



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1	1836	Miguel Marques	00:15:24	00:29:49	00:29:49	1	Sporting Clube de Portugal	Senior	1
2	1833	Davide Silva	00:15:24	00:29:54	00:29:54	2	Sporting Clube de Braga	Senior	2
3	1831	Rui Pinto	00:15:25	00:29:59	00:29:58	3	Sporting Clube de Portugal	Senior	3
4	1842	Samuel Freire	00:15:16	00:30:07	00:30:05	4	Vitória Futebol Clube	Senior	4
5	1837	Ruben Amaral	00:15:26	00:30:14	00:30:14	5	Sporting Clube de Portugal	Senior	5
6	1832	Duarte Gomes	00:15:25	00:30:17	00:30:16	6	Sport Lisboa e Benfica	Senior	6
7	1838	Pedro Amaro	00:15:25	00:30:18	00:30:17	7	Sport Lisboa e Benfica	Senior	7
8	1851	João Pereira	00:15:25	00:30:26	00:30:25	8	Sporting Clube de Portugal	Senior	8
9	1840	Luís Oliveira	00:15:25	00:30:30	00:30:29	9	Sport Lisboa e Benfica	Senior	9
10	1839	João Amaro	00:15:26	00:30:31	00:30:31	10	Sport Lisboa e Benfica	Senior	10
11	1846	João Almeida	00:15:26	00:30:32	00:30:32	11	Recreio Desportivo de Águeda	Senior	11
12	1128	João Valente	00:15:26	00:30:34	00:30:34	12	União FCI de Tomar	Senior	12
13	1277	Daniel Martins	00:15:26	00:30:38	00:30:38	13		Senior	13
14	1965	Fabio Oliveira	00:15:26	00:30:42	00:30:41	14	Clube Guilhovais	Senior	14
15	1852	Francisco Rodrigues	00:15:26	00:30:52	00:30:52	15	Sporting Clube de Braga	Senior	15
16	1849	Hugo Correia	00:15:27	00:31:11	00:31:10	16	RunTejo	Senior	16
17	1835	Fernando Serrão	00:15:25	00:31:13	00:31:13	17	Sporting Clube de Portugal	Senior	17
18	1791	Tiago Fonseca	00:15:47	00:31:19	00:31:18	18	MF GRUPO	Senior	18
19	1865	Nuno Fernandes	00:15:39	00:31:19	00:31:19	19	Centro Atletismo de Seia	Senior	19



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
20	1913	Karel Hussar	00:15:48	00:31:21	00:31:21	20		Senior	20
21	1853	João Antunes	00:15:32	00:31:32	00:31:31	21	Prime R. Clube	Senior	21
22	1841	Etson Barros	00:15:40	00:31:40	00:31:39	22	Sport Lisboa e Benfica	Senior	22
23	1129	Ricardo Fonseca	00:15:55	00:31:42	00:31:42	23	União FCI de Tomar	Senior	23
24	1716	Pedro Saldanha	00:16:05	00:31:55	00:31:54	24	Escola de Atletismo de Coimbra/JPaiva	Senior	24
25	713	Bruno Santos	00:16:05	00:32:08	00:32:08	25		Senior	25
26	1634	João Ferreira	00:16:10	00:32:17	00:32:17	26	MF GRUPO	Senior	26
27	1632	Bruno Lourenço	00:16:23	00:32:23	00:32:22	27	VITORIA FUTEBOL CLUBE	Senior	27
28	700	Bruno Silva	00:16:23	00:32:25	00:32:24	28		Senior	28
29	557	João Dias	00:16:31	00:32:31	00:32:30	29		Senior	29
30	1676	João Vaz	00:16:24	00:32:37	00:32:36	30		Junior	1
31	1635	Ricardo Madeira	00:16:24	00:32:45	00:32:45	31	MF GRUPO	V35	1
32	1717	Pedro Arsenio	00:16:32	00:32:49	00:32:48	32	Escola de Atletismo de Coimbra/JPaiva	V40	1
33	641	Fábio Mascarenhas	00:16:31	00:32:58	00:32:58	33	Associação Cultural Sambrasense	Senior	30
34	1964	Matheus Borges	00:16:28	00:33:14	00:33:13	34	Clube Oriental do Pechão	Senior	31
35	1797	Mariana Machado	00:16:57	00:33:16	00:33:15	35	Sporting Clube de Braga	Senior	1
36	1748	André Ferreira	00:16:48	00:33:24	00:33:23	36	CPTSobral Ceira	Senior	32
37	1847	Sandy Martins	00:16:37	00:33:30	00:33:30	37	SRAA	Senior	33
38	1798	Ana Ferreira	00:16:57	00:33:35	00:33:34	38	Sporting Clube de Portugal	Senior	2



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
39	1995	Alexandre Nobre	00:16:05	00:33:37	00:33:37	39	Sport Lisboa e Benfica	Senior	34
40	1867	Tiago Graça	00:17:03	00:33:52	00:33:51	40	Run Tejo - Prevent Sprain	V35	2
41	1770	Valter Gomes	00:17:08	00:34:01	00:34:00	41	ADNO - NucleOeiras	Senior	35
42	1850	Helder Santos	00:17:27	00:34:17	00:34:17	42	Clube Desportivo Feirense	V35	3
43	1822	Lia Lemos	00:16:57	00:34:30	00:34:29	43	Sporting Clube de Braga	Senior	3
44	1769	Tomas Esteves	00:17:16	00:34:31	00:34:29	44	ADNO - NucleOeiras	Senior	36
45	1303	Luís Pereira	00:17:29	00:34:38	00:34:36	45		Senior	37
46	1633	João Rebelo	00:17:29	00:34:45	00:34:43	46	VITORIA FUTEBOL CLUBE	Senior	38
47	1848	António Moura	00:16:52	00:34:49	00:34:48	47	Clube de Campismo de São João da Madeira	Senior	39
48	1821	Susana Godinho	00:17:38	00:34:51	00:34:51	48	Clube Desportivo Feirense	Senior	4
49	1454	Rodrigo Pissarra	00:17:24	00:34:53	00:34:52	49		Junior	2
50	787	André Alves	00:17:27	00:34:56	00:34:55	50	C F Os BELENENSES	V35	4
51	1815	Solange Jesus	00:17:08	00:34:57	00:34:57	51	Clube Desportivo Feirense	V35	1
52	1816	Carla Martinho	00:17:37	00:35:02	00:35:01	52	Recreio Desportivo de Águeda	V45	1
53	755	Gelson Goncalves	00:17:55	00:35:09	00:35:08	53		Senior	40
54	1058	Pedro Nogueira	00:17:50	00:35:12	00:35:11	54	C F Os BELENENSES	V40	2
55	887	Tiago Cochicho	00:17:39	00:35:18	00:35:18	55		V40	3
56	1661	David Coelho	00:17:50	00:35:24	00:35:23	56		V40	4
57	1823	Mónica Silva	00:17:53	00:35:36	00:35:35	57	Sport Comércio e Salgueiros	V35	2



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
58	988	André Pais	00:17:28	00:35:37	00:35:36	58	Centro de Atletismo de Tondela	Senior	41
59	1855	Hugo Silva	00:17:28	00:35:40	00:35:39	59	Desportivo Operário do Rangel	V35	5
60	1768	Alexandre Pereira	00:17:57	00:35:41	00:35:40	60	ADNO - NucleOeiras	Senior	42
61	1734	Celso Pinto	00:17:55	00:35:42	00:35:41	61		V35	6
62	1319	Tiago Lousa	00:18:10	00:35:45	00:35:42	62		V40	5
63	1662	João Nobre	00:17:39	00:35:50	00:35:48	63		Junior	3
64	1448	Ivo Relveiro	00:18:20	00:35:51	00:35:48	64		Senior	43
65	1550	Vasco Damásio	00:17:54	00:35:57	00:35:55	65		V35	7
66	1767	Duarte Taleigo	00:17:55	00:36:01	00:36:00	66	ADNO - NucleOeiras	Junior	4
67	1783	Joana Fonseca	00:18:01	00:36:04	00:36:03	67	Clube Desportivo Feirense	V35	3
68	1334	Nuno Oliveira	00:18:09	00:36:08	00:36:05	68		Senior	44
69	882	Daniel Araújo	00:17:55	00:36:08	00:36:07	69	Associação Desportiva de Palmeiros Sintra	V35	8
70	1413	José Santos	00:18:23	00:36:10	00:36:07	70		V50	1
71	1623	Rui Martins	00:17:56	00:36:14	00:36:12	71		V35	9
72	2110	Rodrigo	00:17:55	00:36:22	00:36:21	73	SFRAA	Senior	45
73	1060	Julio Almeida	00:18:20	00:36:22	00:36:22	74	CCD Sintrense	V50	2
74	2112	Miguel Leitão	00:18:47	00:36:23	00:36:19	72	SFRAA	Junior	5
75	790	Frederico Lázaro	00:18:21	00:36:24	00:36:23	75	C F Os BELENENSES	V40	6
76	2113	André	00:18:43	00:36:28	00:36:28	77	SFRAA	Junior	6



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
77	2114	David Leitão	00:18:43	00:36:29	00:36:29	78	SFRAA	Junior	7
78	48	Filipe Marques	00:18:23	00:36:30	00:36:28	76		V35	10
79	1561	João Pires	00:18:13	00:36:30	00:36:29	79	NAZABOBODA	V45	1
80	669	Fernando Pereira	00:18:37	00:36:32	00:36:30	80		V45	2
81	583	Hélder Rebelo	00:18:29	00:36:33	00:36:31	82	FITARES ELECTRODOMESTICOS	V50	3
82	997	Marco Almeida	00:18:30	00:36:34	00:36:30	81		V40	7
83	1573	Nuno Teixeira	00:18:14	00:36:34	00:36:31	83		V45	3
84	898	Gonçalo Oliveira	00:18:25	00:36:36	00:36:35	86		Senior	46
85	2058	Nelson Graça	00:18:31	00:36:37	00:36:34	84		V35	11
86	1874	Telmo Viegas	00:18:37	00:36:38	00:36:35	85		V45	4
87	1888	Ricardo Santos	00:18:38	00:36:38	00:36:36	87		V40	8
88	353	Sérgio Fazenda	00:18:26	00:36:39	00:36:38	89		V40	9
89	1772	Pedro Neves	00:18:09	00:36:39	00:36:38	88	ADNO - NucleOeiras	Senior	47
90	501	Artur Pereira	00:18:28	00:36:41	00:36:39	90	Linda-a-Pastora Sporting Clube	V45	5
91	1818	Joana Nunes	00:18:25	00:36:41	00:36:41	91	Recreio Desportivo de Águeda	V35	4
92	1696	André Cardoso	00:18:20	00:36:43	00:36:42	92		V35	12
93	639	Nuno Romão	00:18:31	00:36:46	00:36:43	93		V45	6
94	1931	Nuno Fernandes	00:18:35	00:36:48	00:36:45	94	Run Tejo - Prevent Sprain	V45	7
95	1636	Diogo Madeira	00:18:24	00:36:48	00:36:48	95	MF GRUPO	V35	13



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
96	1503	Emilia Piseiro	00:18:32	00:36:49	00:36:49	96		V35	5
97	1897	André Corvo	00:18:45	00:36:54	00:36:51	97	Linda-a-Pastora Sporting Clube	V40	10
98	1773	Sérgio Paiva	00:18:35	00:36:55	00:36:55	98	ADNO - NucleOeiras	V50	4
99	1218	Ruben Parreira	00:18:32	00:36:58	00:36:56	100		Senior	48
100	331	Helder Ferreira	00:18:30	00:36:59	00:36:56	99		V45	8
101	1872	Kcénia Bougrova	00:18:35	00:37:04	00:37:02	101	Run Tejo - Prevent Sprain	Senior	5
102	1884	Joel Pena	00:18:30	00:37:06	00:37:04	102	Run Tejo - Prevent Sprain	V35	14
103	309	Alvaro Oliveira	00:18:48	00:37:07	00:37:06	103	Associação Desportiva de Palmeiros Sintra	V50	5
104	1186	Tatiana Moura	00:18:34	00:37:07	00:37:07	104	ADNO - NucleOeiras	Senior	6
105	861	Luis Machado	00:18:49	00:37:14	00:37:13	105		Senior	49
106	1670	Hugo Pina	00:18:13	00:37:17	00:37:16	108		V40	11
107	1474	Luís Santos	00:18:40	00:37:19	00:37:16	107		V40	12
108	1726	João Canas	00:19:15	00:37:22	00:37:13	106		Senior	50
109	2090	Diogo Nunes	00:18:25	00:37:22	00:37:20	109		Senior	51
110	1732	João Santos	00:19:02	00:37:26	00:37:21	110		Senior	52
111	838	Rui Silva	00:18:48	00:37:27	00:37:25	111	Linda-a-Pastora Sporting Clube	V40	13
112	1462	Nuno Gomes	00:19:01	00:37:32	00:37:30	112		V35	15
113	1641	Bernardo Silveira	00:18:54	00:37:38	00:37:38	116		Senior	53
114	1511	Paulo Garcia	00:18:59	00:37:39	00:37:37	115	C F Os BELENENSES	V50	6



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
115	1261	Rodolfo Vilela	00:18:59	00:37:39	00:37:36	114	C F Os BELENENSES	Senior	54
116	1914	Liis-Grete Arro	00:19:03	00:37:41	00:37:40	117		Senior	7
117	2111	André	00:19:13	00:37:44	00:37:35	113	SFRAA	Junior	8
118	250	Vitor Marques	00:19:07	00:37:48	00:37:46	119	Correr Lisboa	V45	9
119	1817	Sara Carvalho	00:18:47	00:37:50	00:37:49	120	Recreio Desportivo de Águeda	Senior	8
120	356	José Camacho	00:18:48	00:37:52	00:37:50	121	Linda-a-Pastora Sporting Clube	V35	16
121	128	David Karin	00:19:13	00:37:54	00:37:52	122	Associação Desportiva de Palmeiros Sintra	V40	14
122	2120	Alexandre Brito	00:18:47	00:37:54	00:37:46	118		Senior	55
123	1993	Madalena Almeida	00:18:58	00:37:54	00:37:54	125	Sport Lisboa e Benfica	Senior	9
124	1496	Paulo Ferreira	00:19:05	00:37:54	00:37:54	124	Penta Clube da Covilhã	V35	17
125	640	João Figueiredo	00:18:52	00:37:56	00:37:53	123		Senior	56
126	1120	Inês Marques	00:19:01	00:38:02	00:38:01	126		Senior	10
127	587	João Lopes	00:19:04	00:38:06	00:38:04	127		V35	18
128	1453	Ricardo Pissarra	00:19:10	00:38:10	00:38:08	128		Junior	9
129	1369	Nuno Ruela	00:19:06	00:38:17	00:38:16	130	Os Galgos	V50	7
130	1689	Vera Nunes	00:19:23	00:38:18	00:38:17	131		V40	1
131	1919	Gabriel Henriques	00:19:29	00:38:18	00:38:11	129		Senior	57
132	668	João Silva	00:18:53	00:38:22	00:38:20	132		V40	15
133	1994	Beatriz Fernandes	00:19:06	00:38:24	00:38:23	134	Sporting Clube de Braga	Senior	11



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
134	1522	Mário Pires	00:19:18	00:38:28	00:38:26	135		V45	10
135	1296	Carlos Fernandes	00:19:19	00:38:29	00:38:26	136		V45	11
136	1378	João Pacheco	00:19:16	00:38:30	00:38:23	133		V35	19
137	1326	José Antunes	00:19:30	00:38:32	00:38:28	137	Reboleira	V55	1
138	1693	Pedro Porfírio	00:19:37	00:38:40	00:38:35	138	GDRC Ponterrolense	V35	20
139	1907	André Fernandes	00:19:04	00:38:48	00:38:47	139		Senior	58
140	2034	Tiago Allen	00:19:33	00:38:54	00:38:47	140		V35	21
141	1775	Vitor Oliveira	00:19:36	00:38:58	00:38:55	142		Senior	59
142	1682	Miguel Bernardo	00:19:41	00:38:59	00:38:55	141		V40	16
143	450	Tiago Encarnação	00:19:43	00:39:05	00:39:02	144		Senior	60
144	1597	Pedro Mendonça	00:19:43	00:39:05	00:39:03	145		V45	12
145	884	Laura Grilo	00:19:43	00:39:06	00:39:02	143	Clube de Praças da Armada	V35	6
146	1932	Diogo Jacinto	00:19:37	00:39:11	00:39:08	146	Run Tejo - Prevent Sprain	Senior	61
147	1361	Pedro Conceição	00:19:23	00:39:14	00:39:13	148		V40	17
148	484	Ricardo Pinela	00:19:47	00:39:14	00:39:10	147		Senior	62
149	1247	Rita Costa	00:20:12	00:39:15	00:39:14	149	Sport Lisboa e Benfica	Junior	1
150	2177	Duarte Brás	00:19:51	00:39:20	00:39:19	150		Senior	63
151	1178	Tiago Sousa	00:19:14	00:39:23	00:39:23	152	JOMA	Junior	10
152	11	Duarte Costa	00:19:50	00:39:24	00:39:23	153		V35	22



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
153	1771	Ines Oliveira	00:19:24	00:39:24	00:39:23	154	ADNO - NucleOeiras	Senior	12
154	1225	António Murteira	00:19:50	00:39:25	00:39:22	151	Grupo Recreativo e Desportivo da Ribeira da Lage	V55	2
155	1315	Emerson Rosa	00:19:55	00:39:26	00:39:24	155		V40	18
156	785	Bruno Paixão	00:19:44	00:39:30	00:39:27	156	C F Os BELENENSES	V40	19
157	784	Luis Marçal	00:19:54	00:39:30	00:39:29	157	C F Os BELENENSES	V45	13
158	351	Belmiro Moreira	00:19:55	00:39:31	00:39:30	158		V40	20
159	85	Jorge Nabais	00:20:00	00:39:34	00:39:32	159		V40	21
160	1484	Rui Henriques	00:19:37	00:39:35	00:39:33	161	Serviços Sociais Montepio	V40	22
161	1489	Fábio Inácio	00:19:56	00:39:35	00:39:35	164	Serviços Sociais Montepio	Senior	64
162	1512	Ricardo Filipe	00:19:57	00:39:37	00:39:33	162		V40	23
163	1282	Carlos Lourenço	00:19:59	00:39:41	00:39:32	160	Charneca Stars	V50	8
164	1351	João Monteiro	00:19:26	00:39:41	00:39:41	166	GDR Granja-Trutas do Mau	V45	14
165	236	Bruno Maia	00:19:56	00:39:42	00:39:42	167		V45	15
166	62	Carlos Craveira	00:19:56	00:39:43	00:39:38	165		V50	9
167	161	Hugo Paulo	00:19:52	00:39:44	00:39:43	168		V40	24
168	468	Diogo Parracho	00:19:46	00:39:47	00:39:34	163		Senior	65
169	1611	Helena Carvalho	00:19:24	00:39:49	00:39:48	169		Senior	13
170	2115	Miguel	00:20:06	00:39:51	00:39:51	170	SFRAA	Junior	11
171	1210	Duarte Alves	00:20:07	00:39:57	00:39:54	173	SERUL	Senior	66



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
172	527	Francisco Gonçalves	00:19:56	00:39:57	00:39:54	172	Associação Desportiva de Palmeiros Sintra	V50	10
173	281	Alfredo Veiga	00:19:50	00:39:57	00:39:56	174		Junior	12
174	369	Francisco Duarte	00:20:17	00:40:02	00:39:51	171		Senior	67
175	885	Bruno Martins	00:20:20	00:40:05	00:40:00	175	Tico & Teco	V35	23
176	1076	Pedro Silva	00:20:19	00:40:07	00:40:07	176	Clube Millennium BCP	V55	3
177	2116	Pedro	00:20:01	00:40:14	00:40:13	181	SFRAA	Junior	13
178	1883	Ana Rebelo	00:20:12	00:40:15	00:40:11	179	Run Tejo - Prevent Sprain	Senior	14
179	476	Dinis Ribas	00:20:11	00:40:16	00:40:09	177		V50	11
180	854	André Mota	00:19:44	00:40:17	00:40:12	180		Junior	14
181	1680	Daniel Oliveira	00:20:25	00:40:18	00:40:09	178		Senior	68
182	284	Helder Marques	00:20:02	00:40:20	00:40:18	183		V45	16
183	2109	Avelino Santos	00:20:57	00:40:22	00:40:20	186	SFRAA	Senior	69
184	135	Ivandro Moreira	00:21:04	00:40:23	00:40:17	182		Senior	70
185	627	Luis Rebelo	00:20:12	00:40:23	00:40:20	185		V55	4
186	320	Pedro Pereira	00:20:09	00:40:23	00:40:22	187	Federação da Família para a Paz Mundial e Unificação	V35	24
187	319	Mafalda Martinho	00:20:10	00:40:24	00:40:23	188	Federação da Família para a Paz Mundial e Unificação	Senior	15
188	1025	Miguel Carmo	00:20:31	00:40:26	00:40:18	184		Senior	71
189	257	Hugo Borges	00:20:32	00:40:28	00:40:24	189	Associação Desportiva de Palmeiros Sintra	V40	25
190	990	Didier Valente	00:20:16	00:40:31	00:40:30	191	Monsanto Running Team	V50	12



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
191	1406	Henrique Santos	00:20:44	00:40:33	00:40:27	190	Associação Vale Grande	Senior	72
192	562	Tony Almeida	00:20:25	00:40:35	00:40:31	192		V40	26
193	1934	António Boné	00:20:12	00:40:38	00:40:35	194	Run Tejo - Prevent Sprain	Senior	73
194	853	Beatriz Alves	00:20:24	00:40:44	00:40:43	196		Senior	16
195	727	Tiago Gabriel	00:20:35	00:40:45	00:40:41	195		V35	25
196	1879	Hugo Lopes	00:20:48	00:40:52	00:40:49	197	CCD Crédito Agrícola	V35	26
197	2175	César Silva	00:20:23	00:40:52	00:40:51	198		Senior	74
198	1090	Luis Godinho	00:20:41	00:40:59	00:40:55	199	Clube Millennium BCP	V55	5
199	1567	Fabiano Ferreira	00:20:54	00:41:00	00:40:56	200	Benfica em Forma	V40	27
200	928	José Duarte	00:20:40	00:41:02	00:41:01	203	Os Galgos	V45	17
201	792	David Jesus	00:20:45	00:41:04	00:41:03	206		V55	6
202	1902	Leonardo Acosta	00:21:39	00:41:05	00:40:31	193		V35	27
203	1339	Paulo Moreira	00:20:44	00:41:05	00:40:57	201	Reboleira	V50	13
204	283	Carlos Tomé	00:20:37	00:41:06	00:41:03	205		V50	14
205	569	Den Chuang	00:20:22	00:41:06	00:41:01	204		Senior	75
206	459	Catarina Lourenço	00:20:11	00:41:08	00:41:06	208		V40	2
207	74	Francisco Teixeira	00:20:20	00:41:09	00:41:08	209		V40	28
208	776	Gonçalo Ferreira	00:20:46	00:41:10	00:41:06	207	C F Os BELENENSES	V50	15
209	397	Pedro Silva	00:20:40	00:41:10	00:41:09	210		Senior	76



