



2º Trail Running TRILHO DAS DORES

Data: 27 de Setembro de 2015

Localidade: Abitureiras

Organização: CCC Desporto de Abitureiras

Cronometragem: Trilho Perdido Cronometragens

Classificação geral Trail Curto

Pos.	Dorsal	Nome	Clube	Categ.	P. Cat.	Tempo	T/Km.	Dif.
1	143	Silvino, António	A.C. SÃO MAMEDE	TC M50	1	1:37:30.58	04:55	
2	250	Rosario, Jose	porto de mos a correr	TC M40	1	1:38:43.67	04:59	0:01:13
3	173	Albino, Luis	Casa do Benfica em Abrantes	TC Mse	1	1:40:22.46	05:04	0:02:51
4	327	Correia, Sérgio	União Desportiva e Recreativa Zona Alta	TC Mse	2	1:41:32.03	05:08	0:04:01
5	310	Pinheiro, Pedro	SFRAAmadora-Triatlo	TC M40	2	1:47:17.54	05:25	0:09:47
6	326	Leandro, Rui	União Desportiva e Recreativa Zona Alta	TC Mse	3	1:47:52.51	05:27	0:10:22
7	100	Melo, Marco	SCALABIS NIGHT RUNNERS	TC Mse	4	1:49:07.70	05:31	0:11:37
8	177	Roque, Goncalo	Chester's Team	TC M40	3	1:49:08.01	05:31	0:11:37
9	145	Custódio, Charles	A.C. SÃO MAMEDE	TC Mse	5	1:49:26.91	05:32	0:11:56
10	191	Marquês, Tobias	CRP Ribafria	TC Mse	6	1:51:09.97	05:37	0:13:39
11	325	Maia, Diogo	União Desportiva e Recreativa Zona Alta	TC Mse	7	1:51:35.87	05:38	0:14:05
12	280	Bento, João	Samorarunig	TC Mse	8	1:52:31.56	05:41	0:15:01
13	363	Duarte, José	União Desportiva e Recreativa Zona Alta	TC Mse	9	1:52:38.97	05:41	0:15:08
14	186	Emidio, Luis	Clube de Orientação e Aventura	TC M40	4	1:52:58.87	05:42	0:15:28
15	254	Cruz, Gonçalo	Rapótacho	TC Mse	10	1:53:30.51	05:44	0:16:00
16	366	Faria, Luis		TC Mse	11	1:53:50.55	05:45	0:16:20
17	319	Granadas, Pedro	Tough Trails Alenquer	TC M40	5	1:55:04.79	05:49	0:17:34
18	290	Zarco, Gonçalo	SCALABIS NIGHT RUNNERS	TC M40	6	1:55:58.65	05:51	0:18:28
19	394	Ascenso, Joel	Casa do Benfica em Abrantes	TC Mse	12	1:56:14.50	05:52	0:18:44
20	255	Finote, Júlio	Rapótacho	TC M40	7	1:56:59.45	05:55	0:19:28
21	142	Remédios, Anabela	A.C. SÃO MAMEDE	TC F40	1	1:57:13.72	05:55	0:19:43
22	146	Coelho, Joel	A.C. SÃO MAMEDE	TC Mse	13	1:57:28.87	05:56	0:19:58
23	182	Fernandes, Rui	Chitas de Alcobaça	TC M40	8	1:57:50.07	05:57	0:20:19
24	313	Figueira, Bruno	Tar-Tugas	TC Mse	14	1:58:14.78	05:58	0:20:44
25	297	Raposeira, Bruno	Aguias de Aliarça	TC Mse	15	1:59:46.50	06:03	0:22:16
26	242	Cipriano, Osvaldo	pace.makers	TC Mse	16	2:00:56.60	06:06	0:23:26
27	296	Batalha, Paulo	SCALABIS NIGHT RUNNERS	TC M40	9	2:01:05.93	06:07	0:23:35
28	184	Medley, Pedro	CLAC - Entroncamento	TC Mse	17	2:01:06.78	06:07	0:23:36
29	144	Reis, Bruno	A.C. SÃO MAMEDE	TC Mse	18	2:01:35.78	06:08	0:24:05
30	251	Costa, Helder	porto de mos a correr	TC M40	10	2:01:48.18	06:09	0:24:17
31	383	Vieira, Rui		TC Mse	19	2:03:42.62	06:15	0:26:12
32	273	Capelas, Vitor	Salamandrecos	TC M40	11	2:03:48.77	06:15	0:26:18
33	96	Hipólito, Carlos	SCALABIS NIGHT RUNNERS	TC M40	12	2:04:10.57	06:16	0:26:40
34	193	Jerónimo, Paulo	FAM 2 RUN	TC M40	13	2:04:57.51	06:19	0:27:27
35	161	Baptista, António	ATV	TC M40	14	2:07:31.83	06:26	0:30:01
36	334	Pereira, Américo		TC M40	15	2:07:45.67	06:27	0:30:15
37	174	Pires, Vitor	casa do povo de alcanena	TC M40	16	2:08:44.52	06:30	0:31:14
38	149	Basílio, Carlos	ACR Trilhos dos Templários	TC Mse	20	2:08:45.53	06:30	0:31:15
39	288	Silva, Dinis	SCALABIS NIGHT RUNNERS	TC M40	17	2:09:20.74	06:32	0:31:50
40	203	Oliveira, Paulo	Glória Runners	TC Mse	21	2:09:26.47	06:32	0:31:55
41	180	Nascimento, Pedro	Chitas de Alcobaça	TC Mse	22	2:09:34.67	06:33	0:32:04

