



4º Trilhos de Bellas - Trail Longo Mitsubishi Motors CLT

31 de Março, 2019

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

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	284	ROBERTO BIAIO	02:11:26	02:11:26	M2339	ARRÁBIDA TRAIL TEAM	1
2	265	PAULO MORAIS	02:17:49	02:17:49	M4549	AMCF - ARRÁBIDA TRAIL TEAM	1
3	5069	VIRGILIO GOMES	02:19:55	02:19:55	M5054	CPA TRAIL TEAM / CLUBE DE PRAÇAS DA ARMADA	1
4	5068	LUIS FERNANDES	02:20:02	02:20:02	M2339	CPA TRAIL TEAM / CLUBE DE PRAÇAS DA ARMADA	2
5	91	JOÃO CORREIA	02:23:14	02:23:14	M2339	INTERMARCHE VRSA TRAIL RUNNERS	3
6	290	LUÍS SANTOS	02:23:54	02:23:54	M2339	AMIGOS DO ATLETISMO DE MAFRA	4
7	162	RODRIGO NOIVO	02:25:52	02:25:52	M2339	AMCF-ARRÁBIDA TRAIL TEAM	5
8	5067	LUIS SILVA	02:26:39	02:26:39	M2339	CPA TRAIL TEAM / CLUBE DE PRAÇAS DA ARMADA	6
9	241	GONÇALO MANUEL NUNES CARITA	02:29:18	02:29:18	M2339	AC PORTALEGRE/UTSM	7
10	93	FRANCISCO MONTE	02:32:22	02:32:22	M2339	GFD	8
11	386	LUÍS PEREIRA	02:35:30	02:35:30	M2339	BRUNOSEMPRE. BABA MAMBO	9
12	226	PAULO SEQUEIRA	02:37:33	02:37:33	M4044	KÇPHODA WOLVES TRAIL	1
13	5059	PAULO GONÇALVES	02:37:58	02:37:58	M2339	CLUBE DE PRAÇAS DA ARMADA	10
14	5027	PEDRO GRANADAS	02:40:37	02:40:37	M4044	TURRES TRAIL TEAM	2
15	249	LUIS CARDOSO	02:40:43	02:40:43	M4549	RACING BIKES	2
16	205	JOÃO GINJA	02:41:11	02:41:11	M5054	AMCF - ARRÁBIDA TRAIL TEAM	2
17	283	CRISTIANO JOSÉ MONTEIRO	02:41:25	02:41:23	M2339	AGUALVA-CACÉM	11
18	195	PAULO PATRÍCIO	02:42:13	02:42:13	M2339	GRUPO BARRAQUEIRO	12

19	92	ANTÓNIO CALABOIÇA	02:44:21	02:44:21	M2339	INTERMARCHÉ VRSA TRAIL RUNNERS	13
20	311	GUSTAVO MAPELI BORGES	02:44:56	02:44:52	M2339		14
21	95	MARIO RODRIGUES	02:45:08	02:45:07	M5054	2645-033 ALCABIDECHE	3
22	5025	JOSÉ LOPES	02:45:41	02:45:41	M4549	CCD SIEMENS	3
23	5064	RUI MARTINS	02:47:12	02:47:12	M2339	VALE GRANDE	15
24	268	JOCIMAR SACRAMENTO	02:49:33	02:49:27	M2339	MOVEMENTE	16
25	351	HENRIQUE DELGADO	02:49:44	02:49:44	M2339	CLUBE ATLETISMO FERREIRA DO ZEZERE	17
26	259	NELSON FELIX	02:50:00	02:50:00	M4044	CORRER QUELUZ	3
27	5002	PEDRO VICENTE	02:50:22	02:50:22	M4044	PORTUGAL TROTTER	4
28	105	JOÃO PEDRO GONÇALVES DE SOUSA	02:51:39	02:51:32	M2339	RUN 4 FUN	18
29	5043	XAVIER SOUSA	02:52:17	02:52:17	M4549	MOITA A CORRER	4
30	5054	ANTÓNIO SANTOS	02:52:47	02:52:47	M4549	SALAMANDRECOS	5
31	142	ANTONIO PARDAL	02:53:27	02:53:27	M5054	EVELX	4
32	87	BRUNO CARRUDO	02:54:53	02:54:52	M4044	CLUBE DE PRAÇAS DA ARMADA	5
33	257	MÁRIO AFONSO	02:54:59	02:54:59	M2339	CCR ALTO DO MOINHO	19
34	258	RUI AFONSO	02:55:00	02:55:00	M5054	CCR ALTO DO MOINHO	5
35	37	DAVID VENTURA GONÇALVES	02:55:28	02:55:26	M2339		20
36	304	LUIS CARLOS MAZEDA	02:55:29	02:55:26	M2339	ASAS NOS PÉS	21
37	6	GONCALO CORREIA	02:55:41	02:55:33	M2339		22
38	103	JOSÉ FREIRE	02:55:47	02:55:47	M5054	OS COELHINHOS	6
39	310	ANTÓNIO VILELA	02:55:48	02:55:48	M5054	ASSOCIAÇÃO DESPORTIVA REAL ACADEMIA	7
40	4	SALETE TAVARES	02:55:55	02:55:55	F4549	CA BARREIRA	1
41	88	VICTOR VARIZO	02:56:47	02:56:46	M4044	PERNAS DE GAFANHOTO	6

