

Lugar	Dorsal	Nome	Equipa	Sexo	Cat	Tempo	Chip	Ritmo	Esc.
1.	125	Rodrigo Carrilho	Casa Sport Lisboa e Benfica Vendas Novas	M	Sen M	00:38:40,598	00:38:40,388	03:52	1
2.	107	Cláudio Nóbrega	Run Crew Trail Montijo	M	Sen M	00:40:18,898	00:40:18,688	04:02	2
3.	62	Flávio Santos	Federação da Família para a Paz Mundial e Unificação	M	Sen M	00:40:36,278	00:40:36,068	04:04	3
4.	20	Rui Henriques	Federação da Família para a Paz Mundial e Unificação	M	M45	00:41:29,841	00:41:24,631	04:09	1
5.	134	Joaquim Dias		M	M45	00:42:10,012	00:42:09,402	04:13	2
6.	117	Victor Lopes	Run Crew Trail Montijo	M	M40	00:42:10,697	00:42:10,487	04:13	1
7.	87	Nuno Lopes	SACA TRILHOS ANADIA	M	M40	00:42:31,696	00:42:31,053	04:15	2
8.	96	Miguel Sobral	Associação GD Academia do Korpo	M	M40	00:42:35,670	00:42:35,460	04:16	3
9.	19	Sérgio Oliveira		M	Sen M	00:43:22,288	00:43:20,433	04:20	4
10.	90	Pedro Vieira		M	Sen M	00:43:47,690	00:43:47,064	04:23	5
11.	126	Paulo Viegas	Associação de Jovens da Landeira	M	Sen M	00:44:19,569	00:44:18,690	04:26	6
12.	3	Daniel Silva	ADN Trilhos	M	Sen M	00:44:30,956	00:44:30,331	04:27	7
13.	112	Luis Vitorino	Run Crew Trail Montijo	M	M40	00:45:04,574	00:45:04,364	04:31	4
14.	18	Luis Carpelho		M	M45	00:45:10,371	00:45:10,150	04:31	3
15.	77	Rafael Carvalho	Escola de Atletismo do Montijo-A.F.D.D	M	Sen M	00:46:11,693	00:46:08,746	04:37	8
16.	78	Alipio Trigo	Escola de Atletismo do Montijo-A.F.D.D	M	M40	00:46:18,099	00:46:17,876	04:38	5
17.	47	Nuno Café	LYNX	M	M40	00:46:39,344	00:46:39,134	04:40	6
18.	45	Ricardo Silva		M	Sen M	00:47:19,369	00:47:09,844	04:44	9
19.	93	Nuno Carvalho	Team Palhuço	M	Sen M	00:47:32,617	00:47:30,031	04:45	10
20.	103	Luís Martins		M	M40	00:48:04,579	00:48:02,217	04:49	7
21.	46	Alberto Coelho		M	M40	00:48:05,257	00:48:03,717	04:49	8
22.	97	José Mendes		M	M55	00:48:31,955	00:48:31,745	04:51	1
23.	50	Ana Vieira	Aminhacorrída	F	Sen F	00:48:52,744	00:48:51,744	04:53	1
24.	49	Carlos Lopes	Aminhacorrída	M	M45	00:48:54,880	00:48:54,670	04:53	4
25.	91	Carlos Oliveira	Pinhal Novo a Correr	M	M40	00:49:11,178	00:49:10,968	04:55	9
26.	74	António Rosado	G.D.R. São Francisco da Serra	M	M50	00:49:24,016	00:49:23,016	04:56	1
27.	57	Pedro Santos		M	M40	00:49:58,884	00:49:55,291	05:00	10
28.	73	João Viegas	B.V. Canha	M	Sen M	00:50:03,360	00:49:57,634	05:00	11
29.	130	Sónia Tubal	Escola de Atletismo do Montijo-A.F.D.D	F	F40	00:50:05,939	00:50:04,777	05:01	1
30.	59	José Rosa	JAVALIFT	M	Sen M	00:50:11,283	00:50:03,367	05:01	12
