

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
1	104	Licínio Carreira		01:28:43	00:00:00
2	137	Helder Fernandes Pereira	Clube de Atletismo de Ferreira do Zêzere	01:30:45	00:02:02
3	160	António Ferreira		01:31:12	00:02:29
4	80	Fábio Mendes	Dá-lhe Gás Team	01:32:14	00:03:31
5	73	Guel Ferreira	União ufcj Tomar	01:32:23	00:03:40
6	40	Nuno Coelho	Montanha Clube Trail Running / EFAPEL	01:32:35	00:03:52
7	1	Filipe Rodrigues	ASSOCIAÇÃO POMBAL JOVEM	01:35:25	00:06:42
8	63	João Sacramento	OzXtreme/ADCRPereira	01:36:05	00:07:22
9	15	Fernando Freire	Dá-lhe Gás Team	01:37:15	00:08:32
10	89	José Gonçalves	GAU - Bajouca	01:37:18	00:08:35
11	113	José Marinho		01:37:52	00:09:09
12	138	Henrique Fernandes	Fonte Nova Runners	01:38:40	00:09:57
13	11	João Paulo Oliveira Nepomuceno	Dá-lhe Gás Team	01:39:57	00:11:14
14	197	André Monteiro		01:40:10	00:11:27
15	135	Rui Cadete	Lama Solta	01:40:55	00:12:12
16	79	Micael Costa	MR. PIZZA	01:42:24	00:13:41
17	83	Rui João	A .R. Meirinhas	01:42:33	00:13:50
18	177	Filipe Carvalheiro	GAU - Bajouca	01:43:10	00:14:27
19	118	Jorge Henriques	Lourival Bike Team	01:43:13	00:14:30
20	61	Marco Pimenta		01:43:32	00:14:49
21	90	André Fernandes	GAU - Bajouca	01:43:35	00:14:52
22	91	Otelo Pereira	GAU - Bajouca	01:43:52	00:15:09
23	59	Silvio Moreira	Vilaventura - Trail Running Team	01:44:59	00:16:16
24	29	Diogo Duarte	ASSOCIAÇÃO POMBAL JOVEM	01:45:26	00:16:43
25	55	Ricardo Nunes	ACRM SILVEIRINHA CLARAS	01:46:13	00:17:30
26	10	Tomé Lopes	Dá-lhe Gás Team	01:46:20	00:17:37
27	69	Daniel Santos Gaspar Dani		01:47:27	00:18:44
28	7	Tiago Claro	ASSOCIAÇÃO POMBAL JOVEM	01:47:40	00:18:57
29	22	Tiago Carvalho	Dá-lhe Gás Team	01:47:49	00:19:06
30	5	João Dâmaso	Grupo Maravilha	01:48:28	00:19:45
31	37	Fabio Roxo	Dá-lhe Gás Team	01:48:35	00:19:52
32	51	Rui Pereira	Vilaventura - Trail Running Team	01:48:49	00:20:06
33	162	Eduardo Gonçalves	Vilaventura - Trail Running Team	01:49:11	00:20:28
34	158	Fernando Mateus	Clube de Atletismo de Ferreira do Zêzere	01:50:14	00:21:31
35	142	João Costa	Dá-lhe Gás Team	01:50:52	00:22:09
36	96	Luis Miguel Vilela	Montanha Clube Trail Running / EFAPEL	01:50:55	00:22:12
37	42	José Santos		01:50:57	00:22:14
38	109	Bruno Marques	Lourival Bike Team	01:51:04	00:22:21
39	139	João Pedro Rodrigues	Vilaventura - Trail Running Team	01:51:14	00:22:31
40	43	Ricardo Lopes	Grupo Maravilha	01:52:01	00:23:18
41	9	José Dias	Dá-lhe Gás Team	01:52:03	00:23:20
42	168	Vítor Mota	Slow Runners Pombal	01:52:48	00:24:05
43	134	Rui Ferreira		01:52:49	00:24:06
44	49	Marco Mendes	POMBAL JORNAL	01:52:51	00:24:08

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
45	67	Henrique Santos	Vilaventura - Trail Running Team	01:52:54	00:24:11
46	72	Rodrigo Freire	Vilaventura - Trail Running Team	01:53:00	00:24:17
47	157	Anabela Rainho	Clube de Atletismo de Ferreira do Zêzere	01:53:39	00:24:56