42	14	Godinho, Antoine	casa do povo de alcanena	TC Mse	23	2:09:58.88	06:34	0:32:28
43	12	Salgueiro, Mário	C.A.S.P.A. - Clube Amador Só Para Atletismo	TC M40	18	2:09:59.17	06:34	0:32:28
44	148	Lebre, Valter	ACR Espinhense	TC M40	19	2:10:20.76	06:35	0:32:50
45	289	Castela, Fernando	SCALABIS NIGHT RUNNERS	TC M40	20	2:10:36.92	06:36	0:33:06
46	295	Rodrigues, Paula	SCALABIS NIGHT RUNNERS	TC F40	2	2:10:49.13	06:36	0:33:18
47	65	Barbas, Pedro	Pontével a Mexer	TC M40	21	2:11:11.06	06:38	0:33:40
48	364	Peixoto, José		TC M50	2	2:11:49.91	06:39	0:34:19
49	286	Coelho, Artur	SCALABIS NIGHT RUNNERS	TC M40	22	2:12:00.67	06:40	0:34:30
50	389	Rodrigues, Victor		TC M40	23	2:14:28.69	06:48	0:36:58
51	192	Oliveira, Armanda	Elfos Team	TC F40	3	2:14:29.24	06:48	0:36:58
52	277	Alves, Rui	Salvaterra Night Runners	TC M40	24	2:14:30.52	06:48	0:37:00
53	240	Martins, Nuno	pace.makers	TC Mse	24	2:14:56.74	06:49	0:37:26
54	58	Oliveira, Sérgio	pace.makers	TC M40	25	2:14:57.80	06:49	0:37:27
55	206	Sousa, Jorge	grupo cicloturismo barquinense	TC M40	26	2:15:52.28	06:52	0:38:21
56	391	Gonçalves, Zico		TC Mse	25	2:15:58.10	06:52	0:38:27
57	264	Gregório, João	Runners do Passeio Ribeirinho da Póvoa de Santa Ir	TC Mse	26	2:16:51.85	06:55	0:39:21
58	164	Faria, Gustavo	C.A.S.P.A. - Clube Amador Só Para Atletismo	TC Mse	27	2:17:08.51	06:56	0:39:38
59	323	Marques, Carlos	Trilhos e Corridas de Tercena	TC M50	3	2:17:25.14	06:56	0:39:54
60	307	Mesquita, Ricardo	Scalkokas	TC Mse	28	2:18:02.54	06:58	0:40:32
61	347	Roberto, Diogo		TC Mse	29	2:18:11.12	06:59	0:40:40
62	152	Pombeiro, Anabela	Agregar	TC F40	4	2:18:11.74	06:59	0:40:41
63	359	Isabel, João		TC M40	27	2:18:41.62	07:00	0:41:11
64	187	Barata, Nuno	Clube de Orientação e Aventura	TC M40	28	2:19:44.43	07:03	0:42:13
65	48	Casimiro, Cristóvão	Não fazemos nem mais um km	TC M40	29	2:21:56.34	07:10	0:44:25
66	287	Tavares, Carlos	SCALABIS NIGHT RUNNERS	TC M40	30	2:22:16.83	07:11	0:44:46
67	76	Silva, Luciano	Runners do Passeio Ribeirinho da Póvoa de Santa Ir	TC Mse	30	2:22:29.93	07:12	0:44:59
68	263	Mendes, Hugo	Runners do Passeio Ribeirinho da Póvoa de Santa Ir	TC Mse	31	2:22:30.56	07:12	0:45:00
69	238	Faria, Nélson	pace.makers	TC Mse	32	2:22:41.73	07:12	0:45:11
70	244	Gouveia, Pedro	pace.makers	TC M40	31	2:22:41.85	07:12	0:45:11
71	222	Cordeiro, David	Os Cheios de Vontade	TC Mse	33	2:22:55.91	07:13	0:45:25
72	257	Morgado, Tiago	RÓÓDINHAS / Santos Silva	TC Mse	34	2:22:57.06	07:13	0:45:26
73	379	Duarte, Pedro		TC Mse	35	2:22:57.94	07:13	0:45:27
74	375	Abreu, Miguel		TC Mse	36	2:24:01.68	07:16	0:46:31
75	188	Figueiredo, Nuno	Clube de Orientação e Aventura	TC Mse	37	2:24:41.43	07:18	0:47:10
76	259	Rolo, Arnaldo	Runners do Passeio Ribeirinho da Póvoa de Santa Ir	TC M40	32	2:25:22.95	07:21	0:47:52
77	368	Alexandre, Marco		TC Mse	38	2:25:45.77	07:22	0:48:15
78	160	Alves, Rui	Aquae Scalabis	TC Mse	39	2:28:02.28	07:29	0:50:31
79	392	Martinho, Rafael		TC Mse	40	2:28:39.28	07:30	0:51:08
80	198	Cardoso, Bernardo	Georunners	TC Mse	41	2:29:00.43	07:32	0:51:29
81	393	Margarida, Ana		TC F40	5	2:29:17.22	07:32	0:51:46
82	373	Rosa, Mário		TC M40	33	2:29:52.45	07:34	0:52:21
83	369	Rosário, Marco		TC Mse	42	2:30:05.68	07:35	0:52:35
84	200	Almeida, Andreia	Glória Runners	TC Fse	1	2:30:55.03	07:37	0:53:24
85	270	Maurício, Rúben	Runners do Passeio Ribeirinho da Póvoa de Santa Ir	TC Mse	43	2:32:02.96	07:41	0:54:32
86	275	Nogueira, Lourenço	Salvaterra Night Runners	TC M40	34	2:32:16.99	07:41	0:54:46
87	267	Cruz, Miguel	Runners do Passeio Ribeirinho da Póvoa de Santa Ir	TC M40	35	2:32:45.59	07:43	0:55:15
88	300	Veríssimo, Sandra	SCALABIS NIGHT RUNNERS	TC Fse	2	2:33:22.09	07:45	0:55:51
89	167	Silva, Sérgio	"C.D.""Os Águias"" Alpiarça"	TC Mse	44	2:33:35.45	07:45	0:56:04
90	215	Valente, Gonçalo	Não fazemos nem mais um km	TC M40	36	2:35:11.31	07:50	0:57:40
91	216	Pedro, Sara	Não fazemos nem mais um km	TC F40	6	2:36:18.96	07:54	0:58:48
92	294	Stoffel, Nuno	SCALABIS NIGHT RUNNERS	TC M40	37	2:36:21.76	07:54	0:58:51
93	147	Gonçalves, Paulo	Abutres runing team	TC M40	38	2:36:22.21	07:54	0:58:51
94	265	Pinheiro, João	Runners do Passeio Ribeirinho da Póvoa de Santa Ir	TC Mse	45	2:36:41.04	07:55	0:59:10
95	228	Silva, Joao	pace.makers	TC Mse	46	2:37:32.11	07:57	1:00:01
96	249	Ferreira, João	Peniche Bike Riders	TC Mse	47	2:37:37.12	07:58	1:00:06
97	342	Roberto, Bruno		TC Mse	48	2:38:12.68	07:59	1:00:42
98	262	Guerreiro, Hugo	Runners do Passeio Ribeirinho da Póvoa de Santa Ir	TC M40	39	2:38:55.45	08:02	1:01:24
99	89	Rodrigues, João	Salamandrecos	TC M40	40	2:39:15.56	08:03	1:01:45

