

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM
1	Adelino Fernandes	282	Sótão do Rei	Vet40M	1:21:42.43	05:27
2	vitlor silva	185	vitlor silva	SenM	1:23:50.35	05:35
3	André Nogueira	310	UF RUNNERS	SenM	1:23:51.47	05:35
4	António Silva	297	Individual	Vet40M	1:24:49.56	05:39
5	José Coelho	133	UF RUNNERS	Vet40M	1:27:17.16	05:49
6	Paulo Caldas	214	Individual	Vet40M	1:27:30.83	05:50
7	franscisco lemos	254	ARRASTA O PE	Vet50M	1:27:38.55	05:51
8	Francisco Ferreira	127	UF RUNNERS	SenM	1:28:22.97	05:54
9	Nuno Machado	121	Individual	SenM	1:28:54.43	05:56
10	Sérgio Santos	270	Didáxis Trail	SenM	1:30:08.99	06:01
11	Ricardo Monteiro	215	Individual	SenM	1:30:14.51	06:01
12	André Mesquita Guimarães	189	Individual	SenM	1:30:17.83	06:01
13	Jose Mateus Vila Real	114	Individual	SenM	1:32:34.82	06:10
14	Carlos Coelho	207	Individual	SenM	1:32:35.00	06:10
15	Sergio Salgueiro	264	Individual	SenM	1:33:00.11	06:12
16	Ricardo Miguel Magalhaes Nunes	235	A.R.C.O.	SenM	1:34:06.34	06:16
17	Leandro Manuel Vieira de Queirós	250	Individual	SenM	1:34:06.48	06:16
18	Telmo Reis	117	Individual	SenM	1:34:10.40	06:17
19	Vítor Ribeiro	271	Didáxis Trail	SenM	1:35:15.62	06:21
20	ramiro ribeiro	288	Individual	SenM	1:35:44.04	06:23
21	Romeu Sousa	112	Individual	SenM	1:36:37.09	06:26
22	Manuel Alves	262	Individual	Vet50M	1:37:00.70	06:28
23	Marco Correia	313	Individual	SenM	1:37:01.42	06:28
24	Paulo Sousa	236	A.R.C.O.	Vet40M	1:37:46.62	06:31
25	Pedro Batista	309	Asas ao Peito	SenM	1:38:54.78	06:36
26	João Martins	165	Individual	SenM	1:40:08.20	06:41
27	Jose Coelho	204	Individual	Vet40M	1:40:30.98	06:42
28	Fernando Jorge da Costa Pereira	184	Individual	SenM	1:40:39.59	06:43
29	Manuel Vieira	220	Aguentas?	Vet40M	1:41:01.27	06:44
30	Paulo Martins	113	Individual	Vet40M	1:41:02.14	06:44
31	MAURO CARDOSO	203	NOCTURNOS DE PAREDES	SenM	1:41:46.71	06:47
32	Hélder Manuel Rosa da Silva Deveza	161	Individual	Vet40M	1:42:06.13	06:48
33	EUGENIO CUNHA	253	ARRASTA O PE	Vet40M	1:42:14.21	06:49
34	Arlindo Silva	307	ARRASTA O PE	Vet40M	1:42:14.52	06:49
35	Pedro Nogueira	279	Individual	SenM	1:42:17.55	06:49
36	Serge Tergat	242	Afrikanrunners	SenM	1:42:50.58	06:51

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM
37	Lip Bekele	247	Afrikanrunners	SenM	1:42:51.87	06:51
38	Tiago Faria	225	Aguentas?	SenM	1:42:57.82	06:52
39	Ana Sousa	160	Individual	SenF	1:43:40.08	06:55
40	Rodrigo Barros	285	MyPersonal - treino personalizado	SenM	1:43:40.31	06:55
41	Yaya Russus	245	Afrikanrunners	SenM	1:44:00.13	06:56
42	Henrique Santos	281	Individual	Vet40M	1:44:20.69	06:57
43	Daniel Fernandes	116	VIMARUNNERS	SenM	1:44:31.58	06:58
44	António Galdão	305	Individual	Vet40M	1:44:33.05	06:58
45	ARNALDO SANTOS	202	NOCTURNOS DE PAREDES	Vet40M	1:44:54.91	07:00
46	Francisco Balão	131	RexemingasTeam	SenM	1:45:03.81	07:00
47	PAULO FREITAS	171	Individual	SenM	1:45:35.98	07:02
48	Sofia Lobo	188	Individual	SenF	1:45:44.02	07:03
49	Ricardo Miguel Ferreira da Silva	230	Individual	SenM	1:46:17.56	07:05