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
210	1046	Sérgio Moscatel	00:20:56	00:41:13	00:40:59	202		V35	28
211	206	Marco Francisco	00:20:17	00:41:17	00:41:15	214		V35	29
212	1650	João Vilares	00:21:00	00:41:18	00:41:11	211		V35	30
213	520	Pedro Martins	00:20:36	00:41:22	00:41:17	215		Senior	77
214	753	Miguel Barba	00:20:53	00:41:24	00:41:21	217	Peniche a Correr	V40	29
215	1372	Alexandre Figueiredo	00:20:54	00:41:26	00:41:13	212		V45	18
216	892	Luis Santos	00:20:59	00:41:27	00:41:13	213		V35	31
217	552	João Borges	00:21:03	00:41:31	00:41:28	219		V35	32
218	163	Mário Santos	00:20:59	00:41:31	00:41:21	216		V45	19
219	1978	Mário Santos	00:20:59	00:41:31	00:41:21	218	JFFVN	V45	20
220	138	Bruno Ribeiro	00:20:51	00:41:33	00:41:31	221	Kaninos	V40	30
221	1937	Sara Lobo	00:21:11	00:41:36	00:41:33	223	Run Tejo - Prevent Sprain	Senior	17
222	1868	Paulo Arrenega	00:21:11	00:41:37	00:41:33	222	Run Tejo - Prevent Sprain	V55	7
223	660	Carlos Gomes	00:21:08	00:41:38	00:41:36	225	Clube EDP - Lisboa	V60	1
224	1685	Catarina Tavora	00:21:09	00:41:38	00:41:36	228		Senior	18
225	266	Renato Vieira	00:20:53	00:41:39	00:41:29	220		V35	33
226	677	João Ginja	00:21:09	00:41:39	00:41:36	226	Linda-a-Pastora Sporting Clube	V55	8
227	180	Artur Oliveira	00:21:42	00:41:39	00:41:35	224	Associação Desportiva de Palmeiros Sintra	V50	16
228	1967	Virginia Moya	00:20:56	00:41:40	00:41:39	230		Senior	19



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
229	682	José Massuça	00:20:59	00:41:40	00:41:36	227	C F Os BELENENSES	V50	17
230	1686	Luis Nogueira	00:20:57	00:41:42	00:41:42	232	Os Galgos	V50	18
231	81	Sóstenes Barbosa	00:20:37	00:41:47	00:41:45	235		V35	34
232	293	Hernâni Fernandes	00:20:56	00:41:48	00:41:48	239	GT10.30SX	V50	19
233	893	Nelson Costa	00:20:44	00:41:49	00:41:40	231		V35	35
234	518	Palmira Quinhama	00:21:17	00:41:49	00:41:37	229		V45	2
235	311	Nuno Quintela	00:21:02	00:41:50	00:41:47	236	GRCD LEIÃO	Senior	78
236	1240	Carlos Pereira	00:21:00	00:41:50	00:41:49	240		V50	20
237	508	José Santos	00:21:11	00:41:52	00:41:44	234	CCDTMetroLX	V50	21
238	1398	Nuno Ferreira	00:21:15	00:41:55	00:41:52	242		V45	21
239	1363	Paulo Costa	00:21:16	00:41:56	00:41:52	241		V55	9
240	1625	Gonçalo Inácio	00:20:57	00:41:58	00:41:43	233	Associação Vale Grande	V40	31
241	2099	Rogério Machado	00:20:50	00:41:58	00:41:56	243		V40	32
242	567	Mário Sá	00:21:24	00:41:59	00:41:47	237		V40	33
243	851	Sheila Azevedo	00:21:24	00:41:59	00:41:47	238		V40	3
244	1862	Pedro Martins	00:20:49	00:42:01	00:41:58	245	Desportivo Operário do Rangel	V40	34
245	1117	Henrique Coelho	00:20:28	00:42:05	00:42:03	247		V50	22
246	782	Vitor Gonzas	00:20:58	00:42:06	00:42:03	248	C F Os BELENENSES	V55	10
247	1526	Fernando Martins	00:21:04	00:42:06	00:42:06	250		V50	23



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
248	791	Fernando Santos	00:20:58	00:42:07	00:42:04	249	C F Os BELENENSES	V50	24
249	1782	João Lopes	00:21:14	00:42:07	00:41:58	244		V35	36
250	1289	Gil Domingues	00:21:08	00:42:08	00:42:02	246		Senior	79
251	662	António Santos	00:21:15	00:42:11	00:42:09	253		V60	2
252	1819	Carolina Ribeiro	00:20:49	00:42:12	00:42:11	255	Recreio Desportivo de Águeda	Junior	2
253	1063	Ivo Alves	00:21:32	00:42:14	00:42:08	252	CCD Sintrense	V40	35
254	908	Sara Marinho	00:20:58	00:42:14	00:42:12	257		Senior	20
255	2086	Renata Fernandes	00:21:33	00:42:15	00:42:12	256		V40	4
256	1	Rosa Mota	00:21:17	00:42:16	00:42:15	259		V60	1
257	32	Nuno Silva	00:21:17	00:42:18	00:42:13	258	HeCaTEAM	V40	36
258	94	Tiago Sousa	00:21:07	00:42:20	00:42:07	251		V40	37
259	526	Elias Porto	00:21:39	00:42:20	00:42:10	254		V40	38
260	1802	Paulo Lamego	00:21:41	00:42:27	00:42:26	261		V50	25
261	14	Pedro Serra	00:21:09	00:42:29	00:42:26	260		V35	37
262	916	Virgínia Pereira	00:21:13	00:42:33	00:42:32	264		V55	1
263	1359	Jorge Almeida	00:21:03	00:42:35	00:42:28	262	Reboleira	Senior	80
264	779	Avelino Soares	00:21:10	00:42:37	00:42:34	267	C F Os BELENENSES	V55	11
265	174	Paulo Fernandes	00:22:06	00:42:38	00:42:28	263	Corrida do 9	V50	26
266	1055	Miguel Alpendre	00:21:35	00:42:40	00:42:38	268		Junior	15



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
267	1355	João Oliveira	00:21:50	00:42:41	00:42:32	265		V45	22
268	1750	Daniel Matias	00:21:41	00:42:43	00:42:34	266		V35	38
269	332	Adriano Araújo	00:21:19	00:42:44	00:42:42	272	Conquista Ginásio - Cadaval	V45	23
270	1596	Márcio Santos	00:21:12	00:42:44	00:42:41	271		V35	39
271	534	Luís Ferreira	00:21:33	00:42:47	00:42:46	275		V40	39
272	1455	Bruno Pissarra	00:21:06	00:42:48	00:42:46	276		V45	24
273	312	Carlos Calado	00:21:36	00:42:50	00:42:38	269		V45	25
274	1424	Luis Pires	00:21:25	00:42:51	00:42:49	277		V50	27
275	2107	Luís Cordeiro	00:21:29	00:42:51	00:42:51	280	SFRAA	V40	40
276	2008	Mário Nunes	00:21:34	00:42:52	00:42:40	270		V35	40
277	907	Paulo Tomás	00:21:23	00:42:59	00:42:57	286	GM 1º Dezembro Queijas	V50	28
278	1938	Tiago Ribeiro	00:21:28	00:43:00	00:42:56	284	Run Tejo - Prevent Sprain	V35	41
279	1328	Edinson Sanchez	00:21:36	00:43:00	00:42:44	273		V40	41
280	2048	Pedro Valente	00:21:25	00:43:00	00:42:55	283		V40	42
281	1787	Horácio Ferreira	00:21:50	00:43:01	00:42:50	279		V50	29
282	1451	Carlos Francisco	00:21:43	00:43:01	00:42:49	278		Senior	81
283	1765	Margarida Dionísio	00:21:41	00:43:02	00:43:01	289		V35	7
284	370	João Antunes	00:21:54	00:43:02	00:42:54	282		V50	30
285	1924	Nuno Antunes	00:21:54	00:43:04	00:42:56	285		V45	26



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
286	1751	Edgar Caldeira	00:21:40	00:43:04	00:42:54	281		V35	42
287	1508	Jonas Bras	00:22:50	00:43:05	00:43:02	290	correr.com(e)	Senior	82
288	1342	Jorge Correia	00:22:08	00:43:06	00:42:57	287	Reboleira	V50	31
289	1325	José Marcelino	00:21:47	00:43:06	00:43:04	297	Reboleira	V60	3
290	2170	Paulo Albino	00:22:44	00:43:06	00:43:05	298		V45	27
291	86	Rute Martins	00:21:25	00:43:08	00:43:07	300		V35	8
292	1335	Rui Ascensão	00:22:15	00:43:09	00:43:03	293		V45	28
293	1304	Hugo Rocha	00:21:39	00:43:09	00:43:02	291		V40	43
294	816	Fábio Pio	00:22:16	00:43:10	00:42:45	274	Grupo Desportivo Santander Totta	V50	32
295	1702	Rui Ramos	00:21:16	00:43:12	00:43:10	301		V40	44
296	1170	Nuno Carrilho	00:21:38	00:43:12	00:43:11	302	Grupo Recreativo e Desportivo da Ribeira da Lage	V45	29
297	171	José Fonseca	00:21:12	00:43:12	00:43:03	295		Senior	83
298	652	Nuno Carvalho	00:21:58	00:43:13	00:43:03	294	SERUL	V35	43
299	918	Pedro Santos	00:21:55	00:43:13	00:43:02	292		Senior	84
300	137	Ricardo Domingues	00:21:46	00:43:15	00:43:03	296		Senior	85
301	1477	Luís Barreiras	00:21:37	00:43:15	00:43:15	306	Zatopeques	V50	33
302	778	Nuno Queija	00:21:39	00:43:16	00:43:13	304	C F Os BELENENSES	V50	34
303	801	João Santos	00:21:41	00:43:17	00:43:16	307	GM 1º Dezembro Queijas	V35	44
304	777	Gustavo Santos	00:22:09	00:43:18	00:43:14	305	C F Os BELENENSES	V50	35



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
305	1637	André Martins	00:21:28	00:43:18	00:43:17	310	CCD Siemens	Senior	86
306	1305	Miguel Fernandes	00:21:40	00:43:20	00:43:13	303		V40	45
307	1352	Filipe Dias	00:21:51	00:43:20	00:43:19	313		V35	45
308	860	Ricardo Almeida	00:21:51	00:43:20	00:43:06	299		V40	46
309	249	Rui Duarte	00:22:02	00:43:22	00:43:17	309		V40	47
310	340	Gonçalo Pereira	00:21:06	00:43:22	00:43:20	314		Senior	87
311	1871	João Graça	00:22:13	00:43:23	00:43:18	311	Run Tejo - Prevent Sprain	V55	12
312	829	Rafael Abrunhosa	00:21:56	00:43:23	00:43:18	312		V55	13
313	15	Luis Aguiar	00:22:22	00:43:24	00:43:16	308		V45	30
314	1173	Helder Batista	00:21:50	00:43:25	00:43:25	316	Grupo Recreativo e Desportivo da Ribeira da Lage	V50	36
315	1863	Pedro Ferreira	00:21:49	00:43:28	00:43:24	315	Desportivo Operário do Rangel	V55	14
316	1105	Almiro Feijão	00:21:48	00:43:30	00:43:28	320	Clube Millennium BCP	V60	4
317	1000	Marina Domingues	00:21:48	00:43:30	00:43:28	319	Linda-a-Pastora Sporting Clube	V40	5
318	810	Alexandre Carvalho	00:21:53	00:43:35	00:43:27	317	Correr Queluz	V45	31
319	1629	Jaime Mauricio	00:21:58	00:43:37	00:43:27	318	CA Patameiras	V45	32
320	1893	Sónia Panasco	00:22:00	00:43:38	00:43:37	327		V40	6
321	982	Nuno Costa	00:22:03	00:43:39	00:43:31	322	SS CGD	V45	33
322	1040	João Antunes	00:21:12	00:43:43	00:43:36	326		Senior	88
323	823	Jorge Carvalheiro	00:22:28	00:43:43	00:43:38	329	Herdade Moderna	Senior	89



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
324	726	Leonardo Jesus	00:21:41	00:43:43	00:43:42	330	Alverca Urban Runners	V35	46
325	1421	Sandra Protásio	00:21:56	00:43:46	00:43:43	331		Senior	21
326	1807	Manuel Traquete	00:22:09	00:43:47	00:43:33	324		Senior	90
327	1360	Carlos Caeiro	00:22:18	00:43:49	00:43:38	328		V45	34
328	964	Pedro Temporão	00:22:30	00:43:50	00:43:31	321		V40	48
329	1238	Isidro Duarte	00:21:41	00:43:51	00:43:47	332	RB RUNNING	V55	15
330	29	Vitor Martins	00:21:11	00:43:52	00:43:49	334		V50	37
331	492	João Veiga	00:22:04	00:43:54	00:43:49	335		Senior	91
332	2169	Bruno Viper	00:25:15	00:43:55	00:43:54	340		V40	49
333	794	Diogo Fouto	00:22:09	00:43:56	00:43:56	342		Senior	92
334	766	Rui Ferreira	00:22:22	00:43:57	00:43:50	337	Casa Benfica em A M M	V45	35
335	2131	Fernando Miranda	00:22:28	00:43:59	00:43:56	341		V50	38
336	2080	Cristiano Paes	00:22:12	00:43:59	00:43:51	339		V50	39
337	509	Nuno Pita	00:22:13	00:44:00	00:43:51	338	CCDTMetroLX	V45	36
338	18	Filipe Mourão	00:22:11	00:44:00	00:43:48	333		Senior	93
339	2079	José Cunha	00:22:37	00:44:01	00:43:49	336		V55	16
340	1301	Ruben Cardoso	00:21:52	00:44:02	00:43:58	343	ACDRS QUINHENDROS	Senior	94
341	1777	Diogo Freitas	00:22:41	00:44:02	00:44:00	346		Senior	95
342	1498	Sílvia Gomes	00:22:26	00:44:03	00:43:59	344	MTBA	V45	3



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
343	1890	Gonçalo Ferreira	00:22:24	00:44:04	00:43:33	323		V35	47
344	689	Américo Rodrigues	00:22:30	00:44:05	00:44:01	347	Casa Benfica em A M M	V60	5
345	244	Bruno Andrade	00:22:10	00:44:05	00:44:02	350		V35	48
346	1543	Luís Martins	00:22:59	00:44:05	00:42:58	288		V35	49
347	160	Rui Maneta	00:21:49	00:44:06	00:44:02	348	Correr Queluz	V40	50
348	388	Ricardo Martins	00:22:15	00:44:08	00:44:07	355		V35	50
349	286	Edgar Fernandes	00:22:07	00:44:09	00:44:02	349		Senior	96
350	1537	Tiago Romão	00:22:34	00:44:10	00:44:07	354		Senior	97
351	1493	Armando Dias	00:22:31	00:44:10	00:44:10	357		V55	17
352	1343	José Machado	00:21:13	00:44:11	00:44:10	356	Reboleira	V65	1
353	1507	Daniel Domingues	00:21:39	00:44:12	00:44:06	353		V35	51
354	1764	Tomás Peixoto	00:23:02	00:44:12	00:43:34	325		Senior	98
355	1104	Fernando Feijao	00:22:29	00:44:13	00:44:11	358	Clube Millennium BCP	V65	2
356	164	Goncalo Silva	00:22:33	00:44:14	00:44:05	351		V40	51
357	1956	João Branco	00:22:20	00:44:15	00:44:14	359		V50	40
358	1066	Sara Pedrosa	00:21:40	00:44:19	00:44:18	362	Clube Desportivo Espite	Senior	22
359	437	Francisca Parente	00:22:28	00:44:22	00:44:16	361		Senior	23
360	1854	Paulo Menezes	00:22:47	00:44:24	00:43:59	345		V50	41
361	1866	Bárbara Abreu	00:22:28	00:44:24	00:44:19	365	Run Tejo - Prevent Sprain	Senior	24



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
362	469	Luis Barata	00:22:40	00:44:26	00:44:22	367		V50	42
363	2016	Sergio Carvalho	00:22:24	00:44:28	00:44:18	364		V45	37
364	1308	Rui Simoes	00:22:32	00:44:29	00:44:18	363		V45	38
365	176	Gonçalo Rodrigues	00:23:09	00:44:30	00:44:20	366	Corrida do 9	V35	52
366	1556	João Marques	00:22:24	00:44:31	00:44:25	369		V60	6
367	1555	Amélia Costa	00:22:25	00:44:32	00:44:28	371		V55	2
368	480	João Alves	00:23:10	00:44:32	00:44:23	368		V50	43
369	1341	Ricardo Pinto	00:22:46	00:44:35	00:44:31	374	Reboleira	V40	52
370	1856	Luis Pinho	00:22:34	00:44:36	00:44:30	373		Senior	99
371	72	Heitor Araújo	00:22:56	00:44:36	00:44:31	376		V55	18
372	507	José Alves	00:22:35	00:44:37	00:44:34	377	CCDTMetroLX	V50	44
373	1338	Eduardo Luís	00:22:51	00:44:39	00:44:28	372	Atómicos	V40	53
374	498	Rui Santos	00:22:05	00:44:39	00:44:37	379	GM 1º Dezembro Queijas	V40	54
375	1779	João Antunes	00:23:00	00:44:40	00:44:27	370		Senior	100
376	1756	Pedro Mota	00:24:33	00:44:41	00:44:15	360		V40	55
377	1379	Carolina Silva	00:22:41	00:44:41	00:44:40	380		Senior	25
378	751	Tiago Brito	00:22:13	00:44:43	00:44:31	375		V35	53
379	1671	Nuno Gonçalves	00:22:50	00:44:43	00:44:05	352		V40	56
380	1494	António Martins	00:22:29	00:44:44	00:44:43	384	Zatopeques	V50	45



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
381	968	Pedro Sanguino	00:22:12	00:44:46	00:44:41	381		V35	54
382	656	Rui Cunha	00:22:19	00:44:46	00:44:35	378	SERUL	V45	39
383	1754	Hélder Machado	00:22:00	00:44:47	00:44:46	388		V45	40
384	1176	André Oliveira	00:22:32	00:44:48	00:44:42	382	Grupo Recreativo e Desportivo da Ribeira da Lage	V35	55
385	1551	Joaquim Ramalho	00:23:43	00:44:48	00:44:42	383		V50	46
386	238	Diogo Leite	00:22:06	00:44:51	00:44:47	390		Senior	101
387	2011	Audatilo Moreno	00:22:30	00:44:52	00:44:43	385		V40	57
388	2025	Hugo Lopes	00:22:44	00:44:53	00:44:49	392		V35	56
389	1072	Pedro Santos	00:22:25	00:44:53	00:44:45	387	Clube Millennium BCP	V50	47
390	83	Rui Correia	00:22:16	00:44:55	00:44:50	393		V45	41
391	1219	Carla Fernandes	00:22:17	00:44:55	00:44:52	399		V40	7
392	681	Jorge Gonçalves	00:22:28	00:44:56	00:44:50	394		V40	58
393	1626	Nuno Gonçalves	00:22:36	00:44:56	00:44:46	389	CA Patameiras	V45	42
394	558	Nuno Pitta	00:22:47	00:44:58	00:44:57	405		V50	48
395	1545	Joao Santos	00:22:35	00:44:58	00:44:54	401		V55	19
396	1013	João Galhordas	00:22:48	00:44:59	00:44:51	396		V50	49
397	1281	Vicente Zarro	00:22:08	00:44:59	00:44:56	404	ARSM - Associação Recreativa de S. Miguel	Junior	16
398	637	Pedro Alferes	00:22:49	00:44:59	00:44:51	398		V55	20
399	658	Nelson Antunes	00:22:32	00:45:00	00:44:51	397	SERUL	V40	59



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
400	1362	Hugo Matias	00:22:16	00:45:00	00:44:50	395		Senior	102
401	607	Amândio Caetano	00:22:34	00:45:01	00:44:58	408		V55	21
402	1544	Tiago Oliveira	00:22:55	00:45:02	00:44:57	406		Senior	103
403	52	Filipe Freire	00:22:34	00:45:02	00:44:48	391		V35	57
404	948	José Figueiredo	00:22:59	00:45:04	00:45:02	412		V60	7
405	636	Tiago Roussado	00:23:20	00:45:04	00:44:55	402	Legends To Be	Senior	104
406	1880	Joao Dias	00:22:25	00:45:04	00:44:57	407		V55	22
407	1166	Tiago Penedos	00:22:34	00:45:04	00:45:00	411	Os Rolhas	Senior	105
408	153	Artur Carvalho	00:22:51	00:45:05	00:44:55	403	Correr Queluz	V50	50
409	1018	Ricardo Rodrigues	00:22:26	00:45:05	00:45:03	415		V35	58
410	834	Carlos Teixeira	00:22:49	00:45:05	00:45:03	416		V45	43
411	541	Rui Mamede	00:22:09	00:45:06	00:45:00	409		V45	44
412	2024	Rui Carvalho	00:22:44	00:45:06	00:45:02	413		V45	45
413	225	Alexandre Cavalheiro	00:22:51	00:45:06	00:45:00	410		V45	46
414	1288	Pedro Gomes	00:22:32	00:45:07	00:45:03	417		V45	47
415	2022	Leandro Reis	00:22:48	00:45:09	00:45:09	422	Federação da Família para a Paz Mundial e Unificação	V50	51
416	685	Manuel Correia	00:22:59	00:45:10	00:45:05	419		V45	48
417	1592	Luís Calha	00:22:24	00:45:14	00:45:10	423	VITORIA FUTEBOL CLUBE	V50	52
418	672	Fernando Laranjo	00:22:41	00:45:15	00:45:10	425		V40	60



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
419	1211	Helder Silva	00:22:38	00:45:15	00:45:10	424		V45	49
420	661	Ricardo Santos	00:23:03	00:45:16	00:45:05	418	Clube EDP - Lisboa	V50	53
421	1487	Duarte Costa	00:22:51	00:45:17	00:45:03	414	Serviços Sociais Montepio	V40	61
422	222	Maria Lucas	00:22:57	00:45:17	00:45:14	427		V55	3
423	65	Maurício Cruz	00:21:56	00:45:18	00:45:17	430		V40	62
424	1911	Luís Batista	00:22:54	00:45:19	00:45:17	431		V40	63
425	1729	Carla Pereira	00:22:54	00:45:19	00:45:12	426		V35	9
426	590	António Graça	00:23:28	00:45:19	00:44:53	400		V55	23
427	734	Susana Calhau	00:22:32	00:45:19	00:45:09	421		Senior	26
428	1271	Nuno Morgado	00:22:57	00:45:20	00:45:08	420		V40	64
429	347	José Gomes	00:23:03	00:45:21	00:45:14	428	Ligeirinhos	V60	8
430	913	Cristiano Marques	00:23:12	00:45:22	00:45:18	432	C F Os BELENENSES	V50	54
431	1229	José Pinto	00:23:11	00:45:23	00:44:44	386	Grupo Recreativo e Desportivo da Ribeira da Lage	V55	24
432	1426	Alexandre Lumier	00:23:19	00:45:26	00:45:21	435		Senior	106
433	714	José Delfino	00:23:05	00:45:26	00:45:21	436		V60	9
434	264	Rui Pereira	00:23:04	00:45:28	00:45:16	429		V35	59
435	1895	Ruben Esteves	00:22:52	00:45:28	00:45:26	439		Senior	107
436	1933	José Salazar	00:22:57	00:45:29	00:45:24	437	Run Tejo - Prevent Sprain	V60	10
437	453	Higino Silva	00:22:17	00:45:29	00:45:26	440		V55	25



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
438	1520	Fernando Espanhol	00:22:17	00:45:29	00:45:25	438		Senior	108
439	1373	Rodrigo Carrera	00:22:51	00:45:29	00:45:27	442		V35	60
440	2117	Luís	00:23:57	00:45:29	00:45:27	443	SFRAA	V40	65
441	1786	Rui Valério	00:22:50	00:45:30	00:45:28	446		V35	61
442	2119	Inês	00:23:56	00:45:30	00:45:28	445	SFRAA	Junior	3
443	2118	Diana	00:23:56	00:45:30	00:45:27	444	SFRAA	Junior	4
444	1664	Abdulai Djalo	00:22:37	00:45:32	00:45:19	433		Senior	109
445	983	Tiago Lopes	00:23:50	00:45:32	00:45:29	447		Senior	110
446	1886	Telma Silva	00:23:36	00:45:33	00:45:27	441	Run Tejo - Prevent Sprain	Senior	27
447	1870	Carlos Freitas	00:21:16	00:45:35	00:45:32	450	Run Tejo - Prevent Sprain	V50	55
448	1221	Maria Borracha	00:22:59	00:45:38	00:45:29	448	Federação da Família para a Paz Mundial e Unificação	V55	4
449	80	Hugo Carlos	00:22:55	00:45:41	00:45:32	449		V40	66
450	147	Jorge Vaz	00:23:12	00:45:45	00:45:35	451		V45	50
451	100	Bruno Pinto	00:22:30	00:45:46	00:45:40	452		V35	62
452	1069	Pedro Sa	00:23:41	00:45:47	00:45:42	454	Clube Millennium BCP	V50	56
453	1099	Pedro Pereira	00:23:45	00:45:47	00:45:42	455	Clube Millennium BCP	V55	26
454	800	António Martinho	00:23:06	00:45:48	00:45:43	456	Linda-a-Pastora Sporting Clube	V55	27
455	330	Luís Domingos	00:22:58	00:45:49	00:45:48	459		V40	67
456	1045	Goncalo Palminha	00:23:15	00:45:50	00:45:44	457		V40	68



