

Pos	Dorsal	Atleta	S	Equipa	Categoria	4.4 km	7.0 km	Ritmo	Tempo
1	2	Pedro Januário	Masculino	INDUSTRIAL DESPORTIVO VIEIRENSE	M40	1 00:13:27	00:22:52	03:17	00:32:59
2	299	Valter Costa	Masculino	G.A.Caranguejeira	SEN M	1 00:13:26	00:22:52	03:18	00:33:03
3	294	André Reis	Masculino	G.A.Caranguejeira	SEN M	2 00:13:28	00:23:05	03:23	00:33:57
4	135	Jorge Marcelino	Masculino	INDUSTRIAL DESPORTIVO VIEIRENSE	M45	1 00:14:04	00:23:44	03:27	00:34:30
5	226	Virgílio Bastos	Masculino	Clube Recreativo Amieirinhense	M40	2 00:14:04	00:23:44	03:27	00:34:31
6	1	Ana Mafalda Ferreira	Feminino	Sporting Clube de Portugal	SEN F	1 00:14:08	00:24:00	03:28	00:34:48
7	296	Hugo Duarte	Masculino	G.A.Caranguejeira	M35	1 00:14:05	00:24:00	03:29	00:34:50
8	201	Flávio Santos	Masculino	Federação da Família para a Paz Mundial e Unificação	SEN M	3 00:14:11	00:24:24	03:29	00:34:57
9	280	João Gonçalves	Masculino	AC VERMOIL	SEN M	4 00:14:21	00:24:18	03:29	00:34:59
10	203	Miguel Pinto	Masculino	Federação da Família para a Paz Mundial e Unificação	M40	3 00:14:15	00:24:13	03:29	00:34:59
11	297	Fábio Durão	Masculino	G.A.Caranguejeira	SEN M	5 00:14:06	00:24:09	03:30	00:35:02
12	136	Vitor Dinis	Masculino	INDUSTRIAL DESPORTIVO VIEIRENSE	M45	2 00:14:14	00:23:59	03:30	00:35:06
13	184	Tiago Conde	Masculino	Clube de Atletismo da Nazaré	SEN M	6 00:14:17	00:24:24	03:32	00:35:24
14	286	Diogo Silva	Masculino	ACBATALHA	SEN M	7 00:14:06	00:24:19	03:32	00:35:25
15	345	Harrison Franckl	Masculino	PPP	JUN M	1 00:14:39	00:24:47	03:33	00:35:32
16	83	Pedro Ferreira	Masculino	AC VERMOIL	M45	3 00:14:27	00:24:33	03:33	00:35:33
17	247	Alípio Ferreira	Masculino		SEN M	8 00:14:47	00:24:54	03:33	00:35:35
18	298	Nuno Casalinho	Masculino	G.A.Caranguejeira	M35	2 00:14:34	00:24:52	03:35	00:35:55
19	270	Fábio Rodrigues	Masculino	Clube Veteranos do Lis	SEN M	9 00:14:17	00:24:47	03:36	00:36:06
20	66	Tiago Tomás	Masculino	CCRD BURINHOSA	SEN M	10 00:14:41	00:24:58	03:37	00:36:18
21	148	Luis Avelar	Masculino	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	M40	4 00:14:37	00:24:58	03:38	00:36:22
22	44	Jaime Nunes	Masculino		M45	4 00:14:42	00:25:06	03:38	00:36:24
23	88	Nuno Gonçalo Luis Santos	Masculino	GRF Benedita - Atletismo	M40	5 00:14:47	00:25:08	03:38	00:36:28
24	329	Amilcar Brito	Masculino	AC VERMOIL	M35	3 00:14:54	00:25:27	03:40	00:36:44
25	51	Fernando Fernandes	Masculino	Peniche a Correr	M35	4 00:14:55	00:25:28	03:41	00:36:53
26	85	Tiago Ferreira	Masculino	Clube Veteranos do Lis	SEN M	11 00:15:11	00:25:28	03:41	00:36:57
27	138	António Ferreira	Masculino	INDUSTRIAL DESPORTIVO VIEIRENSE	M50	1 00:14:47	00:25:23	03:43	00:37:11
28	223	Jorge Santos	Masculino	Escola de atletismo de Coimbra Jp	M45	5 00:14:48	00:25:30	03:45	00:37:31
29	227	José Raimundo	Masculino	Clube Recreativo Amieirinhense	M55	1 00:15:16	00:25:51	03:45	00:37:35
30	268	Miguel Gonçalves	Masculino	AC VERMOIL	M40	6 00:15:32	00:26:06	03:45	00:37:35
31	228	João Gomes	Masculino	Clube Recreativo Amieirinhense	M55	2 00:15:16	00:25:51	03:46	00:37:44
32	276	Gonçalo Lopes	Masculino	Clube Veteranos do Lis	M35	5 00:15:21	00:26:05	03:46	00:37:46
33	12	Rui Henriques	Masculino	Federação da Família para a Paz Mundial e Unificação	M45	6 00:15:25	00:26:03	03:46	00:37:50
34	267	Joaquim Quitério	Masculino	AC VERMOIL	M45	7 00:15:32	00:26:07	03:47	00:37:56
35	225	Eduardo Cardeira	Masculino	Clube Recreativo Amieirinhense	M35	6 00:15:33	00:26:10	03:48	00:38:01
