

Pl	Stno	Name	Club	Cl.	Time
Trail Curto (326)                      15.8 km 480 m 0 C					
1	437	TIAGO MORAIS	CDR ÁGUIAS UNIDAS	TC_MS	1:09:14
2	289	PAULO FERREIRA	PINHAL NOVO A CORRER	TC_M40	1:11:25
3	344	PAULO GONÇALVES	CP ARMADA	TC_MS	1:11:31
4	1719	FRANCISCO LEMOS	OPRATICANTE.PT	TC_MS	1:13:45
5	102	FERNANDO BATISTA	ZIMBRA FOX RUNNERS	TC_MS	1:13:58
6	313	BRUNO TORRES	LIMITED EDITION	TC_MS	1:14:13
7	424	ROBERTO RODRIGUES	GO!RUNNER	TC_MS	1:14:20
8	1716	SÉRGIO PEREIRA	OCS - ARRÁBIDA TRAIL TEAM	TC_M40	1:15:54
9	436	RAUL PENA	CDR ÁGUIAS UNIDAS	TC_M50	1:17:25
10	489	IVO COSTA	INDIVIDUAL	TC_M40	1:17:28
11	353	ARTUR VINHAIS	TEAM CORPO SANTO HOTEL	TC_M40	1:17:59
12	214	JOÃO ALVES	STRENDURE RUNNING TEAM	TC_MS	1:18:44
13	314	PEDRO PASCOAL	ARRÁBIDA OBSTACLE RUNNERS	TC_M40	1:18:56
14	425	PAULO JORGE SANTOS	SACA TRILHOS ANADIA	TC_MS	1:19:15
15	356	JORGE CARVALHO	REST. BARCADELTA	TC_M50	1:21:04
16	20	BRUNO NARCISO	WOLF TRAIL TEAM SESIMBRA	TC_MS	1:21:45
17	474	GUILHERME HORA	OCS - ARRÁBIDA TRAIL TEAM	TC_M40	1:22:43
18	354	FRANCISCO LOPES	INDIVIDUAL	TC_M50	1:23:19
19	224	LUIS GOMES GOMED	FITRUNNERS	TC_M40	1:23:24
20	251	RUI SILVA	REST. BARCADELTA	TC_M40	1:23:32
21	438	PAULO SANTOS	CDR ÁGUIAS UNIDAS	TC_M40	1:23:53
22	282	LUIS BOAL	DUBLIN O' SEVEN	TC_M40	1:24:06
23	428	MIGUEL SILVA	OCS - ARRÁBIDA TRAIL TEAM	TC_M40	1:24:26
24	439	AGOSTINHO GONÇALVES	CDR ÁGUIAS UNIDAS	TC_M60	1:24:47
25	241	LUIS CASACA	REST. BARCADELTA	TC_MS	1:24:55
26	406	GONÇALO SILVA	RIJO TEAM	TC_M40	1:24:57
27	359	BEATRIZ SANGUINO	INDIVIDUAL	TC_FS	1:25:00
28	1715	LUCAS MARCELINO	GDU AZOIA	TC_M23	1:25:03
29	247	PEDRO LOURENÇO	LA SPORT / 53ONZE / EM3	TC_M40	1:25:41
30	342	VITOR LOBO	ARRÁBIDA OBSTACLE RUNNERS	TC_MS	1:25:44
31	498	MÁRIO PINHEIRO	OS COXOS E O MIGUEL	TC_M40	1:25:59
32	463	MARCELO GONÇALVES	INDIVIDUAL	TC_M23	1:26:03
33	231	AFONSO PÓLVORA	REST. BARCADELTA	TC_MS	1:26:07
34	310	TIAGO ABREU	RCTM - RUN CREW TRAIL MONTIJO	TC_M40	1:26:42
35	419	BRUNO CAMPOS	INDIVIDUAL	TC_M40	1:27:11
36	457	RUI GALO	GDU AZOIA	TC_M40	1:28:56
37	79	HENRIQUE PEREIRA	OS COXOS E O MIGUEL	TC_MS	1:29:00
38	317	JOSÉ LOBO	GDU AZOIA	TC_M50	1:29:02
