



## G. P. Natal - 10km - CLASSIFICAÇÃO SENIOR-M

Posição	Dorsal	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
1	1823	MIGUEL MOREIRA	0:30:43		0:14:45	0:30:43	0:03:04	SPORT LISBOA E BENFICA
2	1825	RICARDO PAIXÃO	0:31:00	0:00:16	0:14:46	0:31:00	0:03:06	SPORT LISBOA E BENFICA
3	1703	JOAO CAETANO	0:31:09	0:00:26	0:14:49	0:31:08	0:03:06	CLUBE ATLETISMO ODIMARQ
4	1599	MIGUEL REIS E SILVA	0:31:39	0:00:56	0:14:51	0:31:37	0:03:09	
5	1729	JOÃO VIEIRA	0:31:44	0:01:01	0:14:52	0:31:44	0:03:10	GRUPO DESPORTIVO RECREATIVO REBOLEIRA
6	1809	PEDRO CONCEIÇÃO	0:32:07	0:01:24	0:14:54	0:32:07	0:03:12	LINDA-A-PASTORA SPORTING CLUBE
7	1750	CELSO PINTO	0:32:54	0:02:11	0:15:55	0:32:54	0:03:17	
8	1824	PEDRO ROSA	0:33:09	0:02:26	0:15:29	0:33:08	0:03:18	SPORT LISBOA E BENFICA
9	1779	RODRIGO CARRERA	0:33:32	0:02:49	0:15:56	0:33:31	0:03:21	JUVENTUDE OPERARIA MONTE ABRAAO
10	1032	RUI TENRINHO	0:33:38	0:02:55	0:15:58	0:33:32	0:03:21	AGUIAS DE ALPIARCA - TRIATLO
11	1669	EDGAR MONTEIRO	0:33:38	0:02:55	0:15:54	0:33:37	0:03:21	ASSOCIACAO DESPORTIVA LEOES APELACONSENSE
12	1881	PEDRO MARQUES	0:33:39	0:02:55	0:15:56	0:33:38	0:03:21	O PRATICANTE
13	1723	RUI GOMINHO	0:33:40	0:02:57	0:15:54	0:33:38	0:03:21	FUNDACAO CEBI
14	1710	PEDRO ARSENIO	0:33:42	0:02:58	0:15:52	0:33:39	0:03:21	CLUBE ATLETISMO ODIMARQ
15	1911	NELSON GRAÇA	0:33:43	0:02:59	0:16:03	0:33:42	0:03:22	
16	1532	DIOGO BAENA	0:33:53	0:03:09	0:16:00	0:33:48	0:03:22	
17	1699	VITOR HUGO FERNANDES OLIVEIRA	0:33:59	0:03:15	0:15:58	0:33:53	0:03:23	CENTRO DESPORTIVO UNIVERSITARIO DE LISBO
18	1329	PEDRO FILIPE DA SILVA RIBEIRO	0:34:25	0:03:42	0:16:02	0:34:22	0:03:26	
19	1704	JOAO FONTE BOA	0:34:39	0:03:56	0:16:23	0:34:38	0:03:27	CLUBE ATLETISMO ODIMARQ
20	1776	JOÃO FREIRE	0:34:43	0:04:00	0:16:23	0:34:33	0:03:27	INGLESES FUTEBOL CLUBE
21	1844	MARCO ANTÓNIO VEIGA PINTO	0:35:12	0:04:29	0:16:29	0:35:11	0:03:31	SPORTING CLUBE DA REBOLEIRA DAMAIA
22	1021	BERNARD LEHMANN	0:35:14	0:04:31	0:16:18	0:35:13	0:03:31	
23	315	NUNO SILVA	0:35:20	0:04:36	0:16:31	0:35:18	0:03:31	CLUBE ATLETISMO AMIGOS BELEM
24	1822	NUNO PRECISADO	0:35:22	0:04:39	0:16:24	0:35:02	0:03:30	SOCIEDADE FILARMONICA RECREATIVA ARTISTI
25	589	EDGAR JACINTO	0:35:31	0:04:47	0:16:35	0:35:15	0:03:31	AUTOJACINTO
26	1737	EDMIR PONTES CORREIA	0:35:34	0:04:50	0:16:26	0:35:28	0:03:32	GRUPO DESPORTIVO SAO DOMINGOS
27	1657	JOÃO MANUEL JORGE	0:36:01	0:05:18	0:16:41	0:35:56	0:03:35	ASSOC. ESTILOS DE VIDA EM LISBOA
28	722	NUNO MOREIRA	0:36:10	0:05:27	0:16:55	0:36:05	0:03:36	
29	456	JOÃO DANIEL FERREIRA	0:36:16	0:05:33	0:16:49	0:36:06	0:03:36	
30	1709	MARCO QUEDAS	0:36:22	0:05:38	0:16:42	0:36:22	0:03:38	CLUBE ATLETISMO ODIMARQ
