

G. P. Natal - 10km - CLASSIFICAÇÃO VETERANOS-C M

Posição	Dorsal	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
1	1716	JOÃO VAZ	0:32:21		0:15:02	0:32:21	0:03:14	CLUBE FUTEBOL OS BELENENSES
2	1727	EUGENIO NETO	0:33:11	0:00:50	0:15:38	0:33:11	0:03:19	GRUPO DESPORTIVO RECREATIVO REBOLEIRA
3	1334	AMÉRICO PEREIRA	0:33:41	0:01:20	0:15:47	0:33:33	0:03:21	CASA DO BENFICA DE ALGUEIRO M
4	1792	JOÃO CALDEIRA	0:34:23	0:02:02	0:16:11	0:34:22	0:03:26	LINDA-A-PASTORA SPORTING CLUBE
5	1774	JACINTO NASCIMENTO	0:35:05	0:02:44	0:16:27	0:35:01	0:03:30	INGLESES FUTEBOL CLUBE
6	1031	SÉRGIO SANTOS	0:35:05	0:02:44	0:16:29	0:35:03	0:03:30	AGUIAS DE ALPIARCA - TRIATLO
7	1717	JOSÉ CUSTÓDIO	0:35:06	0:02:45	0:16:18	0:35:04	0:03:30	CLUBE FUTEBOL OS BELENENSES
8	1707	JOSE LOPES	0:35:22	0:03:01	0:16:31	0:35:21	0:03:32	CLUBE ATLETISMO ODIARQ
9	1796	JOSÉ FELIX	0:35:23	0:03:01	0:16:31	0:35:19	0:03:31	LINDA-A-PASTORA SPORTING CLUBE
10	1797	JOSÉ GIL	0:35:23	0:03:02	0:16:41	0:35:20	0:03:32	LINDA-A-PASTORA SPORTING CLUBE
11	1734	PAULO MOREIRA	0:35:28	0:03:07	0:16:15	0:35:27	0:03:32	GRUPO DESPORTIVO RECREATIVO REBOLEIRA
12	870	JOSÉ CORREIA	0:35:30	0:03:09	0:16:27	0:35:25	0:03:32	CLUBE ATLETICO DAS PATAMEIRAS
13	1221	JOÃO GOMES	0:35:36	0:03:15	0:17:05	0:35:20	0:03:32	
14	1185	EDUARDO EUSTAQUIO	0:35:59	0:03:38	0:16:55	0:35:51	0:03:35	AMIGOS ATLETISMO MAFRA
15	1790	ANTONIO MURTEIRA	0:36:18	0:03:57	0:16:59	0:36:09	0:03:36	LINDA-A-PASTORA SPORTING CLUBE
16	1701	AIRES PRATAS	0:36:19	0:03:58	0:16:54	0:36:18	0:03:37	CLUBE ATLETISMO ODIARQ
17	908	ELIAS MONTEIRO FORTES	0:36:42	0:04:21	0:17:27	0:36:37	0:03:39	SPORTING CLUBE REBOLEIRA E DAM
18	802	ANTONIO HENRIQUES	0:36:49	0:04:28	0:17:08	0:36:47	0:03:40	CLUBE DE ATLETISMO ODIARQ
19	1846	PAULO JORGE SIMÕES DA SILVA CARVALHO	0:37:11	0:04:50	0:17:14	0:37:04	0:03:42	SPORTING CLUBE DA REBOLEIRA DAMAIA
20	1461	ADOLFO LEAL	0:37:19	0:04:58	0:17:28	0:37:16	0:03:43	WWW.OCARTAXEIRO.COM
21	1347	VITOR SILVA	0:37:32	0:05:11	0:17:34	0:37:27	0:03:44	C.BENFICA ALGUEIRO M MARTINS
22	1656	JOÃO CÂNDIDO	0:37:41	0:05:20	0:17:29	0:37:39	0:03:45	ASSOC. ESTILOS DE VIDA EM LISBOA
23	1317	JOÃO LUIS	0:37:58	0:05:37	0:17:50	0:37:54	0:03:47	
24	1205	ANTÓNIO SANTOS	0:38:29	0:06:08	0:17:58	0:38:23	0:03:50	GD INE
25	1820	JOSÉ MORGADO	0:38:40	0:06:19	0:17:47	0:38:20	0:03:50	SOCIEDADE FILARMONICA RECREATIVA ARTISTI
26	1783	ANTÓNIO SILVA	0:38:42	0:06:21	0:18:16	0:38:38	0:03:51	LINDA-A-PASTORA SPORTING CLUBE
27	1799	LUIS PREGO	0:38:53	0:06:32	0:18:16	0:38:50	0:03:53	LINDA-A-PASTORA SPORTING CLUBE
28	650	LUIS REBELO	0:39:03	0:06:42	0:18:13	0:39:00	0:03:54	REBELOS
29	1158	JORGE SERRA	0:39:13	0:06:52	0:17:56	0:39:07	0:03:54	WERUN PORTUGAL
30	1671	ANTÓNIO R. LOPES	0:39:17	0:06:56	0:17:58	0:39:14	0:03:55	ASSOCIACAO DESPORTIVA NUCLEOEIRAS
31	944	ANTÓNIO CARNEIRO	0:39:20	0:06:58	0:18:16	0:39:15	0:03:55	CLUBE OGMA
32	1462	ARLINDO PAIXÃO	0:39:27	0:07:06	0:18:43	0:39:23	0:03:56	WWW.OCARTAXEIRO.COM
33	1449	LUIS PAULO	0:39:34	0:07:13	0:18:27	0:39:24	0:03:56	
34	1890	RUI VIERA	0:39:36	0:07:15	0:18:33	0:39:27	0:03:56	
35	575	JOSÉ CARRETAS	0:39:42	0:07:21	0:18:31	0:39:35	0:03:57	
36	1700	SÉRGIO SANTOS	0:39:44	0:07:23	0:18:21	0:39:38	0:03:57	CLUBE ACADEMICO DE PENAFIRME
37	1654	JOSÉ MANUEL DIAS MORAIS	0:39:45	0:07:24	0:18:18	0:39:34	0:03:57	
38	1705	JOAQUIM MARTINS	0:39:46	0:07:25	0:18:36	0:39:45	0:03:58	CLUBE ATLETISMO ODIARQ
39	1220	NUNO CORREIA	0:39:47	0:07:26	0:18:34	0:39:44	0:03:58	GD INE
40	1139	JOSE MARTINS	0:39:52	0:07:31	0:18:46	0:39:44	0:03:58	A NATUREZA ENSINA
41	476	PAULO MORADIAS	0:39:53	0:07:32	0:18:43	0:39:49	0:03:58	ACOREANA CLUBE BANIF
42	633	CARLOS FORTUNATO	0:40:02	0:07:41	0:18:32	0:39:41	0:03:58	GRUPO ATLETAS MONSANTO
43	1892	JOAQUIM SANTOS	0:40:09	0:07:48	0:18:28	0:39:59	0:03:59	
44	1244	LICÍNIO FIDALGO	0:40:13	0:07:52	0:18:28	0:40:04	0:04:00	CÂMARA LISBOA CLUBE
45	1563	GONÇALVES DA SILVA	0:40:17	0:07:56	0:18:48	0:40:11	0:04:01	
46	1364	CARLOS MARQUES	0:40:21	0:08:00	0:18:37	0:40:07	0:04:00	
47	138	JOSÉ PENA	0:40:36	0:08:15	0:19:07	0:40:21	0:04:02	KEEP RUNNING
48	1360	LUIS VALVERDE	0:40:39	0:08:18	0:18:42	0:40:39	0:04:03	CLUBE PEDRO PESSOA EA
49	209	PEDRO MARQUES	0:40:42	0:08:21	0:18:53	0:40:20	0:04:02	
50	907	CONSTANTINO MANUEL DA SILVA ARAÚJO	0:40:44	0:08:23	0:19:25	0:40:22	0:04:02	SPORTING CLUBE REBOLEIRA E DAM