39	334	VASCO MOREIRA	INDIVIDUAL	TC_M40	1:29:05
40	229	RICARDO FERNANDES	INDIVIDUAL	TC_M40	1:29:12
41	1711	JOSÉ SARAIVA	CORRIDA NOTURNA PARQUE DAS NA	TC_M50	1:29:17
42	1710	ANTONIO MARTINHO	CLUVE	TC_M50	1:29:33
43	210	JOSÉ CARVALHO	REST. BARCADELTA	TC_MS	1:29:52
44	350	JOSÉ SILVA	AMIGOS DA CORRIDA SESIMBRA	TC_M60	1:30:07
45	320	RICARDO DOMINGOS	FIDELIDADE GDC	TC_M40	1:30:15
46	385	PEDRO SANGUINO	CLUBE NOVO BANCO	TC_MS	1:30:42
47	429	JOAQUIM CARREIRA	DOLCE FORADOURO	TC_M50	1:30:48
48	465	PEDRO MATA	ST. PETER'S SCHOOL	TC_M50	1:30:53
49	355	RUI SOARES	ARRÁBIDA OBSTACLE RUNNERS	TC_MS	1:30:56
50	368	SALVADOR OLIVEIRA	STRENDURE RUNNING TEAM	TC_MS	1:31:36
51	336	LILIANA CARVALHO	INDIVIDUAL	TC_FS	1:31:40
52	358	ANTÓNIO CAMACHO	PALMELENSE FC	TC_M60	1:31:53
53	312	PAULO PINTO	PINHAL NOVO A CORRER	TC_M40	1:32:00
54	32	RUI MARQUES	GDU AZOIA	TC_M40	1:32:04
55	365	ALEXANDRE TEIXEIRA	INDIVIDUAL	TC_M23	1:32:10
56	431	PAULO GONÇALVES	POLRUNNERS	TC_MS	1:32:23
57	278	PAULO JORDÃO	SANTA WARRIORS	TC_M40	1:33:00
58	395	HELDER GOMES	INDIVIDUAL	TC_M50	1:33:09

59	235	PEDRO CORREIA	REST. BARCADELTA	TC_M40	1:33:33
60	407	TIAGO SIMÕES	INDIVIDUAL	TC_MS	1:35:02
61	423	PAULO PEREIRA	INDIVIDUAL	TC_M50	1:35:14
62	337	JORGE PEREIRA	ALTO DO MOINHO	TC_M50	1:35:16
63	430	PEDRO ANTUNES	MATILHA RADICAL	TC_M40	1:35:28
64	397	ANTÓNIO MARQUES SILVA	MATILHA RADICAL	TC_M40	1:36:25
65	286	MÁRIO MOITA	PINHAL NOVO A CORRER	TC_M40	1:36:33
66	426	NUNO SOARES	INDIVIDUAL	TC_MS	1:37:38
67	379	ANTONIO VIEGAS	INDIVIDUAL	TC_M60	1:38:14
68	288	DUARTE SARDINHA	PINHAL NOVO A CORRER	TC_M23	1:38:22
69	339	BRUNO ANTUNES	ARRÁBIDA OBSTACLE RUNNERS	TC_M40	1:38:33
70	295	PEDRO NEVES	42RUN	TC_MS	1:38:55
71	496	RUI GRILO	SOBREVIVENTES DOS TRAILS	TC_M40	1:39:09
72	301	PEDRO SILVA	DENTALEADER	TC_M40	1:39:26
73	248	TELMO FREIRE	CASA BENFICA SEIXAL	TC_MS	1:39:43
74	383	ANA BATISTA	SÓNÓSDOIS	TC_F40	1:39:53
75	325	ANDRÉ MARTINS	INDIVIDUAL	TC_MS	1:40:02
76	393	RITA RIJO	RIJO TEAM	TC_F40	1:40:09
77	292	RUI BARRACHA	WIKABOO	TC_M40	1:40:14
78	432	JULIO MOREIRA	POLRUNNERS	TC_M40	1:40:25
79	360	SÉRGIO MÓNICA	COALA	TC_M40	1:40:32
80	408	SERGIO DORES	OS COXOS E O MIGUEL	TC_M40	1:40:41
