

4.º Trilho das Lampas

Finisher List 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 13.5	Pos.	
4.º Trilho das Lampas												
1.	77	Mário Fonseca	1:20:46.3	1:19:43.3	1	Sen M	1		0:35:46.0	6	0:55:58.4	6
2.	779	Jose Gaspar	1:24:55.3	1:24:46.6	2	Sen M	2	Odimarq	0:37:47.5	8	0:59:15.2	8
3.	1003	Fábio Fontoura	1:24:56.9	1:23:56.8	3	Sen M	3		0:37:35.2	7	0:58:23.4	7
4.	415	Fernando Gomes	1:26:38.0	1:26:36.2	4	Sen M	4	Clube de Atletismo de Ferreira do Zêzere	0:38:53.9	9	1:00:27.7	9
5.	422	Tiago Lousa	1:27:57.4	1:26:57.5	5	Sen M	5	Clube de Atletismo de Ferreira do Zêzere	0:39:26.9	11	1:01:34.3	11
6.	7	Diogo Baena	1:28:03.0	1:26:54.3	6	Sen M	6	Juventude Vidigalense	0:39:19.5	10	1:01:32.6	10
7.	102	Tiago Godinho	1:28:21.8	1:27:40.2	7	Sen M	7	Caracol Trail Team	0:40:00.5	13	1:01:47.7	12
8.	186	João Ginja	1:29:23.3	1:29:21.1	8	M50	1	Nutrimania-Sports Nutricion	0:40:32.9	16	1:03:12.1	17
9.	901	Bruno Sousa	1:29:31.8	1:28:29.3	9	Sen M	8	SatecnosolOutdoor-LaSportiva	0:39:51.6	12	1:02:06.3	13
10.	450	Artur Oliveira	1:30:01.7	1:29:59.2	10	M40	1	PICA MIOLOS	0:40:24.6	15	1:02:59.8	14
11.	417	Luís Graça	1:31:58.8	1:31:57.1	11	M40	2	Clube de Atletismo de Ferreira do Zêzere	0:42:06.1	29	1:05:26.9	26
12.	983	Alexandre Blasques	1:32:00.8	1:30:59.6	12	Sub23	1	Decathlon Montijo Trail Team	0:40:18.3	14	1:03:04.3	15
13.	122	Nuno Patricio	1:32:03.6	1:31:03.6	13	M40	3	Clube da Natureza de Alvito	0:40:58.5	21	1:03:56.2	19
14.	45	João Prisal	1:32:17.6	1:31:51.6	14	M40	4	Rail Runners	0:41:36.4	24	1:05:21.4	25
15.	19	Pedro Ribeiro	1:32:21.9	1:31:21.8	15	Sen M	9	Caracol Trail Team	0:41:02.6	22	1:03:55.5	18
16.	421	Ricardo Duarte	1:32:26.6	1:31:24.9	16	Sen M	10	Clube de Atletismo de Ferreira do Zêzere	0:40:51.8	18	1:04:07.3	20
17.	359	Marcolino Veríssimo	1:32:31.6	1:31:30.8	17	M45	1	AMCF-Arrábida Trail Team	0:40:57.0	19	1:04:27.7	22
18.	33	Rodrigo Noivo	1:32:43.1	1:31:39.4	18	Sen M	11	GO!Runners	0:41:09.4	23	1:04:28.1	23
19.	603	Luis Santos	1:33:21.9	1:32:21.3	19	Sen M	12		0:40:36.0	17	1:04:19.3	21
20.	449	Henrique Sao Joanico	1:34:22.9	1:33:22.7	20	Sen M	13	PICA MIOLOS	0:41:57.2	27	1:05:20.6	24
21.	372	Rui Sequeira	1:34:34.0	1:33:29.0	21	Sen M	14	AMCF-Arrábida Trail Team	0:42:17.0	30	1:06:15.2	28
22.	249	João Patricio	1:35:12.0	1:34:10.0	22	Sub23	2	Escaravelhos Team	0:41:54.4	26	1:05:46.7	27
23.	385	João Repas Goncalves	1:35:26.8	1:34:21.3	23	Sen M	15	Monsanto Running Team	0:41:49.5	25	1:06:21.3	29
24.	807	Paulo Póvoa	1:35:29.3	1:34:27.6	24	M50	2	Amigos Vale Silêncio	0:42:40.6	33	1:07:03.4	33
25.	1005	Luis Pereira	1:35:44.9	1:34:44.4	25	M45	2		0:42:26.6	32	1:07:08.4	34
26.	684	Bruno Pereira	1:35:55.6	1:34:55.7	26	M40	5	Caracol Trail Team	0:42:56.5	36	1:06:41.0	31
27.	872	José Maria Ferreira	1:36:23.8	1:35:13.3	27	Sub23	3		0:42:21.5	31	1:06:56.0	32
28.	1000	Daniel Dias	1:36:26.7	1:35:23.9	28	Sen M	16	Centro Vicentino da Serra	0:41:59.9	28	1:06:31.3	30
29.	316	Rogério Azevedo	1:36:42.4	1:36:39.8	29	M45	3	CCD Sintrense	0:42:57.6	37	1:07:51.4	35
30.	123	Luis Rodrigues	1:37:41.5	1:36:37.9	30	M45	4		0:43:32.0	40	1:08:18.7	39
31.	418	Marco Franco	1:38:07.6	1:37:05.0	31	Sen M	17	Clube de Atletismo de Ferreira do Zêzere	0:43:46.0	41	1:09:03.9	42
32.	420	Nelson César	1:38:16.6	1:37:14.1	32	Sen M	18	Clube de Atletismo de Ferreira do Zêzere	0:42:45.8	34	1:08:35.8	40
33.	536	Wesley Trigg	1:38:18.1	1:37:10.7	33	Sen M	19		0:44:04.5	42	1:08:14.0	38
34.	562	Samuel Castela	1:38:35.5	1:37:32.1	34	Sen M	20		0:44:28.4	44	1:08:57.8	41
35.	739	Paulo Jose Cardoso Da	1:38:42.3	1:37:41.2	35	M40	6	N.A.Z.Abóboda	0:44:52.1	49	1:09:37.9	43

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Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 13.5	Pos.	
36.	351	António Pardal	1:38:49.4	1:37:46.3	36	M45	5	Decathlon / OmegaPharma	0:43:26.1	39	1:07:59.5	36
37.	97	Pedro Freitas	1:38:53.2	1:37:52.6	37	Sen M	21	Caracol Trail Team	0:43:18.5	38	1:08:06.6	37
38.	582	Santos Paulo	1:39:26.4	1:39:12.7	38	M45	6	Mountain trails	0:44:35.2	46	1:09:59.2	44
39.	675	Inês Marques	1:39:40.3	1:38:39.3	1	Sub23	1	Proaventuras	0:45:30.9	59	1:10:04.4	46
40.	333	João Plácido	1:39:41.6	1:38:39.6	39	Sen M	22	União FCI de Tomar	0:46:07.9	80	1:10:03.9	45
41.	131	Amândio Antunes	1:40:16.1	1:39:15.4	40	Sen M	23	AfifenseTrail	0:40:57.2	20	1:03:05.6	16
42.	424	Ruben Chaves	1:41:34.8	1:41:31.4	41	Sen M	24		0:46:00.4	70	1:11:09.8	53
43.	284	Mark Monteiro	1:41:37.7	1:40:36.7	42	M45	7		0:44:09.1	43	1:10:09.8	47
44.	1004	Nuno Oliveira	1:41:45.2	1:40:38.0	43	Sen M	25	More than Alfa	0:45:54.4	65	1:11:17.3	55
45.	149	Aníbal Godinho	1:41:52.4	1:40:49.9	44	M50	3	Caracol Trail Team	0:46:01.5	73	1:12:00.1	65
46.	676	Nuno Neves	1:41:53.2	1:40:46.9	45	M45	8	CARACOL TRAIL TEAM	0:45:59.5	69	1:11:57.2	63
47.	137	Pedro Veríssimo	1:41:56.9	1:40:56.9	46	Sen M	26	ARSM - Associação Recreativa de S. Miguel	0:44:49.6	48	1:10:24.1	48
48.	169	André Carvalho	1:41:59.2	1:40:51.0	47	Sen M	27		0:44:52.3	50	1:10:25.8	50
49.	370	Pedro Crispim	1:41:59.6	1:40:58.0	48	Sen M	28	Caracol Trail Team	0:46:01.2	72	1:11:54.8	62
50.	143	Gil Afonso Vicente	1:42:06.1	1:41:04.0	49	M40	7	caracol trail team	0:46:01.8	75	1:12:01.0	66
51.	532	João Santos	1:42:08.5	1:41:03.0	50	M40	8	Dolce Furadouro	0:45:12.7	53	1:10:31.3	52
52.	443	Bruno Dias	1:42:35.1	1:41:33.4	51	M40	9	Adraga BTTeam	0:45:26.7	57	1:11:18.5	56
53.	71	Jorge Rodrigues	1:42:38.2	1:41:37.6	52	M50	4	Núcleo de Atletismo Zona da Abóboda	0:45:11.4	51	1:12:05.1	68
54.	303	Hugo Nalha	1:42:43.5	1:41:37.3	53	M40	10	C.D."Os Águias" Trail/Running	0:45:54.6	66	1:11:51.1	61
55.	79	Paulo Osório	1:42:49.1	1:41:47.9	54	M45	9		0:45:12.0	52	1:11:13.0	54
56.	851	Luis Aires	1:43:00.3	1:41:59.3	55	M45	10		0:46:08.4	82	1:12:09.2	69
57.	416	Hélder Pereira	1:43:08.5	1:42:05.9	56	Sen M	29	Clube de Atletismo de Ferreira do Zêzere	0:44:30.1	45	1:10:29.5	51
58.	145	Jaime Fernandes	1:43:09.8	1:41:57.7	57	M40	11		0:45:53.1	63	1:12:09.6	70
59.	335	Hélder Lemos	1:43:13.1	1:42:00.6	58	Sen M	30	Runners Dream Moments	0:46:02.5	76	1:11:44.0	60
60.	53	Luis Carlos Silva	1:43:37.9	1:42:34.7	59	M40	12		0:45:30.6	58	1:11:22.8	57
61.	206	Artur Oliveira	1:43:39.4	1:42:35.3	60	Sen M	31	COA - Clube de Orientação e Aventura	0:46:11.8	83	1:12:42.9	77
62.	182	Carlos Marques	1:43:44.2	1:42:43.1	61	M50	5	N.A.Z.Abóboda	0:46:08.4	81	1:12:17.1	72
63.	278	Diogo Moreira	1:43:59.2	1:42:48.1	62	Sen M	32	OzXtreme / GDCR	0:46:15.6	84	1:12:41.6	76
64.	181	Pedro Jesus	1:44:10.6	1:43:08.8	63	Sen M	33	Gáfete Runners	0:45:18.2	55	1:12:26.1	73
65.	183	Cristina Ponte	1:44:14.1	1:43:11.5	2	F40	1	Aminhacorrida/Kalenji	0:46:31.9	88	1:12:45.5	79
66.	111	Nuno Coelho	1:44:15.9	1:43:12.2	64	M40	13	Coimbra Trail Running	0:45:31.2	60	1:11:41.0	59
67.	423	Tiago Miguel	1:44:37.1	1:43:34.1	65	Sen M	34	Clube de Atletismo de Ferreira do Zêzere	0:44:49.0	47	1:12:04.3	67
68.	857	Frederico Cerdeira	1:44:50.6	1:43:43.4	66	Sen M	35	Monsanto Running Team	0:45:40.6	61	1:11:57.5	64
69.	390	Bruno Sequeira	1:44:56.1	1:43:49.8	67	Sen M	36	Monsanto Running Team	0:45:59.4	68	1:12:41.3	75
70.	524	Zo Vieira	1:44:59.6	1:43:58.1	68	M50	6	Proaventuras	0:46:22.7	85	1:12:43.1	78
71.	639	João Ferreira	1:45:12.0	1:44:06.8	69	Sen M	37	Porto de Mós a Correr	0:46:43.4	91	1:12:52.5	82
72.	646	David Gouveia	1:45:16.9	1:44:10.3	70	Sen M	38	Escaravelhos Team	0:45:20.8	56	1:11:31.6	58

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Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 13.5	Pos.	
73.	101	Joao Maia	1:45:21.3	1:44:18.3	71	M50	7	Falcões Selvagens	0:45:48.2	62	1:12:32.0	74
74.	220	Diogo Lopes	1:45:24.3	1:44:24.0	72	Sub23	4	COA - Clube de Orientação e Aventura	0:45:13.8	54	1:12:52.9	83
75.	373	Vitor Pinto	1:45:27.9	1:44:22.9	73	Sen M	39	AMCF-Arrábida Trail Team	0:46:38.8	89	1:12:59.2	84
76.	288	Sérgio Oliveira	1:45:35.9	1:44:26.5	74	M40	14	pace.makers	0:47:34.4	104	1:14:17.8	92
77.	340	Marco Mendes	1:45:41.2	1:44:37.1	75	M40	15	Clube de Praças da Armada	0:48:37.9	126	1:14:38.3	99
78.	787	Nuno Lopes	1:45:50.4	1:44:38.7	76	Sen M	40	Hc Runners	0:45:53.2	64	1:12:48.3	80
79.	81	Aretino Mota	1:45:58.5	1:44:56.8	77	M50	8	Linda-a-Pastora Sporting Clube	0:47:56.6	110	1:15:11.6	111
80.	620	João Rosa	1:45:59.3	1:44:53.6	78	M40	16	Matilha Running	0:46:57.8	95	1:14:17.9	93
81.	614	Bruno Sousa	1:46:00.9	1:44:57.2	79	M40	17	Wild Challenge	0:45:55.0	67	1:12:49.2	81
82.	388	André Reis	1:46:05.7	1:44:59.4	80	Sen M	41	Monsanto Running Team	0:46:31.6	87	1:13:58.3	90
83.	82	Almiro Feijão	1:46:08.2	1:45:06.4	81	M55	1	Linda-a-Pastora Sporting Clube	0:47:57.0	112	1:14:52.5	102
84.	236	Nuno Anjos	1:46:09.5	1:45:02.1	82	M40	18	amigosdacorrida.com	0:47:21.5	97	1:14:27.0	97
85.	164	Luis Neves Franco	1:46:13.0	1:45:08.3	83	Sen M	42	Decathlon/Omega Pharma	0:47:28.7	99	1:14:21.9	95
86.	950	Pedro Silva	1:46:21.4	1:45:17.4	84	M50	9	CLUBE MILLENNIUM BCP	0:47:28.9	100	1:14:17.3	91
87.	25	Francisco Rodrigues	1:46:32.4	1:45:27.7	85	M40	19	Turres Trail Team	0:48:26.4	120	1:15:09.6	110
88.	34	João Barreto	1:46:34.3	1:45:20.9	86	Sen M	43	GO!Runners	0:46:24.4	86	1:13:25.0	86
89.	277	Tiago Jesus	1:46:35.6	1:45:22.7	87	Sen M	44	OzXtreme / GDCR	0:46:06.2	79	1:13:27.7	88
90.	18	Joaquim Capela	1:46:42.4	1:45:32.7	88	M45	11	Kaninos	0:47:22.1	98	1:14:19.8	94
91.	88	Carlos Carola	1:46:48.4	1:45:07.7	89	Sen M	45	Aboim Jovem	0:48:13.2	114	1:15:09.0	109
92.	138	Daniel Rodrigues	1:46:54.8	1:45:51.5	90	Sen M	46		0:46:53.0	94	1:14:28.9	98
93.	40	Roberto Rodrigues	1:47:04.8	1:45:56.6	91	Sen M	47	GO!Runners	0:49:09.6	136	1:15:42.6	118
94.	127	Jose Camelo	1:47:06.1	1:46:00.4	92	M40	20	matilha Running	0:48:18.3	116	1:15:02.5	104
95.	32	Bruno Marrão	1:47:10.7	1:45:58.2	93	M40	21	GO!Runners	0:47:32.0	102	1:15:07.2	108
96.	651	Paula Da Silva Barbosa	1:47:15.5	1:46:14.8	3	Sen F	1	Oralklass - Amigos do Trail	0:47:44.9	107	1:14:54.8	103
97.	550	Paulo Frango	1:47:15.7	1:45:48.8	94	Sen M	48	Monsanto Running Team	0:47:43.9	106	1:14:26.6	96
98.	337	Renato Rainho	1:47:16.0	1:46:10.4	95	M40	22	Clube de Praças da Armada	0:46:51.5	93	1:14:39.2	100
99.	615	Fernando Santos	1:47:31.5	1:46:23.9	96	Sub23	5	Escaravelhos Team	0:46:46.3	92	1:13:27.1	87
100.	661	Luis Pereira	1:47:35.9	1:46:07.9	97	Sen M	49		0:48:20.5	117	1:14:46.2	101
101.	399	Marco Rodrigues	1:47:39.8	1:46:38.7	98	M40	23	ARSM - Associação Recreativa de S. Miguel	0:47:47.6	108	1:15:12.0	112
102.	474	Bruno Gonçalves	1:47:45.1	1:46:33.8	99	Sen M	50		0:46:41.9	90	1:13:42.5	89
103.	217	Rui Pena	1:47:47.2	1:46:45.4	100	Sen M	51	COA - Clube de Orientação e Aventura	0:47:31.9	101	1:15:18.9	113
104.	497	David Santos	1:48:09.1	1:47:04.4	101	M40	24	Juventude Vidigalense	0:42:55.4	35	1:10:25.6	49
105.	343	Miguel Teixeira	1:48:35.7	1:47:24.6	102	Sen M	52	Clube de Praças da Armada	0:48:38.2	127	1:16:30.5	123
106.	367	Gil Alves	1:48:45.7	1:47:37.5	103	M40	25	100fobias	0:47:56.7	111	1:16:19.4	120
107.	580	Pedro Luzio	1:49:04.8	1:47:52.6	104	M40	26	SS CGD	0:48:52.2	132	1:16:36.1	125
108.	175	João Gonçalves	1:49:21.0	1:48:07.8	105	Sen M	53	Correr na Cidade	0:48:31.8	123	1:15:43.1	119
109.	6	António Pedro Santos	1:49:23.6	1:48:04.8	106	M45	12	Salamandrecos	0:48:25.2	119	1:16:20.0	121

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Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 13.5	Pos.	
110.	28	Diogo Sousa	1:49:29.0	1:48:16.8	107	Sen M	54	GO!Runners	0:48:37.1	125	1:15:22.4	114
111.	896	Carlos Barros	1:49:29.9	1:48:01.4	108	Sen M	55	Salamandrecos	0:49:44.7	142	1:17:36.6	134
112.	51	Pedro Nogueira	1:49:32.5	1:48:29.0	109	M40	27	Clube Vodafone	0:48:39.6	128	1:16:41.9	127
113.	374	Luis Trindade	1:49:40.2	1:48:05.3	110	Sen M	56	AMCF-Arrábida Trail Team	0:47:42.8	105	1:15:06.9	107
114.	744	Patrícia Marto Carreira	1:49:45.2	1:48:35.2	4	Sen F	2	Juventude Vidigalense	0:49:02.7	134	1:17:19.6	132
115.	530	Marco Pinto	1:50:06.0	1:48:51.8	111	Sen M	57	Proaventuras	0:48:12.4	113	1:15:41.2	117
116.	24	Bruno Lima	1:50:06.2	1:48:58.6	112	Sen M	58	AfifenseTrail	0:46:01.5	74	1:15:03.4	105
117.	913	Nuno Garrana	1:50:09.8	1:48:42.9	113	Sen M	59	AFDD-Run Crew Trail Montijo	0:48:55.7	133	1:16:48.8	130
118.	325	Orlando Martins	1:50:14.7	1:49:10.9	114	M60	1	CCD Sintrense	0:46:05.4	78	1:13:25.0	85
119.	326	António Fraga Miranda	1:50:30.5	1:49:26.9	115	M45	13	ATR-Algarve Trail Running	0:47:15.7	96	1:15:33.6	116
120.	1013	João Paulo Marques	1:50:32.8	1:49:31.7	116	M50	10	Proaventuras	0:48:40.0	130	1:16:44.1	128
121.	797	Amélia Conceição Pais	1:50:32.9	1:49:30.3	5	F50	1	Proaventuras	0:48:39.6	129	1:16:44.4	129
122.	547	Pedro Luiz	1:50:51.1	1:49:38.6	117	Sen M	60	Correr na Cidade	0:49:05.2	135	1:16:27.5	122
123.	920	Luis Moura	1:50:51.1	1:49:37.9	118	M40	28	Correr na Cidade	0:48:31.7	122	1:16:33.2	124
124.	998	José Presado	1:51:07.4	1:50:03.0	119	Sen M	61	Centro Vicentino da Serra	0:49:15.2	137	1:17:26.1	133
125.	118	Pedro Amaro Ramos	1:51:37.2	1:50:36.6	120	M40	29	ARSM - Associação Recreativa de S. Miguel	0:48:14.5	115	1:16:36.9	126
126.	60	Ricardo Valente	1:51:37.3	1:50:35.6	121	M50	11	Não Fazemos Nem Mais Um... Km	0:49:39.8	140	1:17:39.5	135
127.	258	Paulo Rodrigues	1:51:43.5	1:50:10.4	122	M40	30	Rail Runners	0:50:10.8	152	1:17:58.3	137
128.	140	Paulo Mendes	1:51:45.0	1:50:35.6	123	Sen M	62	Tartarugas Solidárias	0:50:21.4	156	1:18:33.5	142
129.	341	Luis Silva	1:51:45.0	1:50:42.1	124	Sen M	63	Clube de Praças da Armada	0:46:02.9	77	1:12:11.4	71
130.	610	Edagar Jacinto	1:52:23.2	1:51:06.4	125	Sen M	64	PICA MIOLOS	0:50:34.2	159	1:18:16.3	139
131.	448	Pedro Carrasqueira	1:52:23.4	1:51:04.9	126	Sen M	65	PICA MIOLOS	0:50:32.5	158	1:18:14.7	138
132.	184	Pedro Mourão	1:52:36.6	1:51:30.5	127	M40	31	Caracol Trail Team	0:50:06.7	149	1:18:21.5	140
133.	62	Pedro Barbosa	1:52:50.5	1:51:45.7	128	M45	14	Olimpico Vianense Trail/ND Sport	0:48:33.5	124	1:18:26.1	141
134.	1002	Pedro Vaz	1:52:58.4	1:51:54.1	129	Sen M	66	Centro Vicentino da Serra	0:48:50.4	131	1:17:54.6	136
135.	516	Claudio Franco	1:53:17.1	1:52:04.2	130	Sen M	67	Dolce Furadouro	0:52:14.7	189	1:19:46.8	156
136.	394	Margarida Amaro	1:53:19.8	1:52:17.1	6	Sen F	3	Monsanto Running Team	0:49:32.9	139	1:18:37.5	143
137.	290	Pedro Simões	1:53:21.4	1:51:39.1	131	Sen M	68	Uni_Verso RUN	0:51:53.2	177	1:18:49.3	146
138.	899	Ricardo Crisógono	1:53:49.4	1:52:43.8	132	Sen M	69		0:47:49.0	109	1:19:21.8	152
139.	873	Álvaro Mendonça	1:53:57.8	1:52:55.3	133	Sen M	70	GáfeteRunners	0:50:20.7	155	1:19:17.7	151
140.	622	Gleiber Mendes	1:53:57.9	1:52:34.5	134	Sen M	71	Arriba Trail Runners	0:51:33.3	170	1:19:32.3	154
141.	862	Sergio Ramos	1:54:00.4	1:52:43.8	135	M40	32		0:49:42.5	141	1:18:39.1	145
142.	631	Miguel Quaresma	1:54:01.2	1:52:58.7	136	M40	33		0:48:20.9	118	1:16:54.6	131
143.	847	Jose Nunes	1:54:14.2	1:52:55.7	137	M45	15		0:50:00.3	145	1:19:42.1	155
144.	21	Carlos Neto	1:54:21.1	1:53:05.9	138	M40	34	AfifenseTrail	0:49:50.4	144	1:19:06.2	149
145.	839	Pedro Moleirinho	1:54:23.3	1:53:12.3	139	M45	16		0:53:06.4	218	1:21:10.2	170
146.	686	João Rodrigues	1:54:51.5	1:53:46.8	140	M40	35	Linda-a-Pastora Sporting Clube	0:52:22.2	192	1:21:22.6	173

4.º Trilho das Lampas

Finisher List 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 13.5	Pos.	
147.	765	Rui Pedro Lopes Da Silva	1:55:15.2	1:53:42.2	141	Sen M	72	Rail Runners	0:51:40.5	174	1:19:48.6	157
148.	407	Rui Cruz	1:55:20.0	1:54:17.0	142	M40	36		0:47:34.0	103	1:15:27.8	115
149.	683	Joana Fonseca	1:55:26.0	1:54:22.0	7	Sen F	4		0:49:29.7	138	1:19:14.8	150
150.	831	João Pateira	1:55:26.3	1:54:21.9	143	Sen M	73		0:50:03.8	148	1:20:05.2	160
151.	906	Luís Soares	1:55:37.6	1:54:07.4	144	M50	12	CLUBE OGMA	0:51:51.5	176	1:20:22.1	162
152.	49	Edgar Prazeres	1:55:49.7	1:54:31.0	145	Sen M	74		0:50:01.0	147	1:19:24.6	153
153.	456	Cláudio Rocha	1:55:50.6	1:54:49.0	146	M40	37	Lis Running	0:50:51.6	163	1:21:05.5	167
154.	342	Luís Amandio	1:55:54.8	1:54:46.1	147	Sen M	75	Clube de Praças da Armada	0:52:02.1	180	1:21:35.7	175
155.	344	Jose Amandio	1:55:55.4	1:54:45.3	148	M50	13	Clube de Praças da Armada	0:52:00.9	178	1:21:34.1	174
156.	637	Henrique Mateus	1:55:57.4	1:54:36.2	149	M40	38		0:53:09.1	220	1:22:15.1	191
157.	529	Pedro Sousa	1:56:01.7	1:54:50.5	150	M60	2	Proaventuras	0:52:12.8	187	1:22:02.0	180
158.	260	Rui Merendas	1:56:03.5	1:54:53.8	151	M40	39		0:50:10.2	151	1:20:58.0	166
159.	152	Élio André	1:56:09.1	1:54:55.0	152	Sen M	76	CSRDOta/Anipura	0:51:41.9	175	1:21:08.2	169
160.	452	Joao Pereira	1:56:28.7	1:55:11.9	153	Sen M	77	PICA MIOLOS	0:52:49.4	209	1:22:37.2	197
161.	946	Manuel Rodrigues	1:56:32.4	1:55:27.8	154	M50	14	CLUBE MILLENNIUM BCP	0:51:36.8	171	1:21:07.8	168
162.	395	Mário Ildelfonso	1:56:35.3	1:55:31.9	155	M60	3	Monsanto Running Team	0:52:59.7	216	1:22:03.2	182
163.	701	Adelino Carvalho	1:56:36.3	1:55:31.0	156	M40	40		0:52:23.6	193	1:22:02.1	181
164.	598	Carlos Baptista	1:56:39.2	1:55:30.6	157	M55	2	Sporting Clube de Casainhos	0:52:42.2	207	1:22:46.7	200
165.	159	Eurico Carocha	1:56:40.7	1:55:30.8	158	M50	15	Keep Running	0:50:09.0	150	1:18:56.8	147
166.	997	Diogo Carlos	1:56:49.9	1:55:44.3	159	Sen M	78	G.P. Runners	0:50:39.1	161	1:20:08.5	161
167.	981	Marcelo Sousa	1:56:50.3	1:55:28.2	160	Sen M	79	Decathlon Montijo Trail Team	0:49:49.6	143	1:18:37.6	144
168.	577	João Faria	1:56:55.8	1:55:37.8	161	Sen M	80	Proaventuras	0:52:31.2	202	1:21:58.6	179
169.	314	Helder Vaz	1:56:57.6	1:55:52.7	162	Sen M	81	CCD Sintrense	0:50:17.2	154	1:19:57.8	159
170.	709	José Freitas	1:56:59.0	1:55:54.9	163	M50	16	Associação de Atletismo Lebres do Sado	0:50:53.8	164	1:20:55.3	164
171.	725	Sérgio Nuno Matos Oliveira	1:57:03.6	1:55:55.5	164	M40	41	Carapaus de Corrida	0:51:16.0	167	1:20:57.5	165
172.	618	Pedro Miguel Lima	1:57:11.8	1:56:05.0	165	M40	42	Clube Vodafone	0:52:28.1	199	1:22:16.6	192
173.	192	David Silva	1:57:14.8	1:55:59.0	166	Sen M	82	Correr Lisboa	0:50:36.3	160	1:18:59.8	148
174.	231	Ricardo Vitorino	1:57:34.5	1:56:16.8	167	Sen M	83	Dolce Furadouro	0:52:28.0	198	1:22:36.2	195
175.	323	Rodrigo Correia	1:57:42.2	1:56:36.5	168	Sen M	84	CCD Sintrense	0:51:20.3	168	1:21:14.0	171
176.	247	Ricardo Amaral	1:57:52.6	1:56:34.3	169	Sen M	85		0:52:37.5	204	1:21:53.3	177
177.	414	Tiago Ramos	1:58:00.4	1:56:55.8	170	Sen M	86	Clube de Atletismo de Ferreira do Zêzere	0:52:11.9	185	1:21:54.9	178
178.	445	Sofia Agostinho	1:58:01.3	1:56:50.6	8	Sen F	5	Aminhacorrida/Kalenji	0:52:08.9	184	1:22:23.3	193
179.	444	João Pereira	1:58:01.5	1:56:49.9	171	Sen M	87	Aminhacorrida/Kalenji	0:52:05.6	182	1:22:12.7	189
180.	221	Carlos Ferreira	1:58:11.8	1:56:47.9	172	M60	4		0:53:17.9	225	1:23:31.1	207
181.	720	João Fiel	1:58:16.9	1:56:57.8	173	Sen M	88	Dolce Furadouro	0:51:03.3	165	1:19:53.9	158
182.	680	Leonel De São José	1:58:22.7	1:56:33.7	174	M45	17	Sport Clube Alfragide	0:52:29.4	201	1:22:04.1	185
183.	748	Fernando Corda	1:58:22.8	1:56:31.7	175	M50	17	Valejas AC	0:55:42.7	288	1:24:59.6	241

4.º Trilho das Lampas

Finisher List 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 13.5	Pos.	
184.	383	Pedro Pinto	1:58:23.5	1:56:38.9	176	M40	43		0:53:57.7	247	1:23:25.9	206
185.	706	Cláudia Batalha	1:58:31.6	1:57:28.5	9	F40	2	Geodésicos	0:54:42.8	267	1:25:04.2	244
186.	705	Gonçalo Correia	1:58:31.7	1:57:26.4	177	Sen M	89	Geodésicos	0:54:40.6	265	1:25:03.3	243
187.	166	Telmo Carvalho	1:58:40.3	1:57:39.7	178	Sen M	90	ARSM - Associação Recreativa de S. Miguel	0:51:37.7	173	1:22:15.0	190
188.	468	João Granja	1:58:41.1	1:57:24.2	179	M40	44		0:54:33.6	259	1:23:55.2	221
189.	509	Pedro Rodrigues	1:58:44.4	1:57:38.1	180	M45	18	OFICINA DO PEDRO	0:52:48.0	208	1:23:31.2	208
190.	670	Sonia Tubal	1:58:48.0	1:57:44.9	10	Sen F	6	Tartarugas Solidárias	0:52:57.6	215	1:23:06.6	203
191.	611	Joao Gaspar	1:58:49.5	1:57:31.9	181	Sen M	91	PICA MIOLOS	0:52:01.0	179	1:23:01.7	202
192.	912	Romeu Silva	1:58:52.0	1:57:36.7	182	M40	45		0:52:02.3	181	1:22:03.3	183
193.	853	Ricardo Carragosela	1:58:56.8	1:57:33.2	183	Sen M	92		0:53:32.1	234	1:23:43.4	214
194.	837	Tiago Almeida	1:59:01.9	1:57:39.2	184	Sen M	93	100 esTRILHOS	0:52:14.7	188	1:22:03.8	184
195.	318	Luis Hernandez	1:59:08.1	1:58:04.3	185	Sen M	94	CCD Sintrense	0:50:16.8	153	1:22:08.6	188
196.	612	Arménio Pontes	1:59:11.2	1:58:05.6	186	M40	46		0:52:55.8	214	1:23:08.5	204
197.	586	Horácio Ferreira	1:59:16.0	1:58:06.9	187	M45	19	ARSM - Associação Recreativa de S. Miguel	0:50:30.4	157	1:22:06.0	186
198.	408	Diogo Duarte	1:59:16.1	1:58:03.1	188	M40	47	Go!Runners	0:52:26.4	195	1:24:29.3	229
199.	364	Germano Canedo	1:59:30.5	1:58:22.6	189	M50	18	100fobias	0:52:25.5	194	1:22:39.8	199
200.	157	Eduardo Pena	1:59:39.8	1:58:27.7	190	M50	19	Keep Running	0:53:37.2	237	1:24:54.2	236
201.	854	Miguel Cardador	1:59:45.6	1:58:43.1	191	M45	20	Cardador Family	0:51:13.1	166	1:22:08.3	187
202.	59	Alexandre Narciso	1:59:51.0	1:58:45.4	192	Sen M	95	Juventude Vidigalense	0:51:37.4	172	1:23:11.6	205
203.	151	João André	1:59:51.2	1:58:37.3	193	Sen M	96	CSRDOta/Anipura	0:53:04.8	217	1:23:42.6	213
204.	667	Nelson Nogueira	1:59:55.8	1:58:52.9	194	Sen M	97	RCVital	0:52:07.8	183	1:23:59.5	224
205.	75	Pedro Granadas	1:59:58.7	1:58:56.1	195	M40	48	Tough Trails Alenquer	0:48:26.9	121	1:21:15.7	172
206.	988	João Luis Santos	2:00:00.9	1:58:55.6	196	M55	3	N.A.Z.Abóboda	0:53:50.3	242	1:25:03.1	242
207.	98	Hélder Sêco	2:00:05.8	1:59:04.2	197	M40	49	ARSM - Associação Recreativa de S. Miguel	0:54:01.2	249	1:24:37.1	232
208.	345	Pedro Cachão	2:00:07.6	1:58:57.7	198	Sen M	98	Clube de Praças da Armada	0:50:01.0	146	1:20:40.7	163
209.	721	Albísio Fernandes	2:00:14.6	1:59:03.0	199	M60	5		0:52:12.2	186	1:22:38.2	198
210.	756	Nuno Barreto	2:00:22.5	1:59:01.5	200	M40	50	GO!Runners	0:52:18.1	191	1:23:48.0	215
211.	555	Goncalo Prudencio	2:00:37.8	1:59:19.7	201	Sub23	6	Salamandrecos	0:52:54.7	213	1:23:40.7	212
212.	426	Luis Silveira	2:00:40.7	1:59:31.5	202	M55	4		0:53:21.3	230	1:23:55.0	220
213.	365	Hugo Evaristo	2:00:51.0	1:59:43.0	203	Sen M	99	100fobias	0:52:27.6	197	1:22:56.3	201
214.	233	Ivo Santos	2:00:52.4	1:58:58.0	204	Sen M	100	Dolce Furadouro	0:55:04.5	276	1:25:22.6	250
215.	292	Miguel Neves	2:00:53.7	1:59:37.8	205	Sen M	101	UGAS TRAIL Running	0:51:28.9	169	1:23:35.5	210
216.	296	Duarte Neves	2:00:54.2	1:59:36.6	206	Sen M	102	UGAS TRAIL Running	0:52:40.2	205	1:23:34.7	209
217.	224	André Riscado	2:00:54.5	1:59:48.5	207	Sen M	103	Riscmeyer	0:52:53.0	211	1:25:50.8	259
218.	695	Filipe Mesquita	2:00:54.5	1:59:40.9	208	M40	51	Clã	0:55:35.1	284	1:25:41.2	257
219.	2	Gonçalo Valente	2:01:06.5	2:00:05.5	209	M45	21		0:53:12.5	223	1:23:49.0	216
220.	121	Sérgio Pedro	2:01:10.2	1:59:45.2	210	Sen M	104	TINTO RUNNING TEAM	0:53:22.9	231	1:24:55.9	238

4.º Trilho das Lampas

Finisher List 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 13.5	Pos.	
221.	70	Paula Penedo	2:01:15.1	2:00:13.2	11	Sen F	7	Núcleo de Atletismo Zona da Abóboda	0:53:18.7	227	1:23:56.2	222
222.	613	Flávio Cruz	2:01:24.7	1:59:54.1	211	Sen M	105		0:53:12.3	222	1:22:36.7	196
223.	809	Joao Meira	2:01:25.8	2:00:05.6	212	Sen M	106		0:54:48.9	270	1:25:25.3	253
224.	863	Luís Froes	2:01:27.7	2:00:16.2	213	Sen M	107	A20km - Trail Running Team	0:53:29.8	233	1:23:49.3	217
225.	679	António Fernandes	2:01:28.0	2:00:09.8	214	M50	20	Clube do Stress	0:54:35.3	261	1:26:33.3	267
226.	252	Rui Loureiro Marques	2:01:46.8	2:00:37.8	215	Sen M	108	Runners Dream Moments	0:53:20.8	229	1:24:18.0	227
227.	931	Hugo Luz	2:01:56.8	2:00:30.8	216	M50	21	CLUBE MILLENNIUM BCP	0:53:54.3	245	1:24:11.0	226
228.	112	Alexandre Kellen	2:01:57.5	2:00:52.4	217	M45	22	Matilha Running	0:53:41.3	239	1:24:54.8	237
229.	855	Xana Cardador	2:01:57.5	2:00:55.5	12	F40	3	Cardador Family	0:52:36.8	203	1:23:35.9	211
230.	495	Rui Miguel	2:01:59.6	2:00:13.2	218	M40	52	o praticante	0:57:12.4	319	1:27:21.7	281
231.	533	Bernardo Zoio	2:02:02.9	2:00:45.4	219	M40	53	Salamandrecos	0:53:18.4	226	1:25:36.8	256
232.	588	Maria Goreti Silva	2:02:03.0	2:00:43.0	13	F40	4	Desnivel Positivo / Salamandrecos	0:53:16.2	224	1:25:36.0	255
233.	246	Patrícia Fernandes	2:02:07.8	2:00:57.9	14	Sen F	8	ARSM - Associação Recreativa de S. Miguel	0:54:40.3	264	1:26:16.4	265
234.	279	Jorge Nabais	2:02:20.5	2:01:13.5	220	Sen M	109		0:54:59.6	274	1:26:07.7	262
235.	850	Carlos Sousa	2:02:24.7	2:01:20.2	221	M50	22	Caracol Trail Team	0:53:19.9	228	1:23:51.2	218
236.	262	Sérgio Almeida	2:02:32.0	2:01:07.5	222	Sen M	110	100 esTRILHOS	0:53:59.4	248	1:24:50.9	235
237.	39	Pedro Carmona	2:02:37.2	2:01:17.2	223	Sen M	111	GO!Runners	0:54:48.0	269	1:25:21.6	249
238.	245	Rui Pereira	2:02:45.1	2:01:42.6	224	M40	54	COA - Clube de Orientação e Aventura	0:53:09.1	219	1:24:30.0	230
239.	116	Henrique Pinto	2:02:48.9	2:01:37.6	225	Sen M	112	Coimbra Trail Running	0:52:52.5	210	1:24:23.9	228
240.	525	José Dionísio	2:02:50.3	2:01:40.1	226	M55	5	Proaventuras	0:54:07.8	253	1:25:24.7	251
241.	161	Rui Leão	2:03:03.6	2:01:27.2	227	M45	23		0:55:13.0	279	1:26:48.3	270
242.	400	João Caetano	2:03:11.4	2:02:09.6	228	M45	24		0:53:50.3	243	1:24:04.6	225
243.	453	Hugo Borges	2:03:13.0	2:01:55.2	229	Sen M	113	PICA MIOLOS	0:52:28.3	200	1:22:30.7	194
244.	690	Simão Fernandes	2:03:15.0	2:01:35.1	230	Sen M	114	Monsanto Running Team	0:55:03.2	275	1:25:58.3	261
245.	927	Virgílio Costa	2:03:27.2	2:02:21.6	231	M45	25	CLUBE MILLENNIUM BCP	0:54:13.5	256	1:24:57.6	239
246.	211	Luís Emídio	2:03:28.9	2:02:27.3	232	M45	26	COA - Clube de Orientação e Aventura	0:54:47.7	268	1:26:47.4	269
247.	401	Miguel Vitorino	2:03:31.2	2:02:21.7	233	Sen M	115	caracol trail team	0:53:35.6	235	1:24:42.1	233
248.	96	Paulo Menezes	2:03:35.7	2:02:28.9	234	M40	55	Matilha Running	0:52:40.7	206	1:23:53.1	219
249.	903	Rui Silva	2:03:38.2	2:02:08.1	235	Sen M	116		0:56:10.4	294	1:27:08.5	277
250.	560	Hugo Caldeira	2:03:40.7	2:02:31.6	236	Sen M	117	ARSM - Associação Recreativa de S. Miguel	0:50:46.9	162	1:21:36.2	176
251.	800	Ricardo Tiago	2:03:43.2	2:02:07.7	237	M45	27	Salamandrecos	0:55:31.0	282	1:27:15.4	278
252.	994	Ivone Saramago Ferreira	2:03:45.0	2:02:37.3	15	F40	5	Tartarugas Solidárias	0:54:55.2	273	1:27:00.8	275
253.	813	Bruno Mendes	2:03:57.6	2:02:53.9	238	Sen M	118	VendasNovas Trail	0:55:37.9	287	1:27:35.5	284
254.	934	Pedro Sá	2:03:59.1	2:02:29.6	239	M40	56	CLUBE MILLENNIUM BCP	0:54:51.9	272	1:26:28.8	266
255.	842	Joaquim Teixeira	2:04:21.4	2:03:09.3	240	M60	6	Caracol Trail Team	0:56:17.4	295	1:27:36.8	285
256.	298	Álvaro Centeio	2:04:31.7	2:03:13.8	241	M45	28	UGAS TRAIL Running	0:53:37.8	238	1:26:09.9	264
257.	162	Tuxa Negri	2:04:37.3	2:03:34.3	16	Sen F	9	Gin. Qtª Valbom - AAAlcochete	0:54:11.9	255	1:24:59.2	240

4.º Trilho das Lampas

Finisher List 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 13.5	Pos.	
258.	261	Luis Aires	2:04:50.2	2:03:25.3	242	M45	29	100 esTRILHOS	0:54:03.4	251	1:25:09.9	247
259.	788	João Farinha	2:04:53.2	2:03:43.1	243	M55	6	Caracol Trail Team	0:54:34.4	260	1:27:38.2	286
260.	864	Carlos Marques	2:05:00.0	2:03:57.9	244	M55	7	TRILHOS E CORRIDAS DE TERCENA	0:55:05.5	277	1:26:53.6	273
261.	527	Sergio Casal	2:05:13.2	2:03:56.7	245	M45	30	Proaventuras	0:54:38.5	262	1:27:20.6	280
262.	888	Nuno Santos	2:05:17.9	2:04:14.1	246	Sen M	119	Team mata ratos	0:54:05.2	252	1:25:08.6	246
263.	929	Eduardo Ferreira	2:05:19.9	2:03:53.8	247	M40	57	CLUBE MILLENNIUM BCP	0:56:20.9	297	1:28:06.0	287
264.	179	Paulo Pinto	2:05:24.5	2:04:14.9	248	M40	58	pace.makers	0:53:50.6	244	1:23:58.6	223
265.	263	Hugo Rocha	2:05:36.9	2:04:24.7	249	Sen M	120	Diverinstal	0:53:47.1	241	1:25:19.5	248
266.	704	Joaquim Velhinho Dias	2:05:40.2	2:04:11.4	250	M40	59		0:57:07.8	315	1:29:21.6	303
267.	985	Roberto Gonçalves	2:05:43.0	2:04:36.8	251	M40	60	Salamandrecos	0:56:46.6	307	1:28:47.5	294
268.	708	Eduardo Quaresma	2:05:45.9	2:03:52.9	252	Sen M	121	Valejas AC	0:58:04.1	335	1:28:55.3	295
269.	304	Pedro Almeida	2:05:48.7	2:04:41.0	253	M40	61		0:53:36.1	236	1:24:30.6	231
270.	311	João Girão	2:05:55.6	2:04:55.0	254	Sen M	122	Estrela Campo Aviação FC	0:52:16.8	190	1:25:07.3	245
271.	433	Jorge Leite	2:05:59.2	2:04:51.5	255	M45	31		0:54:08.4	254	1:27:29.8	283
272.	409	Paulo Gonçalves	2:06:08.5	2:04:25.2	256	Sen M	123	Os Netos	0:55:35.7	285	1:26:51.8	272
273.	197	João Paulino	2:06:19.1	2:04:36.2	257	Sen M	124	Kangaroo Runners	0:53:12.3	221	1:25:24.8	252
274.	158	Jose Nunes	2:06:32.4	2:05:21.5	258	M45	32	Keep Running	0:54:02.9	250	1:26:09.7	263
275.	647	Rui Abrantes	2:06:35.5	2:05:07.7	259	Sen M	125	Tartarugas Solidárias	0:53:27.5	232	1:25:57.5	260
276.	710	Victor Silva	2:06:39.2	2:05:35.3	260	M50	23	Associação de Atletismo Lebres do Sado	0:56:36.0	300	1:29:00.0	297
277.	327	Jorge Figueiredo	2:06:40.1	2:05:34.8	261	M50	24	Potugal Talentus	0:55:36.1	286	1:28:42.6	291
278.	657	Nuno Magro	2:07:10.2	2:05:57.1	262	M40	62	SportPontoCome-Escola Ciclismo de Oeiras	0:53:46.7	240	1:25:33.5	254
279.	866	Rui Morais	2:07:13.3	2:05:51.5	263	Sen M	126		0:55:53.7	290	1:27:27.4	282
280.	76	Joaquim Lima	2:07:14.9	2:06:07.2	264	M50	25	Matilha Running	0:56:50.3	310	1:28:42.2	290
281.	354	Luís Zêzere	2:07:17.8	2:06:01.3	265	M40	63	CCD Crédito Agrícola Mútuo	0:54:51.8	271	1:26:50.4	271
282.	238	Luis Relvas	2:07:22.6	2:05:56.5	266	Sen M	127	Eléctrico Futebol Clube	0:54:42.6	266	1:26:53.9	274
283.	900	Miguel Lucena	2:07:24.9	2:06:02.4	267	M40	64		0:57:58.4	333	1:29:39.2	305
284.	980	Miguel Azevedo	2:07:31.0	2:06:10.1	268	Sen M	128	Decathlon Montijo Trail Team	0:52:53.4	212	1:24:48.2	234
285.	94	Artur Jorge Pereira	2:07:41.1	2:06:32.1	269	M45	33	ENTERPROM - Brindes Promocionais	0:56:07.2	293	1:28:21.4	288
286.	876	José Guilherme	2:07:44.6	2:06:09.6	270	M50	26	comDor runners	0:59:23.8	358	1:30:49.1	318
287.	291	Daniel Santos	2:07:53.0	2:06:36.1	271	Sen M	129	UGAS TRAIL Running	0:54:39.9	263	1:27:17.2	279
288.	347	Paulo Alves	2:08:02.0	2:06:24.2	272	Sen M	130	Clube de Praças da Armada	0:55:34.5	283	1:27:06.3	276
289.	428	Liberto Santos	2:08:03.4	2:06:46.8	273	M45	34		0:56:43.1	302	1:28:46.7	293
290.	909	Luis Ferreira	2:08:15.6	2:07:01.5	274	M40	65		0:57:09.6	316	1:29:46.0	307
291.	926	Jose Ferreira	2:08:16.0	2:07:02.3	275	M40	66		0:57:10.0	317	1:29:47.3	308
292.	672	Dinis Morais	2:08:42.2	2:07:21.1	276	M45	35	CCD Siemens	0:56:49.6	309	1:29:09.2	298
293.	375	Ana Feteira	2:08:48.1	2:07:37.9	17	Sen F	10	ARSM - Associação Recreativa de S. Miguel	0:56:41.6	301	1:29:29.4	304
294.	412	António Amaro	2:08:53.4	2:07:09.4	277	Sen M	131	Os Netos	0:57:24.7	321	1:29:45.6	306

4.º Trilho das Lampas

Finisher List 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 13.5	Pos.	
295.	160	Hugo Costa	2:09:03.9	2:07:50.9	278	Sen M	132	Keep Running	0:58:50.2	350	1:30:51.1	321
296.	11	Carmo Moser	2:09:04.0	2:07:42.5	18	Sen F	11	Correr na Cidade / Salamandras	0:59:19.7	357	1:31:09.6	322
297.	558	Filipe Silva	2:09:23.4	2:08:13.4	279	Sen M	133	CASA DO PESSOAL DA RTP	0:52:26.4	196	1:29:17.3	302
298.	838	Renato Santos	2:09:31.1	2:08:23.5	280	Sen M	134		0:54:14.4	257	1:25:43.8	258
299.	257	Anabela Costa	2:09:34.1	2:08:26.4	19	Sen F	12	Rail Runners	0:55:22.6	281	1:26:44.1	268
300.	440	Tiago Ramos	2:09:35.7	2:08:28.6	281	M40	67		0:56:29.1	298	1:30:49.7	320
301.	581	Gil Lurdes	2:09:45.2	2:08:43.5	20	F40	6	Mountain trails	0:57:36.1	325	1:31:37.8	331
302.	602	Nuno Bogalheiro	2:10:00.4	2:08:38.0	282	M40	68	Amigos Vale Silêncio	0:58:04.6	336	1:31:09.8	323
303.	8	Sérgio Costa	2:10:00.6	2:08:45.4	283	Sen M	135	GDRC SEF Carapaus de Corrida	0:58:04.7	337	1:31:38.2	332
304.	379	Hugo Hilário	2:10:24.2	2:09:17.2	284	Sen M	136	Trevo-Medicina Desportiva	0:57:54.5	328	1:30:44.6	316
305.	711	Pedro Santos	2:10:39.1	2:09:14.0	285	Sen M	137	Pernas de Gafanhoto	0:57:58.5	334	1:30:37.1	315
306.	461	Paulo Estêvão	2:10:39.2	2:09:18.4	286	M45	36	Tartarugas Solidárias	1:00:51.9	396	1:33:22.1	350
307.	662	Pedro Machado	2:10:50.9	2:09:02.8	287	Sen M	138	Tough Trails Alenquer	0:57:40.4	326	1:30:28.6	313
308.	35	Nuno Gaspar	2:10:59.3	2:09:45.3	288	M40	69	GO!Runners	0:56:00.1	291	1:29:17.0	301
309.	65	Gustavo Gapo	2:11:01.8	2:09:49.0	289	M40	70	Coimbra Trail Running	0:58:27.6	344	1:31:33.1	330
310.	99	Dina Rocha	2:11:02.2	2:09:49.0	21	F40	7	Coimbra Trail Running	0:56:47.8	308	1:31:17.8	327
311.	835	João Dourado	2:11:16.7	2:10:06.0	290	Sen M	139	A20km	0:55:16.2	280	1:28:37.8	289
312.	352	Cândido Alves	2:11:28.4	2:10:11.5	291	M40	71	CCD Crédito Agrícola Mútu	0:58:11.0	339	1:30:36.2	314
313.	540	Rui Lourenço	2:11:46.3	2:10:41.6	292	M45	37	descompasso	0:57:55.1	330	1:30:49.4	319
314.	5	Tiago Carneiro	2:11:46.5	2:10:41.9	293	M40	72		0:57:56.5	331	1:30:48.3	317
315.	172	João Cruz	2:11:59.7	2:10:48.6	294	Sen M	140	ARSM - Associação Recreativa de S. Miguel	0:58:55.7	351	1:32:19.9	338
316.	764	Luciano Amaro	2:12:01.7	2:10:47.0	295	Sub23	7	Afifense Trail	0:55:11.1	278	1:29:16.7	299
317.	255	Luís Ferreira	2:12:02.2	2:10:28.4	296	M45	38	Rail Runners	0:57:26.8	323	1:31:22.4	329
318.	293	João Ramos	2:12:11.2	2:10:54.3	297	Sen M	141	UGAS TRAIL Running	0:56:35.9	299	1:29:16.8	300
319.	597	Bruno Proenca	2:12:16.3	2:11:05.1	298	Sen M	142		0:57:27.1	324	1:32:42.3	343
320.	392	Flávio Fancisco	2:12:19.7	2:10:54.7	299	M40	73	Monsanto Running Team	1:01:04.8	404	1:34:25.4	361
321.	843	Bruno Matos	2:13:06.6	2:11:49.1	300	Sen M	143		0:57:03.1	312	1:31:11.1	325
322.	55	Mauro Gonçalves	2:13:07.6	2:12:01.3	301	M40	74	Matilha Running	0:58:06.0	338	1:32:45.7	344
323.	203	Sérgio Forte	2:13:19.0	2:11:42.9	302	Sen M	144		0:57:12.3	318	1:32:29.3	339
324.	845	Luis Arruda	2:13:44.3	2:12:24.7	303	Sen M	145		0:56:44.7	303	1:31:48.6	333
325.	825	Carlos Isidoro	2:13:46.4	2:12:18.4	304	M50	27		0:56:46.5	306	1:29:59.8	309
326.	501	Tiago Marques	2:13:50.5	2:12:28.0	305	Sen M	146	GO!Runners	1:00:14.5	373	1:33:19.8	348
327.	107	Romão Santos	2:13:55.2	2:12:35.9	306	M40	75	Salamandrecos	0:58:23.4	341	1:31:12.9	326
328.	643	João Pinheiro	2:13:57.9	2:12:14.9	307	Sen M	147		0:57:54.3	327	1:36:23.5	396
329.	881	Filipe Corte-Real	2:14:01.4	2:12:50.2	308	M50	28	Run 4 Fun	0:58:28.5	345	1:31:59.7	336
330.	962	Pedro Pinguinha	2:14:04.1	2:12:43.3	309	M40	76	Running Academy	0:58:24.4	342	1:34:31.9	363
331.	991	Carlos Sequeira	2:14:04.1	2:12:44.3	310	M45	39	Running Academy - O2 Life Center -	0:58:25.3	343	1:34:32.5	364

