

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Ritmo	Cat.
1.	428	Sérgio Santos	Évora	M	Vet II M	01:16:47,795	05:29	1
2.	301	Carlos Esteves	Clube de Atletismo Trail Runners da Ponte	M	Vet I M	01:17:31,085	05:32	1
3.	429	Marco José	Clube de Atletismo de Viana do Alentejo / FRIBAIÃO	M	Vet I M	01:18:37,766	05:37	2
4.	30	FILIPE SILVA	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	M	Sen M	01:21:44,262	05:50	1
5.	310	Pedro Catarro		M	Vet I M	01:22:29,246	05:53	3
6.	416	Carlos Santo	ACM Montemor a Correr	M	Vet II M	01:22:47,141	05:55	2
7.	321	FERNADO DIAS	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	M	Vet II M	01:24:06,716	06:01	3
8.	448	José Henrique Comenda	Correr em Giesta	M	Vet II M	01:24:30,154	06:02	4
9.	315	Nuno Carvalho		M	Vet I M	01:25:47,951	06:08	4
10.	327	HELIODORO ARRANJA	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	M	Vet II M	01:26:30,145	06:11	5
11.	350	Rui Brito	Clube Aventura de Monforte	M	Vet II M	01:27:06,126	06:13	6
12.	413	Nuno Pinto		M	Vet I M	01:27:30,081	06:15	5
13.	417	Tiago Barreto		M	Sen M	01:27:48,079	06:16	2
14.	338	António Gaspar	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	M	Vet II M	01:27:54,238	06:17	7
15.	334	Vicente Paixão	Total Gym	M	Vet I M	01:28:08,377	06:18	6
16.	339	ABILIO CATARRO	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	M	Vet II M	01:28:11,646	06:18	8
17.	447	VANESSA Silva		F	Vet I F	01:28:12,832	06:18	1
18.	441	carlos oliveira	Correr em Giesta	M	Vet II M	01:28:14,319	06:18	9
19.	397	NUNO MATOS	ACM Montemor a Correr	M	Vet II M	01:28:39,674	06:20	10
20.	426	António Lóios	Furões do Alentejo	M	Vet II M	01:29:14,248	06:22	11
21.	392	Nelson Lima		M	Vet II M	01:29:59,900	06:26	12
22.	366	Eurico Ferrão		M	Vet II M	01:30:43,144	06:29	13
23.	319	Rui Claro		M	Vet II M	01:31:36,759	06:32	14
24.	432	Rui Borralho	Lavre Running	M	Vet I M	01:31:36,949	06:32	7
25.	420	JOSE VARELA	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	M	Vet II M	01:31:45,601	06:33	15
26.	456	Eduardo Soares	Clube de Orientação do Alto Alentejo	M	Vet I M	01:33:23,302	06:40	8
27.	455	João Real	Clube de Orientação do Alto Alentejo	M	Vet I M	01:33:33,000	06:41	9
28.	349	Marco Silva	Correr em Giesta	M	Vet I M	01:33:44,926	06:42	10
29.	433	vasco isabel	Vendas Novas	M	Sen M	01:33:56,507	06:43	3
30.	446	Rodrigo Joina		M	Vet I M	01:33:58,477	06:43	11
31.	430	Anthony BURKE		M	Vet II M	01:34:54,399	06:47	16
32.	410	Joao Godinho	Lavre Running	M	Vet I M	01:35:58,682	06:51	12
33.	364	Fabio Grazina		M	Sen M	01:36:16,567	06:53	4
34.	440	Paulo Almeida	Escola de Atletismo do Montijo-A.F.D.D	M	Vet II M	01:36:20,488	06:53	17
35.	415	Gustavo Nunes	ACM Montemor a Correr	M	Sen M	01:36:33,741	06:54	5
36.	390	Hugo Mota		M	Vet I M	01:37:15,343	06:57	13
37.	408	Duarte Pedra		M	Sen M	01:37:15,803	06:57	6
38.	329	CARLOS MESTRINHO	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	M	Vet II M	01:37:27,927	06:58	18
39.	337	JOSE TAVARES	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	M	Vet II M	01:38:22,400	07:02	19
40.	396	Graciete Vinagre		F	Vet I F	01:39:03,198	07:05	2
41.	316	Nuno Gaio		M	Vet I M	01:39:51,149	07:08	14
42.	384	Nuno Lopes	ADN Trilhos	M	Vet II M	01:40:13,376	07:10	20
43.	421	Rafael Varela		M	Vet II M	01:40:13,720	07:10	21
44.	367	Rui Carmo	#FatRunners	M	Vet II M	01:42:10,889	07:18	22

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Ritmo	Cat.