36	143	Licínio Pereira	Masculino	INDUSTRIAL DESPORTIVO VIEIRENSE	M60	1 00:15:52	00:26:30	03:48	00:38:08
37	176	Ricardo Simões	Masculino	C.C.D. O ALVITEJO	M50	2 00:15:40	00:26:24	03:50	00:38:24
38	112	Eduardo Alonso	Masculino	Vespinga Saudável / FET	M45	8 00:15:22	00:26:18	03:51	00:38:31
39	67	Nuno Mendes	Masculino	CCRD BURINHOSA	M35	7 00:15:57	00:26:52	03:52	00:38:48
40	238	Marcelo Chagas	Masculino	Peniche a Correr	SEN M	12 00:15:49	00:26:44	03:52	00:38:48
41	144	Carlos Simões	Masculino	INDUSTRIAL DESPORTIVO VIEIRENSE	M50	3 00:15:56	00:27:00	03:53	00:38:52
42	29	Eduardo Branco	Masculino	centro civico alferrarede velha	M40	7 00:15:55	00:26:53	03:54	00:39:05
43	155	João Canas	Masculino	GRF Benedita - Atletismo	M40	8 00:15:56	00:27:02	03:55	00:39:17
44	177	António Pais	Masculino	C.C.D. O ALVITEJO	M45	9 00:15:44	00:27:00	03:56	00:39:24

Pos	Dorsal	Atleta	S	Equipa	Categoria	4.4 km	7.0 km	Ritmo	Tempo
45	28	João Louro	Masculino	centro civico alferrarede velha	M40	9 00:16:17	00:27:21	03:56	00:39:25
46	330	José Carlos Ventura Santos	Masculino	AC VERMOIL	M45	10 00:16:13	00:27:31	03:56	00:39:27
47	251	Pedro Pina	Masculino	Clube de Atletismo da Nazaré	SEN M	13 00:16:16	00:27:22	03:57	00:39:35
48	159	Paulo Neto	Masculino	GDMATA/CMMC	M40	10 00:16:04	00:27:36	03:57	00:39:36
49	233	Bruno Silva	Masculino	ADRM	SEN M	14 00:16:05	00:27:25	03:58	00:39:46
50	78	Rafael Pinto	Masculino	Clube Desportivo Moitense	JUN M	2 00:16:18	00:27:47	04:00	00:40:05
51	26	Hugo Lopes	Masculino	centro civico alferrarede velha	M40	11 00:16:23	00:27:50	04:00	00:40:07
52	150	Paulo Silva	Masculino	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	M45	11 00:16:38	00:27:51	04:00	00:40:08
53	24	Márcio Andrade	Masculino	centro civico alferrarede velha	SEN M	15 00:16:41	00:27:52	04:00	00:40:11
54	218	Daniel Carpinteiro	Masculino		SEN M	16 00:16:35	00:28:12	04:02	00:40:40
55	307	Augusto Portugal	Masculino	Clube de Atletismo da Nazaré	M40	12 00:16:40	00:28:20	04:04	00:40:41
56	140	Samuel Limpinho	Masculino	Clube de Atletismo da Nazaré	SEN M	17 00:16:43	00:28:23	04:03	00:40:42
57	171	Nuno Ferreira	Masculino	Centro de Corrida e Marcha Torres Novas	M40	13 00:16:19	00:27:54	04:05	00:40:57
58	139	Acácio Campos	Masculino	INDUSTRIAL DESPORTIVO VIEIRENSE	M60	2 00:16:43	00:28:16	04:05	00:40:59
59	65	Filipe Carvalheiro	Masculino	Grupo Alegre Unido Bajouca	M55	3 00:16:42	00:28:15	04:06	00:41:09
60	100	Vitor Lopes	Masculino	CHESTER'S TEAM	M55	4 00:16:55	00:28:38	04:07	00:41:21
61	149	Carlos Santos	Masculino		M45	12 00:16:35	00:28:28	04:07	00:41:21
62	235	Nuno José	Masculino	ADRM	SEN M	18 00:16:38	00:28:19	04:08	00:41:23
63	295	Dulcinea Silva	Feminino	G.A.Caranguejeira	F45	1 00:16:56	00:28:38	04:10	00:41:43
64	236	Nuno Vitorino	Masculino	ADRM	SEN M	19 00:16:54	00:28:42	04:10	00:41:45
65	75	Nuno Jorge	Masculino	Clube Desportivo Moitense	M40	14 00:16:48	00:28:49	04:10	00:41:48
66	27	Julio Cruz	Masculino	centro civico alferrarede velha	M40	15 00:16:44	00:28:49	04:10	00:41:51
67	58	Carlos Duarte	Masculino	CCRD BURINHOSA	M50	4 00:17:27	00:29:21	04:10	00:41:52
68	196	Jacinto Ferreira	Masculino	Peniche a Correr	M45	13 00:17:09	00:28:55	04:11	00:41:56
69	308	Hugo Trindade	Masculino	Clube de Atletismo da Nazaré	M35	8 00:17:01	00:29:02	04:12	00:42:07
70	156	Gonçalo Pinto	Masculino	GDM Grupo Desportivo da Mata	SEN M	20 00:16:57	00:29:13	04:12	00:42:08
71	234	Manuel Ferreira	Masculino	ADRM	M60	3 00:16:56	00:29:04	04:12	00:42:10
