

Posição	Dorsal	Nome	M/F	Nome do Clube	Tempo	T/Km
1	21	Luís Silva	M	Clube de Praças da Armada	1:27:32	5:50
2	15	Mário Afonso	M	CCR Alto do Moinho	1:29:16	5:57
3	54	Rogério Costa	M	O Talho da Avenida	1:31:36	6:06
4	48	Edgar Oliveira	M	Kangaroo Runners	1:32:24	6:10
5	1	Alberto Silva	M	A.A. Lebres do Sado	1:35:06	6:20
6	33	Tito Pereira	M	G.D.R. S. Francisco da Serra	1:36:03	6:24
7	98	Hugo Bernardino	M	Individual	1:38:28	6:34
8	53	Luis Neves	M	Marinhais AC	1:38:35	6:34
9	10	Miguel Silva	M	AMCF - Arrábida Trail Team	1:40:02	6:40
10	44	Rui Pereira	M	IC Runners	1:40:55	6:44
11	50	João Velez	M	Los Compadres	1:45:35	7:02
12	51	António Leal	M	Marinhais AC	1:46:17	7:05
13	122	Marcelo Sousa	M	Individual	1:47:21	7:09
14	128	Nuno José	M	Individual	1:48:22	7:13
15	77	Francisco Lopes	M	Volkswagen Autoeuropa	1:48:38	7:15
16	49	Miguel Carregosa	M	Kangaroo Runners	1:50:35	7:22
17	60	Bruno Brito	M	Running Academy - O2 Life Center	1:51:55	7:28
18	57	Pedro Sousa	M	Proaventuras	1:52:12	7:29
19	52	José Leal	M	Marinhais AC	1:56:00	7:44
20	45	Vítor Bragança	M	IC Runners	1:56:21	7:45
21	131	Paulo Brito	M	Individual	1:56:30	7:46
22	30	João Fernandes	M	Fardas d'Elite	1:56:51	7:47
23	116	José Novas	M	Individual	1:56:56	7:48
24	32	Luís Gonçalves	M	G.D.R. S. Francisco da Serra	1:57:39	7:51
25	23	Francisco Rebelo	M	EDP Runners	1:59:28	7:58
26	82	Paulo Pereira	M	Volkswagen Autoeuropa	2:00:05	8:00
27	93	Fátima Costa	F	Individual	2:01:55	8:08
28	88	Carlos Lopes	M	Individual	2:01:55	8:08
29	24	João Coelho	M	Epic Arrábida Sports	2:03:15	8:13
30	56	Maria José Felisardo	F	Proaventuras	2:03:48	8:15
31	58	Sérgio Casal	M	Proaventuras	2:03:48	8:15
32	59	Armando Veríssimo	M	Referees Margem Sul	2:04:37	8:18

33	136	Ricardo Vlichez	M	Individual	2:05:27	8:22
34	9	Pedro Nunes	M	AGD Academia do Korpo	2:05:58	8:24
35	20	Pedro Cruz	M	CED 2016 Team	2:07:02	8:28
36	138	Rui Barracha	M	Individual	2:07:02	8:28
37	19	Pedro Calado	M	CED 2016 Team	2:07:50	8:31
38	135	Ricardo Medeiros	M	Individual	2:12:40	8:51
39	27	Ricardo Costa	M	Equipa Delta	2:12:52	8:51
40	42	António Vaz	M	IC Runners	2:12:52	8:51
41	25	David Viana	M	Equipa Delta	2:13:51	8:55
42	75	Paulo Quaresma	M	Veteranos de Massamá	2:13:54	8:56
43	78	João Oliveira	M	Volkswagen Autoeuropa	2:15:17	9:01
44	62	Isabel Nicolau	F	Running Academy - O2 Life Center	2:15:40	9:03
45	127	Nuno Gomes	M	Individual	2:15:47	9:03
46	139	Rui Lourenço	M	Individual	2:16:14	9:05
47	142	Valter Alves	M	Individual	2:17:38	9:11
48	123	Marco Silva	M	Individual	2:17:45	9:11
49	17	Rosa Afonso	F	CCR Alto do Moinho	2:18:03	9:12
50	12	Paulo Cabica	M	Bandmus Team	2:19:14	9:17
51	100	Inês Inácio	F	Individual	2:19:38	9:19
52	4	José Gamito Pereira	M	A.A. Lebres do Sado	2:19:38	9:19
53	133	Paulo Martins	M	Individual	2:20:06	9:20
54	61	Francisco Barrento	M	Running Academy - O2 Life Center	2:22:01	9:28
55	104	João Crespo	M	Individual	2:22:40	9:31
56	95	Filipa Fernandes	F	Individual	2:25:19	9:41
57	99	Hugo Reis	M	Individual	2:25:29	9:42
58	28	Rui Repas	M	Equipa Delta	2:26:32	9:46
59	22	Alexandre Santana	M	Dolce Furadouro	2:26:35	9:46
60	117	José Sousa	M	Individual	2:27:03	9:48
61	6	Ana Pipio	F	Açoreana	2:29:23	9:58
62	69	Jorge Freitas	M	Teoria do Nós	2:29:23	9:58
63	83	Rui Nunes	M	Volkswagen Autoeuropa	2:30:28	10:02
64	29	Agamene Paulo	F	Falcões Selvagens	2:31:40	10:07
65	106	João Freire	M	Individual	2:31:43	10:07

