



Cork Trail 2016

Data: 17 de Abril de 2016

Localidade: Erra (Coruche)

Organização: Coruche Outdoor Adventure Club

Cronometragem: Trilho Perdido Cronometragens

Classificação Geral de Trail Curto

Pos.	Dorsal	Nome	Clube	Categoria	P.Cat.	Tempo	T/Km.	Dif.
1	469	Ribeiro, José		TC M40	1	1:01:54.92	04:46	
2	300	Mafra, Dino	ACPortalegre / UTSM	TC Mse	1	1:03:44.62	04:54	0:01:50
3	341	Ribeiro, Miguel	Trilho Perdido Eventos / Nutrimania	TC Mse	2	1:04:42.72	04:59	0:02:48
4	448	Silva, Milton	TIMERUNNERS/SADOPOINT	TC Mse	3	1:07:01.38	05:09	0:05:06
5	451	Vicente, Guilherme	Estrela Futebol Clube	TC Mse	4	1:07:23.86	05:11	0:05:29
6	205	Evangelista, Nuno	Mecatrónica	TC Mse	5	1:09:19.35	05:20	0:07:24
7	442	Paiva, Rufino	TIMERUNNERS/SADOPOINT	TC M40	2	1:09:35.78	05:21	0:07:41
8	333	Parelho, Pedro		TC M40	3	1:09:51.09	05:22	0:07:56
9	444	Roque, Paulo	Trilho Perdido Eventos / Nutrimania	TC M40	4	1:11:06.81	05:28	0:09:12
10	416	Constantino, José		TC Mse	6	1:12:27.96	05:34	0:10:33
11	385	Sousa, João	N. C. SPORTING DE TORRES NOVAS	TC M40	5	1:12:28.11	05:34	0:10:33
12	401	Neves, Luis	Marinhais AC	TC Mse	7	1:13:23.65	05:39	0:11:29
13	391	Fernandes, Arsénio	ARSM - Associação Recreativa de São Miguel	TC M60	1	1:13:30.38	05:39	0:11:35
14	443	Nunes, Luis	Estrela Futebol Clube	TC Mse	8	1:13:55.81	05:41	0:12:01
15	342	Moringa, Helder	Trilho Perdido Eventos / Nutrimania	TC M40	6	1:14:21.67	05:43	0:12:27
16	465	Maia, Diogo	UDR Zona Alta -Torres Novas	TC Mse	9	1:15:00.42	05:46	0:13:05
17	470	Carvalho, Filipe		TC M50	1	1:16:04.67	05:51	0:14:10
18	314	Correia, Hélio	Equipa da Maria	TC Mse	10	1:16:28.35	05:53	0:14:33
19	450	Rosado, António	Estrela Futebol Clube	TC M50	2	1:16:39.77	05:54	0:14:45
20	466	Romão, Patricia	Gafanhori	TC Fse	1	1:16:48.73	05:55	0:14:54
21	370	Ferreira, Jorge		TC M40	7	1:16:48.94	05:55	0:14:54
22	402	Leal, António	Marinhais AC	TC M40	8	1:16:55.58	05:55	0:15:01
23	438	Calvo, Francisco	TIMERUNNERS/SADOPOINT	TC M50	3	1:17:00.07	05:55	0:15:05
24	368	Silva, Rui		TC Mse	11	1:17:42.69	05:59	0:15:48
25	369	Gonçalves, Elvino		TC Mse	12	1:17:50.21	05:59	0:15:55
26	362	Pontes, Celso	Furoes do Alentejo	TC Mse	13	1:17:52.63	05:59	0:15:58
27	461	Serrão, António	C.D Os Águias trail/running	TC Mse	14	1:18:32.34	06:02	0:16:37
28	400	Canoa, José	Gafanhori	TC Mse	15	1:19:00.88	06:05	0:17:06
29	477	Martins, Roberto	Equipa do Paiva	TC Mse	16	1:19:08.69	06:05	0:17:14
30	426	Moreira, Mariana	Gafanhori	TC Fse	2	1:19:46.19	06:08	0:17:51
31	432	Jacinto, João	C.C.D. O ALVITEJO	TC M50	4	1:19:51.23	06:09	0:17:56
32	460	Raposeira, Bruno	C.D Os Águias trail/running	TC Mse	17	1:20:04.70	06:10	0:18:10