72	154	Artur Vicente	Masculino	GDM Grupo Desportivo da Mata	SEN M	21 00:17:07	00:29:14	04:13	00:42:15
73	195	Diogo Ferreira	Masculino	Clube Veteranos do Lis	M35	9 00:16:56	00:28:53	04:13	00:42:18
74	59	Nuno Lorvão	Masculino	CCRD BURINHOSA	M45	14 00:17:01	00:29:05	04:13	00:42:19
75	229	Liliana Neves	Feminino	AC VERMOIL	F35	1 00:17:20	00:29:14	04:14	00:42:25
76	118	Alexandre Santos	Masculino	pastelaria lumar	SEN M	22 00:17:37	00:29:39	04:13	00:42:27
77	123	Arménio Oliveira	Masculino	Chitas da Alcobça	M45	15 00:16:56	00:29:19	04:15	00:42:34
78	152	José Passos	Masculino	Peniche a Correr	M40	16 00:17:37	00:29:33	04:16	00:42:45
79	130	Nuno Ferreira	Masculino	CPR. A-do-Barbas	M40	17 00:17:19	00:29:28	04:17	00:42:57
80	50	Celso Nunes	Masculino	Auto reparadora vale de estacas	M40	18 00:18:01	00:30:14	04:17	00:43:03
81	49	Cesar Nunes	Masculino	Auto reparadora vale de estacas	SEN M	23 00:18:01	00:30:14	04:17	00:43:03
82	32	Miguel Gineto	Masculino	Clube Desportivo Ribeirense	M40	19 00:17:04	00:29:28	04:17	00:43:05
83	315	Virgílio Alberto	Masculino	Grupo Alegre Unido Bajouca	M50	5 00:17:19	00:29:44	04:18	00:43:08
84	178	Carlos Ribeiro	Masculino	Caldas Corre +	M55	5 00:17:36	00:29:55	04:18	00:43:11
85	111	Rafael Lopes	Masculino	GRF Benedita - Atletismo	SEN M	24 00:17:17	00:29:46	04:19	00:43:14
86	252	Paulo Vitor	Masculino	Peniche a Correr	M50	6 00:17:28	00:29:47	04:19	00:43:15
87	30	João Justo	Masculino	Clube Desportivo Ribeirense	M40	20 00:17:55	00:30:03	04:19	00:43:23
88	279	Anthony Wolstenholme	Masculino	Chitas da Alcobça	M60	4 00:17:29	00:29:25	04:19	00:43:25

Pos	Dorsal	Atleta	S	Equipa	Categoria	4.4 km	7.0 km	Ritmo	Tempo
89	137	Gabriel Rodrigues	Masculino	INDUSTRIAL DESPORTIVO VIEIRENSE	M55	6 00:15:14	00:26:35	04:20	00:43:29
90	77	Mario Duarte	Masculino	Clube Desportivo Moitense	M60	5 00:17:43	00:30:02	04:21	00:43:33
91	115	Nuno Miguel Nunes	Masculino		M35	10 00:16:32	00:29:30	04:21	00:43:33
92	158	Pedro Nunes	Masculino	GDMATA/CMMC	SEN M	25 00:16:03	00:27:32	04:21	00:43:36
93	132	Joaquim Gomes	Masculino	CPR. A-do-Barbas	M65	1 00:17:43	00:30:02	04:21	00:43:39
94	335	Paulo Rosário Costa	Masculino		M45	16 00:17:54	00:30:27	04:23	00:44:08
95	334	Fábio Fortunato	Masculino		SEN M	26 00:17:54	00:30:27	04:24	00:44:11
96	113	Tiago Costa	Masculino		M35	11 00:17:53	00:30:36	04:24	00:44:12
97	141	Raimundo Felismina	Masculino		SEN M	27 00:17:21	00:30:27	04:25	00:44:12
98	213	Fernando Rui Ferreira	Masculino		M50	7 00:17:27	00:30:19	04:25	00:44:21
99	239	Leandro Reis	Masculino		M50	8 00:18:09	00:30:43	04:26	00:44:28
100	244	Luciano Senos Dantas	Masculino		M45	17 00:18:21	00:30:55	04:26	00:44:33
101	38	Nuno Belo	Masculino	HCT Running Team	M35	12 00:17:57	00:30:46	04:26	00:44:36
102	80	Leonel Rodrigues	Masculino	Clube Desportivo Moitense	M60	6 00:18:12	00:30:56	04:27	00:44:39
103	74	João Miguel	Masculino	Clube Desportivo Moitense	M45	18 00:18:18	00:30:58	04:28	00:44:47
104	72	Ricardo Vicente	Masculino	Clube Desportivo Moitense	M45	19 00:19:00	00:31:30	04:29	00:44:50
105	220	Marco Ruivo	Masculino	Amigos do Descanso	M35	13 00:17:59	00:30:56	04:29	00:44:51
106	169	Vitor Galego	Masculino		M45	20 00:17:50	00:30:42	04:29	00:44:55
107	212	Daniel Delgado	Masculino	TWOPIKAS	SEN M	28 00:17:59	00:31:01	04:29	00:44:59
108	56	João Florindo	Masculino		M35	14 00:18:03	00:30:56	04:29	00:45:02
109	266	Deonilde Costa	Feminino	AC VERMOIL	F40	1 00:18:12	00:30:56	04:30	00:45:02
