

Pos.	Dorsal	Nome	Equipa	Tempo	Tempo+
1	1	Gildo Silva	OFFTEL RUNNERS	01:06:03	
2	22	Orlando Pires	A.R.S.Miguel-Poiars	01:09:01	00:02:58
3	185	Nuno Gonçalves	OFFTEL RUNNERS	01:09:06	00:03:03
4	187	Paulo Ferreira	Canhões da Nazaré	01:09:23	00:03:20
5	157	Hernández	Quadrilheiros Runners	01:10:53	00:04:50
6	113	Joao Almeida		01:14:33	00:08:30
7	10	F. Esperança	Graminheira Sport Time	01:14:36	00:08:33
8	223	David	CASA DO BENFICA EM ABRANTES	01:14:52	00:08:49
9	118	João Antunes	Quadrilheiros Runners	01:17:08	00:11:05
10	65	Sérgio G. Paulo	Quadrilheiros Runners	01:18:02	00:11:59
11	66	Bruno Ratinho	Quadrilheiros Runners	01:18:05	00:12:02
12	146	Luís Vasques	Quadrilheiros Runners	01:18:20	00:12:17
13	67	Pimenta		01:18:26	00:12:23
14	89	David		01:19:45	00:13:42
15	126	Paulo Fernandes		01:21:39	00:15:36
16	29	Jose Cordeiro	Olaias em Movimento	01:21:43	00:15:40
17	214	Ricardo Mendes	k'tespero	01:22:31	00:16:28
18	73	Luís Fernandes	CPR A-Do-Barbas	01:22:40	00:16:37
19	134	Zica		01:22:46	00:16:43
20	132	Hugo Seguro		01:22:57	00:16:54
21	190	André Rodrigues		01:23:16	00:17:13
22	219	Hortinha		01:23:19	00:17:16
23	210	Salgueiro		01:23:26	00:17:23
24	207	Christophe Silva	atletas amigos de Antões (3As)	01:23:40	00:17:37
25	117	David Pereira	DNM Sport Team	01:24:43	00:18:40
26	258	Narciso Cordeiro	CCRD Arrimal	01:25:02	00:18:59
27	203	Bruno Paiva	Team 33	01:25:05	00:19:02
28	206	Nélson Norte	Grupo Alegre e Unido	01:25:12	00:19:09
29	81	Jp Marques	Quadrilheiros Runners	01:25:21	00:19:18
30	80	Amélia Costa	Quadrilheiros Runners	01:25:38	00:19:35
31	79	Inês Marques	Quadrilheiros Runners	01:25:40	00:19:37
32	103	Arnaldo Ferreira	BTTRAIN	01:25:42	00:19:39
33	208	David	atletas amigos de Antões (3As)	01:26:13	00:20:10
34	217	Bruno Tavares		01:26:41	00:20:38
35	106	Ismael		01:26:51	00:20:48
36	209	João Marques	atletas amigos de Antões (3As)	01:27:01	00:20:58
37	260	Nuno Ornelas		01:27:35	00:21:32
38	74	Bruno Fragoso		01:28:08	00:22:05
39	143	Barbosa	DNMG	01:28:12	00:22:09
40	7	Diogo Cordeiro		01:28:18	00:22:15
41	92	Perry	DNMG	01:28:21	00:22:18
42	167	Ricardo Sousa		01:28:23	00:22:20
43	110	Martins		01:28:25	00:22:22
44	53	Sérgio Rosário	A.R.S.Miguel-Poiars	01:28:36	00:22:33
45	202	João Lamas	Abutres Running Team	01:28:47	00:22:44
46	169	Nelson Filipe		01:29:41	00:23:38
47	8	João Balau		01:29:56	00:23:53
48	78	Pedro Brites		01:29:59	00:23:56
49	51	Moisés Nunes	A.R.S.Miguel-Poiars	01:31:10	00:25:07
50	171	Rodrigo Domingues	The Fat	01:31:15	00:25:12
51	32	Edgar Santos		01:32:31	00:26:28
52	116	Leonel	4Trail	01:32:40	00:26:37
53	271	José Carlos Fernan	Abutres Running Team	01:32:48	00:26:45