100	172	Calado, Marta	Casa do Benfica em Abrantes	TC Fse	3	2:39:29.05	08:03	1:01:58
101	380	Rebello, Pedro		TC Mse	49	2:39:31.58	08:03	1:02:01
102	292	Cordeiro, Manuel	SCALABIS NIGHT RUNNERS	TC M50	4	2:41:29.84	08:09	1:03:59
103	324	Lopes, Joaquim	TRILHOS E CORRIDAS DE TERCENA	TC M50	5	2:41:39.23	08:10	1:04:08
104	179	Silva, Fábio	Chitas de Alcobaça	TC Mse	50	2:42:39.36	08:13	1:05:08
105	181	Moreira, Rafaela	Chitas de Alcobaça	TC Fse	4	2:42:39.71	08:13	1:05:09
106	171	Costa, Antonio	Casa do Benfica em Abrantes	TC M50	6	2:42:59.34	08:14	1:05:28
107	154	Mesquita, Ricardo	Amigos da corrida de Benfica do Ribatejo	TC Mse	51	2:43:42.71	08:16	1:06:12
108	329	Bicho, José	VendasNovas Trail	TC M40	41	2:44:03.34	08:17	1:06:32
109	361	Sousa, João		TC M40	42	2:44:10.41	08:17	1:06:39
110	282	Domingos, Daniel	Sapatilhas & Petiscos	TC Mse	52	2:45:06.95	08:20	1:07:36
111	260	Almeida, Carina	Runners do Passeio Ribeirinho da Póvoa de Santa Ir	TC Fse	5	2:45:25.71	08:21	1:07:55
112	272	Barra, Silvia	Runners do Passeio Ribeirinho da Póvoa de Santa Ir	TC Fse	6	2:47:39.63	08:28	1:10:09
113	197	Martins, Carla	Ganha...Dores	TC Fse	7	2:47:42.45	08:28	1:10:11
114	79	Correia, Nuno	Runners do Passeio Ribeirinho da Póvoa de Santa Ir	TC Mse	53	2:47:46.23	08:28	1:10:15
115	360	Rodrigues, João		TC Mse	54	2:48:43.71	08:31	1:11:13
116	305	Raimundo, Luis	Scalabis Trail Power	TC M40	43	2:48:45.46	08:31	1:11:14
117	362	Rodrigues, Jorge		TC Mse	55	2:49:26.60	08:33	1:11:56
118	252	Bonito, Bruno	ProAventuras	TC Mse	56	2:49:53.38	08:35	1:12:22
119	279	Ferreira, Edgar	Samorarunig	TC Mse	57	2:50:16.16	08:36	1:12:45
120	278	Fonseca, Alexandre	Samorarunig	TC Mse	58	2:50:16.68	08:36	1:12:46
121	239	Maia, Nuno	pace.makers	TC Mse	59	2:51:00.70	08:38	1:13:30
122	320	Costa, Carlos	Traillers	TC M50	7	2:51:40.00	08:40	1:14:09
123	376	Almeida, Miguel		TC Mse	60	2:52:05.64	08:41	1:14:35
124	301	Cordeiro, Sara	SCALABIS NIGHT RUNNERS	TC Fse	8	2:53:38.27	08:46	1:16:07
125	176	Verissimo, Fernando	Chester's Team	TC M50	8	2:53:55.62	08:47	1:16:25
126	343	Barrela, Carlo		TC Mse	61	2:53:56.64	08:47	1:16:26
127	178	Duarte, Jorge	Chester's Team	TC M40	44	2:53:57.29	08:47	1:16:26
128	351	Barrela, Fernando		TC Mse	62	2:53:58.44	08:47	1:16:27
129	298	Fernandes, Regina	SCALABIS NIGHT RUNNERS	TC F40	7	2:54:00.61	08:47	1:16:30
130	284	Fernandes, Ana	SCALABIS NIGHT RUNNERS	TC Fse	9	2:54:03.45	08:47	1:16:32
131	165	Leal, Otilia	C.A.S.P.A. - Clube Amador Só Para Atletismo	TC F40	8	2:54:39.32	08:49	1:17:08
132	341	Baptista, Artur		TC M40	45	2:56:16.13	08:54	1:18:45
133	387	Abreu, Telmo		TC M40	46	2:56:45.61	08:56	1:19:15
134	390	Ferreira, Zélia		TC Fse	10	2:56:55.92	08:56	1:19:25
135	381	Faustino, Rui		TC M40	47	2:56:56.30	08:56	1:19:25
136	268	Fernandes, Paula	Runners do Passeio Ribeirinho da Póvoa de Santa Ir	TC Fse	11	2:56:59.50	08:56	1:19:29
137	217	Barra, Isabel	O Praticante (asas do milenium)	TC F40	9	2:57:31.09	08:58	1:20:00
138	321	Monteiro, Pedro	Traillers	TC M50	9	2:57:52.38	08:59	1:20:21
139	354	Almeida, Gabriel		TC Mse	63	3:00:23.78	09:07	1:22:53
140	158	Machado, Paulo	Aquae Scalabis	TC M40	48	3:02:18.05	09:12	1:24:47
141	213	Pipa, Ana	Jobrinde - Montes Saloios	TC Fse	12	3:03:06.17	09:15	1:25:35
142	235	Santos, Mafalda	pace.makers	TC Fse	13	3:03:14.78	09:15	1:25:44
143	236	Vassalo, Maria	pace.makers	TC F40	10	3:03:15.43	09:15	1:25:44
144	229	Rodrigues, João	pace.makers	TC M40	49	3:03:15.58	09:15	1:25:45
145	162	Marques, Carlos	BDM Runners	TC M50	10	3:03:21.26	09:16	1:25:50
146	226	Mendes, Hugo	pace.makers	TC Mse	64	3:03:36.79	09:16	1:26:06
147	314	Balao, Carlos	Tar-Tugas	TC Mse	65	3:03:39.74	09:17	1:26:09
148	345	Pedroso, Daniel		TC Mse	66	3:04:29.01	09:19	1:26:58
149	195	Santos, António	Fora da Arena	TC M40	50	3:04:29.41	09:19	1:26:58
150	183	Vieira, Tânia	Chitas de Alcobaça	TC Fse	14	3:04:44.86	09:20	1:27:14
151	357	Vinagre, Inês		TC F40	11	3:05:03.78	09:21	1:27:33
152	386	Baptista, Susana		TC F40	12	3:05:03.96	09:21	1:27:33
153	199	Fonseca, Alexandre	Glória Runners	TC Mse	67	3:05:09.77	09:21	1:27:39
154	346	Neves, Diana		TC Fse	15	3:05:36.89	09:22	1:28:06
155	353	Madeira, Filipe		TC M40	51	3:05:55.46	09:23	1:28:24
156	356	Brilhante, Helder		TC M40	52	3:06:05.46	09:24	1:28:34
157	241	Tiago, Nuno	pace.makers	TC M40	53	3:06:32.98	09:25	1:29:02

