

20 CASCAIS
CORRIDA

CASCAIS 5 km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1	1584	João Pereira	00:33:46	01:05:30	01:05:29	1	Sport Lisboa e Benfica	Senior	1
2	1585	Miguel Arraiolos	00:33:46	01:05:45	01:05:45	2	Sport Lisboa e Benfica	Senior	2
3	1574	Danilo Pimentel	00:33:46	01:06:41	01:06:41	3	RM - Rio Maior Triatlo Clube	Senior	3
4	1940	Nuno Carraça	00:33:46	01:06:54	01:06:53	4	URCAbrunheira	Senior	4
5	2419	Helder Grosso	00:33:45	01:06:57	01:06:57	5	GFD Running	Senior	5
6	2415	António Sousa	00:34:20	01:07:52	01:07:52	6	GFD Running	V45	1
7	1591	João Ferreira	00:34:20	01:08:00	01:07:59	7	Escola de Atletismo de Coimbra	Senior	6
8	1590	Rafael Domingos	00:34:56	01:08:23	01:08:22	8	Sport Lisboa e Benfica	Senior	7
9	2531	Claudio Cardoso	00:34:20	01:08:35	01:08:35	9	A.M.Atibá	V35	1
10	2563	Pedro Conceição	00:33:46	01:08:59	01:08:58	10	Clube Olimpico de Oeiras	Senior	8
11	2421	Pedro Cruz	00:34:20	01:09:03	01:09:03	11	GFD Running	Senior	9
12	2715	José Estrangeiro	00:34:55	01:09:06	01:09:05	12	Atlético Clube de Portugal	Senior	10
13	1595	Mateusz Kazmierczak	00:34:54	01:09:13	01:09:13	13	Tripoland	Senior	11
14	2542	Marco Mello	00:34:55	01:09:34	01:09:34	14	A.M.Atibá	V45	2
15	1844	Nuno Carpinteiro	00:34:55	01:09:46	01:09:46	15		Senior	12
16	2024	Paulo Martins	00:34:56	01:10:00	01:09:59	16	NúcleOeiras	V40	1
17	1571	Rui Tenrinho	00:35:50	01:10:22	01:10:22	17	RM - Rio Maior Triatlo Clube	Senior	13
18	2539	José Heitor	00:35:50	01:11:20	01:11:20	18	A.M.Atibá	V50	1
19	1588	David Luis	00:36:05	01:11:20	01:11:20	19	Portugal Talentus	Senior	14

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20	1592	Bruno Pais	00:34:56	01:11:25	01:11:24	20	Estoril-Praia Triatlo	Senior	15
21	1593	Diogo Silva	00:36:05	01:11:36	01:11:36	21	Águias de Alpiarça	Senior	16
22	1450	Luis Lima	00:35:51	01:11:48	01:11:48	22	NúcleOeiras	V40	2
23	2555	Telmo Silva	00:35:50	01:12:01	01:12:01	23	A.M.Atibá	V35	2
24	124	Rui Belo	00:36:06	01:12:03	01:12:02	24		V40	3
25	1402	Olaide Ogunronbi	00:36:40	01:12:33	01:12:06	25		Senior	17
26	1572	Vasco Pessoa	00:35:50	01:12:50	01:12:49	26	RM - Rio Maior Triatlo Clube	Senior	18
27	870	Armando Correia	00:36:55	01:12:59	01:12:58	27	Sporting Clube de Casainhos	Senior	19
28	2537	José Dias	00:36:55	01:13:00	01:12:58	28	A.M.Atibá	V35	3
29	467	Paulo Alves	00:36:54	01:13:14	01:13:14	29	GDCTINCasa da Moeda	V35	4
30	1534	Nuno Silva	00:36:55	01:13:29	01:13:28	30	Clube Atletismo Amigos de Belém	Senior	20
31	1577	Sérgio Santos	00:37:24	01:13:41	01:13:40	31	RM - Rio Maior Triatlo Clube	V45	3
32	1112	Pedro Mestre	00:37:23	01:13:53	01:13:53	32	Netcourier Logistica	V40	4
33	1273	Andre Januario	00:36:55	01:14:03	01:14:03	33	CLUBE MILLENNIUM BCP	Senior	21
34	2550	Paulo Santos	00:36:55	01:14:06	01:14:05	34	A.M.Atibá	V45	4
35	2686	Miguel Fragoso	00:36:55	01:14:14	01:14:14	35	Clube Olimpico de Oeiras	V45	5
36	1451	Vitor Lima	00:36:55	01:14:27	01:14:25	36	NúcleOeiras	V45	6
37	2704	Jorge Pina	00:37:36	01:14:37	01:14:36	37	Associação Jorge Pina	V40	5
38	2469	Nuno Teixeira	00:36:56	01:14:45	01:14:42	39		Senior	22

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39	1453	António Murteira	00:37:25	01:14:48	01:14:46	40	G R D Ribeira da Lage	V45	7
40	1578	Nikko Huelgas	00:37:25	01:14:53	01:14:52	41	RM - Rio Maior Triatlo Clube	Senior	23
41	2093	Carlos Frade	00:37:26	01:14:55	01:14:42	38		V35	5
42	2755	Fábio Azinheirinha	00:37:24	01:15:06	01:15:06	43		Senior	24
43	1401	Jose Correia	00:37:25	01:15:10	01:15:05	42	CLUBE ATLÉTICO DAS PATAMEIRAS	V45	8
44	1752	Rui Sousa	00:37:25	01:15:18	01:15:18	44	União FCI Tomar	V40	6
45	2054	Ricardo Lanceiro	00:37:24	01:15:39	01:15:39	45	NúcleOeiras	V35	6
46	2027	Rui Monteiro	00:37:40	01:15:40	01:15:40	46	Clube Desportico TCPI	Senior	25
47	971	Paulo Costa	00:37:37	01:15:50	01:15:48	47		V40	7
48	2290	Rui Henriques	00:37:37	01:15:52	01:15:50	48	Serviços Sociais Montepio	V35	7
49	477	Ricardo Mestre	00:38:32	01:15:55	01:15:50	49		V40	8
50	1324	Jorge Rodrigues	00:37:59	01:16:37	01:16:34	50	Núcleo Atletismo Zona da Abóboda	V45	9
51	104	Vitor Tavaresmarques	00:38:31	01:16:40	01:16:39	51		V35	8
52	14	Rodrigo Baltazar	00:37:24	01:17:01	01:17:00	55		V35	9
53	1625	Mario Costa	00:39:06	01:17:02	01:16:59	54	GD SANTANDERTOTTA	V35	10
54	1581	Edward Macalalad	00:38:32	01:17:03	01:17:02	57	RM - Rio Maior Triatlo Clube	Senior	26
55	667	Marcos Estrela	00:38:31	01:17:11	01:17:00	56	Grupo Desportivo Estoril Praia	Senior	27
56	1448	Tiago Vermelho	00:39:00	01:17:14	01:17:13	58	NúcleOeiras	Senior	28
57	2192	Gary Blesson	00:38:32	01:17:18	01:16:47	52		V50	2

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Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
58	2538	Jose Ferreira	00:38:03	01:17:20	01:17:20	60	A.M.Atibá	Senior	29
59	2529	Artur Martins	00:38:06	01:17:23	01:17:20	59	A.M.Atibá	V45	10
60	128	Carlos Caetano	00:38:32	01:17:26	01:17:25	61		V40	9
61	801	Roland Zoder	00:39:55	01:17:35	01:16:59	53		V40	10
62	2663	Helder Baptista	00:37:49	01:17:37	01:17:34	62		Senior	30
63	1055	Joao Goncalves	00:38:03	01:17:56	01:17:56	67		Senior	31
64	1604	Wesley Trigg	00:38:01	01:18:00	01:17:54	66		V35	11
65	1891	Pedro Marques	00:38:31	01:18:10	01:18:08	69		V40	11
66	435	Jorge Caiado	00:39:16	01:18:11	01:18:08	70	amigosdacorrída.com	V45	11
67	1695	Joao Matos	00:39:59	01:18:13	01:17:42	63		Senior	32
68	1180	José Boreges	00:39:06	01:18:14	01:18:12	71	Núcleo Atletismo Zona da Abóboda	V40	12
69	1589	João Valerio	00:39:06	01:18:19	01:18:16	72		V45	12
70	1147	Nuno Couto	00:39:07	01:18:22	01:18:20	73	GRFH IMPORTAÇÃO E EXPORTAÇÃO	V40	13
71	1319	Bruno Dias	00:39:07	01:18:25	01:18:20	74		V35	12
72	2158	Edgar Jacinto	00:41:05	01:18:27	01:17:58	68	Auto_Jacinto	Senior	33
73	1583	Amalia Albo	00:39:58	01:18:28	01:18:27	75	RM - Rio Maior Triatlo Clube	Senior	1
74	1410	Luis Ferreira	00:40:00	01:18:29	01:17:50	65	Scalabis Night Runners	V35	13
75	1550	André Gaga	00:38:31	01:18:34	01:18:31	76		Senior	34
76	752	Rui Pereira	00:39:57	01:18:37	01:17:47	64		Senior	35

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77	1221	Paulo Silva	00:39:08	01:18:49	01:18:47	78	Núcleo Atletismo Zona da Abóboda	V40	14
78	119	Nuno Soares	00:39:06	01:18:58	01:18:55	80		Senior	36
79	1587	Ana Ramos	00:39:07	01:19:13	01:19:13	83	CAPGE	Senior	2
80	1886	Júlio Finote	00:39:59	01:19:13	01:19:12	82		V45	13
81	1536	Bruno Rolim	00:39:59	01:19:13	01:19:09	81	PI-LINHA RUNNERS	Senior	37
82	1937	Hugo Dourado	00:39:59	01:19:15	01:19:14	84		V35	14
83	2373	Nuno Silva	00:39:59	01:19:19	01:18:43	77	M&B	V35	15
84	1419	José Conduto	00:39:59	01:19:23	01:19:19	85	Núcleo Atletismo Zona da Abóboda	V50	3
85	1325	Luis Neiva	00:39:58	01:19:26	01:18:50	79	Núcleo Atletismo Zona da Abóboda	V45	14
86	1445	Miguel Teixeira	00:39:08	01:19:26	01:19:25	88		V40	15
87	2461	David Pereira	00:39:59	01:19:31	01:19:21	87		Senior	38
88	2307	Pedro Pereira	00:40:00	01:19:32	01:19:28	90	Belém Runners	V40	16
89	1449	Sérgio Paiva	00:38:37	01:19:34	01:19:33	91	NúcleOeiras	V40	17
90	1689	Marco Melo	00:40:00	01:19:34	01:19:19	86	Scalabis Night Runners	V35	16
91	1520	Rui Cabral	00:40:01	01:19:38	01:19:34	92		V35	17
92	1820	Jorge Jourdan	00:39:07	01:19:40	01:19:37	93	CCD PM Cascais	V55	1
93	1167	Tiago Castela	00:39:30	01:19:48	01:19:46	95		Senior	39
94	1579	Marion Mangrobang	00:39:59	01:19:53	01:19:53	98	RM - Rio Maior Triatlo Clube	Senior	3
95	2551	Pedro Marques	00:39:58	01:19:55	01:19:51	97	A.M.Atibá	V35	18

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Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
96	2694	4 Min/Km	00:39:59	01:19:57	01:19:56	99		Junior	1
97	139	Diogo Garcia	00:40:22	01:19:59	01:19:27	89	Os Conta-Kilómetros	Senior	40
98	2019	Fernando Candeias	00:40:42	01:20:00	01:19:58	100	SS CGD	V40	18
99	1130	Carlos Lopes	00:40:00	01:20:09	01:19:43	94		V40	19
100	290	Tiago Lobo	00:39:58	01:20:15	01:20:12	103		V35	19
101	979	Paulo Pereira	00:40:01	01:20:15	01:20:15	105	Açoreana Seguros	V45	15
102	1928	Fernando Domingos	00:39:59	01:20:16	01:20:13	104		V50	4
103	2110	Hugo Ferreira	00:39:06	01:20:28	01:20:24	106	NúcleOeiras	V40	20
104	2675	João Oliveira	00:40:50	01:20:31	01:20:12	102	Clínica Gaivota	Senior	41
105	1796	João Pires	00:39:31	01:20:33	01:20:31	108	Desportivo Monte Real	V40	21
106	842	Mário Cruz	00:39:07	01:20:33	01:20:31	109	Sfraa Triatlo	Senior	42
107	695	Vitor Marques	00:39:23	01:20:35	01:20:33	110	Runners da Frente Ribeirinha Da Póvoa de Santa	V35	20
108	2265	Luis Cavaleiro	00:40:43	01:20:38	01:20:05	101	Run@Figueira	V35	21
109	1778	António Figueiredo	00:40:00	01:20:52	01:20:49	114	Os Galgos	V35	22
110	654	Ivo Nogueira	00:41:12	01:20:54	01:19:50	96	camara lisboa clube	Senior	43
111	2684	William Goulart	00:41:49	01:20:58	01:20:27	107		Senior	44
112	848	Gonçalo Ferreira	00:40:07	01:20:59	01:20:56	115	GDINE	V40	22
113	2166	Luís Rio	00:41:57	01:21:10	01:20:41	112	GDC Banco de Portugal	V40	23
114	206	Tiago Sousa	00:40:01	01:21:16	01:21:12	116		Senior	45

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115	2619	Ricardo Costa	00:41:49	01:21:18	01:20:48	113		Senior	46
116	1881	Pedro Henriques	00:40:46	01:21:20	01:21:15	117		V35	23
117	1011	Ricardo Parada	00:40:01	01:21:27	01:21:18	118		V35	24
118	1955	Miguel Sobral	00:40:04	01:21:27	01:21:26	119	Associação GD Academia do Korpo	V35	25
119	1880	Nelson Neves	00:40:47	01:21:35	01:21:30	120		Senior	47
120	895	Nelson Casanova	00:42:20	01:21:38	01:20:38	111	Casa do Benfica em Algueirão Mem Martins	Senior	48
121	2172	Fernando Martins	00:40:46	01:21:48	01:21:41	121	GDC Banco de Portugal	V45	16
122	1787	Abel Costa	00:40:59	01:21:49	01:21:45	124	Desportivo Monte Real	V50	5
123	881	Carlos Pinho	00:41:45	01:21:56	01:21:43	123	Casa do Benfica em Algueirão Mem Martins	Senior	49
124	1206	Bruno Nobre	00:41:57	01:21:57	01:21:42	122		Senior	50
125	523	António Santos	00:40:52	01:22:09	01:22:04	126	Clube Atletismo Amigos de Belém	V50	6
126	1033	Pedro Simões	00:41:47	01:22:15	01:21:54	125		V35	26
127	702	Nuno Santos	00:39:59	01:22:21	01:22:06	127	Clube Vodafone	V35	27
128	72	Jacobs Philippe	00:41:46	01:22:27	01:22:10	129		V45	17
129	1300	João Antunes	00:41:45	01:22:31	01:22:11	130	GD BPI	V45	18
130	428	Nuno Anjos	00:40:52	01:22:37	01:22:32	137	amigosdacorrída.com	V40	24
131	1073	Fernando Vicente	00:39:59	01:22:37	01:22:31	136		V50	7
132	1946	Hugo Freire	00:41:40	01:22:41	01:22:39	141	Associação G.D.A.Korpo	V35	28
133	118	Jorge Caldeira	00:41:36	01:22:42	01:22:36	139		V40	25

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134	279	Afzal Aziz	00:41:45	01:22:45	01:22:33	138	FoxHound	Senior	51
135	687	Tiago Costa	00:42:39	01:22:45	01:22:26	134		V35	29
136	751	Cleby Araújo	00:41:55	01:22:49	01:22:07	128		V45	19
137	1328	Carlos Mendes	00:40:03	01:22:50	01:22:49	144	Núcleo Atletismo Zona da Abóboda	V45	20
138	1220	Almerindo Seco	00:41:56	01:22:51	01:22:47	143	Núcleo Atletismo Zona da Abóboda	V55	2
139	1797	Orlando Ramos	00:41:38	01:22:53	01:22:39	140	Amigos Vale Silencio	V35	30
140	2666	Luis Mendes	00:42:27	01:22:53	01:22:50	145	Napa Paixão	V40	26
141	2348	Luís Albuquerque	00:41:23	01:22:55	01:22:53	146	Açoreana Seguros	V45	21
142	2416	Ernesto Ferreira	00:41:56	01:22:56	01:22:55	147	GFD Running	V45	22
143	2687	Luis Reis	00:40:08	01:22:56	01:22:55	148		V45	23
144	884	Luis Oliveira	00:41:57	01:22:59	01:22:13	131	Casa do Benfica em Algueirão Mem Martins	V40	27
145	2548	Mónica Moreiras	00:40:00	01:22:59	01:22:59	150	A.M.Atibá	V35	1
146	2685	Rui Lacerda	00:41:23	01:23:07	01:23:03	151	Clube Olimpico de Oeiras	V40	28
147	823	Nuno Serrão	00:41:56	01:23:07	01:23:05	152	Mercedes	Senior	52
148	1960	Gustavo Gasops	00:41:23	01:23:10	01:23:08	153	Associação GD Academia do Korpo	Senior	53
149	2566	Miguel Guerreiro	00:41:56	01:23:14	01:22:30	135		V40	29
150	2315	David Salinero	00:41:23	01:23:14	01:23:09	154		V45	24
151	1417	Vitor Pereira	00:42:38	01:23:15	01:22:19	132	Núcleo Atletismo Zona da Abóboda	Senior	54
152	2564	Diogo Custódio	00:38:06	01:23:16	01:23:16	159	Clube Olimpico de Oeiras	Senior	55

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153	721	Tony Almeida	00:43:06	01:23:20	01:22:42	142		Senior	56
154	595	Bernardo Gradíssimo	00:41:46	01:23:26	01:22:57	149	Amigos do Atletismo da Aigualva	V55	3
155	1241	Antonio Ramos	00:42:21	01:23:27	01:23:13	156	CLUBE MILLENNIUM BCP	V45	25
156	2031	Nuno Pita	00:40:08	01:23:29	01:23:25	163	CCDTMETROLX	V40	30
157	1164	Álvaro Cardoso	00:41:21	01:23:31	01:23:15	158		V35	31
158	1487	Gil Alves	00:41:28	01:23:34	01:23:31	164	Unidos da Manutenção	V35	32
159	1207	Fábio Teixeira	00:42:24	01:23:35	01:23:20	161		Senior	57
160	2220	João Pires	00:42:38	01:23:35	01:22:24	133		V45	26
161	1978	António Garcia	00:41:23	01:23:37	01:23:33	165		V50	8
162	55	Jose Esteves	00:41:57	01:23:40	01:23:40	166	Tartarugas Solidarias	V45	27
163	2735	Nuno Gonçalo	00:41:51	01:23:41	01:23:13	157		Senior	58
164	1790	João Marques	00:40:11	01:23:44	01:23:43	169	Desportivo Monte Real	V45	28
165	1731	João Afonso	00:42:53	01:23:44	01:23:20	162		V40	31
166	2395	Gil Oliveira	00:40:44	01:23:48	01:23:45	170		V45	29
167	2532	Cristina Garcia	00:40:49	01:23:50	01:23:50	171	A.M.Atibá	V40	1
168	493	Vitor Parada	00:40:03	01:23:51	01:23:42	168		Senior	59
169	862	Gonçalo Ferreira	00:41:24	01:24:02	01:23:57	175		V40	32
170	160	Nuno Rebelo	00:41:28	01:24:04	01:23:57	174		V35	33
171	1828	Paulo Oliveira	00:41:23	01:24:05	01:24:04	179	CCD PM Cascais	V45	30

20CASCAIS
CORRIDA

CASCAIS 5km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
172	1956	Paulo Ferreira	00:41:39	01:24:05	01:24:04	180	Associação GD Academia do Korpo	V40	33
173	2599	Paulo Reis	00:42:28	01:24:10	01:23:41	167		V45	31
174	807	Stephan Koenig	00:42:38	01:24:15	01:23:58	176		V45	32
175	990	Tiago Branco	00:41:57	01:24:17	01:23:53	172		V35	34
176	2417	Fábio Domingos	00:41:56	01:24:18	01:24:14	185	GFD Running	Senior	60
177	2034	Jorge Sirgado	00:41:59	01:24:22	01:24:10	183		V45	33
178	806	Luis Vieira	00:41:59	01:24:28	01:24:07	182	brandoa corre	V45	34
179	466	Nuno Sousa	00:41:58	01:24:29	01:24:14	186	GDCTINCasa da Moeda	V40	34
180	1457	Manuel Coelho	00:41:22	01:24:32	01:24:27	191	G R D Ribeira da Lage	V55	4
181	2403	André Cunha	00:41:18	01:24:32	01:24:29	192		V45	35
182	1071	Tiago Póvoa	00:42:56	01:24:33	01:23:16	160	Amigos Vale Silencio	Senior	61
183	1373	Vitor Ribeiro	00:42:05	01:24:35	01:24:31	194		V55	5
184	2595	Pedro Cunha	00:41:56	01:24:36	01:23:55	173		V55	6
185	2296	João Pinto	00:42:37	01:24:37	01:24:30	193	Clube Galp Energia	Senior	62
186	2182	Joao Cabecas	00:43:07	01:24:39	01:23:59	178		V40	35
187	1372	Dulcínea Silva	00:42:06	01:24:40	01:24:36	195		V40	2
188	2331	Paulo Pinto	00:42:22	01:24:42	01:23:12	155		V40	36
189	2195	Julio Fernandes	00:42:23	01:24:43	01:24:19	187	Grupo Desportivo Roche Portugal	V40	37
190	1780	André Monteiro	00:42:05	01:24:47	01:24:43	197	Os Galgos	Senior	63

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CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
191	1961	Paulo Coelho	00:42:38	01:24:56	01:24:49	199		V35	35
192	1596	Hania Kazmierczak	00:41:09	01:25:00	01:25:00	203	Tripoland	Senior	4
193	1959	Pedro Salvador	00:42:24	01:25:01	01:24:55	201	Associação GD Academia do Korpo	V35	36
194	2364	José Batista	00:41:29	01:25:03	01:25:03	204		V45	36
195	2552	Sérgio Trindade	00:42:04	01:25:10	01:25:08	207	A.M.Atibá	V35	37
196	59	Agostinho Matos	00:42:06	01:25:15	01:25:09	208		V35	38
197	2112	Hugo Monteiro	00:43:10	01:25:16	01:24:47	198	ADCR PJ	V35	39
198	212	Jorge Pardal	00:43:32	01:25:17	01:24:56	202		V40	38
199	2368	Jose Rodrigues	00:43:43	01:25:20	01:24:12	184		Senior	64
200	1140	José Pajinha	00:44:07	01:25:22	01:24:40	196	Clube de Atletismo Odimarq	V55	7
201	2533	Fernando Figueiredo	00:42:37	01:25:27	01:25:24	214	A.M.Atibá	V45	37
202	1008	Carlos Moura	00:41:59	01:25:28	01:25:21	213		Senior	65
203	1142	Nuno Lino	00:41:38	01:25:32	01:25:30	221		V35	40
204	1868	Carlos Fortunato	00:43:10	01:25:34	01:25:25	217		V55	8
205	179	Paulo Toledo	00:41:59	01:25:36	01:25:26	218		V50	9
206	525	Carlos Preciso	00:44:23	01:25:37	01:24:24	188	Clube Atletismo Amigos de Belém	V40	39
207	1537	Hugo Matos	00:41:58	01:25:41	01:25:19	212	PI-LINHA RUNNERS	Senior	66
208	1468	Sergio Ribeiro	00:39:59	01:25:46	01:25:43	227		V40	40
209	1779	Eurico Nicho	00:43:22	01:25:47	01:25:43	226	Os Galgos	V50	10

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CASCAIS 5km
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CLASSIFICAÇÃO GERAL
7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
210	746	Joao Gomes	00:43:23	01:25:47	01:25:41	225		V40	41
211	2159	António Jacinto	00:43:23	01:25:48	01:25:25	216	Auto_Jacinto	V55	9
212	1570	Andreia Ferrum	00:42:20	01:25:49	01:25:48	229	RM - Rio Maior Triatlo Clube	Senior	5
213	2260	Pedro Gomes	00:42:54	01:25:51	01:25:07	206		V35	41
214	2014	Pedro Roxo	00:42:49	01:25:58	01:23:58	177		Senior	67
215	2152	Pedro Caravana	00:43:40	01:25:59	01:24:26	190		V40	42
216	2263	Rui Cupido	00:42:50	01:26:03	01:25:25	215		V45	38
217	1420	Herculano Domingues	00:43:23	01:26:04	01:25:59	234	Núcleo Atletismo Zona da Abóboda	V60	1
218	1965	Nuno Gonçalves	00:42:42	01:26:11	01:25:04	205		V35	42
219	2363	Eduardo Santos	00:43:04	01:26:11	01:25:45	228		V35	43
220	1644	Anastácio Valadas	00:43:51	01:26:11	01:24:52	200	GD SANTANDERTOTTA	V60	2
221	1648	Fabio Dias	00:43:51	01:26:12	01:24:04	181	GD SANTANDERTOTTA	V40	43
222	451	Rafael Abrunhosa	00:43:25	01:26:18	01:25:41	224		V45	39
223	1776	Luís Pisco	00:41:44	01:26:19	01:26:18	244		Senior	68
224	1426	Albertino Semedo	00:44:26	01:26:20	01:25:30	220	SS CGD	V55	10
225	2495	Sergio Santos	00:42:36	01:26:21	01:26:14	240	C.C.D.das Autarquias de Almada	V50	11
226	723	Mariana Mota	00:42:37	01:26:21	01:26:20	247		Senior	6
227	458	Pedro Estevens	00:43:10	01:26:21	01:26:02	236	Clube Ferroviario de Portugal	V55	11
228	2690	Milton Melo	00:43:59	01:26:22	01:25:58	233		V35	44

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CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
229	2662	Rafael Verissimo	00:43:23	01:26:25	01:25:39	223		Senior	69
230	1542	Luis Nunes	00:41:20	01:26:28	01:26:15	242		V40	44
231	1964	Luís Matias	00:43:10	01:26:29	01:25:56	231	Lx Run - Juntos, somos fortes	V45	40
232	2422	Tiago Rodrigues	00:42:13	01:26:29	01:26:23	249	GFD Running	V40	45
233	193	Luis Aguiar	00:43:27	01:26:31	01:26:23	248		V40	46
234	143	Luís Mealha	00:44:18	01:26:33	01:25:16	210	CCD-AT	V40	47
235	1784	António Fernandes	00:43:24	01:26:35	01:26:28	253	Clube do Stress	V50	12
236	437	Henrique Adrega	00:44:22	01:26:38	01:26:19	246	amigosdacorrída.com	V60	3
237	1642	Carlos Teixeira	00:44:51	01:26:39	01:25:18	211	GD SANTANDERTOTTA	V40	48
238	2131	Tiago Morais	00:43:55	01:26:41	01:24:26	189		Senior	70
239	2351	José Pina	00:44:10	01:26:41	01:25:11	209		V45	41
240	1818	João Pereira	00:42:43	01:26:43	01:26:38	255	CCD PM Cascais	V50	13
241	1310	Filipe Mendonça	00:43:57	01:26:45	01:26:17	243	Grupo Desportivo Estoril Praia	Senior	71
242	366	João Nascimento	00:44:22	01:26:48	01:25:28	219	Clube do Stress	V45	42
243	265	Lúcia Oliveira	00:43:23	01:26:48	01:26:46	258	GENERG	V35	2
244	1533	Joaquim Oliveira	00:41:56	01:26:49	01:26:48	259	Clube EDP - Lisboa	V45	43
245	2515	Francisco Lopes	00:42:53	01:26:56	01:26:51	260	Volkswagen Autoeuropa	V45	44
246	2559	Ricardo Martins	00:42:38	01:26:57	01:26:53	262	Clube Olimpico de Oeiras	V40	49
247	91	Pedro Estação	00:43:21	01:27:05	01:26:27	252		Senior	72

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CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
248	2143	Paulo Santos	00:42:55	01:27:06	01:26:25	251		V45	45
249	2507	Luis Branco	00:44:13	01:27:07	01:25:53	230	G R D Ribeira da Lage	V50	14
250	492	Luis Alves	00:43:34	01:27:07	01:26:44	257		Senior	73
251	2697	Paulo Gomes	00:42:07	01:27:09	01:26:00	235		V35	45
252	2676	João M.Jorge	00:42:49	01:27:12	01:26:56	263	Clínica Gaivota	Senior	74
253	2356	Carlos Barros	00:42:57	01:27:13	01:27:01	266		Senior	75
254	1673	João Cadete	00:43:10	01:27:13	01:26:57	265	VdAtletas	V45	46
255	821	Bruno Leite	00:43:26	01:27:14	01:26:41	256	Mercedes	Senior	76
256	282	Jose Miranda	00:43:25	01:27:16	01:27:05	268		V55	12
257	2540	Lucia Falé	00:42:50	01:27:18	01:27:16	274	A.M.Atibá	Senior	7
258	364	Tiago Raimundo	00:44:59	01:27:22	01:27:15	273	JATAPANHO	V35	46
259	158	Luis Silva	00:44:52	01:27:22	01:26:51	261		V40	50
260	844	Pedro Santos	00:45:04	01:27:22	01:26:38	254	Sfraa Triatlo	V40	51
261	2670	Artur Pinto	00:44:07	01:27:23	01:26:56	264	GFD Running	V35	47
262	2633	Luis Ventura	00:42:13	01:27:26	01:27:15	272	ECl Running Team	V35	48
263	2446	Belchior Barrocas	00:42:51	01:27:26	01:27:18	275	Weventual	V45	47
264	1838	Jorge Nunes	00:45:27	01:27:28	01:25:34	222		V45	48
265	1915	Ricardo Jordão	00:46:10	01:27:34	01:26:24	250	AminhaCorrida/Kalenji	Senior	77
266	1652	Paulo Alves	00:43:49	01:27:35	01:27:05	269	GD SANTANDERTOTTA	V35	49

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CASCAIS **5** km
RÁPIDINHA

CLASSIFICAÇÃO GERAL
7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
267	61	Joaquim Dias	00:45:30	01:27:41	01:26:09	238		V40	52
268	2385	Nicolas Warter	00:43:38	01:27:41	01:25:57	232		V40	53
269	1129	Rodrigo Azevedo	00:43:59	01:27:43	01:26:13	239		V35	50
270	468	Nuno Henriques	00:44:52	01:27:45	01:27:04	267	GDCTINCasa da Moeda	V35	51
271	1153	Paulo Basilio	00:43:32	01:27:46	01:27:30	278	OS ZATOPEQUES	V45	49
272	1781	José João	00:42:52	01:27:47	01:27:44	286	Os Galgos	V55	13
273	362	Francisco Calçada	00:43:27	01:27:49	01:27:36	281	C. C. D. "O ALVITEJO"	V50	15
274	2376	Ricardo Marques	00:43:41	01:27:50	01:27:36	280		V35	52
275	1957	Hugo Barroso	00:43:32	01:27:51	01:27:38	283	Associação GD Academia do Korpo	V35	53
276	1958	Alexandre Silva	00:43:33	01:27:52	01:27:39	284	Associação GD Academia do Korpo	V35	54
277	2375	João Nunes	00:44:27	01:27:54	01:27:19	276		V50	16
278	1514	Nuno Alcobia	00:44:54	01:27:56	01:27:35	279		V40	54
279	2509	Luís Valente	00:45:03	01:27:58	01:26:15	241	Clube ANA Lisboa	V40	55
280	1884	Carlos Pacheco	00:44:26	01:27:59	01:27:13	271		V35	55
281	2379	Bruno Sabido	00:42:49	01:27:59	01:27:46	289	Desportivo Monte Real	Senior	78
282	1743	João Pastor	00:43:24	01:28:02	01:27:42	285	CCDTMETROLX	V40	56
283	107	Edgar Trigo	00:44:03	01:28:06	01:27:55	294		V45	50
284	1418	João Carvalho	00:43:25	01:28:09	01:28:05	296	Núcleo Atletismo Zona da Abóboda	V55	14
285	2257	Emanuel Pereira	00:45:22	01:28:11	01:26:07	237		Senior	79

