

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
1.	221	BRUNO MONIZ	ADRAP	1	SEN M	1	01:07:15	03:11	01:07:16
2.	194	JOSÉ SOUSA	UNIÃO CLUBE EIRENSE	2	SEN M	2	01:07:23	03:11	01:07:24
3.	407	JOSÉ GASPAR	INDIVIDUAL	3	VET M40	1	01:07:46	03:12	01:07:47
4.	121	DIOGO RAMALHEIRA	DR_RUNS	4	SEN M	3	01:07:59	03:13	01:08:01
5.	327	JORGE ROBALO	A. D. NOVAS LUZES	5	VET M35	1	01:11:13	03:22	01:11:15
6.	260	ADÍLSON SPENCER	JOÃO SILVA CCR PRAIA MIRA	6	VET M35	2	01:11:21	03:22	01:11:22
7.	261	ARICSON GOMES	JOÃO SILVA CCR PRAIA MIRA	7	SEN M	4	01:11:34	03:23	01:11:35
8.	269	NATANIEL LOPES	JUVENTUDE VIDIGALENSE	8	VET M35	3	01:14:14	03:31	01:14:16
9.	321	RICARDO JORDÃO	INDIVIDUAL	9	VET M35	4	01:15:55	03:35	01:15:56
10.	258	ANA MAFALDA FERREIRA	SPORTING CLUBE DE PORTUGAL	1	SEN F	1	01:16:19	03:37	01:16:20
11.	9	EMILIA PISOEIRO	RECREIO DESPORTIVO DE ÁGUEDA	2	SUB 23 F	1	01:16:43	03:38	01:16:43
12.	232	RICARDO GOMES	INDIVIDUAL	10	SEN M	5	01:18:22	03:42	01:18:23
13.	326	MÁRIO SILVA	A.C.R.S. DESTERRO-NAPO	11	VET M50	1	01:19:16	03:45	01:19:17
14.	62	LUIS GUARDA	GAC - GRUPO DE ATLETISMO DA CARANGUEJEIRA	12	VET M50	2	01:21:18	03:51	01:21:18
15.	124	JOÃO TIAGO DIAS	INDIVIDUAL	13	VET M35	5	01:21:24	03:51	01:21:26
16.	54	NUNO CASALINHO	GAC - GRUPO DE ATLETISMO DA CARANGUEJEIRA	14	VET M35	6	01:22:42	03:55	01:22:44
17.	376	RUI LUCAS	AC BATALHA	15	SEN M	6	01:22:47	03:55	01:22:50
18.	239	ALEXANDRA OLIVEIRA	UNIÃO CLUBE EIRENSE	3	SEN F	2	01:22:56	03:55	01:22:58
19.	156	FERNANDO NEVES	G.D.C. EIRAPEDRENSE	16	VET M45	1	01:23:58	03:58	01:24:02
20.	160	JOANA FONSECA	CORRER LISBOA	4	SEN F	3	01:24:12	03:59	01:24:14
21.	192	JOSÉ PAIS	CORRER LISBOA	17	VET M45	2	01:24:13	03:59	01:24:14
22.	375	TIAGO AMADO	INDIVIDUAL	18	VET M35	7	01:24:11	03:59	01:24:20
23.	49	DANIEL JAULINO	GRUPO ALEGRE UNIDO BAJOUCA	19	VET M50	3	01:24:47	04:01	01:24:59
24.	274	JOSE GONÇALVES	GAU BAJOUCA	20	VET M50	4	01:25:45	04:03	01:25:48
25.	341	JOÃO BRONZE DA SILVA	INDIVIDUAL	21	VET M40	2	01:26:27	04:05	01:26:29
26.	245	RICARDO GONCALVES	VESPINGA TRAIL	22	VET M45	3	01:26:24	04:05	01:26:32
27.	46	MARCELO ALONSO	VESPINGA TRAIL	23	VET M45	4	01:26:23	04:05	01:26:32
28.	209	JOSÉ CARLOS SANTOS	ATLETICO CLUBE VERMOIL	24	VET M45	5	01:26:33	04:06	01:26:35
29.	225	RICARDO GONÇALVES	CP CMP	25	SEN M	7	01:26:54	04:07	01:27:06
30.	345	ABEL FLORES	ACPORTALEGRE/UTSM	26	VET M55	1	01:27:05	04:07	01:27:09
31.	20	PAULO CRUZ	CA BARREIRA	27	VET M45	6	01:27:27	04:08	01:27:29
32.	344	EMÍLIO JOÃO PAULINO	ACPORTALEGRE/UTSM	28	VET M55	2	01:27:41	04:09	01:27:44
33.	281	PAULO SILVA	RÓDINHAS-SANTOS SILVA / OXYGEN-GYM FITNESS	29	VET M45	7	01:27:59	04:10	01:28:09
34.	253	RUI VICENTE	RÓDINHAS-SANTOS SILVA / OXYGEN-GYM FITNESS	30	SEN M	8	01:27:58	04:10	01:28:09
35.	268	TIAGO GAMELAS	JUVENTUDE VIDIGALENSE	31	SEN M	9	01:28:18	04:11	01:28:21
36.	75	LEONEL SOUSA	INDIVIDUAL	32	VET M45	8	01:28:20	04:11	01:28:25
37.	146	PAULO VIEIRA	PRETA RUNNERS	33	VET M40	3	01:28:21	04:11	01:28:30
38.	334	JAIME SANTOS	CLUBE SEM	34	VET M60	1	01:28:36	04:12	01:28:36
39.	315	MÁRCIO SOUSA	CPR. A-DO-BARBAS	35	VET M35	8	01:28:40	04:12	01:28:44
40.	79	BRUNO BRANQUINHO	INDIVIDUAL	36	VET M35	9	01:28:42	04:12	01:28:46