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Posição	Dorsal	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
51	875	ISIDRO DUARTE	0:40:48	0:08:27	0:19:09	0:40:40	0:04:04	RB RUNNING
52	1442	CARLOS BAPTISTA	0:40:50	0:08:29	0:18:59	0:40:44	0:04:04	SPORTING CLUBE DE CASINHOS
53	1294	JORGE MARTINHO	0:41:09	0:08:48	0:19:29	0:40:54	0:04:05	OS GALGOS
54	588	ANTÓNIO JACINTO	0:41:13	0:08:52	0:19:43	0:40:57	0:04:05	AUTOJACINTO
55	425	FAUSTO ISAAC	0:41:19	0:08:58	0:19:21	0:41:11	0:04:07	ACOREANA CLUBE BANIF
56	1778	ALEXANDRE DIAS	0:41:22	0:09:01	0:18:51	0:41:16	0:04:07	JUVENTUDE OPERARIA MONTE ABRAAO
57	1670	FERNANDO FERNANDES	0:41:28	0:09:07	0:19:19	0:41:13	0:04:07	ASSOCIACAO DESPORTIVA LEOES APELACONSE
58	1527	MARTIM MENEZES	0:41:33	0:09:11	0:19:08	0:41:33	0:04:09	
59	647	EMANUEL FREITAS	0:41:33	0:09:12	0:19:05	0:41:14	0:04:07	
60	1800	LUIZ FERRÃO	0:41:36	0:09:15	0:19:20	0:41:32	0:04:09	LINDA-A-PASTORA SPORTING CLUBE
61	788	JOAO CALDAS	0:41:40	0:09:19	0:19:27	0:41:22	0:04:08	NUCLEO DESPORTIVO AUTOCOOPE
62	483	CARLOS CARDOSO	0:41:46	0:09:24	0:19:16	0:41:39	0:04:09	GD BANCO BPI
63	1159	JOSÉ MARTINS	0:41:52	0:09:31	0:19:54	0:41:43	0:04:10	WERUN PORTUGAL
64	1673	FERNANDO JORGE PAIS POLÓNIO	0:41:54	0:09:33	0:19:27	0:41:54	0:04:11	ASSOCIACAO DESPORTIVA NUCLEOEIRAS
65	1406	JOÃO FONSECA	0:41:58	0:09:37	0:19:14	0:41:41	0:04:10	BRAIN TUMOR TEAM
66	1758	JOÃO MARQUES	0:41:58	0:09:37	0:20:06	0:41:58	0:04:11	
67	1186	CARLOS MORAIS	0:42:10	0:09:49	0:19:44	0:41:49	0:04:10	AMIGOS ATLETISMO MAFRA
68	1164	EURICO NICHIO	0:42:12	0:09:51	0:19:30	0:41:58	0:04:11	OS GALGOS
69	1528	FRANCISCO BISPO	0:42:19	0:09:58	0:19:21	0:42:04	0:04:12	
70	1190	EDUARDO M. A. SILVA	0:42:23	0:10:02	0:20:09	0:42:11	0:04:13	
71	179	JOSE FRANCISCO MIRANDA	0:42:23	0:10:02	0:19:40	0:42:10	0:04:13	
72	1839	APOLIO JOÃO PEREIRA	0:42:31	0:10:10	0:20:10	0:42:08	0:04:12	SPORTING CLUBE DA REBOLEIRA DAMAIA
73	1740	HERLANDER MARTINS	0:42:36	0:10:15	0:19:45	0:42:22	0:04:14	GRUPO DESPORTIVO SAO DOMINGOS
74	1336	ALBINO NEIVA	0:42:43	0:10:22	0:19:51	0:42:25	0:04:14	CASA DO BENFICA DE ALGUEIRAO M
75	500	CARLOS NELSON DIAS	0:42:44	0:10:23	0:20:13	0:41:48	0:04:10	CCDTMETROLX
76	153	GERRY SANITZ	0:42:46	0:10:25	0:20:12	0:42:32	0:04:15	BANCO ALIMENTAR
77	906	JOSÉ DOS SANTOS REIS	0:42:47	0:10:26	0:19:51	0:42:39	0:04:15	SPORTING CLUBE REBOLEIRA E DAM
78	1773	FERNANDO MARQUES	0:42:50	0:10:29	0:20:12	0:42:36	0:04:15	INGLESES FUTEBOL CLUBE
79	1780	ALCINDO ALMEIDA	0:42:54	0:10:33	0:19:30	0:41:09	0:04:06	LINDA-A-PASTORA SPORTING CLUBE
80	942	JOÃO BOGALHEIRO	0:43:11	0:10:49	0:19:57	0:43:06	0:04:18	BANCO ALIMENTAR
81	945	LUÍS SOARES	0:43:11	0:10:50	0:20:17	0:43:02	0:04:18	CLUBE OGMA
82	379	ADELINO SEMEDO	0:43:14	0:10:53	0:20:22	0:42:50	0:04:17	G D C BANCO DE PORTUGAL
83	1109	MÁRIO LOPES	0:43:14	0:10:53	0:19:53	0:42:55	0:04:17	
84	330	FERNANDO ANACLETO	0:43:20	0:10:59	0:20:28	0:43:07	0:04:18	
85	1585	ORLANDO DELGADO	0:43:22	0:11:01	0:20:07	0:43:18	0:04:19	
86	1111	PEDRO PIRES	0:43:30	0:11:09	0:19:58	0:42:55	0:04:17	ASSOCIACAO DE ATLETISMO LEBRES
87	775	PAULO PIRES	0:43:32	0:11:11	0:20:20	0:43:08	0:04:18	
88	1382	JOAQUIM DA COSTA MARINHO	0:43:34	0:11:13	0:20:07	0:43:29	0:04:20	
89	978	NUNO ARCHER	0:43:34	0:11:13	0:20:26	0:42:59	0:04:17	
90	238	ANTÓNIO MARTINS	0:43:40	0:11:19	0:20:16	0:42:51	0:04:17	BANCO ALIMENTAR
91	1207	CARLOS SANTOS	0:43:44	0:11:23	0:20:36	0:43:23	0:04:20	GD INE
92	733	PEDRO FREITAS	0:43:45	0:11:23	0:20:17	0:43:37	0:04:21	
93	47	RUI PEDRO JULIÃO	0:43:51	0:11:30	0:20:33	0:42:18	0:04:13	GEORUNNERS
94	98	LUIS MACHADO	0:43:53	0:11:31	0:20:33	0:43:49	0:04:22	GPCTIN CASA DA MOEDA
95	1674	HELDER HENRIQUES	0:43:58	0:11:37	0:21:01	0:43:43	0:04:22	ASSOCIACAO DESPORTIVA NUCLEOEIRAS
96	1506	JOSÉ PEIXOTO	0:44:00	0:11:39	0:20:30	0:43:39	0:04:21	CORRER LISBOA
97	1446	RUI MANUEL JANUÁRIO PAULO	0:44:01	0:11:40	0:20:29	0:43:46	0:04:22	PAULOS
98	629	CARLOS COELHO	0:44:02	0:11:41	0:20:30	0:43:42	0:04:22	GRUPO ATLETAS MONSANTO
99	1833	MANUEL MARTINS	0:44:03	0:11:42	0:20:39	0:43:26	0:04:20	SPORT LISBOA E CAMPOLIDE
100	499	ANTONIO PEREIRA	0:44:06	0:11:45	0:21:25	0:43:34	0:04:21	CCDTMETROLX



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Posição	Dorsal	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
101	308	ALBINO TOMÁS	0:44:11	0:11:50	0:21:10	0:44:11	0:04:25	CLUBE ATLETICO DAS PATAMEIRAS
102	310	ANTÓNIO MORAIS	0:44:12	0:11:50	0:20:57	0:43:58	0:04:23	CLUBE ATLETICO DAS PATAMEIRAS
103	1131	AMÉRICO PIMENTA	0:44:14	0:11:53	0:20:50	0:44:12	0:04:25	
104	1832	MANUEL FONSECA	0:44:17	0:11:56	0:20:43	0:44:13	0:04:25	SPORT LISBOA E CAMPOLIDE
105	1826	ALFREDO VALENTE	0:44:17	0:11:56	0:20:32	0:43:36	0:04:21	SPORT LISBOA E CAMPOLIDE
106	1498	FERNANDO SIMÕES	0:44:21	0:12:00	0:20:29	0:44:08	0:04:24	ACADEMIA DO LUMIAR
107	77	RUI SARROEIRA	0:44:25	0:12:04	0:20:07	0:42:25	0:04:14	
108	877	JOSE MANUEL BOUCEIRO	0:44:27	0:12:06	0:20:25	0:42:52	0:04:17	
109	376	JOAQUIM FERRÃO	0:44:32	0:12:11	0:20:52	0:44:09	0:04:24	G D C BANCO DE PORTUGAL
110	1757	JOAQUIM GUERRA	0:44:38	0:12:17	0:20:44	0:44:17	0:04:25	
111	48	RUI PIRES	0:44:41	0:12:20	0:20:32	0:43:08	0:04:18	GEORUNNERS
112	1172	LUIS FERREIRA	0:44:45	0:12:23	0:20:52	0:43:49	0:04:22	RUNLOVERS
113	560	FERNANDO MOREIRA	0:44:45	0:12:24	0:21:01	0:43:59	0:04:23	
114	885	GUILHERME GONÇALVES	0:44:54	0:12:33	0:20:58	0:44:39	0:04:27	CLUBE FERROVIARIO DE PORTUGAL
115	530	JOAQUIM JOSÉ FERNANDES BACALHAU	0:44:56	0:12:34	0:21:01	0:44:38	0:04:27	
116	1224	MANUEL ANTÓNIO	0:44:56	0:12:35	0:21:08	0:44:38	0:04:27	RAIL RUNNERS
117	859	PAULO VILA LUZ	0:44:59	0:12:38	0:21:19	0:44:19	0:04:25	BANCO ALIMENTAR
118	1231	PAULO BRISSOS	0:45:04	0:12:43	0:20:34	0:44:37	0:04:27	
119	463	VIRGILIO MADEIRA	0:45:10	0:12:49	0:20:48	0:44:40	0:04:28	ACOREANA CLUBE BANIF
120	1093	RAIMUNDO PECHILGA	0:45:20	0:12:59	0:20:50	0:44:15	0:04:25	
121	526	ANTÓNIO GRILO	0:45:22	0:13:01	0:20:39	0:43:47	0:04:22	
122	1291	CARLOS RUI MENDES DA SILVA	0:45:23	0:13:02	0:20:48	0:44:17	0:04:25	
123	1387	DANIEL SILVA	0:45:27	0:13:06	0:21:08	0:45:06	0:04:30	GRUPO DESPORTIVO SAO DOMINGOS
124	838	ANTÓNIO RIBEIRO	0:45:29	0:13:08	0:21:12	0:44:30	0:04:27	GRUPO AMIGOS ATLETISMO VFXIRA
125	374	JOÃO BATISTA	0:45:29	0:13:08	0:21:11	0:45:20	0:04:32	G D C BANCO DE PORTUGAL
126	1055	RUI MIGUEL ALEIXO GOMES PINTO	0:45:30	0:13:09	0:21:01	0:44:40	0:04:28	
127	94	JOÃO FREIRE	0:45:32	0:13:11	0:21:01	0:44:51	0:04:29	GPCTIN CASA DA MOEDA
128	1678	VITOR MANUEL SANTOS RODRIGUES	0:45:33	0:13:12	0:21:01	0:45:17	0:04:31	ASSOCIACAO DESPORTIVA NUCLEOEIRAS
129	1340	EDUARDO GRILO	0:45:39	0:13:18	0:21:24	0:45:36	0:04:33	C.BENFICA ALGUEIRAO M MARTINS
130	1065	RUI AFONSO	0:45:42	0:13:21	0:21:12	0:45:35	0:04:33	
131	829	PAULO ALEXANDRE NEVES GOMES	0:45:45	0:13:23	0:21:21	0:45:17	0:04:31	
132	378	JOSÉ MONTEIRO	0:45:45	0:13:24	0:21:26	0:43:59	0:04:23	G D C BANCO DE PORTUGAL
133	228	LUÍS GODINHO	0:45:52	0:13:30	0:20:56	0:43:56	0:04:23	CLUBE DO NOVO BANCO
134	671	FERNANDO MANUEL SILVA DE ALMEIDA	0:45:57	0:13:36	0:21:19	0:44:09	0:04:24	CLUBE MILLENIUM BCP
135	1891	JOSÉ CAVACO	0:45:57	0:13:36	0:21:41	0:45:47	0:04:34	
136	827	LUIS MARQUES	0:45:58	0:13:37	0:21:32	0:45:53	0:04:35	RB RUNNING
137	1641	JOSE CARLOS	0:45:58	0:13:37	0:20:54	0:45:46	0:04:34	BRAIN TUMOR TEAM
138	1884	CARLOS MAGALHÃES	0:46:00	0:13:39	0:20:53	0:44:46	0:04:28	O PRATICANTE
139	450	ARMANDO PARREIRA	0:46:02	0:13:41	0:21:37	0:45:33	0:04:33	ACOREANA CLUBE BANIF
140	1548	MARIO ALMEIDA	0:46:03	0:13:42	0:21:35	0:45:19	0:04:31	
141	142	PAULO LOURINHO	0:46:05	0:13:44	0:21:56	0:44:36	0:04:27	CLUBE ATLETISMO AMIGOS BELEM
142	939	JOSÉ BRAGA	0:46:13	0:13:52	0:21:16	0:45:30	0:04:33	QUINTAJENSE F.C.
143	690	FERNANDO ALCIDES SILVA GONCALVES RODRIGU	0:46:13	0:13:52	0:21:09	0:44:51	0:04:29	CLUBE MILLENIUM BCP
144	422	TAM AFONSO	0:46:18	0:13:57	0:21:33	0:45:50	0:04:35	ACOREANA CLUBE BANIF
145	1070	FERNANDO M FERNANDES	0:46:23	0:14:02	0:20:55	0:45:38	0:04:33	
146	1842	JOÃO CARLOS REIXA RODRIGUES	0:46:25	0:14:04	0:21:41	0:46:00	0:04:36	SPORTING CLUBE DA REBOLEIRA DAMAIA
147	1003	JOSÉ GUERREIRO	0:46:26	0:14:05	0:21:35	0:45:15	0:04:31	SERVICOS SOCIAIS MONTEPIO
148	1430	RUBEN SILVA	0:46:29	0:14:08	0:21:16	0:45:01	0:04:30	CÂMARA LISBOA CLUBE
149	625	ANTÓNIO INGLÊS	0:46:30	0:14:09	0:21:13	0:45:28	0:04:32	GRUPO ATLETAS MONSANTO
150	147	MANUEL MOREIRA ROBALO	0:46:31	0:14:10	0:21:50	0:46:17	0:04:37	