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CASCAIS **5**km
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CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
286	2238	Jaime Fernandes	00:43:22	01:28:13	01:27:49	291		V40	57
287	995	Pedro Serra	00:42:51	01:28:14	01:27:37	282	Tartarugas Solidarias	Senior	80
288	184	José Faustino	00:43:47	01:28:17	01:28:12	298		V60	4
289	545	Luís Fernandes	00:43:38	01:28:17	01:27:54	293		Senior	81
290	1257	Carlos Abrunhosa	00:44:23	01:28:24	01:27:47	290	CLUBE MILLENNIUM BCP	V45	51
291	2618	Nuno Espanha	00:46:20	01:28:28	01:26:19	245		Senior	82
292	330	Jorge Fonseca	00:43:27	01:28:33	01:28:21	302		V35	56
293	2262	Pedro Pinha	00:44:53	01:28:36	01:27:46	288		V40	58
294	1636	Rui Machinho	00:43:53	01:28:37	01:28:05	295	GD SANTANDERTOTTA	V35	57
295	581	Pedro Paulino	00:45:08	01:28:40	01:28:21	301		V35	58
296	679	José Marques	00:44:25	01:28:41	01:28:08	297		V45	52
297	571	Rogério Meleiro	00:43:24	01:28:43	01:28:22	303	Grupo Desportivo Estoril Praia	V50	17
298	2609	João Pereira	00:43:53	01:28:44	01:28:14	300	Casa do Benfica em Algueirão Mem Martins	V35	59
299	203	Lazera Martins	00:43:26	01:28:46	01:28:35	310	NAV Runners	V50	18
300	889	Narciso Sá	00:44:51	01:28:46	01:28:37	312	Casa do Benfica em Algueirão Mem Martins	V45	53
301	1974	Hugo Ferreira	00:44:26	01:28:51	01:27:51	292		Senior	83
302	1544	Ricardo Samouqueiro	00:42:37	01:28:55	01:28:48	317		Senior	84
303	1463	Paulo Lopes	00:43:15	01:28:58	01:28:32	307	Carrasco & Amigos	V40	59
304	1941	Carlos Pires	00:43:51	01:28:59	01:28:55	320	URCAbrunheira	V40	60

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CASCAIS **5**km
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CLASSIFICAÇÃO GERAL
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Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
305	243	António Marçal	00:44:08	01:29:01	01:28:50	318		V55	15
306	1326	João Santos	00:44:10	01:29:02	01:28:56	322	Núcleo Atletismo Zona da Abóboda	V55	16
307	2251	John Gilsenan	00:44:26	01:29:03	01:28:13	299		V45	54
308	1913	Pedro Pereira	00:42:19	01:29:04	01:28:44	315	AminhaCorrida/Kalenji	Senior	85
309	637	Liberto Santos	00:44:08	01:29:07	01:28:56	321		V45	55
310	674	Fernando Correia	00:44:08	01:29:07	01:28:57	323	Carrasco & Amigos	V45	56
311	286	Arsenio Fernandes	00:45:14	01:29:09	01:28:40	313		V55	17
312	947	Bernardino Gonçalves	00:45:27	01:29:11	01:27:13	270		Senior	86
313	1954	Jorge Santos	00:44:19	01:29:12	01:28:58	324	Associação GD Academia do Korpo	V45	57
314	2510	Paulo Sousa	00:42:53	01:29:19	01:29:16	332	Volkswagen Autoeuropa	V40	61
315	2423	Jorge David	00:44:52	01:29:20	01:28:26	304		V45	58
316	2269	Alexandre Leal	00:45:52	01:29:22	01:27:21	277	Carapaus de Corrida	V35	60
317	80	Andrew Pendlebury	00:43:56	01:29:26	01:29:00	326		Senior	87
318	2418	Fernando Lopes	00:44:27	01:29:29	01:29:23	339	GFD Running	V45	59
319	1524	José Carlos	00:45:12	01:29:29	01:29:16	334		V50	19
320	1740	Carlos Dias	00:44:55	01:29:29	01:29:19	337	CCDTMETROLX	V55	18
321	1554	João Paixão	00:43:12	01:29:32	01:29:28	344		V40	62
322	832	Luis Veloso	00:42:31	01:29:32	01:29:13	330	CTT	V40	63
323	2556	António Almeida	00:45:37	01:29:33	01:29:28	345	Clube Olimpico de Oeiras	V40	64

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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
324	76	Alexandre Duarte	00:43:57	01:29:34	01:29:24	341	Beloura	V40	65
325	2448	Luís Oliveira	00:44:56	01:29:34	01:28:31	306	GRD OS FIXES	V60	5
326	2306	Pedro Favinha	00:44:52	01:29:38	01:29:17	335	Belém Runners	V40	66
327	984	Pedro Marques	00:45:34	01:29:42	01:27:45	287		Senior	88
328	851	Pedro Moreira	00:44:26	01:29:43	01:29:12	329	GDINE	V40	67
329	1645	Alexandre Cantiga	00:47:21	01:29:44	01:28:59	325	GD SANTANDERTOTTA	V40	68
330	1183	Tiago Pereira	00:44:54	01:29:44	01:29:24	340	IRUN	V45	60
331	1208	Rui Lopes	00:46:07	01:29:44	01:29:16	333		V60	6
332	2567	Sara Silva	00:44:57	01:29:44	01:28:36	311		Senior	8
333	756	Joaquim Frade	00:44:28	01:29:46	01:29:38	352	SS CGD	V55	19
334	2583	Pedro Antunes	00:46:08	01:29:46	01:29:18	336		V40	69
335	524	Paulo Lourinho	00:45:56	01:29:47	01:29:33	349	Clube Atletismo Amigos de Belém	V45	61
336	150	Ruben Costa	00:43:27	01:29:49	01:29:40	354		V35	61
337	2435	Nuno Silva	00:44:53	01:29:51	01:29:32	347	Ginásio Clube Português	V45	62
338	686	Paulo Marques	00:41:55	01:29:51	01:29:41	355		V35	62
339	1077	Ricardo Pereira	00:44:27	01:29:52	01:29:45	358		V35	63
340	528	Joao Saldanha	00:44:52	01:29:53	01:29:47	360	Sagres United	V40	70
341	2420	Luís Pereira	00:44:07	01:29:54	01:29:32	348	GFD Running	V45	63
342	2576	José Hernández	00:45:10	01:29:55	01:28:33	308		V45	64

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CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
343	2196	Ricardo Soeiro	00:44:28	01:29:56	01:29:06	328	Grupo Desportivo Roche Portugal	V35	64
344	446	Joaquim Rosa	00:44:56	01:29:56	01:29:52	365		V50	20
345	460	Manuel Araújo	00:44:26	01:29:57	01:29:29	346	GRD OS FIXES	V50	21
346	1831	Rui Vieira	00:44:11	01:30:00	01:29:59	370	CCD PM Cascais	V45	65
347	2546	Miguel Palma	00:44:56	01:30:03	01:30:00	371	A.M.Atibá	V45	66
348	457	Aires Pedro	00:45:11	01:30:04	01:29:46	359	Clube Ferroviario de Portugal	V60	7
349	2596	Tito Henriques	00:46:41	01:30:05	01:28:52	319		V40	71
350	1713	Paulo Ribeiro	00:44:54	01:30:06	01:29:52	364		V45	67
351	2664	Armando Dias	00:44:29	01:30:08	01:29:40	353		V50	22
352	883	Sidónio Dias	00:44:52	01:30:09	01:29:48	361	Casa do Benfica em Algueirão Mem Martins	V40	72
353	1908	Dinis Morais	00:46:57	01:30:11	01:28:42	314	CCD Siemens	V45	68
354	997	Miguel Ribeiro	00:45:45	01:30:11	01:29:50	363	Mendes Ribeiro	V45	69
355	1204	Jose Gomes	00:46:04	01:30:13	01:29:37	351		V55	20
356	1594	Sara Tenrinho	00:43:36	01:30:14	01:30:13	377	Águias de Alpiarça	Senior	9
357	2544	Maria Carmo	00:44:57	01:30:16	01:30:14	378	A.M.Atibá	V45	1
358	108	João Gaspar	00:44:51	01:30:19	01:30:13	376		Senior	89
359	1494	Joaquim Carreira	00:44:56	01:30:20	01:29:58	369		V55	21
360	472	José Figueiredo	00:45:52	01:30:21	01:29:27	342	Team Pernetas	V40	73
361	2601	Alfredo Prazeres	00:43:26	01:30:23	01:29:44	357		V55	22

20 CASCAIS
CORRIDA

CASCAIS 5 km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
362	1365	Manuel Vaz	00:44:55	01:30:24	01:30:04	372		V55	23
363	1060	Sebastião Marques	00:44:42	01:30:26	01:29:57	368		Senior	90
364	1236	Paulo Silva	00:46:33	01:30:26	01:29:43	356	CLUBE MILLENNIUM BCP	V40	74
365	648	Rui Oliveira	00:44:57	01:30:27	01:30:05	373		V40	75
366	1825	Mario Santos	00:46:07	01:30:27	01:29:34	350	CCD PM Cascais	V45	70
367	617	Pedro Ferreira	00:43:25	01:30:34	01:30:24	381	Clube Robbialac	V35	65
368	1446	Pedro Lima	00:44:27	01:30:36	01:30:29	384		V45	71
369	2096	Helio Correia	00:46:01	01:30:37	01:29:49	362		Senior	91
370	744	Mauricio Rodrigues	00:44:54	01:30:38	01:30:15	379	CCRD Burinhosa	V35	66
371	1737	António Gonçalves	00:46:24	01:30:41	01:30:12	375	CCDTMETROLX	V50	23
372	1926	Paulo Duarte	00:45:57	01:30:46	01:29:02	327		V40	76
373	1979	Mauro Pimenta	00:47:31	01:30:47	01:28:46	316	GAAVFXira	V35	67
374	1174	João Fernandes	00:47:31	01:30:47	01:29:54	366		Senior	92
375	1228	Pedro Neves	00:45:43	01:30:48	01:30:34	385	CLUBE MILLENNIUM BCP	V50	24
376	2297	Abigail Santana	00:45:15	01:30:49	01:29:27	343		Senior	10
377	2463	João Ferro	00:45:10	01:30:49	01:28:35	309		Senior	93
378	1227	Nuno Raminhos	00:44:56	01:30:50	01:30:40	389	CLUBE MILLENNIUM BCP	V45	72
379	1975	Cláudio Galego	00:44:55	01:30:57	01:30:05	374		Senior	94
380	277	Alberto Domingues	00:45:22	01:30:58	01:30:51	395		V40	77

20CASCAIS
CORRIDA

CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL
7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
381	2534	Fernando Santos	00:44:55	01:31:04	01:31:01	398	A.M.Atibá	V50	25
382	2293	Pedro Oliveira	00:46:19	01:31:10	01:30:38	387	Run@Figueira	V35	68
383	403	José Santos	00:47:22	01:31:12	01:30:39	388		V45	73
384	2033	Bruno Espadeiro	00:45:50	01:31:16	01:30:23	380		V35	69
385	2744	André Gouveia	00:45:52	01:31:17	01:30:47	391		V35	70
386	1744	José Santos	00:45:40	01:31:19	01:30:50	394	CCDTMETROLX	V45	74
387	1143	Pedro Massano	00:47:09	01:31:19	01:28:29	305	CDM	V55	24
388	25	António Orlando	00:46:20	01:31:20	01:29:55	367		V35	71
389	1019	João Saldanha	00:44:51	01:31:23	01:31:11	405	Amigos Vale Silencio	V40	78
390	630	Rui Pericão	00:46:08	01:31:27	01:30:58	397		V40	79
391	2137	Maria Lucas	00:46:07	01:31:27	01:31:06	403		V45	2
392	2321	Pedro Ferreira	00:43:24	01:31:32	01:31:24	414		V45	75
393	634	Paulo Guerreiro	00:45:59	01:31:34	01:31:11	404		V50	26
394	1966	Francisco Semião	00:46:38	01:31:35	01:30:55	396		V45	76
395	1476	José Oliveira	00:46:52	01:31:37	01:30:36	386		V50	27
396	928	Francis Mobbs	00:43:51	01:31:37	01:30:47	392		Senior	95
397	2138	João Galo	00:46:40	01:31:37	01:29:13	331		V35	72
398	252	Pedro Teixeira	00:44:57	01:31:38	01:31:33	418		V40	80
399	2268	Elisabete Sousa	00:45:39	01:31:42	01:30:48	393	CAPenafirme	V40	3

20CASCAIS
CORRIDA

CASCAIS 5km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
400	1155	José Cunha	00:46:35	01:31:42	01:31:04	400	OS ZATOPÉQUES	V50	28
401	230	António Lopes	00:46:21	01:31:43	01:31:22	410		V40	81
402	547	Daniel Sampaio	00:44:50	01:31:45	01:31:18	409		V35	73
403	814	Miguel Barreiros	00:44:56	01:31:47	01:31:22	411		V35	74
404	1263	Joao Goncalves	00:46:03	01:31:51	01:31:26	415	CLUBE MILLENNIUM BCP	V45	77
405	2709	André Coelho	00:44:58	01:31:52	01:31:23	412		V40	82
406	830	Vasco Ascensão	00:44:58	01:31:54	01:31:34	420	CTT	V40	83
407	1259	Fernando Rodrigues	00:45:50	01:31:55	01:31:40	423	CLUBE MILLENNIUM BCP	V50	29
408	567	Nuno Alves	00:45:23	01:31:57	01:31:33	417	Movet	V40	84
409	31	Pedro Machado	00:47:12	01:31:58	01:30:26	383		V40	85
410	985	Gonçalo Pinto	00:46:16	01:32:00	01:31:54	429		Senior	96
411	2651	Francisco Naia	00:45:23	01:32:03	01:31:43	425		V40	86
412	675	Carlos Folgado	00:46:10	01:32:06	01:31:17	408	Carrasco & Amigos	V50	30
413	612	José Maio	00:48:00	01:32:06	01:31:56	432	Clube Desportivo do Arneiro	V50	31
414	220	Manuel Ferreira	00:44:16	01:32:07	01:31:28	416		V45	78
415	436	Jaime Sousa	00:44:38	01:32:09	01:31:59	435	amigosdacorrída.com	V50	32
416	758	Nuno José	00:45:40	01:32:10	01:31:55	431	SS CGD	V40	87
417	2162	Pedro Pires	00:45:48	01:32:11	01:31:49	428	Associação de Atletismo Lebres do Sado	V50	33
418	970	Alexandre Vieira	00:46:05	01:32:13	01:31:35	421		V35	75

20CASCAIS
CORRIDA

CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
419	2388	Ângelo Fernandes	00:48:08	01:32:15	01:29:20	338		V40	88
420	1738	António Pereira	00:46:04	01:32:25	01:31:55	430	CCDTMETROLX	V50	34
421	37	Nuno Santos	00:47:27	01:32:27	01:31:49	427		V45	79
422	1980	Vitor Novais	00:47:31	01:32:27	01:30:26	382	GAAVFXira	V35	76
423	1181	Carlos Ferreira	00:46:10	01:32:28	01:32:08	439	IRUN	V50	35
424	725	Bruno Piedade	00:45:17	01:32:29	01:32:19	445		V40	89
425	144	Ivo Rebocho	00:46:55	01:32:31	01:32:17	443	Furões do Alentejo	Senior	97
426	138	António Vale	00:46:09	01:32:31	01:32:00	436	Os Conta-Kilómetros	Senior	98
427	2674	Daniel Rosa	00:47:05	01:32:31	01:31:23	413		Senior	99
428	1762	Fernando Gomes	00:46:14	01:32:32	01:32:24	453	Unidos da Manutenção	V40	90
429	2667	Célia Cecilio	00:46:15	01:32:32	01:32:28	458	Napa Paixão	V40	4
430	506	Ricardo Mendes	00:43:38	01:32:32	01:32:21	449		V35	77
431	514	Jose Vilhena	00:46:03	01:32:34	01:31:03	399		V45	80
432	291	António Ferreira	00:44:53	01:32:37	01:32:27	454		Senior	100
433	1219	Paula Penedo	00:46:37	01:32:41	01:32:37	461	Núcleo Atletismo Zona da Abóboda	V35	3
434	1657	Filipe Pinto	00:46:07	01:32:42	01:31:17	407	GD SANTANDERTOTTA	Senior	101
435	589	Leonel Seleiro	00:46:49	01:32:44	01:31:45	426	Amigos do Atletismo da Aqualva	V55	25
436	592	Francisco Pessoa	00:46:49	01:32:44	01:32:01	437	Amigos do Atletismo da Aqualva	V40	91
437	190	Michael Dias	00:45:51	01:32:44	01:32:27	456		Senior	102

20CASCAIS
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CASCAIS 5km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
438	1942	Deolindo André	00:44:57	01:32:46	01:32:34	460	URCAbrunheira	V55	26
439	527	Vitor Jorge	00:47:09	01:32:47	01:31:34	419	Clube Atletismo Amigos de Belém	V50	36
440	1150	António Santos	00:42:34	01:32:47	01:32:46	471	GDINE	V55	27
441	504	Américo Rodrigues	00:45:44	01:32:48	01:32:19	448		V55	28
442	1808	António Pucariço	00:46:57	01:32:48	01:32:19	447	CCD PM Cascais	V50	37
443	1025	João Carranquinha	00:45:17	01:32:49	01:32:16	442		Senior	103
444	130	Mário Lourenço	00:45:43	01:32:49	01:32:28	459	Clube do Sargento da Armada	V50	38
445	441	Pedro Ferraz	00:47:20	01:32:50	01:32:19	446	Romantic Runners	V35	78
446	501	Bruno Garcia	00:44:12	01:32:50	01:32:43	467		V35	79
447	481	Carlos Marques	00:44:45	01:32:50	01:32:28	457		V35	80
448	1302	Alberto Santos	00:47:03	01:32:51	01:32:39	464	GD BPI	V55	29
449	209	Fernando Carreiro	00:47:08	01:32:51	01:30:45	390		V50	39
450	1307	Daniel Gomes	00:47:03	01:32:51	01:32:38	463	GD BPI	V35	81
451	301	Mário Marques	00:46:45	01:32:52	01:32:27	455		Senior	104
452	1387	Bruno Godinho	00:44:10	01:32:54	01:32:38	462		Senior	105
453	46	Albisio Magalhaes	00:46:20	01:32:56	01:31:06	402		V60	8
454	2752	Bruno Pires	00:48:27	01:32:56	01:31:59	434		Senior	106
455	2749	Casimiro Morais	00:48:27	01:32:57	01:31:58	433		V45	81
456	365	Nelson Silva	00:45:22	01:32:58	01:32:51	473	JATAPANHO	Senior	107

20CASCAIS
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CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
457	683	Carlos Jacinto	00:45:52	01:32:58	01:32:45	469		V45	82
458	1782	Mário Monteiro	00:45:42	01:33:03	01:32:40	465	Os Galgos	V40	92
459	973	José Santos	00:45:47	01:33:04	01:32:56	476		V55	30
460	1632	Carlos Henrique	00:47:45	01:33:07	01:32:19	444	GD SANTANDERTOTTA	V45	83
461	2445	Miguel Rodrigues	00:43:51	01:33:14	01:33:07	485	Weventual	V35	82
462	1530	João Silva	00:48:30	01:33:16	01:32:14	440	Casa da Dizima	V35	83
463	775	Mária Santos	00:47:01	01:33:17	01:33:07	486		Senior	11
464	2512	Paulo Pereira	00:46:14	01:33:17	01:33:12	490	Volkswagen Autoeuropa	V50	40
465	377	João Cabeleira	00:46:50	01:33:19	01:32:44	468	Clube do Stress	V40	93
466	459	Nuno Silva	00:44:30	01:33:20	01:33:02	482	Lx Run - Juntos, somos fortes	V35	84
467	2114	José Bouceiro	00:46:50	01:33:21	01:32:15	441	ADCR PJ	V50	41
468	2046	Bruno Esteves	00:46:03	01:33:23	01:33:00	478		Senior	108
469	2365	Paulo Cardoso	00:44:48	01:33:23	01:32:53	475		V50	42
470	1601	Marta Abreu	00:48:28	01:33:25	01:32:05	438		Senior	12
471	716	Joao Bogalheiro	00:46:06	01:33:26	01:33:22	494	Amigos Vale Silencio	V45	84
472	2661	Hugo Silva	00:46:51	01:33:26	01:32:23	452		Senior	109
473	2688	Miguel Mana	00:47:35	01:33:26	01:31:16	406		Senior	110
474	2231	Abel Assemblano	00:48:15	01:33:27	01:31:05	401	Núcleo Atletismo Zona da Abóboda	Senior	111
475	1898	Juvenal Moreira	00:46:09	01:33:27	01:33:02	480	NUCLEO DESPORTIVO AUTOCOOPE	V50	43

20CASCAIS
CORRIDA

CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL
7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
476	111	Pedro Barbosa	00:45:09	01:33:28	01:33:12	489		V35	85
477	2167	José Monteiro	00:48:28	01:33:29	01:31:40	424	GDC Banco de Portugal	V55	31
478	1647	Nuno Carvalho	00:47:22	01:33:31	01:32:46	470	GD SANTANDERTOTTA	V40	94
479	1070	Paulo Salsa	00:46:35	01:33:34	01:33:28	501		V35	86
480	2671	Luís Vale	00:48:35	01:33:38	01:33:03	483		V40	95
481	318	Luis Chambel	00:45:03	01:33:39	01:33:32	506		V35	87
482	1897	Joao Caldas	00:48:07	01:33:41	01:32:47	472	NUCLEO DESPORTIVO AUTOCOOPE	V50	44
483	2707	Paulo Taboas	00:49:19	01:33:41	01:32:21	450	Associação Jorge Pina	V50	45
484	113	Carlos Pereira	00:44:57	01:33:44	01:33:40	517		Senior	112
485	2711	Pedro Belchior	00:45:00	01:33:45	01:33:43	519		V45	85
486	852	Carlos Santos	00:46:30	01:33:46	01:33:29	502	GDINE	V45	86
487	170	Jorge Serra	00:47:31	01:33:46	01:33:44	520		V45	87
488	1712	João Gregório	00:46:35	01:33:46	01:33:23	496		V35	88
489	2329	Duarte Cameirão	00:46:41	01:33:49	01:33:38	514		V35	89
490	873	Luis Pinto	00:48:26	01:33:51	01:33:34	509		V45	88
491	1169	Luis Amorim	00:46:54	01:33:52	01:33:40	518		V55	32
492	809	Joaquim Silva	00:46:26	01:33:53	01:33:18	493		V45	89
493	406	Paulo Silva	00:47:27	01:33:53	01:33:30	504		V40	96
494	724	Carlos Carção	00:47:22	01:33:54	01:32:40	466		V40	97

20CASCAIS
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CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
495	2440	João Costa	00:46:07	01:33:57	01:33:09	487	Ginásio Clube Português	V45	90
496	843	Miguel Menezes	00:48:26	01:33:58	01:31:35	422	Sfrra Triatlo	V40	98
497	1539	Rui Santos	00:48:44	01:33:59	01:33:45	521		V35	90
498	1646	António Cruz	00:48:39	01:33:59	01:33:10	488	GD SANTANDERTOTTA	V65	1
499	954	José Augusto	00:47:00	01:34:00	01:33:35	511	Falcões Selvagens	V50	46
500	760	Filipe Correia	00:48:48	01:34:00	01:33:28	500	SS CGD	V35	91
501	536	Paulo Santos	00:47:03	01:34:00	01:33:38	515		V50	47
502	629	Mariana Almeida	00:47:38	01:34:01	01:32:52	474		Senior	13
503	2236	Carlos Pereira	00:47:57	01:34:03	01:33:30	503		V45	91
504	893	Albino Neiva	00:47:13	01:34:05	01:33:52	525	Casa do Benfica em Algueirão Mem Martins	V65	2
505	2369	Artur Carvalho	00:47:42	01:34:06	01:33:18	492		V40	99
506	447	Rui Pereira	00:46:30	01:34:06	01:33:47	523		V40	100
507	1290	Fernando Domingues	00:47:28	01:34:07	01:32:23	451	CLUBE MILLENNIUM BCP	V60	9
508	1772	Massimo Cavalli	00:46:21	01:34:08	01:33:59	529		V45	92
509	2736	Inês Peixoto	00:48:30	01:34:10	01:33:02	481		V35	4
510	1018	Nuno Sobral	00:46:37	01:34:11	01:33:56	528	Run Buddy Run	V40	101
511	1317	Hugo Patricio	00:46:54	01:34:13	01:33:47	522		V35	92
512	2056	Hugo Silva	00:47:56	01:34:20	01:33:52	526	Os Galgos	Senior	113
513	894	Joaquim Costa	00:46:27	01:34:21	01:34:01	531	Casa do Benfica em Algueirão Mem Martins	V60	10

20CASCAIS
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CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
514	137	Bernardo Figueiredo	00:47:01	01:34:23	01:34:07	536	vila fria/jg seguros	V40	102
515	2208	Diogo Mourão	00:48:59	01:34:23	01:33:31	505		Senior	114
516	850	Marcos Oliveira	00:50:15	01:34:25	01:33:22	495	GDINE	V40	103
517	2573	Nuno Franco	00:46:46	01:34:26	01:33:26	498		V40	104
518	1105	Silvério Correia	00:46:50	01:34:28	01:34:23	555		V45	93
519	2610	Antonio Coelho	00:48:01	01:34:29	01:34:21	552	Casa do Benfica em Algueirão Mem Martins	V55	33
520	66	Nuno Cunha	00:45:54	01:34:29	01:34:18	548		V35	93
521	434	Ricardo Rodrigues	00:47:26	01:34:30	01:34:16	544	amigosdacorrída.com	V40	105
522	1990	Eulália Almeida	00:47:53	01:34:30	01:34:12	542		V35	5
523	1930	Carlos Nabiça	00:47:29	01:34:30	01:34:06	535		V50	48
524	429	José Campos	00:47:26	01:34:30	01:34:17	546	amigosdacorrída.com	V45	94
525	1617	Francisco Pereira	00:47:31	01:34:32	01:34:12	541	Açoreana Seguros	V45	95
526	2234	Daniel Costa	00:48:29	01:34:39	01:33:32	507		Senior	115
527	1719	Filipe Cruz	00:47:05	01:34:40	01:32:59	477		Senior	116
528	53	Rui Dias	00:46:53	01:34:41	01:34:17	545	PI-LINHA RUNNERS	V35	94
529	51	Artur Denominato	00:47:37	01:34:41	01:34:17	547	PI-LINHA RUNNERS	V40	106
530	529	Carlos Neves	00:44:52	01:34:44	01:34:38	566	Sagres United	V45	96
531	1518	Mário Bastardo	00:47:28	01:34:44	01:34:27	557		V35	95
532	262	Orlando Silva	00:46:35	01:34:45	01:34:38	567		V40	107

20CASCAIS
CORRIDA

CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
533	1006	António Fórnea	00:47:12	01:34:45	01:33:40	516		V45	97
534	1764	Valter Matos	00:49:14	01:34:46	01:33:33	508		Senior	117
535	1458	Domingos Penedo	00:46:48	01:34:47	01:33:26	499	G R D Ribeira da Lage	V55	34
536	614	Carlos Duarte	00:48:00	01:34:47	01:34:36	564	Clube Desportivo do Arneiro	V60	11
537	1122	Eládio Manuel	00:48:54	01:34:48	01:33:06	484		V40	108
538	685	Luís Jorge	00:48:27	01:34:48	01:33:13	491		Senior	118
539	1098	Jorge Figueiredo	00:46:16	01:34:49	01:34:38	565		V50	49
540	638	José Nunes	00:44:17	01:34:51	01:34:38	568		V45	98
541	1902	Paulo Santos	00:46:59	01:34:51	01:34:45	573	LOURDETE PERFUMARIAS	V45	99
542	745	Leonel José	00:46:56	01:34:51	01:33:52	527	Sport Clube Alfragide	V45	100
543	703	Olivier Delmotte	00:47:37	01:34:51	01:34:21	551	Clube Vodafone	V40	109
544	2197	Tiago Antonio	00:47:44	01:34:53	01:33:00	479	Grupo Desportivo Roche Portugal	V35	96
545	1367	Pedro Pisco	00:48:27	01:34:54	01:33:23	497		V40	110
546	826	Ricardo Madeira	00:47:10	01:34:55	01:34:27	556	Mercedes	V40	111
547	260	Jorge Leite	00:47:36	01:34:58	01:34:08	538		V45	101
548	1651	Antonio Ferreira	00:49:26	01:35:01	01:34:12	540	GD SANTANDERTOTTA	V45	102
549	2545	Maria Piedade	00:44:59	01:35:03	01:35:01	583	A.M.Atibá	V45	3
550	755	João Silva	00:47:59	01:35:05	01:34:02	533	SS CGD	V45	103
551	509	Mário Simões	00:45:16	01:35:07	01:35:00	581		V40	112

20CASCAIS
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CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
552	2623	Alejandra Luis	00:47:43	01:35:08	01:34:36	563		V40	5
553	390	Jorge Seabra	00:48:47	01:35:11	01:34:18	549		V40	113
554	1121	Frederico Costa	00:48:46	01:35:11	01:34:19	550		V40	114
555	1246	Arlindo Deus	00:47:59	01:35:17	01:35:03	585	CLUBE MILLENNIUM BCP	V65	3
556	2677	Rui Lourenço	00:47:12	01:35:17	01:34:56	579		V40	115
557	2098	David Goncalves	00:46:44	01:35:18	01:35:07	587		Senior	119
558	1501	Jose Melo	00:49:29	01:35:18	01:34:01	532	Núcleo Atletismo Zona da Abóboda	V50	50
559	1173	José Rosa	00:48:00	01:35:18	01:34:52	578		V40	116
560	1439	Ricardo Sequeira	00:48:20	01:35:23	01:34:41	569	SS CGD	Senior	120
561	2680	João Gago	00:47:09	01:35:25	01:34:16	543		Senior	121
562	532	José Pinto	00:47:52	01:35:25	01:33:48	524		V50	51
563	1633	Rui Henriques	00:47:18	01:35:25	01:34:51	575	GD SANTANDERTOTTA	V35	97
564	484	Frederico Lázaro	00:47:09	01:35:26	01:34:05	534		V35	98
565	1910	João Fernandes	00:48:31	01:35:27	01:34:45	572	CCD Siemens	Senior	122
566	2471	Rita Barroso	00:47:09	01:35:29	01:34:33	562		Senior	14
567	1141	Daniel Silva	00:48:47	01:35:31	01:34:48	574	Clube de Atletismo Odimarq	V55	35
568	363	Carla Calçada	00:47:02	01:35:34	01:35:22	596	C. C. D. "O ALVITEJO"	V45	4
569	2722	Paulo Durão	00:47:32	01:35:34	01:33:37	512		V40	117
570	2284	José Guerreiro	00:47:21	01:35:37	01:35:13	590	Serviços Sociais Montepio	V55	36

