



POS	DORSAL	NOME	APELIDO	SEXO	NAC	EQUIPA	TEMPO	RITMO	TEMPO CHIP	5K
1	638	TIAGO	ALVES	M	PT		00:35:12	00:03:31	00:35:11	00:17:18
2	126	ANTÓNIO	COIMBRA	M	PT	ACADEMIA FERNANDA RIBEIRO	00:37:37	00:03:45	00:37:36	00:18:19
3	719	TIAGO	COSTA	M	PT		00:37:57	00:03:47	00:37:56	00:18:18
4	234	MÁRIO	SARAIVA	M	PT	NO NAME RUNNERS	00:38:32	00:03:50	00:38:29	00:18:40
5	411	ANTÓNIO	MOREIRA	M	PT	ACADEMIA FERNANDA RIBEIRO	00:39:01	00:03:53	00:38:58	00:19:27
6	385	PEDRO	MAGALHÃES	M	PT	RUNRIVER-ESCOLA DE ATLETISMO DE RIO TINTO	00:39:15	00:03:55	00:39:14	00:18:49
7	477	AUGUSTO	SILVA	M	PT	AFIPRE TEAM	00:39:28	00:03:56	00:39:27	00:19:11
8	148	PEDRO	MARIANI	M	PT	DE SOUSA MARIANI	00:39:30	00:03:52	00:38:45	00:20:28
9	460	DIOGO	CORREIA	M	PT		00:39:48	00:03:58	00:39:46	00:19:07
10	124	DANIEL	PEREIRA	M	PT	ACADEMIA FERNANDA RIBEIRO	00:40:42	00:04:04	00:40:41	00:19:43
11	535	JOÃO	PIRES	M	PT		00:41:01	00:04:06	00:41:00	00:19:34
12	153	PEDRO	GUIMARAES	M	PT		00:41:23	00:04:07	00:41:19	00:20:03
13	106	LUIS	AZEVEDO	M	PT	CORRE SÃO JOÃO	00:41:30	00:04:08	00:41:24	00:20:35
14	337	MIGUEL	GUIMARÃES	M	PT	ARC VALE S. COSME	00:41:36	00:04:09	00:41:33	00:19:49
15	338	FABIO	OLIVEIRA	M	PT	ACADEMIA FERNANDA RIBEIRO	00:41:39	00:04:09	00:41:34	00:20:57
16	371	PAULO	FARIA	M	PT	CARCAVELOS CARAVELA SEGUROS	00:42:55	00:04:17	00:42:51	00:21:01
17	166	PAULO	CUNHA	M	PT	ACADEMIA FERNANDA RIBEIRO	00:42:58	00:04:12	00:42:08	00:22:15
18	150	MARCO	VIEIRA	M	PT	CLUBE ZUPPER	00:43:01	00:04:18	00:43:00	00:20:50
19	339	HUGO	ARAÚJO	M	PT		00:43:12	00:04:18	00:43:00	00:20:56
20	206	SERGIO	COELHO	M	PT	ACADEMIA FERNANDA RIBEIRO	00:43:19	00:04:19	00:43:14	00:21:17
21	55	HUGO	SILVA	M	PT	COSTA	00:43:32	00:04:20	00:43:28	00:20:53
22	446	PAULO	COSTA	M	PT		00:43:39	00:04:20	00:43:29	00:22:49
23	152	RUI	COSTA	M	PT		00:43:41	00:04:22	00:43:40	00:20:57
24	59	ANDRÉ	FRAGA	M	PT		00:43:58	00:04:23	00:43:52	00:21:45
25	563	RENATO	PORTELA	M	PT		00:44:02	00:04:22	00:43:48	00:22:10
26	346	JOSÉ LINO	PIRES	M	PT		00:44:08	00:04:24	00:44:02	00:21:58
27	90	JOSÉ	DIAS	M	PT		00:44:13	00:04:24	00:44:02	00:22:49
28	699	VITOR HUGO	SANTOS	M	PT	INVICTUS ELITE RUNNING TEAM	00:44:18	00:04:25	00:44:14	00:21:14
29	79	MIGUEL	GRANJA	M	PT	PLUMAS	00:44:19	00:04:25	00:44:13	00:22:32
30	151	JOSE	TEIXEIRA	M	PT		00:44:23	00:04:25	00:44:17	00:21:38
31	524	AURÉLIO	COSTA	M	PT	ATLÉTICO CLUBE ALFENENSE	00:44:30	00:04:25	00:44:19	00:21:50
32	702	CARLOS	JESUS	M	PT	RUNNING ESPINHO	00:44:57	00:04:29	00:44:50	00:22:16
33	440	PEDRO	RIBEIRO	M	PT		00:44:58	00:04:28	00:44:48	00:22:50
34	728	DANIEL	PEDROSA	M	PT		00:45:01	00:04:29	00:44:58	00:21:42
35	485	BRUNO	CUNHA	M	PT		00:45:05	00:04:28	00:44:45	00:23:09
36	459	JOSÉ	NUNES	M	PT	JOSÉ NUNES	00:45:06	00:04:30	00:45:05	00:22:14
37	441	VITORINO	CARDOSO	M	PT	SPIRIDON	00:45:10	00:04:28	00:44:45	00:23:55
38	195	PEDRO	REIS	M	PT		00:45:36	00:04:32	00:45:26	00:22:47
39	476	BRUNO	CASTRO	M	PT		00:45:38	00:04:31	00:45:12	00:23:01
40	708	ALBINO	BORGES	M	PT		00:45:52	00:04:35	00:45:51	00:22:00
41	709	AUGUSTO	PIRES	M	PT		00:45:52	00:04:35	00:45:50	00:22:01
42	169	CARLOS	OLIVEIRA	M	PT	TURBOLENTOS	00:45:56	00:04:30	00:45:08	00:22:59
43	735	JOSE FERREIRA	BAESSA	M	PT		00:45:57	00:04:35	00:45:50	00:22:06
