

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
1	Hermano Ferreira	00:29:15	00:29:13	00:14:23	Conforlimpa
2	José Ramos	00:29:50	00:29:47	00:14:46	Conforlimpa
3	Ricardo Mateus	00:30:09	00:30:06	00:14:46	Sporting Clube de Portugal
4	Ricardo Ribas	00:30:41	00:30:39	00:15:03	Maratona Clube de Portugal
5	Hélio Fumo	00:30:45	00:30:42	00:15:03	
6	Nuno Santos	00:30:49	00:30:48	00:15:04	Sport Lisboa e Benfica
7	Luis Feiteira	00:30:56	00:30:53	00:15:14	GARMIN
8	Filipe Ferreira	00:31:05	00:31:02	00:15:20	
9	Adelino Monteiro	00:31:13	00:31:10	00:15:21	Sporting Clube de Portugal
10	Emanuel Rolim	00:31:19	00:31:16	00:15:21	Sport Lisboa e Benfica
11	Jéssica Augusto	00:31:52	00:31:49	00:15:47	Nike
12	Lino Barruncho	00:32:02	00:31:59	00:15:41	Clube Olímpico de Oeiras
13	Miguel Da Cunha Arraiolos	00:32:15	00:32:13	00:15:40	FTP
14	Carlos Saias	00:32:45	00:32:41	00:15:57	VRC Carpintaria
15	João Pedro Lopes Da Silva	00:33:05	00:33:05	00:15:34	
16	Amilcar Manuel Leal	00:33:06	00:33:04	00:16:26	CCR Alto do Moinho
17	Ana Dulce Félix	00:33:07	00:33:04	00:16:17	Maratona Clube de Portugal
18	Paulo António	00:33:08	00:33:06	00:16:26	Clube Desportivo Recreativo Águias Unidas
19	Hugo André Catarino Alves	00:33:10	00:33:06	00:16:17	FTP
20	Henrique Santos	00:33:14	00:33:10	00:16:26	CUA Benaventense
21	Sergio Dias	00:33:28	00:33:26	00:16:16	Maratona Clube de Portugal
22	Vasco Pessoa	00:33:37	00:33:35	00:16:15	FTP
23	Analia Rosa	00:33:48	00:33:45	00:16:26	Maratona Clube de Portugal
24	Pedro Simões	00:33:49	00:33:43	00:16:48	Clube ANA Lisboa
25	Mário Cassaca	00:33:52	00:33:49	00:16:42	GARMIN
26	João Joaquim da Luz Spencer	00:34:00	00:33:57	00:16:49	
27	Jose Ferreira	00:34:01	00:33:58	00:16:50	CCR Alto do Moinho
28	Salomé Rocha	00:34:05	00:34:01	00:16:47	JOMA
29	Pedro Maia	00:34:09	00:34:06	00:16:51	Amigos Atletismo Mafra
30	João Carlos Vicente Amorim	00:34:13	00:34:11	00:16:29	FTP
31	Benek Morais	00:34:15	00:34:07	00:17:00	
32	Miguel Palma	00:34:16	00:34:09	00:17:07	Associação de Moradores da Atibá
33	José Santos	00:34:17	00:34:13	00:16:50	Sociedade Recreativa do Camarnal

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Class. Atleta	Tempo	T. Chip	5 km	Clube
34 Luis Allen	00:34:25	00:34:22	00:17:15	CR Leões de Porto Salvo
35 Jose Luis Faria	00:34:26	00:34:23	00:16:54	ACAPO
36 Rui Baltazar	00:34:29	00:34:18	00:17:25	Aclis Liberty Seguros
37 Joaquim David Lourenço Fernandes	00:34:37	00:34:29	00:17:04	Clube Desportivo Recreativo Águias Unidas
38 Alcindo Neves	00:34:42	00:34:37	00:17:30	Serviços Sociais da Caixa Geral de Depósitos
39 Paulo Martins	00:34:43	00:34:37	00:17:08	Associação de Moradores da Atibá
40 Pedro Gomes	00:34:47	00:34:45	00:16:45	Clube Olímpico de Oeiras
41 Bruno Bondoso	00:34:47	00:34:45	00:16:56	VRC Carpintaria
42 Nuno Carraça	00:34:55	00:34:37	00:17:08	URC Abrunheira
43 Márcio André G. M. Das Neves	00:35:04	00:34:54	00:17:29	
44 Fernando Alves	00:35:10	00:34:55	00:17:27	Amigos Atletismo Mafra
45 Sebastião Macias	00:35:13	00:35:07	00:17:23	
46 Horacio Alexandre	00:35:16	00:35:12	00:17:24	
47 José Pedro Antunes Veiga	00:35:27	00:35:26	00:17:23	FTP
48 João Paulo Costa	00:35:28	00:35:18	00:18:11	Amigosdacorrída.com
49 Marco Fernandes	00:35:30	00:35:17	00:17:43	NúcleOeiras / Sportzone
50 José Manuel Rodrigues Estrangeiro	00:35:34	00:35:29	00:17:36	FTP
51 Lucinda Moreiras	00:35:36	00:35:36	00:16:05	
52 José Caramelo	00:35:36	00:35:25	00:17:49	Aclis Liberty Seguros
53 Aires Pratas	00:35:39	00:35:29	00:17:45	Odimarq. Aluminios
54 Valdo Filipe G. M. Das Neves	00:35:42	00:35:33	00:17:36	
55 Marco Grileiro	00:35:43	00:35:17	00:18:07	Amigos Atletismo Mafra
56 Paulo Marques	00:35:46	00:35:11	00:18:04	VRC Carpintaria
57 Tiago Messias Lobo	00:35:50	00:35:49	00:17:36	
58 Nuno Miguel Rebocho	00:35:50	00:35:44	00:17:58	Bombeiros Voluntarios de Montemor-o-Novo
59 Nuno Delicado	00:35:51	00:35:46	00:17:46	
60 Daniela Cunha	00:35:55	00:35:51	00:17:33	Maratona Clube de Portugal
61 Filipe Azevedo	00:35:56	00:35:52	00:17:36	FTP
62 Ernesto José Ferreira	00:35:57	00:35:53	00:17:55	Gabinete de Fisioterapia no Desporto
63 Virgilio Gomes	00:35:57	00:35:45	00:17:52	Macedo Oculista
64 José Gil	00:35:58	00:35:54	00:17:37	CR Leões de Porto Salvo
65 Manuel Vilela	00:36:04	00:35:58	00:17:37	Aclis Liberty Seguros
66 Francisco Rocha	00:36:05	00:35:57	00:17:57	Amigos Atletismo Mafra

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Class. Atleta	Tempo	T. Chip	5 km	Clube
67 Eduardo Eustaquio	00:36:05	00:35:57	00:17:57	Amigos Atletismo Mafra
68 Vitor Lima	00:36:06	00:36:00	00:17:37	NúcleOeiras / Sportzone
69 Paulo Guimarães	00:36:07	00:35:55	00:17:49	Aclis Liberty Seguros
70 António Correia	00:36:07	00:36:00	00:17:46	Ateneu Artístico Cartaxense
71 Artur Tavares	00:36:08	00:35:48	00:20:19	
72 Fernando Carmo	00:36:28	00:36:22	00:17:46	Carmo Running Team
73 Mariana Belo Pisco Costa	00:36:31	00:36:31	00:16:40	FTP
74 Carlos Lopes	00:36:31	00:36:24	00:17:45	Mirantense Futebol Clube
75 Júlio Barroco	00:36:32	00:36:10	00:18:37	RB Running
76 Joaquim Capucho	00:36:34	00:36:27	00:18:11	Clube Desportivo Recreativo Águias Unidas
77 Filipe Miguel Lopes	00:36:35	00:36:19	00:18:21	Alhandra Sporting Clube
78 Marco Fidalgo	00:36:35	00:36:24	00:18:33	grupo dos amigos do atletismo de vila franca d
79 Paulo Cantante	00:36:37	00:36:29	00:18:12	VRC Carpintaria
80 Jorge Perfeito	00:36:38	00:36:29	00:18:12	VRC Carpintaria
81 Aires Manuel Barros	00:36:40	00:36:35	00:17:47	
82 Tania Cabral	00:36:43	00:36:43	00:16:46	GARMIN
83 Duarte Bandeiras	00:36:43	00:36:35	00:18:22	VRC Carpintaria
84 Nuno Alves	00:36:44	00:36:40	00:18:08	CCR Alto do Moinho
85 João Montes	00:36:44	00:36:42	00:18:08	CCR Alto do Moinho
86 António Antunes	00:36:48	00:36:44	00:18:21	VRC Carpintaria
87 Hélder Lopes Ferreira	00:36:49	00:36:43	00:18:05	
88 Luís Carlos Carvalho Da Mota	00:36:51	00:36:49	00:18:09	ADR Águas Belas
89 Sérgio Monteiro	00:36:53	00:36:49	00:18:22	Clube Olímpico de Oeiras
90 Luis Torrão	00:36:57	00:36:43	00:18:30	Ateneu Artístico Cartaxense
91 Ricardo Franco	00:36:59	00:36:51	00:18:27	Wikaboo
92 Rui Rodrigues	00:37:01	00:36:29	00:19:22	
93 João Serrano	00:37:05	00:37:00	00:18:04	FTP
94 Rodolfo Moreira	00:37:07	00:36:59	00:18:23	Sociedade Recreativa do Camarnal
95 Paulo Novo	00:37:08	00:37:01	00:18:16	Greci - El Corte Inglés
96 Guilherme André Correia Paiva Marques	00:37:08	00:37:04	00:18:23	FTP
97 Fabricio Tomas	00:37:08	00:37:03	00:19:13	FTP
98 António Rodrigues	00:37:09	00:36:59	00:18:18	Grupo Desportivo Ferroviários do Barreiro
99 Diogo Simões Soares	00:37:10	00:36:55	00:18:05	Alhandra Sporting Clube

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100	Joel Rodrigues	00:37:11	00:37:02	00:18:10	Amigos Atletismo Mafra
101	Rui Rodrigues	00:37:11	00:37:05	00:18:13	Associação de Moradores da Atibá
102	João Ferreira	00:37:13	00:37:07	00:18:22	Nucleo Sportinguista da Golegã
103	Francisco Machado	00:37:15	00:36:55	00:18:24	
104	Lucilia Soares	00:37:15	00:37:15	00:17:08	Sport Lisboa e Benfica
105	Rui Perdigão	00:37:17	00:36:41	00:18:55	CLAC Entroncamento
106	Pedro Afonso Pinto Gaspar	00:37:21	00:37:16	00:18:23	
107	Paulo Jorge Santana De Palma	00:37:24	00:37:17	00:18:26	Câmara Lisboa Clube
108	Vitor Carlos Chagas Santos	00:37:24	00:37:11	00:18:45	Nucleo Sportinguista da Lourinhã
109	António Saraiva	00:37:28	00:37:19	00:18:33	VRC Carpintaria
110	Vasco Da Silva Marta	00:37:30	00:37:22	00:18:21	C. D. Arrudense
111	José Manuel Carvalho Lopes	00:37:30	00:37:23	00:18:42	
112	Luis Paulo	00:37:33	00:37:18	00:18:58	Bahia
113	Hugo Sarabando Ventura	00:37:34	00:37:33	00:17:39	FTP
114	Rui Vasco Nunes Medina	00:37:35	00:37:27	00:18:35	
115	Jose Afonso	00:37:37	00:37:32	00:18:35	Mochilas Team
116	Paulo Povia	00:37:38	00:37:14	00:19:12	Amigos Vale Silencio
117	Manuel Cardoso	00:37:39	00:37:27	00:18:40	
118	Edmilson A Santos	00:37:39	00:37:26	00:18:38	
119	Luis Barata	00:37:41	00:37:17	00:19:07	NúcleOeiras / Sportzone
120	Luis Pereira	00:37:42	00:37:37	00:18:40	
121	Antonio Gasparinho	00:37:43	00:37:39	00:18:42	Grupo Desportivo da Carris
122	Jose Eduardo Gomes	00:37:44	00:37:28	00:18:56	CLAC Entroncamento
123	Mario Soares	00:37:46	00:37:40	00:18:33	
124	Raffik Baldé	00:37:47	00:37:42	00:18:34	GARMIN
125	Luis Jesus	00:37:47	00:37:39	00:18:34	Runas Bar Queluz
126	António Varandas	00:37:49	00:37:42	00:18:52	VRC Carpintaria
127	Alexandre Miguel Bernardino Nobre	00:37:49	00:37:45	00:18:24	Alhandra Sporting Clube
128	Nuno Aldinhas	00:37:49	00:37:36	00:18:33	Bombeiros Voluntarios de Montemor-o-Novo
129	Rodrigo Baltazar	00:37:53	00:37:17	00:19:12	
130	Nuno Rocha	00:37:53	00:37:09	00:19:16	Grupo Recreativo Cultural e Desportivo de Lei
131	Isabel Santos	00:37:58	00:37:47	00:19:06	Ateneu Artistico Cartaxense
132	Hélder Grosso	00:38:01	00:37:47	00:18:25	Atomic Team

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133	Paulo Alfar	00:38:06	00:38:05	00:18:47	CCDT Metropolitano de Lisboa
134	Paulo Gomes	00:38:07	00:37:58	00:19:06	Amigos Atletismo Mafra
135	Gabriel Gonsalves	00:38:08	00:38:02	00:18:43	Odimarq. Aluminios
136	Luciano Conceição	00:38:09	00:37:54	00:19:10	Solar dos Presuntos
137	Pedro Semedo	00:38:12	00:38:06	00:18:45	
138	João Domingos	00:38:13	00:38:03	00:18:32	Grupo Desportivo Das Pedreiras
139	David Gomes	00:38:15	00:37:51	00:19:24	
140	Pedro Nogueira Da Silva	00:38:21	00:38:10	00:19:06	Clube MillenniumBCP
141	João Luís	00:38:23	00:38:18	00:19:01	grupo dos amigos do atletismo de vila franca d
142	João Canas	00:38:24	00:38:09	00:19:49	Rapidísimos
143	Miguel Gayoso Suárez	00:38:24	00:38:13	00:19:11	
144	Rodrigo Costa	00:38:26	00:37:56	00:18:53	Ateneu Artístico Cartaxense
145	Rui Lacerda	00:38:27	00:38:19	00:18:44	GARMIN
146	Antonio Gaspar	00:38:27	00:38:11	00:19:16	Bombeiros Voluntarios de Montemor-o-Novo
147	António Costa	00:38:27	00:38:11	00:19:32	Associação de Moradores da Atibá
148	Henrique Coelho	00:38:28	00:38:18	00:18:45	Associação de Nadadores dos Estoris
149	Carlos Miguel Amaral Rodrigues	00:38:28	00:37:51	00:19:38	
150	António Gonçalves	00:38:32	00:37:54	00:19:25	Associação Desportiva Remolpinta
151	Bruno Miguel Miranda	00:38:34	00:38:24	00:19:43	Valejas Atlético Clube
152	Manuel Alves	00:38:37	00:38:31	00:18:42	FTP
153	Alfredo Felicidade	00:38:39	00:38:03	00:19:37	
154	Jorge Mauricio	00:38:41	00:38:34	00:19:02	
155	Luis Vidinha	00:38:43	00:38:20	00:19:26	Clube de Atletismo da Nazaré
156	Ricardo Lanceiro	00:38:46		00:19:33	Açoreana Clube Banif
157	Orlando Correia	00:38:47	00:38:05	00:19:51	Odimarq. Aluminios
158	Carlos Pires	00:38:48	00:38:23	00:19:45	URC Abrunheira
159	Janicio Reis	00:38:50	00:38:33	00:19:17	Mente Traquina
160	Jose Queiros	00:38:52	00:38:33	00:19:31	Zona Alta Torres Novas
161	Aníbal José De Sousa Costa	00:38:52		00:19:38	
162	Rui Jorge	00:38:54	00:38:49	00:18:40	VRC Carpintaria
163	Luis Ramada Pereira	00:38:55	00:38:37	00:19:36	
164	Adérito Paulo De Sousa Fernandes	00:39:00	00:38:18	00:20:29	Câmara Lisboa Clube
165	Octavio Vicente	00:39:00	00:38:48	00:19:00	Nucleo Sportinguista da Golegã

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166	Pedro Mestre	00:39:01	00:38:56	00:19:12	Netcourier Logistica
167	Edgar Sequeira	00:39:01	00:38:46	00:19:29	
168	Melanie Bronze Dos Santos	00:39:02	00:39:02	00:17:37	FTP
169	João Miguel Colaço	00:39:03	00:38:39	00:19:45	
170	Manuel Proença	00:39:04	00:38:29	00:19:47	RB Running
171	Angelo Daniel Da Costa Claro Oliveira	00:39:06	00:39:03	00:19:38	CML
172	José Borges	00:39:06	00:38:55	00:19:49	Associação de Moradores da Atibá
173	António Santos	00:39:06	00:38:58	00:19:34	Grupo Desportivo do INE
174	Miguel Simões	00:39:07	00:38:54	00:19:08	
175	Vasco Rodrigues	00:39:08	00:37:31	00:20:29	
176	Nuno Brás Viegas Sebastião	00:39:15	00:38:55	00:20:00	
177	Vitor Alves	00:39:17	00:38:47	00:19:54	Aclis Liberty Seguros
178	Pedro Sebastião	00:39:18	00:39:02	00:20:00	
179	Luis Pereira	00:39:18	00:39:08	00:18:34	Grupo Desportivo O Independente
180	Josué Francisco	00:39:19	00:39:11	00:19:32	Sociedade Recreativa do Camarnal
181	Pedro Gonçalves	00:39:20	00:38:41	00:19:50	
182	Ricardo Freixal	00:39:22	00:39:05	00:19:36	Bombeiros Voluntarios de Montemor-o-Novo
183	Nuno Miguel Felicio	00:39:23	00:39:14	00:19:21	Associação de Nadadores dos Estoris
184	Daniel Alves Antunes	00:39:24	00:39:21	00:19:46	Câmara Lisboa Clube
185	Diogo Rosa	00:39:25	00:39:17	00:19:34	Nucleo Sportinguista da Golegã
186	Xavier Gonzàlvez-Amat Estragués	00:39:26	00:39:08	00:19:36	
187	Jose Luis Nobre	00:39:26	00:38:57	00:19:56	SFUAP
188	Antonio Rodríguez Guillén	00:39:27	00:39:08	00:19:40	C.A. CAN Mercader
189	Nuno Manuel S. F. Alves	00:39:28	00:39:06	00:19:37	
190	António Lemos	00:39:28	00:39:12	00:20:00	Wikaboo
191	Miguel Tavares	00:39:28	00:38:56	00:20:12	Clube Atletico das Patameiras
192	João Candido	00:39:30	00:39:01	00:19:35	Mente Traquina
193	Ana Teresa Machado	00:39:30	00:39:18	00:19:37	Clube Olímpico de Oeiras
194	Pedro Miguel Machado	00:39:31	00:39:14	00:20:01	
195	Jorge Amaral	00:39:33	00:39:28	00:19:40	Clube Desportivo Recreativo Águias Unidas
196	Fernando Paulo Ribeiro	00:39:33	00:39:29	00:19:11	A. A. Lebres do Sado
197	Miguel Guerreiro	00:39:34	00:39:30	00:19:37	Sport Life
198	Rui Paulo Santos Bernardo	00:39:35	00:39:27	00:19:32	

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199	Jose Varela	00:39:36	00:39:21	00:19:59	Bombeiros Voluntarios de Montemor-o-Novo
200	Mário Manuel Paulo Duarte	00:39:37	00:38:49	00:20:17	
201	António Adro	00:39:38	00:39:22	00:19:51	Associação de Moradores da Atibá
202	José Gordilho	00:39:40	00:39:25	00:20:00	Clube Atletismo Amigos de Belém
203	Luis Dias	00:39:40	00:39:29	00:19:49	Associação de Moradores da Atibá
204	Paulo Mota	00:39:41	00:39:26	00:19:51	Associação de Moradores da Atibá
205	José Correia	00:39:41	00:39:25	00:19:50	Associação de Moradores da Atibá
206	Bruno Carlos Nunes Salvador	00:39:42	00:39:41	00:19:01	FTP
207	Jorge Melo	00:39:43	00:39:37	00:19:44	Holmes Place
208	Antonio Silvestre	00:39:43	00:39:32	00:19:31	CCD Pessoal Municipio Cascais
209	Pedro Reis	00:39:45	00:39:36	00:19:55	Amigos Atletismo Mafra
210	Joaquim Martins	00:39:45	00:39:39	00:19:24	Odimarq. Aluminios
211	Fernando Figueiredo	00:39:47	00:39:36	00:19:51	Associação de Moradores da Atibá
212	Maria Cruz Lucas	00:39:48	00:39:48	00:18:27	
213	Paulo Salvador Pacheco Rodrigues	00:39:48	00:39:42	00:19:40	
214	José Pires	00:39:51	00:39:41	00:19:47	VRC Carpintaria
215	Alexandre Araújo	00:39:52	00:39:11	00:20:27	
216	Pedro Silva	00:39:53	00:39:21	00:20:01	Holmes Place
217	Luis Pereira	00:39:54	00:39:30	00:19:57	Clube Desportivo Recreativo Águias Unidas
218	Rui Falcão	00:39:57	00:39:41	00:19:46	Falcões Selvagens
219	Vasco Batista	00:39:57	00:39:48	00:19:32	Porto Runners
220	João Frias	00:39:57	00:39:39	00:20:30	Amigos Atletismo Mafra
221	Jorge Serrazina	00:39:58	00:39:38	00:19:35	
222	Manuel Joao Silva Ramos	00:39:58	00:37:49	00:29:33	
223	Rui Pedro Martins Cabeças	00:40:03	00:37:37	00:21:57	
224	Rui Campos	00:40:04	00:39:52	00:19:59	Clube Olímpico de Oeiras
225	Cátia Santos	00:40:04	00:40:00	00:19:26	Sport Lisboa e Benfica
226	Paulo Alexandre Andrade Pais	00:40:05	00:39:55	00:20:00	
227	Gustavo Hachmeister Caraça	00:40:06	00:39:35	00:20:12	Alhandra Sporting Clube
228	Rui Oliveira	00:40:07	00:39:33	00:20:33	Açoreana Clube Banif
229	Pedro Estevens	00:40:08	00:39:07	00:20:42	Clube Ferroviário de Portugal
230	Germano Ferreira Da Silva	00:40:08	00:39:00	00:20:57	
231	Luís Filipe Marafuz	00:40:11	00:39:51	00:19:07	Alhandra Sporting Clube

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232	Ricardo Guimarães	00:40:12	00:39:58	00:19:55	Aclis Liberty Seguros
233	Aderito Lopes	00:40:13	00:39:57	00:19:38	Centro Comunitário de Linda-a-Velha
234	Mauro Pimenta	00:40:13	00:39:50	00:20:45	grupo dos amigos do atletismo de vila franca d
235	Luis Matos Ferreira	00:40:13	00:39:52	00:20:02	Run 4 Fun
236	Vitor Nogueira	00:40:15	00:39:58	00:20:07	grupo dos amigos do atletismo de vila franca d
237	Carlos Albano	00:40:16	00:39:54	00:20:33	Sesimbra Mar
238	Carlos Guedes	00:40:16	00:40:01	00:20:02	
239	Nuno Pedro Santos Forte	00:40:17	00:40:04	00:20:01	A Bola
240	Manuel Soares	00:40:17	00:40:02	00:19:59	Unidos da Manutenção
241	André Riscado	00:40:17	00:40:00	00:19:49	
242	Marcelino Almeida	00:40:18	00:40:14	00:20:07	
243	Francisco Fera	00:40:19	00:40:10	00:19:53	Grupo Desportivo O Independente
244	Nuno Miguel Correia	00:40:21	00:40:00	00:20:02	Grupo Desportivo do INE
245	João Nuno Gonçalves	00:40:21	00:40:08	00:20:01	
246	José Heitor	00:40:21	00:40:06	00:19:49	Associação de Moradores da Atibá
247	Armindo Santos	00:40:22	00:40:03	00:20:08	Federação da Paz Universal
248	Rui Alexandre Peres Firmino	00:40:24	00:40:03	00:20:01	
249	Joaquim Gomes	00:40:25	00:40:16	00:20:16	VRC Carpintaria
250	Sérgio Filipe Rodrigues Ferreira	00:40:26	00:39:35	00:20:37	
251	António Sabido	00:40:28	00:40:09	00:20:33	NúcleOeiras / Sportzone
252	Ernesto Manuel Dos Santos Monteiro	00:40:30	00:40:19	00:19:39	Câmara Lisboa Clube
253	Joao Rodrigues	00:40:30	00:40:14	00:19:42	Bombeiros Voluntarios de Montemor-o-Novo
254	Fernando Pereira	00:40:31	00:39:28	00:20:59	Clube do Sargento da Armada
255	Miguel Artur Bolou Velez	00:40:32	00:40:16	00:20:08	Câmara Lisboa Clube
256	Jorge Paulo Ferreira Reis	00:40:32	00:40:20	00:20:00	
257	João Manuel Dos Santos Ferreira	00:40:34	00:40:24	00:20:01	
258	Paulo Alexandre Correia	00:40:35	00:40:21	00:19:48	
259	Orlando Rebelo	00:40:35	00:40:21	00:20:38	Amigos Atletismo Mafra
260	Heraldo Peixe	00:40:35	00:39:51	00:20:31	Clube de Atletismo da Nazaré
261	Ivo Alexandre Dias Pais	00:40:36	00:40:30	00:19:22	
262	Paulo Sequeira	00:40:36	00:40:19	00:20:17	
263	André Azevedo Gomes	00:40:36	00:40:29	00:20:04	
264	Antonio Silva Dias	00:40:38	00:40:10	00:20:34	

Classificação 2010

Class. Atleta	Tempo	T. Chip	5 km	Clube
265 Paulo Oliveira	00:40:38	00:40:16	00:20:30	
266 Luis Oliveira	00:40:38	00:40:28	00:20:31	Manutralhas
267 Sara Isabel Nunes Tenrinho	00:40:39	00:40:39	00:17:38	FTP
268 Hugo Daniel Gonçalves Barra	00:40:39	00:37:27	00:23:03	Maduro Athletics Associação Desportiva
269 David Maia	00:40:41	00:39:08	00:21:30	Clube Olímpico de Oeiras
270 Paulo Nabo	00:40:43	00:40:15	00:20:26	
271 Samuel Santos	00:40:45	00:40:40	00:19:40	
272 Luis Monteiro	00:40:46	00:40:29	00:20:26	Clube Grupo BES
273 Andre Santos	00:40:47	00:40:31	00:20:12	Bombeiros Voluntarios de Montemor-o-Novo
274 Jose Gomes	00:40:47	00:40:40	00:20:24	Grupo Desportivo do INE
275 Paulo Oliveira	00:40:47	00:40:34	00:20:12	CCD Pessoal Municipio Cascais
276 Jose Carlos Ferreira Marques Da Graça	00:40:48	00:40:28	00:20:40	
277 Joana Moita Cristovão Marques	00:40:50	00:40:50	00:18:37	FTP
278 Paulo Fernandes	00:40:51	00:40:16	00:20:46	Unidos da Brandoa
279 Rafael Santos	00:40:51	00:40:43	00:20:10	
280 João Batalha	00:40:52	00:40:26	00:20:37	Amigos Atletismo Mafra
281 Fábio Alexandre Silveira Araújo	00:40:53	00:40:11	00:20:49	
282 Bárbara Carreira Clemente	00:40:53	00:40:53	00:18:04	Clube Olímpico de Oeiras
283 Pedro Carvalho	00:40:53	00:40:33	00:20:50	
284 Jose Brito	00:40:55	00:40:15	00:20:49	CLAC Entroncamento
285 Paulo De Jesus Oliveira	00:40:55	00:40:18	00:21:01	
286 Carlos Cerqueira	00:40:55	00:39:53	00:21:09	Clube Desportivo Asas do Milénium
287 Luís Antunes	00:40:55	00:40:14	00:20:47	RB Running
288 Rodrigo Santos	00:40:56	00:40:30	00:20:34	NúcleOeiras / Sportzone
289 João Paulo Durão	00:40:57	00:40:48	00:20:00	Clube Olímpico de Oeiras
290 Fábio Pinto	00:40:57	00:40:45	00:20:00	Bombeiros Voluntarios de Montemor-o-Novo
291 Fernando Figueiredo	00:40:58	00:40:39	00:20:18	Falcões Selvagens
292 Paula Lemos	00:40:58	00:40:58	00:18:41	GARMIN
293 Rui Miguel Gominho	00:40:59	00:40:45	00:20:07	
294 Luís Godinho	00:41:00	00:40:35	00:20:51	Clube Grupo BES
295 Jose Silva	00:41:01	00:40:38	00:20:52	Sesimbra Mar
296 Ana Filipa Pais Santos	00:41:01	00:40:48	00:20:20	Gira Sol/Ramos Catarino
297 Roberto Alves Monteiro	00:41:01	00:40:54	00:20:01	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
298	Luís Miguel Geada Ferreira Onça	00:41:02	00:40:23	00:20:50	
299	Pedro Alexandre Da Silva Rego	00:41:02	00:40:33	00:20:08	
300	Carlos Manuel Santos Silva	00:41:03	00:40:10	00:21:38	
301	Rui Casaleiro	00:41:05	00:40:40	00:20:16	
302	Pedro Ferreira	00:41:06	00:40:41	00:20:50	Grupo Recreativo Cultural e Desportivo de Lei
303	Bernardo Bordalo	00:41:08	00:40:31	00:21:40	Associação Desportiva Remolpinta
304	Edgar Canhoto	00:41:09	00:40:35	00:20:35	Amigos Atletismo Mafra
305	Paulo Torrão	00:41:09	00:40:58	00:20:06	Açoreana Clube Banif
306	Celso Gouveia	00:41:11	00:40:47	00:21:23	
307	Ricardo Jorge Silva Gonçalves	00:41:12	00:41:06	00:19:45	Valejas Atlético Clube
308	Ana Alarico	00:41:12	00:41:12	00:18:08	Nucleo Sportinguista da Golegã
309	Joaquim Alberto De Figueiredo	00:41:15	00:41:07	00:20:00	
310	Paulo Santos	00:41:16	00:41:08	00:20:19	GARMIN
311	Jose Quaresma	00:41:16	00:40:26	00:21:00	Cágados supersonicos
312	Pedro Vieira	00:41:17	00:40:57	00:20:31	Team Cortesia
313	Paulo Brito	00:41:18	00:41:04	00:20:02	C.F. "Os Belenenses"
314	António Pinheiro	00:41:22	00:40:56	00:20:56	Sociedade Recreativa do Camarnal
315	Jorge Pina	00:41:22	00:41:18	00:20:30	Sociedade Recreativa do Camarnal
316	Carlos Ferreira	00:41:23	00:41:17	00:20:25	Sociedade Recreativa do Camarnal
317	Vitor Rego	00:41:23	00:41:20	00:20:24	Sociedade Recreativa do Camarnal
318	Jose Marçal	00:41:23	00:40:43	00:20:54	CLAC Entroncamento
319	Luís Coelho Da Silva	00:41:23	00:39:00	00:22:45	
320	Luís Barbosa	00:41:23	00:41:11	00:20:43	Love Team
321	Leandro Reis	00:41:24	00:41:06	00:20:31	Amigos Atletismo Mafra
322	Miguel Silva	00:41:24	00:41:01	00:20:38	Clube de Atletismo da Nazaré
323	Vitorina Mourato	00:41:26	00:41:04	00:20:39	ACP - Atletismo Clube de Portalegre
324	Bruno Silva	00:41:26	00:40:39	00:21:37	ADFA - Secção de Atletismo
325	Ricardo Nascimento	00:41:27	00:41:07	00:20:14	
326	Paulo Lopes	00:41:29	00:40:51	00:21:01	BolotaObra Atletismo
327	Francisco Miguel Lopes Gaspar	00:41:29	00:41:07	00:21:14	
328	Mário Jorge Ferreira	00:41:30	00:40:55	00:21:02	
329	Fernando Chamusca	00:41:32	00:41:21	00:20:31	Odimarq. Aluminios
330	Pedro Mq Aguiar	00:41:32	00:41:14	00:20:35	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
331	Antonio M A P L Cruz	00:41:34	00:41:18	00:20:22	Run 4 Fun
332	Luís Nunes	00:41:36	00:40:46	00:21:28	Hovione
333	Rui Lopes	00:41:37	00:41:12	00:20:34	NúcleOeiras / Sportzone
334	Augusto Cruz	00:41:37	00:41:32	00:21:00	Clube Atletico das Patameiras
335	Luis Prego	00:41:37	00:41:11	00:20:49	Açoreana Clube Banif
336	Jose Peixoto Fernandes	00:41:38	00:41:02	00:21:36	
337	Carlos Taveira	00:41:40	00:41:21	00:20:25	
338	Eurico Bras	00:41:40	00:41:34	00:20:26	C. D. Arrudense
339	Anabela Tavares	00:41:41	00:41:38	00:20:26	C. D. Arrudense
340	João Paulo Valente	00:41:41	00:40:57	00:21:57	
341	Diogo Maria Jácome Morgado	00:41:41	00:40:50	00:21:54	
342	André Alexandre	00:41:41	00:41:06	00:21:22	
343	Mário Gomes	00:41:42	00:41:07	00:21:33	Açoreana Clube Banif
344	Fernando Silva	00:41:43	00:41:26	00:20:43	Ateneu Artistico Cartaxense
345	Gonçalo André	00:41:44	00:41:32	00:20:47	Grupo Desportivo Das Pedreiras
346	Antonio Santos	00:41:45	00:40:49	00:21:44	Odimarq. Aluminios
347	Rui Moreira	00:41:47	00:41:03	00:20:57	Grupo Recreativo Cultural e Desportivo de Lei
348	Paulo Moradas	00:41:48	00:41:17	00:21:10	Açoreana Clube Banif
349	Luciano Dantas	00:41:48	00:41:47	00:20:32	GARMIN
350	Hugo Roque	00:41:50	00:40:32	00:21:56	Mente Traquina
351	Susan Pires Saramago Mota	00:41:50	00:41:08	00:21:29	ADR Águas Belas
352	Pedro Manuel Santos Pereira	00:41:52	00:41:17	00:21:11	
353	João Manuel Santos De Figueiredo	00:41:53	00:41:45	00:20:42	Câmara Lisboa Clube
354	Ricardo Jorge	00:41:54	00:41:40	00:21:12	
355	Lino Mendes Dos Santos	00:41:54	00:41:06	00:21:18	
356	Paulo Alexandre Gamboa	00:41:55	00:41:37	00:21:15	
357	João Sousa	00:41:55	00:41:11	00:21:18	CML
358	Luís Miguel Rocha	00:41:56	00:41:30	00:21:08	
359	Lucio da Rocha Alves	00:41:56	00:41:49	00:20:43	
360	Luis Miguel Sales	00:41:57	00:41:37	00:20:45	
361	Marcus Bonito	00:41:57	00:41:29	00:21:27	Os Amigos do B!
362	João Batista	00:41:59	00:41:35	00:21:11	Grupo Desportivo e Culrural do Banco de Port
363	Albino Tomás	00:42:01	00:41:56	00:21:00	Clube Atletico das Patameiras

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
364	David Storch De Gracia	00:42:01	00:41:30	00:20:51	
365	Paulo Barreira	00:42:01	00:41:11	00:21:29	Grupo Recreativo Cultural e Desportivo de Lei
366	Joao Marques	00:42:02	00:41:46	00:20:32	Manutrialhas
367	José Carlos Nunes	00:42:03	00:41:57	00:20:23	GDOA
368	Germano Pires	00:42:03	00:41:58	00:20:23	GDOA
369	Alcino Nunes	00:42:04	00:41:47	00:20:30	CLAC Entroncamento
370	Jorge Manuel Soares Ribeiro Mimoso	00:42:04	00:41:18	00:22:04	
371	Luis N. Neves	00:42:06	00:41:46	00:20:44	
372	Carlos Vitor Antunes	00:42:06	00:41:30	00:20:59	CLAC Entroncamento
373	António Marçal	00:42:06	00:41:54	00:20:38	
374	Deolindo Andre	00:42:07	00:40:32	00:22:05	URC Abrunheira
375	José Maio	00:42:08	00:41:33	00:21:25	AC Porto Salvo
376	Paulo Lopes	00:42:09	00:41:47	00:21:38	Clube Desportivo Asas do Milénium
377	Augusto Diogo	00:42:09	00:41:46	00:22:07	Núcleo Atletismo Zona da Abóboda
378	Edgar Francisco	00:42:10	00:41:55	00:20:40	
379	Miguel Andrade	00:42:10	00:41:11	00:21:18	
380	João Lourenço	00:42:11	00:41:51	00:21:14	NúcleOeiras / Sportzone
381	João Baltazar Mendes	00:42:14	00:42:07	00:20:41	
382	João Maciel	00:42:15	00:41:46	00:21:20	Clube de Rugby de Juromenha
383	Paulo Correia	00:42:16	00:42:13	00:20:30	Sociedade Recreativa do Camarnal
384	Christian Hancke	00:42:19	00:41:49	00:21:45	
385	Bruno Pires	00:42:21	00:41:11	00:21:45	Grupo Desportivo e Culrural do Banco de Port
386	Orlando Silva	00:42:22	00:42:10	00:20:26	CCDT Metropolitano de Lisboa
387	João Miranda	00:42:23	00:42:08	00:20:27	CCDT Metropolitano de Lisboa
388	Antonio L. Leal	00:42:23	00:42:01	00:21:07	
389	Susana Almeida	00:42:24	00:42:24	00:19:19	GARMIN
390	João Fiança	00:42:24	00:42:14	00:20:09	Solar dos Presuntos
391	Hugo Ferreira	00:42:24	00:42:11	00:20:29	Nucleo Sportinguista da Golegã
392	Ricardo Floriano Gomes Ferreira	00:42:25	00:42:02	00:20:59	
393	Carlos Serra	00:42:26	00:42:15	00:20:56	Irmandade da Pedaleira
394	Nuno Alexandre Reis	00:42:26	00:42:00	00:21:28	Os Amigos do B!
395	Carlos F. G. Silva	00:42:26	00:41:40	00:21:19	Pumas do Guincho
396	Alexandre Teixeira	00:42:27	00:42:07	00:21:01	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
397	Gonçalo Ferreira	00:42:28	00:42:21	00:20:58	Grupo Desportivo do INE
398	Antonio Chaves Costa	00:42:28	00:41:58	00:21:37	Holmes Place
399	Pedro Gabriel	00:42:28	00:40:49	00:22:30	A Bola
400	Alberto Covas	00:42:29	00:41:35	00:21:45	Grupo Desportivo Ferroviários do Barreiro
401	Carlos Fonseca	00:42:29	00:42:04	00:21:19	Açoreana Clube Banif
402	João Ginja	00:42:31	00:42:17	00:23:20	GD Macedo Oculista
403	Rogério Duarte	00:42:31	00:42:17	00:21:13	
404	Cristóvão Samuel Silva Santos	00:42:32	00:41:52	00:21:38	
405	Abilio Pequito	00:42:32	00:40:34	00:22:26	
406	Camilo Valgy Tarmahomed	00:42:33	00:42:24	00:21:08	
407	Francisco António L. Fernandes	00:42:33	00:42:21	00:21:20	Clube Desportivo Recreativo Águias Unidas
408	Bernardo D'êça Leal	00:42:33	00:42:24	00:21:11	
409	Mário Pedro Ferreira Neto	00:42:33	00:41:52	00:21:39	
410	Rodrigo Silva	00:42:34	00:42:12	00:21:17	A Bola
411	Jose Felix	00:42:34	00:39:36	00:24:19	
412	Sabine Poeller	00:42:34	00:41:52	00:21:16	
413	João Caldas	00:42:35	00:42:12	00:21:17	Clube AUTOCOOPE
414	Manuel Pereira Araujo	00:42:35		00:21:05	CML
415	Rui Pedro Almeida	00:42:37	00:41:44	00:21:48	Clube Vodafone
416	Helder Varanda	00:42:37	00:42:04	00:21:11	Academia do Korpo
417	José Lagariço	00:42:39	00:42:25	00:21:00	Amigos Atletismo Mafra
418	Antonio Moraes	00:42:41	00:42:26	00:21:47	Clube Atletico das Patameiras
419	Sérgio Manuel Prata Ferreira	00:42:42		00:22:37	
420	Pedro Miguel Cerqueira Quaresma	00:42:42	00:42:20	00:21:05	Clube MillenniumBCP
421	José Faria Santos	00:42:42	00:42:25	00:21:10	
422	Vitor Jorge	00:42:43	00:42:24	00:21:36	Clube Atletismo Amigos de Belém
423	Luís Miguel Santos Bernardino	00:42:43	00:42:03	00:21:36	
424	Raul Rodrigues	00:42:45	00:42:31	00:20:37	
425	Sérgio Santos	00:42:45	00:41:56	00:21:55	CCD Autarquias de Almada
426	Graciano Campos	00:42:45	00:42:14	00:21:39	CCD Autarquias de Almada
427	Peter Cooper	00:42:46	00:41:32	00:22:22	Amigosdacorrída.com
428	Filipe Silva Gomes	00:42:46	00:42:12	00:21:10	Sport Life
429	Joao Caires	00:42:47	00:42:18	00:21:16	Clube AUTOCOOPE

