

1º TRAIL RUNNING MOINHOS SALOIOS - TEMPOS NA META

0

Pos.	Dorsal	Nome	Clube	Cat.	Pos.	Tempo	T/Km.	Dif.
1	71	Gomes, Fernando	Corpo de Intervenção	MSen 1		1:26:40.70	04:20	
2	110	Ginja, João	Nasa Aboboda	M40 1		1:26:44.18	04:20	0:00:03
3	250	Silva, Vitor	Corpo de Intervenção	MSen 2		1:33:00.78	04:39	0:06:20
4	134	Gomes, Virgílio	N.A.Z.Aboboda	M40 2		1:33:57.94	04:42	0:07:17
5	46	Rouxinol, Carlos	TRT Trail Running Team	M40 3		1:36:04.77	04:48	0:09:24
6	197	Póvoa, Paulo	Amigos Vale Silencio	M50 1		1:36:40.20	04:50	0:09:59
7	96	Adelino, Hugo	Amigos Vale Silencio	M40 4		1:37:10.98	04:52	0:10:30
8	207	Hernandez, Renato	www.nutrimania.pt	M40 5		1:37:34.26	04:53	0:10:53
9	220	Noivo, Rodrigo	Individual	MSen 3		1:37:47.58	04:53	0:11:07
10	29	Santos, Arsénio	O mundo da corrida	MSen 4		1:39:03.28	04:57	0:12:22
11	168	Silva, Milton	Individual	MSen 5		1:39:33.23	04:59	0:12:52
12	203	Pereira, Pedro	IND	MSen 6		1:40:12.00	05:01	0:13:31
13	246	Chagas, Vitor	Os Carregueirenses	M40 6		1:40:47.04	05:02	0:14:06
14	28	Fernandes, Arsénio	SÓ DOIS	M50 2		1:40:54.32	05:03	0:14:13
15	147	Rodrigues, Luis	Individual	M40 7		1:43:45.37	05:11	0:17:04
16	223	Monteiro, Ruben	Corpo de Intervenção	MSen 7		1:43:50.65	05:12	0:17:10
17	86	David, Guilherme	Os Zatopeques	M50 3		1:43:51.44	05:12	0:17:10
18	14	Silva, André	individual	MSen 8		1:45:03.99	05:15	0:18:23
19	53	Ponte, Cristina	OFFTEL RUNNERS	F40 1		1:45:09.03	05:15	0:18:28
20	123	Rodrigues, Jorge	Nasa Aboboda	M40 8		1:45:10.21	05:16	0:18:29
21	194	Miranda, Paulo	Turres Trail Clube	M40 9		1:45:59.37	05:18	0:19:18
22	23	Garcia, António	Corpo Intervenção	M50 4		1:46:20.18	05:19	0:19:39
23	124	Esteves, Jose	Transportes Florêncio & Silva	M40 10		1:46:57.16	05:21	0:20:16
24	141	Carvalho, Luis	Clube Ogma	MSen 9		1:47:11.65	05:22	0:20:31
25	68	Charneca, Eurico	Amigos Vale Silencio	M50 5		1:47:24.89	05:22	0:20:44
26	252	Formiga, Cirilo	O Praticante	M50 6		1:48:04.49	05:24	0:21:23
27	251	Soares, Antonio	O Praticante	M40 11		1:48:04.84	05:24	0:21:24
28	196	Pacheco, Paulo	Friends2Run	MSen 10		1:49:09.00	05:27	0:22:28
29	113	Piedade, João	-	MSen 11		1:49:45.95	05:29	0:23:05
30	231	David, Samuel	Os Zatopeques	MSen 12		1:50:04.39	05:30	0:23:23
31	135	Francisco, Josue	S.R.Camarnal	M40 12		1:50:26.00	05:31	0:23:45
32	26	Vilela, António	Real Academia	M40 13		1:50:41.18	05:32	0:24:00
33	148	Santos, Luis	Individual	MSen 13		1:50:58.27	05:33	0:24:17
		Rodrigues,						

34	218	Roberto	TRT Trail Running Team	MSen 14	1:51:16.52	05:34	0:24:36
35	156	Silva, Marcelo	Carapaus de Corrida	M40 14	1:51:38.47	05:35	0:24:57
36	66	Oliveira, Emanuel	Clube GBES	MSen 15	1:51:42.82	05:35	0:25:02
