

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Pos.	Equipa	Tempo
1	851	PEDRO CRUZ	M	29	M2034	1	GFD	00:33:03
2	857	PEDRO LOPES	M	25	M2034	2	UFCI TOMAR	00:33:19
3	153	CESAR SOARES	M	18	M0019	1	CD AGUIAS ALPIARÇA	00:33:20
4	623	LUIS GOMES	M	35	M3539	1	GA CARANGUEJEIRA	00:33:25
5	894	CRISTIANO ANTONIO	M	27	M2034	3	AC VERMOIL	00:33:30
6	499	PAULO GUIMARAES	M	38	M3539	2	AMINHACORRIDA/KALENJI	00:33:37
7	389	NUNO ROMAO	M	43	M4044	1	GDR REBOLEIRA/GFD	00:33:56
8	726	PEDRO M M JANUÁRIO	M	37	M3539	3	INDIVIDUAL	00:34:00
9	817	LUIS ALBINO	M	20	M2034	4	C BENFICA ABRANTES	00:34:06
10	748	RUI LPOES	M	38	M3539	4	CDCR CTT COIMBRA	00:34:12
11	747	RUI RODRIGUES	M	40	M4044	2	CDCR CTT COIMBRA	00:34:23
12	832	ANTONIO BRANCO	M	51	M5054	1	NA PENTEADO	00:35:10
13	848	DAVID FERNANDES	M	41	M4044	3	GFD	00:35:17
14	880	ANDRÉ CRUZ	M	17	M0019	2	ESC TRIATLO TORRES NOVAS	00:35:25
15	815	JOSÉ DURÃO	M	50	M5054	2	C BENFICA ABRANTES	00:35:32
16	850	FERNANDO PEREIRA	M	42	M4044	4	GFD	00:35:39
17	417	PAULO ALVES	M	38	M3539	5	ASC VALE GRANDE	00:35:44
18	925	PAULO S CARVALHO	M	46	M4549	1	SC REBOLEIRA DAMAIA	00:35:48
19	413	ARLINDO BRÁS	M	43	M4044	5	ONDALUX	00:35:51
20	849	ERNESTO FERREIRA	M	45	M4549	2	GFD	00:35:53
21	622	ILIDIO DIAS	M	23	M2034	5	GA CARANGUEJEIRA	00:36:02
22	787	MARCO FRANCO	M	35	M3539	6	CA FERREIRA ZÊZERE	00:36:07
23	910	ANTÓNIO RIBEIRO	M	37	M3539	7	INDIVIDUAL	00:36:27
24	888	SERGIY CHONKA	M	42	M4044	6	AC VERMOIL	00:36:30
25	457	JOSÉ NARCISO	M	43	M4044	7	CUA BENAVENTENSE	00:36:30
26	532	JORGE COSME	M	41	M4044	8	ESCOLA ATLETISMO CARTAXO	00:36:33
27	767	RUI PARROCHINHA	M	38	M3539	8	CD RIBEIRENSE	00:36:37
28	756	JOSE BORGES	M	55	M5559	1	CUA BENAVENTENSE	00:36:42
29	897	TIAGO GODINHO	M	22	M2034	6	ACADEMIA MILITAR	00:36:42
30	461	LUÍS NARCISO	M	17	M0019	3	SPORTING CP	00:36:44
31	545	PAULO FERNANDES	M	50	M5054	3	CCD O ALVITEJO	00:36:46
32	746	PAULO ANTUNES	M	44	M4044	9	CDCR CTT COIMBRA	00:36:58
33	859	CHRISTIAN FARINHA	M	26	M2034	7	UFCI TOMAR	00:37:01
34	818	LUIS MOTA	M	45	M4549	3	C BENFICA ABRANTES	00:37:02
35	781	FILIPE OLIVEIRA	M	33	M2034	8	INDIVIDUAL	00:37:04
36	631	RICARDO FERREIRA	M	51	M5054	4	CARTAXO ESCOLA ATLETISMO	00:37:08
37	424	PETER G G ROMAO	M	33	M2034	9	INDIVIDUAL	00:37:09
38	774	PEDRO M V RODRIGUES	M	25	M2034	10	CLUBE DESP MOVIMENTO	00:37:11
39	444	ADRIANO RIBEIRO	M	31	M2034	11	INDIVIDUAL	00:37:12
40	645	RUBEN VIOLANTE	M	23	M2034	12	NS TORRES NOVAS	00:37:14
41	786	SOFIA MARMELO	F	22	F2034	1	CA FERREIRA ZÊZERE	00:37:15
42	923	ELIAS M FORTES	M	49	M4549	4	SC REBOLEIRA DAMAIA	00:37:26
43	708	JOSÉ FIGUEIRA	M	46	M4549	5	CCRD BURINHOSA	00:37:31
44	470	RUBIM GONÇALVES	M	34	M2034	13	INDIVIDUAL	00:37:34
45	540	GILBERTO FERNANDES	M	53	M5054	5	INDIVIDUAL	00:37:40

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Pos.	Equipa	Tempo
46	835	MIGUEL CRUZ	M	17	M0019	4	C BENFICA ALG MEM MARTINS	00:37:42
47	660	LUÍS MOTA	M	43	M4044	10	CLAC ENTRONCAMENTO	00:37:44
48	557	JOÃO SALDANHA	M	19	M0019	5	CP ALCANENA	00:37:51
49	625	VITOR OLIVEIRA	M	49	M4549	6	DCI-CCDRP MEALHADA	00:37:56
50	467	EDUARDO CARDEIRA	M	33	M2034	14	CR AMIEIRINHENSE	00:37:57
51	655	FLÁVIO SANTOS	M	19	M0019	6	FF PAZ MUNDIAL	00:38:00
52	482	MANUEL L G NOGUEIRA	M	40	M4044	11	INDIVIDUAL	00:38:01
53	339	ANGELO M AFONSO	M	31	M2034	15	OS QUATRO E MEIA	00:38:02
54	455	VITOR ANTUNES	M	42	M4044	12	ESCOLA ATLETISMO CARTAXO	00:38:05
55	481	FRANCISCO GAIO	M	52	M5054	6	FISIO-MASSAGEM	00:38:06
56	949	LUIS MARTINS	M	37	M3539	9	GDR FIGUEIRAS	00:38:19
57	643	JOAQUIM SANTOS	M	45	M4549	7	NS TORRES NOVAS	00:38:24
58	640	NELSON COELHO	M	28	M2034	16	NS TORRES NOVAS	00:38:25
59	751	VITOR CARDOSO	M	40	M4044	13	C VETERANOS COIMBRA	00:38:26
60	661	JOÃO P FERREIRA	M	39	M3539	10	CLAC ENTRONCAMENTO	00:38:30
61	916	LILIA MARTINS	F	18	F0019	1	NS LOURINHÃ	00:38:35
62	588	MARCO REIS	M	24	M2034	17	GAU BAJOUCA	00:38:38
63	624	NUNO CASALINHO	M	36	M3539	11	GA CARANGUEJEIRA	00:38:41
64	893	CARLOS ALVES	M	18	M0019	7	AC VERMOIL	00:38:41
65	659	MÁRCIO LOUREIRO	M	37	M3539	12	SR JARDOEIRA	00:38:43
66	560	MIGUEL GONÇALVES	M	37	M3539	13	CCD CRÉDITO AGRÍCOLA MÚTUO	00:38:43
67	350	ANTÓNIO R LÓPES	M	50	M5054	7	INDIVIDUAL	00:38:47
68	914	ALEXIS MARTINS	M	18	M0019	8	NS LOURINHÃ	00:38:49
69	890	PEDRO FERREIRA	M	41	M4044	14	AC VERMOIL	00:38:52
70	602	SERGIO CORREIA	M	34	M2034	18	UDR ZONA ALTA	00:38:55
71	667	ABREU MOURA	M	60	M6099	1	CLAC ENTRONCAMENTO	00:38:55
72	830	JOÃO P C M A SILVA	M	35	M3539	14	SAMORUNNING	00:38:56
73	662	NELSON OLIVEIRA	M	38	M3539	15	CLAC ENTRONCAMENTO	00:38:58
74	843	ALEXANDRA OLIVEIRA	F	22	F2034	2	GA FÁTIMA	00:39:00
75	943	ALEXANDRE MONTEIRO	M	49	M4549	8	UA POVOENSE	00:39:01
76	846	ALEXANDRA SOUSA	F	33	F2034	3	GFD	00:39:01
77	963	ANGELO SILVA	M	33	M2034	19	CCDT METRO LX	00:39:09
78	797	LUIS JUNQUEIRA	M	46	M4549	9	INDIVIDUAL	00:39:14
79	964	ANTONIO E GONÇALVES	M	51	M5054	8	CCDT METRO LX	00:39:16
80	804	FILIPA MOUTINHO	F	33	F2034	4	C BENFICA ABRANTES	00:39:17
81	825	RUBEN TIBÉRIO	M	17	M0019	9	C BENFICA ABRANTES	00:39:18
82	795	NUNO BONIEK	M	47	M4549	10	CARACOL TRAIL TEAM	00:39:21
83	685	JOÃO P FIGUEIREDO	M	22	M2034	20	CONQUISTA GINÁSIO	00:39:23
84	610	CALUDIO COTRIM	M	19	M0019	10	CP ALCANENA	00:39:23
85	556	JOÃO LUIS	M	49	M4549	11	CP ALCANENA	00:39:29
86	868	LUIS RODRIGO	M	54	M5054	9	UFCI TOMAR	00:39:34
87	922	MIGUEL FERREIRA	M	33	M2034	21	INDIVIDUAL	00:39:38
88	844	ANDRÉ DANIEL	M	24	M2034	22	GC BARQUINHENSE	00:39:41
89	800	PAULO ROQUE	M	43	M4044	15	INDIVIDUAL	00:39:41
90	614	RUI INÊS	M	43	M4044	16	INDIVIDUAL	00:39:42

