



# 7º Trilho das Lampas - Trail Longo Mitsubishi

11 de Maio, 2019

<https://werun.pt/resultados/7-trilho-das-lampas/>

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	357	JOSÉ GASPAR	01:44:12	01:44:12	M4044		1
2	180	JOÃO GINJA	01:56:29	01:56:29	M5054		1
3	340	ANDRÉ FILIPE LUNA COSTA	01:56:32	01:56:32	M2439	CPA TRAIL TEAM /CLUBE DE PRAÇAS DA ARMADA	1
4	379	GUILHERME GONÇALVES	01:59:04	01:59:04	M2439	BRASIL	2
5	5059	PAULO GONÇALVES	02:00:03	02:00:03	M2439	CPA TRAIL TEAM / CLUBE DE PRAÇAS DA ARMADA	3
6	336	JORGE PEDROSO	02:07:45	02:07:44	M4549	AMIGOS DO ATLETISMO DE MAFRA	1
7	373	LUIS PEREIRA	02:08:05	02:08:05	M2439	BRUNOSEMPRE. BABA MAMBO	4
8	259	PAULO SEQUEIRA	02:10:02	02:10:01	M4044	KÇPHODA WOLVES TRAIL	2
9	293	NELSON FÉLIX	02:10:20	02:10:14	M4044	CORRER QUELUZ	3
10	83	CARLOS REBELO	02:10:40	02:10:40	M5054	CAPENAFIRME	2
11	177	BRUNO CARVALHO	02:17:10	02:17:01	M2439	PRUDAS RUNNING TEAM	5
12	141	PAULO POVOA	02:17:54	02:17:52	M5559	AMIGOS VALE SILENCIO	1
13	29	ANTONIO PARDAL	02:18:32	02:18:31	M5054	INDIVIDUAL	3
14	152	BRUNO SOUSA	02:18:59	02:18:36	M4044		4
15	155	MIGUEL DAVID	02:20:03	02:19:58	M4549		2
16	348	PEDRO NEVES	02:20:03	02:19:59	M2439		6
17	380	MARCELO FERNANDES	02:21:12	02:21:06	M2439		7
18	350	LUIS CARDOSO	02:22:07	02:22:05	M4549	RACING BIKES	3

19	317	TONY ALMEIDA	02:22:10	02:22:07	M2439	RB RUNNING	8
20	5032	PAULO GOMES	02:23:28	02:23:04	M2439	EVELX	9
21	79	JOAO FERREIRA	02:23:39	02:23:28	M2439		10
22	20	GONCALO CORREIA	02:24:48	02:24:40	M2439		11
23	5072	SALETE TAVARES	02:24:56	02:24:55	F4549	CA BARREIRA	1
24	354	CARLOS MATIAS MATIAS	02:25:01	02:24:59	M4044	COA/CORVUS TRAIL TEAM	5
25	183	PAULO SOUSA	02:26:44	02:26:43	M4044	Outdoor Clube de Setúbal - Strendure running Team	6
26	292	FÁBIO PEREIRA	02:26:53	02:26:51	M2439	SPORTING CLUBE DE CASINHOS	12
27	5026	RICARDO GANHÃO	02:27:03	02:26:58	M2439		13
28	5007	RUTE MARTINS	02:27:10	02:27:09	F2439	COA / CORVUS TRAIL TEAM	1
29	5027	PEDRO GRANADAS	02:27:13	02:27:13	M4044	TURRES TRAIL TEAM	7
30	196	ARLINDO PAIXÃO	02:27:23	02:27:21	M5559	RESTAURANTE O CARTAXEIRO	2
31	80	GIL XAVIER ALVES	02:27:50	02:27:49	M4044	SALAMANDRECOS	8
32	281	NUNO LOPES	02:27:52	02:27:43	M4044	CLUBE FERROVIÁRIO DE PORTUGAL	9
33	115	ZÓ VIEIRA	02:28:12	02:28:09	M5559	OCS PROAVENTURAS	3
34	19	NUNO RAMOS	02:28:37	02:28:23	M2439		14
35	365	NUNO MOLEIRO	02:29:25	02:29:24	M4044	BRUNOSEMPRE. BABA MAMBO	10
36	106	PEDRO REDUTO	02:29:34	02:29:31	M4044	ABITUREIRA	11
37	299	NUNO OLIVEIRA	02:29:57	02:29:43	M4044	OS COXOS E O MIGUEL	12
38	367	ARTUR BASILIO	02:30:06	02:30:01	M4044	OPRATICANTE	13
39	5000	RUI CARDOSO	02:30:08	02:30:03	M2439		15
40	328	JOAQUIM MARTINS	02:31:21	02:31:18	M5559		4
41	111	RUI MACHINHO	02:31:27	02:31:25	M4044	GRUPO DESPORTIVO SANTANDER TOTTA	14

