

Lugar	Dorsal	Atleta	Equipa	Tempo	Diferença
1	134	João Luís Dos Santos Vieira	Nucleo Sportinguista Torres Novas	00:32:06	00:00:00
2	520	Ricardo Nuno Silva Reis	CDCR CTT Almada	00:33:16	00:01:10
3	653	João Correia	CLAC - Entroncamento	00:34:09	00:02:03
4	564	Rui Jorge Simões Trancas Galinha	Núcleo Sportinguista Da Golegã	00:34:41	00:02:35
5	614	Fernando José Paiva Barreto	Núcleo Sportinguista Da Golegã	00:34:42	00:02:36
6	594	António Silvino	ACS Mamede	00:34:58	00:02:52
7	659	Rui Vicente		00:35:10	00:03:04
8	551	António José Santos Ferreira	Blackbulls Clube Condeixa/CNI/Neutura	00:35:13	00:03:07
9	635	Emanuel Garcia Correia	Escola Atletismo De Coimbra	00:35:21	00:03:15
10	546	Adriano Ribeiro	TRILHOS DOS TEMPLÁRIOS - GREEN ROC	00:35:38	00:03:32
11	562	Peter Gabriel Godinho Romão		00:36:04	00:03:58
12	124	Jorge Delgado	Casa Benfica Figueira Da Foz	00:36:21	00:04:15
13	566	Helder Fernandes Pereira	Clube De Atletismo De Ferreira Do Zêzere	00:36:48	00:04:42
14				00:36:49	00:04:43
15	510	Carlos Manuel Dias Simões	FET- Fatima Escola De Triatlo	00:36:55	00:04:49
16	565	Ricardo Filipe Pereira Goncalves		00:36:57	00:04:51
17	656	Renato Miguel A Vaz	LIZ Runners	00:36:57	00:04:51
18	579	Daniel Silva	RÓODINHAS -Santos Silva - EZbikes	00:36:58	00:04:52
19	593	Rafael Neves Matias		00:36:59	00:04:53
20	657	Francisco Santos Reis	LIZ - Runners	00:37:02	00:04:56
21	589	Fernando Neves	G.d.c.eirapedrense	00:37:05	00:04:59
22	640	Oscar Eduard Dos Santos Torres	Caldas De São Jorge Sport Clube	00:37:08	00:05:02
23	122	Alberto Valente	Clube Atletismo Ovar	00:37:13	00:05:07
24	119	Manuel Faria		00:37:15	00:05:09
25	115	Jose Gomes	CLAC - Entroncamento	00:37:25	00:05:19
26	628	Luis Manuel Marques Mota	CLAC - Entroncamento	00:37:41	00:05:35
27	584	Paulo Orlando De Jesus Silva		00:37:52	00:05:46
28	651	Carlos Manuel Rasteiro Bárbara		00:38:03	00:05:57
29	583	Paulo Jorge Costa Santos	Correr Lisboa	00:38:32	00:06:26
30	616	André Miguel Bispo Graça	Núcleo Sportinguista Da Golegã	00:38:34	00:06:28
31	116	Jucelino Bento Monteiro	G.D.R.Figueiras Mª Grande	00:38:35	00:06:29
32	604	Nuno Santos	Casa Benfica Figueira Da Foz	00:38:57	00:06:51
33	514	Luis Miguel Dos Santos Cruz		00:39:03	00:06:57
34	654	Fernando António Azevedo Silva	Ventos Peregrinos	00:39:12	00:07:06
35	111	Ricardo Dias	ABC Caxarias	00:39:15	00:07:09
36	130	Luis Miguel Alves Pereira Nobre	Nobre Brindes	00:39:15	00:07:09
37	544	Carlos Filipe Pereira E Silva	Nasa/FisioBatalha	00:39:18	00:07:12
38	526	Jose Esteves	Tartarugas Solidárias	00:39:21	00:07:15
