

Lugar	Nome	Equipa	Dorsal	Tempo	Diferença
MASCULINO					
1	Rodrigo Carrilho	Escola de Atletismo do Montijo-A.F.D.D	160	00:51:36.194	----
2	Cláudio Nóbrega	Run Crew Trail Montijo	108	00:51:45.948	00:00:09.754
3	Carlos Oliveira	Associação Vale Grande	185	00:55:10.702	00:03:34.508
4	Artur Jorge Vinhais	Team corpo Santo hotel	100	00:55:55.178	00:04:18.984
5	Pedro Joaquim	Casa Benfica Seixal	79	00:56:02.155	00:04:25.961
6	Victor Lopes	Run Crew Trail Montijo	109	00:56:18.188	00:04:41.994
7	João Pateira	KÇPHODA WOLVES TRAIL	77	00:56:39.913	00:05:03.719
8	Luís Cruz	Run Crew Trail Montijo	121	00:57:40.676	00:06:04.482
9	Ivo Nunes	GDR São Francisco da Serra	46	00:57:46.192	00:06:09.998
10	Joaquim Santos	C.C.D Matriz Borba trail	168	00:57:55.575	00:06:19.381
11	Fernando Jorge da Silva Santos	Clube Praças Armada	94	00:58:16.608	00:06:40.414
12	João Branco	Run Crew Trail Montijo	122	00:58:52.646	00:07:16.452
13	Carlos Esteves	Clube de Atletismo Trail Runners da Ponte	56	00:58:57.103	00:07:20.909
14	Marco José	Clube de Atletismo de Viana do Alentejo / FRIBAIÃO	88	00:58:57.874	00:07:21.680
15	alexandre rodrigues	Run for Fan	175	00:59:01.919	00:07:25.725
16	Rogério duarte	Cavalões Marianos e Murta	34	00:59:26.405	00:07:50.211
17	Alípio Trigo	Escola de Atletismo do Montijo-A.F.D.D	162	01:00:01.306	00:08:25.112
18	António Aires	Ultra-Leves do CPOC	131	01:00:03.149	00:08:26.955
19	Paulo Moreira	UDChamusca Trail	148	01:00:21.391	00:08:45.197
20	João Godinho	Tanagra	38	01:00:30.894	00:08:54.700
21	Tiago Amado	OCS Arrabida Trail Team	198	01:00:38.087	00:09:01.893
22	Manuel Luis Mestrinho	Familia Mestrinho	191	01:00:43.352	00:09:07.158
23	Nuno Café	LYNX	126	01:01:36.638	00:10:00.444
24	Wiljoen Raul	Escola de Atletismo do Montijo-A.F.D.D	159	01:03:34.607	00:11:58.413
25	Paulo Lopes	Run Crew Trail Montijo	186	01:03:39.632	00:12:03.438
26	Luís Silva	Run Crew Trail Montijo	187	01:04:24.095	00:12:47.901
27	MÁRIO LOURENÇO	-----	102	01:04:47.045	00:13:10.851
28	Pedro Sousa	Palmelense F.Clube	173	01:04:57.517	00:13:21.323
29	António Eusébio Camacho	Palmelense Futebol Clube	43	01:05:21.611	00:13:45.417
30	José Amândio	-----	167	01:05:22.817	00:13:46.623
31	Rui Simplicio	Escola de Atletismo do Montijo-A.F.D.D	158	01:05:26.852	00:13:50.658
32	António Manuel Esteves Silva	Pinhal Novo a Correr	169	01:05:34.013	00:13:57.819
33	Alexandre Vaz	-----	27	01:05:49.620	00:14:13.426
34	Tiago Dinis	Naus OCR Team	68	01:05:59.832	00:14:23.638
35	Lucio Monteiro	Sebastiões de Canha	53	01:06:01.065	00:14:24.871
36	João Boim	-----	71	01:06:06.056	00:14:29.862
37	Rogério Oliveira	Tanagra	51	01:06:12.562	00:14:36.368
38	Francisco Torrinha	C.A.V.A	171	01:06:27.842	00:14:51.648
39	Pedro	CTRQN	44	01:06:34.825	00:14:58.631
40	Fabio Rodrigues	Sebastiões de Canha	59	01:06:45.280	00:15:09.086
41	José Mendes	BTT Canha Rotas e Sistemas	72	01:06:50.299	00:15:14.105
42	Faustino Pereirinha	Run Crew Trail Montijo	117	01:07:05.600	00:15:29.406
43	Luís Silva	Sagres	141	01:07:25.290	00:15:49.096

44	José Simões	O MUNDO DA CORRIDA	81	01:07:40.574	00:16:04.380
