

Pos	Dorsal	Atleta	Equipa	Categoria	Cat	12.0 km	Ritmo	Tempo
1	102	Délio Ferreira	C A Barreira	M40	1	00:55:37	04:24	01:13:09
2	33	Francisco Inacio	Grupo D.Zambujeira e Serra	SEN M	1	00:58:28	04:42	01:18:16
3	124	Paulo Ferreira	Porto de Mós a Correr	SEN M	2	01:00:15	04:50	01:20:25
4	116	Paulo Valentim	CRP - Ribafria	M40	2	01:01:57	04:58	01:22:41
5	77	Luís Ramos		M40	3	01:02:41	05:00	01:23:10
6	131	Luis Ludovino	Associação de Toledo	SEN M	3	01:02:44	05:00	01:23:10
7	32	Diogo Leal	Grupo D.Zambujeira e Serra	SEN M	4	01:02:01	05:02	01:23:48
8	115	Marco Filipe		M40	4	01:03:26	05:04	01:24:11
9	89	Vítor Chagas	CF Belenenses	M40	5	01:02:53	05:07	01:25:10
10	134	Germano Capela	C A Barreira	M50	1	01:03:54	05:08	01:25:29
11	38	Nuno Silva	Grupo D.Zambujeira e Serra	M40	6	01:04:01	05:10	01:26:00
12	2	Jorge Serrazina		M60	1	01:04:42	05:11	01:26:14
13	51	Sandro Jordão	RÓÓDINHAS-Santos Silva /OXYGEN-Gym & Fitness	SEN M	5	01:04:14	05:11	01:26:14
14	63	Rui Da Silva	SALAMANDRECOS	M40	7	01:04:32	05:13	01:26:45
15	82	Inácio Serrazina	CRP - Ribafria	M50	2	01:04:22	05:13	01:26:59
16	97	Luis Marques	Refisica	M40	8	01:05:12	05:14	01:27:06
17	34	Mario Lopo	Grupo D.Zambujeira e Serra	SEN M	6	01:04:50	05:15	01:27:22
18	130	Samuel Dos Alfaiate	Associação de Toledo	SEN M	7	01:05:41	05:22	01:29:13
19	30	Emanuel Marques	Grupo D.Zambujeira e Serra	M40	9	01:10:56	05:46	01:36:00
20	36	Eurico Agostinho	Grupo D.Zambujeira e Serra	M50	3	01:10:58	05:47	01:36:04
21	127	Pedro Nunes	CRP - Ribafria	SEN M	8	01:11:33	05:48	01:36:38
22	64	Luis Miguel Marques	RÓÓDINHAS-Santos Silva /OXYGEN-Gym & Fitness	M40	10	01:14:02	05:54	01:38:07
23	29	Joao Caçada	Grupo D.Zambujeira e Serra	M40	11	01:14:42	05:54	01:38:07
24	14	Paulo Vítor	Peniche a Correr	M50	4	01:13:59	05:56	01:38:41
25	54	Fernando Fernandes	Peniche a Correr	SEN M	9	01:13:06	05:57	01:38:57
26	146	Ricardo Viola		SEN M	10	01:12:56	05:58	01:39:23
27	25	Filipe Lino	Ativo Team Running	SEN M	11	01:12:34	05:58	01:39:23
28	31	Rui Aguiar	Grupo D.Zambujeira e Serra	M40	12	01:13:51	06:00	01:39:39
29	113	Pedro Placido	3surfers	SEN M	12	01:13:51	06:00	01:39:50
30	128	Antonio Nunes	CRP - Ribafria	M60	2	01:15:39	06:02	01:40:34
31	104	Julio Patricio	RUN TEAM BOMBARRAL	M50	5	01:16:34	06:05	01:41:13
32	35	Antonio Clara	Grupo D.Zambujeira e Serra	M50	6	01:16:04	06:06	01:41:37
33	121	Hélder Pereira	GMG Team	SEN M	13	01:16:59	06:07	01:41:50
34	105	Tiago Mendonça		SEN M	14	01:15:32	06:08	01:41:53
35	86	Duarte Miranda	CAOB Clube Atletismo Obidos	Sub23 M	1	01:15:58	06:08	01:42:11
36	23	Marisa Figueiredo	Associação de Toledo	F40	1	01:17:27	06:09	01:42:17
37	120	Cristovão Nascimento	GMG Team	SEN M	15	01:16:54	06:09	01:42:23
38	78	Bruno Oliveira	Atalaia Team	M40	13	01:16:09	06:09	01:42:29
39	85	Antonio Miranda	CAOB Clube Atletismo Obidos	M60	3	01:17:17	06:10	01:42:43
40	1	Glória Serrazina		F60	1	01:17:48	06:11	01:42:55
41	108	Luis Nunes	Clube de Atletismo de Óbidos	M60	4	01:18:34	06:12	01:43:03
42	98	Claudino Rebelo	Clube de Atletismo de Óbidos	M50	7	01:18:54	06:12	01:43:06
43	56	Daniel Santos	BADOXAS TEAM	SEN M	16	01:17:46	06:13	01:43:20