81	274	CATARINA CARVALHO	REST. BARCADELTA	TC_F40	1:40:43
82	331	ANÍBAL SILVA	INDIVIDUAL	TC_M50	1:40:57
83	218	PAULO DOMINGUES	INDIVIDUAL	TC_M40	1:41:00
84	262	PEDRO MARTINS	INDIVIDUAL	TC_M40	1:41:07
85	488	ALEXANDRE SANTOS	INDIVIDUAL	TC_MS	1:41:09
86	1706	NUNO FONSECA	SOBREVIVENTES DOS TRAILS	TC_M40	1:41:17
87	413	MÁRIO OLIVEIRA	OS COXOS E O MIGUEL	TC_M40	1:41:20
88	211	JOSÉ CARVALHO	REST. BARCADELTA	TC_M60	1:41:23
89	335	SZABOLCS SEBESTYÉN	INDIVIDUAL	TC_M40	1:41:41
90	499	PAULO BATISTA	AMIGOS DO TRAIL	TC_M40	1:41:52
91	1700	SONIA FERNANDES	INDIVIDUAL	TC_F40	1:41:55
92	276	GEORGES DIAS	SANTA WARRIORS	TC_MS	1:41:58
93	462	ANTÓNIO FLOR	CORRIDA NOTURNA PARQUE DAS NA	TC_M50	1:42:00
94	479	MAURO CASTRO	GRUPETA TRAIL TEAM	TC_M40	1:42:12
95	484	PAULO SOUSA	GRUPETA RUNNING TEAM	TC_M40	1:42:13
96	420	ÁLVARO SILVA	RATAZANAS DO MATO	TC_MS	1:42:17
97	485	HUGO CALADO	INDIVIDUAL	TC_MS	1:42:37
98	422	RENATO ARAÚJO	REST. BARCADELTA	TC_M50	1:43:09
99	270	JOSE GUERREIRO	DUBLIN O' SEVEN	TC_M40	1:43:14
100	228	CARLA MENDES	TARTARUGAS SOLIDÁRIAS	TC_F40	1:43:18
101	221	NUNO FREIRE	INDIVIDUAL	TC_MS	1:43:24
102	227	GONÇALO CARVALHO	INDIVIDUAL	TC_M40	1:43:42
103	370	CARLOS AZEVEDO	REST. BARCADELTA	TC_M50	1:44:10
104	1707	JOSE PEREIRA	MONTANELAS RUNNING TEAM	TC_M40	1:44:16
105	1712	HUGO REIS	ARMADA TORREENSE	TC_MS	1:44:45
106	480	BRUNO PERDIGAO	OS COXOS E O MIGUEL	TC_M40	1:45:20
107	324	BRUNO SANTOS	INDIVIDUAL	TC_MS	1:45:26
108	223	RUI LARANJEIRO	TERAPIA DO CORPO	TC_M40	1:45:41
109	1708	DAVID JARDIM	ART&LAMA	TC_MS	1:46:20
110	443	CARLOS NUNES	KANGAROO RUNNERS	TC_M40	1:46:29
111	1702	JORGE COELHO	ADABEM RUNNING TEAM	TC_MS	1:46:31
112	279	LUÍS ALMEIDA	INDIVIDUAL	TC_MS	1:46:40
113	500	NUNO GOMES	INDIVIDUAL	TC_M40	1:46:42
114	333	ARMÉNIO ALBINO	INDIVIDUAL	TC_M50	1:47:14
115	293	MARIA JESUS LEÃO	GDU AZOIA	TC_F50	1:47:18
116	486	CARLOS MARTINS	PAÇO DE ARCOS	TC_M50	1:47:20
117	478	MARIA DO CÉU DUARTE	CORRER LOURES	TC_F50	1:47:23
118	323	PAULO GUERREIRO	ARRÁBIDA OBSTACLE RUNNERS	TC_M50	1:47:30
119	416	JOÃO MATOS	INDIVIDUAL	TC_M40	1:47:41
120	441	PAULA GUERREIRO	CDR ÁGUIAS UNIDAS	TC_F40	1:47:49
121	373	SÓNIA CARVALHO	VIRIATOS TRAIL TEAM	TC_F40	1:47:53