33	462	Sousa, Pedro		TC M50	5	1:20:39.10	06:12	0:18:44
34	206	Reis, João	Mecatrónica	TC Mse	18	1:21:04.82	06:14	0:19:10
35	327	Rodrigues, João	Coruche runners	TC Mse	19	1:21:18.75	06:15	0:19:24
36	306	Aires, Luis	Equipa da Maria	TC M40	9	1:22:48.41	06:22	0:20:53
37	379	Gonçalves, José	TIMERUNNERS/SADOPOINT	TC M40	10	1:22:58.00	06:23	0:21:03
38	384	Jorge, Silvia	N. C. SPORTING DE TORRES NOVAS	TC F40	1	1:23:13.83	06:24	0:21:19
39	334	Baptista, António	ATV	TC M40	11	1:23:36.17	06:26	0:21:41
40	371	Neves, Marco		TC Mse	20	1:23:45.38	06:27	0:21:50
41	366	Lamy, Marco		TC Mse	21	1:23:45.40	06:27	0:21:50
42	436	Silva, Tiago	Furoes do Alentejo	TC Mse	22	1:24:15.20	06:29	0:22:20
43	418	Simões, Tiago		TC Mse	23	1:24:35.71	06:30	0:22:41

44	417	Magalhães, Sérgio	Furoes do Alentejo	TC M50	6	1:25:18.62	06:34	0:23:24
45	377	Pinto, Mário	ACM - Trail&Running	TC Mse	24	1:25:39.91	06:35	0:23:45
46	476	Santos, Luis		TC M40	12	1:26:17.25	06:38	0:24:22
47	364	Rosa, Mário	Team crosswater	TC Mse	25	1:26:25.78	06:39	0:24:31
48	367	Borrvalho, Alexandre	Furoes do Alentejo	TC Mse	26	1:26:50.83	06:41	0:24:56
49	331	Valente, Antonio		TC M40	13	1:27:00.84	06:42	0:25:06
50	241	Domingos, Pedro	Equipa do Paiva	TC Mse	27	1:27:02.20	06:42	0:25:07
51	454	Simões, Rui	Btt Canha Rotas e sistemas	TC Mse	28	1:27:27.04	06:44	0:25:32
52	399	Veludo, Miguel	Go Runners	TC M40	14	1:28:08.64	06:47	0:26:14
53	124	Ribeiro, Estevão	CASA MATOS BIKE SHOP/REATAM - TRAMAGAL	TC M60	2	1:28:43.67	06:50	0:26:49
54	408	Tomaz, Luis	Cruxe BTTrail Team	TC Mse	29	1:28:43.79	06:50	0:26:49
55	409	Coelho, Vitor		TC Mse	30	1:29:25.62	06:53	0:27:31
56	437	Patronino, José	TIMERUNNERS/SADOPOINT	TC M40	15	1:29:52.39	06:55	0:27:57
57	311	Belo, Rui		TC Mse	31	1:31:01.45	07:00	0:29:06
58	423	Padeirinha, António		TC Mse	32	1:31:14.29	07:01	0:29:19
59	403	Rodrigues, Rita	Gafanhori	TC Fse	3	1:31:26.30	07:02	0:29:31
60	376	Antonito, Faustino	ACM - Trail&Running	TC M40	16	1:31:32.20	07:02	0:29:37
61	435	Madeira, Ricardo		TC Mse	33	1:32:44.62	07:08	0:30:50
62	394	Felismino, Luis	Team crosswater	TC Mse	34	1:33:38.13	07:12	0:31:43
63	458	Costa, João	Team Trail da Cabra Gorda	TC Mse	35	1:34:08.08	07:14	0:32:13
64	473	Pinto, João		TC M40	17	1:34:24.48	07:16	0:32:29
65	387	Padeiro, Josué	Beato	TC Mse	36	1:34:34.50	07:17	0:32:40
66	329	Barnabé, João	Beato	TC Mse	37	1:34:36.64	07:17	0:32:42
67	386	Nunes, Helder	Beato	TC Mse	38	1:34:37.04	07:17	0:32:42
68	353	Rodrigues, Marco	Mau Maus	TC M40	18	1:34:49.50	07:18	0:32:55
69	351	Carrasco, Nuno	Mau Maus	TC M40	19	1:34:51.38	07:18	0:32:56
70	428	Dias, Tiago	Epcoruche	TC Mse	39	1:34:55.45	07:18	0:33:00
