

Col	Num	Nome	Equipa	Sx	Cat	Intermédio	Tempo	Ritmo	Cat.
1.	110	Jorge Silva	CA Barreira	M	M40	00:33:47	01:34:24,982	04:58	1
2.	102	Nuno Goncalves	RUNCROSSTRAIL.COM	M	M40	00:33:44	01:34:56,127	05:00	2
3.	273	Francisco Reis	A. C. S. Mamede	M	Sen M	00:34:29	01:34:56,146	05:00	1
4.	103	Luiz Mota	Casa do Benfica em Abrantes	M	M45	00:34:36	01:37:29,674	05:08	1
5.	101	Nuno Dias	CA Barreira	M	M35	00:34:15	01:37:30,434	05:08	1
6.	115	Tiago Amaral	CA Barreira	M	Sen M	00:34:32	01:38:25,772	05:11	2
7.	172	Ricardo Carreira	GAC-Grupo Caranguejeira	M	Sen M	00:34:33	01:38:32,571	05:11	3
8.	327	Bruno Goncalves	Juventude Vidigalense	M	Sen M	00:34:40	01:38:46,289	05:12	4
9.	369	Tiago Tomás	CCRD Burinhosa	M	Sen M	00:36:47	01:42:40,951	05:24	5
10.	227	Dinis Almeida		M	Sen M	00:35:55	01:42:48,989	05:25	6
11.	375	Alex Tondela	Montanha Clube Trail Running / Efapel	M	M40	00:36:47	01:44:42,497	05:31	3
12.	274	Samuel Reis	A. C. S. Mamede	M	Sen M	00:36:36	01:44:46,049	05:31	7
13.	232	Rui João	Bombeiros Municipais Leiria	M	M35	00:38:26	01:47:40,469	05:40	2
14.	162	Marco Melo	SCALABIS NIGHT RUNNERS	M	M35	00:39:03	01:48:44,178	05:43	3
15.	229	Jaime Vieira	Bombeiros Municipais Leiria	M	M45	00:38:23	01:48:53,650	05:44	2
16.	173	Bruno Reis	GAC-Grupo Caranguejeira	M	Sen M	00:38:30	01:48:59,763	05:44	8
17.	354	David Santos	Trail do Chicharo da Serra	M	M40	00:36:48	01:49:43,989	05:46	4
18.	134	André Rosário	Trilhos dos templários/ green roc.pt	M	Sen M	00:39:14	01:49:47,876	05:47	9
19.	324	Jose Cordeiro	Pé na Pinha	M	M50	00:38:21	01:49:49,284	05:47	1
20.	204	Ricardo Gonçalves	CP CMP	M	Sen M	00:40:35	01:51:34,425	05:52	10
21.	286	Pedro Assunção	Pirilampos Team	M	M40	00:40:16	01:51:43,148	05:53	5
22.	295	Gonçalo Lopes	clube veteranos do lis	M	M35	00:38:22	01:52:16,698	05:55	4
23.	215	Davide Pereira	Ama(dores) Trail Team	M	Sen M	00:40:22	01:52:25,820	05:55	11
24.	216	Paulo Martins	Ourém Vida Team	M	M45	00:40:24	01:52:27,582	05:55	3
25.	249	Miguel Sousa	Ourém Vida Team	M	M40	00:40:09	01:52:30,189	05:55	6
26.	146	Jorge Vieira		M	Sen M	00:40:21	01:52:30,452	05:55	12
27.	345	Jorge Pereira	Juventude Vidigalense	M	M40	00:40:53	01:52:42,423	05:56	7
28.	184	André Fernandes	GAU Bajouca	M	M40	00:40:29	01:53:47,804	05:59	8
29.	357	Samuel Santos	Trail do Chicharo da Serra	M	Sen M	00:38:40	01:54:00,367	06:00	13