G. P. Natal - 10km - CLASSIFICAÇÃO VETERANOS-C M

Posição	Dorsal	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
151	941	FERNANDO JORGE LOPES ANTUNES RIBEIRO	0:46:32	0:14:11	0:21:19	0:46:15	0:04:37	
152	1314	VITOR FERREIRA	0:46:32	0:14:11	0:21:49	0:45:47	0:04:34	
153	1145	ANTONIO RAMALHO	0:46:34	0:14:13	0:21:06	0:45:47	0:04:34	
154	1525	JOSE AGAPITO	0:46:38	0:14:17	0:21:37	0:45:53	0:04:35	
155	459	FERNANDO CELESTINO	0:46:40	0:14:19	0:21:51	0:46:14	0:04:37	ACOREANA CLUBE BANIF
156	988	CARLOS TEIXEIRA	0:46:43	0:14:22	0:21:12	0:45:31	0:04:33	LEBRES E TARTARUGAS
157	404	PAULO VIEIRA	0:46:49	0:14:28	0:21:36	0:45:31	0:04:33	
158	1828	DAVID PALMEIRO	0:46:50	0:14:28	0:21:20	0:46:40	0:04:40	SPORT LISBOA E CAMPOLIDE
159	329	IDALÉCIO BARROS	0:46:52	0:14:31	0:22:14	0:46:52	0:04:41	
160	1786	CARLOS CASEIRO	0:47:01	0:14:40	0:22:19	0:45:49	0:04:34	LINDA-A-PASTORA SPORTING CLUBE
161	440	ANTÓNIO CARLOS TEIXEIRA DUARTE	0:47:03	0:14:42	0:21:45	0:46:10	0:04:37	
162	1025	CARLOS NUNES	0:47:11	0:14:50	0:21:28	0:47:02	0:04:42	
163	122	DOMINGOS JANELA	0:47:13	0:14:52	0:21:39	0:46:36	0:04:39	
164	603	ANTÓNIO IRIA	0:47:14	0:14:53	0:21:40	0:47:07	0:04:42	
165	673	CARLOS JOSE PAULO RAMOS	0:47:17	0:14:56	0:21:31	0:46:14	0:04:37	CLUBE MILLENIUM BCP
166	1741	JOSÉ LUIS TORRES	0:47:20	0:14:59	0:22:03	0:47:05	0:04:42	GRUPO DESPORTIVO SAO DOMINGOS
167	552	RUI ARAUJO	0:47:26	0:15:05	0:22:26	0:46:43	0:04:40	CCDTMETROLX
168	1102	VÍTOR LOPES	0:47:26	0:15:05	0:22:15	0:47:01	0:04:42	
169	1497	ARTUR BOTAO	0:47:32	0:15:11	0:21:31	0:47:12	0:04:43	ACADEMIA DO LUMIAR
170	786	ANTONIO ALMEIDA	0:47:38	0:15:17	0:22:41	0:47:19	0:04:43	NUCLEO DESPORTIVO AUTOOCOOPE
171	1248	DANIEL ANTUNES	0:47:42	0:15:21	0:22:20	0:47:33	0:04:45	CÂMARA LISBOA CLUBE
172	287	ORLANDO MARTINS	0:47:46	0:15:25	0:22:28	0:47:15	0:04:43	
173	1534	JOSE MIRANDA	0:47:47	0:15:26	0:22:15	0:47:28	0:04:44	
174	447	PAULO FERNANDES	0:47:49	0:15:28	0:21:27	0:47:36	0:04:45	ACOREANA CLUBE BANIF
175	1675	JORGE MANUEL C. ROMÃO	0:47:50	0:15:29	0:22:37	0:47:50	0:04:47	ASSOCIACAO DESPORTIVA NUCLEOEIRAS
176	578	JOAO MACEDO	0:47:51	0:15:30	0:22:06	0:47:25	0:04:44	
177	1192	BENTO RAMINHOS	0:47:51	0:15:30	0:22:01	0:46:48	0:04:40	
178	489	CARLOS MANUEL VENÂNCIO	0:47:56	0:15:35	0:22:15	0:47:40	0:04:46	CLUBE COLABORADORES AXA
179	1837	RUI RODRIGUES	0:47:59	0:15:38	0:22:39	0:47:50	0:04:47	SPORT LISBOA E CAMPOLIDE
180	987	CARLOS GONÇALVES	0:48:07	0:15:46	0:21:45	0:46:54	0:04:41	LEBRES E TARTARUGAS
181	994	ANTONIO FRANCO	0:48:17	0:15:56	0:22:12	0:47:10	0:04:43	SERVICOS SOCIAIS MONTEPIO
182	1107	CARLOS CORREIA	0:48:19	0:15:58	0:21:44	0:48:14	0:04:49	
183	85	VITOR M.N.A.MARTINS	0:48:19	0:15:58	0:23:15	0:47:56	0:04:47	
184	1752	FERNANDO CARVALHO MARQUES	0:48:19	0:15:58	0:22:15	0:48:14	0:04:49	
185	849	RUI PINTO	0:48:21	0:16:00	0:22:46	0:46:44	0:04:40	
186	110	JORGE MORGADO	0:48:30	0:16:09	0:21:56	0:46:23	0:04:38	
187	971	ANTÓNIO PEREIRA	0:48:31	0:16:10	0:22:35	0:48:13	0:04:49	45 MINUTOS
188	283	CARLOS SOUSA	0:48:31	0:16:10	0:22:12	0:47:43	0:04:46	OS PERIGOSOS
189	697	CARLOS MANUEL RAMOS DINIS	0:48:31	0:16:10	0:22:23	0:48:08	0:04:48	CLUBE MILLENIUM BCP
190	807	JOÃO CABRITO	0:48:39	0:16:18	0:22:36	0:48:16	0:04:49	SS CGD
191	1043	LUIS AZEVEDO	0:48:40	0:16:19	0:22:23	0:48:21	0:04:50	
192	891	JOSÉ S AUGUSTO	0:48:40	0:16:19	0:22:55	0:48:11	0:04:49	FALCOES SELVAGENS
193	684	LUIS MIGUEL LOUREIRO COSTA	0:48:41	0:16:20	0:22:48	0:48:31	0:04:51	CLUBE MILLENIUM BCP
194	595	JORGE OLIVEIRA	0:48:46	0:16:25	0:22:24	0:46:48	0:04:40	
195	256	VÍTOR MELO	0:48:48	0:16:27	0:23:13	0:48:12	0:04:49	
196	139	JOAQUIM VARANDA	0:48:49	0:16:28	0:23:37	0:48:49	0:04:52	KEEP RUNNING
197	140	JOSÉ NUNES	0:48:50	0:16:29	0:22:00	0:48:41	0:04:52	KEEP RUNNING
198	46	MÁRIO JORGE SILVA	0:48:54	0:16:33	0:23:08	0:47:20	0:04:44	GEORUNNERS
199	641	AGOSTINHO LOURENÇO MARQUES	0:48:55	0:16:33	0:22:58	0:47:49	0:04:46	
200	1909	JOÃO PAULO ALMEIDA	0:48:58	0:16:37	0:22:31	0:48:33	0:04:51	