4.º Trilho das Lampas

Finisher List 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 13.5	Pos.	
332.	378	Nuno Caldeira	2:14:08.8	2:12:11.9	311	Sen M	148		1:00:28.5	382	1:33:28.0	352
333.	563	Hugo Sousa	2:14:12.9	2:12:48.8	312	Sen M	149		0:56:58.2	311	1:30:13.8	310
334.	283	Jose Moura	2:14:13.6	2:12:43.4	313	M40	77	Tartarugas Solidárias	1:02:51.2	446	1:37:01.4	411
335.	84	Carlos Galamba	2:14:18.3	2:13:06.1	314	M50	29	Coimbra Trail Running	0:57:58.1	332	1:31:49.7	334
336.	806	Vasco Nunes	2:14:23.0	2:13:07.6	315	M40	78		0:57:13.1	320	1:31:09.9	324
337.	552	Sérgio Rosário	2:14:33.6	2:13:06.5	316	M40	79	ARSM - Associação Recreativa de S. Miguel	0:59:10.7	355	1:33:18.9	347
338.	606	Moisés Nunes	2:14:34.3	2:13:08.3	317	M45	40	ARSM - Associação Recreativa de S. Miguel	0:59:12.7	356	1:33:20.8	349
339.	694	Bruno Mesquita	2:14:43.8	2:13:15.6	318	M45	41	Clã	0:59:56.2	370	1:33:32.7	354
340.	956	Carlos Grade	2:14:43.9	2:13:16.2	319	M40	80	Salamandreco	0:59:55.1	368	1:33:29.7	353
341.	174	Telmo Silva	2:14:47.3	2:13:36.6	320	Sen M	150	Caracol Trail Team	0:57:26.6	322	1:32:36.5	340
342.	441	Francisco Bento	2:15:02.3	2:13:18.2	321	Sen M	151		1:00:33.7	385	1:35:08.2	372
343.	829	Ângelo Neto	2:15:11.2	2:14:03.2	322	Sen M	152	Afifense Trail	0:53:54.4	246	1:30:21.5	311
344.	80	Humberto Spínola	2:15:15.5	2:13:44.9	323	M40	81		1:00:42.0	391	1:36:53.4	407
345.	805	Carlos Sá	2:15:20.5	2:13:56.5	324	M45	42	Manos Sá	0:58:49.3	349	1:32:37.8	341
346.	266	Nuno Santos	2:15:47.2	2:14:27.2	325	Sen M	153		0:56:20.4	296	1:28:57.1	296
347.	315	Adriano Felicio	2:15:53.5	2:14:29.5	326	Sen M	154	CCD Sintrense	0:58:41.6	347	1:32:15.2	337
348.	729	Alexandre Santos	2:16:07.2	2:14:27.7	327	M50	30		1:02:54.8	447	1:36:12.4	392
349.	968	Alvaro Pinto	2:16:10.6	2:14:40.5	328	M55	8	REAL ACADEMIA	1:00:41.9	390	1:36:53.2	406
350.	429	Jose Oliveira	2:16:11.8	2:14:43.2	329	M40	82		1:00:43.3	393	1:36:55.0	408
351.	762	Hugo Torres	2:16:17.4	2:14:53.1	330	M40	83	Principes Monsanto	1:03:07.2	451	1:36:57.4	410
352.	551	Joao Crespo	2:16:20.8	2:14:49.7	331	M50	31		1:01:24.2	419	1:35:00.7	370
353.	856	Hugo Lampreia	2:16:28.8	2:14:37.7	332	M40	84	Valejas AC	1:00:31.0	384	1:34:38.1	365
354.	386	Albertina Valada	2:16:34.1	2:15:31.4	22	F40	8	Monsanto Running Team	0:59:06.9	354	1:31:52.0	335
355.	153	Pedro Valente	2:16:34.4	2:14:47.1	333	Sen M	155	TEAM RH9	1:01:02.3	403	1:33:46.8	356
356.	875	Helder Santos	2:16:37.4	2:15:12.9	334	Sen M	156		1:00:18.4	378	1:34:48.4	366
357.	594	Tiago Silva	2:16:39.8	2:14:52.4	335	Sen M	157		1:00:42.3	392	1:35:17.5	376
358.	971	Carlos Simões	2:16:47.8	2:15:27.6	336	M40	85		1:01:36.6	427	1:36:41.8	402
359.	742	Paulo Nunes	2:16:50.3	2:15:30.6	337	M40	86	Correr Lisboa	1:00:47.0	394	1:35:17.9	377
360.	784	Rui Barroso	2:16:57.6	2:15:08.1	338	M40	87	Cartoon Rum Team	1:00:15.9	374	1:36:28.1	398
361.	923	Nuno Baixinho	2:16:58.5	2:15:23.6	339	M40	88	www.RUNSOX.eu	0:58:29.7	346	1:34:28.4	362
362.	435	Luis Ferreira	2:17:04.0	2:15:35.4	340	M50	32	RunLovers	1:01:02.0	402	1:35:32.1	385
363.	214	Manuel Silva	2:17:05.3	2:15:57.8	341	M40	89	COA - Clube de Orientação e Aventura	0:54:27.9	258	1:33:51.3	358
364.	785	Artur Bernardo	2:17:07.0	2:15:17.9	342	M40	90	Cartoon Rum Team	1:00:16.7	375	1:36:28.5	399
365.	859	Cesar Aguiar	2:17:14.1	2:15:54.3	343	Sen M	158		1:00:19.4	380	1:36:30.1	400
366.	470	Pedro Vieira	2:17:15.8	2:15:55.7	344	M40	91		1:01:32.4	424	1:37:14.2	413
367.	601	Jorge Correia	2:17:16.5	2:15:57.4	345	M40	92		1:01:35.0	426	1:37:14.8	414
368.	176	Vitor Afonso Lourenço	2:17:24.5	2:16:16.6	346	M45	43	Jobrinde - Montes Saloios	1:00:40.5	389	1:38:07.2	427

4.º Trilho das Lampas

Finisher List 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 13.5	Pos.	
369.	381	Paulo Branco	2:17:30.7	2:16:19.8	347	M40	93		0:58:44.8	348	1:33:07.0	346
370.	572	Bruno Viana	2:17:36.5	2:16:28.9	348	Sub23	8	Afifense Trail	0:46:00.9	71	1:15:04.6	106
371.	339	Jose Matos	2:17:38.3	2:16:12.4	349	M45	44	Clube de Praças da Armada	1:01:09.7	409	1:35:13.8	373
372.	486	Luís Gonçalves	2:17:39.4	2:16:21.5	350	Sen M	159	Jobrinde - Montes Saloios	0:56:03.8	292	1:28:44.0	292
373.	507	André Santos	2:17:40.2	2:16:19.2	351	Sen M	160	JA FOSTE	1:03:13.2	452	1:38:16.8	428
374.	104	Jorge Prazeres	2:17:49.7	2:16:13.9	352	M40	94		1:00:52.0	397	1:36:12.2	391
375.	578	Maria José Felisardo	2:17:55.6	2:16:45.7	23	F45	1	Proaventuras	1:01:05.3	405	1:36:21.4	394
376.	608	Rogério Venâncio	2:17:56.3	2:16:26.7	353	M60	7	O MUNDO DA CORRIDA	1:03:36.2	469	1:39:03.3	436
377.	380	Carlos Magalhães	2:17:59.5	2:16:52.4	354	M45	45	Trevo-Medicina Desportiva	0:58:18.9	340	1:35:01.9	371
378.	308	Alexandre Duarte	2:18:03.3	2:16:13.5	355	M55	9		0:59:56.1	369	1:34:51.7	368
379.	109	Arnaud Daix	2:18:03.4	2:16:52.3	356	M45	46		1:00:35.6	387	1:35:27.6	384
380.	114	Bruno Martelo	2:18:06.9	2:16:54.8	357	M40	95	Coimbra Trail Running	0:56:45.2	304	1:33:45.5	355
381.	54	Rui Alegre	2:18:07.0	2:16:26.5	358	Sen M	161		1:01:06.0	406	1:37:30.6	415
382.	702	Hugo Reis	2:18:11.5	2:16:36.8	359	Sen M	162	Armada Torreense	1:01:20.4	415	1:34:57.0	369
383.	790	Vasco Costa	2:18:14.0	2:16:59.7	360	M60	8		0:59:27.6	359	1:34:50.3	367
384.	346	Carlos Borges	2:18:15.7	2:17:06.3	361	M45	47	Clube de Praças da Armada	0:59:01.4	353	1:34:11.5	360
385.	571	Rui Belo	2:18:15.9	2:16:48.0	362	Sen M	163		1:00:11.5	372	1:33:24.7	351
386.	870	Francisco Pereira	2:18:18.3	2:16:46.3	363	M45	48	Açoreana	1:01:23.1	418	1:35:22.8	383
387.	930	Filipa Vilar	2:18:18.7	2:16:52.9	24	Sen F	13	CLUBE MILLENNIUM BCP	1:02:06.2	434	1:37:48.2	418
388.	397	Túlio Coelho	2:18:21.6	2:16:42.6	364	M45	49	Monsanto Running Team	1:04:46.6	499	1:39:50.8	457
389.	596	Ricardo Pinto	2:18:22.7	2:17:18.5	365	Sen M	164	Mercedes-Benz	0:59:40.8	361	1:35:19.2	378
390.	212	Luís Lobato	2:18:26.9	2:16:56.8	366	M40	96	COA - Clube de Orientação e Aventura	1:00:37.4	388	1:35:35.2	386
391.	621	Mafalda Moniz	2:18:29.2	2:17:13.2	25	Sen F	14		1:03:32.7	466	1:39:07.4	440
392.	234	Romina Guedes	2:18:32.5	2:17:01.2	26	Sen F	15	Dolce Furadouro	1:02:09.7	435	1:38:18.6	429
393.	64	David Clemente	2:18:33.8	2:17:22.9	367	Sen M	165	A20KM	0:59:33.7	360	1:33:57.7	359
394.	682	Francisco Fidalgo	2:18:34.2	2:16:50.7	368	Sub23	9		1:03:00.5	448	1:36:43.4	403
395.	803	Artur Soares	2:18:36.7	2:17:19.7	369	M40	97		1:02:31.5	439	1:38:01.7	420
396.	632	Carla Santos	2:18:37.0	2:17:21.5	27	F45	2		1:02:32.9	440	1:38:06.2	426
397.	660	Daniel Candeias Martins	2:18:43.2	2:17:00.2	370	M40	98		0:57:54.6	329	1:36:27.2	397
398.	714	Miguel Santos	2:18:46.1	2:17:05.5	371	Sen M	166		1:01:19.1	414	1:35:15.5	374
399.	171	Pedro Xavier	2:18:51.4	2:17:40.8	372	Sen M	167	Tartarugas Solidárias	1:04:11.3	490	1:39:36.5	452
400.	126	Dora Verissimo	2:18:52.4	2:17:09.7	28	F45	3		0:59:46.4	364	1:35:21.0	380
401.	132	Ildebrando Aires	2:18:52.4	2:17:11.9	373	M40	99		0:59:47.4	366	1:35:22.3	382
402.	133	Paulo Freitas	2:18:52.4	2:17:09.7	374	M40	100		0:59:46.4	363	1:35:21.3	381
403.	973	Paulo Cruz	2:18:52.9	2:17:10.2	375	M50	33	www.RUNSOX.eu	0:59:46.7	365	1:35:20.9	379
404.	22	Carlos Pereira	2:19:00.9	2:17:53.3	376	M40	101	AfifenseTrail	1:01:26.4	422	1:36:41.4	401
405.	23	Carolina Pereira	2:19:01.0	2:18:00.2	29	F45	4	AfifenseTrail	1:01:33.2	425	1:36:48.3	404

4.º Trilho das Lampas

Finisher List 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 13.5	Pos.	
406.	56	Cidália Martins	2:19:01.6	2:17:57.8	30	F50	2	Aminhacorrída/Kalenji	1:01:08.2	408	1:38:01.9	421
407.	57	José Martins	2:19:01.8	2:17:57.1	377	M50	34	Aminhacorrída/Kalenji	1:01:07.2	407	1:38:01.9	422
408.	189	António Luis	2:19:08.5	2:17:37.9	378	M45	50	Jobrinde - Montes Saloios	0:59:53.0	367	1:33:51.1	357
409.	977	Luís Santos	2:19:26.1	2:17:49.1	379	M50	35	GO!Runners	1:03:17.2	460	1:39:01.6	433
410.	201	Rui Oliveira	2:19:30.0	2:18:21.8	380	M45	51		0:59:00.9	352	1:35:15.8	375
411.	898	David Leite	2:19:44.7	2:18:30.6	381	Sen M	168		1:04:34.4	497	1:40:30.0	466
412.	579	Nuno Fidalgo	2:19:52.8	2:18:32.0	382	M40	102		1:04:10.7	487	1:39:39.1	455
413.	656	Ricardo Neves	2:19:54.2	2:18:45.3	383	Sen M	169		1:00:59.5	401	1:36:51.9	405
414.	633	Ana Lucia Duarte	2:19:55.6	2:18:24.2	31	F45	5	Falcões Selvagens	1:03:47.9	473	1:39:14.6	447
415.	20	Jorge Sousa	2:19:55.7	2:18:25.4	384	M40	103		1:03:15.5	456	1:39:06.6	439
416.	860	Paulo Rodrigues	2:20:03.6	2:18:12.1	385	M45	52		1:04:21.8	495	1:40:26.8	463
417.	834	César Avó	2:20:10.7	2:18:33.8	386	M40	104		1:01:13.6	411	1:39:51.5	459
418.	880	Ana Fernandes	2:20:11.6	2:18:48.9	32	Sen F	16		1:00:33.9	386	1:35:50.5	387
419.	976	Maria Pereira	2:20:40.7	2:19:03.2	33	Sen F	17	GO!Runners	1:03:18.0	461	1:39:15.6	448
420.	86	Jorge Pacheco	2:20:49.9	2:19:29.8	387	M40	105	Run Forrest Run	1:03:16.3	457	1:39:14.6	446
421.	505	Romão Correia	2:20:51.9	2:19:05.2	388	Sen M	170	Devagar, devagarinho... By Snickers	1:07:00.5	556	1:41:16.9	476
422.	508	Alfredo Teixeira	2:20:56.1	2:19:35.9	389	Sen M	171	JA FOSTE	1:02:48.7	445	1:38:19.0	431
423.	286	José Lourenço	2:20:56.9	2:19:45.1	390	M40	106	pace.makers	0:59:42.1	362	1:37:50.2	419
424.	113	Rui Nascimento	2:20:59.5	2:19:17.9	391	M40	107		1:02:01.1	431	1:39:37.4	453
425.	937	Luis Costa	2:21:02.4	2:19:23.0	392	M45	53	CLUBE MILLENNIUM BCP	1:03:19.9	462	1:39:00.9	432
426.	543	Valter Gouveia	2:21:09.5	2:19:25.4	393	Sen M	172		1:02:42.1	441	1:38:02.1	423
427.	338	António Barbosa	2:21:15.7	2:19:46.9	394	M55	10	Clube de Praças da Armada	1:01:11.1	410	1:37:40.5	416
428.	715	Miguel Campos	2:21:30.6	2:20:09.2	395	M45	54	Falcões Selvagens	1:00:28.3	381	1:37:47.2	417
429.	480	João Ramos	2:21:31.2	2:20:07.6	396	M40	108	Arriba Trail Runners	1:00:28.6	383	1:36:17.1	393
430.	289	Catarina Henriques	2:21:38.9	2:19:56.5	34	Sen F	18	Uni_Verso RUN	1:03:21.7	463	1:39:38.3	454
431.	259	Pedro Costa	2:21:42.8	2:20:36.2	397	Sen M	173	Rail Runners	0:57:07.4	314	1:32:52.3	345
432.	119	Pedro Loureiro	2:21:43.0	2:20:06.5	398	M45	55	JPRun	1:02:05.5	433	1:39:03.2	435
433.	89	Luis Costa	2:21:48.5	2:20:15.0	399	M50	36		1:01:49.7	429	1:36:56.3	409
434.	207	Cláudio Silva	2:21:52.4	2:20:44.6	400	Sen M	174	COA - Clube de Orientação e Aventura	0:55:46.3	289	1:31:19.5	328
435.	12	Luísa Mesquita	2:21:56.9	2:20:44.7	35	Sen F	19	Coimbra Trail Running	1:06:10.6	536	1:42:16.3	497
436.	287	Nuno Tiago	2:22:13.8	2:21:03.1	401	M40	109	pace.makers	1:01:18.2	412	1:39:20.1	449
437.	935	Carlos Costa	2:22:16.0	2:20:33.0	402	M50	37	CLUBE MILLENNIUM BCP	1:03:04.9	450	1:39:10.4	444
438.	908	Carlos Velasco	2:22:17.0	2:20:51.0	403	Sen M	175	Matilha Running	1:01:47.0	428	1:38:04.2	425
439.	272	Hugo Ferreira	2:22:18.3	2:20:44.8	404	Sen M	176		1:07:45.1	572	1:45:13.1	526
440.	10	Pedro Ribeiro	2:22:20.3	2:21:10.1	405	Sen M	177	RUN 4 FUN	1:04:36.8	498	1:41:23.5	479
441.	26	Goncalo Fontes de Melo	2:22:20.4	2:21:11.3	406	M50	38	RUN 4 FUN	1:05:04.1	506	1:41:22.7	478
442.	650	João Rodrigues	2:22:21.6	2:21:11.8	407	M50	39	Pumas do Guincho	1:03:15.1	455	1:41:04.2	473

4.º Trilho das Lampas

Finisher List 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 13.5	Pos.	
443.	483	Paula Nunes	2:22:21.7	2:21:12.6	36	F40	9	Pumas do Guincho	1:03:16.3	458	1:41:08.9	474
444.	482	Maria Do Carmo Barros	2:22:21.9	2:21:12.9	37	F55	1	Pumas do Guincho	1:03:17.1	459	1:41:09.2	475
445.	922	Paulo Nunes	2:22:23.5	2:21:15.1	408	M40	110	Os Bravos	1:03:00.7	449	1:38:03.2	424
446.	330	Paulo Rufino	2:22:24.2	2:21:00.1	409	Sen M	178	Arriba Trail Runners	1:05:42.4	522	1:41:45.1	490
447.	332	Paula Jacob	2:22:24.2	2:21:00.2	38	Sen F	20	Arriba Trail Runners	1:05:42.8	523	1:41:46.6	492
448.	576	Pedro Calado	2:22:26.8	2:21:12.2	410	M40	111	Proaventuras	1:03:32.8	467	1:40:27.2	464
449.	124	Miguel Silva	2:22:27.4	2:20:54.3	411	M50	40		1:01:49.9	430	1:37:03.7	412
450.	313	Rui Cunha	2:22:37.4	2:20:41.8	412	M50	41	G.D. Santander Totta	1:04:02.0	482	1:40:26.1	462
451.	987	Luis Pinto	2:22:46.0	2:21:00.3	413	M45	56	GRCD Leião	1:02:47.6	444	1:41:27.7	480
452.	746	Sérgio Santos	2:22:51.5	2:21:36.2	414	Sub23	10		1:03:14.3	453	1:40:12.8	461
453.	156	Pedro Dias	2:22:58.5	2:21:46.6	415	M40	112	Keep Running	1:03:38.8	472	1:41:33.7	483
454.	240	Joaquim Varanda	2:22:58.7	2:21:45.6	416	M50	42	Keep Running	1:03:37.5	470	1:41:31.8	481
455.	391	Daniel Ramos Costa	2:23:04.8	2:21:53.4	417	M40	113	Monsanto Running Team	0:56:45.3	305	1:32:38.3	342
456.	619	Pedro Lourenço	2:23:28.0	2:22:20.9	418	M45	57	Clube Vodafone	1:00:52.5	398	1:39:22.4	450
457.	50	Carlos Rodrigues	2:23:30.8	2:21:53.0	419	M40	114	NEPN	1:02:42.2	442	1:39:13.2	445
458.	362	Filipe Almeida	2:23:31.5	2:22:06.3	420	Sen M	179	100fobias	1:03:15.1	454	1:39:51.1	458
459.	528	Luis Caldeira	2:23:42.0	2:22:25.1	421	M40	115	Proaventuras	1:04:10.0	485	1:42:38.9	501
460.	776	José Freire	2:23:47.6	2:22:32.6	422	M45	58	os coelhinhos	1:00:18.4	377	1:36:09.1	388
461.	777	Artur Monteiro	2:23:47.6	2:22:31.8	423	M45	59	os coelhinhos	1:00:18.1	376	1:36:09.4	389
462.	778	Lara Silva	2:23:47.8	2:22:32.6	39	F45	6	os coelhinhos	1:00:18.8	379	1:36:10.8	390
463.	410	Julio Moreira	2:24:02.5	2:22:18.8	424	M40	116	Os Netos	1:01:18.5	413	1:38:19.0	430
464.	569	Mafalda Almeida	2:24:02.6	2:22:48.6	40	Sen F	21	Mercedes-Benz	1:02:18.6	438	1:39:57.4	460
465.	573	Pedro Luis	2:24:02.8	2:22:46.1	425	Sen M	180	Mercedes-Benz	1:05:32.1	518	1:39:39.3	456
466.	570	Salvador Bobone	2:24:02.9	2:22:46.9	426	M40	117	Mercedes-Benz	1:06:01.8	531	1:42:14.7	495
467.	451	Bruno Matias	2:24:08.9	2:22:31.1	427	Sen M	181	PICA MIOLOS	1:04:03.0	483	1:42:41.2	502
468.	879	Orlando Duarte	2:24:09.1	2:22:48.2	428	M55	11	Corremos com a Esclerose Múltipla	1:06:34.6	549	1:44:08.2	513
469.	305	Nuno Antunes	2:24:38.4	2:22:54.2	429	M45	60	revelamos.com	1:04:11.3	489	1:40:27.7	465
470.	471	Luis Taborda	2:24:42.5	2:22:52.5	430	Sen M	182	Os Conta-Kilómetros	1:05:11.8	509	1:40:57.9	471
471.	585	Daniel Reis	2:24:42.7	2:22:49.6	431	Sen M	183	Os Conta-Kilómetros	1:05:11.8	510	1:40:59.1	472
472.	593	Rui Primo Silva	2:24:59.4	2:23:45.9	432	M45	61		1:03:57.2	477	1:42:26.1	498
473.	700	Luis Fernandes	2:25:01.7	2:23:13.4	433	M45	62	OUTLAW RUNNERS	1:07:05.7	557	1:45:11.3	525
474.	965	Afonso Rodrigues	2:25:08.1	2:24:02.0	434	Sen M	184	GDCF	1:01:26.2	421	1:39:04.2	437
475.	768	José Félix	2:25:08.3	2:24:01.8	435	M45	63	Farol D'Aventura	1:01:22.8	417	1:39:07.7	441
476.	966	Miguel Esteves	2:25:08.3	2:24:01.4	436	Sen M	185	GDCF	1:01:32.3	423	1:39:22.7	451
477.	967	Paulo Costa	2:25:08.3	2:24:01.5	437	Sen M	186	GDCF	1:01:22.2	416	1:39:02.5	434
478.	816	Adelino Pereira	2:25:09.0	2:23:51.5	438	M50	43	ODEBRECHT PORTUGAL	1:00:57.0	400	1:39:09.6	443
479.	648	Miguel Baptista	2:25:09.1	2:24:00.4	439	M50	44		1:04:16.6	493	1:41:38.1	487

4.º Trilho das Lampas

Finisher List 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 13.5	Pos.	
480.	13	Natasha Dias	2:25:09.2	2:23:52.1	41	F45	7	Running Academy-O2 Life Center	1:04:10.9	488	1:41:45.3	491
481.	237	Luís Costa	2:25:18.0	2:23:53.1	440	M40	118	amigosdacorrída.com	1:06:11.8	538	1:42:50.9	504
482.	808	Carlos Rangel	2:25:20.6	2:24:12.6	441	M60	9		1:05:04.1	507	1:44:10.8	514
483.	490	Carlos Fonseca	2:25:35.8	2:24:14.5	442	M55	12	Açoreana	1:03:59.6	479	1:42:00.4	493
484.	972	Heitor Gomes	2:25:39.4	2:23:48.5	443	M40	119	Georunners	1:05:11.7	508	1:42:30.6	500
485.	791	Isabel Pisco	2:25:43.3	2:24:29.7	42	F45	8	Proaventuras	1:06:21.2	541	1:43:57.3	508
486.	982	David Sardinha	2:26:04.9	2:24:39.2	444	Sen M	187		1:02:10.1	436	1:39:09.5	442
487.	865	Nuno Gonçalves	2:26:07.8	2:24:16.8	445	M40	120		1:03:33.3	468	1:40:33.3	467
488.	996	Catarina Lagoa	2:26:08.8	2:25:00.3	43	F45	9	Tartarugas Solidárias	1:05:01.3	504	1:42:14.8	496
489.	430	Bruno Afonso	2:26:23.0	2:24:58.0	446	Sen M	188		1:06:31.2	548	1:44:13.7	515
490.	502	Rui Nascimento	2:26:28.7	2:24:44.6	447	M45	64	Devagar, devagarinho... By Snickers	1:03:54.0	475	1:40:57.5	470
491.	190	Dulce Reis	2:26:47.4	2:24:54.8	44	F45	10	Jobrinde - Montes Saloios	1:10:36.1	636	1:46:38.8	546
492.	199	Rui Vieira	2:26:47.6	2:24:55.4	448	M45	65	PORTELA - RUNNING POINT	1:08:56.1	594	1:46:06.5	538
493.	66	Paulo Alves	2:26:52.1	2:25:22.9	449	M40	121	Matilha Running	1:04:01.7	481	1:41:43.3	489
494.	489	Paulo Fernandes	2:26:52.8	2:25:16.1	450	M45	66	Açoreana	1:09:37.7	615	1:49:08.7	599
495.	878	Antonio Silvestre	2:27:13.4	2:25:38.8	451	M55	13	comDor runners	1:07:07.4	559	1:45:18.2	529
496.	897	Nivea Loïselle de Oliveira	2:27:20.3	2:26:01.4	45	F40	10		1:07:27.0	569	1:44:46.9	518
497.	58	Mario Caneira	2:27:41.6	2:26:10.7	452	M45	67	Jobrinde - Montes Saloios	1:02:45.5	443	1:40:54.8	468
498.	213	Madalena Nunes	2:28:03.4	2:26:36.7	46	Sen F	22	COA - Clube de Orientação e Aventura	1:05:01.3	505	1:44:01.2	511
499.	210	Júlio Cruz	2:28:04.8	2:26:34.7	453	M40	122	COA - Clube de Orientação e Aventura	1:04:54.0	502	1:43:55.2	507
500.	600	Hernâni Silva	2:28:08.2	2:26:29.9	454	M50	45	Amigos Vale Silêncio	1:08:22.0	588	1:47:21.4	565
501.	215	Nuno Figueiredo	2:28:09.6	2:27:07.1	455	Sen M	189	COA - Clube de Orientação e Aventura	1:01:25.1	420	1:39:06.5	438
502.	616	Pedro Monteiro	2:28:34.6	2:27:07.9	456	M40	123	Familia M	1:03:49.4	474	1:41:35.6	485
503.	828	Tiago Correia	2:28:35.9	2:27:31.3	457	Sen M	190	Correinhas	1:06:00.8	530	1:47:37.1	570
504.	360	Ricardo Gomes	2:28:36.4	2:26:44.7	458	Sen M	191		1:07:06.6	558	1:45:30.8	533
505.	83	Luis Calheiros	2:28:38.5	2:26:51.3	459	M40	124		1:09:39.5	616	1:47:16.9	562
506.	886	Francisco Simao	2:28:48.2	2:27:07.7	460	Sen M	192	Pernas de Gafanhoto	1:08:02.9	582	1:47:03.5	554
507.	484	Maria Albertina Silva	2:28:50.8	2:27:46.0	47	F50	3	Juventude Vidigalense	1:05:35.1	520	1:44:00.5	510
508.	41	Elisabete Rocha	2:28:53.2	2:27:28.2	48	F40	11	GO!Runners	1:06:29.2	546	1:47:06.1	555
509.	726	João Antunes	2:28:56.9	2:27:25.9	461	M45	68	Armada Torreense	1:04:15.0	492	1:42:29.7	499
510.	592	Filipe Paulino	2:29:03.3	2:27:37.4	462	Sen M	193	Eléctrico Futebol Clube	1:00:48.2	395	1:36:21.4	395
511.	986	João Ascensão	2:29:18.6	2:27:38.1	463	Sen M	194		1:08:07.6	583	1:47:21.5	566
512.	328	Diogo Garcia	2:29:24.5	2:27:31.7	464	Sen M	195	Os Conta-Kilómetros	1:05:16.8	513	1:46:08.9	539
513.	465	Inês Araújo	2:29:24.7	2:27:34.5	49	Sen F	23	Os Conta-Kilómetros	1:06:35.1	550	1:46:11.6	541
514.	167	Carla Reis	2:29:28.5	2:28:18.9	50	F40	12	ARSM - Associação Recreativa de S. Miguel	1:05:40.9	521	1:44:05.9	512
515.	736	Pedro Cruz	2:29:30.1	2:27:51.4	465	Sen M	196	Lebres da Católica	1:05:57.3	529	1:42:41.9	503
516.	219	Sónia Marques	2:29:31.4	2:28:30.5	51	Sen F	24	COA - Clube de Orientação e Aventura	1:05:46.5	526	1:44:47.6	519

4.º Trilho das Lampas

Finisher List 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 13.5	Pos.	
517.	827	Joao Correia	2:29:34.5	2:28:28.6	466	M55	14	Correinhas	1:09:05.6	597	1:48:31.9	588
518.	867	João Serra	2:29:52.8	2:28:22.1	467	M40	125	Açoreana	1:04:47.3	500	1:41:33.1	482
519.	752	Pedro Afonso	2:30:02.4	2:28:52.6	468	Sub23	11		1:03:58.1	478	1:41:38.5	488
520.	754	Marco Lourenço	2:30:02.8	2:28:52.2	469	Sen M	197		1:03:56.8	476	1:41:18.9	477
521.	755	Nuno Arigó Rocha	2:30:02.8	2:28:54.5	470	M40	126		1:04:00.1	480	1:41:34.4	484
522.	539	Rita Fernandes	2:30:05.3	2:28:37.2	52	F40	13	Tartarugas Solidárias	1:06:51.9	554	1:47:09.8	558
523.	978	Rui Inácio	2:30:11.3	2:28:43.8	471	Sen M	198		1:05:57.2	528	1:45:02.3	522
524.	832	Rui Raposo	2:30:22.0	2:28:35.1	472	M40	127		1:07:13.2	563	1:48:45.8	593
525.	833	Tiago Oliveira	2:30:23.5	2:28:36.8	473	Sen M	199	Trail Warriors	1:07:14.3	564	1:49:06.4	597
526.	993	Nuno Carampanta	2:30:24.9	2:28:29.7	474	Sen M	200		1:07:55.0	579	1:49:43.9	609
527.	587	António Luís Dos Santos	2:30:36.3	2:28:43.6	475	M50	46		1:10:20.3	630	1:49:26.8	605
528.	355	Mário Cunha	2:30:39.6	2:29:26.2	476	M40	128	CCD Crédito Agrícola Mútuo	1:02:01.8	432	1:41:37.6	486
529.	921	António Neves	2:30:41.8	2:29:04.3	477	Sen M	201		1:07:50.5	575	1:45:27.1	530
530.	663	Jorge Lopes	2:30:50.9	2:29:24.1	478	Sen M	202	Papa trilhos	1:08:08.6	584	1:48:40.9	590
531.	990	Isabel Nicolau	2:30:54.9	2:29:38.0	53	F45	11	Running Academy - O2 Life Center -	1:04:56.2	503	1:43:52.7	505
532.	989	Bruno Brito	2:30:55.4	2:29:38.2	479	M40	129	Running Academy - O2 Life Center -	1:00:54.0	399	1:45:34.9	534
533.	265	Vasco Braz	2:31:00.5	2:29:50.7	480	Sen M	203	Helivolt	1:05:24.6	515	1:45:05.7	523
534.	301	Patrícia Reis	2:31:02.8	2:29:14.0	54	F40	14	RUN BABY RUN	1:09:07.7	599	1:48:23.0	586
535.	268	Ricardo Rodrigues	2:31:04.1	2:30:02.2	481	M45	69	LIS RUNNING	1:02:14.8	437	1:42:13.4	494
536.	954	Vanessa Pais	2:31:04.4	2:29:13.6	55	Sen F	25		1:09:23.6	606	1:48:03.9	581
537.	877	João Nunes	2:31:06.8	2:29:31.9	482	M50	47	comDor runners	1:03:38.7	471	1:40:56.3	469
538.	69	Susana Raposo	2:31:11.9	2:29:59.0	56	Sen F	26	Correr Lisboa	1:06:10.3	533	1:44:53.5	520
539.	68	Cristina Guerreiro	2:31:12.1	2:29:50.2	57	F40	15	Clube Desportivo Recreativo Ribeirinho	1:06:26.6	545	1:45:41.9	535
540.	67	Rui Laranjeiro	2:31:12.3	2:29:50.5	483	M40	130	C.A.Amigos Parque Paz	1:06:26.0	544	1:45:42.3	536
541.	944	Paulo Rato	2:31:12.6	2:29:41.0	484	M50	48	CLUBE MILLENNIUM BCP	1:07:20.0	568	1:47:06.3	556
542.	427	Tita Luis	2:31:28.6	2:30:00.0	58	Sen F	27	Salamandrecos	1:08:09.5	585	1:47:24.6	567
543.	728	Carlos Alves	2:31:30.7	2:29:12.8	485	M45	70	salamandrecos	0:57:04.9	313	1:30:25.9	312
544.	251	Joao Sequeira	2:31:31.9	2:29:46.7	486	M40	131		1:08:32.3	591	1:47:57.9	579
545.	93	José António Marques	2:31:32.9	2:29:48.0	487	M55	15	Salamandrecos	1:08:31.6	590	1:47:57.2	578
546.	565	Emma Seco Abellas	2:31:42.1	2:29:56.9	59	Sen F	28	patoseco	1:09:45.5	621	1:47:54.3	575
547.	564	David Perez Pato	2:31:42.4	2:29:56.8	488	M40	132	patoseco	1:09:45.0	620	1:47:50.7	573
548.	16	José Carlos Melo	2:31:49.7	2:29:58.8	489	M50	49	RUN 4 FUN	1:04:13.2	491	1:46:41.5	547
549.	849	Pedro Santos	2:32:08.1	2:31:02.6	490	M40	133		1:03:25.1	464	1:45:16.9	528
550.	846	Nuno Cardador	2:32:08.3	2:31:03.3	491	M45	71		1:06:10.5	535	1:47:56.5	577
551.	938	Sergio Besteiro	2:32:15.9	2:31:11.1	492	M40	134	CLUBE MILLENNIUM BCP	1:05:12.1	511	1:45:28.4	531
552.	963	Paulo Martins	2:32:16.1	2:30:46.1	493	M45	72		1:06:24.1	543	1:45:07.1	524
553.	163	José Caldeirinha	2:32:21.7	2:30:52.4	494	M40	135	Tartarugas Solidárias	1:06:30.2	547	1:47:14.1	561

4.º Trilho das Lampas

Finisher List 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 13.5	Pos.	
554.	4	João Jacinto	2:32:22.3	2:30:45.6	495	Sen M	204	Tartarugas Solidárias	1:06:22.7	542	1:47:00.8	553
555.	42	Andreia Costa	2:32:22.7	2:30:54.9	60	Sen F	29	Tartarugas Solidárias	1:07:51.8	576	1:47:16.9	563
556.	436	Nuno Anastácio	2:32:31.0	2:30:46.4	496	Sen M	205	RunLovers	1:05:23.5	514	1:43:54.1	506
557.	688	Miguel Pedro	2:32:31.0	2:30:45.3	497	M45	73		1:06:40.5	551	1:46:33.6	545
558.	804	Fausto Sá	2:32:31.0	2:30:45.3	498	M40	136	Manos Sá	1:06:40.6	552	1:46:32.1	544
559.	609	Marius Leordean	2:32:38.4	2:31:03.9	499	Sen M	206	PICA MIOLOS	1:04:18.8	494	1:44:22.3	517
560.	432	Henrique Sacadura	2:32:40.7	2:31:20.6	500	M60	10		1:08:26.8	589	1:48:05.9	582
561.	274	Maria Da Luz Conchinha	2:32:46.7	2:31:28.3	61	F55	2	Clube do STRESS	1:08:40.6	592	1:47:52.3	574
562.	457	Jorge Fernandes	2:32:47.9	2:31:32.5	501	M45	74	cabrizrun	1:04:05.8	484	1:46:43.1	550
563.	995	Mónica Vital	2:32:55.9	2:31:29.7	62	Sen F	30	Eléctrico Futebol Clube	1:05:44.8	525	1:45:13.2	527
564.	819	Manuel Paulo	2:33:00.1	2:30:59.3	502	M55	16	ODEBRECHT PORTUGAL	1:08:59.5	595	1:49:10.7	600
565.	178	João Rodrigues	2:33:02.5	2:31:08.5	503	M40	137	Salamandrecos / IDentPrint - Identificação e	1:06:10.4	534	1:47:11.0	560
566.	479	Natalya Marcheva	2:33:15.1	2:31:56.4	63	F50	4	Jobrinde - Montes Saloios	1:09:30.7	610	1:49:33.1	608
567.	494	Isabel Barra	2:33:17.1	2:31:51.5	64	F45	12	o praticante	1:07:53.8	578	1:48:13.0	583
568.	105	Daniel Ramos	2:33:25.7	2:31:31.2	504	M40	138	Jobrinde - Montes Saloios	1:04:10.4	486	1:47:55.4	576
569.	477	Sérgio Rodrigues	2:33:31.5	2:31:59.6	505	M40	139	MAD MAX TEAM	1:07:46.6	573	1:47:10.1	559
570.	180	Helena Ferreira	2:33:31.7	2:32:12.1	65	Sen F	31		1:07:11.8	562	1:47:40.2	572
571.	734	Ricardo Tomé	2:33:39.4	2:31:57.5	506	Sen M	207	Lebres da Católica	1:07:52.3	577	1:47:21.1	564
572.	170	Eduardo Santos	2:33:53.2	2:32:26.4	507	Sen M	208		1:05:44.6	524	1:46:21.8	543
573.	46	Manuel António	2:33:53.8	2:32:46.0	508	M45	75	Rail Runners	1:03:29.5	465	1:46:42.4	549
574.	732	Fernanda França	2:34:01.4	2:32:30.7	66	F40	16	CLUBE OGMA	1:09:20.4	605	1:48:13.6	584
575.	731	Joaquim Bexiga	2:34:01.6	2:32:30.6	509	M45	76	CLUBE OGMA	1:09:20.0	604	1:48:14.0	585
576.	738	Helder Gomes	2:34:08.6	2:32:13.5	510	Sen M	209	Dolce Furadouro	1:10:09.2	626	1:50:05.8	616
577.	951	Nuno Ryder	2:34:10.3	2:32:38.5	511	M40	140		1:11:06.4	647	1:51:52.1	629
578.	665	Ângelo Marcos	2:34:11.5	2:32:45.7	512	Sen M	210	Papa trilhos	1:08:09.9	586	1:48:43.0	591
579.	630	Hugo Reis	2:34:27.1	2:32:49.3	513	Sen M	211	Mercedes-Benz	1:06:17.5	540	1:49:58.4	615
580.	969	Manuel Rodrigues	2:34:33.6	2:33:10.1	514	M55	17	REAL ACADEMIA	1:05:33.7	519	1:46:46.9	551
581.	970	Mafalda Machado	2:34:33.6	2:33:07.3	67	Sen F	32	REAL ACADEMIA	1:05:31.1	517	1:46:41.9	548
582.	276	Ricardo Morgado	2:34:39.2	2:32:52.7	515	M40	141	Panquecas	1:07:15.4	566	1:49:21.1	602
583.	216	Rodrigo Lopes	2:34:42.5	2:33:36.5	516	Sen M	212	COA - Clube de Orientação e Aventura	1:07:09.4	561	1:47:07.9	557
584.	821	Sandra Letras	2:34:42.5	2:33:25.8	68	Sen F	33	ODEBRECHT PORTUGAL	1:10:41.0	640	1:50:38.4	622
585.	812	Cidália Marques Martins	2:34:47.0	2:33:42.3	69	F45	13	VendasNovas Trail	1:07:16.6	567	1:48:29.2	587
586.	887	Carlos Noronha	2:34:55.6	2:33:35.1	517	Sen M	213		1:05:51.6	527	1:45:45.5	537
587.	554	Luís Reis	2:34:57.3	2:33:39.8	518	M50	50	Falcões Selvagens	1:06:03.9	532	1:45:29.4	532
588.	907	Xavier Rosa	2:34:57.9	2:33:02.8	519	M40	142	Jobrinde - Montes Saloios	1:11:33.1	652	1:49:08.3	598
589.	716	Nuno Matos	2:35:03.5	2:33:39.9	520	Sen M	214		1:04:24.7	496	1:43:58.4	509
590.	321	José Borges	2:35:20.5	2:33:47.0	521	M55	18	CCD Sintrense	1:10:27.4	633	1:50:22.4	618

4.º Trilho das Lampas

Finisher List 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 13.5	Pos.	
591.	642	Michael Blatt	2:35:21.8	2:33:53.8	522	Sen M	215	Twitt Runner Ruhr	1:07:56.2	580	1:50:51.0	627
592.	387	Ana Costa	2:35:57.5	2:34:50.8	70	F40	17	Monsanto Running Team	1:05:30.9	516	1:47:33.2	568
593.	924	Tiago Magalhães	2:35:57.5	2:34:10.8	523	Sen M	216		1:09:01.9	596	1:49:24.1	603
594.	975	José Peixe	2:35:57.5	2:34:24.5	524	Sen M	217	GO!Runners	1:09:56.7	622	1:49:24.2	604
595.	822	Thelmo Cunha	2:36:05.0	2:34:01.4	525	M55	19	ODEBRECHT PORTUGAL	1:13:11.8	689	1:52:20.1	633
596.	590	Gilberto Batista Rosa	2:36:15.2	2:34:33.7	526	Sen M	218		1:11:48.4	657	1:52:44.4	641
597.	535	M Teresa Domingues	2:36:19.6	2:35:12.7	71	F45	14	SS CGD	1:07:50.3	574	1:48:55.0	595
598.	549	Henrique Adrega	2:36:22.1	2:34:57.0	527	M60	11	amigosdacorrída.com	1:09:26.5	608	1:49:27.5	606
599.	589	Pedro Prudencio	2:36:23.6	2:34:37.3	528	M45	77	Freddy Portugal	1:08:55.8	593	1:47:34.5	569
600.	722	Carla Miguel	2:36:26.8	2:35:03.2	72	Sen F	34		1:11:18.0	649	1:50:43.4	624
601.	681	Rosália Rosa	2:36:31.9	2:35:16.2	73	F50	5	Juventude Vidigalense	1:10:03.6	625	1:50:25.5	619
602.	583	Paulo Manuel Martins	2:36:34.0	2:35:18.0	529	M50	51	Proaventuras	1:09:25.1	607	1:49:49.4	611
603.	584	Maria Azevedo Martins	2:36:34.2	2:35:18.3	74	F45	15	Proaventuras	1:09:29.8	609	1:49:57.0	612
604.	634	Luís Cruz	2:36:34.4	2:35:07.3	530	Sen M	219		1:07:43.3	571	1:47:40.2	571
605.	204	Silvestre Rosa	2:36:53.4	2:35:44.2	531	M45	78	Carapaus de Corrida	1:06:13.2	539	1:48:00.4	580
606.	761	Agostinho Dias	2:36:54.3	2:35:43.6	532	M50	52	Carapaus de Corrida	1:09:06.0	598	1:49:58.2	614
607.	510	Maria Rita Pedrosa	2:37:16.7	2:35:55.4	75	F40	18	Juventude Vidigalense	1:07:09.1	560	1:48:45.4	592
608.	628	Rui Maia	2:37:20.5	2:35:59.9	533	M40	143		1:09:34.6	614	1:48:59.5	596
609.	874	Júlio Castro	2:37:23.5	2:35:35.8	534	M55	20	Clube Atletismo Amigos de Belém	1:12:15.5	667	1:52:33.8	640
610.	297	Daniela Gonçalves	2:37:39.1	2:36:21.9	76	Sen F	35	UGAS TRAIL Running	1:09:40.8	617	1:51:05.0	628
611.	226	José Manuel Pinto	2:37:51.5	2:36:20.3	535	Sen M	220		1:06:58.2	555	1:46:09.9	540
612.	188	João Alberto	2:37:54.7	2:36:01.1	536	M45	79	Jobrinde - Montes Saloios	1:11:44.9	655	1:52:31.0	638
613.	353	João Rodrigues	2:37:58.7	2:36:44.9	537	M40	144	CCD Crédito Agrícola Mútuo	1:07:58.4	581	1:48:50.0	594
614.	904	Luis Vieira	2:37:58.9	2:36:21.3	538	M40	145		1:06:40.9	553	1:49:57.5	613
615.	673	Aline Correia	2:37:59.1	2:36:34.6	77	Sen F	36	CCD Siemens	1:12:33.1	670	1:52:28.4	636
616.	503	João Bernardino	2:38:13.2	2:36:27.5	539	M40	146	Devagar, devagarinho... By Snickers	1:09:43.9	619	1:48:32.4	589
617.	376	Francisco Batista	2:38:15.7	2:36:42.2	540	M50	53		1:11:55.2	661	1:50:34.5	620
618.	63	Célia Sampaio	2:38:24.6	2:36:51.4	78	F40	19	Desnível Positivo	1:09:12.9	601	1:49:18.5	601
619.	129	Diogo Arraias	2:38:35.5	2:37:13.0	541	M60	12	Os Arraias	1:12:13.5	666	1:52:56.1	643
620.	130	Sandra Arraias	2:38:35.8	2:37:11.6	79	Sen F	37	Os Arraias	1:12:13.0	665	1:52:52.9	642
621.	363	Ana Sofia Augusto	2:38:44.9	2:37:21.5	80	Sen F	38	100fobias	1:12:49.0	675	1:55:08.8	656
622.	949	Marcos Noritake	2:38:45.0	2:37:10.3	542	M50	54	CLUBE MILLENNIUM BCP	1:10:40.3	639	1:54:34.9	651
623.	402	Álvaro Marujeiro	2:39:12.6	2:37:56.6	543	M40	147	Chafariz Running Team	1:07:15.2	565	1:50:40.1	623
624.	546	Helder Baptista	2:40:13.8	2:38:27.1	544	M45	80	Trilho Perdido Eventos/Nutrimania	1:11:48.5	658	1:51:52.3	630
625.	348	Pedro Lucas	2:40:16.3	2:38:32.2	545	Sen M	221	Amoreiras Warriors	1:12:47.4	674	1:54:46.2	652
626.	678	João Veríssimo	2:40:50.7	2:39:15.0	546	M55	21		1:12:29.0	668	1:55:30.4	658
627.	668	Noemia Monteiro	2:40:50.8	2:39:15.5	81	F40	20	stress	1:12:30.4	669	1:55:32.1	659

4.º Trilho das Lampas

Finisher List 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 13.5	Pos.	
628.	515	Carolina Pereira	2:41:00.4	2:39:06.6	82	Sub23	2	Dolce Furadouro	1:10:43.7	641	1:51:53.3	631
629.	713	Pedro Jaime	2:41:05.2	2:39:45.6	547	M45	81	Ginja Team	1:08:18.2	587	1:53:07.8	646
630.	472	Ricardo Nascimento	2:41:11.5	2:39:26.4	548	Sen M	222	Os Conta-Kilómetros	1:13:44.4	694	1:55:03.2	655
631.	941	Fernando Rosa	2:41:12.0	2:39:33.2	549	M40	148	CLUBE MILLENNIUM BCP	1:07:42.7	570	1:50:35.0	621
632.	491	Filipe Fonseca	2:41:26.5	2:40:01.6	550	Sub23	12	Açoreana	1:05:16.0	512	1:46:19.9	542
633.	165	Sofia Simões	2:41:28.7	2:39:51.2	83	Sen F	39	Mountain Trails	1:11:04.9	646	1:53:03.4	645
634.	952	Ana Gonçalves	2:41:49.1	2:40:36.3	84	Sen F	40		1:06:10.6	537	1:46:48.9	552
635.	740	Carlos Monteiro	2:42:00.0	2:40:28.0	551	M55	22		1:12:57.1	679	1:56:43.5	669
636.	492	David Silva	2:42:07.4	2:40:20.2	552	M50	55	o praticante	1:09:41.6	618	1:49:31.0	607
637.	312	Ruben Lino	2:42:07.6	2:40:25.3	553	Sen M	223		1:11:51.8	659	1:52:11.4	632
638.	1009	João Antunes	2:42:11.9	2:40:33.1	554	Sen M	224		1:04:49.8	501	1:44:53.6	521
639.	405	Paulo Daniel Vieira	2:42:14.8	2:40:53.7	555	M45	82		1:09:30.9	611	1:50:50.1	625
640.	406	Ana Paula Silvestre	2:42:14.9	2:40:53.9	85	F45	16		1:09:31.0	612	1:50:50.5	626
641.	652	André Wiborg	2:42:24.4	2:40:28.3	556	M55	23	WL84	1:16:01.1	740	1:58:34.5	686
642.	242	Vasco Cova	2:42:39.5	2:41:07.2	557	M45	83	Salamandrecos	1:09:13.9	602	1:52:32.3	639
643.	717	Nuno Abreu	2:43:11.5	2:41:46.9	558	M40	149		1:09:57.0	623	1:52:25.4	635
644.	626	Rui Rodrigues	2:43:23.1	2:42:02.1	559	M55	24		1:14:04.5	700	2:01:31.2	710
645.	202	Luis Belbute	2:43:23.6	2:41:33.3	560	M45	84		1:15:41.5	733	1:57:46.2	681
646.	769	Fernando Costa	2:43:27.4	2:41:53.0	561	M45	85	Farol D'Aventura	1:15:28.3	726	1:58:39.2	689
647.	767	Jose Alves	2:43:27.8	2:41:52.5	562	M60	13	SS CGD	1:15:24.7	725	1:58:39.2	688
648.	154	Nuno Pedroso	2:43:34.1	2:42:09.3	563	M45	86	Matilha running	1:09:34.0	613	1:52:24.2	634
649.	703	André Garrido de	2:43:56.6	2:42:35.3	564	M40	150	Pernas de Gafanhoto	1:09:16.9	603	1:49:46.2	610
650.	753	Filipe Gil	2:44:00.0	2:42:20.8	565	M40	151	Correr na Cidade	1:10:15.9	628	1:54:52.5	653
651.	861	Augusto Paulo Neves	2:44:18.7	2:42:46.7	566	M50	56		1:12:58.6	680	1:56:52.7	670
652.	943	Ana Lopes	2:44:19.9	2:42:50.7	86	F45	17	CLUBE MILLENNIUM BCP	1:11:54.6	660	1:54:13.4	648
653.	498	Célia Silva	2:44:47.3	2:43:25.5	87	F40	21	Juventude Vidigalense	1:11:09.3	648	1:55:52.3	662
654.	905	Paulo Trilho	2:45:18.6	2:43:50.8	567	M40	152	Matilha Running	1:11:20.1	650	1:53:26.7	647
655.	1039	Elsa Dinis	2:45:28.6	2:44:27.9	88	F45	18	COA - Clube de Orientação e Aventura	1:10:58.7	645	1:55:23.3	657
656.	198	Ana Pipa	2:45:31.9	2:43:38.4	89	Sen F	41	Jobrinde - Montes Saloios	1:12:36.3	671	1:55:34.7	660
657.	939	Pedro Martins	2:45:37.9	2:43:58.7	568	M45	87	CLUBE MILLENNIUM BCP	1:13:07.5	686	1:55:01.4	654
658.	275	Mário Gonçalves	2:45:48.1	2:44:34.0	569	M50	57	EnKostasTrail	1:10:46.7	642	1:54:18.6	649
659.	575	Carlos Morais	2:45:49.8	2:44:34.7	570	M45	88	Mercedes-Benz	1:11:45.1	656	1:54:26.3	650
660.	595	Goncalo Lince	2:46:16.6	2:44:42.7	571	Sen M	225	Salamandrecos	1:14:56.4	712	2:03:25.1	735
661.	106	Claudia Duarte	2:46:39.7	2:45:12.3	90	Sen F	42	Azeitão Night Runners	1:11:41.4	654	1:56:59.9	673
662.	134	Henrique Sebastiao	2:46:46.8	2:45:28.3	572	M45	89		1:10:38.7	637	1:52:29.3	637
663.	820	Jorge Monteiro	2:46:50.6	2:44:46.6	573	M45	90	ODEBRECHT PORTUGAL	1:13:20.9	690	1:56:36.0	668
664.	915	Madalena Andrade	2:46:58.4	2:45:23.8	91	Sen F	43		1:14:51.6	708	1:58:00.9	685