45.	360	Paulo Ferreira	Total Gym	M	Sen M	01:42:21,935	07:19	7
46.	317	Jorge Pinto		M	Vet I M	01:44:17,718	07:27	15
47.	435	Sara Santos		F	Sen F	01:45:01,274	07:30	1
48.	383	Sérgio Belchior	#FatRunners	M	Vet I M	01:45:09,280	07:31	16
49.	412	Pedro Cândido		M	Vet I M	01:46:02,076	07:34	17
50.	457	Rui Soares	ACM Montemor a Correr	M	Vet I M	01:46:02,912	07:34	18
51.	424	Pedro Canhoto	Jê Pê Estúdio, CF Avisenses	M	Vet I M	01:48:14,745	07:44	19
52.	326	MANUEL ANTONIO	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	M	Vet II M	01:48:31,405	07:45	23
53.	376	Manuel Carmo	#FatRunners	M	Vet II M	01:48:38,583	07:46	24
54.	443	Jorge Rocha	A.D.R. Amigos do Atletismo de Avis	M	Vet II M	01:48:49,666	07:46	25
55.	333	Sebastiao Passeiro		M	Vet I M	01:49:25,812	07:49	20
56.	423	Arménio Albino		M	Vet II M	01:49:45,856	07:50	26
57.	398	JOEL PEDREIRINHO	ACM Montemor a Correr	M	Vet I M	01:49:48,856	07:50	21
58.	388	Gonçalo Vidigal		M	Sen M	01:50:30,996	07:53	8
59.	436	Oscar Vaqueirinho	Correr em Giesta	M	Vet I M	01:52:13,898	08:01	22
60.	331	CARINA REBOCHO	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	F	Sen F	01:52:59,538	08:04	2
61.	355	Paulo Gaudêncio	Árbitros Vendas Novas	M	Vet II M	01:53:00,821	08:04	27
62.	377	Paulo Forca	Árbitros Vendas Novas	M	Vet II M	01:53:01,505	08:04	28
63.	356	Zé Pitó	#FatRunners	M	Sen M	01:55:13,068	08:14	9
64.	342	Mário José	Os primos	M	Sen M	01:55:28,231	08:15	10
65.	351	Nuno Molero		M	Vet II M	01:57:20,570	08:23	29
66.	336	Ana Henrique	Total Gym	F	Vet II F	01:57:39,943	08:24	1
67.	358	Alvaro Quitério	Amadora	M	Vet II M	01:57:55,971	08:25	30
68.	438	Miguel Poeira	ATKRSD Running	M	Sen M	01:58:21,209	08:27	11
69.	325	MARIA CORRREIA	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	F	Vet II F	01:59:23,952	08:32	2
70.	379	Carla da Silva	F.v.f futebol clube	F	Sen F	01:59:30,907	08:32	3
71.	361	Daniela Bicho	Gurus	F	Sen F	01:59:43,623	08:33	4
72.	368	Joaquim Rabasqueira		M	Vet II M	02:00:21,136	08:36	31
73.	371	Luis Bem		M	Vet II M	02:00:22,798	08:36	32
74.	370	Carlos Martins		M	Vet II M	02:00:23,420	08:36	33
75.	411	Sérgio Valadas	Os Pata Lenta - BV Arraiolos	M	Vet I M	02:00:24,108	08:36	23
76.	309	Ananja Nagel		F	Sen F	02:00:37,908	08:37	5
77.	90	Luis Cordeiro	Total Gym	M	Vet II M	02:01:39,964	08:41	34
78.	344	Rui Lourenço		M	Vet II M	02:01:52,565	08:42	35
79.	328	ELIZABETE PICANÇO	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	F	Vet II F	02:02:38,317	08:46	3
80.	323	FILIFE FERREIRA	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	M	Vet II M	02:02:38,870	08:46	36
81.	322	ANTONIO AMARAL	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	M	Vet II M	02:03:51,799	08:51	37
82.	382	ANA GERVÁSIO	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	F	Sen F	02:04:18,838	08:53	6
83.	340	Eugénia Mota	Évora Night Runners	F	Vet II F	02:04:39,772	08:54	4
84.	343	Miguel Ferreira	Os primos	M	Sen M	02:05:35,237	08:58	12
85.	378	Isalinda Calva	F.v.f futebol clube	F	Vet II F	02:05:46,848	08:59	5
86.	303	Tânia Grafino		F	Vet I F	02:06:08,677	09:01	3
87.	302	Miguel Pereira	Pi-Linha Runners	M	Vet II M	02:06:09,444	09:01	38
88.	407	Jorge Pereira	Montes Saloios Trail Team	M	Vet II M	02:06:56,017	09:04	39

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Ritmo	Cat.