71	452	Lopes, Rui		TC Mse	40	1:34:57.58	07:18	0:33:03
72	424	Taxa, Paulo	ARZ BIKE TEAM	TC Mse	41	1:35:39.76	07:22	0:33:45
73	406	José, Licínio	ARZ BIKE TEAM	TC Mse	42	1:35:40.16	07:22	0:33:45
74	375	Lança, Ana	ACM - Trail&Running	TC Fse	4	1:35:46.62	07:22	0:33:52
75	398	Marçal, João	Team crosswater	TC Mse	43	1:35:54.92	07:23	0:34:00
76	471	Raquel, Silvia		TC F40	2	1:36:18.48	07:24	0:34:23
77	457	Grazina, Vitor	Team Trail da Cabra Gorda	TC Mse	44	1:37:43.73	07:31	0:35:49
78	415	Batista, Sofia	Glória Runners	TC Fse	5	1:37:59.19	07:32	0:36:04
79	407	Freire, Rui		TC Mse	45	1:38:00.51	07:32	0:36:06
80	388	Marques, Paula	PARAS 95	TC Fse	6	1:38:04.58	07:33	0:36:10
81	350	Ribeiro, Hugo	Mau Maus	TC M40	20	1:38:14.93	07:33	0:36:20
82	447	Cruz, Luis	Team crosswater	TC Mse	46	1:38:19.13	07:34	0:36:24
83	421	Coutinho, Miguel		TC Mse	47	1:39:20.88	07:39	0:37:26
84	449	Santos, Nelson	TSF Runners	TC M40	21	1:39:32.39	07:39	0:37:37
85	372	Cristo, Paulo	ACM - Trail&Running	TC Mse	48	1:39:52.30	07:41	0:37:57
86	395	Martinho, Valter	ginasio quinta do valbom-AAA	TC Mse	49	1:40:31.50	07:44	0:38:37
87	373	Garrett, Carla		TC Fse	7	1:40:33.61	07:44	0:38:39
88	316	Santos, Lia	Equipa da Maria	TC F40	3	1:40:48.52	07:45	0:38:54
89	468	Conde, Ricardo		TC Mse	50	1:41:11.33	07:47	0:39:16
90	343	Dias, Carlos	Equipa do Paiva	TC Mse	51	1:41:16.39	07:47	0:39:21
91	312	Pereira, Paulo	CAPenafirme	TC M40	22	1:41:16.56	07:47	0:39:22
92	419	Carrapeiro, Emidio	dor de burro	TC M50	7	1:42:59.64	07:55	0:41:05
93	326	Carvalho, Sónia		TC Fse	8	1:43:46.61	07:59	0:41:52
94	440	Silva, Telma		TC Fse	9	1:43:56.49	08:00	0:42:01
95	325	Costa, João		TC M40	23	1:44:45.38	08:03	0:42:50
96	308	Monteiro, Mário	Equipa da Maria	TC M40	24	1:45:18.94	08:06	0:43:24
97	307	Pereira, Pedro	Equipa da Maria	TC M40	25	1:45:19.54	08:06	0:43:25
98	304	Augusto, Hélio	Azeitão running	TC Mse	52	1:45:41.55	08:08	0:43:47
99	425	Ferreira, Tiago	Team crosswater	TC Mse	53	1:45:46.01	08:08	0:43:51
100	446	Brotas, Luis	Team crosswater	TC Mse	54	1:45:50.10	08:08	0:43:55
101	434	Fernandes, João	Movet	TC M40	26	1:46:27.02	08:11	0:44:32

102	429	Roques, Fernando	RRB	TC M40	27	1:46:33.27	08:12	0:44:38
103	345	Rosário, João	Equipa do Paiva	TC Mse	55	1:47:00.61	08:14	0:45:06
104	475	Silva, Augusto	Equipa do Paiva	TC Mse	56	1:47:00.72	08:14	0:45:06
105	413	Roque, Cátia	ACM - Trail&Running	TC Fse	10	1:47:39.57	08:17	0:45:45
106	380	Gaitas, Patricia	ACM - Trail&Running	TC Fse	11	1:47:39.66	08:17	0:45:45
107	315	Afonso, Maria	Equipa da Maria	TC Fse	12	1:47:45.27	08:17	0:45:50
108	321	Marques, Ana	Equipa da Maria	TC Fse	13	1:48:00.56	08:19	0:46:06