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
457	111	Vitor Martins	00:22:51	00:45:51	00:45:50	460		V45	51
458	1531	Lino Miguel	00:22:33	00:45:55	00:45:53	464		V35	63
459	1509	Daniel Diogo	00:23:03	00:45:56	00:45:52	463	Associação Vale Grande	V35	64
460	1179	Bruno Amaro	00:22:52	00:45:56	00:45:48	458	Grupo Recreativo e Desportivo da Ribeira da Lage	V40	69
461	1940	Jorge Silva	00:22:54	00:45:57	00:45:52	462	Run Tejo - Prevent Sprain	V45	52
462	1939	Elisabete Macedo	00:22:53	00:45:57	00:45:53	465	Run Tejo - Prevent Sprain	V40	8
463	336	Rui Carvalho	00:22:46	00:45:58	00:45:53	466		V50	57
464	915	César Cabeza	00:22:47	00:45:59	00:45:50	461		V40	70
465	1133	Rui Cunha	00:23:16	00:46:00	00:45:55	467		V55	28
466	1912	Paulo Monteiro	00:22:31	00:46:01	00:45:58	471		V45	53
467	1655	Catarina Carreira	00:23:22	00:46:03	00:45:56	469		Senior	28
468	1312	Luis Cipriano	00:22:58	00:46:04	00:46:02	476		V45	54
469	1478	Paulo Basílio	00:23:30	00:46:05	00:46:01	475	Zatopeques	V55	29
470	215	Jaime Duarte	00:23:13	00:46:06	00:45:57	470		V35	65
471	1255	José Gonçalves	00:22:57	00:46:06	00:46:00	473		V50	58
472	840	José Borges	00:23:10	00:46:07	00:46:05	480	Linda-a-Pastora Sporting Clube	V45	55
473	1047	Vinicius Guedes	00:23:06	00:46:08	00:46:01	474	GRCD LEIÃO	V40	71
474	1368	Pedro Esteves	00:22:50	00:46:10	00:46:07	481	Amigos do Atletismo de Mafra	V50	59
475	376	Vitor Moreira	00:23:02	00:46:10	00:45:59	472		Senior	111



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
476	977	Henrique Amador	00:23:19	00:46:10	00:46:02	478	SS CGD	V50	60
477	429	Hugo Guerreiro	00:23:10	00:46:10	00:46:04	479		V40	72
478	979	João Marques	00:22:51	00:46:12	00:46:09	484	SS CGD	V45	56
479	1263	Eduardo Costa	00:23:26	00:46:12	00:46:02	477		V45	57
480	223	Carlos Ferreira	00:23:32	00:46:13	00:46:08	483		V40	73
481	1423	Diogo Alfarelos	00:23:51	00:46:13	00:46:07	482		V35	66
482	1576	Rita Mogo	00:23:08	00:46:15	00:46:12	487		V35	10
483	1711	Joaquim Capela	00:23:32	00:46:15	00:45:40	453		V50	61
484	1279	Arsénio Fernandes	00:23:13	00:46:16	00:46:12	485	ARSM - Associação Recreativa de S. Miguel	V65	3
485	695	Daniel Nogueira	00:23:21	00:46:16	00:46:16	491		Senior	112
486	615	António Barbosa	00:23:15	00:46:18	00:46:13	489		V40	74
487	75	André Pereira	00:23:21	00:46:19	00:46:18	495		V35	67
488	2023	Flamino Santos	00:23:11	00:46:20	00:46:13	488	Federação da Família para a Paz Mundial e Unificação	V60	11
489	57	Rui Figueiredo	00:23:25	00:46:21	00:46:12	486	QUARTETO	V45	58
490	2062	Virgílio Ramos	00:24:18	00:46:23	00:45:20	434		V40	75
491	1591	Jorge Ferreira	00:23:00	00:46:27	00:46:18	494		V50	62
492	1983	Beatriz Marques	00:23:43	00:46:28	00:45:56	468	JFFVN	Junior	5
493	421	Manuel Cruz	00:23:46	00:46:28	00:46:23	496		V55	30
494	169	Guilherme Santos	00:23:06	00:46:30	00:46:17	492		V35	68



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
495	179	José Martins	00:23:03	00:46:31	00:46:26	498		Senior	113
496	51	Henrique Ramos	00:23:37	00:46:32	00:46:25	497		V60	12
497	1227	Leandro Rodrigues	00:23:27	00:46:32	00:46:27	500	Grupo Recreativo e Desportivo da Ribeira da Lage	V40	76
498	1054	Joao Alpendre	00:23:28	00:46:34	00:46:28	501		V50	63
499	89	Ricardo Franco	00:23:22	00:46:35	00:46:35	506		V35	69
500	1077	Antonio Almeida	00:23:41	00:46:36	00:46:31	502	Clube Millennium BCP	V55	31
501	577	José Santos	00:23:42	00:46:37	00:46:31	503		V55	32
502	804	Pedro Dias	00:23:00	00:46:38	00:46:35	507		V35	70
503	1646	Luis Almeida	00:23:31	00:46:39	00:46:34	505	Associação Vale Grande	V45	59
504	805	Rui Henriques	00:23:10	00:46:39	00:46:35	508		V50	64
505	619	Rui Lacerda	00:23:15	00:46:41	00:46:39	511	Associação Vale Grande	V50	65
506	1391	Carlos Santos	00:23:15	00:46:44	00:46:37	510		V50	66
507	1518	Jacinto Pereira	00:23:17	00:46:45	00:46:17	493		Senior	114
508	155	Luis Taborda	00:23:47	00:46:45	00:46:43	515		V35	71
509	1692	Pedro Antunes	00:23:17	00:46:46	00:46:43	514	GDRC Ponterrolense	V45	60
510	941	Gilson Silva	00:22:54	00:46:47	00:46:40	513		V40	77
511	70	Carlos Noronha	00:24:10	00:46:48	00:46:33	504		V40	78
512	64	Bruno Silva	00:23:49	00:46:48	00:46:37	509		V45	61
513	947	João Serrano	00:24:10	00:46:49	00:46:39	512		V35	72



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
514	1515	João Churro	00:23:39	00:46:50	00:46:46	519		V35	73
515	1952	Pedro Figueiredo	00:23:45	00:46:51	00:46:43	516		V45	62
516	606	Bruno Silva	00:23:38	00:46:52	00:46:44	517		V35	74
517	1098	Vitor Teixeira	00:23:50	00:46:53	00:46:26	499	Clube Millennium BCP	V50	67
518	2035	Machel Carvalho	00:23:28	00:46:54	00:46:49	522		V35	75
519	113	João Faustino	00:24:00	00:46:54	00:46:53	527	Clube do Stress	V50	68
520	98	Pedro Goncalves	00:23:14	00:46:56	00:46:48	520		V40	79
521	985	Paulo Pires	00:24:30	00:46:57	00:46:51	524	SS CGD	V55	33
522	237	António Merujo	00:23:25	00:46:57	00:46:53	528		V60	13
523	2012	Paulo Ribeiro	00:23:34	00:46:58	00:46:54	529		V50	69
524	114	Francisco Almeida	00:24:00	00:46:59	00:46:57	531	Clube do Stress	V45	63
525	1789	Sérgio Ferreira	00:24:01	00:46:59	00:46:49	521		V45	64
526	986	Pedro Fontoura	00:23:50	00:47:00	00:46:51	525	SS CGD	V50	70
527	449	Ana Almeida	00:23:54	00:47:00	00:47:00	536		V40	9
528	1175	João Oliveira	00:23:45	00:47:01	00:46:55	530	Grupo Recreativo e Desportivo da Ribeira da Lage	V55	34
529	465	Olena Zhushman	00:24:37	00:47:01	00:46:52	526		V35	11
530	1349	Miguel Almeida	00:23:28	00:47:01	00:46:46	518		V35	76
531	571	João Mendes	00:23:35	00:47:05	00:46:58	533		V50	71
532	95	Nuno Godinho	00:23:11	00:47:07	00:47:06	539		V45	65



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
533	1557	Pedro Mendes	00:23:38	00:47:07	00:46:50	523		V50	72
534	1190	Paulo Codinha	00:23:01	00:47:07	00:47:05	538		V55	35
535	2103	Cristóvão Domingos	00:22:53	00:47:09	00:46:57	532		Junior	17
536	151	Pedro Trabucho	00:23:45	00:47:10	00:47:09	544		V55	36
537	355	Fábio Júlio	00:23:57	00:47:10	00:46:59	534	Agualva Runners	Senior	115
538	880	Pedro Rodrigues	00:23:38	00:47:11	00:47:07	543		V40	80
539	1147	João Miranda	00:23:47	00:47:13	00:47:03	537		V35	77
540	461	Vera Ferreira	00:24:01	00:47:14	00:47:07	541	Running Family	V45	4
541	460	Gonçalo Porêlo	00:24:01	00:47:15	00:47:07	540	Running Family	V40	81
542	591	Tatiane Rondon	00:23:57	00:47:15	00:47:10	547		V45	5
543	337	Paulo Tainha	00:23:41	00:47:16	00:47:14	552		V55	37
544	1299	Duarte Dias	00:23:40	00:47:18	00:47:07	542	Tas em forma	Senior	116
545	1728	Ricardo Tavares	00:23:50	00:47:18	00:47:09	546		V45	66
546	2087	Jóni Silva	00:23:48	00:47:20	00:47:09	545		Senior	117
547	79	Nuno Figueiredo	00:24:01	00:47:24	00:47:12	548		V40	82
548	539	Arménio Mendes	00:24:05	00:47:24	00:47:23	556		V55	38
549	1473	Victória Quintã	00:24:33	00:47:25	00:47:12	549		Senior	29
550	1463	Paula Martins	00:24:33	00:47:25	00:47:13	550		V40	10
551	314	Rui Silva	00:23:48	00:47:25	00:47:13	551		V50	73



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
552	1307	Antonio Teixeira	00:23:42	00:47:27	00:47:16	553		V45	67
553	1031	Luis Silva	00:23:39	00:47:29	00:47:27	559		V60	14
554	1826	Pedro Gonçalves	00:23:22	00:47:30	00:47:29	561		V45	68
555	612	Felisberto Silva	00:23:26	00:47:30	00:47:26	557		V55	39
556	1827	Pedro Leiria	00:22:54	00:47:31	00:47:22	555		V45	69
557	2050	Theodore Nleya	00:24:01	00:47:34	00:47:32	565		Junior	18
558	1703	Ferreira Henrique	00:23:45	00:47:34	00:47:30	564		V50	74
559	412	Otsuka Hiroshi	00:24:27	00:47:34	00:47:21	554		V55	40
560	981	Luis Madeira	00:23:57	00:47:35	00:47:27	558	SS CGD	V50	75
561	2033	José Reis	00:23:03	00:47:38	00:47:28	560		Junior	19
562	1015	Rosa Freitas	00:23:52	00:47:39	00:47:38	570	Run Tejo - Prevent Sprain	V55	5
563	1274	Sergio Ventura	00:23:13	00:47:41	00:47:39	572		V40	83
564	1715	Ana Cleto	00:23:58	00:47:41	00:47:40	576	Grupo Recreativo e Desportivo da Ribeira da Lage	V50	1
565	230	Hélder Alexandre	00:23:48	00:47:42	00:47:37	569	Amigos do Asfalto	V40	84
566	1110	Hugo Pires	00:23:29	00:47:42	00:47:40	573		V45	70
567	940	António Almeida	00:24:25	00:47:43	00:47:29	562		V50	76
568	626	Hércules Baptista	00:23:37	00:47:44	00:47:30	563		V40	85
569	218	José Duarte	00:24:00	00:47:46	00:47:43	580	Associação Desportiva de Palmeiros Sintra	V55	41
570	2084	André Carvalho	00:23:42	00:47:46	00:47:41	578		Senior	118



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
571	489	Amândio Fortes	00:23:53	00:47:47	00:47:33	566		V35	78
572	84	João Santos	00:24:35	00:47:47	00:47:34	567		V35	79
573	2158	Sónia Neves	00:24:35	00:47:47	00:47:34	568		V45	6
574	1401	Isabel Santos	00:24:39	00:47:48	00:47:44	582	Federação da Família para a Paz Mundial e Unificação	V50	2
575	261	Rita Antunes	00:23:46	00:47:48	00:47:46	583		V35	12
576	544	Miguel Rocha	00:24:10	00:47:49	00:47:40	575		V50	77
577	1604	João Passeiro	00:24:30	00:47:51	00:47:40	577		V60	15
578	1244	Susana Carvalho	00:24:54	00:47:52	00:47:43	581		V50	3
579	533	Nuno Freire	00:24:55	00:47:52	00:47:43	579		V35	80
580	1183	Henrique Coelho	00:23:45	00:47:56	00:47:49	584	Clube de Ténis da Amadora	V40	86
581	1268	Ricardo Trigueiro	00:23:52	00:47:59	00:47:51	586		V40	87
582	1024	Luis Silva	00:23:52	00:48:00	00:47:52	587		V40	88
583	1971	Marcos Ratola	00:22:27	00:48:01	00:47:59	594		V40	89
584	1091	Rodrigo Ferreira	00:23:57	00:48:01	00:47:55	588	Clube Millennium BCP	V40	90
585	22	Maria Serra	00:24:03	00:48:02	00:47:58	592		V50	4
586	2135	António Duarte	00:24:24	00:48:02	00:47:57	591	Os Rolhas	V45	71
587	1298	João Dias	00:24:18	00:48:02	00:47:50	585	Tas em forma	V55	42
588	1468	António Oliveira	00:24:24	00:48:03	00:47:59	595		V65	4
589	598	André Barbosa	00:23:52	00:48:04	00:47:56	590		V35	81



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
590	364	Marco Santos	00:23:52	00:48:06	00:47:56	589		V35	82
591	1540	António Amaro	00:24:05	00:48:06	00:47:59	596		Senior	119
592	477	Mário Monteiro	00:24:03	00:48:08	00:48:00	598	Clube Ferroviário de Portugal	V45	72
593	1759	Carlos Luís	00:23:52	00:48:09	00:48:07	603		V50	78
594	2003	Luis Lopes	00:24:35	00:48:10	00:46:59	535		V50	79
595	622	Natacha Ribeirinho	00:24:06	00:48:11	00:48:09	606		Senior	30
596	519	Pedro Ferreira	00:23:35	00:48:12	00:48:00	597		V40	91
597	1900	Luís Loureiro	00:24:09	00:48:13	00:47:59	593		V35	83
598	845	Luis Dias	00:23:48	00:48:13	00:48:05	602		V35	84
599	1674	António Teixeira	00:24:31	00:48:13	00:48:01	599		V50	80
600	993	Vitor Marques	00:23:48	00:48:13	00:48:05	601		V40	92
601	2059	Joana Caldeira	00:24:00	00:48:16	00:48:12	608		V45	7
602	1735	Ricardo Costa	00:24:48	00:48:18	00:47:38	571		V35	85
603	980	Luis Gomes	00:24:08	00:48:19	00:48:17	614	SS CGD	V40	93
604	1953	Rui Antunes	00:23:53	00:48:20	00:48:15	611		V45	73
605	2156	Paulo Campos	00:23:29	00:48:20	00:48:17	613		V50	81
606	216	Carla Bernardino	00:23:52	00:48:21	00:48:18	616		V45	8
607	345	Filipe Gomes	00:24:27	00:48:22	00:47:40	574		V35	86
608	1187	Susana Pontes	00:24:32	00:48:22	00:48:14	610		V50	5



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
609	617	Carla Henriques	00:24:32	00:48:22	00:48:19	617	Associação Vale Grande	V45	9
610	1612	Tiago Fernandes	00:24:03	00:48:23	00:48:15	612		V35	87
611	1163	David Simão	00:24:35	00:48:23	00:48:09	605		V50	82
612	19	Orlando Couceiro	00:24:09	00:48:24	00:48:11	607		V35	88
613	1554	Eduardo Rodrigues	00:23:42	00:48:24	00:48:04	600		Senior	120
614	1198	Rodrigo Deus	00:24:27	00:48:25	00:48:21	623		V45	74
615	973	André Lopes	00:23:34	00:48:25	00:48:17	615	SS CGD	V35	89
616	883	Rui Brás	00:25:08	00:48:25	00:48:13	609	Agualva Runners	V45	75
617	959	Gonçalo Peres	00:24:27	00:48:25	00:48:22	628		V40	94
618	765	Carlos Costa	00:24:44	00:48:26	00:48:21	624	Casa Benfica em A M M	V50	83
619	674	Cristina Carvalho	00:24:44	00:48:26	00:48:21	627	Casa Benfica em A M M	V50	6
620	1970	Luís Bonito	00:25:01	00:48:27	00:48:20	619		V50	84
621	1915	Nelson Mota	00:24:40	00:48:28	00:48:19	618		V50	85
622	321	Edgar Magro	00:24:38	00:48:28	00:48:21	626		V40	95
623	1491	Sandro Cardoso	00:23:58	00:48:29	00:48:25	630		V35	90
624	17	Rodrigo Almeida	00:24:25	00:48:29	00:48:21	625		V40	96
625	975	Cristina Gabriel	00:24:22	00:48:30	00:48:20	621	SS CGD	V40	11
626	1882	Nelson Moreira	00:24:20	00:48:30	00:48:29	635	Run Tejo - Prevent Sprain	V35	91
627	187	Maria Palma	00:24:46	00:48:33	00:48:27	631	Associação Desportiva de Palmeiros Sintra	V40	12



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
628	109	João Almeida	00:24:06	00:48:33	00:48:20	620		V40	97
629	1411	Fábio Lima	00:25:07	00:48:34	00:48:20	622		Senior	121
630	2070	Luís Cardoso	00:24:47	00:48:34	00:48:28	633	União desportiva Alfoanelos	Senior	122
631	441	Rui Mendes	00:25:17	00:48:34	00:48:29	636		V50	86
632	1930	Ezequiel Andrade	00:24:38	00:48:35	00:48:28	634	Run Tejo - Prevent Sprain	V45	76
633	813	Anastácio Valadas	00:24:39	00:48:35	00:48:34	639	Grupo Desportivo Santander Totta	V65	5
634	934	Rui Lima	00:24:09	00:48:39	00:48:37	643		V50	87
635	1275	João Lopes	00:25:15	00:48:40	00:48:30	638		V60	16
636	717	Nuno Gonçalves	00:25:06	00:48:40	00:48:27	632		V45	77
637	623	Tiago Moacho	00:24:39	00:48:40	00:48:23	629		Senior	123
638	455	Ricardo Lourenço	00:24:38	00:48:43	00:48:42	647		V45	78
639	231	Rui Mena	00:24:01	00:48:44	00:48:35	640	Amigos do Asfalto	V50	88
640	444	Carlos Henriques	00:24:49	00:48:48	00:48:36	642		V55	43
641	99	João Vintém	00:24:39	00:48:48	00:48:38	644		V50	89
642	447	Nuno Malaquias	00:24:33	00:48:48	00:48:43	648		V45	79
643	1743	Miguel Cardoso	00:24:48	00:48:51	00:48:09	604		Senior	124
644	725	Henrique Ferreira	00:24:44	00:48:52	00:48:41	646		V40	98
645	1249	Hugo Cardoso	00:24:28	00:48:53	00:48:43	649		Senior	125
646	1644	Tiago Castanheira	00:24:31	00:48:54	00:48:46	652		Senior	126



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
647	1908	Tiago Osório	00:24:08	00:48:56	00:48:50	658		V35	92
648	315	José Pedro	00:24:55	00:48:57	00:48:48	654		V50	90
649	735	Pedro Antunes	00:24:34	00:48:58	00:48:46	650		V45	80
650	491	Erica Cabral	00:24:43	00:48:58	00:48:46	651		V35	13
651	1323	Paulo Antunes	00:24:35	00:48:59	00:48:57	663	Amigos do Atletismo de Mafra	V45	81
652	481	José Vieira	00:24:52	00:48:59	00:48:49	656		V35	93
653	863	Nuno Veigas	00:24:37	00:49:00	00:48:52	660		V40	99
654	1936	Anabela Salazar	00:24:54	00:49:01	00:49:00	665	Run Tejo - Prevent Sprain	V50	7
655	1709	Leandro Afonso	00:24:51	00:49:01	00:48:48	653		V40	100
656	1707	Ivan Valadares	00:24:51	00:49:02	00:48:49	657		V40	101
657	307	Miguel Aleixo	00:24:24	00:49:04	00:48:48	655		V40	102
658	1043	Marco Costa	00:24:41	00:49:05	00:48:53	661		V40	103
659	1332	Joao Gama	00:24:22	00:49:06	00:48:53	662		V45	82
660	58	Jose Gaspar	00:24:12	00:49:07	00:49:05	671	QUARTETO	V50	91
661	1869	Catarina Borges	00:24:39	00:49:08	00:49:05	672	GM 1º Dezembro Queijas	Senior	31
662	1014	Bruno Maia	00:24:40	00:49:08	00:49:05	670		V40	104
663	1666	Nuno Silva	00:25:38	00:49:10	00:48:40	645	PT CLINIC	V45	83
664	2081	José Boura	00:24:28	00:49:11	00:49:03	666		V55	44
665	821	Joaquim Ferrão	00:25:00	00:49:12	00:49:06	675		V60	17



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
666	2121	Pedro Pombo	00:24:02	00:49:12	00:49:06	674		V40	105
667	1476	Jorge Monteiro	00:25:23	00:49:13	00:48:57	664	Zatopeques	V50	92
668	1533	João Rato	00:24:34	00:49:13	00:48:35	641		Senior	127
669	2010	Gonçalo Lopes	00:24:50	00:49:14	00:49:06	673	Team GPS	V45	84
670	1084	Carlos Ramos	00:24:43	00:49:15	00:49:03	667	Clube Millennium BCP	V55	45
671	802	José Duarte	00:25:01	00:49:18	00:49:03	668		V40	106
672	743	Filipa Ferreira	00:25:07	00:49:18	00:49:04	669	Run & Win(e)	Senior	32
673	1606	Jaime Lacerda	00:24:11	00:49:19	00:49:16	685		V35	94
674	621	Ricardo Figueiredo	00:25:18	00:49:22	00:49:10	678		V50	93
675	1037	Teresa Sepúlveda	00:25:18	00:49:22	00:49:10	677		V40	13
676	44	Nuno Almeida	00:24:34	00:49:22	00:49:15	682		V45	85
677	2077	Rui Marques	00:24:37	00:49:22	00:49:16	684		V50	94
678	170	Rui Filipe	00:24:37	00:49:24	00:49:23	691	Prime Running	V35	95
679	378	José Correia	00:23:32	00:49:24	00:49:22	689		V40	107
680	1945	Daniel Veríssimo	00:25:07	00:49:24	00:49:10	679		V40	108
681	276	Paulo Serra	00:24:46	00:49:24	00:49:19	687	SIMECQ	V45	86
682	709	José Inocêncio	00:25:21	00:49:25	00:49:23	690	Casa Benfica em A M M	V70	1
683	1963	Patrícia Emídio	00:25:07	00:49:25	00:49:11	680		Senior	33
684	1126	Luis Miranda	00:25:06	00:49:27	00:49:24	693	Equipa Umizumi	V35	96



