

4º Trail do Cabo Espichel

Results

dom 18/12/2016 22:35
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Pl	Stno	Name	Club	Cl.	Time
Trail L. 30 Km (131)					
		31.3 km	800 m	6 C	
1	428	Tiago Romão	U. F. Comércio e Indústria	30_SM	2:26:08
2	439	Luis Fernandes	U. F. Comércio e Indústria	30_SM	2:29:04
3	71	Rodrigo Noivo	GO!Runners	30_SM	2:34:48
4	204	Nuno Patricio	C.N. Alvito	30_M40	2:36:43
5	227	Marcolino Veríssimo	SS CGD	30_M40	2:37:16
6	334	Nuno Torres	AMCF - Arrábida Trail Team	30_SM	2:40:55
7	429	Rogério Costa	U. F. Comércio e Indústria	30_SM	2:41:52
8	454	Nelson Diogo	AMCF - Arrábida Trail Team	30_SM	2:43:32
9	291	Sérgio Pereira	AMCF - Arrábida Trail Team	30_M40	2:43:33
10	21	Rui Fonseca	GDU Azoia	30_SM	2:51:16
11	131	José Lopes	Clube de Atletismo Odimarq	30_M50	2:53:40
12	254	Tiago Martins	Clube de Atletismo Odimarq	30_SM	2:53:45
13	389	Luis Martins	AMCF - Arrábida Trail Team	30_M40	2:55:35
14	16	Mark Monteiro	individual	30_M40	2:56:40
15	49	Rui Menas	Matilha Running	30_SM	2:58:20
16	265	Carlos Ferreira	Matilha Running	30_M40	2:58:26
17	420	Rui Canelas	Crossfit AlphaDen	30_SM	2:58:54
18	425	Diogo Pinto	AMCF - Arrábida Trail Team	30_SM	3:03:21
19	151	Alexandre Cantiga	ProAventuras	30_M40	3:06:15
20	250	Marco Quedas	Clube de Atletismo Odimarq	30_SM	3:07:45
21	42	João Balsinha	individual	30_M40	3:10:55
22	396	João Fonseca	ProAventuras	30_M40	3:10:58
23	419	Mário Figueiras	ACM - Montemor a correr	30_M40	3:11:01
24	368	Lúcio Alves	PAPA TRILHOS	30_M40	3:11:45
25	159	José Marques	Clube de Praças da Armada	30_M40	3:13:11
26	29	Hélio Marques	individual	30_M40	3:18:25
27	443	António Soares	O Praticante	30_M50	3:22:02
28	56	Luis Milheiriço	Margaças	30_M40	3:23:04
29	190	Guilherme Cabral	Clube Naval Sesimbra	30_SM	3:24:58
30	201	Rui Nascimento	ProAventuras	30_M40	3:25:40
31	147	Tiago Martins	Filósofos Eróticos	30_SM	3:25:50
32	146	Telmo Barroso	Filósofos Eróticos	30_M40	3:25:51
33	322	Rui Silva	BTTOrange	30_M40	3:26:24
34	345	Paulo Lopes	OCR Portugal	30_SM	3:26:42
35	64	Pedro Correia	Zimbra Fox Runners	30_M40	3:27:52
36	251	Joaquim Martins	Clube de Atletismo Odimarq	30_M50	3:29:03
37	406	Filipe Fidalgo	GDU Azoia	30_SM	3:29:46
38	86	Tiago Rovisco	ProAventuras	30_SM	3:32:37
39	444	Cirilo Formiga	O Praticante	30_M50	3:35:30
40	252	Carlos Pascoal	individual	30_M50	3:36:32
41	48	Hugo Hilario	GDU Azoia	30_SM	3:36:39
42	51	Antonio Almeida	individual	30_M40	3:36:57
43	109	João Barreto	GO!Runners	30_SM	3:38:23
44	256	Alexandre Kellen	Matilha Running	30_M40	3:39:05
45	243	Ricardo Ganhão	individual	30_SM	3:39:07
46	277	Jeronimo Esteves	Salamandrecos	30_M40	3:39:08
47	162	António Lopes	GDU Azoia	30_M50	3:39:46
48	407	João Marques	N/A	30_SM	3:40:54
49	11	Paulo Alves	individual	30_M40	3:41:22
50	43	Silverio Correia	Arrábida Runners	30_M40	3:41:25
51	168	Isabel Boavida	ADAD	30_SF	3:43:12
52	83	Flavio Monteiro	Kamarros running team	30_M40	3:43:37
53	380	Carlos Amigo	Zimbra Fox Runners	30_M40	3:44:19
54	124	Dália Rato	Bootcamp Sesimbra	30_F40	3:47:12