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
430	Luis Farelo	00:42:48	00:42:14	00:21:37	Mente Traquina
431	José Leal Leal	00:42:49	00:42:29	00:21:07	
432	Pedro Moreira	00:42:49	00:42:37	00:21:04	
433	Miguel Nogueira Saturnino	00:42:50	00:42:26	00:21:42	
434	Jorge Manuel Lanzinha Calmeiro	00:42:50	00:42:27	00:21:38	Clube MillenniumBCP
435	Nuno Miguel Rico Carvalhinho	00:42:50	00:42:09	00:21:41	
436	Paulo Guerreiro	00:42:51	00:42:20	00:22:09	Grupo de Atletismo OS PATRICIOS
437	Emanuel Oliveira	00:42:54	00:41:46	00:22:09	Clube Grupo BES
438	Rui Miguel Costa Rosa Silva	00:42:54	00:42:25	00:22:17	Sporting Clube de Portugal
439	Eduardo Filipe Amaro Ferreira	00:42:55	00:42:41	00:21:37	Clube MillenniumBCP
440	Nuno Lourenço Dimas	00:42:55	00:42:38	00:20:49	
441	Carlos Rosado	00:42:57	00:42:09	00:22:16	Grupo Desportivo e Cultural da Cruz da Picada
442	Marco Castelo	00:42:57	00:42:30	00:21:52	
443	Pedro Miguel Lucas	00:42:58	00:41:49	00:22:26	
444	Manuel Pereira Alves	00:42:59	00:42:46	00:20:57	
445	Luis Novo	00:42:59	00:42:42	00:21:48	Greci - El Corte Inglés
446	Arnaldo Martins	00:43:00	00:42:32	00:22:06	BolotaObra Atletismo
447	João Estevão	00:43:00	00:41:56	00:21:49	Solar dos Presuntos
448	Cirilo Santos	00:43:01	00:41:46	00:22:16	Clube Desportivo Asas do Milénium
449	Armando Monteiro	00:43:01	00:41:00	00:23:25	A Sacavenense
450	Luis Alvito	00:43:01	00:42:14	00:22:20	
451	Rui David Freitas	00:43:02	00:41:31	00:22:28	
452	Jose Bruno Pinho	00:43:03	00:42:34	00:21:52	
453	Joao Pedro Ferreira	00:43:04	00:42:25	00:21:28	CLAC Entroncamento
454	Manuel Silvestre Caldeira Borges	00:43:05	00:42:33	00:22:01	
455	Luis Ferreira	00:43:07	00:42:43	00:21:42	
456	Nuno Miguel Almeida	00:43:07	00:42:53	00:21:48	Clube Olímpico de Oeiras
457	Luís António Moreira Fernandes	00:43:08	00:43:03	00:21:03	
458	Sérgio Montes	00:43:09	00:42:37	00:21:46	Núcleo Atletismo Zona da Abóboda
459	José Bernardo	00:43:10	00:42:08	00:22:05	GA Monsanto/Gascan
460	Luis Queiros	00:43:11	00:42:49	00:21:22	Zona Alta Torres Novas
461	Carlos Teixeira	00:43:11	00:43:08	00:21:12	
462	Daniel Pinto	00:43:12	00:42:51	00:21:29	Amigos Vale Silencio

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
463	Ricardo Silva	00:43:12	00:41:31	00:22:47	
464	João Pastor	00:43:13	00:42:59	00:21:34	Amigos Atletismo Mafra
465	Amade Ricardo	00:43:14	00:42:37	00:21:21	
466	Manuel De Oliveira Martins	00:43:15	00:42:51	00:21:19	
467	Mario Salgueiro	00:43:16	00:42:56	00:21:17	CLAC Entroncamento
468	José Mira	00:43:17	00:42:37	00:21:55	Academia do Korpo
469	Gonçalo Dinis	00:43:18	00:42:46	00:25:59	
470	Filipe Baptista De Morais	00:43:19	00:42:51	00:20:44	
471	Luís Gabriel	00:43:20	00:43:02	00:21:33	Ventania
472	Carlos Namorado Monteiro	00:43:21	00:42:59	00:21:47	
473	Pedro Sanguino	00:43:22	00:43:04	00:21:26	Clube Grupo BES
474	Carlos Correia	00:43:22	00:42:54	00:21:51	
475	Rui Miguel Marques	00:43:23	00:42:45	00:22:06	RB Running
476	Margarete Cruz	00:43:24	00:41:07	00:23:24	URC Abrunheira
477	Renato Velez	00:43:25	00:41:55	00:22:56	Run 4 Fun
478	Mário C. Leitão	00:43:25	00:43:14	00:21:24	
479	João Miguel Monteiro Duarte	00:43:27	00:43:03	00:21:05	
480	Pedro Guerra Franco	00:43:28	00:42:28	00:21:58	
481	Alexandre Leal	00:43:29	00:42:45	00:22:01	Carapaus de Corrida
482	António Santos Costa	00:43:30	00:42:54	00:21:58	
483	António Alexandre Machado Tavares	00:43:30	00:42:41	00:22:16	
484	Carlos Manuel Silvestre Jacinto	00:43:30	00:43:05	00:21:55	
485	Isabel Rodrigues	00:43:32	00:43:32	00:19:44	GARMIN
486	Mário Lopes	00:43:32	00:43:23	00:21:40	
487	Rogério Azevedo	00:43:32	00:42:11	00:23:04	CCD Sintrense
488	Eduardo Lagoa	00:43:33	00:43:11	00:22:27	CCDT Metropolitano de Lisboa
489	José Melo	00:43:34	00:43:10	00:22:08	Núcleo Atletismo Zona da Abóboda
490	David Ganço	00:43:34	00:43:13	00:22:27	CCDT Metropolitano de Lisboa
491	Rodrigo Gonçalo Noivo Gregório	00:43:34	00:42:23	00:22:16	
492	Lucia Oliveira	00:43:34	00:42:42	00:22:04	Açoreana Clube Banif
493	Luis Albuquerque	00:43:35	00:42:42	00:22:05	Açoreana Clube Banif
494	Carlos Alberto Da Costa Mendes	00:43:35	00:43:21	00:21:51	
495	Nuno Filipe Moreira	00:43:36	00:43:15	00:21:40	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
496	Antonio Pereira	00:43:36	00:42:49	00:22:56	
497	José Teixeira	00:43:36	00:43:28	00:20:44	NúcleOeiras / Sportzone
498	Raquel Afonso	00:43:37	00:43:31	00:21:06	Rádio Comercial
499	António Ferreira	00:43:39	00:43:35	00:21:24	
500	José Manuel Badalo	00:43:40	00:42:46	00:22:37	
501	José Morgado	00:43:41	00:43:01	00:22:13	
502	Antonio Soares	00:43:41	00:43:24	00:22:00	Machada Runners
503	Adventino Ribeiro Da Conceição	00:43:42	00:42:44	00:22:48	
504	Nuno Alexandre Azenhas Rijo	00:43:43	00:43:18	00:22:20	
505	Domingos Morais Carneiro	00:43:44	00:42:52	00:22:01	Câmara Lisboa Clube
506	Nadine Almeida	00:43:45	00:43:28	00:21:24	
507	Tiago Alexandre Nobre Vargas	00:43:45	00:43:04	00:22:09	
508	Aristides Monteiro	00:43:47	00:43:10	00:21:34	
509	Raul Quaresma	00:43:49	00:43:27	00:22:47	
510	Ricardo Vicente	00:43:49	00:42:57	00:22:49	Sociedade Recreativa do Camarnal
511	Luis Parrinha	00:43:54	00:43:48	00:21:30	
512	Pedro Miguel Lopes Pereira	00:43:55	00:43:43	00:21:37	
513	João Maral	00:43:56	00:43:45	00:21:04	Serviços Sociais da Caixa Geral de Depósitos
514	Paulo Ventura	00:43:56	00:43:46	00:21:25	Açoreana Clube Banif
515	António Alexandre	00:43:57	00:43:34	00:21:32	Clube de Atletismo da Nazaré
516	Rui Manuel Zambujo Madeira	00:43:58	00:43:33	00:22:03	
517	Nelson Coelho	00:43:58	00:43:40	00:21:33	A. A. Pêgo Longo
518	Luis Miguel Aguiar	00:43:59	00:43:28	00:22:58	
519	Tiago Varanda	00:44:01		00:22:59	
520	Mario Jose Cordeiro Da Silva	00:44:03	00:43:47	00:22:40	
521	Pedro Alvarez	00:44:03	00:42:22	00:23:35	SFUAP
522	José Manuel Martinho Lopes	00:44:04	00:42:15	00:24:05	
523	Pedro Lopes	00:44:05	00:42:23	00:22:48	GD Banco BPI
524	Nélio Rodrigo Almeida Carvalho	00:44:05	00:41:05	00:23:52	
525	Gonçalo Cardoso	00:44:05	00:42:11	00:23:05	Wikaboo
526	Luis Roque	00:44:06	00:42:28	00:22:40	A Bola
527	José Carlos Sousa	00:44:07	00:42:55	00:23:08	A. A. Lebres do Sado
528	Marcos Pereira	00:44:08	00:42:48	00:23:37	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
529	Arlindo Frias Deus	00:44:09	00:42:55	00:23:11	Clube MillenniumBCP
530	Jorge Santos	00:44:10	00:43:37	00:22:09	Academia do Korpo
531	Jorge Portijo	00:44:10	00:43:32	00:22:10	Academia do Korpo
532	José Costa Alves	00:44:11	00:43:32	00:22:20	RB Running
533	Carlos Alberto	00:44:13	00:43:42	00:22:22	Grupo Desportivo do INE
534	Carlos Manuel Coutinho Neves	00:44:13	00:43:02	00:23:07	
535	Manuel Joaquim Neves Rodrigues	00:44:15	00:43:19	00:22:42	
536	Augusto Brito	00:44:17	00:43:45	00:22:07	BolotaObra Atletismo
537	Adelino Santos	00:44:18	00:43:26	00:22:34	
538	Diogo Silva Santos	00:44:19	00:43:27	00:23:40	Clube Olímpico de Oeiras
539	Carlos Afonso	00:44:20	00:44:10	00:21:49	
540	Fernando Fernandes	00:44:21	00:44:05	00:21:59	APOGMA
541	Anderson Rosa	00:44:22	00:43:58	00:22:15	Mente Traquina
542	Amaro	00:44:22	00:43:43	00:22:52	
543	Paulo Luís	00:44:22	00:43:52	00:22:42	Clube ANACOM
544	Cidalia Pimentel	00:44:23	00:44:06	00:21:57	
545	Vitor Martins	00:44:24	00:44:07	00:21:36	
546	Luis André Costa	00:44:24	00:42:24	00:23:16	
547	Manuel Silva	00:44:25	00:44:08	00:22:11	
548	Luis Miguel Jesus Capinha	00:44:25	00:43:57	00:22:00	Os Amigos do B!
549	Fernando Avelino	00:44:26	00:44:17	00:21:54	Amigos Vale Silencio
550	Jose Fernandes	00:44:27	00:44:16	00:21:42	Mochilas Team
551	Pedro Maria Nogueira Carvalho	00:44:27	00:44:03	00:22:32	
552	Pedro Magalhães	00:44:27	00:44:16	00:21:50	
553	Vitor Manuel Lebre	00:44:27	00:43:50	00:22:49	
554	Francisco Farropas	00:44:27	00:43:04	00:23:16	Clube Desportivo Recreativo Águias Unidas
555	José Sargaço	00:44:29	00:42:44	00:23:32	Falcões Selvagens
556	José Sampaio	00:44:29	00:43:25	00:23:25	Associação de Moradores da Atibá
557	Fernando Correia	00:44:29	00:44:16	00:21:59	GRD Ribeira da Lage
558	Nuno Laurentino	00:44:30	00:43:59	00:22:49	
559	Rute Matos	00:44:30	00:44:14	00:22:02	Açoreana Clube Banif
560	Jorge Serra	00:44:30	00:43:59	00:22:03	Açoreana Clube Banif
561	José Carlos Cruz Félix	00:44:31	00:43:36	00:22:50	Câmara Lisboa Clube

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
562	Fernando Mário da Silva Bugalho Monteiro	00:44:31	00:43:36	00:22:50	CML
563	Jose Oliveira	00:44:31	00:44:16	00:22:31	
564	Carlos Vitorino	00:44:31	00:44:08	00:21:33	Mirantense Futebol Clube
565	Manuel Alves Nogueira	00:44:33	00:43:34	00:22:56	
566	Heitor Pereira	00:44:33	00:43:26	00:22:56	Grupo de Atletismo OS PATRICIOS
567	Rafael Lourenço	00:44:33	00:43:57	00:23:04	
568	Rómulo Teixeira	00:44:34	00:43:46	00:22:54	Clube Vodafone
569	Milton Melo	00:44:34	00:44:02	00:22:25	Wikaboo
570	Tiago Avelas	00:44:34	00:44:00	00:22:25	Serviços Sociais da Caixa Geral de Depósitos
571	José Monteiro	00:44:34	00:41:56	00:24:35	Grupo Desportivo e Culrural do Banco de Port
572	Fausto Batista	00:44:35	00:43:26	00:22:51	Grupo Desportivo e Culrural do Banco de Port
573	João Pedro Da Silva Fonte-boa	00:44:37	00:42:49	00:22:36	
574	André Ribeiro	00:44:37	00:44:09	00:22:27	
575	Nuno Coelho	00:44:38	00:43:18	00:23:27	Açoreana Clube Banif
576	Virgilio Madeira	00:44:38	00:42:40	00:23:27	Açoreana Clube Banif
577	Francisco Manuel dos Reis Gomes	00:44:38	00:44:06	00:22:33	Solar dos Presuntos
578	Ricardo Miguel Correia Silva	00:44:39	00:44:04		
579	Albano Manuel Ferreira Silva	00:44:40	00:43:56		
580	Henrique Adrega	00:44:40	00:43:27	00:23:25	Amigosdacorrida.com
581	Hernani Fernandes	00:44:41	00:43:33	00:23:08	
582	Hugo Silva	00:44:41	00:44:12	00:22:45	Rádio Comercial
583	Miguel Rodrigues	00:44:42	00:44:15	00:22:15	Academia do Korpo
584	Artur Gonçalves	00:44:42	00:43:56	00:22:52	A. A. Lebres do Sado
585	César Diogo De Borba Sobreira	00:44:44	00:43:49	00:22:53	
586	Nuno Calha	00:44:44	00:43:55	00:22:01	Cágados supersonicos
587	Carlos Rodrigues	00:44:44	00:44:00	00:23:01	GD Chelas
588	Diogo Pinto Da Rocha	00:44:44	00:44:18	00:21:23	
589	Abilio Joaquim Catarro	00:44:44	00:44:33	00:21:38	Bombeiros Voluntarios de Montemor-o-Novo
590	Gonçalo Filipe Antunes Rodrigues	00:44:44	00:44:00	00:22:42	
591	Felipe Neves	00:44:45	00:44:37	00:22:27	Mochilas Team
592	Pedro Miguel Cabrita Mendes	00:44:45	00:44:27	00:22:09	
593	Miguel Rio-tinto	00:44:46	00:43:10	00:24:31	Holmes Place
594	Ricardo Jorge Esteves Ribeiro	00:44:47	00:44:39	00:20:32	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
595	Américo José Lima Brito	00:44:48	00:44:00	00:22:49	Câmara Lisboa Clube
596	Miguel Correia	00:44:48	00:44:07	00:22:47	
597	Inácio Serrazina	00:44:49	00:41:52	00:24:13	CRP Ribafria
598	Rui Brites Cabral	00:44:53	00:42:44	00:24:11	
599	Pedro Miguel Prates	00:44:54	00:44:44	00:22:27	
600	Pedro Mendonça	00:44:55	00:44:08	00:22:47	Clube Vodafone
601	Pedro Favinha	00:44:56	00:43:20	00:23:24	Matilha Radical
602	Jorge Miguel Amorim Duarte	00:44:57	00:43:15	00:23:25	
603	Joao Fialho	00:44:58	00:43:27	00:23:29	Run 4 Fun
604	Joaquim Guerreiro	00:44:59	00:44:33	00:23:06	Clube Desportivo Recreativo Águias Unidas
605	Nuno Sentieiro Marques	00:44:59	00:43:16	00:23:51	Run 4 Fun
606	João António De Oliveira Maças	00:44:59	00:43:30	00:23:32	
607	José Carlos Marques	00:44:59	00:42:35	00:23:38	
608	Tiago Coelho	00:45:03	00:44:17	00:23:35	Grupo Desportivo Ferroviários do Barreiro
609	Pedro António Santana Ferreira Simões	00:45:04	00:44:34	00:22:55	
610	João Lopes	00:45:04	00:44:25	00:23:52	Associação Desportiva Remolpinta
611	Justiniano Silva	00:45:04	00:44:43	00:22:21	
612	João Abrantes	00:45:05	00:43:26	00:23:51	A Bola
613	Paulo Brás Dos Santos	00:45:05	00:43:43	00:23:10	
614	Raquel Pedro	00:45:06	00:44:59	00:22:36	Sociedade Recreativa do Camarnal
615	Jorge B. Brito	00:45:07	00:44:38	00:22:28	
616	João Serra	00:45:07	00:44:45	00:22:42	Açoreana Clube Banif
617	Rui Lopes	00:45:08	00:43:50	00:23:49	Clube Grupo BES
618	João Paulo B. Oliveira Teixeira	00:45:08	00:44:20	00:23:01	
619	Julio Gil Nunes	00:45:09	00:44:12	00:23:26	
620	José Santos Correia	00:45:09	00:44:01	00:22:59	
621	Maria Conceição Coelho Lopes	00:45:09	00:45:09	00:21:01	Valejas Atlético Clube
622	Paulo Vilela	00:45:10	00:43:58	00:24:29	Clube Desportivo Asas do Milénium
623	Abreu Moura	00:45:11	00:42:53	00:23:47	CLAC Entroncamento
624	José Manuel Braga Panóias	00:45:11	00:44:44	00:22:41	
625	Paulo Jorge Neves Reis	00:45:11	00:44:59	00:22:47	
626	Hugo Matos	00:45:11	00:44:29	00:22:29	CCD Autarquias de Almada
627	João Francisco Peiges Moacho	00:45:11	00:44:43	00:22:34	O Mundo da Corrida

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
628	Pedro Carlos Paninha Patricio	00:45:12	00:44:50	00:23:01	
629	Alexandre Campino	00:45:14	00:45:02	00:22:47	
630	Luís Carlos Domingues Almeida	00:45:14	00:44:45	00:22:52	
631	Ricardo Alexandre Henriques Andrade Da S	00:45:15	00:44:32	00:22:12	
632	Nuno Cidade Do Carmo	00:45:16	00:45:09	00:22:24	
633	António Rebelo	00:45:17	00:45:00	00:22:43	
634	Hugo Barroso	00:45:17	00:44:39	00:23:01	Academia do Korpo
635	António Estrela	00:45:17	00:44:55	00:22:43	
636	Carlos Baptista	00:45:18	00:44:37	00:22:53	
637	Pedro Alves	00:45:18	00:43:57	00:23:06	CCD Sintrense
638	José Maria Oliveira	00:45:20	00:43:04	00:24:07	Clube do Stress
639	Carla Ribeiro	00:45:20	00:44:43	00:23:08	Ateneu Artistico Cartaxense
640	João Góis Gomes	00:45:21	00:44:52	00:22:46	Run 4 Fun
641	Luis Alvaro	00:45:21	00:44:36	00:23:35	GD Banco BPI
642	Eduardo Moutinho	00:45:22	00:45:05	00:22:43	
643	Vitor Miguel Pereira Gomes	00:45:22	00:44:26	00:23:09	Clube MillenniumBCP
644	Hugo Manuel Pinto	00:45:23	00:44:42	00:23:12	
645	Eduardo Rodrigues	00:45:26	00:45:00	00:22:41	
646	Marcos Oliveira	00:45:28	00:44:24	00:23:47	
647	Telmo Dourado	00:45:29	00:44:37	00:22:54	CARAPAUS DE CORRIDA
648	Fernando Silva	00:45:30	00:44:23	00:22:54	
649	Filipe Fidalgo	00:45:32	00:44:37	00:23:28	Tandur
650	António Almeida	00:45:32	00:44:38	00:23:29	Tandur
651	Fernando Andrade	00:45:32	00:45:01	00:23:00	Açoreana Clube Banif
652	Vitor Veloso	00:45:32	00:44:37	00:23:28	Tandur
653	Ana Pereira	00:45:33	00:45:07	00:22:36	NúcleOeiras / Sportzone
654	José Silva	00:45:34	00:45:16	00:22:36	CCDT Metropolitano de Lisboa
655	Luís Miguel Mealha Guerreiro Martins	00:45:34	00:42:08	00:24:51	
656	Pedro Petroneo	00:45:34	00:41:55	00:25:25	
657	Fernando Marques	00:45:35	00:44:57	00:23:03	Clube Pessoal EDP Carregado
658	Afonso Gonçalves Da Silva	00:45:36	00:44:54	00:23:23	
659	Nuno Filipe Baptista Mendão	00:45:36	00:44:56	00:23:00	
660	Alice Basilio	00:45:36	00:44:31	00:23:20	Amigos Atletismo Mafra

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
661	Alcindo Dos Reis Almeida	00:45:36	00:42:45	00:24:50	
662	João Ferreira	00:45:37	00:45:18	00:22:38	Clube Grupo BES
663	António Patrício	00:45:37	00:44:41	00:23:49	Pernas de Gafanhoto
664	Andrew John Addis	00:45:37	00:45:14	00:22:33	
665	Amândio Coelho Henriques Lobo	00:45:38	00:45:00	00:23:51	
666	Adriano Jose N. Carvalho	00:45:38	00:45:29	00:21:16	EngenhariaLiquida
667	Rui Pinto	00:45:38	00:45:03	00:23:16	Maduro Athletics Associação Desportiva
668	Joao Miguel Batalha Sotero	00:45:38	00:45:08	00:22:48	Clube MillenniumBCP
669	João Rosa	00:45:40	00:44:47	00:22:56	Clube Vodafone
670	Ricardo Borges De Castro	00:45:41	00:42:32	00:25:03	
671	Augusto Fernandes	00:45:41	00:45:27	00:23:01	VRC Carpintaria
672	Manuel Fonseca	00:45:43	00:44:53	00:23:07	O Mundo da Corrida
673	Rui Frango	00:45:43	00:45:35	00:22:59	Clube Olímpico de Oeiras
674	Antonio Sousa	00:45:44	00:45:33	00:22:19	
675	Celso Alexandre Sarreira Santos	00:45:44	00:44:56	00:23:26	
676	Luis Dias	00:45:44	00:45:26	00:22:35	Bombeiros Voluntarios de Montemor-o-Novo
677	Miguel Martins Dos Reis	00:45:45	00:45:35	00:22:18	
678	Alexandre Miguel Ferreira Cantiga	00:45:45	00:45:23	00:22:11	
679	Rui Jorge Ferreira Henriques	00:45:45	00:45:21	00:22:51	
680	Armando Jorge Vieira Dias	00:45:45	00:44:04	00:23:53	
681	Pedro Cardoso	00:45:46	00:45:20	00:22:26	PT 4 U
682	João Martins	00:45:46	00:45:21	00:22:27	PT 4 U
683	Horácio Lopes Ferreira	00:45:47	00:44:40	00:23:33	
684	Samuel Galveia	00:45:47	00:43:35	00:24:08	CADT Portucel
685	Jose Manuel Rasteiro Ferreira	00:45:48	00:44:35	00:24:39	
686	José Pinto	00:45:49	00:45:33	00:22:13	
687	Jose Manuel Camacho Pulido	00:45:50	00:45:25	00:23:06	Clube Desportivo Recreativo Águias Unidas
688	Maria do Carmo	00:45:51	00:45:35	00:22:43	Associação de Moradores da Atibá
689	Carlos Filipe Afonso	00:45:51	00:45:24	00:23:09	
690	Miguel dos Reis	00:45:51	00:44:51	00:23:57	
691	Jose Dionisio	00:45:51	00:45:02	00:23:41	Multiflow
692	Rui Cabral	00:45:51	00:45:18	00:22:58	Linda-a-Pastora Sporting Clube
693	Ricardo Sapina Baleia	00:45:51	00:45:18	00:22:46	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
694	Armando Andrade	00:45:52	00:45:37	00:22:55	Clube Desportivo Recreativo Águias Unidas
695	Alvaro Furtado	00:45:52	00:45:45	00:23:04	Serviços Sociais da Caixa Geral de Depósitos
696	João Miguel Costa Rodrigues	00:45:53	00:44:56	00:23:25	
697	Jorge Fernandes Santos	00:45:53		00:22:53	
698	Jaime Sousa	00:45:56	00:44:40	00:24:11	NúcleOeiras / Sportzone
699	José Morgado	00:45:57	00:45:26	00:23:21	MDC Sport
700	Pedro L. Louro	00:45:57	00:45:12	00:23:04	
701	Luís Fernandes	00:45:58	00:45:01	00:23:49	Pernas de Gafanhoto
702	Joaquim Costa	00:45:58	00:45:54	00:22:08	Casa do Benfica de Algueirão Mem Martins
703	Pedro Maria	00:45:58	00:44:12	00:24:37	Ateneu Artístico Cartaxense
704	Luiji Venturini	00:45:59	00:43:41	00:23:57	Os Zatopeques
705	Jose Antonio Gerardo	00:45:59	00:45:46	00:23:22	
706	João Vicente Abelho Rosa	00:46:00	00:45:14	00:23:22	
707	Gonçalo Pereira	00:46:01	00:45:24	00:23:49	CLAC Entroncamento
708	Paulo Jorge Brito	00:46:01	00:45:01	00:23:21	
709	Antonio Antunes Canas	00:46:03	00:45:36	00:23:28	
710	Ricardo Soeiro	00:46:04	00:45:16	00:23:37	Rádio Comercial
711	Urbano Salgueiro	00:46:04	00:45:49	00:22:44	O Mundo da Corrida
712	Eduardo Augusto Silveira Rodrigues	00:46:04	00:45:36	00:23:24	Clube MillenniumBCP
713	Joaquim Figueira	00:46:04	00:45:13	00:28:00	Clube de Atletismo da Nazaré
714	Jorge Gonçalves	00:46:04	00:45:13	00:23:29	Sociedade Recreativa do Camarnal
715	Carlos Alberto Nunes	00:46:05	00:45:04	00:24:26	
716	Francisco Almeida	00:46:05	00:45:31	00:23:47	
717	Carlos Gomes Ferreira	00:46:06	00:45:31	00:23:47	
718	Hilário Torres	00:46:07	00:44:36	00:24:16	Run 4 Fun
719	Rui Cardoso	00:46:07	00:45:49	00:22:20	Unidos da Manutenção
720	Jorge Saruga	00:46:07	00:43:42	00:26:01	
721	Ricardo Candeias	00:46:08	00:43:45	00:26:01	
722	José Machado Barata	00:46:08	00:41:51		
723	Nuno Pedro	00:46:08	00:43:37	00:24:39	
724	Victor Manuel Batista E Silva	00:46:09	00:45:26	00:23:52	
725	Bruno Miguel Santos Pereira	00:46:09	00:45:01	00:23:56	
726	Fernando José Nascimento Vicente	00:46:10	00:46:02	00:22:07	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
727	Diogo Girão De Sousa	00:46:11	00:45:04	00:24:42	
728	André Quarenta	00:46:11	00:45:19	00:23:39	Açoreana Clube Banif
729	Miguel Sergio Henriques Guedes Gomes	00:46:11	00:43:58	00:24:53	
730	José Sousa	00:46:11	00:45:38	00:23:48	AC Porto Salvo
731	Fernando Costa	00:46:12	00:45:05	00:24:09	
732	Carlos Alberto Dos Santos E Teixeira Lopes	00:46:13	00:45:12	00:23:07	
733	Carlos Saiote	00:46:15	00:45:56	00:21:58	Bombeiros Voluntarios de Montemor-o-Novo
734	Pedro Carvalho	00:46:16	00:45:29	00:23:12	
735	Rui Filipe Morais Nascimento	00:46:17	00:44:28	00:24:51	
736	Pedro Burguette	00:46:17	00:44:28	00:24:40	Açoreana Clube Banif
737	José Joaquim Cachopo Fachadas	00:46:18	00:46:02	00:23:10	
738	José Rodrigues	00:46:18	00:45:06	00:24:24	Extintos 2
739	Afonso Garcia	00:46:19	00:45:31	00:23:45	Clube Olímpico de Oeiras
740	Adilson Oliveira	00:46:19	00:44:58	00:23:51	Angelic
741	Hugo Afonso	00:46:19	00:45:34	00:23:08	
742	Manuel Sobral	00:46:19	00:45:57	00:23:06	
743	Armando Correia	00:46:19	00:45:41	00:23:18	Lesmas Alopradas
744	Hugo Alexandre De Guimaraes Abreu Da L	00:46:19	00:45:18	00:23:27	Clube MillenniumBCP
745	Rui Pericão De Almeida	00:46:19	00:45:55	00:23:05	
746	Carlos Suzana	00:46:20	00:45:42	00:23:26	NúcleOeiras / Sportzone
747	Antonio Manuel Ribeiro	00:46:20		00:23:28	
748	Ana Sílvia Sobreira	00:46:20	00:46:08	00:23:25	
749	José Oliveira	00:46:20	00:46:02	00:23:21	Núcleo Atletismo Zona da Abóboda
750	Nuno Gonçalo Carvalho António	00:46:20	00:45:16	00:24:24	
751	Agostinho Cristino	00:46:20	00:46:07	00:22:43	Casa do Benfica de Algueirão Mem Martins
752	Miguel Girão De Sousa	00:46:21	00:45:14	00:24:26	
753	António Vilela	00:46:21	00:45:19	00:23:21	CR Leões de Porto Salvo
754	Antonio Anaia	00:46:21	00:45:36	00:23:29	
755	Filipe Valente	00:46:21	00:45:05	00:24:09	Webwise
756	António Candeias	00:46:22	00:45:55	00:23:43	Falcões Selvagens
757	Ricardo da Conceição Ribeiro	00:46:22	00:46:01	00:23:17	
758	Luís Reis	00:46:22	00:45:57	00:23:44	Falcões Selvagens
759	José Ribeiro	00:46:22	00:45:55	00:23:44	Falcões Selvagens

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
760	Nelson Fernandes	00:46:24	00:45:03	00:24:00	
761	Ana Filipa Sampaio	00:46:24	00:46:13	00:22:10	Alhandra Sporting Clube
762	Luis Miguel Constante	00:46:25	00:46:04	00:23:06	
763	Romeu Correia	00:46:25	00:43:03	00:26:53	
764	Miguel San-payo	00:46:25	00:44:59	00:24:21	
765	Pedro Gonçalves	00:46:26	00:46:04	00:23:31	
766	Maria Francisca Jácome Morgado	00:46:26	00:45:35	00:23:33	
767	Carlos Mendes	00:46:27	00:46:12	00:26:44	GD Macedo Oculista
768	António Carlos Teixeira Duarte	00:46:28	00:45:52	00:23:31	Clube do Stress
769	Luis Reis	00:46:28	00:44:21	00:23:57	CLAC Entroncamento
770	Rui Miguel Sousa Pinela	00:46:29	00:44:42	00:24:36	
771	Antonio Joaquim	00:46:29	00:46:15	00:23:20	CLAC Entroncamento
772	Augusto Semedo	00:46:29	00:45:23	00:24:09	
773	Joao Joaquim	00:46:30	00:46:16	00:23:20	CLAC Entroncamento
774	Mário Das Neves Silva	00:46:31	00:46:21	00:22:57	
775	Mauricio Marques	00:46:32	00:44:57	00:24:26	
776	Gonçalo Catarino	00:46:33	00:46:03	00:23:07	
777	José Lemos	00:46:33	00:44:59	00:24:12	Mente Traquina
778	Bruno Filipe Fernandes Mendes Soares	00:46:33	00:45:52	00:23:21	
779	Carlos Manuel Oliveira E Silva	00:46:34	00:45:49	00:23:41	
780	Sérgio Bastinho	00:46:35	00:45:35	00:23:45	
781	Pedro Barros Ferreira	00:46:35	00:45:58	00:24:06	
782	Frederico Catalão	00:46:35	00:45:31	00:23:43	PBFC
783	Sergio Silva Pires	00:46:35	00:45:30	00:24:24	Valejas Atlético Clube
784	Paulo Tomás	00:46:36	00:45:22	00:24:09	A Sacavenense
785	Pedro Mendes Jorge	00:46:37	00:44:53	00:24:17	
786	Carlos Aberto Ferreira	00:46:37	00:45:52	00:23:50	
787	José Augusto Rodrigues	00:46:39	00:46:06	00:23:17	
788	Paulo Almeida	00:46:39	00:45:30	00:24:08	GD Banco BPI
789	Júlio Ferreira	00:46:40	00:45:22	00:24:27	Clube Grupo BES
790	Jose Gabriel	00:46:40	00:45:22	00:24:46	
791	Vitor Rafael	00:46:41	00:45:47	00:23:18	Serviços Sociais Montepio Geral
792	Nuno Miguel Antunes	00:46:41	00:45:59	00:23:37	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
793	Gonçalo Figueira	00:46:41	00:45:51	00:23:38	Grupo Desportivo e Culrural do Banco de Port
794	Rui Aguiar	00:46:43	00:46:27	00:23:42	Rapidísimos
795	Gil Gomes	00:46:43	00:46:31	00:22:25	VRC Carpintaria
796	Jorge Godinho	00:46:44	00:46:22	00:23:32	
797	António Manuel Matos Pedro	00:46:44	00:45:36	00:24:26	
798	Graciano Muchaxo	00:46:44	00:45:49	00:24:09	CCD Pessoal Municipio Cascais
799	Luís Miguel Alves Loureiro	00:46:45	00:45:58	00:23:19	
800	Rui Humberto Baptista Romão	00:46:45	00:44:25	00:25:32	
801	Antonio Goucha Soares	00:46:47	00:45:48	00:24:13	
802	Ricardo José Guerreiro Guilherme	00:46:48	00:45:32	00:25:16	
803	Joaquim Olimpio	00:46:48	00:46:42	00:23:15	Açoreana Clube Banif
804	Marco Baptista	00:46:49	00:44:07	00:26:11	ACD Bocal
805	Luis Reis	00:46:49	00:46:19	00:23:15	CCD Pessoal Municipio Cascais
806	Daniel Vilabril	00:46:49	00:46:41	00:23:09	
807	Pedro Miguel Dias	00:46:49	00:46:27	00:23:47	GDOA
808	Paulo Jorge De Amorim Louro	00:46:49	00:46:40	00:22:54	
809	Carlos Gregorio	00:46:51	00:46:26	00:23:27	
810	Luís Oliveira E Silva	00:46:51	00:44:24	00:25:57	
811	Arlindo Pereira Bras	00:46:54	00:46:18	00:23:23	
812	José Matos	00:46:55	00:45:26	00:24:35	A Bola
813	André Miguel Godinho	00:46:56	00:46:25	00:23:07	
814	Joaquim Frade	00:46:56	00:45:18	00:24:51	Serviços Sociais da Caixa Geral de Depósitos
815	João Miguel Nunes	00:46:56	00:46:21	00:23:35	
816	Paulo Paredes	00:46:57	00:46:21	00:23:58	A. A. Lebres do Sado
817	Antonio Horta	00:46:57	00:46:45	00:23:33	CCD Pessoal Municipio Cascais
818	Manuel Alexandre	00:46:58	00:46:12	00:24:06	Grupo Desportivo Ferroviários do Barreiro
819	Vasco Fernandes	00:46:58	00:46:14	00:24:01	Wikaboo
820	Rui Jardim Aranha	00:46:59	00:46:32	00:24:06	
821	Marco Jacinto	00:47:00	00:44:48	00:24:34	Lá Vão ... de Almeirim
822	Jorge Polidoro	00:47:00	00:44:51	00:24:31	Associação 20Km de Almeirim
823	Ricardo Gomes Galvão	00:47:00		00:22:06	
824	Ricardo Martins	00:47:00	00:46:03	00:24:57	
825	José Mira	00:47:00	00:46:08	00:24:07	Clube Desportivo Asas do Milénium

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
826	Fernando Celestino	00:47:00	00:45:12	00:24:20	Açoreana Clube Banif
827	Luis Figueiredo Ribeiro	00:47:00	00:46:04	00:24:57	
828	Vitor Tavares Marques	00:47:01	00:46:46	00:23:13	
829	Paulo Jorge Miranda Ribeiro	00:47:01	00:43:35	00:25:37	
830	Nuno Silva	00:47:03	00:46:35	00:24:05	Cágados supersonicos
831	António Saraiva	00:47:03	00:45:48	00:24:49	Amigosdacorrída.com
832	José Eduardo Morais	00:47:03	00:45:52	00:24:11	
833	Hugo Rafael Silva	00:47:03	00:46:42	00:23:46	
834	Nuno Azevedo	00:47:03	00:45:02	00:25:26	CCDT Metropolitano de Lisboa
835	Guilherme Correia	00:47:05	00:46:59	00:23:23	BuzzyLight
836	Jose De Moura Branco	00:47:05	00:46:14	00:24:08	Clube MillenniumBCP
837	Fernando Santos	00:47:05	00:45:40	00:24:38	
838	Carlos Antunes	00:47:05	00:46:32	00:24:50	
839	Fernando Joao	00:47:06	00:46:21	00:23:48	CLAC Entroncamento
840	Filipe Antunes	00:47:06	00:46:32	00:24:50	
841	Jose Carlos Batista	00:47:06	00:46:21	00:23:48	CLAC Entroncamento
842	Miguel Cameira Francisco	00:47:07	00:46:14	00:23:31	
843	Nuno Gomes	00:47:07	00:45:27	00:24:31	A Bola
844	Rui Dias	00:47:07	00:47:00	00:22:29	Rádio Comercial
845	Gonçalo Rosado	00:47:08	00:45:01	00:37:48	
846	João Carlos Correia	00:47:08	00:45:45	00:24:29	ACP - Atletismo Clube de Portalegre
847	Joao Verissimo	00:47:09	00:46:36	00:23:31	
848	Leontina Oliveira	00:47:09	00:46:57	00:23:34	Grupo Desportivo do INE
849	José Cabral	00:47:09	00:46:20	00:23:58	CCD Autarquias de Almada
850	Julio Meireles	00:47:10	00:46:54	00:23:34	CCD Pessoal Municipio Cascais
851	António Manuel Samora	00:47:10	00:46:01	00:24:42	
852	Miguel Moreira De Campos	00:47:11	00:45:16	00:24:45	
853	Joao Assis Cabelreira	00:47:11	00:45:18	00:24:43	
854	Pedro Pereira Gonçalves	00:47:11	00:45:17	00:24:44	
855	Manuel Ferreira	00:47:11	00:46:11	00:24:31	Grupo Desportivo Ferroviários do Barreiro
856	Miguel Santos	00:47:13	00:46:31	00:23:24	Unidos da Manutenção
857	João Gomes	00:47:15	00:44:37	00:26:12	Açoreana Clube Banif
858	Nuno Barata	00:47:16	00:46:58	00:23:19	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
859	Fernado Santos	00:47:17	00:46:45	00:24:13	
860	João Marques Almeida	00:47:17	00:46:07	00:23:36	
861	Luis Magalhães	00:47:17	00:46:15	00:24:58	Mente Traquina
862	Jorge Sousa	00:47:18	00:46:32	00:24:32	CCD Casa Pia
863	Carlos Vieira	00:47:18	00:46:45	00:23:44	
864	Paulo Figueira	00:47:19	00:46:57	00:24:17	BuzzyLight
865	Rui Pereira	00:47:20	00:46:15	00:24:05	Greci - El Corte Inglés
866	Paula Gomes	00:47:21	00:47:02	00:24:30	Macedo Oculista
867	Nuno Pires	00:47:21	00:45:03	00:24:17	
868	Nuno Soares	00:47:21	00:45:03	00:24:17	
869	Eduardo Matosa Barata Correia	00:47:22	00:44:31	00:27:09	Os Mafarricos
870	João Manuel Nunes Soares	00:47:23	00:46:57	00:23:45	
871	Vitor Santos	00:47:23	00:47:03	00:24:05	Ateneu Artístico Cartaxense
872	Miguel Marques	00:47:23	00:46:51	00:24:51	
873	Carlos Moia	00:47:23	00:47:12	00:23:44	GARMIN
874	Nelson Alcino Da Silva	00:47:24	00:46:58	00:23:44	
875	Fernando Morais	00:47:24	00:46:28	00:24:55	GD Banco BPI
876	António Pedro Santos	00:47:24	00:47:07	00:23:48	
877	Paulo Alexandre Lourenço	00:47:26	00:46:53	00:24:56	
878	Joao Soares	00:47:26	00:47:11	00:23:24	familia
879	António Saldanha	00:47:26	00:46:13	00:23:55	Clube de Atletismo da Nazaré
880	Monica Mihaela Popa	00:47:27	00:47:07	00:24:06	
881	Pedro Duarte	00:47:28	00:45:33	00:24:21	Amigos Atletismo Mafra
882	Luis Filipe S B Gama	00:47:28	00:46:45	00:24:27	
883	Manuel Moreira Robalo	00:47:28	00:46:21	00:24:48	
884	Miguel Felipe De Eça De Almeida	00:47:29	00:44:34	00:24:23	
885	Joao Andre Goncalves	00:47:29	00:45:57	00:25:27	
886	Janaína Grossi	00:47:29	00:45:29	00:24:38	
887	Rui Lima	00:47:30	00:45:58	00:25:45	Lá Vão ... de Almeirim
888	Sandro Miguel Santos Jordao	00:47:30	00:47:24	00:23:09	Clube MillenniumBCP
889	Teresa Cristina Tourais Afonso Rocha	00:47:31	00:47:18	00:23:40	Vitoria Sport Club - Guimarães
890	Ricardo Jorge Monteiro Ferreira	00:47:32	00:45:19	00:25:21	
891	Carla Martins	00:47:32	00:47:19	00:23:44	Associação de Moradores da Atibá