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
685	1243	Paulo Pires	00:25:05	00:49:29	00:49:14	681		V55	46
686	304	Alvaro Ferreira	00:24:20	00:49:32	00:49:28	695		V55	47
687	537	Ramiro Madureira	00:24:37	00:49:32	00:49:29	697		V40	109
688	1010	Miriam Ferreira	00:25:08	00:49:32	00:49:21	688		V40	14
689	847	João Moiteiro	00:25:13	00:49:34	00:49:28	696		V50	95
690	1357	Joao Pereira	00:25:09	00:49:36	00:49:24	692	Monsanto Running Team	V40	110
691	638	Teresa Santos	00:24:53	00:49:36	00:49:27	694		V40	15
692	1150	Rui Santos	00:24:56	00:49:37	00:49:30	699		V40	111
693	159	Paulo Sousa	00:24:26	00:49:37	00:49:31	700		V50	96
694	1134	Tito Vieira	00:25:33	00:49:38	00:48:50	659		V40	112
695	472	António Oliveira	00:24:48	00:49:40	00:49:33	703	C F Os BELENENSES	V45	87
696	1137	Domingos Ferreira	00:24:45	00:49:40	00:49:32	701		Senior	128
697	430	Louis-Nicolas Sun	00:23:53	00:49:40	00:49:29	698		Senior	129
698	1162	José Charrua	00:25:15	00:49:40	00:49:33	702		V40	113
699	2142	Camila Medici	00:25:15	00:49:41	00:49:35	705		V35	14
700	2094	Filipe Serrano	00:23:22	00:49:43	00:49:43	714		V40	114
701	2154	Alberto Fernandes	00:26:21	00:49:43	00:49:15	683		V65	6
702	256	Paulo Gonçalves	00:25:38	00:49:43	00:49:37	707		V50	97
703	302	Miguel Velez	00:25:38	00:49:45	00:49:38	708	camara lisboa cube	V55	48



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
704	595	Inês Monteiro	00:24:43	00:49:45	00:49:40	712	Kaninos	Senior	34
705	711	Bruno Matias	00:26:12	00:49:45	00:48:30	637	Casa Benfica em A M M	V35	97
706	2108	Sofia Cruz	00:25:08	00:49:45	00:49:44	715	SFRAA	Senior	35
707	1302	Ana Cabaço	00:25:31	00:49:46	00:49:09	676		V40	16
708	2006	Pedro Carvalho	00:24:49	00:49:46	00:49:44	716		V45	88
709	1580	Nuno Martins	00:24:17	00:49:49	00:49:47	720		Senior	130
710	1286	Antonio Marques	00:25:19	00:49:49	00:49:37	706		V60	18
711	745	André Martins	00:25:06	00:49:49	00:49:34	704	Run & Win(e)	V35	98
712	1458	Ana Oliveira	00:25:12	00:49:50	00:49:48	721		V40	17
713	1409	Deivid Borba	00:24:37	00:49:50	00:49:43	713		V35	99
714	24	Eduardo Pinheiro	00:24:02	00:49:51	00:49:50	725		V55	49
715	1656	Sami Lima	00:24:38	00:49:53	00:49:46	718		V35	100
716	2063	Daniel Paulo	00:26:07	00:49:55	00:49:40	710		Senior	131
717	1205	Samuel Vogel	00:25:00	00:49:55	00:49:52	727		Senior	132
718	565	António Marçal	00:24:44	00:49:57	00:49:55	730		V60	19
719	759	António Costa	00:25:03	00:49:57	00:49:49	723		V55	50
720	205	Paulo Carvalho	00:24:40	00:49:59	00:49:52	726		V35	101
721	1599	Lino Vaz	00:24:21	00:50:00	00:49:58	731		V45	89
722	2133	Nelson Pinto	00:25:33	00:50:01	00:49:18	686		V40	115



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
723	1753	Nuno Cavaleiro	00:25:03	00:50:03	00:50:02	739		V40	116
724	2172	Antonio Saraiva	00:26:22	00:50:03	00:49:48	722	Clube OGMA	V55	51
725	594	Ricardo Simoes	00:25:19	00:50:04	00:49:50	724		V50	98
726	2000	Glória Vieira	00:24:58	00:50:04	00:50:02	737		V45	10
727	1652	Hugo Pinto	00:25:26	00:50:05	00:49:52	728		V45	90
728	308	Nuno Carvalho	00:25:46	00:50:05	00:50:02	736		V50	99
729	1972	Maria Varela	00:25:11	00:50:06	00:50:02	738		V45	11
730	1505	Miguel Azevedo	00:25:22	00:50:07	00:49:46	717		V50	100
731	2038	Miguel Marecos	00:24:51	00:50:07	00:49:53	729		V45	91
732	634	Ana Cardoso	00:26:32	00:50:08	00:49:59	732	Legends To Be	Senior	36
733	2019	Manuel Martins	00:24:56	00:50:09	00:50:07	742		V65	7
734	929	Bruno Basilio	00:25:10	00:50:09	00:50:07	743		V40	117
735	512	Rafael Santos	00:25:42	00:50:10	00:49:59	733	CCDTMetroLX	V55	52
736	653	Nuno Duarte	00:25:32	00:50:11	00:50:00	734	SERUL	V45	92
737	105	Eduardo Barreira	00:25:16	00:50:11	00:50:08	744		Senior	133
738	1622	Adelino Gomes	00:24:52	00:50:13	00:50:10	747		V50	101
739	1947	João Loureiro	00:26:21	00:50:16	00:49:46	719		V35	102
740	1408	Valdinei Cristo	00:25:03	00:50:17	00:50:03	741		Senior	134
741	1714	Pedro Silva	00:24:38	00:50:19	00:50:15	750		Senior	135



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
742	1322	Márcio Rodrigues	00:25:04	00:50:19	00:50:16	753		V40	118
743	528	João Lourenço	00:25:45	00:50:19	00:50:08	745	Malga do BJ	V45	93
744	1407	Sandra Monteiro	00:25:15	00:50:20	00:50:16	755	Associação Vale Grande	V45	12
745	1539	Tiago Silva	00:25:50	00:50:21	00:49:40	711		V40	119
746	1075	Ana Marques	00:25:14	00:50:21	00:50:16	754	Clube Millennium BCP	V60	2
747	858	Filipe Real	00:25:45	00:50:22	00:50:11	748		V55	53
748	1206	Paulo Mauricio	00:24:30	00:50:22	00:50:17	757		V35	103
749	1160	Hugo Paixão	00:25:56	00:50:23	00:50:00	735		Senior	136
750	1795	Carlos Rodrigues	00:26:31	00:50:24	00:50:17	756		V40	120
751	739	André Wiborg	00:25:23	00:50:26	00:50:17	759	WLF	V60	20
752	246	Miguel Alves	00:25:55	00:50:26	00:50:09	746		Senior	137
753	33	Jorge Leonardo	00:25:09	00:50:28	00:50:15	751		V50	102
754	522	Maria Gonçalves	00:25:20	00:50:28	00:50:20	760	Correr Queluz	V60	3
755	1610	Filipa Oliveira	00:25:08	00:50:30	00:50:26	762		V50	8
756	1766	Luís Roussado	00:26:19	00:50:31	00:50:03	740	Associação Desportiva de Palmeiros Sintra	V50	103
757	655	Ramiro Canto	00:25:06	00:50:31	00:50:29	769	SERUL	V55	54
758	728	Clara Augusto	00:25:40	00:50:31	00:50:16	752		V55	6
759	754	Joaquim Sande	00:25:40	00:50:31	00:50:17	758		V60	21
760	2159	João Griné	00:26:17	00:50:33	00:49:38	709		V45	94



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
761	124	Guilherme Godinho	00:24:57	00:50:34	00:50:26	763		V45	95
762	914	Carla Santos	00:25:13	00:50:34	00:50:27	764		V40	18
763	904	Ricardo Nunes	00:25:13	00:50:34	00:50:27	765		V45	96
764	1119	Nuno Pires	00:24:51	00:50:35	00:50:28	767		V45	97
765	1538	Isidro Dias	00:25:24	00:50:36	00:50:27	766		V50	104
766	1121	Nuno Alves	00:26:01	00:50:36	00:50:29	768		V45	98
767	1998	Cláudio Gomes	00:26:09	00:50:40	00:50:14	749		Senior	138
768	313	Rui Figueiredo	00:25:27	00:50:43	00:50:41	773		V45	99
769	1471	Fernando Lopes	00:26:01	00:50:45	00:50:31	770		V50	105
770	324	Luís Martins	00:25:11	00:50:46	00:50:44	777		V55	55
771	42	Paulo Lourinho	00:25:50	00:50:47	00:50:40	772		V50	106
772	925	David Almeida	00:26:10	00:50:47	00:50:44	779		V35	104
773	1784	Ana Almeida	00:25:51	00:50:48	00:50:41	775	Linda-a-Pastora Sporting Clube	V45	13
774	998	Paulo Rana	00:26:09	00:50:50	00:50:48	785		V55	56
775	20	Paulo Pascoal	00:25:21	00:50:50	00:50:43	776		V55	57
776	1601	Fernando Oliveira	00:25:07	00:50:52	00:50:46	781		V35	105
777	1757	Filomena Santos	00:25:52	00:50:53	00:50:52	787		V45	14
778	1177	Carlos Folgado	00:24:59	00:50:53	00:50:44	778	Grupo Recreativo e Desportivo da Ribeira da Lage	V60	22
779	945	Miguel San-Payo	00:26:05	00:50:56	00:50:50	786		V60	23



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
780	203	Isabel David	00:25:19	00:50:59	00:50:57	793		V40	19
781	721	João Pires	00:24:09	00:51:00	00:50:56	792		V50	107
782	688	Vitor Santos	00:24:31	00:51:00	00:50:53	790	Casa Benfica em A M M	V50	108
783	1541	Renato Rocha	00:25:57	00:51:01	00:50:53	788		Senior	139
784	1542	Joana Narciso	00:25:57	00:51:01	00:50:53	789		Senior	37
785	1669	Diego Furtado	00:25:53	00:51:01	00:50:24	761		Senior	140
786	2153	Fernando Santos	00:26:44	00:51:05	00:50:38	771		V65	8
787	300	Bento Quaresma	00:25:37	00:51:05	00:51:00	795	Linda-a-Pastora Sporting Clube	V50	109
788	2123	José Eusébio	00:25:27	00:51:06	00:51:04	799		V50	110
789	1492	Cláudio Vidreiro	00:26:35	00:51:06	00:50:47	782		V50	111
790	2128	Matheus Diniz	00:25:21	00:51:08	00:50:41	774		Senior	141
791	1337	Inês Ribeiro	00:26:05	00:51:12	00:50:46	780	Amigos do Atletismo de Mafra	V35	15
792	531	Nuno Queiroz	00:25:46	00:51:12	00:51:00	796	Malga do BJ	V40	121
793	1383	Patricio Semedo	00:26:03	00:51:13	00:50:48	784	KEEPRUNNING	Junior	20
794	1022	Paulo Branco	00:25:26	00:51:13	00:51:04	798		V55	58
795	87	Diogo Cavalheiro	00:26:21	00:51:13	00:51:03	797		V40	122
796	36	Luiz Châtillon	00:25:45	00:51:14	00:51:10	804		V60	24
797	383	Luís Caeiro	00:25:37	00:51:15	00:51:12	808		V40	123
798	2162	Marco Silva	00:25:36	00:51:17	00:50:47	783		V35	106



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
799	1921	José Henriques	00:25:52	00:51:18	00:51:16	812		V50	112
800	1920	Marina Henriques	00:25:53	00:51:18	00:51:17	813		V55	7
801	1778	João Gouveia	00:25:40	00:51:19	00:51:06	800		V50	113
802	1164	Bruno Claro	00:24:43	00:51:19	00:51:07	801		V40	124
803	490	Elsa Pires	00:25:47	00:51:20	00:51:19	814	Prime Running	Senior	38
804	610	Rui Godinho	00:25:17	00:51:23	00:51:19	815		V50	114
805	1615	Diogo Malta	00:25:43	00:51:24	00:51:16	811		Senior	142
806	1425	Guilherme Santos	00:26:08	00:51:25	00:51:20	816		Senior	143
807	1885	Evelino Magalhães	00:25:11	00:51:25	00:51:23	818	Run Tejo - Prevent Sprain	V45	100
808	1095	Eduardo Rodrigues	00:27:05	00:51:26	00:51:08	802	Clube Millennium BCP	V60	25
809	1079	Pedro Correia	00:27:05	00:51:26	00:51:09	803	Clube Millennium BCP	V45	101
810	1523	Rui Ferreira	00:25:31	00:51:28	00:51:11	806		V45	102
811	1706	Eduardo Ribeiro	00:25:04	00:51:31	00:51:26	820		V35	107
812	560	Jorge Correia	00:25:40	00:51:33	00:51:21	817	FIDELIDADE GDC	V50	115
813	683	Bruno Curtinha	00:25:03	00:51:34	00:51:25	819		V45	103
814	2140	Guilherme Silva	00:26:32	00:51:34	00:50:54	791		Senior	144
815	232	Harun Rashid	00:25:25	00:51:35	00:51:35	830		V35	108
816	663	Rui Veríssimo	00:26:18	00:51:36	00:51:34	828		Senior	145
817	971	Célia Silva	00:25:46	00:51:37	00:51:32	823	Linda-a-Pastora Sporting Clube	V45	15



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
818	1381	José Nunes	00:25:56	00:51:38	00:51:36	832	KEEPRUNNING	V55	59
819	473	Sofia Bastos	00:26:18	00:51:40	00:51:34	829		V40	20
820	358	Paulo Sousa	00:26:38	00:51:40	00:51:14	809		V40	125
821	1109	Ricardo Faria	00:26:10	00:51:41	00:51:33	824		V45	104
822	1568	Natacha C.	00:25:18	00:51:41	00:51:35	831	Grupo Recreativo e Desportivo da Ribeira da Lage	V35	16
823	1324	João Marques	00:26:10	00:51:41	00:51:33	825	Reboleira	V50	116
824	1217	Rodrigo Santos	00:25:10	00:51:43	00:51:42	842		V45	105
825	1026	Alexandre Costa	00:26:09	00:51:43	00:51:41	838		V45	106
826	1008	João Barbosa	00:26:09	00:51:43	00:51:40	837		V45	107
827	258	Rui Sá	00:26:35	00:51:43	00:51:32	822	OutSystems	V40	126
828	1810	João Marques	00:26:16	00:51:45	00:51:37	833		V45	108
829	1449	Sofia Amaral	00:27:43	00:51:46	00:50:58	794		V35	17
830	1620	Andre Marques	00:25:18	00:51:47	00:51:34	827		Senior	146
831	1495	Luís Santos	00:26:20	00:51:47	00:51:46	853	Zatopeques	V45	109
832	1506	Rui Botão	00:26:07	00:51:47	00:51:39	836		V50	117
833	2148	Paulo Lopes	00:25:52	00:51:47	00:51:42	843		V40	127
834	574	Carlos Carvalho	00:25:32	00:51:48	00:51:41	840		V50	118
835	1422	Ana Abrunhosa	00:25:47	00:51:48	00:51:44	846	Associação Vale Grande	V50	9
836	1808	José Rodrigues	00:27:58	00:51:51	00:51:32	821		Senior	147



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
837	2017	Walter Matias	00:26:13	00:51:51	00:51:33	826		V50	119
838	803	Carlos Caetano	00:26:31	00:51:51	00:51:41	839		V45	110
839	1781	Filipe Garcia	00:26:23	00:51:52	00:51:50	855		V40	128
840	2009	Ana Pedreira	00:25:48	00:51:52	00:51:44	847	Team GPS	V40	21
841	2049	Leandro Souza	00:26:11	00:51:53	00:51:44	845		V40	129
842	1559	Rafael Rodrigues	00:26:34	00:51:54	00:51:14	810	BARBEARIADORAFA	Senior	148
843	625	Artemisa Mendes	00:25:34	00:51:55	00:51:52	859		Senior	39
844	67	José Fidalgo	00:26:26	00:51:56	00:51:45	850		V55	60
845	999	Paulo Ramos	00:26:01	00:51:57	00:51:50	858		V55	61
846	812	Filipe Pinto	00:25:41	00:51:58	00:51:11	807	Grupo Desportivo Santander Totta	V35	109
847	1613	Paulo Varela	00:27:02	00:51:58	00:51:10	805	MTBA	V50	120
848	1309	Francisco Vieira	00:26:31	00:52:00	00:51:38	835		V35	110
849	1587	Hugo Moura	00:25:27	00:52:01	00:51:46	852		V45	111
850	1619	Bruce Pires	00:24:25	00:52:01	00:52:00	865		Senior	149
851	919	Céu Fernandes	00:25:57	00:52:04	00:52:00	867		V45	16
852	1532	Hugo Barata	00:26:00	00:52:04	00:51:59	864		V45	112
853	817	Dinis Rodrigues	00:25:49	00:52:05	00:51:43	844		Senior	150
854	39	João Campos	00:26:10	00:52:06	00:51:58	861		V50	121
855	532	Mário Fontinhas	00:26:03	00:52:08	00:52:07	870		V40	130



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
856	1061	Augusto Aguiar	00:26:03	00:52:08	00:51:58	862	CCD Sintrense	V65	9
857	830	Pedro Castro	00:26:32	00:52:10	00:51:50	857		V45	113
858	1525	Andre Raposo	00:25:20	00:52:10	00:51:50	854		V35	111
859	30	Filipe Martins	00:25:39	00:52:11	00:51:59	863		V40	131
860	217	Sérgio Paz	00:27:18	00:52:11	00:51:41	841		V50	122
861	581	David Pereira	00:27:10	00:52:14	00:51:45	851		Senior	151
862	221	Paula Fernandes	00:26:00	00:52:14	00:52:09	871		V55	8
863	1577	Hugo Calado	00:26:56	00:52:18	00:52:01	868	GMCJamor	V40	132
864	184	José Brito	00:26:56	00:52:18	00:52:03	869	GMCJamor	V50	123
865	573	Cleber Oliveira	00:27:18	00:52:19	00:51:53	860		V35	112
866	1169	Elisabete Filipe	00:25:56	00:52:21	00:52:12	872	Grupo Recreativo e Desportivo da Ribeira da Lage	V45	17
867	654	Paulo Caçador	00:28:05	00:52:23	00:51:37	834	SERUL	V45	114
868	433	Alexandre Santo	00:26:03	00:52:23	00:52:20	879		V40	133
869	1088	Rute Ribeiro	00:26:16	00:52:23	00:52:19	877	Clube Millennium BCP	V35	18
870	1651	Bruno Castela	00:26:33	00:52:24	00:51:45	848		Senior	152
871	144	Fernando Almeida	00:26:11	00:52:26	00:52:16	874		V40	134
872	774	Jorge Serra	00:26:11	00:52:26	00:52:15	873		V45	115
873	1260	Angelo Fernandes	00:26:24	00:52:26	00:52:22	880		V45	116
874	291	Hugo Santos	00:27:20	00:52:28	00:52:17	875		V40	135



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
875	1469	Gilberto Santos	00:26:37	00:52:29	00:52:22	881		V50	124
876	1981	Bárbara Sá	00:26:49	00:52:31	00:52:00	866	JFFVN	V40	22
877	463	Bauduino Ferreira	00:26:24	00:52:32	00:52:31	892	Running Family	V70	2
878	335	João Gonçalves	00:26:07	00:52:32	00:52:31	893	FIDELIDADE GDC	V50	125
879	454	Luís Cruz	00:25:52	00:52:32	00:52:27	891		V45	117
880	2173	Luís Figueiredo	00:28:18	00:52:34	00:51:50	856		V40	136
881	1465	Joaquim Frade	00:25:56	00:52:34	00:52:26	888	SS CGD	V65	10
882	1745	José Guerreiro	00:27:06	00:52:36	00:52:18	876		V65	11
883	1180	Domingos Penedo	00:26:00	00:52:37	00:52:25	885	Grupo Recreativo e Desportivo da Ribeira da Lage	V65	12
884	1479	João Silva	00:26:29	00:52:38	00:52:23	882	Zatopeques	V60	26
885	2029	Sofia Saldanha	00:26:43	00:52:38	00:52:25	887		Senior	40
886	1966	Rafael Sanchez	00:27:26	00:52:40	00:52:26	889		Senior	153
887	768	Nuno Rafael	00:26:49	00:52:42	00:52:25	884	Casa Benfica em A M M	V40	137
888	675	Sónia Ferreira	00:26:49	00:52:42	00:52:25	886	Casa Benfica em A M M	V40	23
889	398	Vitor Silva	00:26:27	00:52:42	00:52:27	890		V40	138
890	771	Daniel Raposo	00:26:51	00:52:44	00:51:45	849	COALA	V40	139
891	197	Avelino Silva	00:26:19	00:52:45	00:52:32	894		V70	3
892	352	Pedro Silva	00:26:51	00:52:47	00:52:44	896	correr Loures	V60	27
893	234	Henrique Joaquim	00:26:14	00:52:48	00:52:45	898		V50	126



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
894	1510	Fernando Carvalho	00:26:15	00:52:48	00:52:47	900		V50	127
895	1202	Tiago Filipe	00:26:43	00:52:49	00:52:44	897		V35	113
896	1356	Olavo Sousa	00:26:23	00:52:51	00:52:46	899		Senior	154
897	554	Tiago Faneca	00:26:33	00:52:56	00:52:51	904		V45	118
898	1723	José Figueiredo	00:26:47	00:53:00	00:52:49	902		V35	114
899	906	Bernardo Rodrigues	00:26:54	00:53:02	00:52:20	878		Senior	155
900	305	Rui Trindade	00:27:04	00:53:03	00:52:51	903		V50	128
901	1803	Paulo Velez	00:26:29	00:53:03	00:52:57	908		V50	129
902	724	Rita Oliveira	00:26:41	00:53:03	00:53:03	919		V40	24
903	37	Sandra Lopes	00:26:52	00:53:03	00:53:02	915		V45	18
904	911	Pedro Rodrigues	00:28:04	00:53:04	00:52:24	883		Senior	156
905	2144	Pedro Pereira	00:25:49	00:53:05	00:53:00	913		Senior	157
906	1259	Joao Duarte	00:27:02	00:53:06	00:52:56	907		V40	140
907	1085	Eduardo Ferreira	00:27:20	00:53:08	00:52:58	909	Clube Millennium BCP	V45	119
908	348	Deolinda Silva	00:26:46	00:53:10	00:52:58	910	Ligeirinhos	V60	4
909	1958	Alexandre Gonçalves	00:27:14	00:53:10	00:53:09	929		V45	120
910	2150	Ricardo Vicente	00:26:38	00:53:11	00:53:07	927		Senior	158
911	1350	Dina Ferreira	00:26:48	00:53:13	00:53:02	917		V45	19
912	1041	Tiago Campos	00:26:37	00:53:13	00:52:59	911		V45	121



