

| Pos. | Dorsal | G | Nome               | País     | Equipa                                                       | Escalão | Tempo        | Chip         |
|------|--------|---|--------------------|----------|--------------------------------------------------------------|---------|--------------|--------------|
| 1    | 1607   | M | NUNO LOPES         |          | INDIVIDUAL                                                   | M35     | 02:19:17.360 | 02:19:17.360 |
| 2    | 733    | M | CARLOS COSTA       | PORTUGAL | GRUPO DESPORTIVO E CULTURAL DE GUILHOVAI                     | M35     | 02:22:00.490 | 02:22:00.490 |
| 3    | 1366   | M | PAULO ROSARIO      | PORTUGAL | INDIVIDUAL                                                   | M SEN   | 02:27:08.397 | 02:27:06.824 |
| 4    | 1222   | M | EDGAR MATIAS       | PORTUGAL | G.D.R. SÃO FRANCISCO DA SERRA                                | M40     | 02:29:58.880 | 02:29:54.630 |
| 5    | 1338   | F | ANA FERREIRA       | PORTUGAL | SPORTING C.P.                                                | F35     | 02:31:26.020 | 02:31:25.040 |
| 6    | 1343   | M | RUI TEIXEIRA       | PORTUGAL | INDIVIDUAL                                                   | M40     | 02:31:26.427 | 02:31:25.024 |
| 7    | 1562   | M | MARCO FERREIRA     | PORTUGAL | UNIAO DESPORTIVA DE VARZEA                                   | M45     | 02:34:09.667 | 02:34:08.540 |
| 8    | 1480   | M | JOSE SOUSA         | PORTUGAL | INDIVIDUAL                                                   | M SEN   | 02:36:46.817 | 02:36:44.984 |
| 9    | 1491   | M | AUGUSTO COSTA      | PORTUGAL | AMIGOS DA MONTANHA - ASSOCIAÇÃO DEMONTANHISMO DE BARCELINHOS | M50     | 02:36:46.913 | 02:36:46.346 |
| 10   | 1492   | F | DULCE FÉLIX        | PORTUGAL | INDIVIDUAL                                                   | F40     | 02:36:52.257 | 02:36:51.217 |
| 11   | 564    | M | ANDRÉ COSTA        | PORTUGAL | CASA DO BENFICA DE REGUENGOS DE MONSARAZ                     | M SEN   | 02:38:19.303 | 02:38:17.450 |
| 12   | 844    | M | DIAMANTINO MARTINS | PORTUGAL | GRUPO DESPORTIVO RECREATIVO JUVENTUDE DAS RIBEIRAS           | M45     | 02:38:38.300 | 02:38:35.117 |
| 13   | 1036   | M | PAULO PEREIRA      | PORTUGAL | NÚCLEO DE ATLETISMO DE VILA REAL                             | M SEN   | 02:39:20.757 | 02:39:19.567 |
| 14   | 932    | M | MARCO FARIA        | PORTUGAL | VIZELA CORRE                                                 | M45     | 02:41:14.793 | 02:41:11.973 |
| 15   | 1186   | M | PEDRO GILVAZ       | PORTUGAL | INDIVIDUAL                                                   | M45     | 02:41:32.380 | 02:41:29.483 |
| 16   | 803    | M | STEVEN SÁ          | PORTUGAL | INDIVIDUAL                                                   | M SEN   | 02:42:23.723 | 02:42:17.266 |
| 17   | 1612   | M | TIAGO SILVA        | PORTUGAL | TS TRAINING SQUAD                                            | M SEN   | 02:42:34.097 | 02:42:31.924 |
| 18   | 1216   | M | FERNANDO VIDAL     | SPAIN    | INDIVIDUAL                                                   | M45     | 02:42:35.457 | 02:42:28.630 |
| 19   | 1040   | M | JORGE CUBAL        | PORTUGAL | INDIVIDUAL                                                   | M35     | 02:42:39.000 | 02:42:34.663 |
| 20   | 1124   | M | VASCO BATISTA      | PORTUGAL | TEAM EL COMANDANTE                                           | M45     | 02:43:07.963 | 02:43:05.966 |
| 21   | 929    | M | MAXI OUBIÑA        | SPAIN    | INDIVIDUAL                                                   | M35     | 02:43:15.777 | 02:43:12.054 |
| 22   | 1012   | M | DANIEL GARCÍA      | SPAIN    | INDIVIDUAL                                                   | M35     | 02:43:30.280 | 02:43:25.460 |
| 23   | 1464   | M | ARTUR PEREIRA      |          | LINDA-A-PASTORA SPORTING CLUBE                               | M45     | 02:43:59.860 | 02:43:51.883 |
| 24   | 1466   | M | JOÃO GINJA         |          | LINDA-A-PASTORA SPORTING CLUBE                               | M55     | 02:44:10.700 | 02:44:06.973 |
| 25   | 1393   | M | PAULO GARCIA       | PORTUGAL | CF OS BELENENSES                                             | M50     | 02:44:37.370 | 02:44:34.793 |
| 26   | 1561   | M | JOAQUIM LOPES      | PORTUGAL | CLUBE DESPORTIVO SÃO SALVADOR DO CAMPO                       | M55     | 02:44:37.803 | 02:44:34.726 |
| 27   | 578    | M | LAURENT PASCO      | FRANCE   | INDIVIDUAL                                                   | M45     | 02:45:14.273 | 02:45:10.140 |
| 28   | 1315   | M | SERGIO SANTOS      | SPAIN    | INDIVIDUAL                                                   | M35     | 02:45:15.410 | 02:45:08.443 |
| 29   | 1223   | M | EUCLIDES ALMEIDA   | PORTUGAL | G.D.R. SÃO FRANCISCO DA SERRA                                | M40     | 02:45:20.513 | 02:45:16.376 |
| 30   | 624    | M | JOÃO REBELO        | PORTUGAL | VITORIA FUTEBOL CLUBE                                        | M SEN   | 02:45:44.877 | 02:45:41.870 |
| 31   | 1444   | M | NUNO COSTA         | PORTUGAL | TEAM EL COMANDANTE                                           | M SEN   | 02:45:56.753 | 02:45:55.876 |
| 32   | 1070   | M | JOSE BALLESTEROS   | SPAIN    | INDIVIDUAL                                                   | M45     | 02:47:19.400 | 02:47:13.150 |
| 33   | 1424   | M | ANTÓNIO FERREIRA   | PORTUGAL | INDIVIDUAL                                                   | M50     | 02:49:05.123 | 02:48:56.666 |
| 34   | 931    | M | CARLOS MONTEIRO    | PORTUGAL | VIZELA CORRE                                                 | M50     | 02:49:32.580 | 02:49:30.837 |
| 35   | 1138   | M | LUÍS CATARINO      | PORTUGAL | GIRA SOL                                                     | M40     | 02:49:41.920 | 02:49:33.440 |
| 36   | 424    | M | TIAGO FARIA        | PORTUGAL | INDIVIDUAL                                                   | M40     | 02:49:47.720 | 02:49:38.550 |
| 37   | 1349   | M | CRISTIANO MOREIRA  | PORTUGAL | INDIVIDUAL                                                   | M SEN   | 02:50:09.973 | 02:50:00.496 |
| 38   | 1203   | M | PEDRO FERREIRA     | PORTUGAL | AC VERMOIL                                                   | M45     | 02:50:20.553 | 02:50:16.416 |
| 39   | 968    | M | PABLO SANTOS       | SPAIN    | INDIVIDUAL                                                   | M40     | 02:50:28.040 | 02:50:21.470 |
| 40   | 1456   | M | DANIEL BARROS      | PORTUGAL | JUVENTUDE CORTEGACENSE                                       | M40     | 02:50:50.750 | 02:50:44.003 |
| 41   | 1108   | M | JOÃO ALMEIDA       | PORTUGAL | DCI/TRILHOS LUSO BUSSACO                                     | M55     | 02:51:01.373 | 02:50:52.206 |
| 42   | 1602   | M | JOÃO MOREIRA       | PORTUGAL | INDIVIDUAL                                                   | M35     | 02:51:17.673 | 02:51:14.326 |
| 43   | 582    | M | IGNACIO VILAS      | PORTUGAL | INDIVIDUAL                                                   | M40     | 02:51:40.920 | 02:51:34.960 |
| 44   | 761    | M | PEDRO COSTA        | PORTUGAL | INDIVIDUAL                                                   | M40     | 02:51:48.020 | 02:51:39.793 |
| 45   | 1255   | M | HERNANI FURTADO    | PORTUGAL | SPORTING CLUBE DE ESPINHO                                    | M40     | 02:51:58.037 | 02:51:51.964 |
| 46   | 1236   | M | FERNANDO VILELA    | PORTUGAL | UNIAO DESPORTIVA DE VARZEA                                   | M60     | 02:52:09.493 | 02:52:04.490 |
| 47   | 1182   | M | RUI ALVES          | PORTUGAL | ASSOCIAÇÃO CULTURAL RECREATIVA DO DESTERRO                   | M50     | 02:52:10.087 | 02:52:05.040 |
| 48   | 652    | M | MICHEL FERNÁNDEZ   | SPAIN    | S.D.BARBANTIA RODA                                           | M SEN   | 02:52:14.427 | 02:52:09.300 |

| Pos. | Dorsal | G | Nome                      | País     | Equipa                                             | Escalão | Tempo        | Chip         |
|------|--------|---|---------------------------|----------|----------------------------------------------------|---------|--------------|--------------|
| 49   | 1438   | M | MIGUEL PINTO              | PORTUGAL | FEDERAÇÃO FAMÍLIA PAZ MUNDIAL UNIFICAÇÃO           | M45     | 02:52:15.920 | 02:51:59.047 |
| 50   | 1350   | M | SÉRGIO SALGUEIRO          | PORTUGAL | TEAM EL COMANDANTE                                 | M SEN   | 02:52:48.103 | 02:52:44.886 |
| 51   | 849    | M | BRUNO PIRES               | PORTUGAL | GRUPO DESPORTIVO RECREATIVO JUVENTUDE DAS RIBEIRAS | M40     | 02:52:49.530 | 02:52:44.787 |
| 52   | 1199   | M | JOSE MARTINS              | PORTUGAL | INDIVIDUAL                                         | M60     | 02:53:15.747 | 02:53:10.647 |
| 53   | 1038   | M | JOÃO CAVADAS              | PORTUGAL | INDIVIDUAL                                         | M55     | 02:53:55.197 | 02:53:50.310 |
| 54   | 404    | M | LUIS GOMES                | PORTUGAL | NASCIDOS PARA CORRER                               | M SEN   | 02:54:03.037 | 02:53:45.194 |
| 55   | 1251   | M | JORGE SANTOS              | PORTUGAL | FUTEBOL CLUBE PENAFIEL                             | M35     | 02:54:13.933 | 02:54:09.546 |
| 56   | 749    | F | LAURA GRILO               | PORTUGAL | INDIVIDUAL                                         | F35     | 02:54:26.140 | 02:54:19.873 |
| 57   | 1025   | M | NUNO PEREIRA              | PORTUGAL | INDIVIDUAL                                         | M45     | 02:54:44.590 | 02:54:39.470 |
| 58   | 693    | M | DAVID ALFAIATE            | PORTUGAL | INDIVIDUAL                                         | M35     | 02:55:34.153 | 02:55:28.790 |
| 59   | 1048   | M | ÂNGELO SANTOS             | PORTUGAL | TEAM EL COMANDANTE                                 | M40     | 02:55:40.923 | 02:55:40.923 |
| 60   | 1125   | M | PAULO MENDES              | PORTUGAL | TEAM EL COMANDANTE                                 | M50     | 02:55:59.600 | 02:55:38.410 |
| 61   | 895    | M | ANTÓNIO SOUSA             | PORTUGAL | ASSOCIAÇÃO GRIJO A CORRER                          | M50     | 02:55:59.777 | 02:55:54.347 |
| 62   | 1211   | M | FILIPPE CUNHA             |          | INDIVIDUAL                                         | M40     | 02:56:04.223 | 02:55:42.966 |
| 63   | 691    | M | CARLOS TORRES             | SPAIN    | S.D.BARBANTIA RODA                                 | M45     | 02:56:12.593 | 02:56:07.163 |
| 64   | 789    | M | CLÁUDIO ARAÚJO            |          | INDIVIDUAL                                         | M35     | 02:56:21.263 | 02:56:04.946 |
| 65   | 446    | M | IVANDRO MOREIRA           | PORTUGAL | INDIVIDUAL                                         | M SEN   | 02:56:24.767 | 02:56:11.250 |
| 66   | 915    | M | LUCAS POUSO               | SPAIN    | INDIVIDUAL                                         | M40     | 02:56:25.170 | 02:56:18.660 |
| 67   | 1519   | M | LUÍS QUINTAS              | PORTUGAL | CASA DO BENFICA EM ABRANTES                        | M45     | 02:56:48.047 | 02:56:33.487 |
| 68   | 721    | M | TIAGO ENCARNAÇÃO          | PORTUGAL | INDIVIDUAL                                         | M SEN   | 02:56:58.180 | 02:56:51.463 |
| 69   | 1134   | M | RUI SILVA                 | PORTUGAL | INDIVIDUAL                                         | M40     | 02:57:05.343 | 02:56:59.126 |
| 70   | 782    | M | DANIEL CALVÃO             | PORTUGAL | INDIVIDUAL                                         | M SEN   | 02:57:15.507 | 02:56:10.787 |
| 71   | 508    | M | JOAO FAUSTINO             | PORTUGAL | INDIVIDUAL                                         | M45     | 02:57:23.857 | 02:57:03.047 |
| 72   | 799    | M | RUI AMADOR                | PORTUGAL | INDIVIDUAL                                         | M40     | 02:57:42.500 | 02:56:48.993 |
| 73   | 492    | M | SERGIO NOGUEIRA           | SPAIN    | INDIVIDUAL                                         | M40     | 02:57:47.613 | 02:57:09.303 |
| 74   | 445    | M | ALEXANDRE VILAS-BOAS      | PORTUGAL | ONTRISPORTS                                        | M SEN   | 02:57:51.367 | 02:56:13.980 |
| 75   | 7      | M | ROLANDO RIBEIRO           | PORTUGAL | SPORT COMERCIO SALGUEIROS                          | M50     | 02:57:54.887 | 02:57:45.457 |
| 76   | 1245   | M | JOSÉ SANTOS               | PORTUGAL | AC VERMOIL                                         | M50     | 02:57:57.453 | 02:57:50.670 |
| 77   | 1357   | M | LUÍS BOAVISTA             | PORTUGAL | INDIVIDUAL                                         | M55     | 02:58:11.377 | 02:58:05.944 |
| 78   | 1354   | M | ANDRE CAMPOS              | PORTUGAL | INDIVIDUAL                                         | M40     | 02:58:12.470 | 02:58:04.783 |
| 79   | 1486   | M | NUNO SANTOS               | PORTUGAL | INDIVIDUAL                                         | M40     | 02:58:13.937 | 02:58:09.754 |
| 80   | 655    | M | JOSE NAVARRO              | SPAIN    | S.D.BARBANTIA RODA                                 | M45     | 02:58:25.243 | 02:58:19.746 |
| 81   | 50     | M | TIAGO OLIVEIRA            | PORTUGAL | INDIVIDUAL                                         | M35     | 02:58:30.630 | 02:58:16.173 |
| 82   | 305    | M | JOÃO SILVA                | PORTUGAL | CLUBE DE ATLETISMO DE OVAR                         | M40     | 02:58:41.967 | 02:58:33.400 |
| 83   | 874    | M | PAULO PEREIRA             | PORTUGAL | DRAGON CLUB                                        | M45     | 02:58:50.290 | 02:58:44.967 |
| 84   | 1403   | M | ANTÓNIO MATEUS            | PORTUGAL | RUNNERS SERNANCELHE TERRA DA CASTANHA              | M40     | 02:58:50.343 | 02:58:35.780 |
| 85   | 747    | M | ILIDIO JANEIRO            | PORTUGAL | INDIVIDUAL                                         | M45     | 02:58:58.050 | 02:58:55.343 |
| 86   | 1462   | M | ANDRÉ CORVO               | PORTUGAL | LINDA-A-PASTORA SPORTING CLUBE                     | M40     | 02:59:06.447 | 02:58:57.197 |
| 87   | 1450   | M | NELSON SANTOS             | PORTUGAL | JOVASE TRAIL RUNNING                               | M40     | 02:59:11.510 | 02:58:59.693 |
| 88   | 1021   | M | LUISMANUEL CHIMENOFIDALGO | SPAIN    | CORRECAMINOS                                       | M40     | 02:59:17.680 | 02:58:46.353 |
| 89   | 1360   | M | ANTONIO AMORIM            | PORTUGAL | INDIVIDUAL                                         | M50     | 02:59:29.357 | 02:59:21.377 |
| 90   | 639    | M | JOÃO LEITE                | PORTUGAL | RUNNING ESPINHO                                    | M35     | 02:59:30.203 | 02:58:07.343 |
| 91   | 483    | M | GUSTAVO SANTOS            | PORTUGAL | INDIVIDUAL                                         | M35     | 02:59:32.750 | 02:59:27.737 |
| 92   | 860    | M | PAULO PIRES               | PORTUGAL | RUNNERS DO DEMO                                    | M40     | 02:59:38.847 | 02:59:24.407 |
| 93   | 502    | M | CARLOS ROSÁRIO            | PORTUGAL | INDIVIDUAL                                         | M45     | 02:59:40.190 | 02:59:33.207 |
| 94   | 970    | M | ERIC MARTÍNEZ             | SPAIN    | INDIVIDUAL                                         | M SEN   | 02:59:43.363 | 02:59:29.663 |
| 95   | 1198   | M | DUARTE CORTES             | POLAND   | INDIVIDUAL                                         | M45     | 02:59:44.643 | 02:56:33.423 |
| 96   | 460    | M | GODINHO RAMOS             | PORTUGAL | INDIVIDUAL                                         | M45     | 02:59:47.923 | 02:59:35.286 |

| Pos. | Dorsal | G | Nome               | País     | Equipa                                             | Escalão | Tempo        | Chip         |
|------|--------|---|--------------------|----------|----------------------------------------------------|---------|--------------|--------------|
| 97   | 697    | M | DUARTE VASCONCELOS | PORTUGAL | TEAM RUNNERS                                       | M50     | 02:59:50.653 | 02:59:40.890 |
| 98   | 388    | M | CARLOS ABREU       | PORTUGAL | JOVASE TRAIL RUNNING                               | M45     | 02:59:59.060 | 02:59:47.620 |
| 99   | 813    | M | CÉSAR ALMEIDA      | PORTUGAL | BOBADELAS                                          | M35     | 03:00:14.900 | 02:59:34.083 |
| 100  | 1274   | M | HUGO SILVA         | PORTUGAL | INDIVIDUAL                                         | M35     | 03:00:28.673 | 03:00:20.500 |
| 101  | 607    | M | JOSÉ AFONSO        |          | HSANTAMARIART                                      | M40     | 03:00:36.997 | 03:00:34.360 |
| 102  | 904    | M | VITOR GOMES        | PORTUGAL | ONTRISPORTS                                        | M35     | 03:00:43.307 | 03:00:17.690 |
| 103  | 1412   | M | JOSÉ NUNES         | PORTUGAL | INDIVIDUAL                                         | M45     | 03:01:11.407 | 03:00:57.307 |
| 104  | 1107   | M | EDUARDO TEIXEIRA   | PORTUGAL | INDIVIDUAL                                         | M50     | 03:01:12.643 | 03:01:01.623 |
| 105  | 742    | M | JOSÉ ROCHA         | PORTUGAL | INDIVIDUAL                                         | M50     | 03:01:22.753 | 03:01:06.006 |
| 106  | 699    | M | SERAFIM REIS       | PORTUGAL | INDIVIDUAL                                         | M50     | 03:02:03.573 | 03:01:38.096 |
| 107  | 962    | M | NUNO GONÇALO       | PORTUGAL | INDIVIDUAL                                         | M40     | 03:02:11.410 | 03:01:51.993 |
| 108  | 363    | M | ARMANDO CORREIA    |          | INDIVIDUAL                                         | M50     | 03:02:23.697 | 03:02:15.597 |
| 109  | 1081   | M | HENRIQUE JANOTA    | PORTUGAL | INDIVIDUAL                                         | M50     | 03:03:05.660 | 03:03:04.053 |
| 110  | 907    | M | AMADEU SOARES      | PORTUGAL | DESNIVEL POSITIVO                                  | M45     | 03:03:06.667 | 03:02:56.144 |
| 111  | 1473   | M | SÉRGIO MALHEIRO    |          | LINDA-A-PASTORA SPORTING CLUBE                     | M40     | 03:03:16.480 | 03:03:08.297 |
| 112  | 1478   | M | HÉLDER FERREIRA    | PORTUGAL | INDIVIDUAL                                         | M35     | 03:03:16.543 | 03:02:50.076 |
| 113  | 765    | M | BRUNO RODRIGUES    | PORTUGAL | OUTSYSTEMS                                         | M40     | 03:03:34.453 | 03:02:51.570 |
| 114  | 411    | M | JORGE RAMOS        | PORTUGAL | INDIVIDUAL                                         | M40     | 03:03:38.110 | 03:03:29.570 |
| 115  | 347    | M | ANDRE NOBRE        | PORTUGAL | INDIVIDUAL                                         | M40     | 03:03:44.467 |              |
| 116  | 619    | M | JOEL SELDENREICH   | BRAZIL   | INDIVIDUAL                                         | M40     | 03:04:25.293 | 03:04:12.046 |
| 117  | 1056   | M | LUIS SANTOS        | PORTUGAL | INDIVIDUAL                                         | M50     | 03:04:36.907 | 03:03:33.830 |
| 118  | 842    | M | ANDRE ROBALO       | PORTUGAL | INDIVIDUAL                                         | M45     | 03:04:38.840 | 03:04:11.707 |
| 119  | 1024   | M | EDUARDO PACHECO    | PORTUGAL | GRUPO DESPORTIVO RECREATIVO JUVENTUDE DAS RIBEIRAS | M40     | 03:05:05.230 | 03:04:54.820 |
| 120  | 1140   | M | BRUNO PEREIRA      | PORTUGAL | INDIVIDUAL                                         | M40     | 03:05:08.290 | 03:04:48.940 |
| 121  | 1181   | M | RAFAEL COSTA       | PORTUGAL | INDIVIDUAL                                         | M35     | 03:05:19.840 | 03:05:11.727 |
| 122  | 1032   | M | JOÃO MACHADO       | PORTUGAL | INDIVIDUAL                                         | M45     | 03:05:31.297 | 03:05:26.284 |
| 123  | 1227   | M | BRUNO MOTA         | PORTUGAL | GRUPO DESPORTIVO RECREATIVO JUVENTUDE DAS RIBEIRAS | M40     | 03:05:45.957 | 03:05:33.230 |
| 124  | 758    | M | ERNESTO ALVES      | PORTUGAL | JUVENTUDE CORTEGACENSE                             | M50     | 03:06:02.590 | 03:05:52.453 |
| 125  | 1010   | M | PEDRO FREITAS      | PORTUGAL | TOCRUNNERS                                         | M45     | 03:06:14.057 | 03:06:10.474 |
| 126  | 1160   | M | JOÃO CRUZ          | PORTUGAL | AFDD MONTIJO                                       | M35     | 03:06:20.677 | 03:06:12.060 |
| 127  | 1175   | M | JOSÉ VILELA        | PORTUGAL | ONTRISPORTS                                        | M40     | 03:06:21.067 | 03:06:10.580 |
| 128  | 517    | M | FABIO PITÃES       | PORTUGAL | BORABORA                                           | M35     | 03:06:49.120 | 03:05:31.633 |
| 129  | 1328   | M | FERNANDO MEIRA     | PORTUGAL | INDIVIDUAL                                         | M45     | 03:06:54.373 | 03:06:06.403 |
| 130  | 15     | M | ANDRÉ NOVAIS       | PORTUGAL | INDIVIDUAL                                         | M SEN   | 03:06:58.013 | 03:06:34.786 |
| 131  | 725    | M | HELDER ALVALADE    | PORTUGAL | CLUBE RAQUEL CABAÇO                                | M50     | 03:07:10.857 | 03:06:57.620 |
| 132  | 51     | M | RUI PINTO          | PORTUGAL | INDIVIDUAL                                         | M40     | 03:07:16.860 | 03:06:44.523 |
| 133  | 1355   | M | SÉRGIO PADILHA     | PORTUGAL | INDIVIDUAL                                         | M50     | 03:07:21.623 | 03:07:15.403 |
| 134  | 1005   | M | RICARDO OLIVEIRA   | PORTUGAL | INDIVIDUAL                                         | M45     | 03:07:29.227 | 03:07:24.337 |
| 135  | 3      | M | PEDRO GUIMARÃES    | PORTUGAL | INDIVIDUAL                                         | M50     | 03:07:48.970 | 03:07:42.593 |
| 136  | 452    | M | LUIS MENEZES       | PORTUGAL | INDIVIDUAL                                         | M SEN   | 03:07:52.090 | 03:07:31.137 |
| 137  | 1176   | M | MANUEL BESSA       | PORTUGAL | EV PERALTAFIL                                      | M45     | 03:07:54.457 | 03:06:55.990 |
| 138  | 1273   | M | BRUNO ROLIM        | PORTUGAL | INDIVIDUAL                                         | M40     | 03:08:06.203 | 03:07:36.333 |
| 139  | 952    | M | JOSÉ BARQUERO      | PORTUGAL | GAVIÕES                                            | M45     | 03:08:12.277 | 03:07:59.547 |
| 140  | 1405   | M | EMÍDIO CORREIA     | PORTUGAL | HEALTH CLUB EL SPA - MELIA RIA                     | M35     | 03:08:18.280 | 03:08:05.793 |
| 141  | 379    | M | JOSÉ SANTOS        | PORTUGAL | INDIVIDUAL                                         | M40     | 03:08:23.557 | 03:08:11.740 |
| 142  | 659    | M | PAULO MOREIRA      | PORTUGAL | CHAMUSCA TRAIL                                     | M50     | 03:08:31.847 | 03:08:13.167 |
| 143  | 925    | M | RAMÓN OUBIÑA       | SPAIN    | INDIVIDUAL                                         | M50     | 03:08:37.170 | 03:08:34.497 |
| 144  | 657    | M | MÁRIO FÉLIX        | PORTUGAL | ASSOCIAÇÃO DESPORTIVA E RECREATIVA - FERMENTELOS   | M40     | 03:08:41.827 | 03:08:10.624 |

