

Pos.	Dor.	Nome	Clube	Cat.	Pos.	Tempo	Dif.
1	142	Silvino, António	ATLÉTICO CLUBE S.MAMEDE	MT M50	1	1:16:49.00	
2	176	Dias, Daniel	Centro Vicentino da Serra	MT SM	1	1:17:03.16	00:00:14
3	251	Geada, Jose	Os Estarolas	MT M40	1	1:23:25.01	00:06:36
4	293	Mendes, Filipe	Scalabis Night Runners	MT M40	2	1:26:15.93	00:09:27
5	149	Duarte, Artur	Pernas de Gafanhoto	MT M40	3	1:26:24.74	00:09:36
6	261	Prazeres, José	Grupo Recreativo e Desportivo da Ribeira da Laje	MT M40	4	1:29:26.19	00:12:37
7	263	Finote, Júlio	CCD Sintrense	MT M40	5	1:32:12.09	00:15:23
8	227	Carreiro, João	Individual	MT M40	6	1:36:10.32	00:19:21
9	190	Mendes, Felizardo	Individual	MT M40	7	1:36:58.70	00:20:10
10	201	Silva, Francisco	GCB	MT M40	8	1:37:49.29	00:21:00
11	131	Remédios, Anabela	ATLÉTICO CLUBE S.MAMEDE	MT VF	1	1:38:56.77	00:22:08
12	365	Rodrigues, Vitor	Individual	MT SM	2	1:39:28.38	00:22:39
13	191	Madeira, Fernando	Individual	MT M40	9	1:39:33.40	00:22:44
14	168	Oliveira, Carlos	Individual	MT M40	10	1:41:03.51	00:24:15
15	234	Mota, João	Gumelo Runners	MT SM	3	1:41:28.75	00:24:40
16	146	Caixinha, Armindo	Individual	MT M50	2	1:41:47.54	00:24:59
17	359	Lebre, Valter	ACR Espinheirense	MT M40	11	1:43:07.52	00:26:19
18	340	Vieira, Rui	Individual	MT SM	4	1:43:37.41	00:26:48
19	181	Duarte, Diniz	o Pé que está mais à Mão	MT M40	12	1:44:06.54	00:27:18
20	262	Silva, José	Individual	MT SM	5	1:44:08.00	00:27:19
21	198	Cachulo, Francisco	Individual	MT SM	6	1:44:51.49	00:28:02
22	203	Marcelino, Frederico	Gumelo Runners	MT SM	7	1:48:53.71	00:32:05
23	292	Figueiredo, Marlene	Individual	MT SF	1	1:50:25.26	00:33:36
24	362	Franco, Victor	Individual	MT SM	8	1:50:25.81	00:33:37
25	329	Mesquita, Ricardo	Scalkokas	MT SM	9	1:51:52.01	00:35:03
26	275	Cordeiro, Manuel	Scalabis Night Runners	MT M50	3	1:52:00.93	00:35:12
27	307	Martins, Nuno	Scalabis Night Runners	MT SM	10	1:52:19.71	00:35:31
28	289	Cunha, Mário	Scalabis Night Runners	MT M40	13	1:52:21.23	00:35:32
29	103	Alves, Avelino	TC RUNNERS	MT SM	11	1:53:24.83	00:36:36
30	375	Santos, Eduardo	Individual	MT SM	12	1:54:53.07	00:38:04
31	236	Pedreiro, João	ACR Espinheirense	MT SM	13	1:55:17.52	00:38:29
32	246	Lopes, Joaquim	Trilhos e Corridas de Tercena	MT M50	4	1:56:22.15	00:39:33
33	252	Moura, Jose	Individual	MT M40	14	1:56:35.94	00:39:47
34	182	Prazeres, Edgar	Grupo Recreativo e Desportivo da Ribeira da Laje	MT SM	14	1:56:48.05	00:39:59
35	231	Guerra, João	Zona 55 Bike Team	MT M40	15	1:57:28.00	00:40:39
36	291	Val Soares, Mário	Individual	MT SM	15	1:58:00.61	00:41:12
37	192	Vicente, Fernando	Individual	MT M50	5	1:58:23.82	00:41:35
38	290	Duarte, Mário	TC RUNNERS	MT SM	16	1:58:49.20	00:42:00

Pos.	Dor.	Nome	Clube	Cat.	Pos.	Tempo	Dif.