G. P. Natal - 10km - CLASSIFICAÇÃO VETERANOS-C M

Posição	Dorsal	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
201	1388	RUI DE CARVALHO	0:49:00	0:16:39	0:22:17	0:48:34	0:04:51	
202	744	VASCO SANTOS	0:49:11	0:16:50	0:22:23	0:48:47	0:04:52	GD BANCO BPI
203	1583	PAULO MONIZ	0:49:13	0:16:52	0:22:46	0:48:07	0:04:48	ASS GD ACADEMIA DO KORPO
204	252	SILVIO PAIVA	0:49:14	0:16:53	0:22:39	0:48:21	0:04:50	CLUBE DO NOVO BANCO
205	235	PAULO GONÇALVES	0:49:14	0:16:53	0:22:49	0:48:00	0:04:48	CLUBE DO NOVO BANCO
206	32	AMILCAR PÓVOA	0:49:23	0:17:02	0:22:44	0:49:12	0:04:55	
207	1029	DOMINGOS RODRIGUES	0:49:24	0:17:03	0:23:08	0:49:21	0:04:56	
208	159	ADELINO PEREIRA	0:49:27	0:17:06	0:22:33	0:47:59	0:04:47	BANCO ALIMENTAR
209	1233	CARLOS SILVA	0:49:29	0:17:08	0:23:05	0:49:26	0:04:56	
210	183	ANTÓNIO VARELA	0:49:31	0:17:10	0:22:52	0:49:19	0:04:55	BANCO ALIMENTAR
211	1108	JOSÉ AMARO	0:49:35	0:17:14	0:23:24	0:48:51	0:04:53	
212	368	MANUEL PERAS	0:49:35	0:17:14	0:22:47	0:48:08	0:04:48	
213	1771	VITOR REVEZ	0:49:36	0:17:15	0:22:07	0:48:05	0:04:48	
214	1215	MIGUEL BASTOS	0:49:39	0:17:18	0:22:52	0:48:33	0:04:51	GD INE
215	373	JOAQUIM BORRALHO	0:49:40	0:17:19	0:22:45	0:49:09	0:04:54	G D C BANCO DE PORTUGAL
216	1315	VITOR PIRES	0:49:42	0:17:21	0:23:21	0:48:55	0:04:53	
217	789	JOSE DIAS	0:49:44	0:17:23	0:23:46	0:49:28	0:04:56	NUCLEO DESPORTIVO AUTOCOOPE
218	1739	GONÇALO REBELO	0:49:49	0:17:28	0:23:05	0:48:23	0:04:50	GRUPO DESPORTIVO SAO DOMINGOS
219	1439	VICENTE DIAS	0:49:49	0:17:28	0:23:01	0:48:48	0:04:52	NA BDF
220	1438	LUIS VASCONCELOS AMORIM	0:49:49	0:17:28	0:23:02	0:48:48	0:04:52	NA BDF
221	694	RUI MANUEL PIEDADE RIJO	0:49:54	0:17:33	0:23:07	0:49:26	0:04:56	CLUBE MILLENIUM BCP
222	704	MARIO BOTAS CAMPOS	0:49:56	0:17:35	0:22:57	0:48:37	0:04:51	CLUBE MILLENIUM BCP
223	1561	ANTONIO FONSECA PEREIRA	0:49:58	0:17:37	0:23:19	0:49:11	0:04:55	
224	644	PEDRO LARANJEIRA	0:49:59	0:17:38	0:23:28	0:48:51	0:04:53	
225	537	ARLINDO PARRA	0:49:59	0:17:38	0:22:53	0:49:37	0:04:57	CLUBE EDP - LISBOA
226	265	JOAQUIM SECO	0:50:00	0:17:39	0:23:08	0:49:10	0:04:55	
227	100	LUDGERO SANTANA	0:50:00	0:17:39	0:23:11	0:49:25	0:04:56	
228	858	PEDRO TRABUCHO	0:50:01	0:17:39	0:22:17	0:49:40	0:04:58	GD BANCO BPI
229	754	ANTONIO NEGRINHO	0:50:01	0:17:40	0:22:43	0:48:01	0:04:48	SS CGD
230	356	DIOGO ARRAIAS	0:50:05	0:17:44	0:23:15	0:48:49	0:04:52	OS ARRAIAS
231	692	MARCOS JOSE NORITAKE	0:50:07	0:17:46	0:23:02	0:48:49	0:04:52	CLUBE MILLENIUM BCP
232	1426	JOÃO CARLOS MARQUES DA SILVA	0:50:07	0:17:46	0:23:03	0:48:12	0:04:49	
233	180	MANUEL JOAQUIM DA SILVA DIAS	0:50:10	0:17:49	0:22:59	0:49:07	0:04:54	
234	1053	JOSE ESTEVES	0:50:10	0:17:49	0:23:12	0:49:06	0:04:54	TARTARUGAS SOLIDARIAS
235	34	PAULO BORGES	0:50:11	0:17:50	0:22:30	0:49:31	0:04:57	
236	787	CARLOS FERREIRA	0:50:14	0:17:52	0:23:04	0:49:55	0:04:59	NUCLEO DESPORTIVO AUTOCOOPE
237	645	JOSE DIONISIO	0:50:17	0:17:56	0:24:03	0:49:12	0:04:55	
238	158	ORLANDO PEREIRA	0:50:18	0:17:57	0:23:10	0:49:54	0:04:59	BANCO ALIMENTAR
239	498	ANTONIO ELISIO GONÇALVES	0:50:19	0:17:58	0:23:35	0:48:27	0:04:50	CCDTMETROLX
240	699	ILIDIO GOMES RODRIGUES	0:50:20	0:17:59	0:24:04	0:50:01	0:05:00	CLUBE MILLENIUM BCP
241	1386	ANIBAL CARVALHO	0:50:20	0:17:59	0:23:31	0:48:57	0:04:53	GRUPO DESPORTIVO SAO DOMINGOS
242	1002	JOSÉ CARLOS GASPAR	0:50:22	0:18:01	0:23:10	0:49:15	0:04:55	SERVICOS SOCIAIS MONTEPIO
243	707	CARLOS MARQUES JANELA	0:50:22	0:18:01	0:23:38	0:49:44	0:04:58	CLUBE MILLENIUM BCP
244	501	JOAO SEQUEIRA	0:50:25	0:18:03	0:24:53	0:48:31	0:04:51	CCDTMETROLX
245	1095	FILIPE T	0:50:25	0:18:04	0:22:41	0:49:33	0:04:57	
246	1436	MANUEL GOMES	0:50:25	0:18:04	0:23:07	0:50:18	0:05:01	CLUBE MARGINAL
247	820	RUI SANTOS	0:50:25	0:18:04	0:23:21	0:48:21	0:04:50	SS CGD
248	51	RICARDO LEAL	0:50:28	0:18:06	0:23:12	0:48:53	0:04:53	GEORUNNERS
249	935	JOSE MILAGRES	0:50:28	0:18:07	0:23:47	0:50:03	0:05:00	GDCT UNICRE
250	1119	ARMINDO LOUREIRO	0:50:28	0:18:07	0:23:49	0:49:43	0:04:58	



