

Escalão: K12F

Dorsal	Atleta	Clube	ESCALÃO	Tempo
290	INES MARQUES	99 Gratuitas	1	01:29:49
245	Cátia rodrigues	INDIVIDUAL	2	01:36:53
261	Marina Alves	Turres Trail Team	3	01:38:57
273	Joana Monteiro	GO!Runners	4	01:44:51
252	Filipa Alexandra Vilar	INDIVIDUAL	5	01:46:48
285	DORA PINTO	INDIVIDUAL	6	01:50:21
235	Liliana Sofia Aguiar	Gatos trail	7	01:51:32
510	natasha anna	Tartarugas Solidárias	8	01:53:07
253	Ana Helena Correia	Tartarugas Solidárias	9	01:54:40
137	ana ordem	s/n	10	02:02:55
156	Monica Domingos	Linda-a-Pastora Sporting Clube	11	02:05:13
135	Elisabete Fernandes	Serralharia Agostinho Duarte, Lda	12	02:07:48
279	CATIA RODRIGUES	ACRMEALHADA	13	02:11:17
104	ELVIRA GREGO ESTEVES	INDIVIDUAL	14	02:11:19
103	ELISABETE GREGO ESTEVES	INDIVIDUAL	15	02:11:24
208	Marlene Freitas	INDIVIDUAL	16	02:20:20
258	Alexandra Lavado	INDIVIDUAL	17	02:21:07
191	Inês Vaz	Correr Queluz	18	02:21:45
238	Claudia Barragon	INDIVIDUAL	19	02:21:48
349	Elisabete Pinhel	Nós	20	02:26:33
205	Isabel Costa	INDIVIDUAL	21	02:27:49
204	Lurdes Olas	INDIVIDUAL	22	02:27:54
213	Helena Estevinha	INDIVIDUAL	23	02:28:48
231	Ana Torrao	Marretas Team	24	02:31:09
160	Dina Dias	INDIVIDUAL	25	02:32:06
254	Eduarda Pereira	INDIVIDUAL	26	02:32:13
162	Susana Borga	INDIVIDUAL	27	02:32:30
232	Carla Maria Silva de Oliveira	INDIVIDUAL	28	02:42:28
100	Isabel Maria Fernandes Rodrigues	INDIVIDUAL	29	02:45:17
119	Alexandra Cardão	Correr Lisboa	30	02:45:23
266	Ana Luz	INDIVIDUAL	31	02:46:31
265	Cidália Vicente	INDIVIDUAL	32	02:46:46
112	Tânia Fadário	Fadário	33	02:50:28
102	Ana Oliveira	INDIVIDUAL	34	02:53:52
141	Maria do Céu Azevedo Pinto	BIC	35	02:58:55
272	Ana Sofia Nunes	Supermoinas Team	36	03:01:01
109	Susana Cardoso	RuSu	37	03:04:45
150	Rute Galheto	INDIVIDUAL	38	03:06:30
250	Anabela Rodrigues	INDIVIDUAL	39	03:08:03
136	Tatiana Serra	Serralharia Agostinho Duarte, Lda	40	03:08:06
168	Sara Ribeiro	INDIVIDUAL	41	03:10:25
152	Maria Céu Paulino	INDIVIDUAL	42	03:10:30
167	ANA RIBEIRO	INDIVIDUAL	43	03:10:36
183	Patricia Ramos	Drivewiz	44	03:10:49
257	Carina Lourinho	Drivewiz	45	03:10:51
180	Fernanda Maria Pinto Cardoso	Runners da Frente Ribeirinha da Póvoa de Sant	46	03:11:11
194	Rute Cardoso	INDIVIDUAL	47	03:11:13
189	Olga Tarú C. Loes Bento	BIC	48	03:11:44
142	Helena Maria Correia Mendes	BIC	49	03:11:47
294	FILIPA HENRIQUES	INDIVIDUAL	50	03:14:16
145	Andreia Vieira de Ameidal	INDIVIDUAL	51	03:14:48
144	Diana Martins Vicente	INDIVIDUAL	52	03:14:51
243	Dulce Pereira	INDIVIDUAL	53	03:26:21
240	Dora Ramos	INDIVIDUAL	54	03:26:53
295	JOANA SANTOS	INDIVIDUAL	55	03:27:37
106	Marta Sofia Silva Santos	INDIVIDUAL	56	03:30:23

