

Pos	Dorsal	Atleta	Equipa	Categoria	Pos. Cat	5.5 km	Ritmo	Tempo
1	168	André Reis	G.A.Caranguejeira	Sénior M	1	00:16:46	03:19	<b>00:35:03</b>
2	109	Tiago Nuno	União FCI de Tomar	Vet M35	1	00:16:57	03:21	<b>00:35:12</b>
3	772	Nuno Silva	ACBATALHA	Vet M40	1	00:17:36	03:27	<b>00:36:29</b>
4	169	Jorge Aires	CA Barreira	Vet M40	2	00:17:36	03:28	<b>00:36:37</b>
5	94	Licínio Carreira	AC VERMOIL	Vet M40	3	00:17:45	03:30	<b>00:36:56</b>
6	68	Luis Gomes	G.A.Caranguejeira	Vet M35	2	00:17:49	03:30	<b>00:37:00</b>
7	111	Vitor Dinis	INDUSTRIAL DESPORTIVO VIEIRENSE	Vet M45	1	00:17:49	03:33	<b>00:37:34</b>
8	4	Nuno Santos	GRF Benedita - Atletismo	Vet M40	4	00:17:50	03:34	<b>00:37:41</b>
9	10	Joel Couto	Grupo Alegre Unido Bajouca	Vet M35	3	00:17:40	03:36	<b>00:38:05</b>
10	775	Rui Lucas	ACBATALHA	Sénior M	2	00:18:32	03:38	<b>00:38:19</b>
11	163	Marco Franco	Clube de Atletismo de Ferreira do Zêzere	Vet M35	4	00:18:34	03:39	<b>00:38:36</b>
12	43	Gildo Silva	CCRD BURINHOSA	Sénior M	3	00:18:33	03:41	<b>00:38:56</b>
13	44	Edgar Ganilho	CCRD BURINHOSA	Sénior M	4	00:18:36	03:43	<b>00:39:12</b>
14	164	Tiago Ferreira	Clube Veteranos do Lis	Sénior M	5	00:18:59	03:43	<b>00:39:21</b>
15	79	Paulo Costa	urdjuncalense	Vet M40	5	00:18:46	03:44	<b>00:39:24</b>
16	69	Hugo Duarte	G.A.Caranguejeira	Sénior M	6	00:19:00	03:44	<b>00:39:28</b>
17	41	Eduardo Cardeira	Clube Recreativo Amieirinhense	Vet M35	5	00:18:46	03:45	<b>00:39:33</b>
18	112	Licínio Pereira	INDUSTRIAL DESPORTIVO VIEIRENSE	Vet M60	1	00:19:16	03:45	<b>00:39:38</b>
19	54	Paulo Ferreira	Porto de Mos a CORRER	Vet M35	6	00:18:38	03:45	<b>00:39:38</b>
20	55	Tiago Amaral	CA Barreira	Sénior M	7	00:19:05	03:46	<b>00:39:47</b>
21	28	Tiago Tomás	CCRD BURINHOSA	Sénior M	8	00:18:58	03:47	<b>00:40:00</b>
22	65	Gonçalo Lopes	Clube Veteranos do Lis	Vet M35	7	00:19:16	03:48	<b>00:40:04</b>
23	38	José Raimundo	Clube Recreativo Amieirinhense	Vet M55	1	00:19:06	03:48	<b>00:40:09</b>
24	770	José Figueira	ACBATALHA	Vet M45	2	00:19:09	03:49	<b>00:40:15</b>
25	37	João Gomes	Clube Recreativo Amieirinhense	Vet M55	2	00:19:06	03:49	<b>00:40:20</b>
26	114	Carlos Simões	INDUSTRIAL DESPORTIVO VIEIRENSE	Vet M50	1	00:19:20	03:49	<b>00:40:22</b>
27	141	Ricardo Nunes	ACRM Silveirinha Grande Claras	Sénior M	9	00:19:07	03:49	<b>00:40:23</b>
28	29	Nuno Mendes	CCRD BURINHOSA	Vet M35	8	00:19:18	03:50	<b>00:40:29</b>
29	39	Jose Santos	Clube Recreativo Amieirinhense	Vet M55	3	00:19:47	03:50	<b>00:40:32</b>
