



Trail das Fontes de Caneças - Longo

24 de Junho, 2018

<https://werun.pt/resultados/trail-das-fontes-de-caneças/>

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	129	PAULO SEQUEIRA	01:04:55	01:04:55	M0039	AMIGOS DOS LOBOS	1
2	454	PEDRO AMIGO	01:05:07	01:05:07	M0039	CCR ALTO DO MOINHO	2
3	458	RUI AFONSO	01:06:00	01:06:00	M4049	CCR ALTO DO MOINHO	1
4	478	ALEXANDRE SOARES	01:07:44	01:07:44	M5059	BOAVISTA DO PICO AÇORES	1
5	267	NUNO PIMENTA	01:08:14	01:08:13	M4049	PORTUGAL RUNNING	2
6	82	JOSE GEADA	01:10:10	01:10:10	M4049	ASC VALE GRANDE	3
7	425	ALEXANDRE TAVARES	01:10:14	01:10:14	M0039		3
8	453	RUI MARTINS	01:10:39	01:10:39	M0039	ASSOCIAÇÃO VALE GRANDE	4
9	314	ANDRÉ CARDOSO	01:11:02	01:11:00	M0039	TUDO À GRANDE	5
10	101	JOÃO PAULO MAIA	01:11:14	01:11:14	M5059	FALCÕES SELVAGENS	2
11	263	JOAQUIM ALEXANDRE	01:12:46	01:12:33	M5059	A.M.C.D.TITUARIA	3
12	201	VICTOR VARIZO	01:14:45	01:14:40	M4049		4
13	463	PEDRO CARMONA	01:15:44	01:15:44	M0039	INDIVIDUAL	6
14	481	DANIEL FARINHA	01:16:30	01:16:30	M0039		7
15	156	JUVENAL MOREIRA	01:18:03	01:18:03	M5059	NUCLEO DESPORTIVO AUTOCOOPE	4
16	209	BRUNO GOUVEIA	01:18:36	01:18:36	M0039	MULTIRUNNERS	8
17	459	ALEXANDRE CANTANHEDE	01:18:56	01:18:56	M0039	CCR ALTO DO MOINHO	9
18	445	RICARDO TEIXEIRA	01:18:57	01:18:57	M0039	INDIVIDUAL	10

19	320	MAXIMIANO ALVES	01:19:00	01:18:45	M0039	CORRER LISBOA	11
20	366	FERNANDO CORDA	01:19:05	01:19:03	M5059	VALEJAS AC	5
21	467	ANDRÉ MELO	01:19:25	01:19:25	M0039	CORRER LISBOA	12
22	146	PAULO HENRIQUES	01:19:47	01:19:45	M4049	POVORAIS TRAIL - PENEDOS DE GÓIS	5
23	219	FERNANDO OLIVEIRA	01:20:08	01:20:06	M6099	LIS RUNNING CPA	1
24	666	LUIS PEREIRA	01:20:36	01:20:36	M0039	STRONG TEAM	13
25	440	VITOR FERREIRA	01:20:58	01:20:55	M5059	ALCANENA TRAIL	6
26	272	NUNO CORREIA	01:22:23	01:22:09	M4049	PORTUGAL RUNNING	6
27	392	ANTÓNIO SALES HENRIQUES	01:22:24	01:22:11	M4049		7
28	452	ANAIS MONIZ	01:22:55	01:22:55	F0039	INDIVIDUAL	1
29	382	PEDRO MIGUEL INÁCIO	01:23:00	01:22:59	M0039	VALEJAS AC	14
30	218	HUGO PAULO	01:23:33	01:23:13	M0039	STRENDURE RUNNING TEAM	15
31	185	BRUNO MIGUEL SANTOS	01:23:43	01:23:43	M4049	FALCÕES SELVAGENS	8
32	261	LUIS FERREIRA	01:24:00	01:23:53	M5059	A.M.C.D.TITUARIA	7
33	184	PAULO MARTINS FERREIRA	01:24:58	01:24:52	M0039	TEAM SALAMANDRAS	16
34	332	VITOR SERRANO	01:25:33	01:25:33	M4049		9
35	68	PEDRO CARVALHO	01:25:35	01:25:20	M4049	COMADRES&COMPADRES	10
36	131	EDUARDO LUÍS	01:25:46	01:25:46	M4049	ATÓMICOS	11
37	305	CÁTIA RODRIGUES	01:25:49	01:25:49	F0039	MONINHOS-LOURES	2
38	586	LUIS FERREIRA	01:25:53	01:25:34	M5059	STJOAOLIVEIRATEAM	8
39	8	PAULO VENÂNCIO	01:25:59	01:25:46	M0039	INDIVIDUAL	17
40	276	PEDRO SILVA	01:26:04	01:26:04	M0039	TREINOS D'HÁ FUNDO	18
41	168	JOÃO PAULO SARAMAGO	01:26:25	01:26:25	M4049		12