20CASCAIS
CORRIDA

CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
571	1877	José Maçarria	00:48:51	01:35:38	01:34:42	570		V55	37
572	1833	Rui Vasques	00:47:53	01:35:38	01:35:09	589	CCD PM Cascais	V50	52
573	1502	M ^a Madeira	00:47:20	01:35:41	01:35:27	603		V45	5
574	698	Carlos Bento	00:47:57	01:35:42	01:35:34	607	Runners da Frente Ribeirinha Da Póvoa de Santa	V40	118
575	699	Filipe Oliveira	00:47:57	01:35:42	01:35:07	588	Runners da Frente Ribeirinha Da Póvoa de Santa	V35	99
576	221	Nuno Soares	00:47:39	01:35:44	01:35:32	606		Senior	123
577	454	Carlos Silva	00:46:49	01:35:44	01:35:17	593	CCD CAM	V50	53
578	1511	Paulo Alves	00:48:26	01:35:45	01:34:29	558		Senior	124
579	2254	Cristóvão Pedrosa	00:50:38	01:35:45	01:33:35	510		Senior	125
580	294	Bruno Pandaio	00:46:38	01:35:45	01:35:38	609		V35	100
581	838	Paulo Pereira	00:47:35	01:35:47	01:33:59	530	CTT	V45	104
582	1469	Pedro Fernandes	00:48:04	01:35:48	01:35:18	594		V40	119
583	1885	José Forte	00:48:04	01:35:48	01:35:16	592		V55	38
584	2648	Francisco Gala	00:48:09	01:35:48	01:33:38	513		Senior	126
585	1455	João Marques	00:49:49	01:35:49	01:35:22	597	G R D Ribeira da Lage	V50	54
586	2127	Carlos Portela	00:49:17	01:35:49	01:34:32	560	Núcleo Atletismo Zona da Abóboda	V40	120
587	1139	Armindo Santos	00:49:17	01:35:51	01:34:33	561	Núcleo Atletismo Zona da Abóboda	V60	12
588	247	Carlos Costa	00:47:02	01:35:55	01:35:39	610		V55	39
589	1562	José Gouveia	00:48:26	01:35:56	01:35:46	612	N.A. PAPAGAIOS CASCAIS	V55	40

20CASCAIS
CORRIDA

CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
590	1096	Fausto Trindade	00:48:41	01:35:57	01:35:23	600		V40	121
591	961	Julio Barao	00:47:20	01:35:58	01:35:37	608		V35	101
592	988	Jorge Fernandes	00:48:49	01:36:04	01:35:21	595		V45	105
593	173	José Matos	00:49:58	01:36:07	01:34:08	537		V50	55
594	1505	João Santos	00:50:19	01:36:08	01:35:24	601		Senior	127
595	1333	David Neto	00:48:53	01:36:09	01:35:02	584		Senior	128
596	757	Nuno Costa	00:48:20	01:36:09	01:35:22	599	SS CGD	V40	122
597	1718	Sérgio Pires	00:49:59	01:36:09	01:34:09	539		V40	123
598	1161	Paulo Vieira	00:45:34	01:36:15	01:36:01	617		V45	106
599	2649	Nuno Antunes	00:49:04	01:36:17	01:34:44	571		V45	107
600	2570	Vitor Barata	00:48:05	01:36:19	01:35:22	598		V55	41
601	673	Charles Lima	00:49:45	01:36:20	01:34:23	553	RunLovers	V45	108
602	1676	Nuno Reis	00:48:28	01:36:21	01:35:05	586	Entra Vades	Senior	129
603	1411	Pedro Carvalho	00:48:17	01:36:24	01:36:08	621	Scalabis Night Runners	V50	56
604	1407	Fernando Castela	00:48:17	01:36:24	01:36:08	620	Scalabis Night Runners	V40	124
605	2518	Pedro Freitas	00:45:57	01:36:25	01:36:22	638	Volkswagen Autoeuropa	V45	109
606	16	Gonçalo Seabra	00:48:22	01:36:26	01:36:08	622	Lx Run - Juntos, somos fortes	V45	110
607	632	Rui Noronha	00:48:39	01:36:27	01:36:02	618		V40	125
608	2317	Nuno Pinto	00:49:15	01:36:28	01:34:51	577		V40	126

20 CASCAIS
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CASCAIS 5 km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
609	1526	Antonio Ramalho	00:48:36	01:36:32	01:35:50	613		V50	57
610	1541	Ricardo Garcia	00:48:20	01:36:34	01:36:11	626		V40	127
611	1551	Carlos Pereira	00:46:18	01:36:34	01:35:13	591		Senior	130
612	941	Jose Oliveira	00:49:45	01:36:36	01:36:17	631		V40	128
613	2434	Paulo Simões	00:46:00	01:36:36	01:36:17	632	Ginásio Clube Português	V35	102
614	187	João Melo	00:46:17	01:36:36	01:36:12	628		V35	103
615	1383	Debra Ramos	00:47:26	01:36:36	01:36:23	640		V40	6
616	1854	Adelino Pereira	00:47:46	01:36:37	01:36:29	644	Odebrecht Portugal	V50	58
617	2330	Carlos Coelho	00:49:45	01:36:38	01:34:57	580		V55	42
618	475	António Dias	00:47:41	01:36:38	01:36:24	641	amigosdacorrída.com	V40	129
619	2171	Pedro Pinto	00:50:04	01:36:40	01:34:32	559	GDC Banco de Portugal	Senior	131
620	192	Rúben Maurício	00:47:57	01:36:40	01:36:31	645	Runners da Frente Ribeirinha Da Póvoa de Santa	V35	104
621	319	Pedro Sarmento	00:47:25	01:36:42	01:36:27	642		V45	111
622	1009	Eunice Amorim	00:49:05	01:36:46	01:35:54	614		V45	6
623	337	Carlos Lopes	00:46:11	01:36:48	01:36:21	635		V50	59
624	1462	Manuel Silva	00:48:48	01:36:49	01:36:10	624	G R D Ribeira da Lage	V60	13
625	1086	Rui Esteves	00:47:07	01:36:50	01:36:21	636		V40	130
626	1473	Paulo Almeida	00:50:03	01:36:51	01:35:31	605		V40	131
627	1230	Eduardo Rodrigues	00:49:28	01:36:51	01:36:08	619	CLUBE MILLENNIUM BCP	V50	60

20CASCAIS
CORRIDA

CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
628	263	Carlos Lima	00:49:36	01:36:52	01:34:51	576		V40	132
629	1916	Ricardo Cabral	00:48:30	01:36:53	01:36:29	643		Senior	132
630	1467	Eduardo Luís	00:48:34	01:36:53	01:36:11	625	Atómicos	V35	105
631	564	Jorge Costa	00:46:06	01:36:54	01:36:22	639	Correr Lisboa	V35	106
632	2615	Gonçalo Zagalo	00:50:07	01:36:54	01:34:23	554	Pernas de Gafanhoto	V40	133
633	1560	Joaquim Santos	00:45:39	01:36:57	01:36:10	623	vila fria/jg seguros	V40	134
634	1304	Pedro Trabucho	00:48:54	01:36:58	01:36:45	655	GD BPI	V50	61
635	1047	Armando Martins	00:46:35	01:36:58	01:36:51	659		V50	62
636	2018	Carlos Antunes	00:46:23	01:37:01	01:36:21	637	SS CGD	V40	135
637	763	Henrique Amador	00:48:09	01:37:01	01:36:50	657	SS CGD	V40	136
638	650	Rui Matias	00:48:37	01:37:05	01:36:43	652	Clube Vodafone	V40	137
639	2109	André Cid	00:49:41	01:37:05	01:35:57	616	Twins	V40	138
640	349	Nuno Silva	00:47:49	01:37:06	01:36:38	650		Senior	133
641	701	Luís Pires	00:47:14	01:37:07	01:36:45	654	Clube Vodafone	V40	139
642	1804	Ana Brás	00:49:02	01:37:08	01:36:59	665	CCD PM Cascais	Senior	15
643	1160	Joao Peres	00:49:04	01:37:11	01:36:13	629		V40	140
644	1500	Luís Alves	00:48:50	01:37:12	01:36:51	658		V35	107
645	1612	Nuno Martins	00:49:55	01:37:13	01:35:30	604		V35	108
646	1209	Domingos Rodrigues	00:46:47	01:37:15	01:37:09	681		V45	112

20CASCAIS
CORRIDA

CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
647	195	Nelson Silva	00:47:30	01:37:15	01:36:50	656		V35	109
648	891	Carlos Oleastro	00:46:58	01:37:17	01:36:58	664	Casa do Benfica em Algueirão Mem Martins	V50	63
649	1427	Antonio Taborda	00:48:18	01:37:21	01:36:36	647	SS CGD	V65	4
650	97	João Pratas	00:47:44	01:37:22	01:37:15	684		V50	64
651	1370	Marcos Mendes	00:51:01	01:37:24	01:35:00	582		Senior	134
652	1045	Victor Silva	00:47:02	01:37:28	01:37:13	683	Associação de Atletismo Lebres do Sado	V50	65
653	871	Manuel Bento	00:48:59	01:37:30	01:36:37	648	Sporting Clube de Casainhos	V35	110
654	2304	Adelino Carvalho	00:48:27	01:37:31	01:37:09	679		V40	141
655	2136	Joao Fernandes	00:48:01	01:37:33	01:35:24	602		V35	111
656	225	Humberto Borges	00:46:45	01:37:33	01:37:06	676		V45	113
657	670	João Leitão	00:48:30	01:37:34	01:37:16	691	RunLovers	V40	142
658	2223	Hugo Pinto	00:48:57	01:37:35	01:37:25	701	CCDTMETROLX	V40	143
659	2115	Virgilio Oliveira	00:49:06	01:37:37	01:36:55	661	ADCR PJ	V55	43
660	512	Hugo Sequeira	00:48:04	01:37:38	01:37:16	688		V35	112
661	2101	Eduardo Pinto	00:48:05	01:37:38	01:37:16	689		Senior	135
662	1723	Jose Lopes	00:48:47	01:37:38	01:37:22	694		V45	114
663	411	Pedro Duarte	00:49:57	01:37:39	01:36:17	633	Galheteiro	Senior	136
664	296	Alfredo Falcao	00:48:26	01:37:40	01:37:29	707	Run 4 Fun	V45	115
665	1963	Carlos Soares	00:49:25	01:37:40	01:37:15	685	Correr Lisboa	V45	116

20CASCAIS
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CASCAIS 5 km
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CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
666	1145	Tiago Ferreira	00:48:26	01:37:42	01:37:23	698	OPTICALIA Running Team	V35	113
667	1185	Duarte Araújo	00:48:53	01:37:42	01:37:22	696	IRUN	V40	144
668	1976	Sarah Coutts	00:49:03	01:37:42	01:37:25	704		V45	7
669	1456	Joaquim Guerra	00:47:30	01:37:44	01:37:38	713	G R D Ribeira da Lage	V50	66
670	2693	Joao Oliveira	00:48:21	01:37:45	01:37:05	674		V45	117
671	1454	Fernanda Camacho	00:48:37	01:37:46	01:37:01	668	G R D Ribeira da Lage	V40	7
672	1482	Luís Godinho	00:48:14	01:37:46	01:37:18	692		V35	114
673	2141	David Avelar	00:48:45	01:37:46	01:35:54	615		Senior	137
674	276	Rui Rodrigues	00:48:49	01:37:46	01:37:37	712		V50	67
675	271	Filipe Arcadinho	00:48:27	01:37:48	01:37:12	682		Senior	138
676	645	Carlos Pires	00:47:28	01:37:52	01:37:46	725		V40	145
677	1691	Fernando Azevedo	00:48:42	01:37:53	01:37:25	703		V60	14
678	2342	Virgílio Madeira	00:46:57	01:37:54	01:37:40	716	Açoreana Seguros	V55	44
679	956	Álvaro Pinto	00:49:44	01:37:54	01:37:04	672		V55	45
680	399	Rodolfo Oliveira	00:50:19	01:37:55	01:36:15	630	Happy Runners	V35	115
681	33	Joao Ramos	00:47:37	01:37:56	01:37:24	700		Senior	139
682	2320	Francisco Farrajota	00:48:27	01:37:57	01:37:07	677		V60	15
683	328	Plamen Damyanov	00:47:03	01:38:04	01:37:56	733		V35	116
684	478	Cristina Godinho	00:48:26	01:38:04	01:37:40	718		V45	8

20CASCAIS
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CASCAIS 5km
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CLASSIFICAÇÃO GERAL
7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
685	476	Lino Santos	00:48:26	01:38:04	01:37:40	717		V50	68
686	2549	Jose Guilherme	00:48:27	01:38:04	01:36:43	653	A.M.Atibá	V50	69
687	1035	Carlos Leitao	00:50:14	01:38:05	01:37:07	678	SS CGD	V50	70
688	1354	Miguel Marques	00:50:21	01:38:05	01:37:30	709	Correr Lisboa	V40	146
689	1266	Andreia Costa	00:49:32	01:38:07	01:36:12	627	CLUBE MILLENNIUM BCP	V40	8
690	1349	Rui Esteves	00:49:44	01:38:08	01:35:40	611	Quarentões na Bisga	V40	147
691	1432	Joao Maral	00:48:19	01:38:09	01:38:02	739	SS CGD	V45	118
692	861	Margarida Godinho	00:48:13	01:38:09	01:38:04	744	GFD Running	V55	1
693	2716	Eduardo Branco	00:49:19	01:38:09	01:37:39	715		V55	46
694	157	António Ramos	00:49:28	01:38:10	01:37:59	737		V40	148
695	2579	Miguel San-Payo	00:49:33	01:38:10	01:37:05	673	Run 4 Fun	V50	71
696	1557	Miguel Anselmo	00:49:59	01:38:10	01:36:53	660	Lx Run - Juntos, somos fortes	V45	119
697	105	Hugo Paulo	00:48:38	01:38:13	01:37:46	727		V35	117
698	2653	Júlio Reis	00:49:02	01:38:14	01:36:55	662		V40	149
699	552	João Cardoso	00:49:46	01:38:14	01:37:23	697		V45	120
700	1824	Luis Reis	00:49:02	01:38:15	01:37:19	693	CCD PM Cascais	V55	47
701	1443	João Raposo	00:50:20	01:38:15	01:36:56	663		V45	121
702	185	Marco Oliveira	00:46:06	01:38:17	01:37:30	708		V35	118
703	1309	Nuno Epifanio	00:49:05	01:38:18	01:37:02	670	GD BPI	V40	150

20CASCAIS
CORRIDA

CASCAIS **5**km
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CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
704	890	Rui Emídio	00:46:51	01:38:19	01:38:10	750	Casa do Benfica em Algueirão Mem Martins	V55	48
705	2487	Pedro Fontoura	00:47:56	01:38:20	01:38:06	747	SS CGD	V45	122
706	1416	Carlos Duarte	00:49:33	01:38:25	01:37:58	734	Núcleo Atletismo Zona da Abóboda	V65	5
707	87	Sérgio Henrique	00:50:15	01:38:25	01:37:04	671		V40	151
708	594	Manuel Rodrigues	00:48:17	01:38:25	01:37:42	719	Amigos do Atletismo da Agualva	V55	49
709	1403	Ricardo Silva	00:48:19	01:38:26	01:38:08	748		V35	119
710	21	Diogo Leite	00:46:48	01:38:26	01:38:18	762		Senior	140
711	1343	Aldina Marques	00:49:36	01:38:27	01:36:21	634	Clube Ferroviário de Portugal	V45	9
712	1295	Jorge Nunes	00:49:16	01:38:27	01:37:25	705	GD BPI	V35	120
713	1654	José Pereira	00:50:01	01:38:28	01:36:35	646	GD SANTANDERTOTTA	V45	123
714	95	Pedro Lopes	00:48:35	01:38:28	01:38:12	755		V40	152
715	1481	Diogo Rebelo	00:47:59	01:38:29	01:38:12	754		Junior	2
716	2646	Andre Guilherme	00:47:59	01:38:29	01:38:12	753		Junior	3
717	2266	Lara Azambujo	00:49:40	01:38:31	01:37:58	735	Run@Figueira	Senior	16
718	671	Carlos Lopes	00:49:32	01:38:31	01:38:05	745	RunLovers	V50	72
719	2668	Fábio Silva	00:49:10	01:38:31	01:37:24	699	Associação Jorge Pina	Senior	141
720	1483	Nuno Brito	00:48:28	01:38:32	01:37:00	667		V40	153
721	639	Emanuel Ribeiro	00:46:59	01:38:33	01:37:44	724		Senior	142
722	284	Tiago Guerreiro	00:47:04	01:38:35	01:38:26	770		V35	121

20CASCAIS
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CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
723	1318	Paulo Ramos	00:48:59	01:38:35	01:38:27	771		V45	124
724	311	João Barreira	00:49:44	01:38:36	01:37:33	710	Run 4 Fun	Senior	143
725	1037	Noemia Sequeira	00:50:15	01:38:36	01:37:39	714	SS CGD	V45	10
726	643	Manuel Verissimo	00:51:01	01:38:36	01:37:02	669		V45	125
727	1882	Joao Calisto	00:48:20	01:38:37	01:38:09	749		V55	50
728	1076	João Soares	00:50:25	01:38:37	01:38:10	751		V35	122
729	1866	Hugo Monteiro	00:50:15	01:38:39	01:37:47	728	Tartaruga team	Senior	144
730	183	Amilcar Almeida	00:49:14	01:38:39	01:38:16	759		V50	73
731	849	Bart Schoenmakers	00:50:25	01:38:40	01:36:38	649	GDINE	V45	126
732	325	Fernando Carvalhão	00:49:04	01:38:40	01:38:14	757		V35	123
733	235	Jorge Boim	00:49:09	01:38:40	01:38:13	756		V40	154
734	729	Filipe Leitão	00:50:14	01:38:42	01:38:32	781		V35	124
735	122	Pedro Carvalho	00:48:25	01:38:42	01:38:29	775		V40	155
736	172	Alexandre Dâmaso	00:48:48	01:38:43	01:38:34	784		V45	127
737	1397	Timoteo Caires	00:50:41	01:38:43	01:37:59	736		V50	74
738	162	Fernando Vaz	00:50:16	01:38:46	01:36:40	651		V45	128
739	553	Rafael Cardoso	00:49:50	01:38:50	01:38:00	738		Senior	145
740	936	Carlos Teixeira	00:49:22	01:38:51	01:38:30	776	LEBRES E TARTARUGAS	V50	75
741	572	Graça Roldão	00:49:13	01:38:51	01:38:24	766	Os Tugas	V50	1

20CASCAIS
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CASCAIS **5**km
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CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
742	2464	António Nascimento	00:49:43	01:38:51	01:37:35	711		V45	129
743	1168	Nelson Lopes	00:48:25	01:38:52	01:38:39	793		V40	156
744	1361	Nelson Santos	00:51:25	01:38:52	01:38:12	752		V35	125
745	2597	Hugo Gomes	00:49:11	01:38:54	01:38:31	778		V40	157
746	665	Francisco Curtinha	00:50:39	01:38:56	01:38:05	746	Clube do Sargento da Armada	V55	51
747	1631	Jose Almas	00:50:37	01:38:58	01:38:16	758	GD SANTANDERTOTTA	V45	130
748	2476	Américo Palheira	00:47:57	01:38:59	01:38:53	810		V60	16
749	1127	António Tavares	00:50:46	01:39:00	01:37:56	732		V40	158
750	1698	António Quintas	00:49:05	01:39:01	01:37:29	706		V45	131
751	689	Paulo Campos	00:49:05	01:39:01	01:38:31	779		V40	159
752	2215	António Lemos	00:48:58	01:39:02	01:38:23	765		V60	17
753	945	Sérgio Nunes	00:48:27	01:39:03	01:38:47	800		V35	126
754	958	Hilário Cardoso	00:50:17	01:39:04	01:38:28	774		V50	76
755	640	José Cardoso	00:50:19	01:39:04	01:38:28	773		V50	77
756	1002	Fernando Domingues	00:50:17	01:39:04	01:38:25	767		V50	78
757	376	Francisco Almeida	00:53:20	01:39:05	01:37:09	680	Clube do Stress	V35	127
758	461	Daniel Hubert	00:49:03	01:39:05	01:38:48	803		V45	132
759	455	Guilherme Gonçalves	00:48:45	01:39:07	01:38:49	804	Clube Ferroviario de Portugal	V55	52
760	1986	Manuel Almeida	00:50:19	01:39:08	01:38:19	763	Lá Vão... de Almeirim	V55	53

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CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
761	2367	João Jorge	00:49:45	01:39:08	01:38:17	760		V35	128
762	424	Jorge Paulo	00:48:30	01:39:09	01:38:58	817	Run 4 Fun	V55	54
763	885	Eduardo Grilo	00:48:41	01:39:09	01:38:47	799	Casa do Benfica em Algueirão Mem Martins	V45	133
764	2411	Mario Coelho	00:51:08	01:39:11	01:37:15	687	Associação de Atletismo Lebres do Sado	V50	79
765	659	Henrique Alvaredo	00:50:17	01:39:12	01:38:21	764	Clube do Sargento da Armada	V55	55
766	1170	Filipe Rito	00:49:44	01:39:13	01:38:36	789		Senior	146
767	419	Renato Gomes	00:49:51	01:39:13	01:38:55	812		V35	129
768	420	Nelson Gomes	00:49:50	01:39:13	01:38:54	811		V35	130
769	418	Camila Gomes	00:49:51	01:39:13	01:38:55	813		Senior	17
770	2757	Carlos Ramos	00:49:37	01:39:15	01:37:22	695	CLUBE MILLENNIUM BCP	V45	134
771	2718	José Fonseca	00:50:07	01:39:15	01:37:16	690		Senior	147
772	1981	António Ribeiro	00:49:45	01:39:16	01:37:15	686	GAAVFXira	V50	80
773	2210	Mário Pimenta	00:51:54	01:39:17	01:37:44	723		V40	160
774	123	Carlos Porfírio	00:51:46	01:39:17	01:37:06	675		V60	18
775	597	Rogério Amadeu	00:49:40	01:39:19	01:38:43	796		V35	131
776	2212	Jose Martins	00:48:27	01:39:19	01:38:26	768	clube veteranos do lis- LEIRIA	V50	81
777	1151	José Morais	00:51:17	01:39:21	01:37:48	729	OS ZATOPEQUES	V50	82
778	774	Ricardo Silva	00:49:41	01:39:21	01:36:59	666		V35	132
779	22	Paulo Ribeiro	00:50:10	01:39:21	01:39:00	818		Senior	148

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CASCAIS 5km
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CLASSIFICAÇÃO GERAL
7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
780	2067	Rodrigo Lencastre	00:50:19	01:39:21	01:38:51	806		V40	161
781	2165	Joaquim Ferrão	00:49:37	01:39:23	01:38:34	785	GDC Banco de Portugal	V55	56
782	691	Mário Vicente	00:51:36	01:39:26	01:37:43	722	Gil Eanes Running	V65	6
783	964	Nuno Afonso	00:52:43	01:39:27	01:37:43	721		V35	133
784	2725	Pedro Vicente	00:50:29	01:39:28	01:38:18	761		V35	134
785	1788	Paulo Jerónimo	00:49:28	01:39:30	01:38:47	801	Desportivo Monte Real	V45	135
786	245	Rui Tavares	00:47:10	01:39:31	01:38:56	814		V40	162
787	694	Arnaldo Rolo	00:47:54	01:39:32	01:39:24	839	Runners da Frente Ribeirinha Da Póvoa de Santa	V45	136
788	1089	Nuno Santos	00:50:15	01:39:33	01:37:42	720		Senior	149
789	1895	Antonio Almeida	00:48:54	01:39:33	01:39:13	830	NUCLEO DESPORTIVO AUTOCOOPE	V50	83
790	94	Jaime Correia	00:50:26	01:39:33	01:37:54	731		V35	135
791	2312	Miguel Gaivão	00:48:20	01:39:33	01:39:23	836		V50	84
792	1765	Gonçalo Saraiva	00:49:05	01:39:33	01:38:35	787		Senior	150
793	2336	Fernando Coelho	00:49:44	01:39:34	01:38:38	791		V50	85
794	517	Joaquim Costa	00:50:19	01:39:35	01:38:03	740	FAB4	V50	86
795	332	Orlando Martins	00:50:05	01:39:35	01:39:04	824		V55	57
796	250	Vasco Ramires	00:50:15	01:39:37	01:39:25	840		V40	163
797	1977	Sally Homer	00:50:16	01:39:37	01:39:20	832		V40	9
798	2406	Miguel Gomes	00:50:38	01:39:37	01:37:25	702		V45	137

20CASCAIS
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CASCAIS **5**km
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CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
799	2705	Raquel Pedro	00:49:56	01:39:38	01:38:53	809	Associação Jorge Pina	Senior	18
800	2521	Carlos Cruz	00:50:38	01:39:38	01:38:28	772	Cofina Runners	V35	136
801	1999	André Cabral	00:50:22	01:39:39	01:39:05	825		V40	164
802	2431	Pedro Afonso	00:49:44	01:39:39	01:38:32	780	CLUBE ANACOM	Senior	151
803	2560	Ricardo Santos	00:46:03	01:39:40	01:39:27	841	Clube Olimpico de Oeiras	Senior	152
804	1931	Sérgio Eira	00:50:10	01:39:41	01:39:12	827		V40	165
805	2695	5 Min/Km	00:50:14	01:39:43	01:39:11	826		Junior	4
806	1226	Carlos Costa	00:49:06	01:39:50	01:39:24	838	CLUBE MILLENNIUM BCP	V50	87
807	2275	David Nascimento	00:50:18	01:39:57	01:37:53	730	Correr Lisboa	V35	137
808	2036	Jorge Ferreira	00:49:24	01:40:00	01:39:40	850		V40	166
809	2505	Susana Lencastre	00:50:37	01:40:03	01:38:46	798		V35	6
810	482	Carlos Rangel	00:51:14	01:40:03	01:39:13	829		V60	19
811	1982	Andre Malhado	00:50:06	01:40:09	01:38:26	769	Beloura	Senior	153
812	882	Arnaldo Machado	00:50:47	01:40:10	01:38:30	777	Casa do Benfica em Algueirão Mem Martins	V60	20
813	1110	Germano Matos	00:52:30	01:40:12	01:38:47	802	Linda-a-Pastora Sporting	V65	7
814	2340	Luis Ferreira	00:50:10	01:40:13	01:38:39	792	u.r.d.arranhò	V45	138
815	280	Luis Guedes	00:47:31	01:40:13	01:39:48	855		V35	138
816	2339	Edgar Francisco	00:50:10	01:40:13	01:38:40	794	u.r.d.arranhò	V50	88
817	2338	Filipe Branco	00:50:11	01:40:13	01:38:38	790	u.r.d.arranhò	V45	139

20CASCAIS
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CASCAIS **5**km
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CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
818	2724	Sérgio Costa	00:48:58	01:40:16	01:39:34	843		V35	139
819	651	Miguel Velez	00:51:20	01:40:17	01:38:57	815	camara lisboa clube	V50	89
820	165	Rita Rosa	00:49:40	01:40:17	01:39:40	849		Senior	19
821	62	Cristina Guerreiro	00:50:33	01:40:18	01:39:51	859		V40	10
822	166	Luís Neves	00:49:40	01:40:19	01:39:42	851		V35	140
823	886	Ricardo Sergio	00:52:19	01:40:19	01:38:36	788	Casa do Benfica em Algueirão Mem Martins	V35	141
824	2528	António Adro	00:50:20	01:40:19	01:40:17	891	A.M.Atibá	V45	140
825	2530	Carla Adro	00:50:19	01:40:20	01:40:18	894	A.M.Atibá	V40	11
826	404	Joaquim Morgado	00:50:18	01:40:20	01:38:34	782		V45	141
827	2017	Antonio Vitor	00:51:36	01:40:21	01:38:52	808	SS CGD	V45	142
828	678	Sandro Pinto	00:50:31	01:40:22	01:39:56	863	RunLovers	V35	142
829	49	Tiago Rodrigues	00:48:25	01:40:22	01:39:58	866		V35	143
830	1097	Hugo Barbosa	00:50:20	01:40:23	01:39:44	853		V35	144
831	28	Bruno Correia	00:52:00	01:40:23	01:39:12	828		V35	145
832	34	Tiago Pinto	00:50:13	01:40:24	01:39:53	861		V35	146
833	596	Nuno Duarte	00:48:55	01:40:24	01:39:36	846		V40	167
834	1811	Claudia Bico	00:52:37	01:40:24	01:39:35	844	CCD PM Cascais	V35	7
835	2632	Luis Martins	00:51:50	01:40:24	01:38:03	742	ECl Running Team	V40	168
836	2514	Nuno Gomes	00:47:58	01:40:25	01:40:20	896	Volkswagen Autoeuropa	V45	143

20 CASCAIS
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CASCAIS 5 km
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CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
837	2636	Renato Ramos	00:49:58	01:40:25	01:38:03	741	ECl Running Team	V35	147
838	2517	Tiago Gameiro	00:48:39	01:40:25	01:39:58	865	Volkswagen Autoeuropa	Senior	154
839	2281	João Santos	00:50:39	01:40:26	01:39:23	835	Serviços Sociais Montepio	V35	148
840	249	Carla Turner	00:48:33	01:40:27	01:40:13	885		V35	8
841	980	Vasco Rosário	00:51:26	01:40:28	01:39:48	854		V35	149
842	1182	Catarina Silva	00:50:19	01:40:31	01:40:11	882	IRUN	V45	11
843	2414	André Riscado	00:50:15	01:40:32	01:40:27	904	GFD Running	V35	150
844	314	Carlos Bernardo	00:46:15	01:40:33	01:40:25	900		V45	144
845	251	Manuel Canelas	00:50:48	01:40:33	01:39:36	847		Senior	155
846	1283	Manuel Pereira	00:47:53	01:40:33	01:40:19	895	CLUBE MILLENNIUM BCP	V55	58
847	1736	António Morezo	00:50:20	01:40:33	01:39:48	856	amigosdacorrída.com	V55	59
848	427	Antonio Lopes	00:51:54	01:40:34	01:38:42	795	zimbraruners	V50	90
849	1186	Ana Lopes	00:49:29	01:40:35	01:40:16	890	IRUN	V40	12
850	2311	Pedro Reis	00:49:22	01:40:35	01:40:04	874		V40	169
851	636	André Nunes	00:52:29	01:40:36	01:39:03	819		Senior	156
852	1917	David Cardoso	00:49:50	01:40:36	01:40:18	893		V35	151
853	635	Manuel Nunes	00:52:29	01:40:36	01:39:03	820		V45	145
854	765	João Marques	00:52:43	01:40:38	01:38:57	816	SS CGD	V35	152
855	448	Alexandre Abade	00:51:51	01:40:38	01:38:35	786		V40	170

