

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Ritmo	Esc.
1.	619	Paulo Ferreira	Pinhal Novo a Correr	M	M45	01:08:51,186	05:18	1
2.	850	Roberto Rodrigues		M	Sen M	01:10:26,554	05:25	1
3.	834	Rui Henriques	Serviços Sociais Montepio	M	M40	01:12:22,069	05:34	1
4.	802	Sérgio Cruz		M	M45	01:15:32,733	05:49	2
5.	597	Pedro Antunes	Associação de Toledo	M	Sen M	01:15:45,606	05:50	2
6.	879	Pedro Pereira	AROO	M	M45	01:16:15,415	05:52	3
7.	876	Mario Marques	AROO	M	M45	01:19:16,260	06:06	4
8.	811	Fernando Parente	Strong Team	M	M40	01:20:17,470	06:11	2
9.	880	Bruno Carriço	Team Urban Obstacles	M	Sen M	01:20:44,244	06:13	3
10.	827	António Lopes	Serviços Sociais Montepio	M	M45	01:21:05,929	06:14	5
11.	458	Vicente Paixão	Associação Vicente Paixão	M	Sen M	01:21:33,289	06:16	4
12.	571	Tiago Estrafalhote	GELCENTRO	M	Sen M	01:21:57,165	06:18	5
13.	462	Tiago Faquinéu		M	M40	01:22:43,970	06:22	3
14.	659	Sérgio Martins	FIDELIDADE GDC	M	Sen M	01:22:51,410	06:22	6
15.	593	João Abrunheiro	Atletismo Clube da Tocha	M	Sen M	01:24:03,079	06:28	7
16.	500	Aristides Bordalo		M	M50	01:24:18,290	06:29	1
17.	779	Eugénia Martins		F	F50	01:24:50,655	06:32	1
18.	486	Pedro Fernandes		M	Sen M	01:24:50,999	06:32	8
19.	924	Alcino César		M	M45	01:24:51,359	06:32	6
20.	923	João Branco		M	M45	01:24:52,090	06:32	7
21.	114	Elton Rodrigues	GELCENTRO	M	Sen M	01:25:56,896	06:37	9
22.	627	Marina Domingues		F	Sen F	01:26:14,668	06:38	1
23.	790	Carlos Conceição	CSCRFCHARNECA	M	M45	01:27:53,954	06:46	8
24.	484	Helder Gomes		M	M50	01:28:16,952	06:47	2
25.	478	Fernando Alves		M	M45	01:28:29,663	06:49	9
26.	873	Marta Ferreira	AROO	F	Sen F	01:28:32,469	06:49	2
27.	773	Antonio Teixeira	Os Kotas	M	M50	01:28:36,923	06:49	3
28.	865	Henrique Santos	100medos	M	Sen M	01:29:24,247	06:53	10
29.	918	Artur Basílio	Opraticante	M	M40	01:29:36,587	06:53	4
30.	791	Miguel Matias	CSCRFCHARNECA	M	M45	01:30:20,578	06:57	10
31.	833	Paulo Nunes	Correr Lisboa	M	M45	01:30:31,374	06:58	11
32.	646	Paulo Jordão	SANTA WARRIORS	M	M45	01:31:05,281	07:01	12
33.	644	Jorge Dias	SANTA WARRIORS	M	Sen M	01:31:05,318	07:01	11
34.	776	Rui Grilo		M	M40	01:31:28,906	07:02	5
35.	842	Paulo Sarty	Strong Team	M	M45	01:32:07,069	07:05	13
36.	908	Rogério Venâncio	O MUNDO DA CORRIDA	M	M60	01:32:11,726	07:05	1
37.	531	Ricardo Santos	Clube EDP Lisboa	M	M45	01:32:37,095	07:07	14
38.	800	Gisela Pinhal	Ocr Portugal Lab	F	Sen F	01:32:39,338	07:08	3
39.	813	Antonio Viegas		M	M60	01:32:53,852	07:08	2
40.	503	António Martins		M	M40	01:32:55,644	07:09	6
41.	113	Diogo Bastos	GELCENTRO	M	Sen M	01:33:01,636	07:10	12
42.	511	Ana Leonardo	Grafiwork	F	F40	01:33:02,254	07:10	1
43.	554	Natalia Estevao	Nasa Team	F	Sen F	01:34:05,995	07:14	4
44.	460	João Alberto	Montes Saloios Trail Team	M	M50	01:34:41,623	07:17	4

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Ritmo	Esc.