48	87	Frederico Carvalho	Espaço Saúde	01:54:13	00:25:30
49	86	Nuno Neves	Lama Solta	01:54:19	00:25:36
50	115	Helder Gante Gante		01:54:31	00:25:48
51	58	Fernando Neves		01:54:47	00:26:04
52	75	Norberto Rosa	Jástrada	01:54:49	00:26:06
53	180	João Gaspar		01:54:51	00:26:08
54	77	Manuel Gaspar	Jástrada	01:54:58	00:26:15
55	45	Helder Marco Silva Domingues		01:55:04	00:26:21
56	20	Nuno Ferreira	Fonte Nova Runners	01:55:31	00:26:48
57	66	Luis Oliveira	Lama Solta	01:55:55	00:27:12
58	41	Sara Pedrosa	Montanha Clube Trail Running / EFAPEL	01:56:11	00:27:28
59	121	João Batista	Gim Running Team/ Inércia S.C	01:56:39	00:27:56
60	192	Marco Reis		01:58:28	00:29:45
61	189	Mario Paulo Correia		01:58:53	00:30:10
62	18	António Costa		01:58:57	00:30:14
63	57	Emanuel Faim		01:59:05	00:30:22
64	114	Leonel Pinto		01:59:59	00:31:16
65	8	Silvia Dias		02:01:12	00:32:29
66	30	Mario Casqueira	Vilaventura - Trail Running Team	02:01:28	00:32:45
67	53	João Fernandes Silva	Cross Riders	02:02:24	00:33:41
68	23	José Antunes	Dá-lhe Gás Team	02:02:42	00:33:59
69	196	Lino Silva		02:02:46	00:34:03
70	188	Paula Valente		02:02:52	00:34:09
71	33	Tiago Duarte	Crossfit Solum	02:02:56	00:34:13
72	50	Renato Santos		02:03:37	00:34:54
73	128	Luís Marques	Lama Solta	02:03:42	00:34:59
74	195	Leonel Almeida		02:06:36	00:37:53
75	185	Hernani Ferreira		02:07:15	00:38:32
76	106	Ricardo Carmo		02:08:10	00:39:27
77	182	Joni Correia		02:09:06	00:40:23
78	38	Tome Fernandes	GAU - Bajouca	02:09:37	00:40:54
79	117	Delfina Rodrigues	Espaço Saúde	02:09:41	00:40:58
80	105	Paulo Fernandes	GDI	02:09:46	00:41:03
81	101	Rogério Fernandes		02:09:49	00:41:06
82	44	Mario Salgado	Dinoclube	02:09:57	00:41:14
83	190	Sonia Ferreira		02:10:05	00:41:22
84	120	Jorge Faria	CUMIBROA BIKE`S RUNNING TEAM	02:10:15	00:41:32
85	108	André Lopes	CCD CRÉDITO AGRICOLA MÚTUO	02:10:41	00:41:58
86	62	Gil Marques	Dá-lhe Gás Team	02:10:48	00:42:05
87	39	Rui Abreu		02:11:57	00:43:14
88	36	Pedro Marques	Lama Solta	02:11:59	00:43:16

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
89	102	Delio Pascoal		02:12:05	00:43:22
90	2	Lisete Antunes	ASSOCIAÇÃO POMBAL JOVEM	02:12:19	00:43:36
91	124	Jose Gaspar		02:13:04	00:44:21
92	194	Jorge Almeida		02:13:15	00:44:32
93	26	Kevin Gaspar	Dá-lhe Gás Team	02:15:00	00:46:17
94	116	Fernando Medeiros	AVELAR	02:16:08	00:47:25
95	187	Manuel Silva		02:16:30	00:47:47
96	175	Rui Santos	Black Bulls / Clube de Condeixa	02:17:23	00:48:40
97	47	Pedro De Lemos		02:19:13	00:50:30
98	100	Marco Murgeiro	Lama Solta	02:19:17	00:50:34
99	82	Rodrigo Martins		02:19:20	00:50:37
100	85	Joao Gomes	Vilaventura - Trail Running Team	02:19:33	00:50:50
101	81	Susana Comes	Dá-lhe Gás Team	02:19:34	00:50:51
102	68	Vania Leal	ASSOCIAÇÃO POMBAL JOVEM	02:19:39	00:50:56
103	3	Vitor Santos	Dá-lhe Gás Team	02:19:44	00:51:01
104	19	António Simões		02:20:53	00:52:10