37	177	Moreira, Nuno	Corre@Correr	MSen 16	1:51:50.76	05:36	0:25:10
38	43	Marques, Carlos	NAZA - ABOBODA	M40 15	1:52:51.54	05:39	0:26:11
39	101	Costa, Jaime	Jobrinde-Montes Sabios	M40 16	1:53:20.33	05:40	0:26:39
40	94	Araújo, Herculano	As. Real Academia	M40 17	1:53:26.21	05:40	0:26:45
41	152	Silva, Luís	Jobrinde - Montes Sabios	M40 18	1:53:42.52	05:41	0:27:02
42	31	Carrudo, Bruno	GimbrasTeam	MSen 17	1:54:14.75	05:43	0:27:34
43	18	Luis, Antonio	Corpo de Intervenção	MSen 18	1:54:22.35	05:43	0:27:41
44	176	moleiro, Nuno	born2run	MSen 19	1:55:02.91	05:45	0:28:22
45	1	Leal, Alexandre	Carapaus de Corrida	MSen 20	1:56:00.94	05:48	0:29:20
46	137	Neves, Leonel	Amigos Vale Silencio	M60 1	1:56:16.63	05:49	0:29:36
47	87	Recto, Guilherme	ComDor Runners	M40 19	1:56:54.29	05:51	0:30:13
48	38	Bastos, Tiago	Sporting Clube de Casainhos	MSen 21	1:57:03.54	05:51	0:30:23
49	80	Freire, Francisco	Serranitos & Friends	MSen 22	1:57:26.23	05:52	0:30:45
50	77	Ramalho, Filipe	Amigos Vale Silencio	MSen 23	1:57:45.74	05:53	0:31:05
51	90	Lemos, Hélder	Individual	MSen 24	1:57:50.45	05:54	0:31:09
52	117	Fernandes, Joaquim	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	M50 7	1:58:05.23	05:54	0:31:24
53	150	Medeiros, Luís	Sunset Runners	MSen 25	1:58:17.15	05:55	0:31:36
54	237	Ramos, Sergio	kaninos	MSen 26	1:58:39.09	05:56	0:31:58
55	47	Henriques, Carmen	SÓ DOIS	F35 1	1:58:39.65	05:56	0:31:59
56	144	Marques, Luis	Corpo de Intervenção	MSen 27	1:58:50.70	05:57	0:32:10
57	104	Pinto, Joao	sem equipa	MSen 28	1:59:03.71	05:57	0:32:23
58	189	Alves, Paulo	Individual	MSen 29	1:59:34.40	05:59	0:32:53
59	98	Domingos, Hugo	Portugal Running	MSen 30	1:59:34.42	05:59	0:32:53
60	92	Marques, Hélio	TRT Trail Runner Team	M40 20	1:59:53.95	06:00	0:33:13
61	95	Monteiro, Hernani	Amigos Vale Silencio	M50 8	1:59:56.72	06:00	0:33:16
62	97	Carago, Hugo	Carapaus de Corrida	M40 21	2:00:20.73	06:01	0:33:40
63	106	Balsinha, João	Clube BTT Lisboa	M40 22	2:00:50.85	06:03	0:34:10
64	24	Merujo, António	Individual	M50 9	2:01:45.53	06:05	0:35:05
65	217	Vicente, Ricardo	S.R.Camarnal	MSen 31	2:01:52.14	06:06	0:35:11
66	142	Gouveia, Luis	Corpo de Intervenção	MSen 32	2:02:16.22	06:07	0:35:35
67	30	Ferreira, Augusto	não tenho	M40 23	2:02:31.70	06:08	0:35:51
68	7	Duarte, Ana	"C.C.D. ""O ALVITEJO"""	F40 2	2:02:38.57	06:08	0:35:58
69	257	Santos, Maria	NAZA	F40 3	2:03:25.36	06:10	0:36:44
70	214	Paço, Ricardo	Individual	M40 24	2:03:50.18	06:12	0:37:09
71	247	Ferreira, Vitor	CROSS LAMINHA	M40 25	2:03:59.00	06:12	0:37:18
72	122	Pedroso, Jorge	K Run	M40 26	2:04:02.99	06:12	0:37:22
73	89	Baptista, Hélder	Individual	M40 27	2:04:39.49	06:14	0:37:58
74	225	Alegre, Rui	Portugal Running	MSen 33	2:04:41.72	06:14	0:38:01
