



Trail de Lousa - Trail Curto

20 de Janeiro, 2019

<https://werun.pt/resultados/trail-curto-lousa/>

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	857	GONÇALO PRUDÊNCIO	01:07:47	01:24:37	M2439	TEAM URBAN OBSTACLES	1
2	831	MÁRIO AFONSO	01:12:12	01:16:39	M2439	CCR ALTO DO MOINHO	2
3	801	PAULO FERREIRA	01:12:59	01:24:15	M4549	PINHAL NOVO A CORRER	1
4	832	RUI AFONSO	01:13:27	01:19:49	M4549	CCR ALTO DO MOINHO	2
5	626	PEDRO MARTINS	01:14:36	01:14:50	M2439	INDIVIDUAL	3
6	5520	AMÉRICO PEREIRA	01:15:43	01:22:44	M5054	CrossFit Alfhaden	1
7	784	LUIS SILVA	01:17:37	01:17:51	M2439	CPA CLUBE DE PRAÇAS DA ARMADA	4
8	583	FERNANDO SANTOS	01:17:54	01:34:04	M5054	CLUBE DE PRAÇAS DA ARMADA	2
9	5519	LUIS PEREIRA	01:18:09	01:18:23	M4549	Rio mouro paiões	3
10	886	NELSON DIOGO	01:19:02	01:31:56	M2439	AMCF - ARRÁBIDA TRAIL TEAM	5
11	783	PAULO SILVA	01:22:24	01:37:30	M2439	Trilho Perdido	6
12	585	PAULO MONTEIRO	01:22:31	01:28:02	M4044		1
13	509	NUNO MAGRO	01:22:38	01:24:51	M4044	HOUSEMARTINS BELAS	2
14	806	RUI PRATA	01:24:24	01:24:24	M2439		7
15	805	TIAGO LOUSA	01:24:50	01:30:11	M2439	CROSSFIT ALPHADEN	8
16	855	PEDRO ANDRÉ ALEIXO	01:25:15	01:41:17	M2439	TEAM URBAN OBSTACLES	9
17	858	PEDRO PASCOAL	01:25:53	01:41:44	M4044	TEAM URBAN OBSTACLES	3
18	5559	EMANUEL FREITAS	01:26:09	01:26:15	M2439		10

19	851	MARCO LOURENÇO	01:27:27	01:27:34	M4044		4
20	881	NUNO CAFÉ	01:27:58	01:27:59	M4044	AMINHACORRIDA/MY PROTEIN	5
21	5515	JOSÉ COSTA	01:29:26	01:47:19	M5054		3
22	742	MIGUEL SILVA	01:30:42	01:30:48	M2439	BORUSSIA DOUTROMUNDO	11
23	827	JOÃO LEMOS	01:30:47	01:31:01	M2439	CROSSFIT ALPHADEN	12
24	678	PAULO SARTY	01:31:29	01:31:29	M4549	Sttrong Team	4
25	5508	FÁBIO RODRIGUES	01:31:30	01:44:22	M2439	AI NÓS JAMOR	13
26	582	GONÇALO CARVALHO	01:31:35	01:31:41	M2439	CROSSFIT ALPHADEN	14
27	807	SÉRGIO RAMOS	01:31:39	01:31:51	M4549	OCR PORTUGAL LAB	5
28	562	ALEXANDRE CANTANHEDE	01:31:48	01:50:13	M4044	CLUBE DE PRAÇAS DA ARMADA	6
29	877	rui mota	01:32:12	01:32:11	M4044	Amigos Atletismo Mafra	7
30	821	JOÃO ALVES	01:32:17	01:32:27	M2439		15
31	808	LUIS MESQUITA	01:32:24	01:32:37	M4044	CROSSFIT ALPHADEN	8
32	527	LUÍS BENAVENTE	01:32:51	01:32:59	M4549	GDAZAMBUJA - TRAIL TEAM	6
33	641	MÁRIO LOURENÇO	01:32:56	01:50:19	M5054	CLUBE DE PRAÇAS DA ARMADA	4
34	642	LUIS CASCAÃO	01:32:59	01:33:05	M4549	CASA DO PESSOAL DA RTP	7
35	859	BRUNO CARRIÇO	01:32:59	01:33:14	M2439	TEAM URBAN OBSTACLES	16
36	835	PEDRO FIGUEIRA	01:33:02	01:33:14	M2439		17
37	5564	DAVID CALVO	01:33:02	01:33:08	M2439	LEBRES DO SADO	18
38	723	NUNO RODRIGUES	01:33:05	01:32:56	M4044	SERVIÇOS SOCIAIS MONTEPIO	9
39	5509	ANTONIO ALMEIDA	01:33:58	01:34:12	M5559	NUCLEO DESPORTIVO AUTOCOOPE	1
40	700	PEDRO GOMES	01:34:25	01:44:16	M6099	LINDA-A-PASTORA SPORTING CLUBE	1
41	873	JOÃO VALENTE	01:34:26	01:34:33	M4044		10

