

Pos	Dorsal	Nome	Sexo	Escalão	Clube	Tempo
1	660	MÁRIO FONSECA	M	Senior M.	NAST	02:05:28
2	640	PAULA SOARES	F	Senior F.	A.D.AMARANTE	02:18:30
3	618	PAULO GOMES	M	Vet. M40	TEAM LANTEMIL	02:20:10
4	608	RENATO AMARAL	M	Vet. M40	BIXOSTRAILTEAM	02:22:25
5	562	NUNO CORREIA	M	Senior M.	RECCUA RUNNERS	02:23:32
6	526	RICARDO MACHADO	M	Vet. M50	C. A. ANDATRILHOS FREAMUNDE	02:26:03
7	655	PEDRO BARBOSA	M	Vet. M40	INDIVIDUAL	02:28:58
8	624	ADRIAN SCHLATTER	M	Vet. M50	LSV BASEL	02:31:25
9	595	ALEXANDRE ALEXANDRE	M	Vet. M40	TRASTE ADVENTURES	02:35:17
10	524	EDUARDO GARCIA	M	Senior M.	ATLETISMO CLUBE DA TOCHA	02:35:33
11	4003	TIAGO REALISTA	M	Vet. M40	AMIGOS DO ATLETISMO DE MAFRA	02:36:29
12	638	FABIO POMBINHO	M	Senior M.	LEBRES DE DOMINGO	02:37:38
13	531	HELDER MOREIRA	M	Senior M.	ELEFANTES RUNNERS	02:43:17
14	4001	ANDREIA ALMEIDA	F	Senior F.	FRIDÃO SEM LIMITES	02:43:43
15	597	CARLOS CALADO	M	Vet. M40	INDIVIDUAL	02:43:58
16	576	PAULO COSTA	M	Vet. M40	INDIVIDUAL	02:44:33
17	4000	JOSÉ LOPES	M	Vet. M50	INDIVIDUAL	02:46:31
18	582	ELISEU LEITE	M	Vet. M40	LOBO DE MONTE RUN	02:46:40
19	637	ANTÓNIO TEIXEIRA	M	Vet. M50	FRIDÃO SEM LIMITES	02:48:39
20	652	RICARDO OLIVEIRA	M	Senior M.	INDIVIDUAL	02:50:06
21	656	NUNO RIBEIRO	M	Senior M.	INDIVIDUAL	02:50:21
22	529	IVO SAMPAIO	M	Senior M.	TEAM TT	02:51:47
23	551	JOAO LARANJEIRA	M	Senior M.	ADE TRAIL RUNNING	02:52:29
24	619	VITOR ALMEIDA	M	Vet. M50	INDIVIDUAL	02:53:31
25	651	EDGAR CUNHA	M	Senior M.	INDIVIDUAL	02:53:35
26	571	ANTÓNIO BARBOSA	M	Senior M.	INDIVIDUAL	02:53:56
27	525	FILIPE GOMES	M	Senior M.	INDIVIDUAL	02:54:31
28	534	PEDRO PEREIRA	M	Senior M.	C. A. ANDATRILHOS FREAMUNDE	02:54:53
29	561	FRANCISCO GRENHO	M	Vet. M40	INDIVIDUAL	02:55:26
30	645	JOÃO GIL	M	Vet. M60	A.D.AMARANTE	02:55:53
31	625	KATJA KATJA	F	Vet F40	LSV BASEL	02:57:04
32	513	DAMIÃO DUARTE	M	Senior M.	TRAVASSÓS RUNNING FAFE	02:57:40
33	578	PEDRO PEREIRA	M	Senior M.	CDC CAMPEÃ	02:58:24
34	598	JOSÉ GOMES	M	Vet. M40	INDIVIDUAL	02:58:37
35	616	FRANCISCO CARDOSO	M	Senior M.	INDIVIDUAL	02:59:19
36	536	RICARDO NETO	M	Senior M.	C. A. ANDATRILHOS FREAMUNDE	03:00:42
37	594	DANIEL SOUSA	M	Senior M.	CLUBE TRILHEIROS & AMIGOS	03:02:16
38	4002	RICARDO NUNES	M	Senior M.	FRIDÃO SEM LIMITES	03:02:55
39	512	DANIEL NETO	M	Vet. M40	C. A. ANDATRILHOS FREAMUNDE	03:03:10
40	538	MARCO MENDES	M	Senior M.	C. A. ANDATRILHOS FREAMUNDE	03:03:12
41	615	CÁTIA SOUSA	F	Senior F.	AMIGOS DO ATLETISMO DE MAFRA	03:03:13