44	444	AUGUSTO	SANTOS	M	PT	SANTOS	00:45:58	00:04:35	00:45:55	00:22:33
45	109	PEDRO	MOREIRA	M	PT		00:46:02	00:04:35	00:45:52	00:22:46
46	512	VÍTOR	COELHO	M	PT		00:46:09	00:04:35	00:45:50	00:22:47
47	621	OLAVO	BARROS	M	PT	FORTES A DESCER 2.0	00:46:14	00:04:36	00:46:06	00:22:31
48	328	NUNO	NORA	M	PT		00:46:23	00:04:37	00:46:11	00:22:26
49	162	LUIS	FERREIRA	M	PT	FERREIRA TEAM	00:46:23	00:04:37	00:46:14	00:21:57
50	670	LEANDRO NUNO	FERREIRA MARTINS	M	PT		00:46:32	00:04:34	00:45:44	00:23:40
51	614	ORLADO	SANTOS	M	PT	MOCIDADE SANGEMIL	00:46:34	00:04:36	00:46:07	00:23:11
52	714	PEDRO	GONÇALVES	M	PT		00:46:54	00:04:41	00:46:52	00:21:30
53	561	ANTÓNIO CARLOS	CARDOSO	M	PT	GD BPI	00:46:59	00:04:40	00:46:47	00:23:20
54	666	JOÃO	SANTOS	M	PT		00:47:12	00:04:36	00:46:07	00:24:01
55	664	RAFAEL	PINTO	M	PT	ACD SÃO JOÃO DA SERRA	00:47:14	00:04:43	00:47:10	00:23:14
56	438	GUSTAVO	BRITO	M	PT		00:47:14	00:04:43	00:47:11	00:22:20
57	85	MARK	VELHOTE	M	PT	FARFETCH	00:47:33	00:04:45	00:47:31	00:22:37
58	61	GABRIEL	RODRIGUES	M	PT		00:47:44	00:04:44	00:47:23	00:24:23
59	270	PEDRO	SILVA	M	PT		00:47:50	00:04:46	00:47:49	00:23:08
60	450	PEDRO	TEDIM	M	PT		00:47:53	00:04:44	00:47:26	00:24:25
61	684	PAULO	MOREIRA	M	PT	MAGICFRIENDSRUNNERS	00:47:53	00:04:44	00:47:21	00:24:15
62	456	JORGÉ	FERREIRA	M	PT		00:48:21	00:04:47	00:47:59	00:24:22
63	107	RICARDO	GOMES	M	PT		00:48:25	00:04:49	00:48:16	00:22:45
64	717	AVELINO	FERREIRA	M	PT	ENDOVELICO TRAIL TEAM	00:48:26	00:04:46	00:47:45	00:24:55
65	528	VÍTOR	MACHADO	M	PT		00:48:41	00:04:51	00:48:37	00:23:42
66	545	PORFIRIO	LIRIO	M	PT		00:48:43	00:04:51	00:48:34	00:24:21
67	610	TIAGO	NUNES	M	PT		00:48:46	00:04:50	00:48:24	00:23:45
68	737	JOAO	BARBOSA	M	PT	PAC RUNNING ACADEMY	00:48:50	00:04:53	00:48:50	00:23:34
69	94	GIL	SANTOS	M	PT	PAI E FILHO	00:48:50		00:48:50	00:24:08
70	710	VALDEMAR	CARVALHO	M	PT	CAMINHADAS DA AMIZADE	00:48:59	00:04:53	00:48:59	00:23:32
71	202	CRISTIANO	PEREIRA	M	PT		00:49:03	00:04:54	00:49:00	00:23:23
72	174	DIOGO	LOPES	M	PT	ENDOVELICO TRAIL TEAM	00:49:09	00:04:50	00:48:28	00:24:42
73	257	CARLOS	MARTINS	M	PT	ENDOVELICO TRAIL TEAM	00:49:09	00:04:50	00:48:29	00:24:41
74	221	DAVIDE	CARNEIRO	M	PT		00:49:10	00:04:54	00:49:05	00:23:38



POS	DORSAL	NOME	APELIDO	SEXO	NAC	EQUIPA	TEMPO	RITMO	TEMPO CHIP	5K
75	269	ANDRE	LEAL COELHO DOS SANTOS	M	PT	IRUT	00:49:11	00:04:52	00:48:45	00:24:17
76	246	SERGIO	SILVA	M	PT		00:49:17	00:04:55	00:49:14	00:22:39
77	620	JOÃO	MOTA	M	PT	FORTES A DESCER 2.0	00:49:18	00:04:55	00:49:10	00:23:02
78	583	RICARDO	GONÇALVES	M	PT		00:49:18	00:04:53	00:48:57	00:25:05
79	559	JOAQUIM	RIBEIRO	M	PT		00:49:20	00:04:55	00:49:13	00:24:30
80	118	JOÃO	ROCHA	M	PT	DUDE Agency	00:49:22	00:04:51	00:48:39	00:24:24
81	564	JORGE	LAGAREIRO	M	PT	MC	00:49:30	00:04:55	00:49:14	00:25:06
82	147	MIGUEL	MARIANI	M	PT	DE SOUSA MARIANI	00:49:34	00:04:52	00:48:49	00:24:14
83	140	RUI	TRIGO	M	PT		00:49:36	00:04:52	00:48:48	00:25:04
84	499	FILIPE	FERNANDES	M	PT	OS ALTICES	00:49:38	00:04:56	00:49:29	00:23:33
85	321	VITOR	SOUZA	M	PT	PEDECHUMBOTEAM	00:49:39	00:04:54	00:49:09	00:25:28
86	113	NUNO	CARVALHO	M	PT		00:49:40	00:04:54	00:49:09	00:25:26