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
892	Jorge Niny Pereira Castro	00:47:33	00:46:49	00:24:04	
893	Constâncio Martins	00:47:34	00:45:49	00:24:54	Aclis Liberty Seguros
894	António José Simões	00:47:35	00:47:06	00:23:56	
895	Daniel Tiago De Castro	00:47:35	00:46:20	00:24:00	
896	Paulo Alexandre Das Neves Rodrigues	00:47:35	00:46:39	00:24:16	
897	Bernardo Falcao	00:47:36	00:45:30	00:24:48	
898	Rui Evangelista	00:47:36	00:44:00	00:25:28	Grupo Desportivo do INE
899	Paulo Lopes	00:47:36	00:43:56	00:25:28	GRD Ribeira da Lage
900	Domingos Paulo Ribeiro	00:47:36	00:46:37	00:24:18	
901	Filipe Filipe	00:47:38	00:46:22	00:24:51	Sesimbra Mar
902	Tiago Miguel Colaço Jerónimo Simão Dores	00:47:38	00:45:18	00:25:35	
903	Antonio Jose Teixeira Cid	00:47:39	00:47:04	00:24:16	
904	Henrique Narciso	00:47:40	00:44:31	00:26:00	CLAC Entroncamento
905	Ana Isabel Pimentel	00:47:41	00:47:11	00:22:48	
906	Hugo Lourinho	00:47:41	00:44:50	00:25:44	
907	Ana Paula Cruz Goncalves	00:47:42	00:47:12	00:23:58	Clube MillenniumBCP
908	Nuno Pereira	00:47:42	00:47:23	00:23:30	Team Cortesia
909	Carlos Rosado	00:47:43	00:47:22	00:22:21	
910	Fernando Alcides Silva Goncalves Rodrigue	00:47:44	00:44:58	00:25:35	Clube MillenniumBCP
911	Maria De Fátima Santos	00:47:44	00:46:17	00:24:54	Linda-a-Pastora Sporting Clube
912	José Manuel Vaz Lopes	00:47:44	00:47:19	00:25:03	
913	Carlos Santos	00:47:45	00:46:11	00:25:14	Clube Ferroviário de Portugal
914	António Belo	00:47:45	00:45:14	00:25:35	Amigosdacorrída.com
915	José Campos	00:47:45	00:46:30	00:25:30	Amigosdacorrída.com
916	Heitor Cardoso	00:47:48	00:47:11	00:24:06	Clube Atletismo Amigos de Belém
917	Marcelo Xavier	00:47:48	00:46:28	00:24:33	
918	Carlos Coelho	00:47:49	00:45:45	00:25:13	GA Monsanto/Gascan
919	Luísa Santo	00:47:50	00:47:17	00:24:03	Lesmas Alopradas
920	Carlos De Jesus	00:47:51	00:47:29	00:23:20	
921	José Santos	00:47:51	00:47:28	00:24:01	Clube ANACOM
922	Nino Raleiras	00:47:52	00:46:50	00:24:46	CARAPAUS DE CORRIDA
923	Carlos Rodrigues	00:47:52	00:46:25	00:24:39	Amigos Atletismo Mafra
924	David Perez	00:47:52	00:47:20	00:23:23	

Classificação 2010

Class. Atleta	Tempo	T. Chip	5 km	Clube
925 Luis Gomes	00:47:52	00:46:57	00:24:46	CARAPPAUS DE CORRIDA
926 Jorge Alexandre Paulino Da Conceição Mart	00:47:53	00:47:23	00:23:40	
927 Tam Afonso	00:47:53	00:47:40	00:23:18	Açoreana Clube Banif
928 Michel Costa	00:47:55	00:45:25	00:25:22	Açoreana Clube Banif
929 Luis Franco	00:47:55	00:46:39	00:24:47	VRC Carpintaria
930 Filipe Bernardo	00:47:56	00:46:35	00:24:35	
931 Jose Santos	00:47:56	00:47:12	00:24:25	CLAC Entroncamento
932 Ricardo Tavares	00:47:57	00:46:56	00:24:54	
933 Edgar Vilarinho	00:47:58	00:47:34	00:23:29	Ventania
934 Alexandre Fernandes	00:47:58	00:47:32	00:24:01	
935 Joaquim Pedro Marques	00:47:59	00:46:58	00:24:28	
936 Jose Luis Fernandes Sousa	00:48:00	00:47:33	00:24:03	
937 Beatriz Rute Figueiredo	00:48:00	00:46:27	00:24:40	
938 Jorge Duarte Pinheiro	00:48:01	00:46:20	00:25:20	Run 4 Fun
939 Álvaro Coelho	00:48:01	00:47:02	00:24:51	Aclis Liberty Seguros
940 Joaquim Lourenco Ferreira	00:48:02	00:47:12	00:25:28	
941 Marcelo Jose Vuelma	00:48:02	00:47:28	00:23:42	
942 Rui M Carvalho	00:48:02	00:46:01	00:25:37	
943 Marco Moutinho	00:48:02	00:47:36	00:24:51	
944 João Revês	00:48:03	00:47:25	00:24:15	Lesmas Alopradas
945 João Pedro Anjos	00:48:05	00:46:48	00:25:17	
946 Carlos Nabiça	00:48:05	00:46:43	00:25:39	Clube Grupo BES
947 Pedro Miguel Silva Curto	00:48:05	00:47:31	00:24:22	
948 Ricardo Neiva	00:48:05	00:47:32	00:24:23	
949 Rui Pereira	00:48:06	00:47:05	00:24:54	Grupo Desportivo Ferroviários do Barreiro
950 Pedro Melo	00:48:07	00:46:59	00:24:26	
951 José Manuel Andrade	00:48:07	00:47:50	00:23:47	GDOA
952 Luis Filipe Marques	00:48:07	00:47:34	00:23:45	
953 Paulo Climas Rocha	00:48:08	00:45:38	00:25:02	ACD Milharado Intermarché
954 Luís Conceição	00:48:09	00:47:45	00:24:18	
955 Nuno Santos	00:48:09	00:47:01	00:24:31	Os Rafinhas
956 José Vaz	00:48:09	00:47:13	00:24:34	Clube ANACOM
957 Luis Quaresma	00:48:10	00:47:27	00:24:13	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
958	Carlos Pinto	00:48:10	00:46:45	00:25:18	Sesimbra Mar
959	José Manuel Costa	00:48:10	00:46:12	00:25:44	Aclis Liberty Seguros
960	Ismael Pereira Teixeira	00:48:11	00:47:08	00:24:30	
961	Jorge António Pombo	00:48:12	00:47:15	00:25:02	
962	Paulo Jorge Araujo Braga	00:48:13	00:47:26	00:24:20	Electrimeca
963	Tiago Botelho Pereira	00:48:15	00:46:58	00:24:52	
964	Pedro Veiga	00:48:15	00:47:33	00:23:52	Associação Desportiva Remolpinta
965	Nuno Miguel Moreira	00:48:17	00:47:27	00:25:08	
966	Sérgio Duarte	00:48:19	00:45:34	00:26:41	Serviços Sociais da Caixa Geral de Depósitos
967	José António Mendes Dias Pedro	00:48:20	00:46:44	00:25:38	
968	Henrique Simão	00:48:20	00:46:47	00:25:34	
969	Andrew "rottweiler" Pendlebury	00:48:21	00:46:31	00:25:40	Pendlebury Headbangers
970	Fernando Sobral	00:48:21	00:45:55	00:26:06	
971	Carlos Alberto Teixeira Luis	00:48:22	00:47:45	00:23:28	
972	José Cordeiro	00:48:22	00:45:33	00:27:17	Os Zatopeques
973	Luís Galamba	00:48:23	00:47:39	00:24:16	Falcões Selvagens
974	Luis Miguel Rocha	00:48:23	00:47:19	00:25:51	TGT - The Greatest Team
975	Antonio Francisco Sobral De Sousa	00:48:23	00:46:56	00:24:58	Clube MillenniumBCP
976	António Antunes	00:48:24	00:47:28	00:24:55	O Mundo da Corrida
977	Luis Filipe Neves	00:48:25	00:47:08	00:24:28	
978	Carla Cruz	00:48:25	00:47:36	00:24:46	Clube do Stress
979	Joao Manuel Rodrigues Silva	00:48:26	00:48:04	00:23:26	Clube MillenniumBCP
980	José Manuel Carretas	00:48:26	00:48:17	00:23:52	
981	Jorge Matinho	00:48:27	00:48:18	00:23:39	
982	João Nazario	00:48:27	00:48:13	00:23:37	CCD Pessoal Municipio Cascais
983	Rui Miguel Da Silva Varão	00:48:27	00:48:19	00:23:03	
984	Paulo Jorge Ruivo	00:48:28	00:46:21	00:25:39	Amigos da Mini
985	Florival Andrade	00:48:28	00:47:31	00:24:40	Forno da Cidade
986	Victor Bragança	00:48:28		00:24:24	A. A. Lebres do Sado
987	Paulo Lourinho	00:48:29	00:46:05	00:26:26	
988	João Nuno Varino Alves	00:48:31	00:47:22	00:25:39	
989	João Manuel Silva	00:48:31	00:48:18	00:24:25	Valejas Atlético Clube
990	Joaquim Guedelha	00:48:32	00:48:06	00:24:14	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
991	Jose Joao V Albano	00:48:32	00:42:56	00:27:24	
992	Ana Carla Adro	00:48:32	00:47:58	00:24:33	Associação de Moradores da Atibá
993	Jose Lourenço Neves	00:48:33	00:48:12	00:24:07	Os Indomáveis
994	José Esteves	00:48:33	00:47:23	00:25:26	Familia Esteves
995	João Gameiro	00:48:33	00:46:40	00:25:55	Ateneu Artístico Cartaxense
996	Henrique Mário Calisto Filipe	00:48:33	00:47:23	00:24:34	
997	João Paulo Faria Fonseca E Silva	00:48:34	00:47:15	00:25:50	
998	David Miguel Do Rio Pires Lousada	00:48:34	00:47:28	00:25:04	
999	Paulino Pacheco	00:48:34	00:47:12	00:24:53	
1000	Jorge Morais	00:48:35			OS QUEBRA-CABEÇAS
1001	Kristine Reis	00:48:37	00:47:12	00:24:39	Amigos Atletismo Mafra
1002	Fernando Luz	00:48:38	00:46:23	00:26:01	GDCT - UNICRE
1003	Joaquim António Mendes Viana	00:48:39	00:47:18	00:25:27	
1004	Bruno Reis	00:48:39	00:48:08	00:23:42	CCD Pessoal Municipio Cascais
1005	Joao Pedro Fonseca	00:48:41	00:48:19	00:23:35	
1006	Luis T. Ribeiro Rosa	00:48:41	00:47:37	00:24:40	Figueiró da Serra
1007	Luís Filipe Alves Mimoso	00:48:42	00:47:21	00:25:12	
1008	Antonio Coelho	00:48:42	00:47:24	00:24:53	
1009	João Pedro Oliveira	00:48:42	00:46:31	00:26:24	
1010	Joaquim Silva	00:48:43	00:47:31	00:25:04	GDCT - UNICRE
1011	Antonio Inglês	00:48:43	00:47:48	00:24:32	GA Monsanto/Gascan
1012	Nuno Ventura	00:48:43	00:47:59	00:24:23	Wikaboo
1013	Jorge Pereira	00:48:45	00:47:26	00:25:42	Clube Grupo BES
1014	Tiago Ramos	00:48:46	00:48:18	00:24:59	CML
1015	Nuno Alexandre Ribeiro De Oliveira Piedad	00:48:47	00:47:48	00:24:00	
1016	Joao Carlos Da Silva Costa	00:48:47	00:46:55	00:26:00	
1017	Ricardo Torres	00:48:47	00:48:36	00:23:40	GARMIN
1018	António Gonçalves	00:48:48	00:47:03	00:25:21	Os Tugas
1019	Susana Biscaia	00:48:48	00:48:14	00:25:29	
1020	Nuno Barbedo Marques	00:48:49	00:48:06	00:25:02	
1021	Nuno Martins	00:48:49	00:47:08	00:25:33	Grupo Desportivo do INE
1022	João Paulo Boim	00:48:50	00:48:15	00:23:50	sempre a fugir...
1023	José Mestre	00:48:50	00:48:28	00:24:41	Clube Desportivo Recreativo Águias Unidas

Classificação 2010

Class. Atleta	Tempo	T. Chip	5 km	Clube
1024 Joaquim Carrilho	00:48:50	00:47:03	00:25:38	Serviços Sociais da Caixa Geral de Depósitos
1025 Susana Garcia	00:48:51	00:45:44	00:27:11	
1026 Jose Pedro Marques	00:48:51	00:48:35	00:23:43	Bombeiros Voluntarios de Montemor-o-Novo
1027 José Alves	00:48:52	00:45:45	00:27:11	Serviços Sociais da Caixa Geral de Depósitos
1028 Bruno Fernando Coelho	00:48:53	00:45:43	00:27:20	Valejas Atlético Clube
1029 Edgar Jacinto	00:48:54	00:46:35	00:26:44	Os Zatopeques
1030 José Vera Cruz	00:48:55	00:47:32	00:25:28	BE. Smart
1031 Mario Grilo	00:48:55	00:48:42	00:20:32	Bombeiros Voluntarios de Montemor-o-Novo
1032 Antonio Gomes	00:48:57	00:48:20	00:24:10	
1033 Gonçalo Miguel Da Rocha Barradas	00:48:59	00:48:44	00:23:44	
1034 Americo Carvalho	00:48:59	00:47:55	00:25:00	
1035 Idalécio Barros	00:48:59	00:48:21	00:24:38	
1036 Miguel Cabral	00:48:59	00:47:42	00:25:30	Amigosdacorrída.com
1037 Olimpio Guedelha	00:49:00	00:48:05	00:25:05	grupo dos amigos do atletismo de vila franca d
1038 Emanuel Santos	00:49:01	00:47:23	00:24:32	
1039 Gustavo Granja	00:49:01	00:45:31	00:26:23	CascaGrossista
1040 José Afonso Correia Lopes	00:49:01	00:47:33	00:24:22	
1041 Vasco Nascimento	00:49:02	00:48:17	00:24:55	
1042 José Moga	00:49:02	00:47:13	00:26:40	Amigos Vale Silencio
1043 Carlos Manuel Antunes De Sousa	00:49:03	00:48:38	00:24:04	
1044 José Pedro Pereira Da Costa	00:49:03	00:47:26	00:25:23	Holmes Place
1045 Lino Oliveira	00:49:05	00:48:48	00:24:35	BolotaObra Atletismo
1046 Paulo Trilho	00:49:06	00:48:13	00:24:50	Clube Vodafone
1047 Duddi Seshadri	00:49:06	00:48:26	00:24:50	Clube Vodafone
1048 Carlos Manuel Alves Caetano	00:49:07	00:47:38	00:24:45	
1049 Paulo Leote	00:49:08	00:47:53	00:25:04	grupo dos amigos do atletismo de vila franca d
1050 João Teixeira Santos	00:49:09	00:47:13	00:26:23	
1051 Pedro Miguel Correia Tavares Camacho	00:49:09	00:47:24	00:28:03	
1052 Pedro Trigo Morgado	00:49:09	00:46:56	00:26:46	
1053 Fernando Manuel Silva De Almeida	00:49:09	00:48:47	00:24:28	Clube MillenniumBCP
1054 Gil Xavier Alves	00:49:10	00:48:53	00:23:59	Unidos da Manutenção
1055 Rui Moura	00:49:10	00:47:28	00:26:04	Família Bugalho de Moura
1056 Francisco Aires	00:49:10	00:48:19	00:25:28	CCD Autarquias de Almada

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
1057	David Moura	00:49:10	00:47:27	00:26:04	Família Bugalho de Moura
1058	Hugo Ribeiro Dias	00:49:10	00:44:55	00:27:04	
1059	Jacinto Valdemar Crespo Dinis	00:49:11	00:48:08	00:25:41	
1060	Bruno Alexandre Gonçalves Martins Correia	00:49:12	00:44:44	00:28:07	Qualquer Coisa
1061	Fabiano Lopes Da Silva	00:49:12	00:44:44	00:28:07	Qualquer Coisa
1062	Luis Filipe Pereira	00:49:12	00:46:23	00:26:07	
1063	Joao Carlos Armeis Crespo	00:49:12	00:47:50	00:26:12	
1064	Jose Alexandre Gonçalves	00:49:13	00:48:26	00:24:34	GD Ceutsche Bank
1065	Carlos Chaves	00:49:13	00:48:41	00:24:20	
1066	Vasco Aguas Silva	00:49:13	00:47:37	00:26:49	
1067	Ana Paula Forneas	00:49:14	00:49:14	00:23:01	GD Banco BPI
1068	José Pinto Conde	00:49:15	00:48:04	00:26:04	
1069	Luis Alberto Moura Lopes	00:49:15	00:47:58	00:26:09	
1070	Jorge Aldeias	00:49:15	00:47:55	00:26:10	
1071	António Marques	00:49:15	00:48:02	00:26:03	
1072	Geoffray Ramos	00:49:16	00:46:11	00:26:24	
1073	Victor Manuel Conceição Rodrigues	00:49:16	00:47:58	00:26:09	
1074	Nuno Miguel Alves	00:49:16	00:46:21	00:27:09	
1075	Hugo Fidalgo Mendes	00:49:17	00:48:05	00:26:10	
1076	Luís Simões dos Reis	00:49:17	00:48:35	00:24:44	ISOSTAR
1077	Vitor Cid	00:49:17	00:47:02	00:26:01	
1078	Paulo Cassaca	00:49:17	00:48:00	00:26:10	
1079	Fábio José Marques Alves	00:49:18	00:48:23	00:26:13	
1080	Carlos Venâncio	00:49:18	00:48:33	00:25:17	
1081	Pedro Miguel Marques Alves	00:49:19	00:48:24	00:26:13	
1082	Fernando Santos	00:49:19	00:48:43	00:24:47	Unidos da Brandoa
1083	José Piedade	00:49:19	00:48:51	00:23:56	brandoa corre
1084	Paulo Jorge R Fernandes	00:49:20	00:47:45	00:25:36	
1085	Henrique Guedes	00:49:20	00:48:32	00:25:19	
1086	Carlos Antunes	00:49:21	00:47:53	00:26:14	
1087	Francisco Farrajota	00:49:22	00:47:52	00:26:14	
1088	Luis Tavares	00:49:22	00:48:14	00:24:42	
1089	Rui Chambel	00:49:22	00:48:21	00:25:08	Grupo Desportivo Ferroviários do Barreiro

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
1090	Tiago André Brito Dias	00:49:22	00:47:40	00:25:11	
1091	Joaquim Paiva	00:49:23	00:48:46	00:26:26	
1092	Ricardo Pereira	00:49:23	00:48:09	00:26:29	
1093	Paulo Da Silva Louro	00:49:23	00:48:45	00:25:37	
1094	Francisco Moser	00:49:23	00:48:26	00:24:44	Greci - El Corte Inglés
1095	Arnaldo Machado	00:49:24	00:48:51	00:25:26	Casa do Benfica de Algueirão Mem Martins
1096	Gustavo Nuno Albuquerque Galhardo	00:49:24	00:48:22	00:24:24	Sport Life
1097	Luis Melo	00:49:25	00:49:01	00:25:06	Açoreana Clube Banif
1098	António Ricardo Silva	00:49:25	00:48:23	00:25:05	
1099	Alexandre Miguel Branco	00:49:26	00:46:03	00:39:38	
1100	Luís Miguel Gomes Pogeira Dias	00:49:26	00:46:08	00:27:03	
1101	Diamantino Costa	00:49:26	00:48:21	00:24:57	
1102	Rui Alexandre Ferreira Pinto	00:49:26	00:48:26	00:25:15	
1103	João Pedro Fulgêncio	00:49:27	00:46:35	00:26:09	Os Mafarricos
1104	Francisco Pereira	00:49:27	00:48:32	00:25:15	Açoreana Clube Banif
1105	Sergey Bizyaev	00:49:28	00:49:04	00:24:39	
1106	Jorge Barreira	00:49:29	00:49:10	00:24:38	Grupo Recreativo Cultural e Desportivo de Lei
1107	António Fernandes	00:49:29	00:47:39	00:26:40	Amigos Vale Silencio
1108	Ana Luisa Alvito	00:49:29	00:48:48	00:24:45	
1109	João Oliveira Costa	00:49:30	00:48:30	00:24:47	
1110	João Maria Chumbinho	00:49:30	00:47:04	00:27:31	Serviços Sociais da Caixa Geral de Depósitos
1111	Tina Oliveira	00:49:31	00:49:16	00:24:37	Clube Desportivo Recreativo Águias Unidas
1112	Carlos Jose R Janeiro	00:49:31	00:48:32	00:26:42	Serviços Sociais Trab. Seixal
1113	Manuel Antº R Janeiro	00:49:31	00:48:31	00:26:42	Serviços Sociais Trab. Seixal
1114	Rui Pedro Santos	00:49:32	00:48:00	00:25:27	
1115	Diogo Castro	00:49:32	00:46:59	00:26:44	Sport Life
1116	Nuno Miguel Martins	00:49:32	00:48:21	00:26:08	
1117	José Jacob	00:49:33	00:47:49	00:26:41	Amigos Vale Silencio
1118	Pedro Andrade	00:49:33	00:49:04	00:24:22	
1119	Rodrigo Rendeiro Costeira	00:49:33	00:49:23	00:23:49	
1120	Jorge Perez	00:49:34	00:49:08	00:24:41	
1121	António Farinha Maurício	00:49:34	00:48:08	00:25:50	
1122	Carlos Alberto Pereira De Sá	00:49:35	00:49:08	00:24:31	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
1123	Jose Luis Gonçalves	00:49:36	00:48:59	00:25:49	
1124	Miguel Judas	00:49:37	00:48:35	00:24:41	CARAPPAUS DE CORRIDA
1125	José Bordalo	00:49:39	00:48:59	00:24:57	O Mundo da Corrida
1126	Ricardo Vinagre	00:49:39	00:47:56	00:26:43	Lá Vão ... de Almeirim
1127	Antonio Portugal	00:49:40	00:49:26	00:24:49	Grupo Desportivo do INE
1128	José Morais	00:49:41	00:46:51	00:27:17	
1129	Paulo Monteiro	00:49:41	00:48:06	00:25:41	
1130	António Jacinto	00:49:41	00:47:29	00:26:45	Os Zatopeques
1131	Rodrigo Rodrigues	00:49:41	00:47:31	00:25:29	
1132	Carlos Costa	00:49:42	00:47:08	00:26:06	Pés de Chumbo
1133	Vitor Rodrigues	00:49:42	00:49:02	00:25:43	GA Monsanto/Gascan
1134	Ricardo Vintém	00:49:43	00:46:12	00:26:55	
1135	Carlos Alberto Simões Rodrigues Pedro	00:49:43	00:49:03	00:25:10	CML
1136	Helder Santiago	00:49:44	00:49:14	00:24:57	
1137	João Paulo Pinto	00:49:44	00:48:46	00:25:42	
1138	Lucas Ferreira	00:49:44	00:48:04	00:25:41	
1139	João Constantino	00:49:44	00:48:01	00:26:02	Clube de Atletismo da Nazaré
1140	Afonso Fernandes	00:49:45	00:47:58	00:25:07	TRIMOTOR
1141	Sandra Moura	00:49:46	00:48:32	00:25:46	
1142	Tiago Antunes Vaz	00:49:46	00:47:41	00:26:22	
1143	Nuno Romão	00:49:47	00:49:27	00:24:46	Grupo Desportivo do INE
1144	Rui Alberto	00:49:48	00:47:30	00:26:45	Os Zatopeques
1145	Maria Alexandra Alves	00:49:49	00:46:32	00:26:44	CCD Sintrense
1146	Carlos Pedro	00:49:49	00:47:12	00:25:06	ACD Bocal
1147	Bruno Almeida	00:49:50	00:49:08	00:25:48	
1148	Nuno Fernandes	00:49:50	00:47:53	00:25:43	Greci - El Corte Inglés
1149	Jorge Apolinario	00:49:50	00:47:24	00:26:39	Lá Vão ... de Almeirim
1150	Agostinho Facas Pinto	00:49:51	00:49:35	00:24:25	Bombeiros Voluntarios de Montemor-o-Novo
1151	Antonio Massano	00:49:52	00:46:50	00:27:34	
1152	Luis Claudio	00:49:52	00:48:04	00:26:43	Lá Vão ... de Almeirim
1153	Tiago Batista	00:49:52	00:48:32	00:25:10	
1154	José Luis	00:49:52	00:47:47	00:27:02	CCDT Metropolitano de Lisboa
1155	Alexandre Nunes	00:49:53	00:48:23	00:25:48	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
1156	Sergio Silva	00:49:53			OS QUEBRA-CABEÇAS
1157	José Corrêa De Barros	00:49:54	00:48:17	00:25:25	
1158	Jose Fidelio	00:49:55	00:47:42	00:26:58	CLAC Entroncamento
1159	Nuno Ferreira De Almeida	00:49:56	00:48:52	00:24:37	
1160	Carlos Manuel Ferreira Rangel	00:49:56	00:49:10	00:25:34	
1161	Ricardo Bexiga	00:49:56	00:48:45	00:27:25	
1162	Vitor Manuel Branco Lourenço	00:49:57	00:48:27	00:24:58	
1163	Jorge Santos	00:49:57	00:49:15	00:23:21	CLAC Entroncamento
1164	Bernardo Faria e Maia	00:49:57	00:48:20	00:25:51	
1165	António Santiago	00:49:57	00:47:20	00:26:44	Amigosdacorrída.com
1166	André Branco	00:49:58	00:47:24	00:26:26	Pernas de Gafanhoto
1167	Pedro Manuel Marcelino Vieira	00:49:58	00:49:18	00:25:08	CML
1168	Diogo Anahory	00:49:58	00:47:22	00:27:00	Sport Life
1169	António Esteves	00:49:59	00:47:22	00:26:59	Greci - El Corte Inglés
1170	Carlos Alface Jesus	00:49:59	00:49:21	00:25:37	
1171	João Pedro Branco	00:49:59	00:48:09	00:25:49	
1172	Nuno Silva	00:49:59	00:48:37	00:26:18	CATPS
1173	Pedro Manuel Marques Vieira	00:49:59	00:49:03	00:25:07	
1174	Daniela Cristina Gil Marinheiro	00:50:00	00:49:15	00:25:22	
1175	Vasco Emanuel Anjos Soares	00:50:00	00:48:56	00:26:36	
1176	Rui Afonso Rodas	00:50:00	00:47:36	00:26:59	
1177	Severino Cruz	00:50:00	00:49:05	00:25:24	AFIS-Ovar
1178	Alexandre Santos	00:50:00	00:48:12	00:27:26	
1179	Pedro Morbey Ferreira	00:50:01	00:48:59	00:25:12	
1180	Ricardo Franco	00:50:01	00:48:32	00:26:31	
1181	Manuel Vinagre	00:50:02	00:49:19	00:24:36	
1182	Licínio Simões	00:50:03	00:48:22	00:26:15	Atomic Team
1183	Gerry Wahe Sanittz	00:50:03	00:47:31	00:26:59	ODEBRECHT/BPC
1184	João Arbués Moreira	00:50:04	00:47:29	00:26:46	Sport Life
1185	João Bento	00:50:04	00:46:17	00:27:37	Rapidísimos
1186	José Carlos Ferraz	00:50:05	00:49:30	00:25:23	
1187	Luis Antunes	00:50:05	00:49:12	00:25:16	GA Monsanto/Gascan
1188	Marco José F. Silva Abreu	00:50:05	00:49:50	00:24:14	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
1189	Guilherme Marques Relvas	00:50:06	00:49:45	00:24:15	
1190	Ruben António Costa	00:50:06	00:49:01	00:25:25	
1191	Pedro Leitao	00:50:07	00:49:44	00:24:43	Deloitte Runners
1192	Fernando Soares	00:50:07	00:48:45	00:25:52	
1193	Joaquim Ferrão	00:50:07	00:48:39	00:26:02	Grupo Desportivo e Culrural do Banco de Port
1194	Luis Manuel Pereira Neto	00:50:08	00:48:30	00:27:13	
1195	Carlos Manuel Alves Da Silva	00:50:08	00:49:41	00:25:00	
1196	Ricardo Chasqueira	00:50:08	00:48:30	00:27:12	
1197	João Da Silva Rocha	00:50:09	00:49:03	00:25:45	
1198	Hipolito Manuel Silverio Ferreira	00:50:10	00:49:35	00:24:36	
1199	Rui Alexandre Silva Esteves	00:50:10	00:47:34	00:26:52	
1200	Americo Costa	00:50:10	00:49:07	00:25:07	TECNOSPIE
1201	José Correia	00:50:11	00:48:45	00:26:43	Greci - El Corte Inglés
1202	Mário António	00:50:12	00:49:26	00:25:34	
1203	Pedro Miguel De Sousa Fernandes	00:50:12	00:48:55	00:25:50	
1204	Mario Costa	00:50:12	00:47:45	00:26:42	Serviços Sociais da Caixa Geral de Depósitos
1205	Daniel Valente	00:50:12	00:48:51	00:26:34	Lentinhos
1206	Luis Brazão	00:50:13	00:49:23	00:24:52	Unidos da Manutenção
1207	Jorge Oliveira E Carmo	00:50:13	00:46:35	00:28:15	Clube do Stress
1208	Bruno Miguel Almeida Amorim	00:50:14	00:49:26	00:25:26	
1209	Antonio Moreira	00:50:14	00:49:02	00:25:51	
1210	Carlos José Monteiro	00:50:14	00:48:44	00:26:35	
1211	António Ramalho Baptista	00:50:16	00:49:18	00:25:59	Pelegas
1212	Vitor Nelson Januario Marques	00:50:17	00:49:46	00:25:37	Clube MillenniumBCP
1213	Manuel Gonçalves	00:50:18	00:49:00	00:26:09	Grupo de Atletismo OS PATRICIOS
1214	Jorge Miguel Marques Rosa	00:50:19	00:50:06	00:23:50	
1215	João Bronze Silva	00:50:19	00:47:16	00:27:30	
1216	Miguel Pereira Bastos	00:50:19	00:49:08	00:25:32	Grupo Desportivo do INE
1217	Luis Duarte Polido	00:50:20	00:48:55	00:26:23	
1218	Américo De Abreu Ferreira	00:50:20	00:48:38	00:25:58	Associação dos Pupilos do Exército
1219	Jorge De Melo	00:50:20	00:49:12	00:26:40	Clube do Stress
1220	Bruno Miguel Pereira Cipriano	00:50:20	00:48:46	00:26:35	
1221	Joao Carreiro	00:50:20	00:47:34	00:30:09	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
1222	Luís Pereira	00:50:22	00:48:38	00:26:41	Clube ANACOM
1223	António Dias	00:50:22	00:49:08	00:25:47	Amigosdacorrida.com
1224	Ricardo Figueira Da Silva	00:50:23	00:46:41	00:27:53	Link
1225	Artur Paulo Almeida Botão	00:50:23	00:47:47	00:33:23	Academia do Lumiar
1226	José Manuel Urbano Tavares	00:50:23	00:49:43	00:25:57	
1227	Jose Magalhaes	00:50:24	00:46:48	00:27:55	Grupo Desportivo do INE
1228	Carlos Pedro Rocha Santos	00:50:24	00:49:30	00:25:58	
1229	Diogo Caldas	00:50:25	00:49:36	00:25:58	Running FROMAGE
1230	Fernando Gonçalves	00:50:25	00:48:14	00:26:11	GDCT - UNICRE
1231	Luís Penteado	00:50:26	00:46:38	00:27:38	Bué Rápidos
1232	Paulo Cravo	00:50:26	00:49:58	00:25:13	ACS - Amigos da corrida de salvaterra
1233	Paulo Manuel Morão	00:50:27	00:49:10	00:25:20	
1234	Pedro José Martins	00:50:27	00:48:36	00:26:17	
1235	Nuno Miguel Moleiro	00:50:27	00:49:25	00:24:49	
1236	Guilherme Leite	00:50:28	00:48:45	00:24:36	
1237	Tiago Valadas	00:50:28	00:48:04	00:26:33	
1238	Ricardo Filipe Pereira	00:50:29	00:47:19	00:26:46	
1239	Antonio Cascais	00:50:30	00:49:04	00:26:02	Sesimbra Mar
1240	Andreia Filipe Da Ponte	00:50:30		00:25:10	
1241	Antonio Almeida	00:50:30	00:49:52	00:25:40	Clube AUTOCOOPE
1242	José Dias	00:50:30	00:49:52	00:25:39	Clube AUTOCOOPE
1243	Manuel Rocha Martins	00:50:30	00:47:50	00:27:22	Academia do Lumiar
1244	Miguel Barbosa	00:50:30	00:49:48	00:25:24	Unidos da Manutenção
1245	André Freitas Do Amaral	00:50:31	00:49:42	00:25:58	
1246	Rui José Nascimento Pires	00:50:31	00:47:57	00:27:21	Academia do Lumiar
1247	António Pedro De Almeida	00:50:31	00:49:04	00:26:55	
1248	António Serafim	00:50:31	00:49:01	00:26:58	
1249	Rúben Alexandre Dias Pais	00:50:31	00:50:20	00:23:29	
1250	Fernando Vilelas	00:50:32	00:47:40	00:26:35	
1251	Tânia Dimas	00:50:32	00:48:21	00:27:07	Clube do Stress
1252	Joaquim Macatrão	00:50:33	00:49:14	00:26:01	Clube de Atletismo da Nazaré
1253	Amilcar Póvoa	00:50:33	00:50:26	00:24:44	A Bola
1254	Victoria Pendlebury	00:50:33	00:48:44	00:25:49	Pendlebury Headbangers

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
1255	Rui Fortunato Munhá	00:50:33	00:49:19	00:27:09	
1256	Francisco Caldeira	00:50:36	00:48:52	00:26:43	Grupo Desportivo do INE
1257	Nuno Miguel Barbosa Crespo	00:50:36	00:48:06	00:26:31	
1258	Jose Eddie Saboia De Castro Junior	00:50:36	00:48:52	00:26:20	
1259	Miguel Martins Da Silva	00:50:37	00:48:58	00:25:59	
1260	Pedro Lobo	00:50:38	00:49:44	00:26:32	Link
1261	Ana Nunes	00:50:38	00:49:55	00:39:22	
1262	Jörg Löhken Löhken	00:50:39	00:50:15	00:24:21	
1263	Eduardo Brito	00:50:39	00:49:52	00:25:30	Running of D ^a Maria
1264	Hugo Miguel	00:50:40	00:49:05	00:27:31	
1265	Luis Oliveira	00:50:40	00:49:10	00:26:34	A. A. Lebres do Sado
1266	Alexandre Bento	00:50:40	00:49:05	00:27:31	
1267	José Gomes	00:50:41	00:49:03	00:27:30	
1268	António Gonçalves	00:50:41	00:48:39	00:27:00	CCDT Metropolitano de Lisboa
1269	Rui Fernandes	00:50:42	00:50:17	00:25:27	Ventania
1270	Marco Antonio Martins Marques	00:50:43	00:48:58	00:25:54	
1271	João António Santos Melo	00:50:44	00:48:14	00:27:12	
1272	Abel M M Aleixo De Pina	00:50:44	00:49:07	00:27:09	
1273	Ricardo Trincadeiras	00:50:45	00:49:50	00:26:10	
1274	Paulo Marmé	00:50:46	00:50:00	00:25:33	Sport Life
1275	Arlindo Paixão	00:50:46	00:46:28	00:28:58	
1276	Marco Emanuel Matos	00:50:46	00:49:52	00:26:10	
1277	Antonio Manuel Graça Correia	00:50:47	00:50:01	00:26:00	
1278	Diogo Ferreira	00:50:47	00:50:33	00:25:31	Açoreana Clube Banif
1279	Miguel Moia	00:50:47	00:50:37	00:25:02	GARMIN
1280	Victor Manuel Ramos Revés	00:50:48	00:49:17	00:26:32	
1281	José Filipe	00:50:48	00:50:20	00:24:59	CML
1282	Jose Pedro Rua	00:50:49	00:49:24	00:25:59	
1283	Carlos Cravo	00:50:49	00:50:07	00:25:57	Amigos Atletismo Serra de Sintra
1284	Eduardo Luís	00:50:49	00:49:08	00:26:47	Atomic Team
1285	Nuno Geraldés Barba	00:50:50	00:49:21	00:27:30	
1286	José Luis Lopes	00:50:51	00:50:21	00:24:37	
1287	Carlos Anjos	00:50:51	00:48:53	00:27:06	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
1288	Nuno Alexandre Barbosa Pauleta	00:50:52	00:49:47	00:26:01	
1289	Eduardo Ribeiro	00:50:53	00:49:45	00:26:27	GDCT - UNICRE
1290	Paulo Espirito Santo	00:50:53	00:47:02	00:27:01	
1291	Pedro Pereira	00:50:54	00:50:29	00:24:56	Solar dos Presuntos
1292	Carlos Alberto Cupeto	00:50:54	00:49:32	00:26:02	TTerra
1293	Daniel Filipe C. M. Gonçalves	00:50:54	00:49:19	00:26:51	
1294	Manuel Dias de Faria	00:50:54	00:49:06	00:26:32	Rádio Comercial
1295	Jorge Andrade	00:50:56	00:49:55	00:25:57	
1296	Luis Rocha Antunes	00:50:57	00:49:21	00:27:12	
1297	Fernando Tavares	00:50:58	00:49:48	00:26:52	
1298	José António Rijo	00:50:58	00:49:40	00:26:04	
1299	Bruno André Martins Fernandes	00:50:59	00:48:39	00:28:10	
1300	João Almeida	00:50:59	00:49:36	00:25:28	BE. Smart
1301	Pedro Gonçalves Henriques	00:50:59	00:49:31	00:25:29	BE. Smart
1302	Gonçalo Marques	00:51:00	00:50:11	00:24:29	Clube Olímpico de Oeiras
1303	Luis M Mendes	00:51:01	00:46:42	00:28:42	
1304	Rui Micael Inácio	00:51:02	00:47:57	00:27:40	
1305	Rui Alves Rosa	00:51:02	00:48:54	00:27:00	
1306	Manuel Peras	00:51:03	00:47:58	00:27:11	Amigos Vale Silencio
1307	José Lopes	00:51:03	00:48:55	00:27:00	Pumas do Guincho
1308	Oscar Batalha	00:51:04		00:28:47	Amigos Atletismo Mafra
1309	Pedro Vieira Trouillet Pessoa	00:51:04	00:50:27	00:25:39	
1310	José Luís Dos Santos Correia	00:51:04	00:49:47	00:25:49	
1311	Vitor Gomes	00:51:05	00:49:21	00:28:09	
1312	Francisco Rocha De Carvalho	00:51:06	00:49:24	00:26:38	
1313	Ricardo Oliveira	00:51:06	00:48:18	00:27:34	Hovione
1314	Maria Conchinha	00:51:06	00:50:18	00:25:42	Clube do Stress
1315	Paulo Alexandre Coelho T. Pires	00:51:06	00:49:23	00:26:38	
1316	Jose Alberto Mourinho Manta	00:51:07	00:50:11	00:25:30	
1317	Vítor Gonçalves Lopes	00:51:07	00:49:43	00:26:28	Run 4 Fun
1318	Vitor Alvaro	00:51:07	00:48:42	00:26:43	Serviços Sociais da Caixa Geral de Depósitos
1319	Ilidio Gomes Rodrigues	00:51:07	00:50:40	00:25:56	Clube MillenniumBCP
1320	Jorge Sebastião	00:51:08	00:48:04	00:27:58	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
1321	Antonio Lopes	00:51:08	00:46:55	00:27:51	Lopes
1322	Teodoro Trindade	00:51:08	00:50:20	00:25:06	
1323	Paulo Antunes	00:51:08	00:50:32	00:25:32	Lesmas Alopradas
1324	Pedro Pina	00:51:09	00:48:45	00:27:28	CCD Autarquias de Almada
1325	Nelson Vieira	00:51:09	00:48:44	00:27:29	CCD Autarquias de Almada
1326	Nuno Dias De Almeida	00:51:10	00:47:39	00:27:47	
1327	Micénio Mendonça	00:51:10	00:50:21	00:25:46	A Bola
1328	Carlos Manuel Gonçalves	00:51:11	00:50:02	00:26:09	
1329	Jose Almeida	00:51:11	00:49:08	00:26:36	Irmandade da Pedaleira
1330	Maria M Sousa	00:51:11	00:49:09	00:26:37	
1331	João Mendonça Pinto	00:51:11	00:49:58	00:26:48	
1332	José Santos	00:51:11	00:50:17	00:24:27	Grupo Desportivo Ferroviários do Barreiro
1333	João Silveira	00:51:12	00:48:35	00:27:25	Pernas de Gafanhoto
1334	Gonçalo Vareiro	00:51:12	00:49:31	00:26:33	
1335	Herberto Monteiro	00:51:12	00:51:01	00:23:46	
1336	Nelson Magalhães Vieira	00:51:13	00:50:00	00:27:37	Team family
1337	Bernardo Pinto-coelho	00:51:13	00:50:53	00:24:57	Pernas de Gafanhoto
1338	João Gomes	00:51:13	00:47:43	00:28:09	Amigos Atletismo Mafra
1339	Pedro Gustavo Cardoso Seixas	00:51:14	00:51:06	00:23:15	
1340	Luis Bouceiro	00:51:15	00:49:31	00:27:37	Holmes Place
1341	Catarina Alexandra Nunes	00:51:15	00:50:57	00:31:24	
1342	Miguel Beja	00:51:16	00:49:17	00:27:38	Holmes Place
1343	Tiago Sousa	00:51:16	00:50:04	00:25:38	
1344	José M Silva	00:51:17	00:47:54	00:28:09	AC Porto Salvo
1345	Manuel Horta	00:51:17	00:50:27	00:25:50	grupo dos amigos do atletismo de vila franca d
1346	Filipe Silva	00:51:17	00:46:43	00:28:17	ACAPO
1347	Eduardo Correia	00:51:17	00:48:17	00:28:39	
1348	Joaquim Machado	00:51:17	00:46:43	00:28:17	ACAPO
1349	Carlos Morais	00:51:18	00:50:03	00:26:38	Amigos Atletismo Mafra
1350	Rita Matosa Barata Correia	00:51:18	00:48:27	00:27:09	Os Mafarricos
1351	Sandra Santos	00:51:18	00:49:31	00:26:50	CLAC Entroncamento
1352	Jorge Brito Pereira	00:51:18	00:49:57	00:26:39	
1353	Fernando Nuno	00:51:19	00:50:39	00:25:04	Aclis Liberty Seguros