55	383	Nuno Carmo	Papa Trilhos do CAAL	30_SM	3:47:31
56	412	Miguel Pedro	Salamandrecos	30_M40	3:48:00
57	324	Carlos Figueiredo	Morcegos Trail	30_M40	3:48:03
58	117	Diamantino Serrano	Correr Queluz	30_M40	3:49:59
59	37	Rui Martins	Kamarros running team	30_M40	3:50:02
60	172	Hugo Simoes	Zimbra Fox Runners	30_M40	3:51:11
61	108	Emanuel Rodrigues	Kamarros running team	30_SM	3:52:08
62	435	Pedro Ferreira	Zimbra Fox Runners	30_SM	3:52:50
63	248	Fernanda Almeida	AGREGAR	30_F40	3:53:04
64	263	João Rosa	ProAventuras	30_M40	3:54:01
65	235	Ricardo Sousa	Quarteto Maravilha	30_SM	3:56:12
66	18	Sara Velho	ProAventuras	30_F40	3:57:33
67	230	José Rocha	Talentos Team	30_SM	4:00:10
68	205	José Barroco	individual	30_M50	4:00:39
69	65	Júlio Barão?	individual	30_M40	4:00:55
70	246	Cláudio Franco	Dolce Furadouro	30_SM	4:02:17
71	44	Ismael Maiato	BRRnightRunners	30_M40	4:02:59
72	28	Nuno Pintão	individual	30_M40	4:03:44
73	374	Bruno Conceição?	Dolce Furadouro	30_SM	4:04:59
74	359	Nelson Dias	Dolce Furadouro	30_SM	4:05:34
75	295	Jorge Nabais	COA - Clube de Orientação e A	30_SM	4:06:42
76	445	Nuno Lucas	O Praticante	30_M40	4:07:18
77	192	Sandro Rodrigues	Aurora Trail	30_SM	4:07:25
78	79	Miguel Cruz	BRRnightRunners	30_M40	4:08:47
79	53	Rui Ferreira	CRP Ribafria	30_SM	4:09:03
80	362	Bruno Gonçalves	BVG	30_SM	4:12:02
81	150	João Dâmaso	ACRM Silveirinha Claras	30_SM	4:16:07
82	164	Rafael Bronze	ACRM Silveirinha Claras	30_M40	4:16:11
83	276	Marília Noro	Papa Trilhos do CAAL	30_SF	4:16:19
84	335	António Carmo	Papa Trilhos do CAAL	30_M50	4:16:21
85	325	Andreia Sarmento	OCR Portugal	30_SF	4:17:19
86	23	Mário Coelho	Assoc. Atl. Lebres do Sado	30_M40	4:23:42
87	136	Maria Martins	ProAventuras	30_F40	4:24:55
87	135	Paulo Martins	ProAventuras	30_M50	4:24:55
89	84	Rui Leão	Talentos Team	30_M40	4:26:06
90	141	Nuno Geada	XH	30_M40	4:28:29
91	313	Fernanda França	Clube OGMA	30_F40	4:29:36
91	314	Joaquim Bexiga	Clube OGMA	30_M40	4:29:36
93	85	Luis Polido	individual	30_M40	4:30:37
94	81	João Perneco	individual	30_M40	4:30:38
95	160	Paulo Viegas	XH	30_M40	4:30:55
96	38	Andreia Pereira	individual	30_SF	4:31:01
97	451	Luís Torpes	Aureabox	30_SM	4:31:08
97	329	Rebeca Liborio	OCR Portugal	30_SF	4:31:08
99	39	Nuno Santiago	individual	30_M40	4:31:12
100	2	Pedro Ramos	Clube ANA Lisboa	30_M40	4:32:18
101	237	Maria João	Assoc. Atl. Lebres do Sado	30_F40	4:38:01
102	98	Carlos Henrique	individual	30_M40	4:39:05
103	140	Eduardo Brás	XH	30_SM	4:41:07
104	417	António Dias	Matilha Radical	30_M50	4:44:26
105	375	Pedro Inverno	Invernos	30_M40	4:44:43
106	170	Teresa Sousa	ADAD	30_M40	4:48:57
107	409	João Cruz	individual	30_M40	4:50:08
108	387	Vítor Gonçalves	4 ao km	30_M40	4:50:44
109	386	Isadora Costa	4 ao km	30_SF	4:50:45
110	125	Filipe Correia	13rdp	30_M40	4:51:54
111	292	Ana Luísa Coelho	Assoc. Atl. Lebres do Sado	30_F40	4:52:26
112	264	Claudia Duarte	Limited Edition	30_SF	4:56:13
113	369	Mafalda Nunes	Assoc. Atl. Lebres do Sado	30_F40	5:06:49
114	238	Paulo Santos	Assoc. Atl. Lebres do Sado	30_M40	5:06:50
115	285	Graça Pereira	Matilha Radical	30_F40	5:20:00
116	284	Luis Silva	Matilha Radical	30_M40	5:20:36
117	416	Célia Carvalho	Matilha Radical	30_F40	5:20:39
118	54	Viviana Ribeiro	CRP Ribafria	30_SF	5:29:35

58	Paulo Gordo	Correr Queluz	30_M40	dnf
139	José Becker-Weinberg	XH	30_SM	dns
149	Filipe Serrazina	CRP Ribafria	30_SM	dns
175	Joana Ferreira	individual	30_SF	dns
413	Vera Fonte	individual	30_SF	dns
4	Nuno Costa	SS CGD	30_M40	dns
115	Jose Fernandes	Arrábida Runners	30_M40	dns
144	Luis ?	Filósofos Eróticos	30_M40	dns
145	Jose Xavier	Filósofos Eróticos	30_M40	dns
148	Luis Preto	Filósofos Eróticos	30_M40	dns
378	Martinho Dias	Correr lisboa	30_M40	dns
315	Luis Santos	OCR Portugal	30_M50	dns
398	Alberto Galamba	PAPA TRILHOS	30_M50	dns

4º Trail do Cabo Espichel**Results****dom 18/12/2016 22:31**created by [OE2003 © Stephan Krämer 2008](#)

Pl	Stno	Name	YB	Club	Time
30K_Sen.Mas (38) 31.3 km 800 m 6 C					
1	428	Tiago Romão	89	U. F. Comércio e Indústria	2:26:08
2	439	Luis Fernandes	81	U. F. Comércio e Indústria	2:29:04
3	71	Rodrigo Noivo	82	GO!Runners	2:34:48
4	334	Nuno Torres	77	AMCF - Arrábida Trail Team	2:40:55
5	429	Rogério Costa	79	U. F. Comércio e Indústria	2:41:52
6	454	Nelson Diogo	80	AMCF - Arrábida Trail Team	2:43:32
7	21	Rui Fonseca	77	GDU Azoia	2:51:16
8	254	Tiago Martins	90	Clube de Atletismo Odimarq	2:53:45
9	49	Rui Menas	77	Matilha Running	2:58:20
10	420	Rui Canelas	86	Crossfit AlphaDen	2:58:54
11	425	Diogo Pinto	90	AMCF - Arrábida Trail Team	3:03:21
12	250	Marco Quedas	84	Clube de Atletismo Odimarq	3:07:45
13	190	Guilherme Cabral	88	Clube Naval Sesimbra	3:24:58
14	147	Tiago Martins	86	Filósofos Eróticos	3:25:50
15	345	Paulo Lopes	78	OCR Portugal	3:26:42
16	406	Filipe Fidalgo	80	GDU Azoia	3:29:46
17	86	Tiago Rovisco	80	ProAventuras	3:32:37
18	48	Hugo Hilario	78	GDU Azoia	3:36:39
19	109	João Barreto	77	GO!Runners	3:38:23
20	243	Ricardo Ganhão	81	individual	3:39:07
21	407	João Marques	87	N/A	3:40:54
22	383	Nuno Carmo	97	Papa Trilhos do CAAL	3:47:31
23	108	Emanuel Rodrigues	78	Kamarros running team	3:52:08
24	435	Pedro Ferreira	87	Zimbra Fox Runners	3:52:50
25	235	Ricardo Sousa	80	Quarteto Maravilha	3:56:12
26	230	José Rocha	80	Talentos Team	4:00:10
27	246	Cláudio Franco	85	Dolce Furadouro	4:02:17
28	374	Bruno Conceição?	77	Dolce Furadouro	4:04:59
29	359	Nelson Dias	80	Dolce Furadouro	4:05:34
30	295	Jorge Nabais	82	COA - Clube de Orientação e A	4:06:42
31	192	Sandro Rodrigues	77	Aurora Trail	4:07:25
32	53	Rui Ferreira	82	CRP Ribafria	4:09:03
33	362	Bruno Gonçalves	80	BVG	4:12:02
34	150	João Dâmaso	85	ACRM Silveirinha Claras	4:16:07
35	451	Luís Torpes	89	Aureabox	4:31:08
36	140	Eduardo Brás	77	XH	4:41:07
	139	José Becker-Weinberg	78	XH	dns
	149	Filipe Serrazina	77	CRP Ribafria	dns

