

Col	Num	Nome	Equipa	Sx	Cat	Controlo	Tempo	Ritmo	Cat.
1.	571	Antonio Almeida	Casa do Benfica em Abrantes	M	Sen M	00:28:41	01:28:00,990	05:11	1
2.	544	Carlos Barbara		M	Sen M	00:28:48	01:28:50,190	05:14	2
3.	393	Ivo Inácio	pace.makers	M	Sen M	00:29:58	01:32:56,170	05:28	3
4.	543	António Silvino	Clube Desportivo Ribeirense	M	M50	00:29:58	01:36:32,830	05:41	1
5.	605	Dinis Almeida	Chitas de Alcobaça	M	M S23	00:31:13	01:37:22,200	05:44	1
6.	308	Nuno André	Jobrinde - Montes Saloios	M	M40	00:32:21	01:38:00,070	05:46	1
7.	513	Tiago Tomás		M	Sen M	00:32:50	01:40:19,270	05:54	4
8.	596	Baptiste Rousset	BABA	M	Sen M	00:32:53	01:40:35,420	05:55	5
9.	553	Carlos Valente	A. C. S. Mamede	M	M50	00:33:53	01:40:48,170	05:56	2
10.	535	Júlio Finote	Rapotacho	M	M45	00:32:29	01:42:11,710	06:01	1
11.	599	Ricardo Ferreira	Trilhos dos Templários	M	Sen M	00:34:06	01:42:49,940	06:03	6
12.	551	Luís Ferreira		166	M M S23	00:33:37	01:43:28,040	06:05	2
13.	606	Tiago David		M	Sen M	00:34:32	01:44:29,780	06:09	7
14.	316	Joel Gomes		M	M40	00:33:53	01:45:51,320	06:14	2
15.	468	Belmiro Pinto	SCD Glória do Ribatejo	M	M45	00:35:56	01:46:32,980	06:16	2
16.	432	Mário Rodrigues	Federação da Família para a Paz Mundial e Unificação	M	M50	00:36:15	01:46:53,150	06:17	3
17.	145	Filipe Carvalheiro	GAU Bajouca	M	M50	00:36:04	01:47:28,840	06:19	4
18.	359	Francisco Henriques	OndaTrilhos	M	M40	00:35:03	01:47:37,170	06:20	3
19.	441	Luis Pereira	Burning Words	M	Sen M	00:34:58	01:47:56,370	06:21	8
20.	448	David Jesus	pace.makers	M	M50	00:35:58	01:49:13,290	06:25	5
21.	144	João Nepomuceno	Dá-lhe Gás Team	M	M40	00:36:22	01:49:44,990	06:27	4
22.	619	Sergio Ramos	Kaninos	M	M40	00:34:49	01:49:45,180	06:28	5
23.	630	Luis Alexandre	Trilhos dos Templários	M	M40	00:36:05	01:50:07,310	06:29	6
24.	572	Sérgio Campos	Casa do Benfica em Abrantes	M	Sen M	00:34:50	01:51:23,450	06:33	9
25.	499	Tiago Fernandes	ZONA ALTA TRAIL	M	Sen M	00:34:38	01:51:35,470	06:34	10
26.	564	Fernando Simao	CA Barreira	M	M55	00:36:31	01:52:30,690	06:37	1
27.	542	Andre Rosario	Os Ponta Branca união desportiva atalaiense	M	Sen M	00:34:47	01:52:54,730	06:38	11
28.	668	Claudio Mariano	Casa do Benfica em Abrantes	M	Sen M	00:36:54	01:53:00,310	06:39	12
29.	573	José Silva	Casa do Benfica em Abrantes	M	M55	00:34:48	01:53:19,560	06:40	2
30.	303	João Barbosa	Global trail	M	M S23	00:37:42	01:53:25,400	06:40	3
31.	563	Celso Nunes		M	Sen M	00:38:28	01:53:43,200	06:41	13
32.	497	Vitor Pires	ZONA ALTA TRAIL	M	M45	00:37:51	01:53:52,830	06:42	3
33.	501	Nelson Fernandes		M	Sen M	00:35:00	01:54:24,600	06:44	14
34.	632	Artur Duarte	Pernas de Gafanhoto	M	M45	00:36:06	01:54:34,260	06:44	4
35.	478	José Duarte	CLAC Entroncamento	M	Sen M	00:35:03	01:54:51,410	06:46	15
36.	147	Hugo Barqueiro	GAU Bajouca	M	Sen M	00:36:10	01:55:24,310	06:47	16
37.	629	João Proença	Trilhos dos Templários	M	Sen M	00:36:58	01:55:42,110	06:49	17
38.	585	Patrick Inácio	A.C.R. CASAIS DAS BOIÇAS	M	Sen M	00:36:23	01:56:04,930	06:50	18
39.	552	Charles Custódio	A. C. S. Mamede	M	Sen M	00:37:00	01:56:14,470	06:50	19
40.	554	Filipa Casimiro	A. C. S. Mamede	F	Sen F	00:37:01	01:56:33,050	06:52	1
41.	663	Antonio Mendes	A.D.Amarante Trail Running	M	Sen M	00:34:47	01:57:05,850	06:53	20
42.	338	Antonio Cardoso	Runners da Frente Ribeirinha da Povia de Santa Iria	M	M40	00:39:10	01:57:58,510	06:56	7
43.	617	Henrique Dias	Caracol Trail Team	M	M S23	00:37:40	01:59:09,980	07:01	4
44.	591	Estela Martinho	team one	F	Sen F	00:38:38	01:59:20,480	07:01	2
45.	661	Francisco Calvo	U.F. Comércio e Indústria Atletismo	M	M55	00:36:39	01:59:22,630	07:01	3

Col	Num	Nome	Equipa	Sx	Cat	Controlo	Tempo	Ritmo	Cat.
