

Pl	Stno	Name	YB	Club	Cl.	Time	Total
Trail Longo (Preliminary results 16:30							
1	6	TIAGO AIRES	82	62 Gafanhori	TLSenM	2:32:49	2:32:49
2	93	JOSÉ LOPES	66	39 Clube de Atletismo Odimarq	TLM40	2:42:27	2:42:27
3	161	DAVIDE MARQUES	83	91 Nutrimania Sports Nutritio	TLSenM	2:42:48	2:42:48
4	140	JOSÉ LINDO	82	107 ProAventuras	TLSenM	2:45:59	2:45:59
5	195	MARTIM NUNES	76	93 O Praticante	TLSenM	2:46:10	2:46:10
6	19	FRANCISCO GAIO	63	4 A20KM	TLM50	2:47:06	2:47:06
7	12	SÉRGIO PEREIRA	76	107 ProAventuras	TLSenM	2:47:48	2:47:48
8	184	MANUEL RAMOS	58	107 ProAventuras	TLM50	2:50:19	2:50:19
9	89	JOSÉ BARRINHA	70	125 VILA FRIA JG SEGUROS	TLM40	2:52:17	2:52:17
10	122	BRUNO TORRES	84	67 GROUP TRAINING	TLSenM	2:56:21	2:56:21
11	186	DIOGO OLIVEIRA	90	107 ProAventuras	TLSenM	2:57:22	2:57:22
12	163	FERNANDO BATISTA	86	86 Millenium BCP	TLSenM	2:58:14	2:58:14
13	113	NELSON DIOGO	80	11 AMCF-Arrábida trail team	TLSenM	2:58:16	2:58:16
14	185	ALEXANDRE CANTIGA	75	107 ProAventuras	TLM40	2:59:03	2:59:03
15	151	LUÍS MARTINS	74	107 ProAventuras	TLM40	3:00:15	3:00:15
16	85	ANTERO RODRIGUES	69	40 Clube de Praças da Armada	TLM40	3:00:36	3:00:36
17	182	ZO VIEIRA	62	107 ProAventuras	TLM50	3:02:54	3:02:54
18	188	FILIPE INÁCIO	80	107 ProAventuras	TLSenM	3:02:55	3:02:55
19	207	CARLOS ALBANO	69	93 O Praticante	TLM40	3:04:25	3:04:25
20	99	JOAQUIM PATO	71	72 Individual	TLM40	3:04:38	3:04:38
21	153	RUI RODRIGUES	79	65 GO!Runners	TLSenM	3:04:40	3:04:40
22	71	JÚLIO FINOTE	69	109 Rapotacho	TLM40	3:08:15	3:08:15
23	379	PEDRO MARTINS	84	3 A.A. Lebres do Sado	TLSenM	3:08:43	3:08:43
24	136	JOSÉ DIONÍSIO	59	107 ProAventuras	TLM50	3:09:10	3:09:10
25	69	JOÃO PRISAL	72	108 Rail Runners	TLM40	3:09:58	3:09:58
26	363	JOÃO POEIRAS	77	3 A.A. Lebres do Sado	TLSenM	3:10:15	3:10:15
27	204	VASCO RODRIGUES	79	116 Sport life	TLSenM	3:11:04	3:11:04
28	92	LUIS CASACA	88	72 Individual	TLSenM	3:12:06	3:12:06
29	193	PAULO FERREIRA	75	7 Academia do Korpo	TLM40	3:12:57	3:12:57
30	80	CARLOS FERREIRA	72	85 Matilha Running	TLM40	3:13:08	3:13:08
31	160	MIGUEL CARNEIRO	83	40 Clube de Praças da Armada	TLSenM	3:13:15	3:13:15
32	65	PAULO FRANGO	78	87 Monsanto Running Team	TLSenM	3:13:30	3:13:30
33	183	LÍVIO NUNO	74	107 ProAventuras	TLM40	3:14:26	3:14:26
34	83	NUNO PEIXEIRO	78	37 Clube Amigos Atletismo Moi	TLSenM	3:15:54	3:15:54