30.	143	Rui Fernandes	Chitas de Alcobaça	M	M40	00:40:25	01:54:07,062	06:01	9
31.	194	Hugo Freitas		M	Sen M	00:42:19	01:54:10,820	06:01	14
32.	392	Mauro Moderno	Inercia Sport Club	M	Sen M	00:40:41	01:55:10,438	06:04	15
33.	300	Pedro Matias	Porto de Mós a Correr	M	M35	00:41:38	01:55:29,720	06:05	5
34.	176	Ricardo Marques	GAC-Grupo Caranguejeira	M	Sen M	00:42:37	01:55:33,789	06:05	16
35.	174	Joaquim Santos	GAC-Grupo Caranguejeira	M	M45	00:39:16	01:55:34,667	06:05	4
36.	189	Ezequiel Reis		M	M35	00:41:41	01:56:23,241	06:08	6
37.	257	Pedro Neves	Os Marretas	M	M45	00:43:24	01:56:26,473	06:08	5
38.	405	Marco Ferreira		M	M35	00:43:07	01:56:29,502	06:08	7
39.	356	Rodolfo Orfão	SINMETRO	M	M40	00:42:12	01:56:53,729	06:09	10
40.	114	Paulo Sousa	CA Barreira	M	M40	00:43:01	01:56:54,731	06:09	11
41.	313	Bruno Silva	ADRM	M	Sen M	00:42:02	01:56:58,434	06:10	17
42.	117	Ricardo Carvalho	CA Barreira	M	Sen M	00:41:55	01:56:59,511	06:10	18
43.	400	Ricardo Mendes		M	M35	00:42:28	01:57:01,454	06:10	8
44.	109	Jorge Agostinho	CA Barreira	M	M55	00:40:36	01:57:02,305	06:10	1
45.	334	Denise Pereira	RUNCROSSTRAIL.COM	F	Sen F	00:42:53	01:57:02,708	06:10	1

Col	Num	Nome	Equipa	Sx	Cat	Intermédio	Tempo	Ritmo	Cat.
46.	331	Frederico Carreira	AC Batalha	M	M35	00:40:38	01:57:05,440	06:10	9
47.	188	Romão Correia	Devagar, devagarinho...by Snickers Workwear	M	M35	00:42:16	01:57:07,175	06:10	10
48.	113	Paulo Cruz	CA Barreira	M	M45	00:41:21	01:57:33,146	06:11	6
49.	338	H.Horta Horta	AC Batalha	M	M35	00:42:32	01:57:38,463	06:11	11
50.	294	Leandro Santos	clube veteranos do lis	M	M35	00:38:20	01:57:40,657	06:11	12
51.	151	Filipe Moreira	Juventude Vidigalense	M	M40	00:43:22	01:57:41,356	06:11	12
52.	271	Charles Custódio	A. C. S. Mamede	M	Sen M	00:42:23	01:58:00,652	06:13	19
53.	272	David Custódio	A. C. S. Mamede	M	Sen M	00:42:10	01:58:00,670	06:13	20
54.	290	Milton Branco	GIM RunningTeam	M	M35	00:42:58	01:58:36,025	06:14	13
55.	302	Helder Santos	AC Batalha	M	M40	00:42:41	01:58:41,267	06:15	13
56.	254	Manuel Oliveira	Os Falta D ar	M	M50	00:41:17	01:58:51,142	06:16	2
57.	318	Cristóvão Ginja	TROLLS	M	M35	00:40:23	01:59:45,623	06:18	14
58.	308	António Neto	SCALABIS NIGHT RUNNERS	M	M45	00:43:20	01:59:47,899	06:18	7
59.	270	Carlos Cunha	A. C. S. Mamede	M	M40	00:42:09	01:59:53,291	06:19	14