46.	331	Pedro Cardoso	Runners da Frente Ribeirinha da Povia de Santa Iria	M	Sen M	00:37:02	01:59:32,520	07:02	21
47.	603	Vítor Formiga	Kaninos	M	Sen M	00:46:19	02:00:16,780	07:04	22
48.	614	João Salgueiro	LIZ RUNNERS	M	M45	00:37:23	02:00:20,130	07:05	5
49.	646	Joao Rosa	Rosa Brothers	M	M40	00:39:43	02:00:47,500	07:06	8
50.	488	Nuno Martins	pace.makers	M	M40	00:38:08	02:00:56,560	07:07	9
51.	665	Bruno Serra		M	Sen M	00:40:39	02:01:08,630	07:08	23
52.	399	São Castanheira	OndaTrilhos	F	F50	00:39:39	02:01:21,030	07:08	1
53.	583	Pedro Martins		M	Sen M	00:38:16	02:01:57,170	07:10	24
54.	639	Paulo Ferreira	Clube Desportivo Ribeirense	M	Sen M	00:30:49	02:02:07,060	07:11	25
55.	645	Ricardo Carvalho		M	Sen M	00:36:56	02:03:05,700	07:14	26
56.	623	Hilário Louro		M	M40	00:36:59	02:03:09,130	07:14	10
57.	387	Sérgio Oliveira	pace.makers	M	M40	00:37:44	02:03:23,240	07:16	11
58.	465	Luis Paulo	GRF Benedita	M	M55	00:41:29	02:04:22,240	07:19	4
59.	635	João Raimundo		M	Sen M	00:42:35	02:04:31,560	07:19	27
60.	506	Duarte Santos	CA Obidos	M	M S23	00:38:43	02:04:38,790	07:20	5
61.	528	Vitor Silva	Team Salamandras	M	Sen M	00:41:23	02:05:12,750	07:22	28
62.	324	Mário Rosa		M	M40	00:38:39	02:05:30,960	07:23	12
63.	459	Ricardo Ribeiro	Texugos Team	M	Sen M	00:40:01	02:06:51,190	07:28	29
64.	600	Tomé Lopes	Dá-lhe Gás Team	M	Sen M	00:40:47	02:06:55,260	07:28	30
65.	464	Luis Silva	GRF Benedita	M	Sen M	00:40:55	02:07:28,490	07:30	31
66.	423	Carlos Ribeiro		M	Sen M	00:44:47	02:07:40,410	07:31	32
67.	496	Diogo Maia	ZONA ALTA TRAIL	M	Sen M	00:39:08	02:07:49,810	07:31	33
68.	568	Marco Duarte		M	Sen M	00:44:50	02:08:00,850	07:32	34
69.	481	Rafaela Santos	Dolce Furadouro	F	F JB	00:41:08	02:08:31,060	07:34	1
70.	480	Mario Santos	Dolce Furadouro	M	M45	00:40:51	02:08:33,770	07:34	6
71.	643	Nuno Calisto	Conquista Ginásio -Cadaval	M	M40	00:38:18	02:08:36,490	07:34	13
72.	649	Daniel Rosário	Trilho Perdido & Friends	M	Sen M	00:39:28	02:08:42,180	07:34	35
73.	491	Andreia Pereira	CA Barreira	F	Sen F	00:41:47	02:08:44,090	07:34	3
74.	640	Rodolfo Deyllot	Clube Desportivo Ribeirense	M	M50	00:40:45	02:09:16,770	07:36	6
75.	523	Carla Santos	O Mundo da Corrida	F	Sen F	00:42:50	02:09:34,960	07:37	4
76.	502	Paulo Sarty	Strong Team	M	M40	00:42:51	02:09:37,850	07:37	14
77.	532	Bráulio Luís	Ameixa Team	M	Sen M	00:40:35	02:09:49,690	07:38	36
78.	631	Pedro Neves	Team Crosswater	M	Sen M	00:43:08	02:09:52,780	07:38	37
79.	601	Fábio Roxo	Dá-lhe Gás Team	M	Sen M	00:41:01	02:10:22,200	07:40	38
80.	541	Diogo Caniço	A20KM	M	Sen M	00:39:15	02:10:28,510	07:40	39
81.	457	Bruno Pereira	Texugos Team	M	Sen M	00:43:18	02:11:50,840	07:45	40
82.	400	Lina Marques	OndaTrilhos	F	F40	00:42:15	02:11:55,770	07:46	1
83.	335	Alberto Covas	Asas nos Pés	M	M55	00:40:34	02:12:03,990	07:46	5
84.	616	João Marçal	Team Crosswater	M	Sen M	00:43:08	02:12:11,590	07:47	41
85.	326	Pedro Silva	pace.makers	M	Sen M	00:40:49	02:13:00,280	07:49	42
86.	655	Ricardo Mainha		M	Sen M	00:40:56	02:13:09,320	07:50	43
87.	447	Rui Inácio	Cepos Team	M	Sen M	00:40:12	02:13:54,940	07:53	44
88.	533	Rafael Lopes	Ameixa Team	M	Sen M	00:42:55	02:14:36,370	07:55	45
89.	527	José Soares	Team 143, Tasca do Zé Russo	M	Sen M	00:45:09	02:14:36,540	07:55	46
90.	401	João Dias	Os Galgos de Tancos	M	M50	00:42:39	02:14:42,550	07:55	7

Col	Num	Nome	Equipa	Sx	Cat	Controlo	Tempo	Ritmo	Cat.
