



III Trilhos de Bellas - Trail Longo

25 de Março, 2018

<https://werun.pt/resultados/iii-trilhos-de-bellas/>

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	5897	FERNANDO GOMES	02:02:53.10		M2339	GORUNNERS - OUTPRO	1
2	5873	FÁBIO FONTOURA	02:02:53.14		M2339	GORUNNERS - OUTPRO	2
3	438	DIOGO BAENA	02:06:54.00		M2339	U.F. COMÉRCIO E INDÚSTRIA ATLETISMO	3
4	439	HELDER GROSSO	02:08:46.12		M2339	U.F. COMÉRCIO E INDÚSTRIA ATLETISMO	4
5	302	RODRIGO NOIVO	02:09:00.00		M2339	AMCF-ARRÁBIDA TRAIL TEAM	5
6	5782	JOÃO MIGUEL SILVA	02:14:00.00		M2339	U.F. COMÉRCIO E INDÚSTRIA ATLETISMO	6
7	441	VIRGÍLIO GOMES	02:14:37.55		M4049	U.F. COMÉRCIO E INDÚSTRIA ATLETISMO	1
8	437	MARCELO GRAÇA	02:15:04.04		M2339	U.F. COMÉRCIO E INDÚSTRIA ATLETISMO	7
9	534	JOÃO SOUSA	02:16:00.00		M2339	GINÁSIO CLUBE PORTUGUÊS	8
10	369	NÉLSON DIOGO	02:16:00.00		M2339	AMCF - ARRÁBIDA TRAIL TEAM	9
11	5778	JOAO HORA FAUSTINO	02:19:00.00		M4049	CP PESSOA ESCOLA DE ATLETISMO	2
12	5779	JTRIGUEIROS	02:19:00.00		M0022	GAIATRIL	1
13	374	RICARDO PARADA	02:21:51.85		M2339	ZIMBRA FOX RUNNERS	10
14	449	NELSON QUITERIO	02:21:53.37		M4049	RÓÓDINHAS / SANTOS SILVA	3
15	594	FILIPE PINHEIRO	02:21:59.26		M2339	GORUNNERS - OUTPRO	11
16	443	MÁRIO AFONSO	02:22:40.79		M2339	CCRAM	12
17	474	PAULO SEQUEIRA	02:23:15.04		M2339	AMIGOS DOS LOBOS	13
18	5850	PAULO MIRANDA	02:25:42.08		M4049	TURRES TRAIL TEAM	4

19	212	DAVID RODRIGUES	02:26:28.71	M4049	SS CGD	5
20	440	ROGÉRIO COSTA	02:28:00.00	M2339	U.F. COMÉRCIO E INDÚSTRIA ATLETISMO	14
21	5777	MIGUEL MIRANDA	02:28:00.00	M4049	CLUBE DIRTRUNNERS	6
22	560	NUNO SILVA	02:29:51.70	M4049	GINÁSIO CLUBE PORTUGUÊS	7
23	591	OMAR GARCIA	02:31:14.00	M2339	A20KM TRAIL RUNNING TEAM	15
24	390	ANTÓNIO AREDE	02:31:15.00	M4049	STRENDURE RUNNING TEAM	8
25	316	NUNO ANJOS	02:32:57.76	M4049	O MUNDO DA CORRIDA	9
26	249	NUNO FERREIRA	02:33:49.00	M4049	INDIVIDUAL	10
27	273	JOSÉ FREIRE	02:35:26.79	M5059	OS COELHINHOS	1
28	282	JOÃO BALSINHA	02:36:40.00	M4049	INDIVIDUAL	11
29	498	TIAGO ALMEIDA	02:36:44.04	M2339	100 ESTRILHOS	16
30	447	FERNANDO PARENTE	02:36:44.53	M4049	STRONG TEAM	12
31	561	HUGO MIGUEL	02:36:46.89	M4049		13
32	595	VITOR VELOSO	02:36:49.23	M4049	O MUNDO DA CORRIDA	14
33	493	ANTÓNIO SOARES	02:36:50.00	M4049	MONSANTO RUNNING TEAM	15
34	540	NUNO LOPES	02:37:20.00	M4049	HC RUNNERS	16
35	585	TIAGO ROCHA	02:37:39.00	M4049	INDIVIDUAL	17
36	260	PAULO PATRÍCIO	02:39:00.00	M2339	INDIVIDUAL	17
37	239	RICARDO LEITÃO	02:40:09.26	M4049	INDIVIDUAL	18
38	5742	JOAO BARBADO	02:42:49.22	M4049	INDIVIDUAL	19
39	444	RUI AFONSO	02:43:31.47	M4049	CCRAM	20
40	484	ANTÓNIO GOUVEIA	02:43:43.91	M4049	CLUBE ATLÉTICO DE PENAFIRME	21
41	325	ALEXANDRE ANDRADE	02:43:57.96	M4049	BOTA LAMBRA	22

