

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Ritmo	Cat.
1.	158	Ricardo Fonseca	Cork Trail Team-CORTT	M	M S23	00:36:12,861	03:37	1
2.	147	Mário Ferreira	Run Crew Trail Montijo	M	Sen M	00:36:51,758	03:41	1
3.	63	Rodrigo Carrilho	Casa Sport Lisboa e Benfica Vendas Novas	M	Sen M	00:37:16,841	03:44	2
4.	73	Luis Cruz	Escola de Atletismo do Montijo-A.F.D.D	M	M45	00:40:13,964	04:01	1
5.	126	Paulo Ferreira	Pinhal Novo a Correr	M	M40	00:40:34,540	04:04	1
6.	47	Orlando Ramos		M	M40	00:40:52,134	04:05	2
7.	71	João Recto	Escola de Atletismo do Montijo-A.F.D.D	M	Sen M	00:41:14,738	04:07	3
8.	74	Alipio Trigo	Escola de Atletismo do Montijo-A.F.D.D	M	M40	00:41:45,338	04:11	3
9.	42	Ricardo Silva		M	Sen M	00:41:47,718	04:11	4
10.	103	Alexandre Santana	Run Crew Trail Montijo	M	M40	00:42:05,673	04:13	4
11.	161	Sérgio Oliveira		M	Sen M	00:42:23,062	04:14	5
12.	140	Cláudio Nóbrega	Run Crew Trail Montijo	M	Sen M	00:43:31,068	04:21	6
13.	122	Marco Santos	Pinhal Novo a Correr	M	Sen M	00:43:44,794	04:22	7
14.	151	António Valadas		M	M50	00:44:00,944	04:24	1
15.	93	Jorge Amaral	Aminhacorrida/Myprotein	M	M50	00:44:57,714	04:30	2
16.	75	Paulo Lopes	Escola de Atletismo do Montijo-A.F.D.D	M	M45	00:45:06,567	04:31	2
17.	17	Duarte Brito	NAZ Abóboda	M	Sen M	00:45:33,096	04:34	8
18.	16	José Brito	NAZ Abóboda	M	M55	00:45:43,902	04:34	1
19.	95	Ana Filipa Vieira	Aminhacorrida/Myprotein	F	Sen F	00:45:54,464	04:35	1
20.	84	Pedro Sousa	Palmelense F.Clube	M	M60	00:46:03,678	04:36	1
21.	146	Pedro Marques	Run Crew Trail Montijo	M	Sen M	00:46:11,379	04:37	9
22.	69	Paulo Galveia	Escola de Atletismo do Montijo-A.F.D.D	M	M40	00:46:22,387	04:38	5
23.	143	Víctor Lopes	Run Crew Trail Montijo	M	Sen M	00:46:31,660	04:39	10
24.	108	António Silva	Pinhal Novo a Correr	M	M45	00:46:46,769	04:41	3
25.	115	Fernando Mendes	Pinhal Novo a Correr	M	M45	00:46:49,675	04:41	4
26.	59	João Ascenção		M	M40	00:46:58,293	04:42	6
27.	58	Fernando Gonçalves		M	Sen M	00:47:29,859	04:45	11
28.	163	Vitor Candeias	Escola de Atletismo do Montijo-A.F.D.D	M	M45	00:47:34,328	04:46	5
29.	76	Wiljoen Raul	Escola de Atletismo do Montijo-A.F.D.D	M	M50	00:47:34,522	04:46	3
30.	39	António Rosado		M	M50	00:47:40,192	04:46	4
31.	162	João Cruz	Escola de Atletismo do Montijo-A.F.D.D	M	M55	00:47:53,071	04:47	2
32.	5	Joao Santos	Clube de Praças da Armada	M	M50	00:47:54,643	04:47	5
33.	49	Ricardo Basílio		M	M40	00:48:04,929	04:49	7
34.	41	Lúcio Monteiro	G.D.S. Sebastião de Canha	M	Sen M	00:48:08,780	04:49	12
35.	111	Carlos Oliveira	Pinhal Novo a Correr	M	M40	00:48:14,872	04:49	8
36.	2	Joao Miranda		M	Sen M	00:48:20,030	04:50	13
37.	105	Mário Moita	Pinhal Novo a Correr	M	M45	00:48:32,519	04:51	6
38.	85	Francisco Calvo		M	M55	00:48:50,235	04:53	3
39.	44	Dinarte Fernandes		M	Sen M	00:48:59,439	04:54	14
40.	121	Márcia Santos	Pinhal Novo a Correr	F	Sen F	00:49:00,783	04:54	2
41.	127	Paulo Frota	Pinhal Novo a Correr	M	M40	00:49:01,556	04:54	9
42.	60	Edmundo Félix		M	M S23	00:49:21,671	04:56	2
43.	82	Luis Chainho	LC_Herbalife Nutrition	M	M40	00:49:40,472	04:58	10
44.	118	Helder Nunes	Pinhal Novo a Correr	M	Sen M	00:49:43,508	04:58	15

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Ritmo	Cat.