42	735	JOSÉ CARVALHO	01:34:39	01:34:47	M2439	The BearCave Box OCR&Trail	19
43	766	FILIPE BOLÉO	01:35:34	01:35:46	M4549	CLUBE ANACOM	8
44	741	MÁRIO DOMINGUES	01:36:04	01:36:09	M2439	BORUSSIA DOUTROMUNDO	20
45	602	JOAQUIM VARANDA	01:36:06	01:52:45	M5559	KEEP RUNNING	2
46	5554	RUI CARNEIRO	01:36:54	01:37:03	M4549		9
47	5542	VASCO MIGUEL	01:37:03	01:37:15	M4044	wildest	11
48	647	FELICIANO ALVES	01:37:05	01:37:09	M5054	FITRUNNERS	5
49	5575	ANABELA CARVALHO	01:37:17	01:37:30	F5054	GD SÃO DOMINGOS	1
50	885	CARLOS MONTEIRO	01:37:24	01:37:37	M5559	GD SÃO DOMINGOS	3
51	506	ARMANDO REIS	01:37:29	01:56:39	M2439	HOUSEMARTINS BELAS	21
52	676	BRUNO FÉLIX	01:37:52	01:37:43	M2439		22
53	622	PAULO GONÇALVES	01:38:13	01:49:30	M2439	POLRUNNERS	23
54	5540	VITOR CANTO	01:38:27	01:38:24	M4549		10
55	536	PEDRO SANTOS	01:38:27	01:38:29	M4044	SUNDAY RUNNERS	12
56	714	VÍTOR PEREIRA	01:38:31	01:38:37	M5559	INDIVIDUAL	4
57	623	JULIO MOREIRA	01:38:33	01:38:38	M4044	POLRUNNERS	13
58	510	FILIPE CAGICA	01:38:35	01:38:16	M2439		24
59	547	RICARDO LAMELAS DOS SANTOS	01:38:35	01:38:48	M4044	STJOAOOLIVEIRATEAM	14
60	884	JOSÉ ANTÓNIO MARTINS MARQUES	01:38:54	01:39:02	M4549	Alhandra Sporting Clube	11
61	810	RUI FILIPE FERREIRA	01:39:24	01:39:13	M4044	PapaTrilhos	15
62	627	ANTÓNIO MARTINHO MARTINHO	01:39:28	01:39:33	M5559		5
63	543	ANA CRISTINA ABRUNHOSA	01:41:31	02:21:31	F4549	Centro de Marcha e Corrida de Odivelas	1
64	5570	HELDER MANUEL OLIVEIRA	01:42:22	01:42:24	M2439		25

65	786	KARINE VIE	01:43:08	01:43:17	F4549	Alhandra Sporting Club	2
66	673	TELMO AGOSTINHO	01:43:11	01:42:48	M2439	CAJ Raposa	26
67	675	JOAO DIONISIO	01:43:35	01:43:25	M4044		16
68	518	JOÃO MIRANDA	01:43:40	01:43:53	M5054	HOUSEMARTINS BELAS	6
69	792	AVELINO RILHAS	01:43:49	01:44:00	M2439	STJOAOOLIVEIRATEAM	27
70	558	VÍCTOR CARAPINHA	01:43:53	01:58:06	M5559		6
71	729	RUI DIAS	01:44:04	01:43:53	M5054	SERVIÇOS SOCIAIS MONTEPIO	7
72	880	ALEXANDRA SILVA	01:44:06	01:44:10	F4044	AMINHACORRIDA/MYPROTEIN	1
73	882	PATRICIA FALCÃO	01:44:07	01:44:10	F4549	AMINHACORRIDA/MY PROTEIN	3
74	531	TIAGO CURTO	01:44:08	01:44:12	M0023	SUNDAY RUNERS	1
75	879	CARLOS LOPES	01:44:10	01:44:13	M4044	AMINHACORRIDA/MY PROTEIN	17
76	637	BRUNO GRAVE	01:44:40	01:44:35	M2439		28
77	793	AFONSO RODRIGUES	01:45:23	01:45:27	M4044	GDCF	18
78	652	SÓNIA BAPTISTA	01:45:36	01:45:26	F4044	GANG DOS PAIS	2
79	759	CARLOS BORDA D'ÁGUA	01:45:48	01:45:48	M4549	Alhandra Sporting Clube	12
80	691	MANUEL COITO	01:45:52	01:45:37	M2439		29
81	5574	LUIS MARTINS	01:45:58	01:46:12	M2439	Lavre running	30
82	887	HUMBERTO FERREIRA	01:46:04	01:46:02	M4549	DEIXEM PASSAR OS COXOS	13
83	503	ALEXANDRA SIMON	01:46:50	01:46:56	F4044		3
84	682	CARLOS FERREIRA	01:46:51	01:47:03	M6099	NUCLEO DESPORTIVO AUTOCOOPE	2
85	825	ROGÉRIO VENÂNCIO	01:46:52	01:46:43	M6099	O MUNDO DA CORRIDA	3
86	595	NUNO CONDESSO	01:46:52	01:46:55	M4044		19
87	717	RUI COSTA	01:46:55	01:46:39	M4549	CORRER QUELUZ	14