42	234	GUILHERME BRANQUINHO	02:44:07.68	M4049	HOUSEMARTINS BELAS	23
43	311	SOFIA ROQUETE	02:44:08.59	F2339	AMCF - ARRÁBIDA TRAIL TEAM	1
44	5722	RICARDO SOUSA	02:44:14.28	M4049	ARRIBA TRAIL RUNNERS	24
45	518	SIMÃO FERNANDES	02:45:02.47	M2339	MONSANTO RUNNING TEAM	18
46	588	JOSE MATOS	02:45:06.66	M5059	APACHE	2
47	240	ANDRE CARLOS	02:45:25.26	M2339	INDIVIDUAL	19
48	230	PEDRO BORREGANA	02:45:40.53	M4049	INDIVIDUAL	25
49	5832	PÊRA DOCE	02:45:41.18	M4049	ZIMBRA FOX RUNNERS	26
50	5886	LUÍS LOPES	02:46:30.00	M4049	TÁLENTOS TEAM	27
51	430	ARTUR BERNARDO	02:46:49.19	M4049	CARTOON RUM	28
52	232	GIL XAVIER ALVES	02:46:50.90	M4049	SALAMANDRECOS	29
53	545	PEDRO FIGUEIRA	02:47:35.00	M2339	INDIVIDUAL	20
54	500	AMÉLIA COSTA	02:47:57.68	F5059	PROAVENTURAS	1
55	318	JOÃO GRANJA	02:48:15.72	M4049	BORINHAS	30
56	237	PEDRO MEDLEY	02:48:16.00	M2339	INDIVIDUAL	21
57	343	SALETE TAVARES	02:48:22.64	F4049	CA BARREIRA	1
58	562	SERGIO ALMEIDA	02:48:36.83	M4049		31
59	496	FERNANDO JORGE DE OLIVEIRA	02:49:34.51	M6099	LIS RUNNING CPA	1
60	5711	CARLOS PASCOAL	02:49:53.33	M5059	INDIVIDUAL	3
61	5855	CIRILO FORMIGA	02:50:36.48	M6099	ZIMBRA FOX RUNNERS	2
62	475	ANDRÉ MARQUES	02:50:38.40	M2339	INDIVIDUAL	22
63	434	RUI PAULO	02:50:38.99	M5059	INDIVIDUAL	4
64	348	MARCO MARQUES	02:50:57.21	M2339	HOUSEMARTINS BELAS	23

65	399	PEDRO SARAIVA	02:50:59.11	M2339	INDIVIDUAL	24
66	5888	NUNO LAGRANGE	02:51:11.07	M4049	INDIVIDUAL	32
67	467	FERNANDO MATOS	02:52:10.00	M2339	DAVID VAZ ASSOCIAÇÃO	25
68	415	SILVÉRIO CORREIA	02:53:11.77	M5059	GRUPO DESPORTIVO SANTANDER TOTTA	5
69	322	LUÍS CARDOSO	02:53:45.00	M4049	RACING BIKES	33
70	5788	RUI DA SILVA	02:54:06.48	M4049	DENTORAL RACING TEAM	34
71	276	DUARTE LOPES	02:54:24.00	M4049	PRESSLEY RIDGE	35
72	551	PEDRO PATRÍCIO	02:54:53.00	M2339	A2EL	26
73	5849	NUNO CESÁRIO	02:54:54.13	M4049	MOITA A CORRER	36
74	5818	NUNO SABINO	02:55:29.32	M4049	TRANQUILIDADE AÇOREANA CLUBE	37
75	406	JOÃO BRANCO	02:56:09.20	M4049	OCR PORTUGAL LAB	38
76	377	PAULO GONÇALVES	02:56:28.55	M2339	POL RUNNERS	27
77	378	JORGE FRANCO	02:56:28.73	M4049	POL RUNNERS	39
78	483	PEDRO BRITO	02:56:30.20	M4049	INDIVIDUAL	40
79	355	VIRGILIO COSTA	02:57:14.00	M4049	CLUBE MILLENNIUM BCP	41
80	5891	JOSÉ SANTOS	02:57:33.31	M4049	INDUSTRIAL DESPORTIVO VIEIRENSE	42
81	400	LUIS NUNES	02:57:45.00	M4049	HOUSEMARTINS BELAS	43
82	309	LUIS SILVESTRE	02:57:49.55	M4049	COININHA RUNNERS	44
83	537	TITO ANDRADE	02:57:56.00	M4049	LONERANGER	45
84	383	HILDEBRAND CASTRO	02:57:58.91	M4049	MONSANTO RUNNING TEAM	46
85	593	NELSON SANTOS	02:57:59.38	M4049	RUNNING WILD	47
86	238	ANTÓNIO TORRES	02:58:35.17	M2339	INDIVIDUAL	28
87	482	LUIS MADEIRA	02:58:53.05	M4049	SS CGD	48

