



1º Trail Running da Costa Saloia

Data: 15 de Março de 2015

Localidade: Mucifal

Organização: União Mucifalense

Cronometragem: Trilho Perdido Cronometragens

Pos.	Dorsal	Nome	Clube	Cat.	Pos.	Tempo	T/Km.	Dif.
1	58	Lousa, Tiago	CAFZ	Msen	1	1:26:57.96	04:08	
2	367	Ginja, João	Rail Runners	M40	1	1:26:58.08	04:08	0:00:00
3	34	Silva, José	Associação Vale Grande	M40	2	1:29:45.88	04:16	0:02:48
4	394	Cochicho, Tiago	S.U.Colarense	Msen	2	1:29:49.52	04:17	0:02:52
5	427	Veríssimo, Marcolino	SS CGD	M40	3	1:32:50.38	04:25	0:05:52
6	350	Faustino, Joao	Outsidedream	M40	4	1:34:48.02	04:31	0:07:50
7	26	Taveira, Carlos	aminhacorrída/skerchers	M40	5	1:36:18.57	04:35	0:09:21
8	368	Rodrigues, Jorge	Rail Runners	M40	6	1:36:24.33	04:35	0:09:26
9	263	Azevedo, Rogério	Individual	M40	7	1:36:33.24	04:36	0:09:35
10	25	Povoa, Paulo	Amigos Vale Silêncio	M50	1	1:37:29.29	04:39	0:10:31
11	22	Brás, Isaac	Amigos Atletismo de Mafra	M50	2	1:39:14.52	04:44	0:12:17
12	10	Dias, Bruno	Adraga BTTeam	Msen	3	1:39:46.79	04:45	0:12:49
13	134	Dias, Filipe	GD4C	Msen	4	1:39:58.45	04:46	0:13:00
14	328	Santos, Arsénio	O Mundo da Corrida	Msen	5	1:40:01.78	04:46	0:13:04
15	336	Correia, João	Os Amigos de Atletismo de Aviz	Msen	6	1:40:06.03	04:46	0:13:08
16	33	Geada, Jose	Associação Vale Grande	M40	8	1:40:27.16	04:47	0:13:29
17	54	Trindade, Luis	PAREDES AVENTURA	Msen	7	1:40:43.38	04:48	0:13:45
18	364	Pimenta, Nuno	Portugal Running	Msen	8	1:40:44.09	04:48	0:13:46
19	330	Santos, Armando	Oeiras Trail Team	Msen	9	1:40:44.87	04:48	0:13:47
20	320	Silva, Paulo	NAZA - ABOBODA	M40	9	1:40:53.83	04:48	0:13:56
21	85	Martinho, Sérgio	Colares Team	Msen	10	1:40:55.84	04:48	0:13:58
22	288	Félix, José	Linda Pastora F. C.	M40	10	1:41:19.21	04:49	0:14:21
23	131	Carneiro, Miguel	Gafete Runners	Msen	11	1:41:58.70	04:51	0:15:01
24	152	Sousa, Bruno	Hot Runners	Msen	12	1:42:17.40	04:52	0:15:19
25	14	Simões, Emanuel	AFDD-Run Crew Trail Montijo	Msen	13	1:42:32.21	04:53	0:15:34
26	93	Pardal, Antonio	Decathlon / OmegaPharma	M40	11	1:43:40.61	04:56	0:16:43
27	373	Martins, Rui	ASC Vale Grande	Msen	14	1:43:53.38	04:57	0:16:55
28	365	Vieira, José	ProAventuras	M50	3	1:44:14.87	04:58	0:17:17
29	385	Novais, Hugo	RunSintra.com	Msen	15	1:44:21.44	04:58	0:17:23
30	87	Silva, Nuno	Correr Lisboa	Msen	16	1:44:25.51	04:58	0:17:28
31	370	Silva, Germano	Real Academia	M50	4	1:44:29.84	04:59	0:17:32
32	431	Pires, Paulo	SS CGD	M40	12	1:44:54.30	05:00	0:17:56
33	71	Finote, Júlio	CCD Sintrense	M40	13	1:45:23.09	05:01	0:18:25
34	228	Aires, Luis	Individual	M40	14	1:45:37.35	05:02	0:18:39
35	436	Janela, Paulo	Tarahumaras	Msen	17	1:47:23.25	05:07	0:20:25
36	467	Miranda, Paulo	Turres Trail Clube	M40	15	1:47:49.49	05:08	0:20:51
37	464	Rodrigues, Roberto	TRT Trail Runner Team	Msen	18	1:47:58.50	05:09	0:21:01
38	132	Jesus, Pedro	Gafete Runners	Msen	19	1:49:02.94	05:12	0:22:05
39	224	Freire, José	Individual	M40	16	1:49:11.93	05:12	0:22:14
40	6	Araújo, Herculano	A. Real Academia	M50	5	1:49:12.06	05:12	0:22:14
41	39	Pires, Carlos	BC	Msen	20	1:49:38.61	05:13	0:22:41
42	416	Pinheiro, Duarte	Spem	Msen	21	1:49:51.17	05:14	0:22:53

43	354	Taboas, Paulo	Holmes Place Beloura	M40	17	1:49:53.85	05:14	0:22:56
44	197	Rodrigues, Francisco	Individual	Msen	22	1:49:58.36	05:14	0:23:00
45	455	Fernandes, Paulo	Timrun	Msen	23	1:50:06.11	05:15	0:23:08
46	63	Silva, Marcelo	Carapaus de Corrida	M40	18	1:50:17.69	05:15	0:23:20
47	139	Marrão, Bruno	GO!Runners	Msen	24	1:50:17.76	05:15	0:23:20
48	3	Cavaleiro, Nuno	A correr por ti	Msen	25	1:50:29.48	05:16	0:23:31
49	24	Rodrigues, Osvaldo	Amigos Vale Silêncio	M40	19	1:50:41.14	05:16	0:23:43
50	372	Oliveira, João	Ribeira da Lage	M50	6	1:50:55.33	05:17	0:23:57
51	7	Mimoso, Jorge	A. Real Academia	M40	20	1:51:29.66	05:19	0:24:32
52	407	Morgado, Sérgio	Salamandreco	M40	21	1:51:30.56	05:19	0:24:33
53	382	Quiaios, Aurelio	Runners do Travesseiro	Msen	26	1:52:14.84	05:21	0:25:17
54	127	Bernardo, Jose	G A Monsanto Gascan	M40	22	1:52:47.73	05:22	0:25:50
55	316	Santos, João	NAZA	M50	7	1:52:58.46	05:23	0:26:00
56	16	Loureiro, Luis	AFDD-Run Crew Trail Montijo	Msen	28	1:53:00.69	05:23	0:26:03
57	17	Garrana, Nuno	AFDD-Run Crew Trail Montijo	Msen	27	1:53:03.00	05:23	0:26:05
58	319	Marques, Carlos	NAZA - ABOBODA	M40	23	1:53:26.54	05:24	0:26:29
59	421	Gamito, Diogo	Salamandreco	M40	24	1:53:35.49	05:25	0:26:37
60	199	Leonardo, Gilberto	Individual	M40	25	1:53:39.00	05:25	0:26:41
61	47	Gabriel, Pedro	C.A. Amigos Parque da Paz	M40	26	1:53:46.74	05:25	0:26:49
62	18	Miguel, Rui	AFDD-Run Crew Trail Montijo	M40	27	1:53:51.80	05:25	0:26:54
63	140	Duarte, Diogo	GO!Runners	Msen	29	1:53:57.80	05:26	0:27:00
64	50	Baptista, Helder	C.C.C.D.A. / TRILHO PERDIDO	M40	28	1:54:01.69	05:26	0:27:04
65	46	Costa, Ricardo	BTT Veredas de Noudar	Msen	30	1:54:18.91	05:27	0:27:21
66	255	Reis, Pedro	Individual	Msen	31	1:54:20.28	05:27	0:27:22
67	149	Vaz, Joaquim	HCRUNNERS	M40	29	1:54:23.03	05:27	0:27:25
68	223	Abrantes, José	Individual	M40	30	1:54:25.46	05:27	0:27:27
69	411	Aragão, José	Sapiente Engenharia Run	M50	8	1:54:25.50	05:27	0:27:28
70	146	Meleiro, Rogerio	Grupo Desportivo Estoril Praia	M40	31	1:54:43.76	05:28	0:27:46
71	227	Nunes, José	Individual	M40	32	1:54:43.93	05:28	0:27:46
72	399	Lourenço, João	Salamandreco	M50	9	1:54:46.17	05:28	0:27:48
73	81	Arede, José	Clube EDP - Lisboa	M40	33	1:55:18.98	05:29	0:28:21
74	292	Pinto, Pedro	MAG-8	M40	34	1:55:30.65	05:30	0:28:33
75	453	Calvo, Francisco	Timrun	M50	10	1:55:45.18	05:31	0:28:47
76	218	Dias, Joaquim	Individual	M40	35	1:55:59.00	05:31	0:29:01
77	301	Gouveia, Bruno	MultiRunners	Msen	32	1:55:59.81	05:31	0:29:02
78	179	Paulo, Luis	Multi Runners	M40	36	1:56:04.72	05:32	0:29:07
79	148	Moleirinho, Pedro	Guards N'Runners	M40	37	1:56:07.60	05:32	0:29:10
80	412	Silva, Edgar	Sintrarunning	M40	38	1:56:17.54	05:32	0:29:20
81	212	Cardoso, João	Individual	M40	39	1:56:33.77	05:33	0:29:36
82	360	Roseta, Paulo	Pi Gym - strava plus edmondo	Msen	33	1:56:43.61	05:34	0:29:46
83	245	Simões, Nuno	Individual	M40	40	1:57:05.34	05:35	0:30:07
84	461	Ferreira, José	Trilhos e Corridas de Tercena	M40	41	1:57:10.32	05:35	0:30:12
85	413	Silva, Mario	Sintrarunning	M40	42	1:57:31.39	05:36	0:30:33
86	339	Gonçalves, Pedro	Os dois amigos	M40	43	1:57:42.50	05:36	0:30:45
87	241	Gomes, Miguel	Individual	M40	44	1:57:53.22	05:37	0:30:55
88	343	Fortes, Ruben	Os Mesmos	Msen	34	1:57:56.54	05:37	0:30:59
89	452	Dias, António	Timrun	Msen	35	1:58:01.20	05:37	0:31:03
90	371	Oliveira, André	Ribeira da Lage	Msen	36	1:58:07.71	05:38	0:31:10
91	215	Frazão, João	Individual	Msen	37	1:58:15.88	05:38	0:31:18
92	243	Dinis, Nuno	Individual	Msen	38	1:58:24.91	05:38	0:31:27
93	27	Henriques, Carmen	aminhacorrída/skerchers	Fsen	1	1:58:29.52	05:39	0:31:32
94	363	Santos, Nelson	TSF Runners	M40	45	1:59:18.24	05:41	0:32:20
95	12	Campos, Bruno	ADVdays	M40	46	1:59:47.39	05:42	0:32:49
96	40	Garoto, Francisco	Bladerunners	M40	47	1:59:47.96	05:42	0:32:50
97	439	Mendes, Carla	Tartarugas Solidarias	Fsen	2	1:59:52.23	05:42	0:32:54
98	279	Santos, Hugo	Just me	Msen	39	1:59:52.73	05:43	0:32:55
99	45	Silva, Carlos	brothers runners	Msen	40	2:00:12.55	05:43	0:33:15
100	268	Teixeira, Samuel	Individual	Msen	41	2:00:34.28	05:44	0:33:36

