



I Almada Trail - Trail Longo

18 de Fevereiro, 2018

<https://werun.pt/resultados/i-almada-trail-terra-mar/>

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	413	LUIS FERNANDES	01:32:32	01:32:31	M2339	CLUBE DE PRAÇAS DA ARMADA	1
2	447	DIOGO BAENA	01:32:47	01:32:46	M2339	U.F. COMÉRCIO E INDÚSTRIA ATLETISMO	2
3	448	HÉLDER GROSSO	01:33:28	01:33:27	M2339	U.F. COMÉRCIO E INDÚSTRIA ATLETISMO	3
4	559	FERNANDO GOMES	01:38:15	01:38:15	M2339	GORUNNERS - OUTPRO	4
5	445	VIRGÍLIO GOMES	01:38:54	01:38:53	M4049	U.F. COMÉRCIO E INDÚSTRIA ATLETISMO	1
6	472	PARADA	01:42:03	01:42:03	M2339	ZIMBRA FOX RUNNERS	5
7	461	NELSON DIOGO	01:42:12	01:42:11	M2339	AMCF - ARRÁBIDA TRAIL TEAM	6
8	5779	JTRIGUEIROS	01:42:33	01:42:33	M0022	GAIA TRAIL	1
9	5868	WESLEY TRIGG	01:42:59	01:42:58	M2339	GORUNNERS - OUTPRO	7
10	446	JOÃO CANELAS	01:43:41	01:43:39	M2339	U.F. COMÉRCIO E INDÚSTRIA ATLETISMO	8
11	444	MILTON SILVA	01:45:56	01:45:54	M2339	U.F. COMÉRCIO E INDÚSTRIA ATLETISMO	9
12	356	RUI MENAS	01:47:23	01:47:11	M4049	MATILHA RUNNING	2
13	346	NELSON RODRIGUES	01:48:58	01:48:58	M2339	GALHARDOS RUNNERS	10
14	523	GONÇALO CARITA	01:49:16	01:49:12	M2339		11
15	345	ANDRÉ PIRES	01:49:22	01:49:19	M2339	ADEFACEC	12
16	497	CARLOS NUNES	01:49:24	01:49:22	M4049	KANGAROO RUNNERS	3
17	435	RUI AFONSO	01:49:26	01:49:26	M4049	CCRAM	4
18	434	MÁRIO AFONSO	01:49:27	01:49:27	M2339	CCRAM	13

19	459	NUNO CABANAS	01:49:29	01:34:19	M4049	INDIVIDUAL	5
20	409	CARLOS COSTA	01:50:07	01:49:41	M4049	RUN4FUN	6
21	5850	PAULO MIRANDA	01:50:09	01:50:08	M4049	TURRES TRAIL TEAM	7
22	219	DUARTE ALVES	01:50:50	01:50:46	M0022	OCR PORTUGAL LAB	2
23	458	NUNO PIMENTA	01:51:17	01:51:09	M4049		8
24	387	SERGIO AMARAL	01:51:44	01:51:19	M4049	SS CGD	9
25	558	CELSO GUERRA	01:52:34	01:52:24	M4049	GORUNNERS - OUTPRO	10
26	315	HUGO HENRIQUES	01:53:01	01:52:57	M2339	GALHARDOS RUNNERS	14
27	342	PAULO PATRÍCIO	01:53:04	01:53:02	M2339	INDIVIDUAL	15
28	222	GUILHERME HORA	01:53:12	01:53:09	M4049	EPAL	11
29	528	LUIS TORPES	01:53:15	01:53:15	M2339	CLUBE DE PRAÇAS DA ARMADA	16
30	324	PEDRO PASCOAL	01:53:16	01:53:10	M4049	ARRÁBIDA OBSTACLE RUNNERS	12
31	5782	ROGÉRIO GUERREIRO COSTA	01:53:34	01:53:32	M2339	U.F. COMÉRCIO E INDÚSTRIA ATLETISMO	17
32	5869	NUNO MAGRO	01:53:35	01:53:33	M4049	GORUNNERS - OUTPRO	13
33	326	LUIS VITORINO	01:53:53	01:53:51	M4049	RUN AND SMILE	14
34	527	J. SILVA	01:54:14	01:54:14	M0022	3ª COMPANHIA	3
35	501	TIAGO ALMEIDA	01:54:45	01:54:38	M2339	100 ESTRILHOS	18
36	335	CARLOS MONTEIRO	01:55:05	01:54:33	M5059	INDIVIDUAL	1
37	254	ELVINO GONÇALVES	01:55:37	01:55:36	M2339	OCSPROAVENTURAS	19
38	253	TIAGO	01:57:23	01:56:49	M2339	FILÓSOFOS ERÓTICOS	20
39	5811	JOÃO OLIVEIRA	01:57:37	01:57:15	M2339	GDR FRANCOS	21
40	420	NUNO SOUSA GOMES	01:58:25	01:58:21	M4049	CLUBE EDP LISBOA	15
41	401	JOSE QUEIRÓS	01:58:47	01:58:21	M4049	INDIVIDUAL	16

