



Cascais Trail Experience 2018 - Trail Longo

15 de Abril, 2018

<https://werun.pt/resultados/cte-cascais/>

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	5873	FÁBIO FONTOURA	01:53:33	01:53:32	M2339	GORUNNERS - OUTPRO	1
2	267	LUIS FERNANDES	01:53:34	01:53:33	M2339	CLUBE DE PRAÇAS DA ARMADA	2
3	577	FERNANDO GOMES	01:53:35	01:53:34	M2339	GORUNNERS - OUTPRO	3
4	590	rui luz	01:53:55	01:53:52	M4049	AMCF-ARRÁBIDA TRAIL TEAM	1
5	525	RUI SEQUEIRA	01:55:01	01:54:59	M4049	AMCF - ARRÁBIDA TRAIL TEAM	2
6	5782	JOÃO MIGUEL SILVA	02:01:26	02:01:26	M2339	U.F. COMÉRCIO E INDÚSTRIA ATLETISMO	4
7	354	RICARDO PARADA	02:05:02	02:05:02	M2339	ZIMBRA FOX RUNNERS	5
8	5779	JTRIGUEIROS	02:06:30	02:06:29	M0022	GAIATRIL	1
9	5868	WESLEY TRIGGER	02:09:09	02:09:09	M4049	GORUNNERS - OUTPRO	3
10	5777	MIGUEL MIRANDA	02:10:59	02:10:58	M4049	CLUBE DIRTRUNNERS	4
11	360	MÁRIO AFONSO	02:13:46	02:13:45	M2339	CCRAM	6
12	361	RUI AFONSO	02:13:46	02:13:44	M4049	CCRAM	5
13	456	NELSON QUITERIO	02:14:32	02:14:30	M4049	RÓODINHAS-SANTOS SILVA/ OXYGEN-GYM&FITNESS	6
14	330	HUGO HENRIQUES	02:17:08	02:17:08	M2339	GALHARDOS RUNNERS	7
15	568	JAVIER MOGOLLÓN	02:17:25	02:17:03	M2339	SPAIN	8
16	520	miguel machado	02:17:45	02:17:43	M4049	INDIVIDUAL	7
17	469	FILIFE COTTA MAGALHÃES	02:18:11	02:18:03	M2339	GUERREIROS DA MONTANHA - MARIANA/MG -	9

BRASIL

18	436	FRANCISCO MONTE	02:18:17	02:17:58	M2339	O MUNDO DA CORRIDA	10
19	505	ROBERTO MARTINS	02:19:13	02:19:05	M2339	CORK TRAIL TEAM	11
20	376	OSVALDO HORTA	02:19:29	02:19:21	M2339	INDIVIDUAL	12
21	239	MARCO SILVA	02:20:03	02:20:00	M2339	STRENDURE RUNNING TEAM	13
22	539	TIAGO DE ALMEIDA	02:21:04	02:20:53	M2339	MJP MASSAGENS	14
23	464	PEDRO JAIME	02:22:15	02:22:15	M4049	SALAMANDRA	8
24	403	NUNO FERREIRA	02:22:25	02:22:20	M4049	CORRERPORTUGAL.NET	9
25	318	MÁRIO RODRIGUES	02:23:16	02:23:16	M5059	FF PAZ MUNDIAL E UNIFICAÇÃO	1
26	374	MARCO ALMEIDA	02:24:30	02:24:30	M2339	INDIVIDUAL	15
27	5869	NUNO MAGRO	02:24:36	02:24:33	M4049	GORUNNERS - OUTPRO	10
28	276	JOSÉ BARRINHA	02:25:00	02:24:53	M4049	CLUBE DE FUTEBOL GUADIANA	11
29	479	ARTUR BERNARDO	02:25:19	02:24:52	M4049	CARTOON RUM	12
30	569	HUGO GRACIA	02:25:25	02:25:25	M4049	TRILHOS PERDIDOS	13
31	5713	XAVIER SOUSA	02:25:30	02:25:20	M4049	MOITA A CORRER	14
32	213	MÁRIO SANTIAGO	02:25:31	02:25:24	M5059	KANINOS	2
33	523	LUIS PEREIRA	02:25:32	02:25:25	M2339	CORRER LISBOA	16
34	542	CARLOS LOURENÇO	02:26:27	02:26:23	M5059	MJP MASSAGENS	3
35	201	LUIS FRANCO	02:27:17	02:27:13	M2339	GORUNNERS - OUTPRO	17
36	5742	JOAO BARBADO	02:27:40	02:27:27	M4049	INDIVIDUAL	15
37	530	ALIZEE BARRIER	02:28:49	02:28:42	F2339		1
38	391	PAUL KOPP	02:28:56	02:28:50	M2339	INDIVIDUAL	18
39	444	JOÃO MEDINAS	02:29:47	02:29:45	M2339	CASA DO BENFICA DE REGUENGOS DE MONSARAZ	19