158	316	Rebello, Acácio	Ténis Clube de Lamego	TC M40	54	3:07:39.16	09:29	1:30:08
159	395	Silva, Rodolfo		TC Mse	68	3:07:42.54	09:29	1:30:12
160	170	Ferreira, André	caracol trail team	TC Mse	69	3:09:30.41	09:34	1:31:59
161	189	Silva, David	Correr Lisboa	TC Mse	70	3:10:00.29	09:36	1:32:29
162	243	Conceição, Paulo	pace.makers	TC Mse	71	3:10:22.36	09:37	1:32:51
163	194	Jerónimo, Teresa	FAM 2 RUN	TC F40	13	3:10:31.98	09:37	1:33:01
164	150	Patrício, Fernando	AFDD - Run Crew Trail Montijo	TC M50	11	3:11:08.73	09:39	1:33:38
165	151	Silva, Paulo	AFDD - Run Crew Trail Montijo	TC M40	55	3:11:10.84	09:39	1:33:40
166	269	Soares, Rildo	Runners do Passeio Ribeirinho da Póvoa de Santa Ir	TC M40	56	3:11:12.90	09:39	1:33:42
167	205	Batista, Sofia	Glória Runners	TC Fse	16	3:12:35.14	09:44	1:35:04
168	202	Fonseca, Jacinta	Glória Runners	TC F40	14	3:12:37.43	09:44	1:35:06
169	367	Morais, Luis		TC M40	57	3:12:42.81	09:44	1:35:12
170	168	Cordeiro, Nuno	C.D.Salvaterrense/C.M.E	TC M40	58	3:13:14.41	09:46	1:35:43
171	223	Marques, Ana	pace.makers	TC Fse	17	3:13:18.19	09:46	1:35:47
172	384	Silva, Sofia		TC Fse	18	3:14:31.18	09:49	1:37:00
173	225	gaivoto, diogo	pace.makers	TC Mse	72	3:19:31.81	10:05	1:42:01
174	344	Finote, Catarina		TC Fse	19	3:19:32.06	10:05	1:42:01
175	335	Carvalho, Ana		TC Fse	20	3:19:33.06	10:05	1:42:02
176	232	coelho, José	pace.makers	TC M50	12	3:19:58.22	10:06	1:42:27
177	221	Fidalgo, Mariana	Os charnechos	TC Fse	21	3:21:03.51	10:09	1:43:33
178	274	Ferreira, Ângela	Salvaterra Night Runners	TC Fse	22	3:21:04.27	10:09	1:43:33
179	388	Aranha, Teresa		TC F40	15	3:21:04.48	10:09	1:43:33
180	308	Cardoso, Rui	Scalkokas	TC M40	59	3:21:04.60	10:09	1:43:34
181	153	André, Pedro	Almeirim Runners	TC Mse	73	3:21:59.84	10:12	1:44:29
182	40	Almeida, Joao	kaninos	TC M40	60	3:22:34.95	10:14	1:45:04
183	157	Augusto, Luis	Aquae Scalabis	TC M40	61	3:23:59.91	10:18	1:46:29
184	159	Bernardino, Pedro	Aquae Scalabis	TC Mse	74	3:24:00.66	10:18	1:46:30
185	212	Casteleiro, Sara	Já fomos	TC Fse	23	3:24:02.21	10:18	1:46:31
186	210	Silva, Helder	Já fomos	TC Mse	75	3:24:02.41	10:18	1:46:31
187	311	Alves, Ana	Tar-Tugas	TC Fse	24	3:24:12.75	10:19	1:46:42
188	315	Rodrigues, Nuno	Tar-Tugas	TC M40	62	3:24:13.94	10:19	1:46:43
189	234	Rosado, Lena	pace.makers	TC F40	16	3:24:32.21	10:20	1:47:01
190	224	Guia, Dercio	pace.makers	TC M40	63	3:24:33.56	10:20	1:47:03
191	372	Constantino, Mário		TC Mse	76	3:26:10.46	10:25	1:48:39
192	374	Serrão, Mário		TC M40	64	3:26:12.94	10:25	1:48:42
193	261	Cardoso, Fernanda	Runners do Passeio Ribeirinho da Póvoa de Santa Ir	TC Fse	25	3:26:18.70	10:25	1:48:48
194	293	Sousa, Marina	SCALABIS NIGHT RUNNERS	TC F40	17	3:28:00.30	10:30	1:50:29
195	208	Bandeira, Filipe	Já fomos	TC Mse	77	3:29:43.27	10:36	1:52:12
196	207	Caçola, Ângela	Já fomos	TC Fse	26	3:29:46.75	10:36	1:52:16
197	211	Pereira, João	Já fomos	TC Mse	78	3:29:47.60	10:36	1:52:17
198	209	Francisco, Gonçalo	Já fomos	TC Mse	79	3:29:48.27	10:36	1:52:17
199	382	Maia, Rui		TC Mse	80	3:30:41.78	10:38	1:53:11
200	358	Botas, João		TC M40	65	3:34:32.87	10:50	1:57:02
201	337	Mendes, Ana		TC Fse	27	3:35:47.08	10:54	1:58:16
202	370	Abreu, Maria		TC F40	18	3:35:50.67	10:54	1:58:20
203	175	Brigham, Cristina	CD Salvaterrense / CME	TC F40	19	3:37:26.51	10:59	1:59:56
204	276	Fernandes, Patrícia	Salvaterra Night Runners	TC Fse	28	3:37:28.92	10:59	1:59:58
205	355	Silva, Gonçalo		TC Mse	81	3:40:36.27	11:08	2:03:05
206	306	Pedro, Manuel	Scalabis Trail Power	TC M40	66	3:41:14.97	11:10	2:03:44
207	304	Bento, Luis	Scalabis Trail Power	TC M40	67	3:41:15.30	11:10	2:03:44
208	309	Eusébio, Telma	Scalkokas	TC Fse	29	3:42:43.05	11:15	2:05:12
209	246	Felicio, Rui	pace.makers	TC Mse	82	3:44:15.80	11:20	2:06:45
210	258	Rosa, Ana	Runners do Passeio Ribeirinho da Póvoa de Santa Ir	TC Fse	30	3:44:31.58	11:20	2:07:01
211	400	Soares, Paula	Runners do Passeio Ribeirinho da Póvoa de Santa Ir	TC F40	20	3:44:32.97	11:20	2:07:02
212	322	campos, Marina	Tremoços	TC Fse	31	3:47:24.59	11:29	2:09:54
213	352	Lima, Filipa		TC Fse	32	3:47:26.40	11:29	2:09:55
214	317	Marçal, Carla	TFM	TC Fse	33	3:47:27.02	11:29	2:09:56
215	214	Marinho, Lénio	Jobrinde - Montes Saloios	TC M60	1	3:49:44.66	11:36	2:12:14