88	257	LUIS COELHO	02:59:06.00	M2339	FITRUNNERS	29
89	432	MIGUEL SIMÕES	03:00:24.00	M2339	INDIVIDUAL	30
90	468	RUI MANUEL SEQUEIRA SANTOS	03:00:27.58	M4049	OS SALOIOS	49
91	502	FILIPPE PEDRO	03:01:03.57	M2339	CAVALAS VELOZES	31
92	356	PEDRO CORDAS	03:01:09.88	M4049	CLUBE MILLENNIUM BCP	50
93	507	VITOR VIANA	03:01:36.75	M2339	100 ESTRILHOS	32
94	259	JOHN CARSON	03:01:42.68	M2339	VEGAN RUNNERS	33
95	204	JOÃO LIMPO	03:02:13.00	M2339	100 ESTRILHOS	34
96	494	SÉRGIO MOURA	03:02:46.05	M2339	INDIVIDUAL	35
97	566	FÁTIMA LAVRADOR	03:03:53.17	F4049	ASAS NOS PÉS	2
98	450	HÉLDER FERREIRA	03:04:00.00	M5059	AMIGOSDACORRIDA.COM	6
99	523	SERGIO CRUZ	03:04:00.81	M4049	OCR	51
100	568	JORGE LOPES	03:04:01.48	M4049	ASAS NOS PÉS	52
101	5842	JOSÉ CORREIA	03:04:47.83	M5059	STRAVISTAS VP	7
102	5859	SUSANA PEREIRA	03:04:50.11	F2339	INDIVIDUAL	2
103	530	PEDRO COELHO	03:04:54.12	M2339	INDIVIDUAL	36
104	5828	JOÃO QUEIROZ	03:05:43.54	M4049	RUN4FRIENDS	53
105	5852	NUNO GRANADAS	03:05:53.00	M2339	TURRES TRAIL TEAM	37
106	324	HUGO LAMPREIA	03:06:02.62	M4049	VALEJAS AC	54
107	296	CARLOS ANDRADE	03:06:21.09	M2339	CABARÉ DOS COXOS	38
108	331	ADELINO TRINDADE	03:06:28.00	M4049	CORRER LISBOA	55
109	255	JOSÉ ROCHA	03:07:13.47	M5059	INDIVIDUAL	8
110	435	JOÃO RODRIGUES	03:07:23.44	M4049	SALAMANDRECOS	56

111	535	LUISA ESPIRITO SANTO	03:07:26.04	F5059	SALAMANDRECOS	2
112	371	ÁLVARO SANTOS	03:07:31.83	M4049	AMCF - ARRÁBIDA TRAIL TEAM	57
113	370	LUÍS TRINDADE	03:07:32.25	M4049	AMCF - ARRÁBIDA TRAIL TEAM	58
114	600	JOÃO SARAIVA	03:07:43.44	M4049	O PRATICANTE	59
115	246	ALEXANDRE LEIRIA	03:07:51.00	M4049	FITRUNNERS	60
116	364	SOFIA RAMALHO	03:07:58.68	F0022	CLUBE MILLENNIUM BCP	1
117	363	RUI RAMALHO	03:07:59.20	M4049	CLUBE MILLENNIUM BCP	61
118	346	CARLOS FLORÊNCIA	03:08:08.03	M2339	CORRER LISBOA	39
119	397	JUVENAL MOREIRA	03:08:26.10	M5059	NUCLEO DESPORTIVO AUTOCOOPE	9
120	581	ANTÓNIO MARQUES	03:09:30.26	M4049	COMANDOS CARREGUEIRA	62
121	376	JOSÉ EDUARDO FIDALGO PENA	03:09:40.01	M5059	INDIVIDUAL	10
122	361	EDUARDO RODRIGUES	03:09:41.66	M5059	CLUBE MILLENNIUM BCP	11
123	442	AVELINO SOARES	03:09:43.00	M5059	GRCD LEIÃO	12
124	575	VASCO ASCENSÃO	03:11:07.53	M4049	CDCR CTT	63
125	451	PAULO MARTINS	03:11:08.19	M4049	INDIVIDUAL	64
126	375	JOAO PERNECO	03:11:10.09	M4049	GRUPO DESPORTIVO SANTANDER TOTTA	65
127	5730	PEDRO CAMPOS	03:11:13.03	M4049	JÁ T'APANHO	66
128	5759	TIAGO SAMEIRO	03:11:27.83	M4049	DUROS DA LENTIDÃO	67
129	5719	FERNANDO CÂNDIDO	03:11:31.00	M5059	INDIVIDUAL	13
130	454	HUGO REIS	03:11:42.51	M4049	INDIVIDUAL	68
131	515	LUÍS VALINHO	03:11:50.01	M2339	INDIVIDUAL	40
132	516	CHRISTOPH FETKENHEUER	03:11:50.32	M2339	INDIVIDUAL	41
133	367	ARLINDO DEUS	03:11:50.74	M6099	CLUBE MILLENNIUM BCP	3

134	5716	ALEX	03:11:55.96	M4049	CORRER LISBOA	69
135	539	RICARDO CARVALHO	03:11:56.27	M4049	INDIVIDUAL	70
136	231	HELDER PEREIRA	03:11:57.52	M2339	INDIVIDUAL	42
137	298	JOAO PEDRO MARTINS	03:12:38.53	M2339	MULTIRUNNERS	43
138	542	MIGUEL ROCHA	03:12:39.75	M4049	INDIVIDUAL	71
139	277	MARCO LOURENÇO	03:12:41.00	M2339	INDIVIDUAL	44
140	574	HUGO GOMES	03:12:45.08	M4049		72
141	409	JOSÉ CARLOS AMARAL	03:13:15.22	M4049	U.F. COMÉRCIO E INDÚSTRIA ATLETISMO	73
142	235	AMÉRICO RODRIGUES	03:13:36.14	M6099	HOUSEMARTINS BELAS	4
143	519	HELDER RIBEIRO	03:13:46.86	M4049	SOLITÁRIO	74
144	452	JOÃO CARDOSO	03:14:14.61	M4049	SINTRA RUNNERS	75
145	213	JOÃO PAULO SANTOS	03:14:41.51	M4049	AMIGOS VALE SILENCIO	76
146	219	JOÃO PEDRO SILVA	03:14:43.51	M4049	SS CGD	77
147	5714	MANUEL ALVES	03:15:00.18	M5059	CORRER LISBOA	14
148	306	PAULO MANUEL COSTA	03:15:51.96	M4049	INDIVIDUAL	78
149	314	HELDER ROSÁRIO	03:15:54.16	M2339	GRCD LEIÃO	45
150	485	ELISABETE SOUSA	03:16:04.05	F4049	CLUBE ATLÉTICO DE PENAFIRME	3
151	570	ALBERTO COVAS	03:16:18.87	M5059	ASAS NOS PÉS	15
152	299	CARLOS OLEASTRO	03:16:47.00	M5059	INDIVIDUAL	16
153	5814	JOSÉ C F NUNES	03:17:40.00	M4049	NAZA ABÓBODA	79
154	559	PEDRO SANTOS	03:17:50.40	M2339	RAAA1 QUELUZ	46
155	5825	NUNO LUCAS	03:18:19.00	M4049	TĂLENTOS TEAM	80
156	501	PEDRO PEREIRA	03:18:20.12	M4049	AROO	81