40	5811	JOÃO OLIVEIRA	02:30:05	02:30:05	M2339	GDR FRANCOS	20
41	228	PAULO BRUNO	02:30:20	02:30:19	M4049	INDIVIDUAL	16
42	490	PEDRO CORDAS	02:30:25	02:30:16	M4049	CLUBE MILLENNIUM BCP	17
43	576	PEDRO CARMONA	02:30:52	02:30:52	M2339	GORUNNERS - OUTPRO	21
44	242	RUI GOMES	02:30:57	02:30:32	M2339	RUNNERS FITNESS HUT CASCAIS	22
45	301	JOÃO GRANJA	02:31:44	02:31:38	M4049	STJOAOLIVEIRATEAM	18
46	222	RUI CARDOSO	02:31:49	02:31:49	M2339	INDIVIDUAL	23
47	443	AMÉLIA COSTA	02:32:36	02:32:36	F5059	OCSPROAVENTURAS	1
48	308	EURICO ROSADO	02:32:44	02:32:25	M4049	MATILHA RUNNING	19
49	5818	NUNO SABINO	02:32:55	02:32:46	M4049	TRANQUILIDADE AÇOREANA CLUBE	20
50	1768	ANDRE SERRA	02:33:04	02:32:51	M2339	GORUNNERS - OUTPRO	24
51	5832	PÊRA DOCE	02:33:35	02:33:33	M4049	ZIMBRA FOX RUNNERS	21
52	451	ANDREA BAGNUOLI	02:33:53	02:33:53	M4049	INDIVIDUAL	22
53	588	pedro figueira	02:34:55	02:34:51	M2339	INDIVIDUAL	25
54	5711	CARLOS PASCOAL	02:35:01	02:34:47	M5059	INDIVIDUAL	4
55	478	MARIANA BRUGGER	02:35:43	02:35:37	F2339	INDIVIDUAL	2
56	5849	NUNO CESÁRIO	02:36:16	02:36:05	M4049	MOITA A CORRER	23
57	323	GONÇALO PORÊLO	02:36:17	02:36:17	M2339	GP RUNNING	26
58	435	TIAGO PORTUGAL	02:36:33	02:36:28	M2339	CORRER NA CIDADE	27
59	322	LUÍS CARDOSO	02:36:45	02:36:12	M4049	RACING BIKES	24
60	491	VIRGILIO COSTA	02:37:04	02:36:53	M4049	CLUBE MILLENNIUM BCP	25
61	373	TIAGO DUARTE	02:37:33	02:37:33	M2339	INDIVIDUAL	28
62	335	PAULO MARÇALO	02:38:15	02:38:15	M4049	INDIVIDUAL	26

63	433	JOÃO MENDONÇA	02:38:28	02:38:28	M2339	INDIVIDUAL	29
64	316	SALETE TAVARES	02:38:36	02:38:32	F4049	CA BARREIRA	1
65	5828	JOÃO QUEIROZ	02:39:38	02:39:04	M4049	RUN4FRIENDS	27
66	5886	LUÍS LOPES	02:39:59	02:39:56	M4049	TÁLENTOS TEAM	28
67	260	TIAGO ESTEVES	02:40:03	02:39:50	M2339	NATURA4EVER RUN PORTUGAL	30
68	5788	RUI DA SILVA	02:40:10	02:39:47	M4049	DENTORAL RACING TEAM	29
69	458	ALAIN BRETON	02:40:13	02:40:07	M2339	INDIVIDUAL	31
70	471	JOÃO FREIRE	02:40:16	02:40:04	M5059	GDCTIN CASA DA MOEDA	5
71	262	JOSÉ ROMANA	02:40:24	02:40:07	M2339	MJP MASSAGENS	32
72	572	JOAO VALENTE	02:41:50	02:41:35	M4049	GORUNNERS - OUTPRO	30
73	295	JOSÉ SÉRGIO SANTOS LOPES	02:41:53	02:41:33	M2339	MATILHA RUNNING	33
74	5814	JOSÉ C F NUNES	02:42:00	02:41:39	M5059	NAZA ABÓBODA	6
75	538	SERGIO ALMEIDA	02:42:23	02:42:12	M4049	MJP MASSAGENS	31
76	437	PEDRO PIRES FERNANDES	02:42:39	02:42:28	M2339	V DATLETAS	34
77	375	HUGO COSTA	02:42:48	02:42:36	M2339	KEEP RUNNING	35
78	290	PAULO GONÇALVES	02:42:52	02:42:43	M2339	POL RUNNERS	36
79	389	RICARDO REIS	02:43:12	02:42:57	M2339	INDIVIDUAL	37
80	312	JUVENAL MOREIRA	02:43:16	02:43:14	M5059	NUCLEO DESPORTIVO AUTOCOOPE	7
81	480	VASCO ASCENSÃO	02:43:26	02:43:26	M4049	CDCR DOS CTT	32
82	432	PAULO MENDES	02:43:31	02:43:31	M4049	GALHARDOS RUNNERS	33
83	476	PEDRO CALVARIO	02:43:46	02:43:26	M4049	INDIVIDUAL	34
84	460	RICARDO CANDEIAS	02:43:47	02:43:42	M2339	TRAIL RUNNERS PORTIMÃO	38
85	5859	SUSANA PEREIRA	02:44:20	02:44:10	F2339	GORUNNERS - OUTPRO	3

