



III Trail de Almeirim

Trail de Almeirim

Na Rota do Vinho e da Sopa da Pedra

19 de Março de 2017

A20KM Trail Running Team

Chrono.pt



Trail Curto

18 Km

Pos.	Dor.	Nome	Clube	Cat.	Pos. Cat.	Parcial	Tempo	T/Km.	Dif.
1	1084	Pedro Manuel Martins Pinheiro	TRILHO PERDIDO EVENTOS	M40	1	1:07:42	1:28:40.77	04:56	
2	1342	ANTÓNIO ALMEIDA	CASA DO BENFICA EM ABRA	SM	1	1:07:42	1:29:20.40	04:58	0:00:39
3	1285	Emanuel Alexandre Custódio Mac	DAP Trail Team	SM	2	1:09:42	1:31:30.70	05:05	0:02:50
4	1192	Miguel António Vicente Ribeiro	Trilho Perdido Eventos / Importu	SM	3	1:09:58	1:31:59.22	05:07	0:03:18
5	1343	Carlos Manuel Rasteiro Bárbara	FERREIRA & BÁRBARALDA.	SM	4	1:09:28	1:32:14.11	05:07	0:03:33
6	1225	João Carlos augusto Fernandes	Zona alta	SM	5	1:10:20	1:33:46.22	05:13	0:05:05
7	1175	Pedro Gomes		M40	2	1:09:40	1:35:03.44	05:17	0:06:22
8	1082	Marcio Fernando Pinto Monteiro	ADNRunner	SM	6	1:09:57	1:35:10.78	05:17	0:06:30
9	1102	Ivo Tomé Zibaia Inácio	pace.makers	SM	7	1:10:14	1:35:18.87	05:18	0:06:38
10	1338	Roberto Miguel Rodrigues		SM	8	1:11:56	1:36:53.74	05:23	0:08:13
11	1189	Florianio Guerreiro da Silva	AMINHACORRIDA/MYPROTE	SM	9	1:10:57	1:37:10.69	05:24	0:08:30
12	1339	Paulo Alexandre de Andrade Jeróni	FAM 2 RUN	M45	1	1:12:59	1:40:28.53	05:35	0:11:48
13	1149	Pedro Clemente	SS CGD	SM	10	1:14:44	1:40:54.81	05:36	0:12:14
14	1258	David Gil de Jesus	pace.makers	M50	1	1:13:46	1:41:47.85	05:39	0:13:07
15	1295	Jose freitas da silva	Pato bravo—fisio massagem	M55	1	1:14:02	1:41:58.42	05:40	0:13:17
16	1350	Sandro Jordão	Roodinhas - Santos Silva / Oxyge	SM	11	1:14:31	1:42:36.09	05:42	0:13:55
17	1157	Gonçalo Roque	Chester's Team	M40	3	1:16:56	1:44:11.20	05:47	0:15:30
18	1246	Rui Loureiro	A20KM – Desportos de Montanh	SM	12	1:17:07	1:44:12.40	05:47	0:15:31
19	1072	luis miguel carvalho neves	marinhais ac	SM	13	1:17:10	1:44:46.45	05:49	0:16:05
20	1375	Pedro Miguel Cardoso Cordeiro	pcordeiros@gmail.com	M50	2	1:16:58	1:45:06.40	05:50	0:16:25
21	1043	João Paulo Oliveira Nepomuceno	Ciáticos Team	M40	4	1:16:46	1:45:12.82	05:51	0:16:32
22	1360	Fábio Fontoura	U.F. Comércio e Indústria	SM	14	1:06:12	1:46:10.06	05:54	0:17:29
23	1365	José Vital	CIAIA	M50	3	1:17:54	1:46:16.52	05:54	0:17:36
24	1234	Paulo Alexandre da Costa Simões		M45	2	1:17:30	1:46:32.59	05:55	0:17:52
25	1029	Joel Pardal Gomes		M40	5	1:17:22	1:46:32.84	05:55	0:17:52
26	1346	Jose Pedro Rosa	Clube Desportivo em Movimento	M40	6	1:17:08	1:46:51.00	05:56	0:18:10
27	1347	Filipe Manuel Freitas Runa		SM	15	1:17:07	1:46:51.03	05:56	0:18:10
28	1245	João Mota	A20KM – Desportos de Montanh	M40	7	1:17:24	1:47:32.50	05:59	0:18:52
29	1074	Belmiro António Venda Pinto	SPORT CLUB DESPORTOS GI	M45	3	1:18:29	1:47:36.73	05:59	0:18:56
30	1374	Nuno Melicio	nuno_sa82@hotmail.com	SM	16	1:16:56	1:47:37.38	05:59	0:18:56
31	1165	João Miguel Pimenta Rita	Grupo Desportivo da Parreira	SM	17	1:17:09	1:47:40.08	05:59	0:18:59
32	1096	Filipe Alexandre Duarte Perera		SM	18	1:17:04	1:47:53.08	06:00	0:19:12
33	1341	Helder Manuel Moringa Silva	Trilho Perdido/Eventos/Importlux	M45	4	1:17:47	1:48:13.11	06:01	0:19:32
34	1097	Miguel Ângelo da Silva Gualdino	COAC Coruche	SM	19	1:18:22	1:48:35.88	06:02	0:19:55
35	1058	Vitor Manuel Bento Lopes		M50	4	1:17:20	1:48:43.52	06:02	0:20:03
36	1027	Gonçalo José Freilão Águas		SM	20	1:17:56	1:49:12.71	06:04	0:20:32
37	1064	Bruno António Neves de Sousa	OCR Portugal	M40	8	1:17:22	1:49:37.80	06:05	0:20:57
