



Trail de Mafra - Trail Curto Runsox

10 de Março, 2019

<https://werun.pt/resultados/trail-de-mafra-trail-curto/>

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	817	GONALO PRUD�NCIO	01:05:31	01:55:31	M2439	TEAM URBAN OBSTACLES	1
2	5520	AM�RICO PEREIRA	01:06:53	01:06:52	M5054	CrossFit Alfhaden	1
3	543	DUARTE ALVES	01:08:32	01:08:32	M0023	OCR PORTUGAL LAB	1
4	658	PAULO FERREIRA	01:08:49	01:58:49	M4549	PINHAL NOVO A CORRER	1
5	809	RUI AFONSO	01:10:38	02:00:38	M4549	CCR ALTO DO MOINHO	2
6	808	M�RIO AFONSO	01:10:39	02:00:39	M2439	CCR ALTO DO MOINHO	2
7	619	PEDRO MARTINS	01:11:04	02:01:04	M2439		3
8	749	TIAGO GONALVES	01:12:09	02:02:09	M2439		4
9	5519	LUIS PEREIRA	01:12:25	01:12:25	M4549	Rio mouro pai�es	3
10	5567	NUNO GOM ES	01:13:01	02:03:01	M2439	GO!RUNNERS / OUTPRO STORE	5
11	553	HENRIQUE JOANINO	01:14:00	02:04:00	M4044	AMIGOS DO ATLETISMO DE MAFRA	1
12	512	PEDRO MEDLEY	01:14:22	01:14:12	M2439		6
13	661	VASCO RIJO	01:14:36	01:14:30	M2439		7
14	539	FERNANDO SANTOS	01:14:49	02:04:49	M5054	CLUBE DE PRAAS DA ARMADA	2
15	564	JOS� MANUEL GOMES	01:14:59	01:14:57	M5559		1
16	529	LU�S RODRIGUES	01:17:13	01:17:12	M2439		8
17	762	PAULO MONTEIRO	01:17:21	02:07:21	M4044		2
18	5578	NUNO CAF�	01:17:32	01:17:30	M4044	AMINHACORRIDA/MY PROTEIN	3

19	753	JOSE MENDES	01:17:36	02:07:36	M2439		9
20	535	HUGO SANTOS	01:18:47	01:18:26	M4044	DIRTRUNNERS	4
21	794	STEVE PRAZERES	01:19:16	01:19:15	M0023	CROSSFIT ALPHADEN	2
22	5559	EMANUEL FREITAS	01:19:19	01:19:12	M2439		10
23	833	ILIDIO PIRES	01:19:20	02:09:20	M5054	G.D. SÃO DOMINGOS	3
24	840	NELSON FERNANDES DIOGO	01:19:46	01:19:36	M2439	AMCF - ARRÁBIDA TRAIL TEAM	11
25	533	LUIS NEVES	01:20:05	01:20:04	M4044	MARINHAIS AC	5
26	819	LEANDRO REIS	01:20:34	01:20:25	M4549		4
27	839	NUNO MONTANHA	01:21:08	01:20:58	M2439		12
28	521	ALEXANDRE CANTANHEDE	01:21:30	02:11:30	M4044	CPA TRAIL Team/ Clube de praças da Armada	6
29	814	PEDRO ALEIXO	01:21:37	02:11:37	M2439	TEAM URBAN OBSTACLES	13
30	820	BRUNO CARRIÇO	01:22:01	02:12:01	M2439	TEAM URBAN OBSTACLES	14
31	852	RUBEN CHAVES	01:22:52	01:22:48	M2439	Hovione SSC	15
32	5564	DAVID CALVO	01:22:55	01:22:46	M2439	LEBRES DO SADO	16
33	697	BRUNO VENÂNCIO	01:23:03	01:23:03	M2439	MARVILA JOVEM	17
34	5515	JOSÉ COSTA	01:23:26	01:23:24	M5054		4
35	770	PEDRO LUCAS	01:23:57	01:23:40	M4044	Cap Penafirme	7
36	513	ANTÓNIO TORRES	01:25:23	01:25:11	M2439		18
37	807	BRUNO LOUSA	01:25:26	01:25:25	M2439	CROSSFITALPHADEN	19
38	617	MARCELO OLIVEIRA	01:25:27	01:25:26	M2439	CROSSFIT ALPHADEN	20
39	702	GONÇALO CARVALHO	01:25:27	01:25:24	M2439	CROSSFIT ALPHADEN	21
40	615	NUNO RODRIGUES	01:25:38	01:25:10	M4044	SERVIÇOS SOCIAIS MONTEPIO	8
41	783	PEDRO SANTOS	01:25:57	01:25:34	M4044	SUNDAY RUNNERS	9