86	541	VITOR VIANA	02:44:27	02:44:17	M2339	MJP MASSAGENS	39
87	350	CARLOS FERREIRA	02:44:28	02:44:24	M6099	INDIVIDUAL	1
88	302	CARLOS ANDRADE	02:44:32	02:44:32	M2339	CABARÉ DOS COXOS	40
89	356	CÂNDIDO ABREU	02:44:42	02:44:08	M2339	RUN FOR FRIENDS	41
90	303	CARLOS ESTEVES	02:44:45	02:44:23	M4049	MATILHA RUNNING	35
91	580	ANDRE RISCADO	02:44:47	02:44:44	M2339	UR CHARNECA	42
92	506	JOÃO LOPES	02:44:56	02:44:48	M2339	INDIVIDUAL	43
93	381	PEDRO FELÍCIO	02:44:58	02:44:49	M4049	GRUPO DESPORTIVO SECURITAS SA.	36
94	297	ISMAEL ANTÓNIO MAIATO	02:45:35	02:45:12	M4049	OS SANTIAGO	37
95	251	BRUNO MESQUITA	02:46:12	02:45:46	M2339	RUNNERS FITNESS HUT CASCAIS	44
96	449	NUNO LOPES	02:46:24	02:46:12	M4049	V DATLETAS	38
97	419	RICHARD AMORIM	02:46:28	02:46:28	M2339	OLÍMPICO VIANENSE TRAIL	45
98	291	JORGE FRANCO	02:46:46	02:46:37	M4049	POL RUNNERS	39
99	422	JOSÉ EDUARDO FIDALGO PENA	02:47:34	02:47:22	M5059	INDIVIDUAL	8
100	5888	NUNO LAGRANGE	02:47:52	02:47:52	M4049	INDIVIDUAL	40
101	244	NELSON GASPAR	02:48:05	02:47:56	M4049	INDIVIDUAL	41
102	445	ANTÓNIO NUNES	02:48:15	02:47:57	M4049	CASA DO PESSOAL DA RTP	42
103	5891	JOSÉ SANTOS	02:48:23	02:48:18	M4049	INDUSTRIAL DESPORTIVO VIEIRENSE	43
104	5759	TIAGO SAMEIRO	02:49:01	02:48:40	M4049	DUROS DA LENTIDÃO	44
105	5842	JOSÉ CORREIA	02:49:05	02:48:56	M5059	STRAVISTAS VP	9
106	511	BASTIEN AUVINET	02:49:27	02:49:22	M2339	FRANÇA	46
107	517	RUI JULIÃO	02:49:35	02:48:53	M5059	GEORUNNERS	10
108	280	HÉLDER CABEÇA	02:49:47	02:49:25	M4049	INDIVIDUAL	45

109	5896	GONALO ALMEIDA	02:49:50	02:49:33	M2339	ARRIBA TRAIL RUNNERS	47
110	266	PEDRO PATR�CIO	02:51:09	02:51:09	M2339	A2EL	48
111	328	JOS� LUIS PEREIRA	02:51:10	02:51:07	M4049	A2EL	46
112	5822	NA24COACH	02:52:09	02:51:57	M4049	RUN24RUN	47
113	218	JOS� FRANCISCO ROCHA	02:52:16	02:52:16	M5059	INDIVIDUAL	11
114	286	HUGO GOMES	02:53:01	02:52:27	M2339	RUN FOR FRIENDS	49
115	384	JO�O RIBAU	02:53:03	02:52:57	M2339	INDIVIDUAL	50
116	352	ALBERTO COVAS	02:53:18	02:53:04	M5059	ASAS NOS P�S	12
117	5727	FERNANDO JORGE RIBEIRO	02:53:48	02:53:39	M5059	T�CNICO RUGBY RUNNING TEAM	13
118	5757	EDUARDO LU�S	02:54:16	02:54:03	M4049	AT�MICOS	48
119	284	PAULO MANUEL COSTA	02:54:52	02:54:37	M4049	INDIVIDUAL	49
120	540	JO�O LIMPO	02:55:41	02:55:28	M2339	MJP MASSAGENS	51
121	468	MARCO CAMPANIO	02:55:43	02:55:43	M2339	INDIVIDUAL	52
122	589	nuno alves	02:56:44	02:56:16	M4049	GORUNNERS - OUTPRO	50
123	487	EDUARDO RODRIGUES	02:56:47	02:56:27	M5059	CLUBE MILLENNIUM BCP	14
124	575	PAULO SIM�ES	02:56:49	02:56:18	M2339	GORUNNERS - OUTPRO	53
125	493	PEDRO FONTINHA	02:56:56	02:56:44	M2339	CLUBE MILLENNIUM BCP	54
126	358	S�RGIO MOURA	02:56:59	02:56:21	M2339	INDIVIDUAL	55
127	5730	PEDRO CAMPOS	02:57:06	02:57:06	M4049	J� T'APANHO	51
128	416	PEDRO CONSTANTINO	02:57:26	02:57:16	M2339	WWW.CORRERPORTUGAL.NET	56
129	324	RUI DIAS	02:57:28	02:56:46	M4049	PI-LINHA RUNNERS	52
130	5836	JO�O COUTO	02:57:34	02:57:14	M4049	INDIVIDUAL	53
131	509	RICARDO MORGADO	02:58:38	02:58:22	M4049	PANQUECAS	54