31	1722	SÉRGIO CLARO	0:36:27	0:05:44	0:16:51	0:36:15	0:03:37	CLUBE OLIMPICO DE OEIRAS
32	274	CLAUDIO PAULINHO	0:37:01	0:06:18	0:16:49	0:36:46	0:03:40	
33	1627	JONY SILVA	0:37:13	0:06:30	0:16:59	0:37:12	0:03:43	CBTRI
34	1535	RICARDO SILVA	0:37:23	0:06:39	0:17:54	0:37:20	0:03:44	
35	1686	MIGUEL HEITOR	0:37:45	0:07:02	0:17:38	0:37:40	0:03:46	CENTRO DESPORTIVO UNIVERSITARIO DE LISBO
36	1479	MARCELO FILIPE DUARTE FERREIRA	0:38:05	0:07:22	0:17:51	0:37:37	0:03:45	
37	1142	PEDRO BARATA	0:38:07	0:07:24	0:17:28	0:38:00	0:03:48	A NATUREZA ENSINA
38	1896	LUIS FILIPE RAMOS CARDOSO	0:38:08	0:07:25	0:17:39	0:38:04	0:03:48	
39	307	RUI MARTINS	0:38:13	0:07:30	0:17:43	0:38:08	0:03:48	CLUBE ATLETICO DAS PATAMEIRAS
40	1812	WILSON BENTO	0:38:20	0:07:36	0:17:45	0:38:16	0:03:49	LINDA-A-PASTORA SPORTING CLUBE
41	1500	RENATO BOTÃO	0:38:20	0:07:37	0:17:40	0:38:16	0:03:49	ACADEMIA DO LUMIAR
42	1504	TIAGO VERMELHO	0:38:26	0:07:43	0:17:54	0:38:23	0:03:50	CORRER LISBOA
43	1239	RICARDO PITA	0:38:28	0:07:44	0:17:45	0:38:25	0:03:50	CÂMARA LISBOA CLUBE
44	1155	ANTÓNIO FIGUEIREDO	0:38:35	0:07:51	0:17:48	0:38:29	0:03:50	WERUN PORTUGAL
45	1624	PEDRO CARDOSO	0:38:45	0:08:01	0:17:38	0:38:40	0:03:52	
46	418	RICARDO ALVES	0:39:09	0:08:25	0:18:07	0:39:04	0:03:54	ACOREANA CLUBE BANIF
47	1501	BRUNO FRANCISCO	0:39:18	0:08:35	0:18:19	0:39:00	0:03:54	
48	597	VITOR PEREIRA	0:39:18	0:08:35	0:18:17	0:39:05	0:03:54	
49	175	CLÁUDIO CANAVILHAS	0:39:37	0:08:54	0:18:33	0:39:26	0:03:56	
50	412	MARCO CAMPOS	0:39:41	0:08:58	0:18:24	0:39:36	0:03:57	



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Posição	Dorsal	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
51	301	DIOGO LEITÃO	0:39:57	0:09:14	0:18:36	0:39:55	0:03:59	BANCO ALIMENTAR
52	1742	LUIS XAVIER	0:39:58	0:09:15	0:18:37	0:39:45	0:03:58	GRUPO DESPORTIVO SAO DOMINGOS
53	1066	PEDRO RODRIGUES	0:40:03	0:09:20	0:18:40	0:39:54	0:03:59	
54	467	NUNO GAMEIRO	0:40:03	0:09:20	0:18:14	0:39:57	0:03:59	ACOREANA CLUBE BANIF
55	1802	MARCO LOURENÇO	0:40:13	0:09:30	0:18:40	0:40:00	0:04:00	LINDA-A-PASTORA SPORTING CLUBE
56	396	PEDRO MORGADO	0:40:38	0:09:55	0:18:41	0:40:38	0:04:03	G D C BANCO DE PORTUGAL
57	1513	WILSON FERNANDES	0:40:43	0:09:59	0:19:07	0:40:34	0:04:03	GRUPO EXCURS. OS ECONOMICOS
58	1698	TIAGO BRITO	0:40:57	0:10:14	0:19:43	0:40:25	0:04:02	CENTRO DESPORTIVO UNIVERSITARIO DE LISBO
59	1287	CARLOS DANIEL DOS SANTOS TEIXEIRA	0:41:02	0:10:19	0:17:54	0:38:26	0:03:50	
60	1756	JORGE NABAIS	0:41:02	0:10:19	0:18:53	0:40:58	0:04:05	
61	1777	JOÃO PEREIRA	0:41:03	0:10:20	0:19:03	0:40:54	0:04:05	INGLESSES FUTEBOL CLUBE
62	387	JOÃO PAULO JULIÃO GASPAR	0:41:15	0:10:32	0:18:34	0:40:58	0:04:05	KANINOS
63	1818	FLÁVIO CORDEIRO	0:41:30	0:10:47	0:18:44	0:41:09	0:04:06	SOCIEDADE FILARMONICA RECREATIVA ARTISTI
