

Col	Num	Nome	Equipa	Sx	Cat	Controlo	Tempo	Chip	Ritmo	Esc.
1.	1	Paulo Guimarães	Aminhacorrida/Myprotein	M	M40	00:28:37	00:33:21,251	00:33:20,922	03:20	1
2.	284	Hugo Augusto	RUN TEJO	M	Sen M	00:29:10	00:33:52,313	00:33:50,070	03:23	1
3.	84	Joel Martins	C.U.A.Benaventense/Trilho Perdido Eventos	M	M40	00:29:11	00:34:03,190	00:34:00,078	03:24	2
4.	4	Luis Baço	Aminhacorrida/Myprotein	M	M40	00:29:24	00:34:14,755	00:34:12,054	03:25	3
5.	134	Ivo Coelho	Clube Desportivo Recreativo Ribeirinho	M	Sen M	00:29:30	00:34:19,658	00:34:16,545	03:26	2
6.	283	Emiliano Vieira	RUN TEJO	M	M35	00:29:37	00:34:24,752	00:34:24,413	03:26	1
7.	144	Ricardo Fonseca	Cork Trail Team	M	Sen M	00:30:17	00:35:20,448	00:35:20,115	03:32	3
8.	281	Carlos Freitas	RUN TEJO	M	M45	00:30:24	00:35:22,636	00:35:20,141	03:32	1
9.	3	Emanuel Simões	Aminhacorrida/Myprotein	M	M40	00:30:49	00:35:50,077	00:35:46,909	03:35	4
10.	20	Nuno Evangelista	A20km Almeirim	M	M35	00:30:52	00:35:58,953	00:35:53,368	03:36	2
11.	62	Paulo Alves	Associação Vale Grande	M	M40	00:31:02	00:36:07,001	00:36:03,176	03:37	5
12.	60	José Silva	Associação Vale Grande	M	M45	00:31:00	00:36:14,503	00:36:10,835	03:37	2
13.	43	Jose Correia	Arneiro	M	M50	00:31:10	00:36:22,736	00:36:19,104	03:38	1
14.	312	Renato Manuel	Sporting Clube Santanense	M	M40	00:31:11	00:36:29,032	00:36:18,662	03:39	6
15.	225	Duarte Brito	NAZ Abóboda	M	Sen M	00:31:29	00:36:34,042	00:36:31,424	03:40	4
16.	17	João Caniço	3B Triatlo	M	M35	00:31:20	00:36:36,575	00:36:33,505	03:40	3
17.	63	Rui Henriques	Associação Vale Grande	M	M35	00:31:28	00:36:39,957	00:36:36,333	03:40	4
18.	2	Andre Costa	Aminhacorrida/Myprotein	M	Sen M	00:31:36	00:36:52,918	00:36:50,267	03:41	5
19.	362	André Gaga		M	Sen M	00:31:46	00:36:53,709	00:36:48,676	03:41	6
20.	80	Ricardo Simões	C.C.D. O ALVITEJO	M	M50	00:31:40	00:36:55,316	00:36:52,933	03:41	2
21.	462	Ricardo Silva		M	Sen M	00:31:40	00:37:04,302	00:37:02,453	03:43	7
22.	61	Luis Vasconcelos	Associação Vale Grande	M	M45	00:31:55	00:37:26,059	00:37:22,324	03:44	3
23.	69	Rogério Arraiolos	Bússola ADL	M	M45	00:32:28	00:37:42,335	00:37:38,282	03:46	4
24.	226	José Brito	NAZ Abóboda	M	M55	00:32:25	00:37:43,503	00:37:40,399	03:46	1
25.	108	Pedro Costa	CCD Crédito Agrícola Mútuo	M	M45	00:32:36	00:37:50,825	00:37:47,162	03:47	5
26.	125	José Pajinha	Clube de Atletismo Odimarq	M	M55	00:32:37	00:37:52,655	00:37:50,235	03:47	2
27.	164	Alipio Trigo	Escola de Atletismo do Montijo-A.F.D.D	M	M40	00:32:50	00:38:02,523	00:37:58,050	03:48	7
28.	165	Joao Recto	Escola de Atletismo do Montijo-A.F.D.D	M	M35	00:32:48	00:38:07,930	00:38:03,284	03:49	5
29.	285	Inocência Amorim	RUN TEJO	M	M35	00:32:48	00:38:09,433	00:38:06,620	03:49	6
30.	71	António Pais	C.C.D. O ALVITEJO	M	M45	00:32:46	00:38:12,080	00:38:08,458	03:49	6
31.	58	António Santos	Associação Vale Grande	M	M55	00:32:44	00:38:14,749	00:38:13,161	03:49	3
32.	123	João Ferreira	CLAC - Entroncamento	M	M40	00:32:56	00:38:23,937	00:38:16,420	03:50	8
33.	313	Marco Fidalgo	SR. CAMARNAL	M	M40	00:33:16	00:38:28,289	00:38:17,919	03:51	9
34.	40	Tiago Farinha	Amigos do Desporto	M	M35	00:33:33	00:38:45,620	00:38:41,203	03:53	7
35.	203	Bruno Ganchinho	Ludgi Fotografos	M	M35	00:33:14	00:38:48,131	00:38:44,780	03:53	8
36.	67	Eurico Candeias	Bússola ADL	M	M45	00:33:17	00:38:53,771	00:38:49,299	03:53	7
37.	278	Apolo Pereira	RUN TEJO	M	M45	00:33:27	00:38:54,167	00:38:53,816	03:53	8
38.	224	Samuel Galveia	Navigator Clube Setubal	M	M35	00:33:46	00:39:13,540	00:39:03,170	03:55	9
39.	207	Miguel Pereira	Madrugas man	M	M45	00:33:44	00:39:17,769	00:39:17,432	03:56	9
40.	73	Fábio Martins	C.C.D. O ALVITEJO	M	Sen M	00:34:15	00:39:42,210	00:39:20,369	03:58	8
41.	124	Nelson Oliveira	CLAC - Entroncamento	M	M40	00:34:06	00:39:46,968	00:39:38,403	03:59	10
42.	59	Joao Pais	Boavista do pico-Acores	M	M55	00:34:19	00:40:06,574	00:40:06,250	04:01	4
43.	396	Hélio Ferreira		M	M35	00:34:38	00:40:07,866	00:39:45,228	04:01	10
44.	39	Raul Rodrigues	Amigos do Desporto	M	M60	00:34:48	00:40:24,247	00:40:23,919	04:02	1

Col	Num	Nome	Equipa	Sx	Cat	Controlo	Tempo	Chip	Ritmo	Esc.
