

Col	Num	Nome	Equipa	Sx	Intermédio 2 (15K + 30K)	Tempo	Vel.Média
1.	555	Nuno Goncalves	RUNCROSSTRAIL.COM	M	00:35:42	01:10:33	04:42
2.	515	Gildo Silva		M	00:35:42	01:10:52	04:43
3.	671	João Lopes	Grupo Desportivo da Parreira	M	00:39:51	01:19:00	05:16
4.	511	Jorge Silva	cab	M	00:42:08	01:19:20	05:17
5.	791	Pedro Capela	Grupo Alegre Unido Bajouca	M	00:38:57	01:19:28	05:18
6.	880	David Santos	Juventude Vidigalense	M	00:38:55	01:21:15	05:25
7.	795	Jorge Silva	Grupo Alegre Unido Bajouca	M	00:39:06	01:21:21	05:25
8.	536	Ricardo Gonçalves		M	00:39:03	01:21:51	05:28
9.	622	Fernando Simão	CA Barreira	M	00:41:11	01:22:37	05:31
10.	786	André Salgueiro	CCRD Burinhosa	M	00:40:48	01:22:38	05:31
11.	510	Tiago Pedrosa		M	00:40:33	01:22:56	05:32
12.	756	Marcio Sousa	GLN MOVE ON	M	00:42:34	01:23:00	05:32
13.	631	Orlando Marques	S.R. Jardoeira	M	00:40:35	01:24:09	05:37
14.	564	Hugo Freitas		M	00:42:03	01:24:49	05:39
15.	534	João Reis	Mecatrónica	M	00:42:28	01:25:40	05:43
16.	638	Jaime Vieira	Bombeiros Municipais Leiria	M	00:42:29	01:25:42	05:43
17.	624	Tiago Amaral	CA Barreira	M	00:43:17	01:25:51	05:43
18.	852	Nuno Orfão		M	00:42:32	01:26:00	05:44
19.	662	Pedro Pereira	clube veteranos do lis	M	00:42:44	01:26:06	05:44
20.	755	Pedro Cruz		M	00:42:35	01:26:48	05:47
21.	764	Gonçalo Rodrigues		M	00:42:47	01:27:26	05:50
22.	787	Fábio Gomes	Grupo Alegre Unido Bajouca	M	00:42:59	01:27:37	05:50
23.	768	Luis Andre	sardoal night run	M	00:46:11	01:27:40	05:50
24.	603	Luís Rego		M	00:43:43	01:27:42	05:51
25.	792	André Fernandes	Grupo Alegre Unido Bajouca	M	00:44:04	01:27:45	05:51
26.	569	Paulo Sequeira	CS Coelho da Silva, SA	M	00:46:27	01:27:50	05:52
27.	664	Gonçalo Lopes	clube veteranos do lis	M	00:43:59	01:28:11	05:53
28.	866	Rui Fernandes	Chitas de Alcobaça	M	00:43:14	01:28:13	05:53
29.	867	Pedro Nascimento		M	00:43:15	01:28:14	05:53
30.	682	Micael Costa	Mr.Pizza	M	00:44:56	01:28:32	05:54
31.	898	Nuno Ferreira	GLN MOVE ON	M	00:43:04	01:28:35	05:55
32.	580	Daniel Simões	Os cromos	M	00:45:38	01:28:40	05:55
33.	709	João Maia	Bairro da Guimarães	M	00:44:14	01:29:03	05:56
34.	585	Miguel Lopes		M	00:45:31	01:29:06	05:56
35.	506	Marco Silva	Salamandrecos	M	00:43:12	01:29:21	05:58
36.	798	Jorge Rodrigues	Grupo Alegre Unido Bajouca	M	00:44:49	01:29:22	05:58
37.	567	Nelson Oliveira	4team	M	00:43:55	01:29:28	05:58
38.	660	João Domingues	PÉS TROIKADOS	M	00:44:56	01:29:30	05:58
39.	584	Vanda Jerónimo		F	00:46:15	01:29:47	05:59
40.	623	Rui Roberto	CA Barreira	M	00:49:48	01:29:48	05:59
41.	899	Nelson Duarte		M	00:44:51	01:30:12	06:01
42.	589	Carlos Ferreira	CS Coelho da Silva, SA	M	00:48:52	01:30:14	06:01
43.	505	Manuel Santos	CA Barreira	M	00:42:57	01:30:15	06:01
44.	543	Nuno Pacheco		M	00:43:37	01:30:16	06:01

Col	Num	Nome	Equipa	Sx	Intermédio 2 (15K + 30K)	Tempo	Vel.Média