42	22	ANTÓNIO ROQUE	02:31:31	02:31:07	M2439	CARACÓIS DE PEDRA	16
43	370	NUNO ANTUNES	02:31:35	02:31:30	M5054	TRILHOS DO COSTUME	4
44	197	JOÃO PAULINO	02:31:36	02:31:34	M5559		5
45	9	VASCO ASCENSÃO	02:31:42	02:31:26	M4549	CDCR DOS CTT	4
46	2	MARCO LOURENÇO	02:31:57	02:31:43	M4044		15
47	337	MARCO FERNANDES	02:32:48	02:32:46	M4044	MTBA	16
48	295	NUNO SABINO	02:33:42	02:32:42	M4044	Grupo Desportivo e Recreativo de Manique de Cima	17
49	12	HUGO GOMES	02:35:06	02:34:52	M2439	RUN FOR FRIENDS	17
50	280	JOÃO PEREIRA	02:35:24	02:35:14	M4549	CLUBE FERROVIÁRIO DE PORTUGAL	5
51	96	FERNANDO CORDA	02:35:34	02:35:24	M5054	VALEJAS AC	5
52	21	TIAGO ROCHA	02:35:35	02:35:26	M4044	VALEJAS AC	18
53	5002	PEDRO VICENTE	02:35:37	02:35:31	M4044	PORTUGAL TROTTER	19
54	5048	JOSÉ NUNES	02:35:46	02:35:41	M5054		6
55	270	NUNO RODRIGUES	02:35:49	02:35:49	M4044	SERVIÇOS SOCIAIS MONTEPIO	20
56	10	LUIS ANDRADE	02:35:50	02:35:50	M4549	CDCR DOS CTT	6
57	364	JOÃO OLIVEIRA	02:36:55	02:36:43	M4044	BRUNOSEMPRE. BABA MAMBO	21
58	215	RICARDO DOMINGUES	02:37:16	02:37:14	M2439	VILT RUNNERS	18
59	149	NUNO GRANADAS	02:37:34	02:37:33	M2439	TURRES TRAIL TEAM	19
60	191	HUGO GUERREIRO	02:38:24	02:37:37	M4044	VARITINTAS	22
61	275	PAULO MARTINS	02:38:42	02:38:08	M4044	AMIGOS DO ATLETISMO DE MAFRA	23
62	5031	INÊS PEIXOTO	02:38:45	02:38:21	F4044	EVELX	1
63	360	NELSON MOTA	02:40:06	02:39:56	M4549		7
64	99	CARLOS SILVA	02:40:07	02:40:00	M2439	SALAMANDRECOS	20

65	271	ARMANDO PARREIRA	02:40:24	02:40:15	M5054	ARMADA TORRIENSE	7
66	23	TIAGO RODRIGUES	02:40:25	02:40:00	M2439	CARACÓIS DE PEDRA	21
67	58	JOSÉ GOMES	02:40:31	02:40:22	M4044	#CQVF	24
68	329	PAULO GOULART	02:40:49	02:40:46	M5054	CLUBE ANACOM	8
69	355	DANIEL COSTA	02:41:00	02:40:02	M2439		22
70	117	JOÃO TRINDADE	02:41:09	02:41:02	M0023	CORRER LISBOA	1
71	267	BRUNO DUQUE	02:41:56	02:41:56	M2439	SERVIÇOS SOCIAIS MONTEPIO	23
72	119	LUIS ALMEIDA	02:42:11	02:41:39	M4549	MONTES SALOIOS TRAIL TEAM	8
73	140	EMANUEL SEVERINO	02:42:12	02:41:32	M2439	SALAMANDRECOS	24
74	216	VÍTOR VIANA	02:42:13	02:42:10	M2439	100 ESTRILHOS	25
75	5033	EDUARDO LUÍS	02:42:37	02:42:25	M4044	ATÓMICOS	25
76	228	SÉRGIO ALMEIDA	02:42:54	02:42:51	M4044	100 ESTRILHOS	26
77	162	LUÍS RAMOS	02:43:21	02:43:16	M4549		9
78	277	PAULO TEIXEIRA	02:43:42	02:43:13	M4549		10
79	239	FAUSTO SÁ	02:44:09	02:43:24	M4044	MARVILA JOVEM	27
80	170	ANA SORAIA GOMES	02:44:23	02:44:16	F4044	Outdoor Clube de Setúbal - Strendure running Team	2
81	200	JOAO CAETANO	02:44:53	02:44:50	M4549		11
82	339	ISABEL JERÓNIMO	02:44:55	02:44:51	F4044	CLUBE MILLENNIUM BCP	3
83	252	JOSÉ COSTA ALVES	02:45:07	02:44:52	M4549		12
84	261	JOSÉ TOMÁS	02:45:51	02:45:44	M4549	MONTES SALOIOS TRAIL TEAM	13
85	237	PEDRO QUADRIO	02:45:57	02:45:24	M4549	BRUXOS RUNNERS ARRUDA DOS VINHOS	14
86	25	PEDRO RAMOS	02:45:59	02:45:33	M5054		9
87	225	PAULO JORDÃO	02:46:21	02:46:10	M4549		15