45.	212	Luis Neves	Marinhais AC	M	M40	00:34:42	00:40:30,809	00:40:25,565	04:03	11
46.	82	Vitor Gomes	C.C.D. O ALVITEJO	M	M60	00:34:48	00:40:36,872	00:40:34,611	04:04	2
47.	346	Ivo Sousa	UCRD Praiense	M	M40	00:35:09	00:40:40,994	00:40:37,043	04:04	12
48.	447	Paulo Lopes		M	M50	00:35:09	00:40:45,416	00:40:41,347	04:05	3
49.	425	Luis Godinho		M	M50	00:35:08	00:40:50,370	00:40:36,580	04:05	4
50.	185	Francisco Mendes	granho	M	M50	00:35:10	00:40:55,119	00:40:45,704	04:05	5
51.	193	Sérgio Oliveira	Juventude Desportiva Almansor	M	Sen M	00:35:24	00:41:02,402	00:40:45,296	04:06	9
52.	219	Diogo Lucas	MontiRunners	M	Sen M	00:35:31	00:41:07,205	00:40:50,220	04:07	10
53.	30	André Quarenta	Allianz Seguros	M	M45	00:35:27	00:41:07,589	00:41:03,296	04:07	10
54.	402	João Galvão		M	M45	00:35:27	00:41:14,040	00:41:08,779	04:07	11
55.	423	Luis Carpelho		M	M40	00:35:27	00:41:16,751	00:41:11,620	04:08	13
56.	214	Pedro Mendonca	Matilha Running	M	M40	00:35:41	00:41:22,001	00:41:10,431	04:08	14
57.	450	Paulo Viegas		M	M35	00:35:45	00:41:32,767	00:41:28,120	04:09	11
58.	166	Wilson Reis	Escola de Atletismo do Montijo-A.F.D.D	M	M40	00:35:46	00:41:34,164	00:41:27,154	04:10	15
59.	177	Paulo Chainho	G.D.R. São Francisco da Serra	M	M50	00:36:03	00:41:36,183	00:41:27,875	04:10	6
60.	139	Alfredo Gualdino	Cork Trail Team	M	Sen M	00:36:03	00:41:39,889	00:41:23,591	04:10	11
61.	272	João Crespo	Prudas Racing Team	M	M35	00:35:39	00:41:42,462	00:41:34,923	04:10	12
62.	140	Carlos Palmeiro	Cork Trail Team	M	M35	00:35:57	00:41:48,366	00:41:35,259	04:11	13
63.	300	António Lopes	SCD Glória do Ribatejo	M	M45	00:36:01	00:41:49,711	00:41:40,496	04:11	12
64.	256	Mário Mendonça	Os vai que dá	M	Sen M	00:36:03	00:41:51,246	00:41:41,667	04:11	12
65.	258	Rúben Martins	Os vai que dá	M	Sen M	00:35:57	00:41:51,339	00:41:41,910	04:11	13
66.	289	Sandra Barros	RUN TEJO	F	F45	00:36:11	00:41:54,737	00:41:51,510	04:11	1
67.	322	Gonçalo Raminhos	Tekever	M	Sen M	00:36:03	00:41:56,948	00:41:51,391	04:11	14
68.	286	José Salazar	RUN TEJO	M	M55	00:35:57	00:42:03,154	00:42:00,452	04:12	5
69.	288	Pedro Pereira	RUN TEJO	M	M40	00:35:56	00:42:04,017	00:42:00,672	04:13	16
70.	304	Jorge Ferreira	SCD Glória do Ribatejo	M	M45	00:36:05	00:42:06,926	00:41:57,974	04:13	13
71.	371	António Matias		M	Sen M	00:35:59	00:42:07,275	00:41:44,172	04:13	15
72.	389	Fernando Marques		M	M50	00:36:11	00:42:07,940	00:42:03,287	04:13	7
73.	482	Vivaldo Tanganho		M	M55	00:36:27	00:42:27,001	00:42:22,880	04:14	6
74.	37	José Dias	Amigos do Desporto	M	M55	00:36:29	00:42:40,733	00:42:40,437	04:16	7
75.	243	Paulo Moreira	Os Filhos da Noite	M	M45	00:36:41	00:42:42,212	00:42:27,693	04:16	14
76.	90	Vitorino Filipe	Caramelo	M	M45	00:36:41	00:42:44,124	00:42:38,567	04:16	15
77.	268	Antonio Gomes	panela magica	M	M45	00:36:34	00:42:47,194	00:42:36,824	04:17	16
78.	408	José Almeida		M	M40	00:36:55	00:42:51,619	00:42:43,037	04:17	17
79.	257	Nuno Matias	Os vai que dá	M	Sen M	00:36:41	00:42:52,833	00:42:44,074	04:17	16
80.	265	Paulo Mendes	Pace.Makers	M	M50	00:37:06	00:43:03,978	00:42:55,283	04:18	8
81.	393	Gonçalo Águas		M	M35	00:37:03	00:43:05,824	00:42:50,585	04:19	14
82.	70	António Azedo	C.C.D. O ALVITEJO	M	M50	00:37:21	00:43:21,851	00:42:55,475	04:20	9
83.	146	João Rodrigues	Coruche runners	M	M35	00:37:20	00:43:25,507	00:43:14,137	04:20	15
84.	321	Joaquim Santos	Taxi	M	M50	00:37:13	00:43:28,568	00:43:22,006	04:21	10
85.	96	João Tobias	CCD Crédito Agrícola Mútuo	M	M35	00:37:27	00:43:31,768	00:43:25,437	04:21	16
86.	7	Micael Agostinho	#passoapasso-runners Pontével	M	Sen M	00:36:54	00:43:32,178	00:43:29,209	04:21	17
87.	41	Victor Dias	Amigos do Desporto	M	M50	00:37:38	00:43:35,675	00:43:27,371	04:22	11
88.	133	Sérgio Pedreiro	Clube de Praças da Armada	M	M40	00:37:41	00:43:36,988	00:43:29,572	04:22	18

Col	Num	Nome	Equipa	Sx	Cat	Controlo	Tempo	Chip	Ritmo	Esc.