45.	568	Eugénio Santos	GELCENTRO	M	Sen M	01:34:54,557	07:18	13
46.	574	Rui Figueiredo	GELCENTRO	M	M40	01:34:54,611	07:18	7
47.	889	Diogo Silva	Crossfit	M	M S23	01:35:18,430	07:20	1
48.	536	Rita Antunes	CD ARNEIRO	F	Sen F	01:35:44,313	07:22	5
49.	752	Ana Batista	Sónósdóis	F	F40	01:36:19,267	07:25	2
50.	566	Paulo Cardoso		M	M40	01:36:20,220	07:25	8
51.	548	Alberto Domingues	Caracóis do Trilho	M	M45	01:36:36,002	07:26	15
52.	881	Jose Guerreiro	Serviços Sociais Montepio	M	M60	01:36:37,570	07:26	3
53.	789	Nuno Santos	CSCRFCHARNECA	M	M40	01:36:47,536	07:26	9
54.	443	Vitor Carapinha	Tartarugas Solidárias	M	M60	01:37:05,955	07:28	4
55.	784	Beatriz Sécio	100pernas	F	F S23	01:37:08,516	07:28	1
56.	555	Hélder Delgado		M	Sen M	01:37:21,155	07:29	14
57.	788	Luis Neves	CSCRFCHARNECA	M	M55	01:37:27,713	07:30	1
58.	925	Nuno Mendes		M	M45	01:37:45,003	07:31	16
59.	481	Paulo Serra	Matilha da Atalaia	M	M40	01:37:57,557	07:32	10
60.	832	Nuno Fonseca	Taurina	M	M45	01:38:41,030	07:35	17
61.	864	Helder Rosário	GRCD Leão - Cobras Trailistas	M	Sen M	01:39:59,759	07:41	15
62.	799	Telmo Santos		M	Sen M	01:40:11,704	07:43	16
63.	875	Lidiane Martins		F	Sen F	01:40:22,676	07:43	6
64.	810	Claudia Ferreira	Strong Team	F	Sen F	01:40:26,232	07:44	7
65.	851	Carlos Martins		M	M55	01:40:38,215	07:44	2
66.	732	Gabriel Xavier	Highlanders dos Pinheiros	M	M40	01:40:43,259	07:45	11
67.	917	Sandra Oliveira	Opraticante	F	F40	01:40:55,065	07:46	3
68.	535	Carlos Duarte	CD ARNEIRO	M	M60	01:40:57,078	07:46	5
69.	558	José Alves	Bandalhos	M	M45	01:41:35,188	07:49	18
70.	688	Rui Dias	Serviços Sociais Montepio	M	M50	01:42:27,712	07:53	5
71.	622	Nuno Felix		M	M40	01:42:43,271	07:54	12
72.	649	Serafim Silva	Fronteira Trail Running	M	Sen M	01:43:12,219	07:56	17
73.	501	Ricardo Santos	MTBA	M	M40	01:43:20,983	07:57	13
74.	533	Jose Maio	CD ARNEIRO	M	M55	01:43:30,816	07:58	3
75.	761	José Gaspar		M	Sen M	01:43:51,315	07:59	18
76.	595	Nelson Rosete	Atletismo Clube da Tocha	M	Sen M	01:44:01,070	08:00	19
77.	497	Alexandre Santos		M	Sen M	01:44:04,492	08:01	20
78.	767	Mónica Monteiro	DirtRunners	F	F40	01:44:19,876	08:01	4
79.	496	Antonio Pereira		M	M40	01:44:26,097	08:02	14
80.	704	Afonso Ataíde		M	Sen M	01:44:30,435	08:02	21
81.	519	Ana Monteiro	LOLIPOP	F	F40	01:44:48,575	08:04	5
82.	852	Nuno Gomes		M	M40	01:44:55,940	08:04	15
83.	422	Paulo Gonçalves		M	M45	01:45:01,219	08:05	19
84.	874	Marta Freitas		F	Sen F	01:45:02,162	08:05	8
85.	505	Jorge Carvalho	Sobreviventes dos Trails	M	M45	01:45:10,096	08:05	20
86.	696	Rui Marques	STJoaoOliveiraTeam	M	M50	01:45:15,576	08:06	6
87.	793	Bruno Lima	CSCRFCHARNECA	M	Sen M	01:45:18,147	08:06	22
88.	897	Ana Teixeira	Ocr Portugal Lab	F	F40	01:45:22,520	08:07	6

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Ritmo	Esc.
89.	729	Antonio Caetano	STJoaoOliveiraTeam	M	M45	01:45:25,789	08:07	21
90.	451	Gonçalo Cardoso	TrilhosInfinitos	M	M40	01:45:31,646	08:07	16
91.	766	Miguel Pereira		M	Sen M	01:45:50,957	08:08	23
92.	754	Nuno Bernardo		M	Sen M	01:45:52,174	08:08	24
93.	198	Álvaro Manzo	Crossfit Alphaden	M	M40	01:45:59,505	08:09	17
94.	794	Jorge Teixeira	CSCRFCHARNECA	M	M40	01:46:00,350	08:09	18
95.	438	Nuno Baeta		M	M45	01:46:11,715	08:10	22
96.	774	Diogo Sousa		M	Sen M	01:46:32,979	08:11	25
97.	780	Ana Cortes	Running Club Santa Casa	F	F40	01:46:44,283	08:13	7
98.	867	Fernando Pereira		M	M45	01:47:03,673	08:14	23
99.	521	Sonia Fernandes	LOLIPOP	F	F40	01:47:18,573	08:15	8
100.	869	Marta Sanchez	Underdogs	F	Sen F	01:47:19,792	08:16	9
101.	795	Cláudio Cruz	Arrábida Obstacle Runners	M	M40	01:47:42,604	08:17	19
102.	564	Vitor Lourenço	Montes Saloios Trail Team	M	M50	01:48:03,573	08:19	7
103.	420	Luís Dias	DirtRunners	M	M50	01:48:35,295	08:21	8
104.	722	Ricardo Salgado		M	Sen M	01:49:27,232	08:25	26
105.	648	Guilherme Gomes		M	M S23	01:49:28,355	08:25	2
106.	461	Raquel Mendes		F	F40	01:49:53,161	08:27	9
107.	647	Ines Ferreira	SANTA WARRIORS	F	F40	01:49:53,443	08:27	10
108.	456	António Geraldès	Falcões Selvagens	M	M55	01:50:18,550	08:29	4
109.	723	Luís Afonso		M	M45	01:51:10,081	08:33	24
110.	479	Pedro Silva		M	M40	01:51:44,673	08:35	20
111.	609	Bruno Relvas		M	M40	01:52:08,658	08:38	21
112.	579	Adilia Rosa	Bandalhos	F	F40	01:53:10,421	08:43	11
113.	672	Renato Pauleta	Tartarugas Solidárias	M	M50	01:53:35,467	08:44	9
