

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Ritmo	Esc.
1.	253	José Gaspar		M	M40	01:27:27,054	04:22	1
2.	261	Pedro NOGUEIRA	Amigos do Atletismo de Mafra	M	Sen M	01:33:50,062	04:41	1
3.	146	Rui Canelas	SPALD Ginasio	M	Sen M	01:39:27,214	04:58	2
4.	257	Samuel GUEDES	SPALD Ginasio	M	Sen M	01:39:27,410	04:58	3
5.	3	Samuel Castela	Go!Runners	M	Sen M	01:43:47,503	05:11	4
6.	215	Fernando Alves	URBAN RUN TEAM	M	M50	01:43:54,986	05:12	1
7.	202	Jorge Pedroso	Amigos do Atletismo de Mafra	M	M40	01:44:00,591	05:12	2
8.	173	Sérgio Martinho	Amigos do Atletismo de Mafra	M	M40	01:46:11,123	05:19	3
9.	174	Orlando Rebelo	Amigos do Atletismo de Mafra	M	M60	01:49:27,397	05:28	1
10.	135	Pedro Pascoal	Arrabida Obstacle Runners	M	M40	01:49:49,864	05:29	4
11.	258	Marco ROMÃO	Arrabida Obstacle Runners	M	M40	01:54:47,878	05:44	5
12.	255	Pedro Lavrador	100esTRILHOS	M	Sen M	01:54:49,814	05:44	5
13.	110	João Machado	Os Matrecos	M	M50	01:57:16,297	05:52	2
14.	231	Marco Fernandes	Atibá	M	M40	01:57:30,781	05:53	6
15.	112	José Guimas	Os Matrecos	M	M50	01:57:34,246	05:53	3
16.	153	Jorge Gregório	Furões do Alentejo	M	Sen M	02:00:18,052	06:01	6
17.	232	Mónica Moreiras	Atibá	F	Sen F	02:00:26,560	06:01	1
18.	128	José Silva		M	M50	02:02:50,007	06:08	4
19.	118	Aurélio Rodrigues	Os Matrecos	M	M50	02:02:58,180	06:09	5
20.	150	Estela Martinho	Arrabida Obstacle Runners	F	Sen F	02:04:47,484	06:14	2
21.	152	Vitor Amaro	Furões do Alentejo	M	Sen M	02:04:49,000	06:14	7
22.	119	Filipa Castela	Go!Runners	F	Sen F	02:04:50,949	06:14	3
23.	172	Carlos Morais	Amigos do Atletismo de Mafra	M	M50	02:04:57,191	06:15	6
24.	220	Célia Henriques	Bruxos Runners	F	F40	02:05:25,935	06:16	1
25.	246	Rui Mota	Amigos do Atletismo de Mafra	M	M40	02:08:57,187	06:27	7
26.	247	Jorge Ribeiro		M	M40	02:11:10,005	06:34	8
27.	250	Nelson Santos	Running Wild	M	M40	02:11:17,200	06:34	9
28.	186	Pedro Reduto	Rebenta Trails	M	M40	02:11:20,371	06:34	10
29.	218	Hélder Soares	Bruxos Runners	M	M40	02:11:33,371	06:35	11
30.	225	Narciso Santos	Bonecos	M	M40	02:14:51,282	06:44	12
31.	171	João Branco	Amigos do Atletismo de Mafra	M	Sen M	02:15:04,541	06:45	8
32.	187	Vitor Canto		M	M40	02:15:07,483	06:46	13
33.	103	Humberto Borges	lesmas	M	M50	02:15:21,049	06:46	7
34.	221	Nuno Freitas		M	Sen M	02:15:30,201	06:47	9
35.	177	Moise Gonçalves		M	M50	02:15:42,330	06:47	8
36.	121	Octavio Pantaleao		M	M60	02:15:43,076	06:47	2
37.	229	Ana Mira	Furões do Alentejo	F	Sen F	02:15:53,933	06:47	4
38.	234	Miguel Colaço	Natura 4ever Run Portugal	M	M40	02:15:55,096	06:48	14
39.	216	Tiago Esteves	Natura 4ever Run Portugal	M	Sen M	02:16:00,060	06:48	10
40.	117	Carla Barbosa	Os Matrecos	F	F40	02:16:07,461	06:49	2
41.	196	Alexandre Oliveira		M	Sen M	02:16:16,040	06:49	11
42.	206	Rodrigo Ferreira	BENECAR Runners	M	M40	02:17:31,659	06:53	15
43.	219	Flávio Reis	Bruxos Runners	M	Sen M	02:20:22,875	07:01	12
44.	144	Paulo Manaças	Os Maras	M	M40	02:20:26,952	07:01	16