89.	128	João Santos	Clube de Praças da Armada	M	M50	00:37:35	00:43:37,628	00:43:32,059	04:22	12
90.	314	Pedro Maria	SR. CAMARNAL	M	M45	00:37:50	00:44:00,139	00:43:42,443	04:24	17
91.	473	Sérgio Moreira		M	M40	00:37:55	00:44:09,541	00:43:56,948	04:25	19
92.	64	Pedro Pereira	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	M	M40	00:38:08	00:44:12,206	00:44:06,948	04:25	20
93.	264	César Gomes	Pace.Makers	M	M45	00:38:10	00:44:14,222	00:43:47,819	04:25	18
94.	449	Paulo Pereira		M	M40	00:38:09	00:44:19,076	00:43:55,648	04:26	21
95.	355	Aldino Silva		M	M45	00:38:15	00:44:20,179	00:44:08,930	04:26	19
96.	31	António João	Allianz Seguros	M	M50	00:38:09	00:44:21,847	00:44:02,568	04:26	13
97.	251	João Godinho	Os vai que dá	M	M35	00:38:20	00:44:26,099	00:44:14,730	04:26	17
98.	201	Paulo Santos	LOURDETE PERFUMARIAS	M	M50	00:38:15	00:44:27,223	00:44:23,114	04:26	14
99.	427	Márcio Nunes		M	M35	00:37:53	00:44:28,152	00:44:17,782	04:27	18
100.	158	Luis Tomaz	Escamados do Sorraia Runners	M	M35	00:38:10	00:44:28,312	00:44:12,130	04:27	19
101.	28	Vanda Rosa	AD IALBAX	F	F35	00:38:07	00:44:29,744	00:44:27,406	04:27	1
102.	373	Augusto Semedo		M	M60	00:38:21	00:44:37,930	00:44:32,725	04:28	3
103.	56	Ricardo Santos	Asas nos Pés	M	M45	00:38:28	00:44:40,370	00:44:13,872	04:28	20
104.	211	José Leal	Marinhais AC	M	M40	00:38:42	00:44:46,281	00:44:40,042	04:29	22
105.	294	António Duarte	Scalabis Night Runners	M	M55	00:38:35	00:44:49,309	00:44:38,787	04:29	8
106.	244	Vítor Gonzas	Os Galgos Audazes	M	M50	00:38:37	00:45:00,427	00:44:47,007	04:30	15
107.	98	João Pereira	CCD Crédito Agrícola Mútuo	M	M45	00:38:27	00:45:00,845	00:44:54,828	04:30	21
108.	422	Luís Alves		M	M35	00:38:48	00:45:03,530	00:44:44,680	04:30	20
109.	452	Pedro Amaro		M	Sen M	00:38:51	00:45:10,198	00:44:52,490	04:31	18
110.	388	Fernando Madeira		M	M50	00:38:47	00:45:11,075	00:45:05,879	04:31	16
111.	197	Jorge Mendes	KUALITY KONTAS	M	M40	00:38:34	00:45:13,524	00:44:52,413	04:31	23
112.	9	Arsino Lopes	30 SEGUNDOS AO KM	M	Sen M	00:38:27	00:45:19,031	00:44:54,644	04:32	19
113.	192	Liliana Filipe	Juventude Desportiva Almansor	F	F35	00:38:50	00:45:21,793	00:45:18,676	04:32	2
114.	87	Manuel Martins	C.U.A.Benaventense/Trilho Perdido Eventos	M	M60	00:38:57	00:45:23,676	00:45:17,307	04:32	4
115.	49	José Gouveia	Asas nos Pés	M	M50	00:38:56	00:45:27,622	00:44:59,770	04:32	17
116.	375	Carlos Asseiceira		M	Sen M	00:39:09	00:45:30,038	00:45:06,457	04:33	20
117.	337	Luis Silva	Trilho Perdido Eventos / Importlux	M	M45	00:39:22	00:45:36,468	00:45:23,621	04:34	22
118.	122	JoZé Ribeiro	Centro de Marcha e Corrida de Alenquer	M	M55	00:39:52	00:46:04,096	00:45:57,664	04:37	9
119.	481	Vítor Bernardo		M	M35	00:39:31	00:46:05,584	00:45:42,867	04:37	21
120.	83	Carlos Duarte	C.D. ""Os Águias"" de Alpiarça	M	M40	00:39:31	00:46:06,627	00:46:02,523	04:37	24
121.	85	José Narciso	C.U.A.Benaventense/Trilho Perdido Eventos	M	M45	00:39:25	00:46:07,593	00:46:00,784	04:37	23
122.	170	João Costa	Évora Night Runners	M	M45	00:39:45	00:46:13,989	00:46:01,753	04:37	24
123.	259	Rui Borralho	Os vai que dá	M	Sen M	00:39:49	00:46:14,927	00:46:05,037	04:37	21
124.	143	Marcio Rosa	Cork Trail Team	M	Sen M	00:39:44	00:46:18,769	00:46:02,340	04:38	22
125.	176	Sandrina Cunha	FOR 2	F	F35	00:39:29	00:46:20,509	00:46:15,271	04:38	3
126.	175	André Leandro	FOR 2	M	Sen M	00:39:29	00:46:21,495	00:46:14,702	04:38	23
127.	439	Nuno Cordeiro		M	M40	00:39:44	00:46:22,945	00:46:10,012	04:38	25
128.	114	António Horta	CCD PM CASCAIS	M	M60	00:40:00	00:46:24,874	00:46:13,256	04:38	5
129.	453	Pedro Antunes		M	Sen M	00:40:07	00:46:32,818	00:46:06,708	04:39	24
130.	274	Dino Cordeiro	raçudos	M	Sen M	00:39:44	00:46:35,911	00:46:12,100	04:40	25
131.	16	Rui Santos	30 SEGUNDOS AO KM	M	M35	00:39:34	00:46:43,628	00:46:37,490	04:40	22
132.	309	Flávio Carvalho	Silva team	M	M35	00:40:26	00:46:45,094	00:46:33,940	04:41	23

Col	Num	Nome	Equipa	Sx	Cat	Controlo	Tempo	Chip	Ritmo	Esc.
133.	22	Carlos Pereira	AC Glória München	M	M35	00:40:35	00:46:45,741	00:46:40,486	04:41	24
134.	297	Luis Filipe	Scalabis Night Runners	M	M45	00:40:22	00:46:55,283	00:46:44,913	04:41	25
135.	110	Rui Melo	CCD Crédito Agrícola Mútuo	M	M45	00:40:17	00:46:57,042	00:46:49,315	04:42	26
136.	416	Jose Mendes		M	M60	00:40:13	00:46:57,362	00:46:45,605	04:42	6
137.	235	Vitor Martins	Núcleo de atletismo do Penteadó	M	M55	00:40:30	00:46:59,287	00:46:43,272	04:42	10
138.	131	Manuel Jacinto	Clube de Praças da Armada	M	M60	00:40:35	00:47:03,492	00:46:46,901	04:42	7
139.	252	Luís Martins	Os vai que dá	M	Sen M	00:40:25	00:47:06,450	00:46:55,080	04:43	26
140.	191	Inês Guerreiro	Juventude Desportiva Almansor	F	Sen F	00:40:17	00:47:07,515	00:47:03,855	04:43	1
141.	89	Pedro Carvalho	CAD a Correr	M	Sen M	00:40:38	00:47:08,817	00:46:51,393	04:43	27
142.	168	Jose Carvalho	Estrela Vendas Novas	M	M55	00:40:34	00:47:11,642	00:47:04,949	04:43	11
143.	18	Vera Carvalho	3B Triatlo	F	F35	00:40:42	00:47:14,924	00:47:11,676	04:43	4
144.	12	João Tavares	30 SEGUNDOS AO KM	M	Sen M	00:39:43	00:47:17,797	00:46:53,258	04:44	28
145.	446	Paulo Carvalho		M	M40	00:40:39	00:47:19,303	00:47:08,803	04:44	26
146.	126	Alvaro Silva	Clube de Praças da Armada	M	M60	00:40:50	00:47:20,975	00:47:11,397	04:44	8