35	77	GONÇALO CRUZ	84	109 Rapotacho	TLSenM	3:16:39	3:16:39
36	130	LÚCIO ALVES	71	101 Papa Trilhos	TLM40	3:17:23	3:17:23
37	133	LUÍS TRINDADE	78	102 Paredes Aventura	TLSenM	3:18:27	3:18:27
38	170	RICARDO CUNHA	83	107 ProAventuras	TLSenM	3:18:56	3:18:56
39	97	JOAQUIM MARTINS	63	39 Clube de Atletismo Odimarq	TLM50	3:19:06	3:19:06
40	51	RUI MENAS	77	85 Matilha Running	TLSenM	3:20:54	3:20:54
41	199	ANTÓNIO NEREU	61	93 O Praticante	TLM50	3:20:59	3:20:59
42	168	HÉLIO MARQUES	74	1 100 Limites	TLM40	3:21:08	3:21:08
43	175	RICARDO TIAGO	68	113 Salamandrecos	TLM40	3:21:51	3:21:51
44	100	LUIS M. BATATA	77	125 VILA FRIA JG SEGUROS	TLSenM	3:23:41	3:23:41
45	2	PEDRO CORREIA	76	131 Zimbra Fox Runners	TLSenM	3:23:43	3:23:43

46	433	NUNO ALMEIDA	72	42	Clube Naval de Sesimbra	TLM40	3:25:19	3:25:19
47	159	PAULO RAPOSO	74	71	IC RUNNERS	TLM40	3:25:41	3:25:41
48	181	JOÃO FARIA	77	107	ProAventuras	TLSenM	3:26:09	3:26:09
49	41	ROMEU COLAÇO	79	64	Gin. Quinta do Valbom - AA	TLSenM	3:28:08	3:28:08
50	67	JORGE SOBRINHO	69	27	Café Cartoon RunTeam	TLM40	3:28:31	3:28:31
51	110	GUSTAVO GASOPO	92	7	Academia do Korpo	TLSenM	3:28:33	3:28:33
52	111	ANTÓNIO PARREIRA	75	7	Academia do Korpo	TLM40	3:28:40	3:28:40
53	66	ARTUR BERNARDO	72	27	Café Cartoon RunTeam	TLM40	3:28:47	3:28:47
54	74	MANUEL SILVA	77	72	Individual	TLSenM	3:29:45	3:29:45
55	73	SANDRO RODRIGUES	77	72	Individual	TLSenM	3:30:11	3:30:11
56	107	HELDER VARANDA	78	7	Academia do Korpo	TLSenM	3:30:15	3:30:15
57	120	NUNO FERREIRA	76	127	WWW.CORRERPORTUGAL.NET	TLSenM	3:30:26	3:30:26
58	96	CARMEN HENRIQUES	77	112	RUN IS A GIFT	TLSenF	3:31:10	3:31:10
59	58	PEDRO FERREIRA	87	131	Zimbra Fox Runners	TLSenM	3:31:16	3:31:16
60	141	LUIS NUNES	75	21	benfica em forma	TLM40	3:32:17	3:32:17
61	7	JOSÉ GOMES	54	72	Individual	TLM60	3:32:40	3:32:40
62	36	IVONE FERREIRA	72	121	Tartarugas Solidárias	TLF40	3:34:16	3:34:16
63	109	RUI LARANJEIRO	73	26	CA Amigos Parque da Paz	TLM40	3:35:39	3:35:39
64	131	JOÃO PEREIRA	67	88	MultiRunners	TLM40	3:35:42	3:35:42
65	137	PAULO MARÇALO	74	72	Individual	TLM40	3:36:18	3:36:18
66	48	SILVÉRIO CORREIA	67	124	Tribo Extreme Adventures	TLM40	3:36:22	3:36:22
67	152	MIGUEL RODRIGUES	74	65	GO!Runners	TLM40	3:36:37	3:36:37
68	102	JORGE NABAIS	82	24	Brigada do Reumático	TLSenM	3:37:01	3:37:01
