

2.º Trilho das Lampas

Finisher List 2.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Es	Pos	Clube	10km	Pos. 13.5	Pos.	
2.º Trilho das Lampas													
1	49	Luis Semedo	1:21:09.8	1:21:11.3	1	1	Sen	1	AC de Portalegre / UTSM	0:38:12.8	5	0:56:57.3	5
2	125	João Ginja	1:23:48.5	1:23:50.9	2	2	M45	1	Rail Runners	0:39:26.1	7	0:58:58.1	7
3	577	Ricardo Silva	1:23:59.1	1:24:00.8	3	3	Sen	2	EDV-VIANA TRAIL	0:39:16.9	6	0:58:48.5	6
4	326	Fernando Gomes	1:25:00.3	1:25:01.1	4	4	Sen	3	OSC/IPA - Oeiras Sport Clube /	0:39:40.1	8	0:58:58.6	8
5	294	Marcolino Verissimo	1:27:07.5	1:27:09.4	5	5	M40	1	SS CGD	0:40:55.2	10	1:00:24.0	9
6	9999	Miguel Cabral	1:28:09.9	1:28:11.9	7	6	M40	2	amigosdacorrída.com	0:41:16.4	11	1:01:40.6	10
7	370	Daniel Dias	1:28:11.0	1:28:11.3	6	7	Sub	1	Centro Vicentino da Serra	0:40:18.0	9	1:01:42.0	11
8	325	Tiago Lousa	1:29:35.9	1:29:37.7	8	8	Sen	4	OSC/IPA - Oeiras Sport Clube /	0:41:47.7	12	1:02:28.9	12
9	575	Jérôme Rodrigues	1:29:45.4	1:29:49.4	9	9	Sen	5	EDV-VIANA TRAIL	0:43:01.1	15	1:03:18.4	14
10	53	André Trindade	1:30:13.4	1:30:22.7	10	10	Sen	6	AC de Portalegre / UTSM	0:42:43.1	13	1:03:10.7	13
11	407	Paulo Costa	1:32:13.8	1:32:16.6	11	11	M40	3	OSC/IPA	0:43:34.1	19	1:04:29.9	15
12	380	Nuno Marques	1:32:54.0	1:32:56.0	12	12	M40	4		0:43:15.4	16	1:04:35.3	16
13	613	Paulo Pova	1:32:58.3	1:33:07.6	13	13	M50	1	Amigos Vale silencio	0:43:23.2	17	1:05:28.6	20
14	627	Paulo Cesar	1:33:22.0	1:33:24.3	14	14	Sen	7	CTAD tiagoaragao.com	0:44:29.0	30	1:05:50.6	23
15	429	João Hora Faustino	1:33:28.1	1:33:31.8	15	15	M40	5	Outside Dream	0:43:29.5	18	1:05:28.0	19
16	672	Gustavo Santos	1:33:32.5	1:33:35.3	16	16	Sen	8	OSC/IPA	0:44:08.6	26	1:06:08.8	27
17	517	Victor Fernandes	1:33:41.5	1:33:43.7	17	17	Sen	9	CTAD tiagoaragao.com	0:43:52.8	23	1:04:54.3	18
18	242	Emílio Paulino	1:33:46.5	1:33:50.8	18	18	M55	1	AC de Portalegre / UTSM	0:44:03.4	25	1:06:00.8	25
19	346	Edmundo André	1:33:47.4	1:33:52.9	19	19	Sen	10	O MUNDO DA CORRIDA	0:44:25.5	28	1:06:19.6	28
20	311	Aretino Mota	1:33:56.0	1:33:57.9	20	20	M50	2	Linda a Pastora Sporting Clube	0:43:43.0	21	1:05:43.9	21
21	327	Filipe Oliveira	1:34:03.8	1:34:06.0	21	21	Sen	11	OSC/IPA - Oeiras Sport Clube /	0:44:30.0	31	1:06:07.6	26
22	247	Marco Fernandes	1:34:23.6	1:34:49.9	22	22	Sen	12	Juventude Vidigalense	0:45:41.7	37	1:07:43.7	34
23	493	Nelson Constantino	1:35:00.6	1:35:09.9	25	23	Sen	13	ELECTRICO FUTEBOL CLUBE	0:43:43.7	22	1:06:19.8	29
24	574	Artur Matos	1:35:04.4	1:35:08.3	23	24	M45	2	EDV-VIANA TRAIL	0:44:20.8	27	1:05:57.3	24
25	572	Jorge Manuel Rocha	1:35:06.8	1:35:09.8	24	25	Sen	14	EDV-VIANA TRAIL	0:45:40.7	36	1:07:19.9	31
26	652	Janício Reis	1:35:15.0	1:35:17.3	26	26	Sen	15	Casa do Benfica de Algueirão -	0:42:46.2	14	1:04:37.7	17
27	263	Antonio Pardal	1:35:18.6	1:35:27.9	27	27	M45	3	Individual	0:45:49.3	39	1:07:28.3	32
28	129	Bruno Fernandes	1:35:30.9	1:35:37.6	28	28	Sen	16	O MUNDO DA CORRIDA	0:44:27.6	29	1:06:24.3	30
29	673	Virgílio Gomes	1:35:40.9	1:35:45.4	29	29	M45	4	Rail Runners	0:43:37.8	20	1:05:47.5	22
30	608	Carlos Correia	1:36:07.7	1:36:13.9	30	30	M40	6	Kotas Bike Team	0:45:57.1	43	1:07:35.6	33
31	56	Francisco Costa	1:36:35.3	1:36:39.6	31	31	M45	5	AC de Portalegre / UTSM	0:44:03.4	24	1:08:18.9	41
32	579	José Féteira	1:36:39.3	1:36:43.2	32	32	M45	6	ARSM- Associação Recreativa de	0:45:50.3	40	1:07:52.5	35
33	368	Bruno Figueiredo	1:37:00.6	1:37:03.7	33	33	Sen	17	OFFTEL RUNNERS	0:46:54.8	65	1:08:49.3	47
34	126	Jorge Rodrigues	1:37:11.7	1:37:13.1	34	34	M45	7	Rail Runners	0:44:45.1	33	1:08:20.0	43
35	513	Nuno Torres	1:37:14.4	1:37:16.9	35	35	Sen	18	PROAVENTURAS	0:45:43.3	38	1:08:27.8	44

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Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Es	Pos	Clube	10km	Pos. 13.5	Pos.	
36	416	Guilherme	1:37:23.6	1:37:29.2	36	36	M40	7	O MUNDO DA CORRIDA	0:45:51.5	41	1:08:14.6	38
37	181	Pedro Baptista	1:37:31.1	1:37:35.7	37	37	Sen	19	ARSM- Associação Recreativa de	0:45:55.3	42	1:07:58.8	36
38	411	Paulo Fialho	1:37:36.8	1:37:41.3	39	38	M45	8	Bucelas Aventura	0:46:12.0	49	1:08:42.2	46
39	553	Tiago Aragão	1:37:40.9	1:37:41.0	38	39	Sen	20	CTAD tiagoaragao.com	0:46:02.3	45	1:08:18.6	40
40	54	Nelson Nunes	1:37:52.4	1:37:58.8	40	40	Sen	21	AC de Portalegre / UTSM	0:45:39.1	35	1:08:19.1	42
41	563	Carlos Simões	1:38:06.8	1:38:10.1	41	41	M45	9	ARSM- Associação Recreativa de	0:46:03.6	46	1:08:39.9	45
42	573	José Alcobia	1:38:06.9	1:38:10.5	42	42	M40	8	EDV-VIANA TRAIL	0:46:21.7	53	1:09:02.4	48
43	201	João Carvalho Lopes	1:38:30.2	1:38:34.1	43	43	M55	2		0:46:21.8	54	1:09:33.2	53
44	512	Pedro Sousa	1:38:45.3	1:38:51.2	45	44	M55	3	PROAVENTURAS	0:46:22.1	55	1:09:41.4	54
45	655	Arlindo Paixão	1:38:45.4	1:38:48.1	44	45	M50	3	RESTAURANTE "O	0:46:22.3	57	1:09:03.9	49
46	526	Joao Pedro Capa	1:38:49.9	1:39:15.0	47	46	Sen	22	Leoes de Moledo	0:46:09.0	47	1:10:08.7	60
47	61	Arsénio Fernandes	1:38:58.2	1:39:01.1	46	47	M55	4	Individual	0:46:16.6	51	1:09:43.9	55
48	218	Flávio Francisco	1:39:19.3	1:39:28.9	50	48	M40	9	Monsanto Running Team	0:46:56.4	66	1:10:03.8	58
49	328	Augusto Chioite	1:39:19.9	1:39:22.7	48	49	M55	5	OSC/IPA - Oeiras Sport Clube /	0:46:12.4	50	1:09:17.4	50
50	156	Túlio Coelho	1:39:24.3	1:39:33.0	52	50	M45	10	Monsanto Running Team	0:46:58.5	67	1:10:05.1	59
51	12	Didier Valente	1:39:24.4	1:39:28.8	49	51	M40	10	Monsanto Running Team	0:46:10.1	48	1:09:23.8	52
52	139	Luis Trindade	1:39:25.4	1:39:29.0	51	52	Sen	23	Monsanto Running Team	0:46:37.3	62	1:09:23.5	51
53	607	Armando Sousa	1:39:58.0	1:40:02.6	53	53	M40	11	Kotas Bike Team	0:47:02.0	68	1:10:26.8	64
54	576	José Faria	1:40:01.4	1:40:15.2	57	54	Sen	24	EDV-VIANA TRAIL	0:49:03.7	86	1:11:11.9	68
55	631	Rui Ferreira	1:40:04.6	1:40:05.8	54	55	M40	12	RESTAURANTE "O	0:44:37.7	32	1:07:59.8	37
56	374	João Nunes	1:40:05.1	1:40:07.2	55	56	Sen	25	MULTIPOWER GAIA TRAIL	0:46:00.6	44	1:08:17.2	39
57	122	Cristina Ponte	1:40:09.6	1:40:13.7	56	1	F40	1	OFFTEL RUNNERS	0:47:05.7	69	1:10:28.8	65
58	103	Bruno Ferreira	1:40:18.0	1:40:23.6	58	57	Sub	2		0:46:27.7	60	1:09:44.2	56
59	90	Nuno Pimenta	1:40:34.5	1:40:45.2	59	58	Sen	26	Portugal Running	0:47:12.9	70	1:10:19.3	62
60	315	Pedro Turtles Santos	1:40:57.8	1:41:01.5	60	59	Sen	27	Rail Runners	0:47:32.9	73	1:11:05.0	67
61	612	Nuno Lopes	1:41:06.8	1:41:15.2	61	60	Sen	28	individual	0:46:19.2	52	1:10:20.4	63
62	496	Paulo Sequeira	1:41:42.7	1:41:45.3	62	61	Sen	29	Amigos dos Lobos	0:46:25.9	59	1:11:16.1	69
63	184	Bruno Querido	1:42:26.2	1:42:40.3	63	62	M40	13	Desnível Positivo	0:46:45.2	63	1:09:49.5	57
64	658	Francisco Santos	1:42:40.7	1:42:43.8	64	63	M40	14	RESTAURANTE "O	0:46:22.2	56	1:10:17.4	61
65	349	João Alves	1:43:18.4	1:43:43.8	66	64	Sen	30	Georunners	0:48:54.0	82	1:11:33.8	72
66	643	Nelson Amaral	1:43:33.5	1:43:35.7	65	65	Sen	31	CTAD tiagoaragao.com	0:46:24.1	58	1:10:39.6	66
67	456	Amaro Costa	1:43:46.8	1:43:53.0	67	66	Sen	32	EDV - VIANA TRAIL	0:47:22.8	71	1:11:51.5	74
68	649	José Domingos	1:43:50.2	1:44:04.3	69	67	M45	11	EDV - Viana Trail	0:48:38.7	78	1:12:14.6	77
69	194	João Prisal	1:43:54.4	1:43:54.5	68	68	M40	15	Rail Runners	0:45:22.1	34	1:12:47.3	80
70	679	Bruno Safara	1:44:04.3	1:44:11.3	70	69	Sen	33	Monsanto Running Team	0:47:29.9	72	1:11:28.8	71
71	436	Carlos Charrua	1:44:16.9	1:44:19.8	71	70	Sen	34	Individual	0:48:46.3	81	1:12:09.1	76
72	236	Luciano Correia	1:44:21.1	1:44:24.5	72	71	M40	16	ProAventuras	0:48:07.5	75	1:12:42.8	79