75	182	Marques, Octavio	Jobrinde-Montes Sabios	MSen 34	2:04:49.94	06:14	0:38:09
76	180	Silvestre, Nuno	Jobrinde-Montes Sabios	MSen 35	2:04:49.94	06:14	0:38:09
77	227	Paulo, Rui	Rui Paulo	M40 28	2:04:59.16	06:15	0:38:18
78	61	Rodrigues, Diogo	individual	MSen 36	2:08:05.52	06:24	0:41:25
79	27	Lima, Armando	Individual	M40 29	2:08:33.97	06:26	0:41:53
80	109	Freire, João	GDCTINCM	M40 30	2:09:14.85	06:28	0:42:34
81	44	Marques, Carlos	Trilhos e Corridas de Tercena	M50 10	2:09:32.11	06:29	0:42:51
82	193	Faria, Paulo	Portugal Runers	M40 31	2:11:23.36	06:34	0:44:42
83	145	Pinto, Luis	Individual	MSen 37	2:11:25.31	06:34	0:44:44
84	211	Chung, Ricardo	Portugal Runners	MSen 38	2:11:25.73	06:34	0:44:45
85	209	Camilo, Ricardo	Individual	MSen 39	2:11:35.45	06:35	0:44:54
86	60	Lima, Diogo	Individual	MSen 40	2:12:04.60	06:36	0:45:24

87	76	Marques, Filipe	Individual	MSen 41	2:12:25.20	06:37	0:45:44
88	201	Jacob, Pedro	Ericeira Runners	M40 32	2:12:26.26	06:37	0:45:45
89	105	Anjos, João	Individual	M50 11	2:13:50.78	06:42	0:47:10
90	221	Santos, Rogério	SMO Runners	MSen 42	2:13:59.49	06:42	0:47:18
91	162	Filipe, Mário	Portugal Running	M40 33	2:14:20.96	06:43	0:47:40
92	70	Faria, Fernando	Individual	MSen 43	2:14:22.92	06:43	0:47:42
93	34	Semedo, Bruno	SportBilly's	MSen 44	2:14:25.04	06:43	0:47:44
94	161	Oliveira, Maria	Individual	F40 4	2:14:28.53	06:43	0:47:48
95	171	Mota, Nelson	Açoreana Clube Banif	M40 34	2:14:33.77	06:44	0:47:53
96	107	Borrega, João	Clube GBES	M40 35	2:14:43.89	06:44	0:48:03
97	88	Branco, Helder	Cruxe trail	M40 36	2:14:58.73	06:45	0:48:18
98	175	Loureiro, Nuno	Falcões Selvagens	M40 37	2:15:11.01	06:46	0:48:30
99	108	Duarte, João	Individual	MSen 45	2:16:04.17	06:48	0:49:23
100	198	Santos, Paulo	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	M40 38	2:16:19.60	06:49	0:49:39
101	132	Matos, José	Clube de Praças da Armada	M40 39	2:16:46.62	06:50	0:50:06
102	199	Alves, Pedro	Individual	MSen 46	2:17:49.75	06:53	0:51:09
103	242	Túbal, Sónia	Tartarugas Solidarias	F35 2	2:18:09.57	06:54	0:51:29
104	2	Fernandes, Álvaro	A A Lebres do Sado	M60 2	2:18:10.05	06:55	0:51:29
105	115	Rodrigues, João	Tartarugas Solidarias	M40 40	2:18:25.18	06:55	0:51:44
106	58	Henriques, Décio	Franco Team	MSen 47	2:18:27.88	06:55	0:51:47
107	19	Serrano, Antonio	Individual	M60 3	2:18:29.20	06:55	0:51:48
108	118	Lima, Joaquim	Vodafone	M50 12	2:19:40.75	06:59	0:53:00
109	93	Sacadura, Henrique	Individual	M60 4	2:20:21.88	07:01	0:53:41
110	6	Duarte, Ana	Falcoes Selvagens	F40 5	2:20:37.19	07:02	0:53:56
111	17	Grilo, Antonio	Individual	M50 13	2:20:56.44	07:03	0:54:15
112	126	Alves, José	Serviços Sociais CGD	M60 5	2:21:06.29	07:03	0:54:25