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Pos.	Equipa	Tempo
91	810	ERNESTO HEITOR	M	47	M4549	12	C BENFICA ABRANTES	00:39:46
92	901	RUBEN ROSA	M	17	M0019	11	ADR ÁGUAS BELAS	00:39:48
93	902	RODRIGO ROSA	M	29	M2034	23	ADR ÁGUAS BELAS	00:39:48
94	984	LUIS MENDES	M	42	M4044	17	NAPA	00:39:52
95	683	MIGUEL P CAETANO	M	27	M2034	24	CONQUISTA GINÁSIO	00:39:52
96	881	SAMUEL D EUGÉNIO	M	41	M4044	18	NSCPG	00:39:53
97	692	EDGAR ROSA	M	41	M4044	19	CD MOITENSE	00:39:53
98	476	CARLOS PALAS	M	56	M5559	2	C PEDRO PESSOA ESC ATLETISMO	00:39:54
99	538	FERNANDO PELARIGO	M	45	M4549	13	ESCOLA ATLETISMO CARTAXO	00:39:55
100	425	HUGO M G MATOS	M	32	M2034	25	REATAM	00:39:56
101	968	NUNO PITA	M	40	M4044	20	CCDT METRO LX	00:39:57
102	734	PEDRO CRISPIM	M	28	M2034	26	CARACOL TRAIL TEAM	00:40:01
103	950	JUCELINO MONTEIRO	M	49	M4549	14	GDR FIGUEIRAS	00:40:02
104	967	JOAO P OLIVEIRA	M	39	M3539	16	CCDT METRO LX	00:40:03
105	722	MARIO LUIS	M	18	M0019	12	PENICHE@CORRER	00:40:05
106	615	NUNO LORVAO	M	45	M4549	15	CANAZ	00:40:05
107	813	JOEL ASCENSO	M	18	M0019	13	C BENFICA ABRANTES	00:40:17
108	474	BRUNO VIEIRA	M	39	M3539	17	CP ALCANENA	00:40:19
109	702	JOAQUIM ALEXANDRE	M	50	M5054	10	URD ARRANHÓ	00:40:20
110	758	DAVID LOPES	M	45	M4549	16	INDIVIDUAL	00:40:21
111	497	JORGE AMARAL	M	47	M4549	17	AMINHACORRIDA/KALENJI	00:40:24
112	592	JORGE SILVA	M	49	M4549	18	GAU BAJOUCA	00:40:28
113	575	RAUL JORGE	M	43	M4044	21	CD OS ÁGUIAS TRAIL/RUNNING	00:40:31
114	312	ROGÉRIO D S VERAS	M	34	M2034	27	TEAM IRUN   TOMAR - PORTUGAL	00:40:33
115	908	DIOGO M A ROSA	M	23	M2034	28	NS GOLEGÃ	00:40:34
116	302	JOSE F SILVA	M	54	M5054	11	CASPA	00:40:38
117	669	JOSÉ ALMEIDA	M	45	M4549	19	CLAC ENTRONCAMENTO	00:40:46
118	484	LUIS ALEXANDRE	M	40	M4044	22	ACR SANTA CITA	00:40:48
119	342	MÁRCIO L CATARINO	M	37	M3539	18	ADC PROENÇA-A-NOVA	00:40:55
120	651	LUIS CALADO	M	27	M2034	29	C VETERANOS DO LIS	00:40:57
121	681	ADRIANO G ARAÚJO	M	39	M3539	19	CONQUISTA GINÁSIO	00:41:03
122	879	CARLOS CRUZ	M	56	M5559	3	INDIVIDUAL	00:41:04
123	730	LUIS F A SANTOS	M	20	M2034	30	CONQUISTA GINÁSIO	00:41:05
124	709	LUIS VIEIRA	M	24	M2034	31	CCRD BURINHOSA	00:41:06
125	668	RUI SIMÕES	M	46	M4549	20	CLAC ENTRONCAMENTO	00:41:06
126	453	EURICO BRAZ	M	56	M5559	4	GFD	00:41:07
127	370	NUNO FERREIRA	M	28	M2034	32	PENICHE@CORRER	00:41:08
128	383	PAULO VIEIRA	M	40	M4044	23	GADAG	00:41:22
129	750	PEDRO VARELA	M	44	M4044	24	CDCR CTT COIMBRA	00:41:24
130	573	NUNO PAULINO	M	39	M3539	20	CD OS ÁGUIAS TRAIL/RUNNING	00:41:29
131	378	JOSE L GONÇALVES	M	40	M4044	25	PENICHE@CORRER	00:41:29
132	932	JOSÉ DUARTE	M	37	M3539	21	INDIVIDUAL	00:41:30
133	905	JOSÉ J N AMORA	M	45	M4549	21	NSCPG	00:41:36
134	381	LUIS M C NEVES	M	37	M3539	22	MARINHAI AC	00:41:37
135	190	NELSON ANDRADE	M	33	M2034	33	CD AGUIAS ALPIARÇA	00:41:38

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Pos.	Equipa	Tempo
136	580	CLÁUDIO BICA	M	23	M2034	34	AMADORES TRAIL TEAM	00:41:39
137	898	FILIFE OLIVEIRA	M	23	M2034	35	ACADEMIA MILITAR	00:41:43
138	395	MIGUEL BARBA	M	37	M3539	23	PENICHE@CORRER	00:41:47
139	866	JOSE FONSECA	M	51	M5054	12	UFCI TOMAR	00:41:48
140	310	MARCIO ANDRADE	M	30	M2034	36	ONDALUX	00:41:49
141	608	PAULO LOPES	M	48	M4549	22	GD ÁGUIAS MOITA	00:41:50
142	529	KCÉNIA BOUGROVA	F	21	F2034	5	SPORTING CP	00:41:50
143	882	BRUNO RAPOSEIRA	M	33	M2034	37	CD OS ÁGUIAS TRAIL/RUNNING	00:41:56
144	993	ATLETA NÃO CADASTRADO	M	0	M0019	14		00:41:59
145	933	CARLOS ESTEVES	M	35	M3539	24	INDIVIDUAL	00:42:02
146	566	JORGE ROSA	M	38	M3539	25	INDIVIDUAL	00:42:03
147	415	JOÃO MACHADO	M	54	M5054	13	OS MATRECOS	00:42:06
148	992	PAULO COSTA	M	43	M4044	26		00:42:07
149	599	JORGE FORMIGA	M	43	M4044	27	UDR ZONA ALTA	00:42:08
150	677	ANTÓNIO MERUJO	M	56	M5559	5	SCU TORREENSE	00:42:09
151	585	BRUNO NALHA	M	38	M3539	26	CD OS ÁGUIAS TRAIL/RUNNING	00:42:10
152	956	PEDRO FALCÃO	M	39	M3539	27	GDR FIGUEIRAS	00:42:12
153	699	RITA A S RIBEIRO	F	32	F2034	6	GFD	00:42:13
154	700	CELSO NUNES	M	37	M3539	28	CP PONTEVEL	00:42:14
155	903	CARLOS DURO	M	58	M5559	6	ADR ÁGUAS BELAS	00:42:17
156	418	ARTUR GONÇALVES	M	40	M4044	28	AA LEBRES SADO	00:42:18
157	551	RICARDO MENDES	M	37	M3539	29	CP ALCANENA	00:42:24
158	807	MARIA MOTA	F	20	F2034	7	SL BENFICA	00:42:29
159	821	LUIS S MOTA	M	19	M0019	15	C BENFICA ABRANTES	00:42:29
160	865	JORGE LERCAS	M	51	M5054	14	UFCI TOMAR	00:42:30
161	989	VITOR MARQUES	M	52	M5054	15	CHAO DE CONDES	00:42:31
162	442	FRANCISCO J S V SILVA	M	42	M4044	29	INDIVIDUAL	00:42:32
163	537	GABRIEL ALVES	M	49	M4549	23	ESCOLA ATLETISMO CARTAXO	00:42:34
164	878	ANTONIO A ALMEIDA	M	32	M2034	38	INDIVIDUAL	00:42:42
165	402	JOSÉ GUIMAS	M	49	M4549	24	OS MATRECOS	00:42:43
166	100	0 JOAO GUERRA	M	42	M4044	30		00:42:44
167	816	JOSÉ FONTINHA	M	38	M3539	30	C BENFICA ABRANTES	00:42:44
168	632	RUI PANÇA	M	44	M4044	31	CR CRUZ DE PAU	00:42:48
169	731	SÉRGIO NUNES	M	22	M2034	39	INDIVIDUAL	00:42:50
170	679	ABEL P V GONÇALVES	M	37	M3539	31	INDIVIDUAL	00:42:51
171	717	HUGO T G FERREIRA	M	33	M2034	40	INDIVIDUAL	00:42:51
172	732	EDUARDO FILIPE	M	22	M2034	41	INDIVIDUAL	00:42:52
173	684	AMANDIO CAETANO	M	52	M5054	16	CONQUISTA GINÁSIO	00:42:52
174	385	GONÇALO SANTOS	M	42	M4044	32	GDC PORTOS SINES E ALGARVE	00:42:54
175	407	CESAR NUNES	M	29	M2034	42	CP PONTEVEL	00:42:54
176	942	ALEXANDRA PORTELA	F	46	F4599	1	UA POVOENSE	00:42:55
177	528	JOÃO PROENÇA	M	22	M2034	43	INDIVIDUAL	00:42:55
178	555	ANTOINE GODINHO	M	37	M3539	32	CP ALCANENA	00:42:58
179	839	CARLOS SILVA	M	50	M5054	17	CM MARCHA E CORRIDA TORRES NOVAS	00:43:01
180	368	RUI GRANADA	M	38	M3539	33	PENICHE@CORRER	00:43:02

