

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Ritmo	Cat.
1.	290	André Duarte	Conquista Ginásio Cadaval	M	Sen M	01:24:02,559	04:40	1
2.	343	Carlos Fonseca	Associação de Toledo	M	Sen M	01:25:18,090	04:44	2
3.	306	Mário Firmino	Dolce Furadouro	M	Sen M	01:26:57,593	04:50	3
4.	243	Luís Avelar	RÓÓDINHAS-Santos Silva/OXYGEN Gym & Fitness	M	M40	01:29:10,020	04:57	1
5.	300	Carlos Pinho	Crossfit AlphaDen	M	Sen M	01:29:29,640	04:58	4
6.	177	Andre Ferreira	Clube de Atletismo Odimarq	M	M35	01:30:37,397	05:02	1
7.	342	José Figueira	CCRD BURINHOSA	M	M45	01:31:18,157	05:04	1
8.	305	Luís Cruz	Run Crew Trail Montijo	M	M45	01:33:34,202	05:12	2
9.	310	Pedro Pinheiro	Trilho Perdido Eventos / Imporlux	M	M40	01:35:00,966	05:17	2
10.	245	Florianio Silva	Aminhacorrida/Myprotein	M	M40	01:36:08,778	05:20	3
11.	288	Samuel Alfaiate	Associação de Toledo	M	Sen M	01:36:30,130	05:22	5
12.	189	Pedro Antunes	Bastiões	M	Sen M	01:38:05,804	05:27	6
13.	118	Miguel Barba	Peniche a Correr	M	M40	01:38:41,069	05:29	4
14.	292	Tomás Franco	Conquista Ginásio Cadaval	M	Sub23 M	01:38:42,080	05:29	1
15.	178	Antonio Paias	Clube de Atletismo Odimarq	M	M60	01:38:59,999	05:30	1
16.	357	Luis Marques	Refísica Ginásio	M	M45	01:39:17,743	05:31	3
17.	307	António Ninhos	Núcleo Sporting de Moura	M	M55	01:39:25,055	05:31	1
18.	229	Fernando Santos	Clube de Praças da Armada	M	M50	01:39:31,996	05:32	1
19.	289	Gonçalo Lousa	Crossfit AlphaDen	M	Sen M	01:39:52,146	05:33	7
20.	147	Diogo Leal	g.d.zambujeira e serra	M	Sen M	01:40:24,773	05:35	8
21.	284	António Pires	Crossfit AlphaDen	M	M50	01:41:21,503	05:38	2
22.	309	Helder Moringa	Trilho Perdido Eventos / Imporlux	M	M45	01:41:29,457	05:38	4
23.	148	Mario Lopo	g.d.zambujeira e serra	M	Sen M	01:42:46,893	05:43	9
24.	286	Marcelo Oliveira	Crossfit AlphaDen	M	Sen M	01:43:26,933	05:45	10
25.	149	Eurico Agostinho	g.d.zambujeira e serra	M	M55	01:44:53,590	05:50	2
26.	360	Ulisses Nunes	Correr na Cidade	M	M35	01:45:38,495	05:52	2
27.	99	José Lemos	Os Tolinhos	M	M55	01:46:10,131	05:54	3
28.	115	Joaquim Martins	Clube de Atletismo Odimarq	M	M55	01:46:20,332	05:55	4
29.	156	Carlos Queiroz	Conquista Ginásio Cadaval	M	M50	01:46:56,096	05:56	3
30.	297	André Campos		M	Sen M	01:48:24,240	06:01	11
31.	291	Adriano Araújo	Conquista Ginásio Cadaval	M	M40	01:48:42,578	06:02	5
32.	218	Mário Costa	Licor 35/Movefree/Euphoric Challenges	M	M40	01:49:13,065	06:04	6
33.	146	Emanuel Marques	g.d.zambujeira e serra	M	M45	01:49:46,361	06:06	5
34.	359	Tiago Portugal	Correr na Cidade	M	M35	01:50:01,222	06:07	3
35.	273	Ricardo Rato	Artroses	M	Sen M	01:50:30,503	06:08	12
36.	274	Paulo Braga		M	M50	01:50:33,904	06:08	4
37.	188	Helder Branco	Matilha Running	M	M45	01:50:47,457	06:09	6
38.	165	Nelson Sousa	DirtRunners	M	M50	01:51:03,566	06:10	5
39.	263	Filipe Oliveira	Conquista Ginásio Cadaval	M	M40	01:51:15,117	06:11	7
40.	267	Hélder Torcato	Bruxos Runners	M	M40	01:51:53,550	06:13	8
41.	279	João Frango	Caldas Corre +	M	M50	01:52:35,502	06:15	6
42.	215	João Coutinho	Táleno pra correr Team	M	M55	01:52:56,878	06:16	5
43.	259	Célia Henriques	Bruxos Runners	F	F45	01:53:04,092	06:17	1
44.	251	Antonio Guerra	Centro Marcha e Corrida Alenquer	M	M60	01:53:10,781	06:17	2

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Ritmo	Cat.