44	99	Luis Nobre	Associação de Toledo	M40	14	01:17:35	06:14	01:43:30

Pos	Dorsal	Atleta	Equipa	Categoria	Cat	12.0 km	Ritmo	Tempo
45	135	Sebastien Deleu	TIBA	M40	15	01:17:25	06:15	01:44:02
46	67	João Manuel Frango	Caldas Corre +	M50	8	01:17:16	06:17	01:44:38
47	72	Gustavo Santos		SEN M	17	01:18:32	06:23	01:46:13
48	71	Hugo Santos		SEN M	18	01:18:31	06:23	01:46:14
49	129	Rodrigo Viana	SFUPABRIGADA/YKK/CA ALENQUER	SEN M	19	01:19:02	06:23	01:46:16
50	45	Júlio Ribeiro		M40	16	01:19:16	06:23	01:46:20
51	147	Pedro Isabel		SEN M	20	01:19:01	06:25	01:46:45
52	103	Nuno Figueiredo	RUN TEAM BOMBARRAL	M40	17	01:19:05	06:28	01:47:40
53	114	Daniel Pedro		Sub23 M	2	01:18:51	06:29	01:47:52
54	91	Francisco Fernandes		M60	5	01:19:32	06:29	01:47:52
55	117	Lucas Delgado	Grupo D.Zambujeira e Serra	M60	6	01:20:14	06:30	01:47:59
56	47	Gil Querido	G. C. Gaeiras	M40	18	01:20:02	06:31	01:48:24
57	95	Telmo Carvalho	BADOXAS TEAM	M40	19	01:19:54	06:37	01:50:07
58	96	João Mendes	BADOXAS TEAM	M40	20	01:18:16	06:37	01:50:08
59	93	Pedro Silva	BADOXAS TEAM	M40	21	01:20:02	06:41	01:51:10
60	90	João Monteiro		M50	9	01:21:15	06:44	01:51:59
61	5	Tiago Lança	Peniche a Correr	SEN M	21	01:23:26	06:44	01:52:01
62	11	Paulo Manam	Peniche a Correr	M40	22	01:23:52	06:45	01:52:08
63	152	Luís Alberto		M50	10	01:22:31	06:46	01:52:27
64	7	Rui Mateus		M50	11	01:22:51	06:47	01:52:52
65	112	Ines Rijo	3surfers	Sub23 F	1	01:21:10	06:48	01:53:04
66	100	João Dionísio		SEN M	22	01:21:27	06:51	01:53:59
67	12	Catia Correia	Peniche a Correr	SEN F	1	01:23:43	06:54	01:54:42
68	107	Rafael Almeida		M40	23	01:26:44	06:54	01:54:53
69	122	David Leitão	Peniche a Correr	Sub23 M	3	01:23:52	06:55	01:54:55
70	8	Rui Romão	Peniche a correr	SEN M	23	01:26:41	06:55	01:54:55
71	43	Adventino Conceição		M50	12	01:25:46	06:55	01:55:04
72	42	Luis Dionisio		SEN M	24	01:26:04	06:55	01:55:04
73	15	Mario Silva	TAU RUNNERS	M50	13	01:24:33	06:56	01:55:17
74	17	Emanuel Antunes	Refisica	M40	24	01:25:17	06:56	01:55:21
75	143	Ricardo Silva		M40	25	01:24:40	06:58	01:55:53
76	37	Valentim Fernandes	Grupo D.Zambujeira e Serra	M60	7	01:25:14	07:00	01:56:22
77	19	Sara Pedro	RÓODINHAS-Santos Silva /OXYGEN-Gym & Fitness	F50	1	01:27:06	07:00	01:56:31
78	24	Carlos Alegre	Associação de Toledo	M50	14	01:25:46	07:00	01:56:32
79	110	Vasco Silva		SEN M	25	01:24:41	07:02	01:57:04
80	138	Sea La Vie Beach House	Peniche	SEN M	26	01:27:02	07:02	01:57:05
81	92	Edgar Ribeiro		M40	26	01:25:49	07:04	01:57:35
82	101	Miguel Mateus		M40	27	01:26:54	07:04	01:57:36
83	53	Francisco Pereira		M40	28	01:25:27	07:08	01:58:45
84	74	António Simões	HORTAPRONTA	M40	29	01:27:36	07:12	01:59:40
85	118	Valerio Barreto	SFUPABRIGADA/YKK/CA ALENQUER	SEN M	27	01:29:12	07:16	02:00:54
86	76	Nuno Barata	PENICHE	SEN M	28	01:28:24	07:17	02:00:58
87	150	Marina Isabel Gonçalves Barroca	Lama Solta	SEN F	2	01:29:39	07:17	02:00:58
88	151	Catarina Isabel Fernandes Sintra	Lama Solta	SEN F	3	01:29:50	07:17	02:00:58

Pos	Dorsal	Atleta	Equipa	Categoria	Cat	12.0 km	Ritmo	Tempo