45.	637	Nelson Monteiro	Bombeiros Municipais Leiria	M	00:48:49	01:30:18	06:01
46.	595	Paulo Carreira	os artroses	M	00:49:02	01:30:25	06:02
47.	502	António Ferreira	A-C-R- A-Dos-Pretos	M	00:46:01	01:30:32	06:02
48.	713	Rodrigo Selada	LA REDOUTE	M	00:47:08	01:30:37	06:02
49.	732	Edgar Domingues	COC - Clube de Orientação do Centro	M	00:45:30	01:30:42	06:03
50.	674	José Matias		M	00:44:59	01:30:47	06:03
51.	533	Paulo Sarmento		M	00:46:16	01:31:01	06:04
52.	789	Tiago Pedrosa	Grupo Alegre Unido Bajouca	M	00:49:14	01:31:03	06:04
53.	669	Gentil Mendes	Guimarunning Moscada	M	00:47:26	01:31:07	06:04
54.	621	Daniel Baptista	CA Barreira	M	00:44:13	01:31:20	06:05
55.	854	Sérgio Silva	S.R. Jardoeira	M	00:46:51	01:32:12	06:09
56.	859	Gonçalo Fernandes	PLUS ONE TEAM	M	00:45:50	01:32:14	06:09
57.	615	Tiago Dias	PLUS ONE TEAM	M	00:47:24	01:32:47	06:11
58.	897	Sérgio Artilheiro	Os Tolinhos	M	00:47:47	01:32:52	06:11
59.	541	John Kelly	Atleticao Clube Batalha	M	00:46:54	01:33:19	06:13
60.	705	Dinis Maurício		M	00:48:11	01:33:55	06:16
61.	587	Luís Andrade	Mountain Trails	M	00:48:58	01:37:20	06:29
62.	861	António Esperança		M	00:50:56	01:37:43	06:31
63.	609	Fábio Roxo		M	00:48:05	01:37:43	06:31
64.	594	Tomé Lopes		M	00:48:22	01:37:45	06:31
65.	763	Oscar Torres	G.D.C. Eirapedrense	M	00:50:14	01:38:16	06:33
66.	544	Sérgio Silva	Juventude Vidigalense	M	00:49:19	01:38:19	06:33
67.	520	Jorge Galhispo	Trigénus	M	00:48:54	01:38:23	06:34
68.	656	Nuno Kapau		M	00:47:41	01:38:24	06:34
69.	588	Flávio Neves	Lama Solta	M	00:49:15	01:38:32	06:34
70.	730	Paulo Dias	NEL - Pédatleta	M	00:50:18	01:38:39	06:35
71.	642	João Paulo	Bombeiros Municipais Leiria	M	00:50:43	01:38:50	06:35
72.	804	Carlos Silva	MD Plastics	M	00:50:43	01:38:53	06:35
73.	708	João Dias	Trilho Perdido Eventos / Imporlux	M	00:48:19	01:38:55	06:35
74.	303	Cristiano Santos		M	00:48:20	01:38:57	06:36
75.	703	Alexandre Valente		M	00:50:49	01:39:29	06:38
76.	769	Cláudio Sousa	Domplex BTT	M	00:54:50	01:39:29	06:38
77.	240	Romão Correia	Devagar, devagarinho...by Snickers Workwear	M	00:56:23	01:39:33	06:38
78.	776	João Teixeira	Nunca...	M	00:50:37	01:39:35	06:38
79.	890	José Silva	HASCO	M	00:47:14	01:39:42	06:39
80.	267	Miguel Saturnino	Scalabis Night Runners	M	00:50:55	01:39:47	06:39
81.	889	Nuno Fradique	Scalabis Night Runners	M	00:51:41	01:39:48	06:39
82.	885	Paulo Sousa	AMTOOLS	M	00:50:21	01:40:16	06:41
83.	875	Cristóvão Couto	GIM Running Team	M	00:54:04	01:40:17	06:41
84.	690	Romeu Cartaxo		M	00:53:42	01:40:19	06:41
85.	746	Francisco Ferreira	Os Tolinhos	M	00:50:36	01:40:25	06:41
86.	667	Antero Rodrigues	clube veteranos do lis	M	00:48:09	01:40:27	06:42
87.	810	Jose Rodrigues	Trail do Dragão	M	00:56:36	01:40:51	06:43
