

Col	Num	Nome	Equipa	Sx	Cat	Interm.1	Interm.2	Interm.3	Tempo	Vel.Médi	Esc.
1.	100	Luiz Mota	Casa do Benfica em Abrantes	M	M 45	02:05:09	04:22:14	07:36:04	10:00:34	05:57	1
2.	123	Filipe Garcia	SPOTCRIATIVO Viseu Running Team	M	M Sen	02:05:40	04:22:39	07:36:04	10:15:38	06:06	1
3.	187	Ricardo Casanova		M	M Sen	02:05:11	04:36:04	08:13:46	11:05:57	06:35	2
4.	168	Sérgio Correia	UDR Zona Alta Torres Novas	M	M Sen	02:22:50	05:05:42	08:23:53	11:18:32	06:43	3
5.	147	Francisco Gaio	Caracol Trail Team	M	M 50	02:16:47	04:57:31	08:29:04	11:23:49	06:46	1
6.	124	Lino Luz	AMCF - Arrábida Trail Team	M	M 40	02:09:43	04:48:09	08:20:47	11:36:36	06:54	1
7.	161	Omar Garcia	A20KM	M	M Sen	02:15:29	05:04:38	08:57:25	12:11:08	07:14	4
8.	149	Mauro Gonçalves	Os Ílhavos	M	M 40	02:17:10	05:08:20	09:14:37	12:24:01	07:22	2
9.	118	Ruben Monteiro	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	M	M Sen	02:16:40	05:08:11	08:57:22	12:27:26	07:24	5
10.	117	Luis Marques	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	M	M 40	02:16:50	05:08:41	08:57:27	12:27:26	07:24	3
11.	197	Paulo Correia	A20KM	M	M 50	02:15:24	05:08:15	08:59:21	12:29:01	07:25	2
12.	192	Paraulo Pinto	Brazil	M	M 40	02:17:08	05:06:36	08:57:46	12:37:56	07:30	4
13.	101	Daniel Simões	BinTTage	M	M 45	02:29:28	05:29:10	09:28:26	12:52:20	07:39	2
14.	160	Tiago Ramos	Clube de Atletismo de Ferreira do Zêzere	M	M Sen	02:38:28	05:36:43	09:21:37	12:54:28	07:40	6
15.	199	Francisco Bossa	O Mundo da Corrida	M	M 45	02:32:48	05:31:56	09:30:15	12:56:18	07:41	3
16.	193	Ricardo Ferrão		M	M Sen	02:20:36	05:17:18	09:22:51	13:02:40	07:45	7
17.	154	António Araújo	COA - Clube de Orientação e Aventura	M	M Sen	02:37:24	06:07:30	10:07:44	13:19:53	07:55	8
18.	177	Fernando Oliveira	Novos Trilhos	M	M 55	02:18:22	05:19:30	09:38:54	13:29:35	08:01	1
19.	186	João Sanches	SOCONCALMA	M	M 50	02:21:36	05:36:15	09:53:43	13:44:28	08:10	3
20.	183	Augusto Oliveira	Paredes Aventura	M	M 40	02:26:58	05:44:40	09:53:34	13:45:10	08:10	5
21.	116	José Fonseca	U. F. C. I. de TOMAR	M	M 50	02:34:12		09:53:40	13:46:02	08:11	4
22.	170	Manuel Matos	ALVITEJO	M	M 45	02:38:45	06:04:31	10:26:52	14:13:38	08:27	4
23.	145	Hugo Miguel		M	M Sen	02:17:13	05:31:48	10:13:30	14:14:22	08:28	9
24.	113	Fábio Ferreira	CASA JOVASE	M	M Sen	02:20:26	05:48:03	10:26:41	14:17:29	08:29	10
25.	152	Luis Emidio	COA - Clube de Orientação e Aventura	M	M 45	02:34:44	05:58:56	10:30:09	14:21:47	08:32	5
26.	133	Joaquim Fernandes	Associação de Atletismo Lebres do Sado	M	M 50	02:33:32	06:07:40	10:28:50	14:24:22	08:34	5
27.	155	Luís Franco	Decathlon/Omega Pharma	M	M Sen	02:33:10	05:53:50	10:36:16	14:24:22	08:34	11
