



II Almada Trail - Trail Curto

10 de Novembro, 2019

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

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	1303	FRANÇOIS VIE	00:46:10	00:46:10	M0019	WERUN.PT	1
2	1225	VICENTE BOTO	00:46:12	00:46:08	M4549		1
3	1143	CARLOS FONSECA	00:46:19	00:46:18	M2339	ASSOCIAÇÃO TOLEDO	1
4	1286	TIAGO MORAIS	00:48:17	00:48:17	M2339	CLUBE DESPORTIVO E RECREATIVO AGUIAS UNIDAS	2
5	1073	FÁBIO PRATAS	00:48:28	00:48:27	M2339	CLUBE DE PRAÇAS DA ARMADA	3
6	1314	PAULO PONTEIRA	00:48:40	00:48:19	M2339	CLUBE DE PRAÇAS DA ARMADA	4
7	1253	RUI HENRIQUES	00:49:51	00:49:50	M4044	SERVIÇOS SOCIAIS MONTEPIO	1
8	1348	ÓSCAR PEREIRA	00:51:15	00:51:14	M2339		5
9	1319	ARTUR VINHAIS	00:52:32	00:52:32	M4044	TEAM CORPO SANTO HOTEL	2
10	1072	FERNANDO SANTOS	00:52:35	00:52:35	M5054	CLUBE DE PRAÇAS DA ARMADA	1
11	1034	MIGUEL SEQUEIRA	00:53:27	00:53:25	M2339	LINDA-A-PASTORA SPORTING CLUBE	6
12	1271	JOÃO ALVES	00:54:23	00:54:19	M2339		7
13	1234	VASCO MOREIRA	00:54:38	00:54:38	M4044		3
14	1058	JOSÉ MANUEL GOMES	00:55:21	00:55:18	M5559		1
15	1076	LUIS GOMES GOMED	00:55:32	00:55:31	M4549	QUINTINHA SESIMBRA	2
16	1274	GONÇALO CARDOSO	00:55:49	00:55:43	M2339	3CS CORK	8
17	1281	FERNANDO PARENTE	00:55:51	00:55:49	M4044	STRONG TEAM	4
18	1283	RICARDO TEIXEIRA	00:55:54	00:55:52	M2339	Sem Nome	9

19	1074	FERNANDO SOUSA	00:56:01	00:55:59	M6099	CLUBE DE PRAÇAS DA ARMADA	1
20	1070	MÁRIO LOURENÇO	00:56:07	00:56:07	M5054	CLUBE DE PRAÇAS DA ARMADA	2
21	1312	DAVID CALVO	00:56:21	00:56:15	M2339	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	10
22	1327	JOSÉ NUNES	00:57:05	00:57:01	M5054	NAZABOBODA	3
23	1217	ANTONIO RUA	00:57:15	00:56:43	M5559	EX FEDERADOS	2
24	1068	ALEXANDRE CANTANHEDE	00:57:20	00:57:16	M4044	CLUBE DE PRAÇAS DA ARMADA	5
25	1231	RICARDO DOMINGOS	00:58:09	00:58:05	M4044	FIDELIDADE GDC	6
26	1241	AFONSO VERISSIMO	00:58:41	00:58:41	M0019	AMCF - ARRÁBIDA TRAIL TEAM	2
27	1350	VASCO ASCENSÃO	00:59:10	00:58:50	M4549	CDCR DOS CTT	3
28	1117	JUVENAL MOREIRA	00:59:16	00:59:11	M5559	NUCLEO DESPORTIVO AUTOCOOPE	3
29	1041	TELMO FREIRE	00:59:20	00:59:17	M2339	ÁLAMO ROAD & TRAIL TEAM	11
30	1232	PAULO SARTY	00:59:34	00:59:30	M4549	STRONG TEAM	4
31	1176	ANTÓNIO ROSADO	01:00:09	01:00:07	M5559	G.D.R. SÃO FRANCISCO DA SERRA	4
32	1346	ANABELA CARVALHO	01:00:14	01:00:12	F5559	GD SÃO DOMINGOS	1
33	1340	JOÃO PEDRO DURO	01:00:14	01:00:00	M2339	CDCR DOS CTT	12
34	1115	ANTONIO ALMEIDA	01:00:21	01:00:18	M5559	NUCLEO DESPORTIVO AUTOCOOPE	5
35	1260	DAVID NOGUEIRA MOREIRA	01:00:53	01:00:46	M2339	TERRORES DO MONTE	13
36	1083	ALEXANDRE TEIXEIRA	01:01:23	01:01:17	M2022		1
37	1178	MARCIA SANTOS	01:01:48	01:01:45	F2339	ASSOCIAÇÃO ACADÉMICA PINHALNOVENSE	1
38	1334	PEDRO RAMOS	01:02:06	01:01:50	M5054	RUNNING PORTUGAL	4
39	1206	ANTONIO GONÇALVES	01:02:27	01:02:26	M4044	CCRAM	7
40	1230	JOÃO ALVES	01:02:31	01:02:19	M4549		5
41	1251	LEANDRO BRANDÃO	01:03:15	01:03:03	M2339		14