88.	665	Vitor Godinho	clube veteranos do lis	M	00:53:01	01:40:52	06:43

Col	Num	Nome	Equipa	Sx	Intermédio 2 (15K + 30K)	Tempo	Vel.Média
89.	542	Ricardo Costa	Scalabis Night Runners	M	00:51:04	01:40:55	06:44
90.	771	Francisco Vigário	Vila Fit	M	00:47:48	01:41:08	06:44
91.	884	Rui Gomes	GLN MOVE ON	M	00:52:25	01:41:11	06:45
92.	672	André Pereira		M	00:51:45	01:41:17	06:45
93.	561	Nuno Santos	BA Trail Não há Padrinho (David Carreira) sem afilhados	M	00:51:53	01:41:41	06:47
94.	793	Gilberto Santos	Grupo Alegre Unido Bajouca	M	00:51:56	01:41:44	06:47
95.	630	Sílvia Antunes		F	00:53:46	01:41:51	06:47
96.	761	José Teixeira		M	00:51:19	01:42:07	06:49
97.	695	Simao Cartaxo		M	00:55:44	01:42:20	06:49
98.	770	Fábio Faria		M	00:55:40	01:42:23	06:50
99.	879	Luis Morgado	Scalabis Night Runners	M	00:54:03	01:42:23	06:50
100.	345	Renato Vieira		M	00:50:28	01:42:29	06:50
101.	871	Christian Paulo	Juventude Vidigalense	M	00:49:43	01:42:45	06:51
102.	601	Vitor Martins		M	00:50:13	01:42:51	06:52
103.	900	Sérgio Fortunato	Uma Qualquer	M	00:50:45	01:42:51	06:52
104.	559	Nuno Oliveira	Scalabis Night Runners	M	00:54:15	01:43:01	06:52
105.	749	Gil Duarte	Cavalinhos Runners	M	00:53:57	01:43:02	06:52
106.	828	Renato Santos		M	00:49:15	01:43:09	06:53
107.	812	Nelson Alves		M	00:50:29	01:43:09	06:53
108.	822	João Vieira		M	00:54:27	01:43:09	06:53
109.	636	Gonçalo Costa	Bombeiros Municipais Leiria	M	00:52:22	01:43:12	06:53
110.	304	Luis Marques		M	00:52:03	01:43:13	06:53
111.	868	Carlos Gregorio	BTT Beba Cerveja	M	00:56:14	01:43:16	06:53
112.	562	Norberto Toscano		M	00:53:58	01:43:22	06:53
113.	815	David Sebastiao	Clube Desportivo em Movimento	M	00:54:41	01:43:25	06:53
114.	733	Marco Lopes	Ortiga	M	00:52:23	01:43:36	06:55
115.	632	Manuela Antunes		F	00:52:53	01:43:43	06:55
116.	581	Sérgio Sebastião	Os cromos	M	00:51:32	01:43:43	06:55
117.	710	Ana Bárbara	Bairro da Guimarota	F	00:52:31	01:43:51	06:55
118.	869	Vitor Duque	BTT Beba Cerveja	M	00:56:17	01:44:07	06:56
119.	767	Michael Lopes	BTT Beba Cerveja	M	00:56:06	01:44:07	06:56
120.	844	Rodolfo Deyllot	Porto de Mós a Correr	M	00:57:08	01:44:22	06:58
121.	797	Ramiro Rodrigues	Grupo Alegre Unido Bajouca	M	00:53:44	01:44:27	06:58
122.	729	Nelson Vieira	fun runners	M	00:53:28	01:44:38	06:59
123.	863	João Pereira		M	00:51:24	01:44:41	06:59
124.	517	Jorge Patricio	Turtles & Rabbits	M	00:53:26	01:44:43	06:59
125.	668	César Rodrigues	Pé na Pinha	M	00:55:16	01:44:47	06:59
126.	886	Vitor Santos	AMTOOLS	M	00:56:01	01:44:53	06:59
127.	841	Vitor Silva Dinis		M	00:51:42	01:45:03	07:00
128.	654	Carmen Almeida	Serviços Sociais Montepio Geral	F	00:52:08	01:45:14	07:01
129.	892	Rolando Gaspar	Colégio D. Dinis - IML	M	00:57:15	01:45:15	07:01
130.	639	Humberto Morgado	Bombeiros Municipais Leiria	M	00:52:32	01:45:36	07:02