45.	57	Liliana Filipe		F	Sen F	00:49:50,190	04:59	3
46.	91	António Monteiro	SCD Glória do Ribatejo	M	M50	00:49:52,282	04:59	6
47.	152	João Maral		M	M45	00:50:08,770	05:01	7
48.	109	Artur Carreira	Pinhal Novo a Correr	M	M45	00:50:24,958	05:02	8
49.	37	Bruno Loureiro	AMC TRAIL	M	Sen M	00:50:27,000	05:02	16
50.	12	Samuel Marques	Marques & Pinto Running	M	Sen M	00:50:27,146	05:02	17
51.	40	Antonio Viegas		M	M60	00:50:30,748	05:03	2
52.	36	Carlos Martins		M	M45	00:50:36,670	05:04	9
53.	27	Pedro Ribeiro	G.D.S. Sebastião de Canha	M	Sen M	00:50:40,589	05:04	18
54.	45	Vitor Dias		M	Sen M	00:50:44,021	05:04	19
55.	1	Ezequiel Fernandes		M	M60	00:50:46,032	05:05	3
56.	142	Sandra Rocha	Run Crew Trail Montijo	F	F45	00:50:50,185	05:05	1
57.	7	Zélia Pedro	Moita Runnig	F	Sen F	00:50:52,247	05:05	4
58.	149	Patrícia Vieira	Run Crew Trail Montijo	F	Sen F	00:50:54,324	05:05	5
59.	157	Alcindo Ramalho	Run Crew Trail Montijo	M	Sen M	00:50:55,446	05:05	20
60.	86	Gonçalo Cardoso	Escola de Atletismo do Montijo-A.F.D.D	M	Sen M	00:51:10,259	05:07	21
61.	77	Rui Nunes	Escola de Atletismo do Montijo-A.F.D.D	M	M40	00:51:26,985	05:08	11
62.	34	Cristina Frota		F	Sen F	00:51:46,506	05:11	6
63.	154	Carlos Perdigão		M	M55	00:51:56,734	05:11	4
64.	155	Helder Fernandes		M	M40	00:51:56,744	05:11	12
65.	145	Roberto Ferreira	Run Crew Trail Montijo	M	Sen M	00:52:02,037	05:12	22
66.	117	Filipa Sobral	Pinhal Novo a Correr	F	Sen F	00:52:07,041	05:13	7
67.	129	Renato Mauricio	Pinhal Novo a Correr	M	M45	00:52:21,477	05:14	10
68.	6	Antonio Santos		M	M60	00:52:32,794	05:15	4
69.	55	João Florindo		M	Sen M	00:52:32,903	05:15	23
70.	66	Tânia Prates	Cork Trail Team-CORTT	F	Sen F	00:52:33,130	05:16	8
71.	160	Jorge Côco		M	M40	00:52:48,294	05:17	13
72.	8	Filipa Feiteira	Os Bolha no Pé	F	Sen F	00:53:16,695	05:20	9
73.	48	Jose Carvalho	Pernas Longas do Almansor	M	M55	00:53:17,228	05:20	5
74.	43	Pedro Santos		M	Sen M	00:53:40,571	05:22	24
75.	65	Eurico Marçal	Cork Trail Team-CORTT	M	Sen M	00:53:56,757	05:23	25
76.	72	Silvia Galveia	Escola de Atletismo do Montijo-A.F.D.D	F	F40	00:54:10,908	05:25	1
77.	123	Mário Parreira	Pinhal Novo a Correr	M	M40	00:54:23,873	05:26	14
78.	68	Paulo Almeida	Escola de Atletismo do Montijo-A.F.D.D	M	M40	00:54:25,675	05:26	15
79.	94	Tina Oliveira	Aminhacorrida/Myprotein	F	F50	00:54:30,240	05:27	1
80.	131	Gisela Mota	Pinhal Novo a Correr	F	F40	00:54:32,962	05:27	2
81.	148	Carlos Faisca	Run Crew Trail Montijo	M	M40	00:54:34,221	05:28	16
82.	99	Andre Viegas	Bombeiros V. Canha	M	M S23	00:54:35,215	05:28	3