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
913	436	José Moreira	00:27:12	00:53:14	00:53:01	914		V65	13
914	1059	Rui Grazina	00:20:43	00:53:14	00:53:12	935	CCD Sintrense	V60	28
915	1174	Vitor Rocha	00:26:17	00:53:14	00:53:06	923	Grupo Recreativo e Desportivo da Ribeira da Lage	V60	29
916	2018	Sonia Nunes	00:26:43	00:53:14	00:53:12	936		V45	20
917	1582	Carlos Martinho	00:26:54	00:53:15	00:52:49	901		V55	62
918	1209	Raul Santos	00:27:23	00:53:15	00:53:11	932	Federação da Família para a Paz Mundial e Unificação	V65	14
919	1499	Diogo Caetano	00:29:23	00:53:17	00:52:52	905		Junior	21
920	2028	Pedro Santos	00:26:44	00:53:18	00:53:04	922		Senior	159
921	69	Sónia Ramos	00:26:49	00:53:19	00:53:07	926		V40	25
922	68	Ricardo Ramos	00:26:49	00:53:19	00:53:07	925		V40	141
923	1073	Fernando Rodrigues	00:27:20	00:53:20	00:53:10	931	Clube Millennium BCP	V55	63
924	579	Rui Paz	00:27:53	00:53:20	00:53:04	921		V45	122
925	1111	Vasco Ramos	00:27:53	00:53:20	00:53:04	920		V45	123
926	467	Carlos Soares	00:27:05	00:53:21	00:53:07	924		V55	64
927	310	Elsa Oliveira	00:27:12	00:53:22	00:53:18	939	Associação Desportiva de Palmeiros Sintra	V55	9
928	88	Oscar Rocha	00:27:34	00:53:22	00:53:08	928		V60	30
929	1284	Pedro Gomes	00:28:29	00:53:23	00:53:02	916		Junior	22
930	28	Manuel Alves	00:26:23	00:53:23	00:53:12	934		V40	142
931	396	Maria Ferreira	00:27:31	00:53:23	00:52:34	895		V45	21



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
932	201	Pedro Ramos	00:26:49	00:53:24	00:53:11	933	CCD PM Cascais	V40	143
933	1414	Sónia Pinto	00:26:51	00:53:25	00:53:17	937		V50	10
934	912	David Viegas	00:24:38	00:53:25	00:53:23	944		Senior	160
935	963	José Dimas	00:27:13	00:53:26	00:53:18	938	SS CGD	V50	130
936	535	José Melo	00:27:14	00:53:30	00:53:23	943	FIDELIDADE GDC	V60	31
937	2071	Nuno Santos	00:24:34	00:53:30	00:53:25	947	União desportiva Alfoanelos	Senior	161
938	1658	António Almeida	00:27:24	00:53:32	00:53:23	942		V60	32
939	1918	André Fialho	00:28:03	00:53:36	00:52:59	912		V40	144
940	1080	Rui Rijo	00:26:48	00:53:36	00:53:29	950	Clube Millennium BCP	V50	131
941	1071	Pedro Broco	00:26:48	00:53:36	00:53:28	949	Clube Millennium BCP	V45	124
942	1809	Mónica Martins	00:27:18	00:53:37	00:53:19	940		V35	19
943	82	Andreia Pereira	00:27:06	00:53:37	00:53:25	946		V35	20
944	867	Susana Mendes	00:27:31	00:53:37	00:53:23	945		V40	26
945	511	Paulo Guedes	00:26:22	00:53:39	00:53:29	951	CCDTMetroLX	V50	132
946	306	Patrícia Alves	00:27:12	00:53:40	00:53:39	957		V40	27
947	1432	Paulo Gonçalves	00:27:11	00:53:41	00:52:54	906	Ermelindas	V35	115
948	633	Domingos Gato	00:26:00	00:53:41	00:53:28	948	Linda-a-Pastora Sporting Clube	V50	133
949	1536	Raquel Martins	00:26:41	00:53:42	00:53:42	962		Senior	41
950	1698	Luís Duarte	00:27:18	00:53:47	00:53:39	958		V35	116



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
951	1891	Tiago Santos	00:26:08	00:53:48	00:53:41	959		Senior	162
952	1672	Gustavo Almeida	00:27:32	00:53:51	00:53:32	954		Junior	23
953	931	José Monteiro	00:26:27	00:53:52	00:53:30	952		V65	15
954	540	Carla Neves	00:27:26	00:53:52	00:53:47	968		V50	11
955	678	António Guerreiro	00:26:27	00:53:53	00:53:31	953	Amigos do Atletismo de Mafra	V60	33
956	400	Eduardo Neves	00:27:16	00:53:54	00:53:42	961	Clube Atletismo Amigos de Belém	V40	145
957	1123	Sergio Reves	00:28:11	00:53:54	00:53:38	955		Senior	163
958	1988	Ricardo Ferreira	00:28:01	00:53:55	00:53:09	930		V45	125
959	841	Frederico Nobre	00:24:59	00:53:56	00:53:51	973	Clube Atletismo Amigos de Belém	V45	126
960	1353	Ricardo Leitão	00:29:10	00:53:56	00:53:03	918		V45	127
961	1139	André Varanda	00:28:11	00:53:57	00:53:41	960		Senior	164
962	795	Pedro Fernandes	00:26:50	00:53:58	00:53:53	974		V40	146
963	384	Paulo Nunes	00:27:25	00:53:58	00:53:50	970		V45	128
964	1283	Filomena Jesus	00:27:36	00:54:00	00:53:53	975	Charneca Stars	V50	12
965	1199	David Silva	00:27:16	00:54:00	00:53:38	956		V40	147
966	387	Jaime Beato	00:27:11	00:54:02	00:53:58	979		V45	129
967	386	Carla Costa	00:27:12	00:54:02	00:53:58	978		V45	22
968	1029	Ricardo Magalhães	00:27:48	00:54:08	00:53:46	967		V35	117
969	1957	Juliana Pinheiral	00:27:11	00:54:09	00:53:58	980		V35	21



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
970	628	Fátima Caldeira	00:27:08	00:54:09	00:54:08	992		V50	13
971	76	Maria Conchinha	00:27:13	00:54:11	00:54:10	995		V60	5
972	1694	Cristina Carrega	00:26:47	00:54:11	00:54:11	1001		V50	14
973	106	Marco Carapinha	00:27:43	00:54:12	00:54:05	986		V45	130
974	1161	Joana Carvalho	00:26:48	00:54:12	00:54:09	993		V35	22
975	550	Maguy Graça	00:27:35	00:54:12	00:54:08	991		Senior	42
976	1704	Rafaela Bastos	00:28:03	00:54:12	00:53:23	941		Senior	43
977	1092	Neville Suzman	00:27:09	00:54:12	00:53:54	976	Clube Millennium BCP	V55	65
978	2101	Ana Cortes	00:27:19	00:54:13	00:54:08	990		V40	28
979	1941	António Fernandes	00:28:35	00:54:13	00:53:51	972		V55	66
980	1942	André Ribeiro	00:28:36	00:54:13	00:53:50	971		V35	118
981	1564	Mario Goncalves	00:27:05	00:54:13	00:53:44	963		V45	131
982	1038	Vasco Esteves	00:27:08	00:54:13	00:54:02	981		V50	134
983	1156	David Salvador	00:26:48	00:54:13	00:54:11	1000		Senior	165
984	806	Tomás Sousa	00:27:17	00:54:13	00:54:06	987		V45	132
985	881	Pedro Azevedo	00:27:00	00:54:14	00:54:03	982		Senior	166
986	901	David Lourenço	00:28:28	00:54:15	00:53:56	977		Junior	24
987	1027	Ana Albuquerque	00:27:43	00:54:16	00:54:14	1004		V45	23
988	618	Sónia Antão	00:27:00	00:54:17	00:54:11	997	Associação Vale Grande	V40	29



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
989	243	João Estevão	00:26:10	00:54:18	00:54:12	1003		V40	148
990	451	Carlos Marques	00:27:22	00:54:20	00:54:11	999	Trilhos e Corridas de Tercena	V60	34
991	1627	Paulo Gamboa	00:27:12	00:54:20	00:54:18	1008	CA Patameiras	V50	135
992	13	Carlos Martins	00:27:02	00:54:23	00:54:10	996		V40	149
993	561	Paulo Silva	00:27:12	00:54:24	00:54:11	998		V45	133
994	77	Armando Costa	00:27:24	00:54:25	00:54:24	1014		V50	136
995	701	Márcia Sobral	00:27:00	00:54:26	00:54:24	1015	Salamandrecos	Senior	44
996	2051	Mathias Nleya	00:26:34	00:54:27	00:54:20	1010		V45	134
997	2125	Vitor Ferreira	00:27:54	00:54:28	00:54:06	988		V50	137
998	1269	Vasco Ferreira	00:27:37	00:54:29	00:53:44	965		V35	119
999	1497	Joana Sousa	00:27:38	00:54:29	00:53:44	964		V40	30
1000	1204	Ricardo Ferreira	00:28:20	00:54:29	00:53:45	966		V35	120
1001	961	Luís Cardoso	00:27:02	00:54:30	00:54:25	1016		V45	135
1002	1628	Iris Mauricio	00:26:55	00:54:30	00:54:28	1022	CA Patameiras	V45	24
1003	1389	Francisco Rebelo	00:27:46	00:54:34	00:54:15	1007		V55	67
1004	758	Renato Inacio	00:27:53	00:54:37	00:53:49	969		V60	35
1005	1300	João Silva	00:26:57	00:54:37	00:54:26	1018	Tas em forma	Senior	167
1006	1668	Paulo Correia	00:27:52	00:54:39	00:54:20	1009	Mobiliário com História	V50	138
1007	2055	Joao Gondar	00:27:05	00:54:40	00:54:32	1032		Senior	168



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1008	2174	Bruno Espadeiro	00:28:05	00:54:40	00:54:09	994		V40	150
1009	359	Miguel Brito	00:28:38	00:54:40	00:54:12	1002		Senior	169
1010	1094	Luis Silva	00:27:28	00:54:40	00:54:29	1024	Clube Millennium BCP	V55	68
1011	1925	Ricardo Pereira	00:27:44	00:54:41	00:54:03	983		V40	151
1012	1926	Sonia Soares	00:27:45	00:54:41	00:54:03	984		V40	31
1013	1647	Luís Martins	00:26:51	00:54:41	00:54:22	1012		Senior	170
1014	1153	Vitor Paulo	00:27:39	00:54:42	00:54:27	1019		V45	136
1015	1581	Afonso Rodrigues	00:28:07	00:54:43	00:54:03	985		V40	152
1016	696	José Borges	00:27:41	00:54:43	00:54:31	1028		V60	36
1017	1470	Paulo Marques	00:27:13	00:54:45	00:54:32	1030		V55	69
1018	650	Marisa Silva	00:28:09	00:54:46	00:54:15	1005	SERUL	V45	25
1019	2078	Marco Barros	00:26:58	00:54:47	00:54:39	1036		V50	139
1020	227	Filipa Urbano	00:27:51	00:54:48	00:54:30	1026		Senior	45
1021	1574	Pedro Silva	00:28:00	00:54:49	00:54:37	1035	Familyteam	V35	121
1022	254	Diamantino Serrano	00:28:27	00:54:50	00:54:31	1027		V45	137
1023	253	Carla Serrano	00:28:27	00:54:50	00:54:30	1025		V45	26
1024	730	Tiago Cerqueira	00:27:28	00:54:51	00:54:32	1029		Senior	171
1025	1780	Tiago Dias	00:25:57	00:54:53	00:54:47	1041		Senior	172
1026	657	Sandra Alves	00:28:09	00:54:54	00:54:23	1013	SERUL	V45	27



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1027	1396	Joao Marques	00:28:11	00:54:54	00:54:28	1023		V40	153
1028	1607	Ana Carreira	00:28:14	00:54:54	00:54:46	1040		V40	32
1029	1712	Ivo Mendes	00:28:56	00:54:55	00:54:15	1006		V35	122
1030	280	Mário Veiga	00:26:41	00:54:55	00:54:49	1044		V50	140
1031	349	Paulo Fernandes	00:28:03	00:54:56	00:54:43	1038	CV Runners	V50	141
1032	399	Helder Silva	00:27:40	00:54:56	00:54:27	1021		V35	123
1033	738	Tomás Wiborg	00:28:23	00:54:56	00:54:44	1039	WLF	V50	142
1034	2102	Nuno Domingos	00:28:03	00:54:56	00:54:07	989		V40	154
1035	1431	João Madeiras	00:27:19	00:54:56	00:54:51	1048	Ermelindas	V60	37
1036	327	Artur Gonçalves	00:27:53	00:54:58	00:54:39	1037		V45	138
1037	807	Paulo Tomé	00:27:16	00:54:58	00:54:37	1034		V35	124
1038	1875	João Carvalho	00:28:19	00:54:58	00:54:32	1031		V35	125
1039	874	André Costa	00:28:08	00:54:58	00:54:33	1033		V40	155
1040	1989	Carlos Gil	00:27:33	00:54:59	00:54:54	1054	JFFVN	V45	139
1041	886	Inês Farinha	00:27:52	00:55:02	00:54:52	1049	Tico & Teco	V35	23
1042	888	José Brás	00:27:47	00:55:03	00:54:51	1046		V55	70
1043	1136	Jorge Figueiredo	00:27:42	00:55:03	00:54:48	1043		V55	71
1044	1558	Maria Cebola	00:27:36	00:55:04	00:55:03	1062	Linda-a-Pastora Sporting Clube	V50	15
1045	432	Mário Gaspar	00:26:58	00:55:05	00:55:02	1060		V55	72



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1046	868	Francisco Teixeira	00:27:56	00:55:06	00:54:52	1050		V35	126
1047	1280	Lígia Coelho	00:28:04	00:55:06	00:55:04	1063	ARSM - Associação Recreativa de S. Miguel	V50	16
1048	415	Luis Santos	00:27:49	00:55:06	00:54:52	1052		V55	73
1049	1552	João Monteiro	00:27:27	00:55:07	00:54:58	1056		V35	127
1050	1621	Carlos Pereira	00:27:03	00:55:08	00:55:00	1058		V40	156
1051	1553	Catarina Francisco	00:27:30	00:55:08	00:54:58	1057		V35	24
1052	1294	Tiago Matias	00:26:40	00:55:08	00:54:51	1045		V40	157
1053	659	Paulo Martins	00:27:40	00:55:09	00:54:27	1020		V55	74
1054	2047	Maria Freitas	00:27:19	00:55:10	00:54:53	1053		V40	33
1055	1364	Miguel Pedro	00:28:20	00:55:14	00:54:56	1055		V50	143
1056	1549	Andresa Dantier	00:27:51	00:55:14	00:54:51	1047		Senior	46
1057	1799	Joana Henriques	00:27:28	00:55:14	00:55:12	1071		Senior	47
1058	747	Diogo Veiga	00:27:08	00:55:14	00:55:04	1064		Senior	173
1059	2052	Joana Piçarra	00:28:06	00:55:15	00:55:10	1066	Linda-a-Pastora Sporting Clube	V45	28
1060	1042	Bruno Raimundo	00:28:04	00:55:15	00:54:26	1017		V35	128
1061	647	Lília Gonçalves	00:27:47	00:55:18	00:55:14	1074	SERUL	V55	10
1062	1354	David Branco	00:26:51	00:55:19	00:55:15	1076		Senior	174
1063	1583	André Mendonça	00:28:28	00:55:20	00:55:13	1072		V35	129
1064	1032	Francesc Altes	00:27:55	00:55:20	00:55:11	1068		V60	38



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1065	1752	Nuno Saldanha	00:28:25	00:55:20	00:54:21	1011		V40	158
1066	815	João Sequeira	00:27:12	00:55:20	00:55:16	1077	Grupo Desportivo Santander Totta	V45	140
1067	2139	Carla Bacanhim	00:27:50	00:55:20	00:54:47	1042		Senior	48
1068	1033	Maribel Ibañez	00:27:55	00:55:21	00:55:11	1067		V45	29
1069	1034	Llucia Llinas	00:27:55	00:55:21	00:55:11	1069		V40	34
1070	2143	Isabel Cardeal	00:28:33	00:55:21	00:55:02	1061		V55	11
1071	389	António Pinto	00:28:34	00:55:21	00:55:01	1059		V55	75
1072	190	Zulmira Rodrigues	00:27:54	00:55:22	00:54:52	1051		V45	30
1073	797	João Pereira	00:27:38	00:55:23	00:55:14	1075		V55	76
1074	1681	Gonçalo Augusto	00:27:59	00:55:25	00:55:08	1065		V40	159
1075	1062	Gonçalo Jorge	00:27:12	00:55:30	00:55:12	1070	CCD Sintrense	V40	160
1076	418	Elisabete Saragoça	00:28:11	00:55:32	00:55:25	1084		V50	17
1077	1082	Luis Costa	00:28:06	00:55:34	00:55:26	1086	Clube Millennium BCP	V50	144
1078	371	Bruno Girao	00:26:03	00:55:35	00:55:34	1093		V45	141
1079	440	Tiago Marques	00:28:23	00:55:36	00:55:19	1078		V40	161
1080	271	João Narra	00:31:19	00:55:38	00:55:37	1103	SIMECQ	V50	145
1081	31	Helena Moreira	00:28:03	00:55:38	00:55:24	1083	HeCaTEAM	V45	31
1082	793	Luís Fouto	00:28:02	00:55:39	00:55:35	1098		V50	146
1083	989	Gracinda Fernandes	00:28:37	00:55:39	00:55:23	1081	GMCJamor	V50	18



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1084	1927	João Santana	00:28:36	00:55:40	00:55:22	1079		V45	142
1085	186	Maria Gamito	00:28:36	00:55:40	00:55:23	1080	GMCJamor	V45	32
1086	1083	Dulce Ramos	00:27:16	00:55:40	00:55:34	1095	Clube Millennium BCP	V50	19
1087	354	Francisco Amaro	00:28:07	00:55:40	00:55:32	1091		V55	77
1088	1151	André Pires	00:28:36	00:55:42	00:55:24	1082		V35	130
1089	380	Mário Marques	00:28:31	00:55:43	00:55:33	1092		Senior	175
1090	635	Nádia Rodrigues	00:28:30	00:55:43	00:55:34	1094	Legends To Be	V35	25
1091	1688	Daniel Cruz	00:26:41	00:55:44	00:55:28	1088	Fortes	Junior	25
1092	1116	Cardoso Guerra	00:28:14	00:55:44	00:55:29	1090		V40	35
1093	333	Carlos Silva	00:27:23	00:55:44	00:55:37	1102	Casa Benfica em A M M	V55	78
1094	445	Cariane Leite	00:28:31	00:55:45	00:55:13	1073	Clube Ferroviário de Portugal	Senior	49
1095	967	Ricardo Ladislau	00:27:40	00:55:48	00:55:42	1111		V45	143
1096	648	Luis Gonçalves	00:28:41	00:55:50	00:55:36	1100	SERUL	V50	147
1097	1464	Miguel Reis	00:28:05	00:55:52	00:55:41	1105	SS CGD	V45	144
1098	529	Sandra Araújo	00:27:49	00:55:52	00:55:41	1107	Malga do BJ	V40	36
1099	1501	Fabiana Bonito	00:27:59	00:55:52	00:55:43	1114	Legends To Be	Senior	50
1100	1586	Ana Letra	00:28:29	00:55:52	00:55:28	1089	Linda-a-Pastora Sporting Clube	V50	20
1101	855	Carlos Fernandes	00:27:34	00:55:54	00:55:48	1118		V50	148
1102	856	Luís Gouveia	00:27:34	00:55:54	00:55:48	1119		V50	149



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1103	1727	João Carvalhinho	00:27:43	00:55:55	00:55:54	1128		V60	39
1104	1135	Paulo Fonseca	00:28:10	00:55:55	00:55:35	1097		V40	162
1105	2127	Alexandre Melo	00:28:22	00:55:56	00:55:34	1096		V40	163
1106	134	Carlos Morais	00:27:17	00:55:58	00:55:53	1123		V55	79
1107	427	Joana Roque	00:28:16	00:55:58	00:55:45	1115		V40	37
1108	438	Sérgio Pontes	00:28:23	00:55:59	00:55:42	1112		V45	145
1109	439	Rute Sobral	00:28:23	00:55:59	00:55:42	1113		V45	33
1110	1365	Paulo Claro	00:27:32	00:56:00	00:55:51	1122		V45	146
1111	1340	Mário Miguel	00:28:23	00:56:00	00:55:53	1125	Reboleira	V70	4
1112	951	Alexandra José	00:27:41	00:56:01	00:55:36	1099	Doninhas Trail Team	Senior	51
1113	1231	Lurdes Romero	00:29:04	00:56:01	00:55:25	1085	Grupo Recreativo e Desportivo da Ribeira da Lage	V60	6
1114	1678	Clidia Coelho	00:28:34	00:56:01	00:55:40	1104	C F Os BELENENSES	V55	12
1115	366	Ana Rosário	00:28:35	00:56:01	00:55:41	1106		V50	21
1116	788	Mariana Francisco	00:28:34	00:56:01	00:55:41	1108	C F Os BELENENSES	Senior	52
1117	786	Paula Guedes	00:28:34	00:56:01	00:55:41	1109	C F Os BELENENSES	V50	22
1118	414	Bruno Albino	00:29:53	00:56:02	00:55:36	1101		V45	147
1119	2132	Rui Falcão	00:29:13	00:56:03	00:55:27	1087		V50	150
1120	703	Nelson Araujo	00:27:44	00:56:04	00:55:48	1117		Senior	176
1121	401	Nuno Nunes	00:28:56	00:56:06	00:55:45	1116		V45	148



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1122	1397	Dário Hipólito	00:28:46	00:56:07	00:55:54	1127		Senior	177
1123	676	Miguel Meireles	00:29:05	00:56:08	00:55:49	1120		V45	149
1124	395	Fernando Reis	00:28:03	00:56:08	00:55:59	1131		V60	40
1125	1738	João Garcia	00:28:42	00:56:08	00:56:03	1136		V45	150
1126	1168	Vitor Revez	00:27:35	00:56:09	00:56:01	1133	Grupo Recreativo e Desportivo da Ribeira da Lage	V60	41
1127	799	Henrique Ruivo	00:29:22	00:56:11	00:55:58	1130		V60	42
1128	1310	Luís Miranda	00:27:46	00:56:12	00:56:03	1137		V35	131
1129	1115	Inácio Malu	00:27:06	00:56:13	00:55:41	1110		V45	151
1130	770	Patricia Xavier	00:28:36	00:56:13	00:56:09	1141	Casa Benfica em A M M	V45	34
1131	1593	José Delgado	00:27:52	00:56:14	00:56:02	1134		V45	152
1132	716	Rui Rolo	00:28:06	00:56:15	00:56:00	1132		V45	153
1133	375	Alessandra Spagnol	00:28:05	00:56:18	00:56:13	1142		V45	35
1134	374	João Morais	00:28:04	00:56:18	00:56:13	1143		V50	151
1135	285	Antonio Campos	00:27:47	00:56:20	00:56:08	1140		V45	154
1136	1456	Joao Caetano	00:29:24	00:56:21	00:55:58	1129		V45	155
1137	935	Vitor Gonçalves	00:29:16	00:56:22	00:56:07	1138	4 ao km	V50	152
1138	936	Isadora Costa	00:28:55	00:56:22	00:56:07	1139	4 ao km	Senior	53
1139	1074	Paulo Pinto	00:28:08	00:56:22	00:56:17	1145	Clube Millennium BCP	V55	80
1140	1345	Nuno Ferreira	00:28:07	00:56:24	00:56:23	1148		V45	156



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1141	692	Luis Silva	00:29:15	00:56:26	00:55:54	1126		V45	157
1142	1739	Jane Campos	00:28:16	00:56:27	00:56:21	1147		V40	38
1143	789	Elsa Bruxelas	00:28:48	00:56:27	00:56:15	1144	C F Os BELENENSES	V60	7
1144	365	Ana Folgado	00:28:34	00:56:28	00:56:25	1149		V50	23
1145	620	João Costa	00:28:03	00:56:33	00:56:20	1146		V55	81
1146	2089	Tiago Cardoso	00:32:35	00:56:37	00:56:02	1135		Senior	178
1147	1950	Renato Figueiras	00:29:15	00:56:39	00:55:50	1121		V50	153
1148	1594	João Alves	00:28:25	00:56:39	00:56:26	1151		V55	82
1149	1603	Carla Cristina	00:28:26	00:56:39	00:56:27	1152		V45	36
1150	270	Eugénia Ribeiro	00:28:08	00:56:40	00:56:25	1150	SIMECQ	V50	24
1151	2164	Maria Vilaça	00:28:45	00:56:43	00:56:39	1166		V45	37
1152	873	Nkadi António	00:27:17	00:56:44	00:56:41	1169		Senior	179
1153	1248	Hugo Lopes	00:27:06	00:56:45	00:56:29	1153		V40	164
1154	733	João Palmeiro	00:28:39	00:56:45	00:56:38	1163		Senior	180
1155	1327	Patricia Geraldes	00:28:44	00:56:48	00:56:35	1156		V50	25
1156	1114	Luís Rodrigues	00:29:03	00:56:50	00:56:43	1171		V40	165
1157	2007	Luís Pinto	00:28:54	00:56:50	00:56:36	1159		V45	158
1158	1776	Ana Oliveira	00:28:41	00:56:50	00:56:38	1164		Senior	54
1159	1774	Joana Correia	00:28:41	00:56:51	00:56:39	1165		Senior	55



