



Pos.	Pei.	Nome	Clube	Escalão	Pos.	Tempo	Dif.
1	43	João Ferreira	Estoril Praia Triatlo	M Seniores	1	01:28:23	
2	64	Francisco Reis	A. C. S. Mamede	M Seniores	2	01:28:58	00:00:35
3	56	Tiago Nuno	Casa do Benfica em Abrantes	M Seniores	3	01:30:29	00:02:06
4	73	Helder Pereira	Clube de Atletismo de Ferreira do Zêzere	M 40	1	01:30:54	00:02:31
5	76	Cláudio Bica	Ama(dores) Trail Team/ACRU	M Seniores	4	01:32:35	00:04:12
6	54	Luís Mota	Casa do Benfica em Abrantes	M 40	2	01:32:36	00:04:13
7	12	Luis Alexandre	Trilhos dos Templários / GreenRoc.pt	M 40	3	01:34:20	00:05:57
8	53	Paulo Ferreira	Clube Desportivo Ribeirense	M Seniores	5	01:34:46	00:06:23
9	27	Ricardo Ferreira	Trilhos dos Templários / GreenRoc.pt	M Seniores	6	01:38:11	00:09:48
10	74	Rui Galinha		M 40	4	01:38:40	00:10:17
11	28	Tiago Gaspar	Trilhos dos Templários / GreenRoc.pt	M Seniores	7	01:41:12	00:12:49
12	21	Paulo Roque	Casa do Benfica em Abrantes	M 40	5	01:43:32	00:15:09
13	79	Miguel Costa	Casa do Benfica de Abrantes	M Seniores	8	01:44:13	00:15:50
14	69	Vítor Santos	Clube de Atletismo de Ferreira do Zêzere	M 40	6	01:44:14	00:15:51
15	57	António Simões	RX Runners	M 40	7	01:45:08	00:16:45
16	51	Joaquim Cristiano		M Seniores	9	01:45:09	00:16:46
17	58	Eduardo Alonso	Vespinga Trail	M 40	8	01:46:10	00:17:47
18	77	Nuno Reis	Vespinga Trail	M 40	9	01:46:39	00:18:16
19	6	Miguel Pereira	Madrugas Men	M 50	1	01:47:01	00:18:38
20	68	Ricardo Duarte	Clube de Atletismo de Ferreira do Zêzere	M Seniores	10	01:47:46	00:19:23
21	34	José Dias	Zona Alta Trail	M 50	2	01:48:51	00:20:28
22	32	João Fernandes	Zona Alta Trail	M Seniores	11	01:48:52	00:20:29
23	71	Rafael Martinho	Tomar Runners	M Seniores	12	01:49:33	00:21:10
24	72	José Prazeres	Vespinga Trail	M Seniores	13	01:51:37	00:23:14
25	18	Rui Perdigão	C.A.S.P.A.-Clube Amador Só Para Atletism	M 50	3	01:52:40	00:24:17
26	42	Eurico Silva	Vespinga Trail	M Seniores	14	01:53:34	00:25:11
27	70	Tiago Ribeiro	Clube de Atletismo de Ferreira do Zêzere	M Seniores	15	01:53:34	00:25:11
28	61	Jorge Rosa	Ourém Vida Team	M 40	10	01:54:49	00:26:26
29	65	Rodolfo Deyllot	Clube Desportivo Ribeirense	M 50	4	01:55:11	00:26:48
30	40	Miguel Bértolo	Vespinga Trail	M Seniores	16	01:56:46	00:28:23
31	38	Ricardo Gonçalves	Vespinga Trail	M 40	11	01:56:54	00:28:31
32	35	Ruben Duque	Zona Alta Trail	M Seniores	17	01:57:28	00:29:05
33	48	Vera Santos	BFR	F Seniores	1	01:58:57	00:30:34
34	60	César Ferreira	Ourém Vida Team	M Seniores	18	01:58:57	00:30:34
35	37	Leonel Pinto		M 40	12	02:01:15	00:32:52
36	67	Tiago Ramos	Clube de Atletismo de Ferreira do Zêzere	M Seniores	19	02:02:57	00:34:34
37	55	Rafael Coelho	Casa do Benfica em Abrantes	M Seniores	20	02:03:05	00:34:42
38	50	Rodrigo Dias Lopes	CCD CMT/SMAS Tomar	M 40	13	02:03:28	00:35:05
39	80	Luís Santos	Vespinga Trail	M 40	14	02:03:57	00:35:34
40	31	Jorge Vieira	Porto de Mós a Correr	M Seniores	21	02:04:00	00:35:37
41	78	Weslen Gomes de Luc	Madrugas Men	M Seniores	22	02:04:11	00:35:48