147.	53	Nuno Marques	Asas nos Pés	M	M40	00:40:41	00:47:22,538	00:46:56,780	04:44	27
148.	24	Samuel Cinzas	ACM Montemor a Correr	M	M35	00:40:33	00:47:25,535	00:47:14,591	04:44	25
149.	409	José Bernardino		M	M40	00:40:49	00:47:26,647	00:47:07,302	04:44	28
150.	351	Adeodato Brotas		M	M60	00:40:39	00:47:26,939	00:47:14,831	04:44	9
151.	305	Luis Monteiro	SCD Glória do Ribatejo	M	Sen M	00:40:43	00:47:36,075	00:47:22,373	04:46	29
152.	478	Tiago Louro		M	Sen M	00:40:50	00:47:38,728	00:47:32,945	04:46	30
153.	173	Ricardo Romao	Fajarda Runners	M	M35	00:41:21	00:47:43,712	00:47:18,342	04:46	26
154.	79	José Marques	C.C.D. O ALVITEJO	M	M60	00:40:46	00:47:48,290	00:47:38,030	04:47	10
155.	413	José Lino		M	M55	00:41:01	00:47:49,408	00:47:27,748	04:47	12
156.	29	Ricardo Teodoro	Águias Ribatejanas	M	M35	00:40:52	00:47:51,441	00:47:45,181	04:47	27
157.	182	Pedro Ribeiro	G.D.S.Sebastião de Canha	M	Sen M	00:41:18	00:47:59,173	00:47:45,351	04:48	31
158.	282	Claudia Borralho	RUN TEJO	F	F35	00:40:59	00:48:02,433	00:48:00,074	04:48	5
159.	290	Luis Santos	Salvaterra Night Runners	M	M50	00:41:09	00:48:04,983	00:47:37,875	04:49	18
160.	394	Gonçalo Garcia		M	M35	00:41:08	00:48:05,082	00:47:40,134	04:49	28
161.	106	Paula Neto	CCD Crédito Agrícola Mútuo	F	F45	00:53:22	00:48:05,083	00:47:55,046	04:49	2
162.	105	Nuno Simões	CCD Crédito Agrícola Mútuo	M	M40	00:41:34	00:48:05,383	00:47:38,026	04:49	29
163.	76	Joaquim Martins	C.C.D. O ALVITEJO	M	M55	00:41:14	00:48:06,753	00:47:45,221	04:49	13
164.	104	Miguel Vinagre	CCD Crédito Agrícola Mútuo	M	M40	00:41:20	00:48:07,857	00:47:58,286	04:49	30
165.	141	Eurico Marçal	Cork Trail Team	M	M35	00:41:18	00:48:09,344	00:47:57,145	04:49	29
166.	200	Isabel Santos	LOURDETE PERFUMARIAS	F	F45		00:48:14,611	00:47:54,241	04:49	3
167.	25	Nuno Rodrigues	ACPortalegre/UTSM	M	M45	00:41:31	00:48:19,215	00:48:06,963	04:50	27
168.	88	Carlos Martinho	CAD a Correr	M	M45	00:41:30	00:48:20,576	00:48:01,831	04:50	28
169.	45	Carlos Ipe	Asas nos Pés	M	M40	00:41:29	00:48:22,598	00:47:57,892	04:50	31
170.	100	Luís Damião	CCD Crédito Agrícola Mútuo	M	M50	00:41:30	00:48:23,333	00:48:17,193	04:50	19
171.	205	Jorge Seabra	LV Team	M	M45	00:41:23	00:48:25,021	00:48:16,840	04:50	29
172.	406	Joel Mósca		M	M50	00:41:39	00:48:25,510	00:48:10,010	04:50	20
173.	397	Henrique Pereira		M	M40	00:41:40	00:48:25,791	00:48:10,310	04:50	32
174.	424	Luis Duarte		M	M45	00:41:40	00:48:27,823	00:48:09,268	04:51	30
175.	34	Johann Kopp	Allianz Seguros	M	Sen M	00:42:21	00:48:35,028	00:48:14,507	04:52	32
176.	155	João Pascoal	Escamados do Sorraia Runners	M	Sen M	00:41:55	00:48:36,091	00:48:21,421	04:52	33

Col	Num	Nome	Equipa	Sx	Cat	Controlo	Tempo	Chip	Ritmo	Esc.
177.	161	Vitor Mesquita	Escamados do Sorraia Runners	M	M45	00:41:55	00:48:36,449	00:48:20,614	04:52	31
178.	444	Paulo Amorim		M	M50	00:41:44	00:48:39,602	00:48:31,741	04:52	21
179.	415	José Marques		M	M55	00:41:53	00:48:41,689	00:48:20,773	04:52	14
180.	459	Ricardo Cardoso		M	M35	00:41:59	00:48:50,407	00:48:28,253	04:53	30
181.	21	Filipe Pereira	A20km Trail Running Team	M	Sen M	00:41:56	00:48:50,938	00:48:30,646	04:53	34
182.	392	Gabriel Almeida		M	M35	00:41:57	00:48:51,146	00:48:29,454	04:53	31
183.	361	André Bento		M	Sen M	00:42:06	00:48:51,363	00:48:38,234	04:53	35
184.	468	Rui Martins		M	M35	00:42:12	00:48:52,978	00:48:42,608	04:53	32
185.	437	Miguel Silva		M	Sen M	00:42:14	00:48:53,678	00:48:30,690	04:53	36
186.	216	Ilsa Costa	Mazerun	F	Sen F	00:42:05	00:48:54,786	00:48:29,262	04:53	2
187.	310	Jorge Silva	Silva team	M	M35	00:42:12	00:48:55,832	00:48:46,414	04:53	33
188.	467	Rui Ferreira		M	M45	00:41:57	00:48:57,503	00:48:43,977	04:54	32
189.	298	Nuno Stoffel	Scalabis Night Runners	M	M45	00:42:28	00:49:02,095	00:48:49,537	04:54	33
190.	132	Possidonio Constantino	Clube de Praças da Armada	M	M60	00:42:18	00:49:02,877	00:48:48,671	04:54	11
191.	109	Rui Graça	CCD Crédito Agrícola Mútuo	M	M55	00:41:59	00:49:05,391	00:48:55,892	04:55	15
192.	471	Samuel Salvador		M	M35	00:50:03	00:49:06,391	00:48:49,664	04:55	34
193.	472	Sara Gabriel		F	Sen F	00:42:15	00:49:08,498	00:49:01,737	04:55	3
194.	157	Luis Cruz	Escamados do Sorraia Runners	M	M35	00:42:32	00:49:11,437	00:48:56,890	04:55	35
195.	142	Manuel Costa	Cork Trail Team	M	M55	00:42:25	00:49:13,777	00:49:01,186	04:55	16
196.	112	Alberto Abreu	CCD PM CASCAIS	M	M50	00:41:56	00:49:18,217	00:49:04,140	04:56	22
197.	91	Luis Faria	Cartaxo night runners	M	M55	00:42:13	00:49:20,280	00:49:01,280	04:56	17
198.	48	Jorge Lopes	Asas nos Pés	M	M45	00:42:05	00:49:20,856	00:48:51,951	04:56	34
199.	99	Jorge Honório	CCD Crédito Agrícola Mútuo	M	Sen M	00:42:09	00:49:23,831	00:49:15,338	04:56	37
200.	266	Joao Araujo	palhas	M	M45	00:42:20	00:49:28,292	00:49:11,618	04:57	35
201.	260	André Pito	Os Ventanias	M	Sen M	00:42:21	00:49:30,611	00:49:15,034	04:57	38
202.	386	Eurico Gomes		M	M55	00:42:31	00:49:35,295	00:49:26,911	04:58	18
203.	458	Renato Serra		M	Sen M	00:42:12	00:49:35,794	00:49:20,773	04:58	39
204.	107	Pedro Fernandes	CCD Crédito Agrícola Mútuo	M	Sen M	00:42:22	00:49:36,117	00:49:29,421	04:58	40
205.	306	Ricardo Mesquita	SCD Glória do Ribatejo	M	Sen M	00:42:46	00:49:52,290	00:49:42,418	04:59	41