G. P. Natal - 10km - CLASSIFICAÇÃO VETERANOS-C M

Posição	Dorsal	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
251	570	RILDO GOMES SOARES	0:50:29	0:18:07	0:23:34	0:50:17	0:05:01	
252	832	BRUNO ESTEVES	0:50:32	0:18:11	0:22:51	0:48:23	0:04:50	
253	1883	HENRIQUE DIAS	0:50:32	0:18:11	0:23:14	0:50:32	0:05:03	O PRATICANTE
254	1646	PAULO PIRES	0:50:33	0:18:12	0:22:53	0:49:17	0:04:55	OS AMIGOS DA ALAMEDA
255	207	JOSÉ VAZ	0:50:34	0:18:13	0:22:54	0:48:58	0:04:53	CLUBE ANACOM
256	1419	CARLOS OLIVEIRA	0:50:35	0:18:14	0:23:25	0:49:02	0:04:54	ETIOPIES E QUENIANOS
257	594	LEONEL ADÉRITO FERNANDES DE SÃO JOSÉ	0:50:36	0:18:15	0:23:33	0:49:59	0:04:59	
258	818	PEDRO CLAUDIO	0:50:37	0:18:16	0:22:58	0:49:38	0:04:57	SS CGD
259	322	JOÃO M. DA SILVA REIS	0:50:41	0:18:19	0:24:00	0:50:27	0:05:02	
260	1639	HENRIQUE TELHADO	0:50:49	0:18:28	0:23:28	0:50:07	0:05:00	
261	79	JOÃO FERREIRA	0:50:51	0:18:29	0:23:14	0:49:19	0:04:55	AMIGOS DA FLOR
262	1536	ANTÔNIO FERNANDES	0:50:51	0:18:30	0:23:22	0:50:41	0:05:04	RESTAURANTE O CARTAXEIRO
263	172	ERNESTO LEAL DE CARVALHO	0:50:52	0:18:31	0:23:27	0:50:39	0:05:03	
264	1754	GONÇALO SEABRA	0:50:58	0:18:37	0:23:32	0:49:58	0:04:59	
265	874	PAULO JORGE NEVES	0:50:58	0:18:37	0:24:28	0:49:43	0:04:58	CLUBE ATLETICO DAS PATAMEIRAS
266	192	DANIEL FREIRE	0:51:01	0:18:40	0:25:15	0:50:51	0:05:05	BANCO ALIMENTAR
267	1243	EDUARDO MANZO	0:51:02	0:18:41	0:23:11	0:49:34	0:04:57	CÂMARA LISBOA CLUBE
268	1645	JOÃO MALHADAS TEIXEIRA	0:51:03	0:18:42	0:22:47	0:49:18	0:04:55	
269	572	PAULO ALVES ALMEIDA	0:51:03	0:18:42	0:22:48	0:49:18	0:04:55	
270	836	JOSE SERAFIM	0:51:04	0:18:43	0:23:26	0:50:06	0:05:00	GRUPO AMIGOS ATLETISMO VFXIRA
271	835	OLIMPIO GUEDELHA	0:51:04	0:18:43	0:23:18	0:49:21	0:04:56	GRUPO AMIGOS ATLETISMO VFXIRA
272	764	AFONSO PIRES	0:51:05	0:18:44	0:23:31	0:50:26	0:05:02	
273	677	PEDRO MIGUEL ALVES PARALTA FIGUEIREDO	0:51:07	0:18:46	0:23:49	0:50:28	0:05:02	CLUBE MILLENIUM BCP
274	853	ANTÔNIO GONÇALVES	0:51:09	0:18:48	0:23:28	0:49:31	0:04:57	
275	1278	ALBERTO MARTINS	0:51:11	0:18:50	0:23:36	0:50:21	0:05:02	
276	1523	NUNO GALVÃO	0:51:12	0:18:51	0:23:14	0:50:03	0:05:00	VALADARES
277	1167	NUNO MARQUES	0:51:16	0:18:55	0:23:41	0:50:22	0:05:02	RUNLOVERS
278	298	INACIO GONCALVES	0:51:18	0:18:57	0:23:35	0:51:05	0:05:06	
279	1349	JOÃO COSTA DUARTE	0:51:21	0:19:00	0:22:54	0:49:50	0:04:59	
280	70	JOAQUIM GAMITO	0:51:22	0:19:01	0:23:15	0:50:00	0:05:00	
281	203	JOSE VERMELHO	0:51:25	0:19:04	0:23:22	0:50:30	0:05:03	
282	164	MANUEL PAULO	0:51:26	0:19:05	0:22:59	0:49:57	0:04:59	BANCO ALIMENTAR
283	441	ANTÔNIO TEIXEIRA DUARTE	0:51:26	0:19:05	0:24:01	0:50:26	0:05:02	
284	80	MANUEL HORTELÃO	0:51:31	0:19:10	0:23:40	0:49:59	0:04:59	AMIGOS DA FLOR
285	409	ANTONIO MANUEL RIBEIRO	0:51:34	0:19:13	0:23:41	0:51:09	0:05:06	
286	1417	VALTER TEIXEIRA	0:51:34	0:19:13	0:23:21	0:50:01	0:05:00	ETIOPIES E QUENIANOS
287	1091	ANTÔNIO MAJOR	0:51:35	0:19:14	0:24:00	0:49:31	0:04:57	REDS
288	353	ANTÔNIO DA C MARTINS	0:51:39	0:19:18	0:23:38	0:50:57	0:05:05	
289	1279	FERNANDO MANUEL AUGUSTO CURTO	0:51:41	0:19:19	0:24:05	0:51:17	0:05:07	
290	1476	PAULO CABAÇO	0:51:41	0:19:20	0:24:03	0:50:23	0:05:02	
291	1261	ANTÔNIO EDUARDO	0:51:42	0:19:21	0:25:32	0:51:42	0:05:10	
292	345	RICARDO LOPES FIGUEIREDO	0:51:50	0:19:29	0:24:15	0:50:33	0:05:03	
293	1181	MANUEL MARTINHO	0:51:51	0:19:30	0:23:22	0:49:47	0:04:58	AFO
294	61	LUIS ROMANEIRO	0:51:54	0:19:33	0:24:35	0:50:27	0:05:02	QUOTINHAS
295	1323	FRANCISCO ROQUE	0:51:56	0:19:34	0:24:49	0:51:00	0:05:06	HAPPY RUNNERS
296	1647	JOAQUIM COSTA	0:52:04	0:19:43	0:23:48	0:50:48	0:05:04	OS AMIGOS DA ALAMEDA
297	682	ANTONIO JOAQUIM GAMA DUARTE SANTOS	0:52:12	0:19:51	0:24:33	0:51:47	0:05:10	CLUBE MILLENIUM BCP
298	40	LUIS CANHÃO	0:52:15	0:19:54	0:25:10	0:50:38	0:05:03	
299	1747	ANTÔNIO PAIS	0:52:19	0:19:58	0:23:50	0:50:14	0:05:01	
300	1410	CARLOS AUGUSTO PESSOA	0:52:25	0:20:04	0:24:51	0:50:42	0:05:04	



G. P. Natal - 10km - CLASSIFICAÇÃO VETERANOS-C M

Posição	Dorsal	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
301	665	DAMIÃO REGA	0:52:26	0:20:04	0:24:23	0:50:43	0:05:04	BANCO ALIMENTAR
302	363	JOSÉ SILVA	0:52:29	0:20:08	0:23:41	0:50:46	0:05:04	BANCO ALIMENTAR
303	864	MANUEL DIMAS E SILVA CORDEIRO	0:52:32	0:20:11	0:23:38	0:52:28	0:05:14	
304	1242	ADELINO PIRES	0:52:34	0:20:13	0:23:59	0:51:07	0:05:06	CÂMARA LISBOA CLUBE
305	1897	PAULO SANTOS	0:52:40	0:20:19	0:24:52	0:52:01	0:05:12	
306	136	JOSÉ ANDRADE	0:52:45	0:20:24	0:24:13	0:51:55	0:05:11	KEEP RUNNING
307	504	MARIO GONÇALVES	0:52:46	0:20:25	0:24:25	0:50:52	0:05:05	CCDTMETROLX
308	740	PAULO CRUZ	0:52:46	0:20:25	0:24:30	0:52:24	0:05:14	
309	230	MANUEL ANASTÁCIO	0:52:50	0:20:29	0:24:40	0:51:19	0:05:07	CLUBE DO NOVO BANCO
310	817	PAULO PIRES	0:52:53	0:20:32	0:25:10	0:51:16	0:05:07	SS CGD
311	502	JOSE LUIS SANTOS	0:52:53	0:20:32	0:25:09	0:51:17	0:05:07	CCDTMETROLX
312	156	THELMO CUNHA	0:52:54	0:20:33	0:24:40	0:51:24	0:05:08	BANCO ALIMENTAR
313	29	LUIS PROENÇA	0:52:54	0:20:33	0:23:23	0:51:31	0:05:09	
314	154	JORGE MONTEIRO	0:52:55	0:20:34	0:24:40	0:51:25	0:05:08	BANCO ALIMENTAR
315	948	JACINTO GODINHO	0:52:58	0:20:37	0:24:24	0:51:25	0:05:08	GODINHO
316	1899	PAULO SILVA	0:52:59	0:20:38	0:25:25	0:50:58	0:05:05	
317	1368	FLÁVIO OLIVEIRA	0:53:00	0:20:39	0:24:22	0:52:02	0:05:12	G.A.OS TARTARUGAS
318	1520	JOÃO MORADIAS	0:53:02	0:20:41	0:24:34	0:51:08	0:05:06	VALADARES
319	652	RAÚL COSTA	0:53:06	0:20:45	0:24:02	0:52:22	0:05:14	CLUBE ROBBIALAC
320	236	PAULO VERISSIMO	0:53:07	0:20:45	0:23:30	0:51:54	0:05:11	CLUBE DO NOVO BANCO
321	319	JAC	0:53:12	0:20:51	0:25:17	0:51:54	0:05:11	
322	1222	PAULO CARVALHO	0:53:18	0:20:57	0:24:31	0:52:06	0:05:12	
323	427	FRANCISCO PEREIRA	0:53:20	0:20:59	0:26:37	0:52:04	0:05:12	ACOREANA CLUBE BANIF
324	1384	ANTÓNIO LEITÃO	0:53:23	0:21:02	0:24:18	0:51:57	0:05:11	GRUPO DESPORTIVO SAO DOMINGOS
325	834	MANUEL HORTA	0:53:23	0:21:02	0:24:26	0:52:27	0:05:14	GRUPO AMIGOS ATLETISMO VFXIRA
326	1321	ANTÓNIO PINHEIRO	0:53:25	0:21:04	0:25:11	0:52:55	0:05:17	OS GALGOS
327	1522	LUIS COLEHO	0:53:33	0:21:12	0:24:16	0:51:34	0:05:09	VALADARES
328	1640	JOAQUIM MENDES	0:53:40	0:21:19	0:23:02	0:53:25	0:05:20	BRAIN TUMOR TEAM
329	1677	VITOR LOPES	0:53:42	0:21:21	0:24:23	0:53:23	0:05:20	ASSOCIACAO DESPORTIVA NUCLEOEIRAS
330	551	RAFAEL SANTOS	0:53:44	0:21:23	0:25:00	0:51:51	0:05:11	CCDTMETROLX
331	485	MÁRIO PINHO	0:53:54	0:21:33	0:24:34	0:52:13	0:05:13	GD BANCO BPI
332	1200	ALBERTO	0:53:58	0:21:37	0:25:28	0:52:57	0:05:17	
333	1357	ADALBERTO GRILO	0:53:59	0:21:37	0:24:44	0:52:44	0:05:16	
334	680	LUIS MIGUEL CARNEIRO NUNES DE CAMPOS	0:53:59	0:21:38	0:26:21	0:53:20	0:05:20	CLUBE MILLENIUM BCP
335	632	RUI BORGES	0:54:00	0:21:39	0:25:32	0:52:30	0:05:15	GRUPO ATLETAS MONSANTO
336	624	JOÃO PINTO	0:54:00	0:21:39	0:25:32	0:52:30	0:05:15	GRUPO ATLETAS MONSANTO
337	1598	JOSÉ CATITA	0:54:02	0:21:41	0:25:06	0:52:36	0:05:15	
338	1127	JOÃO GOMES	0:54:02	0:21:41	0:24:43	0:52:13	0:05:13	VILA FRIA/JG SEGUROS
339	721	FERNANDO SANTOS	0:54:06	0:21:45	0:23:46	0:53:52	0:05:23	FAMILIA
340	1196	JOÃO CARLOS ALMEIDA BORGES	0:54:15	0:21:54	0:24:30	0:53:31	0:05:21	
341	541	LUIS RIBEIRO DA SILVA	0:54:19	0:21:58	0:25:07	0:53:31	0:05:21	CORRER LISBOA
342	783	JOSE ANTONIO VEIGA	0:54:21	0:22:00	0:25:14	0:53:06	0:05:18	
343	887	MÁRIO NEVES SILVA	0:54:22	0:22:01	0:25:25	0:53:37	0:05:21	CLUBE FERROVIARIO DE PORTUGAL
344	1331	JOSÉ INOCÊNCIO	0:54:23	0:22:02	0:24:02	0:52:17	0:05:13	CASA DO BENFICA DE ALGUEIRAO M
345	536	ADOLFO SALAZAR	0:54:29	0:22:08	0:25:28	0:53:14	0:05:19	CLUBE EDP - LISBOA
346	881	JORGE SIMOES	0:54:30	0:22:09	0:24:03	0:52:32	0:05:15	BANCO ALIMENTAR
347	54	LUIS TAVARES	0:54:34	0:22:13	0:25:44	0:53:31	0:05:21	GRANACAR
348	1372	JOÃO VALÉRIO	0:54:38	0:22:17	0:26:03	0:53:24	0:05:20	LEBRES E TARTARUGAS
349	174	JOAQUIM MELO	0:54:42	0:22:21	0:25:12	0:53:48	0:05:22	
350	1005	LUIS REIS	0:54:42	0:22:21	0:24:42	0:53:30	0:05:21	SERVICOS SOCIAIS MONTEPIO