Pos.	Pei.	Nome	Clube	Escalão	Pos.	Tempo	Dif.
42	22	Ernesto Parente	União FCI de Tomar	M 50	5	02:04:12	00:35:49
43	15	Ricardo Apura	Quenianos do Ribatejo	M Seniores	23	02:04:27	00:36:04
44	47	Sandro Pombo	C.D. "Os Águias" de Alpiarça	M 40	15	02:04:29	00:36:06
45	49	João Silva	COA - Clube Orientação e Aventura	M 40	16	02:04:59	00:36:36
46	33	Ana Tomé	Zona Alta Trail	F 40	1	02:05:10	00:36:47
47	46	Ricardo Conde	C.D. "Os Águias" de Alpiarça	M Seniores	24	02:05:10	00:36:47
48	36	Pedro Alfaiate	Provadecor	M 40	17	02:05:25	00:37:02
49	63	Hugo Carreira	A. C. S. Mamede	M Seniores	25	02:06:15	00:37:52
50	41	Pedro Costa	Vespinga Trail	M Seniores	26	02:07:58	00:39:35
51	7	Carlos Almeida		M Seniores	27	02:08:32	00:40:09
52	52	João Dinis		M 40	18	02:08:51	00:40:28
53	8	David Clemente	A20KM Trail Running Team	M Seniores	28	02:12:35	00:44:12
54	62	Manuel Antunes	A. C. S. Mamede	M 40	19	02:13:36	00:45:13
55	4	Filipe Fernandes	Tartarugas Olímpicas	M 40	20	02:13:44	00:45:21
56	24	José Carlos Pereira	GD Santander Totta	M 40	21	02:13:55	00:45:32
57	39	Hugo Neves	Vespinga Trail	M 40	22	02:17:20	00:48:57
58	20	Lina Mateus	Casa do Benfica em Abrantes	F Seniores	2	02:17:28	00:49:05
59	45	António Trindade	Calma - Tomar	M 50	6	02:18:39	00:50:16
60	59	Sonia Neto	Tomar Runners	F Seniores	3	02:18:39	00:50:16
61	16	Pedro Catroga	Quenianos do Ribatejo	M Seniores	29	02:21:28	00:53:05
62	23	Ricardo Calhau	Clube de Atletismo Trail Runners da Pont	M Seniores	30	02:29:14	01:00:51
63	75	Thierry Pereira	Vespinga Trail	M 40	23	02:35:48	01:07:25
64	44	Vítor Fernandes	Calma - Tomar	M 60	1	02:46:50	01:18:27
65	17	Rui Borralho	SFLUR	M 40	24	02:49:43	01:21:20
66	25	Célia Azenha	Associação de Atletismo Lebres do Sado	F 50	1	02:50:13	01:21:50
67	26	António Castro	GD Santander Totta	M 40	25	02:50:13	01:21:50
68	10	João Silva		M 40	26	03:03:09	01:34:46
69	11	Paula Pires		F 50	2	03:03:09	01:34:46
70	14	Anabela Salgado	Caracol Trail Team	F 50	3	03:04:40	01:36:17
	5	Ana Marques	Scalabis Night Runners	F Seniores		DNS	
	9	Tiago Ribeiro		M Seniores		DNS	
	19	Marco Mendes	Associação Pombal Jovem	M Seniores		DNS	
	29	Paulo Ferreira	Trilhos dos Templários / GreenRoc.pt	M 40		DNS	
	30	Pedro Marques	Trilhos dos Templários / GreenRoc.pt	M 40		DNS	
	66	Daniel Neto		M Seniores		DNS	
	81	João Paulo Tanoeiro		M 40		DNF	

DESQ - Desqualificado(a) DNS - Did Not Start DNF - Did Not Finish