64	613	ROMÃO PEDROSO	0:41:31	0:10:48	0:20:06	0:41:09	0:04:06	OS AMIGOS DA KIKA
65	985	EDWARD KELLY	0:41:34	0:10:51	0:18:56	0:40:57	0:04:05	
66	1840	FLÁVIO FILIPE FERREIRA JULIÃO	0:41:41	0:10:58	0:18:53	0:41:36	0:04:09	SPORTING CLUBE DA REBOLEIRA DAMAIA
67	1085	NELSON OLIVEIRA	0:41:43	0:11:00	0:19:01	0:41:20	0:04:08	SAMSUNG
68	1467	JOÃO AGUILAR	0:41:44	0:11:00	0:18:59	0:41:40	0:04:10	WWW.OCARTAXEIRO.COM
69	105	MANUEL ALVES	0:41:50	0:11:07	0:19:09	0:41:28	0:04:08	
70	840	PEDRO LEAL	0:41:56	0:11:13	0:18:14	0:39:03	0:03:54	BANCO ALIMENTAR
71	791	TIAGO TELES	0:42:00	0:11:17	0:19:32	0:41:17	0:04:07	NUCLEO DESPORTIVO AUTOCOOPE
72	1682	DINIZ CARREIRA	0:42:18	0:11:34	0:19:51	0:41:50	0:04:11	CENTRO DESPORTIVO UNIVERSITARIO DE LISBO
73	291	DAVID LIMA	0:42:29	0:11:45	0:19:35	0:42:14	0:04:13	
74	614	SÉRGIO MOREIRAS	0:42:31	0:11:47	0:20:06	0:42:09	0:04:12	OS AMIGOS DA KIKA
75	1101	LUIS MIGUEL LEAL GOMES SEMEDO	0:42:39	0:11:56	0:19:58	0:42:26	0:04:14	
76	281	HELDER VALADAS	0:42:39	0:11:56	0:19:56	0:41:50	0:04:11	OS PERIGOSOS
77	1873	PEDRO ROCHA	0:42:51	0:12:07	0:20:12	0:42:38	0:04:15	PASSATEMPO
78	1414	HUGO DOURADO	0:42:56	0:12:13	0:19:55	0:42:06	0:04:12	
79	200	JOÃO NARCISO	0:43:07	0:12:24	0:19:58	0:43:07	0:04:18	PES TROIKADOS
80	1819	JOÃO BELO	0:43:31	0:12:48	0:19:34	0:43:11	0:04:19	SOCIEDADE FILARMONICA RECREATIVA ARTISTI
81	1512	EBRIMA BAYO	0:43:38	0:12:55	0:20:02	0:43:30	0:04:21	GRUPO EXCURS. OS ECONOMICOS
82	1480	JOAO PEDRO DOMINGUES BARATA	0:43:44	0:13:00	0:20:22	0:43:18	0:04:19	
83	24	RENATO MORAIS	0:43:52	0:13:08	0:21:07	0:43:36	0:04:21	
84	970	DANIEL VINHAIS	0:44:02	0:13:19	0:20:24	0:43:44	0:04:22	45 MINUTOS
85	1234	CARLOS MONSANTO	0:44:02	0:13:19	0:20:01	0:43:20	0:04:20	
86	1415	MANUEL ABRANTES	0:44:03	0:13:20	0:20:24	0:43:18	0:04:19	
87	1592	FÁBIO FERREIRA	0:44:06	0:13:22	0:20:12	0:43:59	0:04:23	
88	1052	ROGÉRIO MACHADO	0:44:15	0:13:31	0:20:14	0:43:48	0:04:22	
89	1511	ABDULAI CANDÉ	0:44:24	0:13:41	0:19:56	0:44:16	0:04:25	GRUPO EXCURS. OS ECONOMICOS
90	1376	RUI RODOLFO GOMES	0:44:29	0:13:46	0:20:37	0:43:42	0:04:22	CORRER LISBOA
91	739	CARLOS MAGALHÃES	0:44:29	0:13:46	0:20:06	0:42:34	0:04:15	
92	562	LUÍS RAIMUNDO	0:44:33	0:13:50	0:20:20	0:43:39	0:04:21	
93	1403	MARCO VAZ	0:44:34	0:13:51	0:20:59	0:44:10	0:04:25	FALCOES SELVAGENS
94	995	DANIEL FARINHA	0:44:39	0:13:56	0:20:19	0:43:39	0:04:21	SERVICOS SOCIAIS MONTEPIO
95	1132	RICARDO MADRINHA	0:44:49	0:14:06	0:20:41	0:43:53	0:04:23	
96	1679	ANDRÉ SATAR	0:45:00	0:14:17	0:20:28	0:44:28	0:04:26	CENTRO DESPORTIVO UNIVERSITARIO DE LISBO
97	1251	GONÇALO COSTA	0:45:03	0:14:20	0:20:47	0:44:19	0:04:25	
