

Pos.	Dorsal	G	Nome	País	Equipa	Escalão	Tempo	Diferença
1	2658	M	JORGE MANUEL		MONTANHA CLUBE TRAIL RUNNING EFAPEL	M SUB23	01:59:37.957	00:00:00.000
2	2362	M	RUI FIGUEIREDO	PORTUGAL	TRAIL BELA BELA	M SEN	02:00:34.950	00:00:56.993
3	2133	M	RICARDO CARREIRA	PORTUGAL	GRUPO DE ATLETISMO DA CARANGUEJEIRA	M SEN	02:03:54.177	00:04:16.220
4	2642	M	DIOGO GOMES	PORTUGAL	ABUTRES	M JUN	02:06:48.657	00:07:10.700
5	2625	M	JOSÉ SEQUEIRA	PORTUGAL	MONTANHA CLUBE TRAIL RUNNING EFAPEL	M SEN	02:07:06.153	00:07:28.196
6	2349	M	LUIS ALMEIDA	PORTUGAL	JAVALIS - AMIZADE E GLÓRIA	M SEN	02:08:22.437	00:08:44.480
7	2000	M	JOÃO PATRÍCIO	PORTUGAL	INDIVIDUAL	M SEN	02:08:45.140	00:09:07.183
8	2322	M	PAULO PINTO	PORTUGAL	INDIVIDUAL	M40	02:12:58.107	00:13:20.150
9	2316	M	TIAGO DUARTE	PORTUGAL	ATLETISMO CLUBE DA TOCHA	M SEN	02:13:03.197	00:13:25.240
10	2582	M	CRISTIANO SANTOS	PORTUGAL	A. D. AMARANTE	M40	02:13:21.200	00:13:43.243
11	2311	M	JOÃO VIGÁRIO	PORTUGAL	FURFOR RUNNING PROJECT	M SEN	02:13:46.353	00:14:08.396
12	2546	M	HUGO SILVA	PORTUGAL	DURAVIT RACETEAM	M SEN	02:14:59.343	00:15:21.386
13	2541	M	VALTER MATOS	PORTUGAL	RUNNERS DO DEMO	M40	02:16:08.083	00:16:30.126
14	2484	M	PEDRO NUNES	PORTUGAL	FORMOBIKE BTT & TRAIL RUNNING	M SEN	02:17:15.103	00:17:37.146
15	2654	M	LEANDRO BRAZETE		ADM TRAIL TEAM	M JUN	02:18:20.317	00:18:42.360
16	2439	M	ALEX TONDELA	PORTUGAL	MONTANHA CLUBE TRAIL RUNNING EFAPEL	M40	02:18:29.317	00:18:51.360
17	2425	M	FILIPE MARQUES	PORTUGAL	TURRES TRAIL TEAM	M40	02:19:48.807	00:20:10.850
18	2244	M	PEDRO CARDOSO	PORTUGAL	COIMBRA TRAIL RUNNING	M SEN	02:21:04.547	00:21:26.590
19	2426	M	DUARTE CRUZ	PORTUGAL	ARCD VENDA DA LUÍSA	M SEN	02:21:29.043	00:21:51.086
20	2634	M	NUNO PEREIRA	PORTUGAL	#BEAPT	M40	02:21:48.717	00:22:10.760
21	2308	M	PEDRO PASCOAL	PORTUGAL	ARRÁBIDA OBSTACLE RUNNERS	M40	02:23:48.753	00:24:10.796
22	2653	M	ANTONIO FERREIRA	PORTUGAL	DRAGÕES DO MATO	M40	02:24:51.723	00:25:13.766
23	2596	M	RENATO AMARAL	PORTUGAL	BIXOSTRAILTEAM	M40	02:26:11.727	00:26:33.770
24	2397	M	BRUNO ROMÃO	PORTUGAL	INDIVIDUAL	M SEN	02:26:27.007	00:26:49.050
25	2176	M	PEDRO GOMES	PORTUGAL	ESGALHADA TRAIL TEAM	M SEN	02:28:12.230	00:28:34.273
26	2451	M	MIGUEL AZEVEDO	PORTUGAL	INDIVIDUAL	M SEN	02:29:16.233	00:29:38.276
27	2520	M	CARLOS RODRIGUE	PORTUGAL	INDIVIDUAL	M40	02:30:25.487	00:30:47.530
28	2579	M	MÁRCIO MONTEIRO	PORTUGAL	ASSOCIAÇÃO VALE GRANDE	M SEN	02:30:54.470	00:31:16.513
29	2150	M	LUIS CARRAQUICO	PORTUGAL	LEBRES DE DOMINGO	M SEN	02:31:35.967	00:31:58.010
30	2274	M	ANDRÉ MONTEIRO	PORTUGAL	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	M SEN	02:32:01.963	00:32:24.006
31	2290	M	FILIPE FONSECA	PORTUGAL	DURAVIT RACETEAM	M45	02:33:27.240	00:33:49.283
32	2466	M	JOAO PASCOAL	PORTUGAL	INDIVIDUAL	M SEN	02:33:44.453	00:34:06.496
33	2648	F	SOFIA ROQUETE	PORTUGAL	OCS ARRÁBIDA TRAIL TEAM	F SEN	02:33:52.743	00:34:14.786
34	2075	M	MARSÉNIO BATATA	PORTUGAL	PÉS DE CHUMBO RUNNERS	M40	02:33:59.243	00:34:21.286
35	2044	M	ALBERT CALDERON	SPAIN	INDIVIDUAL	M SEN	02:34:38.243	00:35:00.286
36	2384	M	RUI FERREIRA	PORTUGAL	INDIVIDUAL	M40	02:35:08.193	00:35:30.236
37	2109	M	PAULO LOPES	PORTUGAL	BRAVE LAKE OCR	M40	02:35:32.937	00:35:54.980
38	2070	M	JOSÉ ALVES	PORTUGAL	#BEAPT	M40	02:35:47.497	00:36:09.540
39	2296	M	JOÃO SILVA	PORTUGAL	INDIVIDUAL	M SEN	02:36:26.497	00:36:48.540
40	2297	M	ANDRÉ SARAIVA	PORTUGAL	INDIVIDUAL	M SEN	02:36:46.430	00:37:08.473
41	2414	M	JOÃO GOMES	PORTUGAL	ESGALHADA TRAIL TEAM	M SEN	02:36:46.750	00:37:08.793
42	2286	M	LUIS RODRIGUES	PORTUGAL	RUNNERS DO DEMO	M45	02:37:23.930	00:37:45.973
43	2327	M	DAVID MADEIRA	PORTUGAL	ATLETISMO CLUBE DA TOCHA	M SEN	02:37:37.420	00:37:59.463
44	2162	M	SÉRGIO PIRES	PORTUGAL	RUNNERS DO DEMO	M SEN	02:38:34.100	00:38:56.143
45	2169	M	RUI ISENTO	PORTUGAL	ADM TRAIL TEAM	M SEN	02:38:36.913	00:38:58.956
46	2526	M	PAULO MAIA	PORTUGAL	DCI/TRILHOS LUSO BUSSACO	M45	02:38:49.410	00:39:11.453
47	2164	M	PAULO ELIAS	PORTUGAL	SF2002	M SEN	02:38:59.660	00:39:21.703
48	2097	M	HUMBERTO GONÇALVES	PORTUGAL	INDIVIDUAL	M45	02:39:15.253	00:39:37.296
49	2408	M	JOSÉ BROEGA	PORTUGAL	WARRIOR MATA	M SEN	02:40:23.150	00:40:45.193
50	2054	M	EDUARDO GARCIA	PORTUGAL	ATLETISMO CLUBE DA TOCHA	M SEN	02:40:30.757	00:40:52.800
51	2006	M	SÉRGIO GAMEIRO	PORTUGAL	FÁTIMA TRAIL TEAM	M40	02:40:58.147	00:41:20.190

Pos.	Dorsal	G	Nome	País	Equipa	Escalão	Tempo	Diferença
52	2277	M	JOÃO ABRUNHEIRO	PORTUGAL	ATLETISMO CLUBE DA TOCHA	M SEN	02:41:37.140	00:41:59.183
53	2251	M	JOSÉ CORREIA	PORTUGAL	ARSM-ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	M55	02:41:39.143	00:42:01.186
54	2143	M	ANTÓNIO CORDEIRO	PORTUGAL	SCPOMBAL/TRAIL TEAM	M40	02:41:45.010	00:42:07.053
55	2333	M	VITOR DOURADO	PORTUGAL	MONGES DO VAROSA	M40	02:41:48.890	00:42:10.933
56	2475	M	FERNANDO PARENTE	PORTUGAL	STRONG TEAM	M40	02:43:06.460	00:43:28.503
57	2034	M	ALBERTO CUNHA	PORTUGAL	BENFEITA ALDEIA DE XISTO	M45	02:43:10.887	00:43:32.930
58	2177	M	JOÃO SALGUEIRO	PORTUGAL	LIZ RUNNERS	M45	02:43:13.887	00:43:35.930
59	2366	M	ALEXANDRE SIMOES	PORTUGAL	AZTRAIL/MERCENTRO	M SEN	02:43:27.877	00:43:49.920
60	2136	M	PEDRO GUIMARAES	PORTUGAL	TPP MOUNTAIN RUNNERS	M50	02:43:29.877	00:43:51.920