87	713	ANTONIO	MORAIS	M	PT		00:49:40	00:04:56	00:49:29	00:23:49
88	680	ROGÉRIO	SILVA	M	PT	NÚCLEO SPORTING CLUBE PORTUGAL VILA NOVA FAMILIÇÃO	00:49:44	00:04:57	00:49:38	00:24:20
89	575	RUI	SANTOS	M	PT	NÚCLEO SPORTING CLUBE DE PORTUGAL VILA NOVA DE GAI	00:49:44	00:04:57	00:49:38	00:24:21
90	260	HÉLDER	BRITO	M	PT	CABECILHAS ALTO DA VILA	00:49:44	00:04:56	00:49:29	00:24:50
91	261	TIAGO	BESSA	M	PT	CABECILHAS ALTO DA VILA	00:49:45	00:04:56	00:49:29	00:24:50
92	636	SÉRGIO	PEREIRA	M	PT		00:49:50	00:04:56	00:49:21	00:24:51
93	83	CARLOS	MOREIRA	M	PT	CIN RUNNING	00:49:52	00:04:54	00:49:03	00:25:44
94	511	CRISTIANO	SALGADO	M	PT		00:49:52	00:04:54	00:49:03	00:25:44
95	93	GIL	CALVÃO-SANTOS	M	PT	PAI E FILHO	00:49:55	00:04:59	00:49:50	00:24:08
96	576	NOLASCO	NAPOLÉÃO	M	PT		00:49:56	00:04:53	00:48:50	00:25:16
97	363	PAULO	GRAÇA	M	PT	MAGICFRIENDSRUNNERS	00:49:57	00:04:56	00:49:25	00:24:52
98	130	VÍCTOR	SANTOS	M	PT	ACADEMIA FERNANDA RIBEIRO	00:49:59	00:04:59	00:49:53	00:24:51
99	86	BRUNO	CASTELO	M	PT		00:50:17	00:04:58	00:49:44	00:25:09
100	244	NELSON	SOUZA	M	PT		00:50:17	00:05:00	00:50:00	00:24:36
101	675	AMÍLCAR	CÉSAR	M	PT	9COZINHAS	00:50:26	00:04:57	00:49:34	00:24:12
102	716	ANDRES	VIEIRA	M	PT		00:50:27	00:05:02	00:50:26	00:23:28
103	416	TIAGO	SOARES	M	PT		00:50:29	00:05:00	00:50:05	00:25:27
104	542	VITOR	LEITE	M	PT		00:50:35	00:05:02	00:50:23	00:25:22
105	578	JOSÉ MANUEL	VIEIRA RODRIGUES	M	PT	OZ RUNNING TEM	00:50:37	00:05:02	00:50:28	00:24:43
106	25	NUNO	MENDES	M	PT		00:50:37	00:04:57	00:49:39	00:26:42
107	26	HELDER	FERREIRA	M	PT		00:50:37	00:04:51	00:48:32	00:28:04
108	27	VITOR	MAGALHÃES	M	PT		00:50:37	00:04:51	00:48:32	00:28:03
109	28	FILIPE	SILVA	M	PT		00:50:38	00:04:53	00:48:57	00:27:00
110	29	MARCO	PEREIRA	M	PT		00:50:38	00:05:01	00:50:10	00:27:01
111	722	ANTONIO	CRUZ E SILVA	M	PT	CGD	00:50:39	00:05:02	00:50:21	00:25:38
112	725	LUIS	ROCHA	M	PT	CGD	00:50:39	00:05:02	00:50:21	00:25:38
113	726	DIOGO	GENS	M	PT	CGD	00:50:39	00:05:02	00:50:20	00:25:39
114	267	PEDRO	SILVA	M	PT	ACRVC	00:50:42	00:05:03	00:50:36	00:24:07
115	582	BRUNO	RODRIGUES	M	PT	OJOGO	00:50:49	00:05:02	00:50:21	00:25:34
116	619	EDUARDO	NUNES	M	PT	FORTES A DESCER 2.0	00:51:00	00:05:05	00:50:52	00:25:20
117	437	MÁRIO	VINHAS	M	PT		00:51:05	00:05:03	00:50:38	00:25:15
118	653	ARMANDO	PEIXOTO	M	PT	TRUCKING RUNNING TEAM	00:51:07	00:04:53	00:48:59	00:26:15
119	154	PEDRO	DIAS	M	PT		00:51:09	00:05:04	00:50:42	00:25:25
120	671	JOSÉ ANTÓNIO	FERNANDES	M	PT	INDIVIDUAL	00:51:14	00:05:07	00:51:13	00:24:01
121	211	CARLOS	CUNHA	M	PT		00:51:25	00:05:04	00:50:47	00:27:18
122	91	CLÁUDIO	GUARDA	M	PT	DÓI-ME QUASE TUDO...	00:51:26	00:05:07	00:51:17	00:25:51
123	92	NUNO	RIBEIRO	M	PT	DÓI-ME QUASE TUDO...	00:51:26	00:05:07	00:51:16	00:25:52
124	633	DIOGO	AMARAL	M	PT		00:51:32	00:05:09	00:51:31	00:25:17
125	687	FILIPE	OLIVEIRA	M	PT	OZ RUNNING TEAM	00:51:35	00:05:08	00:51:27	00:24:49
126	215	JOSÉ	VARANDAS	M	PT	OZ RUNNING TEAM	00:51:35	00:05:08	00:51:27	00:24:50
127	462	TIAGO	MOUTINHO	M	PT		00:51:37	00:05:06	00:51:09	00:26:30
128	30	PAULO	PINTO	M	PT		00:51:38	00:05:05	00:50:54	00:27:03
129	31	JOSE	LOPES	M	PT		00:51:38	00:05:02	00:50:27	00:27:57
130	32	VITOR	DUARTE	M	PT		00:51:38	00:05:05	00:50:55	00:27:12