60.	207	Luis Paulo	GRF Benedita	M	M55	00:43:09	02:00:01,768	06:19	2
61.	206	Luis Silva	GRF Benedita	M	Sen M	00:43:14	02:00:09,421	06:19	21
62.	299	João Ferreira	Porto de Mós a Correr	M	Sen M	00:42:35	02:00:35,090	06:21	22
63.	379	Fernando Miguel		M	M45	00:41:55	02:00:42,445	06:21	8
64.	214	Nelson Oliveira	Xiripiti Team	M	M35	00:43:16	02:00:57,061	06:22	15
65.	198	Paulo Oliveira		M	M35	00:43:25	02:00:57,454	06:22	16
66.	322	Pedro Cruz		M	M40	00:43:15	02:02:24,801	06:26	15
67.	296	Vitor Godinho	clube veteranos do lis	M	M40	00:45:28	02:02:26,098	06:26	16
68.	179	Edgar Veloso	C.R.Amieirinhense	M	M40	00:44:03	02:02:27,390	06:26	17
69.	154	Alexandre Valente	ABC Caxarias	M	Sen M	00:42:14	02:02:29,095	06:27	23
70.	160	André Pereira	Ama(dores) Trail Team	M	Sen M	00:43:23	02:02:34,307	06:27	24
71.	144	Diogo Caseiro	Liz Runners	M	M45	00:43:51	02:02:35,181	06:27	9
72.	121	Helder Abreu		M	M40	00:43:01	02:02:42,870	06:28	18
73.	234	Frederico Neves	Ama(dores) Btt/Trail Team	M	M35	00:45:19	02:02:47,608	06:28	17
74.	178	Luis Bento	GAC-Grupo Caranguejeira	M	M45	00:43:04	02:02:59,314	06:28	10
75.	353	Ricardo Oliveira	DESPORTIVO NÁUTICO DA MARINHA GRANDE	M	M35	00:41:54	02:03:19,394	06:29	18
76.	312	António Carreira	ADRM	M	M40	00:44:35	02:03:20,100	06:29	19
77.	407	Delfim Pedro		M	M35	00:42:45	02:03:34,712	06:30	19
78.	181	Diogo Domingues	GAU Bajouca	M	Sen M	00:43:28	02:04:04,476	06:32	25
79.	130	Miguel Marques		M	M45	00:44:07	02:04:57,238	06:35	11
80.	303	Casimiro Gomes	AC Batalha	M	M40	00:44:50	02:04:57,623	06:35	20
81.	105	Andreia Pereira	CA Barreira	F	Sen F	00:44:20	02:05:00,472	06:35	2
82.	347	Luis Morgado	SCALABIS NIGHT RUNNERS	M	M45	00:43:46	02:05:08,295	06:35	12
83.	398	Delfim Pedro		M	M35	00:43:06	02:05:10,342	06:35	20
84.	108	Diana Elias	CA Barreira	F	Sen F	00:44:59	02:05:11,997	06:35	3
85.	193	Paulo Santos		M	M45	00:48:43	02:07:03,000	06:41	13
86.	246	Nelson Monteiro	Bombeiros Municipais Leiria	M	M35	00:43:12	02:07:05,785	06:41	21
87.	200	Rodrigo Selada	NEL - Pédatleta	M	M35	00:46:18	02:07:09,985	06:41	22
88.	284	Nuno Fabiao		M	M40	00:46:02	02:07:20,736	06:42	21
89.	131	Humberto Oliveira		M	M35	00:46:04	02:07:27,472	06:43	23
90.	183	Dany Grilo	GAU Bajouca	M	Sen M	00:42:57	02:07:29,662	06:43	26

Col	Num	Nome	Equipa	Sx	Cat	Intermédio	Tempo	Ritmo	Cat.