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7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
856	2264	Nuno Costa	00:52:15	01:40:39	01:38:04	743		V40	171
857	2484	Domingos Silva	00:48:09	01:40:44	01:40:28	906		V40	172
858	2748	André Carvalho	00:50:40	01:40:47	01:38:34	783		Senior	157
859	953	Sergio Pereira	00:50:06	01:40:48	01:40:24	899		V40	173
860	1927	Miguel Veludo	00:49:47	01:40:48	01:40:00	867		V40	174
861	1934	Nuno Marques	00:51:27	01:40:49	01:38:49	805		V35	153
862	1535	António Almeida	00:51:14	01:40:50	01:40:23	897	VIA3Runners	V50	91
863	2113	Miguel Carneiro	00:48:25	01:40:58	01:40:36	911	ADCR PJ	V40	175
864	379	João Faustino	00:53:20	01:40:59	01:39:04	823	Clube do Stress	V40	176
865	2452	Sandra Silva	00:51:30	01:41:01	01:40:25	901		V40	13
866	2187	Diana Batista	00:49:35	01:41:01	01:40:45	916		Senior	20
867	1123	António Correia	00:51:34	01:41:03	01:40:16	887		V55	60
868	395	Duarte Nobre	00:50:50	01:41:05	01:39:28	842	Happy Runners	Senior	158
869	29	Vitor Silva	00:48:01	01:41:07	01:40:06	876		V50	92
870	2656	João Barreto	00:49:05	01:41:08	01:40:16	888		V50	93
871	371	Carlos Abreu	00:51:07	01:41:09	01:40:01	870	Clube do Stress	V45	146
872	696	Maria Pereira	00:50:59	01:41:10	01:41:01	924	Runners da Frente Ribeirinha Da Póvoa de Santa	V40	14
873	2097	Diogo Ferreira	00:50:41	01:41:10	01:40:01	871		Senior	159
874	2120	João Fernandes	00:49:07	01:41:11	01:40:33	907		Senior	160

20CASCAIS
CORRIDA

CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
875	759	Luis Quental	00:48:20	01:41:12	01:40:41	912	SS CGD	V45	147
876	405	Pedro Machado	00:49:36	01:41:14	01:40:56	922	Tough Trails Alenquer	V35	154
877	1385	Jorge Pinheiro	00:51:28	01:41:15	01:39:37	848	Run 4 Fun	V45	148
878	2643	Karin Omberg	00:52:07	01:41:16	01:39:53	860		V45	12
879	1471	Miguel Pereira	00:51:18	01:41:16	01:40:00	868	PI-LINHA RUNNERS	V40	177
880	344	Luis Raquel	00:51:28	01:41:18	01:40:07	877		V50	94
881	2076	Pedro Almeida	00:50:42	01:41:19	01:38:44	797		V35	155
882	147	Lourenco Sampaio	00:49:03	01:41:19	01:41:09	930		V35	156
883	1726	Diogo Machado	00:52:41	01:41:21	01:39:14	831		Senior	161
884	1690	Helder Silva	00:52:10	01:41:26	01:39:22	834		V40	178
885	2088	Nuno Pinheiro	00:53:12	01:41:27	01:39:24	837		V35	157
886	1783	Luis Nogueira	00:47:37	01:41:27	01:41:04	928	Os Galgos	V45	149
887	2473	Ricardo Graça	00:51:27	01:41:28	01:40:51	917		V50	95
888	2486	Paulo Marques	00:52:09	01:41:28	01:38:51	807	SS CGD	V40	179
889	1428	Eduardo Rodrigues	00:52:22	01:41:30	01:39:03	821	SS CGD	V35	158
890	2727	Carlos Costa	00:49:21	01:41:31	01:39:35	845	CCD-AT	V40	180
891	741	Fernando Luz	00:48:59	01:41:33	01:40:57	923	GDCT Unicre	V45	150
892	2581	Francisco Teixeira	00:52:50	01:41:33	01:39:22	833		Senior	162
893	463	Bruno Costa	00:48:19	01:41:34	01:40:12	883	GDCTINCasa da Moeda	V35	159

20CASCAIS
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CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
894	2458	Nelson Risso	00:48:26	01:41:36	01:41:31	948		V35	160
895	491	Daniel Carapau	00:52:43	01:41:37	01:39:04	822		V35	161
896	2160	Paulo Mota	00:52:58	01:41:39	01:40:52	918	vila fria/jg seguros	V40	181
897	2232	Nelson Ribeiro	00:51:17	01:41:41	01:40:42	914		V40	182
898	2116	Eurico Gomes	00:51:31	01:41:42	01:40:36	910	ADCR PJ	V50	96
899	817	João Fialho	00:51:28	01:41:42	01:39:49	857	CCD-AT	V35	162
900	1464	Josué Frade	00:51:58	01:41:43	01:40:26	902	Carrasco & Amigos	V40	183
901	2475	José Valente	00:51:02	01:41:44	01:39:54	862		Senior	163
902	2245	José Oliveira	00:50:01	01:41:46	01:40:17	892		Senior	164
903	1994	Ricardo Franco	00:49:45	01:41:47	01:41:28	945		V40	184
904	519	Maria Vaz	00:50:18	01:41:48	01:40:16	889	FAB4	V45	13
905	560	Douglas Fry	00:53:07	01:41:48	01:39:43	852	CDM	V55	61
906	1064	Ana Mourato	00:51:10	01:41:48	01:41:11	932		V35	9
907	808	Jorge Campos	00:50:56	01:41:49	01:41:19	939		V40	185
908	2280	Irina Freitas	00:51:10	01:41:49	01:41:13	934	Serviços Sociais Montepio	Senior	21
909	727	Pedro Barroso	00:50:17	01:41:50	01:41:31	949		Senior	165
910	266	Filipe Sá	00:50:58	01:41:51	01:41:36	954	vila fria/jg seguros	V40	186
911	1408	Nuno Stoffel	00:51:23	01:41:52	01:41:36	953	Scalabis Night Runners	V40	187
912	1114	Carlos Santos	00:50:32	01:41:54	01:41:26	943	Santos & Filho	Senior	166

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CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
913	2682	Rui Oliveira	00:53:08	01:41:54	01:40:01	869		V40	188
914	1696	Joao Ferreira	00:49:16	01:41:55	01:40:53	920	Margaças	V45	151
915	1215	Mário Sá	00:52:45	01:41:55	01:40:11	881		V35	163
916	188	Nuno Madeira	00:51:23	01:41:55	01:39:50	858		V40	189
917	690	Fernando Lopes	00:52:45	01:41:55	01:40:12	884	Gil Eanes Running	V40	190
918	2352	Nelson Colaço	00:53:46	01:41:58	01:40:04	875		V40	191
919	2186	Marco Francisco	00:51:26	01:41:59	01:39:56	864		Senior	167
920	1030	António Castro	00:50:21	01:42:02	01:41:33	950		V70	1
921	269	Marco Mendes	00:50:17	01:42:04	01:41:34	951		V35	164
922	797	Duarte Pereira	00:52:26	01:42:06	01:40:14	886	Zangões	V45	152
923	2698	Antonio Alverca	00:50:41	01:42:09	01:40:26	903		V40	192
924	1904	Ricardo Conceição	00:50:21	01:42:14	01:42:09	970	LOURDETE PERFUMARIAS	Senior	168
925	840	Luís Andrade	00:50:12	01:42:14	01:40:42	913	CTT	V40	193
926	1368	Gonçalo Lagoa	00:47:19	01:42:15	01:41:51	966		Senior	169
927	120	Nuno Venes	00:50:49	01:42:16	01:41:30	947		V35	165
928	486	Idalécio Barros	00:48:43	01:42:17	01:42:06	968		V60	21
929	1735	João Melo	00:53:17	01:42:20	01:40:03	873	Açoreana Seguros	Senior	170
930	2174	Pedro Burquette	00:53:17	01:42:20	01:40:03	872	Açoreana Seguros	V40	194
931	824	Pedro Luís	00:53:21	01:42:22	01:40:11	879	Mercedes	Senior	171

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CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL
7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
932	159	José Pedro	00:53:17	01:42:23	01:41:04	929		V40	195
933	987	Inês Brito	00:51:24	01:42:23	01:41:50	964		V40	15
934	2053	José Barradas	00:51:28	01:42:23	01:40:28	905		V35	166
935	2433	Maria Oliveira	00:49:59	01:42:24	01:42:18	978	Ginásio Clube Português	V50	2
936	1701	Ricardo Gomes	00:52:24	01:42:25	01:41:20	940		Senior	172
937	2144	Altino Gonçalves	00:51:13	01:42:26	01:41:02	925		V35	167
938	1201	Monica Silva	00:54:23	01:42:27	01:40:08	878		Senior	22
939	2444	Ana Ferreira	00:50:16	01:42:30	01:42:17	977	Weventual	Senior	23
940	1136	Filipe Rodrigues	00:51:02	01:42:30	01:41:40	957		V35	168
941	2628	Daniel Oliveira	00:52:30	01:42:31	01:41:10	931	ECl Running Team	Senior	173
942	219	Paulo Esteves	00:50:19	01:42:32	01:41:48	963		V35	169
943	579	Humberto Antunes	00:51:27	01:42:33	01:40:53	919		V40	196
944	1255	Luis (Dr.)	00:51:57	01:42:34	01:41:30	946	CLUBE MILLENNIUM BCP	V40	197
945	584	João Graça	00:53:54	01:42:35	01:40:11	880	Line Runners	V45	153
946	2520	Avelino Soares	00:52:09	01:42:38	01:41:35	952	Cofina Runners	V45	154
947	1847	Carlos Silva	00:50:23	01:42:43	01:42:33	993		V40	198
948	1546	João Borralho	00:53:10	01:42:46	01:41:16	936		V40	199
949	1010	Luis Garcia	00:54:21	01:42:46	01:42:06	967		V45	155
950	1478	Pedro Nisa	00:51:21	01:42:47	01:42:29	989		V40	200

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CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
951	2386	Joao Pacheco	00:53:43	01:42:49	01:41:13	935		V40	201
952	1561	Domingos Duro	00:52:17	01:42:50	01:42:13	974	N.A. PAPAGAIOS CASCAIS	V70	2
953	833	Francisco Simão	00:51:51	01:42:52	01:41:04	926	CTT	Senior	174
954	2659	Joao Belchior	00:50:40	01:42:54	01:41:41	959		V40	202
955	1887	Luís Rosário	00:51:26	01:42:54	01:42:26	986		V45	156
956	1323	Ana Figueiredo	00:51:26	01:42:54	01:42:26	987		V40	16
957	1293	José Gama	00:50:53	01:42:55	01:41:12	933	GD BPI	V45	157
958	570	Paulo Mateus	00:52:29	01:42:56	01:41:04	927	CCD-AT	V45	158
959	452	Helder Vidal	00:53:15	01:42:57	01:40:24	898		V45	159
960	217	Joaquim Pires	00:50:15	01:43:01	01:41:44	960		V50	97
961	2062	Rogério Machado	00:52:33	01:43:02	01:40:34	908		V35	170
962	2465	Carlos Dias	00:52:21	01:43:03	01:40:34	909		Senior	175
963	1340	Manuel Pardal	00:54:00	01:43:03	01:40:56	921	Associação de Atletismo Lebres do Sado	V60	22
964	1315	Ismael Maiato	00:52:11	01:43:03	01:41:39	956		V45	160
965	1992	Miguel Quaresma	00:51:54	01:43:05	01:40:45	915		V35	171
966	148	José Amaral	00:48:55	01:43:07	01:42:57	1010		V40	203
967	1757	José Aires	00:52:45	01:43:08	01:41:45	961	CCD TRANQUILIDADE	V55	62
968	1051	Luís Caldeira	00:51:45	01:43:09	01:42:39	999		V40	204
969	1553	José Brites	00:49:43	01:43:11	01:42:11	973		V40	205

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RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
970	1621	Constâncio Almeida	00:51:19	01:43:13	01:41:28	944	G. A. Monsanto/Gascan	V55	63
971	1704	Antonio Duarte	00:50:18	01:43:15	01:42:49	1003		V40	206
972	591	Alberto Fernandes	00:51:33	01:43:16	01:42:35	995	Amigos do Atletismo da Aigualva	V60	23
973	590	Fernando Santos	00:51:35	01:43:16	01:42:36	996	Amigos do Atletismo da Aigualva	V60	24
974	2005	David Simão	00:49:25	01:43:16	01:42:50	1005		V45	161
975	1861	Thelmo Cunha	00:52:16	01:43:16	01:41:19	938	Odebrecht Portugal	V55	64
976	2372	Carlos Azevedo	00:53:09	01:43:17	01:42:15	976	Serviços Sociais Montepio	V45	162
977	805	Luis Simões	00:48:26	01:43:20	01:42:59	1012	brandoa corre	V40	207
978	2276	Antonio Franco	00:53:09	01:43:21	01:42:19	979	Serviços Sociais Montepio	V50	98
979	335	Alberto Matias	00:51:37	01:43:22	01:42:39	998		V55	65
980	1065	Pedro Martins	00:51:51	01:43:22	01:42:30	991		Senior	176
981	1406	Pedro Silva	00:53:49	01:43:24	01:37:46	726		V35	172
982	171	David Fróis	00:49:04	01:43:25	01:43:08	1024		V40	208
983	336	André Farinha	00:53:37	01:43:26	01:41:38	955		Senior	177
984	1436	Pedro Tavares	00:52:45	01:43:27	01:41:46	962	SS CGD	V35	173
985	2060	Oswaldo Pinho	00:50:48	01:43:27	01:41:18	937	Os Galgos	Senior	178
986	2590	Elisabete Rocha	00:52:35	01:43:28	01:42:11	971		V40	17
987	2135	Rúben Camacho	00:52:10	01:43:29	01:42:23	984		Senior	179
988	2346	Tam Afonso	00:51:40	01:43:29	01:43:13	1032	Açoreana Seguros	V60	25

20CASCAIS
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CASCAIS **5**km
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CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
989	1447	Sandra Teixeira	00:50:43	01:43:29	01:43:15	1034		V40	18
990	1848	António Carreto	00:50:40	01:43:29	01:42:14	975		Senior	180
991	1490	Manuel Hortelão	00:53:52	01:43:30	01:41:23	941		V45	163
992	1393	Francis Haley	00:51:28	01:43:31	01:42:19	982		V65	8
993	2316	Luis Arruda	00:51:56	01:43:33	01:42:19	981		Senior	181
994	341	Cláudia Fustiga	00:52:38	01:43:34	01:41:51	965		V35	10
995	1753	Manuel Cardoso	00:51:38	01:43:35	01:42:48	1002		V45	164
996	223	José Figueiredo	00:49:06	01:43:35	01:42:49	1004		V40	209
997	2378	Paulo Pereira	00:51:30	01:43:38	01:42:29	990	RAIL RUNNERS	V40	210
998	1378	Pedro Farinha	00:48:18	01:43:40	01:43:27	1048		Senior	182
999	401	Kate Bliss	00:52:06	01:43:42	01:43:05	1023		V45	14
1000	1663	Rui Branco	00:52:59	01:43:42	01:42:07	969	VdAtletas	V40	211
1001	507	Antonio Pereira	00:50:27	01:43:43	01:43:11	1028		V50	99
1002	317	Telmo Carvalho	00:50:27	01:43:43	01:43:11	1029		V35	174
1003	2099	João Estevão	00:49:07	01:43:44	01:42:46	1001		V35	175
1004	163	Hugo Pestana	00:52:00	01:43:44	01:43:17	1036		V40	212
1005	800	Manuel Oliveira	00:53:28	01:43:45	01:42:25	985	Clube Atletismo Amigos de Belém	V65	9
1006	1711	Ercilio Tabuada	00:53:43	01:43:46	01:42:28	988		V35	176
1007	761	Rodrigo Almeida	00:48:56	01:43:53	01:43:05	1022	SS CGD	V35	177

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CASCAIS 5 km
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CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1008	2500	Tamára Branco	00:51:32	01:43:54	01:43:03	1017		Senior	24
1009	1369	Casimiro Abreu	00:49:29	01:43:54	01:43:10	1027		V55	66
1010	534	Rui Ferreira	00:51:24	01:43:55	01:43:02	1014		V40	213
1011	205	Pasquale Perrotta	00:52:07	01:43:56	01:42:53	1009		V35	178
1012	2157	Filipe Mendes	00:53:32	01:43:58	01:42:59	1013		Senior	183
1013	1075	Aurélio Gomes	00:50:25	01:44:00	01:43:09	1025		V55	67
1014	1252	Luis Goncalves	00:49:34	01:44:00	01:42:34	994	CLUBE MILLENNIUM BCP	V40	214
1015	878	Alexandre Reis	00:48:59	01:44:01	01:43:51	1063	Casa do Benfica em Algueirão Mem Martins	V50	100
1016	2347	André Quarenta	00:50:15	01:44:05	01:43:02	1015	Açoreana Seguros	V45	165
1017	2377	António Painha	00:50:16	01:44:06	01:43:02	1016		V45	166
1018	2357	Helder Palhas	00:52:32	01:44:06	01:41:40	958		V40	215
1019	261	Paulo Lagarto	00:51:35	01:44:06	01:43:04	1021		V35	179
1020	1253	Augusto Lourenco	00:52:39	01:44:06	01:43:21	1038	CLUBE MILLENNIUM BCP	V50	101
1021	1068	Paulo Gonçalves	00:52:48	01:44:07	01:42:58	1011		V40	216
1022	2121	Pedro Cardoso	00:53:14	01:44:09	01:42:42	1000		V40	217
1023	338	Antonio Castilho	00:52:38	01:44:10	01:42:11	972		V45	167
1024	510	Paulo Gonçalves	00:52:55	01:44:10	01:43:10	1026		V45	168
1025	1422	Jorge Matos	00:49:44	01:44:16	01:44:11	1083	Núcleo Atletismo Zona da Abóboda	V45	169
1026	1894	João Afonso	00:53:29	01:44:16	01:43:22	1040		Senior	184

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CLASSIFICAÇÃO GERAL
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Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1027	706	Tito Santos	00:51:27	01:44:17	01:43:18	1037	Clube Vodafone	V35	180
1028	2037	Ricardo Rodrigues	00:52:45	01:44:18	01:43:35	1052		V40	218
1029	1962	Patricia Correia	00:52:39	01:44:22	01:42:51	1006		V35	11
1030	13	Antonio Soares	00:51:29	01:44:23	01:43:59	1072		V50	102
1031	1039	Fernando Lima	00:51:25	01:44:23	01:43:26	1046	SS CGD	V45	170
1032	1117	Paulo Barbeito	00:50:13	01:44:27	01:44:01	1074	Amigos Vale Silencio	V50	103
1033	803	Joaquim Corrula	00:51:23	01:44:29	01:44:07	1079	brandoa corre	V45	171
1034	1444	J. Albano	00:55:02	01:44:29	01:42:23	983		V40	219
1035	1857	Manuel Paulo	00:49:52	01:44:30	01:44:21	1100	Odebrecht Portugal	V55	68
1036	1270	Pedro Fontes	00:51:13	01:44:34	01:43:38	1053	CLUBE MILLENNIUM BCP	V50	104
1037	537	Miguel Ferreira	00:57:23	01:44:36	01:42:53	1008		V40	220
1038	432	Luís Barbot	00:52:14	01:44:37	01:44:22	1101	amigosdacorrída.com	V50	105
1039	2202	Ricardo Luis	00:51:49	01:44:38	01:43:46	1059	Grupo Desportivo Roche Portugal	V35	181
1040	1245	Marcos Noritake	00:52:25	01:44:39	01:44:24	1102	CLUBE MILLENNIUM BCP	V45	172
1041	1331	João Verissimo	00:53:29	01:44:42	01:42:39	997		V55	69
1042	1791	António Fernandes	00:50:18	01:44:42	01:44:38	1116	Amigos Vale Silencio	V55	70
1043	847	Nuno Romão	00:50:17	01:44:42	01:43:59	1068	GDINE	V45	173
1044	1022	João Inocêncio	00:50:18	01:44:43	01:44:38	1115	Amigos Vale Silencio	V40	221
1045	2407	Diogo Maurício	00:53:26	01:44:43	01:43:30	1049		Senior	185

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CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1046	1989	Duarte Almeida	00:49:43	01:44:44	01:44:26	1103		V45	174
1047	1299	Paulo Luz	00:50:32	01:44:50	01:44:37	1112	GD BPI	V45	175
1048	2241	Raymond Carpenter	00:50:18	01:44:51	01:44:14	1089		V60	26
1049	2044	Ana Frutuoso	00:51:44	01:44:52	01:44:09	1082		V40	19
1050	2043	José Baptista	00:51:44	01:44:52	01:44:09	1080		V55	71
1051	2337	Carolina Gonçalves	00:55:24	01:44:54	01:43:40	1054		V35	12
1052	1801	Alberto Abreu	00:52:23	01:44:55	01:44:13	1086	CCD PM Cascais	V45	176
1053	1148	Rui Pinto	00:57:26	01:44:55	01:42:19	980	Cruse Maio Pinto	V40	222
1054	358	Rui Barros	00:50:07	01:44:55	01:44:14	1090		V45	177
1055	2243	Daniel Vilabril	00:55:30	01:44:55	01:42:51	1007		V35	182
1056	1843	Joao Moreira	00:52:56	01:44:56	01:43:58	1067		V40	223
1057	1327	Virgílio Gomes	00:51:39	01:44:58	01:43:03	1018	Núcleo Atletismo Zona da Abóboda	V45	178
1058	1817	João Faria	00:53:19	01:44:58	01:44:17	1093	CCD PM Cascais	V45	179
1059	394	Tiago Ferreira	00:50:36	01:45:00	01:43:22	1039	Happy Runners	Senior	186
1060	897	Carlos Silva	00:50:22	01:45:01	01:44:30	1107	Casa do Benfica em Algueirão Mem Martins	V55	72
1061	1437	Pedro Torrinha	00:54:47	01:45:02	01:42:33	992	SS CGD	V35	183
1062	531	Teresa Canudo	00:53:30	01:45:02	01:43:25	1045	Sagres United	V45	15
1063	2669	Antonio Santos	00:52:07	01:45:02	01:43:16	1035	Lx Run - Juntos, somos fortes	V40	224
1064	1107	Fermamdo Coelho	00:51:26	01:45:04	01:43:59	1069	Linda-a-Pastora Sporting	V50	106

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Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1065	1108	Carlos Barrento	00:51:26	01:45:04	01:43:59	1070	Linda-a-Pastora Sporting	V50	107
1066	397	Nuno Lufinha	00:54:19	01:45:05	01:43:27	1047	Happy Runners	V40	225
1067	2428	Fernando Oliveira	00:52:08	01:45:05	01:43:59	1071	CLUBE ANACOM	V55	73
1068	1152	José Torres	00:54:20	01:45:07	01:43:33	1050	OS ZATPEQUES	V50	108
1069	1890	Paulo Nunes	00:52:59	01:45:08	01:43:14	1033		V40	226
1070	1675	Vitor Aguilar	00:53:38	01:45:08	01:44:06	1078	Run 4 Fun	V65	10
1071	2050	João Antunes	00:53:32	01:45:08	01:44:09	1081		V35	184
1072	15	José Moreira	00:52:45	01:45:10	01:44:13	1085		V35	185
1073	750	Rui Paróla	00:55:00	01:45:10	01:43:23	1043		V40	227
1074	966	Rodrigo Conchinha	00:54:10	01:45:11	01:44:28	1104	Clube do Stress	V35	186
1075	1949	João Silva	00:53:22	01:45:14	01:43:41	1055	OS ZATPEQUES	V55	74
1076	2100	Hugo Carabineiro	00:54:00	01:45:19	01:43:12	1030		V35	187
1077	1639	Nuno Damiaes	00:53:59	01:45:19	01:43:12	1031	GD SANTANDERTOTTA	Senior	187
1078	546	Ricardo Arraias	00:51:40	01:45:21	01:44:59	1129		V40	228
1079	1329	Casimiro Silva	00:51:23	01:45:21	01:44:39	1117		V40	229
1080	1653	Rui Cunha	00:52:40	01:45:21	01:43:54	1065	GD SANTANDERTOTTA	V45	180
1081	2525	Nelson Barreiros	00:53:37	01:45:25	01:44:29	1105	Cofina Runners	V45	181
1082	1078	Pedro Ventura	00:52:19	01:45:26	01:44:37	1113		V45	182
1083	1985	Ebrima Bayo	00:53:45	01:45:31	01:43:22	1042	Grupo Excursionista Os Económicos	Senior	188

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Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1084	2154	Carlos Freitas	00:53:21	01:45:32	01:44:03	1076		Senior	189
1085	181	Joaquim Palmeiro	00:51:39	01:45:34	01:45:28	1154		V45	183
1086	713	Henrique Dias	00:53:11	01:45:34	01:44:58	1128		V60	27
1087	2261	Rui Mestre	00:55:00	01:45:36	01:43:48	1062		V45	184
1088	1756	António Silva	00:53:44	01:45:36	01:44:14	1087	CCD TRANQUILIDADE	V40	230
1089	1755	Eduardo Cabrita	00:53:44	01:45:37	01:44:14	1088	CCD TRANQUILIDADE	V45	185
1090	2621	Edgar Anastacio	00:49:56	01:45:39	01:45:00	1131		V50	109
1091	2447	Eduardo Aleixo	00:52:42	01:45:39	01:44:44	1118		V35	188
1092	1630	Fabio Passos	00:52:34	01:45:39	01:43:03	1019	GD SANTANDERTOTTA	Senior	190
1093	1626	Luis Paiva	00:52:34	01:45:39	01:43:03	1020	GD SANTANDERTOTTA	V45	186
1094	2255	João Serôdio	00:53:39	01:45:41	01:43:22	1041		Senior	191
1095	2761	Fernando Rosete	00:50:37	01:45:42	01:45:30	1158		V45	187
1096	539	José Calheiros	00:52:58	01:45:42	01:45:21	1145		V40	231
1097	226	Luis Barros	00:52:09	01:45:42	01:45:09	1135		V40	232
1098	1472	Nuno Guerra	00:56:36	01:45:44	01:43:41	1056		V40	233
1099	1021	Sandra Batista	00:53:16	01:45:44	01:45:02	1132	Amigos Vale Silencio	V35	13
1100	1012	Rogério Cerqueira	00:52:20	01:45:45	01:44:51	1125		V50	110
1101	270	Daniel Guerreiro	00:54:47	01:45:46	01:43:42	1057		V40	234
1102	1605	Rui Vicente	00:52:14	01:45:48	01:44:31	1110		Senior	192

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7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1103	2602	Rui Ribeiro	00:52:14	01:45:48	01:44:31	1108		Senior	193
1104	2491	Vasco Coelho	00:54:32	01:45:52	01:44:33	1111		V40	235
1105	1040	Pedro Louro	00:53:42	01:45:52	01:44:48	1121	SS CGD	Senior	194
1106	516	Eduardo Jorge	00:53:22	01:45:53	01:44:21	1099	FAB4	V60	28
1107	497	Almerindo Silva	00:53:09	01:45:54	01:44:05	1077	A.D.C.Catuja	V55	75
1108	2240	Vitor Marques	00:50:23	01:45:54	01:43:53	1064		V55	76
1109	684	Paulo Milicias	00:52:57	01:45:54	01:44:15	1091		V45	188
1110	1465	Vitor Revés	00:50:40	01:45:57	01:45:44	1162	Carrasco & Amigos	V55	77
1111	2394	Rodolfo Carneiro	00:55:17	01:45:58	01:43:46	1060		Senior	195
1112	1717	Nelson Moreira	00:53:21	01:45:59	01:44:00	1073		V35	189
1113	1507	Rui Goncalves	00:53:12	01:46:00	01:44:11	1084		V40	236
1114	1175	José Canhoto	00:53:45	01:46:02	01:44:38	1114		V65	11
1115	1600	Henrique Belmar	00:50:20	01:46:02	01:45:53	1177		V55	78
1116	615	Raúl Costa	00:53:50	01:46:03	01:45:54	1178	Clube Robbialac	V55	79
1117	666	José Gouveia	00:55:18	01:46:03	01:43:58	1066	Clube do Sargento da Armada	V45	189
1118	1681	Jose Feliciano	00:53:27	01:46:04	01:45:10	1137		V40	237
1119	1606	Eduardo Santini	00:56:15	01:46:04	01:43:24	1044		V35	190
1120	2277	Jaime Gomes	00:51:27	01:46:10	01:45:46	1168	Serviços Sociais Montepio	V45	190
1121	2295	Pedro Bação	00:52:25	01:46:12	01:44:56	1127	Clube Galp Energia	V45	191

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7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1122	1789	Sergio Mesquita	00:49:35	01:46:13	01:45:58	1181	Run Buddy Run	V35	191
1123	410	Miguel Castela	00:49:45	01:46:13	01:45:52	1174	Associação de Atletismo Lebres do Sado	V40	238
1124	2308	Rui Afonso	00:54:35	01:46:14	01:44:17	1095	Belém Runners	V45	192
1125	12	Marta Nunes	00:54:35	01:46:14	01:44:18	1097		Senior	25
1126	2299	João Branco	00:48:26	01:46:19	01:45:47	1169		V40	239
1127	557	Paulo Lapao	00:53:49	01:46:19	01:45:10	1136		V45	193
1128	2712	Bruno Caldeira	00:54:08	01:46:19	01:43:47	1061	Pernas de Gafanhoto	V40	240
1129	2323	Joao Ramos	00:53:03	01:46:20	01:45:22	1147		V40	241
1130	2480	William Bidi	00:56:45	01:46:20	01:44:17	1094		Senior	196
1131	2333	Tiago Lourenço	00:56:46	01:46:21	01:44:18	1096		Senior	197
1132	388	Osvaldo Almada	00:54:47	01:46:21	01:44:30	1106		V40	242
1133	2213	Carmen Almeida	00:55:10	01:46:21	01:44:15	1092	clube veteranos do lis- LEIRIA	V35	14
1134	1655	João Jesus	00:46:27	01:46:22	01:45:50	1173	GD SANTANDERTOTTA	V40	243
1135	1158	Miguel Barradas	00:52:05	01:46:23	01:45:19	1142		V40	244
1136	1998	Rui Mota	00:54:59	01:46:23	01:44:02	1075		Senior	198
1137	430	João Costa	00:54:08	01:46:23	01:44:31	1109	amigosdacorrída.com	V50	111
1138	498	Sérgio Teles	00:50:53	01:46:24	01:45:55	1179	A.D.C.Catuja	Senior	199
1139	2462	Nuno Freitas	00:54:10	01:46:24	01:45:52	1175		V35	192
1140	199	Gonçalo Rangel	00:55:05	01:46:26	01:43:35	1051	BNP Paribas Running	Senior	200

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Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1141	858	Rui Vieira	00:53:35	01:46:28	01:45:42	1161		V35	193
1142	257	Pedro Lopes	00:53:42	01:46:28	01:43:44	1058		V40	245
1143	1538	Rui Gameiro	00:53:03	01:46:32	01:46:14	1201	CASA DO PESSOAL DA RTP	V40	246
1144	2286	Nuno Rodrigues	00:54:16	01:46:33	01:45:07	1134	Serviços Sociais Montepio	V40	247
1145	2287	Pedro Carrasco	00:54:16	01:46:33	01:45:07	1133	Serviços Sociais Montepio	V40	248
1146	2571	Nuno Apolo	00:52:03	01:46:34	01:45:12	1139		V35	194
1147	426	Carlos Pinto	00:54:33	01:46:36	01:44:45	1119	zimbraruners	V45	194
1148	2541	Marco Fernandes	00:40:43	01:46:37	01:46:35	1214	A.M.Atibá	V35	195
1149	1819	João Pereira	00:52:38	01:46:37	01:45:48	1170	CCD PM Cascais	Senior	201
1150	1749	Miguel Sousa	00:53:49	01:46:40	01:45:12	1138	CLUBE COLABORADORES AXA	V40	249
1151	1741	Francisco Plínio	00:52:28	01:46:40	01:44:46	1120	CCDTMETROLX	V55	80
1152	1580	Helda Lopes	00:53:26	01:46:41	01:46:13	1197	RM - Rio Maior Triatlo Clube	V55	2
1153	1134	Joao Bonifacio	00:54:51	01:46:42	01:45:15	1140		V35	196
1154	1360	António Novas	00:55:09	01:46:44	01:44:20	1098		V35	197
1155	2086	Antonio Godinho	00:52:04	01:46:45	01:45:22	1146		V40	250
1156	2025	Sergio Oliveira	00:52:28	01:46:48	01:45:27	1152	Clube Desportico TCPI	Senior	202
1157	1745	Rafael Santos	00:55:26	01:46:48	01:44:48	1122	CCDTMETROLX	V45	195
1158	2221	Rui Graça	00:52:07	01:46:49	01:46:20	1207	CCD CAM	V50	112
1159	2122	Joao Alves	00:53:22	01:46:49	01:46:03	1187		V45	196

