

Col	Num	Nome	Equipa	Sx	Cat	Controlo 1	Controlo 2	Tempo	Ritmo	Cat.
1.	254	Romeu Gouveia	Salomon Suunto Portugal	M	M S23	00:29:06	02:19:44	03:18:27,680	05:40	1
2.	267	Luís Semedo	ACPortalegre/UTSM	M	Sen M	00:29:05	02:19:46	03:19:08,400	05:41	1
3.	176	Pedro Ribeiro	Caracol Trail Team	M	Sen M	00:29:05	02:26:28	03:25:25,650	05:52	2
4.	29	Diogo Baena	Juventude Vidigalense	M	Sen M	00:29:07	02:26:31	03:26:30,120	05:54	3
5.	97	Pedro Santos	Fugitivos Urbanos - Clinica Mais Saúde	M	M40	00:29:12	02:26:37	03:27:49,680	05:56	1
6.	43	Virgílio Gomes	U.F. Comércio e Indústria Atletismo	M	M45	00:30:16	02:30:35	03:34:35,210	06:08	1
7.	77	Pedro Veríssimo	ARSM - Associação Recreativa de S. Miguel	M	M40	00:30:51	02:31:31	03:36:19,730	06:11	2
8.	108	Paulo Costa	A.D.Amarante Trail Running	M	Sen M	00:29:14	02:31:28	03:37:59,480	06:14	4
9.	274	Paulo Lopes	AMCF - Arrábida Trail Team	M	M40	00:32:13	02:39:55	03:43:16,800	06:23	3
10.	120	Rui Fonseca		M	M40	00:30:35	02:40:06	03:45:25,340	06:26	4
11.	276	Manuel Horta	U.F. Comércio e Indústria Atletismo	M	Sen M	00:32:38	02:34:19	03:47:49,920	06:31	5
12.	69	Nuno Patricio	Clube da Natureza de Alvito	M	M45	00:32:00	02:40:35	03:49:29,520	06:34	2
13.	216	Hugo Carreira	A. C. S. Mamede	M	Sen M	00:34:21	02:44:14	03:50:15,940	06:35	6
14.	106	Vitor Costa	A.D.Amarante Trail Running	M	M40	00:30:04	02:42:33	03:52:34,730	06:38	5
15.	71	Marco Nabais	ACPortalegre/UTSM	M	Sen M	00:32:32	02:39:08	03:53:57,920	06:41	7
16.	4	Pedro Pinheiro	Trilho Perdido Eventos / Imporlux	M	M40	00:32:56	02:43:07	03:55:05,700	06:43	6
17.	40	Luis Silva	U.F. Comércio e Indústria Atletismo	M	Sen M	00:31:49	02:44:56	03:55:38,140	06:44	8
18.	3	Paulo Roque	Trilho Perdido Eventos / Imporlux	M	M45	00:34:22	02:49:47	03:56:29,530	06:46	3
19.	2	Miguel Ribeiro	Trilho Perdido Eventos / Imporlux	M	Sen M	00:34:23	02:49:45	03:56:29,590	06:46	9
20.	263	Sergio Pereira	AMCF - Arrábida Trail Team	M	M40	00:32:08	02:50:07	04:03:40,820	06:58	7
21.	109	Filipe Barros	A.D.Amarante Trail Running	M	Sen M	00:32:38	02:52:48	04:05:21,370	07:01	10
22.	94	Paulo Correia	A20KM	M	M50	00:34:22	02:50:09	04:06:02,620	07:02	1
23.	251	Helder Pereira	Clube de Atletismo de Ferreira do Zêzere	M	M40	00:32:33	02:54:09	04:09:36,350	07:08	8
24.	28	Carlos Barbosa	Global trail	M	M40	00:33:04	02:55:02	04:12:50,900	07:13	9
25.	227	Jose Ferreira	Painho trail	M	M45	00:35:20	03:05:08	04:13:44,050	07:15	4
26.	107	José Pereira	A.D.Amarante Trail Running	M	Sen M	00:32:41	02:55:53	04:16:08,520	07:19	11
27.	57	Omar Garcia	A20KM	M	Sen M	00:36:50	02:54:52	04:17:45,320	07:22	12
28.	1	Paulo Poiares	Correr Soc Rec Da Granja	M	M40	00:32:35	02:58:53	04:17:48,940	07:22	10
29.	245	Guel Ferreira		M	Sen M	00:34:23	03:02:08	04:17:50,960	07:22	13