61	2115	M	MARCO BASTOS	PORTUGAL	INDIVIDUAL	M SEN	02:43:39.513	00:44:01.556
62	2554	M	NUNO LOPES	PORTUGAL	OCR PORTUGAL LAB	M40	02:44:12.520	00:44:34.563
63	2138	M	NUNO ARAUJO	PORTUGAL	JUVENTUDE CORTEGACENSE	M40	02:44:35.017	00:44:57.060
64	2549	M	PEDRO GUERRA	PORTUGAL	INDIVIDUAL	M40	02:44:58.767	00:45:20.810
65	2110	M	JAVIER MANTEROLA	SPAIN	INDIVIDUAL	M SEN	02:46:05.607	00:46:27.650
66	2302	F	ELISABETE SANTOS	PORTUGAL	TEAM LANTEMIL	F45	02:46:40.607	00:47:02.650
67	2078	M	PAULO PARRILHA	PORTUGAL	CHITAS DE ALCOBAÇA	M50	02:46:40.853	00:47:02.896
68	2178	M	JOSÉ LOPES	PORTUGAL	ASDREQ	M40	02:47:19.027	00:47:41.070
69	2022	M	ERNESTO ALVES	PORTUGAL	JUVENTUDE CORTEGACENSE	M50	02:47:29.520	00:47:51.563
70	2166	M	MARCO MARQUES	PORTUGAL	ASDREQ	M SEN	02:47:43.593	00:48:05.636
71	2175	M	SANDRO GONÇALVES	PORTUGAL	INDIVIDUAL	M SEN	02:47:44.270	00:48:06.313
72	2031	M	ADELINO PINHEIRO	PORTUGAL	DEGUSTARCOS BTT SAI DA FRENTE	M40	02:48:00.603	00:48:22.646
73	2651	M	DANIEL MIRANDA	PORTUGAL	PASTILHAS TEAM	M40	02:48:45.853	00:49:07.896
74	2101	M	RICARDO BICA	PORTUGAL	COIMBRA TRAIL RUNNING	M SEN	02:48:50.587	00:49:12.630
75	2631	M	HELDER DOMINGUES	PORTUGAL	SCPOMBAL/TRAIL TEAM	M40	02:49:02.273	00:49:24.316
76	2004	M	JULIO RODRIGUES	PORTUGAL	MOVELMODA	M40	02:49:51.327	00:50:13.370
77	2402	F	CÉLIA NETO	PORTUGAL	OPRATICANTE.PT	F SEN	02:49:52.037	00:50:14.080
78	2287	M	JOÃO PORTUGAL	PORTUGAL	DURAVIT RACETEAM	M40	02:49:52.527	00:50:14.570
79	2134	M	RICARDO PENEDA	PORTUGAL	INDIVIDUAL	M40	02:50:06.527	00:50:28.570
80	2152	M	LUDOVICO BELO	PORTUGAL	CARAVELA SEGUROS TRAIL RUNNING TEAM	M45	02:50:38.823	00:51:00.866
81	2062	M	VITOR JESUS	PORTUGAL	CINFÃES A CORRER	M50	02:50:40.277	00:51:02.320
82	2479	M	PAULO SOUSA	PORTUGAL	AKUAFIT	M40	02:50:48.357	00:51:10.400
83	2141	M	SERGIO OLIVEIRA	PORTUGAL	JUVENTUDE CORTEGACENSE	M45	02:50:53.820	00:51:15.863
84	2627	M	NUNO GRANADAS	PORTUGAL	GOIRUNNERS/OUTPROSTORE	M40	02:51:06.277	00:51:28.320
85	2130	M	HÉLDER RIBEIRO	PORTUGAL	PLACE FOZ RUNNING TEAM	M SEN	02:51:12.317	00:51:34.360
86	2523	M	ANTÓNIO PEREIRA	PORTUGAL	INDIVIDUAL	M45	02:51:19.067	00:51:41.110
87	2399	M	MIGUEL CARVALHO	PORTUGAL	INDIVIDUAL	M SEN	02:51:42.280	00:52:04.323
88	2341	M	DUARTE AGUIAR	PORTUGAL	CARAVELA SEGUROS TRAIL RUNNING TEAM	M40	02:51:47.813	00:52:09.856
89	2262	M	GILDO SANTOS	PORTUGAL	ABUTRES	M45	02:51:57.560	00:52:19.603
90	2325	M	MARCO ALEXANDRE	PORTUGAL	TREINO DAS 4 FEIRAS	M40	02:52:01.560	00:52:23.603
91	2210	M	MIGUEL VASCO	PORTUGAL	GRVILAVERDENSE	M40	02:52:19.780	00:52:41.823
92	2617	M	VÍTOR RIBEIRO	PORTUGAL	LOS CARIBEÑOS	M SEN	02:53:35.057	00:53:57.100
93	2263	M	JOSÉ RODRIGUES	PORTUGAL	MIRANDELA A CORRER	M45	02:53:37.057	00:53:59.100
94	2142	M	TIAGO SOARES	PORTUGAL	MIRANDELA A CORRER	M SEN	02:53:44.533	00:54:06.576
95	2581	M	HÉLDER PEREIRA	PORTUGAL	OS TOLINHOS DA CORRIDA	M45	02:54:40.037	00:55:02.080
96	2123	M	JOÃO VAZ	PORTUGAL	FIGUEIRA KAYAK CLUBE	M40	02:54:51.787	00:55:13.830
97	2131	F	RAQUEL FERREIRA	PORTUGAL	MONTANHA CLUBE TRAIL RUNNING EFAPEL	F SEN	02:55:03.793	00:55:25.836
98	2597	M	HUGO NUNES	PORTUGAL	INDIVIDUAL	M SEN	02:55:12.037	00:55:34.080
99	2359	M	CRISTIANO GASPAR	PORTUGAL	CARNEIROS DO DEMO	M SEN	02:55:30.283	00:55:52.326
100	2335	M	ANDRÉ ANTÓNIO	PORTUGAL	SCPOMBAL/TRAIL TEAM	M SEN	02:55:35.533	00:55:57.576
101	2050	M	JOAO FEIJAO	PORTUGAL	TRILHOS DO COSTUME	M50	02:56:06.787	00:56:28.830
102	2025	M	CARLOS RODRIGUES	PORTUGAL	AKUAFIT	M40	02:56:25.783	00:56:47.826

Pos.	Dorsal	G	Nome	País	Equipa	Escalão	Tempo	Diferença
103	2230	M	HUGO PINTO	PORTUGAL	UIKEMEDO TEAM	M40	02:56:31.027	00:56:53.070
104	2076	M	ESTEVAO GONÇALVES	PORTUGAL	FIND YOUR EVEREST	M40	02:56:37.543	00:56:59.586
105	2246	M	NÉLIO GIRÃO	PORTUGAL	FORMOBIKE BTT & TRAIL RUNNING	M40	02:57:12.540	00:57:34.583
106	2231	M	FLÁVIO FERREIRA	PORTUGAL	FIT & FUN	M SEN	02:57:19.270	00:57:41.313
107	2066	M	NUNO ABREU	PORTUGAL	#LETSRUNAZORES	M40	02:57:20.787	00:57:42.830
108	2371	M	MÁRIO PACHECO	PORTUGAL	#LETSRUNAZORES	M SEN	02:58:15.793	00:58:37.836
109	2608	M	JOSE MARTINS	PORTUGAL	SARZEDO RUNNERS	M45	02:58:18.513	00:58:40.556
110	2598	M	VÁLTER LUÍS	PORTUGAL	FÁTIMA TRAIL TEAM	M40	02:58:26.013	00:58:48.056
111	2387	F	TILA PINA	PORTUGAL	GDR GRANJA - TRUTAS DO MAU	F40	02:58:29.260	00:58:51.303
112	2071	M	HUGO VITORINO	PORTUGAL	TURRES TRAIL TEAM	M40	02:58:36.510	00:58:58.553
113	2170	M	ANTÓNIO PEREIRA	PORTUGAL	GDR GRANJA - TRUTAS DO MAU	M40	02:58:42.043	00:59:04.086
114	2258	M	JOÃO OLIVEIRA	PORTUGAL	INDIVIDUAL	M SEN	02:59:30.293	00:59:52.336
115	2476	M	DANY GRILO	PORTUGAL	GRUPO ALEGRE É UNIDO BAJOUCA	M SEN	02:59:30.753	00:59:52.796
116	2092	M	ANTONIO BATISTA	PORTUGAL	TEAM RSI-TARSIBUS	M40	02:59:35.503	00:59:57.546
117	2232	M	FELICIANO ALVES	PORTUGAL	GDUAZOIA	M55	02:59:41.000	01:00:03.043
118	2355	M	NELSON FERNANDES	PORTUGAL	INDIVIDUAL	M SEN	02:59:52.007	01:00:14.050
119	2478	F	CLARA RODRIGUES	PORTUGAL	MONTANHA CLUBE TRAIL RUNNING EFAPEL	F SEN	03:01:06.990	01:01:29.033
120	2482	F	DANIELA LOURENÇO	PORTUGAL	TRIBO NR	F SEN	03:01:13.490	01:01:35.533
121	2340	M	JOSELITO MARQUES	PORTUGAL	ASSCC-AR LIVRE E AVENTURA	M40	03:01:17.490	01:01:39.533
122	2610	M	PAULO LOPES	PORTUGAL	SOURE MOV	M45	03:01:23.797	01:01:45.840
