

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
9	1	13172	JOÃO PEDRO PEREIRA	ATLETISMO SLB	Junior	00:32:17.63	00:15:40.26	00:32:17.63	00:15:40.26
1	1	92	RUI PINTO	ATLETISMO SLB	Senior	00:30:20.89	00:15:26.48	00:30:20.89	00:15:26.48
2	2	80	JOSÉ MOREIRA	ATLETISMO SLB	Senior	00:30:40.77	00:15:26.90	00:30:40.77	00:15:26.90
3	3	13184	MIGUEL MOREIRA	ATLETISMO SLB	Senior	00:30:43.75	00:15:27.19	00:30:43.75	00:15:27.19
4	4	94	MIGUEL BORGES	ATLETISMO SLB	Senior	00:30:47.10	00:15:27.20	00:30:47.10	00:15:27.20
5	1	13634	LUIS MANUEL FEITEIRA	Individual	Veterano I	00:30:50.61	00:15:26.90	00:30:50.61	00:15:26.90
6	5	14900	MIGUEL ÂNGELO BAPTISTA MONIZ RIBEIRO	Individual	Senior	00:30:55.76	00:15:27.01	00:30:55.76	00:15:27.01
7	6	181	YOUSSEF EL KALAI	ATLETISMO SLB	Senior	00:31:14.28	00:15:26.73	00:31:14.28	00:15:26.73
8	7	13509	ANDRALINO FURTADO	ATLETISMO SLB	Senior	00:31:59.55	00:15:27.25	00:31:59.55	00:15:27.25
10	8	10016	TIAGO MARQUES	Individual	Senior	00:32:26.65	00:15:40.17	00:32:26.65	00:15:40.17
11	9	11652	PEDRO CONCEIÇÃO	Linda-a-Pastora Sporting Clube	Senior	00:32:51.40	00:16:08.20	00:32:51.40	00:16:08.20
12	10	13474	PEDRO MORAIS NOGUEIRA	Casa Benfica Torres Vedras	Senior	00:32:55.98	00:16:08.57	00:32:55.98	00:16:08.57
13	11	9673	PAULO PEREIRA	Individual	Senior	00:33:45.28	00:16:33.84	00:33:45.28	00:16:33.84
14	12	9783	JANIK LIMA	AFIS/Ovar	Senior	00:33:46.27	00:16:41.88	00:33:46.07	00:16:41.68
15	2	9503	LUIS M. LIMA	NúcleOeiras	Veterano I	00:33:49.22	00:16:34.43	00:33:49.22	00:16:34.43
16	13	13518	CELSON PINTO	Individual	Senior	00:33:54.71	00:16:56.46	00:33:54.71	00:16:56.46
17	14	14894	RICARDO ESPADA	R/R ONLINE	Senior	00:33:56.93	00:16:35.16	00:33:56.93	00:16:35.16
18	1	14865	DOMINGOS BARROS	Individual	Veterano II	00:34:10.21	00:16:56.09	00:34:10.21	00:16:56.09
19	15	12008	PAULO MARTINS	NúcleOeiras	Senior	00:34:15.28	00:17:02.13	00:34:13.61	00:17:00.46
20	3	13478	FRANCISCO PEDRO	Casa Benfica Torres Vedras	Veterano I	00:34:18.40	00:16:47.40	00:34:18.40	00:16:47.40
21	4	8458	ARMANDO MONTEIRO	Correr Lisboa	Veterano I	00:34:27.51	00:16:59.28	00:34:27.51	00:16:59.28
22	16	13541	JOÃO SILVA	TRIATLO SLB	Senior	00:34:29.03	00:15:27.03	00:34:29.03	00:15:27.03
23	17	9792	ANGELO ARAUJO	NAC	Senior	00:34:32.99	00:17:04.18	00:34:32.99	00:17:04.18
24	5	9794	FERNANDO VIENA	NAC	Veterano I	00:34:35.48	00:17:13.04	00:34:33.20	00:17:10.76
25	18	11214	ANDRÉ COSTA	Clube de Praças da Armada, --	Senior	00:34:37.01	00:17:10.14	00:34:36.18	00:17:09.31
26	1	90	SARA CATARINA RIBEIRO	ATLETISMO SLB	Senior Fem	00:34:39.72	00:17:01.72	00:34:39.72	00:17:01.72
27	19	10012	EDGAR JACINTO	AutoJacinto	Senior	00:34:50.38	00:17:11.10	00:34:47.62	00:17:08.34
28	2	12776	JOSÉ SILVA	YKK PORTUGAL	Veterano II	00:34:51.41	00:17:11.02	00:34:51.41	00:17:11.02
29	20	13747	FERNANDO GOMES	GRUPO ADIDAS	Senior	00:34:57.51	00:17:14.56	00:34:57.51	00:17:14.56
30	6	8207	JOÃO INOCÊNCIO	Amigos Vale Silencio	Veterano I	00:35:07.20	00:17:19.46	00:35:06.54	00:17:18.80
31	21	14853	ISAIAS ABEL L. PEDRO	EDP	Senior	00:35:16.61	00:17:23.85	00:35:16.61	00:17:23.85
32	2	12359	CLAUDIA PEREIRA	GFD Running	Senior Fem	00:35:17.51	00:17:40.47	00:35:17.51	00:17:40.47
33	3	13178	SUSANA GODINHO	ATLETISMO SLB	Senior Fem	00:35:21.48	00:17:40.56	00:35:21.48	00:17:40.56
34	22	11834	ROBERTO PRIOSTE	Grupo Desportivo do Estreito	Senior	00:35:22.15	00:17:38.06	00:35:17.25	00:17:33.16
35	23	13295	NUNO LOPES	Individual	Senior	00:35:24.69	00:17:19.08	00:35:24.69	00:17:19.08
36	24	7030	JOÃO JERÓNIMO	Individual	Senior	00:35:25.66	00:17:02.48	00:35:25.66	00:17:02.48
37	3	9508	VITOR LIMA	NúcleOeiras	Veterano II	00:35:31.77	00:17:23.83	00:35:31.77	00:17:23.83
38	25	11213	TIAGO ALMEIDA	Clube de Praças da Armada, --	Senior	00:35:43.04	00:17:14.76	00:35:42.29	00:17:14.01
39	26	7723	VITOR TAVARES MARQUES	Correr Lisboa	Senior	00:35:43.41	00:17:30.17	00:35:43.41	00:17:30.17
40	1	13299	RUI FIRMINO	Individual	Veterano IV	00:35:47.48	00:17:40.85	00:35:44.18	00:17:37.55
41	4	12007	RUI DUARTE	NúcleOeiras	Veterano II	00:35:47.55	00:17:40.35	00:35:47.55	00:17:40.35
42	5	13311	JOÃO LOURENÇO	Individual	Veterano II	00:35:56.54	00:17:53.81	00:35:49.61	00:17:46.88
43	1	15017	ANTONIO CANECA	NAC:	Veterano III	00:35:58.57	00:17:33.87	00:35:56.06	00:17:31.36
44	27	7924	PAULO ALVES	GDCTIN Casa da Moeda	Senior	00:36:10.83	00:17:59.19	00:36:08.50	00:17:56.86
45	4	83	MÓNICA SILVA	ATLETISMO SLB	Senior Fem	00:36:12.34	00:18:01.58	00:36:12.34	00:18:01.58
46	5	13679	DANIELA CUNHA	U. D. VARZEA	Senior Fem	00:36:14.52	00:17:40.43	00:36:14.52	00:17:40.43
47	28	12804	ANDRÉ ALVES	Individual	Senior	00:36:15.41	00:17:31.10	00:36:06.80	00:17:22.49
48	29	81	RUI PEDRO SILVA	ATLETISMO SLB	Senior	00:36:16.14	00:18:01.17	00:36:16.14	00:18:01.17
49	6	82	ANA DULCE FELIX	ATLETISMO SLB	Senior Fem	00:36:16.15	00:18:01.00	00:36:16.15	00:18:01.00
50	30	9507	RICARDO LANCEIRO	NúcleOeiras	Senior	00:36:18.19	00:17:39.09	00:36:15.17	00:17:36.07

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
51	2	9784	JOÃO PEREIRA	AFIS/Ovar	Veterano III	00:36:19.18	00:17:53.58	00:36:19.18	00:17:53.58
52	7	180	VERA NUNES	ATLETISMO SLB	Senior Fem	00:36:21.91	00:18:00.04	00:36:21.91	00:18:00.04
53	2	14908	FABIO CASTRO	Convidado colaborador SLB	Junior	00:36:22.85	00:18:00.47	00:36:22.85	00:18:00.47
54	31	10328	SÉNIO MESSIA	Individual	Senior	00:36:30.29	00:18:00.30	00:36:27.93	00:17:57.94
55	32	12417	NUNO SILVA	GENIUS	Senior	00:36:30.46	00:17:51.05	00:36:30.46	00:17:51.05
56	33	11740	NUNO MATEUS	PROSEGUR	Senior	00:36:30.71	00:18:25.42	00:35:57.20	00:17:51.91
57	7	9510	LUIS BARATA	NúcleOeiras	Veterano I	00:36:33.34	00:18:01.96	00:36:31.47	00:18:00.09
58	3	9795	ERNESTO ALMEIDA	NAC	Veterano III	00:36:46.15	00:18:03.68	00:36:43.06	00:18:00.59
59	34	13400	BRUNO ALEXANDRE PINTO DE CARVALHO	Individual	Senior	00:36:48.23	00:17:39.76	00:36:47.50	00:17:39.03
60	4	10428	CARLOS GOMES	Clube EDP - Lisboa	Veterano III	00:36:52.59	00:18:06.14	00:36:50.04	00:18:03.59
61	8	49	DIANA ALMEIDA	ATLETISMO SLB	Senior Fem	00:37:07.51	00:18:15.16	00:37:07.51	00:18:15.16
62	35	9806	MARCO PAIVA	NAC-	Senior	00:37:10.64	00:18:23.71	00:37:10.64	00:18:23.71
63	3	13612	DANIEL DOMINGUES	Casa Benfica Abrantes	Junior	00:37:12.29	00:18:06.40	00:37:11.90	00:18:06.01
64	36	12755	GONÇALO TEIXEIRA L. DOS SANTOS	AS. ESTUDANTES - PASSATEMPO	Senior	00:37:13.76	00:18:09.83	00:37:13.76	00:18:09.83
65	5	13264	RAFAEL ALMEIDA	Individual	Veterano III	00:37:15.53	00:19:18.19	00:36:44.81	00:18:47.47
66	37	9800	ANTONIO CRISTOVÃO	NAC	Senior	00:37:20.04	00:18:34.30	00:37:14.42	00:18:28.68
67	6	12437	JOSÉ ALMEIDA	ACADEMIA FERNANDA RIBEIRO	Veterano II	00:37:21.61	00:18:08.71	00:37:21.61	00:18:08.71
68	7	13297	JAIME NUNES	Individual	Veterano II	00:37:22.75	00:18:45.36	00:37:12.92	00:18:35.53
69	38	13372	RUI FILIPE ROQUE MONTEIRO	Individual	Senior	00:37:30.37	00:18:43.25	00:37:17.75	00:18:30.63
70	39	12431	SÉRGIO CLARO	Convidado colaborador SLB	Senior	00:37:32.73	00:18:45.58	00:37:29.02	00:18:41.87
71	6	14881	MANUEL LUIS DA SILVA FARIA	Individual	Veterano III	00:37:32.79	00:18:28.86	00:37:32.79	00:18:28.86
72	8	8139	ANTÓNIO CAMPOS	Individual	Veterano I	00:37:35.00	00:18:06.23	00:37:33.21	00:18:04.44
73	40	8883	MARCO FRANCO	Individual	Senior	00:37:37.90	00:18:39.80	00:37:33.75	00:18:35.65
74	7	14910	JORGE LUZ	Convidado colaborador SLB	Veterano III	00:37:40.47	00:18:30.62	00:37:38.28	00:18:28.43
75	41	8682	FILIPE FREITAS	Individual	Senior	00:37:40.87	00:18:52.77	00:37:29.08	00:18:40.98
76	42	13742	ANDRÉ ROLIM	Individual	Senior	00:37:41.75	00:18:44.53	00:37:41.75	00:18:44.53
77	43	9973	PAULO GASPAS	Individual	Senior	00:37:45.24	00:19:03.84	00:37:28.86	00:18:47.46
78	44	11243	TIAGO MOREIRA	Individual, --	Senior	00:37:47.76	00:18:32.03	00:37:42.12	00:18:26.39
79	45	9509	HUGO FERREIRA	NúcleOeiras	Senior	00:37:48.71	00:18:00.10	00:37:46.43	00:17:57.82
80	46	13683	HUGO SANTOS	EUROPCAR	Senior	00:37:49.18	00:18:47.62	00:37:42.39	00:18:40.83
81	47	8308	RICARDO PATRÍCIO	CCD Crédito Agrícola Mútuo	Senior	00:37:51.26	00:18:41.87	00:37:35.22	00:18:25.83
82	48	194	NUNO SARAIVA	JUDO SLB	Senior	00:37:53.41	00:19:05.50	00:37:53.41	00:19:05.50
83	49	7999	MIGUEL MARTINS	BOMBEIROS MONTEMOR-O-NOVO	Senior	00:37:53.64	00:18:40.65	00:37:40.05	00:18:27.06
84	9	12527	VIRGILIO GONÇALVES	Individual	Veterano I	00:37:54.75	00:18:47.99	00:37:54.75	00:18:47.99
85	4	9360	DANRLEY GUSMAO	Vitória futebol Clube	Junior	00:37:57.77	00:18:43.87	00:37:55.11	00:18:41.21
86	50	8027	PEDRO MONTEIRO	Lebres e Tartarugas	Senior	00:37:59.01	00:18:37.32	00:37:59.01	00:18:37.32
87	51	14869	PAULO PINHEIRO	Individual	Senior	00:38:05.67	00:18:51.82	00:37:57.45	00:18:43.60
88	52	9808	NUNO PINHO	NAC-	Senior	00:38:07.39	00:19:07.54	00:38:01.08	00:19:01.23
89	53	10835	PAULO ALEXANDRE BRAÇAL GOMES	SERVIÇOS SOCIAIS da CML	Senior	00:38:08.52	00:18:44.69	00:38:08.10	00:18:44.27
90	54	11529	MARK RIBEIRO	PRAFIT CLUB	Senior	00:38:10.26	00:19:06.84	00:37:39.86	00:18:36.44
91	55	12009	TIAGO VERMELHO	Individual	Senior	00:38:10.27	00:18:46.23	00:38:04.07	00:18:40.03
92	56	12712	NUNO SILVA	C.C.R.PRAIA DE MIRA	Senior	00:38:11.11	00:18:37.31	00:38:11.11	00:18:37.31
93	10	7926	RICARDO NEVES	GDCTIN Casa da Moeda	Veterano I	00:38:14.18	00:18:54.87	00:38:08.35	00:18:49.04
94	2	9780	ANTONIO VIEIRA	AFIS/Ovar	Veterano IV	00:38:22.39	00:18:59.55	00:38:21.33	00:18:58.49
95	57	11551	JOSE GUERRA	clube recreativo do penteado	Senior	00:38:25.16	00:19:10.51	00:37:50.96	00:18:36.31
96	58	13462	JORGE DELGADO	Casa Benfica Figueira da Foz	Senior	00:38:25.77	00:18:43.46	00:38:25.46	00:18:43.15
97	8	8276	ARMANDO PESSOA	SS CGD	Veterano II	00:38:26.58	00:19:10.58	00:38:23.65	00:19:07.65
98	59	8274	ALCIINDO NEVES	SS CGD	Senior	00:38:27.93	00:19:09.83	00:38:27.93	00:19:09.83
99	60	9825	PAULO LEANDRO	No Pain no Gain	Senior	00:38:28.69	00:19:15.17	00:38:22.17	00:19:08.65
100	9	12361	RAQUEL TRABUCO	CLUBE ELVENSE DE NATAÇÃO	Senior Fem	00:38:30.29	00:18:37.53	00:38:30.29	00:18:37.53

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
101	61	12192	CLÁUDIO PRIOSTE	Grupo Desportivo do Estreito	Senior	00:38:30.44	00:18:42.76	00:38:25.21	00:18:37.53
102	8	12826	JOSÉ ALBERTO LEMOS	Valejas A C	Veterano III	00:38:30.96	00:19:39.37	00:37:47.67	00:18:56.08
103	62	10707	PEDRO GONÇALVES	Individual	Senior	00:38:31.88	00:19:23.67	00:38:27.12	00:19:18.91
104	63	11057	NUNO GARCIA	Individual	Senior	00:38:33.82	00:19:12.16	00:38:30.86	00:19:09.20
105	64	9098	PEDRO AFONSO PEREIRA	Rail Runners	Senior	00:38:36.44	00:19:17.75	00:38:36.44	00:19:17.75
106	65	11026	DAVID FILIPE SILVA	SÃO FRANCISCO A. DESPORTIVA	Senior	00:38:37.29	00:19:06.46	00:38:37.29	00:19:06.46
107	66	8630	JOÃO CARDOSO	Individual	Senior	00:38:38.78	00:19:11.97	00:38:34.17	00:19:07.36
108	1	8014	SEVERINO SANTOS	Individual	Veterano V	00:38:40.14	00:21:07.98	00:38:39.95	00:21:07.79
109	67	15039	CLAÚDIO LEAL	CML - Depto. Desporto	Senior	00:38:43.38	00:19:06.55	00:38:41.67	00:19:04.84
110	68	9702	CARLOS HENRIQUES	Individual	Senior	00:38:48.38	00:19:23.18	00:38:41.11	00:19:15.91
111	69	14906	FILIPE CUNHA	Individual	Senior	00:38:49.81	00:19:40.99	00:38:42.30	00:19:33.48
112	70	12922	TIAGO CASTELA	HOSPITAL DA LUZ	Senior	00:38:50.15	00:19:16.70	00:38:44.48	00:19:11.03
113	10	13810	MARTA FRANCISCO	GRUPO ADIDAS	Senior Fem	00:38:52.03	00:19:32.41	00:38:47.91	00:19:28.29
114	71	11924	NUNO LOURENÇO	Individual	Senior	00:38:53.13	00:18:47.88	00:38:53.13	00:18:47.88
115	11	9822	LUIS RODRIGUES	Individual	Veterano I	00:38:55.89	00:19:36.58	00:38:40.15	00:19:20.84
116	72	12634	SEQUEIRA SEQUEIRA	Falcões Selvagens, --	Senior	00:38:57.34	00:19:32.23	00:38:31.29	00:19:06.18
117	73	9531	NÉLIO CARVALHO	Pontével a Mexer	Senior	00:38:58.34	00:19:56.17	00:38:29.54	00:19:27.37
118	9	9068	FERNANDO RODRIGUES	Amigos Vale Silencio	Veterano II	00:39:02.16	00:19:17.44	00:38:58.93	00:19:14.21
119	74	7397	MIGUEL FERNANDES	Fernandes	Senior	00:39:02.29	00:20:06.38	00:38:41.79	00:19:45.88
120	75	13185	PAULO ANTUNES	ATLETISMO SLB	Senior	00:39:02.61	00:18:49.28	00:39:02.61	00:18:49.28
121	12	11190	FERNANDO CANDEIAS	SS CGD, --	Veterano I	00:39:03.09	00:19:15.76	00:39:01.10	00:19:13.77
122	76	9405	NUNO SILVA	Individual	Senior	00:39:03.62	00:19:15.88	00:39:03.62	00:19:15.88
123	10	9960	JOÃO AFONSO	C.Benfica Algueirão M. Martins	Veterano II	00:39:04.63	00:19:46.90	00:38:33.62	00:19:15.89
124	13	11882	BENTO PALMA	Beja Atlético Clube	Veterano I	00:39:04.66	00:19:47.12	00:38:33.14	00:19:15.60
125	77	9964	JANÍCIO REIS	C.Benfica Algueirão M. Martins	Senior	00:39:07.88	00:19:20.65	00:39:01.36	00:19:14.13
126	3	10124	AIRES PRATAS	Individual	Veterano IV	00:39:12.70	00:19:31.63	00:39:08.67	00:19:27.60
127	78	12962	BRUNO TOSCANO	HOSPITAL DA LUZ	Senior	00:39:15.04	00:19:47.54	00:39:05.88	00:19:38.38
128	14	10739	DIDIER VALENTE	Individual	Veterano I	00:39:16.30	00:19:37.77	00:39:05.79	00:19:27.26
129	79	7222	NUNO R.	Individual	Senior	00:39:18.47	00:19:46.31	00:39:07.56	00:19:35.40
130	9	11833	JORGE CIPRIANO	Grupo Desportivo do Estreito	Veterano III	00:39:19.16	00:19:53.35	00:39:14.79	00:19:48.98
131	11	12110	KCÉNIA BOUGROVA	Valejas A C	Senior Fem	00:39:20.35	00:19:22.59	00:39:18.99	00:19:21.23
132	80	9004	HUGO NOVAIS	RUNSINTRA.COM	Senior	00:39:21.51	00:19:31.38	00:39:20.90	00:19:30.77
133	81	8233	GIL XAVIER ALVES	Unidos da Manutenção	Senior	00:39:23.98	00:19:17.15	00:39:20.52	00:19:13.69
134	82	9237	JOSÉ PIRES	Tartarugas Solidárias	Senior	00:39:25.78	00:19:12.97	00:39:23.82	00:19:11.01
135	15	11333	DIOGO LUIZ LOPES	Individual	Veterano I	00:39:29.73	00:19:59.53	00:38:58.57	00:19:28.37
136	16	10742	PAULO MIGUEL	Os Kotas	Veterano I	00:39:30.09	00:19:56.59	00:39:25.82	00:19:52.32
137	83	12333	DANIEL PEREIRA	Papa-almoços	Senior	00:39:31.66	00:20:26.14	00:38:25.12	00:19:19.60
138	17	10766	PEDRO PIMENTEL	SS CGD	Veterano I	00:39:31.69	00:19:34.14	00:39:30.31	00:19:32.76
139	18	11534	JOSÉ PAIS	Individual	Veterano I	00:39:33.36	00:19:57.48	00:39:26.59	00:19:50.71
140	84	10790	BRUNO LOUREIRO	Individual	Senior	00:39:33.71	00:19:45.40	00:39:33.71	00:19:45.40
141	85	12120	ISAAC LOURIDO HERMIDA	Individual	Senior	00:39:35.27	00:19:54.74	00:39:35.27	00:19:54.74
142	19	7063	CARLOS MANUEL ALVES CAETANO	Individual	Veterano I	00:39:35.96	00:19:27.96	00:39:35.19	00:19:27.19
143	4	9576	JOÃO RODRIGUES	Caracóis de Pedra	Veterano IV	00:39:36.18	00:19:22.20	00:39:31.14	00:19:17.16
144	5	12395	JOÃO DANIEL CORDEIRO AFONSO	União Atlético Povoense	Veterano IV	00:39:37.00	00:19:23.76	00:39:29.21	00:19:15.97
145	20	8083	VITOR CHAGAS	Individual	Veterano I	00:39:38.36	00:19:34.97	00:39:22.92	00:19:19.53
146	86	8611	ALEXANDRE FELÍCIO	Correr Lisboa	Senior	00:39:39.25	00:19:29.04	00:39:04.31	00:18:54.10
147	87	13127	FLORIANO SILVA	GRUPO PROSEGUR	Senior	00:39:39.35	00:19:40.82	00:39:25.63	00:19:27.10
148	88	11028	DANIEL JOÃO GRAÇA	SÃO FRANCISCO A. DESPORTIVA	Senior	00:39:41.59	00:19:59.76	00:39:39.90	00:19:58.07
149	89	8858	RICARDO MARTINS	Individual	Senior	00:39:48.48	00:19:50.93	00:39:36.99	00:19:39.44
150	90	11498	NUNO JOSÉ LOUREIRO GONÇALO	Convocado colaborador SLB	Senior	00:39:48.91	00:19:51.12	00:39:38.14	00:19:40.35

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
151	91	10663	JOÃO FILIPE NUNES	Individual	Senior	00:39:57.29	00:18:35.75	00:39:57.29	00:18:35.75
152	10	11009	FERNANDO SANTIAGO	Individual	Veterano III	00:39:57.61	00:19:22.79	00:39:57.61	00:19:22.79
153	92	11582	JOSÉ CARLOS DE BRITO BATISTA	Individual	Senior	00:39:58.83	00:20:20.78	00:39:33.82	00:19:55.77
154	93	15088	TONY ANACLETO	CASA DO BENFICA EM PENHICE	Senior	00:40:02.05	00:19:50.78	00:39:50.83	00:19:39.56
155	1	13762	CÉU NUNES	GRUPO ADIDAS	Veterana Fem II	00:40:03.20	00:19:41.33	00:40:03.20	00:19:41.33
156	11	9777	FERNANDO SACRAMENTO	NAC.	Veterano III	00:40:03.27	00:20:47.80	00:39:42.94	00:20:27.47
157	21	12646	LUIS RODRIGUES	COCA COLA // POWERADE	Veterano I	00:40:04.91	00:19:38.83	00:40:04.91	00:19:38.83
158	94	14866	HENRIQUE COSTA	R/R ONLINE	Senior	00:40:06.23	00:19:41.65	00:39:41.50	00:19:16.92
159	22	9735	JOÃO PAULO PEREIRA BARBOSA	Individual	Veterano I	00:40:06.86	00:19:56.44	00:39:52.74	00:19:42.32
160	11	7503	JÚLIO RIBEIRO	C.F. Oliveira do Douro	Veterano II	00:40:07.16	00:19:42.87	00:40:05.77	00:19:41.48
161	23	13633	LUIS TAVARES	Individual	Veterano I	00:40:07.78	00:19:37.76	00:40:07.12	00:19:37.10
162	24	13632	ARTUR LOPES	Individual	Veterano I	00:40:07.85	00:19:35.91	00:40:07.85	00:19:35.91
163	95	8632	NUNO QUINTELA	Individual	Senior	00:40:09.29	00:20:07.25	00:40:09.29	00:20:07.25
164	2	10656	ANASTACIO VALADAS	Individual	Veterano V	00:40:10.18	00:19:55.19	00:40:09.04	00:19:54.05
165	12	7364	JOSE ESTEVES	Tartarugas Solidárias	Veterano II	00:40:20.67	00:20:19.61	00:40:05.22	00:20:04.16
166	12	11216	ANTÓNIO PULQUÉRIO	Individual, --	Veterano III	00:40:21.33	00:20:08.35	00:39:57.33	00:19:44.35
167	96	8908	BRUNO MARTINS	Individual	Senior	00:40:23.22	00:19:52.65	00:40:15.62	00:19:45.05
168	13	8884	TEOTÓNIO XAVIER NETO	ADRC Mata de Benfica	Veterano III	00:40:23.84	00:20:09.85	00:40:12.06	00:19:58.07
169	97	12175	RUI PEREIRA	Peniche a Correr	Senior	00:40:25.72	00:20:23.28	00:40:14.28	00:20:11.84
170	98	10741	NUNO CHAINHO	Os Kotas	Senior	00:40:27.05	00:19:46.93	00:40:22.59	00:19:42.47
171	25	11531	MANUEL NABEIRO	PRAFIT CLUB	Veterano I	00:40:30.83	00:20:00.73	00:39:58.96	00:19:28.86
172	99	11290	ROMÃO PEDROSO	Os amigos da Kika, --	Senior	00:40:32.30	00:20:30.73	00:40:10.38	00:20:08.81
173	100	8009	FABIO AZINHEIRINHA	BOMBEIROS V. MONTEMOR-O-NOVO	Senior	00:40:32.59	00:21:02.43	00:40:17.42	00:20:47.26
174	101	8064	NUNO SILVA	Correr Lisboa	Senior	00:40:32.64	00:19:39.87	00:40:30.47	00:19:37.70
175	26	13448	LUIS MANUEL MONTEIRO	C.Benfica Algueirão M. Martins	Veterano I	00:40:33.21	00:20:43.13	00:40:23.90	00:20:33.82
176	13	10456	JOSÉ GONÇALVES	Amigos Atletismo Mafra	Veterano II	00:40:34.87	00:20:20.85	00:40:27.31	00:20:13.29
177	27	9942	PEDRO RAMOS	Individual	Veterano I	00:40:36.56	00:20:01.89	00:40:33.33	00:19:58.66
178	14	7504	ANTÓNIO NASCIMENTO	C.F. Oliveira do Douro	Veterano III	00:40:38.74	00:20:03.89	00:40:37.63	00:20:02.78
179	14	9996	TOMÁS DE OLIVEIRA BARROSO	Individual	Veterano II	00:40:39.71	00:20:24.29	00:40:27.19	00:20:11.77
180	28	11925	BRUNO CUSTÓDIO	Individual	Veterano I	00:40:42.11	00:19:44.59	00:40:42.11	00:19:44.59
181	29	10996	ROGÉRIO CASSACA	G.D.R. São Francisco da Serra	Veterano I	00:40:45.92	00:19:45.49	00:40:40.92	00:19:40.49
182	102	15139	JOÃO PEDRO M. REBELO	EDP	Senior	00:40:46.78	00:20:04.10	00:40:37.72	00:19:55.04
183	103	9577	PEDRO BALEIA	Caracóis de Pedra	Senior	00:40:48.03	00:20:11.96	00:40:37.77	00:20:01.70
184	15	10603	LEONEL ADÉRITO FERNANDES DE SÃO JOSÉ	Individual	Veterano II	00:40:51.16	00:20:58.39	00:40:06.79	00:20:14.02
185	30	15320	JOSÉ CARLOS AREDE	EDP	Veterano I	00:40:51.46	00:20:57.92	00:40:06.41	00:20:12.87
186	104	7308	DIOGO SILVA	Individual	Senior	00:40:51.61	00:19:52.78	00:40:30.90	00:19:32.07
187	105	13756	PEDRO CARDOSO	GRUPO ADIDAS	Senior	00:40:58.16	00:20:46.45	00:40:11.59	00:19:59.88
188	106	8962	PEDRO CEROL	Horas Extra Running Team	Senior	00:40:58.80	00:20:46.96	00:40:32.60	00:20:20.76
189	31	7437	NUNO ANJOS	Individual	Veterano I	00:41:00.92	00:20:33.23	00:40:50.07	00:20:22.38
190	107	8291	NUNO LINO	Individual	Senior	00:41:01.63	00:20:29.74	00:40:42.33	00:20:10.44
191	6	11038	JOAQUIM ALBERTO FIGUEIREDO	Individual	Veterano IV	00:41:02.28	00:20:08.35	00:41:02.28	00:20:08.35
192	32	10072	JOAQUIM CAPELA	CASA BENFICA ALHANDRA	Veterano I	00:41:03.61	00:20:19.43	00:41:03.61	00:20:19.43
193	108	12930	JOÃO EDUARDO MENDONÇA	HOSPITAL DA LUZ	Senior	00:41:07.64	00:20:46.16	00:40:18.58	00:19:57.10
194	109	15288	RICARDO PITA	CÂMARA LISBOA CLUBE	Senior	00:41:08.01	00:21:06.51	00:40:12.59	00:20:11.09
195	15	11035	PAULO OLIVEIRA	SÃO FRANCISCO A. DESPORTIVA	Veterano III	00:41:08.90	00:20:09.60	00:41:02.36	00:20:03.06
196	7	8968	ORLANDO SILVA	ccdtmlx	Veterano IV	00:41:09.16	00:20:22.01	00:40:50.56	00:20:03.41
197	110	10161	LUIS CARLOS JORGE PINTO	Individual	Senior	00:41:09.28	00:21:27.54	00:39:55.95	00:20:14.21
198	111	7162	RICARDO AREIAS	Individual	Senior	00:41:09.38	00:20:42.90	00:41:09.38	00:20:42.90
199	33	13477	HERMINIO JULIO VICENTE	Casa Benfica Torres Vedras	Veterano I	00:41:10.00	00:19:57.04	00:41:05.16	00:19:52.20
200	16	14909	ANTONIO CASTRO	Convidado colaborador SLB	Veterano II	00:41:10.89	00:20:08.86	00:41:05.99	00:20:03.96

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
201	16	8122	JORGE CRUZ	Individual	Veterano III	00:41:11.81	00:22:07.92	00:38:46.33	00:19:42.44
202	112	11794	TIAGO SOUSA	Individual	Senior	00:41:12.13	00:20:15.61	00:40:50.39	00:19:53.87
203	113	13256	MIGUEL RODRIGUES	Individual	Senior	00:41:12.83	00:20:33.75	00:41:01.64	00:20:22.56
204	114	9766	OLIVÉRIO BAPTISTA	Casa do Benfica em Aveiro	Senior	00:41:14.11	00:19:42.03	00:41:06.76	00:19:34.68
205	34	9887	RUI VIEIRA	Os Homens do Laço	Veterano I	00:41:14.80	00:20:43.22	00:41:07.41	00:20:35.83
206	3	8709	MANUEL FERREIRA	Frederico Silva Running Team	Veterano V	00:41:15.34	00:20:14.75	00:41:14.47	00:20:13.88
207	35	13298	RICARDO NUNES	Individual	Veterano I	00:41:15.43	00:19:56.37	00:41:05.15	00:19:46.09
208	36	13807	RICARDO ARRAIAS	GRUPO ADIDAS	Veterano I	00:41:16.56	00:20:57.51	00:40:20.45	00:20:01.40
209	115	8669	TIAGO FERREIRA	Individual	Senior	00:41:16.79	00:20:35.19	00:41:05.13	00:20:23.53
210	116	8490	FRANCISCO LIMA	Individual	Senior	00:41:18.24	00:21:10.16	00:40:45.01	00:20:36.93
211	1	10269	DULCÍNEA SILVA	Individual	Veterana Fem I	00:41:19.43	00:20:25.69	00:41:19.31	00:20:25.57
212	117	11027	ANDRÉ LUIS CATULO	SÃO FRANCISCO A. DESPORTIVA	Senior	00:41:20.46	00:20:45.20	00:41:02.68	00:20:27.42
213	17	9342	CARLOS DUARTE	CCRD Burinhosa	Veterano II	00:41:21.75	00:21:08.02	00:40:51.73	00:20:38.00
214	118	12094	VICTOR MANUEL FIGUEIREDO DOURADO	Individual	Senior	00:41:22.49	00:20:52.90	00:41:09.97	00:20:40.38
215	18	9341	CARLOS SOARES	CCRD Burinhosa	Veterano II	00:41:23.14	00:20:23.60	00:41:17.73	00:20:18.19
216	119	9759	ANTONIO FIGUEIREDO	Individual	Senior	00:41:23.16	00:20:56.48	00:40:45.59	00:20:18.91
217	120	10786	LUIS GOUVEIA	Individual	Senior	00:41:25.99	00:20:28.91	00:41:11.56	00:20:14.48
218	121	12810	PEDRO PINTO	Individual	Senior	00:41:26.82	00:21:16.03	00:40:18.82	00:20:08.03
219	122	7702	RICARDO LOPES ALVES	Açoreana Clube Banif	Senior	00:41:27.66	00:20:35.56	00:41:22.38	00:20:30.28
220	37	9358	LUIS FIDALGO	Vitória futebol Clube	Veterano I	00:41:28.02	00:20:48.51	00:41:20.40	00:20:40.89
221	8	7589	ABREU MOURA	CLAC - Entroncamento	Veterano IV	00:41:28.19	00:21:26.11	00:40:17.19	00:20:15.11
222	9	11789	MIGUEL COSTA	Individual	Veterano IV	00:41:28.58	00:19:59.29	00:41:23.03	00:19:53.74
223	123	15086	JOSÉ LUIS	CASA DO BENFICA EM PENHICE	Senior	00:41:29.62	00:20:32.00	00:41:18.63	00:20:21.01
224	10	9359	FLORIVAL BACALHAU	Vitória futebol Clube	Veterano IV	00:41:29.84	00:20:34.29	00:41:27.33	00:20:31.78
225	124	13830	JOÃO LIMA	GRUPO ADIDAS	Senior	00:41:30.23	00:20:36.03	00:40:53.24	00:19:59.04
226	125	13344	HÉLIO SERGIO MONTEIRO MARTINS	Individual	Senior	00:41:30.27	00:20:04.94	00:41:29.30	00:20:03.97
227	17	11591	JOAO COUTINHO	Correr Lisboa	Veterano III	00:41:30.74	00:20:19.54	00:41:25.53	00:20:14.33
228	19	10408	MANUEL FERREIRA	Individual	Veterano II	00:41:31.18	00:20:38.81	00:41:15.48	00:20:23.11
229	18	9361	JOAO DIAS	Vitória futebol Clube	Veterano III	00:41:34.48	00:20:47.85	00:41:21.42	00:20:34.79
230	38	11471	JORGE ANTÓNIO MARTINS	COLABORADOR SLB	Veterano I	00:41:35.76	00:21:43.15	00:40:23.66	00:20:31.05
231	126	10137	EMANUEL DE JESUS BORGES PEREIRA	Correr Lisboa	Senior	00:41:36.23	00:20:47.79	00:41:30.20	00:20:41.76
232	1	11059	HENRIQUE MANUEL NUNES VIEIRA	Individual	Outra Cat	00:41:36.64	00:21:01.61	00:40:58.73	00:20:23.70
233	127	7310	ALEXANDRE ANDRADE	BOTA LAMBRA	Senior	00:41:38.80	00:20:39.94	00:41:38.80	00:20:39.94
234	128	7779	LEONARDO DUARTE	Individual	Senior	00:41:42.64	00:21:01.63	00:41:06.43	00:20:25.42
235	11	10303	LUIS MANUEL CLAUDINO ANICETO	Individual	Veterano IV	00:41:43.27	00:21:21.98	00:41:05.94	00:20:44.65
236	129	10047	TIAGO MATEUS	Sporting Clube Moitense	Senior	00:41:44.54	00:20:12.61	00:41:18.01	00:19:46.08
237	130	11020	JOSÉ DIOGO	Individual	Senior	00:41:44.77	00:21:12.60	00:40:52.69	00:20:20.52
238	131	12749	TIAGO SALVADOR	AS. ESTUDANTES - PASSATEMPO	Senior	00:41:45.02	00:21:52.95	00:39:49.80	00:19:57.73
239	132	10074	ALEXANDRE LUCAS	Caracóis de Pedra	Senior	00:41:45.52	00:20:16.28	00:41:35.90	00:20:06.66
240	20	9958	LUÍS ROUSSADO	C.Benfica Algueirão M. Martins	Veterano II	00:41:45.89	00:20:48.91	00:41:29.32	00:20:32.34
241	21	13481	LUIS SANTOS	Casa Benfica Torres Vedras	Veterano II	00:41:47.42	00:22:07.78	00:40:33.54	00:20:53.90
242	133	9030	RUI NEVES	Individual	Senior	00:41:47.97	00:20:38.93	00:41:34.86	00:20:25.82
243	39	11149	HENRIQUE SORDO	Individual, --	Veterano I	00:41:48.96	00:21:44.53	00:41:09.46	00:21:05.03
244	134	7460	HUGO BORGES	Individual	Senior	00:41:49.16	00:20:32.93	00:41:47.08	00:20:30.85
245	22	8068	JORGE MARTINHO	Os Galgos	Veterano II	00:41:49.84	00:20:53.93	00:41:49.01	00:20:53.10
246	135	13734	VITOR SEQUEIRA	GRUPO ADIDAS	Senior	00:41:51.31	00:21:14.33	00:41:03.33	00:20:26.35
247	136	9586	JOÃO ALBERTO VASCONCELOS FREITAS	Individual	Senior	00:41:51.77	00:20:51.49	00:41:43.08	00:20:42.80
248	137	13250	PEDRO NEVES	PSP - DIVISÃO DE TRÂNSITO	Senior	00:41:53.36	00:20:31.36	00:41:35.15	00:20:13.15
249	40	7557	FERNANDO ROCHA	Individual	Veterano I	00:41:54.09	00:21:05.31	00:41:48.36	00:20:59.58
250	4	14901	FERNANDO POMBO	Convitado colaborador SLB	Veterano V	00:41:55.67	00:21:08.39	00:41:51.74	00:21:04.46

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
251	138	8292	BYRON RODRIGUES	Individual	Senior	00:41:55.80	00:19:54.73	00:41:44.61	00:19:43.54
252	23	12786	SÉRGIO BATALHA	GAA Vila Franca de Xira	Veterano II	00:41:57.74	00:20:59.62	00:41:26.29	00:20:28.17
253	139	15112	LUIS SANCHES	ASSOCIAÇÃO O COMPANHEIRO	Senior	00:41:58.43	00:20:59.43	00:41:31.00	00:20:32.00
254	12	9922	JOSÉ LUÍS FERREIRA PIRES	C.D. Recreativo Ribeirinho	Veterano IV	00:41:58.65	00:20:46.55	00:41:50.76	00:20:38.66
255	140	9951	JOÃO PEREIRA	C.Benfica Algueirão M. Martins	Senior	00:41:59.32	00:21:17.38	00:41:43.39	00:21:01.45
256	141	8498	JOÃO PAULO PEREIRA	Individual	Senior	00:41:59.48	00:21:03.03	00:41:41.41	00:20:44.96
257	142	8175	MIGUEL GONÇALVES	CCD Crédito Agrícola Mútuo	Senior	00:42:00.00	00:21:55.97	00:40:25.19	00:20:21.16
258	24	12436	JOSÉ SOARES	ACADEMIA FERNANDA RIBEIRO	Veterano II	00:42:00.19	00:20:32.71	00:42:00.19	00:20:32.71
259	41	8231	RUI CARDOSO	Unidos da Manutenção	Veterano I	00:42:02.97	00:20:25.29	00:42:02.97	00:20:25.29
260	19	11821	AMÁVEL FIGUEIREDO	Individual	Veterano III	00:42:03.20	00:21:06.57	00:41:58.44	00:21:01.81
261	143	7600	FÁBIO GABRIEL DE JESUS TELES	Individual	Senior	00:42:07.06	00:20:06.30	00:42:00.16	00:19:59.40
262	144	7400	CARLOS NOBRE	Individual	Senior	00:42:08.32	00:20:58.98	00:41:27.28	00:20:17.94
263	42	11941	PEDRO M. RODRIGUES	SPORTINBET	Veterano I	00:42:11.31	00:20:08.44	00:42:11.31	00:20:08.44
264	12	13174	CARLA SALOMÉ ROCHA	ATLETISMO SLB	Senior Fem	00:42:12.67	00:21:02.72	00:42:11.85	00:21:01.90
265	43	12040	CARLOS MONTEIRO	Individual	Veterano I	00:42:12.68	00:21:02.60	00:42:11.87	00:21:01.79
266	25	9791	FERNANDO ADRIAO	NAC	Veterano II	00:42:12.72	00:21:02.75	00:42:05.28	00:20:55.31
267	26	11532	FERNANDO MENDES	PRAFIT CLUB	Veterano II	00:42:13.06	00:21:20.89	00:41:40.29	00:20:48.12
268	145	11835	PEDRO JORGE LOPES PEREIRA	União Atlético Povoense	Senior	00:42:13.50	00:20:30.65	00:42:04.27	00:20:21.42
269	44	10384	JOÃO XAVIER	Individual	Veterano I	00:42:14.11	00:20:54.31	00:42:08.67	00:20:48.87
270	5	10637	FERNANDO FERNANDES	Individual	Veterano V	00:42:14.50	00:20:44.69	00:42:14.50	00:20:44.69
271	146	14907	RICARDO TEIXEIRA	Convidado colaborador SLB	Senior	00:42:14.53	00:21:43.07	00:41:35.13	00:21:03.67
272	13	7220	MANUEL JOAQUIM AMARO	Individual	Veterano IV	00:42:15.01	00:20:45.65	00:42:05.35	00:20:35.99
273	147	8476	TIAGO GÓIS CORDEIRO	Correr Lisboa	Senior	00:42:15.07	00:21:54.27	00:41:27.83	00:21:07.03
274	148	15297	PEDRO SOBRAL	LEASEPLAN	Senior	00:42:15.44	00:21:02.45	00:41:58.00	00:20:45.01
275	45	8747	JORGE ANDRÉ QUARENTA	Quarentas e Painha	Veterano I	00:42:15.88	00:21:17.89	00:41:56.99	00:20:59.00
276	27	9324	VITOR MANUEL FERNANDES CUNHA	Individual	Veterano II	00:42:16.70	00:21:58.34	00:41:01.00	00:20:42.64
277	46	7923	NUNO SOUSA	GDCTIN Casa da Moeda	Veterano I	00:42:18.92	00:21:42.76	00:41:43.89	00:21:07.73
278	47	10147	ANTONIO TERRAS	Individual	Veterano I	00:42:19.51	00:21:08.64	00:41:51.55	00:20:40.68
279	149	9864	ADRIANO BRÁS ENCARNAÇÃO	Individual, --	Senior	00:42:20.27	00:20:39.75	00:42:11.06	00:20:30.54
280	2	12647	MARIA JOSÉ FERREIRA	COCA COLA // POWERADE	Veterana Fem II	00:42:20.93	00:21:07.87	00:42:07.93	00:20:54.87
281	150	7167	ROGER BERTOLO	Individual	Senior	00:42:21.38	00:21:02.14	00:42:09.38	00:20:50.14
282	151	7283	LUIS MIGUEL CARVALHO NEVES	Marinhais AC	Senior	00:42:21.63	00:20:46.53	00:42:09.74	00:20:34.64
283	152	12237	JORGE LOPES	CATEDRAL DA CERVEJA	Senior	00:42:22.23	00:20:22.74	00:42:18.44	00:20:18.95
284	6	9962	JOSÉ INOCÊNCIO	C.Benfica Algueirão M. Martins	Veterano V	00:42:22.50	00:21:13.11	00:42:01.88	00:20:52.49
285	153	15397	NUNO ALCOBIA	Os Galgos	Senior	00:42:22.57	00:21:54.89	00:41:43.34	00:21:15.66
286	28	15317	JOAQUIM EPIMÊNIO OLIVEIRA	Mancamulas	Veterano II	00:42:23.36	00:21:12.74	00:42:18.46	00:21:07.84
287	20	8072	ANTÓNIO RAMALHO	Os Galgos	Veterano III	00:42:23.51	00:20:56.50	00:42:22.56	00:20:55.55
288	154	9075	FERNANDO NOGUEIRA	MARRIOTT LISBOA	Senior	00:42:24.66	00:22:03.33	00:40:58.22	00:20:36.89
289	29	9252	JOSÉ SILVA	CDM	Veterano II	00:42:25.91	00:22:01.31	00:42:14.87	00:21:50.27
290	155	9771	JOÃO SANTOS	turbolentos	Senior	00:42:25.99	00:20:59.78	00:41:50.64	00:20:24.43
291	7	13436	ANTÓNIO LEMOS	Individual	Veterano V	00:42:26.61	00:21:24.46	00:42:02.69	00:21:00.54
292	156	14850	NUNO JORGE L. FILIPE	EDP	Senior	00:42:27.58	00:21:25.38	00:42:13.96	00:21:11.76
293	21	8069	EURICO NICO	Os Galgos	Veterano III	00:42:28.97	00:20:57.18	00:42:28.44	00:20:56.65
294	14	7501	FERNANDO FERREIRA	Individual	Veterano IV	00:42:29.84	00:20:46.55	00:42:21.53	00:20:38.24
295	30	13608	LUIS EMIDIO	Casa Benfica Abrantes	Veterano II	00:42:30.82	00:21:44.47	00:41:52.64	00:21:06.29
296	157	7978	BRUNO CRUZ	ESTRELAS DE LUZ	Senior	00:42:33.55	00:20:48.01	00:42:23.93	00:20:38.39
297	158	11381	FRANCISCO ANDRADE	COLABORADOR SLB	Senior	00:42:34.34	00:21:24.43	00:42:16.89	00:21:06.98
298	31	9937	JOÃO LOURENÇO	NúcleOeiras	Veterano II	00:42:36.13	00:20:38.42	00:42:29.92	00:20:32.21
299	159	7596	FILIPE MIGUEL DE JESUS TELES	Individual	Senior	00:42:37.76	00:20:50.82	00:42:30.21	00:20:43.27
300	160	7165	HUGO DOMINGOS	Linda-a-Pastora Sporting Clube	Senior	00:42:38.12	00:21:07.06	00:42:38.12	00:21:07.06

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
301	161	13703	ANGELO CANETO	EUROPCAR	Senior	00:42:38.75	00:20:48.78	00:41:55.72	00:20:05.75
302	162	7881	MIGUEL CUNHA	Individual	Senior	00:42:38.87	00:21:54.66	00:41:49.46	00:21:05.25
303	48	9346	DARIO CABETE	CCRD Burinhosa	Veterano I	00:42:39.43	00:21:30.36	00:42:10.21	00:21:01.14
304	163	9417	ANDRÉ SALGUEIRO	CCRD Burinhosa	Senior	00:42:40.04	00:21:31.67	00:42:09.09	00:21:00.72
305	49	9370	NUNO ALMEIDA	Individual	Veterano I	00:42:43.16	00:21:32.70	00:42:08.98	00:20:58.52
306	32	11183	JOÃO CADETE	Individual, --	Veterano II	00:42:43.84	00:21:37.34	00:42:07.41	00:21:00.91
307	13	13180	SÓNIA SOUSA	ATLETISMO SLB	Senior Fem	00:42:44.02	00:20:58.05	00:42:44.02	00:20:58.05
308	8	11053	FRANCISCO MOUCHINHO	Individual	Veterano V	00:42:44.13	00:20:57.77	00:42:36.83	00:20:50.47
309	50	12674	FERNANDO GODINHO	ITAU, SA	Veterano I	00:42:45.76	00:21:24.27	00:42:12.74	00:20:51.25
310	51	9080	FERNANDO TAVARES	MARRIOTT LISBOA	Veterano I	00:42:46.94	00:22:10.26	00:41:22.40	00:20:45.72
311	5	9807	MIGUEL ANGELO	NAC-	Junior	00:42:47.42	00:20:03.50	00:42:46.92	00:20:03.00
312	33	13610	LUIS MOTA	Casa Benfica Abrantes	Veterano II	00:42:50.18	00:20:48.55	00:42:50.18	00:20:48.55
313	14	13181	MARIANA MOTA	ATLETISMO SLB	Senior Fem	00:42:50.31	00:20:48.08	00:42:50.31	00:20:48.08
314	22	7079	LUIS MARTINS	Os Pinheiros	Veterano III	00:42:52.59	00:20:56.14	00:42:40.66	00:20:44.21
315	164	8012	NUNO REBOCHO	BOMBEIROS V. MONTEMOR-O-NOVO	Senior	00:42:55.35	00:20:58.12	00:42:50.08	00:20:52.85
316	52	10075	PEDRO MIGUEL CORREIA TAVARES CAMACHO	Individual	Veterano I	00:42:56.66	00:21:30.77	00:42:50.45	00:21:24.56
317	23	11650	MÁRIO DUARTE	Individual	Veterano III	00:42:59.57	00:21:22.42	00:42:19.62	00:20:42.47
318	24	7784	JOSÉ MIRANDA	Individual	Veterano III	00:42:59.90	00:21:28.83	00:42:20.79	00:20:49.72
319	53	11583	RUI PEDRO CAMILO BOLOTA	Individual	Veterano I	00:43:00.21	00:21:14.54	00:42:38.92	00:20:53.25
320	165	11089	NELSON TORRES PEREIRA	Individual	Senior	00:43:00.31	00:21:22.96	00:42:35.16	00:20:57.81
321	15	10013	ANTÓNIO JACINTO	AutoJacinto	Veterano IV	00:43:02.74	00:22:16.38	00:42:34.41	00:21:48.05
322	34	10014	JOAQUIM CUNHA	AutoJacinto	Veterano II	00:43:02.78	00:22:16.23	00:42:35.31	00:21:48.76
323	25	12783	CLÁUDIO MIRA	GAA Vila Franca de Xira	Veterano III	00:43:05.32	00:21:12.75	00:42:57.64	00:21:05.07
324	166	7667	VALTER REALISTA	Individual	Senior	00:43:08.08	00:21:07.32	00:42:35.71	00:20:34.95
325	54	12177	JORGE FERREIRA	Peniche a Correr	Veterano I	00:43:09.80	00:21:43.15	00:42:55.11	00:21:28.46
326	55	12627	HERBERTO MONTEIRO	Individual	Veterano I	00:43:10.05	00:21:41.42	00:42:59.40	00:21:30.77
327	167	10738	PEDRO CONCEIÇÃO	Individual	Senior	00:43:10.08	00:21:35.89	00:42:59.05	00:21:24.86
328	26	8564	BENTO RIBEIRO	Individual	Veterano III	00:43:10.51	00:22:01.63	00:42:53.93	00:21:45.05
329	168	12784	VÍTOR NOVAIS	GAA Vila Franca de Xira	Senior	00:43:11.32	00:21:45.85	00:42:42.43	00:21:16.96
330	35	7527	JORGE HUMBERTO DA SILVA FRAGA	Individual	Veterano II	00:43:11.43	00:21:20.72	00:42:37.72	00:20:47.01
331	169	9967	LUIS PEDRO FERREIRA	C.Benfica Algueirão M. Martins	Senior	00:43:12.58	00:21:32.21	00:42:54.89	00:21:14.52
332	36	10987	PAULO GUERREIRO	Individual	Veterano II	00:43:13.29	00:22:04.95	00:42:54.30	00:21:45.96
333	56	7502	JOÃO SALGUEIRO ANTUNES	Individual	Veterano I	00:43:13.51	00:22:52.17	00:41:54.82	00:21:33.48
334	57	12511	NUNO SALGUEIRO ANTUNES	INDESIT COMPANY	Veterano I	00:43:13.53	00:22:52.56	00:41:54.12	00:21:33.15
335	170	10638	JOSÉ CARLOS SILVA	Individual	Senior	00:43:13.76	00:22:51.64	00:42:12.40	00:21:50.28
336	16	8317	JOAQUIM FRADE	SS CGD	Veterano IV	00:43:14.28	00:21:46.33	00:42:57.71	00:21:29.76
337	171	11429	PEDRO SANTOS	equipa santos	Senior	00:43:14.32	00:22:08.95	00:42:55.51	00:21:50.14
338	172	9130	PAULO SILVA	Individual	Senior	00:43:16.90	00:20:31.70	00:43:14.27	00:20:29.07
339	173	9760	BRUNO AIRES	Individual	Senior	00:43:18.97	00:21:58.14	00:42:25.30	00:21:04.47
340	58	9478	PEDRO PINTO	Individual	Veterano I	00:43:19.32	00:21:38.83	00:43:19.32	00:21:38.83
341	174	8167	ARTUR FREIRE	CCD Crédito Agrícola Mútuo	Senior	00:43:21.31	00:22:40.31	00:41:44.69	00:21:03.69
342	59	8232	FERNANDO GOMES	Unidos da Manutenção	Veterano I	00:43:23.62	00:21:15.47	00:43:19.86	00:21:11.71
343	175	9238	TIAGO DAVID HENRIQUES SILVA	Individual	Senior	00:43:26.10	00:19:59.28	00:43:08.94	00:19:42.12
344	17	11036	ANTÓNIO PEREIRA	C. CAMPISMO S. JOÃO DA MADEIRA	Veterano IV	00:43:26.14	00:22:23.06	00:43:01.50	00:21:58.42
345	60	9297	PAULO CECÍLIO	Individual	Veterano I	00:43:26.76	00:21:19.85	00:43:23.02	00:21:16.11
346	9	13274	CARLOS MONTEIRO	Individual	Veterano V	00:43:27.80	00:22:24.28	00:43:03.09	00:21:59.57
347	176	13394	PEDRO CABRAL	Individual	Senior	00:43:28.54	00:21:36.72	00:43:15.67	00:21:23.85
348	61	9936	JOSÉ TEIXEIRA	NúcleoOeiras	Veterano I	00:43:29.30	00:21:12.79	00:43:22.44	00:21:05.93
349	10	9532	LUÍS CARVALHO	Pontével a Mexer	Veterano V	00:43:29.46	00:21:29.04	00:42:59.79	00:20:59.37
350	177	9460	NUNO CARVALHO	Individual	Senior	00:43:29.60	00:21:16.01	00:43:19.41	00:21:05.82

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
351	37	9431	FERNANDO SOUSA	Individual	Veterano II	00:43:29.76	00:22:30.90	00:42:04.19	00:21:05.33
352	178	12588	FILIFE FERREIRA	COFINA RUNNERS	Senior	00:43:29.77	00:21:59.83	00:43:07.07	00:21:37.13
353	179	7581	NELSON OLIVEIRA	CLAC - Entroncamento	Senior	00:43:30.02	00:22:50.01	00:41:36.04	00:20:56.03
354	15	14899	MARIANA POMBO GALRINHO	TRIATLO SLB	Senior Fem	00:43:30.09	00:21:10.87	00:43:30.09	00:21:10.87
355	180	8402	NUNO ROSA	CCD Crédito Agrícola Mútuo	Senior	00:43:36.16	00:22:39.92	00:42:00.73	00:21:04.49
356	181	7124	RUI PEDRO FERREIRA	Individual	Senior	00:43:36.48	00:21:51.57	00:43:09.70	00:21:24.79
357	27	9322	JÚLIO GAMITO	Braguinhas	Veterano III	00:43:37.22	00:21:41.93	00:43:28.63	00:21:33.34
358	182	11001	NUNO MIGUEL DE SOUSA FERREIRA	Individual	Senior	00:43:39.56	00:21:39.71	00:43:11.48	00:21:11.63
359	183	11530	LUIS CAEIRO	PRAFIT CLUB	Senior	00:43:40.35	00:21:20.33	00:43:08.61	00:20:48.59
360	184	10775	ANDRÉ MIRANDA	Miranda	Senior	00:43:40.93	00:22:20.39	00:42:28.01	00:21:07.47
361	185	8302	JORGE NABAIS	VILT Runners	Senior	00:43:43.31	00:22:14.68	00:43:04.01	00:21:35.38
362	186	7810	TONY ALMEIDA	Individual	Senior	00:43:43.96	00:22:08.03	00:43:10.14	00:21:34.21
363	187	12542	DANIEL FARINHA	SS Montepio Geral	Senior	00:43:46.81	00:21:44.03	00:42:51.80	00:20:49.02
364	188	8666	ANDERSON DIAS	Run Buddy Run	Senior	00:43:47.36	00:20:57.02	00:43:39.06	00:20:48.72
365	11	9230	ADELINO SEMEDO	Individual	Veterano V	00:43:47.90	00:21:51.44	00:43:35.88	00:21:39.42
366	62	8137	ANDRÉ COELHO	Os Galgos	Veterano I	00:43:49.88	00:21:26.01	00:43:49.71	00:21:25.84
367	189	13377	JOAO VILAS	Individual	Senior	00:43:50.58	00:21:57.94	00:43:36.92	00:21:44.28
368	190	12600	NUNO TINTIM	CREDIBOM	Senior	00:43:52.77	00:22:51.13	00:43:22.71	00:22:21.07
369	191	7674	JORGE FILIPE NUNES	BPIRunners	Senior	00:43:53.06	00:22:04.06	00:43:46.71	00:21:57.71
370	38	13458	RUI FARIA	Casa Benfica Figueira da Foz	Veterano II	00:43:53.12	00:21:49.29	00:43:35.18	00:21:31.35
371	39	7804	JOSÉ NUNES	Individual	Veterano II	00:43:55.76	00:22:17.45	00:43:10.93	00:21:32.62
372	192	7099	JOEL RODRIGUES	Individual	Senior	00:43:56.90	00:22:05.66	00:43:18.62	00:21:27.38
373	63	10290	JOÃO OLIVEIRA	U.D.F.A.C.	Veterano I	00:43:57.06	00:22:05.20	00:43:48.54	00:21:56.68
374	16	8517	RENATA FERNANDES	Individual	Senior Fem	00:43:57.22	00:21:34.81	00:43:51.32	00:21:28.91
375	193	12317	CRISTOVÃO FILIPE SANTOS PEDROSA	COLABORADOR SLB	Senior	00:43:58.35	00:22:31.07	00:43:29.19	00:22:01.91
376	194	11576	JOÃO FRAGOSO	Individual	Senior	00:43:58.51	00:21:50.58	00:43:21.62	00:21:13.69
377	195	8768	RUI MIGUEL RAMOS JORGE	Individual	Senior	00:43:58.74	00:21:56.30	00:43:40.47	00:21:38.03
378	12	8153	LUIZ FERRÃO	Linda-a-Pastora Sporting Clube	Veterano V	00:43:59.63	00:21:51.17	00:43:56.43	00:21:47.97
379	196	7216	PEDRO FERNANDES	Individual	Senior	00:44:00.13	00:21:54.47	00:43:46.33	00:21:40.67
380	40	10462	JOAO CALDAS	NUCLEO DESPORTIVO AUTOCOOPE	Veterano II	00:44:01.37	00:22:11.09	00:43:15.68	00:21:25.40
381	197	7164	HUGO SILVA	Individual	Senior	00:44:02.83	00:23:05.56	00:42:24.00	00:21:26.73
382	198	8001	CARLOS SILVA	BOMBEIROS MONTEMOR-O-NOVO	Senior	00:44:03.37	00:21:40.35	00:43:45.29	00:21:22.27
383	199	9989	NUNO SETÚBAL	Individual	Senior	00:44:03.62	00:21:40.14	00:43:38.55	00:21:15.07
384	200	10538	FILIFE BATE	Beja Atlético Clube	Senior	00:44:03.73	00:22:29.30	00:42:48.25	00:21:13.82
385	201	7684	NUNO OLIVEIRA	Bloco de Este	Senior	00:44:04.34	00:21:29.66	00:44:01.87	00:21:27.19
386	64	13278	CLAUDIO ROCHA	Individual	Veterano I	00:44:05.33	00:22:39.85	00:43:05.99	00:21:40.51
387	65	7285	ANTÓNIO MANUEL CARVALHO SILVA LEAL	Marinhais AC	Veterano I	00:44:05.49	00:21:47.67	00:43:52.96	00:21:35.14
388	28	11543	LUIS FILIFE SALVADOR	Hotel Mira Paiva	Veterano III	00:44:06.33	00:22:20.22	00:43:28.26	00:21:42.15
389	202	10641	TELMO PATRÍCIO	Individual	Senior	00:44:07.54	00:22:52.56	00:43:06.83	00:21:51.85
390	2	8486	DEONILDE COSTA	Individual	Veterana Fem I	00:44:07.92	00:21:43.78	00:44:03.02	00:21:38.88
391	66	7945	NUNO SIMAO	Individual	Veterano I	00:44:08.78	00:21:45.08	00:43:32.65	00:21:08.95
392	203	9511	HELDER MANUEL CARDINHA GRAVE	Individual	Senior	00:44:08.91	00:21:20.62	00:44:02.57	00:21:14.28
393	204	7023	PEDRO MARTINS	Pedros	Senior	00:44:11.75	00:22:44.43	00:43:09.07	00:21:41.75
394	41	9724	JÓÃO ROQUE	União de Tomar	Veterano II	00:44:12.77	00:22:18.53	00:44:07.33	00:22:13.09
395	67	12678	ANTÓNIO JOSÉ M. DAS PAZES	ITAU, SA	Veterano I	00:44:14.05	00:22:03.75	00:43:41.63	00:21:31.33
396	205	8722	HUMBERTO CRUZ	Individual	Senior	00:44:14.54	00:21:55.10	00:43:40.09	00:21:20.65
397	42	8496	JOAO MARAL	SS CGD	Veterano II	00:44:17.30	00:22:23.64	00:43:58.44	00:22:04.78
398	3	12513	FILIPA CUNHA	INDESIT COMPANY	Veterana Fem I	00:44:17.61	00:22:52.63	00:43:01.40	00:21:36.42
399	43	8659	PAULO SANTOS	Individual	Veterano II	00:44:19.01	00:21:53.81	00:44:16.04	00:21:50.84
400	206	11061	MARCO FERREIRA	Individual	Senior	00:44:21.39	00:21:56.32	00:44:07.97	00:21:42.90

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
401	207	13321	MANUEL ANTÓNIO DIAS FERNANDES	Individual	Senior	00:44:21.87	00:22:23.06	00:43:53.88	00:21:55.07
402	2	13237	DANIEL ALCANTARA	Individual	Outra Cat	00:44:22.64	00:21:52.08	00:43:56.32	00:21:25.76
403	208	10966	ELTON ALMEIDA	Coxos	Senior	00:44:22.82	00:22:37.28	00:42:29.96	00:20:44.42
404	44	7440	CARLOS MANUEL PEREIRA VISEU	Individual	Veterano II	00:44:23.18	00:22:02.70	00:44:04.55	00:21:44.07
405	45	12148	LUIS MENDONÇA	Peniche a Correr	Veterano II	00:44:23.91	00:22:12.62	00:44:08.45	00:21:57.16
406	29	10460	JUVENAL MOREIRA	NUCLEO DESPORTIVO AUTOCOOPE	Veterano III	00:44:23.94	00:22:10.99	00:44:12.23	00:21:59.28
407	6	10841	EMANUEL RODRIGUES CARREIRA	Correr Andando	Junior	00:44:24.63	00:22:32.26	00:43:58.28	00:22:05.91
408	46	13385	MÁRIO LOURENÇO	Individual	Veterano II	00:44:24.95	00:22:13.30	00:44:20.91	00:22:09.26
409	209	9744	PEDRO FILIPE AFONSO MARQUES DIAS	Individual	Senior	00:44:25.58	00:22:46.80	00:43:20.17	00:21:41.39
410	210	11016	TIAGO ANTÓNIO FERNANDES GOMES	Individual	Senior	00:44:25.83	00:22:47.24	00:43:43.49	00:22:04.90
411	211	7128	HUGO MENDONÇA	INIJOVEM - Nisa	Senior	00:44:25.87	00:22:30.16	00:43:14.56	00:21:18.85
412	47	7004	PAULO FONSECA	Individual	Veterano II	00:44:25.97	00:22:07.53	00:44:03.02	00:21:44.58
413	212	10288	MANUEL ROQUE	U.D.F.A.C.	Senior	00:44:25.99	00:22:24.49	00:43:54.24	00:21:52.74
414	68	13685	JOAQUIM SANTOS	EUROPCAR	Veterano I	00:44:26.50	00:21:25.41	00:44:18.97	00:21:17.88
415	18	7534	JOAQUIM JOSE VALERIO GROU AFONSO	Individual	Veterano IV	00:44:26.57	00:22:12.86	00:43:57.20	00:21:43.49
416	213	7335	RUI MESTRE	Individual	Senior	00:44:27.03	00:23:50.66	00:42:32.27	00:21:55.90
417	214	9691	TIAGO FERNANDES	Real Clube Galhardense	Senior	00:44:27.64	00:23:11.32	00:43:16.59	00:22:00.27
418	69	9362	AURÉLIO ANDORINHA	Vitória futebol Clube	Veterano I	00:44:28.79	00:22:03.85	00:44:20.37	00:21:55.43
419	215	12458	LUIS FILIPE FERREIRA RIBEIRO	Individual	Senior	00:44:29.15	00:22:22.47	00:43:52.97	00:21:46.29
420	216	11940	NUNO PAULINO	SPORTINBET	Senior	00:44:29.86	00:21:31.94	00:44:29.30	00:21:31.38
421	3	8813	JOAO ROSA	Atletismo Aguias de Alpiarca	Outra Cat	00:44:29.93	00:20:58.08	00:44:29.93	00:20:58.08
422	70	10114	PAULO MENEZES	Individual	Veterano I	00:44:30.65	00:23:18.95	00:43:20.97	00:22:09.27
423	17	12190	MANUELA PEREIRA	PEPSICO	Senior Fem	00:44:30.90	00:23:19.23	00:43:21.23	00:22:09.56
424	30	12044	PAULO ALEXANDRE CAETANO MARQUES	Individual	Veterano III	00:44:31.78	00:22:01.92	00:44:20.66	00:21:50.80
425	217	8708	CARLOS MOREIRA	Frederico Silva Running Team	Senior	00:44:32.45	00:22:20.36	00:44:27.65	00:22:15.56
426	31	10715	JOAO MARREIROS	Individual	Veterano III	00:44:32.75	00:22:29.62	00:44:10.69	00:22:07.56
427	218	12822	FÁBIO LOPES	Valejas A C	Senior	00:44:33.55	00:22:16.21	00:44:11.81	00:21:54.47
428	19	7189	JOSE FIGUEIREDO	Individual	Veterano IV	00:44:35.38	00:22:28.20	00:44:24.25	00:22:17.07
429	219	10640	CHISTOPHER MONTEIRO	Individual	Senior	00:44:35.52	00:22:53.93	00:43:33.59	00:21:52.00
430	220	9694	HUGO ROCHA	Zezes	Senior	00:44:35.67	00:23:27.33	00:43:06.17	00:21:57.83
431	71	8309	RUI MOREIRA	CCD Crédito Agrícola Mútuo	Veterano I	00:44:36.16	00:23:09.38	00:43:00.49	00:21:33.71
432	221	10244	TIAGO NUNES ANTUNES	Individual	Senior	00:44:36.33	00:21:56.05	00:44:36.33	00:21:56.05
433	48	12624	LUIS GRILO	Individual	Veterano II	00:44:36.88	00:23:04.95	00:44:36.88	00:23:04.95
434	72	9723	HÉLDER FÉLIX	União de Tomar	Veterano I	00:44:38.06	00:22:17.97	00:44:33.60	00:22:13.51
435	222	7129	RAFAEL CEBOLA	INIJOVEM - Nisa	Senior	00:44:40.01	00:23:01.22	00:43:08.12	00:21:29.33
436	20	13110	HERLANDER MARTINS	G. DESP. SÃO DOMINGOS	Veterano IV	00:44:40.40	00:23:27.24	00:42:41.63	00:21:28.47
437	32	10842	RUI MANUEL PEREIRA CARREIRA	Correr Andando	Veterano III	00:44:41.15	00:22:36.72	00:44:19.15	00:22:14.72
438	73	8981	CARLOS JESUS	Individual	Veterano I	00:44:41.39	00:22:57.78	00:43:33.79	00:21:50.18
439	223	8404	GONÇALO FERREIRA	CCD Crédito Agrícola Mútuo	Senior	00:44:41.71	00:23:21.83	00:43:02.34	00:21:42.46
440	224	15261	JOSÉ MOREIRA	JORNAL A BOLA	Senior	00:44:42.89	00:21:41.28	00:44:38.38	00:21:36.77
441	225	11153	RICARDO MARTINS PEREIRA	Run, Pipoca, Run, --	Senior	00:44:43.67	00:23:46.27	00:42:04.72	00:21:07.32
442	18	7188	EMILIA DA CONCEICAO	Individual	Senior Fem	00:44:45.07	00:21:53.43	00:44:43.69	00:21:52.05
443	226	8827	ÁLVARO POUÇOCHINHO SILVA	Horas Extra Running Team	Senior	00:44:45.61	00:22:22.73	00:44:45.61	00:22:22.73
444	227	15304	HELDER FILIPE TAVARES MORGADO	JOGOS SANTA CASA	Senior	00:44:46.65	00:23:24.07	00:43:40.90	00:22:18.32
445	228	11760	VASCO QUINTILIANO FACUNDO MARÇALO	COLABORADOR SLB	Senior	00:44:47.58	00:22:43.77	00:43:35.14	00:21:31.33
446	33	7880	LUIS DUQUE	Individual	Veterano III	00:44:49.40	00:21:38.60	00:44:34.18	00:21:23.38
447	49	9801	PAULO FERNANDES	AFIS-Ovar	Veterano II	00:44:50.75	00:22:45.29	00:44:40.98	00:22:35.52
448	229	12707	LUIS SEMEDO	REVISTA MISTICA	Senior	00:44:50.79	00:22:53.62	00:44:11.44	00:22:14.27
449	19	12416	SANDRA VICENTE	GENIUS	Senior Fem	00:44:51.00	00:22:00.24	00:44:47.67	00:21:56.91
450	230	11106	PEDRO MIGUEL LUCAS CARVALHO	Individual	Senior	00:44:52.02	00:22:46.99	00:44:10.50	00:22:05.47

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
451	231	12442	PEDRO MIGUEL VILHENA CASTANHA	RUN AWAY TEAM	Senior	00:44:52.17	00:22:36.67	00:44:30.72	00:22:15.22
452	232	10059	JOSÉ CRUZ	daCruz	Senior	00:44:52.78	00:22:19.32	00:44:47.51	00:22:14.05
453	13	8414	JOSÉ LOPES CAETANO	CLUBE COLABORADORES AXA	Veterano V	00:44:53.33	00:22:43.34	00:44:12.51	00:22:02.52
454	233	8413	MIGUEL TRUNINGER SOUSA	CLUBE COLABORADORES AXA	Senior	00:44:53.35	00:22:15.92	00:44:13.03	00:21:35.60
455	74	10737	PAULO PICÃO	Individual	Veterano I	00:44:54.45	00:22:31.38	00:44:41.43	00:22:18.36
456	21	9718	GERMANO NUNES PIRES	Individual	Veterano IV	00:44:54.79	00:22:55.42	00:44:04.18	00:22:04.81
457	75	8484	JOSÉ AMARO	Team Baía do Seixal	Veterano I	00:44:56.43	00:22:55.78	00:44:19.83	00:22:19.18
458	50	7916	PEDRO MARTINHO	Individual	Veterano II	00:44:57.67	00:21:20.18	00:44:55.52	00:21:18.03
459	51	10369	DINIS ANTÓNIO CARVALHO MENDES	Individual	Veterano II	00:44:57.73	00:22:09.72	00:44:55.79	00:22:07.78
460	52	9898	GERRY SANITZ	Odebrecht Portugal b	Veterano II	00:44:57.82	00:22:41.25	00:44:39.07	00:22:22.50
461	234	10446	DAVIDE NUNES	GRUPO AMIGOS DO PRESIDENTE	Senior	00:44:58.30	00:22:11.74	00:44:15.97	00:21:29.41
462	22	11365	CARLOS ALBERTO COELHO	C.A. Amigos Parque da Paz	Veterano IV	00:44:58.60	00:22:24.13	00:44:33.08	00:21:58.61
463	76	15269	PAULO CARMO	JORNAL A BOLA	Veterano I	00:44:58.86	00:21:53.58	00:44:58.54	00:21:53.26
464	23	9316	MARIO ALVES	Individual	Veterano IV	00:44:59.16	00:24:14.39	00:42:29.02	00:21:44.25
465	77	10470	MIGUEL MENDES RIBEIRO	Individual	Veterano I	00:44:59.87	00:22:23.71	00:44:37.99	00:22:01.83
466	14	7511	CARLOS MANUEL DA SILVA CAEIRO	Individual	Veterano V	00:45:00.42	00:22:29.17	00:44:54.30	00:22:23.05
467	78	13565	NUNO SILVA	INTOTTUM	Veterano I	00:45:02.70	00:22:15.08	00:44:50.38	00:22:02.76
468	235	15145	LAURINDO CARNEIRO	DAIKIN	Senior	00:45:04.99	00:22:54.17	00:44:12.91	00:22:02.09
469	53	9015	PAULO SANTOS	Individual	Veterano II	00:45:05.03	00:22:54.50	00:44:31.65	00:22:21.12
470	54	12048	JORGE AFONSO CARVALHO	Individual	Veterano II	00:45:06.62	00:23:14.37	00:44:28.81	00:22:36.56
471	79	9603	FILIPE BRANCO SANTOS	Individual	Veterano I	00:45:06.76	00:22:49.12	00:45:06.76	00:22:49.12
472	34	13093	AUGUSTO MARQUES GASPAR	HOSPITAL DA LUZ	Veterano III	00:45:07.46	00:22:56.61	00:44:59.63	00:22:48.78
473	236	12135	JOÃO LUÍS VIEIRA PAULINO VALENTE	Individual	Senior	00:45:07.71	00:22:07.64	00:44:53.10	00:21:53.03
474	24	8670	ISIDRO FERREIRA	Individual	Veterano IV	00:45:08.15	00:22:23.78	00:44:52.12	00:22:07.75
475	237	11509	JOÃO MONIZ	Ass GD Academia do Korpo	Senior	00:45:09.63	00:22:18.73	00:44:43.77	00:21:52.87
476	55	9001	CARLOS SERRA	Individual	Veterano II	00:45:10.83	00:23:45.48	00:43:52.13	00:22:26.78
477	238	10116	ARMANDO CORREIA	Sporting Clube de Casainhos	Senior	00:45:11.03	00:24:01.65	00:42:22.05	00:21:12.67
478	239	11469	PEDRO AMARAL GOUVEIA	COLABORADOR SLB	Senior	00:45:11.87	00:23:52.23	00:44:12.60	00:22:52.96
479	240	9192	TIAGO JOSÉ ALVES	Individual	Senior	00:45:12.45	00:23:23.90	00:44:02.22	00:22:13.67
480	35	7130	BENTO SEMEDO	INIJOVEM - Nisa	Veterano III	00:45:12.58	00:23:20.10	00:43:59.17	00:22:06.69
481	241	13472	ANTÓNIO MASSANO	Casa do Benfica no Seixal	Senior	00:45:13.13	00:23:38.59	00:43:48.37	00:22:13.83
482	242	12787	MAURO PIMENTA	GAA Vila Franca de Xira	Senior	00:45:13.61	00:22:57.82	00:44:44.33	00:22:28.54
483	36	12785	ANTÓNIO RIBEIRO	GAA Vila Franca de Xira	Veterano III	00:45:14.58	00:22:58.04	00:44:44.16	00:22:27.62
484	80	8571	JOÃO JUSTO	Clube Desportivo Ribereense	Veterano I	00:45:14.72	00:22:32.70	00:44:57.43	00:22:15.41
485	243	9858	SÉRGIO MANSO	Individual, --	Senior	00:45:14.93	00:22:49.74	00:44:59.14	00:22:33.95
486	244	12473	ANDRE VASCONCELOS	Individual	Senior	00:45:17.51	00:23:25.79	00:44:28.30	00:22:36.58
487	245	12146	CESAR MIGUEL SANTOS	Peniche a Correr	Senior	00:45:20.19	00:22:12.58	00:45:04.07	00:21:56.46
488	246	10022	ANDRÉ FILIPE	Bootcamp Sesimbra	Senior	00:45:20.37	00:23:00.03	00:44:11.97	00:21:51.63
489	247	7021	PEDRO RIBEIRO	Individual	Senior	00:45:20.40	00:23:23.77	00:43:54.23	00:21:57.60
490	25	10316	ALVARO OLIVEIRA	NAC:	Veterano IV	00:45:20.99	00:22:07.32	00:45:00.63	00:21:46.96
491	248	7269	MIGUEL CARDOSO	Individual	Senior	00:45:21.44	00:23:40.88	00:43:13.05	00:21:32.49
492	56	11373	AMADEU BRIGAS	SERVIÇOS SOCIAIS da CML	Veterano II	00:45:22.71	00:23:23.51	00:45:12.66	00:23:13.46
493	249	8446	FRANCISCO TEIXEIRA	GRUN	Senior	00:45:22.90	00:23:48.39	00:43:19.93	00:21:45.42
494	57	11097	JOAQUIM VIEGAS	Beja Atlético Clube	Veterano II	00:45:23.11	00:23:48.23	00:43:03.63	00:21:28.75
495	81	9411	CLAUDIO NEVES	CCRD Burinhosa	Veterano I	00:45:25.00	00:22:42.75	00:44:50.18	00:22:07.93
496	250	15287	PEDRO FERNANDES	CÂMARA LISBOA CLUBE	Senior	00:45:25.34	00:22:16.77	00:44:57.65	00:21:49.08
497	82	14896	JOÃO VALHELHAS	Individual	Veterano I	00:45:25.55	00:22:16.23	00:44:58.33	00:21:49.01
498	251	15286	IVO NOGUEIRA	CÂMARA LISBOA CLUBE	Senior	00:45:25.65	00:22:15.10	00:44:58.63	00:21:48.08
499	1	10454	HELENA MARTINS	Amigos Atletismo Mafra	Veterana Fem III	00:45:25.80	00:22:50.19	00:44:45.26	00:22:09.65
500	26	8043	CASIMIRO ABREU	Individual	Veterano IV	00:45:26.29	00:22:38.40	00:45:05.15	00:22:17.26

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
501	15	13427	ANTÓNIO MAURÍCIO	Individual	Veterano V	00:45:26.71	00:23:10.34	00:45:01.91	00:22:45.54
502	58	7039	JOÃO FONSECA	Correr Lisboa	Veterano II	00:45:27.01	00:22:34.05	00:44:25.10	00:21:32.14
503	20	10494	CATARINA NEVES	Individual	Senior Fem	00:45:27.07	00:22:41.14	00:45:10.13	00:22:24.20
504	252	10436	ARTUR GONÇALVES	OS FLECHAS	Senior	00:45:27.23	00:23:25.24	00:44:19.48	00:22:17.49
505	253	10421	PEDRO PINTO	Individual	Senior	00:45:27.57	00:23:38.63	00:45:03.04	00:23:14.10
506	254	13094	LUIS FILIPE SERRANO RAMOS	HOSPITAL DA LUZ	Senior	00:45:27.60	00:23:17.53	00:44:40.79	00:22:30.72
507	27	13113	ORLANDO SILVA	G. DESP. SÃO DOMINGOS	Veterano IV	00:45:27.62	00:22:53.17	00:43:54.07	00:21:19.62
508	37	13112	JOSÉ TORRES	G. DESP. SÃO DOMINGOS	Veterano III	00:45:28.00	00:22:53.54	00:44:49.67	00:22:15.21
509	16	10217	JOSE FERNANDES	Individual	Veterano V	00:45:28.05	00:22:23.61	00:45:27.31	00:22:22.87
510	255	13241	RODRIGO SILVA	Individual	Senior	00:45:28.33	00:22:54.94	00:44:05.80	00:21:32.41
511	7	11371	POMPEU AIRES	SERVIÇOS SOCIAIS da CML	Junior	00:45:28.36	00:23:23.32	00:45:18.46	00:23:13.42
512	256	11198	RICARDO SEQUEIRA	SS CGD, --	Senior	00:45:28.41	00:23:30.89	00:45:09.77	00:23:12.25
513	59	10575	JOÃO ALFREDO MARQUES	SERVIÇOS SOCIAIS da CML	Veterano II	00:45:28.55	00:23:24.45	00:45:18.48	00:23:14.38
514	257	12469	BRUNO NATÁRIO	Individual	Senior	00:45:28.74	00:24:06.93	00:44:18.56	00:22:56.75
515	83	9357	LUIS CRUZ	Vitória futebol Clube	Veterano I	00:45:29.40	00:22:23.22	00:45:29.40	00:22:23.22
516	17	10763	ORLINDO FIGUEIREDO	SS CGD	Veterano V	00:45:29.44	00:22:43.14	00:45:23.79	00:22:37.49
517	84	12137	NUNO PACHECO	Individual	Veterano I	00:45:29.54	00:22:37.20	00:45:07.49	00:22:15.15
518	60	8814	FAUSTO ISAAC	Açoreana Clube Banif	Veterano II	00:45:29.68	00:23:32.44	00:43:32.07	00:21:34.83
519	258	8829	NUNO RODRIGUES	Individual	Senior	00:45:29.77	00:21:57.65	00:45:04.81	00:21:32.69
520	259	10815	AGOSTINHO MIGUEL FERREIRA DA SILVA	Individual	Senior	00:45:29.87	00:23:32.82	00:44:13.04	00:22:15.99
521	260	12149	ANDRÉ CARDOSO	Peniche a Correr	Senior	00:45:30.50	00:22:13.49	00:45:17.11	00:22:00.10
522	61	7803	LIBERTO SANTOS	Individual	Veterano II	00:45:31.36	00:23:03.82	00:45:31.36	00:23:03.82
523	261	13767	ANTÓNIO GODINHO	GRUPO ADIDAS	Senior	00:45:31.82	00:24:09.76	00:44:16.51	00:22:54.45
524	38	11742	LUIS LAPA	PROSEGUR	Veterano III	00:45:32.80	00:23:54.08	00:44:42.53	00:23:03.81
525	262	12030	SÍLVIO ROMÃO	Individual	Senior	00:45:32.86	00:23:33.52	00:44:13.39	00:22:14.05
526	263	8098	MÁRIO BASTARDO	Individual	Senior	00:45:32.86	00:23:30.42	00:44:28.90	00:22:26.46
527	62	12326	JOSÉ MANUEL TÁTÁ FALÉ	Convidado colaborador SLB	Veterano II	00:45:33.82	00:24:18.36	00:43:22.06	00:22:06.60
528	264	8616	ARMINDO BOTO	Individual	Senior	00:45:33.93	00:25:51.91	00:41:00.60	00:21:18.58
529	265	7385	RAUL COELHO	Individual	Senior	00:45:34.58	00:23:08.89	00:45:03.01	00:22:37.32
530	85	11972	JOSÉ CASIMIRO ALEGRIA FERNANDES	Individual	Veterano I	00:45:34.70	00:22:42.51	00:45:04.75	00:22:12.56
531	28	7442	ARMANDO OLIVEIRA	Individual	Veterano IV	00:45:34.93	00:22:05.29	00:45:26.93	00:21:57.29
532	266	10658	MÁRCIO FERNANDES	Individual	Senior	00:45:35.07	00:25:29.96	00:41:07.47	00:21:02.36
533	267	13766	HUGO MEDRONHEIRA	GRUPO ADIDAS	Senior	00:45:35.24	00:24:09.00	00:44:19.84	00:22:53.60
534	268	13229	FLÁVIO FIGUEIREDO	PUPILOS DO EXÉRCITO	Senior	00:45:36.04	00:25:25.17	00:41:33.89	00:21:23.02
535	269	7406	DANIEL REIS	Individual	Senior	00:45:36.28	00:23:08.33	00:45:36.28	00:23:08.33
536	39	7485	JOAQUIM AZEVEDO	Individual	Veterano III	00:45:36.74	00:23:39.91	00:44:53.71	00:22:56.88
537	40	12039	JOSÉ SILVA	Individual	Veterano III	00:45:37.46	00:21:57.44	00:45:37.46	00:21:57.44
538	63	13406	ARMANDO JORGE VIEIRA DIAS	Individual	Veterano II	00:45:38.28	00:23:08.32	00:45:34.15	00:23:04.19
539	270	11755	LUIS PEDRO NUNES	Individual	Senior	00:45:40.53	00:24:49.93	00:43:32.15	00:22:41.55
540	41	13310	DANIEL LOPES	Individual	Veterano III	00:45:41.64	00:25:16.73	00:44:24.17	00:23:59.26
541	271	10517	PEDRO PAULINO	Individual	Senior	00:45:41.90	00:23:03.98	00:44:45.70	00:22:07.78
542	86	12028	BRUNO FARIA	Individual	Veterano I	00:45:42.33	00:22:02.52	00:45:39.72	00:21:59.91
543	272	8662	RICARDO CONCEIÇÃO	Individual	Senior	00:45:42.44	00:22:09.07	00:45:39.79	00:22:06.42
544	273	11384	RICARDO CABAÇO	Convidado colaborador SLB	Senior	00:45:43.02	00:25:01.53	00:41:42.24	00:21:00.75
545	64	10526	HELDER MARQUES	SOCIEDADE RECREATIVA CAMARNAL	Veterano II	00:45:43.11	00:23:18.38	00:44:36.16	00:22:11.43
546	42	11923	OLÍMPIO CARVALHO	Ases dos Ares	Veterano III	00:45:43.47	00:22:41.76	00:45:30.66	00:22:28.95
547	29	13751	CARLOS RODRIGUES	GRUPO ADIDAS	Veterano IV	00:45:44.21	00:23:42.52	00:44:09.26	00:22:07.57
548	274	7126	NUNO MIGUEL CRUZ	Individual	Senior	00:45:44.88	00:23:24.64	00:44:20.18	00:21:59.94
549	275	12331	TELMO MATOS	Papa-almoços	Senior	00:45:45.02	00:23:41.36	00:44:36.36	00:22:32.70
550	276	7489	HELDER VALADAS	OS PERIGOSOS	Senior	00:45:47.01	00:22:45.64	00:45:29.59	00:22:28.22

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
551	277	15282	DAVID ANTUNES	CÂMARA LISBOA CLUBE	Senior	00:45:48.13	00:23:09.27	00:44:51.86	00:22:13.00
552	278	11233	RICARDO JORGE LOPES PEREIRA	Individual, --	Senior	00:45:48.60	00:22:17.35	00:45:46.58	00:22:15.33
553	279	13749	TIAGO ALVES	GRUPO ADIDAS	Senior	00:45:48.74	00:23:04.43	00:44:54.38	00:22:10.07
554	280	10347	EDUARDO MARQUES	Individual	Senior	00:45:48.89	00:22:27.11	00:45:39.85	00:22:18.07
555	30	8004	ABILIO CATARRO	BOMBEIROS V. MONTEMOR-O-NOVO	Veterano IV	00:45:49.52	00:22:20.82	00:45:46.00	00:22:17.30
556	87	10057	EMANUEL CRUZ	daCruz	Veterano I	00:45:49.92	00:22:19.49	00:45:48.24	00:22:17.81
557	281	7012	BRUNO ESTEVES	Individual	Senior	00:45:50.08	00:23:18.40	00:45:50.08	00:23:18.40
558	31	10392	ARLINDO PINTO	AFIS/Ovar	Veterano IV	00:45:50.55	00:23:26.80	00:45:45.69	00:23:21.94
559	282	8607	CARLOS MARQUES	Individual	Senior	00:45:51.51	00:23:06.18	00:45:39.56	00:22:54.23
560	283	11712	NUNO POEIRA	ccr carrascal	Senior	00:45:51.94	00:22:43.89	00:45:45.00	00:22:36.95
561	284	9607	DANIEL S	Individual	Senior	00:45:52.40	00:23:14.23	00:45:06.98	00:22:28.81
562	285	9590	BRUNO GONÇALVES	FAPOC	Senior	00:45:53.28	00:25:03.99	00:44:12.69	00:23:23.40
563	286	8569	ANTÓNIO PALMEIRA	Clube Desportivo Ribeirense	Senior	00:45:55.17	00:22:33.28	00:45:37.44	00:22:15.55
564	287	8352	FÁBIO MOÇO	Individual	Senior	00:45:55.52	00:22:14.44	00:45:53.51	00:22:12.43
565	288	9578	TIAGO BALEIA	Caracóis de Pedra	Senior	00:45:56.51	00:23:31.98	00:45:00.96	00:22:36.43
566	289	8777	LEONEL VIEGAS	Pastelaria Charly's	Senior	00:45:56.83	00:22:40.23	00:45:28.43	00:22:11.83
567	290	11569	ELIO SOUSA	Individual	Senior	00:45:56.89	00:22:14.49	00:45:24.56	00:21:42.16
568	291	7192	ABEL PIRES VIEIRA GONÇALVES	Individual	Senior	00:45:57.63	00:22:46.00	00:45:42.75	00:22:31.12
569	292	12041	NUNO SARAIVA	Individual	Senior	00:45:57.81	00:24:13.75	00:43:41.34	00:21:57.28
570	293	7227	SAMUEL TEIXEIRA	Individual	Senior	00:45:58.21	00:23:10.37	00:45:34.41	00:22:46.57
571	294	10963	JOÃO FILIPE PINTO RIBAU	Individual	Senior	00:45:58.24	00:23:50.94	00:44:06.19	00:21:58.89
572	88	13476	CARLOS CORREIA	Casa Benfica Torres Vedras	Veterano I	00:45:58.65	00:23:04.48	00:45:32.92	00:22:38.75
573	89	13447	JORGE PINHO	C.Benfica Algueirão M. Martins	Veterano I	00:45:58.94	00:22:32.45	00:45:32.69	00:22:06.20
574	295	12604	RICARDO COSTA	CREDIBOM	Senior	00:45:59.92	00:23:22.22	00:45:15.89	00:22:38.19
575	65	7933	JOSE ANTONIO VENTURA	Individual	Veterano II	00:46:00.28	00:22:38.17	00:45:50.60	00:22:28.49
576	32	13263	FRANCISCO MACHADO	Individual	Veterano IV	00:46:00.51	00:23:55.11	00:45:07.97	00:23:02.57
577	4	11917	JOSE BERNARDO VENTURA	Correr Lisboa	Outra Cat	00:46:00.60	00:22:39.49	00:45:50.55	00:22:29.44
578	296	12602	JOÃO PEDRO SOARES	CREDIBOM	Senior	00:46:00.93	00:23:06.39	00:45:25.72	00:22:31.18
579	43	8008	ANTÓNIO GASPAR	BOMBEIROS V. MONTEMOR-O-NOVO	Veterano III	00:46:02.12	00:25:15.30	00:43:28.91	00:22:42.09
580	90	7876	JULIO SERRAS	Individual	Veterano I	00:46:02.26	00:22:50.70	00:45:41.20	00:22:29.64
581	44	8967	ANTONIO ELISIO GONÇALVES	ccdtmlx	Veterano III	00:46:02.36	00:23:32.19	00:45:14.75	00:22:44.58
582	91	12033	LOURENÇO MENEZES	Individual	Veterano I	00:46:02.69	00:22:10.10	00:46:02.69	00:22:10.10
583	92	11695	FRANCISCO MENDES	Individual	Veterano I	00:46:02.71	00:22:33.41	00:46:01.43	00:22:32.13
584	66	12545	JOÃO PRATAS	KPMG	Veterano II	00:46:02.97	00:22:33.40	00:46:02.97	00:22:33.40
585	297	12715	RICARDO MIGUEL CARREIRA GERALDES	Individual	Senior	00:46:03.08	00:20:27.42	00:46:03.08	00:20:27.42
586	93	10525	VITOR ANTUNES	SOCIEDADE RECREATIVA CAMARNAL	Veterano I	00:46:03.78	00:25:56.18	00:41:47.53	00:21:39.93
587	67	7132	PAULO MARQUES	INIJOVEM - Nisa	Veterano II	00:46:04.78	00:23:42.44	00:44:26.07	00:22:03.73
588	298	7135	BRUNO CHARRINHO	INIJOVEM - Nisa	Senior	00:46:05.19	00:23:20.02	00:44:51.70	00:22:06.53
589	33	9785	JOSE MANTA	AFIS/Ovar	Veterano IV	00:46:05.19	00:23:50.58	00:45:36.27	00:23:21.66
590	299	10706	JOÃO LOPES FERNANDES	Individual	Senior	00:46:05.85	00:23:19.89	00:45:36.57	00:22:50.61
591	300	15066	JORGE CASTANHEIRA	COLABORADOR SLB	Senior	00:46:05.89	00:23:23.52	00:45:27.96	00:22:45.59
592	301	7181	SÉRGIO FELICIANO	Individual	Senior	00:46:07.73	00:23:26.80	00:46:02.09	00:23:21.16
593	68	11662	JOSÉ MARQUES	Individual	Veterano II	00:46:07.77	00:22:07.39	00:45:56.41	00:21:56.03
594	45	10889	PAULO FRANCISCO	Individual	Veterano III	00:46:08.28	00:23:33.34	00:44:48.12	00:22:13.18
595	34	8906	AMÉRICO PALA RODRIGUES	Individual	Veterano IV	00:46:09.16	00:22:41.82	00:46:05.85	00:22:38.51
596	302	8451	JOSÉ MANUEL ALEXANDRE NASCIMENTO COSTA	Individual	Senior	00:46:09.61	00:22:30.27	00:45:51.54	00:22:12.20
597	303	13602	JOÃO GONÇALVES	Casa Benfica Abrantes	Senior	00:46:09.79	00:22:24.22	00:45:30.36	00:21:44.79
598	304	12338	ANDRÉ FILIPE LOURENÇO	Individual	Senior	00:46:09.90	00:24:10.66	00:44:10.73	00:22:11.49
599	18	13453	JORGE CERDEIRA SANTOS	C.Benfica Algueirão M. Martins	Veterano V	00:46:10.51	00:23:32.60	00:45:37.02	00:22:59.11
600	305	9546	CARLOS FERNANDES	C.Benfica Algueirão M. Martins	Senior	00:46:10.98	00:23:32.33	00:45:35.98	00:22:57.33

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
601	306	7123	JOÃO CONSTANTINO	Individual	Senior	00:46:10.99	00:23:52.66	00:44:46.77	00:22:28.44
602	307	7217	DIOGO VALENTE	Individual	Senior	00:46:11.29	00:21:54.75	00:45:56.85	00:21:40.31
603	308	8738	FRANCISCO ZAMBUJO	Individual	Senior	00:46:11.33	00:22:41.05	00:45:33.20	00:22:02.92
604	309	10157	OLIVIER FERREIRA	Individual	Senior	00:46:11.76	00:26:20.98	00:43:21.66	00:23:30.88
605	35	10524	JOSÉ VITOR FRANCO	SOCIEDADE RECREATIVA CAMARNAL	Veterano IV	00:46:12.28	00:22:44.68	00:45:52.77	00:22:25.17
606	94	13312	RUI CABRAL	Individual	Veterano I	00:46:12.89	00:23:55.32	00:45:19.12	00:23:01.55
607	5	12512	RODRIGO CUNHA	INDESIT COMPANY	Outra Cat	00:46:12.94	00:24:27.37	00:44:54.71	00:23:09.14
608	310	7582	RICARDO SILVA	CLAC - Entroncamento	Senior	00:46:12.98	00:22:58.93	00:45:02.91	00:21:48.86
609	311	7973	RUI PINTO	Individual	Senior	00:46:13.03	00:23:08.03	00:45:23.46	00:22:18.46
610	312	8258	VALÉRIO RASTEIRO DA CUNHA	Individual	Senior	00:46:13.37	00:22:17.27	00:46:10.27	00:22:14.17
611	46	8007	JOSÉ CARAVELA	BOMBEIROS V. MONTEMOR-O-NOVO	Veterano III	00:46:14.07	00:25:01.97	00:43:44.08	00:22:31.98
612	313	8533	TIAGO ANDRÉ	Ninho das Águias	Senior	00:46:14.09	00:23:58.70	00:44:59.72	00:22:44.33
613	36	8005	AGOSTINHO PINTO	BOMBEIROS V. MONTEMOR-O-NOVO	Veterano IV	00:46:14.10	00:23:20.67	00:45:54.63	00:23:01.20
614	95	8019	PEDRO ENCARNÇÃO	Individual	Veterano I	00:46:14.13	00:22:42.98	00:46:09.31	00:22:38.16
615	314	13118	LUIS MIGUEL G. S. SANTOS	GRUPO PROSEGUR	Senior	00:46:14.23	00:23:32.59	00:45:22.16	00:22:40.52
616	315	7707	LUIS MIGUEL QUERIDO	Individual	Senior	00:46:14.79	00:24:26.54	00:43:54.49	00:22:06.24
617	316	8791	ALTINO DUARTE BRÁS GONÇALVES	Individual	Senior	00:46:15.62	00:23:31.19	00:45:10.42	00:22:25.99
618	96	11358	PAULO JORGE NEVES REIS	Individual	Veterano I	00:46:15.88	00:23:29.62	00:45:59.53	00:23:13.27
619	47	8783	FERREIRA DUARTE	Individual	Veterano III	00:46:16.39	00:23:12.35	00:46:12.31	00:23:08.27
620	317	12147	JOSÉ MACHADO	Peniche a Correr	Senior	00:46:16.76	00:22:52.54	00:46:16.76	00:22:52.54
621	318	9954	MÁRIO MAÇÃ	C.Benfica Algueirão M. Martins	Senior	00:46:17.74	00:23:21.22	00:46:00.22	00:23:03.70
622	319	11647	NUNO COSTA	CCD TRANQUILIDADE	Senior	00:46:17.94	00:23:33.00	00:45:27.48	00:22:42.54
623	97	7411	JOÃO PEDRO GAMEIRO	Individual	Veterano I	00:46:18.21	00:24:07.80	00:44:04.95	00:21:54.54
624	98	7140	ARTUR SOARES	Individual	Veterano I	00:46:18.22	00:23:00.65	00:46:08.87	00:22:51.30
625	48	11762	ADVENTINO RIBEIRO DA CONCEIÇÃO	Individual	Veterano III	00:46:19.23	00:23:53.19	00:44:34.54	00:22:08.50
626	69	13147	CARLOS SÁ	GRUPO PROSEGUR	Veterano II	00:46:19.47	00:23:40.52	00:45:53.69	00:23:14.74
627	320	11224	RICARDO ALVES	Individual, --	Senior	00:46:20.06	00:22:39.16	00:46:12.42	00:22:31.52
628	321	10457	FRANCISCO CEIA	Individual	Senior	00:46:20.14	00:24:06.16	00:44:36.05	00:22:22.07
629	322	11343	PEDRO MIGUEL RAPOSO	Individual	Senior	00:46:20.60	00:23:40.76	00:45:39.86	00:23:00.02
630	70	9595	AMERICO PIMENTA	Individual	Veterano II	00:46:20.97	00:23:39.24	00:45:55.40	00:23:13.67
631	71	7191	HUMBERTO ROCHA BORGES	Individual	Veterano II	00:46:22.30	00:22:29.97	00:45:58.55	00:22:06.22
632	72	9151	FERNANDO GONÇALVES	Individual	Veterano II	00:46:22.41	00:22:36.58	00:46:07.01	00:22:21.18
633	37	10211	ALBINO TOMÁS	Individual	Veterano IV	00:46:22.83	00:23:03.09	00:46:03.66	00:22:43.92
634	323	7131	JOÃO OLIVEIRA	INIJOVEM - Nisa	Senior	00:46:23.17	00:23:56.21	00:44:55.96	00:22:29.00
635	49	10467	ANTONIO ALMEIDA	NUCLEO DESPORTIVO AUTOCOOPE	Veterano III	00:46:23.42	00:23:36.86	00:45:54.64	00:23:08.08
636	99	8420	VITOR MANUEL BATISTA	CLUBE COLABORADORES AXA	Veterano I	00:46:23.58	00:25:23.20	00:43:58.57	00:22:58.19
637	100	7756	JOÃO CARLOS CUNHA	Individual	Veterano I	00:46:23.59	00:23:31.17	00:45:59.80	00:23:07.38
638	324	10079	PAULO TOMAS	Individual	Senior	00:46:24.25	00:23:17.40	00:45:11.88	00:22:05.03
639	38	15216	VASCO COSTA	JAZZY LIFE CLUB	Veterano IV	00:46:24.42	00:22:52.34	00:45:45.53	00:22:13.45
640	8	7657	JOÃO TRINDADE	Correr Lisboa	Junior	00:46:24.84	00:23:58.19	00:44:57.37	00:22:30.72
641	73	15360	PAULO SANTOS	EDP	Veterano II	00:46:24.84	00:22:45.12	00:45:58.80	00:22:19.08
642	74	7470	JOÃO REBELO	Individual	Veterano II	00:46:25.42	00:23:24.44	00:46:14.06	00:23:13.08
643	21	8359	CÁTIA SOFIA NASCIMENTO	Correr Lisboa	Senior Fem	00:46:25.70	00:23:33.11	00:45:46.23	00:22:53.64
644	325	15307	JOÃO DIOGO NEVES	JOGOS SANTA CASA	Senior	00:46:26.49	00:24:25.25	00:45:02.64	00:23:01.40
645	75	10206	FERNANDO M FERNANDES	Individual	Veterano II	00:46:27.47	00:22:49.40	00:46:22.71	00:22:44.64
646	326	12435	JORGE JESUS	Individual	Senior	00:46:27.69	00:22:58.43	00:46:02.33	00:22:33.07
647	50	8048	PAULO ALEXANDRE CARDOSO TEIXEIRA	Individual	Veterano III	00:46:27.71	00:22:21.53	00:46:27.42	00:22:21.24
648	51	9406	FERNANDO MANUEL PEREIRA	Individual	Veterano III	00:46:27.83	00:23:34.95	00:45:40.17	00:22:47.29
649	39	8260	JOSÉ SILVA	Casa do Benfica no Seixal	Veterano IV	00:46:27.85	00:22:33.76	00:46:07.67	00:22:13.58
650	101	9547	MARCO NÓBREGA	C.Benfica Algueirão M. Martins	Veterano I	00:46:28.10	00:24:39.25	00:46:28.10	00:24:39.25

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
651	102	8235	PEDRO AC CARVALHO	Correr Lisboa	Veterano I	00:46:28.36	00:23:56.52	00:44:57.87	00:22:26.03
652	52	7356	CARLOS DUARTE	Individual	Veterano III	00:46:28.54	00:23:56.50	00:45:04.72	00:22:32.68
653	327	9752	RAFAEL MONTEIRO	Ares do Pinhal	Senior	00:46:28.83	00:24:18.47	00:44:39.27	00:22:28.91
654	328	10825	DIOGO CARNEIRO	Individual	Senior	00:46:29.22	00:24:16.67	00:45:33.45	00:23:20.90
655	329	7831	ARMANDO JORGE LOUREIRO DA SILVA	Autoas Runners	Senior	00:46:29.44	00:23:27.93	00:45:38.70	00:22:37.19
656	103	10000	LEONEL LUCAS	Individual	Veterano I	00:46:30.13	00:23:38.70	00:45:29.88	00:22:38.45
657	76	12427	CARLOS SANTOS	Individual	Veterano II	00:46:31.93	00:23:57.30	00:44:29.36	00:21:54.73
658	19	9767	JOSÉ TEIXEIRA	Casa do Benfica em Aveiro	Veterano V	00:46:32.16	00:23:07.48	00:46:25.13	00:23:00.45
659	77	12622	PAULO DIAS	Individual	Veterano II	00:46:33.10	00:22:16.75	00:46:29.70	00:22:13.35
660	40	9079	ELMAR DERKITSCH	MARRIOTT LISBOA	Veterano IV	00:46:33.39	00:24:00.58	00:45:10.35	00:22:37.54
661	330	8494	PAULO FERNANDES	Individual	Senior	00:46:33.55	00:24:14.64	00:45:20.83	00:23:01.92
662	78	8902	MIGUEL RIBEIRO DA SILVA	Os Caracóis Furiosos	Veterano II	00:46:33.84	00:23:55.51	00:45:10.93	00:22:32.60
663	104	9356	JORGE COSTA	Correr Lisboa	Veterano I	00:46:34.25	00:23:29.19	00:46:09.48	00:23:04.42
664	331	10660	JOÃO SANTOS	Individual	Senior	00:46:35.96	00:25:37.34	00:44:22.53	00:23:23.91
665	332	11347	MARIO SOUSA	Individual	Senior	00:46:36.85	00:22:40.87	00:46:36.85	00:22:40.87
666	105	15121	FRANCISCO PESSOA	ASSOCIAÇÃO O COMPANHEIRO	Veterano I	00:46:37.77	00:24:14.01	00:45:20.25	00:22:56.49
667	79	9601	ANTÓNIO ESCALDA	Os Galgos	Veterano II	00:46:38.94	00:23:36.69	00:46:37.63	00:23:35.38
668	106	9171	HUGO LAMPREIA	Individual	Veterano I	00:46:39.26	00:24:53.57	00:43:42.23	00:21:56.54
669	333	11231	MAURO SÁ PEREIRA	Os Amigos da Alameda, --	Senior	00:46:39.36	00:25:29.63	00:44:14.42	00:23:04.69
670	53	11747	JOSÉ MENDES	PROSEGUR	Veterano III	00:46:41.32	00:23:53.98	00:45:50.88	00:23:03.54
671	334	9994	PATRICK REIS	Individual	Senior	00:46:41.88	00:24:23.92	00:45:06.02	00:22:48.06
672	54	9653	MÁRIO MANUEL CARDOSO ALVES MATEUS	Os Antigos	Veterano III	00:46:42.39	00:23:38.17	00:46:39.05	00:23:34.83
673	335	12118	SÉRGIO PIRES	Valejas A C	Senior	00:46:43.42	00:24:10.91	00:46:12.39	00:23:39.88
674	20	10427	VITOR MOREIRA	Clube EDP - Lisboa	Veterano V	00:46:43.57	00:23:47.09	00:46:28.53	00:23:32.05
675	107	9260	IVO PINA	Os Galgos	Veterano I	00:46:43.78	00:23:14.57	00:46:42.26	00:23:13.05
676	336	11431	JOÃO PIRES	Individual	Senior	00:46:43.88	00:25:17.02	00:43:09.11	00:21:42.25
677	337	8734	VÍTOR MANUEL VALENTE DE ALMEIDA PEREIRA	Individual	Senior	00:46:44.58	00:25:17.65	00:43:09.36	00:21:42.43
678	338	7072	BRUNO PANDAIO	Individual	Senior	00:46:45.06	00:22:49.00	00:46:42.24	00:22:46.18
679	339	11300	ARMINDO ROMANA	Individual, --	Senior	00:46:46.34	00:24:55.74	00:45:16.88	00:23:26.28
680	80	8797	VASCO RAMALHO	BOMBEIROS V. MONTEMOR-O-NOVO	Veterano II	00:46:46.59	00:25:02.61	00:44:15.19	00:22:31.21
681	340	13769	NUNO PINTO	GRUPO ADIDAS	Senior	00:46:47.27	00:24:37.47	00:44:48.19	00:22:38.39
682	41	10995	PAULO LOURO	Individual	Veterano IV	00:46:47.29	00:24:02.81	00:45:14.15	00:22:29.67
683	341	11645	HÉLIO PALMA	CCD TRANQUILIDADE	Senior	00:46:49.08	00:23:00.55	00:46:30.85	00:22:42.32
684	42	13452	ANTÓNIO EDUARDO COELHO	C.Benfica Algueirão M. Martins	Veterano IV	00:46:49.54	00:24:09.01	00:45:41.07	00:23:00.54
685	342	11735	FERNANDO COSTA	Individual	Senior	00:46:49.71	00:22:51.73	00:46:26.64	00:22:28.66
686	43	8935	AUGUSTO AGUIAR	Individual	Veterano IV	00:46:50.39	00:23:17.27	00:46:36.38	00:23:03.26
687	343	7445	MÁRCIO BOTAS	Individual	Senior	00:46:50.75	00:23:59.72	00:46:03.40	00:23:12.37
688	108	7934	ANTÓNIO VALENTE	Individual	Veterano I	00:46:51.28	00:23:36.50	00:46:06.53	00:22:51.75
689	81	11597	RUI ANDRADE	ACS-AMIGOS CORRIDA SALVATERRA	Veterano II	00:46:51.97	00:23:25.52	00:46:24.57	00:22:58.12
690	55	7826	JOSE DIONISIO	alverca urban runners	Veterano III	00:46:53.31	00:23:23.93	00:46:34.30	00:23:04.92
691	21	15117	FERNANDO SANTOS	ASSOCIAÇÃO O COMPANHEIRO	Veterano V	00:46:54.11	00:23:49.23	00:46:11.63	00:23:06.75
692	344	13650	PEDRO MIGUEL LOPES ALMEIDA GAVINHOS	pedro e joao	Senior	00:46:54.40	00:25:25.00	00:45:47.05	00:24:17.65
693	345	9219	PEDRO DIAS	Run Buddy Run	Senior	00:46:55.74	00:25:28.45	00:44:49.58	00:23:22.29
694	82	10877	CARLOS MORAIS	VADA	Veterano II	00:46:56.39	00:26:03.87	00:42:37.04	00:21:44.52
695	346	12180	MARIO ZARRO	Peniche a Correr	Senior	00:46:56.57	00:22:53.17	00:46:43.00	00:22:39.60
696	347	14877	ANDRÉ MIGUEL OLIVEIRA	EDP	Senior	00:46:56.63	00:24:52.85	00:44:22.87	00:22:19.09
697	109	12145	FERNADO PEREIRA	Peniche a Correr	Veterano I	00:46:56.74	00:22:13.13	00:46:42.46	00:21:58.85
698	56	8974	ANTONIO PEREIRA	ccdtmlx	Veterano III	00:46:56.83	00:23:50.23	00:46:15.31	00:23:08.71
699	348	9264	RICARDO MADRINHA	AeroRunners	Senior	00:46:56.84	00:25:13.50	00:44:38.26	00:22:54.92
700	349	8965	HUGO PINTO	CCDTMETROLX	Senior	00:46:57.00	00:23:46.67	00:46:10.42	00:23:00.09

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
701	350	7513	PEDRO MIGUEL DA SILVA PINTO	Individual	Senior	00:46:57.32	00:24:10.70	00:45:35.16	00:22:48.54
702	351	10546	HUGO MANUEL DOS SANTOS	Individual	Senior	00:46:57.82	00:23:37.34	00:46:43.41	00:23:22.93
703	352	11116	VASCO FERNANDES	Individual	Senior	00:46:58.22	00:25:41.68	00:43:34.94	00:22:18.40
704	353	10061	TIAGO GASPAR	Inf	Senior	00:46:59.01	00:27:04.34	00:42:10.93	00:22:16.26
705	9	10032	TOMÁS TORRES	Individual	Junior	00:46:59.07	00:23:12.78	00:46:17.66	00:22:31.37
706	354	13236	ANDRÉ DUARTE	Individual	Senior	00:46:59.23	00:23:27.67	00:46:32.49	00:23:00.93
707	355	9211	RUI SEROMENHO	GDC Porto de Sines	Senior	00:46:59.26	00:23:51.53	00:46:12.43	00:23:04.70
708	83	7822	CARLOS JACINTO	Individual	Veterano II	00:46:59.35	00:23:31.55	00:46:29.09	00:23:01.29
709	110	13380	RUI RUI	Individual, --	Veterano I	00:46:59.49	00:23:33.70	00:46:48.10	00:23:22.31
710	84	11863	CARLOS MELO	Correr Lisboa	Veterano II	00:46:59.92	00:23:18.62	00:46:45.51	00:23:04.21
711	356	8718	ANDRÉ FILIPE DO ESPÍRITO SANTO ROBALO	Individual	Senior	00:47:00.80	00:23:10.56	00:46:32.32	00:22:42.08
712	357	9442	ROMÃO CORREIA	Devagar, devagarinho...	Senior	00:47:00.95	00:23:37.78	00:45:22.35	00:21:59.18
713	358	7370	RÚBEN SILVA	Individual	Senior	00:47:01.75	00:25:12.81	00:47:01.75	00:25:12.81
714	359	10063	YURI LOURENÇO	Inf	Senior	00:47:01.91	00:27:04.08	00:42:13.57	00:22:15.74
715	360	9321	FLAVIO CARVALHO	Individual	Senior	00:47:01.94	00:22:28.13	00:46:53.90	00:22:20.09
716	361	7615	CARLOS MIRANDA	Individual	Senior	00:47:02.25	00:23:37.97	00:46:31.48	00:23:07.20
717	362	9527	MARCOS MARCOS	Individual, --	Senior	00:47:02.35	00:22:53.63	00:46:57.37	00:22:48.65
718	57	7590	JOSÉ GARRAFÃO	CLAC - Entroncamento	Veterano III	00:47:03.24	00:25:06.01	00:45:19.43	00:23:22.20
719	363	15241	ALEXANDRE ÉVORA	JORNAL A BOLA	Senior	00:47:03.52	00:24:29.19	00:46:28.45	00:23:54.12
720	364	12409	HENRIQUE ROSA	Corredores da Beloura	Senior	00:47:03.93	00:24:07.62	00:46:01.00	00:23:04.69
721	22	15082	CARLOS MARQUES	CASA DO BENFICA EM PENHICE	Veterano V	00:47:03.97	00:23:36.48	00:46:52.20	00:23:24.71
722	365	9193	HUGO CHAN CORREIA	Individual	Senior	00:47:04.15	00:23:44.14	00:45:53.51	00:22:33.50
723	366	10222	RICARDO CATARINO	Individual	Senior	00:47:04.45	00:24:06.09	00:46:54.89	00:23:56.53
724	367	11975	ANDRÉ FILIPE GARCIA CANÔA	A.D.C. Veirense	Senior	00:47:04.85	00:26:36.69	00:42:17.04	00:21:48.88
725	111	9205	MIGUEL DIAS	GDC Porto de Sines	Veterano I	00:47:04.96	00:23:50.98	00:46:16.53	00:23:02.55
726	368	13078	NUNO VITOR FRANCO	Individual	Senior	00:47:05.18	00:24:22.51	00:45:16.00	00:22:33.33
727	85	8978	LUIS CAETANO	Individual	Veterano II	00:47:05.32	00:24:48.48	00:45:22.28	00:23:05.44
728	369	8150	HUGO CARABINEIRO	Team do Bairro	Senior	00:47:05.39	00:24:05.23	00:46:25.90	00:23:25.74
729	370	8151	NUNO DAMIÃES	Team do Bairro	Senior	00:47:05.58	00:24:05.92	00:46:25.19	00:23:25.53
730	58	9156	LUÍS PEREIRA	Casa do Benfica no Seixal	Veterano III	00:47:06.08	00:24:11.17	00:46:30.47	00:23:35.56
731	371	13669	LUÍS PIMENTA	Individual	Senior	00:47:06.25	00:23:17.01	00:46:30.96	00:22:41.72
732	86	8626	ANTÓNIO MARQUES	Individual	Veterano II	00:47:06.26	00:23:43.01	00:46:38.48	00:23:15.23
733	372	10453	HÉLIO PEREIRINHA	Individual	Senior	00:47:06.28	00:24:31.73	00:45:29.38	00:22:54.83
734	59	7802	ANTÓNIO MARTINS	Individual	Veterano III	00:47:06.97	00:23:15.63	00:46:46.61	00:22:55.27
735	87	7443	ANTÓNIO MARTINS	Individual	Veterano II	00:47:07.15	00:25:17.58	00:44:49.58	00:23:00.01
736	88	9539	LUIS FERREIRA	RunLovers	Veterano II	00:47:11.21	00:25:06.00	00:46:11.92	00:24:06.71
737	89	10876	JOÃO VAZ	VADA	Veterano II	00:47:11.50	00:26:03.88	00:42:56.33	00:21:48.71
738	60	8504	JOSÉ SANTOS AUGUSTO	Falcões Selvagens	Veterano III	00:47:11.92	00:24:09.83	00:46:40.18	00:23:38.09
739	373	9852	MARCO TOMÁS	Individual	Senior	00:47:12.38	00:23:11.99	00:46:09.89	00:22:09.50
740	61	12686	FERNANDO VICENTE	Individual	Veterano III	00:47:12.75	00:22:16.91	00:47:12.23	00:22:16.39
741	112	8070	MÁRIO MONTEIRO	Os Galgos	Veterano I	00:47:12.78	00:23:16.20	00:47:11.28	00:23:14.70
742	374	10205	JOÃO FRAZÃO	Individual	Senior	00:47:13.31	00:23:39.17	00:46:44.43	00:23:10.29
743	62	11921	RUI MATOS	Ases dos Ares	Veterano III	00:47:13.51	00:23:06.41	00:47:01.22	00:22:54.12
744	375	10070	PEDRO JESUS	Gafete Runners	Senior	00:47:13.86	00:25:07.49	00:44:19.30	00:22:12.93
745	376	7360	MANUEL MORAIS ABRANTES	Individual	Senior	00:47:13.90	00:24:01.68	00:46:53.09	00:23:40.87
746	22	10025	INÉS LOPES	Bootcamp Sesimbra	Senior Fem	00:47:14.00	00:23:47.25	00:46:07.71	00:22:40.96
747	377	10667	DAVID BERNARDO	Individual	Senior	00:47:14.35	00:26:21.63	00:44:31.04	00:23:38.32
748	63	15280	DANIEL ANTUNES	CÂMARA LISBOA CLUBE	Veterano III	00:47:14.93	00:23:51.80	00:46:44.34	00:23:21.21
749	378	9804	EDUARDO OLIVEIRA	AFIS-Ovar	Senior	00:47:15.09	00:23:40.95	00:46:34.25	00:23:00.11
750	379	13519	PAULO PEDRO COUTO MARTINS	Individual	Senior	00:47:15.36	00:23:25.82	00:46:26.71	00:22:37.17