83.	106	Ana Almeida	Pinhal Novo a Correr	F	Sen F	00:54:58,925	05:30	10
84.	116	Fernando Silva	Pinhal Novo a Correr	M	Sen M	00:55:00,175	05:30	26
85.	46	Bruno Barroso		M	Sen M	00:55:32,332	05:33	27
86.	96	Vasco Peres		M	M40	00:55:44,373	05:34	17
87.	120	José Leitão	Pinhal Novo a Correr	M	M45	00:55:47,505	05:35	11
88.	56	Olga Caiado	Arte dos trilhos	F	F45	00:56:07,330	05:37	2

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Ritmo	Cat.
89.	4	Possidonio Constantino	Clube de Praças da Armada	M	M60	00:56:14,516	05:37	5
90.	88	Carlos Pereira	AC Glória München	M	Sen M	00:56:24,314	05:38	28
91.	92	Claudio Mira		M	Sen M	00:57:28,128	05:45	29
92.	90	Ricardo Romão	Fajarda Runners	M	Sen M	00:57:33,946	05:46	30
93.	144	Lina Lopes	Run Crew Trail Montijo	F	Sen F	00:57:49,362	05:47	11
94.	53	Pedro Esteves		M	Sen M	00:57:51,467	05:47	31
95.	138	Tiago Marques	Pinhal Novo a Correr	M	M S23	00:57:54,548	05:47	4
96.	128	Pedro Martins	Pinhal Novo a Correr	M	M40	00:57:57,813	05:48	18
97.	159	André Cordeiro		M	M40	00:58:41,716	05:52	19
98.	134	Fernando Cortez	Pinhal Novo a Correr	M	M40	00:58:45,334	05:53	20
99.	70	Wilson Reis	Escola de Atletismo do Montijo-A.F.D.D	M	M40	00:58:49,096	05:53	21
100.	139	Bruno Lourenço	Pinhal Novo a Correr	M	Sen M	00:59:06,512	05:55	32
101.	98	Carlos Rodrigues	Bombeiros V. Canha	M	Sen M	01:00:00,901	06:00	33
102.	3	Ana Henrique	boom trail team	F	F40	01:00:38,839	06:04	3
103.	133	Maria Saramago	Pinhal Novo a Correr	F	F50	01:00:46,135	06:05	2
104.	9	Paula Santos	Os Bolha no Pé	F	F45	01:01:07,058	06:07	3
105.	11	Fernando Martinho		M	M55	01:01:25,026	06:08	6
106.	38	Paulo Soares	AMC TRAIL	M	M45	01:02:07,958	06:13	12
107.	32	Rosa Oliveira	G.D.S. Sebastião de Canha	F	F50	01:02:31,039	06:15	3
108.	125	Patricia Bilro	Pinhal Novo a Correr	F	Sen F	01:02:54,565	06:17	12
109.	26	Raul Ribeiro		M	Sen M	01:02:55,025	06:17	34
110.	28	Rita Farinha	G.D.S. Sebastião de Canha	F	F40	01:04:07,269	06:25	4
111.	24	Ana Patricio	G.D.S. Sebastião de Canha	F	Sen F	01:04:07,370	06:25	13
112.	101	Isabel Carvalho	Run Crew Trail Montijo	F	F40	01:04:19,061	06:26	5
113.	10	Paulo Casinhas	Os Bolha no Pé	M	Sen M	01:04:19,383	06:26	35
114.	79	Bertinia Pires	Simbora	F	Sen F	01:04:40,269	06:28	14
115.	153	Carlos Sousa	Simbora	M	Sen M	01:04:40,336	06:28	36
116.	78	Ana Branco	Escola de Atletismo do Montijo-A.F.D.D	F	F40	01:04:53,022	06:29	6
117.	14	Luis Pinto	Marques & Pinto Running	M	Sen M	01:05:14,479	06:31	37
118.	13	Maria Marques	Marques & Pinto Running	F	Sen F	01:05:14,750	06:31	15