123	2450	F	CARLA SANTOS	PORTUGAL	SACA TRILHOS ANADIA	F45	03:01:35.050	01:01:57.093
124	2088	M	TIAGO ALMEIDA	PORTUGAL	INDIVIDUAL	M SEN	03:01:52.550	01:02:14.593
125	2268	M	HUGO LOURENÇO	PORTUGAL	INDIVIDUAL	M40	03:02:07.487	01:02:29.530
126	2102	M	RAFAEL MARTINS	PORTUGAL	INDIVIDUAL	M SEN	03:02:09.050	01:02:31.093
127	2008	M	LUIS SILVA	PORTUGAL	SF2002	M SEN	03:02:27.490	01:02:49.533
128	2508	M	VITOR GRAÇA	PORTUGAL	ADM TRAIL TEAM	M SEN	03:03:09.977	01:03:32.020
129	2314	M	CRISTÓVÃO MARTINS	PORTUGAL	INDIVIDUAL	M45	03:03:11.973	01:03:34.016
130	2233	F	FLORENCIA AMONSKY	ARGENTINA	SALAMANDRECOS	F SEN	03:03:13.053	01:03:35.096
131	2383	M	SERGIO SILVA	PORTUGAL	WISEU 360	M45	03:03:19.050	01:03:41.093
132	2604	M	VIRGÍLIO NETO	PORTUGAL	ADCRPEREIRA TRAIL RUNNING TEAM	M40	03:03:26.477	01:03:48.520
133	2347	M	LUIS MACHADO	PORTUGAL	INDIVIDUAL	M SEN	03:03:38.477	01:04:00.520
134	2235	M	GONÇALO SANTOS	PORTUGAL	INDIVIDUAL	M40	03:03:45.303	01:04:07.346
135	2460	M	MARCO SIMÕES	PORTUGAL	INDIVIDUAL	M SEN	03:03:45.720	01:04:07.763
136	2326	M	FERNANDO MARTINHO	PORTUGAL	INDIVIDUAL	M SEN	03:03:46.303	01:04:08.346
137	2374	M	PAULO SOARES	PORTUGAL	CASA DO BENFICA DE ARGANIL	M SEN	03:04:02.967	01:04:25.010
138	2074	M	ARSENIO SANTOS	PORTUGAL	PASCOALITOS	M50	03:04:06.053	01:04:28.096
139	2247	M	ALBERTO LEITE	PORTUGAL	42RUN	M60	03:04:12.217	01:04:34.260
140	2060	M	JOÃO FONSECA	PORTUGAL	CLUBE DE MONTANHISMO DA GUARDA	M45	03:04:13.807	01:04:35.850
141	2600	M	MIGUEL COSTA	PORTUGAL	CLUBE DE MONTANHISMO DA GUARDA	M40	03:04:14.553	01:04:36.596
142	2158	M	EDUARDO FERREIRA	PORTUGAL	ATLETISMO CLUBE DA TOCHA	M SEN	03:04:59.807	01:05:21.850
143	2518	M	MARIO LIMA	PORTUGAL	AVESRUNNERS	M40	03:05:04.967	01:05:27.010
144	2494	M	CARLOS MENDES	PORTUGAL	FÁTIMA TRAIL TEAM	M50	03:05:12.717	01:05:34.760
145	2289	M	JORGE LOUREIRO	PORTUGAL	MATILHA DA ATALIA	M40	03:05:33.557	01:05:55.600
146	2572	M	TOMÉ FERNANDES	PORTUGAL	GAU	M40	03:05:51.957	01:06:14.000
147	2019	M	SALVADOR PEREIRA	PORTUGAL	GDR GRANJA - TRUTAS DO MAU	M SEN	03:06:12.740	01:06:34.783
148	2412	M	PAULO REIS	PORTUGAL	INDIVIDUAL	M45	03:06:12.807	01:06:34.850
149	2254	M	DAVID DIAS	PORTUGAL	AKUAFIT	M SEN	03:06:39.453	01:07:01.496
150	2567	M	RICARDO MONRAIA	PORTUGAL	AD IALBAX	M45	03:06:55.697	01:07:17.740
151	2603	M	DAVID DAVID	PORTUGAL	PASCOALITOS	M SEN	03:07:25.440	01:07:47.483
152	2318	M	NUNO ALMEIDA	PORTUGAL	INDIVIDUAL	M40	03:07:26.190	01:07:48.233
153	2108	M	PAULO MENDES	PORTUGAL	DÃO NELAS RUNNERS	M40	03:07:40.810	01:08:02.853

Pos.	Dorsal	G	Nome	País	Equipa	Escalão	Tempo	Diferença
154	2646	M	DIOGO SACRAMENTO	PORTUGAL	ABUTRES	M SEN	03:07:49.447	01:08:11.490
155	2643	F	BEATRIZ FERNANDES	PORTUGAL	ABUTRES	F JUN	03:07:49.560	01:08:11.603
156	2301	M	FÁBIO COSTA	PORTUGAL	ATLETISMO CLUBE DA TOCHA	M SEN	03:07:57.937	01:08:19.980
157	2240	F	ANA REIS	PORTUGAL	SC POVOENSE - CARACÓIS DE CORRIDA	F SEN	03:07:59.950	01:08:21.993
158	2228	M	HELDER CUNHA	PORTUGAL	SCPOVENSE CARACÓIS CORRIDA	M SEN	03:08:05.060	01:08:27.103
159	2578	M	TIAGO EZEQUIEL	PORTUGAL	ZIMBRA FOX RUNNERS	M40	03:08:14.310	01:08:36.353
160	2607	M	FILIFE CORREIA	PORTUGAL	AMIGOS ATLETISMO MAFRA	M40	03:08:41.823	01:09:03.866
161	2365	M	CLÁUDIO SOUSA	PORTUGAL	DOMPLEX	M45	03:08:49.563	01:09:11.606
162	2223	M	PAULO MAURICIO	PORTUGAL	INDIVIDUAL	M SEN	03:08:53.177	01:09:15.220
163	2649	M	JEROME FORTIER	FRANCE	INDIVIDUAL	M SEN	03:09:01.563	01:09:23.606
164	2061	M	NUNO PINA	PORTUGAL	INDIVIDUAL	M40	03:09:06.677	01:09:28.720
165	2392	M	VASCO CARDOSO	PORTUGAL	CINFÃES A CORRER	M40	03:09:12.317	01:09:34.360
166	2043	M	TIAGO FIGUEIREDO	PORTUGAL	CLUBE BENFEITA - ALDEIA DE XISTO	M SEN	03:09:15.677	01:09:37.720
167	2241	M	CLÁUDIO ESPADA	PORTUGAL	FIGUEIRA KAYAK CLUBE	M45	03:09:21.927	01:09:43.970
168	2381	M	MARCO SANTOS	PORTUGAL	AD IALBAX	M40	03:09:30.063	01:09:52.106
169	2601	M	AGOSTINHO MOREIRA	PORTUGAL	NOCTURNOS DE PAREDES	M55	03:09:55.813	01:10:17.856
170	2504	M	MARCOS PAULO	PORTUGAL	ESGALHADA TRAIL TEAM	M SEN	03:10:08.063	01:10:30.106
171	2487	F	LIDIA TIRNOVSCHI	PORTUGAL	CAVALINHOS RUNNERS	F SEN	03:10:14.917	01:10:36.960
172	2372	M	JORGE ESTEVES	PORTUGAL	KEMEDO TEAM	M50	03:10:47.573	01:11:09.616
173	2422	M	JOSE GONCALVES	PORTUGAL	INDIVIDUAL	M SEN	03:11:06.817	01:11:28.860
174	2257	M	JOSÉ DINIZ	PORTUGAL	COIMBRA TRAIL RUNNING	M40	03:11:29.820	01:11:51.863
175	2336	M	JOÃO BERNARDO	PORTUGAL	CINFÃES A CORRER	M55	03:11:48.657	01:12:10.700
176	2144	M	DOMINGOS CAMBOA	PORTUGAL	JUVENTUDE CORTEGACENSE	M55	03:11:50.567	01:12:12.610
177	2048	M	VITOR MONTEIRO	PORTUGAL	VILAVENTURA - TRAIL RUNNING TEAM	M50	03:12:25.653	01:12:47.696
178	2112	M	PEDRO HENRIQUES	PORTUGAL	LAAC	M SEN	03:12:38.900	01:13:00.943
179	2562	M	JOÃO NAMORA	PORTUGAL	GRVILAVERDENSE	M45	03:12:42.150	01:13:04.193
180	2140	M	NUNO COELHO	PORTUGAL	ASSCC-AR LIVRE E AVENTURA	M45	03:12:46.147	01:13:08.190
181	2636	M	RUI VEITAS	PORTUGAL	INDIVIDUAL	M40	03:12:59.070	01:13:21.113
182	2046	M	RICARDO VEIGA	PORTUGAL	INDIVIDUAL	M40	03:13:21.397	01:13:43.440
183	2049	M	FILIFE AFONSO	PORTUGAL	CLUBE DE MONTANHISMO DA GUARDA	M45	03:13:43.323	01:14:05.366
184	2403	M	PAULO BRAS	PORTUGAL	CLUBE DE MONTANHISMO DA GUARDA	M45	03:13:45.573	01:14:07.616
185	2590	M	MANUEL DEUS	PORTUGAL	ATLETACAMPIONI	M55	03:13:49.890	01:14:11.933