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
751	10	15178	ALVARO FRANCISCO	EDP	Junior	00:47:15.55	00:25:59.00	00:44:15.54	00:22:58.99
752	113	10698	JOAO DUARTE	Individual	Veterano I	00:47:15.58	00:24:34.64	00:44:54.64	00:22:13.70
753	64	9591	VASCO GONÇALVES	FAPOC	Veterano III	00:47:15.91	00:24:57.07	00:45:30.82	00:23:11.98
754	23	9809	ANTONIO ARAUJO	NAC-	Veterano V	00:47:16.44	00:23:19.64	00:47:09.68	00:23:12.88
755	90	8045	RUI AFONSO	Individual	Veterano II	00:47:16.80	00:24:07.52	00:46:55.89	00:23:46.61
756	24	9786	J MOREIRA SILVA	AFIS/Ovar	Veterano V	00:47:16.90	00:23:55.40	00:46:48.55	00:23:27.05
757	380	9376	BRUNO BRANCO	Individual	Senior	00:47:16.91	00:23:45.18	00:46:56.62	00:23:24.89
758	44	9787	JOSE SOUSA	AFIS/Ovar	Veterano IV	00:47:17.24	00:24:09.62	00:46:46.74	00:23:39.12
759	114	8845	CARLOS MARTINS	Individual	Veterano I	00:47:17.59	00:22:42.38	00:47:10.35	00:22:35.14
760	6	10145	DIOGO PEREIRA	Bootcamp Sesimbra	Outra Cat	00:47:18.52	00:25:15.94	00:46:07.66	00:24:05.08
761	381	11479	TIAGO MIGUEL MARTINS SANTOS SILVA	Convidado colaborador SLB	Senior	00:47:18.84	00:24:02.59	00:47:18.84	00:24:02.59
762	115	11478	RICARDO MANUEL DE F. DE SAMPAIO MAIA	COLABORADOR SLB	Veterano I	00:47:18.89	00:24:03.03	00:47:18.89	00:24:03.03
763	116	8078	ANTÓNIO RAMOS	Individual	Veterano I	00:47:20.09	00:23:49.99	00:46:26.97	00:22:56.87
764	117	11049	PEDRO JORGE RIBEIRO	Individual	Veterano I	00:47:20.12	00:24:16.49	00:47:11.09	00:24:07.46
765	118	11560	JORGE ROSMANINHO	Individual	Veterano I	00:47:21.01	00:23:49.26	00:47:08.00	00:23:36.25
766	382	15199	FULVIO DUARTE	JAZZY LIFE CLUB	Senior	00:47:21.47	00:24:20.45	00:45:58.99	00:22:57.97
767	383	9399	DANIEL BAIETA	Individual	Senior	00:47:21.68	00:25:01.39	00:45:18.75	00:22:58.46
768	384	11244	RICARDO BRITO	Individual, --	Senior	00:47:23.24	00:24:13.25	00:45:41.18	00:22:31.19
769	385	12599	HUGO REIS	CREDIBOM	Senior	00:47:23.97	00:24:47.57	00:44:59.92	00:22:23.52
770	65	12424	JOAQUIM COSTA	Individual	Veterano III	00:47:24.47	00:23:04.81	00:47:20.03	00:23:00.37
771	386	10559	TELMO LOPES	Individual	Senior	00:47:25.44	00:24:35.75	00:45:36.25	00:22:46.56
772	387	10813	RUI LUIS	Individual	Senior	00:47:25.99	00:24:03.89	00:46:42.30	00:23:20.20
773	119	13471	LUIS DUARTE	Casa do Benfica no Seixal	Veterano I	00:47:26.05	00:23:15.95	00:46:57.07	00:22:46.97
774	388	7715	JOSÉ LIBERATO	GDCTIN Casa da Moeda	Senior	00:47:26.59	00:24:08.68	00:46:39.55	00:23:21.64
775	389	7486	MARCO CASEIRO	OS PERIGOSOS	Senior	00:47:26.75	00:23:49.13	00:46:55.73	00:23:18.11
776	390	9647	CÂNDIDO CARVALHO	Individual	Senior	00:47:26.88	00:24:33.96	00:45:23.66	00:22:30.74
777	66	12229	ALEXANDRE GRAÇA	Individual	Veterano III	00:47:26.99	00:23:52.64	00:47:09.61	00:23:35.26
778	391	11372	FRANCISCO VILELA	SERVIÇOS SOCIAIS da CML	Senior	00:47:27.11	00:26:19.42	00:43:09.96	00:22:02.27
779	91	12097	FERNANDO MANUEL FERREIRA RODRIGUES	Individual	Veterano II	00:47:27.49	00:23:49.74	00:46:33.65	00:22:55.90
780	45	12625	MANUEL RIBEIRO MARTINS	Os Martins	Veterano IV	00:47:27.52	00:24:46.55	00:45:41.36	00:23:00.39
781	11	9294	DIOGO PAIXÃO HENRIQUES	Individual	Junior	00:47:28.07	00:23:08.73	00:47:19.30	00:22:59.96
782	392	11241	VITOR MANUEL MENDES	Individual, --	Senior	00:47:28.99	00:23:38.84	00:46:53.17	00:23:03.02
783	393	12144	MANUEL SALVADOR	Peniche a Correr	Senior	00:47:29.23	00:22:57.49	00:47:14.36	00:22:42.62
784	394	7556	MÁRIO BICA	Individual	Senior	00:47:29.39	00:25:33.16	00:44:54.45	00:22:58.22
785	395	8020	ANGELO RELVAS	Individual	Senior	00:47:29.61	00:23:44.82	00:47:10.85	00:23:26.06
786	92	7528	JORGE VILELA	Individual	Veterano II	00:47:30.27	00:23:27.99	00:47:27.86	00:23:25.58
787	396	12116	MARCO GUIA	Valejas A C	Senior	00:47:30.27	00:24:38.72	00:45:23.79	00:22:32.24
788	120	12547	JOSÉ A. NEVES	KPMG	Veterano I	00:47:30.31	00:23:12.04	00:47:18.22	00:22:59.95
789	121	8950	LUIS FILIPE LOPES PESTANA	Individual	Veterano I	00:47:30.91	00:24:21.02	00:46:11.65	00:23:01.76
790	122	13335	PAULO JORGE DOS SANTOS COELHO	Convidado colaborador SLB	Veterano I	00:47:31.04	00:23:29.37	00:47:10.17	00:23:08.50
791	397	7008	TIAGO CUNHA	Individual	Senior	00:47:31.50	00:25:18.57	00:45:48.45	00:23:35.52
792	398	9654	SÉRGIO BORGES	Os Antigos	Senior	00:47:31.57	00:23:38.85	00:47:28.57	00:23:35.85
793	399	13329	LUIS FILIPE GOMES VICENTE	Convidado colaborador SLB	Senior	00:47:31.84	00:23:31.64	00:47:10.66	00:23:10.46
794	93	13267	HENRIQUE SIMÃO	Individual	Veterano II	00:47:32.39	00:24:43.78	00:45:45.21	00:22:56.60
795	123	9201	LUÍS MACEDO	Individual	Veterano I	00:47:32.72	00:23:20.04	00:47:17.59	00:23:04.91
796	124	11173	RENATO MARTINS	CLAC - Entroncamento, --	Veterano I	00:47:33.60	00:24:01.33	00:47:09.94	00:23:37.67
797	400	10189	JORGE TAVARES	Sapatistas	Senior	00:47:33.78	00:24:59.39	00:45:42.47	00:23:08.08
798	46	9253	DOMINGOS NEO	CDM	Veterano IV	00:47:34.05	00:24:08.13	00:47:34.05	00:24:08.13
799	125	8795	LUIS RABINO	BOMBEIROS V. MONTEMOR-O-NOVO	Veterano I	00:47:34.17	00:24:32.54	00:47:14.02	00:24:12.39
800	401	7555	RICARDO LAVAREDA	Individual	Senior	00:47:35.06	00:23:21.61	00:46:47.02	00:22:33.57

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
801	402	8282	JOAO PEDRO MARQUES	SS CGD	Senior	00:47:35.06	00:25:12.22	00:45:36.25	00:23:13.41
802	126	8257	RUI PANÇA	Casa do Benfica no Seixal	Veterano I	00:47:35.46	00:24:50.85	00:46:59.18	00:24:14.57
803	403	12117	PAULO GUIA	Valejas A C	Senior	00:47:35.47	00:24:35.34	00:45:27.30	00:22:27.17
804	404	10881	RUI SILVA	Individual	Senior	00:47:35.86	00:24:24.18	00:46:27.25	00:23:15.57
805	405	12046	PAULO VIEIRA	Individual	Senior	00:47:36.12	00:25:53.58	00:45:11.21	00:23:28.67
806	127	9221	AGOSTINHO VALENTE	Falcões Selvagens	Veterano I	00:47:36.15	00:24:10.67	00:47:03.78	00:23:38.30
807	25	10617	FERNANDO ALMEIDA	Kaninos	Veterano V	00:47:36.44	00:25:06.13	00:45:16.51	00:22:46.20
808	406	13700	PEDRO CARAMBA	EUROPCAR	Senior	00:47:36.53	00:24:06.30	00:46:53.94	00:23:23.71
809	407	8174	LUIS ZÊZERE	CCD Crédito Agrícola Mútuo	Senior	00:47:36.57	00:23:44.48	00:47:12.98	00:23:20.89
810	12	10192	VALDEMAR CORREIA DA VEIGA	Individual	Junior	00:47:38.71	00:24:47.11	00:45:56.72	00:23:05.12
811	408	9057	BRUNO PONTE	Individual	Senior	00:47:38.74	00:25:00.98	00:45:28.84	00:22:51.08
812	409	13833	ODAIR RUDOLF	GRUPO ADIDAS	Senior	00:47:39.15	00:24:10.87	00:46:59.03	00:23:30.75
813	128	9209	TIAGO PAULO	GDC Porto de Sines	Veterano I	00:47:39.64	00:23:51.93	00:46:51.97	00:23:04.26
814	26	13813	JOAQUIM CARINHAS	Peniche a Correr	Veterano V	00:47:39.81	00:23:39.31	00:47:30.14	00:23:29.64
815	410	10471	FILIPE ARRIETA PESTANA MIRANDA CEIA	Individual	Senior	00:47:40.57	00:24:51.95	00:45:56.69	00:23:08.07
816	129	12047	JOSÉ MANUEL SARGAÇO	Individual	Veterano I	00:47:40.82	00:23:36.02	00:47:02.48	00:22:57.68
817	130	10214	PEDRO FAVINHA	Individual	Veterano I	00:47:41.32	00:24:08.58	00:46:00.67	00:22:27.93
818	411	7034	NUNO SIMÕES ALMEIDA	IndieRunnersLx	Senior	00:47:42.08	00:25:14.21	00:45:44.05	00:23:16.18
819	412	9681	TIAGO LOPES	Individual	Senior	00:47:42.84	00:23:39.19	00:46:33.18	00:22:29.53
820	413	7337	PEDRO SILVA	Individual	Senior	00:47:43.42	00:24:48.24	00:45:41.37	00:22:46.19
821	131	7125	JORGE ALEXANDRE PAULINO DA C. MARTINS	Individual	Veterano I	00:47:43.43	00:25:04.21	00:45:35.07	00:22:55.85
822	132	10212	PAULO MARQUES	Individual	Veterano I	00:47:43.63	00:25:10.46	00:45:34.07	00:23:00.90
823	133	13399	BRUNO FERNANDO PIEDADE	Individual	Veterano I	00:47:44.47	00:24:10.86	00:47:32.77	00:23:59.16
824	94	12510	SÉRGIO CASAL	INDESIT COMPANY	Veterano II	00:47:44.78	00:25:00.52	00:46:11.31	00:23:27.05
825	414	8508	ANTÓNIO JOSÉ DINIS	Individual	Senior	00:47:44.86	00:24:21.30	00:46:13.45	00:22:49.89
826	415	8788	TELMO SIMÕES	Individual	Senior	00:47:45.87	00:27:19.15	00:43:06.53	00:22:39.81
827	416	10719	RICARDO CHASQUEIRA	Individual	Senior	00:47:46.05	00:25:24.28	00:46:39.26	00:24:17.49
828	7	8812	RAFAEL DUARTE	Atletismo Aguias de Alpiarca	Outra Cat	00:47:46.98	00:21:49.33	00:47:46.98	00:21:49.33
829	95	7966	FRANCISCO SEMIÃO	Individual	Veterano II	00:47:47.24	00:24:40.71	00:47:09.96	00:24:03.43
830	47	13451	RUI MANUEL EMIDIO	C.Benfica Algueirão M. Martins	Veterano IV	00:47:47.33	00:24:39.55	00:46:35.71	00:23:27.93
831	96	10652	NARCISO DOS SANTOS SÁ	Individual	Veterano II	00:47:47.41	00:24:45.96	00:46:35.78	00:23:34.33
832	97	9146	BELCHIOR BARROCAS	Individual	Veterano II	00:47:47.52	00:24:03.50	00:47:30.49	00:23:46.47
833	134	8218	CARLOS BATISTA DA COSTA	Individual	Veterano I	00:47:47.81	00:24:18.79	00:46:46.23	00:23:17.21
834	417	10357	DAVIDE CARDEIRA	Individual	Senior	00:47:48.24	00:24:53.10	00:45:26.54	00:22:31.40
835	418	10992	ARTUR PINTO	Farmacia Uruguai - Aberto 24H	Senior	00:47:48.51	00:26:36.62	00:43:25.82	00:22:13.93
836	419	12948	VALTER SANTOS	Individual	Senior	00:47:48.52	00:26:45.71	00:45:45.38	00:24:42.57
837	67	11014	HILÁRIO CARDOSO	Individual	Veterano III	00:47:49.20	00:24:30.88	00:47:25.35	00:24:07.03
838	135	12010	PAULO LOPES	Individual	Veterano I	00:47:49.22	00:26:15.68	00:43:41.62	00:22:08.08
839	420	9011	DANIEL FERREIRA	Horas Extra Running Team	Senior	00:47:49.41	00:24:02.96	00:47:21.92	00:23:35.47
840	68	11015	JOSE CARDOSO	Individual	Veterano III	00:47:49.65	00:24:31.32	00:47:26.31	00:24:07.98
841	421	15115	RUBEN GODINHO	ASSOCIAÇÃO O COMPANHEIRO	Senior	00:47:49.68	00:23:49.36	00:47:20.17	00:23:19.85
842	422	9064	BRUNO DE OLIVEIRA CRUZ	Individual	Senior	00:47:49.85	00:26:03.07	00:45:37.47	00:23:50.69
843	27	13111	FERNANDO GUERREIRO	G. DESP. SÃO DOMINGOS	Veterano V	00:47:50.24	00:24:46.78	00:47:00.57	00:23:57.11
844	98	10176	MANUEL FRANCISCO	Individual	Veterano II	00:47:50.77	00:24:19.60	00:47:20.21	00:23:49.04
845	423	12354	RUI AZEVEDO FERREIRA	Individual	Senior	00:47:50.98	00:23:04.18	00:47:50.28	00:23:03.48
846	424	12357	AVELINO PEIXOTO	Individual	Senior	00:47:51.09	00:23:05.06	00:47:49.83	00:23:03.80
847	425	7331	NUNO SANTOS	Clube Vodafone	Senior	00:47:51.41	00:25:45.68	00:47:51.41	00:25:45.68
848	426	8117	RUI BATALHA	GRUN	Senior	00:47:51.49	00:24:47.50	00:45:54.95	00:22:50.96
849	8	9067	FRANCISCO TRABUCHO	Individual	Outra Cat	00:47:51.68	00:23:41.64	00:47:16.95	00:23:06.91
850	427	9750	PAULO LOPES	Ares do Pinhal	Senior	00:47:51.89	00:24:57.64	00:45:55.31	00:23:01.06

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
851	428	9348	LUIS VIEIRA	CCRD Burinhosa	Senior	00:47:51.90	00:23:12.75	00:47:15.77	00:22:36.62
852	69	7689	PEDRO TRABUCHO	BPIRunners	Veterano III	00:47:51.93	00:23:40.78	00:47:17.20	00:23:06.05
853	136	12017	NUNO MIGUEL RODRIGUES LOPES	Individual	Veterano I	00:47:52.25	00:25:16.73	00:46:08.03	00:23:32.51
854	2	9207	FERNANDA MARTINS	GDC Porto de Sines	Veterana Fem III	00:47:52.83	00:23:40.34	00:47:21.03	00:23:08.54
855	429	12433	DANIEL ROSA GONÇALVES	Individual	Senior	00:47:52.83	00:25:27.44	00:46:25.82	00:24:00.43
856	137	12701	RUI RAMALHO	Individual	Veterano I	00:47:52.91	00:25:18.73	00:46:09.78	00:23:35.60
857	99	7379	PEDRO VENTURA	Individual	Veterano II	00:47:52.93	00:23:31.41	00:47:41.71	00:23:20.19
858	430	13473	RICARDO FRANCO	Casa do Benfica no Seixal	Senior	00:47:53.02	00:23:16.84	00:47:15.59	00:22:39.41
859	70	11898	MÁRIO JÚLIO RODRIGUES LÚCIO	Individual	Veterano III	00:47:53.73	00:25:08.88	00:46:24.44	00:23:39.59
860	431	11772	DIOGO LEAL	Individual	Senior	00:47:53.88	00:25:43.59	00:45:31.99	00:23:21.70
861	138	11570	ALEXANDRE BENTO	Individual	Veterano I	00:47:53.89	00:24:54.12	00:45:58.34	00:22:58.57
862	48	7706	NORBERTO RIO DIEGUES	Individual	Veterano IV	00:47:54.01	00:24:26.26	00:47:02.52	00:23:34.77
863	100	15072	PEDRO SARMENTO	EDP	Veterano II	00:47:54.75	00:23:57.43	00:47:30.38	00:23:33.06
864	432	9448	MIGUEL BOTELHO	Elite do Asfalto	Senior	00:47:55.08	00:24:12.71	00:46:45.21	00:23:02.84
865	433	15392	BRUNO MARQUES	EDP	Senior	00:47:55.21	00:24:57.94	00:46:16.35	00:23:19.08
866	434	8280	HUGO NUNES	SS CGD	Senior	00:47:55.32	00:24:46.86	00:45:47.62	00:22:39.16
867	435	7070	BRUNO PISSARRA	Correr Lisboa	Senior	00:47:55.93	00:24:47.25	00:46:36.03	00:23:27.35
868	101	9536	JOSE ANTUNES	Individual	Veterano II	00:47:56.15	00:23:13.77	00:47:37.86	00:22:55.48
869	102	12824	JOSÉ FERNANDO CORDA	Valejas A C	Veterano II	00:47:56.91	00:26:08.31	00:44:59.56	00:23:10.96
870	436	8239	NELSON LOPES	Balance Club	Senior	00:47:56.99	00:24:00.82	00:47:41.28	00:23:45.11
871	71	11946	ANTÓNIO GOMES PEREIRA	Individual	Veterano III	00:47:57.03	00:24:49.97	00:46:50.21	00:23:43.15
872	437	9482	JOÃO PINTO	Individual	Senior	00:47:57.55	00:25:12.83	00:45:48.09	00:23:03.37
873	438	10110	PEDRO MIGUEL PERERIA ANDRADE SENA	Individual	Senior	00:47:58.57	00:24:50.63	00:46:53.70	00:23:45.76
874	439	7969	MIGUEL PENEDO	Individual	Senior	00:47:59.37	00:24:43.68	00:45:49.34	00:22:33.65
875	139	12859	LUIS MIGUEL MARTINS ANTONIO	Individual	Veterano I	00:47:59.39	00:23:26.62	00:47:37.26	00:23:04.49
876	440	10046	ANDRÉ FRANCISCO	Sporting Clube Moitense	Senior	00:48:00.43	00:24:28.21	00:46:43.64	00:23:11.42
877	441	9261	JOÃO GREGÓRIO	Individual	Senior	00:48:00.79	00:25:04.78	00:46:05.81	00:23:09.80
878	442	15022	LUIS PINTO	CENTRAUTO	Senior	00:48:01.10	00:25:09.66	00:45:07.83	00:22:16.39
879	28	10043	JOSÉ SAPO	Sporting Clube Moitense	Veterano V	00:48:01.24	00:25:04.46	00:46:40.37	00:23:43.59
880	443	10730	CARLOS MIGUEL FRANCISCO	Individual	Senior	00:48:02.15	00:24:30.68	00:47:49.89	00:24:18.42
881	72	8635	CARLOS MANUEL OLIVEIRA E SILVA	Individual	Veterano III	00:48:02.98	00:24:11.99	00:47:30.02	00:23:39.03
882	4	10821	ISABEL RODRIGUES	Individual	Veterana Fem I	00:48:03.37	00:24:35.04	00:47:39.88	00:24:11.55
883	103	12052	ANTONIO GONÇALVES	Individual	Veterano II	00:48:03.41	00:24:51.68	00:46:17.34	00:23:05.61
884	73	11556	JOAO CALISTO	Individual	Veterano III	00:48:03.82	00:23:57.37	00:47:45.81	00:23:39.36
885	140	12702	PEDRO MIGUEL BELO NEVES	Individual	Veterano I	00:48:03.98	00:25:18.32	00:46:20.64	00:23:34.98
886	444	13727	FRANCISCO GOMES	GRUPO ADIDAS	Senior	00:48:04.01	00:25:00.43	00:46:34.98	00:23:31.40
887	49	9797	MANUEL ANTONIO SILVA	NAC	Veterano IV	00:48:04.61	00:23:25.13	00:48:00.27	00:23:20.79
888	104	11904	NELSON COELHO	HP TEAM	Veterano II	00:48:06.77	00:23:52.28	00:47:38.05	00:23:23.56
889	445	13408	HENRIQUE HORTA	Lacobriga	Senior	00:48:07.70	00:24:12.13	00:46:54.50	00:22:58.93
890	446	12058	CARLOS CAROLA	Individual	Senior	00:48:08.04	00:27:16.12	00:45:29.03	00:24:37.11
891	105	10276	EUSÉBIO MOREIRA NUNES	Individual	Veterano II	00:48:08.36	00:23:35.76	00:47:29.09	00:22:56.49
892	23	13831	SELENE LIMA	GRUPO ADIDAS	Senior Fem	00:48:08.99	00:24:10.20	00:47:30.96	00:23:32.17
893	50	7488	CARLOS SOUSA	OS PERIGOSOS	Veterano IV	00:48:09.31	00:23:36.04	00:47:50.48	00:23:17.21
894	106	9157	EDUARDO MOUTINHO	Individual	Veterano II	00:48:09.52	00:23:33.30	00:48:04.85	00:23:28.63
895	447	8653	NUNO PEREIRA	Individual	Senior	00:48:09.80	00:24:01.76	00:47:05.46	00:22:57.42
896	448	11979	RENATO FILIPE CORREIA	A.D.C. Veirense	Senior	00:48:10.08	00:26:38.52	00:43:23.72	00:21:52.16
897	141	13467	PAULO FERRO	Casa do Benfica no Seixal	Veterano I	00:48:10.14	00:24:51.01	00:48:10.14	00:24:51.01
898	449	7735	ALEXANDRE NEVES	Individual	Senior	00:48:10.41	00:24:05.32	00:47:45.57	00:23:40.48
899	450	10078	RUI MIGUEL AVELINO TEIXEIRA	Individual	Senior	00:48:10.44	00:26:49.83	00:45:57.62	00:24:37.01
900	451	7388	JOÃO MORGADO	Individual	Senior	00:48:10.74	00:24:28.51	00:47:23.22	00:23:40.99

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
901	452	13475	PEDRO FERREIRA	Casa Benfica Torres Vedras	Senior	00:48:10.76	00:27:21.59	00:43:59.57	00:23:10.40
902	453	8792	FRANCISCO MEIRELES	Individual	Senior	00:48:11.89	00:25:19.59	00:46:17.11	00:23:24.81
903	142	8668	PAULO CARVALHO	Clube Desportivo Ribeiense	Veterano I	00:48:12.07	00:24:47.45	00:47:31.16	00:24:06.54
904	143	8539	NUNO FIGUEIREDO	Individual	Veterano I	00:48:12.92	00:24:44.60	00:47:19.33	00:23:51.01
905	107	10535	JOAQUIM PALMEIRO	Individual	Veterano II	00:48:13.07	00:24:11.84	00:47:41.10	00:23:39.87
906	454	8392	TIAGO DOMINGUES	Devagar e devagarinho	Senior	00:48:13.09	00:24:34.91	00:47:24.96	00:23:46.78
907	455	10978	LUÍS MIGUEL PEREIRA	Individual	Senior	00:48:13.44	00:24:18.04	00:47:31.76	00:23:36.36
908	74	7309	LUIS MANUEL DUARTE JESUS	Individual	Veterano III	00:48:14.18	00:23:19.31	00:47:53.23	00:22:58.36
909	144	8049	PAULO SOUSA	Individual	Veterano I	00:48:16.22	00:24:31.76	00:48:11.36	00:24:26.90
910	456	11040	RICARDO RAMALHO	Team Octopus	Senior	00:48:17.25	00:25:45.34	00:45:56.98	00:23:25.07
911	457	7202	FILIPE JULIÃO	Individual	Senior	00:48:17.39	00:25:23.24	00:47:24.00	00:24:29.85
912	458	12467	GONÇALO FERNANDES	CaixaBI	Senior	00:48:18.35	00:26:58.31	00:43:46.07	00:22:26.03
913	145	11912	ANTÓNIO NOGUEIRA	CGD	Veterano I	00:48:18.38	00:24:07.46	00:47:22.69	00:23:11.77
914	75	9343	ANIBAL SILVA	CCRD Burinhosa	Veterano III	00:48:18.48	00:24:13.27	00:47:47.61	00:23:42.40
915	459	11247	LUIS FILIPE CARRETA AZEVEDO MOITEIRO	JORNAL A BOLA, --	Senior	00:48:19.10	00:23:46.00	00:48:14.60	00:23:41.50
916	51	7086	JACINTO BATISTA	Individual	Veterano IV	00:48:19.25	00:24:11.73	00:47:16.49	00:23:08.97
917	29	8925	JÓÃO BARREIROS	Individual	Veterano V	00:48:20.14	00:26:34.77	00:46:03.19	00:24:17.82
918	24	10962	ANA FILIPA DA SILVA FERREIRA	Individual	Senior Fem	00:48:20.17	00:24:52.53	00:46:27.70	00:23:00.06
919	146	12541	GUILHERME ALBINO	SS Montepio Geral	Veterano I	00:48:21.15	00:25:00.22	00:47:23.04	00:24:02.11
920	108	12037	BENTO RAMINHOS	Individual	Veterano II	00:48:21.16	00:24:17.95	00:47:48.19	00:23:44.98
921	76	11546	ARTUR JOSE PIRES DE MORAIS	Hotel Mira Paiva	Veterano III	00:48:21.33	00:24:29.95	00:47:41.38	00:23:50.00
922	147	13621	JÓÃO CARMO	Casa do Benfica de Faro	Veterano I	00:48:22.45	00:26:09.28	00:45:51.40	00:23:38.23
923	148	11033	NORBERTO ESTRIGA GUERREIRO	SÃO FRANCISCO A. DESPORTIVA	Veterano I	00:48:22.86	00:24:16.35	00:48:04.90	00:23:58.39
924	109	11030	FRANCISCO ESTRIGA GUERREIRO	SÃO FRANCISCO A. DESPORTIVA	Veterano II	00:48:22.87	00:23:38.93	00:48:18.93	00:23:34.99
925	77	13613	ANTÓNIO COSTA	Casa Benfica Abrantes	Veterano III	00:48:23.29	00:23:19.46	00:48:19.29	00:23:15.46
926	149	7858	SERGIO HENRIQUE	Individual	Veterano I	00:48:23.62	00:25:05.25	00:47:05.29	00:23:46.92
927	460	12845	DIOGO SILVA	CBRunners	Senior	00:48:24.01	00:24:26.90	00:46:56.29	00:22:59.18
928	461	13281	CÉSAR ARO	Individual	Senior	00:48:24.58	00:23:26.51	00:47:52.73	00:22:54.66
929	30	9782	EDUARDO RESENDE	AFIS/Ovar	Veterano V	00:48:24.78	00:24:14.31	00:47:55.88	00:23:45.41
930	78	11320	JUSTINIANO SILVA	Individual	Veterano III	00:48:25.13	00:24:34.72	00:47:26.40	00:23:35.99
931	462	10150	JOÃO CARVALHO	Individual	Senior	00:48:25.49	00:24:24.32	00:47:32.59	00:23:31.42
932	25	15214	SARA LOUREIRO	JAZZY LIFE CLUB	Senior Fem	00:48:25.78	00:24:48.61	00:47:07.40	00:23:30.23
933	463	11544	AUGUSTO MANUEL RUA TRINDADE	Hotel Mira Paiva	Senior	00:48:25.98	00:24:29.40	00:47:45.94	00:23:49.36
934	464	9329	CARLOS DINIS	Run Buddy Run	Senior	00:48:26.12	00:24:15.08	00:47:36.55	00:23:25.51
935	465	7174	ÂNGELO CHALO	CRT	Senior	00:48:26.44	00:24:56.04	00:46:23.99	00:22:53.59
936	150	9350	NUNO PRATAS	Individual	Veterano I	00:48:26.62	00:25:56.18	00:45:55.47	00:23:25.03
937	466	12614	ANDRÉ MACEDO	GSOFT	Senior	00:48:26.71	00:25:08.67	00:47:00.94	00:23:42.90
938	467	8187	PAULO SANTOS	Juventude Desp. Alhandrense	Senior	00:48:26.78	00:27:00.74	00:44:25.48	00:22:59.44
939	468	9141	PAULO LOPES	Individual	Senior	00:48:27.12	00:24:15.65	00:47:15.04	00:23:03.57
940	151	11255	PAULO ALEXANDRE CUNHA DA SILVA SANTOS	TOP ATLÂNTICO VIAGENS TURISMO, --	Veterano I	00:48:27.26	00:24:39.58	00:47:51.88	00:24:04.20
941	31	9963	AGOSTINHO CRISTINO	C.Benfica Algueirão M. Martins	Veterano V	00:48:27.77	00:24:16.88	00:47:45.04	00:23:34.15
942	469	14912	FLÁVIO PEREIRA	Bootcamp Sesimbra	Senior	00:48:27.88	00:23:50.91	00:47:21.36	00:22:44.39
943	470	10642	JOÃO CARLOS BRAZ DE AMORIM	Individual	Senior	00:48:28.17	00:24:02.33	00:48:12.41	00:23:46.57
944	110	9548	MARCO CHARRUA	C.Benfica Algueirão M. Martins	Veterano II	00:48:28.75	00:24:55.58	00:48:09.75	00:24:36.58
945	471	11684	HELDER FILIPE DUTRA DE ESCOBAR	COLABORADOR SLB	Senior	00:48:28.87	00:26:00.23	00:46:44.11	00:24:15.47
946	472	12408	NUNO ANASTÁCIO	Corredores da Beloura	Senior	00:48:29.17	00:24:26.03	00:46:52.69	00:22:49.55
947	473	15252	FERNANDO URBANO	JORNAL A BOLA	Senior	00:48:29.19	00:25:13.89	00:46:58.22	00:23:42.92
948	152	8572	EDGAR MULIANO	Clube Desportivo Ribeiense	Veterano I	00:48:29.28	00:23:55.82	00:48:06.26	00:23:32.80
949	474	7821	JOÃO PALMELA	Individual	Senior	00:48:29.33	00:23:53.18	00:47:45.02	00:23:08.87
950	153	9583	CARLOS PIRES	Individual	Veterano I	00:48:29.89	00:24:59.30	00:47:32.06	00:24:01.47

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
951	5	8483	ANA AMARO	Team Baía do Seixal	Veterana Fem I	00:48:30.57	00:24:28.85	00:47:54.71	00:23:52.99
952	154	7133	PEDRO VALENTE	INIJOVEM - Nisa	Veterano I	00:48:30.98	00:24:57.44	00:46:58.80	00:23:25.26
953	475	7127	BRAZAO COELHO	IndieRunnersLx	Senior	00:48:31.81	00:25:50.20	00:46:30.41	00:23:48.80
954	79	11994	LUIS SOUSA	Individual, --	Veterano III	00:48:32.01	00:24:59.81	00:48:00.55	00:24:28.35
955	155	11656	JOÃO MELO	Individual	Veterano I	00:48:32.14	00:25:50.96	00:46:47.55	00:24:06.37
956	476	9375	TIAGO MARTINS	Individual	Senior	00:48:32.87	00:24:23.39	00:47:22.51	00:23:13.03
957	477	12820	NUNO CURTO	Valejas A C	Senior	00:48:32.94	00:25:13.91	00:46:21.74	00:23:02.71
958	478	10477	TOMÁS BRAGA FARIA	Individual	Senior	00:48:33.60	00:24:28.84	00:47:21.50	00:23:16.74
959	479	8079	PAULO VIVEIROS	Individual	Senior	00:48:34.45	00:24:50.69	00:47:25.35	00:23:41.59
960	480	15215	STEPHEN SILVA	JAZZY LIFE CLUB	Senior	00:48:34.99	00:24:01.96	00:47:59.55	00:23:26.52
961	32	10202	ANTONIO FERNANDES DA CRUZ	Individual	Veterano V	00:48:35.28	00:24:29.14	00:48:32.08	00:24:25.94
962	481	11678	BERNARDO MARQUES VIDAL	Komissão	Senior	00:48:35.97	00:25:50.86	00:46:01.66	00:23:16.55
963	80	7680	ALBERTO ALMEIDA SANTOS	Individual	Veterano III	00:48:36.69	00:24:08.33	00:48:10.37	00:23:42.01
964	482	11759	ALCINDO ALMEIDA RAMALHO	Convidado colaborador SLB	Senior	00:48:37.37	00:26:30.77	00:45:41.33	00:23:34.73
965	483	11758	JOISSAYED NASSER FIGUEIRA NEVES RAMOS	COLABORADOR SLB	Senior	00:48:37.77	00:26:31.77	00:45:42.41	00:23:36.41
966	81	13816	OSVALDO SILVA	GRUPO ADIDAS	Veterano III	00:48:38.12	00:23:14.93	00:48:27.71	00:23:04.52
967	156	7768	PEDRO REIS	Os Gloriosos	Veterano I	00:48:38.17	00:24:29.32	00:48:31.82	00:24:22.97
968	82	8281	JOAO CABRITO	SS CGD	Veterano III	00:48:38.89	00:25:17.18	00:46:59.07	00:23:37.36
969	484	8844	PAULO NAVARRO COSTA	Individual	Senior	00:48:38.98	00:24:50.40	00:47:22.88	00:23:34.30
970	157	7755	JORGE COSTA	Individual	Veterano I	00:48:39.35	00:25:00.78	00:47:57.32	00:24:18.75
971	485	11304	TIAGO FILIPE ESTEVES BALEIZA	Individual, --	Senior	00:48:40.52	00:26:01.68	00:46:35.53	00:23:56.69
972	83	10188	JOÃO PEREIRA	Sapatistas	Veterano III	00:48:40.81	00:25:27.78	00:46:52.91	00:23:39.88
973	158	10493	MARCELO RIBEIRO	Individual	Veterano I	00:48:40.93	00:24:12.06	00:48:24.17	00:23:55.30
974	111	7853	PAULO JORGE FRANCISCO	Individual	Veterano II	00:48:41.09	00:24:32.52	00:47:56.25	00:23:47.68
975	6	7312	LUISA LOURENÇO	Individual	Veterana Fem I	00:48:41.17	00:24:46.85	00:48:08.79	00:24:14.47
976	7	7854	ANA CRISTINA FRANCISCO	Individual	Veterana Fem I	00:48:41.45	00:24:33.10	00:47:54.74	00:23:46.39
977	84	12332	ALBERTINO PACHECO	Papa-almoços	Veterano III	00:48:41.57	00:24:52.19	00:47:34.95	00:23:45.57
978	159	8488	RUI PEDRO GUERREIRO	Individual	Veterano I	00:48:41.96	00:24:50.88	00:48:24.26	00:24:33.18
979	486	8505	MICKAEL FERREIRA	Individual	Senior	00:48:42.26	00:25:20.36	00:46:48.50	00:23:26.60
980	112	9317	PAULO COSTA	Individual	Veterano II	00:48:42.55	00:26:10.06	00:46:11.55	00:23:39.06
981	487	12127	RICARDO MARTINS	Individual	Senior	00:48:43.03	00:24:43.61	00:48:17.18	00:24:17.76
982	8	9084	IDALINA BATISTA	Individual	Veterana Fem I	00:48:43.21	00:25:13.80	00:47:12.65	00:23:43.24
983	488	10368	JOÃO RODRIGUES	Individual	Senior	00:48:44.98	00:24:48.95	00:47:25.07	00:23:29.04
984	160	13819	CARLOS ALVES	GRUPO ADIDAS	Veterano I	00:48:45.53	00:25:31.70	00:46:18.95	00:23:05.12
985	52	10385	ORLANDO MARTINS	Individual	Veterano IV	00:48:45.58	00:24:26.92	00:48:34.96	00:24:16.30
986	113	9344	VITOR RODRIGUES	CCRD Burinhosa	Veterano II	00:48:45.60	00:24:25.68	00:48:07.55	00:23:47.63
987	161	7578	MAURÍCIO MARQUES	Nanos	Veterano I	00:48:45.94	00:26:37.00	00:46:06.85	00:23:57.91
988	489	12869	TIAGO MANUEL TEIXEIRA MARTINS	HOSPITAL DA LUZ	Senior	00:48:46.77	00:25:12.82	00:47:24.59	00:23:50.64
989	9	13108	ROSÁRIO MORGADO	G. DESP. SÃO DOMINGOS	Veterana Fem I	00:48:46.82	00:24:38.41	00:48:30.90	00:24:22.49
990	162	8437	PAULO GAUDÊNCIO	Arbitros de Vendas Novas	Veterano I	00:48:46.88	00:25:16.14	00:46:43.25	00:23:12.51
991	490	8585	NUNO MOLEANO	Clube Desportivo Ribeiense	Senior	00:48:47.11	00:23:54.34	00:48:30.00	00:23:37.23
992	163	8977	NUNO SANTOS	Individual	Veterano I	00:48:47.34	00:24:38.43	00:48:07.32	00:23:58.41
993	491	9849	DUARTE GOMES	ASAS NOS PÉS..	Senior	00:48:47.46	00:25:43.86	00:46:55.93	00:23:52.33
994	85	8240	CARLOS CONDEÇO	Balance Club	Veterano III	00:48:47.51	00:24:00.46	00:48:31.30	00:23:44.25
995	492	7833	FILIPE DA SILVA LOURENÇO	Individual	Senior	00:48:47.81	00:26:46.20	00:45:04.96	00:23:03.35
996	493	9733	NUNO SANTANA	GURUS	Senior	00:48:48.49	00:27:01.74	00:44:21.99	00:22:35.24
997	494	11215	JORGE MIGUEL GONÇALVES	Talentos Team, --	Senior	00:48:48.50	00:25:13.65	00:47:15.78	00:23:40.93
998	114	15018	JOAQUI GOMES	NAC:	Veterano II	00:48:48.65	00:24:27.57	00:48:45.95	00:24:24.87
999	86	9268	CARLOS COSTA	Individual	Veterano III	00:48:48.85	00:25:46.62	00:47:01.48	00:23:59.25
1000	495	12691	BRUNO SERÓDIO	HAGER	Senior	00:48:49.04	00:25:34.44	00:46:46.95	00:23:32.35

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
1001	87	12689	RUI MENDES A. FORTES	HAGER	Veterano III	00:48:49.18	00:25:33.93	00:46:46.58	00:23:31.33
1002	115	8749	ANTÓNIO JOÃO PAÍNHA	Quarentas e Painha	Veterano II	00:48:49.20	00:24:14.38	00:48:29.62	00:23:54.80
1003	116	7155	ANTÓNIO IRIA	Individual	Veterano II	00:48:50.21	00:23:57.82	00:48:26.12	00:23:33.73
1004	496	8075	BRUNO TAVARES	Individual	Senior	00:48:50.55	00:27:32.02	00:47:18.49	00:25:59.96
1005	497	9153	FILIPE JM GARCIA	Garcia Runners	Senior	00:48:50.65	00:26:59.05	00:46:47.96	00:24:56.36
1006	117	9393	JOAO SOUSA	Individual	Veterano II	00:48:50.87	00:25:13.96	00:47:23.28	00:23:46.37
1007	164	12327	RUI PAULO PALMELA LETRAS	Convidado colaborador SLB	Veterano I	00:48:50.97	00:24:22.26	00:48:18.41	00:23:49.70
1008	165	8733	LUIS MIGUEL SILVA	Individual	Veterano I	00:48:51.51	00:27:11.69	00:44:54.71	00:23:14.89
1009	118	8798	ANTÓNIO MALHÃO	BOMBEIROS V. MONTEMOR-O-NOVO	Veterano II	00:48:52.14	00:24:19.43	00:48:32.53	00:23:59.82
1010	498	12900	PEDRO CARRAPATO	HOSPITAL DA LUZ	Senior	00:48:53.15	00:25:34.02	00:46:47.05	00:23:27.92
1011	166	9436	ANTÓNIO ALVERCA	Leavingtours	Veterano I	00:48:53.18	00:24:49.85	00:48:03.05	00:23:59.72
1012	167	9419	JOÃO SILVA	CCRD Burinhosa	Veterano I	00:48:54.14	00:25:05.25	00:47:11.59	00:23:22.70
1013	168	12064	RODRIGO AFONSO MARTINS C GOMES DOS REIS	Individual	Veterano I	00:48:54.41	00:22:32.62	00:48:54.18	00:22:32.39
1014	499	11296	CARLOS MIGUEL LOBO SEQUEIRA DA SILVA	Convidado colaborador SLB, --	Senior	00:48:55.00	00:24:46.08	00:47:36.24	00:23:27.32
1015	169	11790	CARLOS GONÇALVES	Os Caracóis Furiosos	Veterano I	00:48:55.26	00:25:36.22	00:47:27.75	00:24:08.71
1016	53	8956	LUIS MARQUES	Individual	Veterano IV	00:48:55.59	00:24:28.55	00:48:20.71	00:23:53.67
1017	500	12690	ROGÉRIO PAULO G. RODRIGUES	HAGER	Senior	00:48:55.67	00:25:33.97	00:46:53.20	00:23:31.50
1018	33	9789	MARIO CONDE	AFIS/Ovar	Veterano V	00:48:55.92	00:25:00.08	00:48:15.50	00:24:19.66
1019	54	13421	FERNANDO JOSÉ GONÇALVES SILVA	Individual	Veterano IV	00:48:56.13	00:24:45.47	00:48:37.98	00:24:27.32
1020	10	11812	ANA PAULA SALGADO	GDC Fidelidade	Veterana Fem I	00:48:56.41	00:25:54.35	00:46:32.87	00:23:30.81
1021	34	7315	ANTONIO FRANCISCO PEPE GALHETO	Individual	Veterano V	00:48:56.71	00:24:33.68	00:48:56.71	00:24:33.68
1022	501	7446	DÁRIO BOTAS	Individual	Senior	00:48:56.79	00:24:21.13	00:48:08.48	00:23:32.82
1023	35	8203	LEONEL NEVES	Amigos Vale Silencio	Veterano V	00:48:57.23	00:25:46.09	00:47:05.86	00:23:54.72
1024	502	14903	SIMÃO PIRES	MOV'ET	Senior	00:48:57.45	00:25:11.06	00:47:38.42	00:23:52.03
1025	55	9983	PEDRO MATOS	Individual	Veterano IV	00:48:57.47	00:24:43.99	00:48:57.47	00:24:43.99
1026	503	7718	NUNO GONÇALVES	GDCTIN Casa da Moeda	Senior	00:48:57.53	00:24:42.56	00:48:09.70	00:23:54.73
1027	56	13635	FRANCISCO VIRTUOSO	Individual	Veterano IV	00:48:58.16	00:24:33.21	00:48:31.13	00:24:06.18
1028	57	9073	RUI GASPAR	MARRIOTT LISBOA	Veterano IV	00:48:58.38	00:24:52.08	00:47:47.53	00:23:41.23
1029	504	7451	HUGO BARRETO	Individual	Senior	00:48:58.53	00:24:41.73	00:48:00.82	00:23:44.02
1030	170	8609	PEDRO CANECO	Individual	Veterano I	00:48:59.54	00:25:19.39	00:47:36.39	00:23:56.24
1031	171	13265	RICARDO RODRIGUES	Individual	Veterano I	00:49:00.63	00:24:24.65	00:48:33.99	00:23:58.01
1032	119	13611	ERNESTO HEITOR	Casa Benfca Abrantes	Veterano II	00:49:00.67	00:24:25.13	00:48:20.48	00:23:44.94
1033	88	7641	EDUARDO SOUSA	MENU DE ATLETA	Veterano III	00:49:00.87	00:24:17.39	00:49:00.87	00:24:17.39
1034	120	13135	CARLOS ALBERTO B. S. PEREIRA	GRUPO PROSEGUR	Veterano II	00:49:01.22	00:24:58.84	00:48:14.09	00:24:11.71
1035	26	10639	CRISTINA ABREU	Individual	Senior Fem	00:49:02.73	00:24:48.77	00:47:59.78	00:23:45.82
1036	505	9523	HUGO FERNANDES	Individual	Senior	00:49:02.75	00:25:41.86	00:47:30.29	00:24:09.40
1037	506	9105	ADRIANO SOEIRO	Individual	Senior	00:49:03.67	00:25:10.54	00:48:12.64	00:24:19.51
1038	121	11056	JOÃO SILVA PINTO	Individual	Veterano II	00:49:04.34	00:24:13.09	00:48:22.17	00:23:30.92
1039	89	7512	LUIS FARIA	Individual	Veterano III	00:49:04.37	00:24:47.03	00:48:39.79	00:24:22.45
1040	172	7078	JOEL LOUREIRO	Individual	Veterano I	00:49:05.60	00:24:48.21	00:47:59.38	00:23:41.99
1041	507	10608	RICARDO ALVES	2 é melhor que 1	Senior	00:49:06.40	00:25:40.46	00:46:35.54	00:23:09.60
1042	173	12119	JOSÉ TOMÁS	Valejas A C	Veterano I	00:49:07.69	00:26:08.36	00:46:09.32	00:23:09.99
1043	90	8703	ANTÓNIO LUCAS ROSA	Individual	Veterano III	00:49:08.42	00:24:44.28	00:47:27.43	00:23:03.29
1044	174	7815	PEDRO ALEXANDRE TEIXEIRA	Individual	Veterano I	00:49:08.49	00:24:24.42	00:48:43.01	00:23:58.94
1045	508	8623	JOSÉ CARLOS MARTINS	Falcões Selvagens	Senior	00:49:08.63	00:23:55.65	00:49:02.55	00:23:49.57
1046	58	9658	DOMINGOS BORGES	Os Antigos	Veterano IV	00:49:09.06	00:24:46.23	00:49:08.35	00:24:45.52
1047	509	11651	ALEXANDRE MATEUS	Individual	Senior	00:49:09.11	00:24:20.23	00:48:33.44	00:23:44.56
1048	510	12300	GONÇALO BRITO	Individual	Senior	00:49:09.69	00:25:04.20	00:47:44.45	00:23:38.96
1049	122	8485	JOÃO CARVALHO	Team Baía do Seixal	Veterano II	00:49:09.85	00:24:32.12	00:48:35.89	00:23:58.16
1050	36	12142	JOSÉ MANUEL DA COSTA	Individual	Veterano V	00:49:10.09	00:24:48.81	00:48:55.73	00:24:34.45

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
1051	511	7518	NUNO JERÓNIMO	Individual	Senior	00:49:10.16	00:31:54.67	00:44:34.23	00:27:18.74
1052	512	12432	CARLOS DANIEL FERNANDES SOUSA	Individual	Senior	00:49:10.51	00:25:31.42	00:47:43.21	00:24:04.12
1053	513	10928	PAULO ALEXANDRE CALDEIRA	Individual	Senior	00:49:10.75	00:25:33.87	00:47:11.78	00:23:34.90
1054	59	13133	AUGUSTO GOMES SOUSA	Individual	Veterano IV	00:49:10.81	00:24:34.08	00:48:59.57	00:24:22.84
1055	514	9870	FRANCISCO ZORRO	FunBus - Barreiro, --	Senior	00:49:11.21	00:26:59.07	00:46:49.25	00:24:37.11
1056	175	9930	PEDRO SANTOS	Individual	Veterano I	00:49:11.32	00:26:58.95	00:46:48.66	00:24:36.29
1057	3	10714	ANA GOMES	Individual	Veterana Fem II	00:49:11.81	00:23:50.83	00:48:59.18	00:23:38.20
1058	515	8497	PEDRO TORRINHA	SS CGD	Senior	00:49:12.72	00:26:30.89	00:46:27.46	00:23:45.63
1059	37	13308	MANUEL PEREIRA	Individual	Veterano V	00:49:13.30	00:25:47.99	00:47:56.78	00:24:31.47
1060	176	12609	FILIPE SÁ	CREDIBOM	Veterano I	00:49:13.37	00:25:14.87	00:48:37.48	00:24:38.98
1061	91	13200	LUCIO PEREIRA	Individual	Veterano III	00:49:13.70	00:24:53.04	00:49:00.71	00:24:40.05
1062	516	7288	DIOGO LOURENÇO	Soneca	Senior	00:49:13.98	00:24:57.32	00:47:19.19	00:23:02.53
1063	517	8283	JOAQUIM ANTUNES	SS CGD	Senior	00:49:14.43	00:24:58.34	00:48:28.69	00:24:12.60
1064	518	10810	PEDRO PEDRAS SOUSA	Individual	Senior	00:49:14.51	00:24:38.22	00:48:30.59	00:23:54.30
1065	519	7422	LUIS CAMACHO	Ainda sem pedalada	Senior	00:49:15.30	00:27:04.76	00:44:17.85	00:22:07.31
1066	123	10605	RUI COELHO	Cavalinhos Runners	Veterano II	00:49:15.73	00:25:49.26	00:46:43.26	00:23:16.79
1067	520	7184	RICARDO BAPTISTA	Individual	Senior	00:49:16.71	00:23:57.62	00:48:52.33	00:23:33.24
1068	124	11891	LUIS FILIPE GUERREIRO	HP TEAM	Veterano II	00:49:17.22	00:24:37.05	00:47:36.05	00:22:55.88
1069	521	9592	JOÃO MACHADO	FAPOC	Senior	00:49:17.58	00:25:49.89	00:47:47.13	00:24:19.44
1070	60	10947	JORGE FERREIRA	Individual	Veterano IV	00:49:18.17	00:25:02.22	00:48:18.94	00:24:02.99
1071	177	9100	PAULO PEREIRA	Rail Runners	Veterano I	00:49:18.70	00:25:30.96	00:47:31.63	00:23:43.89
1072	125	8270	JOSE MANUEL SILVA TAVARES ANDRADE	Individual	Veterano II	00:49:18.72	00:25:11.63	00:48:02.25	00:23:55.16
1073	178	8224	ANTONIN CAVALCANTI MATHEOS LIMA BISMARA	Casa do Benfica Em Palmela	Veterano I	00:49:18.97	00:24:32.35	00:49:04.67	00:24:18.05
1074	522	8990	PAULO MENDES	Individual	Senior	00:49:19.01	00:24:22.46	00:48:38.03	00:23:41.48
1075	38	8565	MANUEL JOSE RIBEIRO	Individual	Veterano V	00:49:19.22	00:25:01.32	00:49:02.43	00:24:44.53
1076	179	15052	MÁRIO RUI BRANCO SIMÕES	COLABORADOR SLB	Veterano I	00:49:19.79	00:27:23.02	00:44:22.17	00:22:25.40
1077	180	13822	MIGUEL NUNES	GRUPO ADIDAS	Veterano I	00:49:20.24	00:24:32.66	00:48:31.35	00:23:43.77
1078	523	11189	BRUNO MATOS	Individual, --	Senior	00:49:20.82	00:25:21.03	00:47:21.78	00:23:21.99
1079	13	13531	GONÇALO LEONOR	HERO	Junior	00:49:20.85	00:25:11.47	00:48:25.76	00:24:16.38
1080	61	8471	CARLOS MARTINS	GD INE	Veterano IV	00:49:21.15	00:27:10.56	00:48:53.63	00:26:43.04
1081	524	13289	BRUNO GARCIA	Individual	Senior	00:49:21.38	00:25:45.98	00:47:11.14	00:23:35.74
1082	525	8594	NUNO CORDEIRO	Individual	Senior	00:49:21.68	00:26:12.04	00:47:26.76	00:24:17.12
1083	526	8825	JOÃO PAULO MARTINS	Individual	Senior	00:49:21.72	00:28:06.29	00:44:51.40	00:23:35.97
1084	181	11713	LUIS MANEIRO	ccr carrascal	Veterano I	00:49:22.34	00:25:48.11	00:49:07.58	00:25:33.35
1085	92	12281	HELDER MANUEL AGOSTINHO ROMANO	Convidado colaborador SLB	Veterano III	00:49:23.20	00:26:09.63	00:47:19.73	00:24:06.16
1086	182	7554	LUÍS MOURA	Individual	Veterano I	00:49:23.79	00:24:36.19	00:48:44.62	00:23:57.02
1087	126	9161	JOSÉ MORGADO	Individual	Veterano II	00:49:23.93	00:23:47.64	00:48:45.39	00:23:09.10
1088	527	7418	ANDRÉ LIMA	Correr Lisboa	Senior	00:49:24.39	00:24:46.75	00:47:53.08	00:23:15.44
1089	528	7765	PEDRO COSTA	Individual	Senior	00:49:24.64	00:25:45.46	00:47:05.35	00:23:26.17
1090	62	9917	RUI ANDRÉ	Individual	Veterano IV	00:49:25.07	00:25:11.64	00:48:37.96	00:24:24.53
1091	183	11876	JOÃO OLEGÁRIO PEREIRA COSTA	Individual	Veterano I	00:49:25.38	00:23:34.03	00:49:25.38	00:23:34.03
1092	184	9856	LUÍS GRAÇA	Falcões Selvagens, --	Veterano I	00:49:25.66	00:25:10.41	00:48:38.30	00:24:23.05
1093	4	10899	PAULA LEMOS	Individual	Veterana Fem II	00:49:25.77	00:24:22.73	00:49:03.65	00:24:00.61
1094	529	8481	LUÍS MIGUEL BRITO GONÇALVES	Jobrinde - Montes Saloios	Senior	00:49:26.28	00:27:01.79	00:45:36.84	00:23:12.35
1095	185	13778	JOSÉ MARTINS	GRUPO ADIDAS	Veterano I	00:49:26.64	00:24:06.60	00:48:34.90	00:23:14.86
1096	63	9727	RAMIRO SOFIO	GURUS	Veterano IV	00:49:27.53	00:26:54.72	00:44:55.70	00:22:22.89
1097	186	7109	PEDRO JORGE OLIVEIRA BRANDÃO	Individual	Veterano I	00:49:27.74	00:27:55.21	00:48:25.88	00:26:53.35
1098	93	10954	PAULO MESTRE	Os Matrecos	Veterano III	00:49:27.82	00:26:25.43	00:47:36.75	00:24:34.36
1099	187	10045	ACURCIO MARIA	Sporting Clube Moitense	Veterano I	00:49:28.59	00:25:41.78	00:48:07.17	00:24:20.36
1100	188	8907	CARLOS MIRA	Individual	Veterano I	00:49:28.61	00:24:01.32	00:49:20.07	00:23:52.78

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
1101	530	15368	TIAGO ALVES	EDP	Senior	00:49:28.84	00:24:51.92	00:48:42.11	00:24:05.19
1102	27	10955	CARLA BARBOSA	Os Matreocos	Senior Fem	00:49:29.08	00:25:57.97	00:48:07.00	00:24:35.89
1103	189	12767	TIAGO BARCIELA BIANCHI	Individual	Veterano I	00:49:29.40	00:25:42.26	00:49:05.75	00:25:18.61
1104	64	8253	ALBERTO LUIS MATEUS MATIAS	Individual	Veterano IV	00:49:29.79	00:26:03.05	00:48:07.90	00:24:41.16
1105	531	10260	PEDRO PROENÇA	Individual	Senior	00:49:30.23	00:26:33.01	00:47:23.34	00:24:26.12
1106	532	8919	DANIEL CHAGAS	Individual	Senior	00:49:30.30	00:26:33.64	00:47:29.20	00:24:32.54
1107	94	11447	MAURICIO MENDES	Individual	Veterano III	00:49:30.63	00:24:46.45	00:49:20.78	00:24:36.60
1108	533	10294	IVO ESPERANÇA	U.D.F.A.C.	Senior	00:49:30.81	00:24:32.53	00:48:54.49	00:23:56.21
1109	534	9183	JOÃO COLAÇO	Individual	Senior	00:49:31.10	00:24:07.74	00:49:17.94	00:23:54.58
1110	127	7449	PEDRO CAETANO	Individual	Veterano II	00:49:31.17	00:25:25.51	00:49:18.81	00:25:13.15
1111	128	7223	CARLOS RAMOS	Correr Lisboa	Veterano II	00:49:31.20	00:25:43.18	00:48:11.04	00:24:23.02
1112	190	10568	JOÃO LEITÃO	RunLovers	Veterano I	00:49:31.73	00:25:27.23	00:48:32.32	00:24:27.82
1113	191	7302	CLÁUDIO DIAS	Individual	Veterano I	00:49:31.90	00:23:16.37	00:49:29.46	00:23:13.93
1114	535	7813	PEDRO RIBEIRO	ESTRELAS DE LUZ	Senior	00:49:31.95	00:24:28.00	00:49:22.76	00:24:18.81
1115	192	10466	SERGIO BORGES	NUCLEO DESPORTIVO AUTOCOOPE	Veterano I	00:49:32.11	00:25:13.89	00:49:02.75	00:24:44.53
1116	536	9984	ANTÓNIO LAVAJO	Individual	Senior	00:49:32.20	00:25:09.74	00:49:10.59	00:24:48.13
1117	537	13773	NELSON ROCHA	Individual	Senior	00:49:32.60	00:26:05.43	00:47:26.94	00:23:59.77
1118	538	15312	RUI OLIVEIRA LOURENÇO	JOGOS SANTA CASA	Senior	00:49:32.60	00:24:25.64	00:48:11.05	00:23:04.09
1119	129	9763	JOÃO REBELO	CATA-Clube Atletismo Amora	Veterano II	00:49:33.01	00:25:33.30	00:48:08.05	00:24:08.34
1120	539	9315	MÁRIO SILVA	Lebres de Pegões	Senior	00:49:33.13	00:25:34.95	00:48:23.90	00:24:25.72
1121	65	11992	JOÃO CORREIA	Correiihas	Veterano IV	00:49:34.36	00:25:27.04	00:49:01.80	00:24:54.48
1122	9	11595	RICARDO PEREIRA	Individual	Outra Cat	00:49:34.56	00:26:00.63	00:46:33.41	00:22:59.48
1123	540	10922	PAULO MIGUEL SILVÉRIO SANTOS	Individual	Senior	00:49:34.70	00:24:28.40	00:48:50.41	00:23:44.11
1124	541	10780	MANUEL SALVATERRA E SILVA	Individual	Senior	00:49:35.04	00:25:22.81	00:48:43.12	00:24:30.89
1125	542	11775	RENATO VERISSIMO	Individual	Senior	00:49:36.00	00:24:57.66	00:48:27.93	00:23:49.59
1126	543	9679	ANTÓNIO SÉRGIO	Individual	Senior	00:49:36.20	00:25:31.03	00:47:42.07	00:23:36.90
1127	95	11031	JOSÉ ALBERTO RODRIGUES	SÃO FRANCISCO A. DESPORTIVA	Veterano III	00:49:36.54	00:25:32.88	00:47:57.06	00:23:53.40
1128	66	15120	BERNARDO GRADISSIMO	ASSOCIAÇÃO O COMPANHEIRO	Veterano IV	00:49:37.17	00:25:02.67	00:48:19.86	00:23:45.36
1129	544	11047	CARLOS CORREIA	Individual	Senior	00:49:37.33	00:28:13.62	00:44:24.68	00:23:00.97
1130	545	10705	NUNO MONTEIRO	Individual	Senior	00:49:37.46	00:27:48.62	00:44:49.12	00:23:00.28
1131	546	13829	ANDRÉ JUDICE	GRUPO ADIDAS	Senior	00:49:38.00	00:26:16.20	00:49:38.00	00:26:16.20
1132	547	13103	VASCO CALADO	HOSPITAL DA LUZ	Senior	00:49:38.63	00:25:50.69	00:47:15.03	00:23:27.09
1133	548	7305	JOÃO QUEIRÓS	Tunhos	Senior	00:49:39.08	00:26:52.12	00:46:52.20	00:24:05.24
1134	549	11714	LUIS CORREIA	ccr carrascal	Senior	00:49:40.53	00:25:47.90	00:49:27.18	00:25:34.55
1135	193	10160	NUNO NUNES	Individual	Veterano I	00:49:41.06	00:24:45.06	00:48:42.02	00:23:46.02
1136	550	12615	NUNO NUNO	Individual, --	Senior	00:49:41.09	00:25:06.65	00:48:02.95	00:23:28.51
1137	194	7025	PEDRO CORDEIRO	Clube Vodafone	Veterano I	00:49:41.21	00:25:33.79	00:48:31.16	00:24:23.74
1138	195	12555	JORGE SIMÕES	Individual	Veterano I	00:49:41.43	00:26:09.22	00:48:06.18	00:24:33.97
1139	551	12231	JORGE LUZ	Individual	Senior	00:49:42.29	00:24:57.71	00:48:50.62	00:24:06.04
1140	552	8591	JOSÉ ESTRELA	Jagozes & Gloriosos	Senior	00:49:42.99	00:27:14.99	00:44:40.20	00:22:12.20
1141	553	7520	MIGUEL RODRIGUES	Individual	Senior	00:49:43.05	00:25:54.48	00:46:59.22	00:23:10.65
1142	130	15042	JOSE CARLOS NUNES FERREIRA	Individual	Veterano II	00:49:43.27	00:24:33.84	00:49:16.52	00:24:07.09
1143	131	7644	CARLOS SOARES	Niagara Odivelas	Veterano II	00:49:43.88	00:25:41.01	00:48:06.03	00:24:03.16
1144	28	12013	CATARINA CIPRIANO	Individual	Senior Fem	00:49:44.34	00:25:19.07	00:48:50.93	00:24:25.66
1145	196	7020	ANTÓNIO DUARTE	Individual	Veterano I	00:49:44.39	00:25:03.38	00:48:53.15	00:24:12.14
1146	197	10023	JOSÉ GOMES	Bootcamp Sesimbra	Veterano I	00:49:44.76	00:25:29.50	00:48:34.79	00:24:19.53
1147	39	10073	RAMIRO INACIO	CASA BENFICA ALHANDRA	Veterano V	00:49:44.93	00:24:32.42	00:49:33.34	00:24:20.83
1148	554	8719	RICARDO SILVA	Individual	Senior	00:49:44.97	00:24:55.68	00:49:22.18	00:24:32.89
1149	555	7350	GONÇALO ROSADO	Individual	Senior	00:49:45.71	00:25:57.94	00:46:53.79	00:23:06.02
1150	556	9009	FILIPE LEITAO	Individual	Senior	00:49:46.52	00:25:57.92	00:48:22.26	00:24:33.66

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
1151	557	15047	JOSÉ SANTOS	Tartarugas Solidárias	Senior	00:49:46.99	00:25:32.22	00:47:33.81	00:23:19.04
1152	40	8050	FERNANDO JESUS	Individual	Veterano V	00:49:47.13	00:24:39.03	00:49:40.00	00:24:31.90
1153	558	9330	FILIPE RITO	Individual	Senior	00:49:47.29	00:26:23.90	00:47:11.92	00:23:48.53
1154	559	13754	TIAGO RODRIGUES	GRUPO ADIDAS	Senior	00:49:47.35	00:24:47.68	00:48:17.53	00:23:17.86
1155	560	12434	BRUNO RICARDO MENDES DIAS	Individual	Senior	00:49:47.44	00:25:22.51	00:48:16.38	00:23:51.45
1156	561	8752	RICARDO CORREIA	Individual	Senior	00:49:48.94	00:26:25.67	00:47:14.69	00:23:51.42
1157	562	7380	JOAO MIGUEL DOS SANTOS GONCALVES	Individual	Senior	00:49:49.27	00:24:43.17	00:49:17.29	00:24:11.19
1158	563	8215	JOÃO JOSÉ FERNANDES	Açoreana Clube Banif	Senior	00:49:50.50	00:24:42.76	00:49:13.64	00:24:05.90
1159	198	14879	FERNANDO CUSTÓDIO	EDP	Veterano I	00:49:50.62	00:25:51.77	00:48:11.55	00:24:12.70
1160	29	12944	CLÁUDIA NUNES	HOSPITAL DA LUZ	Senior Fem	00:49:50.86	00:25:12.38	00:48:30.00	00:23:51.52
1161	564	9314	PEDRO PRATES	Lebres de Pegões	Senior	00:49:51.11	00:25:35.22	00:48:39.52	00:24:23.63
1162	565	10062	JOSÉ EDUARDO SANTOS	Inf	Senior	00:49:51.27	00:27:47.96	00:44:59.67	00:22:56.36
1163	199	7157	NUNO BRITO	Individual	Veterano I	00:49:51.87	00:25:21.44	00:48:03.40	00:23:32.97
1164	566	8108	CARLOS FILIPE LOPES FERNANDES CORREIA	Individual	Senior	00:49:52.63	00:23:56.64	00:49:52.63	00:23:56.64
1165	41	7828	MANUEL BELCHIOR DE SOUSA	Individual	Veterano V	00:49:52.72	00:25:46.87	00:49:11.34	00:25:05.49
1166	67	9873	MANUEL NASCIMENTO	Individual	Veterano IV	00:49:52.85	00:25:48.91	00:48:11.16	00:24:07.22
1167	3	13273	MANUELA FOLGADO	Individual	Veterana Fem III	00:49:53.23	00:25:03.08	00:49:07.00	00:24:16.85
1168	567	11533	TIAGO DELGADO	PRAFIT CLUB	Senior	00:49:53.45	00:25:08.94	00:48:43.17	00:23:58.66
1169	568	15207	MARIO VAL SOARES	JAZZY LIFE CLUB	Senior	00:49:53.76	00:28:54.84	00:43:51.22	00:22:52.30
1170	200	8524	GIL SOUSA	run4it	Veterano I	00:49:54.15	00:26:48.46	00:46:55.70	00:23:50.01
1171	201	10802	ANTERO TAVEIRA	Individual	Veterano I	00:49:54.64	00:24:52.74	00:48:46.57	00:23:44.67
1172	68	7950	JOÃO DO CARMO	Sunset Runners	Veterano IV	00:49:54.77	00:23:30.43	00:49:29.65	00:23:05.31
1173	4	9796	ISAURA LOPES	NAC	Veterana Fem III	00:49:55.69	00:25:00.99	00:49:49.11	00:24:54.41
1174	569	11073	HUGO MONTEIRO	Individual	Senior	00:49:56.52	00:25:46.26	00:48:58.32	00:24:48.06
1175	570	9394	VITOR PEREIRA	Individual	Senior	00:49:56.64	00:25:16.29	00:48:28.81	00:23:48.46
1176	69	8554	JOSE MONTEIRO	Individual	Veterano IV	00:49:56.85	00:26:18.49	00:48:21.43	00:24:43.07
1177	571	7883	RICARDO MENDES	Individual	Senior	00:49:56.99	00:26:42.88	00:48:02.33	00:24:48.22
1178	572	9745	MÁRIO PINTO	Run Thomar	Senior	00:49:57.18	00:26:02.26	00:47:50.70	00:23:55.78
1179	30	8625	SUZANA RAPOSO	Correr Lisboa	Senior Fem	00:49:57.77	00:25:20.46	00:49:02.57	00:24:25.26
1180	202	12806	ANTONIO JOSÉ MARTINS	Individual	Veterano I	00:49:57.89	00:24:48.31	00:49:43.91	00:24:34.33
1181	573	9540	NUNO ANASTÁCIO	RunLovers	Senior	00:49:57.95	00:24:57.33	00:48:59.33	00:23:58.71
1182	203	11574	MARCO ANTUNES	AC do Caracol	Veterano I	00:49:58.23	00:24:34.43	00:49:02.96	00:23:39.16
1183	132	7271	JORGE LEITE	Individual	Veterano II	00:49:58.57	00:26:08.86	00:48:14.69	00:24:24.98
1184	204	11194	PEDRO FONTOURA	SS CGD, --	Veterano I	00:49:58.90	00:24:55.54	00:49:13.03	00:24:09.67
1185	574	8922	NUNO ALVES	Individual	Senior	00:49:59.47	00:24:40.74	00:48:49.34	00:23:30.61
1186	11	12805	GINA PAIS	Individual	Veterana Fem I	00:49:59.56	00:24:48.97	00:49:45.47	00:24:34.88
1187	575	10938	TIAGO LEAL GAMEIRO	Individual	Senior	00:49:59.97	00:24:59.03	00:48:34.71	00:23:33.77
1188	576	8107	CARLOS CONSTANCIO	Ericsson	Senior	00:50:00.37	00:27:20.75	00:47:27.48	00:24:47.86
1189	577	10875	SERGIO NUNES	Individual	Senior	00:50:00.76	00:26:24.28	00:47:37.68	00:24:01.20
1190	578	10993	GUSTAVO SILVA	Farmacia Uruguai - Aberto 24H	Senior	00:50:01.05	00:27:22.08	00:45:39.17	00:23:00.20
1191	579	12208	RODRIGO ALEXANDRE RIBEIRO GOMES	COLABORADOR SLB	Senior	00:50:02.15	00:25:05.34	00:49:00.39	00:24:03.58
1192	580	11287	RUI PEDRO MARQUES ANTUNES	COLABORADOR SLB, --	Senior	00:50:02.29	00:25:21.85	00:48:43.53	00:24:03.09
1193	581	9378	HELDER ROSARIO	Individual	Senior	00:50:02.37	00:24:44.33	00:49:57.64	00:24:39.60
1194	582	12846	RUBEN PEREIRA	CBRunners	Senior	00:50:02.57	00:24:52.73	00:48:34.23	00:23:24.39
1195	133	10801	PAULO JORGE CAMPOS	Individual	Veterano II	00:50:02.89	00:25:20.91	00:48:54.62	00:24:12.64
1196	134	13466	LUIS GOUVEIA	Casa do Benfica no Seixal	Veterano II	00:50:03.49	00:25:16.08	00:49:25.48	00:24:38.07
1197	583	10495	JOÃO SALAVISA	Individual	Senior	00:50:03.78	00:26:47.37	00:46:54.63	00:23:38.22
1198	584	10097	PAULO MANUEL FERREIRA	Cosmes	Senior	00:50:03.88	00:26:26.69	00:47:38.07	00:24:00.88
1199	585	8298	WILSON REIS	Individual	Senior	00:50:04.60	00:25:36.83	00:48:47.77	00:24:20.00
1200	5	10920	ALFREDA ROCHA	Individual	Veterana Fem II	00:50:06.66	00:26:28.80	00:48:38.93	00:25:01.07

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
1201	205	10921	RUI PEREIRA	Individual	Veterano I	00:50:07.06	00:26:28.61	00:48:39.07	00:25:00.62
1202	206	10948	RICARDO CARVALHO	Individual	Veterano I	00:50:07.46	00:25:16.23	00:49:20.91	00:24:29.68
1203	70	9751	JOÃO MATOS	Ares do Pinhal	Veterano IV	00:50:07.66	00:25:43.64	00:48:08.51	00:23:44.49
1204	586	9916	RICARDO GUILHERME	Individual	Senior	00:50:08.41	00:26:06.71	00:48:23.18	00:24:21.48
1205	587	10834	RODRIGO ANTÓNIO CARVALHO MATOS	Individual	Senior	00:50:08.60	00:27:09.01	00:47:06.00	00:24:06.41
1206	588	8927	VALTER FILIPE PEREIRA FERREIRA	Individual	Senior	00:50:09.33	00:25:24.37	00:48:42.97	00:23:58.01
1207	589	10799	ANTÓNIO GONÇALO RUFINO	Individual	Senior	00:50:09.77	00:27:09.00	00:47:07.99	00:24:07.22
1208	135	9774	JORGE ALBUQUERQUE SILVA	Individual	Veterano II	00:50:10.08	00:26:26.33	00:49:14.26	00:25:30.51
1209	136	10090	JOAO SILVA	Individual	Veterano II	00:50:10.45	00:26:11.74	00:48:41.71	00:24:43.00
1210	207	10089	ANTONIO SILVA	Individual	Veterano I	00:50:10.59	00:26:12.14	00:48:42.59	00:24:44.14
1211	590	10133	TIAGO BRITO	Individual	Senior	00:50:10.63	00:24:17.95	00:50:04.81	00:24:12.13
1212	137	10647	RUI MANUEL RODRIGUES	Individual	Veterano II	00:50:11.03	00:26:14.57	00:49:05.02	00:25:08.56
1213	5	13107	ANABELA CARVALHO	G. DESP. SÃO DOMINGOS	Veterana Fem III	00:50:11.59	00:24:45.48	00:49:54.89	00:24:28.78
1214	138	10595	CARLOS MANUEL PINTO VIEIRA	Os Cachos	Veterano II	00:50:11.63	00:26:43.67	00:47:49.55	00:24:21.59
1215	139	13434	RUI MARTINS	Individual	Veterano II	00:50:11.64	00:25:43.59	00:49:20.00	00:24:51.95
1216	591	15163	NUNO GONÇALVES	TOP ATLÂNTICO	Senior	00:50:12.04	00:26:00.91	00:48:24.17	00:24:13.04
1217	140	10594	JOAQUIM MANUEL PINTO VIEIRA	Os Cachos	Veterano II	00:50:12.48	00:26:43.27	00:47:49.84	00:24:20.63
1218	12	8194	MARTA ANSELMO	Individual	Veterana Fem I	00:50:12.64	00:25:41.85	00:48:45.28	00:24:14.49
1219	592	10915	RICARDO BOAVENTURA	Individual	Senior	00:50:12.86	00:25:03.20	00:49:29.78	00:24:20.12
1220	6	9054	EVA CRISTINA VITORINO ROSA	Individual	Veterana Fem II	00:50:13.41	00:25:04.27	00:49:20.67	00:24:11.53
1221	593	11179	ANDRÉ SOTA	Individual, --	Senior	00:50:13.92	00:25:00.28	00:48:51.38	00:23:37.74
1222	208	15390	NELSON CARVALHO SANTOS	EDP	Veterano I	00:50:14.49	00:25:04.78	00:49:46.05	00:24:36.34
1223	594	8133	TIAGO PEREIRA DE BRITO	Individual	Senior	00:50:15.50	00:25:55.76	00:48:16.91	00:23:57.17
1224	96	8057	JORGE ARMANDO LOUREIRO CARREIRA	Individual	Veterano III	00:50:15.87	00:26:31.11	00:48:56.84	00:25:12.08
1225	595	9711	VITOR FERREIRA	Individual	Senior	00:50:16.48	00:25:26.10	00:49:07.68	00:24:17.30
1226	596	9725	RICARDO CORREIA	GURUS	Senior	00:50:16.61	00:27:30.54	00:45:50.66	00:23:04.59
1227	597	10237	PEDRO SOARES	Individual	Senior	00:50:16.66	00:26:23.45	00:48:13.09	00:24:19.88
1228	598	12852	ENRICO TORRENCO	Individual	Senior	00:50:16.77	00:26:13.19	00:48:31.00	00:24:27.42
1229	599	13552	PEDRO MENDES	PHILIPS PORTUGUESA S.A.	Senior	00:50:16.77	00:25:51.02	00:48:26.19	00:24:00.44
1230	600	8351	GONÇALO GARCIA	Individual	Senior	00:50:16.91	00:24:27.37	00:50:13.29	00:24:23.75
1231	141	7414	VITOR GAMEIRO	Individual	Veterano II	00:50:18.02	00:26:48.31	00:48:00.94	00:24:31.23
1232	601	11944	ANDRÉ MORGADO	Individual	Senior	00:50:18.26	00:26:50.29	00:48:05.04	00:24:37.07
1233	42	9287	LUCIDIO DIAS	CAL - CLUBE ATLETISMO DE LAMAS	Veterano V	00:50:18.31	00:25:27.91	00:48:52.69	00:24:02.29
1234	602	11369	ANDRE ALEXANDRE MENOR MOITA	Individual	Senior	00:50:18.73	00:25:31.93	00:49:41.76	00:24:54.96
1235	31	12351	JOSÉ CARLOS CLÍMACO PEREIRA	Individual	Senior Fem	00:50:18.92	00:24:21.28	00:50:10.15	00:24:12.51
1236	603	8358	MARCO DANIEL CARRILHO COSTA	Individual	Senior	00:50:19.05	00:25:07.79	00:49:41.95	00:24:30.69
1237	604	11370	JOSE PINTO	Individual	Senior	00:50:19.15	00:25:32.23	00:49:40.64	00:24:53.72
1238	605	7532	GONÇALO ROCHA	Lets Run Modafocas	Senior	00:50:20.17	00:26:15.59	00:48:14.52	00:24:09.94
1239	142	9307	EDUARDO CARDOSO	GDCT Unicre	Veterano II	00:50:20.17	00:25:16.16	00:49:02.64	00:23:58.63
1240	6	12394	ANA MARIA ROSA ARAÚJO CORREIA	GROUP TRAINING	Veterana Fem III	00:50:20.53	00:29:06.36	00:46:17.59	00:25:03.42
1241	209	13666	MIGUEL MARQUES	EUROPCAR	Veterano I	00:50:21.54	00:26:00.38	00:49:27.45	00:25:06.29
1242	210	12023	JOAO COUTO	Individual	Veterano I	00:50:22.00	00:27:04.59	00:47:54.83	00:24:37.42
1243	606	12794	JOSÉ NUNES	SPIRITUC INVESTIGAÇÃO APLICADA	Senior	00:50:22.06	00:27:06.05	00:47:53.91	00:24:37.90
1244	607	7960	NUNO SANTOS	Individual	Senior	00:50:22.38	00:25:58.74	00:48:26.54	00:24:02.90
1245	10	12515	MARIA CUNHA	INDESIT COMPANY	Outra Cat	00:50:22.47	00:26:16.60	00:50:22.47	00:26:16.60
1246	97	7972	JOÃO NUNES	Individual	Veterano III	00:50:22.64	00:25:58.47	00:48:26.91	00:24:02.74
1247	143	10003	MANUEL BAYON GOMEZ	Individual	Veterano II	00:50:22.85	00:24:39.72	00:49:17.37	00:23:34.24
1248	144	11579	ANTÓNIO RODRIGUES	Individual	Veterano II	00:50:22.90	00:25:27.86	00:50:15.20	00:25:20.16
1249	71	11430	JOAQUIM SANTOS	equipa santos	Veterano IV	00:50:23.48	00:25:14.38	00:50:04.17	00:24:55.07
1250	98	8595	RAÚL COSTA	Clube Robbialac	Veterano III	00:50:23.69	00:25:58.51	00:50:20.59	00:25:55.41

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
1251	608	8826	PEDRO CORDAS	Individual	Senior	00:50:23.85	00:24:35.91	00:49:56.23	00:24:08.29
1252	609	15108	TITO VIEIRA	ASSOCIAÇÃO O COMPANHEIRO	Senior	00:50:24.18	00:24:58.41	00:49:54.84	00:24:29.07
1253	145	9046	LUIS PIRES	Individual	Veterano II	00:50:24.21	00:26:48.21	00:48:02.11	00:24:26.11
1254	72	13109	GONÇALO REBELO	G. DESP. SÃO DOMINGOS	Veterano IV	00:50:24.37	00:25:53.80	00:48:25.64	00:23:55.07
1255	211	15279	MÁRIO GODINHO	EDP	Veterano I	00:50:24.51	00:25:14.21	00:49:49.98	00:24:39.68
1256	212	9408	TELMO PEDROSO	CCRD Burinhosa	Veterano I	00:50:24.63	00:25:29.88	00:49:53.48	00:24:58.73
1257	213	12193	BRUNO JESUS	Individual	Veterano I	00:50:24.91	00:26:09.25	00:48:58.65	00:24:42.99
1258	610	10473	JORGE MANUEL CARRINHO MATIAS	Individual	Senior	00:50:25.40	00:25:58.35	00:48:48.37	00:24:21.32
1259	99	7341	ANTÓNIO GRILO	Individual	Veterano III	00:50:25.55	00:26:10.79	00:48:15.64	00:24:00.88
1260	146	7002	LUIS LEMOS	Individual	Veterano II	00:50:25.86	00:26:29.23	00:48:04.94	00:24:08.31
1261	611	8985	JOÃO BATISTA	Movimento SLB	Senior	00:50:26.13	00:24:37.43	00:49:26.79	00:23:38.09
1262	612	8448	FILIFE NUNED	lebres de pegoos	Senior	00:50:26.16	00:26:08.58	00:47:55.68	00:23:38.10
1263	613	8447	HUGO SANTOS	lebres de pegoos	Senior	00:50:26.20	00:26:08.88	00:47:55.14	00:23:37.82
1264	214	11571	MIGUEL RAU	Individual	Veterano I	00:50:26.55	00:25:58.48	00:48:30.04	00:24:01.97
1265	614	12613	RUBEN CORREIA	GSOFT	Senior	00:50:26.83	00:25:17.84	00:49:02.12	00:23:53.13
1266	615	9218	PAULO GOMES	Run Buddy Run	Senior	00:50:26.89	00:26:24.15	00:48:21.02	00:24:18.28
1267	616	7357	ANTÓNIO MIGUEL MARTINS CALIXTO	Individual	Senior	00:50:26.93	00:25:40.25	00:48:46.36	00:23:59.68
1268	617	7090	FILIFE RAMALHO	Amigos Vale Silencio	Senior	00:50:27.33	00:26:56.90	00:48:34.93	00:25:04.50
1269	43	8201	ANTÓNIO SILVA	Amigos Vale Silencio	Veterano V	00:50:27.42	00:26:57.08	00:48:36.10	00:25:05.76
1270	32	7373	INÊS PEIXOTO	Individual	Senior Fem	00:50:27.59	00:26:36.18	00:48:22.95	00:24:31.54
1271	618	9298	TIAGO ROCHA	Individual	Senior	00:50:27.61	00:26:33.65	00:47:32.22	00:23:38.26
1272	147	10169	ORLANDO ALMEIDA	Individual	Veterano II	00:50:27.97	00:25:41.94	00:49:20.83	00:24:34.80
1273	619	9296	SIMÃO PEDRO RAMOS SANTANA	Individual	Senior	00:50:28.07	00:27:13.88	00:47:58.58	00:24:44.39
1274	620	15348	TIAGO PEREIRA	EDP	Senior	00:50:28.18	00:26:23.40	00:48:20.07	00:24:15.29
1275	148	7287	JOSÉ PAULO SILVA	Individual	Veterano II	00:50:28.43	00:24:12.78	00:50:22.34	00:24:06.69
1276	215	8793	RICARDO DIAS	BOMBEIROS V. MONTEMOR-O-NOVO	Veterano I	00:50:28.56	00:24:49.83	00:50:11.20	00:24:32.47
1277	621	13116	GEORG WALDSCHUTZ	GRUPO PROSEGUR	Senior	00:50:28.67	00:26:22.85	00:48:30.98	00:24:25.16
1278	44	15090	ARSÉNIO FERREIRA	CASA DO BENFICA EM PENHICE	Veterano V	00:50:28.69	00:25:59.60	00:48:42.59	00:24:13.50
1279	149	9407	VITOR MONTEIRO	CCRD Burinhosa	Veterano II	00:50:28.87	00:24:38.21	00:49:57.83	00:24:07.17
1280	100	12696	ALFREDO VALENTE	Individual	Veterano III	00:50:29.00	00:27:43.03	00:46:19.44	00:23:33.47
1281	45	12319	ANTÓNIO MARTINHO	COLABORADOR SLB	Veterano V	00:50:29.10	00:25:44.49	00:49:09.57	00:24:24.96
1282	622	12295	RICARDO FILIFE CORREIA FERNANDES	Convidado colaborador SLB	Senior	00:50:29.42	00:25:42.37	00:49:10.24	00:24:23.19
1283	216	12721	PEDRO P LIMA BASTO	Individual	Veterano I	00:50:29.78	00:25:37.50	00:49:54.66	00:25:02.38
1284	623	9456	PAULO MIGUEL DO AMARAL BASÍLIO	1904 1904 lá lá lá lá	Senior	00:50:29.98	00:25:39.71	00:48:49.08	00:23:58.81
1285	624	11182	PEDRO ALEXANDRE CARDOSO DUARTE	Individual, --	Senior	00:50:30.31	00:28:02.51	00:46:53.91	00:24:26.11
1286	217	7317	FRANCISCO RAMALHO	Individual	Veterano I	00:50:30.49	00:26:17.81	00:48:19.43	00:24:06.75
1287	625	7591	RUBEN ALMEIDA	Individual	Senior	00:50:30.74	00:26:49.29	00:47:48.68	00:24:07.23
1288	626	7353	DAVID JOSÉ PINTO DOS REIS	Individual	Senior	00:50:31.26	00:25:28.95	00:49:53.13	00:24:50.82
1289	627	7530	CARLOS ALBERTO POUSADA CHAVES	Individual	Senior	00:50:31.41	00:26:28.51	00:48:42.80	00:24:39.90
1290	628	12714	DAVID SOUSA	Individual	Senior	00:50:31.84	00:25:18.33	00:49:22.80	00:24:09.29
1291	73	8574	DOMINGOS LAVINHA	Clube Desportivo Ribereense	Veterano IV	00:50:31.97	00:25:19.13	00:49:52.80	00:24:39.96
1292	150	10550	DINIS FREITAS MORAIS	CCD Siemens	Veterano II	00:50:32.33	00:29:05.83	00:46:43.09	00:25:16.59
1293	629	12664	BRUNO SANTOS	Individual	Senior	00:50:32.78	00:26:37.42	00:47:46.46	00:23:51.10
1294	630	12485	RICARDO FRADE	Individual	Senior	00:50:32.90	00:39:00.10	00:49:34.03	00:38:01.23
1295	33	10720	SARA MACHADO	Individual	Senior Fem	00:50:33.77	00:25:24.51	00:49:25.77	00:24:16.51
1296	631	12476	EDUARDO CASTELA	Individual	Senior	00:50:33.95	00:25:48.02	00:48:20.21	00:23:34.28
1297	101	15272	RICARDO PAIVA	JORNAL A BOLA	Veterano III	00:50:34.64	00:25:01.85	00:49:48.69	00:24:15.90
1298	218	13562	GONÇALO RAPOSO	INTOTTUM	Veterano I	00:50:35.42	00:27:49.14	00:48:13.18	00:25:26.90
1299	632	12952	SERGIO TEIXEIRA SORRELUZ	HOSPITAL DA LUZ	Senior	00:50:35.70	00:26:31.87	00:48:20.54	00:24:16.71
1300	219	11564	PEDRO RAFAEL MENDONÇA	Individual	Veterano I	00:50:35.80	00:26:57.40	00:48:27.51	00:24:49.11

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
1301	220	9427	ALFREDO ROJAO	Individual	Veterano I	00:50:36.54	00:27:33.88	00:46:48.45	00:23:45.79
1302	633	12957	JOÃO DIOGO T. P. LOPES	HOSPITAL DA LUZ	Senior	00:50:37.03	00:27:57.07	00:46:08.73	00:23:28.77
1303	74	10539	ISIDRO PIRES DOS SANTOS	Individual	Veterano IV	00:50:37.05	00:24:30.46	00:50:27.84	00:24:21.25
1304	634	11628	DAVID NASCIMENTO	Correr Lisboa	Senior	00:50:37.31	00:25:09.24	00:49:09.72	00:23:41.65
1305	635	11265	FERNANDO VENTURA DA SILVA DUARTE	Individual, --	Senior	00:50:37.53	00:25:45.07	00:49:50.65	00:24:58.19
1306	636	11000	JOSE EUCLIDES LOPES DELGADO	Individual	Senior	00:50:37.60	00:25:44.94	00:49:50.59	00:24:57.93
1307	221	11157	CARLOS GOMES	Individual, --	Veterano I	00:50:37.86	00:25:52.19	00:49:14.82	00:24:29.15
1308	637	13258	NUNO SOARES	Individual	Senior	00:50:37.98	00:27:00.58	00:48:37.54	00:25:00.14
1309	638	9660	TIAGO MARQUES	Os Sacanões	Senior	00:50:38.39	00:26:42.91	00:47:55.09	00:23:59.61
1310	639	8076	PAULO MOURA	Individual	Senior	00:50:38.65	00:27:39.92	00:49:07.44	00:26:08.71
1311	640	12748	SÉRGIO REIS	AS. ESTUDANTES - PASSATEMPO	Senior	00:50:38.67	00:28:40.69	00:45:18.99	00:23:21.01
1312	222	9568	PEDRO MIGUEL COSTA MACEDO	ESTRELAS DE LUZ	Veterano I	00:50:38.74	00:24:34.81	00:50:29.21	00:24:25.28
1313	641	9533	JOÃO FRANCISCO DA LUZ VELEZ	Individual	Senior	00:50:38.76	00:27:57.71	00:47:39.21	00:24:58.16
1314	642	9663	MIGUEL RIBEIRO	Os Sacanões	Senior	00:50:38.84	00:26:44.13	00:47:54.25	00:23:59.54
1315	151	8256	PAULO LOPES	Casa do Benfca no Seixal	Veterano II	00:50:39.32	00:25:26.36	00:50:01.10	00:24:48.14
1316	643	11423	LOUREIRO LOUREIRO	Individual, --	Senior	00:50:39.46	00:26:55.41	00:48:08.45	00:24:24.40
1317	102	12612	CARLOS SANTOS	GSOFT	Veterano III	00:50:39.51	00:25:37.35	00:49:13.77	00:24:11.61
1318	223	9626	JORGE FERNANDES	Os Tresmalhados	Veterano I	00:50:39.66	00:24:28.22	00:50:05.37	00:23:53.93
1319	644	9579	RENATO GUILHERME	Caracóis de Pedra	Senior	00:50:39.80	00:26:23.58	00:49:45.68	00:25:29.46
1320	13	15051	ISABEL NUNES	Individual	Veterana Fem I	00:50:40.22	00:25:20.63	00:50:39.41	00:25:19.82
1321	645	12631	PEDRO PAIXÃO SIMÕES	Individual	Senior	00:50:40.31	00:26:43.23	00:48:56.31	00:24:59.23
1322	224	11301	GUALTER MANUEL C. CONSTANTINO	Individual, --	Veterano I	00:50:40.51	00:25:46.29	00:48:46.46	00:23:52.24
1323	225	12695	ANTÓNIO GODINHO	HAGER	Veterano I	00:50:40.88	00:27:06.60	00:47:26.37	00:23:52.09
1324	152	12597	FRANCISCO DANIEL CARVALHO QUITÉRIO	Individual	Veterano II	00:50:41.04	00:25:47.11	00:48:46.64	00:23:52.71
1325	226	8700	NUNO MIGUEL ABRAÇOS ORELHAS	Individual	Veterano I	00:50:41.20	00:26:52.72	00:49:04.75	00:25:16.27
1326	227	7210	FERNANDO ZACARIAS	Individual	Veterano I	00:50:41.22	00:24:20.52	00:50:38.49	00:24:17.79
1327	34	12972	SÓNIA BUTES	HOSPITAL DA LUZ	Senior Fem	00:50:41.27	00:24:55.71	00:50:13.17	00:24:27.61
1328	646	10219	LUIS FILIPE PEQUITO RAIMUNDO	Individual	Senior	00:50:41.52	00:28:56.66	00:45:38.01	00:23:53.15
1329	103	10424	ARLINDO PARRA	Clube EDP - Lisboa	Veterano III	00:50:41.66	00:25:13.44	00:50:07.48	00:24:39.26
1330	104	8342	NUNO PINTO PEREIRA	Individual	Veterano III	00:50:42.25	00:27:05.10	00:48:40.60	00:25:03.45
1331	647	13368	DIOGO CORREIA	Individual	Senior	00:50:42.35	00:26:42.75	00:48:58.95	00:24:59.35
1332	648	11102	TIAGO FILIPE OLIVEIRA MONTEIRO	Individual	Senior	00:50:42.64	00:25:52.06	00:48:00.46	00:23:09.88
1333	105	15102	CARLOS FREIRE	EDP	Veterano III	00:50:42.70	00:26:43.98	00:49:26.85	00:25:28.13
1334	649	11344	BRUNO GAMITO	RFFC	Senior	00:50:42.74	00:27:56.03	00:47:22.69	00:24:35.98
1335	650	10930	SÉRGIO FIGUEIREDO	Individual	Senior	00:50:42.78	00:27:02.70	00:47:45.77	00:24:05.69
1336	46	11085	JOSÉ FERNANDES	C.Benfca Algueirão M. Martins	Veterano V	00:50:43.28	00:26:45.45	00:49:13.53	00:25:15.70
1337	228	9950	PAULO JORGE GONÇALVES	Individual	Veterano I	00:50:43.55	00:24:22.94	00:50:11.08	00:23:50.47
1338	651	10178	PEDRO SANTOS	Individual	Senior	00:50:43.70	00:28:18.46	00:45:54.55	00:23:29.31
1339	652	9453	TIAGO PINTO	Correr Lisboa	Senior	00:50:44.03	00:25:37.61	00:49:43.15	00:24:36.73
1340	229	11756	PAULO JORGE GARCIA	Pernas de Gafanhoto	Veterano I	00:50:44.18	00:26:44.48	00:48:48.78	00:24:49.08
1341	106	8171	HUMBERTO PICOITO	CCD Crédito Agrícola Mútuo	Veterano III	00:50:44.26	00:26:12.28	00:49:10.82	00:24:38.84
1342	75	7067	JOÃO ANTUNES	Individual	Veterano IV	00:50:45.78	00:26:13.66	00:49:21.67	00:24:49.55
1343	653	11830	LUIZ PEREIRA	Individual	Senior	00:50:45.87	00:25:08.34	00:49:37.06	00:23:59.53
1344	107	7601	PAULO SANTOS	Individual	Veterano III	00:50:46.33	00:26:13.30	00:49:20.83	00:24:47.80
1345	654	10543	ALEXANDER EHLERT	Individual	Senior	00:50:46.42	00:27:30.87	00:46:20.69	00:23:05.14
1346	230	8128	JOSÉ CARLOS VERMELHUDO AMARAL	Individual	Veterano I	00:50:46.45	00:25:04.95	00:49:54.60	00:24:13.10
1347	76	7946	ERNESTO LEAL CARVALHO	Individual	Veterano IV	00:50:46.88	00:25:30.79	00:50:12.61	00:24:56.52
1348	77	7201	FRANCISCO JULIÃO	Individual	Veterano IV	00:50:46.92	00:25:45.83	00:49:53.72	00:24:52.63
1349	655	8299	PEDRO FAUSTINO	Individual	Senior	00:50:47.14	00:25:33.13	00:50:15.74	00:25:01.73
1350	153	9449	CARLOS JARDINO	Elite do Asfalto	Veterano II	00:50:47.16	00:26:04.90	00:49:40.55	00:24:58.29

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
1351	656	10735	JOSÉ ANTÓNIO BRANCO DE ALBUQUERQUE	IMM Runners	Senior	00:50:47.23	00:27:40.09	00:46:47.82	00:23:40.68
1352	657	10064	RUI PEDRO ESTEVES TORRES	Inf	Senior	00:50:47.78	00:27:23.08	00:45:59.13	00:22:34.43
1353	658	7022	PEDRO FERRAZ	Pedros	Senior	00:50:48.56	00:25:51.57	00:49:48.29	00:24:51.30
1354	659	9204	MIGUEL MATEUS	Individual	Senior	00:50:48.59	00:28:33.71	00:46:04.26	00:23:49.38
1355	231	11649	GUILHERME HENRIQUES	CCD TRANQUILIDADE	Veterano I	00:50:49.03	00:25:17.28	00:50:35.96	00:25:04.21
1356	232	13658	RICARDO MIGUEL BAPTISTA S. BOTÃO	EUROPCAR	Veterano I	00:50:49.35	00:26:28.67	00:49:22.26	00:25:01.58
1357	154	11728	ANTONIO CASTILHO	Individual	Veterano II	00:50:49.50	00:25:40.73	00:49:54.43	00:24:45.66
1358	35	13564	ANDREIA TOURAI	INTOTTUM	Senior Fem	00:50:49.59	00:25:17.16	00:50:36.70	00:25:04.27
1359	233	8586	ROGÉRIO MULIANO	Clube Desportivo Ribeirense	Veterano I	00:50:50.17	00:25:02.38	00:50:11.48	00:24:23.69
1360	155	10768	REINALDO SANTOS	Individual	Veterano II	00:50:50.19	00:25:17.24	00:50:50.19	00:25:17.24
1361	660	13817	PEDRO NETO	GRUPO ADIDAS	Senior	00:50:50.24	00:26:35.52	00:49:58.95	00:25:44.23
1362	78	11303	FRANCISCO PLÍNIO	ccdtmlx	Veterano IV	00:50:50.86	00:25:55.09	00:49:46.62	00:24:50.85
1363	661	10990	BRUNO MANUEL DA SILVA PEDROSA	Individual	Senior	00:50:50.96	00:26:21.62	00:50:42.38	00:26:13.04
1364	662	9336	HUGO FIGUEIREDO	Individual	Senior	00:50:51.02	00:27:03.07	00:47:53.64	00:24:05.69
1365	79	12950	SEBASTIÃO TRAFARIA	Individual	Veterano IV	00:50:52.10	00:26:43.35	00:48:50.52	00:24:41.77
1366	663	13710	TIAGO ABREU	EUROPCAR	Senior	00:50:52.84	00:28:01.44	00:46:45.01	00:23:53.61
1367	664	15248	DINIS COELHO	JORNAL A BOLA	Senior	00:50:52.84	00:26:48.49	00:49:14.94	00:25:10.59
1368	665	12848	RICARDO CASTRO	Individual	Senior	00:50:52.89	00:26:16.97	00:49:19.68	00:24:43.76
1369	156	12617	FRANCISCO AUGUSTO	Individual	Veterano II	00:50:53.23	00:26:55.10	00:48:17.08	00:24:18.95
1370	666	7607	ISOLINO ALVES	Individual	Senior	00:50:53.30	00:24:37.41	00:50:05.10	00:23:49.21
1371	667	7257	NUNO RITO	Tartarugas Solidárias	Senior	00:50:53.89	00:27:04.73	00:48:01.52	00:24:12.36
1372	7	15168	MANUELA FONSECA	Tartarugas Solidárias	Veterana Fem II	00:50:54.03	00:26:42.83	00:49:06.89	00:24:55.69
1373	80	10461	CARLOS FERREIRA	NUCLEO DESPORTIVO AUTOCOOPE	Veterano IV	00:50:54.15	00:24:51.52	00:50:24.46	00:24:21.83
1374	668	8131	ANDRE COSTAL	Individual	Senior	00:50:54.41	00:24:53.60	00:50:41.86	00:24:41.05
1375	234	10095	MIGUEL ESTEVES	Individual	Veterano I	00:50:54.48	00:26:02.00	00:49:04.96	00:24:12.48
1376	36	7338	CARLA MENDES	Tartarugas Solidárias	Senior Fem	00:50:55.12	00:26:43.02	00:49:07.64	00:24:55.54
1377	669	10752	EDUARDO RODRIGUES	SS CGD	Senior	00:50:55.20	00:27:00.14	00:48:08.23	00:24:13.17
1378	157	7944	RUI DIAS	Individual	Veterano II	00:50:55.42	00:24:55.13	00:50:16.63	00:24:16.34
1379	670	11081	LUIS SILVA	Individual	Senior	00:50:55.91	00:25:52.96	00:49:40.64	00:24:37.69
1380	158	12405	PAULO ROSA	Corredores da Beloura	Veterano II	00:50:56.55	00:24:18.89	00:49:52.97	00:23:15.31
1381	671	9596	FRANCISCO TOMÁS SILVA	Individual	Senior	00:50:56.71	00:25:45.93	00:50:06.31	00:24:55.53
1382	235	7841	JORGE HUMBERTO ELIAS MARTINHO	Individual	Veterano I	00:50:56.80	00:26:04.18	00:49:35.82	00:24:43.20
1383	672	8762	ANTÓNIO AUGUSTO	Individual	Senior	00:50:56.91	00:26:15.26	00:49:21.14	00:24:39.49
1384	236	13410	JORGE MIGUEL FERREIRA JULIÃO	Individual	Veterano I	00:50:57.28	00:25:12.51	00:50:12.61	00:24:27.84
1385	81	15316	NORBERTO ALVES COELHO	EDP	Veterano IV	00:50:57.56	00:25:33.33	00:50:51.60	00:25:27.37
1386	673	11581	HUGO ANDRÉ NUNES DE FREITAS	Individual	Senior	00:50:57.65	00:24:50.64	00:50:57.65	00:24:50.64
1387	82	12949	ANTÓNIO TRAFARIA	Individual	Veterano IV	00:50:57.84	00:26:42.89	00:48:54.70	00:24:39.75
1388	14	7794	MIGUEL VICENTE	Individual	Junior	00:50:57.87	00:24:42.14	00:50:52.46	00:24:36.73
1389	674	9850	GONÇALO MARQUES	ASAS NOS PÉS..	Senior	00:50:58.42	00:26:16.74	00:49:07.19	00:24:25.51
1390	675	15224	JOÃO LOPES	MS LAGARTO	Senior	00:50:58.47	00:28:43.71	00:45:39.03	00:23:24.27
1391	676	9227	NUNO DOMINGUES	Individual	Senior	00:50:58.52	00:27:36.39	00:47:27.32	00:24:05.19
1392	108	8596	JOSÉ VILELA	Clube Robbialac	Veterano III	00:50:58.60	00:25:58.17	00:50:55.10	00:25:54.67
1393	237	9842	NUNO MARQUES	ASAS NOS PÉS.	Veterano I	00:50:58.66	00:26:15.98	00:49:06.81	00:24:24.13
1394	238	12036	NELSON CERQUEIRA	Individual	Veterano I	00:50:58.73	00:25:11.67	00:50:50.28	00:25:03.22
1395	239	15296	PAULO ENES	LEASEPLAN	Veterano I	00:50:58.87	00:25:27.64	00:50:58.87	00:25:27.64
1396	677	13160	SÉRGIO RODRIGUES	Individual	Senior	00:50:59.49	00:28:33.89	00:48:31.16	00:26:05.56
1397	159	12211	FERNANDO SABINO	Individual	Veterano II	00:50:59.89	00:28:55.77	00:47:22.02	00:25:17.90
1398	109	9191	ANTÓNIO MANUEL R MIRA	Individual	Veterano III	00:51:00.17	00:28:15.31	00:47:47.02	00:25:02.16
1399	678	12921	PAULO ABREU	HOSPITAL DA LUZ	Senior	00:51:00.38	00:26:51.22	00:48:42.00	00:24:32.84
1400	679	7627	ANDRÉ GUIA MARTINS	Individual	Senior	00:51:00.73	00:26:13.89	00:49:41.27	00:24:54.43

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
1401	240	8373	JOAO CACELAS	Individual	Veterano I	00:51:00.96	00:27:01.55	00:48:24.50	00:24:25.09
1402	680	7455	ALEXANDRE TAM	Individual	Senior	00:51:01.28	00:25:47.20	00:50:41.34	00:25:27.26
1403	83	13460	ARMANDO DELGADO	Casa Benfica Figueira da Foz	Veterano IV	00:51:02.37	00:25:17.60	00:50:42.77	00:24:58.00
1404	681	10713	TIAGO ROXO	Individual	Senior	00:51:02.49	00:26:54.47	00:48:50.03	00:24:42.01
1405	160	12426	AFONSO PIRES	Individual	Veterano II	00:51:02.77	00:26:26.24	00:49:01.48	00:24:24.95
1406	241	10751	CARLOS CHAVES	SS CGD	Veterano I	00:51:03.10	00:25:37.45	00:50:28.66	00:25:03.01
1407	682	11705	RUI PINHEIRO	FED. PORT. CANOAGEM	Senior	00:51:03.28	00:24:49.69	00:51:03.28	00:24:49.69
1408	242	11704	VITOR FÉLIX	FED. PORT. CANOAGEM	Veterano I	00:51:03.77	00:24:49.70	00:51:03.77	00:24:49.70
1409	683	11219	TELMO FLORES	Individual, --	Senior	00:51:04.09	00:26:27.94	00:49:03.97	00:24:27.82
1410	161	12481	ALIPIO MANUEL ANTÃO COELHO	PSP - DIVISÃO DE TRÂNSITO	Veterano II	00:51:04.15	00:24:58.30	00:50:57.47	00:24:51.62
1411	84	13796	CARLOS MANUEL GONÇALVES	Individual	Veterano IV	00:51:04.79	00:26:25.56	00:49:11.91	00:24:32.68
1412	162	12857	SÉRGIO MADALENO	Individual	Veterano II	00:51:05.28	00:26:10.29	00:49:44.71	00:24:49.72
1413	243	8442	PAULO FORCA	Arbitros de Vendas Novas	Veterano I	00:51:05.59	00:25:28.98	00:49:00.23	00:23:23.62
1414	244	11749	MIGUEL CAPELA	Individual	Veterano I	00:51:05.88	00:24:55.48	00:50:32.56	00:24:22.16
1415	684	12777	HELIO SERGIO M. MARTINS	Individual	Senior	00:51:06.03	00:24:54.31	00:50:36.56	00:24:24.84
1416	685	13686	NUNO DIAS	EUROPCAR	Senior	00:51:06.58	00:23:52.84	00:50:56.76	00:23:43.02
1417	245	9549	ROGÉRIO LUÍS	C.Benfica Algueirão M. Martins	Veterano I	00:51:07.06	00:26:20.02	00:49:51.83	00:25:04.79
1418	686	9180	JORGE GARCIA	Clube ANACOM	Senior	00:51:07.60	00:25:24.51	00:49:27.07	00:23:43.98
1419	687	11525	RUI FREIXO	Individual	Senior	00:51:08.13	00:25:41.61	00:50:19.73	00:24:53.21
1420	688	15319	PEDRO CASTANHEIRA	PUPILOS DO EXÉRCITO	Senior	00:51:08.23	00:25:17.53	00:50:40.47	00:24:49.77
1421	37	7569	DANIELA MARTA MARIANO FALCÃO	Individual	Senior Fem	00:51:08.94	00:24:53.98	00:51:01.35	00:24:46.39
1422	689	10240	MARCO MARTINS	Clube Desportivo Ribeiense	Senior	00:51:09.67	00:24:15.95	00:50:51.96	00:23:58.24
1423	14	14888	ANA FIGUEIREDO	Individual	Veterana Fem I	00:51:09.70	00:26:19.81	00:49:20.24	00:24:30.35
1424	163	10635	LUÍS ROSÁRIO	Individual	Veterano II	00:51:09.73	00:26:19.18	00:49:20.37	00:24:29.82
1425	690	11069	NUNO FRAGA	Individual	Senior	00:51:09.88	00:28:36.96	00:49:26.05	00:26:53.13
1426	85	10787	MANUEL GARRINHAS	Individual	Veterano IV	00:51:10.08	00:25:27.74	00:50:50.63	00:25:08.29
1427	246	8047	JOAQUIM JOSÉ SIMÕES DINIZ	Individual	Veterano I	00:51:10.16	00:26:22.47	00:49:41.63	00:24:53.94
1428	691	10572	JOÃO LOUREIRO	SERVIÇOS SOCIAIS da CML	Senior	00:51:11.37	00:26:17.80	00:50:10.82	00:25:17.25
1429	247	8191	VICENTE LEONARDO	Individual	Veterano I	00:51:11.51	00:26:22.36	00:49:43.21	00:24:54.06
1430	248	10574	MIGUEL SOUSA	SERVIÇOS SOCIAIS da CML	Veterano I	00:51:11.64	00:26:15.34	00:50:09.90	00:25:13.60
1431	692	8209	HELDER MIRANDA	Individual	Senior	00:51:12.10	00:28:07.35	00:49:56.42	00:26:51.67
1432	249	10293	LUIS DIAS	U.D.F.A.C.	Veterano I	00:51:12.55	00:25:48.51	00:50:52.41	00:25:28.37
1433	86	11459	LUIS ARNALDO SANTANA BOLAS	Convidado colaborador SLB	Veterano IV	00:51:13.09	00:25:31.14	00:50:29.78	00:24:47.83
1434	164	7436	FERNANDO COUTINHO	Individual	Veterano II	00:51:13.16	00:26:51.58	00:49:36.22	00:25:14.64
1435	110	9340	RUI VENTURA	CCRD Burinhosa	Veterano III	00:51:13.48	00:26:03.91	00:50:43.17	00:25:33.60
1436	165	8095	JOÃO DIAS	Individual	Veterano II	00:51:14.11	00:26:02.55	00:51:12.99	00:26:01.43
1437	47	11871	MOURA BRANCO	Individual	Veterano V	00:51:14.24	00:26:28.39	00:49:35.52	00:24:49.67
1438	693	11382	ANDRÉ PEREIRA	Convidado colaborador SLB	Senior	00:51:14.37	00:24:30.55	00:50:55.90	00:24:12.08
1439	694	7844	BRUNO GRADÍSSIMO OLIVEIRA	Individual	Senior	00:51:14.53	00:27:07.57	00:48:32.06	00:24:25.10
1440	111	8170	CARLOS SILVA	CCD Crédito Agrícola Mútuo	Veterano III	00:51:14.63	00:28:18.10	00:46:41.88	00:23:45.35
1441	695	9524	DIOGO MATOS LINO	Individual	Senior	00:51:14.82	00:28:32.45	00:48:00.53	00:25:18.16
1442	112	11787	CARLOS TEIXEIRA	ALLIANZ	Veterano III	00:51:15.14	00:26:25.11	00:49:22.02	00:24:31.99
1443	696	7599	ALEXANDRE LOPES	Individual	Senior	00:51:15.54	00:29:17.62	00:46:27.61	00:24:29.69
1444	697	7678	SÉRGIO MARTINS	Individual	Senior	00:51:15.56	00:27:07.96	00:48:34.20	00:24:26.60
1445	698	8702	CLÁUDIO AUGUSTO	Individual	Senior	00:51:16.24	00:25:45.89	00:50:22.60	00:24:52.25
1446	699	7777	SÉRGIO CATALÃO	Individual	Senior	00:51:16.26	00:26:21.10	00:49:46.96	00:24:51.80
1447	87	8531	VIEIRA NEVES	Ninho das Águias	Veterano IV	00:51:16.34	00:27:08.52	00:49:26.33	00:25:18.51
1448	700	8701	RICARDO PEREIRA	Individual	Senior	00:51:16.43	00:27:17.87	00:48:48.52	00:24:49.96
1449	701	13627	VÁLTER BAPTISTA	Individual	Senior	00:51:17.05	00:24:57.97	00:50:34.61	00:24:15.53
1450	8	8947	DULCE REIS	Correr Lisboa	Veterana Fem II	00:51:17.13	00:25:18.63	00:50:21.64	00:24:23.14