42	61	FÁBIO CARVALHO	01:26:29	01:26:25	M0039	SOMAI51KM	19
43	160	JORGE COSTA	01:26:29	01:26:18	M0039		20
44	245	ANA MOTA	01:26:33	01:26:30	F0039		3
45	306	TIAGO MENDONCA	01:26:46	01:26:42	M0039	MARCHA E CORRIDA JAMOR	21
46	259	EDGAR FRANCISCO	01:26:53	01:26:53	M5059	A.M.C.D.TITUARIA	9
47	115	JOÃO RODRIGUES	01:27:27	01:27:25	M5059		10
48	193	BRUNO FERNANDES	01:27:46	01:27:41	M0039	SIMITO	22
49	133	PAULO LOURO	01:27:52	01:27:52	M5059	CORRER LISBOA	11
50	465	LUIS MIGUEL SANTOS	01:27:53	01:27:45	M4049	CORRER LISBOA	13
51	172	NUNO BOGALHEIRO	01:28:02	01:27:57	M4049	AMIGOS VALE DO SILÊNCIO	14
52	340	HELENA TAUBE	01:28:13	01:28:13	F4049		1
53	379	CARLOS MARQUES	01:28:19	01:28:19	M5059	GRCD LEIÃO - COBRAS TRAILISTAS	12
54	221	JOSÉ EUSÉBIO	01:28:29	01:28:28	M4049	GUIZO RUNNERS	15
55	585	VITORINO MOTA	01:28:45	01:28:25	M5059	STJOAOLIVEIRATEAM	13
56	155	JOÃO CALDAS	01:28:47	01:28:47	M5059	NUCLEO DESPORTIVO AUTOCOOPE	14
57	268	RUI COELHO	01:28:49	01:28:38	M4049	PORTUGAL RUNNING	16
58	287	LUIS SOUSA	01:28:54	01:28:54	M4049		17
59	97	MANUEL ALVES	01:29:09	01:29:01	M5059	CORRER LISBOA	15
60	275	BRUNO CAMPOS	01:29:12	01:28:58	M4049	LISBOA	18
61	127	PAULO SANTOS	01:29:26	01:29:17	M5059	LIS RUNNING CPA	16
62	203	PEDRO TRIGO	01:29:28	01:28:57	M0039	VALEJAS AC	23
63	423	ANTÓNIO ALMEIDA	01:29:30	01:29:30	M0039	#RUMOAO37	24
64	346	RICARDO GAGO	01:29:41	01:29:01	M4049	ENCOSTA TEAM	19

65	6	PAULO BOTELHO	01:30:01	01:29:43	M4049	JOBRINDE MONTES SALOIOS	20
66	415	ANDRÉ BARBOSA	01:30:03	01:29:55	M0039		25
67	295	NUNO MACHADO	01:30:48	01:30:45	M0039	GUIZO RUNNERS	26
68	435	ALEXANDRE GOMES	01:31:04	01:31:04	M4049	FORTÍSSIMOS RUNNING TEAM	21
69	451	PEDRO SÁ	01:31:11	01:30:46	M4049	CLUBE MILLENNIUM BCP	22
70	413	ANTÓNIO DIONÍSIO	01:31:13	01:31:00	M4049		23
71	466	NUNO FERREIRA	01:31:14	01:31:08	M4049	CORRER LISBOA	24
72	187	DANIEL SILVA	01:31:41	01:31:41	M0039	MALUCO	27
73	476	FRANCISCO VALLES	01:31:54	01:31:54	M0039		28
74	154	CARLOS FERREIRA	01:32:01	01:32:01	M6099	NUCLEO DESPORTIVO AUTOCOOPE	2
75	75	RUI CARVALHO	01:32:06	01:32:02	M5059	DAVID VAZ	17
76	215	PEDRO RAMOS	01:32:31	01:32:31	M5059		18
77	200	ÁLVARO GOMES	01:32:33	01:32:33	M4049	TERRAS FUNDEIRAS	25
78	442	FILIPE GARRANAS	01:33:08	01:33:08	M0039	ALMORNOS	29
79	195	LUIS FERREIRA	01:33:09	01:33:07	M0039		30
80	302	ANTÓNIO MORAIS	01:33:10	01:33:08	M6099		3
81	404	BRUNO DUQUE	01:33:33	01:33:22	M0039	SERVIÇOS SOCIAIS MONTEPIO	31
82	304	PEDRI SILVA	01:33:38	01:33:38	M0039	MONINHOS-LOURES	32
83	665	FERNANDO REIS	01:33:57	01:33:57	M5059	STRONG TEAM	19
84	271	CLÁUDIO GONÇALVES	01:34:04	01:33:51	M0039	PORTUGAL RUNNING	33
85	128	DANIEL SAMPAIO	01:34:08	01:34:05	M4049	LIS RUNNING CPA	26
86	65	RUI GONCALVES	01:34:39	01:34:36	M4049	EQUIPA DAVID VAZ	27
87	224	JOSÉ MANUEL VEIGA	01:34:41	01:34:41	M5059		20