42	332	RUI FERNANDES	02:57:04	02:57:04	M4044	MONSANTO RUNNING TEAM	7
43	161	TUXA NEGRI	02:57:32	02:57:32	F2339	AMCF - ARRÁBIDA TRAIL TEAM	1
44	197	BRUNO CARVALHO	02:57:51	02:57:37	M2339	PRUDAS RUNNING TEAM	23
45	263	LEONEL CALVO	02:59:24	02:59:16	M2339	ARRÁBIDA TRAIL TEAM	24
46	180	PAULO GOULART	03:00:29	03:00:24	M5054	CLUBE ANACOM	8
47	252	MARCO ROMÃO	03:00:41	03:00:41	M4044	OVERALL EXPERIENCE	8
48	5032	PAULO GOMES	03:00:57	03:00:30	M2339	EVELX	25
49	337	GONÇALO PRUDÊNCIO	03:01:00	03:00:56	M0022	MONSANTO RUNNING TEAM	1
50	35	PAULO BRAGA	03:01:00	03:00:55	M5054		9
51	71	CARLOS MATIAS	03:01:58	03:01:58	M4044	COA / CORVUS TRAIL TEAM	9
52	397	JOSÉ TAVARES	03:02:47	03:02:43	M2339		26
53	51	JORGE MIGUEL DE CARVALHO	03:03:00	03:02:57	M4044		10
54	245	SÉRGIO COSTA	03:03:14	03:03:12	M4044	ESQUILOS NINJA	11
55	300	CRIS PEDROSA	03:03:21	03:02:50	M2339		27
56	317	MARCO ALMEIDA	03:03:23	03:03:23	M4044	INDIVIDUAL	12
57	261	GIL XAVIER ALVES	03:03:41	03:03:41	M4044	SALAMANDRECOS	13
58	59	SILVÉRIO CORREIA	03:04:18	03:04:18	M5054	GRUPO DESPORTIVO SANTANDER TOTTA	10
59	101	GLEIBER MENDES	03:04:37	03:04:32	M2339	Arribas	28
60	5007	RUTE MARTINS	03:05:50	03:05:50	F2339	COA / CORVUS TRAIL TEAM	2
61	5006	JORGE NABAIS	03:05:53	03:05:53	M2339	COA / CORVUS TRAIL TEAM	29
62	5	RICARDO GAGO	03:06:21	03:06:09	M4044	SALAMANDRECOS	14
63	184	PAULO FERREIRA	03:06:31	03:06:26	M2339	CLUBE EDP LISBOA	30
64	160	MAFALDA MONIZ	03:06:37	03:06:37	F2339	AMCF - ARRÁBIDA TRAIL TEAM	3

65	326	TIAGO FERREIRA	03:06:42	03:06:36	M2339		31
66	398	JULIO FERNANDES	03:06:42	03:06:38	M4044	OUTDOOR CLUBE SETUBAL - STRENDURE RUNNING TEAM	15
67	276	NUNO ABÍLIO	03:07:32	03:07:24	M2339	AMCF-ARRÁBIDA TRAIL TEAM	32
68	188	RUI MACHINHO	03:07:35	03:07:35	M4044	GRUPO DESPORTIVO SANTANDER TOTTA	16
69	11	DAVID PALMEIRO	03:07:49	03:07:43	M5054	GINASIO CLUBE DE BRAGANÇA	11
70	100	HELENA MADEIRA	03:08:12	03:08:12	F2339		4
71	216	MARCO CUNHA	03:08:44	03:08:11	M2339	CLUBE TAP TRAIL	33
72	192	ARTUR VASQUES	03:09:04	03:09:04	M2339		34
73	116	CIDÁLIA MARTINS	03:09:13	03:09:13	F5054	GDM	1
74	98	MARCO LOURENÇO	03:11:25	03:11:00	M4044		17
75	267	TONY SILVA	03:12:06	03:12:01	M2339	ALVERCA	35
76	388	NUNO MOLEIRO	03:12:15	03:12:15	M4044	BRUNOSEMPRE. BABA MAMBO	18
77	385	DUARTE COSTA	03:12:30	03:12:28	M2339	BRUNOSEMPRE. BABA MAMBO	36
78	306	LUIS PEDRO PEIXOTO NUNES	03:12:45	03:12:45	M4044		19
79	390	JORGE CORREIA	03:13:04	03:12:44	M2339	PORTOBAY	37
80	61	PEDRO AFONSO	03:13:21	03:13:00	M4044	SS CGD	20
81	389	MARTA FONSECA	03:13:54	03:13:54	F2339	INDIVIDUAL	5
82	133	FABIO POMBINHO	03:13:55	03:13:40	M2339	LEBRES DE DOMINGO	38
83	327	FILIPE PEREIRA	03:13:56	03:13:41	M2339	LEBRES DE DOMINGO	39
84	5046	NUNO CESÁRIO	03:13:57	03:13:42	M4549	MOITA A CORRER	6
85	5033	EDUARDO LUÍS	03:14:47	03:14:47	M4044	ATÓMICOS	21
86	5000	RUI CARDOSO	03:14:54	03:14:54	M2339		40
87	324	VITOR SANTOS	03:15:21	03:15:18	M2339	JUVENTUDE ATLÉTICO CLUBE	41

