



2º Trail Running da Costa Saloia

Data: 13 de Março de 2016

Localidade: Mucifal

Organização: U. Mucifalense

Cronometragem: Trilho Perdido Cronometragens

Pos.	Dorsal	Nome	Clube	Cat.	P.Cat.	Tempo	T/Km.	Dif.
1	34	Agostinho, Sofia	Aminhacorrida/Kalenji	F Sen	1	2:17:02.04	06:14	
2	422	Silva, Helena		F40	1	2:19:12.91	06:20	0:02:11
3	353	Mendes, Carla	Tartarugas Solidárias	F Sen	2	2:20:15.91	06:23	0:03:14
4	358	Luz, Rita	Team Rhinos	F40	2	2:20:52.68	06:24	0:03:51
5	272	Nunes, Paula	Pumas do Guincho	F40	3	2:21:45.76	06:27	0:04:44
6	471	Moreira, Mariana		F Sen	3	2:23:04.09	06:30	0:06:02
7	273	Lopes, Ruth	Pumas do Guincho	F40	4	2:24:49.62	06:35	0:07:48
8	312	Santos, Elisabete	Sem Deixar Rasto Trail Running	F Sen	4	2:26:18.24	06:39	0:09:16
9	316	Almeida, Sílvia	Sem Deixar Rasto Trail Running	F Sen	5	2:27:27.50	06:42	0:10:26
10	31	Martins, Cidália	Aminhacorrida/Kalenji	F50	1	2:29:05.12	06:47	0:12:03
11	373	Mendes, Ana	Veteranos de Massamá	F40	5	2:32:27.23	06:56	0:15:25
12	43	Freitas, Maria	ASC VALE GRANDE	F Sen	6	2:33:07.23	06:58	0:16:05
13	125	Cunha, Sara	ENTERPROM - brindes promocionais	F Sen	7	2:33:44.74	06:59	0:16:43
14	188	Alves, Maria	LESMAS ACELERADAS	F50	2	2:34:10.13	07:00	0:17:08
15	165	Nuno, Célia	HAND2HAND	F40	6	2:35:01.17	07:03	0:17:59
16	2	Bemfeita, Teresa	Trilho Perdido Eventos / Nutrimania	F Sen	8	2:36:59.60	07:08	0:19:58
17	3	Dias, Andreia	Trilho Perdido Eventos / Nutrimania	F Sen	9	2:40:27.06	07:18	0:23:25
18	64	Alves, Alexandra	CCD Sintrense	F40	7	2:41:19.10	07:20	0:24:17
19	354	Lagoa, Catarina	Tartarugas Solidárias	F40	8	2:41:52.06	07:21	0:24:50
20	520	Barros, Sonia		F40	9	2:43:03.40	07:25	0:26:01
21	23	Coelho, Ana	AFDD - Run Crew Trail Montijo	F Sen	10	2:43:12.28	07:25	0:26:10
22	213	Fernandes, Ligia	Mula Bike	F Sen	11	2:44:08.48	07:28	0:27:06
23	522	Ramalho, Suzana		F40	10	2:45:41.46	07:32	0:28:39
24	191	Pisco, Maria Luisa	LESMAS ACELERADAS	F50	3	2:47:54.70	07:38	0:30:53
25	96	França, Fernanda	CLUBE OGMA	F40	11	2:48:50.48	07:40	0:31:48
26	390	Salé, Ana		F Sen	12	2:52:15.00	07:50	0:35:13
27	71	Araujo, Mara	CCD Sintrense	F Sen	13	2:52:53.98	07:52	0:35:52
28	356	Silva, Patrícia	Tartarugas Solidárias	F Sen	14	2:53:50.50	07:54	0:36:48
29	352	Costa, Andreia	Tartarugas Solidárias	F Sen	15	2:53:50.59	07:54	0:36:49
30	214	Machado, Mafalda	Mula Bike	F Sen	16	2:58:04.89	08:06	0:41:03
31	345	LANDEIRO, LUISA	SS CGD	F40	12	2:58:37.31	08:07	0:41:35
32	346	BORGES, OLGA	SS CGD	F40	13	2:58:38.25	08:07	0:41:36
33	488	Machado, Paula		F50	4	2:58:46.43	08:08	0:41:44
34	295	Nicolau, Isabel	Running Academy - O2 Life Center -	F40	14	2:59:30.85	08:10	0:42:29
35	519	Sousa, Sofia		F Sen	17	2:59:36.61	08:10	0:42:35
36	516	Soares, Sara		F Sen	18	3:00:25.28	08:12	0:43:23
37	149	Barra, Isabel	Gafanhori	F40	15	3:00:32.04	08:12	0:43:30
38	388	Matias, Ana		F50	5	3:01:07.80	08:14	0:44:06
39	430	Duarte, Ines		F Sen	19	3:02:38.37	08:18	0:45:36
40	276	Ventura, Paula	Rock & Roll	F40	16	3:02:52.98	08:19	0:45:51
41	247	Arraias, Sandra	Os Arraias	F Sen	20	3:03:09.87	08:20	0:46:08
42	175	Fulgêncio, Sara	Kangurus S.A.	F Sen	21	3:03:13.30	08:20	0:46:11

43	260	Farinha, Teresa	Pernetas	F40	17	3:03:18.00	08:20	0:46:16
44	521	Pereira, Sonia		F40	18	3:03:30.51	08:20	0:46:29
45	433	Vidinha, Isabel		F40	19	3:03:31.56	08:21	0:46:30
46	338	MARTINS, CATARINA	SS CGD	F40	20	3:03:57.35	08:22	0:46:55
47	110	Ramos, Claudia	Corridas & Comidas	F40	21	3:05:28.55	08:26	0:48:27
48	432	Alpiarça, Isabel		F40	22	3:05:40.54	08:26	0:48:39
49	469	Brites, Margarida		F40	23	3:05:41.38	08:26	0:48:39
50	124	Magalhães, Sandra	ENTERPROM - brindes promocionais	F50	6	3:06:33.55	08:29	0:49:32
51	123	Mesquita, Catarina	ENTERPROM - brindes promocionais	F50	7	3:06:58.15	08:30	0:49:56
52	465	Pires, Luísa		F40	24	3:07:08.92	08:30	0:50:07
53	133	Marques, Ana	Falcoes Selvagens	F40	25	3:07:49.41	08:32	0:50:47
54	387	Araújo, Ana		F50	8	3:08:15.86	08:33	0:51:14
55	65	Borges, Emilia	CCD Sintrense	F50	9	3:09:38.92	08:37	0:52:37
56	37	Cunha, Helena	Asas	F50	10	3:15:01.42	08:52	0:57:59
57	470	Monteiro, Mariana		F Sen	22	3:15:01.49	08:52	0:57:59
58	211	Santos, Ana	Mula Bike	F Sen	23	3:15:15.44	08:53	0:58:13
59	138	Folgado, Ana	Folgado	F40	26	3:15:29.76	08:53	0:58:28
60	240	Dabrio, Elisa	O Praticante (asas do milenium)	F40	27	3:16:22.90	08:56	0:59:21
61	196	Dias, Diana	Love Team	F Sen	24	3:17:13.73	08:58	1:00:12
62	12	Menezes, Julia	Trilho Perdido Eventos / Nutrimania	F40	28	3:19:36.00	09:04	1:02:34
63	21	Simões, Paula	Açoreana	F Sen	25	3:20:41.38	09:07	1:03:39
64	431	Vaz, Inês		F Sen	26	3:21:22.09	09:09	1:04:20
65	116	Fonseca, Virginia	Corridas & Comidas	F40	29	3:21:32.89	09:10	1:04:31
66	281	Rodrigues, Anabela	RUN BABY RUN	F40	30	3:21:56.97	09:11	1:04:55
67	242	Fernández, Ana	OCR Portugal	F Sen	27	3:23:46.45	09:16	1:06:44
68	477	Pereira, Monica		F Sen	28	3:26:52.96	09:24	1:09:51
69	189	Basilio, Maria	LESMAS ACELERADAS	F40	31	3:29:32.97	09:31	1:12:31
70	17	Mierzejewski, Diane	A&D	F50	11	3:29:50.40	09:32	1:12:48
71	389	Rosa, Ana		F Sen	29	3:36:52.09	09:51	1:19:50
72	406	Veríssimo, Dora		F40	32	3:37:13.01	09:52	1:20:11
73	397	Oliveira, Carla		F40	33	3:37:26.64	09:53	1:20:25
74	403	Pereira, Cristina		F Sen	30	3:37:28.43	09:53	1:20:26
75	370	Carvalho, Daniela	UDRS Guerreiros do Rio	F Sen	31	3:41:06.80	10:03	1:24:05
76	115	Maia, Paula	Corridas & Comidas	F40	34	3:44:21.70	10:12	1:27:20
77	308	Eusébio, Telma	Scalkokas	F Sen	32	3:50:16.41	10:28	1:33:14
78	423	Sousa, Helena		F Sen	33	3:59:47.62	10:54	1:42:46
79	190	Milhinhos, Maria	LESMAS ACELERADAS	F50	12	4:11:34.85	11:26	1:54:33