30K_Sen.Fem (10) 31.3 km 800 m 6 C					
1	168	Isabel Boavida	79	ADAD	3:43:12
2	276	Marilia Noro	84	Papa Trilhos do CAAL	4:16:19
3	325	Andreia Sarmento	84	OCR Portugal	4:17:19
4	38	Andreia Pereira	85	individual	4:31:01
5	329	Rebeca Liborio	87	OCR Portugal	4:31:08
6	386	Isadora Costa	88	4 ao km	4:50:45
7	264	Claudia Duarte	80	Limited Edition	4:56:13
8	54	Viviana Ribeiro	85	CRP Ribafria	5:29:35
	175	Joana Ferreira	83	individual	dns

30K_M-40 (61)**31.3 km 800 m 6 C**

1	204 Nuno Patricio	72 C.N. Alvito	2:36:43
2	227 Marcolino Veríssimo	71 SS CGD	2:37:16
3	291 Sérgio Pereira	76 AMCF - Arrábida Trail Team	2:43:33
4	389 Luis Martins	74 AMCF - Arrábida Trail Team	2:55:35
5	16 Mark Monteiro	70 individual	2:56:40
6	265 Carlos Ferreira	72 Matilha Running	2:58:26
7	151 Alexandre Cantiga	75 ProAventuras	3:06:15
8	42 João Balsinha	70 individual	3:10:55
9	396 João Fonseca	67 ProAventuras	3:10:58
10	419 Mário Figueiras	76 ACM - Montemor a correr	3:11:01
11	368 Lúcio Alves	71 PAPA TRILHOS	3:11:45
12	159 José Marques	73 Clube de Praças da Armada	3:13:11
13	29 Hélio Marques	74 individual	3:18:25
14	56 Luis Milheiriço	74 Margaças	3:23:04
15	201 Rui Nascimento	72 ProAventuras	3:25:40
16	146 Telmo Barroso	72 Filósofos Eróticos	3:25:51
17	322 Rui Silva	74 BTTOrange	3:26:24
18	64 Pedro Correia	76 Zimbra Fox Runners	3:27:52
19	51 Antonio Almeida	71 individual	3:36:57
20	256 Alexandre Kellen	71 Matilha Running	3:39:05
21	277 Jeronimo Esteves	75 Salamandrecos	3:39:08
22	11 Paulo Alves	70 individual	3:41:22
23	43 Silverio Correia	67 Arrábida Runners	3:41:25
24	83 Flavio Monteiro	73 Kamarros running team	3:43:37
25	380 Carlos Amigo	75 Zimbra Fox Runners	3:44:19
26	412 Miguel Pedro	69 Salamandrecos	3:48:00
27	324 Carlos Figueiredo	75 Morcegos Trail	3:48:03
28	117 Diamantino Serrano	75 Correr Queluz	3:49:59
29	37 Rui Martins	70 Kamarros running team	3:50:02
30	172 Hugo Simoes	76 Zimbra Fox Runners	3:51:11
31	263 João Rosa	74 ProAventuras	3:54:01
32	65 Júlio Barão?	76 individual	4:00:55
33	44 Ismael Maiato	69 BRRnightRunners	4:02:59
34	28 Nuno Pintão	70 individual	4:03:44
35	445 Nuno Lucas	72 O Praticante	4:07:18
36	79 Miguel Cruz	75 BRRnightRunners	4:08:47
37	164 Rafael Bronze	75 ACRM Silveirinha Claras	4:16:11
38	23 Mário Coelho	65 Assoc. Atl. Lebres do Sado	4:23:42
39	84 Rui Leão	75 Talentos Team	4:26:06
40	141 Nuno Geada	68 XH	4:28:29
41	314 Joaquim Bexiga	68 Clube OGMA	4:29:36
42	85 Luis Polido	73 individual	4:30:37
43	81 João Perneco	76 individual	4:30:38
44	160 Paulo Viegas	70 XH	4:30:55
45	39 Nuno Santiago	76 individual	4:31:12
46	2 Pedro Ramos	68 Clube ANA Lisboa	4:32:18
47	98 Carlos Henrique	67 individual	4:39:05
48	375 Pedro Inverno	76 Invernos	4:44:43
49	170 Teresa Sousa	72 ADAD	4:48:57
50	409 João Cruz	74 individual	4:50:08
51	387 Vítor Gonçalves	69 4 ao km	4:50:44
52	125 Filipe Correia	73 13rdp	4:51:54
53	238 Paulo Santos	68 Assoc. Atl. Lebres do Sado	5:06:50
54	284 Luis Silva	71 Matilha Radical	5:20:36
	58 Paulo Gordo	67 Correr Queluz	dnf
	4 Nuno Costa	73 SS CGD	dns
	115 Jose Fernandes	71 Arrábida Runners	dns
	144 Luis ?	72 Filósofos Eróticos	dns

145 Jose Xavier	70 Filósofos Eróticos	dns
148 Luis Preto	70 Filósofos Eróticos	dns
378 Martinho Dias	76 Correr lisboa	dns

30K_F-40 (10) 31.3 km 800 m 6 C

1	124 Dália Rato	62 Bootcamp Sesimbra	3:47:12
2	248 Fernanda Almeida	75 AGREGAR	3:53:04
3	18 Sara Velho	75 ProAventuras	3:57:33
4	136 Maria Martins	68 ProAventuras	4:24:55
5	313 Fernanda França	73 Clube OGMA	4:29:36
6	237 Maria João	66 Assoc. Atl. Lebres do Sado	4:38:01
7	292 Ana Luísa Coelho	63 Assoc. Atl. Lebres do Sado	4:52:26
8	369 Mafalda Nunes	68 Assoc. Atl. Lebres do Sado	5:06:49
9	285 Graça Pereira	68 Matilha Radical	5:20:00
10	416 Célia Carvalho	72 Matilha Radical	5:20:39

