

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Ritmo	Cat.
1.	145	Emanuel Rocha	CASA DO BENFICA DE REGUENGOS DE MONSARAZ	M	Masc	00:30:40,719	04:23	1
2.	99	Filipe Mocho	Furões do Alentejo	M	Masc	00:34:15,870	04:53	2
3.	159	André Oliveira		M	Masc	00:35:10,009	05:01	3
4.	98	Pedro Peniche	Furões do Alentejo	M	Masc	00:36:33,498	05:13	4
5.	46	JOAQUIM FREITAS	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	M	Masc	00:36:40,234	05:14	5
6.	147	Manuel Freitas	Núcleo SCP Portel	M	Masc	00:37:18,413	05:20	6
7.	143	Guilherme Cantanhede	ACM Montemor a Correr	M	Masc	00:44:32,336	06:22	7
8.	133	Luís Lopes	ACM Montemor a Correr	M	Masc	00:45:31,593	06:30	8
9.	134	Sofia Barbado	ACM Montemor a Correr	F	Fem	00:46:33,786	06:39	1
10.	158	Ilidia José		F	Fem	00:47:36,514	06:48	2
11.	406	RUI CHAPA	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	M	Masc	00:47:36,835	06:48	9
12.	60	Sandra Silva		F	Fem	00:50:52,205	07:16	3
13.	96	Filipa Henriques		F	Fem	00:52:01,646	07:26	4
14.	53	Hélio Barreiras	H&J	M	Masc	00:52:24,369	07:29	10
15.	52	Joana Gonçalves	H&J	F	Fem	00:52:24,450	07:29	5
16.	20	Telma Aleixo		F	Fem	00:52:24,702	07:29	6
17.	103	Carmelinda Cândido		F	Fem	00:54:41,113	07:49	7
18.	109	Maria Costa		F	Fem	00:54:42,707	07:49	8
19.	156	Simão Porto		M	Masc	00:54:45,067	07:49	11
20.	14	Beatriz Mirão		F	Fem	00:56:32,276	08:05	9
21.	13	Paula Vicente		F	Fem	00:56:52,794	08:07	10
22.	123	TERESA MENDES	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	F	Fem	00:56:56,264	08:08	11
23.	94	Mariana Matos	Pedais do Raia	F	Fem	00:56:56,780	08:08	12
24.	95	Vanessa Pequito	Pedais do Raia	F	Fem	00:56:57,337	08:08	13
25.	11	Rita Magarreiro	AD IALBAX	F	Fem	00:59:23,798	08:29	14
26.	12	Cristina Infante	AD IALBAX	F	Fem	00:59:24,093	08:29	15
27.	137	Silvia Maia	ATKRSD Running	F	Fem	00:59:33,925	08:31	16
28.	110	Nadia Courela		F	Fem	01:00:09,217	08:35	17
29.	111	Duarte Rebeca		M	Masc	01:00:10,173	08:36	12
30.	48	José Grafino		M	Masc	01:01:38,718	08:48	13
31.	97	ELISABETE NOGUEIRA	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	F	Fem	01:01:39,619	08:49	18
32.	19	Ju Mirão		F	Fem	01:03:04,367	09:01	19
33.	24	LINA MALTEZ	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	F	Fem	01:03:19,863	09:03	20
34.	153	Mariana Henriques	ACM Montemor a Correr	F	Fem	01:03:34,778	09:05	21
35.	55	Rosa Assunção	Total Gym	F	Fem	01:04:52,852	09:16	22
36.	54	Maria Figueiredo	Total Gym	F	Fem	01:04:52,959	09:16	23
37.	140	DIANA CARDOSO	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	F	Fem	01:05:42,456	09:23	24
38.	141	MARTA CANDEIAS	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	F	Fem	01:05:42,588	09:23	25
39.	102	Fernando Cravo		M	Masc	01:07:29,040	09:38	14
40.	100	Fernando Cravo		M	Masc	01:07:29,451	09:38	15