Pos.	Dorsal	Nome	Equipa	Tempo	Tempo+
54	62	Telmo Santiago	CITL	01:32:51	00:26:48
55	21	Jorge Louro		01:32:55	00:26:52
56	183	David		01:33:10	00:27:07
57	174	Liliana Caçoete	Lili e Ric	01:33:16	00:27:13
58	235	Joao Gaspar		01:33:42	00:27:39
59	186	Abilio Manuel Figueira	Canhões da Nazaré	01:34:36	00:28:33
60	59	Diogo Oliveira		01:34:41	00:28:38
61	70	Ricardo Santos		01:34:49	00:28:46
62	61	Kruguer	Speed of yellow	01:35:00	00:28:57
63	54	Carlosvicentesouto	Açoreana Club Banif	01:35:03	00:29:00
64	93	Norberto Henriques	Fitproject	01:35:21	00:29:18
65	98	Marco Mangas	Carapaus de Corrida NZR	01:35:40	00:29:37
66	189	André		01:35:46	00:29:43
67	261	João Monteiro	COC-Clube de Orientação do Cen	01:36:07	00:30:04
68	205	Pescador	Team 33	01:36:13	00:30:10
69	15	Rúben Gomes	CPR A-Do-Barbas	01:36:18	00:30:15
70	26	Hugo F.	Pocariça Runners	01:36:28	00:30:25
71	35	Braz		01:36:30	00:30:27
72	151	Carlos Jorge		01:37:26	00:31:23
73	150	Bruno Silva		01:37:28	00:31:25
74	99	Joel Silva		01:37:49	00:31:46
75	43	João Coelho	Pés Troikados	01:37:52	00:31:49
76	112	Kimfarmacia		01:37:58	00:31:55
77	55	Bruno Julião	Pés Troikados	01:38:07	00:32:04
78	166	P.c. Rápido	CLAC	01:39:06	00:33:03
79	20	Rolando	Pocariça Runners	01:39:08	00:33:05
80	108	Simão Dias		01:39:27	00:33:24
81	175	Ricardo Silva	Lili e Ric	01:39:32	00:33:29
82	242	Paulo		01:39:52	00:33:49
83	142	Manu Medeiros		01:40:36	00:34:33
84	204	João Amado	Team 33	01:40:39	00:34:36
85	123	Super	The Fat	01:41:00	00:34:57
86	170	Rui Natário	The Fat	01:41:04	00:35:01
87	172	Pedro Jaulino	Grupo Alegre e Unido	01:41:19	00:35:16
88	249	Humberto Morgado		01:41:44	00:35:41
89	218	Noquinhas	Pés Troikados	01:42:17	00:36:14
90	234	Fausto Pimentel		01:42:23	00:36:20
91	33	Pheleno	NEL - Pédatleta	01:42:25	00:36:22
92	269	Borges		01:42:37	00:36:34
93	281	Guilherme Gomes	OFFTEL RUNNERS	01:42:39	00:36:36
94	104	Carlos Monteiro	COC-Clube de Orientação do Cen	01:42:46	00:36:43
95	52	Nuno Belo	SS CGD	01:42:52	00:36:49
96	212	Pinto	k'tespero	01:43:08	00:37:05
97	114	Eduardo Costa	A.R.S.Miguel-Poiars	01:43:11	00:37:08
98	46	Joana Seco	NEL - Pédatleta	01:43:18	00:37:15
99	4	Raquel Sacchetti		01:43:22	00:37:19
100	152	Paulo Rodrigues	P.A.G.	01:43:29	00:37:26
101	42	Paulo Olaio	COC - A	01:43:36	00:37:33
102	251	Alcides Branco		01:43:58	00:37:55
103	248	Ricardo Rodrigues		01:44:10	00:38:07
104	215	Nanok		01:44:41	00:38:38
105	86	Sabrina Oliveira	Quadrilheiros Runners	01:45:03	00:39:00
106	159	Vaskinho		01:45:30	00:39:27

Pos.	Dorsal	Nome	Equipa	Tempo	Tempo+
107	262	Rcmota		01:45:32	00:39:29
108	165	Lelosan	Free Runners	01:45:48	00:39:45
109	153	João Rosa		01:45:59	00:39:56
