



# 30Km Vale de Barris - Trail curto RunSox

28 de Abril, 2019

<https://werun.pt/resultados/30km-vale-dos-barris-trail-curto-runsox/>

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	713	PAULO GOMES	01:01:02	01:00:59	M4044	AMINHACORRIDA/MY PROTEIN	1
2	5567	NUNO GOMES	01:05:03	01:04:58	M2439	GOIRUNNERS / OUTPRO STORE	1
3	646	RUFINO PAIVA	01:05:36	01:05:34	M4549	OUTDOOR CLUBE DE SETÚBAL - STRENDURE	1
4	641	RUI AFONSO	01:05:45	01:05:45	M5054	CCR ALTO DO MOINHO	1
5	576	PEDRO MARTINS	01:07:35	01:07:33	M2439	INDIVIDUAL	2
6	687	MIGUEL SOBRAL	01:09:02	01:09:00	M4044	ASSOCIAÇÃO GDAK	2
7	559	PEDRO MEDLEY	01:09:05	01:09:05	M2439		3
8	534	FERNANDO SANTOS	01:09:23	01:09:21	M5054	CPA TRAIL TEAM / CLUBE DE PRAÇAS DA ARMADA	2
9	668	MARCO ROMÃO	01:10:05	01:10:05	M4044	OVERALL EXPERIENCE	3
10	591	RODOLFO SERRA	01:10:43	01:10:34	M2439	Bué da Serra	4
11	5578	NUNO CAFÉ	01:13:02	01:12:59	M4044	AMINHACORRIDA/MY PROTEIN	4
12	682	CRIS PEDROSA	01:13:14	01:13:14	M2439		5
13	615	PEDRO PASCOAL	01:13:45	01:13:45	M4044	ARRÁBIDA OBSTACLE RUNNERS	5
14	698	FÁBIO GOMES	01:14:04	01:13:54	M2439	LEBRES DO SADO	6
15	648	MIGUEL ANGELO	01:14:20	01:13:54	M2439	OS SEBASTIÕES DE CANHA	7
16	652	LUCIO MONTEIRO	01:14:21	01:13:56	M2439	OS SEBASTIOES DE CANHA	8
17	593	LUIS CARRAQUICO	01:14:28	01:14:06	M2439	LEBRES DE DOMINGO	9
18	560	ANTÓNIO TORRES	01:15:01	01:14:50	M2439		10

19	531	ALEXANDRE CANTANHEDE	01:17:44	01:17:44	M4044	CPA TRAIL TEAM / CLUBE DE PRAÇAS DA ARMADA	6
20	617	JOÃO MONIZ	01:17:45	01:17:42	M2439		11
21	567	LUIS GOMES	01:18:30	01:18:28	M4549	FITRUNNERS	2
22	5542	VASCO MIGUEL	01:18:53	01:18:49	M4044	wildest	7
23	581	HUGO CUNHA	01:19:20	01:19:13	M4044	IZIRIDE	8
24	663	VICTOR VITAL	01:19:59	01:19:54	M2439	Reumáticos da Bila	12
25	596	NUNO RODRIGUES	01:20:03	01:19:55	M4044	SERVIÇOS SOCIAIS MONTEPIO	9
26	702	HUGO SANTOS	01:20:15	01:20:01	M4044	CROSSFIT BLACK EDITION	10
27	5575	ANABELA CARVALHO	01:20:32	01:20:29	F5559	GD SÃO DOMINGOS	1
28	611	RICARDO SOUSA	01:20:51	01:20:36	M2439	SUNDAY RUNNERS	13
29	699	FRANCISCO CALVO	01:20:53	01:20:51	M5559	L. VITORIA FC TRAILER RUNNING	1
30	610	JOÃO LIXA	01:21:13	01:21:11	M5559	PAPA LÉGUAS DE SETÚBAL	2
31	5509	ANTONIO ALMEIDA	01:21:28	01:21:22	M5559	NUCLEO DESPORTIVO AUTOCOOPE	3
32	543	JUVENAL MOREIRA	01:21:29	01:21:24	M5559	NUCLEO DESPORTIVO AUTOCOOPE	4
33	517	CARLOS BORGES	01:21:44	01:21:30	M2439	GRUPO DESPORTIVO DE SÃO PEDRO	14
34	509	PEDRO SANTOS	01:22:01	01:21:46	M4044	SUNDAY RUNNERS	11
35	632	EDUARDO MOREIRA	01:23:41	01:23:41	M4549		3
36	520	CARLOS MARTINS	01:23:48	01:23:37	M4549	CCD CREDITO AGRICOLA	4
37	533	SANDRA OLIVEIRA	01:23:53	01:23:49	F4044	CPA TRAIL TEAM / CLUBE DE PRAÇAS DA ARMADA	1
38	669	DIANA VARETA	01:24:02	01:23:48	F2439		1
39	635	JULIANA CAMPOS	01:24:12	01:24:05	F2439	ARRÁBIDA OBSTACLE RUNNERS	2
40	5516	RICARDO LADISLAU	01:24:15	01:24:15	M4044		12
41	537	DÁRIO NOBRE	01:25:12	01:24:56	M2439		15