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1160	346	Rosa Silva	00:28:43	00:56:53	00:56:42	1170	Ligeirinhos	V50	26
1161	431	José Vestias	00:28:09	00:56:55	00:56:37	1162		V50	154
1162	1222	José Borracha	00:29:01	00:56:57	00:56:50	1173	Federação da Família para a Paz Mundial e Unificação	V60	43
1163	1167	Fernando Correia	00:29:04	00:56:57	00:56:50	1174	Grupo Recreativo e Desportivo da Ribeira da Lage	V55	83
1164	1171	Orlanda Andrade	00:29:04	00:56:57	00:56:51	1179	Grupo Recreativo e Desportivo da Ribeira da Lage	Senior	56
1165	1358	Filipa Ferro	00:28:32	00:56:58	00:56:50	1177		V45	38
1166	1617	Carina Silva	00:28:57	00:57:00	00:56:37	1160		V40	39
1167	1618	Marco Pedro	00:28:57	00:57:00	00:56:37	1161		V45	159
1168	242	Adriana Silva	00:29:02	00:57:01	00:56:52	1181		Senior	57
1169	1402	Thomaz Fernandez	00:33:39	00:57:02	00:46:13	490		V40	166
1170	1138	Sérgio Dias	00:28:52	00:57:03	00:56:34	1154		V40	167
1171	664	Guida Cid	00:28:49	00:57:03	00:57:02	1193		V50	27
1172	403	Sérgio Gonaçaves	00:29:28	00:57:04	00:56:56	1184		V40	168
1173	1595	Manuel Fonseca	00:28:34	00:57:05	00:57:03	1195		V55	84
1174	43	João Lima	00:28:31	00:57:06	00:56:52	1182		Senior	181
1175	2042	Sónia Miguel	00:27:54	00:57:06	00:57:01	1191		Senior	58
1176	275	Paula Leitão	00:28:35	00:57:07	00:56:51	1180	SIMECQ	V45	39
1177	568	Marta Alves	00:28:17	00:57:08	00:56:36	1158		V40	40
1178	996	Anaïs Moniz	00:29:12	00:57:08	00:56:39	1167		Senior	59



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1179	995	Maria Lúcio	00:29:12	00:57:09	00:56:40	1168		V45	40
1180	712	Francisco Rodrigues	00:28:41	00:57:09	00:57:07	1199		V45	160
1181	548	José Goncalves	00:28:37	00:57:10	00:57:00	1189		V70	5
1182	443	João Santos	00:29:22	00:57:12	00:56:58	1185		V55	85
1183	127	Hugo Dionisio	00:28:38	00:57:13	00:57:04	1198		V45	161
1184	2066	Paula Cardoso	00:28:34	00:57:14	00:57:11	1201	União desportiva Alfovelos	V45	41
1185	2130	Tiago Mendonça	00:29:25	00:57:14	00:56:51	1178		Senior	182
1186	783	Carla Nascimento	00:29:48	00:57:14	00:57:01	1190	C F Os BELENENSES	V40	41
1187	1228	Paulo Santos	00:29:39	00:57:15	00:56:35	1155	Grupo Recreativo e Desportivo da Ribeira da Lage	V55	86
1188	869	Inês Costa	00:29:39	00:57:15	00:56:36	1157		V50	28
1189	362	Jorge Pardal	00:29:03	00:57:16	00:57:16	1206		V50	155
1190	334	Cristina Cunha	00:29:04	00:57:16	00:57:15	1205		V50	29
1191	1101	Vasco Ferreira	00:28:51	00:57:17	00:56:59	1187	Clube Millennium BCP	V55	87
1192	1829	Daniel Guerreiro	00:29:46	00:57:17	00:56:50	1175	Os Sericaia	V35	132
1193	1830	Cátia Mesquita	00:29:46	00:57:17	00:56:50	1176	Os Sericaia	Senior	60
1194	1233	Ventura Saraiva	00:29:56	00:57:17	00:57:03	1194	Grupo Recreativo e Desportivo da Ribeira da Lage	V70	6
1195	1667	Pedro Serras	00:28:23	00:57:18	00:56:59	1188	Mobiliário com História	V50	156
1196	1234	Cecília Craveiro	00:29:56	00:57:18	00:57:04	1196	Grupo Recreativo e Desportivo da Ribeira da Lage	V50	30
1197	1235	Cátea Semedo	00:29:56	00:57:18	00:57:04	1197	Grupo Recreativo e Desportivo da Ribeira da Lage	V40	42



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1198	624	António Rodrigues	00:27:58	00:57:18	00:57:10	1200	Correr Lisboa	V35	133
1199	937	Rosa Silva	00:28:35	00:57:21	00:57:17	1209		V50	31
1200	1516	Renato Afonso	00:27:34	00:57:24	00:57:17	1210		Senior	183
1201	1226	Suelen Almeida	00:29:09	00:57:28	00:57:22	1215	Grupo Recreativo e Desportivo da Ribeira da Lage	V35	26
1202	1200	Sérgio Costa	00:29:32	00:57:28	00:56:44	1172		V35	134
1203	1894	Ana Esteves	00:28:37	00:57:28	00:57:20	1212		V35	27
1204	1948	Carlos Rodrigues	00:28:57	00:57:29	00:57:12	1202	Agualva Runners	V40	169
1205	458	Rui Silva	00:29:55	00:57:30	00:57:17	1208		V55	88
1206	1793	João Pereira	00:28:16	00:57:31	00:57:18	1211	Peanuts	Senior	184
1207	611	Alvaro Silva	00:28:18	00:57:31	00:57:28	1218		V60	44
1208	146	Nicoleta Burtoiu	00:28:26	00:57:32	00:57:29	1219		V50	32
1209	1530	Pedro Carvalho	00:28:40	00:57:33	00:57:20	1213		Senior	185
1210	265	Carlos Santos	00:28:38	00:57:35	00:57:31	1223	Clube Ferroviário de Portugal	V70	7
1211	1720	Elias Costa	00:30:46	00:57:38	00:56:54	1183		V35	135
1212	1056	Joaquim Lourenço	00:28:35	00:57:40	00:57:32	1224		V50	157
1213	987	Severino Rosa	00:29:00	00:57:41	00:57:33	1225	SS CGD	V65	16
1214	609	Sandra Aguiar	00:28:28	00:57:41	00:57:38	1228		V45	42
1215	691	Lucete Rocha	00:28:39	00:57:42	00:57:25	1217		V45	43
1216	1461	Nuno Nascimento	00:28:15	00:57:43	00:57:40	1231		V45	162



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1217	1329	Nuno Dias	00:27:42	00:57:43	00:57:41	1233	GDR Granja-Trutas do Mau	V35	136
1218	1598	Renato Cordeiro	00:28:31	00:57:44	00:57:30	1221		Senior	186
1219	1982	Nuno Marques	00:29:23	00:57:45	00:57:15	1204	JFFVN	V45	163
1220	1572	Rui Carvalho	00:29:43	00:57:45	00:57:12	1203		V50	158
1221	295	Luis Correia	00:28:35	00:57:48	00:57:43	1235	SIMECQ	V55	89
1222	377	Beatriz Figueiredo	00:28:55	00:57:50	00:57:34	1227	FIDELIDADE GDC	V45	44
1223	1003	Miguel Ribeiro	00:29:04	00:57:50	00:57:30	1222		V50	159
1224	2124	Rui Norton	00:30:10	00:57:50	00:57:02	1192		V55	90
1225	1571	Andre Martins	00:29:08	00:57:50	00:57:38	1230		V45	164
1226	879	David Prata	00:31:09	00:57:51	00:56:58	1186		V35	137
1227	1654	João Brites	00:28:46	00:57:53	00:57:44	1236		V50	160
1228	942	Rui Moura	00:29:20	00:57:54	00:57:40	1232	Alverca Urban Runners	V40	170
1229	1502	Sônia Caixeirinho	00:30:03	00:57:54	00:57:46	1237	RB RUNNING	V50	33
1230	193	Inês Batista	00:29:30	00:57:56	00:57:38	1229		Senior	61
1231	1961	Ernesto Louro	00:28:30	00:57:56	00:57:29	1220	HELP FAZ OBRAS	V45	165
1232	1562	Jorge Mendes	00:28:36	00:57:56	00:57:53	1245	Caracóis de Pedra	V45	166
1233	1159	Jorge Mimoso	00:29:34	00:57:58	00:57:48	1240		V50	161
1234	2181	Bruno Miguel	00:31:30	00:58:01	00:55:53	1124		V40	171
1235	1012	Luis Soares	00:29:21	00:58:01	00:57:52	1243		V40	172



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1236	1755	João Filipe	00:28:28	00:58:01	00:57:58	1252		V40	173
1237	972	Ana Ferreirim	00:29:26	00:58:01	00:57:48	1241	SS CGD	Senior	62
1238	402	George Gomes	00:30:05	00:58:04	00:57:17	1207		Senior	187
1239	1877	Filipa Reis	00:28:40	00:58:05	00:57:55	1248		V35	28
1240	123	Helena Gonçalves	00:28:19	00:58:08	00:58:01	1254		V45	45
1241	101	Paulo Silva	00:28:19	00:58:09	00:58:02	1255		V50	162
1242	1663	Maria Dinis	00:29:20	00:58:09	00:58:06	1258		V35	29
1243	1881	Ângela Solposto	00:30:44	00:58:09	00:57:22	1216		V45	46
1244	1314	Sérgio Sota	00:30:44	00:58:09	00:57:21	1214		V50	163
1245	494	Rui Pereira	00:29:20	00:58:12	00:57:49	1242		Senior	188
1246	690	Joaquim Costa	00:28:55	00:58:15	00:58:14	1264	Casa Benfica em A M M	V70	8
1247	1165	Jose Borges	00:29:02	00:58:17	00:58:00	1253	Correr Queluz	V55	91
1248	322	Carlos Cardoso	00:29:13	00:58:17	00:58:11	1262		V60	45
1249	833	Rui Alves	00:29:20	00:58:19	00:57:57	1251		V45	167
1250	279	Anabela Santos	00:29:43	00:58:19	00:58:04	1256	Linda-a-Pastora Sporting Clube	V45	47
1251	1677	Miguel Ferreira	00:26:57	00:58:19	00:58:17	1266		V40	174
1252	1813	Antonio Hortega	00:30:05	00:58:21	00:57:42	1234		V55	92
1253	878	Tiago Martins	00:29:52	00:58:21	00:58:05	1257		V40	175
1254	1028	Edyta Stepkowska	00:29:41	00:58:22	00:57:34	1226		V40	43



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1255	167	Joel Ginga	00:29:30	00:58:24	00:58:10	1260		V40	176
1256	1145	Diogo Santos	00:29:32	00:58:27	00:58:18	1267		V35	138
1257	1146	Patrícia Monteiro	00:29:33	00:58:27	00:58:18	1268		V45	48
1258	1430	Carlos Oliveira	00:31:53	00:58:29	00:57:55	1247	Ermelindas	V55	93
1259	2165	Milton Santiago	00:29:51	00:58:30	00:57:46	1238		V40	177
1260	651	Milene Batista	00:29:22	00:58:30	00:57:56	1249	SERUL	V40	44
1261	90	Sofia Andrade	00:29:51	00:58:31	00:57:47	1239		V40	45
1262	1216	Rui Cardoso	00:28:17	00:58:34	00:58:31	1272		V40	178
1263	116	Vasco Palma	00:30:18	00:58:35	00:57:56	1250		V60	46
1264	702	Ana Cabrita	00:29:28	00:58:35	00:58:31	1273	Salamandrecos	V50	34
1265	1624	Gonçalo Rodrigues	00:29:37	00:58:38	00:58:31	1274		Senior	189
1266	1415	Eurico Silva	00:29:28	00:58:39	00:57:53	1244		Senior	190
1267	2106	Peter Forsgren	00:29:28	00:58:40	00:57:54	1246		V60	47
1268	406	Miguel Cocco	00:29:19	00:58:44	00:58:14	1263		V50	164
1269	149	Andre Luz	00:29:41	00:58:44	00:58:28	1270		V50	165
1270	368	Luis Ferreira	00:29:38	00:58:45	00:58:32	1276	Clube Ferroviário de Portugal	V55	94
1271	381	Jacinta Almeida	00:29:38	00:58:46	00:58:34	1279	Clube Ferroviário de Portugal	V55	13
1272	956	Ana Baleizão	00:29:58	00:58:49	00:58:07	1259		Senior	63
1273	644	Davide Barbosa	00:29:12	00:58:49	00:58:41	1282	SERUL	Senior	191



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1274	200	Paulo Oliveira	00:29:33	00:58:51	00:58:39	1281	CCD PM Cascais	V50	166
1275	1272	Carla Neves	00:29:41	00:58:52	00:58:46	1287		V35	30
1276	199	Cláudia Bico	00:29:33	00:58:53	00:58:39	1280	CCD PM Cascais	V40	46
1277	2141	Daniel Costa	00:29:56	00:58:53	00:58:16	1265		V40	179
1278	1113	Nuno Rodrigues	00:29:03	00:58:54	00:58:48	1289		V45	168
1279	195	Pedro Morgado	00:30:08	00:58:56	00:58:30	1271		V35	139
1280	1005	Luis Videira	00:29:08	00:58:56	00:58:52	1293		V65	17
1281	836	Sandra Rodrigues	00:29:07	00:58:56	00:58:46	1288		V50	35
1282	1236	Paulo Caldeira	00:29:45	00:58:56	00:58:43	1284	Correr Lisboa	V40	180
1283	965	Gonçalo Duarte	00:29:45	00:58:56	00:58:43	1283		Senior	192
1284	1237	Maria Ribeiro	00:29:46	00:58:57	00:58:44	1285	Correr Lisboa	V50	36
1285	470	Marcos Ramos	00:29:53	00:58:57	00:58:10	1261		V35	140
1286	1481	Carlos Fernandes	00:30:36	00:58:57	00:58:26	1269		V55	95
1287	710	Agostinho Cristino	00:29:58	00:58:59	00:58:58	1303	Casa Benfica em A M M	V70	9
1288	837	Filipe Rodrigues	00:29:10	00:59:00	00:58:49	1291		V50	167
1289	1224	Fernanda Camacho	00:29:12	00:59:00	00:58:44	1286	Grupo Recreativo e Desportivo da Ribeira da Lage	V50	37
1290	814	Ivo Lima	00:29:49	00:59:00	00:58:33	1277	Grupo Desportivo Santander Totta	V45	169
1291	339	João Gomes	00:30:16	00:59:02	00:58:48	1290		V55	96
1292	60	António Ribeiro	00:30:45	00:59:04	00:58:54	1298	QUARTETO	V55	97



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1293	140	Joaquim Bentes	00:30:45	00:59:06	00:58:56	1299	QUARTETO	V70	10
1294	1719	Deniz David	00:29:43	00:59:06	00:58:54	1297	Correr para Beber	V35	31
1295	1697	Danisia Cruz	00:29:42	00:59:06	00:58:54	1296	Correr para Beber	V35	32
1296	1417	Adriano Gonçalves	00:30:17	00:59:08	00:58:33	1278		V45	170
1297	1614	Augusto Fernandes	00:30:17	00:59:08	00:58:32	1275		V65	18
1298	969	Jorge Serra	00:30:09	00:59:09	00:58:57	1300		V55	98
1299	165	Alcindo Almeida	00:29:43	00:59:14	00:59:10	1311		V60	48
1300	1466	José Henriques	00:30:25	00:59:15	00:58:59	1305		V45	171
1301	1330	Bruno Leitão	00:30:11	00:59:16	00:58:50	1292		V40	181
1302	1467	Sonia Araújo	00:30:25	00:59:16	00:58:57	1301		V45	49
1303	715	Edgar Proença	00:28:00	00:59:16	00:59:13	1312		V60	49
1304	864	Paulo Silva	00:29:58	00:59:19	00:59:04	1308		V60	50
1305	524	António Lopes	00:29:50	00:59:20	00:58:58	1304		V65	19
1306	1898	Sérgio Martins	00:29:27	00:59:20	00:58:52	1294		V40	182
1307	1899	Ana Martins	00:29:26	00:59:20	00:58:53	1295		V40	47
1308	1825	Ana Ferreira	00:29:42	00:59:20	00:59:14	1315		V40	48
1309	1824	Pedro Rodrigues	00:29:42	00:59:20	00:59:14	1314		V45	172
1310	2083	José Pereira	00:30:04	00:59:27	00:58:57	1302		V50	168
1311	584	Paula Rebelo	00:30:03	00:59:28	00:59:28	1328	FITARES ELECTRODOMESTICOS	V50	38



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1312	1985	Marta Rodrigues	00:30:00	00:59:29	00:58:59	1306	JFFVN	V40	49
1313	104	Henriqueta Solipa	00:29:44	00:59:29	00:59:16	1316		V60	8
1314	299	Rita Mina	00:30:02	00:59:31	00:59:21	1320	Linda-a-Pastora Sporting Clube	V50	39
1315	835	Filipe Moreira	00:31:21	00:59:32	00:59:26	1324		V35	141
1316	839	Evandro López	00:30:02	00:59:32	00:59:21	1319	Linda-a-Pastora Sporting Clube	V40	183
1317	1295	Joaquim Safara	00:30:02	00:59:32	00:59:19	1318		V60	51
1318	326	Miguel Dias	00:29:24	00:59:32	00:59:27	1327		V50	169
1319	1917	Esmeralda Ramalho	00:29:48	00:59:36	00:59:22	1321		V50	40
1320	1213	Rúben Luís	00:29:05	00:59:40	00:59:36	1335		V35	142
1321	2166	Rui Sapeira	00:30:41	00:59:40	00:59:13	1313	Clube de Ténis da Amadora	V55	99
1322	970	Marcelo Fonseca	00:29:44	00:59:40	00:59:25	1323		Senior	193
1323	744	Patrícia Sousa	00:30:12	00:59:42	00:59:27	1326	Run & Win(e)	V40	50
1324	849	Sergio Rodelo	00:30:19	00:59:44	00:59:10	1310		V50	170
1325	1124	José Leitão	00:29:39	00:59:44	00:59:29	1329		V45	173
1326	1016	Cristina Santos	00:29:39	00:59:45	00:59:31	1331		V45	50
1327	741	António Batista	00:30:09	00:59:46	00:59:37	1339	Club Football Estrela	V75	1
1328	2168	Apolo Estrela	00:30:41	00:59:47	00:59:18	1317	Clube de Ténis da Amadora	Senior	194
1329	559	Diogo Rodrigues	00:29:39	00:59:47	00:59:36	1336		Senior	195
1330	1860	Carla Neves	00:29:55	00:59:47	00:59:37	1340	correr.com(e)	V45	51



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1331	978	João Correia	00:29:27	00:59:47	00:59:41	1344	SS CGD	V60	52
1332	1019	José Machado	00:29:55	00:59:48	00:59:36	1332	correr.com(e)	V55	100
1333	543	Luísa Cardoso	00:29:56	00:59:49	00:59:38	1341	correr.com(e)	V50	41
1334	589	Elisabete Maria	00:30:18	00:59:49	00:59:47	1347		V50	42
1335	542	Pedro Verissimo	00:29:56	00:59:49	00:59:37	1338	correr.com(e)	V50	171
1336	1416	Josilene Monteiro	00:30:47	00:59:51	00:59:00	1307		Senior	64
1337	143	Paulo Rodrigues	00:29:15	00:59:51	00:59:36	1337		Senior	196
1338	891	Sandra Bolas	00:29:43	00:59:52	00:59:36	1333		V50	43
1339	905	Custodio Atalho	00:29:43	00:59:52	00:59:36	1334		V45	174
1340	191	Nuno Rodrigues	00:29:48	00:59:53	00:59:43	1346		V35	143
1341	1605	Rita Garcia	00:29:26	00:59:55	00:59:42	1345		Senior	65
1342	125	João Carvalho	00:31:15	00:59:57	00:59:41	1342		V40	184
1343	126	Raquel Figueiredo	00:31:15	00:59:57	00:59:41	1343		V40	51
1344	515	José Dias	00:30:35	00:59:57	00:59:47	1348		V50	172
1345	1242	Pedro Duarte	00:30:26	00:59:57	00:59:50	1352		V40	185
1346	862	Rosalina Delgado	00:30:26	00:59:58	00:59:50	1351		V50	44
1347	629	Mahendrasinh Bassangy	00:28:31	01:00:00	00:59:54	1354		V55	101
1348	1708	Nelson Ferreira	00:30:21	01:00:02	00:59:49	1350		V45	175
1349	235	Vanda Maia	00:30:09	01:00:05	00:59:56	1358		V45	52



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1350	2076	Renato Dias	00:28:50	01:00:06	00:59:56	1357		V35	144
1351	269	Maria Almeida	00:30:23	01:00:07	00:59:53	1353	SIMECQ	V50	45
1352	1649	Silvia Mendes	00:30:44	01:00:09	00:59:55	1356		V40	52
1353	1052	Sónia Garcia	00:29:56	01:00:10	00:59:59	1359		V45	53
1354	1051	Sergio Bernardo	00:29:56	01:00:10	01:00:00	1362		V45	176
1355	1923	Catarina Pereira	00:30:34	01:00:10	00:59:26	1325		V45	54
1356	974	Bernardino Pereira	00:29:53	01:00:10	01:00:10	1369	SS CGD	V85	1
1357	142	Paulo Ferreira	00:30:58	01:00:12	01:00:08	1368		V40	186
1358	1246	Cátia Santos	00:29:53	01:00:13	01:00:11	1370		V40	53
1359	1645	João Pacheco	00:30:55	01:00:15	00:59:47	1349		V45	177
1360	110	Nuno Silva	00:28:41	01:00:18	01:00:05	1363		V40	187
1361	1251	Jorge Nunes	00:31:11	01:00:19	01:00:08	1366		V40	188
1362	1887	Sebastião Seguro	00:31:22	01:00:21	00:59:30	1330		Senior	197
1363	1267	Fernanda Simões	00:29:42	01:00:21	01:00:13	1371		V45	55
1364	1004	Nadine Pina	00:29:55	01:00:21	01:00:17	1372		V40	54
1365	949	Fernando Martinho	00:30:33	01:00:24	00:59:59	1360	Doninhas Trail Team	V40	189
1366	950	Patricia Pereira	00:30:33	01:00:24	01:00:00	1361	Doninhas Trail Team	V40	55
1367	1254	Carlos Beijinho	00:30:06	01:00:26	01:00:08	1367		V50	173
1368	1534	Maria Dias	00:30:21	01:00:26	01:00:24	1382		V50	46



