

Pl	Stno	Name	YB	Club	Cl.	Time
Trail Longo (30Kms) (225)			30.0 km	10 C		
1	218	Luz, Rui	76	Individual	T3SM	2:22:23
2	124	Coelho, Carlos	82	Individual	T3SM	2:24:35
3	153	Silva Lopes, Paulo	74	OXI/CARBBOOM	T3SM	2:26:02
4	51	Simões, Emanuel	77	Individual	T3SM	2:26:50
5	224	Narigueta, Rui	76	Individual	T3SM	2:28:08
6	134	Patricio, Nuno	72	C.N.Alvito	T3M40	2:28:17
7	157	Jorge Santos, Paulo	83	Team Inov-8 Portugal	T3SM	2:28:38
8	40	Monteiro, Mark	70	Individual	T3M40	2:29:07
9	216	Teles Grilo, Bruno	74	Individual	T3SM	2:30:26
10	116	Baptista, Miguel	85	Mundo da Corrida	T3SM	2:31:02
11	3	Hora, Guilherme	74	Individual	T3SM	2:32:25
12	169	Paulo Marques, João	62	Sport Life	T3M50	2:34:26
13	197	Nogueira Da Silva, Pedro	66	Clube MillenniumBCP	T3M40	2:34:49
14	162	Miguel Nunes, Luís	72	O Praticante/Asas do Milénium	T3M40	2:40:06
15	175	Safara, Bruno	80	ProAventuras	T3SM	2:40:28
16	174	Oliveira, Diogo	90	ProAventuras	T3SM	2:40:29
17	42	Trindade, Luís	78	H2H Club Better Living	T3SM	2:40:44
18	46	Faustino, João	73	Outside Dream	T3M40	2:41:34
19	130	Martins, Luis	74	ProAventuras	T3SM	2:41:43
20	177	Carneiro, Miguel	83	ProAventuras	T3SM	2:45:57
21	122	Calado, Joaquim	88	Mundo da Corrida	T3SM	2:47:43
22	160	Pimenta, Nuno	77	Portugal Running	T3SM	2:49:07
23	181	Inácio, Filipe	86	ProAventuras	T3SM	2:49:10
24	163	Formiga, Cirilo	54	O Praticante/Asas do Milénium	T3M50	2:50:05
25	9	Pardal, António	68	Individual	T3M40	2:51:50
26	108	Turtles Santos, Pedro	80	H2H Club Better Living	T3SM	2:52:49
27	128	Silva Ferreira, Nuno	76	Ultra Leves do CPOC	T3SM	2:52:54
28	106	Ferreira, Bruno	91	Escola Naval	T3SM	2:53:25
29	67	Pinto, Alexandre	78	Portugal Running	T3SM	2:53:34
30	141	Miguel Virote, Luis	76	Individual	T3SM	2:54:31
31	226	Pisco, Miguel	64	Os Salamandrecos	T3M40	2:54:48
32	168	Costa, Amélia	66	Sport Life	T3F40	2:54:56
33	187	Santos Jordão, Sandro	81	Clube MillenniumBCP	T3SM	2:55:30
34	178	Tavares, Salete	72	Pé dAtleta	T3F40	2:56:10
35	173	Nuno, Livio	74	ProAventuras	T3SM	2:56:43
36	180	Pereira, Sergio	76	ProAventuras	T3SM	2:56:45
37	86	Chiote, Augusto	58	Cotas do Pedal	T3M50	2:56:52
38	15	Ferreira, Artur	77	Cantinho Team	T3SM	2:57:15
39	215	Baptista, Miguel	63	Portugal Running	T3M50	2:57:23
40	220	Carlos Arede, José	72	Clube EDP	T3M40	2:57:29
41	8	Veloso, Vitor	75	Mundo da Corrida	T3SM	2:57:36
42	117	Simões, Pedro	79	Individual	T3SM	2:57:40
43	238	Fernandes, Vasco	79	istofaz-se	T3SM	2:58:14
44	203	Hilário Cardoso, José	60	Individual	T3M50	2:59:27
45	146	Fonseca, Paulo	68	Individual	T3M40	2:59:33
46	151	Rosa, Marco	74	Free Runners	T3SM	3:00:04
47	121	Fradinho Bonito, Manuel	66	Escola Naval	T3M40	3:00:32
47	239	Pires, Carmen	77	Offtel Runners	T3SF	3:00:32
49	131	Taboas, Paulo	65	Os Salamandrecos	T3M40	3:00:51
50	58	Alves, João	83	A.D.A.D.	T3SM	3:01:27
51	104	Nogueira, Manuel	70	Vaimaislonge.net	T3M40	3:01:33
52	214	Joao Reis, Pedro	71	Individual	T3M40	3:02:35
53	161	Barra Soares, António	65	O Praticante/Asas do Milénium	T3M40	3:02:59
54	60	Kellen, Alexandre	71	Individual	T3M40	3:03:14

Pl	Stno	Name	YB	Club	Cl.	Time
Trail Longo (30Kms) (225)			30.0 km 10 C		(cont.)	