186	2039	M	FRANCISCO ESTEVES	PORTUGAL	MELGAÇO ALVARINHO TRAIL TEAM / QUINTAS DE MELGAÇO	M SEN	03:14:04.073	01:14:26.116
187	2645	M	PEDRO SIMÕES	PORTUGAL	ABUTRES	M SEN	03:14:15.887	01:14:37.930
188	2533	M	BRAGA HUGO	PORTUGAL	AKUAFIT	M40	03:14:20.580	01:14:42.623
189	2564	M	PEDRO MARQUES	PORTUGAL	INDIVIDUAL	M40	03:14:30.383	01:14:52.426
190	2530	M	ARSENIO RODRIGUES	PORTUGAL	.	M50	03:14:37.133	01:14:59.176
191	2491	M	LUIS NUNES	PORTUGAL	INDIVIDUAL	M45	03:14:38.577	01:15:00.620
192	2058	M	PEDRO SIMÕES	PORTUGAL	MONTANHA CLUBE TRAIL RUNNING EFAPEL	M SEN	03:14:51.137	01:15:13.180
193	2167	M	SIMÃO MATOS	PORTUGAL	VISEU RUNNING TEAM	M SEN	03:14:51.323	01:15:13.366
194	2568	M	ISIDRO ALMEIDA	PORTUGAL	CINFÃES A CORRER	M SEN	03:15:14.390	01:15:36.433
195	2547	F	ISABEL ANDRADE	PORTUGAL	CINFÃES A CORRER	F SEN	03:15:15.390	01:15:37.433
196	2453	M	TIAGO BASTOS	PORTUGAL	LOS CARIBEÑOS	M SEN	03:15:32.077	01:15:54.120
197	2498	M	RUI VIEGAS	PORTUGAL	GALHARDOS RUNNERS	M40	03:15:32.327	01:15:54.370
198	2282	M	HUGO SA	PORTUGAL	#BEAPT	M SEN	03:15:54.377	01:16:16.420
199	2106	M	JOAO DIAS	PORTUGAL	CLAC ENTRONCAMENTO	M50	03:16:15.880	01:16:37.923
200	2041	M	MARCO AFONSO	PORTUGAL	MELGAÇO ALVARINHO TRAIL TEAM / QUINTAS DE MELGAÇO	M40	03:16:34.827	01:16:56.870
201	2245	M	JOÃO LOPES	PORTUGAL	VILAVENTURA - TRAIL RUNNING TEAM	M SEN	03:16:50.117	01:17:12.160
202	2334	M	NUNO CODEÇO	PORTUGAL	DUBLIN O' SEVEN	M40	03:17:02.617	01:17:24.660
203	2310	M	PEDRO FERREIRA	PORTUGAL	LEÕES DE TARDARIZ TRAIL	M45	03:17:04.827	01:17:26.870
204	2477	M	NUNO ALMEIDA	PORTUGAL	INDIVIDUAL	M40	03:17:26.363	01:17:48.406

Pos.	Dorsal	G	Nome	País	Equipa	Escalão	Tempo	Diferença
205	2118	M	SÉRGIO SANTOS	PORTUGAL	PASCOALITOS/ADBARCOUÇO	M SEN	03:17:35.113	01:17:57.156
206	2145	M	JOÃO FERREIRA	PORTUGAL	SOUTARIA TEAM	M SEN	03:17:42.117	01:18:04.160
207	2343	F	DANIELA GUERRA	PORTUGAL	TEAM KORPOACTIVO	F SEN	03:17:45.360	01:18:07.403
208	2242	F	ANA ALMEIDA	PORTUGAL	OCS ARRÁBIDA TRAIL TEAM	F40	03:18:00.587	01:18:22.630
209	2556	M	MARCO COELHO	PORTUGAL	INDIVIDUAL	M40	03:18:07.830	01:18:29.873
210	2265	M	ANDRÉ SANTOS	PORTUGAL	ARCD VENDA DA LUÍSA	M SEN	03:18:11.080	01:18:33.123
211	2020	M	JOSÉ HENRIQUES	PORTUGAL	INDIVIDUAL	M SEN	03:18:17.580	01:18:39.623
212	2067	M	DANIEL FIGUEIREDO	PORTUGAL	INDIVIDUAL	M SEN	03:18:29.113	01:18:51.156
213	2083	M	TIAGO FERREIRA	PORTUGAL	WISEU 360	M40	03:18:37.607	01:18:59.650
214	2488	M	EDGAR SEMEDO	PORTUGAL	COIMBRA TRAIL RUNNING	M45	03:18:52.107	01:19:14.150
215	2489	M	ROGÉRIO COELHO	PORTUGAL	CHITAS DE ALCOBAÇA	M50	03:19:14.830	01:19:36.873
216	2099	M	RUI VILAR	PORTUGAL	INDIVIDUAL	M45	03:19:42.847	01:20:04.890
217	2507	M	LUIS ESPADA	PORTUGAL	GRCD_LEIÃO COBRAS TRAILISTAS	M55	03:19:46.100	01:20:08.143
218	2527	M	BRUNO LEITE	PORTUGAL	INDIVIDUAL	M40	03:20:03.583	01:20:25.626
219	2452	M	ANTÓNIO GONÇALVES	PORTUGAL	SANTANA FC TRAIL TEAM	M50	03:20:13.100	01:20:35.143
220	2280	M	FREDERICO MARTINS	PORTUGAL	PASCOALITOS	M SEN	03:20:13.583	01:20:35.626
221	2614	F	DANIELA SILVA	PORTUGAL	SICÓTRILHOS ABIÚL	F SEN	03:20:19.590	01:20:41.633
222	2213	M	ORLANDO BAPTISTA	PORTUGAL	TERÇA ÀS 8	M40	03:20:48.837	01:21:10.880
223	2406	M	BRUNO TABAIO	PORTUGAL	INDIVIDUAL	M SEN	03:20:54.087	01:21:16.130
224	2337	M	JOSÉ RIBEIRO	PORTUGAL	PÉS DE CHUMBO RUNNERS	M45	03:20:58.833	01:21:20.876
225	2434	M	BRUNO SILVEIRA	PORTUGAL	OVOS DUROS	M SEN	03:21:05.360	01:21:27.403
226	2433	M	PEDRO LOPES	PORTUGAL	OS ALMINHAS	M40	03:21:22.080	01:21:44.123
227	2506	M	PEDRO SILVA	PORTUGAL	INDIVIDUAL	M40	03:21:44.583	01:22:06.626
228	2203	M	VITOR PINTO	PORTUGAL	SANTANA FC TRAIL TEAM	M50	03:22:07.827	01:22:29.870
229	2147	M	JOÃO MESQUITA	PORTUGAL	PLACE FOZ RUNNING TEAM	M SEN	03:22:30.827	01:22:52.870
230	2447	M	FERNANDO REIS	PORTUGAL	TURRES TRAIL TEAM	M50	03:22:34.820	01:22:56.863
231	2159	M	BRUNO LOPES	PORTUGAL	WISEU 360	M SEN	03:22:43.570	01:23:05.613
232	2205	M	PAULO TEIXEIRA	PORTUGAL	WISEU 360	M SEN	03:22:51.087	01:23:13.130
233	2485	F	PAULA FALACHO	PORTUGAL	INDIVIDUAL	F45	03:22:59.570	01:23:21.613
234	2084	M	DANIEL CARVALHO	PORTUGAL	SS CGD	M50	03:23:24.817	01:23:46.860
235	2444	M	GASPAR ARAUJO	PORTUGAL	G. R. C. TELHADELA	M45	03:23:32.590	01:23:54.633
236	2467	M	RAFAEL DIAS	PORTUGAL	CHITAS DE ALCOBAÇA	M SEN	03:23:35.590	01:23:57.633
237	2618	M	MARCO POMAR	PORTUGAL	INDIVIDUAL	M40	03:23:48.090	01:24:10.133
238	2126	M	DANIEL ALEXANDRE	PORTUGAL	LAAC	M SEN	03:24:08.840	01:24:30.883
239	2393	M	FILIPPE PEREIRA	PORTUGAL	G. R. C. TELHADELA	M40	03:24:24.307	01:24:46.350
240	2113	M	JOSE COSTA	PORTUGAL	MIRO TRAIL	M60	03:24:31.090	01:24:53.133
241	2537	M	JOAO BESSA	PORTUGAL	KUNALAMA RUNNERS	M SEN	03:24:32.813	01:24:54.856
242	2237	M	HUGO MARTINS	PORTUGAL	INDIVIDUAL	M SUB23	03:24:41.593	01:25:03.636
243	2503	M	CELSO LUÍS	PORTUGAL	ABUTRES	M40	03:24:42.567	01:25:04.610
244	2571	M	LUÍS GOMES	PORTUGAL	SS CGD	M SEN	03:24:44.807	01:25:06.850
245	2424	M	PAULO SERRA	PORTUGAL	MATILHA DA ATALAIÁ	M40	03:24:59.303	01:25:21.346
246	2587	M	CARLOS BORGES	PORTUGAL	INDIVIDUAL	M55	03:25:02.843	01:25:24.886
247	2416	M	JOSÉ OLIVEIRA	PORTUGAL	INDIVIDUAL	M50	03:25:05.553	01:25:27.596
248	2391	F	CLAUDIA FERREIRA	PORTUGAL	STRONG TEAM	F SEN	03:25:07.553	01:25:29.596