42	330	PEDRO MIGUEL INÁCIO	01:58:53	01:58:43	M2339	VALEJAS AC	22
43	395	IVO SANTOS	01:59:03	01:58:42	M2339	MOITA A CORRER	23
44	536	ARTUR BASILIO	01:59:11	01:59:02	M4049	O PRATICANTE	17
45	525	LUIS NUNES	02:00:12	01:59:53	M4049	HOUSEMARTINS BELAS	18
46	5755	JOSÉ BARRADAS	02:00:17	01:59:51	M2339	INDIVIDUAL	24
47	359	VITOR FERREIRA	02:00:25	02:00:19	M5059	ALCANENA TRAIL	2
48	439	CARLOS MOURATO PEREIRA	02:00:27	02:00:26	M5059	INDIVIDUAL	3
49	531	PEDRO VICENTE	02:00:38	02:00:33	M4049	PORTUGAL TROTTER / ATTITUDE	19
50	239	TIAGO DUARTE	02:01:06	02:01:06	M2339	INDIVIDUAL	25
51	307	PORÊLO	02:01:20	02:00:46	M2339	INDIVIDUAL	26
52	201	LAURENT	02:01:24	02:00:58	M5059	INDIVIDUAL	4
53	5832	PÊRA DOCE	02:01:37	02:01:36	M4049	ZIMBRA FOX RUNNERS	20
54	5713	XAVIER SOUSA	02:01:43	02:01:37	M4049	MOITA A CORRER	21
55	282	ANTONS KRANGA	02:01:49	02:01:35	M2339	INDIVIDUAL	27
56	551	AMÉLIA COSTA	02:01:50	02:01:49	F5059		1
57	550	JOÃO PAULO MARQUES	02:01:52	02:01:50	M5059		5
58	248	PAULO BRUNO	02:01:53	02:01:49	M4049	INDIVIDUAL	22
59	364	MIGUEL GUALDINO	02:02:04	02:01:56	M2339	CORTT - CORK TRAIL TEAM	28
60	5742	JOAO BARBADO	02:02:07	02:02:01	M4049	INDIVIDUAL	23
61	5814	JOSÉ C F NUNES	02:02:13	02:02:08	M5059	NAZA ABÓBODA	6
62	468	NELSON SANTOS	02:02:22	02:02:08	M4049	SALAMANDRECOS	24
63	442	LUIS ALMEIDA	02:02:34	02:02:29	M4049	JOBVINDE MONTES SALOIOS	25
64	5828	JOÃO QUEIROZ	02:02:39	02:02:16	M4049	RUN4FRIENDS	26

65	5849	NUNO CESÁRIO	02:03:05	02:02:44	M4049	MOITA A CORRER	27
66	247	NUNO FRAGOSO	02:03:35	01:47:48	M4049	INDIVIDUAL	28
67	496	NELSON QUITERIO	02:03:35	02:03:32	M4049	RÓÓDINHAS / SANTOS SILVA	29
68	5886	LUÍS LOPES	02:03:42	02:03:28	M4049	TÁLENTOS TEAM	30
69	441	FERNANDO JORGE OLIVEIRA	02:03:44	02:03:35	M6099	LIS RUNNING CPA	1
70	493	JOÃO BELO	02:04:04	02:03:59	M2339	ASPIRAS	29
71	462	ANTÓNIO MIRANDA	02:04:07	02:03:35	M2339	INDIVIDUAL	30
72	553	MARIANA BRUGGER	02:04:32	02:04:18	F2339	ESTORIL PRAIA	1
73	399	JOSÉ MOREIRA	02:04:48	02:04:20	M2339	INDIVIDUAL	31
74	566	NUNO FELICIO	02:04:50	02:04:46	M4049	INDIVIDUAL	31
75	5788	RUI DA SILVA	02:04:54	02:04:52	M4049	DENTORAL RACING TEAM	32
76	567	LUIS TRINDADE	02:05:13	02:05:10	M2339	AMCF - ARRÁBIDA TRAIL TEAM	32
77	469	PEDRO GRANADAS	02:05:25	02:05:25	M4049	INDIVIDUAL	33
78	218	BRUNO	02:05:29	02:05:23	M4049	OCR PORTUGAL	34
79	360	ANA CAMELO	02:05:39	02:05:20	F0022	INDIVIDUAL	1
80	303	HUGO MIGUEL	02:05:39	02:05:35	M4049	TRILHO PERDIDO EVENTOS / IMPORLUX	35
81	249	LUIS CARDOSO	02:05:43	02:05:27	M4049	RACING BIKES	36
82	344	PAULO MARÇALO	02:06:09	02:06:09	M4049	INDIVIDUAL	37
83	289	ANTÓNIO LIMA	02:06:12	02:05:57	M5059	GINJA TEAM	7
84	290	SUSANA SILVA	02:06:13	02:05:57	F4049	GINJA TEAM	1
85	383	PAULO GONÇALVES	02:06:36	02:06:07	M2339	POL RUNNERS	33
86	209	PEDRO FERREIRA	02:06:44	02:06:32	M4049	RUNNERS DA FRENTE RIBEIRINHA	38
87	500	SALETE TAVARES	02:06:45	02:06:43	F4049	CA BARREIRA	2