| Pos. | Dorsal | G | Nome                 | País     | Equipa                                            | Escalão | Tempo        | Chip         |
|------|--------|---|----------------------|----------|---------------------------------------------------|---------|--------------|--------------|
| 145  | 1184   | M | JOSÉ MARQUES         | PORTUGAL | ÁGUIAS DA MISERICÓRDIA                            | M40     | 03:08:44.693 | 03:08:30.156 |
| 146  | 996    | M | MARCO VALENTE        | PORTUGAL | GDR JUVENTUDE DAS RIBEIRAS                        | M SEN   | 03:08:47.277 | 03:07:13.077 |
| 147  | 990    | M | ANTÓNIO RIBEIRO      | PORTUGAL | SOSENSE TRAIL TEAM - BRAGA&FERNANDES              | M40     | 03:09:09.057 | 03:08:57.150 |
| 148  | 1445   | M | LUCAS GARCIA         | SPAIN    | INDIVIDUAL                                        | M40     | 03:09:11.903 | 03:08:47.313 |
| 149  | 521    | M | RUI SILVA            | PORTUGAL | MOVIMENTO JUVENTUDE DE MERELIM                    | M45     | 03:09:25.307 | 03:08:09.544 |
| 150  | 995    | M | NUNO LOPES           | PORTUGAL | INDIVIDUAL                                        | M45     | 03:09:25.583 | 03:08:30.160 |
| 151  | 891    | M | RICARDO RODRIGUES    | PORTUGAL | TEAM EL COMANDANTE                                | M45     | 03:09:45.633 |              |
| 152  | 1414   | M | PAULO ROQUE          | PORTUGAL | INDIVIDUAL                                        | M50     | 03:09:47.640 | 03:09:38.410 |
| 153  | 1110   | M | LUÍS MENDES          | PORTUGAL | ONTRISPORTS                                       | M45     | 03:09:51.637 | 03:09:42.764 |
| 154  | 936    | M | JOSÉ SILVA           | PORTUGAL | INDIVIDUAL                                        | M50     | 03:10:05.393 | 03:09:39.620 |
| 155  | 933    | M | ALEJANDRO MURIAS     | SPAIN    | LASER RANING                                      | M35     | 03:10:08.600 | 03:09:17.903 |
| 156  | 780    | M | JOÃO CANAS           | PORTUGAL | INDIVIDUAL                                        | M35     | 03:10:23.837 | 03:08:20.964 |
| 157  | 376    | M | EDUARDO LOURENÇO     | PORTUGAL | INDIVIDUAL                                        | M50     | 03:10:26.277 | 03:09:44.347 |
| 158  | 1224   | M | JOÃO CARRILHO        | PORTUGAL | G.D.R. SÃO FRANCISCO DA SERRA                     | M35     | 03:10:30.577 | 03:10:23.510 |
| 159  | 1459   | F | LÍDIA PEREIRA        | PORTUGAL | INDIVIDUAL                                        | F55     | 03:10:33.500 | 03:10:31.633 |
| 160  | 1161   | M | RAUL MONTERO         | SPAIN    | INDIVIDUAL                                        | M50     | 03:10:34.163 | 03:09:07.226 |
| 161  | 1189   | M | ANTONIO LOURO        | PORTUGAL | INDIVIDUAL                                        | M45     | 03:10:45.857 | 03:10:38.277 |
| 162  | 1166   | F | CATARINA LOURENÇO    | PORTUGAL | INDIVIDUAL                                        | F40     | 03:10:53.107 | 03:10:24.527 |
| 163  | 748    | M | MÁRCIO SILVA         | PORTUGAL | LS RUNNERS                                        | M SEN   | 03:10:59.863 | 03:09:37.166 |
| 164  | 1218   | M | PEDRO PIRES          | PORTUGAL | INDIVIDUAL                                        | M55     | 03:11:09.610 | 03:11:00.533 |
| 165  | 1210   | M | JOSÉ MARCELINO       | PORTUGAL | INDIVIDUAL                                        | M60     | 03:11:18.097 | 03:11:07.380 |
| 166  | 1020   | M | DIEGO LOPEZHERNANDEZ | SPAIN    | CORRECAMINOS                                      | M45     | 03:11:24.300 | 03:10:52.673 |
| 167  | 934    | M | FERNANDO PIÑEIRO     | SPAIN    | LASER RANING                                      | M SEN   | 03:11:32.317 | 03:10:41.400 |
| 168  | 827    | M | JOÃO CAÇADOR         | PORTUGAL | INDIVIDUAL                                        | M SEN   | 03:11:34.177 | 03:11:14.167 |
| 169  | 972    | M | HELDER SILVA         | PORTUGAL | Q-TRILHO                                          | M40     | 03:11:59.420 | 03:11:39.890 |
| 170  | 889    | M | VITOR AZEVEDO        | PORTUGAL | INDIVIDUAL                                        | M50     | 03:12:01.793 | 03:10:45.913 |
| 171  | 1217   | M | PAULO MARTINS        | PORTUGAL | INDIVIDUAL                                        | M50     | 03:12:03.467 | 03:11:37.540 |
| 172  | 974    | F | SILVIA SILVA         | PORTUGAL | Q-TRILHO                                          | F SEN   | 03:12:06.413 | 03:11:48.660 |
| 173  | 430    | M | AUGUSTO TRINDADE     | PORTUGAL | RUNNERS DO DEMO                                   | M45     | 03:12:06.867 | 03:11:52.424 |
| 174  | 695    | F | NATI GARCIA          | SPAIN    | RUNNING OLEIROS                                   | F45     | 03:12:11.190 | 03:12:03.497 |
| 175  | 694    | M | JESUS ALVAREZ        | SPAIN    | RUNNING OLEIROS                                   | M55     | 03:12:11.363 | 03:12:04.053 |
| 176  | 537    | M | NICHOLAS CRAMPSEY    | PORTUGAL | INDIVIDUAL                                        | M45     | 03:12:24.510 | 03:11:45.957 |
| 177  | 1446   | M | CHRISTIAN BESADA     | SPAIN    | INDIVIDUAL                                        | M40     | 03:12:31.317 | 03:12:07.694 |
| 178  | 571    | M | NUNO FREITAS         | PORTUGAL | WORKIO                                            | M35     | 03:12:39.453 | 03:11:04.690 |
| 179  | 494    | M | VICTOR CORREIA       | PORTUGAL | INDIVIDUAL                                        | M50     | 03:12:41.867 | 03:12:16.194 |
| 180  | 1047   | M | HUGO SILVA           | PORTUGAL | INDIVIDUAL                                        | M40     | 03:12:58.903 | 03:12:46.143 |
| 181  | 1452   | M | PEDRO GOMES          | PORTUGAL | INDIVIDUAL                                        | M35     | 03:13:07.207 | 03:12:49.060 |
| 182  | 318    | M | ROLANDO REIS         | PORTUGAL | ONTRISPORTS                                       | M35     | 03:13:09.057 | 03:12:55.600 |
| 183  | 966    | M | CECÍLIO FERREIRA     | PORTUGAL | INDIVIDUAL                                        | M45     | 03:13:14.423 | 03:12:07.343 |
| 184  | 675    | M | ARTURO PINEIRO       | SPAIN    | S.D.BARBANTIA RODA                                | M50     | 03:13:16.660 | 03:12:26.403 |
| 185  | 487    | M | JOSÉ CRUZ            | PORTUGAL | INDIVIDUAL                                        | M45     | 03:13:22.447 | 03:13:06.580 |
| 186  | 1550   | M | FERNANDO ANTUNES     | PORTUGAL | INDIVIDUAL                                        | M65     | 03:13:23.923 | 03:13:18.646 |
| 187  | 569    | M | RICARDO COSTA        | PORTUGAL | INDIVIDUAL                                        | M40     | 03:13:41.360 | 03:12:12.720 |
| 188  | 614    | M | JACINTO FERREIRA     | PORTUGAL | INDIVIDUAL                                        | M50     | 03:13:45.683 | 03:13:12.863 |
| 189  | 1361   | M | PAULO COSTA          |          | INDIVIDUAL                                        | M50     | 03:13:53.647 | 03:13:42.464 |
| 190  | 1614   | M | MARCO CHARRUA        | PORTUGAL | CASA DO BENFICA EM ALGUEIRAO MEM MARTINS - SINTRA | M55     | 03:13:59.747 | 03:12:16.257 |
| 191  | 654    | M | JOSE ALMEIDA         | PORTUGAL | RUNNING ESMORIZ                                   | M SEN   | 03:13:59.793 | 03:13:11.523 |
| 192  | 1059   | M | LOUIS CAL            | PORTUGAL | ACD ILHAVOS                                       | M SEN   | 03:14:01.383 | 03:13:58.446 |

| Pos. | Dorsal | G | Nome                | País     | Equipa                                       | Escalão | Tempo        | Chip         |
|------|--------|---|---------------------|----------|----------------------------------------------|---------|--------------|--------------|
| 193  | 1019   | M | MIGUEL MARTINS      | PORTUGAL | CLUBE ORIENTAL DE LISBOA                     | M45     | 03:14:07.497 | 03:13:13.644 |
| 194  | 1221   | M | VITOR NEVES         | PORTUGAL | INDIVIDUAL                                   | M40     | 03:14:12.457 | 03:12:55.630 |
| 195  | 1106   | M | FERNANDO GONÇALVES  | PORTUGAL | INDIVIDUAL                                   | M55     | 03:14:25.473 | 03:13:37.150 |
| 196  | 820    | M | MARC LEMAITRE       | BELGIUM  | INDIVIDUAL                                   | M45     | 03:14:26.413 | 03:13:54.800 |
| 197  | 1239   | M | FILIPÉ CORREIA      | PORTUGAL | A NATUREZA ENSINA                            | M35     | 03:14:28.417 | 03:14:21.714 |
| 198  | 547    | M | PEDRO VICENTE       | PORTUGAL | INDIVIDUAL                                   | M45     | 03:14:33.570 | 03:13:35.933 |
| 199  | 640    | M | JOEL FERREIRA       | PORTUGAL | INDIVIDUAL                                   | M35     | 03:14:42.513 | 03:13:29.040 |
| 200  | 342    | M | BRUNO CASAL         | PORTUGAL | INDIVIDUAL                                   | M SEN   | 03:15:10.280 | 03:15:07.463 |
| 201  | 1041   | M | JOÃO NEVES          | PORTUGAL | JOBRA                                        | M50     | 03:15:13.153 | 03:15:09.976 |
| 202  | 784    | M | NUNO COSTA          | PORTUGAL | INDIVIDUAL                                   | M45     | 03:15:14.800 | 03:14:40.860 |
| 203  | 1057   | M | ANTÓNIO PENACHO     | PORTUGAL | INDIVIDUAL                                   | M45     | 03:15:15.250 | 03:13:44.650 |
| 204  | 1229   | M | MIGUEL CASTRO       | PORTUGAL | RUNNERS SERNANCELHE TERRA DA CASTANHA        | M50     | 03:15:28.377 | 03:15:15.884 |
| 205  | 1142   | M | MARCO PINTO         | PORTUGAL | CLUBE UNIÃO DESPORTIVA DE ALFORNELOS         | M SEN   | 03:15:38.513 | 03:15:35.873 |
| 206  | 703    | M | NELSON COSTA        | PORTUGAL | CCD CRÉDITO AGRÍCOLA MÚTUO                   | M40     | 03:15:40.740 | 03:15:22.837 |
| 207  | 605    | M | DANIEL ROCHA        |          | HSANTAMARIART                                | M40     | 03:15:42.220 | 03:15:39.117 |
| 208  | 1394   | M | PAULO OLIVEIRA      | PORTUGAL | INDIVIDUAL                                   | M40     | 03:15:42.757 | 03:15:10.650 |
| 209  | 1369   | M | MARCELO GRAÇA       | INDIA    | INDIVIDUAL                                   | M SEN   | 03:15:50.537 | 03:14:57.020 |
| 210  | 1096   | M | BRUNO BONDOSO       | PORTUGAL | CLUBE DESPORTIVO E CULTURAL DA NAVE          | M45     | 03:15:50.717 | 03:15:46.854 |
| 211  | 1483   | M | HUGO CHUMBO         | PORTUGAL | FRESENIUS KABI RUNNERS                       | M45     | 03:15:52.663 | 03:15:25.890 |
| 212  | 1609   | M | DIOGO PARRACHO      |          | INDIVIDUAL                                   | M SEN   | 03:15:52.850 | 03:15:20.640 |
| 213  | 1202   | M | RICARDO OLIVEIRA    | PORTUGAL | TEAM EL COMANDANTE                           | M50     | 03:16:27.690 | 03:16:14.303 |
| 214  | 464    | M | BRUNO CARRASQUEIRA  | PORTUGAL | INDIVIDUAL                                   | M45     | 03:16:46.533 | 03:16:22.343 |
| 215  | 491    | M | DIETER BRANTS       | BELGIUM  | RMR BÉLGICA                                  | M55     | 03:17:21.283 | 03:16:16.303 |
| 216  | 1597   | M | LUIS OLIVEIRA       | PORTUGAL | INDIVIDUAL                                   | M40     | 03:17:28.317 | 03:16:44.144 |
| 217  | 1188   | M | MIGUEL VIEIRA       | PORTUGAL | INDIVIDUAL                                   | M50     | 03:17:43.230 | 03:17:19.060 |
| 218  | 1099   | F | ADRIANA SOUSA       | PORTUGAL | INDIVIDUAL                                   | F40     | 03:17:59.387 | 03:16:46.974 |
| 219  | 1133   | M | GUILLERMO RODRIGUEZ | SPAIN    | INDIVIDUAL                                   | M60     | 03:18:05.107 | 03:17:02.604 |
| 220  | 397    | M | DINIS SILVA         | PORTUGAL | INDIVIDUAL                                   | M35     | 03:18:08.163 | 03:16:54.686 |
| 221  | 575    | M | RUI PEREIRA         | PORTUGAL | INDIVIDUAL                                   | M50     | 03:18:37.640 | 03:18:10.653 |
| 222  | 574    | M | RICARDO PEREIRA     | PORTUGAL | INDIVIDUAL                                   | M45     | 03:18:37.767 | 03:18:10.787 |
| 223  | 945    | M | JOSÉ SÁ             | PORTUGAL | INDIVIDUAL                                   | M SEN   | 03:18:48.760 | 03:18:43.873 |
| 224  | 621    | M | ROBERTO LAGO        | SPAIN    | INDIVIDUAL                                   | M45     | 03:18:54.050 | 03:18:15.003 |
| 225  | 1028   | M | SÉRGIO SILVA        | PORTUGAL | TEAM EL COMANDANTE                           | M40     | 03:18:56.570 | 03:18:41.543 |
| 226  | 410    | M | SÉRGIO TEIXEIRA     | PORTUGAL | ALVERCA URBAN RUNNERS                        | M45     | 03:18:56.763 | 03:18:38.436 |
| 227  | 741    | M | EDUARDO PINTO       | PORTUGAL | NASCIDOS PARA CORRER - ASSOCIAÇÃO DESPORTIVA | M60     | 03:18:56.877 | 03:18:00.380 |
| 228  | 1090   | M | AMÁVEL PINTO        | PORTUGAL | INDIVIDUAL                                   | M35     | 03:19:09.387 | 03:18:10.564 |
| 229  | 538    | M | FRANCIANO MARCHIORI | PORTUGAL | INDIVIDUAL                                   | M SEN   | 03:19:13.343 | 03:18:09.900 |
| 230  | 591    | M | ROMAIN RENAULT      | FRANCE   | INDIVIDUAL                                   | M40     | 03:19:13.617 | 03:18:58.867 |
| 231  | 1215   | M | PAULO SILVA         | PORTUGAL | CENAP - CACIA                                | M40     | 03:19:35.120 | 03:18:55.660 |
| 232  | 1458   | M | ANTONIO PINTO       | PORTUGAL | INDIVIDUAL                                   | M40     | 03:20:08.153 | 03:19:53.486 |
| 233  | 722    | M | CARLOS CASO         | SPAIN    | S.D.BARBANTIA RODA                           | M SEN   | 03:20:20.590 | 03:19:43.267 |
| 234  | 1489   | M | PEDRO MONTEIRO      | PORTUGAL | GAIA-RUNNING                                 | M40     | 03:20:37.703 | 03:18:16.083 |
| 235  | 909    | M | ANDRÉ MARTINS       | PORTUGAL | INDIVIDUAL                                   | M35     | 03:20:57.900 | 03:19:18.913 |
| 236  | 421    | M | VITOR RIBEIRO       | PORTUGAL | INDIVIDUAL                                   | M35     | 03:21:00.353 | 03:20:32.510 |
| 237  | 790    | M | VASCO BRITO         | PORTUGAL | TEAM EL COMANDANTE                           | M50     | 03:21:00.863 | 03:20:55.940 |
| 238  | 964    | M | JORGE FONTES        | PORTUGAL | INDIVIDUAL                                   | M60     | 03:21:03.147 | 03:20:17.594 |
| 239  | 422    | M | CARLOS LOPES        | PORTUGAL | INDIVIDUAL                                   | M50     | 03:21:06.557 | 03:19:58.447 |
| 240  | 1460   | M | JOSIAS MEIRA        | PORTUGAL | DCI/TRILHOS LUSO BUSSACO                     | M40     | 03:21:18.733 | 03:19:51.770 |



| Pos. | Dorsal | G | Nome               | País           | Equipa                                                        | Escalão | Tempo        | Chip         |
|------|--------|---|--------------------|----------------|---------------------------------------------------------------|---------|--------------|--------------|
| 241  | 1534   | M | FILIPE ALMEIDA     | PORTUGAL       | INDIVIDUAL                                                    | M45     | 03:21:18.847 | 03:21:00.777 |
| 242  | 989    | M | CARLOS BAPTISTA    | PORTUGAL       | INDIVIDUAL                                                    | M60     | 03:21:21.493 | 03:20:21.563 |
| 243  | 720    | M | JEAN PICHOT        | SPAIN          | INDIVIDUAL                                                    | M50     | 03:21:29.337 | 03:20:12.680 |
| 244  | 365    | M | SÓSTENES BARBOSA   | PORTUGAL       | INDIVIDUAL                                                    | M35     | 03:21:52.627 | 03:19:56.394 |
| 245  | 1100   | M | NUNO SILVA         | PORTUGAL       | S.C.POVOENSE - CARACÓIS DE CORRIDA                            | M45     | 03:21:55.523 | 03:20:58.650 |
| 246  | 973    | M | MIGUEL ALVES       | PORTUGAL       | Q-TRILHO                                                      | M50     | 03:22:07.100 | 03:21:48.627 |
| 247  | 486    | M | JOÃO GAMEIRO       | PORTUGAL       | INDIVIDUAL                                                    | M50     | 03:22:18.267 | 03:21:23.394 |
| 248  | 625    | M | EDGAR PALHINHA     | PORTUGAL       | SANTAPALHA                                                    | M40     | 03:22:20.990 | 03:20:49.897 |
| 249  | 14     | M | JOSÉ PEREIRA       | PORTUGAL       | ASSOCIAÇÃO RECREATIVA CULTURAL E DESPORTIVA DA VENDA DA LUISA | M40     | 03:22:25.877 | 03:22:05.990 |
| 250  | 572    | M | PEDRO MAIA         | PORTUGAL       | INDIVIDUAL                                                    | M40     | 03:22:31.160 | 03:22:15.253 |
| 251  | 534    | M | JOSÉ SANTOS        | PORTUGAL       | TEAM EL COMANDANTE                                            | M55     | 03:22:44.613 | 03:22:28.266 |
| 252  | 1247   | F | MARA CÉLIA         |                | MC                                                            | F40     | 03:22:49.900 | 03:22:16.173 |
| 253  | 649    | M | ANDRÉ CORREIA      | PORTUGAL       | MELVIN JONES                                                  | M SEN   | 03:22:53.047 | 03:21:32.814 |
| 254  | 1246   | M | MARCIO MELO        |                | MC                                                            | M40     | 03:22:59.090 | 03:22:24.347 |
| 255  | 1015   | M | MARTIN PIRES       | SPAIN          | INDIVIDUAL                                                    | M35     | 03:23:05.323 | 03:22:59.776 |
| 256  | 906    | M | DANIEL GREHA       | PORTUGAL       | INDIVIDUAL                                                    | M45     | 03:23:10.830 | 03:22:50.383 |
| 257  | 1518   | M | JOSÉ DURÃO         | PORTUGAL       | CASA DO BENFICA EM ABRANTES                                   | M55     | 03:23:11.050 | 03:23:00.463 |
| 258  | 589    | M | EMILIO FERNANDEZ   |                | INDIVIDUAL                                                    | M40     | 03:23:12.707 | 03:22:20.704 |
| 259  | 423    | F | DULCINEA SILVA     | PORTUGAL       | INDIVIDUAL                                                    | F50     | 03:23:20.587 | 03:22:50.154 |
| 260  | 527    | M | OLIVER CARRINGTON  | UNITED KINGDOM | INDIVIDUAL                                                    | M35     | 03:23:25.887 | 03:22:50.337 |
| 261  | 13     | M | JOSÉ GRIJÓ         |                | INDIVIDUAL                                                    | M40     | 03:23:33.037 | 03:22:50.774 |
| 262  | 1494   | M | JOÃO SALDANHA      | PORTUGAL       | INDIVIDUAL                                                    | M45     | 03:23:36.837 | 03:22:58.164 |
| 263  | 684    | M | PAULO LIMA         | PORTUGAL       | INDIVIDUAL                                                    | M55     | 03:23:37.863 | 03:23:00.450 |
| 264  | 598    | M | ALEXANDRE CARVALHO | PORTUGAL       | CORRER QUELUZ                                                 | M45     | 03:23:43.893 |              |
| 265  | 1101   | M | AUGUSTO OLIVEIRA   | PORTUGAL       | INDIVIDUAL                                                    | M50     | 03:23:43.913 | 03:23:04.850 |
| 266  | 873    | M | ANDRE CESTERCOSTA  | PORTUGAL       | INDIVIDUAL                                                    | M45     | 03:23:51.503 | 03:22:18.683 |
| 267  | 914    | M | FILIPE FIDALGO     | PORTUGAL       | INDIVIDUAL                                                    | M40     | 03:23:54.247 | 03:23:10.907 |
| 268  | 1165   | F | CHANTAL XHERVELLE  | PORTUGAL       | A NATUREZA ENSINA                                             | F55     | 03:23:58.770 | 03:23:50.717 |
| 269  | 887    | M | BRUNO FERNANDES    | PORTUGAL       | INDIVIDUAL                                                    | M40     | 03:24:16.963 | 03:23:15.856 |
| 270  | 1345   | M | SENÉN COSTAS       | SPAIN          | INDIVIDUAL                                                    | M40     | 03:24:17.233 | 03:23:30.513 |
| 271  | 1465   | M | CARLOS SILVA       |                | LINDA-A-PASTORA SPORTING CLUBE                                | M50     | 03:24:23.380 | 03:23:28.313 |
| 272  | 855    | M | MIGUEL SOARES      | PORTUGAL       | INDIVIDUAL                                                    | M SEN   | 03:24:31.100 | 03:23:03.983 |
| 273  | 1260   | M | JOSÉ LEAL          | PORTUGAL       | CLUBE FERROVIÁRIO DE PORTUGAL                                 | M50     | 03:24:38.370 | 03:24:25.090 |
| 274  | 841    | M | LUIS DIAS          | PORTUGAL       | ASSOCIAÇÃO DESPORTIVA E RECREATIVA - FERMENTELOS              | M40     | 03:24:40.757 | 03:24:07.044 |
| 275  | 1523   | M | PAULO BAPTISTA     | PORTUGAL       | CASA DO BENFICA EM ABRANTES                                   | M50     | 03:24:41.813 | 03:24:10.466 |
| 276  | 1453   | M | JOÃO GOMES         | PORTUGAL       | INDIVIDUAL                                                    | M40     | 03:24:44.607 | 03:24:31.037 |
| 277  | 992    | F | MARISA FERNANDES   | PORTUGAL       | TEAM EL COMANDANTE                                            | F35     | 03:24:56.343 | 03:23:42.143 |
| 278  | 984    | M | MIGUEL CAMPOS      | PORTUGAL       | TOCRUNNERS                                                    | M50     | 03:25:03.737 | 03:24:59.660 |
| 279  | 37     | F | MARIA MONTEIRO     | PORTUGAL       | ONTRISPORTS                                                   | F40     | 03:25:12.223 | 03:24:29.233 |
| 280  | 1241   | M | JOAO CRUZ          | PORTUGAL       | INDIVIDUAL                                                    | M50     | 03:25:19.807 | 03:24:34.627 |
| 281  | 1083   | M | SERGIO SOTO        | SPAIN          | INDIVIDUAL                                                    | M40     | 03:25:20.230 | 03:23:54.377 |
| 282  | 818    | M | HEITOR ARAÚJO      | PORTUGAL       | INDIVIDUAL                                                    | M55     | 03:25:21.713 | 03:24:43.926 |
| 283  | 899    | M | DANY GRILO         | PORTUGAL       | INDIVIDUAL                                                    | M35     | 03:25:24.453 | 03:24:22.736 |
| 284  | 557    | M | VASCO AZEVEDO      | PORTUGAL       | INDIVIDUAL                                                    | M35     | 03:25:26.080 | 03:24:58.460 |
| 285  | 943    | M | NUNO PAIS          | PORTUGAL       | CAL- CLUBE ATLETISMO DE LAMAS                                 | M40     | 03:25:28.133 | 03:25:06.060 |
| 286  | 511    | M | JOSÉ ABRANTES      | PORTUGAL       | INDIVIDUAL                                                    | M50     | 03:25:33.733 | 03:24:26.550 |
| 287  | 406    | M | LUÍS SILVESTRE     | PORTUGAL       | CONFRARIA DOS FATIGADOS                                       | M50     | 03:25:44.723 | 03:25:27.350 |
| 288  | 1063   | M | RODRIGO SILVA      | PORTUGAL       | CARCAVELOS CARAVELA SEGUROS                                   | M45     | 03:25:58.707 | 03:25:42.174 |