30.	198	Sérgio Correia	ZONA ALTA TRAIL	M	Sen M	00:33:44	02:55:47	04:18:10,960	07:23	14
31.	179	Paulo Santos	Grupo Desportivo Ferreirense	M	M45	00:32:55	02:56:58	04:18:21,560	07:23	5
32.	275	Sofia Roquete	AMCF - Arrábida Trail Team	F	Sen F	00:37:48	03:07:12	04:18:33,060	07:23	1
33.	191	Joel Martins	CMM - Escaravelhos Team	M	Sen M	00:33:40	02:54:36	04:22:49,080	07:31	15
34.	141	Jose Rosario	Juventude Vidigalense	M	M40	00:31:06	02:52:41	04:22:50,590	07:31	11
35.	264	André Trindade	ACPortalegre/UTSM	M	Sen M	00:35:13	03:03:22	04:25:46,330	07:35	16
36.	48	Filipe Inácio	U.F. Comércio e Indústria Atletismo	M	Sen M	00:34:23	02:58:46	04:26:56,940	07:38	17
37.	273	Nuno Torres	AMCF - Arrábida Trail Team	M	M40	00:34:53	03:08:06	04:27:04,740	07:38	12
38.	138	Paulo Costa	O Mundo da Corrida	M	M45	00:34:51	03:02:08	04:27:58,620	07:40	6
39.	17	Jorge Nabais	COA - Clube de Orientação e Aventura	M	Sen M	00:37:48	03:10:41	04:32:43,520	07:47	18
40.	272	Luis Martins	AMCF - Arrábida Trail Team	M	M40	00:32:09	02:59:12	04:32:45,100	07:47	13
41.	199	José Vieira	OCS ProAventuras	M	M55	00:37:35	03:08:00	04:32:49,170	07:47	1
42.	255	João Grade	Trilhos dos Templários	M	Sen M	00:36:12	03:10:43	04:32:52,170	07:48	19
43.	113	Elvino Gonçalves	OCS ProAventuras	M	Sen M	00:35:21	03:09:27	04:32:56,550	07:48	20
44.	155	Paulo Osório	OCS ProAventuras	M	M45	00:36:01	03:12:08	04:33:07,620	07:48	7
45.	159	Hélder Lemos	OCS ProAventuras	M	Sen M	00:36:15	03:08:47	04:33:40,450	07:49	21

Col	Num	Nome	Equipa	Sx	Cat	Controlo 1	Controlo 2	Tempo	Ritmo	Cat.
46.	278	Nuno Cardoso		M	M40	00:31:15	02:55:48	04:34:21,720	07:50	14
47.	193	Guilherme David		M	M55	00:36:31	03:07:11	04:34:35,260	07:51	2
48.	171	Rufino Paiva	OCS ProAventuras	M	M45	00:32:08	03:04:26	04:35:55,590	07:53	8
49.	234	João Ferreira	O Mundo da Corrida	M	Sen M	00:33:49	03:06:45	04:36:17,740	07:53	22
50.	163	Carlos Antunes	CLAC Entroncamento	M	M50	00:37:37	03:10:47	04:39:44,890	07:59	2
51.	167	Manuel Moreno		M	M55	00:36:14	03:13:17	04:40:08,520	08:00	3
52.	125	João Prisal	Salamandrecos	M	M45	00:34:20	03:11:40	04:40:49,410	08:01	9
53.	25	Carlos Matias	COA - Clube de Orientação e Aventura	M	M40	00:37:46	03:16:54	04:40:54,820	08:02	15
54.	244	Margarida Amaro	AMCF - Arrábida Trail Team	F	F40	00:37:48	03:16:10	04:41:54,380	08:03	1
55.	9	Ricardo Luís	GO!Runners	M	Sen M	00:40:33	03:16:18	04:44:50,420	08:08	23
56.	235	José Santos	Vila Seca Run Team	M	M45	00:38:09	03:21:08	04:45:44,830	08:10	10
57.	220	Diogo Roberto	Painho trail	M	Sen M	00:36:06	03:14:41	04:46:26,660	08:11	24
58.	266	Nuno Gomes	Casa do Benfica em Abrantes	M	M45	00:41:31	03:25:37	04:47:53,660	08:14	11
59.	230	Gabriel Quintal		M	M S23	00:34:46	03:16:20	04:48:14,630	08:14	2
60.	210	Filipe Pereira	A20KM	M	Sen M	00:39:56	03:22:13	04:48:50,110	08:15	25
