

Col	Num	Nome	Equipa	Sx	Cat	Int. 1	Int. 2	Int. 3	Tempo	Ritmo	Cat.
1.	189	Bruno Ferreira	Águias de Alvelos	M	M Sen	02:11:39	04:41:18	07:01:45	09:36:23,867	05:46	1
2.	100	Luiz Mota	Casa do Benfica em Abrantes	M	M 45	02:11:30	04:41:05	07:07:15	10:07:57,221	06:05	1
3.	180	José Narciso	COA - Clube de Orientação e Aventura	M	M 45	02:13:13	05:02:16	07:49:05	11:11:35,050	06:43	2
4.	149	Arsénio Santos	O MUNDO DA CORRIDA	M	M Sen	02:27:06	05:10:08	08:17:26	11:49:32,753	07:06	2
5.	141	Paulo Poiares	Correr Soc. Rec. da Granja	M	M 40	02:14:51	05:15:52	08:29:48	12:00:46,550	07:13	1
6.	168	Bének Morais	Clube de Atletismo de Ferreira do Zêzere	M	M 40	02:14:54	05:16:14	08:30:38	12:18:23,256	07:23	2
7.	158	Francisco Gaio	Caracol Trail Team	M	M 50	02:30:41	05:40:04	08:47:47	12:35:51,793	07:34	1
8.	150	Stevan Pavlovic		M	M 45	02:50:16	06:19:05	09:09:39	12:50:51,154	07:43	3
9.	177	Fernando Santos	Núcleo de Montanha de Espinho	M	M 40	02:30:57	05:49:34	09:12:14	13:07:43,677	07:53	3
10.	176	João Ribeiro	Núcleo de Montanha de Espinho	M	M Sen	02:30:47	05:49:37	09:12:17	13:07:44,044	07:53	3
11.	185	Francisco Bossa	Barrancos Futebol Clube	M	M 45	02:40:41	06:02:44	09:23:05	13:09:25,210	07:53	4
12.	140	Denis Cassagne	APA Jogging Saint Sever	M	M 40	02:37:58	06:07:39	09:26:26	13:12:16,956	07:55	4
13.	125	Mauro Gonçalves	ADE Trail Running	M	M 40	02:30:50	05:50:03	09:16:54	13:33:45,323	08:08	5
14.	106	José Fonseca	União F. C. I. de TOMAR	M	M 50	02:48:00	06:23:27	09:39:34	14:03:06,905	08:26	2
15.	108	Francisco Silva	Já t apanho	M	M 40	02:54:44	06:19:10	09:20:07	14:17:49,923	08:35	6
16.	163	Vítor Correia	Trilhos dos Templarios/Green Roc.pt	M	M 40	02:53:31	06:30:52	10:26:59	15:04:51,295	09:03	7
17.	162	Carlos Basílio	Trilhos dos Templarios/Green Roc.pt	M	M Sen	02:53:35	06:30:48	10:27:06	15:04:51,344	09:03	4
18.	121	Elvino Gonçalves	OCS - PROAVENTURAS	M	M Sen	02:33:30	06:18:33	10:06:24	15:06:53,565	09:04	5
19.	159	Pedro Cruz	Pego City	M	M 40	02:33:26	06:18:27	10:06:21	15:06:54,001	09:04	8
20.	112	Edgar Gaspar	Casa do Benfica em Abrantes	M	M Sen	03:07:22	07:04:26	10:21:04	15:08:51,784	09:05	6
21.	152	José Duarte	CLAC Entroncamento	M	M Sen	03:09:45	07:10:10	10:54:15	15:09:39,233	09:06	7
22.	102	Fernando Oliveira	Novos Trilhos	M	M 55	02:43:10	06:42:16	10:49:18	15:14:46,288	09:09	1