249	2090	F	FILIPA OLIVEIRA	PORTUGAL	AKUAFIT	F SEN	03:25:33.797	01:25:55.840
250	2364	M	DAVID SANTOS	PORTUGAL	ESGALHADA TRAIL TEAM	M SEN	03:25:39.843	01:26:01.886
251	2420	F	NÁLIA PEDROSA	PORTUGAL	FREE RUNNERS	F40	03:25:49.297	01:26:11.340
252	2234	M	PAULO DOMINGUES	PORTUGAL	INDIVIDUAL	M45	03:25:49.797	01:26:11.840
253	2609	M	PAULO PEREIRA	PORTUGAL	ESPERANÇA AC TRAIL	M40	03:25:58.093	01:26:20.136
254	2519	M	TIAGO SANTOS	PORTUGAL	INDIVIDUAL	M SEN	03:26:00.797	01:26:22.840
255	2448	M	ALEXANDRE APOSTOLO	PORTUGAL	INDIVIDUAL	M40	03:26:06.297	01:26:28.340

Pos.	Dorsal	G	Nome	País	Equipa	Escalão	Tempo	Diferença
256	2149	M	RICARDO SILVA	PORTUGAL	EU SEI LÁ	M SEN	03:26:09.800	01:26:31.843
257	2269	M	JOÃO CUSTÓDIO	PORTUGAL	AL-MOÇA-GEME	M SEN	03:26:21.790	01:26:43.833
258	2457	M	CARLOS .MACEDO	PORTUGAL	A. D. AMARANTE	M60	03:26:52.847	01:27:14.890
259	2624	M	DANIEL PEIXOTO	PORTUGAL	INDIVIDUAL	M SEN	03:27:21.037	01:27:43.080
260	2217	M	JOSÉ SILVA	PORTUGAL	DRAGÕES DO MATO	M45	03:28:14.600	01:28:36.643
261	2003	F	ANABELA MARQUES	PORTUGAL	JUVENTUDE CORTEGACENSE	F45	03:28:40.523	01:29:02.566
262	2611	F	TERESA MARIA	PORTUGAL	MÁQUINAS DO SADO	F SEN	03:29:30.600	01:29:52.643
263	2072	M	DIOGO CAVACO	PORTUGAL	MÁQUINAS DO SADO	M SEN	03:29:31.267	01:29:53.310
264	2386	M	NUNO PINOIA	PORTUGAL	MTF	M45	03:29:39.267	01:30:01.310
265	2283	M	RUI MENAS	PORTUGAL	ACADEMIA D'ESTRELAS	M40	03:29:48.763	01:30:10.806
266	2255	M	DIOGO MESQUITA	PORTUGAL	ACADEMIA D'ESTRELAS	M JUN	03:29:49.600	01:30:11.643
267	2404	M	ALBERTO CHAIÇA	PORTUGAL	ACADEMIA D'ESTRELAS	M45	03:29:54.107	01:30:16.150
268	2630	M	LUIS VIEIRA	PORTUGAL	INDIVIDUAL	M50	03:30:12.600	01:30:34.643
269	2647	M	MARCOS GÓMEZ	SPAIN	PAIDESPORT ESPAÑA	M SEN	03:30:20.263	01:30:42.306
270	2410	F	ANA ALMEIDA	PORTUGAL	INDIVIDUAL	F SEN	03:30:23.603	01:30:45.646
271	2561	M	JOÃO MARQUES	PORTUGAL	SS CGD	M40	03:30:24.007	01:30:46.050
272	2221	M	MÁRIO MARTINS	PORTUGAL	INDIVIDUAL	M40	03:30:28.007	01:30:50.050
273	2455	F	RITA MACHADO	PORTUGAL	INDIVIDUAL	F SEN	03:30:28.103	01:30:50.146
274	2468	M	ALEXANDRE FONSECA	PORTUGAL	SCD GLÓRIA DO RIBATEJO	M SEN	03:30:40.007	01:31:02.050
275	2633	F	ISABEL SANTOS	PORTUGAL	INDIVIDUAL	F45	03:30:46.103	01:31:08.146
276	2517	M	SÉRGIO PEREIRA	PORTUGAL	JÁ VOU	M SEN	03:30:54.260	01:31:16.303
277	2324	M	LUÍS VIEIRA	PORTUGAL	KUNALAMA RUNNERS	M SEN	03:31:04.257	01:31:26.300
278	2521	M	ANDRIY TKACHENKO	PORTUGAL	INDIVIDUAL	M45	03:31:04.503	01:31:26.546
279	2087	M	FRANCISCO GOMES	PORTUGAL	OVOS DUROS	M SEN	03:31:07.103	01:31:29.146
280	2226	F	MARIA LEÃO	PORTUGAL	GDUAZOIA	F50	03:31:11.603	01:31:33.646
281	2027	M	CARLOS CAMPOS	PORTUGAL	G. R. C. TELHADELA	M SEN	03:31:22.003	01:31:44.046
282	2622	M	RUI LARANJEIRO	PORTUGAL	TERAPIA DO CORPO	M45	03:31:27.003	01:31:49.046
283	2557	F	OTÍLIA COSTA	PORTUGAL	ASSSCC-AR LIVRE E AVENTURA	F40	03:31:35.000	01:31:57.043
284	2157	F	ANA GOMES	PORTUGAL	LIZ RUNNERS	F45	03:31:38.857	01:32:00.900
285	2620	M	RICARDO XAVIER	PORTUGAL	VVTR VALONGO VOUGA TRAIL RUNNING	M SEN	03:31:43.250	01:32:05.293
286	2253	M	ANGELO MARQUES	PORTUGAL	INDIVIDUAL	M50	03:31:43.857	01:32:05.900
287	2395	M	TIAGO PEREIRA	PORTUGAL	JUVENTUDE CORTEGACENSE	M40	03:32:01.507	01:32:23.550
288	2591	M	ARNALDO CRUZ	PORTUGAL	PLACE FOZ RUNNING TEAM	M55	03:32:17.997	01:32:40.040
289	2313	M	ANTÓNIO PINTO	PORTUGAL	LEÕES DE TARDARIZ TRAIL	M55	03:32:21.617	01:32:43.660
290	2390	F	GABRIELA OLIVEIRA	PORTUGAL	ASSSCC-AR LIVRE E AVENTURA	F40	03:32:25.243	01:32:47.286
291	2202	M	MICAEL GUIOMAR	PORTUGAL	SOUTARIA TEAM	M SEN	03:32:29.747	01:32:51.790
292	2011	M	NUNO CARVALHO	PORTUGAL	ABUTRES	M SEN	03:32:34.993	01:32:57.036
293	2007	M	TELMO GREGÓRIO	PORTUGAL	SÓ TANGAS	M40	03:33:01.490	01:33:23.533
294	2189	M	AMÉRICO REIS	PORTUGAL	ACP PORTALEGRE/UTSM	M55	03:33:23.737	01:33:45.780
295	2196	M	BRUNO CARVALHO	PORTUGAL	INDIVIDUAL	M SEN	03:33:56.860	01:34:18.903
296	2560	M	JOÃO VAZ	PORTUGAL	INDIVIDUAL	M40	03:34:31.360	01:34:53.403
297	2219	F	MARTA PARRILHA	PORTUGAL	CHITAS DE ALCOBAÇA	F SEN	03:34:38.477	01:35:00.520
298	2592	M	MÁRIO CARVALHO	PORTUGAL	INDIVIDUAL	M55	03:34:47.973	01:35:10.016
299	2135	M	MÁRIO AMARO	PORTUGAL	INDIVIDUAL	M45	03:34:50.227	01:35:12.270
300	2216	F	TÂNIA SILVA	PORTUGAL	BRAVOS & BRAVITAS RUN	F SEN	03:35:19.220	01:35:41.263
301	2220	M	PELÁGIO SILVA	PORTUGAL	BRAVOS & BRAVITAS RUN	M55	03:35:24.863	01:35:46.906
302	2655	M	JOSE MATOS		INDIVIDUAL	M50	03:35:25.220	01:35:47.263
303	2352	M	PEDRO GRANADAS	PORTUGAL	INDIVIDUAL	M45	03:35:37.220	01:35:59.263
304	2430	F	CARLA SANTOS	PORTUGAL	INDIVIDUAL	F SEN	03:35:40.467	01:36:02.510
305	2563	M	ANTONIO BENTO	PORTUGAL	SALAMERDAMASTIGAS	M40	03:35:42.723	01:36:04.766
306	2569	M	JOÃO MOREIRA	PORTUGAL	BASTO RUNNING CLUB	M40	03:36:21.213	01:36:43.256

Pos.	Dorsal	G	Nome	País	Equipa	Escalão	Tempo	Diferença
307	2086	F	TERESA AMORIM	PORTUGAL	RUNRIVER-ESCOLA ATLETISMO DE RIO TINTO	F SEN	03:36:24.613	01:36:46.656
308	2089	M	DIOGO GIROTO	PORTUGAL	RUNRIVER-ESCOLA ATLETISMO DE RIO TINTO	M SEN	03:36:30.863	01:36:52.906
309	2536	M	DIOGO ALVES	PORTUGAL	100 GÁS TRAIL TEAM	M SUB23	03:36:42.967	01:37:05.010
310	2248	F	PATRICIA MONTEIRO	PORTUGAL	AÍ NÓS JAMOR	F45	03:36:49.613	01:37:11.656