28.	179	Adelino Carvalho	Monsanto Running Team	M	M 40	02:33:13	05:53:54	10:36:29	14:24:24	08:34	6
29.	191	Gastão Sousa	Fit@50	M	M 45	02:40:47	06:07:19	10:25:53	14:26:15	08:35	6
30.	143	Elvino Gonçalves		M	M Sen	02:13:48	05:32:37	10:17:23	14:28:05	08:35	12
31.	115	Manuela Pinto	O MUNDO DA CORRIDA	F	F 50	02:42:51	06:04:45	10:35:06	14:38:14	08:42	1
32.	114	José Simões	O MUNDO DA CORRIDA	M	M 50	02:42:58	06:04:33	10:35:02	14:38:17	08:42	6
33.	122	Juliac François	APA Jogging Saint Sever	M	M 40	02:45:28	06:17:49	10:52:42	14:46:31	08:47	7
34.	172	Pedro Guimaraes	LetsRunAzores	M	M 45	02:47:28	06:32:03	10:46:02	14:51:39	08:50	7
35.	174	Paulo Pacheco	LetsRunAzores	M	M Sen	02:47:25	06:30:33	10:46:05	14:51:40	08:50	13
36.	141	António Paulo	CASA JOVASE	M	M 50	02:38:42	06:14:00	10:46:21	14:55:37	08:52	7
37.	164	Bertrand Réjou-Méchain	WLA	M	M 40	02:42:29	06:09:13	11:02:54	15:15:43	09:04	8
38.	167	Pierre Alain Parfond	WLA	M	M Sen	02:42:31	06:09:22	11:02:53	15:15:47	09:04	14
39.	153	Sérgio Jesus	COA - Clube de Orientação e Aventura	M	M 40	02:37:47	06:34:00	11:07:30	15:17:27	09:05	9
40.	110	Paulo Ferreira	CTR VALE DE CAMBRA	M	M 50	02:40:10	06:08:56	10:59:00	15:23:56	09:09	8
41.	148	Francisco Cachulo	A20KM-TRAIL	M	M Sen	02:33:16	06:05:25	10:58:44	15:23:57	09:09	15
42.	157	Mira Matias	NO PAIN NO GAIN	F	F 45	02:49:09	06:16:30	11:00:44	15:27:42	09:11	1
43.	156	Alexandre Xango	Free Tibet	M	M Sen	02:48:50	06:16:38	11:00:56	15:28:25	09:11	16
44.	104	João Frade		M	M Sen	02:26:15	05:40:26	10:13:33	15:40:23	09:19	17
45.	103	Antonio Costa	Chassis Brakes International - CBI	M	M 50	02:42:35	06:05:19	10:19:09	15:44:15	09:21	9

Col	Num	Nome	Equipa	Sx	Cat	Interm.1	Interm.2	Interm.3	Tempo	Vel.Médi	Esc.
46.	106	António Lopes	PapaKms	M	M 45	02:46:22	06:43:00	11:38:43	15:45:35	09:22	8
47.	151	Artur Oliveira	COA - Clube de Orientação e Aventura	M	M Sen	02:37:57	06:11:34	11:00:33	15:48:14	09:23	18
48.	178	Jorge Nabais	COA - Clube de Orientação e Aventura	M	M Sen	02:37:54	06:11:30	10:58:41	15:48:14	09:23	19
49.	180	Ismael Costa	Free Runners	M	M Sen	02:43:18	06:31:04	11:52:09	15:52:05	09:26	20
50.	134	Mario Sequeira	CASA JOVASE	M	M 40	02:39:59	06:26:28	11:21:32	16:05:42	09:34	10
51.	198	Marco Del Ponte	TRAILXTREM	M	M Sen	02:59:05	06:54:48	11:54:34	16:06:31	09:34	21
52.	165	Filipe Leite	Manos do Trail	M	M Sen	02:52:19	06:37:43	11:37:05	16:16:43	09:40	22
53.	129	António Gonçalves	Os Tugas	M	M 55	02:54:53	06:47:30	11:49:20	16:25:41	09:46	2
54.	107	Inês Mariquitos		F	F Sen	02:59:08	06:50:54	11:59:28	16:25:42	09:46	1
55.	195	Nuno Gameiro	Saúde ao Quadrado	M	M Sen	02:37:45	06:13:34	11:35:59	16:25:43	09:46	23
