

Lugar	Dorsal	Nome	Equipa	Escalão	Idade	Sexo	Tempo	Diferença
1	128	jose rosario	porto de mos a correr	M 45	45	Male	3:11:26.1	-
2	81	MIGUEL RIBEIRO	ZONA ALTA TRAIL	M 40	41	Male	3:16:18.1	+4:52.0
3	49	rui cassiano	Vikings Trail Runners / CCR Alcabideque	Seniores M (23 aos 39)	37	Male	3:17:36.3	+6:10.2
4	144	Simão Seiça	AMCF - Arrábida Trail Team	Seniores M (23 aos 39)	35	Male	3:19:46.6	+8:20.5
5	73	João Henrique da Cruz	CB RUN	Seniores M (23 aos 39)	33	Male	3:24:59.6	+13:33.5
6	155	Horácio Caetano	Alquimia Health Club	M 40	42	Male	3:31:38.6	+20:12.5
7	79	JOAO FERNANDES	ZONA ALTA TRAIL	Seniores M (23 aos 39)	39	Male	3:32:10.5	+20:44.4
8	78	ANDRE ROSARIO	ZONA ALTA TRAIL	Seniores M (23 aos 39)	31	Male	3:34:09.8	+22:43.7
9	89	Paulo Alves	Grupo Desportivo Santander Totta	M 40	41	Male	3:34:30.3	+23:04.2
10	48	Fábio Ferreira Ferreira	DirtRunners	Seniores M (23 aos 39)	33	Male	3:47:28.8	+36:02.7
11	20	Luís Narciso	O MUNDO DA CORRIDA	Seniores M (23 aos 39)	35	Male	3:48:43.7	+37:17.6
12	150	João Silva	Vitória FC trailrunning	Seniores M (23 aos 39)	32	Male	3:49:09.8	+37:43.7
13	103	Pedro Carreira	PAC	M 40	40	Male	3:50:25.4	+38:59.3
14	82	Helder Silva	Equipa A	Seniores M (23 aos 39)	39	Male	3:52:06.3	+40:40.2
15	33	Luís Soares	CLUBE OGMA	M 50	53	Male	3:57:41.7	+46:15.6
16	153	Richard Amorim	Olímpico Vianense Trail	M 40	40	Male	4:02:52.5	+51:26.4
17	14	David Jesus	pace.makers	M 50	53	Male	4:03:26.6	+52:00.5
18	141	Rui Carvalho	Bruxos Runners	M 40	44	Male	4:04:16.4	+52:50.3
19	32	João Prisal	Salamandrecos	M 45	47	Male	4:06:41.0	+55:14.9
20	117	Pedro Dias	CLAC Entroncamento/OndaTrilhos	Seniores M (23 aos 39)	36	Male	4:08:39.3	+57:13.2
21	152	Paulo Frade	Sabores do Paço / Zatopeques	M 50	52	Male	4:08:53.9	+57:27.8
22	30	Pedro Martinho	Individual	Seniores M (23 aos 39)	39	Male	4:10:56.9	+59:30.8
23	126	vanda santos	Individual	Seniores F (23 aos 39)	38	Female	4:11:59.1	+1:00:33.0
24	145	Henrique Dias	Caracol Trail Team	Sub 23 M	22	Male	4:13:20.9	+1:01:54.8
25	142	Nuno Pereira	CLUBE OGMA	M 40	43	Male	4:14:06.7	+1:02:40.6
26	98	Helder Onofre	Clube Académico de Penafirme	M 40	44	Male	4:14:47.1	+1:03:21.0
27	80	JOSE DIAS	ZONA ALTA TRAIL	M 55	55	Male	4:16:03.3	+1:04:37.2
28	116	Paulo Gomes	Individual	Seniores M (23 aos 39)	39	Male	4:16:11.1	+1:04:45.0
29	21	António Vilela	Real Academia	M 50	50	Male	4:16:15.8	+1:04:49.7
