

Pos	Dorsal	Atleta	Equipa	Categoria	Pos Cat	Ritmo	Tempo
1	408	Samuel Guedes	SPALD GINÁSIOS	M30	1	04:50	<b>00:58:04</b>
2	407	Luís Trindade	AMCF - Arrábida Trai Team	M30	2	04:57	<b>00:59:32</b>
3	319	Bruno Dias	Mag8	M30	3	05:20	<b>01:04:03</b>
4	441	Filipe Marques	Turres Trail Team	M30	4	05:20	<b>01:04:05</b>
5	362	Joaquim Alexandre	a.m.c.d.titularia	M45	1	05:29	<b>01:06:01</b>
6	412	Fernando Alves	URBAN RUN TEAM	M45	2	05:37	<b>01:07:30</b>
7	404	Nuno Bóia	OCR Portugal Lab	M30	5	05:40	<b>01:08:12</b>
8	461	Filipe Carvalheiro	G.A.U.Bajouca	M55	1	05:44	<b>01:08:57</b>
9	335	Helder Delgado	ALENQUER	M30	6	05:46	<b>01:09:21</b>
10	350	Eduardo Leite	Sport União Colareense	M30	7	05:47	<b>01:09:33</b>
11	314	António Alexandre Silva	2 Km/x	M30	8	05:48	<b>01:09:41</b>
12	426	Pedro Marques		SEN M	1	05:50	<b>01:10:17</b>
13	323	Diogo Antunes	LH Ginasio	M30	9	05:54	<b>01:10:57</b>
14	318	Avelino Rodrigues	Alverca do Ribatejo	M30	10	05:55	<b>01:11:07</b>
15	431	Nuno Guedes		SEN M	2	05:55	<b>01:11:11</b>
16	368	Nuno Gomes	Voltaren Gel	M30	11	05:58	<b>01:11:38</b>
17	442	Marina Alves	Turres Trail Team	F30	1	05:57	<b>01:11:38</b>
18	464	Rogério Machado		M30	12	05:59	<b>01:11:53</b>
19	413	Rui Cunha	OCR Portugal Lab	M30	13	06:02	<b>01:12:27</b>
20	332	Hugo Costa	queluz	M30	14	06:06	<b>01:13:17</b>
21	315	Pedro Pereira	1 Km/x	M30	15	06:06	<b>01:13:21</b>
22	330	Helder Rossa	RBWcyclingteam	M30	16	06:07	<b>01:13:31</b>
23	456	Bruno Pereira	texugos team	M30	17	06:10	<b>01:14:14</b>
24	83	Arlindo Deus	CLUBE MILLENNIUM bcp	M60	1	06:13	<b>01:14:42</b>
25	364	Andrè Mota	a.m.c.d.titularia	M30	18	06:19	<b>01:15:55</b>
26	377	Marcelo Dias		M30	19	06:22	<b>01:16:33</b>
27	347	Rui Trindade	CD Estrela	M45	3	06:26	<b>01:17:36</b>
28	342	Abilio Marinho	Lisboa	M45	4	06:27	<b>01:17:38</b>
29	358	Filipe Branco	a.m.c.d.titularia	M45	5	06:28	<b>01:17:42</b>
30	371	Joaquim Amaral	Outeiro de polima	M30	20	06:27	<b>01:17:44</b>
31	396	Martim Franco	MiTí	M30	21	06:30	<b>01:18:16</b>
32	382	Sebastião Guerra Rodrigues Silva	MiTí	M30	22	06:30	<b>01:18:16</b>
33	402	Ricardo Cravo	Amigos Atletismo Serra Sintra	SEN M	3	06:30	<b>01:18:17</b>
34	322	Alexandre Guerra		M30	23	06:31	<b>01:18:24</b>
35	395	Bruno Barbosa		M30	24	06:31	<b>01:18:24</b>
36	444	Manuel Braga Lourenço	STJoaoOliveira Team	M55	2	06:35	<b>01:19:04</b>