Dorsal	Atleta	Clube	ESCALÃO	Tempo
220	SANDRA FELICIO	CHARNIQUEIROS	57	03:30:31
151	Marta Torcato	INDIVIDUAL	58	03:31:55
170	Natália Lourenço	INDIVIDUAL	59	03:32:31
120	Luisa Candeias	Correr Lisboa	60	03:49:53
117	Catarina Filipe	Uns Correm Outros Quase	61	03:50:04
181	Márcia Janela	Drivewiz	62	03:57:55
186	Ana Moura	Drivewiz	63	04:06:18
118	Graça Maria Dias Oliveira Pereira Prudente	Uns Correm Outros Quase	64	04:06:25

Escalão: K12M

Dorsal	Atleta	Clube	ESCALÃO	Tempo
198	Henrique São Joanico	PICA MIOLOS	1	01:09:26
201	Edgar Jacinto	PICA MIOLOS	2	01:11:35
190	Rogério Costa	Talho da Avenida-Setúbal	3	01:14:01
264	RAUL CAETANO	proaventuras	4	01:14:47
229	José Geadá	ASC Vale Grande	5	01:18:48
178	Marcelo Graça	INDIVIDUAL	6	01:18:53
260	Filipe Marques	Turres Trail Team	7	01:19:39
276	Paulo Filipe Nunes Marques	GO!Runners	8	01:22:54
196	Pedro Carrasqueira	PICA MIOLOS	9	01:25:15
262	DIOGO SOUSA	GO!Runners	10	01:25:23
244	António Marçal	INDIVIDUAL	11	01:26:17
157	PAULO SIMÕES	GO!Runners	12	01:26:42
153	Luis Hernandez	Team Trailquilidade	13	01:27:02
122	Bruno Cláudio Cabral Santos Carvalho	INDIVIDUAL	14	01:28:07
283	CALVO FRANCISCO	TimeRunners/Sadoport	15	01:28:52
288	JORGE CARVALHO	INDIVIDUAL	16	01:29:42
199	Joao Gaspar	PICA MIOLOS	17	01:31:09
129	Ezequiel Fernandes	TimeRunners/Sadoport	18	01:31:47
195	José Vaz	INDIVIDUAL	19	01:32:52
149	Paulo Fernandes	Serralharia Agostinho Duarte, Lda	20	01:34:21
134	pedro manuel mariano silva	INDIVIDUAL	21	01:36:59
177	DAVID LEITE	INDIVIDUAL	22	01:38:59
164	Paulo Gonçalves	Os Netos	23	01:39:01
226	João Alho	Run Forest	24	01:39:02
166	Rui Pereira	Os Netos	25	01:43:30
216	Gonçalo Guiomar	Drivewiz	26	01:43:37
291	MIGUEL PALMA	INDIVIDUAL	27	01:43:44
197	Eduardo Grilo	PICA MIOLOS	28	01:44:01
202	Bruno Matias	PICA MIOLOS	29	01:44:07
123	Marco Costa	INDIVIDUAL	30	01:44:22
200	Luis Costa	PICA MIOLOS	31	01:44:31
246	José Luís Nunes Mendes A. Lopes	INDIVIDUAL	32	01:45:44
147	MARIO GOMES	Veteranoos de Massamá	33	01:46:33
255	Pedro Cordas	INDIVIDUAL	34	01:46:54
174	João Paulo O Silva	INDIVIDUAL	35	01:47:03
210	José Miguel Sousa Seguro	INDIVIDUAL	36	01:47:09
268	Rodrigo Afonso M. C. G. Reis	INDIVIDUAL	37	01:48:33
234	Pedro Mario Batista Lopes	Gatos trail	38	01:48:44
203	Afonso Manuel Vilar Rodrigues	INDIVIDUAL	39	01:48:48
212	Vitor Ramos	Drivewiz	40	01:49:12
175	Joel José Rodrigues Tomaz	INDIVIDUAL	41	01:50:05
148	Paulo Quaresma	Veteranoos de Massamá	42	01:50:24
284	PALO CAVALEIRO	INDIVIDUAL	43	01:50:28
217	Luis Monteiro	Pol Runners	44	01:51:02
215	Tiago Miguel Cruz	Drivewiz	45	01:51:24
248	pedro martins	INDIVIDUAL	46	01:51:40
155	Ricardo ribeiro	Tigres dos trilhos	47	01:52:50