88	159	LUÍS VALINHO	03:15:52	03:15:39	M2339		42
89	122	JOÃO GRANJA	03:15:58	03:15:58	M4549	BORINHAS	7
90	396	JOÃO SILVEIRA	03:16:41	03:16:40	M2339	REGIMENTO COMANDOS	43
91	238	JOSE AZEVEDO RAPOSO	03:16:43	03:16:43	M5054	GRUPO DESPORTIVO SANTANDER TOTTA	12
92	83	RUI PALMA	03:17:00	03:16:39	M4044	SS CGD	22
93	315	ATHAYDE ATHAYDE	03:17:56	03:17:51	M4549	TURRES TRAIL TEAM	8
94	384	BRUNO DUQUE	03:17:56	03:17:50	M2339	BRUNOSEMPRE. BABA MAMBO	44
95	286	ADILSON LINO	03:17:58	03:17:26	M4549	MARVILA JOVEM	9
96	387	JOÃO OLIVEIRA	03:17:58	03:17:56	M4044	BRUNOSEMPRE. BABA MAMBO	23
97	112	ISABEL RODRIGUES	03:18:26	03:18:07	F4549	CASAL DE CAMBRA	2
98	150	LUIS MARTINS	03:18:42	03:18:29	M4549		10
99	132	GONÇALO PERES	03:18:54	03:18:34	M4044		24
100	171	RITA TEIXEIRA	03:19:00	03:18:47	F2339	SOMAIS1KM	6
101	156	FERNANDO CORDA	03:19:07	03:19:03	M5054	VALEJAS AC	13
102	212	RUI FARIA	03:19:10	03:18:44	M4549	LISBOA	11
103	113	CIRILO FORMIGA	03:19:23	03:19:14	M6099	ZIMBRA FOX RUNNERS	1
104	22	VITORINO MOTA	03:20:27	03:20:26	M5559	STJOAOLIVEIRATEAM	1
105	217	SÉRGIO FAZENDA	03:20:40	03:20:33	M2339	TRILHO PERDIDO EVENTOS / IMPORLUX	45
106	293	CARINE SPELLANZON	03:20:41	03:20:35	F2339	CABRUN	7
107	201	JOÃO BRANCO	03:20:52	03:20:52	M4549	OCR PORTUGAL	12
108	125	VÉRA REIS	03:20:54	03:20:54	F4044	CLUBE DE PRAÇAS DA ARMADA	1
109	96	MIGUEL DUARTE PEDRO	03:21:24	03:21:21	M5054	SALAMANDRECOS	14
110	126	PAULO TEIXEIRA	03:21:57	03:21:32	M4549		13

111	279	NARCISO SANTOS	03:22:41	03:22:41	M4549	BONECOS	14
112	5066	CARMEN FERREIRA	03:22:47	03:22:40	F5054	VALE GRANDE	2
113	242	PAULO RAPOSO	03:23:56	03:23:28	M4549	RUN 4 FUN	15
114	24	LUÍS MARÇAL	03:24:03	03:23:43	M2339	ALJUSCORTE	46
115	376	HELDER BAPTISTA	03:25:17	03:25:17	M5054	CLUBE MILLENNIUM BCP	15
116	375	PEDRO NEVES	03:25:18	03:25:15	M5054	CLUBE MILLENNIUM BCP	16
117	203	NUNO DIAS DE ALMEIDA	03:25:20	03:25:06	M4549	RUN 4 FUN	16
118	5063	ANA MARGARIDA FERNANDES	03:25:27	03:25:24	F2339	OCR PORTUGAL	8
119	60	JOÃO PALMELA	03:25:42	03:25:15	M2339	Boavista Trail	47
120	123	PATRÍCIA SILVA	03:25:46	03:25:45	F4044	MONSANTO RUNNING TEAM	2
121	47	NUNO GONÇALVES	03:25:48	03:25:48	M4044	GDCTIN CASA DA MOEDA	25
122	38	MIGUEL CUNHA	03:25:55	03:25:44	M4044	GRCD LEIÃO- COBRAS TRAILISTAS	26
123	256	JORGE PACHECO	03:25:57	03:25:45	M4549	RUNNERS DO DEMO	17
124	165	FLÁVIO GUERREIRO	03:25:59	03:25:59	M5559	MILHAFRES	2
125	5048	JOSÉ NUNES	03:26:48	03:26:36	M5054		17
126	237	HELIO CORREIA	03:26:52	03:26:52	M2339	Grupo Sportivo Adicense	48
127	393	HUGO MENDES	03:27:02	03:26:57	M2339		49
128	2	BRUNO PEIXOTO	03:27:10	03:27:10	M2339		50
129	228	SÉRGIO MOURA	03:27:11	03:26:56	M2339		51
130	173	CATARINA COSTA	03:27:20	03:27:20	F2339	ATR-ALGARVE TRAIL RUNNING	9
131	167	MARCO CAMPANIÇO	03:27:20	03:27:05	M2339		52
132	5017	JORGE MIGUEL P F FERREIRA	03:27:21	03:27:18	M4549		18
133	379	INÊS MARQUES	03:27:37	03:27:33	F4044	99PROVASGRATUITAS	3