38	1242	Vinicius Dias	CAOB- Clube de Atletismo de Ó	S23M	1	1:19:05	1:49:40.18	06:06	0:20:59
39	1277	Pedro Tiago Palma Rodrigues		SM	21	1:18:51	1:50:27.45	06:08	0:21:46
40	1037	jorge manuel felizardo barra soare o praticante.pt		S23M	2	1:18:51	1:51:28.22	06:12	0:22:47
41	1174	Nuno Manuel da Cunha Pereira	Clube Ogma	M40	9	1:17:29	1:52:16.21	06:14	0:23:35
42	1099	José Freitas	Associação de Atletismo Lebres c	M55	2	1:19:07	1:52:24.85	06:15	0:23:44
43	1030	Jorge Ferreira	Sport Club Desportos Glória do F	M45	5	1:18:29	1:52:52.24	06:16	0:24:11
44	1232	Sergio Fernando Antunes Ramos	kaninos	M40	10	1:17:34	1:53:03.21	06:17	0:24:22
45	1033	Rogério Paulo Gomes Rodrigues	Lusco-Fusco Runners	SM	22	1:18:14	1:53:12.39	06:17	0:24:31
46	1197	Daniel Alexandre Ribeiro Correia		SM	23	1:20:08	1:55:15.77	06:24	0:26:35
47	1114	Pedro Fogueteiro	"C.D. Os Águias"" de Alpiarça""	M40	11	1:21:05	1:55:47.43	06:26	0:27:06

48	1039	Ricardo José Barbosa Pereira	Clube OGMA	M40	12	1:22:55	1:55:49.12	06:26	0:27:08
49	1083	Alfredo Miguel da Silva Gualdino	COAC Coruche	SM	24	1:24:46	1:56:18.30	06:28	0:27:37
50	1266	alvaro manuel delgado augusto	tartarugas do alviela	M40	13	1:22:06	1:56:32.36	06:28	0:27:51
51	1372	Luis Nobre	nb.luisnobre@mail.telepac.pt	M45	6	1:21:03	1:56:35.89	06:29	0:27:55
52	1205	JOAO ANDRE	SR. CAMARNAL	SM	25	1:21:22	1:56:37.09	06:29	0:27:56
53	1110	Joaquim Martins	Clube de Atletismo Odimarq	M50	5	1:22:19	1:56:54.01	06:30	0:28:13
54	1274	Clife Gil de Frias Pedro		SM	26	1:20:27	1:58:18.45	06:34	0:29:37
55	1357	José Carlos Fernandes	Individual	M45	7	1:21:02	1:58:19.79	06:34	0:29:39
56	1345	João Paulo Rodrigues Martins	VaiCSS Pinhal de Frades	SM	27	1:21:48	1:58:26.93	06:35	0:29:46
57	1301	Vitor Fernando Nunes Pereira	Individual	M55	3	1:21:44	1:59:14.25	06:37	0:30:33
58	1269	Dinis Pedralva Joaquim		M40	14	1:22:55	1:59:23.59	06:38	0:30:43
59	1150	Francisco Seoane Condeço Bento		SM	28	1:23:57	1:59:58.48	06:40	0:31:17
60	1065	André Miguel Lino Alves	ConquistaDores	SM	29	1:23:42	1:59:58.53	06:40	0:31:18
61	1290	Joao luis lopes simoes	ARSM- Associação Recreativa d	SM	30	1:21:13	2:00:06.05	06:40	0:31:25
62	1327	VICTOR MENENDEZ-SAMPIL	C.D. ESPORTATE BIKILA AST	M55	4	1:21:51	2:00:15.90	06:41	0:31:35
63	59	Antonio Jose Pombo de Almeida	NUCLEO DESPORTIVO AUTC	M50	6	1:20:48	2:00:44.46	06:42	0:32:03
64	1207	Samuel Filipe Brites Mendes Pedr	Individual	SM	31	1:22:12	2:01:20.34	06:44	0:32:39
65	1260	David Marques		SM	32	1:22:21	2:01:46.51	06:46	0:33:06
66	1056	Carlos Manuel Navalho Isidro	cem quedas	M45	8	1:24:45	2:02:24.42	06:48	0:33:43
67	1353	Cláudio Figueiredo Madruga	Individual	M45	9	1:24:47	2:02:55.67	06:50	0:34:15
68	1209	Sérgio Paulo Caetano Mendes		M45	10	1:25:24	2:03:00.25	06:50	0:34:19
69	1287	Luís Miguel Fernandes Rodrigues	Gin. Qtª do Valbom - AAAAlcoche	SM	33	1:22:38	2:03:08.39	06:50	0:34:27
70	1204	Fernando Manuel de Sousa Ferrei	Talentos Team	M60	1	1:25:57	2:03:10.11	06:51	0:34:29
71	1148	José Luís Nunes Mendes A. Lopes	Individual	M40	15	1:27:02	2:03:14.79	06:51	0:34:34
72	1049	João Pedro Ribeiro Alves		SM	34	1:24:31	2:04:06.32	06:54	0:35:25
73	1073	Roberto Manuel Monteiro	SPORT CLUB DESPORTOS GI	M40	16	1:24:31	2:04:07.14	06:54	0:35:26
74	1248	Marco Madeira	A20KM – Desportos de Montanh	SM	35	1:25:46	2:04:07.47	06:54	0:35:26
75	1085	José António dos Santos Almeida	individual	M40	17	1:23:24	2:05:38.14	06:59	0:36:57
76	1081	Mário Paulo Nogueira Rosa	TagusEnergy	M40	18	1:26:14	2:06:23.65	07:01	0:37:43