41.	67	Susana Flamino	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	F	Fem	01:08:04,607	09:43	26
42.	22	PATRICIA MALHÃO	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	F	Fem	01:08:04,769	09:43	27
43.	17	Marlene Pataco	Clube Aventura de Monforte	F	Fem	01:08:36,087	09:48	28
44.	49	Monica Brito	Clube Aventura de Monforte	M	Masc	01:08:37,519	09:48	16

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45.	66	Maria J. Mira	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	F	Fem	01:08:37,759	09:48	29
46.	107	João Galhofo	#FatRunners	M	Masc	01:08:45,585	09:49	17
47.	157	Matilde Porto		F	Fem	01:09:07,607	09:52	30
48.	120	Angélica Galveias	ACM Montemor a Correr	F	Fem	01:09:08,394	09:53	31
49.	154	Gil Porto		M	Masc	01:09:08,585	09:53	18
50.	126	Fernando Soares	ACM Montemor a Correr	M	Masc	01:09:08,661	09:53	19
51.	108	Andreia Salvador	#FatRunners	F	Fem	01:09:12,138	09:53	32
52.	148	Sandra Matos	ACM Montemor a Correr	F	Fem	01:09:12,586	09:53	33
53.	144	Paula Freixa		F	Fem	01:09:41,053	09:57	34
54.	104	Elisabete Soeiro	BV MORA TEAM	F	Fem	01:11:33,606	10:13	35
55.	34	José Capilé	Total Gym	M	Masc	01:12:25,441	10:21	20
56.	31	Solange Jesus	Total Gym	F	Fem	01:12:25,967	10:21	36
57.	80	WILLEM TER HAAR	Herdade do Casão	M	Masc	01:14:10,213	10:36	21
58.	84	KEES BALVERT	Herdade do Casão	M	Masc	01:14:10,658	10:36	22
59.	155	Filipa Porto		F	Fem	01:16:07,050	10:52	37
60.	70	Ana Vedoria		F	Fem	01:22:00,471	11:43	38
61.	69	Célia dos Santos		F	Fem	01:22:01,320	11:43	39
62.	35	Maria Capilé	Total Gym	F	Fem	01:22:38,687	11:48	40
63.	27	MANUEL TOMAZ	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	M	Masc	01:23:05,209	11:52	23
64.	136	Ludgero Guerreiro	Grupo Caminheiros de Évora	M	Masc	01:23:05,241	11:52	24
65.	6	Luiza Rodrigues		F	Fem	01:23:14,662	11:53	41
66.	76	MARIA NUNES		F	Fem	01:23:15,464	11:53	42
67.	2	Luisa Viriato		F	Fem	01:23:16,884	11:54	43
68.	3	Fernanda Condinho		M	Masc	01:23:17,404	11:54	25
69.	5	Fernanda Cirio		F	Fem	01:23:17,442	11:54	44
70.	139	Paula Carvalho		F	Fem	01:23:19,920	11:54	45
71.	92	Mónica Foito		F	Fem	01:23:20,524	11:54	46
72.	131	Florbelá Salgueiro	ACM Montemor a Correr	F	Fem	01:23:20,535	11:54	47
73.	81	JAN BLOEMHEUVEL	Herdade do Casão	M	Masc	01:23:20,815	11:54	26
74.	91	Andreia Falcão		F	Fem	01:23:25,022	11:55	48
75.	117	ANA BARREIROS	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	F	Fem	01:24:24,816	12:04	49
76.	112	Paulo Maneta		M	Masc	01:24:26,822	12:04	27
77.	113	Luisa Maneta		F	Fem	01:24:26,832	12:04	50
78.	63	Catia Pereira		F	Fem	01:25:10,012	12:10	51
79.	62	Helena Varela		F	Fem	01:25:10,117	12:10	52
80.	38	Renato Pereira	Total Gym	M	Masc	01:25:19,375	12:11	28
81.	37	Carlos Pereira	Total Gym	M	Masc	01:25:21,634	12:11	29
82.	44	Vera Godinho	Total Gym	F	Fem	01:25:21,795	12:11	53