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
1451	38	13761	LILIANA BALTASAR	GRUPO ADIDAS	Senior Fem	00:51:17.92	00:25:19.49	00:50:23.02	00:24:24.59
1452	9	8776	LIGIA COSTA	Pastelaria Charly`s	Veterana Fem II	00:51:18.65	00:25:58.34	00:50:45.63	00:25:25.32
1453	702	11162	BRUNO DAVID SILVA	Individual, --	Senior	00:51:19.27	00:26:32.65	00:49:28.87	00:24:42.25
1454	48	11163	ANTÓNIO DOS SANTOS FIGUEIRA	Individual	Veterano V	00:51:19.28	00:26:33.60	00:49:31.15	00:24:45.47
1455	703	10445	TIAGO NUNES	GRUPO AMIGOS DO PRESIDENTE	Senior	00:51:20.61	00:26:37.90	00:50:36.60	00:25:53.89
1456	250	7658	ADELINO TRINDADE	Correr Lisboa	Veterano I	00:51:20.75	00:25:38.02	00:50:00.76	00:24:18.03
1457	251	10250	RODRIGO SANTOS	Individual	Veterano I	00:51:20.89	00:26:06.87	00:50:09.30	00:24:55.28
1458	49	11159	VICENTE DIAS	Individual	Veterano V	00:51:21.52	00:25:41.49	00:50:32.06	00:24:52.03
1459	166	7468	DAVID SIMAO	Individual	Veterano II	00:51:21.69	00:26:13.05	00:50:00.48	00:24:51.84
1460	704	8439	NELSON PITEIRA	Arbitros de Vendas Novas	Senior	00:51:21.80	00:25:27.49	00:49:15.79	00:23:21.48
1461	705	11117	SANDRO BICA	Individual	Senior	00:51:21.90	00:24:43.01	00:51:18.58	00:24:39.69
1462	167	13483	JOÃO ANTUNES	Casa Benfica Torres Vedras	Veterano II	00:51:21.94	00:28:11.61	00:49:21.97	00:26:11.64
1463	706	11745	RUI SILVA	PROSEGUR	Senior	00:51:21.96	00:26:10.99	00:50:31.24	00:25:20.27
1464	50	7568	MANUEL ARONS CARVALHO	Individual	Veterano V	00:51:22.28	00:27:02.23	00:50:23.93	00:26:03.88
1465	707	7062	ALEXANDRE MONTEIRO	Individual	Senior	00:51:22.72	00:25:52.63	00:51:22.72	00:25:52.63
1466	39	13277	VERONICA HORTA	Individual	Senior Fem	00:51:23.09	00:26:27.38	00:50:23.44	00:25:27.73
1467	708	13549	LUIS MAZEDA	PHILIPS PORTUGUESA S.A.	Senior	00:51:23.35	00:27:18.32	00:49:28.51	00:25:23.48
1468	252	11857	PEDRO MORTAGUA	GDC Fidelidade	Veterano I	00:51:23.76	00:28:44.44	00:46:59.73	00:24:20.41
1469	709	7017	HUGO DIAS	Individual	Senior	00:51:23.95	00:26:21.00	00:50:08.26	00:25:05.31
1470	253	10353	CARLOS ANSELMO CARVALHO	Individual	Veterano I	00:51:24.10	00:27:04.01	00:49:03.56	00:24:43.47
1471	168	10403	CARLOS MANUEL DINIZ CARRANCA	Individual	Veterano II	00:51:25.04	00:25:59.46	00:50:09.30	00:24:43.72
1472	710	7105	RÚBEN LINO	Individual	Senior	00:51:25.09	00:25:45.05	00:49:08.67	00:23:28.63
1473	40	9039	PATRÍCIA ESTEVES	GRUN	Senior Fem	00:51:25.10	00:26:22.62	00:49:29.56	00:24:27.08
1474	254	8124	PEDRO SANTOS	GRUN	Veterano I	00:51:25.14	00:26:37.87	00:49:28.52	00:24:41.25
1475	711	12420	JOÃO RAMOS	GENIUS	Senior	00:51:25.28	00:26:00.86	00:50:26.06	00:25:01.64
1476	169	7929	RUI VAZ PEREIRA	Individual	Veterano II	00:51:25.34	00:26:06.41	00:50:58.64	00:25:39.71
1477	712	11993	TIAGO CORREIA	Correiihas	Senior	00:51:25.99	00:25:29.55	00:50:52.58	00:24:56.14
1478	255	10971	JOÃO AREAL	Individual	Veterano I	00:51:26.41	00:25:23.51	00:51:13.42	00:25:10.52
1479	41	9945	MARIA NAVARRO	Individual	Senior Fem	00:51:26.50	00:25:16.83	00:51:11.07	00:25:01.40
1480	256	8059	NUNO NASCIMENTO	Individual	Veterano I	00:51:26.57	00:26:29.62	00:50:29.81	00:25:32.86
1481	257	10037	JOÃO COSTA	Individual	Veterano I	00:51:27.73	00:27:08.52	00:48:42.12	00:24:22.91
1482	713	7433	RUI CARVALHO	Individual	Senior	00:51:27.78	00:26:38.75	00:50:52.08	00:26:03.05
1483	170	8362	RICARDO MIGUEL NEVES E SILVA	Individual	Veterano II	00:51:28.36	00:25:40.15	00:50:43.28	00:24:55.07
1484	714	10970	RUI PEDRO PACHECO	Individual	Senior	00:51:28.83	00:28:43.82	00:47:41.01	00:24:56.00
1485	715	11160	TIAGO BOLETO	Individual, --	Senior	00:51:29.41	00:28:03.27	00:47:52.96	00:24:26.82
1486	716	10789	NELSON GONÇALVES	Individual	Senior	00:51:29.61	00:26:23.57	00:51:02.42	00:25:56.38
1487	171	12068	FERNANDO SERRANO	Individual	Veterano II	00:51:29.65	00:26:13.07	00:50:28.69	00:25:12.11
1488	88	9181	JOSÉ VAZ	Clube ANACOM	Veterano IV	00:51:29.70	00:26:20.12	00:49:52.14	00:24:42.56
1489	717	7984	JOÃO GONÇALVES	Primos dos Pousos	Senior	00:51:29.71	00:26:58.95	00:49:51.43	00:25:20.67
1490	113	10164	JOÃO FERNANDES	Individual	Veterano III	00:51:30.35	00:26:20.71	00:49:51.72	00:24:42.08
1491	172	12236	GIOVANI RICCIARDI	CATEDRAL DA CERVEJA	Veterano II	00:51:30.45	00:26:26.43	00:49:59.40	00:24:55.38
1492	718	9697	JOÃO VEIGA	Correr Lisboa	Senior	00:51:31.47	00:25:38.89	00:50:37.42	00:24:44.84
1493	719	7713	CARLOS CRISTOVÃO	GDCTIN Casa da Moeda	Senior	00:51:31.53	00:29:02.05	00:51:31.53	00:29:02.05
1494	15	12213	GENTIL PEREIRA	Individual	Veterana Fem I	00:51:31.68	00:28:07.98	00:47:05.54	00:23:41.84
1495	114	7643	VITOR PINTO	MENU DE ATLETA	Veterano III	00:51:31.72	00:26:32.29	00:50:03.27	00:25:03.84
1496	258	8432	FRANCISCO MIGUEL ANDRE SARDINHA	Individual	Veterano I	00:51:31.86	00:26:13.30	00:49:56.55	00:24:37.99
1497	259	7441	PEDRO MENDES	Individual	Veterano I	00:51:32.14	00:26:49.98	00:49:04.85	00:24:22.69
1498	720	12945	SILVIO REIS	HOSPITAL DA LUZ	Senior	00:51:32.49	00:25:35.32	00:49:26.61	00:23:29.44
1499	115	10662	PAULO CHAVES	CSP77	Veterano III	00:51:32.56	00:27:36.36	00:49:14.39	00:25:18.19
1500	116	13532	JOSÉ MATOS	HERO	Veterano III	00:51:32.91	00:28:26.89	00:47:43.67	00:24:37.65

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
1501	721	9993	JOAO MANUEL PEREIRA	Individual	Senior	00:51:33.05	00:26:41.15	00:49:57.29	00:25:05.39
1502	173	9461	RAFAEL SANTOS	CCDTMETROLX	Veterano II	00:51:33.08	00:26:30.26	00:50:28.41	00:25:25.59
1503	722	7050	FILIFE MARQUES	Mitch Team Runners	Senior	00:51:33.80	00:29:09.16	00:46:59.69	00:24:35.05
1504	260	7593	CARLOS MIGUEL SILVA	Individual	Veterano I	00:51:33.92	00:26:28.38	00:50:10.29	00:25:04.75
1505	723	9995	NUNO CARDOSO	Individual	Senior	00:51:34.03	00:26:40.55	00:49:56.69	00:25:03.21
1506	724	10342	MANUEL MATIAS DE LEMOS PACHECO	Individual	Senior	00:51:34.76	00:27:17.58	00:49:05.89	00:24:48.71
1507	725	8445	CARLOS MAGALHÃES	Individual	Senior	00:51:35.64	00:28:49.51	00:46:47.87	00:24:01.74
1508	726	12284	JOÃO ALEXANDRE FERNANDES ROSSAS	Convidado colaborador SLB	Senior	00:51:35.66	00:27:02.34	00:49:45.09	00:25:11.77
1509	727	13126	GIL SALVADOR PESO	GRUPO PROSEGUR	Senior	00:51:36.38	00:25:42.70	00:50:30.68	00:24:37.00
1510	728	8441	VASCO ISABEL	Arbitros de Vendas Novas	Senior	00:51:37.07	00:25:22.73	00:49:29.94	00:23:15.60
1511	42	11528	MELISSA LOPES	Individual	Senior Fem	00:51:37.51	00:25:39.97	00:50:44.89	00:24:47.35
1512	51	9811	VITORINO PEREIRA	Individual	Veterano V	00:51:37.53	00:25:11.53	00:51:34.41	00:25:08.41
1513	729	13146	BRUNO DUARTE JORGE BUCO	Individual	Senior	00:51:37.74	00:28:29.17	00:47:01.95	00:23:53.38
1514	89	13414	AUGUSTO FERREIRA	Individual	Veterano IV	00:51:38.36	00:26:24.89	00:50:39.04	00:25:25.57
1515	730	9195	JOAO PEDRO LOPES RAMOS	Individual	Senior	00:51:38.84	00:26:32.72	00:50:23.59	00:25:17.47
1516	731	15033	JOÃO FRANCISCO DA SILVA RIBEIRO	COLABORADOR SLB	Senior	00:51:39.10	00:27:48.54	00:48:48.11	00:24:57.55
1517	174	11376	ANTÓNIO SERRA	SERVIÇOS SOCIAIS da CML	Veterano II	00:51:39.33	00:26:37.13	00:50:05.46	00:25:03.26
1518	732	11655	JOÃO GABRIEL GONÇALVES BATISTA	Individual	Senior	00:51:39.71	00:25:09.25	00:51:11.35	00:24:40.89
1519	261	10201	JOAQUIM RUIVO	Individual	Veterano I	00:51:39.73	00:26:58.28	00:49:56.53	00:25:15.08
1520	733	8301	DAVID CARDOSO	Individual	Senior	00:51:40.03	00:26:03.35	00:51:14.57	00:25:37.89
1521	52	8071	ANTÓNIO MONTEIRO	Os Galgos	Veterano V	00:51:40.28	00:25:10.06	00:51:38.08	00:25:07.86
1522	175	9781	CARLOS CAMPOS	AFIS/Ovar	Veterano II	00:51:40.44	00:26:26.93	00:50:57.95	00:25:44.44
1523	734	10327	NUNO FILIFE DOS SANTOS REIS	Individual	Senior	00:51:40.45	00:29:17.34	00:47:31.96	00:25:08.85
1524	15	12532	JOÃO LAMY	MGM MUTHU HOTELS	Junior	00:51:41.60	00:26:25.45	00:50:06.72	00:24:50.57
1525	262	15251	FANÁ CRUZ	JORNAL A BOLA	Veterano I	00:51:41.96	00:25:23.55	00:51:30.27	00:25:11.86
1526	735	7780	RUI TAVARES	Individual	Senior	00:51:42.70	00:25:29.78	00:49:52.35	00:23:39.43
1527	176	7508	FRANCISCO ANTÓNIO CAPELAS	Individual	Veterano II	00:51:42.78	00:26:26.78	00:50:22.90	00:25:06.90
1528	736	7391	NELSON MIGUEL TANGANHA	Individual	Senior	00:51:42.87	00:26:26.21	00:50:40.73	00:25:24.07
1529	53	8622	PEDRO GONÇALVES	Individual	Veterano V	00:51:43.77	00:25:44.87	00:51:30.06	00:25:31.16
1530	737	8403	NUNO SIMÕES	CCD Crédito Agrícola Mútuo	Senior	00:51:43.80	00:26:54.14	00:49:37.86	00:24:48.20
1531	177	8154	ALEXANDRE DÂMASO	AeroRunners	Veterano II	00:51:44.03	00:26:24.47	00:49:26.59	00:24:07.03
1532	738	13159	JACINTO JORGE	Individual	Senior	00:51:44.33	00:26:07.79	00:51:14.21	00:25:37.67
1533	263	8546	PEDRO T. MONTEIRO	Individual	Veterano I	00:51:44.56	00:26:01.80	00:50:39.21	00:24:56.45
1534	178	11446	DOMINGOS RODRIGUES	Individual	Veterano II	00:51:45.13	00:24:54.45	00:51:42.46	00:24:51.78
1535	43	8856	ANA RAMOS	GYM2010	Senior Fem	00:51:45.63	00:26:29.33	00:50:21.07	00:25:04.77
1536	739	8847	MARCO DURÃO	Individual	Senior	00:51:45.70	00:26:45.57	00:49:45.34	00:24:45.21
1537	90	8855	MANUEL OLIVEIRA PEREIRA	GYM2010	Veterano IV	00:51:45.92	00:26:29.04	00:50:21.19	00:25:04.31
1538	740	10857	FLÁVIO OSÓRIO	Individual	Senior	00:51:46.72	00:25:26.15	00:51:01.36	00:24:40.79
1539	741	12725	VASCO BARATA MONTEIRO	Individual	Senior	00:51:46.92	00:26:27.27	00:49:04.98	00:23:45.33
1540	742	13530	JOÃO VELOZA	HERO	Senior	00:51:47.79	00:25:41.53	00:50:52.56	00:24:46.30
1541	743	13674	PEDRO GANDARA	EUROPCAR	Senior	00:51:48.40	00:26:09.92	00:50:54.32	00:25:15.84
1542	744	10740	JOAQUIM SANTANA	Os Kotas	Senior	00:51:49.46	00:24:05.96	00:51:49.46	00:24:05.96
1543	745	9118	LÚIS MIGUEL MESTRE DA SILVA	Individual	Senior	00:51:49.53	00:25:50.11	00:51:43.19	00:25:43.77
1544	16	12014	MIGUEL PINTO	Individual	Junior	00:51:49.82	00:27:35.03	00:49:10.27	00:24:55.48
1545	264	7510	ABILIO CAMPOPS	Individual	Veterano I	00:51:50.13	00:26:53.30	00:50:35.83	00:25:39.00
1546	117	12830	JOAO BRAZ	Individual	Veterano III	00:51:50.65	00:28:11.99	00:50:05.68	00:26:27.02
1547	746	13758	PEDRO SERRA	GRUPO ADIDAS	Senior	00:51:50.75	00:25:57.59	00:50:14.60	00:24:21.44
1548	44	10426	MARIA JOÃO CORTESÃO	Clube EDP - Lisboa	Senior Fem	00:51:51.21	00:25:19.50	00:51:46.35	00:25:14.64
1549	747	10223	MARCO CARVALHO	Individual	Senior	00:51:51.23	00:26:48.23	00:50:20.02	00:25:17.02
1550	748	12793	NUNO CATARRO	SPIRITUC INVESTIGAÇÃO APLICADA	Senior	00:51:51.40	00:27:31.00	00:49:21.36	00:25:00.96

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
1551	54	11627	ANTÓNIO EDUARDO DUARTE SIMÕES	Individual	Veterano V	00:51:51.52	00:27:30.94	00:49:20.83	00:25:00.25
1552	55	8649	MANUEL PEDRO	Individual	Veterano V	00:51:51.77	00:25:20.03	00:51:51.77	00:25:20.03
1553	265	9288	ADELINO GOMES	CAL - CLUBE ATLETISMO DE LAMAS	Veterano I	00:51:51.79	00:27:19.36	00:49:42.85	00:25:10.42
1554	266	9492	SÉRGIO RODRIGUES	S & S Runners	Veterano I	00:51:51.91	00:28:09.14	00:49:08.32	00:25:25.55
1555	749	12027	BRUNO SOARES	Individual	Senior	00:51:52.04	00:29:15.45	00:47:28.16	00:24:51.57
1556	118	9905	ADELINO PEREIRA	Odebrecht Portugal	Veterano III	00:51:52.15	00:26:45.91	00:49:51.99	00:24:45.75
1557	267	13479	MIGUEL CARMO	Casa Benfica Torres Vedras	Veterano I	00:51:52.17	00:27:07.21	00:49:53.30	00:25:08.34
1558	750	12504	RICARDO BOTELHO CORREIA	LUSO	Senior	00:51:52.18	00:26:57.47	00:49:38.02	00:24:43.31
1559	268	13529	RUI ALMEIDA	Individual	Veterano I	00:51:52.37	00:26:07.45	00:51:20.12	00:25:35.20
1560	179	10957	JOSE CARDOSO	Individual	Veterano II	00:51:52.77	00:26:08.58	00:51:16.78	00:25:32.59
1561	751	10018	VASCO CANDEIAS	LH Ginásio - C.C.Amora	Senior	00:51:53.00	00:28:06.10	00:48:53.50	00:25:06.60
1562	269	13673	EDUARDO AQUINO	EUROPCAR	Veterano I	00:51:53.01	00:26:10.34	00:50:57.92	00:25:15.25
1563	752	11113	PHILIPPE SILVA	Galeria Brothers	Senior	00:51:53.12	00:25:53.37	00:50:57.04	00:24:57.29
1564	119	11942	DIAMANTINO NEVES	SPORTINBET	Veterano III	00:51:53.33	00:25:18.71	00:51:52.88	00:25:18.26
1565	753	13723	JOÃO GOMES	BOL	Senior	00:51:53.36	00:24:49.09	00:51:37.95	00:24:33.68
1566	270	10506	JOEL COELHO	Papoilas Saltitantes	Veterano I	00:51:53.64	00:27:11.67	00:48:13.57	00:23:31.60
1567	754	10503	RICARDO SOUSA	Papoilas Saltitantes	Senior	00:51:53.78	00:27:10.72	00:48:14.34	00:23:31.28
1568	755	8159	LUÍS CARLOS SILVA	Individual	Senior	00:51:53.83	00:27:32.50	00:49:33.04	00:25:11.71
1569	271	10956	ANTÓNIO RAMOS	Os Matrecos	Veterano I	00:51:53.94	00:26:43.58	00:50:31.48	00:25:21.12
1570	756	8400	MIGUEL MENDANHA	CCD Crédito Agrícola Mútu	Senior	00:51:54.36	00:25:13.44	00:51:30.73	00:24:49.81
1571	757	12832	MIGUEL ÂNGELO LOURET	Individual	Senior	00:51:54.53	00:25:38.18	00:51:30.93	00:25:14.58
1572	45	9612	CÁTIA SOFIA PINHAL RODRIGUES	Individual	Senior Fem	00:51:54.70	00:25:28.60	00:51:41.09	00:25:14.99
1573	758	10791	IVO MIGUEL JORGE ESTÊVÃO	Individual	Senior	00:51:54.81	00:27:25.74	00:50:23.28	00:25:54.21
1574	759	11237	DANIEL TOMAS	BIVAC IBERIA, --	Senior	00:51:54.81	00:28:20.52	00:49:29.98	00:25:55.69
1575	760	7927	RICARDO ALVES	GDCTIN Casa da Moeda	Senior	00:51:54.87	00:27:24.28	00:50:13.63	00:25:43.04
1576	272	12717	ANTONIO NELSON COELHO SAO BENTO	Individual	Veterano I	00:51:55.31	00:26:33.23	00:50:06.21	00:24:44.13
1577	273	9613	SÉRGIO FILIPE DE JESUS BARROS	Individual	Veterano I	00:51:55.39	00:25:28.67	00:51:41.01	00:25:14.29
1578	761	9488	BRUNO MIGUEL PEREIRA CORREIA	Individual	Senior	00:51:55.50	00:26:48.81	00:50:09.65	00:25:02.96
1579	274	11841	JULIO CÉSAR NERI REIS	Individual	Veterano I	00:51:56.16	00:25:49.92	00:50:52.68	00:24:46.44
1580	275	10146	HÉLDER DIOGO	Individual	Veterano I	00:51:56.18	00:28:00.93	00:47:20.82	00:23:25.57
1581	180	13419	JOSE ANTONIO MARCOS ROCHA	Individual	Veterano II	00:51:56.20	00:27:40.74	00:49:20.50	00:25:05.04
1582	91	13622	JOSÉ BRITO	Casa do Benfica de Faro	Veterano IV	00:51:56.34	00:27:00.10	00:50:05.73	00:25:09.49
1583	56	10042	ANTÓNIO PRMOR	Sporting Clube Moitense	Veterano V	00:51:56.59	00:26:49.06	00:50:32.54	00:25:25.01
1584	92	9683	MARIO RAMOS	APOGMA	Veterano IV	00:51:56.97	00:27:33.17	00:51:11.58	00:26:47.78
1585	762	11936	NUNO MATOS	Individual	Senior	00:51:57.19	00:25:43.14	00:50:13.73	00:23:59.68
1586	181	7770	ANTÓNIO JOSÉ MONTEIRO	Individual	Veterano II	00:51:57.38	00:27:53.08	00:49:00.92	00:24:56.62
1587	57	13461	CARLOS CORINO	Casa Benfica Figueira da Foz	Veterano V	00:51:57.49	00:26:01.04	00:51:37.37	00:25:40.92
1588	763	8089	BRUNO ALEXANDRE RODRIGUES TAVARES	Individual	Senior	00:51:58.11	00:26:05.79	00:51:14.19	00:25:21.87
1589	276	9035	ANTONIO ROCHA	Individual	Veterano I	00:51:58.27	00:26:18.50	00:51:56.69	00:26:16.92
1590	764	7294	NUNO ANDRÉ	Jobrinde - Montes Saloios	Senior	00:51:58.92	00:30:27.53	00:48:03.30	00:26:31.91
1591	765	10119	JOAO TEIXEIRA	Individual	Senior	00:51:58.96	00:26:53.21	00:49:54.58	00:24:48.83
1592	766	9210	JOÃO SANTOS	GDC Porto de Sines	Senior	00:51:59.35	00:25:15.30	00:51:14.01	00:24:29.96
1593	58	8093	JOAQUIM AH SILVÉRIO	Individual	Veterano V	00:51:59.95	00:26:23.27	00:51:35.31	00:25:58.63
1594	182	11221	CARLOS BRANCO	Individual, --	Veterano II	00:51:59.96	00:26:47.45	00:50:06.54	00:24:54.03
1595	767	11865	FERNANDO CARVALHO	Monsanto	Senior	00:52:00.68	00:28:33.33	00:47:57.12	00:24:29.77
1596	120	7640	ROGÉRIO FOLGADO	MENU DE ATLETA	Veterano III	00:52:00.76	00:25:45.30	00:51:27.46	00:25:12.00
1597	277	12895	CARLOS MIGUEL MACHADO	HOSPITAL DA LUZ	Veterano I	00:52:01.07	00:26:30.64	00:49:29.28	00:23:58.85
1598	183	15170	CARLOS DIAS DA SILVA	COLABORADOR SLB	Veterano II	00:52:01.12	00:26:42.46	00:50:05.40	00:24:46.74
1599	768	10530	PEDRO NAMORA	Individual	Senior	00:52:01.15	00:27:07.17	00:51:01.52	00:26:07.54
1600	278	13359	PEDRO POMBO	COVERSTEEL RUN TEAM	Veterano I	00:52:01.40	00:32:23.00	00:47:52.82	00:28:14.42

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
1601	769	13628	YANNICK PEDROSA	Individual	Senior	00:52:02.04	00:24:56.45	00:51:20.11	00:24:14.52
1602	770	13740	BRUNO RIBEIRO	GRUPO ADIDAS	Senior	00:52:02.17	00:28:30.78	00:47:54.51	00:24:23.12
1603	46	7295	JOÃO MANUEL JORGE ESTEVÃO	Individual	Senior Fem	00:52:02.70	00:26:47.48	00:50:31.99	00:25:16.77
1604	93	9339	JOSÉ RATO	CCRD Burinhosa	Veterano IV	00:52:02.89	00:26:00.67	00:51:08.22	00:25:06.00
1605	771	10931	BRUNO BERNARDES DE JESUS	IMM Runners	Senior	00:52:03.09	00:27:41.54	00:48:03.60	00:23:42.05
1606	47	11852	ADELAIDE FELIZARDO	GoRun Vendas Novas	Senior Fem	00:52:03.80	00:26:07.82	00:51:36.03	00:25:40.05
1607	772	8179	NUNO CONDEÇO	Individual	Senior	00:52:03.90	00:26:41.07	00:50:56.32	00:25:33.49
1608	773	12800	PAULO VIVAS	Individual	Senior	00:52:04.23	00:27:43.48	00:49:03.45	00:24:42.70
1609	94	11654	MANUEL CABEÇAS	Individual	Veterano IV	00:52:04.67	00:26:24.19	00:51:25.26	00:25:44.78
1610	774	11072	JOAO QUIROGA	Individual	Senior	00:52:04.89	00:25:47.39	00:51:06.62	00:24:49.12
1611	11	11062	RUBEN ABADE	Individual	Outra Cat	00:52:04.92	00:25:48.63	00:50:13.70	00:23:57.41
1612	775	13363	RICARDO MENDES	COVERSTEEL RUN TEAM	Senior	00:52:05.10	00:30:09.07	00:47:56.60	00:26:00.57
1613	121	13032	LUIS GAMA	Individual	Veterano III	00:52:05.14	00:26:26.03	00:50:57.45	00:25:18.34
1614	776	10443	GONÇALO OLIVEIRA	GRUPO AMIGOS DO PRESIDENTE	Senior	00:52:05.30	00:26:37.42	00:51:21.20	00:25:53.32
1615	122	10442	FERNANDO BRANDÃO	GRUPO AMIGOS DO PRESIDENTE	Veterano III	00:52:05.51	00:26:37.90	00:51:21.34	00:25:53.73
1616	777	7108	RODRIGO MIGUEL DOS SANTOS TAVARES	Individual	Senior	00:52:05.57	00:28:13.79	00:51:02.12	00:27:10.34
1617	184	7107	VITOR MANUEL ALEIXO CARLOS	Individual	Veterano II	00:52:05.61	00:28:13.21	00:51:02.65	00:27:10.25
1618	279	13547	ALBERTO DOMINGUES	PHILIPS PORTUGUESA S.A.	Veterano I	00:52:06.39	00:28:48.79	00:48:12.29	00:24:54.69
1619	280	10577	RICARDO MACHADO	Vieira Machado	Veterano I	00:52:06.75	00:28:31.74	00:48:18.73	00:24:43.72
1620	281	11111	MIGUEL RIBEIRO	Individual	Veterano I	00:52:06.78	00:26:24.02	00:52:06.78	00:26:24.02
1621	778	13548	JOÃO PEREIRA	PHILIPS PORTUGUESA S.A.	Senior	00:52:06.90	00:28:48.04	00:48:11.82	00:24:52.96
1622	779	7104	JOAO BARREIRA	Individual	Senior	00:52:07.34	00:26:44.93	00:50:53.59	00:25:31.18
1623	123	7395	ARMANDO FERNANDES	Fernandes	Veterano III	00:52:07.75	00:26:42.04	00:51:16.54	00:25:50.83
1624	185	11195	PEDRO SEQUEIRA	SS CGD, --	Veterano II	00:52:08.26	00:27:04.06	00:49:57.43	00:24:53.23
1625	282	11140	PEDRO NUNES	Individual, --	Veterano I	00:52:08.43	00:28:12.73	00:49:18.75	00:25:23.05
1626	12	11095	DIOGO VAGOS	BigFeet	Outra Cat	00:52:09.31	00:27:20.54	00:50:10.10	00:25:21.33
1627	59	11449	MANUEL AZEVEDO	Individual	Veterano V	00:52:09.68	00:27:03.75	00:49:58.88	00:24:52.95
1628	780	8461	MIGUEL MATOS	Individual	Senior	00:52:09.69	00:26:23.69	00:51:00.11	00:25:14.11
1629	781	9457	ANTÓNIO AMARAL	Individual	Senior	00:52:10.33	00:25:18.03	00:51:49.30	00:24:57.00
1630	283	11096	RUI FILIPE	BigFeet	Veterano I	00:52:11.07	00:27:20.56	00:50:13.23	00:25:22.72
1631	782	10228	PEDRO MIGUEL VIEIRA DE LIMA	Individual	Senior	00:52:11.61	00:29:28.90	00:47:06.04	00:24:23.33
1632	783	10077	OSVALDO ALMADA	Individual	Senior	00:52:11.79	00:27:07.41	00:49:59.20	00:24:54.82
1633	784	13008	HUGO PECURTO	HOSPITAL DA LUZ	Senior	00:52:11.90	00:29:11.67	00:47:45.76	00:24:45.53
1634	60	8975	CARLOS MOREIRA	ccdtmlx	Veterano V	00:52:11.94	00:26:31.26	00:51:08.63	00:25:27.95
1635	95	9249	JORGE PAULINO	CDM	Veterano IV	00:52:12.28	00:26:48.90	00:51:05.89	00:25:42.51
1636	186	10405	AMÉRICO SABINO	amigos do gradil	Veterano II	00:52:12.35	00:29:07.90	00:48:26.90	00:25:22.45
1637	284	10818	CARLOS VIDAIS	Individual	Veterano I	00:52:12.54	00:27:29.33	00:51:35.44	00:26:52.23
1638	785	13589	FREDERICO DIAS	Individual	Senior	00:52:12.88	00:27:40.94	00:48:58.90	00:24:26.96
1639	786	7991	CARLOS RAMOS	Individual	Senior	00:52:13.04	00:27:39.52	00:50:17.16	00:25:43.64
1640	124	12061	FERNANDO CARVALHO MARQUES	Individual	Veterano III	00:52:14.02	00:25:31.90	00:51:59.94	00:25:17.82
1641	787	7574	PEDRO TRIGO	Os Conta-Kilómetros	Senior	00:52:14.68	00:27:33.68	00:49:15.49	00:24:34.49
1642	788	11112	LEONEL SILVA	Galeria Brothers	Senior	00:52:14.77	00:26:40.88	00:51:19.20	00:25:45.31
1643	789	13164	DIOGO MIGUEL GUERREIRO MACIEIRA DIAS	Individual	Senior	00:52:14.96	00:27:09.68	00:50:57.20	00:25:51.92
1644	96	7541	DOMINGOS BORRALHO	Individual	Veterano IV	00:52:15.39	00:25:45.36	00:51:49.35	00:25:19.32
1645	285	7677	PEDRO LUÍS	Individual	Veterano I	00:52:15.43	00:25:45.77	00:51:49.39	00:25:19.73
1646	790	12716	FILIPE SEMIÃO	Individual	Senior	00:52:15.64	00:30:41.53	00:47:59.14	00:26:25.03
1647	791	11340	NUNO TEIXEIRA	Individual	Senior	00:52:16.03	00:27:25.91	00:50:46.26	00:25:56.14
1648	792	9534	MANUEL ANTÓNIO MARQUES MAGALHÃES	Individual	Senior	00:52:16.16	00:26:33.45	00:50:48.71	00:25:06.00
1649	286	9513	OSCAR FERREIRA	Individual	Veterano I	00:52:16.42	00:26:22.44	00:50:39.60	00:24:45.62
1650	287	8987	ANTÓNIO PEDRO COSTA	Individual	Veterano I	00:52:16.45	00:26:34.98	00:50:46.03	00:25:04.56

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
1651	48	11786	CAROLINA FERREIRA	PERNOD RICARD PORTUGAL	Senior Fem	00:52:16.69	00:27:07.91	00:50:53.98	00:25:45.20
1652	288	7010	JOEL SILVA	Tartarugas Solidárias	Veterano I	00:52:17.46	00:25:42.49	00:52:10.33	00:25:35.36
1653	61	12418	JÚLIO FERREIRA	GENIUS	Veterano V	00:52:17.52	00:26:31.32	00:51:20.78	00:25:34.58
1654	125	13369	ANTÓNIO LONÇHEIRO	Individual	Veterano III	00:52:18.28	00:26:01.59	00:51:06.65	00:24:49.96
1655	187	10251	CARLOS GONÇALVES	Individual	Veterano II	00:52:18.33	00:25:42.53	00:51:20.92	00:24:45.12
1656	793	10299	HÉLIO ALMEIDA	Individual	Senior	00:52:18.35	00:29:41.06	00:47:09.64	00:24:32.35
1657	794	9335	JOSÉ PEDRO LOPES	Individual	Senior	00:52:18.50	00:25:56.59	00:51:27.42	00:25:05.51
1658	97	7448	FERNANDO BASTOS CARRILHO	Individual	Veterano IV	00:52:18.99	00:25:30.83	00:52:06.86	00:25:18.70
1659	795	11838	MARCO ANDRÉ CACAIS REBELO	COLABORADOR SLB	Senior	00:52:19.21	00:26:03.55	00:51:52.68	00:25:37.02
1660	796	7550	MIGUEL REBORDÃO AMARAL	Individual	Senior	00:52:19.65	00:26:42.73	00:50:22.75	00:24:45.83
1661	797	12387	CARLOS MANUEL MONTEIRO SANCHES	COLABORADOR SLB	Senior	00:52:19.80	00:26:45.50	00:49:28.84	00:23:54.54
1662	798	7179	LUIS CHAVES	Individual	Senior	00:52:19.89	00:29:02.23	00:48:34.19	00:25:16.53
1663	10	9542	CRISTINA CALDEIRA	RunLovers	Veterana Fem II	00:52:20.00	00:27:02.63	00:51:21.45	00:26:04.08
1664	799	10284	MÁRIO MARQUES	Individual	Senior	00:52:20.32	00:29:34.93	00:47:55.77	00:25:10.38
1665	800	15254	GUSTAVO ÉVORA	JORNAL A BOLA	Senior	00:52:20.38	00:24:45.67	00:51:45.72	00:24:11.01
1666	801	10619	RICARDO JORGE PEREIRA DA SILVA OLIVEIRA	Individual	Senior	00:52:21.37	00:26:47.66	00:51:06.41	00:25:32.70
1667	188	12694	HELDER MARTINS	HAGER	Veterano II	00:52:21.46	00:28:05.89	00:49:07.23	00:24:51.66
1668	98	10463	JOSE DIAS	NUCLEO DESPORTIVO AUTOCOOPE	Veterano IV	00:52:21.56	00:25:20.94	00:51:50.79	00:24:50.17
1669	802	8620	CLAIDIR RODRIGUES	LH Ginásio - C.C.Amora	Senior	00:52:21.61	00:28:05.19	00:49:24.03	00:25:07.61
1670	803	7393	CARLOS NORONHA	Individual	Senior	00:52:22.22	00:27:49.59	00:50:07.72	00:25:35.09
1671	804	15363	HUGO SEVERINO	EDP	Senior	00:52:22.59	00:27:48.39	00:50:11.08	00:25:36.88
1672	805	10450	MIGUEL ALEXANDRE GAMITO MARTINS	Algarve Runners	Senior	00:52:22.74	00:27:49.55	00:50:12.74	00:25:39.55
1673	189	12132	CUSTÓDIO DE FIGUEIREDO FERREIRA	Individual	Veterano II	00:52:22.74	00:28:05.37	00:49:20.80	00:25:03.43
1674	806	13323	BRUNO RAFAEL PAIS MACEDO	Individual	Senior	00:52:22.82	00:27:46.46	00:50:28.49	00:25:52.13
1675	807	11642	VASCO ROSÁRIO	Individual	Senior	00:52:23.03	00:28:56.11	00:47:01.10	00:23:34.18
1676	289	12552	ANTÓNIO MANUEL FLORÊNCIO PEDRO	Casa Benfca em Aqualva Cacém	Veterano I	00:52:23.53	00:29:00.25	00:47:16.80	00:23:53.52
1677	126	11696	LUIS FERREIRA	Individual	Veterano III	00:52:23.68	00:25:39.73	00:52:22.01	00:25:38.06
1678	808	11711	DELIO SEVERINO MARQUES	Individual	Senior	00:52:24.10	00:26:52.88	00:51:28.71	00:25:57.49
1679	809	11710	PAULO FERNANDO SEVERINO MARQUES	Individual	Senior	00:52:24.23	00:26:52.39	00:52:24.23	00:26:52.39
1680	290	13378	NUNO JORGE FILIPE ANDRADE	Individual	Veterano I	00:52:24.38	00:26:51.29	00:52:24.38	00:26:51.29
1681	810	10784	OLEKSANDR PASTUK	Individual	Senior	00:52:25.08	00:26:02.56	00:50:24.31	00:24:01.79
1682	811	7857	RUI BARROCA	Individual	Senior	00:52:25.27	00:29:36.10	00:47:55.23	00:25:06.06
1683	812	9277	JÓÃO FILIPE ESTRELA ROSA	Individual	Senior	00:52:25.30	00:27:44.78	00:51:50.73	00:27:10.21
1684	291	7873	RUI GOMES PEREIRA	Individual	Veterano I	00:52:26.02	00:25:20.64	00:51:43.64	00:24:38.26
1685	813	9095	PEDRO SÁ	Rail Runners	Senior	00:52:26.14	00:27:36.52	00:49:55.56	00:25:05.94
1686	814	8037	RODRIGO FERNANDES SANTOS	Individual	Senior	00:52:26.41	00:26:39.68	00:51:24.14	00:25:37.41
1687	815	10071	PAULO MENDONÇA	Gafete Runners	Senior	00:52:26.53	00:29:23.91	00:47:59.85	00:24:57.23
1688	99	9911	MANUEL PAULO	Odebrecht Portugal	Veterano IV	00:52:26.97	00:26:06.09	00:51:06.84	00:24:45.96
1689	127	10358	PEDRO V MATOS	Individual	Veterano III	00:52:27.16	00:26:48.47	00:50:54.14	00:25:15.45
1690	128	13624	MANUEL LOBATO	Casa do Benfca de Faro	Veterano III	00:52:27.49	00:27:51.52	00:52:27.49	00:27:51.52
1691	129	9866	PEDRO MORAIS	Individual, --	Veterano III	00:52:27.88	00:25:38.72	00:52:15.93	00:25:26.77
1692	816	11553	NUNO MARTINS	Individual	Senior	00:52:27.99	00:26:26.58	00:51:38.17	00:25:36.76
1693	817	12858	PEDRO GOULÃO	Individual	Senior	00:52:28.21	00:27:28.92	00:49:55.00	00:24:55.71
1694	292	11671	FILIPE RAMOS	Convidado colaborador SLB	Veterano I	00:52:28.27	00:28:42.41	00:48:35.96	00:24:50.10
1695	818	11504	JOÃO FERNANDES	Bootcamp Sesimbra	Senior	00:52:28.68	00:26:00.09	00:51:18.83	00:24:50.24
1696	819	9398	JOAO CRUZ	União Atlético Povoense	Senior	00:52:29.19	00:19:57.14	00:52:20.21	00:19:48.16
1697	293	8689	NUNO CORREIA	Energy Fitness Club	Veterano I	00:52:29.40	00:27:00.92	00:51:21.02	00:25:52.54
1698	49	7230	SUSANA AMEIXINHA	Individual	Senior Fem	00:52:29.57	00:26:44.79	00:51:26.06	00:25:41.28
1699	820	9397	MIGUEL BRITO	Individual	Senior	00:52:29.61	00:25:47.51	00:50:25.86	00:23:43.76
1700	130	12091	JOSÉ MANUEL MADRINHA BEXIGA	Individual	Veterano III	00:52:29.79	00:28:05.03	00:49:30.23	00:25:05.47

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
1701	131	8562	ANTONIO MARQUES	Individual	Veterano III	00:52:30.11	00:26:03.22	00:52:13.94	00:25:47.05
1702	294	13793	ALEXANDRE CARVALHO	GRUPO ADIDAS	Veterano I	00:52:30.14	00:26:08.57	00:51:30.39	00:25:08.82
1703	132	9272	CARLOS CONCEIÇÃO	Individual	Veterano III	00:52:30.42	00:26:32.03	00:51:19.51	00:25:21.12
1704	62	7268	JOÃO FRANCISCO DUARTE	Individual	Veterano V	00:52:30.60	00:26:05.60	00:51:42.28	00:25:17.28
1705	190	13449	ANTÓNIO MANUEL BOGAS	C.Benfica Algueirão M. Martins	Veterano II	00:52:30.70	00:27:40.62	00:49:57.73	00:25:07.65
1706	191	9620	HERMÍNIO MARQUÊS	Bootcamp Sesimbra	Veterano II	00:52:30.81	00:25:59.75	00:51:23.50	00:24:52.44
1707	192	15046	FERNANDO BARBOSA	Individual	Veterano II	00:52:30.87	00:29:48.72	00:48:03.33	00:25:21.18
1708	295	10309	PAULO BAPTISTA	Individual	Veterano I	00:52:31.02	00:28:00.53	00:49:32.79	00:25:02.30
1709	193	8688	JOÃO GRAÇA	Energy Fitness Club	Veterano II	00:52:31.28	00:27:00.55	00:51:25.29	00:25:54.56
1710	63	8920	JOSE MONTEIRO	Individual	Veterano V	00:52:31.51	00:26:52.47	00:50:32.02	00:24:52.98
1711	296	9966	PEDRO MANUEL KRIST	C.Benfica Algueirão M. Martins	Veterano I	00:52:31.67	00:26:44.70	00:51:04.22	00:25:17.25
1712	821	11771	BRUNO ROCHA BORLIDO	Individual	Senior	00:52:31.69	00:29:48.30	00:48:05.21	00:25:21.82
1713	100	10241	LUCIANO CAMPOS HENRIQUES MARQUES	Individual	Veterano IV	00:52:31.96	00:25:58.56	00:51:58.47	00:25:25.07
1714	822	7549	FILIPE PAIXÃO	Individual	Senior	00:52:32.59	00:27:27.24	00:50:32.62	00:25:27.27
1715	133	9685	PAULO PIRES	APOGMA	Veterano III	00:52:32.90	00:26:26.63	00:51:49.71	00:25:43.44
1716	297	10940	ANTONIO RAMOS	Homem Bala	Veterano I	00:52:32.96	00:27:55.12	00:51:11.00	00:26:33.16
1717	101	9684	JOSÉ ANDRE	APOGMA	Veterano IV	00:52:32.98	00:26:27.68	00:51:48.82	00:25:43.52
1718	823	8542	NUNO MACHADO	Individual	Senior	00:52:33.49	00:25:06.86	00:52:17.08	00:24:50.45
1719	102	8206	ANTÓNIO FERNANDES	Amigos Vale Silencio	Veterano IV	00:52:33.68	00:27:41.30	00:50:42.46	00:25:50.08
1720	824	12253	CÉDRIC SANTOS	REPSOL PORTUGUESA	Senior	00:52:33.99	00:30:24.56	00:48:10.18	00:26:00.75
1721	825	9566	MÁRIO ESPERANÇA	Individual	Senior	00:52:34.21	00:26:56.70	00:50:16.31	00:24:38.80
1722	298	13609	MANUEL SILVA	Casa Benfica Abrantes	Veterano I	00:52:34.50	00:26:26.92	00:51:27.75	00:25:20.17
1723	103	15122	MANUEL EMIDIO	ASSOCIAÇÃO O COMPANHEIRO	Veterano IV	00:52:35.09	00:27:28.99	00:50:15.61	00:25:09.51
1724	826	10510	JOÃO JOAQUIM MACHADO DOS SANTOS DUARTE	Individual	Senior	00:52:35.11	00:27:09.48	00:50:25.88	00:25:00.25
1725	134	15119	AGOSTINHO TORRES	ASSOCIAÇÃO O COMPANHEIRO	Veterano III	00:52:35.19	00:27:34.17	00:50:24.53	00:25:23.51
1726	827	7286	BRUNO GONÇALVES	Individual	Senior	00:52:35.20	00:26:47.83	00:51:03.25	00:25:15.88
1727	299	10393	DINIS RIBAS	Individual	Veterano I	00:52:35.30	00:27:35.90	00:49:55.73	00:24:56.33
1728	64	10098	FRANCISCO BANDO	Individual	Veterano V	00:52:36.28	00:27:15.04	00:51:00.57	00:25:39.33
1729	194	9372	CARLOS MORAIS	Individual	Veterano II	00:52:36.37	00:25:38.75	00:52:24.42	00:25:26.80
1730	828	7990	RICARDO RAMOS	Individual	Senior	00:52:36.47	00:27:38.28	00:50:40.49	00:25:42.30
1731	195	15137	VITOR MANUEL TEIXEIRA DE MATOS	Individual	Veterano II	00:52:36.55	00:25:40.73	00:52:13.60	00:25:17.78
1732	829	13409	JEAN LOPES	Lacobriga	Senior	00:52:36.84	00:25:57.40	00:51:22.78	00:24:43.34
1733	196	9686	CARLOS SOUSA	APOGMA	Veterano II	00:52:37.25	00:26:27.42	00:51:53.06	00:25:43.23
1734	830	7891	LUIS MARTINS	LM	Senior	00:52:37.26	00:25:56.79	00:51:38.53	00:24:58.06
1735	135	11457	DELFIN SEQUEIRA	Convidado colaborador SLB	Veterano III	00:52:37.27	00:27:34.93	00:50:46.30	00:25:43.96
1736	65	7492	CARLOS LOPES	Individual	Veterano V	00:52:37.40	00:26:05.49	00:52:17.15	00:25:45.24
1737	831	11851	DANIEL MARQUES DE SOUSA	Individual	Senior	00:52:37.56	00:26:58.98	00:51:15.38	00:25:36.80
1738	104	7642	RAÚL GRILO	MENU DE ATLETA	Veterano IV	00:52:37.97	00:26:13.69	00:52:05.31	00:25:41.03
1739	197	10311	LUIS GARÇÃO	Individual	Veterano II	00:52:38.13	00:26:27.54	00:52:00.56	00:25:49.97
1740	198	8619	FERNANDO OLIVEIRA	Individual	Veterano II	00:52:39.20	00:26:46.32	00:50:38.58	00:24:45.70
1741	832	11146	JOÃO ROMÃO	Individual, --	Senior	00:52:39.20	00:28:35.37	00:48:06.15	00:24:02.32
1742	833	9687	PEDRO ISABEL	Individual	Senior	00:52:39.46	00:29:53.31	00:45:51.36	00:23:05.21
1743	834	9588	JOÃO MEIRELES	FAPOC	Senior	00:52:39.78	00:27:12.32	00:51:09.20	00:25:41.74
1744	835	12318	HUGO FERREIRA MARTINS	Convidado colaborador SLB	Senior	00:52:40.84	00:28:11.20	00:50:07.50	00:25:37.86
1745	836	13266	JOAO DIOGO FERREIRA MAIA	Individual	Senior	00:52:40.87	00:25:10.86	00:51:23.40	00:23:53.39
1746	300	9401	NELSON JOÃO DOS SANTOS DOMINGUES KOPKE	Individual	Veterano I	00:52:41.17	00:26:32.17	00:51:29.37	00:25:20.37
1747	199	7788	MANUEL LOPESDACOSTA	Pepe Rápidos	Veterano II	00:52:41.29	00:26:37.13	00:51:30.91	00:25:26.75
1748	837	12975	MARCO FERREIRA	HOSPITAL DA LUZ	Senior	00:52:42.43	00:28:24.18	00:50:10.82	00:25:52.57
1749	838	8303	RICARDO COSTA	VILT Runners	Senior	00:52:42.58	00:26:45.17	00:50:27.28	00:24:29.87
1750	839	9758	RICARDO CUNHA	GURUS	Senior	00:52:43.05	00:28:09.86	00:48:11.01	00:23:37.82

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
1751	136	8815	FERNANDO NUNO	Individual	Veterano III	00:52:43.34	00:25:03.20	00:52:19.85	00:24:39.71
1752	840	9276	FILIFE JOSÉ ZACARIAS EUGÉNIO	Individual	Senior	00:52:43.75	00:26:56.51	00:52:09.97	00:26:22.73
1753	137	13625	LUIS FULGÊNCIO	Casa do Benfica de Faro	Veterano III	00:52:43.76	00:27:11.17	00:50:52.39	00:25:19.80
1754	105	9645	MÁRIO SOARES ALVES	Individual	Veterano IV	00:52:44.15	00:26:50.66	00:51:24.15	00:25:30.66
1755	841	8913	RUI ÉVOARE	Papa-Léguas	Senior	00:52:44.91	00:28:31.58	00:49:57.58	00:25:44.25
1756	842	10275	SANDEEP JHA	Individual	Senior	00:52:45.22	00:27:54.94	00:49:36.93	00:24:46.65
1757	106	12214	JOAO FERREIRA	Individual	Veterano IV	00:52:45.41	00:29:57.75	00:48:19.66	00:25:32.00
1758	843	9069	PEDRO PIRES	GRUN	Senior	00:52:45.42	00:26:59.19	00:50:48.24	00:25:02.01
1759	844	10142	GONÇALO ABRANTES DA TRINDADE R. ALMEIDA	Individual	Senior	00:52:45.53	00:26:28.59	00:51:54.68	00:25:37.74
1760	200	12719	PAULO VILA LUZ	Individual	Veterano II	00:52:45.80	00:26:49.76	00:51:27.55	00:25:31.51
1761	845	8345	JÃO PEDRO ALEXANDRE	Individual	Senior	00:52:46.10	00:25:50.06	00:52:03.09	00:25:07.05
1762	301	8348	PAULO CALDEIRINHA	Run Buddy Run	Veterano I	00:52:46.64	00:28:18.34	00:48:23.04	00:23:54.74
1763	201	11693	JORGE CALCARÃO	SAPA	Veterano II	00:52:46.72	00:26:42.05	00:50:52.43	00:24:47.76
1764	846	11694	JOSÉ DIOGO SOUSA LIMA	SAPA	Senior	00:52:46.74	00:26:42.08	00:50:52.37	00:24:47.71
1765	847	9824	NELSON FLORENTINO	No Pain no Gain	Senior	00:52:47.45	00:26:00.34	00:51:41.31	00:24:54.20
1766	107	7997	CARLOS SILVA	Individual	Veterano IV	00:52:47.54	00:26:47.86	00:51:37.64	00:25:37.96
1767	138	11375	JOAQUIM GUERRA	SERVIÇOS SOCIAIS da CML	Veterano III	00:52:47.62	00:28:38.99	00:48:29.71	00:24:21.08
1768	848	9423	LUIS RODRIGUES	Individual	Senior	00:52:47.71	00:28:32.49	00:49:28.30	00:25:13.08
1769	849	15035	EDI RIBEIRO	Individual	Senior	00:52:47.77	00:29:23.97	00:49:56.72	00:26:32.92
1770	850	8347	NUNO SOBRAL	Run Buddy Run	Senior	00:52:48.07	00:28:18.43	00:48:59.20	00:24:29.56
1771	302	8511	ALBERTO DELGADO	Individual	Veterano I	00:52:48.61	00:26:24.77	00:52:21.68	00:25:57.84
1772	851	12847	MIGUEL CASTRO	Individual	Senior	00:52:48.70	00:26:29.78	00:51:12.77	00:24:53.85
1773	852	15364	GONÇALO GREGÓRIO	EDP	Senior	00:52:48.89	00:27:01.23	00:50:37.25	00:24:49.59
1774	202	8672	JÃO ERNESTO DIAS BERNARDINO	Individual	Veterano II	00:52:48.92	00:27:13.13	00:52:18.95	00:26:43.16
1775	853	10722	MARCIO BORGES	Individual	Senior	00:52:49.08	00:25:55.82	00:51:40.27	00:24:47.01
1776	854	11277	JOAO SIMOES	Individual, --	Senior	00:52:49.54	00:28:45.30	00:48:27.50	00:24:23.26
1777	203	10513	MIGUEL VERGAMOTA	Individual	Veterano II	00:52:49.59	00:28:08.82	00:50:06.10	00:25:25.33
1778	303	8331	EDUARDO HENRIQUES	SS CGD	Veterano I	00:52:50.34	00:27:43.62	00:50:50.60	00:25:43.88
1779	108	12124	MARCOS ANTONIO PEREIRA	Individual	Veterano IV	00:52:50.70	00:31:34.13	00:51:24.95	00:30:08.38
1780	304	12788	VITOR VIEIRA	SPIRITUC INVESTIGAÇÃO APLICADA	Veterano I	00:52:51.26	00:27:54.86	00:50:18.37	00:25:21.97
1781	855	11545	RENATO ANDRADE	Hotel Mira Paiva	Senior	00:52:51.74	00:26:02.22	00:52:11.24	00:25:21.72
1782	856	12792	JÃO MARTINS	SPIRITUC INVESTIGAÇÃO APLICADA	Senior	00:52:51.75	00:27:33.00	00:50:23.48	00:25:04.73
1783	857	10115	RUI MENEZES	Individual	Senior	00:52:52.09	00:27:03.71	00:51:41.76	00:25:53.38
1784	204	8606	JORGE MANUEL DOS SANTOS MOSTEIAS	Individual	Veterano II	00:52:52.10	00:25:44.77	00:52:30.66	00:25:23.33
1785	66	10044	RAUL NEVES	Sporting Clube Moitense	Veterano V	00:52:52.42	00:27:16.35	00:51:28.01	00:25:51.94
1786	50	11514	INÉS LEMOS	Individual	Senior Fem	00:52:52.78	00:27:29.11	00:50:45.13	00:25:21.46
1787	305	10221	FERNANDO JORGE MONTEIRO MENDES	Individual	Veterano I	00:52:52.96	00:26:54.45	00:51:18.36	00:25:19.85
1788	139	12812	ANTÓNIO LIMA	Individual	Veterano III	00:52:53.36	00:25:49.72	00:52:53.36	00:25:49.72
1789	13	10724	ANTONIO PEREIRA	Individual	Outra Cat	00:52:53.71	00:29:52.98	00:48:48.29	00:25:47.56
1790	858	10866	PEDRO PERALTA	Individual	Senior	00:52:54.43	00:26:21.63	00:52:10.98	00:25:38.18
1791	859	9693	LUIS LOPES	Individual	Senior	00:52:54.64	00:27:29.95	00:49:39.21	00:24:14.52
1792	306	7365	PEDRO SILVA	Individual	Veterano I	00:52:55.05	00:26:03.65	00:52:37.71	00:25:46.31
1793	51	13212	ANA MOTA	Individual	Senior Fem	00:52:55.12	00:27:10.72	00:52:19.73	00:26:35.33
1794	7	9623	DÁLIA RATO	Bootcamp Sesimbra	Veterana Fem III	00:52:55.76	00:26:14.01	00:51:44.95	00:25:03.20
1795	205	12666	CARLOS HIPÓLITO	CLUBE VITALIS	Veterano II	00:52:55.83	00:25:55.07	00:51:50.79	00:24:50.03
1796	52	10282	PALMIRA QUINHAMA	Correr Lisboa	Senior Fem	00:52:56.77	00:27:19.52	00:51:17.55	00:25:40.30
1797	860	15167	CARLOS GUERRINHA	EDP	Senior	00:52:56.86	00:29:21.94	00:49:40.44	00:26:05.52
1798	861	9538	RICARDO RODRIGUES	Individual	Senior	00:52:56.98	00:25:41.04	00:51:26.14	00:24:10.20
1799	862	14902	JOSÉ FLÁVIO FONSECA	MOV'ET	Senior	00:52:57.55	00:26:03.70	00:51:39.48	00:24:45.63
1800	863	8236	NUNO LOPES	Individual	Senior	00:52:58.09	00:26:18.83	00:51:54.04	00:25:14.78

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
1801	864	12184	MÁRIO LIMEDE	PEPSICO	Senior	00:52:58.10	00:28:08.29	00:49:59.20	00:25:09.39
1802	140	8872	PAULO SILVA	Individual	Veterano III	00:52:58.18	00:27:53.37	00:51:30.23	00:26:25.42
1803	865	15189	ANDRÉ CONDE	JAZZY LIFE CLUB	Senior	00:52:58.28	00:28:26.73	00:50:12.87	00:25:41.32
1804	141	9082	VITOR MONTEIRO	MARRIOTT LISBOA	Veterano III	00:52:58.89	00:27:34.86	00:51:36.91	00:26:12.88
1805	866	10007	PAULO VIEIRA SENA PINHEIRO	Individual	Senior	00:52:59.28	00:27:51.96	00:49:16.14	00:24:08.82
1806	307	15080	ERNESTO MONTEIRO	CÂMARA LISBOA CLUBE	Veterano I	00:52:59.39	00:28:19.64	00:50:05.43	00:25:25.68
1807	867	8198	RUI VICENTE	Individual	Senior	00:52:59.90	00:28:08.40	00:50:18.21	00:25:26.71
1808	308	8136	LUIS SERRALHA	Os Galgos	Veterano I	00:53:00.08	00:26:05.16	00:52:58.06	00:26:03.14
1809	67	11541	HERMINIO SILVA	Hotel Mira Paiva	Veterano V	00:53:00.19	00:25:54.15	00:52:21.12	00:25:15.08
1810	206	10455	EGIDIO PORTELA	Amigos Atletismo Mafra	Veterano II	00:53:00.20	00:27:09.10	00:51:53.69	00:26:02.59
1811	309	10125	CARLOS RIBEIRO	Os Galgos	Veterano I	00:53:00.33	00:26:04.33	00:52:58.89	00:26:02.89
1812	868	11090	ANDRE BISCAYA	Individual	Senior	00:53:00.82	00:26:30.29	00:51:07.72	00:24:37.19
1813	310	7026	RUI MATIAS	Clube Vodafone	Veterano I	00:53:01.05	00:27:51.42	00:49:52.16	00:24:42.53
1814	311	9074	JORGE GUERREIRO	MARRIOTT LISBOA	Veterano I	00:53:01.50	00:27:34.89	00:51:35.23	00:26:08.62
1815	207	7516	LUIS MARQUES	Individual	Veterano II	00:53:02.58	00:27:19.11	00:51:14.69	00:25:31.22
1816	53	9458	MARLINE FURTADO	Individual	Senior Fem	00:53:02.72	00:25:54.82	00:52:39.91	00:25:32.01
1817	142	11328	JOSÉ SANTOS	G.D.R. São Francisco da Serra	Veterano III	00:53:02.99	00:27:47.71	00:50:01.96	00:24:46.68
1818	869	10096	JOÃO ANDRÉ FARINHA	Cosmes	Senior	00:53:03.03	00:27:54.53	00:50:36.86	00:25:28.36
1819	870	9483	BRUNO CARDOSO	Kaninos	Senior	00:53:03.06	00:27:12.35	00:51:22.73	00:25:32.02
1820	312	10620	MARCO SILVÉRIA	Individual	Veterano I	00:53:03.18	00:28:40.00	00:51:50.20	00:27:27.02
1821	871	7762	JOÃO FILIPE MARTINHO	Individual	Senior	00:53:03.58	00:27:33.44	00:50:58.34	00:25:28.20
1822	208	8188	FRANCISCO MARQUES	Kaninos	Veterano II	00:53:03.76	00:28:42.90	00:48:53.27	00:24:32.41
1823	872	8949	ANDRE TEIXEIRA	Individual	Senior	00:53:03.94	00:28:15.43	00:52:36.90	00:27:48.39
1824	68	10181	PEDRO PINTO	Os Indomáveis	Veterano V	00:53:04.58	00:28:09.82	00:51:06.40	00:26:11.64
1825	873	10533	JORGE REBOCHO	Individual	Senior	00:53:05.29	00:27:28.14	00:51:03.81	00:25:26.66
1826	69	12827	JOSÉ GALAMBA	Valejas A C	Veterano V	00:53:05.37	00:28:30.84	00:50:09.21	00:25:34.68
1827	109	8275	ALVARO FURTADO	SS CGD	Veterano IV	00:53:05.48	00:28:44.50	00:50:59.16	00:26:38.18
1828	209	12620	JOSÉ ALMEIDA	Individual	Veterano II	00:53:05.67	00:25:32.60	00:53:05.67	00:25:32.60
1829	110	15118	MANUEL RODRIGUES	ASSOCIAÇÃO O COMPANHEIRO	Veterano IV	00:53:06.17	00:27:26.73	00:50:46.61	00:25:07.17
1830	874	10279	TIAGO CLARA	Individual	Senior	00:53:06.97	00:29:50.68	00:47:08.81	00:23:52.52
1831	16	8000	MARIA MOCISSO	BOMBEIROS MONTEMOR-O-NOVO	Veterana Fem I	00:53:07.30	00:25:39.81	00:53:02.40	00:25:34.91
1832	143	8916	ANTONIO MARTINS	Individual	Veterano III	00:53:07.81	00:26:47.26	00:52:57.13	00:26:36.58
1833	70	8254	PAULO LOPES	benfas	Veterano V	00:53:07.89	00:29:57.20	00:48:48.40	00:25:37.71
1834	71	12422	EDUARDO JORGE	Individual	Veterano V	00:53:07.91	00:28:15.89	00:50:39.80	00:25:47.78
1835	875	13036	DIOGO TOMÁS	HOSPITAL DA LUZ	Senior	00:53:08.05	00:28:17.15	00:50:44.60	00:25:53.70
1836	876	9050	PAULO MONTEIRO	Individual	Senior	00:53:08.19	00:26:47.71	00:50:54.70	00:24:34.22
1837	877	12006	MÁRIO DAGOT	SLB Runners	Senior	00:53:08.98	00:27:06.29	00:50:20.85	00:24:18.16
1838	878	12005	JOSÉ CARLOS CRESPO	SLB Runners	Senior	00:53:09.01	00:27:07.92	00:50:21.33	00:24:20.24
1839	210	9712	PEDRO MACHADO	Individual	Veterano II	00:53:09.38	00:27:20.23	00:52:00.58	00:26:11.43
1840	879	12441	CUSTÓDIO QUIBINO	ACAPO	Senior	00:53:09.72	00:27:44.80	00:50:58.58	00:25:33.66
1841	144	11141	FERNANDO GOMES	Individual, --	Veterano III	00:53:09.94	00:29:59.84	00:49:37.32	00:26:27.22
1842	211	9251	FRANCISCO ANDRÉ	CDM	Veterano II	00:53:10.06	00:26:06.38	00:52:56.80	00:25:53.12
1843	145	10776	MANUEL MIRANDA	Miranda	Veterano III	00:53:10.11	00:26:50.12	00:51:54.78	00:25:34.79
1844	11	13485	ALEXANDRA CALDAS PORTELA	C. Benfca Torres Vedras	Veterana Fem II	00:53:10.17	00:28:10.42	00:51:10.01	00:26:10.26
1845	212	13480	LUIS GOMES	Casa Benfca Torres Vedras	Veterano II	00:53:10.18	00:28:10.83	00:51:12.32	00:26:12.97
1846	54	11472	MARTA RIBEIRO MARTINS	Convidado colaborador SLB	Senior Fem	00:53:10.34	00:28:23.81	00:49:16.67	00:24:30.14
1847	111	10997	FERNANDO SOBRAL	G.D.R. São Francisco da Serra	Veterano IV	00:53:10.51	00:29:52.18	00:48:29.89	00:25:11.56
1848	880	9497	HUGO GODINHO	Individual	Senior	00:53:10.92	00:29:28.19	00:47:18.28	00:23:35.55
1849	881	12461	PEDRO CARVALHO	CaixaBI	Senior	00:53:11.31	00:27:35.78	00:50:48.09	00:25:12.56
1850	72	10980	JOSÉ LUIS ISIDRO	Individual	Veterano V	00:53:11.58	00:27:55.62	00:52:56.03	00:27:40.07

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
1851	12	11913	SILVIA NEIVA	CGD	Veterana Fem II	00:53:11.63	00:28:02.66	00:51:13.03	00:26:04.06
1852	882	11332	PAULO LAGARTO	Individual	Senior	00:53:11.81	00:26:33.98	00:51:06.69	00:24:28.86
1853	313	11914	NUNO VALADA	CGD	Veterano I	00:53:12.15	00:28:03.03	00:51:13.63	00:26:04.51
1854	314	7313	JOSE CARLOS CUNHA	Individual	Veterano I	00:53:12.17	00:26:07.60	00:52:38.61	00:25:34.04
1855	14	11220	RUBEN BARBEIRO	Cavalinhos Runners, --	Outra Cat	00:53:12.37	00:27:05.46	00:50:39.90	00:24:32.99
1856	883	11761	PEDRO MIGUEL PEREIRA FARINHA	Convidado colaborador SLB	Senior	00:53:12.63	00:28:42.81	00:49:19.55	00:24:49.73
1857	213	8268	LUIS AMORIM	Individual	Veterano II	00:53:12.66	00:27:36.20	00:51:26.27	00:25:49.81
1858	146	11734	PAULO LOPES	Individual	Veterano III	00:53:12.68	00:26:50.06	00:51:38.52	00:25:15.90
1859	884	13617	MIGUEL MOÇO	Casa do Benfica da Guarda	Senior	00:53:12.74	00:26:41.64	00:51:03.67	00:24:32.57
1860	147	8082	FRANCISCO PAULINO	Individual	Veterano III	00:53:13.47	00:26:47.53	00:51:24.74	00:24:58.80
1861	885	7054	NUNO CARNEIRO	Individual	Senior	00:53:13.52	00:25:53.23	00:53:01.22	00:25:40.93
1862	886	13616	LUIS SANTOS	Casa do Benfica da Guarda	Senior	00:53:13.68	00:26:40.49	00:51:04.34	00:24:31.15
1863	315	9878	PAULO DINIS LOPES FIGUEIREDO	Casa Benfica em Aqualva Cacém	Veterano I	00:53:13.90	00:27:15.05	00:52:28.79	00:26:29.94
1864	214	11230	PAULO JORGE DA SILVA PIRES	Os Amigos da Alameda, --	Veterano II	00:53:14.15	00:27:12.43	00:50:44.64	00:24:42.92
1865	148	14882	FERNANDO FERREIRA TORRES	Individual	Veterano III	00:53:14.17	00:26:30.04	00:52:48.45	00:26:04.32
1866	316	11707	CARLOS MANUEL GOMES MOTA MIGUEL	Individual	Veterano I	00:53:14.23	00:27:11.33	00:52:19.28	00:26:16.38
1867	887	7344	JÓÃO FALÉ	Individual	Senior	00:53:15.08	00:28:01.65	00:50:53.48	00:25:40.05
1868	73	10039	CARLOS OLIVEIRA	Individual	Veterano V	00:53:15.25	00:28:31.03	00:50:29.72	00:25:45.50
1869	215	11148	CARLOS MARTINHO	Individual, --	Veterano II	00:53:15.56	00:27:53.33	00:50:52.45	00:25:30.22
1870	149	10845	VICTOR MANUEL NEVES RIBEIRO	Individual	Veterano III	00:53:15.73	00:27:50.31	00:50:53.49	00:25:28.07
1871	112	11335	LUÍS SANTANA	Clube Desportivo Ribeiense	Veterano IV	00:53:16.04	00:26:39.50	00:52:37.07	00:26:00.53
1872	317	9308	NUNO DUARTE	GDCT Unicre	Veterano I	00:53:16.23	00:26:53.26	00:51:55.48	00:25:32.51
1873	113	9489	ANTONIO TAVARES	Individual	Veterano IV	00:53:16.51	00:28:40.16	00:49:18.82	00:24:42.47
1874	888	12765	BRUNO SILVA	Individual	Senior	00:53:16.56	00:30:09.64	00:50:52.33	00:27:45.41
1875	889	15162	TELMO CASIMIRO	TOP ATLÂNTICO	Senior	00:53:16.57	00:26:46.12	00:51:27.97	00:24:57.52
1876	890	11105	PEDRO CARVALHO	Individual	Senior	00:53:16.66	00:27:53.47	00:50:53.17	00:25:29.98
1877	891	10935	FABIO BOLETO	Individual	Senior	00:53:17.13	00:27:55.82	00:51:47.29	00:26:25.98
1878	892	10832	CARLOS ALMEIDA	Pernas de Gafanhoto	Senior	00:53:17.37	00:29:13.86	00:48:34.33	00:24:30.82
1879	893	15030	JOÃO FILIPE GONÇALVES	Individual	Senior	00:53:17.93	00:31:04.99	00:48:20.92	00:26:07.98
1880	894	11466	SANDRO TERNAS SILVA	Individual	Senior	00:53:18.09	00:23:57.80	00:52:50.16	00:23:29.87
1881	55	14876	JOANA OLIVEIRA	EDP	Senior Fem	00:53:18.98	00:29:27.72	00:48:34.12	00:24:42.86
1882	895	12297	RUI GASPAS	Individual	Senior	00:53:19.07	00:26:48.18	00:51:53.78	00:25:22.89
1883	896	12726	JÓÃO PACHECO	Individual	Senior	00:53:19.38	00:29:17.19	00:50:20.72	00:26:18.53
1884	216	15249	EDUARDO MARQUES	JORNAL A BOLA	Veterano II	00:53:19.93	00:30:16.49	00:48:56.62	00:25:53.18
1885	318	9403	PEDRO ESPARTEIRO	Individual	Veterano I	00:53:19.95	00:28:15.61	00:51:00.79	00:25:56.45
1886	897	12459	ARTUR AMARO	CaixaBI	Senior	00:53:19.97	00:27:35.53	00:50:56.51	00:25:12.07
1887	150	9051	JORGE OLIVEIRA	Individual	Veterano III	00:53:20.02	00:29:48.25	00:48:54.76	00:25:22.99
1888	898	8341	JÓÃO FERANDES	Individual	Senior	00:53:20.94	00:26:10.51	00:52:50.51	00:25:40.08
1889	899	11396	JOSÉ MANUEL GONÇALVES COELHO	Convidado colaborador SLB	Senior	00:53:21.08	00:29:27.22	00:48:07.79	00:24:13.93
1890	56	10448	TÂNIA RODRIGUES	GRUPO AMIGOS DO PRESIDENTE	Senior Fem	00:53:21.18	00:26:42.92	00:52:37.62	00:25:59.36
1891	900	7971	RICARDO GONÇALVES	Individual	Senior	00:53:21.20	00:28:38.18	00:49:45.92	00:25:02.90
1892	901	7970	MIGUEL GONÇALVES	Individual	Senior	00:53:21.27	00:28:38.27	00:49:46.77	00:25:03.77
1893	17	12491	GUILHERME ANTUNES	SPORT ALGÉS E DAFUNDO	Junior	00:53:21.38	00:29:19.02	00:49:05.09	00:25:02.73
1894	319	8329	JOSE MARTINS	SS CGD	Veterano I	00:53:21.62	00:28:08.76	00:50:34.34	00:25:21.48
1895	902	10388	HELDER DIAS SALVADO FAIA	Individual	Senior	00:53:21.96	00:27:35.73	00:50:10.78	00:24:24.55
1896	903	11866	ANDRÉ MAIO	Monsanto	Senior	00:53:22.18	00:29:05.35	00:49:17.97	00:25:01.14
1897	904	9481	JÓÃO RICARDO GONÇALVES AFONSO	Individual	Senior	00:53:22.31	00:27:26.40	00:53:06.16	00:27:10.25
1898	905	10387	GONÇALO DAVID MALVEIRO SEROMENHO	Individual	Senior	00:53:22.39	00:27:35.96	00:50:10.51	00:24:24.08
1899	906	10824	CARLOS BRAVO	Individual	Senior	00:53:22.50	00:26:01.17	00:52:44.82	00:25:23.49
1900	320	7141	NUNO JULIO	Individual	Veterano I	00:53:23.10	00:29:37.51	00:49:04.94	00:25:19.35

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
1901	907	10687	MIGUEL FERREIRA	Individual	Senior	00:53:23.13	00:26:56.28	00:51:47.51	00:25:20.66
1902	908	13115	PAULO CRUZ	GRUPO PROSEGUR	Senior	00:53:23.27	00:28:19.06	00:51:24.01	00:26:19.80
1903	114	12011	FERNANDO SANTOS	Individual	Veterano IV	00:53:23.42	00:25:27.48	00:52:57.57	00:25:01.63
1904	13	9365	ISABEL GOMES	Individual	Veterana Fem II	00:53:24.40	00:28:04.35	00:51:52.08	00:26:32.03
1905	909	15362	NOEL SEVERINO	EDP	Senior	00:53:25.04	00:28:39.22	00:51:13.26	00:26:27.44
1906	910	7687	DUARTE SOUSA	Individual	Senior	00:53:25.12	00:26:23.93	00:52:00.89	00:24:59.70
1907	115	9147	JOSE AUGUSTO RODRIGUES	Individual	Veterano IV	00:53:25.12	00:27:29.37	00:51:27.97	00:25:32.22
1908	911	7106	NUNO RICARDO TERRUTA GOMES	Individual	Senior	00:53:25.16	00:28:04.30	00:51:52.81	00:26:31.95
1909	74	7668	JORGE FIGUEIREDO	Individual	Veterano V	00:53:26.47	00:27:46.27	00:51:35.55	00:25:55.35
1910	912	9270	FÁBIO FILIPE GODINHO PINTO	Individual	Senior	00:53:26.47	00:29:10.88	00:49:16.67	00:25:01.08
1911	151	10332	ANTONIO JORGE MARTINHO	Individual	Veterano III	00:53:26.75	00:27:21.36	00:52:16.19	00:26:10.80
1912	913	12397	PEDRO JERONIMO	COLABORADOR SLB	Senior	00:53:26.84	00:27:38.17	00:50:42.25	00:24:53.58
1913	914	7968	VASCO ROCHA	Individual	Senior	00:53:27.27	00:27:57.90	00:51:17.65	00:25:48.28
1914	915	10986	ANDRÉ SILVA	Individual	Senior	00:53:27.35	00:30:00.70	00:49:08.21	00:25:41.56
1915	321	12100	NUNO PALMA	Autozitânia - CNAmamdora	Veterano I	00:53:27.38	00:28:26.46	00:51:07.02	00:26:06.10
1916	116	9629	ANTÓNIO MENDES ANTUNES	Senhores da Vigairada	Veterano IV	00:53:27.48	00:25:25.99	00:53:23.63	00:25:22.14
1917	916	7175	GONÇALO JOÃO	CRT	Senior	00:53:28.00	00:27:10.03	00:51:25.48	00:25:07.51
1918	917	15064	LUCAS BARBOSA ALVES DE MOURA	EDP	Senior	00:53:28.22	00:29:38.48	00:49:05.99	00:25:16.25
1919	322	8683	CARLOS FIGUEIREDO	Individual	Veterano I	00:53:28.59	00:27:10.51	00:51:57.78	00:25:39.70
1920	918	12969	JOÃO MATOS	HOSPITAL DA LUZ	Senior	00:53:28.61	00:27:49.28	00:51:20.23	00:25:40.90
1921	919	12402	VASCO RICARDO HENRIQUE DA SILVA	COLABORADOR SLB	Senior	00:53:28.64	00:25:53.99	00:52:30.22	00:24:55.57
1922	152	9656	MÁRIO LUÍS COSTA	Os Antigos	Veterano III	00:53:28.68	00:26:05.13	00:53:27.35	00:26:03.80
1923	920	12768	VITOR PEREIRA	YKK PORTUGAL	Senior	00:53:29.24	00:27:23.68	00:51:16.20	00:25:10.64
1924	217	11895	FERNANDO MANUEL AUGUSTO CURTO	Individual	Veterano II	00:53:29.63	00:27:52.08	00:52:02.15	00:26:24.60
1925	921	9826	JOÃO FIALHO	Individual	Senior	00:53:29.63	00:26:12.45	00:52:29.76	00:25:12.58
1926	153	11943	ALFREDO DESTERRO	SPORTINBET	Veterano III	00:53:29.83	00:26:17.62	00:53:29.65	00:26:17.44
1927	57	8199	MAFALDA MARTINHO	Individual	Senior Fem	00:53:30.53	00:27:47.44	00:52:23.92	00:26:40.83
1928	922	9058	CLÁUDIO AMARAL	Individual	Senior	00:53:30.75	00:27:31.34	00:51:21.94	00:25:22.53
1929	323	10375	JOSÉ DA BRAGA	Individual	Veterano I	00:53:30.97	00:26:55.62	00:51:15.30	00:24:39.95
1930	923	13211	TIAGO DUARTE	Individual	Senior	00:53:31.81	00:27:35.17	00:51:44.69	00:25:48.05
1931	924	8211	RUBEN COSTA	Individual	Senior	00:53:31.88	00:26:19.98	00:52:55.92	00:25:44.02
1932	324	9799	ANTONIO SILVA	NAC	Veterano I	00:53:32.19	00:25:24.86	00:53:32.19	00:25:24.86
1933	925	11294	LUIS PEDRO MORAIS TEIXEIRA LOURO	Convidado colaborador SLB, --	Senior	00:53:33.32	00:27:18.45	00:51:54.23	00:25:39.36
1934	325	9345	PAULO RAINHO	CCRD Burinhosa	Veterano I	00:53:33.54	00:26:24.57	00:52:39.42	00:25:30.45
1935	926	11392	LUIS MIGUEL MORAIS DE SOUSA	Convidado colaborador SLB	Senior	00:53:33.64	00:27:18.56	00:51:54.57	00:25:39.49
1936	58	13788	PAULINA FERREIRA DE MATOS	GRUPO ADIDAS	Senior Fem	00:53:33.72	00:25:59.48	00:53:11.46	00:25:37.22
1937	326	9409	VITOR RAIMUNDO	CCRD Burinhosa	Veterano I	00:53:33.75	00:27:07.44	00:52:32.69	00:26:06.38
1938	927	8519	JOSÉ MANUEL VAQUEIRO MENDES	Individual	Senior	00:53:34.48	00:30:41.43	00:53:34.48	00:30:41.43
1939	928	11488	BRUNO RAFAEL RODRIGUES BACALHAU	Convidado colaborador SLB	Senior	00:53:34.72	00:28:15.85	00:50:33.44	00:25:14.57
1940	929	7369	MARCO ANDRÉ C FIGUEIREDO	Individual	Senior	00:53:34.87	00:29:01.71	00:50:36.13	00:26:02.97
1941	930	9837	CARLOS IPE	ASAS NOS PÉS.	Senior	00:53:34.91	00:27:52.08	00:51:42.02	00:25:59.19
1942	931	8861	PEDRO NEGRÃO SANTOS	Individual	Senior	00:53:35.11	00:28:42.29	00:49:38.84	00:24:46.02
1943	327	7234	PAULO SILVA	Individual	Veterano I	00:53:36.07	00:28:10.79	00:52:17.36	00:26:52.08
1944	328	7535	RICARDO FIGUEIREDO	Individual	Veterano I	00:53:36.81	00:27:46.38	00:51:45.50	00:25:55.07
1945	59	11465	MARCIA ANDREIA SILVA	Individual	Senior Fem	00:53:37.25	00:27:00.66	00:53:05.88	00:26:29.29
1946	932	11754	PEDRO MONZELO	Individual	Senior	00:53:37.61	00:26:47.57	00:53:19.83	00:26:29.79
1947	933	12554	FÁBIO JORGE PINTO DA SILVA	Individual	Senior	00:53:37.74	00:27:06.91	00:51:02.48	00:24:31.65
1948	329	9839	JORGE LOPES	ASAS NOS PÉS.	Veterano I	00:53:37.94	00:27:53.86	00:51:44.39	00:26:00.31
1949	60	7173	SUSANA PAIVA	CRT	Senior Fem	00:53:38.36	00:27:10.28	00:51:36.58	00:25:08.50
1950	218	13140	PAULO GONÇALVES	GRUPO PROSEGUR	Veterano II	00:53:38.89	00:25:58.92	00:52:54.02	00:25:14.05

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
1951	61	7113	MARLENE CRUZ HENRIQUES	Individual	Senior Fem	00:53:39.52	00:27:46.63	00:52:33.51	00:26:40.62
1952	62	11687	ARLETE MARIA GALEÃO DO REGO	Convitado colaborador SLB	Senior Fem	00:53:39.56	00:27:15.73	00:52:17.78	00:25:53.95
1953	219	12423	EURICO JESUS	Individual	Veterano II	00:53:40.03	00:28:41.77	00:51:11.68	00:26:13.42
1954	220	8127	ANÍBAL SANTOS	Individual	Veterano II	00:53:40.31	00:27:51.99	00:52:07.00	00:26:18.68
1955	75	13136	ANTÓNIO MANUEL COELHO ROMÃO	GRUPO PROSEGUR	Veterano V	00:53:40.67	00:25:02.64	00:53:15.47	00:24:37.44
1956	154	9956	ANATOLIE NEGRAI	C.Benfica Algueirão M. Martins	Veterano III	00:53:41.41	00:28:42.89	00:50:38.13	00:25:39.61
1957	934	11132	JOÃO RODRIGUES	Individual, --	Senior	00:53:41.55	00:27:34.03	00:52:38.46	00:26:30.94
1958	76	7332	LUIS MANUEL MOTA FERREIRA	Individual	Veterano V	00:53:41.63	00:27:26.24	00:52:05.67	00:25:50.28
1959	935	11367	PEDRO ROSA	Pernas de Gafanhoto	Senior	00:53:41.80	00:27:00.05	00:51:39.28	00:24:57.53
1960	221	12616	GIL JORGE	Individual	Veterano II	00:53:42.36	00:28:28.11	00:51:06.92	00:25:52.67
1961	936	11143	GUILHERME R. ALVES	Individual, --	Senior	00:53:43.36	00:30:16.31	00:48:20.33	00:24:53.28
1962	15	13657	ERICA SORAIA ISNARD DA CRUZ	EUROPCAR	Outra Cat	00:53:43.39	00:28:09.35	00:51:19.19	00:25:45.15
1963	63	12111	MICAELA SIMÕES	Valejas A C	Senior Fem	00:53:43.54	00:29:44.09	00:50:07.64	00:26:08.19
1964	330	13318	MARCO PAULO MANGAS	Individual	Veterano I	00:53:44.18	00:29:41.57	00:49:23.13	00:25:20.52
1965	331	7006	PEDRO MIGUEL DE SOUSA FERNANDES	Individual	Veterano I	00:53:44.25	00:29:32.91	00:49:23.00	00:25:11.66
1966	332	10756	JOAO HEMRIQUES	SS CGD	Veterano I	00:53:44.75	00:26:17.95	00:53:01.36	00:25:34.56
1967	937	13413	MANUEL MONTIS	Individual	Senior	00:53:44.86	00:27:35.43	00:52:33.81	00:26:24.38
1968	938	9741	RICARDO SILVA	Individual	Senior	00:53:44.89	00:29:46.88	00:49:48.39	00:25:50.38
1969	939	8390	PEDRO MIGUEL ROBALO LOPES	Corre@Correr	Senior	00:53:45.29	00:28:50.73	00:50:14.13	00:25:19.57
1970	940	7339	PEDRO BANON	Tartarugas Solidárias	Senior	00:53:46.06	00:28:02.59	00:51:49.70	00:26:06.23
1971	941	10988	MIGUEL COUTINHO	Individual	Senior	00:53:46.14	00:28:28.21	00:50:33.80	00:25:15.87
1972	942	12821	PAULO PAIAS	Valejas A C	Senior	00:53:47.08	00:28:16.77	00:51:31.36	00:26:01.05
1973	16	9543	ANA MARGARIDA MARQUES	RunLovers	Outra Cat	00:53:47.10	00:27:10.75	00:52:49.03	00:26:12.68
1974	333	7749	FERNANDO FERREIRA	Individual	Veterano I	00:53:47.19	00:25:36.31	00:53:42.24	00:25:31.36
1975	334	10410	JOÃO SILVESTRE	Individual	Veterano I	00:53:47.24	00:29:18.58	00:49:13.30	00:24:44.64
1976	155	9078	ANTONIO ALVES	MARRIOTT LISBOA	Veterano III	00:53:47.28	00:27:36.66	00:52:25.79	00:26:15.17
1977	77	9885	ANTÓNIO RODRIGUES COSTA	Casa Benfica em Aqualva Cacém	Veterano V	00:53:47.84	00:27:47.81	00:51:53.02	00:25:52.99
1978	943	7901	IVO ANTUNES	Individual	Senior	00:53:47.87	00:27:58.87	00:51:01.78	00:25:12.78
1979	944	10069	RODRIGO LOURO	Gafete Runners	Senior	00:53:47.91	00:27:57.76	00:50:52.57	00:25:02.42
1980	945	7194	CARLOS PEREIRA	Individual	Senior	00:53:48.10	00:29:16.78	00:49:10.82	00:24:39.50
1981	335	13456	DANIEL ANTUNES	Casa Benfica Figueira da Foz	Veterano I	00:53:48.56	00:27:13.60	00:52:10.01	00:25:35.05
1982	64	13322	SÓNIA ISABEL ANTUNES FREIRE	Individual	Senior Fem	00:53:49.10	00:27:51.13	00:51:55.63	00:25:57.66
1983	946	10102	HUGO FILIPE DIAS PRAGANA	Individual	Senior	00:53:49.45	00:26:28.24	00:52:44.27	00:25:23.06
1984	947	8680	EDGAR CONCEIÇÃO	Individual	Senior	00:53:49.45	00:29:42.70	00:48:40.90	00:24:34.15
1985	948	13443	EDGAR BELGUINHA RODRIGUES	Individual	Senior	00:53:50.19	00:30:05.97	00:48:08.75	00:24:24.53
1986	336	7609	CARLOS CRAVEIRA	AC TEAM	Veterano I	00:53:50.56	00:28:56.92	00:50:46.20	00:25:52.56
1987	8	11037	CLEMENTINA ANDRADE	C. CAMPISMO S. JOÃO DA MADEIRA	Veterana Fem III	00:53:50.67	00:25:32.64	00:53:46.98	00:25:28.95
1988	337	7270	MARIO JOSE RODRIGUES	Individual	Veterano I	00:53:50.93	00:27:04.75	00:52:03.26	00:25:17.08
1989	949	10929	ANTONIO PINTO	Individual	Senior	00:53:51.15	00:30:52.64	00:49:06.44	00:26:07.93
1990	222	11757	CONSTANTINO MANUEL SILVA ARAUJO	Convitado colaborador SLB	Veterano II	00:53:51.27	00:28:13.57	00:51:54.97	00:26:17.27
1991	950	7003	MÁRCIO BASÍLIO	Individual	Senior	00:53:51.36	00:28:14.83	00:51:22.80	00:25:46.27
1992	117	12782	JOSÉ SERAFIM	GAA Vila Franca de Xira	Veterano IV	00:53:51.63	00:26:56.52	00:52:36.09	00:25:40.98
1993	951	12053	MARCO ANTÓNIO LACERDA SERRANO	Individual	Senior	00:53:52.27	00:29:49.92	00:49:42.49	00:25:40.14
1994	338	7890	NELSON FERREIRA	Individual	Veterano I	00:53:52.43	00:28:24.14	00:51:02.49	00:25:34.20
1995	156	8658	BARTOLOMEU TEIXEIRA DA MOTA	Motateam	Veterano III	00:53:52.92	00:26:04.71	00:53:46.57	00:25:58.36
1996	952	11795	MIGUEL LOPES	FUND BOX	Senior	00:53:53.91	00:28:50.06	00:49:29.58	00:24:25.73
1997	157	7491	JOSÉ MARIA PEREIRA DE MELO	Pastelaria Rio de Mel	Veterano III	00:53:54.75	00:27:24.05	00:52:08.64	00:25:37.94
1998	339	7355	CARLOS MARTINS	Individual	Veterano I	00:53:55.05	00:27:25.07	00:52:10.38	00:25:40.40
1999	953	15114	BRUNO CORREIA	ASSOCIAÇÃO O COMPANHEIRO	Senior	00:53:55.17	00:25:00.04	00:53:25.06	00:24:29.93
2000	340	7089	NUNO NAIA	Individual	Veterano I	00:53:56.20	00:29:26.56	00:49:46.16	00:25:16.52

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
2001	341	7413	HUGO BEXIGA	Individual	Veterano I	00:53:56.37	00:28:07.55	00:51:39.43	00:25:50.61
2002	158	12366	FRANCISCO JOSÉ DIAS SOUSA	Individual	Veterano III	00:53:56.60	00:30:52.49	00:49:12.15	00:26:08.04
2003	65	7771	RAQUEL SOFIA MONTEIRO	Individual	Senior Fem	00:53:57.06	00:28:39.56	00:51:05.00	00:25:47.50
2004	954	8890	MIGUEL ARRUDA	Individual	Senior	00:53:57.22	00:28:41.60	00:50:43.22	00:25:27.60
2005	159	8704	JOSÉ MANUEL MATOS DE OLIVEIRA	Individual	Veterano III	00:53:57.43	00:26:55.81	00:53:09.91	00:26:08.29
2006	955	11012	RUI MARTINS	RUN AWAY TEAM	Senior	00:53:57.57	00:27:22.91	00:53:30.10	00:26:55.44
2007	956	11345	PAULO ROMÃO	RFFC	Senior	00:53:57.61	00:28:22.23	00:50:39.45	00:25:04.07
2008	957	10255	MIGUEL ADAM	Individual	Senior	00:53:57.91	00:28:26.64	00:51:18.00	00:25:46.73
2009	118	7859	ORLANDO PEREIRA	Individual	Veterano IV	00:53:58.16	00:28:00.46	00:52:31.88	00:26:34.18
2010	958	11011	JOÃO CATALÃO	RUN AWAY TEAM	Senior	00:53:58.25	00:27:22.71	00:53:31.16	00:26:55.62
2011	223	10820	CARLOS CORREIA	Individual	Veterano II	00:53:58.66	00:27:30.28	00:53:22.04	00:26:53.66
2012	959	9593	PEDRO MEIRELES	FAPOC	Senior	00:53:58.72	00:27:12.64	00:52:28.76	00:25:42.68
2013	960	13753	BRUNO CLARO	GRUPO ADIDAS	Senior	00:53:59.00	00:25:54.71	00:52:38.80	00:24:34.51
2014	961	10281	MARCELO CHAGAS	Individual	Senior	00:53:59.45	00:30:23.68	00:48:00.64	00:24:24.87
2015	962	13395	RICARDO TEODORO	Individual	Senior	00:53:59.61	00:28:10.29	00:51:27.25	00:25:37.93
2016	963	7782	MARCO PACHECO	750volts	Senior	00:53:59.69	00:27:46.26	00:52:02.92	00:25:49.49
2017	964	8141	JORGE FRANCISCO	Individual	Senior	00:53:59.90	00:25:49.29	00:53:55.88	00:25:45.27
2018	965	12954	JOÃO RAFAEL DE SOUSA OLIVEIRA	Individual	Senior	00:53:59.94	00:31:16.48	00:48:07.28	00:25:23.82
2019	966	11573	RUI NEVES	AC do Caracol	Senior	00:54:00.34	00:26:28.77	00:53:05.97	00:25:34.40
2020	78	13454	ARNALDO MORTA MACHADO	C.Benfica Algueirão M. Martins	Veterano V	00:54:00.50	00:26:43.32	00:53:36.94	00:26:19.76
2021	967	9077	PEDRO BANDEIRA	MARRIOTT LISBOA	Senior	00:54:01.10	00:28:34.52	00:52:35.07	00:27:08.49
2022	968	8810	NUNO OLIVEIRA	Individual	Senior	00:54:01.41	00:27:38.85	00:52:21.30	00:25:58.74
2023	342	11577	PEDRO ÁZERA NASCIMENTO	Individual	Veterano I	00:54:01.58	00:28:53.12	00:50:45.47	00:25:37.01
2024	224	10430	RUI XAVIER	Clube EDP - Lisboa	Veterano II	00:54:02.06	00:27:14.39	00:52:35.63	00:25:47.96
2025	343	13468	LUIS NUNES	Casa do Benfica no Seixal	Veterano I	00:54:02.06	00:27:57.35	00:51:38.43	00:25:33.72
2026	969	9439	DANIEL OLIVEIRA	Leavingtours	Senior	00:54:02.38	00:26:44.43	00:53:11.28	00:25:53.33
2027	344	11434	MARCO ALEXANDRE SILVA	Individual	Veterano I	00:54:02.44	00:28:50.51	00:52:31.58	00:27:19.65
2028	345	8516	BRUNO LOUREIRO	Individual	Veterano I	00:54:02.73	00:28:54.52	00:49:52.23	00:24:44.02
2029	346	12138	HUGO JORGE	Individual	Veterano I	00:54:02.95	00:28:11.77	00:51:50.74	00:25:59.56
2030	225	7114	PAULO JORGE GOMES LOPES	Individual	Veterano II	00:54:03.36	00:29:04.04	00:51:21.85	00:26:22.53
2031	970	15209	MIGUEL ANGELO	JAZZY LIFE CLUB	Senior	00:54:04.13	00:26:21.27	00:52:45.27	00:25:02.41
2032	971	13203	JOÃO PEREIRA LEAL	PUPILOS DO EXÉRCITO	Senior	00:54:04.83	00:26:58.45	00:52:35.85	00:25:29.47
2033	972	10829	PEDRO PEREIRA	Individual	Senior	00:54:04.93	00:28:08.25	00:53:01.34	00:27:04.66
2034	973	7848	MIGUEL FRADE	Individual	Senior	00:54:05.35	00:28:34.42	00:49:51.72	00:24:20.79
2035	974	10778	NUNO SILVERIO	Individual	Senior	00:54:05.48	00:28:07.92	00:53:02.62	00:27:05.06
2036	66	10850	SANDRA ALVES	Individual	Senior Fem	00:54:05.79	00:27:07.25	00:53:44.51	00:26:45.97
2037	975	11708	LUIS ANTÓNIO MARTELEIRA MARQUES	Individual	Senior	00:54:05.82	00:27:11.58	00:53:09.02	00:26:14.78
2038	976	9692	PEDRO BARBOSA	Real Clube Galhardense	Senior	00:54:06.15	00:27:41.37	00:52:53.96	00:26:29.18
2039	977	12070	VASCO MOTA	Individual	Senior	00:54:06.18	00:30:15.88	00:49:09.94	00:25:19.64
2040	978	7029	PAULO ALVES	Individual	Senior	00:54:06.66	00:27:23.44	00:52:54.05	00:26:10.83
2041	67	8610	JOANA FERNANDES	Correr Lisboa	Senior Fem	00:54:06.71	00:27:03.39	00:53:10.73	00:26:07.41
2042	68	13760	LUISA NOGUEIRA	GRUPO ADIDAS	Senior Fem	00:54:06.78	00:27:02.77	00:53:11.66	00:26:07.65
2043	979	10918	JORGE RIBEIRO	Individual	Senior	00:54:06.98	00:27:22.56	00:52:55.38	00:26:10.96
2044	980	15063	MANUEL BARBOSA A. DE MOURA	EDP	Senior	00:54:06.99	00:29:37.72	00:49:45.32	00:25:16.05
2045	160	8694	JOSÉ ROBERTO NOGUEIRA BORGES	Individual	Veterano III	00:54:07.24	00:28:16.09	00:51:44.01	00:25:52.86
2046	981	7774	ANDRÉ CRISTÓVÃO MARTINS	Individual	Senior	00:54:07.62	00:25:16.80	00:54:07.62	00:25:16.80
2047	18	11922	BERNARDO DUARTE	Ases dos Ares	Junior	00:54:08.43	00:24:32.96	00:53:56.98	00:24:21.51
2048	119	7998	MANUEL ANTONIO	BOMBEIROS MONTEMOR-O-NOVO	Veterano IV	00:54:09.50	00:27:05.36	00:53:51.27	00:26:47.13
2049	982	10984	WAGNER MATOSO	Individual	Senior	00:54:10.01	00:29:04.31	00:50:33.02	00:25:27.32
2050	226	8799	PAULO CABAÇO	Individual	Veterano II	00:54:10.45	00:28:37.22	00:51:34.64	00:26:01.41

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
2051	983	13217	WAGNER GOMES	PUPILOS DO EXÉRCITO	Senior	00:54:10.48	00:31:06.00	00:48:51.49	00:25:47.01
2052	69	12979	SUSANA ALVES	HOSPITAL DA LUZ	Senior Fem	00:54:10.56	00:27:21.42	00:54:10.56	00:27:21.42
2053	984	11653	RICARDO PAIS	Individual	Senior	00:54:10.86	00:26:31.84	00:53:31.94	00:25:52.92
2054	985	9140	TIAGO COELHO	Individual	Senior	00:54:11.20	00:29:31.94	00:49:28.92	00:24:49.66
2055	70	10906	SORAIA FERREIRA	Individual	Senior Fem	00:54:11.93	00:27:18.02	00:52:52.76	00:25:58.85
2056	986	10618	JOSÉ RAMALHO	Kaninos	Senior	00:54:11.99	00:27:25.05	00:51:50.93	00:25:03.99
2057	71	10437	ESTELA GONÇALVES	OS FLECHAS	Senior Fem	00:54:12.35	00:27:27.19	00:53:10.64	00:26:25.48
2058	161	7936	FRANCISCO CARPINTEIRO	Individual	Veterano III	00:54:12.56	00:26:25.48	00:53:01.21	00:25:14.13
2059	79	7701	AMÉRICO DIAS VAZ	Individual	Veterano V	00:54:13.24	00:27:48.34	00:52:49.72	00:26:24.82
2060	987	15062	LUIS PEREIRA	EDP	Senior	00:54:13.98	00:30:03.45	00:50:07.70	00:25:57.17
2061	227	9778	EMILIO PINHO	NAC.	Veterano II	00:54:14.38	00:26:10.97	00:53:53.61	00:25:50.20
2062	228	12314	SERGIO MARCOS MELRO	Individual	Veterano II	00:54:14.91	00:28:58.81	00:49:27.35	00:24:11.25
2063	229	11908	PEDRO LARANJEIRA	CGD	Veterano II	00:54:14.97	00:27:43.78	00:51:51.66	00:25:20.47
2064	347	7731	CARLOS SUISSAS	Individual	Veterano I	00:54:15.34	00:26:28.07	00:53:42.82	00:25:55.55
2065	988	12045	SIMÃO ORTEGA	Individual	Senior	00:54:15.37	00:29:45.50	00:50:10.28	00:25:40.41
2066	230	7447	ALBERTO BOTAS	Individual	Veterano II	00:54:15.39	00:27:23.45	00:52:41.34	00:25:49.40
2067	14	13801	ISABEL BARRA	GRUPO ADIDAS	Veterana Fem II	00:54:15.54	00:27:24.01	00:53:27.13	00:26:35.60
2068	348	12232	JOÃO MELO	CATEDRAL DA CERVEJA	Veterano I	00:54:16.21	00:27:39.90	00:52:44.64	00:26:08.33
2069	989	10319	PEDRO PEREIRA	Individual	Senior	00:54:16.81	00:27:47.77	00:52:12.51	00:25:43.47
2070	990	12829	GONÇALO SANTOS	Individual	Senior	00:54:16.94	00:28:54.20	00:51:50.17	00:26:27.43
2071	349	9300	PAULO ESPERANÇA	Individual	Veterano I	00:54:17.38	00:26:39.95	00:53:21.25	00:25:43.82
2072	991	8867	HUGO RIBEIRO	Maus Maus	Senior	00:54:17.78	00:28:32.29	00:51:13.44	00:25:27.95
2073	80	10256	NATAL DA LUZ	Clube Ferroviário de Portugal	Veterano V	00:54:18.24	00:27:03.19	00:54:01.75	00:26:46.70
2074	992	11607	LUIS BRUNHETA	Individual	Senior	00:54:18.29	00:29:13.10	00:51:04.65	00:25:59.46
2075	993	9125	PAULO MARTINS	Individual	Senior	00:54:18.37	00:29:47.55	00:49:52.82	00:25:22.00
2076	350	8105	PEDRO MARQUES	Ericsson	Veterano I	00:54:18.37	00:29:12.63	00:51:04.85	00:25:59.11
2077	231	11023	JOÃO MARQUES	Individual	Veterano II	00:54:18.47	00:27:23.94	00:53:31.21	00:26:36.68
2078	120	9313	JOSÉ MILAGRES	GDCT Unicre	Veterano IV	00:54:18.79	00:27:07.79	00:52:59.05	00:25:48.05
2079	121	10945	ANTONIO GODINHO	Papa Leguas	Veterano IV	00:54:18.92	00:25:52.86	00:54:01.73	00:25:35.67
2080	72	11024	FILIPA FERRO	Individual	Senior Fem	00:54:19.00	00:27:24.06	00:53:30.67	00:26:35.73
2081	232	13124	VAZ NUNES	GRUPO PROSEGUR	Veterano II	00:54:19.22	00:26:45.51	00:54:09.93	00:26:36.22
2082	994	11142	MIGUEL R. ALVES	Individual, --	Senior	00:54:19.29	00:30:15.03	00:48:56.04	00:24:51.78
2083	233	7776	CARLOS FERNANDES	Tálenos Team	Veterano II	00:54:19.52	00:26:30.62	00:52:52.23	00:25:03.33
2084	351	10767	RUI PEREIRA	SS CGD	Veterano I	00:54:19.60	00:28:47.70	00:51:51.75	00:26:19.85
2085	352	7041	ARSÉNIO GARCIA	inspirart	Veterano I	00:54:19.72	00:30:55.41	00:49:07.30	00:25:42.99
2086	995	10109	RICARDO WENCESLAU	Individual	Senior	00:54:19.93	00:27:25.57	00:52:28.66	00:25:34.30
2087	996	10552	JOÃO FERNANDES	CCD Siemens	Senior	00:54:20.50	00:28:57.10	00:50:29.23	00:25:05.83
2088	997	12562	ANDRÉ CALDAS	Individual	Senior	00:54:20.55	00:31:03.28	00:50:44.37	00:27:27.10
2089	998	7231	RUI BELO	Individual	Senior	00:54:20.66	00:29:27.04	00:50:18.14	00:25:24.52
2090	999	12561	PEDRO INFANTE	Individual	Senior	00:54:20.86	00:31:03.35	00:50:44.72	00:27:27.21
2091	353	8372	RUI MIGUEL DE SOUSA PINELA	Individual	Veterano I	00:54:20.89	00:30:43.26	00:50:33.14	00:26:55.51
2092	1000	7134	JOÃO CATARINO	INIJOVEM - Nisa	Senior	00:54:20.98	00:28:14.02	00:52:46.66	00:26:39.70
2093	1001	11130	HÉLIO MARTINS	Individual, --	Senior	00:54:21.09	00:31:56.65	00:52:05.08	00:29:40.64
2094	234	11180	SÉRGIO SOTA	Individual, --	Veterano II	00:54:21.19	00:26:52.45	00:52:58.46	00:25:29.72
2095	162	7267	LUIS MANUEL LOPES VICENTE	Individual	Veterano III	00:54:21.60	00:27:34.39	00:54:21.60	00:27:34.39
2096	1002	10994	FLÁVIO BOLRÃO	Individual	Senior	00:54:21.96	00:31:54.57	00:52:08.21	00:29:40.82
2097	1003	9008	TIAGO OLIVEIRA	Individual	Senior	00:54:22.04	00:29:15.18	00:51:13.11	00:26:06.25
2098	81	7238	AUGUSTO CARIA	Individual	Veterano V	00:54:22.38	00:26:24.82	00:54:13.20	00:26:15.64
2099	1004	10134	MIGUEL FIGUEIREDO ESTEVES	CLUBE COLABORADORES AXA	Senior	00:54:22.44	00:28:50.28	00:51:41.08	00:26:08.92
2100	17	12228	MARIA CAXATRA FERNANDES	CATEDRAL DA CERVEJA	Veterana Fem I	00:54:22.67	00:27:40.51	00:52:50.39	00:26:08.23

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
2101	1005	8355	LUIS MANUEL BOINO	Individual	Senior	00:54:22.72	00:29:31.41	00:50:48.57	00:25:57.26
2102	354	11739	FRANCISCO CARVALHO	PROSEGUR	Veterano I	00:54:22.84	00:28:05.76	00:51:46.74	00:25:29.66
2103	82	10373	LUIS MANUEL SOUSA DUARTE	Individual	Veterano V	00:54:23.00	00:28:24.03	00:52:41.53	00:26:42.56
2104	1006	8879	JORGE ATALAIÁ	BPIRunners	Senior	00:54:23.18	00:29:15.07	00:50:31.10	00:25:22.99
2105	1007	13081	JOEL FERREIRA	HOSPITAL DA LUZ	Senior	00:54:23.34	00:26:29.96	00:53:35.55	00:25:42.17
2106	1008	11970	HUGO COSTA	Walking Deads	Senior	00:54:24.27	00:28:39.05	00:52:29.08	00:26:43.86
2107	235	7452	ANTÓNIO RAPOSO	Individual	Veterano II	00:54:24.38	00:29:20.42	00:51:31.11	00:26:27.15
2108	355	7671	PEDRO BARRELA	BPIRunners	Veterano I	00:54:24.56	00:29:15.50	00:50:33.22	00:25:24.16
2109	83	8501	MÁRIO NEVES SILVA	Clube Ferroviário de Portugal	Veterano V	00:54:25.15	00:27:56.83	00:52:27.48	00:25:59.16
2110	236	13651	HELDER OLIVEIRA	EUROPCAR	Veterano II	00:54:25.22	00:28:32.36	00:51:48.70	00:25:55.84
2111	1009	10458	BRUNO ROMÃO	Individual	Senior	00:54:25.36	00:27:58.23	00:53:34.15	00:27:07.02
2112	356	9447	VITOR NOBRE	Elite do Asfalto	Veterano I	00:54:25.47	00:28:18.37	00:53:15.00	00:27:07.90
2113	237	9306	MANUEL FRANCISCO RAMALHO GUERRA	Individual	Veterano II	00:54:25.57	00:28:18.57	00:53:15.40	00:27:08.40
2114	1010	8088	MIGUEL NEVES CRESPO DOS SANTOS	Individual	Senior	00:54:26.16	00:28:28.73	00:52:10.18	00:26:12.75
2115	238	8022	JOSÉ CARLOS TOMÉ	Individual	Veterano II	00:54:26.44	00:27:46.14	00:52:22.83	00:25:42.53
2116	239	10451	AURELIANO RODRIGO ALELUIA	Algarve Runners	Veterano II	00:54:26.84	00:28:22.06	00:52:15.88	00:26:11.10
2117	357	7282	NELSON PRAZERES	Individual	Veterano I	00:54:27.65	00:26:39.22	00:53:52.85	00:26:04.42
2118	163	11522	JOÃO PEREIRA	Individual	Veterano III	00:54:27.93	00:28:08.25	00:52:17.01	00:25:57.33
2119	1011	7434	CARLOS JOSÉ MARQUES FILIPE	Individual	Senior	00:54:28.19	00:29:26.94	00:50:07.52	00:25:06.27
2120	1012	7865	JOSÉ CALDEIRINHA	Tartarugas Solidárias	Senior	00:54:28.21	00:28:43.52	00:51:36.74	00:25:52.05
2121	122	11999	JOSE LOPES	Individual	Veterano IV	00:54:28.25	00:25:46.74	00:54:22.65	00:25:41.14
2122	1013	15373	ELVINO GONÇALVES	TECQUANTUM	Senior	00:54:28.63	00:29:55.48	00:50:21.09	00:25:47.94
2123	1014	9455	ANTÓNIO BARRA VAZ DOS SANTOS	1904 1904 lá lá lá lá	Senior	00:54:29.01	00:28:59.20	00:51:54.54	00:26:24.73
2124	358	7595	VASCO AFONSO	Individual	Veterano I	00:54:29.37	00:27:27.82	00:52:57.85	00:25:56.30
2125	84	10570	AMADEU SILVA	Individual	Veterano V	00:54:29.39	00:29:00.03	00:50:26.48	00:24:57.12
2126	73	7898	MARIA HELENA SILVA	Individual	Senior Fem	00:54:29.44	00:28:28.94	00:53:12.43	00:27:11.93
2127	74	7767	SANDRA GONÇALVES	Os Gloriosos	Senior Fem	00:54:29.51	00:26:59.24	00:54:23.25	00:26:52.98
2128	1015	7897	ROGERIO DOMINGUES	Individual	Senior	00:54:29.66	00:28:28.69	00:53:12.29	00:27:11.32
2129	1016	8901	PAULO JORGE	Os Caracóis Furiosos	Senior	00:54:30.21	00:28:44.40	00:51:40.51	00:25:54.70
2130	15	12549	PAULA COSTA	KPMG	Veterana Fem II	00:54:30.47	00:28:11.53	00:53:07.29	00:26:48.35
2131	85	7190	MANUEL MOREIRA ROBALO	Individual	Veterano V	00:54:30.48	00:27:06.51	00:53:32.89	00:26:08.92
2132	1017	9320	TOMAS CARVALHO	Individual	Senior	00:54:30.51	00:25:51.13	00:54:22.47	00:25:43.09
2133	164	14867	MANUEL COSTA	EDP	Veterano III	00:54:30.52	00:28:11.62	00:53:06.97	00:26:48.07
2134	1018	7913	JOSE CARLOS LACERDA	Individual	Senior	00:54:30.92	00:29:32.18	00:50:29.60	00:25:30.86
2135	359	12101	JOSÉ MENDES	Autozitânia - CNAmamdora	Veterano I	00:54:31.12	00:28:36.59	00:52:08.74	00:26:14.21
2136	1019	9976	JOÃO FERREIRA	SDA-Cofidis	Senior	00:54:31.66	00:29:13.51	00:51:39.99	00:26:21.84
2137	360	8615	MARCO GOMES	Individual	Veterano I	00:54:31.75	00:28:20.38	00:52:08.96	00:25:57.59
2138	361	8114	CÉSAR ARAÚJO	Libas	Veterano I	00:54:32.13	00:28:28.93	00:52:16.97	00:26:13.77
2139	1020	12906	BRUNO GRAÇA	HOSPITAL DA LUZ	Senior	00:54:32.26	00:28:38.89	00:52:14.55	00:26:21.18
2140	1021	9572	ANDRÉ LEAL	Individual	Senior	00:54:32.30	00:27:55.73	00:51:33.34	00:24:56.77
2141	165	8563	JOSE CORREA	Individual	Veterano III	00:54:32.32	00:27:32.82	00:54:15.39	00:27:15.89
2142	1022	7745	BRUNO GRAÇA	UroRunners	Senior	00:54:32.86	00:28:39.21	00:52:14.71	00:26:21.06
2143	1023	10680	TIAGO NUNES	Individual	Senior	00:54:33.44	00:27:30.78	00:52:39.04	00:25:36.38
2144	1024	12671	LOURENÇO ARRIAGA	CLUBE VITALIS	Senior	00:54:33.60	00:28:05.79	00:52:21.52	00:25:53.71
2145	1025	9305	CRISTIANO LÚCIO	Individual	Senior	00:54:33.67	00:30:19.66	00:49:42.88	00:25:28.87
2146	1026	9609	JOÃO SANTOS	Conheira Team	Senior	00:54:33.95	00:28:28.16	00:52:33.22	00:26:27.43
2147	86	7703	ALBANO CABRITO ALVES	Açoreana Clube Banif	Veterano V	00:54:34.10	00:27:23.22	00:54:29.35	00:27:18.47
2148	75	11839	MARIA PINHEIRO	Individual	Senior Fem	00:54:35.12	00:28:30.20	00:52:36.76	00:26:31.84
2149	76	8735	SANDRA BATISTA	Amigos Vale Silencio	Senior Fem	00:54:35.57	00:28:34.84	00:52:42.92	00:26:42.19
2150	18	10048	ANABELA MARIA	Sporting Clube Moitense	Veterana Fem I	00:54:35.75	00:27:24.96	00:53:11.36	00:26:00.57

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
2151	1027	12367	TIAGO DANIEL P. C. VAZ	COLABORADOR SLB	Senior	00:54:36.52	00:30:22.66	00:49:22.15	00:25:08.29
2152	1028	7343	BRUNO BERNARDO	Individual	Senior	00:54:36.71	00:27:42.39	00:52:26.66	00:25:32.34
2153	240	12056	LUIS TAVARES	Individual	Veterano II	00:54:36.76	00:29:22.29	00:52:00.35	00:26:45.88
2154	1029	13224	GILBERTO NETO	PUPILOS DO EXÉRCITO	Senior	00:54:36.83	00:30:23.62	00:49:22.11	00:25:08.90
2155	1030	10770	DIOGO MARTINS	Individual	Senior	00:54:37.17	00:28:21.58	00:54:02.90	00:27:47.31
2156	166	8924	JOSE MANUEL CARVALHO	Individual	Veterano III	00:54:37.52	00:29:26.63	00:51:03.86	00:25:52.97
2157	77	11133	JOANA ANTUNES	Individual, --	Senior Fem	00:54:37.74	00:27:33.93	00:53:34.70	00:26:30.89
2158	1031	9927	PEDRO FERREIRA	Individual	Senior	00:54:39.09	00:28:36.24	00:52:48.06	00:26:45.21
2159	1032	11021	JAVIER MATEO GIRÓN	Individual	Senior	00:54:39.61	00:28:15.39	00:52:03.83	00:25:39.61
2160	1033	15352	PEDRO PEREIRA	EDP	Senior	00:54:39.69	00:29:16.89	00:52:32.04	00:27:09.24
2161	241	8671	FILIPE GARCIA	Individual	Veterano II	00:54:39.88	00:29:44.61	00:51:16.71	00:26:21.44
2162	242	8102	PAULO CARVALHO	Individual	Veterano II	00:54:40.11	00:27:46.99	00:52:48.86	00:25:55.74
2163	123	8223	JOSE ROSA SERRANO MARTINS	Casa do Benfica Em Palmela	Veterano IV	00:54:40.47	00:27:55.00	00:54:26.73	00:27:41.26
2164	1034	10475	NELSON DE JESUS LOPES CAMPANHA	Individual	Senior	00:54:41.06	00:29:03.86	00:50:57.80	00:25:20.60
2165	167	11042	LUÍS AUGUSTO	Team Octopus	Veterano III	00:54:41.16	00:27:23.72	00:52:21.28	00:25:03.84
2166	1035	9997	GUSTAVO BAPTISTA	Individual	Senior	00:54:41.45	00:31:33.93	00:49:54.65	00:26:47.13
2167	78	7753	MARIA COTRIM	NO SPEED LIMIT	Senior Fem	00:54:41.47	00:28:34.27	00:51:54.04	00:25:46.84
2168	1036	11041	MARCELO AUGUSTO	Team Octopus	Senior	00:54:41.47	00:27:26.79	00:52:20.89	00:25:06.21
2169	362	11840	CARLOS QUADROS	Individual	Veterano I	00:54:41.91	00:28:29.97	00:52:43.40	00:26:31.46
2170	243	10259	CARLOS MANUEL BERNARDO BELO	Individual	Veterano II	00:54:42.17	00:28:32.92	00:52:23.26	00:26:14.01
2171	79	12256	MARIA JOSÉ RIBEIRO	REPSOL PORTUGUESA	Senior Fem	00:54:42.42	00:28:09.15	00:54:42.42	00:28:09.15
2172	244	12026	ROGÉRIO GONÇALVES	Os Galgos	Veterano II	00:54:42.62	00:25:36.71	00:54:40.39	00:25:34.48
2173	1037	7705	MARCO CACHINHO	Kaninos	Senior	00:54:42.75	00:30:07.30	00:49:53.39	00:25:17.94
2174	363	8193	ANTÓNIO PINHEIRO	Os Galgos	Veterano I	00:54:42.78	00:26:30.07	00:54:40.49	00:26:27.78
2175	1038	8157	JOÃO SAIANDA	Os Galgos	Senior	00:54:42.89	00:25:36.87	00:54:41.28	00:25:35.26
2176	1039	10908	JOSÉ RIBEIRO	Individual	Senior	00:54:43.44	00:31:51.08	00:51:39.08	00:28:46.72
2177	1040	13331	HUGO MANUEL MATEUS DIAS	Individual	Senior	00:54:43.91	00:28:49.97	00:52:14.55	00:26:20.61
2178	1041	9594	MIGUEL PEREIRA NUNES	Individual	Senior	00:54:44.01	00:31:33.48	00:49:57.87	00:26:47.34
2179	1042	10165	BRUNO SUBTIL	Individual	Senior	00:54:44.24	00:25:57.39	00:54:05.59	00:25:18.74
2180	364	10916	PAULO ANACLETO	Individual	Veterano I	00:54:44.77	00:29:30.04	00:52:06.46	00:26:51.73
2181	1043	11932	LUIS CARVALHO	Individual	Senior	00:54:44.89	00:29:55.47	00:50:59.22	00:26:09.80
2182	80	12996	MARIA FORTUNATO	HOSPITAL DA LUZ	Senior Fem	00:54:45.19	00:28:45.90	00:52:12.20	00:26:12.91
2183	1044	11801	ROBERTO NETO	FUND BOX	Senior	00:54:45.74	00:28:36.86	00:50:20.88	00:24:12.00
2184	168	11810	JOSÉ CARLOS MELO	GDC Fidelidade	Veterano III	00:54:45.81	00:29:16.67	00:51:49.21	00:26:20.07
2185	1045	10111	RUI VIEIRA	Individual	Senior	00:54:45.84	00:27:50.96	00:53:36.85	00:26:41.97
2186	1046	10788	FILIPE TOMÉ	Individual	Senior	00:54:46.38	00:29:34.26	00:52:05.76	00:26:53.64
2187	81	13044	INÉS DUARTE	HOSPITAL DA LUZ	Senior Fem	00:54:46.58	00:27:54.56	00:52:45.79	00:25:53.77
2188	82	8465	NOEMIA MONTEIRO	Individual	Senior Fem	00:54:46.89	00:27:50.40	00:52:44.86	00:25:48.37
2189	17	9920	FRANCISCO SOARES ALBERGARIA	Individual	Outra Cat	00:54:47.40	00:26:40.32	00:54:09.46	00:26:02.38
2190	83	10556	RAQUEL ARVELOS	CCD Siemens	Senior Fem	00:54:47.47	00:29:38.52	00:50:57.56	00:25:48.61
2191	1047	10553	JOÃO RICARDO DIAS	CCD Siemens	Senior	00:54:47.67	00:29:33.03	00:50:57.58	00:25:42.94
2192	84	7143	ANA MARGARIDA CORREIA	MARGIL	Senior Fem	00:54:47.71	00:28:44.51	00:51:55.07	00:25:51.87
2193	365	9728	HELDER ALVALADE	GURUS	Veterano I	00:54:47.93	00:29:22.56	00:50:11.00	00:24:45.63
2194	1048	7144	GIL BERTO CARNEIRO	MARGIL	Senior	00:54:48.06	00:28:44.99	00:51:55.52	00:25:52.45
2195	85	8900	SUSANA CLIMAS	Os Caracóis Furiosos	Senior Fem	00:54:48.72	00:29:02.93	00:51:57.60	00:26:11.81
2196	366	10669	JOSÉ EDUARDO LIBÂNIO DA SILVA	Luz Silva	Veterano I	00:54:48.93	00:28:03.47	00:52:25.04	00:25:39.58
2197	1049	10902	PEDRO MIGUEL BAPTISTA DE MATOS	Individual	Senior	00:54:49.26	00:31:28.32	00:50:04.52	00:26:43.58
2198	1050	12088	FÁBIO ALDINHAS	Bombeadores	Senior	00:54:50.39	00:30:52.73	00:50:01.09	00:26:03.43
2199	1051	12090	HENRIQUE GAIO	Bombeadores	Senior	00:54:50.89	00:30:53.79	00:50:02.09	00:26:04.99
2200	1052	7014	PAULO ALEXANDRE VINTEM OLIVEIRA	Individual	Senior	00:54:52.28	00:27:27.00	00:53:54.93	00:26:29.65