77	1373	José Nobre	ze.pedro.nobre@hotmail.com	SM	36	1:24:49	2:07:29.96	07:05	0:38:49
78	1236	Jean Passos	Kwanko Runners	SM	37	1:27:54	2:07:31.13	07:05	0:38:50
79	1356	NUNO MANUEL SOUSA BARACOA -	Clube de Orientação e Av	M40	19	1:25:54	2:07:31.43	07:05	0:38:50
80	1253	Antonietta Sá	A20KM – Desportos de Montanh	F50	1	1:27:44	2:07:44.74	07:06	0:39:04
81	1115	Antonio Gonçalves		M55	5	1:26:47	2:08:22.81	07:08	0:39:42
82	1159	Nuno Tiago	Pace.Makers	M40	20	1:27:01	2:08:33.26	07:09	0:39:52
83	1169	Sara de Almeida Gonçalves		SF	1	1:27:00	2:08:37.56	07:09	0:39:57
84	1238	Lenia Silva	100 esTRILHOS	F40	1	1:28:26	2:08:47.11	07:09	0:40:06
85	1243	Duarte Santos	CAOB- Clube de Atletismo de Ól	S23M	3	1:29:50	2:09:02.49	07:10	0:40:21
86	1108	Teresa Bemfeita	Trilho Perdido Eventos/Imporlux	SF	2	1:29:13	2:09:04.39	07:10	0:40:23
87	11	Ricardo Filipe da Silva Nunes Cor	"C.D.Os Águias"" Trail/Running'	SM	38	1:28:26	2:09:04.73	07:10	0:40:24
88	1046	Nuno Filipe Baptista Vital		SM	39	1:28:06	2:09:05.98	07:10	0:40:25
89	1334	João Filipe Rodrigues Aleixo	"C.D.Os Águias"" de Alpiarça""	SM	40	1:28:07	2:09:22.91	07:11	0:40:42
90	1359	Vanda Maria Zambujo Matias	Cartaxo Night Runners	F45	1	1:28:55	2:09:23.01	07:11	0:40:42
91	1152	Sérgio Alberto Pepino d' Oliveira	pace.makers	M40	21	1:27:58	2:09:40.00	07:12	0:40:59
92	1326	Daniel Luis	SAS-Bikes_Ponte Sor	SM	41	1:25:52	2:09:51.15	07:13	0:41:10
93	1241	Antonio Agostinho Alves Mirand	CAOB- Clube de Atletismo de Ól	M60	2	1:31:33	2:09:53.71	07:13	0:41:13
94	1151	Nelson Manuel Rosado Soares Ar	BeFitness	M40	22	1:26:00	2:09:55.37	07:13	0:41:14
95	1213	Helder Fernando Martins Rebelo	Talentos team	M50	7	1:26:56	2:10:16.98	07:14	0:41:36
96	1332	Salvador Correa de Oliveira		SM	42	1:27:58	2:10:29.80	07:15	0:41:49
97	1318	Jose Luis Carvalho da Silva Leal	marinhais ac	M40	23	1:28:05	2:10:30.14	07:15	0:41:49
98	1325	Rui Manuel Da Silva Matos	Individual	M50	8	1:27:55	2:10:43.94	07:16	0:42:03
99	1303	Frederico da Fonseca Sismeiro	Os Intocáveis	M40	24	1:30:22	2:10:45.07	07:16	0:42:04
100	1066	Inês Isabel Grácio Almeida	ConquistaDores	SF	3	1:29:18	2:11:09.52	07:17	0:42:29
101	1377	Pedro Alexandre Pinto Silva	elluze@gmail.com	SM	43	1:22:39	2:11:59.85	07:20	0:43:19
102	1296	Eurico Miguel Dimas Marçal	Coruche Runners	SM	44	1:30:12	2:12:00.80	07:20	0:43:20
103	1230	Paulo Quaresma	Veteranos de Massamá	M60	3	1:31:32	2:12:04.65	07:20	0:43:24
104	1366	Manuel Julio	manuelrjulio@gmail.com	M55	6	1:28:28	2:12:15.07	07:21	0:43:34
105	1153	Luís Miguel Condeço Garcia Bran	"C.D. Os Aguias"" de Alpiarça""	M40	25	1:33:24	2:12:28.81	07:22	0:43:48
106	1164	Pedro Miguel Figueiredo Alfaiate	Borrego	M40	26	1:28:29	2:12:32.31	07:22	0:43:51
107	1351	Rui Freitas	SAVE TIBET	SM	45	1:26:56	2:12:48.54	07:23	0:44:08
108	1328	Mario Monteiro	100 esTRILHOS	M50	9	1:31:34	2:13:25.28	07:25	0:44:44

109	1278	Armindo de Jesus Santos	Individual	M45	11	1:26:18	2:13:27.63	07:25	0:44:47
110	1023	Pedro Silva	pace.makers	SM	46	1:30:23	2:13:28.73	07:25	0:44:48
111	1107	Carlos Manuel Lopes Garcia	GARSAL	M55	7	1:32:06	2:14:12.61	07:27	0:45:32
112	1187	Nuno Manuel Ferreira Granadas	Tough Trails Alenquer	SM	47	1:32:08	2:14:39.15	07:29	0:45:58
113	1369	Nuno Major		SM	48	1:28:27	2:14:40.11	07:29	0:45:59
114	1219	Rui Jorge Bispo Amador	Gang do Amendoim	M40	27	1:32:06	2:15:38.75	07:32	0:46:58
115	1090	Paulo Jose Ferreira Silva		M45	12	1:25:05	2:15:40.56	07:32	0:47:00
116	1237	João Pedro Paulino da Costa	C.D. Águias de Alpiarça	SM	49	1:31:15	2:16:00.49	07:33	0:47:19
