

Lugar	Dorsal	Nome	Equipa	Escalão	10 Km	Ritmo	Tempo
1	95	Jorge Aires	CA Barreira	M40	1 00:41:43	04:15	01:05:09
2	147	Licínio Carreira		M45	1 00:42:00	04:19	01:06:16
3	89	Ricardo Mendes	Ama(dores) Trail Team /ACRU	SEN M	1 00:42:26	04:23	01:07:08
4	122	Nuno Goncalves	RUNCROSSTRAIL	M40	2 00:43:13	04:28	01:08:26
5	134	Nélio Almeida	A. C. S. Mamede	SEN M	2 00:44:09	04:33	01:09:46
6	45	Nuno Santos	GRF Benedita - Atletismo	M40	3 00:43:55	04:33	01:09:49
7	219	Helder Fernandes Pereira	Clube de Atletismo de Ferreira do Zêzere	M40	4 00:44:39	04:37	01:10:47
8	182	Cláudio Bica	Ama(dores) Trail Team /ACRU	SEN M	3 00:44:49	04:39	01:11:20
9	30	Luís Avelar	RÓÓDINHAS Santos Silva / Oxygen Gym & Fitness	M40	5 00:45:34	04:42	01:12:01
10	59	Gonçalo Lopes	Clube Veteranos do Lis	SEN M	4 00:46:18	04:44	01:12:27
11	115	Carlos Simões	Ama(dores) Trail Team /ACRU	SEN M	5 00:45:47	04:44	01:12:29
12	207	Tiago Tomas	CCRD BURINHOSA	SEN M	6 00:46:24	04:47	01:13:20
13	34	Mauro Moderno		SEN M	7 00:47:13	05:01	01:16:45
14	29	Paulino Gil De Sousa	Industrial Desportivo Viegrense	M50	1 00:48:00	05:01	01:16:50
15	78	Luís Ramos		M45	2 00:47:36	05:01	01:16:52
16	49	David Pereira	Ama(dores) Trail Team /ACRU	SEN M	8 00:47:55	05:01	01:16:55
17	47	Menino Patricio	Noticias de Colmeias Atletismo	M40	6 00:47:58	05:01	01:16:59
18	70	Filipe Nogueira	Noticias de Colmeias Atletismo	M45	3 00:48:05	05:01	01:17:00
19	69	Tiago Ferreira	Clube Veteranos do Lis	SEN M	9 00:47:57	05:02	01:17:06
20	57	Leandro Santos	Clube Veteranos do Lis	SEN M	10 00:47:59	05:02	01:17:09
21	26	Ricardo Gonçalves	CP CMP	SEN M	11 00:47:37	05:03	01:17:20
22	253	José Figueira		M45	4 00:47:32	05:04	01:17:36
23	117	João Branco	OCR POLICE TEAM	SEN M	12 00:49:02	05:04	01:17:36
24	155	Jorge Rodrigues	CSCD NORTE e SOURE	M45	5 00:49:14	05:04	01:17:43
25	172	Paulo Ferreira	Porto de Mós a Correr	SEN M	13 00:48:02	05:05	01:17:58
26	93	Germano Capela	CA Barreira	M50	2 00:49:30	05:06	01:18:06
27	127	Paulo Silva	RÓÓDINHAS Santos Silva / Oxygen Gym & Fitness	M45	6 00:49:07	05:06	01:18:13
28	68	Vítor Índio	Clube Veteranos do Lis	SEN M	14 00:50:00	05:06	01:18:20
29	218	Ricardo Marques	GAC- Grupo Atletismo da Caranguejeira	SEN M	15 00:49:47	05:07	01:18:22
30	216	Horácio Gaspar	GAC- Grupo Atletismo da Caranguejeira	M45	7 00:49:56	05:07	01:18:22
31	31	Paulo Carvalho		M45	8 00:50:16	05:07	01:18:30
32	169	Amilcar Brito	ACVERMOIL	SEN M	16 00:50:29	05:08	01:18:38
33	10	Cláudio Francisco	MOITA DA RODA ATLÉTICO CLUBE	SEN M	17 00:49:55	05:08	01:18:53
34	39	Rui João	A. R. Meirinhas	SEN M	18 00:50:27	05:10	01:19:15
35	17	Otelo Pereira	Grupo Alegre Unido Bajouca	M40	7 00:50:58	05:11	01:19:30
36	259	Pedro Vieira	CSCRFCHARNECA	M40	8 00:51:00	05:12	01:19:43
