

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
FEMININO					
1	19	Sandra Quintas	Os Matrecos	01:17:43	
2	2	Carla Barbosa	Os Matrecos	01:17:51	00:00:08
3	55	Inês Dias	Clube de Atletismo de Viana do Alentejo / FRIBAIÃO	01:25:06	00:07:23
4	120	Sónia Cardoso	Individual	01:29:07	00:11:24
5	111	Maria Cotrim	Os Matrecos	01:29:45	00:12:02
6	58	Filipa Vedor*	Individual	01:30:32	00:12:49
7	39	Patricia Antunes	UDA / Ponta Branca	01:33:33	00:15:50
8	14	Raquel Correia	Cem Quedas	01:35:16	00:17:33
9	121	Ana Luísa Sousa Vieira	RX runners	01:35:35	00:17:52
10	8	Elisabete Santos	Individual	01:36:05	00:18:22
11	32	Luiza Dias	Os Matrecos	01:36:29	00:18:46
12	23	Joana Almeida	Os Matrecos	01:36:47	00:19:04
13	34	Ana Paula Barroso	PapaKms	01:38:49	00:21:06
14	35	Dina Barroso	SCD Glória do Ribatejo	01:38:51	00:21:08
15	50	Fernanda Pratas	cem quedas	01:39:51	00:22:08
16	144	Alexandra Simão	Individual	01:40:06	00:22:23
17	64	Claudia Ferreira	UDA / Ponta Branca	01:42:43	00:25:00
18	43	Suzana Vieira	Individual	01:42:46	00:25:03
19	37	Rita Carneiro	BFR	01:45:26	00:27:43
20	99	Sara Antunes	Sai de Gatas	01:45:38	00:27:55
21	91	Susana Rosa	Individual	01:45:58	00:28:15
22	56	Sónia Martins	Individual	01:46:00	00:28:17
23	124	Sónia Borrego	Individual	01:46:25	00:28:42
24	133	Cláudia Fernandes	Clac Entroncamento / Onda Trilhos	01:47:12	00:29:29
25	147	Sofia Margarida Forte Pereira	Individual	01:48:02	00:30:19
26	94	Paula Alves	Tartarugas Olimpicas	01:48:07	00:30:24
27	51	Dora Filipe	Individual	01:48:56	00:31:13
28	41	Ana Banito	RX Runners	01:49:04	00:31:21
29	73	Ana Patrícia Silva	RX runners	01:50:54	00:33:11
30	86	Ana Bela Gomes	Marcha e Corrida Casais Castelos	01:50:59	00:33:16
31	112	Paula Santos	Sai de Gatas	01:52:13	00:34:30
32	48	Susana Filipa Tempero Paulo	BFR	01:54:04	00:36:21
33	131	Guida Macedo	dual	01:55:30	00:37:47
34	150	Patricia Marques	Individual	01:56:11	00:38:28
35	36	Conceição Alegria	individual	01:56:15	00:38:32
36	44	Maura Lisa Nobre	Triple N	01:57:39	00:39:56
37	137	Sofia Pimenta	Individual	01:57:49	00:40:06
38	143	Lara Cardoso	individual	01:57:58	00:40:15
39	82	Judite Maria Lourenço Mota Matreno	Amizade	01:58:02	00:40:19
40	80	Elisabete Bento Narciso Venâncio	Amizade	01:58:07	00:40:24
41	65	Ana Mateus	Entroncamento	02:02:55	00:45:12
42	89	Inês Diogo	Quenianos do Ribatejo	02:03:23	00:45:40
43	38	Ana Homem	UDA / Ponta Branca	02:05:13	00:47:30