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Cronometragem: Trilho Perdido Cronometragens

Pos.	Dorsal	Nome	Clube	Cat.	P.Cat.	Tempo	T/Km.	Dif.
1	234	Ginja, João	Nutrimania Sports Nutrition	M50	1	1:40:37.54	04:34	
2	82	Dias, Daniel	Centro Vicentino da Serra	M Sen	1	1:41:27.13	04:37	0:00:49
3	42	Silva, José	ASC VALE GRANDE	M40	1	1:42:43.62	04:40	0:02:06
4	261	Oliveira, Artur	PICA MIOLOS	M40	2	1:43:42.40	04:43	0:03:04
5	263	Joanico, Henrique	PICA MIOLOS	M Sen	2	1:45:18.99	04:47	0:04:41
6	13	Ribeiro, Miguel	Trilho Perdido Eventos / Nutrimania	M Sen	3	1:46:10.04	04:50	0:05:32
7	89	Silva, Luis	Clube de Praças da Armada	M Sen	4	1:48:35.52	04:56	0:07:58
8	458	Pereira, Luis		M40	3	1:50:29.33	05:01	0:09:51
9	274	Cruz, Gonçalo	Rapotacho	M Sen	5	1:50:35.61	05:02	0:09:58
10	11	Narciso, José	Trilho Perdido Eventos / Nutrimania	M40	4	1:50:50.43	05:02	0:10:12
11	76	Azevedo, Rogério	CCD Sintrense	M40	5	1:50:51.00	05:02	0:10:13
12	476	Monteiro, Mark		M40	6	1:51:05.00	05:03	0:10:27
13	156	Colaço, Romeu	Gin. Qta Valbom - AAAcochete	M Sen	6	1:51:39.19	05:05	0:11:01
14	359	Silva, Milton	TimeRunners/Sadoport	M Sen	7	1:51:43.89	05:05	0:11:06
15	450	Pais, José		M40	7	1:52:43.71	05:07	0:12:06
16	92	Rainho, Renato	Clube de Praças da Armada	M Sen	8	1:53:02.09	05:08	0:12:24
17	32	Pereira, João	Aminhacorrída/Kalenji	M Sen	9	1:54:10.29	05:11	0:13:32
18	428	Spínola, Humberto		M40	8	1:54:11.08	05:11	0:13:33
19	420	Rijo, Gonçalo		M40	9	1:54:37.36	05:13	0:13:59
20	69	Finote, Júlio	CCD Sintrense	M40	10	1:55:08.46	05:14	0:14:30
21	22	Dias, Bruno	Adraga BTTeam	M Sen	10	1:55:42.37	05:16	0:15:04
22	151	Jesus, Pedro	Gáfete Runners	M Sen	11	1:56:12.03	05:17	0:15:34
23	462	Silva, Luis		M40	11	1:57:32.47	05:21	0:16:54
24	54	Fialho, Paulo	Bucelas Aventura	M40	12	1:57:36.71	05:21	0:16:59
25	209	Oliveira, Nuno	more than alfa	M Sen	12	1:57:55.22	05:22	0:17:17
26	86	Cardoso, João	Clube de Praças da Armada	M Sen	13	1:58:08.46	05:22	0:17:30
27	231	Aires, Luis	N.A.Z.Aboboda	M40	13	1:58:21.91	05:23	0:17:44
28	91	Cachão, Pedro	Clube de Praças da Armada	M Sen	14	1:58:38.15	05:24	0:18:00
29	157	Marrão, Bruno	Go!Runners	M40	14	1:58:44.71	05:24	0:18:07
30	49	Davies, Matt	bbhols	M Sen	15	1:59:08.25	05:25	0:18:30
31	41	Geada, José	ASC VALE GRANDE	M40	15	1:59:22.70	05:26	0:18:45
32	270	Vieira, José	Proaventuras	M50	2	1:59:59.44	05:27	0:19:21
33	282	Reis, Paulo	RUN BABY RUN	M40	16	2:00:15.52	05:28	0:19:38
34	46	Santos, Arsénio	Associação O mundo da Corrida	M Sen	16	2:00:38.18	05:29	0:20:00
35	166	Lopes, Nuno	Hc Runners	M Sen	17	2:00:45.25	05:29	0:20:07
36	302	Aragão, José	Salamandrecos	M50	3	2:00:46.76	05:29	0:20:09
37	291	Tavares, Pedro	Runners Frente Ribeirinha Póvoa Santa Iria	M40	17	2:01:09.88	05:30	0:20:32
38	351	Martins, Rui	SS CGD	M Sen	18	2:01:17.26	05:31	0:20:39
39	367	Gouveia, Luis	TRT Trail Runner Team	M40	18	2:01:21.83	05:31	0:20:44
40	467	António, Marco		M Sen	19	2:01:47.66	05:32	0:21:10
41	252	Alves, Lúcio	Os Papa Trilhos	M40	19	2:01:56.54	05:33	0:21:19
42	362	Granadas, Pedro	Tough Trails Alenquer	M40	20	2:02:01.44	05:33	0:21:23