110	254	Vieira		01:46:07	00:40:04
111	84	Petro		01:46:12	00:40:09
112	121	Filipa Valente	OFFTEL RUNNERS	01:46:34	00:40:31
113	164	Rui Isidoro		01:46:35	00:40:32
114	120	Gil Valente	OFFTEL RUNNERS	01:46:37	00:40:34
115	148	Miguel Vitorino		01:46:39	00:40:36
116	231	Jorge Henriques		01:46:43	00:40:40
117	155	Braga	NB	01:46:52	00:40:49
118	278	Mário Duarte	SCALABIS NIGHT RUNNERS	01:47:06	00:41:03
119	161	José Miguel Seguro		01:47:10	00:41:07
120	264	Miguel Salgueiro	OFFTEL RUNNERS	01:47:47	00:41:44
121	256	Sergio Fortunato	Uma Qualquer -Portela Bike	01:47:53	00:41:50
122	241	Maria Cotrim	SCALABIS NIGHT RUNNERS	01:47:57	00:41:54
123	211	Cristiano Ginja	AndRunCris	01:48:01	00:41:58
124	58	Cvr		01:48:04	00:42:01
125	257	Faustino		01:48:27	00:42:24
126	226	Pedro Mota	K'tespero	01:48:45	00:42:42
127	3	Bruno Silva		01:49:00	00:42:57
128	253	Fla	CPR A-Do-Barbas	01:49:26	00:43:23
129	158	José Andrade	Mountain Trails	01:49:32	00:43:29
130	154	S. Pedro		01:49:51	00:43:48
131	259	Ricardo Ribeiro		01:49:55	00:43:52
132	279	Dário Pereira	ManosVerga	01:50:03	00:44:00
133	180	Marise Silva		01:50:05	00:44:02
134	274	Cristiana	Troc'ó passo	01:50:19	00:44:16
135	275	Leitão	Troc'ó passo	01:50:20	00:44:17
136	124	Vitor Dinis	OFFTEL RUNNERS	01:50:22	00:44:19
137	63	Pedro Costa		01:50:48	00:44:45
138	1004	Diogo		01:51:50	00:45:47
139	184	Braz Neves	Quadrilheiros Runners	01:51:52	00:45:49
140	282	Ângelo Afonso	Quadrilheiros Runners	01:51:55	00:45:52
141	178	Letícia Silva		01:52:09	00:46:06
142	137	Tiago Cruz	k'tespero	01:54:31	00:48:28
143	49	Joaquim Jorge	OFFTEL RUNNERS	01:57:03	00:51:00
144	250	Leal	Xinxo	01:57:05	00:51:02
145	196	Costa		01:57:07	00:51:04
146	236	Paulo Fernandes	Os últimos	01:57:09	00:51:06
147	6	Isabel Sousa	RC	01:57:11	00:51:08
148	225	Nádia Arraiolos	Sunset runners	01:57:19	00:51:16
149	147	Couceiro		01:57:24	00:51:21
150	162	Tiago Seguro		01:58:03	00:52:00
151	111	João Machado		01:58:22	00:52:19
152	194	Telma Pereira	k'tespero	01:58:47	00:52:44
153	125	Rute Carreira	k'tespero	01:58:50	00:52:47
154	107	Filipe Alves	Lapa Team	01:58:53	00:52:50
155	109	Nuno Quadros	Lapa Team	01:58:54	00:52:51
156	68	Carla Leite	SWAT	01:59:17	00:53:14
157	115	Paula Pita	4Trail	01:59:20	00:53:17
158	56	Jocelina Ferreira	SWAT	01:59:24	00:53:21
159	50	Paula Falacho	OFFTEL RUNNERS	01:59:47	00:53:44

Pos.	Dorsal	Nome	Equipa	Tempo	Tempo+
160	41	Carla Vinagre	ALFA GEWINNEN	02:01:21	00:55:18
161	40	Rui Margato	ALFA GEWINNEN	02:01:24	00:55:21
162	122	Maria Sousa		02:01:36	00:55:33
163	145	Sousa		02:01:38	00:55:35
164	176	Rodolfo Orfão	Sinmetro	02:01:42	00:55:39
165	177	Cristina Barros	Sinmetro	02:01:49	00:55:46
