

Col	Num	Nome	Equipa	Sx	Intermédio 1 (30K)	Intermédio 2 (15K + 30K)	Tempo	Vel.Média
1.	245	Délio Ferreira	CA Barreira	M	01:10:07	01:51:31	02:30:01	05:00
2.	284	Daniel Dias	Penhas Trail Team	M	01:11:31	01:52:41	02:30:22	05:01
3.	263	Carlos Barbara	DRT Group	M	01:12:55	01:53:25	02:30:26	05:01
4.	208	Nuno Dias	CA Barreira	M	01:18:19	01:53:45	02:33:01	05:06
5.	275	Bruno Pereira	UDR Zona Alta	M	01:13:56	01:58:04	02:38:54	05:18
6.	225	Hugo Leite		M	01:20:36	02:00:50	02:43:56	05:28
7.	249	Emanuel Simões	Run Crew Trail Montijo	M	01:20:02	02:04:47	02:46:37	05:33
8.	297	Sérgio Lúcio	Mondego Ultra Trail	M	01:18:23	02:06:53	02:54:03	05:48
9.	256	Helder Pereira	Clube de Atletismo de Ferreira do Zêzere	M	01:20:23	02:08:16	02:55:23	05:51
10.	288	João Ferreira	Porto de Mós a Correr	M	01:34:55	02:11:46	02:58:56	05:58
11.	212	Paulo Loureiro	CA Barreira	M	01:20:36	02:10:49	02:58:58	05:58
12.	202	João Colaço	NEL - Pédatleta	M	01:20:31	02:11:11	02:59:45	05:59
13.	221	Pai Natal		M	01:21:58	01:56:15	03:00:24	06:01
14.	230	Marco Melo	Scalabis Night Runners	M	01:24:58	02:14:19	03:00:26	06:01
15.	200	Miguel Saraiva	CA Barreira	M	01:24:57	02:14:39	03:01:17	06:02
16.	247	Jorge Agostinho	CA Barreira	M	01:29:07	02:20:53	03:10:07	06:20
17.	224	João Paulo		M	01:27:44	02:19:44	03:10:07	06:20
18.	243	Diogo Nunes		M	01:27:46	02:19:12	03:10:49	06:22
19.	283	Pedro Ricardo	Porto de Mós a Correr	M	01:29:06	02:20:49	03:11:06	06:22
20.	251	Hélder Pinto	CCRD Burinhosa	M	01:34:16	02:24:20	03:11:44	06:23
21.	213	Henrique Fernandes	Fonte Nova Runners	M	01:27:50	02:19:20	03:12:32	06:25
22.	282	Luis Silva	Fonte Nova Runners	M	01:27:45	02:19:44	03:13:07	06:26
23.	246	Germano Capela	CA Barreira	M	01:24:30	02:18:05	03:16:29	06:33
24.	222	Nuno André	NEL - Pédatleta	M	01:28:07	02:20:36	03:16:29	06:33
25.	302	Nuno Oliveira	clube veteranos do lis	M	01:30:59	02:24:19	03:17:24	06:35
26.	300	Pedro Serras		M	01:31:38	02:25:59	03:19:46	06:40
27.	260	Ricardo Valverde	Trilhos Sem Fim	M	01:32:45	02:26:52	03:21:19	06:43
28.	228	Joao Bota		M	01:35:34	02:31:22	03:21:25	06:43
29.	210	Nuno Ferreira	Fonte Nova Runners	M	01:35:24	02:31:19	03:21:45	06:43
30.	293	Jocelina Ferreira	Juventude Vidigalense	F	01:35:38	02:30:57	03:22:06	06:44
31.	218	Rui Belo	Correr Soc Rec Da Granja	M	01:31:34	02:25:51	03:22:16	06:44
32.	257	Diogo Ferreira	clube veteranos do lis	M	01:29:24	02:25:07	03:23:03	06:46
33.	269	Sérgio Antunes	Juventude Vidigalense	M	01:31:31	02:25:48	03:24:29	06:49
34.	261	Paulo Amaro	PelaEstradaFora	M	01:28:23	02:22:47	03:25:26	06:51
35.	242	João Fernandes	PLUS ONE TEAM	M	01:42:08	02:36:57	03:26:07	06:52
36.	226	Renato Santos		M	01:36:08	02:28:27	03:26:23	06:53
37.	268	Artur Coelho	Scalabis Night Runners	M	01:33:08	02:32:02	03:28:22	06:56
38.	273	Sérgio Lima	Domplex BTT	M	01:36:16	02:33:24	03:29:31	06:59
39.	301	Manuel Garcia	Monsanto Running Team	M	01:36:46	02:34:10	03:32:57	07:06
40.	299	Filipe Moreira	Juventude Vidigalense	M	01:37:16	02:33:22	03:33:08	07:06
41.	289	Filipe Carrão	CCD Porto Mendo	M	01:38:11	02:36:36	03:34:07	07:08