Dorsal	Atleta	Clube	ESCALÃO	Tempo
105	MIGUEL GREGO ESTEVES BROES	INDIVIDUAL	48	01:53:53
130	Nuno Condesso	keep Running	49	01:54:06
242	Miguel Esteves	INDIVIDUAL	50	01:54:09
193	Pedro Gagliardini Graça	AGREGAR	51	01:55:01
228	Joao Carvalho	AGREGAR	52	01:55:03
184	SIMAO ORTEGA	Drivewiz	53	01:56:34
165	Julio Moreira	Os Netos	54	01:57:46
171	CARLOS GONÇALVES	INDIVIDUAL	55	01:57:58
289	JOAO PERNECO	INDIVIDUAL	56	01:58:48
233	Nuno Arigó Sousa Rocha	INDIVIDUAL	57	01:59:35
538	PEDRO AFONSO	INDIVIDUAL	1	02:00:29
537	MARCO LOURENÇO	INDIVIDUAL	58	02:00:30
111	Paulo Almeida	INDIVIDUAL	59	02:00:34
188	Armando Filipe Garcia Bento	BIC	60	02:01:13
121	JORGE HUMBERTO PEREIRA	INDIVIDUAL	61	02:01:15
110	João Filipe Teixeira Veigas	INDIVIDUAL	62	02:02:15
124	Jose Andrade	keep Running	63	02:02:37
287	MARCO OLIVEIRA	INDIVIDUAL	65	02:03:16
286	TIAGO GAMBOA	INDIVIDUAL	66	02:03:22
275	Luis Guilherme Lemos da Silva	INDIVIDUAL	67	02:08:55
224	Gonçalo Seabra	Os Zatopeques	68	02:10:44
140	João Mendes	INDIVIDUAL	69	02:11:26
251	Eduardo Galvao	MultiRunners	70	02:11:49
146	Manuel Azevedo	Veteranoos de Massamá	71	02:13:10
211	António do Nascimento Pires	António Pires	72	02:13:20
128	Joao Palma	keep Running	73	02:16:15
126	Pedro Dias	keep Running	74	02:16:17
127	Eurico Carocha	keep Running	75	02:16:19
138	angelo jorge	s/n	76	02:16:29
440	Filipe Santos	AlenMinho	77	02:17:42
154	Nuno gaito	Tigres dos trilhos	78	02:17:51
218	David Miranda	Pol Runners	79	02:17:53
263	LUÍS PEREIRA	CLUBE ANACOM	80	02:17:58
192	João Barrigola	INDIVIDUAL	81	02:18:17
225	Rafael Santos	Run Forest	82	02:18:54
207	Rui Neves	INDIVIDUAL	83	02:20:22
259	Walter Palma	INDIVIDUAL	84	02:21:05
269	Bruno Pedro	Marretas Team	85	02:21:58
163	Carlos Alberto dos Santos Jesus	INDIVIDUAL	86	02:22:34
227	Antonio Pinho	Associação de Atletismo Lebres do Sado	87	02:25:19
214	Rui Louzeiro	INDIVIDUAL	88	02:28:44
241	Nuno Oliveira	Marretas Team	89	02:29:25
249	José Manuel Borges de Carvalho	INDIVIDUAL	90	02:29:27
230	Antonio Vaz Ribeiro	Marretas Team	91	02:31:11
161	Luis Dias	INDIVIDUAL	92	02:32:09
256	Tiago Pereira	INDIVIDUAL	93	02:32:17
247	Jorge Alves	INDIVIDUAL	94	02:33:12
159	Ismael Teixeira	INDIVIDUAL	95	02:42:59
158	José Dias	INDIVIDUAL	96	02:43:03
113	Diogo Santos	Fadário	97	02:50:11
101	Miguel Simões	INDIVIDUAL	98	02:53:57
271	Luís Filipe Pedro Nunes	Supermoinas Team	99	03:01:06
187	Alfredo Ramos	Drivewiz	100	03:10:55
222	JOSÉ JÚLIO FELÍCIO SIMÕES	CHARNIQUEIROS	101	03:11:38
221	PAULO SIMÕES	CHARNIQUEIROS	102	03:11:39
143	Luis Miguel Martins Castanho	BIC	103	03:12:13
239	Joao Silva	INDIVIDUAL	104	03:27:16

Dorsal	Atleta	Clube	ESCALÃO	Tempo
223	FRANCISCO XAVIER FELÍCIO SIMÕES	CHARNIQUEIROS	105	03:42:25
115	Marco Filipe	Uns Correm Outros Quase	106	03:49:51
182	Paulo Costa	Drivewiz	107	03:57:58
185	Renato Alexandre	Drivewiz	108	04:06:23
292	RUI ROCHA	INDIVIDUAL	109	04:06:57