30	13	José Cardinho	INcapazes	Seniores M (23 aos 39)	35	Male	4:16:21.6	+1:04:55.5
31	27	Rui Menas	Matilha Running	M 40	42	Male	4:17:27.7	+1:06:01.6
32	57	Nuno Oliveira	Os Coxos e o Miguel	M 40	41	Male	4:18:30.8	+1:07:04.7
33	12	Filipe Saltão	ACDRS QUINHENDROS	Seniores M (23 aos 39)	36	Male	4:18:32.5	+1:07:06.4
34	105	Filipe Afonso	AC PORTALEGRE / UTSM	Seniores M (23 aos 39)	38	Male	4:18:53.6	+1:07:27.5
35	4	Mário Rodrigues	F.F para a Paz Mundial e Unificação	M 50	53	Male	4:20:47.7	+1:09:21.6
36	47	Vasco Sousa	Coimbra Trail Running	M 50	53	Male	4:21:56.0	+1:10:29.9
37	66	Ricardo Sousa	Boavista Trail	Seniores M (23 aos 39)	39	Male	4:24:47.8	+1:13:21.7
38	70	Elisabete Alves	TROGLODITAS RUNNERS	Seniores F (23 aos 39)	31	Female	4:24:58.7	+1:13:32.6
39	64	Elísio Gonçalves	Individual	M 45	47	Male	4:26:41.5	+1:15:15.4
40	113	Marco Silva	outdoor clube de setubal	Seniores M (23 aos 39)	38	Male	4:28:18.6	+1:16:52.5
41	55	José Miguel Santos	S.C. Povoense - Caracois de Corrida	M 45	46	Male	4:28:50.9	+1:17:24.8
42	133	Antonio Pires	Crossfit Alphaden	M 50	54	Male	4:33:27.2	+1:22:01.1
43	147	Hélder Torcato Soares	Bruxos Runners	M 40	43	Male	4:33:50.3	+1:22:24.2
44	154	Tiago Abreu	Individual	M 40	41	Male	4:33:57.2	+1:22:31.1
45	24	Diogo Barros	CB RUN	M 40	44	Male	4:34:30.2	+1:23:04.1

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46	129	Rodolfo Deyllot	Porto de Mós a correr	M 50	53	Male	4:34:33.5	+1:23:07.4
47	86	Célia Henriques	Bruxos Runners	F 45	49	Female	4:34:54.4	+1:23:28.3
48	58	Carla Henriques	Associação Vale Grande	F 40	43	Female	4:36:19.5	+1:24:53.4
49	31	ROMÃO SANTOS	Salamandrecos	M 45	46	Male	4:37:09.1	+1:25:43.0
50	36	Álvaro Mano	Coimbra Trail Running	M 45	48	Male	4:38:01.1	+1:26:35.0
51	35	Catarina Alves	Coimbra Trail Running	F 40	44	Female	4:38:02.3	+1:26:36.2
52	7	Cidália Costa Martins	GDMTrail Team	F 50	54	Female	4:39:07.6	+1:27:41.5
53	93	Sofia Caeiro	Kainagua	Seniores F (23 aos 39)	32	Female	4:39:12.7	+1:27:46.6
54	94	Luís Alegrias	Kainagua	M 40	44	Male	4:39:15.1	+1:27:49.0
55	3	alfredo costa	oursense	M 60	60	Male	4:39:31.0	+1:28:04.9
56	140	João Pereira	Individual	M 50	52	Male	4:41:29.4	+1:30:03.3
57	65	Vitor Pereira	Runners da Frente Ribeirinha da P.S.I	M 40	44	Male	4:41:48.3	+1:30:22.2
58	121	Carla Santos	O MUNDO DA CORRIDA	F 40	40	Female	4:43:56.4	+1:32:30.3
59	10	António Serra Jorge	ACDRS QUINHENDROS	M 45	49	Male	4:45:03.1	+1:33:37.0