88	332	JOÃO BUCHO	02:07:00	02:06:55	M2339	INDIVIDUAL	34
89	5891	JOSÉ SANTOS	02:07:01	02:06:50	M4049	INDUSTRIAL DESPORTIVO VIEIRENSE	39
90	380	CESAR ORVALHO	02:07:03	02:06:37	M2339	CCD SIEMENS	35
91	463	JOÃO NUNO FARIA	02:07:07	02:07:03	M4049	OCS PROAVENTURAS	40
92	403	JOSE NOVAS	02:07:21	02:07:10	M4049	OS COXOS E O MIGUEL	41
93	460	PAULO GOULART	02:07:22	02:07:11	M4049	CLUBE ANACOM	42
94	5855	CIRILO FORMIGA	02:07:47	02:07:42	M6099	ZIMBRA FOX RUNNERS	2
95	433	JOÃO MONIZ	02:07:58	02:07:56	M2339	INDIVIDUAL	36
96	5842	JOSÉ CORREIA	02:08:31	02:08:20	M5059	STRAVISTAS VP	8
97	202	ANTONIO REBELO	02:09:31	02:09:24	M4049	IND	43
98	5716	ALEX	02:09:38	02:09:26	M4049	CORRER LISBOA	44
99	526	NUNO LUCAS	02:10:02	02:09:44	M4049	HOUSEMARTINS BELAS	45
100	361	LUIS SOUSA	02:10:15	02:09:56	M4049	INDIVIDUAL	46
101	393	RUI CARDOSO	02:10:23	02:10:21	M2339	INDIVIDUAL	37
102	213	JOSÉ FIDALGO	02:11:34	02:11:30	M5059	KEEP RUNNING	9
103	336	INÊS MARQUES	02:11:39	02:11:37	F4049	99PROVASGRATUITAS / WERUN	3
104	504	PEDRO CARDOSO	02:12:10	02:12:02	M4049		47
105	385	JORGE FRANCO	02:12:21	02:11:51	M4049	POL RUNNERS	48
106	251	MARCO CAMPANIÇO	02:12:24	02:12:18	M2339	VOLKSWAGEN AUTOEUROPA	38
107	370	HUGO LAMPREIA	02:12:26	02:12:16	M4049	VALEJAS AC	49
108	5759	TIAGO SAMEIRO	02:12:35	02:12:20	M4049	DUROS DA LENTIDÃO	50
109	5877	VERA REIS	02:12:52	02:12:51	F2339	MORCEGOS TRAIL	2
110	204	JOAO FRAZAO	02:12:57	02:12:49	M2339	GD SANTANDER TOTTA	39

111	334	PEDRO SA	02:12:58	02:12:36	M4049	CLUBE MILLENNIUM BCP	51
112	362	FILIPE BOLÉO	02:12:59	02:12:42	M4049	CLUBE ANACOM	52
113	5757	EDUARDO LUÍS	02:13:06	02:12:58	M4049	ATÓMICOS	53
114	208	JOAQUIM SANTOS	02:13:18	02:13:00	M5059	FALCOES SELVAGENS	10
115	402	LUIS QUEIROS	02:13:19	02:12:52	M4049	INDIVIDUAL	54
116	318	ALEXANDRE LEIRIA	02:13:27	02:13:03	M4049	FITRUNNERS	55
117	294	JOÃO CALOS RODRIGUES	02:13:49	02:13:45	M5059	INDIVIDUAL	11
118	347	JOSE CORREIA	02:13:53	02:13:29	M5059	ESTORIS	12
119	286	RUI MARINO	02:13:57	02:13:41	M4049	VINICOM - FREIXENET	56
120	5852	NUNO GRANADAS	02:14:00	02:13:59	M2339	TURRES TRAIL TEAM	40
121	283	AMÉRICO RODRIGUES PALA	02:14:46	02:14:41	M5059	HOUSEMARTINS	13
122	352	CARLA SANTOS	02:15:12	02:15:00	F2339	O MUNDO DA CORRIDA	3
123	5859	SUSANA PEREIRA	02:15:29	02:14:53	F2339	INDIVIDUAL	4
124	374	VITOR AZEVEDO	02:15:40	02:15:35	M2339	ASAS NOS PÉS	41
125	422	RICARDO SANTOS	02:15:40	02:15:36	M4049	CLUBE EDP LISBOA	57
126	205	JOÃO PERNECO	02:15:55	02:15:48	M4049	GRUPO DESPORTIVO SANTANDER TOTTA	58
127	308	RICARDO TEIXEIRA	02:15:57	02:15:51	M2339	INDIVIDUAL	42
128	548	JOÃO BRANCO	02:16:44	02:16:44	M4049	OCR PORTUGAL	59
129	242	HELDER RIBEIRO	02:16:46	02:16:41	M4049	INDIVIDUAL	60
130	5721	PEDRO CABRITO	02:17:15	02:17:07	M4049	INDIVIDUAL	61
131	532	HENRIQUE ADREGA	02:17:16	02:17:03	M6099	CLUBE ATLETISMO AMIGOS DE BELÉM	3
132	5751	JOÃO MARQUES	02:17:21	02:16:59	M2339	INDIVIDUAL	43
133	544	HUGO DANIEL FERNANDES	02:17:26	02:16:01	M2339	INDIVIDUAL	44