122	386	ISABEL OLIVEIRA	CLUBE NOVO BANCO	TC_F40	1:47:57
123	391	ANA MONTEIRO	CLUBE NOVO BANCO	TC_F50	1:47:58
124	273	PEDRO NUNES	AGDAK	TC_M40	1:48:57
125	290	HUGO GOMES	AMIGOS DA CORRIDA SESIMBRA	TC_MS	1:49:03
126	315	ANA CAMARINHA	ARRÁBIDA OBSTACLE RUNNERS	TC_F40	1:49:05
127	277	INES FERREIRA	SANTA WARRIORS	TC_F40	1:49:07

128	246	ANDREIA SAMPAIO	AMIGOS DA CORRIDA DE SESIMBRA	TC_F40	1:49:22
129	384	ANDRÉ CHANOCA	INDIVIDUAL	TC_MS	1:49:28
130	327	ANTÓNIO MARTINS	FALCÕES SELVAGENS	TC_M50	1:49:35
131	209	FERNANDO CORTEZ	4321 TEAM	TC_M40	1:49:57
132	491	FERNANDO PEREIRA	INDIVIDUAL	TC_M50	1:50:13
133	215	PEDRO BARROSO	LA SPORT / 53ONZE / EM3	TC_M40	1:50:38
134	440	ANTONIO RIBEIRO	CDR ÁGUIAS UNIDAS	TC_M60	1:51:11
135	6	MARINA TEIXEIRA	LA SPORT / 53ONZE / EM3	TC_F40	1:51:16
136	469	FORTUNATO MULAS	INDIVIDUAL	TC_M40	1:51:19
137	381	JOÃO MARTINS	CORREDORES DE FIM DE SEMANA	TC_MS	1:51:23
138	380	JOSÉ NUNES	CORREDORES DE FIM DE SEMANA	TC_M40	1:51:24
139	460	MIGUEL FAFAIOL	CORREDORES DE FIM DE SEMANA	TC_MS	1:51:26
140	418	CATARINA FIGUEIRA	NUTEJO	TC_F40	1:51:34
141	201	RUI PEDRO JULIÃO	GEORUNNERS	TC_M50	1:51:37
142	230	JORGE PAULINO	STRENDURE RUNNING TEAM	TC_M40	1:51:52
143	205	BRUNO PIRES	STRENDURE RUNNING TEAM	TC_MS	1:51:55
144	267	ROGÉRIO COSTA	STRENDURE RUNNING TEAM	TC_M40	1:51:57
145	13	JOÃO PEREIRA	STRENDURE RUNNING TEAM	TC_M50	1:51:58
146	222	CÉSAR PINHEIRO	CORRER LOURES	TC_MS	1:52:02
147	371	ANDRÉ TEIXEIRA	INDIVIDUAL	TC_MS	1:52:09
148	404	MÁRIO VIANA	INDIVIDUAL	TC_MS	1:52:14
149	249	JOANA GORDO	ZIMBRA FOX RUNNERS	TC_FS	1:52:17
150	266	ANTÓNIO TOMÉ	CORRER LOURES	TC_M40	1:52:20
151	345	VITOR PEREIRA	TÁLENTOS TEAM	TC_M40	1:52:23
152	242	SARA GOMES	INDIVIDUAL	TC_F40	1:52:27
153	473	BRUNO QUITÉRIO	STRENDURE RUNNING TEAM	TC_MS	1:52:51
154	305	OLGA PAULINO	GDU AZOIA	TC_F40	1:52:58
155	448	TIAGO MARQUES	INDIVIDUAL	TC_MS	1:53:00
156	382	JOÃO SIMÃO	SÓNÓSDOIS	TC_M40	1:53:10
157	1703	ANTÓNIO AREDE	STRENDURE RUNNING TEAM	TC_M40	1:53:16
158	232	JOÃO MOTA	QUINTA DO CONDE	TC_M40	1:53:17
159	343	BRUNO SANTOS	INDIVIDUAL	TC_MS	1:53:22
160	399	CÉLIA CARVALHO	MATILHA RADICAL	TC_F40	1:53:45
