

Lugar	Atleta	Equipa	Dorsal	Tempo	Diferença
1	Samuel Almeida Guedes	CrossFit AlphaDen	123	01:04:27	----
2	José Mendes	Individual	351	01:04:48	00:00:21
3	Rui Canelas	Crossfit AlphaDen	99	01:04:50	00:00:23
4	LUIS FILIPE CARDOSO	Federação da Família para a Paz Mundial e Unificação	327	01:06:46	00:02:19
5	Gonçalo Lousa	CrossFit AlphaDen	286	01:07:50	00:03:23
6	Manuel Santos	Individual	270	01:11:20	00:06:53
7	Luís Alves	10 P`ras 11	110	01:11:37	00:07:10
8	Rodrigo SPÍNOLA Correia	Associação dos Pupilos	146	01:12:59	00:08:32
9	André Silva	Individual	187	01:14:38	00:10:11
10	Hugo Tomé	Corvos	210	01:14:58	00:10:31
11	Manuel Pereira Araújo	10 P`ras 11	285	01:15:33	00:11:06
12	Marcelo Oliveira	CrossFit AlphaDen	119	01:16:50	00:12:23
13	Nuno António de Sousa Outor Pacheco	Individual	111	01:16:52	00:12:25
14	Jaime Costa	individual	58	01:18:56	00:14:29
15	Gil Manuel Gonçalves Pinela	Pinela	140	01:19:02	00:14:35
16	Luís dos Santos Costa	Individual	322	01:19:20	00:14:53
17	Nuno Calisto	Individual	316	01:20:09	00:15:42
18	Paulo Alves	MI@2014	320	01:21:03	00:16:36
19	Sérgio Costa	LUSOS XXI	208	01:25:12	00:20:45
20	Eder Cruz	Individual	207	01:25:14	00:20:47
21	João Pedro Gonçalves	Individual	228	01:25:17	00:20:50
22	Nuno Condesso	Keep running	26	01:25:35	00:21:08
23	Augusto Fernandes	10 P`ras 11	109	01:27:46	00:23:19
24	Maria Isabel Silva Smoes	Borinhas	251	01:28:50	00:24:23
25	Pedro Miguel Campos Gomes	SS CGD	335	01:29:48	00:25:21
26	Vitor Santos	Correr EPAL	349	01:30:11	00:25:44
27	André Moreira	Pmoreira	318	01:30:41	00:26:14
28	MARIANA NOVAIS FONSECA MARTINS	Clube Millennium Bcp	180	01:30:49	00:26:22
29	Joao Augusto	Devagar se Vai ao Longe	247	01:31:27	00:27:00
30	Mário Coelho	Devagar se Vai ao Longe	150	01:31:28	00:27:01
31	Rui Jesus	Individual	33	01:32:04	00:27:37
32	Alexandra Coelho	Individual	18	01:32:06	00:27:39
33	Carlos Silva	Individual	124	01:32:08	00:27:41
34	Pedro Farinha	Individual	64	01:32:54	00:28:27
35	josé Esperança	INDIVIDUAL	3	01:34:04	00:29:37
36	JOAQUIM FRANCISCO AFONSO LOPES	TRILHOS E CORRIDAS DE TERCENA	39	01:34:41	00:30:14
37	Vítor Canto	Individual	291	01:34:52	00:30:25
38	VIRGÍNIA CAROLINA PEREIRA	INDIVIDUAL	281	01:36:16	00:31:49
39	Antonieta Santos	Devagar se Vai ao Longe	149	01:36:26	00:31:59
40	João Carlos Dias Carvalhinho	Sport ponto Come - Escola de Ciclismo de Oeiras	274	01:36:41	00:32:14
41	Marta Paisano Matos	A correr	256	01:36:52	00:32:25
42	Idália Caeiro	Individual	84	01:36:54	00:32:27
43	Sofia Caeiro	individual	97	01:36:55	00:32:28
44	Sara Agostinho	Acorrer	269	01:36:57	00:32:30
45	VÍTOR PEREIRA	INDIVIDUAL	292	01:37:47	00:33:20