37	14	Hugo Barqueiro	Grupo Alegre Unido Bajouca	SEN M	19 00:51:12	05:12	01:19:47
38	33	Ricardo Teodósio Oliveira		M40	9 00:50:55	05:13	01:19:52
39	116	Rui Cadete	LAMA SOLTA	M40	10 00:51:56	05:14	01:20:05
40	166	Nuno Neves	LAMA SOLTA	SEN M	20 00:50:17	05:14	01:20:20
41	161	Fábio Gaspar	GIRÃO	SUB23 M	1 00:51:29	05:14	01:20:25
42	154	Rodrigo Simões	CSCD NORTE e SOURE	SUB23 M	2 00:50:29	05:15	01:20:33
43	123	Denise Pereira	RUNCROSSTRAIL	SEN F	1 00:51:45	05:16	01:20:37
44	205	Ricardo Pires	CCRD BURINHOSA	SEN M	21 00:51:52	05:16	01:20:49

Lugar	Dorsal	Nome	Equipa	Escalão	10 Km	Ritmo	Tempo
45	162	Delfim Pedro	Bem Bom	SEN M	22 00:51:50	05:16	01:20:49
46	104	Manuel Ferreira	ADRM	M60	1 00:51:26	05:17	01:20:52
47	13	André Crespo	Grupo Alegre Unido Bajouca	SEN M	23 00:52:13	05:17	01:21:00
48	6	Helder Abreu	Noticias de Colmeias Atletismo	M40	11 00:51:55	05:18	01:21:14
49	199	Cristiano Ferreira	Porto de Mós a Correr	SEN M	24 00:52:28	05:19	01:21:34
50	237	Pedro Rodrigues	CPR. A-do-Barbas	M50	3 00:52:10	05:20	01:21:51
51	94	Jorge Agostinho	CA Barreira	M60	2 00:51:51	05:21	01:21:57
52	224	Narciso Cordeiro	O Pastor Arrimalano	M55	1 00:52:06	05:21	01:22:07
53	106	Nuno Vitorino	ADRM	SEN M	25 00:51:49	05:23	01:22:36
54	158	João Marques	METRO AVENTURA LEIRIA	SUB23 M	3 00:51:27	05:23	01:22:39
55	178	Luís Ferreira	EXPOFAT	SEN M	26 00:52:09	05:25	01:23:07
56	24	Diogo Olival		SEN M	27 00:53:04	05:25	01:23:13
57	72	Nelson Norte	A. R. Meirinhas	M40	12 00:52:58	05:25	01:23:18
58	254	Francisco Martins		M45	9 00:52:54	05:28	01:23:52
59	96	Daniel Lourenço	CA Barreira	M40	13 00:53:02	05:29	01:24:12
60	236	Márcio Sousa	CPR. A-do-Barbas	SEN M	28 00:54:01	05:30	01:24:19
61	212	Bruno Mendes	Ama(dores) Trail Team /ACRU	SUB23 M	4 00:52:24	05:30	01:24:20
62	83	Hugo Martins	Valongo	M40	14 00:54:16	05:31	01:24:27
63	86	Pedro Pereira	Bvortigosa	SEN M	29 00:53:32	05:31	01:24:42
64	189	Frederico Carreira	AC Batalha	SEN M	30 00:52:29	05:33	01:24:59
65	40	Andre Crespo	Rota dos Videiros	SEN M	31 00:54:12	05:32	01:25:06
66	102	Francisco Ferreira	ADRM	M50	4 00:54:04	05:34	01:25:21
67	105	Nuno José	ADRM	SEN M	32 00:54:42	05:34	01:25:23
68	62	Pedro Rodrigues	Clube Veteranos do Lis	M50	5 00:54:14	05:34	01:25:25
69	215	Ezequiel Reis		SEN M	33 00:54:29	05:34	01:25:28
70	53	Micael Rodrigues	Grupo Alegre Unido Bajouca	SEN M	34 00:55:06	05:35	01:25:42
71	210	Jose Rato	CCRD BURINHOSA	M60	3 00:54:18	05:36	01:25:48
72	235	Nuno Ferreira	CPR. A-do-Barbas	M40	15 00:55:10	05:36	01:25:49
73	175	Rui Isidoro	A. R. Meirinhas	M40	16 00:55:14	05:36	01:25:53
74	128	Rui Vicente	RÓÓDINHAS Santos Silva / Oxygen Gym & Fitness	SEN M	35 00:53:13	05:36	01:25:56
75	177	António Reis	EXPOFAT	M50	6 00:54:56	05:36	01:25:59