131.	556	Pedro Santos	Xiripiti Team	M	00:53:12	01:46:17	07:05
132.	586	Fábio Francisco	Xiripiti Team	M	00:53:32	01:46:20	07:05

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133.	832	Manuel Deus	Atletacampioni	M	00:52:57	01:46:20	07:05
134.	858	Abílio Figueira	BA Trail Não há Padrinho (David Carreira) sem afilhados	M	00:51:51	01:46:21	07:05
135.	851	Nelson Branco	Follow Me	M	00:53:17	01:46:22	07:05
136.	538	João Serrão	Xiripiti Team	M	00:54:13	01:46:26	07:05
137.	645	Rui Carnide	Bombeiros Municipais Leiria	M	00:53:29	01:46:27	07:06
138.	694	Hugo Feliciano		M	00:52:39	01:46:38	07:07
139.	598	Henrique Oliveira	PLUS ONE TEAM	M	00:50:42	01:47:04	07:08
140.	509	Miguel Ribeiro	Trilho Perdido Eventos / Imporlux	M	00:56:37	01:48:34	07:14
141.	508	Ana Tomé	Trilho Perdido Eventos / Imporlux	F	00:56:27	01:48:35	07:14
142.	820	Telmo Gregório	Só Tangas	M	00:55:59	01:48:36	07:14
143.	752	Telmo Rodrigues		M	00:49:54	01:48:46	07:15
144.	546	Nelson Barbosa		M	01:00:53	01:49:20	07:17
145.	873	Iino Ferreira	run4fun	M	00:56:31	01:49:30	07:18
146.	634	Adriana Majer	Os Tolinhos	F	00:56:04	01:49:32	07:18
147.	806	Fernando Ferreira	CLAS	M	01:00:24	01:50:05	07:20
148.	887	Helena Pereira	AMTOOLS	F	00:56:27	01:50:10	07:20
149.	566	José Andrade	Mountain Trails	M	00:54:21	01:51:58	07:28
150.	571	Daniel Delgado	Twopikas	M	00:55:05	01:51:59	07:28
151.	237	João Bernardino	Devagar, devagarinho...by Snickers Workwear	M	00:56:36	01:52:00	07:28
152.	232	Pedro Correia		M	00:56:35	01:52:10	07:29
153.	570	Luís Bernardo	Twopikas	M	00:55:15	01:52:10	07:29
154.	635	Helder Vieira	Bombeiros Municipais Leiria	M	00:55:51	01:52:12	07:29
155.	349	Diogo Jesus	Xiripiti Team	M	00:53:33	01:52:17	07:29
156.	647	Sandro Vilela	Amigos do descanso	M	01:01:57	01:52:38	07:31
157.	651	Tiago Cardoso	Amigos do descanso	M	01:01:51	01:52:43	07:31
158.	811	Diogo Crespo	Trail do Dragão	M	00:58:26	01:52:45	07:31
159.	819	Leopoldo Ribeiro	Só Tangas	M	00:58:44	01:53:10	07:32
160.	209	Pedro Carvalho	Scalabis Night Runners	M	00:58:37	01:53:26	07:34
161.	565	Catarina Sintra	Lama Solta	F	00:59:52	01:53:29	07:34
162.	721	Carolina Pereira	Dolce Furadouro	F	01:00:37	01:53:31	07:34
163.	870	Pedro Delgado	Follow Me	M	00:59:48	01:53:51	07:35
164.	722	Diana Carreira	clube veteranos do lis	F	01:03:22	01:53:52	07:35
165.	675	José Sousa	Bora Bora Runner`s Leiria	M	00:59:17	01:53:56	07:35
166.	860	Marta Ribeiro	Os Tolinhos	F	01:00:12	01:54:08	07:37
167.	537	Mário Silva		M	00:59:49	01:54:08	07:37
168.	848	Ana Neves	NEL - Pédatleta	F	00:57:01	01:54:09	07:37
169.	699	António Folgado	Carvão Kitado	M	01:03:38	01:54:17	07:37
170.	876	Miguel Rodrigues		M	00:58:47	01:54:23	07:38
171.	740	Joaquim Figueira	Team33	M	00:57:00	01:54:30	07:38
172.	507	Teresa Bemfeita	Trilho Perdido Eventos / Imporlux	F	00:56:49	01:54:30	07:38