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
2201	1053	9465	LUÍS RAMOS	Individual	Senior	00:54:52.61	00:29:27.44	00:51:46.90	00:26:21.73
2202	16	10761	MARIA NOEMIA RICARDO	SS CGD	Veterana Fem II	00:54:52.62	00:28:18.43	00:53:12.62	00:26:38.43
2203	1054	11456	PEDRO MIGUEL NUNES SEQUEIRA	COLABORADOR SLB	Senior	00:54:52.80	00:27:48.89	00:53:02.66	00:25:58.75
2204	87	8805	ISAC TOSTE DINIS	Asas nos Pés	Veterano V	00:54:53.04	00:30:23.43	00:51:11.79	00:26:42.18
2205	245	11191	FERNANDO LIMA	SS CGD, --	Veterano II	00:54:53.09	00:28:19.01	00:53:11.92	00:26:37.84
2206	86	12814	CARINA MATOS	Individual	Senior Fem	00:54:53.42	00:27:54.18	00:53:55.66	00:26:56.42
2207	1055	9289	ANDRÉ COELHO	CAL - CLUBE ATLETISMO DE LAMAS	Senior	00:54:53.54	00:27:58.73	00:53:26.62	00:26:31.81
2208	1056	7659	ALFREDO MARTINS	Individual	Senior	00:54:53.76	00:29:49.76	00:52:36.95	00:27:32.95
2209	124	7736	NATALINO LOPES	Individual	Veterano IV	00:54:53.79	00:26:33.00	00:54:33.97	00:26:13.18
2210	9	7737	MARTA LOPES	Individual	Veterana Fem III	00:54:54.00	00:26:33.26	00:54:34.58	00:26:13.84
2211	246	7781	JOSÉ COELHO	750volts	Veterano II	00:54:54.17	00:27:51.55	00:52:56.04	00:25:53.42
2212	247	12919	FRANCISCO JOSÉ GUEDES PEREIRA	Individual	Veterano II	00:54:54.22	00:28:35.61	00:53:52.53	00:27:33.92
2213	1057	10040	JOAO DAVID	Individual	Senior	00:54:54.32	00:28:05.31	00:52:35.87	00:25:46.86
2214	1058	12204	RICARDO JOSÉ MARQUES MARTINHO	COLABORADOR SLB	Senior	00:54:54.57	00:30:08.25	00:52:11.29	00:27:24.97
2215	367	11606	JOSE FILIPE LOPES	Individual	Veterano I	00:54:55.01	00:30:15.36	00:50:54.19	00:26:14.54
2216	1059	9198	MIGUEL CALADO	Individual	Senior	00:54:55.21	00:30:14.41	00:50:54.11	00:26:13.31
2217	368	10429	RICARDO SANTOS	Clube EDP - Lisboa	Veterano I	00:54:55.77	00:30:04.47	00:50:38.79	00:25:47.49
2218	169	9859	FERNANDO ALCIDES	CEMAPA, --	Veterano III	00:54:56.06	00:28:01.15	00:54:01.98	00:27:07.07
2219	1060	9223	BRUNO SILVA	Individual	Senior	00:54:56.17	00:28:24.70	00:51:11.48	00:24:40.01
2220	1061	9535	PEDRO FLORES	Individual	Senior	00:54:56.59	00:28:40.72	00:51:52.25	00:25:36.38
2221	1062	8162	TOMÉ R. VARDASCA	Individual	Senior	00:54:56.91	00:28:31.60	00:53:03.54	00:26:38.23
2222	369	7136	PEDRO TEMUDO	INIJOVEM - Nisa	Veterano I	00:54:57.16	00:26:14.71	00:53:35.22	00:24:52.77
2223	370	10557	LUÍS REVES	CCD Siemens	Veterano I	00:54:57.23	00:29:24.07	00:51:52.43	00:26:19.27
2224	88	11700	JOSÉ AFECTO	pinhalbikepeam	Veterano V	00:54:57.36	00:26:22.55	00:54:04.49	00:25:29.68
2225	89	8152	ANTÓNIO JOSÉ F.R.GONÇALVES	Individual	Veterano V	00:54:57.96	00:28:17.81	00:53:41.10	00:27:00.95
2226	19	12807	JOSÉ GABRIEL FIGUEIREDO	Individual	Junior	00:54:58.11	00:30:51.74	00:51:50.80	00:27:44.43
2227	1063	11045	TIAGO RAMALHO	Team Octopus	Senior	00:54:58.13	00:28:53.34	00:52:39.75	00:26:34.96
2228	17	9545	NATALYE MARCHEVA	C.Benfica Algueirão M. Martins	Veterana Fem II	00:54:58.89	00:27:19.17	00:54:43.72	00:27:04.00
2229	1064	15143	VALTER CUNHA	DAIKIN	Senior	00:54:59.13	00:28:09.79	00:54:12.84	00:27:23.50
2230	1065	8013	GONÇALO AUGUSTO	Individual	Senior	00:54:59.27	00:27:40.77	00:53:29.94	00:26:11.44
2231	90	10474	AVELINO VESTIAS	Individual	Veterano V	00:54:59.45	00:27:15.21	00:54:59.45	00:27:15.21
2232	248	11115	LUIS FILIPE SILVA SANTOS	Individual	Veterano II	00:54:59.83	00:29:06.12	00:51:29.54	00:25:35.83
2233	170	15284	JORGE DUARTE	CÂMARA LISBOA CLUBE	Veterano III	00:54:59.83	00:28:24.81	00:53:17.30	00:26:42.28
2234	1066	9185	CARLOS TORRÃO	Individual	Senior	00:55:00.37	00:32:07.55	00:49:53.19	00:27:00.37
2235	1067	7785	BRUNO MIGUEL ANTUNES FERNANDES BISPO	Individual	Senior	00:55:01.04	00:28:22.05	00:52:54.03	00:26:15.04
2236	1068	11349	MARCO BATISTA	"Toutalga" Branco e Fresco	Senior	00:55:01.30	00:31:55.18	00:52:44.29	00:29:38.17
2237	1069	9501	NUNO ROLO	Individual	Senior	00:55:01.34	00:28:16.59	00:53:40.12	00:26:55.37
2238	19	9666	ANA PASSOS	Individual	Veterana Fem I	00:55:01.46	00:27:44.56	00:54:00.11	00:26:43.21
2239	249	8337	VÍTOR GONZAS	Individual	Veterano II	00:55:01.55	00:26:08.04	00:54:00.11	00:25:06.60
2240	1070	13219	BRUNO RODRIGUES	PUPILOS DO EXÉRCITO	Senior	00:55:01.88	00:32:03.70	00:49:29.79	00:26:31.61
2241	371	8743	JOÃO CARLOS GRAÇA PIRES DIAS	Kamarros	Veterano I	00:55:01.96	00:29:44.48	00:51:52.24	00:26:34.76
2242	372	8744	GUSTAVO MENDES	Kamarros	Veterano I	00:55:01.96	00:29:44.56	00:51:52.18	00:26:34.78
2243	171	15040	LUIS CARVALHO MARQUES	Individual	Veterano III	00:55:02.80	00:27:28.00	00:54:51.59	00:27:16.79
2244	373	12823	JORGE BRITO	Valejas A C	Veterano I	00:55:03.31	00:30:12.16	00:50:04.86	00:25:13.71
2245	172	10826	JOSÉ RAMOS	Individual	Veterano III	00:55:03.46	00:28:44.84	00:52:43.05	00:26:24.43
2246	173	12825	JOÃO REIS	Valejas A C	Veterano III	00:55:03.61	00:29:11.95	00:52:06.28	00:26:14.62
2247	87	12096	ISA RIBEIRO	Individual	Senior Fem	00:55:03.72	00:28:44.33	00:52:41.31	00:26:21.92
2248	91	10681	DUARTE CENTENO	Individual	Veterano V	00:55:03.80	00:27:21.97	00:54:16.95	00:26:35.12
2249	1071	11773	ANDRÉ HENRIQUES	Individual	Senior	00:55:03.99	00:29:51.54	00:52:07.07	00:26:54.62
2250	250	13469	PEDRO CARVALHO	Casa do Benfica no Seixal	Veterano II	00:55:04.66	00:26:47.11	00:54:22.60	00:26:05.05

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
2251	1072	13349	FILIFE ALEXANDRE B. CARVALHO	KONICA MINOLTA	Senior	00:55:05.15	00:26:45.98	00:54:45.24	00:26:26.07
2252	92	9943	FERNANDO PESTANA	Individual	Veterano V	00:55:05.84	00:26:50.56	00:54:50.19	00:26:34.91
2253	125	9381	JOAQUIM CRUZ	C.Benfica Algueirão M. Martins	Veterano IV	00:55:06.45	00:28:44.52	00:52:33.01	00:26:11.08
2254	251	11890	ARMANDO LUIS CUSTÓDIO	HP TEAM	Veterano II	00:55:06.51	00:27:56.41	00:53:25.19	00:26:15.09
2255	93	10520	AMÍLCAR PÓVOA	C.A. Amigos Parque da Paz	Veterano V	00:55:06.69	00:27:20.40	00:54:22.87	00:26:36.58
2256	88	12179	IRINA ARAUJO	Peniche a Correr	Senior Fem	00:55:06.97	00:29:40.60	00:53:22.99	00:27:56.62
2257	374	12178	SERGIO ALVES	Peniche a Correr	Veterano I	00:55:07.17	00:29:41.13	00:53:22.46	00:27:56.42
2258	1073	9502	LUÍS FERREIRA	Individual	Senior	00:55:07.36	00:27:57.51	00:53:46.81	00:26:36.96
2259	94	10653	JOÃO SANTOS	Individual	Veterano V	00:55:07.42	00:27:17.64	00:54:51.83	00:27:02.05
2260	1074	8938	PEDRO MAURICIO VIEIRA	Individual	Senior	00:55:07.55	00:29:41.39	00:53:24.60	00:27:58.44
2261	1075	9034	DIOGO GASPAS PINTO DE CASTELO BRANCO	Individual	Senior	00:55:07.94	00:30:02.18	00:52:03.37	00:26:57.61
2262	1076	11632	NUNO FILIFE QUITÉRIO ALMEIDA	Individual	Senior	00:55:07.96	00:27:18.92	00:53:31.51	00:25:42.47
2263	1077	10404	MANUEL BARBOSA	amigos do gradil	Senior	00:55:08.22	00:29:57.28	00:51:44.90	00:26:33.96
2264	375	12556	NAM LIM CHOI	Individual	Veterano I	00:55:08.76	00:29:09.19	00:51:41.45	00:25:41.88
2265	376	10561	VITOR ROCHA	Individual	Veterano I	00:55:09.66	00:30:12.95	00:50:51.26	00:25:54.55
2266	1078	12197	PEDRO FILIFE GAMBITO FERNANDES	COLABORADOR SLB	Senior	00:55:09.77	00:30:09.36	00:52:27.54	00:27:27.13
2267	95	8234	LUÍS BRAZÃO	Unidos da Manutenção	Veterano V	00:55:10.47	00:26:49.78	00:55:07.69	00:26:47.00
2268	89	11171	SUSANA COSTA	Individual, --	Senior Fem	00:55:10.78	00:26:16.36	00:54:59.57	00:26:05.15
2269	1079	11823	FRANCISCO JOSÉ PROL DOMINGOS	Individual	Senior	00:55:11.34	00:29:51.29	00:52:14.13	00:26:54.08
2270	1080	10864	FERNANDO RICARDO DA SILVA LOPES	Individual	Senior	00:55:11.84	00:29:33.38	00:52:31.22	00:26:52.76
2271	1081	8685	NUNO SERRA	Energy Fitness Club	Senior	00:55:11.99	00:27:08.51	00:54:06.29	00:26:02.81
2272	90	8684	ANA SERRA	Energy Fitness Club	Senior Fem	00:55:12.33	00:27:09.31	00:54:06.39	00:26:03.37
2273	174	8787	ARTUR JORGE ALMEIDA LEITE	Individual	Veterano III	00:55:13.20	00:26:39.82	00:54:46.17	00:26:12.79
2274	1082	7040	CARLOS RIBEIRO	inspirart	Senior	00:55:13.44	00:28:06.66	00:53:29.61	00:26:22.83
2275	1083	7024	LUIS MANUEL PEREIRA CHAINHO	Individual	Senior	00:55:13.78	00:30:04.97	00:50:26.50	00:25:17.69
2276	1084	7336	JOÃO PAULO COELHO FRIAS	Individual	Senior	00:55:13.84	00:28:32.39	00:53:01.78	00:26:20.33
2277	1085	7454	PEDRO ALEXANDRE DA SILVA REGO	Individual	Senior	00:55:14.39	00:30:13.27	00:52:41.44	00:27:40.32
2278	252	7653	JOAQUIM MANUEL FERNANDES LOPES	Individual	Veterano II	00:55:14.95	00:29:50.71	00:52:24.93	00:27:00.69
2279	1086	11709	NUNO ALEXANDRE NEVES CRUZ	Individual	Senior	00:55:15.09	00:27:56.29	00:54:19.24	00:27:00.44
2280	20	7431	RICARDO MENDONÇA	Individual	Junior	00:55:15.25	00:30:49.96	00:50:26.86	00:26:01.57
2281	175	9803	ABILIO MIGUEL	AFIS-Ovar	Veterano III	00:55:15.47	00:28:14.14	00:54:33.26	00:27:31.93
2282	176	9065	RUI A C MACHADO	Individual	Veterano III	00:55:16.03	00:29:05.56	00:52:52.03	00:26:41.56
2283	20	10811	CARLA SOFIA GRILO DE OLIVEIRA MARQUES	Individual	Veterana Fem I	00:55:16.52	00:28:03.42	00:53:04.91	00:25:51.81
2284	177	15078	EDUARDO MANSO	CÂMARA LISBOA CLUBE	Veterano III	00:55:17.07	00:29:37.15	00:50:55.60	00:25:15.68
2285	253	9033	MIGUEL LEAL	Individual	Veterano II	00:55:17.14	00:30:17.82	00:50:29.73	00:25:30.41
2286	377	11297	PAULO SILVA	Individual, --	Veterano I	00:55:17.32	00:29:10.03	00:52:34.57	00:26:27.28
2287	91	13748	TÂNIA AZEVEDO	GRUPO ADIDAS	Senior Fem	00:55:17.98	00:29:10.23	00:53:07.81	00:27:00.06
2288	126	8973	JOAO MIRANDA	ccdtmlx	Veterano IV	00:55:18.44	00:29:25.11	00:52:12.82	00:26:19.49
2289	1087	13333	ALFREDO LEITE	Individual	Senior	00:55:18.97	00:28:17.55	00:54:04.34	00:27:02.92
2290	21	10853	ANA FRUTUOSO	Individual	Veterana Fem I	00:55:19.17	00:27:43.03	00:54:09.60	00:26:33.46
2291	1088	7758	JOSÉ PEDRO FERREIRA	Individual	Senior	00:55:19.22	00:28:31.83	00:54:51.11	00:28:03.72
2292	178	8970	JOSE PEDRO CUNHA	ccdtmlx	Veterano III	00:55:19.47	00:29:25.45	00:52:14.38	00:26:20.36
2293	1089	7457	CELESTINO SILVA	Individual	Senior	00:55:19.90	00:27:56.56	00:53:12.41	00:25:49.07
2294	1090	8764	NUNO CARAMPANTA	Individual	Senior	00:55:19.95	00:29:21.91	00:52:16.76	00:26:18.72
2295	1091	8277	BRUNO DIAS	SS CGD	Senior	00:55:20.25	00:27:42.08	00:54:59.96	00:27:21.79
2296	1092	7757	RICARDO JORGE GONÇALVES	Individual	Senior	00:55:20.28	00:28:31.47	00:54:51.36	00:28:02.55
2297	96	8143	NUNO SILVA	Individual	Veterano V	00:55:20.83	00:28:31.09	00:54:50.65	00:28:00.91
2298	378	7699	IVO JOAQUIM	Individual	Veterano I	00:55:20.86	00:26:56.70	00:55:08.23	00:26:44.07
2299	1093	11721	JOÃO RODRIGUES	Individual	Senior	00:55:21.09	00:30:58.62	00:50:42.65	00:26:20.18
2300	1094	8312	DANIEL CARVALHO	Individual	Senior	00:55:21.11	00:29:32.71	00:52:07.56	00:26:19.16

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
2301	1095	11405	TIAGO FILIPE LAGE	BONS DIAS	Senior	00:55:21.52	00:28:33.61	00:53:35.28	00:26:47.37
2302	254	7293	JOÃO ALBERTO	Jobrinde - Montes Saloios	Veterano II	00:55:21.57	00:29:22.69	00:52:48.28	00:26:49.40
2303	92	11406	HELENA ISABEL FREITAS	BONS DIAS	Senior Fem	00:55:21.69	00:28:33.93	00:53:35.39	00:26:47.63
2304	1096	7121	MIGUEL TORGAL	Individual	Senior	00:55:21.70	00:28:25.73	00:53:29.33	00:26:33.36
2305	1097	9980	JORGE MATIAS	Individual	Senior	00:55:21.72	00:30:07.02	00:50:36.01	00:25:21.31
2306	255	11901	LUIS ABREU	HP TEAM	Veterano II	00:55:22.30	00:28:21.72	00:53:39.24	00:26:38.66
2307	1098	9267	HENRIQUE MANUEL AFONSO BARATA	BARATA	Senior	00:55:22.34	00:27:48.32	00:54:23.93	00:26:49.91
2308	97	13739	CARLOS PORTO	GRUPO ADIDAS	Veterano V	00:55:22.46	00:29:35.28	00:52:32.77	00:26:45.59
2309	98	8857	ALVARO RICARDO	Individual	Veterano V	00:55:22.67	00:27:25.84	00:55:08.97	00:27:12.14
2310	1099	9860	JOÃO CALDEIRA	Montemor Team, --	Senior	00:55:22.71	00:28:10.56	00:53:35.94	00:26:23.79
2311	93	7122	ROSALBA LEO	Individual	Senior Fem	00:55:22.86	00:28:24.98	00:53:29.33	00:26:31.45
2312	99	9944	MARTINS BARATA	Individual	Veterano V	00:55:22.99	00:27:02.63	00:55:06.08	00:26:45.72
2313	94	7218	MÓNICA LOUSADA	Individual	Senior Fem	00:55:23.03	00:29:27.19	00:52:35.17	00:26:39.33
2314	1100	10434	SAMUEL BENTO	GURUS	Senior	00:55:23.72	00:30:04.15	00:50:46.61	00:25:27.04
2315	1101	11307	CARLOS ALEXANDRE CARDOSO	...Já Volta, --	Senior	00:55:24.13	00:29:51.10	00:53:34.26	00:28:01.23
2316	1102	9426	PEDRO SILVA	Individual	Senior	00:55:24.29	00:28:37.50	00:54:11.61	00:27:24.82
2317	100	11193	JOSE GUIA	SS CGD	Veterano V	00:55:24.32	00:28:03.27	00:53:20.31	00:25:59.26
2318	127	8926	ANTONIO LAMAS SOBRAL	Individual	Veterano IV	00:55:24.44	00:30:23.36	00:51:43.29	00:26:42.21
2319	179	10203	ALBERTO MARTINHO	Individual	Veterano III	00:55:24.70	00:28:02.57	00:54:21.32	00:26:59.19
2320	1103	12352	JOÃO DONATO	IMM Runners	Senior	00:55:25.05	00:29:22.29	00:51:25.03	00:25:22.27
2321	1104	9133	DIOGO GONÇALVES	Fé no pau	Senior	00:55:25.64	00:32:00.92	00:50:42.66	00:27:17.94
2322	1105	12540	TOMÁS LOPES	Individual	Senior	00:55:25.66	00:28:25.96	00:53:44.59	00:26:44.89
2323	1106	13526	BRUNO MARÇAL	Individual	Senior	00:55:25.68	00:29:22.29	00:51:19.77	00:25:16.38
2324	1107	12129	MARCO COSTA	Individual	Senior	00:55:25.98	00:29:48.12	00:52:44.47	00:27:06.61
2325	256	9899	JORGE MONTEIRO	Odebrecht Portugal b	Veterano II	00:55:26.09	00:28:47.30	00:53:26.13	00:26:47.34
2326	1108	13809	FÁBIO SANTOS	GRUPO ADIDAS	Senior	00:55:26.18	00:25:31.96	00:55:14.79	00:25:20.57
2327	1109	8273	TIAGO MARQUES	Individual	Senior	00:55:26.65	00:30:33.44	00:51:17.04	00:26:23.83
2328	257	9476	JOAO ALMEIDA	Individual	Veterano II	00:55:26.95	00:30:14.18	00:51:17.01	00:26:04.24
2329	258	9580	MIGUEL ROMÃO	Individual	Veterano II	00:55:26.96	00:26:39.09	00:55:20.98	00:26:33.11
2330	379	9165	FRANCISCO NOBRE	Individual	Veterano I	00:55:27.25	00:27:53.09	00:54:37.35	00:27:03.19
2331	180	12121	JOSE SUSTELO	Individual	Veterano III	00:55:27.45	00:27:15.66	00:53:58.22	00:25:46.43
2332	1110	12089	NUNO GAIO	Bombeadores	Senior	00:55:27.99	00:30:53.65	00:50:39.58	00:26:05.24
2333	1111	15067	VALTER OSCAR BAIÃO MALVEIRO	CORINTHIA HOTEL LISBON.	Senior	00:55:28.03	00:29:54.20	00:54:33.73	00:28:59.90
2334	259	12539	VÍTOR LOPES	Individual	Veterano II	00:55:28.13	00:28:26.82	00:53:44.90	00:26:43.59
2335	95	12883	PATRICIA CORGA	HOSPITAL DA LUZ	Senior Fem	00:55:29.16	00:30:16.97	00:50:35.30	00:25:23.11
2336	128	11503	AMÉRICO COSTA	Individual	Veterano IV	00:55:29.38	00:27:46.80	00:54:59.85	00:27:17.27
2337	380	11305	ANTÓNIO SILVESTRE OLIVEIRA TABORDA	Individual, --	Veterano I	00:55:29.45	00:28:29.44	00:53:24.33	00:26:24.32
2338	96	15329	MARIA INÊS CARAPINHA	EDP	Senior Fem	00:55:29.72	00:28:17.00	00:53:49.95	00:26:37.23
2339	101	10389	JOSÉ MARIA PEDRO	Individual	Veterano V	00:55:29.84	00:28:46.41	00:53:14.98	00:26:31.55
2340	22	9319	FILOMENA DE JESUS	Individual	Veterana Fem I	00:55:30.49	00:29:18.64	00:52:58.14	00:26:46.29
2341	1112	8769	NUNO MESQUITA	Individual	Senior	00:55:31.77	00:29:32.68	00:53:02.40	00:27:03.31
2342	18	14905	IURI TEIXEIRA	Convidado colaborador SLB	Outra Cat	00:55:32.26	00:27:10.12	00:53:54.27	00:25:32.13
2343	1113	11969	ANACLETO ALVES	Individual	Senior	00:55:32.82	00:28:34.55	00:53:02.31	00:26:04.04
2344	1114	9445	HÉLDER LUZ	Metralhas	Senior	00:55:33.68	00:30:54.71	00:50:13.24	00:25:34.27
2345	1115	13832	PAULO NUNES	GRUPO ADIDAS	Senior	00:55:33.83	00:27:19.81	00:54:53.50	00:26:39.48
2346	1116	9587	PEDRO ROSENDO	FAPOC	Senior	00:55:34.40	00:28:46.32	00:53:49.34	00:27:01.26
2347	1117	15253	GONÇALO GUIMARÃES	JORNAL A BOLA	Senior	00:55:34.42	00:27:28.29	00:53:55.30	00:25:49.17
2348	181	9275	JOSÉ S. G. EUGÉNIO	Individual	Veterano III	00:55:34.98	00:28:22.38	00:54:59.09	00:27:46.49
2349	381	9868	MANUEL LEITE	Individual, --	Veterano I	00:55:35.50	00:29:37.59	00:53:07.10	00:27:09.19
2350	1118	7467	JOAO BOLINHAS	Individual	Senior	00:55:35.59	00:28:53.54	00:54:00.19	00:27:18.14

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
2351	18	12428	MARIA JOÃO VAZ	Individual	Veterana Fem II	00:55:35.63	00:28:50.96	00:53:33.93	00:26:49.26
2352	129	9833	JOAQUIM COSTA	Individual, --	Veterano IV	00:55:35.77	00:28:51.81	00:53:10.64	00:26:26.68
2353	1119	13129	BRUNO AGUIAR	Individual	Senior	00:55:36.20	00:28:30.75	00:51:17.49	00:24:12.04
2354	1120	12665	RUI MOTA	CLUBE VITALIS	Senior	00:55:36.63	00:28:06.92	00:53:24.49	00:25:54.78
2355	1121	10623	BRUNO MARTINS	J.I.P.E.S	Senior	00:55:36.64	00:30:01.93	00:53:47.14	00:28:12.43
2356	260	10626	PAULO LOPES	J.I.P.E.S	Veterano II	00:55:36.85	00:30:01.19	00:53:51.96	00:28:16.30
2357	1122	10624	CLAUDIO COELHO	J.I.P.E.S	Senior	00:55:36.96	00:30:00.95	00:53:47.06	00:28:11.05
2358	261	13626	JOSÉ SILVA	Casa do Benfica de Faro	Veterano II	00:55:37.09	00:28:28.45	00:53:31.49	00:26:22.85
2359	1123	10625	FÁBIO SIMÕES	J.I.P.E.S	Senior	00:55:37.20	00:30:00.95	00:53:50.64	00:28:14.39
2360	1124	8503	MARCO VAZ	Falcões Selvagens	Senior	00:55:37.26	00:29:59.76	00:53:15.16	00:27:37.66
2361	1125	7221	VASCO FILIPE BERNARDO	Individual	Senior	00:55:38.16	00:28:12.83	00:54:17.23	00:26:51.90
2362	1126	13072	NUNO SANTOS	HOSPITAL DA LUZ	Senior	00:55:38.47	00:30:33.27	00:50:38.62	00:25:33.42
2363	382	13437	PEDRO OSCAR	Individual	Veterano I	00:55:38.51	00:31:04.89	00:50:41.27	00:26:07.65
2364	1127	13645	MIGUEL OLIVEIRA	EUROPCAR	Senior	00:55:39.04	00:28:33.12	00:53:01.11	00:25:55.19
2365	130	10149	JOAO BARATA	Individual	Veterano IV	00:55:39.64	00:28:15.46	00:54:09.70	00:26:45.52
2366	1128	13656	PAULO CÉSAR P. DA CRUZ	EUROPCAR	Senior	00:55:39.67	00:29:19.71	00:53:15.83	00:26:55.87
2367	1129	10941	RENATO LOPES	Homem Bala	Senior	00:55:39.68	00:27:55.23	00:54:19.20	00:26:34.75
2368	262	14904	ARMINDO TEIXEIRA	Convidado colaborador SLB	Veterano II	00:55:39.78	00:27:09.29	00:54:02.19	00:25:31.70
2369	23	14891	ELIZABETH LAGE	Individual	Veterana Fem I	00:55:40.08	00:27:30.51	00:55:35.07	00:27:25.50
2370	383	12143	LUIS MIGUEL MARTINS	CHECK POINT	Veterano I	00:55:40.54	00:28:15.07	00:53:31.80	00:26:06.33
2371	384	9841	JOSÉ HENRIQUES	ASAS NOS PÉS.	Veterano I	00:55:40.70	00:31:36.03	00:51:44.98	00:27:40.31
2372	1130	9836	LUIS BAPTISTA	ASAS NOS PÉS I	Senior	00:55:40.75	00:31:37.57	00:51:46.88	00:27:43.70
2373	10	13272	VITORIA MONTEIRO	Individual	Veterana Fem III	00:55:40.89	00:27:33.30	00:55:16.95	00:27:09.36
2374	1131	10769	AFONSO BATISTA	Individual	Senior	00:55:41.35	00:27:30.32	00:54:14.96	00:26:03.93
2375	263	7138	JORGE ANJOS	Individual	Veterano II	00:55:41.65	00:30:43.60	00:52:19.99	00:27:21.94
2376	1132	11246	NUNO MIGUEL FREITAS GOMES DE JESUS	Individual, --	Senior	00:55:42.65	00:27:26.11	00:54:01.01	00:25:44.47
2377	97	12880	MARISA PINHEIRO FALÉ	HOSPITAL DA LUZ	Senior Fem	00:55:43.04	00:30:09.85	00:53:30.82	00:27:57.63
2378	98	13095	MARGARIDA AUGUSTO RATO	HOSPITAL DA LUZ	Senior Fem	00:55:43.08	00:30:10.52	00:53:30.85	00:27:58.29
2379	385	9530	HELDER CRUZ	Individual	Veterano I	00:55:43.29	00:27:07.74	00:55:21.65	00:26:46.10
2380	1133	12087	DAVIDE MOREIRA	Bombeadores	Senior	00:55:43.36	00:31:47.54	00:50:52.34	00:26:56.52
2381	1134	9072	BRUNO MIGUEL RODRIGUES GONÇALVES	Individual	Senior	00:55:43.82	00:28:40.78	00:54:18.89	00:27:15.85
2382	131	13260	JACINTO PEREIRA	Individual	Veterano IV	00:55:44.02	00:30:37.69	00:51:11.82	00:26:05.49
2383	386	7816	LUÍS CHAVEIRO	Os Formigas	Veterano I	00:55:44.16	00:30:29.80	00:51:58.16	00:26:43.80
2384	1135	10370	PAULO PROCÓPIO	Individual	Senior	00:55:44.18	00:29:05.05	00:54:12.43	00:27:33.30
2385	1136	15025	NELSON CORREIA	CENTRAUTO	Senior	00:55:44.59	00:29:02.39	00:52:39.59	00:25:57.39
2386	99	7333	ADRIANA TURENSCHI	Individual	Senior Fem	00:55:44.61	00:27:49.69	00:54:39.42	00:26:44.50
2387	264	9265	RUI MANUEL CORREIA BARATA	BARATA	Veterano II	00:55:45.03	00:27:51.99	00:54:47.11	00:26:54.07
2388	1137	11046	LUCAS CORREIA	Individual	Senior	00:55:45.11	00:30:54.62	00:50:32.45	00:25:41.96
2389	21	12530	AFONSO LAMY	MGM MUTHU HOTELS	Junior	00:55:45.17	00:30:39.49	00:52:49.03	00:27:43.35
2390	100	8737	VANDA PARREIRA	Individual	Senior Fem	00:55:45.31	00:27:53.72	00:54:56.93	00:27:05.34
2391	101	15208	MARTA ALVES	JAZZY LIFE CLUB	Senior Fem	00:55:45.49	00:27:50.46	00:54:23.12	00:26:28.09
2392	387	7766	JOSÉ COSTA	Individual	Veterano I	00:55:45.52	00:27:23.44	00:55:02.04	00:26:39.96
2393	265	12439	FERNANDO SILVEIRO	GESTIFUTE	Veterano II	00:55:46.00	00:28:27.04	00:54:03.94	00:26:44.98
2394	102	12910	CARLA MIGUEL	HOSPITAL DA LUZ	Senior Fem	00:55:46.19	00:29:19.49	00:53:13.49	00:26:46.79
2395	19	13647	FRANCISCO OLIVEIRA	EUROPCAR	Outra Cat	00:55:46.44	00:28:32.44	00:53:09.15	00:25:55.15
2396	182	7066	EDGAR ANASTACIO	Correr Lisboa	Veterano III	00:55:46.83	00:26:47.31	00:54:27.06	00:25:27.54
2397	1138	9746	SÉRGIO CRUZ	Run Thomar	Senior	00:55:47.08	00:28:05.28	00:53:39.69	00:25:57.89
2398	20	8394	DIOGO MURTA REBELO	Murta Runners	Outra Cat	00:55:47.45	00:32:54.60	00:50:41.86	00:27:49.01
2399	102	7366	FIRMINO CARLOS LOPES DE OLIVEIRA	Individual	Veterano V	00:55:47.51	00:27:21.30	00:55:11.17	00:26:44.96
2400	1139	7919	RUI BRAZ	GDCTIN Casa da Moeda	Senior	00:55:47.69	00:29:21.05	00:52:08.22	00:25:41.58

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
2401	388	10118	MIGUEL FILIPE SANTOS SILVA	Individual	Veterano I	00:55:47.84	00:29:37.41	00:53:18.16	00:27:07.73
2402	183	8134	JOSÉ MANUEL PEREIRA GOMES	Casa do Benfica Em Palmela	Veterano III	00:55:48.33	00:27:50.21	00:55:33.26	00:27:35.14
2403	1140	13165	NUNO PAIS	Individual	Senior	00:55:48.60	00:28:08.88	00:53:08.14	00:25:28.42
2404	103	8261	ADELINO FORTUNATO	Casa do Benfica no Seixal	Veterano V	00:55:48.97	00:29:02.97	00:53:16.83	00:26:30.83
2405	21	10673	DIOGO NEIVA	Individual	Outra Cat	00:55:49.28	00:30:45.25	00:42:59.07	00:17:55.04
2406	1141	13615	JÃO CALADO	Casa Benfica Abrantes	Senior	00:55:49.55	00:27:22.43	00:54:42.77	00:26:15.65
2407	104	13607	HÉLIO GODINHO	Casa Benfica Abrantes	Veterano V	00:55:49.64	00:28:19.61	00:54:43.32	00:27:13.29
2408	1142	8834	JOÃO EDUARDO FERNANDES	Individual	Senior	00:55:50.38	00:29:39.24	00:52:55.70	00:26:44.56
2409	389	10672	RICARDO NEIVA	Individual	Veterano I	00:55:50.49	00:31:08.45	00:51:04.99	00:26:22.95
2410	11	8489	MARIA FILOMENA RAMOS MARTINS	GRUN	Veterana Fem III	00:55:50.55	00:28:26.53	00:53:44.92	00:26:20.90
2411	1143	10532	PEDRO CURTO	Individual	Senior	00:55:50.74	00:31:08.45	00:51:06.26	00:26:23.97
2412	1144	10855	PAULO RUIVO	Individual	Senior	00:55:51.19	00:30:11.66	00:52:41.07	00:27:01.54
2413	1145	10283	TELMO LUÍS TOMÁS GONZAGA	Individual	Senior	00:55:52.43	00:31:25.10	00:52:07.82	00:27:40.49
2414	1146	11550	PAULO LOURENÇO	Individual	Senior	00:55:52.48	00:31:21.48	00:51:10.77	00:26:39.77
2415	266	10858	GONÇALO SEABRA	Individual	Veterano II	00:55:52.84	00:28:33.66	00:53:59.05	00:26:39.87
2416	1147	7517	BRUNO PEREIRA	Individual	Senior	00:55:53.31	00:25:14.27	00:55:47.46	00:25:08.42
2417	390	7717	NUNO CARVALHO	GDCTIN Casa da Moeda	Veterano I	00:55:53.31	00:31:04.00	00:51:44.44	00:26:55.13
2418	24	12054	PAULA RIOS MARQUES	50 anos ... 69 amigos	Veterana Fem I	00:55:53.45	00:33:00.04	00:51:34.47	00:28:41.06
2419	103	15127	ANA FARO	50 anos ... 69 amigos	Senior Fem	00:55:53.57	00:31:07.39	00:51:32.92	00:26:46.74
2420	1148	8555	NUNO NAZARÉ	Individual	Senior	00:55:53.66	00:27:32.16	00:54:49.20	00:26:27.70
2421	267	11359	JOÃO FERRO	Individual	Veterano II	00:55:53.83	00:29:09.30	00:53:09.39	00:26:24.86
2422	104	7087	VERA POLVORA	Individual	Senior Fem	00:55:54.52	00:29:20.83	00:54:17.48	00:27:43.79
2423	391	11831	LUIS MARQUES	Individual	Veterano I	00:55:55.19	00:28:31.28	00:54:54.44	00:27:30.53
2424	1149	12862	JOÃO RIBEIRO	Individual	Senior	00:55:55.41	00:27:14.50	00:54:31.22	00:25:50.31
2425	25	11832	SANDRA RIBEIRO	Individual	Veterana Fem I	00:55:55.84	00:28:29.40	00:54:55.12	00:27:28.68
2426	1150	12758	JOÃO PEDRO RAPOSO GORDO	AS. ESTUDANTES - PASSATEMPO	Senior	00:55:55.87	00:31:02.60	00:53:23.69	00:28:30.42
2427	1151	9865	HUGO GOMES	Individual, --	Senior	00:55:55.90	00:30:32.35	00:53:23.00	00:27:59.45
2428	1152	12043	PEDRO SILVA	Individual	Senior	00:55:56.38	00:30:39.33	00:53:38.18	00:28:21.13
2429	1153	10736	RUI FILIPE ROCHA	Individual	Senior	00:55:56.79	00:30:44.48	00:53:02.85	00:27:50.54
2430	132	11091	JOÃO ANTÓNIO OLIVEIRA COSTA	Individual	Veterano IV	00:55:57.15	00:30:31.23	00:53:04.24	00:27:38.32
2431	1154	12789	ANTÓNIO VIEIRA	SPIRITUC INVESTIGAÇÃO APLICADA	Senior	00:55:57.26	00:29:14.44	00:53:24.98	00:26:42.16
2432	1155	8866	NUNO CARRASCO	Maus Maus	Senior	00:55:57.35	00:29:20.68	00:52:52.21	00:26:15.54
2433	1156	9529	ANDRÉ POUSINHO	Individual	Senior	00:55:57.48	00:29:42.51	00:51:37.38	00:25:22.41
2434	392	11535	GONÇALO ALMEIDA	Individual	Veterano I	00:55:57.87	00:28:24.35	00:55:20.55	00:27:47.03
2435	105	7349	ANTÓNIO LANÇA	Individual	Veterano V	00:55:58.20	00:26:28.30	00:55:55.86	00:26:25.96
2436	1157	10816	RICARDO MARQUES	Individual	Senior	00:55:58.29	00:31:24.70	00:51:53.75	00:27:20.16
2437	1158	11346	CARLOS VARATOJO	Individual	Senior	00:55:58.46	00:29:11.25	00:53:42.89	00:26:55.68
2438	105	8103	ANA BIGODE	Ericsson	Senior Fem	00:55:58.90	00:29:14.07	00:53:34.62	00:26:49.79
2439	22	7261	RAFAEL CARVALHO E CASTRO	Individual	Outra Cat	00:55:59.16	00:30:43.56	00:53:54.48	00:28:38.88
2440	1159	8387	JOSÉ CARLOS ALMADA	Os Coxos	Senior	00:55:59.45	00:28:41.81	00:54:19.75	00:27:02.11
2441	1160	7744	VASCO GOMES	UroRunners	Senior	00:55:59.74	00:28:51.12	00:53:42.04	00:26:33.42
2442	1161	7553	NUNO GONÇALVES	Gonçalves Senior e Junior	Senior	00:55:59.84	00:30:45.10	00:53:54.11	00:28:39.37
2443	133	7552	ANTÓNIO GONÇALVES	Gonçalves Senior e Junior	Veterano IV	00:55:59.95	00:30:44.31	00:53:54.12	00:28:38.48
2444	1162	13031	FILIPE CARREIRA	HOSPITAL DA LUZ	Senior	00:56:00.08	00:28:22.56	00:53:53.63	00:26:16.11
2445	393	8018	LUIS COTRIM	Individual	Veterano I	00:56:00.17	00:28:11.35	00:54:12.13	00:26:23.31
2446	134	15229	CARLOS DIAS	GRUPO PROSEGUR	Veterano IV	00:56:00.17	00:28:27.17	00:54:12.94	00:26:39.94
2447	268	8430	JORGE VARATOJO	AeroRunners	Veterano II	00:56:00.21	00:29:20.36	00:53:11.66	00:26:31.81
2448	394	8411	JOÃO FRADE	CLUBE COLABORADORES AXA	Veterano I	00:56:00.32	00:29:29.05	00:53:36.77	00:27:05.50
2449	1163	13777	MARCO ALVES	GRUPO ADIDAS	Senior	00:56:00.39	00:31:27.46	00:52:05.41	00:27:32.48
2450	1164	9514	NUNO LOPES	Individual	Senior	00:56:00.50	00:28:19.96	00:54:22.67	00:26:42.13

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
2451	135	10131	JOAO MANUEL SANTOS FIGUEIREDO	Individual	Veterano IV	00:56:00.61	00:27:33.77	00:55:42.99	00:27:16.15
2452	1165	12932	RIONILDO COELHO	HOSPITAL DA LUZ	Senior	00:56:00.66	00:28:03.83	00:53:41.96	00:25:45.13
2453	1166	12750	JOSÉ MORENO	AS. ESTUDANTES - PASSATEMPO	Senior	00:56:01.03	00:30:57.43	00:52:11.54	00:27:07.94
2454	395	13282	MIGUEL CAMPOS	Individual	Veterano I	00:56:01.29	00:27:42.77	00:55:12.36	00:26:53.84
2455	1167	8816	ELÓI OLIVEIRA	Individual	Senior	00:56:01.31	00:31:56.95	00:51:34.99	00:27:30.63
2456	269	9840	JOSÉ GOUVEIA	ASAS NOS PÉS.	Veterano II	00:56:01.57	00:29:06.86	00:54:04.42	00:27:09.71
2457	396	9222	RENATO VIEIRA	Os Caracóis Furiosos	Veterano I	00:56:02.08	00:29:37.06	00:53:24.30	00:26:59.28
2458	1168	11169	ANDRÉ VAZ	Individual, --	Senior	00:56:02.48	00:29:14.73	00:51:22.06	00:24:34.31
2459	397	9915	JOSÉ FRANCISCO DUARTE NEVES	Individual	Veterano I	00:56:02.52	00:28:31.05	00:53:52.86	00:26:21.39
2460	1169	11441	ANDRÉ FILIPE PESSOA	Individual	Senior	00:56:02.52	00:27:14.45	00:55:04.42	00:26:16.35
2461	1170	9843	JORGE GUILHERME	ASAS NOS PÉS.	Senior	00:56:02.75	00:29:06.37	00:54:05.46	00:27:09.08
2462	398	8094	JOSÉ JOAQUIM MENOITA MARQUES	Individual	Veterano I	00:56:03.50	00:26:02.58	00:56:02.17	00:26:01.25
2463	106	11234	LILIANA LOURO	BIVAC IBERIA, --	Senior Fem	00:56:04.18	00:28:23.57	00:53:39.73	00:25:59.12
2464	1171	8785	EDGAR FERREIRA	Individual	Senior	00:56:04.57	00:29:07.96	00:52:55.53	00:25:58.92
2465	184	11158	MIGUEL MARQUES	Individual, --	Veterano III	00:56:04.66	00:29:06.32	00:53:43.14	00:26:44.80
2466	1172	13243	FREDERICO ANTUNES	Individual	Senior	00:56:04.68	00:30:29.99	00:50:44.33	00:25:09.64
2467	107	9618	CAROLINA MARQUÊS	Bootcamp Sesimbra	Senior Fem	00:56:04.79	00:28:25.08	00:54:56.16	00:27:16.45
2468	399	8757	JORGE PAULO	runing team	Veterano I	00:56:05.35	00:31:58.87	00:50:46.79	00:26:40.31
2469	1173	8758	NUNO PAULO	runing team	Senior	00:56:05.35	00:31:59.14	00:50:46.75	00:26:40.54
2470	1174	9561	NUNO GRAÇA	Individual	Senior	00:56:05.94	00:27:56.19	00:55:00.77	00:26:51.02
2471	1175	9861	ARTUR ANTAS	Montemor Team, --	Senior	00:56:05.96	00:29:02.51	00:54:19.68	00:27:16.23
2472	1176	9655	LUÍS FILIPE BORGES	Os Antigos	Senior	00:56:06.34	00:29:00.09	00:56:04.50	00:28:58.25
2473	270	12457	PEDRO FELIX	Individual	Veterano II	00:56:06.69	00:30:26.75	00:53:49.04	00:28:09.10
2474	1177	9688	RICARDO GONZAGA	Individual	Senior	00:56:07.13	00:31:25.10	00:52:22.90	00:27:40.87
2475	1178	12407	MARIO SILVA	Corredores da Beloura	Senior	00:56:07.18	00:27:55.66	00:55:02.64	00:26:51.12
2476	1179	11127	GONÇALO ANDRÉ TOLENTINO DINIZ SANTOS	Individual, --	Senior	00:56:07.34	00:27:53.52	00:55:40.27	00:27:26.45
2477	108	10152	RAQUEL FIGUEIREDO	Individual	Senior Fem	00:56:07.42	00:30:08.98	00:55:13.82	00:29:15.38
2478	400	7183	RUI DUARTE	Tartarugas Solidárias	Veterano I	00:56:07.75	00:30:13.82	00:52:29.55	00:26:35.62
2479	1180	10942	DAVID RAMINHOS	Homem Bala	Senior	00:56:07.82	00:28:42.19	00:54:46.83	00:27:21.20
2480	1181	7103	DANIEL CARRUSCA	Tartarugas Solidárias	Senior	00:56:07.91	00:30:29.00	00:52:26.89	00:26:47.98
2481	1182	8243	HUGO RAMOS	nacional fitness	Senior	00:56:07.99	00:32:59.42	00:51:32.95	00:28:24.38
2482	1183	12697	PEDRO ABREU	HAGER	Senior	00:56:08.07	00:30:09.02	00:54:04.48	00:28:05.43
2483	1184	8888	DIOGO BRÍGIDO FERNANDO	ADRC Mata de Benfica	Senior	00:56:08.62	00:30:43.37	00:51:28.40	00:26:03.15
2484	1185	8408	MARCO DIAS	Os Metralhas BTT / Running	Senior	00:56:08.72	00:29:45.51	00:53:58.79	00:27:35.58
2485	1186	12392	BRUNO TIAGO PEREIRA ARAÚJO	GROUP TRAINING	Senior	00:56:08.84	00:31:35.18	00:52:06.01	00:27:32.35
2486	1187	9528	HUGO RODRIGO DE FEIJÃO E PAIVA	Individual	Senior	00:56:09.27	00:27:47.23	00:55:24.20	00:27:02.16
2487	109	10827	TÂNIA VEIGA	Individual	Senior Fem	00:56:09.50	00:28:46.37	00:53:48.84	00:26:25.71
2488	401	9110	ANDRÉ DE CASTRO SILVA	Individual	Veterano I	00:56:09.52	00:26:39.67	00:55:54.82	00:26:24.97
2489	136	12575	ANTÓNIO DUARTE SANTOS	Individual	Veterano IV	00:56:09.98	00:27:59.48	00:55:41.45	00:27:30.95
2490	1188	9739	OLIVIER DEVOS	Urban Bitches	Senior	00:56:10.10	00:30:55.03	00:53:06.50	00:27:51.43
2491	1189	11575	FREDERICO FERREIRA	AC do Caracol	Senior	00:56:10.12	00:27:18.17	00:55:13.17	00:26:21.22
2492	137	10122	JOAQUIM MOREIRA	GRUN	Veterano IV	00:56:10.37	00:29:35.06	00:54:06.22	00:27:30.91
2493	23	13327	VASCO SILVA	Individual	Outra Cat	00:56:10.68	00:31:45.90	00:50:37.65	00:26:12.87
2494	22	9136	TIAGO CENTENO	Individual	Junior	00:56:10.96	00:32:09.90	00:53:15.38	00:29:14.32
2495	1190	10973	RUBEN COSTA	Individual	Senior	00:56:10.99	00:32:19.07	00:52:16.79	00:28:24.87
2496	1191	8931	JOAO GARCIA	Individual	Senior	00:56:11.19	00:30:39.54	00:53:04.67	00:27:33.02
2497	1192	11440	RENATO SILVA CONSTÂNCIO	Individual	Senior	00:56:11.56	00:29:07.69	00:54:34.71	00:27:30.84
2498	1193	10482	RICARDO ANDRÉ MARTINS CAPELA	Individual	Senior	00:56:11.77	00:30:31.82	00:53:06.00	00:27:26.05
2499	1194	11292	FILIPE MARQUES	Cafajestes, --	Senior	00:56:11.85	00:29:47.87	00:53:06.98	00:26:43.00
2500	110	8395	ALEXANDRA DINIS	Individual	Senior Fem	00:56:12.94	00:28:30.07	00:55:17.70	00:27:34.83

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
2501	111	13269	CRISTINA FIGUEIRA	Individual	Senior Fem	00:56:13.11	00:29:07.97	00:53:59.83	00:26:54.69
2502	112	9186	SONIA CRUZ	Individual	Senior Fem	00:56:13.22	00:28:30.45	00:55:16.27	00:27:33.50
2503	113	12890	MARIA JOÃO RODRIGUES	HOSPITAL DA LUZ	Senior Fem	00:56:13.62	00:30:36.81	00:51:46.87	00:26:10.06
2504	114	15097	ANA ISABEL DIAS TEIXEIRA	JOGOS SANTA CASA	Senior Fem	00:56:13.62	00:29:02.70	00:53:43.05	00:26:32.13
2505	1195	11181	TIAGO DE JESUS PEDRO	Individual, --	Senior	00:56:14.09	00:29:51.84	00:52:51.34	00:26:29.09
2506	402	7228	JOSÉ CRUZ	Individual	Veterano I	00:56:14.43	00:31:01.41	00:54:21.75	00:29:08.73
2507	403	7490	JOSE JOAQUIM MARTINS CASTRO	Pastelaria Rio de Mel	Veterano I	00:56:15.11	00:28:36.96	00:54:27.26	00:26:49.11
2508	185	13275	ANTÓNIO MAJOR	Individual	Veterano III	00:56:15.41	00:30:59.68	00:51:41.68	00:26:25.95
2509	12	13276	HENRIQUETA MAJOR	Individual	Veterana Fem III	00:56:15.47	00:30:59.77	00:51:41.96	00:26:26.26
2510	1196	13755	ANDRÉ ORNELAS	GRUPO ADIDAS	Senior	00:56:16.46	00:27:59.88	00:54:38.32	00:26:21.74
2511	1197	12368	ANDRÉ FILIPE TAVARES BRANCO	Convidado colaborador SLB	Senior	00:56:16.52	00:30:09.19	00:53:34.57	00:27:27.24
2512	1198	11779	LUIS MOTA	PERNOD RICARD PORTUGAL	Senior	00:56:16.70	00:29:23.32	00:53:33.26	00:26:39.88
2513	115	15100	PATRICIA SUSANA VALENTE NUNES	JOGOS SANTA CASA	Senior Fem	00:56:17.13	00:29:01.86	00:53:47.89	00:26:32.62
2514	1199	9722	RICARDO MORGADO	SAGRES TEAM RUN	Senior	00:56:17.40	00:28:52.83	00:54:08.90	00:26:44.33
2515	1200	8343	PEDRO DE OLIVEIRA	LH Ginásio - C.C.Amora	Senior	00:56:18.06	00:29:02.48	00:53:19.11	00:26:03.53
2516	1201	8054	JORGE SACADURA COSTA	Pepe Rápidos	Senior	00:56:18.12	00:26:54.52	00:55:06.97	00:25:43.37
2517	106	8759	RENÉ DUARTE	runing team	Veterano V	00:56:18.38	00:31:58.87	00:50:59.40	00:26:39.89
2518	1202	13551	ALEXANDRE MARTINS	PHILIPS PORTUGUESA S.A.	Senior	00:56:19.39	00:29:19.67	00:53:53.20	00:26:53.48
2519	404	13545	MÁRIO SILVA	PHILIPS PORTUGUESA S.A.	Veterano I	00:56:19.51	00:29:19.79	00:53:52.76	00:26:53.04
2520	1203	12404	HENRIQUE PIRES	Algarve Runners	Senior	00:56:19.66	00:28:22.04	00:54:09.28	00:26:11.66
2521	186	7583	VÍTOR SILVA	CLAC - Entroncamento	Veterano III	00:56:20.32	00:30:29.24	00:53:34.57	00:27:43.49
2522	13	11417	LEONIA LEONIA	Individual, --	Veterana Fem III	00:56:20.57	00:28:01.49	00:55:37.79	00:27:18.71
2523	138	12000	JOSE CHAMBEL	Individual	Veterano IV	00:56:20.60	00:27:45.76	00:55:03.23	00:26:28.39
2524	187	12267	FERNANDO FAVINHA	REPSOL PORTUGUESA	Veterano III	00:56:20.92	00:30:41.23	00:53:00.64	00:27:20.95
2525	1204	12164	RUBEN LUZ	ARROW	Senior	00:56:20.97	00:29:09.43	00:56:00.38	00:28:48.84
2526	271	10542	MÁRIO LOPES	Individual	Veterano II	00:56:21.13	00:29:24.18	00:54:07.32	00:27:10.37
2527	139	11416	AUGUSTO PANÇA DA VEIGA FERNANDES	Tartarugas Ninja	Veterano IV	00:56:21.51	00:31:25.01	00:52:41.58	00:27:45.08
2528	1205	12157	CARLOS REBELO	ARROW	Senior	00:56:21.56	00:29:09.35	00:56:01.06	00:28:48.85
2529	140	10452	JACINTO JESUS FERREIRA	Individual	Veterano IV	00:56:21.89	00:30:46.51	00:51:46.82	00:26:11.44
2530	1206	9776	RUI JACINTO	Individual	Senior	00:56:21.94	00:29:43.20	00:54:13.46	00:27:34.72
2531	107	12342	CASIMIRO DA SILVA MARQUES	Individual	Veterano V	00:56:21.96	00:36:42.41	00:55:24.00	00:35:44.45
2532	1207	11415	TIAGO FILIPE VENTURA FERNANDES	Tartarugas Ninja	Senior	00:56:22.46	00:31:25.65	00:52:42.47	00:27:45.66
2533	1208	11451	RUI ALBUQUERQUE	Os Queridos	Senior	00:56:22.50	00:30:55.79	00:51:37.21	00:26:10.50
2534	1209	8915	HÉLIO GUERRA	Individual	Senior	00:56:22.57	00:31:01.27	00:53:40.73	00:28:19.43
2535	188	8774	ANTÓNIO LUCAS	Individual	Veterano III	00:56:23.14	00:30:18.32	00:53:30.60	00:27:25.78
2536	1210	7160	RICARDO MANUEL BEIRÃO LAMPREIA	Individual	Senior	00:56:23.51	00:29:13.45	00:53:25.07	00:26:15.01
2537	1211	14897	PEDRO PINTO	ATLETISMO SLB	Senior	00:56:24.70	00:31:06.96	00:51:17.87	00:26:00.13
2538	1212	13046	BRUNO DINIS M. VALDEGAS	HOSPITAL DA LUZ	Senior	00:56:25.68	00:30:49.78	00:51:28.74	00:25:52.84
2539	1213	10655	NELSON GEADA	Individual	Senior	00:56:26.05	00:28:29.46	00:54:55.18	00:26:58.59
2540	1214	12589	HÉLDER FERNANDO SILVA MACHADO	Individual	Senior	00:56:26.10	00:28:32.20	00:54:55.42	00:27:01.52
2541	405	10764	PAULO BONACHO	SS CGD	Veterano I	00:56:26.40	00:29:16.93	00:54:25.08	00:27:15.61
2542	189	11791	FRANCISCO AFONSO	Os Caracóis Furiosos	Veterano III	00:56:27.98	00:29:36.33	00:53:50.71	00:26:59.06
2543	1215	8538	ANDRÉ COELHO DUARTE	Individual	Senior	00:56:29.03	00:28:42.31	00:55:06.99	00:27:20.27
2544	1216	11861	VASCO D'OREY BRANCO	GDC Fidelidade	Senior	00:56:29.31	00:31:59.85	00:51:47.55	00:27:18.09
2545	190	10210	ANGELO FERREIRA	Individual	Veterano III	00:56:29.56	00:29:24.57	00:53:40.78	00:26:35.79
2546	1217	15232	MAURO AMENDOA	GRUPO PROSEGUR	Senior	00:56:29.80	00:28:52.80	00:55:37.44	00:28:00.44
2547	1218	10277	PEDRO MIRANDA	Individual	Senior	00:56:29.95	00:28:59.61	00:54:30.94	00:27:00.60
2548	406	11699	MARCO GOMES	REXEL	Veterano I	00:56:30.37	00:29:14.98	00:54:02.85	00:26:47.46
2549	116	7321	JOANA RIBEIRO	Individual	Senior Fem	00:56:30.46	00:29:24.66	00:53:48.64	00:26:42.84
2550	141	8155	JOSÉ VERMELHO	AeroRunners	Veterano IV	00:56:30.48	00:29:20.95	00:53:42.81	00:26:33.28

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
2551	108	11407	JOSE LUIS FREITAS	BONS DIAS	Veterano V	00:56:30.78	00:29:25.86	00:54:44.25	00:27:39.33
2552	1219	8853	HENRIQUE RODRIGUES	Individual	Senior	00:56:30.99	00:29:15.73	00:54:03.61	00:26:48.35
2553	1220	8397	MIGUEL SAAVEDRA	Individual	Senior	00:56:31.70	00:31:04.85	00:51:29.38	00:26:02.53
2554	1221	11121	MÁRCIO FERNANDO DOMINGOS NOGUEIRA	Individual	Senior	00:56:32.07	00:31:57.21	00:51:24.25	00:26:49.39
2555	1222	8746	TIAGO CORREIA	Kamarros	Senior	00:56:32.14	00:28:35.29	00:54:16.55	00:26:19.70
2556	191	10537	MANUEL BATE	Beja Atlético Clube	Veterano III	00:56:32.86	00:30:42.64	00:52:26.85	00:26:36.63
2557	1223	8715	RICARDO BARREIRO	3 quenianos e 1 jamaicano	Senior	00:56:33.54	00:29:21.84	00:53:31.84	00:26:20.14
2558	23	8986	FÁBIO ESTEVÃO	Movimento SLB	Junior	00:56:33.62	00:24:34.49	00:55:33.77	00:23:34.64
2559	1224	15213	RICARDO ALMEIDA	JAZZY LIFE CLUB	Senior	00:56:33.67	00:27:04.19	00:54:21.87	00:24:52.39
2560	407	13821	BRUNO ROCHA	GRUPO ADIDAS	Veterano I	00:56:33.70	00:30:30.68	00:53:55.53	00:27:52.51
2561	1225	7494	LUIS DANIEL	Garland Cut and Run	Senior	00:56:33.72	00:30:21.55	00:52:57.97	00:26:45.80
2562	1226	7495	FILIFE BELAO	Garland Cut and Run	Senior	00:56:33.86	00:30:21.38	00:52:58.89	00:26:46.41
2563	1227	9092	TIAGO CATALÃO	Águias de Capoeira	Senior	00:56:34.33	00:30:44.38	00:52:18.47	00:26:28.52
2564	117	7499	ANIA VITORINO	Garland Cut and Run	Senior Fem	00:56:34.43	00:30:22.41	00:56:34.43	00:30:22.41
2565	1228	13161	VITOR GAMEIRO	Individual	Senior	00:56:34.54	00:28:35.17	00:54:05.90	00:26:06.53
2566	272	10088	MIGUEL CAMPO	Individual	Veterano II	00:56:34.69	00:29:22.29	00:54:37.73	00:27:25.33
2567	1229	13347	PEDRO ANTUNES	KONICA MINOLTA	Senior	00:56:34.99	00:33:01.67	00:50:55.67	00:27:22.35
2568	273	10305	VITOR LOURENÇO	Jobrinde - Montes Saloios	Veterano II	00:56:35.59	00:30:18.24	00:53:37.11	00:27:19.76
2569	26	10666	GINA MARTINS	Individual	Veterana Fem I	00:56:36.40	00:30:04.38	00:53:53.42	00:27:21.40
2570	118	7871	SONIA FIGUEIREDO	Individual	Senior Fem	00:56:36.98	00:30:02.90	00:53:28.81	00:26:54.73
2571	14	13050	ANA PAULA LOPES DA SILVA	HOSPITAL DA LUZ	Veterana Fem III	00:56:37.04	00:29:20.97	00:54:24.25	00:27:08.18
2572	1230	7531	MIGUEL RODRIGUES	Lets Run Modafocas	Senior	00:56:37.14	00:29:00.40	00:54:31.22	00:26:54.48
2573	119	8828	DIANA FILIFE	Horas Extra Running Team	Senior Fem	00:56:38.09	00:28:43.24	00:56:10.16	00:28:15.31
2574	1231	9121	DANIEL POUCOCHINHO	Horas Extra Running Team	Senior	00:56:38.35	00:28:42.30	00:56:10.27	00:28:14.22
2575	1232	7102	JORGE ALMEIDA	Tartarugas Solidárias	Senior	00:56:38.69	00:30:26.16	00:52:57.12	00:26:44.59
2576	1233	7729	LUÍS MADALENO	Tartarugas Solidárias	Senior	00:56:38.95	00:30:29.60	00:52:57.18	00:26:47.83
2577	27	7027	INÉS BRITO	Individual	Veterana Fem I	00:56:38.99	00:29:12.75	00:53:59.58	00:26:33.34
2578	408	7792	ANTONIO MARTINS	Individual	Veterano I	00:56:39.04	00:26:58.81	00:56:34.87	00:26:54.64
2579	1234	10193	RICARDO BERNARDO	Individual	Senior	00:56:39.61	00:30:15.44	00:54:25.66	00:28:01.49
2580	409	7797	PEDRO MIGUEL POMBO	Individual	Veterano I	00:56:39.80	00:31:44.90	00:52:51.30	00:27:56.40
2581	1235	11070	MIGUEL VALENTE	Individual	Senior	00:56:39.91	00:31:50.05	00:51:54.55	00:27:04.69
2582	1236	8566	PAULO SILVA	Individual	Senior	00:56:41.06	00:30:15.83	00:54:27.26	00:28:02.03
2583	1237	7118	DAVID GOMES	VortalRunners	Senior	00:56:41.12	00:30:38.09	00:53:47.62	00:27:44.59
2584	1238	10961	ANDRÉ SILVA	Individual	Senior	00:56:41.22	00:28:16.28	00:55:17.30	00:26:52.36
2585	1239	7146	NUNO FREDERICO HENRIQUES TRINDADE	Individual	Senior	00:56:41.48	00:31:56.96	00:52:09.67	00:27:25.15
2586	274	7604	PAULO JORGE FERNANDES DIONISIO	Individual	Veterano II	00:56:41.78	00:29:18.69	00:53:34.01	00:26:10.92
2587	410	12156	JOSÉ LUÍS	Individual	Veterano I	00:56:42.28	00:30:29.36	00:53:15.75	00:27:02.83
2588	1240	12516	MIGUEL RAMOS	Individual	Senior	00:56:42.39	00:29:19.78	00:55:00.65	00:27:38.04
2589	109	8761	JOAO FAUSTINO	Individual	Veterano V	00:56:42.65	00:29:54.56	00:53:47.31	00:26:59.22
2590	411	12572	NUNO ALEXANDRE FARINHA	COFINA RUNNERS	Veterano I	00:56:42.74	00:30:56.52	00:52:32.05	00:26:45.83
2591	110	10382	JORGE PIRES	Individual	Veterano V	00:56:42.90	00:30:47.31	00:54:22.80	00:28:27.21
2592	192	8588	FRANCISCO PAULINO	Individual	Veterano III	00:56:43.62	00:29:18.43	00:54:49.77	00:27:24.58
2593	1241	9109	PEDRO MIGUEL PIRES GIL	Individual	Senior	00:56:43.90	00:28:44.90	00:55:33.41	00:27:34.41
2594	275	7506	ANTONIO MANUEL ALMEIDA	Individual	Veterano II	00:56:44.06	00:30:22.48	00:54:10.92	00:27:49.34
2595	193	7536	MARIO MENDES	Individual	Veterano III	00:56:44.17	00:27:05.40	00:55:59.21	00:26:20.44
2596	24	9929	LUIS MIGUEL LUCAS VIEIRA	Jobrinde - Montes Saloios	Junior	00:56:44.35	00:31:35.64	00:53:20.67	00:28:11.96
2597	1242	10081	LUIS CRAVO	Individual	Senior	00:56:44.86	00:27:52.92	00:56:09.18	00:27:17.24
2598	1243	13239	RUI SILVA	Individual	Senior	00:56:44.89	00:31:16.21	00:51:24.63	00:25:55.95
2599	194	10985	CARLOS SEBASTIAO	Individual	Veterano III	00:56:44.89	00:30:38.09	00:52:24.15	00:26:17.35
2600	142	7410	JOAQUIM FILIFE CARACOL PINTO	Individual	Veterano IV	00:56:45.05	00:30:47.41	00:54:23.05	00:28:25.41

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
2601	195	9310	GONÇALO OLIVEIRA	GDCT Unicre	Veterano III	00:56:45.51	00:28:59.43	00:55:21.66	00:27:35.58
2602	120	13787	MARIA LOUREIRO ROBALO	GRUPO ADIDAS	Senior Fem	00:56:46.25	00:28:52.37	00:54:31.25	00:26:37.37
2603	111	10306	CARLOS TEIXEIRA GONCALVES	Individual	Veterano V	00:56:46.53	00:32:04.03	00:50:56.01	00:26:13.51
2604	1244	7529	NUNO PEREIRA	Individual	Senior	00:56:46.77	00:30:52.34	00:52:25.34	00:26:30.91
2605	1245	11109	LUÍS BASTOS	Individual	Senior	00:56:46.83	00:32:30.19	00:50:59.30	00:26:42.66
2606	1246	11110	LUÍS PEREIRA	Individual	Senior	00:56:46.94	00:32:30.99	00:50:58.66	00:26:42.71
2607	1247	7311	RICARDO BATISTA	BOTA LAMBRA	Senior	00:56:47.16	00:30:27.20	00:54:37.71	00:28:17.75
2608	276	9541	NUNO MARQUES	RunLovers	Veterano II	00:56:47.24	00:29:17.96	00:55:48.49	00:28:19.21
2609	1248	7882	NUNO FILIPE	Individual	Senior	00:56:47.25	00:32:04.65	00:50:56.75	00:26:14.15
2610	277	9024	PEDRO JORDAO	Individual	Veterano II	00:56:47.68	00:31:57.56	00:52:18.13	00:27:28.01
2611	112	9250	DIAMANTINO ALBUQUERQUE	CDM	Veterano V	00:56:48.22	00:29:01.35	00:55:42.08	00:27:55.21
2612	19	15073	ISABEL MOREIRA	EDP	Veterana Fem II	00:56:48.57	00:27:29.85	00:56:22.66	00:27:03.94
2613	113	8982	ADÉRITO CARRELHAS	Individual	Veterano V	00:56:48.72	00:27:43.59	00:56:14.94	00:27:09.81
2614	1249	12816	DORON KLEMER	Individual	Senior	00:56:49.17	00:32:07.01	00:51:30.52	00:26:48.36
2615	121	7814	LILIANA SANTOS	ESTRELAS DE LUZ	Senior Fem	00:56:49.30	00:28:03.50	00:56:40.80	00:27:55.00
2616	412	9467	BRUNO ABRANTES	OSCARES PISTOLAS	Veterano I	00:56:49.34	00:31:51.07	00:53:55.62	00:28:57.35
2617	1250	7730	ILIDIO LUZ	Tartarugas Solidárias	Senior	00:56:49.72	00:30:14.61	00:54:33.98	00:27:58.87
2618	122	9334	GEISA CORREIA	ElaeaMarmita	Senior Fem	00:56:49.97	00:29:16.54	00:54:47.20	00:27:13.77
2619	24	7507	MARIANA CARRASCO	Individual	Outra Cat	00:56:51.02	00:28:29.03	00:56:14.87	00:27:52.88
2620	123	12375	PAULA ALEXANDRA S. V. AGUIAR	COLABORADOR SLB	Senior Fem	00:56:51.61	00:30:30.25	00:53:54.04	00:27:32.68
2621	278	7462	CARLOS NEVES	Individual	Veterano II	00:56:51.63	00:29:18.15	00:55:18.88	00:27:45.40
2622	124	7463	BARBARA NEVES	Individual	Senior Fem	00:56:51.68	00:29:18.17	00:55:18.64	00:27:45.13
2623	125	10218	ANA EUSTAQUIO	Individual	Senior Fem	00:56:52.07	00:29:06.62	00:54:32.39	00:26:46.94
2624	196	7879	ANTÓNIO MANUEL DA GRAÇA CORREIA	Individual	Veterano III	00:56:52.38	00:30:15.67	00:54:50.44	00:28:13.73
2625	279	15166	PAULO ROSA	EDP	Veterano II	00:56:52.49	00:28:23.33	00:55:49.89	00:27:20.73
2626	1251	8953	CLÁUDIO JOSÉ PEREIRA MARTINS	Individual	Senior	00:56:53.05	00:29:07.93	00:54:45.13	00:27:00.01
2627	114	7374	ADRIANO CUNHA	Individual	Veterano V	00:56:53.16	00:29:31.82	00:53:56.09	00:26:34.75
2628	28	8842	IOLANDA MARISA ALEXANDRE BATISTA	Individual	Veterana Fem I	00:56:53.24	00:30:07.19	00:53:51.35	00:27:05.30
2629	143	12838	LUIS DE MATOS	Individual	Veterano IV	00:56:53.34	00:28:12.45	00:55:39.10	00:26:58.21
2630	413	8843	RUI PEDRO VALENTE MAURÍCIO DIAS	Individual	Veterano I	00:56:53.55	00:30:07.14	00:53:51.67	00:27:05.26
2631	414	7011	RUI MANUEL DA CONCEIÇÃO PAREDES ROCHA	Individual	Veterano I	00:56:55.21	00:29:29.44	00:54:27.16	00:27:01.39
2632	197	13141	SANDRO ARRUDA	GRUPO PROSEGUR	Veterano III	00:56:55.84	00:28:32.00	00:56:09.37	00:27:45.53
2633	415	13735	PEDRO MANUEL PEREIRA	GRUPO ADIDAS	Veterano I	00:56:56.89	00:37:04.15	00:53:24.99	00:33:32.25
2634	416	11084	JESUS MANUEL DUARTE JORGE	Individual	Veterano I	00:56:56.91	00:31:33.74	00:53:30.94	00:28:07.77
2635	1252	7819	ANÍBAL FERNANDES	Varela Fernandes	Senior	00:56:57.24	00:30:32.34	00:52:15.06	00:25:50.16
2636	1253	10083	BRUNO CARVALHO DA SILVA	Individual	Senior	00:56:57.68	00:29:23.22	00:55:08.02	00:27:33.56
2637	126	7387	ANA MARQUES	Individual	Senior Fem	00:56:57.69	00:28:08.90	00:56:09.13	00:27:20.34
2638	1254	12676	GONÇALO SOUSA	ITAU, SA	Senior	00:56:57.93	00:28:36.04	00:55:57.98	00:27:36.09
2639	198	12454	CARLOS A. P. SILVA	Individual	Veterano III	00:56:58.60	00:30:29.57	00:54:41.20	00:28:12.17
2640	1255	12123	NUNO CRUZ	Individual	Senior	00:56:59.08	00:28:00.37	00:56:12.66	00:27:13.95
2641	1256	13150	JOÃO GUERREIRO	GRUPO PROSEGUR	Senior	00:56:59.93	00:29:05.53	00:54:44.54	00:26:50.14
2642	199	11856	PEDRO MIGUEL BASTOS	GDC Fidelidade	Veterano III	00:57:00.75	00:29:17.73	00:54:04.45	00:26:21.43
2643	25	12743	DUARTE DELGADO	AS. ESTUDANTES - PASSATEMPO	Junior	00:57:01.12	00:30:06.10	00:51:57.80	00:25:02.78
2644	29	9762	FERNANDA REBELO	CATA-Clube Atletismo Amora	Veterana Fem I	00:57:01.44	00:28:51.55	00:55:34.65	00:27:24.76
2645	417	8794	JOSÉ ARTUR	BOMBEIROS V. MONTEMOR-O-NOVO	Veterano I	00:57:01.46	00:26:54.19	00:56:41.10	00:26:33.83
2646	1257	10084	PAULINO SILVA	Individual	Senior	00:57:01.83	00:29:22.91	00:55:11.82	00:27:32.90
2647	1258	11674	RICARDO FERREIRA	Individual	Senior	00:57:01.97	00:27:44.21	00:55:52.07	00:26:34.31
2648	15	9835	MARGARIDA MATEUS	ASAS NOS PÉS I	Veterana Fem III	00:57:02.10	00:29:01.51	00:55:08.41	00:27:07.82
2649	1259	12583	RUBEN MACEDO	Amigos de Torres	Senior	00:57:02.76	00:32:05.66	00:56:00.41	00:31:03.31
2650	127	8841	TERESA SEPÚLVEDA	Individual	Senior Fem	00:57:03.39	00:28:38.32	00:55:08.52	00:26:43.45

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
2651	1260	13007	LUIS MIGUEL ALVES SILVA	HOSPITAL DA LUZ	Senior	00:57:03.97	00:29:10.93	00:54:01.71	00:26:08.67
2652	1261	7351	RICARDO CAVALEIRO	Individual	Senior	00:57:04.31	00:30:47.48	00:52:58.38	00:26:41.55
2653	1262	7226	RICARDO PORTUGAL	Individual	Senior	00:57:04.69	00:26:45.04	00:56:29.02	00:26:09.37
2654	1263	7149	RICARDO MARTINS	Individual	Senior	00:57:05.54	00:30:59.23	00:54:21.17	00:28:14.86
2655	1264	8848	NUNO BORGES PEREIRA	Individual	Senior	00:57:06.41	00:29:51.52	00:53:47.05	00:26:32.16
2656	1265	11998	RICARDO ABRANTES	Individual	Senior	00:57:06.71	00:31:20.60	00:52:15.78	00:26:29.67
2657	128	9731	MARIA ELISA SANTOS	GURUS	Senior Fem	00:57:07.18	00:31:50.30	00:52:22.32	00:27:05.44
2658	1266	13000	FÁBIO MARQUES	HOSPITAL DA LUZ	Senior	00:57:07.37	00:31:11.55	00:53:36.52	00:27:40.70
2659	1267	11670	ALEX MOREIRA SIMÕES	COLABORADOR SLB	Senior	00:57:07.50	00:32:18.22	00:53:14.28	00:28:25.00
2660	129	11187	ANA COUTINHO	Pai&Filha, --	Senior Fem	00:57:08.01	00:29:11.99	00:55:25.93	00:27:29.91
2661	418	11135	NUNO MOREIRA	MOREIRA, --	Veterano I	00:57:08.60	00:31:40.27	00:52:49.29	00:27:20.96
2662	144	10163	JOAQUIM COSTA	Individual	Veterano IV	00:57:08.63	00:29:44.94	00:55:13.51	00:27:49.82
2663	115	7158	FRANCISCO VITORINO	Individual	Veterano V	00:57:09.19	00:28:59.41	00:55:33.74	00:27:23.96
2664	1268	10286	JOAQUIM CARDADOR	javalis do asfalto	Senior	00:57:09.53	00:28:10.95	00:55:56.45	00:26:57.87
2665	1269	12526	NUNO OLIVEIRA	Individual	Senior	00:57:09.71	00:28:11.01	00:55:56.84	00:26:58.14
2666	1270	7845	JOAQUIM RAFAEL CARREIRA GOMES	Individual	Senior	00:57:10.38	00:29:31.56	00:54:43.90	00:27:05.08
2667	1271	12813	RUI RODRIGUES	Individual	Senior	00:57:10.53	00:27:54.54	00:56:11.65	00:26:55.66
2668	1272	11013	JOÃO PEDRO MATEUS VIEIRA FILIPE	Individual	Senior	00:57:10.75	00:27:40.67	00:55:56.49	00:26:26.41
2669	116	7324	MANUEL SEQUEIRA	G.D.C.T. REPSOL POLÍMEROS	Veterano V	00:57:11.31	00:29:47.82	00:55:22.53	00:27:59.04
2670	1273	11362	VICTOR MENDES	Individual	Senior	00:57:11.53	00:28:58.49	00:55:45.66	00:27:32.62
2671	419	8156	PAULO DOMINGUES	Individual	Veterano I	00:57:12.44	00:30:08.76	00:54:59.26	00:27:55.58
2672	420	10933	NUNO FILIPE CALDES PIMPÃO	Individual	Veterano I	00:57:12.81	00:28:23.95	00:56:41.31	00:27:52.45
2673	1274	13210	HUGO MONTEIRO	PUPILOS DO EXÉRCITO	Senior	00:57:12.95	00:31:06.01	00:52:04.92	00:25:57.98
2674	1275	10844	RICARDO ANTÓNIO CARRILHO ARSÉNIO	Individual	Senior	00:57:13.38	00:31:55.22	00:54:57.06	00:29:38.90
2675	1276	10080	JOSÉ CONCHINHA	Individual	Senior	00:57:14.01	00:29:39.96	00:55:31.29	00:27:57.24
2676	1277	15065	JORGE MIGUEL S. SILVA	EDP	Senior	00:57:14.33	00:30:38.56	00:53:09.60	00:26:33.83
2677	1278	8556	NUNO OLIVEIRA	Individual	Senior	00:57:14.43	00:33:04.89	00:53:25.25	00:29:15.71
2678	1279	11820	JOÃO TOMÁS TEIXEIRA	Individual	Senior	00:57:14.51	00:30:51.99	00:52:35.12	00:26:12.60
2679	200	11413	JORGE ESTEVES	Individual	Veterano III	00:57:14.52	00:29:46.70	00:55:17.22	00:27:49.40
2680	20	11032	LUISA FERNANDA MARTINS	SÃO FRANCISCO A. DESPORTIVA	Veterana Fem II	00:57:14.52	00:28:35.77	00:56:55.32	00:28:16.57
2681	130	11419	ANA FILIPA BARREIRA FERREIRA	Individual	Senior Fem	00:57:14.68	00:28:19.14	00:56:21.27	00:27:25.73
2682	131	10891	INÉS OTERO	Individual	Senior Fem	00:57:14.97	00:30:26.57	00:54:26.43	00:27:38.03
2683	117	7060	MARCOS LEONARDO	Individual	Veterano V	00:57:15.23	00:28:55.52	00:56:02.44	00:27:42.73
2684	118	10190	JOÃO TORRADO	Sapatistas	Veterano V	00:57:15.44	00:31:36.41	00:55:25.98	00:29:46.95
2685	1280	8262	RICARDO COSTA	Individual	Senior	00:57:15.75	00:27:34.41	00:56:04.56	00:26:23.22
2686	421	10120	BRUNO MIGUEL MARTINS	Individual	Veterano I	00:57:15.82	00:27:23.38	00:56:04.23	00:26:11.79
2687	422	9086	SÉRGIO BALSEIRO	Individual	Veterano I	00:57:16.28	00:27:58.16	00:56:36.40	00:27:18.28
2688	1281	10964	FILIPE CUNHA	Coxos	Senior	00:57:16.39	00:29:06.90	00:55:24.17	00:27:14.68
2689	423	7200	RUI PEDRO DUARTE BRAGA	Individual	Veterano I	00:57:16.45	00:32:39.48	00:52:07.21	00:27:30.24
2690	1282	8717	PEDRO CANTEIRO	3 quenianos e 1 jamaicano	Senior	00:57:16.88	00:30:18.41	00:54:15.55	00:27:17.08
2691	1283	12493	MARIO JOÃO TEIXEIRA DA COSTA	PSP - DIVISÃO DE TRÂNSITO	Senior	00:57:17.22	00:31:34.61	00:52:17.03	00:26:34.42
2692	145	7584	JOSÉ MANUEL SANTOS	CLAC - Entroncamento	Veterano IV	00:57:17.28	00:30:28.91	00:54:30.82	00:27:42.45
2693	280	8647	LUIS MARIA	Individual	Veterano II	00:57:17.61	00:32:11.71	00:54:02.36	00:28:56.46
2694	1284	12659	TIAGO MIGUEL	Individual	Senior	00:57:17.66	00:29:53.15	00:54:36.14	00:27:11.63
2695	21	7585	ANA ABEGÃO	CLAC - Entroncamento	Veterana Fem II	00:57:17.78	00:30:28.73	00:54:31.72	00:27:42.67
2696	1285	12936	FREDERICO PESTANA	HOSPITAL DA LUZ	Senior	00:57:18.28	00:28:43.48	00:56:45.56	00:28:10.76
2697	1286	9471	RUI ANTUNES	Individual	Senior	00:57:18.62	00:30:06.33	00:53:54.28	00:26:41.99
2698	1287	10912	RUI FIGUEIRA	Individual	Senior	00:57:18.91	00:29:57.66	00:53:35.15	00:26:13.90
2699	201	7558	DAMIÃO REGA	Individual	Veterano III	00:57:18.94	00:30:16.35	00:54:26.14	00:27:23.55
2700	424	8470	JOAO PAULO DOMINGUES	Individual	Veterano I	00:57:19.33	00:29:13.92	00:55:05.58	00:27:00.17

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
2701	1288	7396	DAVID FERNANDES	Fernandes	Senior	00:57:19.48	00:27:42.16	00:56:28.27	00:26:50.95
2702	202	12042	NUNO SILVA	Individual	Veterano III	00:57:19.73	00:30:39.27	00:55:00.96	00:28:20.50
2703	1289	12341	PEDRO MIGUEL CACHAPA DIAS GOMES	Individual	Senior	00:57:19.73	00:29:05.40	00:55:34.75	00:27:20.42
2704	281	12836	JOAO CORREIA	Individual	Veterano II	00:57:20.29	00:34:52.90	00:53:15.66	00:30:48.27
2705	146	8873	CARLOS PEREIRA	Individual	Veterano IV	00:57:20.32	00:27:51.31	00:56:45.92	00:27:16.91
2706	1290	13130	VASCO MIGUEL LEMOS DE JESUS	GRUPO PROSEGUR	Senior	00:57:21.14	00:32:20.41	00:54:28.27	00:29:27.54
2707	30	7733	PAULA VIEIRA	Individual	Veterana Fem I	00:57:21.31	00:29:40.62	00:54:58.87	00:27:18.18
2708	203	11822	DOMINGOS FERREIRA	Individual	Veterano III	00:57:22.37	00:32:28.75	00:53:27.88	00:28:34.26
2709	1291	8928	TIAGO PIRES	Individual	Senior	00:57:22.53	00:29:26.31	00:54:29.30	00:26:33.08
2710	1292	12795	RUI OLIVEIRA	SPIRITUC INVESTIGAÇÃO APLICADA	Senior	00:57:22.59	00:32:42.70	00:53:33.88	00:28:53.99
2711	147	12470	ACÁCIO DOMINGUES AFONSO	Individual	Veterano IV	00:57:22.87	00:29:35.43	00:57:00.55	00:29:13.11
2712	1293	9713	DAVID ALMEIDA	Individual	Senior	00:57:22.94	00:29:55.21	00:55:56.80	00:28:29.07
2713	132	11561	MARISA MENDES	Individual	Senior Fem	00:57:22.97	00:29:55.40	00:55:56.03	00:28:28.46
2714	1294	12629	ABDUL FERREIRA	Individual	Senior	00:57:23.51	00:29:21.63	00:54:17.39	00:26:15.51
2715	22	8674	CARLA MARIA SIMÕES	Correr Lisboa	Veterana Fem II	00:57:23.80	00:28:21.62	00:56:46.03	00:27:43.85
2716	1295	9111	ANTÓNIO VIEIRA	FR Runners	Senior	00:57:23.89	00:31:38.26	00:54:03.23	00:28:17.60
2717	31	12878	FILOMENA MARIA ANDRADE SANTOS	HOSPITAL DA LUZ	Veterana Fem I	00:57:23.92	00:31:18.19	00:54:44.88	00:28:39.15
2718	148	8846	RUI GUERREIRO SANTOS VICENTE	Individual	Veterano IV	00:57:23.94	00:29:33.32	00:54:18.56	00:26:27.94
2719	1296	11686	ANTÓNIO JOÃO DIAS DOMINGOS ELIAS	COLABORADOR SLB	Senior	00:57:24.63	00:32:49.15	00:51:44.58	00:27:09.10
2720	425	15057	RUI MANUEL MARTINS	EDP	Veterano I	00:57:24.65	00:29:31.22	00:56:10.09	00:28:16.66
2721	1297	9761	RUDOLFO NOBRE	Individual	Senior	00:57:24.79	00:27:36.51	00:56:33.62	00:26:45.34
2722	1298	7840	PEDRO BORGES	Individual	Senior	00:57:25.01	00:34:39.56	00:53:21.31	00:30:35.86
2723	133	8246	ELSA ELSA	nacional fitness, --	Senior Fem	00:57:25.10	00:31:47.56	00:52:59.65	00:27:22.11
2724	149	9991	ANTÓNIO FONSECA SOUSA	Individual	Veterano IV	00:57:25.44	00:33:54.74	00:56:31.53	00:33:00.83
2725	1299	8092	BRUNO VARANDAS	Individual	Senior	00:57:25.58	00:31:40.41	00:53:08.95	00:27:23.78
2726	1300	11524	FERNANDO RIBEIRO	Individual	Senior	00:57:25.89	00:31:02.04	00:52:33.61	00:26:09.76
2727	1301	7847	RICARDO CAMPOS	Individual	Senior	00:57:26.73	00:31:04.10	00:53:41.16	00:27:18.53
2728	150	8210	MANUEL FERNANDO BATISTA SILVA	Individual	Veterano IV	00:57:28.43	00:27:21.93	00:57:25.82	00:27:19.32
2729	426	15077	PAULO GORDINHO	CÂMARA LISBOA CLUBE	Veterano I	00:57:28.54	00:30:50.49	00:53:07.30	00:26:29.25
2730	427	15081	JOÃO PEREIRA	CÂMARA LISBOA CLUBE	Veterano I	00:57:28.60	00:30:20.36	00:53:07.48	00:25:59.24
2731	1302	10060	EUCLIDES CRUZ	daCruz	Senior	00:57:28.88	00:27:09.60	00:57:23.74	00:27:04.46
2732	1303	10890	RICARDO MANO	Individual	Senior	00:57:28.91	00:29:03.97	00:55:27.89	00:27:02.95
2733	282	9537	VITOR ANTUNES	Individual	Veterano II	00:57:29.17	00:29:35.30	00:57:06.32	00:29:12.45
2734	1304	10422	DIOGO ALCOBIA ALFARO	Individual	Senior	00:57:30.73	00:27:57.34	00:56:13.78	00:26:40.39
2735	428	8368	PAULO FILIPE	RTI	Veterano I	00:57:31.22	00:32:18.44	00:53:13.62	00:28:00.84
2736	429	10851	RUI SIMÕES ALMEIDA	Individual	Veterano I	00:57:31.34	00:28:04.33	00:57:07.30	00:27:40.29
2737	23	13059	MARIA LEONOR F. TODO BOM	HOSPITAL DA LUZ	Veterana Fem II	00:57:31.99	00:29:52.94	00:55:17.62	00:27:38.57
2738	283	15138	FRANCISCO JOSÉ S. REBELO	EDP	Veterano II	00:57:32.36	00:29:07.57	00:55:56.80	00:27:32.01
2739	1305	9877	PAULO JORGE LEITÃO	Individual	Senior	00:57:33.07	00:30:10.16	00:53:52.89	00:26:29.98
2740	134	11549	FILIPA ABREU	Individual	Senior Fem	00:57:33.73	00:28:17.15	00:56:49.60	00:27:33.02
2741	1306	11185	TIAGO FERREIRA	Individual, --	Senior	00:57:33.92	00:32:03.21	00:52:25.38	00:26:54.67
2742	430	15016	SERGIO SILVEIRA	MARS PORTUGAL	Veterano I	00:57:34.32	00:29:31.21	00:56:34.05	00:28:30.94
2743	135	10578	RITA VIEIRA	Vieira Machado	Senior Fem	00:57:34.50	00:31:20.32	00:53:41.61	00:27:27.43
2744	1307	10409	PEDRO CORREIA	Individual	Senior	00:57:34.57	00:31:58.05	00:53:00.86	00:27:24.34
2745	1308	10100	ANDRÉ RAPOSO	Individual	Senior	00:57:35.04	00:28:42.91	00:55:55.64	00:27:03.51
2746	1309	12841	MARCO MENDES	Correr Lisboa	Senior	00:57:35.15	00:27:28.20	00:56:34.28	00:26:27.33
2747	151	9081	VITOR CARVALHO	MARRIOTT LISBOA	Veterano IV	00:57:35.68	00:28:33.31	00:56:09.85	00:27:07.48
2748	431	8954	NUNO MOURA	Individual	Veterano I	00:57:35.92	00:30:57.35	00:54:34.42	00:27:55.85
2749	1310	8440	BRUNO BARÃO	Arbitros de Vendas Novas	Senior	00:57:36.38	00:29:33.03	00:55:29.90	00:27:26.55
2750	136	10793	FILIPA AFONSO	Individual	Senior Fem	00:57:36.88	00:28:34.28	00:56:35.12	00:27:32.52

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
2751	1311	12837	LUÍS NARCISO	Individual	Senior	00:57:36.94	00:29:06.84	00:56:11.58	00:27:41.48
2752	1312	10280	RUI ALMEIDA	Individual	Senior	00:57:37.07	00:31:34.39	00:51:37.04	00:25:34.36
2753	137	12166	MARTA MARCOS	GRUN	Senior Fem	00:57:37.40	00:28:53.09	00:55:40.78	00:26:56.47
2754	1313	8876	JOÃO CORREIA BOTELHO	Individual	Senior	00:57:37.41	00:31:52.92	00:53:13.66	00:27:29.17
2755	1314	8549	JORGE ALVES	AeroRunners	Senior	00:57:37.65	00:30:55.14	00:52:57.25	00:26:14.74
2756	119	8459	ANTÓNIO PAIS	Individual	Veterano V	00:57:37.76	00:30:58.42	00:54:38.26	00:27:58.92
2757	204	10757	JOSE GASPAS	SS CGD	Veterano III	00:57:38.46	00:29:47.33	00:56:12.50	00:28:21.37
2758	1315	8771	FERNANDO MESQUITA	Individual	Senior	00:57:38.54	00:30:29.47	00:55:09.60	00:28:00.53
2759	1316	11768	NUNO PINTO	Individual	Senior	00:57:39.31	00:31:14.39	00:54:23.00	00:27:58.08
2760	432	12103	PAULO MENDES	Autozitânia - CNAmamdora	Veterano I	00:57:39.45	00:30:26.25	00:55:18.19	00:28:04.99
2761	25	8780	PEDRO COSTA	Pastelaria Charly's	Outra Cat	00:57:39.53	00:29:19.53	00:57:06.07	00:28:46.07
2762	1317	11311	ANDRÉ EMANUEL BUINHO COSTA	Individual, --	Senior	00:57:39.91	00:30:55.91	00:55:06.09	00:28:22.09
2763	433	10224	PAULO RATILAL	Turbo-Lentos	Veterano I	00:57:40.06	00:34:01.48	00:53:17.93	00:29:39.35
2764	434	15210	NUNO BORGES	JAZZY LIFE CLUB	Veterano I	00:57:40.09	00:32:02.15	00:52:31.00	00:26:53.06
2765	1318	8250	NUNO BRUNHETA	nacional fitness	Senior	00:57:40.39	00:31:09.63	00:53:18.55	00:26:47.79
2766	205	7748	JOAO GASPAS	Individual	Veterano III	00:57:40.43	00:29:24.39	00:57:40.43	00:29:24.39
2767	435	13255	LUÍS CORREIA	Os Tugaficas	Veterano I	00:57:40.59	00:30:22.63	00:54:42.77	00:27:24.81
2768	1319	8183	RUI MANUEL MORGADO CARVALHEIRA	Ginasio 5	Senior	00:57:40.97	00:31:56.84	00:52:55.26	00:27:11.13
2769	436	10343	BELMIRO MANUEL DE JESUS	Individual	Veterano I	00:57:41.19	00:31:51.70	00:53:53.40	00:28:03.91
2770	120	12254	JOSÉ MARQUES	REPSOL PORTUGUESA	Veterano V	00:57:41.29	00:30:30.25	00:55:23.38	00:28:12.34
2771	437	8042	JOAQUIM MANUEL CARDOSO	Individual	Veterano I	00:57:41.36	00:30:16.39	00:55:45.11	00:28:20.14
2772	121	10179	JOSE NEVES	Os Indomáveis	Veterano V	00:57:41.78	00:29:58.28	00:55:43.71	00:28:00.21
2773	138	12490	SUSANA FIALHO	Individual	Senior Fem	00:57:42.19	00:30:13.45	00:55:37.06	00:28:08.32
2774	1320	10254	JOSÉ QUINTINO	Individual	Senior	00:57:42.52	00:31:03.27	00:53:53.29	00:27:14.04
2775	1321	11828	DÁRIO SANTOS	Individual	Senior	00:57:42.72	00:31:15.96	00:54:16.97	00:27:50.21
2776	122	10871	MÁRIO BAIARRADA	Individual	Veterano V	00:57:43.43	00:29:55.62	00:54:54.38	00:27:06.57
2777	139	12429	MARIA MARGARIDA DOMINGUES	Individual	Senior Fem	00:57:44.12	00:30:05.23	00:55:18.57	00:27:39.68
2778	1322	12925	ANDRÉ JACINTO	HOSPITAL DA LUZ	Senior	00:57:44.71	00:28:38.69	00:55:24.47	00:26:18.45
2779	1323	10068	ÁLVARO MENDONÇA	Gafete Runners	Senior	00:57:44.80	00:31:52.38	00:53:15.89	00:27:23.47
2780	123	10391	ANTÓNIO BRANCO	AFIS/Ovar	Veterano V	00:57:45.03	00:25:10.59	00:57:38.26	00:25:03.82
2781	16	10312	ADELAIDE MANHICA	Individual	Veterana Fem III	00:57:45.90	00:29:56.44	00:55:57.92	00:28:08.46
2782	32	10604	SANDRA ISABEL SILVA	Individual	Veterana Fem I	00:57:46.50	00:29:56.51	00:55:59.56	00:28:09.57
2783	1324	11204	NELSON JOSÉ CAEIRO MADEIRA	Individual, --	Senior	00:57:46.81	00:31:00.72	00:52:55.94	00:26:09.85
2784	1325	9166	RICARDO HEREDIA	Individual	Senior	00:57:47.32	00:28:53.45	00:56:58.00	00:28:04.13
2785	1326	10491	PEDRO ESPERANÇA	Individual	Senior	00:57:47.39	00:27:14.84	00:57:10.28	00:26:37.73
2786	438	11918	PAULO BAILÃO	CGD	Veterano I	00:57:47.60	00:30:05.47	00:55:46.67	00:28:04.54
2787	206	8377	JOSÉ MÁRIO TELES	Individual	Veterano III	00:57:47.88	00:29:35.58	00:56:04.50	00:27:52.20
2788	1327	13743	CARLOS MANUEL TAVARES ALVES	Individual	Senior	00:57:48.36	00:33:28.38	00:51:44.12	00:27:24.14
2789	1328	13055	LUIS VIEIRA	Individual	Senior	00:57:48.43	00:28:32.64	00:57:18.86	00:28:03.07
2790	284	7145	ARMINDO LEITÃO NICOLAU	Individual	Veterano II	00:57:49.59	00:30:51.34	00:54:24.84	00:27:26.59
2791	207	10753	FERNANDO ALVES	SS CGD	Veterano III	00:57:49.59	00:30:05.99	00:55:48.22	00:28:04.62
2792	439	8416	PEDRO BOTELHO	CLUBE COLABORADORES AXA	Veterano I	00:57:49.78	00:30:10.89	00:55:25.20	00:27:46.31
2793	140	15123	CLAUDIA EMIDIO	ASSOCIAÇÃO O COMPANHEIRO	Senior Fem	00:57:49.99	00:29:57.22	00:55:29.80	00:27:37.03
2794	285	12574	AVELINO SOARES	COFINA RUNNERS	Veterano II	00:57:50.05	00:30:57.88	00:53:40.73	00:26:48.56
2795	1329	9466	CARLOS MACEDO	OSCARES PISTOLAS	Senior	00:57:50.71	00:31:50.75	00:54:55.37	00:28:55.41
2796	1330	12633	NUNO PIREZA	Individual	Senior	00:57:51.57	00:34:50.94	00:52:29.73	00:29:29.10
2797	440	7925	PAULO SOUSA	GDCTIN Casa da Moeda	Veterano I	00:57:51.75	00:29:45.90	00:55:16.24	00:27:10.39
2798	441	7855	ALEXANDRE LOURINHO	Individual	Veterano I	00:57:52.37	00:27:33.33	00:57:33.51	00:27:14.47
2799	1331	9126	MIGUEL FERREIRA	Papa Asfalto	Senior	00:57:52.92	00:31:57.74	00:53:14.50	00:27:19.32
2800	1332	11402	PEDRO BARROSO	COLABORADOR SLB	Senior	00:57:53.09	00:29:46.03	00:54:58.11	00:26:51.05

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
2801	1333	12529	CHRIS IND	MGM MUTHU HOTELS	Senior	00:57:53.25	00:31:16.09	00:54:09.33	00:27:32.17
2802	1334	9189	NUNO EMANUEL CONDEÇA RODRIGUES	Individual	Senior	00:57:53.27	00:29:51.15	00:55:41.63	00:27:39.51
2803	1335	8371	RICARDO DIMAS	Individual	Senior	00:57:53.32	00:28:02.79	00:57:25.16	00:27:34.63
2804	1336	9934	JOÃO OLIVEIRA DO ROSÁRIO	Individual	Senior	00:57:53.55	00:32:39.80	00:52:46.42	00:27:32.67
2805	124	9867	LUIS ANTONIO CAMPOS	Individual	Veterano V	00:57:53.82	00:30:39.59	00:55:18.88	00:28:04.65
2806	208	7836	MIGUEL CALDAS	Individual	Veterano III	00:57:53.86	00:28:53.01	00:56:48.59	00:27:47.74
2807	141	7469	CARLA VIANA	Individual	Senior Fem	00:57:54.25	00:29:07.83	00:55:44.29	00:26:57.87
2808	142	8263	ANA PASCOAL	Red Power Runners	Senior Fem	00:57:54.37	00:31:34.93	00:53:00.93	00:26:41.49
2809	286	8410	DIOGO MACHADO LEITE	CLUBE COLABORADORES AXA	Veterano II	00:57:54.89	00:28:39.35	00:54:49.86	00:25:34.32
2810	442	10148	DANIEL GUERREIRO	Individual	Veterano I	00:57:54.93	00:32:07.08	00:53:07.16	00:27:19.31
2811	1337	11082	FERNANDO LEMOS	MARRIOTT LISBOA	Senior	00:57:55.45	00:28:32.62	00:56:28.96	00:27:06.13
2812	1338	9083	PEDRO CASANOVA	Individual	Senior	00:57:55.71	00:28:23.47	00:57:55.71	00:28:23.47
2813	1339	8809	HERNÂNI FILIPE RODRIGUES GOMES	Individual	Senior	00:57:56.86	00:28:49.97	00:56:09.28	00:27:02.39
2814	1340	15399	GONÇALO LOPES BELCHIOR	EDP	Senior	00:57:56.90	00:30:08.33	00:56:51.92	00:29:03.35
2815	143	11408	MARIA TERESA FONSECA	BONS DIAS	Senior Fem	00:57:56.97	00:29:30.97	00:56:11.31	00:27:45.31
2816	1341	7801	FRANCISCO MOTA	Individual	Senior	00:57:57.07	00:28:17.47	00:56:15.29	00:26:35.69
2817	1342	10967	ANDRÉ VELEZ	Coxos	Senior	00:57:57.45	00:30:20.73	00:56:05.45	00:28:28.73
2818	1343	10591	TIAGO DA ARAÚJO TEIXEIRA	Individual	Senior	00:57:58.45	00:29:16.22	00:56:08.53	00:27:26.30
2819	443	7862	JOSE JOSE	Individual, --	Veterano I	00:57:58.82	00:28:44.02	00:55:43.28	00:26:28.48
2820	1344	10325	RUI JORGE RODRIGUES DA SILVA	Individual	Senior	00:57:58.94	00:29:56.23	00:55:02.94	00:27:00.23
2821	26	8477	TIAGO ALEXANDRE NUNES LOPES	Individual	Outra Cat	00:57:59.35	00:29:44.25	00:55:10.63	00:26:55.53
2822	209	15125	LUIS SOUSA	50 anos ... 69 amigos	Veterano III	00:57:59.38	00:31:07.81	00:53:38.50	00:26:46.93
2823	1345	10367	TIAGO ALVES	Individual	Senior	00:57:59.45	00:27:45.44	00:56:00.30	00:25:46.29
2824	1346	11829	IVO SANTOS	Individual	Senior	00:57:59.77	00:31:14.92	00:54:35.33	00:27:50.48
2825	1347	8419	RUI AGUA BOA	CLUBE COLABORADORES AXA	Senior	00:57:59.85	00:30:11.65	00:55:35.93	00:27:47.73
2826	144	13764	RAQUEL CHANG	GRUPO ADIDAS	Senior Fem	00:57:59.92	00:30:04.98	00:56:44.93	00:28:49.99
2827	125	8227	VIRGÍLIO MATA	Individual	Veterano V	00:58:00.02	00:29:34.77	00:57:05.56	00:28:40.31
2828	1348	7889	JORGE MIGUEL SILVEIRA DUARTE	Individual	Senior	00:58:00.08	00:29:46.38	00:55:49.14	00:27:35.44
2829	1349	9354	MIGUEL GUALDINO	Individual	Senior	00:58:01.90	00:30:24.68	00:56:26.16	00:28:48.94
2830	1350	9454	ALFREDO GUALDINO	Individual	Senior	00:58:01.92	00:30:24.67	00:56:28.60	00:28:51.35
2831	1351	10127	JORGE MANUEL PAIVA DOS SANTOS	Individual	Senior	00:58:02.04	00:31:18.75	00:53:47.67	00:27:04.38
2832	152	11051	ARNALDO SEQUEIRA	Individual	Veterano IV	00:58:03.11	00:29:16.30	00:57:52.39	00:29:05.58
2833	1352	9643	JOEL GONÇALO VINAGRE	Individual	Senior	00:58:03.17	00:28:04.18	00:56:21.91	00:26:22.92
2834	24	10712	FERNANDA MARIA COSTA MAURICIO	Individual	Veterana Fem II	00:58:03.36	00:28:07.11	00:58:00.63	00:28:04.38
2835	444	8006	JOSÉ VARELA	BOMBEIROS V. MONTEMOR-O-NOVO	Veterano I	00:58:04.40	00:27:40.90	00:55:31.91	00:25:08.41
2836	1353	12102	NELSON DAMIÃO	Autozitânia - CNAmadora	Senior	00:58:04.42	00:30:26.63	00:55:43.02	00:28:05.23
2837	1354	10999	RICARDO PINTO	Individual	Senior	00:58:05.03	00:27:37.54	00:57:00.59	00:26:33.10
2838	445	12590	MÁRIO FIGUEIREDO	COFINA RUNNERS	Veterano I	00:58:05.08	00:25:32.57	00:57:41.95	00:25:09.44
2839	287	8247	ADELINO GOMES	nacional fitness	Veterano II	00:58:05.27	00:33:12.99	00:53:30.91	00:28:38.63
2840	446	8135	HENRIQUE KOENDERS	Individual	Veterano I	00:58:05.53	00:29:22.81	00:55:15.22	00:26:32.50
2841	145	8010	CATARINA PIRATA	BOMBEIROS V. MONTEMOR-O-NOVO	Senior Fem	00:58:05.76	00:28:55.93	00:56:12.31	00:27:02.48
2842	447	10998	PAULO FAUSTINO	Individual	Veterano I	00:58:05.92	00:27:37.73	00:57:01.48	00:26:33.29
2843	1355	13204	FLÁVIO LEAL	PUPILOS DO EXÉRCITO	Senior	00:58:06.04	00:31:55.81	00:54:33.00	00:28:22.77
2844	1356	7246	LUÍS FILIPE	SOMOS MUITA FORTES	Senior	00:58:06.17	00:30:33.86	00:54:54.99	00:27:22.68
2845	1357	11278	FILIPE NETO	COLABORADOR SLB, --	Senior	00:58:06.20	00:32:36.22	00:55:44.38	00:30:14.40
2846	448	7038	FERNANDO FERNANDES	Correr Lisboa	Veterano I	00:58:06.42	00:31:34.84	00:55:21.02	00:28:49.44
2847	449	15048	NUNO FILIPE RODRIGUES	Convidado colaborador SLB	Veterano I	00:58:06.72	00:32:07.88	00:53:09.20	00:27:10.36
2848	450	8478	ALEXANDRE FERNANDES LOPES	Individual	Veterano I	00:58:06.77	00:29:50.96	00:55:17.12	00:27:01.31
2849	288	12907	TIAGO CARRILHO NOBRE	HOSPITAL DA LUZ	Veterano II	00:58:06.86	00:30:11.75	00:55:20.00	00:27:24.89
2850	17	9652	MARIA CECÍLIA SILVIA SÁ	Os Antigos	Veterana Fem III	00:58:06.86	00:28:59.47	00:58:04.27	00:28:56.88

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
2851	1358	14852	EDUARDO MANUEL L. G. DOS SANTOS	EDP	Senior	00:58:07.21	00:31:07.48	00:54:52.49	00:27:52.76
2852	1359	11322	ANTÓNIO SÉRGIO CAEIRO MADEIRA	Individual	Senior	00:58:07.45	00:31:23.48	00:53:15.31	00:26:31.34
2853	289	12670	PAULO SANTOS	CLUBE VITALIS	Veterano II	00:58:07.46	00:32:21.12	00:53:42.08	00:27:55.74
2854	33	8115	SUSANA ARAÚJO	Libas	Veterana Fem I	00:58:07.86	00:29:27.21	00:55:52.62	00:27:11.97
2855	1360	9743	JOEL COITO	Individual	Senior	00:58:08.00	00:31:26.23	00:54:23.05	00:27:41.28
2856	146	10017	SARA TELES LEÃO	Individual	Senior Fem	00:58:08.22	00:29:27.46	00:56:00.05	00:27:19.29
2857	1361	10783	RICARDO COELHO	Individual	Senior	00:58:08.40	00:27:09.46	00:57:47.07	00:26:48.13
2858	1362	8487	RUI ALMEIDA	Individual	Senior	00:58:08.44	00:27:30.50	00:57:43.50	00:27:05.56
2859	451	7299	MANUEL SANTOS	Individual	Veterano I	00:58:08.68	00:29:56.17	00:56:34.48	00:28:21.97
2860	1363	12882	TIAGO TRINDADE	HOSPITAL DA LUZ	Senior	00:58:08.99	00:29:24.40	00:55:45.82	00:27:01.23
2861	210	10755	JOAO CORREIA	SS CGD	Veterano III	00:58:09.06	00:30:12.66	00:55:47.24	00:27:50.84
2862	1364	8398	LUIS CARREIRA	Individual	Senior	00:58:09.27	00:31:24.67	00:56:05.55	00:29:20.95
2863	452	10183	PAULO SANTOS	Individual	Veterano I	00:58:09.35	00:30:33.98	00:54:51.90	00:27:16.53
2864	290	8205	CARLOS COSTA	Amigos Vale Silencio	Veterano II	00:58:09.61	00:30:49.07	00:56:18.65	00:28:58.11
2865	26	8208	TIAGO COSTA	Amigos Vale Silencio	Junior	00:58:09.75	00:30:50.15	00:56:17.94	00:28:58.34
2866	1365	9173	PEDRO LOPES	Individual	Senior	00:58:09.84	00:29:48.44	00:55:01.30	00:26:39.90
2867	27	11310	VASCO COSTA	Amigos Vale Silencio, --	Outra Cat	00:58:09.89	00:30:49.38	00:56:18.13	00:28:57.62
2868	291	8125	MÁRIO RUI GOMES SILVA	Individual	Veterano II	00:58:09.94	00:29:15.61	00:57:54.93	00:29:00.60
2869	211	8677	CARLOS SECO	Os Moitenses	Veterano III	00:58:10.41	00:31:21.07	00:54:24.72	00:27:35.38
2870	1366	11562	JOSÉ CARLOS SILVA	Individual	Senior	00:58:10.68	00:28:58.22	00:56:14.06	00:27:01.60
2871	147	13446	IRIS FERNANDES MAURÍCIO	C.Benfica Algueirão M. Martins	Senior Fem	00:58:10.76	00:30:27.85	00:56:13.05	00:28:30.14
2872	453	11436	NUNO MANUEL ALVES	Individual	Veterano I	00:58:10.80	00:30:56.65	00:56:40.84	00:29:26.69
2873	1367	12131	ANDRÉ PEREIRA DE JESUS	Individual	Senior	00:58:10.89	00:27:52.24	00:57:48.87	00:27:30.22
2874	148	9386	CARLA PINTO FERNANDES	Correr Lisboa	Senior Fem	00:58:11.05	00:29:15.21	00:56:32.06	00:27:36.22
2875	1368	7018	JOÃO JACINTO	Tartarugas Solidárias	Senior	00:58:11.45	00:31:08.54	00:54:33.57	00:27:30.66
2876	454	9025	JOÃO LOURENÇO	Individual	Veterano I	00:58:11.55	00:28:54.48	00:57:14.63	00:27:57.56
2877	455	11319	RUI ALVES	Tartarugas Solidárias	Veterano I	00:58:11.57	00:31:07.22	00:54:31.23	00:27:26.88
2878	1369	12336	GONÇALO FILIPE RODRIGUES DIOGO TRINDADE	Individual	Senior	00:58:12.23	00:29:24.45	00:55:48.05	00:27:00.27
2879	1370	9772	SÉRGIO TEIXEIRA	turbolentos	Senior	00:58:12.29	00:29:52.68	00:55:36.25	00:27:16.64
2880	1371	12739	PEDRO LOPES	AS. ESTUDANTES - PASSATEMPO	Senior	00:58:12.47	00:31:43.14	00:53:11.87	00:26:42.54
2881	1372	12738	MILTON SÉRGIO LIMA PEREIRA	AS. ESTUDANTES - PASSATEMPO	Senior	00:58:12.50	00:31:45.33	00:53:11.66	00:26:44.49
2882	1373	11306	SIMÃO SANTANA	...Já Volto, --	Senior	00:58:12.85	00:30:03.10	00:56:22.19	00:28:12.44
2883	456	12916	JOÃO PEREIRA	Individual	Veterano I	00:58:13.43	00:30:18.66	00:54:35.17	00:26:40.40
2884	1374	11308	FRANCISCO PAULOS	...Já Volto, --	Senior	00:58:13.48	00:30:03.23	00:56:24.10	00:28:13.85
2885	1375	8433	JOÃO FERREIRA	Individual	Senior	00:58:13.58	00:33:13.29	00:53:38.20	00:28:37.91
2886	1376	7198	RICARDO PREGUICA	Individual	Senior	00:58:14.48	00:30:12.47	00:55:47.93	00:27:45.92
2887	1377	8267	FELIPE GUEDES	Individual	Senior	00:58:14.67	00:32:43.36	00:54:50.20	00:29:18.89
2888	457	13382	CARLOS COSTA	Individual	Veterano I	00:58:14.69	00:29:50.31	00:56:50.55	00:28:26.17
2889	1378	10558	JOÃO DINIZ	CCD Siemens	Senior	00:58:14.74	00:29:25.53	00:55:10.58	00:26:21.37
2890	1379	13731	TIAGO MIGUEL OLIVEIRA BRANDÃO	Individual	Senior	00:58:14.76	00:31:09.44	00:55:16.71	00:28:11.39
2891	149	13383	VERA FERRAZ	Individual	Senior Fem	00:58:14.99	00:29:50.39	00:56:50.97	00:28:26.37
2892	153	8651	JOSÉ FREIRE	Individual	Veterano IV	00:58:15.47	00:30:54.29	00:55:55.77	00:28:34.59
2893	1380	11450	LUIS ALBUQUERQUE	Os Queridos	Senior	00:58:15.94	00:32:26.60	00:53:29.81	00:27:40.47
2894	458	11724	LUIS MIGUEL NEVES	RUN 4-T FUN	Veterano I	00:58:16.07	00:28:28.96	00:57:01.44	00:27:14.33
2895	1381	12764	LEONARDO GONÇALVES PERES	Individual	Senior	00:58:16.07	00:30:09.87	00:55:51.41	00:27:45.21
2896	1382	10708	BRUNO SARGENTO	Individual	Senior	00:58:16.15	00:31:53.74	00:54:48.28	00:28:25.87
2897	1383	12737	IVAN MARCELO ROCHA VENTURA	AS. ESTUDANTES - PASSATEMPO	Senior	00:58:16.81	00:31:41.96	00:53:16.93	00:26:42.08
2898	1384	10904	CLAUDIO BATISTA	Individual	Senior	00:58:17.09	00:31:57.10	00:54:44.05	00:28:24.06
2899	1385	11753	HUGO GASPAR	Individual	Senior	00:58:17.13	00:28:17.80	00:57:34.53	00:27:35.20
2900	126	7576	LUÍS TRIGO	Os Conta-Kilómetros	Veterano V	00:58:17.34	00:30:09.43	00:55:14.01	00:27:06.10

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
2901	1386	13002	HELDER RODRIGUES	HOSPITAL DA LUZ	Senior	00:58:17.68	00:33:28.74	00:53:17.24	00:28:28.30
2902	150	8116	RUTE AGOSTINHO	GRUN	Senior Fem	00:58:17.93	00:30:15.44	00:56:21.70	00:28:19.21
2903	459	7142	ALEXANDRE DOMINGOS	Individual	Veterano I	00:58:18.07	00:31:54.70	00:52:58.12	00:26:34.75
2904	460	10814	JOAO PERNECO	Individual	Veterano I	00:58:18.16	00:28:47.29	00:57:53.04	00:28:22.17
2905	1387	13037	HELDER PONTES	HOSPITAL DA LUZ	Senior	00:58:18.30	00:32:28.04	00:54:23.28	00:28:33.02
2906	461	11974	ANTÓNIO JOSÉ CHAGAS CALDEIRA	A.D.C. Veirense	Veterano I	00:58:18.72	00:31:28.78	00:53:31.94	00:26:42.00
2907	1388	8613	JOÃO LOPES SILVA	Individual	Senior	00:58:18.83	00:27:55.82	00:57:28.37	00:27:05.36
2908	151	12492	SÓNIA MARISA DE SOUSA TAVARES COSTA	PSP - DIVISÃO DE TRÂNSITO	Senior Fem	00:58:19.13	00:31:34.76	00:53:18.49	00:26:34.12
2909	292	8527	JOAO CARLOS BORGES	Individual	Veterano II	00:58:19.62	00:30:04.01	00:55:41.80	00:27:26.19
2910	152	13254	SANDRA SANTOS	Individual	Senior Fem	00:58:19.74	00:32:07.96	00:53:53.76	00:27:41.98
2911	1389	12059	DAVID EMANUEL SOARES MASSENA	Individual	Senior	00:58:20.17	00:28:40.63	00:57:38.85	00:27:59.31
2912	1390	11558	LUIS SANTOS	Individual	Senior	00:58:20.24	00:29:01.93	00:56:51.17	00:27:32.86
2913	1391	15395	XAVIER BALTAZAR PEREIRA	Individual	Senior	00:58:20.34	00:31:25.36	00:54:10.07	00:27:15.09
2914	1392	8917	JOAO MARTINS	Individual	Senior	00:58:21.23	00:27:08.71	00:58:11.02	00:26:58.50
2915	1393	7432	RUI BRAZ	Individual	Senior	00:58:21.97	00:29:28.45	00:56:38.43	00:27:44.91
2916	1394	11624	ANDRÉ RENATO RODRIGUES VIEGAS	Alhos Vedros Power	Senior	00:58:22.03	00:29:30.71	00:58:08.79	00:29:17.47
2917	1395	10518	TIAGO OLIVEIRA	Individual	Senior	00:58:22.07	00:29:09.83	00:56:51.07	00:27:38.83
2918	1396	12623	CARLOS MORENO	Individual	Senior	00:58:22.22	00:29:11.24	00:56:51.25	00:27:40.27
2919	212	10296	JOSÉ DINIS MATIAS	Individual	Veterano III	00:58:22.51	00:28:45.43	00:57:05.77	00:27:28.69
2920	462	11625	AURÉLIO RENATO RODRIGUES VIEGAS	Alhos Vedros Power	Veterano I	00:58:22.61	00:29:27.40	00:58:08.99	00:29:13.78
2921	213	10252	JOAO NOGUEIRA	Individual	Veterano III	00:58:22.67	00:37:02.10	00:53:22.21	00:32:01.64
2922	1397	13487	VITOR MANUEL SEQUEIRA MARQUES	Individual	Senior	00:58:23.02	00:29:14.06	00:57:34.57	00:28:25.61
2923	1398	12266	PEDRO MIGUEL DAVID	Individual	Senior	00:58:23.60	00:31:17.91	00:54:58.85	00:27:53.16
2924	1399	13196	RICARDO PEREIRA	PUPILOS DO EXÉRCITO	Senior	00:58:23.72	00:32:03.98	00:52:58.21	00:26:38.47
2925	1400	12153	GONÇALO REY	CHECK POINT	Senior	00:58:23.82	00:32:53.38	00:51:56.12	00:26:25.68
2926	1401	11120	BRUNO HENRIQUES	#pelaequipa	Senior	00:58:23.84	00:31:54.36	00:54:25.12	00:27:55.64
2927	463	10612	MANUEL POLIDO PEDRO	Individual	Veterano I	00:58:24.38	00:30:07.45	00:55:22.05	00:27:05.12
2928	1402	9581	LUIS DAVID	Individual	Senior	00:58:24.49	00:31:17.86	00:55:00.43	00:27:53.80
2929	153	12350	ANDREIA FRANCO	Individual	Senior Fem	00:58:25.07	00:27:42.46	00:58:17.24	00:27:34.63
2930	214	11288	ARLINDO CONDE DOS SANTOS	Convidado colaborador SLB, --	Veterano III	00:58:25.13	00:32:10.36	00:54:46.92	00:28:32.15
2931	464	13091	FRANCISCO RANGEL	Individual	Veterano I	00:58:25.25	00:32:36.51	00:53:37.80	00:27:49.06
2932	465	12487	JOÃO PEDRO LEANDRO	Individual	Veterano I	00:58:25.36	00:29:56.62	00:56:59.10	00:28:30.36
2933	154	12488	MARTA CARDOSO	Individual	Senior Fem	00:58:25.64	00:29:56.74	00:56:58.76	00:28:29.86
2934	466	12151	RUI BRANCO	CHECK POINT	Veterano I	00:58:26.08	00:32:29.26	00:52:10.02	00:26:13.20
2935	215	9175	JAIME AFONSO	Clube ANACOM	Veterano III	00:58:26.27	00:30:39.21	00:56:43.94	00:28:56.88
2936	216	9176	ISAAC CARRÉLO	Clube ANACOM	Veterano III	00:58:26.56	00:30:28.88	00:56:49.12	00:28:51.44
2937	467	8412	JOSÉ GARRAÇA VALENTIM	CLUBE COLABORADORES AXA	Veterano I	00:58:26.66	00:30:41.29	00:55:23.11	00:27:37.74
2938	34	10304	CRISTINA AZEVEDO	CLUBE COLABORADORES AXA	Veterana Fem I	00:58:26.79	00:30:40.51	00:55:22.81	00:27:36.53
2939	1403	11422	VITOR LOURENÇO	Individual	Senior	00:58:26.82	00:31:50.41	00:55:39.95	00:29:03.54
2940	1404	10514	EDUARDO DINIS	Individual	Senior	00:58:26.99	00:31:51.83	00:54:38.49	00:28:03.33
2941	1405	10267	PEDRO AFONSO	Clube ANACOM	Senior	00:58:27.13	00:31:01.22	00:55:21.48	00:27:55.57
2942	1406	10650	ARMANDO JORGE TAVARES	Individual	Senior	00:58:27.50	00:32:24.31	00:52:46.09	00:26:42.90
2943	127	10777	ROGÉRIO MIRANDA	Miranda	Veterano V	00:58:27.68	00:29:39.12	00:57:09.77	00:28:21.21
2944	1407	12173	MARCIO MARQUES	Peniche a Correr	Senior	00:58:27.98	00:30:58.60	00:56:43.81	00:29:14.43
2945	468	7775	NUNO LUCAS	Tálenos Team	Veterano I	00:58:28.03	00:29:17.40	00:56:59.18	00:27:48.55
2946	1408	9373	MARIO PORFIRIO	Individual	Senior	00:58:28.75	00:34:27.26	00:53:04.10	00:29:02.61
2947	293	12293	PAULO JORGE SOARES	Convidado colaborador SLB	Veterano II	00:58:29.41	00:30:51.94	00:56:14.78	00:28:37.31
2948	155	15188	ALZIRA COSTA	JAZZY LIFE CLUB	Senior Fem	00:58:29.52	00:31:52.95	00:54:40.46	00:28:03.89
2949	1409	12605	CARLOS FIGUEIRAS	CREDIBOM	Senior	00:58:29.60	00:27:34.86	00:57:57.54	00:27:02.80
2950	217	12819	PAULO BRAGA	Individual	Veterano III	00:58:29.62	00:30:07.88	00:56:06.98	00:27:45.24