30K_M-50 (12) 31.3 km 800 m 6 C

1	131 José Lopes	66 Clube de Atletismo Odimarq	2:53:40
2	443 António Soares	65 O Praticante	3:22:02
3	251 Joaquim Martins	63 Clube de Atletismo Odimarq	3:29:03
4	444 Cirilo Formiga	54 O Praticante	3:35:30
5	252 Carlos Pascoal	64 individual	3:36:32
6	162 António Lopes	63 GDU Azoia	3:39:46
7	205 José Barroco	58 individual	4:00:39
8	335 António Carmo	66 Papa Trilhos do CAAL	4:16:21
9	135 Paulo Martins	65 ProAventuras	4:24:55
10	417 António Dias	58 Matilha Radical	4:44:26
	315 Luis Santos	62 OCR Portugal	dns
	398 Alberto Galamba	65 PAPA TRILHOS	dns

4º Trail do Cabo Espichel
Split time results

dom 18/12/2016 18:04
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P1	Stno	Name	Cl.	Time							
Trail L. 30 Km (119)					31.3 km	800 m	6 C				
					1 (31)	2 (32)	3 (33)	4 (34)	5 (35)	6 (36)	F
1	428	Tiago Romão	30_SM	2:26:08	21:10	45:17	59:09	1:26:48	1:48:23	2:11:40	2:26:08
		U. F. Comércio e In			21:10	24:07	13:52	27:39	21:35	23:17	14:28
2	439	Luis Fernandes	30_SM	2:29:04	21:07	45:17	59:12	1:26:48	1:48:59	2:12:57	2:29:04
		U. F. Comércio e In			21:07	24:10	13:55	27:36	22:11	23:58	16:07
3	71	Rodrigo Noivo	30_SM	2:34:48	21:26	47:11	1:02:37	1:31:04	1:54:50	2:19:32	2:34:48
		GO!Runners			21:26	25:45	15:26	28:27	23:46	24:42	15:16
4	204	Nuno Patricio	30_M40	2:36:43	21:57	47:51	1:02:45	1:31:18	1:54:55	2:21:07	2:36:43
		C.N. Alvito			21:57	25:54	14:54	28:33	23:37	26:12	15:36
5	227	Marcolino Veríssimo	30_M40	2:37:16	21:36	47:48	1:02:34	1:31:03	1:54:50	2:20:48	2:37:16
		SS CGD			21:36	26:12	14:46	28:29	23:47	25:58	16:28
6	334	Nuno Torres	30_SM	2:40:55	21:40	48:24	1:03:26	1:33:03	1:58:09	2:24:48	2:40:55
		AMCF - Arrábida Tra			21:40	26:44	15:02	29:37	25:06	26:39	16:07
7	429	Rogério Costa	30_SM	2:41:52	22:08	49:05	1:04:50	1:34:01	1:59:10	2:25:33	2:41:52
		U. F. Comércio e In			22:08	26:57	15:45	29:11	25:09	26:23	16:19
8	454	Nelson Diogo	30_SM	2:43:32	21:47	48:06	1:03:28	1:33:04	1:58:15	2:25:40	2:43:32
		AMCF - Arrábida Tra			21:47	26:19	15:22	29:36	25:11	27:25	17:52
9	291	Sérgio Pereira	30_M40	2:43:33	21:55	48:51	1:04:51	1:34:02	1:59:13	2:26:04	2:43:33
		AMCF - Arrábida Tra			21:55	26:56	16:00	29:11	25:11	26:51	17:29
10	21	Rui Fonseca	30_SM	2:51:16	22:19	48:46	1:06:14	1:37:13	2:05:23	2:33:33	2:51:16
		GDU Azóia			22:19	26:27	17:28	30:59	28:10	28:10	17:43
11	131	José Lopes	30_M50	2:53:40	24:32	51:52	1:09:32	1:39:57	2:08:07	2:35:50	2:53:40
		Clube de Atletismo			24:32	27:20	17:40	30:25	28:10	27:43	17:50
12	254	Tiago Martins	30_SM	2:53:45	21:34	48:12	1:03:39	1:34:59	2:02:18	2:34:28	2:53:45
		Clube de Atletismo			21:34	26:38	15:27	31:20	27:19	32:10	19:17
13	389	Luis Martins	30_M40	2:55:35	24:11	52:53	1:09:55	1:41:57	2:09:16	2:37:47	2:55:35
		AMCF - Arrábida Tra			24:11	28:42	17:02	32:02	27:19	28:31	17:48
14	16	Mark Monteiro	30_M40	2:56:40	24:08	52:21	1:09:22	1:40:06	2:08:02	2:35:56	2:56:40
		individual			24:08	28:13	17:01	30:44	27:56	27:54	20:44
15	49	Rui Menas	30_SM	2:58:20	26:02	55:14	1:12:39	1:45:04	2:10:26	2:39:09	2:58:20
		Matilha Running			26:02	29:12	17:25	32:25	25:22	28:43	19:11
16	265	Carlos Ferreira	30_M40	2:58:26	26:00	55:14	1:12:43	1:45:05	2:11:00	2:39:51	2:58:26
		Matilha Running			26:00	29:14	17:29	32:22	25:55	28:51	18:35
17	420	Rui Canelas	30_SM	2:58:54	23:47	52:28	1:10:14	1:42:20	2:09:54	2:39:27	2:58:54
		Crossfit AlphaDen			23:47	28:41	17:46	32:06	27:34	29:33	19:27
18	425	Diogo Pinto	30_SM	3:03:21	24:23	54:25	1:11:08	1:44:27	2:13:41	2:43:52	3:03:21
		AMCF - Arrábida Tra			24:23	30:02	16:43	33:19	29:14	30:11	19:29
19	151	Alexandre Cantiga	30_M40	3:06:15	24:37	54:04	1:11:21	1:43:17	2:11:04	2:42:40	3:06:15