98	395	PEDRO PINTO	0:45:14	0:14:31	0:21:19	0:45:04	0:04:30	G D C BANCO DE PORTUGAL
99	1582	PEDRO DIAS	0:45:16	0:14:33	0:21:07	0:45:03	0:04:30	ASS GD ACADEMIA DO KORPO
100	431	MARCOS RAMALHEIRA	0:45:17	0:14:34	0:21:34	0:44:02	0:04:24	



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Posição	Dorsal	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
101	1508	JOÃO BRANCO	0:45:22	0:14:39	0:20:09	0:44:52	0:04:29	BRAIN TUMOR TEAM
102	442	DIOGO LEITE	0:45:34	0:14:51	0:20:41	0:45:01	0:04:30	
103	762	ANDRÉ VAZ	0:45:39	0:14:56	0:20:22	0:45:00	0:04:30	PERNAS DE GAFANHOTO
104	148	NUNO C. CARVALHO	0:45:39	0:14:56	0:20:40	0:44:41	0:04:28	
105	1014	RICARDO PINTO SOUSA	0:45:54	0:15:11	0:21:00	0:44:54	0:04:29	SERVICOS SOCIAIS MONTEPIO
106	1572	JOÃO DEUS	0:45:54	0:15:11	0:21:05	0:45:01	0:04:30	
107	1057	RICARDO JORGE BALAU	0:46:03	0:15:20	0:20:38	0:45:45	0:04:34	CORRER LISBOA
108	1503	HUGO FIGUEIREDO	0:46:05	0:15:21	0:21:34	0:45:43	0:04:34	
109	749	TIAGO COELHO	0:46:05	0:15:22	0:20:52	0:45:29	0:04:32	
110	403	ANDRÉ MENDONÇA	0:46:06	0:15:23	0:21:18	0:45:54	0:04:35	ADRC MATA DE BENFICA
111	497	ANGELO SILVA	0:46:22	0:15:39	0:23:10	0:46:22	0:04:38	CCDTMETROLX
112	618	JOAO PEDRO RESENDE TABORDA	0:46:44	0:16:01	0:21:22	0:45:47	0:04:34	
113	1050	ROQUE SOARES	0:46:47	0:16:03	0:21:04	0:45:18	0:04:31	
114	640	CARLOS NORONHA	0:46:52	0:16:09	0:22:15	0:46:14	0:04:37	
115	271	ANDRE FIGUEIREDO	0:46:57	0:16:14	0:21:21	0:46:01	0:04:36	BANCO ALIMENTAR
116	642	JOSE MANUEL GUERREIRO MARTINS	0:47:05	0:16:21	0:22:21	0:45:59	0:04:35	
117	1490	BRUNO PIÇARRA	0:47:10	0:16:27	0:21:25	0:46:09	0:04:36	BANCO ALIMENTAR
118	599	FAUSTO ALBERTO PEREIRA	0:47:17	0:16:33	0:21:33	0:45:10	0:04:31	
119	1562	MANUEL AGAPITO	0:47:19	0:16:35	0:22:09	0:46:34	0:04:39	
120	1736	DIOGO SOARES	0:47:20	0:16:36	0:22:03	0:47:04	0:04:42	GRUPO DESPORTIVO SAO DOMINGOS
121	20	NUNO SIMOES ALMEIDA	0:47:23	0:16:40	0:22:16	0:45:43	0:04:34	
122	548	CLÁUDIO GONÇALVES	0:47:25	0:16:42	0:21:23	0:47:05	0:04:42	
123	973	FILIPE BUGALHO	0:47:27	0:16:44	0:22:07	0:47:07	0:04:42	
124	193	PAULO MOURA	0:47:38	0:16:54	0:23:55	0:47:06	0:04:42	
125	194	BRUNO TAVARES	0:47:39	0:16:56	0:20:43	0:47:08	0:04:42	
126	408	FRANCISCO GOMES	0:47:41	0:16:57	0:22:05	0:46:27	0:04:38	
127	898	FERNANDO JOSÉ FARIA	0:47:42	0:16:59	0:21:47	0:46:55	0:04:41	
128	1094	MANUEL VALENÇA	0:47:48	0:17:05	0:22:01	0:47:14	0:04:43	
129	28	BRUNO PROENÇA	0:47:49	0:17:06	0:21:56	0:46:24	0:04:38	
130	884	SANDEEP JHA	0:48:19	0:17:35	0:22:07	0:47:40	0:04:46	
131	1348	NUNO RAFAEL	0:48:26	0:17:42	0:22:29	0:48:17	0:04:49	C.BENFICA ALGUEIRAO M MARTINS
132	273	JOÃO JOSÉ FERNANDES	0:48:27	0:17:44	0:22:06	0:47:28	0:04:44	
133	1405	MARCO CACHINHO	0:48:36	0:17:53	0:22:01	0:47:38	0:04:45	KANINOS