134	5889	GONALO ALMEIDA	02:17:48	02:17:42	M2339	INDIVIDUAL	45
135	451	JOS AMARAL	02:17:52	02:17:51	M4049	U.F. COMRCIO E INDSTRIA ATLETISMO	62
136	517	RUI RAMALHO	02:18:18	02:18:13	M4049	CLUBE MILLENNIUM BCP	63
137	405	JOS FRANCISCO ROCHA	02:19:05	02:19:02	M5059	INDIVIDUAL	14
138	404	NUNO FRANCISCO	02:19:21	02:18:58	M4049	TRAIL RUNNERS PORTIMO	64
139	317	HLDER CABEA	02:19:24	02:19:15	M4049	INDIVIDUAL	65
140	389	PAULO SOUSA	02:19:26	02:19:02	M4049	FITRUNNERS	66
141	520	DINIS CARTAS~	02:19:26	02:18:59	M2339	REVISTA RUNNING	46
142	5822	NA24COACH	02:19:32	02:19:01	M4049	RUN24RUN	67
143	258	CARLOS NUNES	02:20:27	02:20:17	M4049	A. T. R. CABRAS DOIDAS	68
144	5730	PEDRO CAMPOS	02:20:29	02:20:18	M4049	J T'APANHO	69
145	279	CARLOS GRADE	02:20:37	02:20:24	M4049	SALAMANDRECOS	70
146	473	JORGE VAZ	02:20:45	02:20:32	M4049	BRRNIGHTRUNNERS	71
147	424	FERNANDO VICENTE	02:21:00	02:20:55	M5059	INDIVIDUAL	15
148	407	JORGE PIRES	02:21:06	02:21:06	M4049	OS COXOS & O MIGUEL	72
149	284	NUNO LOPES	02:21:15	02:21:03	M2339	INDIVIDUAL	47
150	5767	CARMEN HENRIQUES	02:21:21	02:21:19	F4049	RUN AND SMILE	4
151	365	SARA PEDROSA	02:21:27	02:21:26	F2339	INDIVIDUAL	5
152	269	NELSON	02:21:51	02:21:42	M4049	INDIVIDUAL	73
153	5888	NUNO SILVA	02:21:57	02:21:44	M4049	INDIVIDUAL	74
154	436	RUI VIEGAS	02:22:21	02:22:17	M2339	GALHARDOS RUNNERS	48
155	5885	RICARDO SANTOS	02:22:43	02:22:21	M4049	MOITA A CORRER	75
156	5856	LUIS MIGUEL SANTOS	02:22:47	02:22:36	M4049	CORRER LISBOA	76

157	471	CARLA DIAS	02:22:47	02:22:17	F4049	INDIVIDUAL	5
158	563	PAULO SIMÕES	02:23:36	02:23:25	M2339	GORUNNERS - OUTPRO	49
159	538	JOÃO SARAIVA	02:23:54	02:23:32	M4049	O PRATICANTE	77
160	546	DIOGO LEITE	02:24:00	02:23:56	M4049	INDIVIDUAL	78
161	513	EDUARDO RODRIGUES	02:24:09	02:23:46	M5059	CLUBE MILLENNIUM BCP	16
162	320	PEDRO CHAVES	02:24:48	02:24:39	M5059	JUST FOR THE FUN!	17
163	503	RUI ALMEIDA	02:25:04	02:24:44	M4049	INDIVIDUAL	79
164	425	LUÍS ALVES	02:25:08	02:24:38	M2339	KANGAROO RUNNERS	50
165	477	FLAVIO REIS	02:25:10	02:25:08	M2339	BRUXOS RUNNERS	51
166	534	PATRICIA LOURENÇO	02:25:11	02:24:59	F2339	GORUNNERS - OUTPRO	6
167	278	ANA CORREIA	02:25:11	02:25:07	F4049	TRILHO PERDIDO EVENTOS / IMPORLUX	6
168	280	PAULO RESENDE	02:25:31	02:25:21	M4049	DEIXEM PASSAR OS COXOS	80
169	465	JOÃO ROSÁRIO	02:25:52	02:25:47	M4049	INDIVIDUAL	81
170	384	JÚLIO MOREIRA	02:26:01	02:25:31	M4049	POL RUNNERS	82
171	246	VERMELHITA	02:26:22	02:26:12	F2339	ACADEMIA FITNESS MILITAR	7
172	5714	MANUEL ALVES	02:26:52	02:26:41	M5059	CORRER LISBOA	18
173	276	EL ANIMAL	02:26:59	02:26:43	M2339	INDIVIDUAL	52
174	270	LUIS COSTA	02:27:01	02:27:01	M4049	42RUN	83
175	321	DORITOS	02:27:26	02:27:12	F4049	OS SALOIOS	7
176	5749	JORGE SOUSA	02:27:27	02:27:13	M4049	INDIVIDUAL	84
177	562	RUI MANUEL FERNANDES	02:27:46	02:27:24	M4049	INDIVIDUAL	85
178	322	JOÃO SANTOS	02:27:56	02:27:47	M4049	INDIVIDUAL	86
179	5704	ÁLVARO MIRANDA	02:27:56	02:27:47	M4049	INDIVIDUAL	87

