

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Ritmo	Cat.
1.	110	Fábio Fontoura	U.F. Comércio e Indústria Atletismo	M	M18	01:32:29,034	05:08	1
2.	3	Diogo Baena	Juventude Vidigalense	M	M18	01:38:15,780	05:28	2
3.	38	Rui Henriques	Serviços Sociais Montepio	M	M18	01:46:45,404	05:56	3
4.	5	Paulo Poiares	Correr Soc. Rec. da Granja	M	M40	01:49:05,345	06:04	1
5.	102	Tiago Sousa	Go runners	M	M18	01:51:23,137	06:11	4
6.	97	Rodrigo Noivo	AMCF-Arrábida Trail Team	M	M18	01:51:26,462	06:11	5
7.	88	Sérgio Nunes	Turres Trail Team	M	M40	01:54:22,319	06:21	2
8.	85	Miguel Delgado	G.D.M. Trail Team	M	M18	01:55:27,329	06:25	6
9.	21	Luis Pereira	Burning Words	M	M18	01:55:27,808	06:25	7
10.	41	Joaquim Capela	Kaninos	M	M40	01:57:26,391	06:31	3
11.	71	João Nunes	Alhandra Sporting Club-triatlo	M	M50	01:57:27,664	06:31	1
12.	82	Paulo Silva	3B-S	M	M18	01:59:23,876	06:38	8
13.	91	Bruno Ribeiro	Kaninos	M	M18	01:59:49,718	06:40	9
14.	20	Nelson Pereira	Garehoteruning	M	M40	02:01:29,086	06:45	4
15.	12	Rafael Ventura	Balboas e Napoleões Team	M	M18	02:04:35,417	06:55	10
16.	13	José Pajinha	Clube Atletismo Odimarq	M	M50	02:04:50,466	06:56	2
17.	105	Joao Alves	Kaninos	M	M18	02:05:41,591	06:59	11
18.	19	David Silva	Correr Lisboa	M	M18	02:05:41,986	06:59	12
19.	101	Rui Leandro	UDR Zona Alta Torres Novas	M	M18	02:06:02,201	07:00	13
20.	16	Luis Brito	Clube Atletismo Odimarq	M	M40	02:06:19,461	07:01	5
21.	44	Rui Paulo		M	M50	02:08:29,810	07:08	3
22.	116	Vitor Marques	Kaninos	M	M18	02:09:20,108	07:11	14
23.	108	Marco Caseiro	Os Perigosos	M	M18	02:11:00,639	07:17	15
24.	54	José Aleixo	Alverca Urban Runners	M	M40	02:11:02,239	07:17	6
25.	80	Fernando Carvalho	Clube Atletismo Odimarq	M	M50	02:12:03,215	07:20	4
26.	65	Joaquim Epiménio	CP EDP Lisboa	M	M50	02:13:38,880	07:25	5
27.	18	Hélder Lopes	Montanha Clube trail runnig/efapel	M	M18	02:14:36,293	07:29	16
28.	55	Nelson Coimbra	Bruxos Runners	M	M18	02:15:07,627	07:31	17
29.	72	Francisco Antunes	Bruxos Runners	M	M40	02:15:15,162	07:31	7
30.	104	Aldino Silva		M	M40	02:15:42,610	07:32	8
31.	14	José Alves		M	M40	02:17:09,234	07:37	9
32.	4	Rui Leão		M	M40	02:17:49,611	07:40	10
33.	99	José Silva	Os Pardais	M	M50	02:18:25,429	07:41	6
34.	35	José Guerreiro	Serviços Sociais Montepio	M	M50	02:18:25,921	07:41	7
35.	114	Rui Carvalho	Bruxos Runners	M	M40	02:19:09,776	07:44	11
36.	63	João Fernandes	Staff 99	M	M18	02:20:23,289	07:48	18
37.	42	Pedro Santos		M	M18	02:21:30,243	07:52	19
38.	68	João Teixeira	CÁ BOM TT	M	M18	02:21:37,459	07:52	20
39.	118	Ricardo Tiago	Ovelha Negra Trail Team	M	M40	02:22:33,639	07:55	12
40.	48	Paulo Costa		M	M40	02:22:47,853	07:56	13
41.	40	Paulo Madail	Alhandra	M	M40	02:22:51,758	07:56	14
42.	27	Helder Valadas	Os Perigosos	M	M18	02:23:16,904	07:58	21
43.	103	Victor Silva	Associação de Atletismo Lebres do Sado	M	M50	02:24:15,180	08:01	8
44.	31	Paulo Vieira		M	M40	02:24:27,220	08:01	15