42	1159	LUIS CONCEIÇÃO	01:03:27	01:03:25	M4044	CLUBE DE PRAÇAS DA ARMADA	8
43	1092	CARLOS MAGALHÃES	01:03:37	01:03:27	M5054	NUCLEO SPORTING CLUBE DE PORTUGAL SEIXAL	5
44	1209	PAULO PEREIRA	01:03:49	01:03:49	M5054	TARTARUGAS TEAM	6
45	1016	JOSÉ GUERREIRO	01:03:54	01:03:47	M6099	SERVIÇOS SOCIAIS MONTEPIO	2
46	1305	NUNO NEVES	01:04:02	01:03:44	M2339	CLUBE DESPORTIVO DE ESPITE	15
47	1093	JOÃO DIAS	01:04:06	01:03:41	M5054	OS PIEDENSES	7
48	1345	JORGE FIGUEIREDO	01:04:09	01:03:48	M5559	CCRAM	6
49	1309	FILIPE ALVES	01:04:12	01:04:08	M2339		16
50	1310	VIKTORIYA SLOBODCHIKOVA	01:04:14	01:04:08	F2339		2
51	1298	RICARDO CAPELO	01:04:29	01:04:21	M2339		17
52	1184	PEDRO MATIAS	01:04:29	01:04:21	M2339	UCA - UNIÃO CICLISMO DO ALENTEJO	18
53	1029	ALEXANDRA SILVA	01:04:39	01:04:36	F4044	A MINHA CORRIDA	1
54	1268	ANGELA HEIDA	01:04:48	01:04:29	F2339	AMSTERDAM	3
55	1242	RICARDO COSTA	01:04:58	01:04:39	M2339		19
56	1027	PEDRO TAVARES	01:05:01	01:04:48	M2339	RacingBikes	20
57	1243	PAULA GEADAS MARTINS	01:05:10	01:04:50	F4549		1
58	1244	JOAQUIM MARTINS	01:05:11	01:04:52	M5054		8
59	1055	ALEXANDRE GUERRA	01:05:22	01:05:19	M4044	LINDA- A- PASTORA SPORTING CLUBE	9
60	1048	JOÃO SANTANA	01:05:25	01:04:59	M2339		21
61	1069	MÁRCIA CANTANHEDE	01:05:56	01:05:55	F2339	CLUBE DE PRAÇAS DA ARMADA	4
62	1043	EMANUEL SEITA	01:06:00	01:05:31	M4044		10
63	1056	AFONSO ATAÍDE	01:06:15	01:05:51	M2339		22
64	1193	ANA BATISTA	01:06:18	01:06:15	F4044	Sónósdois	2