110	211	Luís Miguel Bernardo	Masculino	TWOPIKAS	M45	21 00:18:07	00:30:57	04:30	00:45:07
111	124	Bernardo Santos	Masculino	Chitas da Alcobça	JUN M	3 00:18:59	00:31:59	04:29	00:45:09
112	79	Carlos Pinto	Masculino	Clube Desportivo Moitense	M50	9 00:18:18	00:31:30	04:30	00:45:10
113	245	Fernando Gil	Masculino		M60	7 00:18:01	00:31:07	04:30	00:45:13
114	323	Telmo Campos	Masculino		M40	21 00:17:52	00:30:58	04:31	00:45:21
115	63	Rui Ventura	Masculino	CCRD BURINHOSA	M55	7 00:18:19	00:31:32	04:32	00:45:22
116	209	Emílio Estrelinha	Masculino	Clube de Atletismo da Nazaré	M45	22 00:18:24	00:31:15	04:32	00:45:28
117	342	Hnerâni Martinho	Masculino		M35	15 00:18:48	00:31:40	04:31	00:45:29
118	31	Nuno Moleano	Masculino	Clube Desportivo Ribeirense	M40	22 00:17:59	00:31:02	04:33	00:45:39
119	60	Telmo Pedroso	Masculino	CCRD BURINHOSA	M45	23 00:18:34	00:31:47	04:34	00:45:49
120	300	Eloi Pereira	Masculino	ACBATALHA	M35	16 00:17:53	00:31:04	04:34	00:45:51
121	246	Mário Esperança	Masculino		M35	17 00:18:18	00:31:33	04:34	00:45:52
122	64	Paulo Duarte	Masculino	CCRD BURINHOSA	M50	10 00:18:24	00:31:38	04:35	00:45:53
123	18	Bruno Silva	Masculino		SEN M	29 00:17:50	00:31:28	04:35	00:45:56
124	13	Pedro Batista	Masculino	ACBATALHA	M35	18 00:19:08	00:32:05	04:34	00:45:56
125	21	António Manuel Oliveira Duarte	Masculino	Scálabis Night Runners	M55	8 00:19:11	00:32:11	04:34	00:45:57
126	255	Flávio Alexandre Ribeiro Ferreira	Masculino		M35	19 00:18:16	00:31:35	04:35	00:46:00
127	283	Nuno Rodrigues	Masculino	ACBATALHA	M40	23 00:18:20	00:31:43	04:35	00:46:02
128	170	Gonçalo Carreira	Masculino	GAB Runners	M35	20 00:18:32	00:31:27	04:34	00:46:03
129	224	Henrique Simão	Masculino		M40	24 00:18:08	00:31:31	04:35	00:46:04
130	129	Orlando Rodrigues	Masculino	Clube de Atletismo da Nazaré	M40	25 00:18:43	00:31:42	04:35	00:46:05
131	344	Evaristo Machado	Masculino		M40	26 00:18:49	00:32:00	04:37	00:46:10
132	248	Pedro Rodrigues	Masculino		SEN M	30 00:18:07	00:31:54	04:37	00:46:11

Pos	Dorsal	Atleta	S	Equipa	Categoria	4.4 km	7.0 km	Ritmo	Tempo
133	301	Tiago Branco	Masculino	Chitas da Alcobaga	M35	21 00:18:49	00:32:00	04:36	00:46:11
134	274	Cristiano Filipe	Masculino		SEN M	31 00:18:50	00:32:02	04:36	00:46:13
135	219	Sandro Vilela	Masculino	Amigos do Descanso	M40	27 00:19:31	00:32:29	04:36	00:46:20
136	188	José Neto	Masculino	Team Neto	M60	8 00:19:13	00:32:24	04:38	00:46:26
137	199	Sofia Vaz	Feminino		SEN F	2 00:18:37	00:32:01	04:39	00:46:31
138	200	João Ferreira	Masculino		SEN M	32 00:18:37	00:32:00	04:39	00:46:31
139	230	Miguel Rodrigues	Masculino		SEN M	33 00:18:13	00:32:31	04:40	00:46:49
140	14	Jorge Anastácio	Masculino	CDAN	M45	24 00:19:04	00:32:50	04:40	00:46:51
141	42	Marlene Oliveira	Feminino		F40	2 00:18:59	00:32:24	04:40	00:46:51
142	84	Eugenio Mendes	Masculino	AC VERMOIL	M55	9 00:19:19	00:32:32	04:40	00:46:53
143	99	Ana Roxo	Feminino	Chitas da Alcobaga	SEN F	3 00:19:37	00:33:04	04:40	00:46:54
144	333	Nelson Santos	Masculino	CP CMP	M45	25 00:18:43	00:32:17	04:41	00:46:57
145	189	Joaquim Carinhas	Masculino	Peniche a Correr	M65	2 00:19:29	00:32:40	04:41	00:46:59
146	282	Antonio Quinzico	Masculino		SEN M	34 00:18:59	00:32:24	04:41	00:47:00
147	241	Phill Jose	Masculino		SEN M	35 00:19:42	00:32:53	04:40	00:47:01
148	90	Fernando Verissimo	Masculino	CHESTER'S TEAM	M55	10 00:20:17	00:33:28	04:41	00:47:01
149	133	Soraia Cardeira	Feminino	CPR. A-do-Barbas	JUN F	1 00:19:05	00:32:41	04:42	00:47:02