88	226	PAULO GAMBOA	01:35:01	01:34:38	M4049	CORRER LISBOA	28
89	307	JOSÉ AUGUSTO	01:35:06	01:34:34	M5059	FALCÕES SELVAGENS	21
90	449	ANTÓNIO TRIGUEIRO	01:35:09	01:35:09	M4049	FALCOES SELVAGENS	29
91	170	RUI TRINDADE	01:35:16	01:34:28	M4049	CD ESTRELA	30
92	21	RICARDO SERRA	01:35:21	01:35:21	M4049	CARREGUEIRA RUNNERS	31
93	329	PEDRO ROCHA	01:35:21	01:35:08	M4049	EXTERNATO DA LUZ	32
94	19	LUIS AZEVEDO	01:35:26	01:35:03	M5059	CORRER LISBOA	22
95	262	HENRIQUE FERREIRA	01:35:28	01:35:16	M4049	A.M.C.D.TITUARIA	33
96	81	JOSE RAPOSO	01:35:39	01:35:39	M4049	VALEJAS AC	34
97	55	SÉRGIO EIRA	01:35:44	01:35:37	M4049		35
98	2	CÉSAR SANTOS	01:35:50	01:35:16	M4049		36
99	651	MÁRCIA CANTANHEDE	01:35:54	01:35:49	F0039	CCR ALTO DO MOINHO	4
100	182	DANIEL GONÇALVES	01:35:55	01:35:55	M4049		37
101	279	SEVERINO CRUZ	01:36:19	01:36:11	M5059		23
102	188	MARIA DA GRAÇA VIEIRA ROLDÃO	01:36:24	01:36:07	F5059	OS TUGAS	1
103	362	MIGUEL RODRIGUES	01:36:29	01:36:05	M0039		34
104	422	RICARDO CANO	01:36:40	01:36:25	M4049	CAAB - CLUBE ATLETISMO AMIGOS DE BELÉM	38
105	363	RICARDO CAMPOS	01:36:48	01:36:44	M4049	DESPORTIVO DE ODIVELAS	39
106	433	JORGE MIGUEL NUNES CORREIA	01:36:59	01:36:47	M4049		40
107	270	PEDRO BANDOS	01:37:05	01:36:53	M5059	PORTUGAL RUNNING	24
108	210	ABÍLIO MARINHO	01:37:11	01:36:23	M4049	CD ESTRELA	41
109	321	ANDRÈ MOTA	01:37:43	01:37:43	M4049	A.M.C.D.TITUARIA	42
110	258	FILIPE BRANCO	01:37:45	01:37:38	M4049	A.M.C.D.TITUARIA	43

111	30	LUIS FERNANDES	01:38:31	01:38:19	M4049		44
112	225	ANTÓNIO AMARAL	01:38:52	01:38:49	M4049	GUIZO RUNNERS	45
113	163	ANTONIO RAFAEL MARTINS	01:39:18	01:39:18	M5059		25
114	293	NUNO FREIRE	01:39:47	01:39:43	M0039		35
115	667	PAULO SERRANO	01:39:48	01:39:42	M4049	TEAM SALAMANDRAS	46
116	371	FRANCISCO PEREIRA	01:40:10	01:40:09	M5059	ARMADA TORRIENSE	26
117	110	MARCO MALTEZ	01:40:10	01:39:19	M0039	QUENIANOS DO JARDIM	36
118	369	NORBERTO MARQUES	01:40:24	01:39:49	M4049	RUNNING Dª MARIA	47
119	112	DAVID RODRIGUES	01:40:27	01:39:36	M0039	QUENIANOS DO JARDIM	37
120	207	ANDRÉ LOURENÇO	01:40:29	01:40:12	M0039		38
121	583	MIGUEL SEQUEIRA	01:40:29	01:40:29	M0039	STJOAOOLIVEIRATEAM	39
122	206	ANTÓNIO SOUSA	01:40:30	01:40:30	M4049		48
123	319	CARLOS SANTOS	01:40:35	01:39:58	M4049		49
124	114	LUIS RAMOS	01:40:50	01:40:30	M0039	FUTEBOL CLUBE ESTRELAS LISBOA	40
125	113	RODRIGO OLIVEIRA	01:40:50	01:40:30	M4049	FUTEBOL CLUBE ESTRELAS LISBOA	50
126	251	FERNANDO OLIVEIRA	01:40:59	01:40:55	M5059	TARTARUGAS SOLIDÁRIAS	27
127	328	LUIS TAVARES	01:41:06	01:40:53	M0039	SS CGD	41
128	470	JOÃO VEIGA	01:41:15	01:41:15	M0039	CORRER LISBOA	42
129	444	PEDRO LOPES	01:41:36	01:41:33	M0039	INDIVIDUAL	43
130	378	CARLOS ANTUNES	01:41:50	01:41:38	M6099	CLUBE DE ATLETISMO ODIMARQ	4
131	190	HUGO SANTOS	01:41:51	01:41:51	M4049	FALCÕES SELVAGENS	51
132	51	PEDRO MONTEIRO	01:42:08	01:42:08	M4049	FAMÍLIA MONTEIRO	52
133	13	ARTUR JOSÉ CARVALHO	01:42:10	01:42:10	M5059	CORRER LISBOA	28

134	123	ACÁCIO BARATA	01:42:41	01:42:19	M4049	DAR CORDA AOS SAPATOS	53
135	141	PEDRO MARQUES	01:42:44	01:42:21	M4049	AS MÁQUINAS	54
136	122	LUIS BRUNHETA	01:42:44	01:42:22	M0039	DAR CORDA AOS SAPATOS	44
137	318	JOÃO OLIVEIRA	01:42:54	01:42:39	M0039		45
138	317	MARTA VINAGRE	01:42:54	01:42:39	F0039		5
139	134	RUI FLORES	01:43:01	01:42:58	M4049		55
140	192	NUNO FRADE	01:43:12	01:43:09	M0039		46
141	472	RICARDO BALAU	01:43:16	01:42:57	M0039	CORRER LISBOA	47
142	1	NUNO GONÇALVES	01:43:28	01:43:22	M4049	BRT - BEER RUN TEAM	56
143	186	NUNO BOTELHO	01:43:29	01:43:08	M4049		57
144	83	MIGUEL TAVARES	01:43:29	01:43:24	M4049	BRT- BEER RUN TEAM	58
145	150	JOSÉ VAZ	01:43:44	01:43:13	M6099	CLUBE ANACOM	5
146	390	JOSÉ PINTO	01:43:45	01:43:14	M4049	CLUBE ANACOM	59
147	147	GLÓRIA VIEIRA	01:43:49	01:43:07	F4049	DOIDAS	2
148	95	JOSÉ GOUVEIA	01:43:55	01:43:23	M0039	FALCÕES SELVAGENS	48
149	80	ANA RAPOSO	01:44:01	01:43:30	F4049	VALEJAS AC	3
150	426	RICARDO REBELO	01:44:08	01:43:38	M0039		49
151	457	PAULO SOARES	01:44:17	01:44:17	M4049	CCR ALTO DO MOINHO	60
152	430	AMÉRICO ANTUNES	01:44:59	01:44:55	M5059	ALVERCA URBAN RUNNERS	29
153	409	RODOLFO TRISTÃO	01:45:06	01:44:58	M0039		50
154	121	JOSÉ SARAIVA	01:45:11	01:44:48	M5059	CORRER LISBOA	30
155	250	IDALÉCIO BARROS	01:45:18	01:45:14	M6099		6
156	412	RICARDO MARTINS	01:45:22	01:45:16	M4049	BORINHAS	61