206.	353	Afonso Alcaso		M	Sen M	00:42:58	00:49:52,456	00:49:37,700	04:59	42
207.	448	Paulo Lopes		M	Sen M	00:42:47	00:49:53,503	00:49:43,198	04:59	43
208.	475	Sofia Nunes		F	Sen F	00:42:51	00:49:57,967	00:49:38,628	05:00	4
209.	120	Joaquim Neves	centro cultural de figueira e barros	M	Sen M	00:42:37	00:50:04,446	00:49:47,141	05:01	44
210.	234	Ricardo Pedroso	NO LIMITS R&C TEAM	M	Sen M	00:43:02	00:50:04,691	00:49:34,958	05:01	45
211.	204	Antonio Santinho	LV Team	M	M45	00:43:04	00:50:07,684	00:49:59,791	05:01	36
212.	111	Rui Tomás	CCD Crédito Agrícola Mútuo	M	M45	00:43:11	00:50:27,748	00:50:18,669	05:02	37
213.	113	Alexandra Machado	CCD PM CASCAIS	F	F35	00:43:14	00:50:31,686	00:50:18,668	05:03	6
214.	434	Mário Romão		M	M45	00:43:42	00:50:36,690	00:50:13,074	05:04	38
215.	429	Marco Marques		M	M35	00:43:05	00:50:37,955	00:50:15,317	05:04	36
216.	26	Arménio Andrade	ACS-Amigos da Corrida de Salvaterra	M	M60	00:43:52	00:50:39,400	00:50:29,030	05:04	12
217.	35	Mónica Migueis	Allianz Seguros	F	F45	00:43:30	00:50:42,903	00:50:24,233	05:04	4
218.	92	António Cordeiro	Casa do Povo de Ervedal	M	M60	00:43:46	00:50:45,064	00:50:25,329	05:05	13
219.	308	Bruno Silva	Silva team	M	M35	00:43:44	00:50:47,658	00:50:36,497	05:05	37
220.	163	Ricardo Vergas	Escola Atletismo Cartaxo	M	M50	00:43:47	00:50:49,572	00:50:29,874	05:05	23

Col	Num	Nome	Equipa	Sx	Cat	Controlo	Tempo	Chip	Ritmo	Esc.
221.	130	Manuel Batista	Clube de Praças da Armada	M	M60	00:43:46	00:50:55,522	00:50:45,152	05:05	14
222.	405	Joaquim Serafim		M	M50	00:43:53	00:51:12,759	00:51:06,582	05:07	24
223.	303	Helder Gomes	SCD Glória do Ribatejo	M	M45	00:44:21	00:51:23,853	00:51:13,483	05:08	39
224.	196	Ricardo Figueiredo	Kenianos S. Pedro Estoril	M	M45	00:44:49	00:51:35,714	00:51:04,927	05:10	40
225.	417	Jose Morais		M	M60	00:44:47	00:51:42,995	00:51:19,780	05:10	15
226.	383	David Rodrigues		M	Sen M	00:44:18	00:51:44,760	00:51:22,946	05:10	46
227.	65	Ana Gago	Bússola ADL	F	F35	00:44:25	00:51:45,104	00:51:39,300	05:11	7
228.	116	Julio Meireles	CCD PM CASCAIS	M	M60	00:44:22	00:51:49,648	00:51:37,426	05:11	16
229.	296	Hernani Madeira	Scalabis Night Runners	M	M45	00:44:09	00:52:04,495	00:51:55,172	05:13	41
230.	440	Nuno Molero		M	M45	00:44:36	00:52:07,475	00:52:02,654	05:13	42
231.	378	Claudia Alcaso		F	F35	00:44:43	00:52:12,966	00:51:57,246	05:13	8
232.	395	Helga Mendes		F	F35	00:44:47	00:52:17,026	00:52:12,204	05:14	9
233.	316	José Guia	SS CGD	M	M60	00:45:23	00:52:17,492	00:51:58,979	05:14	17
234.	470	Rui Tenrinho		M	M45	00:44:31	00:52:20,192	00:52:09,465	05:14	43
235.	66	André Duarte	Bússola ADL	M	Sen M	00:44:23	00:52:20,948	00:52:14,806	05:14	47
236.	421	Luis Afonso		M	M40	00:45:08	00:52:30,487	00:52:01,265	05:15	33
237.	299	Rodrigo Paúl	Scalabis Night Runners	M	M35	00:45:23	00:52:33,996	00:52:21,795	05:16	38
238.	81	Tiago Grilate	C.C.D. O ALVITEJO	M	M35	00:45:26	00:52:37,458	00:52:06,663	05:16	39
239.	414	Jose Manuel		M	M40	00:45:16	00:52:39,265	00:52:23,090	05:16	34
240.	101	Luisa Mourão	CCD Crédito Agrícola Mútuo	F	F35	00:45:17	00:52:39,317	00:52:11,949	05:16	10
241.	153	Nuno Silva	Diabetes Team	M	M40	00:45:34	00:52:41,999	00:52:09,063	05:16	35
242.	347	Susana Gomes	valejas Ac	F	F45	00:45:24	00:52:44,424	00:52:25,325	05:16	5
243.	186	Hugo Martins	Grifos	M	Sen M	00:46:42	00:53:00,280	00:52:28,013	05:18	48
244.	223	Fernando Martinho	Navigator Clube Setubal	M	M55	00:45:52	00:53:03,962	00:52:53,592	05:18	19
245.	32	Bruno Antunes	Allianz Seguros	M	Sen M	00:45:57	00:53:09,242	00:52:48,807	05:19	49
246.	320	Mário Carvalho	Tartarugas do Asfalto	M	Sen M	00:45:45	00:53:12,290	00:52:41,021	05:19	50
247.	374	Carla Nunes		F	F35	00:45:55	00:53:18,793	00:52:51,801	05:20	11
248.	474	Sérgio Rodrigues		M	M40	00:45:55	00:53:19,380	00:52:51,940	05:20	36
249.	311	Rui Silva	Silva team	M	M35	00:45:15	00:53:23,663	00:53:13,343	05:20	40
250.	127	António Borla	Clube de Praças da Armada	M	M60	00:45:53	00:53:26,013	00:53:13,761	05:20	18
251.	319	Fábio Alves	Tartarugas do Asfalto	M	Sen M	00:45:49	00:53:27,409	00:52:56,055	05:21	51
252.	117	Nuno Almeida	CCD PM CASCAIS	M	M45	00:45:56	00:53:28,724	00:53:15,482	05:21	44
253.	367	Antonio Ferreira		M	M55	00:46:03	00:53:34,036	00:53:29,667	05:22	20
254.	267	Maria Araujo	palhas	F	F45	00:46:12	00:53:36,451	00:53:19,588	05:22	6
255.	33	Filipa Caleiro	Allianz Seguros	F	Sen F	00:46:04	00:53:39,880	00:53:20,538	05:22	5
256.	103	Miguel Mendanha	CCD Crédito Agrícola Mútuo	M	M40	00:46:10	00:53:44,345	00:53:35,652	05:22	37
257.	327	David de Sousa	Trilho Perdido Eventos / Importlux	M	Sen M	00:46:13	00:53:46,374	00:53:32,525	05:23	52
258.	218	Paulo Barreira	Montalegre	M	M40	00:46:38	00:53:52,538	00:53:35,225	05:23	38
259.	238	João Verissimo	Os Cinco	M	M40	00:46:14	00:53:54,830	00:53:34,185	05:23	39
260.	47	Fátima Lavrador	Asas nos Pés	F	F35	00:46:35	00:54:01,080	00:53:32,978	05:24	12
261.	464	Rodrigo Ferreira		M	M45	00:46:26	00:54:06,285	00:53:58,085	05:25	45
262.	382	Daniel Fortunato		M	Sen M	00:45:20	00:54:10,125	00:53:54,703	05:25	53
263.	19	Susana Frazão	3B-S	F	F35	00:46:19	00:54:12,768	00:54:09,258	05:25	13
264.	118	Pedro Ramos	CCD PM CASCAIS	M	M35	00:46:19	00:54:26,896	00:54:14,676	05:26	41

Col	Num	Nome	Equipa	Sx	Cat	Controlo	Tempo	Chip	Ritmo	Esc.