157	5765	JORGE FERREIRA	03:19:19.00	M4049	H-GARRA A LEBRE !!!	82
158	489	BRUNO SANTOS	03:19:32.00	M4049	FALCÕES SELVAGENS	83
159	245	PEDRO AFONSO	03:19:33.15	M4049	SS CGD	84
160	248	LUIS SANTOS	03:19:33.66	M4049	SS CGD	85
161	416	RICARDO FERREIRA	03:20:23.00	M2339	INDIVIDUAL	47
162	529	VÍTOR FERREIRA	03:21:25.69	M2339	ASAS NOS PÉS	48
163	569	MANUEL FERREIRA	03:21:28.00	M6099	CTM	5
164	423	MARCO MATOS	03:21:42.19	M4049	AROO	86
165	5896	gonçalo almeida	03:21:51.67	M2339	INDIVIDUAL	49
166	491	RUBEN FORTES	03:22:11.00	M2339	CLUBE ANA	50
167	531	CARLOS VIGARIO	03:22:11.55	M2339	GRCD LEIÃO	51
168	274	PEDRO DIAS	03:22:28.00	M2339	INDIVIDUAL	52
169	582	FLÁVIO DELFINO	03:22:51.00	M2339		53
170	453	RUI MIGUEL PEREIRA	03:22:52.00	M2339	DUBLIN'O SEVEN	54
171	295	JOÃO PEREIRA	03:22:52.41	M5059	MULTIRUNNERS	17
172	5727	FERNANDO JORGE RIBEIRO	03:23:11.21	M5059	TÉCNICO RUGBY RUNNING TEAM	18
173	586	NUNO PINTÃO	03:23:37.26	M4049	INDIVIDUAL	87
174	207	HUGO FERREIRA	03:24:33.39	M4049	OS PATOS	88
175	5856	LUIS MIGUEL SANTOS	03:24:33.75	M4049	CORRER LISBOA	89
176	201	CARLOS CRUZ	03:25:03.04	M4049	CROSSTRAINNING AF	90
177	5835	CARLA SANTOS	03:25:12.00	F2339	INDIVIDUAL	3
178	220	JOÃO FERNANFES	03:25:52.00	M2339	CCD SIEMENS	55
179	5757	EDUARDO LUÍS	03:26:59.46	M4049	ATÓMICOS	91

180	360	CARLOS COSTA	03:28:28.00	M5059	CLUBE MILLENNIUM BCP	19
181	458	SÉRGIO SOTA	03:28:47.00	M5059	INDIVIDUAL	20
182	431	BERNARDO CARDOSO	03:28:48.76	M2339	INDIVIDUAL	56
183	506	SERGIO PINHEIRO	03:29:12.00	M4049	JÁ FOSTE	92
184	263	CASIMIRO SILVA	03:29:14.00	M4049	GRCD LEIÃO - COBRAS TRAILISTAS	93
185	455	RENATO VEIGA	03:29:56.00	M2339	DOLCEFURADOURO	57
186	396	EVA BRAZ	03:30:12.00	F2339	GRCD LEIÃO	4
187	209	PAULO BATISTA	03:30:30.00	M4049	INDIVIDUAL	94
188	335	MIGUEL CUNHA	03:30:41.00	M4049	GRCD LEIÃO COBRAS TRAILISTAS	95
189	427	DANIEL XAREPE	03:31:14.00	M5059	GRUPO DESPORTIVO SANTANDER TOTTA	21
190	368	RICARDO MENDES	03:31:24.13	M4049	CLUBE MILLENNIUM BCP	96
191	481	PATRÍCIA LOURENÇO	03:31:33.46	F2339	GO!RUNNERS	5
192	419	CONCEIÇÃO ALVES	03:31:34.00	F5059	LESMAS ACELERADAS	3
193	554	ANTÓNIO CANCELINHA	03:31:52.00	M4049	COMANDOS CARREGUEIRA	97
194	308	PEDRO CANECO	03:32:02.00	M4049	COININHA RUNNERS	98
195	279	FILIPE BOLÉO	03:33:11.00	M4049	CLUBE ANACOM	99
196	420	RICARDO GONÇALVES	03:34:15.00	M2339	ADSUMUS 65	58
197	463	RAQUEL NUNES	03:34:21.00	F4049	TRAIL CLUBE DE FUTEBOL DE SASSOEIROS	4
198	528	RUI ESTEVES	03:34:48.83	M4049	TARTARUGAS SOLIDÁRIAS	100
199	422	LEANDRO CARVALHO	03:34:51.26	M2339	ADSUMUS 65	59
200	216	DANIEL PAIVA	03:35:12.90	M2339	GALHARDOS RUNNERS	60
201	527	NUNO MARQUES	03:35:40.95	M4049	ASAS NOS PÉS	101
202	349	VITOR AZEVEDO	03:35:41.31	M2339	ASAS NOS PÉS	61