180	244	ANGELA SILVA	02:27:57	02:27:46	F2339	ACADEMIA FITNESS MILITAR	8
181	5835	CARLA SANTOS	02:28:03	02:27:39	F2339	INDIVIDUAL	9
182	450	RICARDO SILVA	02:28:20	02:27:51	M4049	INDIVIDUAL	88
183	224	RUI VIEITAS	02:28:35	02:28:17	M4049	FAT OLD DUDES	89
184	564	PEDRO GONÇALVES	02:28:36	02:12:58	M2339	FITNESS HUT	53
185	240	MÁRIO PIRES	02:28:57	02:28:35	M5059	INDIVIDUAL	19
186	5765	JORGE FERREIRA	02:29:00	02:28:54	M4049	H-GARRA A LEBRE !!!	90
187	5703	PAULO MOUTINHO	02:29:01	02:28:54	M4049	H-GARRA A LEBRE !!!	91
188	474	NUNO FONTES	02:29:17	02:29:05	M2339	INDIVIDUAL	54
189	5717	JOÃO RAMOS	02:29:17	02:29:12	M4049	ARRIBA TRAIL RUNNERS	92
190	331	RUI LIMA	02:29:35	02:29:31	M4049	INDIVIDUAL	93
191	412	RICHARD AMORIM	02:30:12	02:30:11	M2339	OLIMPICO VIANENSE TRAIL	55
192	5887	CARLOS BRITO	02:30:36	02:30:23	M4049	TÁLENTOS TEAM	94
193	5750	PAULO SERRANITO	02:30:39	02:30:25	M0022	INDIVIDUAL	4
194	431	JOSE AZEVEDO RAPOSO	02:31:10	02:31:00	M4049	GRUPO DESPORTIVO SANTANDER TOTTA	95
195	275	JOAO MIGUEL APOLINARIO	02:31:24	02:31:02	M4049	42 RUN	96
196	506	JOANA ANTUNES	02:31:30	02:31:22	F0022	CLUBE DE PRAÇAS DA ARMADA	2
197	502	RUI GONÇALVES	02:31:32	02:31:00	M4049		97
198	5707	PEDRO RIBEIRO	02:31:33	02:31:04	M2339	RUN 4 FUN	56
199	5823	LUÍS SPENCER	02:31:55	02:31:25	M5059	RUN24RUN	20
200	476	NUNO COSTA	02:31:59	02:31:42	M4049	SS CGD	98
201	481	LUIS MADEIRA	02:31:59	02:31:42	M4049	SS CGD	99
202	5848	HELDER MARQUES	02:32:26	02:32:01	M4049	MOITA A CORRER	100

203	426	DAMIAN HARRISON	02:32:35	02:32:27	M4049		101
204	5810	MIGUEL SANTOS	02:32:37	02:32:17	M2339	INDIVIDUAL	57
205	419	HELDER MARTINS	02:32:55	02:32:14	M4049	CLUBE EDP LISBOA	102
206	214	CATARINA VIEIRA	02:32:55	02:32:46	F2339	INDIVIDUAL	10
207	408	BATISTA, NUNO	02:33:01	02:32:58	M0022	GANG DO AMENDOIM	5
208	306	PEDRO VILELA	02:33:13	02:33:10	M2339	INDIVIDUAL	58
209	299	JOSE OLIVEIRA	02:33:13	02:33:10	M4049	INDIVIDUAL	103
210	5876	NUNO BAIXINHO	02:33:15	02:32:59	M2339	RUNSOX	59
211	5854	LUÍS DOMINGUES	02:33:16	02:33:00	M4049	INDIVIDUAL	104
212	267	JOSÉ SIMÕES	02:33:32	02:33:05	M5059	O MUNDO DA CORRIDA	21
213	372	HUMBERTO BARROS	02:33:34	02:33:13	M2339	KANINOS	60
214	5712	PAULO SOUSA	02:33:37	02:33:04	M4049	INDIVIDUAL	105
215	266	MANUELA PINTO	02:33:37	02:33:09	M5059	O MUNDO DA CORRIDA	22
216	394	LUÍS GONÇALVES	02:33:51	02:33:43	M4049	INDIVIDUAL	106
217	255	TIAGO MARTINS	02:33:53	02:33:51	M2339	INDIVIDUAL	61
218	381	OLÍVIA GASPAR	02:34:09	02:33:30	F4049	INDIVIDUAL	8
219	515	FERNANDO RODRIGUES	02:34:12	02:33:39	M5059	CLUBE MILLENNIUM BCP	23
220	5760	RUI LEAL	02:34:33	02:34:20	M2339	DUROS DA LENTIDÃO	62
221	216	JOSE PEREIRA	02:34:38	02:34:14	M2339	NIGHTS TEAM	63
222	288	VICTOR FERREIRA	02:34:52	02:34:37	M4049	GINJA TEAM	107
223	410	LUIS GOMES	02:35:45	02:35:45	M4049	GD SANTANDERTOTTA	108
224	212	RODRIGO DEUS	02:35:51	02:35:32	M0022	INDIVIDUAL	6
225	406	JOÃO ANTUNES	02:36:28	02:36:20	M4049	INDIVIDUAL	109