157	142	ANA ROCHA	01:45:58	01:45:35	F0039		6
158	145	NUNO PEREIRA	01:46:02	01:46:02	M4049	RUN FORCE	62
159	241	PEDRO NOBRE	01:46:05	01:45:41	M4049	GARAGE 14	63
160	370	MIGUEL TEIXEIRA	01:46:09	01:45:33	M0039	RUNNING Dª MARIA	51
161	157	JORGE MOREIRA	01:46:12	01:46:12	M5059	NUCLEO DESPORTIVO AUTOCOOPE	31
162	443	RICARDO CARVALHO	01:46:15	01:46:13	M4049	CDCR CTT	64
163	233	LUÍS SANTOS	01:46:25	01:46:21	M4049	GUIZO RUNNERS	65
164	73	RICARDO MATIAS	01:47:04	01:47:04	M0039	SOMAI51KM	52
165	137	VITOR PEREIRA	01:47:16	01:47:00	M4049	TRAIL WARRIOR	66
166	294	TIAGO SILVA	01:47:37	01:47:29	M0039		53
167	393	NUNO MARIZ	01:47:57	01:47:31	M4049	FONIX TEAM	67
168	436	FRANCISCO GOMES	01:48:00	01:48:00	M0039	FORTÍSSIMOS RUNNING TEAM	54
169	273	JOANA ANTUNES	01:48:14	01:48:03	F0039	PORTUGAL RUNNING	7
170	124	GONÇALO LOPES	01:48:19	01:48:08	M4049	SERRADO FC ATLETISMO	68
171	468	SUSANA AMORIM	01:48:23	01:48:09	F0039	CORRER LISBOA	8
172	67	TIAGO RODRIGUES	01:48:24	01:48:09	M4049	COMADRES&COMPADRES	69
173	72	EDUARDO ALVES	01:48:24	01:48:09	M4049	COMADRES&COMPADRES	70
174	324	JOAO MOITEIRO	01:48:25	01:48:15	M4049		71
175	411	LUIS SILVA	01:48:44	01:48:11	M4049	BEAR CAVE TRAIL-OCR	72
176	437	SARA FERNANDES	01:48:44	01:48:12	F0039	BEARCAVE TRAIL OCR	9
177	3	PAULO LAPAO	01:48:50	01:48:32	M5059		32
178	76	EMANUEL GASPAR	01:48:56	01:48:22	M0039		55
179	231	PAULO SILVA	01:49:01	01:49:01	M5059		33

180	330	ANTÓNIO MOURA	01:49:03	01:48:51	M4049	PRÍNCIPES DO MONSANTO	73
181	264	VITOR SANTOS	01:49:24	01:48:55	M4049	CARAP AUS DE CORRIDA	74
182	584	SÓNIA SEQUEIRA	01:49:25	01:49:25	F4049	STJOA OOLIVEIRATEAM	4
183	265	AGOSTINHO DIAS	01:49:25	01:48:56	M5059	CARAP AUS DE CORRIDA	34
184	42	LUIS REIS	01:49:31	01:49:14	M5059	FALCÕES SELVAGENS	35
185	43	ANA MARTINS	01:49:31	01:49:14	F5059	FALCÕES SELVAGENS	2
186	297	PATRÍCIA SOFIA DA CRUZ PINTO	01:49:39	01:49:19	F4049		5
187	246	HELDER ESCOBAR	01:50:05	01:49:55	M4049		75
188	84	PAULO JORGE	01:50:05	01:49:55	M4049		76
189	202	LUÍS TRIGO	01:50:11	01:49:38	M0039	VALEJAS AC	56
190	331	LEONOR CANDEIAS	01:50:18	01:50:10	F0039	AMIGOS DOS LOBOS	10
191	22	HUGO LAMPREIA	01:50:19	01:50:10	M4049	VALEJAS AC	77
192	414	RUI LOPES	01:50:24	01:49:45	M4049		78
193	372	NUNO MARTINS	01:50:24	01:50:24	M0039		57
194	213	NUNO FERREIRA	01:50:28	01:49:44	M0039	BORINHAS	58
195	78	JOSÉ HENRIQUES	01:50:32	01:50:32	M4049	ASAS NOS PES	79
196	77	SONIA ARAÚJO	01:50:32	01:50:23	F4049		6
197	211	GONCALO MARINHEIRO	01:50:35	01:50:27	M0039	BASTIRUNNERS	59
198	212	HEITOR OLIVEIRA	01:50:35	01:50:35	M0039	BASTIRUNNERS	60
199	269	RICARDO MOTA	01:51:02	01:50:48	M4049	PORTUGAL RUNNING	80
200	456	ROSA AFONSO	01:51:20	01:51:07	F5059	CCR ALTO DO MOINHO	3
201	125	ORLANDO QUONG	01:51:28	01:51:21	M0039		61
202	450	INÊS BERNARDO	01:51:53	01:51:29	F0039	CLUBE MILLENNIUM BCP	11