166	76	Nuno Baltazar	Fitness Time	02:02:09	00:56:06
167	191	Cristina Prioste	JSRAUTOMOVEIS	02:02:12	00:56:09
168	9	Bruno Almeida	Electrodinâmicos	02:02:37	00:56:34
169	31	Rui Gonçalves	Alvitejo	02:02:45	00:56:42
170	64	Manuela		02:03:36	00:57:33
171	130	Anabela Ribeiro		02:03:38	00:57:35
172	220	João Paulo		02:03:54	00:57:51
173	36	Ana Afonso	CABarreira	02:04:32	00:58:29
174	87	Flávio Ruivo		02:04:43	00:58:40
175	163	Ana Manaça	OFFTEL RUNNERS	02:05:07	00:59:04
176	45	Rita Dias		02:05:09	00:59:06
177	179	Ana Gomes	OFFTEL RUNNERS	02:05:14	00:59:11
178	90	Ana	Fitproject	02:05:31	00:59:28
179	34	Macara		02:05:35	00:59:32
180	39	Célia Silva	Fitproject	02:05:40	00:59:37
181	131	Ricardo Pereira		02:05:42	00:59:39
182	28	Gerhard	Rreincidentes	02:06:36	01:00:33
183	77	Hélder Oliveira	Rreincidentes	02:06:39	01:00:36
184	263	Nuno Mendes	k' tespero	02:06:44	01:00:41
185	71	Mayer Raposo	A A Lebres do Sado	02:06:59	01:00:56
186	91	Luís Pereira	Fitproject	02:07:07	01:01:04
187	60	Sónia Reis	NEL - Pédatleta	02:07:10	01:01:07
188	17	Cátia Gomes	NEL - Pédatleta	02:07:11	01:01:08
189	181	Patrícia Rosa		1982 02:08:30	01:02:27
190	182	Miguel Xavier		1982 02:08:33	01:02:30
191	37	Renata		02:09:31	01:03:28
192	38	Tiago		02:09:34	01:03:31
193	13	Vítor Pimenta	A.R.S.Miguel-Poiars	02:09:38	01:03:35
194	237	Milene Silva	Os últimos	02:10:04	01:04:01
195	252	Vítor		02:11:03	01:05:00
196	267	Andreia Sousa	Resmas	02:13:19	01:07:16
197	75	Vânia Sousa		02:13:24	01:07:21
198	24	Cátia Pereira	Runners	02:14:09	01:08:06
199	23	Mara Santos	Runners	02:14:10	01:08:07
200	222	Francisco	k' tespero	02:14:59	01:08:56
201	138	Catarina Costa		02:15:23	01:09:20
202	140	Toni Bento		02:15:25	01:09:22
203	193	João Teixeira		02:15:27	01:09:24
204	127	Lizete	LizCat	02:15:35	01:09:32
205	25	Jaime Costa		02:15:59	01:09:56
206	244	Tixa Lopes	Team 33	02:16:39	01:10:36
207	228	Liliana Fernandes	Fire Team BVMC	02:16:40	01:10:37
208	227	Marina Dias		02:16:45	01:10:42
209	233	Bidon	Fire Team BVMC	02:16:46	01:10:43
210	230	Bruman	Fire Team BVMC	02:16:49	01:10:46
211	221	Diogo Crespo		02:16:59	01:10:56
212	101	Rui Meca		02:17:22	01:11:19

Pos.	Dorsal	Nome	Equipa	Tempo	Tempo+
213	11	Flávio Domingues	Graminheira Sport Time	02:18:06	01:12:03
214	27	São Trindade	Os Trinca Espinhas	02:20:35	01:14:32
215	239	João Roda	Os últimos	02:22:02	01:15:59
216	238	Clarinda Sismeiro	Os últimos	02:22:05	01:16:02
217	201	Lena Cotrim	SCALABIS NIGHT RUNNERS	02:22:25	01:16:22
218	168	Marina Alemão	SCALABIS NIGHT RUNNERS	02:22:28	01:16:25
219	240	Dércio Guia	SCALABIS NIGHT RUNNERS	02:22:29	01:16:26