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Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Es	Pos	Clube	10km	Pos. 13.5	Pos.	
73	514	Diogo Oliveira	1:44:23.5	1:44:29.8	73	72	Sen	35	PROAVENTURAS	0:49:01.8	84	1:13:55.0	85
74	417	Carlos Taveira	1:44:27.5	1:44:31.4	74	73	M40	17	Aminhacorrida.com	0:46:49.6	64	1:11:21.1	70
75	27	Hugo Caldeira	1:44:28.0	1:44:33.6	75	74	Sen	36	FAST N' FURIOUS	0:48:57.7	83	1:13:16.8	81
76	356	Armando Teixeira	1:44:46.0	1:44:50.5	76	75	M40	18		0:48:29.4	76	1:13:19.1	82
77	173	Miguel Santos	1:44:48.7	1:44:55.3	77	76	M40	19	ProAventuras	0:48:04.5	74	1:11:44.9	73
78	605	Pedro Reis	1:44:59.3	1:45:08.3	79	77	M40	20		0:49:43.3	93	1:13:59.8	86
79	55	João Farinha	1:45:02.4	1:45:06.6	78	78	Sen	37	AC de Portalegre / UTSM	0:48:44.0	80	1:12:25.8	78
80	38	Ricardo Vitorino	1:45:17.9	1:45:24.6	80	79	Sen	38	NosTrilhos	0:49:09.6	87	1:14:00.7	87
81	398	Filipe Silva	1:45:22.1	1:45:28.0	81	80	Sen	39		0:48:38.2	77	1:14:12.1	88
82	549	José Matos	1:45:38.5	1:45:48.1	82	81	M45	12	Clube de Praças da Armada	0:49:02.8	85	1:13:34.7	83
83	435	Leonel Ramos	1:45:49.1	1:45:55.0	83	82	Sen	40	UGAS TRAIL Running	0:50:36.8	108	1:14:43.6	94
84	480	Luís Lopes	1:45:49.9	1:45:58.1	84	83	M40	21	Monsanto Running Team	0:49:19.0	89	1:14:25.2	89
85	491	Luis Rodrigues	1:45:55.6	1:46:01.5	85	84	M40	22		0:46:32.7	61	1:11:56.5	75
86	145	Cirilo Formiga	1:46:16.8	1:46:25.5	86	85	M55	6	O Praticante / C. D. Asas Milénium	0:49:17.7	88	1:15:03.0	95
87	154	Paulo Frango	1:46:23.4	1:46:31.4	87	86	Sen	41	Monsanto Running Team	0:48:42.0	79	1:13:47.4	84
88	29	Miguel Baptista	1:46:30.7	1:46:37.8	88	87	M50	4		0:50:17.0	102	1:15:45.0	102
89	636	Vitor Hugo Couto	1:46:39.5	1:46:39.8	89	88	Sen	42	EDV - Viana Trail	1:00:12.5	293	1:14:25.2	90
90	599	Nuno Abreu	1:47:09.5	1:47:24.8	93	89	Sen	43	SS CGD	0:50:40.8	113	1:15:51.1	106
91	351	Carlos Pascoal	1:47:10.7	1:47:16.4	90	90	M50	5		0:49:31.7	91	1:14:35.1	92
92	399	Tiago Gaspar	1:47:12.0	1:47:21.7	92	91	Sub	3	ARSM- Associação Recreativa de	0:49:33.9	92	1:14:36.2	93
93	141	Vitor Veloso	1:47:12.6	1:47:18.5	91	92	Sen	44	O MUNDO DA CORRIDA	0:49:57.0	96	1:15:11.5	96
94	637	João Cardoso	1:47:20.0	1:47:33.6	94	93	M40	23		0:50:46.0	114	1:15:49.6	105
95	338	João Queiroz	1:47:28.8	1:48:11.3	103	94	Sen	45	CCD Siemens	0:49:47.7	95	1:16:18.5	110
96	249	Pedro Gabriel	1:47:39.3	1:47:43.0	95	95	Sen	46	C.A. Amigos Parque da Paz	0:50:00.0	98	1:15:16.5	97
97	644	Carlos Soares	1:47:45.1	1:47:47.1	96	96	Sen	47	CTAD tiagoaragao.com	0:51:35.3	126	1:15:48.3	103
98	296	Sérgio Cacheirinha	1:47:46.6	1:47:52.9	97	97	Sen	48	CEN Atletismo	0:49:22.4	90	1:15:17.9	98
99	375	António Vilela	1:47:48.5	1:47:57.0	98	98	M40	24	CCD INATEL	0:50:25.7	104	1:16:02.7	107
100	40	Nelson Alegre	1:47:55.0	1:48:04.3	100	99	Sen	49	happy brothers team	0:49:58.1	97	1:14:27.3	91
101	609	José Pedras	1:47:58.3	1:48:03.9	99	100	M55	7	Kotas Bike Team	0:50:38.2	111	1:16:16.6	108
102	444	André Guerreiro	1:47:59.7	1:48:10.9	102	101	Sen	50		0:50:25.0	103	1:16:17.9	109
103	331	Andreia Mira	1:48:02.3	1:48:06.4	101	2	Sen	1	OSC/IPA - Oeiras Sport Clube /	0:52:28.8	138	1:16:56.4	119
104	86	Alexandre Kellen	1:48:02.9	1:48:12.2	104	102	M40	25	PURO TRAIL	0:50:16.9	101	1:15:20.6	99
105	439	Pedro Tomás Luiz	1:48:18.2	1:48:26.4	105	103	Sen	51	Correr na Cidade	0:51:30.8	125	1:16:25.0	112
106	330	Ana Alberto	1:48:53.3	1:48:57.0	106	3	Sen	2	OSC/IPA - Oeiras Sport Clube /	0:50:39.4	112	1:16:28.2	113
107	624	Hugo Rocha	1:48:54.8	1:49:26.2	107	104	Sen	52	Diverinstal	0:50:33.8	107	1:15:49.2	104
108	96	Paulo Freitas	1:49:07.4	1:49:28.2	108	105	M40	26	Casalinho Maravilha	0:50:56.0	116	1:16:54.5	117
109	69	Ildebrando Aires	1:49:08.0	1:49:28.5	109	106	Sen	53		0:50:57.1	117	1:16:55.8	118

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Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Es	Pos	Clube	10km	Pos. 13.5	Pos.	
110	44	José Lopes	1:49:08.4	1:49:31.0	110	107	M45	13	Dummies On Fire	0:52:05.8	136	1:18:00.2	124
111	442	Sérgio Martinho	1:49:53.7	1:50:37.6	113	108	Sen	54		0:50:09.6	100	1:15:39.3	101
112	386	Mário Santos	1:50:16.1	1:50:17.5	111	109	M50	6	Individual	0:51:47.0	132	1:17:46.4	123
113	403	João Antunes	1:50:17.0	1:50:27.4	112	110	Sub	4		0:51:02.0	118	1:17:07.3	121
114	100	Joaquim Santos	1:50:23.7	1:50:49.6	114	111	M55	8	falcoes selvagens	0:50:37.9	110	1:16:19.1	111
115	4	António Arede	1:50:42.3	1:51:02.8	116	112	Sen	55	RUN 4 FUN	0:52:35.8	141	1:18:37.8	131
116	557	Manuel Pereira Araujo	1:50:49.6	1:50:55.3	115	113	M50	7		0:50:04.5	99	1:15:25.7	100
117	287	Jorge Sobrinho	1:50:51.7	1:51:24.1	119	114	M45	14	Cartoon Run	0:51:29.5	124	1:16:52.2	116
118	172	Filipa Fernandes	1:50:55.4	1:51:03.3	117	4	Sen	3	ProAventuras	0:52:32.0	140	1:19:08.9	142
119	254	Sergio Ramos	1:50:59.2	1:51:08.2	118	115	Sen	56	GD Cimpor & Amigos	0:51:03.1	120	1:16:51.0	115
120	550	Jose Recto	1:51:10.9	1:51:29.9	120	116	M45	15	Mouros de sintra	0:53:38.5	160	1:19:16.1	144
121	133	Hélder Lemos	1:51:19.2	1:51:32.0	121	117	Sen	57		0:50:37.1	109	1:16:46.3	114
122	200	Paulo Pacheco	1:51:38.7	1:52:13.7	123	118	Sen	58	Friends2Run	0:53:03.3	146	1:18:44.3	134
123	273	Joao Rosa	1:52:00.2	1:52:33.5	131	119	Sen	59		0:53:07.1	148	1:19:58.9	147
124	376	Omar Garcia	1:52:00.9	1:52:23.5	126	120	Sen	60	Casa do Benfica de Abrantes	0:53:07.2	149	1:20:07.4	150
125	450	Ricardo Costa	1:52:01.2	1:52:13.9	124	121	Sen	61		0:52:28.3	137	1:18:07.0	128
126	317	Vitor Daniel Pinto	1:52:07.5	1:52:12.0	122	122	Sen	62	Amigos Vale Silencio	0:51:23.9	123	1:17:41.5	122
127	24	António Fernandes	1:52:08.2	1:52:27.1	129	123	M50	8	Clube do Stress	0:51:02.6	119	1:18:24.0	129
128	208	Nuno Anjos	1:52:10.9	1:52:59.0	136	124	Sen	63	amigosdacorrida.com	0:53:52.4	164	1:20:19.6	152
129	414	Joel Simões	1:52:13.8	1:52:23.8	127	125	Sen	64	Casa Benfica de Abrantes	0:52:38.0	143	1:18:46.9	135
130	1	Marcelo Dias	1:52:13.9	1:52:21.6	125	126	Sen	65		0:51:55.4	133	1:18:05.5	126
131	372	João Maia	1:52:17.1	1:52:24.1	128	127	M50	9	Falcões Selvagens	0:51:40.4	127	1:18:43.8	132
132	427	António Merujo	1:52:18.8	1:52:33.8	132	128	M50	10		0:50:33.1	106	1:18:06.7	127
133	401	Joao Crespo	1:52:20.6	1:52:33.9	133	129	M50	11		0:51:45.3	130	1:18:02.1	125
134	489	José Augusto	1:52:20.9	1:52:27.4	130	130	M40	27	O MUNDO DA CORRIDA	0:51:42.4	128	1:18:47.2	136
135	657	Fernando Godinho	1:52:36.9	1:52:39.9	134	131	M40	28	RESTAURANTE "O	0:51:10.9	121	1:18:55.1	139
136	174	Cristina Couceiro	1:52:42.9	1:52:47.3	135	5	Sen	4	ARSM- Associação Recreativa de	0:51:46.6	131	1:18:54.8	138
137	388	Marco Vieira	1:53:16.9	1:53:30.7	137	132	Sen	66	TRAIL ÀS 9	0:52:44.3	144	1:19:13.2	143
138	35	Rui Marino	1:53:53.7	1:54:20.0	140	133	Sen	67	Jobrinde - Montes Saloios	0:50:53.7	115	1:18:48.3	137
139	167	Aurélio Afonso	1:53:54.1	1:54:36.4	142	134	Sen	68	ADCR Polícia Judiciária	0:53:13.6	152	1:19:38.4	146
140	115	Pedro Lizardo	1:54:08.8	1:54:16.9	138	135	Sen	69	Monsanto Running Team	0:53:22.3	154	1:20:28.6	155
141	554	João Alexandre Pinto	1:54:08.9	1:54:50.4	144	136	Sen	70	Clube Desportivo Ribeirinho	0:56:48.1	219	1:23:29.6	193
142	143	Manuel Correia	1:54:12.6	1:54:19.8	139	137	M40	29	O MUNDO DA CORRIDA	0:53:03.2	145	1:19:59.8	148
143	337	João Fernandes	1:54:21.2	1:55:05.3	146	138	Sen	71	CCD Siemens	0:54:07.1	168	1:20:26.0	153
144	332	Francisco Simões	1:54:21.3	1:54:25.5	141	139	M40	30	OSC/IPA - Oeiras Sport Clube /	0:51:43.5	129	1:18:28.9	130
145	434	João Ramos	1:54:34.1	1:54:41.6	143	140	Sub	5	UGAS TRAIL Running	0:53:14.2	153	1:20:30.3	156
146	91	Miguel Serradas	1:54:39.8	1:54:59.8	145	141	Sen	72	Run4Fun	0:53:45.9	162	1:20:54.8	160

