

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Ritmo	Esc.
1.	351	Tiago Cantante	Salomon Suunto	M	Sen M	00:51:27,656	04:07	1
2.	311	Raul Caetano	C.F.Belenenses	M	M45	00:53:50,232	04:19	1
3.	81	Paulo Guimarães	Aminhacorrída/Myprotein	M	M40	00:54:31,999	04:22	1
4.	199	Tiaguito Fonseca	SIMECQ	M	Sen M	00:55:24,001	04:26	2
5.	316	Miguel Pires	Kalenji Team by Decathlon	M	Sub23 M	00:55:32,784	04:26	1
6.	48	Ricardo Parada	Zimbra Fox Runners	M	Sen M	00:58:24,681	04:40	3
7.	126	Paulo Ferreira	Pinhal Novo a Correr	M	M40	00:58:38,008	04:41	2
8.	254	Riccardo Cordasco		M	Sen M	00:58:47,433	04:42	4
9.	60	Martim Nunes	Zimbra Fox Runners	M	M40	00:59:37,664	04:46	3
10.	325	David Lopes		M	Sen M	01:00:42,189	04:52	5
11.	257	João Correia		M	Sen M	01:00:48,855	04:52	6
12.	261	Filipa Rodrigues	AMCF - Arrábida Trail Team	F	Sub23 F	01:00:58,102	04:53	1
13.	235	Paulo Patrício	Grupo Barraqueiro	M	Sen M	01:01:00,777	04:53	7
14.	313	Nuno Graca	SIMECQ	M	Sen M	01:01:01,028	04:53	8
15.	45	Hugo Henriques	Galhardos Runners	M	Sen M	01:01:09,277	04:53	9
16.	328	Nuno Dias		M	Sen M	01:01:18,114	04:54	10
17.	80	Florianio Silva	Aminhacorrída/Myprotein	M	Sen M	01:01:36,841	04:56	11
18.	326	Andre Moser	MTV Stuttgart	M	Sen M	01:02:03,450	04:58	12
19.	146	Artur Vinhais		M	M40	01:02:23,859	04:59	4
20.	165	Fernando Santos	Clube de Praças da Armada	M	M50	01:02:43,146	05:01	1
21.	82	Hugo Manso		M	M40	01:03:16,082	05:04	5
22.	317	António Soares	Housemartins Belas	M	M50	01:03:40,286	05:05	2
23.	18	João Farinhas	Os Coxos e o Miguel	M	M45	01:03:46,449	05:06	2
24.	41	Vitor Bragança	Os Coxos e o Miguel	M	M45	01:03:53,131	05:07	3
25.	34	Tiago Silva	Zimbra Fox Runners	M	M40	01:04:02,806	05:07	6
26.	211	Luis Boal	Dublin O Seven	M	Sen M	01:04:06,233	05:08	13
27.	223	Diogo Mesquita	Academia dEstrelas	M	Sub23 M	01:04:11,590	05:08	2
28.	245	Bogdan Ninovskyy		M	M45	01:04:13,508	05:08	4
29.	212	Pedro Basso	Os Coxos e o Miguel	M	M45	01:04:32,687	05:10	5
30.	42	Nuno Oliveira	Os Coxos e o Miguel	M	M40	01:04:40,882	05:10	7
31.	319	José Gomes		M	M55	01:04:49,699	05:11	1
32.	222	Rui Menas	Academia dEstrelas	M	M40	01:04:59,510	05:12	8
33.	232	Mário Pinheiro	Os Coxos e o Miguel	M	M45	01:05:12,561	05:13	6
34.	89	Hugo Conceição	Zimbra Fox Runners	M	M40	01:05:21,482	05:14	9
35.	93	Paulo Sousa	Volkswagen Autoeuropa	M	M40	01:05:25,808	05:14	10
36.	43	Pedro Santos	Gin. Qta do Valbom - AAAlcochete	M	Sen M	01:05:27,836	05:14	14
37.	23	Daniel Simões	4x4	M	Sen M	01:06:14,538	05:18	15
38.	123	João Sousa		M	Sen M	01:06:15,706	05:18	16
39.	305	Ricardo Lobo		M	M45	01:06:32,719	05:19	7
40.	130	Rui Miguel	Run Crew Trail Montijo	M	M45	01:06:34,359	05:20	8
41.	38	Luis Carvalho	Talentos Team	M	M50	01:06:49,074	05:21	3
42.	172	Pedro Sousa	Palmelense F.Clube	M	M60	01:07:29,969	05:24	1
43.	120	Jose Novas	Os Coxos e o Miguel	M	M40	01:07:32,214	05:24	11
44.	178	Luis Sousa		M	M40	01:07:50,602	05:26	12

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Ritmo	Esc.