91.	607	Vitor Godinho	clube veteranos do lis	M	M40	00:39:27	02:14:48,870	07:56	15
92.	562	Ana Teixeira	Clube de Atletismo Trail Runners da Ponte	F	Sen F	00:43:55	02:15:07,740	07:57	5
93.	561	Bruno Marquês	Clube de Atletismo Trail Runners da Ponte	M	M40	00:43:56	02:15:08,190	07:57	16
94.	578	João Santos	A.C.R. CASAIS DAS BOIÇAS	M	Sen M	00:41:07	02:15:09,450	07:57	47
95.	581	Daniel Luis	Clube de Atletismo Trail Runners da Ponte	M	Sen M	00:41:12	02:15:43,680	07:59	48
96.	357	Miguel Rodrigues	Asas nos Pés	M	Sen M	00:41:53	02:15:46,620	07:59	49
97.	374	Americo Antunes	Alverca Urban Runners	M	M50	00:43:04	02:16:06,960	08:01	8
98.	633	Diogo Lucas	MontiRunners	M	Sen M	00:47:57	02:16:14,640	08:01	50
99.	590	Miguel Henriques	Sacode a Preguiça	M	Sen M	00:41:16	02:16:41,800	08:02	51
100.	588	Rogério Serra		M	Sen M	00:46:49	02:17:05,030	08:04	52
101.	431	João Vitorino	pace.makers	M	M50	00:47:11	02:17:09,910	08:04	9
102.	469	Pedro Carmo	CLAC Entroncamento	M	M40	00:42:43	02:17:20,920	08:05	17
103.	489	Diana Elias		F	Sen F	00:42:40	02:17:47,880	08:06	6
104.	514	Ricardo Paulo	Escola Atletismo Cartaxo	M	M45	00:39:45	02:17:51,270	08:07	7
105.	315	Pedro Ferreira	Runners da Frente Ribeirinha da Povia de Santa Iria	M	M45	00:41:01	02:18:15,020	08:08	8
106.	333	Paulo Lourenço	Runners da Frente Ribeirinha da Povia de Santa Iria	M	Sen M	00:41:02	02:18:16,980	08:08	53
107.	492	João Padilla	Dolce Furadouro	M	Sen M	00:37:45	02:18:18,820	08:08	54
108.	445	Patricia Madeira	Vertical Navis	F	F40	00:43:34	02:18:33,490	08:09	2
109.	442	Valdemar Cardoso	Vertical Navis	M	M40	00:43:29	02:18:34,420	08:09	18
110.	531	Ricardo Mesquita	SCD Glória do Ribatejo	M	Sen M	00:47:31	02:19:07,810	08:11	55
111.	612	Andreia Almeida	A20KM	F	Sen F	00:46:20	02:19:09,350	08:11	7
112.	414	Nuno Moura	A.D.Amarante Trail Running	M	M40	00:42:18	02:19:22,510	08:12	19
113.	379	César Gomes	pace.makers	M	M45	00:43:46	02:19:39,880	08:13	9
114.	429	Paulo Lopes		M	M45	00:42:59	02:20:03,940	08:14	10
115.	444	Miguel Barnabé	Vertical Navis	M	M50	00:43:33	02:20:11,200	08:15	10
116.	598	Tiago Fernandes		M	Sen M	00:47:26	02:20:35,910	08:16	56
117.	610	André Inácio		M	Sen M	00:43:51	02:20:55,920	08:17	57
118.	439	Mário Seabra	Runners da Frente Ribeirinha da Povia de Santa Iria	M	M45	00:43:31	02:21:21,630	08:19	11
119.	440	Vitor Pereira	Runners da Frente Ribeirinha da Povia de Santa Iria	M	M40	00:43:56	02:21:23,120	08:19	20
120.	651	Paula Rodrigues	Casa do Benfica em Abrantes	F	F45	00:42:45	02:21:40,070	08:20	1
121.	330	Joaquim Branquinho	ARSM - Associação Recreativa de S. Miguel	M	M60	00:45:27	02:22:01,900	08:21	1
122.	463	Joana Paulo	GRF Benedita	F	Sen F	00:46:12	02:22:17,300	08:22	8
123.	397	João Alves		M	Sen M	00:47:55	02:22:19,180	08:22	58
124.	386	Rui Marçal	pace.makers	M	M40	00:48:20	02:22:51,020	08:24	21
125.	436	João Isabel		M	M50	00:45:03	02:23:09,520	08:25	11
126.	470	Luís Rei	CLAC Entroncamento	M	M60	00:46:15	02:23:25,720	08:26	2
127.	450	João Gaspar	pace.makers	M	M60	00:47:26	02:24:05,900	08:29	3
128.	373	Luis Potra	Alverca Urban Runners	M	Sen M	00:46:10	02:24:18,600	08:29	59
129.	382	José Lourenço	pace.makers	M	M40	00:43:20	02:24:49,270	08:31	22
