

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Média	Cat.
1.	143	Nelson Amaral	AMCF - Arrábida Trail Team	M	M40	02:09:04,372	05:10	1
2.	1	João Ginja	AMCF - Arrábida Trail Team	M	M50	02:09:52,198	05:11	1
3.	101	Paulo Costa	O MUNDO DA CORRIDA	M	M40	02:20:53,575	05:38	2
4.	110	Rui Martins	G.D.Pavia	M	Sen M	02:22:48,229	05:43	1
5.	106	Filipe Marques	Turres Trail Team	M	M40	02:26:52,665	05:52	3
6.	43	Matthew Davies	GO Runners!	M	Sen M	02:30:46,283	06:02	2
7.	80	Francisco França	ameg	M	Sen M	02:31:05,700	06:02	3
8.	146	António Ferreira	All About	M	M40	02:31:25,848	06:04	4
9.	35	Rui Machinho	Grupo Desportivo Santander Totta	M	M40	02:33:17,937	06:08	5
10.	46	Pedro Pereira	ATX CYCLINGSTORE	M	Sen M	02:34:17,203	06:10	4
11.	69	Fábio Silva	Runners da Frente Ribeirinha da Póvoa de Santa Iria	M	Sen M	02:35:04,094	06:12	5
12.	12	Ricardo Pombo	Stravistas Venda do Pinheiro	M	Sen M	02:35:38,336	06:14	6
13.	98	Nuno Cruz	CP Armada Rogainers	M	Sen M	02:35:52,248	06:14	7
14.	53	Luis Pereira		M	M40	02:36:44,827	06:16	6
15.	56	Jose Esteves	Tartarugas Solidárias	M	M50	02:38:57,384	06:22	2
16.	149	Tiago Marques	Amigos do Atletismo de Mafra	M	Sen M	02:39:40,670	06:23	8
17.	83	António Parda	LT	M	M50	02:40:02,519	06:24	3
18.	115	Carlos Baptista	Sporting Clube de Casainhos	M	M50	02:40:11,729	06:25	4
19.	97	Antonio Soares	TERAPIA DO CORPO	M	M50	02:40:26,461	06:25	5
20.	48	Nuno Almeida	Grupo Desportivo Santander Totta	M	M40	02:42:02,610	06:29	7
21.	26	Silvério Correia	Grupo Desportivo Santander Totta	M	M50	02:43:47,230	06:33	6
22.	81	Gonçalo Porêlo	GP Running	M	Sen M	02:46:50,824	06:40	9
23.	58	Marco Cunha	Clube TAP PORTUGAL	M	Sen M	02:47:11,460	06:41	10
24.	151	Hugo Pinto	Club Efacec	M	Sen M	02:47:59,363	06:43	11
25.	107	Marina Alves	Turres Trail Team	F	Sen F	02:48:26,366	06:44	1
26.	25	José Correia	Stravistas Venda do Pinheiro	M	M50	02:50:34,094	06:49	7
27.	152	Patricia Ribeiro	Mountain Runners	F	Sen F	02:51:43,804	06:52	2
28.	17	Nuno Granadas	Turres Trail Team	M	Sen M	02:54:24,688	06:59	12
29.	136	Helder Pereira		M	Sen M	02:54:32,636	06:59	13
30.	122	João Marques	TERAPIA DO CORPO	M	M50	02:55:23,476	07:01	8
31.	121	Amélia Costa	TERAPIA DO CORPO	F	F50	02:55:24,599	07:01	1
32.	57	José Gregorio	Eurobox	M	M50	02:55:34,868	07:01	9
33.	93	João Alves	TERAPIA DO CORPO	M	M50	02:57:33,766	07:06	10
34.	131	Paulo Martins	Amigos do Atletismo de Mafra	M	M40	02:57:56,545	07:07	8
35.	92	Paulo Guedes		M	Sen M	02:58:21,822	07:08	14
36.	38	João Duarte		M	Sen M	02:58:23,418	07:08	15
37.	135	Sérgio Lopes	Matilha Running	M	Sen M	03:01:30,095	07:16	16
38.	27	Rita Mogo	Grupo Desportivo Santander Totta	F	Sen F	03:02:42,196	07:19	3
39.	28	Paulo Alves	Stravistas Venda do Pinheiro	M	M40	03:02:52,913	07:19	9
40.	67	Vitor Marques	Runners da Frente Ribeirinha da Póvoa de Santa Iria	M	Sen M	03:04:51,335	07:23	17