114.	673	Filomena Jacinto	Tartarugas Solidárias	F	F50	01:53:35,805	08:44	2
115.	542	Sara Fonseca	Bandalhos	F	F S23	01:53:45,374	08:45	2
116.	541	Joaquim Sande	Bandalhos	M	M55	01:53:45,634	08:45	5
117.	744	Carlos Costa	CBAMM	M	M50	01:53:51,184	08:46	10
118.	610	Cristina Gonçalves		F	Sen F	01:53:57,023	08:46	10
119.	553	Susana Toledo	Bandalhos	F	Sen F	01:53:58,104	08:46	11
120.	859	Lisete Ramalho	Aminhacorrida	F	F50	01:54:07,451	08:47	3
121.	853	Susana Costa	Aminhacorrida	F	F45	01:54:08,372	08:47	1
122.	698	Hugo Santos	Falcões Selvagens	M	M40	01:54:23,523	08:48	22
123.	854	Catarina Figueiredo	Aminhacorrida	F	F50	01:54:24,731	08:48	4
124.	701	Teresa Cardoso	Serviços Sociais Montepio	F	F40	01:54:28,672	08:49	12
125.	658	Daniel Pereira	FIDELIDADE GDC	M	M45	01:54:31,151	08:49	25
126.	719	Cristina Silvério	GMCJamor	F	F40	01:55:09,877	08:52	13
127.	886	Luisa Pisco	Lesmas Acelaradas	F	F55	01:55:14,759	08:52	1
128.	724	Paulo Ramires	AROO	M	M50	01:55:28,603	08:53	11
129.	801	Luis Casimiro	AROO	M	M55	01:55:28,704	08:53	6
130.	745	Luisa Ralha	Run4Fun	F	F60	01:55:38,096	08:53	1
131.	592	Sofia Almeida	Atletismo Clube da Tocha	F	Sen F	01:56:24,954	08:57	12
132.	703	Luis Violante	PénaBike Team	M	M45	01:56:42,700	08:59	26

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Ritmo	Esc.
133.	487	Manuel Pineda Navarro	DIABLOS RUNNERS	M	M40	01:57:15,496	09:01	23
134.	721	José Saraiva	Corrida Noturna Parque das Nações	M	M50	01:57:22,237	09:02	12
135.	699	Carla Martins	Cabaré dos Coxos	F	F40	01:57:57,589	09:04	14
136.	679	Luís Martins	Lavre running	M	Sen M	01:58:26,411	09:07	27
137.	669	Fernando Serrano	Corrida Noturna Parque das Nações	M	M50	01:58:38,271	09:08	13
138.	863	Sonia Louro		F	F40	01:59:37,993	09:12	15
139.	631	Rita Annes	Underdogs	F	F40	02:00:22,593	09:16	16
140.	628	Marco Matos	AROO	M	M40	02:00:24,388	09:16	24
141.	413	João Osório	Tartarugas Solidárias	M	M40	02:00:40,836	09:17	25
142.	653	Ângelo Ferreira		M	M45	02:00:58,830	09:19	27
143.	642	Carina Silva	Grupo Desportivo Santander Totta	F	Sen F	02:01:12,328	09:19	13
144.	643	Sergio Silva	Grupo Desportivo Santander Totta	M	M40	02:01:13,953	09:19	26
145.	406	Dina Santos	Ciclocrescente	F	F40	02:01:16,672	09:20	17
146.	778	João Silva		M	M S23	02:02:00,056	09:23	3
147.	787	Álvaro Lopes	CSCRFCHARNECA	M	M40	02:02:29,064	09:25	27
148.	645	Rute Jacinto	SANTA WARRIORS	F	F40	02:03:12,203	09:29	18
149.	418	Teresa Silva	I FIT YOU	F	F60	02:03:27,047	09:30	2
150.	792	Arlindo Oliveira	CSCRFCHARNECA	M	M50	02:03:44,171	09:31	14
151.	569	Gisela Curto	GELCENTRO	F	Sen F	02:03:44,530	09:31	14
152.	700	Pedro Braz	Lesma Runners	M	M40	02:04:15,321	09:34	28
153.	676	Vanda Medeiro		F	F40	02:05:17,582	09:38	19
154.	675	João Costa		M	Sen M	02:05:18,281	09:38	28
155.	522	Carlos Pereira	LOLIPOP	M	M55	02:06:11,576	09:43	7
156.	450	Ivo Marques		M	Sen M	02:06:22,197	09:43	29
157.	557	João Neves	Run&Smile	M	Sen M	02:06:23,215	09:43	30
158.	892	Rui Corveira	Underdogs	M	M45	02:07:14,977	09:47	28
159.	717	Rosário Figueiral		F	F50	02:07:25,306	09:48	5
160.	402	Elisa Almeida		F	F50	02:07:42,712	09:49	6
161.	900	Nuno Ferreira	Tsumommies	M	M40	02:07:43,423	09:49	29
162.	410	Luis Santos	Ja foste	M	M40	02:08:26,974	09:53	30
163.	411	Maria Almeida	Ja foste	F	Sen F	02:08:28,432	09:53	15
164.	757	Marta Girão	Encosta team	F	F40	02:08:35,913	09:53	20
165.	756	Joao Gouveia	Encosta team	M	M45	02:08:35,952	09:53	29
166.	448	João Fernandes	Os Galgos	M	Sen M	02:08:40,159	09:54	31
167.	678	rogerio gonçalves	Os Galgos	M	M45	02:08:45,501	09:54	30
168.	693	Pedro Boto	Serviços Sociais Montepio	M	M50	02:09:03,347	09:56	15
169.	695	Jorge Costa	Serviços Sociais Montepio	M	M50	02:09:03,482	09:56	16
170.	753	Nuno Santos	Serviços Sociais Montepio	M	M40	02:09:03,560	09:56	31
171.	694	Tiago Gaspar	Serviços Sociais Montepio	M	Sen M	02:09:03,931	09:56	32
172.	742	João Dias	Serviços Sociais Montepio	M	M50	02:09:03,998	09:56	17
173.	714	Joao Nunes		M	Sen M	02:09:04,000	09:56	33
174.	431	Catarina Menezes	Tartarugas Solidárias	F	F40	02:09:14,959	09:56	21
175.	432	Paulo Ferreira	Grapa	M	M45	02:09:22,680	09:57	31
176.	632	Renato Domingos	Pinhal Novo a Correr	M	M55	02:09:34,056	09:58	8

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Ritmo	Esc.