4.º Trilho das Lampas

Finisher List 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 13.5	Pos.	
665.	914	Andre Cabral	2:46:58.5	2:45:23.0	574	M40	153		1:14:46.1	705	1:57:51.0	682
666.	1001	Catia Calha	2:47:18.2	2:46:09.2	92	Sen F	44	Centro Vicentino da Serra	1:13:49.3	697	1:58:54.1	692
667.	459	Andreia Lemos	2:47:20.5	2:45:43.4	93	Sen F	45	Trilhos do costume	1:13:24.8	691	1:57:09.5	676
668.	556	Fábio Costa	2:47:27.0	2:45:55.5	575	Sen M	226		1:10:49.7	643	1:56:06.6	664
669.	442	Monica Domingos	2:47:27.1	2:45:55.8	94	Sen F	46		1:10:49.8	644	1:56:06.7	665
670.	957	Jaime Trabucho	2:47:34.5	2:44:33.4	576	M50	58		1:14:16.6	701	2:00:14.0	699
671.	824	António Ferreira	2:47:35.4	2:45:48.1	577	Sen M	227		1:14:43.8	703	1:56:54.3	671
672.	455	Rogério Falcao	2:47:38.7	2:45:53.5	578	M45	91		1:15:50.1	738	2:02:53.7	726
673.	302	Filomena Santos	2:48:10.7	2:46:47.4	95	F40	22		1:11:25.5	651	1:52:57.6	644
674.	148	Luis Santos	2:48:18.3	2:46:28.5	579	M50	59	A.A.Lebres do Sado	1:15:08.9	714	2:01:56.4	716
675.	869	Nélson Mota	2:48:24.0	2:46:46.9	580	M45	92	Açoreana	1:12:03.1	663	1:57:07.3	674
676.	893	Elizete Duarte	2:48:24.2	2:46:47.7	96	F40	23	Açoreana	1:12:04.0	664	1:57:08.4	675
677.	871	Luís Miguel Nogueira	2:48:33.6	2:46:57.5	581	M40	154		1:11:37.2	653	1:57:31.3	680
678.	1010	Ana Silva	2:48:37.5	2:46:46.6	97	Sen F	47		1:15:32.9	730	2:01:53.3	715
679.	959	Pedro Santos	2:48:43.7	2:47:22.9	582	Sen M	228	Alverca Urban Runners	1:12:46.2	672	1:57:27.0	679
680.	766	João Marques	2:48:47.2	2:46:48.2	583	M45	93		1:13:11.0	687	1:56:34.9	667
681.	538	Carla Pinto Fernandes	2:48:56.4	2:47:41.8	98	F40	24	Chafariz Running Team	1:13:48.8	696	1:59:53.7	695
682.	763	Nuno Filipe Silva	2:48:56.6	2:47:41.7	584	M40	155	Correr Lisboa	1:13:48.7	695	1:59:53.3	694
683.	307	Telmo Pinto	2:48:59.5	2:47:36.4	585	Sen M	229		1:10:39.7	638	1:50:06.1	617
684.	960	José Duarte	2:49:01.7	2:47:34.8	586	Sen M	230	QQÉP	1:15:23.1	724	2:01:42.3	712
685.	961	Pedro Cordas	2:49:01.7	2:47:34.3	587	Sen M	231	QQÉP	1:15:22.7	722	2:01:43.5	713
686.	1008	Sandra Magalhães	2:49:22.6	2:48:03.1	99	F50	6	Magic Runners - Enterprom brindes	1:15:17.1	716	2:02:39.7	721
687.	95	Sara Cunha	2:49:23.4	2:48:04.3	100	F40	25	ENTERPROM - Brindes Promocionais	1:15:18.7	718	2:02:41.8	722
688.	481	Bruno Jacquet	2:50:03.0	2:48:23.4	588	Sen M	232		1:19:55.6	785	2:04:03.9	742
689.	635	Fábio Alves	2:50:20.4	2:48:45.2	589	Sen M	233	Escaravelhos team	1:13:05.5	684	1:58:53.0	691
690.	617	Débora Cruz Ferreira	2:50:22.0	2:48:48.0	101	Sen F	48	Escaravelhos Team	1:13:07.2	685	1:58:52.4	690
691.	191	Fábio Batista	2:50:24.7	2:48:32.5	590	Sen M	234		1:14:50.8	707	2:02:01.0	717
692.	559	Carlos Henrique	2:50:35.4	2:50:31.1	591	M45	94		1:10:35.3	635	2:01:47.6	714
693.	147	Daniel Carvalho	2:50:48.5	2:49:38.0	592	Sen M	235	ARSM - Associação Recreativa de S. Miguel	1:00:01.4	371	1:44:16.4	516
694.	566	Pedro Nunes	2:51:07.0	2:49:51.1	593	M40	156		1:09:08.1	600	2:00:34.5	703
695.	737	António Mendes	2:51:08.9	2:49:24.9	594	Sen M	236	Lebres da católica	1:13:25.0	692	1:56:59.0	672
696.	727	Bruno Vasconcelos Maia	2:51:09.2	2:49:27.3	595	Sen M	237		1:13:27.5	693	1:57:10.9	677
697.	848	Gonçalo Romeiras	2:51:12.2	2:50:06.4	596	M40	157		1:10:12.6	627	1:55:49.2	661
698.	125	Miguel Torgal	2:51:20.2	2:49:34.6	597	Sen M	238		1:18:18.2	753	2:02:57.3	728
699.	780	Mónica Pereira	2:51:20.2	2:49:34.2	102	F40	26		1:18:17.9	752	2:03:11.4	732
700.	810	Sérgio Cordeiro	2:51:50.5	2:50:44.7	598	M40	158	ADCR PJ	1:13:03.2	683	2:01:06.1	706
701.	141	Francisco Maia	2:51:54.1	2:50:21.2	599	M60	14		1:16:37.3	745	2:03:15.1	733

4.º Trilho das Lampas

Finisher List 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 13.5	Pos.	
702.	232	Andreia Sousa	2:52:05.1	2:50:11.5	103	Sen F	49	Dolce Furadouro	1:14:48.8	706	1:59:50.8	693
703.	1012	Cristina Caldeira	2:52:30.7	2:50:46.1	104	F45	19	Runlovers	1:15:18.2	717	2:01:28.8	708
704.	434	Nuno Marques	2:52:31.1	2:50:47.9	600	M45	95	RunLovers	1:15:21.4	720	2:01:30.7	709
705.	43	Rute Fernandes	2:52:34.2	2:50:55.3	105	Sen F	50	TEAM RH9	1:16:13.7	743	2:03:00.9	729
706.	61	Sara Dias	2:52:34.2	2:50:55.1	106	Sen F	51	Correr na Cidade	1:17:30.7	751	2:03:01.8	730
707.	541	João Carlos Ferreira	2:52:40.1	2:51:31.2	601	M40	159	Clube Cimpor	1:13:11.6	688	1:57:56.3	684
708.	120	Sandra Cardoso	2:52:46.1	2:51:09.8	107	F40	27	JPRun	1:13:51.4	698	1:57:15.3	678
709.	155	Jose Andrade	2:53:10.9	2:51:58.8	602	M50	60	Keep Running	1:10:22.2	632	1:55:54.4	663
710.	883	Miguel Marques	2:53:14.3	2:51:52.7	603	Sen M	239		1:14:55.9	710	2:02:55.4	727
711.	645	Lucilia Faustino	2:53:14.5	2:51:48.6	108	Sen F	52	Azeitão Night Runners	1:15:22.2	721	2:01:24.8	707
712.	447	Liliana Henriques	2:54:17.7	2:52:24.8	109	Sen F	53	Os Conta-Kilómetros	1:18:25.8	755	2:06:55.0	757
713.	398	Joana Costa	2:54:18.2	2:52:24.0	110	Sen F	54	Os Conta-Kilómetros	1:18:24.2	754	2:06:55.2	758
714.	250	Renato Morais	2:54:34.7	2:52:54.8	604	Sen M	240	Tartarugas Solidárias	1:20:14.5	786	2:04:39.2	749
715.	798	Marco Duarte	2:54:40.8	2:53:18.2	605	Sen M	241	Corredores & Afins	1:10:20.9	631	2:00:18.0	701
716.	607	Nuno Pereira	2:55:29.1	2:54:17.1	606	M45	96	Sporting Clube de Casainhos	1:12:46.7	673	1:57:55.7	683
717.	799	João Limpo	2:55:45.9	2:54:21.3	607	Sen M	242	Corredores & Afins	1:10:19.0	629	2:00:14.5	700
718.	463	Sérgio Patrício	2:56:18.6	2:54:28.5	608	M40	160		1:16:11.0	742	2:03:36.7	737
719.	193	Alexandra Dinis	2:56:22.8	2:54:31.9	111	Sen F	55	Jobrinde - Montes Saloios	1:18:44.7	762	2:08:01.3	763
720.	815	Luis Marta	2:56:35.2	2:54:57.1	609	M50	61		1:12:59.6	682	2:00:52.6	704
721.	229	Isabel Santos	2:56:37.0	2:54:49.4	112	F40	28		1:18:46.6	763	2:08:04.6	764
722.	641	Ricardo Ribeiro	2:56:37.0	2:55:14.5	610	Sen M	243	Tigres dos Trilhos	1:15:39.7	732	2:03:20.4	734
723.	718	Nelson Santos	2:56:39.4	2:55:13.7	611	Sen M	244		1:10:02.5	624	2:02:22.9	719
724.	331	Luís Oliveira	2:57:00.5	2:55:19.6	612	Sen M	245		1:19:54.5	784	2:04:05.4	743
725.	692	Luis Dias	2:57:00.5	2:55:17.6	613	Sen M	246		1:19:15.9	774	2:04:02.4	741
726.	747	Rita Corda	2:57:03.2	2:55:10.7	113	Sen F	56	Valejas AC	1:18:40.8	759	2:08:41.1	768
727.	658	Paulo Paias	2:57:03.3	2:55:10.8	614	Sen M	247	Valejas AC	1:18:40.2	758	2:08:31.1	767
728.	749	Susana Gomes	2:57:03.3	2:55:11.4	114	F45	20	Valejas AC	1:18:41.5	760	2:08:44.1	770
729.	1007	Jorge Brito	2:57:04.9	2:55:10.2	615	M45	97	Valejas AC	1:18:38.4	757	2:08:41.8	769
730.	195	Catarina Mesquita	2:57:18.6	2:56:00.5	115	F50	7		1:19:33.9	778	2:08:17.7	766
731.	270	Sara Nogueira	2:57:28.7	2:55:45.3	116	Sen F	57		1:15:50.0	737	2:04:38.2	748
732.	271	Marianela Figueiredo	2:57:28.7	2:55:45.3	117	F40	29		1:15:49.9	736	2:04:33.6	747
733.	350	Mario Marques	2:57:33.3	2:56:11.1	616	Sen M	248		1:10:32.5	634	2:00:23.1	702
734.	87	Pedro Teixeira	2:57:40.1	2:56:18.6	617	Sen M	249	Tough Trails Alenquer	1:15:12.8	715	2:01:35.5	711
735.	493	Miguel Siva	2:57:40.4	2:55:48.3	618	Sub23	13	o praticante	1:14:01.2	699	2:00:59.9	705
736.	640	Fábio Rocha	2:57:53.1	2:56:31.6	619	Sen M	250	Tigres dos Trilhos	1:15:56.2	739	2:03:40.1	738
737.	733	Rui Almeida	2:58:16.5	2:56:25.7	620	M40	161		1:14:44.7	704	2:02:50.8	724
738.	295	Catarina Escaroupa	2:58:29.4	2:57:11.6	118	Sen F	58	UGAS TRAIL Running	1:12:59.5	681	1:58:35.3	687

4.º Trilho das Lampas

Finisher List 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 13.5	Pos.	
739.	324	Céu Leitão	2:58:39.8	2:57:24.7	119	F50	8	CCD Sintrense	1:15:22.8	723	2:03:34.7	736
740.	488	Paula Simões	2:59:21.1	2:57:51.2	120	Sen F	59	Açoreana	1:18:52.0	769	2:06:52.8	756
741.	487	Nuno Sabino	2:59:21.9	2:57:52.3	621	Sen M	251	Açoreana	1:18:50.8	768	2:06:49.3	755
742.	974	André Salvado	2:59:54.1	2:57:56.9	622	M40	162		1:15:45.1	734	2:02:25.0	720
743.	14	Humberto Barros	2:59:59.4	2:58:29.3	623	Sen M	252	Kaninos	1:12:55.6	678	2:00:06.1	698
744.	103	Marco Cachinho	2:59:59.6	2:58:27.6	624	Sen M	253	Kaninos	1:12:52.8	676	2:00:02.9	696
745.	285	Ines Monteiro	2:59:59.6	2:58:27.8	121	Sen F	60	Kaninos	1:12:53.0	677	2:00:03.3	697
746.	793	Carlos Miguel Marques	3:00:12.5	2:58:59.6	625	M45	98	Clube Vodafone	1:16:21.8	744	2:05:39.3	754
747.	743	Severino Cruz	3:00:13.3	2:58:44.2	626	M50	62		1:15:19.3	719	2:04:16.3	746
748.	644	Mónica Henriques	3:00:14.2	2:58:45.1	122	Sen F	61	Azeitão Night Runners	1:15:31.6	728	2:02:11.9	718
749.	518	Lia Elias	3:00:20.6	2:58:25.0	123	Sen F	62	Dolce Furadouro	1:19:50.0	783	2:11:07.3	780
750.	627	Diana Neves	3:00:20.7	2:59:00.6	124	Sen F	63		1:16:01.5	741	2:02:48.1	723
751.	320	Emilia Borges	3:00:26.9	2:58:54.9	125	F50	9	CCD Sintrense	1:19:02.2	772	2:07:13.7	759
752.	228	Maria Magro	3:00:36.6	2:58:47.0	126	F40	30		1:18:49.6	767	2:08:15.9	765
753.	485	Iris Maurício	3:01:26.4	2:59:42.5	127	F40	31	RunLovers	1:22:26.0	805	2:13:11.4	792
754.	773	Helena Ribeiro	3:01:40.8	3:00:16.7	128	F45	21	Portugal Running	1:18:57.9	770	2:07:43.3	762
755.	369	Helena Teixeira	3:02:05.8	3:00:42.2	129	F40	32		1:16:38.3	746	2:05:30.8	753
756.	932	Oscar Marques	3:02:24.2	3:00:49.0	627	M60	15	CLUBE MILLENNIUM BCP	1:18:42.0	761	2:10:49.7	775
757.	933	Antonio Almeida	3:02:24.2	3:00:45.2	628	M50	63	CLUBE MILLENNIUM BCP	1:14:40.0	702	2:05:11.2	751
758.	940	Vanda Rosa	3:02:24.4	3:00:54.9	130	F40	33	CLUBE MILLENNIUM BCP	1:18:48.2	766	2:11:04.7	779
759.	504	Renato Jacome	3:03:31.0	3:01:45.8	629	M45	99	Devagar, devagarinho... By Snickers	1:11:55.8	662	1:56:32.0	666
760.	499	Helder Pereira	3:03:47.7	3:02:06.6	630	M50	64	Salamandrecos	1:19:11.1	773	2:07:33.1	760
761.	786	Pedro Gomes	3:04:01.5	3:02:19.4	631	Sen M	254	SS CGD	1:15:31.0	727	2:05:11.6	752
762.	858	Edgar Cardeira	3:04:01.8	3:02:19.7	632	Sen M	255	Benfica	1:15:48.3	735	2:05:09.0	750
763.	230	António Vale	3:04:56.0	3:03:05.9	633	Sen M	256	Os Conta-Kilómetros	1:18:48.0	765	2:10:55.6	776
764.	910	João Vieira	3:05:27.4	3:03:31.5	634	M50	65		1:19:17.0	775	2:10:58.4	777
765.	758	João Soares	3:05:31.2	3:01:43.8	635	M40	163	GINASIO ENERGYM	1:14:58.2	713	2:02:52.5	725
766.	309	Tiago Duarte	3:05:33.0	3:03:57.7	636	Sen M	257	2 em 1	1:16:42.0	749	2:10:10.0	773
767.	310	Vera Correia	3:05:33.1	3:03:57.8	131	Sen F	64	2 em 1	1:16:44.6	750	2:10:10.2	774
768.	568	Mónica Matos	3:05:43.5	3:04:28.7	132	Sen F	65	Mercedes-Benz	1:23:15.7	811	2:14:26.9	804
769.	404	Rita Afonso	3:06:33.2	3:05:18.7	133	Sen F	66	Chafariz Running Team	1:20:46.1	790	2:14:00.6	798
770.	248	Carlos Rodrigues	3:06:36.0	3:04:43.5	637	M40	164	Jobrinde - Montes Saloios	1:19:21.3	776	2:07:42.2	761
771.	1011	Sónia Capitão-Mor	3:06:36.2	3:05:22.1	134	Sen F	67	Correr Lisboa	1:20:49.2	791	2:14:01.7	799
772.	187	Carla Pinto	3:06:47.2	3:04:55.1	135	F45	22		1:20:44.1	789	2:10:59.5	778
773.	519	Liliana Julião	3:07:05.7	3:05:09.6	136	Sen F	68	Dolce Furadouro	1:20:41.1	788	2:13:04.8	789
774.	185	Angela Costa	3:07:08.5	3:05:28.4	137	Sen F	69		1:21:21.4	798	2:13:26.4	795
775.	128	Bo Irik	3:07:09.2	3:05:26.6	138	Sen F	70	Correr na Cidade	1:21:19.3	796	2:13:22.9	794

4.º Trilho das Lampas

Finisher List 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 13.5	Pos.	
776.	638	Andreia Silva	3:07:47.0	3:06:04.6	139	Sen F	71		1:22:45.1	807	2:13:07.2	790
777.	775	Marco Teodoro	3:08:07.0	3:06:50.1	638	M40	165		1:20:49.6	792	2:11:09.2	781
778.	438	Helena Leitão	3:08:22.6	3:06:38.5	140	F45	23	RunLovers	1:22:53.8	809	2:13:15.4	793
779.	437	João Leitão	3:08:22.7	3:06:40.5	639	M45	100	RunLovers	1:22:55.8	810	2:13:10.8	791
780.	781	Sandra Oliveira	3:08:44.9	3:07:31.5	141	Sen F	72		1:15:32.1	729	2:08:46.0	771
781.	911	Carla Silva	3:08:46.1	3:07:13.1	142	Sen F	73		1:21:04.6	794	2:11:49.8	787
782.	945	Maria Ceu Silva	3:08:49.0	3:07:20.1	143	F45	24	CLUBE MILLENNIUM BCP	1:18:47.9	764	2:11:12.6	782
783.	844	Vitor Figueiredo	3:08:57.1	3:07:11.1	640	Sen M	258	Os Mesmos	1:16:40.0	748	2:04:07.1	744
784.	782	Jorge Oliveira	3:09:01.7	3:07:49.2	641	M40	166		1:15:33.8	731	2:08:49.3	772
785.	999	Anatilde Gomes	3:09:08.3	3:07:58.7	144	Sen F	74	Centro Vicentino da Serra	1:24:46.8	819	2:13:41.1	797
786.	520	Susana Climas	3:09:34.0	3:07:35.0	145	Sen F	75	Os Caracóis Furiosos	1:22:11.9	801	2:14:12.3	801
787.	521	André Silva	3:09:35.9	3:07:37.7	642	Sen M	259	Os Caracóis Furiosos	1:22:12.4	802	2:14:13.0	802
788.	522	Renato Vieira	3:09:36.9	3:07:39.4	643	M40	167	Os Caracóis Furiosos	1:22:17.5	803	2:14:13.9	803
789.	789	João Churro	3:10:15.3	3:08:29.1	644	Sen M	260	Os Mesmos	1:16:39.9	747	2:04:07.7	745
790.	537	João Cruz	3:11:17.5	3:09:33.9	645	M40	168	Malucos da Corrida	1:22:07.4	800	2:15:10.1	807
791.	545	Filipa Curralo	3:11:17.5	3:09:33.0	146	Sen F	76		1:22:25.9	804	2:15:55.0	811
792.	751	Alexandre Barreira	3:11:55.2	3:10:27.0	646	Sen M	261		1:23:37.4	813	2:16:09.8	814
793.	745	Tatiana Pereira	3:11:55.9	3:10:26.0	147	Sen F	77		1:22:51.0	808	2:16:11.6	815
794.	942	Eduardo Pinto	3:12:13.5	3:10:32.6	647	M45	101	CLUBE MILLENNIUM BCP	1:19:30.3	777	2:11:33.3	783
795.	936	Pedro Murca	3:12:14.1	3:10:34.4	648	M50	66	CLUBE MILLENNIUM BCP	1:19:36.9	779	2:11:37.5	784
796.	792	António Fonseca	3:12:50.2	3:11:12.8	649	M45	102	SS CGD	1:20:56.0	793	2:12:24.2	788
797.	817	Antonio Alves	3:13:53.7	3:12:41.0	650	M60	16	ODEBRECHT PORTUGAL	1:23:19.1	812	2:14:42.5	806
798.	801	Rui Paz	3:14:08.6	3:12:21.3	651	M40	169		1:26:36.3	828	2:18:29.5	817
799.	366	Paula Félix	3:14:13.7	3:13:04.3	148	F45	25	100fobias	1:19:38.0	780	2:11:47.3	785
800.	439	Paula Antunes	3:14:24.2	3:13:15.4	149	Sen F	78	100fobias	1:19:38.7	781	2:11:49.6	786
801.	100	Ana Martins	3:14:41.3	3:13:23.8	150	F55	3	Falcões Selvagens	1:19:01.0	771	2:13:40.0	796
802.	698	Tito Andrade	3:16:46.0	3:14:57.5	652	M40	170	OUTLAW RUNNERS	1:21:18.3	795	2:15:32.3	808
803.	826	Pedro Silva	3:16:59.6	3:15:00.0	653	Sen M	262		1:23:57.3	814	2:15:35.4	810
804.	200	Cristina Barbosa	3:17:00.4	3:15:09.9	151	F45	26		1:26:30.2	826	2:19:43.6	820
805.	699	Ana Rosa Marques	3:17:37.8	3:15:49.9	152	Sen F	79	OUTLAW RUNNERS	1:21:20.1	797	2:15:35.1	809
806.	458	Liliana Onofre	3:17:59.0	3:16:36.6	153	Sen F	80	100 Fobias	1:27:07.9	830	2:19:42.3	819
807.	567	Maria Helena Nunes	3:17:59.2	3:16:44.1	154	F45	27		1:25:35.2	820	2:19:35.9	818
808.	771	Natália Lopes	3:18:19.3	3:16:43.3	155	F50	10	Tocaamexer	1:28:09.2	836	2:20:15.2	821
809.	319	Inês Vaz	3:18:21.5	3:16:35.3	156	Sen F	81	CCD Sintrense	1:22:32.7	806	2:14:42.4	805
810.	517	Francisco Julião	3:18:21.8	3:16:26.0	654	M55	25	Dolce Furadouro	1:19:48.6	782	2:14:09.8	800
811.	280	Luis Graça	3:19:05.4	3:17:31.9	655	M45	103	Salamandrecos	1:14:56.0	711	2:03:55.7	739
812.	281	Andre Graça	3:19:08.6	3:17:34.7	656	Sub23	14	Salamandrecos	1:14:55.8	709	2:03:57.4	740

4.º Trilho das Lampas

Finisher List 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 13.5	Pos.	
813.	396	Pedro Prudêncio	3:20:04.3	3:18:12.7	657	M45	104	Monsanto Running Team	1:25:48.0	822	2:25:06.1	836
814.	264	Bruno Ribeiro	3:20:05.3	3:18:13.2	658	Sen M	263	Kaninos	1:25:47.7	821	2:25:03.7	835
815.	299	Ana Pereira	3:20:21.7	3:18:33.7	157	F45	28	Runners da Frente Ribeirinha da Póvoa de	1:21:54.6	799	2:16:04.8	813
816.	473	Luísa Fonseca	3:20:45.5	3:19:00.6	158	Sen F	82	Os Conta-Kilómetros	1:26:32.6	827	2:21:25.1	823
817.	917	Diogo Henriques	3:21:32.9	3:19:44.3	659	Sub23	15	Ccd	1:30:26.7	851	2:32:10.9	853
818.	136	Rui Cortes	3:21:33.2	3:19:55.4	660	M40	171	Tartarugas Solidárias	1:30:29.5	856	2:24:36.2	830
819.	802	Celeste Pedro	3:21:33.2	3:19:54.1	159	F40	34	Tartarugas Solidárias	1:30:28.7	853	2:24:45.3	833
820.	85	Paula Sobral	3:21:33.5	3:19:52.8	160	F40	35	Tartarugas Solidárias	1:30:27.6	852	2:24:42.7	832
821.	500	Sandra Pereira	3:22:11.8	3:20:33.0	161	F40	36	Salamandrecos	1:29:07.3	842	2:25:16.4	841
822.	223	Sonia Dickmeyer	3:22:45.2	3:21:13.5	162	Sen F	83	Riscmeyer	1:27:30.8	834	2:23:39.7	826
823.	253	Jacinta Almeida	3:23:08.8	3:21:32.7	163	F50	11	Rail Runners	1:24:44.9	818	2:24:23.5	828
824.	772	Lurdes Olas	3:23:09.1	3:21:32.6	164	F40	37	Treinos D'há fundo	1:24:13.9	816	2:23:48.6	827
825.	256	Sara Machado	3:23:09.4	3:21:32.1	165	Sen F	84	Rail Runners	1:24:11.9	815	2:23:30.7	825
826.	712	Ana Umbelino	3:23:12.4	3:21:49.5	166	Sen F	85	Juventude Vidigalense	1:24:26.3	817	2:20:51.7	822
827.	918	Ivone Pereira	3:23:24.1	3:21:36.2	167	F45	29	Ccd	1:30:29.1	854	2:32:12.6	854
828.	719	Florbela Morais	3:25:11.7	3:23:19.7	168	F40	38	Jobrinde - Montes Saloios	1:27:09.6	831	2:28:38.7	848
829.	244	Sandra Batista	3:25:11.8	3:23:23.2	169	F40	39	Correr Lisboa	1:27:12.9	833	2:28:47.3	850
830.	243	António Iria	3:25:12.0	3:23:23.6	661	M45	105	Correr Lisboa	1:27:12.9	832	2:28:38.7	847
831.	868	Vítor Rafael	3:25:50.3	3:24:14.5	662	M50	67	Açoreana	1:20:14.8	787	2:15:57.6	812
832.	757	Pedro Jorge	3:25:56.2	3:23:59.9	663	M45	106		1:26:13.6	825	2:22:01.7	824
833.	15	Patrícia Monteiro Santos	3:26:04.2	3:24:28.6	170	F45	30	Salamandrecos	1:29:19.5	849	2:25:13.0	838
834.	267	Luísa Pires	3:26:04.2	3:24:25.7	171	F45	31		1:29:17.9	847	2:25:16.1	840
835.	282	Elsa Graça	3:26:04.3	3:24:27.1	172	F45	32	Salamandrecos	1:29:07.9	843	2:25:12.6	837
836.	241	Ana Cova	3:26:04.6	3:24:27.1	173	F45	33	Salamandrecos	1:29:19.2	848	2:25:13.4	839
837.	774	Eduarda Pereira	3:26:20.2	3:25:02.0	174	F45	34		1:31:21.2	858	2:28:40.1	849
838.	38	Calisto Pereira	3:27:09.2	3:25:46.4	664	Sen M	264	GO!Runners	1:28:44.2	837	2:27:04.9	844
839.	29	Filipe Sousa	3:27:12.9	3:25:50.7	665	Sen M	265	GO!Runners	1:28:45.4	838	2:27:05.6	845
840.	836	Carlos Vieira	3:27:18.4	3:26:11.8	666	M45	107	ADCR PJ	1:18:35.5	756	2:16:43.7	816
841.	222	Leonor Gomes	3:28:26.6	3:26:55.9	175	F40	40		1:33:03.7	863	2:29:19.3	851
842.	677	Bruno Arcaño	3:29:14.4	3:27:19.6	667	Sen M	266		1:27:34.9	835	2:24:33.5	829
843.	823	Luisa Alves	3:30:32.8	3:29:13.9	176	Sen F	86	ODEBRECHT PORTUGAL	1:30:20.9	850	2:28:38.1	846
844.	47	Célia Ferreira	3:32:59.5	3:31:56.4	177	Sen F	87	Rail Runners	1:28:51.9	839	2:25:48.9	842
845.	48	Sandra Filipe	3:33:09.5	3:32:06.8	178	F40	41	Rail Runners	1:28:54.1	840	2:25:57.7	843
846.	916	Sara Henriques	3:34:27.8	3:32:37.7	179	F40	42	Ccd	1:30:29.5	855	2:32:16.4	855
847.	919	José Carlos	3:34:28.3	3:32:38.1	668	M60	17	Ccd	1:30:33.1	857	2:32:42.4	856
848.	654	Cristina Lavrador	3:42:47.2	3:41:05.0	180	F50	12	Tartarugas Solidárias	1:25:58.1	823	2:24:41.2	831
849.	239	Julieta Santos	3:42:47.4	3:41:05.8	181	F55	4	Tartarugas Solidárias	1:25:59.5	824	2:24:46.4	834

4.º Trilho das Lampas

Finisher List 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 13.5	Pos.	
850.	3	Fernando Sousa	3:42:47.9	3:41:06.3	669	M45	108		1:27:02.2	829	2:30:39.1	852
851.	357	Vanda Fernandes	3:43:56.0	3:42:23.1	182	F40	43	CCD Crédito Agrícola Mútu	1:34:26.7	864	2:33:52.0	858
852.	512	Sofia Fernandes	3:43:56.2	3:42:23.3	183	Sen F	88	pace.makers	1:34:40.9	866	2:33:51.9	857
853.	511	Inês Pequeno	3:43:56.3	3:42:24.8	184	F40	44	pace.makers	1:34:28.6	865	2:33:54.4	859
854.	371	Luís Costa	3:51:33.5	3:49:42.3	670	Sen M	267	Os Conta-Kilómetros	1:28:58.5	841	2:40:16.1	864
855.	361	Andrea Sousa	3:51:33.7	3:49:44.7	185	Sen F	89	Os Conta-Kilómetros	1:29:08.7	846	2:40:26.3	867
856.	329	Andreia Monteiro	3:51:34.1	3:49:45.0	186	Sen F	90	Os Conta-Kilómetros	1:29:08.6	845	2:40:20.4	865
857.	358	Sandra Marques	3:51:34.1	3:49:45.0	187	Sen F	91	Os Conta-Kilómetros	1:29:08.4	844	2:40:26.0	866
858.	892	Teresa Ribeiro	3:58:38.6	3:56:50.1	188	F40	45	CLÁ DA GADANHA	1:32:21.1	859	2:39:13.0	860
859.	891	Miguel Ferreira	3:58:39.1	3:56:49.9	671	M40	172	CLÁ DA GADANHA	1:32:28.5	861	2:39:31.8	861
860.	890	Adriana Gonçalves	3:58:39.6	3:56:51.0	189	F40	46	CLÁ DA GADANHA	1:32:29.2	862	2:39:58.9	863
861.	889	Nuno Santos	3:58:39.9	3:56:51.9	672	M40	173	CLÁ DA GADANHA	1:32:21.6	860	2:39:32.1	862
862.	117	Henriqueta Solipa	3:59:10.5	3:57:27.9	190	F50	13	Tartarugas Solidárias	1:44:01.4	869	2:57:05.5	872
863.	840	Luís Cabaça	3:59:11.2	3:57:28.4	673	Sen M	268	Tartarugas Solidárias	1:44:00.3	868	2:57:05.8	873
864.	841	Rita Certã	3:59:11.6	3:57:31.0	191	F40	47	Tartarugas Solidárias	1:44:03.4	871	2:57:02.2	870
865.	655	Maria Do Ceu Carvalho	3:59:11.7	3:57:30.9	192	F40	48	Tartarugas Solidárias	1:44:03.2	870	2:57:03.5	871
866.	306	Nuno Rito	3:59:11.8	3:56:50.8	674	Sen M	269	Tartarugas Solidárias	1:43:21.5	867	2:56:17.0	868
867.	1006	Fernando Xavier	3:59:12.4	3:57:12.8	675	M40	174		1:47:33.8	872	2:56:50.3	869
868.	928	Paulo Felício	a.k.	3:21:42.3	676	M45	109	CLUBE MILLENNIUM BCP	1:25:01.9	874	2:22:29.5	874
869.	108	Marco Silva	DSQ	2:53:21.5	677	Sen M	270	Salamandrecos	1:48:04.7	873		1
870.	254	José Luís Dias	DSQ	1:38:32.7	678	M50	68	Rail Runners	0:43:59.8	876	1:08:55.8	876
871.	322	Rui Grazina	DSQ	1:43:27.6	679	M55	26	CCD Sintrense	0:46:08.6	877	1:12:09.2	877
872.	460	Andre Preto	DSQ	2:36:34.6	680	Sen M	271	Trilhos do Costume		875		875
873.	625	Jose Nogueira	DSQ	2:51:54.7	681	M55	27			1	2:03:01.9	731
874.	759	Sara Pereira	DSQ	3:27:42.3	193	Sen F	92	GINASIO ENERGYM		2		2
875.	760	Maria João Reis	DSQ	3:27:42.6	194	F50	14	GINASIO ENERGYM		3		3
876.	811	Luana Boavida	DSQ	3:27:42.4	195	Sen F	93	GINASIO ENERGYM		4		4
877.	984	Maria Bandeira	DSQ	3:27:42.6	196	F50	15	GINASIO ENERGYM		5		5

Number of records: 877

4.º Trilho das Lampas

Result List AG 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
4.º Trilho das Lampas												
Sénior Feminino												
Sénior Feminino												
1	651	Paula Da Silva Barbosa	1:47:15.5	w	3	Sénior Feminino	1	Oralklass - Amigos do Trail	0:47:44.9	107	1:14:54.8	103
2	744	Patrícia Marto Carreira	1:49:45.2	w	4	Sénior Feminino	2	Juventude Vidigalense	0:49:02.7	134	1:17:19.6	132
3	394	Margarida Amaro	1:53:19.8	w	6	Sénior Feminino	3	Monsanto Running Team	0:49:32.9	139	1:18:37.5	143
4	683	Joana Fonseca	1:55:26.0	w	7	Sénior Feminino	4		0:49:29.7	138	1:19:14.8	150
5	445	Sofia Agostinho	1:58:01.3	w	8	Sénior Feminino	5	Aminhacorrida/Kalenji	0:52:08.9	184	1:22:23.3	193
6	670	Sonia Tubal	1:58:48.0	w	10	Sénior Feminino	6	Tartarugas Solidárias	0:52:57.6	215	1:23:06.6	203
7	70	Paula Penedo	2:01:15.1	w	11	Sénior Feminino	7	Núcleo de Atletismo Zona da Abóboda	0:53:18.7	227	1:23:56.2	222
8	246	Patrícia Fernandes	2:02:07.8	w	14	Sénior Feminino	8	ARSM - Associação Recreativa de S.	0:54:40.3	264	1:26:16.4	265
9	162	Tuxa Negri	2:04:37.3	w	16	Sénior Feminino	9	Gin. Qtª Valbom - AAAlcochete	0:54:11.9	255	1:24:59.2	240
10	375	Ana Feteira	2:08:48.1	w	17	Sénior Feminino	10	ARSM - Associação Recreativa de S.	0:56:41.6	301	1:29:29.4	304
11	11	Carmo Moser	2:09:04.0	w	18	Sénior Feminino	11	Correr na Cidade / Salamandras	0:59:19.7	357	1:31:09.6	322
12	257	Anabela Costa	2:09:34.1	w	19	Sénior Feminino	12	Rail Runners	0:55:22.6	281	1:26:44.1	268
13	930	Filipa Vilar	2:18:18.7	w	24	Sénior Feminino	13	CLUBE MILLENNIUM BCP	1:02:06.2	434	1:37:48.2	418
14	621	Mafalda Moniz	2:18:29.2	w	25	Sénior Feminino	14		1:03:32.7	466	1:39:07.4	440
15	234	Romina Guedes	2:18:32.5	w	26	Sénior Feminino	15	Dolce Furadouro	1:02:09.7	435	1:38:18.6	429
16	880	Ana Fernandes	2:20:11.6	w	32	Sénior Feminino	16		1:00:33.9	386	1:35:50.5	387
17	976	Maria Pereira	2:20:40.7	w	33	Sénior Feminino	17	GO!Runners	1:03:18.0	461	1:39:15.6	448
18	289	Catarina Henriques	2:21:38.9	w	34	Sénior Feminino	18	Uni_Verso RUN	1:03:21.7	463	1:39:38.3	454
19	12	Luísa Mesquita	2:21:56.9	w	35	Sénior Feminino	19	Coimbra Trail Running	1:06:10.6	536	1:42:16.3	497
20	332	Paula Jacob	2:22:24.2	w	38	Sénior Feminino	20	Arriba Trail Runners	1:05:42.8	523	1:41:46.6	492
21	569	Mafalda Almeida	2:24:02.6	w	40	Sénior Feminino	21	Mercedes-Benz	1:02:18.6	438	1:39:57.4	460
22	213	Madalena Nunes	2:28:03.4	w	46	Sénior Feminino	22	COA - Clube de Orientação e	1:05:01.3	505	1:44:01.2	511
23	465	Inês Araújo	2:29:24.7	w	49	Sénior Feminino	23	Os Conta-Kilómetros	1:06:35.1	550	1:46:11.6	541
24	219	Sónia Marques	2:29:31.4	w	51	Sénior Feminino	24	COA - Clube de Orientação e	1:05:46.5	526	1:44:47.6	519
25	954	Vanessa Pais	2:31:04.4	w	55	Sénior Feminino	25		1:09:23.6	606	1:48:03.9	581
26	69	Susana Raposo	2:31:11.9	w	56	Sénior Feminino	26	Correr Lisboa	1:06:10.3	533	1:44:53.5	520
27	427	Tita Luis	2:31:28.6	w	58	Sénior Feminino	27	Salamandrecos	1:08:09.5	585	1:47:24.6	567
28	565	Emma Seco Abellas	2:31:42.1	w	59	Sénior Feminino	28	patoseco	1:09:45.5	621	1:47:54.3	575

4.º Trilho das Lampas

Result List AG 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
29	42	Andreia Costa	2:32:22.7	w	60	Sénior Feminino	29	Tartarugas Solidárias	1:07:51.8	576	1:47:16.9	563
30	995	Mónica Vital	2:32:55.9	w	62	Sénior Feminino	30	Eléctrico Futebol Clube	1:05:44.8	525	1:45:13.2	527
31	180	Helena Ferreira	2:33:31.7	w	65	Sénior Feminino	31		1:07:11.8	562	1:47:40.2	572
32	970	Mafalda Machado	2:34:33.6	w	67	Sénior Feminino	32	REAL ACADEMIA	1:05:31.1	517	1:46:41.9	548
33	821	Sandra Letras	2:34:42.5	w	68	Sénior Feminino	33	ODEBRECHT PORTUGAL	1:10:41.0	640	1:50:38.4	622
34	722	Carla Miguel	2:36:26.8	w	72	Sénior Feminino	34		1:11:18.0	649	1:50:43.4	624
35	297	Daniela Gonçalves	2:37:39.1	w	76	Sénior Feminino	35	UGAS TRAIL Running	1:09:40.8	617	1:51:05.0	628
36	673	Aline Correia	2:37:59.1	w	77	Sénior Feminino	36	CCD Siemens	1:12:33.1	670	1:52:28.4	636
37	130	Sandra Arraias	2:38:35.8	w	79	Sénior Feminino	37	Os Arraias	1:12:13.0	665	1:52:52.9	642
38	363	Ana Sofia Augusto	2:38:44.9	w	80	Sénior Feminino	38	100fobias	1:12:49.0	675	1:55:08.8	656
39	165	Sofia Simões	2:41:28.7	w	83	Sénior Feminino	39	Mountain Trails	1:11:04.9	646	1:53:03.4	645
40	952	Ana Gonçalves	2:41:49.1	w	84	Sénior Feminino	40		1:06:10.6	537	1:46:48.9	552
41	198	Ana Pipa	2:45:31.9	w	89	Sénior Feminino	41	Jobrinde - Montes Saloios	1:12:36.3	671	1:55:34.7	660
42	106	Claudia Duarte	2:46:39.7	w	90	Sénior Feminino	42	Azeitão Night Runners	1:11:41.4	654	1:56:59.9	673
43	915	Madalena Andrade	2:46:58.4	w	91	Sénior Feminino	43		1:14:51.6	708	1:58:00.9	685
44	1001	Catia Calha	2:47:18.2	w	92	Sénior Feminino	44	Centro Vicentino da Serra	1:13:49.3	697	1:58:54.1	692
45	459	Andreia Lemos	2:47:20.5	w	93	Sénior Feminino	45	Trilhos do costume	1:13:24.8	691	1:57:09.5	676
46	442	Monica Domingos	2:47:27.1	w	94	Sénior Feminino	46		1:10:49.8	644	1:56:06.7	665
47	1010	Ana Silva	2:48:37.5	w	97	Sénior Feminino	47		1:15:32.9	730	2:01:53.3	715
48	617	Débora Cruz Ferreira	2:50:22.0	w	101	Sénior Feminino	48	Escaravelhos Team	1:13:07.2	685	1:58:52.4	690
49	232	Andreia Sousa	2:52:05.1	w	103	Sénior Feminino	49	Dolce Furadouro	1:14:48.8	706	1:59:50.8	693
50	43	Rute Fernandes	2:52:34.2	w	105	Sénior Feminino	50	TEAM RH9	1:16:13.7	743	2:03:00.9	729
51	61	Sara Dias	2:52:34.2	w	106	Sénior Feminino	51	Correr na Cidade	1:17:30.7	751	2:03:01.8	730
52	645	Lucilia Faustino	2:53:14.5	w	108	Sénior Feminino	52	Azeitão Night Runners	1:15:22.2	721	2:01:24.8	707
53	447	Liliana Henriques	2:54:17.7	w	109	Sénior Feminino	53	Os Conta-Kilómetros	1:18:25.8	755	2:06:55.0	757
54	398	Joana Costa	2:54:18.2	w	110	Sénior Feminino	54	Os Conta-Kilómetros	1:18:24.2	754	2:06:55.2	758
55	193	Alexandra Dinis	2:56:22.8	w	111	Sénior Feminino	55	Jobrinde - Montes Saloios	1:18:44.7	762	2:08:01.3	763
56	747	Rita Corda	2:57:03.2	w	113	Sénior Feminino	56	Valejas AC	1:18:40.8	759	2:08:41.1	768
57	270	Sara Nogueira	2:57:28.7	w	116	Sénior Feminino	57		1:15:50.0	737	2:04:38.2	748
58	295	Catarina Escaroupa	2:58:29.4	w	118	Sénior Feminino	58	UGAS TRAIL Running	1:12:59.5	681	1:58:35.3	687
59	488	Paula Simões	2:59:21.1	w	120	Sénior Feminino	59	Açoreana	1:18:52.0	769	2:06:52.8	756
60	285	Ines Monteiro	2:59:59.6	w	121	Sénior Feminino	60	Kaninos	1:12:53.0	677	2:00:03.3	697
61	644	Mónica Henriques	3:00:14.2	w	122	Sénior Feminino	61	Azeitão Night Runners	1:15:31.6	728	2:02:11.9	718

4.º Trilho das Lampas

Result List AG 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
62	518	Lia Elias	3:00:20.6	w	123	Sénior Feminino	62	Dolce Furadouro	1:19:50.0	783	2:11:07.3	780
63	627	Diana Neves	3:00:20.7	w	124	Sénior Feminino	63		1:16:01.5	741	2:02:48.1	723
64	310	Vera Correia	3:05:33.1	w	131	Sénior Feminino	64	2 em 1	1:16:44.6	750	2:10:10.2	774
65	568	Mónica Matos	3:05:43.5	w	132	Sénior Feminino	65	Mercedes-Benz	1:23:15.7	811	2:14:26.9	804
66	404	Rita Afonso	3:06:33.2	w	133	Sénior Feminino	66	Chafariz Running Team	1:20:46.1	790	2:14:00.6	798
67	1011	Sónia Capitão-Mor	3:06:36.2	w	134	Sénior Feminino	67	Correr Lisboa	1:20:49.2	791	2:14:01.7	799
68	519	Liliana Julião	3:07:05.7	w	136	Sénior Feminino	68	Dolce Furadouro	1:20:41.1	788	2:13:04.8	789
69	185	Angela Costa	3:07:08.5	w	137	Sénior Feminino	69		1:21:21.4	798	2:13:26.4	795
70	128	Bo Irik	3:07:09.2	w	138	Sénior Feminino	70	Correr na Cidade	1:21:19.3	796	2:13:22.9	794
71	638	Andreia Silva	3:07:47.0	w	139	Sénior Feminino	71		1:22:45.1	807	2:13:07.2	790
72	781	Sandra Oliveira	3:08:44.9	w	141	Sénior Feminino	72		1:15:32.1	729	2:08:46.0	771
73	911	Carla Silva	3:08:46.1	w	142	Sénior Feminino	73		1:21:04.6	794	2:11:49.8	787
74	999	Anatilde Gomes	3:09:08.3	w	144	Sénior Feminino	74	Centro Vicentino da Serra	1:24:46.8	819	2:13:41.1	797
75	520	Susana Climas	3:09:34.0	w	145	Sénior Feminino	75	Os Caracóis Furiosos	1:22:11.9	801	2:14:12.3	801
76	545	Filipa Curralo	3:11:17.5	w	146	Sénior Feminino	76		1:22:25.9	804	2:15:55.0	811
77	745	Tatiana Pereira	3:11:55.9	w	147	Sénior Feminino	77		1:22:51.0	808	2:16:11.6	815
78	439	Paula Antunes	3:14:24.2	w	149	Sénior Feminino	78	100fobias	1:19:38.7	781	2:11:49.6	786
79	699	Ana Rosa Marques	3:17:37.8	w	152	Sénior Feminino	79	OUTLAW RUNNERS	1:21:20.1	797	2:15:35.1	809
80	458	Liliana Onofre	3:17:59.0	w	153	Sénior Feminino	80	100 Fobias	1:27:07.9	830	2:19:42.3	819
81	319	Inês Vaz	3:18:21.5	w	156	Sénior Feminino	81	CCD Sintrense	1:22:32.7	806	2:14:42.4	805
82	473	Luísa Fonseca	3:20:45.5	w	158	Sénior Feminino	82	Os Conta-Kilómetros	1:26:32.6	827	2:21:25.1	823
83	223	Sonia Dickmeyer	3:22:45.2	w	162	Sénior Feminino	83	Riscmeyer	1:27:30.8	834	2:23:39.7	826
84	256	Sara Machado	3:23:09.4	w	165	Sénior Feminino	84	Rail Runners	1:24:11.9	815	2:23:30.7	825
85	712	Ana Umbelino	3:23:12.4	w	166	Sénior Feminino	85	Juventude Vidigalense	1:24:26.3	817	2:20:51.7	822
86	823	Luisa Alves	3:30:32.8	w	176	Sénior Feminino	86	ODEBRECHT PORTUGAL	1:30:20.9	850	2:28:38.1	846
87	47	Célia Ferreira	3:32:59.5	w	177	Sénior Feminino	87	Rail Runners	1:28:51.9	839	2:25:48.9	842
88	512	Sofia Fernandes	3:43:56.2	w	183	Sénior Feminino	88	pace.makers	1:34:40.9	866	2:33:51.9	857
89	361	Andrea Sousa	3:51:33.7	w	185	Sénior Feminino	89	Os Conta-Kilómetros	1:29:08.7	846	2:40:26.3	867
90	329	Andreia Monteiro	3:51:34.1	w	186	Sénior Feminino	90	Os Conta-Kilómetros	1:29:08.6	845	2:40:20.4	865
91	358	Sandra Marques	3:51:34.1	w	187	Sénior Feminino	91	Os Conta-Kilómetros	1:29:08.4	844	2:40:26.0	866
92	759	Sara Pereira	DSQ	w	193	Sénior Feminino	92	GINASIO ENERGYM		2		2
93	811	Luana Boavida	DSQ	w	195	Sénior Feminino	93	GINASIO ENERGYM		4		4

4.º Trilho das Lampas

Result List AG 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
Sénior Masculino												
Sénior Masculino												
1	77	Mário Fonseca	1:20:46.3	m	1	Sénior Masculino	1		0:35:46.0	6	0:55:58.4	6
2	779	Jose Gaspar	1:24:55.3	m	2	Sénior Masculino	2	Odimarq	0:37:47.5	8	0:59:15.2	8
3	1003	Fábio Fontoura	1:24:56.9	m	3	Sénior Masculino	3		0:37:35.2	7	0:58:23.4	7
4	415	Fernando Gomes	1:26:38.0	m	4	Sénior Masculino	4	Clube de Atletismo de Ferreira do	0:38:53.9	9	1:00:27.7	9
5	422	Tiago Lousa	1:27:57.4	m	5	Sénior Masculino	5	Clube de Atletismo de Ferreira do	0:39:26.9	11	1:01:34.3	11
6	7	Diogo Baena	1:28:03.0	m	6	Sénior Masculino	6	Juventude Vidigalense	0:39:19.5	10	1:01:32.6	10
7	102	Tiago Godinho	1:28:21.8	m	7	Sénior Masculino	7	Caracol Trail Team	0:40:00.5	13	1:01:47.7	12
8	901	Bruno Sousa	1:29:31.8	m	9	Sénior Masculino	8	SatecnosolOutdoor-LaSportiva	0:39:51.6	12	1:02:06.3	13
9	19	Pedro Ribeiro	1:32:21.9	m	15	Sénior Masculino	9	Caracol Trail Team	0:41:02.6	22	1:03:55.5	18
10	421	Ricardo Duarte	1:32:26.6	m	16	Sénior Masculino	10	Clube de Atletismo de Ferreira do	0:40:51.8	18	1:04:07.3	20
11	33	Rodrigo Noivo	1:32:43.1	m	18	Sénior Masculino	11	GO!Runners	0:41:09.4	23	1:04:28.1	23
12	603	Luis Santos	1:33:21.9	m	19	Sénior Masculino	12		0:40:36.0	17	1:04:19.3	21
13	449	Henrique Sao Joanico	1:34:22.9	m	20	Sénior Masculino	13	PICA MIOLOS	0:41:57.2	27	1:05:20.6	24
14	372	Rui Sequeira	1:34:34.0	m	21	Sénior Masculino	14	AMCF-Arrábida Trail Team	0:42:17.0	30	1:06:15.2	28
15	385	João Repas Goncalves	1:35:26.8	m	23	Sénior Masculino	15	Monsanto Running Team	0:41:49.5	25	1:06:21.3	29
16	1000	Daniel Dias	1:36:26.7	m	28	Sénior Masculino	16	Centro Vicentino da Serra	0:41:59.9	28	1:06:31.3	30
17	418	Marco Franco	1:38:07.6	m	31	Sénior Masculino	17	Clube de Atletismo de Ferreira do	0:43:46.0	41	1:09:03.9	42
18	420	Nelson César	1:38:16.6	m	32	Sénior Masculino	18	Clube de Atletismo de Ferreira do	0:42:45.8	34	1:08:35.8	40
19	536	Wesley Trigg	1:38:18.1	m	33	Sénior Masculino	19		0:44:04.5	42	1:08:14.0	38
20	562	Samuel Castela	1:38:35.5	m	34	Sénior Masculino	20		0:44:28.4	44	1:08:57.8	41
21	97	Pedro Freitas	1:38:53.2	m	37	Sénior Masculino	21	Caracol Trail Team	0:43:18.5	38	1:08:06.6	37
22	333	João Plácido	1:39:41.6	m	39	Sénior Masculino	22	União FCI de Tomar	0:46:07.9	80	1:10:03.9	45
23	131	Amândio Antunes	1:40:16.1	m	40	Sénior Masculino	23	AfifenseTrail	0:40:57.2	20	1:03:05.6	16
24	424	Ruben Chaves	1:41:34.8	m	41	Sénior Masculino	24		0:46:00.4	70	1:11:09.8	53
25	1004	Nuno Oliveira	1:41:45.2	m	43	Sénior Masculino	25	More than Alfa	0:45:54.4	65	1:11:17.3	55
26	137	Pedro Veríssimo	1:41:56.9	m	46	Sénior Masculino	26	ARSM - Associação Recreativa de S.	0:44:49.6	48	1:10:24.1	48
27	169	André Carvalho	1:41:59.2	m	47	Sénior Masculino	27		0:44:52.3	50	1:10:25.8	50
28	370	Pedro Crispim	1:41:59.6	m	48	Sénior Masculino	28	Caracol Trail Team	0:46:01.2	72	1:11:54.8	62
29	416	Hélder Pereira	1:43:08.5	m	56	Sénior Masculino	29	Clube de Atletismo de Ferreira do	0:44:30.1	45	1:10:29.5	51
30	335	Hélder Lemos	1:43:13.1	m	58	Sénior Masculino	30	Runners Dream Moments	0:46:02.5	76	1:11:44.0	60