88	709	GUSTAVO SANTOS	01:47:27	02:07:47	M2439		31
89	708	HUGO SANTOS	01:47:27	01:47:20	M2439		32
90	5561	MIGUEL BRANDÃO	01:47:28	01:47:38	M2439	RORIZAVENTURA	33
91	504	NUNO CALDAS	01:47:35	01:47:46	M2439		34
92	5504	GONÇALO CARDOSO	01:47:40	01:47:47	M4044		20
93	856	ANA PASCOAL	01:47:42	02:03:48	F2439	TEAM URBAN OBSTACLES	1
94	539	LUIS MIGUEL MARTINHO	01:47:46	01:47:49	M4549		15
95	830	MARTA MACHADO	01:47:58	01:48:07	F4044	Salitre	4
96	870	LUIS FILIPE DE ALMEIDA	01:48:26	01:48:33	M5054	Aroo	8
97	683	JOÃO CALDAS	01:48:28	01:48:39	M5054	NUCLEO DESPORTIVO AUTOCOOPE	9
98	829	NATÁLIA ESTEVÃO	01:48:37	01:48:46	F2439	Salitre	2
99	5563	JOAQUIM GUERREIRO	01:48:39	01:48:51	M4549	LEBRES DO SADO	16
100	560	JOÃO SILVA	01:49:05	01:49:12	M4549	HIPOLOESTE FULL ENERGY	17
101	525	TIAGO ALMEIDA	01:49:10	01:49:12	M2439		35
102	718	FERNANDO PEREIRA	01:49:14	01:49:13	M5054	CLUBE VODAFONE	10
103	5562	PATRICIA GERALDES	01:49:14	01:49:27	F5054		2
104	520	MADALENA CLUNY	01:50:22	01:50:22	F2439	MITI	3
105	519	SEBASTIÃO GUERRA RODRIGUES SILVA	01:50:23	01:50:22	M2439	MITI	36
106	658	M JESUS LEÃO	01:50:45	01:50:51	F5054	FITRUNNERS	3
107	833	PAULO SOARES	01:50:57	01:50:58	M4549	CCR ALTO DO MOINHO	18
108	601	JOSÉ NUNES	01:51:05	02:08:01	M5054	KEEP RUNNING	11
109	5541	SAMUEL TEIXEIRA	01:51:09	02:09:07	M2439	Copo 3	37
110	5547	ALBERTO LOPES	01:51:10	02:08:42	M4044	copo3	21

111	785	NELSON BASTOS	01:51:11	01:51:05	M4549	Santa Iria de Azoia	19
112	876	TÂNIA VIEIRA	01:51:32	02:09:28	F2439		4
113	598	LAURA PAULOS	01:52:53	01:53:04	F2439	Trilho Perdido	5
114	774	CARLOS VALÉRIO	01:53:24	01:53:26	M5054	Olivais Sul	12
115	705	BRUNO BARROS	01:53:24	01:53:09	M2439	PapaTrilhos	38
116	592	SANDRA OLIVEIRA	01:53:28	01:53:42	F2439	CLUBE DE PRAÇAS DA ARMADA	6
117	679	SANDRA LOPES	01:53:33	02:01:47	F2439	STRONG TEAM	7
118	517	ANTÓNIO MARTINS	01:53:40	02:12:53	M4549	HOUSEMARTINS BELAS	20
119	791	JOSÉ MELATO	01:55:45	01:55:59	M4044	OCR PORTUGAL LAB	22
120	748	CLAUDIO BAIXINHO	01:56:13	01:56:21	M2439	GestiRunner	39
121	5536	JOÃO MARQUES	01:56:18	01:55:53	M2439	Add Value	40
122	749	PAULO SOUSA	01:57:09	01:56:51	M2439		41
123	646	OLGA PAULINO	01:57:45	02:17:24	F4549	FITRUNNERS	4
124	662	JOÃO CUSTÓDIO	01:57:47	01:57:25	M2439	AL-MOÇA-GEME	42
125	5531	PEDRO ROSENDO	01:58:19	01:58:11	M2439	Clube Atletismo Vale de Figueira	43
126	526	CÁTIA FERNANDES CÂMARA	01:58:40	01:58:30	F2439		8
127	769	PAULA FÉLIX	01:59:08	01:59:16	F4549	CROSSFIT ALPHADEN	5
128	841	PAULO BATISTA	01:59:08	02:18:55	M2439	CROSSFIT ALPHADEN	44
129	5514	ABEL COSTA	01:59:09	01:59:19	M4549	Gfi Portugal	21
130	5516	RICARDO LADISLAU	01:59:10	01:58:55	M4044		23
131	654	CARLOS JESUS	01:59:10	01:59:15	M5559	FITRUNNERS	7
132	586	SUSANA JEREMIAS	01:59:11	01:59:16	F4549	FITRUNNERS	6
133	840	JOANA MARTINS	01:59:12	02:18:59	F2439	CROSSFIT ALPHADEN	9

134	694	PEDRO FERNANDES	01:59:14	01:59:14	M5054	Novos Trlhos	13
135	834	ROSA AFONSO	01:59:19	01:59:27	F5054	CCR ALTO DO MOINHO	4
136	772	ANTONIO CAETANO	01:59:32	01:59:40	M4549	STJOAOOLIVEIRATEAM	22
137	692	CARLOS MORAIS	01:59:34	01:59:24	M5054		14
138	515	JOAQUIM PEDRO LOURENÇO	01:59:59	02:18:56	M4549	HOUSEMARTINS BELAS	23
139	765	CARLOS TRABULO	02:00:13	01:59:56	M6099		4
140	672	SUSANA GOMES	02:00:41	02:00:19	F2439	CAJ Raposa	10
141	5526	FRANCISCO NOVERSA	02:01:07	02:01:07	M2439	Afifense	45
142	817	PEDRO COELHO	02:01:08	02:01:20	M2439		46
143	532	JORGE PEREIRA	02:01:16	02:01:12	M5559	JOBRINDE MONTES SALOIOS	8
144	557	JOÃO ROCHA	02:01:29	02:01:27	M5054		15
145	853	VINICIUS GUEDES	02:01:30	02:01:24	M4044	OEIRAS	24
146	758	CARLOS RODRIGUES	02:01:32	02:01:18	M4044		25
147	747	NUNO FILIPE LOPES EMÍDIO EMÍDIO	02:01:32	02:01:41	M2439	GestiRunner	47
148	596	NUNO CASACA	02:01:34	02:01:26	M4044	Power Runner	26
149	767	SOFIA BOLÉO	02:01:34	02:01:47	F4549	CLUBE ANACOM	7
150	578	LUIS DIAS	02:01:35	02:01:42	M5054	HIPOLOESTE FULL ENERGY	16
151	848	ADELAIDE BIRET	02:01:35	02:21:26	F2439	BOBI TEAM	11
152	849	EMMA BIBERSON	02:01:36	02:21:24	F2439	BOBI TEAM	12
153	638	LUIS FILIPE GONCALVES	02:01:38	02:01:35	M5054		17
154	639	LÍLIA GONÇALVES	02:01:43	02:01:42	F5054		5
155	812	LÁZARO ALEXANDRE	02:01:44	02:20:32	M2439		48
156	815	PAULO COUTINHO	02:01:45	02:19:50	M2439		49