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Pos.	Equipa	Tempo
181	644	NUNO MARQUES	M	37	M3539	34	NS TORRES NOVAS	00:43:02
182	327	SÉRGIO PINTO	M	36	M3539	35	CARACOL TRAIL TEAM	00:43:05
183	443	JOSÉ ALEIXO	M	47	M4549	25	INDIVIDUAL	00:43:05
184	977	CARLOS QUEIROGA	M	55	M5559	7	GD SAO DOMINGOS	00:43:08
185	920	FREDERICO FERREIRA	M	32	M2034	44	INDIVIDUAL	00:43:11
186	899	LUIS SANTOS	M	45	M4549	26	CSCR LITEIROS	00:43:11
187	831	TIAGO FERNANDES	M	24	M2034	45	UDR ZONA ALTA	00:43:15
188	906	TÓ SERRÃO	M	38	M3539	36	CD OS ÁGUIAS TRAIL/RUNNING	00:43:16
189	404	LEONEL CAMPOS	M	52	M5054	18	OS MATRECOS	00:43:23
190	698	JOSE M G FERREIRA	M	51	M5054	19	INDIVIDUAL	00:43:25
191	860	NORBERTO TRIAES	M	38	M3539	37	UFCI TOMAR	00:43:26
192	945	LUISA MONTEIRO	F	49	F4599	2	UA POVOENSE	00:43:27
193	515	AUGUSTO PINTO	M	42	M4044	33	CR CRUZ DE PAU	00:43:28
194	766	MIGUEL GINETO	M	41	M4044	34	CD RIBEIRENSE	00:43:28
195	531	RICARDO VIEIRA	M	45	M4549	27	ESCOLA ATLETISMO CARTAXO	00:43:28
196	948	JOÃO P C FERNANDES	M	29	M2034	46	CARACOL TRAIL TEAM	00:43:32
197	382	ANTÓNIO M C S LEAL	M	44	M4044	35	MARINHAI AC	00:43:34
198	589	PEDRO CAPELA	M	35	M3539	38	GAU BAJOUCA	00:43:40
199	999	JORGE FREITAS	M	56	M5559	8		00:43:43
200	754	JOAQUIM C TEIXEIRA	M	61	M6099	2	CARACOL TRAIL TEAM	00:43:44
201	941	VASCO MARQUES	M	43	M4044	36	C VETERANOS DO LIS	00:43:45
202	617	JACINTO FERREIRA	M	46	M4549	28	PENICHE@CORRER	00:43:46
203	317	ANTONIO M Q RAMOS	M	47	M4549	29	INDIVIDUAL	00:43:48
204	596	ANDRÉ FERNANDES	M	41	M4044	37	GAU BAJOUCA	00:43:49
205	343	CARLOS VITORINO	M	48	M4549	30	GC BARQUINHENSE	00:43:51
206	892	DEONILDE COSTA	F	41	F3544	1	AC VERMOIL	00:43:53
207	736	LUÍS MONTEIRO	M	48	M4549	31	ESCOLA ATLETISMO CARTAXO	00:43:54
208	454	PEDRO MARIA	M	42	M4044	38	ESCOLA ATLETISMO CARTAXO	00:43:55
209	561	NUNO ROSA	M	38	M3539	39	CCD CRÉDITO AGRÍCOLA MÚTUO	00:43:58
210	951	MÁRIO DUARTE	M	57	M5559	9	GDR FIGUEIRAS	00:43:59
211	735	PAULO MONTEIRO	M	48	M4549	32	AC BATALHA	00:44:04
212	757	ANTÓNIO TIBURCIO	M	50	M5054	20	INDIVIDUAL	00:44:06
213	944	ANA MONTEIRO	F	17	F0019	2	UA POVOENSE	00:44:09
214	500	VITOR JORGE	M	53	M5054	21	INDIVIDUAL	00:44:09
215	485	FRANCISCO CONFRARIA	M	44	M4044	39	ACR SANTA CITA	00:44:13
216	765	RODOLFO DEYLLOT	M	49	M4549	33	CD RIBEIRENSE	00:44:16
217	827	RUI MIGUEL	M	44	M4044	40	AFDD RUN CREW TRAIL MONTIJO	00:44:17
218	664	JOSÉ GARRAFÃO	M	54	M5054	22	CLAC ENTRONCAMENTO	00:44:18
219	398	HELDER FERREIRA	M	44	M4044	41	C BENFICA SEIXAL	00:44:18
220	393	RUI PEREIRA	M	40	M4044	42	CD SALVATERRENSE	00:44:19
221	471	CLÁUDIO MATIAS	M	37	M3539	40	INDIVIDUAL	00:44:21
222	514	PEDRO JOAQUIM	M	29	M2034	47	CR CRUZ DE PAU	00:44:22
223	854	FRANCISCO DIAS	M	20	M2034	48	UFCI TOMAR	00:44:23
224	319	CARLOS M SANTOS	M	39	M3539	41	INDIVIDUAL	00:44:25
225	994	PAULO J PEREIRA	M	40	M4044	43		00:44:26