4.º Trilho das Lampas

Result List AG 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
31	206	Artur Oliveira	1:43:39.4	m	60	Sénior Masculino	31	COA - Clube de Orientação e	0:46:11.8	83	1:12:42.9	77
32	278	Diogo Moreira	1:43:59.2	m	62	Sénior Masculino	32	OzXtreme / GDCR	0:46:15.6	84	1:12:41.6	76
33	181	Pedro Jesus	1:44:10.6	m	63	Sénior Masculino	33	Gáfete Runners	0:45:18.2	55	1:12:26.1	73
34	423	Tiago Miguel	1:44:37.1	m	65	Sénior Masculino	34	Clube de Atletismo de Ferreira do	0:44:49.0	47	1:12:04.3	67
35	857	Frederico Cerdeira	1:44:50.6	m	66	Sénior Masculino	35	Monsanto Running Team	0:45:40.6	61	1:11:57.5	64
36	390	Bruno Sequeira	1:44:56.1	m	67	Sénior Masculino	36	Monsanto Running Team	0:45:59.4	68	1:12:41.3	75
37	639	João Ferreira	1:45:12.0	m	69	Sénior Masculino	37	Porto de Mós a Correr	0:46:43.4	91	1:12:52.5	82
38	646	David Gouveia	1:45:16.9	m	70	Sénior Masculino	38	Escaravelhos Team	0:45:20.8	56	1:11:31.6	58
39	373	Vitor Pinto	1:45:27.9	m	73	Sénior Masculino	39	AMCF-Arrábida Trail Team	0:46:38.8	89	1:12:59.2	84
40	787	Nuno Lopes	1:45:50.4	m	76	Sénior Masculino	40	Hc Runners	0:45:53.2	64	1:12:48.3	80
41	388	André Reis	1:46:05.7	m	80	Sénior Masculino	41	Monsanto Running Team	0:46:31.6	87	1:13:58.3	90
42	164	Luis Neves Franco	1:46:13.0	m	83	Sénior Masculino	42	Decathlon/Omega Pharma	0:47:28.7	99	1:14:21.9	95
43	34	João Barreto	1:46:34.3	m	86	Sénior Masculino	43	GO!Runners	0:46:24.4	86	1:13:25.0	86
44	277	Tiago Jesus	1:46:35.6	m	87	Sénior Masculino	44	OzXtreme / GDCR	0:46:06.2	79	1:13:27.7	88
45	88	Carlos Carola	1:46:48.4	m	89	Sénior Masculino	45	Aboim Jovem	0:48:13.2	114	1:15:09.0	109
46	138	Daniel Rodrigues	1:46:54.8	m	90	Sénior Masculino	46		0:46:53.0	94	1:14:28.9	98
47	40	Roberto Rodrigues	1:47:04.8	m	91	Sénior Masculino	47	GO!Runners	0:49:09.6	136	1:15:42.6	118
48	550	Paulo Frango	1:47:15.7	m	94	Sénior Masculino	48	Monsanto Running Team	0:47:43.9	106	1:14:26.6	96
49	661	Luis Pereira	1:47:35.9	m	97	Sénior Masculino	49		0:48:20.5	117	1:14:46.2	101
50	474	Bruno Gonçalves	1:47:45.1	m	99	Sénior Masculino	50		0:46:41.9	90	1:13:42.5	89
51	217	Rui Pena	1:47:47.2	m	100	Sénior Masculino	51	COA - Clube de Orientação e	0:47:31.9	101	1:15:18.9	113
52	343	Miguel Teixeira	1:48:35.7	m	102	Sénior Masculino	52	Clube de Praças da Armada	0:48:38.2	127	1:16:30.5	123
53	175	João Gonçalves	1:49:21.0	m	105	Sénior Masculino	53	Correr na Cidade	0:48:31.8	123	1:15:43.1	119
54	28	Diogo Sousa	1:49:29.0	m	107	Sénior Masculino	54	GO!Runners	0:48:37.1	125	1:15:22.4	114
55	896	Carlos Barros	1:49:29.9	m	108	Sénior Masculino	55	Salamandrecos	0:49:44.7	142	1:17:36.6	134
56	374	Luis Trindade	1:49:40.2	m	110	Sénior Masculino	56	AMCF-Arrábida Trail Team	0:47:42.8	105	1:15:06.9	107
57	530	Marco Pinto	1:50:06.0	m	111	Sénior Masculino	57	Proaventuras	0:48:12.4	113	1:15:41.2	117
58	24	Bruno Lima	1:50:06.2	m	112	Sénior Masculino	58	AfifenseTrail	0:46:01.5	74	1:15:03.4	105
59	913	Nuno Garrana	1:50:09.8	m	113	Sénior Masculino	59	AFDD-Run Crew Trail Montijo	0:48:55.7	133	1:16:48.8	130
60	547	Pedro Luiz	1:50:51.1	m	117	Sénior Masculino	60	Correr na Cidade	0:49:05.2	135	1:16:27.5	122
61	998	José Presado	1:51:07.4	m	119	Sénior Masculino	61	Centro Vicentino da Serra	0:49:15.2	137	1:17:26.1	133
62	140	Paulo Mendes	1:51:45.0	m	123	Sénior Masculino	62	Tartarugas Solidárias	0:50:21.4	156	1:18:33.5	142
63	341	Luis Silva	1:51:45.0	m	124	Sénior Masculino	63	Clube de Praças da Armada	0:46:02.9	77	1:12:11.4	71

4.º Trilho das Lampas

Result List AG 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
64	610	Edagar Jacinto	1:52:23.2	m	125	Sénior Masculino	64	PICA MIOLOS	0:50:34.2	159	1:18:16.3	139
65	448	Pedro Carrasqueira	1:52:23.4	m	126	Sénior Masculino	65	PICA MIOLOS	0:50:32.5	158	1:18:14.7	138
66	1002	Pedro Vaz	1:52:58.4	m	129	Sénior Masculino	66	Centro Vicentino da Serra	0:48:50.4	131	1:17:54.6	136
67	516	Claudio Franco	1:53:17.1	m	130	Sénior Masculino	67	Dolce Furadouro	0:52:14.7	189	1:19:46.8	156
68	290	Pedro Simões	1:53:21.4	m	131	Sénior Masculino	68	Uni_Verso RUN	0:51:53.2	177	1:18:49.3	146
69	899	Ricardo Crisógono	1:53:49.4	m	132	Sénior Masculino	69		0:47:49.0	109	1:19:21.8	152
70	873	Álvaro Mendonça	1:53:57.8	m	133	Sénior Masculino	70	GáfeteRunners	0:50:20.7	155	1:19:17.7	151
71	622	Gleiber Mendes	1:53:57.9	m	134	Sénior Masculino	71	Arriba Trail Runners	0:51:33.3	170	1:19:32.3	154
72	765	Rui Pedro Lopes Da	1:55:15.2	m	141	Sénior Masculino	72	Rail Runners	0:51:40.5	174	1:19:48.6	157
73	831	João Pateira	1:55:26.3	m	143	Sénior Masculino	73		0:50:03.8	148	1:20:05.2	160
74	49	Edgar Prazeres	1:55:49.7	m	145	Sénior Masculino	74		0:50:01.0	147	1:19:24.6	153
75	342	Luís Amandio	1:55:54.8	m	147	Sénior Masculino	75	Clube de Praças da Armada	0:52:02.1	180	1:21:35.7	175
76	152	Élio André	1:56:09.1	m	152	Sénior Masculino	76	CSRDOta/Anipura	0:51:41.9	175	1:21:08.2	169
77	452	Joao Pereira	1:56:28.7	m	153	Sénior Masculino	77	PICA MIOLOS	0:52:49.4	209	1:22:37.2	197
78	997	Diogo Carlos	1:56:49.9	m	159	Sénior Masculino	78	G.P. Runners	0:50:39.1	161	1:20:08.5	161
79	981	Marcelo Sousa	1:56:50.3	m	160	Sénior Masculino	79	Decathlon Montijo Trail Team	0:49:49.6	143	1:18:37.6	144
80	577	João Faria	1:56:55.8	m	161	Sénior Masculino	80	Proaventuras	0:52:31.2	202	1:21:58.6	179
81	314	Helder Vaz	1:56:57.6	m	162	Sénior Masculino	81	CCD Sintrense	0:50:17.2	154	1:19:57.8	159
82	192	David Silva	1:57:14.8	m	166	Sénior Masculino	82	Correr Lisboa	0:50:36.3	160	1:18:59.8	148
83	231	Ricardo Vitorino	1:57:34.5	m	167	Sénior Masculino	83	Dolce Furadouro	0:52:28.0	198	1:22:36.2	195
84	323	Rodrigo Correia	1:57:42.2	m	168	Sénior Masculino	84	CCD Sintrense	0:51:20.3	168	1:21:14.0	171
85	247	Ricardo Amaral	1:57:52.6	m	169	Sénior Masculino	85		0:52:37.5	204	1:21:53.3	177
86	414	Tiago Ramos	1:58:00.4	m	170	Sénior Masculino	86	Clube de Atletismo de Ferreira do	0:52:11.9	185	1:21:54.9	178
87	444	João Pereira	1:58:01.5	m	171	Sénior Masculino	87	Aminhacorrida/Kalenji	0:52:05.6	182	1:22:12.7	189
88	720	João Fiel	1:58:16.9	m	173	Sénior Masculino	88	Dolce Furadouro	0:51:03.3	165	1:19:53.9	158
89	705	Gonçalo Correia	1:58:31.7	m	177	Sénior Masculino	89	Geodésicos	0:54:40.6	265	1:25:03.3	243
90	166	Telmo Carvalho	1:58:40.3	m	178	Sénior Masculino	90	ARSM - Associação Recreativa de S.	0:51:37.7	173	1:22:15.0	190
91	611	Joao Gaspar	1:58:49.5	m	181	Sénior Masculino	91	PICA MIOLOS	0:52:01.0	179	1:23:01.7	202
92	853	Ricardo Carragosela	1:58:56.8	m	183	Sénior Masculino	92		0:53:32.1	234	1:23:43.4	214
93	837	Tiago Almeida	1:59:01.9	m	184	Sénior Masculino	93	100 esTRILHOS	0:52:14.7	188	1:22:03.8	184
94	318	Luis Hernandez	1:59:08.1	m	185	Sénior Masculino	94	CCD Sintrense	0:50:16.8	153	1:22:08.6	188
95	59	Alexandre Narciso	1:59:51.0	m	192	Sénior Masculino	95	Juventude Vidigalense	0:51:37.4	172	1:23:11.6	205
96	151	João André	1:59:51.2	m	193	Sénior Masculino	96	CSRDOta/Anipura	0:53:04.8	217	1:23:42.6	213

4.º Trilho das Lampas

Result List AG 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
97	667	Nelson Nogueira	1:59:55.8	m	194	Sénior Masculino	97	RCVital	0:52:07.8	183	1:23:59.5	224
98	345	Pedro Cachão	2:00:07.6	m	198	Sénior Masculino	98	Clube de Praças da Armada	0:50:01.0	146	1:20:40.7	163
99	365	Hugo Evaristo	2:00:51.0	m	203	Sénior Masculino	99	100fobias	0:52:27.6	197	1:22:56.3	201
100	233	Ivo Santos	2:00:52.4	m	204	Sénior Masculino	100	Dolce Furadouro	0:55:04.5	276	1:25:22.6	250
101	292	Miguel Neves	2:00:53.7	m	205	Sénior Masculino	101	UGAS TRAIL Running	0:51:28.9	169	1:23:35.5	210
102	296	Duarte Neves	2:00:54.2	m	206	Sénior Masculino	102	UGAS TRAIL Running	0:52:40.2	205	1:23:34.7	209
103	224	André Riscado	2:00:54.5	m	207	Sénior Masculino	103	Riscmeyer	0:52:53.0	211	1:25:50.8	259
104	121	Sérgio Pedro	2:01:10.2	m	210	Sénior Masculino	104	TINTO RUNNING TEAM	0:53:22.9	231	1:24:55.9	238
105	613	Flávio Cruz	2:01:24.7	m	211	Sénior Masculino	105		0:53:12.3	222	1:22:36.7	196
106	809	Joao Meira	2:01:25.8	m	212	Sénior Masculino	106		0:54:48.9	270	1:25:25.3	253
107	863	Luís Froes	2:01:27.7	m	213	Sénior Masculino	107	A20km - Trail Running Team	0:53:29.8	233	1:23:49.3	217
108	252	Rui Loureiro Marques	2:01:46.8	m	215	Sénior Masculino	108	Runners Dream Moments	0:53:20.8	229	1:24:18.0	227
109	279	Jorge Nabais	2:02:20.5	m	220	Sénior Masculino	109		0:54:59.6	274	1:26:07.7	262
110	262	Sérgio Almeida	2:02:32.0	m	222	Sénior Masculino	110	100 esTRILHOS	0:53:59.4	248	1:24:50.9	235
111	39	Pedro Carmona	2:02:37.2	m	223	Sénior Masculino	111	GO!Runners	0:54:48.0	269	1:25:21.6	249
112	116	Henrique Pinto	2:02:48.9	m	225	Sénior Masculino	112	Coimbra Trail Running	0:52:52.5	210	1:24:23.9	228
113	453	Hugo Borges	2:03:13.0	m	229	Sénior Masculino	113	PICA MIOLOS	0:52:28.3	200	1:22:30.7	194
114	690	Simão Fernandes	2:03:15.0	m	230	Sénior Masculino	114	Monsanto Running Team	0:55:03.2	275	1:25:58.3	261
115	401	Miguel Vitorino	2:03:31.2	m	233	Sénior Masculino	115	caracol trail team	0:53:35.6	235	1:24:42.1	233
116	903	Rui Silva	2:03:38.2	m	235	Sénior Masculino	116		0:56:10.4	294	1:27:08.5	277
117	560	Hugo Caldeira	2:03:40.7	m	236	Sénior Masculino	117	ARSM - Associação Recreativa de S.	0:50:46.9	162	1:21:36.2	176
118	813	Bruno Mendes	2:03:57.6	m	238	Sénior Masculino	118	VendasNovas Trail	0:55:37.9	287	1:27:35.5	284
119	888	Nuno Santos	2:05:17.9	m	246	Sénior Masculino	119	Team mata ratos	0:54:05.2	252	1:25:08.6	246
120	263	Hugo Rocha	2:05:36.9	m	249	Sénior Masculino	120	Diverinstal	0:53:47.1	241	1:25:19.5	248
121	708	Eduardo Quaresma	2:05:45.9	m	252	Sénior Masculino	121	Valejas AC	0:58:04.1	335	1:28:55.3	295
122	311	João Girão	2:05:55.6	m	254	Sénior Masculino	122	Estrela Campo Aviação FC	0:52:16.8	190	1:25:07.3	245
123	409	Paulo Gonçalves	2:06:08.5	m	256	Sénior Masculino	123	Os Netos	0:55:35.7	285	1:26:51.8	272
124	197	João Paulino	2:06:19.1	m	257	Sénior Masculino	124	Kangaroo Runners	0:53:12.3	221	1:25:24.8	252
125	647	Rui Abrantes	2:06:35.5	m	259	Sénior Masculino	125	Tartarugas Solidárias	0:53:27.5	232	1:25:57.5	260
126	866	Rui Morais	2:07:13.3	m	263	Sénior Masculino	126		0:55:53.7	290	1:27:27.4	282
127	238	Luis Relvas	2:07:22.6	m	266	Sénior Masculino	127	Eléctrico Futebol Clube	0:54:42.6	266	1:26:53.9	274
128	980	Miguel Azevedo	2:07:31.0	m	268	Sénior Masculino	128	Decathlon Montijo Trail Team	0:52:53.4	212	1:24:48.2	234
129	291	Daniel Santos	2:07:53.0	m	271	Sénior Masculino	129	UGAS TRAIL Running	0:54:39.9	263	1:27:17.2	279

4.º Trilho das Lampas

Result List AG 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
130	347	Paulo Alves	2:08:02.0	m	272	Sénior Masculino	130	Clube de Praças da Armada	0:55:34.5	283	1:27:06.3	276
131	412	António Amaro	2:08:53.4	m	277	Sénior Masculino	131	Os Netos	0:57:24.7	321	1:29:45.6	306
132	160	Hugo Costa	2:09:03.9	m	278	Sénior Masculino	132	Keep Running	0:58:50.2	350	1:30:51.1	321
133	558	Filipe Silva	2:09:23.4	m	279	Sénior Masculino	133	CASA DO PESSOAL DA RTP	0:52:26.4	196	1:29:17.3	302
134	838	Renato Santos	2:09:31.1	m	280	Sénior Masculino	134		0:54:14.4	257	1:25:43.8	258
135	8	Sérgio Costa	2:10:00.6	m	283	Sénior Masculino	135	GDRC SEF Carapaus de Corrida	0:58:04.7	337	1:31:38.2	332
136	379	Hugo Hilário	2:10:24.2	m	284	Sénior Masculino	136	Trevo-Medicina Desportiva	0:57:54.5	328	1:30:44.6	316
137	711	Pedro Santos	2:10:39.1	m	285	Sénior Masculino	137	Pernas de Gafanhoto	0:57:58.5	334	1:30:37.1	315
138	662	Pedro Machado	2:10:50.9	m	287	Sénior Masculino	138	Tough Trails Alenquer	0:57:40.4	326	1:30:28.6	313
139	835	João Dourado	2:11:16.7	m	290	Sénior Masculino	139	A20km	0:55:16.2	280	1:28:37.8	289
140	172	João Cruz	2:11:59.7	m	294	Sénior Masculino	140	ARSM - Associação Recreativa de S.	0:58:55.7	351	1:32:19.9	338
141	293	João Ramos	2:12:11.2	m	297	Sénior Masculino	141	UGAS TRAIL Running	0:56:35.9	299	1:29:16.8	300
142	597	Bruno Proenca	2:12:16.3	m	298	Sénior Masculino	142		0:57:27.1	324	1:32:42.3	343
143	843	Bruno Matos	2:13:06.6	m	300	Sénior Masculino	143		0:57:03.1	312	1:31:11.1	325
144	203	Sérgio Forte	2:13:19.0	m	302	Sénior Masculino	144		0:57:12.3	318	1:32:29.3	339
145	845	Luis Arruda	2:13:44.3	m	303	Sénior Masculino	145		0:56:44.7	303	1:31:48.6	333
146	501	Tiago Marques	2:13:50.5	m	305	Sénior Masculino	146	GO!Runners	1:00:14.5	373	1:33:19.8	348
147	643	João Pinheiro	2:13:57.9	m	307	Sénior Masculino	147		0:57:54.3	327	1:36:23.5	396
148	378	Nuno Caldeira	2:14:08.8	m	311	Sénior Masculino	148		1:00:28.5	382	1:33:28.0	352
149	563	Hugo Sousa	2:14:12.9	m	312	Sénior Masculino	149		0:56:58.2	311	1:30:13.8	310
150	174	Telmo Silva	2:14:47.3	m	320	Sénior Masculino	150	Caracol Trail Team	0:57:26.6	322	1:32:36.5	340
151	441	Francisco Bento	2:15:02.3	m	321	Sénior Masculino	151		1:00:33.7	385	1:35:08.2	372
152	829	Ângelo Neto	2:15:11.2	m	322	Sénior Masculino	152	Afifense Trail	0:53:54.4	246	1:30:21.5	311
153	266	Nuno Santos	2:15:47.2	m	325	Sénior Masculino	153		0:56:20.4	296	1:28:57.1	296
154	315	Adriano Felicio	2:15:53.5	m	326	Sénior Masculino	154	CCD Sintrense	0:58:41.6	347	1:32:15.2	337
155	153	Pedro Valente	2:16:34.4	m	333	Sénior Masculino	155	TEAM RH9	1:01:02.3	403	1:33:46.8	356
156	875	Helder Santos	2:16:37.4	m	334	Sénior Masculino	156		1:00:18.4	378	1:34:48.4	366
157	594	Tiago Silva	2:16:39.8	m	335	Sénior Masculino	157		1:00:42.3	392	1:35:17.5	376
158	859	Cesar Aguiar	2:17:14.1	m	343	Sénior Masculino	158		1:00:19.4	380	1:36:30.1	400
159	486	Luís Gonçalves	2:17:39.4	m	350	Sénior Masculino	159	Jobrinde - Montes Saloios	0:56:03.8	292	1:28:44.0	292
160	507	André Santos	2:17:40.2	m	351	Sénior Masculino	160	JA FOSTE	1:03:13.2	452	1:38:16.8	428
161	54	Rui Alegre	2:18:07.0	m	358	Sénior Masculino	161		1:01:06.0	406	1:37:30.6	415
162	702	Hugo Reis	2:18:11.5	m	359	Sénior Masculino	162	Armada Torreense	1:01:20.4	415	1:34:57.0	369

4.º Trilho das Lampas

Result List AG 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
163	571	Rui Belo	2:18:15.9	m	362	Sénior Masculino	163		1:00:11.5	372	1:33:24.7	351
164	596	Ricardo Pinto	2:18:22.7	m	365	Sénior Masculino	164	Mercedes-Benz	0:59:40.8	361	1:35:19.2	378
165	64	David Clemente	2:18:33.8	m	367	Sénior Masculino	165	A20KM	0:59:33.7	360	1:33:57.7	359
166	714	Miguel Santos	2:18:46.1	m	371	Sénior Masculino	166		1:01:19.1	414	1:35:15.5	374
167	171	Pedro Xavier	2:18:51.4	m	372	Sénior Masculino	167	Tartarugas Solidárias	1:04:11.3	490	1:39:36.5	452
168	898	David Leite	2:19:44.7	m	381	Sénior Masculino	168		1:04:34.4	497	1:40:30.0	466
169	656	Ricardo Neves	2:19:54.2	m	383	Sénior Masculino	169		1:00:59.5	401	1:36:51.9	405
170	505	Romão Correia	2:20:51.9	m	388	Sénior Masculino	170	Devagar, devagarinho... By Snickers	1:07:00.5	556	1:41:16.9	476
171	508	Alfredo Teixeira	2:20:56.1	m	389	Sénior Masculino	171	JA FOSTE	1:02:48.7	445	1:38:19.0	431
172	543	Valter Gouveia	2:21:09.5	m	393	Sénior Masculino	172		1:02:42.1	441	1:38:02.1	423
173	259	Pedro Costa	2:21:42.8	m	397	Sénior Masculino	173	Rail Runners	0:57:07.4	314	1:32:52.3	345
174	207	Cláudio Silva	2:21:52.4	m	400	Sénior Masculino	174	COA - Clube de Orientação e	0:55:46.3	289	1:31:19.5	328
175	908	Carlos Velasco	2:22:17.0	m	403	Sénior Masculino	175	Matilha Running	1:01:47.0	428	1:38:04.2	425
176	272	Hugo Ferreira	2:22:18.3	m	404	Sénior Masculino	176		1:07:45.1	572	1:45:13.1	526
177	10	Pedro Ribeiro	2:22:20.3	m	405	Sénior Masculino	177	RUN 4 FUN	1:04:36.8	498	1:41:23.5	479
178	330	Paulo Rufino	2:22:24.2	m	409	Sénior Masculino	178	Arriba Trail Runners	1:05:42.4	522	1:41:45.1	490
179	362	Filipe Almeida	2:23:31.5	m	420	Sénior Masculino	179	100fobias	1:03:15.1	454	1:39:51.1	458
180	573	Pedro Luis	2:24:02.8	m	425	Sénior Masculino	180	Mercedes-Benz	1:05:32.1	518	1:39:39.3	456
181	451	Bruno Matias	2:24:08.9	m	427	Sénior Masculino	181	PICA MIOLOS	1:04:03.0	483	1:42:41.2	502
182	471	Luís Taborda	2:24:42.5	m	430	Sénior Masculino	182	Os Conta-Kilómetros	1:05:11.8	509	1:40:57.9	471
183	585	Daniel Reis	2:24:42.7	m	431	Sénior Masculino	183	Os Conta-Kilómetros	1:05:11.8	510	1:40:59.1	472
184	965	Afonso Rodrigues	2:25:08.1	m	434	Sénior Masculino	184	GDCF	1:01:26.2	421	1:39:04.2	437
185	966	Miguel Esteves	2:25:08.3	m	436	Sénior Masculino	185	GDCF	1:01:32.3	423	1:39:22.7	451
186	967	Paulo Costa	2:25:08.3	m	437	Sénior Masculino	186	GDCF	1:01:22.2	416	1:39:02.5	434
187	982	David Sardinha	2:26:04.9	m	444	Sénior Masculino	187		1:02:10.1	436	1:39:09.5	442
188	430	Bruno Afonso	2:26:23.0	m	446	Sénior Masculino	188		1:06:31.2	548	1:44:13.7	515
189	215	Nuno Figueiredo	2:28:09.6	m	455	Sénior Masculino	189	COA - Clube de Orientação e	1:01:25.1	420	1:39:06.5	438
190	828	Tiago Correia	2:28:35.9	m	457	Sénior Masculino	190	Correinhas	1:06:00.8	530	1:47:37.1	570
191	360	Ricardo Gomes	2:28:36.4	m	458	Sénior Masculino	191		1:07:06.6	558	1:45:30.8	533
192	886	Francisco Simao	2:28:48.2	m	460	Sénior Masculino	192	Pernas de Gafanhoto	1:08:02.9	582	1:47:03.5	554
193	592	Filipe Paulino	2:29:03.3	m	462	Sénior Masculino	193	Eléctrico Futebol Clube	1:00:48.2	395	1:36:21.4	395
194	986	João Ascensão	2:29:18.6	m	463	Sénior Masculino	194		1:08:07.6	583	1:47:21.5	566
195	328	Diogo Garcia	2:29:24.5	m	464	Sénior Masculino	195	Os Conta-Kilómetros	1:05:16.8	513	1:46:08.9	539

4.º Trilho das Lampas

Result List AG 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
196	736	Pedro Cruz	2:29:30.1	m	465	Sénior Masculino	196	Lebres da Católica	1:05:57.3	529	1:42:41.9	503
197	754	Marco Lourenço	2:30:02.8	m	469	Sénior Masculino	197		1:03:56.8	476	1:41:18.9	477
198	978	Rui Inácio	2:30:11.3	m	471	Sénior Masculino	198		1:05:57.2	528	1:45:02.3	522
199	833	Tiago Oliveira	2:30:23.5	m	473	Sénior Masculino	199	Trail Warriors	1:07:14.3	564	1:49:06.4	597
200	993	Nuno Carampanta	2:30:24.9	m	474	Sénior Masculino	200		1:07:55.0	579	1:49:43.9	609
201	921	António Neves	2:30:41.8	m	477	Sénior Masculino	201		1:07:50.5	575	1:45:27.1	530
202	663	Jorge Lopes	2:30:50.9	m	478	Sénior Masculino	202	Papa trilhos	1:08:08.6	584	1:48:40.9	590
203	265	Vasco Braz	2:31:00.5	m	480	Sénior Masculino	203	Helivolt	1:05:24.6	515	1:45:05.7	523
204	4	João Jacinto	2:32:22.3	m	495	Sénior Masculino	204	Tartarugas Solidárias	1:06:22.7	542	1:47:00.8	553
205	436	Nuno Anastácio	2:32:31.0	m	496	Sénior Masculino	205	RunLovers	1:05:23.5	514	1:43:54.1	506
206	609	Marius Leordean	2:32:38.4	m	499	Sénior Masculino	206	PICA MIOLOS	1:04:18.8	494	1:44:22.3	517
207	734	Ricardo Tomé	2:33:39.4	m	506	Sénior Masculino	207	Lebres da Católica	1:07:52.3	577	1:47:21.1	564
208	170	Eduardo Santos	2:33:53.2	m	507	Sénior Masculino	208		1:05:44.6	524	1:46:21.8	543
209	738	Helder Gomes	2:34:08.6	m	510	Sénior Masculino	209	Dolce Furadouro	1:10:09.2	626	1:50:05.8	616
210	665	Ângelo Marcos	2:34:11.5	m	512	Sénior Masculino	210	Papa trilhos	1:08:09.9	586	1:48:43.0	591
211	630	Hugo Reis	2:34:27.1	m	513	Sénior Masculino	211	Mercedes-Benz	1:06:17.5	540	1:49:58.4	615
212	216	Rodrigo Lopes	2:34:42.5	m	516	Sénior Masculino	212	COA - Clube de Orientação e	1:07:09.4	561	1:47:07.9	557
213	887	Carlos Noronha	2:34:55.6	m	517	Sénior Masculino	213		1:05:51.6	527	1:45:45.5	537
214	716	Nuno Matos	2:35:03.5	m	520	Sénior Masculino	214		1:04:24.7	496	1:43:58.4	509
215	642	Michael Blatt	2:35:21.8	m	522	Sénior Masculino	215	Twitt Runner Ruhr	1:07:56.2	580	1:50:51.0	627
216	924	Tiago Magalhães	2:35:57.5	m	523	Sénior Masculino	216		1:09:01.9	596	1:49:24.1	603
217	975	José Peixe	2:35:57.5	m	524	Sénior Masculino	217	GO!Runners	1:09:56.7	622	1:49:24.2	604
218	590	Gilberto Batista Rosa	2:36:15.2	m	526	Sénior Masculino	218		1:11:48.4	657	1:52:44.4	641
219	634	Luís Cruz	2:36:34.4	m	530	Sénior Masculino	219		1:07:43.3	571	1:47:40.2	571
220	226	José Manuel Pinto	2:37:51.5	m	535	Sénior Masculino	220		1:06:58.2	555	1:46:09.9	540
221	348	Pedro Lucas	2:40:16.3	m	545	Sénior Masculino	221	Amoreiras Warriors	1:12:47.4	674	1:54:46.2	652
222	472	Ricardo Nascimento	2:41:11.5	m	548	Sénior Masculino	222	Os Conta-Kilómetros	1:13:44.4	694	1:55:03.2	655
223	312	Ruben Lino	2:42:07.6	m	553	Sénior Masculino	223		1:11:51.8	659	1:52:11.4	632
224	1009	João Antunes	2:42:11.9	m	554	Sénior Masculino	224		1:04:49.8	501	1:44:53.6	521
225	595	Goncalo Lince	2:46:16.6	m	571	Sénior Masculino	225	Salamandrecos	1:14:56.4	712	2:03:25.1	735
226	556	Fábio Costa	2:47:27.0	m	575	Sénior Masculino	226		1:10:49.7	643	1:56:06.6	664
227	824	António Ferreira	2:47:35.4	m	577	Sénior Masculino	227		1:14:43.8	703	1:56:54.3	671
228	959	Pedro Santos	2:48:43.7	m	582	Sénior Masculino	228	Alverca Urban Runners	1:12:46.2	672	1:57:27.0	679

4.º Trilho das Lampas

Result List AG 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
229	307	Telmo Pinto	2:48:59.5	m	585	Sénior Masculino	229		1:10:39.7	638	1:50:06.1	617
230	960	José Duarte	2:49:01.7	m	586	Sénior Masculino	230	QQÉP	1:15:23.1	724	2:01:42.3	712
231	961	Pedro Cordas	2:49:01.7	m	587	Sénior Masculino	231	QQÉP	1:15:22.7	722	2:01:43.5	713
232	481	Bruno Jacquet	2:50:03.0	m	588	Sénior Masculino	232		1:19:55.6	785	2:04:03.9	742
233	635	Fábio Alves	2:50:20.4	m	589	Sénior Masculino	233	Escaravelhos team	1:13:05.5	684	1:58:53.0	691
234	191	Fábio Batista	2:50:24.7	m	590	Sénior Masculino	234		1:14:50.8	707	2:02:01.0	717
235	147	Daniel Carvalho	2:50:48.5	m	592	Sénior Masculino	235	ARSM - Associação Recreativa de S.	1:00:01.4	371	1:44:16.4	516
236	737	António Mendes	2:51:08.9	m	594	Sénior Masculino	236	Lebres da católica	1:13:25.0	692	1:56:59.0	672
237	727	Bruno Vasconcelos	2:51:09.2	m	595	Sénior Masculino	237		1:13:27.5	693	1:57:10.9	677
238	125	Miguel Torgal	2:51:20.2	m	597	Sénior Masculino	238		1:18:18.2	753	2:02:57.3	728
239	883	Miguel Marques	2:53:14.3	m	603	Sénior Masculino	239		1:14:55.9	710	2:02:55.4	727
240	250	Renato Morais	2:54:34.7	m	604	Sénior Masculino	240	Tartarugas Solidárias	1:20:14.5	786	2:04:39.2	749
241	798	Marco Duarte	2:54:40.8	m	605	Sénior Masculino	241	Corredores & Afins	1:10:20.9	631	2:00:18.0	701
242	799	João Limpo	2:55:45.9	m	607	Sénior Masculino	242	Corredores & Afins	1:10:19.0	629	2:00:14.5	700
243	641	Ricardo Ribeiro	2:56:37.0	m	610	Sénior Masculino	243	Tigres dos Trilhos	1:15:39.7	732	2:03:20.4	734
244	718	Nelson Santos	2:56:39.4	m	611	Sénior Masculino	244		1:10:02.5	624	2:02:22.9	719
245	331	Luís Oliveira	2:57:00.5	m	612	Sénior Masculino	245		1:19:54.5	784	2:04:05.4	743
246	692	Luis Dias	2:57:00.5	m	613	Sénior Masculino	246		1:19:15.9	774	2:04:02.4	741
247	658	Paulo Paias	2:57:03.3	m	614	Sénior Masculino	247	Valejas AC	1:18:40.2	758	2:08:31.1	767
248	350	Mario Marques	2:57:33.3	m	616	Sénior Masculino	248		1:10:32.5	634	2:00:23.1	702
249	87	Pedro Teixeira	2:57:40.1	m	617	Sénior Masculino	249	Tough Trails Alenquer	1:15:12.8	715	2:01:35.5	711
250	640	Fábio Rocha	2:57:53.1	m	619	Sénior Masculino	250	Tigres dos Trilhos	1:15:56.2	739	2:03:40.1	738
251	487	Nuno Sabino	2:59:21.9	m	621	Sénior Masculino	251	Açoreana	1:18:50.8	768	2:06:49.3	755
252	14	Humberto Barros	2:59:59.4	m	623	Sénior Masculino	252	Kaninos	1:12:55.6	678	2:00:06.1	698
253	103	Marco Cachinho	2:59:59.6	m	624	Sénior Masculino	253	Kaninos	1:12:52.8	676	2:00:02.9	696
254	786	Pedro Gomes	3:04:01.5	m	631	Sénior Masculino	254	SS CGD	1:15:31.0	727	2:05:11.6	752
255	858	Edgar Cardeira	3:04:01.8	m	632	Sénior Masculino	255	Benfica	1:15:48.3	735	2:05:09.0	750
256	230	António Vale	3:04:56.0	m	633	Sénior Masculino	256	Os Conta-Kilómetros	1:18:48.0	765	2:10:55.6	776
257	309	Tiago Duarte	3:05:33.0	m	636	Sénior Masculino	257	2 em 1	1:16:42.0	749	2:10:10.0	773
258	844	Vitor Figueiredo	3:08:57.1	m	640	Sénior Masculino	258	Os Mesmos	1:16:40.0	748	2:04:07.1	744
259	521	André Silva	3:09:35.9	m	642	Sénior Masculino	259	Os Caracóis Furiosos	1:22:12.4	802	2:14:13.0	802
260	789	João Churro	3:10:15.3	m	644	Sénior Masculino	260	Os Mesmos	1:16:39.9	747	2:04:07.7	745
261	751	Alexandre Barreira	3:11:55.2	m	646	Sénior Masculino	261		1:23:37.4	813	2:16:09.8	814

4.º Trilho das Lampas

Result List AG 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
262	826	Pedro Silva	3:16:59.6	m	653	Sénior Masculino	262		1:23:57.3	814	2:15:35.4	810
263	264	Bruno Ribeiro	3:20:05.3	m	658	Sénior Masculino	263	Kaninos	1:25:47.7	821	2:25:03.7	835
264	38	Calisto Pereira	3:27:09.2	m	664	Sénior Masculino	264	GO!Runners	1:28:44.2	837	2:27:04.9	844
265	29	Filipe Sousa	3:27:12.9	m	665	Sénior Masculino	265	GO!Runners	1:28:45.4	838	2:27:05.6	845
266	677	Bruno Arcanjo	3:29:14.4	m	667	Sénior Masculino	266		1:27:34.9	835	2:24:33.5	829
267	371	Luís Costa	3:51:33.5	m	670	Sénior Masculino	267	Os Conta-Kilómetros	1:28:58.5	841	2:40:16.1	864
268	840	Luís Cabaça	3:59:11.2	m	673	Sénior Masculino	268	Tartarugas Solidárias	1:44:00.3	868	2:57:05.8	873
269	306	Nuno Rito	3:59:11.8	m	674	Sénior Masculino	269	Tartarugas Solidárias	1:43:21.5	867	2:56:17.0	868
270	108	Marco Silva	DSQ	m	677	Sénior Masculino	270	Salamandrecos	1:48:04.7	873		1
271	460	Andre Preto	DSQ	m	680	Sénior Masculino	271	Trilhos do Costume		875		875

Sub 23 F

Sub 23 F

1	675	Inês Marques	1:39:40.3	w	1	Sub 23 F	1	Proaventuras	0:45:30.9	59	1:10:04.4	46
2	515	Carolina Pereira	2:41:00.4	w	82	Sub 23 F	2	Dolce Furadouro	1:10:43.7	641	1:51:53.3	631

Sub 23 M

Sub 23 M

1	983	Alexandre Blasques	1:32:00.8	m	12	Sub 23 M	1	Decathlon Montijo Trail Team	0:40:18.3	14	1:03:04.3	15
2	249	João Patricio	1:35:12.0	m	22	Sub 23 M	2	Escaravelhos Team	0:41:54.4	26	1:05:46.7	27
3	872	José Maria Ferreira	1:36:23.8	m	27	Sub 23 M	3		0:42:21.5	31	1:06:56.0	32
4	220	Diogo Lopes	1:45:24.3	m	72	Sub 23 M	4	COA - Clube de Orientação e	0:45:13.8	54	1:12:52.9	83
5	615	Fernando Santos	1:47:31.5	m	96	Sub 23 M	5	Escaravelhos Team	0:46:46.3	92	1:13:27.1	87
6	555	Goncalo Prudencio	2:00:37.8	m	201	Sub 23 M	6	Salamandrecos	0:52:54.7	213	1:23:40.7	212
7	764	Luciano Amaro	2:12:01.7	m	295	Sub 23 M	7	Afifense Trail	0:55:11.1	278	1:29:16.7	299
8	572	Bruno Viana	2:17:36.5	m	348	Sub 23 M	8	Afifense Trail	0:46:00.9	71	1:15:04.6	106
9	682	Francisco Fidalgo	2:18:34.2	m	368	Sub 23 M	9		1:03:00.5	448	1:36:43.4	403
10	746	Sérgio Santos	2:22:51.5	m	414	Sub 23 M	10		1:03:14.3	453	1:40:12.8	461
11	752	Pedro Afonso	2:30:02.4	m	468	Sub 23 M	11		1:03:58.1	478	1:41:38.5	488
12	491	Filipe Fonseca	2:41:26.5	m	550	Sub 23 M	12	Açoreana	1:05:16.0	512	1:46:19.9	542
13	493	Miguel Siva	2:57:40.4	m	618	Sub 23 M	13	o praticante	1:14:01.2	699	2:00:59.9	705
14	281	Andre Graça	3:19:08.6	m	656	Sub 23 M	14	Salamandrecos	1:14:55.8	709	2:03:57.4	740
15	917	Diogo Henriques	3:21:32.9	m	659	Sub 23 M	15	Ccd	1:30:26.7	851	2:32:10.9	853

4.º Trilho das Lampas

Result List AG 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
Veteranas W40												
Veteranas W40												
1	183	Cristina Ponte	1:44:14.1	w	2	Veteranas W40	1	Aminhacorrida/Kalenji	0:46:31.9	88	1:12:45.5	79
2	706	Cláudia Batalha	1:58:31.6	w	9	Veteranas W40	2	Geodésicos	0:54:42.8	267	1:25:04.2	244
3	855	Xana Cardador	2:01:57.5	w	12	Veteranas W40	3	Cardador Family	0:52:36.8	203	1:23:35.9	211
4	588	Maria Goreti Silva	2:02:03.0	w	13	Veteranas W40	4	Desnivel Positivo / Salamandrecos	0:53:16.2	224	1:25:36.0	255
5	994	Ivone Saramago	2:03:45.0	w	15	Veteranas W40	5	Tartarugas Solidárias	0:54:55.2	273	1:27:00.8	275
6	581	Gil Lurdes	2:09:45.2	w	20	Veteranas W40	6	Mountain trails	0:57:36.1	325	1:31:37.8	331
7	99	Dina Rocha	2:11:02.2	w	21	Veteranas W40	7	Coimbra Trail Running	0:56:47.8	308	1:31:17.8	327
8	386	Albertina Valada	2:16:34.1	w	22	Veteranas W40	8	Monsanto Running Team	0:59:06.9	354	1:31:52.0	335
9	483	Paula Nunes	2:22:21.7	w	36	Veteranas W40	9	Pumas do Guincho	1:03:16.3	458	1:41:08.9	474
10	897	Nivea Loïselle de	2:27:20.3	w	45	Veteranas W40	10		1:07:27.0	569	1:44:46.9	518
11	41	Elisabete Rocha	2:28:53.2	w	48	Veteranas W40	11	GO!Runners	1:06:29.2	546	1:47:06.1	555
12	167	Carla Reis	2:29:28.5	w	50	Veteranas W40	12	ARSM - Associação Recreativa de S.	1:05:40.9	521	1:44:05.9	512
13	539	Rita Fernandes	2:30:05.3	w	52	Veteranas W40	13	Tartarugas Solidárias	1:06:51.9	554	1:47:09.8	558
14	301	Patrícia Reis	2:31:02.8	w	54	Veteranas W40	14	RUN BABY RUN	1:09:07.7	599	1:48:23.0	586
15	68	Cristina Guerreiro	2:31:12.1	w	57	Veteranas W40	15	Clube Desportivo Recreativo Ribeirinho	1:06:26.6	545	1:45:41.9	535
16	732	Fernanda França	2:34:01.4	w	66	Veteranas W40	16	CLUBE OGMA	1:09:20.4	605	1:48:13.6	584
17	387	Ana Costa	2:35:57.5	w	70	Veteranas W40	17	Monsanto Running Team	1:05:30.9	516	1:47:33.2	568
18	510	Maria Rita Pedrosa	2:37:16.7	w	75	Veteranas W40	18	Juventude Vidigalense	1:07:09.1	560	1:48:45.4	592
19	63	Célia Sampaio	2:38:24.6	w	78	Veteranas W40	19	Desnível Positivo	1:09:12.9	601	1:49:18.5	601
20	668	Noemia Monteiro	2:40:50.8	w	81	Veteranas W40	20	stress	1:12:30.4	669	1:55:32.1	659
21	498	Célia Silva	2:44:47.3	w	87	Veteranas W40	21	Juventude Vidigalense	1:11:09.3	648	1:55:52.3	662
22	302	Filomena Santos	2:48:10.7	w	95	Veteranas W40	22		1:11:25.5	651	1:52:57.6	644
23	893	Elizete Duarte	2:48:24.2	w	96	Veteranas W40	23	Açoreana	1:12:04.0	664	1:57:08.4	675
24	538	Carla Pinto Fernandes	2:48:56.4	w	98	Veteranas W40	24	Chafariz Running Team	1:13:48.8	696	1:59:53.7	695
25	95	Sara Cunha	2:49:23.4	w	100	Veteranas W40	25	ENTERPROM - Brindes Promocionais	1:15:18.7	718	2:02:41.8	722
26	780	Mónica Pereira	2:51:20.2	w	102	Veteranas W40	26		1:18:17.9	752	2:03:11.4	732
27	120	Sandra Cardoso	2:52:46.1	w	107	Veteranas W40	27	JPRun	1:13:51.4	698	1:57:15.3	678
28	229	Isabel Santos	2:56:37.0	w	112	Veteranas W40	28		1:18:46.6	763	2:08:04.6	764
29	271	Marianela Figueiredo	2:57:28.7	w	117	Veteranas W40	29		1:15:49.9	736	2:04:33.6	747
30	228	Maria Magro	3:00:36.6	w	126	Veteranas W40	30		1:18:49.6	767	2:08:15.9	765

4.º Trilho das Lampas

Result List AG 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
31	485	Iris Maurício	3:01:26.4	w	127	Veteranas W40	31	RunLovers	1:22:26.0	805	2:13:11.4	792
32	369	Helena Teixeira	3:02:05.8	w	129	Veteranas W40	32		1:16:38.3	746	2:05:30.8	753
33	940	Vanda Rosa	3:02:24.4	w	130	Veteranas W40	33	CLUBE MILLENNIUM BCP	1:18:48.2	766	2:11:04.7	779
34	802	Celeste Pedro	3:21:33.2	w	159	Veteranas W40	34	Tartarugas Solidárias	1:30:28.7	853	2:24:45.3	833
35	85	Paula Sobral	3:21:33.5	w	160	Veteranas W40	35	Tartarugas Solidárias	1:30:27.6	852	2:24:42.7	832
36	500	Sandra Pereira	3:22:11.8	w	161	Veteranas W40	36	Salamandrecos	1:29:07.3	842	2:25:16.4	841
37	772	Lurdes Olas	3:23:09.1	w	164	Veteranas W40	37	Treinos D'há fundo	1:24:13.9	816	2:23:48.6	827
38	719	Florbela Morais	3:25:11.7	w	168	Veteranas W40	38	Jobrinde - Montes Saloios	1:27:09.6	831	2:28:38.7	848
39	244	Sandra Batista	3:25:11.8	w	169	Veteranas W40	39	Correr Lisboa	1:27:12.9	833	2:28:47.3	850
40	222	Leonor Gomes	3:28:26.6	w	175	Veteranas W40	40		1:33:03.7	863	2:29:19.3	851
41	48	Sandra Filipe	3:33:09.5	w	178	Veteranas W40	41	Rail Runners	1:28:54.1	840	2:25:57.7	843
42	916	Sara Henriques	3:34:27.8	w	179	Veteranas W40	42	Ccd	1:30:29.5	855	2:32:16.4	855
43	357	Vanda Fernandes	3:43:56.0	w	182	Veteranas W40	43	CCD Crédito Agrícola Mútu	1:34:26.7	864	2:33:52.0	858
44	511	Inês Pequeno	3:43:56.3	w	184	Veteranas W40	44	pace.makers	1:34:28.6	865	2:33:54.4	859
45	892	Teresa Ribeiro	3:58:38.6	w	188	Veteranas W40	45	CLÃ DA GADANHA	1:32:21.1	859	2:39:13.0	860
46	890	Adriana Gonçalves	3:58:39.6	w	189	Veteranas W40	46	CLÃ DA GADANHA	1:32:29.2	862	2:39:58.9	863
47	841	Rita Certã	3:59:11.6	w	191	Veteranas W40	47	Tartarugas Solidárias	1:44:03.4	871	2:57:02.2	870
48	655	Maria Do Ceu Carvalho	3:59:11.7	w	192	Veteranas W40	48	Tartarugas Solidárias	1:44:03.2	870	2:57:03.5	871

Veteranas W45

Veteranas W45

1	578	Maria José Felisardo	2:17:55.6	w	23	Veteranas W45	1	Proaventuras	1:01:05.3	405	1:36:21.4	394
2	632	Carla Santos	2:18:37.0	w	27	Veteranas W45	2		1:02:32.9	440	1:38:06.2	426
3	126	Dora Verissimo	2:18:52.4	w	28	Veteranas W45	3		0:59:46.4	364	1:35:21.0	380
4	23	Carolina Pereira	2:19:01.0	w	29	Veteranas W45	4	AfifenseTrail	1:01:33.2	425	1:36:48.3	404
5	633	Ana Lucia Duarte	2:19:55.6	w	31	Veteranas W45	5	Falcões Selvagens	1:03:47.9	473	1:39:14.6	447
6	778	Lara Silva	2:23:47.8	w	39	Veteranas W45	6	os coelhinhos	1:00:18.8	379	1:36:10.8	390
7	13	Natasha Dias	2:25:09.2	w	41	Veteranas W45	7	Running Academy-O2 Life Center	1:04:10.9	488	1:41:45.3	491
8	791	Isabel Pisco	2:25:43.3	w	42	Veteranas W45	8	Proaventuras	1:06:21.2	541	1:43:57.3	508
9	996	Catarina Lagoa	2:26:08.8	w	43	Veteranas W45	9	Tartarugas Solidárias	1:05:01.3	504	1:42:14.8	496
10	190	Dulce Reis	2:26:47.4	w	44	Veteranas W45	10	Jobrinde - Montes Saloios	1:10:36.1	636	1:46:38.8	546
11	990	Isabel Nicolau	2:30:54.9	w	53	Veteranas W45	11	Running Academy - O2 Life Center -	1:04:56.2	503	1:43:52.7	505
12	494	Isabel Barra	2:33:17.1	w	64	Veteranas W45	12	o praticante	1:07:53.8	578	1:48:13.0	583

4.º Trilho das Lampas

Result List AG 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
13	812	Cidalia Marques Martins	2:34:47.0	w	69	Veteranas W45	13	VendasNovas Trail	1:07:16.6	567	1:48:29.2	587
14	535	M Teresa Domingues	2:36:19.6	w	71	Veteranas W45	14	SS CGD	1:07:50.3	574	1:48:55.0	595
15	584	Maria Azevedo Martins	2:36:34.2	w	74	Veteranas W45	15	Proaventuras	1:09:29.8	609	1:49:57.0	612
16	406	Ana Paula Silvestre	2:42:14.9	w	85	Veteranas W45	16		1:09:31.0	612	1:50:50.5	626
17	943	Ana Lopes	2:44:19.9	w	86	Veteranas W45	17	CLUBE MILLENNIUM BCP	1:11:54.6	660	1:54:13.4	648
18	1039	Elsa Dinis	2:45:28.6	w	88	Veteranas W45	18	COA - Clube de Orientação e	1:10:58.7	645	1:55:23.3	657
19	1012	Cristina Caldeira	2:52:30.7	w	104	Veteranas W45	19	Runlovers	1:15:18.2	717	2:01:28.8	708
20	749	Susana Gomes	2:57:03.3	w	114	Veteranas W45	20	Valejas AC	1:18:41.5	760	2:08:44.1	770
21	773	Helena Ribeiro	3:01:40.8	w	128	Veteranas W45	21	Portugal Running	1:18:57.9	770	2:07:43.3	762
22	187	Carla Pinto	3:06:47.2	w	135	Veteranas W45	22		1:20:44.1	789	2:10:59.5	778
23	438	Helena Leitão	3:08:22.6	w	140	Veteranas W45	23	RunLovers	1:22:53.8	809	2:13:15.4	793
24	945	Maria Ceu Silva	3:08:49.0	w	143	Veteranas W45	24	CLUBE MILLENNIUM BCP	1:18:47.9	764	2:11:12.6	782
25	366	Paula Félix	3:14:13.7	w	148	Veteranas W45	25	100fobias	1:19:38.0	780	2:11:47.3	785
26	200	Cristina Barbosa	3:17:00.4	w	151	Veteranas W45	26		1:26:30.2	826	2:19:43.6	820
27	567	Maria Helena Nunes	3:17:59.2	w	154	Veteranas W45	27		1:25:35.2	820	2:19:35.9	818
28	299	Ana Pereira	3:20:21.7	w	157	Veteranas W45	28	Runners da Frente Ribeirinha da	1:21:54.6	799	2:16:04.8	813
29	918	Ivone Pereira	3:23:24.1	w	167	Veteranas W45	29	Ccd	1:30:29.1	854	2:32:12.6	854
30	15	Patrícia Monteiro	3:26:04.2	w	170	Veteranas W45	30	Salamandrecos	1:29:19.5	849	2:25:13.0	838
31	267	Luísa Pires	3:26:04.2	w	171	Veteranas W45	31		1:29:17.9	847	2:25:16.1	840
32	282	Elsa Graça	3:26:04.3	w	172	Veteranas W45	32	Salamandrecos	1:29:07.9	843	2:25:12.6	837
33	241	Ana Cova	3:26:04.6	w	173	Veteranas W45	33	Salamandrecos	1:29:19.2	848	2:25:13.4	839
34	774	Eduarda Pereira	3:26:20.2	w	174	Veteranas W45	34		1:31:21.2	858	2:28:40.1	849

Veteranas W50

Veteranas W50

1	797	Amélia Conceição Pais	1:50:32.9	w	5	Veteranas W50	1	Proaventuras	0:48:39.6	129	1:16:44.4	129
2	56	Cidália Martins	2:19:01.6	w	30	Veteranas W50	2	Aminhacorrida/Kalenji	1:01:08.2	408	1:38:01.9	421
3	484	Maria Albertina Silva	2:28:50.8	w	47	Veteranas W50	3	Juventude Vidigalense	1:05:35.1	520	1:44:00.5	510
4	479	Natalya Marcheva	2:33:15.1	w	63	Veteranas W50	4	Jobrinde - Montes Saloios	1:09:30.7	610	1:49:33.1	608
5	681	Rosália Rosa	2:36:31.9	w	73	Veteranas W50	5	Juventude Vidigalense	1:10:03.6	625	1:50:25.5	619
6	1008	Sandra Magalhães	2:49:22.6	w	99	Veteranas W50	6	Magic Runners - Enterprom brindes	1:15:17.1	716	2:02:39.7	721
7	195	Catarina Mesquita	2:57:18.6	w	115	Veteranas W50	7		1:19:33.9	778	2:08:17.7	766
8	324	Céu Leitão	2:58:39.8	w	119	Veteranas W50	8	CCD Sintrense	1:15:22.8	723	2:03:34.7	736

4.º Trilho das Lampas

Result List AG 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
9	320	Emilia Borges	3:00:26.9	w	125	Veteranas W50	9	CCD Sintrense	1:19:02.2	772	2:07:13.7	759
10	771	Natália Lopes	3:18:19.3	w	155	Veteranas W50	10	Tocaamexer	1:28:09.2	836	2:20:15.2	821
11	253	Jacinta Almeida	3:23:08.8	w	163	Veteranas W50	11	Rail Runners	1:24:44.9	818	2:24:23.5	828
12	654	Cristina Lavrador	3:42:47.2	w	180	Veteranas W50	12	Tartarugas Solidárias	1:25:58.1	823	2:24:41.2	831
13	117	Henriqueta Solipa	3:59:10.5	w	190	Veteranas W50	13	Tartarugas Solidárias	1:44:01.4	869	2:57:05.5	872
14	760	Maria João Reis	DSQ	w	194	Veteranas W50	14	GINASIO ENERGYM		3		3
15	984	Maria Bandeira	DSQ	w	196	Veteranas W50	15	GINASIO ENERGYM		5		5

Veteranas W55

Veteranas W55

1	482	Maria Do Carmo Barros	2:22:21.9	w	37	Veteranas W55	1	Pumas do Guincho	1:03:17.1	459	1:41:09.2	475
2	274	Maria Da Luz	2:32:46.7	w	61	Veteranas W55	2	Clube do STRESS	1:08:40.6	592	1:47:52.3	574
3	100	Ana Martins	3:14:41.3	w	150	Veteranas W55	3	Falcões Selvagens	1:19:01.0	771	2:13:40.0	796
4	239	Julieta Santos	3:42:47.4	w	181	Veteranas W55	4	Tartarugas Solidárias	1:25:59.5	824	2:24:46.4	834