88	16	ANTONIO LUIS FARIAS	02:46:35	02:45:56	M2439		26
89	182	EDUARDO LEITE	02:46:58	02:46:55	M4044	SPORT UNIÃO COLARENSE	28
90	118	ADELINO TRINDADE	02:47:22	02:47:14	M4549	CORRER LISBOA	16
91	135	MIGUEL PINHO	02:47:54	02:47:40	M4549	CORRER QUELUZ	17
92	157	PAULA TEIXEIRA	02:48:07	02:47:39	F4044		4
93	193	BRUNO PEREIRA	02:48:30	02:47:54	M4044	GRUPETA RUNNING TEAM	29
94	220	NUNO GONÇALVES	02:49:10	02:48:42	M4044	CLUBE TAP PORTUGAL	30
95	178	CARLOS MARQUES	02:49:26	02:49:26	M5054	LINDA-A-PASTORA SPORTING CLUBE	10
96	59	HELDER PEREIRA	02:49:36	02:49:12	M2439		27
97	5042	BRUNO JORGE	02:50:20	02:49:54	M2439	Outdoor Clube de Setúbal - Strendure running Team	28
98	167	JOÃO PEDRO SILVA	02:50:22	02:50:04	M5054	SS CGD	11
99	5029	NUNO CORREIA	02:50:27	02:49:53	M2439		29
100	15	LEONEL ANJOS NEVES	02:50:54	02:50:48	M6099	AMIGOS VALE SILÊNCIO	1
101	6	VITORINO MOTA	02:50:56	02:50:52	M5559	STJOAOLIVEIRATEAM	6
102	51	JOÃO BRANQUINHO	02:50:56	02:50:09	M2439		30
103	5035	SERGIO NUNES	02:50:57	02:50:09	M4044	MARVILA JOVEM	31
104	5039	RICARDO RODRIGUES	02:51:20	02:50:35	M4044	ZOA	32
105	338	NUNO LOPES	02:51:59	02:51:19	M4044		33
106	240	NUNO BOGALHEIRO	02:52:19	02:52:04	M4549	100 ESTRILHOS	18
107	341	ALBÍCIO MAGALHÃES	02:52:21	02:52:02	M6099	INDIVIDUAL	2
108	362	CARLA HENRIQUES	02:52:33	02:52:28	F4044	BRUNOSEMPRE. BABA MAMBO	5
109	266	JOSÉ GUERREIRO	02:52:44	02:52:37	M6099	SERVIÇOS SOCIAIS MONTEPIO	3
110	5054	ANTÓNIO SANTOS	02:53:04	02:52:27	M4549	SALAMANDRECOS	19