173.	707	Marco Bernardes	Trilho Perdido Eventos / Imporlux	M	00:58:12	01:54:31	07:38
174.	531	Joao Bernardo		M	00:58:53	01:54:31	07:38
175.	813	Bruno Rodrigues	Montanha clube trail running/EFAPEL	M	00:56:51	01:54:32	07:38
176.	666	Paula Rodrigues	clube veteranos do lis	F	00:57:16	01:54:36	07:38

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177.	548	Joel Fonseca	CS Coelho da Silva, SA	M	00:56:38	01:54:56	07:40
178.	553	Paulo Pedras	Os Intocáveis	M	00:59:54	01:55:24	07:41
179.	874	João Correia	100 Limites Running Team	M	00:59:17	01:55:24	07:41
180.	853	David cunha		M	00:59:15	01:55:35	07:43
181.	554	Frederico Sismeiro	Os Intocáveis	M	01:05:21	01:55:54	07:44
182.	620	Carmén Silva	CA Barreira	F	00:59:38	01:56:00	07:44
183.	679	Mario Faustino	DRT Group	M	00:59:45	01:56:10	07:44
184.	530	Nelson Gaspar		M	01:04:53	01:56:11	07:44
185.	576	Alexandre Costa	Carvão Kitado	M	01:07:05	01:56:22	07:46
186.	731	Paulo Mauricio		M	00:57:20	01:56:29	07:46
187.	803	João Silva	MD Plastics	M	01:00:02	01:56:52	07:47
188.	896	João Antunes	Juventude Vidigalense	M	01:07:01	01:57:17	07:49
189.	643	Gonçalo Vicente	Bombeiros Municipais Leiria	M	00:59:11	01:57:18	07:49
190.	701	Cristovao Bacalhau	Xiripiti Team	M	01:01:30	01:57:18	07:49
191.	677	Paulo Cruz	CS Coelho da Silva, SA	M	00:57:05	01:57:31	07:50
192.	547	Ramiro Conceição	CS Coelho da Silva, SA	M	01:03:01	01:57:32	07:50
193.	839	Hugo Francisco		M	01:03:01	01:57:32	07:50
194.	840	Sergio Soares		M	01:02:41	01:57:33	07:50
195.	612	José Morcela	Made in Alentejo	M	01:04:15	01:58:00	07:52
196.	239	Rui Nascimento	Devagar, devagarinho...by Snickers Workwear	M	01:02:26	01:58:21	07:53
197.	658	Lina Francisco	cab	F	01:02:05	01:58:25	07:53
198.	216	Luís Conceição	CCRD Burinhosa	M	01:01:16	01:58:45	07:55
199.	628	Catarina Teixeira	Team33	F	01:00:25	01:59:12	07:57
200.	606	Bruno Paiva	Team33	M	01:00:50	01:59:13	07:57
201.	685	Leandro Santos		M	01:00:54	01:59:23	07:58
202.	754	Diogo Lisboa	Free Runners	M	01:07:06	01:59:35	07:58
203.	540	Alberto Loureiro		M	01:01:44	01:59:36	07:58
204.	512	Anabela Ribeiro		F	01:00:43	01:59:51	07:59
205.	686	Flávio Rosa	Bombeiros Municipais Leiria	M	01:02:55	01:59:58	08:00
206.	698	Marco Faustino		M	01:03:05	02:00:49	08:03
207.	745	Susana Ferreira	Os Tolinhas	F	01:00:32	02:01:03	08:04
208.	838	Márcio Orfao		M	01:02:51	02:01:23	08:05
209.	641	Eliseu Rainho	Bombeiros Municipais Leiria	M	01:00:52	02:01:29	08:06
210.	788	Marco Reis	Grupo Alegre Unido Bajouca	M	01:07:06	02:01:56	08:08
211.	782	Tiago Cruz		M	01:07:21	02:01:59	08:08
212.	697	Rui Mendes		M	01:07:42	02:02:01	08:08
213.	748	Pedro Sousa	Cavalinhos Runners	M	01:07:42	02:02:26	08:10
214.	611	Susana Santos	Juventude Vidigalense	F	01:07:42	02:02:42	08:11