216	245	Quiterio, Pedro	pace.makers	TC M40	68	3:50:45.22	11:39	2:13:14
217	220	Caniço, Cristina	Os charnecos	TC F40	21	3:51:27.06	11:41	2:13:56
218	218	Narciso, Ana	Os charnecos	TC F40	22	3:51:27.62	11:41	2:13:57
219	233	Gomes, José	pace.makers	TC M40	69	3:52:18.94	11:44	2:14:48
220	256	Lopes, Manuela	Rapótacho	TC F40	23	3:54:51.67	11:52	2:17:21
221	332	Machado, Hélia	ZFortes 16	TC Fse	34	3:55:45.29	11:54	2:18:14
222	247	Fernandes, Sofia	pace.makers	TC Fse	35	3:59:44.17	12:06	2:22:13
223	227	Pequeno, Inês	pace.makers	TC F40	24	3:59:46.64	12:07	2:22:16
224	230	Couto, Joaquim	pace.makers	TC M40	70	3:59:54.93	12:07	2:22:24
225	397	Simões, André		TC Mse	83	3:59:55.01	12:07	2:22:24
226	283	Carvalho, Afonso	SCALABIS NIGHT RUNNERS	TC Mse	84	4:06:58.06	12:28	2:29:27
227	331	lopes, Patricia	yumiis	TC Fse	36	4:10:04.56	12:38	2:32:34
228	330	caeiro, Jorge	yumiis	TC Mse	85	4:10:05.96	12:38	2:32:35
229	253	Figueiredo, Ana	Rapótacho	TC Fse	37	4:15:45.77	12:55	2:38:15
230	385	Rosa, Sonia		TC F40	25	4:17:01.28	12:59	2:39:30
231	219	Piffaretty, Carlos	Os charnecos	TC M40	71	4:17:41.37	13:01	2:40:10
232	291	Melo, Inês	SCALABIS NIGHT RUNNERS	TC Fse	38	4:20:58.78	13:11	2:43:28
233	299	Alexandre, Sandra	SCALABIS NIGHT RUNNERS	TC F40	26	4:20:59.00	13:11	2:43:28
234	396	Salvador, Samuel		TC Mse	86	4:27:37.21	13:31	2:50:06
235	371	Fitas, Mária		TC Fse	39	4:27:58.42	13:32	2:50:27
236	350	Henriques, Fátima		TC Fse	40	4:28:04.09	13:32	2:50:33
237	378	Henriques, Nelson		TC M40	72	4:28:06.49	13:32	2:50:35
238	190	Monteiro, Sergio	Crp	TC M40	73	4:50:09.44	14:39	3:12:38
239	338	Carreiro, Analu		TC Fse	41	4:57:24.99	15:01	3:19:54