41.	103	SÉRGIO COSTA	FAMILIA COSTA	37	VET M45	9	01:28:50	04:12	01:28:52
42.	322	LUIS GOMES	GAC-GRUPO ATLETISMO CARANGUEJEIRA	38	VET M35	10	01:29:00	04:13	01:29:00
43.	76	SAUL LEITE	CORRER LISBOA	39	SEN M	10	01:29:00	04:13	01:29:03
44.	380	PEDRO ASSUNÇÃO	INDIVIDUAL	40	VET M40	4	01:29:07	04:13	01:29:10

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
45.	318	LUIZ MONSANTO	INDIVIDUAL	41	VET M50	5	01:29:32	04:14	01:29:35
46.	331	ANTÓNIO ALMEIDA	CASA DO BENFICA EM ABRANTES	42	SEN M	11	01:29:33	04:14	01:29:47
47.	72	RICARDO LOPES	GM - GRUPO MARAVILHA	43	SEN M	12	01:29:47	04:15	01:29:51
48.	323	DINIS PRUDENCIO	CRP - RIBAFRIA	44	VET M45	10	01:29:52	04:15	01:29:55
49.	172	FERNANDO CAPITÃO	ACBATALHA	45	VET M45	11	01:30:00	04:15	01:30:04
50.	138	CARLOS VISEU	ARNEIRO	46	VET M45	12	01:30:04	04:16	01:30:06
51.	290	NUNO SOUSA	MUNICIPIO DE LEIRIA	47	VET M45	13	01:30:11	04:16	01:30:18
52.	272	RICARDO CARREIRA	GRUPO ALEGRE UNIDO BAJOUCA	48	VET M35	11	01:30:16	04:16	01:30:18
53.	358	FILIPE NOGUEIRA	MUNICIPIO DE LEIRIA	49	VET M45	14	01:30:24	04:17	01:30:32
54.	182	LUÍS SILVÉRIO	CLUBE DE ATLETISMO DA NAZARÉ	50	VET M35	12	01:30:35	04:17	01:30:59
55.	349	LEANDRO SANTOS	CLUBE VETERANOS DO LIS	51	VET M35	13	01:31:05	04:19	01:31:11
56.	275	JORGE SILVA	GRUPO ALEGRE UNIDO BAJOUCA	52	VET M50	6	01:31:09	04:19	01:31:12
57.	353	EDIVALDO MACIEL	GRECAS - VAGOS	53	VET M35	14	01:31:28	04:20	01:31:28
58.	242	DÁRIO CABETE	CCRD BURINHOSA	54	VET M40	5	01:31:24	04:19	01:31:30
59.	223	LUIS OLIVEIRA	BARRACÃO	55	VET M40	6	01:31:27	04:20	01:31:37
60.	153	JORGE RODRIGUES	GRUPO ALEGRE UNIDO BAJOUCA	56	VET M45	15	01:31:36	04:20	01:31:38
61.	45	RICARDO NUNES	ACRM SILVEIRINHA GRANDE	57	SEN M	13	01:31:43	04:20	01:31:45
62.	44	AMILCAR COSTA	ACRM SILVEIRINHA GRANDE	58	VET M45	16	01:31:45	04:20	01:31:48
63.	201	EDUARDO COSTA	INDIVIDUAL	59	VET M40	7	01:31:52	04:21	01:31:58
64.	333	EURICO SILVA	VESPINGA TRAIL	60	VET M35	15	01:32:21	04:22	01:32:29
65.	23	JOÃO SILVA	CASA DO BENFICA CONDEIXA	61	SEN M	14	01:32:25	04:22	01:32:33
66.	312	GONÇALO ALMEIDA	INDIVIDUAL	62	SEN M	15	01:32:35	04:23	01:32:38
67.	285	RICARDO CORTÊS	BORA BORA RUNNER'S LEIRIA	63	VET M40	8	01:32:38	04:23	01:32:43
68.	38	HENRIQUE GONÇALVES	VETERANOS DO PORTO	64	VET M60	2	01:32:17	04:22	01:32:43
69.	266	NUNO REIS	VESPINGA TRAIL	65	VET M40	9	01:32:24	04:22	01:32:44
70.	319	DELFIN PEDRO	INDIVIDUAL	66	VET M35	16	01:32:38	04:23	01:32:50
71.	118	DIOGO CUNHA	SIE - EQUIPA	67	SEN M	16	01:32:42	04:23	01:32:55
72.	119	DANIEL REIS	INDIVIDUAL	68	SEN M	17	01:32:51	04:24	01:32:57
73.	241	LUIS CARVALHEIRO	ACRM SILVEIRINHA GRANDE	69	VET M45	17	01:32:57	04:24	01:32:59
74.	22	NUNO OLIVEIRA	BIKEFANTASY	70	SEN M	18	01:33:21	04:25	01:33:25
75.	176	ALEXANDRE SANTOS	INDIVIDUAL	71	SEN M	19	01:33:19	04:25	01:33:32
76.	350	VÍTOR ÍNDIO	CLUBE VETERANOS DO LIS	72	VET M35	17	01:33:20	04:25	01:33:35
77.	299	PEDRO GIL	INDIVIDUAL	73	VET M40	10	01:33:41	04:26	01:33:44
78.	53	TIAGO FIDALGO	MANOS FIDALGO	74	VET M40	11	01:33:43	04:26	01:33:58
79.	314	SÉRGIO ANTUNES	INDIVIDUAL	75	VET M40	12	01:33:45	04:26	01:33:58
80.	342	LUIS BARBOSA	INDIVIDUAL	76	VET M40	13	01:34:10	04:27	01:34:31
81.	206	RUI JOÃO	A R MEIRINHAS	77	VET M35	18	01:34:36	04:29	01:34:42