130.	536	Ricardo Silva		M	Sen M	00:42:46	02:25:06,930	08:32	60
131.	490	João Ferreira	Run4Eat	M	M45	00:47:47	02:25:11,680	08:32	12
132.	391	António Pereira	pace.makers	M	M60	00:45:52	02:25:26,540	08:33	4
133.	146	Silvia Franco	GAU Bajouca	F	F40	00:44:59	02:25:40,290	08:34	3
134.	641	Elton Correia	Os Galgos de Tancos	M	Sen M	00:43:47	02:26:07,570	08:36	61
135.	534	André Milhinhos	Ameixa Team	M	Sen M	00:43:23	02:26:11,080	08:36	62

Col	Num	Nome	Equipa	Sx	Cat	Controlo	Tempo	Ritmo	Cat.
136.	418	Nelson Aguiar	S.F.L.U.R.	M	M40	00:41:51	02:26:36,570	08:37	23
137.	471	Manuel Julio	CLAC Entroncamento	M	M55	00:44:48	02:26:55,050	08:38	6
138.	493	Avô Laticas	Scalabis Night Runners	M	M55	00:45:24	02:27:49,540	08:42	7
139.	487	Luis Baptista	pace.makers	M	M40	00:42:55	02:27:51,030	08:42	24
140.	30	Manuel Silva		M	M40	00:46:05	02:28:05,620	08:43	25
141.	451	Maria J. Jesus	pace.makers	F	F50	00:47:25	02:28:23,210	08:44	2
142.	586	Joao Alcobia		M	M45	00:48:17	02:28:26,410	08:44	13
143.	642	Gonçalo Maria	Os Galgos de Tancos	M	Sen M	00:47:56	02:28:27,750	08:44	63
144.	310	Armindo Rodrigues	Runners da Frente Ribeirinha da Povia de Santa Iria	M	M50	00:48:23	02:28:38,560	08:44	12
145.	389	António Santos	Fora da Arena	M	M40	00:46:25	02:28:38,620	08:44	26
146.	430	Carlos Gonçalves		M	M60	00:47:55	02:29:24,300	08:47	5
147.	540	Rui Alegre	EuETuTuEEu	M	Sen M	00:47:54	02:29:43,640	08:49	64
148.	307	Célia Paiva	Jobrinda - Montes Saloios	F	F45	00:46:32	02:29:47,910	08:49	2
149.	53	Rui Belo	Correr Soc Rec Da Granja	M	Sen M	00:52:17	02:29:58,620	08:49	65
150.	428	Tiago Cruz	Correr Soc Rec Da Granja	M	Sen M	00:52:16	02:29:59,860	08:49	66
151.	325	Nuno Pereira	pace.makers	M	M45	00:47:09	02:30:08,640	08:50	14
152.	654	Vitor Franco	pace.makers	M	M55	00:49:02	02:30:34,950	08:52	8
153.	658	Pedro Rosa	Rosa Brothers	M	M45	00:47:57	02:30:37,240	08:52	15
154.	322	Duarte Jorge		M	M40	00:45:35	02:30:44,920	08:52	27
155.	319	Roberto Azevedo		M	Sen M	00:45:29	02:30:45,720	08:52	67
156.	613	Ana Gomes	LIZ RUNNERS	F	F40	00:47:30	02:30:53,650	08:53	4
157.	407	Jaime Beato	Runners da Frente Ribeirinha da Povia de Santa Iria	M	M40	00:47:09	02:31:52,660	08:56	28
158.	406	Carla Costa	Runners da Frente Ribeirinha da Povia de Santa Iria	F	F40	00:47:21	02:31:54,680	08:56	5
159.	405	Rúben Maurício	Runners da Frente Ribeirinha da Povia de Santa Iria	M	Sen M	00:47:15	02:31:57,580	08:56	68
160.	546	Fernando Barreira	xapatilhas	M	Sen M	00:43:29	02:32:37,610	08:59	69
161.	547	Carlo Barreira	xapatilhas	M	Sen M	00:43:29	02:32:38,700	08:59	70
162.	504	Gonçalo Antunes	Gang do Amendoim	M	Sen M	00:48:35	02:32:39,530	08:59	71
163.	627	Renato André	Trilhos dos Templários	M	Sen M	00:48:05	02:32:46,770	08:59	72
164.	589	Joana Silva	OndaTrilhos	F	Sen F	00:47:55	02:32:52,100	08:59	9
165.	392	Ana Inácio	pace.makers	F	Sen F	00:45:51	02:32:53,090	08:59	10
166.	372	José Pereira	Os Perigosos	M	M60	00:52:27	02:32:54,120	08:59	6
167.	557	Fábio Silva	Chitas de Alcobaça	M	Sen M	00:47:19	02:33:37,860	09:02	73
168.	558	Rafaela Moreira	Chitas de Alcobaça	F	Sen F	00:47:33	02:33:40,730	09:02	11
169.	575	Luis Barbas	Associação de Residentes em São Domingos	M	Sen M	00:47:23	02:33:44,160	09:02	74