		ProAventuras			24:37	29:27	17:17	31:56	27:47	31:36	23:35
20	250	Marco Quedas	30_SM	3:07:45	23:01	50:31	1:07:34	1:38:51	2:08:08	2:42:44	3:07:45
		Clube de Atletismo			23:01	27:30	17:03	31:17	29:17	34:36	25:01
21	42	João Balsinha	30_M40	3:10:55	26:54	57:11	1:15:11	1:50:20	2:19:06	2:51:46	3:10:55
		individual			26:54	30:17	18:00	35:09	28:46	32:40	19:09
22	396	João Fonseca	30_M40	3:10:58	24:29	54:57	1:12:37	1:46:33	2:17:48	2:50:30	3:10:58
		ProAventuras			24:29	30:28	17:40	33:56	31:15	32:42	20:28
23	419	Mário Figueiras	30_M40	3:11:01	26:13	55:19	1:13:16	1:46:57	2:18:00	2:50:32	3:11:01
		ACM - Montemor a co			26:13	29:06	17:57	33:41	31:03	32:32	20:29
24	368	Lúcio Alves	30_M40	3:11:45	25:55	57:10	1:15:18	1:50:22	2:19:14	2:51:47	3:11:45
		PAPA TRILHOS			25:55	31:15	18:08	35:04	28:52	32:33	19:58
25	159	José Marques	30_M40	3:13:11	26:51	57:43	1:15:22	1:50:44	2:20:54	2:52:53	3:13:11
		Clube de Praças da			26:51	30:52	17:39	35:22	30:10	31:59	20:18
26	29	Hélio Marques	30_M40	3:18:25	25:14	54:58	1:12:30	1:47:08	2:19:06	2:54:15	3:18:25
		individual			25:14	29:44	17:32	34:38	31:58	35:09	24:10
27	443	António Soares	30_M50	3:22:02	27:03	57:48	1:17:08	1:52:50	2:24:43	2:57:53	3:22:02
		O Praticante			27:03	30:45	19:20	35:42	31:53	33:10	24:09
28	56	Luis Milheiroço	30_M40	3:23:04	28:56	1:02:16	1:22:21	1:58:40	2:29:30	3:02:07	3:23:04
		Margaaças			28:56	33:20	20:05	36:19	30:50	32:37	20:57
29	190	Guilherme Cabral	30_SM	3:24:58	28:05	1:01:11	1:19:13	1:53:55	2:24:27	3:00:28	3:24:58
		Clube Naval Sesimbr			28:05	33:06	18:02	34:42	30:32	36:01	24:30
30	201	Rui Nascimento	30_M40	3:25:40	26:07	58:55	1:18:06	1:54:20	2:27:37	3:03:38	3:25:40
		ProAventuras			26:07	32:48	19:11	36:14	33:17	36:01	22:40
31	147	Tiago Martins	30_SM	3:25:50	26:41	57:09	1:15:15	1:50:21	2:22:40	3:01:07	3:25:50
		Filósofos Eróticos			26:41	30:28	18:06	35:06	32:19	38:27	24:43
32	146	Telmo Barroso	30_M40	3:25:51	27:08	57:12	1:15:20	1:50:20	2:22:42	3:01:05	3:25:51
		Filósofos Eróticos			27:08	30:04	18:08	35:00	32:22	38:23	24:46
33	322	Rui Silva	30_M40	3:26:24	28:18	1:01:39	1:21:40	1:56:57	2:29:44	3:03:44	3:26:24
		BTTOrange			28:18	33:21	20:01	35:17	32:47	34:00	22:40
34	345	Paulo Lopes	30_SM	3:26:42	26:49	1:01:16	1:19:31	1:58:28	2:30:53	3:05:19	3:26:42
		OCR Portugal			26:49	34:27	18:15	38:57	32:25	34:26	21:23
35	64	Pedro Correia	30_M40	3:27:52	27:23	59:36	1:18:37	1:54:24	2:26:12	3:03:41	3:27:52
		Zimbra Fox Runners			27:23	32:13	19:01	35:47	31:48	37:29	24:11
36	251	Joaquim Martins	30_M50	3:29:03	26:11	58:55	1:18:08	1:54:25	2:27:58	3:05:23	3:29:03
		Clube de Atletismo			26:11	32:44	19:13	36:17	33:33	37:25	23:40
37	406	Filipe Fidalgo	30_SM	3:29:46	27:36	1:01:34	1:20:57	1:58:26	2:30:51	3:06:04	3:29:46
		GDU Azóia			27:36	33:58	19:23	37:29	32:25	35:13	23:42
38	86	Tiago Rovisco	30_SM	3:32:37	29:19	1:04:09	1:23:27	2:00:16	2:33:04	3:10:17	3:32:37
		ProAventuras			29:19	34:50	19:18	36:49	32:48	37:13	22:20
39	444	Cirilo Formiga	30_M50	3:35:30	27:30	1:01:19	1:21:23	2:00:15	2:34:46	3:12:00	3:35:30
		O Praticante			27:30	33:49	20:04	38:52	34:31	37:14	23:30
40	252	Carlos Pascoal	30_M50	3:36:32	27:34	1:01:52	1:22:19	2:00:23	2:34:05	3:11:43	3:36:32
		individual			27:34	34:18	20:27	38:04	33:42	37:38	24:49
41	48	Hugo Hilario	30_SM	3:36:39	27:42	1:01:34	1:20:53	1:58:26	2:32:40	3:11:49	3:36:39
		GDU Azóia			27:42	33:52	19:19	37:33	34:14	39:09	24:50
42	51	Antonio Almeida	30_M40	3:36:57	27:52	1:02:01	1:21:13	1:58:41	2:34:47	3:12:12	3:36:57
		individual			27:52	34:09	19:12	37:28	36:06	37:25	24:45
43	109	João Barreto	30_SM	3:38:23	26:38	57:23	1:17:14	1:53:15	2:29:33	3:11:23	3:38:23
		GO!Runners			26:38	30:45	19:51	36:01	36:18	41:50	27:00