30	113	João Domingos	INDUSTRIAL DESPORTIVO VIEIRENSE	Vet M45	3	00:19:32	03:51	<b>00:40:34</b>
31	90	Germano Capela	CA Barreira	Vet M50	2	00:19:54	03:52	<b>00:40:53</b>
32	764	Paulo Duarte	CA Barreira	Vet M40	6	00:19:20	03:53	<b>00:40:58</b>
33	83	João Carmo	CPR. A-do-Barbas	Sénior M	10	00:20:05	03:53	<b>00:41:06</b>
34	27	Diogo Duarte	CCRD BURINHOSA	Sénior M	11	00:19:44	03:55	<b>00:41:18</b>
35	12	Daniel Jaulino	Grupo Alegre Unido Bajouca	Vet M50	3	00:19:35	03:55	<b>00:41:25</b>
36	62	Leandro Santos	Clube Veteranos do Lis	Vet M35	9	00:19:29	03:56	<b>00:41:29</b>
37	8	Jucelino Monteiro	ACBATALHA	Vet M50	4	00:20:03	03:56	<b>00:41:31</b>
38	18	Joana Pontes Pontes	Leiria Marcha Atlético Clube	Júnior F	1	00:20:22	03:56	<b>00:41:32</b>
39	19	Paulo Pontes Pontes	Grupo Amigos Casais do Vento	Vet M45	4	00:20:22	03:56	<b>00:41:33</b>
40	110	Adriano Ribeiro	União FCI de Tomar	Sénior M	12	00:20:10	03:57	<b>00:41:46</b>
41	47	Mario Lopo	G.D.Zambuqueira e Serra	Sénior M	13	00:19:28	03:58	<b>00:41:51</b>
42	773	Hugo Horta	ACBATALHA	Vet M35	10	00:20:10	03:58	<b>00:41:53</b>
43	774	Carlos Silva	ACBATALHA	Vet M35	11	00:20:09	03:58	<b>00:41:59</b>
44	95	Aquilino Ferreira	AC VERMOIL	Vet M55	4	00:20:36	03:59	<b>00:42:08</b>

Pos	Dorsal	Atleta	Equipa	Categoria	Pos. Cat	5.5 km	Ritmo	Tempo
45	70	Antonio Francisco	G.A.Caranguejeira	Vet M50	5	00:20:09	03:59	<b>00:42:10</b>
46	104	Ricardo Gonçalves	CP CMP	Sénior M	14	00:19:56	03:59	<b>00:42:11</b>
47	157	Antonio Alves	CLUBE SEM	Vet M60	2	00:20:11	04:00	<b>00:42:14</b>
48	56	Rui Roberto	CA Barreira	Vet M50	6	00:21:15	04:00	<b>00:42:17</b>
49	118	Acácio Campos	INDUSTRIAL DESPORTIVO VIEIRENSE	Vet M60	3	00:20:21	04:00	<b>00:42:17</b>
50	126	Rafael Pinto	Clube Desportivo Moitense	Júnior M	1	00:20:25	04:01	<b>00:42:21</b>
51	67	Vitor Ribeiro	G.A.Caranguejeira	Vet M55	5	00:20:21	04:01	<b>00:42:27</b>
52	66	Dulcinea Silva	G.A.Caranguejeira	Vet F40	1	00:20:22	04:02	<b>00:42:32</b>
53	127	Nuno Jorge	Clube Desportivo Moitense	Vet M40	7	00:20:12	04:02	<b>00:42:35</b>
54	115	Aléxis Rocha	INDUSTRIAL DESPORTIVO VIEIRENSE	Sénior M	15	00:20:18	04:02	<b>00:42:37</b>
55	91	Narciso Fabião	AC VERMOIL	Vet M40	8	00:20:21	04:02	<b>00:42:38</b>
56	136	Bruno Silva	ADRM-Mata	Sénior M	16	00:20:19	04:02	<b>00:42:39</b>
57	53	Luís Manuel Silva	ACRM Silveirinha Grande Claras	Vet M45	5	00:19:58	04:02	<b>00:42:42</b>
58	16	Carlos Ferreira	urdjuncalense	Vet M40	9	00:20:27	04:04	<b>00:43:01</b>