45.	269	Rui Fernandes	Team RF	M	M40	01:53:18,447	06:17	9
46.	205	Nuno Baptista	42run	M	M40	01:54:51,098	06:23	10
47.	210	Daniel Santos	Táleno pra correr Team	M	M40	01:55:10,456	06:24	11
48.	254	António Merujo	Armada Torriense	M	M55	01:55:19,856	06:25	6
49.	168	Aires Barata	Salamandrecos	M	M40	01:55:59,968	06:26	12
50.	350	Renato Santos	Vilaventura - Trail Running Team	M	M35	01:56:03,794	06:27	4
51.	260	Flávio Reis	Bruxos Runners	M	M35	01:56:10,026	06:27	5
52.	195	Carlos Amaro	Run for Friends	M	M35	01:56:17,831	06:28	6
53.	287	Ana Capitão	Crossfit AlphaDen	F	Sen F	01:57:16,826	06:31	1
54.	199	Igor Santos		M	Sen M	01:57:59,637	06:33	13
55.	325	Manuel Araújo		M	M55	01:58:11,532	06:34	7
56.	240	Vítor Pereira		M	M40	01:58:19,010	06:34	13
57.	239	Rodrigo Ferreira	BENECAR	M	M45	01:58:54,608	06:37	7
58.	321	Tiago Coelho		M	M35	01:59:17,077	06:38	7
59.	202	João Apolinario	42run	M	M40	02:00:12,933	06:41	14
60.	201	Luis Costa	42run	M	M45	02:00:14,397	06:41	8
61.	333	Cristovão Nascimento	GMG/Canovedras	M	M35	02:00:36,987	06:42	8
62.	311	Miguel Henriques	Trilho Perdido Eventos / Imporlux	M	Sen M	02:00:48,998	06:43	14
63.	322	Cláudio Barreira	DirtRunners	M	M40	02:00:53,672	06:43	15
64.	72	Armando Parreira	Armada Torriense	M	M50	02:00:54,606	06:43	7
65.	361	Frederico Portugal	Correr na Cidade	M	M40	02:00:56,987	06:43	16
66.	80	Vanda Matias	Trilho Perdido Eventos / Imporlux	F	F45	02:00:59,354	06:43	2
67.	301	Jose Silva	pardais	M	Sen M	02:02:50,601	06:49	15
68.	132	José Neto	Cabaré dos Coxos	M	M40	02:02:52,079	06:50	17
69.	225	António Velez	AD - IALBAX	M	M40	02:03:19,430	06:51	18
70.	186	Valentim Fernandes	g.d.zambujeira e serra	M	M60	02:03:38,553	06:52	3
71.	337	Ana Margarida	C.C.D O Alvitejo	F	F50	02:04:36,492	06:55	1
72.	304	Gonçalo Quitério		M	M35	02:04:40,727	06:56	9
73.	176	Mara Simões	DirtRunners	F	F40	02:05:04,669	06:57	1
74.	131	Carlos Andrade	Cabaré dos Coxos	M	Sen M	02:05:18,355	06:58	16
75.	227	Joao Dionisio		M	M35	02:05:48,296	06:59	10
76.	303	António Batista	Falcões Selvagens	M	M55	02:06:40,191	07:02	8
77.	262	Roberto Ferreira	Run Crew Trail Montijo	M	Sen M	02:07:12,913	07:04	17
78.	312	Laura Serrazina	Trilho Perdido Eventos / Imporlux	F	F35	02:07:42,253	07:05	1
79.	277	Nuno Tiago	pace.makers	M	M45	02:09:19,383	07:11	9
80.	278	Fernando Pereira		M	M50	02:09:19,637	07:11	8
81.	123	Artur Costa	Conquista Ginásio Cadaval	M	M50	02:09:25,148	07:11	9
82.	214	Carlos Mauricio	Táleno pra correr Team	M	M50	02:09:26,557	07:11	10
83.	166	Rafael Sousa	DirtRunners	M	Sen M	02:09:34,433	07:12	18
84.	79	Ana Correia	Trilho Perdido Eventos / Imporlux	F	F40	02:09:35,855	07:12	2
85.	266	Sérgio Ferreira	Bastiões	M	Sen M	02:09:59,222	07:13	19
86.	334	Helder Pereira	GMG/Canovedras	M	M35	02:10:12,894	07:14	11
87.	354	Ana Faísca	Salamandrecos	F	F35	02:10:33,626	07:15	2
88.	296	José Cardoso	Caldas Corre +	M	M60	02:10:43,121	07:16	4

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Ritmo	Cat.