| Pos. | Dorsal | G | Nome              | País     | Equipa                                           | Escalão | Tempo        | Chip         |
|------|--------|---|-------------------|----------|--------------------------------------------------|---------|--------------|--------------|
| 289  | 998    | M | RUI SILVA         | PORTUGAL | INDIVIDUAL                                       | M45     | 03:26:04.020 | 03:25:10.443 |
| 290  | 1605   | M | MARCO PINTO       |          | INDIVIDUAL                                       | M35     | 03:26:26.940 | 03:25:15.340 |
| 291  | 301    | M | VITOR FIGUEIREDO  | PORTUGAL | FIGUEIREDO'S RUNNER'S AND FRIENDS                | M60     | 03:26:35.367 | 03:25:54.744 |
| 292  | 1170   | M | LUCAS GOMES       | PORTUGAL | INDIVIDUAL                                       | M SEN   | 03:26:41.263 | 03:25:05.210 |
| 293  | 979    | M | FILIPPE QUELHAS   | PORTUGAL | INDIVIDUAL                                       | M40     | 03:26:42.320 | 03:26:22.513 |
| 294  | 372    | M | CESAR VARELA      | SPAIN    | INDIVIDUAL                                       | M55     | 03:26:42.593 | 03:25:53.450 |
| 295  | 1073   | M | HUGO FERNANDES    |          | CNC - CENTRO DE NEUROCIÊNCIAS E BIOLOGIA CELULAR | M45     | 03:26:43.420 | 03:25:28.893 |
| 296  | 1155   | F | CÉU NUNES         | PORTUGAL | ASSOCIAÇÃO CORRER LISBOA                         | F45     | 03:26:45.767 | 03:26:32.527 |
| 297  | 339    | M | PEDRO VILELA      | PORTUGAL | INDIVIDUAL                                       | M40     | 03:26:47.163 | 03:25:53.903 |
| 298  | 316    | M | CARLOS BARBOSA    | PORTUGAL | INDIVIDUAL                                       | M35     | 03:26:50.130 | 03:26:10.293 |
| 299  | 631    | M | HUGO PELICA       | PORTUGAL | INDIVIDUAL                                       | M35     | 03:26:55.167 | 03:25:14.057 |
| 300  | 1234   | M | RICARDO SILVA     |          | CENTRO CULTURAL DESPORTIVO RENAULT CACIA         | M35     | 03:26:58.397 | 03:26:05.320 |
| 301  | 584    | M | JOEL SILVA        | PORTUGAL | INDIVIDUAL                                       | M50     | 03:27:04.487 | 03:26:03.300 |
| 302  | 1451   | M | FÁBIO FERREIRA    | PORTUGAL | JOVASE TRAIL RUNNING                             | M40     | 03:27:05.360 | 03:26:35.130 |
| 303  | 919    | F | ANABELA VINHA     | PORTUGAL | INDIVIDUAL                                       | F40     | 03:27:16.897 | 03:25:40.850 |
| 304  | 800    | M | HUGO PALMEIRO     | PORTUGAL | INDIVIDUAL                                       | M45     | 03:27:24.187 | 03:25:41.657 |
| 305  | 847    | M | ANDRÉ RIBEIRO     | PORTUGAL | INDIVIDUAL                                       | M35     | 03:27:30.237 | 03:27:14.377 |
| 306  | 1095   | M | RUI GALA          |          | INDIVIDUAL                                       | M35     | 03:27:43.057 | 03:25:52.847 |
| 307  | 718    | M | NUNO VARELA       | PORTUGAL | INDIVIDUAL                                       | M45     | 03:27:55.030 | 03:26:27.103 |
| 308  | 548    | M | ANDRÉ CARDÃO      | PORTUGAL | INDIVIDUAL                                       | M35     | 03:27:55.670 | 03:26:41.120 |
| 309  | 991    | M | RODRIGO CARVALHO  | PORTUGAL | INDIVIDUAL                                       | M SEN   | 03:28:04.663 | 03:27:30.346 |
| 310  | 791    | M | PEDRO MARQUES     | PORTUGAL | TEAM EL COMANDANTE                               | M35     | 03:28:05.720 | 03:27:59.137 |
| 311  | 975    | M | ANDRÉ OLIVEIRA    | PORTUGAL | INDIVIDUAL                                       | M SEN   | 03:28:07.613 | 03:27:33.163 |
| 312  | 432    | M | ANTÓNIO SOUSA     | PORTUGAL | INDIVIDUAL                                       | M60     | 03:28:24.937 | 03:28:10.164 |
| 313  | 1301   | M | MIGUEL GOMES      | PORTUGAL | PACEMAKERES                                      | M SEN   | 03:28:40.020 | 03:28:06.220 |
| 314  | 520    | M | CARLOS JESUS      | PORTUGAL | INDIVIDUAL                                       | M35     | 03:28:45.367 | 03:25:51.904 |
| 315  | 716    | M | MICKAËL ONILLON   | FRANCE   | INDIVIDUAL                                       | M40     | 03:28:48.973 | 03:28:07.516 |
| 316  | 766    | M | DANIEL FILIPE     | PORTUGAL | OUTSYSTEMS                                       | M35     | 03:28:50.660 | 03:28:06.930 |
| 317  | 505    | M | PEDRO SAMPAIO     | PORTUGAL | INDIVIDUAL                                       | M40     | 03:28:55.980 | 03:28:11.693 |
| 318  | 1230   | M | TIAGO SANTOS      | PORTUGAL | ARCD- VENDA DA LUISA                             | M40     | 03:28:57.773 | 03:27:30.213 |
| 319  | 850    | M | MARCO SOUSA       | PORTUGAL | INDIVIDUAL                                       | M45     | 03:28:58.187 | 03:28:07.470 |
| 320  | 549    | M | MICHAËL HERNANDEZ | FRANCE   | INDIVIDUAL                                       | M40     | 03:29:07.103 | 03:28:05.226 |
| 321  | 692    | M | JOSE SÁNCHEZ      | SPAIN    | INDIVIDUAL                                       | M SEN   | 03:29:11.023 | 03:28:22.656 |
| 322  | 403    | M | LUÍS LIMA         |          | TROFA RUNNERS                                    | M35     | 03:29:12.590 | 03:28:21.433 |
| 323  | 439    | M | PEDRO SANTOS      | PORTUGAL | INDIVIDUAL                                       | M45     | 03:29:14.567 | 03:28:39.400 |
| 324  | 959    | M | DINIS PEDRALVA    | PORTUGAL | INDIVIDUAL                                       | M45     | 03:29:14.973 | 03:27:05.856 |
| 325  | 843    | M | CARLOS LANCHA     | PORTUGAL | INDIVIDUAL                                       | M50     | 03:29:23.373 | 03:28:08.910 |
| 326  | 1049   | M | JOÃO VINHA        | PORTUGAL | INDIVIDUAL                                       | M55     | 03:29:27.607 | 03:29:24.770 |
| 327  | 1152   | M | JOSÉ RAMALHO      | PORTUGAL | TEAM EL COMANDANTE                               | M55     | 03:29:28.430 | 03:29:11.867 |
| 328  | 1408   | M | FRANCISCO FARINHA | PORTUGAL | INDIVIDUAL                                       | M40     | 03:29:29.237 | 03:29:11.994 |
| 329  | 596    | M | NUNO SILVA        | PORTUGAL | INDIVIDUAL                                       | M40     | 03:29:31.000 | 03:28:28.960 |
| 330  | 859    | M | JOSE FERREIRA     | PORTUGAL | LINDA-A-PASTORA SPORTING CLUBE                   | M55     | 03:29:31.257 | 03:28:18.974 |
| 331  | 53     | M | JOSE FONSECA      | PORTUGAL | INDIVIDUAL                                       | M55     | 03:29:32.877 | 03:28:54.484 |
| 332  | 1581   | M | JOÃO AMARAL       |          | INDIVIDUAL                                       | M45     | 03:29:35.890 | 03:28:04.900 |
| 333  | 645    | M | CARLOS COSTA      | PORTUGAL | CF OS MARIALVAS                                  | M40     | 03:29:40.153 | 03:27:43.713 |
| 334  | 1512   | M | DIOGO SANTOS      | PORTUGAL | CASA DO BENFICA EM ABRANTES                      | M35     | 03:29:43.157 | 03:28:34.340 |
| 335  | 939    | M | ANDRÉ JANEIRO     |          | GRUPITO, THE DOG PACK                            | M40     | 03:29:45.347 | 03:29:23.700 |
| 336  | 587    | M | JOSÉ SOARES       | PORTUGAL | INDIVIDUAL                                       | M35     | 03:29:49.243 | 03:29:42.003 |

| Pos. | Dorsal | G | Nome                | País         | Equipa                                                | Escalão | Tempo        | Chip         |
|------|--------|---|---------------------|--------------|-------------------------------------------------------|---------|--------------|--------------|
| 337  | 1002   | M | ROBERTO FEIJOO      | SPAIN        | INDIVIDUAL                                            | M45     | 03:29:52.313 | 03:29:06.150 |
| 338  | 950    | M | JOÃO JORGE          | PORTUGAL     | TEAM EL COMANDANTE                                    | M40     | 03:29:52.773 | 03:28:32.223 |
| 339  | 1578   | M | HAITAO ZHANG        | GERMANY      | INDIVIDUAL                                            | M SEN   | 03:29:54.797 | 03:27:37.530 |
| 340  | 828    | M | ANTÓNIO CALHA       | PORTUGAL     | ASSOCIAÇÃO DESPORTIVA DE CASTELO DE VIDE              | M45     | 03:29:55.587 | 03:29:16.964 |
| 341  | 573    | M | RUI AFONSO          | PORTUGAL     | INDIVIDUAL                                            | M50     | 03:30:03.197 | 03:28:18.647 |
| 342  | 356    | M | TELMO REIS          | PORTUGAL     | LOUSADA RUNNERS                                       | M40     | 03:30:04.950 | 03:29:49.343 |
| 343  | 835    | M | LUÍS OLIVEIRAESILVA | PORTUGAL     | ANLU                                                  | M45     | 03:30:16.150 | 03:27:26.327 |
| 344  | 465    | M | FERNANDO ALMEIDA    | PORTUGAL     | INDIVIDUAL                                            | M40     | 03:30:16.723 | 03:29:15.816 |
| 345  | 1154   | M | ADELINO SILVA       | PORTUGAL     | INDIVIDUAL                                            | M50     | 03:30:21.120 | 03:30:14.020 |
| 346  | 650    | M | ANDRÉ FERREIRA      | PORTUGAL     | MELVIN JONES                                          | M SEN   | 03:30:43.853 | 03:29:23.373 |
| 347  | 648    | M | HUGO MATIAS         | PORTUGAL     | INDIVIDUAL                                            | M45     | 03:30:49.127 | 03:29:29.120 |
| 348  | 1136   | M | BRUNO SANTOS        | PORTUGAL     | INDIVIDUAL                                            | M35     | 03:30:51.063 | 03:29:54.093 |
| 349  | 948    | M | NUNO MARQUES        | PORTUGAL     | BOMBEIROS VOLUNTÁRIOS MONTEMOR-O-NOVO                 | M45     | 03:30:51.417 | 03:29:31.494 |
| 350  | 558    | M | HUGO ANTUNES        | PORTUGAL     | INDIVIDUAL                                            | M35     | 03:30:51.527 | 03:29:55.460 |
| 351  | 559    | M | RODRIGUEZ RODRIGUEZ | FRANCE       | INDIVIDUAL                                            | M SEN   | 03:30:53.987 | 03:29:51.797 |
| 352  | 1256   | F | TERESA AMORIM       | PORTUGAL     | SPORTING CLUBE DE ESPINHO                             | F35     | 03:30:58.410 | 03:30:31.273 |
| 353  | 1051   | M | OSÓRIO PARDAL       | PORTUGAL     | A.M.A. MACIEIRA ATLETISMO                             | M60     | 03:30:58.853 | 03:29:52.513 |
| 354  | 690    | M | GUSTAVO BARROS      | PORTUGAL     | INDIVIDUAL                                            | M45     | 03:31:00.327 | 03:30:07.260 |
| 355  | 746    | M | JOÃO DÂMASO         | PORTUGAL     | INDIVIDUAL                                            | M35     | 03:31:01.317 | 03:30:42.607 |
| 356  | 797    | M | RUI QUINTINHA       | PORTUGAL     | INDIVIDUAL                                            | M40     | 03:31:01.657 | 03:30:23.700 |
| 357  | 377    | M | RENATO RIBEIRO      | PORTUGAL     | DCI/TRILHOS LUSO BUSSACO                              | M45     | 03:31:01.867 | 03:29:31.557 |
| 358  | 1132   | M | ANDRÉ GOULART       | PORTUGAL     | INDIVIDUAL                                            | M35     | 03:31:04.937 | 03:30:15.777 |
| 359  | 672    | M | DANIEL CALVO        | SPAIN        | S.D.BARBANTIA RODA                                    | M45     | 03:31:14.003 | 03:30:00.123 |
| 360  | 344    | M | ÁLVARO SOUSA        | PORTUGAL     | ADOSA - ASSOCIAÇÃO DESPORTIVA DE POUSADA DE SARAMAGOS | M50     | 03:31:25.807 | 03:30:38.684 |
| 361  | 1364   | M | CARLOS CARDOSO      | PORTUGAL     | CLUBE ATLETISMO LAMAS                                 | M50     | 03:31:27.837 | 03:31:00.344 |
| 362  | 845    | M | PEDRO REGADAS       | PORTUGAL     | INDIVIDUAL                                            | M45     | 03:31:35.077 | 03:30:38.680 |
| 363  | 1105   | M | NICK SCHROEDER      | SPAIN        | INDIVIDUAL                                            | M SEN   | 03:31:38.590 | 03:29:51.933 |
| 364  | 1511   | F | CRISTINA PEDRO      | PORTUGAL     | CASA DO BENFICA EM ABRANTES                           | F45     | 03:31:43.167 | 03:30:57.854 |
| 365  | 728    | M | ANTÓNIO RIBEIRO     | PORTUGAL     | INDIVIDUAL                                            | M50     | 03:31:51.313 | 03:31:25.200 |
| 366  | 1232   | M | JULIO LEGENTIL      |              | CENTRO CULTURAL DESPORTIVO RENAULT CACIA              | M40     | 03:31:59.953 | 03:31:53.600 |
| 367  | 602    | M | FERNANDO ARAÚJO     | PORTUGAL     | INDIVIDUAL                                            | M45     | 03:32:02.027 | 03:31:27.520 |
| 368  | 626    | F | MARTA SANTANA       | PORTUGAL     | SANTAPALHA                                            | F40     | 03:32:02.050 | 03:30:30.643 |
| 369  | 562    | M | HUMBERTO GONÇALVES  | PORTUGAL     | INDIVIDUAL                                            | M45     | 03:32:09.823 | 03:31:34.016 |
| 370  | 1167   | F | RITA FURTADO        | PORTUGAL     | TEAM EL COMANDANTE                                    | F SEN   | 03:32:11.390 | 03:31:32.117 |
| 371  | 630    | M | DANIEL GOMES        | PORTUGAL     | INDIVIDUAL                                            | M55     | 03:32:23.727 | 03:31:44.524 |
| 372  | 369    | M | HÉLDER GUERREIRO    | PORTUGAL     | JUVENTUDE ATLÉTICO CLUBE                              | M45     | 03:32:26.047 | 03:29:51.384 |
| 373  | 916    | F | SARA NUNES          | PORTUGAL     | CARCAVELOS CARAVELA SEGUROS                           | F45     | 03:32:30.327 | 03:31:58.927 |
| 374  | 726    | M | LUÍS DIAS           | PORTUGAL     | GURUS-SUP                                             | M40     | 03:32:33.340 | 03:30:32.257 |
| 375  | 41     | M | PEDRO SANGUINO      |              | INDIVIDUAL                                            | M40     | 03:33:00.093 | 03:32:33.560 |
| 376  | 39     | M | PAULO FIDALGO       | PORTUGAL     | INDIVIDUAL                                            | M40     | 03:33:02.020 | 03:32:08.610 |
| 377  | 1042   | M | LOURENÇO FERNANDES  | PORTUGAL     | INDIVIDUAL                                            | M35     | 03:33:05.090 | 03:31:02.930 |
| 378  | 1137   | F | LINDSAY GEDDIE      | SOUTH AFRICA | INDIVIDUAL                                            | F55     | 03:33:25.703 | 03:32:47.690 |
| 379  | 666    | M | JORGE FREITAS       | PORTUGAL     | TEAM RUNNERS                                          | M45     | 03:33:28.977 | 03:32:25.820 |
| 380  | 1148   | M | VASCO AFONSO        | PORTUGAL     | INDIVIDUAL                                            | M40     | 03:33:35.720 | 03:31:21.993 |
| 381  | 1447   | M | PEDRO ROCHA         | PORTUGAL     | INDIVIDUAL                                            | M40     | 03:33:37.260 | 03:33:03.270 |
| 382  | 1271   | M | DIOGO MELO          | PORTUGAL     | TEAM EL COMANDANTE                                    | M SEN   | 03:33:52.513 | 03:32:31.850 |
| 383  | 1396   | M | LUIS MENDES         | PORTUGAL     | INDIVIDUAL                                            | M40     | 03:34:00.797 | 03:33:31.540 |
| 384  | 1517   | M | JOSÉ FONTINHA       | PORTUGAL     | CASA DO BENFICA EM ABRANTES                           | M45     | 03:34:13.977 | 03:33:43.137 |



| Pos. | Dorsal | G | Nome                 | País     | Equipa                           | Escalão | Tempo        | Chip         |
|------|--------|---|----------------------|----------|----------------------------------|---------|--------------|--------------|
| 385  | 976    | M | GILMAR BICHET        | PORTUGAL | INDIVIDUAL                       | M50     | 03:34:16.930 | 03:33:31.647 |
| 386  | 1553   | M | NUNO SANTOS          | PORTUGAL | VILLA CESARI / FLAMA             | M40     | 03:34:26.357 | 03:33:35.710 |
| 387  | 419    | M | JORGE RODRIGUES      | PORTUGAL | INDIVIDUAL                       | M45     | 03:34:42.400 | 03:33:02.143 |
| 388  | 418    | M | TIAGO GONCALVES      | PORTUGAL | INDIVIDUAL                       | M35     | 03:34:42.587 | 03:33:01.884 |
| 389  | 1336   | M | MIGUEL AZEVEDO       | PORTUGAL | TEAM EL COMANDANTE               | M40     | 03:34:58.907 | 03:33:44.027 |
| 390  | 771    | M | PEDRO NICOLAU        | PORTUGAL | INDIVIDUAL                       | M45     | 03:35:10.910 | 03:33:24.123 |
| 391  | 1265   | M | CARLOS FRANÇA        | PORTUGAL | CLUBE FERROVIÁRIO DE PORTUGAL    | M40     | 03:35:19.190 | 03:35:07.513 |
| 392  | 953    | M | JORGE SERRA          | PORTUGAL | INDIVIDUAL                       | M55     | 03:35:20.663 | 03:33:59.526 |
| 393  | 590    | M | RICARDO RATO         | PORTUGAL | INDIVIDUAL                       | M35     | 03:35:21.233 | 03:34:12.266 |
| 394  | 1162   | M | FRANÇOIS GUILBERT    | FRANCE   | INDIVIDUAL                       | M40     | 03:35:27.137 | 03:34:37.020 |
| 395  | 322    | M | JOÃO TEIXEIRA        | PORTUGAL | INDIVIDUAL                       | M40     | 03:35:33.333 | 03:32:59.680 |
| 396  | 1258   | M | ARMANDO DIAS         | PORTUGAL | CLUBE FERROVIÁRIO DE PORTUGAL    | M55     | 03:35:39.147 | 03:34:21.720 |
| 397  | 1179   | M | ANTONIO MAIA         | PORTUGAL | CARCAVELOS CARAVELA SEGUROS      | M45     | 03:35:43.303 | 03:35:12.236 |
| 398  | 59     | M | NUNO FIGUEIREDO      | PORTUGAL | ASSOCIAÇÃO CORRER LISBOA         | M40     | 03:35:48.307 | 03:35:45.134 |
| 399  | 540    | M | JOSE FIGUEIREDO      | PORTUGAL | ESPIGUEIROS RUNNERS-CAPARROSINHA | M60     | 03:35:49.320 | 03:34:21.447 |
| 400  | 1261   | M | LUIS MAIA            | PORTUGAL | CLUBE FERROVIÁRIO DE PORTUGAL    | M45     | 03:35:49.683 | 03:35:36.460 |
| 401  | 1109   | M | DANIEL POLONIO       | PORTUGAL | INDIVIDUAL                       | M35     | 03:35:52.957 | 03:34:29.104 |
| 402  | 32     | M | NUNO SILVA           | PORTUGAL | INDIVIDUAL                       | M SEN   | 03:35:57.827 | 03:35:35.990 |
| 403  | 981    | M | RUI BASTOS           | PORTUGAL | CASA BENFICA SEIXAL              | M45     | 03:36:20.263 | 03:35:41.036 |
| 404  | 1454   | M | GUILLERMO MINCHINELA | SPAIN    | INDIVIDUAL                       | M45     | 03:36:24.213 | 03:35:43.946 |
| 405  | 329    | M | PEDRO NUNES          | PORTUGAL | INDIVIDUAL                       | M SEN   | 03:36:33.227 | 03:34:59.677 |
| 406  | 459    | M | PAULO TOMÁS          | PORTUGAL | 1ºDEZEMBRO DE QUEIJAS            | M50     | 03:36:35.120 | 03:34:07.383 |
| 407  | 1092   | M | PAULO ALVES          | PORTUGAL | INDIVIDUAL                       | M50     | 03:36:39.507 | 03:36:04.930 |
| 408  | 31     | M | VITOR CASTRO         | PORTUGAL | INDIVIDUAL                       | M45     | 03:37:10.393 | 03:35:53.406 |
| 409  | 1178   | M | ZÉ DIAS              | PORTUGAL | A.D.ESMERIZ RUNNING              | M60     | 03:37:15.350 | 03:37:12.953 |
| 410  | 1430   | M | RUI FONTES           | PORTUGAL | INDIVIDUAL                       | M50     | 03:37:31.593 | 03:36:47.496 |
| 411  | 807    | M | RUBEN CONCEIÇÃO      | PORTUGAL | INDIVIDUAL                       | M35     | 03:37:37.787 | 03:36:29.830 |
| 412  | 1521   | M | NUNO GOMES           | PORTUGAL | CASA DO BENFICA EM ABRANTES      | M50     | 03:37:53.687 | 03:37:09.020 |
| 413  | 1423   | M | ANTÓNIO PAULO        | PORTUGAL | JOVASE TRAIL RUNNING             | M55     | 03:38:22.223 | 03:37:48.480 |
| 414  | 509    | M | RICARDO SANTIAGO     |          | AVANCA RUNNERS                   | M35     | 03:38:33.123 | 03:36:33.606 |
| 415  | 390    | M | BRUNO SANTOS         | PORTUGAL | NIGHT RUNNERS SMF                | M40     | 03:38:39.693 | 03:36:37.256 |
| 416  | 852    | M | PEDRO SOUSA          | PORTUGAL | INDIVIDUAL                       | M55     | 03:38:45.910 | 03:37:39.673 |
| 417  | 1527   | F | RITA CRUZ            | PORTUGAL | POWERRUNTEAM                     | F40     | 03:38:53.080 | 03:37:46.240 |
| 418  | 696    | F | MARISA JOÃO          | PORTUGAL | CLUBE DE ATLETISMO DE OVAR       | F45     | 03:38:53.127 | 03:38:29.880 |
| 419  | 1363   | M | PEDRO AMORIM         | PORTUGAL | INDIVIDUAL                       | M65     | 03:38:53.733 | 03:37:37.806 |
| 420  | 1014   | F | MÁRCIA ALMEIDA       | PORTUGAL | TEAM EL COMANDANTE               | F SEN   | 03:38:58.540 | 03:37:41.897 |
| 421  | 768    | M | VALCARCEL CABO       | SPAIN    | CD.RELIEVE                       | M45     | 03:39:06.967 | 03:37:59.807 |
| 422  | 366    | M | ERNESTO PEREIRA      | PORTUGAL | OS GALGOS                        | M50     | 03:39:24.273 | 03:39:12.236 |
| 423  | 893    | M | PEDRO NUNES          | PORTUGAL | INDIVIDUAL                       | M35     | 03:39:25.123 | 03:38:08.766 |
| 424  | 601    | F | LOLA GARRIDORAMOS    | SPAIN    | INDIVIDUAL                       | F55     | 03:39:34.457 | 03:38:12.804 |
| 425  | 1340   | M | CHRISTIAN BENSELER   | PORTUGAL | INDIVIDUAL                       | M40     | 03:39:45.707 | 03:38:48.554 |
| 426  | 1207   | M | TIAGO PEREIRA        | PORTUGAL | JECUNHA SEGUROS                  | M35     | 03:39:57.730 | 03:38:21.667 |
| 427  | 402    | M | PEDRO SEIXAS         | PORTUGAL | INDIVIDUAL                       | M40     | 03:39:58.047 | 03:38:57.240 |
| 428  | 550    | M | RUI NUNES            | PORTUGAL | INDIVIDUAL                       | M40     | 03:40:01.757 | 03:38:11.934 |
| 429  | 896    | M | CARLOS RIPOLINS      | PORTUGAL | ASSOCIAÇÃO GRIJO A CORRER        | M65     | 03:40:03.650 | 03:39:38.510 |
| 430  | 1164   | M | HENRIQUE NEVES       | PORTUGAL | INDIVIDUAL                       | M50     | 03:40:06.727 | 03:39:14.210 |
| 431  | 983    | F | MARISA FRANCISCO     | PORTUGAL | CENTRO DESPORTIVO DE QUARTEIRA   | F40     | 03:40:07.757 | 03:39:49.150 |
| 432  | 361    | M | RODRIGO COSTA        | PORTUGAL | INDIVIDUAL                       | M55     | 03:40:26.350 | 03:40:07.237 |