Classificação 2010

Class. Atleta	Tempo	T. Chip	5 km	Clube
1354 Fabrice Polteau	00:51:19	00:48:54	00:26:33	
1355 Rui Neves	00:51:20		00:28:10	Grupo Recreativo Cultural e Desportivo de Lei
1356 Hugo Manuel Silvestre Silva	00:51:20	00:49:19	00:26:38	
1357 António Reis	00:51:21	00:50:09	00:26:39	Amigos Atletismo Mafra
1358 André Cunha	00:51:21	00:49:51	00:29:35	Açoreana Clube Banif
1359 Luis Miguel Silva	00:51:21	00:47:11	00:28:33	
1360 António José Dias Norte	00:51:21	00:51:13	00:25:12	A Bola
1361 Adriano Gominho	00:51:22	00:49:36	00:26:01	
1362 Leif Warpe	00:51:22	00:47:06	00:26:35	
1363 João Ralha	00:51:22	00:49:46	00:27:05	Run 4 Fun
1364 Telmo Coelho	00:51:23	00:48:41	00:27:29	ACD Bocal
1365 Tomás Leiria Pinto	00:51:23	00:50:35	00:26:22	Clube do Stress
1366 Albino Ferreira	00:51:23	00:50:42	00:25:23	Lesmas Alopradas
1367 Alexandre Do Monte Lee	00:51:24	00:49:17	00:27:20	Monte Lee & Co.
1368 David Cravidão Lopes Pereira	00:51:24	00:49:54	00:27:30	
1369 Domingos Duro	00:51:25	00:50:09	00:27:00	Amigosdacorrída.com
1370 José Carlos Melo	00:51:25	00:50:10	00:26:24	Run 4 Fun
1371 Ricardo Alexandre Lopes Cabo	00:51:25	00:50:53	00:25:24	
1372 Daniel Conceição Delgado	00:51:26	00:50:00	00:25:12	
1373 João Marques	00:51:27	00:49:24	00:28:10	GRD Ribeira da Lage
1374 Edgar Geada	00:51:28	00:49:25	00:28:09	GRD Ribeira da Lage
1375 Paulo Martins	00:51:28	00:49:32	00:28:01	Running of D ^a Maria
1376 Teresa Isabel Couto	00:51:29	00:50:39	00:26:44	O Mundo da Corrida
1377 Rosa Maria Pinheiro Pratas	00:51:29	00:49:35	00:26:58	
1378 Luis Miguel Bronze Pedrosa	00:51:29	00:48:26	00:28:05	
1379 Pedro Costa	00:51:29	00:49:37	00:26:52	Holmes Place
1380 Andre Wiborg	00:51:29	00:49:04	00:28:13	
1381 António Carpinteiro	00:51:30	00:50:13	00:26:57	Serviços Sociais da Caixa Geral de Depósitos
1382 Francisco Simão	00:51:30	00:48:53	00:27:29	Grupo Desportivo Pessoal da Cimpor
1383 Bruno Silva Lobo	00:51:30	00:49:48	00:28:04	
1384 João Carlos Giraldez Travado	00:51:31	00:48:17	00:28:11	
1385 Ricardo Pereira	00:51:31	00:48:51	00:27:24	
1386 Hélio Penteadó	00:51:32	00:48:22	00:28:08	Bué Rápidos

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
1387	Nuno Passanha	00:51:32	00:50:33	00:26:57	Clube do Stress
1388	Eduardo Aquino	00:51:32	00:48:10	00:27:40	
1389	Alberto Santos	00:51:33	00:50:41	00:26:16	
1390	Pedro Passas Cunha	00:51:34	00:50:53	00:26:25	
1391	Carlos Alves	00:51:34	00:50:29	00:26:37	Clube Ferroviário de Portugal
1392	Pedro Nuno Gomes Marinho	00:51:35	00:48:30	00:28:18	
1393	Cassiana Bruel	00:51:35	00:50:22	00:26:43	
1394	Paulo Cardoso	00:51:35	00:50:52	00:24:53	GD Chelas
1395	Miguel Botelho	00:51:36	00:50:03	00:25:48	Botelho
1396	Ana Rita Afonso	00:51:36	00:50:25	00:27:25	
1397	Antonio Rodrigues de Lima	00:51:36	00:51:24	00:25:15	
1398	Carlos Rodrigues	00:51:37	00:49:27	00:27:30	
1399	Pedro Nuno Sequeira Gonçalves	00:51:37	00:49:54	00:27:03	
1400	Manuel Calisto	00:51:37	00:51:30	00:25:53	Clube Atletico das Patameiras
1401	Paulo Caldeira	00:51:38	00:49:58	00:27:37	Holmes Place
1402	Bernardo Gradissimo	00:51:38	00:49:05	00:26:40	
1403	Luis Alberto Batista	00:51:39	00:51:17	00:24:58	
1404	Jacinto Pereira	00:51:39	00:48:36	00:27:36	Centro Comunitário de Linda-a-Velha
1405	Carlos Oliveira	00:51:39	00:49:09	00:28:11	Mistral Spirit
1406	Gonçalo Oliveira	00:51:39	00:49:23	00:26:38	GDCT - UNICRE
1407	Gonçalo Neto	00:51:40	00:49:48	00:28:03	A. A. Lebres do Sado
1408	Manuel Couto	00:51:41	00:50:59	00:26:04	Mente Traquina
1409	Hugo Chambel	00:51:41	00:49:22	00:28:06	Falcões Selvagens
1410	Pedro Marques	00:51:41	00:49:21	00:28:07	Falcões Selvagens
1411	Bruno Miguel Romão Neves	00:51:41	00:48:34	00:27:58	
1412	Nuno Carmona	00:51:42	00:49:50	00:27:08	Holmes Place
1413	Antonio Bogas	00:51:42	00:49:08	00:27:35	
1414	Joaquim Leal	00:51:43	00:48:24	00:28:01	Clube do Stress
1415	Ana Sérgio	00:51:43	00:50:27	00:27:08	Ateneu Artístico Cartaxense
1416	Rui Botão	00:51:44	00:50:13	00:26:37	Clube Português de Orientação e Corrida
1417	Arnaldo A Sebastiao	00:51:44	00:51:28	00:25:11	
1418	Susana Pontes	00:51:46	00:50:15	00:26:37	Clube Português de Orientação e Corrida
1419	Jorge Fernandes	00:51:46	00:51:08	00:26:30	

Classificação 2010

Class. Atleta	Tempo	T. Chip	5 km	Clube
1420 Filipa De Carvalho Dias	00:51:46	00:50:45	00:25:19	Tás em forma
1421 Gilberto Gonçalves	00:51:46	00:50:39	00:26:36	
1422 Duarte De Carvalho Dias	00:51:47	00:50:53	00:25:18	Tás em forma
1423 Carlos Augusto Pessoa	00:51:47	00:50:13	00:27:10	
1424 Nuno Antunes	00:51:48	00:50:56	00:27:32	GA Monsanto/Gascan
1425 Orlando Lopes	00:51:48	00:51:02	00:25:59	Sport Life
1426 Pedro Cardoso	00:51:48	00:50:48	00:27:31	GA Monsanto/Gascan
1427 Luis Pedro Santos	00:51:48	00:48:47	00:27:55	
1428 Alexandre Nemésio Ramos Gomes	00:51:49	00:51:13	00:25:24	Solar dos Presuntos
1429 Pedro Rodolfo Leandro Batista	00:51:49	00:50:34	00:26:18	
1430 Nuno Damião Castro	00:51:49	00:50:07	00:26:30	
1431 Carlos Coelho	00:51:49	00:51:23	00:25:16	
1432 Vitor Ferreira	00:51:50	00:50:37	00:27:02	Webwise
1433 João Balão	00:51:50	00:51:15	00:26:08	Serviços Sociais da Caixa Geral de Depósitos
1434 João Figueiredo	00:51:50	00:50:29	00:27:03	
1435 Pedro Queirós	00:51:51	00:50:11	00:27:39	
1436 Hugo Silva	00:51:52	00:48:18	00:28:22	grupo dos amigos do atletismo de vila franca d
1437 Paulo Silva	00:51:53	00:50:59	00:28:11	
1438 Jorge Manuel Soares Paulo	00:51:54	00:51:15	00:25:25	
1439 Jaime Leça Da Veiga	00:51:54	00:50:42	00:28:00	CCD Autarquias de Almada
1440 Sónia Portelinha	00:51:54	00:50:16	00:26:53	Holmes Place
1441 Suzete Silva	00:51:54	00:50:00	00:27:51	Ateneu Artístico Cartaxense
1442 Luis Alberto Vieira Da Silva	00:51:55	00:50:02	00:26:48	
1443 Rodrigo Octávio de Almeida	00:51:55	00:51:51	00:24:07	
1444 Paulo Ferreira	00:51:56	00:49:02	00:28:57	Clube do Stress
1445 Nuno Fernandes	00:51:56	00:49:26	00:29:17	JG Seguros
1446 Alexandra Portela	00:51:57	00:50:02	00:27:55	Ateneu Artístico Cartaxense
1447 Luis Fernando Moreira Sobral	00:51:57	00:51:18	00:26:29	
1448 Carlos Freire	00:51:58	00:50:38	00:27:04	GARMIN
1449 Leonel São José	00:51:58	00:47:27	00:29:06	Clube Olímpico de Oeiras
1450 Jorge Ferreira Marques	00:51:58	00:51:36	00:27:17	Os Varetas
1451 Ricardo Correia De Barros	00:51:59	00:49:48	00:27:47	Clube do Stress
1452 Manuel Correia	00:51:59	00:51:35	00:25:32	BuzzyLight

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
1453	Helder Henriques	00:51:59	00:47:44	00:27:50	
1454	Jorge Vieira	00:51:59	00:51:31	00:25:42	ACS - Amigos da corrida de salvaterra
1455	Vasco Santos	00:52:00	00:49:50	00:27:24	GD Banco BPI
1456	Nuno José Santos Da Cruz	00:52:00	00:49:38	00:28:07	
1457	Sérgio Manuel Cruz	00:52:00	00:49:38	00:28:06	
1458	Filipe Cavaleiro	00:52:00	00:50:19	00:28:03	
1459	José Emílio Lindo	00:52:00	00:51:47	00:25:42	
1460	Rui Miguel Silva	00:52:01	00:49:44	00:27:15	
1461	Alberto Marinho	00:52:01	00:49:46	00:27:41	
1462	Eduardo Rodrigues	00:52:03	00:48:54	00:27:48	Grupo de Atletismo OS PATRICIOS
1463	Alexandre Abade	00:52:04	00:50:07	00:27:23	
1464	Hugo André	00:52:04	00:50:43	00:25:56	
1465	Bruno Rodrigues	00:52:04	00:49:47	00:27:08	
1466	Pedro M Costa	00:52:05	00:49:28	00:26:49	
1467	José Magro	00:52:05	00:50:53	00:26:34	O Mundo da Corrida
1468	Fernando Tareco	00:52:05	00:51:12	00:27:33	
1469	António Belchior	00:52:05	00:51:13	00:27:32	Ventania
1470	Jorge Vieira	00:52:06	00:48:14	00:28:25	GARMIN
1471	Gonçalo M. Botelho	00:52:06	00:50:33	00:25:54	Botelho
1472	Ricardo Jaime Bexiga	00:52:06	00:50:09	00:27:43	
1473	Octavio Dias	00:52:06	00:49:47	00:27:59	CLAC Entroncamento
1474	Antonio Tavares Oliveira Ramos	00:52:07	00:51:01	00:26:17	Clube MillenniumBCP
1475	Joaquim Coelho Santos	00:52:08	00:51:24	00:26:45	coelho e pereira
1476	Jorge Marques	00:52:08	00:51:00	00:26:18	GD Chelas
1477	Bruno Filipe Lopes Maciel	00:52:08	00:51:52	00:27:19	Os Varetas
1478	Joaquim Milheiro Gil	00:52:08	00:47:51	00:29:38	
1479	João Jose Raimundo	00:52:09	00:50:38	00:26:50	Raiworld
1480	Jorge Alexandre Teixeira Esteves	00:52:09	00:51:26	00:26:05	
1481	Ricardo Pinto	00:52:09	00:51:14	00:27:02	Greci - El Corte Inglés
1482	Francisco Vaz	00:52:10	00:49:20	00:28:23	novaphone runners
1483	Rodrigo Vaz	00:52:10	00:49:20	00:28:24	novaphone runners
1484	Paulo Jorge Vieira Filipe Moreira	00:52:11	00:50:39	00:27:20	
1485	Oscar Henriques	00:52:11	00:47:54	00:29:36	Greci - El Corte Inglés

Classificação 2010

Class. Atleta	Tempo	T. Chip	5 km	Clube
1486 Mário José Alves	00:52:11	00:50:55	00:26:08	
1487 Paulo Pires	00:52:12	00:50:33	00:27:56	Serviços Sociais da Caixa Geral de Depósitos
1488 Rui Batista	00:52:12	00:49:14	00:27:39	Os Kamarros
1489 Carla Sofia Carvalho Dos Santos	00:52:12	00:49:14	00:27:39	Os Kamarros
1490 Miguel Val	00:52:12	00:52:03	00:25:02	
1491 Nuno Lucas	00:52:13	00:48:21	00:29:01	Pernas de Gafanhoto
1492 Paulo Medeiros	00:52:13	00:50:39	00:26:58	Tartarugas da Linha
1493 Manuel Conceicao Paulo	00:52:13	00:50:28	00:26:16	ODEBRECHT/BPC
1494 Jorge Pinto	00:52:13	00:50:39	00:28:00	Amigos Para Sempre
1495 Luis Manuel Costa Cabral	00:52:14	00:50:30	00:27:20	
1496 Norberto Marques	00:52:14	00:50:18	00:28:01	Running of Dª Maria
1497 Maria Ceu Movilha	00:52:14	00:50:50	00:27:38	Serviços Sociais da Caixa Geral de Depósitos
1498 André Vaz	00:52:14	00:48:24	00:29:01	Pernas de Gafanhoto
1499 Rui A C Machado	00:52:15	00:50:51	00:28:00	
1500 Hugo Miguel Figueira Paz Freire Venâncio	00:52:15	00:52:01	00:25:44	
1501 Adelino Fortunato	00:52:15	00:51:30	00:25:48	Sesimbra Mar
1502 Pedro Miguel Gomes	00:52:15	00:48:27	00:29:33	Alhandra Sporting Clube
1503 Sofia Hibon	00:52:15	00:51:09	00:26:46	Clube do Stress
1504 António Varela	00:52:17	00:51:21	00:26:13	
1505 Sérgio Do Monte Lee	00:52:18	00:50:10	00:27:16	Monte Lee & Co.
1506 Miguel Mendes	00:52:18	00:50:15	00:28:06	
1507 Luis De Barros	00:52:19	00:49:06	00:28:07	
1508 Carlos Manuel Coutinho Moreira	00:52:19	00:51:26	00:26:46	
1509 Domingos Rodrigues	00:52:19	00:50:45	00:28:20	Amigos Atletismo Mafra
1510 Carlos Alberto José Isabel	00:52:20	00:51:10	00:26:40	
1511 Pau Storch De Gracia	00:52:20	00:49:36	00:28:16	
1512 Nuno Oliveira	00:52:21	00:51:03	00:27:05	
1513 Carlos Magalhaes	00:52:21	00:49:20	00:28:02	
1514 Augusto Ferreira	00:52:22	00:51:27	00:26:37	
1515 João Gil	00:52:23	00:47:53	00:29:20	Falcões Selvagens
1516 Juvenal Moreira	00:52:23	00:52:00	00:24:14	Clube AUTOCOOPE
1517 Tomas Vila Luz	00:52:23	00:50:38	00:27:38	GD Banco BPI
1518 Carlos Renato	00:52:24	00:51:24	00:27:02	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
1519	Henriqueta Solipa	00:52:24	00:51:25	00:27:02	
1520	José Amaral	00:52:24	00:51:05	00:27:13	
1521	Luis Miguel Santos	00:52:24	00:50:09	00:28:26	
1522	Bruno Miguel Bastos Silva	00:52:25	00:50:56	00:26:41	
1523	Francisco Silva	00:52:25	00:51:59	00:25:43	Falcões Selvagens
1524	João Bernardo	00:52:26	00:49:35	00:27:12	Os Mafarricos
1525	Valdemar Damião	00:52:26	00:51:42	00:25:37	A. A. Lebres do Sado
1526	Fernando Azevedo	00:52:27	00:51:00	00:28:06	CCD SRS Lisboa
1527	Analice Silva	00:52:27	00:51:45	00:27:03	Liberdade Atletico Clube
1528	Jonas Lundberg	00:52:27	00:51:05	00:27:24	Soplacas
1529	João Paulo Gomes	00:52:27	00:49:41	00:28:20	
1530	Rui Pires	00:52:27	00:51:21	00:26:28	Clube Vodafone
1531	Manuel Teixeira	00:52:27	00:51:01	00:28:06	CCD SRS Lisboa
1532	Rui Milagres	00:52:28	00:48:12	00:29:11	
1533	José Santos	00:52:28	00:48:08	00:29:00	Grupo Desportivo S. Domingos
1534	Ricardo M. B. Ferreira	00:52:28	00:48:05	00:28:23	
1535	Carlos Telhal	00:52:28	00:48:06	00:28:22	
1536	Carlos Serra	00:52:30	00:51:26	00:26:40	TGT - The Greatest Team
1537	João Pedro Eusébio	00:52:30	00:50:59	00:27:19	Run 4 Fun
1538	Henrique Pereira	00:52:30	00:51:08	00:27:47	
1539	Luis Oliveira	00:52:30	00:51:10	00:27:46	
1540	Luís Miguel Oliveira Martins	00:52:30	00:50:13	00:27:56	
1541	José Luis Marques	00:52:31	00:51:08	00:25:34	
1542	Ricardo Jorge Da Costa Serio	00:52:32	00:51:17	00:26:33	
1543	Elsa Dinis	00:52:33	00:50:15	00:27:58	CLAC Entroncamento
1544	Martins Barata	00:52:33	00:50:47	00:27:23	Os Amigos da Corrida
1545	Pedro Ferreira	00:52:33	00:51:16	00:27:42	GDCT - UNICRE
1546	Cristiano José G. Pisco	00:52:33	00:49:19	00:27:47	
1547	Otília Leal	00:52:34	00:50:34	00:27:52	CLAC Entroncamento
1548	Pedro Manuel Da Costa E Santos	00:52:34	00:49:21	00:27:48	
1549	Pedro Pinhão	00:52:34	00:50:34	00:29:13	CLAC Entroncamento
1550	Manuel De Além Mexia	00:52:35	00:48:03	00:28:26	
1551	Mateus Filipe Esteves	00:52:36	00:51:58	00:26:11	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
1552	Pedro Emanuel Caeiro	00:52:36	00:52:05	00:26:11	
1553	Carlos Sousa Ramos	00:52:36	00:51:24	00:27:03	
1554	Laertes Pereira	00:52:36	00:51:49	00:26:54	
1555	Glória Serrazina	00:52:37	00:51:23	00:26:17	CRP Ribafria
1556	Rui Faria Da Fonseca	00:52:37	00:52:19	00:27:16	Os Varetas
1557	Dário Prates	00:52:37	00:49:51	00:28:21	
1558	Pedro Almeida	00:52:37	00:51:07	00:26:54	almeidas
1559	Filipe Ferreira	00:52:38	00:51:02	00:29:33	COTAS
1560	Vitor Vicente	00:52:38	00:49:57	00:29:13	Grupo Desportivo Tetra Pak
1561	Ana Vila Luz	00:52:38	00:48:10	00:30:28	GD Banco BPI
1562	Joaquim Mateus Grilo	00:52:38	00:47:36	00:28:42	
1563	Constantimo Canhão	00:52:38	00:51:37	00:25:53	
1564	Virgilio Antonio Alves Caetano Carlos	00:52:38	00:51:17	00:25:47	
1565	Jorge Marques	00:52:38	00:51:30	00:27:43	
1566	Diogo Inácio	00:52:38	00:48:29	00:28:39	
1567	Paulo Conceição	00:52:39	00:48:11	00:28:56	A. A. Lebres do Sado
1568	Joaquim Carreira	00:52:39	00:50:33	00:28:05	
1569	Cláudio Vidigal Boino	00:52:39	00:49:06	00:28:49	ADRC Mata de Benfica
1570	Vitor Miguel Vieira De Lemos	00:52:40	00:52:08	00:26:01	
1571	Marta Gago Horta Mendes Antas	00:52:40	00:50:27	00:28:47	
1572	Paulo Gonçalves	00:52:41	00:51:18	00:27:42	Clube Grupo BES
1573	José Jorge Galamba	00:52:41	00:48:48	00:28:52	Valejas Atlético Clube
1574	Luis Neves	00:52:41	00:50:17	00:27:33	
1575	Pedro Humberto Duarte Mateus	00:52:42	00:51:57	00:26:05	Electrimeca
1576	Daniel Colla Carvalheiro	00:52:42	00:51:08	00:27:43	
1577	Nuno José Alves Cabeça	00:52:42	00:49:48	00:28:48	
1578	Paulo Roxo	00:52:44	00:51:27	00:27:23	
1579	Pedro V Matos	00:52:44	00:52:20	00:26:26	
1580	Carlos Daniel Teixeira	00:52:44	00:51:40	00:26:12	
1581	Joao Carlos Correia	00:52:44	00:48:59	00:29:02	
1582	Renato Loureiro	00:52:44	00:51:08	00:27:21	Clube Grupo BES
1583	Paulo Jorge Sequeira Caetano	00:52:44	00:48:23	00:29:14	
1584	Ivane Lopes Santos	00:52:45	00:49:43	00:28:14	

Classificação 2010

Class. Atleta	Tempo	T. Chip	5 km	Clube
1585 Ricardo Arraias	00:52:45	00:51:38	00:27:07	
1586 José Costa	00:52:45	00:51:22	00:28:14	Associação de Moradores da Atibá
1587 João Nuno Martins	00:52:46	00:52:23	00:24:50	Carapaus de Corrida
1588 Vicente Silvino Rosa Dias	00:52:47	00:50:59	00:27:32	
1589 Joaquim Leitão	00:52:48	00:51:04	00:28:09	
1590 Fernando Carvalho	00:52:48	00:50:49	00:27:30	Macedo Oculista
1591 Frederico Costa	00:52:48	00:51:25	00:27:53	
1592 Carlos Bengaló	00:52:48	00:52:11	00:25:31	CentrosViva
1593 Luisa Paliminhas	00:52:49	00:51:01	00:27:27	
1594 João Pedro Martins	00:52:49	00:50:14	00:28:40	Ass. R. e C. da Socasa
1595 Fernando Pestana	00:52:49	00:51:02	00:27:35	Os Amigos da Corrida
1596 Sandrina Costa Cunha	00:52:49	00:50:46	00:28:03	
1597 Jorge Manuel Sousa Carreiras	00:52:49	00:51:19	00:28:02	
1598 Sandra Maria Martins Pereira E Silva	00:52:50	00:51:31	00:27:32	
1599 André Justino Leandro	00:52:50	00:50:47	00:28:03	
1600 João Mafra	00:52:50	00:51:27	00:27:36	Sesimbra Mar
1601 Joaquim Freitas	00:52:51	00:52:39	00:25:32	Bombeiros Voluntarios de Montemor-o-Novo
1602 Celia Silva	00:52:51	00:50:36	00:28:57	CLAC Entroncamento
1603 João Miguel Franco Camacho	00:52:51		00:26:04	
1604 Luis Miguel Duque Santos	00:52:51	00:51:58	00:27:46	
1605 José Manuel Dos Santos Pedroso	00:52:52	00:52:33	00:27:17	Os Varetas
1606 Bernardo Aguiar	00:52:52	00:51:48	00:26:59	
1607 Pedro Courela	00:52:52	00:51:27	00:28:49	
1608 Luis Manuel Mendes Leite	00:52:53	00:52:40	00:27:23	
1609 Miguel Castela	00:52:53	00:50:34	00:28:50	A. A. Lebres do Sado
1610 José Manuel Magalhães	00:52:53	00:50:56	00:27:23	Run 4 Fun
1611 Nelson Bernardo Risso	00:52:53	00:52:09	00:25:28	
1612 Filipe Veludo	00:52:54	00:52:28	00:26:45	Os Amigos do BI
1613 João Miguel	00:52:54	00:50:50	00:28:23	
1614 Pedro Santos	00:52:54	00:49:19	00:29:14	CascaGrossista
1615 Paulo Alexandre Andrade Da Silva	00:52:54	00:52:11	00:26:51	
1616 João Paulo Carvalho	00:52:55	00:51:31	00:27:22	
1617 Miguel De Castro Neto	00:52:55	00:51:08	00:27:36	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
1618	Fernando Guerreiro	00:52:55	00:51:46	00:27:29	
1619	Orlando Martins	00:52:55	00:50:35	00:28:14	Running of D ^a Maria
1620	Manuel Correia	00:52:56	00:50:38	00:27:57	Clube Vodafone
1621	Paulo Pereira	00:52:56	00:50:23	00:28:03	Serviços Sociais Montepio Geral
1622	Antonio Franco	00:52:57	00:50:30	00:28:04	Serviços Sociais Montepio Geral
1623	Miguel Jose Ruivo Palma	00:52:57	00:52:23	00:27:10	
1624	Emanuel Pina Xavier	00:52:57	00:44:32	00:25:45	
1625	Rui Manuel Costa Pedroto	00:52:58	00:50:50	00:27:44	
1626	Jose Duarte Vieira Alves Ferreira	00:52:58		00:27:42	
1627	Rafael Santos	00:52:59	00:50:52	00:29:02	CCDT Metropolitano de Lisboa
1628	Sadiq Murade Kassamo	00:52:59	00:51:53	00:26:35	
1629	Carlos Mamede	00:52:59	00:51:42	00:27:21	Amigosdacorrída.com
1630	Luis Fonseca	00:53:00	00:51:31	00:27:49	A Bola
1631	João Eurico Cortez Cabral Da Fonseca	00:53:00	00:50:41	00:28:22	
1632	António Vicente	00:53:00	00:51:15	00:27:38	Holmes Place
1633	Miguel Graça	00:53:00	00:51:40	00:28:00	Clube Olímpico de Oeiras
1634	Carlos Moreira	00:53:01	00:50:57	00:29:01	CCDT Metropolitano de Lisboa
1635	Paulo Manuel Rodrigues Ferreira	00:53:01	00:52:27	00:27:16	
1636	Rui Araújo	00:53:01	00:50:57	00:29:01	CCDT Metropolitano de Lisboa
1637	José Morais	00:53:01	00:52:43	00:27:52	CCD Autarquias de Almada
1638	Nuno Alves	00:53:02	00:52:36	00:25:36	
1639	João Franco	00:53:02	00:52:09	00:26:34	Clube Desportivo Asas do Milénium
1640	Joao Duarte Batista Fernandes	00:53:03	00:52:32	00:26:52	
1641	Paulo Helder Da Conceicao Rebocho	00:53:04	00:51:08	00:28:01	Clube MillenniumBCP
1642	Manuel Carlos	00:53:04	00:48:47	00:29:23	
1643	Ricardo Jorge Martins De Magalhães	00:53:05	00:52:06	00:26:47	
1644	Manuel Clemente	00:53:06	00:51:49	00:27:29	
1645	Vitor Pio Rodrigues	00:53:06	00:51:55	00:28:02	
1646	Mónica Paredes	00:53:06	00:52:34	00:27:19	Wikaboo
1647	Luis Gamito	00:53:07		00:23:09	Eborenses
1648	Miguel Azevedo	00:53:09	00:51:03	00:27:57	
1649	João Francisco Duarte	00:53:09	00:52:33	00:27:24	
1650	Luis C. Cabrita	00:53:09	00:52:04	00:27:43	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
1651	Jorge Canelhas	00:53:10	00:50:34	00:27:48	
1652	João Pereira	00:53:11	00:48:47	00:29:55	Sintra Runners
1653	Jose Pedro Tavares	00:53:12	00:50:00	00:28:29	Os Turcos
1654	Jóse Pedro Ribeiro	00:53:12	00:51:04	00:28:03	
1655	Renato Cruz	00:53:12	00:52:02	00:27:08	GD Banco BPI
1656	José Maria Conchinha	00:53:12	00:52:22	00:26:57	Clube do Stress
1657	Valter Gonçalves	00:53:12	00:51:31	00:28:45	
1658	Pedro Pinto	00:53:14	00:51:25	00:28:13	Os Indomáveis
1659	Custódio Januário	00:53:14	00:51:39	00:28:09	Clube Ferroviário de Portugal
1660	Sílvio Paiva	00:53:15	00:51:51	00:27:47	Clube Grupo BES
1661	João Perleques	00:53:15	00:51:57	00:27:01	Clube Desportivo Asas do Milénium
1662	João Baptista	00:53:15	00:50:22	00:29:09	ACD Bocal
1663	Ana Maria Jorge	00:53:15	00:49:50	00:29:11	
1664	João Paulo Santos Lima	00:53:16	00:51:27	00:28:06	
1665	Jose Nogueira	00:53:16	00:51:34	00:28:19	
1666	Pedro Alexandre Mauricio Vieira	00:53:16	00:50:28	00:28:16	
1667	Tiago Ferreira	00:53:17	00:49:20	00:29:51	
1668	José Alves	00:53:17	00:51:28	00:28:07	Serviços Sociais da Caixa Geral de Depósitos
1669	João Cláudio Brites	00:53:18	00:50:33	00:29:04	
1670	Celeste Carrasco	00:53:19	00:52:44	00:26:15	
1671	Rui Duarte Vieira	00:53:19	00:50:53	00:28:53	
1672	Nuno Martins	00:53:19	00:52:11	00:28:52	
1673	Ricardo Lourenço	00:53:20	00:51:53	00:27:49	
1674	Marco Madeira	00:53:20	00:51:47	00:27:49	Lá Vão ... de Almeirim
1675	Rita Silvério Marques	00:53:20	00:52:14	00:26:58	Clube do Stress
1676	Nuno Clemente	00:53:20	00:52:45	00:26:57	Clube do Stress
1677	Miguel Sousa	00:53:20	00:50:39	00:28:51	Wikaboo
1678	Cecilia Nobre	00:53:20	00:52:32	00:26:03	
1679	Jose Mendes Silva	00:53:20	00:49:30	00:29:04	
1680	Joaquim Botelho	00:53:21	00:51:44	00:26:55	Holmes Place
1681	Alexandre Mateus	00:53:21	00:49:03	00:29:02	
1682	António Antunes	00:53:22	00:52:09	00:26:55	Clube do Stress
1683	Jose Oliveira	00:53:23	00:51:03	00:28:15	CLAC Entroncamento

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
1684	Luis Almeida	00:53:23	00:50:20	00:28:10	Centro Comunitário de Linda-a-Velha
1685	Arlindo Conde Dos Santos	00:53:24	00:51:56	00:28:01	
1686	Ricardo Martins	00:53:24	00:52:16	00:28:53	
1687	Paulo Pereira	00:53:25	00:52:56	00:27:30	Açoreana Clube Banif
1688	Célia Maria Da Costa Paiva	00:53:25	00:52:25	00:26:47	
1689	Carlos Candeias	00:53:25	00:52:57	00:27:29	Açoreana Clube Banif
1690	Damião José Sousa Rega	00:53:25	00:51:39	00:28:21	
1691	Pedro David Simões	00:53:26	00:51:41	00:28:07	
1692	Luis Almeida Tavares	00:53:26	00:51:36	00:28:00	
1693	João Pedro Vintém	00:53:26	00:50:25	00:28:48	
1694	Jorge Manuel Pereira Da Silva	00:53:26	00:49:36	00:28:55	
1695	Joaquim Adelino	00:53:27	00:51:33	00:27:41	Amigos Vale Silencio
1696	Euclides Levy	00:53:27	00:50:53	00:28:23	
1697	Cristina Gavinho	00:53:27	00:51:22	00:27:40	Pumas do Guincho
1698	Rui Pedro Julião	00:53:28	00:50:11	00:28:49	Georunners
1699	Domingos Moreira	00:53:28	00:52:41	00:27:02	
1700	Miguel Rodrigues	00:53:28	00:50:15	00:28:54	
1701	Pedro Miguel Henriques Santos	00:53:28	00:52:26	00:26:27	
1702	Paulo Jorge Da Silva Matos	00:53:28	00:51:54	00:27:50	
1703	Raquel Maria Correia Lopes	00:53:29	00:52:22	00:28:52	
1704	Rui Araújo	00:53:30	00:52:09	00:26:34	Lentinhos
1705	Luis Santinha	00:53:31	00:52:21	00:26:50	
1706	José António Pinto Gomes	00:53:32	00:51:42	00:28:50	
1707	Antonio Gomes da Silva	00:53:32	00:52:41	00:27:05	
1708	João Sardinha Bettencourt	00:53:32	00:52:41	00:27:05	
1709	Carlos Morgado Pereira	00:53:32	00:52:23	00:27:53	CP EDP Sines
1710	Sara Gomes da Silva	00:53:32	00:52:42	00:27:07	
1711	Antonio Quaresma	00:53:32	00:52:27	00:26:46	
1712	Raul Augusto Damas	00:53:32	00:50:22	00:29:10	
1713	Carlos Rodrigues	00:53:33	00:52:53	00:27:05	
1714	Jorge Mendes	00:53:33	00:52:52	00:26:29	Mendini Team
1715	Miguel A. M. Pinho	00:53:33	00:50:04	00:28:52	
1716	Celso Alcino Vieira Gomes	00:53:33	00:52:39	00:26:36	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
1717	João Carlos Pires Dias	00:53:34	00:50:35	00:28:08	Os Kamarros
1718	Joaquim Alvaro Caetano Belo	00:53:34	00:51:33	00:28:24	Os Belos
1719	Augusto Rui Cachapa Trindade	00:53:35	00:51:45	00:28:18	
1720	Nuno Ricardo Gameiro Mergulhão	00:53:35	00:50:29	00:28:14	
1721	João Carlos Santana Gonçalves	00:53:36	00:50:39	00:28:10	
1722	Manuel-Pinto	00:53:37	00:51:26	00:28:21	Jovens da Serra das Minas
1723	Luiz Gustavo Souza	00:53:37	00:49:09	00:29:38	Qualquer Coisa
1724	Carlos Nobrega	00:53:37	00:53:01	00:26:33	
1725	Joaquim Coelho	00:53:37	00:52:53	00:26:32	CCD Sintrense
1726	Joaquim Araujo	00:53:38		00:26:57	A. A. Pêgo Longo
1727	Orlando Zacarias	00:53:38	00:52:05	00:28:11	
1728	Joao Rodrigues dos Reis	00:53:38	00:51:59	00:28:12	
1729	João Pedro Fernandes	00:53:39	00:52:33	00:26:54	
1730	Ruth Lopes	00:53:39	00:51:33	00:28:09	Pumas do Guincho
1731	Carlos Pires	00:53:39	00:52:17	00:27:09	Lentinhos
1732	Leonel Fernando Ferreira Gameiro Brandao	00:53:40	00:50:53	00:28:01	Clube MillenniumBCP
1733	Carlos Claro	00:53:40	00:51:29	00:28:21	Jovens da Serra das Minas
1734	António Miguel Pimenta	00:53:40	00:51:52	00:27:27	
1735	João Moura Cruz	00:53:40	00:52:08	00:27:08	Redondinhos
1736	Daniel Alves Pires	00:53:41	00:49:18	00:29:14	
1737	José Pedro Tomé	00:53:41	00:51:07	00:27:54	Pernas de Gafanhoto
1738	Emanuel Branco	00:53:42	00:51:44	00:28:46	Running FROMAGE
1739	Raul Santos	00:53:42	00:52:15	00:27:44	Os Rafinhas
1740	João Da Cruz Veiga	00:53:42	00:52:19	00:27:45	
1741	Pedro Pinto	00:53:43	00:52:02	00:28:48	Holmes Place
1742	Ludovico Capito	00:53:43	00:51:29	00:27:51	CLAC Entroncamento
1743	José Carlos O'neill	00:53:45	00:52:37	00:26:57	
1744	Sidónio Pedro da França Coelho	00:53:46	00:52:19	00:27:45	
1745	Manuel Francisco	00:53:47	00:52:09	00:28:02	Grupo Desportivo e Culrural do Banco de Port
1746	Luis Reis	00:53:47	00:53:31	00:26:34	Serviços Sociais Montepio Geral
1747	Maria Tereza Knapic	00:53:47	00:53:20	00:27:31	
1748	Egídeo Portela	00:53:48	00:52:33	00:27:58	Amigos Atletismo Mafra
1749	Manuel Sergio	00:53:48	00:52:47	00:27:59	Amigos Atletismo Mafra

