

Lugar	Nome	Dorsal	Escalão	Equipa	Tempo
1	Luis Prata	173	M SEN	Strong Team	00:51:03
2	Bruno Dias	197	M 40	Mag8	00:51:05
3	Jose Francisco Esteves	16	M 50	---	00:51:11
4	Thomas Jorge	196	M SEN	---	00:51:24
5	Rui Tomás	223	M 40	SRCDRF MONTE GODEL	00:51:39
6	Rui Mota	198	M 40	Amigos Atletismo Mafra	00:52:01
7	Hugo Tomé	117	M SEN	SRCDRF MONTE GODEL	00:53:09
8	Célio Alves	224	M 40	Escola das Armas	00:54:09
9	Carlos Oliveira	214	M SEN	Escola das Armas	00:54:24
10	Daniel Simões	28	M SEN	Pathfinders	00:54:37
11	Paulo Francisco	119	M 40	SRCDRF MONTE GODEL	00:55:06
12	José Matos	220	M 50	---	00:55:19
13	Pedro Miguel Rodrigues Esteves	86	M 50	Ekvilibro	00:55:54
14	João Salvado	172	M 40	Strong Team	00:55:56
15	Juvenal Moreira	106	M 50	NUCLEO DESPORTIVO AUTOCOOPE	00:56:11
16	Maria José Frias	216	F 50	Amigos Atletismo Mafra	00:56:18
17	Antonio Almeida	103	M 50	NUCLEO DESPORTIVO AUTOCOOPE	00:56:41
18	Bruno Venâncio	108	M SEN	MARVILA JOVEM	00:56:52
19	Helena Martins	114	F 50	Amigos Atletismo Mafra	00:56:57
20	Fábio Reis	122	M SEN	SRCDRF MONTE GODEL	00:57:01
21	Luis Nunes	109	M 40	MARVILA JOVEM	00:57:42
22	Luis Gomes	81	M 40	FitRunners	00:59:11
23	Joao Oliveira	127	M SEN	---	00:59:13
24	José Carvalho	63	M 40	---	00:59:28
25	Gustavo Arede	215	M SEN	Escola das Armas	00:59:36
26	Pedro Miguel Almeida Costa	25	M 40	---	00:59:37
27	Sergio Nunes	112	M 40	MARVILA JOVEM	01:00:45
28	Diogo Sousa	111	M SEN	MARVILA JOVEM	01:00:46
29	Sérgio Sebastião	29	M 40	Pathfinders	01:00:48
30	Francisco Bandeira	79	M 40	Team Cabidela	01:01:01
31	Vasco Braz	9	M SEN	---	01:01:18
32	Jorge Alves	170	M SEN	---	01:01:24
33	Feliciano Manuel Buinho Alves	76	M 50	FitRunners	01:01:29
34	António Martins	176	M 40	Housemartins Belas	01:01:35
35	Ana Francisco	120	F 40	SRCDRF MONTE GODEL	01:01:45
36	Armando Reis	179	M 40	Housemartins Belas	01:01:56
37	Joaquim Santos	191	M 60	---	01:02:01
38	Alexandre Jorge	17	M 40	Zeus Team	01:02:08
39	Suse Lucas	211	F SEN	Escola das Armas	01:02:12
40	Nuno Neves	57	M 40	Trails e Tralhos - Ericeira	01:02:33
41	António Tavares Martins	177	M 40	Housemartins Belas	01:02:49
42	Carla Maria Sousa Jardim	218	F 40	Amigos Atletismo Mafra	01:02:55
43	Bruno Lopes	72	M SEN	---	01:03:01
44	Ricardo Conde	66	M SEN	---	01:03:03

Lugar	Nome	Dorsal	Escalão	Equipa	Tempo
45	Valter Gonçalves	26	M SEN	---	01:03:07
46	Ana Araújo	121	F 40	SRCDRF MONTE GODEL	01:03:23
47	Pedro Santos	118	M 40	SRCDRF MONTE GODEL	01:03:26
48	Paulo Manaças	70	M 40	---	01:03:30
49	Carlos Magalhães	132	M 50	Os EsgalhaDORES	01:03:33
50	Nelson Bastos	33	M 40	---	01:03:55
51	Rui Pedro Rita Bastos	151	M 40	Strong Team	01:04:03
52	Luís Gouveia	123	M 40	---	01:04:11
53	Ricardo Carvalho	2	M 40	---	01:04:13
54	Tânia Freitas	73	F SEN	FitRunners	01:04:25
55	Vítor Gonçalves	68	M 50	---	01:04:27