111	5016	ISMAEL MAIATO	02:53:05	02:52:39	M5054	SALAMANDRECOS	12
112	5021	FERNANDO CÂNDIDO	02:53:19	02:53:01	M5054		13
113	95	NUNO ANTUNES	02:53:30	02:52:46	M4549	VIKINGS DO MAGOITO	20
114	291	JOÃO CUNHA	02:53:39	02:53:30	M2439	PREGUIÇAS DO MONTE	31
115	279	PAULO VIEIRA	02:53:43	02:53:33	M4549	CLUBE FERROVIÁRIO DE PORTUGAL	21
116	130	DÁRIO PALMA	02:53:47	02:53:43	M2439		32
117	101	ANDRÉ SILVA	02:53:56	02:53:31	M2439	OS CARACÓIS FURIOSOS	33
118	287	RODRIGO BARROSO	02:54:05	02:52:45	M4044	FIRESIDE	34
119	286	ARTUR BERNARDO	02:54:07	02:52:44	M4549	FIRESIDE	22
120	87	BRUNO MIGUEL SANTOS	02:54:17	02:53:38	M4044	FALCÕES SELVAGENS	35
121	371	ELISABETE SOUSA	02:54:18	02:53:43	F4549	CLUBE ACADEMICO PENAFIRME	2
122	158	SERGIO TEIXEIRA	02:55:24	02:54:57	M4044		36
123	307	CONCEIÇÃO ALVES	02:55:28	02:55:15	F5559	LESMAS ACELERADAS	1
124	5057	CARLOS FLORÊNCIA	02:55:39	02:55:08	M2439	CORRER LISBOA	34
125	284	VITOR COUTO	02:55:46	02:55:16	M2439		35
126	207	ALBERTO DOMINGUES	02:55:55	02:55:55	M4549	ASAS NOS PÉS	23
127	334	ANTOINE LESECQ	02:55:55	02:55:09	M2439		36
128	91	JOÃO FRAZÃO	02:56:35	02:56:32	M2439	GD SANTANDER TOTTA	37
129	94	LUIS GOMES	02:56:36	02:56:32	M4549	GRUPO DESPORTIVO SANTANDERTOTTA	24
130	288	IGOR SANTOS	02:56:40	02:56:25	M2439	IG	38
131	151	RITA MOGO	02:56:42	02:56:40	F2439	GRUPO DESPORTIVO SANTANDER TOTTA	2
132	146	PAULO ALVES	02:56:42	02:56:38	M4044	GRUPO DESPORTIVO SANTANDER TOTTA	37
133	298	JOSÉ AMARO	02:56:47	02:56:43	M4044	LIZ RUNNERS	38

134	263	CLAUDIO CORREIA	02:56:59	02:56:26	M5054		14
135	230	CARLOS CASEIRO	02:57:22	02:57:19	M4044	INDIVIDUAL	39
136	269	RICARDO SOUSA	02:58:18	02:58:10	M2439	SERVIÇOS SOCIAIS MONTEPIO	39
137	297	CARLOS GRADE	02:58:24	02:57:45	M4549	Grupo Desportivo e Recreativo de Manique de Cima	25
138	97	SÉRGIO PEDRO	02:58:26	02:57:59	M2439	TINTO RUNNING TEAM	40
139	166	CARLOS VIEIRA	02:59:17	02:59:08	M2439		41
140	244	LUIS SOUSA	03:00:03	02:59:54	M4044		40
141	188	GONÇALO BAROUTAKIS	03:00:04	02:59:56	M4549	TIBA	26
142	13	NUNO CORDEIRO	03:00:10	03:00:00	M4044	FALCÕES SELVAGENS	41
143	189	EDUARDO PINTO	03:00:31	02:59:44	M2439	VARITINTAS	42
144	304	NEVILLE SUZMAN	03:00:55	03:00:04	M5054	CIGNON	15
145	314	EDUARDO FERREIRA	03:00:55	03:00:06	M4044	CLUBE MILLENNIUM BCP	42
146	69	TIAGO GUERREIRO	03:00:57	03:00:26	M4044	GRCD - LEIÃO COBRAS TRAILISTAS	43
147	70	JOÃO RODRIGUES	03:01:04	03:01:04	M4549	SALAMANDRECOS	27
148	86	PAULO TRINDADE	03:01:17	03:01:11	M4549	O MUNDO DA CORRIDA	28
149	43	ANDRÉ SANTOS	03:01:18	03:01:10	M4044		44
150	75	ANA BATISTA	03:01:19	03:00:34	F4044	Sónósdóis	6
151	56	CARLOS CRAVEIRA	03:03:00	03:02:43	M4549	GRCD LEIÃO	29
152	34	JOÃO PEREIRA	03:04:02	03:03:08	M2439		43
153	5014	BRUNO JACQUET	03:04:51	03:04:37	M2439	Até à Meta	44
154	102	CÂNDIDO ALVES	03:05:04	03:04:50	M4549	CCD Crédito Agrícola	30
155	246	BRUNO BATALHA	03:06:50	03:06:13	M2439		45
156	324	PAULO MAURICIO	03:06:57	03:06:43	M2439	N.A.D.A.	46

