Fernanda Barata	Individual	01:04:53
343	Ricardo Hilario	Individual	47:10	467	Jorge Rovisco	Ca Torres	52:18	591	M.Branca Mendes	Individual	01:05:12
344	Nuno Casal	leaes Da Estrada	47:13	468	Rafael Gallego	Individual	52:32	592	Raquel Meakin	Cad Tipc	01:05:12
345	Humbeito Pinheiro	Airf Almadsense	47:14	469	Filipe Vicente	Individual	52:34	593	Ano Eleuterio	Cad Tipc	01:05:19
346	Antonio Alencar	Airf Almadsense	47:18	470	Paulo Costa	Individual	52:35	594	Luis Almeida	Individual	01:06:19
347	Paulo Fonte	Individual	47:19	471	Helena Dias	Individual	52:37	595	Ano Castanheira	Marroitas/Narte	01:06:20
348	Rui Almeida	Individual	47:19	472	Ano Lopes	Desportivo Lancias	52:41	596	Manuela Martinho	Gcd Borealis	01:06:37
349	Eduardo Hilario	Individual	47:20	473	Isabel Rodrigues	Individual	52:47	597	Barbara Mendes	Gcd Borealis	01:07:08
350	Alipio Oliveira	Cad Metropolitan Lx	47:22	474	Celia Antunes	Cad Tipc	53:01	598	Joana Soalheira	C Autocoope	01:07:08
351	Anabela Pinela	Ccqp Mun Cascais	47:23	475	Rui Barata	Individual	53:03	599	Herminda Conceicao	Desportivo Lancias	01:08:01
352	Rui Aleixo	Individual	47:25	476	Margarida Paiva	Individual	53:07	600	Galeste Miranda	Desportivo Lancias	01:08:06
353	Antonio Barreira	Individual	47:28	477	Manuel Goncalves	Gcds Bruu	53:08	601	Emeldada Lourenco	Individual	01:08:07
354	Carlos Sousa	Omega	47:29	478	Neluso Fonseca	Csc Ribamar	53:09	602	Pedro Eleuterio	Individual	01:08:08
355	Isac Dinis	Individual	47:32	479	Tiago Pinhal	Individual	53:11	603	Ano Cornelia	Individual	01:08:32
356	Felix Manuel	Individual	47:33	480	Vanessa Reis	Iscapi	53:11	604	Jose Freitas	Individual	01:08:33
357	M Fatima Andrade	Gr Escorpions Fc	47:38	481	Lucia Silva	Iscapi	53:16	605			