177.	681	Jaime Fernandes		M	M45	02:09:48,649	09:59	32
178.	871	Rebeca Libório	Sobreviventes dos Trails	F	Sen F	02:09:51,201	09:59	16
179.	674	Tânia Ferreira		F	F40	02:09:51,567	09:59	22
180.	911	Inês Malveiro	TheBearCaveBox	F	Sen F	02:09:51,610	09:59	17
181.	906	Luis Silva	BearCare Trail-OCR	M	M40	02:09:52,188	09:59	32
182.	922	Ana Semedo		M	Sen M	02:10:06,372	10:01	34
183.	433	Elisabete Dias	tartarugas	F	F40	02:10:20,338	10:02	23
184.	434	Fernando Sousa		M	M55	02:10:21,905	10:02	9
185.	706	Fernando Agostinho	El Corte Inglés Running Team	M	M40	02:10:25,870	10:02	33
186.	726	João Cunha		M	M50	02:10:26,721	10:02	18
187.	447	Neide Guerreiro	Tartarugas Solidárias	F	F60	02:10:28,212	10:02	3
188.	733	Rita Caninas	Highlanders dos Pinheiros	F	Sen F	02:10:29,628	10:02	18
189.	651	Maria Conchinha	Clube do Stress	F	F60	02:10:56,836	10:04	4
190.	524	Cátia Zurga		F	Sen F	02:10:58,768	10:04	19
191.	855	Gonçalo Calquinhas		M	Sen M	02:11:25,529	10:07	35
192.	856	Carolina Serra		F	Sen F	02:11:27,672	10:07	20
193.	589	Ânia Guerreiro	OTC	F	Sen F	02:11:48,197	10:08	21
194.	565	Helena Custodio		F	F40	02:12:32,744	10:11	24
195.	426	Nuno Pereira	I FIT YOU	M	Sen M	02:12:32,930	10:11	36
196.	697	António Duarte		M	M60	02:13:15,614	10:15	6
197.	534	Belchior Barrocas	CD ARNEIRO	M	M50	02:13:49,969	10:17	19
198.	816	Cláudia Ramos	Corridas e Comidas	F	F45	02:15:21,529	10:25	2
199.	457	Sónia Veiga	O MUNDO DA CORRIDA	F	F40	02:16:03,091	10:28	25
200.	474	Miguel Pinho	O MUNDO DA CORRIDA	M	M45	02:16:03,489	10:28	33
201.	763	Diogo Pedro	Runtralhas	M	Sen M	02:16:20,724	10:29	37
202.	760	Francisco Varela	Runtralhas	F	F40	02:16:21,043	10:29	26
203.	570	Cátia Farinha	GELCENTRO	F	Sen F	02:17:08,025	10:33	22
204.	520	Carla Monteiro	LOLIPOP	F	F40	02:17:10,593	10:33	27
205.	540	Raluca Martins	CD ARNEIRO	F	F40	02:17:26,120	10:34	28
206.	877	Carlos Vilafanha	Trilhos do Costume	M	M55	02:18:20,677	10:38	10
207.	482	Ricardo Pinto	CMI- Montanhismo	M	Sen M	02:18:32,477	10:40	38
208.	758	Joao Carvalho	Irmãos Matralha	M	Sen M	02:18:32,666	10:40	39
209.	741	Carlos Carvalho	Irmãos Matralha	M	Sen M	02:18:33,003	10:40	40
210.	516	Liliana Correia	Tartarugas Solidárias	F	Sen F	02:19:14,913	10:43	23
211.	437	Cristina Carrega		F	F45	02:19:32,741	10:44	3
212.	436	Ana Romão		F	F45	02:19:34,548	10:44	4
213.	835	Sofia Cândido	Clube Groundforce Portugal	F	F45	02:19:42,415	10:45	5
214.	927	Fernando Faleiro		M	M40	02:19:43,286	10:45	34
215.	686	Luís Grencho	Serviços Sociais Montepio	M	M45	02:20:00,549	10:46	34
216.	687	Claudia Grencho	Serviços Sociais Montepio	F	F45	02:20:02,887	10:46	6
217.	907	Susana Pinheiro		F	Sen F	02:20:18,763	10:47	24
218.	551	Fernando Rosa	GMCJamor	M	M55	02:20:45,649	10:50	11
219.	715	Marta Rita	GMCJamor	F	F45	02:20:48,418	10:50	7
220.	895	Elisabete Costa	Oriental	F	Sen F	02:21:37,747	10:53	25

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Ritmo	Esc.