23.	101	Antonio Costa	Branquinhos do Pedal	M	M 50	02:56:51	06:58:09	10:49:57	15:21:16,480	09:13	3
24.	115	Rui Perdigão	C.A.S.P.A. - Clube Amador Só Para Atletismo	M	M 50	02:47:29	06:46:00	10:44:41	15:23:04,307	09:14	4
25.	122	Francisco Primo	C.A.S.P.A. - Clube Amador Só Para Atletismo	M	M 45	02:47:32	06:46:13	10:45:16	15:38:21,537	09:23	5
26.	153	João Sanches	Clube de Atletismo de Ferreira do Zêzere	M	M 50	02:50:18	06:22:16	10:44:46	15:38:22,583	09:23	5
27.	124	Filipe Leite	Manos do Trail	M	M Sen	03:06:17	07:11:44	10:49:44	15:53:50,366	09:32	8
28.	136	José Alves		M	M 45	02:55:34	06:46:10	10:49:42	15:53:51,419	09:32	6
29.	123	Inês Mariquitos	Gangue das 6h10	F	F Sen	03:18:43	07:00:24	10:51:07	15:59:11,951	09:35	1
30.	188	Rui Pinho		M	M 45	03:15:33	07:10:16	11:22:46	16:13:35,385	09:44	7
31.	110	Ricardo Ferreira	PAPAMILHAS RUNNING TEAM	M	M Sen	03:19:58	07:28:34	11:41:09	16:34:14,678	09:56	9
32.	138	Jacqui Saffery		F	F 55	03:46:11	08:21:02	12:04:22	16:39:59,178	10:00	1
33.	179	Luís Alberto	Caldas corre +	M	M 40	03:01:39	07:14:47	11:27:12	16:45:28,366	10:03	9
34.	111	Nuno Gaspar	Run - Partidas e Chegadas	M	M 40	03:04:55	06:58:06	11:24:28	16:45:28,667	10:03	10
35.	156	Carla Cristina		F	F 40	03:19:01	07:33:49	11:45:33	16:57:17,434	10:10	1
36.	155	João Alves	Volkswagen Autoeuropa	M	M 50	03:19:04	07:33:52	11:45:38	16:57:17,712	10:10	6
37.	129	Sérgio Jesus	COA - Clube de Orientação e Aventura	M	M 40	03:05:24	07:25:59	11:46:51	17:07:53,505	10:17	11
38.	169	Sousa Nunes	AMAZING TEAM	M	M 45	03:16:34	07:29:36	11:52:09	17:08:41,571	10:17	8
39.	182	Nídia Valadares	Associação de Atletismo Lebres do Sado	F	F 40	03:16:39	07:29:12	11:45:27	17:10:46,194	10:19	2
40.	181	Ezequiel Oliveira	Associação de Atletismo Lebres do Sado	M	M Sen	03:16:36	07:29:17	11:45:25	17:10:46,752	10:19	10
41.	109	Pedro Fernandes	Novos Trilhos	M	M 50	03:09:13	07:25:23	12:12:41	17:20:39,427	10:25	7
42.	146	Jose Sanisidro		M	M 45	03:20:17	07:37:45	12:13:13	17:38:47,986	10:35	9
43.	147	Antonio Pereira	Os Tugas	M	M 50	03:22:16	07:32:47	12:02:49	17:39:02,593	10:35	8
44.	135	Marília Noro	Papa Trilhos do CAAL	F	F Sen	03:28:47	08:06:24	12:24:03	17:41:36,195	10:37	2
45.	144	Paulo Alves		M	M 45	03:02:30	07:15:04	11:47:46	17:49:22,757	10:41	10

Col	Num	Nome	Equipa	Sx	Cat	Int. 1	Int. 2	Int. 3	Tempo	Ritmo	Cat.
