

Col	Num	Nome	Equipa	Sx	Cat	1ª Passagem na Meta	2ª Passagem na Meta	Tempo	Vel.Média	Cat.
1.	213	Joao Mateus	GFD Running	M	Sen M	00:00:35	00:06:33	00:29:45,648	03:43	1
2.	224	Cláudio Canavilhas	3B-S	M	Sen M	00:00:37	00:06:40	00:30:38,149	03:50	2
3.	240	Kleberon Silva	C.U.A.Benaventense/Trilho Perdido Eventos	M	Sen M	00:00:34	00:06:38	00:31:48,359	03:59	3
4.	232	Paulo Teles	3B-S	M	M45	00:00:46	00:07:57	00:33:34,251	04:12	1
5.	239	Luis David	C.U.A.Benaventense/Trilho Perdido Eventos	M	M35	00:00:39	00:07:08	00:34:27,036	04:19	1
6.	207	João Pascoal	Escamados do Sorraia Runners	M	Sen M	00:00:48	00:07:27	00:35:24,061	04:25	4
7.	211	João Rodrigues	Escamados do Sorraia Runners	M	M35	00:00:49	00:07:45	00:36:26,734	04:33	2
8.	243	João Raquel	Juventude Desportiva Almansor	M	M40	00:00:52	00:07:54	00:36:39,983	04:35	1
9.	241	Paulo Henriques	Família Henriques	M	M40	00:00:51	00:07:59	00:36:53,315	04:37	2
10.	216	Liliana Filipe	Juventude Desportiva Almansor	F	Sen F	00:00:51	00:08:13	00:37:39,486	04:43	1
11.	206	Samuel Salvador		M	M35	00:00:51	00:07:55	00:38:06,185	04:46	3
12.	228	Joaquim Rodrigues	3B-S	M	M35	00:00:50	00:08:33	00:38:35,794	04:49	4
13.	209	Mário Rosa	Escamados do Sorraia Runners	M	M35	00:00:51	00:07:56	00:38:36,013	04:49	5
14.	225	Décio Andrade	3B-S	M	Sen M	00:01:03	00:09:59	00:39:17,501	04:55	5
15.	245	Paula Salvador	3B-S	F	F35	00:00:59	00:09:14	00:40:34,717	05:04	1
16.	226	João Gameiro	3B-S	M	M60	00:01:01	00:09:21	00:40:35,045	05:04	1
17.	235	Ricardo Romao	Fajarda Runners	M	M35	00:00:57	00:08:37	00:40:51,330	05:07	6
18.	237	Andreia Varandas	3B-S	F	Sen F	00:00:52	00:08:52	00:40:51,448	05:07	2
19.	244	Nuno Jardim	3B-S	M	M35	00:00:52	00:08:52	00:40:52,559	05:07	7
20.	227	João Valério	3B-S	M	M45	00:01:00	00:09:15	00:41:03,441	05:08	2
21.	222	Arménio Andrade	3B-S	M	M60	00:01:04	00:09:18	00:41:27,622	05:11	2
22.	233	Ricardo Brites	3B-S	M	M35	00:01:04	00:09:59	00:44:43,756	05:35	8
23.	230	Nídia Agostinho	3B-S	F	F35	00:01:00	00:10:00	00:45:15,942	05:40	2
24.	215	Vera Venâncio	Juventude Desportiva Almansor	F	Sen F	00:00:52	00:09:35	00:45:43,688	05:43	3
25.	247	António Silva		M	M50	00:01:03	00:09:55	00:46:00,515	05:45	1
26.	246	PAULA Monteiro		F	F35	00:01:03	00:09:55	00:46:00,598	05:45	3
27.	214	Julia Calisto		F	F45	00:00:56	00:10:05	00:46:29,272	05:49	1
28.	212	António Caneira		M	M55	00:01:02	00:09:55	00:48:42,816	06:05	1
29.	234	Vanessa Salvador	3B-S	F	Sen F	00:01:00	00:10:05	00:49:06,104	06:08	4
30.	248	Joaquim Caboverde		M	Sen M	00:00:53	00:09:48	00:49:16,130	06:10	6
31.	220	Andreia Esteves	3B-S	F	Sen F	00:01:00	00:10:05	00:49:40,060	06:13	5
32.	202	Veronica Rita	Gang das Manjericas	F	F35	00:01:04	00:10:54	00:51:54,322	06:29	4
33.	223	Carla Talaia	3B-S	F	F35	00:01:04	00:10:12	00:52:17,663	06:32	5
34.	238	Alcina Silva	3B-S	F	F35	00:01:05	00:10:12	00:52:18,233	06:32	6
35.	203	Maria Parracho	Gang das Manjericas	F	F45	00:01:03	00:10:53	00:55:17,454	06:55	2
36.	201	Maria Matos	Gang das Manjericas	F	F45	00:01:04	00:10:56	00:55:17,829	06:55	3
37.	236	José Silva	Fortíssimos Running Team	M	M55	00:00:56	00:11:05	00:59:43,016	07:28	2
38.	242	Hélio Monteiro	Fortíssimos Running Team	M	M55	00:00:57	00:10:55	00:59:43,164	07:28	3
39.	205	Ana Lopes		F	F45			01:15:30,890	09:26	4