157	813	PEDRO FERNANDES	02:01:46	02:19:52	M4044		27
158	839	RUI MENEZES	02:01:48	02:01:28	M4044		28
159	809	NUNO OLIVEIRA	02:01:53	02:01:36	M4549	CDCR DOS CTT	24
160	584	HELDER FERNANDO MACHADO	02:01:57	02:02:01	M4044	HIPOLOESTE FULL ENERGY	29
161	5501	LUÍS DUARTE DIAS	02:02:42	02:02:51	M5054	DirtRunners - Fonte Grada	18
162	724	TIAGO GASPAR	02:03:17	02:03:13	M2439	SERVIÇOS SOCIAIS MONTEPIO	50
163	883	CARLA FERNANDES	02:03:57	02:04:00	F4044	AMINHACORRIDA/MY PROTEIN	5
164	511	NUNO MILHEIRO	02:04:20	02:04:19	M4044	BORA LÁ MÍUDO	30
165	651	JOANA SERINA	02:04:38	02:04:43	F4549	FITRUNNERS	8
166	516	CRISTINA PEREIRA	02:04:44	02:23:39	F4549	HOUSEMARTINS BELAS	9
167	838	PEDRO TAVARES	02:04:58	02:04:53	F2439	RACING BIKES	13
168	837	LUÍS CARDOSO	02:05:04	02:05:00	M4549	RACING BIKES	25
169	703	MARIO CANEIRA	02:05:08	02:05:08	M4549	Jobrinde	26
170	505	JOSÉ PAULO RAMOS COSTA	02:05:11	02:05:18	M5054		19
171	875	CESAR SERROTE	02:05:35	02:12:05	M2439	CLUBE AVENTURA DE MONFORTE	51
172	551	VALTER NUNES	02:05:37	02:05:30	M4044	GANG DOS PAIS	31
173	847	NUNO SOUSA	02:05:48	02:05:20	M4044		32
174	5522	ALEXANDRE MIGUEL SILVA MARTINS	02:06:48	02:07:00	M4044	wildest	33
175	599	PEDRO DIAS	02:07:05	02:07:15	M4044	KEEP RUNNING	34
176	5558	RICARDO PEREIRA	02:07:41	02:07:14	M4044	Dublin O'Seven	35
177	5560	NUNO MIGUEL CODEÇO	02:07:44	02:07:14	M4044	Dublin O'Seven	36
178	720	PEDRO BOTO	02:07:46	02:07:40	M5054	SERVIÇOS SOCIAIS MONTEPIO	20
179	5521	RUI FLORES	02:07:59	02:07:50	M4044		37

180	663	CARLOS SEMEDO	02:08:00	02:07:35	M4044	PDCBOX	38
181	746	JOSE MANUEL	02:08:21	02:08:15	M4044		39
182	5530	CARLOS ALBERTO DOS JESUS	02:08:39	02:08:24	M5054	INDIVIDUAL	21
183	5510	PATRÍCIA MONTEIRO	02:08:40	02:26:47	F4044	AI NÓS JAMOR	6
184	684	JORGE MOREIRA	02:08:45	02:08:42	M5559	NUCLEO DESPORTIVO AUTOCOOPE	9
185	869	CRISTINA CAETANO	02:08:45	02:21:30	F4549		10
186	860	RUBEN MARQUES	02:08:54	02:08:34	M0023	MOITA A CORRER	2
187	5546	LUIS RODRIGUES	02:09:24	02:27:18	M2439		52
188	530	MICAELA SANTOS	02:09:25	02:09:28	F2439	SUNDAY RUNNERS	14
189	600	JOSÉ ANDRADE	02:09:47	02:09:58	M5054	KEEP RUNNING	22
190	553	TITO FERNANDES	02:09:56	02:29:16	M4044	GANG DOS PAIS	40
191	781	BRUNO MESQUITA	02:10:02	02:09:45	M2439		53
192	5549	RICARDO MATIAS	02:10:05	02:09:59	M2439		54
193	5004	NUNO MARTINS	02:10:45	02:10:26	M4044	Nuno's Running Team	41
194	5003	NUNO FERNANDES	02:10:47	02:10:25	M4044	Nuno's Running Team	42
195	689	MARISA RIANÇO	02:10:52	02:29:53	F2439	TARTARUGAS SOLIDÁRIAS	15
196	697	PAULO HENRIQUES	02:10:52	02:10:46	M5054	O MUNDO DA CORRIDA	23
197	674	PEDRO DUARTE	02:11:19	02:11:20	M4044		43
198	852	BÁRBARA CRUZ	02:11:27	02:11:25	F2439	LISBOA	16
199	612	GUILHERME GOMES	02:11:28	02:11:37	M0023	STJOAOOLIVEIRATEAM	3
200	850	QUENTIN PERNET	02:11:54	02:31:40	M2439	BOBI TEAM	55
201	656	LUIS COSTA	02:12:00	02:11:43	M2439	Almoçagemers	56
202	804	DIANA SANTO	02:12:05	02:12:17	F2439	STJOAOOLIVEIRATEAM	17