150	53	Joana Carmo	Feminino		SEN F	4 00:18:56	00:32:25	04:42	00:47:04
151	131	Filipe Frade	Masculino	CPR. A-do-Barbas	M45	26 00:19:05	00:32:41	04:42	00:47:06
152	22	Leandro Estevez Camiña	Masculino		M60	9 00:19:46	00:32:51	04:42	00:47:07
153	73	Alberto Vinagre	Masculino	Clube Desportivo Moitense	M55	11 00:19:34	00:32:56	04:42	00:47:09
154	110	Horácio Rodrigues	Masculino	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	M35	22 00:19:09	00:32:46	04:43	00:47:17
155	87	Antero Rodrigues	Masculino	Clube Veteranos do Lis	M45	27 00:18:47	00:32:33	04:43	00:47:20
156	82	Antonio Ferreira	Masculino	Clube Desportivo Moitense	M60	10 00:19:10	00:32:48	04:43	00:47:25
157	48	João Costa	Masculino	:)	SEN M	36 00:19:07	00:32:41	04:44	00:47:31
158	47	Iris Petinga	Feminino	:)	SEN F	5 00:19:07	00:32:42	04:44	00:47:31
159	202	Isabel Santos	Feminino	Federação da Família para a Paz Mundial e Unificação	F45	2 00:19:50	00:33:07	04:45	00:47:32
160	122	Pedro Lourenço	Masculino	pastelaria lumar	M45	28 00:19:49	00:33:05	04:44	00:47:33
161	61	Anibal Silva	Masculino	CCRD BURINHOSA	M55	12 00:19:04	00:32:44	04:45	00:47:40
162	216	Martinho Delgado	Masculino		M60	11 00:19:49	00:33:00	04:45	00:47:46
163	275	Luis Correia	Masculino		M45	29 00:20:16	00:33:30	04:46	00:47:59
164	114	Luis Costa	Masculino	Peniche a Correr	M40	28 00:19:34	00:33:33	04:48	00:48:14
165	287	Catarina Vieira	Feminino	ACBATALHA	SEN F	6 00:19:36	00:33:20	04:49	00:48:19
166	285	Evangelino Cerdeira	Masculino	ACBATALHA	M60	12 00:19:49	00:33:19	04:48	00:48:19
167	309	Carlos Silva	Masculino	ACBATALHA	M35	23 00:19:36	00:33:19	04:49	00:48:20
168	325	Antonio Santos	Masculino	Correr Lisboa	M65	3 00:19:42	00:33:32	04:50	00:48:27
169	86	Paula Rodrigues	Feminino	Clube Veteranos do Lis	F45	3 00:19:27	00:33:10	04:50	00:48:27
170	168	João Saraiva	Masculino	È MUITO ZÈÈÈ	M50	11 00:18:59	00:32:48	04:50	00:48:29
171	37	Edgar Soares	Masculino		M35	24 00:20:13	00:33:47	04:50	00:48:34
172	91	Filipe Borges	Masculino	CHESTER'S TEAM	M40	29 00:20:20	00:33:58	04:50	00:48:37
173	142	Dario Rebelo	Masculino	HCT Running Team	M35	25 00:19:12	00:33:42	04:50	00:48:39
174	214	Rui Varalunga Rainho Rainho	Masculino		M45	30 00:22:37		04:51	00:48:42
175	312	Mário Pinto	Masculino		M45	31 00:19:12	00:33:33	04:52	00:48:42
176	11	Margarida Dolores Vieira	Feminino		F40	3 00:19:30	00:33:22	04:51	00:48:43

Pos	Dorsal	Atleta	S	Equipa	Categoria	4.4 km	7.0 km	Ritmo	Tempo
177	290	Pedro Henriques	Masculino		SEN M 37	00:19:01	00:33:24	04:51	00:48:51
178	206	Vitor Parreira	Masculino	mesh nazareth	M65 4	00:19:52	00:33:49	04:53	00:49:09
179	313	Licinio Silva	Masculino	Grupo Alegre Unido Bajouca	SEN M 38	00:20:54	00:34:33	04:54	00:49:11
180	314	Maria Silvério	Feminino	Grupo Alegre Unido Bajouca	JUN F 2	00:20:53	00:34:33	04:54	00:49:12
181	302	Ana Sofia Santos	Feminino		SEN F 7	00:19:38	00:33:52	04:54	00:49:13
182	93	Jorge Duarte	Masculino	CHESTER'S TEAM	M40 30	00:20:20	00:34:14	04:54	00:49:13
183	71	Hugo Rebelo	Masculino	Federação da Família para a Paz Mundial e Unificação	M45 32	00:20:08	00:34:09	04:55	00:49:20
184	35	Pedro Esteves	Masculino	Ninho dos Corujinhas	M35 26	00:20:44	00:34:36	04:55	00:49:23
185	120	Claudio Ferreira	Masculino	pastelaria lumar	M45 33	00:19:58	00:34:18	04:56	00:49:31
186	117	João Nunes	Masculino	pastelaria lumar	M45 34	00:19:49	00:33:49	04:56	00:49:32
187	19	Joana Ribeiro	Feminino		SEN F 8	00:20:35	00:34:19	04:56	00:49:35