132	452	JOÃO PAULO SERÓDIO	02:58:39	02:58:31	M2339	A.D.AMARANTE TRAIL RUNNING	57
133	219	FERNANDO VICENTE	02:58:42	02:58:30	M5059	INDIVIDUAL	15
134	483	LUÍS ANDRADE	02:59:27	02:59:05	M4049	CDCR DOS CTT	55
135	5716	ALEX	02:59:33	02:59:26	M4049	CORRER LISBOA	56
136	314	RUI ALMEIDA	02:59:44	02:59:19	M0022	INDIVIDUAL	2
137	296	PEDRO GRANADAS	03:00:02	02:59:57	M4049	TURRES TRAIL TEAM	57
138	5715	RUI COSTA	03:00:03	02:59:45	M4049	RUN FOR FRIENDS	58
139	591	sara gomes silva	03:00:12	03:00:12	F2339	INDIVIDUAL	4
140	253	TIAGO MARCELINO	03:00:26	02:59:55	M4049	INDIVIDUAL	59
141	5760	RUI LEAL	03:00:30	03:00:06	M2339	DUROS DA LENTIDÃO	58
142	472	NUNO GONÇALVES	03:00:33	03:00:19	M4049	GDCTIN CASA DA MOEDA	60
143	270	RUBEN GONÇALVES	03:00:35	03:00:11	M2339	CCD PM CASCAIS	59
144	514	ISABEL BOAVIDA	03:00:57	03:00:15	F2339	INDIVIDUAL	5
145	515	RUI GONÇALVES	03:00:58	03:00:26	M4049	INDIVIDUAL	61
146	363	RUI PEDRO REIS LIMA	03:01:01	03:00:31	M4049	INDIVIDUAL	62
147	380	NUNO RODRIGUES	03:01:06	03:00:34	M4049	INDIVIDUAL	63
148	5750	PAULO SERRANITO	03:01:28	03:00:54	M5059	INDIVIDUAL	16
149	5885	RICARDO SANTOS	03:01:29	03:01:18	M4049	MOITA A CORRER	64
150	5765	JORGE FERREIRA	03:02:07	03:01:51	M4049	H-GARRA A LEBRE !!!	65
151	366	PEDRO OLIVEIRA	03:02:37	03:02:37	M4049	INDIVIDUAL	66
152	238	JOSE AZEVEDO RAPOSO	03:03:07	03:03:05	M4049	GRUPO DESPORTIVO BANCO SANTANDER TOTTA	67
153	202	RUI MÓNICA	03:03:36	03:03:12	M4049	INDIVIDUAL	68
154	463	MIGUEL MEDINAS	03:03:39	03:03:12	M2339	PORTRAL	60

155	351	CARLOS BRUNO GRADE	03:03:47	03:03:31	M4049	SALAMANDRECOS	69
156	5719	FERNANDO CÂNDIDO	03:03:48	03:03:28	M5059	INDIVIDUAL	17
157	264	CATARINA COSTA	03:03:51	03:03:44	F2339	AI NÓS JAMOR	6
158	370	FÁBIO RODRIGUES	03:03:51	03:03:43	M2339	AI NÓS JAMOR	61
159	364	JOSÉ CARLOS AMARAL	03:03:52	03:03:52	M4049	U.F. COMÉRCIO E INDÚSTRIA ATLETISMO	70
160	357	SÉRGIO SOTA	03:03:53	03:03:14	M5059	INDIVIDUAL	18
161	5709	FRANCISCO COSTA	03:04:24	03:04:01	M4049	INDIVIDUAL	71
162	573	ELENA IABANJI	03:04:40	03:04:40	F5059	GORUNNERS - OUTPRO	2
163	420	JOÃO CASAL	03:04:47	03:04:38	M2339	INDIVIDUAL	62
164	5714	MANUEL ALVES	03:05:14	03:05:07	M5059	CORRER LISBOA	19
165	413	FILIPE RITO	03:05:31	03:05:31	M2339	INDIVIDUAL	63
166	5712	PAULO SOUSA	03:05:32	03:05:09	M4049	INDIVIDUAL	72
167	5860	JOÃO BOLINA	03:05:38	03:05:28	M5059	INDIVIDUAL	20
168	5707	PEDRO RIBEIRO	03:06:07	03:05:47	M2339	RUN 4 FUN	64
169	560	TIAGO VAN ZELLER	03:06:56	03:06:28	M2339	MAGIC RUNNERS	65
170	5774	ROGÉRIO VENÂNCIO	03:07:28	03:07:26	M6099	O MUNDO DA CORRIDA	2
171	215	TELMO SEQUEIRA	03:07:41	03:07:01	M2339	PICA CHOURIÇOS RUNNING TEAM	66
172	454	FLÁVIO DELFINO	03:07:47	03:07:15	M2339	INDIVIDUAL	67
173	455	BRUNO DELFINO	03:07:49	03:07:19	M2339	INDIVIDUAL	68
174	518	PAULO DOMINGOS	03:07:51	03:07:17	M5059	INDIVIDUAL	21
175	397	VITOR SILVA	03:07:55	03:07:44	M2339	TEAM SALAMANDRAS	69
176	279	PAULO MARTINS FERREIRA	03:07:55	03:07:45	M2339	TEAM SALAMANDRAS	70
177	288	RICHARD WARRELL	03:07:59	03:07:26	M4049	INDIVIDUAL	73

178	309	PAULO SANTOS	03:08:02	03:07:42	M4049	MATILHA RUNNING	74
179	5830	RUI PINTO	03:08:03	03:07:57	M2339	INDIVIDUAL	71
180	417	OLGA CAIADO	03:08:13	03:07:50	F4049	DOMINGEIRA	2
181	227	CATARINA VIEIRA	03:08:13	03:07:56	F2339	INDIVIDUAL	7
182	315	CARLOS MAGALHÃES	03:08:23	03:08:00	M4049	ESGALHA QUE TOLHE	75
183	504	DIOGO MATOS	03:08:32	03:07:51	M2339	DBTEAM	72
184	409	LUIS REVEZ	03:08:34	03:08:12	M5059	INDIVIDUAL	22
185	582	JOSE LIMA	03:09:22	03:08:55	M5059	UR CHARNECA	23
186	220	MAURÍCIO MARQUES	03:09:27	03:08:51	M4049	NANOS	76
187	259	CASIMIRO SILVA	03:09:28	03:09:28	M4049	GRCD LEIÃO- COBRAS TRAILEIRAS	77
188	447	JOSÉ MAÇARRIA	03:10:06	03:09:58	M5059	MAREZIA-BAR	24
189	382	PEDRO DOMINGOS	03:10:29	03:09:57	M5059	INDIVIDUAL	25
190	346	SÍLVIA DE OLIVEIRA	03:10:31	03:10:21	F4049	UPG-SPORTS TEAM	3
191	5717	JOÃO RAMOS	03:11:11	03:10:55	M4049	ARRIBA TRAIL RUNNERS	78
192	207	PAULO JORGE GARCIA	03:11:16	03:10:48	M4049	PERNAS DE GAFANHOTO	79
193	448	ANTONIO VASCONCELOS	03:12:21	03:11:51	M2339	JUST FOR THE FUN!	73
194	470	PEDRO CHAVES	03:12:24	03:11:55	M5059	JUST FOR THE FUN!	26
195	237	JOEL SOUSA	03:12:25	03:11:48	M2339	INDIVIDUAL	74
196	462	INÊS GONZALEZ	03:12:25	03:11:59	F2339	PORTRAL	8
197	269	LUÍS GONÇALVES	03:12:27	03:12:09	M4049	INDIVIDUAL	80
198	5835	CARLA SANTOS	03:12:27	03:12:27	F4049	INDIVIDUAL	4
199	481	JOÃO ASCENSÃO	03:12:59	03:12:30	M2339	CDCR DOS CTT	75
200	5825	NUNO LUCAS	03:13:17	03:13:15	M4049	TÁLENTOS TEAM	81