203	803	JOAO OLIVEIRA	02:12:08	02:12:21	M4044	STJOAOLIVEIRATEAM	44
204	888	LUISA FERREIRA	02:12:24	02:12:25	F4549	NUCLEO DESPORTIVO AUTOCOOPE	11
205	5532	MIGUEL MENDES	02:12:39	02:12:35	M2439		57
206	702	LILIANA CORREIA	02:12:43	02:12:44	F2439		18
207	5511	ANTÓNIO DUARTE	02:12:46	02:12:41	M6099		5
208	690	JOÃO PACHECO	02:12:47	02:12:33	M5559	PRESENTE	10
209	630	JORGE PINTO	02:12:53	02:30:05	M4044		45
210	664	NUNO BRANDÃO	02:12:53	02:32:02	M4044	PDCBOX	46
211	5506	FERNANDO PEREIRA	02:12:54	02:12:31	M4549	AZEITÃO RUNNING	27
212	755	ÂNGELO MARCOS	02:13:45	02:13:31	M2439		58
213	798	CARLOS TEIXEIRA	02:13:46	02:13:44	M4549	Sacavenense	28
214	579	PAULA SANTOS	02:14:02	02:32:02	F4549	OS TUGAS	12
215	799	CLAUDIA GONÇALVES	02:14:08	02:14:06	F4044	Sacavenense	7
216	5555	JOSE AMARAL	02:14:26	02:14:22	M5054	AMARAL	24
217	5507	HELENA SÉCIO	02:14:26	02:14:17	F5054	MÃE E FILHA	6
218	722	JORGE COSTA	02:14:29	02:14:22	M4549	SERVIÇOS SOCIAIS MONTEPIO	29
219	721	NUNO SANTOS	02:14:29	02:14:22	M4044	SERVIÇOS SOCIAIS MONTEPIO	47
220	730	JOÃO DIAS	02:14:29	02:14:24	M4549	SERVIÇOS SOCIAIS MONTEPIO	30
221	556	JOSE SANTOS	02:14:32	02:14:25	M2439	GANG DOS PAIS	59
222	590	ADÉLIA CABRAL	02:14:42	02:14:30	F2439		19
223	752	ANABELA SILVA	02:14:43	02:14:40	F4044		8
224	5538	FILIPE LEDO	02:14:44	02:12:43	M4044		48
225	648	ODÍLIA PEREIRA	02:15:24	02:15:21	F4549	CLUBE VODAFONE	13

226	716	RITA ANNES	02:15:27	02:15:23	F4044		9
227	508	TÂNIA CARVALHO	02:15:31	02:34:48	M2439	HOUSEMARTINS BELAS	60
228	507	TÂNIA CRISTINA CARVALHO DE AZEVEDO	02:15:33	02:34:46	F0023	HOUSEMARTINS BELAS	1
229	580	LURDES SILVA	02:15:40	02:33:35	F5054	OS TUGAS	7
230	688	JOÃO ROGÉRIO CALDAS PINTO	02:15:42	02:15:42	M6099	NOVOS TRILHOS	6
231	152	ISABEL BOAVIDA	02:16:00	02:16:00	F2439	ADA Desnível	20
232	846	CÁTIA GONÇALVES	02:16:00	02:16:07	F2439	Campeões do Asfalto	21
233	845	ANDRÉ VILAS BOAS	02:16:01	02:16:01	M2439	Campeões do Asfalto	61
234	872	NUNO FERNANDES	02:16:18	02:15:54	M4549		31
235	501	TELMO LOPES	02:16:19	02:14:19	M4044	SALAMANDRECOS	49
236	5517	SOFIA CORDEIRO	02:17:29	02:17:33	F4044	BORINHAS	10
237	776	CARLA SIMÕES	02:17:40	02:37:31	F2439		22
238	628	MARIA JOÃO ALMEIDA	02:18:09	02:18:10	F2439	TRILHO PERDIDO EVENTOS / IMPORLUX	23
239	693	CARMEN CUNA	02:18:17	02:18:21	F4044		11
240	754	NUNO ESTACIO	02:18:30	02:18:18	M4044		50
241	753	ANA BORGES	02:18:30	02:18:17	F4044		12
242	604	ELVIRA GREGO ESTEVES	02:18:47	02:18:35	F4549	Gregos & Troianos	14
243	794	CÉLIA AFONSO	02:18:55	02:19:02	F5054	TÁLENTOS TEAM	8
244	577	ANA NETO	02:18:55	02:18:55	F4044	LINDA-A-PASTORA SPORTING CLUBE	13
245	712	JOÃO SOARES	02:19:24	02:19:22	M4044	GINASIO ENERGYM	51
246	603	ELISABETTE GREGO ESTEVES	02:19:58	02:19:45	F4549	Gregos & Troianos	15
247	552	HUGO LIMA	02:20:12	02:20:05	M2439	GANG DOS PAIS	62
248	779	VITOR TEIXEIRA	02:21:17	02:20:54	M5559	CCD SIEMENS	11