203	336	LUIS BAIXINHO	01:51:54	01:51:29	M0039	CLUBE MILLENNIUM BCP	62
204	659	NUNO SOUSA	01:52:54	01:52:54	M4049	SRED	81
205	658	NUNO ROSADO	01:52:55	01:52:31	M4049	SRED	82
206	313	ALBERTO DIOGO	01:53:00	01:52:49	M4049	PORTUGAL RUNNING	83
207	148	EDUARDA AMARAL	01:53:04	01:52:21	F0039	DOIDAS	12
208	296	TIAGO ROSA	01:53:09	01:52:48	M0039		63
209	266	MANUEL DUARTE	01:53:14	01:52:44	M5059	CARAP AUS DE CORRIDA	36
210	417	CARLOS PEREIRA	01:53:19	01:53:06	M4049		84
211	165	MARCIA VILARINHO	01:53:19	01:52:29	F4049		7
212	398	TITO FERNANDES	01:53:25	01:52:43	M4049	GANG DOS PAIS	85
213	383	ELISABETE SILVA	01:53:40	01:53:22	F0039	STJOA OOLIVEIRA TEAM	13
214	391	BRUNO CASADINHO	01:53:41	01:53:09	M0039		64
215	111	ALEXANDRE RUAS	01:53:57	01:53:05	M0039	QUENIANOS DO JARDIM	65
216	394	HELENA RIBEIRO	01:53:58	01:53:46	F4049	PORTUGAL RUNNING	8
217	85	PEDRO HENRIQUES	01:54:00	01:53:47	M4049		86
218	397	VALTER NUNES	01:54:06	01:53:24	M4049	GANG DOS PAIS	87
219	438	LUIS MATEUS	01:54:09	01:53:41	M0039		66
220	274	HUMBERTO GALVAO	01:54:09	01:53:45	M4049	GARAGE 14	88
221	337	CÉU PINTO	01:54:14	01:54:14	F5059	BTT MIRANTE CANEÇAS	4
222	94	RUI SILVA	01:54:28	01:54:01	M5059	FALCÕES SELVAGENS	37
223	462	ALEXANDRA COSTA	01:54:30	01:54:05	F4049	CLUBE MILLENNIUM BCP	9
224	471	CARLA FERNANDES	01:54:33	01:54:17	F4049	CORRER LISBOA	10
225	325	ANDREIA ROCHA	01:54:35	01:54:35	F0039	PÁRA-QUEDISTAS TEJO NORTE	14

226	334	MARINA RODRIGUES	01:54:35	01:53:59	F0039		15
227	335	BRUNO REBOCHO	01:54:36	01:54:00	M0039		67
228	18	ROZIREZ FERREIRA	01:54:45	01:54:10	F0039		16
229	87	CARLOS MANUEL SOARES CARDOSO	01:54:58	01:54:29	M4049		89
230	66	VERA VAZ	01:54:59	01:54:30	F4049	EQUIPA DAVID VAZ	11
231	64	SANDRA ANTUNES	01:55:00	01:54:31	F4049	EQUIPA DAVID VAZ	12
232	402	ALEJANDRA FREITAS	01:55:00	01:54:32	F0039	SOMAI51KM	17
233	469	ANA SOFIA CORREIA	01:55:11	01:55:11	F0039	CORRER LISBOA	18
234	301	PAULO RESENDE	01:55:15	01:55:02	M0039		68
235	39	RODRIGO CARDOSO	01:55:27	01:54:38	M0039	VALEJAS AC	69
236	26	SUSANA GOMES	01:55:28	01:55:28	F4049	VALEJAS AC	13
237	47	PEDRO FERREIRA	01:55:28	01:54:39	M0039	VALEJAS AC	70
238	38	RICARDO LAMPREIA	01:55:29	01:54:39	M0039	VALEJAS AC	71
239	119	SAMUEL TEIXEIRA	01:55:40	01:55:01	M0039		72
240	260	GABRIEL ANTONIO	01:55:40	01:54:52	M5059	A.M.C.D.TITUARIA	38
241	416	JUNIOR PEREIRA	01:55:41	01:55:01	M0039		73
242	223	LÍDIA SANTOS	01:55:53	01:55:44	F5059		5
243	460	CARLOS MAGALHÃES	01:55:53	01:55:44	M4049	INDIVIDUAL	90
244	381	ARMANDO CORREIA	01:55:54	01:55:54	M6099	LESMAS ALOPRADAS	7
245	668	CRISTINA FIGUEIRA	01:56:10	01:55:59	F4049	JOBRINDE-MONTES SALOIOS	14
246	173	PAULA SANTOS	01:56:26	01:56:08	F4049	OS TUGAS	15
247	361	LEONEL BRANDÃO	01:56:30	01:56:05	M5059	CLUBE MILLENNIUM BCP	39
248	333	PEDRO PEREIRA	01:56:30	01:56:06	M5059	CLUBE MILLENNIUM BCP	40