59	82	Renato Silva	CPR. A-do-Barbas	Sénior M	17	00:20:25	04:04	<b>00:43:01</b>
60	132	Antonio Ferrera	Clube Desportivo Moitense	Vet M60	4	00:20:26	04:07	<b>00:43:26</b>
61	158	Rui Andrade	CLUBE SEM	Vet M45	6	00:20:41	04:08	<b>00:43:39</b>
62	144	Pedro Marques	CONQUISTA GINÁSIO – CADAVAL	Vet M50	7	00:21:20	04:08	<b>00:43:42</b>
63	78	Carlos Carmino	Leiria Marcha Atlético Clube	Vet M60	5	00:21:21	04:08	<b>00:43:44</b>
64	81	Diogo Henriques	CPR. A-do-Barbas	Júnior M	2	00:20:25	04:09	<b>00:43:53</b>
65	107	Dinis Prudencio	CRP-Ribafria	Vet M45	7	00:20:43	04:09	<b>00:43:53</b>
66	61	Vítor Godinho	Clube Veteranos do Lis	Vet M40	10	00:21:08	04:09	<b>00:43:54</b>
67	14	Leonel Sousa		Vet M45	8	00:20:48	04:10	<b>00:43:59</b>
68	116	Rui Dinis	INDUSTRIAL DESPORTIVO VIEIRENSE	Vet M50	8	00:20:49	04:10	<b>00:44:00</b>
69	58	Dany Grilo	Grupo Alegre Unido Bajouca	Sénior M	18	00:21:07	04:10	<b>00:44:01</b>
70	34	Amilcar Costa	ACRM Silveirinha Grande Claras	Vet M45	9	00:21:13	04:10	<b>00:44:03</b>
71	9	Hugo Barqueiro	Grupo Alegre Unido Bajouca	Vet M35	12	00:21:03	04:11	<b>00:44:14</b>
72	130	Leonel Rodrigues	Clube Desportivo Moitense	Vet M60	6	00:21:28	04:13	<b>00:44:29</b>
73	148	Jorge Pereira	Oliveiras Team	Vet M45	10	00:21:13	04:12	<b>00:44:32</b>
74	155	Fernando Jacinto	Gasoutos-Grupo Atlético dos Soutos	Vet M50	9	00:21:18	04:13	<b>00:44:34</b>
75	771	Casimiro Gomes	ACBATALHA	Vet M40	11	00:21:11	04:13	<b>00:44:34</b>
76	36	Victor Teixeira	Clube Recreativo Amieirinhense	Vet M55	6	00:21:41	04:13	<b>00:44:35</b>
77	60	Diogo Ferreira	Clube Veteranos do Lis	Vet M35	13	00:21:19	04:13	<b>00:44:38</b>
78	75	Sérgio Valente	TWOPIKAS	Vet M40	12	00:20:41	04:14	<b>00:44:38</b>
79	21	Nuno Lorvão	CCRD BURINHOSA	Vet M45	11	00:21:27	04:14	<b>00:44:43</b>
80	30	José Rato	CCRD BURINHOSA	Vet M60	7	00:21:27	04:15	<b>00:44:55</b>
81	769	Paulo Monteiro	ACBATALHA	Vet M50	10	00:21:32	04:17	<b>00:45:09</b>
82	2	Joaquim Gomes	CPR. A-do-Barbas	Vet M65	1	00:21:33	04:17	<b>00:45:17</b>
83	96	Vitor Lopes	AC VERMOIL	Vet M50	11	00:21:28	04:19	<b>00:45:34</b>
84	89	Luis Henriques	Pisopedal	Vet M45	12	00:21:31	04:19	<b>00:45:37</b>
85	137	Nuno Vitorino	ADRM-Mata	Sénior M	19	00:22:23	04:19	<b>00:45:43</b>
86	143	Adriano Araujo	CONQUISTA GINÁSIO – CADAVAL	Vet M40	13	00:21:47	04:21	<b>00:45:56</b>
87	11	Virgílio Alberto	Grupo Alegre Unido Bajouca	Vet M50	12	00:21:49	04:21	<b>00:46:00</b>