134	5034	TIAGO CALDEIRA FERNANDES	03:27:39	03:27:23	M2339	AD IALBAX	53
135	370	FERNANDO SOUSA	03:27:53	03:27:34	M5054	CLUBE MILLENNIUM BCP	18
136	5009	RUI LUCIANO	03:27:56	03:27:25	M2339		54
137	275	ANTÓNIO JOSÉ CANCELINHA	03:28:12	03:28:12	M4549	REGIMENTO DE COMANDOS	19
138	5016	ISMAEL MAIATO	03:28:37	03:28:35	M5054	SALAMANDRECOS	19
139	277	ALEXANDRE VARINO	03:28:48	03:28:46	M4549		20
140	14	JOSÉ TOMÁS	03:29:38	03:29:28	M4549	JOBRINDE - MONTES SALOIOS	21
141	15	NUNO ANTÓNIO	03:29:44	03:29:43	M4044	MENS	27
142	42	MIGUEL PINHO	03:29:49	03:29:27	M4549	CORRER QUELUZ	22
143	383	SÓNIA TUBAL	03:30:00	03:29:59	F4044	OCS STRENDURE	4
144	153	PEDRO PEREIRA	03:31:49	03:31:43	M4549	VALEJAS	23
145	17	RUI MIGUEL DUARTE DE PAIVA	03:32:08	03:31:45	M4044	Outdoor Clube de Setúbal - Strendure running Team	28
146	199	NUNO ARIGÓ	03:33:00	03:32:34	M4044	SINTRA	29
147	45	AMTÓNIO PINTO	03:33:19	03:32:56	M5559	CORRER QUELUZ	3
148	25	JOÃO PEDRO SILVA	03:33:27	03:33:12	M5054	SS CGD	20
149	94	CARLA SANTOS	03:33:30	03:33:18	F4044	ZIMBRA FOX RUNNERS	5
150	5042	BRUNO JORGE	03:33:31	03:33:11	M2339	Outdoor Clube de Setúbal - Strendure running Team	55
151	108	ADELAIDE PEREIRA	03:33:33	03:33:20	F4549	RUNNERS DA FRENTE RIBEIRINHA DA PÓVOA SANTA IRIA	3
152	377	PEDRO CORDAS	03:33:54	03:33:46	M4549		24
153	292	BRUNO SPELLANZON	03:34:36	03:34:34	M2339	CABRUN	56
154	321	JOÃO ABREU	03:34:38	03:34:16	M0022	RUN 4 FUN	2
155	367	PEDRO FONTINHA	03:34:40	03:34:38	M4044	CLUBE MILLENNIUM BCP	30
156	309	CARLA HENRIQUES	03:35:05	03:34:34	F4044	HOUSEMARTINS BELAS	6

157	119	EMÍDIO FERREIRA	03:35:10	03:35:00	M2339		57
158	44	NELSON LOURO	03:35:19	03:35:07	M2339	CORRER QUELUZ	58
159	107	GABRIELA GENOVA	03:35:26	03:35:12	F2339		10
160	224	CLÁUDIO GONÇALVES	03:35:31	03:35:04	M2339	TERTÚLIA RUNNERS	59
161	378	HUGO MANUEL DE ALMEIDA	03:35:46	03:35:25	M4549		25
162	130	JOSÉ ROCHA	03:35:47	03:35:46	M5054	TRILHOS DO CUSTUME	21
163	5035	SERGIO NUNES	03:36:14	03:36:00	M4044	MARVILA JOVEM	31
164	260	RICARDO NEVES	03:36:40	03:36:23	M2339	MONTE DOS AMIGOS	60
165	186	LUÍS SILVESTRE	03:37:45	03:37:27	M4044	COININHA RUNNERS	32
166	143	MARINA MARQUES	03:38:29	03:38:08	F4549	RUN 4 FUN	4
167	69	ANTONIO PEREIRA GONCALVES	03:38:31	03:38:19	M5559	O MUNDO DA CORRIDA	4
168	272	JULIO BARAO	03:38:44	03:38:13	M4044		33
169	211	NUNO FONTES	03:39:15	03:38:47	M2339	Arribas	61
170	118	BRUNO PEREIRA	03:39:38	03:39:06	M4044	GRUPETA RUNNING TEAM	34
171	278	ANA SORAIA GOMES	03:39:52	03:39:52	F4044	Outdoor Clube de Setúbal - Strendure running Team	7
172	72	BRUNO CHEN	03:39:55	03:39:55	M4549		26
173	320	RUI ESTEVES	03:40:07	03:39:51	M4549	TRILHOS DO COSTUME	27
174	5030	BERNARDO DIAS	03:40:10	03:39:51	M2339	AD IALBAX	62
175	189	RITA MOGO	03:40:14	03:40:10	F2339	GRUPO DESPORTIVO SANTANDER TOTTA	11
176	204	CARLOS MARQUES	03:40:15	03:40:02	M5054	LINDA-A-PASTORA SPORTING CLUBE	22
177	281	JOSÉ MONSANTO	03:42:03	03:41:54	M2339		63
178	70	FÁTIMA PEREIRA GONÇALVES	03:42:16	03:42:05	F5054	O MUNDO DA CORRIDA	3
179	164	ANDRÉ REIS	03:42:18	03:41:45	M4044	MULTIRUNNERS	35