109	456	Marques, Mário	Team Trail da Cabra Gorda	TC Mse	57	1:48:01.71	08:19	0:46:07
110	305	Reyes, Antonio	GA Monsanto - Gascan	TC M60	3	1:48:22.05	08:20	0:46:27
111	441	Tomé, Ana	pace.makers	TC F40	4	1:48:28.30	08:21	0:46:33
112	378	Pirata, Vânia	ACM - Trail&Running	TC Fse	14	1:48:45.86	08:22	0:46:51
113	358	Rosinha, Jorge	Team crosswater	TC Mse	58	1:50:03.52	08:28	0:48:09
114	439	Churro, João	Os Mesmos	TC Mse	59	1:51:43.93	08:36	0:49:49
115	360	Cecilia, Maria	Equipa da Maria	TC Fse	15	1:52:08.11	08:38	0:50:13
116	359	Manuel, Carlos	Equipa da Maria	TC Mse	60	1:52:24.08	08:39	0:50:29
117	336	Carvalho, Gisela	Estrelas Lisboa	TC Fse	16	1:52:30.78	08:39	0:50:36
118	209	Brandão, Tiago		TC Mse	61	1:52:47.15	08:41	0:50:52
119	445	Figueiredo, Vitor		TC Mse	62	1:53:12.06	08:42	0:51:17
120	322	Duarte, António		TC M60	4	1:53:15.08	08:43	0:51:20
121	337	Carvalho, Pedro	Estrelas Lisboa	TC M40	28	1:53:25.57	08:44	0:51:31
122	332	Jesus, Carlos		TC M50	8	1:53:58.57	08:46	0:52:04
123	317	Pimentel, Marina	Equipa da Maria	TC F50	1	1:55:29.25	08:53	0:53:34
124	431	Bento, Paula	RRB	TC Fse	17	1:57:23.83	09:02	0:55:29
125	455	Mira, Claudio	Btt Canha Rotas e sistemas	TC Mse	63	1:58:30.57	09:07	0:56:36
126	348	Duarte, Nuno		TC Mse	64	1:58:57.90	09:09	0:57:03
127	349	Sousa, Tânia		TC Fse	18	1:58:58.06	09:09	0:57:03
128	414	Felix, Helder	O Praticante	TC M40	29	1:59:44.87	09:13	0:57:50
129	328	Lino, Miguel		TC Mse	65	2:00:28.77	09:16	0:58:34
130	411	Silva, Fábio	Equipa do Paiva	TC Mse	66	2:00:30.55	09:16	0:58:36
131	404	Monteiro, Jorge		TC Mse	67	2:00:37.33	09:17	0:58:42
132	405	Sebastião, Rui	Istofaz-se	TC M40	30	2:00:37.58	09:17	0:58:43
133	410	Lucas, Luís		TC M50	9	2:00:50.19	09:18	0:58:55
134	390	Luz, Ricardo		TC M40	31	2:00:51.68	09:18	0:58:57
135	340	Domingos, Inês	Trilho Perdido Eventos / Nutrimania	TC Fse	19	2:01:11.55	09:19	0:59:17
136	464	Silva, Vitor	UDR Zona Alta -Torres Novas	TC Mse	68	2:01:13.34	09:19	0:59:18
137	374	Felício, Luís	Cruxe BTTrail Team	TC M40	32	2:03:27.83	09:30	1:01:33
138	310	Raposo, Mayer	Associação de Atletismo Lebres do Sado	TC M60	5	2:04:13.68	09:33	1:02:19
139	309	Tavares, Helena		TC F40	5	2:04:21.10	09:34	1:02:26
140	357	Dias, José		TC M40	33	2:05:13.57	09:38	1:03:19
141	354	Teixeira, Ismael		TC M40	34	2:05:13.77	09:38	1:03:19
142	382	Gonçalves, Daniel	CP Galveias	TC Mse	69	2:06:21.66	09:43	1:04:27
143	396	Coelho, Rogerio		TC Mse	70	2:08:45.28	09:54	1:06:50
144	430	Rodrigues, Célia	RRB	TC F40	6	2:09:29.82	09:58	1:07:35
145	318	Dias, Sónia	Equipa da Maria	TC Fse	20	2:09:30.32	09:58	1:07:35
146	319	Freitas, Pedro	Equipa da Maria	TC M40	35	2:09:30.36	09:58	1:07:35