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
44	63	Sofia Ferreira	UDA / Ponta Branca	02:05:16	00:47:33
45	113	Sofia Agostinho	Sai de Gatas	02:06:13	00:48:30
46	70	Lúcia Branco	Sai de Gatas	02:06:17	00:48:34
47	92	Jessica Filipe	Individual	02:08:06	00:50:23
48	93	Deonilde Marques	Individual	02:08:11	00:50:28
49	129	Fatima de Jesus	Individual	02:24:05	01:06:22
50	342	Ana Rita	Individual	02:27:48	01:10:05
51	349	Sofia Almeida	Paladin	02:27:54	01:10:11
52	106	Fernanda Calado	3XL	02:31:22	01:13:39
53	104	Silvia Calafate	3XL	02:31:25	01:13:42
54	103	Carolina Calafate	3XL	02:31:31	01:13:48
55	57	Marisa Marques	Individual	02:44:39	01:26:56
56	123	Andreia Lima Gomes	Individual	02:44:45	01:27:02
57	156	Paula Faria	Maravilha	02:44:50	01:27:07
58	53	Veronica fernandes	Individual	02:45:57	01:28:14
59	127	Donzília Silva	Individual	02:56:36	01:38:53
60	141	Fernanda Diogo Delgado	individual	02:56:43	01:39:00
61	107	Paula Sardinha	3XL	02:57:00	01:39:17
62	100	Terezinha Gonçalves	3XL	03:01:13	01:43:30
63	102	Silvia Barroso	3XL	03:01:20	01:43:37
64	109	Helena Romao	3XL	03:01:26	01:43:43

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
MASCULINO					
1	3	António Silvino	Cluble Desportivo Ribeirense	00:57:49	
2	154	Nuno Romão	Individual	00:58:11	00:00:22
3	30	Nelson Oliveira	CLAC Entroncamento	01:04:12	00:06:23
4	114	Marco Violante	SUPERFRESCO TRAIL TEAM	01:04:19	00:06:30
5	78	Pedro Marques	Trilhos dos Templários / GreenRoc.pt	01:04:51	00:07:02
6	153	Jorge Sirgado	Os Matrecos	01:05:49	00:08:00
7	77	Nuno Costa	Trilhos dos Templários / GreenRoc.pt	01:06:20	00:08:31
8	125	Jose Carola	UDA / Ponta Branca	01:06:54	00:09:05
9	116	Luis António Santos Ferreira	SUPERFRESCO TRAIL TEAM	01:07:09	00:09:20
10	27	João Pinheiro	Os Matrecos	01:07:14	00:09:25
11	1	João Machado	Os Matrecos	01:07:29	00:09:40
12	17	Duarte Antunes	Os Matrecos	01:08:00	00:10:11
13	29	Armindo de Jesus Santos	Individual	01:09:26	00:11:37
14	118	Paulo César Branco Freitas	SUPERFRESCO TRAIL TEAM	01:09:54	00:12:05
15	75	Paulo Silva	Trilhos dos Templários / GreenRoc.pt	01:10:53	00:13:04
16	151	João Correia	Farmácia Almeida Gonçalves	01:11:00	00:13:11
17	25	Mário Santos	Os Matrecos	01:11:12	00:13:23
18	7	Paulo Alexandre Moura Rodrigues	Individual	01:11:18	00:13:29
19	71	Luis Manuel Torrado Boino	Individual	01:12:02	00:14:13
20	72	Rui Dias	Individual	01:13:13	00:15:24