61.	150	Jorge Vieira	Juventude Vidigalense	M	Sen M	00:41:44	03:32:07	04:48:55,010	08:15	26
62.	79	Telmo Carvalho	ARSM - Associação Recreativa de S. Miguel	M	Sen M	00:37:27	03:22:05	04:49:50,810	08:17	27
63.	246	Fernando Homem	C.A.S.P.A(Clube Amador Só Para Atletismo)	M	Sen M	00:40:12	03:23:37	04:52:31,860	08:22	28
64.	190	Jorge Serrazina	CA Obidos	M	M60	00:36:04	03:18:35	04:53:16,830	08:23	1
65.	189	Ivone Ferreira	Salamandrecos	F	F45	00:40:10	03:28:40	04:53:34,690	08:23	1
66.	126	José Pereira	Salamandrecos	M	M55	00:41:04	03:28:08	04:53:46,100	08:23	4
67.	76	Marco Rodrigues	ARSM - Associação Recreativa de S. Miguel	M	M40	00:36:53	03:25:28	04:53:49,530	08:23	16
68.	24	Luis Lobato	COA - Clube de Orientação e Aventura	M	M45	00:43:07	03:26:01	04:54:29,560	08:25	12
69.	248	Joaquim Capela	Kaninos	M	M45	00:36:52	03:19:29	04:54:32,010	08:25	13
70.	15	Victor Franco	OPraticante.pt	M	Sen M	00:38:20	03:23:20	04:55:25,010	08:26	29
71.	262	Álvaro Mendonça	GáfeteRunners	M	Sen M	00:37:58	03:24:36	04:56:45,990	08:29	30
72.	162	Pedro Anjos	CLAC Entroncamento	M	M40	00:37:38	03:23:41	04:57:50,540	08:31	17
73.	196	Ricardo Cunha	Évora Night Runners	M	Sen M	00:36:59	03:29:57	04:59:53,960	08:34	31
74.	92	José Dias	Os Galgos de Tancos	M	M50	00:37:39	03:21:30	05:00:48,150	08:35	3
75.	225	Paulo silva	ABC Cansado	M	Sen M	00:40:06	03:31:58	05:02:40,100	08:39	32
76.	112	Carla Leite	Clube SEM	F	F45	00:39:45	03:30:57	05:03:01,250	08:40	2
77.	256	Leandro Santos	clube veteranos do lis	M	Sen M	00:35:27	03:27:47	05:03:03,700	08:40	33
78.	6	Luis Aires	100 esTRILHOS	M	M45	00:39:04	03:29:17	05:06:15,090	08:45	14
79.	214	Bruno Reis	A. C. S. Mamede	M	Sen M	00:39:57	03:31:11	05:06:22,720	08:45	34
80.	49	Vitor Veloso	O Mundo da Corrida	M	M40	00:37:20	03:23:52	05:07:19,540	08:47	18
81.	164	José Marçal	CLAC Entroncamento	M	M55	00:41:06	03:33:19	05:07:30,300	08:47	5
82.	110	Bruno Nalha	C.D. ""Os Águias"" de Alpiarça	M	Sen M	00:37:47	03:32:03	05:07:50,720	08:48	35
83.	67	Nuno Paulino	C.D. ""Os Águias"" de Alpiarça	M	M40	00:40:15	03:29:12	05:07:53,120	08:48	19
84.	231	Vitor Hugo	ARCD Fajardense	M	Sen M	00:37:40	03:29:17	05:07:55,720	08:48	36
85.	87	Bruno Raposeira	C.D. ""Os Águias"" de Alpiarça	M	Sen M	00:41:15	03:29:13	05:07:56,380	08:48	37
86.	68	Vitor Rodrigues		M	Sen M	00:38:25	03:28:03	05:08:35,650	08:49	38
87.	102	José Aleixo	Alverca Urban Runners	M	M45	00:41:20	03:37:05	05:09:17,060	08:50	15
88.	168	Paulo Sousa	Volkswagen Autoeuropa	M	M40	00:39:05	03:29:31	05:10:04,350	08:52	20
89.	208	Armando Cardoso	Kaninos	M	Sen M	00:37:58	03:25:41	05:10:21,630	08:52	39
90.	270	Sónia Túbal	OCS ProAventuras	F	F40	00:40:11	03:41:25	05:10:53,520	08:53	2

Col	Num	Nome	Equipa	Sx	Cat	Controlo 1	Controlo 2	Tempo	Ritmo	Cat.