44	256	Alexandre Kellen Matilha Running	30_M40	3:39:05	29:56	1:04:07	1:23:21	2:00:51	2:36:01	3:13:32	3:39:05
					29:56	34:11	19:14	37:30	35:10	37:31	25:33
45	243	Ricardo Ganhão individual	30_SM	3:39:07	30:17	1:04:07	1:23:16	2:00:55	2:36:02	3:13:37	3:39:07
					30:17	33:50	19:09	37:39	35:07	37:35	25:30
46	277	Jerônimo Esteves Salamandrecos	30_M40	3:39:08	27:12	59:12	1:19:28	1:56:51	2:36:16	3:14:24	3:39:08
					27:12	32:00	20:16	37:23	39:25	38:08	24:44
47	162	Antônio Lopes GDU Azoiá	30_M50	3:39:46	32:18	1:06:26	1:26:29	2:06:23	2:41:35	3:17:51	3:39:46
					32:18	34:08	20:03	39:54	35:12	36:16	21:55
48	407	João Marques N/A	30_SM	3:40:54	28:36	1:04:02	1:23:26	2:00:39	2:35:02	3:15:56	3:40:54
					28:36	35:26	19:24	37:13	34:23	40:54	24:58
49	11	Paulo Alves individual	30_M40	3:41:22	25:52	59:02	1:19:15	1:56:52	2:36:04	3:16:37	3:41:22
					25:52	33:10	20:13	37:37	39:12	40:33	24:45
50	43	Silverio Correia Arrábida Runners	30_M40	3:41:25	30:07	1:06:18	1:26:22	2:08:03	2:42:37	3:19:08	3:41:25
					30:07	36:11	20:04	41:41	34:34	36:31	22:17
51	168	Isabel Boavida ADAD	30_SF	3:43:12	28:27	1:04:37	1:24:33	2:03:43	2:39:33	3:19:06	3:43:12
					28:27	36:10	19:56	39:10	35:50	39:33	24:06
52	83	Flavio Monteiro Kamarrós running te	30_M40	3:43:37	30:14	1:06:27	1:26:26	2:06:30	2:42:22	3:20:52	3:43:37
					30:14	36:13	19:59	40:04	35:52	38:30	22:45
53	380	Carlos Amigo Zimbira Fox Runners	30_M40	3:44:19	29:07	1:04:43	1:24:42	2:03:44	2:39:09	3:22:00	3:44:19
					29:07	35:36	19:59	39:02	35:25	42:51	22:19
54	124	Dália Rato Bootcamp Sesimbra	30_F40	3:47:12	32:19	1:07:55	1:29:31	2:08:12	2:43:01	3:22:08	3:47:12
					32:19	35:36	21:36	38:41	34:49	39:07	25:04
55	383	Nuno Carmo Papa Trilhos do CAA	30_SM	3:47:31	25:58	1:02:17	1:21:49	2:01:16	2:39:33	3:20:46	3:47:31
					25:58	36:19	19:32	39:27	38:17	41:13	26:45
56	412	Miguel Pedro Salamandrecos	30_M40	3:48:00	29:33	1:04:53	1:25:25	2:05:39	2:41:41	3:22:18	3:48:00
					29:33	35:20	20:32	40:14	36:02	40:37	25:42
57	324	Carlos Figueiredo Morcegos Trail	30_M40	3:48:03	27:23	1:03:53	1:26:24	2:07:17	2:44:09	3:23:25	3:48:03
					27:23	36:30	22:31	40:53	36:52	39:16	24:38
58	117	Diamantino Serrano Correr Queluz	30_M40	3:49:59	35:16	1:19:49	1:37:52	2:12:38	2:45:33	3:23:15	3:49:59
					35:16	44:33	18:03	34:46	32:55	37:42	26:44
59	37	Rui Martins Kamarrós running te	30_M40	3:50:02	30:41	1:07:03	1:28:52	2:08:10	2:45:01	3:23:12	3:50:02
					30:41	36:22	21:49	39:18	36:51	38:11	26:50
60	172	Hugo Simoes Zimbira Fox Runners	30_M40	3:51:11	29:15	1:04:43	1:24:38	2:03:42	2:39:38	3:22:09	3:51:11
					29:15	35:28	19:55	39:04	35:56	42:31	29:02
61	108	Emanuel Rodrigues Kamarrós running te	30_SM	3:52:08	33:21	1:10:02	1:33:35	2:14:23	2:53:04	3:28:06	3:52:08
					33:21	36:41	23:33	40:48	38:41	35:02	24:02
62	435	Pedro Ferreira Zimbira Fox Runners	30_SM	3:52:50	27:58	1:02:18	1:22:25	2:02:02	2:39:43	3:25:20	3:52:50
					27:58	34:20	20:07	39:37	37:41	45:37	27:30
63	248	Fernanda Almeida AGREGAR	30_F40	3:53:04	29:26	1:07:34	1:29:00	2:08:31	2:45:41	3:26:55	3:53:04
					29:26	38:08	21:26	39:31	37:10	41:14	26:09
64	263	João Rosa ProAventuras	30_M40	3:54:01	29:42	1:06:39	1:29:44	2:09:45	2:46:44	3:26:51	3:54:01
					29:42	36:57	23:05	40:01	36:59	40:07	27:10
65	235	Ricardo Sousa Quarteto Maravilha	30_SM	3:56:12	26:26	1:02:22	1:22:27	2:03:45	2:43:52	3:27:04	3:56:12
					26:26	35:56	20:05	41:18	40:07	43:12	29:08
66	18	Sara Velho ProAventuras	30_F40	3:57:33	30:58	1:07:33	1:29:40	2:09:50	2:50:59	3:31:50	3:57:33
					30:58	36:35	22:07	40:10	41:09	40:51	25:43
67	205	José Barroco individual	30_M50	4:00:39	30:04	1:07:35	1:30:27	2:11:17	2:50:57	3:33:21	4:00:39
					30:04	37:31	22:52	40:50	39:40	42:24	27:18
68	65	Júlio Barão? individual	30_M40	4:00:55	32:00	1:07:44	1:29:36	2:09:45	2:49:30	3:32:59	4:00:55