147	397	Soares, José		TC M60	6	2:09:34.32	09:58	1:07:39
148	393	Luís, Anibal		TC M50	10	2:10:19.12	10:01	1:08:24
149	303	Sabino, Amadiz	Azeitão running	TC M40	36	2:11:58.50	10:09	1:10:04
150	422	Ventura, António		TC Mse	71	2:14:03.24	10:19	1:12:08
151	339	Lourenço, Sandra	Estrelas Lisboa	TC Fse	21	2:14:45.76	10:22	1:12:51
152	323	Fernandes, António	TURBOLENTOS	TC M40	37	2:14:47.03	10:22	1:12:52
153	472	Costa, Cátia		TC Fse	22	2:16:16.02	10:29	1:14:21
154	474	Semedo, Manuel		TC M50	11	2:16:17.33	10:29	1:14:22
155	324	Pereira, Bento		TC M40	38	2:16:17.63	10:29	1:14:23
156	346	Soares, Micael	Equipa do Paiva	TC Mse	72	2:16:41.75	10:31	1:14:47
157	301	Figueiredo, Filipa	Pernas de Gafanhoto	TC F40	7	2:18:47.10	10:41	1:16:52
158	453	Simões, Verónica	Correr lisboa	TC Fse	23	2:18:56.61	10:41	1:17:02
159	330	Cristina, Pedro		TC Mse	73	2:19:11.67	10:42	1:17:17

160	478	Brigham, Cristina	Clube Desportivo Salvaterrense	TC F40	8	2:19:24.69	10:43	1:17:30
161	459	Penedo, Felicissimo		TC M50	12	2:19:25.46	10:43	1:17:30
162	355	Assunção, Luciano	Sportisel	TC M60	7	2:28:30.40	11:25	1:26:35
163	356	Folgado, Luísa	Sportisel	TC F50	2	2:28:30.49	11:25	1:26:35
164	313	Octávio, Luis	Azeitão running	TC M40	39	2:37:13.51	12:06	1:35:19
165	347	Silva, Ana		TC F50	3	2:37:30.03	12:07	1:35:35
166	344	Vicente, Victor		TC M50	13	2:39:58.62	12:18	1:38:04
167	381	Garrote, Hugo	Foguetes de Pegões	TC Mse	74	2:39:58.68	12:18	1:38:04
168	302	Pereira, Fernando	Azeitão running	TC M40	40	2:42:52.99	12:32	1:40:58
169	412	Sousa, Ana	Coop a Sacavenense	TC F50	4	2:53:17.77	13:20	1:51:23
170	200	Sousa, Alfredo		TC M60	8	2:53:20.31	13:20	1:51:25
171	463	Silva, Gloria		TC F50	5	3:06:02.19	14:19	2:04:07

Classificação Geral de Trail Longo

Pos.	Dorsal	Nome	Clube	Categoria	P.Cat.	Tempo	T/Km.	Dif.
1	186	Romão, Tiago	Gafanhori	TL Mse	1	1:42:53.42	04:28	
2	144	Horta, Manuel	Gafanhori	TL Mse	2	1:45:03.18	04:34	0:02:10
3	214	Carpinteiro, Nuno	Clube de Triatlo do Alentejo- Kainagua	TL Mse	3	1:51:31.57	04:51	0:08:39
4	239	Garcia, Omar	A20kms Almeirim	TL Mse	4	2:01:27.44	05:17	0:18:34
5	128	Mendes, Marco	Clube de Praças da Armada	TL M40	1	2:04:37.01	05:25	0:21:44
6	146	Fernandes, Pedro	Aminhacorrida/Kalenji	TL M40	2	2:06:27.31	05:30	0:23:34
7	208	Constantino, Nelson	Electrico Futebol clube	TL Mse	5	2:06:47.23	05:31	0:23:54
8	118	Duarte, Aires	CASA MATOS BIKE SHOP/REATAM - TRAMAGAL	TL M40	3	2:07:49.22	05:33	0:24:56
9	101	Antas, António	Furoes do Alentejo	TL M50	1	2:09:05.54	05:37	0:26:13
10	162	Felizardo, Isolindo	Barbus Atletismo	TL Mse	6	2:09:42.60	05:38	0:26:50
11	164	Santos, Joaquim	Barbus Atletismo	TL M40	4	2:12:12.86	05:45	0:29:20