249	5502	AURÉLIO GOMES	02:21:19	02:21:03	M0023	GRUPETA RUNNING TEAM	4
250	854	JOÃO ANTUNES	02:21:24	02:21:10	M4044	WILD FAMILY & FRIENDS	52
251	566	JOSÉ NETO	02:21:47	02:41:14	M4044	CABARÉ DOS COXOS	53
252	760	SUSANA MARTINS	02:21:48	02:41:13	F4549	Cabaré do Coxos	16
253	565	DINA DIAS	02:22:17	02:22:21	F4549	HIPOLOESTE FULL ENERGY	17
254	514	MARIA ALVES	02:22:24	02:22:08	F4044	GRUPETA RUNNING TEAM	14
255	561	SANDRA LOPO	02:22:40	02:22:44	F4549	HIPOLOESTE FULL ENERGY	18
256	645	SÓNIA VIVEIROS	02:22:41	02:22:43	F4044	HIPOLOESTE FULL ENERGY	15
257	667	TIAGO SILVA	02:22:47	02:22:25	M2439		63
258	529	JOÃO VIEIRA	02:23:02	02:22:40	M5559	MARCHA E CORRIDA DE ALENQUER	12
259	687	SÁRIO NUNES	02:23:05	02:23:03	M2439	Pé de atleta	64
260	619	SUSANA GARCIA	02:23:16	02:23:15	F2439	PE DE ATLETA	24
261	548	ANABELA ASSUNÇÃO	02:24:12	02:24:12	F4549		19
262	546	LUIS ANDRADE	02:24:31	02:24:31	M5054		25
263	617	NUNO BARRADAS	02:24:32	02:24:28	M2439	PE DE ATLETA	65
264	615	ALEXANDRA SANTOS	02:24:34	02:24:35	F2439	PE DE ATLETA	25
265	661	INÊS INÁCIO	02:25:17	02:25:17	F2439	FITRUNNERS	26
266	614	FAUSTINO GONÇALVES	02:25:18	02:25:21	M5054	HIPOLOESTE FULL ENERGY	26
267	625	JOÃO VALLE-COSTA	02:25:19	02:25:09	M5054		27
268	605	SAMUEL SILVA	02:25:23	02:25:16	M4044		54
269	666	PEDRO SILVA	02:25:23	02:25:01	M2439		66
270	5528	VITOR CADÃO	02:25:40	02:25:29	M5559	Papa Trilhos do CAAL	13
271	823	OLGA SANTOS	02:25:54	02:25:35	F4044	JÁ FOSTE	16

272	681	LUÍSA LOPES	02:25:56	02:25:56	F5054	NOVOS TRILHOS	9
273	660	MÁRIO ESTEVES	02:25:56	02:25:39	M4044	JP	55
274	644	CLÁUDIA RAMOS	02:25:58	02:44:43	F4549		20
275	538	SONIA SARAMAGO	02:26:09	02:26:11	F4549		21
276	5552	LUIS SANTOS	02:26:19	02:26:00	M2439	JÁ FOSTE	67
277	5553	MARIA ALMEIDA	02:26:25	02:42:29	F2439	JÁ FOSTE	27
278	744	ANA CATARINA MENEZES	02:26:26	02:26:07	F4044		17
279	706	LUISA GUERRA SANTOS	02:26:36	02:26:36	F5054	ADA Desnível	10
280	5524	ANTÓNIO CARMO	02:26:45	02:26:32	F5054	Papa Trilhos do CAAL	11
281	541	CRISTINA REBOLA	02:26:53	02:26:31	F4549	SALAMANDRECOS	22
282	649	ANA ROMANO	02:26:56	02:26:46	F5054	Monte Abraão	12
283	534	MÁRIO EMÍDIO	02:27:19	02:27:27	F5054	TÁLENTOS TEAM	13
284	594	ISABEL AGOSTINHO	02:27:20	02:27:31	F4549	Cartaxo p	23
285	707	ELISABETE SANTOS	02:27:26	02:27:28	M4044	ADA Desnível	56
286	761	FERNANDO BENTO	02:28:51	02:28:54	M5054	CLUBE NOVO BANCO	28
287	711	TÂNIA FERREIRA	02:29:05	02:29:02	F4044		18
288	762	JOÃO SILVA	02:29:11	02:29:05	M5559	CLUBE NOVO BANCO	14
289	643	MÁRCIO PEREIRA	02:29:22	02:28:57	M2439		68
290	620	RUI FERREIRA	02:29:53	02:29:50	M2439	PE DE ATLETA	69
291	549	JORGE ASSUNÇÃO	02:29:59	02:29:44	M4549		32
292	770	JACINTO PEREIRA	02:30:39	02:30:19	M6099	LisRunning CPA	7
293	764	LUÍSA S MARTINS	02:31:27	02:31:12	F4549		24
294	616	CARLA LOPES	02:32:19	02:32:18	F4549	PE DE ATLETA	25