161	1705	JORGE CARVALHO	SOBREVIVENTES DOS TRAILS	TC_M40	1:53:50
162	447	FERNANDO PEREIRA	INDIVIDUAL	TC_M40	1:54:00
163	472	MIGUEL MARTINS	AFDD - ESC. ATL. MONTIJO	TC_M40	1:54:04
164	225	MARIA RAPOSO	INDIVIDUAL	TC_FS	1:54:07
165	259	CARLOS ARAGONEZ	CA AMIGOS PARQUE DA PAZ	TC_M40	1:54:09
166	258	ANA ARAGONEZ	CA AMIGOS PARQUE DA PAZ	TC_F40	1:54:11
167	471	SONIA RIBEIRO	AFDD - ESC. ATL. MONTIJO	TC_FS	1:54:19
168	477	RITA LOURENÇO	INDIVIDUAL	TC_FS	1:54:22
169	476	GONÇALO LOURENÇO	INDIVIDUAL	TC_M23	1:54:27
170	427	JOAO DELGADO	INDIVIDUAL	TC_M40	1:54:31
171	494	VERA PEREIRA	SOBREVIVENTES DOS TRAILS	TC_FS	1:54:39
172	390	CLAUDIA RODRIGUES	CLUBE NOVO BANCO	TC_F40	1:54:43
173	234	RICARDO PATO	STRENDURE RUNNING TEAM	TC_MS	1:54:54
174	1701	LUIS MIGUEL PEREIRA	OS COXOS E O MIGUEL	TC_M40	1:54:59
175	287	HELENA CONCEICAO	ZIMBRA FOX RUNNERS	TC_F40	1:55:12
176	200	LUIS AFONSO	STRENDURE RUNNING TEAM	TC_M40	1:55:25
177	240	PAULO PEREIRA	STRENDURE RUNNING TEAM	TC_M40	1:55:26
178	392	JOAQUIM MONTEIRO	CLUBE NOVO BANCO	TC_M50	1:55:31
179	1718	ISABEL BARRA	GAFANHORI / ACUPUMED	TC_F50	1:55:32
180	238	VITOR CARAPINHA	TARTARUGAS SOLIDÁRIAS	TC_M60	1:55:36
181	219	HUGO PINTO	STRENDURE RUNNING TEAM	TC_MS	1:55:43
182	253	PATRÍCIA RIBEIRO	STRENDURE RUNNING TEAM	TC_FS	1:55:47
183	493	LUIS MARTINS	LAVRE RUNNING	TC_MS	1:55:50
184	398	ANTÓNIO DIAS	MATILHA RADICAL	TC_M60	1:55:53
185	257	CARLA SANTOS	HUT RUNNERS SINTRA	TC_FS	1:56:03
186	256	JULIANA LARANJEIRA	HUT RUNNERS SINTRA	TC_FS	1:56:05
187	1714	SERGIO GUERREIRO	GUERREIROS	TC_M40	1:56:08
188	361	MANUEL DOMINGUES	INDIVIDUAL	TC_M23	1:56:12
189	261	JOANA SERINA	FITRUNNERS	TC_F40	1:56:25
190	347	VICTOR VITAL	LICEU RUNNERS	TC_MS	1:56:50
191	364	CARLOS DAMAS	LICEU RUNNERS	TC_MS	1:56:53
192	405	PEDRO COELHO	INDIVIDUAL	TC_MS	1:57:06
193	376	MARTA SANTOS	INDIVIDUAL	TC_F40	1:57:11
194	377	ANÍBAL RIBEIRO	INDIVIDUAL	TC_F40	1:57:34
195	467	PEDRO CATARINO	OS AMIGOS DO ADOLFO	TC_MS	1:57:38
196	455	CAROLINA MARQUÊS	INDIVIDUAL	TC_FS	1:57:40

197	454	VICENTE PEREIRA	INDIVIDUAL	TC_MS	1:57:45
198	482	FILIPPE SALVADINHO	OS AMIGOS DO ADOLFO	TC_MS	1:57:48
199	445	ANDRE CARVALHO	INDIVIDUAL	TC_MS	1:57:53