201	243	LUIS MEIRINHOS	03:13:22	03:13:00	M4049	OS CARDIACOS	82
202	362	JOÃO ROSÁRIO	03:13:41	03:13:09	M4049	INDIVIDUAL	83
203	217	ÂNGELO AZEVEDO	03:13:47	03:13:47	M2339	PICA CHOURIÇOS RUNNING TEAM	76
204	203	PAULO DOMINGUES	03:13:53	03:13:40	M4049	INDIVIDUAL	84
205	5704	ÁLVARO MIRANDA	03:14:14	03:14:14	M4049	INDIVIDUAL	85
206	524	LUIS MARTA	03:14:36	03:14:11	M5059	CORRER LISBOA	27
207	334	JOAO PAULO ALMEIDA	03:14:37	03:14:28	M5059	KANINOS	28
208	341	NUNO MARQUES	03:14:42	03:14:26	M4049	ASAS NOS PÉS	86
209	567	VITOR AZEVEDO	03:14:43	03:14:29	M2339	ASAS NOS PÉS	77
210	249	JOÃO FERNANDES	03:15:30	03:14:44	M2339	CCD SIEMENS	78
211	235	JOSÉ LIBERATO	03:15:52	03:15:39	M4049	GDCTIN CASA DA MOEDA	87
212	5815	BUNO CARDOSO	03:15:53	03:15:53	M2339	KANINOS	79
213	466	JACQUI SAFFERY	03:15:58	03:15:58	F5059	INDIVIDUAL	3
214	418	PEDRO SANTOS	03:16:05	03:15:45	M4049	MATILHA RUNNING	88
215	258	FERNANDO PEREIRA	03:16:14	03:16:06	M5059	CLUBE VODAFONE	29
216	484	JOÃO AFONSO	03:16:30	03:16:05	M4049	CDCR DOS CTT	89
217	407	NUNO LIMA	03:16:45	03:16:26	M4049	OS COMPADRES	90
218	408	DIOGO CONDE	03:16:46	03:16:27	M2339	OS COMPADRES	80
219	299	JORGE CARVALHO	03:16:56	03:16:38	M2339	INDIVIDUAL	81
220	440	SUZANA FARIA	03:17:16	03:16:56	F4049	INDIVIDUAL	5
221	531	EDGAR MARTINHO	03:17:40	03:17:12	M2339	CASCAIS AMBIENTE	82
222	488	FERNANDO SOUSA	03:17:46	03:17:36	M5059	CLUBE MILLENNIUM BCP	30
223	225	PEDRO CANECO	03:17:48	03:17:48	M4049	COININHA RUNNERS	91

224	275	PEDRO GOMES	03:17:54	03:17:22	M2339	SS CGD	83
225	226	LUIS SILVESTRE	03:17:57	03:17:17	M4049	COININHA RUNNERS	92
226	337	JORGE LOPES	03:18:03	03:17:46	M4049	ASAS NOS PÉS	93
227	450	PEDRO COSTA	03:18:22	03:17:43	M4049	INSIDE TOURS	94
228	5749	JORGE SOUSA	03:18:51	03:18:35	M4049	INDIVIDUAL	95
229	343	RODOLFO RAPAZ	03:18:58	03:18:58	M4049	INDIVIDUAL	96
230	5799	JOSÉ PINTO	03:19:06	03:18:28	M4049	CLUBE ANACOM	97
231	368	MANUEL BRAÇADAS	03:19:09	03:19:09	M2339	BARBARIS TEAM	84
232	497	DAVID FIGUEIREDO	03:19:21	03:19:21	M4049	INDIVIDUAL	98
233	293	CARLA HENRIQUES	03:19:31	03:19:19	F4049	INDIVIDUAL	6
234	332	HUGO MIGUEL VIEIRA	03:19:33	03:19:08	M4049	INDIVIDUAL	99
235	272	SÉRGIO NUNES	03:19:34	03:19:04	M4049	WILD FAMILY & FRIENDS	100
236	412	JOAO DE SOUSA	03:19:34	03:19:34	M5059	INDIVIDUAL	31
237	500	DIOGO OSORIO	03:19:49	03:19:14	M4049	COVERSTEEL	101
238	498	FRANCISCO CARVALHO	03:19:49	03:19:14	M4049	FRANCISCO	102
239	369	GONÇALO RANGEL	03:19:56	03:19:14	M2339	RG	85
240	5831	GONÇALO FONTES DE MELO	03:20:35	03:20:35	M5059	RUN 4 FUN	32
241	379	FILIPE BONITO	03:21:01	03:20:43	M2339	CAMILA FICA	86
242	5848	HELDER MARQUES	03:21:17	03:21:03	M4049	MOITA A CORRER	103
243	5846	ANTÓNIO PEREIRA	03:21:17	03:21:02	M4049	MOITA A CORRER	104
244	431	PEDRO FARINHA	03:21:21	03:21:21	M4049	BOTA LAMBRA	105
245	377	NUNO LOUZADA	03:21:23	03:21:23	M2339	INDIVIDUAL	87
246	5810	MIGUEL SANTOS	03:21:27	03:21:17	M2339	INDIVIDUAL	88

