

#	NOME	EQUIPA	DORSAL	TEMPO	DIFERENÇA
MASCULINO					
1	Carlos Papacinha	Beja Atlético Clube	1	00:33:38.695	----
2	João Cruz	Beja Atlético Clube	88	00:34:05.191	00:00:26.496
3	Rui Dolores	Amiciclo Grândola	136	00:34:39.197	00:01:00.502
4	Hugo Baluga	Amiciclo Grândola	158	00:35:29.936	00:01:51.241
5	Paulo Gomes	Serviços sociais e culturais do município de Palmela	74	00:35:30.433	00:01:51.738
6	Fabio Silva	G.D.R. São Francisco da Serra	58	00:35:39.180	00:02:00.485
7	Custodio Antonio	Beja Atlético Clube	126	00:35:44.679	00:02:05.984
8	Rui Baltazar	Serviços sociais e culturais do município de Palmela	73	00:35:55.929	00:02:17.234
9	Valdo Pato	Beja Atlético Clube	137	00:36:03.428	00:02:24.733
10	João André Balão Jesus	Amiciclo Grândola	14	00:36:08.428	00:02:29.733
11	Pedro Nunes Trindade	Amiciclo Grândola	19	00:36:11.428	00:02:32.733
12	João Diogo Silva	Narm messejana	86	00:36:30.435	00:02:51.740
13	Rúben Jose da Silva Fonseca	Amiciclo Grândola	28	00:36:31.634	00:02:52.939
14	Alexandre Pimpão	NARM - Messejana	104	00:36:31.926	00:02:53.231
15	Rui Gonçalves	G.D.R. São Francisco da Serra	62	00:36:32.175	00:02:53.480
16	Adriano Luz Domingos	G.D.C.T. REPSOL POLÍMEROS	75	00:36:37.925	00:02:59.230
17	Emanuel Diogo	G.D.R. São Francisco da Serra	61	00:37:02.170	00:03:23.475
18	Jose Caramelo	Serviços sociais e culturais do município de Palmela	70	00:37:06.880	00:03:28.185
19	Nuno Chainho	Os Kotas	27	00:38:09.163	00:04:30.468
20	Duarte Fortes	NARM Messejana	33	00:38:21.661	00:04:42.966
21	Diogo Silva	Serviços sociais e culturais do município de Palmela	71	00:38:55.658	00:05:16.963
22	Leonel Gonçalves	Os Kotas	44	00:39:49.909	00:06:11.214
23	Paulo Cavalinhos	G.D.R. São Francisco da Serra	60	00:39:50.651	00:06:11.956
24	António Urbano	Futebol Clube Castrense	68	00:40:22.405	00:06:43.710
25	Fábio Leitão Jesus	G.D.C.T. REPSOL POLÍMEROS	76	00:41:22.141	00:07:43.446
26	Carlos Rosário	G.D.Santa Cruz / litoralmotors.pt	82	00:41:33.096	00:07:54.401
27	Luís Cortinhas	G.D.R. São Francisco da Serra	59	00:41:35.889	00:07:57.194
28	Ricardo Faria	Juventude Atlético Clube	66	00:41:37.888	00:07:59.193
29	Ricardo Raposo	Bate foge	57	00:41:55.646	00:08:16.951
30	Luis Vitorino	run and smile	8	00:42:01.134	00:08:22.439
31	Francisco Guerreiro	Núcleo Desportivo e Cultural de Odemira	55	00:42:04.123	00:08:25.428
32	João Carlos Teixeira Mendes	Alvaladense	139	00:42:21.883	00:08:43.188
33	António Manuel Amaro Silvestre Silvestre	sstmOdemira	100	00:42:33.131	00:08:54.436
34	Fernando Mestre	G.D.R. São Francisco da Serra	64	00:43:00.128	00:09:21.433
35	Daniel Pereira	----	91	00:43:16.587	00:09:37.892
36	José Gamito	----	144	00:43:26.125	00:09:47.430
37	Alberto Miguel dos Santos Silva	G.D.Santa Cruz / litoralmotors.pt	13	00:43:42.353	00:10:03.658
38	Henrique Cantigas	----	95	00:43:42.860	00:10:04.165
39	David Oliveira Gorgulho	Individual	5	00:43:47.374	00:10:08.679
40	Luis Aleixo	Kotas	151	00:44:00.720	00:10:22.025
41	Vasco Miguel Malveiro Rodrigues	Juventude Atlético Clube	25	00:44:19.619	00:10:40.924
42	Hélder Guerreiro	Juventude Atlético Clube	26	00:44:19.619	00:10:40.924
43	Paulo Dâmaso	G.D.R. São Francisco da Serra	63	00:44:25.866	00:10:47.171