45.	50	Pedro Martins	Zimbra Fox Runners	M	Sen M	01:07:56,537	05:26	17
46.	306	Mário Lourenço		M	M50	01:08:01,950	05:26	4
47.	205	Pedro Oliveira	Toast Club	M	M45	01:08:14,942	05:28	9
48.	192	Frederico Baptista	Tigres do Zêzere	M	Sen M	01:08:23,845	05:28	18
49.	249	Sandro Rodrigues	Aurora Trail	M	M40	01:09:03,437	05:31	13
50.	36	Ricardo Silva		M	Sen M	01:09:11,206	05:32	19
51.	198	Ana Mota		F	Sen F	01:09:25,780	05:33	1
52.	71	António Silva	Pinhal Novo a Correr	M	M45	01:09:42,989	05:35	10
53.	188	Silvério Correia	Grupo Desportivo Santander Totta	M	M50	01:10:03,250	05:36	5
54.	315	Nuno Lucas	Housemartins Belas	M	M45	01:10:09,343	05:37	11
55.	40	Ezequiel Fernandes		M	M60	01:10:13,352	05:37	2
56.	304	Patricia Romão	Cork Trail Team	F	Sub23 F	01:10:24,883	05:38	2
57.	142	Pedro Águas	O Covil	M	Sen M	01:10:47,990	05:40	20
58.	57	Rafael Sousa	Police Challenge	M	Sub23 M	01:10:54,909	05:40	3
59.	295	João Simão		M	Sub23 M	01:10:56,463	05:40	4
60.	284	Ricardo Capelo	Clube Cimpor	M	Sen M	01:11:02,524	05:41	21
61.	236	Elisander Rocha	Arrabida Obstacle Runners	M	Sen M	01:11:29,549	05:43	22
62.	341	Cristina Frota		F	Sen F	01:11:29,774	05:43	2
63.	323	Miguel Azevedo	Kalenji Team by Decathlon	M	Sen M	01:11:32,330	05:43	23
64.	258	Francisco Calvo	U.F. Comércio e Indústria Atletismo	M	M55	01:11:59,913	05:46	2
65.	79	Fernando Mendes	Pinhal Novo a Correr	M	M45	01:12:06,134	05:46	12
66.	242	Joao Miranda		M	Sen M	01:12:16,637	05:47	24
67.	6	Rui Soares		M	Sen M	01:12:17,228	05:47	25
68.	312	Angelo Letras	O Covil	M	M40	01:12:20,494	05:47	14
69.	186	Rodolfo Carneiro		M	Sen M	01:12:22,186	05:47	26
70.	22	Sérgio Sebastião	4x4	M	Sen M	01:12:25,232	05:47	27
71.	2	Jorge Pé-Curto	Os Coxos e o Miguel	M	M40	01:12:30,074	05:48	15
72.	75	Marco Santos	Pinhal Novo a Correr	M	Sen M	01:12:36,346	05:49	28
73.	66	Artur Cardeira	Pinhal Novo a Correr	M	M45	01:12:41,534	05:49	13
74.	49	Saúl Abdula	Zimbra Fox Runners	M	Sen M	01:12:50,223	05:50	29
75.	173	Paulo Almeida	Zimbra Fox Runners	M	M40	01:12:52,293	05:50	16
76.	268	Paulo Letras		M	M40	01:13:22,681	05:52	17
77.	46	João Oliveira	Zimbra Fox Runners	M	M45	01:13:43,369	05:54	14
78.	12	Carlos Andrade	Cabará dos Coxos	M	Sen M	01:13:44,062	05:54	30
79.	307	Eliézer Cerdas	Luso-Gaúcha	M	Sen M	01:13:47,024	05:54	31
80.	39	Sergio Dores	Os Coxos e o Miguel	M	M40	01:13:49,720	05:55	18
81.	151	João Gonçalves	SIMECQ	M	Sen M	01:14:07,905	05:56	32
82.	291	Ricardo Nobre	SIMECQ	M	Sen M	01:14:08,657	05:56	33
83.	31	Bruno Perdigão	Os Coxos e o Miguel	M	M40	01:14:14,325	05:56	19
84.	182	Jorge Pires	Os Coxos e o Miguel	M	M40	01:14:14,669	05:56	20
85.	138	Paulo Pinto	Pinhal Novo a Correr	M	M45	01:14:17,524	05:56	15
86.	210	Pedro Santos		M	Sen M	01:14:19,873	05:57	34
87.	283	David Queimado		M	Sub23 M	01:14:20,239	05:57	5
88.	208	João Fontinha		M	Sen M	01:14:20,260	05:57	35

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Ritmo	Esc.
