

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Ritmo	Cat.
1.	182	Carlos Fonseca	Barreira	M	Sen M	01:02:13,545	04:47	1
2.	162	Mário Firmino	Dolce Furadouro	M	Sen M	01:02:21,717	04:48	2
3.	145	António Silvino	A Energia da Corrida	M	M50	01:02:25,888	04:48	1
4.	31	Daniel MARTINS	CAP Penafirme	M	Sen M	01:07:07,264	05:10	3
5.	240	Bruno DIAS		M	M40	01:08:21,531	05:16	1
6.	125	João Pereira	Viver Almonda	M	Sen M	01:08:22,692	05:16	4
7.	194	José Duarte	#Musg@41	M	Sen M	01:09:00,587	05:19	5
8.	132	Nuno Silva	g.d.zambujeira e serra	M	M40	01:10:02,840	05:23	2
9.	148	Sandro Jordão	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	M	Sen M	01:10:10,530	05:24	6
10.	239	Paulo FRADE	CAP Penafirme	M	M50	01:10:12,282	05:24	2
11.	222	Luis Pereira		M	M40	01:10:17,460	05:25	3
12.	129	Eurico Agostinho	g.d.zambujeira e serra	M	M50	01:11:02,835	05:28	3
13.	234	Gabriel Frade	Sabores do Paço / Zatopeques	M	M50	01:12:19,215	05:34	4
14.	178	Tiago Carvalho	Sabores do Paço / Zatopeques	M	Sen M	01:12:39,947	05:35	7
15.	210	Nelson Pires	Sport Performance Center	M	M40	01:13:34,528	05:40	4
16.	238	Jorge Agria		M	M50	01:14:01,489	05:41	5
17.	188	Carlos Rebelo	CAP Penafirme	M	M50	01:15:23,711	05:48	6
18.	127	Rui Aguiar	g.d.zambujeira e serra	M	M40	01:15:25,967	05:48	5
19.	201	Rui Mota	Amigos do Atletismo de Mafra	M	M40	01:17:09,846	05:56	6
20.	183	Emanuel Santos	Associação de Toledo	M	M40	01:17:13,191	05:56	7
21.	118	Pedro Lucas	CAP Penafirme	M	M40	01:17:21,465	05:57	8
22.	219	Carlos Leal	CAP Penafirme	M	M50	01:17:27,723	05:58	7
23.	126	Sofia Agostinho	Viver Almonda	F	F40	01:17:43,632	05:59	1
24.	102	Bruno Ferreira		M	Sen M	01:18:15,841	06:01	8
25.	174	Luis Pereira	As Feras	M	M40	01:18:30,246	06:02	9
26.	209	Cristovão Nascimento	GMG Team	M	Sen M	01:19:33,890	06:07	9
27.	206	Helder Pereira	GMG Team	M	Sen M	01:19:40,132	06:08	10
28.	111	João SANTOS	Os Tolinhos	M	Sen M	01:19:44,210	06:08	11
29.	128	Antonio Clara	g.d.zambujeira e serra	M	M50	01:19:55,367	06:09	8
30.	195	Tiago Marinho	#Musg@41	M	Sen M	01:20:14,627	06:10	12
31.	196	Vitor Gouveia	#Musg@41	M	Sen M	01:20:14,900	06:10	13
32.	103	Rodrigo Joina	GDAzambuja - Trail Team	M	Sen M	01:20:42,606	06:13	14
33.	106	Carlos Moreira	PDA	M	M40	01:21:02,230	06:14	10
34.	237	Oscar Oliveira	Sabores do Paço / Zatopeques	M	M50	01:21:41,823	06:17	9
35.	184	Nuno Ramos		M	Sen M	01:22:25,718	06:20	15
36.	149	Joaquim Santos	Falcões selvagens	M	M60	01:22:56,898	06:23	1
37.	136	Rodolfo Fonseca	Sabores do Paço / Zatopeques	M	Sen M	01:22:58,947	06:23	16
38.	130	Lucas Delgado	g.d.zambujeira e serra	M	M60	01:23:25,088	06:25	2
39.	232	Pedro Santos		M	Sen M	01:23:55,077	06:28	17
40.	223	Sónia Filipe	Os Tolinhos	F	Sen F	01:23:57,779	06:28	1
41.	187	Hugo Santos	CAP Penafirme	M	M40	01:26:41,497	06:40	11
42.	101	Hugo Carvalho		M	Sen M	01:26:42,252	06:40	18
43.	213	Rogerio Ribeiro		M	M40	01:27:17,890	06:43	12
44.	158	Hugo Noronha	Ativo Team Running - Lourinhã	M	Sen M	01:27:19,142	06:43	19

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Ritmo	Cat.