157	139	CATIA LUIS	03:07:21	03:06:42	F2439	SALAMANDRECOS	3
158	283	MÁRIO BATISTA	03:07:25	03:06:55	M4044	ADA Desnivel	45
159	159	ANTÓNIO PINTO	03:07:47	03:07:32	M5559	QUELUZ	7
160	349	ROGERIO MACHADO	03:07:50	03:07:42	M2439		47
161	278	GUILHERME GONÇALVES	03:07:55	03:07:49	M5559	CLUBE FERROVIÁRIO DE PORTUGAL	8
162	123	RUI ALMEIDA	03:08:12	03:07:47	M4549	CORRIDA NOTURNA PARQUE DAS NAÇÕES	31
163	333	PEDRO MIGUEL DUARTE EUGÉNIO	03:08:14	03:07:51	M4549	CORRIDA NOTURNA PARQUE NAÇÕES	32
164	78	MIGUEL CAMPOS	03:08:15	03:08:03	M4549	FALCÕES SELVAGENS	33
165	209	NUNO JOSÉ CABEÇA	03:08:25	03:07:52	M5054		16
166	116	MIGUEL COELHO	03:08:54	03:08:54	M6099		4
167	356	RUI PAÇO	03:09:08	03:08:28	M5054	MULTIRUNNERS	17
168	260	CESAR DOMINGOS DIOGO SILVESTRE	03:09:20	03:08:51	M4044	BRUXOS RUNNERS	46
169	168	DAVID COELHO	03:09:30	03:08:20	M4044	SALOIOS	47
170	305	ALEXANDRE DUARTE	03:09:36	03:09:24	M5559		9
171	199	JOSÉ BORDALO	03:09:36	03:09:27	M6099	O MUNDO DA CORRIDA	5
172	42	DAVID LEITE	03:09:41	03:08:58	M4044	AMADORA	48
173	346	RITA TEIXEIRA	03:09:41	03:09:16	F2439	SOMAI51KM	4
174	347	CARLOS HENRIQUE	03:09:43	03:09:18	M5054	SOMAI51KM	18
175	335	FILIPE MARTINS	03:09:47	03:09:47	M2439		48
176	301	NUNO SOUSA	03:09:52	03:09:17	M4044		49
177	302	PAULO HENRIQUES	03:10:01	03:09:34	M4044		50
178	229	LUÍS MIGUEL NOGUEIRA	03:10:01	03:09:34	M4549	GRCD LEIÃO-COBRAS TRAILISTAS	34
179	26	NUNO ARIGÓ	03:10:02	03:10:02	M4044		51

180	332	NUNO DIAS	03:10:28	03:10:16	M2439	FORTÍSSIMOS RUNNING TEAM	49
181	247	ALEXANDRA SIMON	03:10:37	03:10:15	F4044		7
182	345	RUI PEDRO GONÇALVES	03:11:00	03:10:34	M4549	SOMAI51KM/RUNSOX	35
183	268	ANTÓNIO FRANCO	03:11:14	03:11:14	M5054	SERVIÇOS SOCIAIS MONTEPIO	19
184	258	ALEXANDRE JARDIM	03:11:21	03:10:37	M4044	SALAMANDRECOS	52
185	264	BRUNO VASCONCELOS MAIA	03:11:32	03:11:17	M2439		50
186	124	FERNANDO SERRANO	03:11:37	03:11:16	M5054	CORRIDA NOTURNA PARQUE DAS NAÇÕES	20
187	238	CARLOS SÁ	03:11:51	03:11:00	M5054	MARVILA JOVEM	21
188	5062	PAULO RODRIGUES	03:12:05	03:11:51	M4549	MOITA A CORRER	36
189	327	SUSANA SILVA	03:12:05	03:11:53	F4044	VARITINTAS	8
190	319	NUNO ROUPETA SILVA	03:12:17	03:11:40	M4549	GRUPETA RUNNING TEAM	37
191	50	JOSE CASIMIRO	03:12:20	03:12:16	M2439		51
192	245	ANA CAMELO	03:12:57	03:12:47	F2439		5
193	54	FERNANDO FERNANDES	03:13:09	03:12:20	M5054		22
194	294	DIOGO FERREIRA	03:13:09	03:13:03	M2439		52
195	262	JOSE LOPES	03:13:51	03:13:51	M5054		23
196	28	BRUNO ARAÚJO-GOMES	03:14:25	03:13:36	M4549	GOMAS TEAM	38
197	121	BRUNO CHEN	03:14:29	03:14:06	M4549		39
198	214	PEDRO FRANCO	03:15:20	03:15:17	M2439	VILT RUNNERS	53
199	161	RUI RODRIGUES	03:15:25	03:15:13	M5054	OS TUGAS	24
200	226	ANTÓNIO PEDRO PINHEIRO	03:15:38	03:14:35	M2439	BEER RUNNERS	54
201	223	HUGO REIS	03:16:22	03:16:12	M2439		55
202	385	MARCIA VILARINHO	03:16:24	03:16:18	F4549		3