41.	94	Carla Cristina	TERAPIA DO CORPO	F	F40	03:05:54,312	07:26	1
42.	153	Luis Ramos		M	M40	03:05:56,515	07:26	10
43.	68	José Rato	60%ClubVip	M	M60	03:06:04,021	07:26	1
44.	118	Nuno Neves	Turres Trail Team	M	M40	03:06:40,376	07:28	11

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45.	19	Susana Moraes	Stravistas Venda do Pinheiro	F	F40	03:09:21,271	07:34	2
46.	105	Hugo Vitorino	Turres Trail Team	M	M40	03:09:46,839	07:35	12
47.	79	Isabel França	ameg	F	F40	03:09:56,879	07:36	3
48.	78	António Gonçalves	ameg	M	M50	03:09:57,250	07:36	11
49.	117	Nuno Mateus	Sporting Clube de Casainhos	M	Sen M	03:10:18,319	07:37	18
50.	127	Nuno Pinto		M	M40	03:10:21,932	07:37	13
51.	61	Nuno Belo		M	Sen M	03:11:00,159	07:38	19
52.	148	António Batista	Amigos do Atletismo de Mafra	M	M50	03:11:19,646	07:39	12
53.	124	Carlos Rebelo	CAPenafirme	M	M50	03:13:05,398	07:43	13
54.	74	João Saldanha	Amigos Vale Silencio	M	M40	03:13:19,719	07:44	14
55.	72	Carlos Páscoa	Amigos Vale Silencio	M	M50	03:13:21,747	07:44	14
56.	60	Nuno Bogalheiro	Amigos Vale Silencio	M	M40	03:13:22,069	07:44	15
57.	10	Cristina Laranjeiro	TERAPIA DO CORPO	F	F40	03:13:23,085	07:44	4
58.	77	Carlos Marques	Linda-a-Pastora Sporting Club	M	M50	03:13:51,246	07:45	15
59.	128	Carlos Teixeira	Sacavenense	M	M40	03:14:33,437	07:47	16
60.	22	Adelaide Pereira	Runners da Frente Ribeirinha da Póvoa de Santa Iria	F	F40	03:14:39,629	07:47	5
61.	104	Pablo Barbeito	Langosteira xTrail	M	M40	03:14:49,740	07:47	17
62.	11	Luis Almeida	Jobrinde Montes Saloios	M	M40	03:14:50,318	07:47	18
63.	76	Joaquim Lima	Matilha Running	M	M50	03:15:57,131	07:50	16
64.	45	Alexandre Jorge		M	M40	03:16:36,104	07:52	19
65.	33	Luis Gomes	Grupo Desportivo Santander Totta	M	M40	03:17:07,315	07:53	20
66.	36	Alcino Ramos		M	M60	03:17:14,172	07:53	2
67.	99	José Nunes	Naza Aboboda	M	M50	03:18:08,245	07:56	17
68.	137	José Vaz	Stravistas Venda do Pinheiro	M	M40	03:18:20,995	07:56	21
69.	82	Tiago Rodrigues	#CQVF	M	M40	03:19:04,613	07:58	22
70.	87	Adelino Trindade	Correr Lisboa	M	M40	03:19:06,865	07:58	23
71.	47	Silvestre Rosa	Carapaus de Corrida	M	M50	03:19:12,384	07:58	18
72.	108	Fernando Reis	Turres Trail Team	M	M40	03:20:43,597	08:02	24
73.	13	Inês Rijo		F	Sen F	03:21:24,691	08:04	4
74.	20	Daniel Pedro		M	Sen M	03:22:12,085	08:05	20
75.	109	José Alves		M	M40	03:24:10,256	08:10	25
76.	51	José Magalhães	Malveiritos	M	M50	03:24:12,709	08:10	19
77.	120	Paulo Pinto		M	M40	03:26:10,923	08:15	26
78.	123	Graça Jesus	CAPenafirme	F	F50	03:28:56,347	08:22	2
79.	95	Carla Neves	TERAPIA DO CORPO	F	F40	03:29:01,400	08:22	6
80.	145	Nuno Fernandes		M	M40	03:29:53,649	08:24	27
81.	116	Fábio Pereira	Sporting Clube de Casainhos	M	Sen M	03:31:49,795	08:28	21
82.	59	Sergio Pereira		M	Sen M	03:31:51,135	08:28	22