180	328	GASPAR COUTINHO	03:42:20	03:41:52	M2339		64
181	5065	FILIFE PAULINO	03:42:27	03:42:20	M2339	VALE GRANDE	65
182	13	AMÉRICO RODRIGUES	03:42:55	03:42:48	M6099	HOUSEMARTINS BELAS	2
183	179	JOÃO FRAZÃO	03:43:31	03:43:27	M2339	GD SANTANDER TOTTA	66
184	141	PAULO SOUSA	03:43:32	03:43:00	M4549	GRUPETA RUNNING TEAM	28
185	318	PAULO MARQUES	03:44:04	03:44:04	M4549	HUT RUNNERS	29
186	104	JOÃO RAMOS	03:44:05	03:44:05	M4549	Arribas	30
187	1	JOÃO HENRIQUES	03:44:10	03:43:56	M4549	SS CGD	31
188	223	JOÃO ALBERTO	03:44:13	03:44:00	M5054	JOBRINDE - MONTES SALOIOS	23
189	190	JOAO SOARES	03:44:27	03:44:22	M5054	GRUPO DESPORTIVO SANTANDER TOTTA	24
190	330	JOSÉ CUSTÓDIO	03:45:22	03:45:14	M4044	CLUBE VODAFONE	36
191	222	PEDRO COELHO	03:45:49	03:45:13	M2339		67
192	48	NUNO CARVALHO	03:45:55	03:45:39	M4549	GDCTIN CASA DA MOEDA	32
193	5039	RICARDO RODRIGUES	03:46:10	03:46:09	M4044	ZOA	37
194	34	NUNO CALDAS	03:46:38	03:46:38	M2339		68
195	218	JORGE LOPES	03:46:59	03:46:47	M2339		69
196	67	IGOR SANTOS	03:47:24	03:47:24	M2339		70
197	219	LUIS RAMOS	03:47:34	03:47:30	M4044	Grupo Sportivo Adicense	38
198	251	MANUEL ESCALONA	03:47:41	03:47:32	M4549	DXC CLUB	33
199	110	JOÃO BARREIRA	03:48:11	03:47:48	M2339	RUN 4 FUN	71
200	198	TEODORO TRINDADE	03:49:19	03:48:54	M5559	RUN 4 FUN	5
201	221	LUÍS GRAÇA	03:50:06	03:49:54	M4549	SALAMANDRECOS	34
202	166	RICARDO NOBRE	03:50:07	03:49:37	M2339	SIMECQ	72

203	121	JOSÉ MARTINS	03:50:14	03:49:55	M4549	MUNDO LATINO	35
204	128	FRANCISCO MACHETA	03:50:43	03:50:17	M4549		36
205	207	JOÃO CANHOTO	03:50:44	03:50:35	M5054	CORRER LOURES	25
206	9	JOSÉ CARLOS AMARAL	03:50:51	03:50:37	M4549		37
207	137	JAIME LAMEGO	03:50:55	03:50:25	M5559		6
208	236	JOSÉ CARRASCO	03:50:55	03:50:44	M4549	HOUSEMARTINS BELAS	38
209	138	CHANTAL XHERVELLE	03:50:56	03:50:27	F5054		4
210	231	PEDRO TRABUCHO	03:50:57	03:50:30	M5559	GD BANCO BPI	7
211	362	EDUARDO RODRIGUES	03:50:58	03:50:52	M5559	CLUBE MILLENNIUM BCP	8
212	274	CESAR DOMINGOS DIOGO SILVESTRE	03:51:25	03:51:00	M4044	BRUXOS RUNNERS	39
213	5021	FERNANDO CÂNDIDO	03:51:30	03:51:25	M5054		26
214	148	PEDRO SIRGADO	03:51:30	03:51:14	M4549	EDP	39
215	5056	RICARDO CARVALHO	03:51:37	03:51:18	M4044		40
216	193	HUGO FERREIRA	03:51:51	03:51:22	M4044		41
217	202	PEDRO RIBEIRO	03:51:55	03:51:27	M4044	RUN 4 FUN	42
218	46	CARLOS MANUEL ALMEIDA HENRIQUES	03:51:58	03:51:33	M5559		9
219	135	PEDRO FREITAS	03:51:58	03:51:53	M2339	Arribas	73
220	206	EDUARDO PINTO	03:52:53	03:52:15	M2339	EMDURANCE RUNNER	74
221	178	ZÉ JOAQUIM CASTRO	03:52:58	03:52:45	M4549	RUN FOR FRIENS	40
222	196	PAULO BATISTA	03:53:40	03:53:13	M4549		41
223	187	LUIS GOMES	03:55:00	03:54:56	M4549	GRUPO DESPORTIVO SANTANDER TOTTA	42
224	5062	PAULO RODRIGUES	03:55:37	03:55:36	M4549	MOITA A CORRER	43
225	210	PAULO CASTRO	03:55:56	03:55:47	M5054		27