76	133	Pedro Vale Da Serra	A. C. S. Mamede	SEN M	36 00:55:08	05:37	01:26:11
77	126	Daniel Silva	RÓÓDINHAS Santos Silva / Oxygen Gym & Fitness	SEN M	37 00:54:46	05:38	01:26:18
78	143	Rui Pereira		M60	4 00:55:02	05:38	01:26:24
79	135	Rui Prazeres	A. C. S. Mamede	M40	17 00:55:57	05:39	01:26:39
80	191	João Santos	Eu Arda	SEN M	38 00:54:58	05:40	01:26:50
81	87	João Costa	Dá-lhe Gás Team	SEN M	39 00:55:02	05:40	01:26:57
82	7	Joaquim Santos	Noticias de Colmeias Atletismo	M45	10 00:54:30	05:41	01:27:02
83	48	Diogo Lisboa	Free Runners	SEN M	40 00:56:26	05:41	01:27:06
84	76	Frederico Neves	Ama(dores) Trail Team /ACRU	SEN M	41 00:56:02	05:41	01:27:11
85	9	Guilherme Bento	Noticias de Colmeias Atletismo	M45	11 00:55:33	05:42	01:27:22
86	73	Miguel Lopes	rusty team	SEN M	42 00:56:15	05:42	01:27:22
87	81	Luis Oliveira	Figueira Kayak Clube	SEN M	43 00:56:12	05:42	01:27:27
88	22	Virgílio Alberto	Grupo Alegre Unido Bajouca	M50	7 00:55:54	05:43	01:27:40

Lugar	Dorsal	Nome	Equipa	Escalão	10 Km	Ritmo	Tempo
89	20	André Fernandes	Grupo Alegre Unido Bajouca	M40	18 00:55:56	05:43	01:27:40
90	217	Nelson Sousa	GAC- Grupo Atletismo da Caranguejeira	M40	19 00:55:27	05:44	01:27:48
91	186	José Maçarria	Maresia Bar Figueira da Foz	M55	2 00:55:47	05:44	01:27:53
92	257	Claudia Torres	CCRD BURINHOSA	SEN F	2 00:56:35	05:45	01:28:06
93	85	António Silvino	A ENERGIA DA CORRIDA	M55	3 00:56:54	05:45	01:28:08
94	196	Filipe Moreira	Porto de Mós a Correr	M40	20 00:57:27	05:46	01:28:23
95	98	Carina Matias	CA Barreira	SEN F	3 00:56:31	05:47	01:28:30
96	61	Diogo Ferreira	Clube Veteranos do Lis	SEN M	44 00:55:41	05:46	01:28:32
97	15	Carlos Marques	Grupo Alegre Unido Bajouca	M40	21 00:57:20	05:51	01:29:40
98	255	Ruben Beata		SEN M	45 00:57:59	05:51	01:29:45
99	51	Sérgio Ponte		SEN M	46 00:56:37	05:51	01:29:50
100	129	Luís Reis	RÓÓDINHAS Santos Silva / Oxygen Gym & Fitness	M55	4 00:56:56	05:52	01:29:53
101	240	Carla Leite	Clube SEM	F45	1 00:56:39	05:52	01:29:58
102	27	Nelson Santos	CP CMP	M45	12 00:57:57	05:54	01:30:24
103	194	Emanuel Lopes	Porto de Mós a Correr	M40	22 00:56:49	05:57	01:31:14
104	25	Filipe Santos	CP CMP	SEN M	47 00:59:09	05:58	01:31:32
105	37	Nuno Fabião		M40	23 00:58:38	05:58	01:31:40
106	137	Daniel Delgado	TWOPIKAS	SUB23 M	5 00:57:39	05:59	01:31:43
107	100	António Carreira	ADRM	M45	13 00:59:01	05:59	01:31:45
108	202	Anibal Silva	CCRD BURINHOSA	M55	5 00:58:08	06:00	01:31:56
109	176	Filipe Neves	EXPOFAT	M45	14 00:58:09	06:01	01:32:10
110	35	João Costa	Rota dos Vidoeiros	SEN M	48 00:59:11	06:01	01:32:19
111	50	Diogo José		SEN M	49 00:59:24	06:01	01:32:24
112	193	Diogo Cunha	RÓÓDINHAS Santos Silva / Oxygen Gym & Fitness	SEN M	50 00:59:01	06:02	01:32:25