117	1221	Paulo Nicolau	GDA-GyDARun	M45	13	1:34:04	2:16:20.26	07:34	0:47:39
118	1355	Amílcar Miguel Morais Fernandes GyDARun		M40	28	1:33:20	2:16:32.68	07:35	0:47:52
119	1182	João Miguel Cocharro		M40	29	1:28:28	2:17:01.57	07:37	0:48:21
120	1198	Carlos Alexandre Frois Rodrigues "C.D.Os Águias"" de Alpiarça""		M45	14	1:32:22	2:17:56.18	07:40	0:49:15
121	1022	telmo de jesus santo corria	indeividual	M40	30	1:31:49	2:17:56.25	07:40	0:49:15
122	1330	Sérgio Sota		M45	15	1:32:00	2:18:02.55	07:40	0:49:22
123	1155	Jorge Duarte	Chester's Team	M40	31	1:28:19	2:18:09.27	07:41	0:49:28
124	1117	Rogério Paulo Alves Lopes		SM	50	1:33:53	2:18:20.54	07:41	0:49:40
125	1059	Rui Filipe Pereira Lopes		SM	51	1:28:02	2:19:04.32	07:44	0:50:23
126	1129	Miguel Fonseca	Mercedes-Benz Team	M45	16	1:33:19	2:19:12.14	07:44	0:50:31
127	1154	JULIO PARREIRA	Chester's Team	M60	4	1:33:24	2:19:14.77	07:44	0:50:34
128	1348	Sónia Almeida	Gydarun	F40	2	1:33:20	2:19:33.70	07:45	0:50:53
129	1055	Henrique Simão	individual	M40	32	1:33:27	2:19:34.38	07:45	0:50:53
130	1184	DORA SOFIA DA CUNHA SIMOES		F40	3	1:33:25	2:19:41.88	07:46	0:51:01
131	1284	Vasco Pinto	A20 Km - Desportos Montanha	M40	33	1:33:55	2:20:17.29	07:48	0:51:36
132	1113	Dora Simao		F40	4	1:33:59	2:20:21.50	07:48	0:51:41
133	1244	Mafalda Henriques		F40	5	1:34:24	2:20:35.79	07:49	0:51:55
134	1378	Carlos Alberto lopes Serras	carlosserras71@gmail.com	M45	17	1:28:14	2:20:50.81	07:49	0:52:10
135	1054	Pedro Nuno Raposo Miranda	Alverca Urban Runners	SM	52	1:32:19	2:20:54.12	07:50	0:52:13
136	1087	Carlos Manuel Marques Cardoso	GDCFA	SM	53	1:30:43	2:21:00.86	07:50	0:52:20
137	1252	Diogo Lopes	A20KM – Desportos de Montanh	SM	54	1:33:42	2:21:22.35	07:51	0:52:41
138	1294	Gonçalo Nuno Jorge Rita	Salamandrecos	SM	55	1:30:27	2:21:32.30	07:52	0:52:51
139	1216	cristina caniço	desportos de montanha	F45	2	1:33:59	2:21:36.42	07:52	0:52:55
140	1190	JOAO MANUEL DAMAS JACINCEM QUEDAS		M50	10	1:33:59	2:21:37.31	07:52	0:52:56
141	1226	carlos pifarety	desportos de montanha	M45	18	1:33:59	2:21:43.40	07:52	0:53:02
142	1141	Hugo Santos	Falcões Selvagens	M40	34	1:33:55	2:22:08.70	07:54	0:53:28
143	1320	Avô Laticas	Scalabis Night Runners	M55	8	1:33:27	2:22:10.63	07:54	0:53:30
144	1259	Maria João Cardoso Carneiro de J	pace.makers	F50	2	1:35:58	2:22:24.90	07:55	0:53:44
145	1333	Agostinho Inicência Fernandes Br	CAOB- Clube de Atletismo de Ól	M55	9	1:34:06	2:22:27.06	07:55	0:53:46
146	1311	Pedro Vilela		SM	56	1:33:19	2:22:40.92	07:56	0:54:00
147	1256	Bruno Henriques		M40	35	1:34:27	2:22:46.46	07:56	0:54:05
148	1289	Horácio Alexandre	Os Tolinhos	M55	10	1:30:20	2:22:55.77	07:56	0:54:15
149	1093	Bruno Geraldes		SM	57	1:39:04	2:23:23.20	07:58	0:54:42
150	1080	Virgílio Oliveira	A Natureza Ensina	M55	11	1:33:41	2:23:28.74	07:58	0:54:48
151	1324	Paulo Souto		M50	11	1:32:11	2:24:20.22	08:01	0:55:39
152	1292	Rafael Gonçalves Galhardo Figueiredo		M45	19	1:34:23	2:24:27.22	08:02	0:55:46
153	1240	Carla Manuela Pereira Da Silva	GDA-GyDARun	F45	3	1:35:42	2:24:53.95	08:03	0:56:13
154	1379	Sebastian Deleu		M40	36	1:32:21	2:24:55.25	08:03	0:56:14
155	1310	Mário Silva	Os Intocáveis	M45	20	1:33:49	2:24:57.14	08:03	0:56:16
156	1077	Gabriel Bonfim de Almeida		SM	58	1:29:46	2:25:15.41	08:04	0:56:34
157	1251	José Pedro Leonor	A20KM – Desportos de Montanh	SM	59	1:35:48	2:25:51.83	08:06	0:57:11
158	1028	Roberto Carlos Macedo Azevedo		SM	60	1:44:34	2:26:03.81	08:07	0:57:23