42	609	CARLOS GREGÓRIO	01:25:41	01:25:41	M4044	SUNDAY RUNNERS	13
43	681	ANTONIO VIEGAS	01:25:46	01:25:43	M6099	INDIVIDUAL	1
44	601	JOSÉ GUERREIRO	01:25:50	01:25:42	M6099	SERVIÇOS SOCIAIS MONTEPIO	2
45	558	JULIO MOREIRA	01:26:00	01:25:48	M4044	Polrunners	14
46	696	CARLOS TEIXEIRA	01:26:50	01:26:35	M4549	Sacavenense	5
47	661	SÉRGIO SANTOS	01:26:50	01:26:37	M2439		16
48	5550	TIAGO SILVA	01:27:09	01:26:51	M2439	AMIGOS VALE SILÊNCIO	17
49	5515	JOSÉ COSTA	01:27:31	01:27:23	M5054		3
50	5540	VITOR CANTO	01:27:57	01:27:43	M4549	LINDA-A-PASTORA SPORTING CLUBE	6
51	707	LUÍS SANTOS	01:28:00	01:27:47	M4549	CRGD LEIÃO	7
52	706	LUÍS MIGUEL CALHA	01:28:10	01:28:06	M5054	CPA TRAIL TEAM / CLUBE DE PRAÇAS DA ARMADA	4
53	638	LUIS GRENHAS	01:28:35	01:28:23	M4549	LA FAMÍLIA	8
54	555	PAULO GONÇALVES	01:28:45	01:28:32	M2439	POLRUNNERS	18
55	628	RICARDO MACHADO	01:29:29	01:29:08	M2439	LEBRES DE DOMINGO	19
56	665	CARMEN VIEGAS	01:29:29	01:29:10	F4044	LEBRES DE DOMINGO	2
57	675	JOSÉ VINAGRE	01:29:29	01:29:03	M4044	OS SEBASTIÕES DE CANHA	15
58	701	PEDRO TAVARES	01:29:30	01:29:22	M2439	RACING BIKES	20
59	506	TELMO FREIRE	01:29:30	01:29:27	M2439		21
60	580	INÊS CLÁUDINA	01:29:49	01:29:43	F2439	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	3
61	5571	PAULO GONÇALVES	01:29:54	01:29:51	M5054	MARVILA JOVEM	5
62	535	POSSIDONIO CONSTANTINO	01:30:09	01:30:00	M6099	CPA TRAIL TEAM / CLUBE DE PRAÇAS DA ARMADA	3
63	658	PEDRO LUÍS	01:30:15	01:29:46	M4549	OS SEBASTIÕES DE CANHA	9
64	536	VÍTOR PEREIRA	01:31:07	01:30:45	M5559	INDIVIDUAL	5