82.	364	PEDRO MARQUES	CROSSFIT 244	78	VET M40	14	01:34:56	04:30	01:35:01
83.	263	GONÇALO SANTOS	G.D.R. SÃO FRANCISCO DA SERRA	79	VET M45	18	01:35:04	04:30	01:35:11
84.	181	HÉLDER PEREIRA	CLUBE DE ATLETISMO DA NAZARÉ	80	VET M35	19	01:34:50	04:29	01:35:14
85.	180	FÁBIO MARTINS	CLUBE DE ATLETISMO DA NAZARÉ	81	VET M35	20	01:34:50	04:29	01:35:14
86.	183	MIGUEL SILVA	CLUBE DE ATLETISMO DA NAZARÉ	82	VET M45	19	01:34:50	04:29	01:35:14
87.	332	AUGUSTO PORTUGAL	SERVIÇOS SOCIAIS MONTEPIO	83	VET M40	15	01:34:50	04:29	01:35:15
88.	238	PAULO MONTEIRO	A C BATALHA	84	VET M50	7	01:35:24	04:31	01:35:26

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
89.	91	PAULO SANTOS	AIRBIKE	85	VET M50	8	01:35:14	04:30	01:35:30
90.	198	ANTÓNIO NETO	INDIVIDUAL	86	VET M60	3	01:35:31	04:31	01:35:33
91.	329	LUÍS COSTA	INDUSTRIAL DESPORTIVO VIEIRENSE	87	SEN M	20	01:35:34	04:31	01:35:38
92.	257	MÁRIO MORGADO	INDIVIDUAL	88	SEN M	21	01:36:12	04:33	01:36:12
93.	100	CRISTÓVÃO GOMES	INDIVIDUAL	89	VET M35	21	01:36:16	04:33	01:36:21
94.	296	PAULO DIAS	MUNICIPIO DE LEIRIA	90	VET M35	22	01:36:03	04:33	01:36:24
95.	280	MANUEL FERREIRA	ADRMATA	91	VET M60	4	01:36:28	04:34	01:36:39
96.	207	JOÃO MALHEIRO	INDIVIDUAL	92	SEN M	22	01:36:33	04:34	01:36:42
97.	278	JOSÉ ALVES	ADRMATA	93	VET M50	9	01:36:41	04:34	01:36:52
98.	317	JOAQUIM GOMES	CPR. A-DO-BARBAS	94	VET M65	1	01:36:55	04:35	01:36:59
99.	178	FERNANDO LOPES	DÁ-LHE GÁS TEAM	95	SEN M	23	01:36:58	04:35	01:37:03
100.	367	NUNO BALTAZAR	INDIVIDUAL	96	VET M40	16	01:36:53	04:35	01:37:04
101.	294	ANTÓNIO NETO	MUNICIPIO DE LEIRIA	97	VET M45	20	01:37:06	04:36	01:37:09
102.	84	MARCO GREGÓRIO	INDIVIDUAL	98	VET M40	17	01:37:01	04:35	01:37:09
103.	151	GONÇALO BARREIRO	INDIVIDUAL	99	VET M40	18	01:37:06	04:36	01:37:17
104.	97	GONÇALO ÓRFÃO CARREIRA	GAB RUNNERS	100	VET M35	23	01:36:59	04:35	01:37:19
105.	98	HELDER ABREU	INDIVIDUAL	101	VET M40	19	01:37:38	04:37	01:37:42
106.	309	CARLOS RIBEIRO	INDIVIDUAL	102	VET M55	3	01:37:45	04:38	01:37:54
107.	122	DIOGO OLIVAL	INDIVIDUAL	103	SEN M	24	01:37:58	04:38	01:38:03
108.	362	CRISTIANO CASALINHO	CA BARREIRA	104	VET M35	24	01:37:54	04:38	01:38:04
109.	144	FILIPE CARVALHO	INDIVIDUAL	105	SEN M	25	01:37:52	04:38	01:38:05
110.	359	SERGIO VIEIRA	COELINHOS TRUCKS	106	VET M35	25	01:37:40	04:37	01:38:05
111.	369	PEDRO JERÓNIMO	INDIVIDUAL	107	VET M40	20	01:37:59	04:38	01:38:05
112.	212	ANTÓNIO FOLGADO	LIZ RUNNERS	108	VET M50	10	01:38:05	04:38	01:38:10
113.	337	NUNO MOTA	INDIVIDUAL	109	VET M40	21	01:38:25	04:39	01:38:39
114.	307	FILIPE SOUSA	INDIVIDUAL	110	VET M45	21	01:38:38	04:40	01:38:50
115.	377	ANGELO AMADO	INDIVIDUAL	111	VET M40	22	01:38:48	04:41	01:38:57
116.	123	MIGUEL PEREIRA	INDIVIDUAL	112	VET M35	26	01:39:01	04:41	01:39:03
117.	276	VIRGILIO ALBERTO	GRUPO ALEGRE UNIDO BAJOUCA	113	VET M45	22	01:39:03	04:41	01:39:07
118.	96	MICHAEL SOEIMA	BTT BEBA CERVEJA	114	VET M35	27	01:39:06	04:41	01:39:17
119.	291	NELSON PERPÉTUA	LIZ RUNNERS	115	VET M40	23	01:39:04	04:41	01:39:17
120.	52	JOAO CRESPO	ARMADA TORRIENSE	116	VET M55	4	01:39:09	04:41	01:39:20
121.	33	HÉLDER PIRES	INDIVIDUAL	117	VET M40	24	01:38:58	04:41	01:39:21
122.	94	PAULO OLIVEIRA	INDIVIDUALPELAESTRADAFORA	118	VET M50	11	01:39:09	04:41	01:39:22