56	Luis Miguel Silva Nascimento	128	M 40	---	01:04:41
57	Ricardo Nunes	95	M 40	---	01:04:42
58	João Barriguinha	160	M 40	Salitre	01:05:20
59	Douglas Fry	39	M 60	---	01:05:26
60	Valter Emerenciano Nunes	149	M 40	Matmatrix Team	01:05:32
61	Filipe Santos	150	M 40	Matmatrix Team	01:05:33
62	Mónica Martins	190	F SEN	---	01:05:39
63	Sónia França	19	F 40	---	01:05:52
64	Luís Cardoso	163	M 40	Strong Team	01:05:53
65	Alexandre Gomes	144	M 40	Arrasa montanhas trail running team	01:06:36
66	Nuno Freire	164	M SEN	---	01:06:46
67	João Pereira	204	M SEN	Escola das Armas	01:06:54
68	Gonçalo Alves	78	M 40	---	01:07:01
69	Helder Delgado	156	M SEN	Salitre	01:07:19
70	Natália Estevão	157	F SEN	Salitre	01:07:21
71	Carla Henriques	91	F 40	Renault Run Club	01:07:24
72	Luís Potra	161	M SEN	Salitre	01:07:25
73	Jacqui Saffery	62	F 50	---	01:07:30
74	Ana Filipa Alves Batista	50	F 40	Sónósdois	01:07:51
75	Francisco Gomes	143	M SEN	Arrasa montanhas trail running team	01:08:17
76	José Casimiro	47	M SEN	---	01:08:23
77	Rita Corrente	137	F SEN	Aminhacorrída/Myprotein	01:08:26
78	Francisco Morais	5	M 50	---	01:08:31
79	Jose Carlos Manuel	14	M 40	---	01:08:43
80	Clive Saffery	61	M 60	---	01:08:48
81	Patricia Falcão	124	F 40	---	01:09:50
82	Tiago Loureiro	77	M SEN	---	01:09:59
83	João Miranda	178	M 50	Housemartins Belas	01:10:04
84	Nélio Filipe Oliveira Fonseca	60	M 40	---	01:10:12
85	M Jesus Leão	90	F 50	FitRunners	01:10:19
86	Maria Machado	152	F SEN	Salitre	01:10:21
87	João Branquinho	48	M SEN	---	01:10:23
88	Cristina Antunes	93	F 40	#runforyourlife	01:10:26

Lugar	Nome	Dorsal	Escalão	Equipa	Tempo
89	Vitor Modesto	94	M 50	#runforyourlife	01:10:28
90	Cristina Gabriel	192	F SEN	SS CGD	01:10:39
91	Carlos Silva	113	M SEN	Fortíssimos Running Team	01:10:59
92	Nuno Dias	126	M SEN	Fortíssimos Running Team	01:11:01
93	Jorge Alexandre Leandro Mira	59	M SEN	Trails e Tralhos - Ericeira	01:11:13
94	Carlos Gonçalves	69	M 60	---	01:11:15
95	Carlos Jesus	21	M 50	---	01:11:42
96	Rebeca Libório	83	F SEN	Gangue da AFZ	01:11:47
97	Mário Manuel Pereira Anjo	139	M 50	MATILHA RADICAL	01:11:50
98	João Miguel Francisco Simão	49	M 40	Sónósdois	01:11:51
99	Gonçalo Santos Lopes	36	M 40	---	01:11:53
100	Joana Antunes	188	F SEN	Portugal Running	01:11:55
101	Sonia Santos	202	F SEN	---	01:11:58
102	Nuno Acurcio	146	M 40	---	01:12:00
103	César Moreira	46	M 40	Trails e Tralhos - Ericeira	01:12:27
104	Jorge Humberto Pereira	58	M 50	---	01:12:38
105	Jorge Varanda Pinto	208	M 50	Escola das Armas	01:12:54
106	José Silva	207	M SEN	Escola das Armas	01:12:55
107	Alvaro Ferreira	82	M 50	Renault Run	01:13:06
108	Olga Porfíria Martins Paulino	75	F 40	FitRunners	01:13:12
109	Joana Serina	74	F 40	FitRunners	01:13:23
110	Luís Reis	129	M 50	Falcões Selvagens	01:13:43
111	Gessina Costa Mendes	140	F 50	MATILHA RADICAL	01:14:27