2.º Trilho das Lampas

Finisher List 2.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Es	Pos	Clube	10km	Pos. 13.5	Pos.	
147	288	Ricardo Marta	1:54:58.2	1:55:29.2	152	142	Sen	73	Cartoon Run	0:54:50.1	187	1:22:19.8	176
148	678	João Frazão	1:55:06.5	1:55:16.2	147	143	Sen	74		0:53:10.5	151	1:20:19.3	151
149	362	João Paulo Caetano	1:55:07.4	1:55:18.1	148	144	M40	31		0:53:27.6	155	1:19:01.8	140
150	530	João Constantino	1:55:18.3	1:55:32.2	153	145	M40	32		0:54:25.9	175	1:21:14.8	162
151	57	Roberto Tomé	1:55:18.6	1:55:24.7	151	146	Sen	75	AC de Portalegre / UTSM	0:50:27.7	105	1:18:44.2	133
152	478	Vítor André Cardoso	1:55:20.0	1:55:23.3	150	147	Sen	76	CTAD tiagoaragao.com	0:52:01.9	135	1:16:58.7	120
153	632	Joana Tomás	1:55:20.0	1:55:22.9	149	6	Sen	5	CTAD-TIAGO ARAGAO	0:53:38.2	159	1:20:02.0	149
154	614	Francisco Vaz	1:55:27.0	1:55:47.6	154	148	M45	16	Frufresh Runners	0:53:36.0	156	1:19:32.5	145
155	195	Romeu Colaço	1:55:38.5	1:56:02.3	155	149	Sen	77	Ginásio Quinta do Valbom	0:53:56.5	167	1:21:27.5	166
156	515	Luís Mealha	1:55:43.0	1:56:31.8	165	150	M40	33	DUMMIES ON FIRE	0:54:38.2	184	1:20:31.2	157
157	475	Luis Silveira	1:55:51.3	1:56:03.4	156	151	M50	12	REAL ACADEMIA	0:54:21.4	174	1:21:34.3	167
158	318	Bruno Mesquita	1:56:03.2	1:56:15.6	157	152	M40	34	Hot Runners	0:53:55.0	165	1:21:17.5	164
159	136	Jorge Almeida	1:56:05.4	1:56:24.2	160	153	M45	17	Connect2Run	0:54:32.6	179	1:21:59.1	172
160	532	Armando Parreira	1:56:06.0	1:56:24.7	161	154	M45	18	Açoreana Clube Banif	0:56:15.5	212	1:23:26.9	192
161	601	Paulo Pires	1:56:10.0	1:56:27.4	163	155	M45	19	SS CGD	0:55:17.4	192	1:23:13.7	186
162	467	José Santos	1:56:10.1	1:56:27.3	162	156	M45	20	C.A. Amigos Parque da Paz	0:55:17.1	191	1:23:14.9	187
163	543	Virgílio Madeira	1:56:13.7	1:56:30.8	164	157	M55	9	Açoreana Clube Banif	0:54:35.8	182	1:21:57.3	170
164	192	Orlando Ferreira	1:56:16.0	1:56:23.9	159	158	M55	10	GDCimpor & Amigos	0:54:09.1	169	1:22:02.2	173
165	466	Pedro Ramos	1:56:16.4	1:56:23.2	158	159	M45	21		0:53:05.0	147	1:20:27.5	154
166	662	Luis Silva	1:56:25.0	1:56:44.6	167	160	M40	35	Jobrinde - Montes Saloios	0:54:30.4	178	1:21:23.8	165
167	367	Carmen Pires	1:56:39.2	1:56:43.8	166	7	Sen	6	OFFTEL RUNNERS	0:53:37.7	158	1:21:46.2	168
168	284	Mária Santos	1:56:44.5	1:56:54.3	168	8	Sen	7	Aminhacorrida.com	0:54:47.6	186	1:22:47.4	182
169	52	Sérgio Carinhas	1:57:09.6	1:57:23.0	171	161	M45	22	AC de Portalegre / UTSM	0:54:28.9	177	1:22:19.4	175
170	229	Paulo Jorge	1:57:12.1	1:57:16.7	169	162	M45	23		0:52:31.5	139	1:20:58.8	161
171	620	Paulo Magano	1:57:18.7	1:57:19.7	170	163	Sen	78	CTADtiagoaragão.com	0:54:52.7	188	1:22:46.7	181
172	74	Carlos Simões	1:57:21.2	1:57:29.8	172	164	Sen	79	Vila Seca Run Team	0:53:48.5	163	1:22:25.9	177
173	377	Valter Escrevente	1:57:48.2	1:58:09.3	174	165	Sen	80	The Night Trail	0:55:51.0	202	1:23:23.3	191
174	9	Hugo Gonçalves	1:57:49.6	1:58:15.8	175	166	Sen	81		0:55:15.7	190	1:23:17.0	188
175	176	Moisés Nunes	1:57:56.0	1:58:05.9	173	167	M45	24	ARSM- Associação Recreativa de	0:55:30.1	196	1:23:10.4	185
176	350	Luísa Espírito Santo	1:58:12.5	1:58:28.6	177	9	F45	1	Rail Runners	0:55:39.4	200	1:24:22.2	204
177	509	Francisco Garoto	1:58:13.4	1:58:42.1	182	168	M40	36	Bladerunners	0:56:11.7	211	1:23:41.5	197
178	290	Regina Fernandes	1:58:23.2	1:58:32.9	178	10	Sen	8	Scalabis Night Runners	0:56:07.7	209	1:23:37.1	196
179	641	Francisco Aragão	1:58:24.8	1:58:27.4	176	169	Sen	82	TNT - Trilhos Natura Team	0:51:20.6	122	1:19:04.8	141
180	47	Vitorina Mourato	1:58:28.1	1:58:34.0	179	11	F45	2	AC de Portalegre / UTSM	0:54:36.0	183	1:22:05.7	174
181	39	Ricardo Ferreira	1:58:30.5	1:58:37.6	180	170	Sen	83	NosTrilhos	0:49:43.6	94	1:21:57.3	169
182	175	Ana Féteira	1:58:31.0	1:58:40.3	181	12	Sen	9	ARSM- Associação Recreativa de	0:55:11.1	189	1:23:30.7	195
183	42	Jose Barroco	1:58:53.8	1:59:00.0	183	171	M55	11		0:54:18.0	172	1:23:07.2	184

2.º Trilho das Lampas

Finisher List 2.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Es	Pos	Clube	10km	Pos. 13.5	Pos.	
184	169	João Pereira	1:58:54.5	1:59:30.0	187	172	Sen	84		0:54:14.9	170	1:23:30.1	194
185	220	Sofia Agostinho	1:58:59.9	1:59:07.3	184	13	Sen	10		0:56:22.3	213	1:25:12.6	209
186	271	Marco Borges	1:59:05.9	1:59:44.1	191	173	Sen	85	Tartarugas solidárias	0:55:43.9	201	1:23:52.5	199
187	216	Paulo Raposo	1:59:12.7	1:59:44.3	192	174	M40	37	Run 4 Fun	0:54:33.3	180	1:23:19.1	190
188	656	Gilberto Lapa	1:59:13.7	1:59:24.2	185	175	M45	25	RESTAURANTE "O	0:53:10.4	150	1:21:16.1	163
189	291	Vanda Fernandes	1:59:15.6	1:59:26.2	186	14	Sen	11	Scalabis Night Runners	0:54:44.5	185	1:21:58.6	171
190	603	Rui Martins	1:59:17.8	1:59:37.3	190	176	Sen	86	SS CGD	0:56:35.5	216	1:25:00.5	207
191	651	Pedro Rocha	1:59:20.5	1:59:35.8	189	177	Sen	87	EDV - Viana Trail	0:53:55.9	166	1:22:44.8	180
192	105	André Riscado	1:59:21.2	1:59:32.2	188	178	Sen	88		0:54:17.6	171	1:24:09.3	201
193	454	Tiago Portugal	1:59:37.0	1:59:44.3	193	179	Sen	89	Correr na Cidade	0:55:51.6	203	1:24:02.3	200
194	345	Fernando Morais	1:59:43.3	2:00:02.3	194	180	M50	13	O MUNDO DA CORRIDA	0:55:35.1	199	1:23:45.6	198
195	300	Nelson Rafael	1:59:50.8	2:00:31.2	196	181	M40	38		0:59:25.9	274	1:28:00.0	232
196	117	Andreia Vilarinho	2:00:06.1	2:00:15.3	195	15	Sen	12	Monsanto Running Team	0:56:08.4	210	1:25:11.2	208
197	182	Fátima Alendouro	2:00:43.6	2:01:00.3	197	16	F40	2	Desnível Positivo	0:56:02.8	207	1:24:38.7	206
198	383	Guilherme Henriques	2:00:47.4	2:01:28.8	200	182	M40	39		0:55:52.1	204	1:23:06.7	183
199	127	Luis Ferreira	2:00:49.4	2:01:09.3	198	183	M45	26	Rail Runners	0:56:37.1	217	1:25:16.6	210
200	519	Carlos Miguel Barroso	2:01:03.3	2:01:16.0	199	184	Sen	90	Bom Retiro Trail Runners	0:57:13.0	223	1:29:29.6	248
201	633	Ricardo Ferreira	2:01:34.4	2:01:38.2	201	185	Sen	91	CTAD-TIAGO ARAGAO	0:53:37.5	157	1:20:43.8	159
202	95	Carlos Esteves	2:01:37.3	2:02:13.8	203	186	M45	27	Clube Vodafone	0:57:21.8	227	1:26:17.4	216
203	120	Nuno Silvestre	2:01:37.6	2:02:24.4	205	187	Sen	92	Jobrinde - Montes Saloios	0:57:35.9	232	1:25:34.3	214
204	645	João Maral	2:01:46.8	2:01:50.4	202	188	M40	40	SS CGD	0:52:00.1	134	1:23:17.9	189
205	134	Luis Aires	2:02:04.5	2:02:22.3	204	189	M40	41	Rail Runners	0:55:32.4	197	1:24:11.8	202
206	146	Tiago Duarte	2:02:10.3	2:02:59.1	206	190	Sen	93	El Duo Escamartilhoso	0:59:13.8	268	1:29:00.6	242
207	81	Pedro Evangelista	2:02:42.7	2:03:54.2	211	191	Sen	94	Friends2Run	0:53:39.9	161	1:22:27.5	178
208	452	Jose Oliveira	2:02:52.5	2:03:07.8	208	192	M40	42	INDIVIDUAL	0:56:01.0	205	1:26:46.3	219
209	470	Alvaro Pinto	2:02:52.5	2:03:07.6	207	193	M55	12	REAL ACADEMIA	0:56:01.6	206	1:26:47.9	220
210	2180	Ana Maia Tomás	2:03:03.1	2:03:11.5	209	17	Sen	13	Runlovers	0:56:29.2	214	1:25:52.5	215
211	569	Ricardo Camilo	2:03:32.9	2:03:42.1	210	194	Sen	95		0:54:26.3	176	1:24:20.4	203
212	591	Mario Silva	2:03:36.3	2:04:17.0	219	195	M45	28	ind	0:57:15.5	224	1:26:50.7	221
213	233	José António Marques	2:03:40.2	2:04:05.6	214	196	M50	14		0:57:33.0	231	1:27:18.6	226
214	465	Goreti Silva	2:03:41.0	2:04:05.6	215	18	Sen	14	Os (a) Salamandrecos	0:57:36.0	233	1:27:24.5	229
215	487	José Pisco	2:03:41.5	2:04:05.6	216	197	M45	29		0:57:36.0	234	1:27:18.7	227
216	469	Eduardo Ribeiro	2:03:42.8	2:03:57.2	213	198	Sen	96		0:56:31.8	215	1:26:51.4	222
217	565	Pedro Rodrigues	2:03:43.6	2:04:05.6	217	199	M40	43	OFICINA DO PEDRO	0:58:16.8	244	1:28:00.7	233
218	397	David Gonçalves	2:03:48.8	2:03:54.9	212	200	M45	30		0:59:10.1	265	1:30:58.2	279
219	582	David Clemente	2:03:49.8	2:04:09.7	218	201	Sen	97	The Night Trail	0:56:51.3	221	1:25:34.2	213
220	653	Miguel Pinho	2:03:59.2	2:04:45.8	224	202	M40	44	Portugal Running	0:57:43.5	235	1:26:43.3	218