50	José Barbosa	291	Freefitness	SenM	1:46:25.97	07:06
51	Carla Couto	290	Freefitness	SenF	1:46:26.27	07:06
52	Miguel Ferreira	231	Individual	SenM	1:47:09.01	07:09
53	Eduardo Mota	314	Individual	SenM	1:47:51.67	07:11
54	José Martins	295	NAST	Vet40M	1:47:52.00	07:11
55	José Pimenta	234	Individual	SenM	1:49:34.54	07:18
56	JOSE MOISES	255	Individual	Vet50M	1:49:44.12	07:19
57	Rui Paulo	158	AFA TRAIL	Vet40M	1:50:13.89	07:21
58	Gilberta Barbosa	306	Individual	SenF	1:50:19.36	07:21
59	LUCIO DIAS	154	Individual	Vet40M	1:50:21.52	07:21
60	Rui Jorge Pereira Marinho Ribeiro	228	Individual	SenM	1:50:23.67	07:22
61	Lino Moreira	248	Os TurboMula	Vet50M	1:50:36.99	07:22
62	João Ferreira	105	INquipa Trail Sorriso	Vet40M	1:51:13.34	07:25
63	Avelino Peixoto	219	Aguentas?	SenM	1:52:23.02	07:30
64	César Costa	159	AFA TRAIL	Vet40M	1:52:25.42	07:30
65	RUI TEIXEIRA	233	Individual	SenM	1:52:26.41	07:30
66	Mingus	246	Afrikanrunners	Vet40M	1:52:40.62	07:31
67	Manu Ralph	243	Afrikanrunners	SenM	1:52:41.62	07:31
68	Nel Selassie	244	Afrikanrunners	SenM	1:52:45.07	07:31
69	Jorge Miguel Cibrão Ribeiro	286	Individual	SenM	1:53:21.46	07:33
70	António Pinto	315	Individual	Vet40M	1:53:27.91	07:34
71	Francisco Moreira	274	Individual	Vet40M	1:53:28.64	07:34
72	Albino Carvalho	153	Individual	Vet40M	1:53:29.24	07:34

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM
73	Carlos Pereira	223	Aguentas?	SenM	1:53:41.58	07:35
74	Ângela Lima	318	Individual	SenF	1:53:42.68	07:35
75	José Manuel de Oliveira Pedrosa	178	Os Pedrosas	Vet40M	1:53:43.65	07:35
76	Bruno Miguel da Costa Fontao	179	Os Pedrosas	SenM	1:53:48.16	07:35
77	Tiago Silva	169	Individual	SenM	1:53:53.93	07:36
78	RENATO PINTO	216	NOCTURNOS DE PAREDES	SenM	1:54:21.23	07:37
79	Lurdes Francisco	283	Individual	Vet40F	1:55:10.24	07:41
80	Vitor Castro	181	Brabus Runners	SenM	1:56:15.37	07:45
81	Emídio Silva	218	Clube Millennium bcp	Vet50M	1:56:34.04	07:46
82	Hélder Oliveira	308	Asas ao Peito	SenM	1:57:29.43	07:50
83	Humberto Pereira	266	Fisiojoane	SenM	1:57:31.92	07:50
84	Hélder Silva	268	Fisiojoane	SenM	1:57:32.00	07:50
85	Pedromanuel pinto ferraz	276	Individual	SenM	1:57:33.77	07:50
86	Rui Pedro Marinho Pinto	175	Individual	SenM	1:57:52.56	07:52
87	Ramiro Guimarães	272	Team pelongra	SenM	1:58:06.04	07:52
88	Ernesto Guimarães	273	Team pelongra	SenM	1:58:12.68	07:53
89	Filipe Faria	170	Individual	SenM	1:58:13.52	07:53
90	Francisco daniel pereira costa	277	Individual	SenM	1:58:30.39	07:54
91	Americo areias	257	Individual	Vet40M	1:58:30.43	07:54
92	Rui Pedro Ferreira	251	Individual	Vet40M	2:01:34.10	08:06
93	paulo miguel da costa pereira loureiro	120	Individual	SenM	2:01:39.69	08:07
94	Twenty Jocas	239	Afrikanrunners	Vet40M	2:02:22.60	08:10
95	Serge Kiptanui	261	Afrikanrunners	SenM	2:02:24.24	08:10
96	Joel Sousa	296	Afrikanrunners	Vet40M	2:02:26.40	08:10
97	Jorge Silva	217	Individual	Vet40M	2:02:54.52	08:12
98	MANUEL FREITAS	187	Individual	Vet40M	2:02:56.65	08:12
99	Adelino pereira	164	Individual	Vet40M	2:03:15.87	08:13