226	120	LEONEL NEVES	03:56:37	03:56:03	M6099	AMIGOS VALE SILÊNCIO	3
227	78	ANA MONTEIRO	03:56:44	03:56:17	F5054	CLUBE NOVO BANCO	5
228	372	CARLOS COSTA	03:57:06	03:56:47	M5559	CLUBE MILLENNIUM BCP	10
229	5023	GRAÇA ROLDÃO	03:57:09	03:56:59	F5559	OS TUGAS	1
230	301	NUNO SOUSA	03:58:03	03:57:37	M4044		43
231	36	CARLOS MARQUES	03:58:17	03:58:02	M5559	GRCD LEIÃO - COBRAS TRAILISTAS	11
232	5044	ANTÓNIO PEREIRA	03:58:21	03:58:19	M4549	MOITA A CORRER	44
233	106	CARLOS RANGEL	03:58:42	03:58:25	M6099	INDIVIDUAL	4
234	41	FAVELINA SANTOS	03:59:05	03:58:52	F4549	GRCD LEIÃO - COBRAS TRAILISTAS	5
235	349	SARA NOGUEIRA	03:59:05	03:58:54	F4044	GRCD LEIÃO	8
236	149	MARIA MAGRO	03:59:28	03:59:21	F4549	Crazy & Radical Girls	6
237	288	CONCEIÇÃO ALVES	03:59:37	03:59:28	F5559		2
238	57	MARCO MATOS	03:59:38	03:59:13	M4044	AROO	44
239	287	ANA BERNARDO	04:00:05	03:59:51	F2339	MARVILA JOVEM	12
240	168	NUNO SABINO	04:00:48	04:00:24	M4044	MANIQUE DE CIMA	45
241	169	CARLOS GRADE	04:00:48	04:00:29	M4549	SOBRAL DA LAGOA	45
242	254	CARLOS SÁ	04:00:49	04:00:11	M5054	MANOS SÁ	28
243	97	ALEXANDRE JARDIM	04:00:54	04:00:53	M4044	SALAMANDRECOS	46
244	18	SEBASTIÃO GUERRA RODRIGUES SILVA	04:01:00	04:00:36	M2339	MITI	75
245	291	TIAGO MAGALHÃES	04:01:00	04:00:52	M4044		47
246	8	PEDRO GOMES	04:01:02	04:00:29	M2339	SS CGD	76
247	312	DIOGO FERREIRA	04:01:13	04:00:39	M2339	ALMADA	77
248	29	ANTÓNIO IRIA	04:01:20	04:01:20	M5054	CORRER LISBOA	29

249	5060	NUNO BAIXINHO	04:01:47	04:01:28	M4044		48
250	307	NUNO FILIPE RAMOS FONSECA	04:01:52	04:01:42	M2339		78
251	39	CARLOS CORREIA	04:02:28	04:02:10	M4549	CLUBE AVENTURA DE MONFORTE	46
252	282	JOAO GAMEIRO	04:02:28	04:02:09	M2339	CABARÉ DOS COXOS	79
253	109	FILIPE GONÇALVES	04:02:29	04:02:14	M2339		80
254	73	RUI ALMEIDA	04:02:41	04:02:37	M4549	CORRIDA NOTURNA PARQUE DAS NAÇÕES	47
255	214	FRANCISCO COSTA	04:03:45	04:03:13	M4549	GRUPETA RUNNING TEAM	48
256	365	RICARDO MENDES	04:03:56	04:03:49	M4549	CLUBE MILLENNIUM BCP	49
257	220	PAULO MOUTINHO	04:04:24	04:04:20	M4549	H-GARRA A LEBRE !!!	50
258	215	PEDRO CANECO	04:05:45	04:05:26	M4549	S. DOMINGOS RANA	51
259	394	JOÃO RODRIGUES	04:06:59	04:05:28	M4549	SALAMANDRECOS	52
260	5013	MARCO MALTEZ	04:07:10	04:06:54	M4044		49
261	319	HERMANO CHIN	04:07:13	04:07:07	M4549		53
262	144	ANDREIA CABRITO	04:07:15	04:07:08	F2339	ABCANSADO TRAIL	13
263	336	PEDRO PIRES	04:07:25	04:07:25	M2339	ABCANSADO TRAIL	81
264	364	PAULO RATO	04:07:56	04:07:51	M5559	CLUBE MILLENNIUM BCP	12
265	316	ANABELA SOUSA	04:08:26	04:08:03	F4044	SERVIÇOS SOCIAIS MONTEPIO	9
266	371	MÁRIO MENDES	04:09:05	04:08:54	M5559	CLUBE MILLENNIUM BCP	13
267	325	MARGARIDA ROLDÃO	04:09:06	04:08:58	F2339	TURRESTRILTEAM	14
268	111	CARINA ALMEIDA	04:09:25	04:09:11	F0022	RUNNERS DA FRENTE RIBEIRINHA P.S.I	1
269	331	FILIPE SALVADINHO	04:10:16	04:09:49	M2339	1149 TRAIL RUNNING TEAM	82
270	3	NUNO PEREIRA	04:10:53	04:10:35	M2339	Santana Futebol Clube - Trail Team	83
271	19	MADALENA CLUNY	04:11:22	04:10:55	F2339	MITI	15