43	206	Brites, João	Montanelas	M Sen	20	2:02:25.16	05:34	0:21:47
44	27	Ricardo, Carlos	Alenquer Night Runners	M40	21	2:03:48.24	05:38	0:23:10
45	228	Marques, Carlos	N.A.Z.Aboboda	M50	4	2:05:12.18	05:41	0:24:34
46	500	Steinhausen, Peter		M60	1	2:05:39.16	05:43	0:25:01
47	160	Sousa, Bruno	Gold Nutrition	M40	22	2:06:05.65	05:44	0:25:28
48	85	Balsinha, João	Clube BTT Lisboa	M40	23	2:06:34.18	05:45	0:25:56
49	8	Silva, João	Trilho Perdido Eventos / Nutrimania	M Sen	21	2:06:38.98	05:45	0:26:01
50	146	Bernardo, José	GA Monsanto - GASCAN	M40	24	2:06:43.27	05:46	0:26:05
51	429	Camacho, Inacio		M Sen	22	2:06:48.79	05:46	0:26:11
52	456	Nunes, Luis		M40	25	2:06:59.19	05:46	0:26:21
53	6	Baptista, Helder	Trilho Perdido Eventos / Nutrimania	M40	26	2:07:51.04	05:49	0:27:13
54	481	Duarte, Nuno		M Sen	23	2:08:40.60	05:51	0:28:03
55	290	Ferreira, Pedro	Runners Frente Ribeirinha Póvoa Santa Iria	M40	27	2:08:54.39	05:52	0:28:16
56	203	Pina, Pedro	Monsanto Running Team	M Sen	24	2:08:55.80	05:52	0:28:18
57	271	Rodrigues, João	Pumas do Guincho	M50	5	2:09:00.81	05:52	0:28:23
58	313	Carvalho, Fernando	Sem Deixar Rasto Trail Running	M Sen	25	2:09:16.22	05:53	0:28:38
59	314	Figueiredo, Flávio	Sem Deixar Rasto Trail Running	M Sen	26	2:09:16.96	05:53	0:28:39
60	412	Mesquita, Filipe		M40	28	2:09:18.68	05:53	0:28:41
61	87	Amandio, José	Clube de Praças da Armada	M50	6	2:09:27.39	05:53	0:28:49
62	463	Silveira, Luis		M50	7	2:09:42.00	05:54	0:29:04
63	98	Soares, Luís	CLUBE OGMA	M40	29	2:10:29.89	05:56	0:29:52
64	192	Oliveira, Fernando	Lis Running	M50	8	2:10:58.31	05:57	0:30:20
65	129	Plácido, Pedro	Ericeira Surf Clube	M Sen	27	2:10:59.08	05:57	0:30:21
66	244	Couto, Mario	os 5 mais ou menos	M Sen	28	2:11:04.99	05:57	0:30:27
67	14	Marques, Hélio	100 Limites	M40	30	2:11:12.95	05:58	0:30:35
68	266	Carrasqueira, Pedro	PICA MIOLOS	M Sen	29	2:11:13.96	05:58	0:30:36
69	301	Lourenço, João	Salamandrecos	M50	9	2:11:29.35	05:59	0:30:51
70	298	Barros, Carlos	Salamandrecos	M Sen	30	2:11:30.05	05:59	0:30:52
71	229	Domingues, Herculano	N.A.Z.Aboboda	M60	2	2:12:24.00	06:01	0:31:46
72	84	Rosa, Joaquim	Charneca trail team	M50	10	2:12:40.42	06:02	0:32:02
73	287	Cardoso, Armando	Runners Frente Ribeirinha Póvoa Santa Iria	M Sen	31	2:12:51.45	06:02	0:32:13
74	399	Ferreira, Carlos		M60	3	2:13:50.64	06:05	0:33:13
75	150	Mendonça, Álvaro	Gáfete Runners	M Sen	32	2:13:50.82	06:05	0:33:13
76	297	Zoio, Bernardo	Salamandrecos	M Sen	33	2:14:22.76	06:06	0:33:45
77	294	Brito, Bruno	Running Academy - O2 Life Center -	M Sen	34	2:14:31.18	06:07	0:33:53
78	264	Borges, Hugo	PICA MIOLOS	M Sen	35	2:15:00.39	06:08	0:34:22
79	259	Correia, José	Pernetas	M50	11	2:15:12.73	06:09	0:34:35
80	90	Alves, Paulo	Clube de Praças da Armada	M Sen	36	2:15:12.98	06:09	0:34:35
81	193	Santos, Paulo	Lis Running	M40	31	2:15:17.62	06:09	0:34:40
82	161	Magalhães, Hugo	GP Runners	M Sen	37	2:15:24.41	06:09	0:34:46
83	269	Pires, Helder	POPULARIS	M40	32	2:15:36.50	06:10	0:34:59
84	393	Espadeiro, Bruno		M Sen	38	2:15:39.71	06:10	0:35:02
85	444	Rocha, Jorge		M40	33	2:15:50.68	06:10	0:35:13
86	83	Riscado, André	Charneca trail team	M Sen	39	2:16:08.50	06:11	0:35:31
87	158	Duarte, Diogo	Go!Runners	M40	34	2:16:30.00	06:12	0:35:52
88	437	Fernandes, João		M Sen	40	2:16:31.68	06:12	0:35:54
89	9	Dias, João Vieira	Trilho Perdido Eventos / Nutrimania	M Sen	41	2:16:31.88	06:12	0:35:54
90	438	Granja, João		M40	35	2:16:52.62	06:13	0:36:15
91	101	Branco, Helder	Clube Vodafone	M40	36	2:16:53.32	06:13	0:36:15
92	67	Cardoso, João	CCD Sintrense	M40	37	2:16:55.14	06:13	0:36:17
93	207	Pereira, José	Montanelas	M40	38	2:16:59.02	06:14	0:36:21
94	509	Moura, Rui		M Sen	42	2:17:08.99	06:14	0:36:31
95	497	Pinto, Pedro		M40	39	2:17:47.69	06:16	0:37:10
96	152	Cardoso, Antonio	gartors	M40	40	2:18:19.04	06:17	0:37:41
97	45	Fernandes, Joaquim	Associação de Atletismo Lebres do Sado	M50	12	2:18:23.37	06:17	0:37:45
98	329	Schofield, Paulo	Sintrarunning	M40	41	2:19:09.78	06:20	0:38:32
99	127	Almeida, Sérgio	Equipa da Maria	M Sen	43	2:19:11.79	06:20	0:38:34
100	383	Duarte, Alexandre		M50	13	2:19:26.71	06:20	0:38:49