131	33	LUÍS	SILVA	M	PT		00:51:38	00:05:04	00:50:43	00:27:09
132	348	LORENZO	SERVILE	M	IT		00:51:39	00:05:06	00:51:08	00:26:09
133	34	JOÃO	SILVA	M	PT		00:51:39	00:05:00	00:50:08	00:27:55
134	584	JOSE	COUTINHO	M	PT		00:51:42	00:05:09	00:51:30	00:24:20
135	623	PAULO	MOREIRA	M	PT	OZ RUNNING TEAM	00:51:43	00:05:09	00:51:35	00:25:48
136	612	LUÍS	MIGUEL	M	PT	MOCIDADE SANGEMIL	00:51:43	00:05:07	00:51:15	00:25:15
137	632	LUÍS	SEABRA	M	PT		00:51:45	00:05:07	00:51:12	00:26:14
138	552	HUGO	PORTELA	M	PT		00:51:46	00:05:06	00:51:08	00:25:45
139	210	MIGUEL	NETO	M	PT		00:51:52	00:05:08	00:51:26	00:25:20
140	724	NUNO	CABRAL	M	PT	CGD	00:51:54	00:05:06	00:51:03	00:24:57
141	212	FÁBIO	SANTOS	M	PT	RAMADOLAS	00:51:57	00:05:08	00:51:29	00:26:30
142	667	CRISTIANO	VIEIRA	M	PT		00:52:06	00:05:09	00:51:37	00:25:11
143	259	MIKE	KOSTENKO	M	RU	KOSTENKO	00:52:08	00:05:10	00:51:42	00:26:02
144	120	RUI	ALMEIDA	M	PT	DUDE Agency	00:52:20	00:05:09	00:51:36	00:28:06
145	110	ALBERTO	FREITAS	M	PT	MINIS & BIFANAS	00:52:21	00:05:09	00:51:34	00:26:02
146	689	PEDRO	RIBEIRO	M	PT	CART RUNNING TEAM	00:52:27	00:05:09	00:51:37	00:25:49
147	579	JOÃO	CARNEIRO	M	PT		00:52:28	00:05:13	00:52:14	00:26:12
148	35	PEDRO	MONTEIRO	M	PT		00:52:30	00:05:00	00:50:01	00:30:33



POS	DORSAL	NOME	APELIDO	SEXO	NAC	EQUIPA	TEMPO	RITMO	TEMPO CHIP	5K
149	36	SÉRGIO MARCO	CARVALHO	M	PT		00:52:30	00:05:05	00:50:54	00:28:53
150	37	NUNO	MAGALHÃES	M	PT		00:52:31	00:05:05	00:50:55	00:28:08
151	39	MANUEL	FERREIRA	M	PT		00:52:31	00:05:08	00:51:29	00:28:59
152	333	JOSÉ MIGUEL	FIGUEIREDO	M	PT	DEVEXPERTS	00:52:35	00:05:12	00:52:09	00:26:04
153	226	LUÍS	BASTOS	M	PT	GUISANDE TRAIL RUNNING	00:52:44	00:05:14	00:52:28	00:25:26
154	334	MIGUEL	DUARTE	M	PT	SOBE MONTANHAS	00:53:05	00:05:18	00:53:01	00:25:02
155	217	ALCINDO	SILVA	M	PT		00:53:34	00:05:17	00:52:58	00:26:46
156	102	PAULO	NUNES	M	PT		00:53:35	00:05:21	00:53:31	00:26:26
157	125	ANSELMO	SILVA	M	PT		00:53:45	00:05:18	00:53:07	00:27:19
158	203	ANDRÉ NUNO	GANDARÃO DIAS	M	PT		00:53:46	00:05:18	00:53:08	00:27:19
159	248	MARIO	ORICHOWSKI VESPA	M	PT	LOGAN'S RUN	00:53:47	00:05:14	00:52:25	00:27:18
160	40	JOSE	PINHEIRO	M	PT		00:53:53	00:05:10	00:51:48	00:29:28
161	42	FERNANDO	LOPES	M	PT		00:53:54	00:05:14	00:52:28	00:28:52
162	43	MIGUEL	RIBEIRO	M	PT		00:53:54	00:05:17	00:52:53	00:28:46
163	44	PAULO	CABRAL	M	PT		00:53:54	00:05:14	00:52:28	00:28:52
164	703	VASCO	DIONÍSIO	M	PT		00:53:57	00:05:20	00:53:21	00:27:01
165	184	JORGE	RODRIGUES	M	PT		00:54:02	00:05:23	00:53:50	00:26:01
166	382	BRUNO	SOARES	M	PT		00:54:03	00:05:22	00:53:49	00:27:35
167	425	BRUNO	CARVALHO	M	PT		00:54:05	00:05:23	00:53:51	00:27:36
168	469	NUNO	SANTOS	M	PT	BRIGADA DO REUMÁTICO	00:54:07	00:05:18	00:53:02	00:26:32
169	505	ARTUR	SILVA	M	PT		00:54:10	00:05:22	00:53:49	00:26:38
170	631	MIGUEL	SOUSA	M	PT		00:54:10	00:05:24	00:54:06	00:25:05
171	181	SERGII	OSHEKO	M	UA		00:54:19	00:05:19	00:53:18	00:27:00
172	157	RUI	FURTADO	M	PT	MINIS & BIFANAS	00:54:19	00:05:21	00:53:32	00:26:48
173	73	RENAN	PERES NOGUES	M	BR		00:54:29	00:05:24	00:54:09	00:26:35
174	519	LUCAS	VERAS	M	BR		00:54:36	00:05:21	00:53:35	00:28:31
175	495	FLORÊNCIO	SOUSA	M	PT		00:54:37	00:05:21	00:53:35	00:28:32