65	521	LUIS ZÊZERE	01:31:31	01:31:31	M4044	CCD CREDITO AGRICOLA	16
66	688	ALEXANDRE CRUZ	01:31:35	01:31:18	M2439		22
67	684	HUMBERTO FERREIRA	01:31:39	01:31:21	M4549	DEIXEM PASSAR OS COXOS	10
68	625	VASCO BERNARDO	01:31:39	01:31:22	M4044	NAVIGATOR CLUBE SETUBAL	17
69	5535	DUARTE RIBEIRO	01:31:48	01:31:41	M2439	KINGSFAMILY	23
70	532	MARCIA CANTANHEDE	01:31:49	01:31:47	F2439	CPA TRAIL TEAM / CLUBE DE PRAÇAS DA ARMADA	4
71	5577	ALEXANDRA SILVA	01:31:50	01:31:47	F4044	AMINHACORRIDA/MY PROTEIN	3
72	526	SONIA FERNANDES	01:32:03	01:31:59	F4044		4
73	626	CARLOS ANJO	01:32:20	01:32:20	M2439	NAVIGATOR CLUBE SETUBAL	24
74	673	GONÇALO MAIA	01:32:45	01:32:30	M2439		25
75	511	PAULO BATISTA	01:33:25	01:32:57	M4549		11
76	5574	LUIS MARTINS	01:33:27	01:33:19	M2439	Lavre running	26
77	667	LUIS AGOSTINHO	01:33:31	01:33:31	M4044	LEBRES DE DOMINGO	18
78	605	MARCO FERREIRA	01:33:36	01:33:20	M2439	SUNDAY RUNNERS	27
79	542	CARLOS FERREIRA	01:34:43	01:34:43	M6099	NUCLEO DESPORTIVO AUTOCOOPE	4
80	5537	JOÃO REIS	01:34:45	01:34:39	M2439	KINGSFAMILY	28
81	5508	FÁBIO RODRIGUES	01:34:53	01:34:53	M2439	AI NÓS JAMOR	29
82	5546	LUIS RODRIGUES	01:35:03	01:34:46	M2439		30
83	586	SUSANA JEREMIAS	01:35:16	01:35:14	F4549	FITRUNNERS	1
84	693	GONÇALO GONÇALVES	01:35:18	01:34:57	M2439	LEBRES E TARTARUGAS	31
85	5560	NUNO MIGUEL CODEÇO	01:35:24	01:35:24	M4044	DUBLIN O'SEVEN	19
86	556	RUI PEREIRA	01:35:34	01:35:20	M2439	POLRUNNERS	32
87	5568	ARLETE REGO	01:35:47	01:35:34	F2439	GOIRUNNERS / OUTPRO STORE	5

88	621	FILIPE SALVADINHO	01:35:48	01:35:27	M2439	GRUPO DESPORTIVO "O INDEPENDENTE" - BARREIRO	33
89	5526	FRANCISCO NOVERSA	01:36:07	01:36:00	M2439	Afifense	34
90	5524	ANTÓNIO CARMO	01:36:21	01:36:09	M5054	Papa Trilhos do CAAL	6
91	650	NATACHA CUSTÓDIO	01:36:22	01:36:04	F2439	OS SEBASTIÕES DE CANHA	6
92	587	MANUEL MEXIA	01:36:28	01:36:28	M2439	LISBOA	35
93	697	FERNANDO CARVALHO	01:36:50	01:36:41	M6099	LEBRES DO SADO	5
94	602	RUI PEREIRA	01:36:53	01:36:33	M4549	GRUPO DESPORTIVO "O INDEPENDENTE" - BARREIRO	12
95	600	MARÍA ÁNGELES GUTIÉRREZ CASSILLAS	01:38:59	01:38:46	F4549		2
96	700	MARCO BERNARDO	01:39:03	01:39:03	M4044	CPA TRAIL TEAM / CLUBE DE PRAÇAS DA ARMADA	20
97	5514	ABEL COSTA	01:39:04	01:38:38	M4549	Gfi Portugal	13
98	527	ANA MONTEIRO	01:39:07	01:39:01	F4044		5
99	5541	SAMUEL TEIXEIRA	01:39:15	01:38:56	M2439	Copo 3	36
100	633	ABIGAIL PEREIRA	01:39:28	01:39:28	F2439	ARRÁBIDA OBSTACLE RUNNERS	7
101	640	PAULO SOARES	01:40:21	01:40:21	M4549	CCR ALTO DO MOINHO	14
102	5562	PATRICIA GERALDES	01:40:24	01:40:22	F5054		1
103	552	MIGUEL TERRA CARLOS	01:40:29	01:40:11	M2439		37
104	666	CRISTINA RODRIGUES	01:40:37	01:40:20	F2439	LEBRES DE DOMINGO	8
105	518	ERICA CABRAL	01:40:43	01:40:36	M2439		38
106	548	CARLOS PÁSCOA	01:40:44	01:40:38	M6099	INDIVIDUAL	6
107	505	TIAGO LOUREIRO	01:40:46	01:40:46	M2439	SETUBAL	39
108	5580	DIOGO SOARES	01:41:03	01:41:03	M2439		40
109	705	MARIANA BOLA	01:41:05	01:40:41	F2439		9