65	1019	PAULO DOMINGUES	01:06:20	01:06:12	M4549	INDIVIDUAL	6
66	1222	JOÃO PEDRO	01:06:21	01:06:14	M0019	NÚCLEO DESPORTIVO AUTOCOOPE	3
67	1293	ROGÉRIO VENÂNCIO	01:06:22	01:06:01	M6099	O MUNDO DA CORRIDA	3
68	1160	RUI NUNES	01:06:25	01:06:00	M2339		23
69	1337	ÁLVARO FERREIRA	01:06:26	01:06:24	M5054	BRUNO SEMPRE	9
70	1194	NUNO GOMES	01:06:26	01:06:09	M4044	INDIVIDUAL	11
71	1207	HUMBERTO LEMOS	01:06:28	01:06:26	M4044	CCRAM	12
72	1066	LUIS RODRIGUES	01:06:34	01:06:06	M2339		24
73	1335	FERNANDO MANUEL	01:06:39	01:06:38	M6099	WERUN.PT	4
74	1344	NUNO PATRICIO	01:06:40	01:06:39	M5054	BRUNO SEMPRE	10
75	1127	MARCO BASTOS	01:06:44	01:06:36	M4044	PALHAIS	13
76	1276	RUI GRILO	01:06:51	01:06:21	M4044	SOBREVIVENTES DOS TRAILS	14
77	1343	CARLOS MARQUES	01:06:57	01:06:51	M5054	LINDA-A-PASTORA SPORTING CLUBE	11
78	1323	HUGO HILARIO	01:07:00	01:06:34	M4044	NÚCLEO SEIXAL SPORTING CLUBE DE PORTUGAL	15
79	1288	RICARDO AMARAL	01:07:34	01:07:09	M2339	NAVIGATOR CLUBE SETUBAL	25
80	1332	FILIPE MARGAÇO	01:07:41	01:07:24	M2339	RUN FOR THE OCEAN	26
81	1290	MARCO ALVES	01:07:44	01:07:29	M2339		27
82	1226	FERNANDO DUARTE	01:07:44	01:07:33	M5559		7
83	1265	NANAMI SOGA	01:07:47	01:07:17	F2339		5
84	1322	NUNO BOGALHEIRO	01:07:51	01:07:41	M4549	100 ESTRILHOS	7
85	1118	CARLOS MAGALHÃES	01:08:03	01:07:57	M5054	NUCLEO DESPORTIVO AUTOCOOPE	12
86	1233	SANDRA LOPES	01:08:13	01:08:08	F2339	STRONG TEAM	6
87	1065	CARLOS PÁSCOA	01:08:19	01:08:19	M6099	INDIVIDUAL	5

88	1304	KARINE VIE	01:08:29	01:08:29	F4549	WERUN.PT	2
89	1111	NUNO NUNES	01:08:35	01:08:12	M4549	CORRER LISBOA	8
90	1199	PEDRO NETA	01:08:50	01:08:24	M4044	Arribas	16
91	1338	NUNO CARAMPANTA	01:09:05	01:08:46	M4044		17
92	1223	MARINA PEDRO	01:09:09	01:09:07	F2339	OS KOTAS	7
93	1037	PAULO ABADIA	01:09:09	01:08:56	M4549	FITRUNNES	9
94	1128	PEDRO PEREIRA	01:09:25	01:08:58	M2339	OS PIEDENSES	28
95	1287	VASCO BERNARDO	01:09:41	01:09:16	M4044	NAVIGATOR CLUBE SETUBAL	18
96	1238	RITA RAMOS	01:09:44	01:09:29	F2339		8
97	1282	SEVERINO CRUZ	01:09:45	01:09:26	M5559		8
98	1275	TAKESHI TANGE TAKESHI	01:09:51	01:09:19	M2339		29
99	1284	MANUEL CARLOS VICENTE PEDRO	01:09:59	01:09:57	M5559	CLUBE EDP SINES	9
100	1347	MARGARIDA PEDRO	01:09:59	01:09:57	F5559	OS KOTAS	2
101	1080	LUÍS ANTÓNIO FERNANDES	01:10:12	01:09:32	M4549	SETÚBAL/ SETÚBAL	10
102	1308	TIAGO PACHECO	01:10:49	01:10:27	M2339	SANTANA FC - TRAIL TEAM	30
103	1202	BEATRIZ SÉCIO	01:10:53	01:10:38	F2022	CCRAM	1
104	1210	LUIS SILVA	01:10:55	01:10:52	M2339	TARTARUGAS TEAM	31
105	1169	ANTÓNIO DA MARTINS	01:11:01	01:10:40	M5559	FALCÕES SELVAGENS	10
106	1270	SÉRGIO COSTA	01:11:02	01:10:40	M4549		11
107	1031	ANTÓNIO GONÇALVES	01:11:10	01:10:50	M2022	SANTANA FC - TRAIL TEAM	2
108	1213	JORGE VENANCIO	01:11:12	01:10:39	M4044	EX FEDERADOS	19
109	1000	GONÇALO CARDOSO	01:11:23	01:11:18	M4044		20
110	1116	CARLOS FERREIRA	01:11:47	01:11:39	M6099	NUCLEO DESPORTIVO AUTOCOOPE	6