176	45	JOÃO	SILVA	M	PT		00:54:39	00:05:12	00:52:08	00:30:43
177	48	PEDRO	PINHEIRO	M	PT		00:54:40	00:05:00	00:50:06	00:31:02
178	49	RÚBEN	OLIVEIRA	M	PT		00:54:40	00:04:52	00:48:42	00:33:08
179	679	NELSON	NOGUEIRA	M	PT		00:55:09	00:05:28	00:54:46	00:27:35
180	101	JOAQUIM	NOGUEIRA	M	PT	ALL ABOUT	00:55:10	00:05:28	00:54:48	00:26:37
181	183	VICENTE	WISSMANN NUNES	M	PT	ETERNAL BREEZE	00:55:16	00:05:27	00:54:37	00:28:15
182	751	HUGO	SOUSA	M	PT		00:55:26	00:05:21	00:53:37	00:29:57
183	752	CARLOS	PINTO	M	PT		00:55:26	00:05:07	00:51:14	00:00:00
184	753	PAULO	CERDEIRINHA	M	PT		00:55:26	00:05:29	00:54:50	00:28:56
185	754	FRANCISCO	CUNHA	M	PT		00:55:26	00:05:18	00:53:03	00:30:04
186	755	PEDRO	MARTINS	M	PT		00:55:27	00:05:19	00:53:16	00:29:54
187	517	JOÃO MIGUEL	FERREIRA	M	PT		00:55:28	00:05:30	00:55:08	00:27:05
188	712	DANIEL	NOVO	M	PT		00:55:31	00:05:31	00:55:19	00:26:04
189	365	MARCOS	ANDRADE	M	BR	AGORA VAI !!	00:55:32	00:05:30	00:55:06	00:27:46
190	589	GONÇALO	REIS	M	PT		00:55:34	00:05:31	00:55:16	00:27:38
191	498	CALISTO	DANIEL	M	PT	OS ALTICES	00:55:35	00:05:32	00:55:25	00:25:27
192	167	ANTONIO	SANTOS	M	PT		00:55:47	00:05:32	00:55:23	00:27:32
193	443	RUI	LESTRE	M	PT	MARRETAS DA CANECA	00:55:48	00:05:33	00:55:34	00:27:17
194	139	FILIFE	BESSA	M	PT		00:56:00	00:05:35	00:55:53	00:26:24
195	439	RUI	ESTEVES	M	PT		00:56:05	00:05:32	00:55:26	00:26:51
196	243	NELSON	LOPES	M	PT		00:56:12	00:05:35	00:55:58	00:28:01
197	448	NUNO	CARVALHO	M	PT		00:56:18	00:05:36	00:56:00	00:28:11
198	232	JOAO	MACHADO	M	PT		00:56:24	00:05:35	00:55:57	00:28:21
199	613	LUÍS	PEREIRA	M	PT	MOCIDADE SANGEMIL	00:56:44	00:05:37	00:56:16	00:27:17
200	759	SÉRGIO	SILVA PEREIRA	M	PT		00:56:52	00:05:27	00:54:32	00:31:33
201	760	ANDRÉ	TEIXEIRA	M	PT		00:56:52	00:05:27	00:54:33	00:31:33
202	543	ANTÓNIO	LAMELAS	M	PT	MAFATE TEAM	00:57:07	00:05:41	00:56:50	00:28:11
203	64	FILIFE	CONCEIÇÃO	M	PT	CORRE SÃO JOÃO	00:57:08	00:05:41	00:56:50	00:30:32
204	442	BRUNO	ALMEIDA	M	PT	MARRETAS DA CANECA	00:57:10	00:05:41	00:56:56	00:27:37
205	265	BRENNO	LIMA	M	BR	ETERNAL BREEZE	00:57:11	00:05:39	00:56:32	00:28:12
206	123	PAULO	SILVA	M	PT	TEAM RUNNERS	00:57:16	00:05:41	00:56:53	00:27:34
207	663	NUNO	PINTO	M	PT	ACD SÃO JOÃO DA SERRA	00:57:29	00:05:44	00:57:25	00:26:30
208	199	JOÃO	CARNEIRO	M	PT	CARNEIROS	00:57:34	00:05:38	00:56:20	00:27:12
209	200	JOAQUIM	CARNEIRO	M	PT	CARNEIROS	00:57:34	00:05:38	00:56:20	00:27:11
210	548	BRUNO	FERREIRA	M	PT		00:57:38	00:05:39	00:56:33	00:29:29
211	484	PEDRO	SANTOS	M	PT		00:57:38	00:05:44	00:57:24	00:29:06
212	420	FILIFE	CARNEIRO	M	PT		00:57:40	00:05:44	00:57:25	00:29:04
213	413	PEDRO	MOTA	M	PT		00:57:40	00:05:44	00:57:25	00:29:03
214	414	RICARDO	PINTO	M	PT		00:57:40	00:05:44	00:57:26	00:29:05
215	375	HUMBERTO	TEIXEIRA	M	PT		00:57:40	00:05:44	00:57:20	00:29:06
216	63	PAULO	MADEIRA	M	PT		00:57:53	00:05:46	00:57:40	00:28:47
217	228	TIAGO	MARQUES	M	PT		00:58:05	00:05:46	00:57:49	00:28:58
218	198	ALEXANDRE	SILVA	M	PT		00:58:11	00:05:48	00:58:00	00:27:47
219	560	JOSÉ	RODRIGUES	M	PT		00:58:17	00:05:48	00:58:08	00:26:45
220	761	JOSÉ	SANTOS	M	PT		00:58:28	00:05:29	00:54:52	00:32:23