| Pos. | Dorsal | G | Nome              | País     | Equipa                                   | Escalão | Tempo        | Chip         |
|------|--------|---|-------------------|----------|------------------------------------------|---------|--------------|--------------|
| 433  | 8      | M | JOSÉ FONSECA      | PORTUGAL | INDIVIDUAL                               | M35     | 03:40:42.340 | 03:39:03.943 |
| 434  | 1330   | M | RENATO AZEVEDO    | PORTUGAL | INDIVIDUAL                               | M35     | 03:40:43.483 | 03:39:23.893 |
| 435  | 1201   | M | JOSÉ PEREIRA      | PORTUGAL | INDIVIDUAL                               | M50     | 03:40:43.987 | 03:39:34.187 |
| 436  | 1212   | M | JULIO REIS        | PORTUGAL | INDIVIDUAL                               | M45     | 03:40:53.260 | 03:39:23.173 |
| 437  | 763    | M | RUI TORRES        | PORTUGAL | INDIVIDUAL                               | M SEN   | 03:41:05.260 | 03:37:37.170 |
| 438  | 683    | M | ANÍBAL FERNANDES  | PORTUGAL | VARELA FERNANDES                         | M45     | 03:41:14.480 | 03:38:46.097 |
| 439  | 561    | M | JOAQUIM TEIXEIRA  | PORTUGAL | INDIVIDUAL                               | M60     | 03:41:25.507 | 03:40:05.800 |
| 440  | 1044   | M | HUGO SEQUEIRA     | PORTUGAL | INDIVIDUAL                               | M40     | 03:41:25.610 | 03:40:16.823 |
| 441  | 1131   | M | RODRIGO OLIVEIRA  | PORTUGAL | INDIVIDUAL                               | M40     | 03:41:38.557 | 03:40:17.147 |
| 442  | 312    | M | JAIME CASTRO      | PORTUGAL | INDIVIDUAL                               | M50     | 03:41:45.297 | 03:40:00.180 |
| 443  | 579    | M | RUI NOVAIS        | PORTUGAL | INDIVIDUAL                               | M40     | 03:41:52.047 | 03:39:37.707 |
| 444  | 26     | M | JORGE FERREIRA    | PORTUGAL | INDIVIDUAL                               | M45     | 03:41:54.850 | 03:40:56.003 |
| 445  | 1435   | M | JORGE SEABRA      | PORTUGAL | INDIVIDUAL                               | M45     | 03:41:58.103 | 03:40:52.603 |
| 446  | 566    | M | BRUNO ESTÉVÃO     | PORTUGAL | INDIVIDUAL                               | M40     | 03:42:09.690 | 03:40:24.223 |
| 447  | 518    | M | HUGO BARBOSA      | PORTUGAL | BORABORA                                 | M35     | 03:42:25.637 | 03:41:06.687 |
| 448  | 482    | M | TIAGO MAGALHÃES   | PORTUGAL | SALAMANDRECOS                            | M40     | 03:42:26.353 | 03:41:01.590 |
| 449  | 926    | M | PAULO MATOS       | PORTUGAL | INDIVIDUAL                               | M50     | 03:42:27.620 | 03:42:18.930 |
| 450  | 1113   | F | INES NETO         | PORTUGAL | GINASIO CLUBE DE BRAGANÇA                | F40     | 03:42:36.620 | 03:40:55.120 |
| 451  | 817    | M | JOSÉ DUARTE       | PORTUGAL | INDIVIDUAL                               | M40     | 03:42:42.107 | 03:41:30.527 |
| 452  | 461    | M | MIGUEL BRANDÃO    | PORTUGAL | INDIVIDUAL                               | M40     | 03:42:46.393 | 03:42:30.663 |
| 453  | 634    | M | MANUEL PINA       | PORTUGAL | INDIVIDUAL                               | M55     | 03:42:47.757 | 03:41:42.594 |
| 454  | 330    | M | VASCO MONTEIRO    | PORTUGAL | INDIVIDUAL                               | M45     | 03:42:48.543 | 03:41:04.140 |
| 455  | 308    | M | CELSCO MAIA       | PORTUGAL | INDIVIDUAL                               | M50     | 03:42:53.827 | 03:41:36.207 |
| 456  | 1104   | M | LUÍS FERRÃO       | PORTUGAL | INDIVIDUAL                               | M40     | 03:43:02.277 | 03:41:26.837 |
| 457  | 530    | M | BRUNO CARVALHO    | PORTUGAL | INDIVIDUAL                               | M45     | 03:43:07.507 | 03:42:23.380 |
| 458  | 776    | M | DANIEL DIOGO      | PORTUGAL | INDIVIDUAL                               | M35     | 03:43:09.687 | 03:40:55.147 |
| 459  | 1381   | F | CRISTINA CARVALHO | PORTUGAL | CASA BENFICA ALGUEIRÃO MEM MARTINS-CBAMM | F50     | 03:43:16.813 | 03:41:36.370 |
| 460  | 868    | M | CARLOS JESUS      | PORTUGAL | INDIVIDUAL                               | M45     | 03:43:26.370 | 03:42:31.693 |
| 461  | 787    | M | CARLOS MARQUES    | PORTUGAL | ASSOCIAÇÃO DESPORTIVA TÁLENTOS TEAM      | M60     | 03:43:32.807 | 03:42:57.310 |
| 462  | 997    | M | VITOR DIAS        | PORTUGAL | GDR RETORTA / QUINTA DAS ARCAS           | M50     | 03:43:33.217 | 03:42:47.187 |
| 463  | 1112   | M | NUNO MARIZ        | PORTUGAL | ALLFORONE                                | M40     | 03:43:36.780 | 03:41:22.747 |
| 464  | 25     | M | RICARDO FERRAZ    | PORTUGAL | INDIVIDUAL                               | M40     | 03:43:43.187 | 03:42:19.527 |
| 465  | 620    | M | THOMAS CAHON      | FRANCE   | INDIVIDUAL                               | M40     | 03:43:48.430 | 03:42:45.243 |
| 466  | 1253   | M | JOSE MARTINEZ     | SPAIN    | INDIVIDUAL                               | M50     | 03:43:56.833 | 03:43:04.826 |
| 467  | 609    | M | PEDRO FERNANDES   |          | HSANTAMARIART                            | M40     | 03:43:59.357 | 03:43:55.204 |
| 468  | 1398   | M | NUNO PARREIRA     | PORTUGAL | INDIVIDUAL                               | M45     | 03:44:01.143 | 03:40:32.943 |
| 469  | 1121   | F | PATRÍCIA CORREIA  | PORTUGAL | INDIVIDUAL                               | F SEN   | 03:44:01.573 | 03:42:40.730 |
| 470  | 469    | M | NILTON FILHO      | PORTUGAL | INDIVIDUAL                               | M45     | 03:44:08.043 | 03:41:57.100 |
| 471  | 1379   | M | VÍTOR RIBAU       | PORTUGAL | INDIVIDUAL                               | M50     | 03:44:08.447 | 03:43:42.720 |
| 472  | 503    | M | FILIPÉ CANILHO    | PORTUGAL | INDIVIDUAL                               | M35     | 03:44:10.363 | 03:42:21.533 |
| 473  | 1079   | F | FILIPA BELEZA     | PORTUGAL | INDIVIDUAL                               | F SEN   | 03:44:14.143 | 03:43:18.020 |
| 474  | 457    | M | RICARDO PINA      | PORTUGAL | INDIVIDUAL                               | M SEN   | 03:44:14.833 | 03:40:43.220 |
| 475  | 1420   | M | JORGE SILVA       | PORTUGAL | INDIVIDUAL                               | M45     | 03:44:20.260 | 03:42:55.407 |
| 476  | 928    | M | RICARDO QUEIRÓS   |          | INDIVIDUAL                               | M45     | 03:44:24.503 | 03:43:15.436 |
| 477  | 49     | M | FILIPÉ CORREIA    | PORTUGAL | INDIVIDUAL                               | M40     | 03:44:25.703 | 03:43:04.833 |
| 478  | 942    | M | LUIS CARMO        | BRAZIL   | CORRIDA PERFEITA                         | M50     | 03:44:35.977 | 03:43:55.547 |
| 479  | 935    | M | PEDRO CRUZ        | PORTUGAL | INDIVIDUAL                               | M45     | 03:44:44.520 | 03:43:01.723 |
| 480  | 490    | F | ROSA VILLAR       | PORTUGAL | SOS 1                                    | F55     | 03:44:46.947 | 03:44:05.274 |

| Pos. | Dorsal | G | Nome              | País     | Equipa                                | Escalão | Tempo        | Chip         |
|------|--------|---|-------------------|----------|---------------------------------------|---------|--------------|--------------|
| 481  | 489    | M | ABILIO MINA       | PORTUGAL | SOS 1                                 | M50     | 03:44:51.157 | 03:44:08.787 |
| 482  | 767    | F | LOPEZ TRELLES     | SPAIN    | CD.RELIEVE                            | F40     | 03:44:54.580 | 03:43:46.693 |
| 483  | 911    | M | STEPHANE SINTEFF  | FRANCE   | INDIVIDUAL                            | M45     | 03:44:55.907 | 03:43:20.040 |
| 484  | 1314   | M | IVAN TSAREVSKYI   | PORTUGAL | INDIVIDUAL                            | M SEN   | 03:44:57.437 | 03:42:33.774 |
| 485  | 1192   | M | DANIEL DIAS       | PORTUGAL | INDIVIDUAL                            | M SEN   | 03:44:57.873 | 03:42:15.870 |
| 486  | 1187   | M | FILIPE PARAÍSO    | PORTUGAL | GUARDARUNNERS                         | M40     | 03:44:59.697 | 03:44:07.227 |
| 487  | 1443   | M | JAVIER SANZ       | SPAIN    | INDIVIDUAL                            | M60     | 03:45:02.257 | 03:44:15.850 |
| 488  | 427    | M | BRUNO FERREIRA    | PORTUGAL | INDIVIDUAL                            | M40     | 03:45:04.450 | 03:42:22.067 |
| 489  | 523    | M | JAVIER ALONSO     | SPAIN    | INDIVIDUAL                            | M40     | 03:45:05.630 | 03:44:22.777 |
| 490  | 1402   | M | JORGE PATO        | PORTUGAL | INDIVIDUAL                            | M45     | 03:45:06.347 | 03:44:43.060 |
| 491  | 714    | M | PAULO SILVA       | PORTUGAL | INDIVIDUAL                            | M50     | 03:45:14.023 | 03:43:44.286 |
| 492  | 876    | M | PEDRO PAREDES     | PORTUGAL | INDIVIDUAL                            | M35     | 03:45:16.617 | 03:44:18.800 |
| 493  | 499    | M | RICARDO SOUSA     | PORTUGAL | INDIVIDUAL                            | M40     | 03:45:24.043 | 03:44:08.643 |
| 494  | 1003   | M | JOÃO CUNHA        | PORTUGAL | NÚCLEO DE KARATÉ E ATLETISMO DE RORIZ | M55     | 03:45:28.563 | 03:44:57.766 |
| 495  | 759    | M | JOSÉ PINTO        | PORTUGAL | INDIVIDUAL                            | M60     | 03:45:34.280 | 03:44:01.440 |
| 496  | 1085   | M | PEDRO JACINTO     | PORTUGAL | GRUPO DESPORTIVO ASSEMPARK            | M SEN   | 03:45:47.237 | 03:45:09.384 |
| 497  | 1071   | F | ANA ALMEIDA       | PORTUGAL | LINDA-A-PASTORA SPORTING CLUBE        | F45     | 03:45:52.097 | 03:43:38.527 |
| 498  | 1428   | M | CELSO FERREIRA    | PORTUGAL | DELOITTE                              | M SEN   | 03:45:53.030 | 03:44:39.550 |
| 499  | 863    | M | LUIS VIEIRA       | PORTUGAL | INDIVIDUAL                            | M35     | 03:46:01.367 | 03:44:08.300 |
| 500  | 1272   | M | GONÇALO INÁCIO    | PORTUGAL | ASSOCIAÇÃO VALE GRANDE                | M45     | 03:46:09.137 | 03:43:51.557 |
| 501  | 476    | M | DANIEL FIGUEIREDO | PORTUGAL | INDIVIDUAL                            | M40     | 03:46:17.967 | 03:44:30.460 |
| 502  | 739    | M | RICARDO PEREIRA   | PORTUGAL | INDIVIDUAL                            | M SEN   | 03:46:22.130 | 03:44:17.360 |
| 503  | 910    | M | RUI MOUTELA       | PORTUGAL | INDIVIDUAL                            | M SEN   | 03:46:28.323 | 03:45:47.100 |
| 504  | 554    | M | NUNO PASCOAL      | PORTUGAL | CORRER QUELUZ                         | M45     | 03:46:34.233 | 03:46:06.036 |
| 505  | 22     | M | JOSE MOREIRA      | PORTUGAL | INDIVIDUAL                            | M45     | 03:46:49.730 | 03:44:49.023 |
| 506  | 1477   | M | PEDRO PORTUGAL    | PORTUGAL | INDIVIDUAL                            | M45     | 03:46:51.553 | 03:45:44.246 |
| 507  | 795    | M | JOÃO URBANO       | PORTUGAL | INDIVIDUAL                            | M SEN   | 03:47:15.090 | 03:46:10.743 |
| 508  | 848    | M | RUI SIMPLICIO     | PORTUGAL | INDIVIDUAL                            | M50     | 03:47:20.410 | 03:45:41.927 |
| 509  | 1000   | M | LUIS SILVA        | PORTUGAL | INDIVIDUAL                            | M50     | 03:47:24.490 | 03:46:34.017 |
| 510  | 1463   | M | ANTÓNIO MARTINHO  |          | LINDA-A-PASTORA SPORTING CLUBE        | M55     | 03:47:35.437 | 03:46:02.240 |
| 511  | 1533   | M | JOAQUIM SÁ        | PORTUGAL | INDIVIDUAL                            | M75     | 03:47:43.100 | 03:47:00.433 |
| 512  | 1586   | M | RUI BRILHANTE     | PORTUGAL | INDIVIDUAL                            | M50     | 03:47:59.343 | 03:46:32.683 |
| 513  | 435    | M | EDGAR MAGRO       | PORTUGAL | INDIVIDUAL                            | M40     | 03:48:02.107 | 03:44:41.550 |
| 514  | 450    | M | JORGE JUSTO       | PORTUGAL | INDIVIDUAL                            | M60     | 03:48:09.527 | 03:45:56.107 |
| 515  | 892    | M | LUIS ALMEIDA      | PORTUGAL | ASSOCIAÇÃO VALE GRANDE                | M45     | 03:48:16.660 | 03:46:43.727 |
| 516  | 553    | M | JOSE SILVA        | PORTUGAL | INDIVIDUAL                            | M35     | 03:48:24.120 | 03:47:49.110 |
| 517  | 1337   | M | PAULO FERREIRA    | PORTUGAL | INDIVIDUAL                            | M45     | 03:48:25.673 | 03:47:06.070 |
| 518  | 1339   | M | JOÃO RODRIGUES    | PORTUGAL | NOKIA RUNNERS                         | M50     | 03:48:31.400 | 03:47:13.933 |
| 519  | 429    | M | AFONSO NUNES      | PORTUGAL | ALVERCA URBAN RUNNERS                 | M60     | 03:48:33.747 | 03:45:44.630 |
| 520  | 532    | M | MIGUEL SILVA      | PORTUGAL | TRAIL TEAM VILA DE MOUROS             | M45     | 03:48:34.273 | 03:48:14.820 |
| 521  | 912    | F | SANDRA MONTEIRO   | PORTUGAL | ASSOCIAÇÃO VALE GRANDE                | F45     | 03:48:39.683 | 03:47:07.670 |
| 522  | 481    | F | MARILIA NORO      | PORTUGAL | SALAMANDRECOS                         | F35     | 03:48:48.950 | 03:47:23.703 |
| 523  | 963    | M | NELSON FRADIQUE   | PORTUGAL | INDIVIDUAL                            | M45     | 03:48:59.727 | 03:47:28.420 |
| 524  | 1554   | M | MARCO MARQUES     | PORTUGAL | RECREIO DESPORTIVO DE ÁGUEDA          | M40     | 03:49:17.120 | 03:49:04.703 |
| 525  | 839    | M | ANDRÉ SERRA       | PORTUGAL | ANLU                                  | M40     | 03:49:22.537 | 03:46:32.454 |
| 526  | 903    | M | RUI HENRIQUES     | PORTUGAL | INDIVIDUAL                            | M50     | 03:49:25.520 | 03:48:24.610 |
| 527  | 563    | M | NUNO FREITAS      | PORTUGAL | INDIVIDUAL                            | M45     | 03:49:28.867 | 03:48:50.317 |
| 528  | 1027   | F | SOFIA PEIXOTO     | PORTUGAL | TEAM EL COMANDANTE                    | F35     | 03:49:42.830 | 03:49:28.157 |

| Pos. | Dorsal | G | Nome               | País     | Equipa                                                | Escalão | Tempo        | Chip         |
|------|--------|---|--------------------|----------|-------------------------------------------------------|---------|--------------|--------------|
| 529  | 1582   | M | HENRIQUE CASTRO    | PORTUGAL | INDIVIDUAL                                            | M50     | 03:49:44.530 | 03:47:22.717 |
| 530  | 545    | M | JOÃO ALMADA        | PORTUGAL | INDIVIDUAL                                            | M60     | 03:49:52.333 | 03:49:40.736 |
| 531  | 837    | M | CARLOS MARQUES     | PORTUGAL | INDIVIDUAL                                            | M55     | 03:49:53.490 | 03:49:11.153 |
| 532  | 382    | M | ANTÓNIO GERALDO    | PORTUGAL | TARTARUGAS DO CHOUPAL                                 | M60     | 03:49:55.033 | 03:47:40.536 |
| 533  | 1471   | F | PATRÍCIA MATOS     | PORTUGAL | LINDA-A-PASTORA SPORTING CLUBE                        | F45     | 03:50:00.190 | 03:48:46.643 |
| 534  | 1115   | F | RITA PAULINO       | PORTUGAL | INDIVIDUAL                                            | F35     | 03:50:02.170 | 03:48:48.077 |
| 535  | 1594   | F | ANA MENDES         | PORTUGAL | INDIVIDUAL                                            | F40     | 03:50:03.587 | 03:49:19.320 |
| 536  | 1564   | M | ANTÓNIO PINTO      | PORTUGAL | CORRER QUELUZ                                         | M60     | 03:50:05.147 | 03:49:21.074 |
| 537  | 1341   | M | BERTRAND DUTERTRE  | FRANCE   | INDIVIDUAL                                            | M45     | 03:50:07.130 | 03:49:30.283 |
| 538  | 407    | M | ALBERTO SANTOS     | PORTUGAL | INDIVIDUAL                                            | M60     | 03:50:27.120 | 03:49:01.017 |
| 539  | 399    | M | JOSÉ SANTOS        | PORTUGAL | ÁGUIAS DA ESTRADA                                     | M55     | 03:50:27.223 | 03:49:03.863 |
| 540  | 595    | F | ALEXANDRA VIEIRA   | PORTUGAL | NÚCLEO DO SPORTING CLUBE DE PORTUGAL DA ILHA TERCEIRA | F50     | 03:50:33.000 | 03:49:55.937 |
| 541  | 1129   | M | NUNO MENDES        | PORTUGAL | INDIVIDUAL                                            | M40     | 03:50:39.157 | 03:46:24.924 |
| 542  | 1089   | M | AUGUSTO FERREIRA   | PORTUGAL | INDIVIDUAL                                            | M50     | 03:51:03.070 | 03:50:32.307 |
| 543  | 380    | M | DAVID SILVA        | PORTUGAL | INDIVIDUAL                                            | M45     | 03:51:16.720 | 03:50:33.910 |
| 544  | 524    | M | JOSÉ VIDEIRA       | SPAIN    | INDIVIDUAL                                            | M45     | 03:51:17.980 | 03:50:06.670 |
| 545  | 1030   | M | ILIDIO OLIVEIRA    | PORTUGAL | INDIVIDUAL                                            | M60     | 03:51:19.680 | 03:50:57.420 |
| 546  | 685    | M | EDUARDO SÁNCHEZ    | SPAIN    | INDIVIDUAL                                            | M55     | 03:51:24.573 | 03:50:16.470 |
| 547  | 861    | M | ANTÓNIO PIRES      | PORTUGAL | INDIVIDUAL                                            | M40     | 03:51:28.067 | 03:50:10.084 |
| 548  | 367    | M | HUGO NUNES         | PORTUGAL | SUPRAS                                                | M40     | 03:52:01.597 | 03:49:04.167 |
| 549  | 471    | M | LUIS SANTOS        | PORTUGAL | INDIVIDUAL                                            | M55     | 03:52:03.433 | 03:50:51.426 |
| 550  | 1139   | F | ETELVINA ROCHA     | PORTUGAL | INDIVIDUAL                                            | F55     | 03:52:03.510 | 03:50:54.020 |
| 551  | 644    | M | CARLOS NEVES       | PORTUGAL | INDIVIDUAL                                            | M50     | 03:52:04.077 | 03:50:50.107 |
| 552  | 463    | M | ANTONIO REIS       | PORTUGAL | INDIVIDUAL                                            | M55     | 03:52:16.970 | 03:50:57.947 |
| 553  | 346    | M | SÉRGIO LOPES       | PORTUGAL | SUPERFRESCO TRAIL TEAM                                | M40     | 03:52:17.110 | 03:50:59.003 |
| 554  | 1524   | M | PEDRO SILVA        | PORTUGAL | CASA DO BENFICA EM ABRANTES                           | M45     | 03:52:31.877 | 03:52:00.087 |
| 555  | 794    | M | LUIS JACOB         |          | INDIVIDUAL                                            | M50     | 03:52:35.510 | 03:48:48.033 |
| 556  | 918    | M | JOÃO PINHEIRO      | PORTUGAL | INDIVIDUAL                                            | M40     | 03:52:44.597 | 03:51:19.077 |
| 557  | 315    | M | PAULO MOUTINHO     | PORTUGAL | INDIVIDUAL                                            | M50     | 03:52:55.077 | 03:52:00.610 |
| 558  | 1395   | M | HENRIQUE MATOS     | PORTUGAL | INDIVIDUAL                                            | M50     | 03:52:58.157 | 03:52:12.490 |
| 559  | 986    | M | DINIS BRUNO        | PORTUGAL | GANGSOS                                               | M SEN   | 03:52:59.243 | 03:52:27.103 |
| 560  | 674    | M | PAULO NETO         | PORTUGAL | GINÁSIO CLUBE DE BRAGANÇA                             | M35     | 03:53:01.590 | 03:49:48.090 |
| 561  | 35     | M | PAULO OLIVEIRA     | PORTUGAL | INDIVIDUAL                                            | M40     | 03:53:04.917 | 03:51:56.880 |
| 562  | 1475   | F | SUSANA RAPOSO      |          | LINDA-A-PASTORA SPORTING CLUBE                        | F45     | 03:53:04.917 | 03:50:54.497 |
| 563  | 1159   | M | RICARDO GOMES      | PORTUGAL | INDIVIDUAL                                            | M40     | 03:53:15.443 | 03:52:25.343 |
| 564  | 944    | F | EVANIA WEISS       | PORTUGAL | INDIVIDUAL                                            | F40     | 03:53:17.840 | 03:51:56.293 |
| 565  | 525    | M | HUMBERTO NEVES     | PORTUGAL | CIAIA-CLUBE INDEPENDENTE DE ATLETISMO ILHA AZUL       | M45     | 03:53:20.070 | 03:48:30.033 |
| 566  | 328    | M | RUI FREITAS        | PORTUGAL | ESGALHADA TRAIL TEAM                                  | M40     | 03:53:26.293 | 03:52:22.123 |
| 567  | 809    | M | LUIS LEO           | PORTUGAL | INDIVIDUAL                                            | M50     | 03:53:27.387 | 03:52:00.087 |
| 568  | 43     | M | JOSÉ PARDAL        | PORTUGAL | INDIVIDUAL                                            | M45     | 03:53:36.367 | 03:50:38.674 |
| 569  | 938    | M | TIAGO OSÓRIO       | PORTUGAL | INDIVIDUAL                                            | M35     | 03:53:44.650 | 03:53:02.710 |
| 570  | 415    | M | HENRIQUE FERREIRA  | PORTUGAL | INDIVIDUAL                                            | M40     | 03:53:53.957 | 03:51:50.780 |
| 571  | 1238   | M | JOSÉ CAPELA        | PORTUGAL | INDIVIDUAL                                            | M60     | 03:53:58.820 | 03:53:19.297 |
| 572  | 1127   | F | LUISA JORGE        | PORTUGAL | INDIVIDUAL                                            | F40     | 03:54:01.933 | 03:51:06.350 |
| 573  | 1123   | M | ALEXANDRE PINHEIRO | PORTUGAL | INDIVIDUAL                                            | M SEN   | 03:54:14.113 | 03:51:03.020 |
| 574  | 1171   | M | JOAQUIM SILVA      | PORTUGAL | CLUBE DE ATLETISMO DE SINTRA                          | M45     | 03:54:14.277 | 03:53:26.320 |
| 575  | 1425   | M | ADÉRITO CURTO      | PORTUGAL | INDIVIDUAL                                            | M60     | 03:54:21.457 | 03:52:22.464 |
| 576  | 924    | M | CHRISTOPHE PAITIER | FRANCE   | INDIVIDUAL                                            | M45     | 03:54:28.387 | 03:52:54.904 |

| Pos. | Dorsal | G | Nome                | País     | Equipa                                            | Escalão | Tempo        | Chip         |
|------|--------|---|---------------------|----------|---------------------------------------------------|---------|--------------|--------------|
| 577  | 760    | M | RICARDO MATEUS      | PORTUGAL | INDIVIDUAL                                        | M45     | 03:54:30.147 | 03:53:20.934 |
| 578  | 1547   | M | DOMINGOS TAVARES    | PORTUGAL | INDIVIDUAL                                        | M50     | 03:54:30.620 | 03:53:00.633 |
| 579  | 1240   | M | CARLOS CERVEIRA     | FRANCE   | INDIVIDUAL                                        | M50     | 03:54:36.457 | 03:53:33.700 |
| 580  | 957    | F | DORA GOMES          | PORTUGAL | INDIVIDUAL                                        | F50     | 03:54:46.343 | 03:52:06.273 |
| 581  | 958    | M | JOSÉ TORRES         | PORTUGAL | INDIVIDUAL                                        | M40     | 03:54:46.543 | 03:52:06.516 |
| 582  | 1114   | M | LUIS TORRES         | PORTUGAL | INDIVIDUAL                                        | M50     | 03:54:48.677 | 03:51:56.994 |
| 583  | 321    | M | NUNO MARTINS        | PORTUGAL | CASA DO BENFICA EM ALGUEIRAO MEM MARTINS - SINTRA | M40     | 03:55:00.757 | 03:52:50.710 |
| 584  | 947    | F | MARIA RODRIGUES     | PORTUGAL | BOMBEIROS VOLUNTÁRIOS MONTEMOR-O-NOVO             | F45     | 03:55:03.387 | 03:54:38.860 |
| 585  | 792    | M | RÓMULO FERNANDES    | PORTUGAL | INDIVIDUAL                                        | M SEN   | 03:55:03.503 | 03:50:53.913 |
| 586  | 340    | M | SANDRO VILELA       | PORTUGAL | INDIVIDUAL                                        | M45     | 03:55:06.177 | 03:53:40.657 |
| 587  | 420    | M | RICARDO PATRÍCIO    | PORTUGAL | BOAVISTA TRAIL                                    | M40     | 03:55:14.003 | 03:54:23.913 |
| 588  | 610    | F | CARLA MEDEIROS      | PORTUGAL | CLUBE MILLENNIUM BCP                              | F40     | 03:55:16.977 | 03:53:58.154 |
| 589  | 851    | M | NÉLIO VIEIRA        | PORTUGAL | AC BATALHA                                        | M SEN   | 03:55:19.887 | 03:53:29.694 |
| 590  | 869    | M | RICARDO CEIA        | PORTUGAL | BORALÁCORRER                                      | M50     | 03:55:24.723 | 03:52:59.800 |
| 591  | 47     | M | MARCOS RATOLA       | PORTUGAL | INDIVIDUAL                                        | M40     | 03:55:34.217 | 03:54:21.334 |
| 592  | 1499   | F | MARLENE FERREIRA    | PORTUGAL | JUVENTUDE CORTEGACENSE                            | F35     | 03:55:39.150 | 03:54:04.197 |
| 593  | 858    | M | LUIS NICO           | PORTUGAL | ROTA D'OSSA                                       | M35     | 03:55:48.140 | 03:54:21.083 |
| 594  | 740    | M | ANDRÉ SANTOS        | PORTUGAL | ARCD- VENDA DA LUISA                              | M40     | 03:56:12.993 | 03:54:06.983 |
| 595  | 884    | M | ANDRÉ RODRIGUES     | PORTUGAL | INDIVIDUAL                                        | M SEN   | 03:56:18.657 | 03:55:25.640 |
| 596  | 643    | M | JOSÉ SOUSA          | PORTUGAL | INDIVIDUAL                                        | M SEN   | 03:56:26.333 | 03:55:25.226 |
| 597  | 354    | M | ARTUR CARVALHO      | PORTUGAL | INDIVIDUAL                                        | M50     | 03:56:26.923 | 03:54:34.693 |
| 598  | 920    | M | NUNO PIRES          | PORTUGAL | INDIVIDUAL                                        | M45     | 03:56:33.083 | 03:55:27.303 |
| 599  | 923    | M | TIAGO SIMÕES        | PORTUGAL | INDIVIDUAL                                        | M35     | 03:56:33.630 | 03:55:27.497 |
| 600  | 444    | M | MANUEL FERREIRA     | PORTUGAL | CONFRARIA DOS FATIGADOS                           | M45     | 03:56:36.390 | 03:54:00.350 |
| 601  | 1508   | M | NUNO GAMEIRO        | PORTUGAL | INDIVIDUAL                                        | M35     | 03:56:42.823 | 03:56:07.406 |
| 602  | 434    | M | MANUEL SANTOS       | PORTUGAL | S S S TEAM                                        | M60     | 03:56:47.080 | 03:55:21.960 |
| 603  | 978    | M | BENJAMIN REY        | FRANCE   | INDIVIDUAL                                        | M40     | 03:56:49.990 | 03:55:46.817 |
| 604  | 673    | M | TIAGO OLIVEIRA      | PORTUGAL | INDIVIDUAL                                        | M SEN   | 03:56:57.567 | 03:56:32.290 |
| 605  | 772    | M | JOSÉ LEITÃO         | PORTUGAL | INDIVIDUAL                                        | M50     | 03:57:01.527 | 03:54:54.887 |
| 606  | 597    | M | RÚBEN EIRA          | PORTUGAL | INDIVIDUAL                                        | M SEN   | 03:57:02.470 | 03:55:59.280 |
| 607  | 805    | M | JOSÉ MORGADO        | PORTUGAL | INDIVIDUAL                                        | M SEN   | 03:57:02.567 | 03:55:21.287 |
| 608  | 1220   | F | LILIANA AZEVEDO     | PORTUGAL | INDIVIDUAL                                        | F40     | 03:57:02.980 | 03:55:46.590 |
| 609  | 1422   | M | MÁRIO SEQUEIRA      | PORTUGAL | JOVASE TRAIL RUNNING                              | M45     | 03:57:03.293 | 03:56:29.836 |
| 610  | 810    | M | JOÃO COUTO          | PORTUGAL | INDIVIDUAL                                        | M45     | 03:57:07.970 | 03:55:43.697 |
| 611  | 775    | M | JOÃO BAIÃO          | PORTUGAL | INDIVIDUAL                                        | M50     | 03:57:18.630 | 03:56:07.703 |
| 612  | 709    | M | BRUNO SILVEIRA      | PORTUGAL | INDIVIDUAL                                        | M SEN   | 03:57:25.903 | 03:55:51.140 |
| 613  | 1498   | F | VANDA FERNANDES     | PORTUGAL | INDIVIDUAL                                        | F45     | 03:57:32.227 | 03:55:27.614 |
| 614  | 603    | F | PILAR MAHAMUDISIDRO | SPAIN    | INDIVIDUAL                                        | F50     | 03:57:37.927 | 03:56:15.480 |
| 615  | 357    | M | BRUNO SANTOS        | PORTUGAL | INDIVIDUAL                                        | M40     | 03:57:48.587 | 03:56:06.964 |
| 616  | 1417   | M | NUNO DAVID          | PORTUGAL | INDIVIDUAL                                        | M35     | 03:57:55.047 | 03:55:48.594 |
| 617  | 1416   | M | JOAQUIM PEREIRA     | PORTUGAL | INDIVIDUAL                                        | M60     | 03:57:57.990 | 03:55:51.073 |
| 618  | 1596   | M | JOSÉ SALGADO        | PORTUGAL | INDIVIDUAL                                        | M50     | 03:57:58.030 | 03:56:58.363 |
| 619  | 327    | M | ALLEN VASCONCELOS   | PORTUGAL | INDIVIDUAL                                        | M40     | 03:58:10.097 | 03:54:26.150 |
| 620  | 1037   | M | ANTONIO CUMBRE      | PORTUGAL | INDIVIDUAL                                        | M40     | 03:58:10.317 | 03:54:26.344 |
| 621  | 1262   | M | PAULO MARTINS       | PORTUGAL | INDIVIDUAL                                        | M55     | 03:58:11.943 | 03:53:56.356 |
| 622  | 443    | M | ÁLVARO LENTE        | PORTUGAL | ALVERCA URBAN RUNNERS                             | M40     | 03:58:12.160 | 03:55:21.897 |
| 623  | 408    | M | JOSÉ BÁRBARA        | PORTUGAL | INDIVIDUAL                                        | M SEN   | 03:58:28.400 | 03:57:03.947 |
| 624  | 341    | M | JOÃO BELTRÃO        | PORTUGAL | INDIVIDUAL                                        | M40     | 03:58:31.360 | 03:54:47.367 |