295	745	ANA LOPES	02:32:19	02:32:16	F4044		19
296	555	SANDRA NAIR	02:32:26	02:32:22	M2439	GANG DOS PAIS	70
297	563	MÁRCIA CANTANHEDE	02:32:26	02:32:40	F2439	CLUBE DE PRAÇAS DA ARMADA	28
298	550	MÓNICA CUNHA	02:32:27	02:32:20	F2439	ODIVELAS	29
299	695	CÉU MIGUEL	02:34:00	02:34:00	F5559	NOVOS TRILHOS	1
300	788	ANA GUERREIRO	02:34:02	02:33:43	F4549	GRUPETA RUNNING TEAM	26
301	609	CLARA AUGUSTO	02:35:00	02:34:37	F4044	Grupo Aventura Juvenil Da Raposa	20
302	671	BRUNA SIMÕES	02:35:00	02:34:40	F2439	CAJ Raposa	30
303	5533	ANA CANAVEIRA	02:35:00	02:35:04	F5054	CCD TRANQUILIDADE	14
304	800	PEDRO CANAVEIRA	02:35:02	02:35:06	M0023		5
305	653	CARLA CASTANHEIRA	02:35:51	02:35:44	F4044		21
306	734	PAULA PIRES	02:35:55	02:35:48	F5054		15
307	5539	RITA ALVES	02:37:02	02:36:40	F4549		27
308	777	MARIA NOBRE	02:37:10	02:36:46	F4549		28
309	591	VALÉRIE ANTUNES SANTOS	02:38:10	02:37:55	F2439	Laminha Pó Cú	31
310	572	ANDREIA MARTINS	02:38:18	02:38:02	F2439		32
311	571	IRINA RODRIGUES	02:38:19	02:38:19	F2439		33
312	569	VANESSA HAYES	02:38:19	02:38:03	F2439		34
313	787	CIDÁLIA BORGES	02:38:20	03:00:21	F4549	ESTORIL	29
314	570	LUIS SANTOS	02:38:20	02:38:03	M2439		71
315	523	BERNARDETE VICENTE	02:38:21	02:38:27	F6099	FITRUNNERS	1
316	715	CLÁUDIO PADILHA	02:38:25	02:38:23	M4044		57
317	5518	MÁRIO RUI PEREIRA DA SILVA	02:38:28	02:38:28	M5559		15

318	789	PAULA GOULART	02:40:37	02:40:17	F5054	Grupena running team	16
319	524	MARIA ZITA VICENTE	02:40:48	02:40:55	F5054	FITRUNNERS	17
320	739	JOSÉ CALDEIRA	02:41:22	02:40:59	M4549	DEIXEM PASSAR OS COXOS	33
321	542	MARIA DE FÁTIMA COSTA LUCAS	02:41:30	02:41:32	F4549	Centro de Marcha e Corrida de Odivelas	30
322	775	SANDRA MONTEIRO	02:41:37	02:41:41	F4044	Centro Marcha e corrida de Odivelas	22
323	768	PEDRO GOMES	02:41:41	02:41:40	M4549		34
324	5513	PAULO SOBERANO	02:42:07	02:42:15	M5054	Gfi Portugal	29
325	657	ANA CRISTO	02:42:13	02:41:54	F2439	FIDELIDADE GDC	35
326	802	MANUEL NOBRE BAPTISTA	02:42:40	02:42:36	M5054		30
327	668	MARTA BOA-ALMA	02:42:42	02:42:17	F2439		36
328	763	NATÁLIA MARTINS	02:42:43	02:42:34	F4044	CLUBE NOVO BANCO	23
329	655	PEDRO AZEVEDO	02:43:10	02:42:55	M4549		35
330	659	PAULO LOURO	02:43:10	02:42:56	M5054	CORRER LISBOA	31
331	5512	RITA MARQUES	02:43:35	02:43:37	F4044		24
332	5565	JOANA MONTEIRO	02:43:39	02:43:39	F2439	GO!RUNNERS / OUTPRO STORE	37
333	842	PEDRO HENRIQUES	02:43:47	02:43:47	M4549		36
334	750	RUTE FARIA	02:45:13	02:45:22	F2439	TURRES TRAIL TEAM	38
335	5556	MARIA GOLINELLI	02:45:14	02:45:10	F4549	AMARAL	31
336	698	MARGARIDA HENRIQUES	02:45:43	02:45:37	F5559	O MUNDO DA CORRIDA	2
337	696	EDUARDO SANTOS	02:45:45	02:45:37	M6099	O MUNDO DA CORRIDA	8
338	728	NATÁLIA NARCISO	02:45:51	02:45:40	F5054	SERVIÇOS SOCIAIS MONTEPIO	18
339	828	LEILA FERREIRA	02:46:13	02:46:22	F2439	Salitre	39
340	5550	TIAGO SILVA	02:46:33	02:46:41	M2439	AMIGOS VALE SILÊNCIO	72