203	407	RICARDO SANTOS	03:35:41.47	M4049	CLUBE EDP LISBOA	102
204	271	JORGE CARVALHO	03:35:43.17	M2339	INDIVIDUAL	62
205	5713	XAVIER SOUSA	03:35:54.15	M4049	MOITA A CORRER	103
206	5885	RICARDO SANTOS	03:35:59.00	M4049	MOITA A CORRER	104
207	5751	JOÃO MARQUES	03:36:05.61	M2339	INDIVIDUAL	63
208	5898	RUI FERNANDES	03:36:35.03	M4049	INDIVIDUAL	105
209	252	LUÍS MIGUEL NOGUEIRA	03:36:56.07	M4049	GRCD LEIÃO	106
210	229	JOAO PAULO ALMEIDA	03:37:02.38	M5059	KANINOS	22
211	517	PEDRO COSTA	03:37:12.12	M4049	INSIDE LISBON	107
212	268	SÉRGIO EIRA	03:37:45.61	M4049	INDIVIDUAL	108
213	466	JOSE AZEVEDO RAPOSO	03:37:59.22	M4049	GRUPO DESPORTIVO SANTANDER TOTTA	109
214	352	JOÃO MENESES	03:38:29.48	M4049	INDIVIDUAL	110
215	339	MÁRIO DUARTE	03:38:42.06	M4049	SMO RUNNERS	111
216	332	ROGÉRIO SANTOS	03:38:42.11	M4049	SMO RUNNERS	112
217	479	RUI PAÇO	03:38:49.81	M4049	MULTIRUNNERS	113
218	583	BRUNO DELFINO	03:38:55.42	M2339		64
219	521	TIAGO GUERREIRO	03:38:55.83	M2339	INDIVIDUAL	65
220	202	IVO CANELHAS	03:39:20.35	M2339	CROSSTRAINNING AF	66
221	5707	PEDRO RIBEIRO	03:39:46.65	M2339	RUN 4 FUN	67
222	385	DAVID GONÇALVES	03:39:58.41	M5059	INDIVIDUAL	23
223	5755	ELISA DÁBRIO	03:40:11.00	F4049	INDIVIDUAL	5
224	589	CARLOS GRADE	03:40:12.09	M4049	SALAMANDRECOS	114
225	297	PAULO TEIXEIRA	03:40:42.26	M4049	INDIVIDUAL	115

226	544	LUIS ESPADA	03:40:44.58	M5059	INDIVIDUAL	24
227	5750	PAULO SERRANITO	03:40:53.02	M5059	INDIVIDUAL	25
228	291	PEDRO TRABUCHO	03:40:56.11	M5059	GD BANCO BPI	26
229	241	HERCULANO ARAÚJO	03:40:59.78	M5059	INDIVIDUAL	27
230	552	RUI MOURA	03:41:09.67	M4049	COMANDOS CARREGUEIRA	116
231	5747	ANDREIA FLÓRIDO	03:41:09.85	F4049	MONSANTO RUNNING TEAM	6
232	384	JOÃO SANTOS	03:41:10.84	M4049	INDIVIDUAL	117
233	5887	CARLOS BRITO	03:41:11.00	M4049	TĂLENTOS TEAM	118
234	353	HÉLDER CABEÇA	03:41:11.13	M4049	INDIVIDUAL	119
235	359	PAULO RATO	03:41:12.00	M5059	CLUBE MILLENNIUM BCP	28
236	405	PEDRO MONTEIRO	03:41:13.59	M4049	INDIVIDUAL	120
237	290	LUIS SANTOS	03:41:21.17	M5059	OCR PORTUGAL	29
238	5860	JOÃO BOLINA	03:41:21.18	M5059	INDIVIDUAL	30
239	428	HUGO ALMEIDA	03:41:21.62	M4049	OCR PORTUGAL	121
240	5709	FRANCISCO COSTA	03:41:23.11	M4049	INDIVIDUAL	122
241	5712	PAULO SOUSA	03:41:23.58	M4049	INDIVIDUAL	123
242	5717	JOÃO RAMOS	03:41:33.62	M4049	ARRIBA TRAIL RUNNERS	124
243	584	EDUARDO PINTO	03:41:35.46	M2339	EM foça	68
244	366	PEDRO FONTINHA	03:41:59.00	M2339	CLUBE MILLENNIUM BCP	69
245	5723	MARCO CACHINHO	03:42:04.32	M2339	KANINOS	70
246	233	HUMBERTO BARROS	03:42:05.18	M2339	KANINOS	71
247	503	PAULO SERRANO	03:42:24.16	M4049	TEAM SALAMANDRAS	125
248	327	PAULO FERREIRA	03:42:24.62	M2339	TEAM SALAMANDRAS	72