89.	153	Bruno Crista	O Covil	M	M40	01:14:28,321	05:58	21
90.	133	Joao Paixao	Super atletas	M	Sen M	01:14:54,838	05:59	36
91.	73	Márcia Santos	Pinhal Novo a Correr	F	Sen F	01:15:37,839	06:03	3
92.	270	Luís Calha		M	M45	01:15:48,428	06:04	16
93.	30	Ana Medeiros		F	Sen F	01:15:50,887	06:04	4
94.	190	João Meneses		M	M40	01:16:04,184	06:05	22
95.	302	Alexandre Martins	Alexandre friends and partners!!	M	Sen M	01:16:07,998	06:05	37
96.	340	Helena Silva		F	F50	01:16:25,170	06:07	1
97.	59	Carlos Fernandes	Tálenos Team	M	M45	01:16:36,121	06:08	17
98.	309	Andre Martins	Tálenos Team	M	Sen M	01:16:36,311	06:08	38
99.	88	Sérgio Mónica	COALA	M	M45	01:16:40,033	06:08	18
100.	255	Vitor Martins	Núcleo de atletismo do Penteadó	M	M55	01:16:50,800	06:09	3
101.	267	Luis Serralha		M	M40	01:16:51,080	06:09	23
102.	69	Vera Pólvora	Pinhal Novo a Correr	M	Sen M	01:16:52,377	06:09	39
103.	118	Filipa Fernandes	Natureza Ensina	F	Sen F	01:16:56,884	06:09	5
104.	229	Miguel Lopes	99provasgratuitas team	M	M40	01:16:57,178	06:10	24
105.	63	Mário Moita	Pinhal Novo a Correr	M	M45	01:17:03,790	06:10	19
106.	350	Nuno Carrasco		M	M40	01:17:06,815	06:10	25
107.	108	Miguel Oliveira	Correr Lisboa	M	M40	01:17:10,034	06:10	26
108.	47	Carla Santos	SpeedRunners	F	F45	01:17:19,513	06:11	1
109.	248	Alexandre Jorge		M	M40	01:17:41,999	06:13	27
110.	271	José Augusto		M	M45	01:18:12,908	06:16	20
111.	35	Filipe Amorim		M	M40	01:18:23,254	06:16	28
112.	158	Dário Nobre	Seppia	M	Sen M	01:18:27,533	06:17	40
113.	246	Joao Lima		M	Sen M	01:18:46,812	06:18	41
114.	247	Selene Lima		F	Sen F	01:18:46,951	06:18	6
115.	282	Ricardo Sousa	Techfirm	M	Sen M	01:19:17,873	06:20	42
116.	122	Pedro Santos		M	M40	01:19:17,911	06:20	29
117.	183	João Moita	Cabaré dos Coxos	M	Sen M	01:19:29,305	06:22	43
118.	324	Francisco Macheta		M	M45	01:19:30,473	06:22	21
119.	220	João Silva		M	M50	01:19:45,675	06:23	6
120.	274	Luis Gonçalves	Gdr sao francisco da serra	M	M40	01:19:49,959	06:23	30
121.	206	Marco Santos		M	M40	01:19:50,132	06:23	31
122.	125	Carlos Oliveira		M	M40	01:19:51,801	06:23	32
123.	301	Pedro Henriques	Alexandre friends and partners!!	M	Sen M	01:20:04,218	06:25	44
124.	166	António Gonçalves	Mad Max Team	M	M40	01:20:57,027	06:29	33
125.	52	Nuno Lucas	Tálenos Team	M	M40	01:21:31,918	06:31	34
126.	264	José Leitão	Pinhal Novo a Correr	M	M45	01:21:47,190	06:32	22
127.	250	Eugénia Izaías	Clube Desportivo Recreativo Ribeirinho Baixa da Banheira	F	F55	01:22:08,194	06:34	1
128.	32	Delfim Pratas	BRRnightRUNNERS	M	M50	01:22:08,285	06:34	7
129.	269	Sergio Mesquita	Academia dEstrelas	M	M40	01:22:08,721	06:34	35