159	1231	João Santos	VEteranos de Massamá	M60	5	1:34:32	2:26:04.02	08:07	0:57:23
160	1121	Ricardo Ribeiro	Tigres dos trilhos	SM	61	1:34:29	2:27:03.72	08:10	0:58:23
161	1103	Vitor Manuel de Carvalho Franco	pace.makers	M55	12	1:36:08	2:27:10.31	08:11	0:58:29
162	1183	Ana Paula Alves Tomé	Trilho Perdido Eventos / Importu	F40	6	1:36:10	2:27:11.27	08:11	0:58:30
163	1380	Rui Pais	A20 Km - Desportos Montanha	SM	62	1:36:01	2:27:21.46	08:11	0:58:40
164	1111	Fernando Pereira		M50	12	1:33:23	2:27:37.07	08:12	0:58:56
165	1239	João Tiago Batista dos Santos	3B-S	SM	63	1:36:52	2:28:18.23	08:14	0:59:37
166	1104	Sandra Cristina Campos Pereira	TFM	F40	7	1:35:37	2:28:44.92	08:16	1:00:04
167	1208	alexandra das neves alves cabedal	cem quedas	SF	4	1:34:26	2:28:46.18	08:16	1:00:05
168	1098	Paula Salvador	3B-S	SF	5	1:40:58	2:28:47.93	08:16	1:00:07
169	1138	nadia patricia ribeiro silva	Seca Adegas Bike Team	SF	6	1:35:58	2:28:51.65	08:16	1:00:11

170	1368	Tiago da Silva Reis		SM	64	1:36:00	2:29:01.20	08:17	1:00:20
171	1255	Vasco Galão	A20KM – Desportos de Montanh	M40	37	1:34:43	2:29:03.87	08:17	1:00:23
172	1139	Rute Maria Lopes dos Santos Pere	Não fazemos nem mais... Km	F45	4	1:38:10	2:29:06.48	08:17	1:00:25
173	1171	carlos manuel madeira guerra		M45	21	1:34:24	2:29:06.78	08:17	1:00:26
174	1048	Carlos Alberto Henrique		M50	13	1:36:52	2:29:10.59	08:17	1:00:30
175	1313	Antonio Freitas		M50	14	1:38:14	2:30:25.86	08:21	1:01:45
176	1314	Maria Freitas		F50	3	1:38:13	2:30:26.31	08:21	1:01:45
177	1262	Paulo Jorge Campos Leite		M50	15	1:34:21	2:30:42.34	08:22	1:02:01
178	1263	Bernardo Manuel Confraria Leite		S23M	4	1:34:21	2:30:42.91	08:22	1:02:02
179	1156	Fernando Verissimo	Chester's Team	M55	13	1:34:32	2:30:43.27	08:22	1:02:02
180	1199	Joaquim Pinto		M40	38	1:39:01	2:31:53.30	08:26	1:03:12
181	1307	Pedro Miguel Fonseca Santos	Os Intocáveis	M40	39	1:38:23	2:32:53.00	08:30	1:04:12
182	1298	João Nuno Oliveira Ferro		SM	65	1:39:04	2:33:10.55	08:31	1:04:30
183	1193	joão manuel maia oliveira	união vet.ribeira santarém	M45	22	1:37:33	2:34:05.47	08:34	1:05:24
184	1354	Katia Margareth Teixeira de Almeida		F45	5	1:41:09	2:34:13.09	08:34	1:05:32
185	1045	André Filipe Bento Domingos		SM	66	1:36:53	2:34:44.19	08:36	1:06:03
186	112	Luís Manuel Mota de Oliveira	"C.D.Os Águias"" de Alpiarça""	M40	40	1:39:02	2:34:56.98	08:36	1:06:16
187	1370	Ricardo Manuel Ribas Sardinheiro	ricardo.sardinheiro@sumolcomp	M40	41	1:35:59	2:35:10.98	08:37	1:06:30
188	1050	almerinda santos ffrazao	individual	F55	1	1:38:09	2:35:11.37	08:37	1:06:30
189	1061	Nuno José Fernandes Lopes	Panela Mágica	SM	67	1:35:57	2:35:11.84	08:37	1:06:31
190	1143	Sérgio Joel da Silva Vinagre Russ	Panela Mágica	SM	68	1:36:02	2:35:14.72	08:37	1:06:34
191	1176	Luis Miguel Leitão Marques	Roodinhas - Santos Silva / Oxyge	M40	42	1:38:57	2:35:20.17	08:38	1:06:39
192	1293	Eva Filipa Machado Fonte		SF	7	1:38:55	2:35:20.45	08:38	1:06:39
193	1302	Filomena Maria Henriques Agostinho		F40	8	1:38:56	2:35:22.75	08:38	1:06:42
194	1286	João luis contancio tavares felguei	crosswather	M40	43	1:38:07	2:35:35.81	08:39	1:06:55
195	1363	Carlos Miguel Ribeiro de Melo		SM	69	1:35:25	2:35:54.23	08:40	1:07:13
196	1012	Marco Filipe Bastos Amado Bente	Individual	M40	44	1:30:53	2:36:28.83	08:42	1:07:48
197	1397	Gonçalo Amorim		M40	45	1:37:00	2:37:16.49	08:44	1:08:35
198	20	joao paulo almeida	kaninos	M45	23	1:38:19	2:37:18.62	08:44	1:08:38
199	1196	José António Ferreira Correia		M55	14	1:37:26	2:37:47.32	08:46	1:09:06