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1369	1631	Teresa Camoez	00:29:34	01:00:30	01:00:27	1385	F&C	V50	47
1370	1630	José Amendoeira	00:29:34	01:00:30	01:00:26	1384	F&C	V40	190
1371	416	Marco Alves	00:31:28	01:00:30	00:59:24	1322		V45	178
1372	1445	Diogo Lourenço	00:37:38	01:00:31	00:59:54	1355	Empachados Team	Junior	26
1373	1172	Antonio Lima	00:30:33	01:00:35	01:00:34	1395	Grupo Recreativo e Desportivo da Ribeira da Lage	V55	102
1374	2027	David Craveiro	00:32:58	01:00:35	01:00:25	1383		Senior	198
1375	210	Victória Mata	00:30:28	01:00:35	01:00:33	1394		V65	1
1376	390	Breno Figueiredo	00:28:18	01:00:39	01:00:22	1378		Senior	199
1377	1691	David Patrício	00:30:27	01:00:39	01:00:38	1397	GDRC Ponterrolense	V35	145
1378	1690	Soraia Caria	00:30:27	01:00:40	01:00:39	1398	GDRC Ponterrolense	V40	56
1379	1575	Mécia Frias	00:30:52	01:00:41	01:00:28	1390	Familyteam	V35	33
1380	1394	Ana Pereira	00:31:07	01:00:41	01:00:20	1374		V50	48
1381	1395	Carmen Cristino	00:31:06	01:00:41	01:00:20	1375		V50	49
1382	1107	Carlos Nunes	00:30:07	01:00:45	01:00:27	1387	Clube Millennium BCP	V55	103
1383	1193	Joaquim Neves	00:30:41	01:00:45	01:00:24	1380		V50	174
1384	2137	Joana Marques	00:30:54	01:00:45	01:00:24	1381		Senior	66
1385	679	Hugo Rodrigues	00:30:15	01:00:46	01:00:44	1403		V40	191
1386	1722	Pedro Soares	00:31:13	01:00:49	01:00:05	1364		V45	179
1387	732	Ricardo Neves	00:30:54	01:00:50	01:00:27	1388		V45	180



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1388	1125	Andreia Pessoa	00:31:12	01:00:50	01:00:07	1365		V45	56
1389	917	Bruno Silva	00:29:56	01:00:52	01:00:47	1405		Senior	200
1390	1486	Nuno Serrão	00:31:46	01:00:52	00:59:07	1309	Serviços Sociais Montepio	V45	181
1391	1130	Pedro Vieira	00:30:43	01:00:53	01:00:27	1386	Clube de Ténis da Amadora	V40	192
1392	112	Aníbal Rosa	00:29:41	01:00:55	01:00:47	1404		V45	182
1393	705	Mafalda Silva	00:30:48	01:00:56	01:00:31	1392		Senior	67
1394	357	Filipe Junqueira	00:30:35	01:00:58	01:00:50	1407		V40	193
1395	748	Catarina Montenegro	00:30:57	01:00:58	01:00:41	1399		V40	57
1396	1064	Manuela Lopes	00:30:59	01:00:58	01:00:22	1377	CCD Sintrense	V45	57
1397	150	Palmira Ribeiro	00:30:45	01:01:00	01:00:57	1412		V50	50
1398	719	Marco Carvalho	00:30:36	01:01:02	01:00:42	1400		V45	183
1399	582	Dmytro Kokodiy	00:31:24	01:01:03	01:00:18	1373		V40	194
1400	1701	Paula Simões	00:29:55	01:01:04	01:00:52	1410		V35	34
1401	1700	Márcio Silva	00:29:54	01:01:05	01:00:51	1409		V35	146
1402	994	Carlos Pena	00:30:52	01:01:05	01:01:03	1416		V50	175
1403	687	Matheus Vianna	00:31:07	01:01:07	01:00:24	1379		V35	147
1404	1232	Carlos Casal	00:30:36	01:01:09	01:00:28	1389	Grupo Recreativo e Desportivo da Ribeira da Lage	V55	104
1405	871	Marisa Rianço	00:30:43	01:01:09	01:00:58	1413		V40	58
1406	749	Alessandro Nascimento	00:30:31	01:01:12	01:00:48	1406		V40	195



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1407	1741	Antonio Vargas	00:31:07	01:01:12	01:00:30	1391		V45	184
1408	1959	Isabel Rodrigues	00:30:14	01:01:13	01:00:36	1396	Federação da Família para a Paz Mundial e Unificação	V50	51
1409	1857	Miguel Pereira	00:30:32	01:01:17	01:01:14	1424		V40	196
1410	1730	Inês Alvadia	00:30:32	01:01:17	01:01:14	1425		V35	35
1411	1087	Catarina Altas	00:31:00	01:01:20	01:01:16	1428	Clube Millennium BCP	V45	58
1412	1589	Paulo Varandas	00:30:27	01:01:20	01:01:12	1422		V40	197
1413	680	Keila Moacho	00:30:40	01:01:22	01:00:31	1393		Senior	68
1414	549	Raquel Cruz	00:31:19	01:01:23	01:00:51	1408		V40	59
1415	1718	João Júnior	00:31:47	01:01:24	01:00:54	1411	Correr para Beber	V40	198
1416	495	Elias Cruz	00:31:18	01:01:25	01:00:42	1401		V50	176
1417	930	Tom Vanoverschelde	00:31:43	01:01:29	01:01:07	1417		V45	185
1418	513	Rui Pastor	00:30:27	01:01:29	01:01:14	1426	CCDTMetroLX	V50	177
1419	139	Rita Bentes	00:31:22	01:01:31	01:01:23	1434	QUARTETO	Senior	69
1420	1460	Rui Santos	00:29:15	01:01:31	01:01:19	1431		V45	186
1421	1393	Sara Ferreira	00:29:16	01:01:31	01:01:18	1429		V45	59
1422	2060	Cleonice Oliveira	00:30:56	01:01:32	01:01:30	1442		V55	14
1423	92	Paulo Moutinho	00:29:16	01:01:32	01:01:18	1430		V50	178
1424	198	Sandra Torres	00:31:03	01:01:33	01:01:20	1432		V40	60
1425	2004	Luís Simões	00:31:36	01:01:33	01:00:59	1414		V45	187



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1426	1429	Maria Barrancos	00:31:36	01:01:33	01:01:00	1415	Ermelindas	V50	52
1427	877	Paulo Sousa	00:30:47	01:01:34	01:01:26	1437		V50	179
1428	866	Maria Alves	00:30:47	01:01:35	01:01:28	1438		V45	60
1429	1585	André Silva	00:31:45	01:01:36	01:00:42	1402		V35	148
1430	379	Sergio Roberto	00:31:03	01:01:36	01:01:21	1433		V50	180
1431	1968	Peter Hoffmann	00:31:15	01:01:40	01:01:38	1446		V75	2
1432	649	Maria Coronha	00:30:54	01:01:41	01:01:08	1419	SERUL	V40	61
1433	642	Andreia Amaro	00:30:54	01:01:41	01:01:07	1418	SERUL	V35	36
1434	643	Cidália Borges	00:30:54	01:01:41	01:01:09	1420	SERUL	V50	53
1435	645	Fabiana Zunfrilli	00:30:52	01:01:41	01:01:09	1421	SERUL	V45	61
1436	2085	Elisabete Farinha	00:31:04	01:01:43	01:01:38	1447		V55	15
1437	1009	João Rosa	00:30:07	01:01:47	01:01:36	1445		Senior	201
1438	631	Vitor Rodrigues	00:30:27	01:01:47	01:01:28	1439		V65	20
1439	1521	Diana Guimarães	00:31:30	01:01:48	01:01:39	1448		V40	62
1440	2134	Manuel Passos	00:31:48	01:01:48	01:01:24	1436		V55	105
1441	1790	Sérgio Braganca	00:30:54	01:01:49	01:01:13	1423		V45	188
1442	248	António Fonseca	00:31:13	01:01:49	01:01:30	1440		V75	3
1443	1348	Nuno Gonçalves	00:32:20	01:01:49	01:01:30	1441		V50	181
1444	1399	Alex Hundred	00:32:20	01:01:50	01:01:32	1444		V50	54



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1445	1400	Vaskus Round	00:32:20	01:01:50	01:01:31	1443		V50	182
1446	2161	Lukasz Pajak	00:31:08	01:01:52	01:00:21	1376		V40	199
1447	38	João Pereira	00:30:43	01:01:53	01:01:39	1449		V55	106
1448	516	Fernando Oliveira	00:30:20	01:01:54	01:01:44	1452		V55	107
1449	1252	Diogo Macedo	00:28:50	01:01:56	01:01:15	1427		Junior	27
1450	1485	Paulo Pereira	00:31:27	01:01:59	01:01:41	1450	Serviços Sociais Montepio	V50	183
1451	1482	Manuel Narciso	00:31:34	01:01:59	01:01:41	1451	Serviços Sociais Montepio	V55	108
1452	666	Paulo Gordo	00:30:52	01:02:00	01:01:54	1458		V55	109
1453	667	Luisa Xarraz	00:30:52	01:02:01	01:01:54	1459		V55	16
1454	1896	Patrícia Machado	00:31:34	01:02:04	01:01:54	1461		V40	63
1455	1904	Matheus Silva	00:30:11	01:02:05	01:01:54	1462		Senior	202
1456	932	Monica Santos	00:30:57	01:02:08	01:02:03	1466		V45	62
1457	2160	João Fonseca	00:29:07	01:02:08	01:02:04	1468		Senior	203
1458	1108	Paulo Rebocho	00:30:43	01:02:10	01:01:54	1460	Clube Millennium BCP	V55	110
1459	1036	Fernando Marques	00:30:24	01:02:12	01:01:59	1463		Senior	204
1460	1997	Bruno Carneiro	00:31:35	01:02:13	01:01:48	1453		Senior	205
1461	822	Rafaela Norte	00:31:59	01:02:14	01:02:00	1464	Herdade Moderna	Senior	70
1462	2147	Carlos Pereira	00:30:44	01:02:14	01:01:50	1455		Senior	206
1463	564	Luis Goncalves	00:31:22	01:02:15	01:01:24	1435		Senior	207



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1464	1951	Telma Abreu	00:30:55	01:02:17	01:02:11	1473		Senior	71
1465	464	Catarina Fontinha	00:31:06	01:02:20	01:02:07	1471	Running Family	V40	64
1466	1980	Carla Atilhó	00:30:02	01:02:20	01:01:50	1454	JFFVN	V45	63
1467	1057	Cristina Lourenço	00:30:40	01:02:25	01:02:24	1478		V45	64
1468	593	Sónia Correia	00:31:53	01:02:26	01:02:06	1470		V45	65
1469	1892	Inês Azevedo	00:31:35	01:02:28	01:01:51	1456		Senior	72
1470	984	Paulo Bailão	00:29:49	01:02:28	01:02:20	1476	SS CGD	V50	184
1471	966	Rui Correia	00:29:54	01:02:29	01:02:15	1475		V45	189
1472	566	Renata Oliveira	00:32:29	01:02:32	01:01:51	1457		V45	66
1473	273	Nuno Galvão	00:32:32	01:02:33	01:02:03	1467	SIMECQ	V55	111
1474	296	Maria Tavares	00:31:41	01:02:34	01:02:11	1472	Agualva Runners	V50	55
1475	23	Rui Alves	00:31:46	01:02:37	01:02:33	1486		V45	190
1476	21	Elisa Alves	00:31:47	01:02:37	01:02:32	1485		V45	67
1477	272	João Teixeira	00:31:46	01:02:37	01:02:28	1483	SIMECQ	V60	53
1478	66	Marlene Oliveira	00:30:47	01:02:38	01:02:36	1487		V45	68
1479	781	Carla Coelho	00:30:18	01:02:40	01:02:28	1482	C F Os BELENENSES	V45	69
1480	1588	Jorge Rodrigues	00:30:47	01:02:41	01:02:40	1488		V50	185
1481	736	Sofia Antunes	00:32:01	01:02:43	01:02:27	1481		V40	65
1482	2041	Carlos Neves	00:31:29	01:02:46	01:02:15	1474		V50	186



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1483	1946	Paulo Gama	00:30:41	01:02:46	01:02:24	1479		V35	149
1484	731	Paulo Valente	00:30:14	01:02:48	01:02:29	1484		Senior	208
1485	831	Rui Vaz	00:31:54	01:02:48	01:02:01	1465		V45	191
1486	1100	Maria Teixeira	00:30:47	01:02:52	01:02:25	1480	Clube Millennium BCP	Senior	73
1487	1514	Simão Ferreira	00:31:20	01:02:52	01:02:06	1469		V40	200
1488	274	Olga Galvão	00:31:52	01:02:52	01:02:23	1477	SIMECQ	V55	17
1489	301	Ana Neto	00:31:47	01:02:57	01:02:47	1491	Linda-a-Pastora Sporting Clube	V40	66
1490	196	Joao Coelho	00:30:42	01:03:01	01:02:43	1490		V35	150
1491	96	Rui Fernandes	00:30:33	01:03:06	01:03:00	1497		V50	187
1492	2013	Inês Bernardo	00:32:08	01:03:06	01:02:55	1495	C F Os BELENENSES	V40	67
1493	1876	Oksana Loi	00:31:33	01:03:12	01:03:04	1500		Senior	74
1494	2157	Pedro Silveira	00:30:53	01:03:13	01:03:01	1498		V50	188
1495	318	João Miguel	00:31:41	01:03:13	01:02:54	1494		V80	1
1496	1316	Maria Bica	00:30:59	01:03:15	01:03:14	1506		V45	70
1497	720	Célia Sousa	00:31:06	01:03:20	01:03:13	1504		V45	71
1498	1103	Ricardo Ourelo	00:31:57	01:03:24	01:03:17	1509	Clube Millennium BCP	Junior	28
1499	632	Carlos Coelho	00:31:02	01:03:25	01:03:06	1501		V60	54
1500	718	Cristina Rainha	00:31:24	01:03:27	01:03:13	1505		V50	56
1501	267	Ana Nunes	00:31:29	01:03:28	01:03:10	1502	SIMECQ	V50	57



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1502	2092	Pedro Ascensao	00:32:35	01:03:29	01:02:56	1496		V50	189
1503	1687	Carlos Fonseca	00:30:02	01:03:34	01:03:18	1510	Fortes	Senior	209
1504	1382	Nuno Gonçalves	00:30:37	01:03:35	01:03:27	1515	KEEPRUNNING	V65	21
1505	1608	Joana Luzia	00:31:21	01:03:35	01:03:30	1518		V35	37
1506	1140	Bruna Moreira	00:32:34	01:03:38	01:02:54	1493		Senior	75
1507	1142	Sílvia Lourenço	00:32:35	01:03:38	01:02:52	1492		V35	38
1508	1089	Manuel Pereira	00:32:06	01:03:39	01:03:15	1507	Clube Millennium BCP	V50	190
1509	1679	Jorge Cunha	00:32:42	01:03:41	01:02:42	1489		V50	191
1510	517	Josè Pè-Leve	00:32:15	01:03:45	01:03:39	1522		V60	55
1511	2002	Hugo Luís	00:32:24	01:03:48	01:03:27	1514		V40	201
1512	1547	Hugo Gomes	00:32:24	01:03:48	01:03:28	1516		V40	202
1513	252	José Xavier	00:31:54	01:03:48	01:03:37	1520		V35	151
1514	251	Lara Rodrigues	00:31:54	01:03:48	01:03:37	1521		V35	39
1515	1155	Ivanka Valcheva	00:32:38	01:03:49	01:03:02	1499		V40	68
1516	603	Paulo Quaresma	00:31:23	01:03:51	01:03:47	1535	Veteranos de Massamá	V65	22
1517	769	Rosa Dias	00:32:15	01:03:53	01:03:24	1512	Casa Benfica em A M M	V55	18
1518	763	André Quintino	00:31:14	01:03:53	01:03:42	1529	FIDELIDADE GDC	V50	192
1519	338	Gilberto Gonçalves	00:32:00	01:03:54	01:03:40	1525	Clube Atletismo Amigos de Belém	V70	11
1520	1584	Manuel Baptista	00:32:00	01:03:54	01:03:39	1523		V55	112



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1521	865	Maria Silva	00:31:47	01:03:55	01:03:46	1534		V60	9
1522	1653	José Rodrigues	00:31:05	01:03:56	01:03:50	1538		V65	23
1523	976	Dora Pires	00:32:32	01:03:56	01:03:41	1527	SS CGD	V55	19
1524	1317	Paulo Gonçalves	00:32:32	01:03:56	01:03:41	1528		V45	192
1525	1490	João Diegues	00:31:27	01:03:57	01:03:40	1524	Serviços Sociais Montepio	V50	193
1526	479	Eduardo Lopes	00:32:27	01:03:58	01:03:41	1526		V50	194
1527	1954	Anabela Luís	00:32:24	01:03:58	01:03:42	1531		V55	20
1528	698	José Tomé	00:32:48	01:03:58	01:03:13	1503		V45	193
1529	699	Gonçalo Tomé	00:32:48	01:03:58	01:03:15	1508		Junior	29
1530	872	Ana Rafael	00:31:51	01:03:59	01:03:49	1536		Senior	76
1531	1710	Rui Marques	00:31:46	01:04:03	01:03:21	1511		V45	194
1532	245	Francisco Sardinha	00:30:55	01:04:04	01:03:42	1530		Senior	210
1533	1916	Maria Borges	00:31:22	01:04:05	01:04:04	1546	Federação da Família para a Paz Mundial e Unificação	V55	21
1534	742	Virgílio Rodrigues	00:33:01	01:04:09	01:04:00	1542	Club Football Estrela	V75	4
1535	939	Joaquim Mendes	00:32:01	01:04:14	01:04:02	1544		V55	113
1536	1021	Teresa Teixeira	00:32:09	01:04:15	01:04:04	1545		V55	22
1537	2171	Tomás Reis	00:31:58	01:04:17	01:03:26	1513		Senior	211
1538	889	Samira Lima	00:32:29	01:04:23	01:03:29	1517		V35	40
1539	1673	Cláudia C.Teixeira	00:32:43	01:04:24	01:03:32	1519		V45	72



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1540	580	Domingos Pereira	00:31:32	01:04:25	01:03:57	1540		V50	195
1541	499	Maria Sanches	00:31:58	01:04:26	01:03:44	1533		V50	58
1542	920	Eduardo Moreira	00:31:27	01:04:28	01:04:17	1551		V50	196
1543	129	Diogo Alfaro	00:32:30	01:04:29	01:03:44	1532		V35	152
1544	923	Hugo Saraiva	00:31:28	01:04:29	01:04:18	1553		V40	203
1545	268	Ana Serra	00:32:37	01:04:30	01:04:00	1541	SIMECQ	V45	73
1546	1403	Elisa Reis	00:32:32	01:04:30	01:04:00	1543		Senior	77
1547	896	Elsa Carrilho	00:33:37	01:04:34	01:03:53	1539		V40	69
1548	228	João Godinho	00:32:12	01:04:35	01:04:13	1549	Amigos do Asfalto	V40	204
1549	229	Hugo Belo	00:32:11	01:04:35	01:04:14	1550	Amigos do Asfalto	V40	205
1550	1148	Luís Conceição	00:32:11	01:04:36	01:04:18	1554		V60	56
1551	1684	Alfredo Laureano	00:32:58	01:04:37	01:04:28	1562		V40	206
1552	1106	Rui Fidalgo	00:33:03	01:04:40	01:04:22	1557	Clube Millennium BCP	V55	114
1553	910	Jatin Ramgi	00:32:42	01:04:41	01:03:49	1537		V35	153
1554	409	Miguel Silva	00:32:46	01:04:41	01:04:20	1555		Senior	212
1555	1258	Tatiana Oliveira	00:32:50	01:04:42	01:04:11	1548		V40	70
1556	1257	Leonardo Oliveira	00:32:26	01:04:42	01:04:10	1547		V40	207
1557	1800	Ana Alves	00:32:17	01:04:44	01:04:36	1563		V40	71
1558	103	Carine Pais	00:31:51	01:04:44	01:04:24	1560		V35	41



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1559	241	Gonçalo Alves	00:33:03	01:04:45	01:04:23	1559		V45	195
1560	194	Josefina Fernandes	00:32:41	01:04:45	01:04:21	1556		V40	72
1561	1472	Vítor Correia	00:32:01	01:04:54	01:04:36	1564		V45	196
1562	1928	Graça Nobre	00:33:48	01:04:55	01:04:17	1552	Alverca Urban Runners	V60	10
1563	1132	Luís Bernardo	00:32:25	01:05:06	01:04:23	1558	CV Runners	V45	197
1564	1761	Maria Barata	00:32:32	01:05:06	01:04:25	1561		V45	74
1565	50	Célia Azenha	00:32:50	01:05:09	01:05:08	1578		V55	23
1566	97	Cecília Nicolau	00:32:50	01:05:09	01:05:07	1575		V55	24
1567	394	Domingos Folgado	00:32:30	01:05:11	01:04:49	1568		V55	115
1568	764	Albino Neiva	00:33:11	01:05:11	01:04:52	1570	Casa Benfica em A M M	V75	5
1569	59	Paulo Antunes	00:31:38	01:05:14	01:05:05	1574	QUARTETO	V50	197
1570	2152	Leonel Seleiro	00:35:53	01:05:14	01:05:01	1572		V65	24
1571	1070	Leonel Brandao	00:31:11	01:05:14	01:05:08	1577	Clube Millennium BCP	V55	116
1572	1788	Fernando Robles	00:31:42	01:05:14	01:05:09	1579		V50	198
1573	772	Juliana Albernaz	00:31:44	01:05:15	01:04:45	1565	PT CLINIC	V35	42
1574	926	Daiana Silva	00:31:44	01:05:16	01:04:46	1566	PT CLINIC	V35	43
1575	1102	Vasco Ourelo	00:31:57	01:05:17	01:05:10	1580	Clube Millennium BCP	V45	198
1576	525	Rui Lopes	00:31:22	01:05:23	01:05:01	1573		V35	154
1577	2167	Luis Estrela	00:31:54	01:05:27	01:04:59	1571	Clube de Ténis da Amadora	V50	199



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1578	1311	José Silva	00:31:34	01:05:28	01:05:27	1585		V55	117
1579	1475	António Mateus	00:33:17	01:05:31	01:05:17	1582	Zatopeques	V80	2
1580	722	Ricardo Figueira	00:33:19	01:05:40	01:05:18	1583		V40	208
1581	1483	Teresa Quaresma	00:33:02	01:05:44	01:05:35	1589	Serviços Sociais Montepio	V45	75
1582	34	Luis Lourenço	00:33:00	01:05:44	01:05:35	1591		V45	199
1583	434	João Torres	00:32:44	01:05:44	01:05:29	1586		V70	12
1584	957	Thiago Ferreira	00:32:30	01:05:51	01:05:39	1592		V40	209
1585	1433	Raquel Ramos	00:33:44	01:05:52	01:05:51	1604		Senior	78
1586	1535	Rui Rodrigues	00:33:45	01:05:54	01:05:53	1605		Senior	213
1587	78	Glaucia Soares	00:33:37	01:05:55	01:05:35	1590		V40	73
1588	1792	Bruno Silva	00:32:21	01:05:55	01:05:42	1594	Peanuts	Senior	214
1589	723	Luis Marques	00:33:20	01:05:56	01:05:07	1576		V45	200
1590	962	Fernando Alves	00:33:13	01:05:57	01:05:49	1603	SS CGD	V60	57
1591	1903	Madalena Veiga	00:32:38	01:05:57	01:05:48	1601		V40	74
1592	954	Ana Freitas	00:34:23	01:06:01	01:05:12	1581		V45	76
1593	1418	Carlos Rodrigues	00:32:50	01:06:02	01:05:21	1584		V50	200
1594	297	Maria Cargaleiro	00:32:43	01:06:06	01:05:42	1593	Agualva Runners	V55	25
1595	130	Célia Corte	00:33:56	01:06:14	01:05:54	1606	Correr Queluz	V35	44
1596	2005	Helder Amendoeira	00:32:32	01:06:15	01:06:12	1614		V45	201