110	620	PAULO GUERREIRO	01:41:22	01:41:22	M5054	ARRÁBIDA OBSTACLE RUNNERS	7
111	571	JOÃO PINTO	01:41:32	01:41:16	M2439	WETT	41
112	504	BEATRIZ SÉCIO	01:41:46	01:41:17	F0023	MÃE E FILHA	1
113	5507	HELENA SÉCIO	01:42:15	01:41:44	F5054	MÃE E FILHA	2
114	513	HELENA ISABEL RECHARTE GONÇALVES	01:42:30	01:42:09	F4044	PINHAL NOVO A CORRER	6
115	512	PAULO JORGE GONÇALVES DA SILVA	01:42:31	01:42:08	M5054	PINHAL NOVO A CORRER	8
116	642	ROSA AFONSO	01:43:02	01:42:31	F5054	CCR ALTO DO MOINHO	3
117	5530	CARLOS ALBERTO DOS JESUS	01:43:13	01:42:58	M5559	INDIVIDUAL	6
118	5504	GONÇALO CARDOSO	01:43:26	01:43:20	M4044		21
119	5521	RUI FLORES	01:43:54	01:43:38	M4044		22
120	597	TERESA CARDOSO	01:44:03	01:43:55	F4044	SERVIÇOS SOCIAIS MONTEPIO	7
121	630	RUI GOMES	01:44:05	01:43:35	M4549		15
122	647	LUIA PISCO	01:44:19	01:44:15	F5559	LESMA ACELERADAS	2
123	573	RUI MANUEL VINHAS SILVA	01:44:34	01:44:34	M5559	LISBOA	7
124	5532	MIGUEL MENDES	01:44:41	01:44:21	M2439		42
125	553	MARIO BATISTA	01:45:29	01:45:29	M4044	ADA Desnivel	23
126	582	HELDER VIDAL	01:45:29	01:45:01	M4549	Quinta do Conde	16
127	653	LUIA FERREIRA	01:45:39	01:45:39	F5054	NUCLEO DESPORTIVO AUTOCOOPE	4
128	5547	ALBERTO LOPES	01:45:51	01:45:30	M4044	copo3	24
129	5558	RICARDO PEREIRA	01:45:56	01:45:56	M4549	DUBLIN O'SEVEN	17
130	5511	ANTÓNIO DUARTE	01:46:13	01:46:03	M6099		7
131	572	JOANA SERINA	01:46:31	01:46:07	F4549	FITRUNNERS	3
132	686	SOFIA FERREIRA	01:46:35	01:46:35	F2439		10