119.	89	Ana Martinho	AC Glória München	F	Sen F	01:05:23,956	06:32	16
120.	119	Helena Parreira	Pinhal Novo a Correr	F	F40	01:05:43,422	06:34	7
121.	114	Elisabete Silva	Pinhal Novo a Correr	F	Sen F	01:05:46,114	06:35	17
122.	164	Luis Marques	Pinhal Novo a Correr	M	M45	01:05:46,261	06:35	13
123.	156	Carlos Martins		M	M50	01:06:15,528	06:37	7
124.	97	Luis Verissimo	Bombeiros V. Canha	M	M50	01:06:17,607	06:38	8
125.	83	Alexandra Carvalhão	G.D.S. Sebastião de Canha	F	Sen F	01:06:36,718	06:40	18
126.	150	João Inglês	G.D.S. Sebastião de Canha	M	Sen M	01:08:29,069	06:51	38
127.	15	Sónia Andrade		F	F40	01:08:40,265	06:52	8
128.	107	Ana Cartaxo	Pinhal Novo a Correr	F	F60	01:10:08,239	07:01	1
129.	64	Helena Pedradas	Arte dos trilhos	F	F60	01:10:08,969	07:01	2
130.	81	Ana Grade	Simbora	F	Sen F	01:11:31,328	07:09	19
131.	80	Carina Batista	Simbora	F	Sen F	01:12:07,301	07:13	20
132.	113	Dina Alegria	Pinhal Novo a Correr	F	F40	01:12:21,027	07:14	9

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Ritmo	Cat.
133.	141	Susana Neves	Run Crew Trail Montijo	F	F40	01:12:21,507	07:14	10
134.	137	Dina Marques	Pinhal Novo a Correr	F	F40	01:12:41,249	07:16	11
135.	110	Carla Cardeira	Pinhal Novo a Correr	F	F45	01:12:41,651	07:16	4
136.	124	Mónica Silva	Pinhal Novo a Correr	F	F40	01:12:41,765	07:16	12
137.	18	Neusa Anjos	Escoveiro	F	F40	01:14:40,032	07:28	13
138.	35	Sara Santos		F	F45	01:14:56,883	07:29	5
139.	54	Olinda Fonseca	Arte dos trilhos	F	F45	01:15:33,845	07:34	6
140.	30	Natacha Custódio	G.D.S. Sebastião de Canha	F	Sen F	01:17:04,787	07:43	21
141.	31	Linda Lavado	G.D.S. Sebastião de Canha	F	Sen F	01:17:37,406	07:46	22
142.	112	Deolinda Camelo	Pinhal Novo a Correr	F	F45	01:18:52,041	07:53	7
143.	50	Ana Matias		F	F45	01:19:41,833	07:58	8
144.	130	Nelson Nunes	Pinhal Novo a Correr	M	Sen M	01:25:17,130	08:32	39
145.	132	Lúcia Ribeiro	Pinhal Novo a Correr	F	F50	01:27:19,648	08:44	4
146.	135	Sónia Pessoa	Pinhal Novo a Correr	F	Sen F	01:27:19,769	08:44	23
147.	136	Anabela Domingos	Pinhal Novo a Correr	F	F50	01:27:19,939	08:44	5
148.	61	Sofia Vau	Lá tás tu!	F	Sen F	01:37:50,378	09:47	24
149.	62	Tiago Pinto	Lá tás tu!	M	Sen M	01:37:50,997	09:47	40
150.	21	Fernanda Santos	Turminha do Jogging	F	F45	01:37:56,981	09:47	9
151.	22	Filomena Costa	Turminha do Jogging	F	F40	01:37:57,605	09:48	14
152.	19	Elsa Costa	Turminha do Jogging	F	Sen F	01:37:58,074	09:48	25
153.	20	Arsénio Rodrigues	Turminha do Jogging	M	M40	01:38:01,021	09:48	22
-	33	José Mendes		M	M55	Desclassificados		