265.	160	Pedro Dourado	Escamados do Sorraia Runners	M	M40	00:47:05	00:54:34,767	00:54:17,767	05:28	40
266.	364	Angela Moreira		F	Sen F	00:47:03	00:54:35,822	00:54:09,315	05:28	6
267.	350	Acácio Gamboa		M	M45	00:47:07	00:54:35,944	00:54:25,574	05:28	46
268.	435	Miguel Falé		M	Sen M	00:47:08	00:54:36,797	00:54:07,473	05:28	54
269.	187	Renato Sousa	Grifos	M	Sen M	00:47:33	00:54:50,943	00:54:17,943	05:29	55
270.	404	João Serra		M	M45	00:47:10	00:54:54,148	00:54:18,600	05:29	47
271.	194	Jorge Pedro	Kenianos S. Pedro Estoril	M	M50	00:47:09	00:54:55,515	00:54:24,519	05:29	25
272.	358	Ana Lopes		F	F35		00:55:09,146	00:54:53,087	05:31	14
273.	275	Bruno Alves	Run For Friends	M	Sen M	00:47:20	00:55:11,846	00:54:42,003	05:31	56
274.	451	Pedro Almeida		M	Sen M		00:55:17,754	00:54:47,828	05:32	57
275.	401	João Florindo		M	Sen M	00:46:15	00:55:19,112	00:55:07,953	05:32	58
276.	237	Manuel Briceño	Os ""vai que dá""	M	Sen M	00:48:12	00:55:38,524	00:55:17,221	05:34	59
277.	55	Paulo Prudêncio	Asas nos Pés	M	M55	00:47:38	00:55:38,785	00:55:12,377	05:34	21
278.	68	Paula Arraiolos	Bússola ADL	F	F45	00:47:52	00:55:40,603	00:55:34,776	05:34	7
279.	209	Ana Oliveira	Malukinhas da Corrida	F	F35	00:47:55	00:55:41,375	00:55:32,665	05:34	15
280.	210	Elsa Silva	Malukinhas da Corrida	F	F35	00:47:56	00:55:41,547	00:55:30,975	05:34	16
281.	349	João Martins	VSRunner	M	Sen M	00:48:21	00:55:45,083	00:55:31,882	05:35	60
282.	345	Fernando Ribeiro	UCRD Praiense	M	M45	00:47:52	00:55:50,652	00:55:40,282	05:35	48
283.	324	Horácio Coelho	Texas Runners	M	Sen M	00:47:32	00:55:52,283	00:55:27,614	05:35	61
284.	38	José Pinto	Amigos do Desporto	M	M60	00:48:11	00:56:13,272	00:56:02,902	05:37	19
285.	50	Luis Osório	Asas nos Pés	M	M55	00:48:45	00:56:16,376	00:55:47,447	05:38	22
286.	293	Ana Marques	Scalabis Night Runners	F	F35	00:49:00	00:56:16,457	00:56:08,096	05:38	17
287.	245	Ana Veiga	Os vai que dá	F	Sen F	00:48:13	00:56:20,393	00:55:58,411	05:38	7
288.	78	José Maia	C.C.D. O ALVITEJO	M	M60	00:48:18	00:56:29,123	00:56:08,224	05:39	20
289.	253	Mara Borralho	Os vai que dá	F	Sen F	00:48:44	00:56:33,788	00:56:12,661	05:39	8
290.	248	Gonçalo Laureano	Os vai que dá	M	Sen M	00:49:04	00:56:33,828	00:56:09,739	05:39	62
291.	249	Inês Santos	Os vai que dá	F	Sen F	00:48:44	00:56:34,651	00:56:12,711	05:40	9
292.	410	José Feliciano		M	M40	00:48:44	00:56:40,515	00:56:23,649	05:40	41
293.	466	Rui Faustino		M	M40	00:48:44	00:56:50,736	00:56:34,953	05:41	42
294.	172	Luis Formigo	Fajarda Runners	M	M35	00:48:15	00:56:59,622	00:56:33,862	05:42	42
295.	348	Hugo Bruno	VSRunner	M	Sen M	00:49:00	00:57:01,268	00:56:48,434	05:42	63
296.	75	Joana D'Avo	C.C.D. O ALVITEJO	F	F35	00:48:58	00:57:06,098	00:56:34,073	05:43	18
297.	74	Hugo Gaspar	C.C.D. O ALVITEJO	M	M35	00:48:58	00:57:06,220	00:56:34,861	05:43	43
298.	154	Rui Moreira	Diabetes Team	M	M35	00:49:38	00:57:11,653	00:56:39,717	05:43	44
299.	357	Americo Vaz		M	M60	00:49:29	00:57:21,976	00:56:54,409	05:44	21
300.	344	Hugo Luz	Twobike Team	M	Sen M	00:49:32	00:57:22,116	00:56:53,944	05:44	64
301.	11	Fernando Oliveira	30 SEGUNDOS AO KM	M	M60	00:49:17	00:57:33,013	00:57:10,183	05:46	22
302.	13	Luís Lopes	30 SEGUNDOS AO KM	M	M55	00:49:18	00:57:33,185	00:57:09,504	05:46	23
303.	77	José Grilate	C.C.D. O ALVITEJO	M	M60	00:49:22	00:57:34,573	00:57:02,447	05:46	23
304.	208	Ana Martinho	Malukinhas da Corrida	F	Sen F	00:49:19	00:57:35,637	00:57:26,798	05:46	10
305.	385	Domingos Pires		M	M60	00:49:37	00:57:35,644	00:57:15,572	05:46	24
306.	360	Ana Rodrigues		F	Sen F	00:49:37	00:57:36,886	00:57:29,849	05:46	11
307.	445	Paulo Brotas		M	M50	00:49:20	00:57:48,349	00:57:30,654	05:47	26
308.	262	Joana Fiúsa	Os Ventanias	F	Sen F	00:50:16	00:57:51,517	00:57:34,702	05:47	12

Col	Num	Nome	Equipa	Sx	Cat	Controlo	Tempo	Chip	Ritmo	Esc.