12	189	Mateus, José	Clube de Triatlo do Alentejo- Kainagua	TL Mse	7	2:12:52.77	05:47	0:30:00
13	217	Alves, Jorge	Carregado Run	TL M40	5	2:13:02.66	05:47	0:30:10
14	127	Balsinha, João	Clube BTT Lisboa	TL M40	6	2:14:09.71	05:50	0:31:17
15	165	Massas, Manuel	Barbus Atletismo	TL M40	7	2:14:24.56	05:51	0:31:32
16	183	Martins, Rui	SS CGD	TL Mse	8	2:15:38.11	05:54	0:32:45
17	154	Sequeira, Hugo	ACPortalegre / UTSM	TL Mse	9	2:17:50.11	06:00	0:34:57
18	201	Soares, Antonio	O Praticante	TL M50	2	2:20:27.81	06:06	0:37:35
19	104	Mendonca, Pedro	Matilha Running	TL M40	8	2:21:01.78	06:08	0:38:09
20	190	Duarte, Jose	Bom Retiro Trail Runners	TL M40	9	2:22:45.34	06:12	0:39:52
21	219	Recto, Joao	Fresquinhas e que elas sao boas	TL Mse	10	2:25:08.78	06:19	0:42:16
22	196	Dias, Marcelo	Salamandrecos	TL M40	10	2:26:00.71	06:21	0:43:08
23	156	Moita, Nuno	Com Dor	TL Mse	11	2:27:00.96	06:24	0:44:08
24	227	Sousa, Augusto		TL M40	11	2:27:03.52	06:24	0:44:11
25	137	Baptista, Helder	Trilho Perdido Eventos / Nutrimania	TL M40	12	2:27:39.60	06:25	0:44:47
26	234	Pote, Rodrigo	Glória Runners	TL Mse	12	2:27:39.99	06:25	0:44:47
27	148	Martins, José	Aminhacorrida/Kalenji	TL M50	3	2:27:45.66	06:25	0:44:53
28	182	Marques, Nelson	PARAS 95	TL M40	13	2:27:46.32	06:25	0:44:53
29	152	Asseiceira, Carlos	Melro Runners	TL Mse	13	2:27:59.43	06:26	0:45:06
30	173	Monteiro, Rafael	Runners da Frente Ribeirinha da Póvoa de Santa Iri	TL Mse	14	2:29:01.44	06:29	0:46:08
31	123	Neves, Carlos		TL M50	4	2:29:01.61	06:29	0:46:09
32	195	Cruz, Ricardo	Electrico Futebol clube	TL Mse	15	2:30:20.75	06:32	0:47:28
33	158	Simões, João	ARSM - Associação Recreativa de São Miguel	TL Mse	16	2:31:00.19	06:34	0:48:07
34	202	Lucas, Nuno	O Praticante	TL M40	14	2:31:02.27	06:34	0:48:09
35	220	Coelho, Alberto	Fresquinhas e que elas sao boas	TL M40	15	2:32:19.14	06:37	0:49:26
36	240	Naia, Francisco	Clube Desportivo Salvaterrense	TL M40	16	2:32:48.91	06:39	0:49:56
37	163	Aperta, Vicente	Barbus Atletismo	TL M50	5	2:32:55.49	06:39	0:50:02
38	159	Vintém, Ana	ACPortalegre / UTSM	TL Fse	1	2:33:02.31	06:39	0:50:09
39	166	Carola, José	Barbus Atletismo	TL M50	6	2:33:37.11	06:41	0:50:44
40	115	Almeida, Sérgio	Equipa da Maria	TL Mse	17	2:35:02.28	06:44	0:52:09
41	116	Almeida, Tiago	Equipa da Maria	TL Mse	18	2:35:02.75	06:44	0:52:10
42	223	Rosário, Daniel		TL Mse	19	2:35:10.72	06:45	0:52:18

43	108	Marques, Renato	ADFR	TL Mse	20	2:35:41.19	06:46	0:52:48
44	216	Pereira, António		TL M50	7	2:36:02.83	06:47	0:53:10
45	125	Simões, Sérgio		TL Mse	21	2:36:45.46	06:49	0:53:52
46	176	Pereirinha, Faustino	Flamingos Atletismo	TL M50	8	2:37:42.51	06:51	0:54:50