91.	293	Diogo Ferreira	clube veteranos do lis	M	M35	00:46:07	02:07:54,392	06:44	24
92.	255	Jorge Silva	Os Falta D ar	M	M40	00:43:21	02:07:57,039	06:44	22
93.	186	Jorge Rodrigues	GAU Bajouca	M	M45	00:44:35	02:07:59,056	06:44	14
94.	236	Edgar Domingues	COC - Clube de Orientação do Centro	M	Sen M	00:45:07	02:08:07,599	06:44	27
95.	159	Nelson Gaspar		M	M40	00:47:23	02:08:22,272	06:46	23
96.	275	César Reis	Ama(dores) Trail Team	M	Sen M	00:48:16	02:08:24,093	06:46	28
97.	250	Pedro Gomes	clube Colaboradores Ageas	M	M35	00:47:59	02:08:30,373	06:46	25
98.	329	Rui Silva	R&R Runners	M	M40	00:44:23	02:08:32,629	06:46	24
99.	112	Mariana Rosa	CA Barreira	F	Sen F	00:45:54	02:08:43,743	06:46	4
100.	195	Nuno Granadas	Tough Trails Alenquer	M	M35	00:46:09	02:08:59,123	06:47	26
101.	401	Anabela Sousa	Police Challenge Team	F	F40	00:43:25	02:09:00,872	06:47	1
102.	389	Joao Batista	GIM RunningTeam	M	M35	00:45:56	02:09:39,739	06:49	27
103.	170	Samuel Neto	VH-TEAM	M	Sen M	00:46:19	02:09:50,511	06:50	29
104.	239	Gonçalo Vieira	SementeS	M	Sen M	00:48:39	02:09:55,210	06:50	30
105.	352	Nuno Silva		M	Sen M	00:46:26	02:09:57,070	06:50	31
106.	205	Joana Paulo	GRF Benedita	F	Sen F	00:48:46	02:10:01,470	06:50	5
107.	316	Nelson Alves	BAROSA VIVA	M	M40	00:46:21	02:10:06,575	06:51	25
108.	326	Rui Norte	Pé na Pinha	M	M55	00:46:01	02:10:09,147	06:51	3
109.	244	Bruno Silva	GT Running	M	M35	00:55:11	02:10:45,088	06:53	28
110.	118	Hugo Feliciano		M	M35	00:45:04	02:11:14,711	06:55	29
111.	315	Nuno Vitorino	ADRM	M	Sen M	00:47:43	02:11:24,609	06:55	32
112.	361	Emanuel Lopes	Porto de Mós a Correr	M	M40	00:44:02	02:11:29,112	06:55	26
113.	278	Pedro Jerónimo		M	M40	00:47:59	02:11:45,219	06:56	27
114.	281	Ilidio Carpinteiro	Pé na Pinha	M	M50	00:45:53	02:11:51,395	06:56	3
115.	298	Antero Rodrigues	clube veteranos do lis	M	M45	00:46:12	02:11:54,643	06:56	15
116.	351	Nuno Ribeiro	Cavalinhos Runners	M	M35	00:44:24	02:12:08,630	06:57	30
117.	175	Nelson Sousa	GAC-Grupo Caranguejeira	M	M40	00:45:48	02:12:15,083	06:58	28
118.	180	Jorge Rosa	Ourém Vida Team	M	M35	00:46:40	02:12:19,414	06:58	31
119.	310	André Crespo		M	Sen M	00:49:04	02:12:53,028	06:59	33
120.	155	Leonel Sousa		M	M45	00:46:00	02:12:59,032	07:00	16
121.	228	António Agostinho	Porto de Mós a Correr	M	M60	00:49:02	02:13:16,778	07:01	1
122.	366	Agostinho Duarte	Airbike	M	M60	00:48:03	02:13:28,404	07:01	2
123.	346	Célia Pereira	Juventude Vidigalense	F	F40	00:49:38	02:14:03,269	07:04	2
124.	309	Sérgio Silva	Juventude Vidigalense	M	M40	00:48:41	02:14:04,515	07:04	29
125.	222	Rúben Faustino	Encharca a vela	M	Sen M	00:49:43	02:14:04,722	07:04	34
126.	209	Ludovico Belo		M	M40	00:50:35	02:14:08,070	07:04	30
127.	339	Fernando Neves		M	M45	00:46:57	02:14:14,201	07:04	17
128.	231	Gonçalo Costa	Bombeiros Municipais Leiria	M	M40	00:47:34	02:14:16,809	07:04	31
129.	241	Nuno Pintão		M	M45	00:48:55	02:14:17,732	07:04	18
130.	314	José Alves	ADRM	M	M50	00:48:54	02:14:59,111	07:06	4
131.	191	César Rodrigues	Pé na Pinha	M	M45	00:48:41	02:15:11,321	07:07	19
132.	262	Carlos Silva	MD Plastics	M	Sen M	00:46:21	02:15:18,319	07:07	35
133.	185	Gilberto Santos	GAU Bajouca	M	M45	00:48:22	02:15:53,621	07:09	20
134.	158	Bruno Mourato		M	M35	00:47:37	02:15:54,602	07:09	32
135.	330	Nuno Nunes		M	Sen M	00:50:28	02:15:59,776	07:10	36

Col	Num	Nome	Equipa	Sx	Cat	Intermédio	Tempo	Ritmo	Cat.