113	81	Pereira, Francisco	Açoreana Clube Banif	M40 41	2:21:06.30	07:03	0:54:25
114	179	Rosado, Nuno	Sport Billys	M40 42	2:22:03.11	07:06	0:55:22
115	229	Pires, Rui	Individual	M40 43	2:22:11.48	07:07	0:55:30
116	102	Nascimento, Joao	Os Velozes	M40 44	2:22:16.64	07:07	0:55:36
117	183	Rodrigues, Osvaldo	Amigos Vale Silencio	M40 45	2:23:01.69	07:09	0:56:21
118	40	Costa, Carlos	Veteranos	M40 46	2:23:07.83	07:09	0:56:27
119	258	Moreira, Vitor	Clube Pessoal EDP Lisboa	M60 6	2:23:12.76	07:10	0:56:32
120	127	Alves, José	Individual	M40 47	2:23:18.30	07:10	0:56:37
121	74	Sousa, Fernando	Sou só eu !!!	M40 48	2:23:25.97	07:10	0:56:45
122	35	Silva, Bruno	CrossFit 2725	MSen 48	2:23:30.71	07:11	0:56:50
123	239	Pedro, Sérgio	RS Running Team	MSen 49	2:23:30.89	07:11	0:56:50
124	32	Ferreira, Bruno	Necas run	MSen 50	2:23:34.55	07:11	0:56:54
125	219	Silva, Roberto	Individual	M40 49	2:23:54.58	07:12	0:57:14
126	125	Afonso, José	Individual	M40 50	2:24:43.18	07:14	0:58:02
127	20	Ventura, Antonio	ComDor Runners	M50 14	2:24:58.70	07:15	0:58:18
128	191	Bento, Paulo	ComDor Runners	M40 51	2:24:58.75	07:15	0:58:18
129	187	Penedo, Paula	Rail Runners	F35 3	2:25:49.75	07:17	0:59:09
130	112	Jacinto, João	TRILHO PERDIDO	MSen 51	2:26:03.43	07:18	0:59:22
131	160	Conchinha, Maria	Clube do Stress	F50 1	2:26:15.19	07:19	0:59:34
132	184	Gomes, Patricia	Tartarugas Solidarias	FSen 1	2:26:22.95	07:19	0:59:42
133	230	Vigoço, Rui	Grupo Desportivo Banco BPI	M60 7	2:26:41.17	07:20	1:00:00
134	50	Carvalho, Céu	Tartarugas Solidarias	F40 6	2:26:46.67	07:20	1:00:06
135	4	Bernardo, Ana	aminhacorrída.com	FSen 2	2:27:13.92	07:22	1:00:33
136	131	Magro, José	Novos Trilhos	M40 52	2:27:38.25	07:23	1:00:57
137	8	Martins, Ana	Falcões Selvagens	F40 7	2:27:42.72	07:23	1:01:02
138	21	Candeias,	Falcões Selvagens	M50 15	2:27:42.89	07:23	1:01:02

		António					
139	133	Moga, José	Amigos Vale Silencio	M50 16	2:28:03.58	07:24	1:01:23
140	73	Silva, Fernando	Amigos Vale Silencio	M40 53	2:28:04.75	07:24	1:01:24
141	202	Monteiro, Pedro	Veteranos	M50 17	2:28:16.77	07:25	1:01:36
142	48	Nicolau, Cecília	A.A.LEBRES DO SADO	F40 8	2:28:19.71	07:25	1:01:39
143	67	Gonçalves, Estela	os flechas	F35 4	2:28:20.26	07:25	1:01:39
144	111	Gonçalves, Artur	Os Flechas	MSen 52	2:28:23.00	07:25	1:01:42
145	240	Pó, Sérgio	Dummies on fire	M40 54	2:28:27.99	07:25	1:01:47
146	248	Rodrigues, Vitor	individual	M40 55	2:28:54.95	07:27	1:02:14
147	238	Alberto, Sérgio	Ericeira Runners	MSen 53	2:29:30.82	07:29	1:02:50
148	178	Pereira, Nuno	Sporting Clube de Casainhos	M40 56	2:29:57.07	07:30	1:03:16
149	120	Santos, Joaquim	Falcoes Selvagens	M50 18	2:29:57.36	07:30	1:03:16
150	15	Mendes, Andreia	Individual	F35 5	2:30:40.41	07:32	1:03:59
