



5º TRAIL M.T.B.A.



Classificação Geral e Escalão

Trail Curto

6/10/2019

Pos	Dorsal	Nome	Clube	Sexo	Escalao	P_Esc	Tempo	Diferença
1	785	Samuel Guedes		M	MS	1	01:27:04	00:00:00
2	668	João Freire		M	MS	2	01:35:25	00:08:21
3	700	joaquim alexandre	a.m.c.d.titularia	M	M50	1	01:35:59	00:08:55
4	741	Bruno Dias	MTBA	M	M40	1	01:39:09	00:12:05
5	932	Rui Henriques	Serviços Sociais Montepio	M	M40	2	01:40:38	00:13:34
6	570	Joaquim Velhinho Dias	Clube de Praças da Armada	M	M45	1	01:44:33	00:17:29
7	684	Pedro Reduto Reduto	Abitureira	M	M40	3	01:44:52	00:17:48
8	762	Nelson Fonseca	Montes Saloios Trail Team	M	M40	4	01:45:06	00:18:02
9	740	DAVID PALMEIRO	Montes Saloios Trail Team	M	M50	2	01:45:09	00:18:05
10	782	Luis Justino Pereira		M	M45	2	01:45:50	00:18:46
11	674	Ricardo Candeias	CrossFit AlphaDen	M	MS	3	01:47:05	00:20:01
12	577	Emilio Santos		M	M50	3	01:47:07	00:20:03
13	689	Avelino Rodrigues	Clube EDP Lisboa	M	M45	3	01:47:07	00:20:03
14	584	Manuel Malacas *		M	MS	4	01:47:08	00:20:04
15	567	Jose Costa		M	M50	4	01:47:25	00:20:21
16	792	José Manuel Gomes		M	M55	1	01:47:41	00:20:37
17	709	Bruno Esteves	CATA-CLUBE ATLETISMO AMORA	M	M40	5	01:49:53	00:22:49
18	639	Ricardo Leitão	Lampas	M	M40	6	01:49:54	00:22:50
19	557	Alexandre Cantanhede	Clube de Praças da Armada	M	M40	7	01:50:08	00:23:04
20	767	Rui Ramos	Mundo da corrida	M	M40	8	01:50:36	00:23:32
21	593	Hugo Santos *	Crossfit Black Edition	M	M40	9	01:51:14	00:24:10
22	673	João Henriques	Varitintas	M	MS	5	01:51:15	00:24:11
23	738	Nuno Rodrigues	Serviços Sociais Montepio	M	M40	10	01:51:38	00:24:34
24	763	João Caetano		M	M45	4	01:51:38	00:24:34
25	715	Daniel Simões	PATHFINDERS Trail Team	M	MS	6	01:51:44	00:24:40
26	573	Aristides Bordalo		M	M50	5	01:51:49	00:24:45
27	565	Rui Cardoso	TrilhosInfinitos	M	MS	7	01:52:05	00:25:01
28	514	Fernando Parente *	Strong Team	M	M40	11	01:52:32	00:25:28
29	569	Jorge Simões	Linda-a-Pastora Sporting Clube	M	M45	5	01:52:55	00:25:51
30	647	Fernando Alves	URBAN RUN TEAM	M	M50	6	01:52:59	00:25:55
31	654	Isaac Brás		M	M50	7	01:53:03	00:25:59
32	705	Eugénia Martins	Aroo	F	F50	1	01:53:08	00:26:04
33	559	Mário Lourenço	Clube de Praças da Armada	M	M50	8	01:53:15	00:26:11
34	615	João Queiroz	CCD Siemens	M	M45	6	01:53:27	00:26:23
35	576	Nuno Granadas	#NaoSejasGranadas	M	MS	8	01:53:44	00:26:40
36	921	Pedro Sousa	Palmelense F.Clube	M	M60	1	01:53:51	00:26:47
37	685	Rui Batista	CPCD Sentieiras	M	M45	7	01:54:06	00:27:02
38	748	André Vilhena		M	MS	9	01:54:09	00:27:05