88	84	Hugo Rito	CPR. A-do-Barbas	Sénior M	20	00:21:22	04:22	<b>00:46:07</b>

Pos	Dorsal	Atleta	Equipa	Categoria	Pos. Cat	5.5 km	Ritmo	Tempo
89	59	Cristóvão Gomes	Clube Veteranos do Lis	Vet M35	14	00:22:23	04:22	<b>00:46:12</b>
90	134	José Alves	ADRM-Mata	Vet M50	13	00:22:24	04:22	<b>00:46:16</b>
91	765	Mario Cordeiro		Vet M45	13	00:23:02	04:22	<b>00:46:16</b>
92	123	Ricardo Vicente	Clube Desportivo Moitense	Vet M45	14	00:22:30	04:23	<b>00:46:18</b>
93	138	Francisco Ferreira	ADRM-Mata	Vet M50	14	00:21:47	04:23	<b>00:46:19</b>
94	13	Sérgio Marcelino	Grupo Alegre Unido Bajouca	Vet M55	7	00:22:44	04:23	<b>00:46:20</b>
95	48	Antonio Clara	G.D.Zambujeira e Serra	Vet M55	8	00:22:29	04:23	<b>00:46:23</b>
96	120	João Marcelino	INDUSTRIAL DESPORTIVO VIEIRENSE	Vet M45	15	00:22:46	04:23	<b>00:46:26</b>
97	167	Helder Carreira		Vet M40	14	00:20:21	04:24	<b>00:46:30</b>
98	25	Cláudia Torres	CCRD BURINHOSA	Vet F35	1	00:22:23	04:24	<b>00:46:32</b>
99	768	José Carlos	ACBATALHA	Vet M60	8	00:22:32	04:24	<b>00:46:36</b>
100	46	Rui Aguiar	G.D.Zambujeira e Serra	Vet M45	16	00:22:43	04:25	<b>00:46:47</b>
101	117	Celestino Marques	INDUSTRIAL DESPORTIVO VIEIRENSE	Vet M60	9	00:22:33	04:27	<b>00:47:01</b>
102	125	Carlos Pinto	Clube Desportivo Moitense	Vet M50	15	00:22:28	04:28	<b>00:47:12</b>
103	49	Eurico Agostinho	G.D.Zambujeira e Serra	Vet M55	9	00:24:03	04:28	<b>00:47:17</b>
104	80	Renato Soares	1ºAbrigo	Vet M35	15	00:23:13	04:30	<b>00:47:31</b>
105	45	João Calcada	G.D.Zambujeira e Serra	Vet M45	17	00:22:40	04:30	<b>00:47:33</b>
106	73	Daniel Delgado	TWOPIKAS	Sénior M	21	00:22:35	04:31	<b>00:47:41</b>
107	98	Blandina Lourenço	AC VERMOIL	Vet F35	2	00:23:02	04:31	<b>00:47:41</b>
108	124	João Miguel	Clube Desportivo Moitense	Vet M45	18	00:23:36	04:31	<b>00:47:43</b>
109	76	Rui Mourato	TWOPIKAS	Vet M50	16	00:21:46	04:31	<b>00:47:47</b>
110	64	Antero Rodrigues	Clube Veteranos do Lis	Vet M45	19	00:22:53	04:32	<b>00:47:55</b>
111	766	Evangelino Cerdeira	ACBATALHA	Vet M60	10	00:22:35	04:32	<b>00:47:57</b>
112	101	Filipe Santos	CP CMP	Vet M35	16	00:23:08	04:32	<b>00:47:57</b>
113	35	António Ferreira	Os Tolinhos	Vet M50	17	00:22:50	04:33	<b>00:47:59</b>
114	15	Virgilio Oliveira	Sport Clube Moitense	Vet M50	18	00:23:39	04:32	<b>00:48:01</b>
115	159	Miguel Moreira Moreira	Villa Cesari / FLAMA	Vet M40	15	00:22:33	04:33	<b>00:48:06</b>
116	102	Nélson Santos	CP CMP	Vet M40	16	00:23:04	04:34	<b>00:48:14</b>