203	321	MONICA PEREIRA	03:16:24	03:16:11	F4044	AMINHACORRIDA	9
204	143	DAVID ALEXANDRE	03:16:41	03:16:31	M2439		56
205	241	GONÇALO RODRIGUES	03:16:42	03:16:32	M2439		57
206	66	LUIS CRUZ	03:16:58	03:16:12	M4044	INDIVIDUAL	53
207	224	PAULO BATISTA	03:17:57	03:17:21	M4549		40
208	172	HUGO FERREIRA	03:17:58	03:17:58	M4044	AMIGOS DO TRAIL	54
209	137	FERNANDA MARQUES SANTINHA	03:18:06	03:17:17	F4549		4
210	265	PEDRO BOTO	03:18:41	03:18:33	M5054	SERVIÇOS SOCIAIS MONTEPIO	25
211	253	JONATHAN ALVES	03:18:42	03:18:14	M2439		58
212	73	JOÃO FILIPE VEIGAS	03:18:43	03:18:04	M2439		59
213	201	FRANCISCO MACHETA	03:19:46	03:18:58	M4549		41
214	92	MÁRIA SANTOS	03:20:02	03:19:51	F2439		6
215	93	RUI VASCO	03:20:02	03:20:02	M4044		55
216	32	PEDRO GOMES	03:20:13	03:19:08	M2439	SS CGD	60
217	82	GRAÇA JESUS	03:20:58	03:20:49	F5054	CAPENAFIRME	1
218	84	FILIPE HENRIQUES	03:20:59	03:20:45	M4549	CAPENAFIRME	42
219	112	JOSÉ FINURAS	03:21:10	03:20:31	M4549	MULTIRUNNERS	43
220	366	JOÃO PEREIRA	03:21:10	03:20:31	M5054		26
221	369	MARINA TEIXEIRA	03:21:16	03:19:53	F4044	GMC Jamor	10
222	285	DAVID TALHAO	03:21:19	03:21:04	M2439	LOBOS DA CATÓLICA	61
223	5023	GRAÇA ROLDÃO	03:21:59	03:21:47	F5559	OS TUGAS	2
224	274	HELENA ROMEIRO	03:22:07	03:21:50	F2439	AMIGOS DO ATLETISMO DE MAFRA	7
225	273	TELMO SOUSA	03:22:07	03:21:50	M4044		56

226	250	PAULO PICÃO	03:23:03	03:22:27	M4549	MONSANTO RUNNING TEAM	44
227	187	MIGUEL SIMÕES	03:24:07	03:23:17	M2439		62
228	255	ANA CATARINA PEREIRA QUINTAS	03:24:11	03:24:00	F4549	INDIVIDUAL	5
229	171	ANDRÉ ROLÃO	03:24:35	03:24:09	M2439	CORRIDA NOTURNA PARQUE DAS NAÇÕES	63
230	195	PEDRO COSTA ALVES	03:25:12	03:24:55	M4044		57
231	120	FAVELINA SANTOS	03:25:43	03:25:14	F4549	GRCD LEIÃO - COBRAS TRAILISTAS	6
232	308	CARLOS FONSECA	03:26:28	03:26:25	M5559	Tranquilidade Atletismo Clube	10
233	257	MIGUEL CÊRCA	03:26:35	03:26:08	M4044		58
234	227	CRISTINA CORREIA	03:26:59	03:25:59	F4044	BEER RUNNERS	11
235	344	SÓNIA DE JESUS	03:28:09	03:28:06	F4044	SOMAI51KM	12
236	138	SANDRA RODRIGUES	03:28:11	03:27:43	F4549		7
237	113	SARA NOGUEIRA	03:28:12	03:27:45	F4044	GRCD LEIÃO - COBRAS TRAILISTAS	13
238	98	CASIMIRO SILVA	03:28:12	03:27:44	M4549	GRCD LEIÃO - COBRAS TRAILISTAS	45
239	300	FÁBIO SARAIVA	03:29:48	03:29:12	M2439		64
240	217	PEDRO FIGUEIRA	03:30:31	03:30:23	M0023	DAVID VAZ ASSOCIAÇÃO	2
241	208	RUI CARVALHO	03:30:31	03:30:22	M5054	DAVID VAZ ASSOCIAÇÃO	27
242	353	INÊS CAETANO	03:30:35	03:29:32	F2439		8
243	8	NUNO OLIVEIRA	03:30:56	03:30:35	M4549	CDCR DOS CTT	46
244	192	SIMÃO ORTEGA	03:31:48	03:30:46	M2439		65
245	7	CARLOS RANGEL	03:33:22	03:33:12	M6099	INDIVIDUAL	6
246	60	MARIA DA LUZ CONCHINHA	03:34:00	03:33:35	F6099	Clube do Stresse	1
247	133	PAULO MOUTINHO	03:34:01	03:33:12	M4549	H-GARRA A LEBRE !!!	47
248	315	PAULO NUNES	03:34:59	03:34:06	M5559	CLUBE MILLENNIUM BCP	11