170.	628	Paulo Silva	Trilhos dos Templários	M	Sen M	00:48:08	02:34:01,090	09:04	75
171.	395	Nuno Tiago	pace.makers	M	M40	00:46:31	02:34:09,030	09:04	29
172.	656	Mafalda Lourenço	PAPAMILHAS RUNNING TEAM	F	F40	00:49:47	02:34:52,740	09:07	6
173.	526	Pedro Duarte	Os cheios de vontade	M	M JB	00:45:44	02:34:58,200	09:07	1
174.	361	Ricardo Mesquita	Scalkokas	M	M40	00:48:20	02:35:15,460	09:08	30
175.	454	Jose Dias	Dá-lhe Gás Team	M	M45	00:49:03	02:35:43,670	09:10	16
176.	453	Silvia Dias	Dá-lhe Gás Team	F	F40	00:49:05	02:35:45,290	09:10	7
177.	479	Fernando Pedro	Alverca Urban Runners	M	M40	00:48:33	02:35:47,990	09:10	31
178.	375	Bruno Soares	ARSM - Associação Recreativa de S. Miguel	M	Sen M	00:45:01	02:35:50,410	09:10	76
179.	419	Nuno Gonçalves	fraquinhosteam	M	M45	00:56:42	02:36:35,620	09:13	17
180.	364	Luis Belbut		M	M45	00:47:05	02:36:54,570	09:14	18

Col	Num	Nome	Equipa	Sx	Cat	Controlo	Tempo	Ritmo	Cat.
181.	644	Joao Vitorino	New Ground	M	Sen M	00:48:10	02:36:57,150	09:14	77
182.	467	João Baptista	Os Galgos de Tancos	M	M45	00:52:11	02:37:32,790	09:16	19
183.	426	Luís Chaveiro		M	M45	00:49:12	02:37:36,160	09:16	20
184.	456	António Duarte		M	M60	00:56:02	02:37:42,900	09:17	7
185.	517	Rafael Martins		M	Sen M	00:47:35	02:38:29,980	09:19	78
186.	626	Marco Soares	Trilhos dos Templários	M	M40	00:48:10	02:38:58,450	09:21	32
187.	473	Helder Pereira	Running Crew	M	Sen M	00:49:17	02:39:19,520	09:22	79
188.	565	Paulo Sousa		M	Sen M	00:49:16	02:39:20,600	09:22	80
189.	611	Bruno Sousa		M	M JB	00:43:36	02:39:40,780	09:23	2
190.	370	Pedro Ferreira	Alverca Urban Runners	M	M40	00:49:44	02:39:49,050	09:24	33
191.	621	Frederico Conde		M	Sen M	00:48:56	02:39:51,870	09:24	81
192.	435	António Cerejo	Correr Lisboa	M	M40	00:50:10	02:40:10,240	09:25	34
193.	567	Pedro Vilela		M	Sen M	00:46:20	02:40:32,070	09:26	82
194.	396	Nuno Silva	3B-S	M	M40	00:48:33	02:40:38,680	09:27	35
195.	524	Alexandre Conde	Os Galgos de Tancos	M	M40	00:52:38	02:40:57,770	09:28	36
196.	545	Fausto Sá		M	M40	00:50:05	02:41:10,390	09:29	37
197.	538	Carlos Sá	Manos Sá	M	M45	00:50:06	02:41:10,480	09:29	21
198.	650	Luis Raimundo		M	M45	00:47:58	02:41:28,760	09:30	22
199.	388	Sónia Marçal	pace.makers	F	F40	00:50:43	02:41:30,490	09:30	8
200.	548	Filipa Reis	Manas Sier	F	F S23	00:52:22	02:42:05,750	09:32	1
201.	334	Alcides Nunes	Os Perigosos	M	M55	00:52:27	02:42:32,480	09:34	9
202.	345	Paulo Silvestre	Runners da Frente Ribeirinha da Povia de Santa Iria	M	M45	00:49:35	02:42:51,510	09:35	23
203.	592	António Folgado		M	M50	00:43:52	02:43:29,310	09:37	13
204.	520	Helena Jorge		F	F45	00:48:03	02:43:30,880	09:37	3
205.	652	José Guerreiro		M	M40	00:49:04	02:43:37,750	09:37	38
206.	390	Nuno Maia	Asas nos Pés	M	M40	00:51:48	02:44:40,800	09:41	39
207.	446	Nuno Marques	Asas nos Pés	M	M40	00:51:57	02:44:41,310	09:41	40
208.	582	Odete Oliveira	AC Batalha	F	Sen F	00:53:51	02:45:55,480	09:46	12
209.	503	Elisabete Mateus	A.C.R. CASAIS DAS BOIÇAS	F	Sen F	00:53:51	02:47:59,270	09:53	13
210.	569	Tiago Ramos	Chitas de Alcobaça	M	Sen M	00:52:38	02:48:00,610	09:53	83
211.	207	Pedro Mendonca	Matilha Running	M	M40	00:37:54	02:48:21,940	09:54	41