42	540	RUI SANTOS	M	Senior M.	C. A. ANDATRILHOS FREAMUNDE	03:03:14
43	613	FRÉDÉRIQUE LAHURE-DIAZ	F	Vet F40	CAT PARQUESOL	03:03:54
44	635	HUGO GONÇALVES	M	Vet. M40	GUARDARUNNERS	03:04:15

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45	532	ALCIDIO MOREIRA	M	Vet. M40	ELEFANTES RUNNERS	03:04:33
46	650	HUGO FELICIANO	M	Senior M.	U.R. MEIRINHAS	03:05:10
47	644	JOAO BOLINA	M	Vet. M50	INDIVIDUAL	03:06:38
48	620	PAULA NUNES	F	Vet F40	INDIVIDUAL	03:07:05
49	592	ZÉ SÁ	M	Senior M.	INDIVIDUAL	03:07:58
50	519	PAULO LOPES	M	Senior M.	TRAVASSÓS RUNNING FAFE	03:08:17
51	591	SÓNIA PACHECO	F	Senior F.	OS TRINCA ESPINHAS	03:08:55
52	347	LILIANA CARDOSO	F	Senior F.	BRAVOS&BRAVITAS RUN	03:10:27
53	528	PORFIRIO MADURO	M	Vet. M40	LEIRIA	03:10:55
54	553	ROBERTO MOURA	M	Senior M.	THINK GREEN	03:12:05
55	607	EDUARDO PINTO	M	Vet. M40	INDIVIDUAL	03:12:47
56	646	ANDRÉ SILVA	M	Senior M.	NÚCLEO DO SPORTING CLUBE DE PORTUGAL DE VILA NOVA DE FAMALICÃO	03:13:08
57	600	FILIFE PINHEIRO	M	Vet. M40	FRIDÃO SEM LIMITES	03:14:31
58	548	JOÃO AUGUSTO	M	Vet. M40	CAMBRES	03:17:07
59	629	ADRIANO PINTO	M	Vet. M40	INDIVIDUAL	03:19:41
60	560	LUÍS SILVA	M	Vet. M40	TÁLENTOS TEAM	03:19:59
61	580	RUI RIBEIRO	M	Senior M.	INDIVIDUAL	03:20:16
62	636	PAULO BRÁS	M	Vet. M40	CLUBE DE MONTANHISMO DA GUARDA	03:20:28
63	530	PEDRO LIMA	M	Vet. M40	TEAM TT	03:20:55
64	518	RICARDO PONCIANO	M	Senior M.	INDIVIDUAL	03:22:27
65	537	ANA PONCIANO	F	Senior F.	INDIVIDUAL	03:22:27
66	584	FÁBIO FERREIRA	M	Senior M.	HONRA TEAM	03:23:24
67	628	BRUNO SOUSA	M	Senior M.	TAYLORS	03:26:23
68	649	ALMEIDA ALMEIDA	M	Senior M.	FALCO TEAM	03:27:39
69	549	HUGO ROCHA	M	Senior M.	NORTRAIL RT	03:27:54
70	556	JOÃO 30	M	Vet. M50	BVSMI	03:28:13
71	564	CELINA DIAS	F	Vet F40	RUN4FUN	03:28:14
72	544	PAULO RIBEIRO	M	Vet. M40	CLUBE NOVO BANCO – DELEGAÇÃO NORTE	03:29:03
73	601	PAULO PINHEIRO	M	Vet. M50	DRAGÕES DO MATO	03:29:51
74	630	JOSÉ LOPES	M	Vet. M40	INDIVIDUAL	03:30:49
75	622	SÓNIA CARDOSO	F	Vet F40	UISEU 360	03:30:50
76	623	LUIS CARDOSO	M	Vet. M40	UISEU 360	03:32:40
77	563	HUMBERTO DIAS	M	Vet. M40	RUN4FUN	03:32:41
78	648	MÁRCIO MENDES	M	Senior M.	EQUIPA BOOT	03:33:04
79	552	PEDRO RIBEIRO	M	Senior M.	THINK GREEN	03:35:32
80	657	MANUEL MATOS	M	Vet. M40	MOLONI RUNNING TEAM	03:37:26
81	647	HUGO SILVA	M	Vet. M40	FAMALICÃO	03:38:04
82	606	JULIANA PINHEIRAL	F	Senior F.	ADE TRAIL RUNNING	03:38:33
83	572	DARIO REBELO	M	Senior M.	HCT RUNNING TEAM	03:38:54
84	654	ARTUR ARTUR	M	Vet. M50	PINTURAS CHARRÃO	03:48:39