215.	516	Vanda Vendeirinho	Turtles & Rabbits	F	01:06:12	02:02:43	08:11
216.	809	António Castanheira		M	01:00:11	02:02:43	08:11
217.	778	João Resende	CAPTEXTITO TEAM	M	01:05:46	02:02:43	08:11
218.	777	Ricardo Pereira	CAPTEXTITO TEAM	M	01:05:47	02:02:44	08:11
219.	738	Humberto Ribeiro		M	01:08:29	02:02:55	08:11
220.	719	Céline Correia	Run Crew Trail Montijo	F	01:07:08	02:03:47	08:15

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221.	831	Hélder Pereira		M	01:07:26	02:03:52	08:16
222.	572	Rui Nunes		M	01:00:25	02:03:58	08:16
223.	850	Manuel Costa		M	01:03:54	02:04:19	08:17
224.	834	Vera Constâncio	Trail do Dragão	F	01:08:51	02:04:26	08:17
225.	704	José Bertolino		M	01:08:17	02:04:26	08:18
226.	693	Nuno Lourenço	Aldeia Fiscal	M	01:09:04	02:04:33	08:18
227.	864	Raquel Lobão		F	01:01:39	02:05:20	08:22
228.	837	Daniel Taborda	PÉS TROIKADOS	M	01:01:46	02:05:21	08:22
229.	772	Catarina Oliveira	Ciáticos Team	F	01:06:39	02:05:24	08:22
230.	780	Ana Pires		F	01:05:27	02:05:32	08:22
231.	857	Mário Santos	Fátima Btt / Desarfate / Transfor	M	01:06:39	02:06:04	08:24
232.	856	Margarida Gomes	Fátima Btt / Desarfate / Transfor	F	01:06:02	02:06:04	08:24
233.	825	Joel Coelho	ZURICH	M	01:08:12	02:06:21	08:25
234.	765	Ana Marques		F	01:00:46	02:06:32	08:26
235.	702	Marco Dionisio		M	01:03:27	02:06:46	08:27
236.	723	Marco Francisco	clube veteranos do lis	M	01:04:01	02:06:50	08:28
237.	578	Alexandra Neves		F	01:04:09	02:06:50	08:28
238.	865	Pedro Pascoal		M	01:02:19	02:06:51	08:28
239.	751	David Francisco	Cavalinhos Runners	M	01:05:26	02:06:51	08:28
240.	883	Liliana Martins	Cavalinhos Runners	F	01:05:32	02:06:51	08:28
241.	799	João Reis	MD Plastics	M	01:02:38	02:06:53	08:28
242.	614	Hugo Silva	Cavalinhos Runners	M	01:02:25	02:06:53	08:28
243.	727	António Janeiro	Moldes RP	M	00:59:43	02:06:58	08:28
244.	650	Marco Ruivo	Amigos do descanso	M	01:13:10	02:07:15	08:29
245.	830	Martine Rainho		F	01:07:47	02:07:32	08:30
246.	715	Rui Rodrigues	LA REDOUTE	M	01:08:08	02:07:36	08:31
247.	783	Catarina Pedrosa	Free Runners	F	01:07:21	02:07:52	08:31
248.	849	Antonio Neves	Lama Solta	M	01:07:27	02:08:20	08:34
249.	655	Pedro Costa	CMD Vale da Fonte, Lda	M	01:01:19	02:08:29	08:34
250.	523	Paulo Vicente	Petro Domus	M	01:05:09	02:08:35	08:34
251.	597	Joana Rosa	PLUS ONE TEAM	F	01:08:37	02:09:28	08:38
252.	600	Elisabete Pedrosa	PLUS ONE TEAM	F	01:06:58	02:09:29	08:38
253.	599	Ana Oliveira	PLUS ONE TEAM	F	01:08:37	02:09:29	08:38
254.	608	António Silva		M	01:12:10	02:10:29	08:42
255.	728	Cláudio Lopes		M	01:05:56	02:10:42	08:43
256.	758	Cidália Carreira	GLN MOVE ON	F	01:06:39	02:10:42	08:43
257.	757	João Carmo	GLN MOVE ON	M	01:16:33	02:10:46	08:43
258.	817	Pedro Figueiredo	moveisfdf.pt	M	01:11:37	02:11:38	08:46
259.	648	Henrique Borges	Amigos do descanso	M	01:08:53	02:12:16	08:49