| Pos. | Dorsal | G | Nome                | País           | Equipa                                             | Escalão | Tempo        | Chip         |
|------|--------|---|---------------------|----------------|----------------------------------------------------|---------|--------------|--------------|
| 625  | 840    | M | WALLACE MAGALHÃES   | PORTUGAL       | INDIVIDUAL                                         | M35     | 03:58:38.640 | 03:56:42.190 |
| 626  | 536    | M | LUIS COSTA          | PORTUGAL       | INDIVIDUAL                                         | M SEN   | 03:58:42.610 | 03:57:18.977 |
| 627  | 853    | F | FILIPA FREITAS      | PORTUGAL       | TRAVASSÓS RUNNING FAFE                             | F SEN   | 03:58:46.887 | 03:56:25.804 |
| 628  | 2      | M | SERGIO SIMOES       | PORTUGAL       | INDIVIDUAL                                         | M45     | 03:58:47.223 | 03:56:18.436 |
| 629  | 336    | M | CARLOS SARAGOÇA     | PORTUGAL       | INDIVIDUAL                                         | M45     | 03:59:01.110 | 03:58:24.117 |
| 630  | 701    | M | EDUARDO COELHO      | PORTUGAL       | INDIVIDUAL                                         | M40     | 03:59:08.117 | 03:56:53.467 |
| 631  | 568    | M | HUGO SOUSA          | PORTUGAL       | INDIVIDUAL                                         | M40     | 03:59:13.537 | 03:58:14.630 |
| 632  | 707    | F | RAQUEL AZEVEDO      | PORTUGAL       | GRUPO DESPORTIVO RECREATIVO JUVENTUDE DAS RIBEIRAS | F35     | 03:59:37.093 | 03:58:02.186 |
| 633  | 897    | F | KAREN MENDES        | PORTUGAL       | ACADEMIA DE DESPORTOS DE CONDEIXA                  | F SEN   | 03:59:44.500 | 03:57:40.623 |
| 634  | 881    | M | RODRIGO SANTOS      | PORTUGAL       | INDIVIDUAL                                         | M50     | 03:59:44.520 | 03:59:03.260 |
| 635  | 668    | M | PEDRO SOUSA         | PORTUGAL       | TEAM RUNNERS                                       | M35     | 03:59:44.987 | 03:56:07.854 |
| 636  | 977    | M | TIAGO SOUSA         | PORTUGAL       | GANGSOS                                            | M SEN   | 03:59:46.277 | 03:57:12.790 |
| 637  | 993    | M | GONÇALO MARTINS     | PORTUGAL       | INDIVIDUAL                                         | M35     | 03:59:48.803 | 03:58:03.040 |
| 638  | 689    | M | ARTURO OLIVA        | SPAIN          | INDIVIDUAL                                         | M45     | 03:59:55.550 | 03:59:06.493 |
| 639  | 1551   | M | BRUNO FERREIRA      | PORTUGAL       | INDIVIDUAL                                         | M35     | 04:00:00.363 | 03:58:30.180 |
| 640  | 378    | M | RICARDO SILVA       | PORTUGAL       | INDIVIDUAL                                         | M50     | 04:00:01.537 | 03:59:09.537 |
| 641  | 1510   | M | CARLOS PINTO        | PORTUGAL       | CASA DO BENFICA EM ABRANTES                        | M55     | 04:00:04.953 | 03:55:39.106 |
| 642  | 529    | M | TIAGO PREGUIÇA      | PORTUGAL       | INDIVIDUAL                                         | M35     | 04:00:10.240 | 03:57:58.243 |
| 643  | 719    | F | CARLA MENDES        | PORTUGAL       | INDIVIDUAL                                         | F45     | 04:00:13.890 | 03:58:16.053 |
| 644  | 824    | M | VÍTOR PROENÇA       | PORTUGAL       | INDIVIDUAL                                         | M45     | 04:00:16.187 | 03:59:00.354 |
| 645  | 1016   | M | ARTURO CABRERO      | SPAIN          | INDIVIDUAL                                         | M55     | 04:00:21.657 | 03:57:50.827 |
| 646  | 400    | M | HÉLDER PIRES        |                | INDIVIDUAL                                         | M45     | 04:00:25.077 | 03:57:39.310 |
| 647  | 1128   | M | HUGO CORREIA        | PORTUGAL       | INDIVIDUAL                                         | M35     | 04:00:25.543 | 03:55:54.400 |
| 648  | 798    | M | GUSTAVO SILVEIRINHA | UNITED KINGDOM | INDIVIDUAL                                         | M40     | 04:00:27.720 | 03:58:56.813 |
| 649  | 870    | M | JONI FARIA          | PORTUGAL       | INDIVIDUAL                                         | M40     | 04:00:28.707 | 03:59:09.484 |
| 650  | 638    | M | VASSALO STEPHANE    | FRANCE         | INDIVIDUAL                                         | M50     | 04:00:32.023 | 03:57:52.583 |
| 651  | 1076   | M | SUBSTRATO LDA       | PORTUGAL       | INDIVIDUAL                                         | M50     | 04:00:34.780 | 03:59:15.153 |
| 652  | 1068   | M | ANDRÉ SILVA         | PORTUGAL       | ASSOCIAÇÃO VALE GRANDE                             | M35     | 04:00:35.593 | 03:59:22.550 |
| 653  | 599    | M | TIAGO AMARAL        | PORTUGAL       | INDIVIDUAL                                         | M SEN   | 04:00:47.647 | 03:59:11.934 |
| 654  | 1053   | M | MIGUEL FERNANDES    | PORTUGAL       | INDIVIDUAL                                         | M45     | 04:00:48.167 | 03:58:21.814 |
| 655  | 1254   | M | PAULO PASCOAL       | PORTUGAL       | INDIVIDUAL                                         | M55     | 04:00:48.320 | 03:59:14.517 |
| 656  | 1413   | F | LINA MATEUS         | PORTUGAL       | INDIVIDUAL                                         | F40     | 04:00:51.347 | 03:59:06.460 |
| 657  | 1075   | M | JOÃO MARTINS        | PORTUGAL       | INDIVIDUAL                                         | M55     | 04:00:52.697 | 03:59:52.920 |
| 658  | 28     | M | JORGE BRANCO        | PORTUGAL       | INDIVIDUAL                                         | M50     | 04:00:54.410 | 03:59:41.907 |
| 659  | 1426   | M | LICÍNIO SARAGOÇA    | PORTUGAL       | INDIVIDUAL                                         | M45     | 04:00:58.990 | 03:59:00.453 |
| 660  | 1244   | M | JOAO CORREIA        | PORTUGAL       | INDIVIDUAL                                         | M55     | 04:00:59.093 | 03:59:54.520 |
| 661  | 355    | M | RUI RODRIGUES       | PORTUGAL       | INDIVIDUAL                                         | M40     | 04:01:00.840 | 03:58:29.760 |
| 662  | 623    | M | FRANCISCO REBELO    | PORTUGAL       | VITORIA FUTEBOL CLUBE                              | M55     | 04:01:07.060 | 03:58:20.537 |
| 663  | 1039   | M | JOSÉ SOARES         | PORTUGAL       | INDIVIDUAL                                         | M45     | 04:01:10.560 | 03:59:25.793 |
| 664  | 1493   | M | JOAO MANGERICAO     | PORTUGAL       | INDIVIDUAL                                         | M45     | 04:01:11.560 | 03:58:35.100 |
| 665  | 731    | M | EDUARDO MARTA       | PORTUGAL       | INDIVIDUAL                                         | M SEN   | 04:01:13.463 | 03:58:40.283 |
| 666  | 1126   | M | NUNO BEIJOCA        | PORTUGAL       | INDIVIDUAL                                         | M45     | 04:01:18.603 | 03:59:57.456 |
| 667  | 618    | M | JOÃO SANTOS         | PORTUGAL       | INDIVIDUAL                                         | M40     | 04:01:20.807 | 04:00:35.947 |
| 668  | 1074   | M | EDUARDO BAPTISTA    | PORTUGAL       | INDIVIDUAL                                         | M40     | 04:01:23.660 | 03:59:51.883 |
| 669  | 513    | M | RICARDO PINTO       | PORTUGAL       | INDIVIDUAL                                         | M35     | 04:01:25.407 | 03:58:06.494 |
| 670  | 1004   | M | JOÃO ARANHA         | PORTUGAL       | INDIVIDUAL                                         | M35     | 04:01:30.413 | 03:59:19.130 |
| 671  | 738    | M | PAULO RIBEIRO       | PORTUGAL       | INDIVIDUAL                                         | M50     | 04:01:31.163 | 03:59:37.016 |
| 672  | 1470   | M | MIGUEL SEQUEIRA     |                | LINDA-A-PASTORA SPORTING CLUBE                     | M40     | 04:01:32.173 | 04:00:10.536 |

| Pos. | Dorsal | G | Nome                 | País     | Equipa                                   | Escalão | Tempo        | Chip         |
|------|--------|---|----------------------|----------|------------------------------------------|---------|--------------|--------------|
| 673  | 1362   | M | HELDER COSTA         | PORTUGAL | INDIVIDUAL                               | M40     | 04:01:34.207 | 03:59:31.430 |
| 674  | 496    | M | JOSÉ SIMÕES          | PORTUGAL | INDIVIDUAL                               | M60     | 04:01:35.270 | 04:00:20.247 |
| 675  | 1439   | F | ANA JOSE             | PORTUGAL | INDIVIDUAL                               | F50     | 04:01:38.017 | 03:58:57.544 |
| 676  | 333    | M | OSCAR TORRES         | PORTUGAL | INDIVIDUAL                               | M SEN   | 04:01:38.310 | 03:58:58.503 |
| 677  | 1283   | M | ANTÓNIO SILVA        | PORTUGAL | PACEMAKERES                              | M50     | 04:01:39.000 | 03:59:54.733 |
| 678  | 36     | M | PAULO SILVA          |          | INDIVIDUAL                               | M40     | 04:01:42.503 | 03:58:37.533 |
| 679  | 401    | M | PAULO CENTEIO        | PORTUGAL | INDIVIDUAL                               | M50     | 04:01:43.347 | 04:00:42.960 |
| 680  | 1111   | M | MONTXO HERMIDA       | SPAIN    | INDIVIDUAL                               | M50     | 04:02:41.697 | 04:01:53.027 |
| 681  | 1023   | F | AINHOA LOPEZ         | SPAIN    | GALAICAS BUEU                            | F SEN   | 04:02:42.227 | 03:59:11.470 |
| 682  | 1054   | M | JOÃO VIEIRA          | PORTUGAL | INDIVIDUAL                               | M SEN   | 04:03:00.477 | 03:59:24.707 |
| 683  | 507    | M | FERNANDO BUBNA       | PORTUGAL | INDIVIDUAL                               | M35     | 04:03:01.390 | 04:02:09.470 |
| 684  | 1213   | M | GIANNIS CHRISTOU     | PORTUGAL | INDIVIDUAL                               | M SEN   | 04:03:04.647 | 04:01:24.787 |
| 685  | 556    | M | TIAGO GOMES          | PORTUGAL | TRAIL TEAM VILA DE MOUROS                | M40     | 04:03:12.763 | 04:01:58.956 |
| 686  | 921    | F | ELSA FRANCISCO       | PORTUGAL | INDIVIDUAL                               | F50     | 04:03:24.573 | 04:00:48.420 |
| 687  | 901    | M | PEDRO MAIA           | PORTUGAL | INDIVIDUAL                               | M35     | 04:03:46.270 | 04:02:37.500 |
| 688  | 710    | F | ANA GOMES            |          | INDIVIDUAL                               | F45     | 04:04:27.127 | 03:59:10.584 |
| 689  | 381    | M | EDUARDO RODRIGUES    | PORTUGAL | INDIVIDUAL                               | M35     | 04:04:31.417 | 04:03:37.887 |
| 690  | 1055   | M | MOUTON GUILLAUME     | FRANCE   | INDIVIDUAL                               | M40     | 04:04:53.767 | 04:03:19.850 |
| 691  | 724    | M | MÁRIO ROSAS          | PORTUGAL | INDIVIDUAL                               | M50     | 04:05:18.347 | 04:03:49.314 |
| 692  | 1365   | M | PAULO MARQUES        | PORTUGAL | INDIVIDUAL                               | M45     | 04:05:19.440 | 04:04:04.187 |
| 693  | 1231   | M | BRUNO CORREIA        |          | CENTRO CULTURAL DESPORTIVO RENAULT CACIA | M35     | 04:05:53.540 | 04:05:25.217 |
| 694  | 785    | M | ARNALDO SANTOS       | PORTUGAL | INDIVIDUAL                               | M55     | 04:05:57.260 | 04:04:31.993 |
| 695  | 468    | M | PAULO GOMES          |          | WALK AND RUN                             | M40     | 04:06:01.403 | 04:04:25.463 |
| 696  | 480    | F | NÉLIA GOUVEIA        | PORTUGAL | INDIVIDUAL                               | F50     | 04:06:01.587 | 04:03:53.007 |
| 697  | 702    | M | JORGE DIAS           | PORTUGAL | INDIVIDUAL                               | M55     | 04:06:02.253 | 04:01:23.426 |
| 698  | 27     | M | PAULO GONÇALVES      | PORTUGAL | INDIVIDUAL                               | M50     | 04:06:03.593 | 04:04:31.636 |
| 699  | 734    | M | RICARDO JANEIRO      | PORTUGAL | INDIVIDUAL                               | M40     | 04:06:20.067 | 04:05:19.704 |
| 700  | 1172   | F | CARLA SERRANO        | PORTUGAL | INDIVIDUAL                               | F45     | 04:06:22.547 | 04:04:29.610 |
| 701  | 1185   | M | TOMÉ RODRIGUES       | PORTUGAL | INDIVIDUAL                               | M35     | 04:06:32.710 | 04:05:52.440 |
| 702  | 660    | M | CARLOS MENDEZ        | SPAIN    | INDIVIDUAL                               | M60     | 04:06:38.593 | 04:02:36.586 |
| 703  | 773    | M | WILSON ANDRADE       | PORTUGAL | C.D.C. SÃO MARTINHO DA GÂNDARA           | M SEN   | 04:06:45.030 | 04:04:27.413 |
| 704  | 546    | M | NUNO MACHADO         | PORTUGAL | INDIVIDUAL                               | M SEN   | 04:06:47.847 | 04:05:13.230 |
| 705  | 1485   | M | JORGE CASTRO         | PORTUGAL | INDIVIDUAL                               | M SEN   | 04:07:02.027 | 04:06:06.840 |
| 706  | 1191   | M | BRUNO SILVA          | PORTUGAL | GUARDARUNNERS                            | M35     | 04:07:02.070 | 04:06:06.963 |
| 707  | 770    | M | HÉLDER SILVA         | PORTUGAL | OZ RUNNING TEAM                          | M35     | 04:07:19.667 | 04:04:26.850 |
| 708  | 1404   | M | JOÃO BARRONA         | PORTUGAL | INDIVIDUAL                               | M SEN   | 04:07:34.353 | 04:05:28.933 |
| 709  | 1440   | M | NELSON FONSECA       | PORTUGAL | ASSOCIAÇÃO DESPORTIVA DE PALMEIROS       | M40     | 04:07:36.697 | 04:07:24.640 |
| 710  | 830    | M | FRANCISCO MARQUES    | PORTUGAL | INDIVIDUAL                               | M35     | 04:07:36.857 | 04:05:52.140 |
| 711  | 1333   | F | ELISABETE FONSECA    | PORTUGAL | INDIVIDUAL                               | F40     | 04:07:37.313 | 04:07:25.333 |
| 712  | 1593   | M | JOÃO ABREU           | PORTUGAL | INDIVIDUAL                               | M SEN   | 04:07:43.060 | 04:06:00.327 |
| 713  | 955    | M | FERNANDO ROSETE      | PORTUGAL | INDIVIDUAL                               | M50     | 04:07:43.390 | 04:06:00.893 |
| 714  | 586    | F | KATERINA KALOGERAKIS | PORTUGAL | INDIVIDUAL                               | F SEN   | 04:07:46.813 | 04:03:18.906 |
| 715  | 949    | F | SUSANA ESPADA        | PORTUGAL | BOMBEIROS VOLUNTÁRIOS MONTEMOR-O-NOVO    | F35     | 04:07:50.963 | 04:07:26.150 |
| 716  | 946    | F | GRAÇA LOPES          | PORTUGAL | BOMBEIROS VOLUNTÁRIOS MONTEMOR-O-NOVO    | F45     | 04:07:51.023 | 04:07:20.310 |
| 717  | 1058   | M | JOSÉ FERREIRA        | PORTUGAL | INDIVIDUAL                               | M55     | 04:07:53.343 | 04:06:36.316 |
| 718  | 723    | M | TIAGO CARVALHO       | PORTUGAL | INDIVIDUAL                               | M35     | 04:08:03.620 | 04:06:00.673 |
| 719  | 1549   | M | HÉLDER DUARTE        |          | INDIVIDUAL                               | M35     | 04:08:05.897 | 04:07:11.190 |
| 720  | 1      | M | PEDRO BARBOSA        |          | INDIVIDUAL                               | M35     | 04:08:06.593 | 04:06:23.500 |

| Pos. | Dorsal | G | Nome                 | País        | Equipa                         | Escalão | Tempo        | Chip         |
|------|--------|---|----------------------|-------------|--------------------------------|---------|--------------|--------------|
| 721  | 592    | M | CARLOS CARDOSO       | PORTUGAL    | INDIVIDUAL                     | M40     | 04:08:14.340 | 04:05:23.403 |
| 722  | 323    | M | ANTÓNIO BRÁS         | SWAZILAND   | SION                           | M55     | 04:08:21.997 | 04:06:06.744 |
| 723  | 613    | M | SANDRO JORDAO        | PORTUGAL    | CLUBE MILLENNIUM BCP           | M40     | 04:08:24.297 | 04:06:44.387 |
| 724  | 769    | M | DAVID SALVADOR       | PORTUGAL    | INDIVIDUAL                     | M SEN   | 04:08:25.587 | 04:07:03.697 |
| 725  | 48     | M | CARLOS FERREIRA      | PORTUGAL    | INDIVIDUAL                     | M50     | 04:08:45.337 | 04:07:19.584 |
| 726  | 1147   | M | JOÃO BALREIRA        | SWITZERLAND | JOTAS & JOTAS                  | M SEN   | 04:08:57.307 | 04:06:56.577 |
| 727  | 1346   | M | HÉLDER PEREIRA       | PORTUGAL    | INDIVIDUAL                     | M50     | 04:09:00.023 | 04:07:08.096 |
| 728  | 930    | M | CLÁUDIO COSTA        | PORTUGAL    | INDIVIDUAL                     | M50     | 04:09:08.257 | 04:06:17.147 |
| 729  | 802    | F | NATHALIE RODRIGUES   | PORTUGAL    | INDIVIDUAL                     | F45     | 04:09:33.013 | 04:07:29.230 |
| 730  | 1407   | M | DIOGO CORREIA        | PORTUGAL    | INDIVIDUAL                     | M SEN   | 04:09:42.590 | 04:08:04.530 |
| 731  | 1400   | M | PAULO GONÇALVES      | PORTUGAL    | INDIVIDUAL                     | M55     | 04:09:45.927 | 04:06:17.580 |
| 732  | 1540   | M | PEDRO VENTURA        | PORTUGAL    | INDIVIDUAL                     | M35     | 04:09:54.217 | 04:08:17.570 |
| 733  | 373    | M | JOSÉ VALE            | PORTUGAL    | INDIVIDUAL                     | M SEN   | 04:10:08.167 | 04:07:48.497 |
| 734  | 1163   | M | FILIPPE TOMÁS        | PORTUGAL    | INDIVIDUAL                     | M75     | 04:10:11.600 | 04:08:05.163 |
| 735  | 971    | M | JOSÉ FERREIRA        | PORTUGAL    | BRAGUINHAS RUNNERS             | M55     | 04:10:28.500 | 04:08:16.133 |
| 736  | 744    | M | JOSÉ AZEVEDO         | PORTUGAL    | INDIVIDUAL                     | M55     | 04:10:32.060 | 04:08:23.733 |
| 737  | 736    | F | PAMELA HIDOUX        | FRANCE      | INDIVIDUAL                     | F35     | 04:10:41.033 | 04:08:01.476 |
| 738  | 551    | M | VASCO TARELHO        | PORTUGAL    | INDIVIDUAL                     | M SEN   | 04:10:54.903 | 04:09:23.556 |
| 739  | 475    | F | KATRIEN VANDENBROECK | BELGIUM     | RMR BÉLGICA                    | F45     | 04:11:15.790 | 04:08:45.703 |
| 740  | 44     | M | ANTONIO TEIXEIRA     | PORTUGAL    | INDIVIDUAL                     | M55     | 04:11:28.617 | 04:09:15.997 |
| 741  | 349    | F | INES ALMEIDA         | PORTUGAL    | INDIVIDUAL                     | F45     | 04:11:41.317 | 04:09:53.067 |
| 742  | 604    | M | RICARDO GODINHO      | PORTUGAL    | INDIVIDUAL                     | M40     | 04:12:06.227 | 04:11:21.337 |
| 743  | 542    | M | MARCO NUNES          | PORTUGAL    | INDIVIDUAL                     | M SEN   | 04:12:25.633 | 04:09:22.413 |
| 744  | 616    | M | NUNO SILVA           | PORTUGAL    | INDIVIDUAL                     | M SEN   | 04:12:37.390 | 04:11:23.427 |
| 745  | 526    | M | CHRISTOPHER LAM      | PORTUGAL    | INDIVIDUAL                     | M SEN   | 04:12:39.397 | 04:09:04.527 |
| 746  | 871    | M | VITOR PINTO          | PORTUGAL    | INDIVIDUAL                     | M SEN   | 04:12:55.217 | 04:11:37.300 |
| 747  | 1488   | M | PEDRO COSTA          | PORTUGAL    | GAIA-RUNNING                   | M50     | 04:12:57.807 | 04:10:30.824 |
| 748  | 1487   | F | ORLANDA REGO         | PORTUGAL    | GAIA-RUNNING                   | F50     | 04:13:01.157 | 04:10:34.767 |
| 749  | 431    | M | GONÇALO MATOS        | PORTUGAL    | INDIVIDUAL                     | M40     | 04:13:01.933 | 04:09:52.443 |
| 750  | 42     | M | ANTONIO LEAL         | PORTUGAL    | JUVENTUDE CORTEGACENSE         | M60     | 04:13:12.133 | 04:12:23.236 |
| 751  | 753    | M | VALTER ANDRADE       | PORTUGAL    | INDIVIDUAL                     | M35     | 04:13:18.907 | 04:10:51.867 |
| 752  | 1122   | M | ALBANO SILVA         | PORTUGAL    | INDIVIDUAL                     | M50     | 04:13:22.797 | 04:10:48.817 |
| 753  | 1548   | M | RICARDO OLIVEIRA     | PORTUGAL    | INDIVIDUAL                     | M35     | 04:13:40.660 | 04:11:21.947 |
| 754  | 1353   | F | CARMEN LIMA          | PORTUGAL    | ELA CORRE COM ELES/NASAMOTOR   | F45     | 04:13:55.573 | 04:12:49.863 |
| 755  | 1206   | M | DIOGO LEITE          | PORTUGAL    | INDIVIDUAL                     | M35     | 04:14:12.620 | 04:11:56.960 |
| 756  | 1177   | M | JUANLUIS BLANCO      | SPAIN       | INDIVIDUAL                     | M55     | 04:14:13.370 | 04:11:24.583 |
| 757  | 898    | M | RUI LACERDA          | PORTUGAL    | ASSOCIAÇÃO VALE GRANDE         | M50     | 04:14:16.903 | 04:12:44.306 |
| 758  | 1604   | M | MIGUEL RANGEL        | SPAIN       | RUN4ACAUSE BY PRIO             | M45     | 04:14:18.237 | 04:13:02.907 |
| 759  | 1566   | M | JOAO PINHAL          | PORTUGAL    | INDIVIDUAL                     | M SEN   | 04:14:21.337 | 04:10:23.434 |
| 760  | 1577   | M | JORGE GUERRA         | PORTUGAL    | RUNNING ESMORIZ                | M45     | 04:14:32.147 | 04:13:24.010 |
| 761  | 1067   | M | LUIS ANDRADE         | PORTUGAL    | INDIVIDUAL                     | M45     | 04:14:38.843 | 04:13:01.240 |
| 762  | 462    | M | DANIEL GOMES         | PORTUGAL    | INDIVIDUAL                     | M35     | 04:14:52.503 | 04:14:03.473 |
| 763  | 1006   | M | JORGE FRANCISCO      | PORTUGAL    | ACAIL GAS                      | M45     | 04:14:54.503 | 04:13:04.026 |
| 764  | 1288   | M | CARLOS MACHADO       | PORTUGAL    | PACEMAKERES                    | M60     | 04:15:02.480 | 04:12:42.603 |
| 765  | 1293   | M | JAIME JUNIOR         | PORTUGAL    | PACEMAKERES                    | M50     | 04:15:03.087 | 04:12:42.440 |
| 766  | 982    | F | MARÍLIA CAVACO       | PORTUGAL    | CENTRO DESPORTIVO DE QUARTEIRA | F70     | 04:15:06.650 | 04:13:17.923 |
| 767  | 941    | M | BRUNO NICO           | PORTUGAL    | INDIVIDUAL                     | M SEN   | 04:15:15.357 | 04:12:47.367 |
| 768  | 636    | F | CLÁUDIA BORRALHO     | PORTUGAL    | ASSOCIAÇÃO RUN TEJO            | F40     | 04:15:15.577 | 04:12:47.057 |