101	363	Loureiro, Bruno	Trail runner team	M Sen	44	2:19:30.02	06:20	0:38:52
102	343	Silva, João	SS CGD	M40	42	2:19:32.47	06:21	0:38:54
103	398	Dias, Carlos		M40	43	2:19:33.18	06:21	0:38:55
104	443	Nunes, Jorge		M50	14	2:19:48.17	06:21	0:39:10
105	446	Sobrinho, Jorge		M40	44	2:19:56.09	06:22	0:39:18
106	230	Carvalho, João	N.A.Z.Aboboda	M50	15	2:20:03.03	06:22	0:39:25
107	419	Leonardo, Gilberto		M40	45	2:20:17.51	06:23	0:39:40
108	424	Mateus, Henrique		M40	46	2:20:25.59	06:23	0:39:48
109	524	Gabriel, Tiago		M Sen	45	2:20:42.03	06:24	0:40:04
110	391	Marques, António		M Sen	46	2:20:53.14	06:24	0:40:15
111	330	Matos, Bruno	SPALD	M Sen	47	2:21:09.51	06:25	0:40:32
112	172	Filipe, Ricardo	Jobrinde - Montes Saloios	M Sen	48	2:21:16.40	06:25	0:40:38
113	394	Mesquita, Bruno		M40	47	2:21:23.21	06:26	0:40:45
114	349	FONTOURA, PEDRO	SS CGD	M40	48	2:21:47.35	06:27	0:41:09
115	24	Patrício, Fernando	AFDD - Run Crew Trail Montijo	M50	16	2:22:13.98	06:28	0:41:36
116	47	Luís, Eduardo	Atómicos	M Sen	49	2:22:26.26	06:28	0:41:48
117	105	Caires, Joao	cookietrailteam	M Sen	50	2:22:42.58	06:29	0:42:05
118	134	Santos, Hugo	Falcoes Selvagens	M Sen	51	2:22:49.45	06:30	0:42:11
119	19	Paradinha, João	A. D. Manteigas	M40	49	2:23:17.91	06:31	0:42:40
120	492	Henriques, Paulo		M Sen	52	2:23:47.95	06:32	0:43:10
121	262	Grilo, Eduardo	PICA MIOLOS	M40	50	2:24:06.35	06:33	0:43:28
122	479	Antunes, Nuno		M40	51	2:24:50.82	06:35	0:44:13
123	235	Matos, André	O MUNDO DA CORRIDA	M Sen	53	2:25:13.92	06:36	0:44:36
124	392	Pontes, Arménio		M40	52	2:25:23.09	06:37	0:44:45
125	1	Brilhante, Rui	Trilho Perdido Eventos / Nutrimania	M40	53	2:25:40.00	06:37	0:45:02
126	10	Ribeiro, Jorge	Trilho Perdido Eventos / Nutrimania	M Sen	54	2:25:44.22	06:37	0:45:06
127	7	Miguel, Hugo	Trilho Perdido Eventos / Nutrimania	M Sen	55	2:25:44.98	06:37	0:45:07
128	320	Guerreiro, José	Serviços Sociais Montepio	M50	17	2:25:52.32	06:38	0:45:14
129	322	Rodrigues, Nuno	Serviços Sociais Montepio	M40	54	2:25:52.43	06:38	0:45:14
130	315	Dias, Manuel	Sem Deixar Rasto Trail Running	M Sen	56	2:26:18.14	06:39	0:45:40
131	28	Santos, Vasco	Alenquer Night Runners	M Sen	57	2:26:22.52	06:39	0:45:45
132	327	Silva, Edgar	Sintrarunning	M40	55	2:26:32.99	06:40	0:45:55
133	26	Rodelo, Sergio	AFDD - Run Crew Trail Montijo	M40	56	2:26:47.07	06:40	0:46:09
134	402	Oleastro, Carlos		M50	18	2:26:48.50	06:40	0:46:11
135	511	Paulo, Rui		M50	19	2:26:50.49	06:40	0:46:12
136	480	Caldeira, Nuno		M Sen	58	2:26:54.94	06:41	0:46:17
137	257	Morgado, Ricardo	Panquecas	M40	57	2:27:14.67	06:42	0:46:37
138	169	Conduto, Eurico	Jobrinde - Montes Saloios	M Sen	59	2:27:52.54	06:43	0:47:15
139	283	Paço, Ricardo	Run Baby Run	M40	58	2:27:57.58	06:44	0:47:20
140	51	Leitão, Ricardo	Bolelas team	M Sen	60	2:28:12.26	06:44	0:47:34
141	50	Leitão, Luis	Bolelas team	M Sen	61	2:28:13.02	06:44	0:47:35
142	360	Carlos, Luis	Tough Trails Alenquer	M Sen	62	2:28:15.90	06:44	0:47:38
143	311	Anes, Carlos	Sem Deixar Rasto Trail Running	M Sen	63	2:28:26.27	06:45	0:47:48
144	164	Ribeiro, Inácio	Grandes feios e maus	M Sen	64	2:28:37.24	06:45	0:47:59
145	18	Saraiva, David	A. D. Manteigas	M Sen	65	2:28:56.36	06:46	0:48:18
146	33	Martins, José	Aminhacorrída/Kalenji	M50	20	2:29:06.01	06:47	0:48:28
147	245	Calixto, Paulo	os 5 mais ou menos	M40	59	2:29:24.72	06:47	0:48:47
148	268	Faia, Helder	Pinheiro Manso Runners	M40	60	2:29:26.00	06:48	0:48:48
149	204	Silva, Aldino	Montanelas	M40	61	2:29:36.49	06:48	0:48:58
150	468	Costa, Marco		M Sen	66	2:29:39.03	06:48	0:49:01
151	331	Jorge, Miguel	SPALD	M Sen	67	2:29:49.70	06:49	0:49:12
152	328	Silva, Mario	Sintrarunning	M40	62	2:30:04.38	06:49	0:49:26
153	499	Silva, Pedro		M Sen	68	2:30:06.08	06:49	0:49:28
154	254	Pereira, Joel	Os Patrões	M Sen	69	2:30:15.51	06:50	0:49:38
155	491	Correia, Paulo		M40	63	2:30:34.55	06:51	0:49:57
156	216	Isidor, Rui	Mula Bike	M40	64	2:30:40.83	06:51	0:50:03
157	344	MARTINS, LUIS	SS CGD	M40	65	2:30:56.34	06:52	0:50:18
158	460	Rodrigues, Luis		M Sen	70	2:30:56.38	06:52	0:50:18