260.	532	Nuno Martins		M	01:08:42	02:12:49	08:51
261.	575	Cláudia Nunes	Juventude Vidigalense	F	01:08:41	02:12:49	08:51
262.	718	João Silva		M	01:14:57	02:13:50	08:55
263.	714	Nelson Pires	LA REDOUTE	M	01:12:20	02:13:55	08:56
264.	716	Micael Antunes	LA REDOUTE	M	01:11:39	02:13:57	08:56

Col	Num	Nome	Equipa	Sx	Intermédio 2 (15K + 30K)	Tempo	Vel.Média
265.	522	Filipe Faustino	Soutocico	M	01:12:00	02:14:07	08:56
266.	573	Anabela Lourenço	fun runners	F	01:08:46	02:14:15	08:57
267.	550	Pedro Santos	Os Intocáveis	M	01:10:38	02:14:41	08:59
268.	563	Elisabete Mateus		F	01:11:56	02:15:09	09:01
269.	818	Marisa Ferreira	Scalabis Night Runners	F	01:10:49	02:15:10	09:01
270.	539	Cláudia Costa	Scalabis Night Runners	F	01:12:03	02:15:10	09:01
271.	590	Carlos Ferreira		M	01:10:42	02:15:25	09:02
272.	872	Ricardo Santos	Motoratos&friends	M	01:07:40	02:15:27	09:02
273.	519	Sérgio Machado	Pirilampus Team	M	01:09:16	02:15:58	09:04
274.	836	Dina Gouveia	NEL - Pédatleta	F	01:14:39	02:15:59	09:04
275.	689	Inês Melo	Scalabis Night Runners	F	01:09:45	02:16:24	09:05
276.	657	Paulo Santos	Os Marretas	M	01:13:57	02:17:19	09:09
277.	683	Pedro Neves	Os Marretas	M	01:14:18	02:17:19	09:09
278.	673	Joao Balau	Os Marretas	M	01:14:06	02:17:19	09:09
279.	653	Gualter Cordeiro	Os Marretas	M	01:14:12	02:17:19	09:09
280.	823	Raquel Rodrigues	Trail do Dragão	F	01:13:10	02:17:41	09:11
281.	742	Carlos Cordeiro		M	01:08:12	02:18:05	09:12
282.	741	Neuza Costa		F	01:08:15	02:18:07	09:13
283.	646	João Primo	Bombeiros Municipais Leiria	M	01:05:47	02:18:22	09:13
284.	750	Susana Pereira	Cavalinhos Runners	F	01:13:47	02:18:27	09:14
285.	663	Jacinto Ferreira	clube veteranos do lis	M	01:11:51	02:18:29	09:14
286.	527	Luís Costa	Os Conta-Kilómetros	M	01:09:57	02:19:03	09:16
287.	625	Luis Sousa		M	01:16:22	02:19:20	09:17
288.	626	Joni Oliveira	Estafados Runners	M	01:15:48	02:19:21	09:17
289.	592	Guida Ferreira		F	01:08:17	02:19:49	09:19
290.	726	Ophélie Baptista	REGIÃO DE LEIRIA	F	01:09:20	02:19:51	09:19
291.	514	Gabriela Rodrigues	Juventude Vidigalense	F	01:08:07	02:20:04	09:20
292.	503	Sandra Faustino	Juventude Vidigalense	F	01:14:06	02:20:23	09:22
293.	735	Luis Cruz		M	01:17:36	02:20:25	09:22
294.	734	Claudia Marcelino		F	01:17:38	02:20:25	09:22
295.	551	Mónica Pedras	Os Intocáveis	F	01:12:53	02:21:39	09:26
296.	577	Pedro Elias		M	01:13:00	02:24:34	09:38
297.	691	Paula Ferreira		F	01:13:02	02:25:02	09:40
298.	610	Jose Leitão		M	01:13:25	02:25:09	09:41
299.	549	Ana Bento	Os Intocáveis	F	01:19:33	02:25:10	09:41
300.	862	Silvia Perreira		F	01:15:43	02:25:15	09:41
301.	201	Sara Brito	CA Barreira	F	01:06:04	02:25:25	09:41
302.	724	Lucília Moreira	REGIÃO DE LEIRIA	F	01:19:12	02:25:32	09:42
303.	739	Cátia Ferreira		F	01:13:24	02:25:52	09:43