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Pos.	Equipa	Tempo
226	871	ALBERTO GRAÇA	M	62	M6099	3	UFCI TOMAR	00:44:28
227	411	ANTONIO CARVALHO	M	59	M5559	10	SUNWISE TRAINING	00:44:31
228	874	PEDRO M F MOURAO	M	42	M4044	44	INDIVIDUAL	00:44:34
229	464	TIAGO BARREIRO	M	30	M2034	49	INDIVIDUAL	00:44:36
230	408	AMILCAR AMORIM	M	48	M4549	34	CP PONTEVEL	00:44:38
231	763	ALMERINDO SILVA	M	50	M5054	23	ESCOLA ATLETISMO CARTAXO	00:44:39
232	642	JOANA CORREIA	F	22	F2034	8	NS TORRES NOVAS	00:44:40
233	738	JOÃO F L VELEZ	M	30	M2034	50	INDIVIDUAL	00:44:45
234	918	PEDRO MOLEIRINHO	M	46	M4549	35	INDIVIDUAL	00:44:46
235	320	JOAQUIM PESSOA	M	58	M5559	11	C BENFICA CONDEIXA	00:44:49
236	581	VITOR SANTOS	M	52	M5054	24	ESCOLA ATLETISMO CARTAXO	00:44:50
237	764	JOÃO JUSTO	M	41	M4044	45	CD RIBEIRENSE	00:44:52
238	983	CELIA CECILIO	F	45	F4599	3	NAPA	00:44:52
239	701	FILIPE BRANCO	M	46	M4549	36	URD ARRANHÒ	00:44:52
240	682	CARLOS QUEIROZ	M	47	M4549	37	CONQUISTA GINÁSIO	00:44:59
241	822	RENATO MARQUES	M	47	M4549	38	C BENFICA ABRANTES	00:45:06
242	646	EDUARDO J C BRANCO	M	37	M3539	42	INDIVIDUAL	00:45:09
243	733	JOSÉ L L SEQUEIRA	M	68	M6099	4	INDIVIDUAL	00:45:09
244	519	CARLOS ALBERTO	M	57	M5559	12	GD INE	00:45:11
245	690	RICARDO VICENTE	M	43	M4044	46	CD MOITENSE	00:45:13
246	716	GONÇALO J F ÁGUAS	M	33	M2034	51	INDIVIDUAL	00:45:13
247	363	LUIS NOBRE	M	45	M4549	39	PENICHE@CORRER	00:45:14
248	912	ALEXANDRE FERREIRA	M	42	M4044	47	NS LOURINHÃ	00:45:15
249	955	EVANGELINO CARDEIRA	M	60	M6099	5	GDR FIGUEIRAS	00:45:16
250	696	ARTUR COSTA	M	51	M5054	25	CONQUISTA GINÁSIO	00:45:19
251	512	RUI PINTO	M	50	M5054	26	CR CRUZ DE PAU	00:45:22
252	450	JOÃO LOBATO	M	36	M3539	43	INDIVIDUAL	00:45:23
253	606	MANUEL VITORINO	M	66	M6099	6	CCD O ALVITEJO	00:45:23
254	790	TIAGO ÁLVARO	M	38	M3539	44	SABORES DA VILA	00:45:24
255	605	JOSÉ FERNANDES	M	56	M5559	13	CCD O ALVITEJO	00:45:25
256	629	CARMEN HENRIQUES	F	38	F3544	2	RUN IS A GIFT	00:45:25
257	864	ERNESTO PARENTE	M	50	M5054	27	UFCI TOMAR	00:45:25
258	553	FERNANDO SILVA	M	43	M4044	48	PENICHE@CORRER	00:45:31
259	361	MARIO ZARRO	M	37	M3539	45	PENICHE@CORRER	00:45:31
260	935	JAIME D FIGUEIREDO	M	49	M4549	40	INDIVIDUAL	00:45:32
261	486	PEDRO AMORIM	M	18	M0019	16	CP PONTEVEL	00:45:34
262	301	ANDRÉ J LEANDRO	M	32	M2034	52	FOUR 2	00:45:34
263	755	HUGO AGOSTINHO	M	34	M2034	53	CD OS ÁGUIAS TRAIL/RUNNING	00:45:37
264	574	CARLOS A RODRIGUES	M	46	M4549	41	CD OS ÁGUIAS TRAIL/RUNNING	00:45:37
265	152	RODRIGO PRUDENCIO	M	37	M3539	46	CD AGUIAS ALPIARÇA	00:45:37
266	583	TETYANA VAKULYUK	F	39	F3544	3	CARACOL TRAIL TEAM	00:45:37
267	739	ANÍBAL GODINHO	M	52	M5054	28	CARACOL TRAIL TEAM	00:45:38
268	399	GONÇALO G M LOPES	M	32	M2034	54	INDIVIDUAL	00:45:38
269	353	VITOR M R BRAZ	M	53	M5054	29	INDIVIDUAL	00:45:39
270	728	JOÃO ESTEVES	M	40	M4044	49	PANELA MAGICA	00:45:40

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Pos.	Equipa	Tempo
271	987	RODOLFO SERRA	M	33	M2034	55	UDR ZONA ALTA	00:45:44
272	352	ANTÓNIO MATIAS	M	58	M5559	14	INDIVIDUAL	00:45:50
273	919	GONÇALO FERREIRA	M	23	M2034	56	INDIVIDUAL	00:45:51
274	744	SERGIO CAMPOS	M	29	M2034	57	INDIVIDUAL	00:45:51
275	345	PEDRO CAMPOS	M	39	M3539	47	INDIVIDUAL	00:45:52
276	799	SÉRGIO M P S A PEREIRA	M	41	M4044	50	INDIVIDUAL	00:45:53
277	533	FERNANDO MARTINS	M	43	M4044	51	INDIVIDUAL	00:45:54
278	401	LUÍS GAVAZZI	M	51	M5054	30	OS MATRECOS	00:45:54
279	366	NUNO SILVA	M	41	M4044	52	PENICHE@CORRER	00:45:55
280	808	ANTONIO COSTA	M	51	M5054	31	C BENFICA ABRANTES	00:45:59
281	678	MANUEL ARCÂNGELO	M	54	M5054	32	INDIVIDUAL	00:46:01
282	559	CARLOS SILVA	M	52	M5054	33	CCD CRÉDITO AGRÍCOLA MÚTUO	00:46:02
283	570	ACURCIO MARIA	M	44	M4044	53	SC MOITENSE	00:46:03
284	568	JOSÉ SAPO	M	66	M6099	7	SC MOITENSE	00:46:03
285	447	JOSÉ L DUARTE	M	55	M5559	15	INDIVIDUAL	00:46:04
286	603	DAVID SÉNICA	M	19	M0019	17	UDR ZONA ALTA	00:46:06
287	911	GILDA MOTA	F	48	F4599	4	INDIVIDUAL	00:46:06
288	634	AUGUSTO SOUSA	M	45	M4549	42	TEAM DIABRETE	00:46:11
289	523	JOAQUIM OLIVEIRA	M	56	M5559	16	INDIVIDUAL	00:46:17
290	974	ELISA VARELA	F	43	F3544	4	GD SAO DOMINGOS	00:46:18
291	576	CARLOS AMARAL	M	38	M3539	48	CD OS ÁGUIAS TRAIL/RUNNING	00:46:18
292	400	SANDRA QUINTAS	F	43	F3544	5	OS MATRECOS	00:46:20
293	414	ANTÓNIO M A NASCIMENTO	M	50	M5054	34	INDIVIDUAL	00:46:22
294	873	ANTONIO SERAFIM	M	65	M6099	8	UFCI TOMAR	00:46:27
295	330	LUIS AMARAL	M	49	M4549	43	EQUIPA	00:46:27
296	889	EUGENIO MENDES	M	54	M5054	35	AC VERMOIL	00:46:28
297	927	PAULA L CARDOSO	F	39	F3544	6	SC REBOLEIRA DAMAIA	00:46:30
298	663	ANTÓNIO FERREIRA	M	36	M3539	49	CLAC ENTRONCAMENTO	00:46:30
299	877	HELENA MOURAO	F	55	F4599	5	NDC CASTELO PAIVA	00:46:32
300	895	ANDRÉ N LEAL	M	32	M2034	58	INDIVIDUAL	00:46:38
301	360	JOAQUIM CARINHAS	M	64	M6099	9	PENICHE@CORRER	00:46:40
302	649	DIANA CARREIRA	F	27	F2034	9	C VETERANOS DO LIS	00:46:43
303	952	ADRIANO FONTES	M	58	M5559	17	GDR FIGUEIRAS	00:46:47
304	931	JOAQUIM J G MARIANO	M	46	M4549	44	NSCPG	00:46:48
305	896	RUI A ALMEIDA	M	31	M2034	59	INDIVIDUAL	00:46:48
306	691	ALBERTO VINAGRE	M	54	M5054	36	CD MOITENSE	00:46:51
307	706	RUI VENTURA	M	55	M5559	18	CCRD BURINHOSA	00:46:52
308	788	DANIEL LOURAÇO	F	24	F2034	10	SABORES DA VILA	00:46:54
309	887	ALFREDO SANTOS	M	60	M6099	10	AC VERMOIL	00:46:55
310	633	PAULO FONSECA	M	51	M5054	37	INDIVIDUAL	00:46:56
311	479	FILIPE D A S FERNANDES	M	35	M3539	50	OS TRETAS	00:46:56
312	478	RÚBEN D T MENDES	M	26	M2034	60	OS TRETAS	00:46:56
313	749	FÁBIO ABRANTES	M	38	M3539	51	CDCR CTT COIMBRA	00:46:57
314	724	BRUNO GASPAR	M	30	M2034	61	INDIVIDUAL	00:46:58
315	591	OTELO PEREIRA	M	41	M4044	54	GAU BAJOUCA	00:46:59