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
1750	Carlos Daniel Moreira Sobral	00:53:49	00:53:09	00:26:29	
1751	Rui Alexandre Pires Ribeiro	00:53:49	00:53:33	00:27:17	Os Varetas
1752	Pedro Mota Soares	00:53:49	00:51:09	00:27:57	Clube do Stress
1753	Humberto Lourinho Serpa	00:53:49	00:53:14	00:27:06	
1754	Jorge Nunes	00:53:49	00:51:05	00:28:55	GD Banco BPI
1755	Joaquim Mendes	00:53:49	00:50:13	00:28:44	Cerveja e Caracóis
1756	Sandra N. R. Duhau Laborde Baptista	00:53:50	00:52:54	00:28:14	
1757	Domingos Pires	00:53:50	00:52:04	00:28:15	
1758	Sérgio Alexandre Lopes Martins	00:53:50	00:52:55	00:28:14	
1759	Mário Conceição Lima	00:53:50	00:50:25	00:29:03	
1760	Filipe Prezado	00:53:51	00:51:39	00:29:47	
1761	Fernando Marinho	00:53:51	00:51:59	00:28:19	
1762	Joaquim Bacalhau	00:53:51	00:52:48	00:27:08	
1763	Adriano Cunha	00:53:51	00:49:58	00:29:47	
1764	Fernando Carvalho	00:53:52	00:50:44	00:28:45	Bué Rápidos
1765	Paulo Gonçalves	00:53:52	00:52:41	00:27:41	
1766	Adalberto Grilo	00:53:52	00:52:41	00:27:40	
1767	Jose Manuel Figueiredo Santos	00:53:52	00:53:22	00:26:53	
1768	Miguel Mota	00:53:52	00:50:12	00:28:43	Clube do Stress
1769	Ana Catarina Silva	00:53:53	00:52:14	00:28:28	GD Banco BPI
1770	António Santos	00:53:53	00:52:08	00:27:41	GRD Ribeira da Lage
1771	Paulo Vila Luz	00:53:53	00:52:14	00:28:28	GD Banco BPI
1772	Antonio Jose Vaz Ribeiro	00:53:54	00:52:17	00:27:46	
1773	Paulo Jorge Santos Dias	00:53:54	00:51:46	00:28:56	
1774	Paulo Castelo	00:53:54	00:51:43	00:28:49	Matilha Radical
1775	Fernando António Silva De Figueiredo	00:53:54	00:52:56	00:27:36	
1776	Samuel Nicolau Dos Reis	00:53:54	00:52:56	00:27:35	
1777	Rui Mineiro Melo	00:53:54	00:52:05	00:28:06	
1778	António Peixoto	00:53:54	00:49:39	00:29:36	Greci - El Corte Inglés
1779	Pedro Miguel Medeiros Da Costa	00:53:54	00:52:56	00:27:35	
1780	Paulo Jorge Dos Ramos Toledo	00:53:54	00:51:46	00:28:55	
1781	Tânia Alves	00:53:55	00:53:18	00:27:10	Associação de Moradores da Atibá
1782	Leonel Amaro	00:53:56	00:49:57	00:29:55	Amigos Atletismo Mafra

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
1783	Jaime Trabucho	00:53:56	00:52:19		
1784	Adelino Da Silva Pires	00:53:56	00:50:58	00:28:35	Câmara Lisboa Clube
1785	Jose Manuel Raposo	00:53:56	00:51:58	00:28:30	
1786	Eduardo Manuel Ferreira Manso	00:53:56	00:51:01	00:28:24	Câmara Lisboa Clube
1787	Jose Adriano Moreno	00:53:57	00:52:43	00:28:04	
1788	Rui Silva Pires	00:53:57	00:50:40	00:28:49	
1789	Paulo Caetano Morgado Costa Grilo	00:53:58	00:50:56	00:28:24	Run 4 Fun
1790	Joaquim Manuel Cardoso	00:53:59	00:53:14	00:27:55	
1791	Joaquim Gomes	00:53:59	00:52:08	00:28:14	Amigos Vale Silencio
1792	Joao Martins	00:53:59	00:51:39	00:27:53	CLAC Entroncamento
1793	Bruno Martiniano	00:53:59	00:50:08	00:29:11	
1794	Vítor Manuel Conceição Antunes	00:54:00	00:51:07	00:28:48	Câmara Lisboa Clube
1795	Daniel Nunes	00:54:00	00:51:14	00:28:28	Os Nunes
1796	Alexandre Costa	00:54:01	00:52:25	00:27:02	Clube Vodafone
1797	Elisabete Barreira	00:54:01	00:52:03	00:28:07	Grupo Recreativo Cultural e Desportivo de Lei
1798	António Sietra	00:54:01	00:52:26	00:27:44	Clube Vodafone
1799	André Campos	00:54:01	00:52:27	00:27:31	
1800	Antonio Manuel Ferreira Lisboa	00:54:02	00:49:44	00:30:04	
1801	Abel Carvalho	00:54:02	00:52:06	00:28:16	GARMIN
1802	António Machado De Almeida	00:54:02	00:50:05	00:30:47	
1803	Umbelina Nunes	00:54:02	00:51:08	00:28:48	GARMIN
1804	Nuno Barradas	00:54:03	00:50:23	00:29:05	Wikaboo
1805	Jose Antonio Borges Grafanhate	00:54:04	00:51:25	00:28:45	
1806	Mario Miguel Pereira	00:54:04	00:51:18	00:29:05	
1807	Armando Louro	00:54:05	00:52:20	00:28:19	
1808	Pedro Miguel Silva	00:54:05	00:52:26	00:27:35	
1809	Sergio M Castro	00:54:06	00:53:58	00:25:33	
1810	Frederico Richart	00:54:06	00:51:01	00:29:00	Hovione
1811	Jose Victor Coelho	00:54:06	00:51:19	00:29:03	
1812	Paulo Sainica	00:54:06	00:53:00	00:27:46	GARMIN
1813	João José Ramos De Carvalho	00:54:07	00:53:44	00:27:11	
1814	Ana Oliveira E Carmo	00:54:07	00:50:29	00:41:35	Clube do Stress
1815	Tiago Daniel Beirão	00:54:07	00:52:48	00:28:06	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
1816	Pedro Cruz	00:54:07	00:51:26	00:29:08	Clube do Stress
1817	Nelson Jordão Lopes	00:54:08	00:50:01	00:29:40	
1818	Pedro Coriel	00:54:08	00:52:57	00:28:10	
1819	Pedro Pires	00:54:08	00:52:23	00:28:09	
1820	Teresa Pimenta	00:54:09	00:50:21	00:29:55	
1821	Fernando Barros	00:54:09	00:52:15	00:28:50	Ateneu Artistico Cartaxense
1822	David Costa Afonso	00:54:09	00:52:15	00:28:32	
1823	Roseiro José	00:54:09	00:51:10	00:28:44	
1824	Pedro C Tavares	00:54:10	00:50:03	00:29:39	
1825	Vasco Matos Coelho	00:54:10	00:53:38	00:25:39	
1826	Rui Pereira	00:54:10	00:53:25	00:27:16	Sport Life
1827	Renato Levy	00:54:10	00:50:47	00:29:37	Manutralhas
1828	Gonçalo Costa Santos	00:54:11	00:52:53	00:27:00	
1829	Jacinto Marques	00:54:12	00:53:02	00:28:09	Aclis Liberty Seguros
1830	António Guedes	00:54:12	00:51:43	00:28:18	Açoreana Clube Banif
1831	António José Vieira Alves	00:54:12	00:50:36	00:29:38	Cerveja e Caracóis
1832	António Manteiga	00:54:14	00:51:58	00:29:25	Clube do Stress
1833	Carlos Julio Folgado Santos	00:54:14	00:49:14	00:30:54	
1834	Tiago Neves	00:54:14	00:51:16	00:29:21	ADRC Mata de Benfica
1835	Luis Filipe Branco Rodrigues Leitão	00:54:14	00:50:45	00:29:16	
1836	João Amaral Marques	00:54:15	00:52:44	00:27:34	Tartarugas da Linha
1837	José Branco Rodrigues Leitão	00:54:15	00:50:45	00:29:17	
1838	Luis Manuel Santos	00:54:15	00:52:31		ODEBRECHT/BPC
1839	Joaquim Hipólito	00:54:15	00:52:54	00:27:52	Clube de Atletismo da Nazaré
1840	Fernando José Borges Florentino	00:54:17	00:51:46	00:28:24	
1841	Lourenço Lobo	00:54:18	00:52:46	00:27:53	Holmes Place
1842	Gonçalo A Mendes	00:54:18	00:53:55	00:27:01	Greci - El Corte Inglés
1843	Carlos Matias	00:54:18	00:52:03	00:28:24	
1844	Amilcar Santiago	00:54:18	00:52:53	00:28:36	
1845	Miguel Ferrinho	00:54:18	00:51:42	00:29:24	Pés de Chumbo
1846	Marco Silva	00:54:19	00:53:21	00:27:28	Caracois do Asfalto
1847	Paulo Cunha	00:54:19	00:53:21		Caracois do Asfalto
1848	Cesaltina Simoes Gregorio	00:54:20	00:53:52	00:27:00	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
1849	João José Luciano Antunes	00:54:20	00:53:36	00:27:42	
1850	Pedro Martinho	00:54:20	00:51:38	00:28:38	
1851	Fernando Carlos Paulino Ferreira	00:54:20	00:51:37	00:28:41	
1852	Carlos Neves	00:54:21	00:53:01	00:27:39	Os Indomáveis
1853	João Rodrigo Silva	00:54:21	00:53:28	00:27:27	
1854	António Paixão	00:54:21	00:52:05	00:28:56	CLAC Entroncamento
1855	Maria Marques Barros	00:54:22	00:52:17	00:28:19	
1856	Antonio Batista Nunes	00:54:22	00:52:02	00:28:06	ACAPO
1857	Filipa Relvas	00:54:22	00:51:32	00:28:46	Falcões Selvagens
1858	Hugo Monteiro	00:54:23	00:50:34	00:29:11	
1859	Rodrigo Ramirez De Sousa Coutinho	00:54:23	00:52:37	00:27:37	
1860	Joaquim Borrvalho	00:54:24	00:53:17	00:26:59	Grupo Desportivo e Cultural do Banco de Port
1861	Neuza Isabel Lopes	00:54:24	00:53:24	00:27:27	
1862	Mario A. V. Mendes	00:54:25	00:53:08	00:27:55	
1863	Samuel Araújo	00:54:25	00:53:11	00:28:04	
1864	Rogério Rodrigues	00:54:25	00:53:08	00:27:54	
1865	Martin Farenfield	00:54:25	00:51:43	00:27:56	
1866	João Milheiro	00:54:26	00:50:43	00:29:42	Forno da Cidade
1867	Alexandre Dias	00:54:26	00:50:58	00:29:16	Forno da Cidade
1868	Maria Azevedo	00:54:26	00:50:46	00:29:05	Wikaboo
1869	Graça Roldão	00:54:26	00:51:35	00:29:15	Wikaboo
1870	Teresa Franca	00:54:27	00:53:14	00:27:37	RunFranca
1871	Francisco Franca	00:54:27	00:53:15	00:27:36	RunFranca
1872	Luis Manuel Lopes Vicente	00:54:27	00:53:59	00:27:24	
1873	Joao Jorge Da Fonseca	00:54:27	00:52:54	00:28:04	
1874	Pedro Morgado	00:54:27	00:51:50	00:27:38	Clube ANA Lisboa
1875	José Baixinho	00:54:28	00:52:54	00:28:47	Santiago Futebol Clube
1876	Nuno Miguel Pinheiro Dos Santos	00:54:28	00:48:09	00:30:36	
1877	Nuno Quiterio	00:54:29	00:51:21	00:28:50	Marques
1878	Francisco Plinio	00:54:30	00:54:05	00:26:44	CCDT Metropolitano de Lisboa
1879	Barros Costa	00:54:30	00:54:00	00:26:44	CCDT Metropolitano de Lisboa
1880	Carlos Ferreira	00:54:31	00:52:55	00:29:31	COTAS
1881	João Cunha Ferreira	00:54:31	00:53:16	00:28:13	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
1882	Eduardo Malheiro	00:54:32	00:54:23	00:25:54	CCD Pessoal Municipio Cascais
1883	José Alberto Costa Santos Fernandes	00:54:33	00:54:15	00:24:47	
1884	Sérgio Castro Da Costa	00:54:34	00:51:25	00:29:22	
1885	Anibal Carvalho	00:54:34	00:53:43	00:27:34	
1886	Selma Gonçalves	00:54:34	00:54:24	00:26:55	Atlantis Café
1887	José Manuel Dias Cavaleiro	00:54:35	00:53:25	00:28:02	
1888	Leila Suzman	00:54:35	00:53:47	00:27:26	
1889	Rui Morgado	00:54:36	00:54:03	00:26:47	Clube ANA Lisboa
1890	Rufino Silva	00:54:36	00:49:37		
1891	Alvaro Miguel Rebelo Ribeiro	00:54:36	00:50:41	00:30:39	
1892	Carlos Oliveira	00:54:36	00:51:14	00:29:36	
1893	Stephane Moser	00:54:37	00:52:07	00:29:12	
1894	Avelino Véstias	00:54:38	00:54:28	00:27:35	Os Indomáveis
1895	João Pedro Adegas	00:54:38	00:53:03	00:28:04	
1896	Nuno Miguel Silva	00:54:38	00:52:21	00:28:15	
1897	Filipe Jose Benavente Gomes	00:54:38	00:53:08	00:28:07	
1898	Fernanda Costa	00:54:39	00:53:34	00:27:32	Amigos Atletismo Mafra
1899	Damião Santos	00:54:39	00:50:18	00:29:57	
1900	Tomás Duarte Sousa	00:54:39	00:52:01	00:29:13	
1901	Suzana Ramalho	00:54:39	00:50:20	00:30:02	
1902	André Manuel Da Conceição Malha	00:54:40	00:50:19	00:30:02	
1903	Eduardo Jorge Santiago Campelo	00:54:40	00:53:16	00:28:13	CML
1904	Julian Ramirez	00:54:40	00:50:25	00:30:21	
1905	Paulo Manuel Lopes Rato	00:54:41	00:51:54	00:29:29	Clube MillenniumBCP
1906	ARMÉNIO ANDRADE	00:54:41	00:54:34	00:25:27	GARMIN
1907	Fernando Henriques Rezende	00:54:42	00:54:17	00:27:34	Os Varetas
1908	Marta Isabel Dos Santos Anselmo	00:54:42	00:53:07	00:28:14	
1909	Antonio Manuel Gervasio Bolra	00:54:42	00:52:19	00:30:00	
1910	Manuel Furtado Jacinto	00:54:43	00:52:18	00:30:00	
1911	Manuel Jose Cardim	00:54:43	00:52:20	00:29:59	portucel
1912	Miguel Colaço	00:54:43	00:52:02	00:29:13	CML
1913	João Carlos Borges	00:54:44	00:52:52	00:28:03	
1914	Jorge Silva	00:54:44	00:51:02	00:30:03	CascaGrossista

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
1915	Maria Madalena Barbosa Branco	00:54:45	00:54:01	00:26:51	Câmara Lisboa Clube
1916	Pedro Manuel Cardoso Rodrigues Lopes	00:54:46	00:54:05	00:25:49	
1917	Bernardo Teixeira	00:54:46	00:53:24	00:27:58	Pumas do Guincho
1918	João Filipe Rupio	00:54:47	00:54:04	00:27:31	
1919	Cristina Pereira	00:54:47	00:53:45	00:26:48	Atlantis Café
1920	Francisco Camacho	00:54:47	00:53:52	00:26:49	Atlantis Café
1921	Claudio Filipe Almeida Gonçalves	00:54:48	00:53:38	00:25:55	
1922	Bruno Silva	00:54:48	00:51:09	00:29:22	
1923	Jose Praça	00:54:48	00:53:21	00:28:50	GDCT - UNICRE
1924	Antonio Castanheira	00:54:48	00:54:22	00:26:21	Os Indomáveis
1925	José Manuel Vieira Andrade	00:54:49	00:51:47	00:28:32	ADRC Mata de Benfica
1926	João Dias	00:54:49	00:53:27	00:28:06	Clube Grupo BES
1927	João Pedro Mendes	00:54:50	00:51:13	00:29:40	Cerveja e Caracóis
1928	Manuel Sequeira	00:54:51	00:51:58	00:29:16	G.D.C.T. Repsol Polimeros
1929	Vasco Tavares	00:54:51	00:54:17	00:26:28	Solar dos Presuntos
1930	Pedro Vida Carga	00:54:51	00:54:11	00:26:30	
1931	Jose Antonio Serra	00:54:52	00:50:42	00:29:49	
1932	Joao Paulo Duarte Caetano	00:54:52	00:54:12	00:26:28	
1933	Cláudio Rodrigues	00:54:52	00:52:57	00:28:20	Carapaus de Corrida
1934	Tiago Chaves	00:54:52	00:52:34	00:28:41	chaves
1935	Rosa Afonso	00:54:53	00:54:39	00:27:34	Atlantis Café
1936	Diogo Nuncio	00:54:53	00:53:11	00:28:28	GD Banco BPI
1937	Joaquim Meirelles	00:54:53	00:53:43	00:27:20	
1938	Carlos Alberto Direitinho Lavadinho	00:54:54	00:52:26	00:29:41	
1939	Antonio Silva	00:54:54	00:53:40	00:28:27	Os Indomáveis
1940	Ricardo Coelho	00:54:54	00:51:31	00:29:51	Serviços Sociais da Caixa Geral de Depósitos
1941	Alexandre Espírito Santo	00:54:54	00:51:03	00:29:33	
1942	Pedro Rogério De Oliveira Barroso Neves	00:54:54	00:52:26	00:29:41	
1943	Oscar Silva Marques	00:54:54	00:52:55	00:29:28	Clube MillenniumBCP
1944	João Faustino	00:54:54	00:51:48	00:30:22	
1945	Jerónimo Dos Santos	00:54:55	00:53:35	00:28:27	Os Indomáveis
1946	João Armando Almeida	00:54:55	00:52:25	00:29:33	
1947	Carlos Dias Esteves	00:54:55	00:52:05	00:29:43	

Classificação 2010

Class. Atleta	Tempo	T. Chip	5 km	Clube
1948 Raquel Cavaco Nunes	00:54:56	00:54:20	00:27:19	
1949 João Pedro Copeto	00:54:56	00:53:39	00:28:11	
1950 José Manuel Ramos Serrano	00:54:56	00:53:26	00:27:42	Casa do Benfica de Algueirão Mem Martins
1951 Paulo Ferreira	00:54:56	00:53:20	00:29:34	COTAS
1952 Ana Caldas Lopes	00:54:57	00:52:33	00:28:57	Hovione
1953 Filipe Emanuel Curto Coelho	00:54:57	00:52:19	00:30:24	
1954 Isilda Barradas	00:54:59		00:25:15	
1955 Ana Pipio	00:54:59	00:52:40	00:29:11	Ass. R. e C. da Socasa
1956 Paulo Rodrigues	00:55:00	00:53:39	00:27:54	Angelic
1957 Carlos Pereira	00:55:00	00:52:37	00:28:58	A Sacavenense
1958 Patrícia Correia	00:55:00	00:52:21	00:28:46	ADRC Mata de Benfica
1959 Fernando Ferreira	00:55:01	00:52:18	00:29:33	Casa do Benfica de Algueirão Mem Martins
1960 Helena Maria Correia Nunes	00:55:01	00:54:14	00:27:15	
1961 Armindo Loureiro	00:55:01	00:51:31	00:29:57	
1962 Nuno Bernardo	00:55:01	00:54:14	00:27:15	Greci - El Corte Inglés
1963 Pedro Santos	00:55:02	00:50:49	00:30:37	Runas Bar Queluz
1964 Nuno Miguel Serrão Correia Da Silva	00:55:03	00:51:53	00:29:21	
1965 João Lobo	00:55:03	00:53:21	00:28:48	Holmes Place
1966 Ana Isabel Naia Rama	00:55:03	00:53:37	00:28:37	
1967 Luis Fernando Lopes	00:55:04	00:52:40	00:28:38	
1968 Fabio Cruz	00:55:04	00:52:45	00:28:48	Grupo Desportivo do INE
1969 Joaquim Barrocas	00:55:04	00:53:39	00:28:16	
1970 Pedro Carvalho Da Silva	00:55:05	00:53:45	00:28:01	
1971 António Ramos	00:55:06	00:51:26	00:29:59	Pernas de Gafanhoto
1972 Ana Margarida Faustino Ferreira	00:55:06	00:53:07	00:27:49	
1973 Luis Fernando Silva	00:55:07	00:51:21	00:30:15	
1974 Luís Gonçalves	00:55:07	00:52:38	00:29:43	CCD Autarquias de Almada
1975 Mário Ferreira	00:55:08	00:54:46	00:26:30	
1976 Maria do Ceu Viegas	00:55:08	00:54:17	00:27:32	Construténis
1977 Joao Carlos Verissimo dos Santos	00:55:09	00:52:54	00:28:47	
1978 Hugo Alexandre da Silva Pinto	00:55:09	00:52:33	00:29:13	CML
1979 Ana Mafalda Quintã Martins	00:55:09	00:52:28	00:29:14	CML
1980 Miguel Dias	00:55:09	00:53:34	00:27:47	Run 4 Fun

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
1981	Pedro Jorge Mateus	00:55:10	00:54:07	00:27:48	
1982	Carlos Anselmo Silva De Carvalho	00:55:10	00:53:19	00:28:24	
1983	Filipe Rodrigues	00:55:10	00:53:46	00:28:03	Angelic
1984	Filipe Coelho	00:55:11	00:54:30	00:26:29	Mendini Team
1985	Miguel Tique Barbosa	00:55:11	00:53:17	00:28:58	Sport Life
1986	Alexandre Gaspar	00:55:11	00:51:57	00:29:44	Maratona Clube de Portugal
1987	Rodrigo Ferreira	00:55:12	00:51:50	00:29:49	
1988	Manuel Machado	00:55:12	00:52:48	00:28:53	Grupo Recreativo Cultural e Desportivo de Lei
1989	Luísa Ralha	00:55:13	00:52:15	00:28:34	Run 4 Fun
1990	Filipe Silva	00:55:13	00:52:21	00:29:12	ACD Bocal
1991	José Guia	00:55:14	00:51:22	00:29:56	Serviços Sociais da Caixa Geral de Depósitos
1992	Fernando Polonio	00:55:14	00:50:54	00:30:44	
1993	Jorge Alves	00:55:15	00:52:21	00:29:46	PapaLéguas Team
1994	Rui Manuel Anacleto Magalhães	00:55:15	00:54:25	00:28:18	Clube MillenniumBCP
1995	Nuno Silva	00:55:15	00:53:42	00:29:18	
1996	Nuno Rodrigues	00:55:15	00:53:37	00:29:18	Clube Grupo BES
1997	Dombaxe João	00:55:15	00:54:16	00:28:11	
1998	Jose Carlos Macario Ferreira	00:55:16	00:53:52	00:29:38	
1999	Manuel Norte	00:55:16	00:51:57	00:29:30	
2000	Artur Agostinho Madeira	00:55:16	00:54:48	00:27:12	
2001	António Pereira	00:55:17	00:52:17	00:28:25	Os Kamarros
2002	Pedro Simões	00:55:17	00:53:42	00:29:26	Clube do Stress
2003	Ricardo Negrão Dos Santos	00:55:17	00:54:19	00:27:23	
2004	André Sá Machado	00:55:17	00:52:45	00:28:16	CCD Autarquias de Almada
2005	Nuno Alexandre Moreira Martins	00:55:18	00:54:16	00:28:22	
2006	Carlos Ferreira	00:55:19	00:54:49	00:27:57	
2007	João Gameiro	00:55:19	00:54:48	00:27:26	
2008	Isabel Santos	00:55:19	00:53:30	00:28:27	Santos & Silva
2009	Estela Gonçalves	00:55:19	00:54:04	00:28:38	A. A. Lebres do Sado
2010	Germano Bernardo	00:55:19	00:53:32	00:29:29	Prazer da Corrida
2011	Andreia Margarida Oliveira	00:55:20	00:51:39	00:29:39	
2012	António Baptista	00:55:21	00:54:39	00:27:06	GD Ceutsche Bank
2013	Antonio Jorge Loureiro Fernandes	00:55:21	00:54:25	00:28:10	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
2014	Joao Pires	00:55:22		00:29:05	Grupo Recreativo Cultural e Desportivo de Lei
2015	André Miguel Santos Barragon	00:55:22	00:54:27	00:27:35	
2016	Armando Gonçalves	00:55:23	00:52:54	00:29:42	CCD Autarquias de Almada
2017	Joana Cachucho	00:55:24	00:53:30	00:29:14	CLAC Entroncamento
2018	Mário Ferreira Dos Santos	00:55:24	00:53:40	00:29:01	
2019	Paulo Januario	00:55:25	00:54:25	00:31:14	Os Amigos da Corrida
2020	Nicholas Peter Heaton	00:55:25	00:52:39	00:29:28	
2021	Rui Bras	00:55:26	00:51:15	00:29:49	
2022	José Carlos Forte	00:55:26	00:51:52	00:29:59	Link
2023	João Pereira Santos	00:55:27	00:51:16	00:29:50	
2024	Afonso Lopes Chiote	00:55:27	00:51:10	00:28:51	
2025	Luis M. Ribeiro Rosa	00:55:27	00:54:29	00:28:16	Figueiró da Serra
2026	Mario Manuel Pinto Ferreira	00:55:27	00:53:16	00:29:18	
2027	Nuno Costa	00:55:27	00:52:41	00:29:48	Serviços Sociais da Caixa Geral de Depósitos
2028	Duarte Oliveira E Carmo	00:55:27	00:51:49	00:29:41	Clube do Stress
2029	Pedro Manuel Fontes	00:55:28	00:54:41	00:27:50	
2030	Isabel Xavier Lobo	00:55:28	00:52:16	00:29:38	
2031	Alvaro Paulino	00:55:29	00:54:26	00:28:05	Amigos Atletismo Mafra
2032	Paula Santos	00:55:29	00:52:35	00:29:17	
2033	Joaquim Baptista	00:55:30	00:54:48	00:27:22	GD Ceutsche Bank
2034	Rui Pedro Pereira	00:55:30	00:52:58	00:29:47	
2035	Nuno Marques	00:55:30	00:54:40	00:28:14	
2036	Márcio Diogo De Almeida Mendes	00:55:30	00:53:53	00:26:55	
2037	Joao Paulo Lopes	00:55:31	00:51:10	00:30:00	
2038	Mário Jorge Oliveira Lucas	00:55:31	00:53:45	00:28:07	
2039	Miguel Filipe Tomaz Dos Reis	00:55:32	00:54:07	00:29:45	
2040	António Quaresma	00:55:32	00:53:10	00:28:55	Linda-a-Pastora Sporting Clube
2041	Carlos Miguel Reis	00:55:32	00:54:01	00:29:45	
2042	João Salazar	00:55:32	00:52:27	00:28:47	
2043	José Dias	00:55:33	00:53:57	00:28:54	brandoa corre
2044	João Pedro Almeida	00:55:33	00:53:02	00:29:36	
2045	Jose Sapateiro	00:55:34	00:54:01	00:28:59	CLAC Entroncamento
2046	Paula Machado	00:55:34	00:54:05	00:28:49	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
2047	João Carlos Silva Freire	00:55:34	00:54:48	00:28:00	
2048	Edgar Proença	00:55:34	00:52:10	00:29:20	
2049	José Pedro Conceição	00:55:34	00:53:30	00:29:21	CARAPAUS DE CORRIDA
2050	Ivo Ricardo Dias Rosa	00:55:35	00:53:58	00:26:56	
2051	Alberto Martinho	00:55:35	00:53:32	00:29:10	CCDT Metropolitano de Lisboa
2052	Pedro Cunha	00:55:35	00:53:40	00:29:10	CCDT Metropolitano de Lisboa
2053	Hugo Filipe Capa De Noronha	00:55:36	00:52:37	00:28:59	
2054	Margarida Pinto	00:55:36	00:54:57	00:28:21	Gabinete de Fisioterapia no Desporto
2055	Gonçalo Botelho	00:55:36	00:54:04	00:27:57	Botelho
2056	Nuno Miguel Matias Tempera	00:55:37	00:54:16	00:28:27	
2057	Rui Meneses Ferreira	00:55:37	00:54:51	00:28:42	
2058	Francisco Galvão	00:55:37	00:52:25	00:30:14	Esc. Sec. Caneças
2059	Francisco Jesus Dos Remédios	00:55:38	00:52:24	00:30:14	Esc. Sec. Caneças
2060	Carlos Miguel Silva	00:55:38	00:52:05	00:31:09	
2061	António Paulo Rodrigues	00:55:38	00:52:42	00:30:42	
2062	Pedro Araújo Gonçalves	00:55:39	00:53:40	00:30:45	
2063	António Ferreira	00:55:39	00:53:27	00:29:18	Serviços Sociais da Caixa Geral de Depósitos
2064	Rosé Luis	00:55:39	00:51:50	00:30:09	Vale de Acór
2065	Rodrigo Barbosa	00:55:39	00:51:49	00:29:50	
2066	Mauro Teixeira	00:55:40	00:53:32	00:28:48	
2067	Gualdino Martins	00:55:40	00:52:31	00:29:39	
2068	João Pereira	00:55:41	00:52:15	00:29:03	
2069	Pedro De Jesus Vieira Da Ponte	00:55:41	00:54:58	00:27:21	
2070	Cíntia Catarina Ramos Do Nascimento Lope	00:55:41	00:53:03	00:28:53	
2071	Jorge Ferreira	00:55:42	00:53:26	00:28:46	Running of D ^a Maria
2072	Marco Damásio	00:55:44	00:55:08	00:28:05	Rádio Comercial
2073	Rodrigo Abreu	00:55:44	00:52:36	00:30:01	
2074	Mayer Raposo	00:55:44	00:52:50	00:29:55	A. A. Lebres do Sado
2075	Frederico Ferreira Coelho	00:55:44	00:52:56	00:29:37	
2076	António Barroso	00:55:45	00:53:21	00:29:09	
2077	Bruno Patrão	00:55:45	00:51:32	00:30:09	
2078	Joaquim Pedro Rosa	00:55:45	00:52:36	00:29:32	
2079	M,ario Rodrigues	00:55:48	00:54:06	00:28:02	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
2080	Paulo Ribeiro	00:55:48	00:52:41	00:30:30	
2081	Nuno Epifânio	00:55:48	00:53:38	00:29:24	
2082	Natal Da Luz	00:55:49	00:54:00	00:29:02	Clube Ferroviário de Portugal
2083	Nuno Miguel Pereira Marques	00:55:49	00:53:58	00:28:50	
2084	João Saldanha	00:55:50	00:54:20	00:28:25	
2085	Pedro Macedo	00:55:50	00:55:20	00:27:38	CML
2086	João Mouta Ferreira	00:55:50	00:53:30	00:29:08	
2087	Carlos Duarte	00:55:51	00:54:43	00:27:40	
2088	Fernando Fernandes	00:55:51	00:55:01	00:28:22	Wikaboo
2089	Vasco Camara Martins	00:55:51	00:50:47	00:31:06	
2090	José Carlos Alvarez Troncoso	00:55:51	00:52:10	00:29:36	
2091	Cláudia Ferreira	00:55:52	00:52:59	00:28:57	Clube do Stress
2092	Filipe Jose Martins Garcia	00:55:53	00:55:24	00:28:15	Clube MillenniumBCP
2093	Francisco Jose Da Cruz Garcia	00:55:53	00:55:25	00:28:15	Clube MillenniumBCP
2094	Daniel Ribeiro	00:55:53		00:29:30	Danieis Sport Club
2095	Fernando Fernandes	00:55:54	00:54:57	00:28:40	
2096	Miguel Antonio Reis Cruz	00:55:54	00:51:56	00:30:44	Clube MillenniumBCP
2097	Tiago Eduardo De Eça De Almeida	00:55:55	00:52:57	00:29:38	
2098	Célia Azenha	00:55:55	00:55:44	00:27:33	A. A. Lebres do Sado
2099	Fátima Gonçalves	00:55:56	00:53:04	00:29:17	Os Tugas
2100	Saúl Eduardo Rafael	00:55:56	00:55:05	00:27:37	
2101	Manuel Agostinho Magalhães	00:55:56	00:53:50	00:28:54	
2102	Cecília Nicolau	00:55:56	00:55:44	00:27:38	A. A. Lebres do Sado
2103	Cristiana Pedroso	00:55:56	00:54:52	00:28:51	
2104	João Freire	00:55:56	00:54:15	00:28:46	Grupo Desportivo Imprensa Nacional Casa Mo
2105	José Liberato	00:55:56	00:54:16	00:28:47	Grupo Desportivo Imprensa Nacional Casa Mo
2106	António Martins	00:55:56	00:54:52	00:28:51	
2107	Fernando Nunes	00:55:57	00:54:40	00:29:11	CATPS
2108	Abilio Marinho	00:55:57	00:54:05	00:28:20	
2109	Telmo Alexandre Abreu	00:55:57	00:53:35	00:29:53	
2110	Jorge Manuel Martins Silva	00:55:57	00:53:36	00:29:54	
2111	Dorindo Ferreira	00:55:58	00:54:22	00:28:01	
2112	Carlos Pardelha	00:55:59	00:55:44	00:26:01	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
2113	Joao Carlos Ferreira	00:55:59	00:53:20	00:29:03	
2114	Bruno Santos	00:55:59	00:52:58	00:30:30	ADRC Mata de Benfica
2115	Miguel Reis	00:56:00	00:54:49	00:28:16	Serviços Sociais da Caixa Geral de Depósitos
2116	Miguel Sena E Silva	00:56:00	00:53:19	00:30:11	
2117	Ivan Movchan	00:56:00	00:54:25	00:28:35	
2118	Paulo Fernandes	00:56:00	00:53:41	00:29:09	A. A. Lebres do Sado
2119	Jose Pedro Raimundo	00:56:01	00:54:29	00:28:57	Raiworld
2120	Jorge Manuel Alexandre Da Silva	00:56:02	00:54:11	00:29:26	A. A. Lebres do Sado
2121	Sónia Caixeirinho	00:56:02			Lesmas Alopadas
2122	Bento Quaresma	00:56:03	00:53:37	00:28:53	Linda-a-Pastora Sporting Clube
2123	Manuel Maia	00:56:03	00:53:49	00:29:01	CLAC Entrocamento
2124	Fernando Lopes	00:56:05	00:53:18	00:29:46	
2125	João Paulo Raimundo	00:56:06	00:54:32	00:28:57	Raiworld
2126	Carlos Manuel Monteiro Da Silva	00:56:06	00:54:52	00:28:43	
2127	Paulo Jose Aleixo Godinho Nunes	00:56:06	00:52:46	00:30:20	
2128	Silvino Martins	00:56:07	00:54:25	00:29:22	GARMIN
2129	Hugo Dionísio	00:56:07	00:52:03	00:30:28	
2130	Jorge Castanheira	00:56:07	00:54:47	00:28:44	
2131	João Vieira	00:56:07	00:54:27	00:29:22	
2132	Fernanda Marques Santinha	00:56:08	00:51:50	00:30:46	
2133	Ana Inês Pereira	00:56:08	00:53:56	00:29:58	Clube do Sargento da Armada
2134	João Gonçalo Melo	00:56:08	00:55:29	00:28:52	
2135	Casimiro Ferreira	00:56:08	00:54:44	00:29:25	
2136	António Pereira	00:56:08	00:53:51	00:29:57	Clube do Sargento da Armada
2137	Silvia Pereira	00:56:09	00:54:42	00:28:30	BE. Smart
2138	Bernardo José F Rodrigues	00:56:11	00:53:07	00:29:37	Os Amigos do B!
2139	Nelson Duarte Garcia Costa	00:56:11	00:54:44	00:29:26	
2140	Andre Joaquim Valadas Costa	00:56:11	00:54:43	00:29:26	
2141	Salvador Laurino	00:56:12	00:51:43	00:31:46	
2142	Nuno Clemente	00:56:12	00:54:17	00:30:41	Carapaus de Corrida
2143	José Pedro Abreu	00:56:12	00:53:13	00:29:00	
2144	João Branco	00:56:14	00:54:25	00:29:23	
2145	Pedro João Reis	00:56:15	00:55:57	00:27:26	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
2146	Ana Luísa Marcelino	00:56:15	00:55:56	00:27:26	
2147	Eduardo André	00:56:16	00:53:03	00:29:55	Os Tretas
2148	Rui Costa Gerales	00:56:16	00:52:29	00:30:27	
2149	Júlio Roque	00:56:16	00:53:09	00:30:40	CUN Boston
2150	Paulo Duarte	00:56:18	00:53:11	00:30:39	CUN Boston
2151	Luís Alves	00:56:18	00:53:06	00:30:40	CUN Boston
2152	Bernardo Maria Castel Branco Marques	00:56:18	00:54:04	00:28:48	
2153	Armando Almeida	00:56:18	00:53:12	00:30:40	Amigos Vale Silencio
2154	José Pedro Ferreira	00:56:18	00:53:12	00:30:40	CUN Boston
2155	Rogério Morais	00:56:18	00:52:32	00:30:25	Clube Ferroviário de Portugal
2156	Hernâni Monteiro	00:56:19	00:54:27	00:30:40	Amigos Vale Silencio
2157	Tiago Lynnaes Crespo	00:56:19	00:55:44	00:27:18	
2158	Ivanilda Semedo	00:56:19	00:53:17	00:29:36	
2159	Paulo Silva	00:56:19	00:52:33	00:30:25	Amigos Atletismo Mafra
2160	Joao Pedro Garcia Saraiva	00:56:19	00:55:37	00:27:43	
2161	Jorge Domingues	00:56:20	00:54:51	00:28:31	
2162	Ricardo Silveira	00:56:20	00:54:01	00:31:55	
2163	Claudio Sousa	00:56:21	00:54:08	00:29:20	
2164	Paulo Soares	00:56:21	00:52:15	00:31:03	Atlantis Café
2165	Luis Carlos Silva Jesus	00:56:21	00:53:55	00:30:11	
2166	Paulo Puga	00:56:21	00:54:38	00:29:19	Grupo Desportivo do INE
2167	João Manuel Duarte Landeiro	00:56:21	00:53:52	00:29:18	
2168	Gisele Teixeira Braun	00:56:21	00:52:07	00:30:38	
2169	Jorge Correia	00:56:21	00:52:01	00:30:27	Sintra Runners
2170	António Jorge Pina Capelo	00:56:22	00:52:07	00:28:20	CML
2171	Bárbara Isabel Alves Da Conceição	00:56:22	00:54:31	00:30:10	CML
2172	Manuel Santos	00:56:22	00:55:31	00:28:11	grupo dos amigos do atletismo de vila franca d
2173	Guilherme Hunter	00:56:22	00:52:07	00:30:38	
2174	Pedro Oliveira Sobral	00:56:22	00:55:08	00:29:20	
2175	Tiago Rodrigues	00:56:23	00:55:55	00:26:14	
2176	José Fernandes Nunes	00:56:23	00:56:01	00:27:56	
2177	Ricardo B. Tavares Regal	00:56:24	00:55:37	00:27:25	
2178	Carlos Pedro Cortez Lucas	00:56:24	00:55:19	00:28:34	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
2179	António Moura	00:56:24	00:55:02	00:28:28	
2180	Eduardo Bernardo	00:56:25	00:55:52	00:28:01	Clube Vodafone
2181	Maria Vilaça	00:56:26	00:53:40	00:29:17	Associação de Moradores da Atibá
2182	Pedro Gonçalves Correia	00:56:26	00:54:57	00:28:57	
2183	Vasco Guerreiro	00:56:26	00:54:53	00:28:27	
2184	Luis Guerreiro	00:56:27	00:54:47	00:28:28	
2185	Vasco Duarte Mendes	00:56:28	00:54:38	00:29:08	
2186	Jose Rufino	00:56:29	00:54:11	00:29:06	CLAC Entroncamento
2187	Paulo França	00:56:29	00:55:20	00:28:03	GDCT - UNICRE
2188	José Catita	00:56:29	00:53:52	00:30:46	GARMIN
2189	Ricardo Fernandes	00:56:29	00:54:15	00:30:07	Clube Grupo BES
2190	Claudia Novais	00:56:30	00:53:51	00:29:23	Netcourier Logistica
2191	João França Martins	00:56:30	00:54:52	00:30:15	Holmes Place
2192	Andrey Freitas Rodrigues	00:56:31	00:54:26	00:29:53	
2193	Jorge Manuel Romão	00:56:32	00:52:18	00:30:11	
2194	Amadeu Ferreira	00:56:32	00:53:46	00:30:14	G.D.C.T. Repsol Polimeros
2195	Ana Margarida Azevedo	00:56:32	00:56:00	00:28:04	
2196	Luis Torrão	00:56:33	00:53:46	00:30:33	G.D.C.T. Repsol Polimeros
2197	José Sequeira	00:56:34	00:54:52	00:28:36	Açoreana Clube Banif
2198	José Mota	00:56:34	00:53:54	00:30:03	Wikaboo
2199	Eugénio Caldas	00:56:35	00:54:52	00:28:41	
2200	Romeumiguel Galézio Pereira	00:56:35	00:53:48	00:29:23	
2201	Jorge Manuel Martins Da Silva	00:56:36	00:55:20	00:27:55	
2202	João Beltrão	00:56:36	00:52:24	00:30:17	Pernas de Gafanhoto
2203	Jorge Nunes	00:56:36	00:52:33	00:32:20	Deloitte Runners
2204	Ricardo Martins	00:56:36	00:54:40	00:29:40	
2205	Pedro Conceição	00:56:37	00:52:24	00:30:37	Runas Bar Queluz
2206	Ana Margarida Rosa	00:56:37	00:52:50	00:29:45	Grupo Desportivo do INE
2207	António Mateus	00:56:37	00:52:28	00:31:21	Os Zatopeques
2208	Angelo Pereira	00:56:37	00:52:39	00:31:06	Amigos Atletismo Mafra
2209	Armenio Silva	00:56:37	00:55:12	00:29:49	
2210	Pedro Oliveira	00:56:38	00:52:17	00:29:37	
2211	André Manuel Martins Júdice Pontes	00:56:38	00:52:17	00:29:37	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
2212	Isabel João Faria	00:56:39	00:55:05	00:29:30	Matilha Radical
2213	Luis Henrique Silva	00:56:39	00:55:06	00:29:32	Matilha Radical
2214	Jorge Duarte	00:56:39	00:55:59	00:28:22	Gabinete de Fisioterapia no Desporto
2215	Lucinda Maria Duarte Neto	00:56:40	00:56:17	00:27:45	
2216	Mário Lameirão	00:56:40	00:56:01	00:28:18	Casa do Benfica de Algueirão Mem Martins
2217	Miguel Pires De Matos	00:56:41	00:55:00	00:30:12	
2218	Nuno Miguel Costa Carneiro	00:56:41	00:54:36	00:29:17	
2219	Odete Fiuza	00:56:42	00:53:40	00:30:44	
2220	Manuel Reia	00:56:42	00:54:01	00:29:42	
2221	Pedro Meireles	00:56:42	00:53:41	00:30:44	
2222	Maria Inês Pires	00:56:42	00:54:50	00:29:24	
2223	Pedro Sousa	00:56:42	00:55:44	00:27:34	Açoreana Clube Banif
2224	Gonçalo Faria	00:56:43	00:52:51	00:29:17	
2225	Valter Silva	00:56:43	00:54:10	00:29:56	
2226	Luis Grave	00:56:43	00:55:28	00:28:59	
2227	Luis Filipe	00:56:43	00:54:58	00:28:27	Holmes Place
2228	Joao Venancio	00:56:44	00:56:04	00:27:58	
2229	Ricardo Costa	00:56:45	00:55:57	00:27:59	
2230	Susana Isabel Cruz	00:56:45	00:55:42	00:28:49	
2231	Luís M Boleto	00:56:45	00:55:43	00:28:48	
2232	António Camolino	00:56:45	00:53:37	00:30:07	
2233	João Manuel Pires Prisal	00:56:45	00:52:59	00:31:44	
2234	Carlos Pena	00:56:46	00:52:22	00:30:48	
2235	Rui Simplicio	00:56:46	00:52:27	00:31:37	
2236	Alexandre Martinho	00:56:46	00:54:55	00:28:48	Holmes Place
2237	Tiago Oliveira Barreiros	00:56:47	00:53:34	00:29:32	
2238	Fernando Lourenço	00:56:47	00:53:58	00:29:52	Bom Petisco
2239	Frederico Andrade E Sousa	00:56:47	00:55:34	00:28:33	
2240	António Teixeira Duarte	00:56:48	00:53:45	00:30:07	Clube do Stress
2241	Daniel Alcino Azevedo Portela	00:56:48	00:53:50	00:30:17	
2242	Rui Miguel Santos Ferreira	00:56:49	00:56:15	00:28:34	
2243	Rui Manuel Lopes Martins	00:56:49	00:52:33	00:31:31	
2244	Catarina Pereira	00:56:49	00:52:54	00:30:53	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
2245	José Carlos Levy Varela Benrós	00:56:49	00:53:03	00:30:27	
2246	Paulo de Jesus Calado Cordeiro	00:56:50	00:54:24	00:30:13	CML
2247	Fausto M O Isaac	00:56:50	00:53:42	00:30:43	
2248	Jose Martins	00:56:51		00:24:29	Clube ANA Lisboa
2249	Fernando Manuel Ferreira Martinho	00:56:51	00:52:31	00:31:36	
2250	Ricardo Morgado	00:56:51	00:55:04	00:28:42	TRIMOTOR
2251	Luis Madeira	00:56:51	00:53:30	00:29:51	Serviços Sociais da Caixa Geral de Depósitos
2252	João José Dias Barroso Infante	00:56:51	00:54:45	00:29:22	
2253	Rui Nobre	00:56:52	00:56:04	00:28:01	
2254	Maria João Sebastião	00:56:52	00:53:49	00:30:07	Hovione
2255	Gonçalo Albino Benedito Rebelo	00:56:53	00:53:13	00:30:46	
2256	Rui Veloso Mendes	00:56:53	00:55:12	00:30:11	
2257	Rui Borges	00:56:53	00:55:57	00:28:22	GA Monsanto/Gascan
2258	Nuno Batalheiro	00:56:54	00:55:02	00:29:25	
2259	João Manuel Pires Borges	00:56:54	00:52:34	00:30:46	
2260	Antonio Reyes	00:56:54	00:55:55	00:28:23	GA Monsanto/Gascan
2261	Joaquim Rodrigues Carvalho Lopes	00:56:55	00:55:10	00:29:37	
2262	Tiago Batista	00:56:55	00:54:43	00:30:04	
2263	Raquel Carvalho	00:56:55	00:56:23	00:28:18	
2264	Emidio Carrapeiro	00:56:55	00:55:15	00:30:12	União Recreativa do Dafundo
2265	Jose Rodrigues	00:56:55	00:54:37	00:29:48	CLAC Entroncamento
2266	Filipe Matos Chaves	00:56:56	00:54:17	00:28:46	Greci - El Corte Inglés
2267	Rogério Folgado	00:56:56	00:55:22	00:29:52	
2268	Paulo Jorge Morais	00:56:57	00:55:24	00:29:52	
2269	Maria Frias	00:56:57	00:55:02	00:29:33	Amigos Atletismo Mafra
2270	Vitor Arelo Afonso	00:56:57	00:54:56	00:29:10	
2271	Raúl António Grilo	00:56:57	00:55:24	00:29:51	
2272	Sofia Câmara Gouveia	00:56:57	00:55:53	00:28:50	
2273	Nuno Botelho	00:56:57	00:55:30	00:30:01	Clube do Stress
2274	Joaquim Patrica	00:56:57	00:54:56	00:29:09	CCDT Metropolitano de Lisboa
2275	Vitor Rogério P.s. Mendes	00:56:58	00:52:47	00:31:35	
2276	Mário José Duarte Mendes	00:56:58	00:55:08	00:29:09	
2277	Luís Rosa	00:56:58	00:53:57	00:30:14	Clube Atletismo Amigos de Belém