249	12	ADRIANA ROQUE	01:56:32	01:55:57	F0039		19
250	106	HELDER SANTOS	01:56:52	01:56:44	M4049	CORRER LISBOA	91
251	286	JOSÉ BRÁS	01:56:54	01:56:45	M5059		41
252	434	CARLOS SILVA	01:56:55	01:56:55	M0039	FORTÍSSIMOS RUNNING TEAM	74
253	253	MAS	01:56:59	01:56:05	F4049	MULTIRUNNERS	16
254	254	TO YNO	01:57:00	01:56:06	M0039	MULTIRUNNERS	75
255	405	RODRIGO CORDEIRO	01:57:01	01:57:01	M0039		76
256	672	LUIS SANTOS	01:58:24	01:58:03	M4049	JA FOSTE	92
257	474	OLGA DOS SANTOS	01:58:30	01:58:10	F4049	JÁ FOSTE	17
258	671	MARIA JOÃO ALMEIDA	01:58:30	01:58:30	F0039	JÁ FOSTE	20
259	139	AURELIANO DA LUZ	01:58:44	01:58:34	M4049	AS MÁQUINAS	93
260	140	ANA SANTOS	01:58:44	01:58:44	F0039	AS MÁQUINAS	21
261	189	LURDES SILVA	01:58:51	01:58:34	F5059	OS TUGAS	6
262	204	LILIANA HENRIQUES	01:59:11	01:58:38	F0039	VALEJAS AC	22
263	660	HELDER SÁ	01:59:12	01:58:56	M4049	INDIVIDUAL	94
264	661	MANUEL SÁ	01:59:12	01:58:56	M6099	INDIVIDUAL	8
265	138	CATARINA PONTES	01:59:26	01:59:03	F4049	CORRER LISBOA	18
266	232	PATRÍCIA MACHADO	01:59:59	01:59:59	F0039	GUIZO RUNNERS	23
267	227	MARIO SANTOS	02:00:00	01:59:49	M4049	MONTE DA LUA RUNNERS	95
268	34	JOAQUIM MARQUES	02:00:10	01:59:37	M4049	OS BOLHA NO PÊ	96
269	35	FILIPA FEITEIRA	02:00:24	01:59:51	F0039	OS BOLHA NO PÉ	24
270	36	PAULA SANTOS	02:00:33	02:00:00	F4049	OS BOLHA NO PÉ	19
271	354	ANTÓNIO COSTA	02:00:50	02:00:09	M4049	ENCOSTA TEAM	97

272	248	CATARINA MESQUITA	02:01:11	02:00:25	F5059		7
273	257	ISABEL VIDINHA	02:01:11	02:00:26	F4049	BORINHAS	20
274	208	ANDREIA PEREIRA	02:02:26	02:01:51	F0039		25
275	205	NUNO SANTIAGO	02:02:27	02:01:51	M4049		98
276	5	RAFAEL SEQUEIRA	02:02:49	02:02:29	M0039	JOBRIINDE MONTES SALOIOS	77
277	9	ANTÓNIO GONÇALVES	02:03:00	02:02:45	M5059		42
278	427	PEDRO PINTO DUARTE	02:03:10	02:03:04	M0039		78
279	144	RITA TEIXEIRA	02:03:14	02:03:14	F0039		26
280	159	ISABEL COSTA	02:03:14	02:02:25	F4049	TREINOS D' HÁ FUNDO	21
281	236	ANA MARQUES	02:03:16	02:02:50	F5059		8
282	162	LURDES OLAS	02:03:17	02:02:28	F4049	TREINOS D' HÁ FUNDO	22
283	407	SARA CASALEIRO	02:03:36	02:03:30	F0039		27
284	418	RUI MOTA	02:03:37	02:03:17	M4049	BTTACHO	99
285	169	FILIPA FRANCISCO	02:04:30	02:04:00	F4049	TRAIL RUNNERS PORTIMÃO	23
286	96	CARLOS MANUEL TAVARES	02:04:30	02:04:00	M4049	RAMADA	100
287	116	NATALIA FERANADES	02:04:30	02:04:30	F5059	INDIVIDUAL	9
288	37	PAULO CASINHAS	02:05:19	02:04:45	M0039	OS BOLHA NO PÉ	79
289	243	RODRIGO ARSÉNIO	02:05:53	02:05:09	M0039		80
290	448	NUNO FARINHO	02:07:12	02:07:06	M4049	INDIVIDUAL	101
291	41	CHIARA BEDINI	02:07:52	02:07:29	F4049		24
292	384	MIGUEL MESTRE	02:07:54	02:07:08	M4049		102
293	164	MONICA PEREIRA	02:07:57	02:07:11	F4049		25
294	167	JORGE NUNES	02:08:16	02:07:51	M6099	RUNFORCE	9