226	355	PAULO FERREIRA	02:36:50	02:36:15	M2339	TEAM SALAMANDRAS	64
227	302	VITOR DUARTE SILVA	02:36:50	02:36:15	M2339	TEAM SALAMANDRAS	65
228	392	NANA	02:36:50	02:36:15	M2339	POL RUNNERS	66
229	368	RICARDO SOEIRO	02:36:57	02:36:31	M4049	INDIVIDUAL	110
230	379	ANA CAMARINHA	02:37:00	02:36:53	F2339	ARRÁBIDA OBSTACLE RUNNERS	11
231	5825	NUNO LUCAS	02:37:03	02:36:50	M4049	TÁLENTOS TEAM	111
232	206	EMANUEL SEITA	02:37:15	02:36:47	M4049	INDIVIDUAL	112
233	369	PATRICIA	02:37:24	02:36:59	M4049	INDIVIDUAL	113
234	217	JOANA SOEIRO	02:37:30	02:37:04	F4049	RUN4FAN	9
235	340	PEDRO LOUREIRO	02:37:57	02:37:34	M4049	GD-SBSI	114
236	378	FREDERICO SOUSA	02:37:57	02:37:28	M5059	LEBRES E TARTARUGAS	24
237	5723	MARCO CACHINHO	02:38:00	02:37:39	M2339	KANINOS	67
238	358	MELATO	02:38:07	02:37:47	M2339	OCR PORTUGAL LAB	68
239	301	VASCO ALPALHÃO	02:38:10	02:37:42	M4049	INDIVIDUAL	115
240	495	RUI ALEXANDRE FERNANDES	02:38:11	02:37:51	M4049	OCR PORTUGAL LAB	116
241	353	GISELA PINHAL	02:38:11	02:37:52	F2339	OCR PORTUGAL LAB	12
242	5847	PAULO RODRIGUES	02:38:40	02:38:14	M4049	MOITA A CORRER	117
243	5846	ANTÓNIO PEREIRA	02:38:40	02:38:15	M4049	MOITA A CORRER	118
244	487	CLAUDIA SARAIVA	02:39:00	02:38:42	F4049	INDIVIDUAL	10
245	489	PEDRO BOIA	02:39:00	02:38:42	M4049	INDIVIDUAL	119
246	323	CARLOS RANGEL	02:39:13	02:38:56	M6099	INDIVIDUAL	4
247	480	ELENA SURRA	02:39:18	02:38:50	F4049	INDIVIDUAL	11
248	261	VITOR CID	02:39:37	02:39:20	M4049	GDCT UNICRE	120

249	260	PAULO DUARTE	02:39:38	02:39:18	M5059	GDCT UNICRE	25
250	228	PAULO BATISTA	02:39:59	02:39:32	M4049	INDIVIDUAL	121
251	5761	PEDRO LOPES	02:40:25	02:39:53	M2339	SS CGD	69
252	337	ARTUR	02:40:39	02:40:05	M2339	TRANQUILIDADE AÇOREANA CLUBE	70
253	457	TIAGO NASCIMENTO	02:40:44	02:40:12	M2339	GALIFÕES	71
254	488	JORGE DOMINGUES	02:40:45	02:40:13	M2339	INDIVIDUAL	72
255	252	PEDRO INVERNO	02:40:46	02:40:23	M4049	TÁLENTOS TEAM	122
256	377	CARLOS TEIXEIRA	02:41:04	02:40:36	M5059	LEBRES E TARTARUGAS	26
257	5831	GONÇALO FONTES DE MELO	02:41:09	02:40:42	M5059	RUN 4 FUN	27
258	312	BRUNO GUERREIRO	02:41:13	02:40:46	M2339	BICHOS	73
259	313	LUIS VARELA	02:41:14	02:40:47	M4049	BICHOS	123
260	386	JORGE FERREIRA	02:41:17	02:41:09	M5059	INDIVIDUAL	28
261	304	FRANCISCO MACHETA	02:41:33	02:41:33	M4049	INDIVIDUAL	124
262	229	BRUCE DAYS	02:41:35	02:41:04	M4049	SS CGD	125
263	565	RUBEN PEREIRA	02:41:39	02:26:01	M2339	FITNESS HUT	74
264	5799	JOSÉ PINTO	02:41:46	02:41:26	M4049	CLUBE ANACOM	126
265	232	CELIA AFONSO	02:42:14	02:41:41	F0022	INDIVIDUAL	3
266	241	TÂNIA FREITAS	02:42:23	02:42:00	F2339	FITRUNNERS	13
267	432	WILD FAMILY SPIRIT LEADER	02:42:35	02:42:00	M4049	FAMÍLIA SELVAGEM	127
268	397	MANUEL NAVARRO	02:43:13	02:42:56	M2339		75
269	5709	FRANCISCO COSTA	02:43:54	02:43:22	M4049	INDIVIDUAL	128
270	227	HUGO FERREIRA	02:44:08	02:43:42	M4049	OS PATOS	129
271	542	LUIS PIEDADE	02:44:11	02:44:03	M4049	GORUNNERS - OUTPRO	130