Classificação geral Trail Curto

Pos.	Dorsal	Nome	Clube	Categ.	P. Cat.	Tempo	T/Km.	Dif.
1	114	Moreira, Ricardo	União Desportiva e Recreativa Zona Alta	TL Mse	1	2:48:59.18	04:53	
2	4	Garcia, Omar	A20km Almeirim	TL Mse	2	3:03:27.35	05:18	0:14:28
3	9	Taveira, Carlos	Aminhacorrída/kalenji	TL M40	1	3:05:31.95	05:22	0:16:33
4	51	Vicente, Rui	Não fazemos nem mais um km	TL Mse	3	3:15:23.74	05:39	0:26:25
5	139	Martins, Rui		TL Mse	4	3:20:56.43	05:48	0:31:57
6	112	Silva, João	Trilho Perdido	TL Mse	5	3:23:52.06	05:54	0:34:53
7	2	Simões, Joel	A20km Almeirim	TL Mse	6	3:28:02.48	06:01	0:39:03
8	105	Martins, Rui	SS CGD	TL Mse	7	3:30:25.45	06:05	0:41:26
9	109	Moringa, Helder	Trilho Perdido	TL M40	2	3:31:44.04	06:07	0:42:45
10	11	Santos, João	C.A.S.P.A. - Clube Amador Só Para Atletismo	TL Mse	8	3:34:16.22	06:12	0:45:17
11	94	Santos, Angelo	SCALABIS NIGHT RUNNERS	TL Mse	9	3:36:13.37	06:15	0:47:14
12	73	Ferreira, Augusto	Runners do Passeio Ribeirinho da Póvoa de Santa Ir	TL M40	3	3:36:25.34	06:15	0:47:26
13	99	Morgado, Luis	SCALABIS NIGHT RUNNERS	TL M40	4	3:37:37.70	06:17	0:48:39
14	54	Andrade, Fernando	Os Perigosos	TL Mse	10	3:44:55.59	06:30	0:55:57
15	66	Ferreira, João	porto de mos a correr	TL Mse	11	3:46:45.00	06:33	0:57:46
16	93	Gonçalves, Jorge	Samorarunig	TL M40	5	3:49:41.85	06:38	1:00:43
17	122	Moura, Carlos	ZFortes 16	TL Mse	12	3:49:43.07	06:38	1:00:44
18	102	Fradique, Nuno	SCALABIS NIGHT RUNNERS	TL M40	6	3:51:29.07	06:41	1:02:30
19	103	Maria, Pedro	SCALABIS NIGHT RUNNERS	TL M50	1	3:51:32.13	06:42	1:02:33
20	95	Neto, António	SCALABIS NIGHT RUNNERS	TL M40	7	3:51:32.40	06:42	1:02:33
21	101	Saturnino, Miguel	SCALABIS NIGHT RUNNERS	TL Mse	13	3:51:32.62	06:42	1:02:34
22	98	Ferreira, Luis	SCALABIS NIGHT RUNNERS	TL Mse	14	3:51:35.00	06:42	1:02:36
23	127	Dias, Hélio		TL M50	2	3:52:23.03	06:43	1:03:24
24	32	Simões, Miguel	Georunners	TL Mse	15	3:55:53.75	06:49	1:06:55
25	74	Domingos, Eduardo	Runners do Passeio Ribeirinho da Póvoa de Santa Ir	TL Mse	16	3:56:05.26	06:49	1:07:06
26	46	Tubal, Sonia	Monsanto Running Team	TL Fse	1	3:56:44.10	06:51	1:07:45
27	26	Valentim, Paulo	Crp	TL M40	8	3:56:44.24	06:51	1:07:45
28	128	Aguiar, Hugo		TL M40	9	3:57:58.92	06:53	1:09:00
29	81	Rita, Paulo	Runners do Passeio Ribeirinho da Póvoa de Santa Ir	TL M40	10	3:58:22.87	06:53	1:09:24
30	45	Mendonca, Pedro	Matilha Running	TL Mse	17	4:00:04.79	06:56	1:11:06