311	2580	M	HELDER CARRASQUEIRA	PORTUGAL	100 GÁS TRAIL TEAM	M40	03:36:50.863	01:37:12.906
312	2456	M	RUI MARTINS	PORTUGAL	CARAVELA SEGUROS TRAIL RUNNING TEAM	M45	03:37:23.720	01:37:45.763
313	2161	M	RICARDO CERQUEIRA	PORTUGAL	PLACE FOZ RUNNING TEAM	M SEN	03:38:01.367	01:38:23.410
314	2069	M	MANUEL JULIO	PORTUGAL	CLAC ENTRONCAMENTO	M60	03:38:59.200	01:39:21.243
315	2293	M	JACINTO BRANCO	PORTUGAL	SLOWRUNNERS	M SEN	03:39:24.190	01:39:46.233
316	2551	F	SABINA BRÁSIO	PORTUGAL	INDIVIDUAL	F SEN	03:39:31.370	01:39:53.413
317	2284	M	DÁRIO TRAVANCA	PORTUGAL	SLOWRUNNERS	M40	03:39:38.127	01:40:00.170
318	2285	M	JOSÉ PINHEIRO	PORTUGAL	DURAVIT RACETEAM	M SEN	03:39:48.370	01:40:10.413
319	2446	M	JOÃO FIGUEIRINHAS	PORTUGAL	PLACE FOZ RUNNING TEAM	M55	03:39:49.120	01:40:11.163
320	2298	F	ANA FERREIRA	PORTUGAL	INDIVIDUAL	F SEN	03:39:50.193	01:40:12.236
321	2375	M	PAULO CORREIA	PORTUGAL	PAULO CORREIA REABILITAÇÃO INTEGRADA	M40	03:40:04.183	01:40:26.226
322	2496	M	JOÃO ROCHA	PORTUGAL	INDIVIDUAL	M50	03:40:09.183	01:40:31.226
323	2208	M	LUCIO GOMES	PORTUGAL	NOCTURNOS DE PAREDES	M SEN	03:41:11.120	01:41:33.163
324	2185	M	ANTONIO AFONSO	PORTUGAL	INDIVIDUAL	M50	03:41:24.423	01:41:46.466
325	2119	M	PAULO CARVALHO	PORTUGAL	INDIVIDUAL	M50	03:41:36.420	01:41:58.463
326	2029	F	CARLA COSTA	PORTUGAL	RUNNING ESPINHO	F SEN	03:41:38.870	01:42:00.913
327	2400	M	JOSÉ MOURA	PORTUGAL	NOCTURNOS DE PAREDES	M45	03:41:43.420	01:42:05.463
328	2028	M	ALVARO PINHEIRO	PORTUGAL	COIMBRA TRAIL RUNNING	M SEN	03:42:08.963	01:42:31.006
329	2357	M	SÉRGIO MESQUITA	PORTUGAL	ACADEMIA D'ESTRELAS	M40	03:42:26.873	01:42:48.916
330	2032	M	SÉRGIO PONTE	PORTUGAL	VILAVENTURA RUNNING TEAM	M SEN	03:42:29.623	01:42:51.666
331	2421	F	ANA CARVALHO	PORTUGAL	VILAVENTURA - TRAIL RUNNING TEAM	F SEN	03:42:30.130	01:42:52.173
332	2238	F	OLGA PAULINO	PORTUGAL	GDUAZOIA	F45	03:42:39.877	01:43:01.920
333	2486	M	ÂNGELO CARNEIRO	PORTUGAL	ALTOS&BAIXOS	M SEN	03:42:53.410	01:43:15.453
334	2315	M	VITOR FRANCO	PORTUGAL	PACE.MAKERS	M55	03:42:57.127	01:43:19.170
335	2312	F	CRISTINA GABRIEL	PORTUGAL	SS CGD	F SEN	03:42:59.623	01:43:21.666
336	2376	M	TIAGO CARNEIRO	PORTUGAL	INDIVIDUAL	M SEN	03:43:00.913	01:43:22.956
337	2534	M	CARLOS SANTOS	PORTUGAL	INDIVIDUAL	M50	03:43:01.170	01:43:23.213
338	2151	M	ANTÓNIO CEBOLA	PORTUGAL	CLAC ENTRONCAMENTO	M SEN	03:43:05.167	01:43:27.210
339	2583	M	LUÍS MARTINS	PORTUGAL	LEÕES DE TARDARIZ TRAIL	M40	03:43:19.410	01:43:41.453
340	2545	F	FILIPA OLIVEIRA	PORTUGAL	INDIVIDUAL	F40	03:44:22.627	01:44:44.670
341	2417	M	DIOGO SILVA	PORTUGAL	GDR GRANJA - TRUTAS DO MAU	M SEN	03:44:25.900	01:44:47.943
342	2405	M	DAVID CALDEIRA	PORTUGAL	THEREDPROJECT	M40	03:44:27.657	01:44:49.700
343	2619	M	RAFAEL COSTA	PORTUGAL	INDIVIDUAL	M SEN	03:44:37.647	01:44:59.690
344	2186	M	RICARDO COELHO	PORTUGAL	INDIVIDUAL	M SEN	03:44:38.897	01:45:00.940
345	2093	M	MÁRIO SANTIAGO	PORTUGAL	INDIVIDUAL	M45	03:44:40.877	01:45:02.920
346	2588	M	EMANUEL CASIMIRO	PORTUGAL	ACTIFISIO	M40	03:44:51.627	01:45:13.670
347	2063	F	ROSARIO SILVA	PORTUGAL	INDIVIDUAL	F55	03:44:51.643	01:45:13.686
348	2500	M	LUIS BASTOS	PORTUGAL	INDIVIDUAL	M SEN	03:44:57.397	01:45:19.440
349	2538	F	ANA MARQUES	PORTUGAL	INDIVIDUAL	F SEN	03:45:03.393	01:45:25.436
350	2001	M	EDUARDO ESTEVES	PORTUGAL	VISEU 360	M45	03:45:04.627	01:45:26.670
351	2552	M	FÁBIO PITA	PORTUGAL	MIRO TRAIL	M SEN	03:45:06.880	01:45:28.923
352	2510	F	DIANA MARTINS	PORTUGAL	MIRO TRAIL	F SEN	03:45:08.630	01:45:30.673
353	2574	M	PEDRO AGRAFOS	PORTUGAL	INDIVIDUAL	M SEN	03:45:09.127	01:45:31.170
354	2172	F	SUSANA CASTRO	PORTUGAL	TRAIL RUNNERS FAMILY	F40	03:45:22.880	01:45:44.923
355	2160	M	FERNANDO MARQUES	PORTUGAL	TRAIL RUNNERS FAMILY	M40	03:45:24.627	01:45:46.670
356	2250	M	RUI VALENTE	PORTUGAL	INDIVIDUAL	M45	03:45:55.907	01:46:17.950
357	2053	M	FILIPE COSTA	PORTUGAL	CASA DO BENFICA DE ARGANIL	M SEN	03:46:00.630	01:46:22.673

Pos.	Dorsal	G	Nome	País	Equipa	Escalão	Tempo	Diferença
358	2501	M	RICARDO RODRIGUES	PORTUGAL	INDIVIDUAL	M40	03:46:04.883	01:46:26.926
359	2553	F	SOFIA BASTOS	PORTUGAL	LEBRES DO JAMOR	F40	03:46:07.130	01:46:29.173
360	2509	M	NUNO MALAQUIAS	PORTUGAL	LEBRES DO JAMOR	M40	03:46:07.630	01:46:29.673
361	2229	M	RODOLFO SILVA	PORTUGAL	RODOLFO SILVA SEGUROS	M40	03:46:18.630	01:46:40.673
362	2321	M	ISMAEL RAMOS	PORTUGAL	INDIVIDUAL	M SEN	03:46:31.880	01:46:53.923
363	2035	M	BRUNO JORGE	PORTUGAL	INDIVIDUAL	M40	03:46:44.147	01:47:06.190
364	2657	M	HUGO RODRIGUES		INDIVIDUAL	M SEN	03:47:13.630	01:47:35.673
365	2354	F	MAFALDA RIBEIRO	PORTUGAL	TERÇA ÀS 8	F SEN	03:49:05.110	01:49:27.153
366	2346	F	TÁLIA MARTINS	PORTUGAL	HUT RUNNERS	F50	03:49:07.113	01:49:29.156
367	2513	M	NUNO AFONSO	PORTUGAL	LEBRES DO JAMOR	M SEN	03:49:39.387	01:50:01.430
368	2464	M	MIGUEL REIS	PORTUGAL	LEÕES DE TARDARIZ TRAIL	M40	03:49:40.107	01:50:02.150
369	2057	M	JOAO MAIA	PORTUGAL	OVOS DUROS	M SEN	03:49:48.033	01:50:10.076
370	2079	F	MARÍA JOSÉ	SPAIN	CLUB MARATÓN BADAJOZ	F45	03:49:53.637	01:50:15.680
371	2419	M	LUIS GONÇALVES	PORTUGAL	INDIVIDUAL	M45	03:50:36.357	01:50:58.400
372	2045	M	FILIPE SILVA	PORTUGAL	INDIVIDUAL	M55	03:50:36.850	01:50:58.893
373	2370	M	JOÃO GÓIS	PORTUGAL	COIMBRA TRAIL RUNNING	M50	03:51:18.843	01:51:40.886