101	400	Dias, Marcelo	Salamandreco	Msen	42	2:00:51.08	05:45	0:33:53
102	444	Borges, Marco	Tartarugas Solidarias	Msen	43	2:00:52.27	05:45	0:33:54
103	403	Neves, Narciso	Salamandreco	Msen	44	2:01:37.42	05:47	0:34:39
104	414	Schofield, Paulo	Sintrarunning	M40	48	2:01:43.86	05:48	0:34:46
105	247	Alves, Paulo	Individual	Msen	45	2:02:02.04	05:49	0:35:04
106	361	Batista, Rui	PM maia-fitness.com	M50	11	2:02:10.60	05:49	0:35:13
107	221	Freitas, Jose	Individual	M50	12	2:02:13.27	05:49	0:35:15
108	61	Carago, Hugo	Carapaus de Corrida	M40	49	2:02:19.35	05:49	0:35:21
109	145	Pebre, Ricardo	GO!Runners	Msen	46	2:02:25.12	05:50	0:35:27
110	324	Oliveira, Fernando	Novos Trilhos	M50	13	2:02:26.87	05:50	0:35:29
111	475	Cartas, Dinis	Amigos de Atletismo de Aviz	Msen	47	2:02:40.75	05:51	0:35:43
112	106	Ramos, Paulo	Exército	M40	50	2:02:45.97	05:51	0:35:48
113	190	Almeida, David	Individual	Msen	48	2:02:54.13	05:51	0:35:56
114	424	Silva, João	SS CGD	M40	51	2:02:58.25	05:51	0:36:00
115	99	Ribeiro, Jose	Eléctrico Futebol Clube	Msen	49	2:03:05.94	05:52	0:36:08
116	170	Raposo, Paulo	IC RUNNERS	M40	52	2:03:05.94	05:52	0:36:08
117	98	Duque, Pedro	EFC - Trail Runners da Ponte	Msen	50	2:03:07.34	05:52	0:36:09
118	357	Dores, Pedro	People	Msen	51	2:03:08.98	05:52	0:36:11
119	327	Matos, André	O Mundo da Corrida	Msen	52	2:03:15.22	05:52	0:36:17
120	83	Pinto, Paulo	Clube EDP - Lisboa	Msen	53	2:03:25.38	05:53	0:36:27
121	67	Morais, Dinis	CCD Siemens	M40	53	2:03:30.18	05:53	0:36:32
122	84	Soares, Luís	Clube Ogma	M40	54	2:03:40.72	05:53	0:36:43
123	390	Mendes, Davide	S.U.Colareense	M40	55	2:03:45.97	05:54	0:36:48
124	135	Oliveira, Liliana	GD4C	Fsen	3	2:03:54.87	05:54	0:36:57
125	110	Santos, Joaquim	Falcões Selvagens	M50	14	2:04:29.83	05:56	0:37:32
126	238	Fernandes, Margarida	Individual	Fsen	4	2:04:32.08	05:56	0:37:34
127	463	Marques, Hélio	TRT Trail Runner Team	M40	56	2:04:36.48	05:56	0:37:38
128	244	Luzia, Nuno	Individual	Msen	54	2:04:38.07	05:56	0:37:40
129	69	Fernandes, João	CCD Siemens	Msen	55	2:04:46.07	05:56	0:37:48
130	430	*****, Dorsal 430	??????			2:04:58.86	05:57	0:38:01
131	237	Souza, Marco	Individual	M40	57	2:05:09.13	05:58	0:38:11
132	304	Pereira, João	MultiRunners	M40	58	2:05:30.52	05:59	0:38:33
133	359	Silveira, José	Pi Gym - strava plus edmondo	M40	59	2:05:32.95	05:59	0:38:35
134	203	Mateus, Henrique	Individual	M40	60	2:05:43.30	05:59	0:38:45
135	196	Dias, Francisco	Individual	M40	61	2:05:43.86	05:59	0:38:46
136	355	Paulo, Rui	Paulos	M40	62	2:05:44.89	05:59	0:38:47
137	340	Vicente, Fernando	Os Galgos	M50	15	2:05:51.43	06:00	0:38:53
138	168	Sousa, João	IC RUNNERS	M40	63	2:06:13.12	06:01	0:39:15
139	133	Silva, João	Ganha...Dores	Msen	56	2:06:21.71	06:01	0:39:24
140	262	Tiago, Ricardo	Individual	M40	64	2:06:24.32	06:01	0:39:26
141	184	Tomaz, Bruno	Individual	Msen	57	2:06:31.11	06:01	0:39:33
142	234	Araújo, Manuel	Individual	M50	16	2:06:33.70	06:02	0:39:36
143	249	Correia, Paulo	Individual	M40	65	2:06:34.61	06:02	0:39:37
144	248	Amaral, Paulo	Individual	M40	66	2:06:35.98	06:02	0:39:38
145	462	Costa, Marco	trinta e sete	Msen	58	2:06:49.74	06:02	0:39:52
146	205	Hilário, Hugo	Individual	Msen	59	2:06:54.82	06:03	0:39:57
147	236	Leonardo, Manuel	Individual	M50	17	2:07:08.17	06:03	0:40:10
148	458	Machado, Pedro	Tough Trails Alenquer	Msen	60	2:07:22.59	06:04	0:40:25
149	226	Moura, José	Individual	M40	67	2:07:32.25	06:04	0:40:34
150	267	Dias, Carlos	GO!Runners	Msen	61	2:08:19.73	06:07	0:41:22
151	283	Ribeiro, Bruno	Kaninos	Msen	62	2:08:21.28	06:07	0:41:23
152	287	Silva, Vitor	Lebres do Sado	M40	68	2:08:32.60	06:07	0:41:35
153	35	Luís, Eduardo	Atomic Team	Msen	63	2:08:33.48	06:07	0:41:35
154	230	Eanes, Luis	Individual	M40	69	2:08:50.00	06:08	0:41:52
155	362	Silva, Ricardo	Pocariça runners	M40	70	2:08:50.07	06:08	0:41:52
156	52	Correia, Madalena	C.C.C.D.A. / TRILHO PERDIDO	Fsen	5	2:09:01.82	06:09	0:42:04
157	454	Côco, Jorge	Timrun	Msen	64	2:09:03.72	06:09	0:42:06
158	124	Ingles, Antonio	G A Monsanto Gascan	M50	18	2:09:38.77	06:10	0:42:41