112	Jorge Moreira	107	M 50	NUCLEO DESPORTIVO AUTOCOOPE	01:14:30
113	Margarida Silva	175	F 40	---	01:14:42
114	Luísa Ferreira	131	F 40	Os EsgalhaDORES	01:14:50
115	Diogo Carvalho	64	M SEN	---	01:15:00
116	Teresa Sardinha	201	F 40	---	01:15:04
117	Ana Martins	130	F 50	Falcões Selvagens	01:15:12
118	Juliana Sofia Sabarigo Laranjeira	30	F SEN	---	01:15:49
119	Andreia Filipa Pereira Vicente	34	F SEN	---	01:15:50
120	Carla Santos	32	F SEN	---	01:15:51
121	Bruno Abrantes	89	M 40	Falcões Selvagens	01:16:03
122	Vasco Santos	155	M 40	Salitre	01:16:40
123	Cláudia Patrícia Lisboa De Matos	125	F 40	---	01:16:47
124	Joaquim Pedro	182	M 40	Housemartins Belas	01:16:53
125	Ana Henrique	102	F 40	---	01:16:59
126	Jose Marques	145	M 40	---	01:17:02
127	Henrique Sacadura	141	M 60	---	01:17:03
128	Cristina Salvado	54	F 40	---	01:17:16
129	Paulo Amaral	40	M 50	---	01:17:17
130	Mário Bação	53	M 40	---	01:17:18
131	Henrique Gairifo Manuel	162	M 60	---	01:17:42
132	Elvira Grego	52	F 40	Gregos & Troianos	01:18:18

Lugar	Nome	Dorsal	Escalão	Equipa	Tempo
133	Bette Grego	51	F 40	Gregos & Troianos	01:18:48
134	Joana Penão	209	F SEN	Escola das Armas	01:18:53
135	Nuno Pereira	213	M SEN	Escola das Armas	01:18:54
136	Luísa Paula Ferreira Henriques	22	F 40	---	01:18:57
137	Tânia Carvalho	181	M SEN	Housemartins Belas	01:19:19
138	Miguel Lucena	180	M SEN	Housemartins Belas	01:19:21
139	Cristina Pereira	183	F 40	Housemartins Belas	01:19:22
140	Nuno Ferreira	110	M SEN	MARVILA JOVEM	01:19:25
141	Rui Pereira	166	M 40	Falcões Selvagens	01:19:46
142	Ana Pauleta	42	F 40	---	01:20:51
143	Alexandra Rodrigues	20	F 40	---	01:20:53
144	Hélder Nogueira	55	M 40	---	01:20:56
145	Adalberto Grilo	35	M 50	Run 4 Fun	01:21:20
146	Mariana Pinheiro	27	F SEN	---	01:21:25
147	Madalena Menino	174	F 40	---	01:21:28
148	Justiliano Meireles	142	M 60	Falcões Selvagens	01:21:44
149	Celina Jorge	205	F SEN	Escola das Armas	01:22:15
150	Susana Costa	169	F 40	---	01:22:35
151	Célia Minau	195	F 40	---	01:22:38
152	Helena Soares	87	F 40	FitRunners	01:22:39
153	Andreia Dias	171	F SEN	---	01:23:54
154	Pedro Duarte	56	M 40	Trails e Tralhos - Ericeira	01:23:56
155	Ana Paula Rodrigues	92	F 40	Zoomb'Art	01:24:10
156	Arnaldo Abrantes	165	M 50	---	01:24:46
157	Carla Marçal	167	F SEN	---	01:24:48
158	Jorge Sousa	65	M 50	---	01:25:04
159	David Simão	8	M SEN	---	01:25:07
160	Tiago Dias	7	M SEN	---	01:25:09
161	Pedro Miguel Bandeira Rodrigues	31	M SEN	---	01:25:30
162	Maria João Emídio	115	F 50	Tálenos Team	01:25:40
163	Paula Silva	185	F 40	Housemartins Belas	01:26:04
164	Ruy Marino	184	M 40	Housemartins Belas	01:26:06
165	Ana Jorge	199	F 40	---	01:26:08
166	Ana Lopes	13	F 40	---	01:27:22
167	MÁRIO Jorge Das Pazes Godinho	99	M 40	TURBULENTOS	01:28:39
168	Patrícia Gomes Pereira Dos Santos	96	F 40	TURBULENTOS	01:28:41