188	324	Jose Rodrigues	Masculino		M40 31	00:21:01	00:34:43	04:56	00:49:37
189	186	Ricardo Silva	Masculino	Quasetudo	M40 32	00:20:23	00:34:17	04:57	00:49:39
190	310	Ricardo Pereira	Masculino	OMNISMILE	M35 27	00:21:00	00:34:52	04:58	00:49:42
191	34	Catarina Costa	Feminino	Núcleo Sporting torres novas	F35 2	00:20:08	00:34:32	04:58	00:49:50
192	23	Sara Pedro	Feminino	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	F50 1	00:20:31	00:34:35	04:59	00:50:00
193	126	Miguel Andrade	Masculino		M50 12	00:20:26	00:34:46	04:59	00:50:03
194	116	Fernando Andrade	Masculino		M45 35	00:20:25	00:34:45	04:59	00:50:04
195	222	Frederico Cristiano	Masculino	Amigos do Descanso	M35 28	00:19:57	00:34:07	04:59	00:50:10
196	145	Rute Pereira	Feminino	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	F45 4	00:20:28	00:34:42	05:00	00:50:11
197	253	Catia Correia	Feminino	Peniche a Correr	SEN F 9	00:20:27	00:34:51	05:01	00:50:14
198	327	Marco Constantino	Masculino		M35 29	00:21:19	00:35:30	05:00	00:50:15
199	321	Manuel Pereira	Masculino		M45 36	00:20:51	00:34:58	05:00	00:50:18
200	62	Octavio Mariano	Masculino	CCRD BURINHOSA	M45 37	00:20:29	00:34:40	05:02	00:50:36
201	46	Miguel Cirne	Masculino		SEN M 39	00:22:12	00:36:15	05:04	00:50:59
202	305	António Castanheira	Masculino		M40 33	00:21:01	00:35:36	05:06	00:51:03
203	57	Ana Freitas	Feminino		F40 4	00:20:47	00:35:17	05:06	00:51:08
204	1138	Diamantino Cruz	Masculino	Clube Desportivo Moitense	M60 13	00:20:53	00:35:25	05:07	00:51:16
205	400	Joana Mota	Feminino		F35 3	00:21:03	00:35:44	05:08	00:51:31
206	336	Edite Rosa	Feminino		F45 5	00:21:21	00:36:00	05:08	00:51:33
207	179	Ricardo Serodio	Masculino		M40 34	00:20:44	00:35:44	05:09	00:51:38
208	146	Hugo Marques	Masculino	GAB RUNNERS	M35 30	00:21:07	00:36:00	05:08	00:51:44
209	332	Sara Miguel	Feminino	G.R.Corredoura	SEN F 10	00:21:03	00:35:44	05:09	00:51:45
210	10	Pedro Silva	Masculino		SEN M 40	00:21:12	00:35:55	05:09	00:51:48
211	89	Antonio Grazina	Masculino	CHESTER'S TEAM	M65 5	00:21:43	00:36:16	05:11	00:51:58
212	243	Joana Maia	Feminino		SEN F 11	00:20:54	00:35:49	05:10	00:51:59
213	153	Salvador Formiga	Masculino		M40 35	00:22:03	00:36:48	05:11	00:51:59
214	191	Rui Martins	Masculino	Lacoviana	M50 13	00:21:09	00:35:52	05:11	00:52:05
215	68	Margarida Santos	Feminino	CCRD BURINHOSA	F45 6	00:21:12	00:35:55	05:11	00:52:06
216	341	Mauricio Conceição	Masculino		M55 13	00:21:46	00:36:32	05:14	00:52:31
217	258	Rute Costa	Feminino		F40 5	00:21:15	00:36:19	05:15	00:52:31
218	106	Luis Estrelinha	Masculino	10 Km Pataias	M55 14	00:25:01	00:38:17	05:14	00:52:43
219	331	Arlindo Oliveira	Masculino	Cscrf/Charneca	M50 14	00:21:44	00:36:54	05:16	00:52:46
220	33	Joaquim Maranhão	Masculino		M40 36	00:22:03	00:36:48	05:18	00:53:01

Pos	Dorsal	Atleta	S	Equipa	Categoria	4.4 km	7.0 km	Ritmo	Tempo
221	105	Marco Ribeiro	Masculino	10 Km Pataias	M50	15 00:24:48	00:38:17	05:16	00:53:03
222	291	João Tiago	Masculino		SEN M	41 00:21:23	00:36:52	05:17	00:53:03
223	128	Sofia Agostinho	Feminino	Arredaguilhota Pro Team	F35	4 00:21:40	00:36:53	05:18	00:53:04
224	76	Eva Rosa	Feminino	Clube Desportivo Moitense	F45	7 00:21:33	00:36:32	05:18	00:53:07
225	316	Pedro Rito	Masculino		M45	38 00:21:11	00:36:17	05:18	00:53:08
226	254	Lúcio Tomé	Masculino	Chitas da Alcobaça	M35	31 00:22:05	00:36:59	05:18	00:53:17
227	52	Marta Fernandes	Feminino		F35	5 00:21:37	00:36:50	05:19	00:53:19