| Pos. | Dorsal | G | Nome                 | País     | Equipa                                           | Escalão | Tempo        | Chip         |
|------|--------|---|----------------------|----------|--------------------------------------------------|---------|--------------|--------------|
| 769  | 637    | F | CLÁUDIA DIAS         | PORTUGAL | RUN TEJO - PREVENT SPRAIN                        | F SEN   | 04:15:18.520 | 04:12:46.907 |
| 770  | 467    | F | INÊS PEIXOTO         |          | WALK AND RUN                                     | F40     | 04:15:21.437 | 04:12:12.414 |
| 771  | 1087   | F | EDUARDA VINAGRE      | PORTUGAL | GRUPO DESPORTIVO ASSEMPARK                       | F50     | 04:15:32.510 | 04:13:17.823 |
| 772  | 1411   | F | MARIA VARELA         | PORTUGAL | CORRER QUELUZ                                    | F45     | 04:15:33.180 | 04:14:56.330 |
| 773  | 504    | M | HUMBERTO CASTANHEIRA | PORTUGAL | INDIVIDUAL                                       | M55     | 04:15:46.670 | 04:14:02.210 |
| 774  | 1575   | M | ÁLVARO CARDOSO       | PORTUGAL | INDIVIDUAL                                       | M40     | 04:15:50.957 | 04:13:08.340 |
| 775  | 894    | F | KEISSY SOUSA         | PORTUGAL | INDIVIDUAL                                       | F35     | 04:15:51.747 | 04:13:10.670 |
| 776  | 1606   | M | PEDRO MORAIS         |          | INDIVIDUAL                                       | M40     | 04:15:57.490 | 04:13:14.820 |
| 777  | 1029   | M | RODRIGO CASTRO       | PORTUGAL | INDIVIDUAL                                       | M50     | 04:15:58.060 | 04:11:33.203 |
| 778  | 1120   | M | CARLOS ORTET         | PORTUGAL | GRUPO DESPORTIVO ASSEMPARK                       | M45     | 04:16:00.547 | 04:14:51.060 |
| 779  | 1193   | M | PEDRO BENTO          | PORTUGAL | FOCUS                                            | M40     | 04:16:26.613 | 04:13:09.956 |
| 780  | 448    | M | NUNO GOMES           | PORTUGAL | INLINE ENGENHARIA                                | M40     | 04:16:31.377 | 04:13:14.624 |
| 781  | 405    | M | VALDEMAR LOPES       | PORTUGAL | INDIVIDUAL                                       | M45     | 04:16:55.373 | 04:15:37.833 |
| 782  | 706    | M | JOÃO SILVA           | PORTUGAL | INDIVIDUAL                                       | M45     | 04:17:13.527 | 04:14:24.080 |
| 783  | 679    | M | IVO PETIZ            | PORTUGAL | INDIVIDUAL                                       | M35     | 04:17:16.970 | 04:15:03.280 |
| 784  | 937    | M | TIAGO GOMES          | PORTUGAL | INDIVIDUAL                                       | M35     | 04:17:28.413 | 04:15:15.450 |
| 785  | 836    | M | JOÃO MOTA            | PORTUGAL | INDIVIDUAL                                       | M50     | 04:17:29.147 | 04:15:38.074 |
| 786  | 1146   | M | JOAO OLIVEIRA        | PORTUGAL | INDIVIDUAL                                       | M SEN   | 04:17:30.847 | 04:16:13.077 |
| 787  | 1117   | M | DAVID RUFINO-RAMOS   | PORTUGAL | CNC - CENTRO DE NEUROCIÊNCIAS E BIOLOGIA CELULAR | M SEN   | 04:17:33.463 | 04:13:51.096 |
| 788  | 1118   | M | KEVIN LEANDRO        | PORTUGAL | CNC - CENTRO DE NEUROCIÊNCIAS E BIOLOGIA CELULAR | M SEN   | 04:17:33.877 | 04:13:51.497 |
| 789  | 969    | M | CARLOS JESUS         | PORTUGAL | INDIVIDUAL                                       | M40     | 04:17:39.003 | 04:15:56.010 |
| 790  | 1389   | F | SÓNIA FERREIRA       | PORTUGAL | CASA BENFICA ALGUEIRÃO MEM MARTINS-CBAMM         | F40     | 04:17:39.100 | 04:14:59.477 |
| 791  | 583    | F | MARIA PEREIRA        | PORTUGAL | SALGUEIROS RUNNING                               | F55     | 04:18:28.070 | 04:15:15.393 |
| 792  | 1275   | M | ANTÓNIO FERNANDES    | PORTUGAL | INDIVIDUAL                                       | M60     | 04:18:41.360 | 04:16:05.567 |
| 793  | 752    | M | JORGE MAIA           | PORTUGAL | INDIVIDUAL                                       | M55     | 04:19:05.297 | 04:17:36.957 |
| 794  | 479    | M | STEFAN MERCKX        | BELGIUM  | RMR BÉLGICA                                      | M50     | 04:19:05.710 | 04:18:01.113 |
| 795  | 608    | M | PAULO FREITAS        |          | HSANTAMARIART                                    | M50     | 04:19:09.670 | 04:19:06.323 |
| 796  | 671    | F | FÁTIMA CARVALHO      | PORTUGAL | TRAVASSÓS RUNNING FAFE                           | F35     | 04:19:31.377 | 04:17:09.534 |
| 797  | 1097   | F | MARLENE LOPES        | PORTUGAL | TRAVASSÓS RUNNING FAFE                           | F SEN   | 04:19:31.633 | 04:17:10.976 |
| 798  | 393    | F | VÂNIA OLIVEIRA       | PORTUGAL | NIGHT RUNNERS SMF                                | F35     | 04:19:33.753 | 04:16:50.443 |
| 799  | 392    | F | LILIANA OLIVEIRA     | PORTUGAL | NIGHT RUNNERS SMF                                | F40     | 04:19:34.527 | 04:16:50.500 |
| 800  | 1143   | F | REBECA VALE          | PORTUGAL | GRUPO DESPORTIVO ASSEMPARK                       | F35     | 04:19:42.837 | 04:15:40.787 |
| 801  | 533    | F | MARGARIDA SIMÃO      | PORTUGAL | INDIVIDUAL                                       | F35     | 04:19:46.610 | 04:16:26.977 |
| 802  | 667    | F | LURDES MOREIRA       | PORTUGAL | TEAM RUNNERS                                     | F45     | 04:20:14.673 | 04:16:39.016 |
| 803  | 389    | M | HELDER SANTOS        | PORTUGAL | TEAM RUNNERS                                     | M40     | 04:20:14.877 | 04:16:36.650 |
| 804  | 33     | M | LUIS RIBEIRO         | PORTUGAL | INDIVIDUAL                                       | M40     | 04:20:15.347 | 04:17:09.900 |
| 805  | 1150   | M | PEDRO SILVA          | PORTUGAL | INDIVIDUAL                                       | M35     | 04:20:16.213 | 04:18:40.136 |
| 806  | 1589   | M | ANDRÉ RIBEIRO        | PORTUGAL | INDIVIDUAL                                       | M SEN   | 04:20:36.220 | 04:19:06.053 |
| 807  | 669    | F | MARLENE SANTOS       | PORTUGAL | TEAM RUNNERS                                     | F45     | 04:20:39.423 | 04:17:04.263 |
| 808  | 1205   | F | MARTA NEBREDA        | SPAIN    | INDIVIDUAL                                       | F50     | 04:20:52.367 | 04:19:13.934 |
| 809  | 1069   | M | PEDRO FERREIRA       | PORTUGAL | INDIVIDUAL                                       | M SEN   | 04:20:53.990 | 04:17:34.887 |
| 810  | 987    | F | ELISABETE ASSUNÇÃO   | PORTUGAL | ASSUNÇÃO                                         | F50     | 04:21:23.343 | 04:19:25.876 |
| 811  | 864    | M | PAULO VAZ            | PORTUGAL | INDIVIDUAL                                       | M45     | 04:21:39.783 | 04:20:43.943 |
| 812  | 988    | M | OSCAR VIDAL          | SPAIN    | INDIVIDUAL                                       | M40     | 04:21:44.740 | 04:20:06.940 |
| 813  | 826    | F | BELÉN NOYA           | SPAIN    | INDIVIDUAL                                       | F45     | 04:22:08.560 | 04:19:47.580 |
| 814  | 1496   | M | JOSÉ MALLO           | SPAIN    | INDIVIDUAL                                       | M45     | 04:22:09.887 | 04:19:48.217 |
| 815  | 1467   | M | JOSÉ FERNANDES       |          | LINDA-A-PASTORA SPORTING CLUBE                   | M45     | 04:22:40.720 | 04:20:31.030 |
| 816  | 1086   | M | VALTER JACINTO       | PORTUGAL | GRUPO DESPORTIVO ASSEMPARK                       | M70     | 04:22:51.110 | 04:22:14.193 |

| Pos. | Dorsal | G | Nome                    | País     | Equipa                                             | Escalão | Tempo        | Chip         |
|------|--------|---|-------------------------|----------|----------------------------------------------------|---------|--------------|--------------|
| 817  | 512    | M | PEDRO MOTA              | PORTUGAL | INDIVIDUAL                                         | M35     | 04:23:01.247 | 04:19:42.250 |
| 818  | 662    | M | ERASMO ALVES            | PORTUGAL | TAYLOR                                             | M45     | 04:23:02.787 | 04:20:56.770 |
| 819  | 1579   | M | FERNANDO GODINHO        | PORTUGAL | INDIVIDUAL                                         | M50     | 04:23:17.507 | 04:22:27.540 |
| 820  | 1250   | M | SERGIO CRISTA           | PORTUGAL | GRUPO DESPORTIVO RECREATIVO JUVENTUDE DAS RIBEIRAS | M40     | 04:23:40.107 | 04:22:53.784 |
| 821  | 567    | M | JAIME SILVA             | PORTUGAL | INDIVIDUAL                                         | M50     | 04:23:51.653 | 04:23:10.306 |
| 822  | 1052   | M | MANUEL VAZQUEZVAZQUEZ   | SPAIN    | INDIVIDUAL                                         | M55     | 04:24:04.697 | 04:22:55.287 |
| 823  | 678    | M | MIKE KOSTENKO           | PORTUGAL | DEVEXPERTS                                         | M40     | 04:24:12.597 | 04:21:39.010 |
| 824  | 677    | M | JOSE FIGUEIREDO         | PORTUGAL | DEVEXPERTS                                         | M35     | 04:24:14.323 | 04:21:41.530 |
| 825  | 1219   | M | MARIO AUGUSTO           | PORTUGAL | INDIVIDUAL                                         | M40     | 04:24:16.753 | 04:22:51.066 |
| 826  | 676    | M | STEPHANE CULTET         | FRANCE   | INDIVIDUAL                                         | M50     | 04:24:21.800 | 04:21:42.263 |
| 827  | 1082   | M | DOMINGO REGAL           | SPAIN    | INDIVIDUAL                                         | M60     | 04:24:27.693 | 04:21:57.436 |
| 828  | 664    | M | AQUILINO RIBEIRO        | PORTUGAL | TEAM RUNNERS                                       | M45     | 04:24:45.280 | 04:21:08.580 |
| 829  | 1018   | F | SÓNIA RIBEIRO           | PORTUGAL | ONTRISPORTS                                        | F40     | 04:24:50.877 | 04:23:57.540 |
| 830  | 960    | M | LUÍS GUEDES             | PORTUGAL | INDIVIDUAL                                         | M45     | 04:24:52.273 |              |
| 831  | 994    | M | RUBÉN DEVEGA            | SPAIN    | INDIVIDUAL                                         | M SEN   | 04:25:03.370 | 04:22:20.183 |
| 832  | 1180   | M | FRANCISCO PEREIRA       | PORTUGAL | CCD TRANQUILIDADE                                  | M55     | 04:25:14.397 | 04:23:07.720 |
| 833  | 1130   | F | SÓNIA MIGUEL            | PORTUGAL | INDIVIDUAL                                         | F SEN   | 04:25:23.577 | 04:21:53.117 |
| 834  | 750    | M | CLAUDIO CASTRO          | PORTUGAL | C.D.C. SÃO MARTINHO DA GÂNDARA                     | M40     | 04:25:39.383 | 04:23:21.373 |
| 835  | 1506   | M | BRUNO BARGE             | PORTUGAL | C.D.C. SÃO MARTINHO DA GÂNDARA                     | M40     | 04:25:39.607 | 04:23:21.940 |
| 836  | 593    | F | ANDREIA DIAS            | PORTUGAL | DELOITTE                                           | F SEN   | 04:25:40.440 | 04:21:20.533 |
| 837  | 40     | F | ISABEL SOARES           | PORTUGAL | SPORTARC                                           | F45     | 04:25:52.467 | 04:25:23.924 |
| 838  | 495    | F | DÉBORA JOSÉ             | PORTUGAL | INDIVIDUAL                                         | F SEN   | 04:25:53.707 | 04:23:50.577 |
| 839  | 1576   | M | FRANCISCO MARINHA       | PORTUGAL | INDIVIDUAL                                         | M45     | 04:26:26.017 | 04:23:32.177 |
| 840  | 1348   | F | SÓNIA COELHO            | PORTUGAL | INDIVIDUAL                                         | F45     | 04:26:26.983 | 04:23:41.886 |
| 841  | 1376   | M | CARLOS SILVA            | PORTUGAL | INDIVIDUAL                                         | M45     | 04:26:27.063 | 04:23:40.913 |
| 842  | 786    | M | JOAO MATIAS             | PORTUGAL | INDIVIDUAL                                         | M SEN   | 04:26:31.273 | 04:23:05.080 |
| 843  | 498    | F | ANNELIES SCHOOLMEESTERS | BELGIUM  | RMR BÉLGICA                                        | F50     | 04:26:33.430 | 04:24:04.167 |
| 844  | 872    | M | BERNARDINO ABREU        | PORTUGAL | OS GALGOS                                          | M35     | 04:26:33.860 | 04:24:53.250 |
| 845  | 882    | M | JORGE ALVES             | PORTUGAL | INDIVIDUAL                                         | M60     | 04:26:44.807 | 04:26:38.670 |
| 846  | 1572   | M | JOSÉ SOARES             | PORTUGAL | INDIVIDUAL                                         | M45     | 04:27:14.413 | 04:26:53.763 |
| 847  | 30     | M | PEDRO PALMELA           | PORTUGAL | INDIVIDUAL                                         | M35     | 04:27:43.147 | 04:26:25.480 |
| 848  | 1516   | M | JOÃO ROSADO             | PORTUGAL | CASA DO BENFICA EM ABRANTES                        | M60     | 04:28:01.787 | 04:26:02.994 |
| 849  | 576    | M | PAULO LOPES             | PORTUGAL | ALVERCA URBAN RUNNERS                              | M40     | 04:28:18.783 | 04:26:20.373 |
| 850  | 1144   | M | AMILCAR ALMEIDA         | PORTUGAL | INDIVIDUAL                                         | M55     | 04:28:20.330 | 04:24:33.077 |
| 851  | 426    | M | NUNO ROCHA              | PORTUGAL | INDIVIDUAL                                         | M40     | 04:28:25.293 | 04:26:49.680 |
| 852  | 641    | M | DIDIER MATTEI           | FRANCE   | INDIVIDUAL                                         | M55     | 04:28:32.007 | 04:27:36.177 |
| 853  | 1270   | F | RAFAELA MARTO           | PORTUGAL | INDIVIDUAL                                         | F SEN   | 04:29:00.400 | 04:23:51.827 |
| 854  | 757    | M | DANIEL PATRÍCIO         | PORTUGAL | INDIVIDUAL                                         | M SEN   | 04:29:15.330 | 04:27:18.700 |
| 855  | 1196   | M | RUI CORREIA             | PORTUGAL | TEAM EL COMANDANTE                                 | M55     | 04:29:15.440 | 04:26:36.530 |
| 856  | 796    | M | DANRLEY MOUSINHO        | PORTUGAL | INDIVIDUAL                                         | M SEN   | 04:29:18.350 | 04:23:53.000 |
| 857  | 6      | M | VITOR PINTO             | PORTUGAL | INDIVIDUAL                                         | M45     | 04:29:26.463 | 04:26:34.333 |
| 858  | 338    | M | JOSE OLIVEIRA           | PORTUGAL | INDIVIDUAL                                         | M45     | 04:29:31.727 | 04:28:08.317 |
| 859  | 478    | M | RÚBEN MAIA              | PORTUGAL | INDIVIDUAL                                         | M SEN   | 04:29:40.727 | 04:28:37.760 |
| 860  | 515    | F | ANABELA MAGALHÃES       | PORTUGAL | TRAVASSÓS RUNNING FAFE                             | F SEN   | 04:29:43.987 | 04:27:23.734 |
| 861  | 514    | F | ANA OLIVEIRA            | PORTUGAL | TRAVASSÓS RUNNING FAFE                             | F SEN   | 04:29:44.040 | 04:27:22.123 |
| 862  | 345    | M | SILVA ALVARO            | PORTUGAL | INDIVIDUAL                                         | M60     | 04:29:51.117 | 04:29:00.284 |
| 863  | 1242   | M | GILBERTO SANTOS         | PORTUGAL | INDIVIDUAL                                         | M50     | 04:29:53.747 | 04:27:14.390 |
| 864  | 711    | F | FÁTIMA FREITAS          | PORTUGAL | TRAVASSÓS RUNNING FAFE                             | F40     | 04:30:05.780 | 04:26:10.283 |



| Pos. | Dorsal | G | Nome                 | País     | Equipa                                   | Escalão | Tempo        | Chip         |
|------|--------|---|----------------------|----------|------------------------------------------|---------|--------------|--------------|
| 865  | 317    | F | SOFIA MOURA          | PORTUGAL | INDIVIDUAL                               | F SEN   | 04:30:11.883 | 04:28:36.756 |
| 866  | 727    | M | GILLES BALDACCINI    | FRANCE   | INDIVIDUAL                               | M50     | 04:30:37.593 | 04:27:57.366 |
| 867  | 1384   | M | JOSÉ ALVES           | PORTUGAL | CASA BENFICA ALGUEIRÃO MEM MARTINS-CBAMM | M70     | 04:30:48.717 | 04:30:11.794 |
| 868  | 833    | M | VITOR VEIGA          | PORTUGAL | INDIVIDUAL                               | M50     | 04:31:13.373 | 04:30:00.263 |
| 869  | 877    | M | EMANUEL SOARES       | PORTUGAL | GINÁSIO CLUBE DE BRAGANÇA                | M45     | 04:32:34.927 | 04:28:48.357 |
| 870  | 1474   | F | SÓNIA SEQUEIRA       | PORTUGAL | LINDA-A-PASTORA SPORTING CLUBE           | F45     | 04:32:36.800 | 04:29:26.827 |
| 871  | 783    | F | ISABEL CONCEIÇÃO     | PORTUGAL | ALVERCA URBAN RUNNERS                    | F40     | 04:32:52.490 | 04:30:52.587 |
| 872  | 398    | M | JOSÉ FERNANDES       | PORTUGAL | ARCD- VENDA DA LUISA                     | M55     | 04:32:58.590 | 04:30:51.873 |
| 873  | 653    | M | PEDRO ANDRADE        | PORTUGAL | INDIVIDUAL                               | M45     | 04:33:15.937 | 04:32:16.060 |
| 874  | 1233   | M | JÚLIO JÚNIOR         |          | CENTRO CULTURAL DESPORTIVO RENAULT CACIA | M50     | 04:33:18.910 | 04:32:50.137 |
| 875  | 484    | M | FLÁVIO FIGUEIRA      | PORTUGAL | INDIVIDUAL                               | M40     | 04:33:19.963 | 04:30:29.870 |
| 876  | 866    | M | DELFIN FERREIRA      | PORTUGAL | INDIVIDUAL                               | M SEN   | 04:33:32.657 | 04:29:59.764 |
| 877  | 883    | M | SÉRGIO SOTA          | PORTUGAL | TRILHOS DE VIANA                         | M55     | 04:33:42.043 | 04:31:14.330 |
| 878  | 781    | M | FÁBIO SOUSA          | PORTUGAL | INDIVIDUAL                               | M SEN   | 04:33:43.017 | 04:27:30.044 |
| 879  | 651    | M | LUIS MARIANO         | SPAIN    | S.D.BARBANTIA RODA                       | M50     | 04:33:54.977 | 04:33:02.700 |
| 880  | 1352   | M | ANTÓNIO MORAIS       | PORTUGAL | ELA CORRE COM ELES/NASAMOTOR             | M50     | 04:34:11.317 | 04:33:05.267 |
| 881  | 1370   | M | PAULO PAIS           | PORTUGAL | INDIVIDUAL                               | M55     | 04:34:33.530 | 04:34:27.290 |
| 882  | 1372   | M | ORLANDO SOARES       | PORTUGAL | INDIVIDUAL                               | M55     | 04:34:33.723 | 04:34:28.940 |
| 883  | 600    | M | PEDRO SANTANA        | PORTUGAL | INDIVIDUAL                               | M35     | 04:34:59.927 | 04:29:34.050 |
| 884  | 823    | M | ANTONIO VIEIRA       | PORTUGAL | INDIVIDUAL                               | M60     | 04:35:01.160 | 04:34:25.897 |
| 885  | 764    | M | JOÃO PAIVA           |          | INDIVIDUAL                               | M35     | 04:35:07.633 | 04:29:41.696 |
| 886  | 878    | F | MARGARIDA SOARES     | PORTUGAL | GINÁSIO CLUBE DE BRAGANÇA                | F40     | 04:35:19.973 | 04:31:33.986 |
| 887  | 1449   | M | RONY SANTOS          | PORTUGAL | INDIVIDUAL                               | M45     | 04:35:44.483 | 04:33:42.366 |
| 888  | 1022   | F | ANA PÉREZ            | SPAIN    | GALAICAS BUEU                            | F45     | 04:35:45.170 | 04:32:14.763 |
| 889  | 700    | F | SUSANA COSTA         | PORTUGAL | CF OS MARIALVAS                          | F40     | 04:35:45.863 | 04:33:00.753 |
| 890  | 1183   | F | CARINA LEIRIAO       | PORTUGAL | INDIVIDUAL                               | F35     | 04:35:51.487 | 04:30:43.280 |
| 891  | 304    | M | AVELINO SILVA        | PORTUGAL | INDIVIDUAL                               | M60     | 04:36:02.557 | 04:34:01.444 |
| 892  | 1248   | M | DINIS FIGUEIREDO     |          | INDIVIDUAL                               | M SEN   | 04:36:10.603 | 04:32:06.666 |
| 893  | 1277   | F | ALEXANDRA LOPES      | PORTUGAL | PACEMAKERES                              | F45     | 04:36:13.980 | 04:32:28.307 |
| 894  | 391    | M | ANTONIO ALMEIDA      | PORTUGAL | NIGHT RUNNERS SMF                        | M50     | 04:36:30.437 | 04:33:44.787 |
| 895  | 811    | F | MARIA NEVES          | PORTUGAL | INDIVIDUAL                               | F SEN   | 04:36:30.683 | 04:32:45.523 |
| 896  | 1235   | M | RODOLFO FERREIRA     |          | CENTRO CULTURAL DESPORTIVO RENAULT CACIA | M40     | 04:36:44.707 | 04:36:16.280 |
| 897  | 732    | M | PEDRO LUIS           | PORTUGAL | INDIVIDUAL                               | M SEN   | 04:37:58.737 | 04:35:26.357 |
| 898  | 1013   | M | RICARDO ALMEIDA      | PORTUGAL | INDIVIDUAL                               | M35     | 04:38:18.170 | 04:35:06.503 |
| 899  | 539    | F | VLADA YATSYNO        | PORTUGAL | INDIVIDUAL                               | F SEN   | 04:38:26.280 | 04:34:31.613 |
| 900  | 474    | M | FRANK DANIELS        | BELGIUM  | RMR BÉLGICA                              | M50     | 04:38:54.633 | 04:36:24.550 |
| 901  | 1385   | M | JOSÉ SOUSA           | PORTUGAL | CASA BENFICA ALGUEIRÃO MEM MARTINS-CBAMM | M50     | 04:38:57.027 | 04:36:00.574 |
| 902  | 812    | M | CARLOS ESPÍRITOSANTO | PORTUGAL | INDIVIDUAL                               | M50     | 04:39:14.783 | 04:35:26.193 |
| 903  | 1368   | M | VITOR FERNANDES      | FRANCE   | INDIVIDUAL                               | M40     | 04:39:29.107 | 04:36:05.474 |
| 904  | 1542   | M | PAULO CASTRO         | PORTUGAL | INDIVIDUAL                               | M40     | 04:39:32.617 |              |
| 905  | 1610   | F | ANA MARQUES          | PORTUGAL | INDIVIDUAL                               | F35     | 04:39:33.687 | 04:36:51.597 |
| 906  | 1390   | F | VERA TOLÊDO          | PORTUGAL | CASA BENFICA ALGUEIRÃO MEM MARTINS-CBAMM | F45     | 04:39:45.807 | 04:36:09.284 |
| 907  | 1093   | M | BRIAN WIENS          |          | INDIVIDUAL                               | M55     | 04:40:38.483 | 04:36:46.593 |
| 908  | 1228   | M | ALEXIS COUBRONNE     | FRANCE   | INDIVIDUAL                               | M35     | 04:40:39.447 | 04:40:02.347 |
| 909  | 917    | M | JOAQUIM PALMEIRO     | PORTUGAL | INDIVIDUAL                               | M50     | 04:40:48.900 | 04:38:53.193 |
| 910  | 1157   | M | ANTONIO SERRA        | PORTUGAL | INDIVIDUAL                               | M60     | 04:41:12.180 | 04:38:56.707 |
| 911  | 808    | M | TIAGO MARQUES        | PORTUGAL | INDIVIDUAL                               | M40     | 04:41:45.463 | 04:40:20.720 |
| 912  | 814    | M | BRUNO RODRIGUES      | PORTUGAL | INDIVIDUAL                               | M50     | 04:41:46.680 | 04:37:26.833 |