45	João Ventura	Palmela Team	106	01:07:54.579	00:16:18.385
46	Paulo Cecílio	Crossfit Montijo	41	01:08:24.489	00:16:48.295
47	Gonçalo Miguel	-----	166	01:08:31.778	00:16:55.584
48	Roberto Ferreira	Run Crew Trail Montijo	114	01:08:32.844	00:16:56.650
49	Pedro Miguel Anastácio Pereira	Bombeiros voluntários de Montemor-o-Novo	67	01:08:46.557	00:17:10.363
50	Filipe Sousa	-----	69	01:09:03.511	00:17:27.317
51	Olavo Mineiro	-----	140	01:09:09.219	00:17:33.025
52	Helder Monteiro	AMC Trail	47	01:09:24.566	00:17:48.372
53	Pedro vilela	AMC TRAIL	11	01:09:24.806	00:17:48.612
54	Hugo Barreto	-----	125	01:09:38.345	00:18:02.151
55	Carlos Lopes	Aminhacorrída	178	01:09:39.051	00:18:02.857
56	viktor garrido martins	moita runnig	130	01:09:44.053	00:18:07.859
57	António Viegas	-----	76	01:09:49.478	00:18:13.284
58	José Rogério Santos Silva	-----	172	01:10:41.070	00:19:04.876
59	Alberto Goncalo dos Santos Coelho	Individual	16	01:10:46.026	00:19:09.832
60	Pedro Sousa	Sebastiões de Canha	142	01:11:16.757	00:19:40.563
61	Pedro Silva	DENTALEADER	23	01:12:13.210	00:20:37.016
62	João Jacinto	C.C.D. O ALVITEJO	179	01:12:23.295	00:20:47.101
63	Hélio Barreiras	Associação de Jovens da Landeira	105	01:12:37.313	00:21:01.119
64	Ângelo Mendes	-----	35	01:12:46.776	00:21:10.582
65	Pedro Ribeiro	Sebastiões de Canha	83	01:12:50.059	00:21:13.865
66	Nuno Jorge	-----	99	01:12:50.704	00:21:14.510
67	Paulo Domingues	-----	30	01:12:53.801	00:21:17.607
68	António Fonseca	Run Crew Trail Montijo	120	01:13:00.022	00:21:23.828
69	António M Rebelo	Btt Team Cegonhas do Sado	36	01:14:13.719	00:22:37.525
70	Roberto Mateus	TEAM BOX	154	01:14:51.502	00:23:15.308
71	Nelson Ricardo dos Santos Barradinhas	Amiciclo Grândola	147	01:15:01.745	00:23:25.551
72	António Caiado	Barrancos FC / Biogado	29	01:15:59.261	00:24:23.067
73	Manuel Gonçalves Da Silva	-----Individual	174	01:16:07.526	00:24:31.332
74	eduardo ribeiro	Camiñeros	180	01:16:17.758	00:24:41.564
75	Pedro Nunes	Ambos os 2	3	01:16:19.974	00:24:43.780
76	Filipe Paulino	Associação Vale Grande	183	01:16:23.232	00:24:47.038
77	Sergio Rodelo	Run Crew Trail Montijo	199	01:16:27.031	00:24:50.837
78	David Catela	Associação Académica de Santarém	40	01:16:39.165	00:25:02.971
79	Joaquim	Tartarugas Solidárias	133	01:16:40.270	00:25:04.076
80	Vitor Duarte Silva	CrossfitMontijo	49	01:16:40.934	00:25:04.740
81	André Ribeirete	Ultra-Leves do CPOC	164	01:16:57.242	00:25:21.048
82	Bruno Santos	GoRun Vendas Novas	156	01:16:59.464	00:25:23.270
83	Arménio Albino	-----	82	01:17:15.526	00:25:39.332
84	João Henrique Rodrigues	CTRQN	45	01:17:16.768	00:25:40.574
85	Hélio Santos	CROSSFIT MONTIJO	25	01:17:32.490	00:25:56.296
86	NUNO PINELA	MIRÓBRIGA TRAIL RUN	123	01:17:57.703	00:26:21.509
87	Rui Vinhas da Silva	-----	98	01:18:11.497	00:26:35.303
88	Hélder Alves	Run Crew Trail Montijo	118	01:19:38.972	00:28:02.778

89	Paulo Jorge Correia	----	194	01:19:39.490	00:28:03.296
90	Carlos Timóteo	Stravistas Venda do Pinheiro	50	01:20:36.697	00:29:00.503
91	alvaro quiterio	individual	4	01:20:56.428	00:29:20.234
92	Miguel ferreira	Camiñeros	181	01:21:27.187	00:29:50.993