					32:00	35:44	21:52	40:09	39:45	43:29	27:56
69	246	Cláudio Franco Dolce Furadouro	30_SM	4:02:17	29:17	1:06:42	1:27:26	2:10:18	2:47:50	3:36:40	4:02:17
					29:17	37:25	20:44	42:52	37:32	48:50	25:37
70	44	Ismael Maiato BRRnightRunners	30_M40	4:02:59	30:44	1:13:00	1:36:10	2:19:22	2:58:30	3:39:16	4:02:59
					30:44	42:16	23:10	43:12	39:08	40:46	23:43
71	28	Nuno Pintão individual	30_M40	4:03:44	30:10	1:10:02	1:30:44	2:14:05	2:53:11	3:37:07	4:03:44
					30:10	39:52	20:42	43:21	39:06	43:56	26:37
72	374	Bruno Conceição? Dolce Furadouro	30_SM	4:04:59	30:05	1:08:21	1:32:19	2:17:47	2:57:57	3:40:24	4:04:59
					30:05	38:16	23:58	45:28	40:10	42:27	24:35
73	359	Nelson Dias Dolce Furadouro	30_SM	4:05:34	28:42	1:06:41	1:26:41	2:09:48	2:47:52	3:36:42	4:05:34
					28:42	37:59	20:00	43:07	38:04	48:50	28:52
74	295	Jorge Nabais COA - Clube de Orie	30_SM	4:06:42	30:08	1:09:39	1:33:42	2:19:36	2:59:43	3:45:42	4:06:42
					30:08	39:31	24:03	45:54	40:07	45:59	21:00
75	445	Nuno Lucas O Praticante	30_M40	4:07:18	30:33	1:06:23	1:28:47	2:08:09	2:49:37	3:37:36	4:07:18
					30:33	35:50	22:24	39:22	41:28	47:59	29:42
76	192	Sandro Rodrigues Aurora Trail	30_SM	4:07:25	32:09	1:07:03	1:28:56	2:09:49	2:49:03	3:40:25	4:07:25
					32:09	34:54	21:53	40:53	39:14	51:22	27:00
77	79	Miguel Cruz BRRnightRunners	30_M40	4:08:47	31:12	1:13:01	1:36:16	2:19:24	2:58:33	3:39:23	4:08:47
					31:12	41:49	23:15	43:08	39:09	40:50	29:24
78	53	Rui Ferreira CRP Ribafria	30_SM	4:09:03	32:02	1:09:43	1:30:31	2:12:44	2:53:06	3:40:51	4:09:03
					32:02	37:41	20:48	42:13	40:22	47:45	28:12
79	362	Bruno Gonçalves BVG	30_SM	4:12:02	30:13	1:09:41	1:33:41	2:19:33	3:00:09	3:45:49	4:12:02
					30:13	39:28	24:00	45:52	40:36	45:40	26:13
80	150	João Dâmaso ACRM Silveirinha Cl	30_SM	4:16:07	28:16	1:04:58	1:29:47	2:22:52	3:02:49	3:45:55	4:16:07
					28:16	36:42	24:49	53:05	39:57	43:06	30:12
81	164	Rafael Bronze ACRM Silveirinha Cl	30_M40	4:16:11	32:13	1:12:15	1:35:03	2:22:54	3:03:28	3:46:08	4:16:11
					32:13	40:02	22:48	47:51	40:34	42:40	30:03
82	276	Marília Noro Papa Trilhos do CAA	30_SF	4:16:19	32:04	1:12:17	1:35:35	2:21:17	3:02:09	3:47:58	4:16:19
					32:04	40:13	23:18	45:42	40:52	45:49	28:21
83	335	António Carmo Papa Trilhos do CAA	30_M50	4:16:21	32:08	1:12:18	1:35:38	2:21:17	3:02:08	3:51:00	4:16:21
					32:08	40:10	23:20	45:39	40:51	48:52	25:21
84	325	Andreia Sarmento OCR Portugal	30_SF	4:17:19	38:24	1:18:38	1:43:56	2:30:31	3:11:46	3:53:05	4:17:19
					38:24	40:14	25:18	46:35	41:15	41:19	24:14
85	23	Mário Coelho Assoc. Atl. Lebres	30_M40	4:23:42	36:00	1:17:17	1:41:25	2:25:34	3:09:46	3:55:22	4:23:42
					36:00	41:17	24:08	44:09	44:12	45:36	28:20
86	136	Maria Martins ProAventuras	30_F40	4:24:55	33:10	1:14:51	1:40:06	2:25:51	3:09:59	3:55:41	4:24:55
					33:10	41:41	25:15	45:45	44:08	45:42	29:14
86	135	Paulo Martins ProAventuras	30_M50	4:24:55	32:57	1:14:44	1:39:57	2:25:47	3:09:39	3:55:16	4:24:55
					32:57	41:47	25:13	45:50	43:52	45:37	29:39
88	84	Rui Leão Tãlentos Team	30_M40	4:26:06	31:57	1:11:07	1:34:01	2:21:48	3:05:52	3:55:11	4:26:06
					31:57	39:10	22:54	47:47	44:04	49:19	30:55
89	141	Nuno Geadá XH	30_M40	4:28:29	36:49	1:22:09	1:46:57	2:34:27	3:15:19	4:01:43	4:28:29
					36:49	45:20	24:48	47:30	40:52	46:24	26:46
90	313	Fernanda França Clube OGMA	30_F40	4:29:36	31:52	1:12:54	1:37:03	2:24:46	3:11:45	4:00:10	4:29:36
					31:52	41:02	24:09	47:43	46:59	48:25	29:26
90	314	Joaquim Bexiga Clube OGMA	30_M40	4:29:36	31:53	1:12:53	1:37:05	2:24:42	3:11:42	4:00:07	4:29:36
					31:53	41:00	24:12	47:37	47:00	48:25	29:29
92	85	Luis Polido individual	30_M40	4:30:37	35:21	1:17:23	1:41:09	2:27:16	3:12:40	3:59:58	4:30:37
					35:21	42:02	23:46	46:07	45:24	47:18	30:39