42.	229	Luís Carlos	Chitas de Alcobaca	M	01:42:07	02:39:51	03:34:12	07:08
43.	285	Pedro Guerra	Moinhos	M	01:41:39	02:31:19	03:36:11	07:13
44.	258	Jose Martins	clube veteranos do lis	M	01:39:31	02:37:39	03:37:25	07:15

Col	Num	Nome	Equipa	Sx	Intermédio 1 (30K)	Intermédio 2 (15K + 30K)	Tempo	Vel.Média
45.	265	Nicolau Silva	Monsanto Running Team	M	01:33:45	02:33:27	03:38:00	07:16
46.	259	Nuno Fabiao		M	01:35:34	02:36:47	03:38:33	07:17
47.	264	Nelson Filipe	Cavalinhos ( MRPIZZA)	M	01:38:12	02:40:03	03:39:21	07:19
48.	250	Nuno Ribeiro	Cavalinhos Runners	M	01:40:17	02:41:35	03:39:21	07:19
49.	233	Filipa Casimiro	A.C.S.M. - Atlético Clube S. Mamede	F	01:43:06	02:42:14	03:39:43	07:19
50.	294	Marcelo Silva	Carapaus de Corrida	M	01:37:25	02:41:45	03:39:44	07:19
51.	231	Hugo Carreira	A.C.S.M. - Atlético Clube S. Mamede	M	01:43:05	02:41:53	03:39:45	07:19
52.	244	Cristiano Casalinho	CA Barreira	M	01:38:21	02:42:55	03:49:12	07:38
53.	205	Filipe Ferreira	Speed of yellow	M	01:43:07	02:48:54	03:49:31	07:39
54.	206	José Martins	CA Barreira	M	01:43:15	02:44:41	03:51:06	07:42
55.	291	Pedro Gomes	Fonte Nova Runners	M	01:40:19	02:42:52	03:52:17	07:44
56.	290	Nuno Gameiro	Saúde ao Quadrado	M	01:45:10	02:52:04	03:53:32	07:47
57.	270	Ezequiel Reis		M	01:37:15	02:38:58	03:54:51	07:50
58.	241	Joao Batista	PLUS ONE TEAM	M	01:44:11	02:49:08	03:56:05	07:52
59.	248	Luiz Mota	Casa do Benfica em Abrantes	M	02:10:14	03:06:21	03:58:39	07:58
60.	227	Jose Macarria	Maresia bar fig foz	M	01:44:08	02:53:41	03:58:43	07:58
61.	219	Claudio Franco	Dolce Furadouro	M	01:47:22	02:57:12	03:59:39	07:59
62.	292	Tânia Ferreira	Cabritos do Mato	F	01:49:43	02:57:25	04:00:45	08:01
63.	253	Ricardo Policarpo		M	01:39:23	02:50:16	04:00:45	08:01
64.	266	Paulo Oliveira	PelaEstradaFora	M	01:51:37	02:59:48	04:03:24	08:07
65.	235	Ricardo Pires	fun runners	M	01:52:43	03:01:33	04:06:33	08:13
66.	220	Sérgio Simões		M	01:40:31	02:52:56	04:08:53	08:18
67.	281	Alberto Santos	Moldes RP	M	01:49:10	02:57:40	04:14:05	08:28
68.	298	Emanuel Bernardes		M	01:52:41	03:02:25	04:16:25	08:33
69.	271	Joaquim Guerreiro	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	M	01:49:46	03:02:42	04:17:07	08:34
70.	252	Ana Santos	CCRD Burinhosa	F	01:58:04	03:08:57	04:17:22	08:35
71.	619	André Goucha	CA Barreira	M	01:51:24	03:02:54	04:18:26	08:37
72.	287	Pedro Rodrigues	Tartarugas Velozes	M	01:59:14	03:13:28	04:19:52	08:40
73.	286	Paulo Gameiro	Tartarugas Velozes	M	01:59:11	03:14:11	04:20:00	08:40
74.	272	Pedro Mendes		M	01:50:54	03:12:11	04:24:18	08:49
75.	295	Anabela Santos		F	02:00:30	03:17:55	04:25:27	08:51
76.	296	Isabel Marques		F	02:00:14	03:14:45	04:25:28	08:51
77.	236	Marco Monteiro		M	01:59:52	03:13:36	04:27:55	08:56
78.	223	Mario Rui	Con_Dores do Choupal de Coimbra	M	02:25:25	03:53:05	05:13:26	10:27
79.	217	Marco Ribeiro		M	02:25:28	03:58:10	05:13:28	10:27
-	262	Leandro Santos	Cavalinhos Runners	M	01:38:31	03:01:50		
-	203	Nuno Neves	NEL - Pédatleta	M	01:12:28			
-	280	Carlos Ferreira	Individual (MR.PIZZA)	M	01:34:08			
-	255	Rodolfo Orfão	SINMETRO	M	01:36:10			