130.	299	Sergio Melro	Alexandre friends and partners!!	M	M50	01:22:17,320	06:35	8
131.	243	Ângelo Mendes	Papa Léguas	M	M45	01:22:20,447	06:35	23
132.	87	Nuno Parreira	100 Limites	M	M40	01:22:23,808	06:35	36

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133.	194	Marco Gomes		M	Sen M	01:22:25,267	06:35	45
134.	209	Nuno Gomes		M	M40	01:22:27,771	06:36	37
135.	200	Rui Marques		M	M40	01:22:44,721	06:37	38
136.	281	Carlos Gregório	Techfirm	M	Sen M	01:22:52,594	06:38	46
137.	204	Claudia Saraiva	Toast Club	F	F40	01:22:52,703	06:38	1
138.	171	Paulo Silva	Mad Max Team	M	M45	01:23:10,334	06:39	24
139.	293	Carla Neves	Gambuzinas do Tejo	F	F40	01:23:15,102	06:40	2
140.	265	Cristina Laranjeiro	C:A. Amigos Parque Paz	F	F40	01:23:15,586	06:40	3
141.	300	Carla Lopes	Alexandre friends and partners!!	F	Sen F	01:23:19,187	06:40	7
142.	72	Mario Parreira	Pinhal Novo a Correr	M	M40	01:23:23,370	06:40	39
143.	9	Carlos Nogueira	Cabaré dos Coxos	M	M45	01:23:28,816	06:41	25
144.	139	Jorge Vaz	Cabaré dos Coxos	M	M40	01:23:29,220	06:41	40
145.	154	Ana Fernandes		F	Sen F	01:23:38,505	06:41	8
146.	145	Paulo Procópio		M	M40	01:23:39,313	06:41	41
147.	329	Carlos Filipe		M	M55	01:23:42,155	06:42	4
148.	215	Rita Freitas	Dream Team	F	Sen F	01:23:54,007	06:43	9
149.	3	Fernando Faria	Tálenos Team	M	M40	01:23:59,747	06:43	42
150.	44	Fernando Agostinho	El Corte Inglés Running Team	M	M40	01:24:02,560	06:43	43
151.	78	Filipa Sobral	Pinhal Novo a Correr	F	Sen F	01:24:05,994	06:44	10
152.	150	Cesar Calvo		M	M50	01:24:10,998	06:44	9
153.	141	João Moiros		M	Sen M	01:24:30,726	06:46	47
154.	285	Pedro Vara	FitRunners	M	Sen M	01:24:50,135	06:47	48
155.	157	Miguel Oliveira	Tálenos Team	M	M45	01:25:01,820	06:48	26
156.	197	Ana Carvalheira	O Covil	F	Sen F	01:25:03,923	06:48	11
157.	110	José Ribeiro		M	M50	01:25:30,683	06:50	10
158.	67	Ana Almeida	Pinhal Novo a Correr	F	Sen F	01:25:39,616	06:51	12
159.	144	Gil Pereira	1 Km/x	M	M45	01:25:40,914	06:51	27
160.	320	Alexandre Blasques	Kalenji Team by Decathlon	M	Sub23 M	01:26:10,980	06:53	6
161.	321	Bernardo Aveiro	Kalenji Team by Decathlon	M	Sen M	01:26:11,395	06:53	49
162.	189	Sérgio Rodrigues	Mad Max Team	M	M40	01:26:24,244	06:55	44
163.	333	Jose ShirleyDias		M	M45	01:26:40,833	06:56	28
164.	167	Fernando Nascimento	Tálenos Team	M	M50	01:26:58,625	06:58	11
165.	287	Pedro Durães	Pinhal Novo a Correr	M	M40	01:26:59,696	06:58	45
166.	207	Sonia Fernandes		F	Sen F	01:27:00,736	06:58	13
167.	147	Ana Gião	O Covil	F	Sen F	01:27:14,443	06:59	14
168.	86	Manuel Magalhães	100 Limites	M	Sen M	01:27:52,365	07:02	50
169.	155	Cláudia Baião	O Covil	F	Sen F	01:27:55,203	07:02	15