221	763	XAVIER	DUARTE	M	PT		00:58:28	00:05:40	00:56:42	00:31:17
222	764	PAULO	BARROS	M	PT		00:58:29	00:05:37	00:56:17	00:31:35



POS	DORSAL	NOME	APELIDO	SEXO	NAC	EQUIPA	TEMPO	RITMO	TEMPO CHIP	5K
223	765	JOSÉ	ALMEIDA	M	PT		00:58:29	00:05:37	00:56:17	00:31:35
224	121	RUI	CORREIA	M	PT	DUDE Agency	00:58:36	00:05:47	00:57:53	00:26:49
225	1	JOSÉ	VALE	M	PT		00:58:45	00:05:50	00:57:53	00:28:11
226	219	JERONIMO	SILVA	M	PT		00:58:45	00:05:50	00:58:27	00:28:11
227	547	DIOGO	MARTINS	M	PT	OS ALTICES	00:58:58	00:05:52	00:58:48	00:27:38
228	275	PEDRO	SILVA	M	BR		00:58:58	00:05:50	00:58:24	00:29:44
229	274	JOSÉ	MONTEIRO	M	PT		00:59:16	00:05:50	00:58:21	00:30:15
230	436	NUNO	TEIXEIRA	M	PT		00:59:18	00:05:49	00:58:11	00:33:25
231	366	LUIS	MONTEIRO	M	PT	OZ RUNNING TEAM	00:59:22	00:05:55	00:59:14	00:28:00
232	571	HÉLDER	OLIVEIRA	M	PT	TAINADAS COM SILAMPOS	00:59:38	00:05:53	00:58:56	00:30:16
233	766	PEDRO	PAIVA	M	PT		00:59:46	00:05:45	00:57:34	00:00:00
234	767	AUGUSTO	COSTA	M	PT		00:59:46	00:05:35	00:55:51	00:34:42
235	768	PABLO JESÚS	LISBOA	M	ES		00:59:47	00:05:38	00:56:25	00:33:19
236	769	RODRIGO	PONTES	M	PT		00:59:47	00:05:52	00:58:43	00:30:50
237	770	DANIEL	LOPES	M	ES		00:59:47	00:05:38	00:56:26	00:33:19
238	433	ANDRÉ	PEREIRA	M	PT	TURBOLENTOS	00:59:52	00:05:54	00:59:04	00:30:15
239	515	JOSE	VINHAS	M	PT	TEAM VINHAS	01:00:19	00:06:00	01:00:07	00:30:34
240	673	VITOR	MARTINS	M	PT		01:00:33	00:05:58	00:59:46	00:31:01
241	771	PAULO	MENDES	M	PT		01:00:50	00:05:47	00:57:54	00:33:14
242	772	RUI	MARTINS	M	PT		01:00:50	00:05:31	00:55:18	00:34:37
243	773	CARLOS	TERRA	M	PT		01:00:50	00:05:37	00:56:13	00:34:56
244	775	FÁBIO	SANTOS	M	PT		01:00:50	00:05:52	00:58:46	00:31:07
245	74	JOAQUIM	SOUSA	M	PT	MUSA RUNNERS	01:01:28	00:06:08	01:01:23	00:30:03
246	329	BRUNO	SILVA	M	PT	OS TURBOMULA	01:01:30	00:06:03	01:00:33	00:27:39
247	651	JOSE	SOARES	M	PT		01:01:32	00:06:05	01:00:54	00:30:15
248	216	ARMANDO	VARANDA	M	PT	OZ RUNNING TEAM	01:01:42	00:06:09	01:01:33	00:29:41
249	776	NUNO	SILVA	M	PT		01:02:05	00:05:32	00:55:24	00:35:33
250	778	CARLOS	CARDOSO	M	PT		01:02:06		01:02:05	00:31:28
251	779	VICTOR	GONÇALVES	M	PT		01:02:06	00:05:26	00:54:20	00:36:56
252	171	LUÍS	FERREIRA	M	PT		01:02:17	00:06:12	01:02:00	00:30:35
253	470	RICARDO	SIMÕES	M	PT	BRIGADA DO REUMÁTICO	01:02:43	00:06:09	01:01:31	00:32:16
254	596	AGOSTINHO	PACHECO	M	PT		01:02:48	00:06:13	01:02:14	00:30:06
255	581	NUNO	TERRINHA VASCONCELOS	M	PT		01:02:55	00:06:15	01:02:31	00:30:45
256	360	LUÍS	LOURENÇO	M	PT	SONOSOSDOIS	01:03:03	00:06:15	01:02:33	00:29:29
257	424	JOSÉ	COSTA	M	PT		01:03:03	00:06:16	01:02:46	00:30:33
258	463	VÍTOR	LARANJEIRA	M	PT	RUN4PANCAKES	01:03:04	00:06:17	01:02:55	00:29:21
259	532	ANDRÉ	VIEIRA	M	PT	AJ	01:03:13	00:05:54	00:59:09	00:32:27
260	595	PEDRO	VIEIRA	M	PT		01:03:13	00:06:18	01:03:08	00:29:37
261	514	AUGUSTO	VINHAS	M	PT	TEAM VINHAS	01:03:21	00:06:18	01:03:09	00:30:44
262	452	CANDIDO	FARIA	M	PT	FARIARUNING	01:03:25	00:06:14	01:02:21	00:37:29
263	220	JOSÉ	LETRA	M	PT		01:03:28	00:06:19	01:03:13	00:30:05
264	539	DOMINGOS FERREIRA	LEAL	M	PT		01:03:29	00:06:18	01:03:08	00:30:11
265	782	JOSÉ	TEIXEIRA	M	PT		01:03:48	00:05:59	00:59:53	00:35:10
266	783	DUARTE	CARDOSO	M	PT		01:03:49	00:06:08	01:01:20	00:35:36
