

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Média	Cat.
1.	166	Nuno Carrasqueiro	Casa Benfica Torres Vedras	M	M40	01:02:44,855	04:11	1
2.	235	Luís Gomes	Casa Benfica Torres Vedras	M	M50	01:02:47,741	04:11	1
3.	261	Mário Firmino	Dolce Furadouro	M	Sen M	01:14:50,906	04:59	1
4.	133	Marcio Monteiro	G.D.M. Trail Team	M	Sen M	01:17:27,328	05:10	2
5.	125	Amândio Carapinha	Clube Desportivo Ribeirense	M	M45	01:19:02,888	05:16	1
6.	341	Filipe Pedro	ACR Mealhada	M	Sub23 M	01:20:23,118	05:22	1
7.	228	Fernando Santos	Clube de Praças da Armada	M	M50	01:20:23,760	05:22	2
8.	183	Nuno Silva	g.d.zambujeira e serra	M	M45	01:20:27,683	05:22	2
9.	192	Pedro Antunes	Bastões	M	Sen M	01:20:49,354	05:23	3
10.	195	Jorge Pedroso	amigos Atletismo Mafra	M	M45	01:20:55,353	05:23	3
11.	211	Bruno Amaro	Conquista Ginásio	M	M35	01:21:40,353	05:26	1
12.	303	Filipe Carvalheiro	GAU Bajouca	M	M55	01:21:59,342	05:28	1
13.	296	Pedro Victor		M	M45	01:22:04,214	05:28	4
14.	124	Jose Dias	DirtRunners	M	M45	01:22:34,445	05:30	5
15.	220	Samuel Alfaiate	Associação de Toledo	M	Sen M	01:22:39,750	05:31	4
16.	32	Emanuel Marques	g.d.zambujeira e serra	M	M45	01:23:58,699	05:36	6
17.	248	Helder Moringa	Trilho Perdido Eventos / Importlux	M	M45	01:24:52,292	05:40	7
18.	212	João Ascensão		M	M45	01:25:32,392	05:42	8
19.	326	Paulo Silva	RÓÓDINHAS-Santos Silva/OXYGEN Gym & Fitness	M	M45	01:26:03,018	05:44	9
20.	176	Rui Aguiar	g.d.zambujeira e serra	M	M45	01:26:15,791	05:45	10
21.	140	Jorge Sirgado	Carregado Run	M	M45	01:26:34,892	05:46	11
22.	319	Tito Pereira	G.D.R. São Francisco da Serra	M	M35	01:26:55,818	05:47	2
23.	225	David Henriques		M	Sen M	01:26:58,142	05:48	5
24.	222	Mário Costa	Licor 35/Euphoric Challenges/Movefree	M	M40	01:27:18,373	05:49	2
25.	180	Eurico Agostinho	g.d.zambujeira e serra	M	M55	01:27:53,970	05:52	2
26.	260	Flávio Ramos	Associação de Toledo	M	Sen M	01:29:02,632	05:56	6
27.	138	Joaquim Martins	Clube de Atletismo Odimarq	M	M55	01:29:25,783	05:58	3
28.	178	Mario Lopo	g.d.zambujeira e serra	M	Sen M	01:29:43,613	05:59	7
29.	177	Diogo Leal	g.d.zambujeira e serra	M	Sen M	01:29:58,290	06:00	8
30.	257	Mauricio Rodrigues	CCRD BURINHOSA	M	M35	01:30:03,257	06:00	3
31.	131	Daniel Simões	4X4	M	Sen M	01:30:14,297	06:01	9
32.	132	Carlos Queiroz	Conquista Ginásio	M	M50	01:30:26,019	06:02	3
33.	304	Hugo Barqueiro	GAU Bajouca	M	M35	01:31:41,994	06:07	4
34.	175	João Calçada	g.d.zambujeira e serra	M	M45	01:31:53,376	06:08	12
35.	337	Helder Filipe	20 km Almeirim - Desportos Montanha	M	M35	01:31:53,498	06:08	5
36.	129	Miguel Barba	Peniche a correr	M	M40	01:31:53,682	06:08	3
37.	263	Célia Henriques	Bruxos Runners	F	F45	01:32:49,572	06:11	1
38.	200	Adriano Araújo	Conquista Ginásio	M	M40	01:32:50,709	06:11	4
39.	150	Nuno Martins	OCR Portugal	M	M35	01:33:01,171	06:12	6
40.	302	Helder Pereira	Running Crew	M	M35	01:33:12,401	06:13	7
41.	335	Diogo Morgado		M	Sen M	01:34:16,068	06:17	10
42.	312	David Gomes		M	M35	01:34:46,849	06:19	8
43.	179	Antonio Clara	g.d.zambujeira e serra	M	M55	01:34:57,958	06:20	4
44.	201	Luis Ludovino	Associação de Toledo	M	Sen M	01:35:10,078	06:20	11

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Média	Cat.