42	680	JOÃO OLIVEIRA	01:26:43	01:26:40	M5054	Hovione SSC	5
43	835	ISABEL BOAVIDA	01:27:14	01:27:07	F4044		1
44	834	ROGÉRIO MACHADO	01:28:59	01:28:56	M2439		22
45	5575	ANABELA CARVALHO	01:29:18	02:19:18	F5559	GD SÃO DOMINGOS	1
46	829	CARLOS MONTEIRO	01:29:18	01:29:06	M5559	G.D. SÃO DOMINGOS	2
47	572	LUÍS BENAVENTE	01:29:32	02:19:32	M4549	GDAZAMBUJA - TRAIL TEAM	5
48	5548	NUNO LOURENÇO	01:29:58	01:29:56	M4044	EVELX - ASSOCIAÇÃO DE ESTILOS DE VIDA SAUDÁVEL	10
49	691	RUI SANTOS	01:30:04	01:30:00	M4044	Hovione SSC	11
50	663	FERNANDO TAVARES	01:30:08	01:29:45	M4549	MILITAR BOOTCAMP NATUR	6
51	806	KARINE VIE	01:30:29	01:30:28	F4549	Alhandra Sporting Club	1
52	629	VÍTOR GOUVEIA	01:30:43	01:30:31	M2439	#Musg@41	23
53	758	AVELINO JOSÉ MENDES RODRIGUES	01:30:53	01:30:40	M4044		12
54	621	TOMÁS SANTOS	01:31:07	01:30:48	M0023		3
55	5509	ANTONIO ALMEIDA	01:31:12	01:31:09	M5559	NUCLEO DESPORTIVO AUTOCOOPE	3
56	669	ALEXANDRE SANTOS	01:31:19	01:31:12	M2439		24
57	616	JOSÉ GUERREIRO	01:31:27	01:31:00	M6099	SERVIÇOS SOCIAIS MONTEPIO	1
58	763	BRUNO PARDAL	01:31:31	01:31:29	M2439	Running Loures	25
59	600	JULIO MOREIRA	01:31:40	01:31:34	M4044	Polrruners	13
60	5554	RUI CARNEIRO	01:31:42	01:31:36	M4549		7
61	5516	RICARDO LADISLAU	01:31:55	01:31:45	M4044		14
62	841	LÁZARO ALEXANDRE	01:31:57	02:21:57	M2439		26
63	826	TÂNIA SOFIA AGOSTINHO	01:32:01	01:31:54	F4044		2
64	741	CARLOS TEIXEIRA	01:32:03	01:31:55	M4549	Sacavenense	8

65	599	JOÃO VALENTE	01:32:14	01:31:53	M4044		15
66	5542	VASCO MIGUEL	01:32:19	01:32:16	M4044	wildest	16
67	5540	VITOR CANTO	01:32:23	01:32:00	M4549	LINDA-A-PASTORA SPORTING CLUBE	9
68	715	DANIEL RODRIGUES PEDRO	01:32:25	01:32:09	M0023		4
69	765	JOÃO DIONISIO	01:33:01	02:23:01	M4044	Running Loures	17
70	5535	DUARTE RIBEIRO	01:33:10	01:33:07	M2439	KINGSFAMILY	27
71	726	CARLOS REBELO	01:33:30	01:33:12	M5054	Cap - Penafirme	6
72	5550	TIAGO SILVA	01:33:39	01:33:27	M2439	AMIGOS VALE SILÊNCIO	28
73	638	VASCO BRAZ	01:34:08	01:33:37	M2439	Backstabbers But One	29
74	769	RUI MOTA	01:34:18	01:34:16	M2439	AMIGOS DO ATLETISMO DE MAFRA	30
75	5579	PATRICIA FALCÃO	01:34:21	01:34:17	F4549	AMINHACORRIDA/MY PROTEIN	2
76	5576	CARLOS LOPES	01:34:22	01:34:17	M4044	AMINHACORRIDA/MY PROTEIN	18
77	754	PEDRO REDUTO REDUTO	01:34:41	02:24:41	M4044	ABITUREIRA	19
78	693	TIAGO FARIA	01:34:49	01:34:23	M2439	Hovione SSC	31
79	682	JOÃO SEQUEIRA	01:34:49	01:34:22	M2439	Hovione SSC	32
80	707	EDUARDO MOREIRA	01:34:51	01:34:30	M4549		10
81	624	TIAGO CURTO	01:35:38	01:35:19	M0023	SUNDAY RUNNERS	5
82	577	JOÃO PEDRO MARTINS	01:35:48	01:35:27	M0023	NUCLEO DESPORTIVO AUTOCOOPE	6
83	712	PEDRO TAVARES	01:36:30	01:36:01	M2439	RacingBikes	33
84	560	BRUNO BARBOSA	01:36:44	01:36:38	M2439		34
85	831	DIOGO DUARTE	01:36:54	01:36:28	M4044	G.D. SÃO DOMINGOS	20
86	516	JOÃO PEDRO	01:37:04	01:36:34	M2439	CDCR DOS CTT	35
87	648	AVELINO RILHAS	01:37:09	01:36:51	M2439	STJOAOLIVEIRATEAM	36