170.	253	Telmo Clemente	O Covil	M	Sen M	01:27:55,415	07:02	51
171.	156	Daniel Baiao	O Covil	M	Sen M	01:27:55,853	07:02	52
172.	143	João Vaz		M	Sen M	01:27:55,919	07:02	53
173.	176	Paula Jorge	Casal Maravilha	F	F40	01:28:03,346	07:02	4
174.	105	Ana Mourato	So vamos pelo Moscatel	F	F40	01:28:04,378	07:03	5
175.	74	Helder Nunes	Pinhal Novo a Correr	M	Sen M	01:28:05,639	07:03	54
176.	109	Dora Reis	Tálenos Team	F	F45	01:28:28,711	07:05	2

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177.	216	Filipe Cabral	Dream Team	M	Sen M	01:28:47,040	07:06	55
178.	346	Ana Sousa	Tálenos Team	F	F40	01:28:50,138	07:07	6
179.	244	Luis Morais		M	M50	01:29:00,870	07:07	12
180.	25	Carina Veiga	Grupo Desportivo Santander Totta	F	Sen F	01:29:15,569	07:08	16
181.	26	Sergio Silva	Grupo Desportivo Santander Totta	M	Sen M	01:29:15,924	07:08	56
182.	337	Patrícia Marujo	Cotovia running	F	Sen F	01:29:26,036	07:09	17
183.	314	Rui Mota	Kalenji Team by Decathlon	M	Sen M	01:29:31,415	07:10	57
184.	322	Cátia Silva	Kalenji Team by Decathlon	F	Sen F	01:30:21,012	07:14	18
185.	278	Carlos Silva	Fortíssimos Running Team	M	Sen M	01:30:28,829	07:14	58
186.	195	Nuno Dias	Fortíssimos Running Team	M	Sen M	01:30:44,249	07:16	59
187.	184	Diogo Ambrósio	Puxa Carroça	M	Sen M	01:31:20,045	07:19	60
188.	237	Manuel Janeiro		M	Sen M	01:31:26,793	07:19	61
189.	162	Pedro Serra	Shadow Runners	M	Sen M	01:31:28,867	07:19	62
190.	288	Ana Silva		F	Sen F	01:31:29,224	07:19	19
191.	218	João Galvão	Dream Team	M	Sen M	01:31:59,712	07:22	63
192.	159	Fernando Martinho	Navigator Clube Setubal	M	M55	01:32:16,463	07:23	5
193.	7	Isabel Dias	Cabaré dos Coxos	F	F50	01:32:24,068	07:23	2
194.	11	José Neto	Cabaré dos Coxos	M	M40	01:32:25,447	07:23	46
195.	28	Orlindo Figueiredo	Serviços Sociais Caixa Geral Depósitos	M	M60	01:32:26,707	07:23	3
196.	164	Pedro Rocha	Shadow Runners	M	Sen M	01:32:42,460	07:25	64
197.	338	Isabel Barra	Gafanhori	F	F50	01:32:58,486	07:26	3
198.	214	Gabriel Xavier	Dream Team	M	Sen M	01:33:15,148	07:28	65
199.	217	João Julião	Dream Team	M	Sen M	01:33:16,130	07:28	66
200.	279	Marisa Silva	4x4	F	Sen F	01:33:26,856	07:28	20
201.	116	João Antunes		M	Sen M	01:33:42,823	07:30	67
202.	58	Filipe Almeida	Police Challenge	M	Sen M	01:33:46,851	07:30	68
203.	203	Paulo Ferreira	Tálenos Team	M	M50	01:33:56,141	07:31	13
204.	54	Maria Rodrigues		F	F50	01:33:56,271	07:31	4
205.	62	Helena Gonçalves	Pinhal Novo a Correr	F	F40	01:34:26,599	07:33	7
206.	15	Luis Sanches	Cabaré dos Coxos	M	M40	01:34:42,575	07:35	47
207.	16	Marta Prates	Cabaré dos Coxos	F	F40	01:34:43,056	07:35	8