249	256	MARGARIDA COELHO	03:36:47	03:36:32	F5054	Papa Kms	2
250	109	PEDRO CORDAS	03:36:54	03:35:46	M2439	GDST	66
251	184	HUGO SANTOS	03:37:05	03:37:05	M4044	FALCÕES SELVAGENS	59
252	248	ANA RITA CARDOSO	03:37:20	03:36:56	F2439		9
253	5005	LUIS FERREIRA	03:37:39	03:36:56	M5054	MTBA	28
254	175	VANDA ROMÃO	03:37:47	03:37:25	F5054	CORRIDA NOTURNA PARQUE DAS NAÇÕES	3
255	194	JOSÉ SARAIVA SARAIVA	03:37:48	03:37:24	M5054	CORRIDA NOTURNA PARQUE DAS NAÇÕES	29
256	5019	ARTUR GAIO	03:39:06	03:38:04	M2439	TAC - Tranquilidade	67
257	198	NUNO JORGE	03:39:14	03:38:48	M4044		60
258	313	MARIA NOBRE	03:39:46	03:38:54	F5054	CLUBE MILLENNIUM BCP	4
259	5053	NIDIA V ALADARES	03:39:56	03:39:44	F4044	LEBRES DO SADO	14
260	5052	EZEQUIEL OLIVEIRA	03:39:57	03:39:44	M4044	LEBRES DO SADO	61
261	169	PEDRO PRUDENCIO	03:40:04	03:39:55	M5054	FREDDYWEAR.PT	30
262	77	JORGE FERNANDES	03:40:11	03:39:13	M5054	CABRIZRUN	31
263	100	RENATO VIEIRA	03:40:18	03:39:53	M4044	OS CARACÓIS FURIOSOS	62
264	249	CLAUDIA SOUSA	03:40:19	03:39:45	F5559		3
265	74	JOÃO SIMÃO	03:40:30	03:39:46	M4044	Sónósdois	63
266	174	HELENA LEITÃO	03:40:45	03:40:01	F4549	MTBA	8
267	173	JOÃO LEITÃO	03:40:46	03:40:02	M4549	MTBA	48
268	290	JOSÉ CRUZ	03:41:03	03:40:58	M4549	RUN FOR LUNCH	49
269	289	LUIS CARLOS ALMEIDA	03:41:04	03:40:58	M4549	RUN FOR LUNCH	50
270	236	SOFIA CACHAPA	03:41:15	03:40:42	F2439		10
271	235	FILIPA FERREIRA	03:41:16	03:40:43	F2439		11

