

| Lugar | Dorsal | Atleta/Equipa                                                        | Escalão  | Idade | Sexo | Tempo     | Diferença  |
|-------|--------|----------------------------------------------------------------------|----------|-------|------|-----------|------------|
| 1     | 62     | Marcolino VeríssimoAMCF - Arrábida Trail Team                        | M 40     | 47    | M    | 3:15:36.6 | -          |
| 2     | 9      | Nelson AmaralAMCF - Arrábida Trail Team                              | M 40     | 42    | M    | 3:16:47.3 | +1:10.7    |
| 3     | 34     | Manuel SousaClube de Praças da Armada                                | M 40     | 47    | M    | 3:27:22.3 | +11:45.7   |
| 4     | 68     | Filipe Noivo PinheiroGo!Runners                                      | Senior M | 34    | M    | 3:28:45.4 | +13:08.8   |
| 5     | 2      | Rodrigo NoivoAMCF-Arrábida Trail Team                                | Senior M | 36    | M    | 3:28:52.3 | +13:15.7   |
| 6     | 35     | Bruno CastroClube de Praças da Armada                                | Senior M | 36    | M    | 3:41:17.4 | +25:40.8   |
| 7     | 18     | Vitor SantosCAPenafirme                                              | M 40     | 42    | M    | 3:50:46.7 | +35:10.1   |
| 8     | 65     | João GinjaAMCF - Arrábida Trail Team                                 | M 50     | 53    | M    | 3:51:30.8 | +35:54.2   |
| 9     | 57     | Sofia RoqueteAMCF Arrábida Trail Team                                | Senior F | 31    | F    | 3:54:27.0 | +38:50.4   |
| 10    | 61     | Olavo fontinhaATR-Algarve Trail Running                              | Senior M | 36    | M    | 3:55:13.5 | +39:36.9   |
| 11    | 3      | Marco FranciscoMonstanto Running Team                                | Senior M | 35    | M    | 3:56:37.7 | +41:01.1   |
| 12    | 19     | Francisco RodriguesAmigos do Atletismo de Mafra                      | M 40     | 42    | M    | 4:00:04.9 | +44:28.3   |
| 13    | 48     | Vitor LebreIndividual                                                | M 40     | 44    | M    | 4:02:37.4 | +47:00.8   |
| 14    | 69     | Tuxa NegriGin. Qta. Valbom - AAAlcochete                             | Senior F | 28    | F    | 4:02:49.1 | +47:12.5   |
| 15    | 41     | Paulo Costao MUNDO DA CORRIDA                                        | M 40     | 48    | M    | 4:04:56.4 | +49:19.8   |
| 16    | 36     | Mário Francisco MalheiroGURUS                                        | Senior M | 27    | M    | 4:09:18.0 | +53:41.4   |
| 17    | 14     | Paulo FradeSabores do Paço / Zatopeques                              | M 50     | 50    | M    | 4:14:19.7 | +58:43.1   |
| 18    | 47     | Vitor GateiraÉvoraNightRunners                                       | Senior M | 30    | M    | 4:18:18.4 | +1:02:41.8 |
| 19    | 60     | Helder OnofreCAPenafirme                                             | M 40     | 43    | M    | 4:22:09.0 | +1:06:32.4 |
| 20    | 51     | Eunice de Jesus Serrão FernandesATR Associacao Algarve Trail Running | F 40     | 44    | F    | 4:22:39.3 | +1:07:02.7 |
| 21    | 42     | ANTÓNIO NUNESCASA DO PESSOAL DA RTP                                  | M 40     | 46    | M    | 4:24:42.9 | +1:09:06.3 |
| 22    | 53     | <u>MANUEL JOAQUIM NEVES RODRIGUES</u> Clube Millennium bcp           | M 50     | 53    | M    | 4:26:54.5 | +1:11:17.9 |
| 23    | 40     | Silvério CorreiaArrabida Runners                                     | M 50     | 52    | M    | 4:30:47.3 | +1:15:10.7 |
| 24    | 55     | David Ventura GonçalvesIndividual                                    | Senior M | 35    | M    | 4:33:41.1 | +1:18:04.5 |
| 25    | 43     | Mafalda MonizAMCF-Arrábida Trail Team                                | Senior F | 32    | F    | 4:35:12.7 | +1:19:36.1 |
| 26    | 30     | HELDER BAPTISTAIndividual                                            | M 50     | 52    | M    | 4:35:45.3 | +1:20:08.7 |
| 27    | 44     | Gonçalo PorêloGP Running                                             | Senior M | 37    | M    | 4:42:35.1 | +1:26:58.5 |
| 28    | 29     | Rita MarquesAmigos do Atletismo de Mafra                             | Senior F | 38    | F    | 4:48:17.3 | +1:32:40.7 |
| 29    | 56     | TIAGO REALISTAAmigos do Atletismo de Mafra                           | M 40     | 46    | M    | 4:48:19.6 | +1:32:43.0 |
| 30    | 33     | Ivone Saramago FerreiraTrilho Perdido Eventos / Imporlux             | F 40     | 46    | F    | 4:53:18.2 | +1:37:41.6 |
| 31    | 28     | Jorge GinjaAmigos do Atletismo de Mafra                              | M 40     | 45    | M    | 4:53:23.3 | +1:37:46.7 |
| 31    | 59     | João PiresStrendure Running Team                                     | Senior M | 39    | M    | 4:53:23.3 | +1:37:46.7 |
| 33    | 46     | José PintoCLUBE ANACOM                                               | M 40     | 43    | M    | 4:55:30.3 | +1:39:53.7 |
| 34    | 23     | Marco NazaréSabores do Paço/ Zatopeques                              | M 40     | 40    | M    | 4:56:33.3 | +1:40:56.7 |