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
2951	1410	12299	GONALO BRÁS	Convidado colaborador SLB	Senior	00:58:29.79	00:30:49.91	00:56:15.16	00:28:35.28
2952	1411	9974	DIOGO CASTRO	Individual	Senior	00:58:29.94	00:32:00.66	00:54:13.65	00:27:44.37
2953	154	13590	OLÍMPIO GUEDELHA	CORREDORES RESINEIROS CORGAS	Veterano IV	00:58:30.74	00:32:32.91	00:55:09.87	00:29:12.04
2954	469	9894	RICARDO ANTUNES	Individual	Veterano I	00:58:30.84	00:30:40.64	00:54:58.75	00:27:08.55
2955	470	13092	PEDRO RANGEL	Individual	Veterano I	00:58:30.93	00:32:38.53	00:53:43.91	00:27:51.51
2956	218	9169	JORGE FERREIRA	Individual	Veterano III	00:58:31.02	00:30:53.86	00:55:57.89	00:28:20.73
2957	128	9893	ANTONIO ANTUNES	Individual	Veterano V	00:58:31.05	00:30:40.81	00:54:58.61	00:27:08.37
2958	1412	9149	SÉRGIO MIGUEL TOMÁZ TORRINHA	Individual	Senior	00:58:31.09	00:29:57.11	00:55:12.09	00:26:38.11
2959	471	9127	MIGUEL REDMONT	Atletismo Vidense	Veterano I	00:58:31.45	00:32:08.66	00:54:09.84	00:27:47.05
2960	27	9128	MITÓ REDMONT	Atletismo Vidense	Junior	00:58:31.62	00:32:08.38	00:54:09.33	00:27:46.09
2961	1413	7458	ANDRÉ DUARTE RODRIGUES QUESADO	Individual	Senior	00:58:31.81	00:31:36.83	00:53:18.14	00:26:23.16
2962	472	15059	JOÃO ANTÓNIO BENTO VIEIRA	CORINTHIA HOTEL LISBON	Veterano I	00:58:32.00	00:29:53.74	00:57:38.81	00:29:00.55
2963	1414	7954	NUNO MIGUEL ANACLETO GUERREIRO	Individual	Senior	00:58:32.21	00:32:32.05	00:53:20.19	00:27:20.03
2964	155	8530	ISIDORO BATISTA	Individual	Veterano IV	00:58:32.61	00:29:27.88	00:56:58.49	00:27:53.76
2965	1415	8580	FILIPE VENTURA GONALVES	Individual	Senior	00:58:32.92	00:32:04.51	00:53:43.57	00:27:15.16
2966	1416	7459	JOÃO CARLOS MOURA NUNES	Individual	Senior	00:58:32.92	00:31:36.50	00:53:19.14	00:26:22.72
2967	473	8106	RUI NEVES	Ericsson	Veterano I	00:58:32.94	00:33:10.85	00:53:52.93	00:28:30.84
2968	294	9558	PAULO JOSE CARVALHO	Individual	Veterano II	00:58:33.35	00:30:19.38	00:57:23.52	00:29:09.55
2969	1417	12133	ANTÓNIO SIMÕES	Ti e Kiko Run	Senior	00:58:33.48	00:31:38.37	00:54:17.68	00:27:22.57
2970	474	8313	LUIS MANUEL PISA SILVA	Individual	Veterano I	00:58:34.09	00:32:35.84	00:54:10.00	00:28:11.75
2971	28	10636	GONALO NORTE LOPES	Individual	Outra Cat	00:58:34.19	00:30:04.58	00:55:48.42	00:27:18.81
2972	219	11588	PAULO HENRIQUE MENDES	Individual	Veterano III	00:58:34.60	00:31:52.58	00:55:23.70	00:28:41.68
2973	475	13222	PAULO MORAIS	PUPILOS DO EXÉRCITO	Veterano I	00:58:34.75	00:30:05.63	00:56:30.19	00:28:01.07
2974	1418	15235	RUI PIRES	GRUPO PROSEGUR	Senior	00:58:35.03	00:28:40.57	00:57:42.00	00:27:47.54
2975	156	12455	CARLOS PAIS RODRIGUES	Individual	Veterano IV	00:58:35.22	00:30:29.57	00:56:16.03	00:28:10.38
2976	1419	13629	ORLANDO CUNHA	Individual	Senior	00:58:35.45	00:30:48.74	00:55:38.86	00:27:52.15
2977	220	7240	ANTÓNIO MANUEL COSTA	Individual	Veterano III	00:58:35.52	00:30:48.18	00:55:15.01	00:27:27.67
2978	1420	9353	ANDRÉ DO CARMO	Individual	Senior	00:58:35.62	00:32:36.64	00:53:30.52	00:27:31.54
2979	1421	8061	ANDRÉ FREITAS	Deixa Passar Maior de Portugal	Senior	00:58:35.97	00:31:06.97	00:56:09.12	00:28:40.12
2980	1422	9158	JOÃO CARLOS VASCONCELOS PACHECO	Individual	Senior	00:58:36.17	00:35:20.13	00:57:19.38	00:34:03.34
2981	476	8849	STEVEN DUNLOP	Individual	Veterano I	00:58:36.29	00:31:05.17	00:54:20.87	00:26:49.75
2982	295	11080	CARLOS PIMENTEL	Individual	Veterano II	00:58:36.37	00:31:00.69	00:56:24.70	00:28:49.02
2983	1423	8714	PAULO PEREIRA	3 quenianos e 1 jamaicano	Senior	00:58:37.29	00:30:18.55	00:55:34.99	00:27:16.25
2984	1424	9159	NUNO PAIS	Individual	Senior	00:58:37.38	00:35:19.79	00:57:20.46	00:34:02.87
2985	35	9903	PRISCILA JANUARIO	Odebrecht Portugal b	Veterana Fem I	00:58:37.41	00:28:25.50	00:58:37.41	00:28:25.50
2986	1425	9827	PEDRO SILVA	Individual	Senior	00:58:37.50	00:29:49.98	00:56:09.68	00:27:22.16
2987	477	9909	FABIO JANUÁRIO	Odebrecht Portugal	Veterano I	00:58:37.51	00:28:27.20	00:58:37.51	00:28:27.20
2988	25	8661	ISABEL SANTOS	Individual	Veterana Fem II	00:58:37.82	00:28:52.36	00:58:35.65	00:28:50.19
2989	1426	11593	ALEXANDRE NUNES	GDRS São Francisco	Senior	00:58:38.26	00:30:37.92	00:56:36.89	00:28:36.55
2990	478	15026	Rui Estrela de Oliveira	Individual	Veterano I	00:58:38		00:56:15	00:27:45
2991	18	11124	CONCEIÃO ALVES	Individual, --	Veterana Fem III	00:58:38.82	00:31:59.98	00:55:38.87	00:29:00.03
2992	221	9901	THELMO CUNHA	Odebrecht Portugal b	Veterano III	00:58:39.29	00:31:14.06	00:54:58.19	00:27:32.96
2993	1427	8060	PEDRO BORREGO	Deixa Passar Maior de Portugal	Senior	00:58:39.40	00:31:07.39	00:56:12.92	00:28:40.91
2994	479	13470	ARTUR LOPES	Casa do Benfica no Seixal	Veterano I	00:58:39.50	00:30:52.20	00:55:32.24	00:27:44.94
2995	1428	7985	CARLOS MORAIS	Individual	Senior	00:58:39.88	00:29:15.54	00:56:22.07	00:26:57.73
2996	156	10336	VANESSA CRISTINA F N MEIRELES DA SILVA	Individual	Senior Fem	00:58:39.99	00:30:15.87	00:55:27.68	00:27:03.56
2997	1429	10339	MIGUEL ALEXANDRE V MEIRELES DA SILVA	Individual	Senior	00:58:40.32	00:30:15.42	00:55:27.97	00:27:03.07
2998	480	12669	ANTÓNIO NOBRE	CLUBE VITALIS	Veterano I	00:58:40.77	00:32:26.20	00:54:16.05	00:28:01.48
2999	1430	12255	ANDRÉ JOÃO DOS SANTOS VARÃO	Individual	Senior	00:58:41.03	00:32:26.36	00:53:32.13	00:27:17.46
3000	1431	12781	MILTON BATISTA	Individual	Senior	00:58:41.15	00:31:38.38	00:54:46.12	00:27:43.35

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
3001	1432	15300	TIAGO CORREIA	LEASEPLAN	Senior	00:58:41.35	00:28:04.62	00:57:22.94	00:26:46.21
3002	222	8589	HERNANI FERNANDES	Individual	Veterano III	00:58:41.43	00:29:24.03	00:57:35.28	00:28:17.88
3003	157	14854	JOAQUIM COSTA	Individual	Veterano IV	00:58:41.60	00:31:08.57	00:55:48.56	00:28:15.53
3004	1433	12608	JOÃO CARLOS ANJOS	CREDIBOM	Senior	00:58:42.12	00:30:32.04	00:57:14.10	00:29:04.02
3005	1434	12311	NUNO PIMENTA OLIVEIRA	Individual	Senior	00:58:42.56	00:32:26.99	00:53:34.36	00:27:18.79
3006	157	13257	SANDRA MONDEGO	Individual	Senior Fem	00:58:42.98	00:31:54.83	00:54:54.41	00:28:06.26
3007	1435	12780	EDUARDO LOBITO	Individual	Senior	00:58:43.07	00:31:38.22	00:54:48.35	00:27:43.50
3008	1436	10400	RUI FILIPE	Individual	Senior	00:58:43.12	00:29:11.85	00:56:02.22	00:26:30.95
3009	1437	12607	FÁBIO ANDRÉ MENDES AFONSO	Individual	Senior	00:58:43.24	00:29:34.48	00:58:19.93	00:29:11.17
3010	296	13156	JOÃO MARREIROS	Dudes' Team	Veterano II	00:58:43.37	00:35:27.16	00:54:23.25	00:31:07.04
3011	158	12528	LAUREN CARTER	MGM MUTHU HOTELS	Senior Fem	00:58:44.64	00:31:34.83	00:55:00.51	00:27:50.70
3012	481	10914	SÉRGIO LIVRAGHI	Individual	Veterano I	00:58:45.00	00:32:29.03	00:54:26.62	00:28:10.65
3013	1438	8775	LUIS LUCAS	Individual	Senior	00:58:45.59	00:30:29.66	00:55:52.72	00:27:36.79
3014	223	9740	VITOR ABREU BARREIRA	Individual	Veterano III	00:58:46.04	00:30:26.96	00:57:05.32	00:28:46.24
3015	1439	9821	PEDRO FIGUEIREDO	Individual	Senior	00:58:46.08	00:30:26.70	00:57:05.85	00:28:46.47
3016	1440	11060	JOÃO MANUEL LOURENÇO MARQUES	Individual	Senior	00:58:46.15	00:29:21.61	00:57:44.27	00:28:19.73
3017	482	9879	MÁRIO RUI PEREIRA DOS SANTOS	Casa Benfica em Aguvalva Cacém	Veterano I	00:58:46.62	00:29:04.20	00:58:02.04	00:28:19.62
3018	224	7610	JOÃO FERNANDES	Individual	Veterano III	00:58:46.67	00:29:57.45	00:55:46.19	00:26:56.97
3019	1441	13054	PEDRO NOBRE MENDES	HOSPITAL DA LUZ	Senior	00:58:46.80	00:31:09.91	00:53:29.25	00:25:52.36
3020	159	15045	MÓNICA VEIGA	Individual	Senior Fem	00:58:47.65	00:30:22.88	00:56:21.77	00:27:57.00
3021	297	15104	CARLOS CORREIA	GRUPO PROSEGUR	Veterano II	00:58:47.65	00:28:14.97	00:57:43.90	00:27:11.22
3022	1442	10919	PEDRO ALMEIDA	Individual	Senior	00:58:48.09	00:30:26.82	00:56:45.47	00:28:24.20
3023	26	11618	MILA NUNES	Individual	Veterana Fem II	00:58:48.91	00:29:27.76	00:56:16.68	00:26:55.53
3024	483	12592	NUNO MIGUEL SANTOS MELO	Individual	Veterano I	00:58:48.97	00:30:56.45	00:56:11.57	00:28:19.05
3025	1443	11677	PEDRO MARQUES VIDAL	Komissão	Senior	00:58:49.09	00:30:03.45	00:56:14.80	00:27:29.16
3026	1444	9657	NUNO COSTA	Os Antigos	Senior	00:58:49.35	00:28:57.83	00:58:48.40	00:28:56.88
3027	1445	12700	VITOR HUGO ROSA BRÁS	HAGER	Senior	00:58:49.44	00:31:42.41	00:56:31.56	00:29:24.53
3028	298	10723	DUARTE PEREIRA	Individual	Veterano II	00:58:49.65	00:30:56.24	00:54:44.41	00:26:51.00
3029	160	10725	MARGARIDA PEREIRA	Individual	Senior Fem	00:58:50.07	00:30:56.90	00:54:44.52	00:26:51.35
3030	484	8693	RUI MARTINS	Energy Fitness Club	Veterano I	00:58:50.27	00:28:39.52	00:57:42.29	00:27:31.54
3031	1446	15314	DÉCIO HENRIQUES	EDP	Senior	00:58:50.82	00:31:31.67	00:55:26.25	00:28:07.10
3032	19	15315	MARIA FERNANDA HENRIQUES	EDP	Veterana Fem III	00:58:50.87	00:31:31.32	00:55:26.37	00:28:06.82
3033	29	8296	TIAGO MORAIS	Cavalinhos Runners	Outra Cat	00:58:50.92	00:34:47.92	00:53:34.41	00:29:31.41
3034	1447	10034	JORGE LOPES	Entra Vades	Senior	00:58:51.06	00:31:46.32	00:54:41.74	00:27:37.00
3035	1448	10901	MÁRCIO SILVA	Individual	Senior	00:58:51.45	00:29:29.94	00:57:42.90	00:28:21.39
3036	1449	15243	ANTÓNIO PEDRO CARVALHO	JORNAL A BOLA	Senior	00:58:51.63	00:30:32.82	00:57:13.02	00:28:54.21
3037	1450	10861	JOÃO GRAVITO	AISSE TEAM	Senior	00:58:51.73	00:30:19.88	00:55:44.12	00:27:12.27
3038	299	13560	MANUEL PEDROSA	Individual	Veterano II	00:58:51.74	00:29:31.73	00:57:34.26	00:28:14.25
3039	129	8424	CARLOS ALBERTO NETO LOPES	Corre@Correr	Veterano V	00:58:51.97	00:31:24.19	00:55:20.46	00:27:52.68
3040	1451	8892	CLAUDIO MIGUEL COSTA	Individual	Senior	00:58:52.48	00:28:15.98	00:58:24.40	00:27:47.90
3041	1452	11348	ANDRÉ CAÇADOR	"Toutalga" Branco e Fresco	Senior	00:58:52.80	00:31:55.90	00:56:35.79	00:29:38.89
3042	485	7253	GIL DUARTE	Cavalinhos Runners	Veterano I	00:58:52.86	00:34:47.14	00:53:33.92	00:29:28.20
3043	158	13189	CARLOS ROSA	Individual	Veterano IV	00:58:52.88	00:32:01.93	00:55:20.90	00:28:29.95
3044	1453	8289	PEDRO MIGUEL TOMÁS LOURENÇO	Individual	Senior	00:58:52.92	00:34:27.32	00:53:28.70	00:29:03.10
3045	161	10782	RITA ORVALHO	Individual	Senior Fem	00:58:53.22	00:29:55.09	00:56:36.52	00:27:38.39
3046	1454	12339	JOÃO IVO RAMOS	Individual	Senior	00:58:53.28	00:28:31.40	00:56:53.85	00:26:31.97
3047	1455	7930	EDGAR MANUEL AMORIM ALVES BOTELHO MONIZ	Individual	Senior	00:58:53.46	00:30:43.59	00:56:04.20	00:27:54.33
3048	486	12206	TIAGO MARQUES	COLABORADOR SLB	Veterano I	00:58:53.76	00:31:05.54	00:55:47.96	00:27:59.74
3049	1456	8854	PEDRO GONZAGA	Individual	Senior	00:58:53.96	00:31:26.35	00:55:10.07	00:27:42.46
3050	1457	11853	LEANDRO CHAN	GoRun Vendas Novas	Senior	00:58:54.04	00:28:34.60	00:58:25.79	00:28:06.35

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
3051	1458	8384	MARCO DIONISIO MARTINS	Os Coxos	Senior	00:58:54.06	00:29:51.67	00:57:20.65	00:28:18.26
3052	27	10677	TERESA PAULA AIRES GONÇALVES GARCIA	Individual	Veterana Fem II	00:58:54.18	00:28:52.29	00:58:40.84	00:28:38.95
3053	1459	9132	SEBASTIÃO GUERRA	Fé no pau	Senior	00:58:54.59	00:33:05.93	00:58:54.59	00:33:05.93
3054	1460	8898	RICARDO BENTO	Individual	Senior	00:58:55.37	00:28:12.95	00:57:43.41	00:27:00.99
3055	1461	7572	TIAGO FRANCO	Individual	Senior	00:58:55.39	00:32:20.02	00:54:35.75	00:28:00.38
3056	1462	9876	JORGE SILVA	Individual	Senior	00:58:55.60	00:31:49.41	00:55:05.27	00:27:59.08
3057	162	10678	CATARINA GONÇALVES GARCIA GOMES MOTA	Individual	Senior Fem	00:58:55.74	00:28:52.28	00:58:42.64	00:28:39.18
3058	1463	12644	JOÃO AIRES	COCA COLA // POWERADE	Senior	00:58:55.80	00:32:20.07	00:54:36.09	00:28:00.36
3059	1464	12398	JOSÉ CARLOS AMARAL	COLABORADOR SLB	Senior	00:58:55.92	00:27:49.87	00:58:55.92	00:27:49.87
3060	1465	11800	PAULO PIMPÃO	FUND BOX	Senior	00:58:56.29	00:32:17.78	00:54:25.44	00:27:46.93
3061	1466	13568	BRUNO GUERREIRO	Individual	Senior	00:58:57.18	00:31:31.92	00:55:43.36	00:28:18.10
3062	1467	13569	DANIEL MACHADO	Individual	Senior	00:58:57.28	00:31:31.67	00:55:43.38	00:28:17.77
3063	225	8705	ÁLVARO CARLOS TAVARES OLIVAL	Individual	Veterano III	00:58:57.29	00:29:33.77	00:58:10.22	00:28:46.70
3064	1468	9979	RICARDO RODRIGUES	SDA-Cofidis	Senior	00:58:57.51	00:31:57.88	00:56:05.93	00:29:06.30
3065	159	8991	DÁRIO MENDONÇA	Individual	Veterano IV	00:58:57.55	00:29:49.83	00:57:27.58	00:28:19.86
3066	163	10521	ILIANA SERRÃO	C.A. Amigos Parque da Paz	Senior Fem	00:58:57.59	00:31:59.38	00:53:23.37	00:26:25.16
3067	487	8463	RUI BRITES	Tálenos Team	Veterano I	00:58:57.82	00:29:28.35	00:57:23.63	00:27:54.16
3068	488	10522	CLÁUDIO GONÇALVES	C.A. Amigos Parque da Paz	Veterano I	00:58:58.34	00:31:59.46	00:53:23.26	00:26:24.38
3069	1469	12185	EMANUELE TEODORI	PEPSICO	Senior	00:58:58.48	00:30:14.20	00:55:58.04	00:27:13.76
3070	164	11432	SETEPHANIE OLIVEIRA	Individual	Senior Fem	00:58:58.63	00:30:52.53	00:55:24.73	00:27:18.63
3071	160	8181	JOSÉ BAIXINHO	Santiago Futebol Clube	Veterano IV	00:58:58.76	00:31:28.73	00:56:13.21	00:28:43.18
3072	1470	9053	BRUNO PRATA	Individual	Senior	00:58:58.94	00:31:39.22	00:56:16.26	00:28:56.54
3073	226	9052	ANTONIO PRATA	Individual	Veterano III	00:58:59.61	00:31:39.46	00:56:16.73	00:28:56.58
3074	1471	8391	MARCOS HEITOR	Individual	Senior	00:59:00.19	00:32:38.82	00:52:32.29	00:26:10.92
3075	1472	8062	JOÃO ALEXANDRE	Deixa Passar Maior de Portugal	Senior	00:59:00.45	00:31:08.25	00:56:32.98	00:28:40.78
3076	1473	10444	PEDRO GOMES	GRUPO AMIGOS DO PRESIDENTE	Senior	00:59:00.49	00:28:22.83	00:58:15.79	00:27:38.13
3077	165	9349	ANA RITA DAVID	Individual	Senior Fem	00:59:01.14	00:31:40.02	00:56:22.27	00:29:01.15
3078	1474	12380	RUI PEDRO NEVES	Vieira & Neves	Senior	00:59:01.20	00:29:17.38	00:57:40.18	00:27:56.36
3079	1475	7323	PAULO RODRIGUES	Individual	Senior	00:59:01.23	00:30:09.49	00:56:38.37	00:27:46.63
3080	161	7818	JOÃO JOSÉ PISSARRA NUNES ESTEVES	Individual	Veterano IV	00:59:01.45	00:31:04.06	00:55:48.57	00:27:51.18
3081	1476	8063	NUNO COLA	Deixa Passar Maior de Portugal	Senior	00:59:02.08	00:31:07.07	00:56:34.74	00:28:39.73
3082	300	9582	JOÃO BERNARDINO VELOSO RODRIGUES	Individual	Veterano II	00:59:02.25	00:32:55.76	00:54:17.45	00:28:10.96
3083	1477	9589	RUI CARDOSO	FAPOC	Senior	00:59:02.70	00:28:45.45	00:57:31.36	00:27:14.11
3084	1478	8681	SIMÃO AFONSO	Individual	Senior	00:59:03.04	00:30:32.06	00:55:47.23	00:27:16.25
3085	1479	10278	GONÇALO MARTINS	GDRMS a correr desde 2015	Senior	00:59:03.25	00:30:01.84	00:56:26.80	00:27:25.39
3086	1480	8284	DAVID PENEDO	GDRMS a correr desde 2015	Senior	00:59:03.29	00:30:02.76	00:56:26.63	00:27:26.10
3087	1481	8285	PEDRO FELIX PEREIRA	GDRMS a correr desde 2015	Senior	00:59:03.56	00:30:04.39	00:56:28.22	00:27:29.05
3088	489	10977	JOÃO COSTA	Individual	Veterano I	00:59:04.52	00:30:46.13	00:56:31.94	00:28:13.55
3089	36	10976	OLGA COSTA	Individual	Veterana Fem I	00:59:04.54	00:30:45.07	00:56:32.18	00:28:12.71
3090	166	13023	RAQUEL FERREIRA	HOSPITAL DA LUZ	Senior Fem	00:59:04.70	00:31:36.37	00:54:01.93	00:26:33.60
3091	167	8172	LUISA MOURÃO	CCD Crédito Agrícola Mútuo	Senior Fem	00:59:05.64	00:30:08.18	00:56:58.32	00:28:00.86
3092	162	13096	FRANCISCO ROQUE	Individual	Veterano IV	00:59:05.68	00:32:28.20	00:53:57.80	00:27:20.32
3093	163	7319	LUIS MANUEL BARROS	Individual	Veterano IV	00:59:06.00	00:30:08.52	00:56:48.88	00:27:51.40
3094	168	13070	ANA NETO	HOSPITAL DA LUZ	Senior Fem	00:59:06.01	00:33:28.35	00:54:04.48	00:28:26.82
3095	164	10307	ADRIANO FERREIRA	Individual	Veterano IV	00:59:07.19	00:30:07.59	00:57:59.92	00:29:00.32
3096	301	8699	JOAQUIM MELO	Individual	Veterano II	00:59:07.21	00:30:30.88	00:57:31.95	00:28:55.62
3097	1482	11174	NUNO SARAIVA	Mancamulas, --	Senior	00:59:07.25	00:29:10.74	00:58:01.41	00:28:04.90
3098	28	7318	MARIA ANTONIA HORTA	Individual	Veterana Fem II	00:59:07.42	00:30:07.70	00:56:50.60	00:27:50.88
3099	1483	15393	CLAÚDIO CARVALHO	Individual	Senior	00:59:07.66	00:32:10.05	00:54:57.57	00:27:59.96
3100	169	8220	MARIA JOÃO LEMOS	Individual	Senior Fem	00:59:07.89	00:32:10.38	00:56:27.32	00:29:29.81

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
3101	130	11612	CARLOS PALMA	Individual	Veterano V	00:59:08.37	00:31:38.18	00:55:16.96	00:27:46.77
3102	1484	11731	RÚBEN FÁBIO ABREU DE JESUS	Individual	Senior	00:59:08.71	00:28:25.74	00:57:48.98	00:27:06.01
3103	1485	7696	GONÇALO FIGUEIREDO SANTOS	MM Runners	Senior	00:59:08.84	00:31:41.47	00:55:33.69	00:28:06.32
3104	490	11177	JOSÉ COTO	Mancamulas, --	Veterano I	00:59:08.85	00:29:11.59	00:58:05.56	00:28:08.30
3105	170	8182	JUDITE BAIXINHO	Santiago Futebol Clube	Senior Fem	00:59:09.23	00:31:29.54	00:56:23.94	00:28:44.25
3106	37	11657	ANABELA PEREIRA	GRUN	Veterana Fem I	00:59:09.24	00:30:11.05	00:56:57.10	00:27:58.91
3107	1486	9770	JOÃO MIRANDA	turbolentos	Senior	00:59:10.10	00:30:11.82	00:56:35.87	00:27:37.59
3108	302	7830	JOSÉ EDUARDO FERREIRA DA SILVA	Autoas Runners	Veterano II	00:59:10.43	00:28:09.02	00:58:18.97	00:27:17.56
3109	1487	13430	TADEU PEREIRA	Individual	Senior	00:59:10.53	00:33:29.59	00:54:32.35	00:28:51.41
3110	171	10555	SUSANA SOFIA ESTEVES ANTUNES	CCD Siemens	Senior Fem	00:59:11.05	00:31:00.58	00:55:20.22	00:27:09.75
3111	1488	11608	GONCALO MARQUES	Individual	Senior	00:59:11.35	00:33:14.56	00:54:31.27	00:28:34.48
3112	165	13296	RICARDO FERNANDES	Individual	Veterano IV	00:59:11.40	00:29:38.38	00:58:14.16	00:28:41.14
3113	1489	7207	HUMBERTO SOEIMA	Individual	Senior	00:59:11.51	00:29:43.62	00:57:04.62	00:27:36.73
3114	1490	8811	LUÍS FAGULHA	Individual	Senior	00:59:11.78	00:32:10.40	00:54:38.86	00:27:37.48
3115	1491	10643	EDGAR SERRANO	Rompetocas RT	Senior	00:59:11.80	00:31:00.78	00:55:19.26	00:27:08.24
3116	172	11617	CATILINA ALEXANDRA DE OLIVEIRA MOREIRA	Individual	Senior Fem	00:59:12.37	00:29:51.40	00:58:42.29	00:29:21.32
3117	227	10952	RUI LOPES	Os Matrecos	Veterano III	00:59:12.62	00:29:53.73	00:57:09.99	00:27:51.10
3118	1492	10794	MARCO BAPTISTA	Individual	Senior	00:59:12.79	00:32:29.74	00:54:02.16	00:27:19.11
3119	1493	10333	IGOR BATISTA	Individual	Senior	00:59:13.33	00:31:44.66	00:54:34.86	00:27:06.19
3120	228	8663	ARTUR ANTÓNIO INÁCIO FARINHA	Individual	Veterano III	00:59:13.41	00:32:02.80	00:55:32.74	00:28:22.13
3121	173	8537	ANDREIA FILIPA MARTINS GONÇALVES	Individual	Senior Fem	00:59:13.87	00:28:51.68	00:58:30.91	00:28:08.72
3122	1494	9389	TIAGO CASTRO	RunForYourJola	Senior	00:59:13.87	00:32:55.18	00:53:14.55	00:26:55.86
3123	166	10854	JOÃO PAÇO	Amigos Atletismo Mafra	Veterano IV	00:59:14.34	00:33:09.79	00:54:38.59	00:28:34.04
3124	229	11147	ALBERTO LUIS PACHECO CORREIA	Individual, --	Veterano III	00:59:14.39	00:27:52.89	00:58:50.60	00:27:29.10
3125	174	10697	BÁRBARA GONÇALVES	Individual	Senior Fem	00:59:14.42	00:32:08.58	00:54:50.38	00:27:44.54
3126	1495	10968	ARTUR ALMEIDA	Coxos	Senior	00:59:14.42	00:29:44.50	00:57:22.62	00:27:52.70
3127	1496	10779	JOÃO MARIA MATEUS PALMEIRO	Individual	Senior	00:59:14.48	00:31:44.49	00:55:44.75	00:28:14.76
3128	175	8763	HELENA LOPES	Individual	Senior Fem	00:59:14.79	00:30:14.82	00:57:37.51	00:28:37.54
3129	1497	12396	RUI GAFUR	Individual	Senior	00:59:15.40	00:32:47.50	00:54:38.44	00:28:10.54
3130	1498	8603	RENATO RENATO	Individual, --	Senior	00:59:15.77	00:31:49.58	00:56:12.87	00:28:46.68
3131	167	11176	FERNANDO SARAIVA	Mancamulas	Veterano IV	00:59:16.10	00:29:22.77	00:58:13.36	00:28:20.03
3132	176	10215	TÂNIA CABRITO	Individual	Senior Fem	00:59:16.24	00:31:34.68	00:54:50.39	00:27:08.83
3133	491	8587	NUNO CARVALHO	Individual	Veterano I	00:59:17.24	00:30:21.89	00:57:22.54	00:28:27.19
3134	177	7300	RITA SANTOS	Individual	Senior Fem	00:59:18.98	00:29:55.80	00:57:46.15	00:28:22.97
3135	230	9990	CARLOS SANTOS	Individual	Veterano III	00:59:19.47	00:31:57.93	00:54:52.58	00:27:31.04
3136	1499	11676	JOÃO MARQUES VIDAL	Komissão	Senior	00:59:19.53	00:30:06.61	00:56:45.05	00:27:32.13
3137	178	12225	MARIA RAQUEL GARCIA	CATEDRAL DA CERVEJA	Senior Fem	00:59:20.10	00:29:32.12	00:57:53.72	00:28:05.74
3138	1500	11259	NUNO CAEIRO	BMW Portugal Running 1, --	Senior	00:59:20.38	00:31:35.76	00:55:35.20	00:27:50.58
3139	303	7075	LUÍS QUINTA-NOVA	Individual	Veterano II	00:59:21.21	00:31:17.04	00:55:56.09	00:27:51.92
3140	168	11971	ABEL COSTA	Walking Deads	Veterano IV	00:59:21.38	00:29:57.53	00:57:25.95	00:28:02.10
3141	38	13533	HELENA PALMINHA	Individual	Veterana Fem I	00:59:21.48	00:30:35.58	00:57:16.24	00:28:30.34
3142	1501	13375	JOÃO BISPO	Individual	Senior	00:59:22.03	00:32:28.32	00:55:04.16	00:28:10.45
3143	179	10613	ARLETE COSTA FERREIRA	Individual	Senior Fem	00:59:22.21	00:31:02.43	00:56:19.28	00:27:59.50
3144	1502	9975	GONÇALO JOSÉ JUSTINO ANTUNES	Individual	Senior	00:59:22.34	00:32:51.33	00:54:27.26	00:27:56.25
3145	180	10372	INÉS COUTINHO	Individual	Senior Fem	00:59:22.54	00:32:48.06	00:55:52.10	00:29:17.62
3146	1503	7100	SÉRGIO NUNO PONTES	Tartarugas Solidárias	Senior	00:59:22.61	00:32:50.86	00:55:52.79	00:29:21.04
3147	181	10893	BEATRIZ ALVAREZ	Troublemakers	Senior Fem	00:59:23.21	00:36:10.99	00:54:55.27	00:31:43.05
3148	492	9428	RICARDO BRANCO	Individual	Veterano I	00:59:23.34	00:28:47.31	00:57:52.54	00:27:16.51
3149	1504	15027	LUIS CALISTO ROQUE	CENTRAUTO	Senior	00:59:23.36	00:32:01.61	00:56:17.38	00:28:55.63
3150	1505	15021	CARLOS DIAS	CENTRAUTO	Senior	00:59:23.54	00:32:00.81	00:56:17.84	00:28:55.11

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
3151	493	8678	JAIME MESTRE	Os Moitenses	Veterano I	00:59:23.98	00:31:21.03	00:55:37.91	00:27:34.96
3152	29	7412	SILVINA MARIA BARRETO MAGNO GAMEIRO	Individual	Veterana Fem II	00:59:24.08	00:31:12.80	00:57:13.84	00:29:02.56
3153	39	9257	JOSÉ MARTINS	Individual	Veterana Fem I	00:59:24.26	00:30:58.11	00:56:46.76	00:28:20.61
3154	1506	7043	RITESHKUMAR MEGGI RUGNAT	Individual	Senior	00:59:24.85	00:29:02.03	00:58:36.35	00:28:13.53
3155	304	7714	JOÃO FREIRE	GDCTIN Casa da Moeda	Veterano II	00:59:25.37	00:31:42.43	00:55:15.48	00:27:32.54
3156	40	8772	ELISABETE ASSUNÇÃO	Individual	Veterana Fem I	00:59:25.85	00:30:47.95	00:56:56.94	00:28:19.04
3157	131	12591	ALFREDO SANTOS	Individual	Veterano V	00:59:26.13	00:44:40.66	00:54:39.21	00:39:53.74
3158	1507	11512	MARCO TAEI	Individual	Senior	00:59:26.22	00:34:31.93	00:52:59.22	00:28:04.93
3159	182	9935	ANA PATRÍCIA BATISTA MARQUES	Individual	Senior Fem	00:59:26.68	00:29:03.66	00:58:44.49	00:28:21.47
3160	132	8526	JOÃO CRISTINO	run4it	Veterano V	00:59:26.85	00:34:28.10	00:55:04.79	00:30:06.04
3161	1508	8545	BRUNO ALBINO	Individual	Senior	00:59:27.38	00:32:37.99	00:56:01.67	00:29:12.28
3162	20	11125	LUISA ALBERTO	Individual, --	Veterana Fem III	00:59:27.38	00:31:59.02	00:56:26.70	00:28:58.34
3163	28	7682	MIGUEL BARBARA SANTOS	Individual	Junior	00:59:27.71	00:29:03.60	00:59:00.43	00:28:36.32
3164	1509	8550	FILIPE AUGUSTO	Individual	Senior	00:59:28.06	00:32:38.21	00:56:02.24	00:29:12.39
3165	169	12577	FERNANDO PINTO RODRIGUES	COFINA RUNNERS	Veterano IV	00:59:28.19	00:32:15.72	00:55:22.10	00:28:09.63
3166	183	7846	CARLA NICOMÉDIO	Individual	Senior Fem	00:59:29.07	00:31:42.88	00:55:17.87	00:27:31.68
3167	1510	11502	PAULO MIGUEL BRAZ DE MENEZES	Individual	Senior	00:59:29.65	00:32:55.24	00:55:35.42	00:29:01.01
3168	231	14870	PEDRO PONTE	EDP	Veterano III	00:59:30.04	00:31:03.01	00:56:44.58	00:28:17.55
3169	494	8479	PAULO MIRANDA	Paulo Miranda e Ana Lopes	Veterano I	00:59:30.77	00:31:59.95	00:55:05.45	00:27:34.63
3170	1511	12732	ANDRÉ ANTUNES	Os Antunes	Senior	00:59:31.44	00:32:18.31	00:56:25.06	00:29:11.93
3171	1512	12533	BRUNO RAIMUNDO	MGM MUTHU HOTELS	Senior	00:59:31.45	00:32:53.22	00:54:18.84	00:27:40.61
3172	1513	9738	JORGE MENDES	Urban Bitches	Senior	00:59:31.80	00:33:09.35	00:55:25.77	00:29:03.32
3173	1514	10622	MIGUEL CARREIRA	CORTES LRA	Senior	00:59:32.53	00:30:48.39	00:56:24.02	00:27:39.88
3174	1515	13425	NUNO GONÇALO RUFINO ZACARIAS	Individual	Senior	00:59:32.60	00:31:47.78	00:56:25.65	00:28:40.83
3175	133	11325	JOÃO FANDANGO	Clube Atletismo Amigos deBelém	Veterano V	00:59:32.70	00:34:03.65	00:56:13.99	00:30:44.94
3176	134	11468	NUNO MANUEL FRANCO ALVES	Convitado colaborador SLB	Veterano V	00:59:32.97	00:30:34.94	00:58:15.51	00:29:17.48
3177	495	9013	FRANCISCO FERREIRA	Individual	Veterano I	00:59:33.69	00:33:15.53	00:54:15.82	00:27:57.66
3178	1516	7962	VITOR RAMALHO	Individual	Senior	00:59:33.73	00:30:55.96	00:57:20.67	00:28:42.90
3179	135	13261	FERNANDO CHASQUEIRA	Individual	Veterano V	00:59:33.81	00:30:13.35	00:58:20.43	00:28:59.97
3180	1517	9014	JORGE FERNANDES	Individual	Senior	00:59:33.89	00:33:15.17	00:54:15.63	00:27:56.91
3181	305	7354	MARCELO MARTINS PINTO	Individual	Veterano II	00:59:34.64	00:33:28.49	00:55:13.68	00:29:07.53
3182	184	9278	RITA ISABEL BORRALHO	Individual	Senior Fem	00:59:34.91	00:28:43.95	00:58:57.38	00:28:06.42
3183	185	8721	SUSANA SANTOS	Individual	Senior Fem	00:59:35.03	00:30:31.19	00:57:55.98	00:28:52.14
3184	1518	8720	ANDRÉ CARVALHO	Individual	Senior	00:59:35.73	00:30:32.41	00:57:56.11	00:28:52.79
3185	1519	9690	RUBEN PAGAIME	PP Team	Senior	00:59:35.86	00:32:09.64	00:56:29.72	00:29:03.50
3186	1520	9851	NUNO TOMÁS	Individual	Senior	00:59:35.95	00:29:57.94	00:57:19.38	00:27:41.37
3187	496	14857	NUNO NEVES	Individual	Veterano I	00:59:36.03	00:31:03.16	00:57:04.29	00:28:31.42
3188	1521	11827	BERNARDO SOUSA REIS	Individual	Senior	00:59:36.82	00:32:30.61	00:54:56.98	00:27:50.77
3189	497	10167	MANUEL POTES	Individual	Veterano I	00:59:36.84	00:30:37.30	00:56:15.24	00:27:15.70
3190	232	13145	PEDRO RODRIGUES	GRUPO PROSEGUR	Veterano III	00:59:37.25	00:31:55.79	00:56:27.38	00:28:45.92
3191	1522	12839	FÁBIO DANIEL AZEVEDO LOUREIRO	Individual	Senior	00:59:37.42	00:29:27.31	00:58:13.01	00:28:02.90
3192	186	12840	INÉS CORREIA RABAÇA	Individual	Senior Fem	00:59:37.68	00:29:27.38	00:58:14.09	00:28:03.79
3193	1523	9639	JOSÉ MANUEL DE SOUSA SILVA	Marateca	Senior	00:59:37.73	00:33:06.08	00:55:24.17	00:28:52.52
3194	1524	9734	LUIS MADEIRA	GURUS	Senior	00:59:38.32	00:32:09.21	00:54:53.53	00:27:24.42
3195	1525	11279	NELSON GODINHO	GURUS, --	Senior	00:59:38.82	00:32:09.02	00:54:53.85	00:27:24.05
3196	170	7239	MARIO JOAO FREIRE	Individual	Veterano IV	00:59:38.89	00:31:57.50	00:57:07.48	00:29:26.09
3197	136	10348	MANUEL OLIVEIRA	Individual	Veterano V	00:59:39.50	00:30:27.64	00:58:20.11	00:29:08.25
3198	187	10024	PATRICIA RASTEIRO	Bootcamp Sesimbra	Senior Fem	00:59:39.81	00:29:22.30	00:58:31.75	00:28:14.24
3199	1526	13733	RICARDO NUNES	GRUPO ADIDAS	Senior	00:59:40.10	00:32:03.41	00:55:55.61	00:28:18.92
3200	188	12112	RITA CORDA	Valejas A C	Senior Fem	00:59:40.50	00:31:58.16	00:56:03.98	00:28:21.64

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
3201	1527	8140	HUGO LOPES	Individual	Senior	00:59:40.84	00:33:05.33	00:55:07.81	00:28:32.30
3202	30	12114	SUSANA GOMES	Valejas A C	Veterana Fem II	00:59:41.90	00:31:58.24	00:56:06.08	00:28:22.42
3203	137	10182	JERONIMO SANTOS	Os Indomáveis	Veterano V	00:59:42.67	00:31:06.22	00:57:43.64	00:29:07.19
3204	498	12365	PEDRO MIGUEL SANTOS	Consulai Running Team	Veterano I	00:59:42.72	00:29:50.96	00:58:58.63	00:29:06.87
3205	189	12363	MARTA MENDES	Consulai Running Team	Senior Fem	00:59:42.79	00:29:49.62	00:58:57.94	00:29:04.77
3206	1528	7860	NUNO MIGUEL LOPES	Individual	Senior	00:59:43.76	00:30:18.58	00:56:24.00	00:26:58.82
3207	138	15087	ROMÃO JOSÉ	CASA DO BENFICA EM PENHICE	Veterano V	00:59:44.56	00:30:02.66	00:59:44.56	00:30:02.66
3208	139	8851	JOQUIM M C SANTOS	Individual	Veterano V	00:59:44.78	00:30:34.36	00:58:33.07	00:29:22.65
3209	190	11339	TANIA BAPTISTA	Individual	Senior Fem	00:59:44.84	00:30:39.65	00:58:08.55	00:29:03.36
3210	1529	11100	NUNO NEGRINHO	Individual	Senior	00:59:45.34	00:33:20.44	00:55:03.48	00:28:38.58
3211	31	9160	TERESA ALEXANDRA CANUDO	Individual	Veterana Fem II	00:59:45.83	00:29:18.84	00:58:12.88	00:27:45.89
3212	1530	11910	JOSE ALVES	Individual	Senior	00:59:45.85	00:33:30.85	00:54:24.21	00:28:09.21
3213	1531	8552	RICARDO SILVA	Individual	Senior	00:59:45.94	00:33:14.30	00:56:36.29	00:30:04.65
3214	1532	12069	GUILHERME REIS DE MICAEL SIMÕES	Individual	Senior	00:59:46.15	00:31:56.24	00:56:28.59	00:28:38.68
3215	1533	12126	FRANCISCO VIEIRA PORTUGAL	Individual	Senior	00:59:46.15	00:31:55.26	00:56:29.29	00:28:38.40
3216	1534	8255	PAULO FARIA	benfas	Senior	00:59:46.33	00:33:28.61	00:55:25.59	00:29:07.87
3217	1535	8912	MIGUEL TAVARES	Papa-Léguas	Senior	00:59:46.53	00:31:31.04	00:57:02.06	00:28:46.57
3218	21	12453	LEONOR MATILDE FARINHA	Individual	Veterana Fem III	00:59:46.67	00:30:46.84	00:57:28.50	00:28:28.67
3219	191	8113	FILIPA PEGARINHOS	Saiam da Frente!	Senior Fem	00:59:46.90	00:31:02.90	00:57:07.10	00:28:23.10
3220	1536	11145	MARCO MARTINS	Individual, --	Senior	00:59:47.10	00:29:35.31	00:57:35.46	00:27:23.67
3221	140	8112	JOÃO ALVES	Saiam da Frente!	Veterano V	00:59:47.37	00:31:02.52	00:57:07.43	00:28:22.58
3222	1537	7761	NUNO MIGUEL LOPES	Individual	Senior	00:59:47.62	00:31:50.33	00:56:12.97	00:28:15.68
3223	1538	10733	CARLOS JESUS	Individual	Senior	00:59:48.63	00:30:58.60	00:58:43.95	00:29:53.92
3224	1539	13649	JOÃO PAULO ALMEIDA GAVINHOS	pedro e joao	Senior	00:59:48.97	00:30:59.53	00:58:41.33	00:29:51.89
3225	141	9383	FERNANDO FERREIRA	C.Benfica Algueirão M. Martins	Veterano V	00:59:49.44	00:30:50.57	00:57:56.63	00:28:57.76
3226	1540	10762	NUNO SILVA	SS CGD	Senior	00:59:49.78	00:30:35.23	00:55:17.12	00:26:02.57
3227	171	10180	ANTÓNIO SILVA	Os Indomáveis	Veterano IV	00:59:50.25	00:31:05.44	00:57:51.61	00:29:06.80
3228	233	10849	JOSÉ SANTOS	Individual	Veterano III	00:59:50.26	00:30:38.68	00:57:29.05	00:28:17.47
3229	1541	7892	BRUNO LOIO	LM	Senior	00:59:50.68	00:28:53.19	00:58:52.03	00:27:54.54
3230	41	10803	SUSANA MARCELINO	Individual	Veterana Fem I	00:59:51.39	00:30:05.05	00:57:21.01	00:27:34.67
3231	1542	9112	PEDRO FERREIRA	FR Runners	Senior	00:59:51.64	00:31:38.43	00:56:29.31	00:28:16.10
3232	499	9108	JOSÉ JOAQUIM PIRES GIL	Individual	Veterano I	00:59:52.52	00:28:53.64	00:58:43.71	00:27:44.83
3233	1543	12343	JOÃO MANUEL HENRIQUES DA SILVA	Individual	Senior	00:59:53.52	00:32:48.03	00:55:24.46	00:28:18.97
3234	234	10812	ÁLVARO MALHEIROS	Individual	Veterano III	00:59:53.76	00:29:32.37	00:58:44.05	00:28:22.66
3235	142	12233	MANUEL HENRIQUES	CATEDRAL DA CERVEJA	Veterano V	00:59:54.19	00:30:25.56	00:58:18.87	00:28:50.24
3236	235	9430	JOSE FELIX	Individual	Veterano III	00:59:54.20	00:32:02.98	00:56:16.39	00:28:25.17
3237	306	10099	ANTONIO ALVES	Individual	Veterano II	00:59:54.71	00:29:33.95	00:59:37.91	00:29:17.15
3238	236	9429	EDUARDO KAIZELER	Individual	Veterano III	00:59:55.12	00:32:02.78	00:56:17.60	00:28:25.26
3239	500	8327	EDGAR REINHARDT	Individual	Veterano I	00:59:55.21	00:33:22.96	00:54:46.97	00:28:14.72
3240	192	10418	CARLA GOMES	Individual	Senior Fem	00:59:55.60	00:32:18.16	00:56:40.41	00:29:02.97
3241	1544	9012	RUI MANUEL COSTA	Individual	Senior	00:59:55.90	00:30:34.91	00:58:00.06	00:28:39.07
3242	193	11523	ANDREA LOPES	Os Caracóis Furiosos	Senior Fem	00:59:56.44	00:30:22.04	00:57:04.73	00:27:30.33
3243	237	12021	MÁRIO PIRES	Niagara Odivelas	Veterano III	00:59:56.48	00:31:25.94	00:56:55.28	00:28:24.74
3244	501	8321	PEDRO CAVALHEIRO	SS CGD	Veterano I	00:59:56.60	00:30:06.34	00:59:35.97	00:29:45.71
3245	1545	9328	ULISSES GONÇALO DOS SANTOS SILVA	Individual	Senior	00:59:57.21	00:31:56.39	00:56:22.75	00:28:21.93
3246	238	8346	ROGÉRIO NOBRE	Individual	Veterano III	00:59:57.58	00:30:29.37	00:57:21.02	00:27:52.81
3247	194	12731	ANA CARVALHO	Os Antunes	Senior Fem	00:59:57.61	00:32:24.80	00:56:50.47	00:29:17.66
3248	42	7069	HELENA PISSARRA	Correr Lisboa	Veterana Fem I	00:59:57.75	00:30:51.81	00:58:35.04	00:29:29.10
3249	502	12730	PEDRO ANTUNES	Os Antunes	Veterano I	00:59:57.86	00:32:23.61	00:56:50.92	00:29:16.67
3250	1546	10113	EMANUEL CARVALHO	Tartarugas Solidárias	Senior	00:59:58.18	00:32:48.64	00:56:25.92	00:29:16.38

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
3251	29	10378	VASCO FRIJA	FrijaBrothers	Junior	00:59:58.25	00:32:26.97	00:55:23.37	00:27:52.09
3252	1547	9462	MARCO COSTA	Individual	Senior	00:59:58.29	00:29:34.85	00:56:20.77	00:25:57.33
3253	43	7019	CÉU CARVALHO	Tartarugas Solidárias	Veterana Fem I	00:59:58.72	00:32:50.38	00:56:28.76	00:29:20.42
3254	239	7415	CELSO GRAÇA PEREIRA	Individual	Veterano III	00:59:58.94	00:32:26.45	00:55:25.43	00:27:52.94
3255	503	7037	PAULO ONOFRE	Correr Lisboa	Veterano I	00:59:59.37	00:31:22.32	00:57:13.62	00:28:36.57
3256	30	12564	ANDRE LAPINHA	Individual	Junior	00:59:59.59	00:34:10.30	00:55:29.05	00:29:39.76
3257	1548	10123	MIGUEL AFONSO	Individual	Senior	00:59:59.91	00:28:09.86	00:59:55.28	00:28:05.23
3258	195	9947	ANGELA LEAL	Individual	Senior Fem	01:00:00.03	00:29:37.24	00:59:15.83	00:28:53.04
3259	143	11323	GILBERTO GONÇALVES	Clube Atletismo Amigos deBelém	Veterano V	01:00:00.62	00:34:03.57	00:56:39.71	00:30:42.66
3260	44	12985	SARA VALADRAES	HOSPITAL DA LUZ	Veterana Fem I	01:00:00.64	00:30:28.06	00:57:14.39	00:27:41.81
3261	240	9262	JOSÉ VELOSO	Individual	Veterano III	01:00:00.70	00:29:38.26	00:58:17.39	00:27:54.95
3262	144	8132	MÁRIO SOUSA	Individual	Veterano V	01:00:00.98	00:31:57.77	00:55:20.68	00:27:17.47
3263	504	9464	GONÇALO MALHEIRO	Individual	Veterano I	01:00:01.70	00:32:40.35	00:54:54.70	00:27:33.35
3264	196	8028	CRISTINA ISABEL VIEIRA CARVALHO	Individual	Senior Fem	01:00:01.81	00:29:30.88	00:59:18.49	00:28:47.56
3265	1549	12049	PAULO JORGE LEITÃO CALDEIRA	A.D.C. Veirense	Senior	01:00:02.27	00:31:39.04	00:55:14.99	00:26:51.76
3266	1550	9816	ANDRÉ FILIPE SANTOS JANOTA	Individual	Senior	01:00:03.12	00:33:12.97	00:55:50.00	00:28:59.85
3267	22	11520	MERCEDES FONSECA	Individual	Veterana Fem III	01:00:03.33	00:30:36.21	00:58:50.81	00:29:23.69
3268	1551	10718	MUKESH RAMNICLAL CARSANE	Individual	Senior	01:00:03.67	00:27:44.33	00:59:14.85	00:26:55.51
3269	45	7817	SARA ROSA	Os Formigas	Veterana Fem I	01:00:03.83	00:31:05.79	00:56:16.96	00:27:18.92
3270	145	9433	LUIS ROSA	Individual	Veterano V	01:00:04.06	00:34:04.12	00:56:43.67	00:30:43.73
3271	197	13631	ISABEL CRISTINA VIEIRA DA SILVA	Individual	Senior Fem	01:00:04.44	00:29:34.06	00:58:50.73	00:28:20.35
3272	146	7204	RUI CORDEIRO	Individual	Veterano V	01:00:04.64	00:31:41.28	00:57:20.90	00:28:57.54
3273	1552	11872	NUNO QUARESMA SIMÕES RAPOSO	Individual	Senior	01:00:04.99	00:33:01.79	00:56:29.77	00:29:26.57
3274	1553	7987	JORGE CORREIA FONTE	Tarahumara Team	Senior	01:00:05.35	00:32:14.19	00:58:00.57	00:30:09.41
3275	1554	9664	NUNO MIGUEL DA SILVA BRITES	Individual	Senior	01:00:05.61	00:33:59.62	00:55:10.71	00:29:04.72
3276	198	11587	SUSANA ALEGRIA	AFIS/Ovar	Senior Fem	01:00:06.23	00:30:12.09	00:59:23.76	00:29:29.62
3277	1555	12870	HUMBERTO MELO	HOSPITAL DA LUZ	Senior	01:00:06.26	00:33:59.40	00:55:11.44	00:29:04.58
3278	1556	8755	MIGUEL MIGUEL	Individual, --	Senior	01:00:06.34	00:33:30.15	01:00:06.34	00:33:30.15
3279	1557	9637	RICARDO JORGE SOUSA REIS	Marateca	Senior	01:00:06.36	00:33:13.30	00:55:53.66	00:29:00.60
3280	147	9788	MANUEL RAMOS	AFIS/Ovar	Veterano V	01:00:06.50	00:30:12.18	00:59:25.03	00:29:30.71
3281	1558	8053	LUÍS SILVA	CDI's	Senior	01:00:06.75	00:30:29.06	00:57:41.86	00:28:04.17
3282	23	13062	PAULA SILVA	HOSPITAL DA LUZ	Veterana Fem III	01:00:07.51	00:32:45.79	00:56:19.16	00:28:57.44
3283	505	7931	DANIEL COLLA	Individual	Veterano I	01:00:07.53	00:30:45.48	00:57:43.85	00:28:21.80
3284	307	13279	RUI REIS	Individual	Veterano II	01:00:07.94	00:29:06.60	00:59:40.93	00:28:39.59
3285	148	10960	FRANCISCO RAMALHO	Individual	Veterano V	01:00:08.98	00:30:26.75	00:57:24.00	00:27:41.77
3286	1559	10905	ANGELO BATISTA	Individual	Senior	01:00:09.31	00:31:56.50	00:56:36.51	00:28:23.70
3287	1560	11611	ANDRÉ PINTO PALMA	Individual	Senior	01:00:09.38	00:33:49.69	00:56:17.43	00:29:57.74
3288	506	15258	JOAQUIM CARDOSO	JORNAL A BOLA	Veterano I	01:00:09.62	00:27:59.25	01:00:01.10	00:27:50.73
3289	172	7719	LUÍS MATIAS	Individual	Veterano IV	01:00:10.24	00:31:07.86	00:57:25.54	00:28:23.16
3290	1561	8323	PEDRO LOPES	SS CGD	Senior	01:00:10.75	00:33:56.01	00:55:30.11	00:29:15.37
3291	507	8165	CARLOS SEPULVEDA	Individual	Veterano I	01:00:10.87	00:31:06.98	00:57:51.64	00:28:47.75
3292	1562	11387	NUNO RICARDO DELGADO SILVA CONSTÂNCIO	COLABORADOR SLB	Senior	01:00:11.33	00:31:29.14	00:56:20.03	00:27:37.84
3293	1563	8051	ROGÉRIO CORREIA	CDI's	Senior	01:00:11.39	00:30:28.33	00:57:46.94	00:28:03.88
3294	1564	9115	JOÃO ALMEIDA	FR Runners	Senior	01:00:11.48	00:31:37.95	00:56:50.55	00:28:17.02
3295	173	12391	RUI MANUEL ROSA DE ARAÚJO	GROUP TRAINING	Veterano IV	01:00:11.76	00:33:25.25	00:56:10.10	00:29:23.59
3296	149	12393	JÚLIO ADOLFO MARINS CORREIA	GROUP TRAINING	Veterano V	01:00:11.85	00:33:26.57	00:56:09.48	00:29:24.20
3297	1565	10746	DANIEL AZEVEDO PORTELA	Individual	Senior	01:00:13.19	00:29:28.03	00:59:20.28	00:28:35.12
3298	308	8163	MIGUEL MONTEIRO	Individual	Veterano II	01:00:13.50	00:31:09.10	00:56:48.55	00:27:44.15
3299	1566	10407	JOEL FERREIRA	amigos do gradil	Senior	01:00:14.04	00:33:33.10	00:56:23.89	00:29:42.95
3300	199	10300	CAROLINA SILVA	Individual	Senior Fem	01:00:14.21	00:30:54.15	00:57:12.53	00:27:52.47

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
3301	1567	10504	BRUNO SILVA	Papoilas Saltitantes	Senior	01:00:14.28	00:30:57.72	00:56:34.68	00:27:18.12
3302	200	8249	SARA PEDRO	nacional fitness	Senior Fem	01:00:14.64	00:31:59.72	00:55:51.40	00:27:36.48
3303	1568	10616	PAULO PATRÃO	Kaninos	Senior	01:00:14.87	00:29:48.23	00:57:54.01	00:27:27.37
3304	174	10002	CELESTINO RODRIGUES OLIVEIRA	Individual	Veterano IV	01:00:15.26	00:32:08.40	00:56:16.15	00:28:09.29
3305	309	10686	PAULO CARVALHO	Individual	Veterano II	01:00:15.29	00:32:06.55	00:57:45.27	00:29:36.53
3306	150	7551	DOMINGOS ANTÓNIO MELÃO MARTINS	Individual	Veterano V	01:00:15.70	00:30:20.18	00:59:32.38	00:29:36.86
3307	1569	12174	CÉLIO ANASTÁCIO	Peniche a Correr	Senior	01:00:15.82	00:30:59.49	00:58:31.48	00:29:15.15
3308	241	15089	VITOR MANSO	CASA DO BENFICA EM PENHICE	Veterano III	01:00:15.88	00:30:58.62	00:58:32.96	00:29:15.70
3309	201	12176	VANIA ZARRO	Peniche a Correr	Senior Fem	01:00:15.98	00:30:58.82	00:58:32.29	00:29:15.13
3310	1570	11272	ANDRÉ CARVALHO	BMW Portugal Running, --	Senior	01:00:16.33	00:30:24.62	00:57:15.04	00:27:23.33
3311	1571	13404	DANIEL RODRIGUES	Nicos	Senior	01:00:16.49	00:33:51.67	00:54:16.64	00:27:51.82
3312	202	13139	CHEILA DOS REIS ESTRELA MORAIS	Individual	Senior Fem	01:00:16.54	00:32:06.18	00:57:46.03	00:29:35.67
3313	310	10423	DIOGO BOURBON FRANCA	Individual	Veterano II	01:00:16.54	00:33:33.11	00:55:07.79	00:28:24.36
3314	151	10151	ABEL FIGUEIREDO	Individual	Veterano V	01:00:16.91	00:30:11.22	00:59:23.64	00:29:17.95
3315	1572	8767	JOÃO PROSIL SAMPAIO	Individual	Senior	01:00:17.14	00:31:44.21	00:57:09.19	00:28:36.26
3316	203	10685	ROSÁLIA CARVALHO	Individual	Senior Fem	01:00:17.29	00:32:06.37	00:57:47.27	00:29:36.35
3317	1573	10479	TIAGO MIGUEL DA SILVA CANINHAS MACHADO	Individual	Senior	01:00:17.50	00:30:19.07	00:57:12.53	00:27:14.10
3318	1574	12966	JOÃO DA GRAÇA CASAL	HOSPITAL DA LUZ	Senior	01:00:17.54	00:30:18.35	00:58:09.49	00:28:10.30
3319	152	9396	ALBERTO PEREIRA RAMIRES	Individual	Veterano V	01:00:17.56	00:30:33.00	00:57:47.25	00:28:02.69
3320	1575	7320	NUNO FERREIRA	Individual	Senior	01:00:17.73	00:28:58.31	00:51:26.66	00:20:07.24
3321	1576	7694	TIAGO FILIPE BARRADAS PEREIRA	MM Runners	Senior	01:00:18.05	00:32:14.76	00:56:43.42	00:28:40.13
3322	1577	11847	DIOGO ALEXANDRE BALTAZAR	GDC Fidelidade	Senior	01:00:18.28	00:28:58.18	00:59:41.70	00:28:21.60
3323	1578	12657	DAVID MESTRE	Individual	Senior	01:00:18.44	00:34:13.46	00:55:27.73	00:29:22.75
3324	1579	11063	CLAUDIO FERNANDES	Individual	Senior	01:00:18.47	00:30:28.06	00:55:52.16	00:26:01.75
3325	508	8349	PEDRO MANUEL LOPES	Run Buddy Run	Veterano I	01:00:18.66	00:33:05.36	00:56:30.31	00:29:17.01
3326	509	15375	LUIS COSTA	TECQQQUANTUM	Veterano I	01:00:19.27	00:32:15.56	00:56:10.99	00:28:07.28
3327	1580	12022	MARCOS RAFAEL CENDRETTE	Individual	Senior	01:00:19.38	00:34:47.98	00:56:32.66	00:31:01.26
3328	510	13358	CARLOS GONÇALVES	COVERSTEEL RUN TEAM	Veterano I	01:00:19.64	00:34:34.38	00:56:07.13	00:30:21.87
3329	1581	8859	MIGUEL ÂNGELO DE JESUS PEREIRA RAMOS	Individual	Senior	01:00:19.77	00:33:20.60	00:56:23.81	00:29:24.64
3330	1582	13362	FÁBIO MACÁRIO	COVERSTEEL RUN TEAM	Senior	01:00:19.83	00:34:34.46	00:56:06.80	00:30:21.43
3331	46	7420	ELSA SILVA	OS PRIMOS	Veterana Fem I	01:00:20.05	00:30:49.69	00:58:27.12	00:28:56.76
3332	311	10823	VASCO ALPALHÃO	Individual	Veterano II	01:00:20.34	00:33:19.24	00:55:49.50	00:28:48.40
3333	153	8806	JOSÉ ALBERTO COSTA FIGUEIREDO	Asas nos Pés	Veterano V	01:00:20.50	00:33:38.65	00:56:37.80	00:29:55.95
3334	204	12842	INÊS ABRANTES	Balhelhas	Senior Fem	01:00:20.64	00:32:31.77	00:56:21.86	00:28:32.99
3335	511	10913	RUI MARQUES	Individual	Veterano I	01:00:20.84	00:32:29.40	00:56:02.40	00:28:10.96
3336	242	15285	CARLOS FERREIRA	CÂMARA LISBOA CLUBE	Veterano III	01:00:21.10	00:33:30.03	00:55:41.35	00:28:50.28
3337	243	9477	MIGUEL VELEZ	Individual	Veterano III	01:00:21.15	00:33:31.00	00:55:41.91	00:28:51.76
3338	244	15079	ADELINO PIRES	CÂMARA LISBOA CLUBE	Veterano III	01:00:21.47	00:32:30.28	00:55:59.54	00:28:08.35
3339	1583	11720	PEDRO NOGUEIRA SILVA	Individual	Senior	01:00:21.92	00:32:27.67	00:55:32.43	00:27:38.18
3340	1584	11426	DANIEL SILVA	Individual	Senior	01:00:22.17	00:31:55.70	00:57:03.07	00:28:36.60
3341	312	8354	MARIO CANEIRA	Jobrinde - Montes Saloios	Veterano II	01:00:22.39	00:31:24.39	00:58:26.66	00:29:28.66
3342	1585	9091	RUI ASSIS	Águias de Capoeira	Senior	01:00:22.41	00:32:01.44	00:56:05.41	00:27:44.44
3343	1586	8989	NUNO RIBEIRO	Cavalinhos Runners	Senior	01:00:22.68	00:34:46.79	00:55:06.10	00:29:30.21
3344	512	8353	ARMANDO COSTA	Jobrinde - Montes Saloios	Veterano I	01:00:22.74	00:31:24.94	00:58:26.59	00:29:28.79
3345	1587	10091	RICARDO VEIGA	Individual	Senior	01:00:22.82	00:31:18.50	00:58:06.23	00:29:01.91
3346	154	9286	ANTONIO SANTOS	Individual	Veterano V	01:00:22.84	00:29:54.95	00:58:58.53	00:28:30.64
3347	513	7807	VITOR ESCARIA	Individual	Veterano I	01:00:23.11	00:32:41.19	00:57:27.59	00:29:45.67
3348	1588	10599	ANTÓNIO SANTOS	Individual	Senior	01:00:23.24	00:35:01.48	00:55:28.76	00:30:07.00
3349	1589	9368	SÉRGIO RAMALHO	Individual	Senior	01:00:23.44	00:32:28.23	00:55:33.65	00:27:38.44
3350	47	9355	ELISABETE COSTA	Correr Lisboa	Veterana Fem I	01:00:23.46	00:29:53.97	00:59:44.09	00:29:14.60

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
3351	514	10139	RUI JORGE CORVO AFONSO	Taliskas	Veterano I	01:00:23.55	00:33:52.95	00:57:07.36	00:30:36.76
3352	1590	10529	MARCOS GONÇALVES	Individual	Senior	01:00:23.70	00:33:00.86	00:55:47.66	00:28:24.82
3353	1591	8948	SÉRGIO PEDRO	Individual	Senior	01:00:23.72	00:33:29.07	00:55:16.14	00:28:21.49
3354	1592	9773	MAURO CORREIA	turbolentos	Senior	01:00:24.11	00:32:04.49	00:57:48.77	00:29:29.15
3355	1593	7988	RICARDO JORGE CAEIRO CARDOSO	Tarahumara Team	Senior	01:00:24.33	00:32:14.33	00:58:19.66	00:30:09.66
3356	1594	13768	MARCO TREVAS	GRUPO ADIDAS	Senior	01:00:24.57	00:31:00.01	00:58:21.61	00:28:57.05
3357	1595	8910	MARCO CONCHINHA	Individual	Senior	01:00:24.60	00:32:07.38	00:55:16.34	00:26:59.12
3358	1596	14859	HUGO FILIPE SOARES CASEIRA	Individual	Senior	01:00:24.60	00:29:42.98	00:57:42.20	00:27:00.58
3359	1597	12074	EMANUEL DOMINGOS	Pó na Lama	Senior	01:00:25.10	00:33:18.56	00:55:20.53	00:28:13.99
3360	32	14858	LUIZA PALMINHAS	Individual	Veterana Fem II	01:00:25.13	00:32:03.53	00:57:06.19	00:28:44.59
3361	205	12973	JOANA FRIAS	HOSPITAL DA LUZ	Senior Fem	01:00:25.32	00:32:30.18	00:55:59.84	00:28:04.70
3362	1598	9404	FÁBIO ROCHA	Individual	Senior	01:00:26.00	00:34:00.97	00:56:09.22	00:29:44.19
3363	206	7033	PAULA LEÃO NOGUEIRA	IndieRunnersLx	Senior Fem	01:00:26.42	00:31:16.99	00:58:25.98	00:29:16.55
3364	175	9518	ABEL LOURO	Individual	Veterano IV	01:00:26.42	00:30:49.81	00:58:42.70	00:29:06.09
3365	1599	12460	ANDRÉ NETO	CaixaBI	Senior	01:00:26.42	00:31:17.00	00:57:23.87	00:28:14.45
3366	1600	12668	JOÃO AMORIM	CLUBE VITALIS	Senior	01:00:26.42	00:32:27.83	00:56:01.12	00:28:02.53
3367	155	11934	MANUEL SANTOS	Individual	Veterano V	01:00:26.49	00:30:47.75	00:57:32.12	00:27:53.38
3368	1601	8278	DIOGO PAULO	SS CGD	Senior	01:00:26.61	00:29:29.36	00:59:34.96	00:28:37.71
3369	313	11933	JOÃO SANTOS	Individual	Veterano II	01:00:26.83	00:31:10.05	00:57:31.46	00:28:14.68
3370	515	13544	HUGO MARMELO	PHILIPS PORTUGUESA S.A.	Veterano I	01:00:27.32	00:31:43.93	00:56:32.32	00:27:48.93
3371	314	8319	NUNO PAULO	SS CGD	Veterano II	01:00:27.38	00:29:29.62	00:59:36.20	00:28:38.44
3372	516	11697	RUI CONTREIRAS	Individual	Veterano I	01:00:27.40	00:31:29.09	00:57:47.34	00:28:49.03
3373	207	11698	CARLA LEOCÁDIO	Individual	Senior Fem	01:00:27.95	00:31:29.88	00:57:48.51	00:28:50.44
3374	1602	8983	JOÃO FILIPE PERDIGÃO	Individual	Senior	01:00:28.08	00:33:29.22	00:55:40.77	00:28:41.91
3375	208	10554	LARA SIMONS	CCD Siemens	Senior Fem	01:00:28.89	00:31:27.49	00:56:40.18	00:27:38.78
3376	24	8786	MADALENA ASSUNCAO	GRUN	Veterana Fem III	01:00:29.08	00:30:29.31	00:58:17.13	00:28:17.36
3377	245	15116	JOSÉ MANUEL A. BRITES	ASSOCIAÇÃO O COMPANHEIRO	Veterano III	01:00:29.47	00:31:01.41	00:58:33.36	00:29:05.30
3378	1603	9715	NELSON COELHO	Individual	Senior	01:00:29.58	00:30:20.22	00:58:16.08	00:28:06.72
3379	209	10627	SÓNIA MOREIRA	J.I.P.E.S	Senior Fem	01:00:29.72	00:30:02.21	00:58:39.66	00:28:12.15
3380	1604	11939	PEDRO NEVES	SPORTINBET	Senior	01:00:30.12	00:26:42.66	01:00:29.16	00:26:41.70
3381	1605	8314	PAULO JACINTO REBOCHO CESAR	Individual	Senior	01:00:30.31	00:32:36.06	00:56:10.84	00:28:16.59
3382	1606	9953	NUNO PEREIRA	C.Benfica Algueirão M. Martins	Senior	01:00:30.70	00:31:59.38	00:59:16.23	00:30:44.91
3383	156	9955	ÓSCAR FERREIRA	C.Benfica Algueirão M. Martins	Veterano V	01:00:30.99	00:31:58.77	00:59:18.58	00:30:46.36
3384	210	13202	SILVIA PINTO ALMEIDA	PUPILOS DO EXÉRCITO	Senior Fem	01:00:31.15	00:31:41.08	00:57:58.66	00:29:08.59
3385	315	9957	EDUARDO GRILO	C.Benfica Algueirão M. Martins	Veterano II	01:00:31.19	00:31:58.17	00:59:18.73	00:30:45.71
3386	1607	11860	SÉRGIO NUNO ANTUNES MARTINS	GDC Fidelidade	Senior	01:00:31.24	00:32:55.65	00:56:32.59	00:28:57.00
3387	176	9959	JOAQUIM GRILO	C.Benfica Algueirão M. Martins	Veterano IV	01:00:31.25	00:31:59.93	00:59:17.24	00:30:45.92
3388	517	10346	GONÇALO FARIA	Individual	Veterano I	01:00:31.62	00:32:39.06	00:57:10.96	00:29:18.40
3389	518	12779	JOSÉ LEITÃO	Individual	Veterano I	01:00:31.81	00:32:11.35	00:56:22.71	00:28:02.25
3390	1608	9952	JOÃO GRILO	C.Benfica Algueirão M. Martins	Senior	01:00:31.96	00:32:00.40	00:59:17.06	00:30:45.50
3391	1609	10704	PEDRO MIGUEL DUARTE LAPA	Individual	Senior	01:00:32.24	00:34:01.05	00:55:35.66	00:29:04.47
3392	1610	11586	HUGO CRAVIDÃO	Individual	Senior	01:00:32.27	00:31:45.96	00:56:00.63	00:27:14.32
3393	211	10496	MADALENA MARTINS	Individual	Senior Fem	01:00:32.43	00:32:19.42	00:57:16.99	00:29:03.98
3394	1611	7209	JOSE CARLOS LOPES	Individual	Senior	01:00:32.65	00:32:22.00	00:56:21.35	00:28:10.70
3395	1612	8021	FREDERICO MACHADO	Individual	Senior	01:00:32.70	00:34:51.49	00:55:34.21	00:29:53.00
3396	1613	8617	SERGIO GLORIA	Individual	Senior	01:00:32.80	00:32:26.81	00:55:58.59	00:27:52.60
3397	1614	11716	TIAGO MARQUES TRINDADE	Individual	Senior	01:00:32.84	00:32:26.53	00:55:59.43	00:27:53.12
3398	519	11161	JOSÉ SILVA	Individual, --	Veterano I	01:00:33.01	00:33:47.89	00:54:48.71	00:28:03.59
3399	1615	7947	PAULO ROXO	Individual	Senior	01:00:33.40	00:29:21.58	00:59:19.97	00:28:08.15
3400	1616	11223	MÁRIO LUCAS	Individual, --	Senior	01:00:33.44	00:34:14.91	00:55:42.80	00:29:24.27

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
3401	520	12673	JOÃO FERNANDO C. SIMÕES	ITAU, SA	Veterano I	01:00:33.52	00:32:15.11	00:57:18.88	00:29:00.47
3402	1617	13353	TIAGO VIEIRA	KONICA MINOLTA	Senior	01:00:33.79	00:33:02.17	00:54:53.28	00:27:21.66
3403	177	13079	PAULO SARAIVA	HOSPITAL DA LUZ	Veterano IV	01:00:33.95	00:33:04.03	00:56:48.64	00:29:18.72
3404	212	13213	MILENE CALADO	PUPILOS DO EXÉRCITO	Senior Fem	01:00:34.02	00:31:40.33	00:58:01.21	00:29:07.52
3405	316	7052	JORGE MANUEL GABRIEL XAREPE	Individual	Veterano II	01:00:34.28	00:30:43.15	00:59:33.20	00:29:42.07
3406	521	7650	ANTÓNIO GONÇALVES	Individual	Veterano I	01:00:34.86	00:34:17.77	00:57:03.58	00:30:46.49
3407	1618	11151	PEDRO GONÇALVES	Individual, --	Senior	01:00:35.19	00:33:10.44	00:57:10.84	00:29:46.09
3408	157	7538	ALFREDO REIS	Individual	Veterano V	01:00:35.33	00:31:26.61	00:57:26.14	00:28:17.42
3409	1619	13029	BRUNO MIGUEL TAVARES ALVES	HOSPITAL DA LUZ	Senior	01:00:35.57	00:33:13.64	00:59:17.47	00:31:55.54
3410	1620	12001	CARLOS DINIS RODRIGUES	Individual	Senior	01:00:35.99	00:28:48.94	01:00:25.53	00:28:38.48
3411	522	8310	RUI TOMÁS	CCD Crédito Agrícola Mútuo	Veterano I	01:00:36.07	00:32:25.06	00:56:44.63	00:28:33.62
3412	317	10661	ORLANDO JARRA	CSP77	Veterano II	01:00:36.11	00:32:02.26	00:58:18.49	00:29:44.64
3413	1621	8438	JOÃO EZEQUIEL	Arbitros de Vendas Novas	Senior	01:00:36.50	00:30:36.22	00:58:28.59	00:28:28.31
3414	1622	8889	FILIFE ARRUDA	Individual	Senior	01:00:37.09	00:31:09.91	00:57:23.04	00:27:55.86
3415	213	13041	CATARINA LUIS	HOSPITAL DA LUZ	Senior Fem	01:00:37.35	00:30:59.85	00:58:33.98	00:28:56.48
3416	1623	7049	RUI VIEITAS	Mitch Team Runners	Senior	01:00:37.78	00:33:04.60	00:56:04.55	00:28:31.37
3417	1624	11022	MÁRIO ANDRÉ GONÇALVES OLIVEIRA	Individual	Senior	01:00:37.96	00:28:54.63	01:00:35.49	00:28:52.16
3418	1625	8126	NUNO RICARDO SANTOS RODRIGUES LOPES	Individual	Senior	01:00:38.23	00:31:57.56	00:57:37.24	00:28:56.57
3419	1626	12262	PEDRO SALDANHA	Individual	Senior	01:00:38.47	00:30:20.49	00:57:06.54	00:26:48.56
3420	1627	8401	MIGUEL VINAGRE	CCD Crédito Agrícola Mútuo	Senior	01:00:38.68	00:33:25.51	00:56:55.72	00:29:42.55
3421	523	7977	RUI MIGUEL PEREIRA	Individual	Veterano I	01:00:39.02	00:31:37.79	00:57:24.68	00:28:23.45
3422	318	10563	JORGE VERGA MATOS	Individual	Veterano II	01:00:39.16	00:32:09.33	00:57:39.40	00:29:09.57
3423	158	7509	FRANCISCO LOFORTE RIBEIRO	Individual	Veterano V	01:00:39.55	00:29:53.92	01:00:19.43	00:29:33.80
3424	159	8279	ESMERALDO PEREIRA	SS CGD	Veterano V	01:00:39.81	00:32:03.63	00:56:15.41	00:27:39.23
3425	214	9484	ANDREIA CARDOSO	Kaninos	Senior Fem	01:00:39.90	00:30:14.24	00:58:59.28	00:28:33.62
3426	246	11238	ALIPIO COSTA	BIVAC IBERIA, --	Veterano III	01:00:40.23	00:30:22.82	00:58:14.06	00:27:56.65
3427	33	11239	VANDA BRISSOS	BIVAC IBERIA	Veterana Fem II	01:00:40.35	00:30:22.53	00:58:15.31	00:27:57.49
3428	160	13455	JOSÉ PAULINO CARLOS	C.Benfica Algueirão M. Martins	Veterano V	01:00:40.49	00:31:29.72	00:59:17.01	00:30:06.24
3429	34	13435	ALEXANDRA PIRES	AeroRunners	Veterana Fem II	01:00:41.36	00:31:10.55	00:57:54.06	00:28:23.25
3430	1628	10058	TIAGO DA CRUZ ÉVORA	daCruz	Senior	01:00:41.44	00:27:15.11	01:00:37.02	00:27:10.69
3431	1629	8334	HUGO VENANCIO	SS CGD	Senior	01:00:41.68	00:33:56.26	00:56:01.26	00:29:15.84
3432	524	12630	RUI NORONHA	Individual	Veterano I	01:00:41.70	00:32:16.97	00:57:36.43	00:29:11.70
3433	247	8612	JOÃO RODRIGUES SILVA	Individual	Veterano III	01:00:41.88	00:30:00.83	00:59:51.11	00:29:10.06
3434	1630	7051	PEDRO QUARESMA	Mitch Team Runners	Senior	01:00:42.11	00:33:05.31	00:56:08.89	00:28:32.09
3435	1631	11165	MAGNO JACINTO	Individual, --	Senior	01:00:42.49	00:32:30.36	00:56:06.76	00:27:54.63
3436	1632	15031	NUNO ANDRE GRAÇA	EDP	Senior	01:00:42.83	00:30:13.36	00:59:43.30	00:29:13.83
3437	35	7232	CRISTINA LAVRADOR	run4fun	Veterana Fem II	01:00:44.11	00:30:35.65	00:58:43.46	00:28:35.00
3438	525	7345	ADERITO COSTA	Jobrinde - Montes Saloios	Veterano I	01:00:44.24	00:33:04.85	00:56:51.56	00:29:12.17
3439	1633	10349	FRANCISCO MIGUEL GUERREIRO GAMEIRO	Individual	Senior	01:00:44.36	00:27:57.14	00:59:56.05	00:27:08.83
3440	526	7171	LUÍS DO COITO	Tartarugas Solidárias	Veterano I	01:00:44.61	00:33:05.16	00:56:50.87	00:29:11.42
3441	215	8166	ANDREIA RODRIGUES	CCD Crédito Agrícola Mútuo	Senior Fem	01:00:45.10	00:32:25.59	00:56:53.89	00:28:34.38
3442	161	8318	LUIS BILAU	SS CGD	Veterano V	01:00:45.86	00:33:00.26	00:56:25.99	00:28:40.39
3443	527	8425	NUNO FONSECA	Individual	Veterano I	01:00:46.37	00:33:52.63	00:57:30.81	00:30:37.07
3444	248	7407	JOAO DUARTE	Individual	Veterano III	01:00:46.43	00:29:39.65	00:59:31.96	00:28:25.18
3445	216	11184	ANA MADEIRA	Individual, --	Senior Fem	01:00:46.69	00:30:59.07	00:58:08.19	00:28:20.57
3446	162	8939	JOSE PEDRO DO CARMO LOURENÇO	Individual	Veterano V	01:00:46.92	00:30:32.78	00:59:04.75	00:28:50.61
3447	1634	8322	PEDRO GOMES	SS CGD	Senior	01:00:47.01	00:33:46.67	00:55:29.58	00:28:29.24
3448	1635	9131	FRANCISCO GUERRA	Fé no pau	Senior	01:00:47.05	00:33:06.46	00:56:05.40	00:28:24.81
3449	249	8287	ARNALDO MANUEL MOREIRA AMORIM	Individual	Veterano III	01:00:47.10	00:35:18.13	00:55:05.82	00:29:36.85
3450	1636	11298	RUI PEDRO RODRIGUES OLIVEIRA CARVALHO	Convidado colaborador SLB, --	Senior	01:00:47.97	00:30:52.48	00:58:20.38	00:28:24.89

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
3451	1637	12406	RENZO AMARAL	Corredores da Beloura	Senior	01:00:48.00	00:30:42.65	00:59:43.70	00:29:38.35
3452	217	11425	RITA GERALDES MACEDO	Individual	Senior Fem	01:00:48.89	00:33:31.28	00:55:52.95	00:28:35.34
3453	1638	10383	HUGO CASTANHEIRA	Individual	Senior	01:00:48.94	00:34:21.76	00:56:27.95	00:30:00.77
3454	1639	12106	JOEL NEVES	Autozitânia - CNAmamdora	Senior	01:00:49.15	00:32:11.01	00:57:31.39	00:28:53.25
3455	319	8011	CARLOS MADEIRA	BOMBEIROS V. MONTEMOR-O-NOVO	Veterano II	01:00:49.57	00:29:58.81	00:59:02.31	00:28:11.55
3456	218	7697	INÊS ISABEL CASANOVA SOTELINO	MM Runners	Senior Fem	01:00:49.65	00:32:14.03	00:57:13.91	00:28:38.29
3457	178	7698	JUAN MANUEL SOTELINO POMBO	MM Runners	Veterano IV	01:00:49.77	00:32:14.62	00:57:14.79	00:28:39.64
3458	528	11903	VITOR DUARTE	HP TEAM	Veterano I	01:00:50.03	00:32:33.10	00:56:20.66	00:28:03.73
3459	1640	11796	VITOR DOMINGOS	FUND BOX	Senior	01:00:50.06	00:31:38.54	00:56:25.94	00:27:14.42
3460	529	7893	LUIS MIGUEL LOPES DIAS	Águias na Cama	Veterano I	01:00:50.17	00:33:16.77	00:56:46.51	00:29:13.11
3461	1641	12205	NUNO MIGUEL MARQUES MARTINHO	Convidado colaborador SLB	Senior	01:00:50.57	00:31:16.46	00:58:07.96	00:28:33.85
3462	1642	12198	PEDRO MIGUEL CAROLA ESTANQUEIRO	Convidado colaborador SLB	Senior	01:00:50.62	00:31:34.26	00:58:06.69	00:28:50.33
3463	1643	12200	EDGAR MIGUEL PEREIRA ESTANQUEIRO	Convidado colaborador SLB	Senior	01:00:50.70	00:31:34.80	00:58:06.98	00:28:51.08
3464	219	12947	CARLA VIEGAS	Individual	Senior Fem	01:00:51.01	00:27:46.50	00:58:46.81	00:25:42.30
3465	1644	7747	DIOGO ROSA	Individual	Senior	01:00:51.25	00:33:27.80	00:56:50.33	00:29:26.88
3466	1645	12946	HUGO VIEGAS	Individual	Senior	01:00:51.43	00:30:08.15	00:58:43.78	00:28:00.50
3467	1646	8320	PAULO ABREU	SS CGD	Senior	01:00:51.45	00:32:21.85	00:57:48.66	00:29:19.06
3468	530	7974	RICARDO GOMES	Individual	Veterano I	01:00:51.69	00:31:12.53	00:58:18.01	00:28:38.85
3469	220	12356	DIANA ALVES	Individual	Senior Fem	01:00:52.01	00:28:56.28	01:00:51.12	00:28:55.39
3470	1647	12593	BRUNO JOSÉ SOARES SERRÃO GOMES DO CARMO	Individual	Senior	01:00:52.24	00:34:05.60	00:55:43.82	00:28:57.18
3471	221	13402	YOSHIKO NOMOTO	Individual	Senior Fem	01:00:52.75	00:31:58.58	00:58:33.62	00:29:39.45
3472	1648	11501	JOSÉ EDUARDO COUTO CARMO PIRES	Individual	Senior	01:00:52.96	00:34:21.97	00:57:48.82	00:31:17.83
3473	1649	9199	HUGO FRADIQUE	Individual	Senior	01:00:53.01	00:30:46.84	00:58:50.06	00:28:43.89
3474	179	10166	RUI MESQUITA LUIS	Individual	Veterano IV	01:00:53.53	00:29:00.41	01:00:46.37	00:28:53.25
3475	48	12399	ADELAIDE PALMA	Individual	Veterana Fem I	01:00:53.79	00:29:37.82	01:00:43.74	00:29:27.77
3476	531	9200	MANUEL ANGELINO	Individual	Veterano I	01:00:53.80	00:30:47.26	00:58:50.70	00:28:44.16
3477	31	11766	RUBEN CANDEIAS	Individual	Junior	01:00:53.87	00:31:33.30	00:56:30.79	00:27:10.22
3478	222	10085	ANDREIA PIRES	Individual	Senior Fem	01:00:54.53	00:33:43.97	00:56:06.58	00:28:56.02
3479	532	11845	DANIEL JOSÉ BRITO PEREIRA	GDC Fidelidade	Veterano I	01:00:54.65	00:32:56.54	00:56:55.93	00:28:57.82
3480	533	11916	MIGUEL FRAZÃO	CGD	Veterano I	01:00:55.07	00:28:10.72	01:00:10.01	00:27:25.66
3481	30	12699	JOAO MARIA SILVA	Individual	Outra Cat	01:00:55.07	00:33:36.49	00:55:49.50	00:28:30.92
3482	250	13114	FREDERICO ANDRADE E SOUSA	GRUPO PROSEGUR	Veterano III	01:00:55.28	00:31:20.65	00:58:57.31	00:29:22.68
3483	180	10257	JOSÉ LUÍS DA SILVA GONÇALVES	Individual	Veterano IV	01:00:55.37	00:30:09.75	01:00:09.33	00:29:23.71
3484	320	10313	ANTÓNIO LADEIRA	Individual	Veterano II	01:00:55.55	00:34:05.98	00:55:20.43	00:28:30.86
3485	251	8590	PEDRO CRISPIM	Jagozes & Gloriosos	Veterano III	01:00:55.68	00:32:46.08	00:55:48.97	00:27:39.37
3486	36	12065	SANDRA ANTUNES	Individual	Veterana Fem II	01:00:55.69	00:31:36.13	00:58:42.40	00:29:22.84
3487	1650	14855	RAFAEL PESTANA	EDP	Senior	01:00:57.26	00:34:01.85	00:57:45.40	00:30:49.99
3488	1651	10693	LUIS BORDALO E SÁ	Individual	Senior	01:00:57.35	00:29:02.19	00:58:41.44	00:26:46.28
3489	321	10314	VICTOR REBELO	Individual	Veterano II	01:00:57.43	00:34:05.58	00:55:22.08	00:28:30.23
3490	25	7559	CARMINDA PIRES REGA	Individual	Veterana Fem III	01:00:57.68	00:31:47.28	00:58:09.02	00:28:58.62
3491	49	11104	MARTA BORGES	Individual	Veterana Fem I	01:00:58.08	00:32:52.05	00:56:29.17	00:28:23.14
3492	223	11390	OLGA SOFIA GABOLEIRO MARQUES	Individual	Senior Fem	01:00:58.12	00:32:55.59	00:56:15.33	00:28:12.80
3493	1652	15177	EDUARDO FRANCISCO	EDP	Senior	01:00:58.33	00:32:28.41	00:57:58.72	00:29:28.80
3494	1653	12873	PEDRO LAMEIRA	HOSPITAL DA LUZ	Senior	01:00:59.12	00:33:16.44	00:57:09.82	00:29:27.14
3495	1654	13003	RICARDO SARAIVA	HOSPITAL DA LUZ	Senior	01:00:59.45	00:32:45.74	00:56:05.42	00:27:51.71
3496	1655	9491	EDUARDO PEREIRA	Individual	Senior	01:00:59.82	00:34:01.39	00:55:17.98	00:28:19.55
3497	224	7377	HELENA SOFIA LOPES	Individual	Senior Fem	01:01:00.14	00:30:31.33	00:59:51.14	00:29:22.33
3498	225	11633	TANIA MARGARIDA DOS REIS REGÊNCIO	Individual	Senior Fem	01:01:00.25	00:30:44.41	00:59:22.89	00:29:07.05
3499	226	7376	ANA RITA ARTUR	Individual	Senior Fem	01:01:00.31	00:30:29.87	00:59:50.68	00:29:20.24
3500	1656	7983	CARLOS GONÇALVES	Primos dos Pousos	Senior	01:01:00.61	00:30:44.01	00:59:23.25	00:29:06.65

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
3501	322	7672	MÁRIO RUI PEREIRA PINHO	BPIRunners	Veterano II	01:01:00.82	00:31:51.41	00:57:01.47	00:27:52.06
3502	534	10386	GONÇALO MIGUEL DA SILVA ESTEVAM	Individual	Veterano I	01:01:01.01	00:32:15.11	00:57:49.18	00:29:03.28
3503	1657	8784	PEDRO GABRIEL	Individual	Senior	01:01:02.06	00:32:47.39	00:56:32.07	00:28:17.40
3504	323	8360	PAULO QUELHAS	RTI	Veterano II	01:01:02.25	00:34:11.48	00:56:49.01	00:29:58.24
3505	1658	10744	MARIO MAXIMINO	VVMBT	Senior	01:01:03.21	00:30:34.37	00:59:47.99	00:29:19.15
3506	1659	8333	DANIEL PINTO	SS CGD	Senior	01:01:03.97	00:31:57.30	00:58:56.49	00:29:49.82
3507	50	9435	PAULA NOGUEIRA	Individual	Veterana Fem I	01:01:04.72	00:31:01.31	00:59:30.20	00:29:26.79
3508	324	10156	FRANCISCO SOUSA	Individual	Veterano II	01:01:04.97	00:29:20.07	01:00:41.10	00:28:56.20
3509	1660	7476	CARLOS ESTEVES	Individual	Senior	01:01:05.35	00:33:08.62	00:58:01.76	00:30:05.03
3510	1661	13117	JOÃO CORREIA BOTELHO	GRUPO PROSEGUR	Senior	01:01:05.71	00:31:53.27	00:56:41.35	00:27:28.91
3511	51	8237	FILIPA ROQUE	GRUN	Veterana Fem I	01:01:05.95	00:31:32.04	00:59:08.59	00:29:34.68
3512	1662	7461	DANIEL PEREIRA	Individual	Senior	01:01:06.09	00:33:08.91	00:58:02.80	00:30:05.62
3513	1663	9225	FILIFE JUNOT	Individual	Senior	01:01:06.38	00:32:30.12	00:56:07.59	00:27:31.33
3514	31	8097	TOMÁS LOUREIRO	Lusocargo	Outra Cat	01:01:07.58	00:32:39.75	00:56:34.53	00:28:06.70
3515	227	10644	SOFIA BRAZ	Rompetocas RT	Senior Fem	01:01:07.80	00:31:41.48	00:57:16.59	00:27:50.27
3516	535	7764	ANDRÉ SALVADO	Individual	Veterano I	01:01:08.00	00:31:52.16	00:58:25.03	00:29:09.19
3517	1664	10691	VITOR PESSANHA	Individual	Senior	01:01:08.16	00:30:53.25	00:58:02.24	00:27:47.33
3518	1665	9829	JOAQUIM ALBERTO DA COSTA ANACLETO	Individual	Senior	01:01:08.50	00:32:20.32	00:56:53.01	00:28:04.83
3519	1666	13664	HÉLIO FILIPE GUEDES GODINHO	EUROPCAR	Senior	01:01:08.75	00:33:16.74	00:57:07.56	00:29:15.55
3520	1667	7435	LUIS COUTINHO	Individual	Senior	01:01:08.82	00:33:26.63	00:55:54.03	00:28:11.84
3521	163	10633	ALBINO RESENDE	Individual	Veterano V	01:01:09.07	00:29:32.20	01:00:59.62	00:29:22.75
3522	37	7763	ANA ROMANO	Individual	Veterana Fem II	01:01:09.52	00:30:43.04	00:59:39.90	00:29:13.42
3523	252	9347	JOSÉ SOARES	CCRD Burinhosa	Veterano III	01:01:10.53	00:30:08.62	01:00:10.63	00:29:08.72
3524	536	9830	PAULO SALGADO	Individual	Veterano I	01:01:10.73	00:31:49.96	00:58:34.18	00:29:13.41
3525	1668	12497	FILIFE FRANCO	Convidado colaborador SLB	Senior	01:01:11.25	00:32:37.99	00:56:14.43	00:27:41.17
3526	253	7273	LUÍS MANUEL SERAFIM SANTANA	Individual	Veterano III	01:01:11.78	00:32:27.76	00:57:19.31	00:28:35.29
3527	26	9798	MARIA FATIMA	NAC	Veterana Fem III	01:01:11.81	00:29:59.85	01:01:04.02	00:29:52.06
3528	1669	11424	PEDRO TIAGO FERNANDES HENRIQUES	Individual	Senior	01:01:11.96	00:28:40.78	00:59:56.20	00:27:25.02
3529	537	8955	FERNANDO PIRES	Individual	Veterano I	01:01:12.62	00:35:49.74	00:55:08.88	00:29:46.00
3530	325	7212	JOÃO ANICETO	Individual	Veterano II	01:01:13.21	00:32:30.65	00:57:49.98	00:29:07.42
3531	1670	8728	FIRMINO DIAS	Individual	Senior	01:01:13.35	00:34:44.59	00:57:31.42	00:31:02.66
3532	1671	11164	NUNO MADUREIRA	Nuno e Ana, --	Senior	01:01:13.95	00:34:47.21	00:56:49.32	00:30:22.58
3533	1672	9680	NUNO MOREIRA	alverca urban runners	Senior	01:01:14.50	00:31:47.50	00:58:34.93	00:29:07.93
3534	1673	13319	JOÃO PEDRO RIBEIRO PEIXOTO	Individual	Senior	01:01:14.76	00:32:36.40	00:58:05.50	00:29:27.14
3535	1674	7592	HUGO CONCEIÇÃO SILVA	Individual	Senior	01:01:14.85	00:32:41.10	00:57:34.50	00:29:00.75
3536	538	12997	PAULO BARRIGOLA	Individual	Veterano I	01:01:15.46	00:32:48.84	00:56:44.01	00:28:17.39
3537	228	8081	SARA PALA	Individual	Senior Fem	01:01:15.46	00:32:12.99	00:58:05.22	00:29:02.75
3538	326	8080	JOSÉ HENRIQUES	Individual	Veterano II	01:01:15.49	00:32:14.05	00:58:06.08	00:29:04.64
3539	327	8393	VASCO MURTA REBELO	Murta Runners	Veterano II	01:01:16.38	00:33:36.50	00:56:10.44	00:28:30.56
3540	539	7515	ANTÓNIO RODRIGUES	Individual	Veterano I	01:01:16.56	00:32:02.94	00:56:41.82	00:27:28.20
3541	181	10087	ANTONIO LUIS MARQUES	Individual	Veterano IV	01:01:17.20	00:31:55.08	00:58:58.57	00:29:36.45
3542	540	8046	JOAQUIM NUNES PIMENTEL	Individual	Veterano I	01:01:17.33	00:31:56.51	00:58:29.09	00:29:08.27
3543	1675	8567	LUÍS FILIPE BARRADAS MENDES	Individual	Senior	01:01:17.48	00:33:01.02	00:57:27.62	00:29:11.16
3544	1676	11411	PAULO FALCÃO	Cafajestes	Senior	01:01:18.38	00:31:49.12	00:58:16.48	00:28:47.22
3545	1677	13687	ANDRÉ SALGADO	EUROPCAR	Senior	01:01:18.76	00:34:40.37	00:52:47.97	00:26:09.58
3546	1678	8032	LUIS ALEXANDRE TONICHER	Individual	Senior	01:01:18.95	00:32:18.66	00:58:00.50	00:29:00.21
3547	1679	13640	TIAGO PATRÃO	Individual	Senior	01:01:19.13	00:33:53.10	00:58:23.41	00:30:57.38
3548	328	8033	PAULO JORGE CERQUEIRA	Individual	Veterano II	01:01:19.18	00:32:18.49	00:58:01.85	00:29:01.16
3549	541	9440	JÃO BERNARDINO	Devagar, devagarinho...	Veterano I	01:01:19.53	00:30:19.78	00:59:45.10	00:28:45.35
3550	542	11715	JOSÉ CARLOS ANTUNES	Individual	Veterano I	01:01:19.60	00:32:37.80	00:57:52.11	00:29:10.31

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
3551	38	13497	DIANE DETOLLENAERE	Individual	Veterana Fem II	01:01:20.16	00:30:58.96	00:59:58.33	00:29:37.13
3552	329	12055	FERNANDO MARCOS MARQUES	50 anos ... 69 amigos	Veterano II	01:01:20.40	00:33:23.39	00:56:59.50	00:29:02.49
3553	229	7806	SOFIA ESCÁRIA	Individual	Senior Fem	01:01:20.96	00:32:57.87	00:58:25.63	00:30:02.54
3554	230	11374	ANA VILELA	SERVIÇOS SOCIAIS da CML	Senior Fem	01:01:20.98	00:32:00.72	00:57:03.16	00:27:42.90
3555	1680	11867	HUMBERTO CARLOS JÚLIO VALENTIM	Individual	Senior	01:01:21.02	00:32:38.59	00:57:54.30	00:29:11.87
3556	231	10220	JOANA CAPELA	Individual	Senior Fem	01:01:21.95	00:30:58.19	00:59:49.14	00:29:25.38
3557	232	7542	RITA PINA	Individual	Senior Fem	01:01:22.16	00:30:58.43	00:59:49.15	00:29:25.42
3558	1681	7082	HUGO COLAÇO	Individual	Senior	01:01:22.49	00:33:16.13	00:56:41.25	00:28:34.89
3559	1682	8618	PEDRO LIMA	Individual	Senior	01:01:22.75	00:33:07.85	00:57:57.90	00:29:43.00
3560	1683	13638	PEDRO SÁ	INDESIT COMPANY	Senior	01:01:23.09	00:29:29.48	01:00:18.84	00:28:25.23
3561	1684	13639	PEDRO HENRIQUES	INDESIT COMPANY	Senior	01:01:23.09	00:29:28.75	01:00:19.78	00:28:25.44
3562	330	13157	ANTONIO SOARES	Individual	Veterano II	01:01:23.11	00:30:55.60	00:57:45.38	00:27:17.87
3563	254	12259	JOÃO ALMEIDA	REPSOL PORTUGUESA	Veterano III	01:01:23.13	00:32:27.91	00:57:15.80	00:28:20.58
3564	233	12753	FABIANA PARREIRA BONITO	AS. ESTUDANTES - PASSATEMPO	Senior Fem	01:01:23.59	00:32:07.82	00:59:56.29	00:30:40.52
3565	1685	9554	DIOGO GONÇALO COSTA PINTO	Senhores da Vigairada	Senior	01:01:23.70	00:33:44.35	00:57:05.34	00:29:25.99
3566	234	11331	SALIOU SALIOU	Individual, --	Senior Fem	01:01:23.82	00:33:25.67	00:57:14.03	00:29:15.88
3567	235	9387	PAULA PIRES	Individual	Senior Fem	01:01:24.12	00:30:34.11	01:01:01.22	00:30:11.21
3568	255	11613	ANTÓNIO MANUEL TEIXEIRA	Individual	Veterano III	01:01:24.29	00:34:04.08	00:57:32.56	00:30:12.35
3569	1686	8874	ANTONIO JORGE	Individual	Senior	01:01:24.40	00:32:07.05	00:59:55.64	00:30:38.29
3570	164	8921	ANTÓNIO ALVES	Individual	Veterano V	01:01:24.50	00:30:32.83	01:00:06.99	00:29:15.32
3571	1687	14898	CESAR FUNDO	EDP	Senior	01:01:24.95	00:31:10.06	00:59:42.99	00:29:28.10
3572	182	12425	ANTÓNIO AFONSO	Individual	Veterano IV	01:01:24.97	00:31:38.31	00:58:59.22	00:29:12.56
3573	27	7937	CARLA JORGE	Individual	Veterana Fem III	01:01:25.90	00:31:22.62	00:58:51.09	00:28:47.81
3574	256	11330	SALIOU SALIOU	Individual, --	Veterano III	01:01:26.06	00:33:25.24	00:57:16.66	00:29:15.84
3575	236	7229	VERÓNICA CRUZ	Individual	Senior Fem	01:01:26.20	00:31:29.25	00:59:34.20	00:29:37.25
3576	32	7663	DANIEL BRUNO	CLAC - Entroncamento	Outra Cat	01:01:26.22	00:34:10.91	00:58:02.32	00:30:47.01
3577	1688	9736	TIAGO GONÇALVES	Urban Bitches	Senior	01:01:26.45	00:31:01.36	00:58:22.56	00:27:57.47
3578	32	7661	JOÃO ESPADINHA	CLAC - Entroncamento	Junior	01:01:26.58	00:34:11.06	00:58:02.52	00:30:47.00
3579	543	12038	PEDRO FRAÚSTO	Individual	Veterano I	01:01:26.76	00:33:29.29	00:56:50.27	00:28:52.80
3580	39	9667	ANABELA SANTOS	Pastelaria chafariz	Veterana Fem II	01:01:27.28	00:31:15.09	00:59:40.08	00:29:27.89
3581	183	9602	JOSÉ PEDRO SANTOS SILVA	Individual	Veterano IV	01:01:27.58	00:32:46.90	00:58:34.11	00:29:53.43
3582	237	9900	SANDRA LETRAS	Odebrecht Portugal b	Senior Fem	01:01:27.88	00:32:31.53	00:58:43.39	00:29:47.04
3583	1689	13682	MIGUEL FERNANDES	EUROPCAR	Senior	01:01:27.91	00:34:40.04	00:52:57.90	00:26:10.03
3584	33	7662	EDUARDO ENCARNÇÃO	CLAC - Entroncamento	Outra Cat	01:01:27.98	00:34:09.74	00:58:03.93	00:30:45.69
3585	1690	10749	FERNANDO ANACLETO	Individual	Senior	01:01:28.07	00:34:09.38	00:58:49.58	00:31:30.89
3586	1691	11811	ALEXANDRE MIGUEL PEREIRA	GDC Fidelidade	Senior	01:01:28.41	00:34:20.35	00:56:51.75	00:29:43.69
3587	238	11071	SÓNIA CAPITÃO-MOR	Individual	Senior Fem	01:01:28.82	00:30:14.92	01:00:32.31	00:29:18.41
3588	1692	13592	BRUNO TOMAS	Lumber Powa	Senior	01:01:28.84	00:34:16.21	00:55:40.07	00:28:27.44
3589	1693	10054	RUI ARAÚJO	Papa Asfalto	Senior	01:01:29.56	00:33:24.56	00:58:00.09	00:29:55.09
3590	1694	7514	FÁBIO JÚLIO	Ainda sem pedalada	Senior	01:01:29.69	00:33:49.94	00:56:31.82	00:28:52.07
3591	544	8067	EDUARDO VILARINHO	MENU DE ATLETA	Veterano I	01:01:30.21	00:29:44.32	01:00:54.54	00:29:08.65
3592	1695	7914	TIAGO ESPIRITO SANTO	Individual	Senior	01:01:30.29	00:31:52.29	00:57:27.97	00:27:49.97
3593	1696	10092	HUGO MARREIROS	Individual	Senior	01:01:30.31	00:33:27.08	00:57:31.16	00:29:27.93
3594	165	7571	VICTOR FRANCO	Individual	Veterano V	01:01:31.05	00:31:54.05	00:58:33.74	00:28:56.74
3595	1697	9706	DANIEL FEITEIRONA	Individual	Senior	01:01:31.42	00:33:24.36	00:57:59.93	00:29:52.87
3596	1698	10485	TIAGO MIGUEL LOPES OLIVEIRA	OLHOS NOS OLHOS	Senior	01:01:31.77	00:31:54.23	00:59:05.28	00:29:27.74
3597	1699	10483	CÂNDIDO RAMOS	OLHOS NOS OLHOS	Senior	01:01:32.03	00:31:53.62	00:59:05.86	00:29:27.45
3598	239	12645	FLORBELA MORAIS	COCA COLA // POWERADE	Senior Fem	01:01:32.17	00:30:17.25	01:00:34.62	00:29:19.70
3599	1700	13144	CLAUDIO BAIXINHO	GRUPO PROSEGUR	Senior	01:01:32.25	00:29:12.07	01:00:47.07	00:28:26.89
3600	331	7233	CARLOS LAVRADOR	run4fun	Veterano II	01:01:32.39	00:30:41.82	00:59:32.97	00:28:42.40

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
3601	1701	9291	RAFAEL LOPES MENDONÇA	Individual	Senior	01:01:32.69	00:34:01.39	00:57:17.79	00:29:46.49
3602	1702	9292	EDUARDO DUARTE	Individual	Senior	01:01:32.91	00:34:01.10	00:57:15.57	00:29:43.76
3603	1703	8444	TIAGO PACHECO	Individual	Senior	01:01:33.70	00:31:21.85	00:59:25.42	00:29:13.57
3604	240	9103	SUSANA MARTINS	Individual	Senior Fem	01:01:34.18	00:32:08.20	01:00:39.77	00:31:13.79
3605	52	8996	CARLA CARVALHO	Individual	Veterana Fem I	01:01:35.39	00:32:09.01	00:59:05.87	00:29:39.49
3606	184	13415	CARLOS PINHEIRO	Individual	Veterano IV	01:01:35.50	00:30:10.72	01:00:36.83	00:29:12.05
3607	241	8692	MARIA JOÃO SÃO PEDRO	Energy Fitness Club	Senior Fem	01:01:36.02	00:29:51.65	01:00:33.45	00:28:49.08
3608	166	12965	JOSÉ GONÇALVES ARIIBEIRO	Individual	Veterano V	01:01:36.08	00:33:30.27	00:56:56.46	00:28:50.65
3609	257	8443	JOSE MANO	Individual	Veterano III	01:01:36.51	00:31:22.66	00:59:28.97	00:29:15.12
3610	1704	13491	RICARDO AMARAL	Individual	Senior	01:01:36.88	00:34:03.37	00:56:36.28	00:29:02.77
3611	332	9441	RENATO JÁCOME	Devagar, devagarinho...	Veterano II	01:01:37.19	00:30:53.52	00:59:57.38	00:29:13.71
3612	1705	8882	NUNO SILVA	Individual	Senior	01:01:37.25	00:33:22.33	00:57:02.62	00:28:47.70
3613	258	10953	MANUEL MACHADO	Os Matrecos	Veterano III	01:01:38.11	00:31:36.36	00:59:46.19	00:29:44.44
3614	53	7015	MARTA ALBUQUERQUE	Individual	Veterana Fem I	01:01:38.13	00:32:27.12	00:58:44.59	00:29:33.58
3615	1706	9425	JORGE AGOSTINHO	Individual	Senior	01:01:39.31	00:30:07.97	01:00:25.88	00:28:54.54
3616	1707	12468	JOÃO MELO	Individual	Senior	01:01:40.01	00:30:31.35	01:00:35.98	00:29:27.32
3617	1708	12271	RICARDO ROMÃO	Individual	Senior	01:01:40.24	00:34:32.40	00:55:13.35	00:28:05.51
3618	1709	8383	RUI MIGUEL PALMA	Os Coxos	Senior	01:01:40.89	00:31:28.38	01:00:07.94	00:29:55.43
3619	1710	12938	SÉRGIO CORREIA QUINTEIRO	HOSPITAL DA LUZ	Senior	01:01:40.97	00:34:25.46	00:58:11.15	00:30:55.64
3620	1711	10376	JORGE FERNANDES	Individual	Senior	01:01:41.19	00:32:02.16	00:59:22.52	00:29:43.49
3621	1712	7955	MARCO XAVIER	Individual	Senior	01:01:41.72	00:33:29.99	00:58:08.03	00:29:56.30
3622	333	10331	JOSÉ MANUEL INFANTE	Individual	Veterano II	01:01:41.99	00:31:29.26	01:00:30.05	00:30:17.32
3623	1713	7769	RAFAEL CARNIM	Individual	Senior	01:01:42.34	00:32:07.15	00:58:28.69	00:28:53.50
3624	34	8295	SANDRO TRIÃES	Cavalinhos Runners	Outra Cat	01:01:42.40	00:34:52.66	00:56:24.69	00:29:34.95
3625	167	8523	ANTÓNIO FARIA	Individual	Veterano V	01:01:42.73	00:31:45.45	00:59:12.88	00:29:15.60
3626	1714	10401	PEDRO HENRIQUES	Individual	Senior	01:01:42.99	00:31:42.58	00:59:31.43	00:29:31.02
3627	242	10402	VÂNIA SANTOS	Individual	Senior Fem	01:01:43.34	00:31:43.62	00:59:32.50	00:29:32.78
3628	1715	7976	TIAGO MIGUEL PIMENTA HENRIQUES	Individual	Senior	01:01:43.42	00:32:10.29	00:58:30.16	00:28:57.03
3629	243	10897	TATIANA GLORIA	SS CGD	Senior Fem	01:01:44.57	00:31:48.31	00:58:25.55	00:28:29.29
3630	244	10499	CÁTIA RODRIGUESQ	Individual	Senior Fem	01:01:44.61	00:30:55.91	00:59:31.39	00:28:42.69
3631	545	8492	ÁLVARO GARCIA	Individual	Veterano I	01:01:45.69	00:32:02.17	00:57:49.72	00:28:06.20
3632	334	9178	SÉRGIO ANTUNES	Clube ANACOM	Veterano II	01:01:45.82	00:30:48.01	01:00:07.56	00:29:09.75
3633	40	9177	ISABEL RODRIGUES	Clube ANACOM	Veterana Fem II	01:01:45.84	00:30:46.78	01:00:07.43	00:29:08.37
3634	245	7170	LILIANA MARTINS	Cavalinhos Runners	Senior Fem	01:01:46.84	00:35:08.74	00:56:30.60	00:29:52.50
3635	185	11354	JOSÉ COSTA	Individual	Veterano IV	01:01:46.95	00:31:32.25	01:01:22.88	00:31:08.18
3636	1716	7168	JOÃO REIS	Cavalinhos Runners	Senior	01:01:46.99	00:35:09.06	00:56:32.43	00:29:54.50
3637	1717	12196	LUIS FILIPE LOPES ESTANQUEIRO	Convidado colaborador SLB	Senior	01:01:47.02	00:31:34.14	00:59:04.08	00:28:51.20
3638	1718	7169	DAVID FRANCISCO	Cavalinhos Runners	Senior	01:01:47.07	00:35:09.87	00:56:30.87	00:29:53.67
3639	1719	8995	JOÃO PONTES	Individual	Senior	01:01:47.25	00:29:45.32	01:01:26.53	00:29:24.60
3640	1720	9182	JOÃO BRITO	Individual	Senior	01:01:47.43	00:29:44.25	01:01:26.93	00:29:23.75
3641	1721	13439	JOÃO CARLOS CARREIRA PATRÍCIO	Individual	Senior	01:01:47.72	00:32:29.12	00:58:15.53	00:28:56.93
3642	246	8905	PAULA MARTINS	Individual	Senior Fem	01:01:47.75	00:30:42.11	01:01:06.43	00:30:00.79
3643	1722	11640	RODRIGO VALENTE	El Barrio	Senior	01:01:48.00	00:35:10.08	00:57:22.57	00:30:44.65
3644	1723	13324	ANGELO PEDRO CAMOLAS CONTENTE CALEIRA	Individual	Senior	01:01:48.16	00:32:29.44	00:58:16.83	00:28:58.11
3645	1724	12484	ÂNGELO MIGUEL GODINHO	Individual	Senior	01:01:48.56	00:34:29.31	00:57:55.86	00:30:36.61
3646	247	8118	RUTE FERNANDES	Individual	Senior Fem	01:01:48.68	00:30:31.07	01:00:35.59	00:29:17.98
3647	1725	7245	LUIS COURELAS	Individual	Senior	01:01:48.78	00:32:51.89	00:58:02.17	00:29:05.28
3648	1726	12483	ANDRÉ MIGUEL GODINHO	Individual	Senior	01:01:48.80	00:34:29.74	00:57:55.71	00:30:36.65
3649	248	7244	ANA PEREIRA	Individual	Senior Fem	01:01:48.90	00:32:51.49	00:58:02.63	00:29:05.22
3650	1727	12186	TIAGO MARTINHO	PEPSICO	Senior	01:01:49.07	00:32:28.91	00:58:49.69	00:29:29.53