91.	27	Simão Petulante	COA - Clube de Orientação e Aventura	M	M40	00:40:32	03:40:12	05:16:26,560	09:02	21
92.	7	Sérgio Almeida	100 esTRILHOS	M	Sen M	00:41:28	03:34:32	05:17:11,410	09:04	40
93.	154	João Fonseca	OCS ProAventuras	M	M50	00:35:42	03:22:08	05:18:00,000	09:05	4
94.	149	João Lopes	Improváveis	M	M40	00:41:31	03:40:46	05:18:25,530	09:06	22
95.	215	Emanuel Batista	A. C. S. Mamede	M	M40	00:40:42	03:31:02	05:20:17,960	09:09	23
96.	218	Samuel Reis	A. C. S. Mamede	M	Sen M	00:36:21	03:31:13	05:20:18,280	09:09	41
97.	34	Hélio Dias	OPraticante.pt	M	M50	00:40:04	03:40:19	05:20:28,900	09:10	5
98.	250	Geisa Correia	O Mundo da Corrida	F	Sen F	00:41:06	03:47:58	05:22:23,040	09:13	2
99.	242	Nuno Carmo	Papa Trilhos do CAAL	M	M S23	00:36:52	03:29:52	05:22:45,750	09:13	3
100.	152	João Mota	C.D. ""Os Águias"" de Alpiarça	M	M40	00:42:02	03:37:48	05:23:41,580	09:15	24
101.	62	Marco Caseiro	Os Perigosos	M	Sen M	00:40:54	03:41:31	05:24:03,660	09:16	42
102.	14	Fernando Andrade	Os Perigosos	M	Sen M	00:40:51	03:41:30	05:24:04,450	09:16	43
103.	41	Mariana Moreira	U.F. Comércio e Indústria Atletismo	F	Sen F	00:38:16	03:36:13	05:25:01,040	09:17	3
104.	80	Horácio Ferreira	ARSM - Associação Recreativa de S. Miguel	M	M45	00:39:41	03:34:00	05:25:08,920	09:17	16
105.	153	Nuno Magro	Salamandrecos	M	M40	00:36:53	03:46:53	05:26:50,500	09:20	25
106.	221	Paulo Costa	Improváveis	M	M40	00:41:23	03:43:49	05:28:11,800	09:23	26
107.	50	Carmen Ferreira	ASC Vale Grande	F	F45	00:43:07	03:57:23	05:28:17,940	09:23	3
108.	31	Miguel Pedro	Salamandrecos	M	M45	00:42:08	03:49:24	05:30:22,790	09:26	17
109.	192	Ricardo Ferreira	Team RH+	M	Sen M	00:43:34	03:47:38	05:31:28,360	09:28	44
110.	116	Manuel Victorino	CCD ALVITEJO	M	M60	00:43:27	03:44:26	05:32:56,380	09:31	2
111.	78	Carla Reis	ARSM - Associação Recreativa de S. Miguel	F	F40	00:43:18	03:51:46	05:36:34,990	09:37	3
112.	158	Andre Duarte		M	Sen M	00:40:03	03:53:37	05:36:40,690	09:37	45
113.	249	Rodrigo Carreira		M	Sen M	00:36:43	03:42:55	05:36:41,280	09:37	46
114.	173	Nuno Redondo	Jobrinde - Montes Saloios	M	Sen M	00:44:24	03:55:23	05:39:53,460	09:43	47
115.	84	David Clemente	A20KM	M	Sen M	00:44:10	03:59:45	05:40:58,080	09:44	48
116.	86	Mário Filipe	Salamandrecos	M	M50	00:41:26	03:58:57	05:41:17,020	09:45	6
117.	103	Nuno Gaspar	Run - Partidas e Chegadas	M	M40	00:43:07	03:55:39	05:41:53,930	09:46	27
118.	180	Lurdes Gil	Grupo Desportivo Ferreirense	F	F45	00:44:54	03:52:25	05:44:30,560	09:50	4