83.	89	Jose Lopes		M	M50	03:32:23,597	08:30	20
84.	125	Filipe Henriques	CAPenafirme	M	M40	03:32:23,658	08:30	28
85.	49	Marina Teixeira		F	F40	03:34:06,695	08:34	7
86.	42	Vitor Santos	Carapaus de Corrida	M	M40	03:34:51,619	08:35	29
87.	31	Cristina Silvério		F	F40	03:34:52,049	08:35	8
88.	126	Fábio Pereira	Mazerunners	M	Sen M	03:35:17,477	08:37	23

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89.	85	Rui Pereira		M	Sen M	03:36:03,698	08:38	24
90.	150	Carla Mendes	Tartarugas Solidárias	F	F40	03:38:27,951	08:44	9
91.	54	Céu Carvalho	Tartarugas Solidárias	F	F40	03:38:28,055	08:44	10
92.	90	Carlos Costa	Traillers	M	M50	03:38:28,318	08:44	21
93.	21	Carina Almeida	Runners da Frente Ribeirinha da Póvoa de Santa Iria	F	F40	03:42:34,028	08:54	11
94.	147	RICARDO Dias		M	M40	03:42:35,090	08:54	30
95.	119	Tiago Santos		M	Sen M	03:50:42,112	09:14	25
96.	40	Eduardo Alves	Correr Lisboa	M	M40	03:51:09,635	09:15	31
97.	113	Bruno Dias	Correr Lisboa	M	M40	03:51:10,882	09:15	32
98.	50	Pedro Carvalho		M	M40	03:51:12,920	09:15	33
99.	29	ZéTó	#CQVF	M	M40	03:51:13,647	09:15	34
100.	138	Margarida Coelho	Papa Kms	F	F50	03:51:24,909	09:16	3
101.	9	Rui Laranjeiro	TERAPIA DO CORPO	M	M40	03:51:26,582	09:16	35
102.	133	Paulo Alves	Matilha Running	M	M40	03:53:50,243	09:21	36
103.	140	Helder Branco	Matilha Running	M	M40	03:53:54,661	09:22	37
104.	111	Vitor Gonçalves	4 ao km	M	M40	03:56:16,725	09:27	38
105.	112	Isadora Costa	4 ao km	F	Sen F	03:56:16,756	09:27	5
106.	91	Isabel Conceição		F	Sen F	04:00:10,656	09:37	6
107.	114	Hernâni Monteiro		M	M50	04:00:38,831	09:38	22
108.	134	Tiago Pinto	Correr Lisboa	M	M40	04:01:01,022	09:38	39
109.	129	Carlos Gonçalves	LEBRES E TARTARUGAS	M	M60	04:01:19,233	09:39	3
110.	55	Luis Morais	Runners da Frente Ribeirinha da Póvoa de Santa Iria	M	Sen M	04:02:34,444	09:42	26
111.	132	Carla Fernandes	Correr Lisboa	F	F40	04:02:40,965	09:43	12
112.	64	Paulo Trigo	Runners da Frente Ribeirinha da Póvoa de Santa Iria	M	M40	04:02:47,002	09:43	40
113.	130	Carlos Silva	Fortíssimos Running Team	M	Sen M	04:02:49,619	09:43	27
114.	102	João Simão	Sónósdos	M	M40	04:03:16,011	09:44	41
115.	88	Renato Saragoça	UDRS Guerreiros do Rio	M	M40	04:04:33,982	09:47	42
116.	37	Joao Robalo	UDRS Guerreiros do Rio	M	M50	04:04:35,531	09:47	23
117.	65	Jorge Pereira	Montes Saloios Trail Team	M	M50	04:05:41,622	09:50	24
118.	66	Manuel Francisco	Carapaus de Corrida	M	M50	04:08:25,068	09:56	25
119.	86	Carlos Leão		M	M40	04:12:22,882	10:05	43
120.	30	Luis Parro	A Natureza Ensina	M	M50	05:00:34,729	12:01	26
121.	24	Carlos Gonçalves	Stravistas Venda do Pinheiro	M	M40	05:03:23,423	12:08	44
122.	75	Vitor Pinto	Amigos Vale Silencio	M	Sen M	05:03:26,819	12:08	28
123.	71	Fernando Silva	Amigos Vale Silencio	M	M50	05:03:29,507	12:08	27
124.	73	Tiago Silva		M	Sen M	05:03:29,940	12:08	29