| Pos. | Dorsal | G | Nome               | País     | Equipa                              | Escalão | Tempo        | Chip         |
|------|--------|---|--------------------|----------|-------------------------------------|---------|--------------|--------------|
| 913  | 633    | M | JOÃO ALVES         | PORTUGAL | INDIVIDUAL                          | M40     | 04:42:07.540 | 04:38:47.957 |
| 914  | 1266   | F | FERNANDA REGINA    | BRAZIL   | INDIVIDUAL                          | F40     | 04:42:25.183 | 04:42:02.496 |
| 915  | 1539   | F | CLAUDIA SILVA      | PORTUGAL | INDIVIDUAL                          | F40     | 04:42:29.487 | 04:39:42.930 |
| 916  | 1592   | M | ANDRÉ LOPES        | PORTUGAL | INDIVIDUAL                          | M35     | 04:42:34.947 | 04:41:19.497 |
| 917  | 680    | F | SÍLVIA BESSA       | PORTUGAL | INDIVIDUAL                          | F40     | 04:42:35.093 | 04:39:53.760 |
| 918  | 581    | M | RUI ALMEIDA        | PORTUGAL | INDIVIDUAL                          | M50     | 04:42:47.400 | 04:42:11.980 |
| 919  | 705    | M | JOSÉ LOPES         | PORTUGAL | ESTRELA CAMPO AVIAÇÃO F.C.          | M55     | 04:42:54.410 | 04:40:21.227 |
| 920  | 385    | F | SUZANA ALVES       | PORTUGAL | NIGHT RUNNERS SMF                   | F40     | 04:43:21.097 | 04:40:36.530 |
| 921  | 384    | M | RICARDO OLIVEIRA   | PORTUGAL | NIGHT RUNNERS SMF                   | M40     | 04:43:26.060 | 04:40:42.450 |
| 922  | 1588   | M | PEDRO NEVES        |          | INDIVIDUAL                          | M35     | 04:43:34.147 | 04:42:05.587 |
| 923  | 1017   | M | DUARTE RIBEIRO     | PORTUGAL | INDIVIDUAL                          | M45     | 04:43:37.367 | 04:41:24.694 |
| 924  | 1050   | F | RITA OLIVEIRA      | PORTUGAL | INDIVIDUAL                          | F40     | 04:43:45.807 | 04:40:31.857 |
| 925  | 1327   | M | BRUNO LAMELAS      | PORTUGAL | INDIVIDUAL                          | M40     | 04:44:03.293 | 04:38:26.443 |
| 926  | 1406   | F | CARLA MOTA         | PORTUGAL | INDIVIDUAL                          | F50     | 04:44:15.197 | 04:42:17.150 |
| 927  | 1077   | M | MIGUEL MAIA        | PORTUGAL | INDIVIDUAL                          | M50     | 04:44:34.083 | 04:40:06.946 |
| 928  | 1064   | M | ANTONIO RIBEIRO    | PORTUGAL | C. R. D. AGUIAS UNIDAS AMORA-SEIXAL | M75     | 04:44:35.843 | 04:42:30.303 |
| 929  | 1326   | M | JORGE ROCHA        | PORTUGAL | LION RUNNERS – G.D. LEÕES DA GUARDA | M40     | 04:44:50.233 | 04:42:24.800 |
| 930  | 821    | F | TÂNIA CASTRO       | PORTUGAL | INDIVIDUAL                          | F35     | 04:45:01.447 | 04:41:07.720 |
| 931  | 665    | F | CRISTIANA CARVALHO | PORTUGAL | TEAM RUNNERS                        | F35     | 04:45:23.913 | 04:41:46.870 |
| 932  | 663    | M | ANDRÉ RIBEIRO      | PORTUGAL | TEAM RUNNERS                        | M SEN   | 04:45:24.140 | 04:41:47.003 |
| 933  | 453    | M | CASIMIRO CARNEIRO  | PORTUGAL | GINASIO CLUBE DE BRAGANÇA           | M60     | 04:45:43.357 | 04:41:36.234 |
| 934  | 383    | F | ISABEL TRINDADE    | PORTUGAL | TARTARUGAS DO CHOUPAL               | F55     | 04:45:46.497 | 04:43:31.834 |
| 935  | 447    | M | RUI SALDANHA       | PORTUGAL | INLINE ENGENHARIA                   | M35     | 04:45:47.327 | 04:42:30.267 |
| 936  | 1421   | M | NUNO RIBEIRO       | PORTUGAL | INDIVIDUAL                          | M35     | 04:46:03.707 | 04:43:19.554 |
| 937  | 1208   | M | VALDIR TAVARES     | PORTUGAL | INDIVIDUAL                          | M35     | 04:46:04.297 | 04:43:19.370 |
| 938  | 686    | M | GERARD REGOLI      | FRANCE   | INDIVIDUAL                          | M60     | 04:46:31.137 | 04:41:20.404 |
| 939  | 4      | M | MARCO MORGADO      | PORTUGAL | INDIVIDUAL                          | M40     | 04:46:45.970 | 04:45:10.670 |
| 940  | 437    | M | PEDRO MESQUITA     | PORTUGAL | INDIVIDUAL                          | M SEN   | 04:47:20.667 | 04:43:57.550 |
| 941  | 704    | F | VANDA GRAÇA        | PORTUGAL | CF OS MARIALVAS                     | F35     | 04:48:36.977 | 04:45:51.780 |
| 942  | 543    | M | MARTINS RIBEIRO    | PORTUGAL | INDIVIDUAL                          | M SEN   | 04:48:38.860 | 04:45:36.090 |
| 943  | 1538   | F | NANCY CANTANTE     | PORTUGAL | INDIVIDUAL                          | F SEN   | 04:49:59.113 | 04:45:40.956 |
| 944  | 1503   | M | JOSÉ PORTO         | PORTUGAL | JOMI RUNNERS                        | M55     | 04:50:30.227 | 04:49:54.637 |
| 945  | 1501   | M | JOÃO VERDE         | PORTUGAL | JOMI RUNNERS                        | M55     | 04:50:30.557 | 04:49:55.067 |
| 946  | 1209   | M | BRUNO MEIRA        | PORTUGAL | INDIVIDUAL                          | M45     | 04:51:32.417 | 04:48:39.857 |
| 947  | 1461   | F | ANA LETRA          |          | LINDA-A-PASTORA SPORTING CLUBE      | F50     | 04:51:58.233 | 04:49:47.416 |
| 948  | 1468   | M | JOSÉ SIMÕES        |          | LINDA-A-PASTORA SPORTING CLUBE      | M60     | 04:51:58.407 | 04:49:46.777 |
| 949  | 940    | M | IDÍLIO GOMES       | PORTUGAL | INDIVIDUAL                          | M55     | 04:52:04.910 | 04:47:25.937 |
| 950  | 980    | M | PAULO SANTOS       | PORTUGAL | INDIVIDUAL                          | M45     | 04:52:09.110 | 04:48:56.420 |
| 951  | 1259   | M | CARLOS SANTOS      | PORTUGAL | CLUBE FERROVIÁRIO DE PORTUGAL       | M60     | 04:52:09.930 | 04:50:04.987 |
| 952  | 961    | F | RUTE MATOS         | PORTUGAL | INDIVIDUAL                          | F50     | 04:53:23.333 | 04:51:41.986 |
| 953  | 416    | M | ANTÓNIO MATOS      | PORTUGAL | BORABORA, VAMOS LÁ!                 | M50     | 04:53:46.197 | 04:51:10.517 |
| 954  | 804    | F | GUIDA TRALHÃO      | PORTUGAL | INDIVIDUAL                          | F45     | 04:56:06.293 | 04:52:05.533 |
| 955  | 18     | M | JORGE SCEVOLA      | PORTUGAL | INDIVIDUAL                          | M SEN   | 04:56:11.247 | 04:55:02.267 |
| 956  | 19     | M | MÁRCIO SILVA       | PORTUGAL | INDIVIDUAL                          | M35     | 04:56:11.607 | 04:55:02.974 |
| 957  | 20     | F | PAULA SIMOES       | PORTUGAL | INDIVIDUAL                          | F35     | 04:56:11.717 | 04:55:03.400 |
| 958  | 880    | F | CEU MOREIRA        | PORTUGAL | INDIVIDUAL                          | F50     | 04:56:35.480 | 04:54:27.410 |
| 959  | 522    | M | ARMANDO OLIVEIRA   | PORTUGAL | FIDELIDADEGDC                       | M50     | 04:56:36.403 | 04:54:48.080 |
| 960  | 1043   | M | PEDRO RAMOS        | PORTUGAL | INDIVIDUAL                          | M35     | 04:57:32.263 | 04:53:54.376 |

| Pos. | Dorsal | G | Nome                     | País     | Equipa                                      | Escalão | Tempo        | Chip         |
|------|--------|---|--------------------------|----------|---------------------------------------------|---------|--------------|--------------|
| 961  | 656    | F | SOFIA OLIVEIRA           | PORTUGAL | INDIVIDUAL                                  | F SEN   | 04:58:02.523 | 04:54:27.843 |
| 962  | 832    | M | RUI MAIA                 | PORTUGAL | INDIVIDUAL                                  | M40     | 04:58:14.430 | 04:55:47.660 |
| 963  | 1066   | F | LÚCIA CÂNDIDO            | PORTUGAL | INDIVIDUAL                                  | F35     | 04:58:22.513 | 04:54:07.633 |
| 964  | 831    | F | LAURA LOPES              | PORTUGAL | INDIVIDUAL                                  | F45     | 04:58:59.410 | 04:57:07.717 |
| 965  | 470    | M | HERMÍNIO PINHO           | PORTUGAL | INDIVIDUAL                                  | M55     | 04:59:01.847 | 04:56:37.920 |
| 966  | 1392   | M | LUÍS SOARES              |          | HEALTH CLUB EL SPA - MELIA RIA              | M50     | 04:59:30.423 | 04:53:51.160 |
| 967  | 1509   | F | ANA REIS                 | PORTUGAL | CASA DO BENFICA EM ABRANTES                 | F SEN   | 04:59:32.457 | 04:55:11.967 |
| 968  | 1515   | F | FILIPA LOPES             | PORTUGAL | CASA DO BENFICA EM ABRANTES                 | F45     | 04:59:32.873 | 04:55:11.936 |
| 969  | 1603   | M | FILIFE MARTINS           | PORTUGAL | INDIVIDUAL                                  | M40     | 04:59:33.473 | 04:55:25.360 |
| 970  | 1034   | M | NUNO FUGAS               | PORTUGAL | CARACÓIS                                    | M50     | 05:00:29.913 | 04:58:30.606 |
| 971  | 1168   | F | CRISTIANE SANTOS         | PORTUGAL | INDIVIDUAL                                  | F SEN   | 05:00:35.067 | 04:59:39.170 |
| 972  | 488    | M | RUI SAMPAIO              | PORTUGAL | INDIVIDUAL                                  | M45     | 05:00:45.923 | 04:57:48.750 |
| 973  | 1552   | M | JOÃO CARVALHO            | PORTUGAL | INDIVIDUAL                                  | M50     | 05:00:52.503 | 04:57:48.246 |
| 974  | 1391   | M | VITOR SANTOS             | PORTUGAL | CASA BENFICA ALGUEIRÃO MEM MARTINS-CBAMM    | M50     | 05:01:44.290 | 05:00:01.457 |
| 975  | 1563   | M | VITOR SIVA               | PORTUGAL | CASA BENFICA ALGUEIRÃO MEM MARTINS-CBAMM    | M55     | 05:02:03.380 | 04:56:32.543 |
| 976  | 1009   | F | ADRIANA SILVA            | PORTUGAL | CASA DO BENFICA EM ALGUEIRÃO MEM MARTINS    | F SEN   | 05:02:03.470 | 04:56:32.993 |
| 977  | 358    | M | ÁLVARO FERREIRA          | PORTUGAL | INDIVIDUAL                                  | M60     | 05:02:45.073 | 04:59:41.963 |
| 978  | 500    | M | JORGE CRUZ               | PORTUGAL | INDIVIDUAL                                  | M SEN   | 05:02:50.007 | 04:59:51.310 |
| 979  | 1373   | M | FERNANDO DASILVA         | FRANCE   | INDIVIDUAL                                  | M45     | 05:03:10.610 | 04:59:49.070 |
| 980  | 1401   | M | ANTÓNIO FREIRE           | PORTUGAL | INDIVIDUAL                                  | M50     | 05:03:13.463 | 04:59:58.930 |
| 981  | 819    | M | DAVID FERREIRA           | PORTUGAL | OZ RUNNING TEAM                             | M35     | 05:03:14.397 | 05:00:22.230 |
| 982  | 774    | F | CLÁUDIA VILELA           | PORTUGAL | TAINADAS RUN TEAM                           | F40     | 05:03:27.063 | 04:59:22.356 |
| 983  | 1565   | M | HELDER SILVA             | PORTUGAL | INDIVIDUAL                                  | M40     | 05:03:29.753 | 05:00:47.123 |
| 984  | 890    | M | JOÃO MORGADO             | PORTUGAL | INDIVIDUAL                                  | M SEN   | 05:03:44.757 | 05:00:13.150 |
| 985  | 806    | M | NUNO SANTOS              | PORTUGAL | INDIVIDUAL                                  | M50     | 05:03:48.937 | 04:59:29.397 |
| 986  | 1585   | M | FRANCISCO BRAGA          | PORTUGAL | INDIVIDUAL                                  | M SEN   | 05:04:10.193 | 05:03:14.130 |
| 987  | 737    | M | CARLOS MATIAS            | PORTUGAL | INDIVIDUAL                                  | M50     | 05:05:20.253 | 05:02:17.633 |
| 988  | 712    | M | DUARTE MARTELO           | PORTUGAL | INDIVIDUAL                                  | M45     | 05:05:22.097 | 05:02:22.687 |
| 989  | 456    | M | RICARDO BASTOS           | PORTUGAL | INDIVIDUAL                                  | M55     | 05:05:56.370 | 05:03:09.667 |
| 990  | 519    | M | ARTUR GONÇALVES          | PORTUGAL | INDIVIDUAL                                  | M45     | 05:07:04.990 | 05:03:02.580 |
| 991  | 313    | M | LUIS FERREIRA            | PORTUGAL | INDIVIDUAL                                  | M55     | 05:09:33.720 | 05:07:19.777 |
| 992  | 1472   | F | PAULA SARAIVA            |          | LINDA-A-PASTORA SPORTING CLUBE              | F50     | 05:11:08.417 | 05:07:56.697 |
| 993  | 1061   | F | FILOMENA SANTOS          | PORTUGAL | ASSOCIAÇÃO CULTURAL E DESPORTIVA OS ILHAVOS | F60     | 05:11:24.030 | 05:08:52.707 |
| 994  | 867    | F | RACHEL PARISI            | PORTUGAL | INDIVIDUAL                                  | F45     | 05:11:41.747 | 05:06:32.347 |
| 995  | 1469   | F | MARINA PANTALÃO          | PORTUGAL | LINDA-A-PASTORA SPORTING CLUBE              | F45     | 05:11:54.330 | 05:09:25.813 |
| 996  | 635    | F | IDOIA ESNAOLAAGESTA      | SPAIN    | INDIVIDUAL                                  | F50     | 05:12:13.837 | 05:07:32.494 |
| 997  | 1011   | M | ANDRÉ PEREIRA            | PORTUGAL | GRUPITO, THE DOG PACK                       | M SEN   | 05:14:14.397 | 05:10:12.847 |
| 998  | 1007   | M | JOAQUIM ARAUJO           | PORTUGAL | INDIVIDUAL                                  | M40     | 05:14:16.777 | 05:13:28.720 |
| 999  | 1583   | F | TERESA FRADINHO          |          | INDIVIDUAL                                  | F45     | 05:14:26.177 | 05:11:36.124 |
| 1000 | 1409   | F | ANA RANGEL               | PORTUGAL | INDIVIDUAL                                  | F45     | 05:14:42.480 | 05:10:44.067 |
| 1001 | 985    | M | VRIGNAUD FREDDY          | FRANCE   | INDIVIDUAL                                  | M45     | 05:16:00.253 | 05:13:53.906 |
| 1002 | 1522   | F | PAULA VARELAS            | PORTUGAL | CASA DO BENFICA EM ABRANTES                 | F50     | 05:16:12.450 | 05:12:48.653 |
| 1003 | 801    | M | AMARO ROCHA              | PORTUGAL | INDIVIDUAL                                  | M60     | 05:16:50.280 | 05:14:21.343 |
| 1004 | 816    | M | BERND MEISTERLING-RIECKS | GERMANY  | INDIVIDUAL                                  | M60     | 05:17:46.620 | 05:14:08.220 |
| 1005 | 485    | F | VANDA ABREU              | PORTUGAL | INDIVIDUAL                                  | F40     | 05:18:01.623 | 05:15:41.726 |
| 1006 | 351    | F | CESÉNIA FARIA            | PORTUGAL | INDIVIDUAL                                  | F40     | 05:18:01.893 | 05:15:41.416 |
| 1007 | 350    | F | CARLA FERNANDES          | PORTUGAL | INDIVIDUAL                                  | F50     | 05:18:09.337 | 05:15:48.540 |
| 1008 | 24     | M | CÉSAR OLIVEIRA           | PORTUGAL | ÉVORA NIGHT RUNNERS                         | M40     | 05:18:19.400 | 05:15:22.217 |

| Pos. | Dorsal | G | Nome            | País        | Equipa                                   | Escalão | Tempo        | Chip         |
|------|--------|---|-----------------|-------------|------------------------------------------|---------|--------------|--------------|
| 1009 | 1388   | F | ROSA DIAS       | PORTUGAL    | CASA BENFICA ALGUEIRÃO MEM MARTINS-CBAMM | F55     | 05:18:54.060 | 05:13:23.573 |
| 1010 | 319    | F | ADELAIDE DUARTE | PORTUGAL    | INDIVIDUAL                               | F40     | 05:20:19.343 | 05:17:33.766 |
| 1011 | 302    | M | CARLOS MARTINS  | PORTUGAL    | INDIVIDUAL                               | M55     | 05:22:01.167 | 05:19:58.304 |
| 1012 | 717    | M | JOSÉ SILVA      | PORTUGAL    | CORREDOR DE FIM DE TARDE                 | M55     | 05:25:06.457 | 05:22:20.340 |
| 1013 | 1045   | M | JOÃO RIBEIRO    | BRAZIL      | INDIVIDUAL                               | M60     | 05:25:08.570 | 05:20:56.977 |
| 1014 | 865    | F | MARIANA MIAN    | PORTUGAL    | INDIVIDUAL                               | F40     | 05:25:16.947 | 05:19:33.537 |
| 1015 | 5      | M | ANTONIO SARIO   | PORTUGAL    | INDIVIDUAL                               | M50     | 05:26:24.927 | 05:25:31.150 |
| 1016 | 1091   | M | MIGUEL SANCHES  | PORTUGAL    | INDIVIDUAL                               | M60     | 05:31:40.177 | 05:27:11.337 |
| 1017 | 713    | M | PEDRO HENRIQUES | PORTUGAL    | INDIVIDUAL                               | M45     | 05:31:40.877 | 05:28:41.904 |
| 1018 | 1410   | M | PEDRO NUNES     | PORTUGAL    | INDIVIDUAL                               | M45     | 05:31:41.957 | 05:27:43.714 |
| 1019 | 306    | M | ANTÓNIO COSTA   | PORTUGAL    | INDIVIDUAL                               | M40     | 05:31:44.413 | 05:27:50.793 |
| 1020 | 1514   | M | ERNESTO HEITOR  | PORTUGAL    | CASA DO BENFICA EM ABRANTES              | M50     | 05:33:39.037 | 05:32:53.310 |
| 1021 | 879    | M | CUSTÓDIO SILVA  | PORTUGAL    | INDIVIDUAL                               | M55     | 05:34:34.487 | 05:29:04.070 |
| 1022 | 1380   | M | ADALBERTO GRILO | PORTUGAL    | CASA BENFICA ALGUEIRÃO MEM MARTINS-CBAMM | M60     | 05:34:35.163 | 05:31:27.203 |
| 1023 | 1200   | F | VERA BARATA     | PORTUGAL    | INDIVIDUAL                               | F40     | 05:40:11.940 | 05:37:38.207 |
| 1024 | 585    | M | RUI GOMES       | PORTUGAL    | INDIVIDUAL                               | M45     | 05:40:17.220 | 05:37:40.383 |
| 1025 | 1386   | F | PATRÍCIA PEDRO  | PORTUGAL    | CASA BENFICA ALGUEIRÃO MEM MARTINS-CBAMM | F55     | 05:46:05.273 | 05:41:18.086 |
| 1026 | 1383   | M | JOAQUIM MÓNICA  | PORTUGAL    | CASA BENFICA ALGUEIRÃO MEM MARTINS-CBAMM | M60     | 05:46:06.420 | 05:41:18.933 |
| 1027 | 681    | M | PEDRO MEALHA    | PORTUGAL    | INDIVIDUAL                               | M SEN   | 05:51:21.213 | 05:49:06.363 |
| 1028 | 455    | M | CARLOS PENA     | PORTUGAL    | RGD "OS FIXES"                           | M50     | 05:52:58.320 | 05:47:20.877 |
| 1029 | 885    | M | JOÃO NETO       | PORTUGAL    | INDIVIDUAL                               | M55     | 05:56:38.790 | 05:56:38.790 |
| 1030 | 854    | M | RUI ANTUNES     | PORTUGAL    | GCRR.PT                                  | M SEN   | 06:04:36.527 | 05:50:18.884 |
| 1031 | 501    | M | RUI CABRAL      | NETHERLANDS | INDIVIDUAL                               | M60     | 06:04:36.607 | 05:59:41.274 |
| 1032 | 647    | F | MARTA STAMM     | PORTUGAL    | INDIVIDUAL                               | F SEN   | 06:04:39.467 | 06:00:50.800 |
| 1033 | 436    | M | LUIS FRANQUEIRA | PORTUGAL    | INDIVIDUAL                               | M35     | 06:25:39.723 | 06:22:16.216 |
| 1034 | 1243   | M | DANIEL LEÃO     | PORTUGAL    | INDIVIDUAL                               | M40     | 06:33:26.187 | 06:28:25.664 |
| 1035 | 1526   | M | CARLOS ALFAIATE | PORTUGAL    | CASA DO BENFICA EM ABRANTES              | M70     | 06:43:03.257 | 06:42:39.090 |

Classificação ANAV

| Pos. | Dorsal | G | Nome               | País     | Equipa                                                       | Escalão | Tempo        | Chip         |
|------|--------|---|--------------------|----------|--------------------------------------------------------------|---------|--------------|--------------|
| 1    | 733    | M | CARLOS COSTA       | PORTUGAL | GRUPO DESPORTIVO E CULTURAL DE GUILHOVAI                     | M35     | 02:22:00.490 | 02:22:00.490 |
| 2    | 1222   | M | EDGAR MATIAS       | PORTUGAL | G.D.R. SÃO FRANCISCO DA SERRA                                | M40     | 02:29:58.880 | 02:29:54.630 |
| 3    | 1562   | M | MARCO FERREIRA     | PORTUGAL | UNIAO DESPORTIVA DE VARZEA                                   | M45     | 02:34:09.667 | 02:34:08.540 |
| 4    | 1491   | M | AUGUSTO COSTA      | PORTUGAL | AMIGOS DA MONTANHA - ASSOCIAÇÃO DEMONTANHISMO DE BARCELINHOS | M50     | 02:36:46.913 | 02:36:46.346 |
| 5    | 844    | M | DIAMANTINO MARTINS | PORTUGAL | GRUPO DESPORTIVO RECREATIVO JUVENTUDE DAS RIBEIRAS           | M45     | 02:38:38.300 | 02:38:35.117 |
| 6    | 932    | M | MARCO FARIA        | PORTUGAL | VIZELA CORRE                                                 | M45     | 02:41:14.793 | 02:41:11.973 |
| 7    | 1186   | M | PEDRO GILVAZ       | PORTUGAL | INDIVIDUAL                                                   | M45     | 02:41:32.380 | 02:41:29.483 |
| 8    | 1040   | M | JORGE CUBAL        | PORTUGAL | INDIVIDUAL                                                   | M35     | 02:42:39.000 | 02:42:34.663 |
| 9    | 1124   | M | VASCO BATISTA      | PORTUGAL | TEAM EL COMANDANTE                                           | M45     | 02:43:07.963 | 02:43:05.966 |
| 10   | 1464   | M | ARTUR PEREIRA      |          | LINDA-A-PASTORA SPORTING CLUBE                               | M45     | 02:43:59.860 | 02:43:51.883 |
| 11   | 1466   | M | JOÃO GINJA         |          | LINDA-A-PASTORA SPORTING CLUBE                               | M55     | 02:44:10.700 | 02:44:06.973 |
| 12   | 1393   | M | PAULO GARCIA       | PORTUGAL | CF OS BELENENSES                                             | M50     | 02:44:37.370 | 02:44:34.793 |
| 13   | 1561   | M | JOAQUIM LOPES      | PORTUGAL | CLUBE DESPORTIVO SÃO SALVADOR DO CAMPO                       | M55     | 02:44:37.803 | 02:44:34.726 |
| 14   | 1223   | M | EUCLIDES ALMEIDA   | PORTUGAL | G.D.R. SÃO FRANCISCO DA SERRA                                | M40     | 02:45:20.513 | 02:45:16.376 |
| 15   | 931    | M | CARLOS MONTEIRO    | PORTUGAL | VIZELA CORRE                                                 | M50     | 02:49:32.580 | 02:49:30.837 |
| 16   | 1203   | M | PEDRO FERREIRA     | PORTUGAL | AC VERMOIL                                                   | M45     | 02:50:20.553 | 02:50:16.416 |
| 17   | 1108   | M | JOÃO ALMEIDA       | PORTUGAL | DCI/TRILHOS LUSO BUSSACO                                     | M55     | 02:51:01.373 | 02:50:52.206 |