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Pos.	Equipa	Tempo
316	957	GILBERTO SANTOS	M	45	M4549	45	GAU BAJOUCA	00:47:00
317	641	INÊS SANTOS	F	19	F0019	3	NS TORRES NOVAS	00:47:00
318	426	ESTEVÃO L S RIBEIRO	M	66	M6099	11	REATAM	00:47:01
319	819	MANUEL SILVA	M	42	M4044	55	C BENFICA ABRANTES	00:47:03
320	761	GIL C M TEIXEIRA	M	44	M4044	56	INDIVIDUAL	00:47:04
321	587	TIAGO CABECINHAS	M	22	M2034	62	GAU BAJOUCA	00:47:04
322	946	ZULMIRA BELO	F	49	F4599	6	UA POVOENSE	00:47:12
323	729	MARIO R PEREIRA	M	54	M5054	38	CONQUISTA GINÁSIO	00:47:15
324	380	JOÃO J FERNANDES	M	34	M2034	63	INDIVIDUAL	00:47:18
325	498	TINA OLIVEIRA	F	51	F4599	7	AMINHACORRIDA/KALENJI	00:47:22
326	527	SÉRGIO MENDES	M	44	M4044	57	INDIVIDUAL	00:47:24
327	335	LUÍS MENINO	M	43	M4044	58	OS QUATRO E MEIA	00:47:30
328	337	JOSÉ C T LOURENÇO	M	43	M4044	59	OS QUATRO E MEIA	00:47:30
329	884	ALBANO GINJA	M	60	M6099	12	C SARGENTO ARMADA	00:47:32
330	823	STÉLIO COUCEIRO	M	45	M4549	46	C BENFICA ABRANTES	00:47:39
331	953	DIAMANTINO CRUZ	M	58	M5559	19	GDR FIGUEIRAS	00:47:40
332	397	LÚCIO A B SANTOS	M	54	M5054	39	IUM	00:47:42
333	463	JOAO GRACA	M	60	M6099	13	ACRM SILV GRANDE CLARAS	00:47:42
334	582	FRANCISCO ALVES	M	44	M4044	60	PENICHE@CORRER	00:47:43
335	347	EUSÉBIO P M ABREU	M	44	M4044	61	INDIVIDUAL	00:47:46
336	322	JOÃO CALOURO	M	49	M4549	47	INDIVIDUAL	00:47:46
337	958	ACÚRCIO MENDES	M	45	M4549	48	C CORRIDA REN	00:47:47
338	331	ANA MARTINS	F	49	F4599	8	EQUIPA	00:47:47
339	600	RUI ESTANQUEIRO	M	39	M3539	52	UDR ZONA ALTA	00:47:48
340	971	DANIELA BERNARDINO	F	17	F0019	4	GD SAO DOMINGOS	00:47:48
341	501	PAULO FERRO	M	43	M4044	62	CR CRUZ DE PAU	00:47:48
342	410	MARCO P E ALEXANDRE	M	38	M3539	53	INDIVIDUAL	00:47:50
343	969	RAFAEL SANTOS	M	49	M4549	49	CCDT METRO LX	00:47:51
344	562	RUI MOREIRA	M	45	M4549	50	CCD CRÉDITO AGRÍCOLA MÚTUO	00:47:54
345	869	CAROLINA FELIZ	F	57	F4599	9	UFCI TOMAR	00:47:55
346	814	JOEL MARTINS	M	36	M3539	54	C BENFICA ABRANTES	00:47:56
347	883	SERGIO SILVA	M	40	M4044	63	CD OS ÁGUIAS TRAIL/RUNNING	00:47:57
348	654	CARLA LEITÃO	F	47	F4599	10	ALFA E BETA	00:48:00
349	472	JOÃO P F SILVA	M	45	M4549	51	INDIVIDUAL	00:48:00
350	656	ISABEL SANTOS	F	46	F4599	11	FF PAZ MUNDIAL	00:48:01
351	328	CARLOS J M FILIPE	M	40	M4044	64	INDIVIDUAL	00:48:02
352	647	JACINTO FERREIRA	M	58	M5559	20	C VETERANOS DO LIS	00:48:05
353	653	PEDRO RAMOS	M	48	M4549	52	ALFA E BETA	00:48:07
354	867	MANUEL MOTA	M	53	M5054	40	UFCI TOMAR	00:48:09
355	809	AUGUSTO CRUZ	M	66	M6099	14	C BENFICA ABRANTES	00:48:14
356	488	MARCO MADEIRA	M	35	M3539	55	INDIVIDUAL	00:48:17
357	336	PAULO M RODRIGUES	M	42	M4044	65	OS QUATRO E MEIA	00:48:23
358	358	ANA PESCADINHA	F	35	F3544	7	PENICHE@CORRER	00:48:26
359	577	CARLOS SOUSA	M	58	M5559	21	OS PERIGOSOS	00:48:29
360	820	PAULO CALADO	M	40	M4044	66	C BENFICA ABRANTES	00:48:32



Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Pos.	Equipa	Tempo
361	725	DIOGO FERREIRA	M	35	M3539	56	INDIVIDUAL	00:48:35
362	513	JOSE DE SOUSA	M	56	M5559	22	CR CRUZ DE PAU	00:48:36
363	712	NUNO V L BARREIRO	M	42	M4044	67	INDIVIDUAL	00:48:38
364	354	ALEXANDRE E R MARQUES	M	23	M2034	64	INDIVIDUAL	00:48:38
365	876	RICARDO SARDINHEIRO	M	42	M4044	68	PANELA MAGICA	00:48:40
366	723	MIGUEL MATIAS	M	34	M2034	65	INDIVIDUAL	00:48:41
367	707	JOSE RATO	M	57	M5559	23	CCRD BURINHOSA	00:48:43
368	539	LÚCIO SERRA	M	56	M5559	24	INDIVIDUAL	00:48:45
369	448	CARLOS MENDES	M	41	M4044	69	INDIVIDUAL	00:48:45
370	773	DANIEL F CALADO	M	43	M4044	70	INDIVIDUAL	00:48:46
371	546	HORÁCIO RUIVO	M	55	M5559	25	CCD O ALVITEJO	00:48:46
372	367	PEDRO FERREIRA	M	31	M2034	66	PENICHE@CORRER	00:48:48
373	959	MARCO SOARES	M	40	M4044	71	TRILHOS DOS TEMPLARIOS	00:48:49
374	745	TIAGO RODRIGUES	M	17	M0019	18	A VALE SILENCIO	00:48:51
375	535	JORGE GARRADAS	M	41	M4044	72	ESCOLA ATLETISMO CARTAXO	00:48:55
376	639	JORGE OLIVEIRA	M	53	M5054	41	INDIVIDUAL	00:48:57
377	348	HÉLDER F P P M PIRES	M	39	M3539	57	INDIVIDUAL	00:48:57
378	619	BRUNO M C PEDRO	M	25	M2034	67	INDIVIDUAL	00:48:58
379	996	RODRIGO MARTINS	M	51	M5054	42		00:49:00
380	862	CARLOS SANTOS	M	49	M4549	53	UFCI TOMAR	00:49:00
381	638	EUGENIO PISCO	M	64	M6099	15	OS SANTARENOS	00:49:02
382	962	NUNO ANASTACIO	M	37	M3539	58	RUNLOVERS	00:49:06
383	637	RUI SILVA	M	49	M4549	54	INDIVIDUAL	00:49:06
384	973	ROSARIA MORGADO	F	41	F3544	8	GD SAO DOMINGOS	00:49:07
385	863	MANUEL DIAS	M	49	M4549	55	UFCI TOMAR	00:49:07
386	494	CARLOS E B DIAS	M	30	M2034	68	GLORIOSO	00:49:09
387	521	MIGUEL BASTOS	M	50	M5054	43	GD INE	00:49:10
388	511	JOAO TOMAS	M	61	M6099	16	CR CRUZ DE PAU	00:49:13
389	775	NUNO FERREIRA	M	37	M3539	59	INDIVIDUAL	00:49:17
390	793	NUNO MOLEANO	M	38	M3539	60	CD RIBEIRENSE	00:49:18
391	737	PAULO J R MOTA	M	45	M4549	56	INDIVIDUAL	00:49:21
392	584	LUIS LOPES	M	53	M5054	44	CD OS ÁGUIAS TRAIL/RUNNING	00:49:24
393	924	ANTÓNIO CARDOSO	M	44	M4044	73	SC REBOLEIRA DAMAIA	00:49:26
394	872	MANUEL MARTINS	M	62	M6099	17	UFCI TOMAR	00:49:30
395	855	JORGE SALDANHA	M	23	M2034	69	UFCI TOMAR	00:49:31
396	308	PAULO ALMEIDA	M	47	M4549	57	INDIVIDUAL	00:49:36
397	978	GONÇALO REBELO	M	57	M5559	26	GD SAO DOMINGOS	00:49:36
398	549	PEDRO M T SILVA	M	37	M3539	61	IRMÃOS SILVA	00:49:38
399	534	NELSON J AGUIAR	M	40	M4044	74	SFLUR	00:49:44
400	595	RAMIRO RODRIGUES	M	58	M5559	27	INDIVIDUAL	00:49:49
401	970	ALCIDIA VARELA	F	17	F0019	5	GD SAO DOMINGOS	00:49:49
402	451	ANTÓNIO ALMEIDA	M	53	M5054	45	VIA3RUNNERS	00:49:52
403	571	RAUL NEVES	M	63	M6099	18	SC MOITENSE	00:49:56
404	940	BERNARDO GARCIA	M	31	M2034	70	ADRC MATA BENFICA	00:49:56
405	628	JOSÉ BELCHIOR	M	64	M6099	19	OS PERIGOSOS	00:49:56

