

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Ritmo	Esc.
1.	70	Marco Cardoso	CDRRibeirinho / LTP	M	M18	01:30:36,721	05:02	1
2.	128	Carlos Pacheco	Monsanto Running Team	M	M18	01:34:42,038	05:16	2
3.	23	Fernando Baptista	HC Runners	M	M40	01:36:25,635	05:22	1
4.	17	Omar Garcia	A20KM Trail Running Team	M	M18	01:37:21,384	05:25	3
5.	110	Tiaguito Fonseca	Balboas e Napoleão Team	M	M18	01:37:51,393	05:26	4
6.	123	Daniel Dias	Penhas Trail Team	M	M18	01:38:27,791	05:28	5
7.	98	Gonçalo Pais	GO!Runners / Outpro Store	M	M40	01:38:48,537	05:29	2
8.	131	Quitério NÉLSON	Rodinhas Santos Silva-Oxygen-Gym-Fitness	M	M40	01:38:49,295	05:29	3
9.	58	Luis Vasconcelos	ASC Vale Grande	M	M40	01:40:23,447	05:35	4
10.	99	Joao Oliveira	GO!Runners / Outpro Store	M	M40	01:40:40,181	05:35	5
11.	68	Joel Simões	A20KM Trail Running Team / HC Runners	M	M18	01:41:27,193	05:38	6
12.	102	Filipe Pinheiro	GO!Runners / Outpro Store	M	M18	01:41:37,705	05:39	7
13.	36	Nelson Pereira	Garehotelrunning	M	M40	01:42:19,967	05:41	6
14.	57	José Silva	ASC Vale Grande	M	M40	01:43:14,089	05:44	7
15.	97	Sergio Neto	GO!Runners / Outpro Store	M	M18	01:43:24,082	05:44	8
16.	130	François Vie		M	M18	01:45:17,754	05:51	9
17.	100	Luis Prata	GO!Runners / Outpro Store	M	M18	01:45:57,800	05:53	10
18.	127	José Geada	ASC Vale Grande	M	M40	01:47:41,183	05:59	8
19.	22	Paulo Poiares	Correr Soc. Rec. da Granja	M	M40	01:48:15,699	06:01	9
20.	121	Pedro Carmona	GO!Runners / Outpro Store	M	M18	01:49:16,724	06:04	11
21.	111	João Nunes	Alhandra Sporting Club-triatlo	M	M50	01:49:20,780	06:04	1
22.	26	Luis Vitorino	aminhacorrída/myprotein	M	M40	01:50:03,414	06:07	10
23.	129	Jean-Michel Vie		M	M40	01:50:36,621	06:08	11
24.	103	João Alves	GO!Runners / Outpro Store	M	M18	01:51:58,076	06:13	12
25.	113	Rafael Ventura	Balboas e Napoleão Team	M	M18	01:54:13,482	06:21	13
26.	115	Rui Paulo		M	M50	01:54:14,822	06:21	2
27.	1	José Pajinha	Clube de Atletismo Odimarq	M	M50	01:55:07,458	06:24	3
28.	55	Luís Soares	Clube OGMA	M	M50	01:55:58,681	06:26	4
29.	77	Rui Belo	Correr Soc. Rec. da Granja	M	M18	01:57:28,244	06:32	14
30.	109	Joaquim Dias		M	M40	01:58:51,703	06:36	12
31.	2	Nuno Pereira	Clube OGMA	M	M40	01:59:49,969	06:40	13
32.	56	Tiago Padeiro		M	M18	01:59:56,760	06:40	15
33.	51	André Nunes	HC Runners	M	M40	02:00:06,673	06:40	14
34.	83	José Duarte	#Musg@41	M	M18	02:00:49,319	06:43	16
35.	42	Tiago Ferreira		M	M18	02:01:56,715	06:46	17
36.	124	Mónica Vieira	HC Runners	F	F40	02:02:28,938	06:48	1
37.	45	Pedro Santos		M	M18	02:03:42,803	06:52	18