31.	42	Paulo Almeida	Escola de Atletismo do Montijo-A.F.D.D	M	M40	00:50:16,254	00:50:13,473	05:02	11
32.	39	José Rodrigues	Pernas Tortas	M	M45	00:50:20,736	00:50:19,697	05:02	5
33.	43	Manuel Jacinto	Setubal	M	M60	00:50:24,827	00:50:20,364	05:02	1
34.	98	Elton Margaço		M	Sen M	00:50:27,695	00:50:25,330	05:02	13
35.	10	Márcia Santos	Associação Académica Pinhalnovense	F	Sen F	00:50:30,641	00:50:29,796	05:03	2
36.	56	Luís Silva	GABCO	M	M40	00:50:44,619	00:50:42,129	05:04	12
37.	61	Olga Araújo	Federação da Família para a Paz Mundial e Unificação	F	F40	00:51:01,610	00:51:00,485	05:06	2
38.	129	Helder Gomes		M	M45	00:51:10,703	00:51:08,399	05:07	6
39.	16	Liliana Filipe	LF - Personal Trainer	F	Sen F	00:51:13,617	00:51:11,642	05:07	3
40.	94	Vitor Pereira		M	M55	00:52:04,307	00:52:00,234	05:13	2
41.	40	José Simões	O MUNDO DA CORRIDA	M	M55	00:52:17,339	00:52:10,315	05:14	3
42.	111	Carmen Henriques	Run Crew Trail Montijo	F	F40	00:52:22,417	00:52:21,298	05:14	3
43.	58	Eugénia Isaías	Federação da Família para a Paz Mundial e Unificação	F	F55	00:52:23,042	00:52:22,440	05:14	1
44.	37	Pedro Ribeiro	G.D.S.Sebastião	M	Sen M	00:52:53,464	00:52:45,998	05:17	14

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45.	48	Emanuel Martins	Aminhacorrida	M	M40	00:53:36,371	00:53:35,073	05:22	13
46.	27	Miguel Angelo	G.D.S.Sebastião	M	Sen M	00:53:41,990	00:53:34,523	05:22	15
47.	52	Fernando Manuel		M	M45	00:53:51,193	00:53:42,893	05:23	7
48.	113	Roberto Ferreira	Run Crew Trail Montijo	M	Sen M	00:54:11,600	00:54:09,642	05:25	16
49.	122	Carlos Rodrigues		M	Sen M	00:54:34,453	00:54:27,397	05:28	17
50.	124	Filipa Sobral	Pinhal Novo a Correr	F	Sen F	00:55:19,052	00:55:17,920	05:32	4
51.	76	Filipe Margaço	Run for the ocean	M	Sen M	00:55:36,825	00:55:33,231	05:34	18
52.	92	Sara Cordeiro	Team Palhuço	F	Sen F	00:55:37,417	00:55:33,621	05:34	5
53.	70	Clidia Coelho	A natureza ensina	F	F50	00:55:45,813	00:55:39,646	05:35	1
54.	41	Manuela Pinto	O MUNDO DA CORRIDA	F	F55	00:56:03,968	00:55:56,938	05:36	2
55.	121	Sergio Rodelo	Run Crew Trail Montijo	M	M45	00:56:06,459	00:56:04,500	05:37	8
56.	137	Filipe Gomes		M	M S23	00:56:13,646	00:56:13,436	05:37	1
57.	80	Silvia Galveia	Escola de Atletismo do Montijo-A.F.D.D	F	F40	00:56:19,671	00:56:18,642	05:38	4
58.	79	Paulo Galveia	Escola de Atletismo do Montijo-A.F.D.D	M	M40	00:56:20,611	00:56:18,741	05:38	14
59.	81	Nuno Pereira	Escola de Atletismo do Montijo-A.F.D.D	M	M45	00:56:27,443	00:56:26,414	05:38	9