221.	626	Jose Rego		M	M40	02:23:31,900	11:02	35
222.	831	António Flor	Corrida Noturna Parque das Nações	M	M50	02:24:03,918	11:05	20
223.	830	Vanda Romão	Corrida Noturna Parque das Nações	F	F50	02:24:03,933	11:05	7
224.	590	Rita Soares	OTC	F	F40	02:24:24,794	11:07	29
225.	591	Elisabete Gonçalves	OTC	F	F40	02:24:25,459	11:07	30
226.	878	Joao Tomaz		M	M40	02:24:26,873	11:07	36
227.	866	Cláudio Padilha		M	M40	02:24:32,364	11:07	37
228.	518	Luís Ribeiro		M	M45	02:24:46,076	11:08	35
229.	808	Anabela Luis	Running Club Santa Casa	F	F50	02:24:58,252	11:09	8
230.	743	José Germano		M	Sen M	02:25:53,402	11:13	41
231.	893	Vanda Jesus	Sobreviventes dos Trails	F	Sen F	02:25:53,718	11:13	26
232.	684	Natália Narciso	Serviços Sociais Montepio	F	F55	02:26:00,171	11:14	2
233.	809	Nuno Fernandes	Futebol Clube Estrelas Lisboa	M	M45	02:26:39,710	11:17	36
234.	499	Adalberto Grilo	Run4Fun	M	M55	02:27:05,518	11:19	12
235.	685	Manuel Narciso	Serviços Sociais Montepio	M	M55	02:27:19,942	11:20	13
236.	846	Raquel Saldanha		F	Sen F	02:27:49,256	11:22	27
237.	495	Alisson Pietro		M	M40	02:27:50,657	11:22	38
238.	405	Marisa Rianço	Tartarugas Solidárias	F	Sen F	02:27:52,703	11:22	28
239.	638	Luís Alter		M	M40	02:27:52,931	11:22	39
240.	453	Samuel Silva	Tartarugas Solidárias	M	M40	02:27:53,505	11:23	40
241.	624	Pedro Marques	OTC	M	M40	02:28:00,904	11:23	41
242.	494	Joana Grilo		F	Sen F	02:28:48,478	11:27	29
243.	777	Joana D Arc Chouriço	Running Club Santa Casa	F	F55	02:28:52,309	11:27	3
244.	797	João Xavier	Highlanders dos Pinheiros	M	Sen M	02:29:19,050	11:29	42
245.	919	Susana Gomes		F		02:29:36,060	11:31	
246.	620	Ana Cartaxo	Pinhal Novo a Correr	F	F60	02:30:06,518	11:33	5
247.	805	Ivone Santos	Amigos do Atletismo de Mafra	F	Sen F	02:30:06,794	11:33	30
248.	804	Fátima Valentim	Amigos do Atletismo de Mafra	F	F45	02:30:07,408	11:33	8
249.	814	Sérgio Marques		M	M50	02:30:07,499	11:33	21
250.	819	Rute Marques	Amigos do Atletismo de Mafra	F	F45	02:30:08,730	11:33	9
251.	509	Cláudia Neves	Grafiwork	F	F40	02:30:38,151	11:35	31
252.	510	Luís Paula	Grafiwork	M	M40	02:30:38,200	11:35	42
253.	512	Samuel Teles	Grafiwork	M	M45	02:30:38,809	11:35	37
254.	702	Mário Nunes		M	M45	02:31:11,576	11:38	38
255.	861	Hugo Figueiredo		M	M45	02:31:14,636	11:38	39
256.	746	João Julião	Dream Team	M	M40	02:31:15,474	11:38	43
257.	705	Sandra Serafim	Mind Runners	F	F40	02:31:21,891	11:38	32
258.	514	Rui Gustavo	Broa de Mel	M	M45	02:31:51,614	11:41	40
259.	527	Hélder Martins	Clube EDP Lisboa	M	M40	02:32:18,494	11:43	44
260.	526	Alfredo Parada	Clube EDP Lisboa	M	M55	02:32:20,326	11:43	14
261.	515	Maria Batista	Broa de Mel	F	F45	02:32:52,414	11:46	10
262.	576	João Barrigola		M	Sen M	02:34:07,483	11:52	43
263.	691	Pedro Ramos	Serviços Sociais Montepio	M	M55	02:34:08,072	11:52	15
264.	862	Paula Silva	Serviços Sociais Montepio	F	F45	02:34:55,302	11:55	11

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Ritmo	Esc.
265.	650	Leticia Silva	Fronteira Trail Running	F	F55	02:35:17,314	11:56	4
266.	502	Telma Abreu	Running Club Santa Casa	F	Sen F	02:35:36,453	11:58	31
267.	737	Eugénia Pinheiro	family running	F	F50	02:36:07,082	12:01	9
268.	738	António Carapuça	family running	M	M55	02:36:07,857	12:01	16
269.	667	António Figueiredo	Clube EDP Lisboa	M	M55	02:36:28,097	12:02	17
270.	868	Andreia Gonçalves	Underdogs	F	Sen F	02:36:37,371	12:03	32
271.	870	Inês Gonçalves	Underdogs	F	Sen F	02:36:53,400	12:04	33
272.	556	Ana Ribeiro	Tsumommies	F	Sen F	02:37:07,680	12:05	34
273.	671	Carina Bexiga		F	Sen F	02:37:17,226	12:06	35
274.	483	Celia Felizardo		F	F50	02:37:28,230	12:07	10
275.	803	Jose Correia		M	M60	02:37:34,063	12:07	7
276.	489	Ana Gomes	pace.makers	F	F40	02:37:34,907	12:07	33
277.	575	Isabel Pinto	Tsumommies	F	F45	02:37:35,460	12:07	12
278.	882	Tatiana Dominguez	Tsumommies	F	Sen F	02:37:35,525	12:07	36
279.	506	Natália Bravo		F	F45	02:37:36,075	12:07	13
280.	586	Inês Paulino		F	Sen F	02:37:44,382	12:08	37
281.	587	Cátia Paulino		F	Sen F	02:37:44,979	12:08	38
282.	415	Paula Café		F	F45	02:37:52,466	12:08	14
283.	423	Meagan Carty		F	F40	02:37:54,257	12:09	34
284.	550	Carla Alves	Bandalhos	F	F45	02:37:59,067	12:09	15
285.	545	Susana Mendes	Bandalhos	F	F45	02:37:59,402	12:09	16
286.	544	João Mendes	Bandalhos	M	M45	02:37:59,604	12:09	41