304.	779	Joao Rosado	fIRE TEAM BVMC	M	01:17:03	02:25:53	09:44
305.	842	Paulo Lopes	Tartarugas Velozes	M	01:14:05	02:25:54	09:44
306.	843	Marco Pereira	Tartarugas Velozes	M	01:12:57	02:25:54	09:44
307.	670	Carlos Novo		M	01:16:09	02:27:04	09:48
308.	593	Filipe Rodrigues	Team33	M	01:06:47	02:29:44	09:59

Col	Num	Nome	Equipa	Sx	Intermédio 2 (15K + 30K)	Tempo	Vel.Média
309.	607	Pedro Silva		M	01:13:48	02:31:25	10:05
310.	602	Sandra Fernandes	fun runners	F	01:19:05	02:32:54	10:11
311.	753	Diana Luís	Free Runners	F	01:20:34	02:34:00	10:16
312.	618	Ana Afonso	CA Barreira	F	01:19:58	02:34:21	10:17
313.	696	Patrícia Gaspar	Free Runners	F	01:17:33	02:34:23	10:17
314.	833	Leandra Lopes	Trail do Dragão	F	01:17:25	02:35:23	10:22
315.	800	Tiago Marques	MD Plastics	M	01:17:01	02:35:25	10:22
316.	633	Nélia Pedrosa	Free Runners	F	01:19:21	02:37:55	10:32
317.	526	Rui Neto	Free Runners	M	01:19:32	02:37:55	10:32
318.	891	Nuno Rebelo	HASCO	M	01:23:36	02:38:28	10:34
319.	725	Maria Heleno	REGIÃO DE LEIRIA	F	01:21:30	02:39:34	10:38
320.	552	Sandra Bento	Os Intocáveis	F	01:21:34	02:41:17	10:45
321.	821	Rita Carvalho		F	01:23:31	02:43:03	10:52
322.	591	Miguel Ferreira		M	01:19:18	02:44:10	10:56
323.	824	Marco Ferreira	ZURICH	M	01:19:25	02:44:38	10:59
324.	808	Emanuel Jordão	NEL - Pédatleta	M	01:20:10	02:46:35	11:06
325.	528	Fátima Jordão		F	01:20:09	02:46:38	11:07
326.	535	Cláudia Mota		F	01:20:23	02:46:39	11:07
327.	807	Carlos Guardado		M	01:20:35	02:46:42	11:07
328.	617	Sandra Marques	Os Conta-Kilómetros	F	01:19:56	02:47:14	11:09
329.	616	António Vale	Os Conta-Kilómetros	M	01:19:48	02:47:16	11:09
330.	845	Mara Santos	Porto de Mós a Correr	F	01:31:54	02:47:41	11:11
331.	3	David Carreira		M	01:37:14	02:48:37	11:14
332.	687	Jorge Inês	BA Trail Não há Padrinho (David Carreira) sem afilhados	M	01:37:20	02:48:37	11:14
333.	736	Ana Marques	Falcões Selvagens	F	01:32:51	02:50:46	11:23
334.	744	Flávio Oliveira	G.A.""Os Tartarugas""	M	01:33:40	02:50:46	11:23
335.	743	Maria Batista	G.A.""Os Tartarugas""	F	01:34:01	02:50:46	11:23
336.	711	Paulo Caetano	Clube MillenniumBcp	M	01:33:39	02:50:47	11:23
337.	659	Márcia Santos		F	01:56:09	02:50:47	11:23
338.	560	Mónica Ferreira		F	01:26:18	02:51:42	11:27
339.	627	Nelson Simões		M	01:55:42	02:51:49	11:27
340.	781	Bruno Esteves	COSMATEL#ESTRELA DA MÓ#	M	01:26:18	02:52:59	11:32
341.	706	Filipe Sousa		M	01:55:14	02:53:22	11:34
342.	773	Ermelindo Santos	LPM	M	01:18:34	02:55:19	11:41
343.	574	Ana Neto	fun runners	F	01:31:01	03:01:57	12:08
344.	762	Marta Santos	Jogging Lovers Coimbra	F	01:30:59	03:04:25	12:17
345.	855	Miguel Baltazar	Clube SEM	M	01:35:39	03:13:09	12:53
346.	347	Helena Monteiro		F	02:04:30	03:29:11	13:57
-	882	Paulo Ferreira	Cavalinhos Runners	M	01:06:05		
-	785	Bruno Antunes	Free Runners	M	01:07:20		