47	169	Monteiro, António	ACM - Trail&Running	TL M40	17	2:37:51.57	06:52	0:54:59
48	171	Flamino, Diogo	ACM - Trail&Running	TL Mse	22	2:37:51.66	06:52	0:54:59
49	170	Alves, Júlia	ACM - Trail&Running	TL F40	1	2:37:51.99	06:52	0:54:59
50	181	Soares, Daniel	ADCRPJ	TL Mse	23	2:38:30.89	06:54	0:55:38
51	141	Bogalheiro, Nuno	Equipa da Maria	TL M40	18	2:38:33.27	06:54	0:55:40
52	117	Viegas, Alexandre		TL Mse	24	2:38:41.19	06:54	0:55:48
53	151	Neves, Pedro	Melro Runners	TL Mse	25	2:39:08.26	06:55	0:56:15
54	134	Pimpão, Pedro		TL Mse	26	2:39:21.89	06:56	0:56:29
55	185	Silveira, Emilia	Monsanto Running Team	TL Fse	2	2:39:47.92	06:57	0:56:55
56	177	Costa, José	Flamingos Atletismo	TL M40	19	2:39:48.17	06:57	0:56:55
57	174	Ferreira, João	ACM - Trail&Running	TL Mse	27	2:40:04.18	06:58	0:57:11
58	192	Tirapicos, Pedro	Team CaCo	TL M40	20	2:40:06.68	06:58	0:57:14
59	198	Palma, Marco		TL Mse	28	2:40:08.51	06:58	0:57:16
60	160	Santos, Paulo		TL Mse	29	2:41:10.60	07:00	0:58:18
61	167	Russo, Jorge		TL M40	21	2:41:10.83	07:00	0:58:18
62	210	Bravo, Manuel	ACM - Trail&Running	TL Mse	30	2:41:37.65	07:02	0:58:45
63	129	Matos, José	Clube de Praças da Armada	TL M40	22	2:43:26.40	07:06	1:00:33
64	121	Trigo, Paulo	Runners da Frente Ribeirinha da Póvoa de Santa Iri	TL Mse	31	2:44:08.27	07:08	1:01:15
65	232	Pereira, Jose	GD santandr totta	TL M40	23	2:44:14.90	07:08	1:01:22
66	149	Miranda, Frederico	CASA MATOS BIKE SHOP/REATAM - TRAMAGAL	TL Mse	32	2:45:29.20	07:12	1:02:36
67	235	Jorge, Rogério		TL Mse	33	2:46:29.70	07:14	1:03:37
68	213	Marques, Nuno		TL Mse	34	2:46:37.78	07:15	1:03:45
69	218	Paio, Joao	Electrico Futebol clube	TL M40	24	2:46:38.19	07:15	1:03:45
70	147	Martins, Cidalia	Aminhacorrída/Kalenji	TL F50	1	2:46:46.77	07:15	1:03:54
71	168	Taube, Helena	Aminhacorrída/Kalenji	TL F40	2	2:46:53.65	07:15	1:04:01
72	207	Custodio, Bruno	C.D Os Águias trail/running	TL Mse	35	2:46:55.98	07:15	1:04:03
73	224	Pintão, Nuno		TL M40	25	2:49:12.07	07:21	1:06:19
74	142	Duarte, Ana	Falcões selvagens	TL F40	3	2:49:24.20	07:22	1:06:31
75	193	Vidal, Helder		TL M40	26	2:49:30.39	07:22	1:06:37
76	114	Aires, José	GA Monsanto - Gascan	TL M50	9	2:49:49.69	07:23	1:06:57
77	136	Sousa, David	Trilho Perdido Eventos / Nutrimania	TL Mse	36	2:51:58.27	07:29	1:09:05
78	236	Mesquita, Ricardo	Glória Runners	TL Mse	37	2:51:58.78	07:29	1:09:06
79	194	Rosa, Severino	SS CGD	TL M60	1	2:52:00.68	07:29	1:09:08
80	140	Silva, João		TL M50	10	2:52:30.59	07:30	1:09:38
81	237	Santos, Tiago	Melro Runners	TL Mse	38	2:53:45.20	07:33	1:10:52
82	215	Serrano, António	Electrico Futebol clube	TL Mse	39	2:53:46.31	07:33	1:10:53
83	107	Domingos, Marco	Clínicas Pedro Choy	TL Mse	40	2:54:55.63	07:36	1:12:03
