

Lugar	Dorsal	Nome	Equipa	Sexo	Idade	Tempo
1	378	Marco Francisco	União Fci De Tomar	M	37	00:49:13.95
2	438	Tiago Morais	C. D. R. Aguias Unidas	M	32	00:49:31.14
3	562	Fábio Mendes	M. C. Trail Running / Efapel	M	29	00:51:53.20
4	361	Nelson Heleno	Assscc - Ar Livre E Aventura	M	29	00:53:26.34
5	507	Duarte Cruz	Aracd Venda Da Luisa	M	31	00:53:55.05
6	346	André Rosário	Zona Alta Trail	M	31	00:54:51.71
7	420	Carlos Esteves	C. A. Trail Runners Da Ponte	M	31	00:54:58.87
8	463	Artur Pais	C.B. Em Abrantes	M	48	00:55:10.79
9	465	Belarmino Catroga	C.B. Em Abrantes	M	41	00:55:59.52
10	485	Sergio Campos	Coa / Corvus Trail Team	M	33	00:56:03.95
11	535	Marco Franco	C. A. De Ferreira Do Zêzere	M	39	00:56:10.33
12	488	Ricardo Marques	Gau Bajouca	M	36	00:56:30.16
13	419	Patrício Gaspar	Bombeiros Caxarias	M	29	00:56:36.72
14	539	Daniel Siimões	C.B. Em Abrantes	M	48	00:56:55.81
15	510	Artur Moreira	Interfer	M	42	00:57:02.67
16	445	Nuno Arelo	Não Dá +	M	39	00:57:41.14
17	402	Rogério Godinho	Individual	M	32	00:57:46.17
18	582	Filipe Caldeira	Scfz Trail Runners	M	41	00:58:16.81
19	529	Joao Luz	Rx Runners	M	40	00:58:21.49
20	322	Fernando Santos	Clube De Praças Da Armada	M	54	00:58:25.16
21	486	Tiago Fernandes	Individual	M	31	00:58:36.26
22	551	Nuno Ramos	Individual	M	38	00:59:59.49
23	555	Hélder Camacho	Individual	M	34	01:00:08.62
24	442	Paulo Gaião	Zona Alta Trail	M	48	01:00:24.77
25	425	António Pires	Alphaden Wolves Ocr	M	54	01:00:32.24
26	484	João Paulino	Rx Runners	M	35	01:00:33.72
27	468	José Silva	C.B. Em Abrantes	M	58	01:01:09.24
28	462	Jorge Sirgado	Os Matrecos	M	50	01:01:19.55
29	338	Luis Salgueiro	Os Trinca Espinhas	M	45	01:01:21.49
30	417	José Duarte	Clac Trail Team	M	40	01:01:27.11
31	565	Gonçalo Henriques	Bombeiros Caxarias	M	23	01:01:31.42
32	317	Miguel Pombeiro	Strong Team	M	38	01:02:19.31
33	377	Nuno Mendes	Xporfit	M	38	01:02:21.47
34	411	João Tanoeiro	Papa Trilhos	M	43	01:02:41.19
35	300	Antonio Maia	Sartim	M	40	01:02:44.62
36	467	Paulo Baptista	C.B. Em Abrantes	M	49	01:02:52.87
37	400	João Salvado	Strong Team	M	53	01:02:54.69
38	17	Paulo Vitor		M	51	01:03:01.55
39	357	Pedro Filipe	Individual	M	28	01:03:08.74
40	380	João Lopes	Rx Runners	M	35	01:03:14.33
41	427	João Loureiro	Grvilaverdense	M	45	01:03:41.40
42	474	Rodrigo Santos	100 Gas Trail Team	M	38	01:03:59.31
43	516	Rodrigo Jesus	Individual	M	28	01:04:16.82
44	421	Nuno Limpo	Individual	M	31	01:04:46.01
45	305	Luis Pereira	Strong Team	M	35	01:04:46.36
46	542	Gonçalo Lobo	1Spartan	M	34	01:04:46.49
47	399	Mário Santos	Coa / Corvus Trail Team	M	36	01:05:21.41
48	576	Rui Dias	Coa / Corvus Trail Team	M	47	01:05:35.73
49	524	Hélder Félix	União Fci De Tomar	M	48	01:05:49.06
50	78	Gonçalo Bernardo	Centro Cívico Alferrarede Velha	M	35	01:05:54.27
51	561	Ricardo Póvoa	A. 20 Kms Almeirim	M	35	01:05:57.08
52	167	João Ferreira	Soutaria Team	M	23	01:05:57.61
53	429	Nelson Azenha	Grvilaverdense	M	45	01:06:25.57
54	379	Rui Nunes	Adr - Amigos Do Atletismo De Avis	M	45	01:06:29.19
55	374	Carlos Rodrigues	Xporfit	M	38	01:06:46.17
56	538	Marketa Martins	C.B. Em Abrantes	F	41	01:06:49.03
57	459	Manuel Silva	Os Matrecos	M	53	01:07:03.74
58	508	Helder Brás	Individual	M	43	01:07:16.77
59	498	César Ferreira	Ourém Vida Team	M	36	01:08:26.30