220	135	Dário Pedro	Follow Me - Trail Runners	02:23:12	01:17:09
221	213	Susana José	OFFTEL RUNNERS	02:23:17	01:17:14
222	255	Jorge Pereira	Herbalife	02:23:20	01:17:17
223	243	Luis Bastos	Herbalife	02:23:21	01:17:18
224	270	M.joão Almeida	OFFTEL RUNNERS	02:23:22	01:17:19
225	265	Sérgio Perpétua	OFFTEL RUNNERS	02:23:25	01:17:22
226	216	Gabriela Rodrigues	OFFTEL RUNNERS	02:24:23	01:18:20
227	280	Vítor Correia	OFFTEL RUNNERS	02:24:52	01:18:49
228	16	Edu Veiga		02:25:20	01:19:17
229	5	Mário Madeira	RC	02:25:45	01:19:42
230	2	Filipa Matias	Trinca Espinhas	02:29:02	01:22:59
231	19	José Jorge	Os Pesados	02:29:06	01:23:03
232	273	Rosário		02:31:23	01:25:20
233	272	Pimo		02:31:26	01:25:23
234	83	Flavio Oliveira	G.A. " Os Tartarugas"	02:35:33	01:29:30
235	82	Maria Batista	G.A. " Os Tartarugas"	02:35:34	01:29:31
236	136	Ana Marques	Falcões Selvagens	02:35:38	01:29:35
237	48	Clara Antunes	SWAT	02:37:33	01:31:30
238	72	Paula Silva	SWAT	02:37:50	01:31:47
239	12	Elia Pedro	RC	02:40:27	01:34:24
240	188	Miguel Faria	RC	02:40:37	01:34:34
241	173	Sandra Poço		02:43:58	01:37:55
242	144	Paulo Caetano	Clube MillenniumBcp	02:44:10	01:38:07
243	47	Parenn	Trinca Espinhas	02:44:18	01:38:15
244	14	Filipa Taré	Trinca Espinhas	02:44:31	01:38:28
245	97	Fernanda Mangas	Carapaus de Corrida NZR	02:47:22	01:41:19
246	94	Sonia Cerejo	Carapaus de Corrida NZR	02:47:29	01:41:26
247	200	Diana Ferreira	Grupo Mais	02:55:08	01:49:05
248	229	Tânia Lourenço	Grupo Mais	02:55:11	01:49:08
249	198	Noélia Sousa	Grupo Mais	02:55:13	01:49:10
250	69	Beato	Pirilampos Trail Team	02:56:51	01:50:48
DCL-FP	199	Ana Lourenço	Grupo Mais		
NC	277	Alvaro Lopes			
NC	149	Sergio Nunes	estrelas de lisboa		
NC	156	Patrícia Ribeira	Bicharada Marrazes		
NC	160	Mário Barata			
NC	192	Joel Reis	JSRAUTOMOVEIS		
NC	197	M. Com Tretas			
NC	224	João Mendes	k´tespero		
NC	232	Dario Antunes			
NC	245	Ricardo Porém	BOMCAR		
NC	246	David Fernandes	BOMCAR		
NC	247	Bruno Cortinhas	BOMCAR		
NC	266	Manuel Deus	AtletaCampeoni		
NC	268	O ARRUMADINHO	OFFTEL RUNNERS		
NC	276	Luis Neves			

Pos.	Dorsal	Nome	Equipa	Tempo	Tempo+
NC	141	Karina			
NC	139	Pedro Almeida	NEL - Pédatleta		
NC	30	Vera Vaz	Alvitejo		
NC	44	Fernando Andrade			
NC	57	Zé Cardinho	Florzinhas team		
NC	85	Sergio Miranda	OFFTEL RUNNERS		
NC	88	Dora Portugal	Carapaus de Corrida NZR		
NC	96	Custódio	A.R.Cumeirense		
NC	100	José Albino	Fitproject		
NC	102	Amilcar Costa			
NC	105	Ely			
NC	119	Ana Fernandes			
NC	128	Luís Faria	OFFTEL RUNNERS		
NC	129	Vélo	ACVermoil		
NC	133	Wilson Estrela	Carapaus de Corrida NZR		
NT	95	Laureana Pequicho	Carapaus de Corrida NZR		
NT	195	Bruno Crespo	k'tespero		
NT	18	Ricardo Brito			