| 35    | 6      | Paulo VenâncioIndividual                                             | Senior M | 39    | M    | 5:01:17.1 | +1:45:40.5 |
| 36    | 64     | João Eduardo da Silva Domingues MendonçaIndividual                   | Senior M | 27    | M    | 5:01:22.3 | +1:45:45.7 |
| 37    | 27     | mario silvasintrarunning                                             | M 50     | 51    | M    | 5:08:02.1 | +1:52:25.5 |
| 38    | 66     | José C. F. NunesAMCF - Arrábida Trail Team                           | M 50     | 50    | M    | 5:09:19.6 | +1:53:43.0 |
| 39    | 71     | Ana Lucia DuarteFalcões Selvagens                                    | F 40     | 48    | F    | 5:09:23.2 | +1:53:46.6 |
| 40    | 52     | Jorge ReisATR Associacao Algarve Trail Running                       | M 40     | 48    | M    | 5:15:39.5 | +2:00:02.9 |
| 41    | 32     | Gabriel JansenRun!Sintra                                             | Senior M | 26    | M    | 5:18:55.5 | +2:03:18.9 |
| 42    | 7      | Fernando Jorge ReisTures Trail Team                                  | M 40     | 49    | M    | 5:21:26.7 | +2:05:50.1 |
| 43    | 54     | Nuno PintãoIndividual                                                | M 40     | 48    | M    | 5:22:17.5 | +2:06:40.9 |
| 44    | 58     | Paulo SábioNewoxygen                                                 | M 40     | 40    | M    | 5:33:23.8 | +2:17:47.2 |

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|-------|--------|----------------------------------------------------|----------|-------|------|-----------|------------|
| 45    | 12     | Frederico CostaO MUNDO DA CORRIDA                  | Senior M | 34    | M    | 5:34:26.5 | +2:18:49.9 |
| 46    | 38     | Carlos SilvaFortíssimos Running Team               | Senior M | 33    | M    | 5:35:49.9 | +2:20:13.3 |
| 47    | 10     | Nuno GonçalvesGDCTIN Casa da Moeda                 | M 40     | 43    | M    | 5:36:35.9 | +2:20:59.3 |
| 48    | 72     | Paulo Alexandre OliveiraIndividual                 | M 40     | 49    | M    | 5:39:29.2 | +2:23:52.6 |
| 49    | 24     | Francisco VazFrufresh Runners                      | M 50     | 51    | M    | 5:43:17.3 | +2:27:40.7 |
| 50    | 1      | Diogo LeiteIndividual                              | M 40     | 49    | M    | 5:53:10.9 | +2:37:34.3 |
| 51    | 5      | Paulo NunesIndividual                              | M 50     | 56    | M    | 5:55:03.5 | +2:39:26.9 |
| 52    | 20     | Douglas FryClube Desportivo de Mafra               | M 60     | 62    | M    | 6:04:13.6 | +2:48:37.0 |
| 53    | 45     | Sérgio AntunesCLUBE ANACOM                         | M 50     | 51    | M    | 6:05:42.1 | +2:50:05.5 |
| 54    | 39     | Nuno DiasFortíssimos Running Team                  | Senior M | 32    | M    | 6:10:00.4 | +2:54:23.8 |
| 55    | 26     | Luís FerreiraSTJoaoOliveiraTeam                    | M 50     | 52    | M    | 6:50:00.2 | +3:34:23.6 |
| 56    | 25     | Sónia SequeiraSTJoaoOliveiraTeam                   | F 40     | 43    | F    | 6:50:03.2 | +3:34:26.6 |
| -     | 70     | Luis MartinsAmcf - Arrabida Trail Team             | M 40     | 45    | M    | DNF       | -          |
| -     | 4      | Hugo MartinsWest Trail Runners                     | Senior M | 36    | M    | DSQ       | -          |
| -     | 8      | Rui CoelhoPortugal Running                         | M 40     | 49    | M    | DSQ       | -          |
| -     | 11     | José LiberatoGDCTIN Casa da Moeda                  | M 40     | 43    | M    | DSQ       | -          |
| -     | 13     | Isabel DiasFrufresh Runners                        | F 50     | 52    | F    | DSQ       | -          |
| -     | 15     | Gonçalo Fontes de MeloRun 4 Fun                    | M 50     | 52    | M    | DSQ       | -          |
| -     | 16     | José Manuel Marques Ferreirapainho trail           | M 40     | 47    | M    | DSQ       | -          |
| -     | 17     | Rui CorreiaGDCTIN Casa da Moeda                    | M 40     | 42    | M    | DSQ       | -          |
| -     | 21     | Ricardo OliveiraMicro Runners Team                 | M 40     | 44    | M    | DSQ       | -          |
| -     | 22     | Sónia DionísioMicro Runners Team                   | Senior F | 38    | F    | DSQ       | -          |
| -     | 31     | Peter CooperRun!Sintra                             | M 50     | 53    | M    | DSQ       | -          |
| -     | 37     | Marco MonteiroIndividual                           | M 40     | 43    | M    | DSQ       | -          |
| -     | 49     | Cristiano ReisATR Associacao Algarve Trail Running | Senior M | 30    | M    | DSQ       | -          |
| -     | 50     | Bruno BondosoATR Associacao Algarve Trail Running  | M 40     | 44    | M    | DSQ       | -          |
| -     | 63     | Antonio RibeiroIndividual                          | M 60     | 71    | M    | DSQ       | -          |
| -     | 67     | Rui CunhaGrupo Desportivo Santander Totta          | M 50     | 52    | M    | DSQ       | -          |