212.	425	Rui Pinto	Runners da Frente Ribeirinha da Povia de Santa Iria	M	Sen M	00:49:11	02:49:40,660	09:59	84
213.	332	Alzira Reis	Asas nos Pés	F	Sen F	00:57:38	02:50:01,780	10:00	14
214.	343	Milton Batista	Asas nos Pés	M	M40	00:52:01	02:50:02,120	10:00	42
215.	602	Cesar Tomas	Kaninos	M	Sen M	00:50:04	02:50:03,830	10:00	85
216.	604	Ricardo Gomes	Kaninos	M	Sen M	00:50:14	02:50:05,310	10:00	86
217.	354	António Assentiz	Os Galgos de Tancos	M	M40	00:57:24	02:50:32,390	10:02	43
218.	383	Paulo Branco	pace.makers	M	M40	00:45:50	02:50:38,590	10:02	44
219.	339	Carlos Ipe	Asas nos Pés	M	M40	00:51:56	02:52:04,340	10:07	45
220.	437	Ana Santos	As Máquinas	F	Sen F	00:56:26	02:52:19,140	10:08	15
221.	537	Saul Costa	As Máquinas	M	Sen M	00:54:19	02:52:36,340	10:09	87
222.	566	Nelson Ruivo		M	M50	00:48:31	02:52:47,240	10:10	14
223.	365	Pedro Flores	Alverca Urban Runners	M	M40	00:52:40	02:53:03,010	10:11	46
224.	500	José Jorge	Clube de Atletismo Os Pesados	M	M60	00:53:12	02:54:15,890	10:15	8
225.	648	Diogo Lopes	Asas nos Pés	M	Sen M	00:52:00	02:54:35,850	10:16	88

Col	Num	Nome	Equipa	Sx	Cat	Controlo	Tempo	Ritmo	Cat.
226.	574	Paulo Simão	Casa do Benfica em Abrantes	M	M50	00:53:30	02:54:36,910	10:16	15
227.	579	Tania Serrazina	CA Obidos	F	Sen F	00:57:50	02:54:52,030	10:17	16
228.	625	Pedro Carvalho	Solera Runners	M	M40	00:53:13	02:55:27,500	10:19	47
229.	366	Gisela Carvalho		F	Sen F	00:53:31	02:55:28,810	10:19	17
230.	505	Antonio Miranda	CA Obidos	M	M60	01:02:18	02:55:33,210	10:20	9
231.	384	Carlos Jesus		M	M50	00:52:44	02:55:44,440	10:20	16
232.	341	Paulo Prudêncio	Asas nos Pés	M	M55	00:53:54	02:56:06,240	10:22	10
233.	521	Jorge Pimpão		M	M45	00:49:52	02:56:23,470	10:23	24
234.	371	José Henriques	Os Perigosos	M	M60	00:50:41	02:56:53,820	10:24	10
235.	351	Sílvia Carvalho	pace.makers	F	F45	00:54:53	02:57:11,480	10:25	4
236.	515	Carlos Andrade	Cabaré dos Coxos	M	Sen M	00:56:46	02:57:39,450	10:27	89
237.	636	Eunice Lourenço	Academia Fitness Militar	F	F40	00:57:09	02:57:41,730	10:27	9
238.	622	Helena Sanches	Academia Fitness Militar	F	F45	00:57:13	02:57:41,980	10:27	5
239.	321	Sandra Arraias	Os Arraias	F	Sen F	00:57:24	02:57:42,610	10:27	18
240.	320	Diogo Arraias	Os Arraias	M	M60	00:57:22	02:57:44,110	10:27	11
241.	512	Carlos Nogueira	Academia Fitness Militar	M	M45	00:56:51	02:58:19,530	10:29	25
242.	438	Aureliano Luz	As Máquinas	M	M40	00:56:14	02:58:47,820	10:31	48
243.	477	Susete Marques	Run4Eat	F	F45	00:59:57	02:59:46,850	10:34	6
244.	580	Catarina Leitão		F	Sen F	00:52:31	03:00:57,230	10:38	19
245.	576	João Rafael		M	M45	00:52:01	03:00:58,070	10:39	26
246.	350	Paulo Varandas	pace.makers	M	Sen M	00:49:41	03:03:01,740	10:46	90
247.	539	Ana Mendonça	A.D.Amarante Trail Running	F	Sen F	00:54:04	03:03:58,750	10:49	20
248.	549	Marta Reis	Manas Sier	F	Sen F	00:57:30	03:04:08,290	10:50	21
249.	659	Cila Faustino	Salamandrecos	F	Sen F	00:54:57	03:04:41,550	10:52	22
250.	608	Joaquim Gomes		M	Sen M	00:53:28	03:04:49,790	10:52	91
251.	507	Agostinho Brandão	CA Obidos	M	M55		03:06:29,230	10:58	11
252.	449	Humberto Duarte	pace.makers	M	M45	00:55:53	03:07:08,410	11:01	27