208.	294	Céu Pardana	Gambuzinas do Tejo	F	F50	01:34:49,054	07:35	5
209.	187	Ana Madeira	A Team	F	Sen F	01:34:52,086	07:35	21
210.	297	Carlos Gonçalves	LEBRES E TARTARUGAS	M	M60	01:35:20,606	07:38	4
211.	177	Hugo Pereira	Casal Maravilha	M	M40	01:35:28,344	07:38	48
212.	332	Ana Garcia		F	F40	01:35:37,421	07:39	9
213.	168	Carmen Cuna		F	F40	01:37:04,319	07:46	10
214.	112	José M. Ribeiro		M	M55	01:37:07,098	07:46	6
215.	239	Filipe Neves		M	M45	01:37:07,857	07:46	29
216.	185	Pedro Ambrósio	Puxa Carroça	M	M55	01:37:19,570	07:47	7
217.	308	Tiago Bolegas	Kalenji Team by Decathlon	M	Sen M	01:37:24,409	07:47	69
218.	174	Antonio Pires		M	M40	01:37:26,703	07:47	49
219.	277	Sergio Pereira		M	M45	01:37:30,280	07:48	30
220.	241	Bruno Futre		M	Sen M	01:38:06,737	07:51	70

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221.	234	Claudia Francisco	Kalorias Team	F	F40	01:38:08,691	07:51	11
222.	233	Ana Sousa	Kalorias Team	F	Sen F	01:38:09,710	07:51	22
223.	29	Joao Gameiro		M	Sen M	01:38:52,024	07:55	71
224.	134	Pedro Caretas	Super atletas	M	Sen M	01:39:48,028	07:59	72
225.	84	Tânia Pires	100 Limites	F	Sen F	01:39:54,855	07:59	23
226.	85	Elisa Soares	100 Limites	F	Sen F	01:40:00,000	08:00	24
227.	61	Nuno Maria		M	Sen M	01:40:14,529	08:01	73
228.	4	Luis André	Trail Runners Da Ponte	M	Sen M	01:40:14,555	08:01	74
229.	170	Raquel Cardoso		F	Sen F	01:40:32,889	08:02	25
230.	51	Carolina Rosa	Zimbra Fox Runners	F	F45	01:42:15,358	08:11	3
231.	70	Tânia Nunes	Pinhal Novo a Correr	F	Sen F	01:42:42,548	08:13	26
232.	68	Fernando Silva	Pinhal Novo a Correr	M	Sen M	01:42:43,323	08:13	75
233.	202	Carlos Jesus		M	M50	01:42:53,880	08:14	14
234.	339	Jorge Soares		M	M50	01:43:45,363	08:18	15
235.	180	Paulo Pinto		M	M50	01:43:45,384	08:18	16
236.	219	Elisete Manuel	Casa Benfica de Abrantes	F	F40	01:43:47,166	08:18	12
237.	221	Manuel Sequeira	Talentos Team	M	M60	01:44:14,676	08:20	5
238.	92	Inês Santos	Os Coxos e o Miguel	F	Sen F	01:44:16,472	08:20	27
239.	335	Margarida Monteiro	Ao Ritmo das 200ppm	F	F50	01:44:44,013	08:23	6
240.	104	Rita Cerqueira	R.F.F.-Run For Fun	F	Sen F	01:44:52,330	08:23	28
241.	106	Paulo Pardal	R.F.F.-Run For Fun	M	M45	01:44:54,328	08:23	31
242.	160	Sérgio Amaral	SS CGD	M	M40	01:45:00,824	08:24	50
243.	19	Susana Farinhas	Os Coxos e o Miguel	F	F40	01:45:45,459	08:28	13
244.	14	Carla Farinha	4x4	F	Sen F	01:45:58,916	08:29	29
245.	260	Anabela de Sousa		F	F40	01:46:21,073	08:31	14
246.	137	Paulo Dias	Clube REN	M	M50	01:46:26,761	08:31	17
247.	303	Fábio Duarte		M	Sen M	01:46:30,412	08:31	76
248.	17	Mario Esteves	JP	M	M40	01:46:49,355	08:33	51