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44	Flaviano Lopes Dias	Amiciclo Grândola	23	00:45:00.363	00:11:21.668
45	LUIS ANTÓNIO TORPES FERREIRA	Juventude Atlético Clube	81	00:45:13.320	00:11:34.625
46	Alvaro Coelho	Serviços sociais e culturais do município de Palmela	72	00:45:27.110	00:11:48.415
47	Álvaro dos Santos Beijinha	Alvaladenses	11	00:45:39.859	00:12:01.164
48	João Pedro Brazão Caldeira	Tugas on Tour Associação Desportiva	53	00:45:59.357	00:12:20.662
49	Ricardo Costa	Amiciclo Grândola	45	00:47:18.346	00:13:39.651
50	António Lança	FC Alvaladense	140	00:47:49.344	00:14:10.649
51	Nelson Ricardo dos Santos Barradinhas	Amiciclo Grândola	35	00:47:58.591	00:14:19.896
52	Nuno Ventura	G.D.C. PORTOS DE SINES E DO ALGARVE	80	00:48:21.839	00:14:43.144
53	Diogo Candeias	Nenhuma	102	00:48:26.547	00:14:47.852
54	João Farinha	AlphaFitness	98	00:48:30.088	00:14:51.393
55	Nuno	---	149	00:48:31.047	00:14:52.352
56	Rui Manuel Vicente Correia	Individual	16	00:48:40.088	00:15:01.393
57	TOMAS TEIXEIRA	----	89	00:49:12.844	00:15:34.149
58	Eduardo Condeço	Os Kotas	127	00:49:13.542	00:15:34.847
59	Henrique rafael	Os Kotas	43	00:49:28.832	00:15:50.137
60	Edgar Guerreiro	-----	138	00:49:38.040	00:15:59.345
61	Paulo Patrício	Núcleo Desportivo Cultural de Odemira	69	00:49:39.831	00:16:01.136
62	florimundo Silva	M.D.F.	21	00:49:56.330	00:16:17.635
63	Guilherme José Pereira	-----	92	00:50:00.077	00:16:21.382
64	Paulo Jorge Gamito Marques Pereira	Juventude Atlético Clube	32	00:50:17.077	00:16:38.382
65	João Cáceres	Os Kotas	83	00:50:40.034	00:17:01.339
66	Ilídio Campos	Nucleo Desportivo e Cultural de Odemira	51	00:51:01.169	00:17:22.474
67	António Custódio	AlphaFitness	120	00:51:01.320	00:17:22.625
68	Paulo Gomes	G.D.C. PORTOS DE SINES E DO ALGARVE	79	00:51:01.570	00:17:22.875
69	Rafael Junqueira	AlphaFitness	97	00:51:39.075	00:18:00.380
70	Vitor Pereira	G.D.R. São Francisco da Serra	6	00:51:42.036	00:18:03.341
71	Albertino Manuel Parreira Pacheco	Juventude Atlético Clube	47	00:51:56.065	00:18:17.370
72	Pedro Cordeiro	AlphaFitness	135	00:52:45.059	00:19:06.364
73	Vagner Souza	AlphaFitness	101	00:53:18.555	00:19:39.860
74	Rui Manuel Claudino Raposo	Amiciclo Grândola	3	00:54:35.297	00:20:56.602
75	David Manuel Silva castro Rosa	Clube do Pessoal EDP - Sines	77	00:55:09.791	00:21:31.096
76	Manuel Carlos Vicente Pedro	Clube EDP Sines	118	00:56:16.782	00:22:38.087
77	Francisco Heitor	O Praticante	7	00:57:50.772	00:24:12.077
78	Rui José Rocha Galindro	Clube do Pessoal EDP - Sines	78	01:10:28.682	00:36:49.987
79	Paulo Pronto	Noisy family	112	01:11:31.134	00:37:52.439
80	Tomás Pronto	Noisy family	110	01:11:31.175	00:37:52.480
81	PAULO Jorge Medeiros VEIGA	UDCB-TERRAS DE BARRO	18	01:13:39.909	00:40:01.214
--	Bruno Campos	Nucleo Desportivo e Cultural de Odemira	65	--:--:-- (NT)	----
FEMININO					
1	Ana Lourenço	Nucleo Desportivo e Cultural de Odemira	52	00:40:21.646	----
2	Isabel Gonçalves	CDASJ	145	00:43:59.121	00:03:37.475
3	Sandra Isabel	GDCT REPSOL POLÍMEROS	125	00:47:20.845	00:06:59.199
4	Miriam Silva	M.D.F.	22	00:47:34.854	00:07:13.208

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5	Solange Guerreiro	Núcleo Desportivo Cultural Odemira	10	00:49:39.582	00:09:17.936
6	Carmen Henriques	run and smile	4	00:50:13.077	00:09:51.431
7	Letícia Esperança	Hope	87	00:52:00.812	00:11:39.166
8	Inês Bernardo	Núcleo Desportivo e Cultural de Odemira	46	00:52:22.821	00:12:01.175
9	Vanda Correia	Individual	2	00:54:24.516	00:14:02.870
10	vania carrilho lino	-----	41	00:54:32.046	00:14:10.400
11	Edilaine silva	-----	42	00:54:49.544	00:14:27.898
12	Ana Maria Militao	UDCB-terras de barro	17	00:55:37.247	00:15:15.601
13	Marisa Cruz	Núcleo Desportivo e Cultural de Odemira	9	00:55:54.786	00:15:33.140
14	Margarida Pedro	Os Kotas	134	00:56:16.782	00:15:55.136
15	Cibel Gomes	AlphaFitness	106	00:57:50.025	00:17:28.379
16	Dulce Gomes	M.D.F.	20	00:59:54.715	00:19:33.069
17	Ana Filipa Montoia Jacinto	-----	54	01:01:53.993	00:21:32.347
18	Rita Chaveiro da Silva Abrantes Martins	-----	121	01:10:28.932	00:30:07.286