89.	220	Nuno Barata		M	Sen M	02:11:03,930	07:17	20
90.	164	João Vagos		M	M40	02:11:28,651	07:18	19
91.	181	Rogério Fernandes		M	M35	02:13:01,049	07:23	12
92.	212	Manuel Leite	Táleno pra correr Team	M	M45	02:14:55,523	07:30	10
93.	208	Andreia Guerra	Táleno pra correr Team	F	F40	02:14:55,870	07:30	3
94.	327	Humberto Duarte	pace.makers	M	M45	02:14:56,880	07:30	11
95.	180	Tiago Lança	Peniche a Correr	M	Sen M	02:15:07,694	07:31	21
96.	241	Bruno Daniel	Peniche a Correr	M	Sen M	02:15:07,911	07:31	22
97.	238	Paulo Manam	Peniche a Correr	M	M40	02:15:08,223	07:31	20
98.	318	Gonçalo Silva	Quartafundo	M	M45	02:15:10,080	07:31	12
99.	257	João Antunes	Armada Torriense	M	Sub23 M	02:15:13,520	07:31	2
100.	344	Celia Nuno		F	F50	02:16:46,834	07:36	2
101.	97	Samuel Nunes	Os Tolinhos	M	M40	02:16:59,400	07:37	21
102.	298	Pedro Ferreira		M	M40	02:17:06,647	07:37	22
103.	196	Catarina Amaro	Run for Friends	F	F35	02:17:46,166	07:39	3
104.	242	Antony Silva		M	Sen M	02:17:46,427	07:39	23
105.	203	João Pinto	Run for Friends	M	M40	02:17:46,818	07:39	23
106.	264	Paulo Ferreira	LISGANÇA	M	M45	02:17:59,313	07:40	13
107.	364	Ana Duarte	AD - IALBAX	F	F40	02:19:59,461	07:47	4
108.	294	Vasco Catroga	OTS Coach - Running Club	M	M45	02:20:13,265	07:47	14
109.	281	Laida Araujo	Runners da Frente Ribeirinha da Povia de Santa Iria	F	F45	02:20:58,493	07:50	3
110.	282	Carina Almeida	Runners da Frente Ribeirinha da Povia de Santa Iria	F	F40	02:21:47,577	07:53	5
111.	366	Luisa Pisco	LESMAS ACELERADAS	F	F55	02:22:24,134	07:55	1
112.	369	Nuno Domingos	The Beatos Run Team	M	Sen M	02:22:29,868	07:55	24
113.	370	Frederico Fernandes	The Beatos Run Team	M	M40	02:22:30,297	07:55	24
114.	368	Paulo Nunes	The Beatos Run Team	M	Sen M	02:22:30,458	07:55	25
115.	362	Linda Jochems		F	Sen F	02:22:50,213	07:56	2
116.	226	Liliana Rodrigues	Cabará dos Coxos	F	F40	02:22:50,334	07:56	6
117.	170	Ana Pereira	Os Galgos	F	F40	02:25:20,663	08:04	7
118.	169	Ernesto Pereira	Os Galgos	M	M45	02:25:20,711	08:04	15
119.	293	Aurélio Gomes	Grupeta Running Team	M	M55	02:25:24,106	08:05	9
120.	372	Vera Paulo		F	F35	02:25:36,453	08:05	4
121.	326	Barbara Silveira	Crazy & Radical Girls	F	F50	02:25:40,900	08:05	3
122.	314	Anibal Ribeiro		M	M40	02:25:48,927	08:06	25
123.	299	Ana Marques	Trilho Perdido Eventos / Imporlux	F	F40	02:26:19,914	08:08	8
124.	316	Pedro Teodoro	Quartafundo	M	M45	02:26:51,549	08:10	16
125.	159	Helder Machado	Hipoloeste Full Energy	M	M40	02:27:07,237	08:10	26
126.	209	Sofia Delgado	Táleno pra correr Team	F	F40	02:27:15,229	08:11	9
127.	336	Carlos Jesus		M	M50	02:27:37,697	08:12	11
128.	224	Tatiana Mladenkova		F	F35	02:28:55,035	08:16	5
129.	223	Petr Mladenka		M	M35	02:28:55,292	08:16	13
130.	256	Patrícia Pinto	Os nés	F	F40	02:29:48,014	08:19	10
131.	187	António Simões	HORTAPRONTA	M	M40	02:30:09,883	08:20	27
132.	190	Carlos Marques	HORTAPRONTA	M	M45	02:30:09,891	08:20	17

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Ritmo	Cat.