2.º Trilho das Lampas

Finisher List 2.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Es	Pos	Clube	10km	Pos. 13.5	Pos.	
221	7	Vitor Venda	2:04:01.5	2:04:23.2	222	203	M40	45	Freinds2Run	0:59:18.7	270	1:29:25.4	246
222	183	Isaque Lucena	2:04:04.7	2:04:20.0	221	204	M40	46	Desnível Positivo	0:54:35.7	181	1:25:18.1	211
223	535	Nelson Mota	2:04:10.5	2:04:27.5	223	205	M40	47	Açoreana Clube Banif	0:58:24.5	249	1:28:37.0	239
224	488	Pedro Conceição	2:04:11.8	2:04:19.2	220	206	Sen	98	Monsanto Running Team	0:55:18.7	193	1:26:57.6	223
225	445	Orlando Duarte	2:04:26.2	2:04:47.5	225	207	M55	13		0:59:41.4	283	1:29:11.1	244
226	387	Francisco Dias	2:05:03.7	2:05:34.1	228	208	M40	48		0:58:35.1	252	1:29:36.5	251
227	433	Miguel Neves	2:05:13.1	2:05:20.3	226	209	Sen	99	UGAS TRAIL Running	0:54:18.4	173	1:22:35.4	179
228	148	João Veríssimo	2:05:15.5	2:05:34.7	229	210	M55	14		0:58:00.6	239	1:28:02.2	234
229	124	Francisco Bossa	2:05:18.3	2:09:20.7	262	211	M40	49	O Mundo da Corrida	1:00:06.9	291	1:30:42.9	272
230	490	Marco Costa	2:05:21.5	2:05:31.3	227	212	Sen	100	INDIVIDUAL	0:55:19.6	194	1:24:38.5	205
231	635	Nuno Antunes	2:05:31.8	2:05:54.0	230	213	M40	50	Revelamos	0:57:53.9	238	1:26:42.0	217
232	3	Daniel Ramos	2:05:35.6	2:06:28.8	232	214	Sen	101	Jobrinde - Montes Saloios	1:03:51.1	364	1:32:05.2	293
233	130	Pedro Sá	2:05:38.6	2:06:00.5	231	215	Sen	102	Rail Runners	0:59:03.9	260	1:28:42.4	240
234	228	João Veiga	2:06:09.9	2:06:45.9	236	216	Sen	103	Run 4 Fun	0:58:20.3	245	1:29:28.1	247
235	409	Vasco Santos	2:06:19.1	2:06:30.2	233	217	Sen	104		0:58:04.8	241	1:27:53.0	231
236	415	Paula Rodrigues	2:06:22.0	2:06:32.4	234	19	F45	3	Casa Benfica de Abrantes	0:57:12.0	222	1:27:20.2	228
237	447	Daniel Martins	2:06:31.7	2:07:22.4	241	218	Sen	105	SintraTraillovers	0:59:20.4	272	1:30:35.7	271
238	347	Vera Vaz	2:06:32.4	2:06:43.0	235	20	Sen	15	LGD Barcarena	0:58:16.8	243	1:28:34.1	237
239	474	Manuel Rodrigues	2:06:49.3	2:07:01.5	237	219	M50	15	REAL ACADEMIA	0:56:03.3	208	1:25:20.4	212
240	453	José Maria Barbosa	2:06:49.5	2:07:19.6	239	220	M45	31		0:59:54.2	287	1:31:01.4	280
241	400	Miguel San-Payo	2:06:50.8	2:07:19.9	240	221	M50	16	Run 4 Fun	0:59:55.7	289	1:31:04.4	281
242	518	Victor Carapelho	2:06:55.0	2:07:07.2	238	222	M50	17	Bom Retiro Trail Runners	0:57:15.8	225	1:29:50.8	255
243	26	João Carlos Freire	2:06:57.3	2:07:32.2	243	223	M45	32		0:59:39.8	280	1:30:12.6	261
244	20	Sergio Pinto	2:06:57.9	2:07:32.4	244	224	Sen	106	Salamandras	1:00:13.7	294	1:30:14.3	264
245	5	Fernando Xavier	2:06:58.5	2:07:33.4	245	225	Sen	107	Jobrinde - Montes Saloios	0:59:40.3	281	1:30:12.9	262
246	209	Jaime Sousa	2:07:03.4	2:07:51.4	248	226	M50	18	amigosdacorrida.com	0:59:58.6	290	1:30:13.8	263
247	428	João Antunes	2:07:09.4	2:07:27.2	242	227	M40	51		0:58:24.3	248	1:28:57.8	241
248	92	Pedro Cordas	2:07:12.8	2:07:35.6	246	228	M40	52		0:59:41.1	282	1:29:45.1	254
249	157	Victor Silva	2:07:23.0	2:07:41.2	247	229	M45	33	Lebres do Sado	0:58:53.8	258	1:30:11.0	260
250	521	Pedro Constantino	2:07:25.4	2:08:20.5	254	230	Sen	108	Pernas de Bacalhau	1:01:46.6	330	1:32:16.8	295
251	340	Dinis Morais	2:07:30.3	2:08:00.7	251	231	M40	53	CCD Siemens	0:58:43.0	255	1:28:10.2	235
252	232	Nelson Marques	2:07:30.8	2:08:00.5	250	232	Sen	109		0:58:39.6	254	1:28:13.4	236
253	36	Sérgio Pedro	2:07:37.8	2:07:53.3	249	233	Sen	110	RS Running Team	0:57:29.2	229	1:30:48.4	274
254	392	Jose Antonio Afonso	2:07:40.3	2:08:12.0	252	234	M45	34		0:58:50.6	256	1:29:59.1	257
255	431	Sergio Rodelo	2:07:51.0	2:08:20.2	253	235	M40	54	aminhacorrida.com	1:00:35.5	300	1:30:34.3	270
256	449	Fatima Santos	2:08:25.0	2:09:15.5	260	21	Sen	16	Jobrinde - Montes Saloios	1:00:48.8	310	1:30:50.7	276
257	314	André Guerreiro	2:08:26.7	2:08:52.2	257	236	Sub	6	Individual	0:52:35.8	142	1:20:38.9	158

2.º Trilho das Lampas

Finisher List 2.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Es	Pos	Clube	10km	Pos. 13.5	Pos.	
258	590	Luis Miguel Roque	2:08:27.3	2:08:30.3	255	237	M40	55	clube de atletismo amigos parque	0:57:53.6	237	1:30:32.3	268
259	244	Lidia Calado	2:08:30.1	2:08:36.2	256	22	Sen	17	AC de Portalegre / UTSM	0:58:02.3	240	1:28:35.5	238
260	202	Bernardo Zoio	2:08:31.5	2:09:16.7	261	238	Sen	111	Patati Patatá Bora Lá!	1:02:36.8	341	1:32:22.0	296
261	520	José Duarte	2:08:55.1	2:09:07.0	258	239	M45	35	Bom Retiro Trail Runners	0:57:23.6	228	1:29:53.9	256
262	660	Carlos Manuel Isidoro	2:08:56.0	2:09:08.7	259	240	M45	36		0:57:16.0	226	1:29:34.1	250
263	286	Rui Barroso	2:09:08.8	2:09:42.6	264	241	Sen	112	Cartoon Run	1:00:23.1	296	1:31:34.9	284
264	547	Pedro Gouveia	2:09:09.0	2:09:45.9	267	242	Sen	113	LX RUN	0:58:36.1	253	1:29:23.6	245
265	285	Artur Bernardo	2:09:12.2	2:09:44.3	265	243	M40	56	Cartoon Run	1:00:24.9	297	1:31:35.3	285
266	293	Luis Silva	2:09:21.8	2:09:45.3	266	244	Sen	114	AGILE	0:58:24.7	250	1:33:57.3	312
267	45	Carlos Brito	2:09:22.7	2:09:47.2	268	245	Sen	115	NDCB	0:59:19.1	271	1:30:50.1	275
268	147	Miguel Alexandre	2:09:29.2	2:09:38.5	263	246	Sen	116	El Duo Escamartilhoso	1:30:03.5	580	1:30:03.5	258
269	458	Bruno Afonso	2:09:37.6	2:09:54.9	270	247	Sen	117		0:56:48.3	220	1:27:08.1	224
270	418	Hugo Gonçalves	2:09:42.4	2:10:30.6	274	248	Sen	118	MAGIS RUNNERS TEAM	1:00:39.7	303	1:31:48.3	289
271	99	Elena Labanji	2:09:46.1	2:09:52.0	269	23	F45	4	individual	0:59:36.6	278	1:30:52.9	278
272	366	António Brito	2:09:48.7	2:14:17.2	305	249	M45	37	O Mundo da Corrida	1:01:09.7	316	1:30:45.0	273
273	131	Rafael Assunção	2:10:00.4	2:10:05.0	271	250	Sen	119	Rail Runners	0:58:09.1	242	1:30:19.0	265
274	265	Pedro Costa	2:10:08.4	2:10:45.8	276	251	Sen	120	Rail Runners	1:00:45.6	308	1:31:53.3	290
275	677	Manuel Fonseca	2:10:08.5	2:10:15.3	272	252	M50	19		0:57:32.3	230	1:30:33.9	269
276	261	Alfredo Falcao	2:10:14.7	2:10:51.9	277	253	M45	38	Run 4 Fun	0:59:48.1	286	1:31:39.8	286
277	107	Paulo Pereira	2:10:18.0	2:10:24.1	273	254	M45	39	Mundo da Corrida	0:56:44.1	218	1:27:51.5	230
278	459	Gilberto Lima	2:10:25.9	2:10:43.3	275	255	M40	57		0:59:25.4	273	1:32:05.6	294
279	51	Paula Matos	2:10:39.1	2:10:52.3	278	24	F45	5	AC de Portalegre / UTSM	1:00:31.6	298	1:31:17.5	282
280	504	Carlos Ventura	2:10:42.2	2:10:57.9	279	256	Sen	121		1:00:42.1	305	1:33:18.4	304
281	213	José Freire	2:10:45.2	2:10:58.2	280	257	M50	20		1:00:46.1	309	1:33:22.1	306
282	462	Cristina Guerreiro	2:10:46.2	2:11:05.4	281	25	F40	3	ASSOCIAÇÃO DE ATLETISMO	0:59:47.4	284	1:32:03.3	292
283	659	Jorge Correia	2:10:55.6	2:11:08.9	282	258	M40	58		0:55:34.5	198	1:30:51.5	277
284	234	Hugo Fragoso	2:10:56.9	2:11:26.8	283	259	Sen	122	accvcavi	0:58:20.6	247	1:29:04.7	243
285	564	Alexandre Paulo	2:10:59.4	2:11:40.7	284	260	M45	40	NAPJ (Nucleo Amigos Palácio	0:59:26.8	276	1:31:39.8	287
286	378	Luis Costa	2:11:17.5	2:12:09.7	288	261	Sen	123	amigosdacorrida.com	1:00:45.3	307	1:32:28.8	297
287	654	Pedro Miguel Lima	2:11:27.0	2:12:05.6	287	262	Sen	124	Clube Vodafone	1:02:04.7	336	1:33:03.6	301
288	676	Estela Costa	2:11:35.5	2:11:56.5	285	26	Sen	18	JOBRINDE MONTES SALOIOS	1:01:44.8	329	1:34:58.3	328
289	67	Cátia Nunes	2:11:38.5	2:12:01.7	286	27	Sen	19	DUMMIES ON FIRE	1:00:59.3	312	1:33:19.9	305
290	390	Ricardo Nascimento	2:11:55.3	2:12:10.0	289	263	Sen	125	TRAIL ÀS 9	0:59:37.2	279	1:32:03.3	291
291	116	Henrique Sacadura	2:11:59.1	2:12:18.3	291	264	M60	1		1:02:21.9	339	1:33:38.1	309
292	72	Álvaro Fernandes	2:12:00.9	2:12:17.3	290	265	M60	2	Lebres do Sado	0:59:31.3	277	1:32:53.1	299
293	381	David Martinho	2:12:14.5	2:12:21.2	293	266	Sen	126	Pernil di Frango	0:59:04.7	262	1:34:13.2	319
294	382	Pernille Lund-Cramer	2:12:14.6	2:12:21.2	294	28	Sen	20	Pernil di Frango	0:59:16.7	269	1:34:13.3	320