39	619	Manuel Carlos Pimpão Silva	Vilanovense Tomar	00:39:43	00:07:37
40	112	Cristiano Paulo Pascoal Ginja	Atlético Clube Moita Da Roda	00:39:58	00:07:52
41	645	Tiago Piedade		00:40:05	00:07:59
42	563	Luis Miguel Junqueira Martins		00:40:06	00:08:00
43	117	Manuel Evangelista Santos	Telhas Confeitaria	00:40:08	00:08:02
44	629	Nuno José Mendes Reis		00:40:12	00:08:06
45	113	Orlando Júlio Barbosa	Grupo Recreativo Janz E Associados	00:40:16	00:08:10

Lugar	Dorsal	Atleta	Equipa	Tempo	Diferença
46	649	Ricardo Alexandre Gameiro Goncalves	Crivo Running Team	00:40:26	00:08:20
47	511	Bruno Sardinha		00:40:27	00:08:21
48	120	Rui Carreira	Grupo De Atletismo Do Souto	00:40:40	00:08:34
49	536	Paulo Alexandre Raimundo Costa	Núcleo Sportinguista Da Golegã	00:40:55	00:08:49
50	637	Daniel Lourenço	CA Barreira	00:41:10	00:09:04
51	608	Emanuel Ferreira Batista	BTTerriveis	00:41:14	00:09:08
52	561	Paulo Cesar Pereira Augusto	RUNNING CLUB FURIANI	00:41:22	00:09:16
53	114	Paulo Jorge Lopes Da Silva		00:41:28	00:09:22
54	529	João Paulo Oliveira Nepomuceno	Ciáticos Team	00:41:55	00:09:49
55	515	David Silva Frazão	BTTerriveis	00:42:00	00:09:54
56	541	Fernando Gil		00:42:05	00:09:59
57	126	Romeu Correia Amado	CCR Alqueidão Da Serra	00:42:12	00:10:06
58	118	Angelo Jorge Carvalho Pedrosa	Just For Fun	00:42:17	00:10:11
59	503	Antonio José Mendes Oliveira Carvalho	Sunwise Training	00:42:26	00:10:20
60	555	José Francisco Robalo Pereira	Açoreana Seguros	00:42:31	00:10:25
61	110	Sérgio Alcobia	ABC Caxarias	00:42:33	00:10:27
62	538	Nelson Aguiar	S.F.L.U.Ribeirense	00:42:34	00:10:28
63	513	Hugo Dâmaso	Jogging Lovers Coimbra	00:42:43	00:10:37
64	506	Eduardo Marcelo Alonso		00:42:51	00:10:45
65	591	Carlos Major	G.d.c.eirapedrense	00:42:53	00:10:47
66	518	Armindo António Calafate Caixinha		00:43:10	00:11:04
67	652	Dárcio Rodrigues	Gasoutos	00:43:16	00:11:10
68	560	Paulo Alexandre Da Silva Dias	NEL - Pédatleta	00:43:19	00:11:13
69	569	Abilio Gaspar	G.d.c.eirapedrense	00:43:19	00:11:13
70	623	António Manuel De Oliveira Leitão		00:43:23	00:11:17
71	508	Nuno Alexandre De Oliveira Pinto		00:43:26	00:11:20
72	595	Anabela Remédios	ACS Mamede	00:43:28	00:11:22
73	545	Luís Filipe Carvalheiro		00:43:30	00:11:24
74	554	Joel Santos	ACRM Silveirinha Claras	00:43:30	00:11:24
75	523	Daniel Jorge Amado Delgado	LAPQN	00:43:38	00:11:32
76	576	Vitor Manuel Henriques Pereira Santos	NEL - Pédatleta	00:43:40	00:11:34
77	505	José Manuel Da Silva Lino Duarte		00:43:42	00:11:36
78	587	Mariana Do Carmo Gonçalves Da Silva	Grupo Atletismo Fátima	00:44:05	00:11:59