309.	149	Luís Felício	Cruxe BTTrail Team	M	M50	00:49:58	00:57:57,688	00:57:40,969	05:48	27
310.	97	Carla Domingos	CCD Crédito Agrícola Mútuo	F	F35	00:49:42	00:57:58,793	00:57:50,252	05:48	19
311.	150	Alexandre Silva	Diabetes Team	M	M35	00:49:39	00:58:01,447	00:57:51,077	05:48	45
312.	52	Maria Tomás	Asas nos Pés	F	F45	00:50:00	00:58:10,108	00:57:43,139	05:49	8
313.	476	Sónia Carpelho		F	F35	00:50:09	00:58:17,298	00:58:02,540	05:50	20
314.	301	Dina Barroso	SCD Glória do Ribatejo	F	F35	00:50:02	00:58:17,967	00:58:07,645	05:50	21
315.	270	Rodrigo Feijão	panela magica	M	M40	00:50:03	00:59:05,892	00:58:49,240	05:55	43
316.	271	Rui Lopes	Panzers	M	M40	00:50:18	00:59:08,324	00:58:43,838	05:55	44
317.	239	Mafalda Duarte	Os Cinco	F	F35	00:50:39	00:59:08,525	00:58:53,776	05:55	22
318.	188	António Caneira	Java Runners	M	M55	00:50:40	00:59:08,935	00:58:38,565	05:55	24
319.	190	Daniel Inácio	Juventude Desportiva Almansor	M	M35	00:51:56	00:59:10,719	00:58:48,239	05:55	46
320.	171	Fernando Godinho	Fajarda Runners	M	M35	00:51:00	00:59:16,678	00:58:51,780	05:56	47
321.	229	Amândio Busca	NO LIMITS R&C TEAM	M	M50	00:50:52	00:59:19,587	00:58:53,052	05:56	28
322.	433	Mario Frade		M	M55	00:50:34	00:59:24,390	00:59:12,250	05:56	25
323.	387	Fátima Gouveia		F	Sen F	00:51:33	00:59:27,599	00:59:09,323	05:56	13
324.	180	Linda Lavado	G.D.S.Sebastião de Canha	F	Sen F	00:50:50	00:59:29,234	00:59:14,735	05:57	14
325.	46	Conceição Cunha	Asas nos Pés	F	F45	00:50:55	00:59:33,529	00:59:05,976	05:58	9
326.	174	Joaquim Fragoso	família fragoso	M	M60	00:51:37	00:59:35,078	00:59:24,708	05:58	25
327.	202	Antonio Parreira	Ludgi Fotografos	M	M60	00:51:16	00:59:42,093	00:59:17,549	05:58	26
328.	10	Carlos Correia	30 SEGUNDOS AO KM	M	M60	00:51:17	00:59:42,223	00:59:18,053	05:58	27
329.	441	Nuno Serrano		M	M35	00:51:16	00:59:47,466	00:59:31,992	05:59	48
330.	328	Emília Galinha	Trilho Perdido Eventos / Imporlux	F	F45	00:51:08	00:59:50,115	00:59:36,385	05:59	10
331.	254	Maria Portalegre	Os vai que dá	F	Sen F	00:51:04	00:59:54,373	00:59:32,694	05:59	15
332.	228	Pedro Esteves	Ninho dos Corujinhas	M	M35	00:52:35	01:00:11,177	00:59:43,623	06:01	49
333.	42	João Ezequiel	Árbitros De Vendas Novas	M	Sen M	00:51:51	01:00:11,747	01:00:05,820	06:01	65
334.	231	Luis Garção	NO LIMITS R&C TEAM	M	M50	00:51:39	01:00:13,347	00:59:47,915	06:01	29
335.	241	Paulo Tavares	Os Cinco	M	M45	00:52:05	01:00:15,607	00:59:52,648	06:01	49
336.	399	João Castro		M	M40	00:51:40	01:00:16,544	00:59:51,113	06:02	45
337.	189	Andreia Oliveira	Juventude Desportiva Almansor	F	F35		01:00:18,216	00:59:55,287	06:02	23
338.	184	Rosa Oliveira	G.D.S.Sebastião de Canha	F	F45	00:51:14	01:00:18,309	01:00:04,490	06:02	11
339.	269	Marco Jacinto	panela magica	M	M40	00:51:41	01:00:23,581	01:00:06,616	06:02	46
340.	148	Maria Neves	crosswater	F	Sen F	00:52:10	01:00:25,579	01:00:05,334	06:02	16
341.	147	Carlos Neves	crosswater	M	M50	00:52:11	01:00:25,807	01:00:05,758	06:02	30
342.	23	Gina Catarro	ACM Montemor a Correr	F	F35	00:50:52	01:00:26,640	01:00:16,041	06:02	24
343.	178	Ana Patrício	G.D.S.Sebastião de Canha	F	F35		01:00:30,596	01:00:19,226	06:03	25
344.	368	António Ferreira		M	M35	00:51:58	01:00:33,244	01:00:15,708	06:04	50
345.	463	Rodolfo Lima		M	M50	00:52:04	01:00:43,911	01:00:18,045	06:04	31
346.	255	Mariana Barbosa	Os vai que dá	F	F35	00:52:37	01:01:03,921	01:00:43,625	06:06	26
347.	195	José Morujo	Kenianos S. Pedro Estoril	M	M50	00:52:31	01:01:03,929	01:00:33,023	06:06	32
348.	54	Patricia Santos	Asas nos Pés	F	Sen F	00:52:56	01:01:15,579	01:00:47,314	06:07	17
349.	227	Ana Silva	Ninho dos Corujinhas	F	F35	00:52:33	01:01:18,979	01:00:51,988	06:08	27
350.	72	António Simão	C.C.D. O ALVITEJO	M	M60	00:53:09	01:01:43,671	01:01:33,262	06:10	28
351.	391	Francisco Rodrigues		M	M35	00:52:46	01:01:45,442	01:01:38,211	06:11	51
352.	477	Tamara Jost		F	Sen F	00:53:23	01:01:50,254	01:01:28,575	06:11	18

Col	Num	Nome	Equipa	Sx	Cat	Controlo	Tempo	Chip	Ritmo	Esc.