45.	131	Valentim Fernandes	g.d.zambujeira e serra	M	M60	01:27:19,707	06:43	3
46.	76	Luis NASCIMENTO	MonPainel	M	M40	01:29:04,642	06:51	13
47.	133	Manuel Barbosa		M	M50	01:29:06,786	06:51	10
48.	226	João Moreira		M	Sen M	01:29:21,749	06:52	20
49.	120	Simão Guimarães	Sealand	M	Sen M	01:29:34,734	06:53	21
50.	245	Ana Correia	Trilho Perdido Eventos / Imporlux	F	F40	01:29:41,264	06:54	2
51.	114	Francisco Pereira		M	M40	01:29:58,088	06:55	14
52.	167	Margarida ROLDÃO	Tunes Trail	F	Sen F	01:30:26,272	06:58	2
53.	144	Jose Catarino	CAP Penafirme	M	M50	01:30:39,822	06:58	11
54.	208	Paulo Fereira	GMG Team	M	M40	01:32:04,059	07:05	15
55.	202	Mónica Cunha		F	F40	01:32:42,949	07:08	3
56.	225	Filipe Gomes		M	Sen M	01:32:58,488	07:09	22
57.	186	Graça Jesus	CAP Penafirme	F	F50	01:33:22,631	07:11	1
58.	218	Natália Estêvão	Salitre Team	F	Sen F	01:34:49,154	07:17	3
59.	7	Luis Azevedo	Correr Lisboa	M	M50	01:35:45,747	07:22	12
60.	247	Vanda Anjos	Associação de Toledo	F	Sen F	01:36:19,986	07:25	4
61.	124	Guilherme Pereira	Sealand	M	Sen M	01:38:57,958	07:37	23
62.	192	António Lopes	COA - Clube de Orientação e Aventura	M	Sen M	01:39:00,369	07:37	24
63.	160	Tiago Rosa	Os nés	M	Sen M	01:39:10,331	07:38	25
64.	230	Isabel Santos	Crazy & Radical Girls	F	F40	01:39:14,946	07:38	4
65.	198	André Simões	#Musg@41	M	Sen M	01:39:43,227	07:40	26
66.	151	Maria Magro	Crazy & Radical Girls	F	F40	01:39:44,864	07:40	5
67.	112	Anibal Ribeiro		M	M40	01:39:51,717	07:41	16
68.	241	Ana Baldeante	Não Fazemos nem mais um... Km	F	Sen F	01:40:15,635	07:43	5
69.	161	Patrícia Pinto	Os nés	F	F40	01:40:45,397	07:45	6
70.	235	Carlos Jesus		M	M50	01:40:45,538	07:45	13
71.	215	Maria Machado	Salitre Team	F	Sen F	01:43:08,599	07:56	6
72.	204	Ana Duarte	Texugosrunners	F	Sen F	01:43:08,707	07:56	7
73.	224	Patricia Vicente	Os Tolinhos	F	F40	01:43:38,864	07:58	7
74.	166	Anabela Silvestre	Os Tolinhos	F	F50	01:43:40,777	07:58	2
75.	165	Sonia Pereira	Crazy & Radical Girls	F	F40	01:44:11,211	08:01	8
76.	177	Carla Morgado	As Feras	F	F40	01:44:18,993	08:01	9
77.	197	Joana Vieira	#Musg@41	F	Sen F	01:45:42,153	08:08	8
78.	199	Rodrigo Gomes	#Musg@41	M	Sen M	01:46:07,747	08:10	27
79.	205	Nádia Lopes	Texugosrunners	F	Sen F	01:46:13,773	08:10	9
80.	113	Marta Santos		F	F40	01:46:18,860	08:11	10
81.	156	Teresa Sardinha	Dolce Furadouro	F	F40	01:47:36,708	08:17	11
82.	175	Carlos Martins		M	M50	01:47:36,978	08:17	14
83.	164	Ana Barroso		F	Sen F	01:48:07,052	08:19	10
84.	203	Dina Barroso	SCD Glória do Ribatejo	F	F40	01:48:09,531	08:19	12
85.	117	Sílvia Ferreira	CAP Penafirme	F	Sen F	01:48:31,362	08:21	11
86.	121	Sara Pereira	Sealand	F	Sen F	01:48:38,318	08:22	12
87.	109	Maria Ferreira		F	F40	01:49:18,827	08:25	13
88.	173	Dora Filipe		F	F40	01:49:42,452	08:26	14

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89.	172	Paulo Rosado		M	M40	01:49:43,251	08:26	17