123.	173	SERGIO SILVA	INDIVIDUAL	119	VET M40	25	01:39:18	04:42	01:39:27
124.	336	MONTEIRO FILIPE	HELIFLEX	120	SEN M	26	01:39:26	04:42	01:39:31
125.	265	RUI FREITAS	G.D.R. SÃO FRANCISCO DA SERRA	121	VET M65	2	01:39:38	04:43	01:39:44
126.	217	JOAO FERREIRA	ATLETICO CLUBE VERMOIL	122	JUN M	1	01:39:36	04:43	01:39:44
127.	216	VERA PORTELA	CLUBE SPORT MARÍTIMO	5	SEN F	4	01:39:36	04:43	01:39:44
128.	69	NELSON SOUSA	GAC - GRUPO ATLETISMO CARANGUEJEIRA	123	VET M40	26	01:39:47	04:43	01:39:52
129.	68	HÉLIO GARCIA	INDIVIDUAL	124	VET M40	27	01:39:45	04:43	01:39:53
130.	159	ARMANDO PARREIRA	ARMADA TORRIENSE	125	VET M45	23	01:39:45	04:43	01:39:56
131.	297	VITOR SANTOS	MUNICIPIO DE LEIRIA	126	VET M50	12	01:40:00	04:44	01:40:22
132.	347	FILIPE BRÍZIDA	INDIVIDUAL	127	VET M40	28	01:40:22	04:45	01:40:29

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
133.	240	FERNANDO FERREIRA	INDIVIDUAL	128	VET M50	13	01:40:24	04:45	01:40:33
134.	213	PEDRO CRUZ	INDIVIDUAL	129	VET M40	29	01:40:20	04:45	01:40:37
135.	66	HUGO FELICIANO	SMML	130	VET M35	28	01:40:36	04:46	01:40:46
136.	125	EDUARDO LOPES	INDIVIDUAL	131	VET M50	14	01:40:43	04:46	01:40:53
137.	25	RICARDO JORGE	INDIVIDUAL	132	VET M35	29	01:40:33	04:45	01:41:01
138.	116	JOSÉ MATIAS	INDIVIDUAL	133	VET M60	5	01:40:55	04:47	01:41:11
139.	60	JORGE GALHISPO	GAC - GRUPO DE ATLETISMO DA CARANGUEJEIRA	134	VET M45	24	01:41:09	04:47	01:41:13
140.	335	O LAPIN	SNR	135	VET M60	6	01:41:13	04:47	01:41:16
141.	150	RUI TENREIRO	INDIVIDUAL	136	VET M50	15	01:41:13	04:47	01:41:18
142.	148	RUI MIGUEL FERREIRA GASPAR	INDIVIDUAL	137	VET M50	16	01:41:17	04:48	01:41:22
143.	174	DAVID CARREIRA	INDIVIDUAL	138	VET M40	30	01:41:16	04:48	01:41:24
144.	360	RUI SILVA	INDIVIDUAL	139	VET M40	31	01:41:12	04:47	01:41:25
145.	11	PEDRO VICENTE	MARMELEIRA RESORT	140	VET M50	17	01:41:04	04:47	01:41:26
146.	70	AGOSTINHO DUARTE	AIRBIKE	141	VET M65	3	01:41:24	04:48	01:41:35
147.	243	HUGO PAULO	INDIVIDUAL	142	VET M40	32	01:41:30	04:48	01:41:45
148.	109	ÂNGELO LOPES	SIE - EQUIPA	143	VET M35	30	01:41:30	04:48	01:41:45
149.	117	GABRIEL COSTA	SIE - EQUIPA	144	VET M35	31	01:41:31	04:48	01:41:45
150.	236	SÉRGIO CRISTA	GDR JUVENTUDE RIBEIRAS	145	VET M40	33	01:41:33	04:48	01:41:46
151.	167	RAFAEL NUNES	INDIVIDUAL	146	VET M40	34	01:41:18	04:48	01:41:47
152.	195	SANDRO VILELA	AMIGOS DO DESCANSO	147	VET M40	35	01:41:48	04:49	01:41:56
153.	348	RUI ISIDORO	INDIVIDUAL	148	VET M40	36	01:41:48	04:49	01:41:56
154.	199	JOSÉ MARTINS	CA BARREIRA	149	VET M65	4	01:42:00	04:50	01:42:00
155.	234	MAFALDA OLIVEIRA	ATLETICO DA MADALENA	6	SEN F	5	01:41:59	04:50	01:42:14
156.	368	JOSE AFONSO	INDIVIDUAL	150	SEN M	27	01:42:11	04:50	01:42:17
157.	197	RCIARDO RUAS	A R MEIRINHAS	151	VET M40	37	01:42:21	04:51	01:42:30
158.	136	JOÃO DÂMASO	GRUPO MARAVILHA	152	SEN M	28	01:42:28	04:51	01:42:33
159.	58	JOEL GUERRA	TURTLES AND RABBITS	153	VET M40	38	01:42:24	04:51	01:42:34
160.	249	TELMO PEDRO	INDIVIDUAL	154	VET M40	39	01:42:32	04:51	01:42:36
161.	325	HELENA MOURÃO	A.C.R.S. DESTERRO-NAPO	7	VET F55	1	01:42:39	04:51	01:42:43
162.	338	NELSON MARQUES SANTOS	INDIVIDUAL	155	VET M35	32	01:42:37	04:51	01:42:44