134	1648	TIAGO ABREU	0:48:43	0:17:59	0:22:45	0:47:26	0:04:44	OS AMIGOS DA ALAMEDA
135	1898	BRUNO BRITO	0:48:43	0:18:00	0:24:52	0:48:04	0:04:48	
136	1665	EDUARDO SANTOS	0:48:52	0:18:08	0:23:35	0:47:59	0:04:47	ASSOCIACAO CULTURAL E RECREATIVA DA MEAL
137	999	JOÃO CARLOS SANTOS	0:48:58	0:18:15	0:22:09	0:47:48	0:04:46	SERVICOS SOCIAIS MONTEPIO
138	1227	JOÃO GONÇALO CLEMENTE DA SILVA	0:49:07	0:18:24	0:22:35	0:48:17	0:04:49	
139	664	ANTONIO BALDO	0:49:09	0:18:26	0:22:15	0:46:44	0:04:40	
140	558	JOÃO FILIPE MARTINHO	0:49:12	0:18:29	0:22:11	0:49:01	0:04:54	
141	1247	IVO NOGUEIRA	0:49:13	0:18:30	0:23:10	0:47:44	0:04:46	CÂMARA LISBOA CLUBE
142	1105	MÁRIO LUCAS	0:49:14	0:18:31	0:22:42	0:47:06	0:04:42	
143	1288	JAIME MIGUEL BENTO COELHO	0:49:18	0:18:35	0:21:47	0:47:43	0:04:46	
144	1552	ROGÉRIO TABUADA	0:49:19	0:18:36	0:23:16	0:48:24	0:04:50	
145	360	MARCO MARTINS	0:49:20	0:18:36	0:22:34	0:48:38	0:04:51	BANCO ALIMENTAR
146	254	LUIS DOMINGUES	0:49:25	0:18:42	0:22:13	0:48:34	0:04:51	
147	561	PEDRO MANUEL CRUZ PAIXÃO	0:49:31	0:18:48	0:24:57	0:49:14	0:04:55	
148	738	EMANUEL MAGALHÃES	0:49:36	0:18:53	0:22:10	0:47:40	0:04:46	
149	1565	TIAGO FERREIRA	0:49:45	0:19:02	0:22:49	0:49:33	0:04:57	
150	867	GONÇALO LAGOA	0:49:50	0:19:07	0:22:34	0:48:16	0:04:49	



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Posição	Dorsal	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
151	1443	ARMANDO CORREIA	0:49:53	0:19:09	0:24:05	0:47:51	0:04:47	SPORTING CLUBE DE CASAINHOS
152	439	NUNO TALAIA DA COSTA	0:49:59	0:19:15	0:23:38	0:48:59	0:04:53	
153	394	IVAN RAMOS	0:50:13	0:19:30	0:23:10	0:49:45	0:04:58	
154	524	PAULO JORGE LEITÃO	0:50:14	0:19:31	0:22:36	0:48:42	0:04:52	BANCO ALIMENTAR
155	1252	LUÍS MOTA	0:50:34	0:19:51	0:25:53	0:49:34	0:04:57	
156	25	ALEXANDRE ESPIRITO SANTO	0:50:39	0:19:56	0:23:26	0:50:08	0:05:00	
157	1634	BRUNO CLARO	0:50:41	0:19:57	0:22:13	0:49:52	0:04:59	
158	1020	CARLOS ANDRÉ LOPES	0:50:41	0:19:58	0:22:51	0:49:07	0:04:54	
159	1477	PEDRO BARRIAS	0:50:50	0:20:07	0:22:52	0:48:37	0:04:51	ROUND TABLE RUNNING TEAM
160	1174	JOÃO PAULO SILVA	0:50:51	0:20:07	0:23:01	0:49:28	0:04:56	CASA DA DIZIMA
161	52	VITOR RAMALHO	0:50:54	0:20:10	0:23:21	0:49:43	0:04:58	BANCO ALIMENTAR
162	1469	EDGAR GUILHERME	0:50:55	0:20:12	0:22:34	0:50:29	0:05:02	WWW.OCARTAXEIRO.COM
163	1276	NUNO MARTINS	0:51:00	0:20:16	0:23:35	0:50:09	0:05:00	
164	1474	FILIPE REINO	0:51:07	0:20:24	0:23:03	0:50:15	0:05:01	BISNAGAS
165	1266	MANUEL ROSA	0:51:08	0:20:25	0:22:35	0:49:00	0:04:54	
166	1425	BRUNO FREIRE	0:51:10	0:20:27	0:22:53	0:49:13	0:04:55	
167	1075	ADRIANO SANTOS	0:51:19	0:20:36	0:23:39	0:49:25	0:04:56	SAMSUNG
168	323	GERMÃO DA SILVA D. LOURO	0:51:19	0:20:36	0:23:42	0:50:54	0:05:05	