111	1294	RICARDO GOMES	01:11:54	01:11:28	M2339	SANTANA FC - TRAIL TEAM	32
112	1142	GONÇALO ALVES	01:11:55	01:11:31	M4044		21
113	1146	DANIEL SILVA	01:12:02	01:11:39	M2339	BOUTIQUE DA CARNE 3	33
114	1320	ANGELO MARQUES	01:12:11	01:11:57	M2339	99PROVASGRATUITAS	34
115	1018	RUI FLORES	01:12:12	01:11:43	M4044		22
116	1144	NUNO FILIPE VIEIRA	01:12:13	01:11:32	M2339	HALTER HEGO	35
117	1059	PAULO R. MACEDO	01:12:19	01:12:05	M2339		36
118	1328	CLÁUDIA SANTOS	01:12:19	01:12:16	F2339		9
119	1329	MARCO SANTOS	01:12:19	01:12:19	M2339		37
120	1091	NUNO SANTOS	01:12:24	01:12:09	M4044	ASAS	23
121	1079	CARLA FERNANDES	01:12:25	01:12:20	F4044	AMINHACORRIDA	3
122	1216	DAVID JERONIMO	01:12:26	01:11:55	M2339	EX FEDERADOS	38
123	1008	RUI GOMES	01:12:27	01:12:15	M4549		12
124	1192	JOÃO SIMÃO	01:12:27	01:12:27	M4044	Sónósdois	24
125	1129	PEDRO SILVA	01:12:40	01:11:59	M2339	HALTER EGO	39
126	1156	GONÇALO RODRIGUES	01:12:43	01:12:30	M2339		40
127	1342	PATRÍCIA GERALDES	01:12:55	01:12:52	F5054	WERUN.PT	1
128	1201	MATHILDE ROSTAN	01:12:56	01:12:31	F2339		10
129	1254	LISETE RAMALHO	01:12:59	01:12:56	F5054	AMINHACORRIDA	2
130	1071	POSSIDONIO CONSTANTINO	01:13:05	01:12:51	M6099	CLUBE DE PRAÇAS DA ARMADA	7
131	1164	JORGE CARVALHO	01:13:23	01:12:53	M4549	SOBREVIVENTES DOS TRAILS	13
132	1267	NUNO PEREIRA	01:13:24	01:12:55	M4044	GRUPETA RUNNING TEAM	25
133	1256	CATARINA FIGUEIREDO	01:13:29	01:13:27	F5054	AMINHACORRIDA	3