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Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1160	2627	Carlos Gonçalves	00:55:08	01:46:50	01:44:51	1124		V50	113
1161	1638	Lino Oliveira	00:52:26	01:46:50	01:46:19	1205	GD SANTANDERTOTTA	V70	3
1162	98	Peter Cooper	00:52:56	01:46:51	01:44:50	1123		V45	197
1163	1751	Victor Ramos	00:53:28	01:46:52	01:45:25	1151	CLUBE COLABORADORES AXA	V40	251
1164	2501	Joaquim Santos	00:49:15	01:46:53	01:46:04	1189		V55	81
1165	56	Justino Santos	00:52:43	01:46:54	01:46:01	1185		Senior	203
1166	734	Paulo Duarte	00:53:27	01:46:55	01:46:19	1206	GDCT Unicre	V50	114
1167	1399	Osman Aziz	00:50:20	01:46:57	01:46:23	1208		Senior	204
1168	304	Pedro Correia	00:55:21	01:46:57	01:45:23	1148		V35	198
1169	1656	Tiago Domingues	00:52:47	01:46:57	01:44:59	1130	GD SANTANDERTOTTA	V35	199
1170	704	Luís Fouto	00:53:44	01:47:02	01:46:04	1188	Clube Vodafone	V40	252
1171	661	Albano Ginja	00:53:28	01:47:03	01:46:05	1190	Clube do Sargento da Armada	V55	82
1172	660	Magnifica Alvaredo	00:53:47	01:47:03	01:46:12	1196	Clube do Sargento da Armada	V55	3
1173	2706	Paula Cardoso	00:54:20	01:47:04	01:45:45	1163	Associação Jorge Pina	V40	20
1174	164	Carlos Cruz	00:50:35	01:47:07	01:46:43	1227		V45	198
1175	112	José Costa	00:52:58	01:47:08	01:45:46	1167		V50	115
1176	544	Susana Nobre	00:54:35	01:47:09	01:45:28	1155		V35	15
1177	2354	Susana Santos	00:54:47	01:47:10	01:45:20	1143		Senior	26
1178	1724	Pedro Rodrigues	00:50:16	01:47:10	01:46:54	1239		V45	199

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Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1179	611	Manuel Alves	00:50:20	01:47:10	01:47:00	1247	Clube Desportivo do Arneiro	Junior	5
1180	2355	André Carvalho	00:54:47	01:47:11	01:45:21	1144		V35	200
1181	1066	Fernando Guerreiro	00:53:51	01:47:11	01:46:39	1220		V40	253
1182	1413	Marta Vicente	00:53:48	01:47:12	01:45:58	1182	REABILITAÇÃO FUNCIONAL DESPORTIVA	Senior	27
1183	2118	Pedro Samorrinha	00:52:24	01:47:13	01:44:54	1126	Link	Senior	205
1184	387	Francisco Santos	00:53:02	01:47:17	01:46:15	1202		V50	116
1185	421	Ana Santos	00:53:44	01:47:18	01:46:00	1184		V35	16
1186	785	João Matinha	00:53:02	01:47:18	01:46:16	1203		V55	83
1187	96	Filipe Silva	00:53:03	01:47:19	01:45:50	1172		V50	117
1188	2430	Manuel Barros	00:54:40	01:47:22	01:46:13	1198	CLUBE ANACOM	V55	84
1189	1210	Mario Resina	00:55:49	01:47:22	01:45:27	1153		V35	201
1190	732	António Milhinhos	00:53:59	01:47:22	01:46:07	1192	LESMA ACELERADAS	V40	254
1191	1688	Carlo Costa	00:53:17	01:47:24	01:46:14	1199		V40	255
1192	1116	José Moga	00:53:16	01:47:29	01:46:46	1229	Amigos Vale Silencio	V55	85
1193	748	António Ramos	00:52:32	01:47:29	01:46:37	1216		V60	29
1194	1398	Fernando Fiéis	00:56:22	01:47:34	01:45:32	1160		V40	256
1195	681	Camilo Vieira	00:50:15	01:47:35	01:47:03	1250		V45	200
1196	1163	Miguel Garcia	00:54:29	01:47:38	01:46:38	1219		V40	257
1197	623	Ana Lares	00:53:49	01:47:38	01:45:30	1159	CEDAR	Senior	28

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Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1198	1187	Nuno Correia	00:53:49	01:47:38	01:45:29	1157	GDINE	V45	201
1199	1352	Carlos Batista	00:52:56	01:47:40	01:45:28	1156	Correr Lisboa	V40	258
1200	2608	António Bogas	00:52:37	01:47:42	01:45:48	1171	Casa do Benfica em Algueirão Mem Martins	V45	202
1201	2751	Paulo Alexandre	00:54:30	01:47:45	01:46:47	1235		V40	259
1202	795	José Vaz	00:52:31	01:47:45	01:46:39	1222	CLUBE ANACOM	V55	86
1203	556	Miguel Marques	00:56:57	01:47:46	01:45:52	1176		V35	202
1204	575	Rui Rodrigues	00:55:26	01:47:47	01:45:46	1166	Os Tugas	V45	203
1205	1069	Miguel Bermonte	00:51:31	01:47:47	01:47:34	1285		V35	203
1206	1862	João Andrade	00:55:13	01:47:49	01:46:52	1237	Odebrecht Portugal	V45	204
1207	1705	Jorge Ferraz	00:54:34	01:47:50	01:45:16	1141		V40	260
1208	2168	Gina Cheio	00:53:59	01:47:50	01:47:02	1248	GDC Banco de Portugal	V40	21
1209	2170	António Simões	00:53:59	01:47:50	01:47:02	1249	GDC Banco de Portugal	V45	205
1210	2039	Jorge Esteves	00:54:49	01:47:51	01:46:46	1230		V50	118
1211	1480	Vasco Rebelo	00:54:45	01:47:51	01:46:47	1232		V45	206
1212	117	Carlos Monteiro	00:52:24	01:47:51	01:47:04	1252		V50	119
1213	2218	Sónia Saro	00:53:13	01:47:53	01:46:18	1204		Senior	29
1214	600	João Paca	00:54:13	01:47:53	01:45:45	1165	V1a Roma	V35	204
1215	561	Jorge Paulino	00:55:42	01:47:53	01:46:09	1193	CDM	V55	87
1216	1489	Gentil Pereira	00:55:14	01:47:53	01:45:45	1164		V40	261

20 CASCAIS
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CASCAIS **5** km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1217	2374	Manuel Costa	00:51:09	01:47:55	01:47:19	1267	M&B	V60	30
1218	1859	Gerry Sanitz	00:50:59	01:47:56	01:47:31	1279	Odebrecht Portugal	V45	207
1219	533	Ricardo Sousa	00:51:30	01:47:56	01:46:47	1233		Senior	206
1220	1692	Rui Rodrigues	00:55:57	01:47:56	01:46:02	1186		V50	120
1221	1165	Ludgero Santana	00:53:43	01:47:58	01:47:11	1261	vila fria/jg seguros	V50	121
1222	569	Jose Correia	00:54:39	01:47:59	01:45:59	1183	NAV Runners	V55	88
1223	1149	Susana Maio	00:57:28	01:47:59	01:45:23	1149	Cruse Maio Pinto	V40	22
1224	1126	Pedro Jaime	00:57:27	01:47:59	01:45:23	1150		V45	208
1225	652	Paulo Gonçalves	00:53:45	01:48:00	01:46:40	1223	camara lisboa clube	V40	262
1226	845	Teresa Santos	00:51:52	01:48:02	01:47:36	1286	Sfraa Triatlo	V35	17
1227	1390	Filipe Ramos	00:50:20	01:48:03	01:47:51	1299		V40	263
1228	1872	Ana Nogueira	00:55:01	01:48:04	01:47:05	1255		V40	23
1229	2021	Paulo Bonacho	00:54:36	01:48:05	01:47:21	1270	SS CGD	V40	264
1230	2360	Inês Costa	00:55:54	01:48:05	01:46:57	1242		Senior	30
1231	302	Jose Nogueira	00:56:56	01:48:05	01:46:10	1194		V50	122
1232	1231	Eduardo Vilhena	00:54:42	01:48:06	01:46:29	1211	CLUBE MILLENNIUM BCP	V45	209
1233	2485	Catarina Martins	00:54:27	01:48:06	01:46:37	1215	SS CGD	V40	24
1234	2477	Maria Abrantes	00:53:47	01:48:06	01:47:20	1269		V40	25
1235	818	Miguel Melo	00:54:59	01:48:06	01:45:57	1180		Senior	207

20CASCAIS
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CASCAIS **5**km
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CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1236	1195	Sara Leão	00:54:28	01:48:06	01:46:55	1240		Senior	31
1237	865	Pedro Loureiro	00:54:37	01:48:07	01:47:32	1282	JPRun	V40	265
1238	653	Paulo Gordinho	00:52:57	01:48:08	01:46:46	1231	camara lisboa clube	V40	266
1239	1267	Antonio Santos	00:54:37	01:48:08	01:47:19	1266	CLUBE MILLENNIUM BCP	V55	89
1240	733	Maria Alves	00:53:41	01:48:09	01:46:34	1213	LESMA ACELERADAS	V50	3
1241	1815	Ivan Ramos	00:52:03	01:48:16	01:47:36	1287	CCD PM Cascais	Senior	208
1242	297	Teodoro Trindade	00:54:48	01:48:16	01:47:13	1262	Run 4 Fun	V50	123
1243	2387	Jose Rodrigues	00:53:43	01:48:18	01:46:42	1226		V45	210
1244	1414	Carlos Simões	00:53:58	01:48:20	01:48:00	1307	Núcleo Atletismo Zona da Abóboda	V70	4
1245	960	André Melo	00:53:05	01:48:23	01:47:22	1271		Senior	209
1246	1059	Francisco Correia	00:53:36	01:48:23	01:47:04	1254		Senior	210
1247	1452	José Vieira	00:55:28	01:48:26	01:46:40	1225	Lx Run - Juntos, somos fortes	V35	205
1248	1869	Filipe Moraes	00:55:29	01:48:27	01:46:40	1224	Lx Run - Juntos, somos fortes	V35	206
1249	2511	Tito Cerqueira	00:53:18	01:48:28	01:48:01	1310	Volkswagen Autoeuropa	V40	267
1250	887	João Grilo	00:54:29	01:48:28	01:46:45	1228	Casa do Benfica em Algueirão Mem Martins	Senior	211
1251	2499	Patricia Ferreira	00:53:54	01:48:28	01:46:55	1241	Grupo Desportivo Estoril Praia	V35	18
1252	1477	Juan Perez	00:54:21	01:48:30	01:47:25	1273		Senior	212
1253	2631	José Teigão	00:52:45	01:48:31	01:46:11	1195	ECl Running Team	Senior	213
1254	1547	João Melo	00:54:22	01:48:31	01:47:25	1274		Senior	214

20CASCAIS
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CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1255	1610	Rui Penim	00:55:48	01:48:31	01:46:39	1221		V35	207
1256	938	João Valério	00:54:13	01:48:32	01:46:47	1234	LEBRES E TARTARUGAS	V60	31
1257	2361	Antonio Martins	00:54:24	01:48:32	01:47:46	1294	Kunami	V35	208
1258	1920	Leonardo Branco	00:53:19	01:48:33	01:47:53	1301		V35	209
1259	236	Paulo Sousa	00:52:54	01:48:35	01:48:19	1326		V40	268
1260	649	Diamantino Albuquerque	00:55:42	01:48:37	01:46:53	1238	CDM	V60	32
1261	2119	Cassiana Bruel	00:55:29	01:48:39	01:46:23	1210		V50	4
1262	1754	Henrique Serrano	00:55:28	01:48:39	01:46:23	1209		Senior	215
1263	835	João Afonso	00:51:59	01:48:40	01:47:08	1259	CTT	V40	269
1264	18	Sérgio Pedro	00:57:55	01:48:41	01:46:05	1191		Senior	216
1265	776	Dulce Reis	00:56:40	01:48:42	01:46:50	1236		V45	16
1266	1237	Antonio Almeida	00:54:21	01:48:43	01:47:07	1257	CLUBE MILLENNIUM BCP	V45	211
1267	2426	Luís Silva	00:52:15	01:48:43	01:47:00	1246		Senior	217
1268	2203	José Veracruz	00:55:34	01:48:45	01:46:57	1243	Grupo Desportivo Roche Portugal	V35	210
1269	244	Rui Silva	00:53:23	01:48:45	01:47:04	1253		V40	270
1270	474	Cláudia Esteves	00:54:41	01:48:46	01:46:30	1212	Alverca Urban Runners	Senior	32
1271	2569	Rui Simões	00:54:44	01:48:48	01:46:14	1200		V40	271
1272	853	Elsa Moreira	00:54:29	01:48:49	01:48:01	1308	GDINE	V35	19
1273	799	António Pereira	00:52:26	01:48:50	01:46:57	1244	Zangões	Junior	6

20CASCAIS
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CASCAIS 5km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1274	2089	Daniela Afonso	00:53:07	01:48:50	01:47:55	1304		Senior	33
1275	548	João Cocharro	00:54:36	01:48:55	01:47:16	1264		V35	211
1276	867	Sérgio Pereira	00:54:32	01:48:55	01:47:36	1288	Ninjas da Estrada	V35	212
1277	1133	Jorge Rodrigues	00:54:52	01:48:57	01:47:30	1276		V40	272
1278	1805	Ana Pinheiro	00:53:56	01:48:57	01:48:20	1327	CCD PM Cascais	V35	20
1279	1814	Isabel Vieira	00:53:21	01:48:57	01:48:17	1324	CCD PM Cascais	V40	26
1280	2362	Luís Ramos	00:54:24	01:48:58	01:48:12	1318	Kunami	V35	213
1281	2201	Sonia Rei	00:55:34	01:48:59	01:47:11	1260	Grupo Desportivo Roche Portugal	V35	21
1282	1218	Luisa Santo	00:59:03	01:48:59	01:41:25	942	Núcleo Atletismo Zona da Abóboda	V45	17
1283	677	Franco Wudich	00:55:08	01:48:59	01:47:03	1251	RunLovers	V50	124
1284	2209	Rui Pratas	00:50:23	01:49:01	01:48:09	1316		Senior	218
1285	2233	Pedro Rodrigues	00:51:38	01:49:01	01:47:07	1258	Núcleo Atletismo Zona da Abóboda	Senior	219
1286	1017	Pedro Ferreira	00:52:20	01:49:04	01:48:20	1328		Senior	220
1287	402	Manuel Carrasqueira	00:53:40	01:49:04	01:47:32	1283		V45	212
1288	2063	João Costa	00:55:23	01:49:06	01:47:52	1300		V40	273
1289	1909	Aline Correia	00:54:23	01:49:06	01:47:37	1289	CCD Siemens	Senior	34
1290	2343	Fernando Andrade	00:56:34	01:49:10	01:46:38	1217	Açoreana Seguros	V60	33
1291	2660	Paulo Rodrigues	00:56:34	01:49:10	01:46:38	1218		V45	213
1292	2719	Filipe Marques	00:52:25	01:49:11	01:47:47	1297		V35	214

20 CASCAIS
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CASCAIS 5 km
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CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1293	345	Steven Dunlop	00:54:19	01:49:11	01:47:18	1265		V40	274
1294	2288	Ricardo Dias	00:54:48	01:49:12	01:47:46	1295	Serviços Sociais Montepio	V40	275
1295	2283	Jorge Sousa	00:54:48	01:49:12	01:47:46	1296	Serviços Sociais Montepio	V40	276
1296	719	Rui Almeida	00:53:40	01:49:13	01:48:55	1364		V35	215
1297	1669	João	00:55:29	01:49:14	01:47:51	1298	VdAtletas	V40	277
1298	563	Dinis Araujo	00:51:53	01:49:15	01:48:21	1330	palhas	Junior	7
1299	562	Joao Araujo	00:51:53	01:49:15	01:48:21	1331	palhas	V45	214
1300	2256	Carlos Monteiro	00:47:49	01:49:16	01:48:29	1335		V45	215
1301	2758	Mario Romao	00:55:38	01:49:17	01:47:58	1305	CLUBE MILLENNIUM BCP	V40	278
1302	281	Luis Polido	00:55:21	01:49:18	01:48:28	1334		V40	279
1303	1199	Rui Ferreira	00:55:19	01:49:23	01:46:59	1245	Sfraa Triatlo	V40	280
1304	2382	André Águas	01:03:08	01:49:26	01:47:06	1256		Senior	221
1305	2107	Henrique Cepeda	00:54:50	01:49:26	01:47:59	1306	Pinguim	V55	90
1306	141	Salvador Menezes	00:56:03	01:49:27	01:48:07	1315	Maratona Clube do Sobreiro	Senior	222
1307	1072	Rui Silva	00:51:30	01:49:27	01:48:53	1360		V45	216
1308	2225	Carlos Costa	00:54:31	01:49:30	01:47:45	1293		V50	125
1309	1409	Susana Ferreira	00:54:52	01:49:30	01:48:04	1312	Scalabis Night Runners	V35	22
1310	320	Maria Moreira	00:54:28	01:49:31	01:48:47	1347		V45	18
1311	1984	Carla Sofia	00:54:11	01:49:34	01:47:20	1268	Grupo Excursionista Os Económicos	Senior	35

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CASCAIS **5**km
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CLASSIFICAÇÃO GERAL
7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1312	2047	Joaquim Palma	00:53:17	01:49:35	01:48:49	1353		V60	34
1313	1492	Joaquim Dias	00:54:31	01:49:37	01:48:14	1322		V40	281
1314	2467	Alcino Dias	00:54:31	01:49:37	01:48:14	1323		V45	217
1315	100	Jorge Andrade	00:54:25	01:49:40	01:48:45	1344		V50	126
1316	929	Steven Santos	00:51:48	01:49:41	01:48:47	1350		Senior	223
1317	2760	Olivier Durão	00:54:32	01:49:43	01:47:45	1291		V35	216
1318	573	Paula Santos	00:56:25	01:49:43	01:47:44	1290	Os Tugas	V45	19
1319	1693	Miguel Redmont	00:55:49	01:49:44	01:47:26	1275		V45	218
1320	1274	Filipa Vilar	00:50:57	01:49:46	01:49:02	1371	CLUBE MILLENNIUM BCP	Senior	36
1321	2702	Jose Rodrigues	00:55:20	01:49:46	01:47:33	1284		V55	91
1322	456	Carlos Mendes	00:55:48	01:49:46	01:48:54	1361	Clube Ferroviario de Portugal	V50	127
1323	1567	José Morais	00:52:23	01:49:47	01:49:35	1408	N.A. PAPAGAIOS CASCAIS	V50	128
1324	136	Sandra Arraias	00:56:05	01:49:49	01:47:30	1277	Os Arraias	Senior	37
1325	135	Diogo Arraias	00:56:05	01:49:49	01:47:30	1278	Os Arraias	V60	35
1326	1049	Margarida Chambel	00:55:42	01:49:49	01:48:50	1356		V40	27
1327	189	Luís Matos	00:54:09	01:49:49	01:48:09	1317		V45	219
1328	896	Eduardo Rodrigues	00:55:45	01:49:50	01:49:30	1403	Casa do Benfica em Algueirão Mem Martins	V55	92
1329	2478	Paulo Diegues	00:55:13	01:49:51	01:49:11	1384		V50	129
1330	1278	Joao Caeiro	00:56:06	01:49:51	01:47:45	1292	CLUBE MILLENNIUM BCP	V40	282

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CASCAIS 5km
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CLASSIFICAÇÃO GERAL

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Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1331	2699	Marcos Farias	00:54:30	01:49:54	01:47:22	1272		V35	217
1332	1433	Jorge Morgado	00:56:03	01:49:56	01:47:54	1302	SS CGD	V50	130
1333	367	Joaquim Leal	00:55:37	01:49:57	01:49:17	1388	Clube do Stress	V50	131
1334	1650	Antonio Castro	00:58:00	01:50:00	01:48:05	1313	GD SANTANDERTOTTA	V45	220
1335	167	Carla Morgado	00:55:45	01:50:00	01:48:20	1329		V40	28
1336	2647	Vasco Nazário	00:54:34	01:50:01	01:49:04	1377		V40	283
1337	324	Helder Martins	00:53:39	01:50:01	01:48:36	1337		V45	221
1338	499	João Passeiro	00:55:15	01:50:02	01:48:12	1320	A.D.C.Catuja	V50	132
1339	668	Nuno Marques	00:54:30	01:50:05	01:48:42	1340	RunLovers	V45	222
1340	669	Cristina Caldeira	00:54:30	01:50:05	01:48:42	1341	RunLovers	V45	20
1341	657	Tiago Santos	00:54:50	01:50:06	01:48:45	1346	os penultimos	Junior	8
1342	656	Luis Santos	00:54:50	01:50:06	01:48:45	1345	os penultimos	V40	284
1343	2070	Pau Storch	00:55:54	01:50:07	01:47:32	1281		V35	218
1344	1786	Rui Costa	00:50:57	01:50:07	01:49:04	1376	GyRad	Senior	224
1345	1311	Miguel Nunes	00:56:00	01:50:08	01:47:31	1280		V40	285
1346	1953	António Mateus	00:55:19	01:50:08	01:49:51	1417	OS ZATOPEQUES	V70	5
1347	793	Fernando Nogueira	00:54:56	01:50:09	01:49:07	1380	Marriott Lisboa	Senior	225
1348	688	Joana Miranda	00:56:56	01:50:10	01:48:02	1311		Senior	38
1349	2396	Jaime Miranda	00:56:55	01:50:10	01:48:01	1309		V60	36

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CLASSIFICAÇÃO GERAL
7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1350	1878	Paulo Sena	00:51:26	01:50:11	01:50:00	1429		V40	286
1351	1618	João Serra	00:53:44	01:50:13	01:49:42	1413	Açoreana Seguros	V40	287
1352	88	Rui Ferreira	00:56:15	01:50:13	01:49:03	1375		V45	223
1353	1050	Henrique Menezes	00:54:50	01:50:13	01:49:30	1402		V50	133
1354	1347	Paulo Carvalho	00:56:01	01:50:21	01:47:55	1303	Quarentões na Bisga	V45	224
1355	621	Paulo Sá	00:55:51	01:50:25	01:48:17	1325	CEDAR	V40	288
1356	75	Ana Correia	00:55:57	01:50:27	01:49:43	1414	Correr Lisboa	Senior	39
1357	333	Filipe Grenho	00:56:38	01:50:27	01:48:37	1338		V35	219
1358	1421	Jose Castro	00:51:28	01:50:30	01:49:13	1387	Núcleo Atletismo Zona da Abóboda	V40	289
1359	2001	Jorge Marques	00:55:36	01:50:30	01:48:57	1365		V35	220
1360	1132	Nuno Cabeca	00:56:38	01:50:32	01:49:22	1392		V45	225
1361	2004	Miguel Velhinho	00:53:34	01:50:32	01:49:12	1386		V35	221
1362	110	Alcino Ramos	00:51:07	01:50:34	01:50:05	1431		V55	93
1363	585	Susana Garcia	00:56:43	01:50:35	01:48:12	1319	Line Runners	V40	29
1364	1758	Pedro Gonçalves	00:57:50	01:50:35	01:48:32	1336	CCD TRANQUILIDADE	Senior	226
1365	583	Pedro Correia	00:56:42	01:50:35	01:48:12	1321	Line Runners	V35	222
1366	1196	Natalia Guilherme	00:56:23	01:50:36	01:49:08	1381		Senior	40
1367	490	Victor Isidoro	00:56:19	01:50:38	01:48:06	1314		Senior	227
1368	520	Luiz Rosa	00:55:24	01:50:39	01:49:26	1398	Clube Atletismo Amigos de Belém	V60	37

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Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1369	522	Júlio Castro	00:57:27	01:50:39	01:48:38	1339	Clube Atletismo Amigos de Belém	V55	94
1370	715	Manuel Dias	00:55:52	01:50:40	01:49:34	1407		V45	226
1371	1768	Duarte Silva	00:55:26	01:50:40	01:48:55	1363		Senior	228
1372	1836	Bruno Lamarosa	00:55:27	01:50:40	01:48:54	1362		Senior	229
1373	1200	Raúl Matos	00:56:04	01:50:41	01:50:25	1448	Run 4 Fun	V45	227
1374	1381	Paulo Teixeira	00:52:54	01:50:42	01:49:22	1393	Fast & Furious Runners Team	V45	228
1375	2585	César Viegas	00:53:49	01:50:43	01:50:18	1444		V55	95
1376	1703	Julio Miranda	00:55:37	01:50:43	01:49:37	1411		V55	96
1377	47	Fernando Correia	00:53:01	01:50:44	01:49:59	1424		V45	229
1378	859	Nuno Melo	00:50:39	01:50:45	01:50:00	1428		V40	290
1379	2148	Pedro Queiroga	00:56:47	01:50:46	01:49:07	1379		V40	291
1380	2634	Paulo Farinha	00:53:47	01:50:46	01:48:26	1333	ECl Running Team	V40	292
1381	738	José Fernandes	00:55:20	01:50:47	01:48:51	1357	GDCT Unicre	V35	223
1382	1330	Noemia Monteiro	00:55:46	01:50:49	01:48:45	1343		V40	30
1383	1043	Rui Santos	00:55:34	01:50:49	01:49:03	1374	SS CGD	V45	230
1384	145	Luís Neto	00:55:48	01:50:49	01:48:44	1342	Carapaus de Corrida	V50	134
1385	1827	Paula Machado	00:54:46	01:50:50	01:50:17	1442	CCD PM Cascais	V60	1
1386	1223	Rodrigo Mariano	00:52:58	01:50:50	01:49:41	1412		V35	224
1387	1679	Nuno Fortes	00:56:39	01:50:52	01:48:49	1355		V40	293

20 CASCAIS
CORRIDA

CASCAIS **5** km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1388	554	Marco Silva	00:56:39	01:50:52	01:48:49	1354		V40	294
1389	1211	Aires Ildefonso	00:54:19	01:50:52	01:49:30	1401		V60	38
1390	2328	Mariana Alcoforado	00:58:34	01:50:52	01:49:26	1397		Senior	41
1391	1020	Luis Santos	00:55:31	01:50:53	01:49:03	1372	Amigos Vale Silencio	V55	97
1392	602	Bruno Pais	00:54:58	01:50:53	01:48:47	1349	V1a Roma	Senior	230
1393	1235	Luis Costa	00:53:48	01:50:56	01:49:00	1368	CLUBE MILLENNIUM BCP	V45	231
1394	155	Antonino Barras	00:54:25	01:50:56	01:48:57	1366		V35	225
1395	798	Margarida Pereira	00:56:52	01:50:57	01:49:05	1378	Zangões	Senior	42
1396	1353	José Tavares	00:52:57	01:50:58	01:48:47	1348	Correr Lisboa	V45	232
1397	2442	Luis Graça	00:55:53	01:50:59	01:48:53	1359	Clube do Stress	V50	135
1398	1566	Daniel Conceição	00:56:22	01:51:00	01:50:09	1434	N.A. PAPAGAIOS CASCAIS	V50	136
1399	708	Marco Vaz	00:53:24	01:51:03	01:50:53	1479	Falcões Selvagens	Senior	231
1400	1746	Diogo Leite	00:53:11	01:51:04	01:50:17	1441	CLUBE COLABORADORES AXA	V45	233
1401	1729	António Pulido	00:59:34	01:51:04	01:48:26	1332		V40	295
1402	431	Carlos Costa	00:55:36	01:51:05	01:49:59	1426	amigosdacorrída.com	V50	137
1403	439	Rui Silva	00:55:37	01:51:05	01:49:59	1425	amigosdacorrída.com	V40	296
1404	1371	Nuno Prates	00:56:42	01:51:06	01:49:03	1373		V45	234
1405	2226	Sonia Martins	00:56:55	01:51:06	01:49:30	1404		V35	23
1406	1248	Pedro Fernandes	00:55:28	01:51:06	01:49:01	1370	CLUBE MILLENNIUM BCP	V35	226

20CASCAIS
CORRIDA

CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1407	633	Jorge Neto	00:55:25	01:51:07	01:48:48	1352		V45	235
1408	1860	Sandra Letras	00:55:55	01:51:09	01:49:58	1422	Odebrecht Portugal	Senior	43
1409	827	Rui Brito	00:55:41	01:51:09	01:48:48	1351	Mercedes	V35	227
1410	292	Carlos Camões	00:52:49	01:51:10	01:50:24	1447		V40	297
1411	321	Miguel Marques	00:52:48	01:51:10	01:50:25	1449		V40	298
1412	2606	Rito Correia	00:55:20	01:51:10	01:49:22	1394		Senior	232
1413	777	Valter Simões	00:54:34	01:51:11	01:49:33	1406		V40	299
1414	1389	Diogo Barbosa	00:53:27	01:51:12	01:50:34	1457		V35	228
1415	1816	Ivone Pereira	00:53:22	01:51:14	01:50:34	1456	CCD PM Cascais	V45	21
1416	2720	Vasco Guerreiro	01:00:32	01:51:14	01:48:51	1358		V35	229
1417	1336	Raul Damas	00:58:36	01:51:14	01:48:58	1367		V65	12
1418	888	Rogério Luís	00:56:51	01:51:17	01:49:54	1418	Casa do Benfica em Algueirão Mem Martins	V40	300
1419	2620	Jacinta Fonseca	00:56:02	01:51:19	01:50:05	1432		V40	31
1420	2400	Sofia Batista	00:56:03	01:51:19	01:50:06	1433		Senior	44
1421	20	João Antunes	00:55:11	01:51:19	01:50:56	1480		V60	39
1422	655	João Pereira	00:53:44	01:51:20	01:49:59	1427	camara lisboa clube	V40	301
1423	176	Fernando Jerónimo	00:54:43	01:51:22	01:49:21	1389		V60	40
1424	2094	Sérgia Narciso	00:54:51	01:51:23	01:50:34	1458		V50	5
1425	1335	José Pereira	00:56:41	01:51:23	01:49:21	1390		V45	236