159	130	Mendonça, Álvaro	Gafete Runners	Msen	65	2:10:01.48	06:11	0:43:03
160	459	Marques, Carlos	Trilhos e Corridas de Tercena	M50	19	2:11:36.09	06:16	0:44:38
161	446	Abrantes, Rui	Tartarugas Solidarias	Msen	66	2:12:05.82	06:17	0:45:08
162	108	Garranas, Filipe	Falcões Selvagens	Msen	67	2:12:17.91	06:18	0:45:20
163	285	Almeida, João	Kaninos	M40	71	2:12:54.00	06:20	0:45:56
164	317	Silva, Nelson	NAZA	Msen	68	2:13:06.90	06:20	0:46:09
165	122	Vaz, Francisco	Frufresh Runners	M40	72	2:13:25.25	06:21	0:46:27
166	187	Soares, Carlos	Individual	Msen	69	2:13:55.92	06:23	0:46:58
167	121	Rosa, Humberto	FRA	Msen	70	2:14:29.82	06:24	0:47:32
168	30	Pinto, Joao	Aquilles Brothers	Msen	71	2:14:50.26	06:25	0:47:52
169	80	Martins, Helder	Clube EDP - Lisboa	Msen	72	2:14:59.07	06:26	0:48:01
170	474	Wiborg, André	WL84	M50	20	2:16:03.24	06:29	0:49:05
171	425	Carrilho, Joaquim	SS CGD	M40	73	2:16:34.41	06:30	0:49:36
172	55	Frazao, Jose	c.n.sesimbra	M40	74	2:18:05.53	06:35	0:51:08
173	273	Costa, Vasco	Individual	M60	1	2:18:15.98	06:35	0:51:18
174	325	Magro, José	Novos Trilhos	M40	75	2:19:26.09	06:38	0:52:28
175	208	Silva, Isidoro	Individual	M50	21	2:19:42.73	06:39	0:52:45
176	323	Silva, Antonio	Novos Trilhos	M60	2	2:19:47.12	06:39	0:52:49
177	32	Fiúza, Sandro	Aquilles Brothers	Msen	73	2:20:19.13	06:41	0:53:21
178	332	Monteiro, Noémia	Do Stress	Fvet	1	2:20:20.41	06:41	0:53:22
179	211	Almeida, João	Individual	Msen	74	2:21:02.90	06:43	0:54:05
180	220	Almeida, Jorge	Individual	M40	76	2:21:48.31	06:45	0:54:50
181	157	Rodrigues, Liliana	Hot Runners	Fsen	6	2:21:56.00	06:46	0:54:58
182	396	Zoio, Bernardo	Salamandreco	Msen	75	2:21:57.33	06:46	0:54:59
183	466	Rodrigues, Francisco	Turres Trail Clube	Msen	76	2:21:59.83	06:46	0:55:02
184	105	Reis, Nuno	Entra Vades	Msen	77	2:22:37.05	06:47	0:55:39
185	126	Gabriel, José	G A Monsanto Gascan	M50	22	2:22:52.49	06:48	0:55:54
186	300	Amaro, Francisco	MTBA Trail Team	M40	77	2:22:57.37	06:48	0:55:59
187	64	Oliveira, José	NASA	M40	78	2:23:03.14	06:49	0:56:05
188	78	Conchinha, Maria	Clube do Stress	Fvet	2	2:23:03.70	06:49	0:56:06
189	251	Silva, Paulo	Individual	M50	23	2:23:04.36	06:49	0:56:06
190	151	Fernández, Ana	Hot Runners	Fsen	7	2:23:04.64	06:49	0:56:07
191	158	Machado, Paula	Hot Runners	Fvet	3	2:23:05.78	06:49	0:56:08
192	229	Canhao, Luis	Individual	M40	79	2:23:20.07	06:50	0:56:22
193	443	Caldeirinha, José	Tartarugas Solidarias	Msen	78	2:23:25.98	06:50	0:56:28
194	260	Morais, Ricardo	Individual	Msen	79	2:23:38.44	06:50	0:56:40
195	117	Vieitas, Rui	Fat Old Dudes	Msen	80	2:23:38.46	06:50	0:56:40
196	219	Gamito, Joaquim	Individual	M50	24	2:23:41.97	06:51	0:56:44
197	318	Rodrigues, Pedro	NAZA	Msen	81	2:23:43.13	06:51	0:56:45
198	445	Fernandes, Rita	Tartarugas Solidarias	Fvet	4	2:23:43.59	06:51	0:56:46
199	172	Figueiredo, Adelino	Individual	M40	80	2:23:44.85	06:51	0:56:47
200	65	Reis, Luís	CCD Município Cascais	M50	25	2:24:39.28	06:53	0:57:41
201	264	Gonçalves, Ruben	Individual	Msen	82	2:24:39.61	06:53	0:57:42
202	51	Ribeiro, Jorge	C.C.C.D.A. / TRILHO PERDIDO	Msen	83	2:24:39.69	06:53	0:57:42
203	19	Barros, Diogo	Airtake	Msen	84	2:24:56.74	06:54	0:57:59
204	60	Soares, Gonçalo	Carapaus de Corrida	M40	81	2:25:02.79	06:54	0:58:05
205	271	Paiva, Silvio	Individual	M60	3	2:25:05.17	06:55	0:58:07
206	43	Pinela, Rui	Bladerunners	M40	82	2:25:12.57	06:55	0:58:15
207	312	Ferreira, Vasco	MultiRunners	M50	26	2:25:15.56	06:55	0:58:18
208	200	Lima, Gilberto	Individual	M40	83	2:25:15.61	06:55	0:58:18
209	256	Aguiar, Ricardo	Individual	M50	27	2:25:33.71	06:56	0:58:36
210	349	Santos, Paula	Os Tugas	Fvet	5	2:25:35.57	06:56	0:58:38
211	338	Saraiva, Manuel	Os Amigos de Atletismo de Aviz	M50	28	2:25:37.44	06:56	0:58:39
212	313	Santos, Alberto	não	M40	84	2:25:41.09	06:56	0:58:43
213	96	Martins, Rui	Devagar se vai ao longe	M40	85	2:25:41.58	06:56	0:58:44
214	410	Guerreiro, Sandra	Saloios Trail Running	Fsen	8	2:26:04.79	06:57	0:59:07
215	36	Bailão, Paulo	SS CGD	M40	86	2:26:07.71	06:58	0:59:10
216	426	Landeiro, Luisa	SS CGD	Fvet	6	2:26:09.97	06:58	0:59:12

217	429	Borges, Olga	SS CGD	Fvet	7	2:26:11.22	06:58	0:59:13
218	171	Duarte, Ricardo	IC RUNNERS	Msen	85	2:26:29.93	06:59	0:59:32
219	329	Lima, José	O Mundo da Corrida	M50	29	2:26:31.12	06:59	0:59:33
220	100	Gonçalves, Mário	EnKostasTrail	M40	87	2:26:38.33	06:59	0:59:40
221	302	Raposo, Daniel	MultiRunners	Msen	86	2:26:39.04	06:59	0:59:41
222	111	Rodrigues, Paulo	Falcões Selvagens	M50	30	2:26:42.43	06:59	0:59:44
223	314	Silva, Helena	Não	Fvet	8	2:26:48.50	06:59	0:59:51
224	321	Campos, Miguel	Nos Dois	Msen	87	2:27:05.19	07:00	1:00:07
225	375	Melo, José	RUN 4 FUN	M50	31	2:27:10.92	07:01	1:00:13
226	381	Barra, Elisa	AS Real Academia	Fvet	9	2:27:25.17	07:01	1:00:27
227	420	Martins, Catarina	SS CGD	Fvet	10	2:27:26.46	07:01	1:00:28
228	456	Veríssimo, João	Tokandar	M50	32	2:27:35.25	07:02	1:00:37
229	471	Quaresma, Paulo	Veteranos de Massamá	M50	33	2:27:38.74	07:02	1:00:41
230	406	Cunha, Sara	Salamandreco	Fsen	9	2:27:42.35	07:02	1:00:44
231	417	Sendim, Tiago	Spem	Msen	88	2:27:49.67	07:02	1:00:52
232	23	Gonçalves, José	Amigos de Atletismo de Aviz	M50	34	2:28:00.60	07:03	1:01:03
233	48	Ruivo, Fernando	C.C.C.D.A. / TRILHO PERDIDO	Msen	89	2:28:02.57	07:03	1:01:05
234	401	Oliveira, Marco	Salamandreco	Msen	90	2:28:14.78	07:04	1:01:17
235	356	Teixeira, Ana	People	Fsen	10	2:28:18.53	07:04	1:01:21
236	210	Campos, Joao	Individual	M40	88	2:28:26.23	07:04	1:01:28
237	398	Nuno, Célia	Hand2Hand	Fvet	11	2:28:30.42	07:04	1:01:32
238	311	Paco, Rui	MultiRunners	M40	89	2:28:34.14	07:04	1:01:36
239	337	Rocha, Jorge	Os Amigos de Atletismo de Aviz	Msen	91	2:28:34.37	07:04	1:01:36
240	162	Doellinger, Jorge	Hot Soup Team	Msen	92	2:28:35.86	07:05	1:01:38
241	115	Castro, Miguel	Fat Old Dudes	M40	90	2:28:50.31	07:05	1:01:52
242	160	Santos, Ricardo	Hot Runners	Msen	93	2:28:52.73	07:05	1:01:55
243	41	Cruz, João	Bladerunners	M40	91	2:29:01.56	07:06	1:02:04
244	434	Rosa, Severino	SS CGD	M50	35	2:29:11.79	07:06	1:02:14
245	460	Lopes, Joaquim	Trilhos e Corridas de Tercena	M50	36	2:29:12.78	07:06	1:02:15
246	4	Saraiva, David	A. D. Manteigas	Msen	94	2:29:16.02	07:06	1:02:18
247	347	Dores, Carlos	Os Pernetas	M40	92	2:29:23.15	07:07	1:02:25
248	297	Gonçalves, Mauro	Matilha Running	M40	93	2:29:35.62	07:07	1:02:38
249	346	Costa, Alexandre	Os Pernetas	M40	94	2:29:36.00	07:07	1:02:38
250	258	Arraias, Ricardo	Individual	M40	95	2:29:40.00	07:08	1:02:42
251	404	Santos, Romão	Salamandreco	M40	96	2:29:41.57	07:08	1:02:44
252	150	Machado, Alexandra	Hot Runners	Fsen	11	2:29:42.38	07:08	1:02:44
253	291	Pedro, Miguel	Lone Survivor	M40	97	2:29:47.07	07:08	1:02:49
254	335	Costa, Fernando	Os Amigos de Atletismo de Aviz	M50	37	2:29:47.50	07:08	1:02:50
255	142	Amador, João	GORUN	Msen	95	2:29:50.55	07:08	1:02:53
256	451	Marques, Marcia	TFM	Fsen	12	2:29:51.35	07:08	1:02:53
257	450	Machado, Filipe	TFM	Msen	96	2:29:51.41	07:08	1:02:53
258	119	Ramgi, Jatin	FDS RUNNERS	Msen	97	2:30:01.86	07:09	1:03:04
259	118	Prata, David	FDS RUNNERS	Msen	98	2:30:02.74	07:09	1:03:05
260	194	Silva, Flávio	Individual	Msen	99	2:30:04.31	07:09	1:03:06
261	469	Santos, João	Veteranos de Massamá	M60	4	2:30:05.10	07:09	1:03:07
262	303	Martins, João	MultiRunners	Msen	100	2:30:22.82	07:10	1:03:25
263	306	Finuras, José	MultiRunners	M40	98	2:30:23.99	07:10	1:03:26
264	204	Sacadura, Henrique	Individual	M60	5	2:30:29.39	07:10	1:03:31
265	207	Parente, Inês	Individual	Fsen	13	2:30:38.15	07:10	1:03:40
266	1	Vieira, Rui	10 KM de Tagarro	M40	99	2:30:38.53	07:10	1:03:41
267	5	Paradinha, João	A. D. Manteigas	M40	100	2:31:00.25	07:11	1:04:02
268	198	Santos, Francisco	Individual	Msen	101	2:31:02.02	07:12	1:04:04
269	447	Martcheva, Natália	Montes Saloios	Fvet	12	2:31:02.05	07:12	1:04:04
270	163	Serôdio, João	HPP Cascais	Msen	102	2:31:04.18	07:12	1:04:06
271	296	Silva, Paulo	Matadores	M40	101	2:31:05.54	07:12	1:04:08
272	391	Jesus, Mário	S.U.Colarense	M40	102	2:31:16.29	07:12	1:04:18
273	405	Magalhães, Sandra	Salamandreco	Fvet	13	2:31:30.13	07:13	1:04:32
274	53	Brilhante, Rui	C.C.C.D.A. / TRILHO PERDIDO	M40	103	2:31:36.79	07:13	1:04:39