272	411	JORGE FERREIRA	02:44:38	02:44:30	M4049	CLUBE MILLENNIUMBGP	131
273	505	LUIS SANTOS	02:44:53	02:44:35	M5059	OCR PORTUGAL	29
274	511	PEDRO JOSE FONTINHA	02:44:57	02:44:27	M2339	CLUBE MILLENNIUM BCP	76
275	5737	MAURO CASTRO	02:45:05	02:44:33	M4049	INDIVIDUAL	132
276	5809	VANESSA HENRIQUES	02:45:14	02:44:55	F2339	INDIVIDUAL	14
277	491	NUNO MARTINS	02:45:37	02:44:59	M2339	OCR PORTUGAL	77
278	533	PATRICIA VIEIRA	02:45:37	02:45:16	F2339	OCR PORTUGAL LAB	15
279	1621	SANDRA OLVEIRA	02:45:38	02:45:38	F2339	CLUBE DE PRAÇAS DA ARMADA	16
280	499	ANA CORTES	02:45:43	02:45:36	F2339	100 ESTRILHOS	17
281	373	SEVERINO ROSA	02:46:01	02:45:40	M6099	SS CGD	5
282	200	MARIE HELENE TOME LALIEVE	02:46:07	02:45:42	F5059	INDIVIDUAL	2
283	482	FILIPA CURRALO	02:47:24	02:47:03	F4049	INDIVIDUAL	12
284	5844	JOÃO CAMPOS	02:47:43	02:47:15	M4049	SOMAI51KM	133
285	339	CARLOS FONSECA	02:48:12	02:47:39	M5059	TRANQUILIDADE AÇOREANA CLUBE	30
286	211	FERNANDO TEIXEIRA	02:48:20	02:47:48	M5059	CORRER LISBOA	31
287	310	JOAO PAULO ALMEIDA	02:49:14	02:48:53	M5059	KANINOS	32
288	479	RITA PALMA	02:49:39	02:49:12	F4049	INDIVIDUAL	13
289	423	JOÃO RODRIGUES	02:50:18	02:49:59	M4049	PARTICULAR	134
290	5758	TIAGO RODRIGUES	02:50:39	02:50:25	M2339	DUROS DA LENTIDÃO	78
291	230	CARLOS GUERRA	02:50:47	02:50:15	M4049	RUNNERS DA FRENTE RIBEIRINHA	135
292	5815	BUNO CARDOSO	02:50:50	02:50:30	M2339	KANINOS	79
293	475	IVO LIMA	02:51:18	02:50:54	M4049	GRUPO DESPORTIVO SANTANDER TOTTA	136
294	259	BRUNO MONTEIRO	02:51:25	02:51:03	M4049	TÁLENTOS TEAM	137

295	277	ROZIREZ FERREIRA	02:51:30	02:51:24	F2339	CORRER LISBOA	18
296	293	PAULO GUEDES	02:51:32	02:51:24	M4049	CENTRO DE MARCHA E CORRIDA DE ALENQUER	138
297	5830	RUI PINTO	02:53:03	02:52:49	M2339	INDIVIDUAL	80
298	316	HENRIQUE NARCISO	02:53:07	02:52:09	M5059		33
299	341	PEDRO VICENTE	02:53:31	02:53:03	M5059	INDIVIDUAL	34
300	5843	PAULO FARIAS RODRIGUES	02:53:53	02:53:40	M5059	FALCÕES SELVAGENS	35
301	437	RICARDO CARVALHO	02:54:12	02:53:54	M4049	CDCR CTT	139
302	287	HERMANO CARDOSO	02:55:01	02:54:25	M2339	TEAM SALAMANDRAS	81
303	5837	BRUNO ROMÃO	02:55:20	02:55:06	M2339	INDIVIDUAL	82
304	311	NELSON RUIVO	02:55:31	02:55:30	M5059	INDIVIDUAL	36
305	440	HELENA PINTO	02:55:31	02:55:02	F4049	CORRER LOURES	14
306	273	C4ROL	02:55:32	02:55:26	F2339	INDIVIDUAL	19
307	5741	JOÃO CANHOTO	02:55:33	02:55:01	M4049	CORRER LOURES	140
308	560	GONÇALO ALMEIDA	02:55:35	02:54:58	M2339	INDIVIDUAL	83
309	5890	JOÃO LINO	02:55:36	02:54:59	M2339	INDIVIDUAL	84
310	349	SUSANA DOS SANTOS	02:55:46	02:55:17	F4049	INDIVIDUAL	15
311	508	ENRIQUE ORTIZ	02:55:59	02:55:42	M2339	SPAIN	85
312	418	ANTÓNIO FIGUEIREDO	02:56:06	02:56:03	M5059	CLUBE EDP LISBOA	37
313	256	DÉLIO CHARRUA	02:56:11	02:55:35	M2339	LIMITED EDITION	86
314	5738	NUNO SOUSA	02:56:41	02:56:34	M4049	ARRIBA TRAIL RUNNERS	141
315	455	JOÃO PACHECO	02:57:05	02:56:52	M5059	INDIVIDUAL	38
316	438	IRYNA DYACHOK	02:57:56	02:57:41	F2339	HOUSEMARTINS BELAS	20
317	371	SANDRA CARDOSO	02:58:00	02:57:38	F4049	INDIVIDUAL	16