60	83	Pedro Raposo	Clube Millennium bcp	M 40	42	Male	4:45:50.7	+1:34:24.6
61	60	Luís Andrade	Grupo Desportivo Ferreirense	Seniores M (23 aos 39)	32	Male	4:48:29.8	+1:37:03.7
62	139	Luísa Mesquita	Coimbra Trail Running	Seniores F (23 aos 39)	38	Female	4:50:13.1	+1:38:47.0
63	39	Nelson Sousa	DirtRunners	M 50	50	Male	4:52:38.1	+1:41:12.0
64	61	João Freire	GDCTIN Casa da Moeda	M 50	54	Male	4:55:51.5	+1:44:25.4
65	125	Marta Fonseca	Toledo	Seniores M (23 aos 39)	37	Female	4:56:07.7	+1:44:41.6
66	28	Cidália Oliveira Oliveira	ACDRS QUINHENDROS	F 50	50	Female	4:56:50.7	+1:45:24.6
67	134	Tiago Realista	Amigos do Atletismo de Mafra	M 45	47	Male	4:57:00.4	+1:45:34.3
68	88	Nuno Neves	Turres Trail Team	M 45	48	Male	4:58:31.8	+1:47:05.7
69	111	Rui Martins	Associação Vale Grande	Seniores M (23 aos 39)	33	Male	5:00:09.7	+1:48:43.6
70	91	Carmen Ferreira	Associação Vale Grande	F 50	51	Female	5:00:10.0	+1:48:43.9
71	135	Joaquim Caeiro	AlenMinho	M 50	50	Male	5:01:05.5	+1:49:39.4
72	9	Miguel Nuno Duarte Pedro	Salamandrecos	M 50	50	Male	5:03:04.4	+1:51:38.3
73	114	Helena Madeira	Individual	Seniores F (23 aos 39)	37	Female	5:03:08.6	+1:51:42.5
74	97	CONCEIÇÃO ALVES	LESMAS ACELERADAS	F 55	56	Female	5:04:03.3	+1:52:37.2
75	16	Nuno Lima	Os Compadres	M 40	41	Male	5:05:39.6	+1:54:13.5
76	17	Diogo Conde	Os Compadres	Seniores M (23 aos 39)	35	Male	5:05:40.9	+1:54:14.8
77	148	Luís Oliveira	Grupo Desportivo da Parreira	M 40	42	Male	5:06:25.9	+1:54:59.8
78	69	Vitor Gonçalves	TROGLODITAS RUNNERS	Seniores M (23 aos 39)	32	Male	5:09:36.5	+1:58:10.4
79	67	Pedro Luzio	SS CGD	M 40	43	Male	5:10:02.9	+1:58:36.8
80	45	Hugo Lampreia	KÇPHODA WOLVES TRAIL	M 45	45	Male	5:11:10.3	+1:59:44.2
81	123	Hugo Palma	Tailwind Nutrition	M 40	41	Male	5:13:34.6	+2:02:08.5
82	72	Fernando Corda	KcpHoda	M 50	43	Male	5:13:54.7	+2:02:28.6
83	90	Maria Felisardo	Outdoor clube Setúbal	F 45	49	Female	5:19:59.7	+2:08:33.6
84	41	Nuno Gonçalves	Clube TAP PORTUGAL	M 40	43	Male	5:20:08.8	+2:08:42.7
85	107	Fábio Paulo	Lusco-Fusco Runners	Seniores M (23 aos 39)	36	Male	5:21:48.5	+2:10:22.4
86	104	Marco Caseiro	Os Perigosos	M 40	41	Male	5:24:25.7	+2:12:59.6
87	109	Manuel Moreno	HL Runners Club	M 60	61	Male	5:25:26.2	+2:14:00.1
88	115	Inês Peixoto	EVELX	F 40	40	Female	5:25:42.6	+2:14:16.5
89	143	José Paulo Santos	Individual	M 40	43	Male	5:26:46.4	+2:15:20.3
90	38	Carlos Palaio	GRVilaverdense	M 45	46	Male	5:31:26.8	+2:20:00.7