275	438	Ortega, Simão	Tarahumaras	Msen	103	2:31:39.20	07:13	1:04:41
276	57	Lima, Carlos	caapp	M40	104	2:31:47.69	07:14	1:04:50
277	473	Vilarinho, Vital	VICTORIA Seguros	Msen	104	2:31:50.00	07:14	1:04:52
278	341	António, Manuel	OS LENTOS DO MEIO	M50	38	2:31:55.44	07:14	1:04:57
279	66	Cagica, Carlos	CCD Siemens	M40	105	2:32:00.36	07:14	1:05:02
280	222	Henriques, Jose	Individual	M40	106	2:32:08.12	07:15	1:05:10
281	188	Avó, César	Individual	Msen	105	2:32:10.10	07:15	1:05:12
282	95	Martins, Rui	Devagar se vai ao longe	M40	107	2:32:11.45	07:15	1:05:13
283	192	Lucas, Fábio	Individual	Msen	106	2:32:13.12	07:15	1:05:15
284	257	Alves, Ricardo	Individual	Msen	107	2:32:14.95	07:15	1:05:17
285	282	Cardoso, Bruno	Kaninos	Msen	108	2:32:15.44	07:15	1:05:17
286	457	Ribeiro, Marília	Tokandar	Fsen	14	2:32:18.67	07:15	1:05:21
287	388	Rodrigues, Sérgio	S & S Runners	M40	108	2:32:20.97	07:15	1:05:23
288	342	Churro, João	Os Mesmos	Msen	109	2:32:23.90	07:15	1:05:26
289	217	Sanches, João	Individual	M50	39	2:32:26.40	07:16	1:05:28
290	15	Neves, João	AFDD-Run Crew Trail Montijo	M50	40	2:32:30.24	07:16	1:05:32
291	56	Lima, Ana	caapp	Fvet	14	2:32:33.50	07:16	1:05:36
292	231	Soares, Luis	Individual	Msen	110	2:32:34.93	07:16	1:05:37
293	195	Afonso, Francisco	Individual	M50	41	2:32:42.04	07:16	1:05:44
294	352	Morgado, Ricardo	Panquecas	M40	109	2:32:49.87	07:17	1:05:52
295	333	Cordeiro, António	Os Amigos de Atletismo de Aviz	M60	6	2:32:51.90	07:17	1:05:54
296	409	Ferreira, Hugo	Saloios Trail Running	Msen	111	2:32:59.07	07:17	1:06:01
297	147	Paulino, Filipe	Guards N'Runners	Msen	112	2:33:00.15	07:17	1:06:02
298	141	Mascarenhas, Hugo	GO!Runners	Msen	113	2:33:00.17	07:17	1:06:02
299	116	Vieira, Rui	Fat Old Dudes	M40	110	2:33:10.66	07:18	1:06:13
300	114	Vieira, Jorge	Fat Old Dudes	Msen	114	2:33:12.09	07:18	1:06:14
301	275	Magalhães, Carlos	Jobrinde - Montes Saloios	M40	111	2:33:17.06	07:18	1:06:19
302	380	Lourenço, Rui	Run4ever	M40	112	2:33:24.39	07:18	1:06:26
303	138	Monteiro, Ana	GEURUNNERS	Fvet	15	2:33:25.75	07:18	1:06:28
304	242	Correia, Nelson	Individual	M40	113	2:33:25.75	07:18	1:06:28
305	183	Afonso, Bruno	Individual	Msen	115	2:33:31.72	07:19	1:06:34
306	233	Lourenço, Magda	Individual	Fvet	16	2:33:46.25	07:19	1:06:48
307	472	Marques, Jorge	VICTORIA	M40	114	2:33:47.15	07:19	1:06:49
308	298	Trilho, Paulo	Matilha Running	Msen	116	2:33:48.05	07:19	1:06:50
309	437	Rocha, Rodrigo	Tarahumaras	Msen	117	2:33:52.23	07:20	1:06:54
310	240	Machado, Mauro	Individual	Msen	118	2:33:55.14	07:20	1:06:57
311	120	Barroso, Pedro	Fisiobarrosorun	Msen	119	2:33:56.30	07:20	1:06:58
312	37	Neves, Ricardo	B78	Msen	120	2:33:58.69	07:20	1:07:01
313	348	Roldão, Graça	Os Tugas	Fvet	17	2:34:18.65	07:21	1:07:21
314	123	Maria, Joaquim	Frufresh Runners	Msen	121	2:34:18.75	07:21	1:07:21
315	107	Marinho, Eurico	Falcões Selvagens	Msen	122	2:34:25.64	07:21	1:07:28
316	468	santos, Nuno	udrs btt team	Msen	123	2:34:40.59	07:22	1:07:43
317	235	Gonçalves, Manuel	Individual	M40	115	2:34:49.40	07:22	1:07:51
318	384	Magalhaes, Tiago	Runners do Travesseiro	Msen	124	2:34:51.65	07:22	1:07:54
319	442	Rosado, Gonçalo	Tartarugas Solidarias	Msen	125	2:35:01.11	07:23	1:08:03
320	250	Morão, Paulo	Individual	M50	42	2:35:26.65	07:24	1:08:29
321	177	Rodrigues, Alexandre	Individual	Msen	126	2:35:28.11	07:24	1:08:30
322	166	Rodrigues, Bruno	IC RUNNERS	Msen	127	2:35:35.50	07:25	1:08:39
323	167	Ludovino, Carlos	IC RUNNERS	Msen	128	2:35:37.42	07:25	1:08:39
324	418	Costa, Bruno	SS CGD	M40	116	2:35:44.61	07:25	1:08:47
325	374	Falcao, Alfredo	RUN 4 FUN	M40	117	2:35:45.83	07:25	1:08:48
326	174	Cabo, Alberto	Individual	M40	118	2:35:47.92	07:25	1:08:50
327	448	Carvalho, Vitorino	Tartarugas Solidarias	M40	119	2:35:53.48	07:25	1:08:55
328	440	Lagoa, Catarina	Tartarugas Solidarias	Fvet	18	2:35:55.57	07:26	1:08:58
329	144	Pereira, Maria	GO!Runners	Fsen	15	2:36:08.40	07:26	1:09:10
330	82	Carvalho, Paulo	Clube EDP - LISboa	M60	7	2:36:09.60	07:26	1:09:12
331	286	Cachinho, Marco	Kaninos	Msen	129	2:36:22.93	07:27	1:09:25
332	143	Peixe, José	GO!Runners	Msen	130	2:36:52.13	07:28	1:09:54