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
2278	Bruno Caseiro	00:56:59	00:54:55	00:29:22	CARAPPAUS DE CORRIDA
2279	Artur Jorge Almeida Leite	00:56:59	00:55:42	00:28:14	
2280	João Manuel Rodrigues Pereira	00:56:59	00:52:42	00:30:50	
2281	Manuel Parente Serra	00:57:00	00:54:36	00:30:07	
2282	António Jose da Silva	00:57:00	00:54:03	00:30:19	
2283	João Simões	00:57:02	00:55:11	00:29:40	Clube Grupo BES
2284	Jorge Monteiro	00:57:02	00:55:08	00:29:40	
2285	António Sul	00:57:02	00:53:06	00:30:46	GARMIN
2286	Nuno Furtado	00:57:02	00:52:44	00:30:51	
2287	Ricardo Esteves Ribeiro	00:57:03	00:53:08	00:31:00	Ribeiro e C. ^a
2288	Lurdes António	00:57:03	00:55:35	00:29:01	Link
2289	Paulo Jorge A. Rodrigues	00:57:04	00:54:12	00:30:39	
2290	Pedro Correia E Cunha	00:57:05	00:55:21	00:28:46	
2291	Luis Murias	00:57:06	00:54:34	00:29:59	
2292	José Manuel Carvalho	00:57:07	00:55:30	00:29:31	Matilha Radical
2293	Rui Varela	00:57:07	00:54:03	00:30:56	Clube Atletismo Amigos de Belém
2294	Artur Martins	00:57:08	00:55:03	00:29:43	
2295	José Basto	00:57:08	00:54:04	00:30:57	Clube Atletismo Amigos de Belém
2296	Luís Henrique Delgado	00:57:08	00:55:11	00:29:17	
2297	Francisco Aires	00:57:08	00:55:39	00:28:01	almeidas
2298	Nuno Alexandre Da Costa Alcobia	00:57:09	00:53:37	00:30:37	
2299	Carla Alexandra Lopes	00:57:09	00:53:38	00:30:32	Grupo Desportivo do INE
2300	João Santos Vieira	00:57:09	00:54:42	00:30:12	
2301	Nuno Jorge Lopes	00:57:09	00:53:55	00:30:25	Clube do Stress
2302	Sérgio Vinagre	00:57:09	00:55:41	00:29:17	
2303	Helder Miguel Nunes Diogo	00:57:09	00:55:41	00:29:17	
2304	Carlos Canhota	00:57:09	00:56:14	00:29:02	
2305	José Teodósio	00:57:10	00:55:23	00:29:01	Lá Vão ... de Almeirim
2306	Helena Isabel Pereira Silva Gerardo	00:57:10	00:54:53	00:29:03	
2307	Margarida Vieira	00:57:10	00:53:25	00:30:44	GARMIN
2308	Carlos Ramos Dinis	00:57:10	00:56:35	00:27:54	
2309	Otílio Monteiro	00:57:10	00:53:27	00:31:18	Companheiros da Mata do Escaroupim
2310	Carlos Barata	00:57:11	00:52:51	00:31:42	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
2311	Francisco Clérigo	00:57:11	00:54:21	00:29:58	
2312	Antonio Cardoso	00:57:12	00:54:59	00:29:13	lang
2313	António Marques Pinto	00:57:12	00:56:53	00:26:43	
2314	Friederika Fluck	00:57:12	00:55:59	00:29:11	
2315	João Augusto Germano	00:57:12	00:56:00	00:29:11	
2316	Mario Ferreira	00:57:12	00:55:17	00:29:42	Amigos Atletismo Mafra
2317	Francisco Almeida	00:57:13	00:55:39	00:28:47	
2318	Justino Santos	00:57:13	00:55:13	00:29:39	
2319	Eduardo Vilarinho	00:57:13	00:55:41	00:29:49	
2320	João Daniel Silva Durão	00:57:14	00:52:45	00:32:54	
2321	Pedro Martins Mourão	00:57:15	00:53:03	00:31:47	
2322	Pedro Valente	00:57:16	00:55:03	00:30:10	
2323	Margarida Pardal	00:57:17	00:55:20	00:28:44	Carapaus de Corrida
2324	António Martinho	00:57:17	00:55:59	00:29:21	Webwise
2325	Maria José Freitas	00:57:17	00:55:17	00:29:25	CLAC Entroncamento
2326	Bruno Salgueiro	00:57:18	00:55:18	00:29:15	CLAC Entroncamento
2327	Nuno Vicente	00:57:19	00:53:50	00:30:24	Rádio Comercial
2328	Salome Ferreira	00:57:19	00:54:45	00:30:10	Grupo Desportivo do INE
2329	Mário Espanha	00:57:19	00:55:30	00:30:34	
2330	Gonçalo Valente	00:57:20	00:55:01	00:30:10	
2331	Raul Filipe Vicente	00:57:21	00:53:51	00:30:24	Rádio Comercial
2332	Gonçalo Malheiro	00:57:21	00:55:24	00:28:49	
2333	Isabel Gonçalves Bué	00:57:22	00:53:49	00:31:11	
2334	Rúben Garcia	00:57:22	00:56:28	00:28:20	Link
2335	Jose Milagres	00:57:22	00:56:14	00:29:27	GDCT - UNICRE
2336	Alexandre Rodrigues	00:57:23	00:54:18	00:30:47	Bué Rápidos
2337	Severino Rosa	00:57:23	00:55:27	00:29:59	Serviços Sociais da Caixa Geral de Depósitos
2338	Aurelio Caldado	00:57:23	00:55:21	00:30:02	Serviços Sociais da Caixa Geral de Depósitos
2339	Joao Paulo Reis	00:57:23	00:55:44	00:30:12	
2340	Mafalda Beirao Bello	00:57:23	00:56:09	00:28:59	
2341	Luís Miguel Reino	00:57:24	00:54:15	00:31:08	
2342	Pedro Henriques	00:57:24	00:57:16	00:27:41	
2343	Rui Túbal	00:57:24	00:53:26	00:30:44	Túbal Sports

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
2344	Ricardo Rodrigues	00:57:24	00:54:33	00:30:00	Serviços Sociais da Caixa Geral de Depósitos
2345	Tiago Túbal	00:57:24	00:53:26	00:30:43	Túbal Sports
2346	Luís Bilau	00:57:25	00:53:14	00:31:34	Serviços Sociais da Caixa Geral de Depósitos
2347	Antonio Francisco Policarpo Da Cal	00:57:26	00:54:40	00:29:50	
2348	Fernando Filipe	00:57:26	00:57:02	00:27:43	Clube Grupo BES
2349	Vasco M. Afonso	00:57:26	00:55:38	00:29:10	
2350	João Canas	00:57:27	00:55:50	00:28:19	Clube Vodafone
2351	Gonçalo Leonard	00:57:27	00:56:16	00:28:17	Serviços Sociais da Caixa Geral de Depósitos
2352	Leonel Fernandes	00:57:27		00:29:39	Grupo Recreativo Cultural e Desportivo de Lei
2353	Marta Sousa	00:57:27	00:55:46	00:29:05	
2354	Hugo Filipe Almeida Santos	00:57:27	00:54:36	00:32:19	
2355	Nuno Alberto Marques Veiga	00:57:27	00:54:07	00:30:14	
2356	Paulo Jorge Sousa	00:57:27	00:55:47	00:29:04	
2357	Rogério Nobre	00:57:28	00:54:50	00:30:13	
2358	Susana Cardoso	00:57:28	00:54:50	00:29:59	Plumas
2359	Francisco Cardoso	00:57:28	00:54:44	00:30:00	Plumas
2360	Maria Deolinda M Matos	00:57:29	00:53:12	00:30:52	
2361	Filipe Abilio Maricoto	00:57:29	00:54:38	00:32:21	
2362	Vitor M P Luis	00:57:30	00:53:14	00:30:51	
2363	Francisco Almeida	00:57:30	00:56:01	00:29:30	almeidas
2364	Fernando Jorge Correia	00:57:31	00:56:03	00:28:58	
2365	João Fragoso Mendes	00:57:32	00:55:48	00:28:24	
2366	Anselmo Tomaz De Lima	00:57:32	00:55:32	00:29:57	
2367	Miguel José Carvalho Vilaça Carneiro	00:57:32	00:54:53	00:32:42	
2368	Simão Manuel Alves Fernandes Vieira	00:57:32	00:57:05	00:28:53	Os Varetas
2369	Carminda Jesus Almeida Pires	00:57:33	00:55:46	00:30:06	
2370	José C Castro	00:57:33	00:54:29	00:30:56	
2371	Sandra Sofia Dos Santos Martins	00:57:33	00:55:07	00:31:10	
2372	João Francisco Almeida Santos Agostinho	00:57:35	00:57:11	00:29:09	
2373	Sarita Relâmpago	00:57:36	00:55:29	00:30:22	
2374	Vítor Manuel Antunes Martins	00:57:37	00:53:54	00:31:00	
2375	João Rui Garradas	00:57:37	00:53:15	00:33:24	
2376	Filipe Manuel Andrade De Matos	00:57:39	00:54:42	00:29:38	

Classificação 2010

Class. Atleta	Tempo	T. Chip	5 km	Clube
2377 Fábio Pio	00:57:39	00:57:19	00:28:05	Hovione
2378 Hamilton Dias	00:57:40	00:57:19	00:28:05	
2379 Antonio Pedro Teixeira	00:57:40	00:55:00	00:29:39	
2380 Paulo Portugal	00:57:40	00:53:52	00:32:15	Amigos Vale Silencio
2381 Nuno Lamurias	00:57:42	00:56:35	00:28:28	
2382 Francisco Figueiredo	00:57:42	00:55:22	00:29:36	
2383 Bruno Guerreiro	00:57:42	00:55:06	00:30:09	
2384 Filipe Nuno Lopes Da Silva	00:57:43	00:54:46	00:29:31	
2385 Ana Isabel Guerra Monteiro	00:57:44	00:55:27	00:30:31	CML
2386 Rodrigo Serra Coelho	00:57:44	00:56:17	00:29:43	
2387 José Ricardo Pontes Resende	00:57:45	00:53:26	00:31:17	
2388 Pedro Mogaleira	00:57:45	00:55:14	00:31:46	
2389 Nuno Quadros Vaz	00:57:45	00:53:26	00:31:18	
2390 Jose Mestre	00:57:46	00:55:28	00:29:41	GD Banco BPI
2391 Rui Tato Marinho	00:57:47	00:53:26	00:31:14	
2392 Alexandre Pinto	00:57:47	00:53:47	00:31:13	Vale de Acór
2393 Artur Paiva Ferreira	00:57:48	00:56:17	00:30:22	
2394 Jorge Manuel Vieira De Lemos	00:57:49	00:57:17	00:29:50	
2395 Luis Jose Viegas Gonçalves	00:57:52		00:33:01	
2396 José Anselmo	00:57:52	00:53:56	00:30:59	
2397 Francisco Sanches-osorio	00:57:53	00:54:28	00:30:26	
2398 Jeremias da Silva Ribeiro	00:57:54	00:53:34	00:31:53	
2399 Rui Mendonca Lima	00:57:54	00:53:47	00:31:32	
2400 André Noronha	00:57:54	00:55:58	00:30:01	Serviços Sociais da Caixa Geral de Depósitos
2401 Carlos Manuel Alves Caetano	00:57:54	00:54:49		CML
2402 Pedro Miguel Faria Rocha	00:57:56	00:54:24	00:31:35	
2403 Nuno Gonçalves	00:57:56	00:54:11	00:30:27	Clube Olímpico de Oeiras
2404 Ivan Correia	00:57:57	00:57:34	00:25:24	BuzzyLight
2405 Júlio C Castro	00:57:57	00:54:55	00:30:54	
2406 Ivo Manuel Antunes Da Silva	00:57:58	00:55:29	00:29:38	
2407 António Lopes	00:57:58	00:56:59	00:29:52	Greci - El Corte Inglés
2408 Pedro Duarte	00:57:58	00:57:17	00:27:25	GD Deutsche Bank
2409 Tiago Silva Matos Gregório	00:57:59	00:55:01	00:31:49	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
2410	João Carneiro	00:58:00	00:56:22	00:30:01	
2411	Paulo Pereira Costa	00:58:00	00:57:34	00:27:07	
2412	Hugo Andre Costa Ribeiro	00:58:01	00:57:03	00:27:46	
2413	Pedro Miguel Pires Gil	00:58:02	00:55:47	00:30:17	
2414	Filipe Jorge Silva	00:58:03	00:56:53	00:29:32	
2415	Nuno Ferrão Da Silva	00:58:05	00:55:48	00:29:15	
2416	António Olivenço Paninha Patricio	00:58:06	00:57:28	00:28:54	
2417	Vitor Messias	00:58:07	00:54:29	00:31:12	CLAC Entroncamento
2418	Gonçalo Nereu	00:58:07	00:54:29	00:31:12	body runner
2419	Arnaldo Batista	00:58:07	00:55:43	00:30:33	Grupo Desportivo Ferroviários do Barreiro
2420	Paulo Jorge Dos Santos Veloso	00:58:08	00:55:35	00:29:26	
2421	Carlos Manuel Pinela Assis	00:58:08	00:55:21	00:30:55	
2422	Manuel António	00:58:08	00:57:03	00:29:06	Bombeiros Voluntarios de Montemor-o-Novo
2423	Luis Zeferino	00:58:10	00:56:16	00:29:32	Amigos Atletismo Mafra
2424	Luís Varela	00:58:11	00:55:47	00:29:09	CCD Autarquias de Almada
2425	José Galveia	00:58:11	00:55:55	00:29:56	CADT Portucel
2426	Joao Dias Frias	00:58:13	00:56:30	00:29:21	Grupo Desportivo do INE
2427	Rui Grijó	00:58:14	00:56:39	00:30:06	Clube do Stress
2428	Abilio Henrique Ferreira Guedes	00:58:14	00:56:19	00:30:14	
2429	José Figueiredo	00:58:15	00:55:41	00:30:32	Ass. R. e C. da Socasa
2430	Luís Pedro Pereira	00:58:15	00:53:55	00:34:01	Mistral Spirit
2431	José A. Amaro	00:58:16	00:55:10	00:30:28	
2432	Fernando Cardoso	00:58:16	00:54:45	00:31:18	CCDT Metropolitano de Lisboa
2433	José Luís Agapito	00:58:16	00:54:19	00:32:35	Pernas de Gafanhoto
2434	Maria da Conceição Pinhoferreira	00:58:18	00:56:43	00:29:49	
2435	Bruno Soares Rocha	00:58:18	00:56:54	00:29:44	
2436	Alfredo Falcao	00:58:18	00:56:13	00:30:06	
2437	Pedro Miguel Baptista Ataz Pleno De Gouve	00:58:18	00:55:03	00:30:56	
2438	João Gonçalves	00:58:20	00:56:09	00:29:36	
2439	Ana Paula Gaspar	00:58:22	00:55:21	00:30:56	Eu & Tu
2440	Guilherme Branquinho	00:58:22	00:55:24	00:30:58	Eu & Tu
2441	António Resende	00:58:22	00:57:15	00:30:02	
2442	Maria Do Carmo Moreno Aguiar	00:58:22	00:57:17	00:29:24	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
2443	Victor Manuel da Graça Mendes	00:58:23	00:58:18	00:28:37	
2444	Paulo Jose Pires	00:58:23	00:56:21	00:29:21	
2445	Javier Balbuena Caravaca	00:58:23	00:56:28	00:29:55	
2446	Andres Sanchez Bonilla	00:58:24	00:56:33	00:29:53	
2447	Manuel Lopes	00:58:25	00:54:18	00:32:27	Lopes
2448	José Forte	00:58:25	00:54:45	00:30:46	Link
2449	Vítor Manuel Duarte Alves	00:58:26	00:55:06	00:31:11	
2450	Tiago Almeida Costa	00:58:26	00:55:34	00:34:27	Cascais Pandilha
2451	João Hernani Simões	00:58:27	00:57:23	00:29:16	
2452	Rui Franganito	00:58:27	00:56:22	00:30:12	
2453	José Hilário Levezinho	00:58:27	00:57:23	00:29:15	
2454	Ricardo Pregoça	00:58:27	00:58:19	00:27:52	
2455	Bruno Antunes Carreiro Barran	00:58:28	00:55:42	00:31:42	
2456	Maria João Simões	00:58:28	00:58:28	00:27:30	
2457	Tiago Henriques	00:58:29	00:55:11	00:31:21	Henriques
2458	Luís Henriques	00:58:29	00:55:05	00:31:21	Henriques
2459	Maria Conceicao N Silva Marques	00:58:30	00:56:07	00:30:53	Clube MillenniumBCP
2460	Joao Antonio Ricarte	00:58:30	00:57:01	00:28:59	
2461	Carolina Silva	00:58:31	00:57:39	00:29:50	Açoreana Clube Banif
2462	Carlos Manuel Mota Marcos	00:58:31	00:54:17	00:31:52	
2463	Ricardo Dias	00:58:32	00:56:11	00:30:53	CCDT Metropolitano de Lisboa
2464	Jorge Alberto R. Saraiva Costa	00:58:33	00:57:06	00:29:00	
2465	Sergio Nicolau	00:58:33	00:58:02	00:29:33	
2466	Antonio Correia	00:58:33	00:55:23	00:31:16	
2467	Jorge Carvalho	00:58:33	00:56:14	00:31:17	Clube do Stress
2468	Virgilio Guerreiro Lança	00:58:34	00:57:47	00:28:13	Electrimeca
2469	Paulo Jorge Ribeiro Lopes	00:58:34	00:54:11	00:32:14	Alvite Moimenta da Beira
2470	Luís Filipe Costa dos Santos	00:58:34	00:56:13	00:33:00	CML
2471	João Paulo Leal	00:58:35	00:55:50	00:30:31	ADRC Mata de Benfica
2472	José M. D. Lopes	00:58:35	00:57:00	00:29:40	
2473	Jorge Humberto Bento Tomaz	00:58:35	00:57:04	00:27:45	
2474	Susana Silva Paulo	00:58:35	00:56:13	00:32:59	CML
2475	Hugo Bernardo	00:58:36	00:54:50	00:32:09	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
2476	Carolina Oliveira E Carmo	00:58:36	00:54:57	00:30:36	Clube do Stress
2477	Paulo Paulino	00:58:36	00:56:26	00:30:36	Clube do Stress
2478	Clara I. Raimundo	00:58:37	00:56:40	00:29:32	
2479	Silvia Goncalves	00:58:37	00:56:38	00:30:24	
2480	Joana Sofia Fragata	00:58:37	00:58:04	00:29:04	sempre a fugir...
2481	Ana Marta Paz	00:58:37	00:56:49	00:30:33	
2482	Elisabete Goncalves	00:58:38	00:56:39	00:30:24	
2483	Kalenga D'almeida	00:58:38	00:55:41	00:30:14	
2484	Patricia Batista	00:58:40	00:55:40	00:30:04	
2485	Ozlem Odabas Tavares	00:58:40	00:55:21	00:30:33	Os Turcos
2486	Bruno Miguel Ramos	00:58:40	00:55:08	00:33:27	
2487	Paulo Coelho	00:58:41	00:56:13	00:30:52	CCDT Metropolitano de Lisboa
2488	Orlando Sousa	00:58:41	00:56:35	00:30:21	CCDT Metropolitano de Lisboa
2489	Tomás Nuno Pina	00:58:41	00:54:42	00:31:27	
2490	Marco Paulo Jesus Neto	00:58:42	00:54:19	00:32:15	Alvite Moimenta da Beira
2491	Jaime Pardal	00:58:42	00:56:45	00:29:45	Carapaus de Corrida
2492	Manuel José Calhó Guimas	00:58:42	00:56:46	00:30:25	CML
2493	Luis Santarem	00:58:43	00:56:11	00:30:43	Serviços Sociais da Caixa Geral de Depósitos
2494	Paulo Fernandes	00:58:43	00:47:12	00:29:42	Holmes Place
2495	Sílvia Cruz Araújo Gonçalves	00:58:44	00:56:42	00:30:44	
2496	Paula Cristina Jesus	00:58:44		00:29:42	
2497	Alexandra David Silva	00:58:45	00:55:49	00:31:03	Delícias do Mar
2498	Filipe Soares Dos Reis	00:58:46	00:56:53	00:29:24	
2499	Duncan Ribeiro Throp	00:58:46	00:54:39	00:31:51	
2500	Maria Helena Costa	00:58:46	00:55:50	00:31:03	Delícias do Mar
2501	José Garrido	00:58:47	00:56:12	00:30:13	A Bola
2502	Luis Pires	00:58:47	00:56:12	00:30:13	A Bola
2503	Rui Correia	00:58:48	00:57:22	00:30:03	Greci - El Corte Inglés
2504	Andre Almeida	00:58:49	00:55:09	00:30:19	
2505	Elsa Marina Pires	00:58:50	00:57:10		
2506	Flavio Manuel A. Oliveira	00:58:50	00:55:43	00:30:59	
2507	Rui Silva	00:58:50	00:55:00	00:31:50	Atomic Team
2508	Isaura Amorim	00:58:50	00:57:10		

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
2509	Carlos Nuno Silva R Pereira	00:58:50	00:54:28	00:32:11	Alvite Moimenta da Beira
2510	Jorge Morgado	00:58:51	00:54:27	00:32:12	
2511	Vitor Lopes	00:58:52	00:54:38	00:32:26	Lopes
2512	Luis Vicente Barroso	00:58:52	00:57:07	00:29:58	
2513	Tiago José Garcia Ramos	00:58:53	00:56:54	00:30:30	
2514	Pedro Franca	00:58:53	00:57:41	00:29:29	RunFranca
2515	Joaquim Fragoso	00:58:53	00:54:50	00:32:38	CCD Casa Pia
2516	Nuno Filipa Agostinho Cunha	00:58:54	00:57:48	00:29:51	
2517	Rui Miguel Da Silva Rodrigues Dos Santos	00:58:54	00:57:08	00:30:00	
2518	Arlindo Garcia Parra	00:58:54	00:57:26	00:29:49	
2519	José Luís Leitão Lourenço	00:58:55	00:57:53	00:29:09	
2520	Pedro SIMões	00:58:55	00:55:38	00:30:22	
2521	João Gonçalves Pinto	00:58:56	00:56:26	00:30:37	
2522	Pedro Paulo Castro	00:58:56	00:57:51	00:29:34	TGT - The Greatest Team
2523	Nuno Gabriel Santos Amaro	00:58:58	00:55:44	00:31:35	
2524	David Eduardo Sousa Branco	00:58:59	00:57:19	00:30:15	
2525	João Henrique Silva Lobo	00:58:59	00:57:18	00:30:32	
2526	Alexandre Kapancioglu	00:59:00	00:54:31	00:32:42	
2527	Paula Isabel Rosa Batalha	00:59:01	00:58:26	00:28:56	Clube MillenniumBCP
2528	Paula Batalha	00:59:01	00:58:22	00:28:56	Greci - El Corte Inglés
2529	Leonardo Morgado	00:59:01	00:55:09	00:31:52	ADRC Mata de Benfica
2530	Jorge Vicente	00:59:01	00:57:14	00:30:28	
2531	João Sousa Ferreira	00:59:03	00:57:00	00:30:45	
2532	Rui Durão	00:59:04	00:58:15	00:30:13	Wikaboo
2533	Pedro Leandro	00:59:04		00:29:16	Leandros
2534	Luis Ribeiro	00:59:04	00:58:33	00:30:13	Wikaboo
2535	Ricardo Alves	00:59:05	00:57:09	00:28:29	Team Cortesia
2536	Maria Goreti Fernandes	00:59:05	00:57:08	00:30:09	Grupo Desportivo Pessoal da Cimpor
2537	Domingos Martins	00:59:06	00:55:26	00:32:09	
2538	António Paulino	00:59:06	00:56:58	00:30:53	Clube do Stress
2539	Manuel Santos Oliveira Almeida	00:59:06	00:57:00	00:31:04	
2540	Fernando Humberto Ramos Ferreira	00:59:07	00:58:18	00:29:35	Clube MillenniumBCP
2541	Nuno Paulo Coelho Avó	00:59:07	00:55:24	00:31:21	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
2542	Nilde da Conceição Dinis Pinto	00:59:07	00:57:52	00:29:48	CML
2543	António Manuel Reis Cerqueiro Costa	00:59:07	00:57:55	00:29:48	
2544	Ricardo Diez	00:59:08	00:57:16	00:31:44	O Mundo da Corrida
2545	Gonçalo Diez	00:59:08	00:57:15	00:31:43	O Mundo da Corrida
2546	Pedro Dominguez	00:59:09	00:59:01	00:27:32	GARMIN
2547	Maria Fatuda	00:59:10	00:57:47	00:30:00	GRD Ribeira da Lage
2548	Manuel Boavida	00:59:10	00:56:08	00:32:00	
2549	Ricardo Simoes	00:59:10	00:58:23	00:29:08	Running of Dª Maria
2550	Rui Jorge Neves Da Silva	00:59:12	00:55:46	00:31:28	
2551	Carla Cardoso	00:59:12	00:55:36	00:31:01	Run 4 Fun
2552	Paulo Bailão	00:59:13	00:56:51	00:31:45	Serviços Sociais da Caixa Geral de Depósitos
2553	José Augusto Pinto	00:59:13	00:56:13	00:32:38	
2554	António José Cidadão	00:59:14	00:57:14	00:29:37	
2555	Nuno Miguel Ferreira Pireza	00:59:15	00:54:44	00:31:30	
2556	Pedro Miguel Silva	00:59:16	00:56:10	00:31:10	
2557	Ivo Amendoeira	00:59:16	00:58:46	00:28:13	
2558	João Nunes Rodrigues	00:59:17	00:55:32	00:32:07	
2559	António Jorge Lemos Macedo	00:59:20	00:58:11	00:29:39	
2560	Carlos Oliveira	00:59:22	00:55:34	00:31:45	
2561	Joaquim Pinto	00:59:23	00:56:42	00:31:16	Futebol Clube Silveirense
2562	João Rebelo Lopes	00:59:23	00:57:10	00:30:06	
2563	José Zacarias	00:59:24	00:57:13	00:30:07	
2564	Gonçalo Zé Bernardes	00:59:25	00:56:16	00:32:39	Benfica Lovers
2565	Joao Eduardo Barata Carvalho	00:59:26	00:58:14	00:29:22	
2566	Nuno Otniel Granjo	00:59:26	00:58:14	00:28:30	
2567	Pedro Miguel Almeida	00:59:26	00:57:16	00:31:04	
2568	Marco Graça	00:59:28	00:57:42	00:30:43	Holmes Place
2569	Marta Coelho	00:59:28	00:57:48	00:29:57	Holmes Place
2570	Ana Isabel Carvalho	00:59:28	00:58:05	00:30:09	
2571	Alvaro Marques	00:59:29	00:58:31	00:30:09	
2572	Vasco Monteiro	00:59:31	00:56:09	00:31:50	
2573	Vitor Morgado	00:59:32	00:57:18	00:31:18	
2574	Paulo Miranda	00:59:33	00:56:19	00:31:24	Os Tretas

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
2575	João Pedro Vicente De Lima	00:59:34	00:56:12	00:31:59	
2576	Carlos Martins Lopes	00:59:35	00:58:34	00:31:05	
2577	André Luis Dos Reis Machado	00:59:35	00:58:01	00:28:48	Santiago Futebol Clube
2578	António Soares Franco	00:59:36	00:56:51	00:32:48	
2579	Cesar Viegas	00:59:37	00:58:39	00:28:13	Construténis
2580	Jose Coelho Da Piedade	00:59:37	00:55:17	00:32:40	
2581	Filipe Ramalho	00:59:38	00:58:47	00:28:15	
2582	António Garcia	00:59:38	00:55:40	00:31:20	
2583	Laurinda Castro	00:59:38	00:59:28	00:29:31	
2584	Hugo Monteiro	00:59:38		00:27:23	
2585	Bruno Santos	00:59:39	00:55:26	00:33:11	Runas Bar Queluz
2586	Francisco Pais	00:59:40	00:58:07	00:29:34	Clube ANACOM
2587	Fernando Alves	00:59:40	00:55:16	00:32:26	Serviços Sociais da Caixa Geral de Depósitos
2588	Manuel João Galveia M. Videira	00:59:41	00:58:17	00:31:25	
2589	Fernando Vasco Pipa	00:59:42	00:57:36	00:30:08	
2590	Sérgio Estevinha	00:59:42	00:56:01	00:32:04	
2591	José Pires	00:59:43	00:57:40	00:30:19	CCDT Metropolitano de Lisboa
2592	Vitor Francisco	00:59:43	00:57:20	00:31:11	
2593	Ana Simoes	00:59:44	00:56:25	00:30:33	Os Turcos
2594	Jose Jesus Martins	00:59:45	00:56:57	00:31:34	
2595	Fernando Castanheira	00:59:45	00:59:04	00:29:26	Gabinete de Fisioterapia no Desporto
2596	Mukesh Ramniclal Carsane	00:59:45	00:56:56	00:29:12	
2597	Hélder Varandas	00:59:45	00:58:20	00:31:27	Link
2598	Ricardo Simões Correia	00:59:46	00:55:38	00:33:24	
2599	Joao Manuel Pereira Morgado	00:59:46	00:56:00	00:31:41	
2600	António Fernando Oliveira Costa	00:59:46	00:58:18	00:29:44	
2601	José Dinis Carita	00:59:46	00:58:27	00:29:31	
2602	Pedro Oliveira	00:59:47	00:57:19	00:32:15	GARMIN
2603	Maria Rosa Carita	00:59:47	00:58:27	00:29:31	
2604	José Vieira	00:59:47	00:57:19	00:32:15	GARMIN
2605	José Paulino Carlos	00:59:47		00:31:21	Casa do Benfica de Algueirão Mem Martins
2606	João Artur Batista	00:59:48	00:57:11	00:31:19	
2607	José Carlos Antunes	00:59:48	00:57:12	00:31:19	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
2608	Luis Filipe Serrano Ramos	00:59:48	00:55:33	00:33:00	
2609	Eduardo Martins	00:59:49	00:56:07	00:31:13	Forno da Cidade
2610	Luis Gomes Dos Santos	00:59:49	00:55:55	00:32:08	
2611	Antonio Manuel Medalhas Ferreira	00:59:50	00:57:50	00:31:18	
2612	Francisco Mendes	00:59:50	00:57:52	00:29:26	CARAPPAUS DE CORRIDA
2613	Hugo Medeiros Beja	00:59:50	00:55:50	00:32:08	
2614	Mário Melo	00:59:50	00:56:04	00:32:32	Clube Ferroviário de Portugal
2615	Idália Caeiro	00:59:51	00:55:51	00:32:08	
2616	Henrique Vilhena	00:59:52	00:55:26	00:32:48	
2617	Renato Duarte	00:59:52	00:56:32	00:31:25	
2618	Francisco Veloso	00:59:53	00:56:16	00:32:57	
2619	Isabel Neves	00:59:54	00:57:30	00:30:46	
2620	Miguel Lima De Azevedo	00:59:54	00:57:10	00:31:14	
2621	Miguel Barata	00:59:56	00:58:05	00:30:15	Os Amigos da Corrida
2622	Jorge Bento Clemente Duro	00:59:56	00:55:31	00:31:45	
2623	Ana Soraia Gomes	00:59:57	00:58:07	00:30:18	Chouchou Team
2624	João José Da Silva Barros	00:59:57	00:56:09	00:32:34	
2625	Hugo Fonseca	00:59:57	00:58:00	00:30:16	Chouchou Team
2626	Raquel Martinho Dos Santos	00:59:58	00:58:15	00:30:32	
2627	Sara Chaveiro	00:59:58	00:56:10	00:32:43	
2628	Frederic Serre	00:59:59	00:55:50	00:32:46	Os Zatopeques
2629	Vera Castilho Sanches	00:59:59	00:57:21	00:31:28	
2630	Miguel Sanches	00:59:59	00:57:21	00:31:28	
2631	João Sousa	00:59:59	00:56:35	00:32:42	Lisboa
2632	Pedro Catarino	00:59:59	00:56:34	00:32:44	Lisboa
2633	Renato Alves	01:00:00	00:56:36	00:32:43	Lisboa
2634	Paulo Loureiro	01:00:01	00:57:43	00:31:02	
2635	Pedro Botelho	01:00:01	00:58:26	00:30:51	
2636	José Manuel Da Encarnação Serra	01:00:01	00:56:28	00:31:43	
2637	Rui Emanuel Pinto Zenoglio	01:00:02	00:57:18	00:31:13	
2638	Rui Cordeiro	01:00:02	00:56:13	00:33:03	Companheiros da Mata do Escaroupim
2639	Bruno Lobo	01:00:02	00:59:04	00:29:23	Caracois do Asfalto
2640	José Lobo	01:00:03	00:59:04	00:29:24	Caracois do Asfalto