84	157	Quaresma, José		TL M50	11	2:57:10.00	07:42	1:14:17
85	155	Batista, Paulo		TL M40	27	2:57:13.47	07:42	1:14:20
86	106	Alves, Rui	GA Monsanto - Gascan	TL M40	28	2:57:22.12	07:43	1:14:29
87	191	Nunes, Antonio		TL M40	29	2:57:43.61	07:44	1:14:51
88	187	Mirão, Pedro		TL Mse	41	2:58:18.61	07:45	1:15:26
89	230	Castro, Antonio	gds santander totta	TL M40	30	3:00:12.52	07:50	1:17:20
90	184	Ferreira, Hugo		TL Mse	42	3:00:12.95	07:50	1:17:20
91	102	Figueiredo, André	Pernas de Gafanhoto	TL Mse	43	3:04:43.17	08:02	1:21:50
92	197	Silva, João	PapaKms	TL M40	31	3:05:15.11	08:03	1:22:22
93	178	Santos, Renato		TL M40	32	3:07:03.95	08:08	1:24:11
94	179	Sanches, João		TL M50	12	3:07:03.96	08:08	1:24:11
95	135	Leitao, Tiago	CP Galveias	TL Mse	44	3:08:13.62	08:11	1:25:21
96	228	Bergano, David		TL Mse	45	3:10:09.76	08:16	1:27:17
97	138	Santos, João	Serviços Sociais Montepio	TL Mse	46	3:10:10.81	08:16	1:27:18
98	100	Silva, Analice		TL F60	1	3:10:35.80	08:17	1:27:43
99	231	Lopes, Paulo		TL Mse	47	3:10:57.39	08:18	1:28:04
100	229	Azenha, Célia	aa lebres do sado	TL F50	2	3:12:33.50	08:22	1:29:41

101	131	Luz, Rita	Team Rhinos	TL F40	4	3:13:43.62	08:25	1:30:51
102	120	Viana, Paulo	ME, MYSELF and I	TL M40	33	3:16:31.99	08:33	1:33:39
103	211	Almeida, Rui		TL M40	34	3:18:36.93	08:38	1:35:44
104	161	Gonçalves, Carlos	LEBRES E TARTARUGAS	TL M50	13	3:24:11.23	08:53	1:41:18
105	143	Reis, Dulce	Jobrinde - Montes Saloios	TL F40	5	3:24:16.18	08:53	1:41:23
106	225	Furtado, Antonia		TL F40	6	3:28:42.50	09:04	1:45:50
107	139	Lopes, Pedro		TL Mse	48	3:29:51.22	09:07	1:46:58
108	175	Oliveira, Filipe		TL Mse	49	3:29:51.46	09:07	1:46:58
109	212	Fernandes, Jose	GA Monsanto - Gascan	TL M40	35	3:34:27.82	09:19	1:51:35
110	172	Pereira, Paulo	GA Monsanto - Gascan	TL M40	36	3:34:29.13	09:20	1:51:36
111	180	Gomes, Carolina	ADCRPJ	TL Fse	3	3:36:10.09	09:24	1:53:17
112	119	Duarte, Luis	Runners FRPSI	TL M40	37	3:36:11.41	09:24	1:53:18
113	110	Pardal, Antonio	GA Monsanto - Gascan	TL M60	2	3:36:24.17	09:25	1:53:31
114	111	Pinto, João	GA Monsanto - Gascan	TL M50	14	3:36:24.32	09:25	1:53:31
115	133	Magro, Maria	karatecas	TL F40	7	3:40:07.59	09:34	1:57:15
116	132	Santos, Isabel	karatecas	TL F40	8	3:41:21.92	09:37	1:58:29
117	109	Antunes, Luis	GA Monsanto - Gascan	TL M50	15	3:42:26.72	09:40	1:59:34
118	199	Patrício, Sérgio		TL M40	38	3:42:28.33	09:40	1:59:35
119	238	Bicho, Jorge		TL M50	16	3:42:53.86	09:41	2:00:01
120	221	Costa, Isadora	4 ao km	TL Fse	4	3:44:44.91	09:46	2:01:52
121	222	Gonçalves, Vitor	4 ao km	TL M40	39	3:44:46.96	09:46	2:01:54
122	188	Sousa, Nuno		TL Mse	50	3:59:58.36	10:26	2:17:05