272	150	JOAO ROBALO PIRES	03:41:34	03:40:23	M5559	MATILHA DA ATALAIA	12
273	186	RENATO SARAGOÇA	03:41:34	03:40:21	M4044	GUERREIROS DO RIO	64
274	316	LUIS SILVA	03:42:19	03:41:25	M5054	CLUBE MILLENNIUM BCP	32
275	212	NUNO BOTELHO	03:43:18	03:43:07	M4549		51
276	384	MONICA PEREIRA	03:43:18	03:43:12	F4044		15
277	386	JOSÉ LUIS SILVA	03:43:19	03:43:12	M4549		52
278	131	RUI MANUEL VELEZ	03:44:29	03:43:42	M5559		13
279	132	SARA COLAÇO	03:44:30	03:43:42	F4549		9
280	231	JOÃO LOURENÇO	03:44:30	03:43:43	M5559	SALAMANDRECOS	14
281	41	GISELA PADRE	03:44:56	03:43:54	F4549		10
282	61	NUNO FRANCISCO	03:47:18	03:47:11	M4044	CORRER LISBOA	65
283	62	FILIPA FRANCISCO	03:47:19	03:47:13	F4044	CORRER LISBOA	16
284	163	MÁRCIA AGUIAR	03:48:43	03:47:44	F4044		17
285	233	EDUARDO ALVES	03:48:57	03:48:57	M4044	CORRER LISBOA	66
286	81	ILDEBRANDO AIRES	03:48:57	03:48:46	M4044	TEAM RAFA	67
287	232	JOAO SOARES	03:49:05	03:48:30	M4044	GINASIO ENERGY	68
288	296	PAULA SIMÕES	03:49:24	03:48:26	F4044	Grupo Desportivo e Recreativo de Manique de Cima	18
289	153	HENRIQUE SACADURA	03:49:43	03:49:10	M6099		7
290	254	CECILIA NICOLAU	03:49:47	03:49:45	F5054	AA LEBRES DO SADO	5
291	251	CÉLIA AZENHA	03:49:47	03:49:45	F5054	AA LEBRES DO SADO	6
292	44	JOSE SILVA	03:50:26	03:50:18	M4549		53
293	322	CRISTINA COELHO	03:51:00	03:49:51	F5054	CARAPAUS	7
294	318	MIGUEL ROCHA	03:51:00	03:49:51	M4549	CARAPAUS	54

295	45	ANTÓNIO ALVES	03:51:17	03:51:10	M6099		8
296	4	FLÁVIO MARTINS	03:55:17	03:54:26	M2439		68
297	3	PEDRO VIEIRA	03:55:30	03:54:38	M2439		69
298	323	NUNO CABRAL	03:56:58	03:56:05	M4549	OS VERDOCAS	55
299	5012	BRUNO NEVES	03:57:01	03:56:06	M2439		70
300	311	EDUARDO PINTO	03:57:39	03:56:41	M5054	CLUBE MILLENNIUM BCP	33
301	368	BRUNO ALVES	03:57:47	03:56:25	M2439	GMC Jamor	71
302	72	ISADORA COSTA	03:57:55	03:57:00	F2439	4 AO KM	12
303	71	VITOR GONÇALVES	03:57:55	03:56:59	M5054	4 AO KM	34
304	213	RUI BRÁS	04:03:35	04:03:21	M4044		69
305	382	ANABELA ASSUNÇÃO	04:06:20	04:05:47	F4549	GRCD LEIÃO COBRAS TRAILISTAS	11
306	53	MANUEL FONTINHA	04:06:21	04:05:45	M5054	GRCD-LEIÃO COBRAS TRAILISTAS	35
307	144	ALEXANDRA SANTOS	04:09:25	04:09:06	F2439		13
308	206	RUI FERREIRA	04:09:25	04:09:05	M2439	Pé de atleta	72
309	142	SÁRIO NUNES	04:09:26	04:09:00	M2439	Pé de atleta	73
310	326	CESAR SANTOS	04:09:27	04:09:27	M2439	Pé de atleta	74
311	1	SERGIO SIMOES	04:09:58	04:09:50	M4044		70
312	282	GINA CORREIA	04:20:13	04:19:40	F4044	ADA Desnível	19
313	46	CELINA JORGE	04:22:04	04:21:10	F2439		14
314	351	LUIS PARRO	04:31:00	04:31:00	M5559	A NATUREZA ENSINA	15
315	33	SIMAO NUNO	04:32:00	04:32:00	M4044	MATILHA DA ATALAIA	71
316	63	JOSE LIMA	04:32:04	04:32:04	M5054	O MUNDO DA CORRIDA	36
317	148	JORGE SANTOS	04:32:05	04:32:05	M4549	MATILHA DA ATALAIA	56

318	205	CARLA LOPES	04:35:25	04:35:25	F4549	Pé de atleta	12
319	107	SANDRO PRATES	04:35:26	04:35:26	M4044	GDST	72
320	110	RICARDO PEREIRA	04:35:27	04:35:27	M2439	GDST	75
321	204	LIGIA VALERIO	04:37:08	04:37:08	F2439	Pé de atleta	14
322	145	NUNO BARRADAS	04:37:08	04:37:08	M2439		76
323	108	CECILIA CRAVEIRO	04:53:40	04:53:40	F4549	MULTIRUNNERS	13
324	320	FERNANDO XAVIER	04:53:40	04:53:40	M4044	SALAMANDRECOS	73
325	234	SERGIO MATOSO	04:53:40	04:53:40	M0023	UNDERDOGS	3