39	725	José Marco Ferreira	MTBA	M	MS	10	01:57:10	00:30:06
40	625	Luis Pinto	Varitintas	M	M45	8	01:57:20	00:30:16
41	526	Vitorino Mota	MTBA	M	M55	2	01:57:21	00:30:17
42	525	Rafael Baptista *		M	MS	11	01:57:51	00:30:47
43	598	Hugo Guerreiro	Varitintas	M	M40	12	01:58:50	00:31:46
44	609	José Tomás	Montes Saloios Trail Team	M	M45	9	01:58:54	00:31:50
45	607	Arlindo Deus	amigosdacorrida.com	M	M60	2	01:59:04	00:32:00
46	910	Joao Silva *		M	MS	12	02:00:41	00:33:37

Pos	Dorsal	Nome	Clube	Sexo	Escalao	P	Esc	Tempo	Diferença
47	930	Luis Meneses *		M	M40	13		02:00:41	00:33:37
48	597	Helder Tavares	Varitintas	M	M40	14		02:00:45	00:33:41
49	923	pereira PEREIRA	Fetais	M	MS	13		02:00:49	00:33:45
50	621	Martinho Pessoa	Varitintas	M	MS	14		02:01:04	00:34:00
51	658	Luis Almeida	Montes Saloios Trail Team	M	M45	10		02:01:17	00:34:13
52	624	Álvaro Alpoim	Varitintas	M	M55	3		02:01:28	00:34:24
53	652	Carina Silva	Grupo Desportivo Santander Totta	F	FS	1		02:01:29	00:34:25
54	653	Sergio Silva	Grupo Desportivo Santander Totta	M	M40	15		02:01:29	00:34:25
55	716	José Guerreiro	Serviços Sociais Montepio	M	M60	3		02:01:43	00:34:39
56	751	Manuel Araújo		M	M55	4		02:01:53	00:34:49
57	917	Pedro Luís	Churrasqueira da Paz	M	MS	15		02:02:40	00:35:36
58	747	Ricardo Domingues	Caracóis de Pedra	M	MS	16		02:03:18	00:36:14
59	903	Rodrigo Rodrigues	Panquecas	M	MS	17		02:04:05	00:37:01
60	904	António Oliveira	Panquecas	M	MS	18		02:04:05	00:37:01
61	501	Jose Raposo *	Agualva- Cacém	M	M45	11		02:04:31	00:37:27
62	744	Nuno Gonçalves	Varitintas	M	M40	16		02:04:35	00:37:31
63	707	Carlos Rolo	Auto Jacinto	M	M55	5		02:04:44	00:37:40
64	680	Paulo Varela	MTBA	M	M45	12		02:05:16	00:38:12
65	561	Joaquim Santos	falcoes selvagens	M	M60	4		02:05:44	00:38:40
66	40	Pedro Prudencio	freddywear.pt	M	M50	9		02:06:03	00:38:59
67	924	José Francisco Rocha	Trilhos do Costume	M	M50	10		02:06:11	00:39:07
68	702	José Manuel Rato	60% VIP	M	M60	5		02:06:22	00:39:18
69	672	Gonçalo Ferreira	Santana FC - Trail Team	M	MS	19		02:06:50	00:39:46
70	610	Luís Almeida		M	MS	20		02:08:12	00:41:08
71	714	Sérgio Sebastião	PATHFINDERS Trail Team	M	M40	17		02:08:19	00:41:15
72	706	José Guilherme		M	M40	18		02:09:56	00:42:52
73	734	Ricardo Sousa	Serviços Sociais Montepio	M	MS	21		02:10:09	00:43:05
74	712	RICARDO DINIS *		M	MS	22		02:11:28	00:44:24
75	566	Gonçalo Cardoso	TrilhosInfinitos	M	M40	19		02:11:54	00:44:50
76	591	António Gonçalves	Santana FC - Trail Team	M	M50	11		02:11:57	00:44:53
77	743	Francisco Gama *	Lisboa	M	M55	6		02:12:01	00:44:57