247	426	LILIANA AGUIAR	03:21:51	03:21:27	F4049	GATUS TRAIL	7
248	245	HELENA DA SILVA MADEIRA	03:21:53	03:21:30	F2339	RUNNERS FITNESS HUT CASCAIS	9
249	536	CARLA REBELO	03:21:56	03:21:14	F5059	MJP MASSAGENS	4
250	224	MANUEL PINEDA NAVARRO	03:21:59	03:21:52	M2339	DIABLOS RUNNERS	89
251	230	NUNO CARVALHO	03:22:07	03:21:53	M4049	INDIVIDUAL	106
252	292	JOÃO CARVALHO	03:22:18	03:22:12	M2339	INDIVIDUAL	90
253	512	LUIS SANTOS	03:22:22	03:22:22	M5059	OCR LAB	33
254	5723	MARCO CACHINHO	03:22:22	03:22:15	M2339	KANINOS	91
255	349	HUMBERTO JOSÉ DE BARROS	03:22:22	03:22:16	M2339	KANINOS	92
256	507	RUI FERNANDES	03:22:30	03:22:15	M4049	INDIVIDUAL	107
257	5887	CARLOS BRITO	03:22:42	03:22:01	M4049	TÁLENTOS TEAM	108
258	5847	PAULO RODRIGUES	03:22:43	03:22:28	M4049	MOITA A CORRER	109
259	446	AUGUSTO RAMOS	03:22:47	03:22:47	M5059	AUGUSTO RAMOS	34
260	5823	LUÍS SPENCER	03:23:27	03:23:15	M5059	RUN24RUN	35
261	383	RICARDO RATO	03:23:37	03:23:32	M2339	INDIVIDUAL	93
262	430	GLÓRIA VIEIRA	03:23:41	03:23:27	F4049	INDIVIDUAL	8
263	365	CLAUDIA SARAIVA	03:23:58	03:23:58	F4049	INDIVIDUAL	9
264	545	DAVID LOPES	03:24:03	03:23:27	M4049	MJP MASSAGENS	110
265	537	PAULO XAVIER	03:24:30	03:23:49	M5059	MJP MASSAGENS	36
266	282	PAULO SOUTO	03:24:35	03:23:57	M5059	INDIVIDUAL	37
267	513	FILIPE ALEXANDRE LUIS	03:24:48	03:24:48	M2339	ONEMANSHOW	94
268	385	ANDRÉ REIS	03:24:49	03:24:49	M4049	MULTIRUNNERS	111
269	294	PEDRO CLAUDIO	03:25:52	03:25:15	M5059	SERVIÇOS SOCIAIS CGD	38

270	252	AMÉRICO RODRIGUES	03:26:05	03:25:37	M5059	HOUSEMARTINS BELAS	39
271	459	DIOGO AGUIAR	03:26:09	03:25:47	M2339	INDIVIDUAL	95
272	411	LUIS GOMES	03:26:18	03:26:10	M4049	GRUPO DESPORTIVO SANTANDERTOTTA	112
273	5845	SÉRGIO CAJADO	03:26:27	03:26:27	M4049	INDIVIDUAL	113
274	532	ANDRE BILOU	03:26:43	03:26:16	M2339	CASCAIS AMBIENTE	96
275	378	FEDERICO HERRERA	03:26:54	03:26:35	M4049	CAMILA FICA	114
276	401	HELENA PINTO	03:26:55	03:26:55	F4049	CORRER LOURES	10
277	5741	JOÃO CANHOTO	03:26:55	03:26:55	M4049	CORRER LOURES	115
278	5895	RUI MANUEL FERNANDES	03:26:57	03:26:35	M4049		116
279	400	TIAGO GUERREIRO	03:26:58	03:26:43	M2339	INDIVIDUAL	97
280	263	NUNO REIS	03:27:20	03:26:45	M2339	ENTRA VADES	98
281	268	LUIS MIGUEL FERNANDES ALVES	03:27:21	03:26:44	M2339	ENTRA VADES	99
282	331	IRYNA DYACHOK	03:27:27	03:27:23	F2339	HOUSEMARTINS BELAS	10
283	247	DAVID LEITE	03:27:27	03:26:56	M2339	INDIVIDUAL	100
284	304	PEDRO LUCAS	03:27:28	03:26:52	M4049	INDIVIDUAL	117
285	353	FÁTIMA LAVRADOR	03:28:36	03:28:36	F4049	ASAS NOS PÉS	11
286	553	JOANA GRAÇAS	03:28:46	03:28:34	F2339	MJP MASSAGENS	11
287	371	ARTUR GAIO	03:28:50	03:28:22	M2339	TACLUBE	101
288	277	NELSON RUIVO	03:29:28	03:29:13	M5059	INDIVIDUAL	40
289	5758	TIAGO RODRIGUES	03:29:34	03:29:10	M2339	DUROS DA LENTIDÃO	102
290	394	AMELIE HOUSTIN	03:29:49	03:29:15	F2339	INDIVIDUAL	12
291	273	TELMO REIS	03:30:31	03:30:00	M2339	WILD FAMILY & FRIENDS	103
292	306	JOÃO CARLOS BRITO	03:31:01	03:30:21	M4049	INDIVIDUAL	118