169	438	TIAGO PIRES	0:51:28	0:20:45	0:23:39	0:50:29	0:05:02	
170	773	ANDRE MARTINS	0:51:36	0:20:52	0:23:07	0:49:44	0:04:58	EVC RUNNING TEAM
171	979	DANIEL CARVALHO	0:51:39	0:20:56	0:23:12	0:50:47	0:05:04	
172	1491	DANIEL FEITEIRONA	0:51:43	0:21:00	0:24:31	0:49:29	0:04:56	
173	269	BRUNO FIGUEIREDO	0:51:44	0:21:01	0:23:17	0:50:53	0:05:05	BANCO ALIMENTAR
174	826	JOAO SOUSA	0:51:46	0:21:03	0:23:32	0:49:50	0:04:59	EVC RUNNING TEAM
175	36	PEDRO SEVERINO	0:51:47	0:21:04	0:23:45	0:50:59	0:05:05	
176	1613	HONORATO MOURA	0:51:50	0:21:07	0:23:17	0:50:00	0:05:00	CCDTMETROLX
177	774	MIGUEL RODRIGUES	0:51:52	0:21:09	0:23:53	0:49:56	0:04:59	EVC RUNNING TEAM
178	761	NUNO LUCAS	0:51:56	0:21:13	0:23:40	0:51:17	0:05:07	PERNAS DE GAFANHOTO
179	508	RICARDO NUNES	0:52:00	0:21:16	0:23:26	0:51:27	0:05:08	
180	924	JOSE MARTINS	0:52:05	0:21:21	0:23:10	0:49:57	0:04:59	
181	333	GONÇALO RANGEL	0:52:07	0:21:23	0:24:37	0:50:46	0:05:04	ROADRUNNERS
182	514	RUI ANTUNES	0:52:16	0:21:33	0:24:03	0:51:17	0:05:07	
183	770	BERNARDO CARDOSO	0:52:22	0:21:39	0:24:23	0:51:45	0:05:10	
184	1282	RUI OLIVEIRA	0:52:32	0:21:49	0:24:47	0:51:11	0:05:07	
185	1378	PAULO AH QUIN	0:52:38	0:21:55	0:24:15	0:52:12	0:05:13	HOLMES PLACE ALGES - FIT2RUN
186	1696	SIMÃO ORTEGA	0:52:52	0:22:08	0:23:33	0:51:44	0:05:10	CENTRO DESPORTIVO UNIVERSITARIO DE LISBO
187	401	RICARDO ESTEVES RIBEIRO	0:52:54	0:22:11	0:23:39	0:52:12	0:05:13	
188	742	RAMIRO MARQUES	0:53:13	0:22:30	0:24:04	0:51:38	0:05:09	
189	896	DIOGO LOPES MOREIRA	0:53:16	0:22:33	0:23:09	0:51:26	0:05:08	EVC RUNNING TEAM
190	1570	CANDIDO ANDRE SALGADO RAMOS	0:53:26	0:22:42	0:23:43	0:53:17	0:05:19	
191	1363	MÁRIO JOÃO PRATA DA SILVA DIAS	0:53:30	0:22:46	0:27:08	0:52:05	0:05:12	
192	781	TOMÁS RETO	0:53:35	0:22:52	0:23:31	0:53:01	0:05:18	PATRAO RETO
193	782	HUGO RETO	0:53:35	0:22:52	0:23:32	0:53:02	0:05:18	PATRAO RETO
194	785	NUNO PRATES	0:53:35	0:22:52	0:24:06	0:51:34	0:05:09	
195	39	JOSÉ FERNANDO MAGALHÃES	0:53:44	0:23:01	0:25:17	0:52:16	0:05:13	
196	1100	FILIPE JUNQUEIRA	0:53:45	0:23:02	0:24:13	0:51:53	0:05:11	
197	1861	BRUNO RAFAEL FRADE CARVALHO	0:53:55	0:23:12	0:24:32	0:52:00	0:05:12	LIBERTY SEGUROS
198	1341	JOÃO GRILLO	0:54:06	0:23:23	0:24:22	0:53:58	0:05:23	C.BENFICA ALGUEIRAO M MARTINS
199	410	GUSTAVO GONZÁLEZ	0:54:10	0:23:27	0:25:04	0:51:58	0:05:11	
200	760	FILIPE JUNOT	0:54:36	0:23:53	0:24:50	0:52:51	0:05:17	



## G. P. Natal - 10km - CLASSIFICAÇÃO SENIOR-M

Posição	Dorsal	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
201	1177	RICARDO SANTANA	0:54:37	0:23:54	0:24:48	0:52:46	0:05:16	
202	1481	TITO NASCIMENTO	0:54:42	0:23:59	0:24:20	0:52:28	0:05:14	
203	1073	TIAGO HENRIQUES	0:54:44	0:24:01	0:25:00	0:53:51	0:05:23	