88	611	NUNO CONDESSO	01:37:09	01:37:05	M4044		21
89	768	VALTER GONCALVES	01:37:17	01:37:13	M2439		37
90	850	CARLOS MOREIRA	01:37:24	01:37:03	M4549		11
91	700	JORGE SOBRINHO	01:37:31	01:37:31	M4549		12
92	778	JOSÉ ANTÓNIO MARTINS MARQUES	01:37:33	01:37:31	M4549		13
93	798	PAULO RESENDE	01:37:37	01:37:07	M4044	964675242	22
94	536	TÂNIA VIEIRA	01:37:56	01:37:47	F2439		1
95	720	LUIS GRENHAS	01:38:00	01:37:40	M4549	LA FAMÍLIA	14
96	822	EMANUEL SOUSA	01:38:02	01:37:37	M2439	GD SÃO DOMINGOS	38
97	540	SÓNIA FRANÇA	01:38:02	01:37:59	F4044		3
98	576	CARLOS FERREIRA	01:38:37	01:38:34	M6099	NUCLEO DESPORTIVO AUTOCOOPE	2
99	568	BRUNO COSTA	01:38:57	01:38:35	M4549		15
100	815	ANA PASCOAL	01:39:04	01:39:03	F2439	TEAM URBAN OBSTACLES	2
101	514	FILIPE CAGICA	01:39:15	01:39:04	M2439		39
102	519	MÁRCIA CANTANHEDE	01:39:16	01:39:05	F2439	CLUBE DE PRAÇAS DA ARMADA	3
103	534	JOSE LEAL	01:39:24	01:39:17	M4044	MARINHAIS AC	23
104	803	DIOGO NUNES MAGRIÇO	01:39:24	01:39:17	M0023	MARINHAIS AC	7
105	722	FILIPE MARTINS	01:39:29	01:39:16	M2439		40
106	5563	JOAQUIM GUERREIRO	01:39:33	01:39:22	M4549	LEBRES DO SADO	16
107	5531	PEDRO ROSENDO	01:39:35	01:39:26	M2439	Clube Atletismo Vale de Figueira	41
108	683	JOÃO VASQUES	01:39:40	01:39:12	M2439	Hovione SSC	42
109	548	FERNANDO PEREIRA	01:39:41	01:39:28	M5054	CLUBE VODAFONE	7
110	524	LUIS FERNANDES	01:40:32	01:39:56	M2439		43

111	642	ANTÓNIO PEDRO NUNES TOMÉ	01:40:33	01:40:25	M4549	ASAS NOS PÉS	17
112	5558	RICARDO PEREIRA	01:41:00	01:40:55	M4044	DUBLIN O'SEVEN	24
113	748	CARLA JARDIM	01:41:04	01:41:04	F4549	AMIGOS DO ATLETISMO DE MAFRA	3
114	5537	JOÃO REIS	01:41:09	01:41:06	M2439	KINGSFAMILY	44
115	830	FERNANDO GUERREIRO	01:41:43	01:41:31	M6099	G.D. SÃO DOMINGOS	3
116	5560	NUNO MIGUEL CODEÇO	01:41:49	01:41:44	M4044	DUBLIN O'SEVEN	25
117	508	BEATRIZ SÉCIO	01:42:01	01:41:54	F0023	MÃE E FILHA	1
118	5504	GONÇALO CARDOSO	01:42:02	01:42:00	M4044		26
119	610	ANDRÉ SIMÕES	01:42:43	01:42:29	M2439	Musg@41	45
120	563	MARIO FERREIRA	01:43:10	01:42:53	M4549	LISBOA	18
121	5541	SAMUEL TEIXEIRA	01:43:24	01:43:16	M2439	Copo 3	46
122	5546	LUIS RODRIGUES	01:43:27	01:43:17	M2439		47
123	5568	ARLETE REGO	01:43:32	01:43:14	F2439	GO!RUNNERS / OUTPRO STORE	4
124	5524	ANTÓNIO CARMO	01:43:33	01:43:25	M5054	Papa Trilhos do CAAL	8
125	569	ANTÓNIO CUNHA	01:43:34	01:43:08	M2439		48
126	645	TIAGO DIAS	01:44:01	01:43:32	M2439	Backstabbers But One	49
127	811	PEDRO PRUDÊNCIO	01:44:06	01:44:02	M4549	Monstanto Running Team	19
128	812	MARIANA PRUDÊNCIO	01:44:06	01:44:02	F0023	MONSANTO RUNNING TEAM	2
129	832	PAULO RODRIGUES	01:44:38	01:44:13	M5054	G.D. SÃO DOMINGOS	9
130	674	INÊS RIJO	01:45:06	01:44:51	F0023		3
131	5562	PATRICIA GERALDES	01:45:17	02:35:17	F5054		1
132	774	LUIS MARTINS	01:45:17	01:44:59	M4044	GRUPETA RUNNING TEAM	27
133	744	FILIPE HENRIQUES	01:45:19	01:45:00	M4549	Cap Penafirm	20