293	265	PATRÍCIA MONTEIRO	03:31:05	03:30:58	F4049	AI NÓS JAMOR	12
294	405	MARIA DO CÉU FERREIRA RIBEIRO DUARTE	03:31:22	03:31:16	F4049	CORRER LOURES	13
295	508	RODRIGO RODRIGUES	03:31:32	03:31:17	M2339	PANQUECAS	104
296	367	CÉSAR LOPES	03:31:32	03:31:32	M2339	BARBARIS TEAM	105
297	200	GISLAINE COSTA	03:31:34	03:31:34	F2339	ACADEMIA FITNESS MILITAR	13
298	344	AURELIANO DA LUZ	03:32:11	03:31:38	M4049	AS MÁQUINAS	119
299	345	ANA SANTOS	03:32:11	03:31:38	F2339	AS MÁQUINAS	14
300	402	CARLA NEVES	03:32:18	03:31:57	F4049	GAMBUZINAS DO TEJO	14
301	305	PAULO BAILAO	03:33:24	03:32:42	M4049	SS CGD	120
302	546	MIGUEL CERCA	03:33:49	03:33:14	M4049	MJP MASSAGENS	121
303	390	JOÃO SILVA	03:33:52	03:33:25	M2339	RUNNERS FITNESS HUT CASCAIS	106
304	519	TATIANA MONTEIRO	03:33:52	03:33:27	F2339	INDIVIDUAL	15
305	552	PEDRO CORIEL	03:34:55	03:34:31	M2339	CASCAIS TRAIL EXPERIENCE	107
306	453	JOSÉ MELATO	03:35:21	03:35:17	M2339	OCR PORTUGAL LAB	108
307	278	ROZIREZ FERREIRA	03:35:31	03:34:55	F2339	INDIVIDUAL	16
308	5854	LUÍS DOMINGUES	03:35:39	03:35:09	M5059	INDIVIDUAL	41
309	248	RUI ESTEVES	03:35:40	03:35:09	M4049	TARTARUGAS SOLIDÁRIAS	122
310	547	SARA FERNANDES	03:35:44	03:35:14	F2339	MJP MASSAGENS	17
311	496	ALEXANDRE PEREIRA	03:35:44	03:35:14	M2339	SALAMANDRECOS	109
312	410	MARIA ALVES	03:36:36	03:36:16	F4049	INDIVIDUAL	15
313	424	MARCOS FARIAS	03:36:40	03:36:28	M4049	INDIVIDUAL	123
314	5703	PAULO MOUTINHO	03:38:07	03:38:07	M4049	H-GARRA A LEBRE !!!	124
315	261	NUNO MADUREIRA	03:38:40	03:38:12	M2339	INDIVIDUAL	110

316	5857	MARIO MENDES	03:38:51	03:38:30	M5059	INDIVIDUAL	42
317	482	RICARDO CARVALHO	03:39:00	03:39:00	M4049	CDCR DOS CTT	125
318	5843	PAULO FARIAS RODRIGUES	03:40:41	03:40:08	M5059	FALCÕES SELVAGENS	43
319	442	OLÍVIA CRISTINA GASPAR	03:41:45	03:41:45	F4049	INDIVIDUAL	16
320	534	SOFIA RAPOSO	03:41:53	03:41:30	F2339	MJP MASSAGENS	18
321	556	IEVA GEDVIGAITTE	03:41:55	03:41:18	F2339	FITFRIENDS	19
322	211	PAULO GUEDES	03:42:05	03:42:05	M4049	CENTRO DE MARCHA E CORRIDA DE ALENQUER	126
323	475	CLAUDIA TOPETE	03:43:32	03:43:10	F2339	PORTRAL	20
324	406	JOAO GAMEIRO	03:43:45	03:43:13	M2339	INDIVIDUAL	111
325	415	CARLOS CORREIA	03:43:46	03:43:13	M4049	CLUBE AVENTURA DE MONFORTE	127
326	489	PAULA BATALHA	03:43:58	03:43:39	F5059	CLUBE MILLENNIUM BCP	5
327	339	CARLOS IPE	03:47:52	03:47:31	M4049	ASAS NOS PÉS	128
328	342	MILTON BATISTA	03:47:52	03:47:34	M4049	ASAS NOS PÉS	129
329	320	JOSE GARCEZ	03:48:27	03:48:24	M4049	ÉVORA NIGHT RUNNERS	130
330	423	CARLA SANTOS	03:48:50	03:48:06	F2339	INDIVIDUAL	21
331	414	CRISTINA ANTUNES	03:48:50	03:48:06	F4049	INDIVIDUAL	17
332	246	ZITO SILVA	03:48:50	03:48:06	M4049	RUNNERS FITNESS HUT CASCAIS	131
333	5744	JOÃO CRUZ	03:48:52	03:48:52	M4049	INDIVIDUAL	132
334	5761	PEDRO LOPES	03:49:03	03:48:22	M2339	SS CGD	112
335	5798	SÉRGIO ANTUNES	03:50:36	03:49:58	M5059	CLUBE ANACOM	44
336	586	SUSANA BERNARDO	03:51:33	03:51:33	F2339	OPRATICANTE	22
337	584	BRUNO BERNARDO	03:52:14	03:52:08	M2339	OPRATICANTE	113
338	395	SOFIA TRISTÃO	03:52:19	03:52:15	F4049	CORRER LOURES	18