31	20	Moreira, Nuno	Corre@Correr	TL Mse	18	4:02:14.79	07:00	1:13:16
32	27	Baptista, Miguel	Decathlon/Omega Pharma	TL M50	3	4:02:15.98	07:00	1:13:17
33	59	Fernandes, Vanda	pace.makers	TL F40	1	4:04:45.89	07:04	1:15:47
34	84	Tavares, Pedro	Runners do Passeio Ribeirinho da Póvoa de Santa Ir	TL M40	11	4:04:46.55	07:04	1:15:48
35	56	Lourenço, José	pace.makers	TL M40	12	4:04:47.86	07:05	1:15:49
36	121	Quaresma, Paulo	Veteranos de Massamá	TL M60	1	4:05:45.47	07:06	1:16:46
37	41	Alves, Joao	kaninos	TL Mse	19	4:07:56.46	07:10	1:18:57
38	62	Batista, Rui	PM maia-fitness/Runsox Runners/Salamandrecos	TL M50	4	4:09:09.19	07:12	1:20:10
39	125	Silveira, Emilia	Monsanto Running Team	TL Fse	2	4:09:54.89	07:13	1:20:56
40	87	Marques, Vitor	Runners do Passeio Ribeirinho da Póvoa de Santa Ir	TL Mse	20	4:13:57.88	07:20	1:24:59
41	77	Nunes, Luís	Runners do Passeio Ribeirinho da Póvoa de Santa Ir	TL Mse	21	4:13:59.82	07:20	1:25:01
42	131	Mota, João		TL M40	13	4:14:30.19	07:21	1:25:31
43	16	Naia, Francisco	CD Salvaterrense / CME	TL M40	14	4:15:43.58	07:23	1:26:45
44	49	Silva, Paulo	Não fazemos nem mais um km	TL M40	15	4:16:10.32	07:24	1:27:11
45	50	Valente, Ricardo	Não fazemos nem mais um km	TL M40	16	4:16:11.07	07:24	1:27:12
46	15	Victorino, Manuel	CCD ALVITEJO	TL M60	2	4:16:48.51	07:25	1:27:50
47	83	Ferreira, Pedro	Runners do Passeio Ribeirinho da Póvoa de Santa Ir	TL M40	17	4:18:22.67	07:28	1:29:24
48	17	Pereira, Rui	CD Salvaterrense / CME	TL M40	18	4:21:18.18	07:33	1:32:19
49	7	Loureiro, Luis	AFDD - Run Crew Trail Montijo	TL Mse	22	4:22:33.79	07:35	1:33:35
50	111	Miguel, Hugo	Trilho Perdido	TL Mse	23	4:24:50.82	07:39	1:35:52
51	82	Trigo, Paulo	Runners do Passeio Ribeirinho da Póvoa de Santa Ir	TL Mse	24	4:26:43.85	07:43	1:37:45
52	134	Costa, Paulo		TL Mse	25	4:29:05.25	07:47	1:40:06
53	92	Canico, João	Samorarunig	TL Mse	26	4:32:11.57	07:52	1:43:13
54	138	Silva, Ricardo		TL M40	19	4:33:20.44	07:54	1:44:21
55	85	Monteiro, Rafael	Runners do Passeio Ribeirinho da Póvoa de Santa Ir	TL Mse	27	4:33:20.58	07:54	1:44:22
56	91	Palma, Gonçalo	Samorarunig	TL Mse	28	4:33:28.60	07:54	1:44:30
57	52	Correia, Geisa	O MUNDO DA CORRIDA	TL Fse	3	4:33:30.94	07:54	1:44:32
58	33	Abrantes, Paulo	Goji-uma atitude saudável	TL M40	20	4:34:21.92	07:56	1:45:23
59	137	Fernandes, Ricardo		TL M40	21	4:36:59.58	08:00	1:48:01
60	119	Mendes, Bruno	VendasNovas Trail	TL Mse	29	4:37:03.85	08:00	1:48:05
61	78	Seabra, Mário	Runners do Passeio Ribeirinho da Póvoa de Santa Ir	TL M40	22	4:37:36.50	08:01	1:48:38
62	1	Clemente, David	A20km Almeirim	TL Mse	30	4:41:21.54	08:08	1:52:23
63	5	Roque, Paulo	A20km Almeirim	TL M40	23	4:42:37.14	08:10	1:53:38
64	3	Mateus, Lina	A20km Almeirim	TL Fse	4	4:42:37.16	08:10	1:53:38
65	19	Mateus, Rui	Clube de Pessoal EDP - Delegação de Caldas da Rain	TL M50	5	4:43:32.55	08:12	1:54:34
66	34	Luis, António	Jobrinde - Montes Saloios	TL M40	24	4:45:27.77	08:15	1:56:29
67	63	Dias, João Vieira	Pontével a Mexer	TL Mse	31	4:45:27.89	08:15	1:56:29
68	108	Pereira, Nuno	Tremoços	TL Mse	32	4:45:34.34	08:15	1:56:35
69	69	Araújo, Adelaide	Runners do Passeio Ribeirinho da Póvoa de Santa Ir	TL F40	2	4:48:27.34	08:20	1:59:28
70	35	Paiva, Célia	Jobrinde - Montes Saloios	TL F40	3	4:50:08.75	08:23	2:01:10
71	118	Veiga, Ruben	Urban Trail Samora Correia	TL Mse	33	4:52:02.42	08:26	2:03:03
72	61	Lopes, António	PapaKms	TL M40	25	4:54:43.96	08:31	2:05:45
73	53	Correia, João	O MUNDO DA CORRIDA	TL Mse	34	4:57:40.89	08:36	2:08:42
74	113	Ribeiro, Jorge	Trilho Perdido	TL Mse	35	4:59:02.52	08:39	2:10:04
75	88	Pereira, Vitor	Runners do Passeio Ribeirinho da Póvoa de Santa Ir	TL Mse	36	5:00:40.76	08:41	2:11:42
76	130	Figueiredo, João		TL Mse	37	5:01:55.99	08:44	2:12:57
77	126	Torres, Gonçalo		TL Mse	38	5:01:56.31	08:44	2:12:57
78	13	Rebelo, Claudino	CAOB	TL M50	6	5:02:57.32	08:45	2:13:58
79	25	Raposo, Su	Correr Lisboa	TL Fse	5	5:03:04.21	08:46	2:14:05
80	36	Alberto, João	Jobrinde - Montes Saloios	TL M40	26	5:03:23.49	08:46	2:14:24
81	71	Soares, António	Runners do Passeio Ribeirinho da Póvoa de Santa Ir	TL M40	27	5:03:54.17	08:47	2:14:55
82	129	Duarte, João		TL M50	7	5:07:04.69	08:53	2:18:06
83	37	Marcheva, Natalya	Jobrinde - Montes Saloios	TL F40	4	5:07:07.77	08:53	2:18:09
84	39	Cardoso, Bruno	kaninos	TL Mse	39	5:09:24.07	08:57	2:20:25
85	38	Duarte, Antonio	kaninos	TL Mse	40	5:09:25.46	08:57	2:20:26
86	47	Pires, Augusto	Montes Saloios	TL M40	28	5:09:50.69	08:57	2:20:52
87	133	Simões, Nuno		TL Mse	41	5:10:13.21	08:58	2:21:14
88	30	Marques, Joaquim	Falcões Selvagens	TL M40	29	5:10:13.94	08:58	2:21:15