2.º Trilho das Lampas

Finisher List 2.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Es	Pos	Clube	10km	Pos. 13.5	Pos.	
295	646	Luis Miguel Martins	2:12:15.4	2:12:21.3	296	267	Sen	127	Pernil di Frango	0:59:06.0	264	1:34:01.5	316
296	648	Manuel Barroso	2:12:15.6	2:12:21.1	292	268	Sen	128	Pernil di Frango	0:59:04.6	261	1:34:03.6	317
297	647	Paulo Jorge Silva	2:12:15.7	2:12:21.2	295	269	Sen	129	Pernil di Frango	0:59:04.9	263	1:34:01.4	315
298	211	António Belo	2:12:19.8	2:13:12.1	299	270	M60	3	amigosdacorrída.com	1:00:45.2	306	1:34:29.0	322
299	379	António Luis	2:12:32.1	2:13:12.1	300	271	M45	41	Jobrinde - Montes Saloios	1:03:18.2	353	1:34:41.9	325
300	310	Valter Matos	2:12:36.8	2:13:14.7	301	272	Sen	130		1:01:15.3	319	1:34:44.6	327
301	551	Paulo Bento	2:12:43.4	2:13:02.7	298	273	M40	59	mouros de sintra	0:59:26.7	275	1:30:29.3	267
302	289	Margarida Godinho	2:12:45.1	2:12:56.4	297	29	F55	1	Rail Runners	1:00:16.2	295	1:35:07.0	331
303	503	Pedro Lucas	2:12:53.5	2:13:25.8	303	274	Sen	131		1:01:29.3	322	1:33:55.2	310
304	523	João Martins	2:13:13.7	2:13:22.4	302	275	M40	60	O MUNDO DA CORRIDA	1:02:09.5	338	1:35:27.6	336
305	468	Carlos Lima	2:13:28.8	2:13:34.5	304	276	M40	61	C.A. Amigos Parque da Paz	1:01:40.4	325	1:34:27.3	321
306	630	João Queirós	2:14:14.3	2:14:34.2	306	277	M45	42	NEL - Pédatleta	0:58:52.4	257	1:29:32.0	249
307	319	Joaquim Lima	2:14:15.9	2:14:46.9	310	278	M50	21	Vodafone	1:01:03.4	313	1:33:06.8	302
308	197	Ana Lucia Duarte	2:14:20.7	2:14:43.2	307	30	F40	4	Falcões selvagens	1:03:40.0	362	1:36:23.0	343
309	412	Nuno Andrade	2:14:24.0	2:15:05.6	314	279	M40	62	FF Runners	0:59:55.5	288	1:32:44.0	298
310	196	Tuxa Negri	2:14:24.4	2:14:46.3	309	31	Sen	21	Equipa Ginásio Quinta do Valbom	0:58:24.8	251	1:30:05.9	259
311	295	Joaquim Carrilho	2:14:27.1	2:14:59.2	311	280	M45	43	SS CGD	1:00:36.8	301	1:35:07.1	332
312	642	Vasco Silva	2:14:34.7	2:14:46.1	308	281	M40	63		1:03:26.0	355	1:37:02.8	348
313	508	Rui Pinela	2:14:37.1	2:15:07.9	315	282	M40	64	Bladerunners	1:03:53.1	365	1:36:45.1	345
314	113	Bruno Ferreira	2:14:40.3	2:15:20.4	316	283	Sen	132		1:01:12.1	317	1:34:42.6	326
315	225	Nuno Fidalgo	2:14:49.3	2:15:03.7	313	284	Sen	133		0:57:52.5	236	1:29:38.2	252
316	238	João Rodrigues	2:14:54.7	2:15:02.7	312	285	M40	65	Jobrinde - Montes Saloios	1:00:57.5	311	1:33:36.8	308
317	323	Claudio Goncalves	2:15:09.6	2:15:23.7	317	286	Sen	134		1:02:44.4	342	1:35:51.2	340
318	142	José Lima	2:15:21.5	2:15:36.9	318	287	M45	44	O MUNDO DA CORRIDA	1:00:33.5	299	1:32:57.6	300
319	272	Ana Paula Lima	2:15:33.7	2:15:54.5	322	32	F40	5	C.A. Amigos Parque da Paz	1:02:06.8	337	1:36:00.5	342
320	135	Nuno Gião	2:15:34.4	2:16:20.9	325	288	M40	66	ACCVCAVI	1:02:34.4	340	1:35:14.3	333
321	342	Anabela Pombeiro	2:15:38.4	2:15:45.4	320	33	F40	6	ADA Desnível	1:01:41.7	327	1:33:58.3	313
322	634	Pedro Nunes	2:15:39.0	2:15:45.3	319	289	M40	67	Vespas72	1:01:42.0	328	1:33:59.0	314
323	650	Marcó Paulo Barbosa	2:15:40.0	2:15:54.6	323	290	Sen	135	EDV - Viana Trail	1:00:08.8	292	1:33:12.1	303
324	140	Domingos Janela	2:15:44.8	2:15:51.1	321	291	M60	4	O MUNDO DA CORRIDA	0:58:55.4	259	1:31:22.4	283
325	570	Tiago Ramos	2:15:46.9	2:16:14.2	324	292	Sen	136		1:01:08.1	314	1:34:38.7	324
326	302	Marcela Sofia	2:15:56.1	2:16:21.1	326	34	Sen	22	DUMMIES ON FIRE	1:03:09.7	347	1:35:32.0	338
327	358	Joana Saraiva	2:16:16.9	2:16:25.7	327	35	Sen	23	Georunners Portugal	1:01:40.8	326	1:35:30.5	337
328	168	Tony Almeida	2:16:29.1	2:16:57.4	328	293	Sen	137	ADCR Polícia Judiciária	1:01:12.4	318	1:33:33.2	307
329	363	Carlos Rodrigues	2:16:37.8	2:17:14.4	329	294	Sen	138		1:03:16.2	351	1:35:43.4	339
330	185	Hugo Teixeira	2:17:11.2	2:17:18.9	330	295	Sen	139		0:58:20.4	246	1:31:46.4	288
331	88	Mauro Gonçalves	2:17:18.5	2:17:56.6	334	296	Sen	140		1:01:59.8	335	1:35:03.7	329

2.º Trilho das Lampas

Finisher List 2.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Es	Pos	Clube	10km	Pos. 13.5	Pos.	
332	484	Paulo Sousa	2:17:32.9	2:17:46.4	331	297	Sen	141	Os Atletas	1:02:45.6	343	1:36:58.0	346
333	98	Patrícia Lourenço	2:17:40.2	2:17:51.7	332	36	Sen	24		1:03:28.1	359	1:37:07.0	351
334	558	Eduardo Santos	2:17:43.5	2:17:54.7	333	298	Sen	142		1:03:26.4	357	1:37:03.9	349
335	28	Tânia Cunha	2:17:53.6	2:18:03.6	335	37	Sen	25	FAST N' FURIOUS	1:00:40.6	304	1:35:06.6	330
336	269	Helder Fortunato	2:18:04.6	2:18:26.2	336	299	M40	68	eumesmo	1:04:08.1	370	1:36:34.9	344
337	281	Domingos Duro	2:18:24.7	2:19:17.4	343	300	M60	5	amigosdacorrída.com	1:04:31.9	378	1:38:29.0	362
338	279	João Caeiro	2:18:24.8	2:19:17.7	344	301	M60	6	amigosdacorrída.com	1:04:39.8	381	1:39:36.5	376
339	494	Fábio Batista	2:18:37.5	2:19:12.6	342	302	Sen	143		1:03:42.0	363	1:39:25.8	372
340	578	João Cruz	2:18:42.5	2:18:52.4	337	303	Sub	7	ARSM- Associação Recreativa de	1:01:08.1	315	1:34:09.0	318
341	610	Tânia Batista	2:18:47.3	2:19:09.9	341	38	Sen	26	O MUNDO DA CORRIDA	1:05:26.8	388	1:42:26.5	405
342	76	Bruno Silva	2:18:53.2	2:19:09.2	338	304	Sen	144	CrossFit 2725	1:01:53.2	331	1:37:24.9	354
343	119	Helena Nunes	2:18:57.1	2:19:09.2	339	39	F45	6		1:01:58.0	334	1:37:34.7	356
344	10	Carla Silva	2:18:57.7	2:19:09.6	340	40	F40	7		1:01:58.0	333	1:37:24.9	353
345	391	Tiago Basílio	2:19:35.8	2:20:23.0	347	305	Sen	145	ACCVCAVI	1:02:48.4	344	1:37:27.6	355
346	231	Pedro Pinto	2:19:37.0	2:19:58.7	345	306	Sen	146	O MUNDO DA CORRIDA	1:05:26.3	387	1:42:25.8	404
347	473	Antonio Ventura	2:19:48.2	2:20:07.9	346	307	M50	22	REAL ACADEMIA	1:02:59.5	346	1:35:17.9	335
348	479	Lídia Gonçalves	2:20:11.5	2:20:37.7	349	41	Sen	27	JOBRINDE - MONTES SALOIOS	1:05:27.8	391	1:38:50.4	365
349	395	Vasco Alpalhão	2:20:11.7	2:20:44.2	351	308	M40	69		1:05:35.4	396	1:39:34.9	375
350	177	Luis Miguel Brito	2:20:14.2	2:20:41.1	350	309	Sen	147		0:59:47.9	285	1:30:22.8	266
351	385	Luis Boavida	2:20:29.0	2:20:49.3	352	310	M55	15	Pisa Rochas	1:03:27.3	358	1:37:43.8	357
352	384	António Simões	2:20:30.4	2:20:50.1	353	311	M55	16	Pisa Rochas	1:03:28.1	360	1:37:48.3	358
353	501	Filipe Fonseca	2:21:03.5	2:21:21.0	355	312	Sub	8	Açoreana Clube Banif	1:04:11.7	372	1:38:03.0	361
354	545	Carlos Fonseca	2:21:04.2	2:21:21.2	356	313	M50	23	Açoreana Clube Banif	1:04:14.1	373	1:37:59.4	359
355	389	Tiago Vieira	2:21:07.8	2:21:21.9	357	314	Sen	148	TRAIL ÀS 9	0:59:10.3	266	1:33:55.9	311
356	250	Vasco Ferreira	2:21:11.6	2:21:46.9	362	315	Sen	149		1:02:53.6	345	1:39:05.1	366
357	241	Odília Pereira	2:21:12.8	2:21:36.2	358	42	F40	8	DUMMIES ON FIRE	1:03:59.7	368	1:38:02.2	360
358	304	Hugo Gonçalves	2:21:18.3	2:21:46.7	361	316	Sen	150		1:00:38.6	302	1:34:35.1	323
359	638	Pedro Lourenço	2:21:28.1	2:22:07.4	365	317	M40	70	Vodafone	1:04:21.5	374	1:39:38.6	378
360	80	Bruno Francisco	2:21:29.3	2:22:06.5	363	318	Sen	151		1:05:37.6	397	1:40:27.6	388
361	83	Jose Camelo	2:21:29.4	2:22:06.6	364	319	M40	71	Vodafone	1:05:38.3	398	1:40:29.3	389
362	628	Carlos Baptista	2:21:29.5	2:21:40.1	359	320	M50	24	Sporting Clube de Casainhos	1:01:18.7	320	1:37:04.4	350
363	629	Nuno Pereira	2:21:29.7	2:21:40.1	360	321	M45	45	Sporting Clube de Casainhos	1:01:19.8	321	1:37:02.8	347
364	585	Ricardo Maia	2:21:32.9	2:22:28.3	366	322	Sen	152	Pernas de Bacalhau	1:04:38.4	380	1:39:50.8	381
365	219	Sandra Simões	2:22:02.7	2:22:33.6	368	43	F40	9	Run 4 Fun	1:04:10.7	371	1:40:53.9	392
366	604	Severino Rosa	2:22:14.0	2:23:05.3	370	323	M55	17	SS CGD	1:06:17.5	414	1:41:10.7	393
367	499	Luis Gatinho	2:22:18.1	2:22:32.8	367	324	M45	46	NAPA - Núcleo de Amigos Perna	1:03:15.1	350	1:39:56.9	384
368	568	Alexandre Espírito	2:22:33.4	2:22:44.6	369	325	Sen	153		1:04:02.5	369	1:38:50.1	364