200	1069	Ricardo Alexandre Pinto Oliveira		SM	70	1:40:58	2:37:48.67	08:46	1:09:08
201	1305	Tatiana Iria	Primas	SF	8	1:42:02	2:37:49.94	08:46	1:09:09
202	1106	MARIA RAQUEL ROSA PRATA	CEM QUEDAS	F45	6	1:41:13	2:38:01.59	08:47	1:09:21
203	1133	Salvador Bobone	Mercedes-Benz Team	M45	24	1:40:19	2:38:03.86	08:47	1:09:23
204	1047	joao pedro fitas pratas		SM	71	1:34:36	2:38:07.20	08:47	1:09:26
205	1120	Fábio Rocha	Tigres dos trilhos	SM	72	1:36:13	2:38:31.86	08:48	1:09:51
206	1309	Mónica Pedras	Os Intocáveis	SF	9	1:41:16	2:39:10.59	08:51	1:10:30
207	1312	Hugo Oliveira	Urban Corps Family	SM	73	1:41:18	2:39:11.52	08:51	1:10:31
208	1076	José Francisco Madureira dos Santos		M50	16	1:41:41	2:39:27.72	08:52	1:10:47
209	1075	Sandra Margarida Neves Cordeiro da Silva dos Santo		F45	7	1:41:43	2:39:28.00	08:52	1:10:47
210	1195	Ana Magalhães	20 KM ALMEIRIM - DESPORT	F45	8	1:37:50	2:39:39.76	08:52	1:10:59
211	1224	José Júlio Cruz	20 KM ALMEIRIM - DESPORT	M45	25	1:38:05	2:39:40.09	08:52	1:10:59
212	1145	Helena Pires	Rail Runners	F50	4	1:41:08	2:40:07.96	08:54	1:11:27
213	1265	João Rogério Caldas Pinto	Novos Trilhos	M60	6	1:41:21	2:40:23.19	08:55	1:11:42
214	1112	Luís Filipe Calado Madeira		M45	26	1:42:18	2:40:42.14	08:56	1:12:01
215	1214	Paulo Alexandre de Oliveira Lope Alverca	Urban Runners	SM	74	1:33:49	2:42:08.90	09:00	1:13:28
216	1212	Nuno Miguel da Silva Pereira		M40	46	1:38:03	2:42:28.87	09:02	1:13:48
217	1381	Mario Miguel Conceição Monteiro	nunolopesctt@sapo.pt	M40	47	1:39:00	2:42:46.48	09:03	1:14:05
218	1095	Rui Eduardo Horta		M50	17	1:44:34	2:43:34.16	09:05	1:14:53
219	1142	Elisabete Mendes da Costa	Individual	SF	10	1:44:03	2:43:37.41	09:05	1:14:56
220	1186	Paulo José Reis Resende		SM	75	1:43:35	2:45:35.98	09:12	1:16:55
221	1147	Jorge Filipe	Rail Runners	M45	27	1:52:41	2:45:37.90	09:12	1:16:57
222	1267	Silvia Felix	ACPORTALEGRE/UTSM	F45	9	1:45:03	2:46:02.69	09:13	1:17:22
223	1070	José Pedro Carvalho Glória		M50	18	1:41:16	2:46:07.38	09:14	1:17:26
224	1040	Luis Rosa		M40	48	1:43:11	2:46:13.20	09:14	1:17:32
225	1019	Sandra Sofia da Silva Arraias	Os Arraias	SF	11	1:46:31	2:46:18.28	09:14	1:17:37
226	1018	Diogo Henrique da Silva Arraias	Os Arraias	M60	7	1:46:29	2:46:22.40	09:15	1:17:41
227	1181	Bruno Miguel de Brederode Abrai	Falcoes Selvagens	M40	49	1:46:31	2:46:22.58	09:15	1:17:42
228	1024	Maria de Lurdes Henriques	"Os Henriques""	F60	1	1:47:56	2:47:23.11	09:18	1:18:42
229	1233	Sara Cristina Carvalho Rainho		F40	9	1:47:01	2:47:25.38	09:18	1:18:44
230	1092	Carla Sequeira		SF	12	1:45:07	2:48:09.94	09:21	1:19:29

231	1308	Ana Cristina de Jesus Bento Santo Os Intocáveis	SF	13	1:42:02	2:48:14.85	09:21	1:19:34
232	1105	Tania Sousa Vieira	SF	14	1:43:42	2:49:14.63	09:24	1:20:34
233	1200	Anibal Matos Luis Borinhas	M60	8	1:41:08	2:49:20.68	09:24	1:20:40
234	1014	dora isabel farinha rodrigues	SF	15	1:46:00	2:49:31.20	09:25	1:20:50
235	1015	Paulo Miguel Parrochinha Cardoso	SM	76	1:46:00	2:49:32.18	09:25	1:20:51
236	1270	Tânia Vanessa Ladeira Cardoso Corredores Resineiros de Corgas	SF	16	1:41:11	2:50:38.09	09:29	1:21:57
237	1271	José Filipe Jota Cardoso Corredores Resineiros de Corgas	M60	9	1:41:11	2:50:39.21	09:29	1:21:58
238	1264	luis teteto Tartarugas do Alviela	SM	77	1:54:31	2:50:52.93	09:30	1:22:12
239	1126	PEDRO MIGUEL BRITES DUA Sanofi Portugal	M50	19	1:46:35	2:50:57.61	09:30	1:22:17
240	1020	HELENA ISABEL OLIVEIRA FIDALGO	F45	10	1:46:36	2:52:08.60	09:34	1:23:28