159	197	Carvalho, Pedro	Love Team	M Sen	71	2:31:02.11	06:52	0:50:24
160	173	Giao, Nuno	Kalorias Runners	M40	66	2:31:11.54	06:52	0:50:34
161	111	Veiga, Joaquim	Corridas & Comidas	M40	67	2:31:18.59	06:53	0:50:41
162	307	Mesquita, Ricardo	SCALKOKAS	M40	68	2:31:21.04	06:53	0:50:43
163	518	Simões, Sérgio		M Sen	72	2:31:32.21	06:53	0:50:54
164	417	Baptista, Frederico		M Sen	73	2:31:32.39	06:53	0:50:54
165	385	Viegas, Alexandre		M Sen	74	2:32:02.39	06:55	0:51:24
166	239	Venâncio, Rogério	O MUNDO DA CORRIDA	M60	4	2:32:13.71	06:55	0:51:36
167	88	Matos, José	Clube de Praças da Armada	M40	69	2:32:40.66	06:56	0:52:03
168	208	Lourenço, Ricardo	Montanelas	M Sen	75	2:32:54.23	06:57	0:52:16
169	386	Sousa, Alfredo		M60	5	2:32:58.00	06:57	0:52:20
170	222	Alípio, José	MultiRunners	M40	70	2:32:58.67	06:57	0:52:21
171	292	Maurício, Rúben	Runners Frente Ribeirinha Póvoa Santa Iria	M Sen	76	2:33:05.62	06:58	0:52:28
172	205	Pombo, André	Montanelas	M Sen	77	2:33:06.15	06:58	0:52:28
173	126	Aires, Luis	Equipa da Maria	M40	71	2:33:08.51	06:58	0:52:31
174	195	Dias, André	LoureSaude Running	M Sen	78	2:33:29.09	06:59	0:52:51
175	447	Moura, Jose		M40	72	2:33:36.48	06:59	0:52:58
176	122	Pereira, Artur	ENTERPROM - brindes promocionais	M40	73	2:33:44.53	06:59	0:53:07
177	449	Gomes, José		M Sen	79	2:33:59.38	07:00	0:53:21
178	25	Neves, Joao	AFDD - Run Crew Trail Montijo	M50	21	2:34:15.16	07:01	0:53:37
179	489	Amaral, Paulo		M40	74	2:34:15.66	07:01	0:53:38
180	16	DaSilva, Antonio	A&D	M60	6	2:34:21.03	07:01	0:53:43
181	221	Pereira, João	MultiRunners	M40	75	2:34:57.99	07:03	0:54:20
182	376	Gomes, Mario	Veteranos de Massamá	M60	7	2:35:04.41	07:03	0:54:26
183	275	Marques, Carlos	RL 2	M50	22	2:35:08.51	07:03	0:54:31
184	357	Estêvão, Paulo	Tartarugas Solidárias	M40	76	2:35:09.95	07:03	0:54:32
185	75	Correia, Rodrigo	CCD Sintrense	M Sen	80	2:35:16.71	07:03	0:54:39
186	289	Trigo, Paulo	Runners Frente Ribeirinha Póvoa Santa Iria	M Sen	81	2:35:24.33	07:04	0:54:46
187	148	Alves, Rui	GA Monsanto - GASCAN	M40	77	2:35:31.85	07:04	0:54:54
188	93	Fry, Douglas	Clube Desportivo de Mafra	M50	23	2:35:45.89	07:05	0:55:08
189	142	Inglês, António	GA Monsanto - GASCAN	M50	24	2:35:46.98	07:05	0:55:09
190	106	Jacob, Pedro	cookietrailteam	M40	78	2:35:57.38	07:05	0:55:19
191	333	Filipe, Mário	SPEM-Sociedade Portuguesa Esclerose Múltipla	M40	79	2:36:04.44	07:06	0:55:26
192	366	Lopes, Joaquim	TRILHOS E CORRIDAS DE TERCENA	M50	25	2:36:04.56	07:06	0:55:27
193	108	Rodrigues, Tiago	Correr Lisboa	M Sen	82	2:36:05.76	07:06	0:55:28
194	478	Ferreira, Nelson		M Sen	83	2:36:37.94	07:07	0:56:00
195	107	Serra, Pedro	Correr Lisboa	M40	80	2:36:52.76	07:08	0:56:15
196	442	Serôdio, João		M Sen	84	2:36:55.83	07:08	0:56:18
197	4	Sousa, David	Trilho Perdido Eventos / Nutrimania	M Sen	85	2:36:59.13	07:08	0:56:21
198	341	HENRIQUES, JOAO	SS CGD	M40	81	2:37:17.27	07:09	0:56:39
199	379	Wiborg, André	WL84	M50	26	2:38:07.21	07:11	0:57:29
200	100	Esteves, Carlos	Clube Vodafone	M40	82	2:38:07.90	07:11	0:57:30
201	445	Russo, Jorge		M40	83	2:38:08.29	07:11	0:57:30
202	103	Gonçalves, Mauro	Clube Vodafone	M40	84	2:38:08.41	07:11	0:57:30
203	507	Esteves, Rui		M40	85	2:38:09.50	07:11	0:57:32
204	232	Serranito, Paulo	Não te Prives	M50	27	2:38:15.59	07:12	0:57:38
205	183	Amaro, José	Korri_Della	M Sen	86	2:38:20.45	07:12	0:57:42
206	501	Ferreira, Riardo		M Sen	87	2:38:28.96	07:12	0:57:51
207	454	Branco, Luis		M50	28	2:39:35.04	07:15	0:58:57
208	104	Negas, Fernando	cookietrailteam	M Sen	88	2:40:01.33	07:16	0:59:23
209	504	Sousa, Ricardo		M Sen	89	2:40:07.24	07:17	0:59:29
210	194	Trindade, Nuno	LISBON TRAIL WARRIORS	M Sen	90	2:40:25.60	07:18	0:59:48
211	483	Marques, Nuno		M40	86	2:40:27.43	07:18	0:59:49
212	285	Anastácio, Nuno	Run Lovers	M Sen	91	2:40:29.40	07:18	0:59:51
213	226	Rodrigues, Paulo	MultiRunners	M40	87	2:40:37.81	07:18	1:00:00
214	74	Alves, Pedro	CCD Sintrense	M40	88	2:41:20.02	07:20	1:00:42
215	324	Alves, Pedro	Serviços Sociais Montepio	M40	89	2:41:20.82	07:20	1:00:43
216	299	Grade, Carlos	Salamandrecos	M40	90	2:41:29.51	07:20	1:00:52