134	792	RITA FERNANDES	01:45:26	01:45:10	F4549	EVELX	4
135	133	MARIANA GODINHO	01:45:26	01:45:15	F0023	CLUBE NOVO BANCO	4
136	698	RUI GARCIA	01:45:28	01:45:19	M4044	CLUBE MILLENNIUM BCP	28
137	5574	LUIS MARTINS	01:45:32	01:44:58	M2439	Lavre running	50
138	639	ANA BORGES	01:45:35	01:45:27	F4044		4
139	612	GAETANO MANZO	01:45:39	01:45:38	M4044	CROSSFIT ALPHADEN	29
140	706	GONÇALO VENTURA	01:45:46	01:45:26	M2439		51
141	668	NUNO CASACA	01:46:03	01:45:57	M4044	Power Runner	30
142	805	SÓNIA PANASCO	01:46:05	01:46:04	F4044	Centro de Marcha e Corrida de Odivelas	5
143	709	FÁTIMA LAVRADOR	01:46:13	01:45:57	F4044	ASAS NOS PÉS	6
144	5569	PAULA ORDONHO	01:46:16	01:45:59	F2439	GO!RUNNERS / OUTPRO STORE	5
145	630	NUNO NUNES	01:46:22	01:45:49	M4044		31
146	5507	HELENA SÉCIO	01:46:38	01:46:31	F5054	MÃE E FILHA	2
147	791	JOÃO VELEZ	01:46:46	01:46:20	M4044	CLUBE AVENTURA DE MONFORTE	32
148	836	JOÃO CAROLA	01:46:46	01:46:15	M2439	BARBARIS TEAM	52
149	777	ANTONIO CAETANO	01:46:58	01:46:44	M4549	STJOAOLIVEIRATEAM	21
150	781	PEDRO SILVA	01:47:02	01:46:57	M2439	TÁLENTO PARA CORRER TEAM	53
151	5526	FRANCISCO NOVERSA	01:47:09	01:47:00	M2439	Afifense	54
152	827	FERNANDO MANUEL	01:47:41	02:37:41	M6099	BRUNOSEMPRE. BABA MAMBO	4
153	542	MÁRCIO RODRIGUES	01:47:49	01:47:23	M4044		33
154	571	JOSE MANUEL	01:47:58	01:47:54	M4044		34
155	695	VASCO MARTINS	01:48:11	01:47:41	M2439	Hovione SSC	55
156	714	NELSON MARQUES	01:48:15	01:47:54	M4549	LA FAMÍLIA	22

157	614	PEDRO BOTO	01:48:22	01:47:55	M5054	SERVIÇOS SOCIAIS MONTEPIO	10
158	746	LUISA PISCO	01:48:24	01:48:22	F5559	LESMAZ ACELERADAS	2
159	687	NUNO CAMPISO	01:48:57	01:48:54	M4044	Hovione SSC	35
160	5549	RICARDO MATIAS	01:49:04	01:48:56	M2439		56
161	678	DUARTE MARTINS	01:49:21	01:48:53	M2439	Hovione SSC	57
162	729	CARMEN SUSANA SANTOS	01:49:21	01:49:16	F4549	Papa Trilhos	5
163	551	JOÃO MARTINS	01:49:30	01:49:23	M2439	Corredores de Fim de Semana	58
164	550	PEDRO PÓVOA	01:49:30	01:49:24	M4044	Corredores de Fim de Semana	36
165	549	JOSÉ NUNES	01:49:30	01:49:24	M4044	Corredores de Fim de Semana	37
166	5501	LUÍS DUARTE DIAS	01:49:30	01:49:14	M5054	DIRTRUNNERS - FONTE GRADA	11
167	845	PAULO COUTINHO	01:49:32	01:49:31	M2439		59
168	813	JORGE COSTA	01:49:41	01:49:41	M4549	SERVIÇOS SOCIAIS MONTEPIO	23
169	528	PAULO BONACHO	01:50:03	01:49:28	M4549	SS CGD	24
170	847	PEDRO FERNANDES	01:50:06	01:50:05	M4044		38
171	797	PAULO MENEZES	01:50:09	01:49:55	M2439	jata-panhu	60
172	625	MICHAELA SANTOS	01:50:13	01:50:13	F2439	SUNDAY RUNNERS	6
173	782	GIL FRANCO	01:50:29	01:50:23	M5559	ORB MAXIAL OEST	4
174	5528	VITOR CADÃO	01:50:41	01:50:33	M5559	Papa Trilhos do CAAL	5
175	5514	ABEL COSTA	01:50:47	01:50:18	M4549	Gfi Portugal	25
176	5547	ALBERTO LOPES	01:51:03	01:50:53	M4044	copo3	39
177	818	HELDER GOMES	01:51:05	01:50:32	M4549		26
178	666	LUIS CORREIA	01:51:08	01:51:02	M4044	Power Runner	40
179	665	CARLA LAMEIRAS	01:51:16	01:51:01	F2439	LH Ginásio	7