60.	6	Emanuel Carlos	Galera Fit	M	Sen M	00:56:42,566	00:56:28,075	05:40	19
61.	29	Bruno Miguel		M	Sen M	00:56:50,157	00:56:47,431	05:41	20
62.	34	Possidonio Constantino	Clube de Praças da Armada	M	M60	00:57:20,614	00:57:14,803	05:44	2
63.	1	Lina Lopes	Run Crew Trail Montijo	F	Sen F	00:57:22,652	00:57:21,502	05:44	6
64.	11	Jorge Pereira	BRRnightRUNNERS	M	M50	00:57:28,950	00:57:23,612	05:45	2
65.	82	Fábio Marques	Escola de Atletismo do Montijo-A.F.D.D	M	M S23	00:57:41,104	00:57:37,510	05:46	2
66.	55	Ricardo Amaral	Navigator Clube Setubal	M	Sen M	00:57:43,495	00:57:37,460	05:46	21
67.	53	Vasco Bernardo	Navigator Clube Setubal	M	M40	00:58:07,520	00:58:01,485	05:49	15
68.	63	Isabel Santos	Federação da Família para a Paz Mundial e Unificação	F	F50	00:58:09,972	00:58:09,762	05:49	2
69.	89	Martim Palhas	Clã Palhas	M	M S23	00:58:16,514	00:58:08,612	05:50	3
70.	85	Ilidia José	Escola de Atletismo do Montijo-A.F.D.D	F	Sen F	00:58:20,407	00:58:16,321	05:50	7
71.	119	António Silva	Run Crew Trail Montijo	M	M40	00:58:34,699	00:58:30,475	05:52	16
72.	12	Joaquim Fonseca	Federação da Família para a Paz Mundial e Unificação	M	M60	00:58:54,998	00:58:51,791	05:53	3
73.	123	Ivone Ferreira		F	F45	00:59:35,145	00:59:31,551	05:58	1
74.	135	João Silva		M	M50	01:00:07,145	00:59:58,404	06:01	3
75.	88	Helder Palhas	Clã Palhas	M	M45	01:00:13,198	01:00:05,638	06:01	10
76.	60	Jorge Magalhaes	Manos Arreaga	M	Sen M	01:00:38,533	01:00:30,492	06:04	22
77.	75	Pedro Sousa	Manos Arreaga	M	Sen M	01:00:38,808	01:00:30,908	06:04	23
78.	32	Joana Piçarra	Aminhacorrida	F	F45	01:01:01,726	01:00:55,224	06:06	2
79.	65	Domingos Gato	OPraticante.pt	M	M45	01:01:02,037	01:00:54,910	06:06	11
80.	44	Luís Monteiro	SCD Glória do Ribatejo	M	Sen M	01:01:46,294	01:01:43,897	06:11	24
81.	33	Paula Silva	Sporting Clube Reboleira e Damaia	F	F45	01:01:53,340	01:01:50,567	06:11	3
82.	54	Renato Moreira	Clube Navigator Setubal	M	Sen M	01:01:54,422	01:01:48,171	06:11	25
83.	38	Rui Lopes	Btt Canha Rotas e sistemas	M	Sen M	01:02:19,628	01:02:10,446	06:14	26
84.	95	Marco Matos	Xpto	M	Sen M	01:02:19,834	01:02:11,105	06:14	27
85.	110	Isabel Carvalho	Run Crew Trail Montijo	F	F40	01:02:24,228	01:02:22,713	06:14	5
86.	9	Carlos Alfeirão		M	Sen M	01:03:17,616	01:03:12,528	06:20	28
87.	13	Mercedes Fonseca	Federação da Família para a Paz Mundial e Unificação	F	F60	01:03:33,818	01:03:33,194	06:22	1
88.	22	Rosa Oliveira	G.D.S.Sebastião	F	F50	01:03:58,858	01:03:52,266	06:24	3

Lugar	Dorsal	Nome	Equipa	Sexo	Cat	Tempo	Chip	Ritmo	Esc.