249	5774	ROGÉRIO VENÂNCIO	03:43:08.96	M6099	O MUNDO DA CORRIDA	6
250	5704	ÁLVARO MIRANDA	03:43:43.39	M4049	INDIVIDUAL	126
251	5823	LUÍS SPENCER	03:43:44.42	M5059	RUN24RUN	31
252	5822	NA24COACH	03:44:00.00	M4049	RUN24RUN	127
253	457	DAVID BOITA	03:44:40.00	M2339	GRCD LEIÃO - COBRAS TRAILISTAS	73
254	5831	GONÇALO FONTES DE MELO	03:45:18.15	M5059	RUN 4 FUN	32
255	303	FRANCISCO JULIÃO	03:45:31.03	M5059	DOLCE FURADOURO	33
256	293	CLÁUDIO FRANCO	03:45:32.25	M2339	DOLCE FURADOURO	74
257	446	MARCOS FARIAS	03:45:34.10	M4049	INDIVIDUAL	128
258	300	TIAGO ROSA	03:45:36.61	M2339	INDIVIDUAL	75
259	461	ANDRÉ REIS	03:45:44.58	M4049	MULTIRUNNERS	129
260	5799	JOSÉ PINTO	03:46:04.07	M4049	CLUBE ANACOM	130
261	5848	HELDER MARQUES	03:46:17.57	M4049	MOITA A CORRER	131
262	323	LUIS MEIRINHOS	03:46:39.99	M4049	INDIVIDUAL	132
263	247	CARLOS GIMENEZ DIAS	03:46:45.00	M2339	INDIVIDUAL	76
264	242	NUNO FRADE	03:46:49.33	M2339	INDIVIDUAL	77
265	412	DAVID GONÇALVES	03:47:09.60	M4049	DXC	133
266	372	CHANTAL XHERVELLE	03:47:22.80	F5059	INDIVIDUAL	4
267	218	JAIME LAMEGO	03:47:24.27	M5059	MULTIRUNNERS	34
268	226	SARA NOGUEIRA	03:47:27.21	F2339	TARTARUGAS SOLIDÁRIAS	6
269	380	NUNO ANDRADE	03:48:00.01	M4049	TRAIL C.F SASSOEIROS	134
270	351	CARLOS LOURENÇO	03:48:07.44	M4049	LIS RUNNING CPA	135
271	462	CUSTODIO NUNES	03:48:12.00	M5059	TRAIL CLUBE DE FUTEBOL DE SASSOEIROS	35

272	321	LUIS REVEZ	03:48:28.69	M5059	INDIVIDUAL	36
273	362	ANTONIO FERREIRA	03:48:32.78	M4049	CLUBE MILLENNIUM BCP	136
274	307	NUNO DANTAS	03:48:52.12	M2339	COININHA RUNNERS	78
275	5703	PAULO MOUTINHO	03:48:57.76	M4049	H-GARRA A LEBRE !!!	137
276	596	MARIA AZEVEDO	03:48:55.25	F4049	O MUNDO DA CORRIDA	7
277	580	LUÍS SANTOS	03:49:11.50	M2339	JÁ FOSTE	79
278	421	MIGUEL MAXIMINO	03:49:13.97	M4049	ADSUMUS 65	138
279	543	JOAO DE SOUSA	03:49:22.35	M5059	INDIVIDUAL	37
280	513	GONÇALO RITA	03:50:37.60	M2339	SALAMANDRECOS	80
281	381	PEDRO INVERNO	03:51:09.62	M4049	TĂLENTOS TEAM	139
282	280	ROGÉRIO PINA	03:51:10.68	M6099	CLUBE ANACOM	7
283	5846	ANTÓNIO PEREIRA	03:52:20.76	M4049	MOITA A CORRER	140
284	556	AFONSO PERALTA	03:52:37.53	M2339	RAAA1 QUELUZ	81
285	522	TIAGO FERNANDES	03:52:42.00	M2339	GRUPO DESPORTIVO DA PARREIRA	82
286	301	JOAQUIM MARQUES	03:52:50.00	M4049	FALCÕES SELVAGENS	141
287	524	SÉRGIO NUNES	03:53:41.32	M4049	WILD FAMILY & FRIENDS	142
288	413	JOSÉ SUBTIL	03:53:46.89	M4049	DXC	143
289	5737	MAURO CASTRO	03:53:57.21	M4049	INDIVIDUAL	144
290	389	LUÍS CRUZ	03:54:33.25	M4049	INDIVIDUAL	145
291	424	HUMBERTO CANILHAS	03:54:39.75	M2339	INDIVIDUAL	83
292	215	BRUNO BREIA	03:54:40.69	M2339	INDIVIDUAL	84
293	525	TELMO REIS	03:54:56.44	M2339	WILD FAMILY & FRIENDS	85
294	398	JORGE MOREIRA	03:55:18.74	M5059	NUCLEO DESPORTIVO AUTOCOOPE	38