60	319	Jorge Vieira	Correr Ourém	M	45	01:08:27.02
61	150	Carlos Santos	União Fci De Tomar	M	53	01:08:29.47
62	482	Marco Ferreira	Rebeldex	M	33	01:08:32.54
63	364	Filipe Graça	Rit	M	29	01:08:33.11
64	320	Inês Santos	Individual	F	31	01:08:39.42

Lugar	Dorsal	Nome	Equipa	Sexo	Idade	Tempo
65	415	Ernesto Parente	União Fci De Tomar	M	54	01:09:35.74
66	564	Filipa Gameiro	Bombeiros Caxarias	F	28	01:09:38.67
67	307	Manuela Gomes	Strong Team	F	48	01:10:03.43
68	304	Luis Cardoso	Strong Team	M	50	01:10:21.07
69	492	Pedro Nunes	Individual	M	47	01:10:26.48
70	388	Sérgio Antunes	Individual	M	41	01:10:55.72
71	583	João Freitas	Individual	M	35	01:11:55.00
72	513	Ricardo Oliveira	Soutaria Team	M	20	01:12:26.60
73	422	Sérgio Marques	Rx Runners	M	36	01:12:38.13
74	440	Crina Oltean	Farmativa	F	35	01:13:52.23
75	522	Pedro Natario	100 Gas Trail Team	M	43	01:14:02.84
76	359	Carla Silva	100 Gas Trail Team	F	40	01:14:02.93
77	575	Pedro Rito	Individual	M	48	01:14:10.04
78	547	César Pires	Individual	M	42	01:14:17.69
79	410	Herminio Almeida	Grvilaverdense	M	49	01:14:31.27
80	326	Jose Andrade	Ponto Aventura Team	M	40	01:14:51.13
81	449	João Agostinho	Fireflies Runners	M	35	01:15:13.83
82	581	Ana Félix	C. A. Trail Runners Da Ponte	F	36	01:15:59.31
83	127	Renato Pedro	Individual	M	39	01:16:06.40
84	371	João Venâncio	My Friends	M	53	01:16:06.98
85	469	Joana Garcia	C.B. Em Abrantes	F	34	01:16:18.80
86	534	João Namora	Grvilaverdense	M	48	01:16:20.60
87	325	Patricia Patrao	Strong Team	F	26	01:16:21.32
88	309	Marco Henriques	Pampos Trail Team	M	43	01:16:30.74
89	523	Luis Mendes	Dream Team	M	38	01:16:48.47
90	567	João Ramos	Os Matrecos	M	48	01:17:30.79
91	566	Bruno Silva	Não Dá +	M	29	01:17:37.47
92	330	Antonio Caiado	Barrancos Fc / Biogado	M	49	01:17:45.84
93	342	Rui Bastos	Strong Team	M	46	01:17:47.37
94	390	João Martins	Rebeldex	M	34	01:17:53.02
95	533	Renato Santos	Já Vou!	M	38	01:18:03.77
96	479	Carolina Feliz	União Fci De Tomar	F	60	01:18:14.70
97	570	Luis Bento	Individual	M	44	01:18:24.87
98	505	Dario Oliveira	Individual	M	37	01:18:39.49
99	437	António Baptista	Individual	M	50	01:19:47.08
100	337	Adriana Água	Individual	F	25	01:19:47.20
101	494	Ana Teixeira	Ocr Portugal Lab	F	42	01:19:51.79
102	506	Carlos Trabulo	Individual	M	62	01:19:55.17
103	481	Flavio Graca	Rebeldex	M	33	01:19:55.48
104	489	Hélder Carboila	Individual	M	36	01:20:02.10
105	409	Bruno Ligeiro	Individual	M	40	01:20:02.70
106	362	Paulo Leão	Mtba	M	48	01:20:18.50
107	408	Guida Freitas	Individual	F	35	01:20:25.53
108	204	Victor Silva	Miro Trail	M	52	01:20:36.06
109	391	Jorge Lopes	Ladeia 2020	M	47	01:20:46.24
110	376	Sara Cordeiro	Xporfit	F	39	01:20:47.19
111	433	Fábio Sousa	Individual	M	33	01:20:48.51
112	432	Joana Aquino	Individual	F	32	01:20:48.76
113	568	Nuno Dias	Individual	M	41	01:20:56.76
114	525	Vítor Braz	Os Filhos Da Noite	M	57	01:21:03.43
115	487	Teresa Rosa	Grvilaverdense	F	48	01:21:49.37
116	536	Carlos Henrique	G. Desportivo Santander Totta	M	52	01:22:27.30
117	549	João Serra	Quenianos Do Ribatejo	M	31	01:22:31.84
118	385	Fernando Magro	Individual	M	43	01:22:36.90
119	345	Vanessa Costa	Montes Saloios Trail Team	F	32	01:22:37.14
120	464	Pedro Silva	C.B. Em Abrantes	M	43	01:22:37.96