78	753	Nuno Bogalheiro	100 esTRILHOS	M	M45	13		02:12:03	00:44:59
79	558	Márcia Cantanhede	Clube de Praças da Armada	F	FS	2		02:12:04	00:45:00
80	630	Pedro Mota		M	MS	23		02:12:28	00:45:24
81	619	Rui Pereira		M	MS	24		02:12:34	00:45:30
82	589	Samuel Teixeira	COPO 3	M	MS	25		02:12:42	00:45:38
83	745	Jorge Sobrinho	Cartoon Rum	M	M50	12		02:14:17	00:47:13
84	606	Maria João Fernandes*	amigosdacorrida.com	F	F60	1		02:14:36	00:47:32
85	628	PAULO DOMINGOS		M	M50	13		02:14:53	00:47:49
86	518	Paulo Sarty	Strong Team	M	M45	14		02:14:57	00:47:53
87	517	Sandra Lopes *	Strong Team	F	FS	3		02:14:57	00:47:53
88	727	Adriana Roque	Tartarugas Solidárias	F	FS	4		02:15:11	00:48:07
89	697	edgar francisco	a.m.c.d.titularia	M	M50	14		02:15:11	00:48:07
90	656	Daniel Silva	Melga	M	MS	26		02:15:11	00:48:07
91	670	Casimiro Silva	GRCD Leião - Cobras Trailistas	M	M45	15		02:15:45	00:48:41
92	669	Sara Nogueira	GRCD Leião - Cobras Trailistas	F	F40	1		02:15:46	00:48:42
93	710	Tiago Gomes	Caracóis de Pedra	M	MS23	1		02:16:00	00:48:56
94	793	Daniel Gomes	Carapaus	M	MS23	2		02:16:23	00:49:19
95	560	Joao Ribeiro *	"Os Bacanos"	M	M40	20		02:16:36	00:49:32
96	602	Pedro Martins *		M	M45	16		02:16:36	00:49:32
97	575	Helder Rodrigues *	Grupeta Running Team	M	M40	21		02:16:42	00:49:38

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98	533	Rui Gonçalves	Correr Queluz	M	M40	22	02:16:48	00:49:44
99	522	Telmo Pinto *		M	MS	27	02:17:16	00:50:12
100	739	Sonia Fernandes		F	F40	2	02:17:17	00:50:13
101	555	Pedro Ribeiro *	UCIPIUS TRAIL TEAM	M	MS	28	02:17:17	00:50:13
102	788	HERNANI MACEDO		M	M55	7	02:17:26	00:50:22
103	504	Paulo Leão	MTBA	M	M45	17	02:18:00	00:50:56
104	519	Silvia Gomes	MTBA	F	F40	3	02:18:00	00:50:56
105	550	Luis Santos	Já Foste	M	M40	23	02:18:01	00:50:57
106	796	Vitor Carapinha		M	M55	8	02:18:04	00:51:00
107	503	Íris Rodrigues	MTBA	F	FS23	1	02:18:08	00:51:04
108	756	Mario Silva		M	M50	15	02:18:19	00:51:15
109	679	Rodrigo Sousa	MTBA	M	MS	29	02:19:00	00:51:56
110	548	Helena Alonso	Talho Do Pai	F	FS	5	02:19:10	00:52:06
111	766	Helena Silva		F	F50	2	02:19:24	00:52:20
112	750	António Iria	Varitintas	M	M50	16	02:19:26	00:52:22
113	742	Nuno Redondo	Montes Saloios Trail Team	M	MS	30	02:19:48	00:52:44
114	523	Patrícia Santos *		F	FS	6	02:21:21	00:54:17
115	701	paulo tomás	a.m.c.d.titularia	M	M45	18	02:21:25	00:54:21
116	663	Guilherme Gomes	Runners Sernancelhe Terra da Castanha	M	MS23	3	02:21:45	00:54:41
117	649	Carlos Marques	Linda-a-Pastora Sporting Clube	M	M50	17	02:21:50	00:54:46