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
21	152	João Pedro Pereira	Individual	01:13:35	00:15:46
22	69	Luis Crespo	individual	01:13:46	00:15:57
23	5	Sérgio Martinho	Individual	01:14:18	00:16:29
24	126	Hugo Silva	Individual	01:14:31	00:16:42
25	110	Marco Alexandre	Individual	01:15:07	00:17:18
26	46	Tiago Conceição	individual	01:16:09	00:18:20
27	74	Renato André	Trilhos dos Templários / GreenRoc.pt	01:16:22	00:18:33
28	26	Aurélio Rodrigues	Os Matrecos	01:17:49	00:20:00
29	47	Daniel Tomás	Individual	01:18:45	00:20:56
30	24	José Duarte	Os Matrecos	01:20:20	00:22:31
31	18	Hermínio Ferreira	Os Matrecos	01:21:21	00:23:32
32	33	Lúcio Mendes	Os Matrecos	01:22:01	00:24:12
33	138	Luís Oliveira	Os Matrecos	01:23:57	00:26:08
34	21	João Ramos	Os Matrecos	01:24:21	00:26:32
35	40	Filipe Estriga	UDA / Ponta Branca	01:24:41	00:26:52
36	13	João Manuel Damas Jacinto	Cem quedas	01:26:18	00:28:29
37	68	Pedro Pereira	Individual	01:27:47	00:29:58
38	85	Jorge Rodrigues	Individual	01:28:15	00:30:26
39	84	Gonçalo Quitério	Individual	01:28:19	00:30:30
40	10	José Mariquitos	Os últimos	01:29:34	00:31:45
41	11	Sérgio Pêgas	Os últimos	01:29:36	00:31:47
42	16	André Machado	Os Matrecos	01:29:48	00:31:59
43	115	Rui José Pouseiro Dias	SUPERFRESCO TRAIL TEAM	01:30:29	00:32:40
44	149	Nelson Martins	Individual	01:31:29	00:33:40
45	97	Vasco Catroga	Tartarugas Olimpicas	01:31:48	00:33:59
46	12	Jorge Mendes	Os últimos	01:32:44	00:34:55
47	59	Miguel Pereira*	Individual	01:33:30	00:35:41
48	155	Isidro Filipe	Maravilha	01:34:44	00:36:55
49	22	Joaquim Fernandes	Os Matrecos	01:34:47	00:36:58
50	122	Fernando Jorge Morgado Rosário	RX Runners	01:35:37	00:37:48
51	28	José Peixoto	Os Matrecos	01:35:54	00:38:05
52	95	Gonçalo Daniel Pereira Maia	Individual	01:36:18	00:38:29
53	20	António Ramos	Os Matrecos	01:36:45	00:38:56
54	42	António Jaime Dias da Silva	Individual	01:37:05	00:39:16
55	96	João Manuel Coimbra Domingos Martins Maia	Individual	01:37:13	00:39:24
56	98	Pedro Catroga	Individual	01:37:37	00:39:48
57	66	Tiago Silva	Individual	01:38:55	00:41:06
58	67	Paulo Almeida	Individual	01:38:59	00:41:10
59	9	Paulo Pereira	Individual	01:39:53	00:42:04
60	145	Paulo Simão	Individual	01:39:57	00:42:08
61	146	João Alexandre	Individual	01:40:01	00:42:12
62	128	Diogo Sousa	Individual	01:41:54	00:44:05
63	139	Manuel Pereira Maia	CLAC / OndaTrilhos	01:45:20	00:47:31
64	134	Pedro Nascimento	BFR	01:45:29	00:47:40

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
65	130	Rui Manuel Marçal Mendes	individual	01:46:21	00:48:32
66	76	Luís Alexandre	Trilhos dos Templários / GreenRoc.pt	01:47:21	00:49:32
67	148	Duarte Morgado	Baja2Tempos / Polisport / Fuchs Silkolene	01:48:09	00:50:20
68	52	Paulo Rosado	Individual	01:48:51	00:51:02
69	49	Nuno Alexandre Lopes Tempero Paulo	BFR	01:51:35	00:53:46
70	81	Rui Paulo Correia Matreno	Amizade	01:58:10	01:00:21
71	45	Micael L Nobre	Triple N	01:58:15	01:00:26
72	79	João José Moreira Venâncio	Amizade	01:58:19	01:00:30
73	90	Rafael Coelho	Quenianos do Ribatejo	02:03:30	01:05:41
74	105	Hugo Calafate	3XL	02:15:18	01:17:29
75	88	Luis Miguel Carapinha	Individual	02:15:56	01:18:07
76	4	Jorge Curado	Individual	02:18:08	01:20:19
77	140	Carlos Pires	Individual	02:24:16	01:26:27
78	54	Jorge Reis	Individual	02:24:34	01:26:45
79	87	Abílio Dias	Individual	02:37:24	01:39:35
80	101	Paulo Costa	3XL	02:40:40	01:42:51
81	108	Paulo Mota	3XL	02:40:48	01:42:59
82	142	Joaquim Eduardo Delgado	Individual	02:56:47	01:58:58