

Col	Num	Nome	Equipa	Sx	Cat	Cont.1	Cont.2	Tempo	Ritmo	Esc.
1.	278	Hugo Rodrigues		M	Sen M	00:00:32	00:06:08	53:08,1	03:32	1
2.	273	Ricardo Fonseca	Cork Trail Team	M	Sen M	00:00:32	00:06:15	53:32,4	03:34	2
3.	1	Joel Martins	CUA Benaventense	M	M40	00:00:32	00:06:08	54:20,5	03:37	1
4.	171	José Silva	Associação Vale Grande	M	M45	00:00:32	00:06:09	54:52,1	03:40	1
5.	173	João Caniço	CUA Benaventense	M	M35	00:00:34	00:06:33	56:22,1	03:46	1
6.	178	Sérgio Batalha	CUA Benaventense	M	M45	00:00:34	00:06:32	56:32,1	03:46	2
7.	277	Luis Vasconcelos	Associação Vale Grande	M	M45	00:00:32	00:06:30	56:54,0	03:47	3
8.	174	Augusto Pires	CUA Benaventense	M	M45	00:00:33	00:06:22	57:13,0	03:49	4
9.	156	Pedro Cardoso	Correr Lisboa	M	M35	00:00:33	00:06:29	57:30,7	03:50	2
10.	225	Fernando Batista	SR. CAMARNAL	M	M45	00:00:33	00:06:14	58:13,4	03:53	5
11.	179	Jorge Gonçalves	CUA Benaventense	M	M50	00:00:35	00:06:32	58:58,1	03:56	1
12.	222	Armando Pessoa	Juventude Desportiva Almansor	M	M45	00:00:35	00:06:33	59:28,6	03:58	6
13.	199	Jose Geada	Associação Vale Grande	M	M45	00:00:36	00:06:49	59:41,4	03:59	7
14.	203	Alexandra Oliveira	Recreio Desportivo de Águeda	F	Sen F	00:00:34	00:06:33	59:46,8	03:59	1
15.	175	António Santos	CUA Benaventense	M	M50	00:00:33	00:06:29	59:47,1	03:59	2
16.	275	Vitor Hugo	Cork Trail Team	M	Sen M	00:00:39	00:06:45	00:25,9	04:02	3
17.	204	Telmo Nogueira		M	Sen M	00:00:36	00:06:45	00:30,3	04:02	4
18.	170	Antonio Santos	Associação Vale Grande	M	M60	00:00:34	00:06:38	00:45,1	04:03	1
19.	187	Samuel Galveia	Navigator Clube Setúbal	M	M35	00:00:35	00:06:51	01:21,5	04:05	3
20.	180	Cláudio Canavilhas	CUA Benaventense	M	M35	00:00:40	00:07:09	01:41,3	04:07	4
21.	270	Marco Melo	Scalabis Night Runners	M	M35	00:00:37	00:07:08	02:12,5	04:09	5
22.	207	Sérgio Oliveira	Juventude Desportiva Almansor	M	Sen M	00:00:38	00:07:08	02:44,4	04:11	5
23.	224	Vitor Antunes	SR. CAMARNAL	M	M45	00:00:38	00:07:00	02:58,7	04:12	8
24.	274	Hugo Agua	Cork Trail Team	M	Sen M	00:00:39	00:06:52	03:05,7	04:13	6
25.	228	Carlos Jesus	A20Km Almeirim Trail Running Team	M	M40	00:00:36	00:07:11	03:12,8	04:13	2
26.	200	José Rafael		M	M50	00:00:38	00:07:12	04:25,9	04:17	3
27.	188	Nuno Calisto	Casa do Povo de Pontével	M	M40	00:00:43	00:07:29	04:39,9	04:19	3
28.	197	Pedro Sousa	Palmelense F.Clube	M	M60	00:00:38	00:07:09	05:00,4	04:20	2
29.	198	Joaquim Ramalho	Correr Lisboa	M	M45	00:00:38	00:07:25	05:03,1	04:20	9
30.	160	Sérgio Fernandes	Correr Lisboa	M	Sen M	00:00:34	00:06:53	07:36,4	04:31	7
31.	159	Marta Conceição	Correr Lisboa	F	Sen F	00:00:36	00:07:26	07:39,2	04:31	2
32.	276	Helder Moringa	Trilho Perdido Eventos / Imporlux	M	M45	00:00:37	00:07:27	07:59,5	04:32	10
33.	262	Joao Santos	Clube de Praças da Armada	M	M50	00:00:37	00:07:38	08:05,0	04:32	4
34.	184	João Bento	CUA Benaventense	M	Sen M	00:00:40	00:07:31	08:44,4	04:35	8
35.	169	Nelson Patrao		M	Sen M	00:00:44	00:07:52	09:33,1	04:38	9