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
2641	Martinho Freire	01:00:03	00:58:43	00:30:41	GARMIN
2642	Joaquim Basilio P. Simao	01:00:05	00:59:19	00:29:52	ODEBRECHT/BPC
2643	Daniel José Martins Carapau	01:00:05	00:57:42	00:30:54	
2644	Ricardo Pires	01:00:05	00:55:47	00:33:37	
2645	Paulo Pedro De Sousa	01:00:06	00:59:23	00:30:09	
2646	Gisela Carvalho	01:00:08	00:58:39	00:31:00	Greci - El Corte Inglés
2647	Tomás Wiborg	01:00:09	00:57:43	00:31:38	
2648	Francisco Guimarães Da Silva Moreira	01:00:10	00:56:43	00:32:19	
2649	Bernardo Correia	01:00:11	00:57:15	00:28:46	
2650	José Manuel Silva Coelho	01:00:12	00:57:15	00:31:10	Valejas Atlético Clube
2651	Carlos Crespo	01:00:13	00:57:27	00:31:42	
2652	Jürgen Josef Gelbe	01:00:15	00:57:44	00:31:46	
2653	Sérgio Malheiro	01:00:15	00:55:38	00:32:16	
2654	Nuno Miguel Amorim Gomes	01:00:16	00:58:52	00:30:05	
2655	Luis Alexandre Aires De Almeida	01:00:17	00:55:40	00:32:16	
2656	Joana Vanessa Garcia Pessoa	01:00:17	00:59:58	00:28:53	Os Varetas
2657	Rui Manuel Euzébio	01:00:17	00:58:27	00:31:10	
2658	Ricardo Paixão Marques	01:00:17	00:58:28	00:30:45	
2659	Ricardo Andrade Amaro	01:00:17	00:56:29	00:33:52	AAA
2660	Jorge Almeida Gonçalves	01:00:18	00:57:52	00:31:28	Hovione
2661	Ricardo Amaral Tomé	01:00:18	00:55:41	00:32:18	
2662	Joao Reganha Torrado	01:00:19	00:56:57	00:33:06	
2663	Francisco Veloso Silva	01:00:19	00:56:28	00:33:56	AAA
2664	António Bila	01:00:19	00:56:48	00:33:26	Clube Olímpico de Oeiras
2665	Luis Silveiro	01:00:19	00:56:53	00:32:16	
2666	Paulo Ascensão	01:00:20	00:59:37	00:28:47	Grupo Desportivo Pessoal da Cimpor
2667	Jose Carlos Azevedo De Oliveira Soares	01:00:20	00:56:01	00:32:42	
2668	João Carço	01:00:20	00:59:31	00:30:02	
2669	Joao Filipe Faria Westwood	01:00:22	00:56:06	00:34:31	
2670	Francisco Cardoso	01:00:23	00:56:33	00:31:41	Forno da Cidade
2671	António Mendes Pais	01:00:24	01:00:03	00:30:25	
2672	Paulo Araújo Gonçalves	01:00:24	00:58:22	00:30:26	
2673	Orlando Gabriel Ferreira	01:00:24	00:58:11	00:31:30	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
2674	Joana Almeida	01:00:25	00:55:44	00:33:03	Holmes Place
2675	Ana Marques	01:00:25	00:57:18	00:31:41	Marques
2676	Alexandre Martins	01:00:25	00:55:45	00:33:03	Holmes Place
2677	Jorge Oliveira	01:00:25	00:56:44	00:32:44	
2678	Manuel Borges	01:00:26	00:57:04	00:31:49	Greci - El Corte Inglés
2679	Ricardo Menezes Cordeiro	01:00:26	00:55:43	00:32:47	
2680	Vitor Santos	01:00:26	00:58:30	00:30:42	Carapaus de Corrida
2681	Ana Luisa Borges	01:00:26	00:57:05	00:31:48	Greci - El Corte Inglés
2682	Bruno Alexandre Esteves Ribeiro	01:00:27	00:56:27	00:30:40	Ribeiro e C. ^a
2683	Jacinto Godinho	01:00:28	00:57:08	00:32:20	
2684	Joao Costa	01:00:28		00:30:08	Grupo Recreativo Cultural e Desportivo de Lei
2685	Manuel Paula	01:00:29	00:57:06	00:32:01	Greci - El Corte Inglés
2686	Joaquim Lavado	01:00:31	00:59:19	00:30:31	Serviços Sociais da Caixa Geral de Depósitos
2687	Julia Milne Carmo	01:00:32	00:58:42	00:30:36	
2688	Nuno Santos	01:00:33	00:57:17	00:31:53	Os Tretas
2689	Valdemar Ferreira Pereira	01:00:33	00:59:04	00:30:41	
2690	Daniel Pereira De Oliveira	01:00:35	00:57:35	00:31:54	Câmara Lisboa Clube
2691	Antonio Jose Queijo Almeida	01:00:35	00:57:28	00:31:53	Clube MillenniumBCP
2692	Pedro Mascarenhas	01:00:36	00:57:02	00:34:28	Correr por gosto
2693	Mariana Xavier	01:00:36	00:59:17	00:31:13	Lentinhos
2694	Helder Fortes Nascimento Duarte	01:00:36	00:57:48	00:34:15	
2695	Hélia Ferreira	01:00:36	00:59:17	00:31:13	Lentinhos
2696	Isabel Flores	01:00:38	00:56:59	00:32:00	NúcleOeiras / Sportzone
2697	Dominogs Henrique	01:00:39	00:57:00	00:32:00	NúcleOeiras / Sportzone
2698	Vitor Goncalves	01:00:39	00:56:54	00:31:50	
2699	Miguel Teixeira Duarte	01:00:42	00:57:38	00:32:33	Clube do Stress
2700	José Paulo Sousa	01:00:42	00:56:26	00:33:00	
2701	Dina Mota	01:00:43	00:56:44	00:34:39	A. A. Lebres do Sado
2702	Mario João Santos	01:00:44	00:59:53	00:30:04	
2703	Daniel Costa	01:00:44	00:57:20	00:32:23	MDC Sport
2704	Luis Costa	01:00:45	00:56:20	00:32:42	
2705	Antonio Manuel Palma Barao Seixas	01:00:47	01:00:15	00:32:45	Clube MillenniumBCP
2706	Paulo Mota	01:00:47	00:56:45	00:34:39	A. A. Lebres do Sado

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
2707	Rui Margarido	01:00:47	00:56:24	00:33:21	
2708	João António Andrade Seixas	01:00:47	01:00:23	00:32:45	
2709	Samuel Da Silva Santos	01:00:49	00:56:35	00:32:59	
2710	Pedro Pereira	01:00:50	00:56:27	00:33:24	
2711	Catarina Ferreira	01:00:50	00:57:01	00:31:08	
2712	Rodrigo Babau	01:00:50	00:58:02	00:30:45	Bom Petisco
2713	Vitor A. Araujo	01:00:51	00:57:16	00:32:53	
2714	Cláudia Miranda Ramos	01:00:51	00:57:28	00:32:03	
2715	Marques Alexandre	01:00:53	00:58:53	00:31:03	CCDT Metropolitano de Lisboa
2716	Nuno Miguel Luis De Sousa	01:00:54	00:55:52		
2717	Uis Miguel Marques De Moura	01:00:54	00:55:52		
2718	João Leite	01:00:54	00:59:07	00:32:38	
2719	Luis Domingues	01:00:55	00:58:54	00:30:22	CLAC Entroncamento
2720	Sérgio Wiezbicki	01:00:56	01:00:41	00:29:20	
2721	António Manuel A. Antunes	01:00:56	00:59:37	00:30:23	CML
2722	Ana Simplício	01:00:56	00:59:11	00:31:34	
2723	António Simplício	01:00:57	00:59:11	00:31:34	
2724	Patrícia Agostinho	01:00:57	00:57:19	00:32:46	
2725	Vanessa Reis	01:00:57	00:57:32	00:32:37	GA Monsanto/Gascan
2726	Manuel Oliveira	01:00:58	00:58:17	00:32:18	
2727	João Dinis Lúcio	01:00:59	00:57:49	00:32:41	Benfica Lovers
2728	Célia Maria Mendes Luz	01:01:00	00:57:43	00:31:36	
2729	Emanuel Ricou	01:01:00	00:58:18	00:31:48	
2730	Carlos Pinto Da Rocha	01:01:02	00:59:50	00:31:06	
2731	Duarte Lima	01:01:02	00:59:34	00:29:56	
2732	Filomena Aguiã	01:01:03	01:00:28	00:30:42	Lesmas Alopradas
2733	Joaquim Carlos Da Silva Morgado	01:01:04	00:58:57	00:30:58	
2734	Paulo Jorge Rocha	01:01:04	00:57:32	00:31:11	
2735	Paulo Alexandre De Jesus Ferreira	01:01:04	00:58:58	00:30:01	
2736	Pedro Couceiro	01:01:05	01:00:01	00:30:47	
2737	João Manuel Madeira	01:01:06	00:59:04	00:33:06	
2738	Pedro Ferreira Da Silva	01:01:06	00:58:39	00:31:20	
2739	Carlos Alberto De Matos Beleza	01:01:09	01:00:36	00:30:35	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
2740	Lúisa Leitão	01:01:10	00:58:30	00:31:57	Clube Atletismo Amigos de Belém
2741	Marco Aurelio Palos Almeida	01:01:11	01:00:30	00:30:34	
2742	Jose Bernardo	01:01:14	00:57:18	00:32:54	Os Galgos
2743	Nuno Abrantes	01:01:15	00:57:11	00:33:15	Pernas de Gafanhoto
2744	Henrique Manuel Ribeiro	01:01:17	01:00:06	00:31:00	Team family
2745	Andreia Vieira Ribeiro	01:01:17	01:00:07	00:30:59	Team family
2746	Jorge Duque	01:01:17	00:56:51	00:34:56	Mirantense Futebol Clube
2747	João Catarino Tavares	01:01:18	00:58:02	00:33:53	
2748	Dennis Teixeira	01:01:18	00:59:39	00:30:49	
2749	José Maranga	01:01:19	00:57:15	00:33:20	Os Zatopeques
2750	Renato Losio	01:01:19	00:59:42	00:30:01	
2751	Direitinho Capucho	01:01:19	01:00:36	00:30:44	
2752	Rui Manuel M. Ferreira	01:01:19	00:59:05	00:30:34	
2753	Fernando Pessanha Barbosa	01:01:21	00:56:49	00:33:50	
2754	Carlos Marina	01:01:21	00:59:01	00:30:23	CCD Sintrense
2755	Frederico Silva	01:01:22	00:57:03	00:33:25	
2756	Helder Carreira	01:01:23	00:58:19	00:33:06	
2757	Nuno Matos Sequeira	01:01:24	00:58:14	00:33:05	
2758	Jose Vale	01:01:24	01:00:51	00:30:28	
2759	Luís Toste V Costa	01:01:24	00:58:07	00:31:54	
2760	Valéria Assis Machado	01:01:25	00:58:28	00:32:24	
2761	António Veiga	01:01:26	00:59:30	00:31:20	GRD Ribeira da Lage
2762	Luis Neves	01:01:27	00:59:11	00:30:53	Açoreana Clube Banif
2763	Rui Oliveira Sobral	01:01:27	01:00:07	00:29:21	
2764	Horst M. Lauw	01:01:28	00:57:45	00:33:09	
2765	António Morgado	01:01:29	01:01:02	00:28:47	Clube ANA Lisboa
2766	Nuno Gaspar	01:01:29	00:57:53	00:32:24	Cerveja e Caracóis
2767	Inácio Mendes	01:01:29	00:57:52	00:32:23	Cerveja e Caracóis
2768	Duarte Macieira Fragoso	01:01:30	00:59:09	00:30:51	
2769	Gilberto Cardoso	01:01:32	00:59:22	00:31:20	
2770	Hugo Miguel Almeida Realinho	01:01:32	00:59:24	00:30:25	
2771	Ivo Claudino Calha	01:01:32	00:59:23	00:30:25	
2772	Pedro Roxo	01:01:33	01:00:43	00:28:40	

Classificação 2010

Class. Atleta	Tempo	T. Chip	5 km	Clube
2773 Maria Marques	01:01:33		00:31:52	
2774 João Castanheira	01:01:33	00:57:38	00:31:23	Vale de Acór
2775 José Gonçalves	01:01:34	00:59:04	00:32:27	CCD Autarquias de Almada
2776 Marta Leitão	01:01:34	01:00:49	00:29:59	Sport Life
2777 Pedro Plassen	01:01:35	00:57:26	00:30:57	
2778 Pedro Pinto	01:01:35	01:01:01	00:29:54	Os Pintos
2779 Sonia Alexandra Morais Santos Machado Br	01:01:36	01:01:06	00:30:23	
2780 Filipa Respicio	01:01:36	00:58:25	00:32:11	
2781 Antonio Cumbre	01:01:37	00:58:25	00:32:10	
2782 Paulo Rocha Teles	01:01:38	00:59:01	00:31:38	
2783 Paulo Luís De Barros Da Silva Sirgado	01:01:38	00:59:01	00:31:40	
2784 Antonio Manuel Felix Vicente	01:01:39	00:59:45	00:30:04	
2785 António Joaquim	01:01:39	00:57:58	00:30:56	O rotos
2786 Pedro Alexandre Machado	01:01:40	01:00:22	00:31:03	Webwise
2787 José Pinto-coelho	01:01:41	00:57:43	00:32:00	Pernas de Gafanhoto
2788 José Calado	01:01:42	00:57:45	00:32:37	Pernas de Gafanhoto
2789 Maria Lima	01:01:42	00:58:00	00:32:23	Forno da Cidade
2790 Nuno Marques Ferreira	01:01:44	01:00:03	00:30:40	
2791 Sara Peral Lopes	01:01:44	00:59:16	00:32:22	
2792 Ricardo José Justino Antunes	01:01:44	00:59:16	00:31:01	
2793 Rui Miguel Gonçalves S.s. Foguete	01:01:45	00:57:45	00:32:39	
2794 Armenio S. Patricio	01:01:45	01:00:55	00:31:54	
2795 Carlos Sousa	01:01:45	00:58:56	00:32:24	
2796 Frederica Piedade	01:01:47	00:59:00	00:32:47	Holmes Place
2797 António K. Ferreira	01:01:47	00:58:34	00:33:12	Clube do Stress
2798 Nuno Ribeiro	01:01:47	00:59:00	00:32:47	Holmes Place
2799 Clara Faro	01:01:47	00:57:57	00:34:46	
2800 Luís Garção	01:01:47	00:59:41	00:31:39	Os Buscas
2801 Pedro Costa Santos	01:01:48	00:58:51	00:32:25	
2802 Tiago Canhoto	01:01:48	00:57:53	00:33:05	
2803 Lúdia Ferreira	01:01:51	00:59:27	00:32:10	RB Running
2804 Miguel Nuno Cansado	01:01:51	00:57:36	00:33:26	Hovione
2805 Anabela Carvalho	01:01:51	00:57:25	00:34:47	Grupo Desportivo S. Domingos

Classificação 2010

Class. Atleta	Tempo	T. Chip	5 km	Clube
2806 Sérgio Arruda	01:01:51	00:57:26	00:34:48	Grupo Desportivo S. Domingos
2807 António Pereira	01:01:52	00:59:29	00:32:07	A Sacavenense
2808 Maria João Da Silva Martins	01:01:53	00:59:46	00:31:15	
2809 Teresa Reis	01:01:54	00:59:43	00:32:19	Matilha Radical
2810 Sérgio Ogasawara De Oliveira	01:01:54	01:00:34	00:27:29	
2811 José Silva	01:01:55	00:59:50	00:32:20	Matilha Radical
2812 Gonçalo Seabra	01:01:55	00:57:49	00:33:26	Os Zatopeques
2813 José Maria Barbosa	01:01:56	00:59:14	00:33:04	
2814 Vasco Romão	01:01:56	00:57:32	00:35:09	GARMIN
2815 Carlos Correia	01:01:58	00:59:35	00:31:46	
2816 Francisco Ramos	01:01:58	01:01:15	00:29:59	
2817 Maria Coutinho	01:01:59	01:01:16	00:29:59	
2818 David Chui Li	01:01:59	00:59:19	00:30:52	
2819 Iolanda Teixeira	01:01:59	01:00:11	00:31:16	Holmes Place
2820 Fernando Fonseca	01:01:59	00:58:51	00:33:12	Clube Atletismo Amigos de Belém
2821 Alexandre Silva	01:02:00	00:57:48	00:32:39	
2822 Filipe Magalhaes	01:02:01	01:00:06	00:30:19	
2823 Sofia Almeida	01:02:01	01:00:05	00:32:08	
2824 Mario Pires	01:02:01	00:58:43	00:32:19	
2825 Alvaro Ferreira	01:02:02	00:57:35	00:33:41	
2826 Manuel Mascarenhas	01:02:02	01:00:09	00:30:19	
2827 António Alves	01:02:02	00:58:30	00:33:02	RB Running
2828 Paulo Leal	01:02:03	00:58:30	00:33:03	
2829 Bruno Cunha Leal	01:02:04	01:00:45	00:31:04	
2830 Nídia Silva	01:02:05	01:01:15	00:30:03	Os Bocage de Parede
2831 Bruno Hortelão	01:02:06	01:00:26	00:30:13	
2832 João Miguel Xavier Rita	01:02:06	01:01:09	00:31:40	Pelegas
2833 João Fouto Rita	01:02:06	01:01:07	00:31:40	Pelegas
2834 Antonio Carlos dos Santos	01:02:07	00:58:04	00:33:11	
2835 Nuno Miguel Rodrigues Gonçalves	01:02:07	00:57:40	00:32:52	
2836 Nelson Moteiro Lindinho	01:02:07	00:57:40	00:32:52	
2837 António Dos Santos Gonçalves	01:02:08	00:57:39	00:32:51	
2838 José Abreu	01:02:08	01:00:07	00:32:17	Grupo Desportivo Imprensa Nacional Casa Mo

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
2839	Rui Nelson Silva	01:02:08	00:59:13	00:30:59	
2840	Adriano Cunha	01:02:09	00:59:17	00:32:27	
2841	João Nunes	01:02:10	00:58:27	00:33:22	CascaGrossista
2842	Jorge Lima	01:02:10	01:00:43	00:31:07	
2843	Gabriel Pires	01:02:10	00:58:28	00:33:22	CascaGrossista
2844	Ricardo Jorge Mesquita Machado Branco	01:02:10	01:01:41	00:30:26	
2845	Jorge Oliveira	01:02:11	00:59:17	00:31:36	Greci - El Corte Inglés
2846	José Rui Dos Santos Ramos	01:02:11	00:59:29	00:32:21	
2847	Ramiro Antonio Chambel Borrego	01:02:12	00:59:27	00:32:21	
2848	Rui Oliveira Neves	01:02:12	00:58:09	00:32:21	AAA
2849	Lourenço De Sottomayor	01:02:12	00:59:30	00:33:04	
2850	Gina Dos Santos Martins	01:02:13	00:57:44	00:33:21	
2851	Lara Andrea Da Silva Simons	01:02:13	00:58:56	00:32:17	
2852	António Manuel Dias Da Silva Freitas	01:02:13	00:58:26	00:33:34	
2853	Mário Freitas	01:02:13	00:58:25	00:33:30	
2854	Luis Filipe Couto Matias	01:02:13	00:59:40	00:32:28	
2855	José Manuel Santos	01:02:14	00:58:20	00:33:33	
2856	Sofia Carvalho P. Baltazar	01:02:15	00:58:42	00:33:26	CML
2857	José Carlos Ramos Serra Reis	01:02:15	00:58:43	00:33:26	
2858	Ricardo Sousa	01:02:15	00:57:03	00:34:15	
2859	António Marques	01:02:16	00:59:44	00:31:39	Clube Desportivo Asas do Milénium
2860	Susana Figueiredo	01:02:16	01:00:25	00:31:39	Love Team
2861	Carlos Manuel Borges Ferreira	01:02:16	00:59:16	00:33:04	Câmara Lisboa Clube
2862	César Augusto Bastos Vieira	01:02:17	00:58:12	00:34:03	
2863	Artur Miranda	01:02:18	00:59:12	00:33:12	Clube Olímpico de Oeiras
2864	Pedro Viegas	01:02:18	00:58:27	00:33:27	
2865	Maria Magalhaes	01:02:21		00:28:11	Grupo Recreativo Cultural e Desportivo de Lei
2866	Manuel Calçada	01:02:23	01:00:03	00:31:11	Hovione
2867	Ana Patricia Bento Pereira Da Silva	01:02:24	00:59:17	00:31:37	
2868	Henrique Ferreira	01:02:25	00:58:49	00:34:30	Correr por gosto
2869	José F. G. Ruivo	01:02:25	00:58:16	00:34:03	
2870	Pedro Torres	01:02:25	00:57:58	00:34:00	Sintra Runners
2871	António Pereira	01:02:26	00:59:08	00:32:54	Grupo Desportivo e Culrural do Banco de Port

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
2872	Amadeu Armindo Martins Silva	01:02:26	00:59:33	00:33:08	
2873	Fernando Sardinha	01:02:26	00:58:52	00:34:27	Correr por gosto
2874	Bernardo Simoes Vagos Brandao	01:02:28	01:01:45	00:30:56	Clube MillenniumBCP
2875	Beatriz Simoes Vagos Brandao	01:02:28	01:01:46	00:30:55	Clube MillenniumBCP
2876	António Manuel Almeida	01:02:29	00:58:23	00:34:16	
2877	Leonel Ferreirinha	01:02:29	01:00:01	00:32:28	
2878	Miguel Mateus	01:02:29	00:58:23	00:34:16	
2879	João Pedro Sousa Uva Patrício Paúl	01:02:30	00:58:07	00:33:39	
2880	Juaquim Palma	01:02:31	00:58:34	00:34:17	Os Nunes
2881	Manuel Gomes	01:02:31	01:01:32	00:31:38	
2882	Madalena Caninas	01:02:34	00:58:15	00:33:31	
2883	Antonio Ramos Da Silva	01:02:34	00:58:55	00:32:22	
2884	Luis Pais Rascao	01:02:34	00:59:36	00:32:20	
2885	Jorge Miguel Da Silva Vinhas Lourenço	01:02:38	00:58:39	00:32:41	
2886	Pedro Bártolo	01:02:38	01:01:35	00:30:48	PBFC
2887	Ricardo Figueira	01:02:38	00:59:49	00:30:45	Bom Petisco
2888	André Lourenço	01:02:39	00:59:54	00:30:45	Bom Petisco
2889	João Fandango	01:02:39	00:59:35	00:33:51	
2890	Carla Marques	01:02:39	00:59:20	00:33:08	
2891	Bruno Andre Silva Miranda	01:02:40	00:58:24	00:34:31	
2892	Nuno Oliveira	01:02:42	01:00:16	00:32:00	
2893	Carlos Ribeiro Da Costa	01:02:43	00:59:06	00:31:56	
2894	Amândio Busca	01:02:45	01:00:35	00:31:38	Os Buscas
2895	António Busca	01:02:46	01:00:41	00:31:37	Os Buscas
2896	Hilário Natividade Dias	01:02:47	00:58:28	00:34:10	
2897	Rui Jorge Mendonça Domingues	01:02:48	01:02:11	00:29:38	
2898	Pedro Nuno Pereira Sequeira	01:02:49	00:58:11	00:35:17	Os Ratos
2899	Florentino Jose Rosa Teodoro	01:02:49	00:59:13	00:32:36	ODEBRECHT/BPC
2900	Victor Valdrez	01:02:50	00:58:31	00:34:08	
2901	Jose Monteiro	01:02:50	01:00:17	00:32:38	Forno da Cidade
2902	Francisco Manuel Jesus Afonso	01:02:51	00:59:20	00:33:34	
2903	Ana Rita Da Silva Carvalho	01:02:52	00:59:56	00:33:37	
2904	Maria Conceição Silva	01:02:52	01:02:52	00:28:08	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
2905	Deolinda Santos	01:02:53	00:59:24	00:33:38	Clube ANA Lisboa
2906	Joao Jose Da Cruz Cunha	01:02:54	01:02:21	00:32:45	Clube MillenniumBCP
2907	Gonçalo Delca	01:02:54	00:58:24	00:33:38	
2908	Adriano Neves	01:02:54	00:59:20	00:35:12	
2909	Paulo Ricardo Carvalho Rodrigues Correia	01:02:55	01:01:12	00:30:15	
2910	Laurence Pape	01:02:56	00:59:42	00:33:07	Clube do Stress
2911	Ana de Jesus Saraiva Pinheiro	01:02:57	01:00:06	00:33:02	CML
2912	Rui Pedro Salgueiro Branco	01:02:58	00:58:33	00:34:34	
2913	Antonio Romão	01:02:58	01:00:59	00:31:14	
2914	Helena Magalhães	01:02:59	01:02:00	00:32:40	URC Abrunheira
2915	Elisabete Maria Ferreira Cunha	01:03:00	01:01:34	00:31:45	
2916	Raúl Peixoto Augusto Rodrigues Bicho	01:03:00	01:00:28	00:32:08	
2917	Beatriz Franco	01:03:00	01:00:10	00:32:07	
2918	Catarina Oliveira E Carmo	01:03:00	00:59:23	00:33:09	Clube do Stress
2919	Alberto Jorge Carvalho	01:03:01	00:59:15	00:32:26	
2920	Maria Oliveira E Carmo	01:03:02	00:59:22	00:33:07	Clube do Stress
2921	Pedro Trindade Lima	01:03:02	01:02:18	00:31:07	
2922	Diogo Oliveira E Carmo	01:03:02	00:59:25	00:33:09	Clube do Stress
2923	Fernanda Santos	01:03:03	01:00:14	00:32:33	Mirantense Futebol Clube
2924	Jose Dias	01:03:03	00:59:40	00:31:52	Manutralhas
2925	Albertino Semedo	01:03:04	01:00:14	00:32:34	Serviços Sociais da Caixa Geral de Depósitos
2926	Susana Forjaz Dias	01:03:04	00:59:12	00:33:55	
2927	Antº Jose P B Salsinha	01:03:06	00:58:56	00:35:58	Serviços Sociais Trab. Seixal
2928	Jose Mesquita Assis	01:03:07	00:58:56	00:35:58	Serviços Sociais Trab. Seixal
2929	Miguel Pinho	01:03:08	00:58:31	00:34:57	
2930	Catarina Dias	01:03:09	01:01:36	00:28:04	Serviços Sociais Montepio Geral
2931	Fernando Calçada	01:03:09	01:01:36	00:29:46	Serviços Sociais Montepio Geral
2932	Antonio Jorge	01:03:10	00:59:16	00:34:22	
2933	Pedro Machado	01:03:10	01:02:10	00:31:51	TGT - The Greatest Team
2934	Filipe Mendes Sousa	01:03:10	00:59:16	00:34:23	
2935	Fernando Aragao Costa	01:03:11	01:01:27	00:31:54	
2936	Rui M P Ribeiro	01:03:12	01:01:27	00:31:00	
2937	Humberto Chaves	01:03:12	01:01:02	00:32:03	chaves

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
2938	Manuel Francisco	01:03:12	01:02:13	00:31:43	Sociedade Recreativa do Camarnal
2939	Hugo Gaspar	01:03:13	01:01:44	00:32:51	
2940	Ivone Costa Matos	01:03:14	01:00:01	00:34:32	
2941	Cristina Gonçalves	01:03:15		00:27:22	
2942	Carlos Gorjão	01:03:16	01:01:23	00:31:33	Sport Life
2943	Nuno Miguel Quaresma Martins	01:03:19	00:59:50	00:33:44	
2944	Filipe Januário	01:03:19	01:01:01	00:32:21	CCD Autarquias de Almada
2945	Andre Ruivo	01:03:20	00:59:14	00:34:50	
2946	José Caldeirinha	01:03:21	01:01:08	00:32:25	
2947	Ana Maria Guimarães	01:03:22	01:01:36	00:32:02	
2948	João Paulo Pinto	01:03:22	01:01:37	00:32:03	
2949	José Almeida	01:03:22	00:59:26	00:34:49	Solar dos Presuntos
2950	Nuno Filipe Pereira	01:03:24	01:01:42	00:31:32	
2951	Ricardo Sousa Gois	01:03:24	00:59:09	00:33:57	
2952	Nuno Brazão Prates	01:03:26	01:00:24	00:33:14	
2953	Luis Ferreira	01:03:26	01:00:24	00:33:14	Clube do Stress
2954	Hugo Miguel Letras Palma	01:03:27	01:00:05	00:34:07	
2955	Rita Sousa e Silva	01:03:28	00:59:08	00:34:28	
2956	Manuel Magalhães	01:03:29	01:01:06	00:32:23	Amigos Para Sempre
2957	Nuno Trindade	01:03:29	01:02:34	00:31:47	
2958	Maria Antonieta Medeiros Barão	01:03:30	01:00:40	00:33:55	
2959	Antonio Nascimento	01:03:30	01:01:29	00:32:18	Grupo Desportivo Imprensa Nacional Casa Mo
2960	Acácio Augusto Lougares Pita Negrão	01:03:31	01:01:11	00:31:51	
2961	Firmino Marques	01:03:31	00:59:11	00:33:48	
2962	Reinold Vrielink	01:03:32	00:59:08	00:33:52	
2963	Antonio Lopes	01:03:35	00:59:40	00:33:03	
2964	João Chumbinho	01:03:35	01:01:09	00:31:44	Serviços Sociais da Caixa Geral de Depósitos
2965	Susana Alexandra Sousa De Oliveira	01:03:36	00:59:45	00:33:10	
2966	Nuno Carneiro	01:03:36	01:00:57	00:32:49	
2967	António Sá	01:03:37	01:00:39	00:33:25	
2968	Duarte Sousa	01:03:38	01:00:12	00:32:43	Lisboa
2969	Rui Ferreira Costa	01:03:39	01:02:33	00:31:20	
2970	Rui Jorge Neves Dias Gama	01:03:39	00:58:36	00:33:31	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
2971	Luis Miguel Correia Cardoso	01:03:40	01:02:07	00:31:23	
2972	Eva Helena Carvalho	01:03:40	01:02:16	00:31:21	
2973	Maria José Dias	01:03:42	00:59:17	00:34:48	Grupo Desportivo S. Domingos
2974	José Jesus	01:03:43	01:03:32	00:31:56	GARMIN
2975	Patrícia Pino	01:03:43	01:00:40	00:34:01	
2976	Petra Jesus	01:03:43	01:03:32	00:31:55	GARMIN
2977	Vitor Bastos	01:03:44	01:03:34	00:31:55	GARMIN
2978	Rui Simões	01:03:45		00:32:00	A. A. Lebres do Sado
2979	Margarida Rebelo	01:03:45	01:01:13	00:33:13	Clube Ferroviário de Portugal
2980	Fernando Leandro	01:03:46	01:01:08	00:32:22	Leandros
2981	Bruno Miguel Soares	01:03:46	01:02:41	00:32:02	
2982	Sandra Paula Franco de Campos	01:03:48	01:03:08	00:31:03	
2983	Lina Maria Mendes	01:03:50	01:00:02	00:34:24	
2984	Rodrigo Carvalho	01:03:50	01:00:03	00:34:24	
2985	Mariana Conceição Pereira	01:03:51	00:59:14	00:34:35	Os Ratos
2986	Helena Adegas	01:03:53	01:00:33	00:33:24	
2987	Jorge Miguel Norte	01:03:53	01:00:32	00:33:21	
2988	Carolina Taylor Vieira	01:03:54	01:02:59	00:31:58	
2989	Sabine Korner de Pina Aragão	01:03:55	01:02:11	00:31:58	
2990	Pedro Manuel Chiote	01:03:57	00:59:46	00:34:49	
2991	Vitor Duarte Tavares	01:03:58	01:01:53		
2992	Bruno Morais	01:03:58	01:02:29	00:32:51	
2993	Luis Miguel Mira	01:04:01	01:01:40	00:33:17	
2994	Joaquim Catarrinho	01:04:02	01:01:10	00:34:30	Cascais Pandilha
2995	Cristina Feliciano	01:04:02	01:01:02	00:33:34	Ribeiro
2996	Luis Mendonca	01:04:04	01:01:14	00:33:43	
2997	Pedro Sequeira	01:04:04	01:01:54	00:33:18	Os Buscas
2998	Mario Rui Silva	01:04:04	01:00:21	00:32:27	
2999	Gerardo Atienza	01:04:05	01:00:32	00:33:10	Run 4 Fun
3000	Ricardo Manuel Pereira Sousa Reis	01:04:07	01:01:36	00:31:46	
3001	Paulo Jorge Rodrigues Ramos	01:04:07	00:59:40	00:33:22	
3002	Manuel de Matos	01:04:07	00:59:45	00:34:15	
3003	Sara Filipa Camacho Câmara	01:04:10	01:02:42	00:32:04	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
3004	Ana Cristina H Silva Capinha	01:04:11	01:01:04	00:33:13	Os Amigos do B!
3005	João Barroso	01:04:13	01:00:38	00:34:28	Correr por gosto
3006	Carolina Ribeiro	01:04:13	01:03:24	00:31:59	Wikaboo
3007	Vasco Ribeiro	01:04:14	01:03:24	00:31:59	Wikaboo
3008	José Gonçalves	01:04:14	01:00:26	00:33:57	
3009	Jose Manuel Cal	01:04:14	01:00:22	00:34:49	
3010	Jose Tomaz	01:04:15	01:00:26	00:33:58	
3011	M Dora J Duarte	01:04:16	01:01:13	00:33:18	
3012	Derek Peter Huyt	01:04:17	01:00:26	00:36:08	
3013	Maria Isabel Madeira	01:04:18	01:00:30	00:34:03	
3014	Luis Filipe Barata	01:04:18	01:00:30	00:34:00	
3015	Paulo Almeida Gonçalves	01:04:18	01:00:46	00:33:09	
3016	Gonçalo José Justino Antunes	01:04:18	01:01:48	00:33:22	
3017	António Inácio Mendes Mesquita	01:04:20	01:00:27	00:34:02	CML
3018	José Pedro Ribeiro	01:04:23	01:01:23	00:33:34	Ribeiro
3019	Mafalda Sofia Nunes	01:04:23	01:01:55	00:32:40	
3020	Nuno Miguel Lopes	01:04:24	01:02:02	00:32:40	Team Lopes
3021	Nobé Reis	01:04:24	01:01:14	00:32:52	Benfica Lovers
3022	Amável Martins Santo	01:04:24	00:59:54	00:35:39	
3023	Idalina Madeira	01:04:25	01:01:57	00:32:59	Açoreana Clube Banif
3024	Fernando Allen	01:04:28	01:01:45	00:34:18	
3025	João Sadler Simões	01:04:31	01:00:50	00:34:04	
3026	Hugo Filipe Carvalho Carinha	01:04:32	01:01:40	00:34:15	
3027	Luis Romaneiro	01:04:34	01:02:36	00:33:44	
3028	Luis Filipe Da Silva Monteiro	01:04:35	01:00:37	00:36:47	
3029	Luis Filipe Godinho	01:04:36	01:03:23	00:31:47	
3030	Pedro Mouta Ferreira	01:04:36	01:02:15	00:32:39	
3031	Jorge Canteiro	01:04:38	01:00:29	00:34:02	Açoreana Clube Banif
3032	Mafalda Carvalho	01:04:40	01:01:34	00:32:41	AFIS-Ovar
3033	Ana Margarida Gonçalves	01:04:42	01:01:18	00:34:25	
3034	Pedro Ferreira	01:04:42	01:04:08	00:30:05	
3035	Pedro Miguel Alves Dos Santos E Silva	01:04:42	01:04:03	00:30:05	
3036	Vanda Campos	01:04:42	01:02:54	00:34:11	Holmes Place

Classificação 2010

Class. Atleta	Tempo	T. Chip	5 km	Clube
3037 Paulo Alexandre Cavaco Horta	01:04:45	01:01:30	00:34:26	
3038 Vilma Maria P Flores Bento	01:04:46	01:01:22	00:35:21	Natal Em Forma
3039 Alberto Carlos Bento	01:04:46	01:01:22	00:35:21	Natal Em Forma
3040 Sofia Viana	01:04:47	01:03:12	00:31:43	Holmes Place
3041 Cristiano Rocha	01:04:48	01:00:40	00:35:42	
3042 Manuel Lima De Faria	01:04:49	01:03:00	00:30:21	
3043 André Gorjão Costa	01:04:49	01:00:25	00:33:43	
3044 Catarina Leal	01:04:50	01:01:29	00:33:57	Clube do Stress
3045 Nuno Castanheira	01:04:50	01:01:36	00:33:57	Clube do Stress
3046 Jacinto Bettencourt	01:04:50	01:01:15	00:34:29	
3047 Artur Cunha	01:04:51	01:03:24	00:29:35	Açoreana Clube Banif
3048 João André Alves Ribeiro	01:04:51	01:01:34	00:34:29	
3049 Marta Marques	01:04:53	01:02:02	00:33:51	
3050 Luis Filipe Fernandes Matos	01:04:53	01:01:54	00:33:15	
3051 João Sousa Reis	01:04:53	01:02:01	00:33:51	Cascais Pandilha
3052 Helena Santos	01:04:54	01:02:27	00:33:36	Açoreana Clube Banif
3053 Inês Vila Luz	01:04:54	01:03:08	00:31:48	GD Banco BPI
3054 Catarina Vila Luz	01:04:55	01:03:09	00:33:42	GD Banco BPI
3055 Esmeralda Pereira	01:04:55	01:00:52	00:35:05	Serviços Sociais da Caixa Geral de Depósitos
3056 Maria De Lurdes Alves	01:04:56	01:02:07	00:33:18	Hovione
3057 Carlos Nave	01:04:57	01:01:17	00:33:18	
3058 António Augusto	01:04:58	01:04:46	00:31:04	
3059 Alexandrina Filipe	01:04:58	01:04:44	00:30:48	Clube Grupo BES
3060 Manuel Pedro Moedas Santos Silva	01:05:00	01:00:40	00:33:46	
3061 Débora Pinto	01:05:01	01:02:02	00:32:11	ADRC Mata de Benfica
3062 António Jorge	01:05:03	01:02:37	00:33:38	Açoreana Clube Banif
3063 Ana Isabel Vazquez	01:05:03	01:04:43	00:33:46	
3064 Maria Da Graça Novais De Figueiredo	01:05:03	01:01:55	00:32:50	
3065 Ana Priscila Cerdeira	01:05:04	01:04:44	00:33:47	
3066 Hugo Albuquerque	01:05:05	01:00:44	00:34:35	
3067 João Pedro Onofre	01:05:05	01:02:47	00:34:01	
3068 Francisco Saraiva Onofre	01:05:06	01:02:47	00:34:00	
3069 Ricardo Cunha	01:05:07		00:36:10	Eborenses

