

#	Nome	Equipa	Dorsal	Tempo	Diferença
MASCULINO					
1	José Antunes	Clube de Atletismo Odimarq	53	01:16:47.627	----
2	Rui Dolores	Amiciclo Grândola	1	01:17:00.561	00:00:12.934
3	Mário Cassaca	Clube de Atletismo Odimarq	49	01:17:20.722	00:00:33.095
4	Pedro Trindade	Amiciclo Grândola	160	01:18:55.835	00:02:08.208
5	João Ferreira	Clube de Atletismo Odimarq	57	01:20:15.936	00:03:28.309
6	Eugénio Neto	Clube de Atletismo Odimarq	56	01:20:17.525	00:03:29.898
7	José Inácio	Clube de Atletismo Odimarq	50	01:22:53.500	00:06:05.873
8	Andre fernandes pereira	Vitória futebol clube Ermidense	167	01:23:45.511	00:06:57.884
9	Rúben José da silva fonseca	Amiciclo Grândola	152	01:23:48.552	00:07:00.925
10	Luís Pereira	G.D.R. São Francisco da Serra	183	01:24:11.064	00:07:23.437
11	Luís Cruz	Run Crew Trail Montijo	140	01:24:30.060	00:07:42.433
12	José Lopes	Clube de Atletismo Odimarq	52	01:26:12.640	00:09:25.013
13	Abel Glória	Clube de Atletismo Odimarq	55	01:26:28.962	00:09:41.335
14	Paulo Cavalinhos	G.D.R. São Francisco da Serra	181	01:31:01.926	00:14:14.299
15	CARLOS MILHANO	CASA BENFICA SEIXAL	146	01:31:52.188	00:15:04.561
16	Paulo Lopes	Run Crew Trail Montijo	187	01:33:32.571	00:16:44.944
17	Luís Miguel Carvalho Neves	Marinhais AC	46	01:33:35.469	00:16:47.842
18	António Paias	Clube de Atletismo Odimarq	58	01:34:03.768	00:17:16.141
19	Luís Matos	G.D.R. São Francisco da Serra	182	01:34:39.358	00:17:51.731
20	Sérgio Pôla	Clube Cuba Aventura	204	01:34:42.121	00:17:54.494
21	Nuno Chainho	Os Kotas	38	01:35:35.673	00:18:48.046
22	Luis Miguel Aleixo	Os Kotas	39	01:35:38.149	00:18:50.522
23	Cláudio Nóbrega	Run Crew Trail Montijo	124	01:36:21.714	00:19:34.087
24	André Afonso	Magnunssens	104	01:36:34.627	00:19:47.000
25	RUI PANÇA	CASA BENFICA SEIXAL	177	01:36:44.519	00:19:56.892
26	Fábio Carapuça	Clube Cuba Aventura	210	01:36:57.163	00:20:09.536
27	Victor Lopes	Run Crew Trail Montijo	144	01:37:03.877	00:20:16.250
28	João Carlos Teixeira Brito Mendes	FC Alvaladense	100	01:37:33.015	00:20:45.388
29	Joaquim Martins	Clube de Atletismo Odimarq	51	01:37:40.772	00:20:53.145
30	Alberto Pereira	VFCE	61	01:37:44.789	00:20:57.162
31	Álvaro Beijinha	FC Alvaladense	99	01:37:51.465	00:21:03.838
32	Rogério Cassaca	G.D.R. São Francisco da Serra	178	01:38:19.948	00:21:32.321
33	Paulo Silva	LH Ginásio	222	01:38:34.807	00:21:47.180
34	José Miguel Alvarez Amaro	Aminhacorrída/Myprotein	218	01:38:42.597	00:21:54.970
35	Joaquim Lopes	Amiciclo Grandola	149	01:39:10.434	00:22:22.807
36	António Eusébio Camacho	Palmelense Futebol Clube	170	01:39:48.544	00:23:00.917