136.	355	António Pereira	Mulas da Cooperativa	M	M35	00:49:11	02:16:04,497	07:10	33
137.	217	Gonçalo Zeferino	Ourém Vida Team	M	M35	00:48:46	02:16:24,828	07:11	34
138.	212	Luís Bernardo	Twopikas	M	M40	00:48:50	02:16:32,570	07:11	32
139.	120	Filipe Ferreira	Speed of yellow	M	M35	00:46:26	02:17:18,979	07:14	35
140.	135	Manuel Deus	Atletacampioni	M	M50	00:48:19	02:17:27,090	07:14	5
141.	328	Artur Coelho	SCALABIS NIGHT RUNNERS	M	M45	00:54:14	02:17:32,532	07:14	21
142.	226	David Cunha		M	M40	00:48:50	02:17:43,100	07:15	33
143.	395	Helder Ereira	Inercia Sport Club	M	M40	00:49:37	02:17:51,676	07:16	34
144.	279	Toni Bento	Nunca...	M	M40	00:43:13	02:18:11,989	07:16	35
145.	371	Andre Salgueiro	CCRD Burinhosa	M	Sen M	00:43:37	02:18:14,850	07:17	37
146.	150	Mário Santos	Correr Ourém	M	M50	00:45:40	02:18:21,304	07:17	6
147.	317	Rodrigo Vieira	Dá-lhe Gás Team	M	Sen M	00:44:21	02:18:25,198	07:17	38
148.	238	Francisco Vigário	Vila Fit	M	Sen M	00:45:57	02:18:27,950	07:17	39
149.	365	João Almeida		M	M40	00:52:45	02:18:43,789	07:18	36
150.	377	Nuno Oliveira	SCALABIS NIGHT RUNNERS	M	M45	00:47:20	02:18:47,687	07:18	22
151.	319	Patrícia Rodrigues	TROLLS	F	Sen F	00:48:46	02:19:09,692	07:19	6
152.	240	Armindo Santos		M	M45	00:48:05	02:19:16,829	07:20	23
153.	285	Raquel Ferreira	Police Challenge Team	F	Sen F	00:48:04	02:19:18,913	07:20	7
154.	411	Rafael Sousa		M	Sen M	00:47:54	02:19:18,932	07:20	40
155.	141	Eliana Raimundo	Ciáticos Team	F	F35	00:51:04	02:20:32,732	07:24	1
156.	163	Ana Nicolau	Ciáticos Team	F	Sen F	00:51:16	02:20:33,002	07:24	8
157.	218	César Ferreira	Ourém Vida Team	M	Sen M	00:44:57	02:20:33,510	07:24	41
158.	187	Rui Pereira		M	M60	00:44:28	02:20:47,780	07:25	3
159.	394	João Sintra	Inercia Sport Club	M	M55	00:49:14	02:21:36,647	07:27	4
160.	267	Leonel Pinto		M	M40	00:51:59	02:21:44,876	07:28	37
161.	213	Daniel Delgado	Twopikas	M	Sen M	00:49:10	02:21:46,179	07:28	42
162.	282	Antero Roda		M	Sen M	00:50:56	02:21:46,651	07:28	43
163.	337	Luis Pedrosa		M	M40	00:50:46	02:21:51,383	07:28	38
164.	169	Paulo Pedras	Os Intocáveis	M	M35	00:49:37	02:21:51,765	07:28	36
165.	199	Frederico Sismeiro	Os Intocáveis	M	M40	00:54:17	02:22:17,851	07:29	39
166.	289	Rui Tenreiro		M	M50	00:49:45	02:22:42,716	07:31	7
167.	348	Sílvia Roda	CAPUCHOS	M	M40	00:46:37	02:22:53,897	07:31	40
168.	201	Filipe Santos	CP CMP	M	M35	00:48:48	02:22:55,685	07:31	37
169.	196	Diogo Crespo		M	Sen M	00:52:23	02:24:13,645	07:35	44
170.	107	Cristiano Casalinho	CA Barreira	M	Sen M	00:59:02	02:24:18,745	07:35	45
171.	258	Tomé Fernandes	Ilha	M	M35	00:50:26	02:24:20,765	07:36	38
172.	235	Jorge Patricio	Turtles & Rabbits	M	M40	00:51:18	02:24:22,342	07:36	41
173.	106	Carmén Silva	CA Barreira	F	F45	00:50:49	02:24:26,991	07:36	1
174.	260	Elodie Lopes	Os Tolinhos	F	Sen F	00:59:09	02:24:38,429	07:37	9
175.	147	Carla Gonçalves	Ciáticos Team	F	F40	00:52:55	02:24:43,535	07:37	3
176.	288	Nuno Braga		M	M40	00:50:45	02:24:44,346	07:37	42
177.	145	Andreia Parreiras	TROLLS	F	Sen F	00:48:30	02:25:04,600	07:38	10
178.	221	Tiago Cardoso	Amigos do descanso	M	Sen M	00:49:31	02:25:07,370	07:38	46
179.	385	Ana Pinto		F	F35	00:53:39	02:25:49,949	07:40	2
180.	402	Rafael Sousa	Police Challenge Team	M	Sen M	00:48:55	02:26:26,660	07:43	47

Col	Num	Nome	Equipa	Sx	Cat	Intermédio	Tempo	Ritmo	Cat.