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1597	1889	Vera Pinto	00:33:35	01:06:15	01:05:33	1587		V40	75
1598	1901	António Apolónio	00:33:35	01:06:16	01:05:34	1588		V40	210
1599	890	Miela Alipio	00:32:41	01:06:19	01:06:03	1610		V50	59
1600	852	Bartłomiej Nowak	00:34:23	01:06:23	01:04:49	1567		V40	76
1601	2163	Anita Pajak	00:34:36	01:06:23	01:04:49	1569		V40	77
1602	1081	Carla Vaz	00:33:46	01:06:26	01:05:45	1599	Clube Millennium BCP	V50	60
1603	462	Teresa Ferreira	00:33:21	01:06:30	01:06:28	1619	Running Family	V70	1
1604	1253	Sandra Miranda	00:33:13	01:06:31	01:05:49	1602		V45	77
1605	202	Carla Faria	00:32:51	01:06:35	01:06:32	1621	GRCD LEIÃO	V50	61
1606	1245	Weronika Banaszkiwicz	00:33:40	01:06:35	01:06:00	1609		Senior	79
1607	435	Catarina Rolo	00:33:53	01:06:36	01:05:44	1595		V35	45
1608	54	Mara Cintra	00:33:52	01:06:36	01:05:45	1596	HOPE	V45	78
1609	55	Ilda Oliveira	00:33:53	01:06:36	01:05:45	1597	HOPE	V45	79
1610	56	Carlos Mendes	00:33:52	01:06:36	01:05:45	1598	HOPE	V45	202
1611	426	Cátia Camara	00:33:52	01:06:37	01:05:46	1600		V35	46
1612	1858	João Silva	00:30:54	01:06:38	01:06:26	1615		V35	155
1613	488	José Matos	00:32:38	01:06:38	01:06:28	1618		V45	203
1614	1600	Marta Fernandes	00:33:49	01:06:38	01:05:56	1607	CV Runners	Senior	80
1615	385	Jorge Camoesas	00:30:54	01:06:39	01:06:29	1620		V40	211



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1616	1713	Paula Capela	00:33:18	01:06:43	01:06:39	1626		V55	26
1617	848	Elsa Martins	00:33:38	01:06:47	01:06:27	1617		V45	80
1618	521	João Costa	00:33:38	01:06:47	01:06:26	1616		V70	13
1619	1392	André Silva	00:33:46	01:06:48	01:06:09	1611		Senior	215
1620	209	Virgílio Mata	00:33:38	01:06:48	01:06:41	1627		V65	25
1621	1377	Miguel Zagalo	00:33:12	01:06:49	01:06:39	1625		Senior	216
1622	277	Ricardo Nobre	00:29:07	01:06:51	01:06:45	1630	SIMECQ	V40	212
1623	1740	Hugo Silva	00:32:23	01:06:52	01:06:00	1608		Senior	217
1624	1112	Joaquim Fonseca	00:33:02	01:06:55	01:06:46	1631		V65	26
1625	413	Valdete Campos	00:33:30	01:06:58	01:06:12	1613		V55	27
1626	1266	Robinson Campos	00:33:30	01:06:59	01:06:11	1612		V50	201
1627	1256	José Cardoso	00:32:36	01:06:59	01:06:42	1629		V45	204
1628	181	Luciana Pinto	00:32:49	01:07:02	01:06:57	1635		V35	47
1629	278	Susana Mendes	00:36:06	01:07:07	01:06:38	1624	SIMECQ	V40	78
1630	1437	Joaquim Roque	00:33:49	01:07:17	01:06:36	1623		V55	118
1631	1999	Lara Ferreira	00:34:10	01:07:21	01:06:35	1622		V35	48
1632	826	João Moacho	00:34:05	01:07:22	01:06:58	1636		V65	27
1633	287	Ana Domingues	00:33:29	01:07:24	01:06:54	1633		V40	79
1634	1157	Elias Tavares	00:33:07	01:07:26	01:06:41	1628		V55	119



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1635	148	Paulo Domingues	00:33:29	01:07:26	01:06:56	1634		V50	202
1636	1695	Antônia Sousa	00:32:15	01:07:32	01:07:27	1643		V45	81
1637	756	Maria Andrade	00:34:00	01:07:33	01:07:22	1640		V60	11
1638	1519	Aliete Teixeira	00:32:52	01:07:37	01:07:24	1641		V40	80
1639	2064	Pedro Júnior	00:32:48	01:07:37	01:06:48	1632		Senior	218
1640	1096	Vitor Gomes	00:34:16	01:07:40	01:07:33	1648	Clube Millennium BCP	V50	203
1641	158	Jose Correia	00:33:23	01:07:41	01:07:29	1644		V60	58
1642	474	Jorge Junior	00:32:35	01:07:42	01:07:32	1645		V40	213
1643	1640	Catarina Matos	00:33:36	01:07:42	01:07:32	1647	Os Matos	Senior	81
1644	1639	João Santos	00:33:36	01:07:42	01:07:32	1646	Os Matos	V40	214
1645	684	Jorge Baptista	00:34:10	01:07:48	01:07:40	1649		V65	28
1646	1023	João Paulo	00:32:15	01:07:52	01:07:20	1637		V45	205
1647	1504	Miguel Melo	00:32:49	01:07:52	01:07:25	1642		V55	120
1648	1020	João Ribeiro	00:32:15	01:07:52	01:07:20	1638		V45	206
1649	1436	Jorge Pires	00:33:33	01:08:06	01:07:20	1639		V45	207
1650	1375	Carla Perico	00:34:30	01:08:13	01:07:52	1653		V45	82
1651	1374	Paulo Perico	00:34:43	01:08:13	01:07:52	1652		V45	208
1652	1488	Susana Costa	00:34:35	01:08:16	01:08:04	1657	Serviços Sociais Montepio	V40	81
1653	704	Sónia Cândido	00:35:07	01:08:19	01:07:57	1655		V40	82



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1654	850	Isabel Gomez	00:34:26	01:08:19	01:07:46	1650		V40	83
1655	343	Sara Carvalho	00:35:04	01:08:25	01:07:54	1654	Clube Ferroviário de Portugal	V45	83
1656	1785	Nuno Almeida	00:33:37	01:08:25	01:07:49	1651		V45	84
1657	1446	Ricardo Conceição	00:34:02	01:08:31	01:08:27	1664		V35	156
1658	613	Luisa Santos	00:33:47	01:08:32	01:08:25	1662		V50	62
1659	894	Nelson Melo	00:32:23	01:08:37	01:08:19	1659		V45	209
1660	410	Luis Nunes	00:32:46	01:08:38	01:08:17	1658		V45	210
1661	1878	Sara Casaleiro	00:33:59	01:08:48	01:08:24	1661		V35	49
1662	2001	Mónica Figueiredo	00:33:59	01:08:49	01:08:24	1660		V45	85
1663	1828	Joaquim Neiva	00:33:52	01:08:51	01:08:35	1667	NAZABOBODA	V75	6
1664	1344	Ana Mota	00:33:47	01:08:55	01:07:59	1656		Senior	82
1665	592	Edmilson Prates	00:35:30	01:08:59	01:08:34	1666		V45	211
1666	2015	Cristina Filipe	00:34:32	01:09:04	01:08:26	1663	Alverca Urban Runners	V55	28
1667	260	André Afonso	00:35:06	01:09:06	01:08:38	1668	OutSystems	V40	215
1668	1181	Herminio Cabaceira	00:33:39	01:09:06	01:08:42	1669	Grupo Recreativo e Desportivo da Ribeira da Lage	V60	59
1669	219	Leonor Antunes	00:33:57	01:09:14	01:09:00	1672	Respect	V35	50
1670	220	Cátia Lucas	00:33:57	01:09:14	01:09:00	1673	Respect	V35	51
1671	214	Carlos Crespo	00:36:36	01:09:15	01:08:27	1665		V60	60
1672	1220	Mariana Borges	00:34:57	01:09:20	01:08:55	1671	Linda-a-Pastora Sporting Clube	V45	86



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1673	572	Susana Mendes	00:34:31	01:09:31	01:09:25	1678		V50	63
1674	1724	Ellen Vasconcellos	00:34:34	01:09:33	01:09:27	1681		V35	52
1675	1590	Patrícia Paulino	00:33:53	01:09:35	01:09:17	1676		V40	84
1676	570	Luís Braz	00:33:53	01:09:36	01:09:17	1675		V40	216
1677	2096	Acácio Negrão	00:34:46	01:09:37	01:08:48	1670		V45	212
1678	361	Cátia Lopes	00:36:06	01:09:43	01:09:00	1674	Alverca Urban Runners	V35	53
1679	342	Sandra Silva	00:34:43	01:10:03	01:09:31	1684		V45	87
1680	1048	Meirevone Ferreira	00:34:37	01:10:04	01:09:32	1685	GRCD LEIÃO	V45	88
1681	478	António Monteiro	00:34:04	01:10:07	01:09:52	1691	Clube Ferroviário de Portugal	V75	7
1682	1763	Ana Mendes	00:33:58	01:10:08	01:09:29	1682		Senior	83
1683	115	Rui Silva	00:35:52	01:10:11	01:09:30	1683		V50	204
1684	2053	Isabel Godinho	00:34:18	01:10:11	01:10:04	1696		Senior	84
1685	946	Edviges Lima	00:35:31	01:10:12	01:09:33	1686		V35	54
1686	1035	Anso Sanó	00:35:32	01:10:15	01:09:35	1687		V45	213
1687	944	Moisés Pires	00:35:30	01:10:15	01:09:37	1688		V55	121
1688	1566	Joana Dias	00:35:27	01:10:16	01:09:23	1677		V35	55
1689	2105	Carlos Correia	00:35:30	01:10:17	01:09:38	1689		V60	61
1690	178	Sérgio Ribeiro	00:35:20	01:10:19	01:09:25	1680		V45	214
1691	166	Ana Dias	00:35:20	01:10:19	01:09:25	1679		V50	64



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1692	1805	Isabel Arriaga	00:36:57	01:10:28	01:09:51	1690		V45	89
1693	1643	Paulo Miranda	00:33:47	01:10:31	01:10:24	1701		V45	215
1694	752	Matheus Fernandes	00:34:16	01:10:33	01:10:06	1697		Senior	219
1695	1905	Renam Pereira	00:36:08	01:10:42	01:10:01	1692		Senior	220
1696	1996	Rita Martins	00:35:10	01:10:42	01:10:08	1698		V45	90
1697	1804	Luis Fausto	00:36:57	01:10:42	01:10:04	1695		V45	216
1698	1806	Sonia Quintas	00:36:57	01:10:42	01:10:04	1694		V45	91
1699	411	Pedro Martins	00:36:08	01:11:01	01:10:18	1700		V35	157
1700	1405	Marcia Jeronymo	00:36:28	01:11:05	01:10:03	1693		V45	92
1701	1705	Rogério Alves	00:36:04	01:11:08	01:10:18	1699		V40	217
1702	538	Ana Mendes	00:35:10	01:11:23	01:11:15	1706		V55	29
1703	665	Guilherme Filipe	00:34:36	01:11:27	01:11:09	1705		Junior	30
1704	107	Pedro Santos	00:36:41	01:11:30	01:10:54	1703		V40	218
1705	108	Cláudia Marques	00:36:41	01:11:30	01:10:53	1702		V40	85
1706	1746	Rafael Oliveira	00:35:34	01:11:47	01:10:59	1704		V35	158
1707	1011	Nuno Oliveira	00:34:36	01:11:55	01:11:52	1711		V45	217
1708	46	Luís Pedro	00:35:40	01:11:58	01:11:22	1707		V65	29
1709	773	Amanda Silva	00:36:32	01:11:59	01:11:28	1708	PT CLINIC	Senior	85
1710	708	Marcos Leonardo	00:36:20	01:11:59	01:11:32	1709	Casa Benfica em A M M	V70	14



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1711	1438	Deolinda Santos	00:36:50	01:12:09	01:11:44	1710		V50	65
1712	1318	Carla Morgado	00:36:17	01:12:21	01:12:07	1713		V45	93
1713	551	Susana Jesus	00:36:38	01:12:27	01:12:17	1717	Linda-a-Pastora Sporting Clube	V55	30
1714	259	Paulo Garrudo	00:36:44	01:12:35	01:12:16	1716	OutSystems	V45	218
1715	900	Ângela Rodrigues	00:36:45	01:12:36	01:12:16	1714		V35	56
1716	737	Bruno Costa	00:36:44	01:12:36	01:12:16	1715		V35	159
1717	1017	Bárbara Teles	00:37:22	01:12:56	01:12:06	1712		Senior	86
1718	2145	Luciane Huf	00:36:36	01:12:59	01:12:46	1725		V55	31
1719	927	Maria Sebastião	00:35:33	01:13:11	01:13:00	1727	C F Os BELENENSES	V35	57
1720	1191	António Henriques	00:36:26	01:13:13	01:12:19	1718		V60	62
1721	328	Cristina Reis	00:35:51	01:13:13	01:12:56	1726		V50	66
1722	510	Orlando Sousa	00:36:52	01:13:22	01:12:32	1719	CCDTMetroLX	V60	63
1723	694	Henrique Vilhena	00:38:07	01:13:22	01:12:41	1722		V65	30
1724	503	Isabel Marques	00:37:21	01:13:25	01:13:14	1730	Clube Atletismo Amigos de Belém	V45	94
1725	1548	Stella Virkki	00:37:38	01:13:25	01:12:46	1724		V50	67
1726	1546	Miguel Leal	00:37:38	01:13:25	01:12:45	1723		V60	64
1727	1665	António Eduardo	00:37:31	01:13:26	01:13:19	1732		V65	31
1728	1660	Rosália Varela	00:36:19	01:13:27	01:12:37	1720		V45	95
1729	933	Sandra Correia	00:36:20	01:13:28	01:12:38	1721		V45	96



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1730	1528	Hugo Fonseca	00:36:38	01:13:39	01:13:15	1731		V40	219
1731	902	José Moreira	00:35:01	01:13:42	01:13:02	1728		V50	205
1732	1265	Rui Rebelo	00:36:07	01:13:48	01:13:06	1729		V40	220
1733	393	Maria Leite	00:36:38	01:13:52	01:13:48	1735		V60	12
1734	1387	Carlos Marques	00:36:54	01:13:52	01:13:34	1733		V55	122
1735	1955	Joana Chouriço	00:36:21	01:14:03	01:14:02	1736		V55	32
1736	1184	Hélio Martins	00:35:53	01:14:16	01:14:12	1737	We Win	V45	219
1737	1185	Maria Martins	00:35:53	01:14:16	01:14:13	1738	We Win	V50	68
1738	1093	Virgílio Ferreira	00:38:15	01:14:27	01:13:42	1734	Clube Millennium BCP	V65	32
1739	843	Ana Tempéra	00:37:52	01:14:30	01:14:26	1742	Da'Laura	Senior	87
1740	842	Tiago Vintém	00:37:52	01:14:33	01:14:27	1743	Da'Laura	V35	160
1741	670	Rui Soares	00:35:51	01:14:36	01:14:18	1740		V40	221
1742	578	Nuno Botelho	00:35:51	01:14:36	01:14:19	1741		V45	220
1743	924	José Lindo	00:35:07	01:14:38	01:14:38	1748		V75	8
1744	1736	Natalia Banaszkiwicz	00:36:46	01:14:48	01:14:13	1739		Senior	88
1745	323	Susana Costa	00:37:13	01:14:50	01:14:35	1747		V40	86
1746	740	Armando Tavares	00:37:13	01:14:50	01:14:31	1744	Club Football Estrela	V70	15
1747	1944	Maria Soares	00:36:58	01:14:50	01:14:33	1746		V45	97
1748	992	Artur Martins	00:37:13	01:14:52	01:14:33	1745		V80	3



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1749	2104	Ana Abreu	00:35:57	01:14:55	01:14:50	1749		V50	69
1750	391	Veridiane Pessoa	00:36:51	01:15:12	01:14:55	1750		Senior	89
1751	486	Samuel Joaquim	00:37:28	01:15:18	01:14:56	1751		V65	33
1752	1975	Inês Soares	00:37:45	01:15:57	01:15:01	1752	JFFVN	Senior	90
1753	1976	Rita Soares	00:37:45	01:16:05	01:15:09	1753	JFFVN	Senior	91
1754	420	Celestino Cunha	00:37:23	01:16:09	01:15:48	1756		V50	206
1755	162	Liliana Jorge	00:37:28	01:16:13	01:15:38	1754		V35	58
1756	762	Daniel Sol	00:37:41	01:16:15	01:15:43	1755	FIDELIDADE GDC	V45	221
1757	1443	Maria Lourenço	00:37:38	01:16:28	01:15:51	1757	Empachados Team	Junior	6
1758	2026	Filipa Morgado	00:38:08	01:16:33	01:16:21	1763		Senior	92
1759	1444	Paulo Lourenço	00:37:54	01:16:40	01:16:05	1758	Empachados Team	V45	222
1760	1439	Alexandre Andrade	00:37:52	01:16:41	01:16:06	1759	Empachados Team	V45	223
1761	1440	Andreia Lourenço	00:37:54	01:16:41	01:16:06	1760	Empachados Team	V45	98
1762	1909	Valter Martins	00:34:22	01:16:53	01:16:25	1764		V35	161
1763	344	Arsénio Facas	00:38:43	01:16:56	01:16:25	1765	Clube Ferroviário de Portugal	V70	16
1764	240	Carlos Rodrigues	00:36:05	01:16:57	01:16:46	1766		V60	65
1765	1811	Ana Palmela	00:38:47	01:17:05	01:16:10	1761		V40	87
1766	1812	José Palmela	00:38:48	01:17:06	01:16:11	1762		V50	207
1767	1006	Sarah Miranda	00:38:18	01:17:25	01:17:03	1768		Senior	93



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1768	1007	Daniel Egri	00:38:18	01:17:26	01:17:02	1767		Senior	221
1769	1733	Guilherme Sol	00:37:41	01:17:39	01:17:07	1769		Junior	31
1770	1215	Suzana Silveiro	00:37:36	01:18:09	01:17:46	1771		V50	70
1771	1264	Sofia Carvalho	00:39:09	01:18:22	01:17:46	1770		V50	71
1772	239	Ricardo Barbudo	00:36:30	01:18:25	01:18:00	1772		V40	222
1773	602	Manuel Azevedo	00:38:14	01:18:39	01:18:09	1773	Veteranos de Massamá	V65	34
1774	282	João Anjos	00:39:33	01:18:46	01:18:18	1775		V50	208
1775	1969	Tatiana Pereira	00:39:53	01:18:59	01:18:14	1774		V40	88
1776	1230	Alexandra Pinto	00:37:43	01:18:59	01:18:19	1776	Grupo Recreativo e Desportivo da Ribeira da Lage	V45	99
1777	1527	Vera Alves	00:38:04	01:19:08	01:18:42	1780		V35	59
1778	1195	Mário Santiago	00:38:34	01:19:12	01:18:40	1778		V55	123
1779	1194	Maria Condeço	00:38:38	01:19:13	01:18:41	1779		V55	33
1780	955	Sandra Santos	00:39:10	01:19:23	01:18:52	1782		V35	60
1781	1638	Sónia Quintas	00:39:10	01:19:24	01:18:44	1781	CCD Siemens	V45	100
1782	1579	Bruno Ramos	00:39:33	01:19:27	01:19:06	1784		Senior	222
1783	1565	Bárbara Costa	00:39:33	01:19:27	01:19:06	1785		Senior	94
1784	2176	Joaquim Cardoso	00:39:05	01:19:27	01:18:33	1777		V50	209
1785	1065	Maria Silva	00:39:52	01:19:41	01:19:03	1783	CCD Sintrense	V55	34
1786	1053	Marco Cachinho	00:38:38	01:19:47	01:19:13	1787		V40	223



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1787	1367	Eduardo Pestana	00:38:36	01:19:48	01:19:12	1786	Kaninos	V40	224
1788	485	Diogo Correia	00:38:39	01:19:54	01:19:15	1788		Senior	223
1789	1721	Miguel Caetano	00:38:50	01:20:14	01:19:40	1789		Senior	224
1790	1480	Camila Assunção	00:39:12	01:20:25	01:19:53	1794		V40	89
1791	224	António Moura	00:37:38	01:20:28	01:20:24	1796		V65	35
1792	1683	Miguel Silva	00:40:28	01:20:39	01:19:46	1790		V35	162
1793	1675	André Silva	00:40:28	01:20:40	01:19:48	1791		Senior	225
1794	1742	Henrique Lino	00:39:34	01:20:41	01:20:18	1795		Senior	226
1795	2179	Catarina Santo	00:39:51	01:20:42	01:19:52	1792		V40	90
1796	2180	Queba Sumanu	00:39:51	01:20:42	01:19:52	1793		V50	210
1797	2129	Daniela Esteves	00:37:54	01:20:56	01:20:49	1799		Senior	95
1798	1760	Paulo Amorim	00:40:38	01:21:00	01:20:34	1798		V55	124
1799	757	Elina Matonse	00:40:46	01:21:05	01:20:26	1797		V35	61
1800	2098	Maria Gomes	00:39:04	01:21:22	01:21:22	1801		V60	13
1801	192	Tânia Rodrigues	00:39:42	01:21:32	01:21:16	1800		V35	62
1802	2126	Ana Seabra	00:41:42	01:22:36	01:21:45	1802		V55	35
1803	1737	Isabella Barbosa	00:41:48	01:22:37	01:21:53	1803		Senior	96
1804	1616	Cristina Lopes	00:41:22	01:22:37	01:22:09	1805		V45	101
1805	2097	João Batista	00:40:35	01:22:53	01:22:05	1804		V50	211



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

Lugar	Dorsal	Nome	Tempo 5 Km	Tempo Oficial	Tempo Chip	Lugar Chip	Clube	Escalão	Lugar Escalão
1806	2044	Carla Ribeiro	00:37:10	01:23:00	01:22:55	1807		V50	72
1807	686	Vanessa Rodrigues	00:41:22	01:23:08	01:22:18	1806		Senior	97
1808	1050	Nuno Duarte	00:41:53	01:24:18	01:23:37	1808		V40	225
1809	1447	Fernanda Tavares	00:41:53	01:24:28	01:24:12	1810		V60	14
1810	360	Rui Santos	00:42:10	01:24:39	01:24:00	1809		V50	212
1811	2151	Eduardo Queiroz	00:42:05	01:25:59	01:25:14	1811		V50	213
1812	1442	Carlota Leão	00:43:32	01:26:03	01:25:27	1813	Empachados Team	Senior	98
1813	1441	Pedro Lourenço	00:43:32	01:26:03	01:25:26	1812	Empachados Team	V40	226
1814	1459	Sónia Osório	00:41:11	01:26:07	01:25:57	1814		V45	102
1815	1336	Goreti Cabelreira	00:42:47	01:26:50	01:26:16	1818	Caracóis de Corrida	V55	36
1816	597	Elisete Manuel	00:42:49	01:26:51	01:26:19	1819		V45	103
1817	809	Maria Rocha	00:43:36	01:26:54	01:26:07	1816		V50	73
1818	808	Carlos Machado	00:43:35	01:26:55	01:26:08	1817		V50	214
1819	2068	Fátima Abreu	00:45:20	01:26:56	01:25:58	1815	União desportiva Alfoanelos	V70	2
1820	596	Vasco Coelho	00:42:49	01:27:34	01:27:01	1820	Caracóis de Corrida	V45	224
1821	903	Rui Melão	00:43:44	01:28:26	01:27:59	1821		V55	125
1822	750	Gláucia Pinto	00:43:07	01:28:26	01:28:05	1822		Senior	99
1823	12	Lina Baia	00:42:39	01:30:34	01:30:28	1823		V40	91
1824	1154	Daniela Rodrigues	00:44:55	01:32:43	01:32:39	1825		V50	74



SÃO
SILVESTRE
AMADORA

2022

CLASSIFICAÇÃO

<i>Lugar</i>	<i>Dorsal</i>	<i>Nome</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Lugar Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Lugar Escalão</i>
1825	298	Teresa Cortez	00:41:48	01:32:44	01:32:20	1824	Agualva Runners	V50	75
1826	818	Arlete Costa	00:45:50	01:34:57	01:34:10	1826		V50	76
1827	819	Joao Martis	00:45:50	01:34:57	01:34:11	1827		V55	126
1828	294	Carla Alfaiate	00:48:56	01:38:40	01:38:11	1828	SIMECQ	V50	77
1829	1201	Rita Borga	00:51:11	01:39:07	01:38:14	1829		Senior	100
1830	1987	Maria Silva	00:49:27	01:39:21	01:39:15	1830	JFFVN	V60	15