89.	444	Rui Serra	ReR	M	Vet II M	02:07:09,481	09:05	40
90.	445	Rosinda Ramalho	ReR	F	Vet II F	02:07:09,633	09:05	6
91.	324	NEUZA ALVES	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	F	Vet II F	02:07:23,718	09:06	7
92.	409	Luis Correia	Évora Night Runners	M	Vet II M	02:07:59,602	09:08	41
93.	318	Lucia Cortinhal		F	Vet II F	02:08:49,157	09:12	8
94.	362	Duarte Azaruja	#FatRunners	M	Vet I M	02:09:24,534	09:14	24
95.	332	Paula Neto		F	Vet II F	02:09:30,652	09:15	9
96.	354	João Ezequiel	Árbitros Vendas Novas	M	Vet I M	02:09:49,080	09:16	25
97.	414	Hélder Nogueira		M	Vet II M	02:10:01,301	09:17	42
98.	391	Fabio Gervasio		M	Vet I M	02:10:10,434	09:18	26
99.	442	Ana Pipa	Jobrinde-Montes Saloios	F	Vet I F	02:10:28,800	09:19	4
100.	380	Ana Isabel Mémé	F.v.f futebol clube	F	Vet II F	02:11:14,916	09:22	10
101.	425	Helena Correia	Worldismorethanenough	F	Vet I F	02:13:25,378	09:32	5
102.	359	Marisa Tibó		F	Vet II F	02:13:35,491	09:32	11
103.	399	NUNO PINTO	ACM Montemor a Correr	M	Vet II M	02:13:35,543	09:32	43
104.	305	Olinda Serrador	Arte dos trilhos	F	Vet II F	02:14:28,003	09:36	12
105.	803	Patricia Honshorst	Évora Night Runners	F	Vet II F	02:14:43,282	09:37	13
106.	386	Mafalda Pinto	Pedais do Raia	F	Sen F	02:16:12,502	09:44	7
107.	394	Ana Vicente		F	Vet II F	02:16:12,766	09:44	14
108.	357	Diogo Amélio	#FatRunners	M	Sen M	02:18:40,809	09:54	13
109.	437	Rita Pulga	ATKRSD Running	F	Sen F	02:19:47,112	09:59	8
110.	427	Carolina Serrão	ATKRSD Running	F	Sen F	02:19:47,125	09:59	9
111.	312	Gina Catarro	ACM Montemor a Correr	F	Vet I F	02:21:08,698	10:05	6
112.	403	MARIA JOÃO ROSA	ACM Montemor a Correr	F	Vet II F	02:21:08,762	10:05	15
113.	352	André Varão		M	Vet I M	02:21:19,013	10:05	27
114.	353	Susana Amaro		F	Vet I F	02:21:19,044	10:05	7
115.	381	Ana Rita Quintas	F.v.f futebol clube	F	Sen F	02:21:41,453	10:07	10
116.	402	NATALINA LOBO	ACM Montemor a Correr	F	Vet I F	02:22:32,667	10:11	8
117.	341	Lina Renga	AD IALBAX	F	Vet II F	02:26:03,028	10:26	16
118.	418	Gonçalo Melão		M	Vet I M	02:26:25,324	10:28	28
119.	330	JOAQUIM MARTINS	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	M	Vet II M	02:26:25,915	10:28	44
120.	369	Sérgio Lopes	All Cool Team - Aldeia Velha	M	Vet I M	02:27:23,488	10:32	29
121.	439	Gerda van der Geest	Herdade do Casão	F	Vet II F	02:30:19,660	10:44	17
122.	375	MARIA J. VAN DER GEEST	Herdade do Casão	M	Vet II M	02:30:19,963	10:44	45
123.	345	Sara Francisco	CA Amigos do Parque da Paz	F	Vet I F	02:34:41,194	11:03	9
124.	346	Cristina Lima		F	Vet I F	02:34:41,514	11:03	10
125.	365	Ana Maria Pascoal	Évora Night Runners	F	Vet II F	02:39:15,389	11:23	18
126.	89	Ana Gomes	Total Gym	F	Vet II F	02:39:16,091	11:23	19
127.	400	Claudia Barbado	ACM Montemor a Correr	M	Vet II M	02:50:12,061	12:10	46
128.	404	ANA DIONISIO	ACM Montemor a Correr	F	Vet I F	02:50:13,457	12:10	11
129.	320	Maria Santos	Monte da Lua Runners	F	Vet II F	02:52:20,354	12:19	20