113	111	Marc Gandra	RÓÓDINHAS Santos Silva / Oxygen Gym & Fitness	SEN M	51 00:59:01	06:01	01:32:25
114	256	Carlos Pinto		M50	8 00:58:54	06:02	01:32:33
115	190	Carlos Gomes		M40	24 00:58:30	06:03	01:32:38
116	181	Glória Serrazina	CRP Ribafria	F60	1 00:58:58	06:03	01:32:42
117	23	Frederico Sismeiro	Noticias de Colmeias Atletismo	M45	15 00:59:19	06:03	01:32:53
118	42	Vítor Martins		SEN M	52 00:59:46	06:04	01:33:13
119	157	Sofia Ligeiro	AC Batalha	F40	1 00:59:15	06:05	01:33:14
120	197	Filipe Oliveira	Porto de Mós a Correr	SEN M	53 00:57:56	06:05	01:33:15
121	12	Ana Oliveira	Figueira Kayak Clube	SEN F	4 01:00:43	06:09	01:34:16
122	114	Arménio Vicêncio	GT Running	SEN M	54 01:00:21	06:09	01:34:23
123	233	Rui Manuel Pascoal Neves	CSCRFCHARNECA	SEN M	55 01:01:02	06:10	01:34:35
124	36	Gonçalo Ferreira	A. R. Meirinhas	SEN M	56 01:01:08	06:11	01:34:53
125	174	João Mateus	URD Juncalense	SEN M	57 01:00:28	06:14	01:35:37
126	206	Paulo Duarte	CCRD BURINHOSA	M50	9 00:59:18	06:17	01:36:24
127	225	André Lopes	Regueira de Pontes	SEN M	58 00:59:48	06:18	01:36:37
128	188	Pedro Pereira		SEN M	59 01:01:22	06:19	01:36:50
129	227	Carlos António Mota Longo Da Conceição	CSCRFCHARNECA	M45	16 00:59:24	06:19	01:36:53
130	67	Manuel Carreira	Clube Veteranos do Lis	M60	5 01:04:00	06:21	01:37:22
131	192	Fábio Morgado		SEN M	60 01:01:43	06:21	01:37:27
132	228	Miguel Ângelo Duarte Das Neves Matias	CSCRFCHARNECA	M40	25 01:02:49	06:23	01:37:49

Lugar	Dorsal	Nome	Equipa	Escalão	10 Km	Ritmo	Tempo
133	204	Carmen Almeida	CCRD BURINHOSA	SEN F	5	01:03:05	06:23 01:37:55
134	21	Ramiro Rodrigues	Grupo Alegre Unido Bajouca	M60	6	01:03:10	06:24 01:37:59
135	8	Renato Alexandre		SEN M	61	01:03:17	06:26 01:38:39
136	140	Alfredo Gaspar	GRVilaverdense	SEN M	62	01:03:05	06:27 01:38:50
137	156	Maria Alexandra Maia	GRVilaverdense	F40	2	01:02:54	06:27 01:38:50
138	65	José Martins	Clube Veteranos do Lis	M50	10	01:03:19	06:28 01:39:06
139	124	Rui Gameiro	A. R. Meirinhas	M40	26	01:02:59	06:28 01:39:08
140	168	Tiago Rodrigues	A. R. Meirinhas	SEN M	63	01:02:57	06:28 01:39:08
141	136	Luís Miguel Bernardo	TWOPIKAS	M45	17	01:03:56	06:28 01:39:08
142	32	Porfirio Maduro		M45	18	01:03:20	06:28 01:39:09
143	165	Marco Murgeiro	LAMA SOLTA	SEN M	64	01:03:50	06:28 01:39:10
144	183	Dalila Pereira	Peniche a Correr	SEN F	6	01:02:45	06:28 01:39:11
145	203	Nuno Lorvao	CCRD BURINHOSA	M45	19	00:59:40	06:29 01:39:12
146	74	Ricardo Ruas	A. R. Meirinhas	M40	27	01:03:44	06:28 01:39:17
147	118	Adriana Cabecinhas	OCR POLICE TEAM	SEN F	7	01:03:40	06:29 01:39:19
148	145	Carlos Coelho	TWOPIKAS	SEN M	65	01:03:57	06:30 01:39:37
149	55	Virginia Simoes	Noticias de Colmeias Atletismo	F40	3	01:03:06	06:31 01:39:51
150	63	Paula Rodrigues	Clube Veteranos do Lis	F45	2	01:03:06	06:31 01:39:52