163.	42	FILIPE TOMÁS	A. C. S. MAMEDE	156	VET M70	1	01:43:01	04:53	01:43:06
164.	271	HUGO BARQUEIRO	GRUPO ALEGRE UNIDO BAJOUCA	157	VET M35	33	01:43:08	04:53	01:43:13
165.	361	MARCO SANTOS	INDIVIDUAL	158	VET M35	34	01:42:22	04:51	01:43:18
166.	154	FREDERICO SISMEIRO	OS INTOCÁVEIS	159	VET M45	25	01:43:23	04:54	01:43:44
167.	226	FILIPE SANTOS	CP CMP	160	VET M35	35	01:43:54	04:55	01:44:06
168.	304	BLANDINA LOURENÇO	ATLETICO CLUBE VERMOIL	8	VET F35	1	01:43:58	04:55	01:44:09
169.	303	HELDER MIRANDA	ATLETICO CLUBE VERMOIL	161	VET M35	36	01:43:58	04:55	01:44:09
170.	203	GUILHERME BENTO	INDIVIDUAL	162	VET M45	26	01:44:16	04:56	01:44:19
171.	157	CARLOS MAJOR	G.D.C. EIRAPEDRENSE	163	VET M55	5	01:44:18	04:56	01:44:29
172.	187	HÉLDER PEREIRA	INDIVIDUAL	164	VET M45	27	01:44:27	04:57	01:44:34
173.	31	GUSTAVO EVORA	CD ASAS DO MILÉNium / 99PROVASGRATUITAS	165	VET M50	18	01:44:42	04:57	01:44:55
174.	30	JOÃO CARVALHO	CD ASAS DO MILÉNium / 99PROVASGRATUITAS	166	VET M45	28	01:44:46	04:57	01:44:59
175.	18	LÍGIA CASIMIRO	SPORTING CLUBE DE ESPINHO / ANTÓNIO LEITÃO	9	VET F40	1	01:45:01	04:58	01:45:03
176.	28	JOSÉ MIRA	CD ASAS DO MILÉNium / 99PROVASGRATUITAS	167	VET M65	5	01:44:56	04:58	01:45:07

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
177.	134	LEOPOLDINO OLIVEIRA	INDIVIDUAL	168	VET M55	6	01:44:45	04:57	01:45:13
178.	13	JOSÉ SILVA	MARMELEIRA RESORT	169	VET M60	7	01:44:55	04:58	01:45:16
179.	222	JOÃO PAULO SILVA	INDIVIDUAL	170	VET M50	19	01:45:10	04:59	01:45:33
180.	374	TIAGO MOREIRA	INDIVIDUAL	171	SEN M	29	01:45:38	05:00	01:45:38
181.	81	DALILA PEREIRA	SIE - EQUIPA	10	SEN F	6	01:45:28	04:59	01:45:42
182.	56	GABRIEL CANDIDO	MAXIMIANOS	172	JUN M	2	01:45:29	05:00	01:45:47
183.	186	PEDRO RODOLFO	INDIVIDUAL	173	VET M35	37	01:45:32	05:00	01:45:51
184.	32	PEDRO CAPELO	INDIVIDUAL	174	VET M35	38	01:45:53	05:01	01:46:00
185.	145	JOAQUIM VIEIRA	INDIVIDUAL	175	VET M50	20	01:45:56	05:01	01:46:02
186.	292	LUIS LAGES	LIZ RUNNERS	176	VET M50	21	01:45:56	05:01	01:46:12
187.	279	NUNO VITORINO	ADRMATA	177	SEN M	30	01:46:17	05:02	01:46:28
188.	29	MARIO CARVALHO	CD ASAS DO MILÉNium / 99PROVASGRATUITAS	178	VET M60	8	01:46:24	05:02	01:46:35
189.	142	GONÇALO FERREIRA	A.R. MEIRINHAS	179	VET M35	39	01:46:28	05:02	01:46:36
190.	247	OCTÁVIO LOPES LOPES	VESPINGA TRAIL	180	VET M40	40	01:46:20	05:02	01:46:42
191.	104	JORGE PATRICIO	TURTLES AND RABBITS	181	VET M40	41	01:46:45	05:03	01:47:01
192.	204	JORGE AZEVEDO	INDIVIDUAL	182	VET M45	29	01:46:38	05:03	01:47:02
193.	64	SUZETE MARCO	GRECAS - VAGOS	11	VET F45	1	01:45:52	05:01	01:47:03
194.	40	JOSÉ SIMÕES	ACDRS QUINHENDROS	183	VET M45	30	01:46:49	05:03	01:47:03
195.	77	CARLOS ALBINO	INDIVIDUAL	184	VET M40	42	01:46:52	05:03	01:47:06
196.	287	GONÇALO COELHO	INDIVIDUAL	185	VET M35	40	01:46:51	05:03	01:47:08
197.	48	LIBÂNIA PEREIRA	INDIVIDUAL	12	SEN F	7	01:46:50	05:03	01:47:10
198.	47	GONÇALO BERNARDO	INDIVIDUAL	186	SEN M	31	01:46:49	05:03	01:47:10
199.	300	DINIS SANTOS	INDIVIDUAL	187	VET M45	31	01:47:05	05:04	01:47:14
200.	196	HENRIQUE BORGES	AMIGOS DO DESCANSO	188	VET M55	7	01:47:21	05:05	01:47:29
201.	90	JOSÉ FERREIRA	AIRBIKE	189	VET M55	8	01:47:42	05:06	01:47:57
202.	175	JOSÉ SOUSA	INDIVIDUAL	190	VET M55	9	01:48:21	05:08	01:48:36