287.	563	Monica Freire	CBAMM	F	F45	02:38:42,817	12:13	17
288.	618	Dina Alegria	Pinhal Novo a Correr	F	F40	02:39:09,870	12:14	35
289.	904	Hugo Cerqueira	Futebol Clube Estrelas Lisboa	M	M40	02:39:24,900	12:16	45
290.	883	Tito Basto	Tsumommies	M	Sen M	02:40:22,129	12:20	44
291.	668	Carlos Jesus		M	M55	02:40:33,309	12:21	18
292.	588	Etelvina Paulino		M	M60	02:40:46,757	12:22	8
293.	640	Paulo Matos		M	M55	02:40:47,207	12:22	19
294.	884	Mariana Elvas	Underdogs	F	Sen F	02:40:48,329	12:22	39
295.	825	Sara Nascimento		F	Sen F	02:40:48,730	12:22	40
296.	885	Sílvia Vieira	Underdogs	F	Sen F	02:40:48,993	12:22	41
297.	901	Cristina Lucas	Futebol Clube Estrelas Lisboa	F	F40	02:42:55,433	12:32	36
298.	902	Bruno Fernandes	Futebol Clube Estrelas Lisboa	M	M40	02:42:55,742	12:32	46
299.	898	Tiago Garcia	Underdogs	M	M S23	02:43:18,585	12:34	4
300.	513	Cidalia Borges	Ocr Portugal Lab	F	F45	02:43:18,807	12:34	18
301.	730	João André		M	M40	02:44:09,880	12:38	47
302.	840	Sario Nunes	Pé de atleta	M	Sen M	02:44:23,338	12:38	45
303.	727	Maria Vieira	Técnico Rugby Running Team	F	F45	02:44:50,738	12:41	19
304.	728	Nuno Vieira	Técnico Rugby Running Team	M	M45	02:44:50,831	12:41	42
305.	128	Lucia Ventura	Georunners	F	F40	02:45:34,157	12:44	37
306.	429	Alexandre Morujo		M	M40	02:47:13,699	12:52	48
307.	463	Manuel Lima	trilhos noturnos	M	M55	02:47:21,186	12:52	20
308.	596	Diana Costa	Atletismo Clube da Tocha	F	Sen F	02:47:30,484	12:53	42

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Ritmo	Esc.
309.	442	Acucena Besson	Tálenos Team	F	F60	02:47:52,852	12:55	6
310.	751	Marina Baptista	GMCJamor	F	Sen F	02:48:08,111	12:56	43
311.	404	Vítor Paulino	GMCJamor	M	M45	02:48:08,437	12:56	43
312.	750	José Baptista	GMCJamor	M	M60	02:48:19,572	12:57	9
313.	710	João Rito		M	M60	02:49:46,129	13:04	10
314.	507	Rita Bentes		F	Sen F	02:50:12,504	13:05	44
315.	602	Ana Jacinto	OTC	F	F40	02:51:21,467	13:11	38
316.	435	Filipa Serrenho	tartarugas	F	F40	02:51:52,350	13:13	39
317.	446	Isabel Gomes		F	Sen F	02:52:11,746	13:14	45
318.	452	Susana Almeida	TDM	F	F50	02:52:12,615	13:15	11
319.	920	António Vicencio		M	M45	02:52:57,858	13:18	44
320.	921	Teresa Simões		F	F45	02:52:57,866	13:18	20
321.	427	Rui Morgado	I FIT YOU	M	M50	02:53:01,428	13:19	22
322.	455	Ricardo Luengo		M	M40	02:53:28,920	13:20	49
323.	454	Mónica Luengo	Tartarugas Solidárias	F	F40	02:53:29,008	13:20	40
324.	786	Sandra Rodrigues		F	Sen F	02:55:05,768	13:28	46
325.	601	Mauro Leal	Nokia	M	M40	02:55:05,936	13:28	50
326.	525	Alberto Cabo		M	M50	02:55:07,698	13:28	23
327.	821	Tiago Nascimento	Running Club Santa Casa	M	Sen M	02:55:20,315	13:29	46
328.	820	Sofia Jordão	Running Club Santa Casa	F	Sen F	02:55:20,723	13:29	47
329.	709	Margarida Rito		F	Sen F	02:55:51,061	13:32	48
330.	711	Nuno Pinto		M	M45	02:55:51,736	13:32	45
331.	464	Palmira Ribeiro	trilhos noturnos	F	F50	02:55:52,350	13:32	12
332.	839	Nuno Barradas	Pé de atleta	M	Sen M	02:55:58,841	13:32	47
333.	615	Emília Fernandes	Correr Loures	F	F50	02:56:07,360	13:33	13
334.	613	Susana Oliveira	Correr Loures	F	Sen F	02:56:09,396	13:33	49
335.	841	Patrícia Gonçalves	Pé de atleta	F	Sen F	02:56:28,574	13:34	50
336.	838	Alexandra Santos	Pé de atleta	F	Sen F	02:56:30,229	13:35	51
337.	598	Mafalda Alves	Carapaus	F	F40	02:56:42,818	13:35	41
338.	599	Carla Catarino	Carapaus	F	F40	02:56:42,962	13:35	42
339.	682	João Fernandes		M	Sen M	02:56:45,856	13:36	48
340.	858	Jose Silvestre	Correr Loures	M	M45	02:56:45,937	13:36	46
341.	857	Ana Silvestre	Correr Loures	F	F40	02:56:46,448	13:36	43
342.	612	Rui Oliveira	Correr Loures	M	M45	02:56:46,726	13:36	47
343.	614	António Fernandes	Correr Loures	M	M50	02:56:47,337	13:36	24
344.	824	Xana Sousa		F	F40	02:57:51,448	13:41	44
345.	926	Susana Gomes		F	F45	02:57:55,569	13:41	21
346.	617	Deolinda Camelo	Pinhal Novo a Correr	F	F45	02:57:55,655	13:41	22
347.	762	Luis Rodrigues	People no run at all	M	Sen M	02:58:41,612	13:44	49
348.	625	Raquel Silva	OTC	F	F40	02:59:15,371	13:47	45
349.	731	Olga Pirrolas		F	F40	02:59:33,565	13:49	46
350.	720	Marta Cordeiro		F	F40	02:59:34,631	13:49	47
351.	837	Fernanda Costa	Amigos do Atletismo de Mafra	F	F55	03:00:09,915	13:52	5
352.	836	António Reis	Amigos do Atletismo de Mafra	M	M60	03:00:10,060	13:52	11

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Ritmo	Esc.