66	144	Miguel Lopes	M	Provas Gratuitas Team	2:31:53	10:08
67	84	Ademar Pereira	M	Individual	2:35:23	10:22
68	16	Fernanda Rebelo	F	CCR Alto do Moinho	2:37:19	10:29
69	3	Francisco Prates	M	A.A. Lebres do Sado	2:37:19	10:29
70	66	João Correia	M	SS CGD	2:40:16	10:41
71	14	Luís Matos	M	Casa Benfica Almada	2:40:50	10:43
72	137	Rita Casquinha	F	Individual	2:41:21	10:45
73	110	João Pinto	M	Individual	2:41:47	10:47
74	87	António Morais	M	Individual	2:45:27	11:02
75	115	José Neto	M	Individual	2:47:24	11:10
76	35	Paulo Barreiros	M	Geek on the Run!	2:48:12	11:13
77	124	Mario Mira	M	Individual	2:48:35	11:14
78	71	Petra Barros	F	TFM	2:49:00	11:16
79	70	Francisco Dionisio	M	TFM	2:49:00	11:16
80	102	Joana Ramos	F	Individual	2:49:15	11:17
81	74	Manuel Azevedo	M	Veteranos de Massamá	2:49:41	11:19
82	8	Nuno Paisana	M	AGD Academia do Korpo	2:49:41	11:19
83	130	Otelinda Sousa	F	Individual	2:49:52	11:19
84	108	João Lança	M	Individual	2:51:25	11:26
85	37	Filipa Colaço	F	Gin. Qta do Valbom	2:54:16	11:37
86	38	Helena Estevinha	F	Ginásio Clube Português	2:54:35	11:38
87	39	Rui Louzeiro	M	Ginásio Clube Português	2:54:35	11:38
88	103	João Barbas	M	Individual	2:54:48	11:39
89	140	Sandra Custodio	F	Individual	2:56:22	11:45
90	89	Carolina Neves	F	Individual	2:56:22	11:45
91	114	Jorge Leandro	M	Individual	2:56:50	11:47
92	80	Luís Silva	M	Volkswagen Autoeuropa	2:56:52	11:47
93	81	Paula Soares	F	Volkswagen Autoeuropa	2:56:52	11:47
94	67	Leonor Albino	F	Tálenos Team	2:57:38	11:51
95	68	Maria Santiago	F	Tálenos Team	2:59:48	11:59
96	65	Cristiana Almeida	F	SS CGD	3:00:20	12:01
97	63	André Noronha	M	SS CGD	3:00:30	12:02
98	64	António Negrinho	M	SS CGD	3:00:30	12:02

99	79	Jorge Vaz	M	Volkswagen Autoeuropa	3:04:30	12:18
100	76	Amélia Pereira	F	Volkswagen AutoEuropa	3:04:53	12:20
101	41	Cláudia Gaspar	F	H2SO5	3:05:08	12:21
102	129	Nuno Letras	M	Individual	3:06:06	12:24
103	40	João Costa	M	H2SO4	3:06:06	12:24
104	5	Manuel Mayer	M	A.A. Lebres do Sado	3:07:35	12:30
105	85	Ana Galhofas	F	Individual	3:12:28	12:50
106	105	João Figueiredo	M	Individual	3:12:33	12:50
107	2	António Pinho	M	A.A. Lebres do Sado	3:18:23	13:14
108	72	Isabel Costa	F	Treinos d'ha fundo	3:21:11	13:25
109	73	Lurdes Olas	F	Treinos d'ha fundo	3:21:11	13:25
110	141	Sara Ribeiro	F	Individual	3:21:11	13:25
111	125	Miguel Leal	M	Individual	3:26:27	13:46
112	36	Pedro Russiano	M	Geek on the Run!	3:26:28	13:46
113	132	Paulo Godinho	M	Individual	3:33:12	14:13
114	143	Vera Silva	F	Individual	3:33:12	14:13
115	111	João Rodrigues	M	Individual	3:33:13	14:13
116	121	Mafalda Cunha	F	Individual	3:33:13	14:13