180	699	NUNO MARIZ	01:51:31	01:51:21	M4549	FONIX TEAM	27
181	752	PAULA SIMÕES	01:52:07	01:52:02	F2439	Grupo Desportivo e Recreativo de Manique de Cima	8
182	662	TIAGO ALMEIDA	01:52:12	01:52:04	M2439		61
183	730	GRAÇA MATIAS	01:52:13	01:52:12	F5054	DOLCE FURADOURO	3
184	825	MÓNICA MONTEIRO	01:52:14	01:51:58	F4044	AMINHACORRIDA	7
185	527	RODRIGO CONCHINHA CONCHINHA	01:52:16	01:51:41	M4044	Clube do Stresse	41
186	5530	CARLOS ALBERTO DOS JESUS	01:52:34	01:52:18	M5054	INDIVIDUAL	12
187	671	MARIO CANEIRA	01:53:54	01:53:49	M4549	JOBRINDE - MONTES SALOIOS	28
188	5580	DIOGO SOARES	01:53:57	01:53:57	M2439		62
189	696	VICTOR SANTOS	01:54:02	01:53:59	M4044	Hovione SSC	42
190	5521	RUI FLORES	01:54:09	01:54:00	M4044		43
191	799	JORGE SALES	01:54:31	01:54:31	M2439	Barrancos FC - Biogado	63
192	676	BÁRBARA VALENTE	01:54:39	01:54:11	F2439	Hovione SSC	9
193	851	NELSON MONTEIRO	01:54:57	01:54:44	M2439		64
194	690	PEDRO COSTA	01:55:04	01:55:00	M2439	Hovione SSC	65
195	657	RICARDO OLIVEIRA	01:55:10	01:54:45	M2439		66
196	5538	FILIPE LEDO	01:55:15	01:54:56	M4044		44
197	5510	PATRÍCIA MONTEIRO	01:55:33	01:55:25	F4044	AI NÓS JAMOR	8
198	5508	FÁBIO RODRIGUES	01:55:34	01:55:26	M2439	AI NÓS JAMOR	67
199	704	EDGAR LUZIA	01:55:36	02:45:36	M2439	PapaTrilhos	68
200	761	PEDRO FERREIRA	01:55:51	01:55:29	M2439		69
201	848	VASCO CUNHA	01:56:11	01:55:56	M2439		70
202	556	FRANCISCA SILVA	01:56:24	01:56:08	F2439		10

203	503	PAULO LAPAO	01:56:40	01:56:08	M5054		13
204	574	CRISTINA LAVRADOR	01:56:58	01:56:47	F5054	RUN&SMILE	4
205	800	ANA MARIA	01:57:27	01:57:07	F2439		11
206	801	ANA DIONISÍO	01:57:27	01:57:08	F2439		12
207	742	CLÁUDIA GONÇALVES	01:57:30	01:57:21	F4044	Sacavenense	9
208	607	JOÃO BARRIGOLA	01:57:59	01:57:29	M2439		71
209	743	FILIPA TEIXEIRA	01:58:04	01:57:55	F2439	Sacavenense	13
210	789	DIANA SANTOS	01:58:04	01:57:50	F2439	STJOAOLIVEIRATEAM	14
211	788	JOAO OLIVEIRA	01:58:04	01:57:51	M4044	STJOAOLIVEIRATEAM	45
212	587	MIGUEL TERRA CARLOS	01:58:17	01:57:54	M2439		72
213	517	RUI BORRALHO	01:58:32	01:58:03	M4549	CDCR DOS CTT	29
214	810	GLÓRIA GARCIA	01:58:32	01:58:02	F4549	ECI RUNNING TEAM	6
215	5502	AURÉLIO GOMES	01:58:59	01:58:42	M5559	GRUPETA RUNNING TEAM	6
216	716	ERICA CABRAL	01:59:16	01:59:05	F2439		15
217	5532	MIGUEL MENDES	01:59:24	01:59:05	M2439		73
218	711	HELDER ANTONIO ATALAIA FERNANDES	01:59:32	01:59:18	M4549	LH Ginasio	30
219	5553	MARIA ALMEIDA	01:59:35	01:59:03	F2439	JÁ FOSTE	16
220	5552	LUIS SANTOS	01:59:36	01:59:05	M2439	JÁ FOSTE	74
221	618	CATARINA MENEZES	01:59:41	01:59:10	F4044	JÁ FOSTE	10
222	644	RICARDO BASSO	01:59:53	01:59:22	M4044		46
223	652	GUILHERME GOMES	01:59:54	01:59:37	M0023	STJOAOLIVEIRATEAM	8
224	733	ANTÓNIO BARROS	01:59:54	01:59:36	M5559	GRUPETA RUNNING TEAM	7
225	664	ADÉLIA CABRAL	02:00:27	02:00:17	F2439	SS CGD	17

226	804	VANDA MAIA	02:00:31	02:00:22	F4044	CPA TRAIL Team/ Clube de praças da Armada	11
227	755	MANUEL BRAGA LOURENÇO	02:00:43	02:00:15	M5559	STJOÃOOLIVEIRATEAM	8
228	750	ANABELA BATISTA	02:00:45	02:00:22	F4044		12
229	613	PEDRO GOMES	02:00:48	02:00:46	M4549	Centro de Marcha e Corrida de Odivelas	31
230	837	CARLOS MIGUEL SILVA	02:01:05	02:00:46	M4549		32
231	773	CARLOS PÁSCOA	02:01:07	02:01:03	M6099		5
232	751	ARLETE FERREIRA	02:01:10	02:00:48	F4044		13
233	767	TERESA JERÓNIMO	02:01:32	02:01:28	F4549	FAM 2 RUN	7
234	584	PAULO PEREIRA	02:01:42	02:01:21	M4044	100 Vontade	47
235	677	DAVID SILVA	02:01:54	02:01:25	M2439	Hovione SSC	75
236	757	JORGE PEREIRA	02:02:01	02:01:30	M5559	Jobrinde -Montes Saloios	9
237	538	MARISA PEREIRA	02:02:19	02:02:15	F4044		14
238	555	LILIANA CORREIA	02:02:20	02:01:47	F2439		18
239	701	JOAO FILIPE	02:02:22	02:02:04	M2439		76
240	654	HUGO RAMOS	02:03:16	02:03:04	M4044		48
241	5511	ANTÓNIO DUARTE	02:03:23	02:02:48	M6099		6
242	689	PAULO ESTEVES	02:03:25	02:02:49	M2439	Hovione SSC	77
243	523	PATRÍCIA GOMES	02:03:34	01:59:55	F2439	PRO PODIO	19
244	622	JOSUE XAVIER	02:03:41	02:03:12	M4044		49
245	843	SÉRGIO ALMEIDA	02:03:51	02:03:50	M2439		78
246	732	PAULA GOULART	02:04:00	02:03:42	F5054	GRUPETA RUNNING TEAM	5
247	787	ADRIANA DOMINGOS	02:04:03	02:03:44	F2439		20
248	738	PATRICIA SANTOS	02:04:28	02:04:09	F4549	CLUBE NOVO BANCO	8