45.	130	Cláudio Costa	CAJ	M	Sen M	02:22:13,040	07:07	13
46.	181	Casimiro Silva	Cobras Trailistas	M	M40	02:22:16,975	07:07	17
47.	188	Helder Rosário	GRCD Leão - Cobras Trailistas	M	Sen M	02:22:17,372	07:07	14
48.	114	Sandra Quintas	Os Matrecos	F	F40	02:22:18,440	07:07	3
49.	175	Pedro Pereira		M	Sen M	02:24:47,937	07:14	15
50.	223	Fernando Gomes	Bruxos Runners	M	Sen M	02:25:03,230	07:15	16
51.	136	Paulo Guerreiro	Arrabida Obstacle Runners	M	M50	02:25:16,394	07:16	9
52.	111	Emílio Miranda	Os Matrecos	M	M50	02:27:00,189	07:21	10
53.	178	Jose Rato	60% VIP	M	M60	02:28:15,768	07:25	3
54.	230	Duarte Rodrigues	Furões do Alentejo	M	Sen M	02:28:39,517	07:26	17
55.	185	Luis Espada	Cobras Trailistas	M	M50	02:31:48,468	07:35	11
56.	227	Paulo Nunes		M	M50	02:33:03,415	07:39	12
57.	154	Carlos Mimoso		M	M50	02:33:04,053	07:39	13
58.	162	Paulo Quaresma	Veteranos de Massamá	M	M60	02:33:46,867	07:41	4
59.	127	João Pereira	SAPATISTAS	M	M50	02:34:41,150	07:44	14
60.	237	Juliana Ramos		F	Sen F	02:36:26,068	07:49	5
61.	236	Bruno Marques		M	Sen M	02:36:26,124	07:49	18
62.	140	Rui Silva	Seguros R2	M	M40	02:36:26,410	07:49	18
63.	141	Ricardo Caldeira	Seguros R2	M	Sen M	02:36:27,967	07:49	19
64.	194	César Moreira	Trails e Tralhos	M	Sen M	02:41:28,530	08:04	20

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Ritmo	Esc.
65.	200	Luisa Alberto	lesmas aceleradas	F	F50	02:41:34,789	08:05	1
66.	138	Nuno Acurcio		M	M40	02:41:37,835	08:05	19
67.	209	Joana Pereira	100esTRILHOS	F	Sen F	02:41:39,168	08:05	6
68.	241	Graça Jesus	CAP EXTERNATO PENAFIRME	F	F50	02:41:39,754	08:05	2
69.	212	Anselmo Rodrigues	100esTRILHOS	M	M50	02:41:40,804	08:05	15
70.	107	Antonio Gomes		M	M60	02:42:02,176	08:06	5
71.	129	Luís Dias	Dirrunners	M	M50	02:42:05,223	08:06	16
72.	113	Hermínio Ferreira	Os Matrecos	M	M50	02:43:07,654	08:10	17
73.	168	Fernando Manuel	Bruno Sempre	M	M60	02:43:24,350	08:10	6
74.	137	Maria Conchinha	Clube do Stress	F	F50	02:44:47,410	08:14	3
75.	151	Sandra Arraias	Os Arraias	F	Sen F	02:44:48,695	08:14	7
76.	139	Carlos Rolo		M	M50	02:45:13,621	08:16	18
77.	189	Helena Leitão	RunLovers	F	F40	02:45:30,915	08:17	4
78.	163	João Santos	Veteranos de Massamá	M	M60	02:45:31,531	08:17	7
79.	190	João Leitão	RunLovers	M	M40	02:45:31,969	08:17	20
80.	248	Luis Gama		M	M40	02:47:01,505	08:21	21
81.	147	Nuno Meia-Onça	GRCD Leão - Cobras Trailistas	M	Sen M	02:49:09,434	08:28	21
82.	122	Ana Matias	CLUBE COLABORADORES AGEAS	F	F50	02:49:43,628	08:29	4
83.	123	Fernando Matias	CLUBE COLABORADORES AGEAS	M	M60	02:49:43,630	08:29	8
84.	198	Rafael Martins		M	Sen M	02:52:51,757	08:38	22
85.	116	António Ramos	Os Matrecos	M	M40	02:53:59,611	08:42	22
86.	132	João Barros	Nós	M	M50	02:54:00,260	08:42	19
87.	213	António Duarte	60% VIP	M	M60	02:54:01,032	08:42	9
88.	160	Márcia Gaspar	GRCD Leão - Cobras Trailistas	F	F40	03:01:53,153	09:05	5
89.	176	Joaquim Amaral		M	M40	03:01:54,368	09:06	23
90.	224	Rita Oliveira	Leão	F	Sen F	03:03:18,171	09:10	8
