

#	NOME	EQUIPA	DORSAL	TEMPO	DIFERENÇA
MASCULINO					
1	Fabio Silva	G.D.R. São Francisco da Serra	101	00:45:44.491	----
2	Emanuel Dioço	G.D.R. São Francisco da Serra	95	00:47:04.521	00:01:20.030
3	João Pateira	Individual	73	00:48:57.455	00:03:12.964
4	paulo César pereira augusto	RUNNING CLUB FURIANI	66	00:49:54.379	00:04:09.888
5	Paulo Cavalinhos	G.D.R. São Francisco da Serra	96	00:50:47.715	00:05:03.224
6	Luís Cortinhas	G.D.R. São Francisco da Serra	93	00:52:08.429	00:06:23.938
7	Pedro Manuel Sousa	Palmelense F.Clube	103	00:53:35.831	00:07:51.340
8	Flávio Pinela	Juventude Atlético Clube	134	00:53:56.057	00:08:11.566
9	Paulo Dâmaso	G.D.R. São Francisco da Serra	91	00:54:21.517	00:08:37.026
10	Miquel Castro	B(13)X Crossfit Endurance	8	00:54:47.212	00:09:02.721
11	Miquel	Individual	173	00:54:57.817	00:09:13.326
12	Hélder Guerreiro	Juventude Atlético Clube	143	00:55:24.052	00:09:39.561
13	Vasco Miquel Malveiro Rodrigues	Juventude Atlético Clube	148	00:55:53.928	00:10:09.437
14	Henrique Cantigas	Individual	70	00:57:11.168	00:11:26.677
15	Pedro	Individual	172	00:59:33.462	00:13:48.971
16	Albertino Manuel Parreira Pacheco	Juventude Atlético Clube	133	00:59:53.086	00:14:08.595
17	Pedro Miquel Brás	B(13)X Crossfit Endurance	1	01:00:58.916	00:15:14.425
18	António Carvalho	Sca/run Alcáçovas	146	01:03:14.145	00:17:29.654
19	Nuno Ganchinho	AlphaFitness	125	01:03:27.165	00:17:42.674
20	Alvaro Costa	-	190	01:04:32.391	00:18:47.900
21	Paulo Jorge Gamito Marques Pereira	Juventude Atlético Clube	145	01:04:50.821	00:19:06.330
22	Daniel Casimiro	Individual	39	01:05:39.258	00:19:54.767
23	Pedro Tiaço Silva	B(13)X Crossfit Endurance	5	01:05:45.161	00:20:00.670
24	Luis Paulo B. Casimiro	B13X Crossfit Endurance	3	01:06:52.036	00:21:07.545
25	rodrigo parreira germano	Individual	108	01:07:00.173	00:21:15.682
26	Vagner Souza	AlphaFitness	114	01:07:50.756	00:22:06.265
27	CARLOS ALBERTO JESUS	G.D.C.T. REPSOL POLÍMEROS	154	01:08:23.252	00:22:38.761
28	José João Moura	COALA - Clube Orientacao e Aventura Litoral Alentejano	136	01:09:49.244	00:24:04.753
29	NUNO PINELA	MIRÓBRIGA TRAIL RUN	53	01:12:42.981	00:26:58.490
30	José da Palma Raposo	COALA	37	01:12:46.662	00:27:02.171
31	Nelson Silva Vilhena	Clube de Corrida REN	58	01:16:41.689	00:30:57.198
32	Amílcar Romão	G.D.R. São Francisco da Serra	89	01:19:03.406	00:33:18.915
33	Rui Galindro	AlphaFitness	119	01:33:13.997	00:47:29.506
34	Francisco Heitor	O Praticante	178	01:33:24.068	00:47:39.577
35	Manuel Santos	GDT Repsol Polimeros	152	01:44:50.837	00:59:06.346
36	Joaquim Santana	Os Kotas	54	01:52:40.387	01:06:55.896
37	Júlio Manuel Milharadas	G.D.C.T. REPSOL POLÍMEROS	155	01:52:45.042	01:07:00.551
38	Paulo Chainho	G.D.R. São Francisco da Serra	90	01:12:23.641	00:26:39.150
--	Pedro Guimarães	AlphaFitness	120	--:--:-- (D)	----
--	Leonardo Lourenço de Jesus	Individual	4	--:--:-- (NT)	----
--	Joao Matos Ferreira	B(13)X Crossfit Endurance	7	--:--:-- (NT)	----
--	Elsa Martins	MTF-HCS	12	--:--:-- (NT)	----
FEMININO					
1	Benvinda Santos	Juventude Vidigalense	72	00:52:54.972	----
2	Marisa Pereira Ferraz	Individual	80	01:03:50.747	00:10:55.775
3	Ana Guia	TRANSPORTES TML	106	01:05:01.109	00:12:06.137
4	Vanda Correia	Individual	17	01:05:58.378	00:13:03.406
5	Margarida Basilio Pedro	Os Kotas	163	01:10:02.200	00:17:07.228
6	Antónia Cacuma	AlphaFitness	123	01:11:44.799	00:18:49.827
7	lina carvalho	SCA/RUN ALCÁCOVAS	79	01:12:58.005	00:20:03.033

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8	Cibel Gomes	AlphaFitness	124	01:13:11.968	00:20:16.996
9	Patrícia Valentim	B(13)X Crossfit Endurance	149	01:13:36.215	00:20:41.243
10	sandra atalho	os papos secos	10	01:13:43.923	00:20:48.951
11	Teresa Gonçalves	Individual	169	01:17:33.786	00:24:38.814
12	MEDA MANGIUREA VENTURA	sem equipa	110	01:17:34.958	00:24:39.986
13	Claudia Alves	Individual	68	01:17:37.515	00:24:42.543
14	Anabela Pereira	G.D.R. São Francisco da Serra	94	01:18:57.874	00:26:02.902
15	Raquel Mata	Alpha fitness	127	01:20:02.927	00:27:07.955
16	Rita Nunes	AlphaFitness	115	01:20:59.974	00:28:05.002
17	Fátima Graça	-	186	01:22:24.259	00:29:29.287
18	Cátia Ramos	Individual	132	01:24:51.891	00:31:56.919
19	Milena farinha alipio	Os papos secos	9	01:24:51.891	00:31:56.919
20	Daniela Diogo Santos	Individual	112	01:24:52.063	00:31:57.091
21	BÁRBARA MATADINHO	SCA/ RUN ALCÁÇOVAS	88	01:26:08.940	00:33:13.968
22	Susana Figueira	B(13)X	2	01:28:53.464	00:35:58.492
23	Cleusia Kok	AlphaFitness	130	01:38:04.995	00:45:10.023
24	Paula Marçarida Leal Calca	SCA/RUN ALCÁÇOVAS	24	01:38:55.040	00:46:00.068
25	Alexandra Correia	SCA - Run Alcáçovas	55	01:38:57.091	00:46:02.119
26	Maria João Carvalho	SCA/Run Alcáçovas	36	01:39:02.488	00:46:07.516
27	Teresa Batista	SCA /Run Alcáçovas	69	01:39:05.060	00:46:10.088
28	Vera do Nascimento Correia	Os Kotas	159	01:47:49.963	00:54:54.991
--	Maria de Fátima P. Chainho	Os Kotas	164	--:--:-- (NT)	----