121	401	Pedro Coelho	Strong Team	M	39	01:22:47.64
122	530	Madalena Maia	Individual	M	39	01:23:09.96
123	518	César Ferreira	Individual	M	48	01:23:10.64
124	373	Luisa Jorge	My Friends	F	39	01:23:17.47
125	515	Elisabete Carreira	Soure Mov	F	42	01:23:33.41
126	546	Pedro Custódio	Individual	M	40	01:23:57.95
127	531	João Maia	Individual	M	39	01:23:59.39
128	528	Pedro Jordão	Individual	M	37	01:24:03.38

Lugar	Dorsal	Nome	Equipa	Sexo	Idade	Tempo
129	537	Simão Martins	Individual	M	41	01:24:03.73
130	480	Ricardo Coruche	Rebeldex	M	33	01:24:05.65
131	553	Ricardo Ribeiro	Pedrogão Runners	M	42	01:24:06.68
132	557	Marco Ferreira	Rebeldex	M	37	01:24:07.14
133	556	João Vieira	Clac Trail Team	M	30	01:24:35.09
134	303	Sara Machado	Strong Team	F	24	01:24:37.95
135	350	Albin Almeida	Quenianos Do Ribatejo	M	33	01:24:43.40
136	392	David Coelho	Individual	M	40	01:24:48.70
137	577	Ana Alves	Lesmados	F	38	01:25:28.42
138	496	Paulo Pereira	Grvilaverdense	M	47	01:25:40.57
139	393	Luís Carapinha	Papa Trilhos	M	44	01:25:53.54
140	109	Paulo Marques	C.B. Em Abrantes	M	49	01:25:59.46
141	520	Nuno Simões	Trail Da Ladeia Running Team	M	40	01:26:11.79
142	569	Alcídio Figueiredo	Individual	M	52	01:26:45.22
143	579	Paulo Gomes	Soutaria Team	M	30	01:27:48.60
144	571	Sónia Santos	Individual	F	39	01:28:14.35
145	389	Daniel Olival	Individual	M	27	01:28:41.90
146	460	António Ramos	Os Matrecos	M	49	01:28:44.24
147	461	João Faria	Os Matrecos	M	48	01:28:44.97
148	473	Karina Sousa	100 Gas Trail Team	F	38	01:28:55.92
149	434	Jenny Sousa	Individual	F	38	01:29:00.90
150	560	Marco Oliveira	Individual	M	39	01:29:03.81
151	490	Pedro Lopes	Grvilaverdense	M	47	01:29:05.72
152	418	Pedro Cruz	Individual	M	42	01:29:17.73
153	439	João Galveia	Farmativa	M	44	01:29:40.06
154	128	António Barrocas	Individual	M	55	01:30:44.03
155	451	Anne Geubelle	Individual	F	52	01:30:45.43
156	349	Bruno Ferreira	Strong Team	M	39	01:30:48.06
157	477	Fernando Almeida	Individual	M	39	01:30:57.44
158	372	Elisabete Venâncio	My Friends	F	50	01:30:59.32
159	354	Ricardo Silva	Tarahumara	M	40	01:31:12.09
160	355	Carlos Leitão	Tarahumara	M	46	01:31:12.69
161	478	Alberto Graça	União Fci De Tomar	M	65	01:31:16.80
162	475	Hugo Antunes	Trail Da Ladeia Running Team	M	36	01:31:16.96
163	386	Susete Silva	Clube Desportivo De Espite	F	42	01:31:24.63
164	443	Sandra Teixeira	Amresgais	F	36	01:31:41.76
165	543	Judite Matreno	My Friends	F	50	01:31:45.91
166	394	Rui Gonçalves	Individual	M	43	01:31:46.79
167	444	Marco Alves	Gtt	M	42	01:31:47.81
168	499	Miguel Ramos	Gtt	M	42	01:31:48.94
169	324	Isabel Bué	Bué Da Serra	F	37	01:32:10.17
170	384	Rui Francisco	Individual	M	50	01:32:38.97
171	403	Paulo Mendes	Individual	M	37	01:33:21.71
172	572	Frederico Luz	#Marisqueiradetomar	M	39	01:33:24.68
173	521	Bruno Rodrigues	Individual	M	27	01:33:27.46
174	503	Carlos Gaspar	Individual	M	51	01:33:31.02
175	512	Jorge Natário	Individual	M	51	01:33:37.17
176	76	José Santos	Miro Trail	M	53	01:34:21.46
177	495	Fausto Reis	Miro Trail	M	35	01:34:21.46
178	329	Eduardo Rodrigues	Esgrima Sadina	M	38	01:34:42.78
179	340	João Carvalho	Aeon Team	M	33	01:34:43.67
180	328	João Cortegano	Barrancos Fc / Biogado	M	35	01:34:44.28
181	339	Ana Carreira	Aeon Team	F	41	01:34:44.58