374	2532	M	MÁRIO ARAÚJO	PORTUGAL	EQUIPA A	M40	03:51:36.390	01:51:58.433
375	2105	M	NUNO MILHEIRO	PORTUGAL	INDIVIDUAL	M40	03:51:57.837	01:52:19.880
376	2621	F	TÂNIA GOMES	PORTUGAL	DRAGÕES DO MATO	F SEN	03:52:04.640	01:52:26.683
377	2332	F	ELISABETE DELGADO	PORTUGAL	DRAGÕES DO MATO	F SEN	03:52:06.087	01:52:28.130
378	2195	M	MANUEL NAVARRO	SPAIN	INDIVIDUAL	M40	03:52:09.397	01:52:31.440
379	2348	M	MANUEL LUIS	PORTUGAL	FLORESTAS SUSTENTÁVEIS	M40	03:52:17.083	01:52:39.126
380	2236	M	GONÇALO RIBEIRO	PORTUGAL	PLACE FOZ RUNNING TEAM	M SEN	03:52:18.583	01:52:40.626
381	2540	F	ANA RIBEIRO	PORTUGAL	LOS CARIBEÑOS	F SEN	03:52:19.393	01:52:41.436
382	2198	F	ÁGUEDA NETO	PORTUGAL	INDIVIDUAL	F SEN	03:52:44.583	01:53:06.626
383	2394	F	ANA SANTOS	PORTUGAL	AD IALBAX	F40	03:52:55.830	01:53:17.873
384	2225	F	ISABEL PARREIRAL	PORTUGAL	GEAR UP	F SEN	03:53:10.353	01:53:32.396
385	2535	F	PATRICIA CORDINHA	PORTUGAL	GEAR UP	F SEN	03:53:12.097	01:53:34.140
386	2211	F	MONICA SALVADOR	PORTUGAL	GEAR UP	F40	03:53:14.650	01:53:36.693
387	2363	F	BRIGITTE GERIA	PORTUGAL	GEAR UP	F50	03:53:17.580	01:53:39.623
388	2122	F	DANIELA CUNHA	PORTUGAL	GDR GRANJA - TRUTAS DO MAU	F SEN	03:53:39.573	01:54:01.616
389	2638	F	CÁTIA BEIRÃO	PORTUGAL	INDIVIDUAL	F SEN	03:53:39.893	01:54:01.936
390	2111	M	AGOSTINHO CARDOSO	PORTUGAL	LEÕES DE TARDARIZ TRAIL	M45	03:53:42.333	01:54:04.376
391	2096	M	PEDRO RODOLFO	PORTUGAL	INDIVIDUAL	M40	03:54:01.323	01:54:23.366
392	2047	M	AVELINO RODRIGUES	PORTUGAL	PASCOALITOS	M40	03:54:42.067	01:55:04.110
393	2637	F	CECÍLIA ALMEIDA	PORTUGAL	GDR GRANJA - TRUTAS DO MAU	F40	03:55:06.313	01:55:28.356
394	2307	M	NUNO SIMÃO	PORTUGAL	MATILHA DA ATALAIA	M45	03:55:12.313	01:55:34.356
395	2612	F	ANA PASCOAL	PORTUGAL	TEAM URBAN OBSTACLES	F SEN	03:55:17.563	01:55:39.606
396	2586	M	PEDRO ALEIXO	PORTUGAL	TEAM URBAN OBSTACLES	M SEN	03:55:20.310	01:55:42.353
397	2068	M	PAULO AMORIM	PORTUGAL	NOCTURNOS DE PAREDES	M SEN	03:55:33.810	01:55:55.853
398	2429	M	RUI NETO	PORTUGAL	FREE RUNNERS	M40	03:55:45.147	01:56:07.190
399	2361	F	CLARA GONÇALVES	PORTUGAL	INDIVIDUAL	F45	03:55:52.647	01:56:14.690
400	2103	M	NUNO PAIVA	PORTUGAL	SARZEDO RUNNERS	M45	03:56:09.077	01:56:31.120
401	2065	M	TELMO BALSAS	PORTUGAL	INDIVIDUAL	M SEN	03:56:11.563	01:56:33.606
402	2413	M	AUGUSTO TEIXEIRA	PORTUGAL	INDIVIDUAL	M50	03:56:18.303	01:56:40.346
403	2358	M	ANTÓNIO PINHEIRO	PORTUGAL	SIM SUMMIT	M40	03:56:35.800	01:56:57.843
404	2379	F	CATARINA SINTRA	PORTUGAL	LAMA SOLTA	F40	03:58:19.653	01:58:41.696
405	2353	M	PEDRO SANTOS	PORTUGAL	LAMA SOLTA	M SEN	03:58:26.153	01:58:48.196
406	2024	F	CÁTIA FERREIRA	PORTUGAL	VILAVENTURA RUNNING TEAM	F SEN	03:58:27.537	01:58:49.580
407	2632	M	MARCO PASCOAL	PORTUGAL	VILAVENTURA RUNNING TEAM	M SEN	03:58:27.903	01:58:49.946
408	2030	M	SERGIO FERREIRA	PORTUGAL	JÁ VOU	M SEN	03:58:29.287	01:58:51.330



Pos.	Dorsal	G	Nome	País	Equipa	Escalão	Tempo	Diferença
409	2514	F	ANABELA SILVA	PORTUGAL	PÉS DE CHUMBO RUNNERS	F SEN	03:58:36.660	01:58:58.703
410	2288	M	LUIS QUEIROS	PORTUGAL	PÉ NO MONTE	M40	03:58:48.537	01:59:10.580
411	2558	F	SÓNIA RODRIGUES	PORTUGAL	GALHARDOS RUNNERS	F40	03:58:49.033	01:59:11.076
412	2328	M	ALEXANDRE ANJOS	PORTUGAL	TRIBO AST COIMBRA	M SEN	03:59:18.780	01:59:40.823
413	2212	M	GABRIEL NUNES	PORTUGAL	SCD GLÓRIA DO RIBATEJO	M SEN	03:59:28.153	01:59:50.196
414	2273	M	MANUEL ALVARINO	PORTUGAL	LEÕES DE TARDARIZ TRAIL	M45	04:00:11.023	02:00:33.066
415	2459	M	LUÍS SERRA	PORTUGAL	INDIVIDUAL	M45	04:01:55.410	02:02:17.453
416	2204	F	DIANA MARQUES	PORTUGAL	SCD GLÓRIA DO RIBATEJO	F SEN	04:01:55.527	02:02:17.570
417	2418	F	SÍLVIA PEDRO	PORTUGAL	MIRO TRAIL	F50	04:03:39.243	02:04:01.286
418	2650	M	RUI MARANTE	PORTUGAL	PASTILHAS TEAM	M SEN	04:03:42.747	02:04:04.790
419	2192	F	VANDA MEDEIRO	PORTUGAL	INDIVIDUAL	F40	04:03:45.020	02:04:07.063
420	2085	M	FERNANDO MARTINS	PORTUGAL	ARCD VENDA DA LUÍSA	M60	04:03:45.910	02:04:07.953
421	2064	F	JÚLIA ARSÉNIO	PORTUGAL	ZIMBRA FOX RUNNERS	F45	04:03:59.240	02:04:21.283
422	2338	F	ANGELA SILVA	PORTUGAL	INDIVIDUAL	F SEN	04:04:13.493	02:04:35.536
423	2497	F	CRISTIANA CRISTIANA	PORTUGAL	ASSOCIAÇÃO 20 KMS DE ALMEIRIM	F SEN	04:05:38.227	02:06:00.270
424	2589	F	MARGARIDA SILVA	PORTUGAL	NOCTURNOS DE PAREDES	F SEN	04:06:15.167	02:06:37.210
425	2249	M	NELSON NOGUEIRA	PORTUGAL	INDIVIDUAL	M60	04:07:40.710	02:08:02.753
426	2042	M	JOSÉ TEIXEIRA	PORTUGAL	NOCTURNOS DE PAREDES	M55	04:07:47.667	02:08:09.710
427	2037	M	SERGIO RODELO	PORTUGAL	RUN CREW TRAIL MONTIJO	M50	04:08:31.207	02:08:53.250
428	2184	F	SOPHIE DUARTE	PORTUGAL	INDIVIDUAL	F SEN	04:09:42.670	02:10:04.713
429	2173	M	CARLOS ALMEIDA	PORTUGAL	INDIVIDUAL	M60	04:09:44.953	02:10:06.996
430	2511	M	HELDER ROQUE	PORTUGAL	INDIVIDUAL	M SEN	04:10:15.707	02:10:37.750
431	2473	F	PATRICIA PEREIRA	PORTUGAL	INDIVIDUAL	F SEN	04:12:18.423	02:12:40.466
432	2623	M	DINO MARQUES	PORTUGAL	LOS CARIBEÑOS	M SEN	04:12:24.423	02:12:46.466
433	2023	F	FERNANDA LEÃO	PORTUGAL	NOCTURNOS DE PAREDES	F45	04:13:08.417	02:13:30.460
434	2515	M	ARTUR FONSECA	PORTUGAL	RUPTURA TOTAL	M40	04:13:16.427	02:13:38.470
435	2490	M	PASCOAL PIRES	PORTUGAL	G. R. C. TELHADELA	M40	04:18:09.377	02:18:31.420
436	2127	M	CARLOS JESUS	PORTUGAL	INDIVIDUAL	M55	04:18:16.187	02:18:38.230