151	173	Ferreira, Nuno	Individual	M40 57	2:31:41.27	07:35	1:05:00
152	51	Rodrigues, Claudio	Carapaus de Corrida	M40 58	2:31:43.23	07:35	1:05:02
153	249	Santos, Vitor	Carapaus de Corrida	M40 59	2:31:43.76	07:35	1:05:03
154	155	António, Manuel	Rail Runners	M40 60	2:31:47.82	07:35	1:05:07
155	79	Silva, Flávio	Individual	MSen 54	2:34:01.97	07:42	1:07:21
156	72	Negas, Fernando	Ericeira Runners	MSen 55	2:34:51.83	07:45	1:08:11
157	11	silva, Analice	mundo da corrida	F50 2	2:35:51.46	07:48	1:09:10
158	103	Nunes, Joao	ComDor Runners	M50 19	2:35:52.08	07:48	1:09:11
159	204	Ribeiro, Pedro	nenhuma	M40 61	2:36:13.07	07:49	1:09:32
160	185	Rocha, Patricia	Friends2Run	F35 6	2:36:26.33	07:49	1:09:45
161	139	Silva, Lino	GD Cimpor & Amigos	M40 62	2:37:07.44	07:51	1:10:26
162	210	Capelo, Ricardo	GD Cimpor & Amigos	MSen 56	2:37:07.44	07:51	1:10:26
163	222	Viveiros, Rosa	Falcões Selvagens	FSen 3	2:37:15.03	07:52	1:10:34
164	151	Reis, Luís	Falcões Selvagens	M50 20	2:37:15.16	07:52	1:10:34
165	205	Quintas, Raquel	RS Running Team	FSen 4	2:37:35.61	07:53	1:10:55
166	52	Figueira, Cristina	Dummies on Fire	F35 7	2:37:50.38	07:54	1:11:09
167	64	Neto, Élio	Individual	M40 63	2:39:31.83	07:59	1:12:51
168	195	Morão, Paulo	Individual	M50 21	2:39:35.58	07:59	1:12:55
169	235	Musgrave, Sarah	Individual	F40 9	2:39:50.74	08:00	1:13:10
170	78	Santos, Filipe	Ericeira Runners	MSen 57	2:40:30.04	08:02	1:13:49
171	233	Fiúza, Sandro	correrbarefoot	MSen 58	2:41:13.21	08:04	1:14:32
172	129	Conchinha, José	Clube do Stress	M60 8	2:41:52.90	08:06	1:15:12
173	254	Barra, Isabel	O Praticante	F40 10	2:42:41.32	08:08	1:16:00
174	192	Duarte, Paulo	GDCT Unicre	M40 64	2:42:48.32	08:08	1:16:07
175	85	Oliveira, Goncalo	GDCT Unicre	M50 22	2:42:48.87	08:08	1:16:08
176	165	Gonçalves, Mauro	Matilha	MSen 59	2:42:50.18	08:09	1:16:09
177	42	Freire, Carlos	ADCR Polícia Judiciária	M40 65	2:43:09.23	08:09	1:16:28
178	234	Prates, Sandro	Prates Running	MSen 60	2:43:16.23	08:10	1:16:35
179	164	Lopes, Marta	sportid	F35 8	2:43:16.73	08:10	1:16:36
180	37	Silva, Carla	Nenhuma	F40 11	2:43:17.41	08:10	1:16:36
181	91	Nunes, Helena	2725	F40 12	2:43:17.60	08:10	1:16:37
182	84	Ramos, Geoffray	Hot Runners	MSen 61	2:43:17.69	08:10	1:16:37
183	243	Pereira, Tiago	CorrerBarefoot	MSen 62	2:43:18.25	08:10	1:16:37
184	143	Henrique, Luis	Os Velozes	M50 23	2:43:26.64	08:10	1:16:46
185	146	Rebelo, Luis	Diverinstal	MSen 63	2:43:46.27	08:11	1:17:05
186	55	Murta, Daniel	individual	MSen 64	2:44:30.27	08:14	1:17:49
187	172	Duarte, Nuno	GDCT Unicre	MSen 65	2:44:51.44	08:15	1:18:10
188	215	Pereira, Ricardo	Pereira	MSen 66	2:45:30.19	08:17	1:18:49