Lugar	Dorsal	Nome	Equipa	Escalão	Idade	Sexo	Tempo	Diferença
91	100	Leonel Campos	CLAC- Entroncamento/OndaTrilhos	M 55	55	Male	5:31:43.4	+2:20:17.3
92	71	Carlos Manuel Soares Cardoso	Individual	M 40	43	Male	5:33:48.0	+2:22:21.9
93	87	Paulo Pereira	strendure running team	M 40	44	Male	5:33:48.4	+2:22:22.3
94	19	Sérgio Costa	Individual	M 40	42	Male	5:38:57.0	+2:27:30.9
95	44	Bruno Pedro	Clube TAP PORTUGAL	M 40	41	Male	5:39:01.7	+2:27:35.6
96	42	Eduardo Pinto	Clube TAP PORTUGAL	Seniores M (23 aos 39)	39	Male	5:39:15.2	+2:27:49.1
97	75	Cristina Frota Frota	OCS - Setúbal Strendure Running Team	Seniores F (23 aos 39)	26	Female	5:40:05.5	+2:28:39.4
98	23	Jose Faro	Viseu 360	M 45	47	Male	5:43:07.7	+2:31:41.6
99	5	José Gil Andrade	Grupo Desportivo Ferreirense	Seniores M (23 aos 39)	34	Male	5:43:35.5	+2:32:09.4
100	99	Guilherme Ferreira Silva	Individual	Seniores M (23 aos 39)	30	Male	5:47:12.9	+2:35:46.8
101	118	Pedro Oliveira	Grupo Desportivo da Parreira	Seniores M (23 aos 39)	33	Male	5:48:25.2	+2:36:59.1
102	131	Camila Moura	Individual	Seniores F (23 aos 39)	25	Female	5:49:32.5	+2:38:06.4
103	130	Hugo Martins	Individual	Seniores M (23 aos 39)	37	Male	5:49:35.5	+2:38:09.4
104	34	Carlos Rangel	Individual	M 60	66	Male	5:49:37.0	+2:38:10.9
105	137	Gaspar Fernandes	Vaiatéondeosteuspéstelevar	M 50	52	Male	5:54:07.9	+2:42:41.8
106	138	Ana Dourado	Coimbra Trail Running	F 40	42	Female	5:54:08.1	+2:42:42.0
107	52	Rafael Azriel	Individual	M 50	50	Male	6:08:05.4	+2:56:39.3
108	1	JOAQUIM BEXIGA	CLUBE OGMA	M 50	51	Male	6:09:09.2	+2:57:43.1
109	2	FERNANDA FRANÇA	CLUBE OGMA	F 45	46	Female	6:09:13.1	+2:57:47.0
110	119	Raquel Oliveira	Grupo Desportivo da Parreira	Seniores F (23 aos 39)	39	Female	6:11:57.2	+3:00:31.1
111	74	Bruno Monteiro	Tálenos Team	M 40	43	Male	6:14:41.5	+3:03:15.4
112	68	luís carvalho	tálenosteam	M 50	54	Male	6:14:47.9	+3:03:21.8
113	96	Francisco Julião	Dolce Furadouro	M 60	61	Male	6:30:44.0	+3:19:17.9
114	110	Maria Pires	#letsrunazores	F 60	60	Female	6:31:29.8	+3:20:03.7
115	85	Henrique Sacadura	Individual	M 60	77	Male	7:23:55.7	+4:12:29.6
-	8	Dinis Martins	Individual	M 45	49	Male	DNF	-
-	22	Ricardo Mota	Individual	M 40	43	Male	DNF	-
-	26	Nuno Ferreira Ferreira	BlackBulls - Equipa de Condeixa	M 45	49	Male	DNF	-
-	29	Marcolino Verissimo	AMCF - Arrábida Trail Team	M 45	48	Male	DNF	-
-	37	paula coto	GRVilaverdense	F 45	46	Female	DNF	-