100	Michel Rolo	168	Moreira Relax Runners	SenM	2:03:18.94	08:13
101	Manuel sampaio	287	Individual	Vet40M	2:04:00.96	08:16
102	Leandro Rainha	200	Individual	SenM	2:04:54.34	08:20
103	Nuno Saraiva	193	Vimarunners	Vet40M	2:05:00.34	08:20
104	Luís Ribeiro	267	Fisiojoane	SenM	2:05:36.27	08:22
105	Bruno Costa	260	Individual	SenM	2:06:28.80	08:26
106	Álvaro Cardoso	101	Individual	Vet40M	2:06:57.03	08:28
107	vitor Tomas	138	Individual	SenM	2:07:17.12	08:29
108	Paulo Abreu	201	Individual	SenM	2:07:34.03	08:30

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM
109	Virgilio Mascarenhas	107	INquipa Trail Sorriso	Vet40M	2:07:37.57	08:31
110	jaime marques gonçalves	280	Individual	Vet40M	2:07:53.95	08:32
111	Nuno Malheiro	256	Individual	Vet40M	2:08:12.83	08:33
112	Manuel Emidio	208	Individual	Vet50M	2:09:20.91	08:37
113	Séverine BOITEAU	124	Individual	Vet40F	2:09:24.21	08:38
114	joaquim caeiro	174	Individual	Vet40M	2:09:36.72	08:38
115	Ligia Susana Miguel Dias	157	Individual	Vet40F	2:10:08.43	08:41
116	Alex Pereira	144	Individual	Vet40M	2:10:16.53	08:41
117	Tiago José Leite Pedrosa	177	Os Pedrosas	SenM	2:10:23.19	08:42
118	João Paulo Araújo Pedrosa	180	Os Pedrosas	SenM	2:10:31.24	08:42
119	Luis Miguel Araujo Pedrosa	176	Os Pedrosas	SenM	2:10:31.91	08:42
120	Rui Dias	299	Individual	SenM	2:11:18.87	08:45
121	André Oliveira	213	Machado & Oliveira	SenM	2:12:04.48	08:48
122	Pedro Machado	212	Machado & Oliveira	SenM	2:12:05.95	08:48
123	José Leite	294	Individual	Vet50M	2:12:06.00	08:48
124	RUI CÂNDIDO	186	Individual	SenM	2:14:22.28	08:57
125	Ricardo Gomes	300	Individual	SenM	2:17:26.11	09:10
126	LUISA CRUZ	156	Individual	SenF	2:17:40.43	09:11
127	Helder Gil Costa Castro	229	Individual	SenM	2:17:55.21	09:12
128	Ana Antelo	301	Individual	SenF	2:18:00.07	09:12
129	Bruno Silva	130	RexemingasTeam	SenM	2:18:05.70	09:12
130	Anunciação Gaspar	293	Freefitness	Vet40F	2:18:41.03	09:15
131	Jorge Bastos	227	Aguentas?	SenM	2:19:09.40	09:17
132	Artur Jorge Castro Salgueiro	199	Gym Pura Forma	Vet40M	2:19:24.58	09:18
133	Ricardo Bruno Castro Salgueiro	198	Gym Pura Forma	SenM	2:19:30.82	09:18
134	Sara Castro Dantas	197	M-S	SenF	2:19:47.09	09:19
135	Mário Dantas	196	M-S	Vet40M	2:19:48.63	09:19
136	Lúcia Oliveira	145	Nós Acreditamos	Vet40F	2:20:02.54	09:20
137	Ricardo Carvalho	146	Nós Acreditamos	SenM	2:20:04.57	09:20
138	Sergio Silva	141	Individual	SenM	2:21:15.72	09:25
139	Maria José Silva	182	Individual	Vet40F	2:21:44.77	09:27
140	Isabel Silva	183	Individual	SenF	2:21:44.83	09:27
141	Ricardo Penedo	209	Trilhos D´Aventura1	SenM	2:22:11.95	09:29
142	Ricardo Azevedo	210	Trilhos D´Aventura1	SenM	2:22:14.12	09:29
143	José Luis Lopes	289	Casa do Benfica Santo Tirso	SenM	2:25:43.70	09:43
144	Rita Sousa	192	Individual	SenF	2:26:03.63	09:44

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM
145	Rui Pedro Gouveia Sampaio	132	Individual	SenM	2:26:18.20	09:45
146	Nuno Borges	224	Aguentas?	SenM	2:26:25.03	09:46
147	Alexandra Pimenta	232	Individual	SenF	2:26:57.81	09:48