38.	16	Filipe Arcadinho	Os Perigosos	M	M18	02:04:00,435	06:53	19
39.	66	Aldino Silva	montanelas running team	M	M40	02:04:01,078	06:53	15
40.	41	Paulo Cartaxo	G.A.C.A. Grupo de Amigos de Ciclismo de Alverca	M	M18	02:05:51,773	06:59	20
41.	34	Rui Lourenço	Descompasso	M	M50	02:06:14,079	07:01	5
42.	18	Luis Grilo	Wikaboo	M	M40	02:06:15,305	07:01	16
43.	63	José Pereira	montanelas running team	M	M40	02:06:17,302	07:01	17
44.	21	António Lemos	Wikaboo	M	M50	02:06:20,386	07:01	6

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45.	7	Patrick Magalhães		M	M18	02:06:40,915	07:02	21
46.	49	Sandro Rodrigues	Aurora Trail	M	M40	02:06:47,137	07:02	18
47.	101	Susana Pereira	GO!Runners / Outpro Store	F	F18	02:06:50,330	07:03	1
48.	78	Luis Goncalves	CDRRibeirinho / LTP	M	M18	02:07:17,451	07:04	22
49.	119	Joaquim Silva	GINjinha Runners	M	M40	02:07:29,789	07:05	19
50.	28	Tiago Cruz	Correr Soc. Rec. da Granja	M	M18	02:09:26,744	07:11	23
51.	75	Joaquim Belo	Correr Soc. Rec. da Granja	M	M50	02:09:27,131	07:11	7
52.	25	Carmen Henriques	aminhacorrída/myprotein	F	F40	02:10:47,427	07:16	2
53.	112	Luis Caetano	Descompasso	M	M50	02:11:50,073	07:19	8
54.	80	Nuno Ferro		M	M18	02:12:45,265	07:23	24
55.	52	Marco Domingos	A20KM Trail Running Team	M	M18	02:13:12,397	07:24	25
56.	74	João Frazão	GD Santander Totta	M	M18	02:13:36,675	07:25	26
57.	11	Helder Valadas	Os Perigosos	M	M18	02:13:57,114	07:26	27
58.	13	Marco Caseiro	Os Perigosos	M	M18	02:13:57,330	07:26	28
59.	69	Carlos Vieira		M	M18	02:14:09,734	07:27	29
60.	94	Frederico Gradil	CDRRibeirinho / LTP	M	M40	02:14:11,707	07:27	20
61.	86	David Queiroz	#Musg@41	M	M18	02:16:13,375	07:34	30
62.	59	Carmen Ferreira	ASC Vale Grande	F	F50	02:16:24,635	07:35	1
63.	67	João Brites	montanelas running team	M	M18	02:16:28,450	07:35	31
64.	6	Nuno Avelar		M	M40	02:17:09,018	07:37	21
65.	60	Pedro Baixinho		M	M18	02:20:03,879	07:47	32
66.	9	José Alves		M	M40	02:20:07,621	07:47	22
67.	47	Cidália Martins		F	F50	02:20:59,771	07:50	2
68.	46	Hélder Bexiga		M	M40	02:21:14,365	07:51	23
69.	62	João Santos	Serviços Sociais Montepio	M	M18	02:21:28,138	07:52	33
70.	76	Helena Taube	100 esTRILHOS	F	F40	02:21:28,593	07:52	3
71.	89	Sergio Carvalho		M	M18	02:21:59,949	07:53	34
72.	53	João Barriguinha		M	M18	02:22:27,802	07:55	35
73.	104	João Teixeira	Cá Bom/H_24	M	M18	02:23:19,067	07:58	36
74.	105	Andrea Ferreirinha	Cá Bom/H_24	F	F40	02:23:19,070	07:58	4
75.	116	Rafael Monteiro	Strendure Running Team	M	M18	02:23:21,268	07:58	37