272	147	BARBARA SILVEIRA	04:11:22	04:11:14	F5559	Crazy & Radical Girls	3
273	381	JOSÉ SILVA	04:11:33	04:11:08	M4549	HUT RUNNERS & EQUIPA ANA MARQUES REMAX	54
274	380	PEDRO SILVA	04:11:33	04:11:10	M2339	Equipa Ana Marques REMAX	84
275	243	JOÃO TIAGO COSTA	04:13:40	04:13:17	M4044		50
276	361	JOSÉ REBELO	04:14:24	04:14:18	M5054	CLUBE MILLENNIUM BCP	30
277	244	AMANDIO BUSCA	04:14:52	04:14:35	M5054		31
278	129	BRUNO ARAÚJO-GOMES	04:15:03	04:14:53	M4549	GOMAS TEAM	55
279	140	ANTONIO BOTELHO	04:15:53	04:15:20	M4044	MULTIRUNNERS	51
280	234	HENRIQUE FERREIRA	04:15:58	04:15:35	M2339	CORRER QUELUZ	85
281	5029	NUNO CORREIA	04:15:59	04:15:33	M2339		86
282	58	LUIS SANTOS	04:15:59	04:15:34	M5559	OCR PORTUGAL	14
283	5010	LUIS OLIVEIRA	04:17:32	04:17:02	M2339		87
284	170	IRYNA DYACHOK	04:18:03	04:17:34	F4044	HOUSEMARTINS BELAS	10
285	392	JOSÉ PAULO SANTOS	04:18:06	04:18:03	M4044	CAPARIDE	52
286	353	FRANCISCO AFONSO	04:18:55	04:18:30	M5559		15
287	296	JOÃO FARIA	04:20:35	04:20:05	M4549		56
288	233	FAUSTO SÁ	04:20:40	04:20:36	M4044	MANOS SÁ	53
289	131	ANTÓNIO FERREIRA	04:20:58	04:20:50	M2339		88
290	305	AURÉLIO QUIAIOS	04:21:00	04:20:51	M4044		54
291	5019	ARTUR GAIO	04:21:48	04:21:35	M2339	TAC - Tranquilidade	89
292	154	FRANCISCO VAZ	04:21:53	04:21:24	M5054	FRUFRESH RUNNERS	32
293	313	NUNO TRINDADE	04:22:04	04:21:37	M2339	1149 TRAIL RUNNING TEAM	90
294	90	MARIA DA CONCHINHA	04:22:30	04:22:20	F6099		1

295	114	RICARDO SOUSA	04:22:33	04:22:17	M2339		91
296	253	RUI MARGUILHO	04:23:13	04:22:52	M4044	ALGARUNNERS	55
297	146	ANA MELO	04:23:28	04:23:04	F4044	PORTELA	11
298	89	JOAO CRUZ	04:23:39	04:23:09	M4549		57
299	352	SÉRGIO ANTUNES	04:24:00	04:23:48	M5054	CLUBE ANACOM	33
300	303	PAULO CALVINO	04:25:37	04:25:31	M4549	SALAMANDRECOS	58
301	225	RUI BAPTISTA	04:28:00	04:27:38	M5559	CLUBE MILLENNIUM BCP	16
302	40	LUIS DUARTE	04:28:11	04:27:55	M4549	RUNNERS DA FRENTE RIBEIRINHA DA P.S.I	59
303	79	JOAQUIM MONTEIRO	04:28:27	04:28:02	M5054	CLUBE NOVO BANCO	34
304	5014	BRUNO JACQUET	04:28:42	04:28:12	M2339	Até à Meta	92
305	177	FILIPE RIBEIRO	04:29:45	04:29:32	M2339	RUN FOR FRIENDS	93
306	297	TIAGO BRAGA	04:29:47	04:29:38	M2339		94
307	289	ÁLVARO ARÔCHA FURTADO	04:29:47	04:29:15	M6099	SS CGD	5
308	248	SANDRA SIMÕES	04:33:19	04:32:53	F4549	RUN 4 FUN	7
309	200	LUÍSA PAULA FERREIRA HENRIQUES	04:33:19	04:32:52	F4044	RUN 4 FUN	12
310	194	ROGÉRIO MATOS	04:33:20	04:32:52	M5559	RUN 4 FUN	17
311	227	NUNO BOTELHO	04:34:25	04:34:08	M4549		60
312	172	LURDES OLAS	04:34:26	04:34:12	F4549	SOMAIS1KM	8
313	232	RUI BRÁS	04:34:29	04:34:12	M4044		56
314	250	DAVID GONCALVES	04:35:40	04:35:27	M4044	DXC CLUB	57
315	155	ISABEL DIAS	04:39:04	04:38:39	F5054	FRUFRESH RUNNERS	6
316	157	GISELA PADRE	04:39:08	04:38:36	F4549		9
317	84	CARLOS GONÇALVES	04:40:20	04:40:01	M2339	SS CGD	95