249	723	JOÃO DIEGUES	02:04:48	02:04:20	M4549	SERVIÇOS SOCIAIS MONTEPIO	33
250	602	ELVIRA GREGO ESTEVES	02:04:56	02:04:39	F4549	GREGOS & TROIANOS	9
251	675	PAULO COSTA	02:05:05	02:04:44	M5054		14
252	597	SANDRA SILVA	02:05:24	02:05:24	F4044		15
253	582	NATALIA FERANANDES	02:05:40	02:05:39	F5559	Centro de Marcha e Corrida de Odivelas	3
254	795	CARLOS TRABULO	02:05:55	02:05:46	M6099		7
255	673	CATARINA SERRA	02:06:06	02:05:42	F4044		16
256	672	JORGE SERRA	02:06:06	02:05:41	M4044		50
257	526	SAMUEL SILVA	02:06:07	02:05:32	M4044		51
258	641	TÂNIA RUSSO MARTINS FERREIRA	02:06:19	02:06:06	F4044		17
259	776	SUSANA MARTINS	02:06:27	02:06:27	F4549	Cabaré do Coxos	10
260	5533	ANA CANAVEIRA	02:06:29	02:06:23	F5054	CCD TRANQUILIDADE	6
261	601	ELISABETTE GREGO ESTEVES	02:06:40	02:06:21	F4549	GREGOS & TROIANOS	11
262	633	DAVID SIMAO	02:07:01	02:06:30	M2439	Backstabbers But One	79
263	5551	TIAGO SANTOS	02:07:13	02:07:01	M2439	AMIGOS VALE SILÊNCIO	80
264	5555	JOSE AMARAL	02:07:20	02:07:09	M5054	AMARAL	15
265	509	CARLOS MORAIS	02:07:34	02:07:02	M5054		16
266	838	VERA ALMEIDA	02:07:40	02:07:28	F2439		21
267	771	JOÃO AFONSO	02:08:11	02:07:58	M4044	FALCÕES SELVAGENS	52
268	772	PEDRO DUARTE	02:08:14	02:08:01	M4044	Centro de Marcha e Corrida de Odivelas	53
269	759	MANUEL NEVES	02:08:15	02:08:13	M6099	LAMEGO TRIBO RUNNERS	8
270	575	CARLOS LAVRADOR	02:08:42	02:08:31	M5054	RUN&SMILE	17
271	525	JOÃO MANUEL LEITE VIEIRA	02:09:03	02:08:34	M5559	CENTRO DE MARCHA E CORRIDA DE ALENQUER	10

272	557	LUÍSA CARDOSO	02:09:38	02:09:20	F4549		12
273	558	PEDRO VERISSIMO	02:09:39	02:09:21	M0023		9
274	5506	FERNANDO PEREIRA	02:09:52	02:09:29	M4549	AZEITÃO RUNNING	34
275	679	FILIPA BARREIROS	02:09:57	02:09:20	F2439	Hovione SSC	22
276	559	MARISA RIANÇO	02:10:20	02:09:50	F2439	TARTARUGAS SOLIDÁRIAS	23
277	655	JORGE SILVA	02:10:41	02:10:28	M4044		54
278	545	MARIA JOÃO EMÍDIO	02:10:46	02:10:41	F5054	TÁLENTOS TEAM	7
279	734	TIAGO SANTOS	02:10:50	02:10:17	M2439		81
280	33	MARIA DA LUZ CONCHINHA	02:10:58	02:10:49	F6099	Clube do Stresse	1
281	656	ELISABETE MACEDO	02:10:59	02:10:46	F2439		24
282	823	CILA FAUSTINO	02:11:42	02:11:42	F2439	SALAMANDRECOS	25
283	586	INÊS OLIVEIRA	02:11:49	02:11:26	F2439		26
284	583	DANIEL CAETANO	02:11:56	02:11:35	M4044	100 Vontade	55
285	537	BRUNO MORAIS	02:12:14	02:11:42	M2439		82
286	596	CARLA PEREIRA	02:12:22	02:12:09	F4549		13
287	785	RODRIGO CACHUCHO	02:12:40	02:12:13	M0023		10
288	786	VITOR CACHUCHO	02:12:41	02:12:15	M5054	Clube Aventura Monforte	18
289	565	NEUZA ALVES	02:13:01	02:12:38	F4044		18
290	604	LUIS ANDRADE	02:13:06	02:12:33	M5054		19
291	623	PATRICIA XAVIER	02:13:08	02:12:41	F4044		19
292	828	CARLOS MARTINS	02:13:39	02:13:39	M5559		11
293	790	NIDIA MARTINS	02:13:40	02:13:04	F2439		27
294	636	MARTA GIRAÓ	02:13:49	02:13:15	F4044		20