79	610	Vitor Manuel Reis Braz	Núcleo Sportinguista Da Golegã	00:44:09	00:12:03
80	131	José Pedro Nobre	Nobre Brindes	00:44:25	00:12:19
81	568	José Matias	G.d.c.eirapedrense	00:44:26	00:12:20
82	522	Luís Miguel Gaio Bernardo	LAPQN	00:44:32	00:12:26
83	592	Luis Oliveira	G.d.c.eirapedrense	00:44:56	00:12:50
84	550	João Graça	ACRM Silveirinha Claras	00:45:05	00:12:59
85	596	Bruno Silva	Lacerfer Runners	00:45:12	00:13:06
86	636	Nuno José Pereira Costa Bernardes		00:45:22	00:13:16
87	633	Jorge Manuel Serafim Ribeiro	Lacerfer Runners	00:45:24	00:13:18
88	553	Samuel Pedroso Nunes	Atletico Clube Batalha	00:45:28	00:13:22
89	617	André Ramiro Esteves Castanheira		00:45:46	00:13:40
90	588	Jorge Gomes	G.d.c.eirapedrense	00:45:59	00:13:53

Lugar	Dorsal	Atleta	Equipa	Tempo	Diferença
91	602	Joaquim Jorge Gouveia Mariano	Núcleo Sportinguista Da Golegã	00:46:00	00:13:54
92	578	Filipe Jorge De Sousa Moreira		00:46:01	00:13:55
93	650	Jorge Miguel Vieira Gameiro		00:46:13	00:14:07
94	622	Roberto Gaspar Vieira		00:46:14	00:14:08
95	519	Rolando Paulo P. E. Gonçalves		00:46:25	00:14:19
96	615	Vitor Pereira	União FCI De Tomar	00:47:02	00:14:56
97	528	Eliana De Bastos Raimundo	Ciáticos Team	00:47:07	00:15:01
98	123	João Pedro Da Silva Maia	Bairro Guimarota Team	00:47:08	00:15:02
99	609	Maria Leonor Pinto Da Mota	Ar Puro TFM	00:47:10	00:15:04
100	600	Antonio Manuel Branquinho Caseiro	Colchoaria Portuguesa	00:47:18	00:15:12
101	658	Narciso Garcia Simões Arromba	CLUVE	00:47:20	00:15:14
102	642	Ana Vieira	UAPovoense	00:47:41	00:15:35
103	574	RogÉrio Filipe Macedo Pronto		00:47:51	00:15:45
104	132	Nuno Miguel Lucas Dos Santos	Nobre Brindes	00:48:00	00:15:54
105	535	Rodrigo Manuel Rufino Vieira	Ciáticos Team	00:48:02	00:15:56
106	567	Manuel Pereira	G.d.c.eirapedrense	00:48:06	00:16:00
107	517	Mário Silva	TAU RUNNERS	00:48:11	00:16:05
108	597	Marta Brites	Ninita PT & Outdoor	00:48:17	00:16:11
109	501	Rosalina Martins Gil		00:48:28	00:16:22
110	601	João Pereira	Lacerfer Runners	00:48:57	00:16:51
111	559	Carlos Manuel Gomes Pastilha	FET - Fátima	00:49:03	00:16:57
112	647	Teresa Ribeiro	NASA RUN	00:49:10	00:17:04
113	127	Tiago Augusto Reis		00:49:22	00:17:16
114	603	Daniel Dias Craveiro Antunes	Casa Benfica Figueira Da Foz	00:49:26	00:17:20
115	537	Carlos Alexandre Vieira Pereira Silva		00:49:34	00:17:28
116	509	Carlos Manuel Gomes Alves	TEAM BURPEE	00:50:01	00:17:55
117	570	Ana Margarida Almeida Cristina	Ninita PT & Outdoor	00:50:01	00:17:55
118	507	Luis Alberto Jesus Barrocas		00:50:02	00:17:56
119	606	Jorge Manuel Da Silva Rodrigues	Núcleo Sportinguista Da Golegã	00:50:12	00:18:06