133	659	MARIA INÊS NABAIS	01:46:42	01:46:42	F2439		11
134	607	EDUARDO SALVADOR	01:46:45	01:46:39	M2439	TEAM DECATHLON	43
135	606	ANA SILVA	01:46:45	01:46:39	F2439	ARRABIDA OBSTACULRS RUNNERS	12
136	579	LUIS MATOS	01:47:20	01:47:20	M5054		9
137	5552	LUIS SANTOS	01:47:43	01:47:18	M4044	JÁ FOSTE	25
138	5553	MARIA ALMEIDA	01:47:47	01:47:23	F2439	JÁ FOSTE	13
139	574	VANDA MEDEIRO	01:48:00	01:47:37	F4044		8
140	583	PEDRO PEREIRA	01:48:29	01:48:18	M2439		44
141	649	ROSA OLIVEIRA	01:48:30	01:48:04	F5054	OS SEBASTIÕES DE CANHA	5
142	592	ISABEL BUÉ	01:48:38	01:48:23	F2439	Bué da Serra	14
143	5506	FERNANDO PEREIRA	01:48:39	01:48:28	M4549	AZEITÃO RUNNING	18
144	624	CLAUDIO CRUZ	01:49:11	01:49:03	M4044	ARRABIDA OBSTACLE RUNNERS	26
145	570	GONÇALO SILVA	01:49:18	01:49:02	M4044	WETT	27
146	680	JOAO SOARES	01:49:36	01:49:36	M4044	GINASIO ENERGYM	28
147	5522	ALEXANDRE MIGUEL SILVA MARTINS	01:49:37	01:49:33	M4549	wildest	19
148	507	TERESA SANTO	01:49:56	01:49:47	F4549		4
149	692	CARLOS GONÇALVES	01:50:24	01:50:24	M6099	LEBRES E TARTARUGAS	8
150	524	SAMUEL SILVA	01:50:37	01:50:09	M4044		29
151	714	CARMEN CUNA	01:50:48	01:50:40	F4044	BRRNIGTHRUNNERS	9
152	670	BRUNO ALVES	01:50:50	01:50:40	M2439		45
153	5510	PATRÍCIA MONTEIRO	01:51:38	01:51:25	F4044	AI NÓS JAMOR	10
154	637	ROSÁRIO FIGUEIRAL	01:52:17	01:51:45	F5054		6
155	569	MIGUEL BUGALHO	01:52:47	01:52:28	M2439		46

156	568	JOÃO CORTEGANO	01:52:48	01:52:48	M2439	BARRANCOS FC / BIOGADO	47
157	549	FERNANDO SILVA	01:53:16	01:53:16	M5054		10
158	550	JOÃO GUILHERME DA CUNHA LEITÃO VAZ	01:53:16	01:53:13	M2439		48
159	629	VERA GOMES	01:53:34	01:53:13	F4044	LEBRES DE DOMINGO	11
160	589	CLÁUDIA RAMOS	01:54:32	01:54:26	F4549		5
161	5551	TIAGO SANTOS	01:54:48	01:54:27	M2439	AMIGOS VALE SILÊNCIO	49
162	551	INÊS OLIVEIRA	01:54:52	01:54:32	F2439	LISBOA	15
163	709	MARIA SANTOS	01:55:18	01:55:07	F0023	GRCD LEIÃO	2
164	708	ROSA MARQUES	01:55:19	01:55:08	F4549	GRCD LEIÃO	6
165	694	SANDRA BATISTA	01:55:55	01:55:35	F4044	LEBRES DE DOMINGO	12
166	683	PAULO VIEIRA	01:56:53	01:56:30	M2439	BRRNIGHTRUNNERS	50
167	634	MARTA GOMES	01:57:10	01:56:53	F4044	GIN. QTA DO VALBOM- AAALCOCHETE	13
168	539	SANDRA SILVA	01:57:33	01:57:33	F4549		7
169	616	PAULO MANUEL MONIZ	01:59:23	01:59:23	M6099		9
170	660	RITA FARINHA	01:59:24	01:58:57	F4044	OS SEBASTIÕES DE CANHA	14
171	664	ANA PATRICIO	01:59:26	01:59:26	F2439	OS SEBASTIÕES DE CANHA	16
172	5555	JOSE AMARAL	01:59:49	01:59:25	M5559	AMARAL	8
173	676	MARIA JOÃO COSTA	01:59:57	01:59:47	F5054	ESTREMOZ	7
174	598	TERESA PRATAS	01:59:57	01:59:57	F4044	LEBRES DE DOMINGO	15
175	530	NUNO SOUSA	02:00:03	01:59:34	M4044		30
176	678	DAVIDE ANTUNES	02:00:17	01:59:51	M2439	COPY IT	51
177	5518	MÁRIO RUI PEREIRA DA SILVA	02:00:21	01:59:53	M6099		10
178	578	LUÍS RIBEIRO	02:01:17	02:01:04	M4549	CMC ODIVELAS	20