333	79	Morgado, Carlos	Clube EDP - Lisboa	M50	43	2:37:00.80	07:29	1:10:03
334	136	Barreiros, Paulo	GEEK ON THE RUN!	M40	120	2:37:12.69	07:29	1:10:15
335	165	Vaz, António	IC RUNNERS	M40	121	2:37:15.41	07:29	1:10:17
336	415	Páscoa, José	só	M40	122	2:37:17.43	07:29	1:10:19
337	378	Lopes, Antonio	run2nite	M60	8	2:37:39.39	07:30	1:10:41
338	214	Ferreira, João	Individual	M40	123	2:37:41.56	07:31	1:10:44
339	383	Lamy, Rui	Runners do Travesseiro	Msen	131	2:37:54.30	07:31	1:10:56
340	345	Ramalho, Paulo	Os montanhese	M40	124	2:38:11.95	07:32	1:11:14
341	9	Santos, Leandro	ACV	M50	44	2:38:13.14	07:32	1:11:15
342	433	Santana, Pedro	SS CGD	Msen	132	2:39:01.37	07:34	1:12:03
343	68	Dias, João	CCD Siemens	Msen	133	2:39:23.57	07:35	1:12:26
344	76	Cano, Ricardo	Clube Atletismo Amigos de Belém	Msen	134	2:39:24.41	07:35	1:12:26
345	28	Maçorano, Bruno	Aquilles Brothers	M40	125	2:39:25.58	07:36	1:12:28
346	387	Raposo, Sérgio	S & S Runners	M40	126	2:40:25.58	07:38	1:13:28
347	193	Luís, Fernando	Individual	M50	45	2:40:38.10	07:39	1:13:40
348	266	Marques, Rui	Individual	Msen	135	2:41:00.25	07:40	1:14:02
349	428	Reis, Miguel	SS CGD	Msen	136	2:41:02.93	07:40	1:14:05
350	11	Henriques, Ana	ADVdays	Fsen	16	2:41:05.72	07:40	1:14:08
351	465	Almeida, Daniel	Turres Trail Clube	Msen	137	2:41:08.49	07:40	1:14:10
352	270	Trindade, Sandra	Individual	Fsen	17	2:41:58.82	07:43	1:15:01
353	305	Alípio, José	MultiRunners	M40	127	2:41:58.92	07:43	1:15:01
354	308	Noritake, Marcos	MultiRunners	M40	128	2:42:01.22	07:43	1:15:03
355	272	Marta, Teresa	Individual	Fvet	19	2:42:06.45	07:43	1:15:08
356	97	Monteiro, Rita	EcoCromos	Fsen	18	2:42:07.76	07:43	1:15:10
357	180	Rocha, Anabela	Individual	Fvet	20	2:42:26.34	07:44	1:15:28
358	104	Alves, Luis	Entra Vades	Msen	138	2:42:56.32	07:46	1:15:58
359	289	Diogo, José	lis running	Msen	139	2:43:12.42	07:46	1:16:14
360	290	Letras, Sandra	lis running	Fsen	19	2:43:11.50	07:46	1:16:14
361	280	Catita, Luís	Kangurus de Stº António	M40	129	2:43:26.31	07:47	1:16:28
362	281	Fulgêncio, Sara	Kangurus de Stº António	Fsen	20	2:43:26.58	07:47	1:16:29
363	8	Crespo, Carlos	a.p.queluz	M50	46	2:43:30.98	07:47	1:16:33
364	42	Menezes, Nuno	Bladerunners	M40	130	2:44:18.28	07:49	1:17:20
365	182	Neves, Augusto	Individual	M40	131	2:44:19.30	07:49	1:17:21
366	70	Simons, Lara	CCD Siemens	Fsen	21	2:44:25.06	07:50	1:17:27
367	265	Fernandes, Rui	Individual	M40	132	2:45:40.56	07:53	1:18:43
368	161	Carvalho, Sandra	Hot Runners	Fvet	21	2:46:01.59	07:54	1:19:04
369	92	Ribeiro, Sónia	CrossFit 2725 Runners	Fvet	22	2:46:01.92	07:54	1:19:04
370	254	Loureiro, Pedro	Individual	M40	133	2:46:06.96	07:55	1:19:09
371	269	Cardoso, Sandra	Individual	Fvet	23	2:46:07.07	07:55	1:19:09
372	334	Gonçalves, Carlos	Os Amigos de Atletismo de Aviz	M50	47	2:46:21.19	07:55	1:19:23
373	422	Lourenço, Cláudia	SS CGD	Fvet	24	2:46:29.02	07:56	1:19:31
374	276	Santos, Fatima	Jobrinde - Montes Saloios	Fsen	22	2:46:30.68	07:56	1:19:33
375	423	Correia, João	SS CGD	M50	48	2:46:31.24	07:56	1:19:33
376	419	Albano, Carlos	SS CGD	M40	134	2:46:39.37	07:56	1:19:41
377	62	Francisco, Manuel	Carapaus de Corrida	M50	49	2:47:28.47	07:58	1:20:30
378	181	Varela, António	Individual	M40	135	2:47:29.15	07:59	1:20:31
379	59	Dias, Agostinho	Carapaus de Corrida	M40	136	2:47:30.13	07:59	1:20:32
380	322	Pacheco, Anabela	Novos Trilhos	Fvet	25	2:48:05.21	08:00	1:21:07
381	125	Pardal, Antonio	G A Monsanto Gascan	M60	9	2:48:08.34	08:00	1:21:10
382	206	Duarte, Ines	Individual	Fsen	23	2:48:35.44	08:02	1:21:37
383	186	Monteiro, Carlos	Individual	M50	50	2:48:35.55	08:02	1:21:38
384	470	Azevedo, Manuel	Veteranos de Massamá	M50	51	2:49:17.47	08:04	1:22:19
385	153	Martinho, Carla	Hot Runners	Fsen	24	2:49:42.09	08:05	1:22:44
386	102	Nunes, João	Entra Vades	Msen	140	2:49:43.09	08:05	1:22:45
387	156	Pinto, José	Hot Runners	Msen	141	2:50:05.48	08:06	1:23:07
388	253	Faustino, Pedro	Individual	Msen	142	2:50:05.90	08:06	1:23:08
389	259	Dimas, Ricardo	Individual	Msen	143	2:50:17.15	08:07	1:23:19
390	397	Rodrigues, Carla	Salamandreco	Fvet	26	2:50:17.53	08:07	1:23:20

391	395	Pereira, Artur	Salamandreco	M40	137	2:50:21.25	08:07	1:23:23
392	379	Reinier, Kuipers	Run4ever	M50	52	2:50:44.22	08:08	1:23:46
393	137	Russiano, Pedro	GEEK ON THE RUN!	Msen	144	2:56:12.20	08:23	1:29:14
394	326	Freitas, Catherine	ADA Desnível	Fvet	27	2:56:27.16	08:24	1:29:29
395	29	Evangelista, Carlos	Aquilles Brothers	M40	138	2:56:53.86	08:25	1:29:56
396	31	Lopes, Pedro	Aquilles Brothers	Msen	145	2:57:31.18	08:27	1:30:33
397	185	Elias, Carlos	Individual	M40	139	2:57:31.23	08:27	1:30:33
398	441	Janela, Emilia	Tartarugas Solidarias	Fvet	28	2:58:57.73	08:31	1:32:00
399	86	Raposo, Carla	Correr Lisboa	Fvet	29	3:00:37.30	08:36	1:33:39
400	91	Brandão, Tiago	Corrida Noturna Parque das Nações	Msen	146	3:02:31.53	08:42	1:35:34
401	277	Emídio, Maria	Jobrinde - Montes Saloios	Fvet	30	3:03:07.99	08:43	1:36:10
402	278	Emídio, Mário	Jobrinde - Montes Saloios	M50	53	3:04:05.28	08:46	1:37:07
403	353	Rodrigues, Rodrigo	Panquecas	Msen	147	3:06:15.64	08:52	1:39:18
404	299	Marques, Serafim	Montes Saloios	M60	10	3:09:29.35	09:01	1:42:31
405	246	Falcão, Patrícia	Individual	Fvet	31	3:09:31.36	09:01	1:42:33
406	209	Ferreira, Ivone	Individual	Fvet	32	3:09:32.34	09:02	1:42:34
407	202	Cunha, Helena	Individual	Fvet	33	3:09:33.90	09:02	1:42:36
408	103	Sequeira, João	Entra Vades	Msen	148	3:09:34.59	09:02	1:42:37
409	366	Teixeira, Teresa	propria	Fvet	34	3:09:54.27	09:03	1:42:56
410	129	Antunes, Nuno	G A Monsanto Gascan	Msen	149	3:11:43.48	09:08	1:44:45
411	128	Antunes, Luis	G A Monsanto Gascan	M50	54	3:11:47.55	09:08	1:44:50
412	392	Iglésias, Mónica	S.U.Colareense	Fsen	25	3:17:52.61	09:25	1:50:55
413	389	Iglésias, Carlos	S.U.Colareense	M40	140	3:17:56.97	09:26	1:50:59
414	74	Barreira, Alexandre	Closer	Msen	150	3:18:38.47	09:28	1:51:40
415	75	Pereira, Andreia	Closer	Fsen	26	3:18:40.22	09:28	1:51:42
416	351	Dias, Pedro	Panquecas	M40	141	3:19:24.13	09:30	1:52:26
417	307	Rodrigues, José	MultiRunners	M40	142	3:22:06.94	09:37	1:55:09
418	310	Amado, Pedro	MultiRunners	Msen	151	3:22:07.25	09:37	1:55:09
419	408	Reis, Tiago	Salamandreco	Msen	152	3:22:49.81	09:40	1:55:52
420	21	Barros, Joana	Airtake	Fsen	27	3:22:54.18	09:40	1:55:56
421	20	Henriques, Gonçalo	Airtake	Msen	153	3:22:56.24	09:40	1:55:58
422	402	Rebelo, Maria	Salamandreco	Fsen	28	3:23:38.44	09:42	1:56:40
423	2	Feio, Marta	4 ao Km	Fsen	29	3:25:41.87	09:48	1:58:44
424	284	Pestana, Eduardo	Kaninos	Msen	154	3:33:10.79	10:09	2:06:13
425	309	Silva, Maria	MultiRunners	Fvet	35	3:38:23.70	10:24	2:11:26
426	154	Nunes, Diana	Hot Runners	Fsen	30	3:43:22.25	10:38	2:16:24
427	159	Jaime, Pedro	Hot Runners	M40	143	3:43:24.64	10:38	2:16:27
428	88	Morais, Ana	Correr na Cidade	Fsen	31	4:00:21.19	11:27	2:33:23
429	89	Malcata, Joana	Correr na Cidade	Fsen	32	4:00:42.51	11:28	2:33:45