Veteranos M40

Veteranos M40

1	450	Artur Oliveira	1:30:01.7	m	10	Veteranos M40	1	PICA MIOLOS	0:40:24.6	15	1:02:59.8	14
2	417	Luís Graça	1:31:58.8	m	11	Veteranos M40	2	Clube de Atletismo de Ferreira do	0:42:06.1	29	1:05:26.9	26
3	122	Nuno Patricio	1:32:03.6	m	13	Veteranos M40	3	Clube da Natureza de Alvito	0:40:58.5	21	1:03:56.2	19
4	45	João Prisal	1:32:17.6	m	14	Veteranos M40	4	Rail Runners	0:41:36.4	24	1:05:21.4	25
5	684	Bruno Pereira	1:35:55.6	m	26	Veteranos M40	5	Caracol Trail Team	0:42:56.5	36	1:06:41.0	31
6	739	Paulo Jose Cardoso Da	1:38:42.3	m	35	Veteranos M40	6	N.A.Z.Abóboda	0:44:52.1	49	1:09:37.9	43
7	143	Gil Afonso Vicente	1:42:06.1	m	49	Veteranos M40	7	caracol trail team	0:46:01.8	75	1:12:01.0	66
8	532	João Santos	1:42:08.5	m	50	Veteranos M40	8	Dolce Furadouro	0:45:12.7	53	1:10:31.3	52
9	443	Bruno Dias	1:42:35.1	m	51	Veteranos M40	9	Adraga BTTeam	0:45:26.7	57	1:11:18.5	56
10	303	Hugo Nalha	1:42:43.5	m	53	Veteranos M40	10	C.D."Os Águias" Trail/Running	0:45:54.6	66	1:11:51.1	61
11	145	Jaime Fernandes	1:43:09.8	m	57	Veteranos M40	11		0:45:53.1	63	1:12:09.6	70
12	53	Luis Carlos Silva	1:43:37.9	m	59	Veteranos M40	12		0:45:30.6	58	1:11:22.8	57
13	111	Nuno Coelho	1:44:15.9	m	64	Veteranos M40	13	Coimbra Trail Running	0:45:31.2	60	1:11:41.0	59
14	288	Sérgio Oliveira	1:45:35.9	m	74	Veteranos M40	14	pace.makers	0:47:34.4	104	1:14:17.8	92
15	340	Marco Mendes	1:45:41.2	m	75	Veteranos M40	15	Clube de Praças da Armada	0:48:37.9	126	1:14:38.3	99
16	620	João Rosa	1:45:59.3	m	78	Veteranos M40	16	Matilha Running	0:46:57.8	95	1:14:17.9	93

4.º Trilho das Lampas

Result List AG 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
17	614	Bruno Sousa	1:46:00.9	m	79	Veteranos M40	17	Wild Challenge	0:45:55.0	67	1:12:49.2	81
18	236	Nuno Anjos	1:46:09.5	m	82	Veteranos M40	18	amigosdacorrida.com	0:47:21.5	97	1:14:27.0	97
19	25	Francisco Rodrigues	1:46:32.4	m	85	Veteranos M40	19	Turres Trail Team	0:48:26.4	120	1:15:09.6	110
20	127	Jose Camelo	1:47:06.1	m	92	Veteranos M40	20	matilha Running	0:48:18.3	116	1:15:02.5	104
21	32	Bruno Marrão	1:47:10.7	m	93	Veteranos M40	21	GO!Runners	0:47:32.0	102	1:15:07.2	108
22	337	Renato Rainho	1:47:16.0	m	95	Veteranos M40	22	Clube de Praças da Armada	0:46:51.5	93	1:14:39.2	100
23	399	Marco Rodrigues	1:47:39.8	m	98	Veteranos M40	23	ARSM - Associação Recreativa de S.	0:47:47.6	108	1:15:12.0	112
24	497	David Santos	1:48:09.1	m	101	Veteranos M40	24	Juventude Vidigalense	0:42:55.4	35	1:10:25.6	49
25	367	Gil Alves	1:48:45.7	m	103	Veteranos M40	25	100fobias	0:47:56.7	111	1:16:19.4	120
26	580	Pedro Luzio	1:49:04.8	m	104	Veteranos M40	26	SS CGD	0:48:52.2	132	1:16:36.1	125
27	51	Pedro Nogueira	1:49:32.5	m	109	Veteranos M40	27	Clube Vodafone	0:48:39.6	128	1:16:41.9	127
28	920	Luis Moura	1:50:51.1	m	118	Veteranos M40	28	Correr na Cidade	0:48:31.7	122	1:16:33.2	124
29	118	Pedro Amaro Ramos	1:51:37.2	m	120	Veteranos M40	29	ARSM - Associação Recreativa de S.	0:48:14.5	115	1:16:36.9	126
30	258	Paulo Rodrigues	1:51:43.5	m	122	Veteranos M40	30	Rail Runners	0:50:10.8	152	1:17:58.3	137
31	184	Pedro Mourão	1:52:36.6	m	127	Veteranos M40	31	Caracol Trail Team	0:50:06.7	149	1:18:21.5	140
32	862	Sergio Ramos	1:54:00.4	m	135	Veteranos M40	32		0:49:42.5	141	1:18:39.1	145
33	631	Miguel Quaresma	1:54:01.2	m	136	Veteranos M40	33		0:48:20.9	118	1:16:54.6	131
34	21	Carlos Neto	1:54:21.1	m	138	Veteranos M40	34	AfifenseTrail	0:49:50.4	144	1:19:06.2	149
35	686	João Rodrigues	1:54:51.5	m	140	Veteranos M40	35	Linda-a-Pastora Sporting Clube	0:52:22.2	192	1:21:22.6	173
36	407	Rui Cruz	1:55:20.0	m	142	Veteranos M40	36		0:47:34.0	103	1:15:27.8	115
37	456	Cláudio Rocha	1:55:50.6	m	146	Veteranos M40	37	Lis Running	0:50:51.6	163	1:21:05.5	167
38	637	Henrique Mateus	1:55:57.4	m	149	Veteranos M40	38		0:53:09.1	220	1:22:15.1	191
39	260	Rui Merendas	1:56:03.5	m	151	Veteranos M40	39		0:50:10.2	151	1:20:58.0	166
40	701	Adelino Carvalho	1:56:36.3	m	156	Veteranos M40	40		0:52:23.6	193	1:22:02.1	181
41	725	Sérgio Nuno Matos	1:57:03.6	m	164	Veteranos M40	41	Carapaus de Corrida	0:51:16.0	167	1:20:57.5	165
42	618	Pedro Miguel Lima	1:57:11.8	m	165	Veteranos M40	42	Clube Vodafone	0:52:28.1	199	1:22:16.6	192
43	383	Pedro Pinto	1:58:23.5	m	176	Veteranos M40	43		0:53:57.7	247	1:23:25.9	206
44	468	João Granja	1:58:41.1	m	179	Veteranos M40	44		0:54:33.6	259	1:23:55.2	221
45	912	Romeu Silva	1:58:52.0	m	182	Veteranos M40	45		0:52:02.3	181	1:22:03.3	183
46	612	Arménio Pontes	1:59:11.2	m	186	Veteranos M40	46		0:52:55.8	214	1:23:08.5	204
47	408	Diogo Duarte	1:59:16.1	m	188	Veteranos M40	47	Go!Runners	0:52:26.4	195	1:24:29.3	229
48	75	Pedro Granadas	1:59:58.7	m	195	Veteranos M40	48	Tough Trails Alenquer	0:48:26.9	121	1:21:15.7	172
49	98	Hélder Sêco	2:00:05.8	m	197	Veteranos M40	49	ARSM - Associação Recreativa de S.	0:54:01.2	249	1:24:37.1	232

4.º Trilho das Lampas

Result List AG 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
50	756	Nuno Barreto	2:00:22.5	m	200	Veteranos M40	50	GO!Runners	0:52:18.1	191	1:23:48.0	215
51	695	Filipe Mesquita	2:00:54.5	m	208	Veteranos M40	51	Clã	0:55:35.1	284	1:25:41.2	257
52	495	Rui Miguel	2:01:59.6	m	218	Veteranos M40	52	o praticante	0:57:12.4	319	1:27:21.7	281
53	533	Bernardo Zoio	2:02:02.9	m	219	Veteranos M40	53	Salamandrecos	0:53:18.4	226	1:25:36.8	256
54	245	Rui Pereira	2:02:45.1	m	224	Veteranos M40	54	COA - Clube de Orientação e	0:53:09.1	219	1:24:30.0	230
55	96	Paulo Menezes	2:03:35.7	m	234	Veteranos M40	55	Matilha Running	0:52:40.7	206	1:23:53.1	219
56	934	Pedro Sá	2:03:59.1	m	239	Veteranos M40	56	CLUBE MILLENNIUM BCP	0:54:51.9	272	1:26:28.8	266
57	929	Eduardo Ferreira	2:05:19.9	m	247	Veteranos M40	57	CLUBE MILLENNIUM BCP	0:56:20.9	297	1:28:06.0	287
58	179	Paulo Pinto	2:05:24.5	m	248	Veteranos M40	58	pace.makers	0:53:50.6	244	1:23:58.6	223
59	704	Joaquim Velhinho Dias	2:05:40.2	m	250	Veteranos M40	59		0:57:07.8	315	1:29:21.6	303
60	985	Roberto Gonçalves	2:05:43.0	m	251	Veteranos M40	60	Salamandrecos	0:56:46.6	307	1:28:47.5	294
61	304	Pedro Almeida	2:05:48.7	m	253	Veteranos M40	61		0:53:36.1	236	1:24:30.6	231
62	657	Nuno Magro	2:07:10.2	m	262	Veteranos M40	62	SportPontoCome-Escola Ciclismo de	0:53:46.7	240	1:25:33.5	254
63	354	Luís Zêzere	2:07:17.8	m	265	Veteranos M40	63	CCD Crédito Agrícola Mútuo	0:54:51.8	271	1:26:50.4	271
64	900	Miguel Lucena	2:07:24.9	m	267	Veteranos M40	64		0:57:58.4	333	1:29:39.2	305
65	909	Luis Ferreira	2:08:15.6	m	274	Veteranos M40	65		0:57:09.6	316	1:29:46.0	307
66	926	Jose Ferreira	2:08:16.0	m	275	Veteranos M40	66		0:57:10.0	317	1:29:47.3	308
67	440	Tiago Ramos	2:09:35.7	m	281	Veteranos M40	67		0:56:29.1	298	1:30:49.7	320
68	602	Nuno Bogalheiro	2:10:00.4	m	282	Veteranos M40	68	Amigos Vale Silêncio	0:58:04.6	336	1:31:09.8	323
69	35	Nuno Gaspar	2:10:59.3	m	288	Veteranos M40	69	GO!Runners	0:56:00.1	291	1:29:17.0	301
70	65	Gustavo Gapo	2:11:01.8	m	289	Veteranos M40	70	Coimbra Trail Running	0:58:27.6	344	1:31:33.1	330
71	352	Cândido Alves	2:11:28.4	m	291	Veteranos M40	71	CCD Crédito Agrícola Mútuo	0:58:11.0	339	1:30:36.2	314
72	5	Tiago Carneiro	2:11:46.5	m	293	Veteranos M40	72		0:57:56.5	331	1:30:48.3	317
73	392	Flávio Fancisco	2:12:19.7	m	299	Veteranos M40	73	Monsanto Running Team	1:01:04.8	404	1:34:25.4	361
74	55	Mauro Gonçalves	2:13:07.6	m	301	Veteranos M40	74	Matilha Running	0:58:06.0	338	1:32:45.7	344
75	107	Romão Santos	2:13:55.2	m	306	Veteranos M40	75	Salamandrecos	0:58:23.4	341	1:31:12.9	326
76	962	Pedro Pinguinha	2:14:04.1	m	309	Veteranos M40	76	Running Academy	0:58:24.4	342	1:34:31.9	363
77	283	Jose Moura	2:14:13.6	m	313	Veteranos M40	77	Tartarugas Solidárias	1:02:51.2	446	1:37:01.4	411
78	806	Vasco Nunes	2:14:23.0	m	315	Veteranos M40	78		0:57:13.1	320	1:31:09.9	324
79	552	Sérgio Rosário	2:14:33.6	m	316	Veteranos M40	79	ARSM - Associação Recreativa de S.	0:59:10.7	355	1:33:18.9	347
80	956	Carlos Grade	2:14:43.9	m	319	Veteranos M40	80	Salamandrecos	0:59:55.1	368	1:33:29.7	353
81	80	Humberto Spínola	2:15:15.5	m	323	Veteranos M40	81		1:00:42.0	391	1:36:53.4	407
82	429	Jose Oliveira	2:16:11.8	m	329	Veteranos M40	82		1:00:43.3	393	1:36:55.0	408

4.º Trilho das Lampas

Result List AG 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
83	762	Hugo Torres	2:16:17.4	m	330	Veteranos M40	83	Principes Monsanto	1:03:07.2	451	1:36:57.4	410
84	856	Hugo Lampreia	2:16:28.8	m	332	Veteranos M40	84	Valejas AC	1:00:31.0	384	1:34:38.1	365
85	971	Carlos Simões	2:16:47.8	m	336	Veteranos M40	85		1:01:36.6	427	1:36:41.8	402
86	742	Paulo Nunes	2:16:50.3	m	337	Veteranos M40	86	Correr Lisboa	1:00:47.0	394	1:35:17.9	377
87	784	Rui Barroso	2:16:57.6	m	338	Veteranos M40	87	Cartoon Rum Team	1:00:15.9	374	1:36:28.1	398
88	923	Nuno Baixinho	2:16:58.5	m	339	Veteranos M40	88	www.RUNSOX.eu	0:58:29.7	346	1:34:28.4	362
89	214	Manuel Silva	2:17:05.3	m	341	Veteranos M40	89	COA - Clube de Orientação e	0:54:27.9	258	1:33:51.3	358
90	785	Artur Bernardo	2:17:07.0	m	342	Veteranos M40	90	Cartoon Rum Team	1:00:16.7	375	1:36:28.5	399
91	470	Pedro Vieira	2:17:15.8	m	344	Veteranos M40	91		1:01:32.4	424	1:37:14.2	413
92	601	Jorge Correia	2:17:16.5	m	345	Veteranos M40	92		1:01:35.0	426	1:37:14.8	414
93	381	Paulo Branco	2:17:30.7	m	347	Veteranos M40	93		0:58:44.8	348	1:33:07.0	346
94	104	Jorge Prazeres	2:17:49.7	m	352	Veteranos M40	94		1:00:52.0	397	1:36:12.2	391
95	114	Bruno Martelo	2:18:06.9	m	357	Veteranos M40	95	Coimbra Trail Running	0:56:45.2	304	1:33:45.5	355
96	212	Luís Lobato	2:18:26.9	m	366	Veteranos M40	96	COA - Clube de Orientação e	1:00:37.4	388	1:35:35.2	386
97	803	Artur Soares	2:18:36.7	m	369	Veteranos M40	97		1:02:31.5	439	1:38:01.7	420
98	660	Daniel Candeias	2:18:43.2	m	370	Veteranos M40	98		0:57:54.6	329	1:36:27.2	397
99	132	Ildebrando Aires	2:18:52.4	m	373	Veteranos M40	99		0:59:47.4	366	1:35:22.3	382
100	133	Paulo Freitas	2:18:52.4	m	374	Veteranos M40	100		0:59:46.4	363	1:35:21.3	381
101	22	Carlos Pereira	2:19:00.9	m	376	Veteranos M40	101	AfifenseTrail	1:01:26.4	422	1:36:41.4	401
102	579	Nuno Fidalgo	2:19:52.8	m	382	Veteranos M40	102		1:04:10.7	487	1:39:39.1	455
103	20	Jorge Sousa	2:19:55.7	m	384	Veteranos M40	103		1:03:15.5	456	1:39:06.6	439
104	834	César Avó	2:20:10.7	m	386	Veteranos M40	104		1:01:13.6	411	1:39:51.5	459
105	86	Jorge Pacheco	2:20:49.9	m	387	Veteranos M40	105	Run Forrest Run	1:03:16.3	457	1:39:14.6	446
106	286	José Lourenço	2:20:56.9	m	390	Veteranos M40	106	pace.makers	0:59:42.1	362	1:37:50.2	419
107	113	Rui Nascimento	2:20:59.5	m	391	Veteranos M40	107		1:02:01.1	431	1:39:37.4	453
108	480	João Ramos	2:21:31.2	m	396	Veteranos M40	108	Arriba Trail Runners	1:00:28.6	383	1:36:17.1	393
109	287	Nuno Tiago	2:22:13.8	m	401	Veteranos M40	109	pace.makers	1:01:18.2	412	1:39:20.1	449
110	922	Paulo Nunes	2:22:23.5	m	408	Veteranos M40	110	Os Bravos	1:03:00.7	449	1:38:03.2	424
111	576	Pedro Calado	2:22:26.8	m	410	Veteranos M40	111	Proaventuras	1:03:32.8	467	1:40:27.2	464
112	156	Pedro Dias	2:22:58.5	m	415	Veteranos M40	112	Keep Running	1:03:38.8	472	1:41:33.7	483
113	391	Daniel Ramos Costa	2:23:04.8	m	417	Veteranos M40	113	Monsanto Running Team	0:56:45.3	305	1:32:38.3	342
114	50	Carlos Rodrigues	2:23:30.8	m	419	Veteranos M40	114	NEPN	1:02:42.2	442	1:39:13.2	445
115	528	Luis Caldeira	2:23:42.0	m	421	Veteranos M40	115	Proaventuras	1:04:10.0	485	1:42:38.9	501

4.º Trilho das Lampas

Result List AG 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
116	410	Julio Moreira	2:24:02.5	m	424	Veteranos M40	116	Os Netos	1:01:18.5	413	1:38:19.0	430
117	570	Salvador Bobone	2:24:02.9	m	426	Veteranos M40	117	Mercedes-Benz	1:06:01.8	531	1:42:14.7	495
118	237	Luís Costa	2:25:18.0	m	440	Veteranos M40	118	amigosdacorrída.com	1:06:11.8	538	1:42:50.9	504
119	972	Heitor Gomes	2:25:39.4	m	443	Veteranos M40	119	Georunners	1:05:11.7	508	1:42:30.6	500
120	865	Nuno Gonçalves	2:26:07.8	m	445	Veteranos M40	120		1:03:33.3	468	1:40:33.3	467
121	66	Paulo Alves	2:26:52.1	m	449	Veteranos M40	121	Matilha Running	1:04:01.7	481	1:41:43.3	489
122	210	Júlio Cruz	2:28:04.8	m	453	Veteranos M40	122	COA - Clube de Orientação e	1:04:54.0	502	1:43:55.2	507
123	616	Pedro Monteiro	2:28:34.6	m	456	Veteranos M40	123	Familia M	1:03:49.4	474	1:41:35.6	485
124	83	Luis Calheiros	2:28:38.5	m	459	Veteranos M40	124		1:09:39.5	616	1:47:16.9	562
125	867	João Serra	2:29:52.8	m	467	Veteranos M40	125	Açoreana	1:04:47.3	500	1:41:33.1	482
126	755	Nuno Arigó Rocha	2:30:02.8	m	470	Veteranos M40	126		1:04:00.1	480	1:41:34.4	484
127	832	Rui Raposo	2:30:22.0	m	472	Veteranos M40	127		1:07:13.2	563	1:48:45.8	593
128	355	Mário Cunha	2:30:39.6	m	476	Veteranos M40	128	CCD Crédito Agrícola Mútuo	1:02:01.8	432	1:41:37.6	486
129	989	Bruno Brito	2:30:55.4	m	479	Veteranos M40	129	Running Academy - O2 Life Center -	1:00:54.0	399	1:45:34.9	534
130	67	Rui Laranjeiro	2:31:12.3	m	483	Veteranos M40	130	C.A.Amigos Parque Paz	1:06:26.0	544	1:45:42.3	536
131	251	Joao Sequeira	2:31:31.9	m	486	Veteranos M40	131		1:08:32.3	591	1:47:57.9	579
132	564	David Perez Pato	2:31:42.4	m	488	Veteranos M40	132	patoseco	1:09:45.0	620	1:47:50.7	573
133	849	Pedro Santos	2:32:08.1	m	490	Veteranos M40	133		1:03:25.1	464	1:45:16.9	528
134	938	Sergio Besteiro	2:32:15.9	m	492	Veteranos M40	134	CLUBE MILLENNIUM BCP	1:05:12.1	511	1:45:28.4	531
135	163	José Caldeirinha	2:32:21.7	m	494	Veteranos M40	135	Tartarugas Solidárias	1:06:30.2	547	1:47:14.1	561
136	804	Fausto Sá	2:32:31.0	m	498	Veteranos M40	136	Manos Sá	1:06:40.6	552	1:46:32.1	544
137	178	João Rodrigues	2:33:02.5	m	503	Veteranos M40	137	Salamandrecos / IDentPrint -	1:06:10.4	534	1:47:11.0	560
138	105	Daniel Ramos	2:33:25.7	m	504	Veteranos M40	138	Jobrinde - Montes Saloios	1:04:10.4	486	1:47:55.4	576
139	477	Sérgio Rodrigues	2:33:31.5	m	505	Veteranos M40	139	MAD MAX TEAM	1:07:46.6	573	1:47:10.1	559
140	951	Nuno Ryder	2:34:10.3	m	511	Veteranos M40	140		1:11:06.4	647	1:51:52.1	629
141	276	Ricardo Morgado	2:34:39.2	m	515	Veteranos M40	141	Panquecas	1:07:15.4	566	1:49:21.1	602
142	907	Xavier Rosa	2:34:57.9	m	519	Veteranos M40	142	Jobrinde - Montes Saloios	1:11:33.1	652	1:49:08.3	598
143	628	Rui Maia	2:37:20.5	m	533	Veteranos M40	143		1:09:34.6	614	1:48:59.5	596
144	353	João Rodrigues	2:37:58.7	m	537	Veteranos M40	144	CCD Crédito Agrícola Mútuo	1:07:58.4	581	1:48:50.0	594
145	904	Luis Vieira	2:37:58.9	m	538	Veteranos M40	145		1:06:40.9	553	1:49:57.5	613
146	503	João Bernardino	2:38:13.2	m	539	Veteranos M40	146	Devagar, devagarinho... By Snickers	1:09:43.9	619	1:48:32.4	589
147	402	Álvaro Marujeiro	2:39:12.6	m	543	Veteranos M40	147	Chafariz Running Team	1:07:15.2	565	1:50:40.1	623
148	941	Fernando Rosa	2:41:12.0	m	549	Veteranos M40	148	CLUBE MILLENNIUM BCP	1:07:42.7	570	1:50:35.0	621

4.º Trilho das Lampas

Result List AG 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
149	717	Nuno Abreu	2:43:11.5	m	558	Veteranos M40	149		1:09:57.0	623	1:52:25.4	635
150	703	André Garrido de	2:43:56.6	m	564	Veteranos M40	150	Pernas de Gafanhoto	1:09:16.9	603	1:49:46.2	610
151	753	Filipe Gil	2:44:00.0	m	565	Veteranos M40	151	Correr na Cidade	1:10:15.9	628	1:54:52.5	653
152	905	Paulo Trilho	2:45:18.6	m	567	Veteranos M40	152	Matilha Running	1:11:20.1	650	1:53:26.7	647
153	914	Andre Cabral	2:46:58.5	m	574	Veteranos M40	153		1:14:46.1	705	1:57:51.0	682
154	871	Luís Miguel Nogueira	2:48:33.6	m	581	Veteranos M40	154		1:11:37.2	653	1:57:31.3	680
155	763	Nuno Filipe Silva	2:48:56.6	m	584	Veteranos M40	155	Correr Lisboa	1:13:48.7	695	1:59:53.3	694
156	566	Pedro Nunes	2:51:07.0	m	593	Veteranos M40	156		1:09:08.1	600	2:00:34.5	703
157	848	Gonçalo Romeiras	2:51:12.2	m	596	Veteranos M40	157		1:10:12.6	627	1:55:49.2	661
158	810	Sérgio Cordeiro	2:51:50.5	m	598	Veteranos M40	158	ADCR PJ	1:13:03.2	683	2:01:06.1	706
159	541	João Carlos Ferreira	2:52:40.1	m	601	Veteranos M40	159	Clube Cimpor	1:13:11.6	688	1:57:56.3	684
160	463	Sérgio Patrício	2:56:18.6	m	608	Veteranos M40	160		1:16:11.0	742	2:03:36.7	737
161	733	Rui Almeida	2:58:16.5	m	620	Veteranos M40	161		1:14:44.7	704	2:02:50.8	724
162	974	André Salvado	2:59:54.1	m	622	Veteranos M40	162		1:15:45.1	734	2:02:25.0	720
163	758	João Soares	3:05:31.2	m	635	Veteranos M40	163	GINASIO ENERGYM	1:14:58.2	713	2:02:52.5	725
164	248	Carlos Rodrigues	3:06:36.0	m	637	Veteranos M40	164	Jobrinde - Montes Saloios	1:19:21.3	776	2:07:42.2	761
165	775	Marco Teodoro	3:08:07.0	m	638	Veteranos M40	165		1:20:49.6	792	2:11:09.2	781
166	782	Jorge Oliveira	3:09:01.7	m	641	Veteranos M40	166		1:15:33.8	731	2:08:49.3	772
167	522	Renato Vieira	3:09:36.9	m	643	Veteranos M40	167	Os Caracóis Furiosos	1:22:17.5	803	2:14:13.9	803
168	537	João Cruz	3:11:17.5	m	645	Veteranos M40	168	Malucos da Corrida	1:22:07.4	800	2:15:10.1	807
169	801	Rui Paz	3:14:08.6	m	651	Veteranos M40	169		1:26:36.3	828	2:18:29.5	817
170	698	Tito Andrade	3:16:46.0	m	652	Veteranos M40	170	OUTLAW RUNNERS	1:21:18.3	795	2:15:32.3	808
171	136	Rui Cortes	3:21:33.2	m	660	Veteranos M40	171	Tartarugas Solidárias	1:30:29.5	856	2:24:36.2	830
172	891	Miguel Ferreira	3:58:39.1	m	671	Veteranos M40	172	CLÃ DA GADANHA	1:32:28.5	861	2:39:31.8	861
173	889	Nuno Santos	3:58:39.9	m	672	Veteranos M40	173	CLÃ DA GADANHA	1:32:21.6	860	2:39:32.1	862
174	1006	Fernando Xavier	3:59:12.4	m	675	Veteranos M40	174		1:47:33.8	872	2:56:50.3	869

Veteranos M45

Veteranos M45

1	359	Marcolino Veríssimo	1:32:31.6	m	17	Veteranos M45	1	AMCF-Arrábida Trail Team	0:40:57.0	19	1:04:27.7	22
2	1005	Luis Pereira	1:35:44.9	m	25	Veteranos M45	2		0:42:26.6	32	1:07:08.4	34
3	316	Rogério Azevedo	1:36:42.4	m	29	Veteranos M45	3	CCD Sintrense	0:42:57.6	37	1:07:51.4	35
4	123	Luís Rodrigues	1:37:41.5	m	30	Veteranos M45	4		0:43:32.0	40	1:08:18.7	39

4.º Trilho das Lampas

Result List AG 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
5	351	António Pardal	1:38:49.4	m	36	Veteranos M45	5	Decathlon / OmegaPharma	0:43:26.1	39	1:07:59.5	36
6	582	Santos Paulo	1:39:26.4	m	38	Veteranos M45	6	Mountain trails	0:44:35.2	46	1:09:59.2	44
7	284	Mark Monteiro	1:41:37.7	m	42	Veteranos M45	7		0:44:09.1	43	1:10:09.8	47
8	676	Nuno Neves	1:41:53.2	m	45	Veteranos M45	8	CARACOL TRAIL TEAM	0:45:59.5	69	1:11:57.2	63
9	79	Paulo Osório	1:42:49.1	m	54	Veteranos M45	9		0:45:12.0	52	1:11:13.0	54
10	851	Luis Aires	1:43:00.3	m	55	Veteranos M45	10		0:46:08.4	82	1:12:09.2	69
11	18	Joaquim Capela	1:46:42.4	m	88	Veteranos M45	11	Kaninos	0:47:22.1	98	1:14:19.8	94
12	6	António Pedro Santos	1:49:23.6	m	106	Veteranos M45	12	Salamandrecos	0:48:25.2	119	1:16:20.0	121
13	326	António Fraga Miranda	1:50:30.5	m	115	Veteranos M45	13	ATR-Algarve Trail Running	0:47:15.7	96	1:15:33.6	116
14	62	Pedro Barbosa	1:52:50.5	m	128	Veteranos M45	14	Olimpico Vianense Trail/ND Sport	0:48:33.5	124	1:18:26.1	141
15	847	Jose Nunes	1:54:14.2	m	137	Veteranos M45	15		0:50:00.3	145	1:19:42.1	155
16	839	Pedro Moleirinho	1:54:23.3	m	139	Veteranos M45	16		0:53:06.4	218	1:21:10.2	170
17	680	Leonel De São José	1:58:22.7	m	174	Veteranos M45	17	Sport Clube Alfragide	0:52:29.4	201	1:22:04.1	185
18	509	Pedro Rodrigues	1:58:44.4	m	180	Veteranos M45	18	OFICINA DO PEDRO	0:52:48.0	208	1:23:31.2	208
19	586	Horácio Ferreira	1:59:16.0	m	187	Veteranos M45	19	ARSM - Associação Recreativa de S.	0:50:30.4	157	1:22:06.0	186
20	854	Miguel Cardador	1:59:45.6	m	191	Veteranos M45	20	Cardador Family	0:51:13.1	166	1:22:08.3	187
21	2	Gonçalo Valente	2:01:06.5	m	209	Veteranos M45	21		0:53:12.5	223	1:23:49.0	216
22	112	Alexandre Kellen	2:01:57.5	m	217	Veteranos M45	22	Matilha Running	0:53:41.3	239	1:24:54.8	237
23	161	Rui Leão	2:03:03.6	m	227	Veteranos M45	23		0:55:13.0	279	1:26:48.3	270
24	400	João Caetano	2:03:11.4	m	228	Veteranos M45	24		0:53:50.3	243	1:24:04.6	225
25	927	Virgilio Costa	2:03:27.2	m	231	Veteranos M45	25	CLUBE MILLENNIUM BCP	0:54:13.5	256	1:24:57.6	239
26	211	Luís Emídio	2:03:28.9	m	232	Veteranos M45	26	COA - Clube de Orientação e	0:54:47.7	268	1:26:47.4	269
27	800	Ricardo Tiago	2:03:43.2	m	237	Veteranos M45	27	Salamandrecos	0:55:31.0	282	1:27:15.4	278
28	298	Álvaro Centeio	2:04:31.7	m	241	Veteranos M45	28	UGAS TRAIL Running	0:53:37.8	238	1:26:09.9	264
29	261	Luis Aires	2:04:50.2	m	242	Veteranos M45	29	100 esTRILHOS	0:54:03.4	251	1:25:09.9	247
30	527	Sergio Casal	2:05:13.2	m	245	Veteranos M45	30	Proaventuras	0:54:38.5	262	1:27:20.6	280
31	433	Jorge Leite	2:05:59.2	m	255	Veteranos M45	31		0:54:08.4	254	1:27:29.8	283
32	158	Jose Nunes	2:06:32.4	m	258	Veteranos M45	32	Keep Running	0:54:02.9	250	1:26:09.7	263
33	94	Artur Jorge Pereira	2:07:41.1	m	269	Veteranos M45	33	ENTERPROM - Brindes Promocionais	0:56:07.2	293	1:28:21.4	288
34	428	Liberto Santos	2:08:03.4	m	273	Veteranos M45	34		0:56:43.1	302	1:28:46.7	293
35	672	Dinis Morais	2:08:42.2	m	276	Veteranos M45	35	CCD Siemens	0:56:49.6	309	1:29:09.2	298
36	461	Paulo Estêvão	2:10:39.2	m	286	Veteranos M45	36	Tartarugas Solidárias	1:00:51.9	396	1:33:22.1	350
37	540	Rui Lourenço	2:11:46.3	m	292	Veteranos M45	37	descompasso	0:57:55.1	330	1:30:49.4	319

4.º Trilho das Lampas

Result List AG 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
38	255	Luís Ferreira	2:12:02.2	m	296	Veteranos M45	38	Rail Runners	0:57:26.8	323	1:31:22.4	329
39	991	Carlos Sequeira	2:14:04.1	m	310	Veteranos M45	39	Running Academy - O2 Life Center -	0:58:25.3	343	1:34:32.5	364
40	606	Moisés Nunes	2:14:34.3	m	317	Veteranos M45	40	ARSM - Associação Recreativa de S.	0:59:12.7	356	1:33:20.8	349
41	694	Bruno Mesquita	2:14:43.8	m	318	Veteranos M45	41	Clã	0:59:56.2	370	1:33:32.7	354
42	805	Carlos Sá	2:15:20.5	m	324	Veteranos M45	42	Manos Sá	0:58:49.3	349	1:32:37.8	341
43	176	Vitor Afonso Lourenço	2:17:24.5	m	346	Veteranos M45	43	Jobrinde - Montes Saloios	1:00:40.5	389	1:38:07.2	427
44	339	Jose Matos	2:17:38.3	m	349	Veteranos M45	44	Clube de Praças da Armada	1:01:09.7	409	1:35:13.8	373
45	380	Carlos Magalhães	2:17:59.5	m	354	Veteranos M45	45	Trevo-Medicina Desportiva	0:58:18.9	340	1:35:01.9	371
46	109	Arnaud Daix	2:18:03.4	m	356	Veteranos M45	46		1:00:35.6	387	1:35:27.6	384
47	346	Carlos Borges	2:18:15.7	m	361	Veteranos M45	47	Clube de Praças da Armada	0:59:01.4	353	1:34:11.5	360
48	870	Francisco Pereira	2:18:18.3	m	363	Veteranos M45	48	Açoreana	1:01:23.1	418	1:35:22.8	383
49	397	Túlio Coelho	2:18:21.6	m	364	Veteranos M45	49	Monsanto Running Team	1:04:46.6	499	1:39:50.8	457
50	189	António Luis	2:19:08.5	m	378	Veteranos M45	50	Jobrinde - Montes Saloios	0:59:53.0	367	1:33:51.1	357
51	201	Rui Oliveira	2:19:30.0	m	380	Veteranos M45	51		0:59:00.9	352	1:35:15.8	375
52	860	Paulo Rodrigues	2:20:03.6	m	385	Veteranos M45	52		1:04:21.8	495	1:40:26.8	463
53	937	Luis Costa	2:21:02.4	m	392	Veteranos M45	53	CLUBE MILLENNIUM BCP	1:03:19.9	462	1:39:00.9	432
54	715	Miguel Campos	2:21:30.6	m	395	Veteranos M45	54	Falcões Selvagens	1:00:28.3	381	1:37:47.2	417
55	119	Pedro Loureiro	2:21:43.0	m	398	Veteranos M45	55	JPRun	1:02:05.5	433	1:39:03.2	435
56	987	Luis Pinto	2:22:46.0	m	413	Veteranos M45	56	GRCD Leião	1:02:47.6	444	1:41:27.7	480
57	619	Pedro Lourenço	2:23:28.0	m	418	Veteranos M45	57	Clube Vodafone	1:00:52.5	398	1:39:22.4	450
58	776	José Freire	2:23:47.6	m	422	Veteranos M45	58	os coelhinhos	1:00:18.4	377	1:36:09.1	388
59	777	Artur Monteiro	2:23:47.6	m	423	Veteranos M45	59	os coelhinhos	1:00:18.1	376	1:36:09.4	389
60	305	Nuno Antunes	2:24:38.4	m	429	Veteranos M45	60	revelamos.com	1:04:11.3	489	1:40:27.7	465
61	593	Rui Primo Silva	2:24:59.4	m	432	Veteranos M45	61		1:03:57.2	477	1:42:26.1	498
62	700	Luis Fernandes	2:25:01.7	m	433	Veteranos M45	62	OUTLAW RUNNERS	1:07:05.7	557	1:45:11.3	525
63	768	José Félix	2:25:08.3	m	435	Veteranos M45	63	Farol D'Aventura	1:01:22.8	417	1:39:07.7	441
64	502	Rui Nascimento	2:26:28.7	m	447	Veteranos M45	64	Devagar, devagarinho... By Snickers	1:03:54.0	475	1:40:57.5	470
65	199	Rui Vieira	2:26:47.6	m	448	Veteranos M45	65	PORTELA - RUNNING POINT	1:08:56.1	594	1:46:06.5	538
66	489	Paulo Fernandes	2:26:52.8	m	450	Veteranos M45	66	Açoreana	1:09:37.7	615	1:49:08.7	599
67	58	Mario Caneira	2:27:41.6	m	452	Veteranos M45	67	Jobrinde - Montes Saloios	1:02:45.5	443	1:40:54.8	468
68	726	João Antunes	2:28:56.9	m	461	Veteranos M45	68	Armada Torreense	1:04:15.0	492	1:42:29.7	499
69	268	Ricardo Rodrigues	2:31:04.1	m	481	Veteranos M45	69	LIS RUNNING	1:02:14.8	437	1:42:13.4	494
70	728	Carlos Alves	2:31:30.7	m	485	Veteranos M45	70	salamandrecos	0:57:04.9	313	1:30:25.9	312

4.º Trilho das Lampas

Result List AG 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
71	846	Nuno Cardador	2:32:08.3	m	491	Veteranos M45	71		1:06:10.5	535	1:47:56.5	577
72	963	Paulo Martins	2:32:16.1	m	493	Veteranos M45	72		1:06:24.1	543	1:45:07.1	524
73	688	Miguel Pedro	2:32:31.0	m	497	Veteranos M45	73		1:06:40.5	551	1:46:33.6	545
74	457	Jorge Fernandes	2:32:47.9	m	501	Veteranos M45	74	cabrizrun	1:04:05.8	484	1:46:43.1	550
75	46	Manuel António	2:33:53.8	m	508	Veteranos M45	75	Rail Runners	1:03:29.5	465	1:46:42.4	549
76	731	Joaquim Bexiga	2:34:01.6	m	509	Veteranos M45	76	CLUBE OGMA	1:09:20.0	604	1:48:14.0	585
77	589	Pedro Prudencio	2:36:23.6	m	528	Veteranos M45	77	Freddy Portugal	1:08:55.8	593	1:47:34.5	569
78	204	Silvestre Rosa	2:36:53.4	m	531	Veteranos M45	78	Carapaus de Corrida	1:06:13.2	539	1:48:00.4	580
79	188	João Alberto	2:37:54.7	m	536	Veteranos M45	79	Jobrinde - Montes Saloios	1:11:44.9	655	1:52:31.0	638
80	546	Helder Baptista	2:40:13.8	m	544	Veteranos M45	80	Trilho Perdido Eventos/Nutrimania	1:11:48.5	658	1:51:52.3	630
81	713	Pedro Jaime	2:41:05.2	m	547	Veteranos M45	81	Ginja Team	1:08:18.2	587	1:53:07.8	646
82	405	Paulo Daniel Vieira	2:42:14.8	m	555	Veteranos M45	82		1:09:30.9	611	1:50:50.1	625
83	242	Vasco Cova	2:42:39.5	m	557	Veteranos M45	83	Salamandrecos	1:09:13.9	602	1:52:32.3	639
84	202	Luis Belbute	2:43:23.6	m	560	Veteranos M45	84		1:15:41.5	733	1:57:46.2	681
85	769	Fernando Costa	2:43:27.4	m	561	Veteranos M45	85	Farol D'Aventura	1:15:28.3	726	1:58:39.2	689
86	154	Nuno Pedroso	2:43:34.1	m	563	Veteranos M45	86	Matilha running	1:09:34.0	613	1:52:24.2	634
87	939	Pedro Martins	2:45:37.9	m	568	Veteranos M45	87	CLUBE MILLENNIUM BCP	1:13:07.5	686	1:55:01.4	654
88	575	Carlos Morais	2:45:49.8	m	570	Veteranos M45	88	Mercedes-Benz	1:11:45.1	656	1:54:26.3	650
89	134	Henrique Sebastiao	2:46:46.8	m	572	Veteranos M45	89		1:10:38.7	637	1:52:29.3	637
90	820	Jorge Monteiro	2:46:50.6	m	573	Veteranos M45	90	ODEBRECHT PORTUGAL	1:13:20.9	690	1:56:36.0	668
91	455	Rogério Falcao	2:47:38.7	m	578	Veteranos M45	91		1:15:50.1	738	2:02:53.7	726
92	869	Nélson Mota	2:48:24.0	m	580	Veteranos M45	92	Açoreana	1:12:03.1	663	1:57:07.3	674
93	766	João Marques	2:48:47.2	m	583	Veteranos M45	93		1:13:11.0	687	1:56:34.9	667
94	559	Carlos Henrique	2:50:35.4	m	591	Veteranos M45	94		1:10:35.3	635	2:01:47.6	714
95	434	Nuno Marques	2:52:31.1	m	600	Veteranos M45	95	RunLovers	1:15:21.4	720	2:01:30.7	709
96	607	Nuno Pereira	2:55:29.1	m	606	Veteranos M45	96	Sporting Clube de Casainhos	1:12:46.7	673	1:57:55.7	683
97	1007	Jorge Brito	2:57:04.9	m	615	Veteranos M45	97	Valejas AC	1:18:38.4	757	2:08:41.8	769
98	793	Carlos Miguel Marques	3:00:12.5	m	625	Veteranos M45	98	Clube Vodafone	1:16:21.8	744	2:05:39.3	754
99	504	Renato Jacome	3:03:31.0	m	629	Veteranos M45	99	Devagar, devagarinho... By Snickers	1:11:55.8	662	1:56:32.0	666
100	437	João Leitão	3:08:22.7	m	639	Veteranos M45	100	RunLovers	1:22:55.8	810	2:13:10.8	791
101	942	Eduardo Pinto	3:12:13.5	m	647	Veteranos M45	101	CLUBE MILLENNIUM BCP	1:19:30.3	777	2:11:33.3	783
102	792	António Fonseca	3:12:50.2	m	649	Veteranos M45	102	SS CGD	1:20:56.0	793	2:12:24.2	788
103	280	Luis Graça	3:19:05.4	m	655	Veteranos M45	103	Salamandrecos	1:14:56.0	711	2:03:55.7	739

4.º Trilho das Lampas

Result List AG 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
104	396	Pedro Prudêncio	3:20:04.3	m	657	Veteranos M45	104	Monsanto Running Team	1:25:48.0	822	2:25:06.1	836
105	243	António Iria	3:25:12.0	m	661	Veteranos M45	105	Correr Lisboa	1:27:12.9	832	2:28:38.7	847
106	757	Pedro Jorge	3:25:56.2	m	663	Veteranos M45	106		1:26:13.6	825	2:22:01.7	824
107	836	Carlos Vieira	3:27:18.4	m	666	Veteranos M45	107	ADCR PJ	1:18:35.5	756	2:16:43.7	816
108	3	Fernando Sousa	3:42:47.9	m	669	Veteranos M45	108		1:27:02.2	829	2:30:39.1	852
109	928	Paulo Felicio	a.k.	m	676	Veteranos M45	109	CLUBE MILLENNIUM BCP	1:25:01.9	874	2:22:29.5	874

Veteranos M50

Veteranos M50

1	186	João Ginja	1:29:23.3	m	8	Veteranos M50	1	Nutrimania-Sports Nutricion	0:40:32.9	16	1:03:12.1	17
2	807	Paulo Póvoa	1:35:29.3	m	24	Veteranos M50	2	Amigos Vale Silêncio	0:42:40.6	33	1:07:03.4	33
3	149	Aníbal Godinho	1:41:52.4	m	44	Veteranos M50	3	Caracol Trail Team	0:46:01.5	73	1:12:00.1	65
4	71	Jorge Rodrigues	1:42:38.2	m	52	Veteranos M50	4	Núcleo de Atletismo Zona da Abóboda	0:45:11.4	51	1:12:05.1	68
5	182	Carlos Marques	1:43:44.2	m	61	Veteranos M50	5	N.A.Z.Abóboda	0:46:08.4	81	1:12:17.1	72
6	524	Zo Vieira	1:44:59.6	m	68	Veteranos M50	6	Proaventuras	0:46:22.7	85	1:12:43.1	78
7	101	Joao Maia	1:45:21.3	m	71	Veteranos M50	7	Falcões Selvagens	0:45:48.2	62	1:12:32.0	74
8	81	Aretino Mota	1:45:58.5	m	77	Veteranos M50	8	Linda-a-Pastora Sporting Clube	0:47:56.6	110	1:15:11.6	111
9	950	Pedro Silva	1:46:21.4	m	84	Veteranos M50	9	CLUBE MILLENNIUM BCP	0:47:28.9	100	1:14:17.3	91
10	1013	João Paulo Marques	1:50:32.8	m	116	Veteranos M50	10	Proaventuras	0:48:40.0	130	1:16:44.1	128
11	60	Ricardo Valente	1:51:37.3	m	121	Veteranos M50	11	Não Fazemos Nem Mais Um... Km	0:49:39.8	140	1:17:39.5	135
12	906	Luís Soares	1:55:37.6	m	144	Veteranos M50	12	CLUBE OGMA	0:51:51.5	176	1:20:22.1	162
13	344	Jose Amandio	1:55:55.4	m	148	Veteranos M50	13	Clube de Praças da Armada	0:52:00.9	178	1:21:34.1	174
14	946	Manuel Rodrigues	1:56:32.4	m	154	Veteranos M50	14	CLUBE MILLENNIUM BCP	0:51:36.8	171	1:21:07.8	168
15	159	Eurico Carocha	1:56:40.7	m	158	Veteranos M50	15	Keep Running	0:50:09.0	150	1:18:56.8	147
16	709	José Freitas	1:56:59.0	m	163	Veteranos M50	16	Associação de Atletismo Lebres do	0:50:53.8	164	1:20:55.3	164
17	748	Fernando Corda	1:58:22.8	m	175	Veteranos M50	17	Valejas AC	0:55:42.7	288	1:24:59.6	241
18	364	Germano Canedo	1:59:30.5	m	189	Veteranos M50	18	100fobias	0:52:25.5	194	1:22:39.8	199
19	157	Eduardo Pena	1:59:39.8	m	190	Veteranos M50	19	Keep Running	0:53:37.2	237	1:24:54.2	236
20	679	António Fernandes	2:01:28.0	m	214	Veteranos M50	20	Clube do Stress	0:54:35.3	261	1:26:33.3	267
21	931	Hugo Luz	2:01:56.8	m	216	Veteranos M50	21	CLUBE MILLENNIUM BCP	0:53:54.3	245	1:24:11.0	226
22	850	Carlos Sousa	2:02:24.7	m	221	Veteranos M50	22	Caracol Trail Team	0:53:19.9	228	1:23:51.2	218
23	710	Victor Silva	2:06:39.2	m	260	Veteranos M50	23	Associação de Atletismo Lebres do	0:56:36.0	300	1:29:00.0	297
24	327	Jorge Figueiredo	2:06:40.1	m	261	Veteranos M50	24	Potugal Talentus	0:55:36.1	286	1:28:42.6	291

4.º Trilho das Lampas

Result List AG 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
25	76	Joaquim Lima	2:07:14.9	m	264	Veteranos M50	25	Matilha Running	0:56:50.3	310	1:28:42.2	290
26	876	José Guilherme	2:07:44.6	m	270	Veteranos M50	26	comDor runners	0:59:23.8	358	1:30:49.1	318
27	825	Carlos Isidoro	2:13:46.4	m	304	Veteranos M50	27		0:56:46.5	306	1:29:59.8	309
28	881	Filipe Corte-Real	2:14:01.4	m	308	Veteranos M50	28	Run 4 Fun	0:58:28.5	345	1:31:59.7	336
29	84	Carlos Galamba	2:14:18.3	m	314	Veteranos M50	29	Coimbra Trail Running	0:57:58.1	332	1:31:49.7	334
30	729	Alexandre Santos	2:16:07.2	m	327	Veteranos M50	30		1:02:54.8	447	1:36:12.4	392
31	551	Joao Crespo	2:16:20.8	m	331	Veteranos M50	31		1:01:24.2	419	1:35:00.7	370
32	435	Luis Ferreira	2:17:04.0	m	340	Veteranos M50	32	RunLovers	1:01:02.0	402	1:35:32.1	385
33	973	Paulo Cruz	2:18:52.9	m	375	Veteranos M50	33	www.RUNSOX.eu	0:59:46.7	365	1:35:20.9	379
34	57	José Martins	2:19:01.8	m	377	Veteranos M50	34	Aminhacorrida/Kalenji	1:01:07.2	407	1:38:01.9	422
35	977	Luís Santos	2:19:26.1	m	379	Veteranos M50	35	GO!Runners	1:03:17.2	460	1:39:01.6	433
36	89	Luis Costa	2:21:48.5	m	399	Veteranos M50	36		1:01:49.7	429	1:36:56.3	409
37	935	Carlos Costa	2:22:16.0	m	402	Veteranos M50	37	CLUBE MILLENNIUM BCP	1:03:04.9	450	1:39:10.4	444
38	26	Goncalo Fontes de	2:22:20.4	m	406	Veteranos M50	38	RUN 4 FUN	1:05:04.1	506	1:41:22.7	478
39	650	João Rodrigues	2:22:21.6	m	407	Veteranos M50	39	Pumas do Guincho	1:03:15.1	455	1:41:04.2	473
40	124	Miguel Silva	2:22:27.4	m	411	Veteranos M50	40		1:01:49.9	430	1:37:03.7	412
41	313	Rui Cunha	2:22:37.4	m	412	Veteranos M50	41	G.D. Santander Totta	1:04:02.0	482	1:40:26.1	462
42	240	Joaquim Varanda	2:22:58.7	m	416	Veteranos M50	42	Keep Running	1:03:37.5	470	1:41:31.8	481
43	816	Adelino Pereira	2:25:09.0	m	438	Veteranos M50	43	ODEBRECHT PORTUGAL	1:00:57.0	400	1:39:09.6	443
44	648	Miguel Baptista	2:25:09.1	m	439	Veteranos M50	44		1:04:16.6	493	1:41:38.1	487
45	600	Hernâni Silva	2:28:08.2	m	454	Veteranos M50	45	Amigos Vale Silêncio	1:08:22.0	588	1:47:21.4	565
46	587	António Luís Dos	2:30:36.3	m	475	Veteranos M50	46		1:10:20.3	630	1:49:26.8	605
47	877	João Nunes	2:31:06.8	m	482	Veteranos M50	47	comDor runners	1:03:38.7	471	1:40:56.3	469
48	944	Paulo Rato	2:31:12.6	m	484	Veteranos M50	48	CLUBE MILLENNIUM BCP	1:07:20.0	568	1:47:06.3	556
49	16	José Carlos Melo	2:31:49.7	m	489	Veteranos M50	49	RUN 4 FUN	1:04:13.2	491	1:46:41.5	547
50	554	Luís Reis	2:34:57.3	m	518	Veteranos M50	50	Falcões Selvagens	1:06:03.9	532	1:45:29.4	532
51	583	Paulo Manuel Martins	2:36:34.0	m	529	Veteranos M50	51	Proaventuras	1:09:25.1	607	1:49:49.4	611
52	761	Agostinho Dias	2:36:54.3	m	532	Veteranos M50	52	Carapaus de Corrida	1:09:06.0	598	1:49:58.2	614
53	376	Francisco Batista	2:38:15.7	m	540	Veteranos M50	53		1:11:55.2	661	1:50:34.5	620
54	949	Marcos Noritake	2:38:45.0	m	542	Veteranos M50	54	CLUBE MILLENNIUM BCP	1:10:40.3	639	1:54:34.9	651
55	492	David Silva	2:42:07.4	m	552	Veteranos M50	55	o praticante	1:09:41.6	618	1:49:31.0	607
56	861	Augusto Paulo Neves	2:44:18.7	m	566	Veteranos M50	56		1:12:58.6	680	1:56:52.7	670
57	275	Mário Gonçalves	2:45:48.1	m	569	Veteranos M50	57	EnKostasTrail	1:10:46.7	642	1:54:18.6	649

4.º Trilho das Lampas

Result List AG 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
58	957	Jaime Trabucho	2:47:34.5	m	576	Veteranos M50	58		1:14:16.6	701	2:00:14.0	699
59	148	Luis Santos	2:48:18.3	m	579	Veteranos M50	59	A.A.Lebres do Sado	1:15:08.9	714	2:01:56.4	716
60	155	Jose Andrade	2:53:10.9	m	602	Veteranos M50	60	Keep Running	1:10:22.2	632	1:55:54.4	663
61	815	Luis Marta	2:56:35.2	m	609	Veteranos M50	61		1:12:59.6	682	2:00:52.6	704
62	743	Severino Cruz	3:00:13.3	m	626	Veteranos M50	62		1:15:19.3	719	2:04:16.3	746
63	933	Antonio Almeida	3:02:24.2	m	628	Veteranos M50	63	CLUBE MILLENNIUM BCP	1:14:40.0	702	2:05:11.2	751
64	499	Helder Pereira	3:03:47.7	m	630	Veteranos M50	64	Salamandrecos	1:19:11.1	773	2:07:33.1	760
65	910	João Vieira	3:05:27.4	m	634	Veteranos M50	65		1:19:17.0	775	2:10:58.4	777
66	936	Pedro Murca	3:12:14.1	m	648	Veteranos M50	66	CLUBE MILLENNIUM BCP	1:19:36.9	779	2:11:37.5	784
67	868	Vítor Rafael	3:25:50.3	m	662	Veteranos M50	67	Açoreana	1:20:14.8	787	2:15:57.6	812
68	254	José Luís Dias	DSQ	m	678	Veteranos M50	68	Rail Runners	0:43:59.8	876	1:08:55.8	876

Veteranos M55

Veteranos M55

1	82	Almiro Feijão	1:46:08.2	m	81	Veteranos M55	1	Linda-a-Pastora Sporting Clube	0:47:57.0	112	1:14:52.5	102
2	598	Carlos Baptista	1:56:39.2	m	157	Veteranos M55	2	Sporting Clube de Casainhos	0:52:42.2	207	1:22:46.7	200
3	988	João Luis Santos	2:00:00.9	m	196	Veteranos M55	3	N.A.Z.Abóboda	0:53:50.3	242	1:25:03.1	242
4	426	Luis Silveira	2:00:40.7	m	202	Veteranos M55	4		0:53:21.3	230	1:23:55.0	220
5	525	José Dionísio	2:02:50.3	m	226	Veteranos M55	5	Proaventuras	0:54:07.8	253	1:25:24.7	251
6	788	João Farinha	2:04:53.2	m	243	Veteranos M55	6	Caracol Trail Team	0:54:34.4	260	1:27:38.2	286
7	864	Carlos Marques	2:05:00.0	m	244	Veteranos M55	7	TRILHOS E CORRIDAS DE	0:55:05.5	277	1:26:53.6	273
8	968	Alvaro Pinto	2:16:10.6	m	328	Veteranos M55	8	REAL ACADEMIA	1:00:41.9	390	1:36:53.2	406
9	308	Alexandre Duarte	2:18:03.3	m	355	Veteranos M55	9		0:59:56.1	369	1:34:51.7	368
10	338	António Barbosa	2:21:15.7	m	394	Veteranos M55	10	Clube de Praças da Armada	1:01:11.1	410	1:37:40.5	416
11	879	Orlando Duarte	2:24:09.1	m	428	Veteranos M55	11	Corremos com a Esclerose Múltipla	1:06:34.6	549	1:44:08.2	513
12	490	Carlos Fonseca	2:25:35.8	m	442	Veteranos M55	12	Açoreana	1:03:59.6	479	1:42:00.4	493
13	878	Antonio Silvestre	2:27:13.4	m	451	Veteranos M55	13	comDor runners	1:07:07.4	559	1:45:18.2	529
14	827	Joao Correia	2:29:34.5	m	466	Veteranos M55	14	Correinhas	1:09:05.6	597	1:48:31.9	588
15	93	José António Marques	2:31:32.9	m	487	Veteranos M55	15	Salamandrecos	1:08:31.6	590	1:47:57.2	578
16	819	Manuel Paulo	2:33:00.1	m	502	Veteranos M55	16	ODEBRECHT PORTUGAL	1:08:59.5	595	1:49:10.7	600
17	969	Manuel Rodrigues	2:34:33.6	m	514	Veteranos M55	17	REAL ACADEMIA	1:05:33.7	519	1:46:46.9	551
18	321	José Borges	2:35:20.5	m	521	Veteranos M55	18	CCD Sintense	1:10:27.4	633	1:50:22.4	618
19	822	Thelmo Cunha	2:36:05.0	m	525	Veteranos M55	19	ODEBRECHT PORTUGAL	1:13:11.8	689	1:52:20.1	633