93	José Aires	-----	132	01:21:40.945	00:30:04.751
94	Tiago Rodrigues	Tanagra	39	01:22:20.937	00:30:44.743
95	Victor Antunes	Camiñeros	182	01:22:22.955	00:30:46.761
96	Paulo Santos	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	31	01:22:31.696	00:30:55.502
97	Ricardo Alexandre Vieira Melitão	Crossfit Montijo	24	01:23:25.184	00:31:48.990
98	Fernando Fernandes	Pipoca team	5	01:23:46.864	00:32:10.670
99	Possidónio Constantino	Clube Praças da Armada.	1	01:23:57.208	00:32:21.014
100	Francisco Linhól	Run Crew Trail Montijo	128	01:24:33.666	00:32:57.472
101	Nuno Pereira	Escola de Atletismo do Montijo-A.F.D.D	157	01:24:37.676	00:33:01.482
102	António Oliveira	Escola de Atletismo do Montijo - AFDD	190	01:24:38.398	00:33:02.204
103	Mário Carmona	Guerreiros do Running	20	01:24:51.978	00:33:15.784
104	Bruno de Almeida	Guerreiros do Running	17	01:24:52.104	00:33:15.910
105	Joao Branco de Sousa	-----	42	01:24:59.448	00:33:23.254
106	Rui Lopes	Btt Canha Rotas e Sistemas	7	01:25:41.373	00:34:05.179
107	Cláudio Mira	Btt Canha Rotas e Sistemas	104	01:25:45.083	00:34:08.889
108	Fernando Maia	Crossfit Montijo	163	01:25:48.122	00:34:11.928
109	Antonio Antunes	Guerreiros do Running	19	01:25:50.372	00:34:14.178
110	Rui Dias	GUERREIROS DO RUNNING	12	01:25:50.372	00:34:14.178
111	Fernando Nascimento	Tálenos Team	137	01:25:55.631	00:34:19.437
112	josé borracha	Pinhal Novo a Correr	9	01:27:02.903	00:35:26.709
113	Gonçalo Nunes	Sebastiões de Canha	58	01:27:07.153	00:35:30.959
114	Rui Nunes Cardoso	-----	95	01:27:12.660	00:35:36.466
115	Miguel Mendes	-----	103	01:27:13.084	00:35:36.890
116	Paulo Louro	CAAMoita	74	01:27:28.833	00:35:52.639
117	Márcio Pereira	Corridas e Comidas	86	01:28:47.314	00:37:11.120
118	Henrique Costa	CrossFit Montijo	22	01:31:36.175	00:39:59.981
119	Luís Veríssimo	B. V. Canha	129	01:34:21.383	00:42:45.189
120	Artur Basilio	OPraticante.pt	66	01:35:40.821	00:44:04.627
121	Paulo Rosa	Escola de Atletismo do Montijo - AFDD	189	01:36:03.375	00:44:27.181
122	Jose Carlos Manique Figueiredo	-----	85	01:36:15.085	00:44:38.891
123	Nuno Paisana	Ambos os 2	2	01:36:31.800	00:44:55.606
124	Paulo Gordo	Correr Queluz	96	01:38:18.827	00:46:42.633
125	Carlos Silva	-----	93	01:39:02.585	00:47:26.391
126	Gonçalo Duarte	AMC Trail	73	01:39:23.483	00:47:47.289
127	Nuno Rosa	vouatraz	146	01:39:24.840	00:47:48.646
128	Rui Cruz	Vou Atras	192	01:39:26.082	00:47:49.888
129	David Estêvão	Pipoca team	6	01:40:09.023	00:48:32.829
130	Vicente boto	OPraticante.pt	150	01:41:20.244	00:49:44.050
131	Nuno Silva	Shar	177	01:43:45.305	00:52:09.111
132	Diogo Esteves	-----	92	01:50:00.533	00:58:24.339
133	Mário Esteves	-----	13	01:50:00.688	00:58:24.494

134	Pedro Felix	----	196	01:51:58.744	01:00:22.550
135	João Neves	Run Crew Trail Montijo	107	01:56:28.201	01:04:52.007
FEMININO					
1	Benvinda Santos	Juventude Vidigalense	78	01:00:05.854	----
2	Marcia Santos	Associação Académica Pinhalnovense	143	01:06:49.281	00:06:43.427
3	Olga Araújo	Pinhal Nova a Correr	37	01:09:28.304	00:09:22.450
4	ALEXANDRA ROCHA	ARTE DOS TRILHOS POR ALIADOS DE VENDAS NOVAS	152	01:09:36.824	00:09:30.970