20CASCAIS
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CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1426	1176	Ricardo Bordalo	00:56:41	01:51:24	01:49:21	1391		V45	237
1427	559	Pedro Coelho	00:48:26	01:51:25	01:50:46	1474		V35	230
1428	999	Rafael Carlos	00:54:23	01:51:26	01:49:01	1369		Senior	233
1429	2654	David Ramires	00:55:11	01:51:26	01:50:19	1445		Junior	9
1430	479	Americo Vaz	00:55:46	01:51:27	01:49:46	1415		V60	41
1431	1763	Mario Lino	00:55:51	01:51:29	01:50:29	1451		V50	138
1432	1564	Francisco Dias	00:55:17	01:51:30	01:49:24	1395	N.A. PAPAGAIOS CASCAIS	Senior	234
1433	242	Jorge Oliveira	00:55:46	01:51:30	01:49:08	1382		V50	139
1434	1079	Dina Mota	00:58:36	01:51:34	01:50:22	1446	Associação de Atletismo Lebres do Sado	V45	22
1435	1760	Ana Martins	00:56:10	01:51:34	01:50:36	1462	CCD TRANQUILIDADE	V35	24
1436	1761	Marta Rocha	00:56:10	01:51:34	01:50:36	1461	CCD TRANQUILIDADE	V40	32
1437	1189	Luis Oliveira	00:56:59	01:51:35	01:49:10	1383		V45	238
1438	1190	Paulo Guedes	00:56:59	01:51:35	01:49:11	1385		V40	302
1439	1972	Lurdana Gomes	00:59:05	01:51:37	01:49:24	1396		V50	6
1440	2754	Sergio Sa	00:56:01	01:51:38	01:49:33	1405		V35	231
1441	839	Filipe Teixeira	00:59:04	01:51:38	01:49:49	1416	CTT	Senior	235
1442	2413	Jose Martins	00:57:40	01:51:40	01:49:57	1419	Monstros	V35	232
1443	471	Nuno Maia	00:57:42	01:51:41	01:50:45	1472	Team Pernetas	V35	233
1444	2412	Catarina Nascimento	00:57:40	01:51:41	01:49:58	1423	Monstros	Senior	45

20 CASCAIS
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CASCAIS **5** km
RÁPIDINHA

CLASSIFICAÇÃO GERAL
7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1445	2214	Silvia Raquel	00:55:16	01:51:41	01:49:36	1410	clube veteranos do lis- LEIRIA	V40	33
1446	1203	Carlos Vieira	00:54:30	01:51:46	01:50:46	1473		V40	303
1447	2489	José Lourenço	00:54:45	01:51:47	01:50:33	1454		V40	304
1448	986	Bruno Vilhana	00:57:36	01:51:47	01:50:52	1477		Senior	236
1449	2015	Mário Balsinha	00:54:57	01:51:49	01:50:40	1467		V40	305
1450	662	Fernando Oliveira	00:56:50	01:51:52	01:50:36	1464	Clube do Sargento da Armada	V55	98
1451	663	Joaquim Silva	00:56:50	01:51:52	01:50:36	1463	Clube do Sargento da Armada	V60	42
1452	2211	Antonio Martinho	01:00:06	01:51:55	01:49:36	1409	Clube - Clube de Veteranos de Atletismo de Coi	V50	140
1453	978	Nuno Malaquias	00:55:24	01:51:56	01:50:12	1436		V35	234
1454	866	Sandra Cardoso	00:54:57	01:51:56	01:51:21	1493	JPRun	V40	34
1455	1415	Susana Figueira	00:53:56	01:51:57	01:51:16	1490	Núcleo Atletismo Zona da Abóboda	V40	35
1456	2703	Rafael Lopez	00:55:38	01:51:59	01:50:35	1459		V40	306
1457	248	Susana Adegas	00:54:25	01:52:00	01:51:26	1496		V45	23
1458	1240	Nelson Guimaraes	00:53:27	01:52:01	01:51:48	1514	CLUBE MILLENNIUM BCP	V65	13
1459	19	Cláudio Caseiro	00:59:23	01:52:02	01:49:27	1399		V35	235
1460	1563	António Teixeira	00:54:56	01:52:03	01:51:19	1492	N.A. PAPAGAIOS CASCAIS	V65	14
1461	608	João Lima	00:57:19	01:52:04	01:50:30	1453	4 ao Km	V50	141
1462	1466	Lúcio Morais	00:53:25	01:52:07	01:51:00	1483	Carrasco & Amigos	V55	99
1463	1516	Ryan Ferreira	00:57:54	01:52:07	01:49:58	1420		Senior	237

20CASCAIS
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CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL
7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1464	1513	José Cavaco	00:57:54	01:52:07	01:49:58	1421		Senior	238
1465	370	Carla Cruz	00:58:29	01:52:07	01:50:27	1450	Clube do Stress	V45	24
1466	2259	Rui Alves	00:54:05	01:52:08	01:51:29	1504		V40	307
1467	2589	Carlos Silva	00:58:36	01:52:09	01:50:50	1476		V50	142
1468	2459	Francisco Almeida	00:55:08	01:52:10	01:51:18	1491		V35	236
1469	1056	Ricardo Miranda	00:56:56	01:52:10	01:50:17	1440		V35	237
1470	1517	Luís Ribeiro	00:52:08	01:52:11	01:51:00	1482		V35	238
1471	924	Miguel Oliveira	00:54:04	01:52:13	01:51:15	1489		V40	308
1472	1896	Carlos Ferreira	00:55:42	01:52:17	01:51:27	1497	NUCLEO DESPORTIVO AUTOCOOPE	V55	100
1473	2764	José Oliveira	00:54:05	01:52:18	01:50:18	1443		V45	239
1474	2040	Nuno Madureira	00:56:20	01:52:21	01:51:38	1512		Senior	239
1475	356	José Mendes	00:52:57	01:52:22	01:50:53	1478		V40	309
1476	2482	Paulo Ruivo	00:56:16	01:52:22	01:50:42	1468		V35	239
1477	52	Luis Vicente	00:53:39	01:52:26	01:52:01	1526	PI-LINHA RUNNERS	V35	240
1478	1198	Armindo Gariso	00:58:35	01:52:27	01:50:13	1437		V45	240
1479	2746	Paulo Andrade	00:54:27	01:52:30	01:51:36	1511	SS CGD	V40	310
1480	2726	Jose Campos	00:53:56	01:52:30	01:51:33	1509		V55	101
1481	731	Patrícia Rocha	00:58:46	01:52:31	01:50:42	1469		V35	25
1482	1921	Jorge Couto	00:58:48	01:52:32	01:50:34	1455		V45	241

20CASCAIS
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CASCAIS 5km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1483	2318	Marco Graça	00:57:52	01:52:33	01:50:01	1430		V35	241
1484	2488	Manuel Anastácio	00:55:46	01:52:35	01:51:48	1515		V45	242
1485	2309	Carlos Silva	00:56:05	01:52:38	01:52:04	1529		V40	311
1486	2672	Manuel Pereira	00:57:33	01:52:39	01:51:59	1524		V45	243
1487	977	Maria Gonçalves	00:56:05	01:52:39	01:52:07	1531		V45	25
1488	1552	Antonio Ventura	00:56:10	01:52:42	01:51:50	1516		V55	102
1489	1023	João Mendes	00:56:08	01:52:46	01:50:57	1481	Os Conta-Kilómetros	V40	312
1490	2645	Pedro Pinto	00:57:52	01:52:46	01:50:15	1438		V45	244
1491	2644	Jorge Melo	00:57:52	01:52:46	01:50:15	1439		V35	242
1492	470	Ricardo Dias	00:57:42	01:52:47	01:51:51	1517	Team Pernetas	V35	243
1493	1706	António Simões	00:58:29	01:52:49	01:50:38	1466		V55	103
1494	101	Miguel Cachao	00:52:58	01:52:54	01:51:03	1484		Senior	240
1495	837	José Machado	00:59:03	01:52:55	01:51:06	1485	CTT	V50	143
1496	2178	Orlando Almeida	00:55:46	01:52:56	01:51:52	1518		V45	245
1497	1131	Fábio Dinis	00:59:12	01:52:56	01:50:38	1465		Senior	241
1498	2123	Sofia Fernandes	00:55:27	01:52:57	01:52:24	1546		V40	36
1499	2124	Vanessa Borges	00:55:29	01:52:57	01:52:24	1548		V35	26
1500	2049	Miguel Neto	00:56:46	01:52:58	01:52:21	1544		V45	246
1501	1429	Fernando Alves	00:57:26	01:53:03	01:51:32	1508	SS CGD	V50	144

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CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL
7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1502	2227	João Silva	00:57:19	01:53:05	01:51:28	1501		Senior	242
1503	976	Carla Morgado	00:55:35	01:53:06	01:51:07	1487		V40	37
1504	2701	Carlos Sertório	00:57:05	01:53:06	01:50:30	1452		Senior	243
1505	146	Catarina Moreira	00:55:31	01:53:06	01:51:27	1500		Senior	46
1506	69	Alexandra Dinis	00:58:59	01:53:07	01:50:36	1460		V35	27
1507	967	Maria Conchinha	00:54:11	01:53:07	01:52:24	1547	Clube do Stress	V55	4
1508	2745	Nuno Peres	00:51:13	01:53:07	01:52:33	1558		V35	244
1509	925	Paulo De	00:57:56	01:53:08	01:50:09	1435		V45	247
1510	931	Rui Figueira	00:53:44	01:53:08	01:52:33	1559		V35	245
1511	1188	Claribel Fernandes	00:56:34	01:53:08	01:51:58	1523		Senior	47
1512	2183	Paulo Dinis	00:57:19	01:53:08	01:51:31	1505		V40	313
1513	2185	Pedro Mendonça	00:57:18	01:53:09	01:51:31	1506		V40	314
1514	2642	Diogo Marques	00:57:16	01:53:10	01:50:49	1475		Senior	244
1515	1124	Rui Silva	00:53:08	01:53:12	01:52:13	1537		Senior	245
1516	305	Silvano Monteiro	00:57:02	01:53:17	01:51:43	1513		V60	43
1517	1531	Maria Martins	00:53:42	01:53:17	01:52:14	1539	Casa da Dizima	Senior	48
1518	229	Rui Lança	00:52:54	01:53:17	01:52:05	1530		V35	246
1519	879	Adriana Silva	00:55:49	01:53:17	01:52:08	1533	Casa do Benfica em Algueirão Mem Martins	Senior	49
1520	2032	Maria Cotrim	00:55:56	01:53:18	01:51:58	1522		Senior	50

20CASCAIS
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CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL
7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1521	2679	José Freitas	00:57:01	01:53:20	01:52:48	1574		V35	247
1522	876	Joaquim Cruz	00:56:50	01:53:20	01:52:12	1535	Casa do Benfica em Algueirão Mem Martins	V55	104
1523	1742	Isabel França	00:56:32	01:53:22	01:51:27	1498	CCDTMETROLX	V40	38
1524	1715	Manuel Ribeiro	00:54:52	01:53:22	01:51:32	1507		Senior	246
1525	1925	Nuno Pacheco	00:58:33	01:53:22	01:50:44	1470		V45	248
1526	1498	José Oliveira	00:58:32	01:53:22	01:50:45	1471		V40	315
1527	1739	Carlos Moreira	00:56:30	01:53:22	01:51:27	1499	CCDTMETROLX	V60	44
1528	2302	Manuel Piedade	00:56:45	01:53:26	01:52:33	1560		V55	105
1529	1993	José Amaro	01:01:01	01:53:27	01:47:16	1263		V35	248
1530	1461	Silvio Paiva	00:58:33	01:53:31	01:52:31	1555	G R D Ribeira da Lage	V60	45
1531	1597	Rogério Falcao	00:54:52	01:53:34	01:52:13	1538		V45	249
1532	1356	Manuel Gomes	00:55:53	01:53:38	01:52:07	1532	CLUBE MARGINAL	V50	145
1533	361	Vitor Escária	00:55:58	01:53:40	01:52:33	1561	Escaria&friends	V40	316
1534	2020	Luis Santos	00:54:12	01:53:42	01:51:25	1495	SS CGD	V45	250
1535	340	Joaquim Lopes	00:57:06	01:53:44	01:52:38	1568		V65	15
1536	1024	Rodrigo Sousa	00:55:56	01:53:45	01:52:30	1553		V45	251
1537	2366	Lúcio Pina	01:00:08	01:53:46	01:51:12	1488		Senior	247
1538	2105	Ricardo Matos	00:54:15	01:53:47	01:51:55	1520		Senior	248
1539	2408	Ricardo Marques	00:58:37	01:53:48	01:52:36	1565		Senior	249

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CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1540	2427	Ricardo Bastos	00:58:36	01:53:48	01:52:36	1566	Associação de Atletismo Lebres do Sado	V50	146
1541	2516	Pedro Canto	00:55:26	01:53:48	01:53:21	1591	Volkswagen Autoeuropa	V35	249
1542	2568	Tiago Alves	00:55:03	01:53:49	01:51:07	1486		V35	250
1543	2481	Acácio Trinta	00:55:17	01:53:53	01:52:17	1540		V35	251
1544	253	Nuno Martins	00:53:46	01:53:57	01:52:13	1536		Senior	250
1545	1289	Luis Reis	00:56:20	01:53:59	01:52:19	1542	CLUBE MILLENNIUM BCP	V45	252
1546	1313	Edgar Reinhardt	01:00:28	01:54:00	01:51:22	1494		V40	317
1547	603	Hailê Wella	00:54:58	01:54:02	01:51:54	1519	V1a Roma	Senior	251
1548	810	Maria Amaro	00:59:19	01:54:02	01:52:30	1554		V45	26
1549	1888	Abílio Tavares	00:53:45	01:54:04	01:53:29	1601		V60	46
1550	2468	Hugo Cravidão	00:59:40	01:54:05	01:51:35	1510		V40	318
1551	2392	Gabriela Freitas	00:57:08	01:54:06	01:53:05	1583		V35	28
1552	1995	Sara Duarte	00:57:52	01:54:07	01:53:10	1585		Senior	51
1553	81	Helder Cruz	00:57:12	01:54:08	01:52:11	1534		V40	319
1554	2450	Mikael Saraiva	00:58:01	01:54:09	01:52:23	1545		Senior	252
1555	2496	Cristina Gabriel	00:58:27	01:54:11	01:52:29	1552	GoFort	Senior	52
1556	717	João Oliveira	00:56:18	01:54:11	01:52:57	1577		V60	47
1557	1084	Paulo Inácio	00:58:40	01:54:12	01:51:29	1503	Running Venus	V35	252
1558	1085	Nuno Inácio	00:58:42	01:54:12	01:51:29	1502	Running Venus	V35	253

20CASCAIS
CORRIDA

CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1559	201	Ana Trancoso	00:57:00	01:54:12	01:52:02	1527	CCD-AT	Senior	53
1560	1775	Raquel Figueiredo	00:58:52	01:54:12	01:52:36	1564		Senior	54
1561	1774	João Carvalho	00:58:52	01:54:13	01:52:36	1562		V35	254
1562	1386	Ana Mendes	00:57:51	01:54:15	01:52:58	1578		V35	29
1563	1301	Vasco Santos	00:56:12	01:54:15	01:52:36	1563	GD BPI	V55	106
1564	1205	Roberto Bettencourt	00:55:30	01:54:15	01:53:24	1594		V40	320
1565	1258	Leonel Brandao	00:55:16	01:54:16	01:53:35	1607	CLUBE MILLENNIUM BCP	V45	253
1566	1242	Pedro Fernandes	00:54:43	01:54:16	01:52:49	1575	CLUBE MILLENNIUM BCP	V35	255
1567	82	André Salvado	00:57:52	01:54:18	01:52:18	1541		V40	321
1568	307	Armando Valente	00:57:45	01:54:19	01:52:33	1557	AMCS Sports	V45	254
1569	444	José Fraga	01:04:07	01:54:23	01:51:56	1521	Romantic Runners	V35	256
1570	215	Luis Abreu	00:57:53	01:54:23	01:52:01	1525		V45	255
1571	1120	Ricardo Emílio	00:56:30	01:54:26	01:53:30	1602		V40	322
1572	1750	Tito Teixeira	00:55:06	01:54:28	01:53:00	1579	CLUBE COLABORADORES AXA	V35	257
1573	1996	Paulo Almeida	00:58:10	01:54:30	01:52:26	1551		V40	323
1574	834	Inês Soares	00:59:04	01:54:34	01:52:46	1573	CTT	Senior	55
1575	440	António Belo	00:57:41	01:54:38	01:54:29	1641	amigosdacorrída.com	V70	6
1576	2035	Carlos Noronha	00:55:40	01:54:38	01:53:30	1603		V35	258
1577	1924	Luis Carvalho	00:57:18	01:54:41	01:52:03	1528		V45	256

20CASCAIS
CORRIDA

CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1578	566	Rita Fernandes	00:57:42	01:54:41	01:52:57	1576	Movet	Senior	56
1579	2248	Duarte Furtado	01:00:13	01:54:44	01:52:21	1543		Senior	253
1580	2522	Fernando Rodrigues	00:55:47	01:54:49	01:53:46	1613	Cofina Runners	V55	107
1581	2068	Rui Coutinho	01:01:20	01:54:51	01:52:25	1550		V35	259
1582	2072	Frederico Pinto	01:01:20	01:54:51	01:52:25	1549		Senior	254
1583	1083	Paulo Mota	01:00:10	01:54:53	01:52:45	1571	Associação de Atletismo Lebres do Sado	V45	257
1584	1714	Sandra Silva	00:58:47	01:54:53	01:53:20	1590		V40	39
1585	256	António Jubilado	00:57:18	01:54:53	01:53:49	1619		V55	108
1586	2108	Eugénia Cid	00:58:09	01:54:53	01:53:46	1612	Twins	V40	40
1587	2592	Carlos Simões	00:55:33	01:54:55	01:53:16	1589		V35	260
1588	1430	Francisco Clerigo	00:57:08	01:54:55	01:53:23	1593	SS CGD	V60	48
1589	815	Ana Monteiro	00:56:47	01:54:55	01:53:13	1586		V40	41
1590	1346	Jorge Esteves	00:56:17	01:54:57	01:52:31	1556	Quarentões na Bisga	V45	258
1591	2285	Manuel Narciso	00:57:38	01:54:58	01:53:31	1605	Serviços Sociais Montepio	V50	147
1592	1156	Orlando Silva	00:57:24	01:54:58	01:53:24	1595	OS ZATPEQUES	V55	109
1593	2689	Pedro Calem	00:56:22	01:55:00	01:52:42	1570		Senior	255
1594	2188	Manuel Faro	00:57:09	01:55:00	01:54:12	1630		V50	148
1595	322	Pedro Silva	00:58:16	01:55:00	01:52:45	1572		V40	324
1596	1212	Vasco Alpalhão	00:56:32	01:55:01	01:52:36	1567	alpalhão	V45	259

20 CASCAIS
CORRIDA

CASCAIS 5 km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1597	2513	José Caeiro	00:55:25	01:55:01	01:54:34	1643	Volkswagen Autoeuropa	V35	261
1598	1608	Martim Serrano	00:57:36	01:55:01	01:53:49	1618		V35	262
1599	1748	Joao Frade	00:55:06	01:55:04	01:53:36	1609	CLUBE COLABORADORES AXA	V40	325
1600	1670	José Martins	00:57:41	01:55:05	01:53:00	1580	VdAtletas	V50	149
1601	789	Vitor Monteiro	00:54:56	01:55:07	01:54:57	1662	Marriott Lisboa	V50	150
1602	211	Maria Antunes	00:57:35	01:55:08	01:53:46	1614		V45	27
1603	27	Eduardo Castela	00:59:07	01:55:08	01:53:03	1581		Senior	256
1604	2409	Pedro Sobral	00:59:06	01:55:08	01:53:04	1582		V40	326
1605	693	Paula Pontinha	00:56:55	01:55:11	01:54:18	1632	Runners da Frente Ribeirinha Da Póvoa de Santa	V40	42
1606	1826	Nuno Almeida	00:54:37	01:55:13	01:54:32	1642	CCD PM Cascais	V40	327
1607	1431	Joao Correia	00:57:06	01:55:14	01:53:53	1622	SS CGD	V50	151
1608	194	Ann Macpherson	00:57:46	01:55:16	01:53:22	1592		V35	30
1609	2402	Sérgio Jacinto	00:56:32	01:55:16	01:54:35	1644		V35	263
1610	415	David Mendes	00:57:13	01:55:17	01:54:39	1645		V45	260
1611	762	Francisco Vieira	00:56:42	01:55:17	01:53:58	1624	SS CGD	V45	261
1612	1251	Antonio Ferreira	00:56:55	01:55:21	01:54:39	1646	CLUBE MILLENNIUM BCP	V45	262
1613	2630	João Faria	00:57:02	01:55:24	01:54:01	1626	ECl Running Team	V40	328
1614	393	Francisco Roque	00:57:22	01:55:31	01:53:05	1584	Happy Runners	V55	110
1615	541	Susana Silva	00:58:56	01:55:33	01:53:31	1606		V35	31

20CASCAIS
CORRIDA

CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL
7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1616	1358	Ana Mota	00:59:02	01:55:37	01:54:27	1636		Senior	57
1617	1680	João Sêbo	00:59:17	01:55:38	01:49:29	1400		Senior	257
1618	1702	Luis Lucio	00:54:56	01:55:40	01:54:48	1654		V40	329
1619	1686	Paulo Dias	00:58:41	01:55:40	01:54:45	1649		V50	152
1620	1277	Miguel Santos	00:58:32	01:55:40	01:53:15	1588	CLUBE MILLENNIUM BCP	V50	153
1621	2593	Américo Carvalho	00:57:09	01:55:43	01:54:25	1634		V40	330
1622	2557	José Catita	00:57:23	01:55:43	01:55:12	1679	Clube Olimpico de Oeiras	V55	111
1623	373	Catarina Leal	00:53:47	01:55:43	01:55:31	1699	Clube do Stress	V45	28
1624	2391	Jose Santos	00:57:16	01:55:45	01:53:15	1587		V50	154
1625	2626	Maria Gonçalves	00:57:42	01:55:45	01:53:48	1616		V40	43
1626	2683	Isabel Oliveira	00:57:42	01:55:45	01:53:48	1617		V45	29
1627	1568	Bernardo Garcia	00:55:37	01:55:46	01:53:30	1604	ADRC Mata de Benfica	Senior	258
1628	2524	Moisés Pizabarro	01:00:14	01:55:46	01:53:25	1598	Cofina Runners	V40	331
1629	942	Pedro Carvalho	01:00:14	01:55:46	01:53:26	1599		V40	332
1630	769	José Machado	00:59:13	01:55:47	01:53:27	1600	NAV Runners	Senior	259
1631	1864	Ana Pereira	00:56:39	01:55:48	01:54:28	1639	GRCD Leião	V40	44
1632	372	Casimiro Ferreira	00:57:20	01:55:48	01:55:09	1672	Clube do Stress	V70	7
1633	378	João Catarino	00:59:31	01:55:48	01:53:35	1608	Clube do Stress	V55	112
1634	768	Adelaide Manhiça	00:56:40	01:55:48	01:54:28	1640	GRCD Leião	V55	5

20CASCAIS
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CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1635	268	Antonio Pais	00:57:57	01:55:50	01:53:52	1620	CCD O ALVITELO/O FORNO	V65	16
1636	239	Rogério Matos	00:56:04	01:55:51	01:55:34	1703	Run 4 Fun	V50	155
1637	64	Sónia Capitão-Mor	00:58:14	01:55:51	01:54:40	1647		Senior	58
1638	855	Paulo Patricio	00:57:58	01:55:52	01:54:12	1631		V40	333
1639	962	Bruno Aragão	00:59:28	01:55:55	01:53:25	1597		Senior	260
1640	1440	Rui Soares	00:55:46	01:55:55	01:55:19	1687	SS CGD	V40	334
1641	1991	Miguel Mariz	00:57:15	01:55:57	01:54:25	1635		Senior	261
1642	2536	Joana Caldeira	00:59:00	01:55:57	01:53:25	1596	A.M.Atibá	V40	45
1643	1460	Maria Fatuda	00:57:18	01:55:59	01:55:10	1675	G R D Ribeira da Lage	V60	2
1644	2200	Paula Guerreiro	00:57:13	01:56:01	01:55:04	1667	Grupo Desportivo Roche Portugal	V45	30
1645	2199	Antonio Guerreiro	00:57:13	01:56:02	01:55:06	1671	Grupo Desportivo Roche Portugal	V45	263
1646	1057	Pedro Silva	00:54:04	01:56:02	01:55:10	1676		V40	335
1647	631	Joaquim Cardoso	00:57:51	01:56:05	01:54:42	1648		V40	336
1648	983	Paulo Jerónimo	00:55:47	01:56:05	01:55:24	1690		V50	156
1649	17	Rodrigo Santos	00:58:35	01:56:06	01:53:52	1621		V40	337
1650	289	Pedro Fernandes	01:01:16	01:56:06	01:54:52	1660		V35	264
1651	1770	Márcio Basílio	00:53:04	01:56:07	01:55:33	1701		Senior	262
1652	1658	José Barata	00:58:46	01:56:07	01:55:06	1670	GD SANTANDERTOTTA	V55	113
1653	2436	José Reis	00:57:58	01:56:09	01:54:47	1651	Ginásio Clube Português	V50	157

20CASCAIS
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CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1654	2437	João Monge	00:57:58	01:56:09	01:54:47	1653	Ginásio Clube Português	V40	338
1655	1943	Rui Marques	01:00:02	01:56:10	01:53:39	1610	Sintra Runners	V45	264
1656	2272	Miguel Oliveira	00:58:29	01:56:10	01:53:47	1615	Valadares	V40	339
1657	2246	Augusto Neves	00:55:47	01:56:11	01:55:24	1692		V45	265
1658	1298	Helena Estevinha	00:58:20	01:56:12	01:54:50	1655	GD BPI	V45	31
1659	2466	Sónia Brandão	00:58:19	01:56:12	01:54:50	1656		V40	46
1660	2104	Adriano Cunha	00:58:44	01:56:13	01:54:19	1633		V60	49
1661	2575	José Costa	00:57:52	01:56:14	01:53:44	1611		V45	266
1662	1938	Rui Cruz	00:59:55	01:56:16	01:53:56	1623		V45	267
1663	2204	Patricia Gonçalves	00:57:13	01:56:19	01:55:27	1698	Grupo Desportivo Roche Portugal	V40	47
1664	957	Pedro Almeida	00:55:54	01:56:19	01:55:53	1719		V55	114
1665	642	Luisa Alerto	00:56:21	01:56:20	01:55:05	1669		V50	7
1666	718	Antonio Fonseca	00:56:50	01:56:20	01:54:12	1629		V65	17
1667	374	Cláudia Ferreira	00:58:29	01:56:21	01:55:13	1681	Clube do Stress	V45	32
1668	2271	Miguel Moradas	00:58:04	01:56:23	01:54:01	1625	Valadares	V45	268
1669	285	Pedro Silva	00:56:02	01:56:27	01:54:59	1665		Senior	263
1670	275	Henriqueta Solipa	00:58:24	01:56:28	01:54:04	1627		V50	8
1671	2498	João Álvaro	00:57:19	01:56:32	01:55:11	1678	Entra Vades	Senior	264
1672	438	Aníbal Caiado	00:59:49	01:56:32	01:54:06	1628	amigosdacorrída.com	V70	8

20 CASCAIS
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CASCAIS 5 km
RÁPIDINHA

CLASSIFICAÇÃO GERAL
7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1673	369	Rita Manso	00:57:01	01:56:33	01:55:44	1712	Clube do Stress	V40	48
1674	1496	Marianela Figueiredo	00:57:31	01:56:34	01:55:10	1674		V40	49
1675	1379	Célia Gil	00:59:17	01:56:37	01:55:25	1694		V45	33
1676	526	Ricardo Cano	00:58:29	01:56:39	01:55:26	1697	Clube Atletismo Amigos de Belém	V35	265
1677	1529	Pedro Baptista	00:58:30	01:56:40	01:55:38	1707	Casa da Dizima	V35	266
1678	2586	Maria Viegas	00:56:24	01:56:42	01:56:16	1730		V50	9
1679	2219	Nelson Ramos	00:59:59	01:56:42	01:54:51	1657		Senior	265
1680	2205	Ana Deodato	00:59:58	01:56:42	01:54:51	1659	CCD-AT	V35	32
1681	625	Nuno Canha	00:58:42	01:56:42	01:54:59	1664		V40	340
1682	1493	Filipe Mayer	00:55:09	01:56:44	01:55:33	1702		V35	267
1683	2553	Sofia Caetano	00:56:35	01:56:44	01:56:42	1753	A.M.Atibá	V40	50
1684	791	Rui Gaspar	00:54:56	01:56:45	01:55:43	1711	Marriott Lisboa	V55	115
1685	293	Carlos Pereira	00:58:30	01:56:46	01:54:51	1658		V45	269
1686	1233	Joao Cunha	00:58:06	01:56:57	01:56:11	1727	CLUBE MILLENNIUM BCP	V55	116
1687	816	Carlos Crespo	00:58:50	01:56:58	01:56:11	1728	GRD OS FIXES	V50	158
1688	79	Ricardo Rosa	00:56:54	01:56:59	01:55:17	1685	Beloura	Junior	10
1689	352	Jorge Castanheira	00:57:58	01:57:01	01:55:13	1680		V45	270
1690	1803	Alexandra Machado	00:53:02	01:57:01	01:56:31	1745	CCD PM Cascais	V35	33
1691	530	João Bolinhas	00:56:55	01:57:01	01:55:24	1691	Sagres United	Senior	266

20 CASCAIS
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CASCAIS 5 km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1692	1846	Rita Guerra	01:00:13	01:57:01	01:54:27	1637		Senior	59
1693	1845	Avelino Frias	01:00:13	01:57:02	01:54:28	1638		V50	159
1694	2146	Joana Aguiar	00:55:55	01:57:05	01:55:46	1713		V35	34
1695	2117	Fernando Faria	01:00:27	01:57:05	01:55:51	1717	Link	V50	160
1696	2673	Paulo Rodrigues	00:52:32	01:57:05	01:54:58	1663		Senior	267
1697	2153	Carlos Francisco	00:58:15	01:57:06	01:56:10	1726		Senior	268
1698	2090	Carlos Lopes	00:58:59	01:57:10	01:54:56	1661		Senior	269
1699	1685	Cheila Dias	00:58:45	01:57:11	01:56:16	1731		Senior	60
1700	2492	Rui Martins	00:59:40	01:57:11	01:54:47	1650		V45	271
1701	1178	André Figueiredo	00:58:12	01:57:12	01:55:51	1716	Pernas de Gafanhoto	V35	268
1702	1883	Julia Calisto	00:59:13	01:57:13	01:55:25	1696		V50	10
1703	2733	Maria Coelho	00:59:12	01:57:13	01:55:03	1666		V40	51
1704	1036	Hugo Venancio	00:57:12	01:57:14	01:56:35	1747	SS CGD	V35	269
1705	2622	Pedro Santos	00:57:26	01:57:15	01:55:24	1693		V40	341
1706	222	Luís Duarte	00:56:56	01:57:18	01:56:46	1755		V65	18
1707	2184	José Augusto	00:57:19	01:57:18	01:55:40	1709		Senior	270
1708	2614	Marta Gomes	01:00:13	01:57:18	01:54:47	1652	Pernas de Gafanhoto	Senior	61
1709	619	Davide Guerra	00:54:51	01:57:20	01:55:11	1677	CEDAR	Senior	271
1710	2639	Miguel Cunha	00:59:41	01:57:21	01:55:19	1686		V45	272