117	88	Antonio Pedro Sequeira Da Silva Silva	C.C.R da Praia de Mira	Vet M45	20	00:23:34	04:35	<b>00:48:31</b>
118	72	Luís Miguel Bernardo	TWOPIKAS	Vet M45	21	00:22:45	04:37	<b>00:48:35</b>
119	156	Rui Carreira	Gasoutos-Grupo Atlético dos Soutos	Vet M55	10	00:23:21	04:37	<b>00:48:42</b>
120	149	Miguel Neves Matias	CSCRF CHARNECA	Vet M40	17	00:23:05	04:39	<b>00:48:59</b>
121	129	Mario Duarte	Clube Desportivo Moitense	Vet M60	11	00:22:46	04:40	<b>00:49:10</b>
122	103	Márcio Figueiredo	CP CMP	Sénior M	22	00:24:39	04:40	<b>00:49:18</b>
123	31	Carlos Duarte	CCRD BURINHOSA	Vet M50	19	00:23:25	04:41	<b>00:49:21</b>
124	24	Rui Ventura	CCRD BURINHOSA	Vet M55	11	00:23:50	04:41	<b>00:49:21</b>
125	26	Paulo Duarte	CCRD BURINHOSA	Vet M50	20	00:23:34	04:40	<b>00:49:23</b>
126	135	António Carreira	ADRM-Mata	Vet M40	18	00:24:07	04:41	<b>00:49:29</b>
127	86	Pedro Santos		Vet M35	17	00:23:29	04:42	<b>00:49:40</b>
128	77	Filipe Frade	CPR. A-do-Barbas	Vet M40	19	00:23:47	04:45	<b>00:50:14</b>
129	85	Rodolfo Deyllot	Porto de Mos a CORRER	Vet M50	21	00:23:18	04:46	<b>00:50:16</b>
130	154	Rui Neves	CSCRF CHARNECA	Vet M35	18	00:24:00	04:46	<b>00:50:25</b>
131	147	Célia Pereira	Oliveiras Team	Vet F40	2	00:24:30	04:47	<b>00:50:33</b>
132	133	Adriano Fonte	Clube Desportivo Moitense	Vet M60	12	00:23:38	04:48	<b>00:50:38</b>

Pos	Dorsal	Atleta	Equipa	Categoria	Pos. Cat	5.5 km	Ritmo	Tempo
133	23	Anibal Silva	CCRD BURINHOSA	Vet M55	12	00:24:32	04:49	<b>00:50:53</b>
134	5	Maria Do Rosario Lourenço		Vet F40	3	00:24:09	04:49	<b>00:50:58</b>
135	20	Vasco Marques Marques	Veteranos do lis	Vet M45	22	00:23:17	04:50	<b>00:51:05</b>
136	51	Valentim Fernandes	G.D.Zambujeira e Serra	Vet M60	13	00:24:20	04:50	<b>00:51:05</b>
137	145	Sandra Faustino	Juventude Vidigalense	Vet F40	4	00:24:30	04:52	<b>00:51:25</b>
138	131	Diamantino Cruz	Clube Desportivo Moitense	Vet M60	14	00:24:20	04:54	<b>00:51:41</b>
139	63	Paula Rodrigues	Clube Veteranos do Lis	Vet F40	5	00:24:36	04:56	<b>00:52:04</b>
140	40	João Próspero	Clube Recreativo Amieirinhense	Vet M65	2	00:24:42	04:56	<b>00:52:09</b>
141	57	Glória Serrazina	CRP-Ribafria	Vet F50	1	00:24:45	04:58	<b>00:52:25</b>
142	93	Alfredo Santos	AC VERMOIL	Vet M60	15	00:25:40	04:58	<b>00:52:27</b>
143	105	José Ferreira	CP CMP	Vet M40	20	00:25:09	05:00	<b>00:52:51</b>
144	74	Carlos Coelho	TWOPIKAS	Vet M35	19	00:24:09	05:01	<b>00:52:53</b>
145	22	Octávio Mariano	CCRD BURINHOSA	Vet M45	23	00:24:45	05:00	<b>00:52:54</b>