217	493	Nunes, Paulo		M40	91	2:41:50.73	07:21	1:01:13
218	210	Félix, José	Mucifalense	M40	92	2:42:02.91	07:22	1:01:25
219	44	Monteiro, Paulo	ASC VALE GRANDE	M40	93	2:42:49.40	07:24	1:02:11
220	368	Santos, Nelson	TSF Runners	M40	94	2:43:02.34	07:25	1:02:24
221	494	Silva, Paulo		M50	29	2:43:07.01	07:25	1:02:29
222	513	Rodrigues, Rui		M50	30	2:43:07.16	07:25	1:02:29
223	258	Campos, Joao	PAVNESC	M40	95	2:43:07.58	07:25	1:02:30
224	436	Duarte, João		M50	31	2:43:12.22	07:25	1:02:34
225	408	Ribeiro, Eduardo		M Sen	92	2:43:31.82	07:26	1:02:54
226	377	Quaresma, Paulo	Veteranos de Massamá	M60	8	2:43:34.83	07:26	1:02:57
227	309	Pires, João	Scubarunners	M Sen	93	2:43:44.93	07:27	1:03:07
228	414	Figueiredo, Francisco		M50	32	2:43:48.23	07:27	1:03:10
229	182	Guerreiro, Valter	kings of trail	M Sen	94	2:43:59.74	07:27	1:03:22
230	215	Amado, Manuel	Mula Bike	M40	96	2:44:09.98	07:28	1:03:32
231	139	Cunha, Rui	G. D. Santander Totta	M40	97	2:44:19.94	07:28	1:03:42
232	284	Pacheco, Jorge	Run Forrest Run	M40	98	2:44:28.37	07:29	1:03:50
233	381	Cabo, Alberto		M40	99	2:44:43.63	07:29	1:04:06
234	435	Cláudio, João		M40	100	2:44:50.23	07:30	1:04:12
235	474	Apolinário, Mário		M40	101	2:44:50.82	07:30	1:04:13
236	68	Borges, José	CCD Sintrense	M50	33	2:45:12.78	07:31	1:04:35
237	286	Soares, António	Runners Frente Ribeirinha Póvoa Santa Iria	M40	102	2:45:20.36	07:31	1:04:42
238	219	Galvao, Eduardo	MultiRunners	M50	34	2:45:20.52	07:31	1:04:43
239	186	Milhinhos, António	LESMAS ACELERADAS	M40	103	2:45:21.56	07:31	1:04:44
240	425	Sacadura, Henrique		M60	9	2:45:39.70	07:32	1:05:02
241	220	Manuel, Frederico	MultiRunners	M Sen	95	2:45:40.67	07:32	1:05:03
242	171	Machado, Nuno	Jobrinde - Montes Saloios	M Sen	96	2:46:05.37	07:33	1:05:27
243	350	Coelho, Ricardo	SS CGD	M40	104	2:46:30.34	07:34	1:05:52
244	278	Melo, José	RUN 4 FUN	M50	35	2:47:04.77	07:36	1:06:27
245	255	Menezes, Paulo	Os Patrões	M Sen	97	2:47:16.04	07:36	1:06:38
246	300	Lince, Goncalo	Salamandrecos	M Sen	98	2:47:20.57	07:36	1:06:43
247	181	Sousa, Igor	kings of trail	M Sen	99	2:48:16.02	07:39	1:07:38
248	400	Gonçalves, Carlos		M50	36	2:48:17.39	07:39	1:07:39
249	200	Rodrigues, Sérgio	MAD MAX TEAM	M40	105	2:48:31.82	07:40	1:07:54
250	97	Bexiga, Joaquim	CLUBE OGMA	M40	106	2:48:50.79	07:40	1:08:13
251	227	Ferreira, Vasco	MultiRunners	M50	37	2:49:17.09	07:42	1:08:39
252	525	Magalhães, Tiago		M Sen	100	2:49:51.24	07:43	1:09:13
253	455	Espada, Luis		M50	38	2:49:54.56	07:43	1:09:17
254	233	Fernandes, Pedro	Novos Trilhos	M40	107	2:49:56.83	07:43	1:09:19
255	170	Alberto, João	Jobrinde - Montes Saloios	M40	108	2:50:16.83	07:44	1:09:39
256	237	Lima, José	O MUNDO DA CORRIDA	M50	39	2:50:44.51	07:46	1:10:07
257	102	Fouto, Luis	Clube Vodafone	M40	109	2:50:46.23	07:46	1:10:08
258	475	Lopes, Mário		M40	110	2:51:27.98	07:48	1:10:50
259	348	CLAUDIO, PEDRO	SS CGD	M40	111	2:52:10.56	07:50	1:11:33
260	441	Sanches, João		M50	40	2:52:14.13	07:50	1:11:36
261	144	Pinto, João	GA Monsanto - GASCAN	M50	41	2:52:29.53	07:50	1:11:52
262	145	Aires, José	GA Monsanto - GASCAN	M50	42	2:52:30.62	07:50	1:11:53
263	337	Figueiredo, Carlos	SS CGD	M40	112	2:52:45.26	07:51	1:12:07
264	253	Martins, Bruno	Os Patrões	M Sen	101	2:52:50.35	07:51	1:12:12
265	66	Vaz, Helder	CCD Sintrense	M Sen	102	2:52:54.59	07:52	1:12:17
266	514	Teixeira, Rui		M Sen	103	2:53:04.88	07:52	1:12:27
267	73	Neves, Paulo	CCD Sintrense	M Sen	104	2:53:40.53	07:54	1:13:03
268	267	Seromenho, Gonçalo	Pinheiro Manso Runners	M Sen	105	2:53:43.00	07:54	1:13:05
269	114	Pereira, Márcio	Corridas & Comidas	M Sen	106	2:53:45.52	07:54	1:13:08
270	416	Tojal, Francisco		M Sen	107	2:53:47.60	07:54	1:13:10
271	319	Sousa, Jorge	Serviços Sociais Montepio	M40	113	2:54:03.47	07:55	1:13:25
272	326	Dias, Ricardo	Serviços Sociais Montepio	M40	114	2:54:03.78	07:55	1:13:26
273	323	Rainho, Paulo	Serviços Sociais Montepio	M40	115	2:54:03.91	07:55	1:13:26
274	325	Carrasco, Pedro	Serviços Sociais Montepio	M40	116	2:54:04.68	07:55	1:13:27

275	36	Marques, Agostinho	Asas	M50	43	2:54:22.93	07:56	1:13:45
276	288	Magro, José	Runners Frente Ribeirinha Póvoa Santa Iria	M40	117	2:54:42.38	07:56	1:14:04
277	95	Carvalho, Paulo	Clube EDP - Lisboa	M60	10	2:55:00.57	07:57	1:14:23
278	109	Monteiro, Alberto	Corridas & Comidas	M40	118	2:55:02.41	07:57	1:14:24
279	426	Ventura, Henrique		M Sen	108	2:55:02.55	07:57	1:14:25
280	405	Almeida, Diogo		M Sen	109	2:55:04.56	07:57	1:14:27
281	168	Duarte, Nuno	Ilha Fria Trail Running	M Sen	110	2:55:06.18	07:58	1:14:28
282	335	Furtado, Álvaro	SS CGD	M50	44	2:55:10.00	07:58	1:14:32
283	505	Falcao, Rogerio		M40	119	2:56:01.21	08:00	1:15:23
284	130	Tavares, Pedro	Ericeira Surf Clube	M40	120	2:56:21.57	08:01	1:15:44
285	355	Caldeirinha, Jose	Tartarugas Solidárias	M Sen	111	2:57:02.81	08:03	1:16:25
286	184	Gonçalves, Carlos	LEBRES E TARTARUGAS	M50	45	2:57:34.94	08:04	1:16:57
287	223	Finuras, José	MultiRunners	M40	121	2:57:51.19	08:05	1:17:13
288	225	Noritake, Marcos	MultiRunners	M40	122	2:57:51.86	08:05	1:17:14
289	56	Fernandes, Jorge	cabrizrun	M40	123	2:58:05.21	08:06	1:17:27
290	347	Bailao, Paulo	SS CGD	M40	124	2:58:36.38	08:07	1:17:58
291	5	Ruivo, Fernando	Trilho Perdido Eventos / Nutrimania	M40	125	2:58:39.61	08:07	1:18:02
292	217	Pinheiro, Rui	Mula Bike	M Sen	112	2:58:48.86	08:08	1:18:11
293	59	Afonso, Francisco	Caracois Furiosos	M50	46	2:59:11.37	08:09	1:18:33
294	153	Custodio, Orlando	gartors	M Sen	113	2:59:25.46	08:09	1:18:47
295	503	Martins, Ricardo		M40	126	2:59:37.03	08:10	1:18:59
296	119	Fernandes, Avelino	CPR A-DO-BARBAS	M40	127	2:59:38.46	08:10	1:19:00
297	72	Martins, Orlando	CCD Sintrense	M60	11	2:59:59.34	08:11	1:19:21
298	380	Pereira, Ademar		M40	128	3:00:04.33	08:11	1:19:26
299	241	Barrento, Francisco	O2 Life Center	M Sen	114	3:00:13.38	08:12	1:19:35
300	401	Lopes, Carlos		M Sen	115	3:00:14.49	08:12	1:19:36
301	374	Santos, João	Veteranos de Massamá	M60	12	3:00:23.19	08:12	1:19:45
302	384	Jorge, Alexandre		M Sen	116	3:00:48.28	08:13	1:20:10
303	162	Martins, Anibal	Grandes feios e maus	M Sen	117	3:01:17.89	08:14	1:20:40
304	60	Silva, Alexandre	CASV	M Sen	118	3:01:25.06	08:15	1:20:47
305	38	Dinis, Isac	Asas	M60	13	3:02:10.25	08:17	1:21:32
306	70	Hernandez, Luis	CCD Sintrense	M Sen	119	3:02:38.01	08:18	1:22:00
307	510	Nunes, Rui		M Sen	120	3:03:02.36	08:19	1:22:24
308	246	Arraias, Diogo	Os Arraias	M60	14	3:03:10.77	08:20	1:22:33
309	136	Vaz, Marco	Falcoes Selvagens	M Sen	121	3:03:11.41	08:20	1:22:33
310	174	Catita, Luís	Kangurus S.A.	M40	129	3:03:12.77	08:20	1:22:35
311	411	Matias, Fernando		M50	47	3:03:12.83	08:20	1:22:35
312	336	ALBANO, CARLOS	SS CGD	M40	130	3:03:13.55	08:20	1:22:36
313	527	Sendim, Tiago		M Sen	122	3:03:19.79	08:20	1:22:42
314	176	Cardoso, Bruno	Kaninos	M Sen	123	3:03:20.51	08:20	1:22:43
315	177	Tomas, Cesar	Kaninos	M Sen	124	3:03:21.19	08:20	1:22:43
316	332	Ferreira, António	SPEM	M Sen	125	3:03:35.18	08:21	1:22:57
317	340	ALMEIDA, JOAO	SS CGD	M40	131	3:03:48.31	08:21	1:23:10
318	451	Silva, José		M60	15	3:03:57.58	08:22	1:23:20
319	440	Rodrigues, João		M40	132	3:04:21.27	08:23	1:23:43
320	407	, Passou a (530)		M Sen	126	3:04:52.87	08:24	1:24:15
321	167	Braz, Vasco	Helivolt	M Sen	127	3:05:29.29	08:26	1:24:51
322	48	Neves, Ricardo	B78	M Sen	128	3:06:01.65	08:27	1:25:24
323	180	Formiga, Vitor	Kaninos	M Sen	129	3:06:49.33	08:30	1:26:11
324	163	Rodrigues, Carlos	Grandes feios e maus	M Sen	130	3:06:56.11	08:30	1:26:18
325	15	Leal, João	2725 M&M	M50	48	3:09:28.29	08:37	1:28:50
326	199	Raposo, Sérgio	MAD MAX TEAM	M40	133	3:09:37.52	08:37	1:29:00
327	342	Correia, João	SS CGD	M50	49	3:09:55.89	08:38	1:29:18
328	457	Pedroso, Luis		M40	134	3:11:32.74	08:42	1:30:55
329	293	Pinto, Rui	Runners Frente Ribeirinha Póvoa Santa Iria	M Sen	131	3:12:24.52	08:45	1:31:47
330	396	Romão, Bruno		M Sen	132	3:12:29.81	08:45	1:31:52
331	508	Monteiro, Rui		M40	135	3:13:34.47	08:48	1:32:56
332	496	Miranda, Pedro		M Sen	133	3:13:43.86	08:48	1:33:06