318	5744	JOÃO CRUZ	02:59:00	02:58:39	M4049	INDIVIDUAL	142
319	5857	MARIO MENDES	02:59:37	02:59:04	M5059	INDIVIDUAL	39
320	391	PEDRO OLIVEIRA	02:59:51	02:59:16	M2339	FAMÍLIA SELVAGEM	87
321	557	LUIS SANTOS	02:59:56	02:59:45	M2339	JA FOSTE	88
322	5724	AURÉLIO GOMES	03:00:30	02:59:58	M5059	INDIVIDUAL	40
323	400	MARIA DUARTE	03:00:57	03:00:28	F4049	CORRER LOURES	17
324	428	SOFIA TRISTÃO	03:00:58	03:00:29	F4049	CORRER LOURES	18
325	429	FERNANDO TRISTAO	03:00:59	03:00:28	M4049	CORRER LOURES	143
326	467	RUI MARGUILHO	03:01:10	03:01:01	M4049	SFAD	144
327	236	CATHERINE SOARES	03:01:44	03:01:19	F4049	INDIVIDUAL	19
328	325	PEDRO SANTOS	03:02:27	03:01:52	M4049	PERNOCAS D'AÇO	145
329	235	ISABEL DIAS	03:02:48	03:02:36	F5059	ACADEMIA MILITAR FITNESS	3
330	271	AURELIANO DA LUZ	03:03:12	03:03:07	M4049	AS MÁQUINAS	146
331	333	ANA SANTOS	03:03:12	03:03:07	F2339	AS MÁQUINAS	21
332	556	MARIA JOÃO ALMEIDA	03:03:33	03:03:21	F2339	JA FOSTE	22
333	555	OLGA MARTINS	03:03:34	03:03:23	F4049	JÁ FOSTE	20
334	483	CARLOS SEIXAS	03:04:14	03:03:47	M4049	INDIVIDUAL	147
335	561	FLORÊNCIO IRINA AMONSKY	03:04:28	03:03:55	F2339		23
336	363	RODRIGO RIBEIRO	03:04:46	03:04:28	M4049	INDIVIDUAL	148
337	522	CARLOS NOGUEIRA	03:05:14	03:05:05	M4049	CABARÉ DOS COXOS	149
338	245	MÁXI	03:05:14	03:05:05	M4049	ACADEMIA FITNESS MILITAR	150
339	376	CARLOS GONÇALVES	03:06:34	03:06:05	M6099	LEBRES E TARTARUGAS	6
340	427	ANA MELO	03:07:39	03:07:13	F4049	RUN 4 FUN	21

341	203	ROGÉRIO MATOS	03:07:40	03:07:12	M5059	RUN 4 FUN	41
342	470	INÊS BERNARDO	03:08:05	03:07:31	F2339	CLUBE MILLENNIUM BCP	24
343	543	LEONEL BRANDÃO	03:08:06	03:07:33	M5059	CLUBE MILLENNIUM BCP	42
344	490	PEDRO NOBRE	03:08:08	03:07:54	M2339	TÁLENTOS TEAM	89
345	351	TO ZE	03:08:30	03:08:05	M4049	LESMAS	151
346	350	HUMBERTO ROCHA BORGES	03:08:30	03:08:05	M5059	LESMAS	43
347	494	FRANCISCO AFONSO	03:08:31	03:08:31	M5059	RUN 4 FUN	44
348	452	RUI MARTINS	03:08:37	03:08:13	M4049	INDIVIDUAL	152
349	454	JOÃO RODRIGUES	03:08:38	03:08:15	M5059	INDIVIDUAL	45
350	367	ELISABETE COSTA	03:09:42	03:09:06	F2339	INDIVIDUAL	25
351	414	KINA SEABRA	03:13:34	03:13:28	F5059	TÁLENTOS TEAM	4
352	512	CARLA JOAO OLIMPIO	03:13:34	03:13:02	F2339	CLUBE MILLENNIUM BCP	26
353	5798	SÉRGIO ANTUNES	03:13:37	03:13:17	M5059	CLUBE ANACOM	46
354	262	PAULO FRANÇA	03:15:32	03:15:17	M5059	GDCT UNICRE	47
355	5845	SÉRGIO CAJADO	03:16:56	03:16:29	M4049	INDIVIDUAL	153
356	552	CARLOS MAGALHÃES	03:17:47	03:17:37	M5059	DEIXEM PASSAR OS COXOS	48
357	415	JORGE SOARES	03:18:10	03:17:36	M5059	OS PARDAIS	49
358	327	CRISTINA OLIVEIRA	03:21:06	03:20:33	F4049	TARTARUGAS SOLIDÁRIAS	22
359	539	PAULA ALEXANDRA MAGALHÃES	03:23:13	03:22:46	F4049	O PRATICANTE	23
360	537	ARMINDA BASILIO	03:23:13	03:22:48	F4049	O PRATICANTE	24
361	257	FRANCISCO SARRASQUEIRO	03:23:29	03:23:12	M6099	INDIVIDUAL	7
362	296	MARIA CONDEÇO	03:34:42	03:34:35	F5059	KANINOS	5
363	297	MÁRIO SANTIAGO	03:34:43	03:34:36	M5059	KANINOS	50

364	233	MARIO SANTOS	03:38:40	03:38:31	M4049	MONTE DA LUA RUNNERS	154
365	250	D. HELENA	03:42:18	03:41:48	F5059	SOMAIS1KM	6
366	498	ALCINA SILVA	03:42:18	03:42:06	F2339	URBAN TRAIL SAMORA CORREIA	27
367	492	CARLA TALAIA	03:42:18	03:42:06	F4049	URBAN TRAIL SAMORA CORREIA	25
368	263	PEDRO SARRASQUEIRO	03:43:35	03:43:17	M2339	GDCT UNICRE	90