228	41	Sílvia Santos	Feminino	Chitas da Alcobaça	F35	6 00:21:50	00:37:00	05:19	00:53:20
229	185	Joel Coelho	Masculino	Chitas da Alcobaça	M45	39 00:22:06	00:36:59	05:19	00:53:21
230	311	Maggie Williams	Feminino		SEN F	12 00:22:13	00:37:33	05:21	00:53:42
231	231	Pedro Mendes	Masculino	Elite	M40	37 00:21:26	00:37:13	05:22	00:53:45
232	242	Thais Ferreria	Feminino	Medley	SEN F	13 00:21:38	00:37:11	05:25	00:54:20
233	284	José Figueira Figueira	Masculino	ACBATALHA	M45	40 00:24:48		05:24	00:54:22
234	249	Pedro Ribeiro	Masculino	Clube de Atletismo da Nazaré	M40	38 00:22:10	00:37:48	05:26	00:54:28
235	269	Cláudia Santos	Feminino		F35	7 00:22:42	00:37:54	05:26	00:54:33
236	198	Alexandra Águas	Feminino		F40	6 00:22:30	00:37:57	05:27	00:54:37
237	40	Susana Zarro	Feminino		F40	7 00:22:13	00:37:38	05:27	00:54:40
238	102	Ana Lazarino	Feminino		F35	8 00:22:13	00:37:39	05:27	00:54:40
239	103	Bruno Pereira	Masculino		M35	32 00:22:46	00:37:39	05:27	00:54:40
240	119	Nuno Filipe	Masculino	pastelaria lumar	M40	39 00:21:35	00:37:19	05:27	00:54:48
241	207	Ricardo Leão	Masculino		SEN M	42 00:22:12	00:37:46	05:27	00:54:52
242	36	Ana Silva	Feminino	Ninho dos Corujinhas	F40	8 00:22:01	00:37:55	05:28	00:54:54
243	208	Jéssica Louro	Feminino		SEN F	14 00:22:13	00:37:50	05:29	00:55:08
244	161	Alzira Cruz	Feminino	Federação da Família para a Paz Mundial e Unificação	F55	1 00:22:30	00:38:14	05:32	00:55:26
245	107	Tiago Ramos	Masculino	Chitas da Alcobaça	M35	33 00:22:07	00:38:13	05:31	00:55:27
246	96	Gonçalo Tomás	Masculino	Chitas da Alcobaça	SEN M	43 00:22:56	00:38:13	05:32	00:55:27
247	54	Catarina Ferreira	Feminino	Chitas da Alcobaça	SEN F	15 00:22:08	00:38:13	05:31	00:55:28
248	326	Silvia Guincho	Feminino	Clube de Atletismo da Nazaré	F40	9 00:22:35	00:38:27	05:32	00:55:33
249	25	João Andrade	Masculino	centro civico alferrarede velha	M35	34 00:22:06	00:38:18	05:33	00:55:41
250	166	António Ribeiro	Masculino		M65	6 00:23:14	00:38:56	05:33	00:55:52
251	250	Fátima Martins	Feminino	Clube de Atletismo da Nazaré	F55	2 00:22:43	00:38:35	05:35	00:55:57
252	167	Anabela Pescadinha	Feminino		F45	8 00:22:41	00:38:34	05:35	00:55:57
253	217	Ana Gaudencio	Feminino		F45	9 00:22:40	00:38:35	05:35	00:55:57
254	317	António Caneira	Masculino	Java Runners	M55	15 00:22:18	00:38:26	05:37	00:56:24
255	173	Carlos Pena	Masculino		M50	16 00:23:46	00:39:42	05:37	00:56:26
256	20	João Ribeiro	Masculino		SEN M	44 00:22:22	00:38:26	05:39	00:56:44
257	278	Nelson Hilário	Masculino		M40	40 00:22:28	00:38:26	05:39	00:56:50
258	125	Ana Rita Guedes Santos	Feminino		F35	9 00:22:33	00:38:56	05:41	00:56:54
259	343	Lubélia Ferreira	Feminino		F40	10 00:22:58	00:39:24	05:43	00:57:23
260	273	Marisa Santana	Feminino		F35	10 00:23:17	00:39:42	05:44	00:57:38
261	101	José Almeida	Masculino		M35	35 00:24:15	00:40:56	05:45	00:57:44
262	288	José Marcelino Gomes	Masculino	Clube de Atletismo da Nazaré	M50	17 00:22:59	00:39:36	05:46	00:57:52
263	271	Lúcia Marto	Feminino		F35	11 00:23:17	00:39:43	05:46	00:57:55
264	97	Paulo Costa	Masculino		M45	41 00:23:19	00:40:09	05:46	00:57:59

Pos	Dorsal	Atleta	S	Equipa	Categoria	4.4 km	7.0 km	Ritmo	Tempo
265	346	Fernando Gonçalves	Masculino		M55	16 00:23:30	00:40:26	05:49	00:58:29
266	292	Julio Gaspar	Masculino		M55	17 00:23:03	00:40:05	05:50	00:58:34
267	328	Isa Yamaguchi	Feminino		SEN F	16 00:23:03	00:40:18	05:51	00:58:39
268	121	Andre Gomes	Masculino	pastelaria lumar	SEN M	45 00:21:41	00:39:16	05:51	00:58:41