118	726	Pedro Pires	PP	M	M45	19	02:22:05	00:55:01
119	687	Joao Baía		M	M40	24	02:22:06	00:55:02
120	776	Rui Santos *		M	MS	31	02:22:21	00:55:17
121	773	Pedro Correia *		M	MS	32	02:22:21	00:55:17
122	564	Luís Rodas		M	M40	25	02:22:24	00:55:20
123	528	Ricardo Lamelas dos Santos	MTBA	M	M40	26	02:22:29	00:55:25
124	534	Rui Marques	STJoaoOliveiraTeam	M	M50	18	02:22:29	00:55:25
125	655	Filipe Campelo		M	M50	19	02:22:40	00:55:36
126	513	Cláudia Ferreira *	Strong Team	F	FS	7	02:22:44	00:55:40
127	929	Tiago Santos	AlphaRun	M	M40	27	02:22:51	00:55:47
128	683	Carlos Páscoa		M	M60	6	02:23:20	00:56:16
129	622	Nuno Mendes		M	M45	20	02:23:22	00:56:18
130	772	Antonio Caetano	STJoaoOliveiraTeam	M	M45	21	02:23:23	00:56:19
131	596	Aníbal de Brito *	Cascais	M	MS	33	02:23:28	00:56:24
132	778	Carla Catarino	Carapaus	F	F40	4	02:23:31	00:56:27
133	691	Vera Correia		F	FS	8	02:23:31	00:56:27
134	779	Mafalda Sofia Alves	Carapaus	F	F40	5	02:23:33	00:56:29
135	737	Mario Caneira	Montes Saloios Trail Team	M	M45	22	02:24:00	00:56:56
136	696	Filipe Branco	a.m.c.d.titularia	M	M45	23	02:24:02	00:56:58
137	506	Octávio Ferro Ferro		M	M50	20	02:24:12	00:57:08
138	634	André Vilas Boas *	Papatrilhos Vila Viçosa	M	MS	34	02:24:18	00:57:14
139	699	luis ferreira	a.m.c.d.titularia	M	M50	21	02:24:37	00:57:33
140	798	Petra Hrubá	Crossfit Faro	F	FS	9	02:24:47	00:57:43
141	799	Fernando Almeida		M	MS	35	02:24:47	00:57:43
142	633	Rui Maia		M	M40	28	02:25:08	00:58:04
143	632	Diana Neves		F	FS	10	02:25:10	00:58:06
144	549	Isabel Lemos *		F	F40	6	02:25:19	00:58:15
145	620	Ricardo Coelho	Varitintas	M	MS	36	02:25:24	00:58:20
146	677	Eduardo Pinto	Varitintas	M	MS	37	02:25:25	00:58:21
147	797	Alberto Martins	CORRER LISBOA	M	M55	9	02:25:36	00:58:32
148	682	Karolina Szerlag		F	FS	11	02:26:23	00:59:19
149	605	João Costa	amigosdacorrída.com	M	M55	10	02:26:25	00:59:21
150	746	Ana Ferreira *		F	F40	7	02:27:07	01:00:03

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151	623	Hugo Evaristo	Wild Runners	M	MS	38	02:27:10	01:00:06
152	695	Carlos Leão	CORRER LISBOA	M	M55	11	02:27:11	01:00:07
153	627	FILIPA AZEVEDO *		F	F40	8	02:27:13	01:00:09
154	581	Joel Sousa	Tour Saloia	M	MS	39	02:27:42	01:00:38
155	554	João Vicente		M	M55	12	02:28:03	01:00:59
156	28	Nuno Roupeta Silva *	Grupeta Running Team	M	M45	24	02:28:07	01:01:03
157	521	Filomena Maria Santos *		F	F45	1	02:28:18	01:01:14
158	711	Sónia Pinto Panasco *		F	F40	9	02:28:24	01:01:20
159	777	Vitor Santos	Carapaus	M	M45	25	02:28:31	01:01:27