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Pos.	Equipa	Tempo
406	759	AFONSO LOPES	M	18	M0019	19	INDIVIDUAL	00:49:59
407	648	MARCO FRANCISCO	M	32	M2034	71	C VETERANOS DO LIS	00:49:59
408	979	PEDRO SERRA	M	43	M4044	75		00:50:01
409	493	JOÃO F D ANDRADE	M	36	M3539	62	ONDALUX	00:50:01
410	998	PAULO CLEMENTE	M	36	M3539	63		00:50:03
411	665	JOSÉ M SANTOS	M	60	M6099	20	CLAC ENTRONCAMENTO	00:50:13
412	928	PAULA S SILVA	F	42	F3544	9	SC REBOLEIRA DAMAIA	00:50:18
413	885	RICARDO FERREIRA	M	20	M2034	72	UFCI TOMAR	00:50:24
414	524	PEDRO FERREIRA	M	50	M5054	46	INDIVIDUAL	00:50:24
415	597	JOÃO M S ROSADSO	M	53	M5054	47	INDIVIDUAL	00:50:25
416	346	LUÍS M S C SANTOS	M	50	M5054	48	INDIVIDUAL	00:50:28
417	314	JOSÉ F CALADO	M	51	M5054	49	GC BARQUINHENSE	00:50:29
418	315	PEDRO F R M CARREIRA	M	40	M4044	76	GC BARQUINHENSE	00:50:30
419	607	CARLOS SECO	M	55	M5559	28	GD ÁGUIAS MOITA	00:50:31
420	496	JOSE PEREIRA	M	60	M6099	21	SS CGD	00:50:33
421	715	ELISABETE SILVA	F	37	F3544	10	GDP CHÃO DURO	00:50:36
422	714	JORGE SILVA	M	42	M4044	77	GDP CHÃO DURO	00:50:37
423	416	EMÍLIO MIRANDA	M	49	M4549	58	OS MATRECOS	00:50:39
424	377	JOSÉ J ANASTACIO	M	58	M5559	29	PENICHE@CORRER	00:50:39
425	794	MARCO MARTINS	M	35	M3539	64	CD RIBEIRENSE	00:50:40
426	396	TIAGO LANÇA	M	32	M2034	73	PENICHE@CORRER	00:50:44
427	650	SARA GASPAS	F	26	F2034	11	C VETERANOS DO LIS	00:50:45
428	405	PEDRO LOZANO	M	25	M2034	74	INDIVIDUAL	00:50:47
429	406	JOÃO LOZANO	M	19	M0019	20	INDIVIDUAL	00:50:47
430	630	ANTONIO OLIVEIRA	M	57	M5559	30	INDIVIDUAL	00:50:47
431	387	LEANDRO BRITO	M	32	M2034	75	GC BARQUINHENSE	00:50:49
432	720	BERNARDO LEITE	M	19	M0019	21	INDIVIDUAL	00:50:53
433	976	ANABELA CARVALHO	F	52	F4599	12	GD SAO DOMINGOS	00:50:53
434	741	RICARDO NETO	M	37	M3539	65	INDIVIDUAL	00:50:55
435	558	ANDRÉ LOPES	M	31	M2034	76	CCD CRÉDITO AGRÍCOLA MÚTUO	00:51:04
436	491	JOSÉ ALVES	M	49	M4549	59	OS LAGARTOS DA PORTELA	00:51:07
437	777	PEDRO REBELO	M	42	M4044	78	GD O INDEPENDENTE	00:51:09
438	311	ALEXANDRA MARTINS	F	30	F2034	12	ONDALUX	00:51:10
439	961	NUNO MARQUES	M	48	M4549	60	RUNLOVERS	00:51:15
440	374	FILIPA COUTINHO	F	27	F2034	13	PENICHE@CORRER	00:51:15
441	960	CRISTINA CALDEIRA	F	46	F4599	13	RUNLOVERS	00:51:15
442	858	ANA P GRACIO	F	30	F2034	14	UFCI TOMAR	00:51:18
443	875	NUNO LOPES	M	38	M3539	66	INDIVIDUAL	00:51:20
444	947	GABRIEL ALMEIDA	M	36	M3539	67	NSCPG	00:51:20
445	621	PEDRO BICO	M	47	M4549	61	INDIVIDUAL	00:51:27
446	548	FRANCISCO C V MARTINS	M	46	M4549	62	INDIVIDUAL	00:51:28
447	618	JOANA L ALVES	F	28	F2034	15	CARACOL TRAIL TEAM	00:51:32
448	801	LINA MATEUS	F	37	F3544	11	INDIVIDUAL	00:51:33
449	329	AMÁVEL LUZ	M	55	M5559	31	NS TORRES NOVAS	00:51:34
450	392	FERNANDO TEIXEIRA	M	54	M5054	50	INDIVIDUAL	00:51:37

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Pos. Equipa	Tempo
451	995	PAULO FERREIRA	M	34	M2034	77	00:51:39
452	412	ISMAEL P DUARTE	M	48	M4549	63 INDIVIDUAL	00:51:39
453	504	ELSA SANTIAGO	F	39	F3544	12 CR CRUZ DE PAU	00:51:39
454	505	ROGERIO SANTIAGO	M	68	M6099	22 CR CRUZ DE PAU	00:51:40
455	847	ANA I PEREIRA	F	44	F3544	13 GFD	00:51:41
456	458	RICARDO M B PEREIRA	M	36	M3539	68 INDIVIDUAL	00:51:42
457	666	JOSÉ FIDÉLIO	M	61	M6099	23 CLAC ENTRONCAMENTO	00:51:45
458	475	SÉRGIO F A SOBRAL	M	27	M2034	78 INDIVIDUAL	00:51:52
459	856	ANA L M RIBEIRO	F	24	F2034	16 UFCI TOMAR	00:51:58
460	391	JÚLIO HENRIQUES	M	66	M6099	24 OS SANTARENOS	00:51:59
461	394	MÁRIO CORREIA	M	52	M5054	51 INDIVIDUAL	00:52:00
462	492	MARCIO PINTO	M	36	M3539	69 OS LAGARTOS DA PORTELA	00:52:10
463	441	NUNO M R SILVA	M	35	M3539	70 JUST MOVE	00:52:16
464	438	BRUNO SANTOS	M	40	M4044	79 GORUN VENDAS NOVAS	00:52:16
465	785	LUIS G SANTOS	M	27	M2034	79 INDIVIDUAL	00:52:17
466	861	ANTONIO GUILHERME	M	48	M4549	64 UFCI TOMAR	00:52:18
467	934	LUIS M N NOGUEIRA	M	50	M5054	52 INDIVIDUAL	00:52:37
468	834	JOAQUIM CRUZ	M	57	M5559	32 C BENFICA ALG MEM MARTINS	00:52:37
469	364	MARCIO MARQUES	M	36	M3539	71 PENICHE@CORRER	00:52:41
470	760	NUNO BARATA	M	30	M2034	80 PENICHE@CORRER	00:52:42
471	852	JOANA SILVA	F	17	F0019	6 UFCI TOMAR	00:52:42
472	309	PAULO J F N LAPÃO	M	50	M5054	53 INDIVIDUAL	00:52:43
473	594	ANTÓNIO FERNANDES	M	55	M5559	33 GAU BAJOUCA	00:52:48
474	965	FRANCISCO PLINIO	M	60	M6099	25 CCDT METRO LX	00:52:51
475	703	HENRIQUE FERREIRA	M	44	M4044	80 URD ARRANHÔ	00:52:55
476	359	CARLA FERNANDES	F	27	F2034	17 PENICHE@CORRER	00:53:04
477	806	MAFALDA MATOS	F	37	F3544	14 C BENFICA ABRANTES	00:53:08
478	419	ESTELA GONÇALVES	F	38	F3544	15 AA LEBRES SADO	00:53:12
479	191	JOAO ROSA	M	18	M0019	22 CD AGUIAS ALPIARÇA	00:53:15
480	530	JOÃO GAMEIRO	M	64	M6099	26 ESCOLA ATLETISMO CARTAXO	00:53:18
481	487	MANUEL GRÁCIO	M	60	M6099	27 INDIVIDUAL	00:53:21
482	466	AVELINO FERNANDES	M	43	M4044	81 CPR A-DO-BARBAS	00:53:28
483	721	HÉLDER SILVÉRIO	M	45	M4549	65 INDIVIDUAL	00:53:29
484	428	LUIS FILIPE	M	41	M4044	82 INDIVIDUAL	00:53:32
485	369	SUSANA HONORATO	F	43	F3544	16 PENICHE@CORRER	00:53:33
486	390	JOAO RAMOS	M	55	M5559	34 OS SANTARENOS	00:53:45
487	542	JOÃO C M SANTOS	M	62	M6099	28 INDIVIDUAL	00:53:49
488	306	JOÃO LIMA	M	55	M5559	35 4 AO KM	00:53:51
489	569	ANABELA MARIA	F	44	F3544	17 SC MOITENSE	00:53:52
490	567	ANTONIO PRIMOR	M	73	M6099	29 SC MOITENSE	00:53:53
491	705	JOÃO A L CANIÇO	M	41	M4044	83 INDIVIDUAL	00:53:56
492	762	LUIS LOPES	M	48	M4549	66 PANELA MAGICA	00:54:00
493	657	JOSÉ PARDAL	M	64	M6099	30 INDIVIDUAL	00:54:00
494	907	JORGE MORGADO	M	51	M5054	54 INDIVIDUAL	00:54:00
495	421	MARGARIDA MACEDO	F	46	F4599	14 IMPARÁVEIS	00:54:01