134	1095	ANTÓNIO ROSA	01:13:39	01:13:08	M5054		13
135	1255	SUSANA COSTA	01:13:41	01:13:39	F4549	AMINHACORRIDA	3
136	1167	PAULO BARREIRA	01:13:45	01:13:08	M4549	VIAD DE CIMA	14
137	1204	ROSA AFONSO	01:13:46	01:13:31	F5054	CCRAM	4
138	1090	JOÃO CONCEIÇÃO	01:13:50	01:13:42	M4044	ASAS	26
139	1203	PAULO SOARES	01:13:54	01:13:31	M4549	CCRAM	15
140	1228	CARLOS MATIAS	01:13:57	01:13:36	M4549		16
141	1017	TERESA CARDOSO	01:13:57	01:13:47	F4044	SERVIÇOS SOCIAIS MONTEPIO	4
142	1145	TIAGO DIAS	01:14:13	01:13:35	M2339		41
143	1147	CARLA JESUS	01:14:14	01:13:36	F2339	HALTER HEGO	11
144	1189	HELDER FERNANDES	01:14:33	01:13:55	M2339		42
145	1245	BRUNO SANTOS	01:14:42	01:14:23	M2339		43
146	1126	EMMANUEL AUVERGNE	01:15:08	01:14:30	M2339	HALTER HEGO	44
147	1054	JOSÉ GENTIL	01:15:13	01:15:09	M4549		17
148	1187	ALEXANDRA JOSÉ	01:15:15	01:15:00	F2339	TARTARUGAS DO MATO	12
149	1046	JOAQUIM GUERREIRO	01:15:15	01:15:07	M4549	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	18
150	1324	JOÃO ANTUNES	01:15:16	01:14:39	M4549	COPY IT	19
151	1182	ANA SILVA	01:15:21	01:14:58	F2339		13
152	1012	LUÍS GRENCHO	01:15:33	01:15:23	M4549	SERVIÇOS SOCIAIS MONTEPIO	20
153	1053	ARTUR SANTOS	01:15:34	01:15:26	M2339		45
154	1039	JOÃO GANHO	01:15:34	01:15:28	M4549		21
155	1033	SARA GOMES	01:15:49	01:15:37	F2022	CORRER LISBOA	2
156	1289	CARLOS ANJOS	01:15:49	01:15:23	M2339	NAVIGATOR CLUBE SETUBAL	46

157	1112	NUNO MILHEIRO	01:16:06	01:15:46	M4044	ALVERCA URBAN RUNNERS	27
158	1026	HÉLDER NOGUEIRA	01:16:08	01:15:46	M4549		22
159	1004	CARINA SILVA	01:16:18	01:16:12	F2339	GRUPO DESPORTIVO SANTANDER TOTTA	14
160	1005	SERGIO SILVA	01:16:18	01:16:12	M4044	GRUPO DESPORTIVO SANTANDER TOTTA	28
161	1339	DIOGO LUIS	01:16:39	01:16:03	M2339		47
162	1351	ODETE FRANCISCO	01:17:01	01:16:56	F4549	OS SERRANOS	4
163	1352	CARLOS LOPES	01:17:01	01:16:55	M5054	OS SERRANOS	14
164	1157	NUNO FRAGOSO	01:17:17	01:16:44	M4044	LINCES DA BELA VISTA	29
165	1313	HÉLDER FERREIRA	01:17:21	01:17:03	M4549	RUN4EAT	23
166	1219	ELSA MAÇÃO	01:17:21	01:17:04	F4044	CLUBE PEDRO PESSOA ESCOLA DE ATLETISMO	5
167	1321	PAULO EUSÉBIO	01:17:21	01:17:03	M5054		15
168	1009	LUIS ROMANEIRO	01:17:24	01:17:11	M5559	CORRIDAS E COMIDAS	11
169	1006	AURELIANO LUZ	01:17:36	01:17:29	M4044	AS MÁQUINAS	30
170	1007	PAULA BAPTISTA	01:17:36	01:17:30	F4044	AS MÁQUINAS	6
171	1085	AGOSTINHO MARQUES	01:17:39	01:17:27	M6099	CASA DO BENFICA DO SEIXAL	8
172	1240	ANDRE MARQUES AFONSO	01:17:40	01:17:23	M2339	PORCUS MAXIMUS	48
173	1248	RODEIGO CALDEIRA	01:17:41	01:17:16	M2339		49
174	1247	PEDRO CARREIRA	01:17:42	01:17:17	M2339		50
175	1214	JORGE RODRIGUES	01:17:45	01:17:11	M6099	EX FEDERADOS	9
176	1190	CARLA ANTONIO	01:18:25	01:17:46	F4044	HALTER HEGO	7
177	1097	MANUEL DOMINGUES	01:18:42	01:18:21	M0019		4
178	1096	MARK SHERIDAN	01:19:09	01:18:37	M2339		51
179	1133	PEDRO RIBEIRO	01:19:32	01:19:18	M4044		31