133.	283	Daniel Madeira		M	M35	02:30:11,956	08:20	14
134.	207	Pedro Caretas	42run	M	Sen M	02:30:12,697	08:20	26
135.	32	Renato Castanheira	HORTAPRONTA	M	M40	02:30:19,217	08:21	28
136.	172	Maria Conchinha	Clube do Stress	F	F60	02:30:25,214	08:22	1
137.	183	Carla Martins	Cabará dos Coxos	F	F40	02:31:26,771	08:25	11
138.	323	Ricardo Marques		M	M35	02:31:37,825	08:25	15
139.	198	Nuno Oliveira	M&N	M	M40	02:32:16,678	08:28	29
140.	255	Tiago Rosa	Os nés	M	M35	02:32:40,462	08:29	16
141.	204	Diogo Neto		M	M45	02:33:15,797	08:31	18
142.	112	Xander Storms	Vale da Palha	M	M40	02:33:23,758	08:31	30
143.	113	Erwin Deen	Vale da Palha	M	M50	02:33:24,312	08:31	12
144.	179	Mónica Monteiro	DirtRunners	F	F40	02:34:07,386	08:34	12
145.	191	Marina Rosario		F	F45	02:34:08,170	08:34	4
146.	341	Sonia Pereira	Crazy & Radical Girls	F	F40	02:34:11,990	08:34	13
147.	155	Antonio Batista		M	M45	02:34:16,563	08:34	19
148.	124	Bruno Amaro	Conquista Ginásio Cadaval	M	M35	02:34:32,888	08:35	17
149.	130	Carlos Nogueira	Cabará dos Coxos	M	M45	02:34:33,589	08:35	20
150.	127	Helena Sanches	Academia Fitness Militar	F	F45	02:34:33,606	08:35	5
151.	175	Ana Pedroto		F	F40	02:34:51,948	08:36	14
152.	235	Ricardo Costa		M	M40	02:34:55,594	08:37	31
153.	116	Sergio Rodelo	Run Crew Trail Montijo	M	M45	02:35:56,891	08:40	21
154.	136	Luis Sanches	Cabará dos Coxos	M	M40	02:36:27,341	08:41	32
155.	355	Pedro Sardinha		M	M40	02:37:20,101	08:44	33
156.	347	Anabela Silvestre	Os Tolinhos	F	F50	02:38:54,289	08:50	4
157.	302	Jorge Soares	pardais	M	M50	02:38:58,726	08:50	13
158.	272	Pedro Ferreira	Alverca Urban Runners	M	M45	02:39:45,935	08:53	22
159.	280	Graça Nobre	Alverca Urban Runners	F	F55	02:39:46,072	08:53	2
160.	129	Sónia Domingos	Cabará dos Coxos	F	F40	02:40:23,890	08:55	15
161.	128	Claudia Macara	Cabará dos Coxos	F	F45	02:40:24,765	08:55	6
162.	265	Maria Rodrigues	Team RF	F	Sen F	02:40:31,937	08:55	3
163.	122	Mário Ferreira		M	M40	02:40:32,619	08:55	34
164.	197	Ivo Marques	Run for Friends	M	M35	02:40:56,221	08:56	18
165.	353	Gonçalo Pedro	AM 18 MAIO	M	M35	02:41:42,508	08:59	19
166.	348	Henrique Ventura	Os Tolinhos	M	M35	02:41:43,390	08:59	20
167.	270	Dina Fernandes	Team RF	F	F40	02:41:48,921	08:59	16
168.	276	Cristina Lino	Alverca Urban Runners	F	F50	02:41:56,005	09:00	5
169.	271	Margarida Monteiro	Alverca Urban Runners	F	F50	02:41:56,180	09:00	6
170.	161	Ana Martins	Falcões Selvagens	F	F55	02:42:27,455	09:01	3
171.	250	Armanda Semeao		F	F40	02:42:57,804	09:03	17