93	81 João Perneco individual	30_M40	4:30:38	34:56	1:18:53	1:42:38	2:28:43	3:12:21	4:00:20	4:30:38
				34:56	43:57	23:45	46:05	43:38	47:59	30:18
94	160 Paulo Viegas XH	30_M40	4:30:55	36:56	1:22:11	1:47:00	2:34:29	3:15:49	4:01:51	4:30:55
				36:56	45:15	24:49	47:29	41:20	46:02	29:04
95	38 Andreia Pereira individual	30_SF	4:31:01	35:12	1:18:38	1:45:09	2:33:46	3:16:42	4:03:32	4:31:01
				35:12	43:26	26:31	48:37	42:56	46:50	27:29
96	451 Luís Torpes Aureabox	30_SM	4:31:08	38:19	1:18:40	1:43:59	2:30:28	3:12:17	4:02:47	4:31:08
				38:19	40:21	25:19	46:29	41:49	50:30	28:21
96	329 Rebeca Liborio OCR Portugal	30_SF	4:31:08	38:28	1:18:41	1:43:49	2:30:30	3:12:10	4:02:44	4:31:08
				38:28	40:13	25:08	46:41	41:40	50:34	28:24
98	39 Nuno Santiago individual	30_M40	4:31:12	35:06	1:18:39	1:44:05	2:33:33	3:15:35	4:03:21	4:31:12
				35:06	43:33	25:26	49:28	42:02	47:46	27:51
99	2 Pedro Ramos Clube ANA Lisboa	30_M40	4:32:18	33:26	1:11:52	1:35:50	2:21:13	3:07:06	3:59:43	4:32:18
				33:26	38:26	23:58	45:23	45:53	52:37	32:35
100	237 Maria João Assoc. Atl. Lebres	30_F40	4:38:01	36:32	1:21:35	1:45:34	2:30:22	3:14:54	4:05:09	4:38:01
				36:32	45:03	23:59	44:48	44:32	50:15	32:52
101	98 Carlos Henrique individual	30_M40	4:39:05	36:29	1:19:30	1:44:55	2:34:46	3:18:30	4:07:00	4:39:05
				36:29	43:01	25:25	49:51	43:44	48:30	32:05
102	140 Eduardo Brás XH	30_SM	4:41:07	36:46	1:22:12	1:47:03	2:34:29	3:16:17	4:04:41	4:41:07
				36:46	45:26	24:51	47:26	41:48	48:24	36:26
103	417 António Dias Matilha Radical	30_M50	4:44:26	38:55	1:21:27	1:45:41	2:34:46	3:18:21	4:08:44	4:44:26
				38:55	42:32	24:14	49:05	43:35	50:23	35:42
104	375 Pedro Inverno Invernos	30_M40	4:44:43	32:15	1:16:03	1:39:17	2:29:45	3:14:50	4:11:41	4:44:43
				32:15	43:48	23:14	50:28	45:05	56:51	33:02
105	170 Teresa Sousa ADAD	30_M40	4:48:57	36:14	1:21:51	1:49:19	2:39:56	3:27:39	4:19:00	4:48:57
				36:14	45:37	27:28	50:37	47:43	51:21	29:57
106	409 João Cruz individual	30_M40	4:50:08	35:04	1:21:14	1:47:25	2:40:57	3:29:09	4:21:15	4:50:08
				35:04	46:10	26:11	53:32	48:12	52:06	28:53
107	387 Vítor Gonçalves 4 ao km	30_M40	4:50:44	36:20	1:21:51	1:48:32	2:39:56	3:28:55	4:20:09	4:50:44
				36:20	45:31	26:41	51:24	48:59	51:14	30:35
108	386 Isadora Costa 4 ao km	30_SF	4:50:45	36:27	1:21:53	1:48:40	2:39:52	3:28:56	4:20:10	4:50:45
				36:27	45:26	26:47	51:12	49:04	51:14	30:35
109	125 Filipe Correia 13rdp	30_M40	4:51:54	39:13	1:26:27	1:52:21	2:42:19	3:29:31	4:21:14	4:51:54
				39:13	47:14	25:54	49:58	47:12	51:43	30:40
110	292 Ana Luísa Coelho Assoc. Atl. Lebres	30_F40	4:52:26	34:52	1:18:42	1:45:26	2:37:45	3:27:22	4:22:09	4:52:26
				34:52	43:50	26:44	52:19	49:37	54:47	30:17
111	264 Claudia Duarte Limited Edition	30_SF	4:56:13	35:01	1:21:05	1:50:59	2:44:24	3:31:55	4:23:39	4:56:13
				35:01	46:04	29:54	53:25	47:31	51:44	32:34
112	369 Mafalda Nunes Assoc. Atl. Lebres	30_F40	5:06:49	36:44	1:23:33	1:52:12	2:45:25	3:37:33	4:32:46	5:06:49
				36:44	46:49	28:39	53:13	52:08	55:13	34:03
113	238 Paulo Santos Assoc. Atl. Lebres	30_M40	5:06:50	37:22	1:21:57	1:49:24	2:44:26	3:37:30	4:32:47	5:06:50
				37:22	44:35	27:27	55:02	53:04	55:17	34:03
114	285 Graça Pereira Matilha Radical	30_F40	5:20:00	39:07	1:26:50	1:54:01	2:45:37	3:37:37	4:37:09	5:20:00
				39:07	47:43	27:11	51:36	52:00	59:32	42:51
115	284 Luis Silva Matilha Radical	30_M40	5:20:36	38:13	1:26:47	1:52:46	2:45:35	3:37:58	4:37:02	5:20:36
				38:13	48:34	25:59	52:49	52:23	59:04	43:34
116	416 Célia Carvalho Matilha Radical	30_F40	5:20:39	39:00	1:26:45	1:53:44	2:45:40	3:37:39	4:37:11	5:20:39
				39:00	47:45	26:59	51:56	51:59	59:32	43:28
117	54 Viviana Ribeiro CRP Ribafria	30_SF	5:29:35	42:11	1:36:16	2:05:00	3:03:47	3:57:50	4:56:09	5:29:35
				42:11	54:05	28:44	58:47	54:03	58:19	33:26
	376 Mafalda Martinho Quarteto Maravilha	30_SF	mp	1:08:33	1:50:44	2:22:27	-----	-----	-----	2:53:19
				1:08:33	42:11	31:43				30:52
	58 Paulo Gordo Correr Queluz	30_M40	dnf	-----	-----	-----	-----	-----	-----	

4º Trail do Cabo Espichel - 18/12/16

Classificação Coletiva

Trail - 15 K

Clas	Equipa	nº Atletas	Pontos
1º	Zimbra Fox Runners	14	40
2º	Clube de Praças da Armada	6	65
3º	GDU Azoia	8	184
4º	Portugal Running	9	199
5º	Clube Naval Sesimbra	6	209
6º	PolRunners	7	212
7º	Team Pernetas	4	354
8º	Lesmas Aceleradas	7	393
9º	Mad Max Team	5	461
10º	Grupeta Running Team	4	604
11º	Kangurus S.A.	4	618
12º	Coxos Team	5	842

Trail Longo - 30 K

1º	AMCF - Arrábida Trail Team	5	36
2º	Clube de Atletismo Odimarq	4	79
3º	ProAventuras	8	109
4º	GDU Azoia	4	135
5º	Zimbra Fox Runners	4	210
6º	Assoc. Atl. Lebres do Sado	5	407
7º	Matilha Radical	4	448