241	1160	Teresa Paula Rodrigues Aranha	F40	10	1:46:37	2:52:10.43	09:34	1:23:29
242	77	Luísa Maria Elisiário Lopes Novos Trilhos	F45	11	1:44:10	2:52:55.58	09:36	1:24:15
243	1273	Joaquim Claro Moniz Maria frufresrunners	M40	50	1:47:42	2:53:10.40	09:37	1:24:29
244	1275	Jose Neves ACPORTALEGRE/UTSM	M45	28	1:45:02	2:53:15.31	09:38	1:24:34
245	1088	Jorge Reinaldo da Silva Custódio pace.makers	M40	51	1:39:50	2:53:59.93	09:40	1:25:19
246	1306	Filipa Lima	F40	11	1:48:17	2:54:18.73	09:41	1:25:38
247	1223	antónio fidalgo desportos de montanha	M50	20	1:47:37	2:55:17.47	09:44	1:26:36
248	1222	ana isabel narciso desportos de montanha	F40	12	1:52:30	2:55:17.53	09:44	1:26:37
249	1227	Daniel Gonçalo da Silva Vital "C.D. Os Águias"" de Alpiarça""	SM	78	1:43:10	2:55:29.89	09:45	1:26:49
250	1399	Mariana Fidalgo	F40	13	1:47:35	2:56:45.09	09:49	1:28:04
251	1017	Cláudia Leocádio Veríssimo individual	F40	14	1:47:52	2:56:46.18	09:49	1:28:05
252	1297	Ana Filipa dos Santos Simões	SF	17	1:47:41	2:58:02.83	09:53	1:29:22
253	1304	Nelson Ruivo	M50	21	1:44:01	2:58:10.91	09:54	1:29:30
254	1172	Carlos Manuel Ferreira Magalhães Deixem passar os coxos	M50	22	2:00:32	2:58:11.67	09:54	1:29:31
255	1125	Antonio Serafim Marques jobrinde montes saloios	M60	10	1:48:46	2:58:44.43	09:56	1:30:03
256	1123	Helena Maria Damasio Cunha jobrinde montes saloios	F55	2	1:49:08	2:58:45.41	09:56	1:30:04
257	1163	Patricia Silva Marques dos Santos TRI-IT	SF	18	1:48:13	2:58:47.84	09:56	1:30:07
258	1078	Tânia Sofia Bernardo Graça "C. D. Os Águias"" Alpiarça""	SF	19	1:45:36	2:59:04.81	09:57	1:30:24
259	1185	Sonia manuela seguro Barreira	SF	20	1:54:01	2:59:35.58	09:59	1:30:55
260	1132	Fernando Dias Mercedes-Benz Team	M50	23	1:53:57	2:59:55.39	10:00	1:31:14
261	1016	Gonçalo E. Seródio Apolinário	SM	79	1:47:53	3:00:36.42	10:02	1:31:55
262	1202	Ana Sofia Gonçalves Sério	SF	21	1:48:12	3:00:51.35	10:03	1:32:10
263	1315	Manuel António Gonçalves Corde Tough Trails Alenquer	M40	52	1:49:10	3:01:19.48	10:04	1:32:38
264	1109	Sara Isabel da Costa Seguro Sumbala	SF	22	1:54:03	3:01:24.99	10:05	1:32:44
265	1038	MARIA FERNANDES MIRA CC KANINOS	F50	5	1:52:31	3:03:19.79	10:11	1:34:39
266	1250	Valter Madureira A20KM – Desportos de Montanh	SM	80	1:41:15	3:04:15.30	10:14	1:35:34
267	1367	Luis Rei pedro.carmo77@gmail.com	M60	11	1:31:18	3:04:16.11	10:14	1:35:35
268	1144	Rita Branco	F40	15	1:54:27	3:04:36.90	10:15	1:35:56
269	1268	Sonia Dias 100 esTRILHOS	F40	16	1:47:52	3:05:05.29	10:17	1:36:24
270	1124	Carla Fernandes Jobrinde montes saloios	SF	23	1:49:40	3:05:09.86	10:17	1:36:29
271	1288	Rúben Couto Montes Saloios	SM	81	1:49:40	3:05:12.82	10:17	1:36:32
272	1340	Teresa Maria Monteiro da Costa J FAM 2 RUN	F45	12	1:53:54	3:05:17.33	10:18	1:36:36
273	1161	Luísa Maria Moreira de Sousa Fer Deixem passar os coxos	F45	13	1:57:40	3:05:27.30	10:18	1:36:46
274	1140	Fernanda Rosa Moura Pratas Ama Cem Quedas	F55	3	1:52:05	3:06:09.01	10:21	1:37:28
275	1094	Joaquim António Patrício 1 Couto PaceMakers	M45	29	1:47:45	3:06:10.79	10:21	1:37:30
276	1358	Fábio Vasco Passarinho Navalho CPCD Sentieiras	SM	82	1:50:43	3:06:20.48	10:21	1:37:39
277	1371	Artur José Conde artur_conde@sapo.pt	SM	83	1:50:45	3:06:22.56	10:21	1:37:42
278	1162	Humberto de Matos Ferreira Deixem passar os coxos	M45	30	1:57:44	3:09:00.80	10:30	1:40:20
279	1170	Juvenal Jesus Moreira Deixem passar os coxos	M50	24	1:57:40	3:09:00.93	10:30	1:40:20
280	1336	Cristina Coelho G.D.R. São Francisco da Serra	F50	6	1:53:54	3:09:30.46	10:32	1:40:49