295	476	NUNO DIAS	03:56:17.90	M2339	FORTÍSSIMOS RUNNING TEAM	86
296	571	CARLOS FONSECA	03:56:21.38	M5059		39
297	514	JOÃO MARTINHO	03:56:44.63	M2339	INDIVIDUAL	87
298	262	DANIEL MARTINS	03:56:57.42	M4049	INDIVIDUAL	146
299	411	MANUEL ESCALONA	03:57:06.97	M4049	DXC	147
300	445	FERNANDO SERRANO	03:57:34.92	M4049	CNPN	148
301	414	BRUNO MONTEIRO	03:57:44.24	M4049	TÁLENTOS TEAM	149
302	285	JOÃO SILVA	03:57:44.56	M4049	INDIVIDUAL	150
303	243	MARIA TERESA FARIA DOMINGUES	03:59:07.88	F5059	SS CGD	5
304	477	JORGE MAGALHÃES	03:59:20.78	M4049	INDIVIDUAL	151
305	480	CARLOS SILVA	04:00:14.17	M2339	FORTÍSSIMOS RUNNING TEAM	88
306	459	NELSON RUIVO	04:00:53.60	M5059	INDIVIDUAL	40
307	228	RAFAEL NEVES	04:00:58.02	M4049	OCR PORTUGAL	152
308	486	VITOR OURIVES	04:01:00.00	M2339	INDIVIDUAL	89
309	393	JOSÉ CUNHA	04:01:06.77	M5059	CCDTMETROLX	41
310	391	JOSÉ ALVES	04:01:07.12	M4049	CCDTMETROLX	153
311	394	ÂNGELO SILVA	04:01:07.75	M2339	CCDTMETROLX	90
312	319	CLAUDIA SARAIVA	04:01:24.69	F4049	INDIVIDUAL	8
313	320	PEDRO OLIVEIRA	04:01:25.79	M4049	INDIVIDUAL	154
314	487	LUIS GARGATE	04:02:01.98	M2339	INDIVIDUAL	91
315	337	LUÍS BELBUTE	04:02:24.36	M5059	SÓMAIS1KM	42
316	5815	BUNO CARDOSO	04:02:25.78	M2339	KANINOS	92
317	341	JOSÉ FINURAS	04:03:08.18	M4049	MULTIRUNNERS	155

318	520	MIGUEL ROQUE	04:03:15.00	M4049	CA AMIGOS PARQUE DA PAZ	156
319	497	PAULO TRINDADE	04:03:23.19	M4049	O MUNDO DA CORRIDA	157
320	472	RICARDO BATISTA	04:03:38.08	M4049	BOTA LAMBRA	158
321	469	PEDRO FARINHA	04:03:38.64	M4049	BOTA LAMBRA	159
322	330	RICARDO AGUIAR	04:04:31.45	M5059	RUNNERS DE KINTAL	43
323	275	KATIA ALMEIDA	04:04:44.92	F4049	PRESSLEY RIDGE	9
324	264	HENRIQUE SACADURA	04:05:15.21	M6099	INDIVIDUAL	8
325	294	ARTUR GAIO	04:05:39.62	M2339	TAC CLUBE	93
326	511	ALBERTO MARTINS	04:05:56.97	M5059	CORRER LISBOA	44
327	350	IRYNA DYACHOK	04:06:00.19	F2339	HOUSEMARTINS BELAS	7
328	386	CARLOS GONÇALVES	04:07:25.45	M2339	SS CGD	94
329	577	RICARDO CARVALHO	04:08:15.00	M4049	CDCR CTT	160
330	5845	SÉRGIO CAJADO	04:09:28.25	M4049	INDIVIDUAL	161
331	388	CAROLINA PEREIRA	04:10:13.69	F0022	DOLCE FURADOURO	2
332	205	JOANA PEREIRA	04:10:55.00	F2339	100 ESTRILHOS	8
333	266	VERA DUARTE	04:11:44.39	F4049	CORRER LISBOA	10
334	5761	PEDRO LOPES	04:12:31.57	M2339	SS CGD	95
335	433	MARTINHO DIAS	04:12:49.00	M4049	CORRER LISBOA	162
336	508	LURDES OLAS	04:13:10.20	F4049	TREINOS D'HA FUNDO	11
337	315	MARIA PUGA	04:13:23.69	F5059	O MUNDO DA CORRIDA	6
338	5810	MIGUEL SANTOS	04:13:27.04	M2339	INDIVIDUAL	96
339	395	NUNO FERREIRA	04:16:27.06	M4049	INDIVIDUAL	163
340	208	PEDRO JAIME	04:18:53.20	M4049	SALAMANDRA	164