39	205	Mateus, Gabriel	Kaninos	MT SM	17	1:58:50.57	00:42:02
40	195	Bandeira, Filipe	Individual	MT SM	18	1:59:07.89	00:42:19
41	283	Cotrim, Maria	Scalabis Night Runners	MT SF	2	1:59:33.07	00:42:44
42	139	Serrano, Antonio	Individual	MT M60	1	1:59:54.34	00:43:05
43	147	Batista, Artur	CCD ALVITEJO	MT M40	16	2:00:03.42	00:43:14
44	326	Gouveia, Pedro	Scalabis Night Runners	MT M40	17	2:00:36.42	00:43:47
45	260	Lourenço, José	Scalabis Night Runners	MT M40	18	2:00:36.56	00:43:48
46	300	Faria, Nelson	Scalabis Night Runners	MT SM	19	2:00:42.94	00:43:54
47	162	Balão, Carlos	Stork27	MT SM	20	2:00:57.76	00:44:09
48	269	Fernandes, Luis	Chamusca Night Runners	MT SM	21	2:01:22.12	00:44:33
49	108	Carlos, Luis	Pontevel a Mexer	MT SM	22	2:02:01.99	00:45:13
50	233	Miranda, João	Individual	MT SM	23	2:02:28.80	00:45:40
51	242	Sá Rodrigues, João	Individual	MT SM	24	2:03:02.00	00:46:13
52	272	Raimundo, Luis	Individual	MT M40	19	2:03:04.14	00:46:15
53	374	Antunes, Carlos	Individual	MT M40	20	2:03:42.00	00:46:53
54	196	Henriques, Filipe	Tartugas	MT SM	25	2:03:46.60	00:46:58
55	323	Cruz, Pedro	Individual	MT SM	26	2:03:56.00	00:47:07
56	132	Bento, André	Individual	MT SM	27	2:04:24.00	00:47:35
57	177	Frutuoso, Daniel	DAVID FRUTUOSO LDA GINEC	MT SM	28	2:07:49.02	00:51:00
58	347	Pedro, Sara	Não Fazemos nem mais...um km	MT VF	2	2:07:49.63	00:51:01
59	259	Cruz, José	Individual	MT M40	21	2:07:50.95	00:51:02
60	294	Raposo, Mayer	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	MT M60	2	2:08:58.53	00:52:10
61	286	Monteiro, Mariana	H2H club better living	MT SF	3	2:09:04.77	00:52:16
62	287	Mourão, Mariana	Individual	MT SF	4	2:09:05.45	00:52:16
63	128	Pipio, Ana	Açoreana Clube Banif	MT VF	3	2:09:06.54	00:52:18
64	342	Freitas, Sandra	Individual	MT SF	5	2:09:06.97	00:52:18
65	364	Francisco, Vitor	o Pé que está mais à Mão	MT M40	22	2:09:07.04	00:52:18
66	322	Carvalho, Pedro	o Pé que está mais à Mão	MT M40	23	2:09:07.85	00:52:19
67	373	Neto, Silvia	Individual	MT SF	6	2:09:12.72	00:52:24
68	271	Morais, Luis	Individual	MT M40	24	2:10:04.13	00:53:15
69	348	Costa, Sérgio	Pontevel a Mexer	MT SM	29	2:10:11.94	00:53:23
70	357	Vintém, Tiago	Pontevel a Mexer	MT SM	30	2:10:12.12	00:53:23
71	173	Tomás, César	Kaninos	MT SM	31	2:11:37.00	00:54:48
72	153	Cardoso, Bruno	Kaninos	MT SM	32	2:11:40.70	00:54:52
73	156	Marçal, Bruno	Kaninos	MT SM	33	2:12:54.46	00:56:05
74	265	Elswijk, Loes Van	Não Fazemos nem mais...um km	MT SF	7	2:13:12.55	00:56:24
75	123	Fonseca, Ana	Individual	MT SF	8	2:13:56.42	00:57:07
76	115	Frutuoso, Alexandre	DAVID FRUTUOSO LDA GINEC	MT SM	34	2:15:23.13	00:58:34

Pos.	Dor.	Nome	Clube	Cat.	Pos.	Tempo	Dif.