1º Trail Running da Costa Saloia

Data: 15 de Março de 2015

Localidade: Mucifal

Organização: União Mucifalense

Cronometragem: Trilho Perdido Cronometragens

Fsen

P.Cat.	Nome	Clube	Tempo
1	Henriques, Carmen	aminhacorrída/skerchers	1:58:29
2	Mendes, Carla	Tartarugas Solidarias	1:59:52
3	Oliveira, Liliana	GD4C	2:03:54
4	Fernandes, Margarida	Individual	2:04:32
5	Correia, Madalena	C.C.C.D.A. / TRILHO PERDIDO	2:09:01
6	Rodrigues, Liliana	Hot Runners	2:21:56
7	Fernández, Ana	Hot Runners	2:23:04
8	Guerreiro, Sandra	Saloios Trail Running	2:26:04
9	Cunha, Sara	Salamandreco	2:27:42
10	Teixeira, Ana	People	2:28:18
11	Machado, Alexandra	Hot Runners	2:29:42
12	Marques, Marcia	TFM	2:29:51
13	Parente, Inês	Individual	2:30:38
14	Ribeiro, Marília	Tokandar	2:32:18
15	Pereira, Maria	GO!Runners	2:36:08
16	Henriques, Ana	ADVdays	2:41:05
17	Trindade, Sandra	Individual	2:41:58
18	Monteiro, Rita	EcoCromos	2:42:07
19	Letras, Sandra	lis running	2:43:11
20	Fulgêncio, Sara	Kangurus de Stº António	2:43:26
21	Simons, Lara	CCD Siemens	2:44:25
22	Santos, Fatima	Jobrinde - Montes Saloios	2:46:30
23	Duarte, Ines	Individual	2:48:35
24	Martinho, Carla	Hot Runners	2:49:42
25	Iglésias, Mónica	S.U.Colarensense	3:17:52
26	Pereira, Andreia	Closer	3:18:40
27	Barros, Joana	Airtake	3:22:54
28	Rebelo, Maria	Salamandreco	3:23:38
29	Feio, Marta	4 ao Km	3:25:41
30	Nunes, Diana	Hot Runners	3:43:22
31	Morais, Ana	Correr na Cidade	4:00:21
32	Malcata, Joana	Correr na Cidade	4:00:42

Seniores Femininos

Fvet

P.Cat.	Nome	Clube	Tempo
1	Monteiro, Noémia	Do Stress	2:20:20
2	Conchinha, Maria	Clube do Stress	2:23:03
3	Machado, Paula	Hot Runners	2:23:05
4	Fernandes, Rita	Tartarugas Solidarias	2:23:43

Veteranas Femininas

5	Santos, Paula	Os Tugas	2:25:35
6	Landeiro, Luisa	SS CGD	2:26:09
7	Borges, Olga	SS CGD	2:26:11
8	Silva, Helena	Não	2:26:48
9	Barra, Elisa	AS Real Academia	2:27:25
10	Martins, Catarina	SS CGD	2:27:26
11	Nuno, Célia	Hand2Hand	2:28:30
12	Martcheva, Natália	Montes Saloios	2:31:02
13	Magalhães, Sandra	Salamandreco	2:31:30
14	Lima, Ana	caapp	2:32:33
15	Monteiro, Ana	GEURUNNERS	2:33:25
16	Lourenço, Magda	Individual	2:33:46
17	Roldão, Graça	Os Tugas	2:34:18
18	Lagoa, Catarina	Tartarugas Solidarias	2:35:55
19	Marta, Teresa	Individual	2:42:06
20	Rocha, Anabela	Individual	2:42:26
21	Carvalho, Sandra	Hot Runners	2:46:01
22	Ribeiro, Sónia	CrossFit 2725 Runners	2:46:01
23	Cardoso, Sandra	Individual	2:46:07
24	Lourenço, Cláudia	SS CGD	2:46:29
25	Pacheco, Anabela	Novos Trilhos	2:48:05
26	Rodrigues, Carla	Salamandreco	2:50:17
27	Freitas, Catherine	ADA Desnível	2:56:27
28	Janela, Emilia	Tartarugas Solidarias	2:58:57
29	Raposo, Carla	Correr Lisboa	3:00:37
30	Emídio, Maria	Jobrinde - Montes Saloios	3:03:07
31	Falcão, Patrícia	Individual	3:09:31
32	Ferreira, Ivone	Individual	3:09:32
33	Cunha, Helena	Individual	3:09:33
34	Teixeira, Teresa	propria	3:09:54
35	Silva, Maria	MultiRunners	3:38:23

M40

P.Cat.	Nome	Clube	Tempo
1	Ginja, João	Rail Runners	1:26:58
2	Silva, José	Associação Vale Grande	1:29:45
3	Veríssimo, Marcolino	SS CGD	1:32:50
4	Faustino, Joao	Outsidedream	1:34:48
5	Taveira, Carlos	aminhacorrída/skerchers	1:36:18
6	Rodrigues, Jorge	Rail Runners	1:36:24
7	Azevedo, Rogério	Individual	1:36:33
8	Geada, Jose	Associação Vale Grande	1:40:27
9	Silva, Paulo	NAZA - ABOBODA	1:40:53
10	Félix, José	Linda Pastora F. C.	1:41:19
11	Pardal, Antonio	Decathlon / OmegaPharma	1:43:40
12	Pires, Paulo	SS CGD	1:44:54
13	Finote, Júlio	CCD Sintrense	1:45:23
14	Aires, Luis	Individual	1:45:37
15	Miranda, Paulo	Turres Trail Clube	1:47:49
16	Freire, José	Individual	1:49:11
17	Taboas, Paulo	Holmes Place Beloura	1:49:53
18	Silva, Marcelo	Carapaus de Corrida	1:50:17
19	Rodrigues, Osvaldo	Amigos Vale Silêncio	1:50:41
20	Mimoso, Jorge	A. Real Academia	1:51:29
21	Morgado, Sérgio	Salamandreco	1:51:30
22	Bernardo, Jose	G A Monsanto Gascan	1:52:47
23	Marques, Carlos	NAZA - ABOBODA	1:53:26

Veteranos M40

24	Gamito, Diogo	Salamandreco	1:53:35
25	Leonardo, Gilberto	Individual	1:53:39
26	Gabriel, Pedro	C.A. Amigos Parque da Paz	1:53:46
27	Miguel, Rui	AFDD-Run Crew Trail Montijo	1:53:51
28	Baptista, Helder	C.C.C.D.A. / TRILHO PERDIDO	1:54:01
29	Vaz, Joaquim	HCRUNNERS	1:54:23
30	Abrantes, José	Individual	1:54:25
31	Meleiro, Rogerio	Grupo Desportivo Estoril Praia	1:54:43
32	Nunes, José	Individual	1:54:43
33	Arede, José	Clube EDP - Lisboa	1:55:18
34	Pinto, Pedro	MAG-8	1:55:30
35	Dias, Joaquim	Individual	1:55:59
36	Paulo, Luis	Multi Runners	1:56:04
37	Moleirinho, Pedro	Guards N'Runners	1:56:07
38	Silva, Edgar	Sintrarunning	1:56:17
39	Cardoso, João	Individual	1:56:33
40	Simões, Nuno	Individual	1:57:05
41	Ferreira, José	Trilhos e Corridas de Tercena	1:57:10
42	Silva, Mario	Sintrarunning	1:57:31
43	Gonçalves, Pedro	Os dois amigos	1:57:42
44	Gomes, Miguel	Individual	1:57:53
45	Santos, Nelson	TSF Runners	1:59:18
46	Campos, Bruno	ADVdays	1:59:47
47	Garoto, Francisco	Bladerunners	1:59:47
48	Schofield, Paulo	Sintrarunning	2:01:43
49	Carago, Hugo	Carapaus de Corrida	2:02:19
50	Ramos, Paulo	Exército	2:02:45
51	Silva, João	SS CGD	2:02:58
52	Raposo, Paulo	IC RUNNERS	2:03:05
53	Morais, Dinis	CCD Siemens	2:03:30
54	Soares, Luís	Clube Ogma	2:03:40
55	Mendes, Davide	S.U.Colarense	2:03:45
56	Marques, Hélio	TRT Trail Runner Team	2:04:36
57	Souza, Marco	Individual	2:05:09
58	Pereira, João	MultiRunners	2:05:30
59	Silveira, José	Pi Gym - strava plus edmondo	2:05:32
60	Mateus, Henrique	Individual	2:05:43
61	Dias, Francisco	Individual	2:05:43
62	Paulo, Rui	Paulos	2:05:44
63	Sousa, João	IC RUNNERS	2:06:13
64	Tiago, Ricardo	Individual	2:06:24
65	Correia, Paulo	Individual	2:06:34
66	Amaral, Paulo	Individual	2:06:35
67	Moura, José	Individual	2:07:32
68	Silva, Vitor	Lebres do Sado	2:08:32
69	Eanes, Luis	Individual	2:08:50
70	Silva, Ricardo	Pocariça runners	2:08:50
71	Almeida, João	Kaninos	2:12:54
72	Vaz, Francisco	Frufresh Runners	2:13:25
73	Carrilho, Joaquim	SS CGD	2:16:34
74	Frazao, Jose	c.n.sesimbra	2:18:05
75	Magro, José	Novos Trilhos	2:19:26
76	Almeida, Jorge	Individual	2:21:48
77	Amaro, Francisco	MTBA Trail Team	2:22:57
78	Oliveira, José	NASA	2:23:03
79	Canhao, Luis	Individual	2:23:20
80	Figueiredo, Adelino	Individual	2:23:44
81	Soares, Gonçalo	Carapaus de Corrida	2:25:02