181.	148	Pedro Santos	Xiripiti Team	M	M35	00:52:56	02:26:33,673	07:43	39
182.	332	António Folgado		M	M50	00:52:22	02:26:50,611	07:44	8
183.	203	Horácio Alexandre	CP CMP	M	M55	00:53:05	02:26:54,501	07:44	5
184.	311	Délio Pascoal		M	M35	00:49:09	02:27:04,663	07:44	40
185.	253	João Fernandes		M	M40	00:52:03	02:27:07,150	07:44	43
186.	350	Pedro Batista	Clube de atletismo da Nazaré	M	M35	00:53:39	02:27:28,968	07:46	41
187.	263	Fernando Passadouro	MD GROUP	M	Sen M	00:53:22	02:27:30,938	07:46	48
188.	119	Carla Angueira	Ginásio Clube de Bragança	F	F40	00:52:07	02:27:38,387	07:46	4
189.	242	Márcia Santos		F	F35	00:52:19	02:27:57,741	07:47	3
190.	152	Marco Faustino	BAROSA VIVA	M	M35	00:51:32	02:28:03,148	07:47	42
191.	251	Joaquim Guerreiro	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	M	M45	00:51:37	02:28:26,169	07:49	24
192.	116	Rui Roberto	CA Barreira	M	M45	00:59:19	02:28:26,590	07:49	25
193.	137	Pedro Carriço	SS Montepio Geral	M	M35	00:52:49	02:28:32,078	07:49	43
194.	304	Pedro Almeida	COIMBRA Trail Running	M	M35	00:50:49	02:28:39,494	07:49	44
195.	192	Fábio Francisco	Xiripiti Team	M	Sen M	00:53:16	02:29:00,640	07:50	49
196.	306	Willy Remédios	Xiripiti Team	M	Sen M	00:52:15	02:29:10,874	07:51	50
197.	129	Cândido Alves		M	M40	00:56:50	02:29:26,502	07:52	44
198.	388	Daniel Serra		M	Sen M	00:53:05	02:30:11,457	07:54	51
199.	161	Marco Monteiro		M	M40	00:54:34	02:30:43,382	07:56	45
200.	363	Vitor Antunes	clube veteranos do lis	M	M60	00:51:01	02:30:48,020	07:56	4
201.	408	Fernando Pereira		M	M35	00:50:26	02:30:57,991	07:56	45
202.	252	Justino Silva		M	M40	00:50:51	02:31:12,049	07:58	46
203.	220	Nelson Borges	Amigos do descanso	M	Sen M	00:51:48	02:31:23,246	07:58	52
204.	245	Helder Vieira	Bombeiros Municipais Leiria	M	M40	00:52:50	02:31:32,801	07:59	47
205.	247	Rui Carnide	Bombeiros Municipais Leiria	M	M40	00:54:01	02:31:57,967	08:00	48
206.	359	Filipe Sousa		M	M45	00:53:16	02:32:09,854	08:01	26
207.	287	Carla Beato	Pirilampos Team	F	F40	00:54:19	02:32:19,416	08:01	5
208.	230	Humberto Morgado	Bombeiros Municipais Leiria	M	M35	00:52:48	02:32:28,866	08:01	46
209.	149	Sérgio Machado	Pirilampos Team	M	M40	00:52:21	02:32:42,433	08:02	49
210.	104	André Goucha	CA Barreira	M	M40	00:51:42	02:33:16,747	08:04	50
211.	256	Marco Godinho	Pé na Pinha	M	M40	00:55:18	02:33:22,057	08:04	51
212.	202	Náilson Santos	CP CMP	M	M40	00:57:09	02:33:32,257	08:05	52