G. P. Natal - 10km - CLASSIFICAÇÃO VETERANOS-C M

Posição	Dorsal	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
351	573	FRANCISCO LINHOL	0:54:51	0:22:30	0:25:34	0:54:32	0:05:27	
352	432	AUGUSTO JOSÉ TAVARES CARIA	0:54:52	0:22:31	0:24:23	0:52:54	0:05:17	BANCO ALIMENTAR
353	420	ALBANO ALVES	0:54:54	0:22:33	0:26:00	0:54:48	0:05:28	ACOREANA CLUBE BANIF
354	486	JOÃO PEDRO SILVA	0:55:04	0:22:43	0:24:38	0:53:25	0:05:20	GD BANCO BPI
355	1051	JOSÉ EUGÉNIO	0:55:09	0:22:48	0:25:41	0:54:05	0:05:24	
356	443	JOÃO PAIXÃO	0:55:10	0:22:49	0:25:25	0:54:20	0:05:26	
357	546	FILIPE JORGE SILVA	0:55:11	0:22:50	0:24:45	0:53:43	0:05:22	
358	57	FRANCISCO AFONSO	0:55:12	0:22:50	0:25:44	0:54:09	0:05:24	GRANACAR
359	972	GIL JORGE	0:55:24	0:23:03	0:25:49	0:54:00	0:05:24	
360	1762	MARIO JOAO DA CRUZ GOMES FREIRE	0:55:28	0:23:07	0:25:52	0:54:29	0:05:26	
361	612	ORLANDO RODRIGUES	0:55:28	0:23:07	0:25:17	0:54:23	0:05:26	
362	1245	JOÃO FIGUEIREDO	0:55:32	0:23:11	0:25:33	0:54:25	0:05:26	CÂMARA LISBOA CLUBE
363	886	MÁRIO MELO	0:55:35	0:23:14	0:26:09	0:54:50	0:05:29	CLUBE FERROVIARIO DE PORTUGAL
364	1269	CARLOS MANUEL CARDOSO MACHADO	0:55:36	0:23:15	0:25:26	0:53:21	0:05:20	POUCOS POR MUITOS
365	1099	BERNARDO GOMES DE SOUSA CIRILO	0:55:36	0:23:15	0:25:27	0:53:22	0:05:20	POUCOS POR MUITOS
366	850	RUI RODRIGUES	0:55:39	0:23:18	0:25:24	0:54:02	0:05:24	
367	1517	JOAQUIM VALADARES	0:55:42	0:23:21	0:25:23	0:53:43	0:05:22	VALADARES
368	27	PEDRO FARO	0:55:46	0:23:25	0:25:23	0:55:06	0:05:30	
369	1365	JOSE ALTINO SILVA	0:55:47	0:23:26	0:26:34	0:55:28	0:05:32	CASA DO PESSOAL DO IVA
370	758	FRANCISCO CLERIGO	0:55:51	0:23:29	0:25:32	0:54:08	0:05:24	SS CGD
371	208	ISAAC CARRÊLO	0:55:51	0:23:30	0:26:03	0:54:14	0:05:25	CLUBE ANACOM
372	1299	ANTONIO FONSECA	0:55:53	0:23:32	0:24:59	0:55:01	0:05:30	
373	299	CARLOS LOPES	0:55:56	0:23:35	0:25:34	0:53:59	0:05:23	
374	845	PAULO ESTOPA	0:56:02	0:23:41	0:25:56	0:54:49	0:05:28	BANCO ALIMENTAR
375	1789	FERNANDO ANDRADE	0:56:03	0:23:42	0:26:28	0:54:56	0:05:29	LINDA-A-PASTORA SPORTING CLUBE
376	1787	CARLOS MARQUES	0:56:03	0:23:42	0:26:15	0:54:52	0:05:29	LINDA-A-PASTORA SPORTING CLUBE
377	1130	JORGE ALEXANDRE TEIXEIRA ESTEVES	0:56:04	0:23:43	0:25:39	0:55:12	0:05:31	RUN4FUN
378	653	JOSÉ VILELA	0:56:13	0:23:52	0:26:45	0:55:26	0:05:32	CLUBE ROBBIALAC
379	1319	NICOLAU FURTADO	0:56:15	0:23:54	0:25:14	0:55:12	0:05:31	
380	1211	ANTÓNIO PORTUGAL	0:56:22	0:24:01	0:26:11	0:55:13	0:05:31	GD INE
381	1383	ARTUR PEREIRA	0:56:27	0:24:06	0:27:02	0:55:01	0:05:30	GRUPO DESPORTIVO SAO DOMINGOS
382	272	JOSÉ MARQUES	0:56:34	0:24:13	0:26:11	0:55:13	0:05:31	BANCO ALIMENTAR
383	878	JORGE FERREIRA	0:56:36	0:24:15	0:25:22	0:54:40	0:05:28	BANCO ALIMENTAR
384	1867	JORGE PEREIRA LOPES	0:56:39	0:24:18	0:25:25	0:55:05	0:05:30	LIBERTY SEGUROS
385	268	MIGUEL CALDAS	0:56:40	0:24:19	0:26:13	0:55:54	0:05:35	BANCO ALIMENTAR
386	312	JOÃO LEONEL PEREIRA	0:56:42	0:24:21	0:25:45	0:55:33	0:05:33	
387	705	SERGIO PEREIRA ANJOS	0:56:48	0:24:26	0:26:37	0:55:17	0:05:31	CLUBE MILLENIUM BCP
388	1650	PEDRO PALRÃO	0:56:49	0:24:27	0:26:28	0:55:45	0:05:34	
389	700	NELSON MARTINS GUIMARAES	0:56:55	0:24:34	0:26:59	0:55:16	0:05:31	CLUBE MILLENIUM BCP
390	325	JOÃO SOUSA	0:56:56	0:24:35	0:25:50	0:55:54	0:05:35	TARTARUGAS SOLIDARIAS
391	549	MÁRIO RIBEIRO	0:56:58	0:24:37	0:25:52	0:55:10	0:05:31	
392	326	JOAO ALMEIDA	0:57:03	0:24:42	0:26:01	0:55:01	0:05:30	
393	1885	ISABEL BARRA	0:57:15	0:24:54	0:26:01	0:56:22	0:05:38	O PRATICANTE
394	213	PEDRO ALFERES	0:57:20	0:24:58	0:26:19	0:56:02	0:05:36	
395	258	JOSÉ CARDOZO	0:57:23	0:25:01	0:25:22	0:55:51	0:05:35	
396	679	ANTONIO JOSE QUEIJO ALMEIDA	0:57:25	0:25:04	0:26:12	0:55:46	0:05:34	CLUBE MILLENIUM BCP
397	843	CARLOS JOSÉ	0:57:27	0:25:06	0:25:03	0:55:15	0:05:31	FAST AND FURIOUS FROM BELAS
398	35	PAULO MIGUEL TAINHA	0:57:28	0:25:07	0:26:37	0:57:16	0:05:43	
399	900	MIGUEL RIBEIRO DA SILVA	0:57:32	0:25:11	0:25:58	0:55:43	0:05:34	OS CARACOIS FURIOSOS
400	686	JOAO MANUEL MACHADO SEBORRO	0:57:34	0:25:13	0:26:28	0:56:31	0:05:39	CLUBE MILLENIUM BCP