89.	106	Hélder Nogueira		M	M45	01:05:28,200	01:05:22,278	06:33	12
90.	64	Virgílio Blanco	OPraticante.pt	M	M55	01:05:37,829	01:05:31,192	06:34	4
91.	105	Tiago Galego		M	M40	01:05:40,653	01:05:36,596	06:34	17
92.	104	Tânia Carmo		F	Sen F	01:06:31,680	01:06:28,013	06:39	8
93.	118	João Lopes	Run Crew Trail Montijo	M	M45	01:06:59,194	01:06:55,135	06:42	13
94.	21	Rita Farinha	G.D.S.Sebastião	F	F40	01:10:35,264	01:10:27,799	07:04	6
95.	24	Ana Patricio	G.D.S.Sebastião	F	Sen F	01:10:35,389	01:10:27,925	07:04	9
96.	116	Sónia Silva	Run Crew Trail Montijo	F	Sen F	01:11:11,272	01:11:09,753	07:07	10
97.	17	Sonia Carpelho		F	F45	01:12:11,958	01:12:07,051	07:13	4
98.	109	Ana Bota	Run Crew Trail Montijo	F	F40	01:12:39,901	01:12:35,279	07:16	7
99.	132	Gislaine Domingos		F	Sen F	01:13:39,377	01:13:34,475	07:22	11
100.	131	Elixandro Landim		M	M40	01:13:40,414	01:13:35,480	07:22	18
101.	23	Gonçalo Nunes	G.D.S.Sebastião	M	Sen M	01:15:20,205	01:15:13,615	07:32	29
102.	133	Bernardo Felismino		M	M S23	01:15:30,123	01:15:11,537	07:33	4
103.	114	Lurdes Henriques	Run Crew Trail Montijo	F	F60	01:16:35,863	01:16:32,563	07:40	2
104.	102	José Alves	GDC Fidelidade	M	M60	01:17:48,607	01:17:35,355	07:47	4
105.	7	Pedro Murta	Galera Fit	M	Sen M	01:17:48,615	01:17:30,431	07:47	30
106.	101	Helena Oliveira	GDC Fidelidade	F	F50	01:17:49,316	01:17:31,527	07:47	4
107.	8	Marina Gameiro	Galera Fit	F	Sen F	01:18:05,607	01:17:48,642	07:49	12
108.	120	Célia Brito	Run Crew Trail Montijo	F	F45	01:19:18,803	01:19:18,197	07:56	5
109.	2	João Neves	Run Crew Trail Montijo	M	M55	01:19:20,663	01:19:19,816	07:56	5
110.	51	Fábio Rodrigues	G.D.S.Sebastião	M	Sen M	01:23:26,963	01:23:20,710	08:20	31
111.	15	Natacha Custódio	Sebastiões de Canha	F	Sen F	01:23:28,102	01:23:19,384	08:21	13
112.	25	Linda Lavado	G.D.S.Sebastião	F	Sen F	01:23:28,530	01:23:19,814	08:21	14
113.	72	Luis Veríssimo	B.V. Canha	M	M50	01:23:51,533	01:23:45,352	08:23	4
114.	69	Flavia Araujo		F	F40	01:23:59,173	01:23:54,249	08:24	8
115.	100	Célia Borges	GDC Fidelidade	F	F45	01:27:03,830	01:26:47,043	08:42	6
116.	28	Soledade Lobo	G.D.S.Sebastião	F	F55	01:42:18,910	01:42:18,910	10:14	3
117.	136	Ana Silva		F	F55	01:43:50,664	01:43:41,920	10:23	4
118.	4	Isadora Gameiro	Galera Fit	F	Sen F	01:47:15,588	01:46:57,364	10:43	15
119.	5	Estefânia Gameiro	Galera Fit	F	Sen F	01:47:16,556	01:46:55,021	10:44	16