180	1135	SANDRA OLIVEIRA	01:19:32	01:19:18	F2339		15
181	1099	FRANCISCO MACHETA	01:19:55	01:19:27	M4549	LIMITED EDITION	24
182	1063	OLÍVIA GASPAR	01:19:56	01:19:29	F4549	ALMADA	5
183	1264	VICTOR VITAL	01:20:18	01:20:04	M2339	LICEU RUNNERS	52
184	1257	HEITOR MATOS	01:20:19	01:20:06	M4044	LICEU RUNNERS	32
185	1139	NUNO ALVES	01:20:26	01:20:09	M5559	FORÇA NAS CANETAS	12
186	1131	ISMAR FERREIRA	01:20:41	01:20:23	M5559		13
187	1001	DANIELE CHIODINI	01:20:42	01:20:17	M2339		53
188	1306	MARTA SÁ	01:20:43	01:20:20	F2339	SANTANA FC - TRAIL TEAM	16
189	1237	ANDREIA ESTRELA	01:20:43	01:20:19	F4549		6
190	1229	JOÃO CLARO	01:20:45	01:20:17	M4549	THE SWIMMERS	25
191	1023	ORLANDO SANTOS	01:20:46	01:20:12	M4549	EX FEDERADOS	26
192	1311	RUI LAMEGO	01:20:47	01:20:08	M2339		54
193	1236	ALEXANDRE MANUEL SILVA TEIXEIRA	01:20:50	01:20:44	M4044		33
194	1064	ANGELO FERREIRA	01:20:59	01:20:27	M4549		27
195	1098	JOANA ONOFRE	01:21:06	01:20:52	F2339	SERRADO FC ATLETISMO	17
196	1045	CLÁUDIO MIRA	01:21:31	01:20:52	M2339		55
197	1300	DANIELA OLIVEIRA	01:21:37	01:21:32	F2339	ARREDAGUILHOTAS PRO TEAM	18
198	1186	PATRÍCIA PEREIRA	01:21:45	01:21:29	F2339	TARTARUGAS DO MATO	19
199	1107	RADOSLAW WISNIEWSKI	01:22:07	01:21:32	M4549		28
200	1302	DAVID SILVA	01:22:31	01:21:50	M2339	SÃO DOMINGOS DE RANA	56
201	1155	JOÃO TEIXEIRA	01:22:57	01:22:35	M4044		34
202	1035	SONIA SEQUEIRA	01:23:19	01:23:14	F4044	LINDA-A-PASTORA SPORTING CLUBE	8

203	1208	RODRIGO CARVALHINHO	01:23:20	01:22:47	M4044	SHRIMP BOX	35
204	1266	ISABEL PINTO	01:23:32	01:22:57	F4549	LISBOA	7
205	1188	CÁTIA ZURGA	01:23:35	01:23:20	F2339	TARTARUGAS DO MATO	20
206	1087	LIDIA SANTOS	01:23:44	01:23:35	F5559	ASAS	3
207	1120	LUIZA FERREIRA	01:23:46	01:23:41	F5054	NUCLEO DESPORTIVO AUTOCOOPE	5
208	1105	NICOLE POLTORAK	01:23:50	01:23:15	F2339		21
209	1191	DUARTE RIBEIRO	01:23:55	01:23:21	M2339		57
210	1291	MONICA LOPES	01:24:22	01:24:16	F4044	LINDA-A-PASTORA SPORTING CLUBE	9
211	1263	CARLOS DAMAS	01:24:57	01:24:24	M2339	LICEU RUNNERS	58
212	1301	MARIA TRIGUEIRO	01:25:02	01:24:56	F4549	LINDA A PASTORA SPORTING CLUBE	8
213	1250	BRUNO ABRANTES	01:25:24	01:24:51	M4044	FALCÕES SELVAGENS	36
214	1086	HELENA CUNHA	01:25:47	01:25:38	F6099	ASAS	1
215	1325	DAVIDE ANTUNES	01:25:52	01:25:16	M2339	COPY IT	59
216	1212	LUCIANA	01:26:08	01:26:00	F2339	NUCLEO DESPORTIVO AUTOCOOPE	22
217	1330	FILIPE VALENTE	01:26:27	01:26:14	M4044		37
218	1331	BRUNO MONTEIRO	01:26:27	01:26:12	M4044	TÁLENTOS TEAM	38
219	1108	PEDRO VIEIRA	01:26:28	01:26:11	M2339		60
220	1326	MARTA GOMES	01:27:03	01:26:42	F4044	GIN QTA DO VALBOM - AAALCOCHETE	10
221	1316	VICTOR FERREIRA	01:27:15	01:26:46	M5054	GINJA TEAM	16
222	1273	CARMEN CUNA	01:27:21	01:27:16	F4044		11
223	1049	JOÃO SANTANA	01:27:35	01:27:08	M5559		14
224	1292	PAULO PEREIRA	01:27:44	01:27:25	M2339	FORTÍSSIMOS	61
225	1013	CLAUDIA GRENCHO	01:28:35	01:28:24	F4549	SERVIÇOS SOCIAIS MONTEPIO	9