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45.	100	Paulo Lourenço	Runners da Frente Ribeirinha da Póvoa de Santa Iria	M	M18	02:26:16,903	08:08	22
46.	120	Miguel Lopes		M	M18	02:27:16,901	08:11	23
47.	45	Carlos Marques		M	M50	02:29:39,533	08:19	9
48.	77	João Nunes		M	M18	02:29:42,940	08:19	24
49.	37	Pedro Boto	Serviços Sociais Montepio	M	M50	02:29:49,472	08:19	10
50.	36	Nuno Santos	Serviços Sociais Montepio	M	M40	02:29:52,310	08:20	16
51.	51	João Barriguinha		M	M18	02:31:29,402	08:25	25
52.	96	Marco Palma	Falcões Selvagens	M	M18	02:33:24,717	08:31	26
53.	49	Nuno Avelar		M	M40	02:33:30,660	08:32	17
54.	84	Bárbara Cruz		F	F18	02:34:29,177	08:35	1
55.	29	Carlos Sousa	Os Perigosos	M	M50	02:35:22,065	08:38	11
56.	107	João Silva		M	M50	02:35:46,686	08:39	12
57.	74	Luís Fazenda	Rolloverboards	M	M40	02:35:53,770	08:40	18
58.	73	Paulo Trigo	Runners da Frente Ribeirinha da Póvoa de Santa Iria	M	M18	02:36:15,130	08:41	27
59.	43	Paulo Lopes		M	M40	02:36:29,144	08:41	19
60.	17	Hugo Costa	Keep Running	M	M18	02:38:22,246	08:48	28
61.	90	Bruno Morais	Alverca Urban Runners	M	M18	02:38:26,930	08:48	29
62.	79	Aristides Carneiro		M	M18	02:39:33,625	08:52	30
63.	2	Filipe Fonseca	Tranquilidade Açoreana Clube	M	M18	02:42:11,342	09:01	31
64.	58	Amadeu Carvalho	Bruxos Runners	M	M40	02:42:42,164	09:02	20
65.	94	Flávio Reis	Bruxos Runners	M	M18	02:43:06,639	09:04	32
66.	119	César Avó		M	M40	02:43:16,284	09:04	21
67.	64	Tiago Catela	Staff 99	M	M18	02:43:35,051	09:05	33
68.	76	Catarina Silva	Bruxos Runners	F	F50	02:44:03,764	09:07	1
69.	61	Cesar Silvestre	Bruxos Runners	M	M40	02:45:50,705	09:13	22
70.	95	António Martins	Falcões Selvagens	M	M50	02:46:10,151	09:14	13
71.	39	Pedro Santos		M	M18	02:46:38,009	09:16	34
72.	52	Marco Loura	os fininhos	M	M18	02:48:51,323	09:23	35
73.	70	Paulo Lopes	Alverca Urban Runners	M	M18	02:48:53,424	09:23	36
74.	112	Tiago Fernandes	U.F. Comércio e Indústria Atletismo	M	M18	02:49:56,981	09:26	37
75.	109	José Pereira	Os Perigosos	M	M50	02:50:14,681	09:28	14
76.	57	Pedro Ferreira	Alverca Urban Runners	M	M40	02:50:17,370	09:28	23
77.	111	Rui Varela		M	M40	02:52:47,752	09:36	24
78.	115	Jorge Doellinger	Clube atletismo de Fafe	M	M18	02:53:11,486	09:37	38
79.	86	Chebarli Gaza		M	M40	02:54:37,297	09:42	25
80.	60	Luis Potra	Alverca Urban Runners	M	M18	02:54:43,902	09:43	39
81.	66	Fernando Pedro	Alverca Urban Runners	M	M40	02:54:49,442	09:43	26
82.	26	Joao Almeida	Kaninos	M	M50	02:54:58,149	09:43	15
83.	75	Carlos Carranca		M	M50	02:55:25,376	09:45	16
84.	1	Carlos Fonseca	Tranquilidade Açoreana Clube	M	M50	02:59:19,683	09:58	17
85.	28	Alcides Nunes	Os Perigosos	M	M50	02:59:38,794	09:59	18
86.	50	Nelson Morais	Staff 99	M	M18	03:00:37,882	10:02	40
87.	106	Anabela Bastos		F	F50	03:01:54,788	10:07	2
88.	92	Katia Almeida	Pressley Ridge	F	F40	03:04:46,021	10:16	1

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89.	93	Duarte Lopes	Pressley Ridge	M	M40	03:04:50,981	10:16	27
90.	23	Douglas Fry	Clube Desportivo de Mafra	M	M50	03:07:26,559	10:25	19
91.	15	André Aparício		M	M40	03:07:32,342	10:25	28
92.	87	Rui Lourenço	descompasso	M	M40	03:08:23,614	10:28	29
93.	122	Alice Vilaça	CP RTP	F	F18	03:08:27,106	10:28	2
94.	69	Luís Campos	CÁ BOM TT	M	M50	03:11:39,456	10:39	20
95.	117	Gil Santo		M	M40	03:11:44,954	10:39	30
96.	7	Tânia Carvalho	Pump Runners	F	F18	03:19:16,682	11:04	3
97.	8	Miguel Lucena	Pump Runners	M	M18	03:19:18,613	11:04	41
98.	98	Jorge Soares	Os Pardais	M	M50	03:27:58,735	11:33	21
99.	59	Jose Canuto		M	M40	03:30:28,122	11:41	31
100.	30	Luisa Barbosa	Alverca Urban Runners	F	F40	03:39:45,762	12:13	2
101.	89	Cristina Lino	Alverca Urban Runners	F	F50	03:39:46,042	12:13	3
102.	32	Mayer Raposo	Associação de Atletismo Lebres do Sado	M	M50	03:57:40,833	13:12	22
103.	62	Ana Caliça	Alverca Urban Runners	F	F18	03:59:15,916	13:17	4
104.	113	Tiago Miguel		M	M18	03:59:33,963	13:19	42
105.	10	Maria Condeço	Kaninos	F	F50	04:05:46,991	13:39	4
106.	11	Mario Santiago	Kaninos	M	M50	04:05:47,120	13:39	23