55	109	Rodrigues Cabrita, Pedro	73	Mundo da Corrida	T3M40	3:03:49
56	98	de Almeida, Rui	70	Individual	T3M40	3:03:59
57	78	Sequeiros de Mato, José	68	C.P.Armada	T3M40	3:04:12
58	5	Rodrigues, Reinaldo	73	Os Malucos	T3M40	3:04:20
59	77	Garcia, Manuel	82	Individual	T3SM	3:04:45
60	172	Fernandes, Filipa	78	ProAventuras	T3SF	3:05:04
61	114	Seiça, Simão	84	Individual	T3SM	3:06:11
62	36	Lucas, Florival	63	AA Lebres	T3M50	3:06:48
63	164	Miguel Lucas, Nuno	72	O Praticante/Asas do Milénium	T3M40	3:06:51
64	28	Fonseca, João	67	ProAventuras	T3M40	3:06:53
65	25	Martins, Paulo	65	Run 4 Fun	T3M40	3:06:54
66	99	Gamito, Diogo	67	Individual	T3M40	3:08:21
67	39	Godinho, Guilherme	70	Individual	T3M40	3:08:48
68	38	Marques, Paulo	65	Individual	T3M40	3:09:26
69	217	Santos, Joaquim	58	Falcões Selvagens	T3M50	3:10:12
70	47	Caldeira, Jorge	70	Individual	T3M40	3:10:38
71	112	Martins, Pedro	84	Warthogs	T3SM	3:11:26
72	113	Santos, Mário	63	Warthogs	T3M50	3:11:56
73	79	Martins da Silva, Miguel	71	Individual	T3SM	3:11:58
74	189	Rui Veloso, Antonio	61	Clube MillenniumBCP	T3M50	3:12:18
75	154	Roquete, Sofia	81	A.M.Atib	T3SF	3:12:30
75	45	Mendonça, Pedro	76	Clube Vodafone	T3SM	3:12:30
77	101	Cunha, Tiago	77	Individual	T3SM	3:13:50
78	138	Alegre, Rui	79	Individual	T3SM	3:14:54
79	144	Sousa, José	72	AA Lebres	T3M40	3:15:42
80	152	Rosa, Hugo	85	Free Runners	T3SM	3:16:40
81	94	Quina, Pedro	66	Individual	T3M40	3:16:41
82	57	Venda, Vitor	71	Friends2Run	T3M40	3:17:09
83	199	Henriques, Ramiro	61	CAAM	T3M50	3:19:04
83	23	Pé - Curto, Jorge	75	Individual	T3SM	3:19:04
85	145	Fernandes, Joaquim	62	AA Lebres	T3M50	3:19:05
86	54	Arraiolos, Carlos	81	Run Crew Montijo	T3SM	3:19:09
87	55	Pereira, Ricardo	79	Individual	T3SM	3:19:21
88	179	Pereira, Herculano	55	ProAventuras	T3M50	3:19:22
89	126	Ribeirete, André	76	Ultra Leves do CPOC	T3SM	3:19:51
90	129	Valente, João	74	Portugal Running	T3SM	3:20:04
91	132	Ferreira, Adílio	64	Cotas do Pedal	T3M40	3:20:05
92	135	Fernandes, Pedro	66	Novos Trilhos	T3M40	3:20:24
93	186	Cabeleira Neves, Pedro	65	Clube MillenniumBCP	T3M40	3:23:40
93	185	Rodrigues, Eduardo	62	Clube MillenniumBCP	T3M50	3:23:40
95	72	de Melo, Gonçalo	66	Run 4 Fun	T3M40	3:23:47
96	183	Rodrigues, Fernando	64	Clube MillenniumBCP	T3M40	3:23:49
97	43	Marinheiro, Daniela	77	Clube EDP	T3SF	3:23:50