226	1028	BRUNO ALVES	01:28:51	01:28:45	M2339	BARREIRO	62
227	1094	DANUBIA LIMA	01:28:56	01:28:22	F2339		23
228	1336	HELDER SANTOS	01:29:29	01:29:18	M4044	BRUNO SEMPRE	39
229	1181	IRENE DA CONCEIÇÃO INÁCIO	01:29:29	01:29:18	F5054	CORRER LISBOA	6
230	1211	TERESA SANTO	01:30:07	01:30:00	F4549	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	10
231	1002	LUCA CAMPENNI	01:30:15	01:29:51	M2339	PIZZA A PORTAFOGLIO	63
232	1010	JORGE NARCISO	01:30:24	01:30:11	M5559	SERVIÇOS SOCIAIS MONTEPIO	15
233	1354	BARBARA ALEXANDRA	01:30:26	01:30:26	F4044		12
234	1353	BRUNO RODRIGUES	01:30:26	01:30:26	M4044		40
235	1168	JORGE BARREIRA	01:30:28	01:29:52	M6099	VIADE DE CIMA	10
236	1104	ANTÓNIO LIMA	01:30:34	01:30:05	M6099		11
237	1258	NUNO SOUSA	01:31:11	01:30:34	M4044		41
238	1084	JOSÉ MARQUES	01:31:38	01:31:11	M4549	OS PIEDENSES	29
239	1318	ANTÓNIO LIMA	01:31:54	01:31:24	M5054	GINJA TEAM	17
240	1259	PAULO ÁGUAS	01:32:02	01:31:27	M5054	LICEU RUNNERS	18
241	1307	CÂNDIDA PACHECO	01:32:16	01:31:53	F2339	SANTANA FC - TRAIL TEAM	24
242	1272	PEDRO LUÍS	01:32:31	01:31:56	M2339	CHURRASQUEIRA DA PAZ	64
243	1285	TÂNIA FERREIRO	01:32:33	01:32:25	F2339		25
244	1011	NATÁLIA NARCISO	01:32:54	01:32:45	F5559	SERVIÇOS SOCIAIS MONTEPIO	4
245	1246	PAULO RODRIGUES	01:33:03	01:32:47	M5559	COLEGIO MONTE MAIOR	16
246	1101	MÁRIO ESTEVES	01:33:06	01:32:34	M2339		65
247	1197	JOÃO PEREIRA XINA	01:34:13	01:33:45	M2339	MARXINA	66
248	1198	MARINA GOMES	01:34:13	01:33:46	F2339	MARXINA	26