69	166	ANTÓNIO CASACA	61	72	Individual	TLM50	3:37:16	3:37:16
70	138	ILÍDIO JANEIRO	79	69	GURUS	TLSenM	3:37:30	3:37:30
71	20	MARIA SÁ	67	4	A20KM	TLF40	3:39:02	3:39:02
72	162	ANTÓNIO HENRIQUES	72	106	Portugal Running	TLM40	3:39:05	3:39:05
73	47	LUÍS EANES	72	72	Individual	TLM40	3:39:16	3:39:16
74	174	NÁDIA CASTELEIRO	87	101	Papa Trilhos	TLSenF	3:39:20	3:39:20
75	179	NUNO CARMO	97	101	Papa Trilhos	TLSenM	3:39:23	3:39:23
76	86	ÁLVARO SANTOS	75	87	Monsanto Running Team	TLM40	3:39:28	3:39:28
77	87	ANTÓNIO GUERREIRO	52	87	Monsanto Running Team	TLM60	3:39:37	3:39:37
78	54	JOAQUIM FERNANDES	62	3	A.A. Lebres do Sado	TLM50	3:39:45	3:39:45
79	53	JOSÉ FERNANDES	72	124	Tribo Extreme Adventures	TLM40	3:41:40	3:41:40
80	155	CARLOS PIRES	75	30	Casa do Benfica do Seixal	TLM40	3:44:41	3:44:41
81	200	FERNANDA ALMEIDA	75	116	Sport life	TLF40	3:44:53	3:44:53
82	150	JOSÉ BARROCO	58	72	Individual	TLM50	3:46:34	3:46:34
83	197	PAULO SANTOS	77	93	O Praticante	TLSenM	3:46:37	3:46:37
84	38	MARIA OLIVEIRA	70	54	elfo team	TLF40	3:46:50	3:46:50
85	43	JOSÉ MATOS	68	40	Clube de Praças da Armada	TLM40	3:47:01	3:47:01
86	118	ANDRÉ RIBEIRETE	76	127	WWW.CORRERPORTUGAL.NET	TLSenM	3:47:31	3:47:31
87	37	BERNARDO FIGUEIREDO	71	125	VILA FRIA JG SEGUROS	TLM40	3:47:36	3:47:36
88	121	ANTÓNIO LOPES	63	63	GDU Azoia	TLM50	3:48:11	3:48:11
89	108	JORGE SANTOS	71	7	Academia do Korpo	TLM40	3:48:18	3:48:18
90	135	RUI PAULO	65	72	Individual	TLM50	3:48:35	3:48:35
91	32	RICARDO FERNANDES	72	72	Individual	TLM40	3:48:40	3:48:40
92	64	PEDRO CARVALHO	84	49	Dias carvalho	TLSenM	3:48:57	3:48:57
93	144	NUNO LUZIA	75	72	Individual	TLM40	3:49:15	3:49:15
94	191	TIAGO CAMILO	78	119	Tálenitos Team	TLSenM	3:49:22	3:49:22
95	18	HELDER FERREIRA	72	126	Volkswagen	TLM40	3:49:36	3:49:36
96	98	ARLINDO DEUS	49	36	Club Millennium B C P	TLM60	3:50:52	3:50:52
97	115	HENRIQUE ADREGA	52	12	amigosdacorrída.com	TLM60	3:52:09	3:52:09
98	68	RICARDO MARTA	79	27	Café Cartoon RunTeam	TLSenM	3:53:22	3:53:22
99	172	MARTA ANSELMO	71	72	Individual	TLF40	3:53:29	3:53:29
100	202	FILIPPE GOMES	77	116	Sport life	TLSenM	3:55:11	3:55:11
101	201	RUI ROCHA	73	116	Sport life	TLM40	3:55:13	3:55:13

102	129	RICARDO CORREIA	80	69	GURUS	TLSenM	3:56:29	3:56:29
103	34	DÁLIA RATO	62	131	Zimbra Fox Runners	TLM40	3:56:35	3:56:35