318	5018	JOSÉ BRÁS	04:42:28	04:42:02	M5559	TARTARUGAS SOLIDÁRIAS	18
319	5011	AURELIANO DA LUZ	04:42:29	04:42:24	M4044	AS MÁQUINAS	58
320	65	GONÇALO SEABRA	04:42:34	04:42:05	M0022	OS ZATOPEQUES	3
321	308	MÁRIO ASSUNÇÃO LOPES	04:42:55	04:42:55	M5054	N.A.	35
322	12	CARLA ANGUEIRA	04:43:20	04:43:10	F4044	GINASIO CLUBE DE BRAGANÇA	13
323	366	CARLA OLIMPIO	04:43:22	04:43:15	F2339	CLUBE MILLENNIUM BCP	16
324	322	SANDRO NUNES	04:43:24	04:42:52	M4044	CORRER LISBOA	59
325	30	ANTÓNIO CEREJO	04:43:26	04:42:53	M4549		61
326	63	BRUNO LUCAS	04:43:44	04:43:15	M4044	Namnori	60
327	360	LUIS CONTRIM SILVA	04:44:16	04:43:54	M5054	CLUBE MILLENNIUM BCP	36
328	209	MARIA PUGA	04:46:33	04:46:10	F5054	O MUNDO DA CORRIDA	7
329	273	PAULO HENRIQUES	04:46:35	04:46:13	M5054	O MUNDO DA CORRIDA	37
330	295	RAÚL MATOS	04:47:09	04:46:42	M5054	RUN 4 FUN	38
331	246	LURDES SILVA	04:48:56	04:48:45	F5054	OS TUGAS	8
332	235	CATARINA MESQUITA	04:50:13	04:50:03	F5559	CASCAIS	4
333	124	RICARDO AGUIAR	04:51:52	04:51:35	M5559	RUNNERS DE KINTAL	19
334	145	ANA CERIACO	04:52:16	04:52:09	F2339	ABCANSADO TRAIL	17
335	395	JOY LANG	04:54:31	04:53:40	F5559		5
336	391	JORGE SOUSA	04:54:33	04:53:44	M5559	CORRER LISBOA	20
337	368	ANTÓNIO FERREIRA	04:55:20	04:54:59	M4549	CLUBE MILLENNIUM BCP	62
338	369	JOÃO PINHEIRO	04:55:21	04:55:01	M4549	CLUBE MILLENNIUM BCP	63
339	240	SONIA PEREIRA	04:56:03	04:55:53	F4549	BORINHAS	10
340	239	ISABEL VIDINHA	04:56:04	04:55:52	F4549	BORINHAS	11

341	247	FILIFE LUIS	04:56:47	04:56:17	M2339	OEIRAS	96
342	285	RICARDO MIGUEL SOUSA SEPÚLVEDA	04:56:52	04:56:29	M4044	COININHAS RUNNERS	61
343	270	CARLA SILVA	04:57:37	04:57:36	F4549		12
344	16	NUNO ANDRADE	04:57:38	04:57:36	M4549	CLUBE FUTEBOL DE SASSOEIROS	64
345	55	MARIA LUÍS	05:00:11	04:59:59	F0022	GRCD LEIÃO	2
346	52	CASIMIRO SILVA	05:00:12	04:59:59	M4549	GRCD LEIÃO - COBRAS TRAILISTAS	65
347	54	ROSA MARQUES	05:00:13	05:00:01	F4549	GRCD LEIÃO	13
348	53	LUÍS SANTOS	05:00:13	05:00:01	M4549	GRCD LEIÃO	66
349	230	ANTONIO SANCHES	05:01:16	05:00:37	M6099	GD BANCO BPI	6
350	127	PATRÍCIA FERNANDES	05:02:27	05:02:27	F4549		14
351	21	MIGUEL SANTOS	05:04:13	05:04:10	M4044	CLUBE FUTEBOL DE SASSOEIROS	62
352	280	CELIA AZENHA	05:07:32	05:07:21	F5054	LISBOA	9
353	363	CARLA FARIA	05:27:59	05:27:59	F5054	CLUBE MILLENNIUM BCP	10
354	348	LUIS MIGUEL SANTOS	05:32:27	05:32:00	M5054		39
355	81	PATRICIA SANTOS	05:33:01	05:32:32	F4549	CLUBE NOVO BANCO	15
356	298	DANIEL XAREPE	05:39:01	05:38:38	M5559	GRUPO DESPORTIVO SANTANDER TOTTA	21
357	333	LUIS GATINHO	05:39:11	05:38:47	M5054	GRUPO DESPORTIVO SANTANDER TOTTA	40
358	102	FERNANDO SERRANO	05:42:10	05:42:10	M5054	LISBOA	41
359	158	GI RIBEIRO	05:42:18	05:41:59	F5054	SANTANA F. C. TRAIL TEAM	11
360	350	TÂNIA SANTOS	05:42:20	05:42:01	F2339	Santana Futebol Clube - Trail Team	18
361	382	RAFAEL ANDRÉ SOUSA	05:42:56	05:42:03	M0022		4