37	324	José Rato	60% VIP	M60	2	06:35	<b>01:19:08</b>
38	361	Luis Ferreira	a.m.c.d.titularia	M45	6	06:35	<b>01:19:16</b>
39	443	Joao Baía	Trekking Project	M30	25	06:38	<b>01:19:42</b>
40	359	Edgar Francisco	a.m.c.d.titularia	M45	7	06:39	<b>01:19:59</b>
41	378	Joaquim Carrilho	SSCGD	M45	8	06:40	<b>01:20:14</b>
42	343	João Carlos Carvalhinho	Massama	M55	3	06:45	<b>01:21:07</b>
43	94	Carlos Costa	CLUBE MILLENNIUM bcp	M45	9	06:50	<b>01:22:02</b>
44	439	Pedro Tavares	3SURFERS SURF SCHOOL	M30	26	06:51	<b>01:22:26</b>

Pos	Dorsal	Atleta	Equipa	Categoria	Pos Cat	Ritmo	Tempo
45	363	Paulo Tomas	a.m.c.d.tituaria	M45	10	06:52	<b>01:22:35</b>
46	389	Antonio Rafael Martins Martins		M45	11	06:52	<b>01:22:39</b>
47	369	Jorge Manuel Adriano Assunção	GRCD LEIÃO COBRAS TRAILISTAS	M45	12	06:55	<b>01:23:20</b>
48	334	Natalia Estevaeo	Salitre	F30	2	06:57	<b>01:23:26</b>
49	348	João Barriguinha	NasaTeam	M30	27	06:57	<b>01:23:27</b>
50	339	Luis Potra	NasaTeam	M30	28	06:57	<b>01:23:27</b>
51	451	Vasco Ramos		M30	29	06:59	<b>01:23:54</b>
52	381	Nuno Berton		M45	13	07:01	<b>01:24:22</b>
53	398	Severino Cruz		M55	4	07:01	<b>01:24:26</b>
54	436	Joao Casinhas	Godigana	M30	30	07:04	<b>01:24:55</b>
55	375	Hugo Santos		M30	31	07:06	<b>01:25:29</b>
56	351	David Coelho	Montelavar	M30	32	07:06	<b>01:25:29</b>
57	418	Amadeu Salgado		M60	3	07:08	<b>01:25:46</b>
58	388	Baltasar Nogueira		M45	14	07:08	<b>01:25:53</b>
59	376	Mário Ferreira	Campolide	M45	15	07:08	<b>01:25:53</b>
60	403	Ricardo Pinto	CMI Montanhismo	SEN M	4	07:17	<b>01:27:36</b>
61	410	Alexandre Gomes	Amadora	M45	16	07:17	<b>01:27:40</b>
62	373	Francisca Silva		F30	3	07:22	<b>01:28:40</b>
63	397	António Bento Franco	MiTi	M60	4	07:26	<b>01:29:25</b>
64	326	Carla Lameiras	LH Ginasio	F30	4	07:35	<b>01:31:12</b>
65	306	Ricardo Pereira	Amigos Vale Silencio	M30	33	07:35	<b>01:31:13</b>
66	424	Jacqui Saffery		F55	1	07:38	<b>01:31:40</b>
67	311	Marta Cunha	JOBRINDE - Montes Saloios	F30	5	07:41	<b>01:32:21</b>
68	312	Pedro Santos	JOBRINDE - Montes Saloios	M45	17	07:41	<b>01:32:22</b>
69	386	Marco Custódio	ROMA	M45	18	07:41	<b>01:32:22</b>
70	390	Tiago Loureiro		M30	34	07:41	<b>01:32:24</b>
71	387	Ângelo Marcos		M30	35	07:43	<b>01:32:43</b>
72	411	Marina Teixeira		F30	6	07:43	<b>01:32:48</b>
73	423	Clive Saffery		M60	5	07:46	<b>01:33:14</b>