104	44	PAULO RAMOS	68	131	Zimbra Fox Runners	TLM40	3:56:41	3:56:41
105	105	SÉRGIO DURO	81	72	Individual	TLSenM	3:56:43	3:56:43
106	165	ELENA IABANJI	66	72	Individual	TLM40	3:56:50	3:56:50
107	112	CARLOS PASCOAL	64	72	Individual	TLM50	3:56:58	3:56:58
108	82	VALTER MATOS	82	72	Individual	TLSenM	3:57:17	3:57:17
109	15	LUÍS NUNES	75	98	Os Lagartixos	TLM40	3:57:32	3:57:32
110	124	SÉRGIO PÓVOA	71	104	Picaretas da Montanha	TLM40	3:58:18	3:58:18
111	145	FERNANDO FERREIRA	51	72	Individual	TLM60	3:58:27	3:58:27
112	128	RUI PAÇO	68	88	MultiRunners	TLM40	4:00:13	4:00:13
113	22	RUI BARRACHA	72	72	Individual	TLM40	4:00:52	4:00:52
114	29	HUGO SIMOES	76	82	malta do trail	TLSenM	4:02:05	4:02:05
115	79	ALEXANDRE VIEGAS	79	72	Individual	TLSenM	4:03:41	4:03:41
116	10	CLÁUDIO FRAGOSO	76	76	KangarooRunners	TLSenM	4:07:09	4:07:09
117	194	FILIPPE FIDALGO	80	63	GDU Azoia	TLSenM	4:07:23	4:07:23
118	127	JORGE SOUSA	68	72	Individual	TLM40	4:07:27	4:07:27
119	60	LUIS SILVA	71	84	MATILHA RADICAL	TLM40	4:07:36	4:07:36
120	156	RICARDO CAPELO	84	38	Clube Cimpor	TLSenM	4:09:58	4:09:58
121	157	LINO SILVA	72	38	Clube Cimpor	TLM40	4:09:59	4:09:59
122	14	HUGO FERREIRA	77	98	Os Lagartixos	TLSenM	4:10:51	4:10:51
123	148	LUIS FIDALGO	71	72	Individual	TLM40	4:11:02	4:11:02
124	117	PEDRO CONSTANTINO	84	127	WWW.CORRERPORTUGAL.NET	TLSenM	4:11:05	4:11:05
125	40	GABRIEL LEÃO	69	131	Zimbra Fox Runners	TLM40	4:11:18	4:11:18
126	30	CARLA MENDES	76	121	Tartarugas Solidárias	TLSenF	4:11:25	4:11:25
127	55	SARA VELHO	75	107	ProAventuras	TLM40	4:11:27	4:11:27
128	4	NUNO PINTÃO	70	72	Individual	TLM40	4:11:48	4:11:48
129	154	VITOR SILVINO	76	30	Casa do Benfica do Seixal	TLSenM	4:13:14	4:13:14
130	42	RICARDO SILVA	78	72	Individual	TLSenM	4:15:17	4:15:17
131	33	LUIS RASTEIRO	75	119	Talentos Team	TLM40	4:15:48	4:15:48
132	176	CÉSAR AVÓ	75	73	Jamor	TLM40	4:16:31	4:16:31
133	104	FERNANDA FRANÇA	73	43	CLUBE OGMA	TLM40	4:17:06	4:17:06
134	103	JOAQUIM BEXIGA	68	43	CLUBE OGMA	TLM40	4:17:08	4:17:08
135	180	IVO CARMO	94	101	Papa Trilhos	TLSenM	4:17:09	4:17:09
136	62	RUI FONSECA	77	63	GDU Azoia	TLSenM	4:17:35	4:17:35
137	24	CÉLIA PAIVA	69	74	Jobrinde Montes Saloios	TLM40	4:20:43	4:20:43
138	25	NUNO ANDRÉ	77	74	Jobrinde Montes Saloios	TLSenM	4:20:45	4:20:45