295	166	PAULO NUNES	02:08:16	02:07:50	M4049	RUNFORCE	103
296	278	EDUARDO GALVAO	02:08:29	02:07:35	M5059	MULTIRUNNERS	43
297	300	ANDRÉ REIS	02:08:30	02:07:37	M4049	MULTIRUNNERS	104
298	214	CRISTINA OLIVEIRA	02:08:31	02:08:31	F4049	LINDA A PASTORA SPORTING CLUBE - LPSC	26
299	29	DÁLIA LOPES	02:08:45	02:08:19	F5059	LINDA-A-PASTORA SC	10
300	364	PAULO CASTRO	02:08:45	02:08:19	M5059		44
301	102	ANA ISABEL MARTINS	02:08:48	02:08:30	F5059	FALCÕES SELVAGENS	11
302	103	JUSTILIANO MEIRELES SILVA	02:08:48	02:08:39	M6099	FALCÕES SELVAGENS	10
303	109	MALTEZ ANA	02:09:37	02:08:44	F0039	QUENIANOS DO JARDIM	28
304	108	CARLA COSTA	02:09:40	02:08:46	F4049	QUENIANOS DO JARDIM	27
305	70	RAPHAEL STANZANI	02:09:54	02:08:46	M0039		81
306	670	ANTONIO PINHO	02:10:31	02:10:13	M6099		11
307	339	PAULO CESAR	02:10:54	02:10:54	M5059	INDIVIDUAL	45
308	217	RUI VIEIRA	02:10:55	02:10:51	M4049	PORTELA RUNNING POINT	105
309	4	CARLOS SEQUEIRA	02:11:39	02:11:20	M5059	JOBRINDE MONTES SALOIOS	46
310	152	ROSÁRIO MATOS	02:12:32	02:12:32	F5059	CLUBE ANACOM	12
311	151	SÉRGIO ANTUNES	02:12:33	02:12:16	M5059	CLUBE ANACOM	47
312	239	SOFIA CORDEIRO	02:12:43	02:11:58	F4049	BORINHAS	28
313	240	ISMAEL MAIATO	02:12:43	02:11:57	M4049	SALAMANDRECOS	106
314	63	JACINTO PEREIRA	02:13:02	02:13:02	M6099	LIS RUNNING CPA	12
315	120	IRENE DA CONCEIÇÃO INÁCIO	02:13:07	02:12:44	F4049	CORRER LISBOA	29
316	395	HUGO LIMA	02:13:28	02:12:47	M0039	GANG DOS PAIS	82
317	352	NUNO ALMEIRDA	02:14:07	02:13:24	M4049	ENCOSTA TEAM	107

318	105	RITA SENRA PITA	02:14:10	02:13:41	F0039	SENRAPITA	29
319	104	MIGUEL SENRA PITA	02:14:10	02:14:10	M0039	SENRAPITA	83
320	118	SUSANA FONSECA	02:16:19	02:16:09	F4049	PATARRONAS DE FORÇA	30
321	117	HUGO MONTEIRO	02:16:20	02:16:09	M0039	PATARRONAS DE FORÇA	84
322	229	HÉLDER NOGUEIRA	02:16:28	02:16:01	M4049		108
323	359	JOANA VENTURA	02:17:42	02:17:08	F0039		30
324	17	MARISA RIANÇO	02:17:43	02:17:08	F0039		31
325	358	LUIS GOMES	02:17:44	02:17:09	M0039		85
326	399	JOÃO CHASQUEIRA	02:17:55	02:17:13	M4049	GANG DOS PAIS	109
327	237	ANIBAL LUIS	02:18:24	02:18:16	M6099	BORINHAS	13
328	341	ISABEL REIS	02:18:36	02:18:04	F4049		31
329	11	FRANCISCO SARRASQUEIRO	02:18:37	02:18:05	M6099	CORRER LISBOA	14
330	255	CRISTINA FERREIRA	02:19:03	02:18:41	F4049		32
331	194	TANIA PINTO	02:19:32	02:18:58	F0039	PEQUENADA FELIZ	32
332	54	CARLA COSTA	02:19:32	02:18:58	F0039		33
333	14	ARMANDA SEMEAO	02:19:38	02:19:18	F4049		33
334	126	ANA SILVESTRE	02:20:09	02:19:23	F4049	CORRER LISBOA	34
335	57	TITO ANDRADE	02:20:09	02:19:22	M4049	CORRER LISBOA	110
336	24	SHEILA SANTOS	02:20:27	02:19:40	F4049	CORRER LISBOA	35
337	23	JOÃO SEQUEIRA	02:20:27	02:19:40	M4049	CORRER LISBOA	111
338	282	JOANA COSTA	02:20:49	02:20:14	F0039	MARGARIDAS	34
339	283	MARGARIDA PISCO	02:20:49	02:20:15	F0039	MARGARIDAS	35
340	171	PEDRO FERREIRA	02:20:52	02:20:26	M4049		112

341	355	PAULA MARQUES	02:20:53	02:20:12	F4049	ENCOSTA TEAM	36
342	353	SANDRA COSTA	02:20:53	02:20:12	F0039	ENCOSTA TEAM	36
343	62	JORGE VAZ	02:20:56	02:20:34	M4049	CABARÉ DOS COXOS	113
344	473	ELIZABETE COSTA	02:20:57	02:20:35	F4049	CORRER LISBOA	37
345	285	JOÃO PEREIRA	02:22:10	02:21:45	M5059	MULTIRUNNERS	48
346	284	DULCE PEREIRA	02:22:11	02:21:45	F5059	TRANSFORMERS DA CAMINHADA	13
347	323	DORA FIGUEIREDO	02:22:11	02:22:11	F4049		38
348	322	PAULO FIGUEIREDO	02:22:12	02:22:12	M5059	MULTIRUNNERS	49
349	479	JOSE ALVES	02:23:04	02:23:04	M5059		50
350	619	CARLOS LOURENÇO	02:25:11	02:24:53	M5059		51
351	618	IZILDA LOURENÇO	02:25:12	02:24:55	F5059	CORRER LISBOA	14
352	280	CARLOS MARTINS	02:26:03	02:25:06	M5059	INDIVIDUAL	52
353	281	NÍDIA MARTINS	02:26:03	02:25:27	F0039	INDIVIDUAL	37
354	149	ARMANDA MARTINS	02:26:19	02:26:19	F4049	CLUBE ANACOM	39
355	244	ALEXANDRA ARSÉNIO	02:30:58	02:30:13	F0039		38
356	455	PAULA ANTUNES	02:31:13	02:31:06	F4049	CCR ALTO DO MOINHO	40
357	93	CARLOS MORAIS	02:31:13	02:31:06	M4049	FALCÕES SELVAGENS	114
358	180	PAULO JESUS	02:31:13	02:30:50	M4049	OS LUNATICOS	115
359	179	LUISA SANTOS	02:31:14	02:30:50	F4049	OS LUNATICOS	41
360	216	EMÍLIO GONÇALVES	02:31:16	02:30:58	M5059	AMIGOS VALE SILÊNCIO	53
361	56	ANA CABELEIRA	02:32:10	02:32:10	F0039		39
362	669	HUGO MONTEIRO	02:32:16	02:32:01	M0039		86
363	71	MARTA ALVES	02:32:30	02:32:14	F4049	COMADRES&COMPADRES	42