339	396	FERNANDO TRISTÃO	03:52:19	03:52:15	M4049	ODIVELAS	133
340	5833	PEDRO MACHADO	03:54:22	03:54:05	M5059	RUN 4 FUN	45
341	289	ANA MELO	03:54:22	03:53:41	F4049	RUN 4 FUN	19
342	329	NUNO FONTES	03:54:26	03:53:57	M2339	INDIVIDUAL	114
343	5819	PAULA SIMÕES	03:54:26	03:54:00	F2339	TRANQUILIDADE AÇOREANA CLUBE	23
344	494	INÊS BERNARDO	03:54:57	03:54:39	F2339	CLUBE MILLENNIUM BCP	24
345	571	LUIS PIEDADE	03:54:57	03:54:41	M4049	GORUNNERS - OUTPRO	134
346	492	CARLA OLIMPIO	03:56:47	03:56:29	F2339	CLUBE MILLENNIUM BCP	25
347	5901	LUIS SANTOS	03:57:00	03:56:31	M2339	JA FOSTE	115
348	5899	OLGA MARTINS	03:57:04	03:56:34	F4049	JA FOSTE	20
349	5900	MARIA ALMEIDA	03:57:04	03:56:34	F2339	JA FOSTE	26
350	392	GISELA PADRE	03:57:12	03:57:12	F4049	INDIVIDUAL	21
351	285	NUNO VIDEIRA	03:57:45	03:57:04	M4049	INDIVIDUAL	135
352	333	MANUEL CARDOSO	03:57:45	03:57:06	M5059	INDIVIDUAL	46
353	256	JOÃO RODRIGUES	03:58:42	03:58:42	M5059	INDIVIDUAL	47
354	257	RUI MARTINS	03:58:45	03:58:45	M4049	INDIVIDUAL	136
355	592	sofia cordeiro	04:00:02	03:59:23	F4049	MAGIC RUNNERS	22
356	210	BRUNO CONCEIÇÃO	04:01:13	04:00:53	M4049	#LETSRUNAZORES	137
357	229	VASCO FERREIRA	04:03:13	04:02:56	M4049	GDCTIN CASA DA MOEDA	138
358	593	isabel vidinha	04:04:30	04:03:51	F4049	MAGIC RUNNERS	23
359	594	sonia pereira	04:04:31	04:03:53	F4049	MAGIC RUNNERS	24
360	585	wang xiaowu	04:06:06	04:05:58	M4049		139
361	457	TIAGO GASPAR	04:06:49	04:06:11	M2339	MIUT	116

362	548	RUBEN COSTA	04:06:50	04:06:07	M5059	MJP MASSAGENS	48
363	427	MÁRIO SANTOS	04:07:02	04:06:22	M4049	MONTE DA LUA RUNNERS	140
364	5783	DIOGO SILVA	04:08:00	04:07:40	M2339	TOA	117
365	5861	ABDESSAMAD EL YAAGOUBI	04:08:18	04:08:18	M2339	GORUNNERS - OUTPRO	118
366	348	RICARDO NEVES	04:10:18	04:10:10	M2339	INDIVIDUAL	119
367	1770	CARLOS FIGUEIRA	04:10:19	04:09:52	M4049	OPRATICANTE	141
368	467	CLIVE SAFFERY	04:12:53	04:12:26	M6099	INDIVIDUAL	3
369	310	ALEXANDRE COSTA	04:15:01	04:15:01	M4049	MATILHA RUNNING	142
370	274	MARISA RIANÇO	04:20:11	04:19:34	F2339	CORRER LISBOA	27
371	501	ADRIANA ROQUE	04:20:11	04:19:35	F2339	INDIVIDUAL	28
372	510	CARLA COSTA	04:20:11	04:19:35	F2339	INDIVIDUAL	29
373	438	CARLOS MIGUEL CORREIA	04:20:24	04:19:48	M5059	V DATLETAS	49
374	527	ONG CHEE WEE	04:21:04	04:20:24	M4049		143
375	528	SHIRLEY WEE SUAT HOON	04:21:04	04:20:25	F4049		25
376	461	VÂNIA MOREIRA	04:21:31	04:21:07	F2339	PORTRAL	30
377	543	FERNANDO DIAS	04:30:12	04:29:32	M5059	MJP MASSAGENS	50
378	281	GONÇALO DUARTE	04:30:44	04:30:05	M4049	INDIVIDUAL	144
379	271	PEDRO VILELA	04:30:45	04:30:07	M2339	INDIVIDUAL	120
380	233	RITA LOPES	04:30:46	04:30:32	F2339	GDCTIN CASA DA MOEDA	31
381	221	CATARINA REIS	04:45:26	04:44:49	F4049	NANOS	26
382	212	MARIA CONDEÇO	04:47:51	04:47:37	F5059	KANINOS	6
383	583	RICARDO CORDEIRO	04:52:09	04:51:25	M4049	INDIVIDUAL	145
384	477	PEDRO SOUSA	04:52:43	04:52:00	M4049	PADEL	146

385	587	JOSÉ BARROS	04:52:46	04:52:46	M2339	INDIVIDUAL	121
386	486	paulo caetano	04:58:02	04:57:19	M4049	CLUBE MILLENNIUM BCP	147
387	434	LUÍSA PIRES	05:02:40	05:02:01	F4049	BORINHAS	27
388	388	RUTE CASIMIRO	05:02:40	05:01:55	F0022	INDIVIDUAL	1