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
3070	Daniel José Brito Pereira	01:05:07	01:00:37	00:34:33	
3071	Luís Gabirro	01:05:08	01:02:34	00:33:14	MOP
3072	André Ferreira	01:05:08	01:02:35	00:33:14	MOP
3073	Ruben Teles	01:05:08	01:03:25	00:31:14	
3074	João Assunção	01:05:08	01:02:44	00:32:37	União Recreativa do Dafundo
3075	Ricardo Nunes	01:05:09	01:01:20	00:34:37	
3076	Vitorino Jacinto Nunes	01:05:10	01:01:20	00:34:38	
3077	Dora Pires	01:05:10	01:03:18	00:32:27	Serviços Sociais da Caixa Geral de Depósitos
3078	Pedro Valente	01:05:15	01:00:44	00:33:58	A. A. Lebres do Sado
3079	João Pedro Ventura	01:05:16	01:00:58	00:36:04	
3080	Luis Parro	01:05:17	01:00:46	00:35:01	GARMIN
3081	Fernanda Parro	01:05:17	01:00:47	00:35:02	GARMIN
3082	Ana Carla Araújo Filipe	01:05:19	01:02:05	00:33:36	
3083	Marco Espanhol	01:05:22	01:03:30	00:33:54	
3084	Sabrina Adelina Flucher Monteiro	01:05:22	01:01:09	00:34:44	
3085	Sergio Filipe Amaral	01:05:22	01:02:28	00:33:19	
3086	Leonia Ceban Tudor	01:05:25	01:02:20	00:33:50	
3087	Joao Rocha Ricardo	01:05:25	01:03:04	00:33:15	
3088	Paulo Jorge Sousa	01:05:26	01:03:34	00:33:54	
3089	Luís Filipe Gouveia De Sousa	01:05:26			Academia do Lumiar
3090	Carlos Cascais	01:05:26	01:03:28	00:33:53	
3091	Paulo Curto De Sousa	01:05:28	01:02:02	00:34:24	Run 4 Fun
3092	Helder Matildes	01:05:28	01:01:30	00:33:29	Os Nunes
3093	Lucilia Brito	01:05:29	01:03:04	00:32:37	União Recreativa do Dafundo
3094	Jose Manuel Matildes	01:05:30	01:01:37	00:35:06	Os Nunes
3095	Orlando Silva	01:05:30	01:02:21	00:34:45	Santos & Silva
3096	João Paulo Gonçalves Carvalho	01:05:31	01:01:27	00:34:54	
3097	Antonio Casas Novas	01:05:31	01:02:21	00:34:02	
3098	Carlos Amaro	01:05:33	01:02:06	00:33:56	
3099	Filipa Belchior	01:05:33	01:02:06	00:33:55	
3100	Filipe Vasquez	01:05:33	01:02:09	00:34:31	
3101	Marly Soares Silva	01:05:35	01:05:00	00:31:33	
3102	João Nuno Camolino	01:05:36	01:02:28	00:32:32	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
3103	Carlos Alberto Vieira Pedro	01:05:37	01:04:36	00:31:52	
3104	Marco Castelo	01:05:39		00:34:55	
3105	Ismar Manuel Ferreira	01:05:41	01:04:25	00:32:46	
3106	Rita Vilaça	01:05:41	01:03:00	00:33:25	Clube do Stress
3107	João Vaz	01:05:42	01:02:21	00:35:24	Clube do Stress
3108	Josélia Almeida	01:05:43	01:02:46	00:34:19	Delícias do Mar
3109	António José Figueiredo Soares	01:05:43	01:02:09	00:38:01	
3110	José Joaquim Pires Gil	01:05:43	01:03:28	00:32:41	
3111	Pedro Miguel Nunes Confraria	01:05:45	01:01:40	00:35:09	
3112	Tiago Jorge Gomes Martins	01:05:46	01:01:14	00:36:25	
3113	Joaquim Hermegildo	01:05:47	01:04:43	00:30:30	Mente Traquina
3114	Cristina Caldeira	01:05:48	01:02:11	00:34:23	Run 4 Fun
3115	Bruno Santos	01:05:48	01:05:05	00:30:49	
3116	Helder Varandas	01:05:48	01:02:15	00:33:47	Link
3117	Albino Santos	01:05:49	01:05:10	00:30:49	
3118	Patricia Dias D M Nunes Barreto	01:05:49	01:04:25	00:33:32	Clube MillenniumBCP
3119	Luís Martins	01:05:50	01:02:41	00:33:56	CUN Boston
3120	João M C Gomes	01:05:50	01:02:47	00:35:09	
3121	Ângelo Horácio Carvalho Mesquita	01:05:56	01:02:58	00:33:05	Câmara Lisboa Clube
3122	Luis Vaz	01:05:57	01:03:25	00:32:38	
3123	Diogo Da Fonseca Assis	01:06:00	01:03:54	00:33:44	
3124	Filipe Batarda	01:06:01	01:01:36	00:34:59	
3125	Maria José Virott	01:06:01	01:01:42	00:34:59	
3126	João Carlos De Sousa	01:06:01	01:01:32	00:35:41	
3127	Luís Manuel Bastos	01:06:03	01:01:48	00:35:25	
3128	Sophie Sampaio	01:06:04	01:02:37	00:34:05	
3129	Paula Ventura	01:06:04	01:02:03	00:34:57	Rock and Roll
3130	Fernando C Alves	01:06:04	01:02:01	00:34:56	
3131	Ana Claudia Freixo	01:06:05	01:02:06	00:33:33	
3132	Luis Miguel Oliveira Dinis	01:06:05	01:05:09	00:32:05	
3133	João Carlos Ferreira	01:06:08	01:04:03	00:32:58	Grupo Desportivo Pessoal da Cimpor
3134	Joao Queiroz E Melo	01:06:08	01:04:04	00:34:01	
3135	Manuel Lourenço Rodrigues	01:06:09	01:02:28	00:34:06	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
3136	Pedro T Costa	01:06:10	01:02:02	00:35:42	
3137	Marcos Madeira	01:06:11	01:04:10	00:33:08	
3138	Marco Nunes Dias	01:06:15	01:03:34	00:33:01	Spin and Sprint
3139	Lucia Franchi	01:06:15	01:03:35	00:33:00	Spin and Sprint
3140	Teresa Figueiredo	01:06:16	01:02:37	00:35:38	
3141	Pedro Nunes Rodrigues	01:06:17	01:04:51	00:32:33	
3142	Miguel Silva	01:06:17	01:02:50	00:34:00	GA Monsanto/Gascan
3143	Joaquim Augusto Santos	01:06:18	01:01:52	00:34:56	
3144	Vanda Augusto	01:06:19	01:03:23	00:34:37	Odimarq. Aluminios
3145	Tiago Melo Alves	01:06:19	01:03:07	00:34:14	
3146	Rodrigo Gonçalves Pinto	01:06:19	01:03:53	00:33:43	
3147	Maria Batista	01:06:19	01:03:11	00:32:58	
3148	Francisco Veloso	01:06:20	01:02:06	00:34:44	
3149	Paulo Ricardo Lemos Belo	01:06:20	01:04:18	00:36:35	Os Belos
3150	Tiago Mateus	01:06:20	01:04:10	00:33:19	Os Buscas
3151	Carlos Barreiros	01:06:21	01:03:05	00:34:12	
3152	Alexandre Bento	01:06:22	01:02:32	00:34:41	Wikaboo
3153	Marta Guilherme Cruz	01:06:23	01:04:49	00:33:16	
3154	Beatriz Montellano	01:06:23	01:04:58	00:34:03	
3155	Fátima Fernandes	01:06:25	01:04:21	00:33:02	PapaLéguas Team
3156	Francisco Rocha Antunes	01:06:26	01:02:39	00:35:45	
3157	Carla Joyce	01:06:27	01:04:15	00:32:52	
3158	Joana Timóteo	01:06:28	01:04:23	00:32:52	
3159	Ana Poças	01:06:29	01:02:19	00:34:22	Pernas de Gafanhoto
3160	Lucilia Do Carmo Ventura Eloy Amaro	01:06:31	01:03:20	00:34:22	
3161	Antonio Catarino	01:06:31	01:02:12	00:33:59	
3162	Maria Carmo Anjos	01:06:33	01:03:40	00:34:45	União Recreativa do Dafundo
3163	Pedro Miguel Pereira	01:06:34	01:02:44	00:36:58	DOUBLET
3164	Laura Carmenates	01:06:34	01:04:44	00:34:30	
3165	Helder Vaz	01:06:35	01:05:21	00:32:51	CCD Sintrense
3166	Sofia Carapinha	01:06:35	01:04:48	00:32:38	
3167	Adolfo Salazar	01:06:36	01:03:26	00:35:08	Clube Pessoal EDP Carregado
3168	Nuno Manuelsalgueiro Branco	01:06:37	01:02:18	00:35:39	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
3169	José Carlos Pires Prisal	01:06:40	01:02:07	00:35:56	
3170	Carlos Fernandes	01:06:40	01:02:07	00:35:57	
3171	Fernando Miguel Lourenço Prisal	01:06:40	01:02:08	00:35:56	
3172	Deborah Anne Bruinders	01:06:41	01:02:51	00:36:09	
3173	Teresa Neves Silva Henriques	01:06:42	01:02:57	00:34:58	
3174	Carlos Lourenço	01:06:42	01:02:38	00:36:02	
3175	Nuno Miguel Henriques	01:06:42	01:02:58	00:34:58	
3176	Miguel Duarte Ferreira	01:06:43	01:02:33	00:36:02	
3177	António Eduardo	01:06:44	01:02:32	00:37:12	CCDT Metropolitano de Lisboa
3178	Antonio Gaspar	01:06:46	01:04:44	00:30:04	Grupo Desportivo Imprensa Nacional Casa Mo
3179	Cristina Cruz	01:06:49	01:03:35	00:34:34	
3180	Miguel Leal	01:06:50	01:02:52	00:35:22	Clube do Stress
3181	Teresa Leal	01:06:50	01:02:52	00:35:23	Clube do Stress
3182	Nuno Inácio	01:06:52	01:02:25	00:34:53	Sintra Runners
3183	António Brito	01:06:52	01:02:59	00:34:38	Os Galgos
3184	Ana Mafalda Cordeiro Serpa	01:06:55	01:03:34	00:34:50	
3185	Marcelo Vieira	01:06:55	01:02:54	00:34:57	Rock and Roll
3186	João Vasco De Almeida	01:06:55	01:02:50	00:34:57	Rock and Roll
3187	Jorge Morgado	01:06:56	01:03:26	00:36:52	MDC Sport
3188	Luís Paisana	01:06:57	01:03:14	00:33:19	Academia do Korpo
3189	Cid Nunes	01:06:57	01:02:52		Vale de Acór
3190	Francisco Policarpo Da Silva	01:06:57	01:05:14	00:33:35	
3191	Pedro Miguel Silva	01:06:58	01:04:16	00:34:34	
3192	Paulo Esteves	01:06:58	01:03:18	00:35:39	
3193	Isabel Gameiro	01:06:58	01:03:19	00:35:40	
3194	Vanda Cristina Fontes Duarte	01:06:59	01:05:56	00:32:39	
3195	Henrique Faustino	01:07:00	01:02:31	00:36:04	Falcões Selvagens
3196	Sílvia Gonçalves	01:07:00	01:06:48	00:31:58	GARMIN
3197	Vítor Cabral	01:07:01	01:06:48	00:31:58	GARMIN
3198	Paula Tanganho	01:07:08	01:02:39	00:35:41	
3199	Sergio Trindade	01:07:12	01:06:05	00:32:35	
3200	Pedro Manuel Condessa Brito Cardoso	01:07:13	01:05:25	00:32:39	Solar dos Presuntos
3201	Antonio Jose Tavares	01:07:13	01:03:37	00:33:59	CCD Pessoal Municipio Cascais

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
3202	Alberto Abreu	01:07:14	01:03:37	00:34:00	CCD Pessoal Municipio Cascais
3203	Jose Fialho	01:07:14	01:03:36	00:34:00	CCD Pessoal Municipio Cascais
3204	Henrique José Santos Gabriel	01:07:15	01:02:42	00:36:30	
3205	Joao Luisa Silva Correia Vaz Martins	01:07:17	01:03:08	00:35:15	
3206	Pedro Miguel Gomes	01:07:17	01:03:32	00:34:03	
3207	Carlos Mareco	01:07:18	01:03:08	00:35:36	
3208	António Pedro Mata	01:07:20	01:03:44	00:37:01	Run 4 Fun
3209	Pedro Moreira Lourenço	01:07:21	01:05:12	00:31:21	CML
3210	Ana Paula Couto	01:07:25	01:04:31	00:34:52	
3211	Artur Oliveira Dinis	01:07:25	01:04:32	00:34:54	
3212	Luis Silva	01:07:25	01:04:45	00:33:48	
3213	Ana Martins	01:07:25	01:05:00	00:33:57	Derretebanha
3214	Ruben Bahamonde	01:07:28	01:03:27	00:32:40	
3215	Carlos Manuel de Castro Oliveira	01:07:28	01:03:36	00:35:02	CML
3216	António Pedro Teixeira Dias	01:07:28	01:03:35	00:35:01	CML
3217	Luisa Freitas	01:07:28	01:04:50	00:35:52	
3218	Manuel Almeida	01:07:30	01:05:50	00:33:18	Lá Vão ... de Almeirim
3219	Adelia Madeira	01:07:30	01:05:49	00:33:19	Lá Vão ... de Almeirim
3220	Júlio Parreira	01:07:30	01:05:43	00:33:20	Lá Vão ... de Almeirim
3221	José Cândido Valente Fernandes	01:07:31		00:35:05	CML
3222	Maria João Regalo	01:07:33	01:05:03	00:34:35	Derretebanha
3223	Anabela Constante	01:07:33	01:05:10	00:34:35	
3224	Jose Joaquim Afecto	01:07:33	01:05:43	00:32:50	
3225	Maria Susana Matias	01:07:35	01:07:24	00:31:06	
3226	Carmo Laranjeira	01:07:38	01:05:21	00:34:34	Clube do Stress
3227	Maria Eduarda Paiva	01:07:38	01:05:22	00:34:34	Clube do Stress
3228	Maria Teresa Lima Rodrigues	01:07:38	01:05:28	00:34:09	CTJ
3229	Carlos Paiva	01:07:40	01:05:22	00:34:34	Clube do Stress
3230	Arnaldo David	01:07:40	01:03:46	00:36:59	
3231	Francisco Coito	01:07:41	01:05:16	00:34:47	
3232	Domingos Pereira	01:07:41	01:05:10	00:34:48	clube Marginal
3233	Rui Miguel Matos Alves	01:07:44	01:05:12	00:33:11	
3234	António Carvalho	01:07:47	01:03:24	00:35:37	Açoreana Clube Banif

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
3235	Sara Nunes Godinho	01:07:47	01:05:38	00:31:22	CML
3236	Cristovão Araújo	01:07:47	01:03:25	00:37:16	Sintra Runners
3237	Antonio Damiao	01:07:48	01:03:55	00:34:27	
3238	Liliana Maria Soares Carraco	01:07:51	01:04:17	00:35:36	
3239	Carlos Gomes	01:07:53	01:05:39	00:34:53	Holmes Place
3240	Miguel Madeira	01:07:54	01:05:23	00:33:47	
3241	Pedro Gonçalves Pinto	01:07:54	01:05:36	00:33:41	
3242	Sara Lince Valadares	01:07:56	01:05:41	00:34:51	
3243	Paulo Nuno Antas Gonçalves Onofre	01:07:56	01:05:41	00:34:51	
3244	Sebastião Do Carmo Melo	01:07:59	01:06:44	00:35:34	
3245	Paulo Santos Vieira	01:08:00	01:03:49	00:34:20	Pernas de Gafanhoto
3246	António Pedro Alves	01:08:01	01:06:01	00:36:15	
3247	Wania Castellões Martins	01:08:02	01:04:51	00:36:44	castelloes
3248	Domingos Batista Pereira	01:08:03	01:05:03	00:33:44	
3249	João Rosário Fernandes	01:08:05	01:04:53	00:34:50	Rádio Comercial
3250	Joana Jardim Queirós	01:08:05	01:04:53	00:34:51	Rádio Comercial
3251	Artur Duarte Lopes Ferreira	01:08:07	01:05:35	00:33:59	
3252	João Paulo Pinto	01:08:09	01:05:10	00:36:12	
3253	Alexandre Gorito	01:08:11	01:05:40	00:33:40	
3254	Natalia Lopes	01:08:12	01:07:13	00:33:55	
3255	Leila Rosado Lopes	01:08:13	01:07:13	00:34:25	
3256	Carlos Filipe Pereira Martins	01:08:14	01:07:12	00:34:25	
3257	Bruno Jorge Andrade Santos	01:08:14	01:07:04	00:32:59	
3258	Joao Manuel Rodrigues	01:08:14	01:07:04	00:32:59	
3259	Abilio Silva Pardal Neto	01:08:14	01:07:12	00:34:25	
3260	Nuno Miguel Duarte Moreira	01:08:15	01:03:43	00:36:32	
3261	Miguel Ângelo Nogueira Da Silva	01:08:16	01:03:52	00:35:14	
3262	Angelo Oliveira	01:08:18	01:05:57	00:34:28	
3263	Carla Teixeira	01:08:18	01:08:01	00:32:33	
3264	Margarida Sofia Beato	01:08:19	01:08:01	00:32:29	Associação de Nadadores dos Estoris
3265	Eduardo Chagas	01:08:20	01:05:37	00:32:34	Grupo Desportivo do INE
3266	Sofia Silvano	01:08:22	01:06:29	00:34:28	CCD Sintrense
3267	Silvia Regina Arruda De Moraes	01:08:22	01:04:52	00:35:30	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
3268	Isabel Castro	01:08:22	01:06:29	00:34:26	familia
3269	Jesus Lafita	01:08:22	01:06:29	00:34:26	familia
3270	Pedro Maria Pires	01:08:23	01:05:07	00:32:12	
3271	Homero Magalhães	01:08:23	01:05:08	00:32:13	A. A. Lebres do Sado
3272	Pedro Miguel Pires	01:08:23	01:05:08	00:32:14	
3273	Bruno Cartucho	01:08:23	01:05:27	00:34:24	
3274	Nuno Manuel Noé Miranda Alves	01:08:24	01:05:27	00:33:20	
3275	Sergio Pereira	01:08:25	01:04:31	00:34:56	Os Galgos
3276	Antonio Manuel Silva Lima	01:08:25	01:04:37	00:37:34	
3277	Luis Alberto Canhao	01:08:25	01:06:33	00:37:17	
3278	Valter Luis Freire De Lima	01:08:26	01:05:29	00:37:24	
3279	Manuel Nunes	01:08:27	01:04:34	00:37:03	Os Nunes
3280	Carlos Pereira	01:08:27	01:04:36	00:37:02	Os Zatopeques
3281	Vânia Pereira	01:08:27	01:04:35	00:37:02	Os Zatopeques
3282	Paulo Vítor Martins	01:08:28			
3283	Inês Fernandes	01:08:29	01:05:16	00:36:05	
3284	Jorge Ferreira Pereira	01:08:30	01:05:43	00:34:59	
3285	Joaquim Melo	01:08:30	01:05:35	00:34:47	Serviços Sociais Montepio Geral
3286	Ana Romano	01:08:31	01:05:52	00:35:35	Holmes Place
3287	Paulo Santos	01:08:31	01:05:43	00:35:35	Holmes Place
3288	Gustavo Silva	01:08:33	01:05:05	00:35:54	Serviços Sociais da Caixa Geral de Depósitos
3289	Bruno Magalhães Roque	01:08:34	01:04:13	00:36:35	
3290	Carlos Albano	01:08:34	01:05:05	00:35:53	Serviços Sociais da Caixa Geral de Depósitos
3291	Helder Valente	01:08:34	01:05:07	00:35:53	Serviços Sociais da Caixa Geral de Depósitos
3292	Marcelo Cardoso	01:08:35	01:05:13	00:35:48	GDCT - UNICRE
3293	Goretti Capucho	01:08:39	01:08:23	00:32:52	Clube Desportivo Recreativo Águias Unidas
3294	Paulo Jeronimo	01:08:41	01:04:59	00:37:09	Forno da Cidade
3295	Analia Maria Jacinto	01:08:41	01:06:18	00:34:52	
3296	João Paulo Belo Nunes	01:08:42	01:05:07	00:37:09	
3297	Isaque Marcos Ramos	01:08:42	01:05:07	00:37:09	
3298	João Vicente	01:08:44	01:05:59	00:33:43	Plumas
3299	Hugo Almeida	01:08:45	01:06:14	00:34:47	clube Marginal
3300	Julio Albino Santos	01:08:46	01:06:13	00:34:21	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
3301	Jorge Coelho	01:08:47	01:06:14	00:32:04	Valejas Atlético Clube
3302	Ana Maria Santos	01:08:47	01:07:38	00:33:23	
3303	António Gameiro	01:08:50	01:05:01	00:32:52	Companheiros da Mata do Escaroupim
3304	Diogo Paisana	01:08:59	01:04:56	00:35:10	
3305	Marcelo De Brito Albuquerque Pontes Freit	01:09:07	01:05:37	00:35:28	
3306	Marcos Lemos Santos	01:09:09	01:07:00	00:34:37	
3307	Pedro Maria Teixeira Duarte	01:09:11	01:06:00	00:37:22	Clube do Stress
3308	Paulo Alex. De Carvalho	01:09:11	01:05:43	00:35:40	EngenhariaLiquida
3309	Francisco Jose Pereira	01:09:12	01:05:23	00:36:23	Encontro do Sorriso
3310	Adelino Gonçalves	01:09:13	01:05:22	00:36:24	Encontro do Sorriso
3311	José Manuel Valente Batista	01:09:14	01:05:35	00:37:52	
3312	António José Martins Henriques	01:09:15	01:04:59	00:38:53	
3313	Andre Filipe Horta Batista	01:09:16	01:05:35	00:37:50	
3314	Daniel Carolino	01:09:16	01:07:28	00:34:11	Holmes Place
3315	Tiago Fernandes	01:09:20	01:06:21	00:35:47	Tartarugas Lentas
3316	Joaquim José Antunes Ferreira	01:09:22	01:08:25	00:33:39	
3317	Ana Paulino	01:09:24	01:07:15	00:34:36	Clube do Stress
3318	Rui Miguel Lemos Belo	01:09:24	01:07:23	00:36:35	Os Belos
3319	Rui Lucena	01:09:25	01:07:49	00:34:29	Clube do Stress
3320	Noemi Simões Da Conceição Veloso	01:09:32	01:06:59	00:34:43	
3321	Carla Maria Rascao	01:09:35	01:06:36	00:36:47	
3322	João Manuel Leite Vieira	01:09:35	01:07:20	00:36:42	
3323	Jose Luis Neves Ferreira	01:09:35	01:05:48	00:37:34	
3324	Rui Jorge L G Castro Pereira	01:09:36	01:05:09	00:37:12	
3325	Diogo André Franco Matos	01:09:36	01:05:09	00:37:11	
3326	Eduardo Moreira	01:09:42	01:06:33	00:34:06	Benfica Lovers
3327	João Freire	01:09:45	01:08:55	00:33:40	Grupo Desportivo Pessoal da Cimpor
3328	Jorge Barreira	01:09:49	01:08:53	00:34:50	
3329	Maria José Oliveira E Carmo	01:09:50	01:06:12	00:36:59	Clube do Stress
3330	Pedro Sergio Santos Junior	01:09:52	01:06:07	00:34:13	
3331	Andreia Pereira	01:09:53	01:08:06	00:34:21	Holmes Place
3332	Catarina Silva	01:09:57	01:06:18	00:35:31	
3333	Fernando Sousa Ferreira	01:09:58	01:06:32	00:35:14	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
3334	Jaime Roque	01:09:58	01:06:17	00:37:02	
3335	Filipa Marques	01:10:01	01:06:29	00:33:28	
3336	Cesar Fialho Guerra	01:10:04	01:07:54	00:34:10	CTJ
3337	Nuno Filipe Rocha dos Reis Pereira	01:10:07	01:06:04	00:34:12	
3338	André Brito	01:10:07	01:06:04	00:34:13	
3339	Luis Manuel Costa Eduardo	01:10:13	01:06:08	00:37:15	
3340	Paulo Miguel Pontes	01:10:16		00:39:54	
3341	Afonso Tavares	01:10:19	01:04:36	00:38:04	Carapaus de Corrida
3342	Claúdia Paulino	01:10:26	01:06:48	00:36:39	Run 4 Fun
3343	Luis Pereira Santos	01:10:28	01:07:44	00:34:16	
3344	Fernando Manuel Claudino	01:10:30	01:09:23	00:34:05	
3345	Maria Luisa Correia Lamego	01:10:30	01:07:38	00:35:35	
3346	Pritesh Manilal	01:10:33	01:08:56	00:34:31	
3347	Luís Oliveira	01:10:36	01:07:06	00:35:58	
3348	Ligorio Borlot	01:10:37	01:08:31	00:36:48	
3349	José P. Afonso	01:10:44	01:06:18	00:36:55	
3350	David Erlich	01:10:47	01:08:05	00:37:03	
3351	Rui T. Henriques	01:10:50	01:06:58	00:37:13	ADRC Mata de Benfica
3352	Isabel Machado Eusebio	01:10:57	01:07:26	00:36:39	
3353	Sonia Soares	01:10:59	01:08:52	00:35:43	
3354	Magda Magalhães	01:11:04	01:10:31	00:34:20	Linda-a-Pastora Sporting Clube
3355	Ana Isabel Leal Teixeira	01:11:06	01:06:35	00:39:54	
3356	Angela Ribeiro Throp	01:11:07	01:07:08	00:38:08	
3357	Joao Gomes	01:11:08	01:08:03	00:37:13	JG Seguros
3358	Ricardo Peixe	01:11:15	01:10:40	00:33:09	
3359	Carlos Ferreira	01:11:16	01:07:07	00:37:11	JG Seguros
3360	Rita Serra	01:11:18	01:07:15	00:37:59	Pernas de Gafanhoto
3361	Luis Carvalho	01:11:18	01:07:15	00:37:59	Pernas de Gafanhoto
3362	Antonio Augusto Teixeira Moura	01:11:19	01:07:24	00:36:14	
3363	Fatima Loureiro	01:11:24	01:09:26	00:36:29	
3364	Joaquim Fonseca	01:11:24	01:08:57	00:36:04	
3365	Carla Matildes	01:11:27	01:07:30	00:37:08	Os Nunes
3366	Sara Colaço Ferreira	01:11:29	01:07:11	00:36:38	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
3367	Manuel Teixeira Duarte	01:11:33	01:08:10	00:35:26	Clube do Stress
3368	Joao Manuel Silverio Da Palma	01:11:33	01:08:28	00:35:26	
3369	Vanessa Marques	01:11:33	01:07:41	00:38:24	DOUBLET
3370	Hélio Jorge Anjos	01:11:33	01:07:41	00:38:24	DOUBLET
3371	Simion Ceban Vasile	01:11:40	01:08:34	00:37:44	
3372	Dinis Manuel Martins Melro	01:11:43	01:07:22	00:38:26	
3373	Bruno Bastos Da Silva	01:11:44	01:08:07	00:37:00	Run 4 Fun
3374	Manuel Duarte Silva	01:11:44	01:08:08	00:37:01	Run 4 Fun
3375	Francisco Jose Martins Garcia	01:11:44	01:11:08	00:34:55	Clube MillenniumBCP
3376	Nuno Duarte	01:11:50	01:07:22	00:37:16	Sintra Runners
3377	Mercedes Fonseca	01:11:54	01:09:25	00:36:13	
3378	Jose Pousinho Henriques	01:11:58	01:09:56	00:34:37	
3379	Paulo Neves	01:12:03	01:07:48	00:39:27	
3380	Jose Luis Rendas Lebre	01:12:03	01:07:49	00:39:28	
3381	Rute Costa Marta	01:12:04	01:08:30	00:37:21	
3382	Nuno Mota	01:12:05		00:39:12	
3383	Alexandra Machado	01:12:05	01:08:31	00:37:22	
3384	Emídio Alexandre	01:12:07	01:07:42	00:36:19	Mistral Spirit
3385	Paulo Jorge Neves V Silva	01:12:07	01:07:50	00:37:52	Mistral Spirit
3386	Hélder Alexandre	01:12:07	01:07:42	00:37:52	Mistral Spirit
3387	João Pedro Almeida Mendes	01:12:15	01:08:22	00:39:00	
3388	Lourdes Bugalho	01:12:15	01:09:18	00:37:04	Família Bugalho de Moura
3389	Joana Gomez Portela Draisey	01:12:16	01:08:45	00:37:14	
3390	Chris Draisey	01:12:16	01:08:45	00:37:13	
3391	Gonçalo Costa	01:12:18	01:10:55	00:33:09	
3392	Dalila Silveira	01:12:21	01:08:09	00:36:52	Os Zatopeques
3393	Pedro Brandão	01:12:24	01:10:07	00:35:11	Açoreana Clube Banif
3394	Joaquim Rosado	01:12:24		00:36:11	Eborenses
3395	Patricia Bernardo	01:12:25	01:08:10	00:37:54	Clube do Stress
3396	Fernando Reis	01:12:25	01:08:11	00:37:55	Clube do Stress
3397	Fernanda Isabel Lopes S. Santos	01:12:26	01:11:55	00:35:04	
3398	António Bernardo	01:12:32	01:08:19	00:36:55	Runas Bar Queluz
3399	Rui Alberto Pereira	01:12:45	01:08:53	00:37:58	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
3400	Marília Pereira	01:12:45	01:08:54	00:37:29	Serviços Sociais da Caixa Geral de Depósitos
3401	Miguel Antonio Simões Correia De Oliveira	01:12:46	01:09:19	00:35:42	
3402	Teresa Oliveira Matos	01:12:48	01:09:22	00:36:35	
3403	Paulo Jorge Damas Ramos	01:12:49	01:09:18	00:37:15	
3404	Rita Romão	01:12:51	01:09:05	00:37:23	Deloitte Runners
3405	Eduardo Santos	01:12:53	01:10:56	00:35:16	
3406	Nicole Owen	01:12:55	01:09:53	00:36:34	Angelic
3407	Henrique Chambel	01:12:55	01:09:17	00:39:15	body runner
3408	Ana Bela Messias	01:12:55	01:09:17	00:39:15	CLAC Entroncamento
3409	Jacqueline Owen	01:12:56	01:09:55	00:36:34	Angelic
3410	Manuel Pereira Gonçalves	01:12:56	01:09:54	00:36:41	
3411	Paulo Alexandre	01:12:58	01:11:34	00:28:04	Angelic
3412	Ma Fee Hung	01:13:09	01:10:42	00:37:17	Açoreana Clube Banif
3413	Susana Cruz	01:13:10	01:09:23	00:38:30	vip drivers portugal
3414	Mario Dias	01:13:12	01:09:24	00:38:30	vip drivers portugal
3415	Pilar Baquero Gracia	01:13:12	01:12:18	00:36:33	Greci - El Corte Inglés
3416	Acacio Pereira	01:13:12	01:11:36	00:36:11	coelho e pereira
3417	Saima Salé	01:13:14	01:10:42	00:36:49	Derretebanha
3418	Paula Antunes Menezes	01:13:19	01:09:22	00:37:56	
3419	Alexandra Maria Vieira Inacio	01:13:25	01:10:40	00:36:12	
3420	Carla Pereira	01:13:28	01:10:26	00:37:48	
3421	Eugenio Manta	01:13:37	01:12:46	00:36:06	
3422	Nuno Alexandre Ribeiro Lopes	01:13:40	01:09:22	00:38:24	Alvite Moimenta da Beira
3423	Luis Fernando Valentim Gomes	01:13:42	01:09:20	00:32:15	Alvite Moimenta da Beira
3424	Joaquim V. R. Furtado	01:13:44	01:09:26	00:37:55	
3425	Maria Conceição Peres	01:13:51	01:09:49	00:37:18	Clube ANA Lisboa
3426	João Canaverde	01:13:53	01:09:36	00:38:41	Link
3427	António Marques	01:13:54	01:10:21	00:37:41	
3428	Ricardo Gomes	01:13:58	01:09:52	00:38:07	
3429	João José Leiria De Brito Coelho Nunes	01:13:59	01:10:37	00:38:28	
3430	Paula Almeida	01:14:00	01:11:52	00:36:05	
3431	Pedro Carneiro De Moura	01:14:10	01:11:11	00:37:10	
3432	Alberto Cano	01:14:11	01:10:48	00:38:47	Clube Atletismo Amigos de Belém

Classificação 2010

Class. Atleta	Tempo	T. Chip	5 km	Clube
3433 Edgar Martins	01:14:11	01:10:07	00:38:01	
3434 Fábio Gil Barreiros Simões	01:14:15	01:13:49	00:35:34	
3435 Isabel Maria Caetano Dos Santos Bargão	01:14:16	01:12:20	00:37:17	
3436 Gabriela Almeida	01:14:21	01:12:14	00:36:37	
3437 José Morgado	01:14:22	01:10:29	00:38:27	
3438 Ilidio Monteiro	01:14:24	01:12:51	00:38:26	
3439 Carla Tavares	01:14:24	01:10:28	00:41:15	Solar dos Presuntos
3440 Rui Ferreira	01:14:25	01:09:55	00:38:29	GDCT - UNICRE
3441 António Ribeiro	01:14:27	01:11:49	00:36:08	
3442 Joana Oliveira	01:14:27	01:10:09	00:38:52	Nikenianos Plusianos
3443 Nuno Malcata	01:14:27	01:10:09	00:38:51	Nikenianos Plusianos
3444 Paulo Pacheco	01:14:27	01:10:43	00:40:15	
3445 Maria Fernanda P. Meia-via	01:14:27	01:10:43	00:40:15	ODEBRECHT/BPC
3446 Fábio Belchior	01:14:37	01:11:23	00:37:14	Os Tretas
3447 João Pedro Pontes Fadista	01:14:55	01:11:16	00:38:24	
3448 Sandra Castellões Martins	01:15:00	01:11:47	00:37:27	castelloes
3449 Luis Gois	01:15:04	01:11:15	00:40:05	
3450 João Félix	01:15:07	01:11:48	00:37:12	
3451 Carlos Ferreira	01:15:08	01:14:56	00:43:58	Clube AUTOCOOPE
3452 Nuno Espirito Santo	01:15:09	01:12:41	00:35:49	Açoreana Clube Banif
3453 Rita Carvalho	01:15:09	01:12:41	00:35:49	Açoreana Clube Banif
3454 Paula Cris. Cunha	01:15:16	01:11:25	00:39:09	
3455 Paula Alexandra Miguel Alves Soares	01:15:20	01:11:46	00:38:03	
3456 Manuel Tavares	01:15:22	01:13:35	00:36:50	CCD Casa Pia
3457 Cecília Tavares	01:15:23	01:13:36	00:36:51	CCD Casa Pia
3458 Telma Barroso	01:15:29	01:13:32	00:36:09	Greci - El Corte Inglés
3459 Susana Marcelino	01:15:32	01:11:34	00:39:35	
3460 Catarina Saraiva	01:15:32	01:11:35	00:39:35	
3461 Paulo Abreu	01:15:34	01:11:34	00:38:56	Grupo Desportivo Imprensa Nacional Casa Mo
3462 Carlos Vicente	01:15:55	01:14:07	00:37:08	
3463 José Luís Carneiro De Moura	01:16:06	01:12:32	00:39:46	
3464 Sandra Amaral	01:16:07	01:11:56	00:39:45	Sport Life
3465 Isabel Pinto da Costa	01:16:07	01:11:55	00:39:46	Sport Life

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
3466	Maria De Fátima Tavares Silvestre Sebastião	01:16:12	01:12:12	00:40:22	
3467	Marcia Regia De Lima Dantas	01:16:13	01:12:06	00:39:47	
3468	Rita Argainha Almeida	01:16:15	01:14:16	00:38:40	
3469	Rodolfo Alexandre Rapaz	01:16:15	01:14:16	00:38:40	
3470	Ernesto Matos	01:16:21		00:38:51	CML
3471	Ricardo Manuel Jorge Diniz	01:16:24	01:12:10		
3472	Graça Paquete	01:16:25	01:12:19	00:39:38	União Recreativa do Dafundo
3473	Paula Marques Pereira	01:16:28	01:13:23	00:39:10	Tartarugas Lentas
3474	Joao Marques Pereira	01:16:29	01:13:23	00:39:10	Tartarugas Lentas
3475	Joana Filipa Santos Sousa	01:16:29	01:13:31	00:38:23	
3476	José Pinhão	01:16:36	01:15:04	00:35:32	CLAC Entroncamento
3477	Pedro Diogo Dos Santos Pinto	01:16:40	01:14:03	00:36:54	
3478	Ricardo Rodrigues	01:16:43	01:12:50	00:40:13	
3479	Ana Isabel Antunes Rodrigues	01:16:43	01:12:49	00:40:13	
3480	Elsa Costa Matias	01:16:53	01:13:39	00:39:02	
3481	Sofia Videira	01:16:58	01:13:54	00:38:58	
3482	Sofia Pinto	01:17:00	01:13:53	00:40:21	ACP - Atletismo Clube de Portalegre
3483	João Esteves	01:17:05	01:13:50	00:39:02	Família Esteves
3484	Luís Pinto	01:17:06	01:13:59	00:40:21	ACP - Atletismo Clube de Portalegre
3485	Lurdes Pinto	01:17:06	01:14:05	00:40:21	ACP - Atletismo Clube de Portalegre
3486	Carlos Jorge Canto Vieira	01:17:08	01:14:30	00:37:47	
3487	Edna Mitiko Sasaki	01:17:13	01:13:06	00:39:48	
3488	Carla Margarida Matos	01:17:14	01:14:38	00:36:54	
3489	Rita Mascarenhas Goncalves	01:17:20	01:13:56	00:37:49	
3490	Diogo Franca	01:17:27	01:16:12	00:39:52	RunFranca
3491	Manuel Batista Pedro Brás	01:17:31	01:14:40	00:39:18	
3492	Teresa Pereira	01:17:33	01:15:37	00:38:22	Serviços Sociais da Caixa Geral de Depósitos
3493	Noemia Coelho	01:17:33	01:15:38	00:38:22	
3494	Isabel Crespo	01:17:34	01:15:38	00:38:21	
3495	Julio Azeitao	01:18:07	01:15:41	00:37:44	Manutralhas
3496	Isabel Maria Pereira S. Silva	01:18:26	01:15:24	00:38:44	
3497	Ana Dionisio	01:18:26	01:14:50	00:41:01	Multiflow
3498	João Anselmo Lopes	01:18:32	01:15:08	00:39:21	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
3499	Sofia Guedes Vaz	01:18:32	01:15:09	00:39:20	
3500	Eduardo Castro	01:18:33	01:16:38	00:38:55	familia
3501	Margarida Caceres	01:18:35	01:14:50	00:42:11	Deloitte Runners
3502	Helena Oliveira	01:18:39	01:15:20	00:40:18	Clube do Stress
3503	Maria Isabel Da C. R. Correia	01:18:39	01:15:32	00:40:18	
3504	Filipa Alexandra Gonçalves Taré	01:19:06	01:14:53	00:39:36	
3505	José Filipe Runa Calisto	01:19:06	01:14:54	00:39:36	
3506	Ludgero Bila Rodrigues Almeiro	01:19:16	01:15:35	00:41:13	Clube MillenniumBCP
3507	Maria Manuela Vinhas Lourenço	01:19:27	01:16:45	00:38:56	
3508	Pedro Filipe Rodrigues	01:19:35	01:15:50	00:40:19	
3509	Sílvia De Sousa Pinto	01:19:42	01:17:07	00:39:21	
3510	Gabriel Fernandes	01:20:42	01:16:53	00:41:46	DOUBLET
3511	Pedro Taveira	01:20:44	01:16:38	00:40:50	
3512	Manuel Hortega	01:20:57	01:20:04	00:41:29	Hortega Serviços
3513	Lilia Mota	01:20:59		00:39:12	
3514	Carla Jaime	01:21:03	01:20:09	00:39:59	Os Bocage de Parede
3515	Victor Liendo Muñoz	01:21:03	01:17:32	00:43:22	
3516	Marisa Milhano	01:21:08	01:18:24	00:42:51	
3517	João Pedro Neves Sabino De Sousa Foguet	01:21:08	01:17:07	00:42:51	
3518	Jorge Rica da Silva	01:21:17	01:17:45	00:41:17	Holmes Place
3519	Hugo Olimpico	01:21:18	01:17:49	00:41:06	Açoreana Clube Banif
3520	Susana Fernandes	01:21:22	01:17:31	00:41:59	DOUBLET
3521	Miguel Camelo	01:21:23	01:17:10	00:42:07	
3522	Carolina Camelo	01:21:24	01:17:12	00:42:07	
3523	Baltazar Serrano Martins	01:21:26	01:20:24	00:41:53	
3524	Ana Isabel Pereira Henriques Coelho Da Sil	01:21:32	01:21:15	00:40:52	
3525	Isabel Brás	01:21:33	01:17:21	00:42:37	
3526	Gonçalo Hortega	01:21:43	01:20:50	00:41:29	Hortega Serviços
3527	Rafael Yimwong	01:22:05	01:17:53	00:42:39	
3528	António Pedro Marta Nunes	01:22:32	01:18:07	00:42:32	
3529	Francisco Monte	01:22:33	01:19:00	00:41:26	
3530	Neusa Almada Monte	01:22:36			
3531	Sara Cristina Roque Pinto	01:22:37	01:18:20	00:45:13	

Classificação 2010

Class.	Atleta	Tempo	T. Chip	5 km	Clube
3532	Maria Cidalia Dias Ribeiro	01:22:39	01:20:24	00:41:33	
3533	Patricia Esgalhado	01:22:58	01:19:14	00:42:11	Deloitte Runners
3534	Jorge Arnaldo Simons	01:23:01	01:19:00	00:42:31	
3535	Ana Vitorino	01:23:35	01:19:44	00:42:00	DOUBLET
3536	David Samuel Nóvoas	01:23:36	01:19:46	00:41:59	DOUBLET
3537	Carlos Santos	01:26:27	01:25:41	00:40:41	Os Bocage de Parede
3538	Rita Lourido	01:26:38	01:25:19	00:42:12	Lentinhos
3539	Jorge Eduardo Pale Do Rego Valadão	01:26:43			
3540	Andreia Cristina Nunes Palmeirão	01:27:09	01:23:52	00:43:49	
3541	Mauricio Antunes	01:27:23	01:23:22	00:44:25	Grupo Desportivo Imprensa Nacional Casa Mo
3542	Helder Verissimo	01:27:55	01:23:22		
3543	António Chaves	01:28:33	01:25:10	00:43:47	
3544	Margarida Mendonça	01:28:56	01:25:40	00:44:51	Familia Esteves
3545	Natália Moreno Lima	01:28:56	01:23:48	00:47:14	
3546	Francisco António Ramalho Mouchinho	01:28:56	01:24:18	00:50:07	Academia do Lumiar
3547	Silvia Teixeira Duarte	01:29:50	01:26:30	00:45:38	Clube do Stress
3548	Maria Madalena Teixeira Duarte	01:29:50	01:26:37	00:45:39	Clube do Stress
3549	Vitor Manuel Moraes Correia	01:30:03	01:29:15	00:44:11	
3550	Glória Silva	01:30:20	01:27:16	00:47:10	Clube Ferroviário de Portugal
3551	Lurdes Souto	01:30:20	01:27:22	00:47:12	Clube Ferroviário de Portugal
3552	Clara Correia	01:30:31	01:27:37	00:44:19	
3553	Vitor Marques	01:30:32	01:28:42	00:44:22	
3554	António Ribeiro Barreto	01:31:13	01:28:53	00:47:09	Clássicos 2009
3555	João Francisco Oliveira	01:31:13	01:28:52	00:47:08	Clássicos 2009
3556	João Carlos Oliveira Da Silva	01:31:14	01:28:53	00:47:09	Clássicos 2009
3557	Maria Joana Teixeira Duarte	01:32:33	01:29:13	00:47:12	Clube do Stress
3558	Pedro Teixeira Duarte	01:32:34	01:29:13	00:47:13	Clube do Stress
3559	Lília Meireles	01:32:38	01:32:12	00:47:15	
3560	Luis Graça	01:33:48	01:33:48	00:40:00	
3561	Marisa Da Silva Antonio	01:34:39	01:32:10		Team Lopes
3562	Luisa Lopes	01:34:40	01:32:11		Team Lopes
3563	Fatima Santos	01:38:19	01:36:48		
3564	Rita Vide Pires	01:38:20	01:36:40		



Classificação 2010

Class. Atleta	Tempo	T. Chip	5 km	Clube
3565 Ana Lúcia Barros	01:40:42	01:37:53	00:51:30	Hovione
3566 Inês Silva Matos Gregório	01:40:42	01:37:44	00:51:30	
3567 Glorivaldo Brito	01:41:05	01:38:10	00:51:28	