74	360	Gabriel Antonio	a.m.c.d.tituaria	M55	5	07:45	<b>01:33:26</b>
75	383	Madalena Cluny	MiTi	F30	7	07:49	<b>01:33:57</b>
76	391	João Barrigola		M30	36	07:49	<b>01:34:09</b>
77	33	Paulo Farias Rodrigues	Falcões Selvagens	M55	6	07:51	<b>01:34:17</b>
78	409	Francisco Gomes	Amadora	M30	37	07:51	<b>01:34:31</b>
79	385	Carla Clemente	ROMA	F30	8	07:53	<b>01:34:40</b>
80	328	Gonçalo Calisto		M30	38	07:52	<b>01:34:44</b>
81	449	Rita Fernandes	EVELX	F45	1	07:53	<b>01:34:47</b>
82	448	Ruben Azevedo		SEN M	5	07:53	<b>01:34:50</b>
83	321	Helder Antonio Atalaia Fernandes	LH Ginasio	M45	19	07:53	<b>01:34:56</b>
84	305	Carlos Gonçalves		M60	6	07:55	<b>01:35:03</b>
85	325	Susana Pacheco	60% VIP	F30	9	07:55	<b>01:35:07</b>
86	366	Fernando Bento		M45	20	07:56	<b>01:35:26</b>
87	417	Pedro Prude	freddywear.pt	M45	21	07:57	<b>01:35:30</b>
88	341	Inês Duarte	Sintra	F30	10	07:58	<b>01:35:44</b>

Pos	Dorsal	Atleta	Equipa	Categoria	Pos Cat	Ritmo	Tempo
89	384	Marta Garin		F30	11	07:58	<b>01:35:47</b>
90	329	Andre Luis		M30	39	07:58	<b>01:35:48</b>
91	365	Filomena Jacinto		F45	2	07:59	<b>01:36:03</b>
92	372	Angelica Gafanha	2780 oeiras	F45	3	07:59	<b>01:36:03</b>
93	317	Silvia Ribeiro	Team Zicos	F45	4	08:05	<b>01:37:15</b>
94	399	Antonio Duarte	60% VIP	M60	7	08:06	<b>01:37:25</b>
95	68	João Antunes	Wild Family with Kids and Friends	M30	40	08:05	<b>01:37:26</b>
96	370	Anabela Assunção	GRCD LEIÃO COBRAS TRAILISTAS	F45	5	08:06	<b>01:37:29</b>
97	414	Beatriz Cunha	Urban Obstacles	SEN F	1	08:14	<b>01:38:52</b>
98	327	Helena Costa		F55	2	08:18	<b>01:39:46</b>
99	460	Ivone Matos	Rbwyclingteam	F30	12	08:20	<b>01:40:20</b>
100	459	Hugo Filipe Matos	Rbwyclingteam	M30	41	08:20	<b>01:40:20</b>
101	393	Carlos Gonçalves	Associação Natureza Ensina	M45	22	08:21	<b>01:40:26</b>
102	392	Miguel Melo	Associação Natureza Ensina	M45	23	08:21	<b>01:40:26</b>
103	446	Manuel Pedro		M30	42	08:24	<b>01:41:04</b>
104	445	Arlete Ferreira		F30	13	08:24	<b>01:41:06</b>
105	450	Anabela Batista	Mafra	F30	14	08:24	<b>01:41:06</b>
106	463	Olga Lopes	CLUBE MILLENNIUM bcp	F30	15	08:35	<b>01:43:11</b>
107	331	Sofia Nunes	RBWCYCLINGTEAM	F30	16	08:35	<b>01:43:11</b>
108	405	Neusa Almeida		F30	17	08:38	<b>01:43:51</b>
109	353	Vicente Boto	correr lisboa	M45	24	08:43	<b>01:44:48</b>
110	354	Ana Rita Boto	correr lisboa	F30	18	08:43	<b>01:44:48</b>