85	611	MIGUEL CARVALHO	M	Senior M.	INDIVIDUAL	03:49:33
86	658	CARLA COSTA	F	Senior F.	RUNNING ESPINHO	03:49:33
87	593	DANIEL FIALHO	M	Senior M.	HCT RUNNING TEAM	03:52:02
88	575	SÓNIA VICENTE	F	Vet F40	HCT RUNNING TEAM	03:52:02

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89	579	JOÃO MARTINS	M	Senior M.	MOCHO RUNNING TEAM	03:52:43
90	559	SILVIA FARIA	F	Senior F.	BUDEGUITA RUNNERS	03:53:21
91	570	MARIA RODRIGUES	F	Vet F50	INDIVIDUAL	03:53:55
92	609	NUNO GIÃO	M	Vet. M40	BONEQUITOS	03:56:37
93	542	PAULA CORDEIRO	F	Vet F40	OS TRINCA ESPINHAS	03:56:59
94	514	FILIPA MARTINS	F	Senior F.	AKUAFIT	03:59:20
95	515	CARLOS RODRIGUES	M	Vet. M40	AKUAFIT	03:59:20
96	621	CARLA NASCIMENTO	F	Vet F40	VIRIATHVS RUNNERS VIELPEÇAS TRAIL	03:59:39
97	639	ANTÓNIO GONÇALVES	M	Vet. M50	A.D.AMARANTE	03:59:49
98	612	RUI LAGINHA	M	Vet. M50	TÁLENTOS TEAM	03:59:51
99	517	CARLOS ALMEIDA	M	Vet. M60	INDIVIDUAL	04:01:29
100	516	SOPHIE DUARTE	F	Senior F.	INDIVIDUAL	04:01:30
101	573	DANIELA REBELO	F	Senior F.	HCT RUNNING TEAM	04:03:22
102	574	NEUZA REBELO	F	Senior F.	HCT RUNNING TEAM	04:03:22
103	603	CARVALHO CARVALHO	M	Vet. M40	DRAGÕES DO MONTE	04:03:43
104	568	RICARDO SIMÕES	M	Vet. M50	CORRER QUELUZ	04:05:47
105	569	SÓNIA CORREIA	F	Vet F40	GDCTIN CASA DA MOEDA	04:05:47
106	4004	ANDREIA RIBEIRO	F	Vet F40	INDIVIDUAL	04:08:19
107	577	LILIANA ROCHA	F	Senior F.	INDIVIDUAL	04:10:45
108	585	PEDRO POLICIANO	M	Vet. M40	INDIVIDUAL	04:10:45
109	320	EDUARDO BASTOS	M	Vet. M40	S. S. MONTEPIO	04:11:56
110	626	DANIEL NOGUEIRA	M	Vet. M40	INDIVIDUAL	04:11:57
111	527	RUI MARANTE	M	Senior M.	PASTILHAS TEAM	04:12:06
112	653	MIGUEL BARBOSA	M	Vet. M40	EQUIPA BOOT	04:14:17
113	605	FILIPE SIMÃO	M	Vet. M40	HCT RUNNING TEAM	04:17:50
114	511	CARLOS VILAFANHA	M	Vet. M50	LISBOA	04:18:43
115	583	BRUNO XAVIER	M	Senior M.	MOCHO RUNNING TEAM	04:19:14
116	533	EDUARDO LOUREIRO	M	Vet. M40	INDIVIDUAL	04:25:28
117	543	ANA COSTA	F	Senior F.	INDIVIDUAL	04:26:55
118	631	DANIEL CONDE	M	Senior M.	INDIVIDUAL	04:29:12
119	1197	ANTÓNIO MONTES	M	Vet. M50	INDIVIDUAL	04:35:28
120	1199	ANTONIO PEREIRA	M	Vet. M40	INDIVIDUAL	04:35:28
121	586	MARCOS CARVALHO	M	Senior M.	RUNNING ESPINHO	04:56:35
122	587	SANDRA MARTINS	F	Vet F40	RUNNING ESPINHO	04:56:35
123	617	CRISTINA PIRES	F	Vet F50	GUARDARUNNERS	05:07:20
124	590	JUSTINA ALMEIDA	F	Vet F50	INDIVIDUAL	05:19:50
125	632	BELÉM BELÉM	F	Vet F50	INDIVIDUAL	05:33:51
126	634	CARLOS GOUVEIA	M	Vet. M50	INDIVIDUAL	05:33:51
127	581	FILIPE FONSECA	M	Senior M.	INDIVIDUAL	05:35:44