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
3651	1728	10335	PEDRO RIBEIRO	Individual	Senior	01:01:49.23	00:30:30.50	01:00:35.05	00:29:16.32
3652	249	7655	CARINA ALEXANDRA COELHO CONDEÇO	Individual	Senior Fem	01:01:49.58	00:31:44.79	01:00:42.57	00:30:37.78
3653	1729	9150	NUNO HENRIQUE GONÇALVES MENDES	Individual	Senior	01:01:49.77	00:33:44.85	00:56:42.45	00:28:37.53
3654	54	12728	PAULA ANACLETO	Individual	Veterana Fem I	01:01:50.16	00:35:06.27	00:56:51.51	00:30:07.62
3655	335	12727	PEDRO CORREIA ANACLETO	Individual	Veterano II	01:01:50.22	00:35:05.40	00:56:51.80	00:30:06.98
3656	1730	8860	ANDRÉ QUEIROZ	Individual	Senior	01:01:50.51	00:33:20.58	00:57:54.49	00:29:24.56
3657	336	8999	AUGUSTO NUNES	Individual	Veterano II	01:01:50.78	00:33:42.93	00:57:39.81	00:29:31.96
3658	250	13465	TÂNIA CORREIA	Casa do Benfica no Seixal	Senior Fem	01:01:50.96	00:30:33.44	01:00:30.54	00:29:13.02
3659	546	12234	NUNO HENRIQUES	CATEDRAL DA CERVEJA	Veterano I	01:01:51.19	00:31:06.90	01:00:16.47	00:29:32.18
3660	1731	13464	EDGAR SEIA	Casa do Benfica no Seixal	Senior	01:01:51.80	00:30:35.73	01:00:31.85	00:29:15.78
3661	1732	13488	FRANCISCO AMARAL	Individual	Senior	01:01:51.93	00:34:03.87	00:56:51.78	00:29:03.72
3662	1733	13490	MIGUEL CORDEIRO	Individual	Senior	01:01:52.02	00:34:03.36	00:56:51.94	00:29:03.28
3663	251	9616	SARA BRAZINHA	Bootcamp Sesimbra	Senior Fem	01:01:52.32	00:33:28.29	00:58:18.56	00:29:54.53
3664	337	10579	LUIS PEDRO CARMO COSTA	Individual	Veterano II	01:01:52.89	00:32:34.54	00:58:47.59	00:29:29.24
3665	1734	11743	ANDREY RODRIGUES	PROSEGUR	Senior	01:01:53.26	00:34:00.03	00:59:16.83	00:31:23.60
3666	1735	12876	PEDRO MIGUEL COSTA	HOSPITAL DA LUZ	Senior	01:01:53.46	00:33:53.49	00:56:32.10	00:28:32.13
3667	1736	11843	LUÍS MOUTINHO	Metralhas	Senior	01:01:53.56	00:33:53.24	00:56:32.45	00:28:32.13
3668	1737	10419	LUÍS MORAIS	Individual	Senior	01:01:54.32	00:31:13.01	01:00:11.80	00:29:30.49
3669	252	11679	MAFALDA CORREIA BOTELHO DIAS PINHEIRO	Convidado colaborador SLB	Senior Fem	01:01:54.58	00:31:55.42	00:59:12.32	00:29:13.16
3670	1738	10965	FÁBIO CATORZE	Coxos	Senior	01:01:54.97	00:30:20.60	01:00:03.07	00:28:28.70
3671	547	12348	NUNO RAVASCO ALVES VALE OLIVEIRA	Individual	Veterano I	01:01:55.05	00:32:11.84	00:59:02.63	00:29:19.42
3672	253	7428	ANA MARTINS	Individual	Senior Fem	01:01:55.90	00:34:21.14	00:57:05.49	00:29:30.73
3673	1739	13721	RICARDO AMARO	GalgaMuros	Senior	01:01:56.06	00:32:38.32	00:58:28.07	00:29:10.33
3674	1740	15202	JORGE MENDES	JAZZY LIFE CLUB	Senior	01:01:56.43	00:30:01.47	01:00:33.95	00:28:38.99
3675	1741	7430	RODRIGO MENDONÇA	Individual	Senior	01:01:56.55	00:34:20.82	00:48:10.50	00:20:34.77
3676	1742	11675	DUARTE NESBITT CORREIA BOTELHO	COLABORADOR SLB	Senior	01:01:56.78	00:31:56.61	00:59:15.33	00:29:15.16
3677	1743	8230	FRANCISCO RUAS SABINO	Individual	Senior	01:01:57.07	00:33:10.99	00:57:02.67	00:28:16.59
3678	1744	13489	JORGE AMARAL	Individual	Senior	01:01:57.29	00:34:03.82	00:56:57.07	00:29:03.60
3679	254	10015	ANDREIA SILVA	AutoJacinto	Senior Fem	01:01:57.32	00:32:27.39	00:59:21.55	00:29:51.62
3680	338	7330	JULIO AUGUSTO MORAIS PEREIRA	Individual	Veterano II	01:01:57.60	00:30:42.39	00:59:41.45	00:28:26.24
3681	339	11421	EDUARDO JESUS	Individual	Veterano II	01:01:57.88	00:30:57.23	01:00:21.93	00:29:21.28
3682	548	11420	LUIS JESUS	Individual	Veterano I	01:01:58.06	00:30:55.94	01:00:22.11	00:29:19.99
3683	1745	12282	MIGUEL BERNARDINO NUNES	COLABORADOR SLB	Senior	01:01:58.21	00:30:54.54	01:01:32.35	00:30:28.68
3684	1746	13028	MAURO LEANDRO M. TEIXEIRA	HOSPITAL DA LUZ	Senior	01:01:58.60	00:32:44.62	00:58:17.77	00:29:03.79
3685	1747	15396	BRUNO CASTRO FERREIRA	Individual	Senior	01:01:59.29	00:32:10.27	00:57:49.72	00:28:00.70
3686	1748	11584	JOÃO CARDOSO	Nozes	Senior	01:01:59.31	00:31:49.31	01:00:11.79	00:30:01.79
3687	255	11585	RUTE TEIXEIRA	Nozes	Senior Fem	01:01:59.33	00:31:48.75	01:00:11.84	00:30:01.26
3688	55	11249	SUSANA AGONIA	Pernalongas, --	Veterana Fem I	01:01:59.63	00:32:59.30	00:58:12.41	00:29:12.08
3689	1749	10709	BERNARDO SARGENTO	Individual	Senior	01:02:00.14	00:32:31.07	00:58:33.91	00:29:04.84
3690	549	8639	LUÍS FRIAÇAS	Individual	Veterano I	01:02:00.44	00:31:55.66	00:59:49.14	00:29:44.36
3691	1750	13630	TIAGO CONDE	Individual	Senior	01:02:00.95	00:33:42.47	00:56:46.39	00:28:27.91
3692	1751	8850	DANIEL SEBASTIAO	Individual	Senior	01:02:01.19	00:33:17.82	00:57:04.59	00:28:21.22
3693	256	12959	ANA FILIPA JACINTO NEVES	SFAvelarense	Senior Fem	01:02:01.23	00:32:27.40	00:59:57.83	00:30:24.00
3694	1752	12209	JORGE ALBERTO	Individual	Senior	01:02:01.37	00:33:03.68	00:58:24.83	00:29:27.14
3695	340	13803	LUIS SILVA	GRUPO ADIDAS	Veterano II	01:02:01.96	00:34:36.33	00:57:59.03	00:30:33.40
3696	186	9020	JORGE MORGADO DINIS	Individual	Veterano IV	01:02:02.36	00:31:54.92	01:01:28.66	00:31:21.22
3697	341	7839	PAULO BORGES	Individual	Veterano II	01:02:02.61	00:35:05.97	00:58:00.34	00:31:03.70
3698	550	11251	LUIS GODINHO	Pernalongas, --	Veterano I	01:02:03.35	00:32:59.09	00:58:16.88	00:29:12.62
3699	1753	10334	LUÍS BATISTA	Individual	Senior	01:02:03.59	00:33:27.52	00:58:03.77	00:29:27.70
3700	551	12704	JOÃO HENRIQUES	Individual	Veterano I	01:02:04.25	00:34:02.92	00:57:04.91	00:29:03.58

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
3701	1754	15299	RUI SA	LEASEPLAN	Senior	01:02:04.40	00:33:16.47	00:55:53.70	00:27:05.77
3702	168	11065	CARLOS PEREIRA	Individual	Veterano V	01:02:04.62	00:35:27.03	00:57:37.41	00:30:59.82
3703	552	13586	PAULO PINTO CORREIA	Individual	Veterano I	01:02:04.81	00:32:31.35	00:57:28.00	00:27:54.54
3704	257	13795	MARGARIDA MAGALHÃES	Individual	Senior Fem	01:02:05.24	00:32:23.04	00:59:18.66	00:29:36.46
3705	1755	11200	LUIS GRILLO	Individual, --	Senior	01:02:05.93	00:30:53.25	00:59:34.48	00:28:21.80
3706	1756	7866	TIAGO SARAIVA	Individual	Senior	01:02:06.11	00:32:47.11	00:57:34.28	00:28:15.28
3707	258	13009	ANA CRSITINA PINHEIRO	HOSPITAL DA LUZ	Senior Fem	01:02:06.22	00:31:53.20	00:59:51.92	00:29:38.90
3708	1757	11978	JOÃO AUGUSTO MALTÊZ CORREIA	A.D.C. Veirense	Senior	01:02:06.37	00:32:52.41	00:57:19.21	00:28:05.25
3709	1758	8911	TIAGO RODRIGUES	Papa-Léguas	Senior	01:02:06.98	00:31:31.22	00:59:20.47	00:28:44.71
3710	553	12520	NUNO MONTEIRO	EVERYTHING IS NEW	Veterano I	01:02:07.33	00:34:32.15	00:56:37.80	00:29:02.62
3711	554	12525	PAULO TRINCHEIRAS	EVERYTHING IS NEW	Veterano I	01:02:07.47	00:34:31.66	00:56:37.67	00:29:01.86
3712	259	8675	TERESA DE JESUS SIMÕES FERNANDES	Individual	Senior Fem	01:02:08.18	00:34:00.81	00:59:08.35	00:31:00.98
3713	1759	7266	JOÃO FERREIRA	Individual	Senior	01:02:08.47	00:33:30.96	00:58:34.51	00:29:57.00
3714	1760	10481	GONÇALO MIRANDA PEDRO CARVALHO RODRIGUES	Individual	Senior	01:02:08.75	00:34:04.49	00:59:03.44	00:30:59.18
3715	260	10771	MARTA FERREIRA	Individual	Senior Fem	01:02:08.86	00:30:17.26	01:01:33.80	00:29:42.20
3716	1761	8212	LUIS DOMINGUES	Individual	Senior	01:02:08.90	00:33:39.89	00:56:59.74	00:28:30.73
3717	33	15083	FRANCISCO MIGUEL	CASA DO BENFICA EM PENHICE	Junior	01:02:09.23	00:29:48.42	00:59:56.43	00:27:35.62
3718	41	9380	PATRICIA PEDRO	C.Benfica Algueirão M. Martins	Veterana Fem II	01:02:09.37	00:32:33.59	00:58:52.41	00:29:16.63
3719	261	7575	LILIANA MARQUES	Os Conta-Kilómetros	Senior Fem	01:02:09.49	00:33:16.54	00:58:27.76	00:29:34.81
3720	1762	12019	GERSON TRIGUEIROS	Individual	Senior	01:02:09.60	00:33:53.46	00:58:54.84	00:30:38.70
3721	1763	12990	PEDRO SILVA	HOSPITAL DA LUZ	Senior	01:02:10.33	00:31:32.56	00:58:40.77	00:28:03.00
3722	1764	10216	HUGO ORTIZ	Individual	Senior	01:02:10.50	00:32:26.97	00:57:43.40	00:27:59.87
3723	1765	12762	BRUNO MIGUEL RAMOS	AS. ESTUDANTES - PASSATEMPO	Senior	01:02:10.75	00:34:10.62	00:58:12.49	00:30:12.36
3724	259	12083	JOSÉ MIGUEL RAMIREZ COLAÇO FERNANDES	Individual	Veterano III	01:02:10.78	00:33:43.91	00:59:36.33	00:31:09.46
3725	260	15260	JOSÉ GARRIDO	JORNAL A BOLA	Veterano III	01:02:10.84	00:34:26.26	00:58:01.21	00:30:16.63
3726	342	11623	NUNO VEIGA	Individual	Veterano III	01:02:11.08	00:34:03.90	00:58:24.76	00:30:17.58
3727	187	13361	FRANCISCO SILVA	COVERSTEEL RUN TEAM	Veterano IV	01:02:11.19	00:34:28.55	00:57:55.51	00:30:12.87
3728	56	9552	ANTÓNIA PAIVA	C.Benfica Algueirão M. Martins	Veterana Fem I	01:02:11.45	00:32:32.97	00:58:50.45	00:29:11.97
3729	343	9196	PAULO ALEXANDRE REIS VERMELHO MOREIRA	Individual	Veterano II	01:02:11.87	00:31:06.60	01:00:52.75	00:29:47.48
3730	344	7193	JOAO SALAZAR	Individual	Veterano II	01:02:12.01	00:30:03.51	01:01:09.27	00:29:00.77
3731	1766	13523	NUNO MANUEL DUARTE	Casa Benfica Castelo Branco	Senior	01:02:12.57	00:29:54.24	01:01:07.82	00:28:49.49
3732	345	7875	JORGE COUTO	Individual	Veterano II	01:02:13.01	00:32:40.62	00:59:05.56	00:29:33.17
3733	262	11626	EUNICE CRISTINA PENEDO DOMINGUES	Alhos Vedros Power	Senior Fem	01:02:13.23	00:29:38.85	01:01:59.49	00:29:25.11
3734	1767	10772	MIKAEL SARAIVA	Individual	Senior	01:02:13.26	00:31:37.60	00:59:04.60	00:28:28.94
3735	555	8952	CARLOS ALBERTO SANTOS CUNHA LOUREIRO	Individual	Veterano I	01:02:14.13	00:37:10.22	01:02:14.13	00:37:10.22
3736	263	13770	JOANA POLINICE	GRUPO ADIDAS	Senior Fem	01:02:14.21	00:31:25.25	01:00:09.81	00:29:20.85
3737	264	11403	CLAUDIA MENDONÇA	Convitado colaborador SLB	Senior Fem	01:02:14.36	00:32:26.61	00:59:19.05	00:29:31.30
3738	169	9695	MANUEL ROCHA	Zezes	Veterano V	01:02:14.45	00:33:25.10	00:58:22.34	00:29:32.99
3739	1768	9234	BRUNO MARQUES	Individual	Senior	01:02:14.54	00:37:09.94	00:58:23.34	00:33:18.74
3740	1769	10528	BRUNO SILVA ALVES	Individual	Senior	01:02:14.57	00:33:36.00	00:57:02.89	00:28:24.32
3741	556	11935	JOÃO PAULO PIRES RODRIGUES	Individual	Veterano I	01:02:15.02	00:29:15.69	01:01:32.18	00:28:32.85
3742	1770	12581	MARCO ATAÍDE	Amigos de Torres	Senior	01:02:15.09	00:32:06.34	01:01:13.32	00:31:04.57
3743	1771	8667	PAULO RICARDO DUQUE BRITES MOITA	Individual	Senior	01:02:15.48	00:37:10.48	00:58:23.22	00:33:18.22
3744	170	7262	JOSE R PAIVA FILIPE	Individual	Veterano V	01:02:15.94	00:30:05.24	01:01:44.78	00:29:34.08
3745	1772	13521	FÁBIO JOSE REIS CABRAL	Individual	Senior	01:02:16.86	00:37:10.47	00:58:25.65	00:33:19.26
3746	1773	13520	NUNO BARBEITOS	Individual	Senior	01:02:16.96	00:32:27.48	00:59:29.81	00:29:40.33
3747	261	9309	CARLOS VIEGAS	GDCT Unicre	Veterano III	01:02:17.38	00:31:00.61	01:00:54.08	00:29:37.31
3748	1774	12885	ANDRÉ PINTO	HOSPITAL DA LUZ	Senior	01:02:17.51	00:31:26.31	00:59:37.48	00:28:46.28
3749	265	11217	ANA CRISTINA PACHECO MACHADO	Individual, --	Senior Fem	01:02:17.85	00:32:34.21	00:59:07.28	00:29:23.64
3750	346	11854	MAGADIEL LOPES	GDC Fidelidade	Veterano II	01:02:18.35	00:33:46.60	00:56:51.62	00:28:19.87

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
3751	557	9047	ARMANDO ANTONIO MIRRADO PICADO	Individual	Veterano I	01:02:19.09	00:32:11.59	00:59:28.99	00:29:21.49
3752	347	11842	JOSÉ MANUEL COSTA RODRIGUES OLIVEIRA	Individual	Veterano II	01:02:19.73	00:32:26.11	01:00:14.00	00:30:20.38
3753	1775	12537	BRUNO GODINHO	MGM MUTHU HOTELS	Senior	01:02:20.24	00:32:50.56	00:58:30.67	00:29:00.99
3754	266	12538	SÓNIA SANTOS	MGM MUTHU HOTELS	Senior Fem	01:02:20.25	00:32:50.01	00:58:30.48	00:29:00.24
3755	262	12649	LUIS PINTO	COCA COLA // POWERADE	Veterano III	01:02:20.30	00:34:51.22	00:57:29.25	00:30:00.17
3756	267	9730	CATIA PINTO	GURUS	Senior Fem	01:02:20.31	00:32:26.67	00:57:36.19	00:27:42.55
3757	268	13075	FABIANA L. O. DE SOUSA E SILVA	HOSPITAL DA LUZ	Senior Fem	01:02:20.64	00:34:50.87	00:57:30.36	00:30:00.59
3758	269	9374	SÍLVIA PINTO DOS SANTOS	Individual	Senior Fem	01:02:21.54	00:32:53.76	00:57:47.27	00:28:19.49
3759	171	9124	ANTONIO DOMINGOS	Corre@Correr	Veterano V	01:02:22.50	00:33:17.68	00:59:19.60	00:30:14.78
3760	558	12705	LUIS INÁCIO	REVISTA MISTICA	Veterano I	01:02:22.78	00:34:20.66	00:56:42.67	00:28:40.55
3761	1776	11778	BRUNO VICENTE	WorldRunners	Senior	01:02:23.01	00:31:46.89	00:59:12.62	00:28:36.50
3762	1777	7280	BRUNO BEJINHA	Miyagi Team	Senior	01:02:23.44	00:36:27.07	00:56:21.91	00:30:25.54
3763	559	7036	MIGUEL CORINO	Individual	Veterano I	01:02:23.74	00:28:54.16	01:01:35.29	00:28:05.71
3764	560	12152	JOSÉ CRUZ	CHECK POINT	Veterano I	01:02:23.86	00:33:03.31	00:56:05.80	00:26:45.25
3765	561	11738	MARTIM FRANCA	Individual	Veterano I	01:02:24.09	00:33:42.86	00:57:09.27	00:28:28.04
3766	562	13652	SÉRGIO VALENTE	EUROPCAR	Veterano I	01:02:24.14	00:32:12.00	00:59:47.10	00:29:34.96
3767	1778	7281	HUGO CARMO	Miyagi Team	Senior	01:02:24.25	00:36:26.87	00:56:21.46	00:30:24.08
3768	1779	11207	EDUARDO PASSOS	Individual, --	Senior	01:02:24.76	00:35:09.48	00:56:46.22	00:29:30.94
3769	1780	13162	DANIEL RIBEIRO	Individual	Senior	01:02:25.57	00:33:48.16	00:57:36.62	00:28:59.21
3770	270	10609	DIANA FREITAS	2 é melhor que 1	Senior Fem	01:02:25.59	00:31:43.79	00:59:55.11	00:29:13.31
3771	1781	11751	HELDER LARANJEIRA	Individual	Senior	01:02:25.99	00:34:55.14	00:57:41.30	00:30:10.45
3772	172	11557	CASIMIRO CRISTO	Individual	Veterano V	01:02:26.11	00:33:41.36	00:58:22.43	00:29:37.68
3773	1782	7408	DAVID SILVA	Correr Lisboa	Senior	01:02:26.66	00:33:32.90	00:59:24.12	00:30:30.36
3774	563	12703	RICARDO FILIPE	Individual	Veterano I	01:02:26.88	00:34:04.48	00:57:27.76	00:29:05.36
3775	1783	9847	MARCO BARROSO	ASAS NOS PÉS..	Senior	01:02:27.13	00:31:28.03	00:59:26.62	00:28:27.52
3776	1784	11510	PEDRO SILVA	Individual	Senior	01:02:27.21	00:34:31.17	00:56:43.18	00:28:47.14
3777	42	12706	CARLA MIRANDA	REVISTA MISTICA	Veterana Fem II	01:02:27.22	00:34:18.76	00:56:46.27	00:28:37.81
3778	1785	12911	ANDRÉ BERNARDO	HOSPITAL DA LUZ	Senior	01:02:27.41	00:34:25.25	00:58:57.88	00:30:55.72
3779	1786	13230	LUIS ANTUNES	PUPILOS DO EXÉRCITO	Senior	01:02:27.91	00:33:47.49	00:57:13.33	00:28:32.91
3780	1787	7409	DAVID SANTOS	Correr Lisboa	Senior	01:02:28.10	00:33:34.08	00:59:25.31	00:30:31.29
3781	1788	12709	LUIS CORREIA	REVISTA MISTICA	Senior	01:02:28.61	00:34:20.15	00:56:49.52	00:28:41.06
3782	348	8961	MANUEL CARDOSO	Individual	Veterano II	01:02:28.63	00:32:09.76	00:59:43.89	00:29:25.02
3783	1789	10067	SÉRGIO SANTOS	SAGRES TEAM RUN	Senior	01:02:28.80	00:37:31.37	01:02:28.80	00:37:31.37
3784	1790	9848	JORGE VEIGA	ASAS NOS PÉS..	Senior	01:02:29.23	00:31:29.66	00:59:27.72	00:28:28.15
3785	271	12742	CRISTINA OLIVEIRA	AS. ESTUDANTES - PASSATEMPO	Senior Fem	01:02:29.26	00:31:02.21	01:02:29.26	00:31:02.21
3786	349	11334	JOSÉ AUGUSTO DA SILVEIRA FILHO	Individual	Veterano II	01:02:29.59	00:32:29.59	00:59:27.45	00:29:27.45
3787	1791	8716	MARCO BRITO	3 quenianos e 1 jamaicano	Senior	01:02:29.70	00:32:01.14	00:59:27.31	00:28:58.75
3788	564	12951	CRISTOVÃO JUNQUEIRA	HOSPITAL DA LUZ	Veterano I	01:02:29.78	00:32:22.29	01:00:06.02	00:29:58.53
3789	272	10728	RICARDINA BATISTA	Individual	Senior Fem	01:02:29.79	00:33:11.40	00:59:16.79	00:29:58.40
3790	1792	10377	DAVID FRIJA	FrijaBrothers	Senior	01:02:30.12	00:33:46.24	00:57:55.89	00:29:12.01
3791	1793	8636	ANTÓNIO CASAS NOVAS	Godinho	Senior	01:02:30.69	00:33:23.84	00:57:58.95	00:28:52.10
3792	273	11260	SORAIA BATISTA	BMW Portugal Running 1, --	Senior Fem	01:02:30.72	00:33:06.88	00:59:18.15	00:29:54.31
3793	57	13605	ELSA DINIS	Casa Benfica Abrantes	Veterana Fem I	01:02:31.20	00:34:49.06	00:58:11.20	00:30:29.06
3794	263	11453	CARLOS MANUEL ASSIS OLIVEIRA DUARTE	COLABORADOR SLB	Veterano III	01:02:31.46	00:32:56.95	00:59:28.42	00:29:53.91
3795	1794	10449	JOÃO JOÃO	Individual, --	Senior	01:02:31.97	00:35:09.54	00:56:52.60	00:29:30.17
3796	1795	7695	JOÃO FILIPE MOTA GUEDES FUMEGA	MM Runners	Senior	01:02:32.21	00:32:47.69	00:58:57.08	00:29:12.56
3797	274	11630	JOANA RITA FERREIRA DE MATOS	Individual	Senior Fem	01:02:32.41	00:35:09.00	00:57:25.75	00:30:02.34
3798	28	8696	ANGELA BRITO	Individual	Veterana Fem III	01:02:33.40	00:32:24.06	00:59:02.12	00:28:52.78
3799	565	7829	JOÃO SILVA	Individual	Veterano I	01:02:33.73	00:32:25.15	00:59:01.70	00:28:53.12
3800	1796	11680	HUGO ALEXANDRE CARRILHO LOURENÇO	COLABORADOR SLB	Senior	01:02:33.84	00:33:32.00	00:59:18.19	00:30:16.35

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
3801	1797	11681	TIAGO JOÃO PEREIRA FARINHA	Convidado colaborador SLB	Senior	01:02:34.14	00:33:31.54	00:59:18.63	00:30:16.03
3802	1798	12656	CLÁUDIO MANUEL PITEIRA MIRA	Individual	Senior	01:02:34.64	00:32:27.82	00:59:47.49	00:29:40.67
3803	566	9468	PEDRO VIEIRA	OSCARES PISTOLAS	Veterano I	01:02:34.75	00:32:04.65	00:59:41.44	00:29:11.34
3804	567	10141	JULIO FLOR	Individual	Veterano I	01:02:34.87	00:31:01.06	01:01:25.90	00:29:52.09
3805	1799	13374	VÍTOR BISPO	Individual	Senior	01:02:35.38	00:35:51.80	00:58:18.21	00:31:34.63
3806	1800	8641	IVO CLARO	Individual	Senior	01:02:35.47	00:33:24.96	00:58:04.33	00:28:53.82
3807	1801	12570	BRUNO SIMÕES	COFINA RUNNERS	Senior	01:02:35.71	00:33:42.43	00:58:24.59	00:29:31.31
3808	568	8778	PAULO COSTA	Pastelaria Charly's	Veterano I	01:02:36.03	00:31:30.69	01:01:21.91	00:30:16.57
3809	275	12224	INÊS MARTINS	CATEDRAL DA CERVEJA	Senior Fem	01:02:36.34	00:30:23.15	01:01:10.03	00:28:56.84
3810	350	9919	JORGE SOARES ALBERGARIA	Individual	Veterano II	01:02:36.65	00:29:10.99	01:01:58.13	00:28:32.47
3811	264	9606	ROGÉRIO COSTA	Individual	Veterano III	01:02:36.67	00:32:47.69	00:58:55.89	00:29:06.91
3812	569	7425	NUNO FILIPE DIOGO	Tartarugas Solidárias	Veterano I	01:02:36.72	00:34:30.04	00:58:57.01	00:30:50.33
3813	276	9605	TERESA ESCARDUÇA	Individual	Senior Fem	01:02:36.82	00:32:48.10	00:58:56.14	00:29:07.42
3814	1802	13214	NUNO FERNANDES	PUPILOS DO EXÉRCITO	Senior	01:02:37.20	00:31:40.39	01:00:05.62	00:29:08.81
3815	265	13227	ANIBAL PENTEADO	PUPILOS DO EXÉRCITO	Veterano III	01:02:37.33	00:30:06.86	01:00:31.72	00:28:01.25
3816	277	12761	SOFIA FERRO GOMES	AS. ESTUDANTES - PASSATEMPO	Senior Fem	01:02:37.35	00:34:09.79	00:58:40.48	00:30:12.92
3817	1803	7277	JOSÉ RODRIGUES	Miyagi Team	Senior	01:02:37.64	00:36:26.82	00:56:36.12	00:30:25.30
3818	1804	11996	MIGUEL GARCIA	Individual	Senior	01:02:37.87	00:36:06.63	00:58:55.21	00:32:23.97
3819	266	9271	ANTÓNIO FERNANDES	Os Caracóis Furiosos	Veterano III	01:02:38.27	00:33:39.73	00:59:19.33	00:30:20.79
3820	58	8748	MÓNICA SOFIA QUARENTA	Quarentas e Painha	Veterana Fem I	01:02:38.58	00:30:52.45	01:02:19.58	00:30:33.45
3821	278	7453	CLÁUDIA TAM	Açoreana Clube Banif	Senior Fem	01:02:38.83	00:32:33.84	00:59:59.33	00:29:54.34
3822	173	8038	ORLANDO CHINA	Balaus	Veterano V	01:02:39.68	00:30:53.78	01:00:37.03	00:28:51.13
3823	570	8039	NUNO CHINA	Balaus	Veterano I	01:02:39.76	00:30:54.47	01:00:37.58	00:28:52.29
3824	188	10052	JOAQUIM ALBERTO SILVA	Fogaças com Malapos	Veterano IV	01:02:40.58	00:31:41.03	01:00:49.91	00:29:50.36
3825	1805	10051	HUGO OLIVEIRA	Fogaças com Malapos	Senior	01:02:40.75	00:31:41.31	01:00:51.38	00:29:51.94
3826	351	7093	JOSÉ REBOCHO	Amigos Vale Silencio	Veterano II	01:02:40.81	00:31:05.14	01:01:25.79	00:29:50.12
3827	1806	9897	FELIPE COSTA	Odebrecht Portugal b	Senior	01:02:42.13	00:33:27.32	00:58:04.74	00:28:49.93
3828	1807	11341	EDUARDO LINO GUIOMAR MATELA LOPES	Ultras da Ponte	Senior	01:02:42.87	00:37:50.16	00:56:43.22	00:31:50.51
3829	267	8740	VÍTOR LUCAS	Individual	Veterano III	01:02:42.90	00:31:38.43	00:59:52.12	00:28:47.65
3830	174	10670	JOAQUIM CAETANO PEREIRA	Luz Silva	Veterano V	01:02:43.79	00:32:27.79	01:00:20.65	00:30:04.65
3831	1808	9273	JOÃO SINOSGAS	Individual	Senior	01:02:44.21	00:32:43.97	00:58:34.75	00:28:34.51
3832	1809	10515	FERNANDO PASSADOURO	Cavalinhos Runners	Senior	01:02:44.84	00:34:02.86	00:57:30.44	00:28:48.46
3833	1810	8756	DAGMAR BAPTISTA	Individual	Senior	01:02:44.88	00:31:59.03	01:00:00.24	00:29:14.39
3834	1811	13725	RICARDO MIGUEL PEREIRA ANTUNES	BOL	Senior	01:02:45.45	00:33:47.26	00:58:46.31	00:29:48.12
3835	59	7861	ALEXANDRA FORTE	Individual	Veterana Fem I	01:02:45.75	00:32:43.12	00:59:26.15	00:29:23.52
3836	60	8707	ANA RITA CAÇADOR	Individual	Veterana Fem I	01:02:45.92	00:34:27.15	00:58:21.96	00:30:03.19
3837	279	11880	ANA BRAZ	LIBERTY SEGUROS	Senior Fem	01:02:46.22	00:34:23.27	00:58:16.98	00:29:54.03
3838	1812	13376	NILESH MEGGI	Individual	Senior	01:02:46.28	00:35:52.11	00:58:29.04	00:31:34.87
3839	1813	7666	HUGO COSTA	Individual	Senior	01:02:46.28	00:34:02.78	00:58:05.73	00:29:22.23
3840	352	8325	RUI OLIVEIRA	SS CGD	Veterano II	01:02:47.41	00:32:16.18	01:00:06.11	00:29:34.88
3841	571	10745	LUÍS SANTOS	Individual	Veterano I	01:02:47.84	00:30:56.51	01:00:08.12	00:28:16.79
3842	189	10819	JOSE CORREIA	Individual	Veterano IV	01:02:47.86	00:30:37.63	01:02:11.22	00:30:00.99
3843	280	8087	MARIANA NUNES HEITOR	Individual	Senior Fem	01:02:47.88	00:34:52.34	00:57:54.02	00:29:58.48
3844	1814	12212	LUÍS ALBERTO	Individual	Senior	01:02:48.03	00:35:10.54	00:59:10.77	00:31:33.28
3845	1815	12495	PEDRO JOÃO GUERRA FRANCO BATALHA	Convidado colaborador SLB	Senior	01:02:48.62	00:35:43.57	00:57:58.04	00:30:52.99
3846	281	7796	MANUEL BRAVO	Individual	Senior Fem	01:02:49.06	00:34:40.52	01:02:43.24	00:34:34.70
3847	61	13783	ANA JOSEFINA	GRUPO ADIDAS	Veterana Fem I	01:02:49.07	00:31:06.08	01:00:42.24	00:28:59.25
3848	1816	7289	DAVID DUARTE	Soneca	Senior	01:02:49.11	00:34:57.77	00:59:32.85	00:31:41.51
3849	1817	7159	RUBEN ROCHA	Individual	Senior	01:02:49.44	00:28:09.53	01:02:11.16	00:27:31.25
3850	35	7838	NUNO MIGUEL SANTOS DUARTE	Soneca	Outra Cat	01:02:49.70	00:34:58.19	00:59:32.80	00:31:41.29

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
3851	62	13417	MARIA OLINDA SILVA	Individual	Veterana Fem I	01:02:50.53	00:30:12.03	01:01:51.02	00:29:12.52
3852	268	7638	JOAO DAMAS	Individual	Veterano III	01:02:51.09	00:31:23.32	01:01:53.73	00:30:25.96
3853	269	11388	ZECA AFONSO	C.A. Amigos Parque da Paz	Veterano III	01:02:51.20	00:35:44.54	00:57:16.68	00:30:10.02
3854	572	9236	JOAO NUNO LOURENCO	Individual	Veterano I	01:02:51.21	00:31:08.30	00:59:54.25	00:28:11.34
3855	1818	7888	HUGO CÉSAR ROSADO CAVACAS	Individual	Senior	01:02:51.88	00:34:52.60	00:57:58.66	00:29:59.38
3856	1819	8142	FERNANDO GONÇALVES	Individual	Senior	01:02:52.15	00:35:01.86	00:57:07.58	00:29:17.29
3857	1820	12935	PEDRO OLIVEIRA SANTOS	HOSPITAL DA LUZ	Senior	01:02:52.89	00:34:14.29	00:58:03.43	00:29:24.83
3858	1821	9395	JOÃO TIAGO HOMEM	Individual	Senior	01:02:52.98	00:32:13.48	00:58:54.50	00:28:15.00
3859	270	8453	ARMANDO MARTINS	Individual	Veterano III	01:02:53.14	00:35:10.03	00:58:21.19	00:30:38.08
3860	1822	7076	ANTÓNIO ALMEIDA	Individual	Senior	01:02:53.58	00:33:17.81	00:59:12.35	00:29:36.58
3861	282	13232	MARIA PINTO	PUPILOS DO EXÉRCITO	Senior Fem	01:02:53.64	00:34:38.49	00:57:40.65	00:29:25.50
3862	573	9155	RICARDO GARCIA E FERREIRA	Garcia Runners	Veterano I	01:02:53.77	00:32:17.21	01:00:53.15	00:30:16.59
3863	190	9152	FRANCISCO JC GARCIA	Garcia Runners	Veterano IV	01:02:53.89	00:32:17.21	01:00:52.96	00:30:16.28
3864	1823	8086	NUNO MIGUEL LOURO DA SILVA	Individual	Senior	01:02:55.36	00:34:51.94	00:58:02.57	00:29:59.15
3865	283	12531	ANA TERESA LAMY	MGM MUTHU HOTELS	Senior Fem	01:02:55.91	00:32:22.74	00:59:59.64	00:29:26.47
3866	1824	10759	ANDRE COELHO	SS CGD	Senior	01:02:57.08	00:33:55.70	00:58:51.66	00:29:50.28
3867	1825	15234	RUI SÁ	GRUPO PROSEGUR	Senior	01:02:57.28	00:31:06.52	01:00:23.41	00:28:32.65
3868	1826	12658	NUNO PINTO DOS SANTOS	Individual	Senior	01:02:57.52	00:34:14.08	00:58:07.75	00:29:24.31
3869	1827	13143	GONÇALO ANTUNES	GRUPO PROSEGUR	Senior	01:02:57.69	00:31:42.01	01:02:12.91	00:30:57.23
3870	574	12692	RUI PEDRO NASCIMENTO	HAGER	Veterano I	01:02:57.69	00:30:55.23	01:01:18.32	00:29:15.86
3871	353	11443	FERNANDO BRITO	Individual	Veterano II	01:02:58.38	00:33:06.48	00:59:42.44	00:29:50.54
3872	1828	9854	LINO NOVAIS	Individual, --	Senior	01:02:58.91	00:31:24.03	01:00:43.45	00:29:08.57
3873	354	8119	JOAQUIM MATOS	Individual	Veterano II	01:02:59.12	00:32:50.94	00:59:04.06	00:28:55.88
3874	355	11050	LUIS RAMOS	Individual	Veterano II	01:02:59.92	00:29:16.56	01:02:49.12	00:29:05.76
3875	1829	10261	NUNO ROMERO	Individual	Senior	01:03:00.22	00:33:43.53	00:59:23.46	00:30:06.77
3876	191	11519	JOAQUIM FONSECA	Individual	Veterano IV	01:03:00.27	00:30:21.96	01:01:47.87	00:29:09.56
3877	356	10765	PEDRO CLAUDIO	SS CGD	Veterano II	01:03:00.78	00:33:55.45	00:58:54.50	00:29:49.17
3878	1830	10285	IVO CARDOSO	javalis do asfalto	Senior	01:03:00.87	00:31:57.62	01:01:47.35	00:30:44.10
3879	1831	7137	FREDERICO CONTREIRAS	Individual	Senior	01:03:01.26	00:33:34.23	00:58:53.03	00:29:26.00
3880	1832	8665	EMANUEL DA SILVA	Individual	Senior	01:03:01.29	00:30:20.87	01:02:46.08	00:30:05.66
3881	34	13444	VASCO CARMO	Individual	Junior	01:03:01.38	00:35:06.46	00:58:52.42	00:30:57.50
3882	575	13445	RICARDO CARMO	Individual	Veterano I	01:03:01.64	00:35:07.01	00:58:52.42	00:30:57.79
3883	1833	12796	JOSÉ FERREIRA	SPIRITUC INVESTIGAÇÃO APLICADA	Senior	01:03:02.20	00:34:01.70	00:59:13.52	00:30:13.02
3884	1834	12291	MÁRIO RUI GOMES SALVADOR	Convidado colaborador SLB	Senior	01:03:02.41	00:30:40.55	01:02:37.47	00:30:15.61
3885	1835	11092	RODRIGO PEREIRA	Individual	Senior	01:03:02.66	00:34:32.43	00:58:28.07	00:29:57.84
3886	1836	10507	FRANCISCO MIGUEL	Eurocontrol	Senior	01:03:02.90	00:34:32.57	00:58:27.74	00:29:57.41
3887	1837	9726	DUARTE RAMALHO	GURUS	Senior	01:03:03.25	00:34:35.03	00:58:23.29	00:29:55.07
3888	1838	9512	FRANCISCO CARMONA	Individual	Senior	01:03:03.52	00:34:01.85	00:58:46.27	00:29:44.60
3889	1839	9326	PEDRO DOMINGUES	Individual	Senior	01:03:04.01	00:34:02.07	00:58:48.01	00:29:46.07
3890	1840	10136	PAULO VASCONCELOS	Individual	Senior	01:03:04.29	00:33:14.34	01:00:16.31	00:30:26.36
3891	1841	10135	IVO FELIZARDO	Individual	Senior	01:03:04.37	00:33:14.07	01:00:16.08	00:30:25.78
3892	271	12215	MANUEL ORTELAO	Individual	Veterano III	01:03:04.38	00:33:48.08	00:58:35.09	00:29:18.79
3893	576	8869	LUIS ENCARNAÇÃO	os morcegos	Veterano I	01:03:04.54	00:32:20.10	00:59:52.99	00:29:08.55
3894	1842	11470	JOSÉ CARDINHO	COLABORADOR SLB	Senior	01:03:04.78	00:34:30.46	00:58:00.51	00:29:26.19
3895	1843	7533	HENRIQUE VELOSO	Individual	Senior	01:03:05.11	00:32:09.87	01:01:01.58	00:30:06.34
3896	1844	9932	ALEXANDRE MIGUEL RIBEIRO	Individual	Senior	01:03:05.55	00:35:34.00	00:58:01.98	00:30:30.43
3897	1845	8673	FÁBIO DANIEL AGUIAR DE ALMEIDA	Individual	Senior	01:03:05.69	00:29:16.61	01:02:37.06	00:28:47.98
3898	357	10361	EDUARDO PINTO	Individual	Veterano II	01:03:06.10	00:30:17.31	01:02:48.29	00:29:59.50
3899	1846	7704	JOÃO LOURENÇO	Kaninos	Senior	01:03:06.14	00:34:00.68	00:58:10.01	00:29:04.55
3900	1847	11229	JOÃO COELHO	Individual, --	Senior	01:03:06.55	00:33:26.73	00:58:38.36	00:28:58.54

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
3901	1848	8375	EDUARDO JORGE DA SOLEDADE GAMA	Topo de Gama	Senior	01:03:07.44	00:32:34.97	00:59:56.01	00:29:23.54
3902	1849	10611	MIGUEL CACHÃO	Individual	Senior	01:03:08.69	00:34:30.04	00:57:42.53	00:29:03.88
3903	1850	10607	RODRIGO GREGÓRIO	Individual	Senior	01:03:08.91	00:34:30.78	00:57:43.45	00:29:05.32
3904	1851	10153	IGOR FARIA	Individual	Senior	01:03:09.44	00:34:56.46	00:58:20.50	00:30:07.52
3905	358	11931	JAIME PARDAL	Carapaus de Corrida	Veterano II	01:03:09.81	00:32:21.83	00:59:59.40	00:29:11.42
3906	284	9280	INÊS AMADO	Correr Lisboa	Senior Fem	01:03:09.98	00:32:41.39	01:00:13.91	00:29:45.32
3907	577	8727	CARLOS TEÓFILO	Individual	Veterano I	01:03:10.06	00:33:18.99	00:59:35.18	00:29:44.11
3908	285	13763	CAROLINA MANHA	GRUPO ADIDAS	Senior Fem	01:03:10.13	00:32:41.83	01:00:13.73	00:29:45.43
3909	1852	9838	MAURICIO MATEUS	ASAS NOS PÉS.	Senior	01:03:10.30	00:31:05.02	01:01:15.87	00:29:10.59
3910	359	9174	RUI BATISTA	Clube ANACOM	Veterano II	01:03:10.73	00:30:45.08	01:01:28.86	00:29:03.21
3911	286	13765	SOFIA MEDRONHEIRA	GRUPO ADIDAS	Senior Fem	01:03:11.48	00:30:50.00	01:01:56.57	00:29:35.09
3912	1853	12854	DANIEL COELHO	Individual	Senior	01:03:11.49	00:34:21.42	00:58:49.79	00:29:59.72
3913	360	9194	CARLOS AMARAL	Individual	Veterano II	01:03:12.37	00:32:15.61	01:01:56.08	00:30:59.32
3914	287	9279	FAUSTINA MARIA CORREIA REIS	Individual	Senior Fem	01:03:12.57	00:31:32.52	01:02:35.95	00:30:55.90
3915	192	9938	JOSÉ AGULHA	Individual	Veterano IV	01:03:12.78	00:32:58.13	00:58:43.57	00:28:28.92
3916	193	12320	CARLOS CATARINO	Convidado colaborador SLB	Veterano IV	01:03:12.86	00:31:52.59	01:00:54.22	00:29:33.95
3917	175	9463	PRUDENCIO BRUSCO	Individual	Veterano V	01:03:13.06	00:31:41.40	01:01:18.17	00:29:46.51
3918	1854	13516	EDGAR MANUEL LOURA MADALENO	JCDecaux Portugal	Senior	01:03:13.67	00:34:24.14	00:58:21.53	00:29:32.00
3919	578	7732	VITOR ABRANCHES	Individual	Veterano I	01:03:13.73	00:33:50.02	01:00:49.14	00:31:25.43
3920	63	11088	OLGA BAPTISTA	Individual	Veterana Fem I	01:03:14.41	00:33:18.87	00:59:49.56	00:29:54.02
3921	288	10200	CARLA TEIXEIRA	ROYALNIKE	Senior Fem	01:03:14.88	00:32:09.98	01:00:53.52	00:29:48.62
3922	361	10199	JOSE ALMEIDA	ROYALNIKE	Veterano II	01:03:15.05	00:32:10.49	01:00:53.63	00:29:49.07
3923	64	8418	VANDA SEQUEIRA	CLUBE COLABORADORES AXA	Veterana Fem I	01:03:15.10	00:34:19.28	00:59:14.60	00:30:18.78
3924	1855	10665	PEDRO FIALHO	CanaRun	Senior	01:03:15.32	00:34:50.71	00:58:00.23	00:29:35.62
3925	1856	10664	LUIS CADETE	CanaRun	Senior	01:03:15.46	00:34:50.77	00:58:00.18	00:29:35.49
3926	1857	10946	ANTÓNIO COUCELO	Individual	Senior	01:03:15.68	00:32:06.99	01:01:23.90	00:30:15.21
3927	1858	12856	RUI TEIXEIRA	Individual	Senior	01:03:15.78	00:32:36.80	01:00:56.08	00:30:17.10
3928	1859	8386	LUIS MIGUEL COSTA	Os Coxos	Senior	01:03:15.91	00:31:23.24	01:01:41.31	00:29:48.64
3929	43	13398	FILOMENA JACINTO	Individual	Veterana Fem II	01:03:15.92	00:30:53.57	01:00:50.20	00:28:27.85
3930	1860	9769	FILIFE VARGAS	Individual	Senior	01:03:16.00	00:33:45.70	00:59:36.30	00:30:06.00
3931	289	7637	RITA CONCEIÇÃO SILVA	Individual	Senior Fem	01:03:16.24	00:32:49.42	00:59:36.35	00:29:09.53
3932	176	12855	ANTÓNIO TEIXEIRA	Individual	Veterano V	01:03:16.73	00:32:36.37	01:00:56.53	00:30:16.17
3933	1861	13325	PAULO JANEIRO MATOS	Individual	Senior	01:03:16.75	00:34:11.50	01:00:21.54	00:31:16.29
3934	1862	9187	JOÃO AFONSO	Individual	Senior	01:03:17.11	00:33:19.23	01:03:17.11	00:33:19.23
3935	1863	7867	RUI CUSTÓDIO	O Coelho é um franganote	Senior	01:03:17.24	00:35:35.80	00:58:40.41	00:30:58.97
3936	1864	15158	SÉRGIO GONÇALVES	EDP	Senior	01:03:17.36	00:34:55.42	00:58:49.99	00:30:28.05
3937	579	12618	ANTONIO BRANCO	Individual	Veterano I	01:03:17.93	00:33:40.47	00:58:08.45	00:28:30.99
3938	1865	7359	PEDRO SOARES	Individual	Senior	01:03:18.05	00:32:54.41	01:01:04.17	00:30:40.53
3939	1866	9122	PEDRO MIGUEL GARCIA DUARTE	Tunhos	Senior	01:03:18.43	00:30:44.12	01:02:16.60	00:29:42.29
3940	1867	8066	JOAO RICARDO FERREIRA JESUS	Individual	Senior	01:03:18.50	00:33:44.01	00:59:42.44	00:30:07.95
3941	580	11455	PEDRO MIGUEL GONÇALVES FÉLIX	COLABORADOR SLB	Veterano I	01:03:18.97	00:32:30.85	01:00:32.72	00:29:44.60
3942	290	7743	CARLA BANDEIRA	UroRunners	Senior Fem	01:03:18.97	00:31:39.17	01:00:16.47	00:28:36.67
3943	1868	10038	AFONSO PINO	Individual	Senior	01:03:19.50	00:32:49.76	01:00:34.35	00:30:04.61
3944	362	8286	ÓSCAR MOTA GIL	Individual	Veterano II	01:03:19.77	00:34:45.68	00:58:31.14	00:29:57.05
3945	363	8676	PEDRO VENTURA	Individual	Veterano II	01:03:20.25	00:34:45.94	00:58:31.27	00:29:56.96
3946	1869	12688	DANIEL FERNANDES	Individual	Senior	01:03:20.28	00:35:10.37	01:00:08.79	00:31:58.88
3947	291	12376	CLAÚDIA MARIA SERPA GARCIA	Convidado colaborador SLB	Senior Fem	01:03:20.81	00:34:47.69	00:58:56.65	00:30:23.53
3948	177	9295	JOÃO PAIXÃO	Individual	Veterano V	01:03:20.91	00:33:32.66	00:59:54.38	00:30:06.13
3949	44	11989	ALEXANDRA QUEIROZ	Leoezinhos	Veterana Fem II	01:03:21.11	00:32:27.35	01:01:02.54	00:30:08.78
3950	1870	7264	RICARDO FIGUEIRA	Individual	Senior	01:03:21.18	00:34:47.93	00:58:57.39	00:30:24.14

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
3951	178	13428	MIGUEL PRUDENCIO	Individual	Veterano V	01:03:21.24	00:33:10.67	01:00:12.15	00:30:01.58
3952	65	9293	SARA HENRIQUES	Individual	Veterana Fem I	01:03:21.40	00:33:32.26	00:59:54.64	00:30:05.50
3953	1871	11242	HUGO MIGUEL VIDEIRA MARTINS	Individual, --	Senior	01:03:21.78	00:35:04.39	00:58:34.66	00:30:17.27
3954	194	15160	MANUEL MOÇO	EDP	Veterano IV	01:03:21.86	00:34:54.75	00:58:55.27	00:30:28.16
3955	364	9823	JOÃO FRANCISCO OLIVEIRA	Individual	Veterano II	01:03:21.92	00:31:36.36	01:01:31.22	00:29:45.66
3956	1872	8426	PEDRO MIGUEL TEIXEIRA RODRIGUES	Individual	Senior	01:03:22.11	00:34:01.88	01:00:21.95	00:31:01.72
3957	1873	9926	TÓ JERÓNIMO	Run Buddy Run	Senior	01:03:22.33	00:33:08.35	00:59:34.01	00:29:20.03
3958	292	13197	CLARA SANTANA	PUPILOS DO EXÉRCITO	Senior Fem	01:03:22.66	00:32:25.48	01:00:33.51	00:29:36.33
3959	1874	8184	RICARDO MIGUEL BARROS BOTELHO	Ginasio 5	Senior	01:03:23.56	00:34:05.25	00:58:38.01	00:29:19.70
3960	293	13199	RUTE FERREIRA	PUPILOS DO EXÉRCITO	Senior Fem	01:03:23.65	00:32:26.13	01:00:33.58	00:29:36.06
3961	1875	10806	NUNO TALAIA COSTA	Individual	Senior	01:03:24.28	00:33:58.23	01:00:30.10	00:31:04.05
3962	45	12809	MARIBEL SILVA	Individual	Veterana Fem II	01:03:24.33	00:32:49.00	01:00:17.24	00:29:41.91
3963	294	11067	LISA SANTOS	Individual	Senior Fem	01:03:24.36	00:32:06.29	01:01:43.47	00:30:25.40
3964	1876	13201	TIAGO GASPAS	PUPILOS DO EXÉRCITO	Senior	01:03:24.59	00:32:25.88	01:00:34.69	00:29:35.98
3965	581	10910	JORGE RAMOS	Individual	Veterano I	01:03:25.25	00:33:39.41	01:00:20.30	00:30:34.46
3966	66	10909	LIDIA RAMOS	Individual	Veterana Fem I	01:03:25.34	00:33:39.40	01:00:22.20	00:30:36.26
3967	179	10773	LUIS FIGUEIREDO	Individual	Veterano V	01:03:25.85	00:31:55.81	01:01:16.00	00:29:45.96
3968	1877	11227	NUNO MIGUEL MANEIRA CORREIA	Individual, --	Senior	01:03:25.97	00:35:05.22	00:58:39.57	00:30:18.82
3969	180	10315	LUIS LARA	Individual	Veterano V	01:03:26.02	00:33:33.99	00:59:48.81	00:29:56.78
3970	295	11205	MARTA COSTA	Individual, --	Senior Fem	01:03:26.20	00:31:53.32	01:01:49.55	00:30:16.67
3971	1878	9737	ANDRÉ GANHÃO	Urban Bitches	Senior	01:03:26.24	00:31:19.59	01:00:21.81	00:28:15.16
3972	195	8592	JOÃO PAULINO	Jagozes & Gloriosos	Veterano IV	01:03:26.39	00:34:51.91	00:58:20.99	00:29:46.51
3973	296	11144	SOLENE KERLO	Urban Bitches, --	Senior Fem	01:03:26.40	00:31:19.62	01:00:22.28	00:28:15.50
3974	297	13550	ALEXANDRE CLAUDINO	PHILIPS PORTUGUESA S.A.	Senior Fem	01:03:26.62	00:34:24.21	00:59:28.66	00:30:26.25
3975	1879	10512	BRUNO ALMEIDA	Individual	Senior	01:03:26.93	00:35:00.15	00:58:33.22	00:30:06.44
3976	1880	10356	RUI NETO FERNANDES	Sogro e genro	Senior	01:03:26.94	00:33:37.34	00:58:47.82	00:28:58.22
3977	181	10872	ADELINO GONÇALVES	AMIGOS DE PEVA	Veterano V	01:03:27.89	00:34:38.04	00:58:37.96	00:29:48.11
3978	1881	10874	FERNANDO TAVARES	AMIGOS DE PEVA	Senior	01:03:27.97	00:34:37.72	00:58:38.32	00:29:48.07
3979	582	15388	JORGE LOPES	REPSOL PORTUGUESA	Veterano I	01:03:28.09	00:33:48.51	01:00:33.56	00:30:53.98
3980	298	9844	PATRICIA SANTOS	ASAS NOS PÉS.	Senior Fem	01:03:28.44	00:34:57.15	00:57:41.43	00:29:10.14
3981	1882	15053	MÁRIO RUI J. F. GOUVEIA	EDP	Senior	01:03:28.48	00:34:07.84	00:59:22.76	00:30:02.12
3982	365	15183	PAULO LAPÃO	REPSOL PORTUGUESA	Veterano II	01:03:28.57	00:33:50.37	01:00:37.46	00:30:59.26
3983	1883	8123	NUNO SOUSA	Individual	Senior	01:03:29.05	00:34:08.63	00:59:34.05	00:30:13.63
3984	1884	12802	PEDRO NINITAS	Individual	Senior	01:03:29.14	00:34:58.47	00:58:15.48	00:29:44.81
3985	182	7073	ANTÓNIO ESPADA	Individual	Veterano V	01:03:29.27	00:31:46.35	01:01:53.43	00:30:10.51
3986	1885	10174	MANUEL COITO	Individual	Senior	01:03:29.37	00:36:14.51	01:00:35.37	00:33:20.51
3987	1886	12535	JOÃO SIMÕES	MGM MUTHU HOTELS	Senior	01:03:29.56	00:34:58.15	00:58:15.60	00:29:44.19
3988	67	7156	SANDRA BATISTA	Individual	Veterana Fem I	01:03:29.96	00:30:59.40	01:02:51.36	00:30:20.80
3989	29	12115	CARLA MARISA SIMÕES	Valejas A C	Veterana Fem III	01:03:30.50	00:33:06.42	00:59:54.52	00:29:30.44
3990	183	7832	JORGE MOSA	Individual	Veterano V	01:03:30.85	00:34:49.15	00:58:12.41	00:29:30.71
3991	68	12113	MARIA FRANCO	Valejas A C	Veterana Fem I	01:03:31.15	00:33:06.46	00:59:55.35	00:29:30.66
3992	1887	9312	GONÇALO LOPES	GDCT Unicre	Senior	01:03:31.37	00:33:08.75	00:59:13.18	00:28:50.56
3993	299	10974	VÂNIA CRUZ FERREIRA	SDA-Cofidis	Senior Fem	01:03:32.31	00:31:59.83	01:00:39.87	00:29:07.39
3994	300	10417	LUIZA PINTO SOARES	Individual	Senior Fem	01:03:32.69	00:33:53.75	01:00:17.24	00:30:38.30
3995	196	10560	JOSÉ PAVÃO	Individual	Veterano IV	01:03:33.62	00:33:11.81	01:00:25.32	00:30:03.51
3996	30	13450	MARIA AUGUSTA MARQUES	C.Benfica Algueirão M. Martins	Veterana Fem III	01:03:33.84	00:32:59.39	01:00:15.60	00:29:41.15
3997	1888	9646	NUNO ALVES	Individual	Senior	01:03:34.74	00:32:37.54	01:02:14.15	00:31:16.95
3998	1889	8221	ROLANDO LEMOS	Individual	Senior	01:03:34.79	00:32:29.15	01:00:53.80	00:29:48.16
3999	583	8222	LUIS SANTOS	Individual	Veterano I	01:03:34.87	00:32:29.03	01:00:54.06	00:29:48.22
4000	69	8739	CARLA RAPOSO	Correr Lisboa	Veterana Fem I	01:03:34.94	00:33:04.22	01:00:40.11	00:30:09.39

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
4001	1890	13774	TIAGO MARTINS	GRUPO ADIDAS	Senior	01:03:35.21	00:33:50.35	01:00:43.98	00:30:59.12
4002	184	10414	JOSÉ ANTUNES	Individual	Veterano V	01:03:35.81	00:33:51.57	01:01:07.33	00:31:23.09
4003	584	8455	MARIO JESUS	Individual	Veterano I	01:03:36.01	00:33:04.32	01:00:23.73	00:29:52.04
4004	272	13355	ARNALDO FRADE	Individual	Veterano III	01:03:36.13	00:35:14.35	00:59:07.34	00:30:45.56
4005	1891	9946	RICARDO SANTOS	Individual	Senior	01:03:36.15	00:29:04.19	01:03:08.56	00:28:36.60
4006	1892	15101	RUI DINIZ	JOGOS SANTA CASA	Senior	01:03:36.18	00:34:46.60	00:57:38.08	00:28:48.50
4007	185	9274	ANTONIO GONCALVES	Individual	Veterano V	01:03:36.22	00:33:09.95	01:00:12.85	00:29:46.58
4008	1893	10033	JOÃO NUNES	Entra Vades	Senior	01:03:36.53	00:33:10.34	00:59:29.79	00:29:03.60
4009	1894	9094	PAULO MARÇAL	Rail Runners	Senior	01:03:37.12	00:31:48.38	01:01:06.44	00:29:17.70
4010	366	11444	ARMANDO JOSE PEREIRA	Individual	Veterano II	01:03:37.66	00:35:46.26	00:58:40.49	00:30:49.09
4011	1895	11245	MIGUEL LABAREDA	Individual, --	Senior	01:03:37.72	00:35:38.18	00:57:48.73	00:29:49.19
4012	36	7864	PEDRO SERRA PIRES SILVA	BPIRunners	Outra Cat	01:03:37.75	00:34:15.34	00:59:37.94	00:30:15.53
4013	367	7863	JOÃO PEDRO FIRMINO SILVA	BPIRunners	Veterano II	01:03:37.89	00:34:15.49	00:59:37.39	00:30:14.99
4014	197	9910	LUIS SANTOS	Odebrecht Portugal	Veterano IV	01:03:37.92	00:30:49.57	01:02:22.63	00:29:34.28
4015	368	12801	DIOGO NETO	Individual	Veterano II	01:03:38.03	00:33:39.92	01:00:41.89	00:30:43.78
4016	1896	7166	MIGUEL ANGELO CARVALHO	Individual	Senior	01:03:38.46	00:32:40.50	01:00:19.79	00:29:21.83
4017	369	10614	NUNO GRACA	Individual	Veterano II	01:03:38.68	00:33:58.87	00:58:27.76	00:28:47.95
4018	1897	12744	ANDRÉ SANTOS	Individual	Senior	01:03:38.86	00:35:07.66	00:58:56.23	00:30:25.03
4019	585	9907	ERNESTO BAIARDI	Odebrecht Portugal	Veterano I	01:03:39.06	00:30:50.18	01:02:24.07	00:29:35.19
4020	1898	11620	JOÃO LUIS ALMEIDA DE MELO SAMPAIO	Casa do Benfica Em Palmela	Senior	01:03:39.09	00:35:08.43	00:58:55.48	00:30:24.82
4021	586	13418	PEDRO ASCENSÃO	Individual	Veterano I	01:03:39.39	00:34:33.16	00:57:11.51	00:28:05.28
4022	186	7921	JOSÉ ABREU	GDCTIN Casa da Moeda	Veterano V	01:03:40.03	00:34:34.66	00:59:47.32	00:30:41.95
4023	1899	10158	NELSON COSTA	Individual	Senior	01:03:40.78	00:31:29.54	01:00:50.92	00:28:39.68
4024	1900	10246	DAVID MADEIRA	Individual	Senior	01:03:40.91	00:34:29.23	00:59:51.35	00:30:39.67
4025	370	11435	JOÃO PAULO FORTES ALVES	Individual	Veterano II	01:03:41.39	00:30:56.43	01:02:11.20	00:29:26.24
4026	46	15061	ALZIRA NEVES	CORINTHIA HOTEL LISBON	Veterana Fem II	01:03:41.88	00:32:08.67	01:01:51.69	00:30:18.48
4027	187	11123	JOSE FARTARIA	Individual	Veterano V	01:03:42.07	00:33:21.03	01:00:42.23	00:30:21.19
4028	1901	9764	JOÃO FELISBERTO	Individual	Senior	01:03:42.26	00:34:01.85	00:59:27.43	00:29:47.02
4029	587	15221	ANTÓNIO MARQUES	MS LAGARTO	Veterano I	01:03:42.38	00:34:30.31	00:58:22.85	00:29:10.78
4030	588	10610	MIGUEL ROMERO	Individual	Veterano I	01:03:42.47	00:33:43.53	01:00:05.70	00:30:06.76
4031	371	8863	CARLOS MARTINS CARVALHO	Individual	Veterano II	01:03:42.73	00:34:22.92	00:58:47.11	00:29:27.30
4032	70	10187	CARLA MARQUES	Sapatistas	Veterana Fem I	01:03:42.74	00:32:08.64	01:01:51.83	00:30:17.73
4033	1902	11859	RUI MIGUEL VICENTE PATRÍCIO	GDC Fidelidade	Senior	01:03:42.92	00:34:12.72	00:59:07.89	00:29:37.69
4034	589	10172	CARLOS MANUEL TOMAZ	Individual	Veterano I	01:03:43.11	00:36:13.89	01:00:48.15	00:33:18.93
4035	590	8147	SÉRGIO MATOS	Individual	Veterano I	01:03:45.53	00:33:38.69	01:00:17.75	00:30:10.91
4036	273	11395	JÚLIO PEREIRA NETO	Individual	Veterano III	01:03:46.18	00:32:46.31	01:00:50.25	00:29:50.38
4037	71	8055	ANA FIGUEIREDO	Individual, --	Veterana Fem I	01:03:46.64	00:33:39.19	01:00:20.04	00:30:12.59
4038	301	11792	JOANA FERREIRA	FUND BOX	Senior Fem	01:03:47.20	00:36:21.54	00:59:20.89	00:31:55.23
4039	35	11389	FRANCISCO DA GRAÇA MARQUES	Convidado colaborador SLB	Junior	01:03:47.56	00:34:29.54	00:59:56.90	00:30:38.88
4040	1903	7263	RICARDO CORREIA	Individual	Senior	01:03:48.66	00:32:08.68	01:02:27.56	00:30:47.58
4041	302	8330	VANESSA ROCHA	SS CGD	Senior Fem	01:03:48.79	00:34:08.46	00:59:46.39	00:30:06.06
4042	1904	9634	VASCO MACHADO	Individual	Senior	01:03:48.88	00:34:33.13	01:01:00.54	00:31:44.79
4043	303	7798	JOANA VENCESLAU	Cavalinhos Runners	Senior Fem	01:03:49.62	00:34:59.81	00:58:22.05	00:29:32.24
4044	72	8099	CÉLIA FRANCISCO	Bootcamp Sesimbra	Veterana Fem I	01:03:49.99	00:32:24.37	01:01:30.06	00:30:04.44
4045	591	7734	JOÃO VIEIRA	Individual	Veterano I	01:03:50.01	00:33:50.00	01:01:26.05	00:31:26.04
4046	47	10209	ANABELA MEIA-VIA	Individual	Veterana Fem II	01:03:50.03	00:33:24.12	01:01:00.97	00:30:35.06
4047	31	8306	PAULA NETO	CCD Crédito Agrícola Mútuo	Veterana Fem III	01:03:50.13	00:32:23.78	01:01:30.18	00:30:03.83
4048	304	8903	FERNANDA PRIM	Individual	Senior Fem	01:03:50.76	00:32:39.29	01:01:12.44	00:30:00.97
4049	305	11002	TERESA BORGES	Individual	Senior Fem	01:03:51.19	00:35:05.46	00:58:30.50	00:29:44.77
4050	1905	13120	JOÃO BELCHIOR	GRUPO PROSEGUR	Senior	01:03:52.29	00:34:05.02	00:58:41.00	00:28:53.73

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
4051	306	13121	CARLA DOMINGOS	GRUPO PROSEGUR	Senior Fem	01:03:52.31	00:34:03.40	00:58:40.15	00:28:51.24
4052	307	13097	ANA LUISA NEIVA F. GONÇALVES	HOSPITAL DA LUZ	Senior Fem	01:03:53.85	00:31:28.75	01:03:06.09	00:30:40.99
4053	1906	9217	HUGO GATO	Run Buddy Run	Senior	01:03:53.96	00:31:05.43	01:01:46.79	00:28:58.26
4054	1907	9659	MANUEL ALEXANDRE JANEIRO SOARES	Individual	Senior	01:03:54.07	00:34:56.19	00:59:07.72	00:30:09.84
4055	308	11499	JOANA MARIA SIMÕES S. PEREIRA	COLABORADOR SLB	Senior Fem	01:03:54.27	00:32:36.89	01:01:32.77	00:30:15.39
4056	309	11268	ALEXANDRA AFONSO	BMW Portugal Running, --	Senior Fem	01:03:54.65	00:34:52.41	01:01:47.71	00:32:45.47
4057	274	10126	JORGE OLIVEIRA	Individual	Veterano III	01:03:55.61	00:32:59.03	01:01:18.48	00:30:21.90
4058	592	9283	PEDRO LUIS MORGADO	Individual	Veterano I	01:03:55.79	00:31:50.39	01:01:24.08	00:29:18.68
4059	1908	10406	JOÃO FERREIRA	amigos do gradil	Senior	01:03:55.88	00:34:23.71	01:00:05.51	00:30:33.34
4060	1909	9965	HUGO DO VALE	Individual	Senior	01:03:56.00	00:34:35.73	00:58:01.45	00:28:41.18
4061	1910	8833	FERNANDO SEBASTIÃO	Individual	Senior	01:03:56.32	00:34:20.95	00:58:59.88	00:29:24.51
4062	1911	11639	PEDRO PIRES	El Barrio	Senior	01:03:56.53	00:34:38.91	00:59:33.48	00:30:15.86
4063	73	8964	ANABELA GONÇALVES	CCDTMETROLX	Veterana Fem I	01:03:56.60	00:34:02.92	01:01:03.07	00:31:09.39
4064	372	8976	MARIO GONÇALVES	ccdtmlx	Veterano II	01:03:56.67	00:34:03.61	01:01:03.23	00:31:10.17
4065	593	8405	FRANCISCO BARRADAS	Individual	Veterano I	01:03:57.38	00:31:36.00	01:01:53.43	00:29:32.05
4066	1912	10359	MARCO BOTELHO	Individual	Senior	01:03:57.41	00:33:41.22	00:59:45.54	00:29:29.35
4067	594	10291	PAULO SÁ	U.D.F.A.C.	Veterano I	01:03:58.22	00:31:01.68	01:02:30.50	00:29:33.96
4068	310	9351	CARINA SARAMAGO	Individual	Senior Fem	01:03:58.26	00:34:55.72	00:59:11.29	00:30:08.75
4069	1913	8422	RUI REIS	Lets Run Modafocas	Senior	01:03:58.53	00:32:07.71	01:00:38.53	00:28:47.71
4070	595	9352	CARLOS FERNANDES	Individual	Veterano I	01:03:58.82	00:34:56.39	00:59:11.84	00:30:09.41
4071	1914	9049	ORLANDO FILIPE COUTINHO	Individual	Senior	01:03:59.21	00:35:03.07	00:59:01.38	00:30:05.24
4072	74	11548	CARLA BRAZINHA	Individual	Veterana Fem I	01:03:59.34	00:34:06.16	00:59:25.26	00:29:32.08
4073	1915	11496	FABIANO FERREIRA	COLABORADOR SLB	Senior	01:03:59.43	00:32:14.00	01:01:15.17	00:29:29.74
4074	1916	7394	RICARDO MARTINS	Individual	Senior	01:03:59.50	00:32:41.50	01:01:45.00	00:30:27.00
4075	48	7416	KATJA HESSE PEREIRA	Individual	Veterana Fem II	01:03:59.55	00:34:05.96	00:59:25.72	00:29:32.13
4076	311	7163	ANABELA SILVA	Individual	Senior Fem	01:03:59.77	00:30:58.47	01:02:22.73	00:29:21.43
4077	596	7521	ANTONIO RODRIGUES	Individual	Veterano I	01:03:59.89	00:32:13.10	01:01:14.75	00:29:27.96
4078	188	7348	PEDRO FERREIRA HENRIQUES	Individual	Veterano V	01:04:00.47	00:30:43.07	01:02:16.43	00:28:59.03
4079	1917	12086	JOÃO COELHO	Bombeadores	Senior	01:04:00.94	00:33:37.24	00:59:11.93	00:28:48.23
4080	198	10509	JOAO NOGUEIRA	Eurocontrol	Veterano IV	01:04:01.41	00:36:12.98	00:58:07.97	00:30:19.54
4081	312	13585	LILIANA SANTOS	Individual	Senior Fem	01:04:01.68	00:33:05.71	00:59:55.30	00:28:59.33
4082	189	8808	FERNANDO CANAVEIRA BATISTA	Asas nos Pés	Veterano V	01:04:01.75	00:34:31.46	01:00:20.03	00:30:49.74
4083	199	8804	VÍTOR CARDOSO BENTO	Asas nos Pés	Veterano IV	01:04:01.87	00:34:31.02	01:00:19.68	00:30:48.83
4084	190	8807	JOAQUIM FILIPE AFONSO REGO	Asas nos Pés	Veterano V	01:04:01.88	00:34:31.88	01:00:17.99	00:30:47.99
4085	1918	7537	BRUNO VICENTE	Individual	Senior	01:04:01.99	00:33:11.43	01:00:22.15	00:29:31.59
4086	313	11948	ANA RITA RODRIGUES PEREIRA	Individual	Senior Fem	01:04:02.52	00:34:02.35	01:00:48.23	00:30:48.06
4087	37	8500	ANTÓNIO LEITE	Clube Ferroviário de Portugal	Outra Cat	01:04:02.78	00:33:33.23	01:01:06.16	00:30:36.61
4088	314	11947	SILVIA RODRIGUES PEREIRA	Individual	Senior Fem	01:04:03.30	00:34:02.84	01:00:49.33	00:30:48.87
4089	1919	11351	JOÃO PEDRO BARROS GOMES	Individual	Senior	01:04:03.36	00:34:33.54	01:01:14.01	00:31:44.19
4090	373	12851	JOAQUIM MANUEL DIAS DE OLIVEIRA	Individual	Veterano II	01:04:03.40	00:34:49.37	00:59:58.23	00:30:44.20
4091	1920	9817	DURVAL NUNO SIMÕES PIRES	Levados ao Colinho	Senior	01:04:03.52	00:36:06.82	00:59:26.88	00:31:30.18
4092	374	13433	PAULO ALEXANDRE RODRIGUES DE OLIVEIRA	Individual	Veterano II	01:04:03.91	00:34:49.72	00:59:57.95	00:30:43.76
4093	597	9977	NUNO PINTO	SDA-Cofidis	Veterano I	01:04:04.77	00:33:19.42	01:01:10.27	00:30:24.92
4094	375	7316	PAULO SOUSA	Individual	Veterano II	01:04:04.83	00:30:55.16	01:01:52.55	00:28:42.88
4095	598	7097	PEDRO MIGUEL HENRIQUES	Águias na Cama	Veterano I	01:04:05.06	00:33:54.84	00:59:59.61	00:29:49.39
4096	1921	10324	RICARDO ROBERTO	Individual	Senior	01:04:05.08	00:33:39.88	01:03:14.17	00:32:48.97
4097	599	12084	H.F H.F	AJ&HF, --	Veterano I	01:04:05.87	00:39:43.16	00:58:14.26	00:33:51.55
4098	1922	11638	HUGO GAMEIRO	El Barrio	Senior	01:04:06.18	00:35:11.23	00:59:41.13	00:30:46.18
4099	1923	8326	SABIR KANJI	SS CGD	Senior	01:04:06.76	00:32:18.28	01:00:57.66	00:29:09.18
4100	75	11314	MARIA SOARES	Individual, --	Veterana Fem I	01:04:06.96	00:33:46.14	01:01:10.27	00:30:49.45

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
4101	1924	10411	NUNO VAZ	Benfica até morrer	Senior	01:04:07.27	00:36:33.79	00:59:26.74	00:31:53.26
4102	200	7382	ANTÓNIO JOSÉ GASPAR POMBINHO	Individual	Veterano IV	01:04:07.77	00:30:27.01	01:02:47.51	00:29:06.75
4103	1925	9231	RICARDO NOGUEIRA	Individual	Senior	01:04:07.83	00:34:07.65	00:57:18.93	00:27:18.75
4104	1926	10036	DUARTE LUÍS	Entra Vades	Senior	01:04:08.40	00:33:56.44	01:00:34.60	00:30:22.64
4105	1927	10035	JOÃO ÁLVARO	Entra Vades	Senior	01:04:08.51	00:33:56.51	01:00:22.73	00:30:10.73
4106	315	13405	JOANA PEREIRA	Nicos	Senior Fem	01:04:09.48	00:34:58.97	00:58:08.95	00:28:58.44
4107	1928	8544	MIGUEL LEAL	Individual	Senior	01:04:09.62	00:34:01.65	01:00:54.52	00:30:46.55
4108	1929	8186	PEDRO LEITÃO	Juventude Desp. Alhandrense	Senior	01:04:09.90	00:33:02.53	01:00:08.14	00:29:00.77
4109	376	7255	FERNANDO CORREIA	Os Azeiteiros	Veterano II	01:04:11.59	00:35:27.58	00:59:52.84	00:31:08.83
4110	1930	15245	BRUNO ANTÃO	JORNAL A BOLA	Senior	01:04:11.77	00:32:35.89	01:01:45.75	00:30:09.87
4111	316	11129	ANA MAFALDA P. C. CUNHA	Minions, --	Senior Fem	01:04:11.89	00:33:39.32	01:00:43.50	00:30:10.93
4112	76	10969	SANDRA C FERREIRA MOTA	Individual	Veterana Fem I	01:04:12.40	00:34:25.28	01:00:27.84	00:30:40.72
4113	49	13152	ELIEIDA CARNEIRO DOS SANTOS	Individual	Veterana Fem II	01:04:12.42	00:33:03.59	01:02:49.71	00:31:40.88
4114	317	10009	ISABEL GONÇALVES	Individual	Senior Fem	01:04:13.45	00:34:54.27	00:59:27.96	00:30:08.78
4115	1931	10399	JOÃO PEDRO CONCEIÇÃO GUERREIRO	Individual	Senior	01:04:13.74	00:33:33.89	01:00:16.93	00:29:37.08
4116	600	9031	DOMINGOS OLIVEIRA	Benfica até morrer	Veterano I	01:04:13.77	00:36:33.55	00:59:33.59	00:31:53.37
4117	318	11122	CRISTIANA SANTIAGO	Individual	Senior Fem	01:04:14.75	00:34:31.56	00:58:31.85	00:28:48.66
4118	1932	11445	BRUNO SANTIAGO	Individual	Senior	01:04:14.96	00:34:30.54	00:58:32.21	00:28:47.79
4119	275	8634	ROMÃO AUGUSTO RAMALHO MOITA	Os Tolos	Veterano III	01:04:17.04	00:30:32.05	01:03:54.52	00:30:09.53
4120	319	11621	ANA RAQUEL TAVARES	Individual	Senior Fem	01:04:17.24	00:33:09.65	01:01:17.33	00:30:09.74
4121	320	8213	LAETITIA PIRES MARTINS	Individual	Senior Fem	01:04:17.74	00:34:45.83	01:00:13.31	00:30:41.40
4122	1933	8185	JORGE MARTINS	Juventude Desp. Alhandrense	Senior	01:04:18.54	00:33:02.20	01:00:17.24	00:29:00.90
4123	1934	9895	NELSON MARÇAL	Individual	Senior	01:04:18.76	00:32:17.54	01:01:31.42	00:29:30.20
4124	321	9668	SÔNIA ENVIA	Pastelaria chafariz	Senior Fem	01:04:19.08	00:32:07.48	01:02:33.79	00:30:22.19
4125	322	11074	RAQUEL MARTINS	Individual	Senior Fem	01:04:19.23	00:30:06.11	01:03:25.82	00:29:12.70
4126	323	12879	SANDRA ANTUNES PINHEIRO	HOSPITAL DA LUZ	Senior Fem	01:04:19.87	00:33:37.87	01:01:40.87	00:30:58.87
4127	1935	10021	FÁBIO MIGUEL OLIVEIRA CARMO	Individual	Senior	01:04:20.01	00:34:26.55	01:01:46.77	00:31:53.31
4128	324	11364	CATARINA BEATO	Individual	Senior Fem	01:04:20.03	00:35:13.41	00:58:47.21	00:29:40.59
4129	1936	15291	JÚLIO MIGUEL	LEASEPLAN	Senior	01:04:20.23	00:30:30.58	01:03:56.55	00:30:06.90
4130	1937	7187	NUNO FERREIRA	Cavalinhos Runners	Senior	01:04:21.16	00:35:01.84	00:58:53.86	00:29:34.54
4131	601	7252	PEDRO SOUSA	Cavalinhos Runners	Veterano I	01:04:21.18	00:35:01.25	00:59:01.99	00:29:42.06
4132	1938	9331	RICARDO CARVALHO	Individual	Senior	01:04:21.20	00:33:36.16	01:02:10.56	00:31:25.52
4133	38	7651	BRUNO GONÇALVES	Individual	Outra Cat	01:04:22.61	00:34:18.11	01:00:51.24	00:30:46.74
4134	377	7081	ISIDRO FILIPE	Individual	Veterano II	01:04:22.66	00:32:41.23	01:03:17.16	00:31:35.73
4135	191	11888	JOSÉ MANUEL MARTINS VIEIRA	LIBERTY SEGUROS	Veterano V	01:04:22.79	00:33:59.18	01:00:56.59	00:30:32.98
4136	1939	9172	TIAGO BRITO	Individual	Senior	01:04:23.35	00:34:41.28	00:59:26.35	00:29:44.28
4137	276	12261	NUNO SALDANHA	Individual	Veterano III	01:04:23.81	00:33:25.96	01:00:52.69	00:29:54.84
4138	77	7352	PAULA FARIA	Individual	Veterana Fem I	01:04:23.92	00:32:42.03	01:03:18.49	00:31:36.60
4139	325	8548	NIDIA FERREIRA	AeroRunners	Senior Fem	01:04:24.22	00:33:51.36	00:59:42.91	00:29:10.05
4140	277	7290	RAIMUNDO PECHILGA	Tartarugas Solidárias	Veterano III	01:04:24.36	00:34:18.40	01:00:52.16	00:30:46.20
4141	1940	9325	SERGIO NOGUEIRA	RTI	Senior	01:04:24.66	00:34:12.78	01:00:07.84	00:29:55.96
4142	326	11175	MAFALDA SARAIVA	Mancamulas, --	Senior Fem	01:04:24.71	00:31:02.13	01:03:20.73	00:29:58.15
4143	1941	9747	GIL FERREIRA	Individual	Senior	01:04:25.25	00:34:04.88	00:59:47.10	00:29:26.73
4144	1942	8553	DARIO SILVA	Individual	Senior	01:04:25.45	00:32:55.69	01:01:16.79	00:29:47.03
4145	1943	11641	BRUNO MOREIRA	El Barrio	Senior	01:04:26.37	00:35:09.90	01:00:01.84	00:30:45.37
4146	327	10053	SARA LOPES	Papa Asfalto	Senior Fem	01:04:26.56	00:34:04.74	01:00:57.82	00:30:36.00
4147	328	13834	MARGARIDA DOMINGOS	GRUPO ADIDAS	Senior Fem	01:04:27.32	00:29:01.10	01:04:27.32	00:29:01.10
4148	1944	13782	HENRIQUE GAMA	GRUPO ADIDAS	Senior	01:04:27.61	00:29:00.95	01:04:27.61	00:29:00.95
4149	1945	10175	ANDRÉ RICARDO TORQUATO GOMES	Individual	Senior	01:04:28.04	00:33:46.42	01:00:42.06	00:30:00.44
4150	1946	8507	RODRIGO VALGÔDE	Individual	Senior	01:04:29.58	00:33:53.86	00:59:27.05	00:28:51.33

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
4151	378	8074	JOSÉ ALBERTINO FERREIRA GONÇALVES	Individual	Veterano II	01:04:30.35	00:30:28.25	01:03:43.71	00:29:41.61
4152	602	11729	JOÃO CLÁUDIO FERNANDES	Individual	Veterano I	01:04:30.43	00:33:27.62	01:01:45.53	00:30:42.72
4153	1947	11744	CIPRIANO MONTEIRO	PROSEGUR	Senior	01:04:31.51	00:31:19.57	01:03:41.95	00:30:30.01
4154	1948	10505	JOÃO VICENTE	Papoilas Saltitantes	Senior	01:04:32.92	00:31:46.99	01:00:54.15	00:28:08.22
4155	278	10184	ORLANDO RODRIGUES	Individual	Veterano III	01:04:33.86	00:33:31.68	01:01:15.15	00:30:12.97
4156	78	10345	CLÁUDIA TRABUCO	Individual	Veterana Fem I	01:04:33.96	00:34:11.72	01:01:14.07	00:30:51.83
4157	79	11752	SANDRA GASPAR	Individual	Veterana Fem I	01:04:33.99	00:31:13.62	01:03:50.00	00:30:29.63
4158	379	13459	PAULO PALHAIS	Casa Benfica Figueira da Foz	Veterano II	01:04:34.04	00:30:02.24	01:02:55.16	00:28:23.36
4159	1949	8933	JOAO ALEXANDRE PAIVA RIBEIRO	Individual	Senior	01:04:34.66	00:35:52.92	00:59:38.81	00:30:57.07
4160	1950	8942	PEDRO NOBRE	Individual	Senior	01:04:34.75	00:35:52.79	00:59:40.32	00:30:58.36
4161	279	12472	JOAO VASCONCELOS	Individual	Veterano III	01:04:35.30	00:30:53.02	01:03:42.02	00:29:59.74
4162	1951	9560	DIOGO DIAS	Individual	Senior	01:04:35.61	00:33:57.69	01:00:56.40	00:30:18.48
4163	1952	9022	JORGE SANTOS	Individual	Senior	01:04:35.70	00:33:56.03	01:00:56.27	00:30:16.60
4164	192	10565	JOSÉ LAMEGO	Individual	Veterano V	01:04:36.24	00:34:20.31	00:59:25.88	00:29:09.95
4165	603	11093	JOÃO BOUZA DA COSTA	Individual	Veterano I	01:04:36.41	00:32:37.59	01:00:42.52	00:28:43.70
4166	604	12828	JOSÉ SILVA	Individual	Veterano I	01:04:36.73	00:31:18.84	01:02:38.88	00:29:20.99
4167	329	11019	TERESA CRISTINA CRUZ FATELA DOS SANTOS	Individual	Senior Fem	01:04:37.50	00:32:53.28	01:04:34.23	00:32:50.01
4168	380	11722	RUI ESTRELA	Individual	Veterano II	01:04:37.52	00:33:27.25	01:01:52.33	00:30:42.06
4169	381	9635	PAULO PEDROSO	Individual	Veterano II	01:04:37.64	00:34:32.73	01:01:49.70	00:31:44.79
4170	330	9619	CATARINA NECO	Bootcamp Sesimbra	Senior Fem	01:04:37.76	00:33:30.45	01:01:04.44	00:29:57.13
4171	1953	11262	RUI REIS	BMW Portugal Running 1, --	Senior	01:04:38.86	00:34:09.44	01:00:52.54	00:30:23.12
4172	331	13119	SOFIA JUNQUEIRO	GRUPO PROSEGUR	Senior Fem	01:04:38.87	00:34:05.20	00:59:26.45	00:28:52.78
4173	605	7243	EDUARDO AMORIM	Individual	Veterano I	01:04:39.65	00:33:44.04	01:02:13.04	00:31:17.43
4174	332	12546	CATARINA NOVAIS	KPMG	Senior Fem	01:04:40.37	00:32:03.57	01:02:36.08	00:29:59.28
4175	1954	11380	FRANCISCO FURAO	Individual	Senior	01:04:40.48	00:33:48.82	00:59:57.03	00:29:05.37
4176	1955	12955	NUNO MIGUEL A. R. DA COSTA	HOSPITAL DA LUZ	Senior	01:04:40.95	00:35:36.95	00:59:08.89	00:30:04.89
4177	50	15256	INÉS BASTOS	JORNAL A BOLA	Veterana Fem II	01:04:41.08	00:32:05.23	01:03:55.06	00:31:19.21
4178	80	9924	LIDIA ALMEIDA	Individual	Veterana Fem I	01:04:41.66	00:34:35.41	01:01:11.94	00:31:05.69
4179	606	9925	PAULO LOPES	Individual	Veterano I	01:04:41.70	00:34:35.47	01:01:11.58	00:31:05.35
4180	333	7708	MARIA ALEXANDRA PATRIARCA	Individual	Senior Fem	01:04:41.83	00:32:12.45	01:02:20.82	00:29:51.44
4181	334	9216	CATARINA DE CASTRO	Tartarugas Solidárias	Senior Fem	01:04:41.98	00:33:12.08	01:01:49.29	00:30:19.39
4182	607	13661	ANTONIO RUFINO	Individual	Veterano I	01:04:42.49	00:32:32.05	01:02:58.80	00:30:48.36
4183	335	7378	ANDREIA COSTA	Tartarugas Solidárias	Senior Fem	01:04:43.03	00:34:44.27	01:01:05.53	00:31:06.77
4184	336	12560	ÉTEL INFANTE	Individual	Senior Fem	01:04:43.68	00:34:43.93	01:01:06.21	00:31:06.46
4185	1956	12015	HUGO SOFIO	Individual	Senior	01:04:43.76	00:33:46.81	00:59:57.12	00:29:00.17
4186	193	11225	JOSUÉ RITO	Individual	Veterano V	01:04:44.92	00:30:26.74	01:04:44.92	00:30:26.74
4187	337	9704	MARGARIDA SOARES	Individual	Senior Fem	01:04:45.50	00:33:02.96	01:03:48.15	00:32:05.61
4188	1957	15037	FÁBIO MACHADO	Cidade Universitária	Senior	01:04:47.18	00:36:50.53	01:00:16.18	00:32:19.53
4189	1958	12288	RUI MIGUEL ALMEIDA SILVESTRE	COLABORADOR SLB	Senior	01:04:47.82	00:34:15.30	01:01:29.99	00:30:57.47
4190	1959	7279	RUI MAIA	Miyagi Team	Senior	01:04:48.06	00:36:31.79	00:58:45.27	00:30:29.00
4191	1960	7276	FERREIRA FERREIRA	Miyagi Team, --	Senior	01:04:48.34	00:36:31.38	00:58:46.10	00:30:29.14
4192	1961	12289	DIOGO MANUEL AMARAL GERALDES	Convidado colaborador SLB	Senior	01:04:48.46	00:34:15.14	01:01:30.40	00:30:57.08
4193	338	12942	CLAUDIA AUGUSTO	HOSPITAL DA LUZ	Senior Fem	01:04:48.94	00:33:31.05	01:00:55.08	00:29:37.19
4194	1962	10717	JÓÃO FILIPE ANTUNES DOS SANTOS	Individual	Senior	01:04:48.95	00:32:37.78	01:01:41.45	00:29:30.28
4195	1963	10805	ANDRÉ GOMES	Individual	Senior	01:04:49.35	00:29:46.16	01:03:56.72	00:28:53.53
4196	1964	10792	NUNO MIGUEL FARIA FERREIRA	Individual	Senior	01:04:49.83	00:35:09.68	00:59:18.24	00:29:38.09
4197	1965	8650	PEDRO SILVA COSTA	Individual	Senior	01:04:50.11	00:34:47.90	00:59:36.79	00:29:34.58
4198	339	15389	HELENA MARGARIDA MATIAS	REPSOL PORTUGUESA	Senior Fem	01:04:50.39	00:31:07.29	01:04:01.35	00:30:18.25
4199	1966	10804	HÉLIO MARQUES	Individual	Senior	01:04:50.41	00:29:47.56	01:03:58.09	00:28:55.24
4200	340	13818	ANA ANTUNES	GRUPO ADIDAS	Senior Fem	01:04:50.58	00:31:23.48	01:03:37.20	00:30:10.10

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
4201	280	11280	MÁRIO COSTA	Individual, --	Veterano III	01:04:50.65	00:36:00.19	00:59:15.91	00:30:25.45
4202	81	11725	SANDRA NEVES	RUN 4-T FUN	Veterana Fem I	01:04:51.04	00:31:56.69	01:03:37.16	00:30:42.81
4203	608	10683	JOSÉ AMORIM	Individual	Veterano I	01:04:51.14	00:35:12.77	01:01:28.73	00:31:50.36
4204	281	13262	CARLOS SILVA	Individual	Veterano III	01:04:51.58	00:31:13.15	01:02:09.98	00:28:31.55
4205	341	12843	SOFIA ABRANTES	Balhelhas	Senior Fem	01:04:51.67	00:33:05.07	01:00:51.59	00:29:04.99
4206	194	8091	JOSÉ FIGUEIREDO	Individual	Veterano V	01:04:51.73	00:32:37.43	01:04:11.58	00:31:57.28
4207	36	10743	MAIQUEL FERREIRA	Individual	Junior	01:04:51.88	00:35:43.07	00:59:46.60	00:30:37.79
4208	1967	8090	DIOGO FIGUEIREDO	Individual	Senior	01:04:52.02	00:32:35.57	01:04:11.22	00:31:54.77
4209	1968	9369	PEDRO NUNO BÉRTOLO COELHO	Individual	Senior	01:04:53.69	00:38:49.77	01:00:24.97	00:34:21.05
4210	382	9636	MIGUEL FORTUNA	Individual	Veterano II	01:04:53.92	00:34:33.56	01:02:05.32	00:31:44.96
4211	1969	10121	MARIO RAMOS	Individual	Senior	01:04:54.03	00:38:50.07	01:00:24.91	00:34:20.95
4212	32	9085	LUCIA NOGUEIRA	Individual	Veterana Fem III	01:04:54.49	00:30:08.13	01:04:45.19	00:29:58.83
4213	1970	9633	TIAGO CARDOSO	Individual	Senior	01:04:54.55	00:34:33.48	01:02:05.19	00:31:44.12
4214	1971	10094	HUGO MIGUEL BERTOLO RAIMUNDO	Individual	Senior	01:04:54.57	00:38:50.19	01:00:26.07	00:34:21.69
4215	33	8790	MARIA DUARTE ALDEIA	Táentos Team	Veterana Fem III	01:04:54.59	00:30:08.51	01:04:45.53	00:29:59.45
4216	1972	11547	NUNO SOUSA	Individual	Senior	01:04:54.88	00:30:47.91	01:03:40.95	00:29:33.98
4217	609	10330	JORGE ALMEIDA	Individual	Veterano I	01:04:55.81	00:30:43.16	01:03:57.56	00:29:44.91
4218	195	13597	MANUEL FERREIRA	Casa Benfica Abrantes	Veterano V	01:04:55.95	00:34:51.12	01:00:36.70	00:30:31.87
4219	34	12235	MARIA DE FÁTIMA LEITÃO	CATEDRAL DA CERVEJA	Veterana Fem III	01:04:56.06	00:32:34.05	01:03:22.20	00:31:00.19
4220	1973	13556	MIGUEL AMARAL	LUSO	Senior	01:04:57.19	00:37:20.51	01:00:27.28	00:32:50.60
4221	1974	9479	RICARDO MATOS	Individual	Senior	01:04:57.30	00:34:00.03	01:00:24.46	00:29:27.19
4222	1975	11701	PEDRO DIAS	pinhalbikepeam	Senior	01:04:57.34	00:31:44.35	01:04:04.31	00:30:51.32
4223	1976	7256	PEDRO CORREIA	Os Azeiteiros	Senior	01:04:57.51	00:35:27.58	01:00:39.18	00:31:09.25
4224	1977	11206	JOÃO DUARTE	Individual, --	Senior	01:04:57.54	00:32:08.97	01:03:20.32	00:30:31.75
4225	51	8741	OLÍVIA LUCAS	Individual	Veterana Fem II	01:04:57.70	00:33:47.08	01:02:05.99	00:30:55.37
4226	1978	11274	GONÇALO SILVA	BMW Portugal Running, --	Senior	01:04:58.13	00:34:09.80	01:01:12.23	00:30:23.90
4227	1979	8288	ANTONIO CORREIRA PAIVA PINTO	Individual	Senior	01:04:58.19	00:35:18.11	00:59:16.25	00:29:36.17
4228	201	7728	JOSÉ CASACA	Jobrinde - Montes Saloios	Veterano IV	01:04:58.33	00:35:37.06	01:00:47.55	00:31:26.28
4229	1980	13593	FILIPE MATOS	Lumber Powa	Senior	01:04:58.44	00:33:19.90	00:59:09.81	00:27:31.27
4230	1981	7371	RUI GONÇALVES	Individual	Senior	01:04:58.49	00:35:36.83	01:00:47.36	00:31:25.70
4231	383	9473	RUY PEREIRA	Individual	Veterano II	01:04:59.78	00:36:16.40	00:59:53.10	00:31:09.72
4232	1982	7727	NUNO CASACA	Jobrinde - Montes Saloios	Senior	01:04:59.91	00:35:34.88	01:00:49.63	00:31:24.60
4233	82	12154	MÓNICA MIGUÉIS	ALLIANZ	Veterana Fem I	01:05:01.52	00:35:20.48	00:59:50.97	00:30:09.93
4234	83	11818	CARLA SOFIA GRANCHO	GDC Fidelidade	Veterana Fem I	01:05:01.55	00:33:19.04	01:01:51.83	00:30:09.32
4235	1983	11805	JOÃO RICARDO ASSUNÇÃO LOPES	Individual	Senior	01:05:02.57	00:34:50.52	00:59:49.60	00:29:37.55
4236	1984	11987	HUGO LOPES	Equipa Lopes	Senior	01:05:03.05	00:33:15.64	01:02:03.46	00:30:16.05
4237	196	11986	JORGE LOPES	Equipa Lopes	Veterano V	01:05:03.18	00:33:17.26	01:02:04.21	00:30:18.29
4238	384	8315	LUIS JOSE GUERRA OURIVES	Individual	Veterano II	01:05:03.27	00:35:14.43	01:00:40.00	00:30:51.16
4239	1985	15310	PEDRO JORGE SARAIVA ROBERTO	JOGOS SANTA CASA	Senior	01:05:04.01	00:35:15.28	01:02:26.89	00:32:38.16
4240	342	9632	MARISA MÓSCA	Individual	Senior Fem	01:05:04.26	00:34:07.81	01:01:22.91	00:30:26.46
4241	343	12923	ANA ROLO	HOSPITAL DA LUZ	Senior Fem	01:05:04.44	00:33:38.20	01:02:25.72	00:30:59.48
4242	1986	12095	RICARDO NOGUEIRA	Individual	Senior	01:05:04.62	00:34:50.35	01:01:06.54	00:30:52.27
4243	282	11513	LUIS POLICARPO	Individual	Veterano III	01:05:04.71	00:33:38.47	01:00:35.02	00:29:08.78
4244	1987	7910	ANTÓNIO SANTOS	Individual	Senior	01:05:05.31	00:34:26.65	01:02:30.58	00:31:51.92
4245	1988	7342	JOÃO LINO	Individual	Senior	01:05:05.76	00:34:48.77	01:00:36.43	00:30:19.44
4246	1989	10534	JOSÉ MAGALHÃES	Individual	Senior	01:05:05.83	00:34:55.70	01:01:07.54	00:30:57.41
4247	1990	12374	SERGIO FILIPE ALVES DOS SANTOS	Convitado colaborador SLB	Senior	01:05:05.91	00:35:43.33	01:00:15.86	00:30:53.28
4248	1991	13426	RUI PULQUÉRIO	Individual	Senior	01:05:05.96	00:34:26.65	01:02:31.87	00:31:52.56
4249	1992	14889	BRUNO CUNHA	EDP	Senior	01:05:06.06	00:35:35.24	01:00:01.07	00:30:30.25
4250	385	7384	PEDRO SANTOS MAIA	Individual	Veterano II	01:05:06.74	00:34:56.16	01:01:15.60	00:31:05.02

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
4251	84	7383	DORA SOFIA MORAIS BAPTISITA RALÃO	Individual	Veterana Fem I	01:05:06.82	00:34:56.68	01:01:15.48	00:31:05.34
4252	37	12720	BERNARDO CORREIA	Individual	Junior	01:05:07.37	00:35:21.39	00:59:56.65	00:30:10.67
4253	1993	15200	GONÇALO ENVIA	JAZZY LIFE CLUB	Senior	01:05:07.50	00:35:13.97	01:01:56.67	00:32:03.14
4254	610	15036	RICARDO NEGRÃO	Cidade Universitária	Veterano I	01:05:07.72	00:36:50.51	01:00:36.98	00:32:19.77
4255	283	8462	JOSE FARRICA	Individual	Veterano III	01:05:07.85	00:32:01.45	01:02:14.91	00:29:08.51
4256	202	9337	JÚLIO FIGUEIREDO	Individual	Veterano IV	01:05:07.85	00:34:09.15	01:02:09.09	00:31:10.39
4257	197	7652	EBERHARD AXEL WILHELM	Individual	Veterano V	01:05:07.94	00:33:38.80	01:01:46.14	00:30:17.00
4258	1994	13320	LOURENÇO LUIS MOURALINHO AZEVEDO	Individual	Senior	01:05:08.32	00:30:58.09	01:03:14.17	00:29:03.94
4259	284	9135	JOSÉ FRANSCISCO DE SOUSA REGA	Individual	Veterano III	01:05:08.34	00:32:02.21	01:02:17.13	00:29:11.00
4260	611	12756	RUI LUÍZ	Benfica Forever	Veterano I	01:05:08.72	00:33:41.17	01:02:31.22	00:31:03.67
4261	285	12757	MIGUEL PACHECO	Benfica Forever	Veterano III	01:05:08.84	00:33:41.60	01:02:30.84	00:31:03.60
4262	612	7154	MANUEL PRATES	Atletismo Vidense	Veterano I	01:05:09.22	00:35:44.77	01:00:02.33	00:30:37.88
4263	85	8294	SANDRA TRIÃES	Cavalinhos Runners	Veterana Fem I	01:05:09.32	00:35:11.80	00:59:52.65	00:29:55.13
4264	1995	9968	TIAGO SEQUEIRA	Individual	Senior	01:05:09.49	00:35:15.75	00:58:23.94	00:28:30.20
4265	86	10295	ISABEL ISABEL	Individual, --	Veterana Fem I	01:05:09.68	00:34:02.69	01:01:30.06	00:30:23.07
4266	613	12698	JORGE FILIPE PIRES PINTO	HAGER	Veterano I	01:05:09.78	00:33:02.68	01:02:51.91	00:30:44.81
4267	1996	9818	NUNO COELHO	Levados ao Colinho	Senior	01:05:10.34	00:36:06.10	01:00:33.78	00:31:29.54
4268	1997	9820	RICARDO JORGE BORGES P. BARROS COSTA	Levados ao Colinho	Senior	01:05:10.43	00:36:06.34	01:00:35.14	00:31:31.05
4269	614	7016	JOÃO AMARAL GOMES	Individual	Veterano I	01:05:10.78	00:33:04.34	01:00:50.20	00:28:43.76
4270	386	7619	LUIS FILIPE COSTA	Individual	Veterano II	01:05:11.05	00:31:46.18	01:03:21.90	00:29:57.03
4271	1998	11797	DIOGO REBELO	FUND BOX	Senior	01:05:11.09	00:36:22.25	01:00:44.99	00:31:56.15
4272	344	11984	RITA MARIA VIEIRA DE CARVALHO	Individual	Senior Fem	01:05:12.19	00:32:30.47	01:03:21.25	00:30:39.53
4273	1999	13429	BRUNO ALCARVA	Individual	Senior	01:05:12.30	00:34:45.55	01:00:40.33	00:30:13.58
4274	2000	11137	MIGUEL ÂNGELO PALHEIRA PINTO	Individual, --	Senior	01:05:12.35	00:31:46.21	01:03:24.52	00:29:58.38
4275	2001	8918	PEDRO AUGUSTO	Individual	Senior	01:05:12.61	00:30:19.67	01:05:02.95	00:30:10.01
4276	38	13396	TOMÁS ALCARVA	Individual, --	Junior	01:05:13.11	00:34:45.75	01:00:41.20	00:30:13.84
4277	615	10593	MIGUEL MARIA ROQUETTE ROCHA E MELO	Individual	Veterano I	01:05:13.29	00:34:50.32	01:02:38.51	00:32:15.54
4278	387	10592	CARLOS ALBERTO SEQUEIRA MACHADO	Individual	Veterano II	01:05:13.42	00:34:50.04	01:02:38.80	00:32:15.42
4279	2002	11414	RICARDO NUNO PEREIRA CORTEZ	Individual	Senior	01:05:13.70	00:35:16.76	00:59:32.37	00:29:35.43
4280	2003	8376	LUIS MIGUEL DA SOLEDADE GAMA	Topo de Gama	Senior	01:05:13.73	00:32:34.81	01:02:02.44	00:29:23.52
4281	2004	11491	NUNO TIMOTEO	Individual	Senior	01:05:14.39	00:35:20.56	01:00:23.73	00:30:29.90
4282	345	10696	MARTA AGOSTINHO	Individual	Senior Fem	01:05:14.97	00:34:38.56	01:00:50.86	00:30:14.45
4283	616	9775	RUI ALMEIDA	Individual	Veterano I	01:05:15.16	00:33:33.05	01:02:21.43	00:30:39.32
4284	346	10322	VERA VIEGAS	Individual	Senior Fem	01:05:15.82	00:33:32.26	01:02:01.58	00:30:18.02
4285	617	9494	HELDER LOURENÇO	alverca urban runners	Veterano I	01:05:16.18	00:31:49.18	01:02:36.62	00:29:09.62
4286	2005	8510	LUIS ROSA	Individual	Senior	01:05:16.59	00:36:51.09	01:00:02.49	00:31:36.99
4287	2006	7525	ANDRÉ CORREIA	Individual	Senior	01:05:16.73	00:36:51.20	01:00:01.56	00:31:36.03
4288	2007	8356	MARIO WESTPHALEN	Westphalen & Falcão	Senior	01:05:16.89	00:35:12.85	01:01:08.39	00:31:04.35
4289	87	7296	CARLA GALHANO	Individual	Veterana Fem I	01:05:16.93	00:32:04.59	01:04:06.35	00:30:54.01
4290	347	8357	CATARINA FALCÃO	Westphalen & Falcão	Senior Fem	01:05:17.44	00:35:12.44	01:01:07.43	00:31:02.43
4291	348	7401	SOFIA TAVARES	Individual	Senior Fem	01:05:18.48	00:32:28.38	01:01:44.17	00:28:54.07
4292	2008	7402	NUNO MAGANINHO	Individual	Senior	01:05:18.58	00:32:11.62	01:01:45.30	00:28:38.34
4293	618	7772	RUI CAETANO	Individual	Veterano I	01:05:19.08	00:35:16.18	00:59:27.83	00:29:24.93
4294	286	7314	MÁRIO SANTOS	Individual	Veterano III	01:05:19.37	00:34:04.37	01:01:50.15	00:30:35.15
4295	349	14890	VANESSA CHAMORRINHA	EDP	Senior Fem	01:05:19.76	00:35:36.35	01:00:14.44	00:30:31.03
4296	2009	12831	JOÃO MANUEL DA RESSURREIÇÃO MARQUES	Individual	Senior	01:05:20.01	00:35:07.83	01:00:26.81	00:30:14.63
4297	388	10549	CARLOS CAGICA	CCD Siemens	Veterano II	01:05:21.24	00:32:43.93	01:02:17.53	00:29:40.22
4298	350	13083	CÉLIA SUZANA A. FIGUEIREDO	HOSPITAL DA LUZ	Senior Fem	01:05:21.54	00:35:06.67	01:00:27.97	00:30:13.10
4299	351	12740	MARIANA S. MONTEIRO SILVA	AS. ESTUDANTES - PASSATEMPO	Senior Fem	01:05:21.86	00:32:24.53	01:04:21.47	00:31:24.14
4300	352	7347	CÁTIA RODRIGUES	Individual	Senior Fem	01:05:21.94	00:32:25.47	01:04:21.00	00:31:24.53

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
4301	2010	7986	DIOGO LOPES	Individual	Senior	01:05:22.10	00:31:04.55	01:03:26.75	00:29:09.20
4302	35	7096	EMÍLIA JANELA	Tartarugas Solidárias	Veterana Fem III	01:05:22.39	00:33:35.56	01:02:32.00	00:30:45.17
4303	2011	11232	DIOGO CARVALHO	Os Amigos da Alameda, --	Senior	01:05:22.88	00:34:04.14	01:01:14.15	00:29:55.41
4304	39	10027	LUIS AUGUSTO REIS VIEIRA	Familia Reis	Junior	01:05:23.14	00:35:30.83	01:00:40.38	00:30:48.07
4305	2012	9845	MIGUEL PALMA	ASAS NOS PÉS.	Senior	01:05:23.22	00:36:59.74	00:59:36.55	00:31:13.07
4306	619	11235	MIGULE VASCONCELOS	BIVAC IBERIA, --	Veterano I	01:05:23.45	00:31:25.33	01:02:58.77	00:29:00.65
4307	620	8073	JOÃO MIGUEL FURTADO	Individual	Veterano I	01:05:23.92	00:32:44.31	01:03:29.25	00:30:49.64
4308	2013	9650	CARLOS DUARTE	Lebres em fuga	Senior	01:05:26.39	00:34:22.33	01:01:41.33	00:30:37.27
4309	389	9651	V BANDEIRINHA	Lebres em fuga	Veterano II	01:05:26.39	00:34:22.57	01:01:41.25	00:30:37.43
4310	2014	8228	TIAGO ANDRÉ PALMEIRA DE OLIVEIRA	Individual	Senior	01:05:27.08	00:35:00.11	01:02:55.93	00:32:28.96
4311	621	10431	NUNO SILVA	Individual	Veterano I	01:05:27.11	00:35:30.33	01:00:48.48	00:30:51.70
4312	2015	10185	NUNO GONÇALO FERNANDES ALVES CARMELO	Individual	Senior	01:05:27.27	00:35:31.95	01:00:47.64	00:30:52.32
4313	2016	8584	BRUNO FERNANDES	Individual	Senior	01:05:27.50	00:32:49.98	01:02:22.76	00:29:45.24
4314	2017	12278	RICARDO DIAS	Convitado colaborador SLB	Senior	01:05:28.14	00:34:51.17	01:02:28.62	00:31:51.65
4315	622	10432	RUI MOITAL	Individual	Veterano I	01:05:28.23	00:35:32.11	01:00:48.70	00:30:52.58
4316	2018	12269	PAULO ALEXANDRE CARRASCO DOS SANTOS	Convitado colaborador SLB	Senior	01:05:28.30	00:34:50.83	01:02:29.78	00:31:52.31
4317	353	9757	DALILA NINA	GURUS	Senior Fem	01:05:29.13	00:32:33.98	01:00:44.06	00:27:48.91
4318	2019	7301	SERGIO FERREIRA	Individual	Senior	01:05:29.74	00:34:09.19	01:01:42.04	00:30:21.49
4319	390	12355	CARLOS ALBERTO GOMES SANTANA	Individual	Veterano II	01:05:29.94	00:35:58.31	01:00:37.08	00:31:05.45
4320	2020	11208	PEDRO RUI FERREIRA LEAL	Correr Andando, --	Senior	01:05:30.19	00:35:00.97	01:02:22.16	00:31:52.94
4321	2021	10839	GONÇALO PEDRO SANTOS VIEIRA	Correr Andando	Senior	01:05:30.23	00:35:02.33	01:02:23.36	00:31:55.46
4322	2022	10840	ANTERO RODA	Correr Andando	Senior	01:05:30.30	00:35:02.19	01:02:23.75	00:31:55.64
4323	391	8423	QUIM PADEIRINHO	Individual	Veterano II	01:05:30.68	00:31:06.54	01:04:10.26	00:29:46.12
4324	354	12018	CAROLINA MARIA NEVES	Individual	Senior Fem	01:05:31.91	00:33:54.74	01:02:16.38	00:30:39.21
4325	355	12290	ANA MARGARIDA MARTINS GABRIEL	COLABORADOR SLB	Senior Fem	01:05:32.77	00:31:24.76	01:05:09.53	00:31:01.52
4326	40	10847	JOÃO PEDRO SANTOS	Individual	Junior	01:05:32.97	00:31:30.60	01:03:11.53	00:29:09.16
4327	2023	10567	JOÃO CRUZ	Individual	Senior	01:05:33.20	00:35:46.96	00:58:09.89	00:28:23.65
4328	2024	7046	HUGO FIALHO	Correr Lisboa	Senior	01:05:33.53	00:33:12.55	01:02:41.43	00:30:20.45
4329	287	8025	ANTONIO NUNES	Lebres e Tartarugas	Veterano III	01:05:34.06	00:35:39.13	01:01:35.91	00:31:40.98
4330	288	8026	LUIS MONTEIRO	Lebres e Tartarugas	Veterano III	01:05:34.40	00:37:55.06	01:01:40.01	00:34:00.67
4331	356	8023	CARLA SILVA	Lebres e Tartarugas	Senior Fem	01:05:34.50	00:35:39.20	01:01:35.95	00:31:40.65
4332	36	10354	CRISTINA MARIA MARTINS	Individual	Veterana Fem III	01:05:34.68	00:34:05.62	01:02:45.64	00:31:16.58
4333	2025	9363	PEDRO RUI CASTRO	Individual	Senior	01:05:34.88	00:34:49.56	01:00:12.65	00:29:27.33
4334	289	9212	FERNANDO FRAGATEIRO	GDC Porto de Sines	Veterano III	01:05:34.92	00:37:02.56	01:02:12.51	00:33:40.15
4335	623	11951	RICARDO REIS	VODAFONE	Veterano I	01:05:35.37	00:30:59.66	01:03:31.30	00:28:55.59
4336	2026	10226	JOÃO GONÇALVES	Turbo-Lentos	Senior	01:05:35.40	00:34:26.96	01:01:14.24	00:30:05.80
4337	2027	8782	LUÍS TEIXEIRA	Individual	Senior	01:05:35.44	00:35:23.52	01:01:46.66	00:31:34.74
4338	2028	10287	RUI GOMES	Individual	Senior	01:05:35.73	00:32:38.76	01:04:55.38	00:31:58.41
4339	357	10173	ANA PINA	Individual	Senior Fem	01:05:35.85	00:36:16.71	01:02:41.51	00:33:22.37
4340	624	11418	PEDRO FERNANDES	Individual	Veterano I	01:05:35.88	00:32:49.81	01:03:26.16	00:30:40.09
4341	2029	10225	JORGE RUELA	Turbo-Lentos	Senior	01:05:35.88	00:34:25.78	01:01:14.69	00:30:04.59
4342	358	11977	MARIA JOÃO LUDOVICO VIVAS NARCISO	A.D.C. Veirense	Senior Fem	01:05:35.91	00:34:28.46	01:00:42.03	00:29:34.58
4343	392	9290	SERAFIM SOUSA	CAL - CLUBE ATLETISMO DE LAMAS	Veterano II	01:05:36.19	00:33:09.17	01:03:27.39	00:31:00.37
4344	2030	8522	FRANCISCO JOSÉ PORFÍRIO ALVES	Individual	Senior	01:05:36.74	00:35:57.82	01:00:34.61	00:30:55.69
4345	2031	8251	NUNO PEDRO	nacional fitness	Senior	01:05:37.10	00:37:11.90	01:01:10.53	00:32:45.33
4346	625	7526	MANUEL PALMA	Individual	Veterano I	01:05:37.12	00:33:09.45	01:03:29.44	00:31:01.77
4347	359	9985	ANA FILIPA GONÇALVES	SDA-Cofidis	Senior Fem	01:05:37.22	00:33:20.76	01:02:42.93	00:30:26.47
4348	2032	7471	RENATO MIGUEL CERQUEIRA DA SILVA PALMA	Individual	Senior	01:05:37.23	00:34:57.33	01:01:01.60	00:30:21.70
4349	2033	7614	TIAGO NASCIMENTO	Individual	Senior	01:05:37.32	00:31:44.73	01:04:29.48	00:30:36.89
4350	203	8034	FERNANDO FERRITO	Individual	Veterano IV	01:05:37.77	00:39:25.35	00:53:06.99	00:26:54.57

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
4351	2034	8035	TIAGO FERRITO	Individual	Senior	01:05:38.00	00:39:24.26	00:53:07.04	00:26:53.30
4352	2035	13099	JOÃO FILIPE FERREIRA REBELO	HOSPITAL DA LUZ	Senior	01:05:38.15	00:35:25.75	01:00:20.51	00:30:08.11
4353	2036	13100	ANTÓNIO MARIA S. E. FERRARI DE ALMEIDA	HOSPITAL DA LUZ	Senior	01:05:38.67	00:35:26.85	01:00:22.15	00:30:10.33
4354	2037	12953	DAVID TIAGO FERREIRA	HOSPITAL DA LUZ	Senior	01:05:39.11	00:36:43.99	01:01:11.55	00:32:16.43
4355	2038	7886	DIOGO VERDE	Individual	Senior	01:05:39.60	00:35:03.90	01:02:22.26	00:31:46.56
4356	626	9749	HUGO FARIA	Ares do Pinhal	Veterano I	01:05:39.61	00:32:37.81	01:03:40.81	00:30:39.01
4357	2039	13553	JOÃO VALE	LUSO	Senior	01:05:39.97	00:37:30.68	01:01:08.73	00:32:59.44
4358	2040	12508	JOÃO CARDOSO	LUSO	Senior	01:05:39.99	00:37:19.79	01:01:09.29	00:32:49.09
4359	627	7098	DUARTE NUNO ALVES MARTELO	Águias na Cama	Veterano I	01:05:41.19	00:33:17.98	01:01:38.22	00:29:15.01
4360	360	11622	VÂNIA REVEZ	Individual	Senior Fem	01:05:41.19	00:35:02.46	01:02:42.72	00:32:03.99
4361	204	15257	JOÃO CUNHA	JORNAL A BOLA	Veterano IV	01:05:41.72	00:34:46.82	01:01:51.73	00:30:56.83
4362	393	8272	PEDRO JORGE CONDE MURCA	Individual	Veterano II	01:05:41.72	00:34:46.77	01:01:29.45	00:30:34.50
4363	361	12601	RUTE OLIVEIRA	CREDIBOM	Senior Fem	01:05:41.87	00:35:44.29	01:01:02.75	00:31:05.17
4364	628	8271	PEDRO ALEXANDRE LOURENCO DE SA	Individual	Veterano I	01:05:41.89	00:34:47.21	01:01:30.16	00:30:35.48
4365	629	8923	NELSON CABAÇO	Açoreana Clube Banif	Veterano I	01:05:42.49	00:34:35.84	01:02:19.78	00:31:13.13
4366	2041	11813	ANTÓNIO JOSÉ BAPTISTA MARTINHO	GDC Fidelidade	Senior	01:05:43.08	00:33:05.92	01:01:00.78	00:28:23.62
4367	2042	8824	MARCO SIMÕES	Individual	Senior	01:05:43.37	00:35:49.83	01:00:51.99	00:30:58.45
4368	2043	13397	JOÃO COSTA	Individual	Senior	01:05:43.81	00:34:25.78	01:03:29.05	00:32:11.02
4369	362	7636	ANA MARGARIDA LUIS PINTO	Individual	Senior Fem	01:05:43.87	00:33:19.01	01:02:37.41	00:30:12.55
4370	2044	12557	FELIX GUERREIRO	Individual	Senior	01:05:43.92	00:35:00.13	01:01:10.84	00:30:27.05
4371	630	8581	FERNANDO FIEL	Clube Desportivo Ribeiense	Veterano I	01:05:44.10	00:33:01.90	01:05:24.66	00:32:42.46
4372	2045	7635	JOÃO CARLOS LUIS PINTO	Individual	Senior	01:05:44.14	00:33:18.78	01:02:37.13	00:30:11.77
4373	2046	7500	FILIPE ESTEVÃO	Garland Cut and Run	Senior	01:05:44.18	00:34:44.77	01:02:07.41	00:31:08.00
4374	37	7497	ONDINA TEODORO	Garland Cut and Run	Veterana Fem III	01:05:44.32	00:34:44.79	01:02:09.30	00:31:09.77
4375	363	14860	ANA RITA PALMA	EDP	Senior Fem	01:05:45.73	00:36:06.89	01:01:15.92	00:31:37.08
4376	364	12626	SUSANA FERREIRA MARTINS	Os Martins	Senior Fem	01:05:45.80	00:36:07.74	01:01:15.06	00:31:37.00
4377	198	10873	FRANCISCO JOSÉ PEREIRA	AMIGOS DE PEVA	Veterano V	01:05:45.91	00:34:05.17	01:02:35.25	00:30:54.51
4378	631	12172	PEDRO MIGUEL VIEIRA	Individual	Veterano I	01:05:46.32	00:35:59.07	01:00:53.60	00:31:06.35
4379	88	7152	RAQUEL CHINITA	Individual	Veterana Fem I	01:05:47.00	00:35:40.05	01:02:17.61	00:32:10.66
4380	290	8379	PEDRO ALFERES	Individual	Veterano III	01:05:47.11	00:36:16.28	01:00:40.76	00:31:09.93
4381	632	15131	ALEXANDRE CERVEIRA COELHO	Individual	Veterano I	01:05:47.46	00:35:45.65	00:59:57.68	00:29:55.87
4382	2047	13063	PEDRO LUIS	HOSPITAL DA LUZ	Senior	01:05:47.58	00:31:50.08	01:03:48.11	00:29:50.61
4383	2048	9301	MARCO PAULO ESTEVES	Individual	Senior	01:05:47.92	00:33:27.60	01:04:51.62	00:32:31.30
4384	2049	13039	DIOGO PIMENTINHA	HOSPITAL DA LUZ	Senior	01:05:48.10	00:31:50.76	01:03:48.14	00:29:50.80
4385	199	12066	JOSÉ CONCEIÇÃO SANTOS	Individual	Veterano V	01:05:48.31	00:33:23.47	01:03:39.43	00:31:14.59
4386	205	11826	ANTONIO BILA	Individual	Veterano IV	01:05:48.81	00:33:25.41	01:03:39.12	00:31:15.72
4387	633	8730	RUI MACHADO	Individual	Veterano I	01:05:49.17	00:34:28.83	01:03:10.83	00:31:50.49
4388	365	14875	MARGARIDA MENDES	EDP	Senior Fem	01:05:49.87	00:32:01.03	01:03:32.37	00:29:43.53
4389	41	11825	GUILHERME MAGRO PIRES RAMOS	Individual	Junior	01:05:50.20	00:34:16.80	01:04:09.04	00:32:35.64
4390	2050	11850	JOÃO PEDRO CARVALHO	GDC Fidelidade	Senior	01:05:50.22	00:32:54.83	01:02:57.63	00:30:02.24
4391	634	11603	NUNO NAMORA	Individual	Veterano I	01:05:50.37	00:35:19.32	01:00:26.38	00:29:55.33
4392	2051	15014	BRUNO FELIX	EDP	Senior	01:05:51.32	00:34:27.27	01:00:41.70	00:29:17.65
4393	200	11326	ALBERTO CANO	Clube Atletismo Amigos deBelém	Veterano V	01:05:51.43	00:34:17.87	01:02:31.32	00:30:57.76
4394	366	11400	JOANA FILIPA VIEIRA RAMOS	COLABORADOR SLB	Senior Fem	01:05:51.56	00:37:18.50	01:00:16.10	00:31:43.04
4395	38	10731	ISABEL MAGALHÃES	Individual	Veterana Fem III	01:05:51.66	00:34:14.13	01:02:26.75	00:30:49.22
4396	201	12419	MANUEL MAGALHÃES	GENIUS	Veterano V	01:05:51.92	00:33:46.08	01:04:25.12	00:32:19.28
4397	367	8421	ANA RITA ABREU	CLUBE COLABORADORES AXA	Senior Fem	01:05:52.06	00:37:14.71	01:01:51.06	00:33:13.71
4398	368	13662	VÂNIA ALMEIDA	Individual	Senior Fem	01:05:52.18	00:33:45.09	01:03:18.45	00:31:11.36
4399	369	11750	VERA SANTOS	Individual	Senior Fem	01:05:52.48	00:34:55.01	01:01:07.12	00:30:09.65
4400	2052	9516	TIAGO CARNEIRO NUNES	1904 1904 lá lá lá lá	Senior	01:05:52.59	00:32:45.15	01:03:17.69	00:30:10.25