45.	300	Telmo Pinto	Associação de Toledo	M	M45	01:35:10,471	06:20	13
46.	290	João Pereira	Chitas de Alcobaça	M	Sen M	01:35:14,894	06:21	12
47.	256	JoZé Ribeiro	Centro de Marcha e Corrida de Alenquer	M	M55	01:35:26,797	06:22	5
48.	237	Diogo Lourenço	DirtRunners	M	Sen M	01:35:35,182	06:22	13
49.	297	Paula Trindade	Aminhacorrída/Myprotein	F	F45	01:35:48,146	06:23	2
50.	157	Rui Pança	Casa Benfica Seixal	M	M45	01:35:48,240	06:23	14
51.	221	Tiago Mateus		M	Sen M	01:35:53,701	06:23	14
52.	139	Joaquim Martins	C.C.D. O ALVITEJO	M	M55	01:36:15,625	06:25	6
53.	152	João Leitão		M	M40	01:36:44,762	06:27	5
54.	199	Hugo Santos		M	M40	01:36:55,295	06:28	6
55.	130	Sérgio Sebastião	4X4	M	M40	01:36:59,882	06:28	7
56.	214	Joao Vitorino	New Ground	M	Sen M	01:37:21,116	06:29	15
57.	121	Nuno Café		M	M35	01:37:25,541	06:29	9
58.	135	Julio Patricio	Run Team Bombarral	M	M55	01:37:29,479	06:30	7
59.	168	Paulo Costa		M	M50	01:37:48,917	06:31	4
60.	249	Jorge Ribeiro	Trilho Perdido Eventos / Imporlux	M	M35	01:38:44,801	06:35	10
61.	146	Alvaro Elisiario	CAP Externato Penafirme	M	M45	01:38:53,021	06:35	15
62.	322	Flávio Reis	Bruxos Runners	M	M35	01:38:58,568	06:36	11
63.	163	Celina Gomes	CAP	F	F45	01:39:07,373	06:37	3
64.	190	Ricardo Jorge	Yudo Green Booster	M	M35	01:39:09,799	06:37	12
65.	252	Miguel Henriques	Trilho Perdido Eventos / Imporlux	M	Sen M	01:39:47,017	06:39	16
66.	171	Joao Santos	Casa Benfica Torres Vedras	M	M45	01:40:13,632	06:41	16
67.	142	Luis Martinho	ATV	M	M45	01:40:33,725	06:42	17
68.	141	Manuela Antunes		F	F45	01:40:44,409	06:43	4
69.	273	Ricardo Rato	Artroses	M	Sen M	01:40:52,719	06:43	17
70.	127	Artur Costa	Conquista Ginásio	M	M50	01:41:03,911	06:44	5
71.	270	Miguel Bento		M	M35	01:41:22,046	06:46	13
72.	208	João Morais	Flechas Trail	M	Sen M	01:41:26,231	06:46	18
73.	272	Nuno Frade		M	M35	01:41:34,809	06:46	14
74.	245	Rui Brilhante	Trilho Perdido Eventos / Imporlux	M	M40	01:41:37,529	06:46	8
75.	181	Lucas Delgado	g.d.zambujeira e serra	M	M60	01:41:47,277	06:47	1
76.	282	António Simões	HORTAPRONTA	M	M40	01:41:59,900	06:48	9
77.	113	Paulo Manam	Peniche a correr	M	M40	01:42:01,863	06:48	10
78.	327	Sérgio Cruz		M	M40	01:42:20,585	06:49	11
79.	189	Hugo Almeida	OCR Portugal	M	M40	01:42:21,400	06:49	12
80.	255	Alcino Cesar	OCR Portugal	M	M40	01:42:22,074	06:49	13
81.	231	Dominico Lage		M	M40	01:42:27,580	06:50	14
82.	314	David Ricardo		M	Sen M	01:42:28,308	06:50	19
83.	120	Luís Gonçalves	G.D.R. São Francisco da Serra	M	M40	01:42:46,203	06:51	15
84.	289	Dário Ferreira	Run Team Bombarral	M	M40	01:42:54,899	06:52	16
85.	416	Valentim Fernandes	g.d.zambujeira e serra	M	M60	01:43:02,609	06:52	2
86.	110	Bruno Marques		M	M35	01:43:56,434	06:56	15
87.	295	Rafaela Santos	Dolce Furadouro	F	Sub23 F	01:44:02,250	06:56	1
88.	164	Telmo Cardoso		M	Sen M	01:44:05,887	06:56	20

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Média	Cat.
