

Pos	Dorsal	Atleta	Equipa	Categoria	Pos Cat	Ritmo	Tempo
1	39	Rui Canelas	Amcf Arrabida Trail Team/ Côte d'Azur	M30	1	04:49	02:00:25
2	16	Jp Cardoso	AD Ialbox	M30	2	04:51	02:01:20
3	44	Renato Marques	Gin Qta valbom	M30	3	05:20	02:13:32
4	57	Jose Geada	Associação Vale Grande	M45	1	05:22	02:14:30
5	15	Nelson Fernandes	GRJA	M30	4	05:30	02:17:48
6	9	André Silva		SEN M	1	05:33	02:19:09
7	84	Nuno Lopes	CLUBE MILLENNIUM bcp	M45	2	05:35	02:19:56
8	79	Luis Pedro Peixoto Nunes		M30	5	05:37	02:20:33
9	61	Ulisses Nunes	Correr na Cidade	M30	6	05:48	02:25:09
10	5	Jaime Mauricio	RunLovers	M30	7	05:49	02:25:40
11	51	Richard Amorim		M30	8	05:59	02:29:53
12	29	Carlos Silva	salamandrecos	M30	9	06:01	02:30:40
13	47	Valter Martinho	Qin.qta do valbom	M30	10	06:02	02:30:57
14	13	Ricardo Morgado	Panquecas	M45	3	06:02	02:30:57
15	64	Vitorino Mota	STJoaoOliveira Team	M55	1	06:02	02:31:03
16	30	Luis Ferreira		M30	11	06:04	02:31:46
17	74	Pedro Jose Freire Placido	Ericeira Surf Clube	M30	12	06:09	02:33:55
18	54	Sérgio Moura		M30	13	06:24	02:40:28
19	96	Carlos Pereira		M45	4	06:25	02:40:46
20	12	João Branquinho		M30	14	06:26	02:41:11
21	63	Edgar Silva		M45	5	06:28	02:41:53
22	80	Pedro Correia	CLUBE MILLENNIUM bcp	M30	15	06:28	02:41:56
23	34	Jorge Pacheco	MOSCAVIDE	M45	6	06:29	02:42:10
24	56	André Reis	MultiRunners	M30	16	06:29	02:42:25
25	40	Tiago Portugal	Correr na Cidade	M30	17	06:29	02:42:32
26	81	Sofia Ramalho	CLUBE MILLENNIUM bcp	SEN F	1	06:33	02:44:04
27	82	Rui Ramalho	CLUBE MILLENNIUM bcp	M45	7	06:33	02:44:06
28	95	Mario Duarte	CLUBE MILLENNIUM bcp	M45	8	06:33	02:44:07
29	23	João Semedo Dias		M45	9	06:38	02:46:13
30	35	Jorge Lopes		M30	18	06:39	02:46:29
31	28	Pedro Tavares		M30	19	06:42	02:47:37
32	52	Hugo Pinto	Clube EFACEC	M30	20	06:55	02:53:15
33	53	Patricia Ribeiro	Mountain Runners	F30	1	06:55	02:53:15
34	58	Pedro Oliveira	LH Ginasio	M30	21	07:02	02:56:10
35	43	António Oliveira		SEN M	2	07:02	02:56:15
36	50	Elisa Dabrio		F45	1	07:10	02:59:30
37	49	Herculano Araújo		M45	10	07:10	02:59:31
38	26	Luís Miguel Nogueira	GRCD LEIÃO COBRAS TRAILISTAS	M30	22	07:10	02:59:38
39	38	Tiago Guerreiro	GRCD LEIÃO COBRAS TRAILISTAS	M30	23	07:10	02:59:38
40	21	Alcino Ramos		M60	1	07:11	02:59:47
41	17	Douglas Fry		M60	2	07:11	03:00:00
42	11	Jose Casimiro		M30	24	07:13	03:00:49
43	22	Mario Fernandes		M30	25	07:17	03:02:27
44	65	Sérgio Nunes	Wild Family with Kids and Friends	M30	26	07:24	03:05:19

Pos	Dorsal	Atleta	Equipa	Categoria	Pos Cat	Ritmo	Tempo
45	67	Telmo Reis	Wild Family with Kids and Friends	M30	27	07:24	03:05:19
46	48	Pedro Pinto		M45	11	07:27	03:06:31
47	19	Nuno Antunes		M45	12	07:27	03:06:32
48	70	Luis Marques		M30	28	07:32	03:08:28
49	85	Paulo Rato	CLUBE MILLENNIUM bcp	M55	2	07:33	03:08:58
50	10	Miguel Xavier	LH Ginasio	SEN M	3	07:34	03:09:20
51	8	Nelson Teixeira	LH Ginasio	SEN M	4	07:34	03:09:20
52	66	Rui Silva	Wild Family with Kids and Friends	M30	29	07:34	03:09:37
53	32	Nuno Dias	Fortíssimos Running Team	M30	30	07:37	03:10:38
54	27	Andre Valerio		M30	31	07:38	03:10:56
55	77	Luis Santos	Almargem do Bispo	M30	32	07:44	03:13:44
56	76	João Robalo	Almargem do Bispo	M55	3	07:45	03:13:49
57	6	Iris Mauricio	RunLovers	F30	2	07:44	03:13:49
58	25	Helena Leitão	RunLovers	F45	2	08:03	03:21:34
59	24	João Leitão	RunLovers	M45	13	08:03	03:21:35
60	14	Rodrigo Rodrigues	Panquecas	M30	33	08:03	03:21:37
61	45	Sérgio Ramos	Alverca Urban Runners	M45	14	08:16	03:27:06
62	46	Pedro Ferreira	Alverca Urban Runners	M45	15	08:16	03:27:06
63	31	Carlos Silva	Fortíssimos Running Team	M30	34	08:20	03:28:48
64	69	Filipe Pereira		SEN M	5	09:08	03:48:45
65	42	Fernando Rodrigues	Panquecas	M30	35	09:16	03:52:09
66	71	Paulo Pereira	Fortíssimos Running Team	M30	36	09:25	03:55:52
67	20	João Carlos Brito		M45	16	09:48	04:05:19
68	7	Mario Santos	Monte da Lua Runners	M45	17	09:48	04:05:19
69	37	Catarina Reis		F30	3	10:40	04:26:55
70	36	Maurício Marques		M30	37	10:40	04:26:56
71	75	Daniela Carvalho	Almargem do Bispo	F30	4	11:38	04:51:00
72	78	Susana Oliveira	Almargem do Bispo	F45	3	11:38	04:51:07