437	2010	F	MARÍA MARÍN	SPAIN	CLUB MARATÓN BADAJOZ	F40	04:18:20.123	02:18:42.166
438	2331	M	PEDRO FREIRE	PORTUGAL	SICÓTRILHOS ABIÚL	M45	04:18:37.123	02:18:59.166
439	2435	M	HELDER FERNANDES	PORTUGAL	INDIVIDUAL	M SEN	04:18:53.873	02:19:15.916
440	2200	F	ELISABETE PINTO	PORTUGAL	SANTANA FC TRAIL TEAM	F50	04:19:50.187	02:20:12.230
441	2033	F	CARLA TAVARES	PORTUGAL	INDIVIDUAL	F SEN	04:19:54.113	02:20:16.156
442	2260	F	CONCEIÇÃO CANDEIAS	PORTUGAL	INDIVIDUAL	F50	04:20:10.360	02:20:32.403
443	2323	F	LUCILIA FAUSTINO	PORTUGAL	SALAMANDRECOS	F SEN	04:20:25.187	02:20:47.230
444	2407	F	ANA PIPA	PORTUGAL	MONTES SALOIOS TRAIL TEAM	F40	04:20:25.947	02:20:47.990
445	2073	F	CATARINA CARDOSO	PORTUGAL	WISEU 360	F JUN	04:20:43.357	02:21:05.400
446	2304	F	FILIPA MARTINS	PORTUGAL	AKUAFIT	F SEN	04:21:08.360	02:21:30.403
447	2056	F	ELSA FERREIRA	PORTUGAL	AKUAFIT	F45	04:21:11.440	02:21:33.483
448	2155	F	PAULA SANTOS	PORTUGAL	INDIVIDUAL	F45	04:21:19.197	02:21:41.240
449	2613	M	JOAO LEITE	PORTUGAL	NOCTURNOS DE PAREDES	M45	04:21:53.097	02:22:15.140
450	2635	M	LEOPOLDO RIBEIRO	PORTUGAL	SÓ TANGAS	M SEN	04:21:58.440	02:22:20.483
451	2291	M	JOSE NEVES	PORTUGAL	PLACE FOZ RUNNING TEAM	M60	04:23:36.080	02:23:58.123
452	2377	F	ESTEFÂNIA MATIAS	PORTUGAL	CLUBE VODAFONE	F45	04:23:57.577	02:24:19.620
453	2026	F	ANA CERÍACO	PORTUGAL	ABCANSADO TRAIL	F SEN	04:24:01.193	02:24:23.236
454	2266	M	MÁRIO MENESES	PORTUGAL	PLACE FOZ RUNNING TEAM	M60	04:24:30.327	02:24:52.370
455	2458	M	PEDRO CARETAS	PORTUGAL	INDIVIDUAL	M SEN	04:26:18.570	02:26:40.613
456	2080	F	CÁTIA ZURGA	PORTUGAL	INDIVIDUAL	F SEN	04:26:25.317	02:26:47.360
457	2015	F	CÂNDIDA PACHECO	PORTUGAL	SANTANA FC TRAIL TEAM	F SEN	04:29:31.037	02:29:53.080
458	2095	F	ANDREIA RIBEIRO	PORTUGAL	BOAVISTA TRAIL	F40	04:29:33.283	02:29:55.326
459	2121	F	MARIA RODRIGUES	PORTUGAL	INDIVIDUAL	F55	04:30:27.953	02:30:49.996

Pos.	Dorsal	G	Nome	País	Equipa	Escalão	Tempo	Diferença
460	2252	M	ANTÓNIO JOAQUIM	PORTUGAL	PIAS EM MOVIMENTO	M50	04:37:34.467	02:37:56.510
461	2382	M	FAUSTO REIS	PORTUGAL	MIRO TRAIL	M SEN	04:37:35.217	02:37:57.260
462	2378	F	VERA LOURENÇO	PORTUGAL	TÁLENTOS TEAM	F45	04:37:41.467	02:38:03.510
463	2474	F	HELENA MARQUES	PORTUGAL	PÉ NO MONTE	F45	04:38:15.213	02:38:37.256
464	2320	M	RUI SIMÕES	PORTUGAL	INDIVIDUAL	M SEN	04:38:32.467	02:38:54.510
465	2275	F	ANA SOBRAL	PORTUGAL	INDIVIDUAL	F40	04:39:14.453	02:39:36.496
466	2329	F	MARIA OLIVEIRA	PORTUGAL	INDIVIDUAL	F50	04:39:19.217	02:39:41.260
467	2463	M	PAULO SÁ	PORTUGAL	WISEU 360	M50	04:39:50.837	02:40:12.880
468	2306	F	MARIA GONÇALVES	PORTUGAL	INDIVIDUAL	F55	04:40:44.470	02:41:06.513
469	2294	M	JOÃO ABRANTES	PORTUGAL	DURAVIT RACETEAM	M45	04:42:37.930	02:42:59.973
470	2179	M	RAFAEL BRONZE	PORTUGAL	GRUPO MARAVILHA	M45	04:43:39.167	02:44:01.210
471	2174	M	JOÃO DÂMASO	PORTUGAL	GRUPO MARAVILHA	M SEN	04:43:47.727	02:44:09.770
472	2125	F	CLÁUDIA SILVA	PORTUGAL	INDIVIDUAL	F SEN	04:44:51.477	02:45:13.520
473	2214	F	MARIANA PINHEIRO	PORTUGAL	DRAGÕES DO MATO	F JUN	04:44:59.160	02:45:21.203
474	2339	F	ANA BRITO	PORTUGAL	SALGUEIROS RUNNING	F SEN	04:45:09.657	02:45:31.700
475	2059	M	TIAGO LAGES	PORTUGAL	SALGUEIROS RUNNING	M SEN	04:45:11.480	02:45:33.523
476	2199	M	TIAGO PINTO	PORTUGAL	DRAGÕES DO MATO	M SEN	04:48:27.983	02:48:50.026
477	2438	M	JOSE MOUTINHO	PORTUGAL	CONFRARIA TROTAMONTES	M60	04:48:39.377	02:49:01.420
478	2593	F	SILVIA ANTUNES	PORTUGAL	VVTR VALONGO VOUGA TRAIL RUNNING	F SEN	04:48:51.490	02:49:13.533
479	2483	M	TIAGO CARVALHO	PORTUGAL	VVTR VALONGO VOUGA TRAIL RUNNING	M SEN	04:48:51.983	02:49:14.026
480	2350	M	RUI COSTA	PORTUGAL	INDIVIDUAL	M45	04:49:01.627	02:49:23.670
481	2017	F	MARIA SILVA	PORTUGAL	VVTR VALONGO VOUGA TRAIL RUNNING	F45	04:49:23.487	02:49:45.530
482	2292	M	MIGUEL HENRIQUES	PORTUGAL	WHOCARESYOUTRAILRUN	M50	04:49:28.487	02:49:50.530
483	2051	F	ROSA SILVA	PORTUGAL	VVTR VALONGO VOUGA TRAIL RUNNING	F40	04:49:29.620	02:49:51.663
484	2525	M	GONÇALO ROMEIRAS	PORTUGAL	INDIVIDUAL	M45	04:51:10.737	02:51:32.780
485	2281	M	JOÃO ALCOBIA	PORTUGAL	PIAS EM MOVIMENTO	M45	04:51:57.990	02:52:20.033
486	2584	M	LUÍS SA	PORTUGAL	VVTR VALONGO VOUGA TRAIL RUNNING	M45	04:54:01.747	02:54:23.790
487	2146	F	MARIA CONDEÇO	PORTUGAL	KANINOS	F55	04:56:17.997	02:56:40.040
488	2171	M	MÁRIO SANTIAGO	PORTUGAL	KANINOS	M55	04:56:18.067	02:56:40.110
489	2279	F	CÉLIA CORDEIRO	PORTUGAL	SHFIT TRAIL TEAM	F40	04:58:35.550	02:58:57.593
490	2124	M	FRANCISCO BATISTA	PORTUGAL	SHFIT TRAIL TEAM	M SEN	04:58:45.497	02:59:07.540
491	2570	M	JAIME AZEVEDO	PORTUGAL	OS ALMINHAS	M SEN	04:59:09.550	02:59:31.593
492	2016	F	MATILDE MENAS	PORTUGAL	ACADEMIA D?ESTRELAS	F JUN	04:59:51.537	03:00:13.580
493	2036	M	PEDRO RODRIGUES	PORTUGAL	ACADEMIA D?ESTRELAS	M45	04:59:52.787	03:00:14.830
494	2512	F	PATRICIA GOMES	PORTUGAL	VVTR VALONGO VOUGA TRAIL RUNNING	F SEN	05:00:11.253	03:00:33.296
495	2271	F	MARISA CAÇÃO	PORTUGAL	PASCOALITOS	F SEN	05:01:14.027	03:01:36.070
496	2360	F	GINA CORREIA	PORTUGAL	ADA DESNIVEL	F40	05:01:22.717	03:01:44.760
497	2480	M	BETO RODRIGUEZ	PORTUGAL	PASCOALITOS	M SEN	05:01:24.783	03:01:46.826
498	2303	F	ANA MARQUES	PORTUGAL	VVTR VALONGO VOUGA TRAIL RUNNING	F SEN	05:01:33.030	03:01:55.073