89.	262	Nuno Tiago	Pace.Makers	M	M45	01:44:17,672	06:57	18
90.	305	Silvia Franco		F	F45	01:44:20,012	06:58	5
91.	50	Ricardo Alexandre	Veteras Team	M	Sen M	01:44:34,745	06:58	21
92.	143	Fernando Moniz		M	M60	01:44:47,601	06:59	3
93.	240	Nelson Faustino	Encharca a vela	M	M45	01:45:25,627	07:02	19
94.	159	Gil Pereira	1 Km/x	M	M45	01:45:40,301	07:02	20
95.	281	Carlos Dias	Sorte ao Rosário	M	Sen M	01:45:40,619	07:02	22
96.	187	Marlene Oliveira	Chitas de Alcobaça	F	F40	01:46:31,908	07:06	1
97.	185	Rafaela Moreira	ACBatalha	F	Sen F	01:46:32,850	07:06	1
98.	258	David Santos		M	M35	01:47:28,469	07:10	16
99.	232	Joao Ferreira		M	M35	01:47:55,536	07:11	17
100.	244	Firmina Maio		F	F45	01:49:12,917	07:17	6
101.	306	Olivier Ferreira	REFISICA team	M	Sen M	01:49:13,353	07:17	23
102.	103	Tânia Veríssimo	J&T	F	Sen F	01:49:13,384	07:17	2
103.	213	Ruben Francisco	ORB MAXIAL OESTE	M	Sen M	01:49:27,306	07:18	24
104.	340	Tomás Andrade		M	Sub23 M	01:49:31,600	07:18	2
105.	247	David de Sousa	Trilho Perdido Eventos / Imporlux	M	Sen M	01:49:36,313	07:19	25
106.	259	Pedro Alves	Flechas Trail	M	Sen M	01:49:52,201	07:19	26
107.	160	Bruno Silva	1 Km/x	M	M40	01:50:27,419	07:22	17
108.	186	Patrícia Guerra	Chitas de Alcobaça	F	F35	01:52:16,171	07:29	1
109.	128	Graça Jesus	CAP Externato Penafirme	F	F50	01:52:16,227	07:29	1
110.	205	Rodrigo Albano	Super Run Team	M	M35	01:52:35,106	07:31	18
111.	144	Carlos Costa		M	M35	01:52:49,043	07:31	19
112.	161	Rute Caeiro	1 Km/x	F	Sen F	01:54:03,057	07:36	3
113.	224	Paulo Ferreira	Lisgança	M	M45	01:54:03,251	07:36	21
114.	126	Francisco Enxuto		M	M50	01:54:13,015	07:37	6
115.	299	José Cardoso	Caldas Corre +	M	M60	01:54:17,123	07:37	4
116.	334	Sandra Batista		F	F35	01:54:17,362	07:37	2
117.	196	Vanda Anjos	Associação de Toledo	F	F35	01:54:40,552	07:38	3
118.	285	Teresa Oliveira	OS TUGAS SALOIOS	F	F45	01:54:44,796	07:39	7
119.	284	Michael Jorge	OS TUGAS SALOIOS	M	M40	01:54:49,196	07:39	18
120.	274	André Francisco		M	M35	01:54:49,303	07:39	20
121.	309	Andreia Guerra	Talento pra correr	F	F40	01:55:08,161	07:41	2
122.	184	Joao Pratas		M	Sen M	01:55:17,032	07:41	27
123.	339	Nuno Andrade		M	M40	01:56:03,010	07:44	19
124.	324	Nuno Figueiredo	SPEM	M	M40	01:56:09,095	07:44	20
125.	134	João Silva		M	M35	01:56:24,159	07:46	21
126.	223	Baltazar Lopes		M	M45	01:56:27,311	07:46	22
127.	246	Teresa Bemfeita	Trilho Perdido Eventos / Imporlux	F	F35	01:56:52,391	07:47	4
128.	343	Isabel Barra	Run Crew Trail Montijo	F	F50	01:57:58,807	07:52	2
129.	230	Brígida Lucas	Veteras Team	F	F35	01:58:28,078	07:54	5
130.	325	Hugo Gonçalves	Andarilhos Team	M	M40	01:58:39,263	07:55	21
131.	330	Hugo Noronha		M	M35	01:59:10,452	07:56	22
132.	219	Cláudio Mateus	Caracóis Saloios	M	M35	01:59:29,610	07:58	23

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Média	Cat.