20CASCAIS
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CASCAIS 5km
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CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1711	1968	Paulo Veríssimo	01:01:11	01:57:21	01:55:37	1704		V50	161
1712	2625	Amauri Rodrigues	00:59:58	01:57:22	01:55:25	1695		V45	273
1713	200	Hugo Grácio	00:59:44	01:57:22	01:55:16	1684	BNP Paribas Running	Senior	272
1714	616	José Vilela	00:57:17	01:57:25	01:57:16	1785	Clube Robbialac	V50	162
1715	2717	Francisco Gorjão	00:56:59	01:57:26	01:55:53	1718		V50	163
1716	1504	Alexandra Torres	00:59:18	01:57:30	01:55:14	1683		V45	34
1717	177	Paulo Costa	00:59:10	01:57:31	01:55:14	1682		V45	274
1718	2051	Rodrigo Reis	01:01:44	01:57:32	01:55:04	1668		V40	342
1719	1919	Carlos Moreira	00:56:07	01:57:33	01:56:18	1734		V35	270
1720	1771	Rui Alves	01:01:18	01:57:36	01:55:38	1706		Senior	273
1721	1508	Gonçalo Malheiro	01:00:20	01:57:37	01:55:32	1700		V40	343
1722	2313	Sandra Gonçalves	00:57:30	01:57:39	01:57:07	1778		Senior	62
1723	1852	Marco Malaguerra	00:59:45	01:57:41	01:56:47	1758		V45	275
1724	1851	Sonia Arruda	00:59:45	01:57:41	01:56:47	1757		V35	35
1725	102	António Teixeira	01:01:10	01:57:42	01:55:09	1673		V35	271
1726	1081	Maria João	01:00:10	01:57:43	01:55:37	1705	Associação de Atletismo Lebres do Sado	V45	35
1727	1003	Jose Vermelhudo	00:58:21	01:57:45	01:56:31	1744	NAV Runners	V55	117
1728	2270	Joaquim Valadares	00:58:24	01:57:46	01:55:23	1689	Valadares	V50	164
1729	196	Pedro Morais	00:55:31	01:57:48	01:56:45	1754		V40	344

20CASCAIS
CORRIDA

CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1730	558	Luis Fragoso	00:58:11	01:57:51	01:56:20	1738		V40	345
1731	264	Paulo Silva	00:58:10	01:57:51	01:56:20	1737		V40	346
1732	1667	Luis Grangeia	00:55:20	01:57:52	01:56:16	1732	VdAtletas	V35	272
1733	735	Nuno Duarte	00:56:21	01:57:54	01:57:17	1786	GDCT Unicre	V35	273
1734	2319	Diogo Pinto	00:56:21	01:57:55	01:56:55	1762		Senior	274
1735	1052	Mário Sobral	01:00:50	01:57:56	01:55:21	1688		V40	347
1736	1474	Mario Valerio	00:54:24	01:57:56	01:55:46	1714		V50	165
1737	1619	Antonio Reyes	00:59:23	01:57:57	01:56:12	1729	G. A. Monsanto/Gasca	V60	50
1738	2206	Teresa Faria	00:59:59	01:57:58	01:56:07	1724	CCD-AT	Senior	63
1739	1194	Filipa Figueiredo	00:59:55	01:58:00	01:56:20	1739		Senior	64
1740	2189	André Fernandes	00:59:54	01:58:01	01:56:22	1740		V35	274
1741	2578	Paulo Lopes	00:58:20	01:58:02	01:56:47	1756		V35	275
1742	825	Renato Silva	00:56:52	01:58:04	01:55:42	1710	Mercedes	Senior	275
1743	1607	Tiago Teixeira	00:58:46	01:58:04	01:56:17	1733		Senior	276
1744	705	Rui Almeida	00:53:25	01:58:06	01:57:07	1777	Clube Vodafone	V35	276
1745	2439	Manuel Oliveira	01:00:10	01:58:07	01:56:36	1749	Aebnu	V75	1
1746	2759	Ivo Claro	00:55:45	01:58:10	01:57:17	1787	Tartarugas Solidarias	V35	277
1747	1435	Pedro Almeida	00:56:17	01:58:14	01:55:57	1720	SS CGD	V35	278
1748	1054	Mário Gonçalves	00:57:08	01:58:20	01:56:35	1746	Gil Eanes Running	V40	348

20CASCAIS
CORRIDA

CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1749	1556	Luis Catita	00:59:42	01:58:21	01:56:36	1748		V55	118
1750	2605	Filipe Junqueira	00:59:06	01:58:22	01:57:17	1788		Senior	277
1751	2217	João Frade	01:01:39	01:58:22	01:56:37	1750		Senior	278
1752	2180	Francisco Cabral	01:01:39	01:58:22	01:56:37	1751		Senior	279
1753	1380	David Pereira	01:01:18	01:58:23	01:55:58	1721	Grupo Desportivo Estoril Praia	Senior	280
1754	2741	Claudia Sousa	01:01:18	01:58:23	01:55:58	1722	A.M.Atibá	V35	36
1755	191	Marcos Heitor	01:00:55	01:58:26	01:55:46	1715		V35	279
1756	1342	José Marques	01:00:11	01:58:26	01:56:19	1736	Associação de Atletismo Lebres do Sado	V60	51
1757	2191	Gonçalo Delca	01:01:15	01:58:30	01:56:19	1735		V40	349
1758	1950	Phelim O' Kane	00:58:33	01:58:31	01:57:45	1810	OS ZATPEQUES	V55	119
1759	1394	Clara Nunes	00:58:44	01:58:33	01:57:25	1792		V40	52
1760	368	Nuno Lopes	00:55:53	01:58:35	01:58:00	1824	Clube do Stress	V45	276
1761	1479	Sara Nogueira	00:57:06	01:58:36	01:57:13	1780		V35	37
1762	1434	Jose Martins	00:59:57	01:58:38	01:56:09	1725	SS CGD	V40	350
1763	2301	Olivier Leparc	01:00:20	01:58:39	01:56:26	1741		V60	52
1764	1599	Samuel Alves	01:00:49	01:58:39	01:56:27	1742		V35	280
1765	2714	Carolina Palma	01:00:05	01:58:39	01:57:53	1820		Senior	65
1766	350	Joana Sousa	00:56:57	01:58:40	01:57:26	1795		Senior	66
1767	2142	Nuno Alves	00:59:17	01:58:41	01:57:29	1799		V35	281

20CASCAIS
CORRIDA

CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1768	2198	Oscar Caetano	00:57:15	01:58:41	01:57:44	1809	Grupo Desportivo Roche Portugal	V45	277
1769	2574	Pedro Bretes	01:00:07	01:58:42	01:56:28	1743		V50	166
1770	2740	Francisca Peixoto	00:58:41	01:58:43	01:56:57	1763		Senior	67
1771	875	Patricia Pedro	01:00:09	01:58:44	01:57:34	1804	Casa do Benfica em Algueirão Mem Martins	V45	36
1772	1191	João Figueiredo	00:58:43	01:58:45	01:56:05	1723		V35	282
1773	1441	João Santos	00:57:08	01:58:45	01:58:15	1838	Veteranos de Massamá	V65	19
1774	1903	Isabel Santos	00:58:54	01:58:45	01:58:39	1862	LOURDETE PERFUMARIAS	V45	37
1775	1798	Liliana Correia	00:57:38	01:58:46	01:57:15	1784	Desportivo Monte Real	Senior	68
1776	2092	Bruno Gonçalves	00:54:31	01:58:49	01:57:50	1818		V35	283
1777	860	Carlos Machado	00:57:28	01:58:50	01:57:13	1781		V35	284
1778	1288	Paulo Rato	01:00:06	01:58:52	01:56:55	1761	CLUBE MILLENNIUM BCP	V50	167
1779	2106	Vilani Araujo	00:59:26	01:58:53	01:57:37	1806	Pinguim	V40	53
1780	933	João Pacheco	01:00:51	01:58:54	01:58:00	1825		Senior	281
1781	513	Maria Fonseca	00:58:11	01:58:58	01:57:29	1800		V55	6
1782	555	Carlos Ferreira	00:58:11	01:58:59	01:57:30	1802		V55	120
1783	210	Nelson Carneiro	00:58:11	01:58:59	01:57:30	1801		V55	121
1784	462	Bruno Almeida	00:58:24	01:59:02	01:58:28	1847	Clube do Stress	V40	351
1785	2640	Cláudia Barragon	00:59:41	01:59:05	01:57:04	1773		V40	54
1786	582	Manuel António	01:01:40	01:59:06	01:56:53	1760	Clube Ferroviário de Portugal	V55	122

20CASCAIS
CORRIDA

CASCAIS 5km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1787	2177	Fernando Marques	00:57:14	01:59:12	01:58:33	1852		V50	168
1788	676	Licinia Rego	00:58:16	01:59:12	01:58:24	1844	Carrasco & Amigos	V45	38
1789	1519	Antonio Silva	00:57:57	01:59:14	01:57:33	1803		V60	53
1790	1013	Eduardo Santos	00:58:58	01:59:15	01:58:32	1851		V35	285
1791	1314	João Moreira	01:00:12	01:59:15	01:56:51	1759		Senior	282
1792	1026	Maria Fernandes	00:58:35	01:59:17	01:57:40	1807		V45	39
1793	1000	Fernando Marques	00:56:29	01:59:17	01:58:36	1856		V45	278
1794	1015	Francisco Dionisio	01:01:30	01:59:18	01:57:26	1793		V45	279
1795	1014	Petra Barros	01:01:30	01:59:18	01:57:26	1794		V35	38
1796	580	Ana Paulino	00:58:00	01:59:19	01:57:55	1822		Senior	69
1797	1837	Joao Cruz	01:01:09	01:59:19	01:56:59	1764		V40	352
1798	1374	Carolina Manuel	00:59:16	01:59:20	01:57:21	1790	O MUNDO DA CORRIDA	V40	55
1799	198	Ricardo Mano	00:59:45	01:59:21	01:57:14	1782	BNP Paribas Running	Senior	283
1800	586	Miguel Duarte	01:00:32	01:59:22	01:56:59	1765	Line Runners	V35	286
1801	892	José Carlos	01:00:46	01:59:23	01:57:48	1817	Casa do Benfica em Algueirão Mem Martins	V65	20
1802	323	Ricardo Nogueira	00:59:39	01:59:24	01:58:38	1861		V35	287
1803	1905	Carlos Sousa	00:56:29	01:59:25	01:59:15	1875	APOGMA	V45	280
1804	38	José Pires	00:56:29	01:59:26	01:59:16	1876		V45	281
1805	2055	Nuno Travassos	00:56:47	01:59:28	01:58:19	1841		V40	353

20 CASCAIS
CORRIDA

CASCAIS 5 km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1806	771	Ricardo Ferreira	00:58:53	01:59:28	01:57:46	1812		Senior	284
1807	779	Cátia Couveiro	00:58:53	01:59:29	01:57:47	1813		Senior	70
1808	949	Mafalda Pinheiro	01:01:50	01:59:31	01:57:01	1768	DP&A	Senior	71
1809	948	Joao Pinheiro	01:01:49	01:59:31	01:57:01	1767	DP&A	Senior	285
1810	969	Pedro Coriel	01:01:49	01:59:32	01:57:02	1770	DP&A	V40	354
1811	1423	Antonio Quaresma	01:01:50	01:59:32	01:57:01	1769	DP&A	V35	288
1812	2061	Carlota Amaral	01:01:51	01:59:32	01:57:00	1766		V35	39
1813	975	José Pinheiro	01:01:51	01:59:32	01:57:02	1771	DP&A	V50	169
1814	1279	Pedro Caeiro	01:00:21	01:59:33	01:57:27	1796	CLUBE MILLENNIUM BCP	V45	282
1815	1280	Patricia Caeiro	01:00:21	01:59:33	01:57:27	1798	CLUBE MILLENNIUM BCP	V40	56
1816	972	Goncalo Torrado	01:01:50	01:59:34	01:57:03	1772	DP&A	Senior	286
1817	1932	Bruno Silva	00:53:25	01:59:34	01:55:39	1708		V40	355
1818	1933	Monica Faisca	00:59:18	01:59:35	01:52:42	1569		V35	40
1819	1842	Rodrigo Castro	01:00:36	01:59:35	01:57:20	1789		V45	283
1820	2763	João Correia	00:57:03	01:59:36	01:57:53	1819		Senior	287
1821	1284	Antonio Mories	00:59:01	01:59:36	01:58:23	1843	CLUBE MILLENNIUM BCP	V50	170
1822	2762	Fernando Martins	00:58:08	01:59:38	01:58:03	1827	CTT	V45	284
1823	238	Renzo Amaral	01:00:31	01:59:39	01:57:57	1823	Beloura	V35	289
1824	2454	Paulo Correia	00:58:32	01:59:41	01:58:42	1864		V45	285

20CASCAIS
CORRIDA

CASCAIS 5km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1825	99	Aníbal Costa	01:01:49	01:59:42	01:58:37	1858		V40	356
1826	2103	Álvaro Vieira	01:01:48	01:59:42	01:58:35	1855		V50	171
1827	2059	Luís Murcho	00:59:23	01:59:43	01:57:43	1808		Senior	288
1828	2080	Sónia Branco	01:03:29	01:59:44	01:57:05	1774		V40	57
1829	820	Carlos Morais	01:01:49	01:59:44	01:57:23	1791	Mercedes	V45	286
1830	2081	Ricardo Branco	01:00:44	01:59:44	01:57:06	1776		V40	357
1831	2077	Raquel Brinca	01:00:44	01:59:44	01:57:06	1775		V35	41
1832	2389	António Dinis	00:58:58	01:59:45	01:58:11	1831		V45	287
1833	355	Rogério Luís	01:00:16	01:59:45	01:58:13	1834		V60	54
1834	2305	António Pereira	00:59:50	01:59:46	01:57:27	1797		V50	172
1835	2244	Gonçalo Pereira	00:58:35	01:59:46	01:58:20	1842		V35	290
1836	2730	Maria Pereira	01:02:10	01:59:48	01:57:15	1783		V40	58
1837	672	Rodrigo Sousa	00:58:36	01:59:49	01:58:15	1837	RunLovers	Senior	289
1838	822	Mónica Matos	00:58:35	01:59:49	01:58:15	1836	Mercedes	V35	42
1839	2133	Danyel Cunha	01:00:56	01:59:50	01:57:11	1779		V40	358
1840	2155	Sérgio Figueiredo	00:54:03	01:59:55	01:56:39	1752		Senior	290
1841	2087	José Alves	01:00:06	01:59:56	01:58:30	1850		V50	173
1842	773	Maria Silva	01:00:26	01:59:56	01:57:34	1805		V45	40
1843	1115	Jose Santos	00:59:17	02:00:00	01:58:46	1867	Santos & Filho	V50	174

20CASCAIS
CORRIDA

CASCAIS 5 km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1844	140	Filipe Menezes	01:00:09	02:00:00	01:57:46	1811	Maratona Clube do Sobreiro	V55	123
1845	2747	Marta Leite	01:00:36	02:00:02	01:57:47	1815		V45	41
1846	43	Joao Bettencourt	00:58:57	02:00:02	01:58:04	1829		V50	175
1847	300	Rui Veiga	00:59:30	02:00:04	01:58:45	1866		V50	176
1848	2743	Lina Santos	01:00:10	02:00:04	01:58:38	1860		V35	43
1849	996	Vítor Lopes	00:58:24	02:00:06	01:58:28	1846	Run 4 Fun	V45	288
1850	24	Luis Proença	00:59:57	02:00:09	01:58:30	1849		V45	289
1851	2508	Deolinda Santos	01:01:14	02:00:12	01:58:01	1826	Clube ANA Lisboa	V40	59
1852	1125	João Ferreira	00:59:06	02:00:16	01:59:11	1873		V55	124
1853	1442	Jose Rodrigues	00:58:52	02:00:21	01:58:27	1845		V60	55
1854	857	Antero Martins	00:58:59	02:00:22	01:58:54	1870		V40	359
1855	1359	Pedro Lucas	01:00:12	02:00:23	01:57:48	1816		V35	291
1856	626	Sonia Pereira	01:00:53	02:00:23	01:58:33	1854		V40	60
1857	627	Isabel Vidinha	01:00:53	02:00:23	01:58:33	1853		V40	61
1858	898	José Pinto	00:59:01	02:00:29	01:57:47	1814		Senior	291
1859	1041	Rui Miguel	00:58:32	02:00:29	01:58:12	1832	SS CGD	V40	360
1860	787	José Dias	01:07:00	02:00:29	01:58:07	1830		V40	361
1861	772	Marlene Oliveira	01:00:52	02:00:31	01:58:17	1840		V40	62
1862	127	João Carrinho	00:57:16	02:00:32	01:58:36	1857		V50	177

20CASCAIS
CORRIDA

CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL
7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1863	1522	Joaquim Barrocas	00:59:08	02:00:33	01:58:16	1839		V60	56
1864	2739	Gonçalo Teles	01:02:38	02:00:33	01:57:54	1821		V40	362
1865	342	Jose Dias	00:57:45	02:00:35	01:59:51	1880		V50	178
1866	1664	João Pedroso	01:01:15	02:00:38	01:59:12	1874	VdAtletas	V50	179
1867	574	Lurdes Silva	00:59:11	02:00:40	01:58:38	1859	Os Tugas	V45	42
1868	989	Martinho Dias	01:00:50	02:00:42	01:58:29	1848		V35	292
1869	1603	Jorge Lopes	00:58:33	02:00:43	01:59:57	1882		V45	290
1870	2594	Maria Ferreira	01:00:44	02:00:45	01:59:38	1878		V40	63
1871	433	João Caeiro	00:54:35	02:00:45	02:00:31	1897	amigosdacorrída.com	V65	21
1872	2700	Alexandre Martins	01:00:53	02:00:47	01:58:13	1833		Senior	292
1873	2084	Maria Almeida	01:00:54	02:00:47	01:58:14	1835		V35	44
1874	754	Carlos Sampaio	00:57:50	02:00:54	02:00:19	1892		V50	180
1875	2401	Isabel Conceição	01:00:08	02:00:55	02:00:16	1887		Senior	72
1876	2696	6 Min/Km	01:01:49	02:00:59	01:58:59	1871		Junior	11
1877	521	José Castro	01:01:49	02:00:59	01:58:59	1872	Clube Atletismo Amigos de Belém	V55	125
1878	1459	Manuel Azevedo	00:58:27	02:01:08	02:00:37	1903	G R D Ribeira da Lage	V55	126
1879	2016	Carla André	00:59:13	02:01:08	02:00:46	1908	AminhaCorrida/Kalenji	V35	45
1880	359	Sarah Musgrave	00:59:13	02:01:08	02:00:02	1885	Jobrinde - Montes Saloios	V40	64
1881	1914	Claúdia Abreu	00:59:12	02:01:08	01:58:41	1863	AminhaCorrida/Kalenji	V40	65

20 CASCAIS
CORRIDA

CASCAIS 5 km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1882	828	Carlos Silva	01:00:39	02:01:09	01:58:49	1869	Mercedes	V50	181
1883	134	Ricardo Pregoça	01:00:53	02:01:17	01:58:44	1865		Senior	293
1884	505	José Reis	00:57:00	02:01:27	02:00:35	1900		V60	57
1885	926	Nuno Almeida	01:00:41	02:01:27	02:00:29	1895		V35	293
1886	1485	Marisa Serra	01:00:42	02:01:28	02:00:30	1896		V40	66
1887	23	Joao Sotomayor	00:58:52	02:01:43	02:00:19	1891		V50	182
1888	1264	Carlos Rodrigues	01:00:31	02:01:53	01:59:58	1883	CLUBE MILLENNIUM BCP	V55	127
1889	767	Carmen Cristino	00:59:58	02:01:55	02:00:34	1899	GRCD Leião	V40	67
1890	348	Inês Leal	01:00:17	02:01:56	02:00:44	1907		V35	46
1891	1042	Carlos Albano	00:53:21	02:01:59	01:59:44	1879	SS CGD	V40	363
1892	1103	Joana Duarte	00:58:30	02:02:00	02:01:29	1929		Senior	73
1893	327	Manuel Reia	00:57:52	02:02:05	02:00:36	1902		V65	22
1894	2404	Artur Cunha	00:56:20	02:02:09	02:01:18	1919		Senior	294
1895	228	Luis Marques	01:00:12	02:02:09	02:00:05	1886		V55	128
1896	1936	Rita Catarino	00:57:17	02:02:10	02:00:52	1911		Senior	74
1897	932	Francisco Tojal	00:59:49	02:02:11	02:00:41	1906		Senior	295
1898	1166	António Jorge	00:55:51	02:02:13	02:00:17	1888		V60	58
1899	2577	Mário Príncipe	00:57:52	02:02:21	02:01:25	1925		V40	364
1900	605	Isadora Costa	00:59:47	02:02:23	02:00:49	1910	4 ao Km	Senior	75

20CASCAIS
CORRIDA

CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1901	396	Ana Mafalda	01:01:37	02:02:23	01:59:57	1881	Happy Runners	Senior	76
1902	606	Vitor Gonçalves	00:59:47	02:02:24	02:00:49	1909	4 ao Km	V45	291
1903	1710	Maria Figueiredo	01:00:12	02:02:30	02:01:52	1932		V40	68
1904	1341	Francisco Prates	01:00:33	02:02:37	02:00:54	1912	Associação de Atletismo Lebres do Sado	V65	23
1905	1728	Pedro Pereira	00:59:35	02:02:38	01:59:59	1884		V35	294
1906	1863	Ana Marques	01:01:12	02:02:41	02:01:31	1930	Falcões Selvagens	V45	43
1907	1613	Fabio Gaudencio	01:00:49	02:02:45	02:00:33	1898		Senior	296
1908	1503	Armenio Silva	01:01:45	02:02:46	02:00:35	1901		V75	2
1909	1944	Nuno Almeida	01:00:01	02:02:48	02:00:18	1890	Sintra Runners	V35	295
1910	1945	Tiago Soares	01:00:02	02:02:48	02:00:18	1889	Sintra Runners	Senior	297
1911	357	Paulo Santos	00:56:53	02:02:48	02:01:19	1921		V40	365
1912	381	Nuno Santos	01:03:05	02:02:50	02:00:21	1894	Familia Santos	V40	366
1913	382	Isabel Santos	01:03:05	02:02:50	02:00:21	1893	Familia Santos	V40	69
1914	347	Ana Ferreira	00:58:41	02:02:55	02:01:55	1933		V45	44
1915	2588	Dinis Cartas	01:01:48	02:03:03	02:00:40	1904		Senior	298
1916	2587	Vanessa Pais	01:01:48	02:03:04	02:00:41	1905		Senior	77
1917	1475	Luís Carvalho	01:00:13	02:03:07	02:01:10	1915		V45	292
1918	1350	Sara Silva	01:00:13	02:03:07	02:01:10	1916	CCD-AT	V40	70
1919	1997	Rogério Dias	00:59:31	02:03:15	02:02:05	1936		V40	367

20CASCAIS
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CASCAIS **5**km
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CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1920	935	Amy Herrick	00:56:22	02:03:16	02:01:27	1926	Lx Run - Juntos, somos fortes	V45	45
1921	934	Armindo Mirante	00:56:22	02:03:17	02:01:28	1928	Lx Run - Juntos, somos fortes	V45	293
1922	1629	Susana Guerreiro	01:01:50	02:03:19	02:02:09	1938	GD SANTANDERTOTTA	V35	47
1923	1031	Luís Pintão	01:01:02	02:03:19	02:02:18	1941		V60	3
1924	1038	Angela Cruz	00:59:18	02:03:22	02:01:18	1920	SS CGD	V45	46
1925	1004	Maria Sebastião	01:00:32	02:03:22	02:02:08	1937	NAV Runners	V50	11
1926	2300	João Seguro	00:59:34	02:03:23	01:58:48	1868		V35	296
1927	1889	Henrique Vilhena	01:05:29	02:03:24	02:00:57	1913		V55	129
1928	1523	Helena Rosa	01:00:49	02:03:28	02:02:22	1943		V45	47
1929	1821	Teresa Simões	01:01:13	02:03:28	02:02:49	1956	CCD PM Cascais	V40	71
1930	784	Adelino Matinha	01:02:26	02:03:29	02:01:01	1914		V55	130
1931	2349	Nuno Santo	01:02:31	02:03:30	02:01:13	1918	Açoreana Seguros	V45	294
1932	1484	Diogo Ferreira	01:03:47	02:03:30	02:02:36	1950		V40	368
1933	2350	Sandra Martins	01:02:32	02:03:30	02:01:13	1917	Açoreana Seguros	V35	48
1934	1834	Sara Henriques	01:01:13	02:03:31	02:02:52	1957	CCD PM Cascais	V40	72
1935	1316	Angelina Mullins	01:01:16	02:03:36	02:02:34	1948		V35	49
1936	1111	Rhina Cardenal	01:01:16	02:03:38	02:02:35	1949		Senior	78
1937	1355	Tiago Morais	01:00:59	02:03:40	02:01:20	1922	GRFH IMPORTAÇÃO E EXPORTAÇÃO	V40	369
1938	2235	Carla Nicomédeo	01:01:03	02:03:40	02:01:20	1923		V40	73

20 CASCAIS
CORRIDA

CASCAIS 5 km
RÁPIDINHA

CLASSIFICAÇÃO GERAL
7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1939	542	Carlos Silva	00:56:41	02:03:40	02:02:15	1939		V35	297
1940	71	Carlos Videira	01:01:49	02:03:42	02:01:33	1931		V60	59
1941	2282	João Catarino	01:00:30	02:03:42	02:02:52	1958	Serviços Sociais Montepio	V45	295
1942	2410	Bruno Ferreira	01:00:10	02:03:52	02:02:26	1944		Senior	299
1943	1348	Ricardo Figueiredo	01:01:16	02:03:55	02:01:28	1927	Quarentões na Bisga	V40	370
1944	2432	Mário Santos	00:59:15	02:03:56	02:02:57	1959	Lá Vão... de Almeirim	V45	296
1945	2303	Catarina Mesquita	01:02:39	02:04:01	02:01:22	1924		V50	12
1946	2358	Manuel Fernandes	00:58:35	02:04:03	02:02:28	1945		V50	183
1947	1802	Alberto Sousa	01:04:18	02:04:09	02:04:01	1984	CCD PM Cascais	V40	371
1948	1813	Hugo Lourenço	01:04:19	02:04:09	02:02:01	1935	CCD PM Cascais	V40	372
1949	1835	Tania Valentim	01:04:14	02:04:09	02:02:21	1942	CCD PM Cascais	Senior	79
1950	1683	Ana Cunha	01:01:18	02:04:10	02:02:38	1951		V35	50
1951	1687	Jorge Ferreira	01:01:18	02:04:10	02:02:38	1952		V35	298
1952	2490	Ana Lemos	01:01:07	02:04:13	02:02:48	1955		V40	74
1953	2750	André Cabrita	00:58:31	02:04:13	02:03:15	1966		Senior	300
1954	2134	Sofia Oliveira	01:01:37	02:04:15	02:03:35	1976		Senior	80
1955	473	Nuno Moreira	00:59:11	02:04:15	02:01:57	1934	Alverca Urban Runners	Senior	301
1956	2443	Leonia Ceban	00:59:24	02:04:17	02:03:20	1970		V50	13
1957	1565	Zacarias Alves	01:00:48	02:04:20	02:02:18	1940	N.A. PAPAGAIOS CASCAIS	V50	184

20CASCAIS
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CASCAIS 5km
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CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1958	722	Clara Lourenço	00:59:50	02:04:23	02:03:31	1973		V40	75
1959	2519	Andreia Vale	00:59:31	02:04:24	02:03:33	1975	Cofina Runners	V35	51
1960	1063	Pedro Sousa	00:57:29	02:04:27	02:03:48	1979		Senior	302
1961	1364	Nuno Amorim	01:00:57	02:04:27	02:03:03	1961		V50	185
1962	2216	Joana Peredo	01:01:57	02:04:34	02:03:06	1962		Senior	81
1963	2474	Lilian Calaim	01:01:56	02:04:34	02:03:06	1963		Senior	82
1964	1649	Lucio Silva	00:58:53	02:04:36	02:02:29	1946	GD SANTANDERTOTTA	V45	297
1965	1082	Mafala Nunes	01:01:56	02:04:36	02:02:30	1947	Associação de Atletismo Lebres do Sado	V45	48
1966	2009	Tiago Oliveira	01:01:36	02:04:50	02:02:59	1960		V35	299
1967	1620	Carla Baptista	00:59:57	02:04:59	02:03:14	1964	G. A. Monsanto/Gascan	V50	14
1968	1622	João Pinto	00:59:57	02:04:59	02:03:14	1965	G. A. Monsanto/Gascan	V55	131
1969	700	António Sietra	01:01:16	02:05:04	02:02:48	1954	Clube Vodafone	V40	373
1970	216	António Pinharanda	01:01:21	02:05:05	02:03:26	1971		V55	132
1971	2616	Lurdes António	01:02:13	02:05:05	02:03:50	1980	Link	V45	49
1972	126	João Domingues	00:57:05	02:05:15	02:04:13	1988		V40	374
1973	720	Bruno Neves	00:59:12	02:05:16	02:03:52	1982		Senior	303
1974	1202	Eduardo Francisco	00:58:00	02:05:24	02:03:18	1969		Senior	304
1975	1558	Ricardo Negrão	01:05:07	02:05:24	02:02:46	1953	PLMJ RUNNERS	V45	298
1976	2638	Karen Resende	01:02:14	02:05:26	02:03:31	1974		V45	50

20CASCAIS
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CASCAIS **5**km
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CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1977	1773	Nuno Andrade	01:01:18	02:05:28	02:03:30	1972		V40	375
1978	1128	Benedita Tavares	01:02:12	02:05:29	02:04:25	1995		V35	52
1979	1873	Nuno Sottomayor	00:57:18	02:05:30	02:04:32	1999		V40	376
1980	1499	Abel Costa	00:59:04	02:05:31	02:04:07	1986		V55	133
1981	1699	Renato Teixeira	01:02:55	02:05:38	01:59:26	1877		Senior	305
1982	641	Catarina Rolo	01:06:22	02:05:44	02:03:16	1968		Senior	83
1983	664	Cátia Camara	01:06:22	02:05:44	02:03:16	1967	Clube do Sargento da Armada	Senior	84
1984	1239	Leonel Ferreirinha	01:02:34	02:05:45	02:05:00	2010	CLUBE MILLENNIUM BCP	V65	24
1985	2742	João Freitas	01:00:17	02:05:47	02:04:03	1985		V35	300
1986	487	Ana Fernandes	01:03:48	02:05:48	02:04:24	1992		Senior	85
1987	488	Alfredo Monteiro	01:03:48	02:05:48	02:04:24	1993		V60	60
1988	1641	Paula Figueiredo	01:04:21	02:05:52	02:03:36	1977	GD SANTANDERTOTTA	V55	7
1989	1197	Tiago Pinhel	01:04:03	02:05:53	02:03:39	1978		V35	301
1990	2334	Maria Sousa	01:01:33	02:05:53	02:04:18	1990		V45	51
1991	2222	João Vieira	01:00:31	02:05:57	02:04:29	1998	CCD CAM	V55	134
1992	2102	João Estação	00:57:44	02:06:00	02:05:23	2023		V65	25
1993	2723	Rafael Redondo	01:01:51	02:06:02	02:04:00	1983		V45	299
1994	856	João Ferreira	00:58:59	02:06:08	02:04:41	2003		V50	186
1995	1792	Teresa Jerónimo	01:03:47	02:06:10	02:04:39	2002	Desportivo Monte Real	V45	52