105	107	Filipe Simões	CCD CRÉDITO AGRICOLA MÚTUO	02:22:55	00:54:12
106	127	Filipe Marques	Lama Solta	02:23:19	00:54:36
107	125	Flávio Neves	Lama Solta	02:23:21	00:54:38
108	56	Pedro Henriques		02:24:06	00:55:23
109	164	Vitor Monteiro	Slow Runners Pombal	02:25:24	00:56:41
110	32	Manuela Silva		02:25:59	00:57:16
111	92	Luisa Areia	GAU - Bajouca	02:26:22	00:57:39
112	97	Rogério Freire Luís		02:27:24	00:58:41
113	119	Anabela Monteiro	CUMIBROA BIKE`S RUNNING TEAM	02:27:33	00:58:50
114	132	Neuza Costa		02:29:17	01:00:34
115	133	Carlos Cordeiro		02:29:18	01:00:35
116	34	Sara Neves	ASSOCIAÇÃO POMBAL JOVEM	02:29:53	01:01:10
117	129	Marcio Moreira	Vilaventura - Trail Running Team	02:30:10	01:01:27
118	16	Marie-eve Da Silva		02:31:11	01:02:28
119	131	Bruno Antunes		02:31:14	01:02:31
120	130	Catarina Rodrigues	A.J.F. Zambujal	02:33:53	01:05:10
121	70	João H Sousa		02:35:07	01:06:24
122	193	Vitorino Coragem		02:35:13	01:06:30
123	88	Anabela Fernandes	GAU - Bajouca	02:35:18	01:06:35
124	159	Luis Ventura	Dá-lhe Gás Team	02:36:07	01:07:24
125	12	Alexandre Santos Nogueira Alexandre Nogueira		02:36:55	01:08:12
126	76	Elisabete Pereira	Jástrada	02:36:58	01:08:15
127	163	Maria Luisa		02:37:00	01:08:17
128	78	Gilvania Gaspar	Jástrada	02:37:01	01:08:18
129	172	Cláudia Mota	POMBAL JORNAL	02:38:47	01:10:04
130	93	Marisa Gomes		02:39:26	01:10:43
131	27	Liliana Domingos	Dá-lhe Gás Team	02:39:50	01:11:07
132	31	Paulo Lopes	Lama Solta	02:43:38	01:14:55

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
133	103	Natália Jesus	Dá-lhe Gás Team	02:43:55	01:15:12
134	95	Pedro Jesus	Dá-lhe Gás Team	02:43:57	01:15:14
135	176	Carlos Xavier	AxA	02:44:44	01:16:01
136	112	Goreti Gaudêncio	Gim Running Team/ Inércia S.C	02:44:47	01:16:04
137	24	Wilson Bastos		02:44:50	01:16:07
138	48	Manuel Eduardo Sousa Marques		02:45:10	01:16:27
139	60	Fábio Goncalves		02:45:22	01:16:39
140	25	Manuela Murtinho	Dá-lhe Gás Team	02:47:45	01:19:02
141	98	Catarina Dias		02:47:47	01:19:04
142	99	Ricardo Teixeira		02:47:48	01:19:05
143	123	Fátima Anastácio	Dá-lhe Gás Team	02:48:24	01:19:41
144	122	Júlio Loureiro	Dá-lhe Gás Team	02:48:25	01:19:42
145	65	Nelson Silva		02:48:40	01:19:57
146	54	Florbela Fernandes	Cross Riders	02:50:36	01:21:53
147	21	Cátia Rodrigues	Dá-lhe Gás Team	02:50:39	01:21:56
148	6	João Carlos Santos Nogueira João Nogueira		02:50:41	01:21:58
149	170	Celine Nunes	POMBAL JORNAL	02:51:45	01:23:02
150	140	Tiago Marques	Out 2 Run	02:52:25	01:23:42
151	110	Marisa Silva		02:53:39	01:24:56
152	111	André António		02:53:43	01:25:00
153	169	Anabela Cruz		02:57:45	01:29:02
154	84	Brigite Palhais	Vilaventura - Trail Running Team	03:06:24	01:37:41
155	71	Eduarda Queimado		03:33:09	02:04:26
156	184	Cecilia Oliveira		03:37:27	02:08:44
157	186	Diogo Mendes		03:38:20	02:09:37
158	52	Liliana Silva	Vilaventura - Trail Running Team	03:38:23	02:09:40