160	651	Rita Fernandes		F	F45	2	02:28:57	01:01:53
161	781	Luis Martins	Grupeta Running Team	M	M40	29	02:29:03	01:01:59
162	531	Gonçalo Calisto	Team Fugassa	M	M40	30	02:29:07	01:02:03
163	761	José Ferreira	SS CGD	M	M60	7	02:29:11	01:02:07
164	646	Marta Sá	Santana FC - Trail Team	F	FS	12	02:29:43	01:02:39
165	535	Milena Alipio *	Os papos secos	F	F50	3	02:30:28	01:03:24
166	636	Avelino Rilhas	STJoaoOliveiraTeam	M	MS	40	02:30:50	01:03:46
167	754	Antonio Duarte	60% VIP	M	M60	8	02:31:12	01:04:08
168	771	Nuno Pereira	Grupeta Running Team	M	M40	31	02:31:16	01:04:12
169	676	Luís Violante	PénaBike Team	M	M45	26	02:32:23	01:05:19
170	731	Maria Rodrigues	Runners da frente ribeirinha	F	F55	1	02:32:25	01:05:21
171	644	António Ferreira	Charlie Teo Foundation	M	M45	27	02:32:34	01:05:30
172	690	José Alves	Clube EDP Lisboa	M	M55	13	02:33:05	01:06:01
173	588	Luisa Pisco	lesmas aceleradas	F	F55	2	02:34:39	01:07:35
174	580	Ana Catarina Menezes	Montes Saloios Trail Team	F	F40	10	02:34:43	01:07:39
175	703	Vitor Lourenço	Montes Saloios Trail Team	M	M50	22	02:35:30	01:08:26
176	659	Célia Paiva	Montes Saloios Trail Team	F	F50	4	02:36:46	01:09:42
177	791	Júlio Costa		M	M40	32	02:37:06	01:10:02
178	906	ALTINA NARCISO		F	F60	2	02:37:49	01:10:45
179	698	gabriel antonio	a.m.c.d.titularia	M	M55	14	02:38:01	01:10:57
180	775	Claudio Cruz	Arrábida Obstacle Runners	M	M40	33	02:38:04	01:11:00
181	572	Severino Cruz		M	M55	15	02:38:30	01:11:26
182	728	Patrícia Branco *		F	FS	13	02:42:12	01:15:08
183	640	Silvia Marino		F	FS	14	02:42:12	01:15:08
184	641	Jose Jesus		M	M40	34	02:42:56	01:15:52
185	599	Sergio Rodelo	Run Crew Trail Montijo	M	M45	28	02:42:57	01:15:53
186	511	Lígia Domingues *		F	FS	15	02:43:18	01:16:14
187	512	Alberto Emanuel Pinheiro Domingues		M	M45	29	02:43:22	01:16:18
188	708	Nuno Oliveira	Montes Saloios Trail Team	M	M40	35	02:43:25	01:16:21
189	934	Toby Dixon		M	M45	30	02:45:39	01:18:35
190	578	Nuno Jorge		M	M40	36	02:45:49	01:18:45
191	664	Cristina Carvalho		F	F45	3	02:45:53	01:18:49
192	757	Karen Rojas *		F	FS	16	02:47:05	01:20:01
193	758	Dário Pedro		M	MS	41	02:47:06	01:20:02
194	675	Susana Martins *	Cabará dos Coxos	F	F45	4	02:47:26	01:20:22
195	611	Neusa Sousa Almeida	Éramos 2	F	FS23	2	02:47:55	01:20:51
196	789	Roberto Bettencourt	Linda-a-Pastora Sporting Clube	M	M40	37	02:48:29	01:21:25
197	764	José Brás	Montes Saloios Trail Team	M	M55	16	02:48:35	01:21:31
198	786	Henrique Cabral		M	M60	9	02:49:06	01:22:02
199	603	Alberto Lopes	3 copos	M	M40	38	02:49:17	01:22:13