89	137	Vanda Anjos	Associação de Toledo	SEN F	4	01:28:58	07:18	02:01:27
90	123	Joana Lopes		SEN F	5	01:30:06	07:29	02:04:18
91	44	Vítor Pereira		M40	30	01:29:59	07:29	02:04:18
92	94	Gualter Ferreira	BADOXAS TEAM	SEN M	29	01:29:58	07:31	02:04:53
93	111	Pedro Tavares	3surfers	M40	31	01:31:26	07:31	02:04:55
94	80	Almerinda Frazao	F&J nadadoro	F50	2	01:32:05	07:36	02:06:15
95	26	Rita Cipriano	Puxa Por Ti	F40	2	01:35:24	07:38	02:06:56
96	18	Luis Estanislau	Associação de Toledo	M50	15	01:35:50	07:38	02:06:57
97	140	Linda Jochems		SEN F	6	01:33:11	07:39	02:07:17
98	106	Teresa Ramalho Conceição	Não fazemos nem mais um ...km	F50	3	01:34:25	07:43	02:08:14
99	61	Delmar Andrade	Caldas Corre +	M60	8	01:33:57	07:43	02:08:23
100	142	Jorge Rocha	A.D.R. Amigos do Atletismo de Avis	M40	32	01:37:20	07:43	02:08:28
101	10	José Manuel Cardoso	Caldas Corre +	M60	9	01:34:14	07:46	02:09:03
102	21	Tânia Veríssimo	Refisica Team	SEN F	7	01:32:12	07:46	02:09:10
103	79	Duarte Jorge	HORTAPRONTA	M40	33	01:30:57	07:46	02:09:11
104	27	Sergio Rodelo	RUN CREW TRAIL MONTIJO	M40	34	01:35:30	07:51	02:10:29
105	84	Diana Margarida Martins	Não fazemos nem mais um ...km	SEN F	8	01:35:47	07:54	02:11:17
106	83	Henrique Frazão	13001390	M40	35	01:35:37	07:54	02:11:17
107	68	Manuel Luis Rolim Moleiro	CAOB Clube Atletismo Obidos	M50	16	01:22:05	08:01	02:13:29
108	6	Sandra Sofia Roxo Da Silva		F40	3	01:40:08	08:14	02:16:48
109	55	Marta Fernandes		SEN F	9	01:39:54	08:14	02:16:51
110	81	Daniel Nascimento	Atalaia Team	SEN M	30	01:39:54	08:14	02:16:51
111	69	Carlos Marques	HORTAPRONTA	M40	36	01:42:05	08:22	02:18:57
112	40	Sílvia Engenheiro	Refisica Team	SEN F	10	01:38:09	08:21	02:18:58
113	16	Paulo Piaça	Refisica ginásio	SEN M	31	01:37:50	08:22	02:19:09
114	13	Tânia Correia	Refísica	SEN F	11	01:39:17	08:22	02:19:10
115	70	Renato Castanheira		M40	37	01:42:50	08:22	02:19:14
116	39	Elisa Gerales	Refisica Team	SEN F	12	01:39:24	08:24	02:19:33
117	139	Bruno Rodrigues		SEN M	32	01:37:50	08:26	02:20:21
118	22	Emanuel Silvestre	100Limites	M40	38	01:37:14	08:27	02:20:28
119	133	Michael Silva		SEN M	33	01:37:03	08:27	02:20:28
120	87	Ana Vieira		F50	4	01:44:35	08:43	02:24:58
121	75	Fernando Cortez		M40	39	01:40:25	08:53	02:27:36
122	119	Carla Farinha	F&J nadadoro	F40	4	01:46:07	08:56	02:28:31
123	48	Marta Pitau	PENICHE	SEN F	13	01:48:55	08:57	02:28:42
124	136	Carlos Lopes	Associação de Toledo	M40	40	01:49:00	08:57	02:28:43
125	62	Rita Branco	Talentos	F40	5	01:52:25	09:27	02:37:09
126	65	Sofia Portela	Não fazemos nem mais um ...km	F40	6	01:54:03	09:40	02:40:42
127	145	Luís Reis		M50	17	01:18:08	09:50	02:43:25
128	66	Justiliano Meireles Silva	Falcões Selvagens	M60	10	02:03:11	10:52	03:00:36
129	46	Diogo Martins	G. C. Gaeiras	SEN M	34	02:10:24	11:05	03:04:23
130	144	Catarina Ferreira		SEN F	14	02:10:32	11:05	03:04:24
131	60	Antonio Matos		M40	41	02:09:05	11:16	03:07:17
132	59	Carlos Cotrim		M40	42	02:10:42	11:16	03:07:24

Pos	Dorsal	Atleta	Equipa	Categoria	Cat	12.0 km	Ritmo	Tempo
133	58	Luis Oliveira		M40	43	02:10:01	11:16	03:07:24
134	3	Tomás Pinto	URDC Paço	Sub23 M	4	02:23:12	11:16	03:07:26