90.	169	Nuno Barradas	Pé de atleta	M	Sen M	01:51:38,718	08:35	28
91.	170	Sario Nunes	Pé de atleta	M	Sen M	01:51:44,942	08:35	29
92.	168	Ligia Valerio	Pé de atleta	F	Sen F	01:52:00,912	08:37	13
93.	193	Sonia Saramago		F	F40	01:52:38,092	08:40	15
94.	134	Hélder Nogueira		M	M40	01:52:43,416	08:40	18
95.	211	Ana Faustino	Pink	F	Sen F	01:53:00,030	08:41	14
96.	214	António Sousa		M	M40	01:53:05,525	08:42	19
97.	163	João Barrigola		M	Sen M	01:53:32,715	08:44	30
98.	135	Susana Bértolo	Os Tolinhos	F	F40	01:53:51,241	08:46	16
99.	212	Hermenegildo Fernandes	Texugosrunners	M	M50	01:54:41,128	08:49	15
100.	200	Ana Jorge		F	F40	01:54:42,766	08:49	17
101.	236	Mónica Lopes	STJoaoOliveiraTeam	F	F40	01:56:20,225	08:57	18
102.	185	Rui Gonçalves	Strong Team	M	M50	01:56:27,444	08:58	16
103.	146	Lurdes Pereira	Os Tolinhos	F	F40	01:56:29,660	08:58	19
104.	152	Helena Pedradas	Arte dos trilhos	F	F50	01:57:41,381	09:03	3
105.	147	Olinda Fonseca	Arte dos trilhos	F	F40	01:57:41,840	09:03	20
106.	181	Luisa Santos	Novos Trilhos	F	F50	01:58:01,003	09:05	4
107.	159	Cidalia Ladeira		F	F50	02:00:51,806	09:18	5
108.	143	Paula Antunes	Associação de Toledo	F	Sen F	02:00:55,639	09:18	15
109.	217	Leila Ferreira	Salitre Team	F	Sen F	02:01:29,494	09:20	16
110.	123	Fernando Lourenço	Ribabiketeam	M	M40	02:03:02,814	09:28	20
111.	122	Artur Garcia	Ribabiketeam	M	M40	02:03:04,721	09:28	21
112.	216	Marta Machado	Salitre Team	F	F40	02:03:14,924	09:29	21
113.	249	Luís SILVA	Bear Cave Trail-CCR	M	M40	02:04:09,033	09:33	22
114.	250	Márcia LEITÃO	Bear Cave Trail-CCR	F	Sen F	02:04:09,155	09:33	17
115.	248	Zita MACHADO	Bear Cave Trail-CCR	F	Sen F	02:04:09,270	09:33	18
116.	105	Hugo Vieitas	Zimbora lá	M	Sen M	02:04:51,472	09:36	31
117.	176	Rui Duarte		M	Sen M	02:04:52,148	09:37	32
118.	138	Sílvio Rodrigues	Team Laminha Pó Cu	M	Sen M	02:05:25,630	09:39	33
119.	137	Valérie Santos	Team Laminha Pó Cu	F	Sen F	02:05:27,209	09:39	19
120.	140	Luis Santos		M	Sen M	02:05:34,377	09:40	34
121.	139	Vanessa Hayes		F	Sen F	02:05:34,667	09:40	20
122.	141	Helena Vitorino		F	F40	02:05:35,829	09:40	22
123.	142	Jorge Silva		M	M50	02:05:36,586	09:40	17
124.	229	Sílvia Fernandes		F	Sen F	02:06:44,321	09:45	21
125.	154	Dário Franco		M	Sen M	02:10:05,131	10:01	35
126.	228	Jose Ramos		M	Sen M	02:11:05,770	10:05	36
127.	227	Ana Fernandes		F	Sen F	02:11:43,878	10:08	22
128.	153	Ana Oliveira		F	Sen F	02:15:41,464	10:26	23
129.	155	Joana Miranda		F	Sen F	02:15:42,436	10:26	24
130.	220	Claudia Da Luz		F	F40	02:21:11,331	10:52	23
131.	221	Rosario Almeida		F	F50	02:24:19,927	11:06	6
132.	115	Vania Ferreira		F	Sen F	02:26:47,744	11:17	25

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Ritmo	Cat.
133.	116	Anabela Gregório		F	F40	02:26:48,003	11:17	24
134.	190	Carlos Matias	COA - Clube de Orientação e Aventura	M	M40	02:29:52,930	11:32	23
135.	191	Ana Gatinho	COA - Clube de Orientação e Aventura	F	Sen F	02:29:53,867	11:32	26