133.	188	Paula Frois	Chitas de Alcobaça	F	F40	01:59:57,104	08:00	3
134.	209	Ana Magalhães	20 km Almeirim - Desportos Montanha	F	F45	02:00:37,894	08:02	8
135.	283	Patricia Jorge	OS TUGAS SALOIOS	F	F35	02:00:45,536	08:03	6
136.	291	Miguel Santos	Trail Clube Futebol de Sassoeiros	M	M40	02:00:58,610	08:04	22
137.	123	Xander Storms		M	M40	02:01:58,844	08:08	23
138.	293	Tom Rains		M	M45	02:01:59,270	08:08	23
139.	236	David Oliveira	OK Running	M	M35	02:02:05,006	08:08	24
140.	277	Patrícia Monteiro	Ai Nós Jamor	F	F40	02:02:20,209	08:10	4
141.	275	David Simão	Trail Clube Futebol de Sassoeiros	M	Sen M	02:02:39,500	08:11	28
142.	194	José Cruz	20 km Almeirim - Desportos Montanha	M	M45	02:02:39,931	08:11	24
143.	333	João Tomás	SPEM	M	M60	02:03:08,887	08:13	5
144.	158	Susana Pereira		F	F40	02:03:09,378	08:13	5
145.	122	Erwin Deen		M	M50	02:03:09,962	08:13	7
146.	278	Micael Soares	COAC	M	Sen M	02:03:10,892	08:13	29
147.	254	Sonia Vieira	SV Team	F	F35	02:03:14,585	08:13	7
148.	106	Marta Santos	DirtRunners	F	F40	02:05:28,614	08:22	6
149.	105	Marina Rosario	DirtRunners	F	F45	02:05:28,656	08:22	9
150.	288	Cesar Novo	OS TUGAS SALOIOS	M	M45	02:05:47,571	08:23	25
151.	117	Ana Castelhana	Percurso das Salinas	F	F40	02:06:35,034	08:26	7
152.	265	Helena Inacio	20 km Almeirim - Desportos Montanha	F	F40	02:06:39,293	08:26	8
153.	264	Pedro Freitas	20 km Almeirim - Desportos Montanha	M	M45	02:06:39,707	08:26	26
154.	206	Hugo Henriques	Super Run Team	M	Sen M	02:08:03,028	08:32	30
155.	239	Martina Antunes	Veteras Team	F	Sen F	02:08:03,920	08:32	4
156.	151	Nuno Fernandes		M	M45	02:08:33,666	08:34	27
157.	316	Diogo Neto		M	M40	02:09:31,644	08:38	24
158.	137	Anibal Ribeiro		M	M40	02:09:40,846	08:38	25
159.	108	Graça Matias	Dolce Furadouro	F	F50	02:09:41,592	08:39	3
160.	318	Carla Ferreira		F	F40	02:09:41,976	08:39	9
161.	90	Paulo Ferreira		M	M50	02:09:42,650	08:39	8
162.	266	Ana Rodrigues		F	F35	02:09:49,326	08:39	8
163.	292	Luis Jacob		M	M45	02:10:12,209	08:41	28
164.	294	Mário Martins	JaFetins	M	M40	02:10:14,613	08:41	26
165.	344	Sergio Rodelo	Run Crew Trail Montijo	M	M45	02:10:21,092	08:41	29
166.	320	Mario Nunes	SPEM	M	M45	02:10:23,720	08:41	30
167.	315	Carla Ribas	Não fazemos nem mais um... Km	F	F45	02:10:34,054	08:42	10
168.	111	Ana Duarte	Béus	F	Sen F	02:11:25,035	08:46	5
169.	107	Diana Dias	Dolce Furadouro	F	Sen F	02:11:45,887	08:47	6
170.	234	Ana Pedroto		F	F40	02:11:52,548	08:47	10
171.	229	Sofia Marques		F	F35	02:11:52,748	08:47	9
172.	218	Mónica Camacho	Caracóis Saloios	F	F35	02:12:00,389	08:48	10
173.	115	Sónia Saramago	ATV	F	F45	02:12:19,445	08:49	11
174.	145	Francisco Pereira		M	M45	02:12:42,877	08:51	31
175.	104	Jorge Martinho	J&T	M	M45	02:12:58,660	08:52	32
176.	347	Ana Semedo	OCR Portugal	F	F35	02:14:01,617	08:56	11

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177.	280	Helena Custodio		F	F40	02:15:34,644	09:02	11