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46	Nuno Berton	individual	304	01:38:01	00:33:34
47	Vitor Manuel dos Santos Cadão	Papa Trilhos do CAAL	90	01:38:16	00:33:49
48	Maurício Teixeira	Individual	59	01:39:24	00:34:57
49	Paulo Sebastião	Pedais da Falagueira	63	01:39:55	00:35:28
50	Paulo Fernandes	Pedais da Falagueira	42	01:39:56	00:35:29
51	Luis Miguel Violante	PénaBike Team	127	01:40:07	00:35:40
52	Pedro Marques	.	32	01:40:23	00:35:56
53	josé antónio da costa dias	individual	226	01:40:48	00:36:21
54	Selmo Rodrigues	Individual	54	01:40:53	00:36:26
55	Luis Pita	SUP&Co	76	01:42:39	00:38:12
56	Ana Marta	Martas	290	01:43:18	00:38:51
57	Hugo Reis	crossfit AphaDen	282	01:43:30	00:39:03
58	Filipe Batista	Individual	350	01:43:42	00:39:15
59	Miguel Rebelo	Individual	352	01:43:43	00:39:16
60	Paulo Moreira	Pmoreira	317	01:44:12	00:39:45
61	isidro Alves Filipe	Isidro	6	01:44:29	00:40:02
62	Paula Faria	maravilha	7	01:44:31	00:40:04
63	Nuno Medeiros	Individual	49	01:45:30	00:41:03
64	JOÃO CARLOS ALVES BRITO	INDIVIDUAL	52	01:45:38	00:41:11
65	Rita Azevedo	Sup&Co	75	01:45:40	00:41:13
66	Abel Luis	Correr EPAL	17	01:45:45	00:41:18
67	Jorge Humberto Pacheco Lopes	Rumo ao 36	326	01:46:14	00:41:47
68	Hugo Miguel Leitão Gonçalves	Individual	289	01:46:22	00:41:55
69	Paula Pinto Ferreira Carmo	Papa Trilhos do CAAL	201	01:47:53	00:43:26
70	João Teixeira	Os Gorgulhos	321	01:47:54	00:43:27
71	Ângelo Marcos	Rumo ao 36	315	01:49:06	00:44:39
72	Orlando Marta	Martas	287	01:49:50	00:45:23
73	Isabel Maria Lopes dos Reis Teixeira Dias	SPA LOVERS	209	01:51:03	00:46:36
74	EDUARDO JORGE SERRANO COELHO	Clube Millennium Bcp	178	01:51:13	00:46:46
75	carlos caseiro	sem equipe	87	01:51:15	00:46:48
76	Anibal Matos Luis	Borinhas	250	01:51:46	00:47:19
77	Joana Sousa	Movet	303	01:53:46	00:49:19
78	João Fernandes	Movet	302	01:53:47	00:49:20
79	Lurdes Olas	SPA LOVERS	139	01:54:24	00:49:57
80	Carlos Vilafanha	Belém Runners	277	01:54:47	00:50:20
81	David Silva	opraticante.pt	341	01:54:53	00:50:26
82	Rodrigo Gomes	Individual	23	01:55:03	00:50:36
83	João Santos	Veteranos de Massamá	216	01:55:11	00:50:44
84	Sandra Romão	'	190	01:57:14	00:52:47
85	Paulo Quaresma	Veteranos de Massamá	215	01:59:14	00:54:47
86	Manuel Azevedo	Veteranos de Massamá	214	01:59:16	00:54:49
87	Patrício Branco	Branco	232	02:01:20	00:56:53
88	Eva Duarte Martins	Branco	231	02:01:23	00:56:56
89	Tiago de Sousa Pacheco	Sem Equipa	329	02:03:26	00:58:59
90	João Pacheco	Individual	186	02:03:27	00:59:00

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91	ANTONIO PAIS	CCD O ALVITEJO/O FORNO	138	02:03:30	00:59:03
92	Ana Isabel Pinto Ferreira	Papa Trilhos do CAAL	89	02:03:49	00:59:22
93	Nuno Filipe Dias	Individual	141	02:07:14	01:02:47
94	MARIA MARGARIDA NOVAIS FONSECA	Clube Millennium Bcp	179	02:08:34	01:04:07
95	Ivo Carmo	Papa Trilhos do CAAL	202	02:09:22	01:04:55
96	Filomena Correia	OPraticante.pt	343	02:11:55	01:07:28
97	Joana Simão Vieira	Individual	44	02:14:53	01:10:26
98	Paulo Machado	Pedais da Falagueira	43	02:15:38	01:11:11
99	Nuno Conceição	Pedais da Falagueira	41	02:15:39	01:11:12
100	Flávio Manuel Oliveira	G.A. "Os Tartarugas"	338	02:17:12	01:12:45
101	Maria José Batista	G.A. "Os Tartarugas"	337	02:17:13	01:12:46
102	Ana Teresa Seabra	Aerorunners	252	02:17:45	01:13:18
103	Bruno Pires	Crossfit Alpha Den	34	02:19:44	01:15:17
104	João Pedrosa	INDIVIDUAL	353	02:19:46	01:15:19
105	Soraia Ramos	Individual	25	02:19:47	01:15:20
106	julio duarte batista rodrigues	individual	20	02:19:49	01:15:22
107	Mário Sales	Individual	24	02:19:51	01:15:24
108	Inês Real	Gym Team	12	02:23:07	01:18:40
109	Ana Almeida	Gym Team	14	02:23:16	01:18:49
110	Paulo Almeida	Gym Team	13	02:23:19	01:18:52
111	Fernanda Reis	BFF	254	02:35:23	01:30:56
112	Bárbara Colaço	BFF	253	02:35:26	01:30:59
113	Igor Freitas	Individual	67	02:36:17	01:31:50
114	Valter Santos	Devagar se Vai ao Longe	148	02:41:57	01:37:30
115	SANDRA CRISTINA IVENS ANDRADE POCO	Clube Millennium Bcp	182	02:57:51	01:53:24
116	Paulo Jorge Sequeira Caetano	Clube Millenniumbcp	181	02:57:52	01:53:25
117	Carla Maria Caramelo da Mota Leite Barroso	Individual	334	03:00:11	01:55:44
118	Alexandre Orlando Camacho Barroso	Individual	333	03:00:20	01:55:53