146	162	Luís Maia	Clube Atletismo de Marinha Grande	Vet M45	24	00:25:30	05:02	<b>00:53:10</b>
147	108	Ana Pinto	CDBBR Clube Desportivo do Bombarral	Júnior F	2	00:25:03	05:04	<b>00:53:27</b>
148	128	Alberto Vinagre	Clube Desportivo Moitense	Vet M55	13	00:25:47	05:04	<b>00:53:28</b>
149	150	Pascoal Duarte Oliveira	CSCRF CHARNECA	Vet M45	25	00:25:32	05:06	<b>00:53:56</b>
150	119	Helena Henriques	INDUSTRIAL DESPORTIVO VIEIRENSE	Vet F50	2	00:25:04	05:07	<b>00:53:59</b>
151	122	Adriana Coelho	INDUSTRIAL DESPORTIVO VIEIRENSE	Júnior F	3	00:25:04	05:07	<b>00:53:59</b>
152	92	Eugenio Mendes	AC VERMOIL	Vet M55	14	00:25:32	05:08	<b>00:54:15</b>
153	97	Leandro Santos	AC VERMOIL	Vet M60	16	00:25:32	05:08	<b>00:54:16</b>
154	32	Mario Filipe	CCRD BURINHOSA	Vet M60	17	00:26:13	05:09	<b>00:54:22</b>
155	160	Celeste Oliveira	Villa Cesari / FLAMA	Sénior F	1	00:26:38	05:12	<b>00:54:50</b>
156	71	Rita Camponês	G.A.Caranguejeira	Júnior F	4	00:25:15	05:14	<b>00:55:07</b>
157	33	Amável Luz		Vet M55	15	00:26:47	05:16	<b>00:55:39</b>
158	3	Nelson Marques	ACRM Silveirinha Grande Claras	Vet M40	21	00:26:01	05:20	<b>00:56:12</b>
159	767	Maria Pereira	ACBATALHA	Vet F50	3	00:26:20	05:23	<b>00:56:45</b>
160	152	Bruno Miguel Ferreira Simões Lima	CSCRF CHARNECA	Sénior M	23	00:25:47	05:25	<b>00:57:16</b>
161	153	Virginia Margarida Sintra	CSCRF CHARNECA	Vet F35	3	00:27:30	05:26	<b>00:57:27</b>
162	121	Silvia Lavos	INDUSTRIAL DESPORTIVO VIEIRENSE	Vet F40	6	00:28:04	05:35	<b>00:58:57</b>
163	6	Sofia Agostinho	Cavalinhos Runners	Vet F35	4	00:27:32	05:39	<b>00:59:42</b>
164	165	Tânia Gaspar	Clube Veteranos do Lis	Vet F35	5	00:28:44	05:41	<b>00:59:53</b>
165	52	Hugo Almeida	amarense run	Vet M35	20	00:27:37	05:41	<b>01:00:08</b>
166	146	Maria Albertina	Juventude Vidigalense	Vet F50	4	00:28:05	05:42	<b>01:00:09</b>
167	166	Ana Santos		Vet F35	6	00:29:02	05:56	<b>01:02:30</b>
168	7	Rosália Rosa	Juventude Vidigalense	Vet F50	5	00:30:08	05:56	<b>01:02:38</b>
169	139	Daniela Sousa	ADRM-Mata	Sénior F	2	00:29:14	05:56	<b>01:02:42</b>
170	151	Arlindo De Jesus Oliveira	CSCRF CHARNECA	Vet M50	22	00:29:42	05:57	<b>01:02:50</b>
171	161	Isabel Azevedo	Villa Cesari / FLAMA	Vet F40	7	00:30:05	05:58	<b>01:03:01</b>
172	87	Maria Do Rosário Santos Barros	Juventude Vidigalense	Vet F40	8	00:30:48	06:17	<b>01:06:15</b>
173	142	Helena Marisa Ruivo Coelho Lopes	CSCRF CHARNECA	Vet F40	9	00:34:52	06:25	<b>01:14:16</b>