200	500	Ana Raposo *	Agualva- Cacém	F	F45	5	02:49:18	01:22:14
201	532	Helena Teixeira *		F	F45	6	02:49:25	01:22:21
202	552	Olga Martins	Já Foste	F	F40	11	02:49:32	01:22:28
203	551	Maria Almeida	Já Foste	F	FS	17	02:49:33	01:22:29

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204	595	Jorge Camoesas		M	MS	42	02:49:35	01:22:31
205	768	Jorge Manuel Fernandes		M	M50	23	02:49:37	01:22:33
206	770	Silvia Barradas	Santana FC - Trail Team	F	FS	18	02:50:54	01:23:50
207	629	André Magro		M	MS	43	02:51:19	01:24:15
208	604	António Belo	amigosdacorrída.com	M	M60	10	02:51:38	01:24:34
209	913	José Guia	Valejas A C	M	M60	11	02:51:47	01:24:43
210	688	Raquel Inácio	Clube EDP Lisboa	F	FS	19	02:51:56	01:24:52
211	914	Vera Carmo	Valejas A C	F	FS	20	02:52:01	01:24:57
212	642	Rodrigues Palitos *		M	M50	24	02:52:06	01:25:02
213	502	Paulo Santos	MTBA	M	M45	31	02:52:37	01:25:33
214	681	Paula Calisto	Caracóis de Pedra	F	FS	21	02:52:44	01:25:40
215	692	Magda Leitão	Caracóis de Pedra	F	F45	7	02:52:44	01:25:40
216	693	José Leitão	Caracóis de Pedra	M	M55	17	02:52:45	01:25:41
217	574	Monica Lopes	Linda-a-Pastora Sporting Clube	F	F40	12	02:52:50	01:25:46
218	650	Lurdes Trigueiro	Linda-a-Pastora Sporting Clube	F	F45	8	02:53:18	01:26:14
219	546	Jose Machado	NAV Runners	M	M50	25	02:54:37	01:27:33
220	547	Marta Machado	NAV Runners	F	FS	22	02:54:37	01:27:33
221	752	Pedro Verissimo	Barreiro	M	M50	26	02:54:38	01:27:34
222	905	João Custódio	AL-MOÇA-GEME	M	MS	44	02:55:03	01:27:59
223	916	Pedro Silva		M	MS	45	02:55:05	01:28:01
224	510	Cristina Lino *	Alverca	F	F50	5	02:55:05	01:28:01
225	626	Ismar Ferreira		M	M55	18	02:55:22	01:28:18
226	612	Ricardo Almeida	Éramos 2	M	M40	39	02:58:48	01:31:44
227	635	Cátia Gonçalves	Vila Viçosa Running	F	FS	23	03:02:39	01:35:35
228	713	EMILIA BENTO		F	F50	6	03:02:56	01:35:52
229	723	João Morgado		M	M50	27	03:02:58	01:35:54
230	529	Diogo Arraias	Os Arraias	M	M60	12	03:03:24	01:36:20
231	530	Sandra Arraias	Os Arraias	F	FS	24	03:03:25	01:36:21
232	784	Ana Neto	Linda-a-Pastora Sporting Clube	F	F40	13	03:03:42	01:36:38
233	648	Alexandra Pires	São João das Lampas	F	F50	7	03:03:49	01:36:45
234	730	Pedro Confraria	Lisboa	M	M40	40	03:04:58	01:37:54
235	586	Sílvia Cristina Monteiro Fernandes *		F	F40	14	03:05:15	01:38:11
236	732	Hugo Sousa	Divagar se vê ao longe	M	M40	41	03:05:18	01:38:14
237	736	Claudia Grencho	Serviços Sociais Montepio	F	F45	9	03:05:25	01:38:21
238	735	Luís Grencho	Serviços Sociais Montepio	M	M45	32	03:05:26	01:38:22