120	533	Catarina Alexandra Pereira Oliveira	Ciáticos Team	00:50:24	00:18:18
121	621	Joel Alves Faria		00:50:26	00:18:20
122	531	Duarte Rafael Santos Sousa Fonseca	Ciáticos Team	00:50:30	00:18:24
123	646	Horácio Ribeiro Alexandre		00:50:35	00:18:29
124	618	Patricia Faustino		00:50:41	00:18:35
125	575	Jose Pedro Custodio	PT & OUTDOOR	00:50:46	00:18:40
126	605	Rui Faria	Casa Benfica Figueira Da Foz	00:51:03	00:18:57
127	598	Tânia Brites	Ninita PT & Outdoor	00:51:28	00:19:22
128	599	Filipe Tomás	ACS Mamede	00:51:34	00:19:28
129	620	Ricardo Manuel Alves Dos Santos		00:52:06	00:20:00
130	627	Paula Cristina Martins Abreu	RUNFIT	00:52:17	00:20:11
131	607	Paulo Neto	Lacerfer Runners	00:52:41	00:20:35
132	586	Catarina Gaspar Vieira		00:52:53	00:20:47
133	634	Paulo Gonçalves		00:52:58	00:20:52
134	580	Hélder Pedro Rocha Pires		00:53:03	00:20:57
135	573	Bruno Ferreira	PT & OUTDOOR	00:53:07	00:21:01

Lugar	Dorsal	Atleta	Equipa	Tempo	Diferença
136	643	Luciano Marques	Atlético Clube Batalha	00:53:19	00:21:13
137	612	Rui Estanqueiro	UDR Zona Alta	00:53:26	00:21:20
138	543	Teresa Maria Remédios Ferreira	Juventude Vidigalense	00:53:47	00:21:41
139	613	Marina Isabel Alves Dos Santos		00:54:03	00:21:57
140	552	Cecilia Maria Cordeiro Oliveira		00:54:11	00:22:05
141	572	Odete Da Silva Neves	PT & OUTDOOR	00:54:16	00:22:10
142	542	Ana Margarida Cordeiro Oliveira		00:54:31	00:22:25
143	532	Carina Bastos Raimundo Fonseca	Ciáticos Team	00:55:33	00:23:27
144	648	Paula Neves	NASA RUN	00:56:06	00:24:00
145	626	Vera Campos	RUNFIT	00:56:21	00:24:15
146	585	Eunice Maria Ribeiro Mira Silva		00:57:15	00:25:09
147	549	Cláudia Fortuna Fonseca		00:58:24	00:26:18
148	527	Carla Sofia Freire Tonelo	CIÁTICOS TEAM	00:58:30	00:26:24
149	530	Ana Teresa Baptista Cordeiro	Juventude Vidigalense	01:00:18	00:28:12
150	625	Célia Maria Henriques Nogueira Calado	RUNFIT	01:01:01	00:28:55
151	571	Silvina Marques Pereira		01:01:58	00:29:52
152	135	António Vicente		01:02:10	00:30:04
153	558	Sofia Almeida		01:02:10	00:30:04
154	534	Isabel Maria Pereira Dinis	CIÁTICOS TEAM	01:03:39	00:31:33
155	556	Diogo Silva		01:06:44	00:34:38
156	548	Lisete Teresa Carreira Da Silva		01:07:17	00:35:11
157	540	Sandra Maria Nunes		01:07:50	00:35:44
158	611	Patricia Quispe Da Silva Pinto	UDR Zona Alta	01:08:46	00:36:40
159	512	Cristina Onofre		01:11:04	00:38:58
160	125	Vanda Neves		01:12:23	00:40:17
161	525	Sara Adriana Carvalho De Sousa	Tartarugas Solidárias	01:13:23	00:41:17
162	129	Sónia Reis		01:14:09	00:42:03
163	638	Telmo Miguel Gonçalves		01:15:42	00:43:36