98	61	Bernardino, Luís	73	Individual	T3M40	3:23:52
99	92	Ruivo, Jorge	78	Individual	T3SM	3:24:27
100	82	Gregorio, Eduardo	81	Oficina do Pedro	T3SM	3:26:42
101	159	Lopes da Silva, Rui	85	Individual	T3SM	3:27:21
102	71	Horta, Sílvio	82	ACR Zona Azul	T3SM	3:27:22
103	191	Baeta Pinto, Paulo	64	Clube MillenniumBCP	T3M40	3:27:27
104	188	Santos Baptista, Helder	66	Clube MillenniumBCP	T3M40	3:27:41
105	83	Glória Rodrigues, Pedro	70	Oficina do Pedro	T3M40	3:28:04
106	133	Lúcia Duarte, Ana	70	Falcões Selvagens	T3F40	3:28:44
107	14	Romeiras, Jacinto	71	Individual	T3M40	3:31:27
108	93	Martins, Daniel	84	Individual	T3SM	3:32:49

Pl	Stno	Name	YB	Club	Cl.	Time
Trail Longo (30Kms) (225)			30.0 km 10 C		(cont.)	
109	19	Fragoso, Claudio	76	Clube Amigos do Trail	T3SM	3:33:57
110	89	Moser, Carmo	80	Portugal Running	T3SF	3:33:59
111	76	Caetano, Carlos	73	ACCVCAVI	T3M40	3:34:02
112	68	Gomes, Miguel	70	Individual	T3M40	3:34:20
113	59	Maral, João	69	SS CGD	T3SM	3:35:38
114	167	Manuel Góis, Jorge	65	Sport Life	T3M40	3:37:37
115	80	Flórido, Andreia	75	Individual	T3SF	3:37:43
115	50	Lizardo, Pedro	83	Monsanto Running Team	T3SM	3:37:43
117	232	Romão, Tiago	76	Individual	T3SM	3:37:52
118	182	Cordas, Pedro	73	Clube MillenniumBCP	T3M40	3:38:24
119	200	Duarte, Mário	69	SMO Runners	T3M40	3:38:39
120	202	Santos, Rogério	76	SMO Runners	T3SM	3:38:40
121	227	Paula Duarte, Ana	68	Clube Naval Sesimbra	T3F40	3:38:50
122	228	Tomé, Helder	70	Mundo da Corrida	T3M40	3:39:46
123	204	Peixeiro, Nuno	78	CAAM	T3SM	3:40:09
124	219	Prego da Silva, Antonio	73	Ciclopinhal	T3M40	3:41:06
125	184	Nunes, Vasco	71	Clube MillenniumBCP	T3M40	3:42:18
126	230	Nascimento, Ricardo	84	Individual	T3SM	3:42:42
127	75	Jeremias, Patrícia	77	Matilha Radical	T3SF	3:44:57
128	74	Canhoto da Silva, Luis	71	Matilha Radical	T3M40	3:44:58
129	69	Pimentel, Hugo	75	GBES	T3SM	3:45:16
130	70	Andre, Carla	77	GBES	T3SF	3:45:17
131	49	Pintão, Nuno	70	Individual	T3M40	3:45:46
132	7	Brito, Carlos	74	NDCB	T3SM	3:46:04
133	29	Lima, Joaquim	63	Individual	T3M50	3:47:48
133	136	Menas, Rui	77	Individual	T3SM	3:47:48
135	103	Carlos Melo, José	62	Run 4 Fun	T3M50	3:48:31
136	6	Magro, José	70	Papa Trilhos	T3M40	3:48:41
137	12	Pacheco, Anabela	71	Mundo da Corrida	T3F40	3:48:42
138	52	Centeno, João	69	Individual	T3M40	3:49:09