353.	888	Leo Loureiro	Crossfit	F	F40	03:01:58,280	14:00	48
354.	807	Luis Mendes	Run&Smile	M	M60	03:01:58,572	14:00	12
355.	430	Justina Almeida		F	F50	03:04:03,284	14:10	14
356.	441	Rita Pires	Tálenos Team	F	F60	03:04:05,514	14:10	7
357.	887	Ana Silva	Crossfit	F	F40	03:04:39,803	14:12	49
358.	677	Marisa gonçalves	Os Galgos	F	F40	03:04:41,908	14:13	50
359.	465	Jorge Santos	Matilha da Atalaia	M	M45	03:06:24,967	14:20	48
360.	416	Joao Vicente		M	M55	03:06:45,261	14:22	21
361.	910	Maria Sousa		F	F45	03:06:45,323	14:22	23
362.	600	André Gomes	Carapaus	M	M40	03:07:13,969	14:24	51
363.	630	Sara Francisco	OTC	F	F40	03:07:41,814	14:26	51
364.	449	Vanda Costa	Os Galgos	F	Sen F	03:08:45,687	14:31	52
365.	572	Joana Lopes	GELCENTRO	F	Sen F	03:08:47,624	14:31	53
366.	528	Paulo Carvalho	Clube EDP Lisboa	M	M60	03:09:03,776	14:32	13
367.	529	Paulo Pinto	Clube EDP Lisboa	M	M40	03:09:04,620	14:32	52
368.	899	Carla Gomes	Tsumommies	F	F40	03:09:17,843	14:34	52
369.	552	Rute Correia		F	F40	03:09:17,888	14:34	53
370.	783	Marcial Rodrigues	marvila jovem	M	M45	03:09:29,500	14:35	49
371.	477	Paula Oliveira		F	F45	03:09:44,254	14:35	24
372.	425	Susana Madeira	pace.makers	F	F40	03:09:49,098	14:36	54
373.	822	Cláudia Marques		F	F40	03:10:22,680	14:38	55
374.	823	Rui Mateus		M	Sen M	03:10:23,507	14:38	50
375.	768	Susana Morais		F	F50	03:10:25,673	14:39	15
376.	573	Joana Caeiro	GELCENTRO	F	Sen F	03:10:44,101	14:40	54
377.	470	Mariana Paulo		F	Sen F	03:11:06,076	14:42	55
378.	475	Pedro Beja	Nokia	M	Sen M	03:11:07,957	14:42	51
379.	445	Patrícia Rosa	pace.makers	F	Sen F	03:11:24,757	14:43	56
380.	537	Daniela Maia	CD ARNEIRO	F	F40	03:13:12,972	14:52	56
381.	914	Isabel Matos		F	F40	03:13:14,541	14:52	57
382.	471	Sara Gomes	Nokia	F	Sen F	03:13:16,646	14:52	57
383.	277	Lurdes Santos		F	Sen F	03:13:46,259	14:55	58
384.	288	Gabriela Marques		F	F40	03:13:46,629	14:55	58
385.	670	Ivone Pereira		F	Sen F	03:13:56,996	14:55	59
386.	817	Andreia Cardoso	People no run at all	F	Sen F	03:14:44,489	14:59	60
387.	538	Arlinda Oliveira	CD ARNEIRO	F	F50	03:14:50,818	14:59	16
388.	806	Ana Azevedo	Run&Smile	F	F45	03:15:38,209	15:03	25
389.	755	Rita Pereira		F	Sen F	03:16:24,424	15:07	61
390.	781	Ana Santos	marvila jovem	F	F50	03:16:57,750	15:09	17
391.	546	Marla Carvalho	CBAMM	F	Sen F	03:17:18,418	15:11	62
392.	543	Vera Tolêdo	CBAMM	F	F40	03:17:20,840	15:11	59
393.	605	Joana Fontes		F	Sen F	03:17:55,498	15:13	63
394.	606	Marta Fontes		F	Sen F	03:17:57,456	15:14	64
395.	782	Nídia Ferreira	marvila jovem	F	F40	03:17:58,406	15:14	60
396.	401	Tatiana Sanches	Black Edition	F	Sen F	03:18:05,568	15:14	65

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Ritmo	Esc.