119.	200	Aires Barata	Salamandrecos	M	M40	00:40:20	03:55:22	05:45:20,320	09:52	28
120.	186	Renato Veiga	Dolce Furadouro	M	Sen M	00:45:15	03:58:51	05:47:34,700	09:56	49
121.	51	Cidalia Martins	VendasNovas Trail	F	F45	00:43:57	04:00:37	05:48:02,880	09:56	5
122.	137	Romão Santos	Salamandrecos	M	M40	00:41:06	04:00:36	05:49:07,330	09:58	29
123.	22	Luis Emidio	COA - Clube de Orientação e Aventura	M	M45	00:41:40	03:58:18	05:52:03,970	10:04	18
124.	181	Nelson Dias	Dolce Furadouro	M	Sen M	00:44:10	04:02:47	05:53:12,660	10:05	50
125.	269	Hugo Caldeira	ARSM - Associação Recreativa de S. Miguel	M	Sen M	00:43:41	03:54:25	05:53:45,480	10:07	51
126.	35	Orlando Ferreira	Tough Trails Alenquer	M	M60	00:47:26	04:07:30	05:53:46,620	10:07	3
127.	88	Tó Luis	Jobrinde - Montes Saloios	M	M45	00:40:30	03:56:51	05:54:20,130	10:07	19
128.	206	Paulo Estêvão	Tartarugas solidárias	M	M45	00:47:02	03:53:15	05:54:57,260	10:08	20
129.	82	Miguel Cunha	somais1km	M	M45	00:41:45	03:59:39	05:56:40,920	10:11	21
130.	222	Ana Mota		F	Sen F	00:47:49	04:13:07	05:56:42,850	10:11	4
131.	238	Fábio Carvalho	somais1km	M	Sen M	00:47:46	04:13:02	05:56:45,950	10:11	52
132.	95	João Gregório	Runners da Frente Ribeirinha da Povia de Santa Iria	M	M40	00:41:54	03:57:27	05:57:41,100	10:13	30
133.	98	Vitor Marques	Kaninos	M	Sen M	00:41:50	03:57:20	05:57:44,980	10:13	53
134.	90	André Alves	ConquistaDores	M	Sen M	00:43:14	04:05:16	05:59:43,860	10:17	54
135.	83	Tó Serrão	C.D. ""Os Águias"" de Alpiarça	M	M40	00:41:16	04:07:05	06:00:54,390	10:19	31

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136.	217	Leonor Mota	A. C. S. Mamede	F	F40	00:40:41	04:08:04	06:02:04,530	10:20	4
137.	187	Henrique Simão	Spotcriativo/Viseu Running Team	M	M40	00:41:49	04:02:21	06:02:06,270	10:21	32
138.	89	Inês Almeida	ConquistaDores	F	Sen F	00:43:11	04:05:17	06:02:10,200	10:21	5
139.	133	Filipe Pedro		M	Sen M	00:47:11	04:08:13	06:03:57,830	10:24	55
140.	212	Luis Dias	Jimbras Runnig Team	M	Sen M	00:44:14	04:07:04	06:07:36,880	10:30	56
141.	23	Nuno Figueiredo	COA - Clube de Orientação e Aventura	M	Sen M	00:48:06	04:18:57	06:11:57,790	10:38	57
142.	111	Eduard Irimia		M	M45	00:41:26	04:18:02	06:12:01,280	10:38	22
143.	101	Vítor Ferreira	Asas nos Pés	M	Sen M	00:43:00	04:12:03	06:12:18,420	10:38	58
144.	259	Marília Noro	Papa Trilhos do CAAL	F	Sen F	00:47:42	04:17:34	06:15:40,200	10:44	6
145.	241	António Carmo	Papa Trilhos do CAAL	M	M50	00:47:41	04:17:36	06:15:44,120	10:44	7