333	305	Santos, Carlos	Santos & Filho	M Sen	134	3:14:16.04	08:50	1:33:38
334	306	Santos, José	Santos & Filho	M50	50	3:14:16.59	08:50	1:33:39
335	52	Gomes, Fernando	Bruxos Runners	M Sen	135	3:15:00.47	08:52	1:34:22
336	40	Marques, Serafim	Asas	M60	16	3:15:00.82	08:52	1:34:23
337	61	Cruz, João	CASV	M Sen	136	3:15:11.49	08:52	1:34:33
338	212	Luz, Aureliano	Mula Bike	M Sen	137	3:15:15.47	08:53	1:34:37
339	334	Lourenço, Jorge	Sporting Clube de Casainhos	M Sen	138	3:16:05.02	08:55	1:35:27
340	35	Soares, Luis	Anda cá que eu já te apanho :)	M Sen	139	3:16:08.06	08:55	1:35:30
341	53	Soares, Carlos	Bucelas Aventura	M Sen	140	3:16:09.11	08:55	1:35:31
342	427	Araújo, Herculano		M50	51	3:16:22.96	08:56	1:35:45
343	185	Gomes, Pedro	Lentinhos	M40	136	3:17:13.58	08:58	1:36:36
344	473	Santos, Mario		M40	137	3:18:44.85	09:02	1:38:07
345	137	Carioca, Filipe	FCs	M40	138	3:18:54.10	09:02	1:38:16
346	409	Cândido, Fernando		M50	52	3:18:54.15	09:02	1:38:16
347	317	Pragana, António	Serviços Sociais Montepio	M40	139	3:19:46.31	09:05	1:39:08
348	20	Sabino, Nuno	Açoreana	M Sen	141	3:20:42.98	09:07	1:40:05
349	280	Matos, Rogério	RUN 4 FUN	M50	53	3:21:31.11	09:10	1:40:53
350	113	Romaneiro, Luis	Corridas & Comidas	M50	54	3:21:34.49	09:10	1:40:56
351	498	Silva, Pedro		M Sen	142	3:21:57.82	09:11	1:41:20
352	248	Costa, Luís	Os Conta-Kilómetros	M Sen	143	3:21:58.29	09:11	1:41:20
353	39	Ferrabelo, José	Asas	M60	17	3:22:15.85	09:12	1:41:38
354	486	Sousa, Nuno		M Sen	144	3:22:23.82	09:12	1:41:46
355	421	Henriques, Guilherme		M40	140	3:22:42.25	09:13	1:42:04
356	112	Lucas, Luis	Corridas & Comidas	M Sen	145	3:23:38.92	09:15	1:43:01
357	375	Azevedo, Manuel	Veteranos de Massamá	M50	55	3:24:32.26	09:18	1:43:54
358	141	Carvalho, Amadeu	GA Monsanto - GASCAN	M40	141	3:26:04.71	09:22	1:45:27
359	178	Cachinho, Marco	Kaninos	M Sen	146	3:28:34.72	09:29	1:47:57
360	179	Gomes, Ricardo	Kaninos	M Sen	147	3:28:35.89	09:29	1:47:58
361	99	Correia, Carlos	Clube Vodafone	M40	142	3:29:33.48	09:32	1:48:55
362	147	Antunes, Luis	GA Monsanto - GASCAN	M50	56	3:31:17.77	09:36	1:50:40
363	143	Pardal, António	GA Monsanto - GASCAN	M60	18	3:31:18.32	09:36	1:50:40
364	484	Monteiro, Nuno		M Sen	148	3:36:52.47	09:51	1:56:14
365	452	Torgal, José		M Sen	149	3:37:13.96	09:52	1:56:36
366	382	Costa, Alexandre		M40	143	3:37:27.13	09:53	1:56:49
367	256	Rodrigues, Fernando	Panquecas	M Sen	150	3:37:28.89	09:53	1:56:51
368	321	Farinha, Luis	Serviços Sociais Montepio	M40	144	3:37:37.49	09:54	1:56:59
369	371	Saragoça, Renato	UDRS Guerreiros do Rio	M Sen	151	3:41:07.29	10:03	2:00:29
370	118	Anastacio, Sérgio	Corridas e comidzs	M40	145	3:44:22.12	10:12	2:03:44
371	94	Morgado, Carlos	Clube EDP - Lisboa	M50	57	3:50:16.86	10:28	2:09:39
372	224	Rodrigues, José	MultiRunners	M40	146	3:50:32.52	10:29	2:09:55
373	523	Sousa, Telmo		M Sen	152	3:59:48.75	10:54	2:19:11
374	187	Freitas, Joaquim	LESMAS ACELERADAS	M40	147	4:11:35.37	11:26	2:30:57