77	372	Alfaiate, Carlos	Casa do Benfica em Abrantes	MT M60	3	2:15:54.26	00:59:05
78	332	Gabriel, Rita	TRT Trail Runner Team	MT SF	1	2:16:17.53	00:59:29
79	343	Jeronimo, Sandra	Chamusca Night Runners	MT SF	9	2:17:11.86	01:00:23
80	296	Ribeiro, Miguel	Individual	MT M40	25	2:19:29.93	01:02:41
81	125	Marques, Ana	Individual	MT SF	10	2:20:30.78	01:03:42
82	282	Santos, Marco	Chamusca Night Runners	MT SM	35	2:22:17.59	01:05:29
83	333	Salvaterra, Rodolfo	Chamusca Night Runners	MT SM	1	2:22:19.57	01:05:31
84	235	Nascimento, João	BarraMento TT	MT M40	26	2:23:14.27	01:06:25
85	241	Rodrigues, João	Individual	MT M50	6	2:23:51.09	01:07:02
86	183	Serrano, Edgar	Rompe Tocas	MT SM	36	2:25:14.80	01:08:26
87	113	Manhiça, Adelaide	Team PTZona	MT VF	4	2:25:18.70	01:08:30
88	124	Magalhães, Ana	Gumelo Runners	MT SF	11	2:25:35.37	01:08:46
89	208	Inácio, Helena	Gumelo Runners	MT VF	5	2:25:36.01	01:08:47
90	215	Grilate, Hugo	ACR Espinheirense	MT SM	37	2:26:19.00	01:09:30
91	102	Salgueiro, Augusto	TC RUNNERS	MT M40	27	2:29:01.91	01:12:13
92	144	Paulo, Arianas	Tartugas	MT SF	12	2:30:02.72	01:13:14
93	305	Maia, Nuno	Scalabis Night Runners	MT SM	38	2:30:30.59	01:13:42
94	122	Ferreira, Ana	Individual	MT VF	6	2:31:37.91	01:14:49
95	209	Reis, Helena	Individual	MT SF	13	2:31:38.21	01:14:49
96	331	Cipriano, Rita	Não Fazemos nem mais...um km	MT SF	14	2:33:38.78	01:16:50
97	267	Bento, Luis	Individual	MT M40	28	2:34:23.00	01:17:34
98	133	Ferreira, André	bmc	MT SM	39	2:35:13.04	01:18:24
99	285	Rosado, Maria	Scalabis Night Runners	MT VF	7	2:36:30.62	01:19:42
100	188	Cardoso, Eunice	Scalabis Night Runners	MT SF	15	2:36:30.91	01:19:42
101	308	Rodrigues, Nuno	Tartugas	MT SM	40	2:38:50.26	01:22:01
102	126	Nunes, Ana	Individual	MT SF	16	2:43:42.00	01:26:53
103	120	Constantino, Ana	Não Fazemos nem mais...um km	MT VF	8	2:47:24.69	01:30:36
104	299	Correia, Natercia	Não Fazemos nem mais...um km	MT VF	9	2:47:44.82	01:30:56
105	184	Pestana, Eduardo	Kaninos	MT SM	41	2:49:30.94	01:32:42
106	180	Guia, Dercio	Scalabis Night Runners	MT M40	29	2:50:58.35	01:34:09
107	244	Couto, Joaquim	Scalabis Night Runners	MT M40	30	2:50:59.37	01:34:10
108	129	Sousa, Ana	Cooperativa a Sacavenense	MT VF	10	2:54:10.96	01:37:22
109	141	Pardal, António	G A Monsanto Gascan	MT M50	7	2:54:40.96	01:37:52
110	266	Antunes, Luis	G A Monsanto Gascan	MT M50	8	2:54:42.06	01:37:53
111	276	Pedro, Manuel	Individual	MT M40	31	2:55:39.02	01:38:50
112	346	Novo, Sara	Individual	MT SF	17	2:57:03.71	01:40:15
113	313	Gonçalves, Patrícia	Individual	MT SF	18	2:57:04.33	01:40:15
114	216	Mendes, Hugo	AS 20.00	MT SM	42	3:01:35.51	01:44:47

Pos.	Dor.	Nome	Clube	Cat.	Pos.	Tempo	Dif.
115	304	Ferreira, Nuno	AS 20.00	MT SM	43	3:01:36.40	01:44:47
116	199	Ferro, Francisco	Individual	MT SM	44	3:04:30.35	01:47:41
117	165	Henriques, Carlos	Rompe Tocas	MT SM	45	3:06:04.43	01:49:15
118	193	Simões, Filipa	Individual	MT SF	19	3:06:19.11	01:49:30
119	116	Rasteiro, Alexandre	Individual	MT SM	46	3:06:19.55	01:49:31
120	345	Silva, Sandra	Individual	MT VF	11	3:08:50.37	01:52:01
121	339	Silva, Rui	Individual	MT M40	32	3:08:53.65	01:52:05
122	118	Alves, Ana	Tartugas	MT SF	20	3:11:12.96	01:54:24
123	311	Balão, Patricia	Individual	MT SF	21	3:14:12.01	01:57:23
124	258	Costa, José	Individual	MT M50	9	3:34:42.79	02:17:54
125	219	Brito, Irene	Ginga Team	MT VF	12	3:56:12.27	02:39:23
126	355	Silva, Susana	Ginga Team	MT VF	13	3:56:12.30	02:39:23
127	245	Delgado, Joaquim	AS 20.00	MT SM	47	3:56:13.63	02:39:25
128	159	Flora, Carina	NOZES	MT SF	22	3:56:13.71	02:39:25
129	353	Santos, Sónia	NOZES	MT SF	23	3:56:14.22	02:39:25