146.	260	Artur Basílio	OPraticante.pt	M	M40	00:47:01	04:12:57	06:15:59,990	10:44	33
147.	261	André Pinho	OPraticante.pt	M	Sen M	00:47:00	04:12:22	06:16:01,040	10:44	59
148.	268	Pedro Cordas		M	M40	00:42:58	04:30:03	06:18:07,420	10:48	34
149.	209	Francisco Dias	Stravistas VP	M	M45	00:50:13	04:26:44	06:19:17,360	10:50	23
150.	257	Vanda Matias		F	F45	00:47:18	04:21:39	06:22:19,270	10:55	6
151.	37	António Lopes	SCD Glória do Ribatejo	M	M45	00:43:05	04:13:03	06:22:29,990	10:56	24
152.	66	José Henriques	Asas nos Pés	M	M40	00:47:50	04:27:00	06:24:09,290	10:59	35
153.	52	Raquel Moreira	Asas nos Pés	F	Sen F	00:46:37	04:31:51	06:24:10,280	10:59	7
154.	85	Vitor Azevedo	Asas nos Pés	M	Sen M	00:46:08	04:27:02	06:24:11,540	10:59	60
155.	161	António Baptista	ATV	M	M45	00:40:38	03:57:21	06:24:31,320	10:59	25
156.	93	Luis Cruz		M	M40	00:45:03	04:24:27	06:26:50,410	11:03	36
157.	229	Luis Domingues	Trilhos do Costume	M	M45	00:46:36	04:19:39	06:27:14,610	11:04	26
158.	174	Rui Pereira	COA - Clube de Orientação e Aventura	M	M40	00:44:36	04:29:20	06:28:08,390	11:05	37
159.	13	João Silva		M	M55	00:47:48	04:22:30	06:28:44,810	11:07	6
160.	219	João Saraiva	OPraticante.pt	M	M45	00:47:01	04:34:05	06:30:01,960	11:08	27
161.	205	Sandra Oliveira	Clube de Praças da Armada	F	Sen F	00:47:00	04:34:08	06:30:03,340	11:08	8
162.	201	Hugo Ribeiro	Mau Maus	M	M40	00:49:32	04:26:10	06:31:28,890	11:11	38
163.	197	João Tomaz	Évora Night Runners	M	Sen M	00:36:27	04:09:57	06:36:38,570	11:20	61
164.	135	Rui Pereira	Clube Desportivo Salvaterrense	M	M40	00:40:22	04:09:44	06:38:48,050	11:23	39
165.	64	Sara Pedro	Roodinhas-Santos Silva-Oxygen Gym And Fitness	F	F50	00:47:29	04:25:18	06:49:33,280	11:42	1
166.	59	Rui Mateus	Clube de pessoal da EDP Caldas da	M	M50	00:43:46	04:16:43	06:49:41,180	11:43	8
167.	202	António Ferreira	AC Batalha	M	M45	00:43:58	04:38:36	06:53:23,630	11:49	28
168.	226	Max Letanoux	CA Obidos	M	Sen M	00:46:58	04:20:49	06:55:14,710	11:52	62
169.	70	Sara Velho	Clube da Natureza de Alvito	F	F40	00:47:10	05:02:39	06:55:21,460	11:52	5
170.	240	Carlos Henriques		M	M50	00:50:28	04:48:36	07:00:26,650	12:01	9
171.	169	Carlos Cardoso		M	M40	00:51:06	04:48:27	07:05:08,460	12:09	40
172.	277	José Garcez	Évora Night Runners	M	M40	00:51:45	05:02:38	07:08:21,760	12:14	41
173.	54	Horácio Oliveira	Trindade Bikers	M	M40	00:51:22	04:46:55	07:11:47,850	12:20	42
174.	32	João Pereira	MultiRunners	M	M50	00:49:12	04:59:48	07:11:48,400	12:20	10
175.	12	José Finuras	MultiRunners	M	M45	00:49:37	04:59:52	07:11:49,220	12:20	29