148	EDUARDA PINTO	118	Individual	SenF	2:27:27.05	09:50
149	Moisés Oliveira	222	Aguentas?	SenM	2:27:27.77	09:50
150	Luís Ferreira	226	Aguentas?	SenM	2:27:35.11	09:50
151	NUNO LAGO	122	INQUIPA TRAIL SORRISO	SenM	2:28:35.94	09:54
152	Maria Oliveira	106	INQUIPA Trail Sorriso	SenF	2:28:37.00	09:54
153	ANA PAULA MONTEIRO DA COSTA	102	Individual	Vet40F	2:28:39.37	09:55
154	Rúben Bastos	128	Nós Acreditamos	SenM	2:28:39.79	09:55
155	António jorge da silva Gonçalves	136	Individual	SenM	2:28:40.10	09:55
156	Vera de Fátima Ferreira Teixeira Pinto	252	Individual	SenF	2:29:18.59	09:57
157	Ricardo Silva	191	Individual	Vet40M	2:31:07.65	10:05
158	Aline Simeão	104	INQUIPA Trail Sorriso	SenF	2:31:10.68	10:05
159	Joaquim Coelho	284	Individual	Vet50M	2:31:18.31	10:05
160	Helena Carvalho	211	Individual	Vet40F	2:31:19.52	10:05
161	Carlos Sousa	137	Individual	Vet40M	2:31:24.77	10:06
162	Ricardo Teixeira	221	Aguentas?	Vet40M	2:33:57.84	10:16
163	Vitor Bessa	292	Freefitness	SenM	2:33:59.07	10:16
164	Pedro Samuel Silva Pereira	129	RexemingasTeam	SenM	2:36:46.22	10:27
165	NUNO GOMES	205	NOCTURNOS DE PAREDES	Vet40M	2:36:52.20	10:27
166	Cristina Amaral	109	INQUIPA Trail Sorriso	Vet40F	2:37:57.91	10:32
167	Marco Pacheco	108	INQUIPA Trail Sorriso	Vet40M	2:37:59.66	10:32
168	Simão Teixeira	311	Individual	SenM	2:38:01.05	10:32
169	Marcos Duarte	238	Borgas Lixa	SenM	2:40:56.05	10:44
170	Tiago Moreira	237	Borgas Lixa	SenM	2:41:00.18	10:44
171	Miguel Magalhães	173	Individual	Vet40M	2:41:30.70	10:46
172	Teresa Calix	172	Individual	Vet40F	2:41:32.04	10:46
173	Telma Amaral	140	Individual	SenF	2:42:54.27	10:52
174	Carlos Leal	194	familiapatanisca.blogspot.pt	SenM	2:44:19.65	10:57
175	Rita Leal	195	familiapatanisca.blogspot.pt	SenF	2:44:22.61	10:58
176	Albertina Cunha	150	Individual	SenF	2:49:00.12	11:16
177	Joaquim Ramos	151	Individual	Vet40M	2:49:00.27	11:16
178	Sandra Ferreira Ramos	149	Individual	SenF	2:49:00.73	11:16
179	Jose Luis Teixeira	278	Individual	Vet50M	2:56:55.61	11:48
180	Ricky Rok	241	Afrikanrunners	SenM	2:57:58.79	11:52

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181	Patricia Paula Lopes Machado	240	Afrikanrunners	SenF	2:58:00.58	11:52
182	Miguel Alves	258	Individual	SenM	3:00:42.88	12:03
183	Luis Filipe Almeida	119	Individual	Vet40M	3:00:43.56	12:03
184	Ana Cristina Amorim	139	Individual	SenF	3:02:10.36	12:09
185	Célia Cândida Abreu Pereira	259	Individual	SenF	3:02:14.13	12:09
186	Marco Almeida	312	Individual	Vet40M	3:03:04.65	12:12
187	Francisco Lemos	163	Individual	SenM	3:04:52.12	12:19
188	Marta Coto	162	Individual	SenF	3:04:54.08	12:20
189	Andrea Vieira	142	Individual	SenF	3:12:34.20	12:50
190	Anabela Aguiar	115	Individual	SenF	3:12:37.14	12:50
191	Eunice Coelho	143	Individual	SenF	3:12:45.33	12:51
192	adelina soares	111	Individual	Vet40F	3:15:51.32	13:03
193	MADALENA REBELO	110	Individual	Vet40F	3:15:53.88	13:04
194	Arsénio Valente	275	Individual	SenM	3:16:04.08	13:04
195	Marco Almeida	152	Individual	SenM	3:16:05.02	13:04