182	454	Filipe Correia	Nightwalkers	M	41	01:35:03.79
183	453	Sónia Neves	Nightwalkers	F	41	01:35:04.11
184	344	André Lopes	Individual	M	35	01:35:20.05
185	491	Rui Lopes	Miro Trail	M	59	01:35:37.31
186	514	Antonio Neves	Soure Mov	M	56	01:35:41.07
187	423	Sandra Lopes	Individual	F	43	01:36:11.99
188	424	Nelson Sintra	Lama Solta	M	38	01:36:12.44
189	352	Vitor Santos	100 Gas Trail Team	M	45	01:36:21.36
190	356	Cristina Silva	100 Gas Trail Team	F	44	01:36:21.49
191	343	Catarina Rodrigues	Individual	F	30	01:36:24.12
192	413	Márcio Pereira	Individual	M	40	01:36:25.68

Lugar	Dorsal	Nome	Equipa	Sexo	Idade	Tempo
193	414	Cláudia Ramos	Individual	F	46	01:36:31.75
194	470	Paula Gomes	C.B. Em Abrantes	F	48	01:36:36.47
195	302	Francisco Figueiredo	Individual	M	45	01:36:51.68
196	435	André Gomes	Random Runners	M	30	01:36:55.53
197	472	Miguel Bugalho	Individual	M	34	01:38:14.05
198	455	Márcio Martins	Individual	M	29	01:38:31.02
199	550	Luís Froes	A. 20 Kms Almeirim	M	39	01:38:34.51
200	548	Cristiana Fróis	A. 20 Kms Almeirim	F	37	01:38:35.30
201	559	Carla Pinto	Individual	F	48	01:38:48.02
202	558	Valter Pinto	Individual	M	50	01:38:48.70
203	519	Catarina Chambel	Individual	F	22	01:38:51.13
204	509	Bruna Jorge	Individual	F	29	01:38:52.60
205	428	Vítor Manuel	Calma - Tomar	M	69	01:39:20.63
206	452	Silvia Pedro	Miro Trail	F	51	01:39:23.56
207	336	Anuba Carneiro	Individual	M	46	01:39:40.49
208	335	Sandra Cabaço	Individual	F	44	01:39:41.21
209	502	Raquel Rocha	G. C. Barquinense	F	30	01:40:00.44
210	321	Margarida Sousa	Individual	F	43	01:40:01.06
211	360	Magda Simões	Individual	F	41	01:40:01.48
212	347	Salgado Anabela	Caracol Trail Team	F	57	01:40:10.00
213	450	Paulo Ferreira	Clube Sem	M	39	01:40:24.73
214	333	Sérgio Lopes	Adr - Amigos Do Atletismo De Avis	M	35	01:40:26.66
215	398	Cláudia Ferreira	Barquinha Running Team	F	47	01:40:38.23
216	540	Mário Ferreira	Barquinha Running Team	M	52	01:40:39.10
217	436	Alexandra Pires	Caracol Trail Team	F	39	01:40:53.31
218	308	Anselmo Luz	Marisqueira De Tomar	M	43	01:40:55.58
219	301	Carina Bexiga	Individual	F	37	01:41:40.35
220	404	Ana Verdasca	Gtt	F	34	01:41:45.75
221	310	Bernardo Sousa	Pampos Trail Team	M	18	01:41:48.42
222	448	Catarina Miriam	Fireflies Runners	F	40	01:42:27.13
223	382	Olga Galvão	Simecq	F	56	01:42:34.58
224	381	Susana Mendes	Simecq	F	40	01:42:35.73
225	383	Celeste Almeida	Simecq	F	50	01:42:35.91
226	578	Luis Mendes	Lesmados	M	30	01:43:11.87
227	365	Mário Silva	Individual	M	44	01:43:16.07
228	366	Elsa Doninha	Individual	F	43	01:43:17.71
229	446	Julia Meneses	Sclabis Night Runners	F	51	01:43:53.48
230	466	Carlos Alfaiate	C.B. Em Abrantes	M	66	01:44:17.04
231	471	Elisete Manuel	C.B. Em Abrantes	F	44	01:44:17.61
232	318	Paulo Cabral	Individual	M	63	01:44:20.16
233	370	Catarina Marcelino	Pace Makers	F	41	01:44:22.27
234	312	Catia Lopes	Cdr Aguias Unidas	F	34	01:44:39.36
235	341	Paula Guerreiro	Cdr Aguias Unidas	F	49	01:44:40.27
236	526	Sara Moreira	Os Filhos Da Noite	F	50	01:44:47.35
237	306	Nuno Fernandes	F. C. Estrelas Lisboa	M	45	01:44:52.91
238	313	Telma Marques	Individual	F	45	01:44:53.78
239	316	Toni Custodio	Rhinos	M	48	01:45:03.33
240	580	Carla Jesus	Pace.Makers	F	38	01:45:53.18
241	441	Isabel Oltean	Farmativa	F	18	01:46:14.59