138	53	Coelho, Luis	69	Individual	T3M40	3:49:09
140	140	Frazão, Pedro	79	Clube Naval Sesimbra	T3SM	3:49:28
141	24	Costa, Nuno	73	SS CGD	T3M40	3:50:34
142	201	Ramos, Fernando	75	SMO Runners	T3SM	3:52:53
143	27	Germano, João	67	Individual	T3M40	3:53:40
144	158	Soares Peixoto, Catarina	90	Portugal Running	T3SF	3:53:41
145	96	Raposo, Paulo	72	Run 4 Fun	T3M40	3:53:43
146	105	Martins, Catarina	72	SS CGD	T3F40	3:54:04
147	21	Coelho, Ricardo	70	SS CGD	T3M40	3:54:07
148	22	Madeira, Luis	70	SS CGD	T3M40	3:54:09
149	196	Tavares Romão, Mario	73	Clube MillenniumBCP	T3M40	3:54:18
150	64	Quartin, Monica	69	Individual	T3F40	3:54:34
151	56	Silva, Roberto	73	Friends2Run	T3M40	3:54:41
152	81	Nunes, Alberto	60	Individual	T3M50	3:54:43
153	233	Manuel Câmara, José	74	GDU Azoia	T3SM	3:55:08
154	33	Luz, Fernando	69	GDCT Unicre	T3M40	3:55:43
155	193	Carlos Faria, Jose	61	Clube MillenniumBCP	T3M50	3:56:17
156	87	Morgado, Carlos	63	Clube EDP	T3M50	3:56:23
157	30	Louro, Jorge	64	Maratonices	T3M40	3:59:18
158	211	Gaio, Rui	88	Individual	T3SM	4:00:23
159	236	Oliveira, Paulo	73	Individual	T3M40	4:00:25
160	110	Santos, Paulo	68	Warthogs	T3M40	4:00:47
161	26	Ferreira, Nuno	70	Individual	T3M40	4:01:54
162	35	Gonçalves, Vitor	69	Individual	T3M40	4:03:06

Pl	Stno	Name	YB	Club	Cl.	Time
Trail Longo (30Kms) (225)			30.0 km 10 C		(cont.)	
163	10	Leal, Carlos	69	Individual	T3M40	4:03:07
164	231	Simao, Sérgio	70	Mundo da Corrida	T3M40	4:03:28
165	63	Neves, Bruno	83	Individual	T3SM	4:06:24
165	229	Miguel Calheiros, Luis	74	Gdbbpi	T3SM	4:06:24
167	90	Jesus, Vitor	77	Individual	T3SM	4:08:31
168	91	Martins, Susana	77	Individual	T3SF	4:08:33
169	73	Torgal, Miguel	77	Individual	T3SM	4:08:34
170	66	Aires, Ildebrando	76	Individual	T3SM	4:08:36
171	11	Azenha, Célia		AA Lebres	T3F40	4:08:50
172	156	Costa, Ruben	64	Run 4 Fun	T3M40	4:10:41
173	44	Soares, Artur	73	Corrida Noturna	T3M40	4:14:30
174	102	Miguel Patricio, João	75	Individual	T3SM	4:19:30
175	100	Almeida, Paulo	72	Individual	T3M40	4:19:32
176	147	Ferro, Filipa	77	Run 4 Fun	T3SF	4:25:48
177	65	Simões, Sandra	70	Run 4 Fun	T3SF	4:25:50
178	237	Faria, Isabel	75	Individual	T3SF	4:29:47
179	142	Sousa, Luís	75	AA Lebres	T3SM	4:29:49
180	118	Almeida, Cristiana	64	Portugal Running	T3F40	4:31:36
181	84	Noronha, André	64	SS CGD	T3M40	4:31:37
182	88	Chouriço, Joana D'Arc	63	Individual	T3F40	4:31:45