203.	106	PEDRO NASCIMENTO	INDIVIDUAL	191	VET M35	41	01:48:18	05:08	01:48:38
204.	295	TEOFILO PEQUICHO	MUNICIPIO DE LEIRIA	192	VET M35	42	01:48:58	05:09	01:49:19
205.	298	DARCIO RODRIGUES	G.A SOUTOS	193	VET M35	43	01:49:00	05:10	01:49:29
206.	95	HUGO MARQUES	GAB RUNNERS	194	VET M35	44	01:49:16	05:10	01:49:36
207.	235	JUSTINO SILVA	MUNICIPIO DE LEIRIA	195	VET M40	43	01:49:21	05:10	01:49:39
208.	107	LEONEL PINTO	INDIVIDUAL	196	VET M50	22	01:49:32	05:11	01:49:50
209.	208	ANABELA RIBEIRO	INDIVIDUAL	13	VET F40	2	01:49:41	05:11	01:49:59
210.	92	TERESA FERREIRA	AIRBIKE	14	VET F50	1	01:50:11	05:13	01:50:27
211.	137	ANTÓNIO CASAS NOVAS	INDIVIDUAL	197	VET M40	44	01:50:01	05:12	01:50:32
212.	15	BERNARDO VICENTE	MARMELEIRA RESORT	198	SEN M	32	01:50:16	05:13	01:50:38
213.	189	LUIS CRUZ	INDIVIDUAL	199	VET M40	45	01:50:19	05:13	01:50:41
214.	188	RICARDO VEIGA	INDIVIDUAL	200	VET M40	46	01:50:42	05:14	01:50:49
215.	169	PEDRO FILIPE GONÇALVES	AIRBAG NO PROBLEM	201	JUN M	3	01:50:41	05:14	01:50:56
216.	12	MARCELO ALVES	INDIVIDUAL	202	VET M45	32	01:50:54	05:15	01:51:02
217.	152	PAULO ALVES	ARMADA TORRIENSE	203	VET M55	10	01:50:56	05:15	01:51:07
218.	251	LUIS LOPES	VESPINGA TRAIL	204	VET M40	47	01:51:19	05:16	01:51:30
219.	306	HUGO FARIA	VESPINGA TRAIL	205	VET M40	48	01:51:27	05:16	01:51:31
220.	190	MARCO BERNARDINO	INDIVIDUAL	206	VET M40	49	01:51:10	05:16	01:51:33

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
221.	105	CRISTIANO FILIPE	INDIVIDUAL	207	SEN M	33	01:51:19	05:16	01:51:48
222.	168	RUI MANUEL GONÇALVES	AIRBAG NO PROBLEM	208	SEN M	34	01:51:37	05:17	01:51:52
223.	293	ALEXANDRE BRANCO	MUNICIPIO DE LEIRIA	209	VET M40	50	01:51:23	05:16	01:51:52
224.	112	SEBASTIEN GONÇALVES	INDIVIDUAL	210	VET M35	45	01:51:51	05:18	01:52:05
225.	254	RUI FRESCO	VESPINGA TRAIL	211	VET M40	51	01:51:43	05:17	01:52:07
226.	102	LUIS PEDROSA	SMML	212	VET M40	52	01:52:12	05:19	01:52:22
227.	26	MIGUEL LOPES	CD ASAS DO MILÉNIO / 99PROVASGRATUITAS	213	VET M40	53	01:52:08	05:18	01:52:22
228.	99	VASCO MARQUES	INDIVIDUAL	214	VET M45	33	01:52:24	05:19	01:52:44
229.	127	CARLOS SEBASTIAO	INDIVIDUAL	215	VET M45	34	01:52:42	05:20	01:52:51
230.	163	PAULO CLARA	INDIVIDUAL	216	VET M40	54	01:52:22	05:19	01:52:53
231.	308	CRISTINA BARROS	SINMETRO	15	VET F40	3	01:52:51	05:20	01:53:10
232.	143	JOAO BERNARDO	INDIVIDUAL	217	VET M40	55	01:52:52	05:20	01:53:16
233.	286	VIRGÍNIA SIMÕES	INDIVIDUAL	16	VET F40	4	01:53:01	05:21	01:53:21
234.	21	HÉLDER SILVÉRIO	MARMELEIRA RESORT	218	VET M45	35	01:53:24	05:22	01:53:47
235.	135	LUIS TAVORA	INDIVIDUAL	219	VET M45	36	01:53:20	05:22	01:53:47
236.	227	JOAO CONCEIÇÃO	INDIVIDUAL	220	VET M50	23	01:53:42	05:23	01:53:53
237.	231	ISAUL OLIVEIRA	INDIVIDUAL	221	VET M45	37	01:53:36	05:23	01:54:02
238.	229	ANTÓNIO OLIVEIRA	INDIVIDUAL	222	VET M40	56	01:53:36	05:23	01:54:02
239.	108	DAVID SANTOS	SIE - EQUIPA	223	VET M45	38	01:53:55	05:23	01:54:09
240.	111	PEDRO FONSECA	LIZ RUNNERS	224	VET M35	46	01:54:01	05:24	01:54:14
241.	141	NUNO BELO	LIZ RUNNERS	225	VET M45	39	01:53:53	05:23	01:54:15
242.	289	FERNANDO COUTEIRO	INDIVIDUAL	226	VET M45	40	01:54:26	05:25	01:54:34
243.	252	MARCO MONTEIRO	INDIVIDUAL	227	VET M40	57	01:54:23	05:25	01:54:46