242	563	Telmo Oliveira	Rebeldex	M	36	01:46:28.32
243	457	Marine Braun	Individual	F	32	01:46:49.72
244	129	Romain Demoustier	Individual	M	29	01:46:50.05
245	527	Nuno Vacas	Individual	M	47	01:47:31.03
246	369	Cristina Santos	Miro Trail	F	52	01:48:31.61
247	99	Inês Mendonça		F	31	01:48:32.30
248	412	Bruno Graça	1Spartan	M	31	01:48:52.33
249	367	Jéssica Filipe	Centro Cívico Alferrarede Velha	F	19	01:49:13.17
250	368	Deonilde Marques	Individual	F	49	01:49:15.00
251	501	Ricardo Rocha	Trail Da Ladeia Running Team	M	30	01:49:21.86
252	458	Manuel Machado	Os Matrecos	M	57	01:50:02.49
253	431	Fátima Cabeço	Grvilaverdense	F	55	01:50:20.74
254	554	Adriana Rego	Pedrogão Runners	F	39	01:50:26.76
255	426	Susana Simões	Grvilaverdense	F	45	01:50:33.47
256	430	Paula Monteiro	Grvilaverdense	F	44	01:50:42.75

Lugar	Dorsal	Nome	Equipa	Sexo	Idade	Tempo
257	351	Mayer Raposo	A. A. Lebres Do Sado	M	72	01:51:30.40
258	363	Rui Rosa	Pace.Makers	M	38	01:52:44.22
259	353	Inês Diogo	Quenianos Do Ribatejo	F	28	01:53:25.64
260	397	Carla Mendes	Individual	F	40	01:54:55.80
261	405	João Albino	Gtt	F	42	01:54:57.64
262	396	Claudia Sebastiao	Pathfinders T. Team	F	38	01:55:27.50
263	504	Ana Vieira	Individual	F	34	01:56:45.11
264	348	Carla Cruz	R&W Alter Runners	F	45	01:56:45.24
265	331	Paula Barejo	Individual	F	49	01:57:32.64
266	332	Carla Pinhão	Individual	F	45	01:57:34.64
267	517	Gonçalo Oliveira	Individual	M	35	02:02:00.01
268	511	Inês Oliveira	Individual	F	32	02:02:00.76
269	500	Carina Fonseca	Gtt	M	42	02:10:05.51
270	544	Natália Teixeira	Individual	F	49	02:16:23.44
271	545	Rui Silva	Individual	M	55	02:16:26.59
272	387	Carla Palmeiro	Individual	F	45	02:19:11.60
273	573	Maria Garcia	Individual	F	44	02:19:12.96
274	541	Isabel Duarte	Individual	F	51	02:24:39.22
275	552	Fernando Antunes	Individual	M	59	02:40:33.08
276	311	Andreia Gomes	Strong Team	F	24	03:06:57.36
277	476	Petra Hrubá	Crossfit Faro	F	26	03:14:46.25
DNS	493	Pedro Palma	Ocr Portugal Lab	M	34	02:05:11.32
DNS	323	Andreia Andrade	Individual	F	31	
DNS	327	Pedro Oliveira	Lisbarro - Imporexpor	M	33	
DNS	334	Johnny Thomassen	Norway	M	59	
DNS	416	Miguel Ferreira	União Fci De Tomar	M	37	
DNS	456	Liliana Azenha	Ars Miguel	F	41	



Classificação por Equipas

04/01/2020

Mini Trilhos Nocturnos dos Templários 2020

22:33:18

Pos	Equipa	Pontuação	QtdAtletas	Ult. Atleta																
1	C.B. Em Abrantes	31	3	14																
	<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>8</td><td>463</td><td>Artur</td><td>Pais</td></tr><tr><td>9</td><td>465</td><td>Belarmino</td><td>Catroga</td></tr><tr><td>14</td><td>539</td><td>Daniel</td><td>Siimões</td></tr></table>	Pos	Dorsal	Nome		8	463	Artur	Pais	9	465	Belarmino	Catroga	14	539	Daniel	Siimões			
Pos	Dorsal	Nome																		
8	463	Artur	Pais																	
9	465	Belarmino	Catroga																	
14	539	Daniel	Siimões																	
2	Rx Runners	84	3	39																
	<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>19</td><td>529</td><td>Joao</td><td>Luz</td></tr><tr><td>26</td><td>484</td><td>João</td><td>Paulino</td></tr><tr><td>39</td><td>380</td><td>João</td><td>Lopes</td></tr></table>	Pos	Dorsal	Nome		19	529	Joao	Luz	26	484	João	Paulino	39	380	João	Lopes			