213.	341	Paulo Mauricio		M	Sen M	00:51:33	02:34:06,489	08:07	53
214.	237	Nelson Simões		M	M40	00:53:03	02:34:22,557	08:07	53
215.	182	Luísa Areia	GAU Bajouca	F	Sen F	00:52:58	02:35:33,825	08:11	11
216.	321	Márcio Vitorino	BAROSA VIVA	M	Sen M	00:53:57	02:35:35,867	08:11	54
217.	291	Carlos Tavares	SCALABIS NIGHT RUNNERS	M	M40	00:55:00	02:35:37,233	08:11	54
218.	404	Miguel Perfeito		M	Sen M	00:52:36	02:36:44,145	08:15	55
219.	125	Pedro Francisco	NEL - Pédatleta	M	M40	00:51:15	02:37:10,801	08:16	55
220.	136	Catarina Oliveira	Ciáticos Team	F	Sen F	00:56:26	02:37:55,277	08:19	12
221.	333	Rui Bagagem		M	M45	00:57:03	02:38:21,534	08:20	27
222.	127	João Faustino		M	M60	00:53:54	02:38:34,051	08:21	5
223.	320	Benilde Santos	TROLLS	F	F45	00:53:20	02:38:45,346	08:22	2
224.	264	Filipe Henriques	MD GROUP	M	Sen M	00:55:21	02:39:31,477	08:24	56
225.	111	Lina Francisco	CA Barreira	F	F45	00:55:50	02:40:29,907	08:27	3

Col	Num	Nome	Equipa	Sx	Cat	Intermédio	Tempo	Ritmo	Cat.
226.	364	Rui Menezes		M	M40	00:57:49	02:40:30,777	08:27	56
227.	342	António Castanheira		M	M40	00:57:18	02:40:31,067	08:27	57
228.	305	Francisco Vitorio		M	Sen M	01:00:42	02:42:23,749	08:33	57
229.	128	Filipe Faustino	Soutocico	M	M35	00:56:58	02:42:48,246	08:34	47
230.	219	Hugo Faustino	leiria#friends	M	Sen M	00:57:20	02:42:48,554	08:34	58
231.	197	Miguel Rodrigues		M	Sen M	00:57:12	02:42:48,815	08:34	59
232.	171	Andreia Pires		F	Sen F	00:58:23	02:43:26,193	08:36	13
233.	265	Francisco Jesus	MD GROUP	M	Sen M	00:52:32	02:43:26,254	08:36	60
234.	349	Alberto Loureiro	Trilhos do Valado - BIR	M	M55	00:55:39	02:44:00,166	08:38	6
235.	399	Fernando Pereira		M	M35		02:45:48,341	08:44	48
236.	280	Dina Gouveia	NEL - Pédatleta	F	F35	00:58:26	02:46:02,222	08:44	4
237.	406	Mario Faustino		M	M55	00:55:47	02:46:06,804	08:44	7
238.	403	Nuno Neves		M	M45	00:59:25	02:46:12,397	08:45	28
239.	243	Marisa Ferreira	SCALABIS NIGHT RUNNERS	F	F35	00:56:07	02:46:26,451	08:46	5
240.	343	Rui Nunes		M	M35	00:58:58	02:46:53,849	08:47	49
241.	358	Ângelo Rosário		M	M45	00:54:11	02:47:01,780	08:47	29
242.	393	Elisabete Pedrosa	Inercia Sport Club	F	F45	00:59:43	02:47:22,193	08:49	4
243.	323	João Maduro		M	Sen M	00:54:30	02:48:12,938	08:51	61
244.	307	David Sebastiao	Clube Desportivo em Movimento	M	Sen M	00:54:29	02:48:13,319	08:51	62
245.	390	Joana Rosa	GIM RunningTeam	F	Sen F	00:59:20	02:48:15,737	08:52	14
246.	208	Pedro Bonita	Pé na Pinha	M	M45	00:57:06	02:48:27,815	08:52	30