179	691	PAULO LOPES	02:01:35	02:01:12	M4549		21
180	690	JOAO GOUVEIA	02:01:35	02:01:12	M2439		52
181	689	MARTA GIRÃO	02:01:36	02:01:12	F4044		16
182	5591	AURELIANO DA LUZ	02:02:37	02:02:31	M4044	AS MÁQUINAS	31
183	671	MARIA JOÃO EMÍDIO	02:02:52	02:02:42	F5054	NÚCLEO SPORTING CP DO SEIXAL	8
184	561	JOÃO MANUEL LEITE VIEIRA	02:03:09	02:03:09	M5559	CENTRO DE MARCHA E CORRIDA DE ALENQUER	9
185	715	MIGUEL LOPES	02:03:10	02:03:10	M4044	99PROVASGRATUITAS TEAM	32
186	508	SOFIA JESUS	02:03:17	02:02:54	F4044	BARREIRO	17
187	5513	PAULO SOBERANO	02:03:26	02:02:58	M5054	Gfi Portugal	11
188	623	MARTA LOPES	02:03:34	02:03:29	F4044	ARRÁBIDA OBSTACLE RUNNERS	18
189	523	SÓNIA ANDRADE	02:04:43	02:04:20	F4549	CCD CREDITO AGRICOLA	8
190	519	JULIA ANDRADE	02:04:44	02:04:44	F4044	BRRNIGHTRUNNERS	19
191	654	GONÇALO NUNES	02:04:59	02:04:59	M2439	OS SEBASTIOES DE CANHA	53
192	619	NUNO TRINDADE	02:05:03	02:05:03	M2439	GRUPO DESPORTIVO "O INDEPENDENTE" - BARREIRO	54
193	622	INÊS CARRAÇA	02:05:07	02:05:07	F2439	GRUPO DESPORTIVO "O INDEPENDENTE" - BARREIRO	17
194	5505	PEDRO SOUSA	02:05:35	02:05:35	M2439	SERVIÇOS SOCIAIS MONTEPIO	55
195	711	IVO PEREIRA	02:07:28	02:07:05	M4044	FIT RUNNERS	33
196	5533	ANA CANAVEIRA	02:07:30	02:07:08	F5054	CCD TRANQUILIDADE	9
197	595	NATÁLIA NARCISO	02:08:04	02:07:55	F5559	SERVIÇOS SOCIAIS MONTEPIO	3
198	594	JORGE NARCISO	02:08:05	02:07:54	M5559	SERVIÇOS SOCIAIS MONTEPIO	10
199	5529	PEDRO FERREIRA	02:08:11	02:07:39	M5054		12
200	712	ISABEL SANTA	02:09:43	02:09:19	F4044	FIT RUNNERS	20