249.	275	Sonia Pinto	RunToBe	F	F50	01:46:55,775	08:33	7
250.	348	Marta Reis		F	Sen F	01:48:18,112	08:40	30
251.	276	Rita Neto	Zimbra Fox Runners	F	Sen F	01:48:34,968	08:41	31
252.	290	Olga Galvão	SIMECQ	F	F55	01:48:37,324	08:41	2
253.	289	Nuno Galvão	SIMECQ	M	M55	01:48:37,755	08:41	8
254.	136	Cheila Dias	U.F. Comércio e Indústria Atletismo	F	Sen F	01:49:34,360	08:46	32
255.	342	Otelinda Sousa		F	F40	01:49:40,125	08:46	15
256.	179	Luís Januário	Muscalpawer	M	Sen M	01:49:53,098	08:47	77
257.	91	Teresa Afonso	Os Coxos e o Miguel	F	F40	01:49:55,336	08:47	16
258.	263	Luis Neves	CCD Tranquilidade	M	M40	01:50:01,676	08:48	52
259.	95	Mónica Jacinto	FitRunners	F	F40	01:51:32,867	08:55	17
260.	94	Carina Oliveira	FitRunners	F	F40	01:51:33,258	08:55	18
261.	296	Jorge Duro		M	M45	01:51:39,850	08:56	32
262.	55	Tânia Simões	Police Challenge	F	Sen F	01:52:33,587	09:00	33
263.	56	Raúl Massano	Police Challenge	M	Sen M	01:52:34,539	09:01	78
264.	238	Martinha Calvo		F	F45	01:54:37,543	09:10	4

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Ritmo	Esc.
265.	111	Jorge Lopes		M	Sen M	01:54:37,940	09:10	79
266.	280	Cláudia Sebastião	4x4	F	Sen F	01:54:41,144	09:10	34
267.	10	Claudia Macara	Cabará dos Coxos	F	F40	01:54:45,997	09:11	19
268.	114	Ana Duarte	OCR	F	Sen F	01:54:47,584	09:11	35
269.	13	Alexandra Fernandes	Cabará dos Coxos	F	Sen F	01:54:49,265	09:11	36
270.	181	Luis Morgado		M	Sen M	01:55:11,269	09:13	80
271.	251	José Borracha		M	M55	01:55:11,546	09:13	9
272.	149	Bruno Luís		M	M40	01:56:37,366	09:20	53
273.	169	Susana Almeida		F	Sen F	01:56:39,158	09:20	37
274.	318	Filipa Alves	OCR Police Team	F	Sen F	01:56:43,377	09:20	38
275.	330	Luís Machado		M	Sen M	01:56:46,881	09:20	81
276.	77	Deolinda Camelo	Pinhal Novo a Correr	F	F45	01:58:35,146	09:29	5
277.	76	Ana Cartaxo	Pinhal Novo a Correr	F	F60	02:00:07,862	09:37	1
278.	127	Dina Alegria	Pinhal Novo a Correr	F	F40	02:00:21,910	09:38	20
279.	228	Pedro Rodrigues	Academia dEstrelas	M	M45	02:01:02,917	09:41	33
280.	225	Lucinda Dias	Academia dEstrelas	F	F45	02:01:03,414	09:41	6
281.	83	Maykol Fernandes	100 Limites	M	Sen M	02:02:41,726	09:49	82
282.	310	Maria Fernandes	Táentos Team	F	F45	02:03:53,488	09:55	7
283.	53	Célia Sobral	Táentos Team	F	F45	02:03:53,837	09:55	8
284.	132	Nuno Lima		M	Sen M	02:06:20,690	10:07	83
285.	131	Sonia Kanji		F	Sen F	02:06:20,869	10:07	39
286.	119	Filipa Gláucia	100 Limites	F	Sen F	02:06:21,383	10:07	40
287.	256	Gi Ribeiro	Ao Ritmo das 200ppm	F	F50	02:08:56,172	10:19	8
288.	252	Mário Santos	Ao Ritmo das 200ppm	M	M45	02:08:57,699	10:19	34
289.	117	Joana Belfo		F	Sen F	02:08:57,851	10:19	41