2º Trail Running da Costa Saloia

Data: 13 de Março de 2016

Localidade: Mucifal

Organização: U. Mucifalense

Cronometragem: Trilho Perdido Cronometragens

1 °	Clube de Praças da Armada	49 Pontos
	89 Silva, Luis Seniores Masculinos	7
	92 Rainho, Renato Seniores Masculinos	16
	86 Cardoso, João Seniores Masculinos	26
2 °	Trilho Perdido Eventos / Nutrimania	65 Pontos
	13 Ribeiro, Miguel Seniores Masculinos	6
	11 Narciso, José Veteranos M40	10
	8 Silva, João Seniores Masculinos	49
3 °	PICA MIOLOS	77 Pontos
	261 Oliveira, Artur Veteranos M40	4
	263 Joanico, Henrique Seniores Masculinos	5
	266 Carrasqueira, Pedro Seniores Masculinos	68
4 °	CCD Sintrense	123 Pontos
	76 Azevedo, Rogério Veteranos M40	11
	69 Finote, Júlio Veteranos M40	20
	67 Cardoso, João Veteranos M40	92
5 °	N.A.Z.Aboboda	143 Pontos
	231 Aires, Luis Veteranos M40	27
	228 Marques, Carlos Veteranos M50	45
	229 Domingues, Herculano Veteranos M60	71
6 °	Runners Frente Ribeirinha Póvoa Santa Iria	165 Pontos
	291 Tavares, Pedro Veteranos M40	37
	290 Ferreira, Pedro Veteranos M40	55
	287 Cardoso, Armando Seniores Masculinos	73
7 °	Salamandrecos	175 Pontos
	302 Aragão, José Veteranos M50	36
	301 Lourenço, João Veteranos M50	69
	298 Barros, Carlos Seniores Masculinos	70
8 °	ASC VALE GRANDE	218 Pontos
	42 Silva, José Veteranos M40	3
	41 Geada, José Veteranos M40	31
	43 Freitas, Maria Seniores Femininas	184
9 °	Sem Deixar Rasto Trail Running	254 Pontos
	313 Carvalho, Fernando Seniores Masculinos	58
	314 Figueiredo, Flávio Seniores Masculinos	59
	315 Dias, Manuel Seniores Masculinos	137

10 °	SS CGD		261 Pontos
	351 Martins, Rui	Seniores Masculinos	38
	343 Silva, João	Veteranos M40	104
	349 FONTOURA, PEDRO	Veteranos M40	119
11 °	Aminhacorrída/Kalenji		266 Pontos
	32 Pereira, João	Seniores Masculinos	17
	34 Agostinho, Sofia	Seniores Femininas	94
	31 Martins, Cidália	Veteranas F50	155
12 °	Montanelas		295 Pontos
	206 Brites, João	Seniores Masculinos	43
	207 Pereira, José	Veteranos M40	93
	204 Silva, Aldino	Veteranos M40	159
13 °	Pumas do Guincho		303 Pontos
	271 Rodrigues, João	Veteranos M50	57
	272 Nunes, Paula	Veteranas F40	118
	273 Lopes, Ruth	Veteranas F40	128
14 °	Sintrarunning		401 Pontos
	329 Schofield, Paulo	Veteranos M40	99
	327 Silva, Edgar	Veteranos M40	140
	328 Silva, Mario	Veteranos M40	162
15 °	AFDD - Run Crew Trail Montijo		453 Pontos
	24 Patrício, Fernando	Veteranos M50	120
	26 Rodelo, Sergio	Veteranos M40	141
	25 Neves, Joao	Veteranos M50	192
16 °	GA Monsanto - GASCAN		456 Pontos
	146 Bernardo, José	Veteranos M40	50
	148 Alves, Rui	Veteranos M40	202
	142 Inglês, António	Veteranos M50	204
17 °	Serviços Sociais Montepio		504 Pontos
	320 Guerreiro, José	Veteranos M50	135
	322 Rodrigues, Nuno	Veteranos M40	136
	324 Alves, Pedro	Veteranos M40	233
18 °	Clube Vodafone		525 Pontos
	101 Branco, Helder	Veteranos M40	91
	100 Esteves, Carlos	Veteranos M40	216
	103 Gonçalves, Mauro	Veteranos M40	218
19 °	Jobrinde - Montes Saloios		528 Pontos
	172 Filipe, Ricardo	Seniores Masculinos	116
	169 Conduto, Eurico	Seniores Masculinos	147
	171 Machado, Nuno	Seniores Masculinos	265
20 °	Tartarugas Solidárias		544 Pontos
	353 Mendes, Carla	Seniores Femininas	109
	357 Estêvão, Paulo	Veteranos M40	199
	354 Lagoa, Catarina	Veteranas F40	236
21 °	cookietrailteam		551 Pontos
	105 Caires, Joao	Seniores Masculinos	122
	106 Jacob, Pedro	Veteranos M40	205
	104 Negas, Fernando	Seniores Masculinos	224
22 °	O MUNDO DA CORRIDA		587 Pontos
	235 Matos, André	Seniores Masculinos	130
	239 Venâncio, Rogério	Veteranos M60	176
	237 Lima, José	Veteranos M50	281

23 °	MultiRunners		606 Pontos
	222 Alípio, José	Veteranos M40	181
	221 Pereira, João	Veteranos M40	195
	226 Rodrigues, Paulo	Veteranos M40	230
24 °	CLUBE OGMA		612 Pontos
	98 Soares, Luís	Veteranos M40	63
	96 França, Fernanda	Veteranas F40	274
	97 Bexiga, Joaquim	Veteranos M40	275
25 °	Veteranos de Massamá		621 Pontos
	373 Mendes, Ana	Veteranas F40	177
	376 Gomes, Mario	Veteranos M60	197
	377 Quaresma, Paulo	Veteranos M60	247
26 °	Mula Bike		669 Pontos
	216 Isidor, Rui	Veteranos M40	166
	213 Fernandes, Ligia	Seniores Femininas	251
	215 Amado, Manuel	Veteranos M40	252
27 °	LESMAS ACELERADAS		722 Pontos
	188 Alves, Maria	Veteranas F50	191
	186 Milhinhos, António	Veteranos M40	261
	191 Pisco, Maria Luisa	Veteranas F50	270
28 °	Os Patrões		722 Pontos
	254 Pereira, Joel	Seniores Masculinos	164
	255 Menezes, Paulo	Seniores Masculinos	268
	253 Martins, Bruno	Seniores Masculinos	290
29 °	ENTERPROM - brindes promocionais		749 Pontos
	122 Pereira, Artur	Veteranos M40	188
	125 Cunha, Sara	Seniores Femininas	189
	124 Magalhães, Sandra	Veteranas F50	372
30 °	Corridas & Comidas		774 Pontos
	111 Veiga, Joaquim	Veteranos M40	171
	114 Pereira, Márcio	Seniores Masculinos	296
	109 Monteiro, Alberto	Veteranos M40	307
31 °	Falcoes Selvagens		850 Pontos
	134 Santos, Hugo	Seniores Masculinos	123
	136 Vaz, Marco	Seniores Masculinos	350
	133 Marques, Ana	Veteranas F40	377
32 °	Grandes feios e maus		868 Pontos
	164 Ribeiro, Inácio	Seniores Masculinos	153
	162 Martins, Anibal	Seniores Masculinos	341
	163 Rodrigues, Carlos	Seniores Masculinos	374
33 °	Asas		1.038 Pontos
	36 Marques, Agostinho	Veteranos M50	304
	38 Dinis, Isac	Veteranos M60	343
	40 Marques, Serafim	Veteranos M60	391
34 °	Kaninos		1.088 Pontos
	176 Cardoso, Bruno	Seniores Masculinos	357
	177 Tomas, Cesar	Seniores Masculinos	358
	180 Formiga, Vitor	Seniores Masculinos	373