82	Pinela, Rui	Bladerunners	2:25:12
83	Lima, Gilberto	Individual	2:25:15
84	Santos, Alberto	não	2:25:41
85	Martins, Rui	Devagar se vai ao longe	2:25:41
86	Bailão, Paulo	SS CGD	2:26:07
87	Gonçalves, Mário	EnKostasTrail	2:26:38
88	Campos, Joao	Individual	2:28:26
89	Paco, Rui	MultiRunners	2:28:34
90	Castro, Miguel	Fat Old Dudes	2:28:50
91	Cruz, João	Bladerunners	2:29:01
92	Dores, Carlos	Os Pernetas	2:29:23
93	Gonçalves, Mauro	Matilha Running	2:29:35
94	Costa, Alexandre	Os Pernetas	2:29:36
95	Arraias, Ricardo	Individual	2:29:40
96	Santos, Romão	Salamandreco	2:29:41
97	Pedro, Miguel	Lone Survivor	2:29:47
98	Finuras, José	MultiRunners	2:30:23
99	Vieira, Rui	10 KM de Tagarro	2:30:38
100	Paradinha, João	A. D. Manteigas	2:31:00
101	Silva, Paulo	Matadores	2:31:05
102	Jesus, Mário	S.U.Colarenses	2:31:16
103	Brilhante, Rui	C.C.C.D.A. / TRILHO PERDIDO	2:31:36
104	Lima, Carlos	caapp	2:31:47
105	Cagica, Carlos	CCD Siemens	2:32:00
106	Henriques, Jose	Individual	2:32:08
107	Martins, Rui	Devagar se vai ao longe	2:32:11
108	Rodrigues, Sérgio	S & S Runners	2:32:20
109	Morgado, Ricardo	Panquecas	2:32:49
110	Vieira, Rui	Fat Old Dudes	2:33:10
111	Magalhães, Carlos	Jobrinde - Montes Saloios	2:33:17
112	Lourenço, Rui	Run4ever	2:33:24
113	Correia, Nelson	Individual	2:33:25
114	Marques, Jorge	VICTORIA	2:33:47
115	Gonçalves, Manuel	Individual	2:34:49
116	Costa, Bruno	SS CGD	2:35:44
117	Falcao, Alfredo	RUN 4 FUN	2:35:45
118	Cabo, Alberto	Individual	2:35:47
119	Carvalho, Vitorino	Tartarugas Solidarias	2:35:53
120	Barreiros, Paulo	GEEK ON THE RUN!	2:37:12
121	Vaz, António	IC RUNNERS	2:37:15
122	Páscoa, José	só	2:37:17
123	Ferreira, João	Individual	2:37:41
124	Ramalho, Paulo	Os montanheseos	2:38:11
125	Maçorano, Bruno	Aquilles Brothers	2:39:25
126	Raposo, Sérgio	S & S Runners	2:40:25
127	Alípio, José	MultiRunners	2:41:58
128	Noritake, Marcos	MultiRunners	2:42:01
129	Catita, Luís	Kangurus de Stº António	2:43:26
130	Menezes, Nuno	Bladerunners	2:44:18
131	Neves, Augusto	Individual	2:44:19
132	Fernandes, Rui	Individual	2:45:40
133	Loureiro, Pedro	Individual	2:46:06
134	Albano, Carlos	SS CGD	2:46:39
135	Varela, António	Individual	2:47:29
136	Dias, Agostinho	Carapaus de Corrida	2:47:30
137	Pereira, Artur	Salamandreco	2:50:21
138	Evangelista, Carlos	Aquilles Brothers	2:56:53
139	Elias, Carlos	Individual	2:57:31

140	Iglésias, Carlos	S.U.Colarensense	3:17:56
141	Dias, Pedro	Panquecas	3:19:24
142	Rodrigues, José	MultiRunners	3:22:06
143	Jaime, Pedro	Hot Runners	3:43:24

M50

P.Cat.	Nome	Clube	Tempo
1	Povoa, Paulo	Amigos Vale Silêncio	1:37:29
2	Brás, Isaac	Amigos Atletismo de Mafra	1:39:14
3	Vieira, José	ProAventuras	1:44:14
4	Silva, Germano	Real Academia	1:44:29
5	Araújo, Herculano	A. Real Academia	1:49:12
6	Oliveira, João	Ribeira da Lage	1:50:55
7	Santos, João	NAZA	1:52:58
8	Aragão, José	Sapiente Engenharia Run	1:54:25
9	Lourenço, João	Salamandreco	1:54:46
10	Calvo, Francisco	Timrun	1:55:45
11	Batista, Rui	PM maia-fitness.com	2:02:10
12	Freitas, Jose	Individual	2:02:13
13	Oliveira, Fernando	Novos Trilhos	2:02:26
14	Santos, Joaquim	Falcões Selvagens	2:04:29
15	Vicente, Fernando	Os Galgos	2:05:51
16	Araújo, Manuel	Individual	2:06:33
17	Leonardo, Manuel	Individual	2:07:08
18	Ingles, Antonio	G A Monsanto Gascan	2:09:38
19	Marques, Carlos	Trilhos e Corridas de Tercena	2:11:36
20	Wiborg, André	WL84	2:16:03
21	Silva, Isidoro	Individual	2:19:42
22	Gabriel, José	G A Monsanto Gascan	2:22:52
23	Silva, Paulo	Individual	2:23:04
24	Gamito, Joaquim	Individual	2:23:41
25	Reis, Luís	CCD Município Cascais	2:24:39
26	Ferreira, Vasco	MultiRunners	2:25:15
27	Aguiar, Ricardo	Individual	2:25:33
28	Saraiva, Manuel	Os Amigos de Atletismo de Aviz	2:25:37
29	Lima, José	O Mundo da Corrida	2:26:31
30	Rodrigues, Paulo	Falcões Selvagens	2:26:42
31	Melo, José	RUN 4 FUN	2:27:10
32	Veríssimo, João	Tokandar	2:27:35
33	Quaresma, Paulo	Veteranos de Massamá	2:27:38
34	Gonçalves, José	Amigos de Atletismo de Aviz	2:28:00
35	Rosa, Severino	SS CGD	2:29:11
36	Lopes, Joaquim	Trilhos e Corridas de Tercena	2:29:12
37	Costa, Fernando	Os Amigos de Atletismo de Aviz	2:29:47
38	António, Manuel	OS LENTOS DO MEIO	2:31:55
39	Sanches, João	Individual	2:32:26
40	Neves, João	AFDD-Run Crew Trail Montijo	2:32:30
41	Afonso, Francisco	Individual	2:32:42
42	Morão, Paulo	Individual	2:35:26
43	Morgado, Carlos	Clube EDP - Lisboa	2:37:00
44	Santos, Leandro	ACV	2:38:13
45	Luís, Fernando	Individual	2:40:38
46	Crespo, Carlos	a.p.queluz	2:43:30
47	Gonçalves, Carlos	Os Amigos de Atletismo de Aviz	2:46:21
48	Correia, João	SS CGD	2:46:31
49	Francisco, Manuel	Carapaus de Corrida	2:47:28
50	Monteiro, Carlos	Individual	2:48:35

Veteranos M50

51	Azevedo, Manuel	Veteranos de Massamá	2:49:17
52	Reinier, Kuipers	Run4ever	2:50:44
53	Emídio, Mário	Jobrinde - Montes Saloios	3:04:05
54	Antunes, Luis	G A Monsanto Gascan	3:11:47

M60

P.Cat.	Nome	Clube	Tempo
1	Costa, Vasco	Individual	2:18:15
2	Silva, Antonio	Novos Trilhos	2:19:47
3	Paiva, Silvio	Individual	2:25:05
4	Santos, João	Veteranos de Massamá	2:30:05
5	Sacadura, Henrique	Individual	2:30:29
6	Cordeiro, António	Os Amigos de Atletismo de Aviz	2:32:51
7	Carvalho, Paulo	Clube EDP - Lisboa	2:36:09
8	Lopes, Antonio	run2nite	2:37:39
9	Pardal, Antonio	G A Monsanto Gascan	2:48:08
10	Marques, Serafim	Montes Saloios	3:09:29