201	639	CARLA RODRIGUES	02:10:30	02:10:17	F4549	LA FAMÍLIA	9
202	5573	NIDIA FERREIRA	02:11:26	02:11:21	F4044	MARVILA JOVEM	21
203	588	SONIA PINTO	02:13:46	02:13:24	F5054		10
204	5556	MARIA GOLINELLI	02:13:48	02:13:26	F4549	AMARAL	10
205	614	RICARDO MARTINS	02:14:02	02:13:30	M4549	GD BANCO BPI	22
206	5512	RITA MARQUES	02:14:15	02:13:50	F4044		22
207	557	CLAUDIA SOUSA	02:14:16	02:13:54	F5559	LISBOA	4
208	563	ANA CRISTINA ABRUNHOSA	02:15:02	02:14:52	F4549	Centro de Marcha e Corrida de Odivelas	11
209	695	SANDRA MONTEIRO	02:15:06	02:14:55	F4044	AMINHACORRIDA	23
210	566	RITA VALENTIM	02:15:15	02:15:15	F5559	LISBOA PORTUGAL	5
211	5543	BASILIO PAIXAO	02:15:20	02:15:20	M5054		13
212	562	FÁTIMA LUCAS	02:15:26	02:15:16	F4549	Centro de Marcha e Corrida de Odivelas	12
213	575	MARIA SERRA	02:15:30	02:15:19	F4549	CMC ODIVELAS	13
214	613	ANTONIO SANCHES	02:15:35	02:15:02	M6099	GD BANCO BPI	11
215	554	GINA CORREIA	02:17:00	02:16:40	F4044	ADA Desnivel	24
216	636	MARGARIDA LOPES	02:20:37	02:20:25	F4549	LA FAMÍLIA	14
217	604	SUSANA PEREIRINHA	02:20:52	02:20:52	F4549	GRUPO DESPORTIVO "O INDEPENDENTE" - BARREIRO	15
218	603	ANA ISABEL	02:20:53	02:20:53	F4044	GRUPO DESPORTIVO "O INDEPENDENTE" - BARREIRO	25
219	710	ANA ISABEL FERNANDES	02:21:35	02:21:35	F2439	TRAIL DE MIRA	18
220	685	SÍLVIA CRISTINA MONTEIRO FERNANDES	02:21:35	02:21:12	F4044		26
221	704	DINA OLIVEIRA	02:21:41	02:21:09	F4044		27

222	703	RUTE PATROCINIO	02:21:41	02:21:11	F4044		28
223	545	ANTONIO FERNANDES	02:22:21	02:22:21	M4044	NUCLEO DESPORTIVO AUTOCOOPE	34
224	546	CELIA FERREIRA	02:22:21	02:21:51	F4044	NUCLEO DESPORTIVO AUTOCOOPE	29
225	590	ANA PAULA REIS	02:22:25	02:21:54	F4044	Strog	30
226	544	HELENA SANTOS	02:22:28	02:22:10	F5054	NUCLEO DESPORTIVO AUTOCOOPE	11
227	679	JOÃO ANTUNES	02:24:25	02:23:58	M4549	COPY IT	23
228	677	ANDREIA MARCELINO	02:24:25	02:23:57	F4044	FITRUNNERS	31
229	672	MÁRIO EMÍDIO	02:26:01	02:25:50	M5559	NÚCLEO SPORTING CP DO SEIXAL	11
230	565	CELIA FILIPE	02:26:13	02:26:07	F4044	Centro de Marcha e Corrida de Odivelas	32
231	564	PAULO FILIPE	02:26:14	02:26:14	M4549	Centro de Marcha e Corrida de Odivelas	24
232	655	LINDA RIBEIRO	02:26:30	02:26:01	F2439	OS SEBASTIÕES DE CANHA	19
233	656	PEDRO RIBEIRO	02:26:30	02:26:02	M2439	OS SEBASTIÕES DE CANHA	56
234	577	ANA RIBEIRO	02:26:48	02:26:36	F4549	CMC ODIVELAS	16
235	5523	PAULA CARMO	02:26:59	02:26:45	F5054	Papa Trilhos do CAAL	12
236	5527	ANA FERREIRA	02:27:03	02:26:48	F5054	Papa Trilhos do CAAL	13
237	5545	MANUEL RAPOSO	02:31:26	02:31:18	M6099	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	12
238	540	ANA VALENTE	02:41:39	02:41:05	F2439		20
239	541	LUÍS LOUREIRO	02:41:54	02:41:54	M2439		57
240	5572	ANA SANTOS	02:43:20	02:43:20	F5054	MARVILA JOVEM	14
241	5544	MARINA AZEVEDO	02:50:26	02:50:26	F5054		15