2.º Trilho das Lampas

Finisher List 2.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Es	Pos	Clube	10km	Pos. 13.5	Pos.	
369	451	Daniel Xarepe	2:23:03.3	2:23:17.3	371	326	M50	25	NAPA - Núcleo de Amigos Perna	1:03:09.9	348	1:40:01.2	385
370	132	Sónia Túbal	2:23:14.1	2:23:26.0	372	44	Sen	28	PR	1:04:29.0	376	1:42:00.9	397
371	364	Jose Magalhaes	2:23:17.4	2:23:53.9	374	327	M45	47	Run 4 Fun	1:04:21.7	375	1:39:45.7	379
372	187	Mónica Junqueira	2:23:22.8	2:24:01.8	376	45	Sen	29	Rail Runners	1:05:34.9	394	1:39:24.2	370
373	188	Ricardo Moreira	2:23:22.8	2:24:01.6	375	328	M40	72	Rail Runners	1:05:34.9	395	1:39:24.4	371
374	62	Carla Fuzeta	2:23:30.2	2:23:35.9	373	46	F40	10	DUMMIES ON FIRE	0:59:10.5	267	1:35:16.7	334
375	485	Nuno Rito	2:23:33.9	2:24:12.8	383	329	Sen	154	Tartarugas Solidárias	1:06:00.8	403	1:42:15.1	400
376	312	Joao Dias	2:23:35.0	2:24:12.6	381	330	Sen	155		1:06:01.5	404	1:42:13.4	399
377	262	Rui Duarte	2:23:37.5	2:24:12.5	379	331	M40	73		1:06:03.6	405	1:42:18.2	401
378	66	Andreia Costa	2:23:37.7	2:24:12.7	382	47	Sen	30	DUMMIES ON FIRE	1:06:05.5	406	1:42:19.3	402
379	75	João Dias	2:23:41.4	2:24:12.6	380	332	M40	74		1:06:09.9	409	1:42:24.8	403
380	207	Marcus Portela	2:23:42.0	2:24:17.6	384	333	Sen	156	Patati Patatá Bora Lá!	1:06:39.8	421	1:43:59.6	419
381	6	Roberto Barreto	2:23:48.4	2:24:11.5	378	334	Sen	157	Centro Vicentino da Serra	1:10:08.6	468	1:43:31.8	415
382	58	Bohemia Monteiro	2:23:58.5	2:24:34.3	385	48	Sen	31	Clube	1:06:22.6	415	1:43:58.1	418
383	60	Maria Da Luz	2:23:58.9	2:24:34.4	386	49	F55	2	Clube do Stress	1:06:22.7	416	1:43:57.4	417
384	432	Daniel Santos	2:24:00.4	2:24:07.6	377	335	Sen	158	UGAS TRAIL Running	0:55:29.5	195	1:29:41.8	253
385	333	Mafalda Nunes	2:24:08.4	2:24:56.2	387	50	F45	7	A.A. Lebres do Sado	1:07:10.7	436	1:44:19.6	423
386	178	Sara Machado	2:24:29.7	2:25:08.2	391	51	Sen	32	Rail Runners	1:03:55.1	367	1:39:30.6	374
387	151	Ricardo Chasqueira	2:24:30.3	2:25:08.4	392	336	Sen	159	Rail Runners	1:03:54.4	366	1:39:27.5	373
388	8	João Jorge	2:24:35.5	2:25:15.2	393	337	M45	48	Jobrinde - Montes Saloios	1:07:12.1	437	1:44:20.6	424
389	163	Sónia Lima	2:24:47.9	2:25:30.8	395	52	Sen	33	ADCR Polícia Judiciária	1:04:31.0	377	1:40:04.3	386
390	170	Pedro Dos Reis	2:24:51.0	2:25:07.9	390	338	Sen	160	Rail Runners	1:05:48.4	401	1:39:37.6	377
391	600	Filipe Arrieta Ceia	2:24:55.4	2:25:04.0	388	339	Sen	161		1:01:35.3	323	1:39:18.7	368
392	230	Vera Bizarro	2:24:55.6	2:25:18.4	394	53	Sen	34	O MUNDO DA CORRIDA	1:05:27.1	389	1:43:07.3	409
393	85	Francisco Miguel Ceia	2:24:57.8	2:25:04.1	389	340	Sen	162		1:01:38.4	324	1:39:19.2	369
394	440	Bo Irik	2:25:36.0	2:25:45.1	396	54	Sen	35	Correr na Cidade Running Crew	1:06:57.6	429	1:46:23.4	437
395	471	Herculano Araujo	2:25:37.3	2:25:46.6	398	341	M45	49	REAL ACADEMIA	1:06:12.6	411	1:41:59.6	396
396	443	Nuno Malcata	2:25:37.6	2:25:45.2	397	342	Sen	163	Correr na Cidade	1:06:59.5	430	1:46:14.8	436
397	472	Elisa Barra	2:25:37.7	2:25:46.7	399	55	F40	11	REAL ACADEMIA	1:06:12.6	412	1:42:01.8	398
398	511	João Cruz	2:25:40.1	2:26:10.4	400	343	M40	75	Bladerunners	1:05:24.7	386	1:40:46.6	391
399	87	Nuno Ferreira	2:26:06.0	2:26:42.4	403	344	M40	76		1:06:56.0	427	1:43:22.7	414
400	359	Andreia Oliveira	2:26:06.0	2:26:18.8	401	56	Sen	36	Georunners Portugal	1:03:26.4	356	1:40:16.5	387
401	264	Ana Margarida	2:26:08.4	2:26:29.8	402	57	F45	8	Run 4 Fun	1:06:43.7	424	1:45:08.4	427
402	252	Lino Silva	2:26:19.8	2:26:52.9	404	345	M40	77	GD Cimpor & Amigos	1:05:53.4	402	1:43:12.5	411
403	128	Manuel António	2:26:20.6	2:27:05.9	406	346	M45	50	Rail Runners	1:05:17.1	385	1:42:35.6	406
404	343	Lucia Martins	2:26:31.6	2:26:53.1	405	58	Sen	37	O MUNDO DA CORRIDA	1:05:27.4	390	1:43:12.4	410
405	235	Lilian Kato	2:27:04.6	2:27:21.6	407	59	F40	12	Tartarugas Solidárias	1:06:32.6	418	1:43:39.0	416

2.º Trilho das Lampas

Finisher List 2.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Es	Pos	Clube	10km	Pos. 13.5	Pos.	
406	222	Mário Bastardo	2:27:05.5	2:27:53.5	409	347	Sen	164	Hand 2 Hand Club Better Living	1:05:33.0	393	1:41:52.0	395
407	266	Rui Ferreira	2:27:06.4	2:27:54.0	410	348	M40	78	CRP Ribafria	1:05:32.7	392	1:41:50.0	394
408	680	Mónica Quartin Silva	2:27:17.2	2:27:42.8	408	60	F40	13		1:07:24.8	438	1:46:09.1	435
409	393	Mário Gonçalves	2:27:54.6	2:28:02.7	411	349	M45	51	EnKostas Trail	1:04:34.2	379	1:40:40.5	390
410	671	José Catita	2:27:56.6	2:28:10.9	412	350	M55	18		1:07:35.3	440	1:45:21.8	429
411	587	Teresa Afonso	2:28:47.0	2:29:13.7	413	61	Sen	38		1:09:28.3	459	1:42:46.2	407
412	206	Gonçalo Neto	2:28:51.5	2:29:25.7	416	351	M45	52	Patati Patatá Bora Lá!	1:06:41.3	423	1:44:01.1	420
413	221	Pedro Valente	2:28:57.1	2:29:14.6	415	352	Sen	165		1:03:19.1	354	1:37:18.4	352
414	477	Raquel Madeira	2:29:03.5	2:29:14.5	414	62	Sen	39	Gymrunners	1:06:26.1	417	1:44:18.0	422
415	204	Heitor Araújo	2:29:28.0	2:30:04.2	417	353	M40	79	Patati Patatá Bora Lá!	1:10:04.9	466	1:47:42.1	443
416	205	Sandra Almeida	2:29:29.2	2:30:04.2	418	63	F40	14	Patati Patatá Bora Lá!	1:10:06.1	467	1:47:44.6	444
417	571	Carlos Espirito Santo	2:29:43.7	2:30:07.7	419	354	M55	19	individual	1:07:33.8	439	1:44:35.2	425
418	118	Carlos Monteiro	2:29:48.3	2:30:29.9	423	355	M50	26		1:09:31.8	461	1:46:55.5	441
419	438	João Veigas	2:29:49.6	2:30:42.6	424	356	Sen	166		1:09:16.1	455	1:48:18.8	454
420	308	João Leitão	2:29:53.5	2:30:19.8	420	357	M40	80	RunLovers	1:06:08.2	407	1:43:15.4	412
421	309	Helena Leitão	2:29:53.9	2:30:19.8	421	64	F40	15	RunLovers	1:06:09.7	408	1:43:17.7	413
422	506	Cláudio Rocha	2:30:07.1	2:30:19.8	422	358	Sen	167	Hydria Quies	1:05:16.0	384	1:49:03.7	456
423	639	Luis Parro	2:30:29.3	2:30:47.4	425	359	M50	27	Monsanto Running Team	1:06:54.9	426	1:44:39.4	426
424	405	Luis Canhão	2:30:33.1	2:30:53.1	426	360	M45	53		1:03:33.0	361	1:39:52.2	382
425	13	Ana Monteiro	2:30:40.5	2:31:24.9	427	65	F40	16	Jobrinde - Montes Saloios	1:03:14.4	349	1:39:46.9	380
426	190	Alexandre Duarte	2:31:03.0	2:31:56.0	431	361	M50	28	Individual	1:08:47.8	449	1:45:38.2	433
427	580	Luís Reis	2:31:05.1	2:31:30.6	428	362	M50	29	Falcões Selvagens	1:09:17.8	456	1:49:07.1	459
428	426	Francisco Silva	2:31:08.2	2:31:30.9	429	363	M50	30	Falcões Selvagens	1:09:20.3	457	1:49:03.5	455
429	150	Joaquim Adelino	2:31:21.7	2:31:55.9	430	364	M60	7	Amigos Vale Silencio	1:09:06.4	451	1:45:56.0	434
430	588	José Gomes	2:31:28.2	2:32:08.0	432	365	Sen	168		1:06:45.2	425	1:42:48.5	408
431	420	Nuno Duarte	2:32:03.0	2:32:36.9	433	366	Sen	169	GDCT Unicre	1:06:34.2	419	1:44:09.1	421
432	353	Maria Do Rosário	2:32:12.6	2:32:55.5	434	66	F40	17	Rail Runners	1:10:39.9	477	1:47:54.5	447
433	598	Luisa Landeiro	2:32:32.0	2:33:22.3	438	67	F40	18	SS CGD	1:09:10.9	452	1:46:30.4	439
434	559	Miguel Melo	2:32:33.1	2:33:03.8	436	367	Sen	170		1:07:07.0	434	1:48:03.3	451
435	560	Mariana Melo	2:32:33.8	2:33:04.1	437	68	Sen	40		1:07:07.6	435	1:48:03.1	450
436	413	Pedro Abrantes	2:32:39.7	2:32:55.7	435	368	M40	81	Crossfit 2725	1:06:40.3	422	1:47:46.1	445
437	352	José Luís Gonçalves	2:32:46.9	2:33:30.2	439	369	M40	82	Rail Runners	1:10:40.1	478	1:47:56.3	449
438	301	Augusto Paulo Neves	2:32:58.0	2:33:40.4	440	370	M45	54		1:09:30.5	460	1:47:37.2	442
439	94	Núria Susana Branco	2:33:20.8	2:33:45.5	442	69	Sen	41		1:05:47.9	399	1:45:36.1	431
440	71	Cristina Figueira	2:33:21.0	2:33:45.4	441	70	Sen	42	DUMMIES ON FIRE	1:05:48.1	400	1:45:37.8	432
441	595	Carlos Albano	2:33:50.3	2:34:41.7	443	371	M40	83	SS CGD	1:05:15.4	383	1:39:53.1	383
442	305	Marta Mota	2:34:23.1	2:34:52.6	444	71	Sen	43		1:07:02.2	431	1:49:31.0	461