176.	19	Sónia Marques	COA - Clube de Orientação e Aventura	F	Sen F	00:49:48	05:06:12	07:20:53,190	12:36	9
177.	18	Rodrigo Lopes	COA - Clube de Orientação e Aventura	M	M40	00:47:19	05:06:36	07:20:53,300	12:36	43
178.	157	Paulo Madail	Kaninos	M	M45	00:44:07	04:43:49	07:24:22,120	12:42	30
179.	140	Joao Almeida	Kaninos	M	M50	00:46:49	04:43:22	07:24:24,680	12:42	11
180.	104	Vasco Rosário	Runners da Frente Ribeirinha da Povia de Santa Iria	M	M40	00:52:10	05:06:52	07:25:27,550	12:44	44

Col	Num	Nome	Equipa	Sx	Cat	Controlo 1	Controlo 2	Tempo	Ritmo	Cat.
181.	130	Rodrigo Sousa	RunLovers	M	Sen M	00:51:51	05:22:49	07:28:14,560	12:49	63
182.	143	Pedro Santos		M	Sen M	00:46:48	04:55:47	07:30:29,610	12:52	64
183.	239	Ricardo Matias	somais1km	M	Sen M	00:47:47	04:51:22	07:31:48,180	12:55	65
184.	237	Nuno Baixinho	RUNSOX.eu Sómais1km	M	M40	00:46:21	04:51:26	07:31:48,980	12:55	45
185.	99	Ricardo Silva		M	M40	00:45:23	04:51:39	07:31:49,310	12:55	46
186.	224	Marcelo Silva	Carapaus de Corrida	M	M45	00:50:41	05:00:24	07:31:53,040	12:55	31
187.	160	Raquel Pedro	Associação Jorge Pina	F	Sen F	00:51:44	05:19:15	07:36:53,850	13:03	10
188.	11	Pedro da Silva	Puxa Por Ti	M	M40	00:47:54	05:21:34	07:37:15,040	13:04	47
189.	44	Paulo Lopes	Alverca Urban Runners	M	Sen M	00:51:41	05:20:25	07:37:26,050	13:04	66
190.	45	Vitor Lourenço	Jobrinde - Montes Saloios	M	M45	00:49:38	05:20:15	07:39:25,580	13:08	32
191.	258	Helder Gomes	SCD Glória do Ribatejo	M	M45	00:49:54	05:30:49	08:10:03,340	14:00	33
192.	188	Carla Raposo	Correr Lisboa	F	F45	00:56:58	05:50:32	08:15:49,400	14:10	7
193.	236	Alejandra Freitas	somais1km	F	Sen F	01:02:36	06:01:07	08:17:18,470	14:13	11
194.	47	Bruno Matias	Vassoura K-35	M	Sen M	01:02:17	06:01:07	08:17:19,570	14:13	67
-	195	Mário Dias	Tough Trails Alenquer	M	M40	00:36:18	03:20:27			
-	243	João Caetano		M	Sen M	00:39:40	03:30:11			
-	211	Adelino Trindade	Correr Lisboa	M	M45	00:46:03	04:29:05			
-	123	Sérgio Simões		M	Sen M	00:47:27	04:31:43			
-	60	Carlos Sousa	Os Perigosos	M	M60	00:45:19	04:39:01			
-	151	João Santos	Serviços Sociais Montepio	M	Sen M	00:47:23	04:58:47			
-	233	Rita Monteiro		F	Sen F	00:51:23	04:58:53			
-	96	Hugo Oliveira		M	Sen M	00:52:24	05:01:36			
-	75	Bruno Morais	Alverca Urban Runners	M	Sen M	00:54:55	05:52:06			
-	182	Joao Fernandes	ZONA ALTA TRAIL	M	Sen M	00:34:24				
-	16	Artur Oliveira	COA - Clube de Orientação e Aventura	M	Sen M	00:40:15				