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Pos.	Equipa	Tempo
496	541	PATRICIA MARQUES	F	34	F2034	18	INDIVIDUAL	00:54:01
497	344	ANA PAULA PINTO	F	52	F4599	15	GC BARQUINHENSE	00:54:04
498	972	NADINE BERNARDINO	F	23	F2034	19	GD SAO DOMINGOS	00:54:05
499	909	BERNARDO EMÍDIO	M	25	M2034	81	INDIVIDUAL	00:54:07
500	811	FABIO CATITA	M	21	M2034	82	C BENFICA ABRANTES	00:54:08
501	445	RICARDO A LOPES	M	62	M6099	31	INDIVIDUAL	00:54:08
502	802	ANA CLAUDIA REIS	F	26	F2034	20	C BENFICA ABRANTES	00:54:09
503	495	FERNANDO ALVES	M	54	M5054	55	GFD RUNNING	00:54:09
504	490	JOSÉ RODRIGUES	M	51	M5054	56	OS LAGARTOS DA PORTELA	00:54:09
505	917	ALBERTO TADEIA	M	47	M4549	67	INDIVIDUAL	00:54:11
506	611	ANA C NEVES	F	26	F2034	21	CP ALCANENA	00:54:17
507	459	JOAO RESENDE	M	49	M4549	68	INDIVIDUAL	00:54:17
508	652	ANA DIAS	F	27	F2034	22	INDIVIDUAL	00:54:18
509	782	ANA C MONTEIRO	F	32	F2034	23	INDIVIDUAL	00:54:24
510	812	HÉLIO GODINHO	M	65	M6099	32	C BENFICA ABRANTES	00:54:24
511	362	LUIS ESTEVÃO	M	61	M6099	33	PENICHE@CORRER	00:54:33
512	338	PAULO F PIRES	M	44	M4044	84	OS QUATRO E MEIA	00:54:33
513	689	JOHN LESTER	M	45	M4549	69	INDIVIDUAL	00:54:37
514	480	MANUEL A L SEQUEIRA	M	65	M6099	34	GDCT REPSOL POLÍMEROS	00:54:38
515	853	SOFIA RODRIGO	F	17	F0019	7	UFCI TOMAR	00:54:44
516	719	PAULO LEITE	M	50	M5054	57	INDIVIDUAL	00:54:47
517	307	VÍTOR GONÇALVES	M	46	M4549	70	4 AO KM	00:54:51
518	303	ISADORA COSTA	F	28	F2034	24	4 AO KM	00:54:51
519	536	LAURA SERRAZINA	F	34	F2034	25	ESCOLA ATLETISMO CARTAXO	00:54:55
520	321	LUIS LEITAO	M	44	M4044	85	INDIVIDUAL	00:54:57
521	687	FRANCISCO PINHEIRO	M	60	M6099	35	GA MONSANTO/GASCAN	00:55:00
522	489	LUCAS AMARO	M	48	M4549	71	OS LAGARTOS DA PORTELA	00:55:13
523	826	ISABEL BARRA	F	47	F4599	16	AFDD RUN CREW TRAIL MONTIJO	00:55:25
524	550	JOÃO N T SILVA	M	28	M2034	83	IRMÃOS SILVA	00:55:32
525	939	JOÃO FRANCISCO	M	18	M0019	23	CARACOL TRAIL TEAM	00:55:32
526	937	JOÃO MARTINS	M	47	M4549	72	CARACOL TRAIL TEAM	00:55:34
527	776	MARIA CORREIA	F	63	F4599	17	GD O INDEPENDENTE	00:55:42
528	841	CARLOS FERREIRA	M	50	M5054	58	CM MARCHA E CORRIDA TORRES NOVAS	00:55:42
529	508	JOSE GONCALVES	M	74	M6099	36	CR CRUZ DE PAU	00:55:47
530	609	ANDREIA ROSARIO	F	19	F0019	8	CP ALCANENA	00:55:49
531	658	MARIO J MIRA	M	49	M4549	73	INDIVIDUAL	00:55:49
532	886	NUNO M P J ANTONIO	M	41	M4044	86	INDIVIDUAL	00:55:52
533	718	LUÍS ANTUNES	M	54	M5054	59	GA MONSANTO/GASCAN	00:55:55
534	936	MARTINHO ROQUE	M	47	M4549	74	INDIVIDUAL	00:55:58
535	373	ANTONIO SOUSA	M	72	M6099	37	PENICHE@CORRER	00:56:00
536	349	JOSE VENTURA	M	56	M5559	36	INDIVIDUAL	00:56:13
537	351	HENRIQUE VILHENA	M	59	M5559	37	DONINHOS	00:56:16
538	503	DIOGO COSTA	M	67	M6099	38	CR CRUZ DE PAU	00:56:17
539	324	CARLOS DIAS	M	50	M5054	60	INDIVIDUAL	00:56:22
540	325	ANTÓNIO CORDA	M	48	M4549	75	INDIVIDUAL	00:56:22

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Pos.	Equipa	Tempo
541	326	PAULO MEDEIROS	M	46	M4549	76	INDIVIDUAL	00:56:22
542	469	MIGUEL BARRADAS	M	33	M2034	84	JUST MOVE	00:56:30
543	357	VÂNIA ZARRO	F	34	F2034	26	PENICHE@CORRER	00:56:35
544	376	HUGO FRANCISCO	M	33	M2034	85	PENICHE@CORRER	00:56:36
545	985	RICARDO FLORES	M	36	M3539	72		00:56:38
546	436	MARIA COTRIM	F	24	F2034	27	OS MATRECOS	00:56:41
547	477	JOÃO P M BORGES	M	27	M2034	86	OS TRETAS	00:56:41
548	711	VITOR MONTEIRO	M	48	M4549	77	CCRD BURINHOSA	00:56:41
549	403	JOANA ALMEIDA	F	30	F2034	28	OS MATRECOS	00:56:41
550	626	GABRIELLA ALMEIDA	F	24	F2034	29	INDIVIDUAL	00:56:43
551	465	LUIS R MEDROA	M	64	M6099	39	INDIVIDUAL	00:56:44
552	313	HÉLDER M F POMBO	M	44	M4044	87	INDIVIDUAL	00:56:49
553	990	JOAO COSTA	M	38	M3539	73		00:56:56
554	771	FÁTIMA I M DOUTEL	F	28	F2034	30	INDIVIDUAL	00:57:19
555	770	PEDRO M F PACHECO	M	28	M2034	87	INDIVIDUAL	00:57:20
556	452	RAQUEL M S BRAZ	F	17	F0019	9	INDIVIDUAL	00:57:21
557	688	JOSÉ AIRES	M	58	M5559	38	GA MONSANTO/GASCAN	00:57:32
558	686	ANTÓNIO REYES	M	61	M6099	40	GA MONSANTO/GASCAN	00:57:32
559	674	FILIPE C H CARDOSO	M	36	M3539	74	RANCHO FOLCLÓRICO ETN ALVIOBEIRA	00:57:47
560	986	ISABEL BUE	F	34	F2034	31	UDR ZONA ALTA	00:57:55
561	900	SOFIA QUENTAL	F	27	F2034	32	INDIVIDUAL	00:57:56
562	612	CATARINA NUNES	F	24	F2034	33	CP ALCANENA	00:58:04
563	676	JOSÉ C V MAÇARICO	M	40	M4044	88	RANCHO FOLCLÓRICO ETN ALVIOBEIRA	00:58:06
564	520	ELSA SOARES	F	41	F3544	18	GD INE	00:58:06
565	671	Mª MANUELA N SANTOS	F	44	F3544	19	RANCHO FOLCLÓRICO ETN ALVIOBEIRA	00:58:08
566	333	MAYER RAPOSO	M	68	M6099	41	AA LEBRES SADO	00:58:09
567	427	LUÍS V BARROSO	M	57	M5559	39	INDIVIDUAL	00:58:15
568	938	SUSANA FARIA	F	42	F3544	20	CARACOL TRAIL TEAM	00:58:16
569	365	MARISA FIGUEIREDO	F	42	F3544	21	PENICHE@CORRER	00:58:18
570	572	PEDRO CAPELAS	M	46	M4549	78	SC MOITENSE	00:58:19
571	740	Mª ROSÁRIO GODINHO	F	47	F4599	18	CARACOL TRAIL TEAM	00:58:25
572	710	JOSE SOARES	M	53	M5054	61	CCRD BURINHOSA	00:58:38
573	921	GIZELA ROCHA	F	32	F2034	34	INDIVIDUAL	00:58:49
574	753	EDUARDO J NUNES	M	31	M2034	88	CONQUISTA GINÁSIO	00:58:50
575	833	PATRICIA PEDRO	F	50	F4599	19	C BENFICA ALG MEM MARTINS	00:58:51
576	613	DIANA NUNES	F	24	F2034	35	CP ALCANENA	00:59:03
577	579	RICARDO VERGAS	M	48	M4549	79	ESCOLA ATLETISMO CARTAXO	00:59:04
578	789	NELSON FERNANDES	M	29	M2034	89	SABORES DA VILA	00:59:18
579	437	ADELAIDE FELIZARDO	F	38	F3544	22	GORUN VENDAS NOVAS	00:59:21
580	409	VÍTOR M M FERNANDES	M	65	M6099	42	CALMA	00:59:31
581	829	ANDRÉ DUARTE	M	29	M2034	90	INDIVIDUAL	00:59:42
582	440	MARTA S EMÍDIO	F	33	F2034	36	INDIVIDUAL	00:59:42
583	518	LUIS FERRO	M	44	M4044	89	CR CRUZ DE PAU	00:59:54
584	769	FERNANDO ROCHA	M	58	M5559	40	INDIVIDUAL	01:00:05
585	768	SOFIA ROCHA	F	29	F2034	37	INDIVIDUAL	01:00:05