56.	111	Renato Marques	ADFR	M	M Sen	02:45:45	06:38:03	11:41:13	16:51:07	10:01	24
57.	121	Artur Pereira	Magic Runners / ENTERPROM - Brindes Promocionais	M	M 45	02:46:37	06:48:49	12:20:37	16:52:02	10:01	9
58.	112	Nuno Bandarra	Figueira Kayak Clube	M	M Sen	03:00:25	06:48:38	12:20:42	16:52:02	10:01	25
59.	119	Carlos Moreira	Metropolitano de Lisboa	M	M 60	03:02:07	07:01:28	10:07:28	16:54:56	10:03	1
60.	184	Esmeralda Melo	Figueira Kayak Clube	F	F 50	03:04:23	07:12:05	12:37:57	16:57:19	10:04	2
61.	128	Fátima Gonçalves	Os Tugas	F	F 45	03:04:25	07:12:00	12:38:14	16:57:24	10:04	2
62.	109	José Duarte		M	M Sen	02:46:47	07:02:40	12:39:09	16:57:29	10:04	26
63.	139	Eduardo Rodrigues	Clube Millennium Bcp	M	M 50	02:50:00	06:29:10	11:32:50	17:16:56	10:16	10
64.	135	Miguel Cruz	Clube Millennium Bcp	M	M 45	02:49:06	06:28:44	11:33:22	17:16:58	10:16	10
65.	138	Manuel Rodrigues	Clube Millennium Bcp	M	M 50	02:49:03	06:29:32	11:33:32	17:17:00	10:16	11
66.	136	Helder Baptista	Clube Millennium BCP	M	M 50	02:50:27	06:29:28	11:38:17	17:17:01	10:16	12
67.	126	Graça Roldão	Os Tugas	F	F 50	03:26:04	07:26:27	12:23:18	17:31:17	10:25	3
68.	131	Luís Costa	Trilhos do Costume - Monsanto	M	M 50	02:46:34	06:48:41	12:20:48	17:41:21	10:31	13
69.	130	Leonel Pinto		M	M 45	02:56:52	07:03:53	12:39:12	17:41:21	10:31	11
70.	166	Rui Lima	Salamandrecos	M	M 40	02:46:31	06:51:24	12:38:25	17:45:04	10:33	11
71.	102	Nuno Gomes	BinTTage	M	M 45	02:34:15	06:48:47	12:01:10	17:45:59	10:33	12
72.	188	Simão Petulante		M	M 40	02:59:03	06:47:40	12:01:31	17:45:59	10:33	12
73.	175	Christian Maibohm	Ti moi melei	M	M 40	02:50:33	06:54:53	12:27:22	17:52:55	10:37	13
74.	108	João Silva	Turres Trail Team	M	M 45	02:47:10	06:47:49	12:44:50	18:14:59	10:50	13
75.	169	Claudino Rebelo	CAOB	M	M 55	03:12:23	07:51:41	13:24:46	18:26:39	10:58	3
76.	190	Joel Simões	A20KM	M	M Sen	02:36:10	06:23:18	11:42:57	18:56:13	11:15	27
77.	182	Edgar Gaspar		M	M Sen	02:57:23	06:51:36	12:35:41	18:56:16	11:15	28
78.	162	Valter Escrevente	A20KM	M	M Sen	02:38:25	06:08:35	11:43:02	18:56:17	11:15	29
79.	127	Lurdes Silva	Os Tugas	F	F 45	03:26:58	08:01:56	13:57:28	19:04:02	11:20	3
80.	142	Paulo Fernandes	A. A. Lebres do Sado	M	M 40	03:30:57	07:59:14	14:46:47	20:49:52	12:22	14
81.	146	Gonçalo Garcia		M	M 60	03:28:42	08:14:38	15:04:13	21:13:50	12:37	2
82.	176	Adílio Ferreira	Cotas do Pedal	M	M 50	03:28:46	08:14:44	15:04:10	21:14:06	12:37	14
83.	171	Ricardo Magalhães	Novos Trilhos	M	M 45	03:25:06	08:30:08	16:05:33	22:03:49	13:07	14
-	196	Pedro Alfaiate		M	M Sen	02:57:31	06:51:08	12:06:53			
-	185	Otávio Oliveira		M	M 50	02:09:15	05:27:39				
-	120	Eurico João	Free Runners	M	M Sen	02:43:14					