267	784	RUI	PEREIRA	M	PT		01:03:50	00:06:06	01:01:03	00:35:21
268	785	MÁRIO	MOREIRA	M	PT		01:03:50	00:06:01	01:00:11	00:37:08
269	529	ALTINO	VALENTE	M	PT		01:04:11	00:06:23	01:03:54	00:30:16
270	54	JOAQUIM	TEIXEIRA	M	PT		01:04:26	00:06:25	01:04:14	00:28:50
271	789	PAULO	BATISTA	M	PT		01:04:40	00:05:49	00:58:11	00:38:22
272	790	NUNO	BARBEDO	M	PT		01:04:40	00:05:46	00:57:40	00:37:12
273	733	JOÃO	TONDELA	M	PT		01:04:49	00:06:23	01:03:58	00:32:41
274	108	CLAUDIO	CORREIA	M	PT		01:05:13	00:06:24	01:04:01	00:32:59
275	792	RUY	AZEVEDO	M	PT		01:05:18	00:06:06	01:01:09	00:36:06
276	793	HENRIQUE	RAMOS	M	PT		01:05:18	00:06:04	01:00:40	00:36:21
277	794	BRUNO	OLIVEIRA	M	PT		01:05:18	00:06:08	01:01:21	00:35:43
278	796	RICARDO	FELISBERTO	M	PT		01:05:46	00:06:02	01:00:28	00:38:07
279	797	MARIO	FEITEIRA	M	PT		01:05:47	00:06:01	01:00:11	00:38:19
280	798	JOAQUIM	GAMA	M	PT		01:05:47	00:06:11	01:01:55	00:35:53
281	800	NELSON	MENERES	M	PT		01:05:48	00:06:09	01:01:34	00:36:47
282	510	LUÍS	GOUVEIA	M	PT		01:05:53	00:06:28	01:04:45	00:31:46
283	550	BRUNO	SILVA	M	PT		01:06:15	00:06:30	01:05:07	00:31:48
284	603	JOSE	PACHECO	M	PT	JOSE LUIS PACHECO	01:06:22	00:06:33	01:05:33	00:32:13
285	801	PEDRO	SEIXAS	M	PT		01:06:22	00:05:59	00:59:56	00:38:45
286	803	EDUARDO	TEIXEIRA	M	PT		01:06:22	00:06:20	01:03:23	00:36:21
287	665	JOSE	SANTOS	M	PT	TURBOLENTOS DE MOREIRA	01:06:37	00:06:36	01:06:05	00:30:15
288	607	LUIZ FABIANO SOARES	VALENTE	M	BR		01:07:00	00:06:39	01:06:32	00:31:40
289	530	VANDERLEI	VIEIRA	M	BR	VIEIRA'S RUNNER	01:07:27	00:06:40	01:06:44	00:32:42
290	806	MANUEL	ESPÍRITO SANTO	M	PT		01:07:27	00:06:11	01:01:55	00:39:11
291	809	FÁBIO	MOTA RAMALHOTO	M	PT		01:07:28	00:06:20	01:03:22	00:37:59
292	637	ISAQUE	SENA	M	PT		01:07:34	00:06:43	01:07:13	00:30:21
293	812	VERA	TEIXEIRA	M	PT		01:07:51	00:06:03	01:00:34	00:40:10
294	813	HELDER	REIS	M	PT		01:07:51	00:06:18	01:03:03	00:37:47
295	815	FILIPE	FERREIRA	M	PT		01:07:52	00:06:08	01:01:29	00:39:37
296	408	TIAGO	VILAÇA	M	PT	OS GUARDIÕES	01:07:54	00:06:42	01:07:05	00:32:14



POS	DORSAL	NOME	APELIDO	SEXO	NAC	EQUIPA	TEMPO	RITMO	TEMPO CHIP	5K
297	250	JOSÉ	DARA	M	PT	TREPATRILOS TRAIL TEAM	01:07:59	00:06:45	01:07:38	00:32:18
298	622	JOÃO	SOUSA	M	PT		01:08:05	00:06:40	01:06:49	00:30:32
299	817	FILIFE	COSTA	M	PT		01:08:49	00:06:09	01:01:36	00:40:01
300	818	VÍTOR	WOJCIK	M	PT		01:08:49	00:06:36	01:06:05	00:36:16
301	820	PEDRO	MACEDO	M	PT		01:08:50	00:06:32	01:05:29	00:37:27
302	133	JOSE	COSTA	M	PT		01:09:01	00:06:50	01:08:29	00:33:19
303	312	PAULO	PINTO	M	PT	PEDECHUMBOTEAM	01:09:02	00:06:50	01:08:29	00:33:17
304	474	RUI	OLIVEIRA	M	PT		01:09:05	00:06:54	01:09:00	00:32:00
305	225	RODRIGO	FERNANDES	M	PT	ROCA	01:09:14	00:06:50	01:08:24	00:34:15
306	196	RAPHAEL	STANZANI	M	PT	FAMELGA	01:09:33	00:06:50	01:08:29	00:33:53
307	821	JOÃO	ABREU	M	PT		01:10:05	00:06:07	01:01:14	00:41:37
308	822	LUIS	ALEN	M	PT		01:10:05	00:06:07	01:01:14	00:41:34
309	824	ANGELO	PEREIRA	M	PT		01:10:05	00:06:19	01:03:15	00:39:33
310	825	JOÃO PAULO	TEIXEIRA	M	PT		01:10:06	00:06:19	01:03:13	00:40:28
311	609	JOSÉ	SARAIVA	M	PT		01:10:28	00:07:01	01:10:11	00:31:36
312	370	FAIZEL	KARA	M	GB		01:11:20	00:07:03	01:10:36	00:34:42