364	69	PAULA ALEXANDRA DIAS	02:32:30	02:32:15	F0039	COMADRES&COMPADRES	40
365	52	PEDRO DE OLIVEIRA MONTEIRO	02:37:11	02:36:43	M0039	FAMÍLIA MONTEIRO	87
366	50	LILIANA MONTEIRO	02:37:12	02:37:12	F4049	FAMÍLIA MONTEIRO	43
367	308	MARIA JOÃO MOUSINHO	02:45:05	02:44:27	F5059		15
368	234	ISABEL GARCIA	02:47:23	02:47:22	F5059	GUIZO RUNNERS	16
369	247	GUIOMAR TOMÉ	02:47:23	02:47:22	F6099	GUIZO RUNNERS	1
370	386	ANDREIA COLORADO	02:47:34	02:46:49	F4049	DOIDAS	44
371	385	LUÍSA SILVEIRA	02:47:37	02:46:50	F0039	DOIDAS	41
372	298	GUILHERME KRULL	02:47:41	02:47:12	M0039		88
373	373	ANDRÉ SANTOS	02:47:51	02:47:48	M0039	GUIZO RUNNERS	89
374	198	CARLA MIGUEL	02:47:53	02:47:32	F0039		42
375	25	MAGDA DE MAGALHÃES CABRAL	02:49:53	02:49:26	F4049	LINDA-A-PASTORA SC	45
376	33	ALEXANDRA SOUSA	02:49:53	02:49:26	F4049	LINDA-A-PASTORA SC	46
377	197	BERTA MATOS	02:50:27	02:50:06	F5059		17
378	196	MARGARIDA SILVA	02:50:45	02:50:23	F5059		18
379	27	CARLOS DINIZ	02:54:27	02:54:27	M4049		116
380	175	JOÃO GOMES	02:56:49	02:56:49	M5059	OS LUNATICOS	54
381	176	ISABEL DELGADO	02:56:49	02:56:49	F5059	OS LUNATICOS	19
382	10	LARA HERVETH	02:59:42	02:59:19	F0039	CORRER LISBOA	43
383	7	RITA CARVALHINHO	02:59:46	02:59:46	F4049		47
384	345	JOANA CAIRES	02:59:46	02:59:05	F0039	ENCOSTA TEAM	44
385	351	ELISABETE SANTOS	02:59:48	02:59:07	F4049	ENCOSTA TEAM	48
386	350	JOÃO GOUVEIA	02:59:49	02:59:49	M4049	ENCOSTA TEAM	117

387	299	INÊS KRULL	03:01:46	03:01:18	F0039		45
388	316	LUCIA RODRIGUES	03:01:51	03:01:23	F4049		49
389	53	SANDRA FONTE	03:09:37	03:09:37	F4049	FAMÍLIA MONTEIRO	50
390	424	PAULA MACHADO	03:09:45	03:09:43	F5059	GUIZO RUNNERS	20
391	230	CARLA CHITA	03:09:45	03:09:44	F0039	GUIZO RUNNERS	46
392	309	MARGARIDA GONÇALVES	03:10:00	03:09:20	F4049		51
393	377	DÉBORA ANDIAS	03:17:15	03:17:14	F0039	GUIZO RUNNERS	47
394	475	CARLA ANICETO	03:17:57	03:17:38	F4049	INDIVIDUAL	52
395	100	CATIA GAUDENCIO	03:18:06	03:17:47	F0039	INDIVIDUAL	48
396	40	PATRÍCIA PEDRO	03:18:07	03:17:37	F0039		49
397	98	VANDA CORREIA	03:18:07	03:17:48	F0039	INDIVIDUAL	50
398	235	DULCE SILVA	03:18:08	03:18:08	F4049		53
399	99	INÊS PINELO	03:18:09	03:17:49	F0039	INDIVIDUAL	51
400	199	ALEXANDRA IVONE MESQUITA CRUZ	03:21:29	03:20:50	F4049		54
401	242	SANDRA ANDRADE	03:21:44	03:21:44	F5059		21
402	291	ISABEL GARCEZ	03:22:04	03:22:04	F5059	GANG DA SAPATILHA	22
403	16	ANA CRISTINA BARBOSA	03:22:09	03:21:39	F4049		55
404	347	PALMIRA JOÃO	03:22:09	03:21:27	F4049	ENCOSTA TEAM	56
405	348	FILIPA PATRÍCIO	03:22:09	03:21:27	F4049	ENCOSTA TEAM	57
406	311	REGINA ROSA	03:22:11	03:21:33	F5059		23
407	290	TAMMY LOURENÇO	03:22:11	03:21:32	F4049		58
408	49	PAULO SOUSA	03:26:29	03:25:45	M0039	RUNNING CREW	90
409	136	INÊS OLIVEIRA	03:28:22	03:27:47	F0039		52