| Pos. | Dorsal | G | Nome              | País     | Equipa                                                        | Escalão | Tempo        | Chip         |
|------|--------|---|-------------------|----------|---------------------------------------------------------------|---------|--------------|--------------|
| 18   | 1255   | M | HERNANI FURTADO   | PORTUGAL | SPORTING CLUBE DE ESPINHO                                     | M40     | 02:51:58.037 | 02:51:51.964 |
| 19   | 1236   | M | FERNANDO VILELA   | PORTUGAL | UNIAO DESPORTIVA DE VARZEA                                    | M60     | 02:52:09.493 | 02:52:04.490 |
| 20   | 1182   | M | RUI ALVES         | PORTUGAL | ASSOCIAÇÃO CULTURAL RECREATIVA DO DESTERRO                    | M50     | 02:52:10.087 | 02:52:05.040 |
| 21   | 849    | M | BRUNO PIRES       | PORTUGAL | GRUPO DESPORTIVO RECREATIVO JUVENTUDE DAS RIBEIRAS            | M40     | 02:52:49.530 | 02:52:44.787 |
| 22   | 1199   | M | JOSE MARTINS      | PORTUGAL | INDIVIDUAL                                                    | M60     | 02:53:15.747 | 02:53:10.647 |
| 23   | 1251   | M | JORGE SANTOS      | PORTUGAL | FUTEBOL CLUBE PENAFIEL                                        | M35     | 02:54:13.933 | 02:54:09.546 |
| 24   | 1025   | M | NUNO PEREIRA      | PORTUGAL | INDIVIDUAL                                                    | M45     | 02:54:44.590 | 02:54:39.470 |
| 25   | 1048   | M | ÂNGELO SANTOS     | PORTUGAL | TEAM EL COMANDANTE                                            | M40     | 02:55:40.923 | 02:55:40.923 |
| 26   | 1125   | M | PAULO MENDES      | PORTUGAL | TEAM EL COMANDANTE                                            | M50     | 02:55:59.600 | 02:55:38.410 |
| 27   | 895    | M | ANTÓNIO SOUSA     | PORTUGAL | ASSOCIAÇÃO GRIJO A CORRER                                     | M50     | 02:55:59.777 | 02:55:54.347 |
| 28   | 1211   | M | FILIFE CUNHA      |          | INDIVIDUAL                                                    | M40     | 02:56:04.223 | 02:55:42.966 |
| 29   | 1519   | M | LUÍS QUINTAS      | PORTUGAL | CASA DO BENFICA EM ABRANTES                                   | M45     | 02:56:48.047 | 02:56:33.487 |
| 30   | 7      | M | ROLANDO RIBEIRO   | PORTUGAL | SPORT COMERCIO SALGUEIROS                                     | M50     | 02:57:54.887 | 02:57:45.457 |
| 31   | 1245   | M | JOSÉ SANTOS       | PORTUGAL | AC VERMOIL                                                    | M50     | 02:57:57.453 | 02:57:50.670 |
| 32   | 1486   | M | NUNO SANTOS       | PORTUGAL | INDIVIDUAL                                                    | M40     | 02:58:13.937 | 02:58:09.754 |
| 33   | 305    | M | JOÃO SILVA        | PORTUGAL | CLUBE DE ATLETISMO DE OVAR                                    | M40     | 02:58:41.967 | 02:58:33.400 |
| 34   | 747    | M | ILIDIO JANEIRO    | PORTUGAL | INDIVIDUAL                                                    | M45     | 02:58:58.050 | 02:58:55.343 |
| 35   | 1462   | M | ANDRÉ CORVO       | PORTUGAL | LINDA-A-PASTORA SPORTING CLUBE                                | M40     | 02:59:06.447 | 02:58:57.197 |
| 36   | 1107   | M | EDUARDO TEIXEIRA  | PORTUGAL | INDIVIDUAL                                                    | M50     | 03:01:12.643 | 03:01:01.623 |
| 37   | 1473   | M | SÉRGIO MALHEIRO   |          | LINDA-A-PASTORA SPORTING CLUBE                                | M40     | 03:03:16.480 | 03:03:08.297 |
| 38   | 1056   | M | LUIS SANTOS       | PORTUGAL | INDIVIDUAL                                                    | M50     | 03:04:36.907 | 03:03:33.830 |
| 39   | 1024   | M | EDUARDO PACHECO   | PORTUGAL | GRUPO DESPORTIVO RECREATIVO JUVENTUDE DAS RIBEIRAS            | M40     | 03:05:05.230 | 03:04:54.820 |
| 40   | 1227   | M | BRUNO MOTA        | PORTUGAL | GRUPO DESPORTIVO RECREATIVO JUVENTUDE DAS RIBEIRAS            | M40     | 03:05:45.957 | 03:05:33.230 |
| 41   | 725    | M | HELDER ALVALADE   | PORTUGAL | CLUBE RAQUEL CABAÇO                                           | M50     | 03:07:10.857 | 03:06:57.620 |
| 42   | 51     | M | RUI PINTO         | PORTUGAL | INDIVIDUAL                                                    | M40     | 03:07:16.860 | 03:06:44.523 |
| 43   | 1273   | M | BRUNO ROLIM       | PORTUGAL | INDIVIDUAL                                                    | M40     | 03:08:06.203 | 03:07:36.333 |
| 44   | 1184   | M | JOSÉ MARQUES      | PORTUGAL | ÁGUIAS DA MISERICÓRDIA                                        | M40     | 03:08:44.693 | 03:08:30.156 |
| 45   | 891    | M | RICARDO RODRIGUES | PORTUGAL | TEAM EL COMANDANTE                                            | M45     | 03:09:45.633 |              |
| 46   | 1224   | M | JOÃO CARRILHO     | PORTUGAL | G.D.R. SÃO FRANCISCO DA SERRA                                 | M35     | 03:10:30.577 | 03:10:23.510 |
| 47   | 1459   | F | LÍDIA PEREIRA     | PORTUGAL | INDIVIDUAL                                                    | F55     | 03:10:33.500 | 03:10:31.633 |
| 48   | 1189   | M | ANTONIO LOURO     | PORTUGAL | INDIVIDUAL                                                    | M45     | 03:10:45.857 | 03:10:38.277 |
| 49   | 1166   | F | CATARINA LOURENÇO | PORTUGAL | INDIVIDUAL                                                    | F40     | 03:10:53.107 | 03:10:24.527 |
| 50   | 1210   | M | JOSÉ MARCELINO    | PORTUGAL | INDIVIDUAL                                                    | M60     | 03:11:18.097 | 03:11:07.380 |
| 51   | 889    | M | VITOR AZEVEDO     | PORTUGAL | INDIVIDUAL                                                    | M50     | 03:12:01.793 | 03:10:45.913 |
| 52   | 1550   | M | FERNANDO ANTUNES  | PORTUGAL | INDIVIDUAL                                                    | M65     | 03:13:23.923 | 03:13:18.646 |
| 53   | 1614   | M | MARCO CHARRUA     | PORTUGAL | CASA DO BENFICA EM ALGUEIRAO MEM MARTINS - SINTRA             | M55     | 03:13:59.747 | 03:12:16.257 |
| 54   | 1239   | M | FILIFE CORREIA    | PORTUGAL | A NATUREZA ENSINA                                             | M35     | 03:14:28.417 | 03:14:21.714 |
| 55   | 1057   | M | ANTÓNIO PENACHO   | PORTUGAL | INDIVIDUAL                                                    | M45     | 03:15:15.250 | 03:13:44.650 |
| 56   | 1096   | M | BRUNO BONDOSO     | PORTUGAL | CLUBE DESPORTIVO E CULTURAL DA NAVE                           | M45     | 03:15:50.717 | 03:15:46.854 |
| 57   | 1202   | M | RICARDO OLIVEIRA  | PORTUGAL | TEAM EL COMANDANTE                                            | M50     | 03:16:27.690 | 03:16:14.303 |
| 58   | 1099   | F | ADRIANA SOUSA     | PORTUGAL | INDIVIDUAL                                                    | F40     | 03:17:59.387 | 03:16:46.974 |
| 59   | 1028   | M | SÉRGIO SILVA      | PORTUGAL | TEAM EL COMANDANTE                                            | M40     | 03:18:56.570 | 03:18:41.543 |
| 60   | 741    | M | EDUARDO PINTO     | PORTUGAL | NASCIDOS PARA CORRER - ASSOCIAÇÃO DESPORTIVA                  | M60     | 03:18:56.877 | 03:18:00.380 |
| 61   | 790    | M | VASCO BRITO       | PORTUGAL | TEAM EL COMANDANTE                                            | M50     | 03:21:00.863 | 03:20:55.940 |
| 62   | 14     | M | JOSÉ PEREIRA      | PORTUGAL | ASSOCIAÇÃO RECREATIVA CULTURAL E DESPORTIVA DA VENDA DA LUISA | M40     | 03:22:25.877 | 03:22:05.990 |
| 63   | 534    | M | JOSÉ SANTOS       | PORTUGAL | TEAM EL COMANDANTE                                            | M55     | 03:22:44.613 | 03:22:28.266 |
| 64   | 1518   | M | JOSÉ DURÃO        | PORTUGAL | CASA DO BENFICA EM ABRANTES                                   | M55     | 03:23:11.050 | 03:23:00.463 |
| 65   | 1165   | F | CHANTAL XHERVELLE | PORTUGAL | A NATUREZA ENSINA                                             | F55     | 03:23:58.770 | 03:23:50.717 |



| Pos. | Dorsal | G | Nome              | País     | Equipa                                                | Escalão | Tempo        | Chip         |
|------|--------|---|-------------------|----------|-------------------------------------------------------|---------|--------------|--------------|
| 66   | 1465   | M | CARLOS SILVA      |          | LINDA-A-PASTORA SPORTING CLUBE                        | M50     | 03:24:23.380 | 03:23:28.313 |
| 67   | 1523   | M | PAULO BAPTISTA    | PORTUGAL | CASA DO BENFICA EM ABRANTES                           | M50     | 03:24:41.813 | 03:24:10.466 |
| 68   | 992    | F | MARISA FERNANDES  | PORTUGAL | TEAM EL COMANDANTE                                    | F35     | 03:24:56.343 | 03:23:42.143 |
| 69   | 1063   | M | RODRIGO SILVA     | PORTUGAL | CARCAVELOS CARAVELA SEGUROS                           | M45     | 03:25:58.707 | 03:25:42.174 |
| 70   | 301    | M | VITOR FIGUEIREDO  | PORTUGAL | FIGUEIREDO'S RUNNER'S AND FRIENDS                     | M60     | 03:26:35.367 | 03:25:54.744 |
| 71   | 1155   | F | CÉU NUNES         | PORTUGAL | ASSOCIAÇÃO CORRER LISBOA                              | F45     | 03:26:45.767 | 03:26:32.527 |
| 72   | 919    | F | ANABELA VINHA     | PORTUGAL | INDIVIDUAL                                            | F40     | 03:27:16.897 | 03:25:40.850 |
| 73   | 791    | M | PEDRO MARQUES     | PORTUGAL | TEAM EL COMANDANTE                                    | M35     | 03:28:05.720 | 03:27:59.137 |
| 74   | 1152   | M | JOSÉ RAMALHO      | PORTUGAL | TEAM EL COMANDANTE                                    | M55     | 03:29:28.430 | 03:29:11.867 |
| 75   | 859    | M | JOSE FERREIRA     | PORTUGAL | LINDA-A-PASTORA SPORTING CLUBE                        | M55     | 03:29:31.257 | 03:28:18.974 |
| 76   | 1512   | M | DIOGO SANTOS      | PORTUGAL | CASA DO BENFICA EM ABRANTES                           | M35     | 03:29:43.157 | 03:28:34.340 |
| 77   | 950    | M | JOÃO JORGE        | PORTUGAL | TEAM EL COMANDANTE                                    | M40     | 03:29:52.773 | 03:28:32.223 |
| 78   | 948    | M | NUNO MARQUES      | PORTUGAL | BOMBEIROS VOLUNTÁRIOS MONTEMOR-O-NOVO                 | M45     | 03:30:51.417 | 03:29:31.494 |
| 79   | 1256   | F | TERESA AMORIM     | PORTUGAL | SPORTING CLUBE DE ESPINHO                             | F35     | 03:30:58.410 | 03:30:31.273 |
| 80   | 344    | M | ÁLVARO SOUSA      | PORTUGAL | ADOSA - ASSOCIAÇÃO DESPORTIVA DE POUSADA DE SARAMAGOS | M50     | 03:31:25.807 | 03:30:38.684 |
| 81   | 1511   | F | CRISTINA PEDRO    | PORTUGAL | CASA DO BENFICA EM ABRANTES                           | F45     | 03:31:43.167 | 03:30:57.854 |
| 82   | 916    | F | SARA NUNES        | PORTUGAL | CARCAVELOS CARAVELA SEGUROS                           | F45     | 03:32:30.327 | 03:31:58.927 |
| 83   | 1517   | M | JOSÉ FONTINHA     | PORTUGAL | CASA DO BENFICA EM ABRANTES                           | M45     | 03:34:13.977 | 03:33:43.137 |
| 84   | 1336   | M | MIGUEL AZEVEDO    | PORTUGAL | TEAM EL COMANDANTE                                    | M40     | 03:34:58.907 | 03:33:44.027 |
| 85   | 1179   | M | ANTONIO MAIA      | PORTUGAL | CARCAVELOS CARAVELA SEGUROS                           | M45     | 03:35:43.303 | 03:35:12.236 |
| 86   | 59     | M | NUNO FIGUEIREDO   | PORTUGAL | ASSOCIAÇÃO CORRER LISBOA                              | M40     | 03:35:48.307 | 03:35:45.134 |
| 87   | 1178   | M | ZÉ DIAS           | PORTUGAL | A.D.ESMERIZ RUNNING                                   | M60     | 03:37:15.350 | 03:37:12.953 |
| 88   | 1521   | M | NUNO GOMES        | PORTUGAL | CASA DO BENFICA EM ABRANTES                           | M50     | 03:37:53.687 | 03:37:09.020 |
| 89   | 696    | F | MARISA JOÃO       | PORTUGAL | CLUBE DE ATLETISMO DE OVAR                            | F45     | 03:38:53.127 | 03:38:29.880 |
| 90   | 1363   | M | PEDRO AMORIM      | PORTUGAL | INDIVIDUAL                                            | M65     | 03:38:53.733 | 03:37:37.806 |
| 91   | 896    | M | CARLOS RIPOLINS   | PORTUGAL | ASSOCIAÇÃO GRIJO A CORRER                             | M65     | 03:40:03.650 | 03:39:38.510 |
| 92   | 983    | F | MARISA FRANCISCO  | PORTUGAL | CENTRO DESPORTIVO DE QUARTEIRA                        | F40     | 03:40:07.757 | 03:39:49.150 |
| 93   | 926    | M | PAULO MATOS       | PORTUGAL | INDIVIDUAL                                            | M50     | 03:42:27.620 | 03:42:18.930 |
| 94   | 1381   | F | CRISTINA CARVALHO | PORTUGAL | CASA BENFICA ALGUEIRÃO MEM MARTINS-CBAMM              | F50     | 03:43:16.813 | 03:41:36.370 |
| 95   | 787    | M | CARLOS MARQUES    | PORTUGAL | ASSOCIAÇÃO DESPORTIVA TÁLENTOS TEAM                   | M60     | 03:43:32.807 | 03:42:57.310 |
| 96   | 1085   | M | PEDRO JACINTO     | PORTUGAL | GRUPO DESPORTIVO ASSEMPARK                            | M SEN   | 03:45:47.237 | 03:45:09.384 |
| 97   | 1071   | F | ANA ALMEIDA       | PORTUGAL | LINDA-A-PASTORA SPORTING CLUBE                        | F45     | 03:45:52.097 | 03:43:38.527 |
| 98   | 1272   | M | GONÇALO INÁCIO    | PORTUGAL | ASSOCIAÇÃO VALE GRANDE                                | M45     | 03:46:09.137 | 03:43:51.557 |
| 99   | 1463   | M | ANTÓNIO MARTINHO  |          | LINDA-A-PASTORA SPORTING CLUBE                        | M55     | 03:47:35.437 | 03:46:02.240 |
| 100  | 1533   | M | JOAQUIM SÁ        | PORTUGAL | INDIVIDUAL                                            | M75     | 03:47:43.100 | 03:47:00.433 |
| 101  | 892    | M | LUIS ALMEIDA      | PORTUGAL | ASSOCIAÇÃO VALE GRANDE                                | M45     | 03:48:16.660 | 03:46:43.727 |
| 102  | 912    | F | SANDRA MONTEIRO   | PORTUGAL | ASSOCIAÇÃO VALE GRANDE                                | F45     | 03:48:39.683 | 03:47:07.670 |
| 103  | 1027   | F | SOFIA PEIXOTO     | PORTUGAL | TEAM EL COMANDANTE                                    | F35     | 03:49:42.830 | 03:49:28.157 |
| 104  | 1471   | F | PATRÍCIA MATOS    | PORTUGAL | LINDA-A-PASTORA SPORTING CLUBE                        | F45     | 03:50:00.190 | 03:48:46.643 |
| 105  | 595    | F | ALEXANDRA VIEIRA  | PORTUGAL | NÚCLEO DO SPORTING CLUBE DE PORTUGAL DA ILHA TERCEIRA | F50     | 03:50:33.000 | 03:49:55.937 |
| 106  | 1524   | M | PEDRO SILVA       | PORTUGAL | CASA DO BENFICA EM ABRANTES                           | M45     | 03:52:31.877 | 03:52:00.087 |
| 107  | 1475   | F | SUSANA RAPOSO     |          | LINDA-A-PASTORA SPORTING CLUBE                        | F45     | 03:53:04.917 | 03:50:54.497 |
| 108  | 1238   | M | JOSÉ CAPELA       | PORTUGAL | INDIVIDUAL                                            | M60     | 03:53:58.820 | 03:53:19.297 |
| 109  | 1171   | M | JOAQUIM SILVA     | PORTUGAL | CLUBE DE ATLETISMO DE SINTRA                          | M45     | 03:54:14.277 | 03:53:26.320 |
| 110  | 321    | M | NUNO MARTINS      | PORTUGAL | CASA DO BENFICA EM ALGUEIRAO MEM MARTINS - SINTRA     | M40     | 03:55:00.757 | 03:52:50.710 |
| 111  | 947    | F | MARIA RODRIGUES   | PORTUGAL | BOMBEIROS VOLUNTÁRIOS MONTEMOR-O-NOVO                 | F45     | 03:55:03.387 | 03:54:38.860 |
| 112  | 707    | F | RAQUEL AZEVEDO    | PORTUGAL | GRUPO DESPORTIVO RECREATIVO JUVENTUDE DAS RIBEIRAS    | F35     | 03:59:37.093 | 03:58:02.186 |
| 113  | 1510   | M | CARLOS PINTO      | PORTUGAL | CASA DO BENFICA EM ABRANTES                           | M55     | 04:00:04.953 | 03:55:39.106 |

| Pos. | Dorsal | G | Nome              | País     | Equipa                                             | Escalão | Tempo        | Chip         |
|------|--------|---|-------------------|----------|----------------------------------------------------|---------|--------------|--------------|
| 114  | 1068   | M | ANDRÉ SILVA       | PORTUGAL | ASSOCIAÇÃO VALE GRANDE                             | M35     | 04:00:35.593 | 03:59:22.550 |
| 115  | 1254   | M | PAULO PASCOAL     | PORTUGAL | INDIVIDUAL                                         | M55     | 04:00:48.320 | 03:59:14.517 |
| 116  | 1470   | M | MIGUEL SEQUEIRA   |          | LINDA-A-PASTORA SPORTING CLUBE                     | M40     | 04:01:32.173 | 04:00:10.536 |
| 117  | 1440   | M | NELSON FONSECA    | PORTUGAL | ASSOCIAÇÃO DESPORTIVA DE PALMEIROS                 | M40     | 04:07:36.697 | 04:07:24.640 |
| 118  | 1333   | F | ELISABETE FONSECA | PORTUGAL | INDIVIDUAL                                         | F40     | 04:07:37.313 | 04:07:25.333 |
| 119  | 955    | M | FERNANDO ROSETE   | PORTUGAL | INDIVIDUAL                                         | M50     | 04:07:43.390 | 04:06:00.893 |
| 120  | 949    | F | SUSANA ESPADA     | PORTUGAL | BOMBEIROS VOLUNTÁRIOS MONTEMOR-O-NOVO              | F35     | 04:07:50.963 | 04:07:26.150 |
| 121  | 946    | F | GRAÇA LOPES       | PORTUGAL | BOMBEIROS VOLUNTÁRIOS MONTEMOR-O-NOVO              | F45     | 04:07:51.023 | 04:07:20.310 |
| 122  | 1163   | M | FILIPÉ TOMÁS      | PORTUGAL | INDIVIDUAL                                         | M75     | 04:10:11.600 | 04:08:05.163 |
| 123  | 1122   | M | ALBANO SILVA      | PORTUGAL | INDIVIDUAL                                         | M50     | 04:13:22.797 | 04:10:48.817 |
| 124  | 898    | M | RUI LACERDA       | PORTUGAL | ASSOCIAÇÃO VALE GRANDE                             | M50     | 04:14:16.903 | 04:12:44.306 |
| 125  | 982    | F | MARÍLIA CAVACO    | PORTUGAL | CENTRO DESPORTIVO DE QUARTEIRA                     | F70     | 04:15:06.650 | 04:13:17.923 |
| 126  | 636    | F | CLÁUDIA BORRALHO  | PORTUGAL | ASSOCIAÇÃO RUN TEJO                                | F40     | 04:15:15.577 | 04:12:47.057 |
| 127  | 1087   | F | EDUARDA VINAGRE   | PORTUGAL | GRUPO DESPORTIVO ASSEMPARK                         | F50     | 04:15:32.510 | 04:13:17.823 |
| 128  | 1120   | M | CARLOS ORTET      | PORTUGAL | GRUPO DESPORTIVO ASSEMPARK                         | M45     | 04:16:00.547 | 04:14:51.060 |
| 129  | 969    | M | CARLOS JESUS      | PORTUGAL | INDIVIDUAL                                         | M40     | 04:17:39.003 | 04:15:56.010 |
| 130  | 1389   | F | SÓNIA FERREIRA    | PORTUGAL | CASA BENFICA ALGUEIRÃO MEM MARTINS-CBAMM           | F40     | 04:17:39.100 | 04:14:59.477 |
| 131  | 752    | M | JORGE MAIA        | PORTUGAL | INDIVIDUAL                                         | M55     | 04:19:05.297 | 04:17:36.957 |
| 132  | 1143   | F | REBECA VALE       | PORTUGAL | GRUPO DESPORTIVO ASSEMPARK                         | F35     | 04:19:42.837 | 04:15:40.787 |
| 133  | 1467   | M | JOSÉ FERNANDES    |          | LINDA-A-PASTORA SPORTING CLUBE                     | M45     | 04:22:40.720 | 04:20:31.030 |
| 134  | 1086   | M | VALTER JACINTO    | PORTUGAL | GRUPO DESPORTIVO ASSEMPARK                         | M70     | 04:22:51.110 | 04:22:14.193 |
| 135  | 1250   | M | SERGIO CRISTA     | PORTUGAL | GRUPO DESPORTIVO RECREATIVO JUVENTUDE DAS RIBEIRAS | M40     | 04:23:40.107 | 04:22:53.784 |
| 136  | 1516   | M | JOÃO ROSADO       | PORTUGAL | CASA DO BENFICA EM ABRANTES                        | M60     | 04:28:01.787 | 04:26:02.994 |
| 137  | 1384   | M | JOSÉ ALVES        | PORTUGAL | CASA BENFICA ALGUEIRÃO MEM MARTINS-CBAMM           | M70     | 04:30:48.717 | 04:30:11.794 |
| 138  | 1474   | F | SÓNIA SEQUEIRA    | PORTUGAL | LINDA-A-PASTORA SPORTING CLUBE                     | F45     | 04:32:36.800 | 04:29:26.827 |
| 139  | 1385   | M | JOSÉ SOUSA        | PORTUGAL | CASA BENFICA ALGUEIRÃO MEM MARTINS-CBAMM           | M50     | 04:38:57.027 | 04:36:00.574 |
| 140  | 1390   | F | VERA TOLÉDO       | PORTUGAL | CASA BENFICA ALGUEIRÃO MEM MARTINS-CBAMM           | F45     | 04:39:45.807 | 04:36:09.284 |
| 141  | 1064   | M | ANTONIO RIBEIRO   | PORTUGAL | C. R. D. AGUIAS UNIDAS AMORA-SEIXAL                | M75     | 04:44:35.843 | 04:42:30.303 |
| 142  | 1461   | F | ANA LETRA         |          | LINDA-A-PASTORA SPORTING CLUBE                     | F50     | 04:51:58.233 | 04:49:47.416 |
| 143  | 1468   | M | JOSÉ SIMÕES       |          | LINDA-A-PASTORA SPORTING CLUBE                     | M60     | 04:51:58.407 | 04:49:46.777 |
| 144  | 961    | F | RUTE MATOS        | PORTUGAL | INDIVIDUAL                                         | F50     | 04:53:23.333 | 04:51:41.986 |
| 145  | 1515   | F | FILIPA LOPES      | PORTUGAL | CASA DO BENFICA EM ABRANTES                        | F45     | 04:59:32.873 | 04:55:11.936 |
| 146  | 1391   | M | VITOR SANTOS      | PORTUGAL | CASA BENFICA ALGUEIRÃO MEM MARTINS-CBAMM           | M50     | 05:01:44.290 | 05:00:01.457 |
| 147  | 1563   | M | VITOR SIVA        | PORTUGAL | CASA BENFICA ALGUEIRÃO MEM MARTINS-CBAMM           | M55     | 05:02:03.380 | 04:56:32.543 |
| 148  | 1472   | F | PAULA SARAIVA     |          | LINDA-A-PASTORA SPORTING CLUBE                     | F50     | 05:11:08.417 | 05:07:56.697 |
| 149  | 1061   | F | FILOMENA SANTOS   | PORTUGAL | ASSOCIAÇÃO CULTURAL E DESPORTIVA OS ILHAVOS        | F60     | 05:11:24.030 | 05:08:52.707 |
| 150  | 1469   | F | MARINA PANTALIÃO  | PORTUGAL | LINDA-A-PASTORA SPORTING CLUBE                     | F45     | 05:11:54.330 | 05:09:25.813 |
| 151  | 1522   | F | PAULA VARELAS     | PORTUGAL | CASA DO BENFICA EM ABRANTES                        | F50     | 05:16:12.450 | 05:12:48.653 |
| 152  | 1388   | F | ROSA DIAS         | PORTUGAL | CASA BENFICA ALGUEIRÃO MEM MARTINS-CBAMM           | F55     | 05:18:54.060 | 05:13:23.573 |
| 153  | 1514   | M | ERNESTO HEITOR    | PORTUGAL | CASA DO BENFICA EM ABRANTES                        | M50     | 05:33:39.037 | 05:32:53.310 |
| 154  | 1380   | M | ADALBERTO GRILO   | PORTUGAL | CASA BENFICA ALGUEIRÃO MEM MARTINS-CBAMM           | M60     | 05:34:35.163 | 05:31:27.203 |
| 155  | 1386   | F | PATRÍCIA PEDRO    | PORTUGAL | CASA BENFICA ALGUEIRÃO MEM MARTINS-CBAMM           | F55     | 05:46:05.273 | 05:41:18.086 |
| 156  | 1383   | M | JOAQUIM MÓNICA    | PORTUGAL | CASA BENFICA ALGUEIRÃO MEM MARTINS-CBAMM           | M60     | 05:46:06.420 | 05:41:18.933 |
| 157  | 1526   | M | CARLOS ALFAIATE   | PORTUGAL | CASA DO BENFICA EM ABRANTES                        | M70     | 06:43:03.257 | 06:42:39.090 |