46.	145	Paulo Silva	OCS - PROAVENTURAS	M	M Sen	03:02:33	07:15:07	11:47:44	17:51:15,486	10:43	11
47.	151	António Gonçalves	ameg	M	M 50	03:22:19	07:32:41	12:01:09	17:56:04,411	10:46	9
48.	127	Carlos Moreira	CCDTMETROLX	M	M 60	03:26:10	07:58:16	12:38:48	17:56:55,730	10:46	1
49.	170	Ricardo Lucas	Muscat Road Runners	M	M 40	03:21:10	07:58:12	12:46:17	17:57:02,795	10:46	12
50.	137	Clive Saffery		M	M 60	03:46:13	08:21:36	12:34:38	18:03:32,435	10:50	2
51.	118	Graça Roldão	Os Tugas	F	F 50	03:26:37	07:54:31	12:35:48	18:04:11,804	10:50	1
52.	184	Ricardo Conde	C.D."Os Águias" de Alpiarça	M	M Sen	03:04:59	06:58:04	11:26:59	18:41:56,794	11:13	12
53.	161	Diogo Gomes	#Papakms	M	M Sen	03:05:04	06:58:15	11:27:15	18:44:17,557	11:14	13
54.	134	Nuno Carmo	Papa Trilhos do CAAL	M	M Sub23	03:28:46	08:06:29	12:35:52	18:49:10,952	11:17	1
55.	133	António Carmo	Papa Trilhos do CAAL	M	M 50	03:28:49	08:06:26	12:35:50	18:49:11,839	11:17	10
56.	173	Christian Maibohm	Ti moi melel	M	M 40	03:33:57	08:11:56	12:28:11	19:07:17,355	11:28	13
57.	157	Carlos Rangel		M	M 60	03:33:52	07:54:51	12:47:04	19:22:20,192	11:37	3
58.	107	Fernando Santos	O MUNDO DA CORRIDA	M	M 50	03:22:57	08:08:30	12:53:05	19:27:20,513	11:40	11
59.	165	Jorge Monteiro	Trilhos dos Templarios/Green Roc.pt	M	M 40	03:36:43	08:08:43	12:41:54	20:00:10,514	12:00	14
60.	164	Sandra Caldas	Trilhos dos Templarios/Green Roc.pt	F	F 40	03:36:46	08:08:45	12:41:58	20:00:17,114	12:00	3
61.	186	Jose Gomez Chan	AVIVA SPORT CLUB	M	M 50	03:39:15	08:04:18	13:03:22	20:12:27,050	12:07	12
62.	187	Cesar Romay Gomez		M	M 40	03:39:36	08:13:38	13:03:26	20:16:23,412	12:10	15
63.	160	Claudino Rebelo	Clube de Atletismo de Óbidos	M	M 55	03:29:07	10:26:30	14:00:18	21:12:45,079	12:44	2
64.	183	Bruno Mateus		M	M Sen	03:29:27	10:28:26	14:00:25	21:12:46,702	12:44	14
65.	103	Ricardo Magalhães	Novos Trilhos	M	M 45	03:51:33	12:52:16	15:47:54	23:16:10,047	13:58	11
66.	105	Nuno Loureiro	Falcões Selvagens	M	M 50	04:41:48	10:58:32	17:27:28	23:47:11,121	14:16	13
-	139	François Juliac	APA Jogging Saint Sever	M	M 40	02:57:44			Desclassificados		
-	132	Nuno Gameiro	Saúde ao Quadrado	M	M Sen	03:07:45			Desclassificados		
-	119	Mário Salgueiro	C.A.S.P.A. - Clube Amador Só Para Atletismo	M	M 40	02:47:26			Desclassificados		
-	166	João Grade	Trilhos dos Templarios/Green Roc.pt	M	M Sen	02:37:53			Desclassificados		
-	104	Paulo Picado	Falcões Selvagens	M	M 40	04:41:45	10:58:27		Desclassificados		
-	143	Inês Peixoto	Benfica em Forma	F	F Sen	03:34:11	10:29:00		Desclassificados		
-	142	Paulo Gomes	Benfica em Forma	M	M Sen	03:34:10	10:28:34		Desclassificados		
-	130	Pedro Alfiate	Prova de Cor	M	M Sen	03:07:21	07:36:13		Desclassificados		
-	113	Pedro Afonso		M	M Sub23	02:56:01	07:34:17		Desclassificados		
-	114	António Mouta	NAZA Abóboda	M	M 40	02:41:20	06:42:13		Desclassificados		
-	171	Ricardo Salgueiro	Bancaleiro Bikes/Clinica Santa Beatriz/Happy Life Training	M	M Sen	02:29:10	06:21:40		Desclassificados		
-	117	Tiago Gabriel		M	M Sen	02:40:35	06:02:15		Desclassificados		
-	154	Francisco Carvalho		M	M Sen	02:27:11	05:28:33		Desclassificados		
-	178	Emanuel Matos	Minho Aventura	M	M 40	02:13:09	05:12:25		Desclassificados		
-	172	Rui Lima	Pupilos da Montanha	M	M 40	03:28:52			Desclassificados		
-	131	Simão Petulante	COA - Clube de Orientação e Aventura	M	M 40	03:07:27	07:41:23	13:05:46	Desclassificados		