

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Ritmo	Esc.
1.	151	Paulo Alves	Associação Vale Grande	M	M40	01:33:50,652	05:13	1
2.	136	Mário Firmino	Dolce Furadouro	M	Sen M	01:33:57,210	05:13	1
3.	152	Jose Geada	Associação Vale Grande	M	M45	01:43:03,580	05:43	1
4.	153	Nelson Coimbra	Associação Vale Grande	M	M35	01:47:36,030	05:59	1
5.	196	Carlos Ferreira	Matilha Running	M	M45	01:59:37,412	06:39	2
6.	121	Daniel Martins	CAPenafirme	M	M35	02:01:08,190	06:44	2
7.	170	Rui Menas	Matilha Running	M	M40	02:09:54,660	07:13	2
8.	160	Paulo Silva	Trilho Perdido Eventos / Imporlux	M	Sen M	02:13:55,519	07:26	2
9.	181	Vítor Chagas	C.F. Os Belenenses	M	M45	02:14:17,933	07:28	3
10.	123	Joaquim Martins	Clube de Atletismo Odimarq	M	M55	02:15:45,466	07:32	1
11.	191	Helder Pereira	GMG Team	M	M35	02:16:04,042	07:34	3
12.	122	José Lopes	Clube de Atletismo Odimarq	M	M50	02:18:54,763	07:43	1
13.	127	Nuno Ramos		M	M35	02:20:29,096	07:48	4
14.	194	Célia Henriques	Bruxos Runners	F	F45	02:20:46,048	07:49	1
15.	124	António Pias	Clube de Atletismo Odimarq	M	M60	02:21:33,233	07:52	1
16.	113	Bruno Rodrigues	Santa worriors- Manel Sport.	M	M45	02:22:36,171	07:55	4
17.	166	João Rosa	Matilha Running	M	M40	02:23:19,185	07:58	3
18.	190	Cristovão Nascimento	GMG Team	M	M35	02:23:23,456	07:58	5
19.	162	Helder Branco	Matilha Running	M	M45	02:23:24,971	07:58	5
20.	116	Paulo Sabio	NewOxygen	M	M40	02:24:49,781	08:03	4
21.	157	Antonio Maia	SARTIM	M	M40	02:25:16,251	08:04	5
22.	150	Sérgio Pereira		M	M40	02:25:30,826	08:05	6
23.	143	Armando Reis	Housemartins Belas	M	M40	02:27:59,509	08:13	7
24.	148	Henrique Delgado	CAPenafirme	M	M35	02:28:20,790	08:14	6
25.	109	Gonçalo Quitério		M	M35	02:29:12,205	08:17	7
26.	193	Pedro Anjos	Trilho Perdido Eventos / Imporlux	M	M40	02:29:13,522	08:17	8
27.	182	Vasco Costa	SARTIM	M	Sen M	02:29:22,399	08:18	3
28.	131	Joao Calçada	g.d.zambujeira e serra	M	M45	02:31:35,142	08:25	6
29.	108	Marco Baltazar		M	M35	02:32:51,714	08:29	8
30.	114	Márcia Santos	Associação Académica Pinhalnovense	F	F35	02:33:07,822	08:31	1
31.	165	Paulo Menezes	Matilha Running	M	M45	02:33:22,861	08:31	7
32.	159	António Abreu	Trilho Perdido Eventos / Imporlux	M	Sen M	02:33:23,813	08:31	4
33.	198	EDUARDO Wriht		M	M45	02:35:50,671	08:40	8
34.	133	Eurico Agostinho	g.d.zambujeira e serra	M	M55	02:36:15,985	08:41	2
35.	43	Rui Neves	Matilha Running	M	M35	02:37:36,310	08:46	9
36.	120	Carlos Rebelo	CAPenafirme	M	M50	02:38:04,896	08:47	2
37.	145	Bruno Abrantes	Falcões Selvagens	M	M40	02:38:28,302	08:48	9
38.	117	Marco Moura	Peniche a Correr	M	M40	02:39:23,355	08:51	10
39.	146	Andre Riscado	strendure running team be the wolf	M	M40	02:44:15,491	09:07	11
40.	158	Filipe Henriques	CAPenafirme	M	M45	02:45:44,466	09:13	9
41.	118	Tiago Lança	Peniche a Correr	M	M35	02:48:48,094	09:23	10
42.	147	Paulo Pereira	CAPenafirme	M	M45	02:49:26,701	09:25	10
43.	192	Laura Paulos	Trilho Perdido Eventos / Imporlux	F	F35	02:50:33,957	09:29	2
44.	130	Patricia Miranda	OK Runners	F	F45	02:50:54,606	09:29	2

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Ritmo	Esc.