249	1161	CARLA ATILHO	01:35:37	01:35:13	F4549	SANTANA F C TRAIL TEAM	11
250	1032	CARLA ATILHÓ	01:35:40	01:35:15	F4044	SANTANA FC - TRAIL TEAM	13
251	1124	REBECA LIBÓRIO	01:36:17	01:35:47	F2339	SOBREVIVENTES DOS TRAILS	27
252	1317	LUÍS LIBÂNIO	01:36:25	01:35:56	M6099	GINJA TEAM	12
253	1102	ANA VIEIRA	01:37:17	01:37:04	F4044		14
254	1132	VASCO SIMÕES	01:37:36	01:37:21	M2339		67
255	1296	PEDRO MARQUES	01:38:15	01:38:01	M2339		68
256	1297	SERGIO CRUZ	01:38:16	01:38:02	M4549		30
257	1218	MARINA LOPES	01:38:23	01:38:20	F4044		15
258	1355	JORGE FILIPE SILVA	01:40:34	01:39:57	M5054		19
259	1280	CATARINA LUDOVINO	01:41:23	01:41:01	F2339	LEBRES DE DOMINGO	28
260	1088	SERAFIM MARQUES	01:41:53	01:41:44	M6099	ASAS	13
261	1089	JOSÉ PEDRO FERRABELO	01:41:54	01:41:44	M6099	ASAS	14
262	1134	ANTONIO JOSE AVLENTE	01:41:54	01:41:25	M6099		15
263	1114	VANDA JESUS	01:42:23	01:41:50	F2339	SOBREVIVENTES DOS TRAILS	29
264	1122	ANA DUARTE	01:42:23	01:41:50	F2339	SOBREVIVENTES DOS TRAILS	30
265	1121	HELENA SANTOS	01:43:07	01:42:57	F5054	NUCLEO DESPORTIVO AUTOCOOPE	7
266	1021	SOFIA FERREIRA	01:43:52	01:43:36	F5054		8
267	1024	REON FUJIEDA	01:44:11	01:43:53	M2339	MALTINHA GIRA	69
268	1125	SONIA PINTO	01:44:16	01:43:56	F5054		9
269	1025	BRUNO MARCHEZEPE	01:44:17	01:43:59	M2339	MALTINHA GIRA	70
270	21	EDUARDO LUÍS	01:46:32	01:46:26	M4044	ATÓMICOS	42
271	1239	RUI MAGALHÃES	01:46:47	01:46:15	M4044		43

272	1185	MARLENE PEREIRA	01:46:47	01:46:15	F2339		31
273	1137	INES ALVES	01:48:58	01:48:40	F2339	FORÇA NAS CANETAS	32
274	28	FERNANDO CORREIA	01:49:38	01:49:29	M5054		20
275	1149	FERNANDA VIEIRA	01:50:17	01:50:07	F6099		2
276	1172	ANA MARQUES	01:51:10	01:50:35	F4044	TSUMOMMIES	16
277	1179	CATARINA ALMEIDA VIEIRA	01:51:10	01:50:35	F4044	TSUMOMMIES	17
278	1278	DIANA VIEIRA	01:51:11	01:50:35	F2339	TSUMOMMIES	33
279	1163	FRANCISCA ENGROLA	01:57:32	01:56:59	F4549	SOBREVIVENTES DOS TRAILS	12
280	1150	AMÉLIA COSTA	02:00:00	01:59:39	F6099	Corroios	3
281	1151	ABÍLIO COSTA	02:00:11	01:59:49	M6099	Corroios	16
282	1003	MARGARIDA FONSECA	02:00:22	02:00:18	F6099	TURBO-LENTOS	4
283	1136	ALEXANDRA SILVA	02:01:22	02:01:13	F4549	FORÇA NAS CANETAS	13
284	1141	ESTER LOPES	02:01:42	02:01:33	F6099	FORÇA NAS CANETAS	5
285	1165	LAURINDA MENDONÇA	02:09:29	02:08:59	F4549	SOBREVIVENTES DOS TRAILS	14
286	1174	MARIA COSTA	02:09:31	02:08:58	F5054	SOBREVIVENTES DOS TRAILS	10
287	1262	MARIA PITA	02:15:18	02:14:58	F2339		34
288	1261	JOÃO SOUSA	02:15:18	02:14:59	M2339		71
289	1015	PEDRO PAULO	02:15:23	02:15:02	M5054	SERVIÇOS SOCIAIS MONTEPIO	21
290	1014	SOFIA PORTUGAL	02:15:23	02:15:02	F5054	SERVIÇOS SOCIAIS MONTEPIO	11
291	1057	REGINA ROSA	02:22:37	02:22:37	F5054		12
292	1042	MANUEL DUARTE	02:32:03	02:32:03	M5559		17
293	1040	RENATO LAZARO	02:32:03	02:32:03	M2339		72
294	1138	LUCIA ALVES	02:58:51	02:58:41	F4549	FORÇA NAS CANETAS	15