353.	460	Ricardo Malta		M	Sen M	00:53:57	01:01:58,647	01:01:26,569	06:12	66
354.	370	António Jubilado		M	M60	00:53:51	01:02:02,271	01:01:33,717	06:12	29
355.	380	Cláudio Balbino		M	Sen M	00:53:46	01:02:23,409	01:01:55,528	06:14	67
356.	151	Carlos Ribeiro	Diabetes Team	M	M35	00:53:24	01:02:31,843	01:01:59,871	06:15	52
357.	356	Alexandra Mateus		F	Sen F	00:53:47	01:02:33,406	01:02:05,962	06:16	19
358.	15	Moises Pires	30 SEGUNDOS AO KM	M	M50	00:52:35	01:02:44,028	01:02:20,429	06:16	33
359.	263	Sofia Simplício	Os Ventanias	F	Sen F	00:53:47	01:02:48,484	01:02:32,868	06:17	20
360.	179	Gonçalo Nunes	G.D.S.Sebastião de Canha	M	M35	00:52:50	01:02:56,615	01:02:41,641	06:17	53
361.	379	Cláudia Coelho		F	Sen F	00:52:50	01:03:11,051	01:02:51,167	06:19	21
362.	5	Ana Barroca	#passoapasso-runners Pontével	F	F45	00:54:15	01:03:31,786	01:03:21,416	06:21	12
363.	6	Dina Agostinho	#passoapasso-runners Pontével	F	F35	00:54:14	01:03:32,031	01:03:21,661	06:21	28
364.	51	Mafalda Almeida	Asas nos Pés	F	F35		01:03:41,230	01:03:30,860	06:22	29
365.	365	Ângela Pirralho		F	Sen F	00:55:19	01:04:01,536	01:03:38,928	06:24	22
366.	412	Jose Leite		M	M60	00:54:46	01:04:16,446	01:04:07,124	06:26	30
367.	240	Marta Cané	Os Cinco	F	F35	00:55:10	01:04:16,637	01:03:56,277	06:26	30
368.	438	Nuno Carvalho		M	M40	00:55:15	01:04:25,214	01:03:56,117	06:26	47
369.	480	Vera Faria		F	F35	00:55:20	01:04:29,321	01:04:00,186	06:27	31
370.	273	Patrícia Crespo	Prudas Racing Team	F	F35	00:55:55	01:04:32,111	01:04:22,585	06:27	32
371.	230	João Calado	NO LIMITS R&C TEAM	M	Sen M	00:55:00	01:04:35,499	01:04:05,291	06:28	68
372.	213	Claudia Laranjo	Matilha Running	F	F35	00:55:20	01:04:42,188	01:04:12,348	06:28	33
373.	236	Jorge Agostinho	Os ""vai que dá""	M	Sen M	00:55:22	01:04:46,418	01:04:21,020	06:29	69
374.	250	Joana Galvão	Os vai que dá	F	Sen F	00:55:22	01:04:46,650	01:04:20,931	06:29	23
375.	162	Nélia Caneira	Escaroupim Runners	F	Sen F	00:55:12	01:04:47,857	01:04:17,562	06:29	24
376.	307	Sonia Verde	SCD Glória do Ribatejo	F	F35	00:55:14	01:04:47,903	01:04:17,455	06:29	34
377.	242	Silvia Verissimo	Os Cinco	F	F35	00:55:55	01:04:50,650	01:04:30,686	06:29	35
378.	431	Maria Simões		F	F45	00:55:44	01:05:26,109	01:05:19,225	06:32	13
379.	93	Maria Neves	Casa do Povo de Ervedal	F	Sen F	00:57:26	01:06:49,306	01:06:30,753	06:41	25
380.	317	Maria Guia	SS CGD	F	F45	00:57:26	01:06:56,164	01:06:38,164	06:41	14
381.	14	Madalena Soares	30 SEGUNDOS AO KM	F	F45	00:57:59	01:07:09,802	01:07:04,263	06:43	15
382.	479	Vânia Filipe		F	Sen F		01:07:53,304	01:07:20,360	06:47	26
383.	377	Carolina Branco		F	Sen F	00:58:06	01:08:07,420	01:07:37,994	06:49	27
384.	217	Jorge Barreira	Montalegre	M	M60	00:58:30	01:08:09,021	01:07:50,947	06:49	31
385.	366	Ângela Vaz		F	Sen F	00:58:08	01:08:13,491	01:07:45,441	06:49	28
386.	400	Joao Filipe		M	M35	00:58:09	01:08:14,014	01:08:03,412	06:49	54
387.	384	Dina Rouxinol		F	F35	00:58:40	01:08:35,685	01:08:16,658	06:52	36
388.	57	Sandra Manuel	Asas nos Pés	F	F35	00:59:23	01:08:44,912	01:08:16,537	06:52	37
389.	44	António Figueiredo	Asas nos Pés	M	M55	00:50:01	01:08:44,920	01:08:17,097	06:52	26
390.	247	Francisco Portalegre	Os vai que dá	M	Sen M	00:59:00	01:08:47,420	01:08:22,688	06:53	70
391.	198	Délia Pereira	Lá de casa	F	F35	00:59:04	01:08:56,996	01:08:34,220	06:53	38
392.	199	Ivo Pereira	Lá de casa	M	M35	00:59:05	01:08:57,634	01:08:34,885	06:54	55
393.	359	Ana Matias		F	F35	01:00:03	01:10:39,430	01:10:25,770	07:04	39
394.	119	Feliz Valerio	centro cultural de figueira e barros	M	M55	01:00:54	01:11:28,854	01:11:10,304	07:09	27
395.	261	Carolina Almeida	Os Ventanias	F	Sen F	01:01:06	01:11:34,019	01:11:18,577	07:10	29
396.	138	Pedro Silva	Colinas	M	Sen M	01:01:47	01:11:55,785	01:11:47,790	07:11	71

Col	Num	Nome	Equipa	Sx	Cat	Controlo	Tempo	Chip	Ritmo	Esc.
397.	137	Cristina Fonseca	Colinas	F	Sen F	01:01:47	01:11:56,233	01:11:48,060	07:11	30
398.	280	Carlos Alves	RUN TEJO	M	M40	01:01:47	01:12:25,209	01:11:53,861	07:14	48
399.	465	Rui Aldeano		M	M35	01:01:31	01:12:48,301	01:12:16,640	07:17	56
400.	430	Maria Alves		F	F35	01:01:30	01:12:49,059	01:12:18,196	07:17	40
401.	129	Joaquim Pereira	Clube de Praças da Armada	M	M60	01:09:13	01:21:08,109	01:21:03,285	08:07	32
-	167	Fábio Santos	Escola Profissional de Coruche/ Strix	M	Sen M	00:50:32				
-	354	Afonso Rouxinol		M	Sen M	00:50:33				