172.	217	Leandro Martins		M	Sen M	02:43:10,141	09:04	27
173.	222	Miguel Silva	Táleno pra correr Team	M	M45	02:43:10,212	09:04	23
174.	213	Sandra Santos	Táleno pra correr Team	F	F45	02:43:10,305	09:04	7
175.	246	Mónica Camacho		F	F35	02:45:24,500	09:11	6
176.	237	Jacquemond André		M	Sen M	02:45:48,797	09:13	28

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177.	236	Quintas Susana		F	Sen F	02:45:51,734	09:13	4
178.	248	Fernanda Pedralva	LESMAS ACELERADAS	F	F45	02:47:04,004	09:17	8
179.	200	Luis Baêna		M	Sen M	02:47:27,873	09:18	29
180.	317	António Gomes	Quartafundo	M	M45	02:47:36,066	09:19	24
181.	319	Graça Matias	Dolce Furadouro	F	F50	02:50:04,345	09:27	7
182.	253	Paula Silva	Gafanhotos dos Trilhos	F	F45	02:51:56,869	09:33	9
183.	252	Rui Marino	Gafanhotos dos Trilhos	M	M40	02:51:56,877	09:33	35
184.	153	Dina Dias	Hipoloeste Full Energy	F	F45	02:53:46,191	09:39	10
185.	234	Sandra Lopo	Hipoloeste Full Energy	F	F45	02:53:50,172	09:40	11
186.	285	Claudia Oliveira		F	F40	02:54:11,910	09:41	18
187.	133	Mário Atilhó	Ao ritmo das 200 ppm	M	M45	02:56:21,895	09:48	25
188.	216	Cátia Oliveira	Táleno pra correr Team	F	F35	02:57:17,845	09:51	7
189.	275	Bruno Arcanjo		M	Sen M	03:00:12,584	10:01	30
190.	295	Teresa Reis	OTS Coach - Running Club	M	M40	03:01:01,213	10:04	36
191.	330	José Tomás	Jobrinde - MONTES SALOIOS	M	M45	03:01:01,252	10:04	26
192.	160	Hélder Nogueira		M	M45	03:09:15,731	10:31	27
193.	358	Sandra Carvalho	SPEM	F	F45	03:23:01,247	11:17	12
194.	135	Carla Atilho	Ao ritmo das 200 ppm	F	F40	03:29:15,918	11:37	19
195.	142	António Matos		M	M40	03:29:19,826	11:38	37
196.	140	Rúben Caseiro		M	Sub23 M	03:31:14,259	11:44	3
197.	144	Luís Oliveira		M	M40	03:31:14,531	11:44	38
198.	143	Sofia Atilho	Ao ritmo das 200 ppm	F	F40	03:31:16,900	11:44	20
199.	230	Antero Martins	Táleno pra correr Team	M	M45	03:34:07,150	11:54	28
200.	111	João Ferreira	Táleno pra correr Team	M	M50	03:34:07,968	11:54	14
201.	139	Hugo Vieira	Ao ritmo das 200 ppm	M	M40	03:34:09,107	11:54	39
202.	221	Gi Ribeiro	Ao ritmo das 200 ppm	F	F50	03:38:51,478	12:10	8
203.	206	Mário Santos	Ao ritmo das 200 ppm	M	M50	03:38:51,486	12:10	15
204.	268	Sílvia Carvalho		F	F45	03:45:50,346	12:33	13
205.	228	COMPETIDOR DESCONHECIDO		M		03:46:22,527	12:35	
206.	171	Cila Faustino	Salamandrecos	F	F35	04:47:17,521	15:58	8
207.	138	Paula Vieira	Ao ritmo das 200 ppm	F	F40	04:47:18,375	15:58	21
208.	371	Fernando Ferreira	Trilhos do Costume	M	M40	06:35:40,019	21:59	40
-	134	Sónia Alvarez	Ao ritmo das 200 ppm	F	F40	Desclassificado		