183	119	Tubal, Sónia	77	Portugal Running	T3SF	4:32:53
184	195	Sequeira Caetano, Paulo	68	Clube MillenniumBCP	T3M40	4:32:54
185	198	Céu Silva, Maria	67	Clube MillenniumBCP	T3F40	4:33:58
186	194	Silva Marques, Óscar	53	Clube MillenniumBCP	T3M50	4:33:59
187	170	de Sousa Gião, Nuno	73	ACCVCAVI	T3M40	4:35:33
188	48	Luis, Cátia	75	CEN	T3SF	4:35:52
189	165	Sousa Freire, João	48	Sport Life	T3M50	4:35:53
190	2	Pires, José Carlos	72	Individual	T3M40	4:35:54
191	190	Valério Soares, Jorge	65	Clube MillenniumBCP	T3M40	4:43:09
192	235	Manuel, Elisete	75	Mundo da Corrida	T3SF	4:43:55
193	97	Mestre, Filipe	80	Pernas de Gafanhoto	T3SM	5:09:19
193	149	Moita, Pedro	87	Pernas de Gafanhoto	T3SM	5:09:19
195	115	Santos, Luis	62	Individual	T3M50	5:14:23
196	222	Francisco, Elsa	71	Clube Naval Sesimbra	T3F40	5:21:31
197	223	Galvão, Joao	78	Clube Naval Sesimbra	T3SM	5:21:32
	213	Alexandra Pernencar, Cláudia	74	Portugal Running	T3SF	mp
	111	Aníbal, Pedro	66	Warthogs	T3M40	dnf
	62	Carvalho, Renato	89	Individual	T3SM	dnf
	171	Lopes, Francisca	59	Individual	T3F40	dns
	127	Manuel Aires, António	70	Ultra Leves do CPOC	T3M40	dns
	150	Oliveira, Pedro	72	Individual	T3M40	dns
	137	Miguel Ferreira, Pedro	72	H2H Club Better Living	T3M40	dns
	209	Pires, Rui	66	Georunners	T3M40	dns
	210	Sousa, Paulo	73	Real Club de Caxias	T3M40	dns
	221	Caetano, Miguel	70	Clube Naval Sesimbra	T3M40	dns
	240	Guerreiro, Cristina	66	Individual	T3SF	dns
	206	Manuel Correia, José	61	Georunners	T3M40	dns
	225	Neiva Correia, Pedro	65	ARTP	T3M40	dns
	143	Fernandes, Álvaro	54	AA Lebres	T3M50	dns
	95	António Almeida, Luís	60	Individual	T3M50	dns
	123	Pires, Mário	59	Individual	T3M50	dns
	208	Jorge Silva, Mário	60	Georunners	T3M50	dns
	205	Mourão, Pedro	61	Georunners	T3M50	dns

Pl	Stno	Name	YB	Club	Cl.	Time
Trail Longo (30Kms) (225)			30.0 km 10 C		(cont.)	
192		Galha, Heloísa	83	Clube MillenniumBCP	T3SF	dns
41		Simões, Miguel	83	Georunners	T3SM	dns
120		Miguel Lousa, Tiago	82	OSC/IPA	T3SM	dns
155		Ferreira, Ricardo	82	Individual	T3SM	dns
37		Guerreiro, André	85	Individual	T3SM	dns
4		Veigas, Manuel	77	Individual	T3SM	dns
13		Veigas, João	80	Individual	T3SM	dns
139		Mira, João	79	Individual	T3SM	dns
125		Quaresma, Miguel	75	Individual	T3SM	dns
166		Silva Gomes, Filipe	77	Sport Life	T3SM	dns