151	64	Antero Rodrigues	Clube Veteranos do Lis	M45	20	01:04:00	06:32 01:39:59
152	226	Nuno Santos	CSCRFCHARNECA	M40	28	01:04:39	06:35 01:40:52
153	82	Jorge Galhispo	GAC- Grupo Atletismo da Caranguejeira	M45	21	01:05:50	06:36 01:41:01
154	132	Luis Mendes	Ansião	SEN M	66	01:04:27	06:36 01:41:17
155	131	Pedro Natario	Ansião	M40	29	01:04:34	06:37 01:41:18
156	130	Luis Marques	LAMA SOLTA	SEN M	67	01:04:27	06:36 01:41:18
157	75	Carlos Miguel Leal		SEN M	68	01:04:23	06:37 01:41:31
158	258	Tânia Vieira		SEN F	8	01:03:51	06:37 01:41:32
159	223	Vítor Ferreira	Porto de Mós a Correr	M40	30	01:03:19	06:38 01:41:32
160	144	Orlando Ferreira		SEN M	69	01:03:23	06:38 01:41:41
161	232	Virginia Margarida Sintra	CSCRFCHARNECA	SEN F	9	01:06:07	06:38 01:41:53
162	108	João Menino		SEN M	70	01:06:17	06:38 01:41:53
163	180	Marco Dionisio	Rota dos Vidoeiros	SEN M	71	01:05:46	06:39 01:42:10
164	125	João Fernandes	Bora lá vizinho	M40	31	01:04:02	06:40 01:42:11
165	141	Leonel Pinto	Bora lá vizinho	M40	32	01:04:05	06:40 01:42:12
166	239	Vanessa Santos	CA Barreira	SEN F	10	01:03:15	06:40 01:42:16
167	238	Nuno Dias	CA Barreira	M40	33	01:03:15	06:41 01:42:16
168	99	Maria Do Rosário Lourenço		F45	3	01:05:48	06:45 01:43:20
169	209	Octavio Mariano	CCRD BURINHOSA	M45	22	01:06:15	06:45 01:43:25
170	241	Jose Lages		M55	6	01:06:30	06:45 01:43:32
171	138	Nelson Jorge		M45	23	01:03:46	06:45 01:43:32
172	109	Delio Pascoal		SEN M	72	01:03:42	06:45 01:43:32
173	77	Énio Mota	A. R. Meirinhas	SEN M	73	01:05:37	06:50 01:44:58
174	71	Mónica Ferreira	FITEAM	SEN F	11	01:09:03	06:49 01:44:59
175	121	David Mota	A. R. Meirinhas	M40	34	01:05:38	06:50 01:44:59
176	88	Marília Pedro		SEN F	12	01:07:58	06:51 01:45:00

Lugar	Dorsal	Nome	Equipa	Escalão	10 Km	Ritmo	Tempo
177	198	Telmo Oliveira	Porto de Mós a Correr	M40	35 01:07:56	06:53	01:45:31
178	229	Pascoal Duarte Oliveira	CSCRFCHARNECA	M45	24 01:09:05	06:53	01:45:40
179	16	Tomé Fernandes	Grupo Alegre Unido Bajouca	M40	36 01:04:58	06:55	01:45:55
180	46	Jorge Crespo		M55	7 01:05:53	06:54	01:45:56
181	41	Florian Gaspar		SEN M	74 01:07:49	06:58	01:46:55
182	139	Marina Barroca	LAMA SOLTA	SEN F	13 01:07:39	06:59	01:46:56
183	184	Joni Gaspar		SEN M	75 01:07:13	06:59	01:46:59
184	103	Isaac Fiúza	ADRM	SEN M	76 01:07:18	06:59	01:47:08
185	97	Carmen Silva	CA Barreira	F45	4 01:11:14	07:11	01:50:07
186	38	Filomena Carvalho		F40	4 01:11:14	07:11	01:50:07
187	90	Leandro Santos		M60	7 01:09:43	07:12	01:50:18
188	213	João Reis		SUB23 M	6 01:07:54	07:15	01:51:11
189	187	Paulo Jose Costa		M50	11 01:12:15	07:17	01:51:52
190	19	Anabela Fernandes	Grupo Alegre Unido Bajouca	F45	5 01:10:39	07:21	01:52:38
191	91	Pedro Santos	Noticias de Colmeias Atletismo	M45	25 01:12:01	07:21	01:52:39