139	75	LUIS VITORINO	77	29	caracol trail team	TLSenM	4:21:39	4:21:39
140	106	BRUNO MOITA	77	50	Dolce Furadouro	TLSenM	4:27:51	4:27:51
141	173	IVO SANTOS	78	50	Dolce Furadouro	TLSenM	4:27:53	4:27:53
142	84	MÁRIO CUNHA	78	72	Individual	TLSenM	4:27:56	4:27:56
143	88	BRUNO PERDIGÃO	76	96	Os coxos e o miguel	TLSenM	4:31:16	4:31:16
144	5	JORGE PAULINO	76	72	Individual	TLSenM	4:32:12	4:32:12
145	52	SÉRGIO RODRIGUES	74	81	Mad Max Team	TLM40	4:33:29	4:33:29
146	134	CARLOS SILVA	74	84	MATILHA RADICAL	TLM40	4:33:35	4:33:35
147	125	PAULO SANTOS	68	3	A.A. Lebres do Sado	TLM40	4:34:35	4:34:35
148	149	MANUEL FARO	65	106	Portugal Running	TLM50	4:34:38	4:34:38
149	28	JOSÉ MELO	62	111	Run 4 Fun	TLM50	4:34:59	4:34:59
150	45	LUIS SANTOS	62	94	OCR Portugal	TLM50	4:35:27	4:35:27
151	70	MANUEL ANTÓNIO	69	108	Rail Runners	TLM40	4:36:17	4:36:17
152	21	MÁRIO OLIVEIRA	75	96	Os coxos e o miguel	TLM40	4:36:43	4:36:43
153	126	SÉRGIO DORES	74	96	Os coxos e o miguel	TLM40	4:37:09	4:37:09
154	50	MARIA PEREIRA	84	65	GO!Runners	TLSenF	4:39:07	4:39:07
155	9	HORÁCIO OLIVEIRA	74	123	Tribo da Corrida	TLM40	4:39:09	4:39:09
156	26	LUIS PEREIRA	75	119	Talentos Team	TLM40	4:41:08	4:41:08
157	78	LUIS POLIDO	73	109	Rapotacho	TLM40	4:41:10	4:41:10

158	114	JOÃO CLÁUDIO	72	59	FJM	TLM40	4:43:04	4:43:04
159	167	FERNANDO DIAS	74	60	Fmsdias	TLM40	4:43:07	4:43:07
160	208	ANALICE SILVA	43	92	O Mundo da Corrida	TLF40	4:43:42	4:43:42
161	39	MARIA CONCHINHA	58	41	Clube do Stress	TLF40	4:47:24	4:47:24
162	91	FILIPPE SÁ	71	125	VILA FRIA JG SEGUROS	TLM40	4:47:43	4:47:43
163	49	JOSÉ PEIXE	78	65	G0!Runners	TLSenM	4:50:13	4:50:13
164	132	CARLOS SANTOS	77	3	A.A. Lebres do Sado	TLSenM	4:50:37	4:50:37
165	177	PAULO MOTA	67	3	A.A. Lebres do Sado	TLM40	4:50:39	4:50:39
166	171	WILSON REIS	77	103	Pégões	TLSenM	5:04:11	5:04:11
167	203	RUI ALVES	71	77	Kangurus S.A.	TLM40	5:04:13	5:04:13
168	139	NUNO LETRAS	74	72	Individual	TLM40	5:04:15	5:04:15
169	146	MIGUEL AZEVEDO	70	122	Tiburón	TLM40	5:05:42	5:05:42
170	164	HUGO ALVES	78	72	Individual	TLSenM	5:05:44	5:05:44
171	35	JOÃO AFONSO	78	58	Falcões Selvagens	TLSenM	5:12:31	5:12:31
172	190	RUI BARBOSA	71	85	Matilha Running	TLM40	5:16:53	5:16:53
173	189	PAULO ALVES	73	85	Matilha Running	TLM40	5:16:56	5:16:56
174	90	LUDGERO SANTANA	63	125	VILA FRIA JG SEGUROS	TLM50	5:33:21	5:33:21