4.º Trilho das Lampas

Result List AG 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
20	874	Júlio Castro	2:37:23.5	m	534	Veteranos M55	20	Clube Atletismo Amigos de Belém	1:12:15.5	667	1:52:33.8	640
21	678	João Veríssimo	2:40:50.7	m	546	Veteranos M55	21		1:12:29.0	668	1:55:30.4	658
22	740	Carlos Monteiro	2:42:00.0	m	551	Veteranos M55	22		1:12:57.1	679	1:56:43.5	669
23	652	André Wiborg	2:42:24.4	m	556	Veteranos M55	23	WL84	1:16:01.1	740	1:58:34.5	686
24	626	Rui Rodrigues	2:43:23.1	m	559	Veteranos M55	24		1:14:04.5	700	2:01:31.2	710
25	517	Francisco Julião	3:18:21.8	m	654	Veteranos M55	25	Dolce Furadouro	1:19:48.6	782	2:14:09.8	800
26	322	Rui Grazina	DSQ	m	679	Veteranos M55	26	CCD Sintrense	0:46:08.6	877	1:12:09.2	877
27	625	Jose Nogueira	DSQ	m	681	Veteranos M55	27			1	2:03:01.9	731

Veteranos M60

Veteranos M60

1	325	Orlando Martins	1:50:14.7	m	114	Veteranos M60	1	CCD Sintrense	0:46:05.4	78	1:13:25.0	85
2	529	Pedro Sousa	1:56:01.7	m	150	Veteranos M60	2	Proaventuras	0:52:12.8	187	1:22:02.0	180
3	395	Mário Ildelfonso	1:56:35.3	m	155	Veteranos M60	3	Monsanto Running Team	0:52:59.7	216	1:22:03.2	182
4	221	Carlos Ferreira	1:58:11.8	m	172	Veteranos M60	4		0:53:17.9	225	1:23:31.1	207
5	721	Albísio Fernandes	2:00:14.6	m	199	Veteranos M60	5		0:52:12.2	186	1:22:38.2	198
6	842	Joaquim Teixeira	2:04:21.4	m	240	Veteranos M60	6	Caracol Trail Team	0:56:17.4	295	1:27:36.8	285
7	608	Rogério Venâncio	2:17:56.3	m	353	Veteranos M60	7	O MUNDO DA CORRIDA	1:03:36.2	469	1:39:03.3	436
8	790	Vasco Costa	2:18:14.0	m	360	Veteranos M60	8		0:59:27.6	359	1:34:50.3	367
9	808	Carlos Rangel	2:25:20.6	m	441	Veteranos M60	9		1:05:04.1	507	1:44:10.8	514
10	432	Henrique Sacadura	2:32:40.7	m	500	Veteranos M60	10		1:08:26.8	589	1:48:05.9	582
11	549	Henrique Adrega	2:36:22.1	m	527	Veteranos M60	11	amigosdacorrída.com	1:09:26.5	608	1:49:27.5	606
12	129	Diogo Arraias	2:38:35.5	m	541	Veteranos M60	12	Os Arraias	1:12:13.5	666	1:52:56.1	643
13	767	Jose Alves	2:43:27.8	m	562	Veteranos M60	13	SS CGD	1:15:24.7	725	1:58:39.2	688
14	141	Francisco Maia	2:51:54.1	m	599	Veteranos M60	14		1:16:37.3	745	2:03:15.1	733
15	932	Oscar Marques	3:02:24.2	m	627	Veteranos M60	15	CLUBE MILLENNIUM BCP	1:18:42.0	761	2:10:49.7	775
16	817	Antonio Alves	3:13:53.7	m	650	Veteranos M60	16	ODEBRECHT PORTUGAL	1:23:19.1	812	2:14:42.5	806
17	919	José Carlos	3:34:28.3	m	668	Veteranos M60	17	Ccd	1:30:33.1	857	2:32:42.4	856

Number of records: 877

4.º Trilho das Lampas

Result List MF 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
4.º Trilho das Lampas												
m												
1.	77	Mário Fonseca	1:20:46.3	m	1	Sénior Masculino	1		0:35:46.0	6	0:55:58.4	6
2.	779	Jose Gaspar	1:24:55.3	m	2	Sénior Masculino	2	Odimarq	0:37:47.5	8	0:59:15.2	8
3.	1003	Fábio Fontoura	1:24:56.9	m	3	Sénior Masculino	3		0:37:35.2	7	0:58:23.4	7
4.	415	Fernando Gomes	1:26:38.0	m	4	Sénior Masculino	4	Clube de Atletismo de Ferreira do	0:38:53.9	9	1:00:27.7	9
5.	422	Tiago Lousa	1:27:57.4	m	5	Sénior Masculino	5	Clube de Atletismo de Ferreira do	0:39:26.9	11	1:01:34.3	11
6.	7	Diogo Baena	1:28:03.0	m	6	Sénior Masculino	6	Juventude Vidigalense	0:39:19.5	10	1:01:32.6	10
7.	102	Tiago Godinho	1:28:21.8	m	7	Sénior Masculino	7	Caracol Trail Team	0:40:00.5	13	1:01:47.7	12
8.	186	João Ginja	1:29:23.3	m	8	Veteranos M50	1	Nutrimania-Sports Nutricion	0:40:32.9	16	1:03:12.1	17
9.	901	Bruno Sousa	1:29:31.8	m	9	Sénior Masculino	8	SatecnosolOutdoor-LaSportiva	0:39:51.6	12	1:02:06.3	13
10.	450	Artur Oliveira	1:30:01.7	m	10	Veteranos M40	1	PICA MIOLOS	0:40:24.6	15	1:02:59.8	14
11.	417	Luís Graça	1:31:58.8	m	11	Veteranos M40	2	Clube de Atletismo de Ferreira do	0:42:06.1	29	1:05:26.9	26
12.	983	Alexandre Blasques	1:32:00.8	m	12	Sub 23 M	1	Decathlon Montijo Trail Team	0:40:18.3	14	1:03:04.3	15
13.	122	Nuno Patricio	1:32:03.6	m	13	Veteranos M40	3	Clube da Natureza de Alvito	0:40:58.5	21	1:03:56.2	19
14.	45	João Prisal	1:32:17.6	m	14	Veteranos M40	4	Rail Runners	0:41:36.4	24	1:05:21.4	25
15.	19	Pedro Ribeiro	1:32:21.9	m	15	Sénior Masculino	9	Caracol Trail Team	0:41:02.6	22	1:03:55.5	18
16.	421	Ricardo Duarte	1:32:26.6	m	16	Sénior Masculino	10	Clube de Atletismo de Ferreira do	0:40:51.8	18	1:04:07.3	20
17.	359	Marcolino Veríssimo	1:32:31.6	m	17	Veteranos M45	1	AMCF-Arrábida Trail Team	0:40:57.0	19	1:04:27.7	22
18.	33	Rodrigo Noivo	1:32:43.1	m	18	Sénior Masculino	11	GO!Runners	0:41:09.4	23	1:04:28.1	23
19.	603	Luis Santos	1:33:21.9	m	19	Sénior Masculino	12		0:40:36.0	17	1:04:19.3	21
20.	449	Henrique Sao Joanico	1:34:22.9	m	20	Sénior Masculino	13	PICA MIOLOS	0:41:57.2	27	1:05:20.6	24
21.	372	Rui Sequeira	1:34:34.0	m	21	Sénior Masculino	14	AMCF-Arrábida Trail Team	0:42:17.0	30	1:06:15.2	28
22.	249	João Patricio	1:35:12.0	m	22	Sub 23 M	2	Escaravelhos Team	0:41:54.4	26	1:05:46.7	27
23.	385	João Repas Goncalves	1:35:26.8	m	23	Sénior Masculino	15	Monsanto Running Team	0:41:49.5	25	1:06:21.3	29
24.	807	Paulo Póvoa	1:35:29.3	m	24	Veteranos M50	2	Amigos Vale Silêncio	0:42:40.6	33	1:07:03.4	33
25.	1005	Luís Pereira	1:35:44.9	m	25	Veteranos M45	2		0:42:26.6	32	1:07:08.4	34
26.	684	Bruno Pereira	1:35:55.6	m	26	Veteranos M40	5	Caracol Trail Team	0:42:56.5	36	1:06:41.0	31
27.	872	José Maria Ferreira	1:36:23.8	m	27	Sub 23 M	3		0:42:21.5	31	1:06:56.0	32
28.	1000	Daniel Dias	1:36:26.7	m	28	Sénior Masculino	16	Centro Vicentino da Serra	0:41:59.9	28	1:06:31.3	30
29.	316	Rogério Azevedo	1:36:42.4	m	29	Veteranos M45	3	CCD Sintrense	0:42:57.6	37	1:07:51.4	35
30.	123	Luís Rodrigues	1:37:41.5	m	30	Veteranos M45	4		0:43:32.0	40	1:08:18.7	39

4.º Trilho das Lampas

Result List MF 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
31.	418	Marco Franco	1:38:07.6	m	31	Sénior Masculino	17	Clube de Atletismo de Ferreira do	0:43:46.0	41	1:09:03.9	42
32.	420	Nelson César	1:38:16.6	m	32	Sénior Masculino	18	Clube de Atletismo de Ferreira do	0:42:45.8	34	1:08:35.8	40
33.	536	Wesley Trigg	1:38:18.1	m	33	Sénior Masculino	19		0:44:04.5	42	1:08:14.0	38
34.	562	Samuel Castela	1:38:35.5	m	34	Sénior Masculino	20		0:44:28.4	44	1:08:57.8	41
35.	739	Paulo Jose Cardoso Da	1:38:42.3	m	35	Veteranos M40	6	N.A.Z.Abóboda	0:44:52.1	49	1:09:37.9	43
36.	351	António Pardal	1:38:49.4	m	36	Veteranos M45	5	Decathlon / OmegaPharma	0:43:26.1	39	1:07:59.5	36
37.	97	Pedro Freitas	1:38:53.2	m	37	Sénior Masculino	21	Caracol Trail Team	0:43:18.5	38	1:08:06.6	37
38.	582	Santos Paulo	1:39:26.4	m	38	Veteranos M45	6	Mountain trails	0:44:35.2	46	1:09:59.2	44
39.	333	João Plácido	1:39:41.6	m	39	Sénior Masculino	22	União FCI de Tomar	0:46:07.9	80	1:10:03.9	45
40.	131	Amândio Antunes	1:40:16.1	m	40	Sénior Masculino	23	AfifenseTrail	0:40:57.2	20	1:03:05.6	16
41.	424	Ruben Chaves	1:41:34.8	m	41	Sénior Masculino	24		0:46:00.4	70	1:11:09.8	53
42.	284	Mark Monteiro	1:41:37.7	m	42	Veteranos M45	7		0:44:09.1	43	1:10:09.8	47
43.	1004	Nuno Oliveira	1:41:45.2	m	43	Sénior Masculino	25	More than Alfa	0:45:54.4	65	1:11:17.3	55
44.	149	Aníbal Godinho	1:41:52.4	m	44	Veteranos M50	3	Caracol Trail Team	0:46:01.5	73	1:12:00.1	65
45.	676	Nuno Neves	1:41:53.2	m	45	Veteranos M45	8	CARACOL TRAIL TEAM	0:45:59.5	69	1:11:57.2	63
46.	137	Pedro Veríssimo	1:41:56.9	m	46	Sénior Masculino	26	ARSM - Associação Recreativa de S.	0:44:49.6	48	1:10:24.1	48
47.	169	André Carvalho	1:41:59.2	m	47	Sénior Masculino	27		0:44:52.3	50	1:10:25.8	50
48.	370	Pedro Crispim	1:41:59.6	m	48	Sénior Masculino	28	Caracol Trail Team	0:46:01.2	72	1:11:54.8	62
49.	143	Gil Afonso Vicente	1:42:06.1	m	49	Veteranos M40	7	caracol trail team	0:46:01.8	75	1:12:01.0	66
50.	532	João Santos	1:42:08.5	m	50	Veteranos M40	8	Dolce Furadouro	0:45:12.7	53	1:10:31.3	52
51.	443	Bruno Dias	1:42:35.1	m	51	Veteranos M40	9	Adraga BTTeam	0:45:26.7	57	1:11:18.5	56
52.	71	Jorge Rodrigues	1:42:38.2	m	52	Veteranos M50	4	Núcleo de Atletismo Zona da	0:45:11.4	51	1:12:05.1	68
53.	303	Hugo Nalha	1:42:43.5	m	53	Veteranos M40	10	C.D."Os Águias" Trail/Running	0:45:54.6	66	1:11:51.1	61
54.	79	Paulo Osório	1:42:49.1	m	54	Veteranos M45	9		0:45:12.0	52	1:11:13.0	54
55.	851	Luis Aires	1:43:00.3	m	55	Veteranos M45	10		0:46:08.4	82	1:12:09.2	69
56.	416	Hélder Pereira	1:43:08.5	m	56	Sénior Masculino	29	Clube de Atletismo de Ferreira do	0:44:30.1	45	1:10:29.5	51
57.	145	Jaime Fernandes	1:43:09.8	m	57	Veteranos M40	11		0:45:53.1	63	1:12:09.6	70
58.	335	Hélder Lemos	1:43:13.1	m	58	Sénior Masculino	30	Runners Dream Moments	0:46:02.5	76	1:11:44.0	60
59.	53	Luis Carlos Silva	1:43:37.9	m	59	Veteranos M40	12		0:45:30.6	58	1:11:22.8	57
60.	206	Artur Oliveira	1:43:39.4	m	60	Sénior Masculino	31	COA - Clube de Orientação e	0:46:11.8	83	1:12:42.9	77
61.	182	Carlos Marques	1:43:44.2	m	61	Veteranos M50	5	N.A.Z.Abóboda	0:46:08.4	81	1:12:17.1	72
62.	278	Diogo Moreira	1:43:59.2	m	62	Sénior Masculino	32	OzXtreme / GDCR	0:46:15.6	84	1:12:41.6	76
63.	181	Pedro Jesus	1:44:10.6	m	63	Sénior Masculino	33	Gáfete Runners	0:45:18.2	55	1:12:26.1	73

4.º Trilho das Lampas

Result List MF 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
64.	111	Nuno Coelho	1:44:15.9	m	64	Veteranos M40	13	Coimbra Trail Running	0:45:31.2	60	1:11:41.0	59
65.	423	Tiago Miguel	1:44:37.1	m	65	Sénior Masculino	34	Clube de Atletismo de Ferreira do	0:44:49.0	47	1:12:04.3	67
66.	857	Frederico Cerdeira	1:44:50.6	m	66	Sénior Masculino	35	Monsanto Running Team	0:45:40.6	61	1:11:57.5	64
67.	390	Bruno Sequeira	1:44:56.1	m	67	Sénior Masculino	36	Monsanto Running Team	0:45:59.4	68	1:12:41.3	75
68.	524	Zo Vieira	1:44:59.6	m	68	Veteranos M50	6	Proaventuras	0:46:22.7	85	1:12:43.1	78
69.	639	João Ferreira	1:45:12.0	m	69	Sénior Masculino	37	Porto de Mós a Correr	0:46:43.4	91	1:12:52.5	82
70.	646	David Gouveia	1:45:16.9	m	70	Sénior Masculino	38	Escaravelhos Team	0:45:20.8	56	1:11:31.6	58
71.	101	Joao Maia	1:45:21.3	m	71	Veteranos M50	7	Falcões Selvagens	0:45:48.2	62	1:12:32.0	74
72.	220	Diogo Lopes	1:45:24.3	m	72	Sub 23 M	4	COA - Clube de Orientação e	0:45:13.8	54	1:12:52.9	83
73.	373	Vitor Pinto	1:45:27.9	m	73	Sénior Masculino	39	AMCF-Arrábida Trail Team	0:46:38.8	89	1:12:59.2	84
74.	288	Sérgio Oliveira	1:45:35.9	m	74	Veteranos M40	14	pace.makers	0:47:34.4	104	1:14:17.8	92
75.	340	Marco Mendes	1:45:41.2	m	75	Veteranos M40	15	Clube de Praças da Armada	0:48:37.9	126	1:14:38.3	99
76.	787	Nuno Lopes	1:45:50.4	m	76	Sénior Masculino	40	Hc Runners	0:45:53.2	64	1:12:48.3	80
77.	81	Aretino Mota	1:45:58.5	m	77	Veteranos M50	8	Linda-a-Pastora Sporting Clube	0:47:56.6	110	1:15:11.6	111
78.	620	João Rosa	1:45:59.3	m	78	Veteranos M40	16	Matilha Running	0:46:57.8	95	1:14:17.9	93
79.	614	Bruno Sousa	1:46:00.9	m	79	Veteranos M40	17	Wild Challenge	0:45:55.0	67	1:12:49.2	81
80.	388	André Reis	1:46:05.7	m	80	Sénior Masculino	41	Monsanto Running Team	0:46:31.6	87	1:13:58.3	90
81.	82	Almiro Feijão	1:46:08.2	m	81	Veteranos M55	1	Linda-a-Pastora Sporting Clube	0:47:57.0	112	1:14:52.5	102
82.	236	Nuno Anjos	1:46:09.5	m	82	Veteranos M40	18	amigosdacorrída.com	0:47:21.5	97	1:14:27.0	97
83.	164	Luis Neves Franco	1:46:13.0	m	83	Sénior Masculino	42	Decathlon/Omega Pharma	0:47:28.7	99	1:14:21.9	95
84.	950	Pedro Silva	1:46:21.4	m	84	Veteranos M50	9	CLUBE MILLENNIUM BCP	0:47:28.9	100	1:14:17.3	91
85.	25	Francisco Rodrigues	1:46:32.4	m	85	Veteranos M40	19	Turres Trail Team	0:48:26.4	120	1:15:09.6	110
86.	34	João Barreto	1:46:34.3	m	86	Sénior Masculino	43	GO!Runners	0:46:24.4	86	1:13:25.0	86
87.	277	Tiago Jesus	1:46:35.6	m	87	Sénior Masculino	44	OzXtreme / GDCR	0:46:06.2	79	1:13:27.7	88
88.	18	Joaquim Capela	1:46:42.4	m	88	Veteranos M45	11	Kaninos	0:47:22.1	98	1:14:19.8	94
89.	88	Carlos Carola	1:46:48.4	m	89	Sénior Masculino	45	Aboim Jovem	0:48:13.2	114	1:15:09.0	109
90.	138	Daniel Rodrigues	1:46:54.8	m	90	Sénior Masculino	46		0:46:53.0	94	1:14:28.9	98
91.	40	Roberto Rodrigues	1:47:04.8	m	91	Sénior Masculino	47	GO!Runners	0:49:09.6	136	1:15:42.6	118
92.	127	Jose Camelo	1:47:06.1	m	92	Veteranos M40	20	matilha Running	0:48:18.3	116	1:15:02.5	104
93.	32	Bruno Marrão	1:47:10.7	m	93	Veteranos M40	21	GO!Runners	0:47:32.0	102	1:15:07.2	108
94.	550	Paulo Frango	1:47:15.7	m	94	Sénior Masculino	48	Monsanto Running Team	0:47:43.9	106	1:14:26.6	96
95.	337	Renato Rainho	1:47:16.0	m	95	Veteranos M40	22	Clube de Praças da Armada	0:46:51.5	93	1:14:39.2	100
96.	615	Fernando Santos	1:47:31.5	m	96	Sub 23 M	5	Escaravelhos Team	0:46:46.3	92	1:13:27.1	87

4.º Trilho das Lampas

Result List MF 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
97.	661	Luis Pereira	1:47:35.9	m	97	Sénior Masculino	49		0:48:20.5	117	1:14:46.2	101
98.	399	Marco Rodrigues	1:47:39.8	m	98	Veteranos M40	23	ARSM - Associação Recreativa de S.	0:47:47.6	108	1:15:12.0	112
99.	474	Bruno Gonçalves	1:47:45.1	m	99	Sénior Masculino	50		0:46:41.9	90	1:13:42.5	89
100.	217	Rui Pena	1:47:47.2	m	100	Sénior Masculino	51	COA - Clube de Orientação e	0:47:31.9	101	1:15:18.9	113
101.	497	David Santos	1:48:09.1	m	101	Veteranos M40	24	Juventude Vidigalense	0:42:55.4	35	1:10:25.6	49
102.	343	Miguel Teixeira	1:48:35.7	m	102	Sénior Masculino	52	Clube de Praças da Armada	0:48:38.2	127	1:16:30.5	123
103.	367	Gil Alves	1:48:45.7	m	103	Veteranos M40	25	100fobias	0:47:56.7	111	1:16:19.4	120
104.	580	Pedro Luzio	1:49:04.8	m	104	Veteranos M40	26	SS CGD	0:48:52.2	132	1:16:36.1	125
105.	175	João Gonçalves	1:49:21.0	m	105	Sénior Masculino	53	Correr na Cidade	0:48:31.8	123	1:15:43.1	119
106.	6	António Pedro Santos	1:49:23.6	m	106	Veteranos M45	12	Salamandrecos	0:48:25.2	119	1:16:20.0	121
107.	28	Diogo Sousa	1:49:29.0	m	107	Sénior Masculino	54	GO!Runners	0:48:37.1	125	1:15:22.4	114
108.	896	Carlos Barros	1:49:29.9	m	108	Sénior Masculino	55	Salamandrecos	0:49:44.7	142	1:17:36.6	134
109.	51	Pedro Nogueira	1:49:32.5	m	109	Veteranos M40	27	Clube Vodafone	0:48:39.6	128	1:16:41.9	127
110.	374	Luis Trindade	1:49:40.2	m	110	Sénior Masculino	56	AMCF-Arrábida Trail Team	0:47:42.8	105	1:15:06.9	107
111.	530	Marco Pinto	1:50:06.0	m	111	Sénior Masculino	57	Proaventuras	0:48:12.4	113	1:15:41.2	117
112.	24	Bruno Lima	1:50:06.2	m	112	Sénior Masculino	58	AfifenseTrail	0:46:01.5	74	1:15:03.4	105
113.	913	Nuno Garrana	1:50:09.8	m	113	Sénior Masculino	59	AFDD-Run Crew Trail Montijo	0:48:55.7	133	1:16:48.8	130
114.	325	Orlando Martins	1:50:14.7	m	114	Veteranos M60	1	CCD Sintrense	0:46:05.4	78	1:13:25.0	85
115.	326	António Fraga Miranda	1:50:30.5	m	115	Veteranos M45	13	ATR-Algarve Trail Running	0:47:15.7	96	1:15:33.6	116
116.	1013	João Paulo Marques	1:50:32.8	m	116	Veteranos M50	10	Proaventuras	0:48:40.0	130	1:16:44.1	128
117.	547	Pedro Luiz	1:50:51.1	m	117	Sénior Masculino	60	Correr na Cidade	0:49:05.2	135	1:16:27.5	122
118.	920	Luis Moura	1:50:51.1	m	118	Veteranos M40	28	Correr na Cidade	0:48:31.7	122	1:16:33.2	124
119.	998	José Presado	1:51:07.4	m	119	Sénior Masculino	61	Centro Vicentino da Serra	0:49:15.2	137	1:17:26.1	133
120.	118	Pedro Amaro Ramos	1:51:37.2	m	120	Veteranos M40	29	ARSM - Associação Recreativa de S.	0:48:14.5	115	1:16:36.9	126
121.	60	Ricardo Valente	1:51:37.3	m	121	Veteranos M50	11	Não Fazemos Nem Mais Um... Km	0:49:39.8	140	1:17:39.5	135
122.	258	Paulo Rodrigues	1:51:43.5	m	122	Veteranos M40	30	Rail Runners	0:50:10.8	152	1:17:58.3	137
123.	140	Paulo Mendes	1:51:45.0	m	123	Sénior Masculino	62	Tartarugas Solidárias	0:50:21.4	156	1:18:33.5	142
124.	341	Luis Silva	1:51:45.0	m	124	Sénior Masculino	63	Clube de Praças da Armada	0:46:02.9	77	1:12:11.4	71
125.	610	Edagar Jacinto	1:52:23.2	m	125	Sénior Masculino	64	PICA MIOLOS	0:50:34.2	159	1:18:16.3	139
126.	448	Pedro Carrasqueira	1:52:23.4	m	126	Sénior Masculino	65	PICA MIOLOS	0:50:32.5	158	1:18:14.7	138
127.	184	Pedro Mourão	1:52:36.6	m	127	Veteranos M40	31	Caracol Trail Team	0:50:06.7	149	1:18:21.5	140
128.	62	Pedro Barbosa	1:52:50.5	m	128	Veteranos M45	14	Olimpico Vianense Trail/ND Sport	0:48:33.5	124	1:18:26.1	141
129.	1002	Pedro Vaz	1:52:58.4	m	129	Sénior Masculino	66	Centro Vicentino da Serra	0:48:50.4	131	1:17:54.6	136

4.º Trilho das Lampas

Result List MF 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
130.	516	Claudio Franco	1:53:17.1	m	130	Sénior Masculino	67	Dolce Furadouro	0:52:14.7	189	1:19:46.8	156
131.	290	Pedro Simões	1:53:21.4	m	131	Sénior Masculino	68	Uni_Verso RUN	0:51:53.2	177	1:18:49.3	146
132.	899	Ricardo Crisógono	1:53:49.4	m	132	Sénior Masculino	69		0:47:49.0	109	1:19:21.8	152
133.	873	Álvaro Mendonça	1:53:57.8	m	133	Sénior Masculino	70	GáfeteRunners	0:50:20.7	155	1:19:17.7	151
134.	622	Gleiber Mendes	1:53:57.9	m	134	Sénior Masculino	71	Arriba Trail Runners	0:51:33.3	170	1:19:32.3	154
135.	862	Sergio Ramos	1:54:00.4	m	135	Veteranos M40	32		0:49:42.5	141	1:18:39.1	145
136.	631	Miguel Quaresma	1:54:01.2	m	136	Veteranos M40	33		0:48:20.9	118	1:16:54.6	131
137.	847	Jose Nunes	1:54:14.2	m	137	Veteranos M45	15		0:50:00.3	145	1:19:42.1	155
138.	21	Carlos Neto	1:54:21.1	m	138	Veteranos M40	34	AfifenseTrail	0:49:50.4	144	1:19:06.2	149
139.	839	Pedro Moleirinho	1:54:23.3	m	139	Veteranos M45	16		0:53:06.4	218	1:21:10.2	170
140.	686	João Rodrigues	1:54:51.5	m	140	Veteranos M40	35	Linda-a-Pastora Sporting Clube	0:52:22.2	192	1:21:22.6	173
141.	765	Rui Pedro Lopes Da	1:55:15.2	m	141	Sénior Masculino	72	Rail Runners	0:51:40.5	174	1:19:48.6	157
142.	407	Rui Cruz	1:55:20.0	m	142	Veteranos M40	36		0:47:34.0	103	1:15:27.8	115
143.	831	João Pateira	1:55:26.3	m	143	Sénior Masculino	73		0:50:03.8	148	1:20:05.2	160
144.	906	Luís Soares	1:55:37.6	m	144	Veteranos M50	12	CLUBE OGMA	0:51:51.5	176	1:20:22.1	162
145.	49	Edgar Prazeres	1:55:49.7	m	145	Sénior Masculino	74		0:50:01.0	147	1:19:24.6	153
146.	456	Cláudio Rocha	1:55:50.6	m	146	Veteranos M40	37	Lis Running	0:50:51.6	163	1:21:05.5	167
147.	342	Luís Amandio	1:55:54.8	m	147	Sénior Masculino	75	Clube de Praças da Armada	0:52:02.1	180	1:21:35.7	175
148.	344	Jose Amandio	1:55:55.4	m	148	Veteranos M50	13	Clube de Praças da Armada	0:52:00.9	178	1:21:34.1	174
149.	637	Henrique Mateus	1:55:57.4	m	149	Veteranos M40	38		0:53:09.1	220	1:22:15.1	191
150.	529	Pedro Sousa	1:56:01.7	m	150	Veteranos M60	2	Proaventuras	0:52:12.8	187	1:22:02.0	180
151.	260	Rui Merendas	1:56:03.5	m	151	Veteranos M40	39		0:50:10.2	151	1:20:58.0	166
152.	152	Élio André	1:56:09.1	m	152	Sénior Masculino	76	CSRDOta/Anipura	0:51:41.9	175	1:21:08.2	169
153.	452	Joao Pereira	1:56:28.7	m	153	Sénior Masculino	77	PICA MIOLOS	0:52:49.4	209	1:22:37.2	197
154.	946	Manuel Rodrigues	1:56:32.4	m	154	Veteranos M50	14	CLUBE MILLENNIUM BCP	0:51:36.8	171	1:21:07.8	168
155.	395	Mário Ildelfonso	1:56:35.3	m	155	Veteranos M60	3	Monsanto Running Team	0:52:59.7	216	1:22:03.2	182
156.	701	Adelino Carvalho	1:56:36.3	m	156	Veteranos M40	40		0:52:23.6	193	1:22:02.1	181
157.	598	Carlos Baptista	1:56:39.2	m	157	Veteranos M55	2	Sporting Clube de Casainhos	0:52:42.2	207	1:22:46.7	200
158.	159	Eurico Carocha	1:56:40.7	m	158	Veteranos M50	15	Keep Running	0:50:09.0	150	1:18:56.8	147
159.	997	Diogo Carlos	1:56:49.9	m	159	Sénior Masculino	78	G.P. Runners	0:50:39.1	161	1:20:08.5	161
160.	981	Marcelo Sousa	1:56:50.3	m	160	Sénior Masculino	79	Decathlon Montijo Trail Team	0:49:49.6	143	1:18:37.6	144
161.	577	João Faria	1:56:55.8	m	161	Sénior Masculino	80	Proaventuras	0:52:31.2	202	1:21:58.6	179
162.	314	Helder Vaz	1:56:57.6	m	162	Sénior Masculino	81	CCD Sintrense	0:50:17.2	154	1:19:57.8	159

4.º Trilho das Lampas

Result List MF 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
163.	709	José Freitas	1:56:59.0	m	163	Veteranos M50	16	Associação de Atletismo Lebres do	0:50:53.8	164	1:20:55.3	164
164.	725	Sérgio Nuno Matos	1:57:03.6	m	164	Veteranos M40	41	Carapaus de Corrida	0:51:16.0	167	1:20:57.5	165
165.	618	Pedro Miguel Lima	1:57:11.8	m	165	Veteranos M40	42	Clube Vodafone	0:52:28.1	199	1:22:16.6	192
166.	192	David Silva	1:57:14.8	m	166	Sénior Masculino	82	Correr Lisboa	0:50:36.3	160	1:18:59.8	148
167.	231	Ricardo Vitorino	1:57:34.5	m	167	Sénior Masculino	83	Dolce Furadouro	0:52:28.0	198	1:22:36.2	195
168.	323	Rodrigo Correia	1:57:42.2	m	168	Sénior Masculino	84	CCD Sintrense	0:51:20.3	168	1:21:14.0	171
169.	247	Ricardo Amaral	1:57:52.6	m	169	Sénior Masculino	85		0:52:37.5	204	1:21:53.3	177
170.	414	Tiago Ramos	1:58:00.4	m	170	Sénior Masculino	86	Clube de Atletismo de Ferreira do	0:52:11.9	185	1:21:54.9	178
171.	444	João Pereira	1:58:01.5	m	171	Sénior Masculino	87	Aminhacorrida/Kalenji	0:52:05.6	182	1:22:12.7	189
172.	221	Carlos Ferreira	1:58:11.8	m	172	Veteranos M60	4		0:53:17.9	225	1:23:31.1	207
173.	720	João Fiel	1:58:16.9	m	173	Sénior Masculino	88	Dolce Furadouro	0:51:03.3	165	1:19:53.9	158
174.	680	Leonel De São José	1:58:22.7	m	174	Veteranos M45	17	Sport Clube Alfragide	0:52:29.4	201	1:22:04.1	185
175.	748	Fernando Corda	1:58:22.8	m	175	Veteranos M50	17	Valejas AC	0:55:42.7	288	1:24:59.6	241
176.	383	Pedro Pinto	1:58:23.5	m	176	Veteranos M40	43		0:53:57.7	247	1:23:25.9	206
177.	705	Gonçalo Correia	1:58:31.7	m	177	Sénior Masculino	89	Geodésicos	0:54:40.6	265	1:25:03.3	243
178.	166	Telmo Carvalho	1:58:40.3	m	178	Sénior Masculino	90	ARSM - Associação Recreativa de S.	0:51:37.7	173	1:22:15.0	190
179.	468	João Granja	1:58:41.1	m	179	Veteranos M40	44		0:54:33.6	259	1:23:55.2	221
180.	509	Pedro Rodrigues	1:58:44.4	m	180	Veteranos M45	18	OFICINA DO PEDRO	0:52:48.0	208	1:23:31.2	208
181.	611	Joao Gaspar	1:58:49.5	m	181	Sénior Masculino	91	PICA MIOLOS	0:52:01.0	179	1:23:01.7	202
182.	912	Romeu Silva	1:58:52.0	m	182	Veteranos M40	45		0:52:02.3	181	1:22:03.3	183
183.	853	Ricardo Carragosela	1:58:56.8	m	183	Sénior Masculino	92		0:53:32.1	234	1:23:43.4	214
184.	837	Tiago Almeida	1:59:01.9	m	184	Sénior Masculino	93	100 esTRILHOS	0:52:14.7	188	1:22:03.8	184
185.	318	Luis Hernandez	1:59:08.1	m	185	Sénior Masculino	94	CCD Sintrense	0:50:16.8	153	1:22:08.6	188
186.	612	Arménio Pontes	1:59:11.2	m	186	Veteranos M40	46		0:52:55.8	214	1:23:08.5	204
187.	586	Horácio Ferreira	1:59:16.0	m	187	Veteranos M45	19	ARSM - Associação Recreativa de S.	0:50:30.4	157	1:22:06.0	186
188.	408	Diogo Duarte	1:59:16.1	m	188	Veteranos M40	47	Go!Runners	0:52:26.4	195	1:24:29.3	229
189.	364	Germano Canedo	1:59:30.5	m	189	Veteranos M50	18	100fobias	0:52:25.5	194	1:22:39.8	199
190.	157	Eduardo Pena	1:59:39.8	m	190	Veteranos M50	19	Keep Running	0:53:37.2	237	1:24:54.2	236
191.	854	Miguel Cardador	1:59:45.6	m	191	Veteranos M45	20	Cardador Family	0:51:13.1	166	1:22:08.3	187
192.	59	Alexandre Narciso	1:59:51.0	m	192	Sénior Masculino	95	Juventude Vidigalense	0:51:37.4	172	1:23:11.6	205
193.	151	João André	1:59:51.2	m	193	Sénior Masculino	96	CSRDOta/Anipura	0:53:04.8	217	1:23:42.6	213
194.	667	Nelson Nogueira	1:59:55.8	m	194	Sénior Masculino	97	RCVital	0:52:07.8	183	1:23:59.5	224
195.	75	Pedro Granadas	1:59:58.7	m	195	Veteranos M40	48	Tough Trails Alenquer	0:48:26.9	121	1:21:15.7	172

4.º Trilho das Lampas

Result List MF 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
196.	988	João Luis Santos	2:00:00.9	m	196	Veteranos M55	3	N.A.Z.Abóboda	0:53:50.3	242	1:25:03.1	242
197.	98	Hélder Sêco	2:00:05.8	m	197	Veteranos M40	49	ARSM - Associação Recreativa de S.	0:54:01.2	249	1:24:37.1	232
198.	345	Pedro Cachão	2:00:07.6	m	198	Sénior Masculino	98	Clube de Praças da Armada	0:50:01.0	146	1:20:40.7	163
199.	721	Albísio Fernandes	2:00:14.6	m	199	Veteranos M60	5		0:52:12.2	186	1:22:38.2	198
200.	756	Nuno Barreto	2:00:22.5	m	200	Veteranos M40	50	GO!Runners	0:52:18.1	191	1:23:48.0	215
201.	555	Goncalo Prudencio	2:00:37.8	m	201	Sub 23 M	6	Salamandrecos	0:52:54.7	213	1:23:40.7	212
202.	426	Luis Silveira	2:00:40.7	m	202	Veteranos M55	4		0:53:21.3	230	1:23:55.0	220
203.	365	Hugo Evaristo	2:00:51.0	m	203	Sénior Masculino	99	100fobias	0:52:27.6	197	1:22:56.3	201
204.	233	Ivo Santos	2:00:52.4	m	204	Sénior Masculino	100	Dolce Furadouro	0:55:04.5	276	1:25:22.6	250
205.	292	Miguel Neves	2:00:53.7	m	205	Sénior Masculino	101	UGAS TRAIL Running	0:51:28.9	169	1:23:35.5	210
206.	296	Duarte Neves	2:00:54.2	m	206	Sénior Masculino	102	UGAS TRAIL Running	0:52:40.2	205	1:23:34.7	209
207.	224	André Riscado	2:00:54.5	m	207	Sénior Masculino	103	Riscmeyer	0:52:53.0	211	1:25:50.8	259
208.	695	Filipe Mesquita	2:00:54.5	m	208	Veteranos M40	51	Clá	0:55:35.1	284	1:25:41.2	257
209.	2	Gonçalo Valente	2:01:06.5	m	209	Veteranos M45	21		0:53:12.5	223	1:23:49.0	216
210.	121	Sérgio Pedro	2:01:10.2	m	210	Sénior Masculino	104	TINTO RUNNING TEAM	0:53:22.9	231	1:24:55.9	238
211.	613	Flávio Cruz	2:01:24.7	m	211	Sénior Masculino	105		0:53:12.3	222	1:22:36.7	196
212.	809	Joao Meira	2:01:25.8	m	212	Sénior Masculino	106		0:54:48.9	270	1:25:25.3	253
213.	863	Luís Froes	2:01:27.7	m	213	Sénior Masculino	107	A20km - Trail Running Team	0:53:29.8	233	1:23:49.3	217
214.	679	António Fernandes	2:01:28.0	m	214	Veteranos M50	20	Clube do Stress	0:54:35.3	261	1:26:33.3	267
215.	252	Rui Loureiro Marques	2:01:46.8	m	215	Sénior Masculino	108	Runners Dream Moments	0:53:20.8	229	1:24:18.0	227
216.	931	Hugo Luz	2:01:56.8	m	216	Veteranos M50	21	CLUBE MILLENNIUM BCP	0:53:54.3	245	1:24:11.0	226
217.	112	Alexandre Kellen	2:01:57.5	m	217	Veteranos M45	22	Matilha Running	0:53:41.3	239	1:24:54.8	237
218.	495	Rui Miguel	2:01:59.6	m	218	Veteranos M40	52	o praticante	0:57:12.4	319	1:27:21.7	281
219.	533	Bernardo Zoio	2:02:02.9	m	219	Veteranos M40	53	Salamandrecos	0:53:18.4	226	1:25:36.8	256
220.	279	Jorge Nabais	2:02:20.5	m	220	Sénior Masculino	109		0:54:59.6	274	1:26:07.7	262
221.	850	Carlos Sousa	2:02:24.7	m	221	Veteranos M50	22	Caracol Trail Team	0:53:19.9	228	1:23:51.2	218
222.	262	Sérgio Almeida	2:02:32.0	m	222	Sénior Masculino	110	100 esTRILHOS	0:53:59.4	248	1:24:50.9	235
223.	39	Pedro Carmona	2:02:37.2	m	223	Sénior Masculino	111	GO!Runners	0:54:48.0	269	1:25:21.6	249
224.	245	Rui Pereira	2:02:45.1	m	224	Veteranos M40	54	COA - Clube de Orientação e	0:53:09.1	219	1:24:30.0	230
225.	116	Henrique Pinto	2:02:48.9	m	225	Sénior Masculino	112	Coimbra Trail Running	0:52:52.5	210	1:24:23.9	228
226.	525	José Dionísio	2:02:50.3	m	226	Veteranos M55	5	Proaventuras	0:54:07.8	253	1:25:24.7	251
227.	161	Rui Leão	2:03:03.6	m	227	Veteranos M45	23		0:55:13.0	279	1:26:48.3	270
228.	400	João Caetano	2:03:11.4	m	228	Veteranos M45	24		0:53:50.3	243	1:24:04.6	225

4.º Trilho das Lampas

Result List MF 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
229.	453	Hugo Borges	2:03:13.0	m	229	Sénior Masculino	113	PICA MIOLOS	0:52:28.3	200	1:22:30.7	194
230.	690	Simão Fernandes	2:03:15.0	m	230	Sénior Masculino	114	Monsanto Running Team	0:55:03.2	275	1:25:58.3	261
231.	927	Virgílio Costa	2:03:27.2	m	231	Veteranos M45	25	CLUBE MILLENNIUM BCP	0:54:13.5	256	1:24:57.6	239
232.	211	Luís Emídio	2:03:28.9	m	232	Veteranos M45	26	COA - Clube de Orientação e	0:54:47.7	268	1:26:47.4	269
233.	401	Miguel Vitorino	2:03:31.2	m	233	Sénior Masculino	115	caracol trail team	0:53:35.6	235	1:24:42.1	233
234.	96	Paulo Menezes	2:03:35.7	m	234	Veteranos M40	55	Matilha Running	0:52:40.7	206	1:23:53.1	219
235.	903	Rui Silva	2:03:38.2	m	235	Sénior Masculino	116		0:56:10.4	294	1:27:08.5	277
236.	560	Hugo Caldeira	2:03:40.7	m	236	Sénior Masculino	117	ARSM - Associação Recreativa de S.	0:50:46.9	162	1:21:36.2	176
237.	800	Ricardo Tiago	2:03:43.2	m	237	Veteranos M45	27	Salamandrecos	0:55:31.0	282	1:27:15.4	278
238.	813	Bruno Mendes	2:03:57.6	m	238	Sénior Masculino	118	VendasNovas Trail	0:55:37.9	287	1:27:35.5	284
239.	934	Pedro Sá	2:03:59.1	m	239	Veteranos M40	56	CLUBE MILLENNIUM BCP	0:54:51.9	272	1:26:28.8	266
240.	842	Joaquim Teixeira	2:04:21.4	m	240	Veteranos M60	6	Caracol Trail Team	0:56:17.4	295	1:27:36.8	285
241.	298	Álvaro Centeio	2:04:31.7	m	241	Veteranos M45	28	UGAS TRAIL Running	0:53:37.8	238	1:26:09.9	264
242.	261	Luis Aires	2:04:50.2	m	242	Veteranos M45	29	100 esTRILHOS	0:54:03.4	251	1:25:09.9	247
243.	788	João Farinha	2:04:53.2	m	243	Veteranos M55	6	Caracol Trail Team	0:54:34.4	260	1:27:38.2	286
244.	864	Carlos Marques	2:05:00.0	m	244	Veteranos M55	7	TRILHOS E CORRIDAS DE	0:55:05.5	277	1:26:53.6	273
245.	527	Sergio Casal	2:05:13.2	m	245	Veteranos M45	30	Proaventuras	0:54:38.5	262	1:27:20.6	280
246.	888	Nuno Santos	2:05:17.9	m	246	Sénior Masculino	119	Team mata ratos	0:54:05.2	252	1:25:08.6	246
247.	929	Eduardo Ferreira	2:05:19.9	m	247	Veteranos M40	57	CLUBE MILLENNIUM BCP	0:56:20.9	297	1:28:06.0	287
248.	179	Paulo Pinto	2:05:24.5	m	248	Veteranos M40	58	pace.makers	0:53:50.6	244	1:23:58.6	223
249.	263	Hugo Rocha	2:05:36.9	m	249	Sénior Masculino	120	Diverinstal	0:53:47.1	241	1:25:19.5	248
250.	704	Joaquim Velhinho Dias	2:05:40.2	m	250	Veteranos M40	59		0:57:07.8	315	1:29:21.6	303
251.	985	Roberto Gonçalves	2:05:43.0	m	251	Veteranos M40	60	Salamandrecos	0:56:46.6	307	1:28:47.5	294
252.	708	Eduardo Quaresma	2:05:45.9	m	252	Sénior Masculino	121	Valejas AC	0:58:04.1	335	1:28:55.3	295
253.	304	Pedro Almeida	2:05:48.7	m	253	Veteranos M40	61		0:53:36.1	236	1:24:30.6	231
254.	311	João Girão	2:05:55.6	m	254	Sénior Masculino	122	Estrela Campo Aviação FC	0:52:16.8	190	1:25:07.3	245
255.	433	Jorge Leite	2:05:59.2	m	255	Veteranos M45	31		0:54:08.4	254	1:27:29.8	283
256.	409	Paulo Gonçalves	2:06:08.5	m	256	Sénior Masculino	123	Os Netos	0:55:35.7	285	1:26:51.8	272
257.	197	João Paulino	2:06:19.1	m	257	Sénior Masculino	124	Kangaroo Runners	0:53:12.3	221	1:25:24.8	252
258.	158	Jose Nunes	2:06:32.4	m	258	Veteranos M45	32	Keep Running	0:54:02.9	250	1:26:09.7	263
259.	647	Rui Abrantes	2:06:35.5	m	259	Sénior Masculino	125	Tartarugas Solidárias	0:53:27.5	232	1:25:57.5	260
260.	710	Victor Silva	2:06:39.2	m	260	Veteranos M50	23	Associação de Atletismo Lebres do	0:56:36.0	300	1:29:00.0	297
261.	327	Jorge Figueiredo	2:06:40.1	m	261	Veteranos M50	24	Potugal Talentus	0:55:36.1	286	1:28:42.6	291

4.º Trilho das Lampas

Result List MF 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
262.	657	Nuno Magro	2:07:10.2	m	262	Veteranos M40	62	SportPontoCome-Escola Ciclismo de	0:53:46.7	240	1:25:33.5	254
263.	866	Rui Morais	2:07:13.3	m	263	Sénior Masculino	126		0:55:53.7	290	1:27:27.4	282
264.	76	Joaquim Lima	2:07:14.9	m	264	Veteranos M50	25	Matilha Running	0:56:50.3	310	1:28:42.2	290
265.	354	Luís Zêzere	2:07:17.8	m	265	Veteranos M40	63	CCD Crédito Agrícola Mútuo	0:54:51.8	271	1:26:50.4	271
266.	238	Luis Relvas	2:07:22.6	m	266	Sénior Masculino	127	Eléctrico Futebol Clube	0:54:42.6	266	1:26:53.9	274
267.	900	Miguel Lucena	2:07:24.9	m	267	Veteranos M40	64		0:57:58.4	333	1:29:39.2	305
268.	980	Miguel Azevedo	2:07:31.0	m	268	Sénior Masculino	128	Decathlon Montijo Trail Team	0:52:53.4	212	1:24:48.2	234
269.	94	Artur Jorge Pereira	2:07:41.1	m	269	Veteranos M45	33	ENTERPROM - Brindes Promocionais	0:56:07.2	293	1:28:21.4	288
270.	876	José Guilherme	2:07:44.6	m	270	Veteranos M50	26	comDor runners	0:59:23.8	358	1:30:49.1	318
271.	291	Daniel Santos	2:07:53.0	m	271	Sénior Masculino	129	UGAS TRAIL Running	0:54:39.9	263	1:27:17.2	279
272.	347	Paulo Alves	2:08:02.0	m	272	Sénior Masculino	130	Clube de Praças da Armada	0:55:34.5	283	1:27:06.3	276
273.	428	Liberto Santos	2:08:03.4	m	273	Veteranos M45	34		0:56:43.1	302	1:28:46.7	293
274.	909	Luis Ferreira	2:08:15.6	m	274	Veteranos M40	65		0:57:09.6	316	1:29:46.0	307
275.	926	Jose Ferreira	2:08:16.0	m	275	Veteranos M40	66		0:57:10.0	317	1:29:47.3	308
276.	672	Dinis Morais	2:08:42.2	m	276	Veteranos M45	35	CCD Siemens	0:56:49.6	309	1:29:09.2	298
277.	412	António Amaro	2:08:53.4	m	277	Sénior Masculino	131	Os Netos	0:57:24.7	321	1:29:45.6	306
278.	160	Hugo Costa	2:09:03.9	m	278	Sénior Masculino	132	Keep Running	0:58:50.2	350	1:30:51.1	321
279.	558	Filipe Silva	2:09:23.4	m	279	Sénior Masculino	133	CASA DO PESSOAL DA RTP	0:52:26.4	196	1:29:17.3	302
280.	838	Renato Santos	2:09:31.1	m	280	Sénior Masculino	134		0:54:14.4	257	1:25:43.8	258
281.	440	Tiago Ramos	2:09:35.7	m	281	Veteranos M40	67		0:56:29.1	298	1:30:49.7	320
282.	602	Nuno Bogalheiro	2:10:00.4	m	282	Veteranos M40	68	Amigos Vale Silêncio	0:58:04.6	336	1:31:09.8	323
283.	8	Sérgio Costa	2:10:00.6	m	283	Sénior Masculino	135	GDRC SEF Carapaus de Corrida	0:58:04.7	337	1:31:38.2	332
284.	379	Hugo Hilário	2:10:24.2	m	284	Sénior Masculino	136	Trevo-Medicina Desportiva	0:57:54.5	328	1:30:44.6	316
285.	711	Pedro Santos	2:10:39.1	m	285	Sénior Masculino	137	Pernas de Gafanhoto	0:57:58.5	334	1:30:37.1	315
286.	461	Paulo Estêvão	2:10:39.2	m	286	Veteranos M45	36	Tartarugas Solidárias	1:00:51.9	396	1:33:22.1	350
287.	662	Pedro Machado	2:10:50.9	m	287	Sénior Masculino	138	Tough Trails Alenquer	0:57:40.4	326	1:30:28.6	313
288.	35	Nuno Gaspar	2:10:59.3	m	288	Veteranos M40	69	GO!Runners	0:56:00.1	291	1:29:17.0	301
289.	65	Gustavo Gapo	2:11:01.8	m	289	Veteranos M40	70	Coimbra Trail Running	0:58:27.6	344	1:31:33.1	330
290.	835	João Dourado	2:11:16.7	m	290	Sénior Masculino	139	A20km	0:55:16.2	280	1:28:37.8	289
291.	352	Cândido Alves	2:11:28.4	m	291	Veteranos M40	71	CCD Crédito Agrícola Mútuo	0:58:11.0	339	1:30:36.2	314
292.	540	Rui Lourenço	2:11:46.3	m	292	Veteranos M45	37	descompasso	0:57:55.1	330	1:30:49.4	319
293.	5	Tiago Carneiro	2:11:46.5	m	293	Veteranos M40	72		0:57:56.5	331	1:30:48.3	317
294.	172	João Cruz	2:11:59.7	m	294	Sénior Masculino	140	ARSM - Associação Recreativa de S.	0:58:55.7	351	1:32:19.9	338