89	72	Rodrigues, Armindo	Runners do Passeio Ribeirinho da Póvoa de Santa Ir	TL M40	30	5:12:37.32	09:02	2:23:38
90	70	Pereira, Ana	Runners do Passeio Ribeirinho da Póvoa de Santa Ir	TL F40	5	5:12:38.61	09:02	2:23:40
91	55	Mendes, Helder	pace.makers	TL Mse	42	5:16:22.67	09:09	2:27:24
92	68	Rodelo, Sergio	RUN CREW TRAIL MONTIJO	TL M40	31	5:16:56.26	09:10	2:27:57
93	6	Neves, Joao	AFDD - Run Crew Trail Montijo	TL M50	8	5:17:44.40	09:11	2:28:45
94	120	Martins, Cidalia	VendasNovas Trail	TL F40	6	5:18:04.85	09:12	2:29:06
95	110	Sousa, Henrique	Trilho Perdido	TL Mse	43	5:18:06.02	09:12	2:29:07
96	116	Talaia, Carla	Urban Trail Samora Correia	TL Fse	6	5:21:22.10	09:17	2:32:23
97	80	Pontinha, Paula	Runners do Passeio Ribeirinho da Póvoa de Santa Ir	TL F40	7	5:23:38.41	09:21	2:34:39
98	141	Nunes, Sergio		TL Mse	44	5:23:40.83	09:21	2:34:42
99	57	Branco, Paulo	pace.makers	TL M40	32	5:25:36.12	09:25	2:36:37
100	106	Rita, Gonçalo	Tartarugas do Alviela	TL Mse	45	5:28:13.79	09:29	2:39:15
101	90	Fernandes, Alexandre	Salvaterra Night Runners	TL M40	33	5:35:12.43	09:41	2:46:13
102	75	Magro, José	Runners do Passeio Ribeirinho da Póvoa de Santa Ir	TL M40	34	5:35:12.64	09:41	2:46:14
103	18	Domingos, Marco	Clínicas Pedro Choy	TL Mse	46	5:37:06.09	09:45	2:48:07
104	302	Almas, Susana	SCALABIS NIGHT RUNNERS	TL Fse	7	5:39:28.78	09:49	2:50:30
105	97	Almas, José	SCALABIS NIGHT RUNNERS	TL M40	35	5:39:29.31	09:49	2:50:30
106	23	Reis, Dulce	Correr Lisboa	TL F40	8	5:41:23.18	09:52	2:52:24
107	136	Santos, Pedro		TL M40	36	5:47:17.26	10:02	2:58:18
108	123	Felício, Carlos		TL M40	37	5:48:08.54	10:04	2:59:10
109	29	Garcez, José	Évora Night Runners	TL M40	38	5:48:34.34	10:04	2:59:35
110	21	Fernandes, Carla	Correr Lisboa	TL F40	9	5:48:48.89	10:05	2:59:50
111	24	Silva, Nuno	Correr Lisboa	TL Mse	47	5:48:51.09	10:05	2:59:52
112	115	Freitas, Susana	Uns Correm Outros Quase	TL Fse	8	5:51:10.56	10:09	3:02:12
113	140	Arribança, Sandra		TL F40	10	5:51:35.00	10:10	3:02:36
114	67	Ginga, Joel	praticamentequenianos	TL Mse	48	5:59:20.14	10:23	3:10:21
115	86	Teixeira, Sara	Runners do Passeio Ribeirinho da Póvoa de Santa Ir	TL F40	11	6:03:37.93	10:31	3:14:39
116	31	Silva, Joel	Falcões Selvagens	TL M40	39	6:06:27.71	10:35	3:17:29
117	22	Raposo, Carla	Correr Lisboa	TL F40	12	6:17:47.68	10:55	3:28:49
118	60	Campos, Joao	PADRINHO	TL M40	40	6:17:51.97	10:55	3:28:53