341	5551	TIAGO SANTOS	02:46:33	02:46:40	M2439	AMIGOS VALE SILÊNCIO	73
342	727	JORGE NARCISO	02:46:38	02:46:28	M5054	SERVIÇOS SOCIAIS MONTEPIO	32
343	725	HÉLDER PALMA	02:46:42	02:46:28	M4549	SERVIÇOS SOCIAIS MONTEPIO	37
344	726	CÉLIA BORGES	02:46:42	02:46:31	F4044	SERVIÇOS SOCIAIS MONTEPIO	25
345	618	CIDALIA LADEIRA	02:47:54	02:47:59	F5054	PE DE ATLETA	19
346	5527	ANA FERREIRA	02:47:58	02:47:45	F5054	Papa Trilhos do CAAL	20
347	575	PAULO FILIPE	02:49:20	02:49:20	M4549		38
348	576	CÉLIA FILIPE	02:49:21	02:49:24	F4044		26
349	522	MARIA SERRA	02:49:23	02:49:24	F4549	Centro Marcha Corrida de Odivelas	32
350	512	INÊS OLIVEIRA	02:49:42	02:49:30	F2439		40
351	819	HÉLIO RODRIGUES	02:50:09	02:50:21	M4044		58
352	738	HELENA SANTOS	02:50:13	02:49:50	F4549	DEIXEM PASSAR OS COXOS	33
353	533	PAULA TELES	02:50:13	02:50:24	F5054	STJOAOOLIVEIRATEAM	21
354	773	NUNO OLIVEIRA	02:51:07	02:50:42	M4044		59
355	574	INÊS MARTINS	02:51:07	02:50:46	F2439	Portela LRS	41
356	743	JOAQUIM MIGUEL COELHO MATOS	02:51:26	02:51:07	M2439		74
357	731	ARTUR CARVALHO	02:51:37	02:51:20	M4549	CORRER QUELUZ	39
358	796	PATRICIA XAVIER	02:51:37	02:51:20	F4044	CORRER QUELUZ	27
359	822	ANA TORRES	02:52:37	02:52:42	F4044	Gigantes	28
360	544	LUCIA MARTINS	02:53:14	03:10:20	F4044	Cravo Lambreta	29
361	545	PAULO MARTINS	02:53:14	02:53:12	M4044	Cravo Lambreta	60
362	535	MÁRIO EMÍDIO	02:53:53	02:53:53	M5559	TĂLENTOS TEAM	16
363	5529	PEDRO FERREIRA	02:54:10	02:53:50	M5054		33

364	5503	ANA RODRIGUES	02:54:32	02:54:16	F5559	GRUPETA RUNNING TEAM	3
365	588	CATARINA VICENTE	02:56:05	03:15:53	F4044	VARITINTAS	30
366	633	MADALENA GABRIEL	02:56:14	03:16:03	F2439	VARITINTAS	42
367	528	MARTA SANTOS	02:56:17	02:56:05	F2439		43
368	5523	PAULA CARMO	02:57:09	02:56:57	F5054	Papa Trilhos do CAAL	22
369	613	MIGUEL GOMES	02:57:19	02:57:28	M4549	STJOAOOLIVEIRATEAM	40
370	736	PATROCÍNIA VARANDAS	02:57:19	02:57:30	F4549	STJOAOOLIVEIRATEAM	34
371	611	SUSANA GOMES	02:57:20	02:57:29	F4549	STJOAOOLIVEIRATEAM	35
372	771	LILIANA MARREIROS	02:59:41	02:59:48	F2439		44
373	811	ANDREIA ALEXANDRE	03:00:21	03:18:45	F2439		45
374	816	CÁTIA COUTINHO	03:00:22	03:18:23	F2439		46
375	5525	ANABELA GONÇALVES	03:00:39	03:00:30	F4044	Afifense	31
376	814	SANDRA FERNANDES	03:01:51	03:20:07	F2439		47
377	780	BRUNO ABRANTES	03:03:41	03:03:42	M6099	Massamá	9
378	844	RUTE RIBEIRO	03:06:22	03:06:12	F2439		48
379	843	ANA RIBEIRO	03:06:25	03:06:14	F2439		49
380	5543	BASILIO PAIXAO	03:09:23	03:49:23	M4549		41
381	5544	MARINA AZEVEDO	03:09:23	03:49:23	F5054		23
382	795	IVONETE RIBEIRO	03:11:16	03:11:10	F5054	HOUSEMARTINS BELAS	24
383	778	SOFIA DIAS	03:12:42	03:12:22	F2439	CCD SIEMENS	50
384	701	SANDRA VARELA	03:18:40	03:18:40	F4044	LINDA-A-PASTORA SPORTING CLUBE	32
385	5545	MANUEL RAPOSO	03:22:37	04:02:37	M6099	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	10
386	593	CÉLIA SOUSA	03:25:44	03:25:42	F4549	PUMP RUNNERS	36

387	537	SUSANA ROSA	03:25:45	03:25:41	F4044		33
388	610	RITA CARVALHINHO	03:28:03	03:28:03	F4044	ODIVELAS	34
389	631	TERESA FERREIRA	03:29:48	03:29:35	F5054	CF Os Belenenses	25
390	632	MIGUEL GOMES	03:29:48	03:29:36	M4549	CF Os Belenenses	42
391	5571	PAULO GONÇALVES	03:30:11	03:29:49	M5054	MARVILA JOVEM	34
392	5573	NIDIA FERREIRA	03:30:11	03:29:49	F4044	MARVILA JOVEM	35
393	5572	ANA SANTOS	03:30:11	03:29:49	F4549	MARVILA JOVEM	37
394	756	MANUELA CRUZ	03:42:36	03:42:16	F6099	RUN 4 FUN	2
395	757	PAULO FERNANDES	03:42:42	03:42:21	M4549	A. A. LEBRES DO SADO	43
396	669	ROSA PANTALEÃO	03:45:43	03:45:28	F5559		4
397	719	PAULA MAGALHÃES	04:03:08	04:03:08	F4549	CABARÉ DOS COXOS	38
398	826	RUTE CASIMIRO	04:06:14	04:06:02	F2439		51
399	732	RICARDO LEITÃO	04:06:22	04:06:13	M4044	São João das Lampas	61