37	Alberto Silva	G.D. Santa Cruz / Litoral Motors	18	01:44:23.966	00:27:36.339
38	Fernando Martins	----	148	01:44:27.383	00:27:39.756
39	Jose Luis Carvalho da Silva Leal	Marinhais AC	47	01:45:34.981	00:28:47.354
40	António Parreira	Os Kotas	37	01:45:42.421	00:28:54.794
41	RENÉ DUARTE	CASA BENFICA SEIXAL	71	01:45:57.294	00:29:09.667
42	RENATO CRISTINA	CASA BENFICA SEIXAL	70	01:46:00.456	00:29:12.829
43	José Antonio Raposo Vilhena	Os Kotas	41	01:46:28.110	00:29:40.483

#	Nome	Equipa	Dorsal	Tempo	Diferença
44	António Fernandes Oliveira Lança	FC Alvaladense	98	01:47:03.272	00:30:15.645
45	Pedro Marques	Run Crew Trail Montijo	128	01:47:29.414	00:30:41.787
46	Flaviano dias	Juventude Atlético Clube	2	01:48:25.328	00:31:37.701
47	João Leirão	Clube Cuba Aventura	201	01:50:55.258	00:34:07.631
48	Pedro Sousa	Palmelense F.Clube	176	01:52:39.454	00:35:51.827
49	José gregorio maltez silva	Clubecubaaventura	199	01:52:44.205	00:35:56.578
50	Roberto Ferreira	Run Crew Trail Montijo	142	01:56:56.684	00:40:09.057
51	Augusto Semedo	Run Crew Trail Montijo	129	01:57:03.313	00:40:15.686
52	Alcindo Ramalho	Run Crew Trail Montijo	127	01:57:12.224	00:40:24.597
53	Carlos Faisca	Run Crew Trail Montijo	145	01:57:19.136	00:40:31.509
54	Nelson Ricardo dos Santos Barradinhas	Amiciclo Grândola	153	01:58:00.369	00:41:12.742
55	Carlos A S Matos	CASA DO BENFICA DO SEIXAL	30	01:58:38.291	00:41:50.664
56	Fernando Barrancos	Trail do Texugo	155	01:59:08.958	00:42:21.331
57	Miguel Dias	Run Crew Trail Montijo	121	01:59:38.396	00:42:50.769
58	Edmundo Pereira de Jesus	Amiciclo Grândola	163	01:59:46.057	00:42:58.430
59	Carlos Parreira	VFCE	190	01:59:52.288	00:43:04.661
60	Miguel Xavier	LH Ginasio	15	02:01:34.470	00:44:46.843
61	Francisco Novera	AFIFENSE TRAIL	88	02:06:30.786	00:49:43.159
62	Nelson Teixeira	LH Ginasio	14	02:08:22.879	00:51:35.252
63	Fernando Beijinha	G.D.R. São Francisco da Serra	184	02:08:51.457	00:52:03.830
64	Rui Manuel Claudino Raposo	Amiciclo Grândola	147	02:09:24.439	00:52:36.812
65	Francisco Heitor Ferreira	O Praticante	186	02:10:59.943	00:54:12.316
66	JACINTO BATISTA	CASA BENFICA SEIXAL	105	02:12:22.359	00:55:34.732
67	José Pulido	C.D.R. AGUIAS UNIDAS	93	02:14:33.577	00:57:45.950
68	Antonio Ribeiro	C.D.R. AGUIAS UNIDAS	91	02:14:35.464	00:57:47.837
69	RICARDO ALVES	CASA BENFICA SEIXAL	79	02:15:15.479	00:58:27.852
70	João Miguel Francisco Simão	sónósdois	213	02:16:33.065	00:59:45.438
71	José Costa	Caracol Veloz	134	02:16:44.853	00:59:57.226
72	Carlos Manuel Nunes Galheto	Amiciclo Grândola	162	02:17:25.284	01:00:37.657
73	Rafael Pereira	Caracol Veloz	78	02:17:38.728	01:00:51.101