178.	279	Jose Catarino	CAP	M	M50	02:15:35,748	09:02	9
179.	155	Hernâni Tomás	S.R.Camarnal	M	M40	02:16:49,232	09:07	27
180.	156	Ana Tomás	S.R.Camarnal	F	F40	02:16:50,143	09:07	12
181.	101	Alexandra Fernandes	Cabaré dos Coxos	F	Sen F	02:16:51,479	09:07	7
182.	102	Carlos Andrade	Cabaré dos Coxos	M	Sen M	02:16:55,586	09:08	31
183.	169	Roberto Azevedo		M	M35	02:17:00,126	09:08	25
184.	170	Sara Silva		F	F40	02:17:00,539	09:08	13
185.	253	Tânia Correia		F	F35	02:18:51,364	09:16	12
186.	243	Luis Ildefonso		M	M40	02:18:51,598	09:16	28
187.	147	Rodolfo Xavier		M	M40	02:19:20,919	09:17	29
188.	328	Nuno Simões	Caldas Corre +	M	M40	02:20:41,556	09:23	30
189.	215	Sílvia Félix	Caldas Corre +	F	F40	02:20:41,788	09:23	14
190.	238	José Santos	Correr Lisboa	M	M50	02:20:54,261	09:23	10
191.	114	Nádia Lopes	Béus	F	F35	02:21:04,050	09:24	13
192.	112	Joana Santos	Béus	F	Sen F	02:21:04,093	09:24	8
193.	172	João Silva	M&Ms	M	M40	02:21:28,489	09:26	31
194.	203	Mario Araujo	Super Run Team	M	M55	02:22:37,555	09:31	8
195.	148	Nelson Dias		M	M35	02:22:59,503	09:32	26
196.	198	Soraia Costa	Flechas Trail	F	Sen F	02:23:11,532	09:33	9
197.	301	Amilcar Lopes	Flechas Trail	M	M40	02:23:11,737	09:33	32
198.	118	Alexandra Sousa	Movet	F	F35	02:24:22,507	09:37	14
199.	119	Inês Pais	Movet	F	F35	02:24:22,902	09:37	15
200.	317	Sara Cordeiro	SCALABIS NIGHT RUNNERS	F	F35	02:24:23,293	09:38	16
201.	271	Eliana Silva		F	F40	02:25:40,097	09:43	15
202.	342	Cátia Rodrigues	ACR Mealhada	F	F35	02:26:09,289	09:44	17
203.	207	Fernando Ferreira	Super Run Team	M	M45	02:27:20,859	09:49	33
204.	165	António Matos		M	M40	02:27:49,471	09:51	33
205.	217	João Marques		M	M45	02:28:24,712	09:53	34
206.	116	Mário Ferreira		M	M40	02:30:03,369	10:00	34
207.	193	Pedro Silva		M	Sen M	02:30:03,910	10:00	32
208.	136	Fabiana Fão		F	Sen F	02:30:04,180	10:00	10
209.	153	Virgílio Pestana		M	M45	02:31:14,121	10:05	35
210.	233	Gina Oliveira		F	F50	02:33:17,017	10:13	4
211.	251	Emilia Galinha	Trilho Perdido Eventos / Imporlux	F	F55	02:34:44,669	10:19	1
212.	149	Nass Craveiro		M	M60	02:35:50,456	10:23	6
213.	154	Francisco Bastos		M	M55	02:37:31,743	10:30	9
214.	109	Dina Damil		F	Sen F	02:37:59,690	10:32	11
215.	174	Marlene Celeste	M&Ms	F	F40	02:38:08,520	10:32	16
216.	173	Lurdes Silva	M&Ms	F	F40	02:38:09,993	10:32	17
217.	191	José Fialho		M	M55	02:39:41,894	10:39	10
218.	204	Carlos Garcia	Super Run Team	M	M60	02:40:56,407	10:44	7
219.	268	Ana Marques		F	F35	02:45:50,232	11:04	18
220.	311	Cristina Vicente		F	Sen F	02:46:49,467	11:07	12

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221.	310	Joana Alves	OCR Portugal	F	Sen F	02:46:49,961	11:07	13
222.	307	Telma Nunes	REFISICA team	F	Sen F	02:59:23,242	11:58	14
223.	321	Raquel Filipe		F	Sen F	02:59:24,017	11:58	15
-	241	Rebeca Liborio	OCR Portugal	F	Sen F	Desclassificado		