G. P. Natal - 10km - CLASSIFICAÇÃO VETERANOS-C M

Posição	Dorsal	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
401	375	ANTÓNIO PEREIRA	0:57:35	0:25:14	0:26:09	0:56:58	0:05:41	G D C BANCO DE PORTUGAL
402	1827	ANTÓNIO LIMA	0:57:36	0:25:15	0:27:11	0:56:57	0:05:41	SPORT LISBOA E CAMPOLIDE
403	267	FERNANDO CHASQUEIRA	0:57:37	0:25:16	0:26:12	0:56:18	0:05:37	BANCO ALIMENTAR
404	1616	LUIS LIBANIO	0:57:39	0:25:18	0:27:50	0:57:39	0:05:45	
405	1330	MÁRIO LAMEIRÃO	0:57:41	0:25:20	0:26:56	0:57:26	0:05:44	CASA DO BENFICA DE ALGUEIRAO M
406	1301	RUI DE SOUSA	0:57:44	0:25:23	0:25:44	0:55:59	0:05:35	TIVOLI
407	278	RUI BARROS	0:57:45	0:25:24	0:26:01	0:57:17	0:05:43	BANCO ALIMENTAR
408	929	JOSÉ LUÍS FERREIRA	0:57:45	0:25:24	0:26:01	0:57:16	0:05:43	BANCO ALIMENTAR
409	1435	FRANCISCO COITO	0:57:47	0:25:26	0:26:03	0:57:38	0:05:45	CLUBE MARGINAL
410	688	HENRIQUE ARMANDO SANTANA ALVES	0:57:57	0:25:36	0:25:55	0:57:02	0:05:42	CLUBE MILLENIUM BCP
411	1122	MANUEL EDUARDO CARDOSO	0:58:04	0:25:43	0:26:52	0:56:15	0:05:37	
412	280	EDMUNDO SIMOES	0:58:10	0:25:49	0:27:00	0:56:31	0:05:39	
413	1794	JOAQUIM BELGA	0:58:10	0:25:49	0:26:26	0:56:59	0:05:41	LINDA-A-PASTORA SPORTING CLUBE
414	84	JOAQUIM DIREITINHO	0:58:11	0:25:49	0:26:20	0:57:34	0:05:45	
415	454	JOSÉ SEQUEIRA	0:58:17	0:25:55	0:26:48	0:56:54	0:05:41	ACOREANA CLUBE BANIF
416	1421	MÁRIO PIRES	0:58:28	0:26:07	0:26:51	0:56:42	0:05:40	
417	1022	JORGE SARAIVA	0:58:41	0:26:20	0:26:43	0:57:58	0:05:47	
418	936	CARLOS VIEGAS	0:58:42	0:26:21	0:25:57	0:58:18	0:05:49	GDCT UNICRE
419	103	JOSÉ EDUARDO DA SILVA MONTEIRO	0:58:43	0:26:21	0:27:11	0:58:43	0:05:52	
420	1855	CARLOS TELHADO	0:58:44	0:26:23	0:27:20	0:58:00	0:05:48	
421	1240	CARLOS FERREIRA	0:58:48	0:26:27	0:26:12	0:57:13	0:05:43	CÂMARA LISBOA CLUBE
422	1412	JOAQUIM M C SANTOS	0:58:53	0:26:31	0:26:51	0:58:07	0:05:48	
423	693	CARLOS ALBERTO DE ALMEIDA TOME	0:58:54	0:26:33	0:27:10	0:57:30	0:05:45	CLUBE MILLENIUM BCP
424	509	ANTONIO DOMINGOS	0:59:07	0:26:46	0:27:41	0:57:08	0:05:42	
425	630	ANTÓNIO REYES	0:59:08	0:26:47	0:27:16	0:57:37	0:05:45	GRUPO ATLETAS MONSANTO
426	95	JOSÉ ABREU	0:59:15	0:26:54	0:26:35	0:57:54	0:05:47	GPCTIN CASA DA MOEDA
427	1784	ARMÉNIO PATRÍCIO	0:59:15	0:26:54	0:27:37	0:58:10	0:05:49	LINDA-A-PASTORA SPORTING CLUBE
428	634	CONSTANCIO ALMEIDA	0:59:16	0:26:55	0:27:28	0:57:44	0:05:46	GRUPO ATLETAS MONSANTO
429	626	ANTÓNIO PARDAL	0:59:16	0:26:55	0:27:29	0:57:45	0:05:46	GRUPO ATLETAS MONSANTO
430	1804	MÁRIO RODRIGUES	0:59:17	0:26:56	0:27:06	0:59:13	0:05:55	LINDA-A-PASTORA SPORTING CLUBE
431	1689	PEDRO SERGIO	0:59:19	0:26:58	0:26:32	0:57:58	0:05:47	CENTRO DESPORTIVO UNIVERSITARIO DE LISBO
432	1262	FRANCISCO PLÍNIO	0:59:20	0:26:58	0:28:11	0:57:21	0:05:44	
433	1325	ROGÉRIO PUGA	0:59:21	0:27:00	0:26:59	0:58:26	0:05:50	HAPPY RUNNERS
434	111	PAULO FERNANDES	0:59:39	0:27:18	0:27:45	0:59:39	0:05:57	
435	1007	MANUEL JORGE NARCISO	0:59:41	0:27:20	0:27:09	0:58:33	0:05:51	SERVICOS SOCIAIS MONTEPIO
436	150	SÉRGIO	0:59:43	0:27:22	0:26:29	0:58:05	0:05:48	CLUBE ANACOM
437	569	ALBERTO CANO	0:59:53	0:27:32	0:27:53	0:57:56	0:05:47	CLUBE ATLETISMO AMIGOS BELEM
438	143	GILBERTO GONÇALVES	0:59:53	0:27:32	0:27:50	0:57:53	0:05:47	CLUBE ATLETISMO AMIGOS BELEM
439	505	ORLANDO SOUSA	0:59:54	0:27:33	0:27:53	0:57:56	0:05:47	CCDTMETROLX
440	1863	SERGIO JULIO DOS SANTOS NEVES	0:59:59	0:27:38	0:27:31	0:57:52	0:05:47	LIBERTY SEGUROS
441	784	EBERHARD AXEL WILHELM	1:00:18	0:27:57	0:27:10	0:59:04	0:05:54	
442	1201	JOAO CARVALHO	1:00:33	0:28:12	0:28:00	1:00:16	0:06:01	
443	1116	PAULO COSTA	1:00:36	0:28:15	0:27:39	0:59:14	0:05:55	SFUAP
444	1117	MARIO ALVES	1:00:36	0:28:15	0:27:39	0:59:13	0:05:55	SFUAP
445	487	ANTÓNIO SANCHES	1:00:37	0:28:16	0:28:19	0:58:52	0:05:53	GD BANCO BPI
446	1206	BART SCHOENMAKERS	1:00:39	0:28:18	0:28:15	0:59:30	0:05:57	GD INE
447	750	ALBERTINO SEMEDO	1:00:49	0:28:28	0:27:25	0:59:07	0:05:54	SS CGD
448	566	MARCOS LEONARDO	1:00:51	0:28:30	0:26:33	0:59:18	0:05:55	BANCO ALIMENTAR
449	1042	JOSÉ PIMENTEL	1:00:56	0:28:35	0:27:39	1:00:24	0:06:02	BRAIN TUMOR TEAM
450	1071	MARCOS ALMEIDA DIAS	1:01:02	0:28:41	0:27:32	0:58:50	0:05:53	