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
4401	2053	8164	JOSÉ VILELA	Individual	Senior	01:05:52.85	00:32:44.81	01:04:13.58	00:31:05.54
4402	2054	11808	PEDRO VILELA	Individual	Senior	01:05:53.02	00:32:45.48	01:04:14.41	00:31:06.87
4403	370	12675	SÓNIA COELHO FANDANGO GODINHO	ITAU, SA	Senior Fem	01:05:53.47	00:34:26.72	01:03:42.19	00:32:15.44
4404	371	13017	PETRA MATIAS	HOSPITAL DA LUZ	Senior Fem	01:05:53.91	00:35:48.98	01:01:11.69	00:31:06.76
4405	394	13019	PAULO MATIAS	HOSPITAL DA LUZ	Veterano II	01:05:54.12	00:35:48.01	01:01:12.60	00:31:06.49
4406	395	9971	ARTUR LOPES	Individual	Veterano II	01:05:54.40	00:34:16.43	01:02:25.40	00:30:47.43
4407	2055	7291	FRANCISCO COSTA	Individual	Senior	01:05:54.50	00:32:13.67	01:05:05.80	00:31:24.97
4408	2056	10289	PEDRO FERNANDES	U.D.F.A.C.	Senior	01:05:54.69	00:33:00.38	01:04:27.89	00:31:33.58
4409	2057	10589	EDUARDO MANUEL ALEIXO	SERVIÇOS SOCIAIS da CML	Senior	01:05:54.88	00:36:35.61	01:01:16.06	00:31:56.79
4410	635	7835	CARLOS RODRIGUES	Individual	Veterano I	01:05:55.03	00:35:08.49	01:01:37.36	00:30:50.82
4411	636	8502	JORGE LEITE	Clube Ferroviário de Portugal	Veterano I	01:05:55.27	00:33:33.32	01:02:59.47	00:30:37.52
4412	52	10975	LUÍSA GUERRA SANTOS	Individual	Veterana Fem II	01:05:55.84	00:33:09.63	01:03:15.90	00:30:29.69
4413	2058	10576	ARTUR OLIVEIRA	Individual	Senior	01:05:56.04	00:34:37.38	01:02:33.93	00:31:15.27
4414	2059	12353	JOSÉ PEDRO DE CARVALHO RAPOSO PIRES	Individual	Senior	01:05:56.14	00:35:00.73	01:01:09.41	00:30:14.00
4415	372	9698	RUTE FERREIRA	RTI	Senior Fem	01:05:56.51	00:35:35.06	01:01:40.25	00:31:18.80
4416	373	9699	LINA FERREIRA	RTI	Senior Fem	01:05:56.75	00:35:34.94	01:01:39.83	00:31:18.02
4417	202	12844	ANTÓNIO ABRANTES	Balhelhas	Veterano V	01:05:56.89	00:33:35.58	01:01:57.55	00:29:36.24
4418	206	9700	MANEL QUITERES	RTI	Veterano IV	01:05:57.06	00:35:36.97	01:01:41.03	00:31:20.94
4419	396	12729	FERNANDO JORGE RIBEIRO	Individual	Veterano II	01:05:57.25	00:34:09.92	01:05:07.62	00:33:20.29
4420	374	7472	VÂNIA CARINA ALMEIDA FERREIRA	Individual	Senior Fem	01:05:57.35	00:34:57.93	01:01:20.98	00:30:21.56
4421	203	15276	ANTÓNIO SOUSA	CASA DO BENFICA EM PENHICE	Veterano V	01:05:57.56	00:32:50.74	01:03:42.99	00:30:36.17
4422	2060	13573	NUNO PEDRO	Individual	Senior	01:05:57.64	00:33:24.86	01:03:14.24	00:30:41.46
4423	204	9495	ANTONIO PAULO	Individual	Veterano V	01:05:57.91	00:32:18.20	01:05:57.91	00:32:18.20
4424	53	13438	ANA CRISTINA CALAFATE	Individual	Veterana Fem II	01:05:58.17	00:34:45.05	01:02:21.00	00:31:07.88
4425	207	15085	JOSÉ CARLOS	CASA DO BENFICA EM PENHICE	Veterano IV	01:05:58.52	00:32:51.09	01:03:44.42	00:30:36.99
4426	637	12568	JOÃO TAVARES	COFINA RUNNERS	Veterano I	01:05:59.73	00:34:31.44	01:01:52.36	00:30:24.07
4427	638	8225	RUI MATOS	Individual	Veterano I	01:05:59.76	00:33:59.90	01:02:32.39	00:30:32.53
4428	291	9908	JOAQUIM SIMÃO	Odebrecht Portugal	Veterano III	01:05:59.79	00:34:10.99	01:01:21.07	00:29:32.27
4429	375	10774	SÓNIA RAMOS	Miranda	Senior Fem	01:06:00.10	00:32:25.86	01:04:39.80	00:31:05.56
4430	2061	8363	TIAGO SOUSA	Cavalinhos Runners	Senior	01:06:00.22	00:35:17.86	01:00:29.71	00:29:47.35
4431	2062	7197	JORGE RAMALHO	Individual	Senior	01:06:00.28	00:35:46.99	01:01:02.43	00:30:49.14
4432	292	13082	ROGÉRIO ANTÓNIO VIGÁRIO	Individual	Veterano III	01:06:00.76	00:34:43.80	01:03:17.64	00:32:00.68
4433	376	10049	ANTONIA GAMA JORDAO	Individual	Senior Fem	01:06:00.98	00:33:30.51	01:03:51.29	00:31:20.82
4434	54	9318	PAULA COSTA	Individual	Veterana Fem II	01:06:01.12	00:33:30.36	01:03:51.96	00:31:21.20
4435	639	7474	AMADIZ SABINO	Azeitão Running	Veterano I	01:06:02.33	00:36:30.97	01:00:23.13	00:30:51.77
4436	640	10838	FILIPE FORJAZ SAMPAIO	Individual	Veterano I	01:06:02.65	00:35:00.95	01:01:44.39	00:30:42.69
4437	2063	10700	HÉLIO AUGUSTO	Individual	Senior	01:06:02.68	00:36:30.32	01:00:24.59	00:30:52.23
4438	2064	10155	TIAGO FAVINHA CASTANHEIRA MARQUES	1904 1904 lá lá lá lá	Senior	01:06:03.21	00:32:43.74	01:03:27.85	00:30:08.38
4439	2065	11748	NUNO GRANJO	Individual	Senior	01:06:03.66	00:32:10.47	01:03:42.48	00:29:49.29
4440	397	10836	JOÃO NETO	SERVIÇOS SOCIAIS da CML	Veterano II	01:06:03.95	00:31:43.48	01:06:03.95	00:31:43.48
4441	2066	12136	ANDRÉ GIL	Individual	Senior	01:06:04.02	00:33:07.47	01:03:15.90	00:30:19.35
4442	39	10837	MARIANA NETO	SERVIÇOS SOCIAIS da CML	Outra Cat	01:06:04.07	00:31:41.59	01:06:04.07	00:31:41.59
4443	377	10379	MAFALDA MIRANDA	Individual	Senior Fem	01:06:04.55	00:35:13.92	01:01:06.22	00:30:15.59
4444	2067	13205	RUI FERNANDES	PUPILOS DO EXÉRCITO	Senior	01:06:05.17	00:33:55.45	01:02:54.78	00:30:45.06
4445	2068	9717	ANDRÉ FILIPE DE ALMEIDA MONTEIRO	Individual	Senior	01:06:05.22	00:35:59.84	01:01:23.72	00:31:18.34
4446	378	13206	CLARIBELA FERNANDES	PUPILOS DO EXÉRCITO	Senior Fem	01:06:05.45	00:34:05.02	01:02:54.82	00:30:54.39
4447	641	10991	JOSÉ BRITO DA LUZ	Individual	Veterano I	01:06:05.61	00:33:52.90	01:02:21.07	00:30:08.36
4448	398	9871	JOÃO NIZA	FunBus - Barreiro, --	Veterano II	01:06:06.36	00:34:20.61	01:02:25.95	00:30:40.20
4449	2069	9872	JOAQUIM RIJO	FunBus - Barreiro, --	Senior	01:06:06.41	00:34:20.92	01:02:26.55	00:30:41.06
4450	642	9869	FRANCISCO PIRES	FunBus - Barreiro, --	Veterano I	01:06:06.60	00:34:21.80	01:02:27.54	00:30:42.74

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
4451	399	10596	ANTONIO MANUEL OLIVEIRA LOPES	Os Cachos	Veterano II	01:06:06.65	00:33:59.05	01:03:07.43	00:30:59.83
4452	2070	13654	CARLOS ALBERTO PIRES DA CRUZ	EUROPCAR	Senior	01:06:06.73	00:32:48.51	01:03:41.50	00:30:23.28
4453	2071	12576	PEDRO MIGUEL FERREIRA GOMES	COFINA RUNNERS	Senior	01:06:07.08	00:33:22.74	01:01:45.65	00:29:01.31
4454	2072	9599	DANIEL VOGAS	Individual	Senior	01:06:07.44	00:35:21.37	01:01:16.04	00:30:29.97
4455	2073	9255	FILIFE MIGUEL PERES AGAPITO	Individual	Senior	01:06:07.90	00:35:30.56	01:01:24.39	00:30:47.05
4456	379	15132	LINA COSTA	Individual	Senior Fem	01:06:08.22	00:36:39.40	01:00:37.22	00:31:08.40
4457	89	12971	TERESA PAQUETE	HOSPITAL DA LUZ	Veterana Fem I	01:06:08.34	00:33:18.19	01:04:03.79	00:31:13.64
4458	2074	13125	ANDRÉ MONTEIRO	GRUPO PROSEGUR	Senior	01:06:08.51	00:34:24.26	01:06:00.25	00:34:16.00
4459	380	12569	LILIANA CAMPOS	Individual	Senior Fem	01:06:08.68	00:36:40.87	01:00:37.20	00:31:09.39
4460	381	11995	ANA FARO	Individual, --	Senior Fem	01:06:08.68	00:35:46.62	01:01:49.01	00:31:26.95
4461	2075	12486	HUGO MAIA	Individual	Senior	01:06:08.73	00:32:50.48	01:05:08.63	00:31:50.38
4462	382	15205	MARIANA MONTEIRO	JAZZY LIFE CLUB	Senior Fem	01:06:08.82	00:35:47.48	01:00:07.09	00:29:45.75
4463	2076	7423	JOÃO QUINTAS	Individual	Senior	01:06:09.12	00:35:35.08	01:02:50.84	00:32:16.80
4464	2077	13142	RICARDO FILIPE DOS SANTOS	GRUPO PROSEGUR	Senior	01:06:10.37	00:35:02.29	01:02:33.03	00:31:24.95
4465	2078	13148	DANIEL DUARTE EMIDIO	GRUPO PROSEGUR	Senior	01:06:10.62	00:35:01.69	01:02:32.58	00:31:23.65
4466	2079	10352	TIAGO SANCHES	Individual	Senior	01:06:10.78	00:34:25.39	01:03:55.78	00:32:10.39
4467	383	13149	SUSANA GAMEIRO ALVES	GRUPO PROSEGUR	Senior Fem	01:06:10.93	00:35:01.99	01:02:32.30	00:31:23.36
4468	2080	15169	RUBEN SILVEIRA	EDP	Senior	01:06:11.13	00:34:28.89	01:01:01.89	00:29:19.65
4469	40	7250	ARTHUR RENALVES	SOMOS MUITA FORTES	Outra Cat	01:06:11.27	00:33:32.28	01:02:57.78	00:30:18.79
4470	39	15181	ISABEL SILVA FILIPE	EDP	Veterana Fem III	01:06:11.28	00:32:40.59	01:04:29.67	00:30:58.98
4471	2081	9819	RICARDO JORGE SIMÕES PIRES	Levados ao Colinho	Senior	01:06:13.73	00:35:36.40	01:01:38.76	00:31:01.43
4472	384	8959	MARIANA LACERDA	Individual	Senior Fem	01:06:14.83	00:35:05.26	01:01:46.33	00:30:36.76
4473	208	9226	JOSÉ MORAIS	Individual	Veterano IV	01:06:14.83	00:35:17.13	01:01:59.73	00:31:02.03
4474	385	8957	INES BARATA FREIRE	Individual	Senior Fem	01:06:14.85	00:35:09.27	01:01:46.94	00:30:41.36
4475	386	8960	DULCE MATEUS LACERDA	Individual	Senior Fem	01:06:15.13	00:35:09.49	01:01:47.23	00:30:41.59
4476	643	8958	ALEXANDRE LACERDA	Individual	Veterano I	01:06:15.23	00:35:04.75	01:01:47.74	00:30:37.26
4477	40	10939	BEATRIZ FRANCO	Individual	Veterana Fem III	01:06:15.23	00:34:10.72	01:03:21.13	00:31:16.62
4478	2082	12736	RAFAEL AFONSO FERREIRA MÂNTUA	AS. ESTUDANTES - PASSATEMPO	Senior	01:06:15.78	00:32:52.76	01:03:17.95	00:29:54.93
4479	2083	11286	CARLOS FILIPE CHAMBEL DUARTE	Convidado colaborador SLB, --	Senior	01:06:16.40	00:37:17.83	01:00:41.24	00:31:42.67
4480	2084	9676	IVO FERREIRA	Coininha Runners	Senior	01:06:16.59	00:33:21.26	01:04:46.53	00:31:51.20
4481	2085	9677	RENATO ALEXANDRE PIRES RAMALHO	Coininha Runners	Senior	01:06:16.71	00:33:23.17	01:04:46.42	00:31:52.88
4482	644	7613	ORLANDO SANTOS	Individual	Veterano I	01:06:16.97	00:32:37.66	01:05:02.57	00:31:23.26
4483	645	11264	JOSE MANUEL BORGES DE CARVALHO	Individual, --	Veterano I	01:06:17.14	00:34:29.55	01:02:38.14	00:30:50.55
4484	2086	15150	FREDERICO ALMEIDA	Individual	Senior	01:06:17.33	00:35:23.10	01:01:38.83	00:30:44.60
4485	387	9674	VERA MÓNICA SANTOS CORREIA	Coininha Runners	Senior Fem	01:06:17.33	00:33:22.82	01:04:47.34	00:31:52.83
4486	2087	15148	MANUEL VIDICAS	Individual	Senior	01:06:17.54	00:35:17.45	01:01:38.63	00:30:38.54
4487	55	9170	ISABEL MARIA SOBREDA BARBIERI CARDOSO	Individual	Veterana Fem II	01:06:17.57	00:35:27.25	01:02:52.36	00:32:02.04
4488	2088	12582	MIGUEL SOUSA	Amigos de Torres	Senior	01:06:18.04	00:32:05.86	01:05:15.16	00:31:02.98
4489	2089	7548	NUNO GONÇALO FERREIRA DE SOUSA	Individual	Senior	01:06:18.09	00:33:59.49	01:01:44.67	00:29:26.07
4490	90	11299	MÁRCIA GONZALEZ	Individual, --	Veterana Fem I	01:06:18.76	00:35:18.58	01:02:14.54	00:31:14.36
4491	646	7683	NUNO EPIFÂNIO	Individual	Veterano I	01:06:18.79	00:36:52.28	01:00:45.03	00:31:18.52
4492	388	10896	CATIA SILVA	SS CGD	Senior Fem	01:06:18.80	00:34:27.63	01:02:58.69	00:31:07.52
4493	400	7673	JOSÉ CARLOS GAMA	BPIRunners	Veterano II	01:06:18.94	00:36:51.46	01:00:44.56	00:31:17.08
4494	2090	12958	FÁBIO EDUARDO BRAZ PASSOS	SFAvelarense	Senior	01:06:19.57	00:32:27.15	01:04:15.42	00:30:23.00
4495	389	8244	FLORENCE DOUILLARD	nacional fitness	Senior Fem	01:06:19.94	00:36:34.08	01:01:44.56	00:31:58.70
4496	2091	7386	FREDERICO NEVES	Individual	Senior	01:06:20.22	00:33:24.38	01:04:16.42	00:31:20.58
4497	390	10917	ROSÁRIO COSTA	Individual	Senior Fem	01:06:20.26	00:36:51.85	01:00:45.40	00:31:16.99
4498	647	10695	PAULO JORGE FERNANDES CAMACHO	Individual	Veterano I	01:06:21.35	00:37:20.63	01:01:56.96	00:32:56.24
4499	648	11212	FRANCISCO CASCALHAIS	Individual, --	Veterano I	01:06:21.39	00:37:20.31	01:01:57.80	00:32:56.72
4500	649	10262	ESTEVÃO GUERREIRO	Individual	Veterano I	01:06:21.42	00:37:20.80	01:01:56.91	00:32:56.29

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
4501	2092	11782	MARCO BAPTISTA	PERNOD RICARD PORTUGAL	Senior	01:06:23.52	00:37:49.86	01:00:27.21	00:31:53.55
4502	2093	12140	THIAGO FERREIRA DOS SANTOS	PERNOD RICARD PORTUGAL	Senior	01:06:23.72	00:37:32.49	01:00:30.55	00:31:39.32
4503	2094	12032	DIOGO ASSIS	Individual	Senior	01:06:23.86	00:33:27.29	01:06:23.86	00:33:27.29
4504	391	12035	MARTA SANTOS	Individual	Senior Fem	01:06:24.11	00:33:27.45	01:06:24.11	00:33:27.45
4505	650	10132	EVARISTO FERNANDES	Individual	Veterano I	01:06:25.03	00:31:08.11	01:06:17.48	00:31:00.56
4506	2095	11236	RICARDO MATEUS	BIVAC IBERIA, --	Senior	01:06:25.95	00:33:46.88	01:04:00.28	00:31:21.21
4507	651	7868	NUNO NUNES	O Coelho é um franganote	Veterano I	01:06:27.66	00:35:36.15	01:01:51.62	00:31:00.11
4508	2096	11809	LUIS LOURENCO	Individual	Senior	01:06:27.72	00:36:17.35	01:01:15.48	00:31:05.11
4509	2097	9978	RICARDO GARRETE	SDA-Cofidis	Senior	01:06:27.95	00:34:29.88	01:03:34.27	00:31:36.20
4510	2098	13047	LUIS ANASTÁCIO	HOSPITAL DA LUZ	Senior	01:06:29.78	00:35:22.20	01:01:39.73	00:30:32.15
4511	392	7799	MARIA JOÃO	Cavalinhos Runners	Senior Fem	01:06:30.17	00:35:17.94	01:01:03.25	00:29:51.02
4512	91	7632	ELISABETE BACELAR LUIS PINTO	Individual	Veterana Fem I	01:06:30.65	00:33:19.73	01:03:24.33	00:30:13.41
4513	2099	7623	CARLOS MANUEL BRAZ LOUREIRO	Individual	Senior	01:06:30.89	00:33:54.34	01:05:10.38	00:32:33.83
4514	401	7624	LUIS MIGUEL CARAPETO PEREIRA	Individual	Veterano II	01:06:30.98	00:33:55.73	01:05:09.90	00:32:34.65
4515	2100	7622	HUGO MIGUEL BASTOS OLIVEIRA	Individual	Senior	01:06:31.02	00:33:54.03	01:05:09.65	00:32:32.66
4516	402	8773	ÓSCAR ASSUNÇÃO	Individual	Veterano II	01:06:31.03	00:33:33.59	01:04:01.78	00:31:04.34
4517	652	13379	PAULO MESTRE	Individual	Veterano I	01:06:31.85	00:35:21.68	01:02:34.34	00:31:24.17
4518	653	10341	PAULO GOULÃO	Individual	Veterano I	01:06:32.09	00:35:21.60	01:02:33.61	00:31:23.12
4519	2101	11427	NUNO SERRÃO	Individual	Senior	01:06:32.94	00:33:57.45	01:03:15.08	00:30:39.59
4520	393	9087	MÓNICA MARTINS	Águias de Capoeira	Senior Fem	01:06:33.19	00:35:05.47	01:02:13.64	00:30:45.92
4521	394	9088	ANDREIA COSTA	Águias de Capoeira	Senior Fem	01:06:33.30	00:35:05.02	01:02:14.80	00:30:46.52
4522	2102	10337	RICARDO JORGE V MEIRELES DA SILVA	Individual	Senior	01:06:33.53	00:34:07.32	01:03:21.17	00:30:54.96
4523	395	7617	LILIANA GUERRA	Individual	Senior Fem	01:06:34.02	00:33:40.99	01:05:31.75	00:32:38.72
4524	396	10571	RITA PINHEIRO	SERVIÇOS SOCIAIS da CML	Senior Fem	01:06:34.28	00:33:42.06	01:05:31.94	00:32:39.72
4525	2103	12660	JOEL MENDES	Individual	Senior	01:06:34.48	00:35:05.63	01:00:49.64	00:29:20.79
4526	205	7326	CARLOS ALBERTO CARMO	G.D.C.T. REPSOL POLÍMEROS	Veterano V	01:06:35.54	00:33:27.11	01:04:44.90	00:31:36.47
4527	397	11039	ANA MATOS CABAÇO	Convitado colaborador SLB	Senior Fem	01:06:35.65	00:35:08.19	01:02:31.03	00:31:03.57
4528	398	9003	FÁTIMA LOPES	Individual	Senior Fem	01:06:36.50	00:34:28.11	01:03:45.29	00:31:36.90
4529	2104	13403	PATRICK PINTO	Nicos	Senior	01:06:37.42	00:35:15.70	01:00:37.19	00:29:15.47
4530	56	9701	CRISTINA CORREIA	Individual	Veterana Fem II	01:06:37.51	00:33:45.22	01:05:04.33	00:32:12.04
4531	57	15295	PAULA MARTINS	LEASEPLAN	Veterana Fem II	01:06:37.69	00:29:49.71	01:05:18.05	00:28:30.07
4532	58	7752	LENA ROSADO	NO SPEED LIMIT	Veterana Fem II	01:06:37.92	00:34:27.75	01:03:47.23	00:31:37.06
4533	399	10501	ANA RAMOS	Cavalinhos Runners	Senior Fem	01:06:37.97	00:36:10.03	01:01:07.15	00:30:39.21
4534	2105	10684	TIAGO SILVA GASPAR	Individual	Senior	01:06:38.07	00:36:09.48	01:01:07.43	00:30:38.84
4535	2106	8189	EDUARDO PESTANA	Kaninos	Senior	01:06:38.14	00:35:26.42	01:02:27.38	00:31:15.66
4536	2107	10502	HUGO SILVA	Cavalinhos Runners	Senior	01:06:38.79	00:36:10.07	01:01:08.87	00:30:40.15
4537	2108	11682	NUNO MIGUEL XAVIER VALENTE DE OLIVEIRA	COLABORADOR SLB	Senior	01:06:38.95	00:35:15.53	01:02:26.93	00:31:03.51
4538	654	7751	DERCIO GUIA	NO SPEED LIMIT	Veterano I	01:06:39.34	00:34:28.57	01:03:47.80	00:31:37.03
4539	42	7630	TIAGO SANTOS	Individual	Junior	01:06:39.51	00:34:48.34	01:03:14.57	00:31:23.40
4540	2109	7117	BRUNO ARAGÃO	VortalRunners	Senior	01:06:40.00	00:35:03.73	01:01:58.35	00:30:22.08
4541	2110	9332	CARLOS MORAIS	Individual	Senior	01:06:40.03	00:33:51.09	01:04:29.48	00:31:40.54
4542	655	11858	PEDRO MOUTA FERREIRA	GDC Fidelidade	Veterano I	01:06:40.04	00:36:39.44	01:01:11.71	00:31:11.11
4543	293	8110	JOSE MORUJO	Individual	Veterano III	01:06:40.63	00:36:16.72	01:01:34.28	00:31:10.37
4544	2111	12292	GONÇALO BRUNO FERREIRA SILVA PONTE	COLABORADOR SLB	Senior	01:06:40.72	00:35:16.18	01:02:27.72	00:31:03.18
4545	656	7631	LUIS SANTOS	Individual	Veterano I	01:06:41.00	00:34:48.37	01:03:14.87	00:31:22.24
4546	2112	12866	EDUARDO SANTINI	Individual	Senior	01:06:41.52	00:37:47.79	01:00:49.85	00:31:56.12
4547	2113	7248	PEDRO GIL	SOMOS MUITA FORTES	Senior	01:06:42.30	00:33:32.07	01:03:29.41	00:30:19.18
4548	2114	10140	JOÃO MANUEL BUCHO COSTA	Taliskas	Senior	01:06:42.63	00:34:42.26	01:03:26.44	00:31:26.07
4549	657	10138	JOSÉ REIS PARDAL	Taliskas	Veterano I	01:06:42.64	00:34:42.85	01:03:27.39	00:31:27.60
4550	658	8528	NUNO DE SOUSA	Individual	Veterano I	01:06:43.73	00:36:11.90	01:02:09.32	00:31:37.49

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
4551	659	8468	FRANCISCO GIL	Individual	Veterano I	01:06:43.87	00:34:28.78	01:04:06.07	00:31:50.98
4552	92	7464	ANA SALDANHA	Individual	Veterana Fem I	01:06:44.50	00:34:00.78	01:04:59.31	00:32:15.59
4553	2115	7834	JOÃO MELO	Individual	Senior	01:06:44.73	00:33:54.27	01:03:58.25	00:31:07.79
4554	660	7465	JOAO SALDANHA	Individual	Veterano I	01:06:44.77	00:34:01.00	01:05:00.10	00:32:16.33
4555	400	10911	CARLA CERQUEIRA	Individual	Senior Fem	01:06:45.07	00:34:29.38	01:03:41.49	00:31:25.80
4556	401	10907	VERA MARQUES	Individual	Senior Fem	01:06:45.23	00:34:30.87	01:03:41.65	00:31:27.29
4557	403	9097	JOSÉ LUÍS DIAS	Rail Runners	Veterano II	01:06:45.33	00:34:25.93	01:03:23.77	00:31:04.37
4558	2116	10894	PEDRO PEGADO	Troublemakers	Senior	01:06:45.53	00:36:11.54	01:02:17.08	00:31:43.09
4559	402	11616	FERNANDA MORAIS	Individual	Senior Fem	01:06:45.87	00:34:30.22	01:03:23.36	00:31:07.71
4560	294	11058	ANTÓNIO ROSA	Atletismo Aguias de Alpiarca	Veterano III	01:06:46.06	00:32:35.09	01:05:21.12	00:31:10.15
4561	2117	11706	PEDRO SOUSA	Individual	Senior	01:06:46.08	00:35:36.83	01:04:57.13	00:33:47.88
4562	403	7479	SILVIA BARBEIRO	Cavalinhos Runners	Senior Fem	01:06:46.28	00:35:06.33	01:01:30.97	00:29:51.02
4563	404	10982	CATARINA AVELINO	Individual	Senior Fem	01:06:46.56	00:33:12.83	01:06:27.77	00:32:54.04
4564	2118	9921	BRUNO LOUÇÃO	SETUBAL_RUN	Senior	01:06:46.59	00:36:56.90	01:01:45.21	00:31:55.52
4565	2119	7247	LUÍS GONÇALVES	SOMOS MUITA FORTES	Senior	01:06:46.88	00:33:51.72	01:03:33.83	00:30:38.67
4566	2120	7922	RUI CORREIA	GDCTIN Casa da Moeda	Senior	01:06:47.14	00:33:32.33	01:04:12.50	00:30:57.69
4567	405	10983	NIKA AGOSTINHO	Individual	Senior Fem	01:06:47.15	00:33:12.01	01:06:30.66	00:32:55.52
4568	93	9610	ANA FANECA	Individual	Veterana Fem I	01:06:47.45	00:36:29.99	01:01:55.27	00:31:37.81
4569	406	10981	RAQUEL ISIDRO	Individual	Senior Fem	01:06:47.64	00:33:12.42	01:06:31.58	00:32:56.36
4570	407	8664	NIDIA VALADARES	Individual	Senior Fem	01:06:47.82	00:34:37.83	01:03:05.64	00:30:55.65
4571	41	12514	RITA CUNHA	INDESIT COMPANY	Outra Cat	01:06:48.26	00:34:37.81	01:03:05.50	00:30:55.05
4572	661	13463	RICARDO BURNAY BASTOS	Individual	Veterano I	01:06:48.28	00:37:46.65	01:00:59.90	00:31:58.27
4573	662	9521	JOAO DINIZ	Individual	Veterano I	01:06:48.53	00:36:38.90	01:01:41.34	00:31:31.71
4574	2121	11283	GONÇALO MANUEL GAUDÊNCIO B. PETINGA	Convidado colaborador SLB, --	Senior	01:06:48.65	00:37:19.48	01:01:10.84	00:31:41.67
4575	2122	8040	RICARDO CHIA	Balaus	Senior	01:06:48.98	00:34:16.96	01:04:43.86	00:32:11.84
4576	408	13494	MARIANA FERNANDES	Carrega	Senior Fem	01:06:49.42	00:36:35.03	01:01:31.07	00:31:16.68
4577	2123	12596	LUIS RICARDO	Individual	Senior	01:06:49.81	00:36:32.32	01:02:56.22	00:32:38.73
4578	2124	12595	NUNO ALMEIDA	Individual	Senior	01:06:49.93	00:36:32.52	01:02:56.12	00:32:38.71
4579	2125	11619	MIGUEL ANGELO DE MATOS MACHADO	Casa do Benfica Em Palmela	Senior	01:06:50.09	00:35:09.43	01:02:06.26	00:30:25.60
4580	409	8695	CAROLINA CALDEIRA	Individual	Senior Fem	01:06:50.62	00:34:47.33	01:03:45.83	00:31:42.54
4581	663	9438	RENATO OLIVEIRA	Leavingtours	Veterano I	01:06:50.97	00:34:44.56	01:06:00.38	00:33:53.97
4582	664	9437	JOÃO VELUDO	Leavingtours	Veterano I	01:06:51.04	00:34:44.15	01:05:59.60	00:33:52.71
4583	665	7473	FERNANDO PEREIRA	Azeitão Running	Veterano I	01:06:51.10	00:36:30.80	01:01:11.55	00:30:51.25
4584	410	7773	JOÃO CORREIA CORDEIRO	Individual	Senior Fem	01:06:51.91	00:35:41.01	01:03:58.13	00:32:47.23
4585	2126	12619	JOÃO PENETRA	Individual	Senior	01:06:51.99	00:32:40.61	01:03:35.29	00:29:23.91
4586	2127	12920	RICARDO FILIPE	HOSPITAL DA LUZ	Senior	01:06:52.09	00:35:43.68	01:03:24.09	00:32:15.68
4587	2128	7746	MANUEL PIPA	Individual	Senior	01:06:53.07	00:34:19.07	01:03:05.75	00:30:31.75
4588	206	8969	JOSE PIRES	ccdtm1x	Veterano V	01:06:53.66	00:35:08.63	01:03:42.34	00:31:57.31
4589	2129	10682	LUÍS VELOSO	Individual	Senior	01:06:53.89	00:36:31.65	01:03:04.09	00:32:41.85
4590	666	7116	NUNO PERALTA	VortalRunners	Veterano I	01:06:54.00	00:34:19.42	01:04:00.26	00:31:25.68
4591	295	8966	LUIS NEVES	CCDTMETROLX	Veterano III	01:06:54.00	00:33:14.99	01:04:44.47	00:31:05.46
4592	404	7475	LUIS OCTAVIO	Azeitão Running	Veterano II	01:06:54.02	00:36:30.97	01:01:15.85	00:30:52.80
4593	667	8760	NUNO CAMPOS	Individual	Veterano I	01:06:54.58	00:35:40.77	01:01:51.55	00:30:37.74
4594	668	11741	JOSÉ EUSÉBIO	PROSEGUR	Veterano I	01:06:55.22	00:31:16.03	01:05:50.24	00:30:11.05
4595	405	11763	ANTÓNIO FRANCA	Individual	Veterano II	01:06:55.78	00:34:10.79	01:01:41.65	00:28:56.66
4596	406	9846	JOSÉ PIRES	ASAS NOS PÉS.	Veterano II	01:06:56.32	00:37:00.06	01:01:10.61	00:31:14.35
4597	2130	8200	RAFAEL CUNHA	Individual	Senior	01:06:56.41	00:35:44.13	01:04:50.66	00:33:38.38
4598	41	8452	PAULA MARTINS	Individual	Veterana Fem III	01:06:56.80	00:35:12.75	01:02:24.23	00:30:40.18
4599	2131	11937	VASCO TERENO	Individual	Senior	01:06:57.26	00:32:19.34	01:04:40.60	00:30:02.68
4600	42	12929	MARIA TERESA ALMEIDA	HOSPITAL DA LUZ	Veterana Fem III	01:06:57.57	00:34:25.67	01:03:09.94	00:30:38.04

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
4601	2132	11885	DAVID BAPTISTA	Individual	Senior	01:06:57.66	00:32:22.70	01:06:06.83	00:31:31.87
4602	411	7669	PATRICIA BRANCO	Cavalinhos Runners	Senior Fem	01:06:58.65	00:36:02.99	01:01:41.87	00:30:46.21
4603	94	15228	CARLA MARQUES	GRUPO PROSEGUR	Veterana Fem I	01:06:58.72	00:31:15.97	01:05:53.96	00:30:11.21
4604	2133	13155	FRANCISCO GONÇALVES	Dudes' Team	Senior	01:06:59.35	00:35:27.99	01:02:38.91	00:31:07.55
4605	2134	8145	IGOR SOUSA	Individual	Senior	01:06:59.39	00:34:13.03	01:02:47.88	00:30:01.52
4606	2135	12130	DANIEL GOMES	Individual	Senior	01:07:00.00	00:33:45.57	01:04:10.04	00:30:55.61
4607	2136	12076	CARLOS GAMITO	Pó na Lama	Senior	01:07:00.04	00:39:43.00	01:01:56.75	00:34:39.71
4608	209	10830	FRANCISCO JOSÉ BERNARDO PINTO	Individual	Veterano IV	01:07:00.05	00:33:13.18	01:04:19.07	00:30:32.20
4609	42	13577	MIGUEL DIAS	SCORETIME	Outra Cat	01:07:00.92	00:34:31.38	01:02:03.69	00:29:34.15
4610	296	7562	JOAO CALDEIRA SILVA	Individual	Veterano III	01:07:01.32	00:37:14.40	01:01:39.30	00:31:52.38
4611	407	7783	FERNANDO PINTO	750volts	Veterano II	01:07:01.86	00:33:16.20	01:05:04.07	00:31:18.41
4612	669	8629	NUNO CASANOVA COSTA	Individual	Veterano I	01:07:02.40	00:35:18.46	01:03:42.66	00:31:58.72
4613	2137	8624	JOÃO FILIPE GASPAS FERREIRA	Individual	Senior	01:07:04.84	00:36:11.58	01:04:07.32	00:33:14.06
4614	2138	13154	CARLOS GONÇALVES	Dudes' Team	Senior	01:07:04.92	00:35:29.52	01:02:44.09	00:31:08.69
4615	412	8525	ANA MONTEIRO	run4it	Senior Fem	01:07:06.02	00:34:56.92	01:02:42.58	00:30:33.48
4616	2139	9742	PEDRO ROMÃO	Individual	Senior	01:07:06.05	00:34:47.07	01:03:09.15	00:30:50.17
4617	2140	12594	JÃO PEDRO MENEZES	Individual	Senior	01:07:06.47	00:34:19.33	01:03:02.91	00:30:15.77
4618	408	13153	ANTÓNIO GONÇALVES	Dudes' Team	Veterano II	01:07:07.69	00:35:27.43	01:02:47.57	00:31:07.31
4619	2141	10703	CARLOS ALMEIDA	Individual	Senior	01:07:08.08	00:33:12.04	01:03:13.91	00:29:17.87
4620	43	12413	PAULA MOREIRA	GENIUS	Veterana Fem III	01:07:08.82	00:37:12.78	01:00:49.07	00:30:53.03
4621	95	7878	SANDRA PITEIRA ATALHO	papasecos	Veterana Fem I	01:07:08.91	00:34:24.20	01:04:06.38	00:31:21.67
4622	409	10363	PAULO EDUARDO MACEDO DE SOUZA	Individual	Veterano II	01:07:09.85	00:36:04.25	01:03:05.94	00:32:00.34
4623	59	8577	CÉLIA CALADO	Clube Desportivo Ribeirense	Veterana Fem II	01:07:09.88	00:33:20.43	01:06:31.92	00:32:42.47
4624	96	10924	ROSA MARIA LEITÃO MARQUES	Runásticos	Veterana Fem I	01:07:10.62	00:35:02.70	01:02:24.18	00:30:16.26
4625	410	13561	HERCULANO RAPOSO	INTOTTUM	Veterano II	01:07:11.23	00:32:47.25	01:04:45.37	00:30:21.39
4626	411	15231	LUIS DIAS	GRUPO PROSEGUR	Veterano II	01:07:11.42	00:31:33.85	01:06:39.69	00:31:02.12
4627	297	9834	REINALDO MATEUS	ASAS NOS PÉS I	Veterano III	01:07:11.53	00:33:50.77	01:04:23.65	00:31:02.89
4628	207	11884	JOSÉ ANTÓNIO BAPTISTA	Individual	Veterano V	01:07:12.13	00:32:23.52	01:06:22.29	00:31:33.68
4629	2142	8712	PAULO CRAVEIRO	Ginjas	Senior	01:07:12.41	00:35:47.91	01:03:45.37	00:32:20.87
4630	412	12978	RUI NUNES	Individual	Veterano II	01:07:12.44	00:29:54.86	01:07:07.99	00:29:50.41
4631	2143	8713	TIAGO RAIMUNDO	Ginjas	Senior	01:07:12.65	00:35:48.36	01:03:45.68	00:32:21.39
4632	208	12452	ARMINDO LOUREIRO	ACAPO	Veterano V	01:07:13.15	00:37:05.12	01:00:51.75	00:30:43.72
4633	298	8645	JÃO AMARAL	Individual	Veterano III	01:07:13.24	00:35:21.70	01:03:08.92	00:31:17.38
4634	413	9812	ANA CATARINA SILVA	Individual	Senior Fem	01:07:13.68	00:36:04.46	01:01:41.69	00:30:32.47
4635	44	8226	JUDITE MARIA BASILIO	Individual	Veterana Fem III	01:07:14.21	00:35:31.37	01:01:48.53	00:30:05.69
4636	2144	7111	DIOGO FILIPE CORREIA GOMES	Individual	Senior	01:07:14.25	00:36:01.48	01:04:14.19	00:33:01.42
4637	670	8017	JOSÉ ARTUR BARREIROS	Individual	Veterano I	01:07:14.25	00:35:55.54	01:01:48.39	00:30:29.68
4638	2145	13244	MIGUEL MORAIS	Individual	Senior	01:07:14.30	00:34:02.86	01:04:00.82	00:30:49.38
4639	209	9696	ANTONIO PIÇARRA	Zezes	Veterano V	01:07:14.32	00:35:22.15	01:02:49.60	00:30:57.43
4640	414	8030	CÉLIA SANTOS	Individual	Senior Fem	01:07:14.76	00:32:24.91	01:06:07.94	00:31:18.09
4641	671	15361	PEDRO NUNES	EDP	Veterano I	01:07:14.80	00:32:49.44	01:05:04.69	00:30:39.33
4642	415	13238	SORAIA COSTA	Individual	Senior Fem	01:07:14.91	00:34:02.37	01:04:02.76	00:30:50.22
4643	416	10435	SOFIA ALMEIDA	Individual	Senior Fem	01:07:15.52	00:36:02.17	01:04:14.94	00:33:01.59
4644	417	7110	ANA FILIPA CORREIA GOMES	Individual	Senior Fem	01:07:15.53	00:36:02.42	01:04:15.23	00:33:02.12
4645	299	9042	CARLOS FERNANDES	Individual	Veterano III	01:07:15.54	00:35:23.10	01:03:51.88	00:31:59.44
4646	300	7887	JULIO VERDE	Individual	Veterano III	01:07:15.63	00:34:57.74	01:03:59.28	00:31:41.39
4647	210	9517	ILIDIO MONTEIRO	Individual	Veterano V	01:07:15.63	00:36:52.55	01:02:50.16	00:32:27.08
4648	211	8515	ARMINDO LOUREIRO	Individual	Veterano V	01:07:15.73	00:37:05.12	01:00:55.05	00:30:44.44
4649	413	7884	ANTÓNIO CARDOSO	Individual	Veterano II	01:07:16.11	00:34:57.15	01:03:59.70	00:31:40.74
4650	97	10822	ANA ALPALHÃO	Individual	Veterana Fem I	01:07:17.34	00:36:10.32	01:02:46.58	00:31:39.56

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
4651	2146	12565	FELIPE PINHAO	Individual	Senior	01:07:17.62	00:36:47.67	01:02:46.66	00:32:16.71
4652	418	7573	SANDRA MARQUES	Os Conta-Kilómetros	Senior Fem	01:07:17.87	00:34:40.63	01:03:35.23	00:30:57.99
4653	2147	8328	ANDRE REIS	SS CGD	Senior	01:07:18.24	00:36:45.35	01:03:39.45	00:33:06.56
4654	301	9323	JÚLIO SANTOS	Braguinhas	Veterano III	01:07:18.72	00:29:44.53	01:07:09.79	00:29:35.60
4655	672	8290	FÁBIO PIO	Individual	Veterano I	01:07:18.76	00:33:38.75	01:07:10.48	00:33:30.47
4656	212	8640	JOAQUIM PEREIRA	Individual	Veterano V	01:07:19.29	00:33:10.89	01:07:11.19	00:33:02.79
4657	2148	7074	JOÃO GONÇALVES	Clube Vodafone	Senior	01:07:19.83	00:36:17.94	01:01:20.78	00:30:18.89
4658	2149	15099	JOÃO AMORIM	JOGOS SANTA CASA	Senior	01:07:20.25	00:36:19.33	01:01:22.31	00:30:21.39
4659	2150	10298	NUNO JESUS	Ninos	Senior	01:07:20.86	00:36:26.82	01:02:26.80	00:31:32.76
4660	98	10297	ELISABETE PINHEL	Ninos	Veterana Fem I	01:07:20.91	00:36:28.47	01:02:26.26	00:31:33.82
4661	2151	7856	TIAGO PEREIRA CASTELO	Individual	Senior	01:07:21.26	00:34:21.67	01:03:29.17	00:30:29.58
4662	210	10852	JOSÉ BAPTISTA	Individual	Veterano IV	01:07:21.45	00:31:20.74	01:06:11.95	00:30:11.24
4663	60	7424	ANA DULCE DIOGO	Individual	Veterana Fem II	01:07:22.11	00:34:30.55	01:03:42.13	00:30:50.57
4664	2152	7399	FERNANDO ALMEIDA	Individual	Senior	01:07:23.26	00:35:56.50	01:02:46.39	00:31:19.63
4665	2153	9017	ANTÓNIO MORGADO	OS FUGAS	Senior	01:07:24.12	00:45:12.67	01:03:23.14	00:41:11.69
4666	2154	11094	NUNO LUCAS	Pernas de Gafanhoto	Senior	01:07:24.21	00:35:22.13	01:03:22.58	00:31:20.50
4667	2155	10476	RAUL FILIPE MENDES ANDRÉ	Individual	Senior	01:07:24.54	00:34:05.85	01:04:18.53	00:30:59.84
4668	419	11226	SUSANA SANTOS	Nuno e Ana, --	Senior Fem	01:07:25.30	00:34:46.68	01:03:00.67	00:30:22.05
4669	2156	13087	BRUNO FERREIRA	HOSPITAL DA LUZ	Senior	01:07:25.97	00:33:50.99	01:02:32.49	00:28:57.51
4670	2157	12573	TÚLIO VASCO	COFINA RUNNERS	Senior	01:07:26.21	00:34:01.11	01:03:14.68	00:29:49.58
4671	2158	12071	MARCOS MARTINS	Individual	Senior	01:07:26.56	00:34:47.13	01:04:21.88	00:31:42.45
4672	420	11128	SARA FILIPA BAPTISTA	Minions, --	Senior Fem	01:07:27.76	00:34:43.37	01:03:58.64	00:31:14.25
4673	2159	10076	JOÃO GUEDES	Individual	Senior	01:07:27.96	00:35:13.14	01:03:37.19	00:31:22.37
4674	302	11646	GONÇALO SÁ	CCD TRANQUILIDADE	Veterano III	01:07:28.24	00:36:03.64	01:02:54.36	00:31:29.76
4675	673	9469	MARIO CUNHA	OSCARES PISTOLAS	Veterano I	01:07:28.69	00:33:25.96	01:04:33.87	00:30:31.14
4676	2160	7567	JOÃO ANTERO SOEIRO	Individual	Senior	01:07:29.44	00:36:00.69	01:03:15.40	00:31:46.65
4677	211	7048	JOSÉ BARROS	Individual	Veterano IV	01:07:29.87	00:37:37.04	01:03:35.13	00:33:42.30
4678	212	8830	FRANCISCO DA CRUZ SANTOS	Individual	Veterano IV	01:07:30.49	00:33:59.12	01:06:34.62	00:33:03.25
4679	213	9661	JOSÉ MANUEL MARQUES	Os Sacanões	Veterano IV	01:07:30.93	00:34:46.43	01:04:20.06	00:31:35.56
4680	421	13498	LEONOR REIS	Individual	Senior Fem	01:07:30.96	00:36:45.16	01:03:52.53	00:33:06.73
4681	2161	9060	HASSAM IBRAHIM	Individual	Senior	01:07:31.18	00:35:28.42	01:03:51.71	00:31:48.95
4682	43	7272	GUSTAVO LEITE	Individual	Junior	01:07:31.65	00:32:18.50	01:05:47.50	00:30:34.35
4683	2162	13493	SÉRGIO RODRIGUES	Carrega	Senior	01:07:32.28	00:36:59.36	01:02:15.02	00:31:42.10
4684	2163	12078	HUGO CARDOSO	Individual	Senior	01:07:32.70	00:35:13.47	01:02:36.94	00:30:17.71
4685	2164	13495	JOÃO FERNANDES	Carrega	Senior	01:07:32.75	00:36:59.64	01:02:14.79	00:31:41.68
4686	2165	12400	TIAGO PAIXÃO	Convitado colaborador SLB	Senior	01:07:33.57	00:38:05.43	01:02:12.99	00:32:44.85
4687	422	12216	SÉFORA MONTEIRO	Red Power Runners	Senior Fem	01:07:33.86	00:36:08.78	01:02:40.49	00:31:15.41
4688	414	13492	JOÃO REBELO	Carrega	Veterano II	01:07:33.91	00:36:59.18	01:02:17.22	00:31:42.49
4689	2166	11383	NUNO ALBUQUERQUE MATOS	Individual	Senior	01:07:34.02	00:32:29.90	01:05:43.20	00:30:39.08
4690	423	14878	SARA MIGUEIS	EDP	Senior Fem	01:07:34.52	00:36:07.99	01:03:04.24	00:31:37.71
4691	213	8264	ANTONIO COSTA	Individual	Veterano V	01:07:34.66	00:32:21.72	01:06:53.98	00:31:41.04
4692	415	8192	MIGUEL OLIVEIRA	Individual	Veterano II	01:07:36.56	00:37:08.00	01:02:58.51	00:32:29.95
4693	2167	15023	VITOR GOMES	CENTRAUTO	Senior	01:07:37.55	00:34:34.02	01:04:33.19	00:31:29.66
4694	424	7849	CARLA GOMES	Red Power Runners	Senior Fem	01:07:37.69	00:36:08.22	01:02:44.17	00:31:14.70
4695	2168	8506	JAIME ÉVORA	Individual	Senior	01:07:39.15	00:36:32.42	01:02:32.82	00:31:26.09
4696	2169	8514	JOA BANDEIRA NETA	Individual	Senior	01:07:39.34	00:36:32.95	01:02:33.65	00:31:27.26
4697	425	13820	DIANA ALVES	GRUPO ADIDAS	Senior Fem	01:07:40.24	00:34:34.54	01:04:50.29	00:31:44.59
4698	214	8464	ANTONIO BRAGA	Individual	Veterano V	01:07:41.01	00:33:18.73	01:04:40.81	00:30:18.53
4699	45	9571	MARIA DO CÉU NEVES	Individual	Veterana Fem III	01:07:41.38	00:35:13.20	01:03:59.38	00:31:31.20
4700	44	11196	MIGUEL PIMENTA	SS CGD	Junior	01:07:41.43	00:36:11.97	01:03:26.82	00:31:57.36

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
4701	426	8642	ANA CLÁUDIA NUNES	Individual	Senior Fem	01:07:41.70	00:36:53.72	01:03:45.80	00:32:57.82
4702	427	7850	PATRÍCIA ANTUNES	Red Power Runners	Senior Fem	01:07:41.71	00:36:09.37	01:02:47.33	00:31:14.99
4703	303	8643	FERNANDO NUNES FERREIRA	Individual	Veterano III	01:07:42.30	00:36:53.72	01:03:46.08	00:32:57.50
4704	674	8129	ANDRE ALMEIDA SIMÕES	Individual	Veterano I	01:07:43.44	00:34:42.10	01:04:09.19	00:31:07.85
4705	215	12632	JOSÉ OLIVEIRA MARANGA	A.D.C. Veirense	Veterano V	01:07:45.17	00:36:39.54	01:02:54.24	00:31:48.61
4706	428	10598	OLGA BRANCO NEVES	Individual	Senior Fem	01:07:45.45	00:35:00.17	01:02:51.90	00:30:06.62
4707	2170	12760	NUNO GONÇALO FREIRE RODRIGUES	AS. ESTUDANTES - PASSATEMPO	Senior	01:07:45.99	00:34:12.52	01:03:49.53	00:30:16.06
4708	2171	10194	HUGO MIGUEL ALMEIDA REALINHO	Individual	Senior	01:07:46.65	00:36:40.54	01:02:30.02	00:31:23.91
4709	216	10195	ARLINDO BATISTA CID REALINHO	Individual	Veterano V	01:07:46.88	00:36:41.83	01:02:30.11	00:31:25.06
4710	429	11003	SOFIA CRUZ	Individual	Senior Fem	01:07:47.69	00:36:16.84	01:02:26.58	00:30:55.73
4711	46	10536	ELISABETH LOUREIRO	Sporting Clube de Casainhos	Veterana Fem III	01:07:48.50	00:34:52.59	01:04:48.64	00:31:52.73
4712	2172	12917	JOÃO CRUZ	Individual	Senior	01:07:48.83	00:36:02.87	01:04:11.20	00:32:25.24
4713	2173	10104	TIAGO ALEXANDRE	Cavalinhos Runners	Senior	01:07:48.90	00:36:54.78	01:02:29.87	00:31:35.75
4714	304	12918	ADELINO LOPES	Individual	Veterano III	01:07:49.00	00:36:03.25	01:04:11.66	00:32:25.91
4715	430	10103	JOANA FORTUNATO	Cavalinhos Runners	Senior Fem	01:07:49.45	00:36:57.58	01:02:31.55	00:31:39.68
4716	431	12693	ANA SOFIA RAMOS	HAGER	Senior Fem	01:07:49.53	00:33:38.03	01:06:11.34	00:31:59.84
4717	2174	12722	BRUNO GARCÊS	Individual	Senior	01:07:50.12	00:34:08.16	01:05:50.08	00:32:08.12
4718	2175	8385	CARLOS TIAGO GONÇALVES	Os Coxos	Senior	01:07:50.81	00:31:58.34	01:06:16.68	00:30:24.21
4719	214	12578	JOAQUIM LEOMARO	COFINA RUNNERS	Veterano IV	01:07:51.78	00:35:04.23	01:04:10.32	00:31:22.77
4720	47	11192	JOANA GABRIEL	SS CGD, --	Veterana Fem III	01:07:51.98	00:36:10.73	01:03:37.92	00:31:56.67
4721	432	8822	PATRICIA ISABEL PIEDADE DA SILVA	Individual	Senior Fem	01:07:52.68	00:35:00.71	01:03:08.65	00:30:16.68
4722	2176	12063	ORLANDO CUSTÓDIO	Individual	Senior	01:07:54.33	00:34:10.63	01:05:53.07	00:32:09.37
4723	215	7952	ANTONIO GUERRA	Individual	Veterano IV	01:07:54.46	00:36:52.38	01:02:20.68	00:31:18.60
4724	2177	9933	RUI FILIPE ALMEIDA	Individual	Senior	01:07:55.12	00:35:33.87	01:02:51.06	00:30:29.81
4725	217	7327	JOAQUIM NAZÁRIO RODRIGUES	G.D.C.T. REPSOL POLÍMEROS	Veterano V	01:07:55.83	00:33:11.01	01:07:14.59	00:32:29.77
4726	2178	10292	BRUNO ARAUJO	U.D.F.A.C.	Senior	01:07:56.17	00:34:48.70	01:06:27.98	00:33:20.51
4727	433	12584	ANDREIA RAMOS VALE	COFINA RUNNERS	Senior Fem	01:07:56.68	00:34:26.95	01:03:50.26	00:30:20.53
4728	305	7009	JOHNNY THOMASSEN	Individual	Veterano III	01:07:57.21	00:35:37.68	01:04:05.10	00:31:45.57
4729	2179	11929	FÁBIO EMANUEL MORAIS OLMO	primeiro andar	Senior	01:07:58.19	00:37:38.94	01:02:13.52	00:31:54.27
4730	434	11928	BEBIANA MARIA RIBEIRO COELHO	primeiro andar	Senior Fem	01:07:58.30	00:37:39.33	01:02:13.45	00:31:54.48
4731	2180	9134	ANDRE TEIXEIRA	Individual	Senior	01:07:58.90	00:31:52.40	01:06:33.32	00:30:26.82
4732	99	8248	CELIA ALMEIDA	nacional fitness	Veterana Fem I	01:07:59.56	00:38:38.94	01:03:24.99	00:34:04.37
4733	416	10689	NUNO PATRÍCIO	Individual	Veterano II	01:07:59.83	00:34:28.06	01:04:23.72	00:30:51.95
4734	218	7915	CARLOS MANUEL BORGRES DE SOUSA	Individual	Veterano V	01:08:00.63	00:35:19.85	01:03:21.72	00:30:40.94
4735	216	11592	ERMELINDO NUNES	GDRS São Francisco	Veterano IV	01:08:01.48	00:33:58.18	01:06:00.94	00:31:57.64
4736	306	9311	PAULO FRANÇA	GDCT Unicre	Veterano III	01:08:01.51	00:33:05.62	01:06:37.82	00:31:41.93
4737	217	11107	MANUEL PERNICA	Individual	Veterano IV	01:08:01.65	00:34:07.05	01:06:34.64	00:32:40.04
4738	675	9377	CARLOS ANTÓNIO ARAÚJO RODRIGUES	Individual	Veterano I	01:08:01.92	00:35:29.92	01:03:29.80	00:30:57.80
4739	48	10128	GENEROSA FAUSTINO	Individual	Veterana Fem III	01:08:02.90	00:47:40.37	01:07:04.77	00:46:42.24
4740	61	10129	ELISA MARIA ROMÃO CHOCALHEIRO FERREIRA	Individual	Veterana Fem II	01:08:04.75	00:47:44.31	01:07:06.67	00:46:46.23
4741	2181	15146	JOÃO PEDRO REBOCHO PEREIRA	DAIKIN	Senior	01:08:06.52	00:32:43.37	01:07:13.71	00:31:50.56
4742	62	8932	ISABEL REDMONT	Atletismo Vidense	Veterana Fem II	01:08:06.55	00:36:37.26	01:02:59.35	00:31:30.06
4743	2182	12098	FILIPE OLIVEIRA	Individual	Senior	01:08:06.55	00:34:24.24	01:04:40.66	00:30:58.35
4744	435	13011	CIDÁLIA HENRIQUES	HOSPITAL DA LUZ	Senior Fem	01:08:08.03	00:36:25.92	01:03:13.29	00:31:31.18
4745	2183	7611	ANTÓNIO BENTO	Individual	Senior	01:08:08.26	00:31:32.31	01:07:10.63	00:30:34.68
4746	307	9071	EDUARDO ANTÓNIO DA CONCEIÇÃO GONÇALVES	Individual	Veterano III	01:08:09.08	00:33:04.42	01:06:45.71	00:31:41.05
4747	2184	10270	GONÇALO ZAGALO	Individual	Senior	01:08:09.68	00:36:21.54	01:03:54.44	00:32:06.30
4748	436	10271	JOANA ALMEIDA	Individual	Senior Fem	01:08:09.88	00:36:21.12	01:03:54.73	00:32:05.97
4749	2185	7249	BRUNO ANDRADE	SOMOS MUITA FORTES	Senior	01:08:10.58	00:35:23.81	01:04:57.57	00:32:10.80
4750	2186	7975	JOÃO LOURENÇO	Individual	Senior	01:08:11.23	00:35:40.90	01:05:17.60	00:32:47.27

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
4751	2187	9486	DAVID FERNANDO MASSANO DE CASTRO LOPES	Individual	Senior	01:08:11.85	00:32:29.60	01:06:26.91	00:30:44.66
4752	417	7720	MÁRIO PEREIRA	Individual	Veterano II	01:08:12.15	00:32:28.64	01:06:26.69	00:30:43.18
4753	2188	10606	HUGO BOICA	Cavalinhos Runners	Senior	01:08:12.20	00:34:06.44	01:02:56.46	00:28:50.70
4754	218	12412	JOSÉ GABRIEL	GENIUS	Veterano IV	01:08:12.59	00:37:07.00	01:04:19.58	00:33:13.99
4755	418	14892	TIAGO SILVESTRE	EDP	Veterano II	01:08:12.96	00:34:48.01	01:06:35.48	00:33:10.53
4756	676	7648	PEDRO CARDEIRA	MENU DE ATLETA	Veterano I	01:08:13.68	00:30:59.75	01:07:38.98	00:30:25.05
4757	2189	12421	MARCO AFONSO	GENIUS	Senior	01:08:13.72	00:37:06.52	01:04:20.05	00:33:12.85
4758	677	8176	RUI BATISTA	Individual	Veterano I	01:08:13.98	00:34:52.88	01:04:24.28	00:31:03.18
4759	419	8831	PAULO LOURENÇO	Individual	Veterano II	01:08:14.64	00:37:54.53	01:03:02.16	00:32:42.05
4760	437	10903	MARIANA REBOCHO	Individual	Senior Fem	01:08:15.27	00:36:08.88	01:03:46.22	00:31:39.83
4761	219	7712	ANTÓNIO NASCIMENTO	GDCTIN Casa da Moeda	Veterano V	01:08:15.32	00:35:44.01	01:04:22.97	00:31:51.66
4762	2190	13192	GONÇALO ALMEIDA	PUPILOS DO EXÉRCITO	Senior	01:08:15.85	00:34:54.12	01:04:05.16	00:30:43.43
4763	45	8593	AFONSO PAULINO	Jagozes & Gloriosos	Junior	01:08:16.22	00:34:52.22	01:03:11.01	00:29:47.01
4764	438	11614	SARA MARINA CORREIA CARVALHO TIMÓTEO	Individual	Senior Fem	01:08:16.85	00:37:35.41	01:03:32.38	00:32:50.94
4765	46	7980	RODRIGO MENEZES	Individual	Junior	01:08:18.66	00:36:01.27	01:05:05.93	00:32:48.54
4766	2191	8820	PEDRO MIGUEL SOUSA CASANOVA	Individual	Senior	01:08:18.96	00:35:50.37	01:03:28.28	00:30:59.69
4767	2192	15184	RODRIGO LOPES	REPSOL PORTUGUESA	Senior	01:08:19.16	00:34:55.80	01:05:24.42	00:32:01.06
4768	2193	10886	GONÇALO AMARAL ALVES	2CV	Senior	01:08:19.82	00:32:16.58	01:07:55.25	00:31:52.01
4769	220	10887	LUÍS FILIPE ALVES	2CV	Veterano V	01:08:20.03	00:32:16.42	01:07:53.28	00:31:49.67
4770	420	7148	RUI PEDRO SANTOS	Individual	Veterano II	01:08:20.53	00:36:57.05	01:03:50.33	00:32:26.85
4771	2194	15302	BRUNO DE ALMEIDA REDONDO	JOGOS SANTA CASA	Senior	01:08:21.39	00:38:10.47	01:03:02.75	00:32:51.83
4772	221	10338	JUSTILIANO MANUEL P MEIRELES DA SILVA	Individual	Veterano V	01:08:21.86	00:34:05.76	01:05:11.27	00:30:55.17
4773	100	12092	SONIA LOPES PEREIRA	Individual	Veterana Fem I	01:08:22.04	00:35:19.70	01:07:04.81	00:34:02.47
4774	439	13071	CATARINA HENRIQUES	Individual	Senior Fem	01:08:22.09	00:35:20.12	01:07:05.25	00:34:03.28
4775	222	12553	FERNANDO FERREIRA CARDOSO	Casa Benfica em Aqualva Cacém	Veterano V	01:08:22.19	00:34:09.43	01:02:39.23	00:28:26.47
4776	2195	7654	RICARDO JORGE GOMES LOPES	Individual	Senior	01:08:22.84	00:35:06.11	01:05:32.82	00:32:16.09
4777	678	7647	PAULO SERRA	Individual	Veterano I	01:08:22.93	00:32:34.23	01:06:54.64	00:31:05.94
4778	2196	8084	PAULO JORGE VIEIRA INÁCIO	Running_Venus	Senior	01:08:23.71	00:36:19.11	01:04:15.87	00:32:11.27
4779	101	8085	ALEXANDRA MARIA VIEIRA INÁCIO	Running_Venus	Veterana Fem I	01:08:23.82	00:36:18.41	01:04:15.42	00:32:10.01
4780	679	9714	JOÃO MIGUEL VELOSO	Metralhas	Veterano I	01:08:24.23	00:38:45.28	01:02:59.11	00:33:20.16
4781	2197	13134	TIAGO MIGUEL COELHO NEVES SANTOS	Individual	Senior	01:08:24.25	00:33:02.68	01:07:07.33	00:31:45.76
4782	421	9400	ARMINDO MANUEL FERREIRA GARISO	Individual	Veterano II	01:08:24.34	00:35:19.25	01:07:07.02	00:34:01.93
4783	440	13137	MARIA JOÃO DURTE	GRUPO PROSEGUR	Senior Fem	01:08:24.57	00:32:53.69	01:07:27.45	00:31:56.57
4784	680	11604	ALFREDO MARTINS	Individual	Veterano I	01:08:26.52	00:34:42.11	01:05:03.07	00:31:18.66
4785	2198	12079	BRUNO SIMÕES	Individual	Senior	01:08:26.54	00:36:17.77	01:04:27.20	00:32:18.43
4786	2199	12080	VASCO SIMÕES	Individual	Senior	01:08:26.67	00:36:17.60	01:04:26.33	00:32:17.26
4787	2200	12477	BRUNO REBOCHO	PSP - DIVISÃO DE TRÂNSITO	Senior	01:08:27.08	00:38:19.93	01:02:31.51	00:32:24.36
4788	441	8104	PATRICIA COSTA	Ericsson	Senior Fem	01:08:27.14	00:35:17.38	01:05:51.78	00:32:42.02
4789	102	8121	PAULA GUERREIRO	Individual	Veterana Fem I	01:08:27.72	00:36:27.73	01:04:30.94	00:32:30.95
4790	681	9493	SÉRGIO RAPOSO	S & S Runners	Veterano I	01:08:28.47	00:32:01.57	01:05:43.75	00:29:16.85
4791	223	11218	MANUEL AUGUSTO DUARTE RODRIGUES	Individual	Veterano V	01:08:28.58	00:33:20.16	01:07:23.16	00:32:14.74
4792	2201	8304	DANIEL PINTO	VILT Runners	Senior	01:08:28.73	00:34:41.60	01:04:49.51	00:31:02.38
4793	2202	15377	RICARDO CARVALHO	TECQUANTUM	Senior	01:08:29.72	00:38:01.41	01:04:22.42	00:33:54.11
4794	308	11477	AUGUSTO NOBRE	Individual	Veterano III	01:08:29.73	00:33:31.87	01:05:37.02	00:30:39.16
4795	2203	15309	JOSÉ MIGUEL S. S. ALMEIDA	JOGOS SANTA CASA	Senior	01:08:30.12	00:38:10.68	01:03:11.40	00:32:51.96
4796	422	8307	PEDRO SÉRGIO	CCD Crédito Agrícola Mútuo	Veterano II	01:08:30.81	00:35:48.82	01:03:32.58	00:30:50.59
4797	423	8493	LUIS FILIPE POMBEIRO COMPÔETE	Individual	Veterano II	01:08:31.06	00:31:30.90	01:07:23.89	00:30:23.73
4798	2204	10892	TIAGO FIGUEIRA	Individual	Senior	01:08:31.98	00:34:34.66	01:05:42.93	00:31:45.61
4799	43	7981	PEDRO PINTO	Individual	Outra Cat	01:08:32.00	00:36:01.58	01:05:18.92	00:32:48.50
4800	103	8687	CARLA MOTA	Energy Fitness Club	Veterana Fem I	01:08:33.03	00:33:04.14	01:07:29.38	00:32:00.49

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
4801	49	8904	TERESA MARTINS	Individual	Veterana Fem III	01:08:33.09	00:32:46.46	01:07:52.46	00:32:05.83
4802	424	8202	EMÍLIO GONÇALVES	Amigos Vale Silencio	Veterano II	01:08:33.74	00:33:58.19	01:06:27.47	00:31:51.92
4803	224	11536	DINIS DOS SANTOS	Individual	Veterano V	01:08:34.80	00:35:58.01	01:05:39.14	00:33:02.35
4804	682	7629	PEDRO FERNANDES	Individual	Veterano I	01:08:34.84	00:34:47.84	01:05:09.07	00:31:22.07
4805	2205	9443	TIAGO RATÃO	Individual	Senior	01:08:34.91	00:35:32.43	01:03:49.62	00:30:47.14
4806	2206	12020	FILIPE ROQUE VIEGAS	Individual	Senior	01:08:35.87	00:38:58.60	01:02:36.27	00:32:59.00
4807	2207	12410	RENATO COSTA DE JESUS	COLABORADOR SLB	Senior	01:08:35.88	00:36:43.57	01:03:02.56	00:31:10.25
4808	225	8499	CUSTÓDIO JANUÁRIO	Individual	Veterano V	01:08:36.34	00:35:49.06	01:04:48.87	00:32:01.59
4809	2208	9559	TELMO MOURA	Individual	Senior	01:08:36.86	00:34:02.57	01:04:57.11	00:30:22.82
4810	2209	12559	JOAO COSTA	Individual	Senior	01:08:36.90	00:35:25.97	01:04:55.54	00:31:44.61
4811	2210	12558	RUI GOMES	Individual	Senior	01:08:36.98	00:35:25.96	01:04:54.49	00:31:43.47
4812	2211	7903	ANTÓNIO SOBRAL	Individual	Senior	01:08:38.19	00:33:47.07	01:05:52.82	00:31:01.70
4813	63	9104	LUCIA REBELO	Individual	Veterana Fem II	01:08:38.87	00:32:08.23	00:58:05.73	00:21:35.09
4814	2212	9392	RENATO GROSS	Individual	Senior	01:08:39.09	00:35:31.13	01:04:03.03	00:30:55.07
4815	2213	7598	RICARDO SANTOS	Individual	Senior	01:08:39.94	00:40:16.64	01:05:18.52	00:36:55.22
4816	442	15290	CARMEN NEVES	LEASEPLAN	Senior Fem	01:08:40.01	00:36:16.48	01:05:41.94	00:33:18.41
4817	47	9981	JÓÃO PEDRO BERNARDO VIEIRA	Individual	Junior	01:08:41.44	00:34:26.96	01:06:08.20	00:31:53.72
4818	443	15289	ELISABETE RODRIGUES	LEASEPLAN	Senior Fem	01:08:41.53	00:36:15.21	01:05:42.22	00:33:15.90
4819	2214	7957	FILIPE MIGUEL MARTINS FRANCO MONTEIRO	Individual	Senior	01:08:41.76	00:38:29.85	01:05:13.79	00:35:01.88
4820	64	9023	MARIA JOAO FERNANDES SIMOES	Individual	Veterana Fem II	01:08:41.97	00:35:34.92	01:05:40.00	00:32:32.95
4821	425	11404	JAIME MARQUES SEMEDO	Convidado colaborador SLB	Veterano II	01:08:42.64	00:34:12.70	01:07:08.58	00:32:38.64
4822	444	12961	CARLA SANTOS	HOSPITAL DA LUZ	Senior Fem	01:08:42.96	00:33:14.48	01:06:01.74	00:30:33.26
4823	2215	9390	RUI SERRANO	RunForYourJola	Senior	01:08:44.43	00:37:56.45	01:02:44.60	00:31:56.62
4824	2216	9391	PEDRO MARQUES	RunForYourJola	Senior	01:08:44.56	00:37:58.21	01:02:45.14	00:31:58.79
4825	2217	9853	PEDRO VIEIRA	Individual, --	Senior	01:08:45.43	00:38:35.19	01:06:28.24	00:36:18.00
4826	309	8963	ALIPIO OLIVEIRA	CCDTMETROLX	Veterano III	01:08:46.39	00:35:08.88	01:05:35.23	00:31:57.72
4827	226	15357	JOSÉ ANTÓNIO BATISTA	EDP	Veterano V	01:08:46.44	00:34:45.78	01:06:38.07	00:32:37.41
4828	445	7298	SONIA BATISTA	Cavalinhos Runners	Senior Fem	01:08:47.33	00:35:34.02	01:03:30.27	00:30:16.96
4829	2218	7254	JOÃO UMBELINO	Cavalinhos Runners	Senior	01:08:48.47	00:35:08.76	01:03:29.83	00:29:50.12
4830	446	8324	RITA ANTUNES	SS CGD	Senior Fem	01:08:48.52	00:33:30.10	01:06:36.89	00:31:18.47
4831	227	10545	JUANUARIO BONA	Individual	Veterano V	01:08:49.51	00:33:58.73	01:04:40.98	00:29:50.20
4832	2219	9206	DIOGO FERNANDES	GDC Porto de Sines	Senior	01:08:52.24	00:37:15.06	01:04:10.09	00:32:32.91
4833	2220	7660	JÓÃO PEDRO ARAÚJO	Individual	Senior	01:08:52.45	00:37:15.81	01:04:10.29	00:32:33.65
4834	65	7618	LUISA FALE COSTA	Individual	Veterana Fem II	01:08:52.70	00:33:47.79	01:06:59.23	00:31:54.32
4835	447	11401	RAQUEL SANTOS PEREIRA	Convidado colaborador SLB	Senior Fem	01:08:52.90	00:37:17.85	01:03:16.39	00:31:41.34
4836	2221	9114	JOÃO VIEIRA	FR Runners	Senior	01:08:53.06	00:34:57.17	01:05:30.47	00:31:34.58
4837	2222	9113	NUNO FERREIRA	FR Runners	Senior	01:08:53.14	00:34:56.04	01:05:30.80	00:31:33.70
4838	2223	10107	DUARTE MAYER	Individual	Senior	01:08:53.20	00:35:11.57	01:05:27.83	00:31:46.20
4839	228	9544	JOSÉ CANHOTO	C.Benfica Algueirão M. Martins	Veterano V	01:08:53.27	00:35:15.80	01:06:47.05	00:33:09.58
4840	2224	10900	JOÃO ALEXANDRE RODRIGUES FERNANDES	Individual	Senior	01:08:53.27	00:37:14.16	01:03:39.32	00:32:00.21
4841	2225	11398	ALEXANDRE MANUEL FAJARDO VICENTE	Individual	Senior	01:08:53.56	00:38:19.04	01:03:11.07	00:32:36.55
4842	2226	12611	FERNANDO GOMES	GSOFT	Senior	01:08:53.66	00:38:18.94	01:03:10.69	00:32:35.97
4843	448	12914	ARIANA ROCHA	HOSPITAL DA LUZ	Senior Fem	01:08:54.06	00:34:53.17	01:06:15.11	00:32:14.22
4844	66	13158	PAULA SOARES	Individual	Veterana Fem II	01:08:54.28	00:36:07.35	01:05:15.73	00:32:28.80
4845	104	9056	CELIA LOURENCO	Individual	Veterana Fem I	01:08:54.34	00:36:06.38	01:03:57.66	00:31:09.70
4846	426	9055	NUNO RAMINHOS	Individual	Veterano II	01:08:54.40	00:36:07.31	01:03:57.48	00:31:10.39
4847	105	7911	SOFIA PEDRO	Individual	Veterana Fem I	01:08:54.49	00:35:28.38	01:06:19.76	00:32:53.65
4848	310	7741	MANUEL JOEGE NARCISO	Individual	Veterano III	01:08:55.83	00:33:37.56	01:06:52.70	00:31:34.43
4849	44	7498	ARTUR GASPAR	Garland Cut and Run	Outra Cat	01:08:57.23	00:35:15.51	00:56:08.41	00:22:26.69
4850	2227	12337	MÁRCIO PEREIRA	Individual	Senior	01:08:57.61	00:35:08.59	01:05:44.35	00:31:55.33

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
4851	219	10758	ALBERTINO SEMEDO	SS CGD	Veterano IV	01:08:57.81	00:35:07.28	01:06:50.82	00:33:00.29
4852	449	7057	TÂNIA NORBERTO	Individual	Senior Fem	01:08:59.43	00:40:24.10	01:04:30.79	00:35:55.46
4853	2228	12279	JOÃO HENRIQUE ARAUJO SOUSA	Individual	Senior	01:08:59.97	00:35:52.80	01:05:09.87	00:32:02.70
4854	2229	7874	SIMÃO ESCUDERO CAMPOS	Individual	Senior	01:09:00.08	00:36:34.38	01:05:31.46	00:33:05.76
4855	2230	9719	DIOGO RODRIGUES	Individual	Senior	01:09:00.27	00:37:08.85	01:05:45.11	00:33:53.69
4856	2231	7056	RODOLFO FONSECA	Individual	Senior	01:09:00.76	00:40:24.76	01:04:31.74	00:35:55.74
4857	220	12294	JOAQUIM DE MATOS FERNANDES	COLABORADOR SLB	Veterano IV	01:09:01.11	00:36:37.26	01:04:58.35	00:32:34.50
4858	450	13186	ANDREIA GUEDES DIAS	Individual	Senior Fem	01:09:05.16	00:36:59.68	01:04:20.97	00:32:15.49
4859	451	12349	HÉLIA SOFIA P. G. B. VALE OLIVEIRA	Individual	Senior Fem	01:09:05.23	00:34:41.72	01:06:19.40	00:31:55.89
4860	67	8417	ROSA MARIA ABREU	CLUBE COLABORADORES AXA	Veterana Fem II	01:09:05.51	00:37:13.65	01:05:06.42	00:33:14.56
4861	427	8840	FERNANDO EGIDIO	Individual	Veterano II	01:09:05.96	00:33:25.94	01:08:25.02	00:32:45.00
4862	229	8839	ALBERTINO FERREIRA SANTOS	Individual	Veterano V	01:09:06.33	00:33:26.73	01:08:25.53	00:32:45.93
4863	2232	10674	LUÍS SILVÉRIO	LN Team	Senior	01:09:07.50	00:37:00.70	01:03:29.59	00:31:22.79
4864	2233	12770	DANIEL LAVRADOR	YKK PORTUGAL	Senior	01:09:07.63	00:32:47.35	01:07:19.40	00:30:59.12
4865	452	10675	NANCI GUINCHO	LN Team	Senior Fem	01:09:09.08	00:37:01.52	01:03:31.34	00:31:23.78
4866	68	7877	MILENA FARINHA ALIPIO	papasecos	Veterana Fem II	01:09:09.20	00:34:24.44	01:06:06.87	00:31:22.11
4867	2234	10716	ANDRÉ SANTOS	Individual	Senior	01:09:09.33	00:37:14.98	01:03:55.39	00:32:01.04
4868	453	7265	IVANA MENDES	Individual	Senior Fem	01:09:09.60	00:35:22.77	01:05:36.05	00:31:49.22
4869	454	7967	SARA SEMIÃO	Individual	Senior Fem	01:09:10.15	00:33:07.31	01:08:32.50	00:32:29.66
4870	2235	9285	ANTÓNIO PEDRO LOPES BORBA RODRIGUES	Individual	Senior	01:09:11.45	00:32:03.73	01:06:27.12	00:29:19.40
4871	455	8697	INES BRITO	Individual	Senior Fem	01:09:12.48	00:34:16.53	01:05:42.12	00:30:46.17
4872	50	10248	MARIA DE LURDES DO CARMO VINAGRE	Individual	Veterana Fem III	01:09:12.63	00:35:42.61	01:06:10.18	00:32:40.16
4873	69	9729	MARGARIDA ROSA	GURUS	Veterana Fem II	01:09:13.16	00:35:58.59	01:04:28.06	00:31:13.49
4874	2236	9756	ILIDIO JANEIRO	GURUS	Senior	01:09:13.29	00:35:58.79	01:04:26.71	00:31:12.21
4875	230	10247	ANTONIO GONÇALVES FILIPE	Individual	Veterano V	01:09:13.92	00:35:42.39	01:06:12.83	00:32:41.30
4876	683	9813	VITOR NOBRE	Individual	Veterano I	01:09:13.99	00:33:29.93	01:06:36.80	00:30:52.74
4877	684	12082	JOÃO MENDES	Individual	Veterano I	01:09:15.09	00:34:53.95	01:06:47.11	00:32:25.97
4878	2237	12081	CARLOS BALAU	Individual	Senior	01:09:15.17	00:34:54.55	01:06:46.32	00:32:25.70
4879	2238	12128	DAVID BERJANO	Individual	Senior	01:09:15.19	00:34:54.82	01:06:47.33	00:32:26.96
4880	2239	12390	CHRISTIAN RAPOSO LOPES	Individual	Senior	01:09:16.45	00:37:14.23	01:05:13.00	00:33:10.78
4881	2240	11428	DIOGO MENDES	Urban Bitches	Senior	01:09:16.85	00:33:42.43	01:05:10.66	00:29:36.24
4882	685	9197	EMANUEL SILVESTRE	Individual	Veterano I	01:09:17.00	00:34:49.51	01:06:17.23	00:31:49.74
4883	2241	10227	MALDINI SILVA	Turbo-Lentos	Senior	01:09:18.38	00:34:26.63	01:04:56.25	00:30:04.50
4884	51	13496	MARIA JESUS DUARTE COSTA	Individual	Veterana Fem III	01:09:18.89	00:34:11.34	01:07:57.36	00:32:49.81
4885	2242	9242	JOÃO DIOGO REIS AFONSO	Individual	Senior	01:09:19.49	00:37:16.64	01:04:36.27	00:32:33.42
4886	2243	10191	PEDRO FIGUEIRA	Individual	Senior	01:09:19.68	00:35:10.95	01:06:07.96	00:31:59.23
4887	2244	12358	MARTIM MACEDO	Individual	Senior	01:09:20.10	00:37:19.14	01:05:32.35	00:33:31.39
4888	2245	8894	MAURO LORETTI	Individual	Senior	01:09:20.23	00:38:54.57	01:09:20.23	00:38:54.57
4889	2246	7362	JOAO RODRIGUES	Individual	Senior	01:09:20.34	00:37:19.50	01:05:31.75	00:33:30.91
4890	311	8173	LINO GOMES	CCD Crédito Agrícola Mútuo	Veterano III	01:09:20.40	00:36:11.70	01:04:21.24	00:31:12.54
4891	2247	8138	VITOR QUELHAS	Individual	Senior	01:09:20.98	00:36:09.34	01:05:06.71	00:31:55.07
4892	456	7185	SONIA WONG	Individual	Senior Fem	01:09:21.70	00:38:03.97	01:04:43.14	00:33:25.41
4893	231	11276	JOSE SIMOES	Individual	Veterano V	01:09:23.01	00:37:02.21	01:04:28.41	00:32:07.61
4894	428	8311	ANTONIO PINHEIRO	Individual	Veterano II	01:09:23.19	00:36:10.59	01:04:14.34	00:31:01.74
4895	2248	8245	JAIME LACERDA	nacional fitness	Senior	01:09:23.68	00:36:35.14	01:04:49.39	00:32:00.85
4896	429	7626	JOAO SEBORRO	Individual	Veterano II	01:09:25.91	00:34:22.43	01:06:30.12	00:31:26.64
4897	70	7625	PATRICIA DINIS	Individual	Veterana Fem II	01:09:26.05	00:34:24.26	01:06:30.15	00:31:28.36
4898	686	8369	LUIS SOBREIRA	RTI	Veterano I	01:09:26.40	00:35:17.33	01:05:10.64	00:31:01.57
4899	430	7112	PEDRO MAGALHÃES ANTUNES	Individual	Veterano II	01:09:27.06	00:38:02.79	01:04:15.42	00:32:51.15
4900	52	12447	NATALINA LIMA	ACAPO	Veterana Fem III	01:09:28.38	00:34:44.61	01:07:59.48	00:33:15.71

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
4901	106	8686	CARLA BARBOSA	Energy Fitness Club	Veterana Fem I	01:09:28.58	00:34:12.95	01:08:22.71	00:33:07.08
4902	232	11723	MANUEL PIMENTA	Individual	Veterano V	01:09:28.66	00:33:28.62	01:06:43.75	00:30:43.71
4903	2249	10511	MÁRIO RUI RODRIGUES MOREIRA	Individual	Senior	01:09:31.82	00:35:55.28	01:07:23.30	00:33:46.76
4904	457	13077	PATRÍCIA MORGADO	patx&titi	Senior Fem	01:09:31.86	00:36:18.14	01:06:24.23	00:33:10.51
4905	2250	13076	TIAGO FERREIRA	patx&titi	Senior	01:09:32.62	00:36:40.29	01:06:19.85	00:33:27.52
4906	687	15049	FERNANDO MONSANTO	EDP	Veterano I	01:09:33.65	00:33:51.48	01:09:06.03	00:33:23.86
4907	71	13557	ANA SEABRA	AeroRunners	Veterana Fem II	01:09:33.95	00:35:23.68	01:06:39.84	00:32:29.57
4908	2251	13345	JOÃO CARLOS SILVA CAETANO	Individual	Senior	01:09:35.10	00:32:13.55	01:09:09.01	00:31:47.46
4909	431	11552	FRANCISCO JOSÉ ANTUNES JORGE	Individual	Veterano II	01:09:35.23	00:36:27.19	01:06:00.75	00:32:52.71
4910	458	13231	CATARINA CABRAL	PUPILOS DO EXÉRCITO	Senior Fem	01:09:36.52	00:36:15.78	01:04:23.47	00:31:02.73
4911	459	11356	CÁTIA MARGARIDO	MA BITCH!	Senior Fem	01:09:36.75	00:36:29.35	01:05:40.61	00:32:33.21
4912	2252	11515	PEDRO MOURA	Individual	Senior	01:09:37.23	00:37:43.01	01:05:18.28	00:33:24.06
4913	432	11302	NELSON F. CORDEIRO SOUSA	Individual, --	Veterano II	01:09:37.36	00:35:07.40	01:06:53.89	00:32:23.93
4914	433	11484	JORGE ROBALO	Individual	Veterano II	01:09:37.38	00:37:43.14	01:05:16.89	00:33:22.65
4915	2253	13681	FILIPE FERNANDES	EUROPCAR	Senior	01:09:38.16	00:39:45.29	01:00:53.60	00:31:00.73
4916	312	11862	JOÃO LOPES	Individual	Veterano III	01:09:38.30	00:34:49.45	01:05:30.19	00:30:41.34
4917	434	13422	NUNO XAVIER	Individual	Veterano II	01:09:38.88	00:38:02.84	01:04:28.30	00:32:52.26
4918	2254	13423	VASCO XAVIER	Individual	Senior	01:09:39.05	00:38:02.85	01:04:28.79	00:32:52.59
4919	435	7949	JOSE SANTOS	Individual	Veterano II	01:09:39.55	00:37:08.89	01:03:35.93	00:31:05.27
4920	72	7948	ISABEL SANTIAGO	Individual	Veterana Fem II	01:09:39.70	00:37:07.84	01:03:36.40	00:31:04.54
4921	2255	10702	MARCO COSTA	Individual	Senior	01:09:39.99	00:34:05.83	01:08:27.51	00:32:53.35
4922	221	8893	LUIS FERNANDO VASCO MARQUES	Individual	Veterano IV	01:09:40.20	00:33:11.33	01:09:08.80	00:32:39.93
4923	107	12941	TERESA SOARES TUPHOLME	Individual	Veterana Fem I	01:09:40.84	00:36:08.58	01:06:02.48	00:32:30.22
4924	436	11781	JEAN-FRANÇOIS COLLOBERT	PERNOD RICARD PORTUGAL	Veterano II	01:09:42.79	00:37:51.49	01:03:49.71	00:31:58.41
4925	437	8818	LUIS MANUEL BORGES CORREIA	Individual	Veterano II	01:09:43.87	00:35:45.94	01:05:13.88	00:31:15.95
4926	438	7842	JOÃO MARTINEZ	Individual	Veterano II	01:09:44.01	00:36:23.75	01:05:27.77	00:32:07.51
4927	460	12134	CRISTINA SANTOS	Ti e Kiko Run	Senior Fem	01:09:44.03	00:36:23.75	01:05:27.87	00:32:07.59
4928	688	9184	NUNO LOPES	Individual	Veterano I	01:09:44.64	00:36:31.52	01:04:32.98	00:31:19.86
4929	689	13527	LUIS JACOB	Individual	Veterano I	01:09:49.28	00:38:39.66	01:04:06.17	00:32:56.55
4930	461	8994	LAURA MARCELINO CARVALHO	Individual	Senior Fem	01:09:49.46	00:36:16.13	01:06:30.54	00:32:57.21
4931	690	10108	NUNO SANTOS	Individual	Veterano I	01:09:49.86	00:37:18.55	01:05:48.74	00:33:17.43
4932	462	10230	TERESA COSTA	Individual	Senior Fem	01:09:51.11	00:36:21.36	01:06:32.98	00:33:03.23
4933	222	9906	ANTÓNIO ALVES	Odebrecht Portugal	Veterano IV	01:09:53.51	00:34:19.95	01:09:07.71	00:33:34.15
4934	463	7219	SÓNIA SERRA	Individual	Senior Fem	01:09:54.62	00:34:55.39	01:07:05.52	00:32:06.29
4935	464	13713	BEATRIZ BARATA	EUROPCAR	Senior Fem	01:09:56.40	00:38:34.89	01:05:47.88	00:34:26.37
4936	465	13712	ANDREIA LOUREIRO	EUROPCAR	Senior Fem	01:09:56.63	00:38:34.35	01:05:48.24	00:34:25.96
4937	466	9190	MÓNICA ALEXANDRA MARTINS MIRA	Individual	Senior Fem	01:09:57.24	00:37:18.48	01:05:55.97	00:33:17.21
4938	2256	11066	LUIS PEREIRA	Individual	Senior	01:09:58.14	00:35:27.00	01:05:30.72	00:30:59.58
4939	313	10130	ANTÓNIO JOSÉ FERREIRA	Individual	Veterano III	01:09:58.68	00:34:36.80	01:09:15.25	00:33:53.37
4940	2257	13711	JOÃO LOUREIRO	EUROPCAR	Senior	01:09:58.88	00:38:35.02	01:05:50.49	00:34:26.63
4941	467	10527	MARA FRUTUOSO	Individual	Senior Fem	01:09:59.13	00:35:07.00	01:08:15.24	00:33:23.11
4942	2258	8180	CARLOS LOPES	Individual	Senior	01:09:59.86	00:34:15.74	01:07:55.54	00:32:11.42
4943	2259	12943	RICARDO ANTUNES	HOSPITAL DA LUZ	Senior	01:10:00.37	00:36:37.32	01:06:04.61	00:32:41.56
4944	468	14871	ANDREIA FILIPE PONTE	EDP	Senior Fem	01:10:01.11	00:34:54.50	01:07:15.08	00:32:08.47
4945	2260	14872	PEDRO BATISTA	EDP	Senior	01:10:01.30	00:34:53.17	01:07:14.92	00:32:06.79
4946	469	9302	OTELINDA SOUSA	Individual	Senior Fem	01:10:02.17	00:36:58.53	01:05:24.64	00:32:21.00
4947	691	12330	RAFAEL SALVADOR LOPEZ	Individual	Veterano I	01:10:02.22	00:36:58.86	01:05:25.58	00:32:22.22
4948	233	11285	MANUEL COELHO	Sporting Clube Moitense	Veterano V	01:10:03.29	00:33:53.09	01:08:46.27	00:32:36.07
4949	439	9107	PAULO MATOS	Ganha...dores	Veterano II	01:10:03.61	00:37:34.69	01:04:20.31	00:31:51.39
4950	108	10198	TERESA BARATA	Individual	Veterana Fem I	01:10:03.64	00:36:32.92	01:06:47.10	00:33:16.38

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
4951	234	8940	LAZARO CARVALHO ANDRE	Individual	Veterano V	01:10:03.96	00:33:17.01	01:10:01.85	00:33:14.90
4952	470	10321	AGNA SIL	Ganha...dores	Senior Fem	01:10:04.37	00:37:34.34	01:04:20.32	00:31:50.29
4953	2261	9129	LUIS FILIPE MONTEIRO	Individual	Senior	01:10:04.71	00:37:26.43	01:05:29.11	00:32:50.83
4954	471	9106	CATARINA BRANCO	Ganha...dores	Senior Fem	01:10:04.82	00:37:34.69	01:04:21.01	00:31:50.88
4955	2262	7275	MARCIO SOUSA	Cavalinhos Runners	Senior	01:10:05.19	00:40:35.68	01:04:25.47	00:34:55.96
4956	53	10415	VITÓRIA ANTUNES	Individual	Veterana Fem III	01:10:05.84	00:35:20.83	01:07:35.87	00:32:50.86
4957	223	11188	JOSÉ CARLOS SILVA	Pai&Filha	Veterano IV	01:10:06.35	00:34:38.66	01:08:23.81	00:32:56.12
4958	472	10701	TÂNIA MONTEIRO	Individual	Senior Fem	01:10:06.55	00:34:06.25	01:08:55.16	00:32:54.86
4959	2263	12653	NUNO GOUVEIA	Individual	Senior	01:10:07.30	00:36:27.68	01:06:01.99	00:32:22.37
4960	2264	7044	PAULO SILVA	IndieRunnersLx	Senior	01:10:07.68	00:35:11.82	00:58:47.57	00:23:51.71
4961	2265	7686	NUNO HENRIQUE GONÇALVES CASTRO	Individual	Senior	01:10:07.88	00:37:28.41	01:05:29.99	00:32:50.52
4962	2266	13391	MÁRIO MARTINS	Individual	Senior	01:10:08.38	00:38:40.08	01:04:24.81	00:32:56.51
4963	473	13392	ANA PAULA SILVA	Individual	Senior Fem	01:10:08.44	00:38:40.52	01:04:25.60	00:32:57.68
4964	224	10989	TORCATO MANUEL BELO JORGE	Individual	Veterano IV	01:10:10.23	00:34:51.36	01:07:41.63	00:32:22.76
4965	692	12025	DONNI AKBAR	Individual	Veterano I	01:10:11.04	00:36:04.28	01:07:42.50	00:33:35.74
4966	474	12024	AFSY NADINA	Individual	Senior Fem	01:10:11.10	00:36:03.52	01:07:41.90	00:33:34.32
4967	225	11631	JOAO SALVATERRA	Individual	Veterano IV	01:10:13.06	00:33:48.77	01:06:49.55	00:30:25.26
4968	440	11814	ANTÓNIO SÁ	GDC Fidelidade	Veterano II	01:10:13.22	00:36:35.96	01:05:36.10	00:31:58.84
4969	2267	8631	NUNO MARQUES	Individual	Senior	01:10:13.65	00:38:45.13	01:04:42.99	00:33:14.47
4970	2268	12909	RICARDO SANTOS	HOSPITAL DA LUZ	Senior	01:10:13.88	00:38:44.74	01:04:42.78	00:33:13.64
4971	475	10833	ANA TONELO	Individual	Senior Fem	01:10:13.99	00:36:21.01	01:06:47.87	00:32:54.89
4972	441	7739	JOSE BAPTISTA	Individual	Veterano II	01:10:14.41	00:33:58.57	01:09:25.79	00:33:09.95
4973	442	9379	JOSÉ RODRIGUES	Individual	Veterano II	01:10:14.60	00:33:38.00	01:07:04.45	00:30:27.85
4974	314	8914	MANUEL NOGUEIRA	Individual	Veterano III	01:10:14.69	00:33:38.28	01:07:04.57	00:30:28.16
4975	443	13188	RUI MANUEL C. GONÇALVES	Individual	Veterano II	01:10:15.54	00:34:39.44	01:08:52.49	00:33:16.39
4976	693	7028	ANTÓNIO CACHORREIRO	Individual	Veterano I	01:10:16.89	00:34:40.56	01:07:36.19	00:31:59.86
4977	476	8765	JOANA LEANDRO	Individual	Senior Fem	01:10:17.03	00:34:46.96	01:08:53.37	00:33:23.30
4978	2269	8568	MARCELO MESQUITA	Individual	Senior	01:10:18.06	00:34:11.20	01:08:12.17	00:32:05.31
4979	2270	11448	NUNO SIMÕES	Individual	Senior	01:10:19.64	00:36:20.69	01:05:11.89	00:31:12.94
4980	444	10760	MANUEL BRÁS	SS CGD	Veterano II	01:10:21.38	00:35:03.83	01:08:10.54	00:32:52.99
4981	2271	7035	PEDRO ALMEIDA	Individual	Senior	01:10:22.69	00:35:04.45	01:07:55.25	00:32:37.01
4982	315	11438	ANTONIO JORGE FERREIRA	Individual	Veterano III	01:10:24.95	00:36:39.94	01:04:54.73	00:31:09.72
4983	2272	11997	JOÃO FÉLIX	Individual	Senior	01:10:24.96	00:36:06.89	01:06:42.85	00:32:24.78
4984	445	12438	LUIS MIGUEL SANTOS	GESTIFUTE	Veterano II	01:10:25.89	00:37:53.00	01:05:04.79	00:32:31.90
4985	477	7421	ANDREIA CORREIA	Ainda sem pedalada	Senior Fem	01:10:26.41	00:36:54.15	01:05:34.54	00:32:02.28
4986	316	10688	JOÃO SIMÕES	Individual	Veterano III	01:10:26.94	00:35:57.17	01:06:23.61	00:31:53.84
4987	478	10031	MARGARIDA CRUZ VELEDA	Individual	Senior Fem	01:10:27.24	00:35:21.09	01:06:15.83	00:31:09.68
4988	2273	10690	FILIPE SIMÕES	Individual	Senior	01:10:27.99	00:35:56.63	01:06:24.63	00:31:53.27
4989	2274	11815	FILIPE MIGUEL DA PAZ DE SOUSA	GDC Fidelidade	Senior	01:10:28.28	00:34:45.35	01:07:36.77	00:31:53.84
4990	109	7711	ANA SANTOS	GDCTIN Casa da Moeda	Veterana Fem I	01:10:29.72	00:35:13.40	01:08:10.74	00:32:54.42
4991	110	7361	ORLANDA MARTINS	Individual	Veterana Fem I	01:10:30.25	00:35:15.42	01:08:12.82	00:32:57.99
4992	73	7580	ANA PAULA DE FREITAS BALANCO LOURENÇO	Individual	Veterana Fem II	01:10:30.27	00:35:24.82	01:07:21.55	00:32:16.10
4993	48	8367	MIGUEL GUILHERMINO	Cavalinhos Runners	Junior	01:10:31.00	00:38:42.60	01:04:55.53	00:33:07.13
4994	2275	8365	ROLANDO COELHO	Cavalinhos Runners	Senior	01:10:31.46	00:38:42.90	01:04:56.91	00:33:08.35
4995	2276	10478	JOÃO NUNO REIS E SILVA	Individual	Senior	01:10:31.53	00:39:14.47	01:04:37.06	00:33:20.00
4996	49	12480	FRANCISCO MANUEL ANTUNES SALGUEIRO	PSP - DIVISÃO DE TRÂNSITO	Junior	01:10:32.99	00:38:19.69	01:04:37.75	00:32:24.45
4997	54	9266	MARIA INÊS PINHEIRO AFONSO BARATA	BARATA	Veterana Fem III	01:10:33.92	00:33:39.38	01:09:34.73	00:32:40.19
4998	479	8396	CLAUDIA FERREIRA	Individual	Senior Fem	01:10:34.90	00:37:37.16	01:05:32.24	00:32:34.50
4999	480	7186	SANDRINA FERREIRA	Cavalinhos Runners	Senior Fem	01:10:35.84	00:36:05.94	01:05:08.89	00:30:38.99
5000	446	13326	LUIS FILIPE DANTAS DA SILVA	Individual	Veterano II	01:10:36.94	00:36:39.74	01:05:04.47	00:31:07.27

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
5001	447	8729	PEDRO GUEDES	Individual	Veterano II	01:10:37.00	00:37:40.07	01:06:38.11	00:33:41.18
5002	481	8698	RAQUEL FERRADOR	Individual	Senior Fem	01:10:38.77	00:35:45.62	01:07:08.10	00:32:14.95
5003	448	10958	LUIS MIGUEL VILELA MARQUES	Individual	Veterano II	01:10:39.04	00:34:43.82	01:08:37.27	00:32:42.05
5004	111	10959	ROSA MARIA PEIXOTO ALMEIDA VILELA	Individual	Veterana Fem I	01:10:39.25	00:34:44.34	01:08:37.09	00:32:42.18
5005	235	7740	VICTOR MANUEL ROSA RAMOS	Individual	Veterano V	01:10:40.12	00:35:39.37	01:08:26.97	00:33:26.22
5006	694	8120	VITOR SOUSA	Individual	Veterano I	01:10:40.47	00:36:30.65	01:06:44.89	00:32:35.07
5007	695	13707	JOÃO VALENTE	EUROPCAR	Veterano I	01:10:41.08	00:46:24.49	01:05:37.62	00:41:21.03
5008	2277	8557	BRUNO AFONSO	Os manos	Senior	01:10:41.78	00:33:42.14	01:09:47.25	00:32:47.61
5009	482	15098	ANA LUISA ARAÚJO DINIS	JOGOS SANTA CASA	Senior Fem	01:10:42.15	00:35:48.90	01:08:12.18	00:33:18.93
5010	2278	11726	RUI MASCARENHAS	Individual	Senior	01:10:42.25	00:36:16.83	01:07:33.13	00:33:07.71
5011	483	9710	MAGDA JESUS	Atletas Natos	Senior Fem	01:10:42.31	00:36:18.01	01:07:33.96	00:33:09.66
5012	484	11601	ROSA SILVA	ACS-AMIGOS CORRIDA SALVATERRA	Senior Fem	01:10:42.42	00:36:51.04	01:06:26.56	00:32:35.18
5013	2279	11599	NUNO SILVA	ACS-AMIGOS CORRIDA SALVATERRA	Senior	01:10:42.82	00:36:50.62	01:06:27.51	00:32:35.31
5014	74	10531	CELIA CARVALHO	Individual	Veterana Fem II	01:10:42.99	00:37:07.94	01:07:01.57	00:33:26.52
5015	112	7656	ANA TRINDADE	Correr Lisboa	Veterana Fem I	01:10:43.34	00:37:09.07	01:07:02.32	00:33:28.05
5016	485	11156	JOANA RODRIGUES	Individual, --	Senior Fem	01:10:43.74	00:38:08.73	01:06:25.41	00:33:50.40
5017	55	12915	ELSA BAPTISTA	HOSPITAL DA LUZ	Veterana Fem III	01:10:44.23	00:33:38.86	01:08:05.69	00:31:00.32
5018	226	7943	HENRIQUE DOS SANTOS VILHENA	Individual	Veterano IV	01:10:44.44	00:39:14.95	01:04:52.30	00:33:22.81
5019	696	9622	ALEXANDRE GOMES	Bootcamp Sesimbra	Veterano I	01:10:45.67	00:35:42.54	01:07:13.36	00:32:10.23
5020	75	7368	INÉS NEVES	Individual	Veterana Fem II	01:10:45.76	00:35:40.12	01:08:02.67	00:32:57.03
5021	113	13670	PAULA RODRIGUES	EUROPCAR	Veterana Fem I	01:10:45.95	00:37:30.39	01:06:05.24	00:32:49.68
5022	449	13671	PAULO SILVEIRA	EUROPCAR	Veterano II	01:10:46.05	00:37:29.78	01:06:05.41	00:32:49.14
5023	2280	11155	JOAO ARAUJO	Individual, --	Senior	01:10:46.27	00:38:08.82	01:06:27.85	00:33:50.40
5024	450	10632	GONÇALO FERREIRA TRINDADE	SERVIÇOS SOCIAIS da CML	Veterano II	01:10:46.57	00:35:16.83	01:09:46.07	00:34:16.33
5025	114	10580	JULIA GOMES	SERVIÇOS SOCIAIS da CML	Veterana Fem I	01:10:46.96	00:35:15.28	01:09:46.18	00:34:14.50
5026	115	7325	MARIA JOSÉ TEIXEIRA	G.D.C.T. REPSOL POLÍMEROS	Veterana Fem I	01:10:47.34	00:34:56.06	01:09:33.27	00:33:41.99
5027	486	11793	TÂNIA LOPES	FUND BOX	Senior Fem	01:10:47.69	00:37:31.17	01:06:20.94	00:33:04.42
5028	76	8216	BAKI RS	Individual	Veterana Fem II	01:10:49.45	00:37:06.36	01:07:06.69	00:33:23.60
5029	2281	8214	JORGE MANUEL PORTELA DA SILVA	Individual	Senior	01:10:49.48	00:36:36.12	01:06:45.55	00:32:32.19
5030	697	15226	TIAGO BASTO	MS LAGARTO	Veterano I	01:10:51.05	00:39:03.30	01:05:31.69	00:33:43.94
5031	2282	7206	CÉSAR NEVES	Individual	Senior	01:10:51.25	00:37:10.60	01:06:03.04	00:32:22.39
5032	487	10344	MÓNICA CAVACO	Individual	Senior Fem	01:10:53.41	00:34:12.15	01:07:32.11	00:30:50.85
5033	116	7577	CATARINA REIS	Nanos	Veterana Fem I	01:10:55.61	00:35:58.50	01:08:17.43	00:33:20.32
5034	488	11131	CRISTINA BRIZIDO	Individual, --	Senior Fem	01:10:56.83	00:37:00.62	01:05:30.88	00:31:34.67
5035	698	10923	JOAQUIM CUNHA	Individual	Veterano I	01:10:58.01	00:37:06.56	01:07:28.01	00:33:36.56
5036	2283	12122	NUNO FILIPE DE BRITO MARQUES	Individual	Senior	01:10:58.15	00:37:07.37	01:07:27.41	00:33:36.63
5037	489	11360	MARTA DE ALMEIDA MARQUES	Individual	Senior Fem	01:10:58.56	00:38:06.49	01:06:31.90	00:33:39.83
5038	2284	13014	BRUNO MIGUEL F. MÁXIMO	HOSPITAL DA LUZ	Senior	01:10:58.83	00:34:22.11	01:07:56.80	00:31:20.08
5039	2285	10154	LUÍS MIGUEL RAMOS EGÍDIO	Individual	Senior	01:10:59.66	00:36:16.62	01:09:43.47	00:35:00.43
5040	699	12790	NUNO MARTINHO	SPIRITUC INVESTIGAÇÃO APLICADA	Veterano I	01:11:00.01	00:35:21.35	01:08:28.02	00:32:49.36
5041	77	13794	AMÉLIA JOAQUIM	GRUPO ADIDAS	Veterana Fem II	01:11:00.59	00:35:13.36	01:10:30.18	00:34:42.95
5042	2286	15068	JOÃO ROSA DIAS	Individual	Senior	01:11:01.47	00:37:33.23	01:06:49.24	00:33:21.00
5043	490	7303	ANDREA MARQUES	Correr Lisboa	Senior Fem	01:11:01.53	00:36:14.85	01:07:19.03	00:32:32.35
5044	56	9019	NIDIA SILVA	Individual	Veterana Fem III	01:11:01.80	00:37:16.85	01:06:32.83	00:32:47.88
5045	491	11537	JOANA MARGARIDA	Individual	Senior Fem	01:11:02.87	00:35:58.25	01:08:06.38	00:33:01.76
5046	317	8434	LUIS ANTUNES	G A Monsanto Gascan	Veterano III	01:11:03.15	00:38:53.49	01:07:18.00	00:35:08.34
5047	117	7161	LEONOR AZEVEDO	Clube Vodafone	Veterana Fem I	01:11:03.27	00:35:47.74	01:08:21.45	00:33:05.92
5048	2287	8435	NUNO ANTUNES	G A Monsanto Gascan	Senior	01:11:03.42	00:38:54.00	01:07:18.39	00:35:08.97
5049	451	15130	MÁRIO VINHAS	Individual	Veterano II	01:11:03.77	00:38:26.37	01:05:12.54	00:32:35.14
5050	452	15128	JOSÉ VIEIRA	Individual	Veterano II	01:11:03.87	00:38:25.73	01:05:13.09	00:32:34.95

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
5051	2288	7885	PEDRO VERDE	Individual	Senior	01:11:04.88	00:37:09.25	01:07:47.57	00:33:51.94
5052	700	8259	LUIS REGO	Individual	Veterano I	01:11:05.11	00:35:22.33	01:08:32.79	00:32:50.01
5053	78	7805	ANA MARIA SANTOS	Individual	Veterana Fem II	01:11:05.19	00:35:22.64	01:08:31.25	00:32:48.70
5054	453	7095	VITOR SILVA	Individual	Veterano II	01:11:06.52	00:34:08.56	01:10:18.27	00:33:20.31
5055	701	15069	ANDRÉ GORJÃO COSTA	Individual	Veterano I	01:11:07.08	00:37:32.61	01:06:54.22	00:33:19.75
5056	236	13595	JOAQUIM FARINHA	CORREDORES RESINEIROS CORGAS	Veterano V	01:11:07.35	00:36:43.58	01:07:45.89	00:33:22.12
5057	2289	9671	SÉRGIO ESPANHOL MIRA	Individual	Senior	01:11:07.94	00:36:18.89	01:07:33.66	00:32:44.61
5058	492	8570	LILIANA HENRIQUES	Clube Desportivo Ribereense	Senior Fem	01:11:08.90	00:34:24.41	01:10:30.06	00:33:45.57
5059	702	11293	PAULO REBORDAO	Cafajestes, --	Veterano I	01:11:08.93	00:36:31.40	01:08:04.16	00:33:26.63
5060	703	13357	JOÃO GONÇALVES	COVERSTEEL RUN TEAM	Veterano I	01:11:08.95	00:37:00.50	01:06:53.89	00:32:45.44
5061	493	8576	SÓNIA HENRIQUES	Clube Desportivo Ribereense	Senior Fem	01:11:09.83	00:34:23.36	01:10:31.48	00:33:45.01
5062	494	8690	ANA CONDEÇO	Energy Fitness Club	Senior Fem	01:11:10.10	00:35:18.77	01:10:00.58	00:34:09.25
5063	495	8691	ANA CATARINA GONÇALVES	Energy Fitness Club	Senior Fem	01:11:10.20	00:35:18.94	01:10:00.92	00:34:09.66
5064	496	12746	ANA BEATRIZ LOUREIRO	AS. ESTUDANTES - PASSATEMPO	Senior Fem	01:11:10.90	00:37:26.86	01:07:33.65	00:33:49.61
5065	497	12747	RAQUEL CAROCHINHO	AS. ESTUDANTES - PASSATEMPO	Senior Fem	01:11:10.96	00:37:28.51	01:07:34.11	00:33:51.66
5066	498	13668	VERA MORAIS	EUROPCAR	Senior Fem	01:11:11.81	00:38:28.26	01:05:43.18	00:32:59.63
5067	704	13667	SÉRGIO LOPES	EUROPCAR	Veterano I	01:11:11.84	00:38:29.35	01:05:43.35	00:33:00.86
5068	227	7996	HENRIQUE BRANDAO	Individual	Veterano IV	01:11:11.97	00:36:20.06	01:09:40.80	00:34:48.89
5069	499	9913	ARIANA MEIA-VIA	Odebrecht Portugal	Senior Fem	01:11:12.62	00:37:37.28	01:07:42.83	00:34:07.49
5070	500	13790	MARTA CUNHA	GRUPO ADIDAS	Senior Fem	01:11:12.70	00:38:37.91	01:06:39.14	00:34:04.35
5071	237	8293	LUIS MARTINS	Cavalinhos Runners	Veterano V	01:11:12.78	00:36:09.79	01:05:52.98	00:30:49.99
5072	2290	9831	PEDRO MANUEL SANTOS ANTUNES	Individual	Senior	01:11:13.00	00:34:27.82	01:06:50.66	00:30:05.48
5073	705	8148	HELDER POMBO	Individual	Veterano I	01:11:13.79	00:37:15.57	01:07:24.68	00:33:26.46
5074	2291	8732	OSVALDO TEIXEIRA	osvaldo e marta	Senior	01:11:14.04	00:38:07.57	01:06:46.41	00:33:39.94
5075	501	8731	MARTA FARIA	osvaldo e marta	Senior Fem	01:11:14.52	00:38:06.98	01:06:46.24	00:33:38.70
5076	2292	7322	JOÃO RIBEIRO	Individual	Senior	01:11:15.55	00:33:56.68	01:08:31.43	00:31:12.56
5077	57	12734	DILIA AMARO	Individual	Veterana Fem III	01:11:15.57	00:36:02.28	01:08:18.53	00:33:05.24
5078	2293	10274	ALEXANDRE JULIÃO JANICAS	Correr Lisboa	Senior	01:11:16.82	00:37:25.27	01:05:35.48	00:31:43.93
5079	118	7061	ELISABETE PELEJA	Individual	Veterana Fem I	01:11:16.83	00:38:09.07	01:05:40.83	00:32:33.07
5080	2294	8742	FILIFE BRANCO	Individual	Senior	01:11:17.30	00:35:20.51	01:07:05.49	00:31:08.70
5081	2295	9304	JOSÉ CASTRO	The Running Dead	Senior	01:11:17.38	00:38:06.08	01:07:47.64	00:34:36.34
5082	502	9303	ANA CAROLINA MELO	The Running Dead	Senior Fem	01:11:18.01	00:38:07.83	01:07:48.45	00:34:38.27
5083	2296	7628	ANDRÉ FILIFE ESTRELA FERREIRA	Individual	Senior	01:11:18.02	00:34:36.85	01:09:57.57	00:33:16.40
5084	503	11988	RITA POMBO	Individual	Senior Fem	01:11:18.96	00:37:14.87	01:07:30.21	00:33:26.12
5085	119	11567	ANA FILIPA DINIS BORGES	Funny Girls	Veterana Fem I	01:11:19.18	00:38:12.32	01:07:36.50	00:34:29.64
5086	2297	9245	JOSÉ GABRIEL REIS SANTOS	Individual	Senior	01:11:20.18	00:37:16.66	01:06:37.16	00:32:33.64
5087	2298	9896	FABIO ALVES	Odebrecht Portugal b	Senior	01:11:20.89	00:37:33.74	01:08:35.55	00:34:48.40
5088	2299	10413	NUNO SILVA	Individual	Senior	01:11:21.72	00:34:39.67	01:09:26.73	00:32:44.68
5089	2300	11108	HUGO MAIA	Individual	Senior	01:11:23.08	00:34:07.11	01:09:55.09	00:32:39.12
5090	504	7869	SILVIA LOPES	Individual	Senior Fem	01:11:24.77	00:38:04.04	01:05:52.61	00:32:31.88
5091	2301	7870	VALTER LOPES	Individual	Senior	01:11:25.09	00:38:06.33	01:05:52.34	00:32:33.58
5092	2302	11783	SÉRGIO NUNES	PERNOD RICARD PORTUGAL	Senior	01:11:25.46	00:37:52.51	01:05:30.85	00:31:57.90
5093	505	12139	VANESSA HILLEBRAND	Individual	Senior Fem	01:11:26.20	00:35:28.06	01:09:12.20	00:33:14.06
5094	506	11566	CATARINA MARQUES LOPES	Funny Girls	Senior Fem	01:11:27.59	00:38:32.93	01:07:42.79	00:34:48.13
5095	2303	11337	TIAGO SILVA	Tartarugas Solidárias	Senior	01:11:27.79	00:37:09.68	01:07:47.57	00:33:29.46
5096	58	7340	ROSA BANON	Tartarugas Solidárias	Veterana Fem III	01:11:27.80	00:34:18.99	01:09:39.61	00:32:30.80
5097	2304	13684	PEDRO PINTO	EUROPCAR	Senior	01:11:28.21	00:39:46.67	01:02:39.69	00:30:58.15
5098	706	11138	RUI PIRES	Individual, --	Veterano I	01:11:28.35	00:35:24.90	01:07:43.98	00:31:40.53
5099	120	11139	TERESA PIRES	Individual, --	Veterana Fem I	01:11:29.08	00:35:25.85	01:07:44.29	00:31:41.06
5100	507	12309	PATRICIA COSTA	COLABORADOR SLB	Senior Fem	01:11:30.14	00:35:35.45	01:08:39.29	00:32:44.60