36.	229	JoZé Ribeiro	Centro de Marcha e Corrida de Alenquer	M	M55	00:00:37	00:07:48	10:20,8	04:41	1
37.	202	Pedro Carvalho	One Buy Shoop Runners	M	Sen M	00:00:47	00:08:01	10:35,7	04:43	10
38.	192	Luís Alves	One Buy Shoop Runners	M	M40	00:00:47	00:08:01	10:35,9	04:43	4
39.	223	Gabriel Alves	Escola Atletismo Cartaxo	M	M50	00:00:50	00:07:55	10:57,0	04:44	5
40.	182	Rita Ribeiro	CUA Benaventense	F	Sen F	00:00:45	00:07:54	10:57,3	04:44	3
41.	227	Luís Ferreira	Scalabis Night Runners	M	M40	00:00:44	00:07:54	10:58,1	04:44	5
42.	186	Valter Leal		M	M40	00:00:53	00:08:25	11:21,9	04:46	6
43.	167	Francisco Carvalho		M	M40	00:00:43	00:07:55	11:43,9	04:47	7
44.	206	João Jacinto	C.C.D. ""O ALVITEJO""	M	M60	00:00:43	00:08:14	12:01,8	04:48	3

Col	Num	Nome	Equipa	Sx	Cat	Cont.1	Cont.2	Tempo	Ritmo	Esc.
45.	189	Vitor Martins	Lavre Running	M	M60	00:00:45	00:08:04	12:07,7	04:49	4
46.	158	Sara Gabriel	Associação Vale Grande	F	Sen F	00:00:38	00:07:47	12:10,3	04:49	4
47.	176	Manuel Martins	CUA Benaventense	M	M60	00:00:51	00:08:29	12:32,1	04:50	5
48.	191	Celso Pereira	Tesouerira Team	M	M40	00:00:53	00:08:33	13:35,5	04:55	8
49.	177	David Clemente	CUA Benaventense	M	M35	00:00:42	00:07:58	14:25,7	04:58	6
50.	161	Antonio Ribeiro	C. D. R. Aguias Unidas Amora-Seixal	M	M60	00:00:49	00:08:53	14:27,5	04:58	6
51.	201	João Maral		M	M45	00:00:45		16:05,8	05:04	11
52.	168	José Coelho	Scalabis Night Runners	M	M60	00:00:42	00:08:30	16:17,3	05:05	7
53.	181	Fernando Saramago	CUA Benaventense	M	M45	00:00:49	00:08:47	16:18,7	05:05	12
54.	163	João Barrona	C. D. R. Aguias Unidas Amora-Seixal	M	Sen M	00:00:49	00:08:53	17:55,0	05:11	11
55.	164	José Pulido	C. D. R. Aguias Unidas Amora-Seixal	M	M60	00:00:47	00:08:53	19:19,9	05:17	8
56.	172	Carlos Pereira	AC Glória München	M	M35	00:00:51	00:08:56	20:19,6	05:21	7
57.	166	Ana Marques	Scalabis Night Runners	F	F35	00:00:44	00:09:03	23:34,0	05:34	1
58.	208	Paulo Guerra	Juventude Desportiva Almansor	M	M45	00:00:55	00:09:41	23:35,9	05:34	13
59.	261	João Sousa		M	M55	00:00:55	00:10:05	25:08,7	05:41	2
60.	263	Joaquim Fonseca	Federação da Família Para E Paz Mundial E unificacao	M	M60	00:00:50	00:09:43	25:24,4	05:41	9
61.	190	Nelson Fernandes	Tesouerira Team	M	M40	00:00:53	00:09:14	25:56,6	05:44	9
62.	162	Paula Guerreiro	C. D. R. Aguias Unidas Amora-Seixal	F	F45	00:00:48	00:09:43	26:47,9	05:47	1
63.	269	Inês de Melo	Scalabis Night Runners	F	F35	00:00:54	00:09:55	27:13,0	05:49	2
64.	226	Susana Gaspar	Scalabis Night Runners	F	F35	00:00:54	00:09:55	27:13,5	05:49	3
65.	264	Mercedes Fonseca	Federação da Família Para E Paz Mundial E unificacao	F	F45	00:00:55	00:10:07	27:38,3	05:50	2
66.	183	Susana Marques	CUA Benaventense	F	Sen F	00:00:56	00:10:04	28:50,8	05:55	5
67.	195	Franquelim Alvito	Grafiwork	M	M40	00:00:56	00:09:42	31:59,5	06:08	10
68.	280	Sandra Rocha		F	F35	00:01:02	00:10:57	33:35,6	06:14	4