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Pos.	Equipa	Tempo
586	544	VÍTOR RODRIGUES	M	48	M4549	80	CCD O ALVITEJO	01:00:30
587	675	AURÉLIO MARQUES	M	52	M5054	62	RANCHO FOLCLÓRICO ETN ALVIOBEIRA	01:00:46
588	341	PEDRO FARIA	M	36	M3539	75	INDIVIDUAL	01:00:51
589	340	SONIA RODRIGUES	F	34	F2034	38	INDIVIDUAL	01:00:52
590	975	ANTONIETA BRITO	F	52	F4599	20	GD SAO DOMINGOS	01:01:01
591	318	JOÃO ROSA	M	44	M4044	90	INDIVIDUAL	01:01:02
592	697	EDUARDO AMORIM	M	44	M4044	91	INDIVIDUAL	01:01:10
593	334	ANTÓNIO PINHO	M	63	M6099	43	AA LEBRES SADO	01:01:20
594	997	MANUEL MARTINS	M	59	M5559	41		01:01:27
595	930	Mª FÁTIMA ABREU	F	65	F4599	21	SC REBOLEIRA DAMAIA	01:01:31
596	627	RITA C S CIRQUEIRA	F	48	F4599	22	INDIVIDUAL	01:01:34
597	616	LUIS CAMBEZ	M	39	M3539	76	PENICHE@CORRER	01:01:36
598	780	LOPES MARTINS	M	60	M6099	44	INDIVIDUAL	01:01:46
599	779	SONIA MARTINS	F	39	F3544	23	INDIVIDUAL	01:01:47
600	778	MIGUEL SANTOS	M	39	M3539	77	INDIVIDUAL	01:01:47
601	422	CONCEIÇÃO ALEGRIA	F	47	F4599	23	IMPARÁVEIS	01:01:49
602	891	NUNO MENDES	M	18	M0019	24	AC VERMOIL	01:01:57
603	743	HELENA C F G BARRETO	F	49	F4599	24	FIT-MIX	01:02:06
604	752	SOFIA GALINHA	F	39	F3544	24	FIT-MIX	01:02:06
605	543	ELISABETE ÁGUAS	F	50	F4599	25	CCD O ALVITEJO	01:02:22
606	547	HENRIQUE RUAS	M	75	M6099	45	CCD O ALVITEJO	01:02:22
607	516	ANTONIO BELCHIOR	M	70	M6099	46	CR CRUZ DE PAU	01:02:46
608	372	ANTONIO COUTINHO	M	81	M6099	47	PENICHE@CORRER	01:02:55
609	502	RICARDO GASPAR	M	62	M6099	48	CR CRUZ DE PAU	01:03:08
610	672	ANDREIA S D VERÍSSIMO	F	19	F0019	10	RANCHO FOLCLÓRICO ETN ALVIOBEIRA	01:03:25
611	837	Mª JOÃO FARINHA	F	50	F4599	26	CARACOL TRAIL TEAM	01:03:28
612	836	JOÃO FARINHA	M	57	M5559	42	CARACOL TRAIL TEAM	01:03:28
613	954	LEONEL RODRIGUES	M	61	M6099	49	GDR FIGUEIRAS	01:03:39
614	305	EBERHARD WILHELM	M	68	M6099	50	4 AO KM	01:03:40
615	510	JOSE MONIZ	M	67	M6099	51	CR CRUZ DE PAU	01:04:10
616	429	NELSON MOTA	M	45	M4549	81	AÇOREANA	01:04:16
617	434	SOFIA GUEDES	F	40	F3544	25	AÇOREANA	01:04:16
618	431	NUNO E SANTO	M	46	M4549	82	AÇOREANA	01:04:16
619	435	ANA CANAVEIRA	F	49	F4599	27	AÇOREANA	01:04:16
620	433	ANTÓNIO GUEDES	M	45	M4549	83	AÇOREANA	01:04:17
621	304	JOÃO BRANCO	M	68	M6099	52	4 AO KM	01:04:17
622	430	ARMANDO PARREIRA	M	47	M4549	84	AÇOREANA	01:04:17
623	432	SANDRA MARTINS	F	38	F3544	26	AÇOREANA	01:04:17
624	929	Mª EMILIA DIAS	F	70	F4599	28	SC REBOLEIRA DAMAIA	01:04:47
625	673	MARTA A S BRITES	F	18	F0019	11	RANCHO FOLCLÓRICO ETN ALVIOBEIRA	01:05:06
626	565	Mª JOÃO ANTÓNIO	F	36	F3544	27	INDIVIDUAL	01:05:45
627	840	ANGELA SILVA	F	50	F4599	29	CM MARCHA E CORRIDA TORRES NOVAS	01:06:46
628	842	ANA B GASPAR	F	52	F4599	30	CM MARCHA E CORRIDA TORRES NOVAS	01:07:00
629	563	ANA MILHEIRO	F	37	F3544	28	INDIVIDUAL	01:07:30
630	870	VITOR MARTO	M	58	M5559	43	UFCI TOMAR	01:07:31

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Pos.	Equipa	Tempo
631	620	SANDRA R DIAS	F	25	F2034	39	INDIVIDUAL	01:09:00
632	446	CLAUDIA G BARREIRO	F	34	F2034	40	INDIVIDUAL	01:09:00
633	552	SUSANA SILVA	F	37	F3544	29	PENICHE@CORRER	01:09:49
634	375	CARLOS ADÃO	M	64	M6099	53	PENICHE@CORRER	01:09:50
635	670	ANDREIA F D SIMÕES	F	27	F2034	41	RANCHO FOLCLÓRICO ETN ALVIOBEIRA	01:10:02
636	371	ALBERTINO SANTOS	M	71	M6099	54	PENICHE@CORRER	01:10:15
637	564	RICARDO CARRILHO	M	37	M3539	78	INDIVIDUAL	01:10:28
638	772	SORAIA R NETO	F	25	F2034	42	INDIVIDUAL	01:10:58
639	517	ANA DAVID	F	54	F4599	31	CR CRUZ DE PAU	01:12:16
640	803	ANA RITA POMBO	F	40	F3544	30	C BENFICA ABRANTES	01:12:24
641	601	RUI LEANDRO	M	30	M2034	91	UDR ZONA ALTA	01:12:29
642	604	PATRICIA PINTO	F	32	F2034	43	UDR ZONA ALTA	01:12:29
643	355	CLAUDIA SOUSA	F	33	F2034	44	INDIVIDUAL	01:12:40
644	379	CLÁUDIA RATO	F	36	F3544	31	TEAM RATO	01:12:49
645	982	FRANCISCO MENDES	M	17	M0019	25	NAPA	01:12:59
646	980	SANDRA SERRA	F	41	F3544	32		01:13:00
647	981	CLAUDIA ALVES	F	18	F0019	12		01:13:00
648	509	AGALITO BELGA	M	65	M6099	55	CR CRUZ DE PAU	01:15:44
649	507	JOSE PARRANCA	M	78	M6099	56	CR CRUZ DE PAU	01:15:44
650	356	SERGIO MARQUES	M	39	M3539	79	INDIVIDUAL	01:20:39
651	332	N N	M	36	M3539	80	EQUIPA	01:23:40
652	926	JOAQUIM ARAUJO	M	71	M6099	57	SC REBOLEIRA DAMAIA	01:24:39