295	635	JOÃO GOUVEIA	02:13:49	02:13:16	M4549		35
296	570	ANA LOPES	02:14:08	02:14:06	F4044		21
297	737	ISABEL OLIVEIRA	02:14:23	02:14:02	F4549	CLUBE NOVO BANCO	14
298	735	PAULO CORREIA	02:14:23	02:14:01	M5054	CLUBE NOVO BANCO	20
299	721	CARLA RODRIGUES	02:14:29	02:14:07	F4549	LA FAMÍLIA	15
300	802	LUCIANO ASSUNÇÃO	02:14:34	02:14:20	M6099		9
301	731	ANA GUERREIRO	02:15:01	02:14:44	F5054	GRUPETA RUNNING TEAM	8
302	5513	PAULO SOBERANO	02:15:03	02:14:33	M5054	Gfi Portugal	21
303	653	JOÃO PEQUITO	02:16:04	02:15:42	M2439		83
304	764	RUBEN SILVEIRA	02:16:09	02:16:09	M2439	Running Loures	84
305	627	JORGE RAMOS	02:16:41	02:16:21	M4044		56
306	646	IDALINA RIBEIRO	02:16:41	02:16:37	F5054	PINHAL NOVO A CORRER	9
307	544	CIDALIA BORGES	02:16:43	02:16:37	F4549	OCR PORTUGAL LAB	16
308	632	DINA CLÁUDIA BAETA ALEGRIA	02:16:45	02:16:40	F4044	PINHAL NOVO A CORRER	22
309	5517	SOFIA CORDEIRO	02:17:12	02:17:01	F4044	BORINHAS	23
310	5556	MARIA GOLINELLI	02:17:24	02:17:13	F4549	AMARAL	17
311	593	FÁTIMA LUCAS	02:18:00	02:18:00	F4549	Centro de Marcha e Corrida de Odivelas	18
312	705	MARIA SERRA	02:18:06	02:18:04	F4549	Centro de Marcha Corrida Odivelas	19
313	594	ANA CRISTINA ABRUNHOSA	02:18:12	02:18:11	F4549	Centro de Marcha e Corrida de Odivelas	20
314	598	SANDRA MONTEIRO	02:18:12	02:18:11	F4044	Centro Marcha e corrida de Odivelas	24
315	5572	ANA SANTOS	02:18:32	02:18:07	F5054	MARVILA JOVEM	10
316	5571	PAULO GONÇALVES	02:18:32	02:18:07	M5054	MARVILA JOVEM	22
317	510	JOSÉ MELATO	02:18:50	03:08:50	M4044	OCR PORTUGAL LAB	57

318	626	FILIPA DOMINGOS	02:18:58	02:18:38	F2439		28
319	592	LUCIANA MOREIRA	02:19:16	02:18:51	F2439	DEIXEM PASSAR OS COXOS	29
320	684	LUIS BEATO	02:19:19	02:18:52	M2439	Hovione SSC	85
321	532	NUNO SOUSA	02:19:44	02:19:13	M4044		58
322	5573	NIDIA FERREIRA	02:20:20	02:19:57	F4044	MARVILA JOVEM	25
323	5529	PEDRO FERREIRA	02:20:41	02:20:33	M5054		23
324	650	SUSANA GOMES	02:21:53	02:21:36	F4549	STJOAOLIVEIRATEAM	21
325	651	ERNESTO GOMES	02:21:53	02:21:35	M4549	STJOAOLIVEIRATEAM	36
326	816	CÉLIA FELIZARDO	02:22:05	02:21:32	F5054		11
327	522	PEDRO MIGUEL DIAS	02:23:37	02:23:07	M4549	CDCR DOS CTT	37
328	578	ANTONIO FERNANDES	02:24:05	02:24:05	M4044	NUCLEO DESPORTIVO AUTOCOOPE	59
329	579	CELIA FERREIRA	02:24:06	02:23:53	F4044	NUCLEO DESPORTIVO AUTOCOOPE	26
330	659	LÍGIA SEBASTIÃO	02:24:27	02:24:01	F2439	Boot camp militar natur	30
331	670	CLAIRE LALLEMAND	02:24:28	02:24:02	F4549	MILITAR BOOTCAMP NATUR	22
332	760	ANA PAULA VIEIRA	02:24:30	02:24:00	F2439	CENTRO DE MARCHA E CORRIDA DE ALENQUER	31
333	628	VIOLETA NUNES	02:25:05	02:24:40	F5054		12
334	660	SONIA PINTO	02:25:31	02:25:04	F5054		13
335	552	VALTER RIBEIRO	02:26:06	02:25:32	M2439	GAEIRAS RUNNING TEAM	86
336	589	PAULO FILIPE	02:26:15	02:26:14	M4549	Centro de Marcha e Corrida de Odivelas	38
337	588	CÉLIA FILIPE	02:26:16	02:26:14	F4044	Centro de Marcha e Corrida de Odivelas	27
338	846	CÁTIA COUTINHO	02:27:32	02:27:32	F2439		32
339	821	MARCO TAVEIRA	02:27:37	02:27:01	M5559		12
340	585	ELSA LAVRADOR	02:28:15	02:27:43	F2439		33