169	Ana Duarte	43	F SEN	Gangue da AFZ	01:30:19
170	Leila Ferreira	158	F SEN	Salitre	01:30:33
171	Raquel Baptista	159	F SEN	Salitre	01:30:49
172	Sonia Luisa Delgado Lopes Pinto Durão	38	F 50	---	01:32:15
173	MÁRIO Emídio	116	M 50	Tálenos Team	01:32:45
174	Jose-manuel Valentim	147	M 60	TOCKIFOJ	01:33:13
175	Alexandre Bento	168	M 50	---	01:33:46
176	Marisa Vilela	219	F SEN	---	01:33:48

Lugar	Nome	Dorsal	Escalão	Equipa	Tempo
177	Rita Magarreiro	12	F SEN	AD IALBAX	01:33:55
178	Maria Luisa Beato	148	F 50	TOCKIFOJ	01:34:43
179	Paulo Caseiro	41	M 50	---	01:34:49
180	Ezequiel Abrantes	88	M 60	Falcões Selvagens	01:35:41
181	Ana Paula Lage Irineo Godinho	98	F 40	TURBULENTOS	01:36:27
182	Rute Isabel Galego Do Prior	97	F 40	TURBULENTOS	01:36:28
183	Rute Coelho	101	F 40	TURBULENTOS	01:36:55
184	Nuno Coelho	100	M 50	TURBULENTOS	01:36:56
185	Sandra Viçoso	67	F SEN	---	01:38:06
186	Helena Santos	133	F 40	Os EsgalhaDORES	01:38:27
187	José Caldeira	134	M 40	Os EsgalhaDORES	01:39:15
188	Anabela Esteves Silva	136	F 40	---	01:39:51
189	Paulo Tavares	135	M 40	---	01:39:55
190	Marta Cristina Da Silva Ferreirinha	189	F SEN	Portugal Running	01:41:25
191	Manuel Santos	193	M SEN	---	01:41:27
192	Sara Adriana Carvalho De Sousa	15	F 40	---	01:42:40
193	Lucia Martins	23	F 40	Cravo Lambreta	01:44:17
194	Paulo Martins	24	M 40	Cravo Lambreta	01:44:18
195	Rute Martins	186	F 40	Housemartins Belas	01:45:12
196	Ana Marques	221	F SEN	---	01:47:14
197	Ângela Silva	222	F SEN	---	01:47:17
198	Sandra Isabel Fortunato Cruz Cardoso	84	F 40	---	01:48:33
199	Sérgio Martins Esteves Cardoso	85	M 40	---	01:48:35
200	Sissi Costa	45	F 50	Gangue da AFZ	01:52:05
201	Linda Mendonça	44	F 40	Gangue da AFZ	01:52:06
202	Ana Samora	37	F 50	---	02:01:24
203	Suzi Ramos	212	F SEN	Escola das Armas	02:11:31
204	Carina Rodrigues	210	F SEN	Escola das Armas	02:11:34
	Ricardo Jorge Alves Teixeira	6	M SEN	Individual	DNF
	Isabel Leal	11	F SEN	---	DNF
	Ana Costa	18	F SEN	Zeus Team	DNF
	André Teixeira	71	M SEN	---	DNF
	Carlos Ferreira	104	M 60	NUCLEO DESPORTIVO AUTOCOOPE	DNF
	João Caldas	105	M 50	NUCLEO DESPORTIVO AUTOCOOPE	DNF
	Rodrigo Nuno Varela Magalhães	138	M SEN	Os EsgalhaDORES	DNF
	Pedro Martins	153	M SEN	Salitre	DNF
	Marta Machado	154	F 40	Salitre	DNF
	Rafael Jorge	200	M SEN	---	DNF
	Milton Lima	194	M SEN	Trails e Tralhos - Ericeira	DNF
	Bruno Miguel Sereno Costa	203	M SEN	Escola das Armas	DNF
	Cláudio Bagulho	206	M SEN	Escola das Armas	DNF
	João Gonçalves	217	M SEN	---	DNF
	João Rodrigo Faia Martins Pereira Da Silva	3	M SEN	---	DNS
	Joana Cristina Correia Alves	4	F SEN	---	DNS

<u>Lugar</u>	<u>Nome</u>	<u>Dorsal</u>	<u>Escalão</u>	<u>Equipa</u>	<u>Tempo</u>
	Nuno Madureira	10	M SEN	---	DNS
	André Estevam	80	M SEN	Pathfinders	DNS
	Maria Jesus Monraia	187	F 40	AD IALBAX	DNS