313	826	NUNO	MENDES	M	PT		01:11:44	00:06:30	01:05:00	00:41:58
314	828	LUÍS	MADUREIRA	M	PT		01:11:44	00:06:21	01:03:33	00:42:25
315	829	BRUNO	SOUSA	M	PT		01:11:46	00:06:28	01:04:44	00:42:05
316	57	ARTUR	NASCIMENTO	M	PT	VETBEFOREPET	01:11:57	00:07:04	01:10:43	00:29:24
317	832	CARLOS	MONTEIRO	M	PT		01:12:23	00:06:32	01:05:27	00:41:03
318	834	LUÍS	SANTOS	M	PT		01:12:23	00:06:32	01:05:28	00:41:03
319	214	JOSE	COSTA	M	PT		01:14:51	00:07:25	01:14:14	00:37:03
320	144	HENRIQUE	PEREIRA	M	PT	TURBOLENTOS	01:14:57	00:07:24	01:14:09	00:00:00
321	656	JOSÉ	GUEDES	M	PT	TRUCKING RUNNING TEAM	01:16:40	00:07:26	01:14:29	00:32:02
322	657	JOSÉ	LEAL	M	PT	TRUCKING RUNNING TEAM	01:16:40	00:07:27	01:14:32	00:32:01
323	467	MANUEL	MORGADO	M	PT	BRIGADA DO REUMÁTICO	01:19:51	00:07:51	01:18:39	00:38:37
324	384	SALVADOR	MÓSCA	M	BR	FRUNNERS	01:21:09	00:08:03	01:20:39	00:33:42
325	77	CARLOS	OLIVEIRA	M	PT	OLI2005	01:21:12	00:08:04	01:20:48	00:36:16
326	597	ANTÓNIO	PEREIRA	M	PT	CARDOSO PEREIRA	01:22:48	00:08:10	01:21:49	00:44:40
327	176	AGOSTINHO	SILVA	M	PT	TOTOS	01:24:30	00:08:20	01:23:26	00:41:26
328	557	CARLOS	DIAS	M	PT	OKI DOKI	01:25:37	00:08:28	01:24:44	00:39:16
329	497	ANDRÉ	AZEVEDO	M	PT	OS ALTICES	01:28:54	00:08:51	01:28:36	00:40:04
330	205	RUI	SOUSA	M	PT	TURBOLENTOS	01:29:26	00:08:51	01:28:38	00:41:57
331	239	FERNANDO	AFONSO	M	PT		01:29:26	00:08:51	01:28:36	00:41:56
332	343	MARCO	CAMPOS	M	PT	OS RATINHOS	01:29:48	00:08:53	01:28:50	00:50:43
333	600	RICARDO	PEREIRA	M	PT	CARDOSO PEREIRA	01:33:10	00:09:13	01:32:11	00:44:40
334	421	CLÁUDIO	PEREIRA	M	PT		01:34:59	00:09:25	01:34:10	00:44:20
335	435	RUI	COUTO	M	PT		01:34:59	00:09:25	01:34:10	00:44:20
336	639	JOSÉ	SANCHES	M	PT	ARRIFANENSES	01:36:25	00:09:30	01:35:08	00:49:56
337	685	GONÇALO	VALENTE	M	PT	OS VALENTES	01:38:09	00:09:42	01:37:01	00:50:48
338	635	JOSÉ	VALENTE	M	PT		01:38:09	00:09:42	01:37:00	00:50:47
339	367	MARCO	DIAS	M	PT		01:38:19	00:09:45	01:37:33	00:50:05
340	491	CÉSAR	LISBOA	M	PT	MAIS SAÚDE	01:41:19	00:09:41	01:36:50	00:48:01
341	488	JOSÉ	ANJOS	M	PT	ANJOS	01:42:27	00:10:07	01:41:14	00:52:16
342	487	DUARTE	ANJOS	M	PT	ANJOS	01:42:28	00:10:07	01:41:16	00:52:16
343	693	CARLOS	MAGALHÃES	M	PT	MP	01:43:04	00:10:12	01:42:09	00:48:44
344	677	DOMINGOS	PEREIRA	M	PT	I9COZINHAS	01:43:08	00:10:08	01:41:25	00:52:45
345	387	ADRIANO	TEIXEIRA	M	PT	OS GUARDIÕES	01:43:14	00:10:13	01:42:14	00:49:31
346	394	FILIFE	PODEROSO	M	PT	OS GUARDIÕES	01:43:14	00:10:13	01:42:13	00:49:33
347	331	RICARDO	SILVA	M	PT		01:43:31	00:10:12	01:42:09	00:55:58
348	742	FERNANDO	FRAGA	M	PT		01:43:51	00:10:17	01:42:57	00:51:04
349	580	JORGE	GOMES	M	PT		01:48:19	00:10:42	01:47:03	00:55:27
350	730	FRANCISCO	NETO	M	PT		01:48:33	00:10:47	01:47:54	00:51:57
351	707	CRISTIANO	SANTOS	M	PT	MSTEAM	01:50:28	00:10:58	01:49:46	00:53:43
352	731	DIOGO	FERREIRA	M	PT		01:50:45	00:10:55	01:49:16	00:56:15
353	155	MANUEL	RODRIGUES	M	PT		01:51:47	00:11:01	01:50:15	00:57:48
354	660	TIAGO	SILVA	M	PT	TRUCKING RUNNING TEAM	01:53:14	00:11:03	01:50:39	00:57:57
355	378	JOSÉ MATEUS	TAVARES	M	PT	OS TAVARES	01:55:21	00:11:22	01:53:44	00:57:59
356	380	PEDRO	TAVARES	M	PT	OS TAVARES	01:55:23	00:11:22	01:53:46	00:58:01