341	637	RUTE ALEXANDRA PIRES FARIA	02:28:16	02:28:16	F2439	TURRES TRAIL TEAM	34
342	5527	ANA FERREIRA	02:28:23	02:28:08	F5054	Papa Trilhos do CAAL	14
343	511	ANA COELHO	02:28:26	02:28:13	F2439	LH Ginasio	35
344	5503	ANA RODRIGUES	02:28:34	02:28:19	F5559	GRUPETA RUNNING TEAM	4
345	643	JOANA ALVES	02:28:37	02:28:18	F2439		36
346	562	PAULO VIRIATO	02:28:38	02:28:19	M5054		24
347	561	MARIA VIRIATO	02:28:39	02:28:19	F4549		23
348	842	SARA BASTOS	02:29:49	02:29:48	F2439		37
349	844	SANDRA FERNANDES	02:29:50	03:19:50	F2439		38
350	5512	RITA MARQUES	02:30:59	02:30:32	F4044		28
351	581	ANA AZEVEDO	02:31:51	02:31:39	F4549	RUN&SMILE	24
352	541	CIINTHIA ALEXANDRA	02:32:03	02:31:59	F2439		39
353	728	BRUNO FERREIRA	02:32:04	02:32:02	M2439	Centro de Marcha e Corrida de Odivelas	87
354	740	ALEXANDRA LOPES	02:34:07	02:33:43	F4549	LA FAMÍLIA	25
355	518	PAULA TELES	02:34:32	02:34:31	F5559	STJOAOLIVEIRATEAM	5
356	766	DANIEL CARRETO	02:34:33	02:34:04	M2439		88
357	739	RUTE PRIOR	02:34:46	02:34:26	F4044	CLUBE NOVO BANCO	29
358	736	ANA GODINHO	02:34:48	02:34:27	F4549	CLUBE NOVO BANCO	26
359	640	ANA PAULA CAETANO	02:35:27	02:35:12	F4044	STJOAOLIVEIRATEAM	30
360	547	ANA ROSÁRIO	02:36:11	02:35:44	F2439		40
361	719	SÉRGIO GODINHO	02:39:28	02:39:03	M4044	LA FAMÍLIA	60
362	580	LUIS LAVRADOR	02:40:07	02:39:36	M4044		61
363	554	ANDREIA SILVA	02:40:54	02:40:27	F2439		41

364	780	JÖRG PIRROW	02:41:45	02:41:22	M5054		25
365	603	LUCIA MARTINS	02:41:58	02:41:25	F4044	Cravo Lambreta	31
366	606	PAULO MARTINS	02:42:00	02:41:26	M4044	Cravo Lambreta	62
367	688	NUNO TORRES	02:43:11	02:42:46	M4044	Hovione SSC	63
368	686	MARIANNA KATZ	02:43:11	02:42:47	F2439	Hovione SSC	42
369	756	PATROCÍNIA VARANDAS	02:43:59	02:43:43	F4549	STJOAOLIVEIRATEAM	27
370	546	MÁRIO EMÍDIO	02:45:00	02:45:00	M5559	TĂLENTOS TEAM	13
371	567	MÁRIO SANTIAGO	02:47:15	02:47:14	M5054	KANINOS	26
372	5545	MANUEL RAPOSO	02:47:18	02:47:02	M6099	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	10
373	566	MARIA CONDEÇO	02:47:18	02:47:17	F5559	KANINOS	6
374	775	ALEXANDRA FERNANDES	02:47:20	02:47:09	F2439	Cabaré do Coxos	43
375	5544	MARINA AZEVEDO	02:49:11	02:49:04	F5054		15
376	5543	BASILIO PAIXAO	02:49:13	02:49:05	M5054		27
377	515	HELENA CABRAL CAEIRO	02:49:41	02:49:06	F4044	- - -	32
378	849	MARIA FILOMENA SANTOS	02:49:41	02:49:25	F4549		28
379	5523	PAULA CARMO	02:52:57	02:52:42	F5054	Papa Trilhos do CAAL	16
380	591	ABEL SILVA	02:54:28	02:53:56	M2439		89
381	590	ANDREIA GOUVEIA	02:54:28	02:53:56	F2439		44
382	710	DORA COELHO	02:54:57	02:54:41	F2439	ASAS NOS PÉS	45
383	634	HORÁCIO CLARA	03:03:11	03:02:37	M4549		39
384	692	SILVIA SANTOS	03:13:52	03:10:10	F2439	Hovione SSC	46
385	713	MARGARIDA LOPES	03:16:11	03:15:48	F4549	LA FAMÍLIA	29
386	718	DEONILDE GODINHO	03:16:12	03:15:47	F4549	LA FAMÍLIA	30

387	717	DORA MAIA	03:16:12	03:15:47	F4044	LA FAMÍLIA	33
388	530	ANA MORAIS	03:30:19	03:30:05	F4044	GDCTIN CASA DA MOEDA	34
389	531	ILIANA SERRÃO	03:30:20	03:30:05	F4044	GDCTIN CASA DA MOEDA	35
390	745	TELMA PINHO	03:30:20	03:30:05	F2439	GDCTIN CASA DA MOEDA	47