4.º Trilho das Lampas

Result List MF 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
295.	764	Luciano Amaro	2:12:01.7	m	295	Sub 23 M	7	Afifense Trail	0:55:11.1	278	1:29:16.7	299
296.	255	Luís Ferreira	2:12:02.2	m	296	Veteranos M45	38	Rail Runners	0:57:26.8	323	1:31:22.4	329
297.	293	João Ramos	2:12:11.2	m	297	Sénior Masculino	141	UGAS TRAIL Running	0:56:35.9	299	1:29:16.8	300
298.	597	Bruno Proenca	2:12:16.3	m	298	Sénior Masculino	142		0:57:27.1	324	1:32:42.3	343
299.	392	Flávio Fancisco	2:12:19.7	m	299	Veteranos M40	73	Monsanto Running Team	1:01:04.8	404	1:34:25.4	361
300.	843	Bruno Matos	2:13:06.6	m	300	Sénior Masculino	143		0:57:03.1	312	1:31:11.1	325
301.	55	Mauro Gonçalves	2:13:07.6	m	301	Veteranos M40	74	Matilha Running	0:58:06.0	338	1:32:45.7	344
302.	203	Sérgio Forte	2:13:19.0	m	302	Sénior Masculino	144		0:57:12.3	318	1:32:29.3	339
303.	845	Luis Arruda	2:13:44.3	m	303	Sénior Masculino	145		0:56:44.7	303	1:31:48.6	333
304.	825	Carlos Isidoro	2:13:46.4	m	304	Veteranos M50	27		0:56:46.5	306	1:29:59.8	309
305.	501	Tiago Marques	2:13:50.5	m	305	Sénior Masculino	146	GO!Runners	1:00:14.5	373	1:33:19.8	348
306.	107	Romão Santos	2:13:55.2	m	306	Veteranos M40	75	Salamandrecos	0:58:23.4	341	1:31:12.9	326
307.	643	João Pinheiro	2:13:57.9	m	307	Sénior Masculino	147		0:57:54.3	327	1:36:23.5	396
308.	881	Filipe Corte-Real	2:14:01.4	m	308	Veteranos M50	28	Run 4 Fun	0:58:28.5	345	1:31:59.7	336
309.	962	Pedro Pinguinha	2:14:04.1	m	309	Veteranos M40	76	Running Academy	0:58:24.4	342	1:34:31.9	363
310.	991	Carlos Sequeira	2:14:04.1	m	310	Veteranos M45	39	Running Academy - O2 Life Center -	0:58:25.3	343	1:34:32.5	364
311.	378	Nuno Caldeira	2:14:08.8	m	311	Sénior Masculino	148		1:00:28.5	382	1:33:28.0	352
312.	563	Hugo Sousa	2:14:12.9	m	312	Sénior Masculino	149		0:56:58.2	311	1:30:13.8	310
313.	283	Jose Moura	2:14:13.6	m	313	Veteranos M40	77	Tartarugas Solidárias	1:02:51.2	446	1:37:01.4	411
314.	84	Carlos Galamba	2:14:18.3	m	314	Veteranos M50	29	Coimbra Trail Running	0:57:58.1	332	1:31:49.7	334
315.	806	Vasco Nunes	2:14:23.0	m	315	Veteranos M40	78		0:57:13.1	320	1:31:09.9	324
316.	552	Sérgio Rosário	2:14:33.6	m	316	Veteranos M40	79	ARSM - Associação Recreativa de S.	0:59:10.7	355	1:33:18.9	347
317.	606	Moisés Nunes	2:14:34.3	m	317	Veteranos M45	40	ARSM - Associação Recreativa de S.	0:59:12.7	356	1:33:20.8	349
318.	694	Bruno Mesquita	2:14:43.8	m	318	Veteranos M45	41	Clã	0:59:56.2	370	1:33:32.7	354
319.	956	Carlos Grade	2:14:43.9	m	319	Veteranos M40	80	Salamandrecos	0:59:55.1	368	1:33:29.7	353
320.	174	Telmo Silva	2:14:47.3	m	320	Sénior Masculino	150	Caracol Trail Team	0:57:26.6	322	1:32:36.5	340
321.	441	Francisco Bento	2:15:02.3	m	321	Sénior Masculino	151		1:00:33.7	385	1:35:08.2	372
322.	829	Ángelo Neto	2:15:11.2	m	322	Sénior Masculino	152	Afifense Trail	0:53:54.4	246	1:30:21.5	311
323.	80	Humberto Spínola	2:15:15.5	m	323	Veteranos M40	81		1:00:42.0	391	1:36:53.4	407
324.	805	Carlos Sá	2:15:20.5	m	324	Veteranos M45	42	Manos Sá	0:58:49.3	349	1:32:37.8	341
325.	266	Nuno Santos	2:15:47.2	m	325	Sénior Masculino	153		0:56:20.4	296	1:28:57.1	296
326.	315	Adriano Felicio	2:15:53.5	m	326	Sénior Masculino	154	CCD Sintrense	0:58:41.6	347	1:32:15.2	337
327.	729	Alexandre Santos	2:16:07.2	m	327	Veteranos M50	30		1:02:54.8	447	1:36:12.4	392

4.º Trilho das Lampas

Result List MF 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
328.	968	Alvaro Pinto	2:16:10.6	m	328	Veteranos M55	8	REAL ACADEMIA	1:00:41.9	390	1:36:53.2	406
329.	429	Jose Oliveira	2:16:11.8	m	329	Veteranos M40	82		1:00:43.3	393	1:36:55.0	408
330.	762	Hugo Torres	2:16:17.4	m	330	Veteranos M40	83	Principes Monsanto	1:03:07.2	451	1:36:57.4	410
331.	551	Joao Crespo	2:16:20.8	m	331	Veteranos M50	31		1:01:24.2	419	1:35:00.7	370
332.	856	Hugo Lampreia	2:16:28.8	m	332	Veteranos M40	84	Valejas AC	1:00:31.0	384	1:34:38.1	365
333.	153	Pedro Valente	2:16:34.4	m	333	Sénior Masculino	155	TEAM RH9	1:01:02.3	403	1:33:46.8	356
334.	875	Helder Santos	2:16:37.4	m	334	Sénior Masculino	156		1:00:18.4	378	1:34:48.4	366
335.	594	Tiago Silva	2:16:39.8	m	335	Sénior Masculino	157		1:00:42.3	392	1:35:17.5	376
336.	971	Carlos Simões	2:16:47.8	m	336	Veteranos M40	85		1:01:36.6	427	1:36:41.8	402
337.	742	Paulo Nunes	2:16:50.3	m	337	Veteranos M40	86	Correr Lisboa	1:00:47.0	394	1:35:17.9	377
338.	784	Rui Barroso	2:16:57.6	m	338	Veteranos M40	87	Cartoon Rum Team	1:00:15.9	374	1:36:28.1	398
339.	923	Nuno Baixinho	2:16:58.5	m	339	Veteranos M40	88	www.RUNSOX.eu	0:58:29.7	346	1:34:28.4	362
340.	435	Luis Ferreira	2:17:04.0	m	340	Veteranos M50	32	RunLovers	1:01:02.0	402	1:35:32.1	385
341.	214	Manuel Silva	2:17:05.3	m	341	Veteranos M40	89	COA - Clube de Orientação e	0:54:27.9	258	1:33:51.3	358
342.	785	Artur Bernardo	2:17:07.0	m	342	Veteranos M40	90	Cartoon Rum Team	1:00:16.7	375	1:36:28.5	399
343.	859	Cesar Aguiar	2:17:14.1	m	343	Sénior Masculino	158		1:00:19.4	380	1:36:30.1	400
344.	470	Pedro Vieira	2:17:15.8	m	344	Veteranos M40	91		1:01:32.4	424	1:37:14.2	413
345.	601	Jorge Correia	2:17:16.5	m	345	Veteranos M40	92		1:01:35.0	426	1:37:14.8	414
346.	176	Vitor Afonso Lourenço	2:17:24.5	m	346	Veteranos M45	43	Jobrinde - Montes Saloios	1:00:40.5	389	1:38:07.2	427
347.	381	Paulo Branco	2:17:30.7	m	347	Veteranos M40	93		0:58:44.8	348	1:33:07.0	346
348.	572	Bruno Viana	2:17:36.5	m	348	Sub 23 M	8	Afifense Trail	0:46:00.9	71	1:15:04.6	106
349.	339	Jose Matos	2:17:38.3	m	349	Veteranos M45	44	Clube de Praças da Armada	1:01:09.7	409	1:35:13.8	373
350.	486	Luís Gonçalves	2:17:39.4	m	350	Sénior Masculino	159	Jobrinde - Montes Saloios	0:56:03.8	292	1:28:44.0	292
351.	507	André Santos	2:17:40.2	m	351	Sénior Masculino	160	JA FOSTE	1:03:13.2	452	1:38:16.8	428
352.	104	Jorge Prazeres	2:17:49.7	m	352	Veteranos M40	94		1:00:52.0	397	1:36:12.2	391
353.	608	Rogério Venâncio	2:17:56.3	m	353	Veteranos M60	7	O MUNDO DA CORRIDA	1:03:36.2	469	1:39:03.3	436
354.	380	Carlos Magalhães	2:17:59.5	m	354	Veteranos M45	45	Trevo-Medicina Desportiva	0:58:18.9	340	1:35:01.9	371
355.	308	Alexandre Duarte	2:18:03.3	m	355	Veteranos M55	9		0:59:56.1	369	1:34:51.7	368
356.	109	Arnaud Daix	2:18:03.4	m	356	Veteranos M45	46		1:00:35.6	387	1:35:27.6	384
357.	114	Bruno Martelo	2:18:06.9	m	357	Veteranos M40	95	Coimbra Trail Running	0:56:45.2	304	1:33:45.5	355
358.	54	Rui Alegre	2:18:07.0	m	358	Sénior Masculino	161		1:01:06.0	406	1:37:30.6	415
359.	702	Hugo Reis	2:18:11.5	m	359	Sénior Masculino	162	Armada Torreense	1:01:20.4	415	1:34:57.0	369
360.	790	Vasco Costa	2:18:14.0	m	360	Veteranos M60	8		0:59:27.6	359	1:34:50.3	367

4.º Trilho das Lampas

Result List MF 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
361.	346	Carlos Borges	2:18:15.7	m	361	Veteranos M45	47	Clube de Praças da Armada	0:59:01.4	353	1:34:11.5	360
362.	571	Rui Belo	2:18:15.9	m	362	Sénior Masculino	163		1:00:11.5	372	1:33:24.7	351
363.	870	Francisco Pereira	2:18:18.3	m	363	Veteranos M45	48	Açoreana	1:01:23.1	418	1:35:22.8	383
364.	397	Túlio Coelho	2:18:21.6	m	364	Veteranos M45	49	Monsanto Running Team	1:04:46.6	499	1:39:50.8	457
365.	596	Ricardo Pinto	2:18:22.7	m	365	Sénior Masculino	164	Mercedes-Benz	0:59:40.8	361	1:35:19.2	378
366.	212	Luís Lobato	2:18:26.9	m	366	Veteranos M40	96	COA - Clube de Orientação e	1:00:37.4	388	1:35:35.2	386
367.	64	David Clemente	2:18:33.8	m	367	Sénior Masculino	165	A20KM	0:59:33.7	360	1:33:57.7	359
368.	682	Francisco Fidalgo	2:18:34.2	m	368	Sub 23 M	9		1:03:00.5	448	1:36:43.4	403
369.	803	Artur Soares	2:18:36.7	m	369	Veteranos M40	97		1:02:31.5	439	1:38:01.7	420
370.	660	Daniel Candeias	2:18:43.2	m	370	Veteranos M40	98		0:57:54.6	329	1:36:27.2	397
371.	714	Miguel Santos	2:18:46.1	m	371	Sénior Masculino	166		1:01:19.1	414	1:35:15.5	374
372.	171	Pedro Xavier	2:18:51.4	m	372	Sénior Masculino	167	Tartarugas Solidárias	1:04:11.3	490	1:39:36.5	452
373.	132	Ildebrando Aires	2:18:52.4	m	373	Veteranos M40	99		0:59:47.4	366	1:35:22.3	382
374.	133	Paulo Freitas	2:18:52.4	m	374	Veteranos M40	100		0:59:46.4	363	1:35:21.3	381
375.	973	Paulo Cruz	2:18:52.9	m	375	Veteranos M50	33	www.RUNSOX.eu	0:59:46.7	365	1:35:20.9	379
376.	22	Carlos Pereira	2:19:00.9	m	376	Veteranos M40	101	AfifenseTrail	1:01:26.4	422	1:36:41.4	401
377.	57	José Martins	2:19:01.8	m	377	Veteranos M50	34	Aminhacorrida/Kalenji	1:01:07.2	407	1:38:01.9	422
378.	189	António Luis	2:19:08.5	m	378	Veteranos M45	50	Jobrinde - Montes Saloios	0:59:53.0	367	1:33:51.1	357
379.	977	Luís Santos	2:19:26.1	m	379	Veteranos M50	35	GO!Runners	1:03:17.2	460	1:39:01.6	433
380.	201	Rui Oliveira	2:19:30.0	m	380	Veteranos M45	51		0:59:00.9	352	1:35:15.8	375
381.	898	David Leite	2:19:44.7	m	381	Sénior Masculino	168		1:04:34.4	497	1:40:30.0	466
382.	579	Nuno Fidalgo	2:19:52.8	m	382	Veteranos M40	102		1:04:10.7	487	1:39:39.1	455
383.	656	Ricardo Neves	2:19:54.2	m	383	Sénior Masculino	169		1:00:59.5	401	1:36:51.9	405
384.	20	Jorge Sousa	2:19:55.7	m	384	Veteranos M40	103		1:03:15.5	456	1:39:06.6	439
385.	860	Paulo Rodrigues	2:20:03.6	m	385	Veteranos M45	52		1:04:21.8	495	1:40:26.8	463
386.	834	César Avó	2:20:10.7	m	386	Veteranos M40	104		1:01:13.6	411	1:39:51.5	459
387.	86	Jorge Pacheco	2:20:49.9	m	387	Veteranos M40	105	Run Forrest Run	1:03:16.3	457	1:39:14.6	446
388.	505	Romão Correia	2:20:51.9	m	388	Sénior Masculino	170	Devagar, devagarinho... By Snickers	1:07:00.5	556	1:41:16.9	476
389.	508	Alfredo Teixeira	2:20:56.1	m	389	Sénior Masculino	171	JA FOSTE	1:02:48.7	445	1:38:19.0	431
390.	286	José Lourenço	2:20:56.9	m	390	Veteranos M40	106	pace.makers	0:59:42.1	362	1:37:50.2	419
391.	113	Rui Nascimento	2:20:59.5	m	391	Veteranos M40	107		1:02:01.1	431	1:39:37.4	453
392.	937	Luis Costa	2:21:02.4	m	392	Veteranos M45	53	CLUBE MILLENNIUM BCP	1:03:19.9	462	1:39:00.9	432
393.	543	Valter Gouveia	2:21:09.5	m	393	Sénior Masculino	172		1:02:42.1	441	1:38:02.1	423

4.º Trilho das Lampas

Result List MF 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
394.	338	António Barbosa	2:21:15.7	m	394	Veteranos M55	10	Clube de Praças da Armada	1:01:11.1	410	1:37:40.5	416
395.	715	Miguel Campos	2:21:30.6	m	395	Veteranos M45	54	Falcões Selvagens	1:00:28.3	381	1:37:47.2	417
396.	480	João Ramos	2:21:31.2	m	396	Veteranos M40	108	Arriba Trail Runners	1:00:28.6	383	1:36:17.1	393
397.	259	Pedro Costa	2:21:42.8	m	397	Sénior Masculino	173	Rail Runners	0:57:07.4	314	1:32:52.3	345
398.	119	Pedro Loureiro	2:21:43.0	m	398	Veteranos M45	55	JPRun	1:02:05.5	433	1:39:03.2	435
399.	89	Luis Costa	2:21:48.5	m	399	Veteranos M50	36		1:01:49.7	429	1:36:56.3	409
400.	207	Cláudio Silva	2:21:52.4	m	400	Sénior Masculino	174	COA - Clube de Orientação e	0:55:46.3	289	1:31:19.5	328
401.	287	Nuno Tiago	2:22:13.8	m	401	Veteranos M40	109	pace.makers	1:01:18.2	412	1:39:20.1	449
402.	935	Carlos Costa	2:22:16.0	m	402	Veteranos M50	37	CLUBE MILLENNIUM BCP	1:03:04.9	450	1:39:10.4	444
403.	908	Carlos Velasco	2:22:17.0	m	403	Sénior Masculino	175	Matilha Running	1:01:47.0	428	1:38:04.2	425
404.	272	Hugo Ferreira	2:22:18.3	m	404	Sénior Masculino	176		1:07:45.1	572	1:45:13.1	526
405.	10	Pedro Ribeiro	2:22:20.3	m	405	Sénior Masculino	177	RUN 4 FUN	1:04:36.8	498	1:41:23.5	479
406.	26	Goncalo Fontes de	2:22:20.4	m	406	Veteranos M50	38	RUN 4 FUN	1:05:04.1	506	1:41:22.7	478
407.	650	João Rodrigues	2:22:21.6	m	407	Veteranos M50	39	Pumas do Guincho	1:03:15.1	455	1:41:04.2	473
408.	922	Paulo Nunes	2:22:23.5	m	408	Veteranos M40	110	Os Bravos	1:03:00.7	449	1:38:03.2	424
409.	330	Paulo Rufino	2:22:24.2	m	409	Sénior Masculino	178	Arriba Trail Runners	1:05:42.4	522	1:41:45.1	490
410.	576	Pedro Calado	2:22:26.8	m	410	Veteranos M40	111	Proaventuras	1:03:32.8	467	1:40:27.2	464
411.	124	Miguel Silva	2:22:27.4	m	411	Veteranos M50	40		1:01:49.9	430	1:37:03.7	412
412.	313	Rui Cunha	2:22:37.4	m	412	Veteranos M50	41	G.D. Santander Totta	1:04:02.0	482	1:40:26.1	462
413.	987	Luis Pinto	2:22:46.0	m	413	Veteranos M45	56	GRCD Leião	1:02:47.6	444	1:41:27.7	480
414.	746	Sérgio Santos	2:22:51.5	m	414	Sub 23 M	10		1:03:14.3	453	1:40:12.8	461
415.	156	Pedro Dias	2:22:58.5	m	415	Veteranos M40	112	Keep Running	1:03:38.8	472	1:41:33.7	483
416.	240	Joaquim Varanda	2:22:58.7	m	416	Veteranos M50	42	Keep Running	1:03:37.5	470	1:41:31.8	481
417.	391	Daniel Ramos Costa	2:23:04.8	m	417	Veteranos M40	113	Monsanto Running Team	0:56:45.3	305	1:32:38.3	342
418.	619	Pedro Lourenço	2:23:28.0	m	418	Veteranos M45	57	Clube Vodafone	1:00:52.5	398	1:39:22.4	450
419.	50	Carlos Rodrigues	2:23:30.8	m	419	Veteranos M40	114	NEPN	1:02:42.2	442	1:39:13.2	445
420.	362	Filipe Almeida	2:23:31.5	m	420	Sénior Masculino	179	100fobias	1:03:15.1	454	1:39:51.1	458
421.	528	Luis Caldeira	2:23:42.0	m	421	Veteranos M40	115	Proaventuras	1:04:10.0	485	1:42:38.9	501
422.	776	José Freire	2:23:47.6	m	422	Veteranos M45	58	os coelhinhos	1:00:18.4	377	1:36:09.1	388
423.	777	Artur Monteiro	2:23:47.6	m	423	Veteranos M45	59	os coelhinhos	1:00:18.1	376	1:36:09.4	389
424.	410	Julio Moreira	2:24:02.5	m	424	Veteranos M40	116	Os Netos	1:01:18.5	413	1:38:19.0	430
425.	573	Pedro Luis	2:24:02.8	m	425	Sénior Masculino	180	Mercedes-Benz	1:05:32.1	518	1:39:39.3	456
426.	570	Salvador Bobone	2:24:02.9	m	426	Veteranos M40	117	Mercedes-Benz	1:06:01.8	531	1:42:14.7	495

4.º Trilho das Lampas

Result List MF 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
427.	451	Bruno Matias	2:24:08.9	m	427	Sénior Masculino	181	PICA MIOLOS	1:04:03.0	483	1:42:41.2	502
428.	879	Orlando Duarte	2:24:09.1	m	428	Veteranos M55	11	Corremos com a Esclerose Múltipla	1:06:34.6	549	1:44:08.2	513
429.	305	Nuno Antunes	2:24:38.4	m	429	Veteranos M45	60	revelamos.com	1:04:11.3	489	1:40:27.7	465
430.	471	Luís Taborda	2:24:42.5	m	430	Sénior Masculino	182	Os Conta-Kilómetros	1:05:11.8	509	1:40:57.9	471
431.	585	Daniel Reis	2:24:42.7	m	431	Sénior Masculino	183	Os Conta-Kilómetros	1:05:11.8	510	1:40:59.1	472
432.	593	Rui Primo Silva	2:24:59.4	m	432	Veteranos M45	61		1:03:57.2	477	1:42:26.1	498
433.	700	Luis Fernandes	2:25:01.7	m	433	Veteranos M45	62	OUTLAW RUNNERS	1:07:05.7	557	1:45:11.3	525
434.	965	Afonso Rodrigues	2:25:08.1	m	434	Sénior Masculino	184	GDCF	1:01:26.2	421	1:39:04.2	437
435.	768	José Félix	2:25:08.3	m	435	Veteranos M45	63	Farol D'Aventura	1:01:22.8	417	1:39:07.7	441
436.	966	Miguel Esteves	2:25:08.3	m	436	Sénior Masculino	185	GDCF	1:01:32.3	423	1:39:22.7	451
437.	967	Paulo Costa	2:25:08.3	m	437	Sénior Masculino	186	GDCF	1:01:22.2	416	1:39:02.5	434
438.	816	Adelino Pereira	2:25:09.0	m	438	Veteranos M50	43	ODEBRECHT PORTUGAL	1:00:57.0	400	1:39:09.6	443
439.	648	Miguel Baptista	2:25:09.1	m	439	Veteranos M50	44		1:04:16.6	493	1:41:38.1	487
440.	237	Luís Costa	2:25:18.0	m	440	Veteranos M40	118	amigosdacorrída.com	1:06:11.8	538	1:42:50.9	504
441.	808	Carlos Rangel	2:25:20.6	m	441	Veteranos M60	9		1:05:04.1	507	1:44:10.8	514
442.	490	Carlos Fonseca	2:25:35.8	m	442	Veteranos M55	12	Açoreana	1:03:59.6	479	1:42:00.4	493
443.	972	Heitor Gomes	2:25:39.4	m	443	Veteranos M40	119	Georunners	1:05:11.7	508	1:42:30.6	500
444.	982	David Sardinha	2:26:04.9	m	444	Sénior Masculino	187		1:02:10.1	436	1:39:09.5	442
445.	865	Nuno Gonçalves	2:26:07.8	m	445	Veteranos M40	120		1:03:33.3	468	1:40:33.3	467
446.	430	Bruno Afonso	2:26:23.0	m	446	Sénior Masculino	188		1:06:31.2	548	1:44:13.7	515
447.	502	Rui Nascimento	2:26:28.7	m	447	Veteranos M45	64	Devagar, devagarinho... By Snickers	1:03:54.0	475	1:40:57.5	470
448.	199	Rui Vieira	2:26:47.6	m	448	Veteranos M45	65	PORTELA - RUNNING POINT	1:08:56.1	594	1:46:06.5	538
449.	66	Paulo Alves	2:26:52.1	m	449	Veteranos M40	121	Matilha Running	1:04:01.7	481	1:41:43.3	489
450.	489	Paulo Fernandes	2:26:52.8	m	450	Veteranos M45	66	Açoreana	1:09:37.7	615	1:49:08.7	599
451.	878	Antonio Silvestre	2:27:13.4	m	451	Veteranos M55	13	comDor runners	1:07:07.4	559	1:45:18.2	529
452.	58	Mario Caneira	2:27:41.6	m	452	Veteranos M45	67	Jobrinde - Montes Saloios	1:02:45.5	443	1:40:54.8	468
453.	210	Júlio Cruz	2:28:04.8	m	453	Veteranos M40	122	COA - Clube de Orientação e	1:04:54.0	502	1:43:55.2	507
454.	600	Hernâni Silva	2:28:08.2	m	454	Veteranos M50	45	Amigos Vale Silêncio	1:08:22.0	588	1:47:21.4	565
455.	215	Nuno Figueiredo	2:28:09.6	m	455	Sénior Masculino	189	COA - Clube de Orientação e	1:01:25.1	420	1:39:06.5	438
456.	616	Pedro Monteiro	2:28:34.6	m	456	Veteranos M40	123	Familia M	1:03:49.4	474	1:41:35.6	485
457.	828	Tiago Correia	2:28:35.9	m	457	Sénior Masculino	190	Correinhas	1:06:00.8	530	1:47:37.1	570
458.	360	Ricardo Gomes	2:28:36.4	m	458	Sénior Masculino	191		1:07:06.6	558	1:45:30.8	533
459.	83	Luis Calheiros	2:28:38.5	m	459	Veteranos M40	124		1:09:39.5	616	1:47:16.9	562

4.º Trilho das Lampas

Result List MF 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
460.	886	Francisco Simao	2:28:48.2	m	460	Sénior Masculino	192	Pernas de Gafanhoto	1:08:02.9	582	1:47:03.5	554
461.	726	João Antunes	2:28:56.9	m	461	Veteranos M45	68	Armada Torreense	1:04:15.0	492	1:42:29.7	499
462.	592	Filipe Paulino	2:29:03.3	m	462	Sénior Masculino	193	Eléctrico Futebol Clube	1:00:48.2	395	1:36:21.4	395
463.	986	João Ascensão	2:29:18.6	m	463	Sénior Masculino	194		1:08:07.6	583	1:47:21.5	566
464.	328	Diogo Garcia	2:29:24.5	m	464	Sénior Masculino	195	Os Conta-Kilómetros	1:05:16.8	513	1:46:08.9	539
465.	736	Pedro Cruz	2:29:30.1	m	465	Sénior Masculino	196	Lebres da Católica	1:05:57.3	529	1:42:41.9	503
466.	827	Joao Correia	2:29:34.5	m	466	Veteranos M55	14	Correinhas	1:09:05.6	597	1:48:31.9	588
467.	867	João Serra	2:29:52.8	m	467	Veteranos M40	125	Açoreana	1:04:47.3	500	1:41:33.1	482
468.	752	Pedro Afonso	2:30:02.4	m	468	Sub 23 M	11		1:03:58.1	478	1:41:38.5	488
469.	754	Marco Lourenço	2:30:02.8	m	469	Sénior Masculino	197		1:03:56.8	476	1:41:18.9	477
470.	755	Nuno Arigó Rocha	2:30:02.8	m	470	Veteranos M40	126		1:04:00.1	480	1:41:34.4	484
471.	978	Rui Inácio	2:30:11.3	m	471	Sénior Masculino	198		1:05:57.2	528	1:45:02.3	522
472.	832	Rui Raposo	2:30:22.0	m	472	Veteranos M40	127		1:07:13.2	563	1:48:45.8	593
473.	833	Tiago Oliveira	2:30:23.5	m	473	Sénior Masculino	199	Trail Warriors	1:07:14.3	564	1:49:06.4	597
474.	993	Nuno Carampanta	2:30:24.9	m	474	Sénior Masculino	200		1:07:55.0	579	1:49:43.9	609
475.	587	António Luís Dos	2:30:36.3	m	475	Veteranos M50	46		1:10:20.3	630	1:49:26.8	605
476.	355	Mário Cunha	2:30:39.6	m	476	Veteranos M40	128	CCD Crédito Agrícola Mútuo	1:02:01.8	432	1:41:37.6	486
477.	921	António Neves	2:30:41.8	m	477	Sénior Masculino	201		1:07:50.5	575	1:45:27.1	530
478.	663	Jorge Lopes	2:30:50.9	m	478	Sénior Masculino	202	Papa trilhos	1:08:08.6	584	1:48:40.9	590
479.	989	Bruno Brito	2:30:55.4	m	479	Veteranos M40	129	Running Academy - O2 Life Center -	1:00:54.0	399	1:45:34.9	534
480.	265	Vasco Braz	2:31:00.5	m	480	Sénior Masculino	203	Helivolt	1:05:24.6	515	1:45:05.7	523
481.	268	Ricardo Rodrigues	2:31:04.1	m	481	Veteranos M45	69	LIS RUNNING	1:02:14.8	437	1:42:13.4	494
482.	877	João Nunes	2:31:06.8	m	482	Veteranos M50	47	comDor runners	1:03:38.7	471	1:40:56.3	469
483.	67	Rui Laranjeiro	2:31:12.3	m	483	Veteranos M40	130	C.A.Amigos Parque Paz	1:06:26.0	544	1:45:42.3	536
484.	944	Paulo Rato	2:31:12.6	m	484	Veteranos M50	48	CLUBE MILLENNIUM BCP	1:07:20.0	568	1:47:06.3	556
485.	728	Carlos Alves	2:31:30.7	m	485	Veteranos M45	70	salamandrecos	0:57:04.9	313	1:30:25.9	312
486.	251	Joao Sequeira	2:31:31.9	m	486	Veteranos M40	131		1:08:32.3	591	1:47:57.9	579
487.	93	José António Marques	2:31:32.9	m	487	Veteranos M55	15	Salamandrecos	1:08:31.6	590	1:47:57.2	578
488.	564	David Perez Pato	2:31:42.4	m	488	Veteranos M40	132	patoseco	1:09:45.0	620	1:47:50.7	573
489.	16	José Carlos Melo	2:31:49.7	m	489	Veteranos M50	49	RUN 4 FUN	1:04:13.2	491	1:46:41.5	547
490.	849	Pedro Santos	2:32:08.1	m	490	Veteranos M40	133		1:03:25.1	464	1:45:16.9	528
491.	846	Nuno Cardador	2:32:08.3	m	491	Veteranos M45	71		1:06:10.5	535	1:47:56.5	577
492.	938	Sergio Besteiro	2:32:15.9	m	492	Veteranos M40	134	CLUBE MILLENNIUM BCP	1:05:12.1	511	1:45:28.4	531

4.º Trilho das Lampas

Result List MF 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
493.	963	Paulo Martins	2:32:16.1	m	493	Veteranos M45	72		1:06:24.1	543	1:45:07.1	524
494.	163	José Caldeirinha	2:32:21.7	m	494	Veteranos M40	135	Tartarugas Solidárias	1:06:30.2	547	1:47:14.1	561
495.	4	João Jacinto	2:32:22.3	m	495	Sénior Masculino	204	Tartarugas Solidárias	1:06:22.7	542	1:47:00.8	553
496.	436	Nuno Anastácio	2:32:31.0	m	496	Sénior Masculino	205	RunLovers	1:05:23.5	514	1:43:54.1	506
497.	688	Miguel Pedro	2:32:31.0	m	497	Veteranos M45	73		1:06:40.5	551	1:46:33.6	545
498.	804	Fausto Sá	2:32:31.0	m	498	Veteranos M40	136	Manos Sá	1:06:40.6	552	1:46:32.1	544
499.	609	Marius Leordean	2:32:38.4	m	499	Sénior Masculino	206	PICA MIOLOS	1:04:18.8	494	1:44:22.3	517
500.	432	Henrique Sacadura	2:32:40.7	m	500	Veteranos M60	10		1:08:26.8	589	1:48:05.9	582
501.	457	Jorge Fernandes	2:32:47.9	m	501	Veteranos M45	74	cabrizrun	1:04:05.8	484	1:46:43.1	550
502.	819	Manuel Paulo	2:33:00.1	m	502	Veteranos M55	16	ODEBRECHT PORTUGAL	1:08:59.5	595	1:49:10.7	600
503.	178	João Rodrigues	2:33:02.5	m	503	Veteranos M40	137	Salamandrecos / IDentPrint -	1:06:10.4	534	1:47:11.0	560
504.	105	Daniel Ramos	2:33:25.7	m	504	Veteranos M40	138	Jobrinde - Montes Saloios	1:04:10.4	486	1:47:55.4	576
505.	477	Sérgio Rodrigues	2:33:31.5	m	505	Veteranos M40	139	MAD MAX TEAM	1:07:46.6	573	1:47:10.1	559
506.	734	Ricardo Tomé	2:33:39.4	m	506	Sénior Masculino	207	Lebres da Católica	1:07:52.3	577	1:47:21.1	564
507.	170	Eduardo Santos	2:33:53.2	m	507	Sénior Masculino	208		1:05:44.6	524	1:46:21.8	543
508.	46	Manuel António	2:33:53.8	m	508	Veteranos M45	75	Rail Runners	1:03:29.5	465	1:46:42.4	549
509.	731	Joaquim Bexiga	2:34:01.6	m	509	Veteranos M45	76	CLUBE OGMA	1:09:20.0	604	1:48:14.0	585
510.	738	Helder Gomes	2:34:08.6	m	510	Sénior Masculino	209	Dolce Furadouro	1:10:09.2	626	1:50:05.8	616
511.	951	Nuno Ryder	2:34:10.3	m	511	Veteranos M40	140		1:11:06.4	647	1:51:52.1	629
512.	665	Ângelo Marcos	2:34:11.5	m	512	Sénior Masculino	210	Papa trilhos	1:08:09.9	586	1:48:43.0	591
513.	630	Hugo Reis	2:34:27.1	m	513	Sénior Masculino	211	Mercedes-Benz	1:06:17.5	540	1:49:58.4	615
514.	969	Manuel Rodrigues	2:34:33.6	m	514	Veteranos M55	17	REAL ACADEMIA	1:05:33.7	519	1:46:46.9	551
515.	276	Ricardo Morgado	2:34:39.2	m	515	Veteranos M40	141	Panquecas	1:07:15.4	566	1:49:21.1	602
516.	216	Rodrigo Lopes	2:34:42.5	m	516	Sénior Masculino	212	COA - Clube de Orientação e	1:07:09.4	561	1:47:07.9	557
517.	887	Carlos Noronha	2:34:55.6	m	517	Sénior Masculino	213		1:05:51.6	527	1:45:45.5	537
518.	554	Luís Reis	2:34:57.3	m	518	Veteranos M50	50	Falcões Selvagens	1:06:03.9	532	1:45:29.4	532
519.	907	Xavier Rosa	2:34:57.9	m	519	Veteranos M40	142	Jobrinde - Montes Saloios	1:11:33.1	652	1:49:08.3	598
520.	716	Nuno Matos	2:35:03.5	m	520	Sénior Masculino	214		1:04:24.7	496	1:43:58.4	509
521.	321	José Borges	2:35:20.5	m	521	Veteranos M55	18	CCD Sintrense	1:10:27.4	633	1:50:22.4	618
522.	642	Michael Blatt	2:35:21.8	m	522	Sénior Masculino	215	Twitt Runner Ruhr	1:07:56.2	580	1:50:51.0	627
523.	924	Tiago Magalhães	2:35:57.5	m	523	Sénior Masculino	216		1:09:01.9	596	1:49:24.1	603
524.	975	José Peixe	2:35:57.5	m	524	Sénior Masculino	217	GO!Runners	1:09:56.7	622	1:49:24.2	604
525.	822	Thelmo Cunha	2:36:05.0	m	525	Veteranos M55	19	ODEBRECHT PORTUGAL	1:13:11.8	689	1:52:20.1	633

4.º Trilho das Lampas

Result List MF 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
526.	590	Gilberto Batista Rosa	2:36:15.2	m	526	Sénior Masculino	218		1:11:48.4	657	1:52:44.4	641
527.	549	Henrique Adrega	2:36:22.1	m	527	Veteranos M60	11	amigosdacorrída.com	1:09:26.5	608	1:49:27.5	606
528.	589	Pedro Prudencio	2:36:23.6	m	528	Veteranos M45	77	Freddy Portugal	1:08:55.8	593	1:47:34.5	569
529.	583	Paulo Manuel Martins	2:36:34.0	m	529	Veteranos M50	51	Proaventuras	1:09:25.1	607	1:49:49.4	611
530.	634	Luís Cruz	2:36:34.4	m	530	Sénior Masculino	219		1:07:43.3	571	1:47:40.2	571
531.	204	Silvestre Rosa	2:36:53.4	m	531	Veteranos M45	78	Carapaus de Corrida	1:06:13.2	539	1:48:00.4	580
532.	761	Agostinho Dias	2:36:54.3	m	532	Veteranos M50	52	Carapaus de Corrida	1:09:06.0	598	1:49:58.2	614
533.	628	Rui Maia	2:37:20.5	m	533	Veteranos M40	143		1:09:34.6	614	1:48:59.5	596
534.	874	Júlio Castro	2:37:23.5	m	534	Veteranos M55	20	Clube Atletismo Amigos de Belém	1:12:15.5	667	1:52:33.8	640
535.	226	José Manuel Pinto	2:37:51.5	m	535	Sénior Masculino	220		1:06:58.2	555	1:46:09.9	540
536.	188	João Alberto	2:37:54.7	m	536	Veteranos M45	79	Jobrinde - Montes Saloios	1:11:44.9	655	1:52:31.0	638
537.	353	João Rodrigues	2:37:58.7	m	537	Veteranos M40	144	CCD Crédito Agrícola Mútuo	1:07:58.4	581	1:48:50.0	594
538.	904	Luis Vieira	2:37:58.9	m	538	Veteranos M40	145		1:06:40.9	553	1:49:57.5	613
539.	503	João Bernardino	2:38:13.2	m	539	Veteranos M40	146	Devagar, devagarinho... By Snickers	1:09:43.9	619	1:48:32.4	589
540.	376	Francisco Batista	2:38:15.7	m	540	Veteranos M50	53		1:11:55.2	661	1:50:34.5	620
541.	129	Diogo Arraias	2:38:35.5	m	541	Veteranos M60	12	Os Arraias	1:12:13.5	666	1:52:56.1	643
542.	949	Marcos Noritake	2:38:45.0	m	542	Veteranos M50	54	CLUBE MILLENNIUM BCP	1:10:40.3	639	1:54:34.9	651
543.	402	Álvaro Marujeiro	2:39:12.6	m	543	Veteranos M40	147	Chafariz Running Team	1:07:15.2	565	1:50:40.1	623
544.	546	Helder Baptista	2:40:13.8	m	544	Veteranos M45	80	Trilho Perdido Eventos/Nutrimania	1:11:48.5	658	1:51:52.3	630
545.	348	Pedro Lucas	2:40:16.3	m	545	Sénior Masculino	221	Amoreiras Warriors	1:12:47.4	674	1:54:46.2	652
546.	678	João Veríssimo	2:40:50.7	m	546	Veteranos M55	21		1:12:29.0	668	1:55:30.4	658
547.	713	Pedro Jaime	2:41:05.2	m	547	Veteranos M45	81	Ginja Team	1:08:18.2	587	1:53:07.8	646
548.	472	Ricardo Nascimento	2:41:11.5	m	548	Sénior Masculino	222	Os Conta-Kilómetros	1:13:44.4	694	1:55:03.2	655
549.	941	Fernando Rosa	2:41:12.0	m	549	Veteranos M40	148	CLUBE MILLENNIUM BCP	1:07:42.7	570	1:50:35.0	621
550.	491	Filipe Fonseca	2:41:26.5	m	550	Sub 23 M	12	Açoreana	1:05:16.0	512	1:46:19.9	542
551.	740	Carlos Monteiro	2:42:00.0	m	551	Veteranos M55	22		1:12:57.1	679	1:56:43.5	669
552.	492	David Silva	2:42:07.4	m	552	Veteranos M50	55	o praticante	1:09:41.6	618	1:49:31.0	607
553.	312	Ruben Lino	2:42:07.6	m	553	Sénior Masculino	223		1:11:51.8	659	1:52:11.4	632
554.	1009	João Antunes	2:42:11.9	m	554	Sénior Masculino	224		1:04:49.8	501	1:44:53.6	521
555.	405	Paulo Daniel Vieira	2:42:14.8	m	555	Veteranos M45	82		1:09:30.9	611	1:50:50.1	625
556.	652	André Wiborg	2:42:24.4	m	556	Veteranos M55	23	WL84	1:16:01.1	740	1:58:34.5	686
557.	242	Vasco Cova	2:42:39.5	m	557	Veteranos M45	83	Salamandrecos	1:09:13.9	602	1:52:32.3	639
558.	717	Nuno Abreu	2:43:11.5	m	558	Veteranos M40	149		1:09:57.0	623	1:52:25.4	635

4.º Trilho das Lampas

Result List MF 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
559.	626	Rui Rodrigues	2:43:23.1	m	559	Veteranos M55	24		1:14:04.5	700	2:01:31.2	710
560.	202	Luis Belbute	2:43:23.6	m	560	Veteranos M45	84		1:15:41.5	733	1:57:46.2	681
561.	769	Fernando Costa	2:43:27.4	m	561	Veteranos M45	85	Farol D'Aventura	1:15:28.3	726	1:58:39.2	689
562.	767	Jose Alves	2:43:27.8	m	562	Veteranos M60	13	SS CGD	1:15:24.7	725	1:58:39.2	688
563.	154	Nuno Pedroso	2:43:34.1	m	563	Veteranos M45	86	Matilha running	1:09:34.0	613	1:52:24.2	634
564.	703	André Garrido de	2:43:56.6	m	564	Veteranos M40	150	Pernas de Gafanhoto	1:09:16.9	603	1:49:46.2	610
565.	753	Filipe Gil	2:44:00.0	m	565	Veteranos M40	151	Correr na Cidade	1:10:15.9	628	1:54:52.5	653
566.	861	Augusto Paulo Neves	2:44:18.7	m	566	Veteranos M50	56		1:12:58.6	680	1:56:52.7	670
567.	905	Paulo Trilho	2:45:18.6	m	567	Veteranos M40	152	Matilha Running	1:11:20.1	650	1:53:26.7	647
568.	939	Pedro Martins	2:45:37.9	m	568	Veteranos M45	87	CLUBE MILLENNIUM BCP	1:13:07.5	686	1:55:01.4	654
569.	275	Mário Gonçalves	2:45:48.1	m	569	Veteranos M50	57	EnKostasTrail	1:10:46.7	642	1:54:18.6	649
570.	575	Carlos Morais	2:45:49.8	m	570	Veteranos M45	88	Mercedes-Benz	1:11:45.1	656	1:54:26.3	650
571.	595	Goncalo Lince	2:46:16.6	m	571	Sénior Masculino	225	Salamandrecos	1:14:56.4	712	2:03:25.1	735
572.	134	Henrique Sebastiao	2:46:46.8	m	572	Veteranos M45	89		1:10:38.7	637	1:52:29.3	637
573.	820	Jorge Monteiro	2:46:50.6	m	573	Veteranos M45	90	ODEBRECHT PORTUGAL	1:13:20.9	690	1:56:36.0	668
574.	914	Andre Cabral	2:46:58.5	m	574	Veteranos M40	153		1:14:46.1	705	1:57:51.0	682
575.	556	Fábio Costa	2:47:27.0	m	575	Sénior Masculino	226		1:10:49.7	643	1:56:06.6	664
576.	957	Jaime Trabucho	2:47:34.5	m	576	Veteranos M50	58		1:14:16.6	701	2:00:14.0	699
577.	824	António Ferreira	2:47:35.4	m	577	Sénior Masculino	227		1:14:43.8	703	1:56:54.3	671
578.	455	Rogério Falcao	2:47:38.7	m	578	Veteranos M45	91		1:15:50.1	738	2:02:53.7	726
579.	148	Luis Santos	2:48:18.3	m	579	Veteranos M50	59	A.A.Lebres do Sado	1:15:08.9	714	2:01:56.4	716
580.	869	Nélson Mota	2:48:24.0	m	580	Veteranos M45	92	Açoreana	1:12:03.1	663	1:57:07.3	674
581.	871	Luís Miguel Nogueira	2:48:33.6	m	581	Veteranos M40	154		1:11:37.2	653	1:57:31.3	680
582.	959	Pedro Santos	2:48:43.7	m	582	Sénior Masculino	228	Alverca Urban Runners	1:12:46.2	672	1:57:27.0	679
583.	766	João Marques	2:48:47.2	m	583	Veteranos M45	93		1:13:11.0	687	1:56:34.9	667
584.	763	Nuno Filipe Silva	2:48:56.6	m	584	Veteranos M40	155	Correr Lisboa	1:13:48.7	695	1:59:53.3	694
585.	307	Telmo Pinto	2:48:59.5	m	585	Sénior Masculino	229		1:10:39.7	638	1:50:06.1	617
586.	960	José Duarte	2:49:01.7	m	586	Sénior Masculino	230	QQÉP	1:15:23.1	724	2:01:42.3	712
587.	961	Pedro Cordas	2:49:01.7	m	587	Sénior Masculino	231	QQÉP	1:15:22.7	722	2:01:43.5	713
588.	481	Bruno Jacquet	2:50:03.0	m	588	Sénior Masculino	232		1:19:55.6	785	2:04:03.9	742
589.	635	Fábio Alves	2:50:20.4	m	589	Sénior Masculino	233	Escaravelhos team	1:13:05.5	684	1:58:53.0	691
590.	191	Fábio Batista	2:50:24.7	m	590	Sénior Masculino	234		1:14:50.8	707	2:02:01.0	717
591.	559	Carlos Henrique	2:50:35.4	m	591	Veteranos M45	94		1:10:35.3	635	2:01:47.6	714

4.º Trilho das Lampas

Result List MF 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
592.	147	Daniel Carvalho	2:50:48.5	m	592	Sénior Masculino	235	ARSM - Associação Recreativa de S.	1:00:01.4	371	1:44:16.4	516
593.	566	Pedro Nunes	2:51:07.0	m	593	Veteranos M40	156		1:09:08.1	600	2:00:34.5	703
594.	737	António Mendes	2:51:08.9	m	594	Sénior Masculino	236	Lebres da católica	1:13:25.0	692	1:56:59.0	672
595.	727	Bruno Vasconcelos	2:51:09.2	m	595	Sénior Masculino	237		1:13:27.5	693	1:57:10.9	677
596.	848	Gonçalo Romeiras	2:51:12.2	m	596	Veteranos M40	157		1:10:12.6	627	1:55:49.2	661
597.	125	Miguel Torgal	2:51:20.2	m	597	Sénior Masculino	238		1:18:18.2	753	2:02:57.3	728
598.	810	Sérgio Cordeiro	2:51:50.5	m	598	Veteranos M40	158	ADCR PJ	1:13:03.2	683	2:01:06.1	706
599.	141	Francisco Maia	2:51:54.1	m	599	Veteranos M60	14		1:16:37.3	745	2:03:15.1	733
600.	434	Nuno Marques	2:52:31.1	m	600	Veteranos M45	95	RunLovers	1:15:21.4	720	2:01:30.7	709
601.	541	João Carlos Ferreira	2:52:40.1	m	601	Veteranos M40	159	Clube Cimpor	1:13:11.6	688	1:57:56.3	684
602.	155	Jose Andrade	2:53:10.9	m	602	Veteranos M50	60	Keep Running	1:10:22.2	632	1:55:54.4	663
603.	883	Miguel Marques	2:53:14.3	m	603	Sénior Masculino	239		1:14:55.9	710	2:02:55.4	727
604.	250	Renato Morais	2:54:34.7	m	604	Sénior Masculino	240	Tartarugas Solidárias	1:20:14.5	786	2:04:39.2	749
605.	798	Marco Duarte	2:54:40.8	m	605	Sénior Masculino	241	Corredores & Afins	1:10:20.9	631	2:00:18.0	701
606.	607	Nuno Pereira	2:55:29.1	m	606	Veteranos M45	96	Sporting Clube de Casinhos	1:12:46.7	673	1:57:55.7	683
607.	799	João Limpo	2:55:45.9	m	607	Sénior Masculino	242	Corredores & Afins	1:10:19.0	629	2:00:14.5	700
608.	463	Sérgio Patrício	2:56:18.6	m	608	Veteranos M40	160		1:16:11.0	742	2:03:36.7	737
609.	815	Luis Marta	2:56:35.2	m	609	Veteranos M50	61		1:12:59.6	682	2:00:52.6	704
610.	641	Ricardo Ribeiro	2:56:37.0	m	610	Sénior Masculino	243	Tigres dos Trilhos	1:15:39.7	732	2:03:20.4	734
611.	718	Nelson Santos	2:56:39.4	m	611	Sénior Masculino	244		1:10:02.5	624	2:02:22.9	719
612.	331	Luís Oliveira	2:57:00.5	m	612	Sénior Masculino	245		1:19:54.5	784	2:04:05.4	743
613.	692	Luis Dias	2:57:00.5	m	613	Sénior Masculino	246		1:19:15.9	774	2:04:02.4	741
614.	658	Paulo Paias	2:57:03.3	m	614	Sénior Masculino	247	Valejas AC	1:18:40.2	758	2:08:31.1	767
615.	1007	Jorge Brito	2:57:04.9	m	615	Veteranos M45	97	Valejas AC	1:18:38.4	757	2:08:41.8	769
616.	350	Mario Marques	2:57:33.3	m	616	Sénior Masculino	248		1:10:32.5	634	2:00:23.1	702
617.	87	Pedro Teixeira	2:57:40.1	m	617	Sénior Masculino	249	Tough Trails Alenquer	1:15:12.8	715	2:01:35.5	711
618.	493	Miguel Siva	2:57:40.4	m	618	Sub 23 M	13	o praticante	1:14:01.2	699	2:00:59.9	705
619.	640	Fábio Rocha	2:57:53.1	m	619	Sénior Masculino	250	Tigres dos Trilhos	1:15:56.2	739	2:03:40.1	738
620.	733	Rui Almeida	2:58:16.5	m	620	Veteranos M40	161		1:14:44.7	704	2:02:50.8	724
621.	487	Nuno Sabino	2:59:21.9	m	621	Sénior Masculino	251	Açoreana	1:18:50.8	768	2:06:49.3	755
622.	974	André Salvado	2:59:54.1	m	622	Veteranos M40	162		1:15:45.1	734	2:02:25.0	720
623.	14	Humberto Barros	2:59:59.4	m	623	Sénior Masculino	252	Kaninos	1:12:55.6	678	2:00:06.1	698
624.	103	Marco Cachinho	2:59:59.6	m	624	Sénior Masculino	253	Kaninos	1:12:52.8	676	2:00:02.9	696

4.º Trilho das Lampas

Result List MF 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
625.	793	Carlos Miguel Marques	3:00:12.5	m	625	Veteranos M45	98	Clube Vodafone	1:16:21.8	744	2:05:39.3	754
626.	743	Severino Cruz	3:00:13.3	m	626	Veteranos M50	62		1:15:19.3	719	2:04:16.3	746
627.	932	Oscar Marques	3:02:24.2	m	627	Veteranos M60	15	CLUBE MILLENNIUM BCP	1:18:42.0	761	2:10:49.7	775
628.	933	Antonio Almeida	3:02:24.2	m	628	Veteranos M50	63	CLUBE MILLENNIUM BCP	1:14:40.0	702	2:05:11.2	751
629.	504	Renato Jacome	3:03:31.0	m	629	Veteranos M45	99	Devagar, devagarinho... By Snickers	1:11:55.8	662	1:56:32.0	666
630.	499	Helder Pereira	3:03:47.7	m	630	Veteranos M50	64	Salamandrecos	1:19:11.1	773	2:07:33.1	760
631.	786	Pedro Gomes	3:04:01.5	m	631	Sénior Masculino	254	SS CGD	1:15:31.0	727	2:05:11.6	752
632.	858	Edgar Cardeira	3:04:01.8	m	632	Sénior Masculino	255	Benfica	1:15:48.3	735	2:05:09.0	750
633.	230	António Vale	3:04:56.0	m	633	Sénior Masculino	256	Os Conta-Kilómetros	1:18:48.0	765	2:10:55.6	776
634.	910	João Vieira	3:05:27.4	m	634	Veteranos M50	65		1:19:17.0	775	2:10:58.4	777
635.	758	João Soares	3:05:31.2	m	635	Veteranos M40	163	GINASIO ENERGY	1:14:58.2	713	2:02:52.5	725
636.	309	Tiago Duarte	3:05:33.0	m	636	Sénior Masculino	257	2 em 1	1:16:42.0	749	2:10:10.0	773
637.	248	Carlos Rodrigues	3:06:36.0	m	637	Veteranos M40	164	Jobrinde - Montes Saloios	1:19:21.3	776	2:07:42.2	761
638.	775	Marco Teodoro	3:08:07.0	m	638	Veteranos M40	165		1:20:49.6	792	2:11:09.2	781
639.	437	João Leitão	3:08:22.7	m	639	Veteranos M45	100	RunLovers	1:22:55.8	810	2:13:10.8	791
640.	844	Vitor Figueiredo	3:08:57.1	m	640	Sénior Masculino	258	Os Mesmos	1:16:40.0	748	2:04:07.1	744
641.	782	Jorge Oliveira	3:09:01.7	m	641	Veteranos M40	166		1:15:33.8	731	2:08:49.3	772
642.	521	André Silva	3:09:35.9	m	642	Sénior Masculino	259	Os Caracóis Furiosos	1:22:12.4	802	2:14:13.0	802
643.	522	Renato Vieira	3:09:36.9	m	643	Veteranos M40	167	Os Caracóis Furiosos	1:22:17.5	803	2:14:13.9	803
644.	789	João Churro	3:10:15.3	m	644	Sénior Masculino	260	Os Mesmos	1:16:39.9	747	2:04:07.7	745
645.	537	João Cruz	3:11:17.5	m	645	Veteranos M40	168	Malucos da Corrida	1:22:07.4	800	2:15:10.1	807
646.	751	Alexandre Barreira	3:11:55.2	m	646	Sénior Masculino	261		1:23:37.4	813	2:16:09.8	814
647.	942	Eduardo Pinto	3:12:13.5	m	647	Veteranos M45	101	CLUBE MILLENNIUM BCP	1:19:30.3	777	2:11:33.3	783
648.	936	Pedro Murca	3:12:14.1	m	648	Veteranos M50	66	CLUBE MILLENNIUM BCP	1:19:36.9	779	2:11:37.5	784
649.	792	António Fonseca	3:12:50.2	m	649	Veteranos M45	102	SS CGD	1:20:56.0	793	2:12:24.2	788
650.	817	Antonio Alves	3:13:53.7	m	650	Veteranos M60	16	ODEBRECHT PORTUGAL	1:23:19.1	812	2:14:42.5	806
651.	801	Rui Paz	3:14:08.6	m	651	Veteranos M40	169		1:26:36.3	828	2:18:29.5	817
652.	698	Tito Andrade	3:16:46.0	m	652	Veteranos M40	170	OUTLAW RUNNERS	1:21:18.3	795	2:15:32.3	808
653.	826	Pedro Silva	3:16:59.6	m	653	Sénior Masculino	262		1:23:57.3	814	2:15:35.4	810
654.	517	Francisco Julião	3:18:21.8	m	654	Veteranos M55	25	Dolce Furadouro	1:19:48.6	782	2:14:09.8	800
655.	280	Luis Graça	3:19:05.4	m	655	Veteranos M45	103	Salamandrecos	1:14:56.0	711	2:03:55.7	739
656.	281	Andre Graça	3:19:08.6	m	656	Sub 23 M	14	Salamandrecos	1:14:55.8	709	2:03:57.4	740
657.	396	Pedro Prudêncio	3:20:04.3	m	657	Veteranos M45	104	Monsanto Running Team	1:25:48.0	822	2:25:06.1	836