Veteranos M60

Msen

P.Cat.	Nome	Clube	Tempo
1	Lousa, Tiago	CAFZ	1:26:57
2	Cochicho, Tiago	S.U.Colarense	1:29:49
3	Dias, Bruno	Adraga BTTeam	1:39:46
4	Dias, Filipe	GD4C	1:39:58
5	Santos, Arsénio	O Mundo da Corrida	1:40:01
6	Correia, João	Os Amigos de Atletismo de Aviz	1:40:06
7	Trindade, Luis	PAREDES AVENTURA	1:40:43
8	Pimenta, Nuno	Portugal Running	1:40:44
9	Santos, Armando	Oeiras Trail Team	1:40:44
10	Martinho, Sérgio	Colares Team	1:40:55
11	Carneiro, Miguel	Gafete Runners	1:41:58
12	Sousa, Bruno	Hot Runners	1:42:17
13	Simões, Emanuel	AFDD-Run Crew Trail Montijo	1:42:32
14	Martins, Rui	ASC Vale Grande	1:43:53
15	Novais, Hugo	RunSintra.com	1:44:21
16	Silva, Nuno	Correr Lisboa	1:44:25
17	Janela, Paulo	Tarahumaras	1:47:23
18	Rodrigues, Roberto	TRT Trail Runner Team	1:47:58
19	Jesus, Pedro	Gafete Runners	1:49:02
20	Pires, Carlos	BC	1:49:38
21	Pinheiro, Duarte	Spem	1:49:51
22	Rodrigues, Francisco	Individual	1:49:58
23	Fernandes, Paulo	Timrun	1:50:06
24	Marrão, Bruno	GO!Runners	1:50:17
25	Cavaleiro, Nuno	A correr por ti	1:50:29
26	Quiaios, Aurelio	Runners do Travesseiro	1:52:14
27	Loureiro, Luis	AFDD-Run Crew Trail Montijo	1:53:00
28	Garrana, Nuno	AFDD-Run Crew Trail Montijo	1:53:03
29	Duarte, Diogo	GO!Runners	1:53:57
30	Costa, Ricardo	BTT Veredas de Noudar	1:54:18
31	Reis, Pedro	Individual	1:54:20
32	Gouveia, Bruno	MultiRunners	1:55:59
33	Roseta, Paulo	Pi Gym - strava plus edmondo	1:56:43
34	Fortes, Ruben	Os Mesmos	1:57:56
35	Dias, António	Timrun	1:58:01

MSeniores

36	Oliveira, André	Ribeira da Lage	1:58:07
37	Frazão, João	Individual	1:58:15
38	Dinis, Nuno	Individual	1:58:24
39	Santos, Hugo	Just me	1:59:52
40	Silva, Carlos	brothers runners	2:00:12
41	Teixeira, Samuel	Individual	2:00:34
42	Dias, Marcelo	Salamandreco	2:00:51
43	Borges, Marco	Tartarugas Solidarias	2:00:52
44	Neves, Narciso	Salamandreco	2:01:37
45	Alves, Paulo	Individual	2:02:02
46	Pebre, Ricardo	GO!Runners	2:02:25
47	Cartas, Dinis	Amigos de Atletismo de Aviz	2:02:40
48	Almeida, David	Individual	2:02:54
49	Ribeiro, Jose	Eléctrico Futebol Clube	2:03:05
50	Duque, Pedro	EFC - Trail Runners da Ponte	2:03:07
51	Dores, Pedro	People	2:03:08
52	Matos, André	O Mundo da Corrida	2:03:15
53	Pinto, Paulo	Clube EDP - Lisboa	2:03:25
54	Luzia, Nuno	Individual	2:04:38
55	Fernandes, João	CCD Siemens	2:04:46
56	Silva, João	Ganha...Dores	2:06:21
57	Tomaz, Bruno	Individual	2:06:31
58	Costa, Marco	trinta e sete	2:06:49
59	Hilário, Hugo	Individual	2:06:54
60	Machado, Pedro	Tough Trails Alenquer	2:07:22
61	Dias, Carlos	GO!Runners	2:08:19
62	Ribeiro, Bruno	Kaninos	2:08:21
63	Luís, Eduardo	Atomic Team	2:08:33
64	Côco, Jorge	Timrun	2:09:03
65	Mendonça, Álvaro	Gafete Runners	2:10:01
66	Abrantes, Rui	Tartarugas Solidarias	2:12:05
67	Garranas, Filipe	Falcões Selvagens	2:12:17
68	Silva, Nelson	NAZA	2:13:06
69	Soares, Carlos	Individual	2:13:55
70	Rosa, Humberto	FRA	2:14:29
71	Pinto, Joao	Aquilles Brothers	2:14:50
72	Martins, Helder	Clube EDP - Lisboa	2:14:59
73	Fiúza, Sandro	Aquilles Brothers	2:20:19
74	Almeida, João	Individual	2:21:02
75	Zoio, Bernardo	Salamandreco	2:21:57
76	Rodrigues, Francisco	Turres Trail Clube	2:21:59
77	Reis, Nuno	Entra Vades	2:22:37
78	Caldeirinha, José	Tartarugas Solidarias	2:23:25
79	Morais, Ricardo	Individual	2:23:38
80	Vieitas, Rui	Fat Old Dudes	2:23:38
81	Rodrigues, Pedro	NAZA	2:23:43
82	Gonçalves, Ruben	Individual	2:24:39
83	Ribeiro, Jorge	C.C.C.D.A. / TRILHO PERDIDO	2:24:39
84	Barros, Diogo	Airtake	2:24:56
85	Duarte, Ricardo	IC RUNNERS	2:26:29
86	Raposo, Daniel	MultiRunners	2:26:39
87	Campos, Miguel	Nos Dois	2:27:05
88	Sendim, Tiago	Spem	2:27:49
89	Ruiivo, Fernando	C.C.C.D.A. / TRILHO PERDIDO	2:28:02
90	Oliveira, Marco	Salamandreco	2:28:14
91	Rocha, Jorge	Os Amigos de Atletismo de Aviz	2:28:34
92	Doellinger, Jorge	Hot Soup Team	2:28:35
93	Santos, Ricardo	Hot Runners	2:28:52

94	Saraiva, David	A. D. Manteigas	2:29:16
95	Amador, João	GORUN	2:29:50
96	Machado, Filipe	TFM	2:29:51
97	Ramgi, Jatin	FDS RUNNERS	2:30:01
98	Prata, David	FDS RUNNERS	2:30:02
99	Silva, Flávio	Individual	2:30:04
100	Martins, João	MultiRunners	2:30:22
101	Santos, Francisco	Individual	2:31:02
102	Serôdio, João	HPP Cascais	2:31:04
103	Ortega, Simão	Tarahumaras	2:31:39
104	Vilarinho, Vital	VICTORIA Seguros	2:31:50
105	Avó, César	Individual	2:32:10
106	Lucas, Fábio	Individual	2:32:13
107	Alves, Ricardo	Individual	2:32:14
108	Cardoso, Bruno	Kaninos	2:32:15
109	Churro, João	Os Mesmos	2:32:23
110	Soares, Luis	Individual	2:32:34
111	Ferreira, Hugo	Salaios Trail Running	2:32:59
112	Paulino, Filipe	Guards N'Runners	2:33:00
113	Mascarenhas, Hugo	GO!Runners	2:33:00
114	Vieira, Jorge	Fat Old Dudes	2:33:12
115	Afonso, Bruno	Individual	2:33:31
116	Trilho, Paulo	Matilha Running	2:33:48
117	Rocha, Rodrigo	Tarahumaras	2:33:52
118	Machado, Mauro	Individual	2:33:55
119	Barroso, Pedro	Fisiobarrosorun	2:33:56
120	Neves, Ricardo	B78	2:33:58
121	Maria, Joaquim	Frufresh Runners	2:34:18
122	Marinho, Eurico	Falcões Selvagens	2:34:25
123	santos, Nuno	udrs btt team	2:34:40
124	Magalhaes, Tiago	Runners do Travesseiro	2:34:51
125	Rosado, Gonçalo	Tartarugas Solidarias	2:35:01
126	Rodrigues, Alexandre	Individual	2:35:28
127	Rodrigues, Bruno	IC RUNNERS	2:35:35
128	Ludovino, Carlos	IC RUNNERS	2:35:37
129	Cachinho, Marco	Kaninos	2:36:22
130	Peixe, José	GO!Runners	2:36:52
131	Lamy, Rui	Runners do Travesseiro	2:37:54
132	Santana, Pedro	SS CGD	2:39:01
133	Dias, João	CCD Siemens	2:39:23
134	Cano, Ricardo	Clube Atletismo Amigos de Belém	2:39:24
135	Marques, Rui	Individual	2:41:00
136	Reis, Miguel	SS CGD	2:41:02
137	Almeida, Daniel	Turres Trail Clube	2:41:08
138	Alves, Luis	Entra Vades	2:42:56
139	Diogo, José	lis running	2:43:12
140	Nunes, João	Entra Vades	2:49:43
141	Pinto, José	Hot Runners	2:50:05
142	Faustino, Pedro	Individual	2:50:05
143	Dimas, Ricardo	Individual	2:50:17
144	Russiano, Pedro	GEEK ON THE RUN!	2:56:12
145	Lopes, Pedro	Aquilles Brothers	2:57:31
146	Brandão, Tiago	Corrida Noturna Parque das Nações	3:02:31
147	Rodrigues, Rodrigo	Panquecas	3:06:15
148	Sequeira, João	Entra Vades	3:09:34
149	Antunes, Nuno	G A Monsanto Gascan	3:11:43
150	Barreira, Alexandre	Closer	3:18:38
151	Amado, Pedro	MultiRunners	3:22:07

152	Reis, Tiago	Salamandreco	3:22:49
153	Henriques, Gonçalo	Airtake	3:22:56
154	Pestana, Eduardo	Kaninos	3:33:10