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
5101	2305	12340	JOÃO SIMÃO	Individual	Senior	01:11:32.44	00:37:43.90	01:06:10.71	00:32:22.17
5102	2306	7251	JOÃO FELICIDADE	Individual	Senior	01:11:32.48	00:37:45.17	01:06:40.15	00:32:52.84
5103	228	7812	LUIZ MIGUEL M P SANCHES CHATILLON	Chatillon	Veterano IV	01:11:32.57	00:37:45.00	01:06:40.43	00:32:52.86
5104	508	9148	CÉLIA JOÃO DA CRUZ MARMELO	Individual	Senior Fem	01:11:34.02	00:36:29.13	01:08:15.20	00:33:10.31
5105	238	7942	JOSÉ LUIZ GONÇALVES	Individual	Veterano V	01:11:34.27	00:36:08.52	01:09:30.74	00:34:04.99
5106	45	7176	CATGARINA RAMOS	FANECAS	Outra Cat	01:11:35.55	00:37:24.13	01:08:10.69	00:33:59.27
5107	509	10865	SARA OLIVEIRA NUNES RIBEIRO SANTOS	Individual	Senior Fem	01:11:35.77	00:38:24.76	01:08:14.84	00:35:03.83
5108	510	9617	SUSETE MARQUES	Bootcamp Sesimbra	Senior Fem	01:11:37.19	00:35:41.38	01:08:04.38	00:32:08.57
5109	229	7177	PEDRO RAMOS	FANECAS	Veterano IV	01:11:39.46	00:37:23.39	01:08:14.57	00:33:58.50
5110	46	7524	PEDRO SILVA	Individual	Outra Cat	01:11:39.88	00:37:37.37	01:08:13.11	00:34:10.60
5111	239	10492	JOSE ESPERANÇA	Individual	Veterano V	01:11:41.01	00:36:55.02	01:07:37.69	00:32:51.70
5112	707	11493	JOSE CARLOS SANTOS	Individual	Veterano I	01:11:41.32	00:38:37.91	01:06:09.62	00:33:06.21
5113	511	11152	ANA GARCIA MARTINS	Run, Pipoca, Run, --	Senior Fem	01:11:41.33	00:38:35.88	01:06:10.60	00:33:05.15
5114	512	11894	MARIA DO CARMO	HP TEAM	Senior Fem	01:11:41.59	00:35:28.82	01:09:16.85	00:33:04.08
5115	50	11892	VASCO GUERREIRO	HP TEAM	Junior	01:11:41.82	00:35:28.98	01:09:16.85	00:33:04.01
5116	318	10468	HUMBERTO CORREIA	NUCLEO DESPORTIVO AUTOCOOPE	Veterano III	01:11:42.10	00:23:36.52	01:11:13.05	00:23:07.47
5117	240	10464	JOAO GRAÇA	NUCLEO DESPORTIVO AUTOCOOPE	Veterano V	01:11:42.19	00:39:38.28	01:07:16.03	00:35:12.12
5118	2307	9202	ALEXANDRE FERNANDES	Salvaterra Night Runners	Senior	01:11:44.47	00:37:06.56	01:07:15.67	00:32:37.76
5119	513	9203	PATRÍCIA FERNANDES	Salvaterra Night Runners	Senior Fem	01:11:44.94	00:37:08.06	01:07:16.72	00:32:39.84
5120	2308	7563	RUI MIGUEL GOMES	Individual	Senior	01:11:45.62	00:39:26.95	01:07:12.61	00:34:53.94
5121	2309	12924	NELSON MENDES	HOSPITAL DA LUZ	Senior	01:11:45.86	00:35:32.09	01:11:45.86	00:35:32.09
5122	514	12897	MARIANA RUFINO	HOSPITAL DA LUZ	Senior Fem	01:11:46.99	00:36:55.02	01:08:17.88	00:33:25.91
5123	515	7564	ANA LUISA MURJAL TEIXEIRA	Individual	Senior Fem	01:11:47.14	00:39:28.34	01:07:11.72	00:34:52.92
5124	2310	8460	NUNO COUTINHO	Individual	Senior	01:11:48.38	00:38:46.49	01:08:17.52	00:35:15.63
5125	454	7602	JOÃO CARVALHO	Individual	Veterano II	01:11:49.68	00:34:09.88	01:10:58.57	00:33:18.77
5126	708	9499	SERGIO BRITO	Individual	Veterano I	01:11:49.70	00:38:45.00	01:07:03.71	00:33:59.01
5127	2311	12188	PEDRO MARQUES	Individual	Senior	01:11:51.26	00:38:49.69	01:05:45.20	00:32:43.63
5128	516	12189	TATIANA MARQUES	Individual	Senior Fem	01:11:52.56	00:38:50.72	01:05:45.97	00:32:44.13
5129	230	11075	JOSE NUNES	Individual	Veterano IV	01:11:53.08	00:33:52.39	01:11:12.02	00:33:11.33
5130	121	12571	ODETE JESUS	Individual	Veterana Fem I	01:11:53.38	00:36:48.74	01:07:22.47	00:32:17.83
5131	2312	10508	PAULO FERNANDES	Eurocontrol	Senior	01:11:54.60	00:36:13.57	01:06:01.74	00:30:20.71
5132	59	10177	MARIA CONDEÇO	Individual	Veterana Fem III	01:11:55.27	00:36:35.93	01:08:37.83	00:33:18.49
5133	2313	7450	PAULO JORGE GONÇALVES RODRIGUES	Individual	Senior	01:11:55.53	00:36:42.45	01:08:07.94	00:32:54.86
5134	517	9070	RITA PIRES	GRUN	Senior Fem	01:11:56.66	00:35:42.72	01:09:59.42	00:33:45.48
5135	122	7213	CARLA ANICETO	Individual	Veterana Fem I	01:11:59.05	00:37:16.59	01:08:35.81	00:33:53.35
5136	518	9168	PATRICIA COSTA	A. D. Flor da Rosa	Senior Fem	01:12:00.70	00:37:53.34	01:08:28.96	00:34:21.60
5137	2314	9167	RUI MATIAS	A. D. Flor da Rosa	Senior	01:12:00.92	00:37:52.42	01:08:28.99	00:34:20.49
5138	47	8800	CATARINA CABAÇO	Individual	Outra Cat	01:12:02.04	00:36:01.34	01:09:21.23	00:33:20.53
5139	2315	12934	JORGE CERQUEIRA	HOSPITAL DA LUZ	Senior	01:12:03.61	00:35:33.22	01:08:39.17	00:32:08.78
5140	519	9678	CATARINA LOPES	Run Buddy Run	Senior Fem	01:12:04.59	00:36:46.58	01:08:46.59	00:33:28.58
5141	520	11554	ANA FILIPA LOPES AMEIXINHA	Individual	Senior Fem	01:12:05.34	00:34:09.56	01:11:01.64	00:33:05.86
5142	2316	11555	JOÃO PAULO MOUSINHO FERREIRA	Individual	Senior	01:12:05.54	00:34:09.14	01:11:01.67	00:33:05.27
5143	521	7811	ANA LÚCIA MESTRE DE CHATILLON	Chatillon	Senior Fem	01:12:07.42	00:37:43.99	01:07:15.11	00:32:51.68
5144	2317	11487	ANDRÉ JOEL RODRIGUES BACALHAU	COLABORADOR SLB	Senior	01:12:07.57	00:35:04.62	01:09:06.36	00:32:03.41
5145	522	8454	MARGARIDA MARTINS	Individual	Senior Fem	01:12:08.53	00:37:18.43	01:08:31.28	00:33:41.18
5146	79	10394	FLORBELA SOARES	Individual	Veterana Fem II	01:12:09.37	00:36:29.73	01:09:42.10	00:34:02.46
5147	523	9567	MÓNICA REBELO	Individual	Senior Fem	01:12:09.98	00:35:14.61	01:08:27.29	00:31:31.92
5148	319	11150	JOSÉ MANUEL NEVES	Individual, --	Veterano III	01:12:09.98	00:37:15.53	01:08:36.76	00:33:42.31
5149	524	7505	MAFALDA ROSA	Individual	Senior Fem	01:12:10.97	00:38:38.82	01:07:04.76	00:33:32.61
5150	123	7560	MARIA RIBEIRO	Individual	Veterana Fem I	01:12:13.55	00:38:09.84	01:09:04.68	00:35:00.97

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
5151	80	8513	TERESA CAPELA	Individual	Veterana Fem II	01:12:13.63	00:38:09.60	01:09:04.47	00:35:00.44
5152	525	12478	MARINA RODRIGUES	PSP - DIVISÃO DE TRÂNSITO	Senior Fem	01:12:14.34	00:38:50.00	01:06:18.33	00:32:53.99
5153	2318	13342	JOSÉ RUI ROCHA OLIVEIRA	PSP - DIVISÃO DE TRÂNSITO	Senior	01:12:15.25	00:38:52.29	01:06:19.26	00:32:56.30
5154	231	12479	RUI MANUEL RAPOSA SALGUEIRO	PSP - DIVISÃO DE TRÂNSITO	Veterano IV	01:12:15.47	00:38:51.91	01:06:19.57	00:32:56.01
5155	526	14856	ANA ROSA	EDP	Senior Fem	01:12:15.52	00:36:25.84	01:09:02.80	00:33:13.12
5156	2319	12509	FREDERICO AMORES	LUSO	Senior	01:12:16.77	00:37:31.01	01:07:45.53	00:32:59.77
5157	527	12759	CLAUDIA SOFIA FREIRE RODRIGUES	AS. ESTUDANTES - PASSATEMPO	Senior Fem	01:12:17.00	00:36:18.23	01:08:19.16	00:32:20.39
5158	528	11357	BERNARDETE PINHEIRO	MA BITCH!	Senior Fem	01:12:18.17	00:36:30.12	01:08:20.26	00:32:32.21
5159	529	11289	RITA PEDROSO	Os amigos da Kika, --	Senior Fem	01:12:18.20	00:38:28.09	01:08:18.92	00:34:28.81
5160	2320	11291	JOÃO MARIA AZEVEDO E SILVA	Os amigos da Kika, --	Senior	01:12:18.79	00:38:28.46	01:08:19.53	00:34:29.20
5161	2321	12585	FRANCISCO MAIA	COFINA RUNNERS	Senior	01:12:18.92	00:36:34.30	01:07:56.38	00:32:11.76
5162	320	15110	JOSÉ AUGUSTO	ASSOCIAÇÃO O COMPANHEIRO	Veterano III	01:12:19.28	00:33:28.03	01:10:22.10	00:31:30.85
5163	2322	11368	PAULO MIGUEL RODRIGUES	Individual	Senior	01:12:20.88	00:36:42.83	01:08:18.52	00:32:40.47
5164	530	9790	ANA MARIA ALMEIDA	Individual	Senior Fem	01:12:21.79	00:37:01.41	01:08:52.89	00:33:32.51
5165	455	10867	LUÍS MIGUEL FARINHA	Individual	Veterano II	01:12:22.11	00:35:59.68	01:08:49.13	00:32:26.70
5166	531	9703	NATÁLIA HENRIQUES	Individual	Senior Fem	01:12:22.13	00:37:49.34	01:08:26.15	00:33:53.36
5167	532	13373	ANA FILIPA NOGUEIRA	Individual	Senior Fem	01:12:22.51	00:36:09.30	01:08:04.41	00:31:51.20
5168	533	7851	PATRÍCIA PINHO	Red Power Runners	Senior Fem	01:12:24.76	00:38:24.30	01:07:30.94	00:33:30.48
5169	2323	11774	PAULO VIEIRA PINTO	Individual	Senior	01:12:26.49	00:39:05.97	01:06:36.90	00:33:16.38
5170	534	12270	JOANA NUNES RODRIGUES	COLABORADOR SLB	Senior Fem	01:12:26.56	00:38:26.16	01:04:58.79	00:30:58.39
5171	2324	13384	FRANCISCO MANUEL FAGUNDES BENTO	Atletismo Vidense	Senior	01:12:27.44	00:38:36.25	01:07:19.62	00:33:28.43
5172	535	7153	SARA PRATES	Atletismo Vidense	Senior Fem	01:12:27.50	00:38:36.05	01:07:20.50	00:33:29.05
5173	536	7403	NADIA REIS	Cavalinhos Runners	Senior Fem	01:12:30.44	00:38:42.63	01:07:14.76	00:33:26.95
5174	2325	9522	JOAO ANTUNES	Individual	Senior	01:12:31.80	00:38:52.59	01:08:32.31	00:34:53.10
5175	537	10093	ANA PAIS	Individual	Senior Fem	01:12:38.76	00:36:26.54	01:10:22.61	00:34:10.39
5176	709	8096	PAULO LOUREIRO	Lusocargo	Veterano I	01:12:41.42	00:36:58.57	01:08:09.29	00:32:26.44
5177	2326	8491	DANIEL ALMEIDA	Individual	Senior	01:12:41.59	00:37:31.74	01:08:02.50	00:32:52.65
5178	710	12861	PEDRO FARINHA	Individual	Veterano I	01:12:41.71	00:32:25.80	01:07:54.29	00:27:38.38
5179	538	12867	TERESA CRSITINA C. ROJÃO	HOSPITAL DA LUZ	Senior Fem	01:12:42.65	00:38:33.15	01:08:59.34	00:34:49.84
5180	232	8930	ANTONIO GARCIA	Individual	Veterano IV	01:12:43.16	00:41:36.05	01:07:47.61	00:36:40.50
5181	539	12663	CIDÁLIA RIBEIRO	Individual	Senior Fem	01:12:44.13	00:34:53.48	01:11:30.93	00:33:40.28
5182	2327	7215	SARA MAURICIO	Individual	Senior	01:12:44.68	00:41:02.83	01:07:50.03	00:36:08.18
5183	711	10351	PAULO CABRAL	Clube Robbialac	Veterano I	01:12:45.65	00:38:22.68	01:08:04.84	00:33:41.87
5184	540	9923	ELISABETE SILVA	Individual	Senior Fem	01:12:50.05	00:38:41.68	01:09:07.06	00:34:58.69
5185	712	11824	PEDRO MIGUEL MAGRO RAMOS	Individual	Veterano I	01:12:50.96	00:34:35.90	01:11:10.82	00:32:55.76
5186	541	8895	LILIANA GARCIA	Individual	Senior Fem	01:12:51.38	00:38:55.33	01:12:51.38	00:38:55.33
5187	542	11615	SANDRA MARISA SOARES DA CRUZ	Individual	Senior Fem	01:12:54.06	00:35:45.88	01:12:21.96	00:35:13.78
5188	543	7031	CLÁUDIA RATO	RATO	Senior Fem	01:12:54.22	00:36:20.24	01:12:38.32	00:36:04.34
5189	456	7522	CARLOS SILVA	Individual	Veterano II	01:12:54.51	00:37:38.59	01:09:27.76	00:34:11.84
5190	2328	7523	ANDRÉ SILVA	Individual	Senior	01:12:54.60	00:37:39.06	01:09:28.11	00:34:12.57
5191	2329	10621	RICARDO SANTOS	CORTES LRA	Senior	01:12:55.19	00:36:52.87	01:09:46.66	00:33:44.34
5192	2330	13484	HUGO BELO	Individual	Senior	01:12:55.26	00:37:13.14	01:10:12.45	00:34:30.33
5193	2331	8644	PEDRO ANTUNES VALENTE	Individual	Senior	01:12:55.35	00:37:13.45	01:10:13.16	00:34:31.26
5194	241	10355	JOSÉ FELISBERTO	Sogro e genro	Veterano V	01:12:56.73	00:39:00.43	01:08:14.27	00:34:17.97
5195	544	11610	ANA CLAUDIA FELISBERTO	Individual	Senior Fem	01:12:56.94	00:39:01.45	01:08:15.01	00:34:19.52
5196	2332	12579	JOÃO ALEIXO	COFINA RUNNERS	Senior	01:12:57.45	00:32:39.82	01:08:46.78	00:28:29.15
5197	2333	13401	BRUNO SEQUEIRA	Individual	Senior	01:12:58.11	00:37:48.49	01:08:34.18	00:33:24.56
5198	713	8601	MIGUEL SILVA	Clube Robbialac	Veterano I	01:12:58.41	00:35:06.42	01:11:06.15	00:33:14.16
5199	2334	11879	SÉRGIO ALEXANDRE CANARIAS RAMOS	Individual	Senior	01:12:58.94	00:36:38.77	01:09:22.10	00:33:01.93
5200	242	8766	MANUEL COPETO	Individual	Veterano V	01:12:59.29	00:36:49.23	01:08:22.03	00:32:11.97

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
5201	321	7760	CARLOS SILVA	Individual	Veterano III	01:13:00.76	00:38:03.88	01:09:10.23	00:34:13.35
5202	545	8056	INES MARIA MIGUEL SALVADO	Individual	Senior Fem	01:13:01.48	00:38:03.20	01:08:24.59	00:33:26.31
5203	714	7896	JOÃO SOUSA	Individual	Veterano I	01:13:02.41	00:37:30.11	01:09:02.60	00:33:30.30
5204	2335	8431	JOSE CARLOS ARRANHADO DE SÁ	Individual	Senior	01:13:02.62	00:37:36.42	01:07:22.14	00:31:55.94
5205	243	13724	JOSÉ ANTÓNIO AGANTE NUNO	BOL	Veterano V	01:13:03.01	00:36:04.85	01:09:03.60	00:32:05.44
5206	2336	7759	ALEXANDRE DIAS RAMALHEIRO	Individual	Senior	01:13:03.33	00:38:04.66	01:13:03.33	00:38:04.66
5207	2337	13245	TIAGO GOMES	Individual	Senior	01:13:03.61	00:34:32.65	01:13:03.61	00:34:32.65
5208	2338	8532	JORGE FERNANDES	Ninho das Águias	Senior	01:13:03.95	00:33:59.50	01:11:50.30	00:32:45.85
5209	2339	13575	HUGO PINTO	SCORETIME	Senior	01:13:04.17	00:34:31.11	01:08:07.31	00:29:34.25
5210	124	7307	ANA PARDAL	Correr Lisboa	Veterana Fem I	01:13:04.33	00:37:25.28	01:09:22.48	00:33:43.43
5211	2340	8832	JOÃO PAULO LOURENÇO	Individual	Senior	01:13:04.74	00:37:29.53	01:07:51.54	00:32:16.33
5212	546	10646	INÊS S M ALVES GUERRA	Individual	Senior Fem	01:13:05.59	00:38:18.27	01:11:37.78	00:36:50.46
5213	547	8819	ELOISA FILIPA PINTASSILGO CORREIA	Individual	Senior Fem	01:13:07.89	00:39:04.63	01:08:16.97	00:34:13.71
5214	548	10273	MARIANA FRAGA ANDRADE SILVA	Correr Lisboa	Senior Fem	01:13:08.99	00:37:24.96	01:07:27.45	00:31:43.42
5215	322	10645	JOÃO CARLOS D R ALVES GUERRA	Individual	Veterano III	01:13:09.68	00:38:14.97	01:11:41.74	00:36:47.03
5216	2341	11209	LUIS MARTINHO	TEAM MARTINHO, --	Senior	01:13:10.53	00:37:27.73	01:09:05.94	00:33:23.14
5217	549	11210	VANIA MARTINHO	TEAM MARTINHO, --	Senior Fem	01:13:10.83	00:37:27.88	01:09:06.53	00:33:23.58
5218	550	7928	SÓNIA CORREIA	GDCTIN Casa da Moeda	Senior Fem	01:13:12.53	00:36:28.33	01:09:19.49	00:32:35.29
5219	244	8980	JORGE FERREIRA	Taninos	Veterano V	01:13:12.68	00:38:52.82	01:09:18.97	00:34:59.11
5220	715	11269	PEDRO FARIA	BMW Portugal Running, --	Veterano I	01:13:14.14	00:36:21.65	01:11:06.75	00:34:14.26
5221	2342	12260	TIAGO ALMEIDA	REPSOL PORTUGUESA	Senior	01:13:14.48	00:35:13.83	01:09:07.33	00:31:06.68
5222	2343	8979	CARLOS MACHADO	Taninos	Senior	01:13:14.70	00:38:54.25	01:09:19.92	00:34:59.47
5223	245	9882	MANUEL ANTÓNIO CAROLINA CORREIA	Casa Benfica em Agualva Cacém	Veterano V	01:13:17.17	00:36:12.63	01:12:51.55	00:35:47.01
5224	81	7676	ANA ISABEL LOPES	BPIRunners	Veterana Fem II	01:13:17.57	00:37:22.01	01:10:25.12	00:34:29.56
5225	457	10569	PAULO COSTA	Run Buddy Run	Veterano II	01:13:17.65	00:37:02.24	01:08:07.24	00:31:51.83
5226	2344	9863	JOÃO LIMA	Individual, --	Senior	01:13:18.17	00:38:57.40	01:09:32.69	00:35:11.92
5227	2345	15325	TIAGO FERNANDES	EDP	Senior	01:13:19.35	00:36:13.25	01:10:31.25	00:33:25.15
5228	551	10523	CATARINA PAULINO	C.A. Amigos Parque da Paz	Senior Fem	01:13:19.53	00:38:38.99	01:07:45.17	00:33:04.63
5229	552	8467	RAQUEL FILIPA PENACHO PARREIRA	Individual	Senior Fem	01:13:20.30	00:38:27.84	01:08:14.97	00:33:22.51
5230	2346	13517	VICTOR MOSES MABERE	JCDecaux Portugal	Senior	01:13:20.78	00:38:11.86	01:08:29.33	00:33:20.41
5231	60	13027	ANA BRÁS	HOSPITAL DA LUZ	Veterana Fem III	01:13:21.35	00:37:26.61	01:08:06.44	00:32:11.70
5232	125	12987	ODETE BRÁS	HOSPITAL DA LUZ	Veterana Fem I	01:13:21.60	00:37:26.99	01:08:06.54	00:32:11.93
5233	553	12364	MARISA SIMÕES	Consulai Running Team	Senior Fem	01:13:21.86	00:36:51.42	01:12:34.81	00:36:04.37
5234	2347	10936	MIGUEL OLIVEIRA	Individual	Senior	01:13:22.31	00:36:36.00	01:10:31.58	00:33:45.27
5235	2348	10937	BRUNO FERREIRA	Individual	Senior	01:13:22.31	00:36:36.53	01:10:31.28	00:33:45.50
5236	554	8344	ISABEL AMARAL COUTO	LH Ginásio - C.C.Amora	Senior Fem	01:13:22.36	00:41:15.49	01:09:10.35	00:37:03.48
5237	2349	9027	JOÃO CARLOS SIMÕES MATA	Individual	Senior	01:13:23.15	00:36:13.35	01:10:25.31	00:33:15.51
5238	2350	8558	RUI AFONSO	Os manos	Senior	01:13:23.33	00:35:09.98	01:12:28.14	00:34:14.79
5239	555	7917	RAQUEL CRISTINA CALDEIRA DAMAS COMPRIDO	FM	Senior Fem	01:13:24.63	00:40:46.24	01:07:42.12	00:35:03.73
5240	51	13389	PEDRO AGOAS CATARINO	Individual	Junior	01:13:26.53	00:37:19.44	01:08:54.81	00:32:47.72
5241	556	10671	ANA SOFIA CORREIA	Individual	Senior Fem	01:13:27.12	00:34:59.59	01:12:30.04	00:34:02.51
5242	2351	9705	TIAGO SEIXAS	Individual	Senior	01:13:27.29	00:34:59.44	01:12:29.82	00:34:01.97
5243	557	12496	NATACHA GONÇALVES	COLABORADOR SLB	Senior Fem	01:13:28.87	00:37:26.05	01:08:32.45	00:32:29.63
5244	2352	10416	PAULO CONDE	Individual	Senior	01:13:31.15	00:37:38.18	01:10:15.13	00:34:22.16
5245	126	11261	CATARINA MENDES	BMW Portugal Running 1, --	Veterana Fem I	01:13:32.00	00:38:26.33	01:08:15.21	00:33:09.54
5246	558	11658	RUTE CASIMIRO	Individual	Senior Fem	01:13:32.41	00:38:25.48	01:08:15.58	00:33:08.65
5247	559	10602	VERA CRISTINA TAVARES	C.Benfica Algueirão M. Martins	Senior Fem	01:13:33.12	00:35:26.44	01:12:42.12	00:34:35.44
5248	560	13317	MARY KRISTIN THOMAS	Individual	Senior Fem	01:13:33.52	00:39:14.27	01:08:21.92	00:34:02.67
5249	561	11201	CATARINA FIGUEIREDO	Individual, --	Senior Fem	01:13:33.60	00:39:19.66	01:10:23.49	00:36:09.55
5250	562	13316	ASHLEY DOLIBOA	Individual	Senior Fem	01:13:33.67	00:39:15.64	01:08:22.52	00:34:04.49

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
5251	716	13653	LUIS MIGUEL CAMPOS ALMEIDA	EUROPCAR	Veterano I	01:13:33.75	00:36:24.45	01:11:08.01	00:33:58.71
5252	563	7297	MARISA BRANCO	Cavalinhos Runners	Senior Fem	01:13:35.09	00:39:05.75	01:08:17.53	00:33:48.19
5253	564	11263	ANABELA MARGARIDO	BMW Portugal Running 1, --	Senior Fem	01:13:38.56	00:42:12.10	01:09:50.40	00:38:23.94
5254	565	11267	SUSANA SANTOS	BMW Portugal Running, --	Senior Fem	01:13:38.56	00:42:12.47	01:09:51.30	00:38:25.21
5255	566	11270	MARIANA NUNES	BMW Portugal Running, --	Senior Fem	01:13:39.35	00:42:12.82	01:09:51.12	00:38:24.59
5256	2353	8751	PEDRO RUSSIANO	Geek On The Run!	Senior	01:13:42.09	00:36:57.45	01:10:00.26	00:33:15.62
5257	567	8750	MARGARIDA RUSSIANO	Geek On The Run!	Senior Fem	01:13:42.84	00:38:21.92	01:09:59.40	00:34:38.48
5258	2354	9164	RICARDO NETO	OutSystems	Senior	01:13:43.80	00:37:59.07	01:09:50.90	00:34:06.17
5259	2355	9162	ANDRÉ VIEIRA	OutSystems	Senior	01:13:43.94	00:37:58.30	01:09:52.11	00:34:06.47
5260	568	9163	SARA GONÇALVES	OutSystems	Senior Fem	01:13:43.96	00:38:02.38	01:09:51.05	00:34:09.47
5261	82	11930	MARGARIDA PARDAL	Carapaus de Corrida	Veterana Fem II	01:13:45.88	00:37:15.00	01:10:34.98	00:34:04.10
5262	2356	8364	JOÃO BERNARDINO	Cavalinhos Runners	Senior	01:13:46.25	00:39:43.06	01:08:09.45	00:34:06.26
5263	246	10055	MIGUEL SILVA	Individual	Veterano V	01:13:46.72	00:37:48.46	01:10:25.66	00:34:27.40
5264	2357	7417	JIMMY FRAZÃO	Cavalinhos Runners	Senior	01:13:46.86	00:39:42.62	01:08:10.68	00:34:06.44
5265	2358	7180	EDGAR FRAZÃO	Cavalinhos Runners	Senior	01:13:47.29	00:39:42.32	01:08:20.37	00:34:15.40
5266	2359	9555	MAURO ANDRÉ ALVES ANTUNES	Senhores da Vigairada	Senior	01:13:47.87	00:39:17.81	01:09:29.19	00:34:59.13
5267	127	15129	FILIPA BRITO	Individual	Veterana Fem I	01:13:48.99	00:39:17.47	01:07:54.38	00:33:22.86
5268	569	15126	CATARINA AZEVEDO	Individual	Senior Fem	01:13:49.05	00:39:19.34	01:07:54.72	00:33:25.01
5269	2360	9649	BRUNO SETTAS	Individual	Senior	01:13:49.37	00:37:34.06	01:09:04.14	00:32:48.83
5270	570	11777	MARIANA SIMÕES	WorldRunners	Senior Fem	01:13:50.12	00:37:45.00	01:10:39.99	00:34:34.87
5271	2361	7965	MARCO RAMOS	Team Boda	Senior	01:13:50.67	00:38:34.56	01:07:17.37	00:32:01.26
5272	571	10420	JOANA BAPTISTA DE MATOS	Individual	Senior Fem	01:13:51.70	00:38:19.85	01:08:44.32	00:33:12.47
5273	458	12835	MARCOS ALMEIDA DIAS	Individual	Veterano II	01:13:52.35	00:40:38.31	01:08:51.12	00:35:37.08
5274	459	12724	JOÃO PAULO SILVA	Individual	Veterano II	01:13:52.41	00:40:39.40	01:08:50.75	00:35:37.74
5275	572	10086	SUSANA PIRES	Individual	Senior Fem	01:13:53.19	00:37:19.30	01:09:05.94	00:32:32.05
5276	61	7007	LURDES VALE	Individual	Veterana Fem III	01:13:54.09	00:38:56.55	01:10:07.78	00:35:10.24
5277	128	9029	ELISABETE VALE	Individual	Veterana Fem I	01:13:54.71	00:38:56.77	01:10:10.94	00:35:13.00
5278	2362	12661	FILIPE ESTEVES	Individual	Senior	01:13:55.10	00:37:45.60	01:10:00.88	00:33:51.38
5279	323	13824	CARLOS MATOS	GRUPO ADIDAS	Veterano III	01:13:57.56	00:38:00.86	01:10:06.72	00:34:10.02
5280	717	7419	JÚLIO SILVA	OS PRIMOS	Veterano I	01:13:57.64	00:36:27.42	01:12:04.10	00:34:33.88
5281	2363	13128	JOÃO FRANCISCO F. DE ANDRADE	GRUPO PROSEGUR	Senior	01:13:58.23	00:38:24.94	01:10:28.34	00:34:55.05
5282	129	11355	ALEXANDRA LOPES	Individual	Veterana Fem I	01:14:00.64	00:35:33.06	01:13:35.19	00:35:07.61
5283	2364	7404	MICHAEL SOUSA	Cavalinhos Runners	Senior	01:14:01.19	00:39:40.98	01:08:31.53	00:34:11.32
5284	247	7742	VIRGILIO VAZ	UroRunners	Veterano V	01:14:01.24	00:38:17.73	01:08:05.37	00:32:21.86
5285	718	9026	VASCO MIGUEL VEIGA CORREIA MENDES	Individual	Veterano I	01:14:04.39	00:38:10.43	01:10:02.44	00:34:08.48
5286	719	8161	RICARDO CASTRO	Individual	Veterano I	01:14:04.55	00:38:10.62	01:10:02.54	00:34:08.61
5287	83	8480	ANA LOPES	Paulo Miranda e Ana Lopes	Veterana Fem II	01:14:05.71	00:38:23.92	01:09:39.66	00:33:57.87
5288	573	9564	ANGELA NUNES	SETUBAL_RUN	Senior Fem	01:14:07.81	00:40:26.00	01:09:05.81	00:35:24.00
5289	460	8482	JORGÉ DE FREITAS	Individual	Veterano II	01:14:08.15	00:37:16.69	01:11:06.30	00:34:14.84
5290	2365	9565	VALTER NUNES	SETUBAL_RUN	Senior	01:14:08.46	00:40:26.87	01:09:06.89	00:35:25.30
5291	248	9551	JOÃO CORREIA	C.Benfica Algueirão M. Martins	Veterano V	01:14:09.49	00:35:38.54	01:11:58.78	00:33:27.83
5292	461	10846	JOÃO CARLOS SANTOS	Individual	Veterano II	01:14:09.56	00:37:11.19	01:11:47.21	00:34:48.84
5293	62	10848	MARGARIDA SANTOS	Individual	Veterana Fem III	01:14:09.91	00:37:11.18	01:11:47.40	00:34:48.67
5294	574	9670	JOANA FILIPA MOUTINHO CARVALHO	Individual	Senior Fem	01:14:12.15	00:38:25.25	01:10:37.74	00:34:50.84
5295	2366	11486	HUGO SALCEDAS BARATA RAMOS	Convidado colaborador SLB	Senior	01:14:12.36	00:40:04.63	01:08:37.79	00:34:30.06
5296	2367	11119	ANDRÉ AFONSO	#pelaequipa	Senior	01:14:13.43	00:36:55.29	01:10:12.49	00:32:54.35
5297	2368	9119	JOSÉ ROCHA	Individual	Senior	01:14:14.00	00:39:38.77	01:08:27.06	00:33:51.83
5298	575	9120	FLAVIA AFONSO	Individual	Senior Fem	01:14:14.07	00:39:39.76	01:08:26.09	00:33:51.78
5299	720	11052	AMADEU COELHO ROMANA	Individual	Veterano I	01:14:14.85	00:38:41.79	01:09:50.57	00:34:17.51
5300	576	12968	TÂNIA MARTINS	HOSPITAL DA LUZ	Senior Fem	01:14:14.97	00:50:41.33	01:08:29.97	00:44:56.33

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
5301	577	12888	ADRIANA GIL MACHADO	HOSPITAL DA LUZ	Senior Fem	01:14:15.46	00:50:38.96	01:08:30.89	00:44:54.39
5302	578	12887	ELGA TAVEIRA DE ALMEIDA	HOSPITAL DA LUZ	Senior Fem	01:14:15.47	00:50:40.41	01:08:30.74	00:44:55.68
5303	2369	12072	PEDRO OLIVEIRA	Pó na Lama	Senior	01:14:15.97	00:41:32.41	01:09:11.82	00:36:28.26
5304	579	12073	PATRICIA MARTINS	Pó na Lama	Senior Fem	01:14:15.98	00:41:31.39	01:09:12.05	00:36:27.46
5305	249	8529	JOÃO ALBERTO MENDES DE CAMPOS	Individual	Veterano V	01:14:16.95	00:37:29.61	01:11:40.00	00:34:52.66
5306	580	11363	ANDREIA DAMAS	Individual	Senior Fem	01:14:18.57	00:38:54.04	01:08:46.86	00:33:22.33
5307	2370	12302	ANTÓNIO MANUEL ROSADO	Convidado colaborador SLB	Senior	01:14:21.46	00:36:28.47	01:10:07.95	00:32:14.96
5308	2371	12301	ANTÓNIO MIGUEL GASPAR	COLABORADOR SLB	Senior	01:14:21.51	00:36:28.52	01:10:09.06	00:32:16.07
5309	581	8823	MARISA ALEIXO BARRETO	Individual	Senior Fem	01:14:21.79	00:39:05.90	01:09:30.59	00:34:14.70
5310	721	9388	ALEXANDRE MARQUES	Individual	Veterano I	01:14:22.68	00:32:11.47	01:13:59.66	00:31:48.45
5311	582	8710	RAQUEL ROQUE	Individual	Senior Fem	01:14:23.39	00:38:07.82	01:10:55.05	00:34:39.48
5312	2372	8711	ROMEU DIOGO	Individual	Senior	01:14:23.62	00:38:08.34	01:10:55.98	00:34:40.70
5313	130	10340	MAFALDA MACHADO	Individual	Veterana Fem I	01:14:24.46	00:37:57.32	01:10:27.55	00:34:00.41
5314	250	10326	JOSÉ MACEDO CUNHA	Individual	Veterano V	01:14:24.72	00:36:19.66	01:12:38.00	00:34:32.94
5315	63	8878	MARIA DA CONCEIÇÃO FIGUEIREDO DA CUNHA	Individual	Veterana Fem III	01:14:25.22	00:38:15.12	01:10:26.50	00:34:16.40
5316	583	10878	LUCIDEIA PITREZ	VADA	Senior Fem	01:14:26.33	00:40:22.59	01:09:48.69	00:35:44.95
5317	584	13744	SUSANA DURO	GRUPO ADIDAS	Senior Fem	01:14:26.43	00:40:23.23	01:09:48.93	00:35:45.73
5318	2373	8406	HENRIQUE JORGE LOPES CHANCA DOS SANTOS	Individual	Senior	01:14:26.96	00:37:22.66	01:08:44.69	00:31:40.39
5319	585	10879	PATRICIA BAPTISTA	VADA	Senior Fem	01:14:27.02	00:40:25.14	01:09:49.46	00:35:47.58
5320	586	13732	MARGARIDA MARINHO	GRUPO ADIDAS	Senior Fem	01:14:28.58	00:37:47.23	01:10:36.34	00:33:54.99
5321	233	8029	RUI MARINHO	Individual	Veterano IV	01:14:28.84	00:37:47.11	01:10:36.86	00:33:55.13
5322	587	10117	CLÁUDIA ANDRÉ	Sporting Clube de Casainhos	Senior Fem	01:14:30.19	00:38:31.26	01:10:05.56	00:34:06.63
5323	324	8852	ACACIO PEREIRA	Individual	Veterano III	01:14:30.22	00:36:29.33	01:13:15.49	00:35:14.60
5324	234	10711	JOÃO VICENTE DA SILVA	Individual	Veterano IV	01:14:31.45	00:41:02.75	01:08:50.56	00:35:21.86
5325	2374	9063	NUNO ALMEIDA	Craveiro Team	Senior	01:14:32.13	00:41:14.05	01:09:14.85	00:35:56.77
5326	2375	9061	PEDRO MARTINS	Craveiro Team	Senior	01:14:33.61	00:41:15.90	01:09:14.77	00:35:57.06
5327	84	11197	RITA GABRIEL	SS CGD	Veterana Fem II	01:14:37.61	00:39:39.72	01:10:23.66	00:35:25.77
5328	588	12567	INES QUEIROZ	Individual	Senior Fem	01:14:42.00	00:39:31.45	01:09:10.94	00:34:00.39
5329	64	9982	HELENA DORES	Individual	Veterana Fem III	01:14:42.54	00:36:15.53	01:14:19.13	00:35:52.12
5330	2376	7519	NUNO PIRES	Individual	Senior	01:14:45.04	00:37:46.49	01:08:47.16	00:31:48.61
5331	589	7603	RITA FERRITO	Individual	Senior Fem	01:14:45.08	00:37:45.16	01:08:46.85	00:31:46.93
5332	722	12141	RUI DURO	CHECK POINT	Veterano I	01:14:46.31	00:37:48.40	01:12:53.75	00:35:55.84
5333	590	11118	SILVIA TEIXEIRA	#pelaequipa	Senior Fem	01:14:47.48	00:38:14.24	01:10:47.74	00:34:14.50
5334	2377	12057	DANIEL ALVES	Individual	Senior	01:14:47.62	00:37:41.42	01:11:51.14	00:34:44.94
5335	723	12446	MÁRIO PARRULAS	ACAPO	Veterano I	01:14:48.20	00:38:05.63	01:13:12.49	00:36:29.92
5336	2378	11505	NUNO MIGUEL SERRA SANTOS	Individual	Senior	01:14:49.91	00:37:42.60	01:11:53.37	00:34:46.06
5337	2379	12263	MIGUEL SALDANHA	Individual	Senior	01:14:49.93	00:36:13.99	01:11:19.58	00:32:43.64
5338	131	11168	CLAUDIA MATOS	Matos, --	Veterana Fem I	01:14:50.71	00:40:02.58	01:09:17.17	00:34:29.04
5339	2380	11282	JOÃO MIGUEL FARIA DE BRITO	COLABORADOR SLB, --	Senior	01:14:52.41	00:38:17.81	01:10:14.43	00:33:39.83
5340	65	11284	ODETE MARIA VIEIRA	COLABORADOR SLB, --	Veterana Fem III	01:14:52.73	00:38:16.51	01:10:14.16	00:33:37.94
5341	2381	15345	TIAGO FILIPE SIMÃO	EDP	Senior	01:14:53.19	00:38:51.01	01:09:29.87	00:33:27.69
5342	2382	15347	PAULO FERREIRA	EDP	Senior	01:14:54.97	00:38:51.56	01:09:31.30	00:33:27.89
5343	235	15346	PAULO SIMÃO	EDP	Veterano IV	01:14:55.27	00:38:51.75	01:09:31.35	00:33:27.83
5344	2383	10934	VITOR MARQUES	Individual	Senior	01:14:56.44	00:35:10.54	01:13:34.82	00:33:48.92
5345	2384	11589	CLÁUDIO JORGE NUNES ANTÓNIO	Individual	Senior	01:14:57.59	00:39:20.17	01:09:32.46	00:33:55.04
5346	591	11590	LILIANA ISABEL PETREQUES ALVES	Individual	Senior Fem	01:14:58.38	00:39:20.90	01:09:33.08	00:33:55.60
5347	462	15225	JULIO VEIGA	MS LAGARTO	Veterano II	01:15:00.08	00:40:01.09	01:09:39.08	00:34:40.09
5348	592	10856	MARTA FRAZÃO	Individual	Senior Fem	01:15:00.76	00:40:54.51	01:09:26.81	00:35:20.56
5349	463	7959	ACACIO MANUEL SOUSA LOPES	Individual	Veterano II	01:15:01.61	00:39:16.30	01:12:15.44	00:36:30.13
5350	2385	12051	RICARDO COELHO	A.D.C. Veirense	Senior	01:15:01.71	00:38:46.13	01:10:12.29	00:33:56.71

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
5351	724	10066	ALEXANDRE SOARES	Individual	Veterano I	01:15:02.57	00:39:07.93	01:10:26.34	00:34:31.70
5352	725	8754	MÁRIO SOBRAL	Viscondes da Ribeirada	Veterano I	01:15:03.36	00:40:04.72	01:11:27.36	00:36:28.72
5353	593	10699	ANA CATARINA DINIS MARQUES	Individual	Senior Fem	01:15:04.57	00:38:27.94	01:13:16.20	00:36:39.57
5354	2386	9972	LUIS VENTURA	Individual	Senior	01:15:05.41	00:40:27.46	01:11:35.11	00:36:57.16
5355	726	13570	ANTÓNIO FERNANDES	SCORETIME	Veterano I	01:15:06.36	00:38:15.96	01:10:10.19	00:33:19.79
5356	2387	11079	ENRICO VIANINI	Individual	Senior	01:15:10.59	00:37:28.64	01:14:19.02	00:36:37.07
5357	594	10817	VANESSA SANTOS	Individual	Senior Fem	01:15:10.78	00:38:28.55	01:11:50.07	00:35:07.84
5358	727	8871	OSVALDO F RODRIGUES	Individual	Veterano I	01:15:16.22	00:38:42.54	01:13:40.02	00:37:06.34
5359	325	8875	ELISIO F RODRIGUES	Individual	Veterano III	01:15:16.52	00:38:42.06	01:13:40.00	00:37:05.54
5360	595	10692	SOFIA AMARAL	Individual	Senior Fem	01:15:17.44	00:35:19.64	01:13:02.05	00:33:04.25
5361	596	7214	JOANA MAURICIO	Individual	Senior Fem	01:15:17.69	00:41:05.35	01:10:22.45	00:36:10.11
5362	728	12440	FERNANDO MARQUES	ACAPO	Veterano I	01:15:18.12	00:39:46.76	01:13:04.54	00:37:33.18
5363	597	11361	ALEXANDRA PALMA	Individual	Senior Fem	01:15:19.72	00:38:25.82	01:12:29.47	00:35:35.57
5364	85	10562	PAULA ROCHA	Individual	Veterana Fem II	01:15:21.31	00:38:00.91	01:11:02.17	00:33:41.77
5365	729	8512	PAULO CAPELA	Individual	Veterano I	01:15:22.17	00:38:09.54	01:12:13.72	00:35:01.09
5366	2388	11077	ANDRÉ BEJA	Individual	Senior	01:15:23.07	00:37:38.86	01:14:31.07	00:36:46.86
5367	598	11078	ANA RITA SIMÕES	Individual	Senior Fem	01:15:23.49	00:37:39.06	01:14:31.24	00:36:46.81
5368	326	11780	ARMANDO GUILHERME	PERNOD RICARD PORTUGAL	Veterano III	01:15:23.76	00:38:26.22	01:09:29.31	00:32:31.77
5369	132	9432	ELSA PINTO	Individual	Veterana Fem I	01:15:24.98	00:36:34.41	01:11:52.82	00:33:02.25
5370	730	8547	PAULO BAIA	Individual	Veterano I	01:15:27.11	00:36:25.39	01:11:41.41	00:32:39.69
5371	2389	8725	FÁBIO BAGAGEM	Individual	Senior	01:15:27.95	00:39:19.77	01:10:12.19	00:34:04.01
5372	599	8726	ANA ROCHA	Individual	Senior Fem	01:15:27.99	00:39:19.60	01:10:12.30	00:34:03.91
5373	600	13603	INÊS ANDRADE	Casa Benfica Abrantes	Senior Fem	01:15:29.26	00:34:46.44	01:14:57.73	00:34:14.91
5374	601	12500	NADIA SANTOS	Sempre nos 5 primeiros	Senior Fem	01:15:30.03	00:39:55.05	01:10:42.96	00:35:07.98
5375	602	10056	BRÍGIDA CRUZ	daCruz	Senior Fem	01:15:31.27	00:35:44.48	01:14:59.13	00:35:12.34
5376	2390	8429	JOÃO C S GOMES	Individual	Senior	01:15:32.27	00:38:11.55	01:12:15.42	00:34:54.70
5377	603	11352	INDAUÉ BORGES	Individual	Senior Fem	01:15:32.33	00:38:13.10	01:12:15.21	00:34:55.98
5378	2391	8723	NUNO GIL	Individual	Senior	01:15:32.96	00:38:50.20	01:09:49.34	00:33:06.58
5379	604	8724	MARGARIDA CLARO	Individual	Senior Fem	01:15:33.24	00:38:50.40	01:09:49.03	00:33:06.19
5380	605	10050	SANDRA CRISTINA S. PEREIRA BERNARDO	Individual	Senior Fem	01:15:34.01	00:34:40.64	01:13:00.33	00:32:06.96
5381	2392	15094	FILIPE CARDOSO	EDP	Senior	01:15:34.03	00:41:18.23	01:11:48.71	00:37:32.91
5382	2393	12050	DUARTE MANUEL LEITÃO DA SILVA	A.D.C. Veirense	Senior	01:15:34.76	00:38:44.50	01:10:46.35	00:33:56.09
5383	2394	12029	LUIS MIGUEL HENRIQUES MORAIS CARVALHO	Individual	Senior	01:15:34.93	00:37:01.83	01:14:35.84	00:36:02.74
5384	327	10882	EUSÉBIO EUSÉBIO	Individual, --	Veterano III	01:15:35.67	00:37:48.35	01:11:12.40	00:33:25.08
5385	86	8633	MARIA GUADALUPE PALMA PEREIRA	Os Tolos	Veterana Fem II	01:15:35.99	00:37:03.72	01:15:14.14	00:36:41.87
5386	606	13835	MARGARIDA SIMÕES	Individual	Senior Fem	01:15:37.14	00:38:23.22	01:11:20.51	00:34:06.59
5387	66	10950	FÁTIMA CAVALIEIRO	Convocado colaborador SLB	Veterana Fem III	01:15:37.25	00:38:43.77	01:12:01.36	00:35:07.88
5388	731	8297	NUNO CIPRIANO	Cavalinhos Runners	Veterano I	01:15:38.45	00:40:25.15	01:10:19.95	00:35:06.65
5389	2395	8560	TIAGO SOUSA	Cavalinhos Runners	Senior	01:15:38.49	00:40:26.59	01:10:19.47	00:35:07.57
5390	67	7665	FATIMA CARRELO	CLAC - Entroncamento	Veterana Fem III	01:15:40.76	00:41:01.48	01:10:58.13	00:36:18.85
5391	133	10253	HELENA FRANCO	Individual	Veterana Fem I	01:15:42.93	00:39:47.52	01:10:41.97	00:34:46.56
5392	2396	12002	GILBERTO FERNANDES	Os Fortes	Senior	01:15:43.22	00:38:58.87	01:12:30.27	00:35:45.92
5393	607	12003	MÁRCIA REGALO FERREIRA	Os Fortes	Senior Fem	01:15:43.92	00:38:58.98	01:12:30.96	00:35:46.02
5394	608	10883	MARGARIDA TEIXEIRA	Individual	Senior Fem	01:15:44.71	00:37:48.67	01:11:19.86	00:33:23.82
5395	251	8887	RUI T. HENRIQUES	ADRC Mata de Benfica	Veterano V	01:15:47.03	00:39:21.77	01:11:35.55	00:35:10.29
5396	252	13364	ABILIO MARQUES	COVERSTEEL RUN TEAM	Veterano V	01:15:49.16	00:39:14.79	01:11:36.45	00:35:02.08
5397	2397	11976	MIGUEL JOÃO CHAVIGAS D' OLIVEIRA	A.D.C. Veirense	Senior	01:15:49.19	00:38:44.92	01:11:00.14	00:33:55.87
5398	2398	9892	DANIEL FILIPE REDONDO	Individual	Senior	01:15:49.57	00:41:43.30	01:11:35.93	00:37:29.66
5399	2399	9889	JOÃO MANUEL PIRES	Individual	Senior	01:15:49.71	00:41:43.68	01:11:35.45	00:37:29.42
5400	2400	13676	JOÃO CARLOS DE ALMEIDA FIGUEIREDO	EUROPCAR	Senior	01:15:50.54	00:39:46.06	01:11:09.30	00:35:04.82

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
5401	732	13356	ALEXANDRE ALMEIDA	COVERSTEEL RUN TEAM	Veterano I	01:15:51.67	00:39:14.72	01:11:39.17	00:35:02.22
5402	609	8241	SARA MIRANDA	Individual	Senior Fem	01:15:55.39	00:38:40.36	01:12:40.28	00:35:25.25
5403	2401	9179	JOÃO ALVES	Clube ANACOM	Senior	01:15:55.56	00:41:17.67	01:12:11.77	00:37:33.88
5404	2402	8242	BRUNO BRAZAO	Individual	Senior	01:15:55.85	00:38:41.57	01:12:41.12	00:35:26.84
5405	610	15093	SANDRA FERREIRA	EDP	Senior Fem	01:15:57.40	00:41:17.49	01:12:13.75	00:37:33.84
5406	328	8637	JACINTO GODINHO	Godinho	Veterano III	01:15:57.89	00:40:34.53	01:11:22.95	00:35:59.59
5407	611	9940	JOANA CARDOSO	RunningTotos	Senior Fem	01:15:58.86	00:46:36.32	00:57:26.75	00:28:04.21
5408	253	11313	MANUEL FILIPE DE JESUS GOMES	Individual	Veterano V	01:16:00.17	00:38:20.44	01:12:19.52	00:34:39.79
5409	87	12258	FERNANDA ALMEIDA	REPSOL PORTUGUESA	Veterana Fem II	01:16:00.88	00:38:43.36	01:11:53.44	00:34:35.92
5410	612	12277	LÚCIA CAVALEIRO	Individual	Senior Fem	01:16:05.99	00:38:55.65	01:13:11.74	00:36:01.40
5411	134	15275	SANDRA TRAVASSOS	JORNAL A BOLA	Veterana Fem I	01:16:07.17	00:38:36.07	01:11:57.47	00:34:26.37
5412	613	8781	JOANA NASCIMENTO	Individual	Senior Fem	01:16:07.75	00:38:33.41	01:12:19.19	00:34:44.85
5413	254	8473	LUIS REIS	GD INE	Veterano V	01:16:14.55	00:40:22.59	01:11:42.21	00:35:50.25
5414	464	8474	JOÃO ALVES	GD INE	Veterano II	01:16:15.02	00:40:22.47	01:11:42.65	00:35:50.10
5415	733	8472	FRANCISCO CALDEIRA	GD INE	Veterano I	01:16:15.27	00:40:23.76	01:11:42.52	00:35:51.01
5416	465	8475	BART SCHOEN	GD INE	Veterano II	01:16:15.57	00:40:22.04	01:11:43.22	00:35:49.69
5417	614	11250	RITA BALTAZAR	Pernalongas, --	Senior Fem	01:16:15.62	00:38:07.23	01:12:27.92	00:34:19.53
5418	615	7612	SOFIA ANSELMO DE CARVALHO	Individual	Senior Fem	01:16:15.77	00:39:28.93	01:11:54.57	00:35:07.73
5419	2403	11439	NUNO MANUEL SILVA CONSTÂNCIO	Individual	Senior	01:16:16.08	00:38:07.75	01:12:28.32	00:34:19.99
5420	2404	7478	ANDRE FONSECA	Cavalinhos Runners	Senior	01:16:16.85	00:40:16.11	01:11:01.85	00:35:01.11
5421	616	9912	LUISA ALVES	Odebrecht Portugal	Senior Fem	01:16:17.34	00:39:05.06	01:13:32.25	00:36:19.97
5422	135	12687	CATARINA SOFIA SARAIVA	Individual	Veterana Fem I	01:16:18.48	00:38:49.41	01:11:42.34	00:34:13.27
5423	617	13431	MÓNICA CASTILHO	Individual	Senior Fem	01:16:19.06	00:38:07.97	01:14:32.03	00:36:20.94
5424	88	8638	CRISTINA FRIAÇAS	Individual	Veterana Fem II	01:16:20.36	00:39:04.22	01:14:09.14	00:36:53.00
5425	734	9415	ALFREDO NETO	CCRD Burinhosa	Veterano I	01:16:20.84	00:39:09.49	01:14:33.18	00:37:21.83
5426	2405	8219	RUI ROMBA	Individual	Senior	01:16:21.60	00:39:11.95	01:11:16.28	00:34:06.63
5427	2406	15227	BRUNO MARTINS	GRUPO PROSEGUR	Senior	01:16:23.64	00:34:08.77	01:15:30.68	00:33:15.81
5428	2407	8229	HUGO ALEXANDRE GOMES TENDER	Individual	Senior	01:16:26.95	00:37:35.39	01:13:55.27	00:35:03.71
5429	466	7367	ANÍBAL TOMÉ	Individual	Veterano II	01:16:27.27	00:39:22.48	01:13:44.86	00:36:40.07
5430	89	8821	OTILIA MARIA ROCHA DE MATOS	Individual	Veterana Fem II	01:16:28.03	00:40:41.28	01:11:35.91	00:35:49.16
5431	68	7795	SARA HENRIQUES	Individual	Veterana Fem III	01:16:28.50	00:34:42.64	01:16:23.25	00:34:37.39
5432	735	8300	CARLOS GODINHO	Individual	Veterano I	01:16:29.92	00:38:45.34	01:12:59.00	00:35:14.42
5433	2408	8370	FERNANDO QUELHAS	RTI	Senior	01:16:31.43	00:31:52.56	01:12:36.33	00:27:57.46
5434	618	11167	FILIPA MATOS	Matos, --	Senior Fem	01:16:33.05	00:40:02.33	01:10:59.03	00:34:28.31
5435	236	7292	MARIO PIRES	Individual	Veterano IV	01:16:34.50	00:38:26.61	01:12:39.66	00:34:31.77
5436	619	11563	RITA PEREIRA	Individual	Senior Fem	01:16:36.03	00:37:32.53	01:13:34.65	00:34:31.15
5437	255	7721	SAMUEL GONÇALVES JOAQUIM	Individual	Veterano V	01:16:40.08	00:36:32.77	01:14:51.99	00:34:44.68
5438	620	15236	RITA CARINA LOPES BORBINHA	CML - Depto. Desporto	Senior Fem	01:16:42.84	00:38:30.27	01:13:11.94	00:34:59.37
5439	2409	11568	PEDRO COELHO DOS SANTOS PICO	Individual	Senior	01:16:43.16	00:37:49.41	01:12:07.32	00:33:13.57
5440	2410	15152	SERGIO CABRITA	Individual	Senior	01:16:43.55	00:38:05.26	01:14:38.39	00:36:00.10
5441	621	14893	NANCY CASWELL	Convidado colaborador SLB	Senior Fem	01:16:46.30	00:37:43.13	01:13:05.22	00:34:02.05
5442	622	7274	MÁRCIA SOUSA	Cavalinhos Runners	Senior Fem	01:16:46.68	00:40:40.44	01:11:16.90	00:35:10.66
5443	623	7852	MARGARIDA SILVA	Cavalinhos Runners	Senior Fem	01:16:46.69	00:40:39.78	01:11:17.45	00:35:10.54
5444	136	11521	ISABEL CALDEIRA	Individual	Veterana Fem I	01:16:49.24	00:41:31.83	01:12:15.77	00:36:58.36
5445	624	11316	CRISTINA MARIA CARREIRA VICENTE	Beleles	Senior Fem	01:16:50.53	00:39:44.50	01:13:43.19	00:36:37.16
5446	2411	11317	JOÃO RICARDO GONÇALVES GOMES DA SILVA	Beleles	Senior	01:16:50.60	00:39:43.84	01:13:43.53	00:36:36.77
5447	625	11018	MARLENE MARQUES	Individual	Senior Fem	01:16:51.22	00:36:59.77	01:16:46.89	00:36:55.44
5448	626	11017	SANDRA ONOFRE	Individual	Senior Fem	01:16:51.43	00:37:00.56	01:16:48.80	00:36:57.93
5449	627	12155	JOANNA PARAIZO	Individual	Senior Fem	01:16:52.91	00:37:52.76	01:14:16.03	00:35:15.88
5450	628	8654	CAROLINA MANUEL	Caldeiras	Senior Fem	01:16:59.54	00:39:12.84	01:11:23.32	00:33:36.62

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
5451	629	10229	ANA RITA CABRITA GONÇALVES	Individual	Senior Fem	01:17:00.49	00:39:33.83	01:11:53.30	00:34:26.64
5452	2412	15024	RICARDO SILVA	CENTRAUTO	Senior	01:17:00.79	00:37:46.27	01:13:54.30	00:34:39.78
5453	256	7561	VITOR MANUEL SANTOS DOMINGS	Individual	Veterano V	01:17:01.65	00:39:44.19	01:13:39.14	00:36:21.68
5454	467	13187	JOÃO RAMOS	Individual	Veterano II	01:17:04.45	00:38:40.32	01:13:29.41	00:35:05.28
5455	630	9117	SANDRA CRISTINA MAGALHÃES DAS NEVES	Cofriends	Senior Fem	01:17:05.64	00:40:03.34	01:11:48.00	00:34:45.70
5456	48	7259	DIOGO SERRANO	Individual	Outra Cat	01:17:05.91	00:42:27.70	01:13:13.93	00:38:35.72
5457	631	8130	BÁRBARA ESTANISLAU	Individual	Senior Fem	01:17:07.04	00:38:45.01	01:12:37.10	00:34:15.07
5458	632	12060	LEONOR NUNES GONÇALVES	Individual	Senior Fem	01:17:07.74	00:36:37.32	01:16:25.97	00:35:55.55
5459	2413	9748	HUGO OLIVEIRA	Ares do Pinhal	Senior	01:17:08.38	00:39:59.72	01:12:06.33	00:34:57.67
5460	69	10729	REGINA ROSA	Individual	Veterana Fem III	01:17:08.68	00:38:40.63	01:13:06.86	00:34:38.81
5461	52	11321	BRUNO SILVA	Individual	Junior	01:17:08.94	00:33:23.72	01:16:04.35	00:32:19.13
5462	2414	9444	ALEXANDRE TEIXEIRA	Metralhas	Senior	01:17:12.09	00:39:21.43	01:11:46.27	00:33:55.61
5463	633	12272	ANA RITA FREIXIEIRO	Convidado colaborador SLB	Senior Fem	01:17:14.96	00:41:43.05	01:09:46.66	00:34:14.75
5464	137	8753	ANA CATARINA PEREIRA	Viscondes da Ribeirada	Veterana Fem I	01:17:18.87	00:40:03.22	01:13:42.79	00:36:27.14
5465	90	10469	ELSA MENDES RIBEIRO	Individual	Veterana Fem II	01:17:28.50	00:36:12.37	01:17:06.48	00:35:50.35
5466	634	7565	MARISA CRISTINA CALDEIRA DAMAS COMPRIDO	FM	Senior Fem	01:17:32.43	00:40:49.31	01:11:49.63	00:35:06.51
5467	468	11644	NELSON RODA INÁCIO	Individual	Veterano II	01:17:36.25	00:39:52.83	01:13:58.82	00:36:15.40
5468	2415	9556	PEDRO FIGUEIREDO JUSTINO LOPES VAZ	Senhores da Vigairada	Senior	01:17:37.26	00:41:10.54	01:13:19.51	00:36:52.79
5469	2416	7426	MARCO DIONISIO	Cavalinhos Runners	Senior	01:17:38.53	00:40:38.31	01:11:58.59	00:34:58.37
5470	635	7427	CATIA MOREIRA	Cavalinhos Runners	Senior Fem	01:17:39.05	00:40:41.31	01:12:09.33	00:35:11.59
5471	736	8706	MARIO PAULO RITO	Individual	Veterano I	01:17:45.96	00:37:46.51	01:14:57.49	00:34:58.04
5472	636	11605	ANA MARTINS	Individual	Senior Fem	01:17:47.33	00:40:19.83	01:14:22.95	00:36:55.45
5473	637	11228	INÊS COELHO	Individual, --	Senior Fem	01:17:47.86	00:40:01.36	01:13:18.28	00:35:31.78
5474	2417	7203	DANIEL MORAIS	Individual	Senior	01:17:51.05	00:37:56.10	01:15:28.19	00:35:33.24
5475	2418	12853	TIAGO OLIVEIRA BARREIROS	Individual	Senior	01:17:57.64	00:40:47.87	01:13:14.28	00:36:04.51
5476	638	9890	ANA CATARINA VILHAIS	Individual	Senior Fem	01:18:00.66	00:41:42.93	01:13:46.18	00:37:28.45
5477	639	13122	VANIA CRISTINA SILVA	GRUPO PROSEGUR	Senior Fem	01:18:02.94	00:39:26.46	01:16:14.37	00:37:37.89
5478	640	9224	RAQUEL ESCOLA	Individual	Senior Fem	01:18:04.25	00:38:41.42	01:14:20.46	00:34:57.63
5479	2419	9007	PEDRO LOPES	Individual	Senior	01:18:08.17	00:37:44.37	01:15:16.15	00:34:52.35
5480	641	9490	FERNANDA GOUVEIA	Individual	Senior Fem	01:18:08.44	00:38:49.33	01:15:16.86	00:35:57.75
5481	237	12169	VÍTOR GIL CARDEIRA	Individual	Veterano IV	01:18:10.60	00:40:11.61	01:14:39.49	00:36:40.50
5482	642	11983	CRISTINA ISABEL CHAGAS MARVÃO	A.D.C. Veirense	Senior Fem	01:18:10.81	00:40:56.92	01:13:15.18	00:36:01.29
5483	643	7722	RITA ALEXANDRA DOS REIS JOAQUIM	Individual	Senior Fem	01:18:11.39	00:38:19.02	01:16:18.15	00:36:25.78
5484	2420	11982	RUI MIGUEL CORÉ FRANCISCANO	A.D.C. Veirense	Senior	01:18:11.61	00:40:56.49	01:13:15.98	00:36:00.86
5485	644	12733	SANDRA MOREIRA	Individual	Senior Fem	01:18:15.23	00:40:17.58	01:12:43.79	00:34:46.14
5486	737	7920	MIGUEL FRAGA	GDCTIN Casa da Moeda	Veterano I	01:18:17.39	00:38:17.26	01:16:01.42	00:36:01.29
5487	2421	12411	TIAGO ALBERTO RICARDO	Convidado colaborador SLB	Senior	01:18:19.96	00:36:43.97	01:12:46.03	00:31:10.04
5488	2422	11643	PAULO FIGUEIREDO	Individual	Senior	01:18:20.00	00:39:26.42	01:13:32.52	00:34:38.94
5489	645	12498	ANA MATOS	Sempre nos 5 primeiros	Senior Fem	01:18:20.24	00:40:24.26	01:13:32.42	00:35:36.44
5490	646	12499	CARLA TRINDADE	Sempre nos 5 primeiros	Senior Fem	01:18:20.47	00:40:25.28	01:13:32.60	00:35:37.41
5491	2423	12501	ANDRE ROSINHA	Sempre nos 5 primeiros	Senior	01:18:20.61	00:39:55.92	01:13:33.31	00:35:08.62
5492	49	9928	RICARDO ALEXANDRE DOMINGOS COSTA	Jobrinde - Montes Saloios	Outra Cat	01:18:21.36	00:38:03.68	01:14:57.47	00:34:39.79
5493	647	10472	SARA CRISTINA FRANCISCO	Individual	Senior Fem	01:18:25.08	00:41:19.24	01:15:01.14	00:37:55.30
5494	70	9597	SAMEIRO NUNES	SETUBAL_RUN	Veterana Fem III	01:18:26.10	00:48:24.97	01:13:37.15	00:43:36.02
5495	469	9048	JOAQUIM RIBEIRO	Individual	Veterano II	01:18:30.36	00:40:30.87	01:13:28.62	00:35:29.13
5496	91	12710	ANA CRISTINA CABRITA	BARRAQUEIRO TRANSPORTES	Veterana Fem II	01:18:33.94	00:40:06.18	01:14:46.83	00:36:19.07
5497	648	12711	MÁRCIA CABRITA SOBRAL	BARRAQUEIRO TRANSPORTES	Senior Fem	01:18:34.04	00:40:06.07	01:14:46.73	00:36:18.76
5498	649	10065	VALÉRIA MARTINS	Individual	Senior Fem	01:18:35.42	00:38:00.15	01:17:51.16	00:37:15.89
5499	71	7085	JULIETA SANTOS	Tartarugas Solidárias	Veterana Fem III	01:18:36.05	00:40:27.80	01:14:21.86	00:36:13.61
5500	138	11848	DORA MARIA DE SOUSA MONTEIRO	GDC Fidelidade	Veterana Fem I	01:18:36.07	00:40:27.06	01:14:21.58	00:36:12.57

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
5501	650	7820	ANA VARELA	Varela Fernandes	Senior Fem	01:18:38.27	00:41:44.06	01:13:53.10	00:36:58.89
5502	2424	12752	SEBASTIÃO MORO	Individual	Senior	01:18:38.97	00:37:04.64	01:13:55.55	00:32:21.22
5503	72	7941	MARIA CARMO ANJOS	CONDOR	Veterana Fem III	01:18:41.96	00:39:55.38	01:15:06.54	00:36:19.96
5504	651	12414	JOANA MOREIRA	GENIUS	Senior Fem	01:18:44.24	00:40:32.33	01:14:50.83	00:36:38.92
5505	652	12415	FILIPA MOREIRA	GENIUS	Senior Fem	01:18:44.27	00:40:31.25	01:14:49.83	00:36:36.81
5506	470	12210	FERNANDO GOMES	Individual	Veterano II	01:18:47.54	00:39:22.32	01:15:09.50	00:35:44.28
5507	653	9470	ANA FERREIRA	Individual	Senior Fem	01:19:07.55	00:39:41.80	01:15:42.21	00:36:16.46
5508	738	13571	ALEXANDRE FERRONHA	SCORETIME	Veterano I	01:19:08.23	00:40:17.55	01:14:11.46	00:35:20.78
5509	654	13240	ELSA BRUNHETA	Individual	Senior Fem	01:19:12.87	00:39:14.04	01:16:02.18	00:36:03.35
5510	655	12324	ANA NASCIMENTO	Convidado colaborador SLB	Senior Fem	01:19:17.88	00:43:38.36	01:09:12.84	00:33:33.32
5511	238	8109	ARMANDO AUGUSTO CORREIA	Individual	Veterano IV	01:19:20.62	00:38:19.05	01:19:10.77	00:38:09.20
5512	2425	8190	JOAO MIGUEL CABACO	Individual	Senior	01:19:21.24	00:42:16.12	01:15:26.78	00:38:21.66
5513	656	8899	SUSANA ISABEL SALGUEIRO LOURENÇO	Individual	Senior Fem	01:19:31.05	00:39:30.54	01:16:12.40	00:36:11.89
5514	657	11893	MATILDE GUERREIRO	HP TEAM	Senior Fem	01:19:34.51	00:37:44.32	01:17:10.12	00:35:19.93
5515	73	13440	MARTELLE KORST BERTENS	Individual	Veterana Fem III	01:19:34.54	00:38:28.74	01:18:12.56	00:37:06.76
5516	739	11076	PAULO PINTO	Individual	Veterano I	01:19:34.63	00:37:45.15	01:18:54.18	00:37:04.70
5517	658	7597	VANDA COVAS	Individual	Senior Fem	01:19:35.38	00:40:18.05	01:16:12.97	00:36:55.64
5518	2426	13012	HUGO COSTA DE MATOS	HOSPITAL DA LUZ	Senior	01:19:38.29	00:41:13.22	01:14:04.84	00:35:39.77
5519	2427	8885	ANDRÉ MENDONÇA	ADRC Mata de Benfica	Senior	01:19:39.62	00:41:31.04	01:15:26.42	00:37:17.84
5520	659	10668	JOANA SOFIA MARTINS	ADRC Mata de Benfica	Senior Fem	01:19:40.37	00:41:32.12	01:15:27.27	00:37:19.02
5521	740	12655	JOAQUIM MACHADO	Individual	Veterano I	01:19:49.68	00:31:27.08	01:19:12.76	00:30:50.16
5522	2428	8941	JOÃO TOMÁS MARTINS	Individual	Senior	01:19:50.40	00:39:24.41	01:14:42.14	00:34:16.15
5523	660	11905	SANDRA SEVERINO	Mantinha & Xarope	Senior Fem	01:19:52.15	00:40:55.00	01:15:52.81	00:36:55.66
5524	741	11906	VITOR CAMPANIÇO	Mantinha & Xarope	Veterano I	01:19:52.31	00:40:55.66	01:15:51.46	00:36:54.81
5525	742	13698	SÉRGIO SIM SIM	EUROPCAR	Veterano I	01:19:54.94	00:42:25.45	01:13:41.60	00:36:12.11
5526	2429	12735	JOÃO DANIEL F. MÂNTUA	AS. ESTUDANTES - PASSATEMPO	Senior	01:19:56.49	00:39:49.91	01:16:57.73	00:36:51.15
5527	661	8428	SUSANA DIAS	Sport	Senior Fem	01:19:57.04	00:40:06.33	01:17:43.88	00:37:53.17
5528	471	8427	ALEXANDRE MIGUEL	Sport	Veterano II	01:19:57.79	00:40:04.56	01:17:44.80	00:37:51.57
5529	743	11240	RUI FERREIRA	BIVAC IBERIA, --	Veterano I	01:19:58.85	00:38:41.87	01:17:23.34	00:36:06.36
5530	472	7260	HUGO SERRANO	Individual	Veterano II	01:19:59.04	00:43:24.78	01:16:07.46	00:39:33.20
5531	74	13286	ALICE MALATO	Individual	Veterana Fem III	01:20:00.25	00:39:35.73	01:17:10.37	00:36:45.85
5532	473	7258	NUNO SERRANO	Individual	Veterano II	01:20:00.81	00:43:25.76	01:16:08.12	00:39:33.07
5533	2430	11485	PEDRO MIGUEL SANTOS VARANDAS	COLABORADOR SLB	Senior	01:20:07.11	00:40:04.11	01:14:32.99	00:34:29.99
5534	2431	9875	GONÇALO OLIVEIRA	Individual	Senior	01:20:08.01	00:39:54.62	01:17:14.20	00:37:00.81
5535	662	15070	LILIANA TELO	EDP	Senior Fem	01:20:08.78	00:39:42.43	01:17:20.75	00:36:54.40
5536	663	10235	MÓNICA FIGUEIREDO	Correr Lisboa	Senior Fem	01:20:13.83	00:41:02.06	01:16:30.66	00:37:18.89
5537	2432	13411	ALEXANDRE PEREIRA	Tobias fans	Senior	01:20:14.51	00:43:06.78	01:16:57.15	00:39:49.42
5538	139	8168	CÂNDIDA ESTEVES	CCD Crédito Agrícola Mútuo	Veterana Fem I	01:20:14.60	00:41:27.63	01:15:16.21	00:36:29.24
5539	92	11565	CRISTINA M VILHENA DIAS	Funny Girls	Veterana Fem II	01:20:14.81	00:40:36.75	01:16:31.44	00:36:53.38
5540	2433	11849	GUIDO COSTA	GDC Fidelidade	Senior	01:20:23.95	00:40:25.40	01:16:50.26	00:36:51.71
5541	75	9902	VERA SILVA	Odebrecht Portugal b	Veterana Fem III	01:20:27.91	00:38:22.16	01:19:48.37	00:37:42.62
5542	257	9504	JOAQUIM LIMA	NúcleOeiras	Veterano V	01:20:31.86	00:38:27.47	01:19:38.88	00:37:34.49
5543	76	11661	ANA SÃO BENTO	Jobrinde - Montes Saloios	Veterana Fem III	01:20:34.78	00:40:19.82	01:18:36.69	00:38:21.73
5544	258	7587	ANTÓNIO PAIXÃO	CLAC - Entroncamento	Veterano V	01:20:41.23	00:44:55.45	01:15:58.73	00:40:12.95
5545	2434	12850	VÍTOR VERÍSSIMO	Individual	Senior	01:20:42.22	00:44:59.92	01:14:01.44	00:38:19.14
5546	2435	11324	MARCO CRUZ	Clube Atletismo Amigos deBelém	Senior	01:20:51.54	00:40:30.13	01:17:32.18	00:37:10.77
5547	664	11101	CATARINA MORAIS	Individual	Senior Fem	01:20:53.67	00:42:06.14	01:15:20.62	00:36:33.09
5548	50	8266	DAVID MIGUEL HENRIQUES NEVES	Individual	Outra Cat	01:20:58.16	00:38:36.19	01:20:11.61	00:37:49.64
5549	239	8265	ANTÓNIO OLIVEIRA NEVES	Individual	Veterano IV	01:20:58.38	00:38:37.74	01:20:12.36	00:37:51.72
5550	665	13663	ANA SOFIA ALVES	Individual	Senior Fem	01:21:00.50	00:42:27.70	01:16:55.50	00:38:22.70

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
5551	2436	11202	JOÃO LOPES	Os Lopes, --	Senior	01:21:09.75	00:37:47.16	01:20:01.56	00:36:38.97
5552	140	8415	MÓNICA TRUNINGER SOUSA	CLUBE COLABORADORES AXA	Veterana Fem I	01:21:12.11	00:40:59.89	01:17:12.10	00:36:59.88
5553	2437	8628	NUNO BATISTA	Individual	Senior	01:21:12.45	00:40:29.97	01:17:53.11	00:37:10.63
5554	141	15322	CLAUDIA MARIA RICARDO	EDP	Veterana Fem I	01:21:13.57	00:39:16.90	01:19:47.63	00:37:50.96
5555	666	11203	SOFIA LOPES	Os Lopes, --	Senior Fem	01:21:16.70	00:37:47.42	01:20:08.97	00:36:39.69
5556	667	9707	ANA BRAS	LH Ginásio - C.C.Amora	Senior Fem	01:21:17.57	00:41:15.30	01:17:05.98	00:37:03.71
5557	53	13314	MÁRIO JOÃO PARDAL DE ALMEIDA COSTA	Individual	Junior	01:21:19.10	00:37:34.58	01:20:13.18	00:36:28.66
5558	668	13313	ANA FILIPA DA SILVA PARDAL F. CONTENTE	Individual	Senior Fem	01:21:19.24	00:37:35.02	01:20:12.10	00:36:27.88
5559	2438	7620	MIGUEL JACINTO	Cavalinhos Runners	Senior	01:21:29.40	00:42:37.34	01:16:00.90	00:37:08.84
5560	669	7621	CHEILA MELO	Cavalinhos Runners	Senior Fem	01:21:29.69	00:42:37.67	01:15:59.97	00:37:07.95
5561	670	15041	WEZA SILVA	Individual	Senior Fem	01:21:30.72	00:39:34.31	01:17:23.71	00:35:27.30
5562	744	11919	MARCELO VERISSIMO	CGD	Veterano I	01:21:44.65	00:38:46.70	01:19:32.98	00:36:35.03
5563	474	11490	JOSÉ DUARTE RIBEIRO	Convitado colaborador SLB	Veterano II	01:21:44.99	00:47:05.72	01:15:39.43	00:41:00.16
5564	2439	12637	PEDRO JORGE FERREIRA SIMONA	COLABORADOR SLB	Senior	01:21:45.33	00:47:06.06	01:15:40.30	00:41:01.03
5565	671	15321	NATACHA AREDE	EDP	Senior Fem	01:21:54.18	00:39:16.80	01:21:54.18	00:39:16.80
5566	2440	9631	ABEL RIBEIRO	Individual	Senior	01:21:56.02	00:36:52.55	01:20:29.84	00:35:26.37
5567	672	10796	VERÓNICA GÓMEZ	Individual	Senior Fem	01:21:58.71	00:43:06.36	01:16:24.94	00:37:32.59
5568	673	12884	NEIDE SOFIA PEDRO	HOSPITAL DA LUZ	Senior Fem	01:22:00.44	00:41:30.20	01:16:32.61	00:36:02.37
5569	259	7958	JOÃO CRUZ MONTEIRO	Individual	Veterano V	01:22:06.72	00:43:20.24	01:18:38.35	00:39:51.87
5570	475	7716	LUIS DE MATOS	GDCTIN Casa da Moeda	Veterano II	01:22:20.44	00:38:17.01	01:22:20.44	00:38:17.01
5571	674	9424	CRISTINA REIS	Individual	Senior Fem	01:22:21.03	00:41:58.34	01:19:00.74	00:38:38.05
5572	329	8534	RAUL BATISTA	Ninho das Águias	Veterano III	01:22:26.72	00:39:27.86	01:20:50.77	00:37:51.91
5573	745	10516	JORGE PIÇARRA	Individual	Veterano I	01:22:27.12	00:39:48.03	01:18:01.42	00:35:22.33
5574	2441	9970	RUI LOPES	Individual	Senior	01:22:36.10	00:40:58.81	01:19:06.21	00:37:28.92
5575	476	7042	ANTÓNIO FERNANDES	Individual	Veterano II	01:22:36.49	00:44:13.08	01:18:40.15	00:40:16.74
5576	2442	10006	MARCO VESTIA	SETUBAL_RUN	Senior	01:22:36.79	00:42:44.05	01:17:35.78	00:37:43.04
5577	2443	7566	FRANCISCO MIGUEL F. THEIAS BARBOSA	FM	Senior	01:22:40.56	00:40:47.99	01:16:57.26	00:35:04.69
5578	746	12628	JOSÉ CARDOSO	Individual	Veterano I	01:22:51.92	00:41:27.48	01:19:47.36	00:38:22.92
5579	675	10395	ANA RITA DAMAS SANTOS	Individual	Senior Fem	01:22:52.42	00:43:13.19	01:17:56.33	00:38:17.10
5580	2444	10396	SERGIO FONSECA	Individual	Senior	01:22:52.75	00:43:12.91	01:17:57.29	00:38:17.45
5581	747	15294	NUNO BRITO	LEASEPLAN	Veterano I	01:22:58.58	00:50:45.22	01:04:47.09	00:32:33.73
5582	676	7088	SARA DE SOUSA	Tartarugas Solidárias	Senior Fem	01:23:05.77	00:40:38.90	01:22:49.97	00:40:23.10
5583	2445	13620	IVO DIAS	Casa do Benfica de Faro	Senior	01:23:09.17	00:41:53.91	01:18:40.43	00:37:25.17
5584	677	13619	ANDREIA FRANCISCO	Casa do Benfica de Faro	Senior Fem	01:23:10.07	00:41:54.03	01:18:41.12	00:37:25.08
5585	240	12667	EDGAR S. MARTINS	CLUBE VITALIS	Veterano IV	01:23:13.06	00:45:19.18	01:19:24.47	00:41:30.59
5586	678	13701	ANA ISABEL MOREIRA	EUROPCAR	Senior Fem	01:23:16.73	00:41:12.20	01:22:32.35	00:40:27.82
5587	2446	8409	PEDRO ALEXANDRE RIBEIRO	Individual	Senior	01:23:24.04	00:40:20.22	01:17:41.32	00:34:37.50
5588	679	13004	VANESSA PRÓSPERO	HOSPITAL DA LUZ	Senior Fem	01:23:24.16	00:41:30.42	01:17:56.69	00:36:02.95
5589	2447	15340	RUI BERNARDO	EDP	Senior	01:23:26.36	00:51:58.29	01:18:03.19	00:46:35.12
5590	93	11136	ROSA MOREIRA	MOREIRA	Veterana Fem II	01:23:26.51	00:41:46.41	01:18:54.68	00:37:14.58
5591	2448	7466	SERGIO VITORINO	Individual	Senior	01:23:27.57	00:41:54.53	01:21:54.26	00:40:21.22
5592	2449	15341	NUNO MARQUES	EDP	Senior	01:23:27.86	00:51:57.90	01:18:05.38	00:46:35.42
5593	2450	8936	NELSON FERREIRA	Individual	Senior	01:23:28.68	00:35:52.37	01:18:32.46	00:30:56.15
5594	330	15344	LUIS ALBERTO SOARES	EDP	Veterano III	01:23:32.25	00:54:12.67	01:18:09.56	00:48:49.98
5595	680	9116	JOANA RITA GONÇALVES GOMES	Cofriends	Senior Fem	01:23:42.91	00:42:09.03	01:18:25.61	00:36:51.73
5596	681	12860	JÚLIA CRISTINA PEREIRA SALSINHA	Individual	Senior Fem	01:23:51.07	00:39:07.29	01:22:11.94	00:37:28.16
5597	241	9364	JOAO CASTRO	Individual	Veterano IV	01:23:54.37	00:43:59.45	01:18:30.00	00:38:35.08
5598	682	9862	VANDA LIMA	Individual, --	Senior Fem	01:23:58.37	00:38:58.12	01:20:13.25	00:35:13.00
5599	142	13805	PATRICIA GIRÃO	GRUPO ADIDAS	Veterana Fem I	01:23:58.81	00:42:29.96	01:19:45.14	00:38:16.29
5600	477	9886	NUNO FERREIRA	Os Homens do Laço	Veterano II	01:23:59.41	00:42:30.56	01:19:45.79	00:38:16.94

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
5601	94	9557	CARLA JAIME	Individual	Veterana Fem II	01:24:04.36	00:42:44.69	01:19:19.05	00:37:59.38
5602	683	9709	FATIMA BARRETO	Atletas Natos	Senior Fem	01:24:12.46	00:43:21.61	01:21:04.47	00:40:13.62
5603	2451	9708	EDUARDO MADEIRA	Atletas Natos	Senior	01:24:12.59	00:43:21.91	01:21:04.36	00:40:13.68
5604	2452	7151	ANDRE MONTEIRO	Individual	Senior	01:24:15.11	00:41:40.65	01:20:46.28	00:38:11.82
5605	684	8338	CARLA NASCIMENTO	Individual	Senior Fem	01:24:21.32	00:42:09.78	01:23:19.54	00:41:08.00
5606	2453	8605	JORGE DE SOUSA DA SILVA	Individual	Senior	01:24:23.39	00:28:55.95	01:23:06.05	00:27:38.61
5607	2454	11949	BRUNO RODRIGUES PEREIRA	Individual	Senior	01:24:34.42	00:42:03.50	01:21:17.46	00:38:46.54
5608	2455	11950	HUGO MATADO	Individual	Senior	01:24:34.65	00:42:03.48	01:21:17.86	00:38:46.69
5609	685	13393	SARA DE ANDRADE FERNANDES LOPES	Individual	Senior Fem	01:24:51.16	00:39:46.25	01:22:54.33	00:37:49.42
5610	143	12811	RITA PINTO	Individual	Veterana Fem I	01:24:52.96	00:42:06.71	01:23:43.89	00:40:57.64
5611	478	13249	PAULO LOPES	Silva Lopes	Veterano II	01:24:54.48	00:43:34.01	01:21:26.22	00:40:05.75
5612	686	11957	ANA GLÓRIA DAS NEVES PEREIRA	Individual	Senior Fem	01:24:55.02	00:44:44.54	01:22:05.78	00:41:55.30
5613	144	13248	ELSA LOPES	Silva Lopes	Veterana Fem I	01:24:55.55	00:43:34.75	01:21:27.56	00:40:06.76
5614	2456	11956	JOÃO NUNO FERNANDES DE ANDRADE COSTA	Individual	Senior	01:24:57.71	00:44:49.25	01:22:09.19	00:42:00.73
5615	2457	11452	PEDRO ALBUQUERQUE	Os Queridos	Senior	01:25:07.50	00:44:33.20	01:20:20.88	00:39:46.58
5616	2458	11540	INÉS VAZ	Senhores da Vigairada	Senior	01:25:08.21	00:43:06.70	01:20:51.11	00:38:49.60
5617	687	12085	ANA JOÃO	AJ&HF	Senior Fem	01:25:11.95	00:42:24.06	01:19:19.75	00:36:31.86
5618	688	10101	JOANA REBELO	JGRUNNERS	Senior Fem	01:25:13.54	00:43:26.38	01:20:02.67	00:38:15.51
5619	95	9988	MARIA COELHO	Individual	Veterana Fem II	01:25:14.85	00:42:46.34	01:20:29.16	00:38:00.65
5620	331	9987	FERNANDO COELHO	Individual	Veterano III	01:25:20.75	00:42:55.82	01:20:34.52	00:38:09.59
5621	748	11816	BERNARDO MOURA MAIA	GDC Fidelidade	Veterano I	01:25:27.43	00:42:27.62	01:25:04.65	00:42:04.84
5622	242	15071	RUI MANUEL A. RAMOS	EDP	Veterano IV	01:25:27.43	00:42:30.84	01:21:40.56	00:38:43.97
5623	689	9240	JOANA ANDRADE	Individual	Senior Fem	01:25:35.99	00:43:14.39	01:20:08.10	00:37:46.50
5624	332	12587	JOAQUIM FONSECA MARTINS	COFINA RUNNERS	Veterano III	01:25:40.33	00:43:31.98	01:21:32.71	00:39:24.36
5625	2459	10144	JOSE AUGUSTO SILVA	Individual	Senior	01:25:42.56	00:42:52.40	01:20:50.55	00:38:00.39
5626	77	7827	ANA DIONISIO	alverca urban runners	Veterana Fem III	01:25:50.87	00:42:57.56	01:23:10.47	00:40:17.16
5627	260	8456	ALFREDO ALMEIDA	Individual	Veterano V	01:26:00.66	00:44:26.16	01:22:14.24	00:40:39.74
5628	2460	9241	JORGE COELHO	Individual	Senior	01:26:08.30	00:46:19.77	01:20:40.23	00:40:51.70
5629	690	7823	ANA SOFIA DUARTE	Individual	Senior Fem	01:26:11.51	00:45:28.09	01:21:47.31	00:41:03.89
5630	51	12378	NADIA ALEXANDRA CRISTOVÃO VIEIRA	Vieira & Neves	Outra Cat	01:26:46.75	00:44:17.04	01:26:46.75	00:44:17.04
5631	145	13677	AURORA MARIA P. CORREIA	EUROPCAR	Veterana Fem I	01:26:48.76	00:40:21.12	01:26:48.76	00:40:21.12
5632	691	11769	LÚCIA SILVA	Individual	Senior Fem	01:26:48.78	00:44:01.70	01:21:38.08	00:38:51.00
5633	2461	11770	SANDRO PERES	Individual	Senior	01:26:48.98	00:44:01.51	01:21:40.27	00:38:52.80
5634	749	11767	ARTUR CANDEIAS	Individual	Veterano I	01:26:52.45	00:41:12.20	01:22:29.38	00:36:49.13
5635	692	11765	ALEXANDRA DIONÍSIO	Individual	Senior Fem	01:26:52.68	00:41:12.40	01:22:29.51	00:36:49.23
5636	693	9891	ANA CATARINA PIRES	Individual	Senior Fem	01:26:57.09	00:44:02.79	01:22:41.51	00:39:47.21
5637	2462	11844	CARLOS MANUEL ROSÁRIO	GDC Fidelidade	Senior	01:27:18.79	00:44:26.94	01:22:33.67	00:39:41.82
5638	694	12165	ISABEL REIS	ARROW	Senior Fem	01:27:29.57	00:43:04.87	01:27:05.94	00:42:41.24
5639	2463	7692	CLÁUDIO MARTINS	BPIRunners	Senior	01:27:46.36	00:44:50.79	01:23:46.30	00:40:50.73
5640	243	7675	ANTÓNIO MANUEL SANCHES	BPIRunners	Veterano IV	01:27:46.49	00:44:50.08	01:23:46.78	00:40:50.37
5641	695	10320	MARIA FATIMA COELHO GONCALVES FERREIRA	Individual	Senior Fem	01:27:56.85	00:43:41.67	01:23:58.64	00:39:43.46
5642	696	10360	MARISA ALEXANDRA SILVA NUNES	Individual	Senior Fem	01:27:57.10	00:43:40.25	01:23:59.66	00:39:42.81
5643	697	15124	CLAUDIA LOBO	ASSOCIAÇÃO O COMPANHEIRO	Senior Fem	01:28:01.66	00:41:20.94	01:26:03.71	00:39:22.99
5644	261	7939	JOSE GASPAR ARRUDA	CONDOR	Veterano V	01:28:11.33	00:46:07.83	01:24:08.03	00:42:04.53
5645	78	7940	FOCK YIOT WAN CHIU	CONDOR	Veterana Fem III	01:28:12.35	00:46:09.17	01:24:09.37	00:42:06.19
5646	2464	7938	PAULO DOMINGUES	Individual	Senior	01:28:16.97	00:44:18.18	01:24:52.10	00:40:53.31
5647	698	9832	ANA ISABEL DOS SANTOS ANTUNES	Individual	Senior Fem	01:28:17.41	00:45:01.18	01:23:55.22	00:40:38.99
5648	2465	9446	RICARDO CRUZ	Metralhas	Senior	01:28:29.39	00:44:46.39	01:23:06.45	00:39:23.45
5649	262	10573	DOMINGOS PINHEIRO	Individual	Veterano V	01:28:34.62	00:48:56.20	01:23:05.13	00:43:26.71
5650	79	8945	LAURINDA SILVA	Individual	Veterana Fem III	01:28:34.73	00:50:47.67	01:23:06.58	00:45:19.52

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
5651	750	11985	PAULO SILVA	Individual	Veterano I	01:28:39.18	00:44:38.61	01:23:00.41	00:38:59.84
5652	244	7953	JORGE CHAMBEL FONSECA	Individual	Veterano IV	01:28:45.11	00:45:50.10	01:23:56.33	00:41:01.32
5653	699	10566	EDUARDA PAULO	Individual	Senior Fem	01:28:46.86	00:45:29.72	01:23:36.31	00:40:19.17
5654	700	13366	VANESSA GUEDES DIAS	VG	Senior Fem	01:28:57.09	00:41:20.26	01:24:13.21	00:36:36.38
5655	2466	13367	GONALO NUNO ESTEVES FERREIRA	VG	Senior	01:28:57.23	00:41:19.83	01:24:12.52	00:36:35.12
5656	701	12377	ANA CATARINA DE JESUS VIEIRA	Vieira & Neves	Senior Fem	01:28:58.82	00:42:35.67	01:27:35.43	00:41:12.28
5657	702	11007	MARISA ALEXANDRA DOS SANTOS ROCHA	Individual	Senior Fem	01:29:13.32	00:40:18.30	01:27:39.98	00:38:44.96
5658	703	11008	ELSA MARIA ALVES GARCIA	Individual	Senior Fem	01:29:13.94	00:40:17.36	01:27:41.17	00:38:44.59
5659	704	10862	ANA CAMPOS	AISSE TEAM	Senior Fem	01:29:45.07	00:47:45.65	01:26:37.18	00:44:37.76
5660	705	13412	CATARINA PEREIRA	Tobias fans	Senior Fem	01:29:47.80	00:44:54.11	01:26:30.74	00:41:37.05
5661	706	8604	CATARINA CNDIDA DE OLIVEIRA JOSE	Individual	Senior Fem	01:29:51.39	00:42:19.68	01:28:35.08	00:41:03.37
5662	2467	10860	DIOGO MARQUES	AISSE TEAM	Senior	01:29:51.75	00:47:43.20	01:26:43.86	00:44:35.31
5663	2468	10859	PEDRO BRS	AISSE TEAM	Senior	01:29:51.98	00:47:43.65	01:26:45.88	00:44:37.55
5664	707	12305	SANDRA SOFIA FRANCISCO LOPES	COLABORADOR SLB	Senior Fem	01:29:59.64	00:55:31.40	01:24:15.34	00:49:47.10
5665	708	12308	MARISA ALEXANDRA FRANCISCO LOPES	Convidado colaborador SLB	Senior Fem	01:30:00.12	00:55:32.01	01:24:15.69	00:49:47.58
5666	2469	12306	LUIS MIGUEL FERREIRA MONTEIRO	Convidado colaborador SLB	Senior	01:30:00.16	00:43:57.01	01:24:26.75	00:38:23.60
5667	2470	13151	MARCO ERNESTO	GRUPO PROSEGUR	Senior	01:30:01.55	00:41:45.69	01:20:31.67	00:32:15.81
5668	709	10597	CARLOTA SILVA	Individual	Senior Fem	01:30:09.89	00:44:35.24	01:25:16.78	00:39:42.13
5669	80	11855	MARIA DA CONCEIO ALVES	GDC Fidelidade	Veterana Fem III	01:30:10.48	00:45:19.68	01:27:19.42	00:42:28.62
5670	479	11087	ANTONIO NABAIS	Individual	Veterano II	01:30:19.18	00:46:15.57	01:25:06.49	00:41:02.88
5671	146	13123	MARIA JOO SANTOS	GRUPO PROSEGUR	Veterana Fem I	01:32:00.02	00:43:30.37	01:30:11.10	00:41:41.45
5672	710	12158	SANDRA REBELO	ARROW	Senior Fem	01:32:37.38	00:43:24.96	01:32:14.77	00:43:02.35
5673	2471	15376	PEDRO MARTINS	TECQQANTUM	Senior	01:32:47.06	00:48:05.94	01:28:37.72	00:43:56.60
5674	711	15378	SARA JOO	TECQQANTUM	Senior Fem	01:32:47.66	00:48:06.15	01:28:38.25	00:43:56.74
5675	81	15374	HELENA COELHO	TECQQANTUM	Veterana Fem III	01:32:48.34	00:48:05.56	01:28:39.35	00:43:56.57
5676	2472	7964	PEDRO SANTOS	Team Boda	Senior	01:32:56.79	00:47:37.22	01:26:39.24	00:41:19.67
5677	2473	7963	BRUNO SILVA	Team Boda	Senior	01:32:56.99	00:47:36.16	01:26:39.27	00:41:18.44
5678	480	13360	CARLOS MACRIO	COVERSTEEL RUN TEAM	Veterano II	01:33:26.70	00:45:48.14	01:29:09.79	00:41:31.23
5679	82	11629	LUCINDA LOPES HENRIQUES	Individual	Veterana Fem III	01:33:38.62	00:42:32.60	01:31:52.04	00:40:46.02
5680	52	10265	INS RAPOSO	FoxsOnTour	Outra Cat	01:33:38.77	00:48:54.07	01:28:56.00	00:44:11.30
5681	751	10266	RUI RAPOSO	FoxsOnTour	Veterano I	01:33:39.04	00:48:52.17	01:28:57.05	00:44:10.18
5682	263	9563	ALFREDO DUARTE	Individual	Veterano V	01:34:10.05	00:48:35.46	01:28:41.19	00:43:06.60
5683	752	9562	FILIPE VICENTE	Individual	Veterano I	01:34:10.18	00:48:34.53	01:28:40.11	00:43:04.46
5684	712	13193	SOFIA SO PEDRO	PUPILOS DO EXRCITO	Senior Fem	01:34:27.83	00:48:28.02	01:30:08.95	00:44:09.14
5685	713	13195	ANA FILIPA SOUSA	PUPILOS DO EXRCITO	Senior Fem	01:34:28.66	00:48:25.93	01:30:09.11	00:44:06.38
5686	753	11412	NUNO SEQUEIRA	Individual	Veterano I	01:34:28.73	00:48:39.77	01:25:56.24	00:40:07.28
5687	2474	9434	NUNO MIGUEL DA COSTA AMARAL	Individual	Senior	01:34:29.80	00:48:42.12	01:33:29.52	00:47:41.84
5688	754	9672	PEDRO RODRIGUES	Individual	Veterano I	01:34:37.74	00:48:43.29	01:32:01.41	00:46:06.96
5689	481	7688	RUI ANACLETO	BPIRunners	Veterano II	01:35:02.29	00:47:23.69	01:31:05.22	00:43:26.62
5690	2475	7690	NUNO GONALO SILVA	BPIRunners	Senior	01:35:02.33	00:47:23.20	01:31:05.33	00:43:26.20
5691	755	7691	RICARDO MARTINS	BPIRunners	Veterano I	01:35:04.90	00:44:51.59	01:31:05.71	00:40:52.40
5692	147	10258	ANA CRISTINA RAMOS	Individual	Veterana Fem I	01:35:23.48	00:48:12.20	01:30:51.86	00:43:40.58
5693	2476	11086	ADERITO NABAIS	Individual	Senior	01:35:33.84	00:47:20.81	01:30:19.66	00:42:06.63
5694	83	8535	MANUELA CRUZ	Individual	Veterana Fem III	01:35:39.60	00:49:48.26	01:31:32.48	00:45:41.14
5695	756	8536	PAULO FERNANDES	Individual	Veterano I	01:35:40.61	00:49:49.15	01:31:33.27	00:45:41.81
5696	757	13655	FRANCISCO VAZ PACHECO DE CASTRO	EUROPCAR	Veterano I	01:35:50.10	00:44:54.88	01:33:24.82	00:42:29.60
5697	714	9402	SANDRA BASTO	Individual	Senior Fem	01:36:00.91	00:48:03.94	01:31:00.76	00:43:03.79
5698	148	11954	SUSANA VINHA	VODAFONE	Veterana Fem I	01:37:17.57	00:47:54.67	01:34:57.48	00:45:34.58
5699	84	11952	MARIA NATIVIDADE REIS	VODAFONE	Veterana Fem III	01:37:17.72	00:47:55.11	01:34:57.64	00:45:35.03
5700	96	11955	CLAUDIA FIGUEIREDO	VODAFONE	Veterana Fem II	01:37:18.57	00:47:53.78	01:34:57.33	00:45:32.54

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
5701	245	9585	VITOR QUINTAS	Individual	Veterano IV	01:37:19.84	00:57:05.01	01:31:47.15	00:51:32.32
5702	715	11385	JOANA MARIA SILVA SANTA BÁRBARA	COLABORADOR SLB	Senior Fem	01:37:47.20	00:47:27.24	01:32:11.02	00:41:51.06
5703	758	10364	NUNO MIGUEL PEREIRA	Run Pereira Run	Veterano I	01:38:10.08	00:54:48.22	01:34:57.53	00:51:35.67
5704	149	10365	EUGENIA PEREIRA	Run Pereira Run	Veterana Fem I	01:38:13.21	00:54:50.26	01:34:59.83	00:51:36.88
5705	53	10366	JOAO MARIA PEREIRA	Run Pereira Run	Outra Cat	01:38:13.22	00:54:50.79	01:35:00.36	00:51:37.93
5706	716	13085	MARIA INÊS GOMES	HOSPITAL DA LUZ	Senior Fem	01:38:38.87	00:52:24.05	01:33:44.31	00:47:29.49
5707	97	13088	CARLA PEREIRA	HOSPITAL DA LUZ	Veterana Fem II	01:38:38.89	00:52:23.26	01:33:44.77	00:47:29.14
5708	98	13016	ANA MATILDE C. CABRAL	HOSPITAL DA LUZ	Veterana Fem II	01:38:39.35	00:52:25.14	01:33:10.35	00:46:56.14
5709	717	10264	SUSANA RAPOSO	FoxsOnTour	Senior Fem	01:40:23.64	00:52:35.18	01:35:40.62	00:47:52.16
5710	54	7646	RICARDO SOARES	Niagara Odivelas	Outra Cat	01:48:30.98	01:02:26.01	01:44:52.82	00:58:47.85
5711	150	13696	CÉLIA FALCÃO	EUROPCAR	Veterana Fem I	01:48:36.72	00:58:59.97	01:42:13.80	00:52:37.05
5712	482	13697	JOAQUIM FALCÃO	EUROPCAR	Veterano II	01:48:37.01	00:59:05.57	01:42:12.65	00:52:41.21
5713	85	7645	LÍDIA ADERNEIRA	Niagara Odivelas	Veterana Fem III	01:48:44.28	01:02:22.15	01:45:06.33	00:58:44.20
5714	151	8943	SABDRA JACOB	Individual	Veterana Fem I	01:50:50.69	00:57:30.00	01:45:10.42	00:51:49.73
5715	86	8946	CONSTANCA BOM	Individual	Veterana Fem III	01:50:51.68	00:57:28.43	01:45:11.31	00:51:48.06
5716	718	8944	VANDA HENRIQUES	Individual	Senior Fem	01:50:54.25	00:57:29.42	01:45:15.33	00:51:50.50
5717	2477	13694	HUGO ROCHA	EUROPCAR	Senior	01:52:23.65	00:59:02.36	01:46:00.26	00:52:38.97
5718	719	13695	SARA ROMEIRO	EUROPCAR	Senior Fem	01:52:25.02	00:59:01.37	01:46:00.20	00:52:36.55
DSQ	DSQ	13388	MIGUEL AGOAS CATARINO	Individual	Junior	00:50:42.93		00:45:51.21	
DSQ	DSQ	10263	FREDERICO RAPOSO	FoxsOnTour	Junior	01:00:10.91		00:55:26.31	
DSQ	DSQ	13525	LUIS MIGUEL MOURA	Casa Benfica Castelo Branco	Outra Cat	00:43:15.51		00:42:03.52	
DSQ	DSQ	13567	ANDRÉ GRILO	INTOTTUM	Outra Cat	00:44:50.51		00:40:36.12	
DSQ	DSQ	12773	MATEUS NAZARÉ	YKK PORTUGAL	Outra Cat	00:50:17.99		00:46:12.91	
DSQ	DSQ	12769	AFONSO PEREIRA	YKK PORTUGAL	Outra Cat	01:03:00.61		00:47:18.95	
DSQ	DSQ	11600	PEDRO GALVÃO	ACS-AMIGOS CORRIDA SALVATERRA	Senior	00:34:37.14		00:30:21.38	
DSQ	DSQ	11043	BRUNO RAMALHO	Team Octopus	Senior	00:35:32.75		00:33:14.07	
DSQ	DSQ	9412	RÚBEN FERREIRA	CCRD Burinhosa	Senior	00:35:37.54		00:34:58.97	
DSQ	DSQ	9416	DAVID RAIMUNDO	CCRD Burinhosa	Senior	00:35:38.97		00:35:00.93	
DSQ	DSQ	7328	DUARTE MIGUEL	Individual	Senior	00:36:27.31		00:36:18.51	
DSQ	DSQ	11737	JOAO JOAO	Individual, --	Senior	00:36:57.03		00:22:54.25	
DSQ	DSQ	15222	CARLOS RAMALHO	MS LAGARTO	Senior	00:40:46.93		00:35:26.68	
DSQ	DSQ	11730	ARNFRIED CARDOSO ZIEBELL	Individual	Senior	00:41:24.28		00:26:46.25	
DSQ	DSQ	13291	DAVID MORAES	Individual	Senior	00:43:11.40		00:39:09.96	
DSQ	DSQ	15176	LUIS ADELINO PIRES	EDP	Senior	00:49:44.64		00:34:00.55	
DSQ	DSQ	8937	JOAO ALVES	Individual	Senior	00:53:07.61		00:34:46.49	
DSQ	DSQ	10654	PAULO SANTOS	Individual	Senior	00:53:08.61		00:38:36.86	
DSQ	DSQ	11598	LUIS ANDRADE	ACS-AMIGOS CORRIDA SALVATERRA	Senior	00:56:46.56		00:52:24.11	
DSQ	DSQ	10380	JOÃO PEDRO GOMES BERNARDINO	Individual	Senior	01:04:14.12		00:45:38.41	
DSQ	DSQ	10011	MÁRIO JORGE	Individual	Senior	01:04:18.67		00:50:07.41	
DSQ	DSQ	15270	PEDRO CARVALHO	JORNAL A BOLA	Senior	01:05:38.94		00:45:37.54	
DSQ	DSQ	11717	ANDRÉ CHEN	Los Chipis	Senior	01:07:13.25		00:48:29.77	
DSQ	DSQ	13580	JOÃO RUBEN MARQUES E SILVA	Individual	Senior	01:11:17.14		01:11:17.14	
DSQ	DSQ	8101	PEDRO RAMOS	Individual	Senior	01:17:54.03		01:02:39.05	
DSQ	DSQ	8602	DANIEL RODRIGUES	Clube Robbialac	Senior	01:19:08.37		01:04:14.29	
DSQ	DSQ	15111	ELIO COSTA	ASSOCIAÇÃO O COMPANHEIRO	Senior	01:19:18.32		01:01:13.80	
DSQ	DSQ	15106	RICARDO PEREIRA	ASSOCIAÇÃO O COMPANHEIRO	Senior	01:19:18.55		01:01:14.35	
DSQ	DSQ	14851	ANDRÉ MIGUEL P. JORGE	EDP	Senior	01:21:25.25		01:21:25.25	
DSQ	DSQ	7481	JOAQUIM VLADIMIRO SILVA SANTOS	Individual	Senior	01:21:43.84		01:06:37.56	
DSQ	DSQ	12901	JOÃO PALMA	Individual	Senior	01:35:31.66		01:16:22.82	
DSQ	DSQ	9638	NUNO MIGUEL SOUSA REIS	Marateca	Senior	01:39:13.48		01:20:35.73	

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
DSQ	DSQ	9641	JOSÉ ANTÓNIO GONÇALVES BALBURDIA	Marateca	Senior	01:39:37.01		01:21:00.29	
DSQ	DSQ	12928	CARLA SOFIA C. ROSADO	HOSPITAL DA LUZ	Senior Fem	00:39:30.77		00:35:03.34	
DSQ	DSQ	12771	DÉBORA AZEITONA	YKK PORTUGAL	Senior Fem	00:41:26.66		00:39:39.34	
DSQ	DSQ	13105	MARIANA FEIJÓ	Team Família	Senior Fem	00:41:31.72		00:36:52.61	
DSQ	DSQ	11254	VANESSA SANTINHOS	Individual, --	Senior Fem	00:41:34.11		00:37:51.87	
DSQ	DSQ	10029	ANA FILIPA CLEMENTE	Individual	Senior Fem	00:42:45.37		00:38:48.19	
DSQ	DSQ	10843	MADALENA FELÍCIO	Individual	Senior Fem	00:43:37.06		00:39:27.89	
DSQ	DSQ	7482	ZELIA GONÇALVES PEDRO	Individual	Senior Fem	00:44:26.85		00:29:52.20	
DSQ	DSQ	9228	SUSANA MARIA SILVESTRE MARTINIANO	Individual	Senior Fem	00:47:46.29		00:42:53.88	
DSQ	DSQ	10863	MARISA LOURENÇO	Individual	Senior Fem	00:55:54.13		00:50:29.69	
DSQ	DSQ	15144	PATRICIA OLIVEIRA	DAIKIN	Senior Fem	00:56:26.25		00:41:43.56	
DSQ	DSQ	11602	PATRÍCIA SILVA	ACS-AMIGOS CORRIDA SALVATERRA	Senior Fem	00:56:47.18		00:52:24.12	
DSQ	DSQ	9614	MÓNICA PINTO	Individual	Senior Fem	00:56:59.33		00:41:18.62	
DSQ	DSQ	13064	JOANA MARQUES DA COSTA	HOSPITAL DA LUZ	Senior Fem	01:02:43.73		00:58:45.14	
DSQ	DSQ	12927	ANA CAROLINA INÊS	HOSPITAL DA LUZ	Senior Fem	01:03:08.57		00:59:10.38	
DSQ	DSQ	13040	DÉBORA SOARES	HOSPITAL DA LUZ	Senior Fem	01:03:09.00		00:59:09.61	
DSQ	DSQ	12926	ANDREIA BERNARDO	HOSPITAL DA LUZ	Senior Fem	01:03:09.01		00:59:12.02	
DSQ	DSQ	12988	SUSANA AGUIAR	HOSPITAL DA LUZ	Senior Fem	01:03:09.21		00:59:09.74	
DSQ	DSQ	15242	ANA CAROLINA SEQUEIRA	JORNAL A BOLA	Senior Fem	01:05:39.75		00:45:36.66	
DSQ	DSQ	11718	ELENA CERVINO	Los Chipis	Senior Fem	01:07:11.60		00:48:28.85	
DSQ	DSQ	11659	ANA CORINA F. A. GONÇALVES	COLABORADOR SLB	Senior Fem	01:08:46.82		00:52:55.40	
DSQ	DSQ	11660	SUSANA MARIA GONÇALVES ATALAIÁ	Convidado colaborador SLB	Senior Fem	01:08:49.46		00:52:58.04	
DSQ	DSQ	13061	CATARINA ISABEL Q. RAMOS	HOSPITAL DA LUZ	Senior Fem	01:10:26.57		00:54:09.51	
DSQ	DSQ	13051	SARA SALVADO	HOSPITAL DA LUZ	Senior Fem	01:12:55.03		00:56:38.53	
DSQ	DSQ	9716	ALEXANDRA COURELA	Individual	Senior Fem	01:13:15.10		00:54:11.52	
DSQ	DSQ	12892	MARIA FERNANDA TEIXEIRA	HOSPITAL DA LUZ	Senior Fem	01:14:15.99		01:08:30.12	
DSQ	DSQ	12886	ANDREIA SILVA	HOSPITAL DA LUZ	Senior Fem	01:14:16.00		01:08:30.46	
DSQ	DSQ	9904	ANDREIA COSTA	Odebrecht Portugal	Senior Fem	01:16:07.20		00:57:27.63	
DSQ	DSQ	9720	CARLA LOPES	Estarolas	Senior Fem	01:16:43.98		00:59:25.33	
DSQ	DSQ	7608	ANDREIA OLIVEIRA	AC TEAM	Senior Fem	01:18:17.23		01:18:17.23	
DSQ	DSQ	15105	ISABEL LUCAS PATO	ASSOCIAÇÃO O COMPANHEIRO	Senior Fem	01:22:51.71		01:04:45.00	
DSQ	DSQ	7905	JOANA SAMOES	Individual	Senior Fem	01:23:29.00		01:18:17.23	
DSQ	DSQ	13572	CARLA PEDRO	Individual	Senior Fem	01:25:21.57		01:08:37.14	
DSQ	DSQ	13522	EMILIA MARIA MOURA	Casa Benfica Castelo Branco	Senior Fem	01:27:01.26		01:11:39.21	
DSQ	DSQ	7786	PATRÍCIA TRINDADE	Individual	Senior Fem	01:27:17.05		01:09:39.18	
DSQ	DSQ	13587	TERESA S. C. SANTANA	Individual	Senior Fem	01:27:32.20		01:09:22.84	
DSQ	DSQ	9243	CLAUDIA GALITO ALMEIDA	Individual	Senior Fem	01:35:43.85		01:15:43.74	
DSQ	DSQ	9248	INÊS CALADO REIS	Individual	Senior Fem	01:35:52.75		01:15:54.70	
DSQ	DSQ	9256	ANA CRISTINA REIS SANTARÉM	Individual	Senior Fem	01:36:27.38		01:16:25.00	
DSQ	DSQ	9254	MARINA CALADO REIS AGAPITO	Individual	Senior Fem	01:36:35.96		01:16:34.42	
DSQ	DSQ	10026	PATRICIA ANDREIA REIS SANTARÉM	Família Reis	Senior Fem	01:36:39.00		01:16:40.87	
DSQ	DSQ	15151	ANA PATRICIA	Individual	Senior Fem	01:38:47.69		01:33:49.36	
DSQ	DSQ	7906	OLGA SAMOES	Individual	Veterana Fem I	00:44:22.59		00:39:23.06	
DSQ	DSQ	15147	LUANA NASCIMENTO	Individual	Veterana Fem I	00:50:33.41		00:45:35.08	
DSQ	DSQ	9093	GRAÇA SILVA	Rail Runners	Veterana Fem I	00:56:22.43		00:41:04.57	
DSQ	DSQ	14884	CARLA PRATES	MARS PORTUGAL	Veterana Fem I	01:00:35.95		00:55:07.57	
DSQ	DSQ	15056	ELSA MARIA HORTA	EDP	Veterana Fem I	01:32:08.17		01:13:19.02	
DSQ	DSQ	7907	BEATRIZ BELTRANE	Individual	Veterana Fem II	00:44:36.00		00:39:36.16	
DSQ	DSQ	10010	ANA JORGE	Individual	Veterana Fem II	00:52:07.85		00:38:02.00	
DSQ	DSQ	12223	CATARINA BOTELHO	CATEDRAL DA CERVEJA	Veterana Fem II	01:06:03.05		00:50:55.79	

Pos.	Esc.	Dorsal	Nome	Equipa	Categoria	----- Tempos -----			
						Corrida	5KM Corrida	Chip	5KM Chip
DSQ	DSQ	12182	AUGUSTA MARQUES	PEPSICO	Veterana Fem II	01:15:46.96		00:58:51.12	
DSQ	DSQ	9016	MARIA HELENA REIS	OS FUGAS	Veterana Fem III	00:52:34.42		00:52:34.42	
DSQ	DSQ	7236	TERESA BATISTA	Individual	Veterana Fem III	00:57:02.05		00:42:04.41	
DSQ	DSQ	9584	ISABEL SILVA	Individual	Veterana Fem III	01:10:59.29		00:52:16.73	
DSQ	DSQ	12181	LURDES CARAPINHA	PEPSICO	Veterana Fem III	01:15:47.90		00:58:50.91	
DSQ	DSQ	13691	FÁTIMA BERNARDO	EUROPCAR	Veterana Fem III	01:21:54.86		01:03:41.10	
DSQ	DSQ	8997	MARIA TERESA MARTINS REIS SNTARÉM	Familia Reis	Veterana Fem III	01:36:32.80		01:16:32.48	
DSQ	DSQ	9246	MARIA GRACIOSA NEVES CALADO REIS	Individual	Veterana Fem III	01:36:33.34		01:16:41.18	
DSQ	DSQ	9640	MARIA DE LURDES DE SOUSA CARETA	Marateca	Veterana Fem III	01:40:06.85		01:21:29.40	
DSQ	DSQ	15135	JORGE MANUEL PITA VIEIRA	Convidado colaborador SLB	Veterano I	00:35:52.90		00:35:16.82	
DSQ	DSQ	7992	PEDRO DIAS	Individual	Veterano I	00:43:51.77		00:38:48.81	
DSQ	DSQ	13235	JORGE MANUEL CARVALHO MENDES	AUDI	Veterano I	00:47:49.07		00:33:38.26	
DSQ	DSQ	9986	PEDRO GABRIEL	Individual	Veterano I	01:13:10.72		00:55:02.56	
DSQ	DSQ	7205	NUNO CORDEIRO	Individual	Veterano I	01:19:05.16		01:03:09.34	
DSQ	DSQ	9421	JOSÉ AFONSO	CCRD Burinhosa	Veterano II	00:37:20.70		00:36:20.38	
DSQ	DSQ	9420	PAULO PEDROSO	CCRD Burinhosa	Veterano II	00:44:03.50		00:44:03.50	
DSQ	DSQ	11873	EMILIO FERNANDES	Individual	Veterano II	00:47:25.45		00:33:23.61	
DSQ	DSQ	15244	ANTÓNIO SOUSA	JORNAL A BOLA	Veterano II	01:15:45.09		00:56:35.17	
DSQ	DSQ	15212	PEDRO MENEIRO	JAZZY LIFE CLUB	Veterano II	01:26:56.53		01:07:30.14	
DSQ	DSQ	7235	JORGE DUQUE	Individual	Veterano III	00:39:02.16		00:24:43.33	
DSQ	DSQ	8252	JOSÉ BATALHA	nacional fitness	Veterano III	00:44:46.41		00:40:11.87	
DSQ	DSQ	8838	VÍTOR ALVES	Benfiquistas desde pequeninos	Veterano III	01:07:39.93		00:59:01.37	
DSQ	DSQ	11920	ANDRÉ NORONHA	CGD	Veterano III	01:09:05.83		00:53:26.13	
DSQ	DSQ	13690	JOSÉ BERNARDO	EUROPCAR	Veterano III	01:21:56.68		01:03:42.16	
DSQ	DSQ	15271	RAUL FERREIRA	JORNAL A BOLA	Veterano III	01:23:23.09		01:04:07.89	
DSQ	DSQ	15217	RUI MANUEL FREITAS	EDP	Veterano III	01:24:49.31		01:06:34.74	
DSQ	DSQ	13042	JOSE FERNANDO FIDALGO SOUSA	Individual	Veterano IV	00:41:32.07		00:36:53.92	
DSQ	DSQ	7904	CARLOS SAMOES	Individual	Veterano IV	01:23:27.73		01:18:15.90	
DSQ	DSQ	9247	HUMBERTO MARTINS REIS	Individual	Veterano IV	01:36:27.44		01:16:36.05	
DSQ	DSQ	7670	VITOR MANUEL MARQUES CARVALHO	Individual	Veterano V	00:44:47.45		00:30:41.94	
DSQ	DSQ	11886	JOÃO GOMES	LIBERTY SEGUROS	Veterano V	00:49:34.23		00:44:01.76	
DSQ	DSQ	9496	FERNANDO LEMOS	Individual	Veterano V	00:52:29.15		00:52:29.15	
DSQ	DSQ	9018	CARLOS NEVES	OS FUGAS	Veterano V	00:52:33.58		00:52:33.58	
DSQ	DSQ	13606	CARLOS ALFAIATE	Casa Benfica Abrantes	Veterano V	00:59:12.95		00:55:18.20	
DSQ	DSQ	15084	JOÃO BRANCO	CASA DO BENFICA EM PENHICE	Veterano V	01:01:45.69		01:00:10.88	
DSQ	DSQ	15190	ANIBAL LOUREIRO	JAZZY LIFE CLUB	Veterano V	01:03:58.26		00:58:50.62	
DSQ	DSQ	7483	JOSÉ JOAQUIM PAIVA PEDRO	Individual	Veterano V	01:21:38.52		01:06:30.96	