111	406	Ricardo Jorge Almeida		M30	43	08:44	<b>01:45:05</b>
112	356	Tiago Santos		M30	44	08:44	<b>01:45:07</b>
113	421	Anibal Luis	Borinhas	M60	8	08:47	<b>01:45:27</b>
114	320	Cláudia Fortunato		F30	19	08:54	<b>01:47:02</b>
115	316	Ricardo Dinis	Team Zicos	M30	45	09:07	<b>01:49:36</b>
116	355	Rute Dias		F30	20	09:07	<b>01:49:36</b>
117	462	Ana Nunes		F45	6	09:25	<b>01:53:13</b>
118	337	Leila Ferreira	Salitre	F30	21	09:26	<b>01:53:16</b>
119	422	Maria Simoes		F55	3	09:27	<b>01:53:30</b>
120	344	Pedro Abreu		M30	46	09:29	<b>01:53:57</b>
121	345	Dora Luis		F30	22	09:29	<b>01:53:57</b>
122	419	Vinicius Guedes	GRCD LEIÃO COBRAS TRAILISTAS	M30	47	09:30	<b>01:54:21</b>
123	420	Meirevone Guedes	GRCD LEIÃO COBRAS TRAILISTAS	F30	23	09:30	<b>01:54:22</b>
124	427	José Barrinha	Clube de Futebol Guadiana	M45	25	09:35	<b>01:55:09</b>
125	428	Ana Faustino	Clube de Futebol Guadiana	F45	7	09:35	<b>01:55:09</b>
126	437	Pedro Nunes	Elite Runners	M30	48	09:47	<b>01:57:31</b>
127	340	Vanessa Costa		F30	24	09:48	<b>01:57:50</b>
128	309	Sara Carvalho	Lopes Family & Friends	F30	25	10:03	<b>02:00:54</b>
129	307	Luis Lopes	Lopes Family & Friends	M30	49	10:03	<b>02:00:54</b>
130	357	Mário Lobo	Lopes Family & Friends	M45	26	10:03	<b>02:00:55</b>
131	352	Alípio Costa	Lopes Family & Friends	M55	7	10:04	<b>02:01:03</b>
132	308	Luis Lopes	Lopes Family & Friends	M60	9	10:04	<b>02:01:03</b>

Pos	Dorsal	Atleta	Equipa	Categoria	Pos Cat	Ritmo	Tempo
133	434	Susana Gomes	STJoaoOliveira Team	F45	8	10:07	<b>02:01:40</b>
134	435	Ernesto Gomes	STJoaoOliveira Team	M45	27	10:07	<b>02:01:40</b>
135	310	Ana Coelho	LH Ginasio	F30	26	10:09	<b>02:01:59</b>
136	438	Ana Rangel	Elite Runners	F30	27	10:29	<b>02:06:01</b>
137	440	Maria Ramos		F30	28	10:29	<b>02:06:02</b>
138	380	Pedro Laranjeira		M45	28	10:32	<b>02:06:35</b>
139	457	Helena Barreira		F45	9	10:46	<b>02:09:23</b>
140	430	Silvia Salgueiro		F30	29	10:46	<b>02:09:23</b>
141	458	Hélder Barreira		M45	29	10:46	<b>02:09:24</b>
142	453	Joana Ferreira		F30	30	11:24	<b>02:17:06</b>
143	452	Patricia Gomes		SEN F	2	11:24	<b>02:17:08</b>
144	401	Carlos Cravo	Amigos Atletismo Serra Sintra	M45	30	11:38	<b>02:19:55</b>
145	367	Maria Santos	Monte da Lua Runners	F45	10	11:39	<b>02:19:56</b>
146	447	Justiliano Meireles Silva	Falcões Selvagens	M60	10	14:40	<b>02:56:09</b>