Pos	Dorsal	Nome																		
19	529	Joao	Luz																	
26	484	João	Paulino																	
39	380	João	Lopes																	
3	Coa / Corvus Trail Team	103	3	47																
	<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>10</td><td>485</td><td>Sergio</td><td>Campos</td></tr><tr><td>46</td><td>399</td><td>Mário</td><td>Santos</td></tr><tr><td>47</td><td>576</td><td>Rui</td><td>Dias</td></tr></table>	Pos	Dorsal	Nome		10	485	Sergio	Campos	46	399	Mário	Santos	47	576	Rui	Dias			
Pos	Dorsal	Nome																		
10	485	Sergio	Campos																	
46	399	Mário	Santos																	
47	576	Rui	Dias																	
4	União Fci De Tomar	109	3	60																
	<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>1</td><td>378</td><td>Marco</td><td>Francisco</td></tr><tr><td>48</td><td>524</td><td>Hélder</td><td>Félix</td></tr><tr><td>60</td><td>150</td><td>Carlos</td><td>Santos</td></tr></table>	Pos	Dorsal	Nome		1	378	Marco	Francisco	48	524	Hélder	Félix	60	150	Carlos	Santos			
Pos	Dorsal	Nome																		
1	378	Marco	Francisco																	
48	524	Hélder	Félix																	
60	150	Carlos	Santos																	
5	Bombeiros Caxarias	109	3	65																
	<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>13</td><td>419</td><td>Patrício</td><td>Gaspar</td></tr><tr><td>31</td><td>565</td><td>Gonçalo</td><td>Henriques</td></tr><tr><td>65</td><td>564</td><td>Filipa</td><td>Gameiro</td></tr></table>	Pos	Dorsal	Nome		13	419	Patrício	Gaspar	31	565	Gonçalo	Henriques	65	564	Filipa	Gameiro			
Pos	Dorsal	Nome																		
13	419	Patrício	Gaspar																	
31	565	Gonçalo	Henriques																	
65	564	Filipa	Gameiro																	
6	Strong Team	113	3	44																
	<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>32</td><td>317</td><td>Miguel</td><td>Pombeiro</td></tr><tr><td>37</td><td>400</td><td>João</td><td>Salvado</td></tr><tr><td>44</td><td>305</td><td>Luis</td><td>Pereira</td></tr></table>	Pos	Dorsal	Nome		32	317	Miguel	Pombeiro	37	400	João	Salvado	44	305	Luis	Pereira			
Pos	Dorsal	Nome																		
32	317	Miguel	Pombeiro																	
37	400	João	Salvado																	
44	305	Luis	Pereira																	
7	Grvilaverdense	170	3	78																
	<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>40</td><td>427</td><td>João</td><td>Loureiro</td></tr><tr><td>52</td><td>429</td><td>Nelson</td><td>Azenha</td></tr><tr><td>78</td><td>410</td><td>Herminio</td><td>Almeida</td></tr></table>	Pos	Dorsal	Nome		40	427	João	Loureiro	52	429	Nelson	Azenha	78	410	Herminio	Almeida			
Pos	Dorsal	Nome																		
40	427	João	Loureiro																	
52	429	Nelson	Azenha																	
78	410	Herminio	Almeida																	

Pos	Equipa	Pontuação	QtdAtletas	Ult. Atleta																
8	Os Matrecos	173	3	89																
<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>28</td><td>462</td><td>Jorge</td><td>Sirgado</td></tr><tr><td>56</td><td>459</td><td>Manuel</td><td>Silva</td></tr><tr><td>89</td><td>567</td><td>João</td><td>Ramos</td></tr></table>					Pos	Dorsal	Nome		28	462	Jorge	Sirgado	56	459	Manuel	Silva	89	567	João	Ramos
Pos	Dorsal	Nome																		