4.º Trilho das Lampas

Result List MF 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
658.	264	Bruno Ribeiro	3:20:05.3	m	658	Sénior Masculino	263	Kaninos	1:25:47.7	821	2:25:03.7	835
659.	917	Diogo Henriques	3:21:32.9	m	659	Sub 23 M	15	Ccd	1:30:26.7	851	2:32:10.9	853
660.	136	Rui Cortes	3:21:33.2	m	660	Veteranos M40	171	Tartarugas Solidárias	1:30:29.5	856	2:24:36.2	830
661.	243	António Iria	3:25:12.0	m	661	Veteranos M45	105	Correr Lisboa	1:27:12.9	832	2:28:38.7	847
662.	868	Vítor Rafael	3:25:50.3	m	662	Veteranos M50	67	Açoreana	1:20:14.8	787	2:15:57.6	812
663.	757	Pedro Jorge	3:25:56.2	m	663	Veteranos M45	106		1:26:13.6	825	2:22:01.7	824
664.	38	Calisto Pereira	3:27:09.2	m	664	Sénior Masculino	264	GO!Runners	1:28:44.2	837	2:27:04.9	844
665.	29	Filipe Sousa	3:27:12.9	m	665	Sénior Masculino	265	GO!Runners	1:28:45.4	838	2:27:05.6	845
666.	836	Carlos Vieira	3:27:18.4	m	666	Veteranos M45	107	ADCR PJ	1:18:35.5	756	2:16:43.7	816
667.	677	Bruno Arcanjo	3:29:14.4	m	667	Sénior Masculino	266		1:27:34.9	835	2:24:33.5	829
668.	919	José Carlos	3:34:28.3	m	668	Veteranos M60	17	Ccd	1:30:33.1	857	2:32:42.4	856
669.	3	Fernando Sousa	3:42:47.9	m	669	Veteranos M45	108		1:27:02.2	829	2:30:39.1	852
670.	371	Luís Costa	3:51:33.5	m	670	Sénior Masculino	267	Os Conta-Kilómetros	1:28:58.5	841	2:40:16.1	864
671.	891	Miguel Ferreira	3:58:39.1	m	671	Veteranos M40	172	CLÃ DA GADANHA	1:32:28.5	861	2:39:31.8	861
672.	889	Nuno Santos	3:58:39.9	m	672	Veteranos M40	173	CLÃ DA GADANHA	1:32:21.6	860	2:39:32.1	862
673.	840	Luís Cabaça	3:59:11.2	m	673	Sénior Masculino	268	Tartarugas Solidárias	1:44:00.3	868	2:57:05.8	873
674.	306	Nuno Rito	3:59:11.8	m	674	Sénior Masculino	269	Tartarugas Solidárias	1:43:21.5	867	2:56:17.0	868
675.	1006	Fernando Xavier	3:59:12.4	m	675	Veteranos M40	174		1:47:33.8	872	2:56:50.3	869
676.	928	Paulo Felício	3:23:12.2	m	676	Veteranos M45	109	CLUBE MILLENNIUM BCP	1:25:01.9	874	2:22:29.5	874
677.	108	Marco Silva	DSQ	m	677	Sénior Masculino	270	Salamandrecos	1:48:04.7	873		1
678.	254	José Luís Dias	1:39:34.6	m	678	Veteranos M50	68	Rail Runners	0:43:59.8	876	1:08:55.8	876
679.	322	Rui Grazina	1:44:28.1	m	679	Veteranos M55	26	CCD Sintrense	0:46:08.6	877	1:12:09.2	877
680.	460	Andre Preto	DSQ	m	680	Sénior Masculino	271	Trilhos do Costume		875		875
681.	625	Jose Nogueira	DSQ	m	681	Veteranos M55	27			1	2:03:01.9	731

W

1.	675	Inês Marques	1:39:40.3	w	1	Sub 23 F	1	Proaventuras	0:45:30.9	59	1:10:04.4	46
2.	183	Cristina Ponte	1:44:14.1	w	2	Veteranas W40	1	Aminhacorrida/Kalenji	0:46:31.9	88	1:12:45.5	79
3.	651	Paula Da Silva Barbosa	1:47:15.5	w	3	Sénior Feminino	1	Oralklass - Amigos do Trail	0:47:44.9	107	1:14:54.8	103
4.	744	Patrícia Marto Carreira	1:49:45.2	w	4	Sénior Feminino	2	Juventude Vidigalense	0:49:02.7	134	1:17:19.6	132
5.	797	Amélia Conceição Pais	1:50:32.9	w	5	Veteranas W50	1	Proaventuras	0:48:39.6	129	1:16:44.4	129
6.	394	Margarida Amaro	1:53:19.8	w	6	Sénior Feminino	3	Monsanto Running Team	0:49:32.9	139	1:18:37.5	143
7.	683	Joana Fonseca	1:55:26.0	w	7	Sénior Feminino	4		0:49:29.7	138	1:19:14.8	150
8.	445	Sofia Agostinho	1:58:01.3	w	8	Sénior Feminino	5	Aminhacorrida/Kalenji	0:52:08.9	184	1:22:23.3	193

4.º Trilho das Lampas

Result List MF 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
9.	706	Cláudia Batalha	1:58:31.6	w	9	Veteranas W40	2	Geodésicos	0:54:42.8	267	1:25:04.2	244
10.	670	Sonia Tubal	1:58:48.0	w	10	Sénior Feminino	6	Tartarugas Solidárias	0:52:57.6	215	1:23:06.6	203
11.	70	Paula Penedo	2:01:15.1	w	11	Sénior Feminino	7	Núcleo de Atletismo Zona da	0:53:18.7	227	1:23:56.2	222
12.	855	Xana Cardador	2:01:57.5	w	12	Veteranas W40	3	Cardador Family	0:52:36.8	203	1:23:35.9	211
13.	588	Maria Goreti Silva	2:02:03.0	w	13	Veteranas W40	4	Desnivel Positivo / Salamandrecos	0:53:16.2	224	1:25:36.0	255
14.	246	Patrícia Fernandes	2:02:07.8	w	14	Sénior Feminino	8	ARSM - Associação Recreativa de S.	0:54:40.3	264	1:26:16.4	265
15.	994	Ivone Saramago	2:03:45.0	w	15	Veteranas W40	5	Tartarugas Solidárias	0:54:55.2	273	1:27:00.8	275
16.	162	Tuxa Negri	2:04:37.3	w	16	Sénior Feminino	9	Gin. Qtª Valbom - AAAlcochete	0:54:11.9	255	1:24:59.2	240
17.	375	Ana Feteira	2:08:48.1	w	17	Sénior Feminino	10	ARSM - Associação Recreativa de S.	0:56:41.6	301	1:29:29.4	304
18.	11	Carmo Moser	2:09:04.0	w	18	Sénior Feminino	11	Correr na Cidade / Salamandras	0:59:19.7	357	1:31:09.6	322
19.	257	Anabela Costa	2:09:34.1	w	19	Sénior Feminino	12	Rail Runners	0:55:22.6	281	1:26:44.1	268
20.	581	Gil Lurdes	2:09:45.2	w	20	Veteranas W40	6	Mountain trails	0:57:36.1	325	1:31:37.8	331
21.	99	Dina Rocha	2:11:02.2	w	21	Veteranas W40	7	Coimbra Trail Running	0:56:47.8	308	1:31:17.8	327
22.	386	Albertina Valada	2:16:34.1	w	22	Veteranas W40	8	Monsanto Running Team	0:59:06.9	354	1:31:52.0	335
23.	578	Maria José Felisardo	2:17:55.6	w	23	Veteranas W45	1	Proaventuras	1:01:05.3	405	1:36:21.4	394
24.	930	Filipa Vilar	2:18:18.7	w	24	Sénior Feminino	13	CLUBE MILLENNIUM BCP	1:02:06.2	434	1:37:48.2	418
25.	621	Mafalda Moniz	2:18:29.2	w	25	Sénior Feminino	14		1:03:32.7	466	1:39:07.4	440
26.	234	Romina Guedes	2:18:32.5	w	26	Sénior Feminino	15	Dolce Furadouro	1:02:09.7	435	1:38:18.6	429
27.	632	Carla Santos	2:18:37.0	w	27	Veteranas W45	2		1:02:32.9	440	1:38:06.2	426
28.	126	Dora Verissimo	2:18:52.4	w	28	Veteranas W45	3		0:59:46.4	364	1:35:21.0	380
29.	23	Carolina Pereira	2:19:01.0	w	29	Veteranas W45	4	AfifenseTrail	1:01:33.2	425	1:36:48.3	404
30.	56	Cidália Martins	2:19:01.6	w	30	Veteranas W50	2	Aminhacorrida/Kalenji	1:01:08.2	408	1:38:01.9	421
31.	633	Ana Lucia Duarte	2:19:55.6	w	31	Veteranas W45	5	Falcões Selvagens	1:03:47.9	473	1:39:14.6	447
32.	880	Ana Fernandes	2:20:11.6	w	32	Sénior Feminino	16		1:00:33.9	386	1:35:50.5	387
33.	976	Maria Pereira	2:20:40.7	w	33	Sénior Feminino	17	GO!Runners	1:03:18.0	461	1:39:15.6	448
34.	289	Catarina Henriques	2:21:38.9	w	34	Sénior Feminino	18	Uni_Verso RUN	1:03:21.7	463	1:39:38.3	454
35.	12	Luísa Mesquita	2:21:56.9	w	35	Sénior Feminino	19	Coimbra Trail Running	1:06:10.6	536	1:42:16.3	497
36.	483	Paula Nunes	2:22:21.7	w	36	Veteranas W40	9	Pumas do Guincho	1:03:16.3	458	1:41:08.9	474
37.	482	Maria Do Carmo Barros	2:22:21.9	w	37	Veteranas W55	1	Pumas do Guincho	1:03:17.1	459	1:41:09.2	475
38.	332	Paula Jacob	2:22:24.2	w	38	Sénior Feminino	20	Arriba Trail Runners	1:05:42.8	523	1:41:46.6	492
39.	778	Lara Silva	2:23:47.8	w	39	Veteranas W45	6	os coelhinhos	1:00:18.8	379	1:36:10.8	390
40.	569	Mafalda Almeida	2:24:02.6	w	40	Sénior Feminino	21	Mercedes-Benz	1:02:18.6	438	1:39:57.4	460
41.	13	Natasha Dias	2:25:09.2	w	41	Veteranas W45	7	Running Academy-O2 Life Center	1:04:10.9	488	1:41:45.3	491

4.º Trilho das Lampas

Result List MF 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
42.	791	Isabel Pisco	2:25:43.3	w	42	Veteranas W45	8	Proaventuras	1:06:21.2	541	1:43:57.3	508
43.	996	Catarina Lagoa	2:26:08.8	w	43	Veteranas W45	9	Tartarugas Solidárias	1:05:01.3	504	1:42:14.8	496
44.	190	Dulce Reis	2:26:47.4	w	44	Veteranas W45	10	Jobrinde - Montes Saloios	1:10:36.1	636	1:46:38.8	546
45.	897	Nivea Loïselle de	2:27:20.3	w	45	Veteranas W40	10		1:07:27.0	569	1:44:46.9	518
46.	213	Madalena Nunes	2:28:03.4	w	46	Sénior Feminino	22	COA - Clube de Orientação e	1:05:01.3	505	1:44:01.2	511
47.	484	Maria Albertina Silva	2:28:50.8	w	47	Veteranas W50	3	Juventude Vidigalense	1:05:35.1	520	1:44:00.5	510
48.	41	Elisabete Rocha	2:28:53.2	w	48	Veteranas W40	11	GO!Runners	1:06:29.2	546	1:47:06.1	555
49.	465	Inês Araújo	2:29:24.7	w	49	Sénior Feminino	23	Os Conta-Kilómetros	1:06:35.1	550	1:46:11.6	541
50.	167	Carla Reis	2:29:28.5	w	50	Veteranas W40	12	ARSM - Associação Recreativa de S.	1:05:40.9	521	1:44:05.9	512
51.	219	Sónia Marques	2:29:31.4	w	51	Sénior Feminino	24	COA - Clube de Orientação e	1:05:46.5	526	1:44:47.6	519
52.	539	Rita Fernandes	2:30:05.3	w	52	Veteranas W40	13	Tartarugas Solidárias	1:06:51.9	554	1:47:09.8	558
53.	990	Isabel Nicolau	2:30:54.9	w	53	Veteranas W45	11	Running Academy - O2 Life Center -	1:04:56.2	503	1:43:52.7	505
54.	301	Patrícia Reis	2:31:02.8	w	54	Veteranas W40	14	RUN BABY RUN	1:09:07.7	599	1:48:23.0	586
55.	954	Vanessa Pais	2:31:04.4	w	55	Sénior Feminino	25		1:09:23.6	606	1:48:03.9	581
56.	69	Susana Raposo	2:31:11.9	w	56	Sénior Feminino	26	Correr Lisboa	1:06:10.3	533	1:44:53.5	520
57.	68	Cristina Guerreiro	2:31:12.1	w	57	Veteranas W40	15	Clube Desportivo Recreativo	1:06:26.6	545	1:45:41.9	535
58.	427	Tita Luis	2:31:28.6	w	58	Sénior Feminino	27	Salamandrecos	1:08:09.5	585	1:47:24.6	567
59.	565	Emma Seco Abellas	2:31:42.1	w	59	Sénior Feminino	28	patoseco	1:09:45.5	621	1:47:54.3	575
60.	42	Andreia Costa	2:32:22.7	w	60	Sénior Feminino	29	Tartarugas Solidárias	1:07:51.8	576	1:47:16.9	563
61.	274	Maria Da Luz	2:32:46.7	w	61	Veteranas W55	2	Clube do STRESS	1:08:40.6	592	1:47:52.3	574
62.	995	Mónica Vital	2:32:55.9	w	62	Sénior Feminino	30	Eléctrico Futebol Clube	1:05:44.8	525	1:45:13.2	527
63.	479	Natalya Marcheva	2:33:15.1	w	63	Veteranas W50	4	Jobrinde - Montes Saloios	1:09:30.7	610	1:49:33.1	608
64.	494	Isabel Barra	2:33:17.1	w	64	Veteranas W45	12	o praticante	1:07:53.8	578	1:48:13.0	583
65.	180	Helena Ferreira	2:33:31.7	w	65	Sénior Feminino	31		1:07:11.8	562	1:47:40.2	572
66.	732	Fernanda França	2:34:01.4	w	66	Veteranas W40	16	CLUBE OGMA	1:09:20.4	605	1:48:13.6	584
67.	970	Mafalda Machado	2:34:33.6	w	67	Sénior Feminino	32	REAL ACADEMIA	1:05:31.1	517	1:46:41.9	548
68.	821	Sandra Letras	2:34:42.5	w	68	Sénior Feminino	33	ODEBRECHT PORTUGAL	1:10:41.0	640	1:50:38.4	622
69.	812	Cidalia Marques	2:34:47.0	w	69	Veteranas W45	13	VendasNovas Trail	1:07:16.6	567	1:48:29.2	587
70.	387	Ana Costa	2:35:57.5	w	70	Veteranas W40	17	Monsanto Running Team	1:05:30.9	516	1:47:33.2	568
71.	535	M Teresa Domingues	2:36:19.6	w	71	Veteranas W45	14	SS CGD	1:07:50.3	574	1:48:55.0	595
72.	722	Carla Miguel	2:36:26.8	w	72	Sénior Feminino	34		1:11:18.0	649	1:50:43.4	624
73.	681	Rosália Rosa	2:36:31.9	w	73	Veteranas W50	5	Juventude Vidigalense	1:10:03.6	625	1:50:25.5	619
74.	584	Maria Azevedo Martins	2:36:34.2	w	74	Veteranas W45	15	Proaventuras	1:09:29.8	609	1:49:57.0	612

4.º Trilho das Lampas

Result List MF 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
75.	510	Maria Rita Pedrosa	2:37:16.7	w	75	Veteranas W40	18	Juventude Vidigalense	1:07:09.1	560	1:48:45.4	592
76.	297	Daniela Gonçalves	2:37:39.1	w	76	Sénior Feminino	35	UGAS TRAIL Running	1:09:40.8	617	1:51:05.0	628
77.	673	Aline Correia	2:37:59.1	w	77	Sénior Feminino	36	CCD Siemens	1:12:33.1	670	1:52:28.4	636
78.	63	Célia Sampaio	2:38:24.6	w	78	Veteranas W40	19	Desnível Positivo	1:09:12.9	601	1:49:18.5	601
79.	130	Sandra Arraias	2:38:35.8	w	79	Sénior Feminino	37	Os Arraias	1:12:13.0	665	1:52:52.9	642
80.	363	Ana Sofia Augusto	2:38:44.9	w	80	Sénior Feminino	38	100fobias	1:12:49.0	675	1:55:08.8	656
81.	668	Noemia Monteiro	2:40:50.8	w	81	Veteranas W40	20	stress	1:12:30.4	669	1:55:32.1	659
82.	515	Carolina Pereira	2:41:00.4	w	82	Sub 23 F	2	Dolce Furadouro	1:10:43.7	641	1:51:53.3	631
83.	165	Sofia Simões	2:41:28.7	w	83	Sénior Feminino	39	Mountain Trails	1:11:04.9	646	1:53:03.4	645
84.	952	Ana Gonçalves	2:41:49.1	w	84	Sénior Feminino	40		1:06:10.6	537	1:46:48.9	552
85.	406	Ana Paula Silvestre	2:42:14.9	w	85	Veteranas W45	16		1:09:31.0	612	1:50:50.5	626
86.	943	Ana Lopes	2:44:19.9	w	86	Veteranas W45	17	CLUBE MILLENNIUM BCP	1:11:54.6	660	1:54:13.4	648
87.	498	Célia Silva	2:44:47.3	w	87	Veteranas W40	21	Juventude Vidigalense	1:11:09.3	648	1:55:52.3	662
88.	1039	Elsa Dinis	2:45:28.6	w	88	Veteranas W45	18	COA - Clube de Orientação e	1:10:58.7	645	1:55:23.3	657
89.	198	Ana Pipa	2:45:31.9	w	89	Sénior Feminino	41	Jobrinde - Montes Saloios	1:12:36.3	671	1:55:34.7	660
90.	106	Claudia Duarte	2:46:39.7	w	90	Sénior Feminino	42	Azeitão Night Runners	1:11:41.4	654	1:56:59.9	673
91.	915	Madalena Andrade	2:46:58.4	w	91	Sénior Feminino	43		1:14:51.6	708	1:58:00.9	685
92.	1001	Catía Calha	2:47:18.2	w	92	Sénior Feminino	44	Centro Vicentino da Serra	1:13:49.3	697	1:58:54.1	692
93.	459	Andreia Lemos	2:47:20.5	w	93	Sénior Feminino	45	Trilhos do costume	1:13:24.8	691	1:57:09.5	676
94.	442	Monica Domingos	2:47:27.1	w	94	Sénior Feminino	46		1:10:49.8	644	1:56:06.7	665
95.	302	Filomena Santos	2:48:10.7	w	95	Veteranas W40	22		1:11:25.5	651	1:52:57.6	644
96.	893	Elizete Duarte	2:48:24.2	w	96	Veteranas W40	23	Açoreana	1:12:04.0	664	1:57:08.4	675
97.	1010	Ana Silva	2:48:37.5	w	97	Sénior Feminino	47		1:15:32.9	730	2:01:53.3	715
98.	538	Carla Pinto Fernandes	2:48:56.4	w	98	Veteranas W40	24	Chafariz Running Team	1:13:48.8	696	1:59:53.7	695
99.	1008	Sandra Magalhães	2:49:22.6	w	99	Veteranas W50	6	Magic Runners - Enterprom brindes	1:15:17.1	716	2:02:39.7	721
100.	95	Sara Cunha	2:49:23.4	w	100	Veteranas W40	25	ENTERPROM - Brindes Promocionais	1:15:18.7	718	2:02:41.8	722
101.	617	Débora Cruz Ferreira	2:50:22.0	w	101	Sénior Feminino	48	Escaravelhos Team	1:13:07.2	685	1:58:52.4	690
102.	780	Mónica Pereira	2:51:20.2	w	102	Veteranas W40	26		1:18:17.9	752	2:03:11.4	732
103.	232	Andreia Sousa	2:52:05.1	w	103	Sénior Feminino	49	Dolce Furadouro	1:14:48.8	706	1:59:50.8	693
104.	1012	Cristina Caldeira	2:52:30.7	w	104	Veteranas W45	19	Runlovers	1:15:18.2	717	2:01:28.8	708
105.	43	Rute Fernandes	2:52:34.2	w	105	Sénior Feminino	50	TEAM RH9	1:16:13.7	743	2:03:00.9	729
106.	61	Sara Dias	2:52:34.2	w	106	Sénior Feminino	51	Correr na Cidade	1:17:30.7	751	2:03:01.8	730
107.	120	Sandra Cardoso	2:52:46.1	w	107	Veteranas W40	27	JPRun	1:13:51.4	698	1:57:15.3	678

4.º Trilho das Lampas

Result List MF 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
108.	645	Lucilia Faustino	2:53:14.5	w	108	Sénior Feminino	52	Azeitão Night Runners	1:15:22.2	721	2:01:24.8	707
109.	447	Liliana Henriques	2:54:17.7	w	109	Sénior Feminino	53	Os Conta-Kilómetros	1:18:25.8	755	2:06:55.0	757
110.	398	Joana Costa	2:54:18.2	w	110	Sénior Feminino	54	Os Conta-Kilómetros	1:18:24.2	754	2:06:55.2	758
111.	193	Alexandra Dinis	2:56:22.8	w	111	Sénior Feminino	55	Jobrinde - Montes Saloios	1:18:44.7	762	2:08:01.3	763
112.	229	Isabel Santos	2:56:37.0	w	112	Veteranas W40	28		1:18:46.6	763	2:08:04.6	764
113.	747	Rita Corda	2:57:03.2	w	113	Sénior Feminino	56	Valejas AC	1:18:40.8	759	2:08:41.1	768
114.	749	Susana Gomes	2:57:03.3	w	114	Veteranas W45	20	Valejas AC	1:18:41.5	760	2:08:44.1	770
115.	195	Catarina Mesquita	2:57:18.6	w	115	Veteranas W50	7		1:19:33.9	778	2:08:17.7	766
116.	270	Sara Nogueira	2:57:28.7	w	116	Sénior Feminino	57		1:15:50.0	737	2:04:38.2	748
117.	271	Marianela Figueiredo	2:57:28.7	w	117	Veteranas W40	29		1:15:49.9	736	2:04:33.6	747
118.	295	Catarina Escaroupa	2:58:29.4	w	118	Sénior Feminino	58	UGAS TRAIL Running	1:12:59.5	681	1:58:35.3	687
119.	324	Céu Leitão	2:58:39.8	w	119	Veteranas W50	8	CCD Sintrense	1:15:22.8	723	2:03:34.7	736
120.	488	Paula Simões	2:59:21.1	w	120	Sénior Feminino	59	Açoreana	1:18:52.0	769	2:06:52.8	756
121.	285	Ines Monteiro	2:59:59.6	w	121	Sénior Feminino	60	Kaninos	1:12:53.0	677	2:00:03.3	697
122.	644	Mónica Henriques	3:00:14.2	w	122	Sénior Feminino	61	Azeitão Night Runners	1:15:31.6	728	2:02:11.9	718
123.	518	Lia Elias	3:00:20.6	w	123	Sénior Feminino	62	Dolce Furadouro	1:19:50.0	783	2:11:07.3	780
124.	627	Diana Neves	3:00:20.7	w	124	Sénior Feminino	63		1:16:01.5	741	2:02:48.1	723
125.	320	Emilia Borges	3:00:26.9	w	125	Veteranas W50	9	CCD Sintrense	1:19:02.2	772	2:07:13.7	759
126.	228	Maria Magro	3:00:36.6	w	126	Veteranas W40	30		1:18:49.6	767	2:08:15.9	765
127.	485	Iris Maurício	3:01:26.4	w	127	Veteranas W40	31	RunLovers	1:22:26.0	805	2:13:11.4	792
128.	773	Helena Ribeiro	3:01:40.8	w	128	Veteranas W45	21	Portugal Running	1:18:57.9	770	2:07:43.3	762
129.	369	Helena Teixeira	3:02:05.8	w	129	Veteranas W40	32		1:16:38.3	746	2:05:30.8	753
130.	940	Vanda Rosa	3:02:24.4	w	130	Veteranas W40	33	CLUBE MILLENNIUM BCP	1:18:48.2	766	2:11:04.7	779
131.	310	Vera Correia	3:05:33.1	w	131	Sénior Feminino	64	2 em 1	1:16:44.6	750	2:10:10.2	774
132.	568	Mónica Matos	3:05:43.5	w	132	Sénior Feminino	65	Mercedes-Benz	1:23:15.7	811	2:14:26.9	804
133.	404	Rita Afonso	3:06:33.2	w	133	Sénior Feminino	66	Chafariz Running Team	1:20:46.1	790	2:14:00.6	798
134.	1011	Sónia Capitão-Mor	3:06:36.2	w	134	Sénior Feminino	67	Correr Lisboa	1:20:49.2	791	2:14:01.7	799
135.	187	Carla Pinto	3:06:47.2	w	135	Veteranas W45	22		1:20:44.1	789	2:10:59.5	778
136.	519	Liliana Julião	3:07:05.7	w	136	Sénior Feminino	68	Dolce Furadouro	1:20:41.1	788	2:13:04.8	789
137.	185	Angela Costa	3:07:08.5	w	137	Sénior Feminino	69		1:21:21.4	798	2:13:26.4	795
138.	128	Bo Irik	3:07:09.2	w	138	Sénior Feminino	70	Correr na Cidade	1:21:19.3	796	2:13:22.9	794
139.	638	Andreia Silva	3:07:47.0	w	139	Sénior Feminino	71		1:22:45.1	807	2:13:07.2	790
140.	438	Helena Leitão	3:08:22.6	w	140	Veteranas W45	23	RunLovers	1:22:53.8	809	2:13:15.4	793

4.º Trilho das Lampas

Result List MF 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
141.	781	Sandra Oliveira	3:08:44.9	w	141	Sénior Feminino	72		1:15:32.1	729	2:08:46.0	771
142.	911	Carla Silva	3:08:46.1	w	142	Sénior Feminino	73		1:21:04.6	794	2:11:49.8	787
143.	945	Maria Ceu Silva	3:08:49.0	w	143	Veteranas W45	24	CLUBE MILLENNIUM BCP	1:18:47.9	764	2:11:12.6	782
144.	999	Anatilde Gomes	3:09:08.3	w	144	Sénior Feminino	74	Centro Vicentino da Serra	1:24:46.8	819	2:13:41.1	797
145.	520	Susana Climas	3:09:34.0	w	145	Sénior Feminino	75	Os Caracóis Furiosos	1:22:11.9	801	2:14:12.3	801
146.	545	Filipa Curralo	3:11:17.5	w	146	Sénior Feminino	76		1:22:25.9	804	2:15:55.0	811
147.	745	Tatiana Pereira	3:11:55.9	w	147	Sénior Feminino	77		1:22:51.0	808	2:16:11.6	815
148.	366	Paula Félix	3:14:13.7	w	148	Veteranas W45	25	100fobias	1:19:38.0	780	2:11:47.3	785
149.	439	Paula Antunes	3:14:24.2	w	149	Sénior Feminino	78	100fobias	1:19:38.7	781	2:11:49.6	786
150.	100	Ana Martins	3:14:41.3	w	150	Veteranas W55	3	Falcões Selvagens	1:19:01.0	771	2:13:40.0	796
151.	200	Cristina Barbosa	3:17:00.4	w	151	Veteranas W45	26		1:26:30.2	826	2:19:43.6	820
152.	699	Ana Rosa Marques	3:17:37.8	w	152	Sénior Feminino	79	OUTLAW RUNNERS	1:21:20.1	797	2:15:35.1	809
153.	458	Liliana Onofre	3:17:59.0	w	153	Sénior Feminino	80	100 Fobias	1:27:07.9	830	2:19:42.3	819
154.	567	Maria Helena Nunes	3:17:59.2	w	154	Veteranas W45	27		1:25:35.2	820	2:19:35.9	818
155.	771	Natália Lopes	3:18:19.3	w	155	Veteranas W50	10	Tocaamexer	1:28:09.2	836	2:20:15.2	821
156.	319	Inês Vaz	3:18:21.5	w	156	Sénior Feminino	81	CCD Sintrense	1:22:32.7	806	2:14:42.4	805
157.	299	Ana Pereira	3:20:21.7	w	157	Veteranas W45	28	Runners da Frente Ribeirinha da	1:21:54.6	799	2:16:04.8	813
158.	473	Luísa Fonseca	3:20:45.5	w	158	Sénior Feminino	82	Os Conta-Kilómetros	1:26:32.6	827	2:21:25.1	823
159.	802	Celeste Pedro	3:21:33.2	w	159	Veteranas W40	34	Tartarugas Solidárias	1:30:28.7	853	2:24:45.3	833
160.	85	Paula Sobral	3:21:33.5	w	160	Veteranas W40	35	Tartarugas Solidárias	1:30:27.6	852	2:24:42.7	832
161.	500	Sandra Pereira	3:22:11.8	w	161	Veteranas W40	36	Salamandrecos	1:29:07.3	842	2:25:16.4	841
162.	223	Sonia Dickmeyer	3:22:45.2	w	162	Sénior Feminino	83	Riscmeyer	1:27:30.8	834	2:23:39.7	826
163.	253	Jacinta Almeida	3:23:08.8	w	163	Veteranas W50	11	Rail Runners	1:24:44.9	818	2:24:23.5	828
164.	772	Lurdes Olas	3:23:09.1	w	164	Veteranas W40	37	Treinos D'há fundo	1:24:13.9	816	2:23:48.6	827
165.	256	Sara Machado	3:23:09.4	w	165	Sénior Feminino	84	Rail Runners	1:24:11.9	815	2:23:30.7	825
166.	712	Ana Umbelino	3:23:12.4	w	166	Sénior Feminino	85	Juventude Vidigalense	1:24:26.3	817	2:20:51.7	822
167.	918	Ivone Pereira	3:23:24.1	w	167	Veteranas W45	29	Ccd	1:30:29.1	854	2:32:12.6	854
168.	719	Florbela Morais	3:25:11.7	w	168	Veteranas W40	38	Jobrinde - Montes Saloios	1:27:09.6	831	2:28:38.7	848
169.	244	Sandra Batista	3:25:11.8	w	169	Veteranas W40	39	Correr Lisboa	1:27:12.9	833	2:28:47.3	850
170.	15	Patrícia Monteiro	3:26:04.2	w	170	Veteranas W45	30	Salamandrecos	1:29:19.5	849	2:25:13.0	838
171.	267	Luísa Pires	3:26:04.2	w	171	Veteranas W45	31		1:29:17.9	847	2:25:16.1	840
172.	282	Elsa Graça	3:26:04.3	w	172	Veteranas W45	32	Salamandrecos	1:29:07.9	843	2:25:12.6	837
173.	241	Ana Cova	3:26:04.6	w	173	Veteranas W45	33	Salamandrecos	1:29:19.2	848	2:25:13.4	839

4.º Trilho das Lampas

Result List MF 4.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
174.	774	Eduarda Pereira	3:26:20.2	w	174	Veteranas W45	34		1:31:21.2	858	2:28:40.1	849
175.	222	Leonor Gomes	3:28:26.6	w	175	Veteranas W40	40		1:33:03.7	863	2:29:19.3	851
176.	823	Luisa Alves	3:30:32.8	w	176	Sénior Feminino	86	ODEBRECHT PORTUGAL	1:30:20.9	850	2:28:38.1	846
177.	47	Célia Ferreira	3:32:59.5	w	177	Sénior Feminino	87	Rail Runners	1:28:51.9	839	2:25:48.9	842
178.	48	Sandra Filipe	3:33:09.5	w	178	Veteranas W40	41	Rail Runners	1:28:54.1	840	2:25:57.7	843
179.	916	Sara Henriques	3:34:27.8	w	179	Veteranas W40	42	Ccd	1:30:29.5	855	2:32:16.4	855
180.	654	Cristina Lavrador	3:42:47.2	w	180	Veteranas W50	12	Tartarugas Solidárias	1:25:58.1	823	2:24:41.2	831
181.	239	Julieta Santos	3:42:47.4	w	181	Veteranas W55	4	Tartarugas Solidárias	1:25:59.5	824	2:24:46.4	834
182.	357	Vanda Fernandes	3:43:56.0	w	182	Veteranas W40	43	CCD Crédito Agrícola Mútuo	1:34:26.7	864	2:33:52.0	858
183.	512	Sofia Fernandes	3:43:56.2	w	183	Sénior Feminino	88	pace.makers	1:34:40.9	866	2:33:51.9	857
184.	511	Inês Pequeno	3:43:56.3	w	184	Veteranas W40	44	pace.makers	1:34:28.6	865	2:33:54.4	859
185.	361	Andrea Sousa	3:51:33.7	w	185	Sénior Feminino	89	Os Conta-Kilómetros	1:29:08.7	846	2:40:26.3	867
186.	329	Andreia Monteiro	3:51:34.1	w	186	Sénior Feminino	90	Os Conta-Kilómetros	1:29:08.6	845	2:40:20.4	865
187.	358	Sandra Marques	3:51:34.1	w	187	Sénior Feminino	91	Os Conta-Kilómetros	1:29:08.4	844	2:40:26.0	866
188.	892	Teresa Ribeiro	3:58:38.6	w	188	Veteranas W40	45	CLÃ DA GADANHA	1:32:21.1	859	2:39:13.0	860
189.	890	Adriana Gonçalves	3:58:39.6	w	189	Veteranas W40	46	CLÃ DA GADANHA	1:32:29.2	862	2:39:58.9	863
190.	117	Henriqueta Solipa	3:59:10.5	w	190	Veteranas W50	13	Tartarugas Solidárias	1:44:01.4	869	2:57:05.5	872
191.	841	Rita Certã	3:59:11.6	w	191	Veteranas W40	47	Tartarugas Solidárias	1:44:03.4	871	2:57:02.2	870
192.	655	Maria Do Ceu Carvalho	3:59:11.7	w	192	Veteranas W40	48	Tartarugas Solidárias	1:44:03.2	870	2:57:03.5	871
193.	759	Sara Pereira	DSQ	w	193	Sénior Feminino	92	GINASIO ENERGYM		2		2
194.	760	Maria João Reis	DSQ	w	194	Veteranas W50	14	GINASIO ENERGYM		3		3
195.	811	Luana Boavida	DSQ	w	195	Sénior Feminino	93	GINASIO ENERGYM		4		4
196.	984	Maria Bandeira	DSQ	w	196	Veteranas W50	15	GINASIO ENERGYM		5		5

Number of records: 877

4.º Trilho das Lampas

Team Results 4.º Trilho das Lampas

Bib	Name		AG	YoB
4.º Trilho das Lampas				
1. Clube de Atletismo de Ferreira do Zêzere 1			4:26:34,23	
415	Fernando Gomes	1:26:36.2	Sénior Masculino	1983
422	Tiago Lousa	1:26:57.5	Sénior Masculino	1982
417	Luís Graça	1:31:57.1	Veteranos M40	1974
2. Caracol Trail Team 1			4:36:39,45	
102	Tiago Godinho	1:27:40.2	Sénior Masculino	1992
19	Pedro Ribeiro	1:31:21.8	Sénior Masculino	1985
684	Bruno Pereira	1:34:55.7	Veteranos M40	1975
3. AMCF-Arrábida Trail Team 1			4:52:33,66	
359	Marcolino Veríssimo	1:31:30.8	Veteranos M45	1971
372	Rui Sequeira	1:33:29.0	Sénior Masculino	1977
373	Vitor Pinto	1:44:22.9	Sénior Masculino	1984
4. PICA MIOLOS 1			4:56:48,03	
450	Artur Oliveira	1:29:59.2	Veteranos M40	1972
449	Henrique Sao Joanico	1:33:22.7	Sénior Masculino	1978
610	Edagar Jacinto	1:51:06.4	Sénior Masculino	1986
5. Rail Runners 1			5:03:35,90	
45	João Prisal	1:31:51.6	Veteranos M40	1972
254	José Luís Dias	1:38:32.7	Veteranos M50	1966
258	Paulo Rodrigues	1:50:10.4	Veteranos M40	1976
6. Monsanto Running Team 1			5:05:13,70	
385	João Repas Goncalves	1:34:21.3	Sénior Masculino	1979
857	Frederico Cerdeira	1:43:43.4	Sénior Masculino	1981
390	Bruno Sequeira	1:43:49.8	Sénior Masculino	1982
7. Juventude Vidigalense 1			5:05:57,38	
7	Diogo Baena	1:26:54.3	Sénior Masculino	1983
497	David Santos	1:47:04.4	Veteranos M40	1975
744	Patrícia Marto Carreira	1:48:35.2	Sénior Feminino	1991
8. GO!Runners 1			5:06:22,41	
33	Rodrigo Noivo	1:31:39.4	Sénior Masculino	1982
34	João Barreto	1:45:20.9	Sénior Masculino	1977
40	Roberto Rodrigues	1:45:56.6	Sénior Masculino	1981
9. Escaravelhos Team 1			5:08:00,56	
249	João Patricio	1:34:10.0	Sub 23 M	1995
646	David Gouveia	1:44:10.3	Sénior Masculino	1991
615	Fernando Santos	1:46:23.9	Sub 23 M	1996
10. CCD Sintrense 1			5:11:25,33	
316	Rogério Azevedo	1:36:39.8	Veteranos M45	1971
322	Rui Grazina	1:43:27.6	Veteranos M55	1961
325	Orlando Martins	1:49:10.9	Veteranos M60	1955
11. Proaventuras 1			5:14:46,06	
675	Inês Marques	1:38:39.3	Sub 23 F	1993
524	Zo Vieira	1:43:58.1	Veteranos M50	1962

4.º Trilho das Lampas

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Bib	Name		AG	YoB
530	Marco Pinto	1:48:51.8	Sénior Masculino	1981
12. COA - Clube de Orientação e Aventura 1			5:16:50,97	
206	Artur Oliveira	1:42:35.3	Sénior Masculino	1982
220	Diogo Lopes	1:44:24.0	Sub 23 M	1996
217	Rui Pena	1:46:45.4	Sénior Masculino	1981
13. Centro Vicentino da Serra 1			5:20:32,60	
1000	Daniel Dias	1:35:23.9	Sénior Masculino	1991
998	José Presado	1:50:03.0	Sénior Masculino	1981
1002	Pedro Vaz	1:51:54.1	Sénior Masculino	1985
14. ARSM - Associação Recreativa de S. Miguel 1			5:21:14,02	
137	Pedro Veríssimo	1:40:56.9	Sénior Masculino	1977
399	Marco Rodrigues	1:46:38.7	Veteranos M40	1974
118	Pedro Amaro Ramos	1:50:36.6	Veteranos M40	1973
15. Clube de Praças da Armada 1			5:21:33,08	
340	Marco Mendes	1:44:37.1	Veteranos M40	1975
337	Renato Rainho	1:46:10.4	Veteranos M40	1973
343	Miguel Teixeira	1:47:24.6	Sénior Masculino	1984
16. N.A.Z.Abóboda 1			5:22:27,45	
739	Paulo Jose Cardoso Da Silva	1:37:41.2	Veteranos M40	1972
182	Carlos Marques	1:42:43.1	Veteranos M50	1966
988	João Luis Santos	1:58:55.6	Veteranos M55	1959
17. AfifenseTrail 1			5:24:43,50	
131	Amândio Antunes	1:39:15.4	Sénior Masculino	1977
24	Bruno Lima	1:48:58.6	Sénior Masculino	1983
21	Carlos Neto	1:53:05.9	Veteranos M40	1976
18. Linda-a-Pastora Sporting Clube 1			5:26:58,37	
81	Aretino Mota	1:44:56.8	Veteranos M50	1962
82	Almiro Feijão	1:45:06.4	Veteranos M55	1958
686	João Rodrigues	1:53:46.8	Veteranos M40	1973
19. Correr na Cidade 1			5:31:03,37	
175	João Gonçalves	1:48:07.8	Sénior Masculino	1980
547	Pedro Luiz	1:49:38.6	Sénior Masculino	1982
920	Luis Moura	1:49:37.9	Veteranos M40	1974
20. Dolce Furadouro 1			5:33:00,16	
532	João Santos	1:41:03.0	Veteranos M40	1976
516	Claudio Franco	1:52:04.2	Sénior Masculino	1985
231	Ricardo Vitorino	1:56:16.8	Sénior Masculino	1982
21. Matilha Running 1			5:35:03,07	
620	João Rosa	1:44:53.6	Veteranos M40	1975
127	Jose Camelo	1:46:00.4	Veteranos M40	1974
112	Alexandre Kellen	2:00:52.4	Veteranos M45	1971
22. Decathlon Montijo Trail Team 1			5:36:22,21	
983	Alexandre Blasques	1:30:59.6	Sub 23 M	1995
981	Marcelo Sousa	1:55:28.2	Sénior Masculino	1986

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Bib	Name		AG	YoB
980	Miguel Azevedo	2:06:10.1	Sénior Masculino	1990
23. Salamandrecos 1			5:39:31,45	
6	António Pedro Santos	1:48:04.8	Veteranos M45	1970
896	Carlos Barros	1:48:01.4	Sénior Masculino	1981
555	Goncalo Prudencio	1:59:19.7	Sub 23 M	1997
24. Aminhacorrída/Kalenji 1			5:40:17,05	
183	Cristina Ponte	1:43:11.5	Veteranas W40	1972
445	Sofia Agostinho	1:56:50.6	Sénior Feminino	1977
444	João Pereira	1:56:49.9	Sénior Masculino	1980
25. CLUBE MILLENNIUM BCP 1			5:44:50,71	
950	Pedro Silva	1:45:17.4	Veteranos M50	1966
946	Manuel Rodrigues	1:55:27.8	Veteranos M50	1965
931	Hugo Luz	2:00:30.8	Veteranos M50	1964
26. 100fobias 1			5:49:07,48	
367	Gil Alves	1:47:37.5	Veteranos M40	1976
364	Germano Canedo	1:58:22.6	Veteranos M50	1962
365	Hugo Evaristo	1:59:43.0	Sénior Masculino	1984
27. Tartarugas Solidárias 1			5:54:18,13	
140	Paulo Mendes	1:50:35.6	Sénior Masculino	1982
670	Sonia Tubal	1:57:44.9	Sénior Feminino	1977
994	Ivone Saramago Ferreira	2:02:37.3	Veteranas W40	1972
28. Coimbra Trail Running 1			5:58:06,77	
111	Nuno Coelho	1:43:12.2	Veteranos M40	1976
116	Henrique Pinto	2:01:37.6	Sénior Masculino	1979
65	Gustavo Gapo	2:09:49.0	Veteranos M40	1975
29. Keep Running 1			6:02:53,01	
159	Eurico Carocha	1:55:30.8	Veteranos M50	1966
157	Eduardo Pena	1:58:27.7	Veteranos M50	1964
158	Jose Nunes	2:05:21.5	Veteranos M45	1967
30. UGAS TRAIL Running 1			6:06:19,70	
292	Miguel Neves	1:59:37.8	Sénior Masculino	1989
296	Duarte Neves	1:59:36.6	Sénior Masculino	1987
298	Álvaro Centeio	2:03:13.8	Veteranos M45	1967
31. 100 esTRILHOS 1			6:06:24,15	
837	Tiago Almeida	1:57:39.2	Sénior Masculino	1981
262	Sérgio Almeida	2:01:07.5	Sénior Masculino	1978
261	Luis Aires	2:03:25.3	Veteranos M45	1968
32. Clube Vodafone 1			6:10:12,38	
51	Pedro Nogueira	1:48:29.0	Veteranos M40	1976
618	Pedro Miguel Lima Gonçalves	1:56:05.0	Veteranos M40	1974
619	Pedro Lourenço	2:22:20.9	Veteranos M45	1969
33. pace.makers 1			6:11:57,44	
288	Sérgio Oliveira	1:44:26.5	Veteranos M40	1973
179	Paulo Pinto	2:04:14.9	Veteranos M40	1976

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Bib	Name		AG	YoB
286	José Lourenço	2:19:45.1	Veteranos M40	1974
34.	Amigos Vale Silêncio 1		6:13:37,97	
807	Paulo Póvoa	1:34:27.6	Veteranos M50	1963
602	Nuno Bogalheiro	2:08:38.0	Veteranos M40	1973
600	Hernâni Silva	2:26:29.9	Veteranos M50	1962
35.	Valejas AC 1		6:20:37,71	
748	Fernando Corda	1:56:31.7	Veteranos M50	1966
708	Eduardo Quaresma	2:03:52.9	Sénior Masculino	1979
856	Hugo Lampreia	2:14:37.7	Veteranos M40	1974
36.	Falcões Selvagens 1		6:26:47,67	
101	Joao Maia	1:44:18.3	Veteranos M50	1962
633	Ana Lucia Duarte	2:18:24.2	Veteranas W45	1970
715	Miguel Campos	2:20:09.2	Veteranos M45	1970
37.	Mountain trails 1		6:30:40,54	
582	Santos Paulo	1:39:12.7	Veteranos M45	1968
581	Gil Lurdes	2:08:43.5	Veteranas W40	1972
165	Sofia Simões	2:39:51.2	Sénior Feminino	1980
38.	Arriba Trail Runners 1		6:37:53,42	
622	Gleiber Mendes	1:52:34.5	Sénior Masculino	1979
480	João Ramos	2:20:07.6	Veteranos M40	1973
330	Paulo Rufino	2:21:00.1	Sénior Masculino	1978
39.	Os Netos 1		6:39:04,56	
409	Paulo Gonçalves	2:04:25.2	Sénior Masculino	1984
412	António Amaro	2:07:09.4	Sénior Masculino	1985
410	Julio Moreira	2:22:18.8	Veteranos M40	1976
40.	Afifense Trail 1		6:44:49,58	
764	Luciano Amaro	2:10:47.0	Sub 23 M	1996
829	Ângelo Neto	2:14:03.2	Sénior Masculino	1982
572	Bruno Viana	2:16:28.9	Sub 23 M	1997
41.	Correr Lisboa 1		6:45:17,06	
192	David Silva	1:55:59.0	Sénior Masculino	1983
742	Paulo Nunes	2:15:30.6	Veteranos M40	1973
69	Susana Raposo	2:29:59.0	Sénior Feminino	1977
42.	amigosdacorrida.com 1		6:47:49,72	
236	Nuno Anjos	1:45:02.1	Veteranos M40	1974
237	Luís Costa	2:23:53.1	Veteranos M40	1976
549	Henrique Adrega	2:34:57.0	Veteranos M60	1952
43.	CCD Crédito Agrícola Mútuo 1		6:49:25,86	
354	Luís Zêzere	2:06:01.3	Veteranos M40	1976
352	Cândido Alves	2:10:11.5	Veteranos M40	1972
355	Mário Cunha	2:29:26.2	Veteranos M40	1973
44.	Jobrinde - Montes Saloios 1		6:54:12,57	
176	Vitor Afonso Lourenço	2:16:16.6	Veteranos M45	1968
486	Luís Gonçalves	2:16:21.5	Sénior Masculino	1978

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Bib	Name		AG	YoB
189	António Luis	2:17:37.9	Veteranos M45	1968
45.	Run 4 Fun 1		6:58:42,29	
881	Filipe Corte-Real	2:12:50.2	Veteranos M50	1964
10	Pedro Ribeiro	2:21:10.1	Sénior Masculino	1979
26	Goncalo Fontes de Melo	2:21:11.3	Veteranos M50	1966
46.	CLUBE OGMA 1		7:03:40,71	
906	Luís Soares	1:54:07.4	Veteranos M50	1966
732	Fernanda França	2:32:30.7	Veteranas W40	1973
731	Joaquim Bexiga	2:32:30.6	Veteranos M45	1968
47.	comDor runners 1		7:06:04,90	
876	José Guilherme	2:06:09.6	Veteranos M50	1966
878	Antonio Silvestre	2:25:38.8	Veteranos M55	1959
877	João Nunes	2:29:31.9	Veteranos M50	1964
48.	Mercedes-Benz 1		7:06:28,26	
596	Ricardo Pinto	2:17:18.5	Sénior Masculino	1982
569	Mafalda Almeida	2:22:48.6	Sénior Feminino	1981
573	Pedro Luis	2:22:46.1	Sénior Masculino	1990
49.	Pumas do Guincho 1		7:07:05,43	
650	João Rodrigues	2:21:11.8	Veteranos M50	1964
483	Paula Nunes	2:21:12.6	Veteranas W40	1972
482	Maria Do Carmo Barros	2:21:12.9	Veteranas W55	1959
50.	Tough Trails Alenquer 1		7:08:29,84	
75	Pedro Granadas	1:58:56.1	Veteranos M40	1975
662	Pedro Machado	2:09:02.8	Sénior Masculino	1977
87	Pedro Teixeira	2:56:18.6	Sénior Masculino	1980
51.	SS CGD 1		7:08:52,25	
580	Pedro Luzio	1:47:52.6	Veteranos M40	1976
535	M Teresa Domingues	2:35:12.7	Veteranas W45	1967
767	Jose Alves	2:41:52.5	Veteranos M60	1949
52.	Eléctrico Futebol Clube 1		7:09:21,85	
238	Luis Relvas	2:05:56.5	Sénior Masculino	1984
592	Filipe Paulino	2:27:37.4	Sénior Masculino	1988
995	Mónica Vital	2:31:29.7	Sénior Feminino	1987
53.	Açoreana 1		7:10:47,05	
870	Francisco Pereira	2:16:46.3	Veteranos M45	1967
490	Carlos Fonseca	2:24:14.5	Veteranos M55	1960
489	Paulo Fernandes	2:25:16.1	Veteranos M45	1968
54.	Carapaus de Corrida 1		7:10:51,44	
725	Sérgio Nuno Matos Oliveira Nunes	1:55:55.5	Veteranos M40	1974
204	Silvestre Rosa	2:35:44.2	Veteranos M45	1968
761	Agostinho Dias	2:35:43.6	Veteranos M50	1965
55.	os coelhinhos 1		7:11:23,11	
777	Artur Monteiro	2:22:31.8	Veteranos M45	1968
776	José Freire	2:22:32.6	Veteranos M45	1967

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Bib	Name		AG	YoB
778	Lara Silva	2:22:32.6	Veteranas W45	1971
56.	GDCF 1		7:15:24,88	
965	Afonso Rodrigues	2:24:02.0	Sénior Masculino	1978
967	Paulo Costa	2:24:01.5	Sénior Masculino	1979
966	Miguel Esteves	2:24:01.4	Sénior Masculino	1982
57.	Running Academy - O2 Life Center - 1		7:15:54,50	
991	Carlos Sequeira	2:12:44.3	Veteranos M45	1968
990	Isabel Nicolau	2:29:38.0	Veteranas W45	1970
989	Bruno Brito	2:29:38.2	Veteranos M40	1976
58.	o praticante 1		7:17:24,28	
495	Rui Miguel	2:00:13.2	Veteranos M40	1973
494	Isabel Barra	2:31:51.5	Veteranas W45	1968
492	David Silva	2:40:20.2	Veteranos M50	1964
59.	Os Conta-Kilómetros 1		7:18:49,78	
471	Luís Taborda	2:22:52.5	Sénior Masculino	1987
585	Daniel Reis	2:22:49.6	Sénior Masculino	1985
328	Diogo Garcia	2:27:31.7	Sénior Masculino	1987
60.	Pernas de Gafanhoto 1		7:23:24,01	
711	Pedro Santos	2:09:14.0	Sénior Masculino	1980
886	Francisco Simao	2:27:07.7	Sénior Masculino	1982
703	André Garrido de Figueiredo	2:42:35.3	Veteranos M40	1976
61.	REAL ACADEMIA 1		7:25:17,92	
968	Alvaro Pinto	2:14:40.5	Veteranos M55	1957
970	Mafalda Machado	2:33:07.3	Sénior Feminino	1979
969	Manuel Rodrigues	2:33:10.1	Veteranos M55	1961
62.	Devagar, devagarinho... By Snickers Workwear 1		7:25:34,01	
505	Romão Correia	2:19:05.2	Sénior Masculino	1977
502	Rui Nascimento	2:24:44.6	Veteranos M45	1970
503	João Bernardino	2:36:27.5	Veteranos M40	1974
63.	ODEBRECHT PORTUGAL 1		7:32:51,76	
816	Adelino Pereira	2:23:51.5	Veteranos M50	1964
819	Manuel Paulo	2:30:59.3	Veteranos M55	1957
821	Sandra Letras	2:33:25.8	Sénior Feminino	1985
64.	RunLovers 1		7:42:05,85	
435	Luis Ferreira	2:15:35.4	Veteranos M50	1966
436	Nuno Anastácio	2:30:46.4	Sénior Masculino	1979
1012	Cristina Caldeira	2:50:46.1	Veteranas W45	1969
65.	Kaninos 1		7:46:41,49	
18	Joaquim Capela	1:45:32.7	Veteranos M45	1971
14	Humberto Barros	2:58:29.3	Sénior Masculino	1981
103	Marco Cachinho	2:58:27.6	Sénior Masculino	1980
66.	Lebres da Católica 1		7:54:18,54	
736	Pedro Cruz	2:27:51.4	Sénior Masculino	1988
734	Ricardo Tomé	2:31:57.5	Sénior Masculino	1978

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Bib	Name		AG	YoB
737	António Mendes	2:49:24.9	Sénior Masculino	1980
67.	Chafariz Running Team 1		8:34:42,45	
402	Álvaro Marujeiro	2:37:56.6	Veteranos M40	1974
538	Carla Pinto Fernandes	2:47:41.8	Veteranas W40	1976
404	Rita Afonso	3:05:18.7	Sénior Feminino	1986
68.	Azeitão Night Runners 1		8:40:08,54	
106	Claudia Duarte	2:45:12.3	Sénior Feminino	1980
645	Lucília Faustino	2:51:48.6	Sénior Feminino	1981
644	Mónica Henriques	2:58:45.1	Sénior Feminino	1987
69.	OUTLAW RUNNERS 1		8:59:25,60	
700	Luis Fernandes	2:23:13.4	Veteranos M45	1971
698	Tito Andrade	3:14:57.5	Veteranos M40	1972
699	Ana Rosa Marques	3:15:49.9	Sénior Feminino	1977
70.	Os Caracóis Furiosos 1		9:28:46,97	
520	Susana Climas	3:07:35.0	Sénior Feminino	1987
521	André Silva	3:07:37.7	Sénior Masculino	1987
522	Renato Vieira	3:07:39.4	Veteranos M40	1975
71.	GINASIO ENERGIM 1		10:11:50,85	
758	João Soares	3:01:43.8	Veteranos M40	1976
760	Maria João Reis	3:27:42.6	Veteranas W50	1962
759	Sara Pereira	3:27:42.3	Sénior Feminino	1985
72.	Ccd 1		10:19:24,96	
917	Diogo Henriques	3:19:44.3	Sub 23 M	1996
918	Ivone Pereira	3:21:36.2	Veteranas W45	1967
916	Sara Henriques	3:32:37.7	Veteranas W40	1973
73.	CLÃ DA GADANHA 1		11:55:57,47	
892	Teresa Ribeiro	3:56:50.1	Veteranas W40	1975
891	Miguel Ferreira	3:56:49.9	Veteranos M40	1975
890	Adriana Gonçalves	3:56:51.0	Veteranas W40	1975