200	326	RICARDO PEREIRA	DUBLIN O' SEVEN	TC_M40	1:57:56
201	329	MÓNICA ROCHA	ARRÁBIDA OBSTACLE RUNNERS	TC_F40	1:58:00
202	1709	EDUARDO RIBEIRO	CAMIÑEROS	TC_M40	1:58:04
203	311	CLÁUDIO CRUZ	ARRÁBIDA OBSTACLE RUNNERS	TC_M40	1:58:34
204	291	ANA GOMES	AMIGOS DA CORRIDA SESIMBRA	TC_F40	1:58:39
205	226	SÉRGIO REISINHO	INDIVIDUAL	TC_M40	1:58:43
206	452	SILVIA MARINO	INDIVIDUAL	TC_FS	1:58:51
207	352	GUILHERME FERNANDES	INDIVIDUAL	TC_MS	1:58:56
208	369	LUIS CABECA	REST. BARCADELTA	TC_M50	1:59:00
209	466	RUTE JACINTO	SANTA WARRIORS	TC_F40	1:59:08
210	283	MANUELA CUNHA	INDIVIDUAL	TC_FS	1:59:11
211	388	PAULO GONÇALVES	CLUBE NOVO BANCO	TC_M50	1:59:18
212	332	CARLOS TAVARES	INDIVIDUAL	TC_M40	1:59:24
213	389	NUNO CARVALHO	CLUBE NOVO BANCO	TC_M40	1:59:26
214	255	VERÓNICA CATARRO	INDIVIDUAL	TC_F40	1:59:31
215	444	MIGUEL LOURENÇO	INDIVIDUAL	TC_MS	1:59:47
216	446	CARLA JESUS	INDIVIDUAL	TC_MS	1:59:48
217	396	LEONOR SILVA	NAUS TRAIL TEAM	TC_F40	2:00:32
218	464	ARSÉNIO GONÇALVES	INDIVIDUAL	TC_M50	2:00:35
219	470	KATHARINA RUSSELL-COWAN	INDIVIDUAL	TC_FS	2:01:04
220	461	SANDRA RAPOSINHO	INDIVIDUAL	TC_F40	2:01:09
221	297	MARIA GOMES	INDIVIDUAL	TC_F40	2:01:44
222	302	RENATO DOMINGOS	TÁLENTOS TEAM	TC_M50	2:01:47
222	309	JOAO ANTUNES	COPYIT	TC_M40	2:01:47
224	296	ANA MARQUEZ	INDIVIDUAL	TC_F50	2:01:50
225	250	CATIA ZURGA	TARTARUGAS DO MATO	TC_FS	2:03:57
226	212	PEDRO GONÇALVES	INDIVIDUAL	TC_M40	2:04:05
227	233	ELSA RODRIGUES	NAUS TRAIL TEAM	TC_FS	2:04:12
228	475	TIAGO LOURENÇO	INDIVIDUAL	TC_M40	2:04:14
229	378	ISABEL BUÉ	BUÉ DA SERRA	TC_FS	2:04:17
230	415	TERESA SANTOS	AA LEBRES DO SADO	TC_F40	2:04:29
231	409	CARLOS MAGALHÃES	ND AUTOCOOPE	TC_M50	2:04:57
232	449	MÁRCIO PEREIRA	CORRIDAS E COMIDAS	TC_M40	2:05:11
233	217	JOÃO CARLOS MARQUES	INDIVIDUAL	TC_M40	2:05:15
234	410	JORGE MOREIRA	ND AUTOCOOPE	TC_M50	2:05:19
235	372	AGESILAU LIMA	INDIVIDUAL	TC_MS	2:06:54
236	340	RUTE MARTINS	DUBLIN O' SEVEN	TC_F40	2:07:02
237	453	JOSE JESUS	INDIVIDUAL	TC_M40	2:07:09
238	451	RUI NUNES	CISMÁTICOS RUNING	TC_MS	2:07:39
239	417	NUNO ABRANTES	NUTEJO	TC_M40	2:07:43
240	272	NUNO PAISANA	AGDAK	TC_M40	2:08:59
241	421	SÉRGIO SILVA	RATAZANAS DO MATO	TC_MS	2:09:11