45.	70	Luis Cipriano	DIRT RUNNERS	M	M45	02:51:01,121	09:30	11
46.	164	Joaquim Lima	Matilha Running	M	M55	02:52:36,429	09:35	3
47.	155	Nelson Lopes	Vale da Palha	M	M40	02:52:57,324	09:37	12
48.	140	José Casimiro	marvila jovem	M	Sen M	02:53:01,520	09:37	5
49.	102	Ana Almeida	Pinhal Novo a Correr	F	F35	02:57:39,677	09:52	3
50.	103	Fernando Silva	Pinhal Novo a Correr	M	M40	02:57:54,220	09:53	13
51.	112	Gonçalo Salada		M	M45	02:57:55,413	09:53	12
52.	55	Madalena Fontinhas	3B triatlo	F	F35	02:58:25,746	09:55	4
53.	119	Graça Jesus	CAPenafirme	F	F50	03:04:01,660	10:13	1
54.	101	Ana Pedroto	Trupe de Nadrupe	F	F40	03:04:13,470	10:14	1
55.	185	Pedro Ferreira	Alverca Urban Runners	M	M45	03:08:36,205	10:29	13
56.	175	Sergio Mesquita	Academia dEstrelas	M	M40	03:08:38,207	10:29	14
57.	137	Francisco Aires		M	M60	03:09:35,365	10:32	2
58.	169	Paulo Alves	Matilha Running	M	M45	03:09:51,723	10:33	14
59.	104	Vanessa Costa	Montes Saloios Trail Team	F	Sen F	03:09:52,872	10:33	1
60.	139	Rute Martins		F	F40	03:12:50,452	10:43	2
61.	187	Margarida Monteiro	Alverca Urban Runners	F	F50	03:15:00,171	10:50	2
62.	149	João Matos		M	M40	03:15:13,265	10:51	15
63.	110	Ana Pereira	Os Galgos	F	F45	03:16:33,974	10:55	3
64.	183	Bruno Forreta	Academia dEstrelas	M	M S23	03:17:05,240	10:57	1
65.	129	Manuela Machado-Friel		F	F45	03:17:14,609	10:58	4
66.	144	Pedro Coelho		M	Sen M	03:17:55,978	11:00	6
67.	134	Sonia Santos	Dolce Furadouro	F	Sen F	03:18:00,668	11:00	2
68.	188	Nuno Ganhão		M	M35	03:20:41,907	11:09	11
69.	189	Helio Marques		M	M35	03:20:42,195	11:09	12
70.	42	Rui Barbosa	Matilha Running	M	M45	03:21:15,990	11:11	15
71.	105	Ana Rosário		F	Sen F	03:22:28,727	11:15	3
72.	180	Liliana Mestre	Academia dEstrelas	F	F45	03:22:57,852	11:16	5
73.	106	Paulo Manam	Peniche a Correr	M	M40	03:28:07,937	11:34	16
74.	46	Mauro Gonçalves	Matilha Running	M	M45	03:34:50,906	11:56	16
75.	9	Mario Santos	Monte da Lua Runners	M	M50	03:44:52,767	12:29	3
76.	125	Tania Pereira	Santana F C Trail Team	F	Sen F	03:49:06,636	12:44	4
77.	154	Carlos Ferreira		M	M40	03:49:26,817	12:45	17
78.	177	Rui Veiga	Academia dEstrelas	M	M55	03:53:38,609	12:59	4
79.	126	Gonçalo Ferreira	Santana F C Trail Team	M	M35	04:02:20,202	13:28	13
80.	142	Maria Rodrigues	Monsanto Running Team	F	Sen F	04:08:39,683	13:49	5
81.	107	Joaquim Cardoso		M	M45	04:42:56,848	15:43	17
82.	186	Graça Nobre	Alverca Urban Runners	F	F60	04:46:11,777	15:54	1
83.	179	Teresa Oliveira	Academia dEstrelas	F	Sen F	04:57:32,751	16:32	6
84.	176	Susana Oliveira	Academia dEstrelas	F	F40	04:57:34,513	16:32	3
85.	173	Matilde Menas	Academia dEstrelas	F	F S23	04:57:42,952	16:32	1
86.	172	Carla Viegas	Academia dEstrelas	F	F40	04:57:55,512	16:33	4