341	5854	LUÍS DOMINGUES	04:18:53.48	M4049	INDIVIDUAL	165
342	536	CARLOS NOGUEIRA	04:19:45.00	M4049	CABARÉ DOS COXOS	166
343	334	RODRIGO MAGALHÃES	04:20:30.71	M0022	DEIXEM PASSAR OS COXOS	2
344	408	ANTÓNIO FIGUEIREDO	04:20:34.46	M5059	CLUBE EDP LISBOA	45
345	1490	PEDRO CUSTÓDIO	04:22:18.60	M4049	PERNAS DE GAFANHOTO	167
346	217	JORGE NUNES	04:23:17.50	M2339	INDIVIDUAL	97
347	436	CARLA PINTO FERNANDES	04:23:32.98	F4049	CORRER LISBOA	12
348	340	PATRÍCIA VIEIRA	04:23:36.19	F2339	OCR PORTUGAL LAB	9
349	546	FILIPE LUIS	04:23:50.29	M2339	INDIVIDUAL	98
350	5783	DIOGO SILVA	04:23:52.02	M2339	TOA	99
351	410	MARIA DO CÉU FERREIRA RIBEIRO DUARTE	04:24:19.16	F4049	CORRER LOURES	13
352	5857	MARIO MENDES	04:24:30.32	M5059	INDIVIDUAL	46
353	426	SUSANA DOS SANTOS	04:24:50.33	F4049	INDIVIDUAL	14
354	5847	PAULO RODRIGUES	04:26:08.83	M4049	MOITA A CORRER	168
355	5744	JOÃO CRUZ	04:27:12.21	M4049	INDIVIDUAL	169
356	210	ANTONIO CARLOS CORREIA	04:28:10.03	M6099	INDIVIDUAL	9
357	505	BRUNO NEVES	04:29:18.35	M2339	INDIVIDUAL	100
358	387	JOSE SILVA	04:30:36.02	M4049	INDIVIDUAL	170
359	292	ANTÓNIO MANUEL SANCHES	04:31:46.55	M6099	GD BANCO BPI	10
360	354	INÊS BERNARDO	04:33:42.44	F2339	CLUBE MILLENNIUM BCP	10
361	304	JOÃO CARLOS BRITO	04:33:43.86	M4049	INDIVIDUAL	171
362	365	CARLA OLIMPIO	04:33:44.62	F2339	CLUBE MILLENNIUM BCP	11
363	254	ANA SANTOS	04:35:51.97	F2339	AS MÁQUINAS	12

364	253	AURELIANO DA LUZ	04:35:52.89	M4049	AS MÁQUINAS	172
365	579	MARIA JOÃO ALMEIDA	04:37:59.88	F2339	JÁ FOSTE	13
366	578	OLGA MARTINS	04:38:00.50	F4049	JÁ FOSTE	15
367	310	SUSANA FARIA	04:39:12.69	F4049	COININHA RUNNERS	16
368	558	JOSÉ GARCIA	04:39:37.00	M2339	RAAA1 QUELUZ	101
369	557	BRUNO PRETO	04:40:18.56	M2339	RAAA1 QUELUZ	102
370	5819	PAULA SIMÕES	04:40:18.75	F2339	TRANQUILIDADE AÇOREANA CLUBE	14
371	267	SOFIA ABRANTES	04:40:56.98	F2339	INDIVIDUAL	15
372	504	GISELA PADRE	04:40:58.82	F4049	INDIVIDUAL	17
373	313	FRANCISCO MACHETA	04:41:52.32	M4049	INDIVIDUAL	173
374	526	OLÍVIA CRISTINA GASPAR	04:41:53.17	F4049	INDIVIDUAL	18
375	563	CARLOS IPE	04:42:03.53	M4049	ASAS NOS PÉS	174
376	567	MILTON BATISTA	04:42:04.24	M4049	ASAS NOS PÉS	175
377	345	CATARINA RODRIGUES	04:42:10.21	F2339	GRCD LEIÃO - COBRAS TRAILISTAS	16
378	456	HELENA PINTO	04:42:11.00	F4049	CORRER LOURES	19
379	344	CECILIA SANTOS	04:42:11.09	F2339	GRCD LEIÃO - COBRAS TRAILISTAS	17
380	470	JOSE FREITAS	04:42:11.16	M4049	GRCD LEIAO COBRAS TRAILISTAS	176
381	5741	JOÃO CANHOTO	04:42:34.14	M4049	CORRER LOURES	177
382	5833	PEDRO MACHADO	04:43:03.99	M5059	RUN 4 FUN	47
383	5710	TELMO LOPES	04:43:10.90	M4049	CORRER LOURES	178
384	572	MIGUEL RIBEIRO	04:44:01.00	M4049	HAPPY RUNNERS	179
385	573	CARLA RIBEIRO	04:45:11.70	F4049	HAPPY RUNNERS	20
386	464	SOFIA TRISTÃO	04:48:02.95	F4049	CORRER LOURES	21

387	465	FERNANDO TRISTÃO	04:48:04.16	M4049	CORRER LOURES	180
388	492	LUIS GATINHO	04:50:27.39	M5059	GRUPO DESPORTIVO SANTANDER TOTTA	48
389	5837	BRUNO ROMÃO	04:51:38.16	M2339	INDIVIDUAL	103
390	284	PAULA PIRES	04:51:38.54	F5059	INDIVIDUAL	7
391	223	MARIA CONDEÇO	04:53:25.51	F5059	KANINOS	8
392	224	MÁRIO SANTIAGO	04:53:25.65	M5059	KANINOS	49
393	373	MARIO SANTOS	04:53:27.30	M4049	MONTE DA LUA RUNNERS	181
394	326	ROZIREZ FERREIRA	04:55:19.81	F2339	INDIVIDUAL	18
395	312	MARISA RIANÇO	04:55:20.86	F2339	CORRER LISBOA	19
396	305	MARGARIDA HENRIQUES	05:03:40.77	F5059	O MUNDO DA CORRIDA	9
397	317	EDUARDO SANTOS	05:03:41.86	M6099	O MUNDO DA CORRIDA	11
398	587	RUTE CASIMIRO	05:17:06.11	F2339	INDIVIDUAL	20
399	473	VITOR JORGE	05:20:49.20	M2339	SER UM SER	104
400	211	ANA AZEVEDO	05:20:49.28	F2339	SS CGD	21