-	73	Hugo Rodrigues	MONTANHA CLUBE TRAIL RUNNING /EFAPEL	M	Sen M	00:41:14				
-	55	Rui Leão		M	M45	00:43:09				
-	194	Luis Reis	Não Fazemos Nem Mais Um... Km	M	M55	00:43:13				
-	132	Paulo Paredes	Dolce Furadouro	M	M40	00:44:07				
-	33	Rodrigo Joina		M	Sen M	00:44:24				
-	280	***** COMPETIDOR DESCONHECIDO		M		00:50:34				
-	56	António Soares	Runners da Frente Ribeirinha da Povia de Santa Iria	M	M45	00:52:08				
-	74	Luis Duarte	Runners da Frente Ribeirinha da Povia de Santa Iria	M	M40	00:52:19				
-	271	Diogo Oliveira	AMCF - Arrábida Trail Team	M	Sen M	00:34:54		Desclassificados		
-	156	Vanessa Sousa	Sociedade Recreativa da Granja	F	Sen F	00:44:03		Desclassificados		
-	122	Vitor Pereira	Runners da Frente Ribeirinha da Povia de Santa Iria	M	M40	00:38:08	03:40:34	Desclassificados		
-	63	João Brito		M	M45	00:48:05		Desclassificados		
-	232	Gonçalo Garcia		M	Sen M	00:44:04		Desclassificados		
-	247	Sofia Batista	SCD Glória do Ribatejo	F	Sen F	00:45:31		Desclassificados		
-	175	João Paulino	Volkswagen Autoeuropa	M	M55	00:44:54	04:02:25	Desclassificados		
-	265	Vitor Viana	100 esTRILHOS	M	Sen M	00:41:28	03:51:00	Desclassificados		
-	213	Luis Vilela	MONTANHA CLUBE TRAIL RUNNING /EFAPEL	M	M40	00:38:29	04:05:03	Desclassificados		
-	117	Filipe Moreira	Juventude Vidigalense	M	M40	00:36:58		Desclassificados		
-	172	Helder Valadas	Os Perigosos	M	Sen M	00:43:56	04:21:59	Desclassificados		
-	127	Claudio Franco	Dolce Furadouro	M	Sen M	00:43:59	04:18:56	Desclassificados		

Col	Num	Nome	Equipa	Sx	Cat	Controlo 1	Controlo 2	Tempo	Ritmo	Cat.
-	134	Edgar Melo		M	M40	00:41:15	04:33:18	Desclassificados		
-	114	Frederico Baptista		M	Sen M	00:47:25	04:30:32	Desclassificados		
-	166	Vasco Matos	Correr Soc Rec Da Granja	M	M40	00:44:03	05:13:35	Desclassificados		
-	129	Iris Mauricio	RunLovers	F	F40	00:52:08		Desclassificados		
-	139	Carlos Andrade	Runners da Frente Ribeirinha da Povia de Santa Iria	M	M40	00:52:10	05:16:17	Desclassificados		
-	203	Carlos Costa	Traillers	M	M50	00:49:31	04:53:39	Desclassificados		
-	204	Pedro Monteiro	Traillers	M	M55	00:47:31	04:53:32	Desclassificados		
-	58	Cristóvão Casimiro	Não Fazemos Nem Mais Um... Km	M	M40	00:47:29		Desclassificado		
-	131	Nuno Anastácio	RunLovers	M	Sen M	00:51:51		Desclassificado		
-	178	Bruno Cardoso	Kaninos	M	Sen M	00:51:49		Desclassificado		
-	5	Marco Cachinho	Kaninos	M	Sen M	00:51:43		Desclassificado		
-	100	Ana Rosa	Runners da Frente Ribeirinha da Povia de Santa Iria	F	Sen F	01:01:09		Desclassificado		