20CASCAIS
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CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1996	1830	Rui Symanic	01:04:17	02:06:12	02:04:24	1994	CCD PM Cascais	V35	302
1997	2000	Pedro Costa	00:59:03	02:06:14	02:03:52	1981		Senior	306
1998	309	Sandra Cardoso	01:04:13	02:06:14	02:04:28	1997	AMCS Sports	V40	76
1999	2194	Ergio Castro	01:00:21	02:06:18	02:04:14	1989	Pernas de Gafanhoto	V35	303
2000	869	Sara Loureiro	00:58:20	02:06:18	02:04:09	1987	Sporting Clube de Casainhos	Senior	86
2001	1095	Andreia Valerio	01:04:53	02:06:25	02:04:24	1991		V35	53
2002	1357	Francisco Coito	00:59:27	02:06:27	02:04:58	2009	CLUBE MARGINAL	V60	61
2003	1234	Carlos Dinis	01:02:01	02:06:29	02:05:25	2024	CLUBE MILLENNIUM BCP	V50	187
2004	1247	Abel Louro	01:03:13	02:06:31	02:04:54	2008	CLUBE MILLENNIUM BCP	V55	135
2005	1271	Carlos Santo	01:02:01	02:06:36	02:05:32	2027	CLUBE MILLENNIUM BCP	V55	136
2006	565	Elisabete Costa	01:02:11	02:06:39	02:04:48	2005	Correr Lisboa	V40	77
2007	2737	Carlos Amaro	01:01:59	02:06:40	02:05:10	2018		V50	188
2008	2453	Gonçalo Pedro	00:59:37	02:06:43	02:05:04	2012		V35	304
2009	2013	Sofia Lopes	01:02:09	02:06:44	02:04:44	2004		V35	54
2010	2161	Catarina Vargês	01:04:10	02:06:44	02:04:34	2000	Associação de Atletismo Lebres do Sado	V40	78
2011	417	Rui Ferreira	01:01:53	02:06:47	02:05:10	2015		Senior	307
2012	1254	Cristina Lourenco	01:02:03	02:06:48	02:06:03	2032	CLUBE MILLENNIUM BCP	V50	15
2013	829	João Castanheira	00:58:15	02:06:48	02:04:27	1996	Mercedes	V40	377
2014	2058	Margarida Correia	01:04:53	02:06:50	02:04:50	2007		Senior	87

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CASCAIS 5km
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CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
2015	92	Carlos Pena	00:58:47	02:06:58	02:04:49	2006		V45	300
2016	503	David Hernandez	01:01:14	02:06:59	02:05:09	2014		Senior	308
2017	2026	Ana Coutinho	00:59:21	02:06:59	02:05:40	2030	Clube Desportico TCPI	Senior	88
2018	782	Luis Matinha	01:04:19	02:07:06	02:05:10	2016		V50	189
2019	1822	Julio Meireles	00:56:30	02:07:08	02:06:49	2043	CCD PM Cascais	V60	62
2020	781	Carlos Matinha	01:01:33	02:07:08	02:05:10	2017		V60	63
2021	2128	Tiago Silva	01:04:39	02:07:10	01:58:04	1828		V35	305
2022	2543	Margarida Beato	01:04:53	02:07:12	02:05:11	2019	A.M.Atibá	Senior	89
2023	930	Renato Faria	01:02:08	02:07:17	02:04:37	2001		V40	378
2024	1807	António Tavares	01:04:17	02:07:20	02:05:33	2028	CCD PM Cascais	V50	190
2025	2129	Carlos Miranda	01:07:39	02:07:41	02:05:04	2011		V35	306
2026	1034	Antonio Negrinho	01:01:46	02:07:41	02:05:13	2022	SS CGD	V50	191
2027	2572	Ricardo Peres	01:07:39	02:07:41	02:05:05	2013		V35	307
2028	1438	Raquel Martins	01:02:08	02:07:42	02:05:12	2020	SS CGD	Senior	90
2029	2022	Pedro Afonso	00:56:21	02:07:45	02:05:28	2025	SS CGD	V35	308
2030	2176	Marco Monteiro	01:07:39	02:07:48	02:05:12	2021		V40	379
2031	646	Verónica Vinhas	01:02:12	02:07:50	02:06:31	2034	N.A. PAPAGAIOS CASCAIS	V45	53
2032	2658	José Vale	01:01:25	02:07:53	02:07:22	2055		V55	137
2033	1366	Lara Rodrigues	01:02:36	02:07:53	02:06:49	2038		Senior	91

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CASCAIS 5 km
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CLASSIFICAÇÃO GERAL
7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
2034	41	José Xavier	01:02:36	02:07:53	02:06:49	2042		Senior	309
2035	414	Fernanda Poças	01:02:54	02:07:56	02:07:01	2045		V35	55
2036	794	Isaac Carrêlo	01:00:50	02:07:57	02:06:49	2041	CLUBE ANACOM	V50	192
2037	780	Esmael Matinha	01:02:33	02:08:05	02:05:37	2029		V60	64
2038	1766	Nuno Santos	00:58:32	02:08:06	02:06:49	2040		V35	309
2039	1623	Luís Antunes	00:59:16	02:08:24	02:06:37	2035	G. A. Monsanto/Gascan	V50	193
2040	1871	Nair Cunha	01:00:40	02:08:27	02:06:39	2036		Senior	92
2041	306	Josué Xavier	01:04:12	02:08:30	02:06:43	2037	AMCS Sports	V35	310
2042	1732	João Fernandes	01:04:24	02:08:31	02:07:54	2065		V40	380
2043	518	Paulo Pires	01:04:44	02:08:32	02:05:29	2026	FAB4	V45	301
2044	1109	Joaquim Belga	01:01:59	02:08:32	02:07:55	2066	Linda-a-Pastora Sporting	V55	138
2045	272	Sérgio Minhalma	01:01:48	02:08:37	02:06:11	2033		Senior	310
2046	450	Nuno Melo	01:04:59	02:08:42	02:06:03	2031		V35	311
2047	1262	Carla Barbosa	01:04:20	02:08:43	02:07:02	2046	CLUBE MILLENNIUM BCP	V35	56
2048	375	Diogo Carmo	01:05:42	02:08:58	02:07:11	2048	Clube do Stress	V50	194
2049	288	António Alfarroba	01:03:13	02:09:01	02:07:47	2063		V50	195
2050	287	Susana Doutor	01:03:31	02:09:02	02:07:47	2062		V35	57
2051	1759	Dina Nunes	01:02:25	02:09:07	02:08:09	2070	CCD TRANQUILIDADE	V40	79
2052	1106	Francisco Sanches-Osório	00:58:45	02:09:08	02:07:17	2049		V50	196

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Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
2053	2230	Sandra Santos	01:03:54	02:09:11	02:06:49	2039		V35	58
2054	786	Francisco Matinha	01:03:39	02:09:16	02:07:20	2050		V55	139
2055	161	Eduardo Borges	01:03:33	02:09:20	02:07:10	2047		V50	197
2056	334	Rui Heitor	01:02:26	02:09:26	02:07:38	2059		V35	312
2057	714	Maria Monteiro	01:05:16	02:09:27	02:07:36	2058		V45	54
2058	1491	Anabela Pereira	01:04:29	02:09:28	02:07:20	2051		V40	80
2059	1716	António Costa	01:03:19	02:09:31	02:07:27	2056		V50	198
2060	1609	João Sequeira	01:03:18	02:09:32	02:06:55	2044		Senior	311
2061	299	Sara Dias	01:01:51	02:09:32	02:07:28	2057		Senior	93
2062	2327	Joaquim Santos	01:02:59	02:09:34	02:08:41	2076		V60	65
2063	1388	Sonia Santos	01:02:24	02:09:35	02:07:51	2064		Senior	94
2064	312	Heldt Costa	01:02:22	02:09:47	02:09:10	2084		V40	81
2065	2612	Rui Morgado	01:02:19	02:09:49	02:07:45	2061	Clube ANA Lisboa	V45	302
2066	2258	Renato Paço	01:00:11	02:09:52	02:07:22	2054		V40	381
2067	408	Cecília Nicolau	01:00:11	02:09:52	02:07:22	2053	Associação de Atletismo Lebres do Sado	V45	55
2068	78	Paulo Rosa	01:00:12	02:09:58	02:08:16	2072	Beloura	V45	303
2069	1172	Ana Sobral	01:06:38	02:10:01	02:07:22	2052		V35	59
2070	1272	Luis Januario	01:03:23	02:10:04	02:07:42	2060	CLUBE MILLENNIUM BCP	V55	140
2071	783	Luis Matinha	01:01:34	02:10:06	02:08:08	2069		V60	66

20CASCAIS
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CASCAIS 5 km
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CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
2072	658	Paulo Matos	01:03:39	02:10:13	02:08:50	2077	os penultimos	V40	382
2073	1216	Célia Carvalho	01:05:40	02:10:14	02:08:16	2071	CCD-AT	Senior	95
2074	1046	Pedro Braz	00:58:16	02:10:15	02:08:56	2079		V50	199
2075	543	Pedro Henriques	01:01:50	02:10:15	02:07:56	2067		V40	383
2076	2145	Ricardo Oliveira	01:03:00	02:10:22	02:07:58	2068		V35	313
2077	2598	Anabela Rodrigues	01:02:38	02:10:23	02:09:22	2086		V40	82
2078	1907	António Ferreira	01:01:52	02:10:32	02:09:47	2093	CCD Siemens	V50	200
2079	511	Justiliano Silva	01:00:05	02:10:34	02:09:28	2088		V60	67
2080	2091	José Pereira	01:06:43	02:10:38	02:09:36	2090		V50	201
2081	1918	Mafalda Pereira	01:06:44	02:10:39	02:09:37	2091		Senior	96
2082	2424	Beatriz Figueiredo	01:05:03	02:10:46	02:08:38	2075		V35	60
2083	812	Susana Ribeiro	01:03:51	02:10:47	02:08:57	2080		V40	83
2084	308	Carla Cardoso	01:04:18	02:10:48	02:09:02	2082	AMCS Sports	V40	84
2085	730	Daniela Santos	01:04:25	02:10:52	02:08:25	2074		V40	85
2086	568	Rebeca Guerra	01:04:15	02:10:52	02:09:58	2101	Clube Vodafone	Senior	97
2087	937	Frederico Sousa	01:03:06	02:10:55	02:09:10	2083	LEBRES E TARTARUGAS	V50	202
2088	2042	Zaida Mendes	01:05:51	02:10:57	02:09:49	2096		V45	56
2089	2041	António Mendes	01:05:51	02:10:58	02:09:49	2095		V55	141
2090	1727	Élia Granja	01:03:21	02:10:59	02:08:20	2073		V40	86

20CASCAIS
CORRIDA

CASCAIS 5km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

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Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
2091	2393	Jorge Silva	01:01:29	02:11:00	02:09:14	2085		V45	304
2092	1549	Pedro Macedo	01:00:26	02:11:01	02:10:05	2103		V50	203
2093	469	Vasco Ferreira	01:02:51	02:11:05	02:09:00	2081	GDCTINCasa da Moeda	V35	314
2094	796	Sérgio Antunes	01:01:00	02:11:08	02:10:00	2102	CLUBE ANACOM	V45	305
2095	1285	Celia Lourenco	01:00:31	02:11:14	02:10:08	2104	CLUBE MILLENNIUM BCP	V40	87
2096	2652	Joaquim Botelho	01:04:43	02:11:24	02:08:51	2078		V55	142
2097	1951	Hugo Paulito	01:03:33	02:11:27	02:09:48	2094	Os Duros	V40	384
2098	1222	Paula Mariano	01:04:29	02:11:28	02:10:19	2107		V40	88
2099	880	Marco Gouveia	00:56:19	02:11:35	02:09:45	2092	Casa do Benfica em Algueirão Mem Martins	V40	385
2100	152	Edmundo Cardeira	01:04:29	02:11:42	02:09:29	2089		V65	26
2101	2629	Isabel Rodrigues	01:05:33	02:11:44	02:09:26	2087	ECl Running Team	V45	57
2102	1521	Lénia Carlos	01:06:46	02:11:46	02:10:40	2110		V35	61
2103	1700	Tomás Pipa	00:58:51	02:11:48	02:10:43	2114		Senior	312
2104	40	Nuno Ameixial	01:02:11	02:11:48	02:09:58	2100		V40	386
2105	2003	Fatima Alonso	01:04:05	02:12:09	02:10:08	2105		V35	62
2106	2554	Joana Pires	01:04:13	02:12:11	02:11:00	2116	A.M.Atibá	V40	89
2107	1678	Duarte Costa	01:08:13	02:12:25	02:10:13	2106		Senior	313
2108	2390	Márcia Gaspar	01:05:06	02:12:27	02:11:19	2118		V35	63
2109	1543	Sandra Antunes	01:01:48	02:12:30	02:10:42	2113		V45	58

20CASCAIS
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CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL
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Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
2110	1007	Rozires Ferreira	01:03:22	02:12:31	02:11:57	2127		Senior	98
2111	2228	Catarina Azevedo	01:06:47	02:12:37	02:09:57	2097		V35	64
2112	2580	Mario Vinhas	01:06:46	02:12:37	02:09:57	2099		V45	306
2113	1709	Carlos Goncalves	01:06:47	02:12:37	02:09:57	2098		V65	27
2114	2371	Gislaine Costa	01:02:35	02:12:39	02:10:37	2109		V35	65
2115	764	Jaquelina Vieira	01:01:47	02:12:42	02:11:23	2121	SS CGD	V35	315
2116	1987	Antonio Jesus	00:59:15	02:12:49	02:11:51	2125	Lá Vão... de Almeirim	V70	9
2117	2353	Margarida Azevedo	01:06:14	02:12:52	02:11:25	2122		V35	66
2118	607	Eberhard Wilhelm	01:04:17	02:12:54	02:11:19	2117	4 ao Km	V65	28
2119	443	Florbela Morais	01:04:51	02:12:56	02:10:26	2108	Romantic Runners	V35	67
2120	26	Catarina Simao	01:06:32	02:13:15	02:10:52	2115		V35	68
2121	2479	Rui Pereira	01:02:12	02:13:27	02:11:27	2123		V45	307
2122	1893	Avelino Vestias	01:02:09	02:13:35	02:13:33	2148		V65	29
2123	175	Edgar Santos	01:01:24	02:13:36	02:13:18	2144		V35	316
2124	710	Raquel Roque	01:04:36	02:13:54	02:13:06	2140	Falcões Selvagens	V35	69
2125	709	Hugo Santos	01:04:36	02:13:54	02:13:06	2139	Falcões Selvagens	V35	317
2126	1062	Monica Pereira	01:06:04	02:13:56	02:11:31	2124		V35	70
2127	1048	Paula Martins	01:06:04	02:13:56	02:13:13	2142		V50	16
2128	1005	Avelino Fernandes	00:59:48	02:13:57	02:11:56	2126		V40	387

20CASCAIS
CORRIDA

CASCAIS 5 km
RÁPIDINHA

CLASSIFICAÇÃO GERAL
7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
2129	2380	Ângela Solposto	01:02:33	02:14:00	02:12:31	2129		V35	71
2130	2381	Joao Dias	01:02:33	02:14:00	02:12:32	2130		V50	204
2131	1952	João Rito	01:03:32	02:14:15	02:12:37	2135	Os Duros	V55	143
2132	1628	Miguel Cunha	01:06:09	02:14:18	02:11:20	2119	GD SANTANDERTOTTA	V35	318
2133	1627	Rita Ramos	01:06:09	02:14:18	02:11:21	2120	GD SANTANDERTOTTA	V35	72
2134	1767	Teresa Raimundo	01:07:06	02:14:21	02:13:48	2151		V35	73
2135	737	Goncalo Lopes	01:04:31	02:14:31	02:13:50	2152	GDCT Unicre	V35	319
2136	1339	Vítor Formiga	01:01:49	02:14:35	02:12:06	2128	LAMigos	Senior	314
2137	2370	José Cruz	01:01:01	02:14:46	02:13:17	2143		V40	388
2138	993	Maria Quitéria	01:07:41	02:14:53	02:12:34	2132	ALGYMNS	V40	90
2139	2456	Isabel Costa	01:05:37	02:15:02	02:12:59	2136		V40	91
2140	2164	António Pereira	01:04:29	02:15:05	02:13:11	2141	GDC Banco de Portugal	V70	10
2141	1032	João Sousa	01:04:56	02:15:08	02:13:24	2147		V40	389
2142	577	Silvia Lopes	01:03:44	02:15:11	02:12:37	2134		V35	74
2143	576	Valter Lopes	01:03:44	02:15:11	02:12:37	2133		V35	320
2144	2324	Revenu Philippe	01:09:08	02:15:11	02:13:00	2137		V70	11
2145	2242	Maria Guerreiro	01:05:11	02:15:12	02:12:34	2131		V45	59
2146	2359	Francisca Chichorro	01:05:08	02:15:12	02:14:04	2156		Senior	99
2147	2010	Maria Santos	01:02:42	02:15:30	02:13:39	2150		V40	92

20CASCAIS
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CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL
7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
2148	2030	Carla Raposo	01:02:43	02:15:30	02:13:39	2149	Correr Lisboa	V40	93
2149	2335	Cristina Mendes	01:07:30	02:15:32	02:13:57	2154		V45	60
2150	2451	Antonio Pataca	00:58:34	02:15:33	02:15:02	2169		V40	390
2151	712	Sara Prates	01:08:47	02:15:37	02:13:19	2146		V35	75
2152	711	Manuel Prates	01:08:48	02:15:37	02:13:19	2145		V40	391
2153	174	Fernando Gomes	00:52:02	02:15:38	02:14:36	2160		V35	321
2154	1495	Joaquim Paula	01:00:50	02:15:41	02:14:44	2162		V40	392
2155	1559	Rui Santos	01:05:22	02:15:42	02:13:02	2138	PLMJ RUNNERS	V45	308
2156	351	Maria Carvalho	01:07:26	02:15:48	02:14:53	2167		Senior	100
2157	2398	Isabel Dias	01:08:13	02:15:51	02:14:49	2164		V45	61
2158	400	Rogério Puga	01:06:10	02:16:00	02:14:22	2158	Happy Runners	V50	205
2159	1088	Marco Silva	01:00:28	02:16:04	02:14:39	2161		V35	322
2160	2665	João Viana	00:59:01	02:16:12	02:15:25	2173		V45	309
2161	1497	Jorge Hipólito	01:08:14	02:16:15	02:10:41	2111		V45	310
2162	2237	Pedro Braz	01:08:15	02:16:15	02:10:41	2112		V40	393
2163	413	Gleysson Felix	01:04:35	02:16:27	02:15:19	2172		V35	323
2164	515	Maria Barrancos	01:10:15	02:16:31	02:14:03	2155		V40	94
2165	2582	Sandra Silva	01:04:43	02:16:42	02:14:51	2165		V40	95
2166	1192	Nelson Kopke	01:01:49	02:16:46	02:14:32	2159		V45	311

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CASCAIS **5**km
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CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
2167	425	Luis Ferreira	01:02:40	02:16:48	02:15:05	2170		V45	312
2168	116	Jacinta Almeida	01:02:40	02:16:48	02:15:06	2171		V50	17
2169	1856	Joaquim Simao	01:03:18	02:16:48	02:14:05	2157	Odebrecht Portugal	V50	206
2170	587	Cati Lopes	01:06:41	02:16:53	02:14:53	2166	Eça Girls	V40	96
2171	2250	Júnia Anacleto	01:07:29	02:16:55	02:15:28	2174		V55	8
2172	2252	Sara Valadares	01:07:29	02:16:55	02:15:28	2175		Senior	101
2173	2397	Sónia Domingos	01:08:13	02:16:56	02:15:53	2178		V35	76
2174	588	Susana Mota	01:07:10	02:16:57	02:14:57	2168	Eça Girls	V35	77
2175	1528	Nela Pereira	01:07:49	02:17:05	02:14:48	2163		V40	97
2176	1611	Joao Marques	01:09:52	02:17:13	02:16:23	2182		V40	394
2177	1708	Carlos Telhado	01:09:51	02:17:14	02:16:23	2183		V65	30
2178	647	Catarina Nolasco	01:05:30	02:17:32	02:16:13	2180	N.A. PAPAGAIOS CASCAIS	V45	62
2179	1297	Carlos Cardoso	01:02:28	02:17:44	02:16:29	2184	GD BPI	V60	68
2180	749	Ismael Teixeira	01:07:00	02:17:52	02:15:29	2176		V40	395
2181	1334	Rosa Falardo	01:07:34	02:17:53	02:15:35	2177		V50	18
2182	736	Marcelo Cardoso	01:07:49	02:17:58	02:17:42	2193	GDCT Unicre	V45	313
2183	1677	Domingos Pereira	01:00:48	02:18:05	02:16:34	2187	CLUBE MARGINAL	V60	69
2184	1615	José Carlos	01:06:16	02:18:28	02:17:34	2191		V65	31
2185	1225	Joel Esteves	01:10:08	02:18:29	02:15:56	2179	CLUBE MILLENNIUM BCP	V35	324

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CLASSIFICAÇÃO GERAL
7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 10 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2186	2341	Claúdia Tam	01:08:41	02:18:40	02:16:14	2181	Açoreana Seguros	Senior	102
2187	1548	Adelaide Leitão	01:08:04	02:18:41	02:16:29	2185		V45	63
2188	2279	Fernando Palma	01:08:04	02:18:42	02:16:30	2186	Serviços Sociais Montepio	V40	396
2189	480	Teresa Serra	01:06:30	02:18:42	02:17:41	2192		V45	64
2190	1321	Gabriel Marcondes	01:07:09	02:18:57	02:16:40	2188		Senior	315
2191	1777	Evelino Magalhães	01:00:48	02:19:18	02:18:27	2197		V40	397
2192	1616	Beatriz Maria	01:07:30	02:19:21	02:18:09	2194		V60	4
2193	2547	Monica Lopes	01:08:32	02:19:25	02:16:53	2189	A.M.Atibá	V40	98
2194	1345	Luis Costa	01:07:54	02:19:30	02:17:03	2190	Quarentões na Bisga	V50	207
2195	1229	Vasco Ourelo	01:05:31	02:19:47	02:18:10	2195	CLUBE MILLENNIUM BCP	V40	398
2196	168	Maria Simoes	01:06:31	02:20:04	02:19:00	2200		V45	65
2197	974	Maria Santos	01:07:19	02:20:04	02:18:34	2199		V50	19
2198	1906	António Almeida	01:08:43	02:20:42	02:13:50	2153	VdAtletas	V35	325
2199	508	Laurindo Oliveira	01:10:15	02:20:44	02:18:17	2196		V45	314
2200	1721	Isabel Prates	01:08:47	02:20:49	02:18:31	2198		V45	66
2201	747	Francisco Jorge	01:07:03	02:21:02	02:20:28	2209		V45	315
2202	315	José Mendes	01:08:32	02:21:06	02:20:10	2207		V55	144
2203	1322	Paula Almeida	01:07:10	02:21:17	02:19:00	2201		V40	99
2204	386	João Rodrigues	01:18:25	02:21:27	02:21:24	2217		V35	326

20CASCAIS
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CASCAIS **5**km
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CLASSIFICAÇÃO GERAL

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Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
2205	604	Ricardo Aragão	01:07:03	02:21:43	02:19:36	2202	V1a Roma	V35	327
2206	1029	Mónica Carmo	01:07:03	02:21:43	02:19:36	2203		Senior	103
2207	1287	Fernando Ferreira	01:12:07	02:22:05	02:19:55	2205	CLUBE MILLENNIUM BCP	V65	32
2208	2678	Pedro Lera	01:11:01	02:22:08	02:20:00	2206		Junior	12
2209	1213	Ana Alpalhão	01:09:43	02:22:10	02:19:45	2204	alpalhão	V40	100
2210	1303	Miguel Chaves	01:07:04	02:22:34	02:21:16	2216	GD BPI	V45	316
2211	1286	Carlos Tome	01:05:56	02:22:37	02:20:34	2210	CLUBE MILLENNIUM BCP	V60	70
2212	1424	Bruno Almeida	01:08:21	02:22:54	02:20:40	2211	Furões do Alentejo	Senior	316
2213	156	Mauricio Alvarez	01:03:27	02:22:55	02:20:41	2212		V45	317
2214	2193	Ondina Teodoro	01:09:42	02:23:05	02:21:02	2215		V35	78
2215	1769	Maria Almaça	01:07:05	02:23:13	02:22:40	2221		Senior	104
2216	398	Helena Fino	01:10:56	02:23:14	02:20:48	2214	Happy Runners	V55	9
2217	1661	Rui	01:06:25	02:23:18	02:20:47	2213	VdAtletas	V50	208
2218	2449	Ana Cruz	01:11:29	02:23:18	02:21:49	2218		V35	79
2219	1855	Antonio Alves	01:10:34	02:23:34	02:21:54	2219	Odebrecht Portugal	V55	145
2220	1793	Etelvina Paulino	01:09:44	02:24:25	02:22:41	2222	Desportivo Monte Real	V55	10
2221	1858	Luisa Alves	01:09:49	02:24:28	02:23:16	2226	Odebrecht Portugal	V35	80
2222	1405	Fabiana Freitas	01:10:27	02:24:45	02:20:16	2208		Senior	105
2223	1320	Vitor Sousa	01:12:48	02:24:49	02:22:17	2220		V65	33

20CASCAIS
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CASCAIS 5 km
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Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
2224	1614	Aline Santos	01:09:33	02:24:59	02:22:47	2223		Senior	317
2225	354	Liliana Moreira	01:10:46	02:25:01	02:22:58	2224		Senior	106
2226	1058	Vitor Bernardo	01:08:22	02:25:12	02:23:20	2227		V60	71
2227	1532	Isabel Filipe	01:09:58	02:25:19	02:22:59	2225	Clube EDP - Lisboa	V55	11
2228	2611	João Ribeiro	01:07:30	02:26:28	02:25:41	2236	Clube ANA Lisboa	V50	209
2229	2310	Nidia Silva	01:10:09	02:26:35	02:25:11	2229		V60	5
2230	939	Antonio Dasilva	00:53:10	02:26:43	02:26:21	2238	A&D	V55	146
2231	2506	Filipa Martins	01:12:11	02:26:53	02:25:24	2230		V45	67
2232	1224	Graciana Esteves	01:10:09	02:27:24	02:24:52	2228	CLUBE MILLENNIUM BCP	Senior	107
2233	2207	Luis Mota	01:06:45	02:27:35	02:25:48	2237		V40	399
2234	1734	António Carvalho	01:10:56	02:27:41	02:27:05	2240		V80	1
2235	2082	Duarte Goncalves	01:12:31	02:28:11	02:25:33	2231		V35	328
2236	2073	Ana Martins	01:12:32	02:28:12	02:25:34	2233		V35	81
2237	2064	Jose Santos	01:12:31	02:28:12	02:25:34	2232		V40	400
2238	2083	Eunice Batalha	01:12:32	02:28:13	02:25:36	2235		Senior	108
2239	2071	Carolina Storch	01:12:31	02:28:13	02:25:35	2234		V35	82
2240	1425	Sara Gaspar	01:08:21	02:28:38	02:26:24	2239	Furões do Alentejo	Senior	109
2241	1841	Tânia Fernandes	01:08:33	02:28:40	02:27:43	2244		Senior	110
2242	943	Pedro Sousa	01:09:34	02:28:40	02:27:44	2245		V45	318

20CASCAIS
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CASCAIS **5**km
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CLASSIFICAÇÃO GERAL
7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
2243	1870	Jorge Domingues	01:12:30	02:28:40	02:27:13	2241		V60	72
2244	2130	Camila Sávio	01:14:20	02:29:30	02:27:32	2242		V35	83
2245	1799	Timóteo Pfümo	01:06:22	02:29:47	02:27:55	2246	Desportivo Monte Real	V65	34
2246	1053	Ana Pereira	01:14:10	02:30:14	02:27:39	2243		V40	101
2247	2497	Inês Sales	01:10:25	02:30:53	02:29:11	2248	GoFort	V35	84
2248	2023	Rita Antunes	01:12:48	02:31:17	02:28:39	2247	SS CGD	V35	85
2249	218	Maria Santiago	01:13:46	02:31:23	02:30:37	2252		V40	102
2250	707	Nuno Loureiro	01:14:48	02:31:58	02:29:25	2249	Falcões Selvagens	V45	319
2251	1104	Margarida Sobreira	01:16:57	02:32:12	02:30:13	2250		Senior	111
2252	1118	Claudia Pernencar	01:16:57	02:32:12	02:30:14	2251		V40	103
2253	2038	Brígida Pais	01:15:32	02:32:24	02:31:11	2255		V35	86
2254	2641	Rita Galvão	01:15:32	02:32:24	02:31:11	2254		V35	87
2255	2325	De Alix	01:16:01	02:32:53	02:30:43	2253		V65	1
2256	2721	Jose Fonseca	01:01:30	02:33:02	02:32:09	2256		V60	73
2257	1214	Samuel Joaquim	01:15:33	02:36:10	02:34:17	2257		V60	74
2258	549	Teresa Scholz	01:09:33	02:36:56	02:35:58	2259		Senior	112
2259	682	Nuno Oliveira	01:10:57	02:37:11	02:35:55	2258		V35	329
2260	2756	Henrique Alves	01:15:11	02:37:59	02:37:02	2260	CLUBE MILLENNIUM BCP	V50	210
2261	846	Manuela Aldeia	01:15:11	02:37:59	02:37:13	2261	tálenos Team	V50	20

20CASCAIS
CORRIDA

CASCAIS **5**km
RÁPIDINHA

CLASSIFICAÇÃO GERAL

7 FEVEREIRO 2016 | 10h00 | BAÍA DE CASCAIS

Class.	Dorsal	Atleta	Tempo 10 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
2262	1527	Sérgio Quintela	01:15:33	02:39:22	02:37:27	2262		V35	330
2263	1332	Nuno Mota	01:15:33	02:39:22	02:37:28	2263		V35	331
2264	550	André Ferreira	01:09:56	02:39:58	02:39:01	2265		Senior	318
2265	407	Antonio Pinho	01:13:24	02:40:20	02:38:40	2264	Associação de Atletismo Lebres do Sado	V60	75
2266	409	Mayer Raposo	01:13:24	02:40:20	02:39:10	2266	Associação de Atletismo Lebres do Sado	V65	35
2267	2738	Madalena Felício	01:20:12	02:41:59	02:40:42	2267		Senior	113
2268	1244	Regina Oliveira	01:34:07	02:42:36	02:41:23	2268	CLUBE MILLENNIUM BCP	V50	21
2269	202	Antonio Gonçalvrs	00:45:12	02:48:31	02:48:14	2269	Alverca Urban Runners	V50	211
2270	54	Sara Sousa	01:22:02	02:51:35	02:50:19	2271	Tartarugas Solidarias	V35	88
2271	940	Diane Mierzejewski	00:59:36	02:51:35	02:49:57	2270	A&D	V50	22
2272	1840	Priscila Magalhães	01:21:12	02:54:31	02:53:15	2272		Senior	114
2273	2150	Diana Oliveira	01:20:09	02:58:08	02:57:04	2273		V45	68
2274	802	Kueng Paul	01:26:21	03:02:59	03:00:30	2274		V50	212
2275	1970	Beatriz Sécio	01:25:56	03:05:20	03:02:45	2275		Junior	1
2276	1969	Helena Sécio	01:25:56	03:05:21	03:02:46	2276		V50	23
2277	1391	Adelaide Mendes	01:24:17	03:09:29	03:08:54	2277		V55	12