244.	205	MIGUEL ROSÁRIO	INDIVIDUAL	228	VET M45	41	01:54:42	05:26	01:55:03
245.	343	ADELAIDE SOUSA	MUNICIPIO DE LEIRIA	17	VET F35	2	01:54:47	05:26	01:55:09
246.	130	ISABEL VIEIRA	INDIVIDUAL	18	VET F50	2	01:55:00	05:27	01:55:25
247.	356	NUNO BRITES	MUNICIPIO DE LEIRIA	229	SUB 23 M	1	01:55:21	05:28	01:55:27
248.	57	VANDA VENDEIRINHO	TURTLES AND RABBITS	19	VET F35	3	01:55:15	05:27	01:55:32
249.	320	ALBERTO SANTOS	INDIVIDUAL	230	VET M55	11	01:55:09	05:27	01:55:32
250.	211	ANTÓNIO GRAZINA	CHERSTERS TEAM	231	VET M65	6	01:55:06	05:27	01:55:32
251.	51	MIGUEL COELHO	INDIVIDUAL	232	VET M40	58	01:55:16	05:27	01:55:34
252.	202	ÉNIO MOTA	A.R. MEIRINHAS	233	VET M35	47	01:55:29	05:28	01:55:37
253.	41	DIANA NEVES	INDIVIDUAL	20	VET F35	4	01:55:23	05:28	01:55:52
254.	373	LUIS CONFREIRA	INDIVIDUAL	234	VET M35	48	01:55:46	05:29	01:56:01
255.	228	SÉRGIO MANUEL	CANIANOS	235	VET M35	49	01:55:34	05:28	01:56:02
256.	50	MARTINE RAINHO	CLAS	21	VET F45	2	01:55:50	05:29	01:56:07
257.	61	PAULO PINTO	"OS QUARTAS RUNNING GROUP"	236	VET M45	42	01:56:16	05:30	01:56:32
258.	131	JOÃO LOPES DUARTE	INDIVIDUAL	22	SEN F	8	01:56:25	05:31	01:56:39
259.	302	CATARINA OLIVEIRA	CIÁTICOS TEAM	23	SEN F	9	01:56:52	05:32	01:57:08
260.	382	ELIANA RAIMUNDO	INDIVIDUAL	24	VET F35	5	01:56:51	05:32	01:57:09
261.	255	RICARDO PEREIRA	CAPTEXITO TEAM	237	VET M35	50	01:57:23	05:33	01:57:51
262.	282	CRISTIANA CUNHA	COC	25	SEN F	10	01:58:07	05:35	01:58:15
263.	80	LUIS LACERDA	INDIVIDUAL	238	VET M40	59	01:58:21	05:36	01:58:48
264.	246	ANTÓNIO OLIVEIRA	INDIVIDUAL	239	VET M50	24	01:58:32	05:37	01:58:51

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
265.	372	RICARDO MENDES	INDIVIDUAL	240	SEN M	35	01:58:48	05:37	01:59:02
266.	73	JOÃO LIMA	4 AO KM	241	VET M55	12	01:58:49	05:37	01:59:07
267.	330	LUIS PRAZERES	INDIVIDUAL	242	VET M45	43	01:59:06	05:38	01:59:28
268.	371	VIRGILIO OLIVEIRA	SPORTING CLUBE MOITENSE	243	VET M50	25	01:59:27	05:39	01:59:30
269.	210	JORGE VIEIRA	INDIVIDUAL	244	VET M40	60	01:59:30	05:39	01:59:36
270.	264	VITOR PEREIRA	G.D.R. SÃO FRANCISCO DA SERRA	245	VET M40	61	01:59:51	05:40	01:59:54
271.	339	MÁRIO NICOLAU	INDIVIDUAL	246	VET M45	44	01:59:33	05:40	02:00:00
272.	85	DAVID CRUZ	INDIVIDUAL	247	VET M60	9	01:59:46	05:40	02:00:07
273.	237	MARIO VITERI	INDIVIDUAL	248	SEN M	36	02:00:08	05:41	02:00:21
274.	36	EVA ROSA	CLUBE DESPORTIVO MOITENSE	26	VET F45	3	02:00:24	05:42	02:00:24
275.	363	LINA FRANCISCO	CA BARREIRA	27	VET F45	4	02:00:49	05:43	02:00:58
276.	170	PEDRO COELHO	INDIVIDUAL	249	VET M40	62	02:00:50	05:43	02:01:15
277.	328	RUI SIMÕES	INDIVIDUAL	250	VET M40	63	02:01:14	05:44	02:01:41
278.	244	ANNABELLE LUIS	INDIVIDUAL	28	VET F40	5	02:01:19	05:45	02:01:42
279.	200	VASCO SILVA	INDIVIDUAL	251	SEN M	37	02:01:45	05:46	02:01:56
280.	132	DANIELA FAUSTINO	INDIVIDUAL	29	SEN F	11	02:01:40	05:46	02:02:03
281.	164	JORGE SILVA	INDIVIDUAL	252	VET M40	64	02:02:10	05:47	02:02:36
282.	166	FRANCISCO GRÁCIO	INDIVIDUAL	253	SEN M	38	02:02:10	05:47	02:02:36
283.	340	NEUZA COSTA	INDIVIDUAL	30	VET F40	6	02:02:51	05:49	02:03:09
284.	155	MANUEL SANTOS	G.D.C. EIRAPEDRENSE	254	VET M65	7	02:02:57	05:49	02:03:20
285.	43	BERNARDO SILVA	XIRIPITI TEAM	255	VET M35	51	02:03:22	05:50	02:03:40