204	1555	ANDRÉ MACHADO	0:54:50	0:24:06	0:24:29	0:53:02	0:05:18	SCALABIS NIGHT RUNNERS
205	879	DANIEL SILVA	0:54:51	0:24:08	0:24:49	0:52:54	0:05:17	BANCO ALIMENTAR
206	889	NUNO VAZ	0:54:58	0:24:15	0:25:15	0:54:31	0:05:27	FALCOES SELVAGENS
207	897	TIAGO OLIVEIRA	0:55:09	0:24:25	0:24:12	0:54:11	0:05:25	
208	856	MIGUEL GUERREIRO DE MELO	0:55:19	0:24:36	0:24:58	0:53:22	0:05:20	
209	1235	SELMO GUERREIRO	0:55:25	0:24:41	0:25:00	0:53:30	0:05:21	
210	522	CARLOS GONÇALVES	0:55:25	0:24:42	0:24:39	0:54:26	0:05:26	PRIMOS DOS POUSOS
211	388	JOÃO LUIS LOURENÇO	0:55:26	0:24:43	0:24:51	0:54:28	0:05:26	KANINOS
212	1259	JOEL FERREIRA	0:55:28	0:24:45	0:25:02	0:54:40	0:05:28	
213	1086	PEDRO CARVALHO	0:55:43	0:25:00	0:26:35	0:53:48	0:05:22	SAMSUNG
214	622	PEDRO GONÇALVES	0:56:02	0:25:19	0:25:54	0:55:11	0:05:31	
215	1695	SERGIO TAVARES	0:56:05	0:25:22	0:24:58	0:54:48	0:05:28	CENTRO DESPORTIVO UNIVERSITARIO DE LISBOA
216	313	DAVID SILVA	0:56:12	0:25:29	0:26:49	0:55:24	0:05:32	CORRER LISBOA
217	1375	JOSÉ PEDRO CAVACO	0:56:20	0:25:36	0:27:48	0:54:24	0:05:26	
218	1385	BRUNO MARTINHO	0:56:20	0:25:37	0:27:02	0:54:54	0:05:29	GRUPO DESPORTIVO SAO DOMINGOS
219	1533	DANIEL RIBEIRO	0:56:31	0:25:47	0:25:20	0:55:59	0:05:35	BRAIN TUMOR TEAM
220	799	SÉRGIO PEIXOTO ALMEIDA	0:56:38	0:25:55	0:26:19	0:54:32	0:05:27	FF4R
221	768	JOÃO GRILO	0:56:43	0:26:00	0:26:41	0:56:07	0:05:36	
222	1606	ANDRÉ PIRES	0:56:58	0:26:15	0:26:58	0:56:06	0:05:36	
223	165	TIAGO CARDOSO	0:57:04	0:26:21	0:25:54	0:55:32	0:05:33	BANCO ALIMENTAR
224	1521	MIGUEL RAMALHO	0:57:35	0:26:51	0:26:34	0:55:32	0:05:33	VALADARES
225	1286	MIGUEL ARINTO DE ALMEIDA SANTOS	0:58:10	0:27:27	0:26:17	0:56:36	0:05:39	
226	1080	GONÇALO CARDOSO	0:58:12	0:27:29	0:26:37	0:56:18	0:05:37	SAMSUNG
227	1082	MARIO WESTPHALEN	0:58:16	0:27:33	0:27:05	0:56:23	0:05:38	SAMSUNG
228	1151	JOÃO PEDRO VICENTE	0:58:20	0:27:37	0:26:34	0:56:39	0:05:39	OS PAPOILAS SALTITANTES
229	1392	JOAQUIM PEREIRA	0:58:32	0:27:49	0:27:31	0:56:25	0:05:38	BRAIN TUMOR TEAM
230	55	DIOGO TAVARES	0:58:48	0:28:05	0:25:44	0:57:45	0:05:46	GRANACAR
231	1374	MANUEL OGANDO	0:58:55	0:28:12	0:28:14	0:56:59	0:05:41	
232	294	NUNO PIREZA	0:58:59	0:28:16	0:26:45	0:56:57	0:05:41	
233	717	LUIZ GUILHERME PAIVA VIANNA	0:59:02	0:28:19	0:27:37	0:57:49	0:05:46	
234	1904	GONÇALO PEDRO	0:59:14	0:28:30	0:25:38	0:57:53	0:05:47	LIBERTY SEGUROS
235	471	NELITO CALIXTO	0:59:35	0:28:52	0:27:53	0:58:44	0:05:52	BANCO ALIMENTAR
236	1115	ADOLFO VEIGA	0:59:44	0:29:01	0:26:40	0:58:06	0:05:48	
237	1147	DAVID MATIAS	0:59:52	0:29:09	0:26:38	0:59:22	0:05:56	
238	477	JOÃO RIBEIRO	1:00:18	0:29:35	0:26:43	0:59:18	0:05:55	