253.	482	Cláudia Simão	pace.makers	F	Sen F	00:55:53	03:07:08,590	11:01	23
254.	466	Sonia Cruz	Correr Soc Rec Da Granja	F	F40	01:01:22	03:08:12,980	11:04	10
255.	309	Carlos Alfaiate	Casa do Benfica em Abrantes	M	M60	01:00:59	03:08:48,360	11:07	12
256.	344	Délia Lopes	Asas nos Pés	F	Sen F	00:57:25	03:09:39,200	11:10	24
257.	664	Miguel Almeida		M	M JB	00:58:43	03:11:22,160	11:16	3
258.	398	Ana Marques	Scalabis Night Runners	F	Sen F	00:59:21	03:12:11,230	11:18	25
259.	522	Joaquim Ribeiro	Ribeiro Team	M	Sen M	00:51:40	03:14:04,590	11:25	92
260.	342	Fátima Lavrador	Asas nos Pés	F	F40	00:54:54	03:14:36,630	11:27	11
261.	412	Paula Maria	Asas nos Pés	F	Sen F	00:56:35	03:14:39,270	11:27	26
262.	404	Bernardino Bernardino	Asas nos Pés	M	M50	00:56:29	03:14:40,050	11:27	17
263.	336	José Gouveia	Asas nos Pés	M	M50	00:54:53	03:14:41,430	11:27	18
264.	634	Paulo Gomes		M	M40	00:54:40	03:14:48,290	11:28	49
265.	420	Miguel Pedro	fraquinhoteam	M	M45	01:03:28	03:14:50,620	11:28	28
266.	378	Carla Dias	pace.makers	F	Sen F	00:55:20	03:15:25,510	11:30	27
267.	381	Isabel Cabaça	pace.makers	F	F40	00:55:21	03:15:27,700	11:30	12
268.	560	Patrícia Guerra	Chitas de Alcobaça	F	Sen F	01:04:00	03:15:51,260	11:31	28
269.	559	Ricardo Almeida	Chitas de Alcobaça	M	Sen M	01:03:59	03:15:55,130	11:31	93
270.	593	Pedro Teodoro	Quarta a fundo	M	M45	00:57:21	03:16:37,220	11:34	29

Col	Num	Nome	Equipa	Sx	Cat	Controlo	Tempo	Ritmo	Cat.
271.	595	Gonalo Silva	Quarta a fundo	M	M45	01:02:33	03:16:39,180	11:34	30
272.	594	Ant3nio Gomes	Quarta a fundo	M	M45	01:03:33	03:17:23,850	11:37	31
273.	620	M3rio Frade		M	M55	01:04:24	03:17:26,400	11:37	12
274.	518	Ana Santos	Percurso das Salinas	F	F40	00:58:44	03:18:04,480	11:39	13
275.	367	Margarida Monteiro	Alverca Urban Runners	F	F50	01:01:28	03:19:37,640	11:44	3
276.	421	Alexandra Centeno	fraquinhos team	F	F45	01:03:41	03:19:45,720	11:45	7
277.	422	Vasco Rodeia	fraquinhos team	M	M45	01:01:25	03:19:46,260	11:45	32
278.	358	Reinaldo Mateus	Asas nos P3s	M	M55		03:21:39,420	11:52	13
279.	638	Arminda Basilio	OPraticante.pt	F	F40	01:02:45	03:22:41,380	11:55	14
280.	556	Paula Saraiva	OPraticante.pt	F	F45	01:02:51	03:22:41,850	11:55	8
281.	615	Gloria Santos	MaisQueCuidarRunning	F	F50	01:02:44	03:22:42,190	11:55	4
282.	647	Paulo Patricio	MaisQueCuidarRunning	M	M45	01:02:40	03:22:42,790	11:55	33
283.	555	Lidia Santos		F	F50	01:02:38	03:22:45,340	11:56	5
284.	355	Fernando Silva	pace.makers	M	M55	00:59:22	03:24:19,760	12:01	14
285.	530	Artur Santos	Escola Superior de Desporto de Rio Maior	M	M40	01:03:45	03:24:21,730	12:01	50
286.	376	Jo3o Botas		M	M45	01:02:04	03:26:13,720	12:08	34
287.	461	Ana Rodrigues		F	Sen F	00:58:51	03:27:13,400	12:11	29
288.	484	Sara Seguro	Frutas Pimentel	F	Sen F	01:05:48	03:27:51,270	12:14	30
289.	485	Nuno Pimentel	Frutas Pimentel	M	M40	01:05:47	03:27:54,720	12:14	51
290.	415	Cristina Brigham	Clube Desportivo Salvaterrense	F	F40	01:04:44	03:27:55,840	12:14	15
291.	417	Francisco Naia	Clube Desportivo Salvaterrense	M	M40	01:04:43	03:27:58,100	12:14	52
292.	311	Manuel Ferreira	Runners da Frente Ribeirinha da Povia de Santa Iria	M	M50	00:58:11	03:28:05,330	12:14	19