242	285	JOANA CAMBAS	INDIVIDUAL	TC_FS	2:09:47
243	280	CATHERINE GRILO	INDIVIDUAL	TC_FS	2:10:51
244	348	JOAQUIM RIBEIRO	ACUPUMED	TC_MS	2:11:02
245	1720	TERESA RIBEIRO	CLUBE TAP	TC_F50	2:11:22
246	260	HENRIQUE SACADURA	INDIVIDUAL	TC_M60	2:11:31
247	304	FATIMA PARADA	ZIMBRA FOX RUNNERS	TC_FS	2:11:46
248	271	MARISA VIDAL	AMIGOS DA CORRIDA	TC_F40	2:11:47
249	316	INÉS INÁCIO	FITRUNNERS	TC_FS	2:11:50
250	366	ALEXANDRE TEIXEIRA	INDIVIDUAL	TC_M40	2:11:54
251	318	CARLA ALVES	ARRÁBIDA OBSTACLE RUNNERS	TC_F40	2:11:58
252	357	VERA FANCA	INDIVIDUAL	TC_FS	2:12:01
253	328	JEAN SOUTO	INDIVIDUAL	TC_M40	2:12:02
254	275	ANA CARTAXO	TÁLENTOS TEAM	TC_F50	2:13:39
255	213	JOSE NUNES	INDIVIDUAL	TC_M40	2:13:43
256	346	CARLOS VILAFANHA	TRILHOS DO COSTUME	TC_M50	2:14:48
257	450	RICARDO FELIZARDO	CISMÁTICOS RUNNING	TC_M40	2:15:20
258	236	TIAGO MARQUES	STRENDURE RUNNING TEAM	TC_MS	2:15:43
259	1713	ARMANDA SEMEAO	GUERREIROS	TC_F40	2:15:47
260	319	SÓNIA CADIMAS	INDIVIDUAL	TC_F40	2:16:11
261	308	DAVID TEIXEIRA	COPYIT	TC_MS	2:16:17
262	254	DINA ALEGRIA	TÁLENTOS TEAM	TC_F40	2:16:33
263	411	LUÍSA FERREIRA	ND AUTOCOOPE	TC_F50	2:17:48
264	481	NUNO TRINDADE	OS AMIGOS DO ADOLFO	TC_MS	2:18:16
265	490	TERESA SARAIVA	INDIVIDUAL	TC_F40	2:20:43

266	268 DANIELA AFONSO	FALCÕES SELVAGENS	TC_M40	2:23:39
267	252 PEDRO DUARTE	CMC ODIVELAS	TC_M40	2:23:42
268	207 CATARINA SIMÕES	INDIVIDUAL	TC_F40	2:27:03
269	206 CLAUDIA OLIVEIRA	INDIVIDUAL	TC_F40	2:27:04
270	351 CATIA LOPES	CDR ÁGUIAS UNIDAS	TC_FS	2:27:44
271	239 CÁTIA VICENTE	INDIVIDUAL	TC_FS	2:28:06
272	400 ANA ANDRADE	MATILHA RADICAL	TC_FS	2:28:31
273	401 ANABELA MOREIRA	MATILHA RADICAL	TC_FS	2:28:49
274	403 PÓRCIA VILELA	MATILHA RADICAL	TC_F40	2:28:53
275	387 ALEXANDRE MATZINGER	CLUBE NOVO BANCO	TC_M50	2:34:20
276	330 PAULO ÁGUAS	LICEU RUNNERS	TC_M50	2:36:18
277	412 HELENA SANTOS	ND AUTOCOOPE	TC_F50	2:39:08
278	442 ANA ALLEN	CLUBE NOVO BANCO	TC_F40	2:51:00
279	492 TÂNIA GARCIA	PINHAL NOVO A CORRER	TC_FS	2:52:21
280	303 ANABELA DOMINGOS	INDIVIDUAL	TC_F50	2:56:58
281	322 ROSINDA VIEIRA	ARRÁBIDA OBSTACLE RUNNERS	TC_F40	2:57:19
282	237 FERNANDA PALMINHA	TARTARUGAS SOLIDÁRIAS	TC_F50	2:57:22