286.	270	MARIA ALBERTINA SILVA	JUVENTUDE VIDIGALENSE	31	VET F55	2	02:03:30	05:51	02:03:46
287.	191	RICARDO LOPES	INDIVIDUAL	256	VET M40	65	02:03:33	05:51	02:03:57
288.	133	VALTER SILVA	INDIVIDUAL	257	VET M35	52	02:03:46	05:52	02:04:15
289.	128	VERA FERREIRA	RUNNING FAMILY	32	VET F40	7	02:04:03	05:52	02:04:20
290.	129	PAULO BARROSO	RUNNING FAMILY	258	VET M40	66	02:04:04	05:52	02:04:21
291.	370	ROBERTO COELHO	INDIVIDUAL	259	VET M50	26	02:04:10	05:53	02:04:27
292.	311	ANA FILIPA FEIJÃO	INDIVIDUAL	33	SEN F	12	02:04:12	05:53	02:04:30
293.	366	MIGUEL SANTOS	INDIVIDUAL	260	VET M40	67	02:04:29	05:54	02:04:45
294.	59	SUSANA SANTOS	JUVENTUDE VIDIGALENSE	34	VET F40	8	02:04:40	05:54	02:04:56
295.	93	EMANUEL BERNARDES	INDIVIDUAL	261	VET M35	53	02:04:47	05:54	02:04:56
296.	355	EDUARDO NEVES	MUNICIPIO DE LEIRIA	262	VET M45	45	02:04:11	05:53	02:05:08
297.	171	ANTÓNIO CASEIRO	COLCHOARIA PORTUGUESA	263	VET M45	46	02:05:09	05:55	02:05:28
298.	149	CATARINA FONTINHA	PRETA RUNNERS	35	VET F40	9	02:05:40	05:57	02:05:50
299.	88	ISADORA COSTA	4 AO KM	36	SEN F	13	02:05:51	05:57	02:06:08
300.	89	VITOR GONÇALVES	4 AO KM	264	VET M45	47	02:05:50	05:57	02:06:08
301.	65	MARIA MONTEIRO	INDIVIDUAL	37	VET F40	10	02:07:11	06:01	02:07:27
302.	55	HELDER CANDIDO	MAXIMIANOS	265	VET M40	68	02:08:29	06:05	02:08:47
303.	324	MICAEL GUIOMAR	SOUTARIA TEAM	266	SEN M	39	02:08:26	06:05	02:08:50
304.	17	CARLOS BARROSO	INDIVIDUAL	267	VET M50	27	02:09:02	06:06	02:09:10
305.	233	VÍTOR CARDOSO	ATLETICO DA MADALENA	268	VET M50	28	02:09:17	06:07	02:09:33
306.	352	EMA ORFAO	INDIVIDUAL	38	SEN F	14	02:10:21	06:10	02:10:36
307.	316	TIAGO AGOSTINHO	CPR. A-DO-BARBAS	269	SEN M	40	02:12:18	06:16	02:12:24
308.	224	PEDRO ESTEVES	INDIVIDUAL	270	VET M40	69	02:12:20	06:16	02:12:40

Geral	Dorsal	Nome	Equipa	Sexo	Escalão	Esc.	Chip	Ritmo	Tempo
309.	185	ANA MARTINS	FALCOES SELVAGENS	39	VET F50	3	02:12:21	06:16	02:12:48
310.	184	LUÍS REIS	FALCOES SELVAGENS	271	VET M55	13	02:12:20	06:16	02:12:49
311.	310	GUALTER SIMÃO	INDIVIDUAL	272	VET M50	29	02:14:31	06:22	02:14:55
312.	248	DINA NUNES	INDIVIDUAL	40	VET F40	11	02:14:53	06:23	02:15:13
313.	83	SUSANA FREITAS	INDIVIDUAL	41	VET F40	12	02:15:24	06:25	02:15:44
314.	262	VITOR DUARTE	INDIVIDUAL	273	SEN M	41	02:17:42	06:31	02:17:46
315.	305	RAMIRO SANTOS	INDIVIDUAL	274	VET M50	30	02:17:29	06:31	02:17:46
316.	158	BERNARDO SILVA	FAST WALKERS	275	SEN M	42	02:19:22	06:36	02:19:43
317.	273	NUNO FELICIANO	FAST WALKERS	276	SEN M	43	02:19:23	06:36	02:19:43
318.	86	RITA CARVALHO	INDIVIDUAL	42	SUB 23 F	2	02:19:36	06:37	02:20:02
319.	24	FILIPE SOBREIRA	INDIVIDUAL	277	VET M40	70	02:19:33	06:36	02:20:03
320.	71	SANDRA PEREIRA	INDIVIDUAL	43	VET F40	13	02:20:11	06:38	02:20:30
321.	193	FRED LISBOA	A.R. MEIRINHAS	278	VET M40	71	02:20:28	06:39	02:20:35
322.	301	RENATO SANTOS	INDIVIDUAL	279	VET M45	48	02:21:20	06:41	02:21:44
323.	288	MANUEL SIMÃO	INDIVIDUAL	280	VET M45	49	02:23:55	06:49	02:24:05
324.	114	PATRÍCIA MARQUES	INDIVIDUAL	44	SEN F	15	02:24:10	06:50	02:24:33
325.	259	PATRICIO FREIRE	INDIVIDUAL	281	VET M40	72	02:30:25	07:07	02:30:42
326.	313	CRISTIANO CALADO	DÁ-LHE GÁS TEAM	282	VET M40	73	02:30:24	07:07	02:30:42