76.	117	Miguel Figueirinha		M	M18	02:23:24,794	07:58	38
77.	107	Vitor Santos		M	M18	02:23:59,685	08:00	39
78.	54	Cesar Silvestre	Bruxos Runners	M	M40	02:26:07,313	08:07	24
79.	44	Ivo Lalim		M	M18	02:26:25,080	08:08	40
80.	122	Fábio Faia		M	M18	02:26:29,520	08:08	41
81.	126	Fábio BACALHAU		M	M18	02:26:57,264	08:10	42
82.	14	Carlos Sousa	Os Perigosos	M	M50	02:26:59,438	08:10	9
83.	29	Paulo Fernandes		M	M40	02:27:22,417	08:11	25
84.	39	Claudio Branco	Atão Caramujo	M	M18	02:27:27,701	08:11	43
85.	72	Joaquim Bexiga	Clube OGMA	M	M50	02:27:52,517	08:13	10
86.	73	Fernanda França	Clube OGMA	F	F40	02:27:52,837	08:13	5
87.	108	Fátima Lavrador	Asas nos Pés	F	F40	02:28:41,608	08:16	6
88.	43	Flavio Neves		M	M18	02:29:06,544	08:17	44

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89.	125	Vie KARINE		F	F40	02:30:58,029	08:23	7
90.	65	Ricardo Lourenço	montanelas running team	M	M18	02:34:33,354	08:35	45
91.	64	Jorge Cabeça	montanelas running team	M	M50	02:34:36,042	08:35	11
92.	32	Hugo Santos	Falcões Selvagens	M	M40	02:36:37,591	08:42	26
93.	71	João Neves	Hard Running Team Arruda dos Vinhos	M	M18	02:37:59,269	08:47	46
94.	10	André Aparício		M	M40	02:39:24,224	08:52	27
95.	8	Aureliano Luz	AS MÁQUINAS	M	M40	02:40:16,167	08:54	28
96.	50	Carla Angueira	HC Runners	F	F40	02:40:53,819	08:56	8
97.	96	Luís Potra	Alverca Urban Runners	M	M18	02:41:58,329	09:00	47
98.	93	Carlos Rangel		M	M50	02:42:39,951	09:02	12
99.	40	Isidro Carvalho	Garehotelrunning	M	M40	02:48:30,753	09:22	29
100.	132	Torres PAULO		M	M40	02:48:31,703	09:22	30
101.	12	Alcides Nunes	Os Perigosos	M	M50	02:50:43,497	09:29	13
102.	120	Luís Conceição	Clube Corrida Ren	M	M50	02:53:06,847	09:37	14
103.	92	Tiago Mota	Balboas e Napoleão Team	M	M18	02:53:39,487	09:39	48
104.	37	Paula Capela	Kaninos	F	F50	02:55:06,288	09:44	3
105.	38	Sérgio Viçoso	Atão Caramujo	M	M18	03:03:55,914	10:13	49
106.	90	Rui Pedro	CDRRibeirinho / LTP	M	M18	03:06:48,120	10:23	50
107.	82	Emanuel Fialho	CDRRibeirinho / LTP	M	M18	03:06:52,463	10:23	51
108.	118	Alexandra Silva	GINjinha Runners	F	F40	03:11:32,684	10:38	9
109.	5	Graça Nobre	Alverca Urban Runners	F	F50	03:15:36,995	10:52	4
110.	81	Bruno Morais	Alverca Urban Runners	M	M18	03:15:39,396	10:52	52
111.	106	João Duarte		M	M40	03:20:25,155	11:08	31
112.	20	Pedro Sarrasqueiro	Bip Bip	M	M18	03:34:11,792	11:54	53
113.	4	João Ferreira	GINjinha Runners	M	M40	03:35:12,487	11:58	32
114.	19	Francisco Sarrasqueiro	Bip Bip	M	M50	03:56:50,482	13:10	15
115.	3	Dora Cruz	GINjinha Runners	F	F40	03:59:17,226	13:17	10