269	39	Anabela Tavares	Feminino		F40	11 00:24:33	00:40:50	05:51	00:58:43
270	190	Gi..Célia Gonçalves	Feminino	Lacoviana	F50	2 00:23:11	00:40:08	05:52	00:58:48
271	320	Shona Thomson	Feminino		F55	3 00:23:43	00:40:31	05:52	00:58:56
272	339	Anabela Santos	Feminino		F45	10 00:23:52	00:40:55	05:53	00:59:04
273	92	Julio Parreira	Masculino	CHESTER'S TEAM	M65	7 00:24:05	00:40:49	05:54	00:59:13
274	98	Claudia Ah Quin	Feminino		F40	12 00:25:04	00:41:31	05:54	00:59:15
275	43	Dina Nunes	Feminino		F40	13 00:25:05	00:41:32	05:54	00:59:15
276	197	Sandra Martinho	Feminino	Peniche a Correr	F45	11 00:24:08	00:40:57	05:55	00:59:19
277	293	Carlos Cordeiro	Masculino		M55	18 00:24:08	00:40:57	05:54	00:59:19
278	165	Vera Neves	Feminino	Chitas da Alcobaça	F45	12 00:24:34	00:41:06	05:55	00:59:21
279	180	Sónia Cardiga	Feminino	Chitas da Alcobaça	F40	14 00:24:34	00:41:07	05:55	00:59:22
280	16	Mário Vidal	Masculino		M35	36 00:24:33	00:41:06	05:57	00:59:37
281	187	Ana Costa	Feminino		F35	12 00:24:16	00:41:16	05:56	00:59:37
282	221	Carla Santos	Feminino	Amigos do Descanso	F35	13 00:23:40	00:41:43	06:00	01:00:08
283	2000	Laura Bento de Oliveira	Feminino		SEN F	17 00:23:50	00:41:08	06:00	01:00:08
284	175	Helena Grácio	Feminino	Os Galgos de Tancos	F50	3 00:24:16	00:41:16	06:00	01:00:14
285	174	Carlos Grácio	Masculino	Os Galgos de Tancos	M55	19 00:24:16	00:41:09	06:00	01:00:15
286	193	João Reis	Masculino	Amigos do Descanso	SEN M	46 00:23:35	00:41:32	06:01	01:00:24
287	289	Teresa Serrano	Feminino		F35	14 00:25:12	00:42:08	06:01	01:00:30
288	69	Patricia Faustino	Feminino		F35	15 00:24:57	00:42:10	06:05	01:01:10
289	70	Viviana Lourenço	Feminino		F35	16 00:24:57	00:42:10	06:05	01:01:10
290	182	Elisabete Silva	Feminino		F45	13 00:24:33	00:41:31	06:06	01:01:11
291	194	Filipe Rosa	Masculino	Amigos do Descanso	SEN M	47 00:24:54	00:42:14	06:08	01:01:41
292	151	Eunice Silva	Feminino	RÓODINHAS-Santos Silva / OXYGEN-Gym & Fitness	F45	14 00:25:31	00:42:57	06:10	01:01:56
293	240	Luis Jose	Masculino		M65	8 00:24:57	00:42:33	06:10	01:02:00
294	303	Sónia Rei	Feminino		F40	15 00:25:53	00:43:21	06:14	01:02:35
295	304	Nuno Silva	Masculino	AZA-Azambuja com alma	M40	41 00:25:53	00:43:21	06:15	01:02:35
296	340	Alberto Graça	Masculino		M60	14 00:25:34	00:43:10	06:15	01:02:48
297	183	Isabel Domingos	Feminino		F50	4 00:25:26	00:43:31	06:21	01:03:37
298	272	Rita Carvalho	Feminino		F35	17 00:25:32	00:43:41	06:22	01:03:57
299	215	Manuel Antunes	Masculino		M60	15 00:25:46	00:43:31	06:24	01:04:03
300	260	Inês Carapau	Feminino	FITNESS AFCTORY NAZARÉ	SEN F	18 00:26:40	00:44:43	06:28	01:04:57
301	264	Nídia Aço	Feminino	FITNESS AFCTORY NAZARÉ	SEN F	19 00:26:37	00:44:42	06:28	01:04:57
302	262	Paulo Cadilha	Masculino	FITNESS AFCTORY NAZARÉ	SEN M	48 00:26:37	00:44:33	06:28	01:04:57
303	263	Neuza Rebelo	Feminino	FITNESS AFCTORY NAZARÉ	SEN F	20 00:26:38	00:44:33	06:28	01:04:57
304	259	Ana Maurício	Feminino	FITNESS AFCTORY NAZARÉ	F35	18 00:26:40	00:44:42	06:28	01:04:57
305	172	Drielly Ferreira Dos Santos Vitório	Feminino		SEN F	21 00:26:57	00:46:03	06:42	01:07:18
306	237	Monica Vicente	Feminino		F40	16 00:27:42	00:47:28	06:51	01:08:46
307	192	Ana Ferreira	Feminino		F45	15 00:27:59	00:47:32	06:58	01:09:49
308	45	Diana Cirne	Feminino		SEN F	22 00:27:42	00:49:22	07:10	01:11:53

Pos	Dorsal	Atleta	S	Equipa	Categoria	4.4 km	7.0 km	Ritmo	Tempo
309	127	Ana Montez	Feminino		SEN F 23	00:29:02	00:49:55	07:16	01:12:58