G. P. Natal - 10km - CLASSIFICAÇÃO VETERANOS-C M

Posição	Dorsal	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
451	160	ANTONIO ALVES	1:01:15	0:28:54	0:27:54	1:01:01	0:06:06	BANCO ALIMENTAR
452	943	VITOR DUARTE	1:01:15	0:28:54	0:26:57	1:00:32	0:06:03	
453	92	ANTÔNIO NASCIMENTO	1:01:18	0:28:57	0:27:38	0:59:57	0:05:59	GPCTIN CASA DA MOEDA
454	810	MANUEL BRÁS	1:01:18	0:28:57	0:27:52	0:59:16	0:05:55	SS CGD
455	367	ANTÔNIO BILA	1:01:19	0:28:58	0:28:08	0:59:39	0:05:57	
456	257	ILÍDIO MONTEIRO	1:01:20	0:28:59	0:28:30	1:00:03	0:06:00	
457	696	JOAO JOSE CRUZ CUNHA	1:01:24	0:29:03	0:28:03	0:59:55	0:05:59	CLUBE MILLENIUM BCP
458	31	PEDRO BARROS	1:01:25	0:29:04	0:28:01	1:00:57	0:06:05	
459	503	JOSE PIRES	1:01:27	0:29:05	0:27:54	0:59:28	0:05:56	CCDTMETROLX
460	772	HENRIQUE DOS SANTOS VILHENA	1:01:34	0:29:13	0:29:10	0:59:24	0:05:56	
461	1875	LUIS MIRA	1:01:43	0:29:22	0:28:13	1:00:49	0:06:04	
462	703	LEONEL COSTA FERREIRINHA	1:01:43	0:29:22	0:28:52	1:00:58	0:06:05	CLUBE MILLENIUM BCP
463	1831	JOAQUIM CORREIA	1:01:50	0:29:29	0:27:32	1:01:07	0:06:06	SPORT LISBOA E CAMPOLIDE
464	163	LUIS SANTOS	1:01:52	0:29:31	0:27:15	1:00:24	0:06:02	BANCO ALIMENTAR
465	951	FERNANDO SILVEIRO	1:01:56	0:29:35	0:27:50	1:00:13	0:06:01	FC ESTRELAS LISBOA
466	89	JOÃO VEIGA	1:02:14	0:29:53	0:28:04	1:01:40	0:06:10	
467	460	ANTÔNIO JORGE	1:02:21	0:29:59	0:28:09	1:01:49	0:06:10	ACOREANA CLUBE BANIF
468	45	JOHNNY THOMASSEN	1:02:33	0:30:12	0:28:09	1:01:30	0:06:09	
469	339	JOSE SANTOS	1:02:38	0:30:17	0:28:40	1:00:30	0:06:03	
470	1187	ABEL ALMEIDA LUIS	1:02:43	0:30:22	0:29:44	1:01:39	0:06:09	CORRER EPAL
471	550	CÉU NEVES	1:02:50	0:30:29	0:29:20	1:01:50	0:06:11	
472	1373	PEDRO JÚLIO	1:02:51	0:30:30	0:28:24	1:01:36	0:06:09	LEBRES E TARTARUGAS
473	989	FREDERICO SOUSA	1:02:53	0:30:32	0:28:39	1:01:41	0:06:10	LEBRES E TARTARUGAS
474	1023	RUI EUZÉBIO	1:02:56	0:30:35	0:28:40	1:01:36	0:06:09	
475	202	JORGE MANUEL N. FONSECA MENDES BAPTISTA	1:03:00	0:30:39	0:29:12	1:01:23	0:06:08	
476	1608	JORGE PEREZ	1:03:09	0:30:48	0:30:02	1:02:40	0:06:16	
477	11	ARTUR DINIS	1:03:44	0:31:23	0:30:03	1:03:10	0:06:19	ALGYMNS
478	598	CARLOS MANUEL PENA	1:03:49	0:31:28	0:28:48	1:02:20	0:06:14	BANCO ALIMENTAR
479	627	LUÍS ANTUNES	1:03:59	0:31:38	0:28:46	1:02:28	0:06:14	GRUPO ATLETAS MONSANTO
480	302	JOÃO DARIO COUTINHO SOTTO MAYOR	1:04:00	0:31:39	0:30:35	1:03:40	0:06:22	
481	1326	DINIS SILVA	1:04:09	0:31:48	0:28:56	1:02:49	0:06:16	
482	82	JOÃO CARDOSO	1:04:11	0:31:50	0:28:20	1:03:23	0:06:20	
483	223	FERNANDO FILIPE	1:04:15	0:31:54	0:29:02	1:03:04	0:06:18	CLUBE DO NOVO BANCO
484	104	RUI PEDRO SANTOS	1:04:17	0:31:56	0:28:44	1:02:12	0:06:13	
485	567	ALBANO DA SILVA FURTADO GINJA	1:04:20	0:31:59	0:29:14	1:03:19	0:06:19	
486	568	ANTÔNIO BATISTA NUNES (INVISUAL)	1:04:20	0:31:59	0:29:14	1:03:19	0:06:19	
487	318	ANTÔNIO ABRANTES	1:05:01	0:32:40	0:29:02	1:03:12	0:06:19	BANCO ALIMENTAR
488	708	RODOLFO JORGE DE CASTANHEIRA LIMA	1:05:10	0:32:49	0:28:31	1:03:26	0:06:20	CLUBE MILLENIUM BCP
489	1600	RUI MANUEL DUARTE MELO SILVA	1:05:25	0:33:04	0:26:50	1:04:26	0:06:26	
490	1514	ANTÔNIO MANUEL REIS CARVALHO	1:05:36	0:33:15	0:29:12	1:05:03	0:06:30	BRAIN TUMOR TEAM
491	91	ANTÔNIO GASPAR	1:05:41	0:33:20	0:28:51	1:04:21	0:06:26	GPCTIN CASA DA MOEDA
492	1684	LINO GOMES	1:05:46	0:33:25	0:28:08	1:03:42	0:06:22	CENTRO DESPORTIVO UNIVERSITARIO DE LISBO
493	933	PAULO FRANCA	1:05:50	0:33:29	0:28:34	1:04:00	0:06:24	GDCT UNICRE
494	932	PAULO DUARTE	1:05:51	0:33:29	0:28:34	1:04:00	0:06:24	GDCT UNICRE
495	657	JOSÉ RODRIGUES	1:05:54	0:33:33	0:30:27	1:05:09	0:06:30	CLUBE ROBBIALAC
496	484	ALBERTO SANTOS	1:06:02	0:33:41	0:28:52	1:04:16	0:06:25	GD BANCO BPI
497	899	PAULO JORGE GODINHO	1:06:02	0:33:41	0:28:53	1:04:17	0:06:25	GD BANCO BPI
498	712	ANTONIO MANUEL BRAS JORGE	1:06:07	0:33:45	0:30:20	1:05:02	0:06:30	CLUBE MILLENIUM BCP
499	1507	CARLOS BARREIRAS	1:06:22	0:34:01	0:30:57	1:06:12	0:06:37	
500	968	RUI JORGE RISCADO SANTOS	1:06:26	0:34:05	0:28:56	1:05:50	0:06:35	WEST RUNNERS



G. P. Natal - 10km - CLASSIFICAÇÃO VETERANOS-C M

Posição	Dorsal	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
501	1493	JOSE ANTONIO CAPUCHO GODINHO	1:06:58	0:34:37	0:30:58	1:05:12	0:06:31	
502	402	RUI T. HENRIQUES	1:07:35	0:35:14	0:31:05	1:06:55	0:06:41	ADRC MATA DE BENFICA
503	496	ALBERTO MARTINHO	1:07:48	0:35:27	0:30:01	1:05:50	0:06:35	CCDTMETROLX
504	1496	FRANCISCO MOUCHINHO	1:07:49	0:35:28	0:31:28	1:07:14	0:06:43	ACADEMIA DO LUMIAR
505	413	ANTONIO SANTOS	1:07:51	0:35:30	0:31:15	1:05:44	0:06:34	1 DESAFIO
506	916	JOSÉ SILVA	1:07:58	0:35:37	0:31:09	1:05:40	0:06:34	POUCOS POR MUITOS
507	596	JOAQUIM MANUEL VARELA ABEGÃO	1:08:05	0:35:44	0:30:12	1:07:27	0:06:44	
508	60	MARIO PIRES	1:08:11	0:35:50	0:32:46	1:06:47	0:06:40	
509	304	CARLOS PINTO DE ABREU	1:08:38	0:36:17	0:30:32	1:08:13	0:06:49	CLUBE DO STRESS
510	511	CARLOS ALBERTO TEIXEIRA	1:08:54	0:36:33	0:30:47	1:07:05	0:06:42	
511	1488	PAULO PINTO	1:08:54	0:36:33	0:30:06	1:07:58	0:06:47	HAPPY RUNNERS
512	1860	JOAO A T GOMES	1:08:54	0:36:33	0:30:28	1:07:00	0:06:42	LIBERTY SEGUROS
513	1256	ANTÓNIO PAULO SOARES OLIVEIRA NOGUEIRA	1:09:05	0:36:43	0:31:01	1:08:03	0:06:48	
514	296	JOAO NOGUEIRA	1:09:13	0:36:52	0:29:48	1:07:49	0:06:46	
515	890	NUNO LOUREIRO	1:09:23	0:37:02	0:27:49	1:08:55	0:06:53	FALCOES SELVAGENS
516	1619	RUI OLIVEIRA	1:09:23	0:37:02	0:31:20	1:08:56	0:06:53	FALCOES SELVAGENS
517	1526	RUI CARVALHO	1:09:26	0:37:05	0:31:19	1:07:14	0:06:43	
518	1433	FERNANDO ALLEN	1:09:36	0:37:15	0:32:18	1:07:23	0:06:44	
519	26	ANTÓNIO MARQUES	1:09:37	0:37:16	0:30:17	1:08:32	0:06:51	
520	790	JOAO GRAÇA	1:10:46	0:38:25	0:32:55	1:08:31	0:06:51	NUCLEO DESPORTIVO AUTOCOOPE
521	793	JUVENAL MOREIRA	1:10:47	0:38:26	0:32:55	1:08:32	0:06:51	NUCLEO DESPORTIVO AUTOCOOPE
522	351	ANTÓNIO CAIADO	1:10:52	0:38:31	0:31:58	1:08:53	0:06:53	
523	1303	EDI PIRES	1:11:06	0:38:45	0:30:30	1:09:16	0:06:55	TIVOLI
524	766	LUÍS FILIPE LAMEIRA PINTO	1:11:43	0:39:22	0:32:41	1:09:51	0:06:59	PINTOS
525	1128	CARLOS BANDEIJAS	1:12:29	0:40:08	0:32:23	1:10:33	0:07:03	VILA FRIA/ JG SEGUROS
526	1603	MÁRIO VINHAS	1:13:04	0:40:43	0:35:13	1:10:47	0:07:04	
527	226	LUÍÁ CAETANO	1:13:16	0:40:55	0:32:22	1:11:47	0:07:10	CLUBE DO NOVO BANCO
528	702	JOSE EDUARDO GASPAR ARRUDA	1:13:19	0:40:58	0:34:32	1:11:31	0:07:09	CLUBE MILLENIUM BCP
529	701	FOCK YIOT WAN CHIU	1:13:20	0:40:59	0:34:32	1:11:32	0:07:09	CLUBE MILLENIUM BCP
530	1179	FRANCISCO BERNARDO	1:14:12	0:41:51	0:34:09	1:12:11	0:07:13	AFO
531	670	PAULO HERMENEGILDO CORREIA PAIS	1:14:12	0:41:51	0:33:43	1:14:01	0:07:24	CLUBE MILLENIUM BCP
532	676	RUI MANUEL SANTOS GARCIA	1:14:39	0:42:18	0:33:48	1:12:51	0:07:17	CLUBE MILLENIUM BCP
533	1366	LUDGERO CALDEIRA	1:15:30	0:43:09	0:36:29	1:15:15	0:07:31	CASA DO PESSOAL DO IVA