28	462	Jorge	Sirgado																	
56	459	Manuel	Silva																	
89	567	João	Ramos																	
9	100 Gas Trail Team	190	3	75																
<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>41</td><td>474</td><td>Rodrigo</td><td>Santos</td></tr><tr><td>74</td><td>522</td><td>Pedro</td><td>Natario</td></tr><tr><td>75</td><td>359</td><td>Carla</td><td>Silva</td></tr></table>					Pos	Dorsal	Nome		41	474	Rodrigo	Santos	74	522	Pedro	Natario	75	359	Carla	Silva
Pos	Dorsal	Nome																		
41	474	Rodrigo	Santos																	
74	522	Pedro	Natario																	
75	359	Carla	Silva																	
10	Xporfit	196	3	109																
<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>33</td><td>377</td><td>Nuno</td><td>Mendes</td></tr><tr><td>54</td><td>374</td><td>Carlos</td><td>Rodrigues</td></tr><tr><td>109</td><td>376</td><td>Sara</td><td>Cordeiro</td></tr></table>					Pos	Dorsal	Nome		33	377	Nuno	Mendes	54	374	Carlos	Rodrigues	109	376	Sara	Cordeiro
Pos	Dorsal	Nome																		
33	377	Nuno	Mendes																	
54	374	Carlos	Rodrigues																	
109	376	Sara	Cordeiro																	
11	Rebeldex	256	3	102																
<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>61</td><td>482</td><td>Marco</td><td>Ferreira</td></tr><tr><td>93</td><td>390</td><td>João</td><td>Martins</td></tr><tr><td>102</td><td>481</td><td>Flavio</td><td>Graca</td></tr></table>					Pos	Dorsal	Nome		61	482	Marco	Ferreira	93	390	João	Martins	102	481	Flavio	Graca
Pos	Dorsal	Nome																		
61	482	Marco	Ferreira																	
93	390	João	Martins																	
102	481	Flavio	Graca																	
12	Soutaria Team	264	3	142																
<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>51</td><td>167</td><td>João</td><td>Ferreira</td></tr><tr><td>71</td><td>513</td><td>Ricardo</td><td>Oliveira</td></tr><tr><td>142</td><td>579</td><td>Paulo</td><td>Gomes</td></tr></table>					Pos	Dorsal	Nome		51	167	João	Ferreira	71	513	Ricardo	Oliveira	142	579	Paulo	Gomes
Pos	Dorsal	Nome																		
51	167	João	Ferreira																	
71	513	Ricardo	Oliveira																	
142	579	Paulo	Gomes																	
13	My Friends	363	3	157																
<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>83</td><td>371</td><td>João</td><td>Venâncio</td></tr><tr><td>123</td><td>373</td><td>Luisa</td><td>Jorge</td></tr><tr><td>157</td><td>372</td><td>Elisabete</td><td>Venâncio</td></tr></table>					Pos	Dorsal	Nome		83	371	João	Venâncio	123	373	Luisa	Jorge	157	372	Elisabete	Venâncio
Pos	Dorsal	Nome																		
83	371	João	Venâncio																	
123	373	Luisa	Jorge																	
157	372	Elisabete	Venâncio																	
14	A. 20 Kms Almeirim	447	3	199																
<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>50</td><td>561</td><td>Ricardo</td><td>Póvoa</td></tr><tr><td>198</td><td>550</td><td>Luís</td><td>Froes</td></tr><tr><td>199</td><td>548</td><td>Cristiana</td><td>Fróis</td></tr></table>					Pos	Dorsal	Nome		50	561	Ricardo	Póvoa	198	550	Luís	Froes	199	548	Cristiana	Fróis
Pos	Dorsal	Nome																		
50	561	Ricardo	Póvoa																	
198	550	Luís	Froes																	
199	548	Cristiana	Fróis																	