293.	657	Raquel Cardoso		F	Sen F	00:55:07	03:28:16,350	12:15	31
294.	519	Aida Silva	Percurso das Salinas	F	F50	00:59:01	03:29:17,030	12:19	6
295.	462	Francisco Rodrigues		M	Sen M	00:58:47	03:31:04,570	12:25	94
296.	301	Jorge Elias	COA - Clube de Orienta3o e Aventura	M	M50	01:03:41	03:32:01,030	12:28	20
297.	402	Maria Condeo	Kaninos	F	F50	01:01:17	03:32:20,110	12:29	7
298.	403	Mario Santiago	Kaninos	M	M50	01:01:12	03:32:21,640	12:29	21
299.	411	S3rgio Silva	C.D. ""Os 3guias"" de Alpiara	M	M40	00:57:52	03:33:31,570	12:34	53
300.	550	M3rio Serr3o		M	M45	00:57:50	03:33:32,300	12:34	35
301.	653	Pedro Rita		M	M40	01:01:19	03:33:43,530	12:34	54
302.	452	Sara Cordeiro	Scalabis Night Runners	F	Sen F	01:06:33	03:34:25,660	12:37	32
303.	328	Susana Madeira	pace.makers	F	F40	01:05:20	03:34:25,760	12:37	16
304.	363	Cristina Barbosa		F	F45	01:05:17	03:42:53,220	13:07	9
305.	340	Concei3o Cunha	Asas nos P3s	F	F50	01:05:43	03:44:20,660	13:12	8
306.	475	Adriana Macedo	Os Galgos de Tancos	F	F S23	01:04:32	03:44:21,650	13:12	2
307.	476	Juliana Pinheiral	Os Galgos de Tancos	F	Sen F	01:04:33	03:44:22,420	13:12	33
308.	368	Graa Nobre	Alverca Urban Runners	F	F55	01:03:47	03:44:25,340	13:12	1
309.	494	Patricia Marques	impar3veis	F	Sen F	01:10:23	03:44:54,860	13:14	34
310.	577	Eduarda Queimado		F	F45	01:05:46	03:44:56,940	13:14	10
311.	624	Lu3s Ferreira		M	M45	01:05:45	03:48:37,510	13:27	36
312.	348	Patricia Santos	Asas nos P3s	F	Sen F	01:05:43	03:48:37,900	13:27	35
313.	377	Ana Calia	Alverca Urban Runners	F	Sen F	01:08:45	03:48:54,950	13:28	36
314.	327	Salom3 Gl3rias	pace.makers	F	F45	01:07:46	03:55:20,450	13:50	11
315.	509	Anabela Santos	pace.makers	F	F45	01:05:21	03:55:24,190	13:51	12

Col	Num	Nome	Equipa	Sx	Cat	Controlo	Tempo	Ritmo	Cat.
316.	516	Emilia Galinha	Cartaxo Night Runners	F	F55	01:06:07	03:55:34,370	13:52	2
317.	460	Sara Barata	Alverca Urban Runners	F	F40	01:08:45	03:55:41,160	13:52	17
318.	369	Rita Merenda	Alverca Urban Runners	F	Sen F	01:10:51	03:56:08,730	13:53	37
319.	306	Alexandra Santos		F	Sen F	01:09:24	03:59:11,330	14:04	38
320.	304	Leonor Batista		F	Sen F	01:09:23	03:59:15,210	14:04	39
321.	525	Carina Faias	Team Salamandras	F	Sen F	01:10:31	04:04:07,000	14:22	40
322.	529	Carla Nicolau	Team Salamandras	F	Sen F	01:10:14	04:04:09,380	14:22	41
323.	347	Telma Eusébio	Scalkokas	F	Sen F	01:09:45	04:05:49,640	14:28	42
324.	609	Paula Carmo	Papa Trilhos do CAAL	F	F50	01:09:27	04:06:02,580	14:28	9
325.	637	Ana Soares	pace.makers	F	F40	01:12:20	04:06:05,690	14:29	18
326.	349	Dora Garcia	pace.makers	F	F40	01:12:21	04:06:05,740	14:29	19
327.	486	Cristina Marcos	pace.makers	F	F50	01:13:09	04:06:08,060	14:29	10
328.	352	Sofia Fernandes	pace.makers	F	Sen F	01:12:22	04:06:08,720	14:29	43
329.	329	Romão Moita	Monte saloios	M	M55	01:08:47	04:06:22,710	14:29	15
330.	317	Lupe Pereira	Jobrinde - Montes Saloios	F	F50	01:08:55	04:06:23,070	14:29	11
331.	584	Tania Fernandes		F	Sen F	01:10:10	04:06:23,760	14:29	44
332.	587	Helena Abreu		F	Sen F	01:10:08	04:06:24,470	14:29	45
-	597	Julien Chapaveyre	BABA	M	Sen M	00:46:29			
-	474	Maria Alegria	imparáveis	F	F45	01:10:26			
-	318	Carlos Gouveia	PóPetisko	M	M40	01:11:48			