247.	292	Pedro Ferreira	Porto de Mós a Correr	M	M35	00:58:10	02:48:53,401	08:53	50
248.	301	Nuno Baltazar	Juventude Vidigalense	M	M40	00:55:41	02:50:01,912	08:57	58
249.	362	Vanda Vendeirinho	Turtles & Rabbits	F	F35	01:00:14	02:50:49,367	08:59	6
250.	225	Leandro Santos		M	M60	00:55:47	02:51:29,435	09:02	6
251.	360	Anselmo Maia		M	M45	01:00:47	02:53:10,333	09:07	31
252.	259	Susana Santos	Juventude Vidigalense	F	F40	01:00:15	02:53:11,119	09:07	6
253.	409	Ricardo Mendes		M	M35	00:59:07	02:53:11,382	09:07	51
254.	325	Ricardo Pereira	CAPTEXITO TEAM	M	M35	00:59:53	02:53:12,753	09:07	52
255.	370	Luís Conceição	CCRD Burinhosa	M	M55	01:00:15	02:54:11,258	09:10	8
256.	297	Paula Rodrigues	clube veteranos do lis	F	F45	00:56:37	02:55:41,910	09:15	5
257.	384	Liliana Pedrosa		F	F40	01:03:34	03:01:01,639	09:32	7
258.	164	Ana Bento	Os Intocáveis	F	F35	01:01:35	03:01:24,088	09:33	7
259.	167	Mário Silva	Os Intocáveis	M	M45	01:01:33	03:01:24,218	09:33	32
260.	266	Elisabete Vitorino		F	F35	01:05:28	03:03:24,645	09:39	8
261.	124	João Colaço	NEL - Pédatleta	M	M40	01:03:37	03:04:30,725	09:43	59
262.	123	Daniela Sousa	Dani Vegan Life/Ultra Fit	F	F35	01:04:01	03:04:30,824	09:43	9
263.	387	Carlos Xavier		M	Sen M	01:00:28	03:05:54,576	09:47	63
264.	373	Pedro Costa	CMD Vale da Fonte, Lda	M	M35	01:02:11	03:07:06,411	09:51	53
265.	261	Milton Duarte	MD GROUP	M	Sen M	00:52:53	03:08:11,365	09:54	64
266.	139	Carlos Novo	Os Tolinhos	M	M45	00:59:59	03:09:11,764	09:58	33
267.	382	Jorge Inês		M	Sen M	00:59:49	03:09:11,868	09:58	65
268.	224	David Marques	Só viemos pelo vinho	M	Sen M	00:59:32	03:11:24,996	10:04	66
269.	190	Inês Silva	Só viemos pelo vinho	F	Sen F	00:59:00	03:11:25,323	10:04	15
270.	336	Lizete Heleno	Juventude Vidigalense	F	F45	01:08:50	03:19:12,471	10:29	6

Col	Num	Nome	Equipa	Sx	Cat	Intermédio	Tempo	Ritmo	Cat.
271.	335	Ana Pina		F	F40	01:05:15	03:19:42,762	10:31	8
272.	276	Ricardo Santos	MotoRatos & Friends	M	Sen M	01:04:39	03:28:25,418	10:58	67
273.	410	Anabela Sousa		F	F40	01:08:46	03:38:05,183	11:29	9
274.	168	Sandra Bento	Os Intocáveis	F	F35	16:29:33	03:50:27,747	12:08	10
-	233	Marco Pereira	Bombeiros Municipais Leiria	M	Sen M	00:43:00			
-	368	Vanda Jerónimo	CCRD Burinhosa	F	F35	00:43:22			
-	177	Jorge Galhispo	GAC-Grupo Caranguejeira	M	M45	00:46:10			
-	100	Pai Natal		M	M60	01:18:06			
-	340	Luis Cunha	Airbike	M	M50	00:48:45	Desclassificados		