15	Miro Trail	458	3	176																
<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>107</td><td>204</td><td>Victor</td><td>Silva</td></tr><tr><td>175</td><td>76</td><td>José</td><td>Santos</td></tr><tr><td>176</td><td>495</td><td>Fausto</td><td>Reis</td></tr></table>					Pos	Dorsal	Nome		107	204	Victor	Silva	175	76	José	Santos	176	495	Fausto	Reis
Pos	Dorsal	Nome																		
107	204	Victor	Silva																	
175	76	José	Santos																	
176	495	Fausto	Reis																	

Pos	Equipa	Pontuação	QtdAtletas	Ult. Atleta																
16	Farmativa	465	3	240																
	<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>73</td><td>440</td><td>Crina</td><td>Oltean</td></tr><tr><td>152</td><td>439</td><td>Joao</td><td>Galveia</td></tr><tr><td>240</td><td>441</td><td>Isabel</td><td>Oltean</td></tr></table>	Pos	Dorsal	Nome		73	440	Crina	Oltean	152	439	Joao	Galveia	240	441	Isabel	Oltean			
Pos	Dorsal	Nome																		
73	440	Crina	Oltean																	
152	439	Joao	Galveia																	
240	441	Isabel	Oltean																	
17	Quenianos Do Ribatejo	507	3	257																
	<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>116</td><td>549</td><td>João</td><td>Serra</td></tr><tr><td>134</td><td>350</td><td>Albin</td><td>Almeida</td></tr><tr><td>257</td><td>353</td><td>Inês</td><td>Diogo</td></tr></table>	Pos	Dorsal	Nome		116	549	João	Serra	134	350	Albin	Almeida	257	353	Inês	Diogo			
Pos	Dorsal	Nome																		
116	549	João	Serra																	
134	350	Albin	Almeida																	
257	353	Inês	Diogo																	
18	Trail Da Ladeia Running Team	550	3	249																
	<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>140</td><td>520</td><td>Nuno</td><td>Simões</td></tr><tr><td>161</td><td>475</td><td>Hugo</td><td>Antunes</td></tr><tr><td>249</td><td>501</td><td>Ricardo</td><td>Rocha</td></tr></table>	Pos	Dorsal	Nome		140	520	Nuno	Simões	161	475	Hugo	Antunes	249	501	Ricardo	Rocha			
Pos	Dorsal	Nome																		
140	520	Nuno	Simões																	
161	475	Hugo	Antunes																	
249	501	Ricardo	Rocha																	
19	Gtt	552	3	219																
	<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>166</td><td>444</td><td>Marco</td><td>Alves</td></tr><tr><td>167</td><td>499</td><td>Miguel</td><td>Ramos</td></tr><tr><td>219</td><td>404</td><td>Ana</td><td>Verdasca</td></tr></table>	Pos	Dorsal	Nome		166	444	Marco	Alves	167	499	Miguel	Ramos	219	404	Ana	Verdasca			
Pos	Dorsal	Nome																		
166	444	Marco	Alves																	
167	499	Miguel	Ramos																	
219	404	Ana	Verdasca																	
20	Simecq	669	3	224																
	<table><tr><th>Pos</th><th>Dorsal</th><th colspan="2">Nome</th></tr><tr><td>222</td><td>382</td><td>Olga</td><td>Galvão</td></tr><tr><td>223</td><td>381</td><td>Susana</td><td>Mendes</td></tr><tr><td>224</td><td>383</td><td>Celeste</td><td>Almeida</td></tr></table>	Pos	Dorsal	Nome		222	382	Olga	Galvão	223	381	Susana	Mendes	224	383	Celeste	Almeida			
Pos	Dorsal	Nome																		
222	382	Olga	Galvão																	
223	381	Susana	Mendes																	
224	383	Celeste	Almeida																	
	20																			