189	236	Anjos, Sergio	Diverinstal	MSen 67	2:45:30.28	08:17	1:18:49
190	166	Raposo, Mayer	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	M60 9	2:47:10.92	08:22	1:20:30

191	57	Murta, David	SportBilly's	MSen 68	2:48:10.05	08:25	1:21:29
192	256	Jesus, Ricardo	Individual	M40 66	2:49:12.69	08:28	1:22:32
193	253	Silva, Miguel	O Praticante	MSen 69	2:49:39.69	08:29	1:22:59
194	169	Marcheva, Natalia	cbamm	F40 13	2:49:49.82	08:29	1:23:09
195	65	Barra, Elisa	As. Real Academia	F40 14	2:49:49.98	08:29	1:23:09
196	245	Sousa, Vasco	Diverinstal	MSen 70	2:50:03.90	08:30	1:23:23
197	163	Lima, Mário	O MUNDO DA CORRIDA	M60 10	2:50:36.20	08:32	1:23:55
198	181	Branco, Núria	Jobrinde-Montes Saloios	FSen 5	2:51:36.42	08:35	1:24:55
199	69	Afonso, Fernanda	Individual	F40 15	2:52:14.18	08:37	1:25:33
200	33	Maçorano, Bruno	Aquiles Brothers	MSen 71	2:52:19.26	08:37	1:25:38
201	244	Alpalhão, Vasco	Alpalhão	M40 67	2:53:18.03	08:40	1:26:37
202	241	Gonçalves, Sílvia	Individual	F40 16	2:54:40.00	08:44	1:27:59
203	13	Reis, André	Crossfit2725	MSen 72	2:56:33.81	08:50	1:29:53
204	153	Santos, Luisa	Novos Trilhos	F40 17	2:58:00.79	08:54	1:31:20
205	41	Evangelista, Carlos	Aqiles Brothers	MSen 73	2:59:43.42	08:59	1:33:02
206	255	Manuel, Elisete	O Praticante	F35 9	3:00:45.41	09:02	1:34:04
207	190	Ascensão, Paulo	GD Cimpor & Amigos	M40 68	3:01:06.21	09:03	1:34:25
208	5	Cabaço, Ana	Sem equipa	FSen 6	3:01:21.78	09:04	1:34:41
209	200	Campos, Pedro	NAZA	MSen 74	3:01:22.36	09:04	1:34:41
210	208	Cabaço, Ricardo	Sem equipa	MSen 75	3:01:22.74	09:04	1:34:42
211	3	Alpalhão, Ana	Alpalhão	F40 18	3:04:16.12	09:13	1:37:35
212	213	Morais, Ricardo	Singular	MSen 76	3:04:18.46	09:13	1:37:37
213	99	Barradas, Inês	Serranitos & Friends	FSen 7	3:04:42.79	09:14	1:38:02
214	75	Garranas, Filipe	Falcões Selvagens	MSen 77	3:05:53.36	09:18	1:39:12
215	128	Carvalho, José	Individual	M40 69	3:06:26.70	09:19	1:39:46
216	228	Pires, Rui	Individual	M40 70	3:06:46.34	09:20	1:40:05
217	10	Varejão, Ana	Colorful runners	F40 19	3:17:33.50	09:53	1:50:53
218	25	Pardal, António	GA Monsanto Gascan	M50 24	3:20:16.88	10:01	1:53:36
219	140	Antunes, Luis	GA Monsanto Gascan	M50 25	3:20:17.25	10:01	1:53:36
220	39	Coelho, Carlos	O MUNDO DA CORRIDA	M50 26	3:28:08.29	10:24	2:01:27
221	100	Sequeira, Isabel	O MUNDO DA CORRIDA	F40 20	3:28:12.12	10:25	2:01:31
222	226	Oliveira, Rui	Falcões Selvagens	M50 27	3:33:05.40	10:39	2:06:24
223	45	Morais, Carlos	Falcões Selvagens	M40 71	3:33:06.54	10:39	2:06:26
224	130	Jacob, José	Amigos Vale Silencio	M40 72	3:35:54.50	10:48	2:09:14
225	186	Paulo, Patrícia	Colorful runners	F35 10	3:35:56.24	10:48	2:09:15
226	116	Adelino, Joaquim	Amigos Vale Silencio	M60 11	3:36:21.15	10:49	2:09:40