2.º Trilho das Lampas

Finisher List 2.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Es	Pos	Clube	10km	Pos. 13.5	Pos.	
443	406	Diogo Simões Pinto	2:34:24.5	2:34:52.6	445	372	Sen	171		1:07:02.9	432	1:49:30.5	460
444	2146	Cesar Domingos	2:34:27.0	2:34:54.6	446	373	Sen	172		1:07:42.0	441	1:45:21.0	428
445	277	Nuno Loureiro	2:34:32.7	2:34:59.4	447	374	M45	55	amigosdacorrida.com	1:09:26.8	458	1:49:04.5	457
446	166	Ulisses Valas	2:35:32.5	2:36:15.0	449	375	M40	84	ADCR Polícia Judiciária	1:03:17.4	352	1:35:59.8	341
447	171	Ana Patrícia Silva	2:35:45.3	2:36:15.5	450	72	Sen	44		1:08:40.3	448	1:50:34.5	469
448	283	Andreia Passeira	2:36:10.5	2:36:37.4	455	73	Sen	45		1:11:33.3	487	1:50:26.4	468
449	14	Paulo Sousa	2:36:12.1	2:36:27.4	451	376	M40	85	P3P	1:06:57.6	428	1:48:17.4	453
450	583	Nuno Ribeiro	2:36:14.8	2:37:02.5	456	377	Sen	173		1:15:41.7	521	1:55:21.8	502
451	78	Sandra Carvalho	2:36:16.2	2:36:32.4	452	74	F40	19	Hot Runners	1:11:56.5	496	1:53:16.5	485
452	149	Carla Martinho	2:36:16.3	2:36:32.7	453	75	Sen	46		1:11:56.3	495	1:53:14.7	483
453	64	Ricardo Santos	2:36:17.4	2:36:34.1	454	378	Sen	174	HOT RUNNERS	1:11:55.6	494	1:53:15.8	484
454	212	Ricardo Jesus	2:37:31.3	2:37:50.7	457	379	M40	86		1:06:13.5	413	1:46:24.3	438
455	566	Luis Costa	2:37:31.7	2:38:15.5	459	380	M45	56	Portugal Running	1:13:26.3	505	1:55:44.7	508
456	23	Eugénia Do Vale	2:37:32.1	2:38:15.8	460	76	F55	3	Connect2Run	1:13:35.6	507	1:56:19.5	514
457	618	Isabel Barra	2:37:53.4	2:38:01.0	458	77	F45	9	O Praticante / C. D. Asas Milénium	1:10:01.0	465	1:50:40.7	472
458	463	Mayer Raposo	2:38:09.8	2:38:19.5	461	381	M60	8	ASSOCIAÇÃO DE ATLETISMO	1:09:04.0	450	1:45:26.2	430
459	324	Alexandre Santos	2:38:20.3	2:38:34.3	462	382	M40	87		1:06:11.0	410	1:48:04.1	452
460	617	António Soares	2:38:40.6	2:39:08.8	464	383	M45	57	O Praticante / C. D. Asas Milénium	1:08:38.5	447	1:50:06.7	465
461	79	Rui Barbosa	2:38:43.2	2:39:21.0	465	384	M40	88	Clube Vodafone	1:10:53.6	481	1:53:58.0	491
462	502	Elisete Manuel	2:38:44.9	2:39:08.8	463	78	Sen	47	aminhacorrida.com	1:10:22.4	471	1:50:13.9	466
463	510	Nuno Menezes	2:39:40.5	2:40:10.0	467	385	M40	89	Bladerunners	1:08:26.2	445	1:46:38.7	440
464	270	Maria Sousa	2:39:41.7	2:40:14.0	469	79	Sub	1		1:07:46.4	443	1:49:51.9	464
465	268	Bernardo Gonçalves	2:39:41.9	2:40:14.0	468	386	Sub	9	Run4Fun	1:07:46.4	442	1:51:12.9	473
466	84	Sónia Ribeiro	2:39:50.8	2:40:09.1	466	80	Sen	48	CrossFit 2725	1:08:38.5	446	1:50:18.1	467
467	498	Catarina Lagoa	2:39:54.4	2:40:32.7	471	81	F45	10		1:14:16.3	513	1:54:48.9	500
468	497	Vitorino Carvalho	2:39:55.6	2:40:33.4	472	387	M40	90		1:14:15.1	512	1:54:48.6	499
469	361	Manuel João Galveia	2:40:04.1	2:40:22.2	470	388	M50	31		1:09:12.2	453	1:49:36.5	462
470	357	Vitor Pimenta	2:40:05.4	2:40:37.5	473	389	M45	58	ARSM - Associação Recreativa de	1:12:51.9	503	1:52:44.3	478
471	623	Sergio Anjos	2:40:53.2	2:41:27.3	474	390	Sen	175	Diverinstal	1:10:50.2	480	1:50:39.9	471
472	460	Paulo Mota	2:41:00.8	2:41:48.0	476	391	M45	59	ASSOCIAÇÃO DE ATLETISMO	1:12:52.2	504	1:54:44.6	496
473	11	Nelson Barreiros	2:41:01.2	2:41:47.8	475	392	M40	91	Individual	1:12:17.7	498	1:54:47.5	498
474	461	Dina Mota	2:41:01.8	2:41:48.3	477	82	F45	11	ASSOCIAÇÃO DE ATLETISMO	1:12:19.1	499	1:54:46.3	497
475	258	Goreti Fernandes	2:41:27.0	2:41:58.3	478	83	F50	1	GD Cimpor & Amigos	1:10:30.5	476	1:53:00.5	480
476	524	Pedro Loureiro	2:41:46.7	2:42:28.5	482	393	M40	92		1:12:21.6	501	1:53:37.7	487
477	525	Sandra Cardoso	2:41:46.7	2:42:28.7	483	84	F40	20		1:12:21.0	500	1:53:39.3	488
478	430	Marisa Marques	2:41:56.0	2:42:27.4	480	85	Sen	49	Outside Dream	1:11:42.8	490	1:55:47.6	509
479	158	Elsa Santiago	2:41:56.6	2:42:27.4	479	86	Sen	50		1:11:43.4	491	1:55:49.5	511

2.º Trilho das Lampas

Finisher List 2.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Es	Pos	Clube	10km	Pos. 13.5	Pos.	
480	189	Roque Soares	2:41:57.2	2:42:28.8	484	394	Sen	176		1:11:47.2	492	1:55:43.7	507
481	77	Pedro Miguel C.c.	2:41:57.6	2:42:29.2	485	395	Sen	177	Corridas &&& Comidas	1:11:42.0	489	1:55:49.2	510
482	161	Cláudia Miranda	2:42:00.2	2:42:27.8	481	87	F40	21		1:11:51.4	493	1:55:53.7	512
483	640	José Montalvao	2:42:24.0	2:43:08.3	489	396	M45	60	PR	1:13:31.4	506	1:56:28.8	517
484	538	Nuno Sabino	2:42:33.0	2:43:02.2	487	397	Sen	178	Açoreana Clube Banif	1:11:29.5	485	1:53:49.1	489
485	539	Paula Simões	2:42:33.0	2:43:01.8	486	88	Sen	51	Açoreana Clube Banif	1:11:30.8	486	1:53:50.5	490
486	164	David Freitas	2:42:36.4	2:43:10.8	490	398	M45	61	ADCR Polícia Judiciária	1:07:04.7	433	1:49:06.7	458
487	253	João Ferreira	2:42:37.2	2:43:20.0	494	399	M40	93	GD Cimpor & Amigos	1:10:22.0	470	1:52:44.1	477
488	529	Elina Matonse	2:42:42.3	2:43:06.8	488	89	Sen	52	Aminhacorrida.com	1:10:22.9	473	1:53:21.6	486
489	495	Paula Carvalho	2:42:45.8	2:43:17.1	491	90	F40	22	Run4Fun	1:13:49.2	510	1:56:39.3	519
490	464	Rosalba Leão	2:42:59.9	2:43:48.4	496	91	Sen	53		1:10:10.0	469	1:52:47.8	479
491	137	Miguel Torgal	2:43:01.0	2:43:50.2	497	400	Sen	179		1:10:00.9	464	1:52:41.9	476
492	500	Márcio Fonseca	2:43:02.7	2:43:19.8	493	401	Sen	180	Açoreana Clube Banif	1:09:13.8	454	1:49:44.4	463
493	275	Paula Machado	2:43:07.0	2:43:18.6	492	92	F55	4	amigosdacorrída.com	1:09:51.0	463	1:54:14.5	493
494	334	Lara Simons	2:43:08.0	2:43:52.4	498	93	Sen	54	CCD Siemens	1:12:07.5	497	1:54:51.3	501
495	73	Liliana Eusébio	2:43:24.6	2:43:48.3	495	94	Sen	55		1:10:40.8	479	1:53:10.1	481
496	616	David Silva	2:43:40.3	2:44:04.3	499	402	M50	32	O Praticante / C. D. Asas Milénium	1:10:22.5	472	1:50:37.8	470
497	482	Susana Vilaça	2:44:16.4	2:45:06.8	501	95	Sen	56	Monsanto Running Team	1:16:01.3	523	1:57:20.5	521
498	593	André Noronha	2:44:17.1	2:45:07.1	502	403	M45	62	SS CGD	1:12:30.7	502	1:55:37.9	505
499	481	Luís Boleto	2:44:18.0	2:45:06.7	500	404	Sen	181	Monsanto Running Team	1:16:03.1	524	1:57:20.9	522
500	507	Ricardo Rodrigues	2:44:59.7	2:45:12.3	503	405	M40	94	Hydria Quies	1:08:22.4	444	1:51:13.4	474
501	2199	Catherine de Freitas	2:45:59.0	2:46:15.6	504	96	F50	2	ADA Desnível	1:15:54.3	522	1:56:25.7	516
502	34	Luís Coito	2:46:05.0	2:46:33.8	505	406	M40	95	DUMMIES ON FIRE	1:14:30.4	519	1:56:18.9	513
503	245	Hugo Ribeiro	2:46:05.5	2:46:33.9	506	407	Sen	182	DUMMIES ON FIRE	1:14:30.3	518	1:56:24.1	515
504	199	Patrícia Rocha	2:47:12.3	2:47:48.6	507	97	Sen	57	Friends2Run	1:14:20.4	514	1:57:51.4	523
505	82	Elsa Evangelista	2:47:12.5	2:47:48.9	508	98	Sen	58	Friends2Run	1:14:22.1	515	1:57:52.9	524
506	246	Pedro Ribeiro	2:47:19.9	2:47:53.7	509	408	Sen	183	Run 4 Fun	1:14:40.7	520	1:56:30.6	518
507	215	Tiago Pereira	2:48:27.5	2:49:08.3	510	409	Sen	184	CorrerBarefoot.com	1:05:13.4	382	1:47:54.4	446
508	446	Bernardete Lopes	2:48:29.6	2:49:10.4	511	99	F40	23	Tartarugas Solidárias	1:13:59.8	511	1:55:40.1	506
509	584	Hamilton Dias	2:48:40.4	2:49:26.2	513	410	Sen	185		1:11:11.4	483	1:54:18.3	494
510	32	Rui Miguel Gameiro	2:48:42.0	2:49:26.3	515	411	M40	96		1:11:08.9	482	1:54:09.7	492
511	18	Rui Carmo	2:48:42.2	2:49:26.3	514	412	M55	20		1:11:13.5	484	1:54:38.8	495
512	16	Cátia Luis	2:53:06.4	2:54:43.9	520	100	Sen	59	Couchsurfing Sintra	1:18:13.5	532	2:02:59.9	527
513	70	Ricardo Pereira	2:53:09.8	2:53:28.3	516	413	Sen	186		1:06:38.7	420	1:47:54.7	448
514	223	Rúben Fonseca	2:53:16.4	2:53:32.8	517	414	Sen	187		1:11:36.3	488	1:51:38.8	475
515	240	Pedro Teigas	2:53:58.8	2:54:42.1	518	415	M40	97		1:10:24.3	474	1:55:29.2	503
516	22	Carlos Renato	2:53:59.7	2:54:42.7	519	416	M50	33	Connect2Run	1:10:24.4	475	1:55:30.8	504