91.	179	Sandra Silva	GRCD Leão - Cobras Trailistas	F	F40	03:03:18,251	09:10	6
92.	211	Sofia Ribeiro		F	F40	03:04:10,625	09:13	7
93.	199	Fernanda Pedralva	lesmas aceleradas	F	F40	03:05:03,775	09:15	8
94.	166	Angélica Gafanha		F	F40	03:05:17,974	09:16	9
95.	115	José Peixoto	Os Matrecos	M	M60	03:06:32,517	09:20	10
96.	143	Sara Rolo		F	Sen F	03:06:33,109	09:20	9
97.	184	André Inácio		M	M50	03:10:20,398	09:31	20
98.	226	Hélder Silvério		M	M40	03:10:35,653	09:32	24
99.	180	Nuno Cabanas		M	M40	03:10:53,062	09:32	25
100.	155	Bruno Abrantes	Falcões Selvagens	M	M40	03:10:55,556	09:33	26
101.	244	Ismar Ferreira		M	M50	03:11:24,000	09:34	21
102.	101	João Barrigola	Malveira em Movimento	M	Sen M	03:13:15,332	09:40	23
103.	249	Gonçalo Romeiras	Jobrinde-Montes Saloios	M	M40	03:17:08,293	09:52	27
104.	126	Carla Marques	SAPATISTAS	F	F40	03:17:09,628	09:52	10
105.	124	João Torrado	SAPATISTAS	M	M60	03:17:41,688	09:53	11
106.	210	Marta Ferreira		F	Sen F	03:17:42,971	09:53	10
107.	102	Ana Rodrigues		F	F40	03:18:47,493	09:56	11
108.	183	Catarina Rodrigues	GRCD Leão - Cobras Trailistas	F	Sen F	03:22:25,865	10:07	11
109.	203	Luís Nogueira	GRCD Leão - Cobras Trailistas	M	M40	03:22:25,902	10:07	28
110.	131	Paulo Marques	Nós	M	M50	03:23:06,330	10:09	22
111.	192	António Relvas	Falcões Selvagens	M	M50	03:23:29,744	10:10	23
112.	157	Inês Abrantes	Balhelhas	F	Sen F	03:23:34,276	10:11	12
113.	158	Sofia Abrantes	Balhelhas	F	Sen F	03:23:37,479	10:11	13
114.	245	João Teixeira		M	Sen M	03:24:02,563	10:12	24
115.	204	Helena Santos	Deixem Passar os Coxos	F	F40	03:24:40,612	10:14	12
116.	159	António Abrantes	Balhelhas	M	M60	03:26:46,493	10:20	12
117.	125	Alzira Pereira	SAPATISTAS	F	F50	03:27:37,303	10:23	5
118.	170	Celia Ferreira	NUCLEO DESPORTIVO AUTOCOOPE	F	F40	03:28:19,219	10:25	13
119.	217	Ana Reis	Rail Runners	F	F40	03:30:35,245	10:32	14
120.	120	Patricia Póvoa	A20kms - Trail Running Team	F	Sen F	03:30:52,809	10:32	14
121.	145	Cátia Carvalho		F	Sen F	03:30:53,277	10:32	15
122.	169	Antonio Fernandes	NUCLEO DESPORTIVO AUTOCOOPE	M	M40	03:31:19,219	10:34	29
123.	222	Susana Ribeiro	Furacão	F	Sen F	03:31:42,062	10:35	16
124.	214	Niedja Mello	Brasil	F	F40	03:32:46,955	10:38	15
125.	193	Palmira Relvas	Falcões Selvagens	F	F50	03:33:39,740	10:41	6
126.	191	Ana Jacinto	Papa Kms	F	F40	03:33:40,316	10:41	16
127.	161	Manuel Azevedo	Veteranos de Massamá	M	M60	03:35:41,703	10:47	13
128.	195	Nuno Oliveira		M	M40	03:35:41,717	10:47	30

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Ritmo	Esc.
129.	197	Mónica Batista		F	F40	03:35:41,849	10:47	17
130.	233	Maria Ribeiro		F	F50	03:36:05,697	10:48	7
131.	205	Maria Andrade		F	F50	03:39:20,711	10:58	8
132.	109	Manuel Machado	Os Matrecos	M	M50	03:48:26,994	11:25	24
133.	149	Alexandra Cardao	Correr Lisboa	F	F50	03:48:28,573	11:25	9
134.	148	Isabel Rodrigues	Correr Lisboa	F	F40	03:48:28,928	11:25	18
135.	133	Sara Cordeiro	SCALABIS NIGHT RUNNERS	F	Sen F	04:20:46,272	13:02	17