397.	656	Gaëlle Mignot		F	F40	03:18:21,174	15:16	61
398.	913	Diana Vieira	Tsumommies	F	Sen F	03:18:32,478	15:16	66
399.	549	Ana Marques	Tsumommies	F	F40	03:18:32,838	15:16	62
400.	621	Lúcia Ribeiro	Pinhal Novo a Correr	F	F50	03:19:07,377	15:19	18
401.	616	Anabela Domingos	Pinhal Novo a Correr	F	F50	03:19:27,907	15:20	19
402.	623	Leila Ferreira	Nasa Team	F	Sen F	03:19:47,010	15:22	67
403.	539	Ricardo Martins	CD ARNEIRO	M	M40	03:19:48,416	15:22	53
404.	611	Isabel Nunes	Tálenos Team	F	F55	03:19:49,815	15:22	6
405.	492	Sandra Costa		F	F45	03:20:38,865	15:26	26
406.	488	Sandra Costa		F	Sen F	03:20:39,508	15:26	68
407.	735	Silvério Matias		M	M40	03:20:56,675	15:28	54
408.	764	João Fortuna		M	Sen M	03:21:36,797	15:31	52
409.	747	Carla Lucas		F	F45	03:21:37,158	15:31	27
410.	909	Teresa Neves	Teresa neves	F	Sen F	03:21:40,544	15:31	69
411.	765	Jorge Fortuna		M	M50	03:21:41,909	15:31	25
412.	718	Ana Kittler	Tálenos Team	F	F40	03:21:48,605	15:31	63
413.	748	Maria Brito		F	F40	03:21:49,179	15:31	64
414.	713	Márcia Fernandes		F	F45	03:21:53,443	15:32	28
415.	485	Isabel Santos	Correr Queluz	F	F50	03:22:19,623	15:34	20
416.	562	Maria Almeida	Montes Saloios Trail Team	F	F40	03:22:20,316	15:34	65
417.	759	Inês Varela	Runtralhas	F	Sen F	03:23:19,687	15:38	70
418.	860	Andreia Estrela		F	F45	03:26:11,866	15:52	29
419.	607	Patrícia Branco		F	F45	03:26:13,709	15:52	30
420.	812	Paulo Lopes	Run&Smile	M	M45	03:26:22,787	15:52	50
421.	639	Raquel Franco	OTC	F	F40	03:26:46,307	15:55	66
422.	657	Andreia Vitorino	Grupo OTC girl	F	F40	03:26:47,598	15:55	67
423.	641	Rosangela Lourençon		F	F50	03:27:04,581	15:56	21
424.	785	Sofia Ferreira	100pernas	F	F50	03:27:44,246	15:59	22
425.	419	Ana Parracho	Tartarugas Solidárias	F	F50	03:28:07,063	16:01	23
426.	444	Fernanda Palminha	Tartarugas Solidárias	F	F55	03:28:07,918	16:01	7
427.	712	Susana Coutinho		F	F45	03:29:23,569	16:07	31
428.	905	Paula Leitão	Futebol Clube Estrelas Lisboa	F	F40	03:29:23,619	16:07	68
429.	903	Mónica Cerqueira	Futebol Clube Estrelas Lisboa	F	F40	03:29:23,946	16:07	69
430.	517	Ana Ribeiro	Centro de Marcha e Corrida de Odivelas	F	F45	03:29:48,843	16:08	32
431.	736	Cidália Malta		F	F40	03:30:11,780	16:10	70
432.	476	Carla Nascimento		F	F40	03:34:10,450	16:28	71
433.	493	Teresa Sequeiros		F	F40	03:34:12,791	16:29	72
434.	608	Ana Ribeiro		F	F45	03:34:13,100	16:29	33
435.	559	Guida Alves	Bandalhos	F	F45	03:36:42,275	16:40	34
436.	560	Rute Trocas	Bandalhos	F	F45	03:36:42,411	16:40	35
437.	740	Ana Nunes		F	F50	03:40:38,946	16:58	24
438.	739	Regina Mendes		F	F40	03:40:38,964	16:58	73
439.	634	Vanda Matias		F	F40	03:46:00,874	17:23	74
440.	633	Carlos Graça		M	M60	03:46:01,740	17:23	14

Lugar	Dorsal	Nome	Equipa	Sexo	Escalão	Tempo	Ritmo	Esc.
441.	772	Claudia Teixeira	Os Kotas	F	F45	03:46:17,173	17:25	36
442.	498	Ana Duarte	Gangue da AFZ	F	Sen F	03:46:47,588	17:26	71
443.	504	Francisca Engrola	Sobreviventes dos Trails	F	F45	03:46:47,816	17:26	37
444.	578	Andreia Nunes		F	F40	03:47:51,453	17:32	75
445.	585	Marco Duarte		M	M40	03:47:52,004	17:32	55
446.	577	Miguel Silva		M	M45	03:47:54,627	17:32	51
447.	580	Linda Mendonça	Sobreviventes dos Trails	F	F45	03:50:54,204	17:46	38
448.	872	Sissi Costa	Sobreviventes dos Trails	F	F50	03:50:54,657	17:46	25
449.	466	Carla Galrito		F	F40	03:51:01,835	17:46	76
450.	469	Luís Mateus	O Gordo também vai!	M	M40	03:51:02,798	17:46	56
451.	417	Márcia Guerreiro	I FIT YOU	F	F40	03:51:37,355	17:49	77
452.	896	Marbia Fernandes	I FIT YOU	F	F40	03:51:37,712	17:49	78
453.	428	Florabela Ferreira	I FIT YOU	F	F45	03:51:38,401	17:49	39
454.	581	Elsa Costa	Turminha do Jogging	F	Sen F	03:53:39,396	17:58	72
455.	583	Fernanda Santos	Turminha do Jogging	F	F45	03:53:42,025	17:59	40
456.	584	Carolina Santos	Turminha do Jogging	F	F S23	03:53:42,621	17:59	3
457.	582	Filomena Costa	Turminha do Jogging	F	F45	03:53:43,095	17:59	41
458.	847	Isabel Romão	Até à meta	F	F45	03:55:34,317	18:07	42
459.	815	Ana Roberto	Até à meta	F	Sen F	03:55:34,475	18:07	73
460.	660	Carla Conchinha		F	F40	03:56:18,835	18:11	79
461.	663	Mafalda Santos		F	F40	03:56:19,015	18:11	80
462.	661	Nuno Almeida		M	M40	04:04:03,772	18:46	57
463.	664	Vera Calção		F	F40	04:04:04,967	18:46	81
464.	662	Nuno Santos		M	M45	04:04:05,498	18:47	52
465.	665	Ana Ferreira		F	F45	04:04:05,756	18:47	43
466.	894	Rita Guedes		F	F S23	04:10:21,577	19:16	4
467.	891	João Ferreira		M	M S23	04:10:22,965	19:16	5