239	1817	FERNANDO GOMES	1:00:30	0:29:47	0:27:52	0:59:10	0:05:55	SOCIEDADE FILARMONICA RECREATIVA ARTISTI
240	1309	BRUNO CABRAL	1:00:51	0:30:08	0:30:15	0:59:04	0:05:54	TIVOLI
241	400	JOÃO MARTINS	1:01:24	0:30:41	0:28:04	0:59:56	0:05:59	G D C BANCO DE PORTUGAL
242	915	TIAGO RICARDO	1:01:38	0:30:54	0:28:22	0:59:58	0:05:59	BANCO ALIMENTAR
243	1397	PEDRO BATISTA	1:02:23	0:31:39	0:27:07	1:01:53	0:06:11	BRAIN TUMOR TEAM
244	1306	FLAVIO COELHO	1:02:45	0:32:01	0:26:16	1:01:00	0:06:06	TIVOLI
245	1173	PEDRO BAPTISTA	1:02:46	0:32:02	0:28:01	1:01:23	0:06:08	CASA DA DIZIMA
246	1489	GUILHERME MARTINS	1:02:49	0:32:06	0:26:20	1:01:52	0:06:11	HAPPY RUNNERS
247	967	RODRIGO RODRIGUES	1:02:56	0:32:13	0:26:22	1:00:38	0:06:03	MAIANGA CALLING
248	144	PAULO JORGE GONÇALVES RODRIGUES	1:02:59	0:32:15	0:27:39	1:02:10	0:06:13	
249	913	MIGUEL FRADE	1:03:00	0:32:17	0:28:23	1:01:21	0:06:08	BANCO ALIMENTAR
250	364	MÁRIO ANGELO	1:03:06	0:32:23	0:28:10	1:01:24	0:06:08	BANCO ALIMENTAR



## G. P. Natal - 10km - CLASSIFICAÇÃO SENIOR-M

Posição	Dorsal	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
251	619	MIGUEL LEAL	1:03:08	0:32:24	0:28:37	1:02:00	0:06:12	
252	1267	ANTONIO LOBAO TELES	1:03:18	0:32:35	0:29:39	1:01:09	0:06:06	
253	1134	ÁLVARO DE ALMEIDA DE ECA	1:03:30	0:32:46	0:28:00	1:02:36	0:06:15	
254	904	ANDRÉ SILVA	1:03:43	0:33:00	0:28:40	1:01:52	0:06:11	OS CARACOIS FURIOSOS
255	328	TIAGO ALMEIDA	1:03:51	0:33:07	0:27:22	1:01:47	0:06:10	
256	1137	MAURO JOSÉ PATUSCO MACHADO	1:04:23	0:33:39	0:29:12	1:03:00	0:06:18	
257	1370	PEDRO ANTUNES	1:05:43	0:35:00	0:28:28	1:04:33	0:06:27	LEBRES E TARTARUGAS
258	1308	FRANCISCO SOUSA	1:05:48	0:35:05	0:30:31	1:04:00	0:06:24	TIVOLI
259	713	DAVID MIGUEL FERREIRA JORGE	1:06:07	0:35:23	0:30:21	1:05:02	0:06:30	CLUBE MILLENIUM BCP
260	1690	RICARDO GENTIL	1:06:16	0:35:33	0:30:10	1:04:58	0:06:29	CENTRO DESPORTIVO UNIVERSITARIO DE LISBO
261	545	FRANCISCO AZEVEDO	1:06:22	0:35:39	0:30:06	1:04:10	0:06:25	
262	1079	DIOGO ROSA	1:06:41	0:35:58	0:35:26	1:06:41	0:06:40	SAMSUNG
263	918	RICARDO CÂNDIDO	1:08:27	0:37:44	0:30:40	1:06:08	0:06:36	POUCOS POR MUITOS
264	1064	HUGO VALENTE	1:08:47	0:38:04	0:29:34	1:06:50	0:06:41	EVC RUNNING TEAM
265	167	FABIO ALVES	1:08:53	0:38:10	0:32:38	1:07:56	0:06:47	BANCO ALIMENTAR
266	926	JOSÉ RATINHO	1:11:39	0:40:56	0:33:01	1:09:29	0:06:56	
267	1044	JOÃO GUERRA	1:11:53	0:41:10	0:31:59	1:10:04	0:07:00	
268	1651	PEDRO ALMEIDA	1:12:26	0:41:43	0:32:02	1:11:02	0:07:06	
269	1135	VITOR SILVA	1:13:18	0:42:35	0:32:54	1:12:25	0:07:14	
270	921	FILIPE SILVA	1:18:08	0:47:24	0:31:09	1:15:48	0:07:34	POUCOS POR MUITOS
271	920	NELSON SOBREDA	1:18:08	0:47:24	0:31:09	1:15:48	0:07:34	POUCOS POR MUITOS
272	556	ANGELO RIBEIRO	1:20:13	0:49:30	0:33:44	1:18:25	0:07:50	