281	1317	Ana Isabel Silva Pinto Ferreira Papa Trilhos do CAAL	F50	7	1:55:11	3:10:11.93	10:34	1:41:31
282	1319	Gonçalo Duarte	M40	53	1:52:50	3:11:25.10	10:38	1:42:44
283	1118	Nuno Miguel Rodrigues	SM	84	1:54:04	3:11:44.51	10:39	1:43:04
284	1119	Andreia Filipa Alves Lopes	SF	24	1:55:39	3:11:44.52	10:39	1:43:04
285	1201	Maria Isabel Silva Simões	F55	4	1:57:43	3:12:12.86	10:41	1:43:32
286	1344	Luísa Alexandra Guerra Santos Novos Trilhos	F45	14	1:55:37	3:12:49.24	10:43	1:44:08
287	1021	Pedro Rita Tartarugas do Alviela	M40	54	1:54:46	3:13:15.56	10:44	1:44:35
288	1362	Paulo José Golegã Monsanto Pãodaria	M40	55	1:53:10	3:14:03.65	10:47	1:45:23
289	1194	Andreia Margarida Lopes da Costa Roque	SF	25	1:53:09	3:14:04.91	10:47	1:45:24
290	1349	André Lobato Ferreira Individual	SM	85	1:52:46	3:17:10.03	10:57	1:48:29
291	1322	Sandra Mendas Primas	F40	17	1:54:36	3:17:38.79	10:59	1:48:58

292	1323	RAQUEL MARIA LOPES OLIV	GRUPO DESPORTIVO DA PAI	SF	26	2:00:29	3:17:39.42	10:59	1:48:58
293	1337	Vânia Isabel Fidalgo Ventura	Grupo Desportivo da Parreira	SF	27	2:00:31	3:17:44.80	10:59	1:49:04
294	1025	Helder Figueiredo Henriques	Os Henriques	M60	12	2:05:20	3:17:53.51	11:00	1:49:13
295	1068	Inês Isabel Baltazar Coelho de Aleixo Ratão		SF	28	1:57:08	3:18:31.70	11:02	1:49:51
296	1321	Paula Cristina Silva		F50	8	1:57:12	3:18:40.98	11:02	1:50:00
297	1127	Mónica Alexandra Simões Oliveir	Mercedes-Benz Team	F40	18	2:00:51	3:21:32.50	11:12	1:52:52
298	1128	Mafalda Almeida	Mercedes-Benz Team	SF	29	2:00:31	3:21:33.84	11:12	1:52:53
299	1032	Ezequiel Hugo Ribeiro Abrantes	Falcoes Selvagens	M60	13	1:56:31	3:22:32.15	11:15	1:53:51
300	1031	Miguel Ângelo brito ribeiro		M40	56	1:47:50	3:22:35.37	11:15	1:53:54
301	1168	Maria Emilia Batista Galinha	Cartaxo Night Runners	F55	5	1:59:21	3:23:07.58	11:17	1:54:27
302	1272	Isabel de Deus Nunes Matela		F45	15	1:59:51	3:23:11.81	11:17	1:54:31
303	1036	Telma Filipa Brás Eusébio	Scalkokas	SF	30	2:04:33	3:24:30.57	11:22	1:55:50
304	1035	Sandra Cristina Vitorino Rafael Silva Bento Pereir		F40	19	2:05:28	3:32:08.23	11:47	2:03:27
305	1316	Paula Silva Pinto Ferreira Carmo	Papa Trilhos do CAAL	F50	9	2:04:41	3:34:29.38	11:55	2:05:48
306	1146	Sandra Filipe	Rail Runners	F40	20	2:06:10	3:35:28.85	11:58	2:06:48
307	1101	Débora Alexandra Duarte Melanci	Team Crosswater	SF	31	2:03:47	3:36:08.46	12:00	2:07:27
308	1063	Claudia Maria Leocádia Laranjo	Team Crosswater	SF	32	2:03:52	3:36:09.59	12:01	2:07:29
309	1100	Alexandra Cristina de Castro Ribe	GDA-GyDArun	F40	21	2:02:33	3:41:11.10	12:17	2:12:30
310	1215	maria adelaide fernandes silva santos		F50	10	2:02:36	3:41:11.93	12:17	2:12:31
311	1276	Alberto Pereira da Silva		SM	86	2:02:34	3:41:14.44	12:17	2:12:33
312	1235	Gina Oliveira		F50	11	2:05:42	3:41:49.33	12:19	2:13:08
313	1086	Sandra Marques		F50	12	2:08:40	3:51:04.42	12:50	2:22:23
314	1034	Helder Alexandre Paulo Bento Pereira		M50	25	2:08:21	4:05:29.12	13:38	2:36:48
315	1329	Sofia Almeida	Primas	F40	22	2:11:05	4:05:56.79	13:40	2:37:16
316	1335	Inês Severino	Primas	SF	33	2:11:07	4:06:05.68	13:40	2:37:25
317	1052	Célia Cristina Gaspar Domingos Júlio		F40	23	2:17:10	4:08:49.85	13:49	2:40:09
318	1051	Maria del Carmen Vicente Macias		F45	16	2:17:13	4:08:51.31	13:50	2:40:10
319	1067	Francisca Maria Rosa Santos Matos Dimas		F45	17	2:20:37	4:16:19.83	14:14	2:47:39
320	1001	Sara Margarida Marques Cordeiro	Scalabis Night Runners	SF	34	2:20:39	4:16:20.78	14:14	2:47:40