-	40	Nelson Pires	DirtRunners	M 40	41	Male	DNF	-
-	46	João Antunes	Clube Benfeita - Aldeia de Xisto	Seniores M (23 aos 39)	32	Male	DNF	-
-	50	Célia Azenha	aa lebres do sado	F 50	54	Female	DNF	-
-	54	Pedro Anjos	CLAC Entroncamento // Ondatrilhos	M 40	42	Male	DNF	-
-	62	Nuno Gonçalves	GDCTIN Casa da Moeda	M 40	44	Male	DNF	-
-	76	Sergio Mesquita	Academia dEstrelas	M 40	41	Male	DNF	-
-	77	ANA TOMÉ	ZONA ALTA TRAIL	F 45	46	Female	DNF	-
-	120	CECILIA NICOLAU	A.A. Lebres do Sado	F 50	52	Female	DNF	-
-	122	kikas mateus mateus	Individual	Seniores M (23 aos 39)	37	Male	DNF	-
-	127	Rogério Rodrigues	G.D.M. TrailTeam	M 40	42	Male	DNF	-
-	132	Gonçalo Carvalho	Crossfit Alphaden	Seniores M (23 aos 39)	38	Male	DNF	-
-	136	Bruno Silva	Vaiatéondeosteuspéstelevar	M 40	40	Male	DNF	-
-	151	Filipe Varandas Costa Costa	Casa do Benfica de Arganil	Seniores M (23 aos 39)	33	Male	DNF	-
-	43	Hugo Guerreiro	Clube TAP PORTUGAL	M 40	41	Male	DSQ	-
-	51	Ricardo Rato	Artroses	Seniores M (23 aos 39)	33	Male	DSQ	-

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-	56	Alexandre Jorge	Individual	M 40	42	Male	DSQ	-
-	59	José Brás	Tartarugas Solidárias	M 55	55	Male	DSQ	-
-	63	José Liberato	GDCTIN Casa da Moeda	M 40	43	Male	DSQ	-
-	84	Douglas Fry	Amigos do Atletismo de Mafra	M 60	63	Male	DSQ	-
-	95	Carlos Sousa	Os Perigosos	M 60	62	Male	DSQ	-
-	108	Filipe Paulino	Associação Vale Grande	Seniores M (23 aos 39)	31	Male	DSQ	-
-	112	Manuel Garcia	Monsanto Running Team	Seniores M (23 aos 39)	37	Male	DSQ	-
-	6	José Martins	GDM Trail Team	M 55	57	Male	DNS	-
-	11	Rogério Fernandes	SÓBE - SÓ Bim Eu	M 40	40	Male	DNS	-
-	15	José Francisco Rocha	Trilhos do Costume	M 50	52	Male	DNS	-
-	18	Carlos Jesus	Individual	M 55	55	Male	DNS	-
-	25	Alexandre Jardim	Salamandrecos	M 40	44	Male	DNS	-
-	53	Hugo Ribeiro	Salamandrecos	M 40	44	Male	DNS	-
-	92	BRUNO PEREIRA	Individual	M 40	44	Male	DNS	-
-	101	Pedro Machado	Shots International Runners / Kansha	M 40	40	Male	DNS	-
-	102	Tiago Morais	C.D.R Águias Unidas	Seniores M (23 aos 39)	32	Male	DNS	-
-	106	miguel bertolo	sabores do paco zatopeques	Seniores M (23 aos 39)	38	Male	DNS	-
-	124	José de Matos	ADR Amigos do Atletismo de Avis	M 50	53	Male	DNS	-
-	146	Nuno Oliveira	Moinhos da Gândara Trail	M 40	39	Male	DNS	-
-	149	José Costa Alves	Individual	M 50	50	Male	DNS	-
-	156	Rui Esteves	Trilhos do Costume	M 45	45	Male	DNS	-