74	João Raposo	FitFox	136	02:18:20.731	01:01:33.104
75	Alberto Botas	Run Crew Trail Montijo	169	02:18:43.822	01:01:56.195
76	Pedro Ferreira	Aminhacorrída/Myprotein	220	02:22:27.267	01:05:39.640
77	Sergio manuel rosa guerreiro	----	7	02:23:05.466	01:06:17.839
78	João Neves	Run Crew Trail Montijo	158	02:27:33.053	01:10:45.426
79	Pedro Gonçalo Nascimento de Oliveira	LH Ginasio	17	02:27:50.456	01:11:02.829
80	David Silva	OPraticante.pt	209	02:28:24.052	01:11:36.425
--	BRUNO LOURENÇO	VFCE	202	--:--:-- (NT)	----
--	PAULO RAPOSO	VFCE	197	--:--:-- (NT)	----
--	Tiago Banza	----	185	--:--:-- (NT)	----
--	Filipe Pardal	Vitória Futebol Clube Ermidense	165	--:--:-- (NT)	----
--	Rui Gomes	VFCE	164	--:--:-- (NT)	----
--	Luís Mendes	VFCE	156	--:--:-- (NT)	----
--	Alexandre Santana	Run Crew Trail Montijo	89	--:--:-- (NT)	----

#	Nome	Equipa	Dorsal	Tempo	Diferença
--	Miguel Mendes	Caracol Veloz	77	--:--:-- (NT)	----
--	Rui Baptista	CLUBE MILLENNIUM BCP	69	--:--:-- (NT)	----
--	Sérgio Parreira	VFCE	68	--:--:-- (NT)	----
--	Jorge Correia	Clube de Atletismo Odimarq	54	--:--:-- (NT)	----
--	Nelson Sergio	aminhacorrida/myprotein	219	--:--:-- (NT)	----
FEMININO					
1	Sandra Rocha	Run Crew Trail Montijo	123	01:47:23.584	----
2	Paula Trindade	99ProvasGratuitas team	189	01:51:30.750	00:04:07.166
3	Ana Maria Pereira Fernandes Amaro	Aminhacorrida/Myprotein	217	01:58:49.622	00:11:26.038
4	Filipa Sobral	Pinhal Novo a Correr	192	01:58:53.514	00:11:29.930
5	Cátia Fonseca	Run Crew Trail Montijo	122	01:58:56.827	00:11:33.243
6	Vânia Carrilho	FC Alvaladense	106	02:03:32.312	00:16:08.728
7	Lina Lopes	Run Crew Trail Montijo	143	02:08:05.082	00:20:41.498
8	Paula Moreira	Clube Cuba Aventura	200	02:08:18.811	00:20:55.227
9	Filipa Fernandes	99ProvasGratuitas team	166	02:08:49.711	00:21:26.127
10	Rozires Garcia	Tartarugas Solidarias	16	02:09:56.059	00:22:32.475
11	Paula Guerreiro	C.D.R. AGUIAS UNIDAS	92	02:14:31.473	00:27:07.889
12	Ana Filipa Alves Batista	Sónósdois	214	02:16:08.640	00:28:45.056
13	Lucia Gonçalves	Amiciclo Grândola	195	02:17:23.084	00:29:59.500
14	Isabel Carvalho	Run Crew Trail Montijo	157	02:18:41.175	00:31:17.591
15	Marisa Rianço	Tartarugas Solidárias	4	02:29:53.154	00:42:29.570
16	Armanda semeao	----	5	02:29:54.649	00:42:31.065
17	Patricia Raposo	FitFox	135	02:37:34.586	00:50:11.002
18	Daniela Boleta	Amiciclo Grândola	194	02:50:06.289	01:02:42.705
--	Bruna Manuel	VFCE	174	--:--:-- (NT)	----
--	Catarina Vieira	----	67	--:--:-- (NT)	----
--	MARIA BEATRIZ BICA LOURENÇO	VFCE	203	--:--:-- (NT)	----
--	Elisabete Monteiro	VFCE	13	--:--:-- (NT)	----