2.º Trilho das Lampas

Finisher List 2.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Es	Pos	Clube	10km	Pos. 13.5	Pos.	
517	422	Manuela Folgado	2:55:53.8	2:56:13.4	524	101	F60	1	CR Leões de Porto Salvo	1:09:34.5	462	1:56:43.0	520
518	298	Leonor Maria Peleja	2:56:59.0	2:57:22.6	526	102	Sen	60	SS CGD	1:14:27.9	517	1:59:31.4	526
519	597	João Silva	2:56:59.0	2:57:22.5	525	417	M45	63	SS CGD	1:14:23.4	516	1:59:29.1	525
520	424	Margarida Lucas	2:59:01.1	2:59:51.4	527	103	Sen	61	Magis Runners Team	1:18:10.1	530	2:05:22.0	531
521	423	Rita Cruz	2:59:02.1	2:59:51.8	528	104	F45	12	Magis Runners Team	1:17:57.6	529	2:05:18.9	530
522	425	Joana Villas Boas	2:59:03.3	2:59:52.1	529	105	F40	24	Magis Runners Team	1:18:10.7	531	2:05:33.5	532
523	586	Francisco Linhol	2:59:14.5	3:00:03.4	530	418	M55	21	Dummies on fire	1:13:37.7	508	2:04:39.9	528
524	516	Carla Morgado	2:59:15.6	3:00:04.4	531	106	F40	25	DUMMIES ON FIRE	1:13:42.4	509	2:04:48.3	529
525	144	Ana Pereira	3:00:44.5	3:01:28.3	532	107	F45	13		1:20:13.3	551	2:13:58.9	556
526	626	Miguel Romeiro	3:01:09.5	3:02:04.3	533	419	M40	98	Individual	1:23:53.6	570	2:06:01.2	535
527	594	António Fonseca	3:01:22.6	3:02:25.8	534	420	M40	99	SS CGD	1:21:44.4	560	2:13:27.6	555
528	542	Sofia Guedes	3:02:25.7	3:02:53.7	537	108	Sen	62	Açoreana Clube Banif	1:18:41.4	539	2:12:05.4	552
529	533	Carlos Candeias	3:02:25.8	3:02:53.6	536	421	M45	64	Açoreana Clube Banif	1:18:36.1	535	2:12:07.0	554
530	541	Sandra Martins	3:02:26.7	3:02:53.5	535	109	Sen	63	Açoreana Clube Banif	1:18:41.3	538	2:12:03.9	550
531	537	Nuno Espírito Santo	3:02:27.0	3:02:53.8	538	422	M40	100	Açoreana Clube Banif	1:18:39.9	537	2:12:00.3	549
532	531	António Guedes	3:02:27.4	3:02:54.1	539	423	M40	101	Açoreana Clube Banif	1:18:38.7	536	2:12:05.3	551
533	544	Vitor Rafael	3:02:30.6	3:02:54.1	540	424	M50	34	Açoreana Clube Banif	1:18:56.4	540	2:12:06.6	553
534	256	Helena Silva	3:02:45.2	3:03:25.7	541	110	F50	3	GD Cimpor & Amigos	1:18:30.2	533	2:09:13.0	538
535	239	Rute Fernandes	3:03:24.8	3:03:57.0	547	111	Sen	64	Run 4 Fun	1:19:28.8	545	2:09:01.1	536
536	316	Ana Cristina Monteiro	3:03:25.0	3:03:50.3	544	112	Sen	65	Clube Atletismo Amigos Parque da	1:19:38.0	546	2:11:15.5	541
537	267	Filipa Cabaça	3:03:25.3	3:03:57.1	548	113	Sen	66	Run4Fun	1:20:24.9	552	2:09:01.6	537
538	548	Nuno Cruz	3:03:25.9	3:03:50.0	543	425	M45	65		1:19:40.0	547	2:11:16.8	542
539	355	Pedro Pina	3:03:26.4	3:03:36.8	542	426	Sen	188		1:01:57.3	332	1:39:10.2	367
540	394	Ana Alpalhão	3:03:32.7	3:04:06.5	549	114	F40	26		1:22:36.2	567	2:15:10.7	564
541	455	André Reis	3:03:34.9	3:03:53.5	545	427	Sen	189	SS CGD	1:16:34.2	525	2:05:51.0	534
542	37	Raquel Quintas	3:03:35.7	3:03:54.2	546	115	Sen	67	RS Running Team	1:16:35.2	526	2:05:46.9	533
543	33	Eva Vinagre	3:04:02.4	3:04:32.4	550	116	Sen	68		1:19:07.2	541	2:11:17.5	543
544	21	Henriqueta Solipa	3:04:22.5	3:05:09.0	552	117	F50	4	Connect2Run	1:20:03.4	550	2:15:37.8	566
545	104	Sónia Dionísio	3:04:22.5	3:05:08.8	551	118	Sen	69	Jobrinde - Montes Saloios	1:20:01.8	549	2:15:31.5	565
546	17	Carla Luis	3:05:33.5	3:07:08.7	554	119	Sen	70	Couchsurfing Sintra	1:20:57.6	557	2:14:36.9	560
547	15	Paulo Dias	3:05:33.9	3:07:09.1	555	428	Sen	190	Couchsurfing Sintra	1:20:56.1	556	2:14:36.2	559
548	2178	António Tiago Vicente	3:05:42.2	3:06:02.8	553	429	Sen	191		1:23:31.9	569	2:14:41.6	561
549	251	Paulo Ascensão	3:07:10.5	3:07:50.8	556	430	M40	102	GD Cimpor & Amigos	1:18:31.0	534	2:09:13.2	539
550	354	Sandra Filipe	3:07:23.6	3:08:02.8	557	120	Sen	71	Rail Runners	1:21:30.1	559	2:10:45.6	540
551	546	Diogo Reis	3:08:14.6	3:09:10.1	560	431	Sen	192		1:19:14.0	542	2:11:28.5	544
552	522	Christophe Silva	3:08:15.5	3:09:09.9	559	432	Sen	193		1:19:16.4	544	2:11:33.9	546
553	492	Carlos Pereira	3:08:16.0	3:09:10.2	561	433	Sen	194	Os (a) Salamandrecos	1:19:15.6	543	2:11:31.7	545

2.º Trilho das Lampas

Finisher List 2.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Es	Pos	Clube	10km	Pos. 13.5	Pos.	
554	602	Rita Pimenta	3:08:16.5	3:09:07.5	558	121	Sen	72	SS CGD	1:20:54.4	555	2:14:26.1	558
555	528	Rui Afonso	3:10:18.0	3:11:02.3	562	434	M40	103	Afonso Team	1:22:06.4	564	2:11:35.0	547
556	365	Eduarda Pereira	3:11:02.0	3:11:49.5	564	122	F40	27		1:23:19.1	568	2:14:54.8	562
557	369	Maria Graciete	3:11:11.6	3:11:45.2	563	123	F45	14		1:17:46.7	528	2:11:37.1	548
558	282	Pedro Rodrigues	3:11:41.8	3:12:35.1	565	435	M60	9	amigosdacorrída.com	1:19:56.5	548	2:15:51.8	567
559	335	Hugo Rodrigues	3:12:42.1	3:13:26.4	566	436	Sen	195	CCD Siemens	1:20:33.2	553	2:14:23.3	557
560	336	Ira Litwinoff	3:13:18.9	3:14:04.2	567	124	F50	5	CCD Siemens	1:20:50.3	554	2:14:56.2	563
561	31	Maria Nunes	3:13:47.7	3:14:17.6	569	125	F45	15	DUMMIES ON FIRE	1:22:33.5	566	2:16:12.7	569
562	19	Jorge Sousa	3:13:49.2	3:14:17.4	568	437	M40	104	DUMMIES ON FIRE	1:22:31.6	565	2:16:11.5	568
563	622	Ricardo Pereira	3:14:53.1	3:15:28.7	570	438	Sen	196	Diverinstal	1:17:30.4	527	2:17:15.3	570
564	299	Ana Gabriela Pereira	3:21:19.5	3:21:46.7	571	126	Sen	73	Correr na Cidade	1:25:17.7	575	2:19:32.3	574
565	114	Soraia Ferreira	3:21:19.7	3:21:46.9	572	127	Sen	74	Monsanto Running Team	1:25:10.1	573	2:19:30.7	573
566	306	Catarina Beato	3:21:20.0	3:21:47.0	573	128	Sen	75		1:25:17.5	574	2:19:18.9	572
567	303	Nuno Silva	3:21:39.7	3:22:07.6	574	439	Sen	197		1:25:05.6	572	2:19:15.1	571
568	596	Dora Pires	3:22:22.9	3:22:42.5	575	129	F45	16	SS CGD	1:27:20.8	578	2:24:45.1	579
569	606	Otilia Rosado	3:22:25.3	3:22:42.5	576	130	F40	28	vila seca run team	1:27:23.3	579	2:24:46.0	580
570	674	João Santos	3:26:39.8	3:27:20.5	577	440	Sen	198	Rail Runners	1:30:49.3	584	2:35:16.4	587
571	292	Filipe Mestre	3:26:57.9	3:28:02.9	579	441	Sen	199		1:21:45.0	561	2:20:50.3	577
572	344	Silvana Marques	3:26:59.0	3:28:02.9	580	131	F45	17	O MUNDO DA CORRIDA	1:21:45.7	563	2:20:42.2	575
573	274	Patricia Caixinha	3:26:59.1	3:28:02.8	578	132	Sen	76		1:21:45.3	562	2:20:45.9	576
574	106	Diana Nunes	3:31:43.4	3:31:59.8	581	133	Sen	77		1:26:04.0	576	2:31:42.7	581
575	180	Alexandra Machado	3:31:48.2	3:32:03.8	582	134	Sen	78		1:24:32.9	571	2:31:43.1	582
576	193	Ana David	3:32:57.3	3:33:21.8	583	135	F50	6	Clube atletismo Amigos Parque da	1:21:28.8	558	2:21:43.2	578
577	43	Rui Nobre	3:36:45.0	3:37:42.4	584	442	Sen	200		1:30:30.9	581	2:32:20.9	583
578	41	Cecilia Nobre	3:36:50.4	3:37:47.4	585	136	Sen	79		1:30:35.1	582	2:32:39.1	585
579	448	Ana Prego	3:39:58.5	3:40:55.6	586	137	Sen	80	SintraTraillovers	1:30:41.2	583	2:32:36.0	584
580	160	Mariana Andrade	3:52:35.5	3:53:21.3	587	138	Sub	2		1:27:03.3	577	2:32:54.1	586
581	59	Ricardo Oliveira	2:19:53.6	2:20:33.4	348	443	Sen	201	Jobrinde - Montes Saloios		1	1:38:43.3	363
582	152	António Pedro Santos	2:54:32.2	2:55:13.4	521	444	M40	105	Os(a) Salamandrecos	1:35:06.7	587		1
583	226	Claudia Pargana	2:35:07.9	2:35:30.4	448	139	F45	18	Run 4 Fun		2		2
584	360	Marta Santos	2:54:31.7	2:55:13.7	523	140	Sub	3	Os(a) Salamandrecos	1:35:05.0	586		3
585	505	Octávio Marcos	2:14:06.6	2:20:54.1	354	445	Sen	202	Jobrinde - Montes Saloios		3	1:27:16.1	225
586	567	Carlos Morita	2:54:31.7	2:55:13.5	522	446	M40	106		1:35:01.0	585		4
587	615	Miguel Silva	2:48:45.0	2:49:14.4	512	447	Sub	10	O Praticante / C. D. Asas Milénium		4	1:53:14.6	482

Number of records: 587