5	Eugénia Izaías	Pinhal Novo a Correr	8	01:09:47.294	00:09:41.440
6	Carla Garret	Run Crew Trail Montijo	195	01:11:23.031	00:11:17.177
7	CRISTINA FROTA	OCS - Arrábida Trail Team	21	01:12:51.803	00:12:45.949
8	Sónia Túbal	Escola de Atletismo do Montijo-A.F.D.D	161	01:12:59.702	00:12:53.848
9	Marta Melo	Casa do Benfica do Seixal	124	01:16:03.783	00:15:57.929
10	Lina Lopes	Run Crew Trail Montijo	113	01:16:52.284	00:16:46.430
11	Soledade Lobo	Sebastiões de Canha	60	01:16:56.788	00:16:50.934
12	Joana Fragata	-----	70	01:19:03.443	00:18:57.589
13	Bárbara Cruz	-----	139	01:19:43.761	00:19:37.907
14	Eduarda Maria Marques	----	188	01:19:43.971	00:19:38.117
15	Verónica Correia	Farrica Team	184	01:20:32.472	00:20:26.618
16	Adriana Cabecinhas	Run Crew Trail Montijo	119	01:22:32.185	00:22:26.331
17	Maria saramago	Pinhal novo a correr	165	01:22:50.733	00:22:44.879
18	Dora Pinto	----	193	01:24:59.684	00:24:53.830
19	Elisabete Lourenço	Tálenos Team	136	01:25:55.380	00:25:49.526
20	Maria João Bico	Spartas Racers	48	01:27:55.909	00:27:50.055
21	Ana Branco	Run Crew Trail Montijo	111	01:28:25.156	00:28:19.302
22	Isabel Carvalho	Run Crew Trail Montijo	112	01:29:28.593	00:29:22.739
23	Cláudia Ramos	Corridas e Comidas	87	01:29:29.595	00:29:23.741
24	Alda Jesus Pereira	Crossfit Montijo	18	01:30:16.839	00:30:10.985
25	Paula Neto	-----	10	01:30:59.161	00:30:53.307
26	Sónia Silva	Run Crew Trail Montijo	116	01:31:32.603	00:31:26.749
27	Helena Almeida	CrossFit Montijo	26	01:31:36.123	00:31:30.269
28	Patricia Dias	CrossFit Montijo	28	01:31:36.196	00:31:30.342
29	Carla Morgado	-----	90	01:33:11.356	00:33:05.502
30	Rosa Oliveira	Sebastiões de Canha	55	01:34:23.860	00:34:18.006
31	Maria Gloria	OPraticante.pt	65	01:35:40.314	00:35:34.460
32	Helena Andrade	OPraticante.pt	151	01:35:40.647	00:35:34.793
33	Andreia Cardador	-----	57	01:36:03.078	00:35:57.224
34	Luisa Xarraz	Correr Queluz	97	01:38:18.806	00:38:12.952
35	Rita Farinha	Sebastiões de Canha	54	01:38:25.070	00:38:19.216
36	Ana Cartaxo	Viriatos Trail Team	75	01:38:33.795	00:38:27.941
37	Graça C. Pereira	OPraticante.pt	62	01:40:43.751	00:40:37.897
38	Arminda Basilio	OPraticante.pt	64	01:40:43.751	00:40:37.897
39	Paula Saraiva	OPraticante.pt	63	01:40:43.959	00:40:38.105
40	Célia Brito	Run Crew Trail Montijo	115	01:43:06.246	00:43:00.392
41	Ana Bota	Run Crew Trail Montijo	110	01:43:07.986	00:43:02.132
42	Adelaide Felizardo	GoRun Vendas Novas	155	01:43:45.344	00:43:39.490

43	Ana Patricia Fonseca	Shar	176	01:43:45.574	00:43:39.720
44	Ana Rita Rocha Ribeiro Bôto	-----	170	01:44:34.220	00:44:28.366
45	Ana Filipa Ribeiro	TEAM BOX	153	01:44:48.468	00:44:42.614
46	Lúcia Gonçalves	Amiciclo Grândola	135	01:45:44.959	00:45:39.105
47	Daniela Boleta	Amiciclo Grândola	91	01:45:45.417	00:45:39.563
48	Patrícia Simões	Crossfit Montijo	14	01:47:59.701	00:47:53.847
49	Marisa Alcácer	-----	89	01:50:00.396	00:49:54.542
50	Maria José Castro	----	197	01:51:59.211	00:51:53.357
51	Ana Patricio	Sebastiões de Canha	61	01:56:24.929	00:56:19.075
52	Linda Ribeiro	Sebastiões de Canha	52	01:56:25.193	00:56:19.339