192	171	Sílvio Roda		M40	37 01:11:15	07:23	01:53:25
193	231	Bruno Miguel Ferreira Simões Lima	CSCRFCHARNECA	SEN M	77 01:07:51	07:25	01:53:33
194	11	Andreia Dias	Figueira Kayak Clube	SEN F	14 01:11:41	07:25	01:53:35
195	110	Daniela Faustino	AC Batalha	SEN F	15 01:12:21	07:25	01:53:42
196	195	António Alves	Porto de Mós a Correr	M45	26 01:11:24	07:25	01:53:52
197	66	Ana Martins	Clube Veteranos do Lis	F50	1 01:13:55	07:30	01:54:49
198	101	Daniela Sousa	ADRM	SEN F	16 01:14:05	07:29	01:54:53
199	149	Adélia Santos		F40	5 01:12:00	07:30	01:55:01
200	152	Ana Filipa		SUB23 F	1 01:12:28	07:32	01:55:34
201	58	Tânia Gaspar	Clube Veteranos do Lis	SEN F	17 01:13:55	07:33	01:55:41
202	120	Claudio Ribeiro	Noticias de Colmeias Atletismo	M40	38 01:13:32	07:35	01:56:10
203	211	Fausto Cardoso		M55	8 01:11:46	07:35	01:56:22
204	153	Pedro Coelho		M40	39 01:12:46	07:36	01:56:29
205	201	Andreia Inácio	Porto de Mós a Correr	SEN F	18 01:12:22	07:37	01:56:40
206	92	Ana Bento	Noticias de Colmeias Atletismo	F40	6 01:14:37	07:37	01:56:47
207	159	Pedro Bonita	Pé na Pinha	M50	12 01:15:16	07:38	01:57:08
208	220	Rui Neto	Free Runners	M40	40 01:16:31	07:47	01:59:26
209	214	Joao Correia		SEN M	78 01:14:34	07:54	02:01:11
210	52	Marisa Laranjeiro	Ama(dores) Trail Team /ACRU	SEN F	19 01:14:24	07:59	02:02:23
211	163	Guilherme Ferreira		SEN M	79 01:18:26	08:00	02:02:36
212	151	Neuza Monteiro		SEN F	20 01:17:52	08:00	02:02:40
213	119	Sónia Monteiro	AC Batalha	F40	7 01:17:10	08:01	02:02:56
214	185	Tânia Gaspar		SEN F	21 01:17:53	08:01	02:02:59
215	167	Sabrina Sintra		SEN F	22 01:17:55	08:01	02:03:02
216	230	Arlindo De Jesus Oliveira Jesus Oliveira	CSCRFCHARNECA	M50	13 01:19:21	08:02	02:03:11
217	18	Célia Arneiro	Grupo Alegre Unido Bajouca	F45	6 01:14:24	08:03	02:03:28
218	79	Manuel Dos Santos	Quinta Guadalupe Eventos	SEN M	80 01:14:08	08:10	02:05:15
219	80	Tomás Carvalho	Quinta Guadalupe Eventos	SEN M	81 01:14:08	08:10	02:05:15
220	200	Pedro Ferreira	Porto de Mós a Correr	M40	41 01:19:18	08:14	02:06:17

Lugar	Dorsal	Nome	Equipa	Escalão	10 Km	Ritmo	Tempo	
221	142	Firmino Fonseca	Maximianos	M40	42	01:21:31	08:36	02:11:55
222	221	Anibal Luis	Borinhas	M60	8	01:22:21	08:38	02:12:21
223	43	Neusa Fernandes	FITEAM	F40	8	01:24:25	08:55	02:16:45
224	44	Paulo Rodrigues	FITEAM	M45	27	01:24:22	08:55	02:16:46
225	84	Filipe Nascimento	Valongo	SUB23 M	7	01:23:34	08:57	02:17:02
226	60	José Carreira	Clube Veteranos do Lis	M60	9	01:22:33	08:58	02:17:20
227	260	José Santos		M60	10	01:24:01	08:59	02:17:42
228	234	Helena Marisa Ruivo Coelho Lopes	CSCRFCHARNECA	F45	7	01:26:43	09:01	02:18:10
229	113	Bárbara Amado	GT Running	SEN F	23	01:29:23	09:17	02:22:18
230	222	Maria Simoes	Borinhas	F55	1	01:35:03	09:40	02:28:09