83.	39	Tiago Carvalheira	Total Gym	M	Masc	01:25:22,171	12:12	30
84.	36	Ana Cardoso	Total Gym	F	Fem	01:25:22,891	12:12	54
85.	40	Cristina Guerreiro	Total Gym	F	Fem	01:25:42,647	12:14	55
86.	93	Mariola Durán		F	Fem	01:25:42,870	12:14	56
87.	142	Ana Manuel	Vendas Novas	F	Fem	01:25:46,290	12:15	57
88.	41	Luis Guerreiro	Total Gym	M	Masc	01:25:56,746	12:17	31

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89.	43	Marilia Rosa	Total Gym	F	Fem	01:25:57,916	12:17	58
90.	45	Sandra Brázio	Total Gym	M	Masc	01:25:57,983	12:17	32
91.	42	Luis Lourenço	Total Gym	M	Masc	01:25:58,358	12:17	33
92.	87	Inês Marcelino	Total Gym	F	Fem	01:25:58,676	12:17	59
93.	135	Olivia Burke		F	Fem	01:26:01,214	12:17	60
94.	85	HANS NEUTEBOOM	Herdade do Casão	M	Masc	01:26:04,899	12:18	34
95.	82	WILHELMINA VAN DER GEEST	Herdade do Casão	M	Masc	01:26:05,945	12:18	35
96.	106	Flávia Charrua		F	Fem	01:26:08,533	12:18	61
97.	115	Ana Mateus		F	Fem	01:26:21,361	12:20	62
98.	146	Vanda Coelho		F	Fem	01:26:22,103	12:20	63
99.	73	ELISABETE ALVES		F	Fem	01:26:23,523	12:20	64
100.	124	Micas Canelas		F	Fem	01:26:25,224	12:21	65
101.	4	Maria Nunes		F	Fem	01:26:26,416	12:21	66
102.	127	Ângela Murteira	ACM Montemor a Correr	F	Fem	01:26:27,279	12:21	67
103.	125	Diogo Pinto	ACM Montemor a Correr	M	Masc	01:26:28,485	12:21	36
104.	122	Gabriela Garcia	ATKRSD Running	F	Fem	01:26:40,460	12:23	68
105.	86	MARCO TIJHUIS	Herdade do Casão	M	Masc	01:26:44,790	12:23	37
106.	105	Susana Fanica		F	Fem	01:26:47,962	12:24	69
107.	150	Manuel Pereira		M		01:28:34,543	12:39	
108.	7	Dina Hortelao	Passeantes	F	Fem	01:28:47,473	12:41	70
109.	9	Maria Russo	Passeantes	F	Fem	01:28:51,229	12:41	71
110.	8	Vera Mesquita	Passeantes	F	Fem	01:28:51,734	12:41	72
111.	33	António Costa	Total Gym	M	Masc	01:28:53,904	12:42	38
112.	58	Ivone Rosa	Total Gym	F	Fem	01:28:54,053	12:42	73
113.	56	Conceição Nobre	Total Gym	F	Fem	01:28:54,565	12:42	74
114.	57	Deolinda Fernandes	Total Gym	F	Fem	01:28:57,765	12:43	75
115.	65	Francisco Barão		M	Masc	01:28:59,858	12:43	39
116.	68	Helena Martins		F	Fem	01:29:01,348	12:43	76
117.	10	Paula Pedro	Passeantes	F	Fem	01:29:04,464	12:43	77
118.	72	Lidia Courela	As Primas	F	Fem	01:29:31,669	12:47	78
119.	50	Sofia Correia	AS MÃES	F	Fem	01:29:32,253	12:47	79
120.	51	Sofia Correia	AS MÃES	F	Fem	01:29:33,207	12:47	80
121.	121	Sofia Rebocho	ACM Montemor a Correr	F	Fem	01:29:44,863	12:49	81
122.	119	Dália Lascas	ACM Montemor a Correr	F	Fem	01:29:44,984	12:49	82
123.	47	Elsa Neves		F	Fem	01:29:46,335	12:49	83
124.	71	Graça Peniche Cardoso	As Primas	F	Fem	01:41:30,713	14:30	84
125.	79	ROXANNE TER HAAR	Herdade do Casão	F	Fem	02:25:21,355	20:46	85
126.	26	AGOSTINHO PINTO	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	M	Masc	02:33:29,086	21:56	40