239	794	Susana Santos		F	FS	25	03:05:30	01:38:26
240	911	Nuno Madureira		M	MS	46	03:05:31	01:38:27
241	760	Paulo Fernandes	A. A. Lebres do Sado	M	M45	33	03:06:17	01:39:13
242	541	Nuno Alves	C.M.C	M	M55	19	03:06:59	01:39:55
243	520	Marisa Rianço	Montes Saloios Trail Team	F	FS	26	03:07:01	01:39:57
244	590	Liliana Correia	Tartarugas Solidárias	F	FS	27	03:07:08	01:40:04
245	686	Teresa Teixeira	Montes Saloios Trail Team	F	F50	8	03:07:10	01:40:06
246	912	Ricardo Santos	Tour Saloia	M	MS	47	03:07:27	01:40:23
247	571	João Baena	"Os Bacanos"	M	M40	42	03:07:40	01:40:36
248	721	Mario Atilhó	Santana FC - Trail Team	M	M45	34	03:08:54	01:41:50
249	720	Carla Atilho	Santana FC - Trail Team	F	F45	10	03:08:55	01:41:51
250	568	Célia Simões	Linda-a-Pastora Sporting Clube	F	F45	11	03:09:42	01:42:38
251	527	Vitor Canto	Linda-a-Pastora Sporting Clube	M	M45	35	03:09:43	01:42:39
252	918	Vasco Josefino *		M	MS	48	03:10:42	01:43:38
253	780	André Gomes	Carapaus	M	M40	43	03:12:15	01:45:11

Pos	Dorsal	Nome	Clube	Sexo	Escalao	P	Esc	Tempo	Diferença
254	592	Sofia Atilho	Santana FC - Trail Team	F	F40	15		03:12:18	01:45:14
255	671	Tania pereira	Santana FC - Trail Team	F	FS	28		03:12:19	01:45:15
256	540	Ines Alves	C.M.C	F	FS	29		03:12:56	01:45:52
257	539	Vera Alves	C.M.C	F	FS	30		03:13:24	01:46:20
258	667	Francisco Ramos	Varitintas	M	M40	44		03:13:48	01:46:44
259	537	Samuel Silva	Montes Saloios Trail Team	M	M40	45		03:14:10	01:47:06
260	661	Ana Pipa	Montes Saloios Trail Team	F	F40	16		03:14:10	01:47:06
261	579	JOÃO ALBERTO	Montes Saloios Trail Team	M	M50	28		03:14:11	01:47:07
262	657	Manuel FONTINHA	GRCD Leião - Cobras Trailistas	M	M50	29		03:21:25	01:54:21
263	600	Isabel Gomez	Porto Salvo	F	FS	31		03:35:22	02:08:18
264	543	Susana Almeida	C.M.C	F	F50	9		03:35:23	02:08:19
265	694	Mário Rogado	CORRER LISBOA	M	M40	46		03:36:52	02:09:48
266	749	Sandra Batista	Varitintas	F	F45	12		03:36:58	02:09:54
267	662	claudia fortunato	marvila jovem	F	FS	32		03:40:36	02:13:32
268	755	Ana Mendes		F	F50	10		03:40:37	02:13:33
269	729	Inês Carvalho	Lisboa	F	F40	17		03:40:38	02:13:34
270	795	Fernanda Palminha		F	F55	3		04:26:24	02:59:20
271	769	Paula Alexandra Silva		F	F45	13		04:26:24	02:59:20
272	542	Alexandra Silva	C.M.C	F	F45	14		04:41:16	03:14:12
273	538	Ester Lopes	C.M.C	F	F60	3		04:41:19	03:14:15
274	719	Pedro Paulo	Serviços Sociais Montepio	M	M50	30		05:22:11	03:55:07
275	718	Sofia Portugal	Serviços Sociais Montepio	F	F50	11		05:22:14	03:55:10
276	637	Lina Mateus		F	F40	18		05:23:02	03:55:58