



III Trilhos de Bellas- Trail Curto

25 de Março, 2018

<https://werun.pt/resultados/iii-trilhos-de-bellas-trail-curto/>

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	1582	GONALO PRUDNCIO	1:04:52.45		M2339	SPALD GINSIOS	1
2	1487	CARLOS FONSECA	1:05:30.23		M2339	ASSOCIAO DE TOLEDO	2
3	5867	NUNO GOMES	1:05:31.36		M2339	GORUNNERS - OUTPRO	3
4	1503	TIAGO DUARTE	1:06:49.12		M2339	GINSIOS SPALD	4
5	1729	DANIEL DIAS	1:07:06.37		M2339		5
6	1669	SAMUEL GUEDES	1:09:00.50		M2339	SPALD GINSIOS	6
7	1389	PAULO JORGE SOUSA FERREIRA	1:09:33.53		M4049	INDIVIDUAL	1
8	5866	RUI RODRIGUES	1:11:04.80		M2339	GORUNNERS - OUTPRO	7
9	1557	CARLOS PINHO	1:11:14.12		M2339	CROSSFITALPHADEN	8
10	1688	JOSE GEADA	1:14:23.16		M4049	ASC VALE GRANDE	2
11	1578	PEDRO CORDEIRO	1:15:03.72		M5059	DIRT RUNNERS FONTE GRADA	1
12	1778	JORGE CARVALHO	1:15:34.86		M2339	GORUNNERS - OUTPRO	9
13	1488	RUI PRATA	1:16:07.44		M2339	PRATA'S BARBERSHOP # NICOLA BIKE TEAM #	10
14	5739	BRUNO CARVALHO	1:16:51.57		M4049	ESPRITO INQUIETO OUTDOOR	3
15	1284	TIAGO MORAIS	1:17:03.31		M2339	HOUSEMARTINS BELAS	11
16	5870	JOO ALVES	1:17:32.74		M2339	GORUNNERS - OUTPRO	12
17	1391	LZARO ALEXANDRE	1:18:25.44		M2339	TEAM BROTHERS	13
18	1518	GUILHERME HORA	1:18:34.23		M4049	EPAL	4

19	1624	JOSE DIAS	1:18:45.77	M4049	DIRT RUNNERS	5
20	1736	LUIS PEREIRA	1:18:58.39	M2339	ASAS NOS PÉS	14
21	1552	DANIEL LUIS	1:19:34.67	M2339	CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE	15
22	1468	ANTÓNIO PIRES	1:20:07.50	M5059	CROSSFITALPHADEN	2
23	1280	JOAO PAULO FERNANDES DE OLIVEIRA	1:21:19.15	M4049	STJOAOLIVEIRATEAM	6
24	1481	HELDER MARTINS	1:21:20.20	M4049	CLUBE EDP - LISBOA	7
25	1320	ARTUR MONTEIRO	1:21:23.14	M4049	OS COELHINHOS	8
26	1713	RUI CUNHA	1:21:29.89	M4049	OCR PORTUGAL	9
27	1657	BRUNO PROENÇA	1:21:29.89	M2339	WILD FAMILY & FRIENDS	16
28	1659	MARCO LOURENÇO	1:21:36.51	M2339	LINDA-A-PASTORA SPORTING CLUBE	17
29	1309	LUIS BOAL	1:21:42.66	M2339	DUBLIN O'SEVEN	18
30	5811	JOÃO OLIVEIRA	1:21:44.83	M2339	GDR FRANCOS	19
31	5806	PAULO SARTY	1:21:52.95	M4049	STRONG TEAM	10
32	1404	PEDRO SOUSA	1:21:55.82	M6099	PALMELENSE F.CLUBE	1
33	1214	FRANCISCO LOPES	1:21:56.66	M4049	INDIVIDUAL	11
34	1473	JOSE COSTA	1:22:03.65	M5059	INDIVIDUAL	3
35	5766	ANTONIO ALMEIDA	1:22:22.16	M5059	NUCLEO DESPORTIVO AUTOCOOPE	4
36	1377	MANUEL ARAUJO	1:24:09.64	M5059	HOUSEMARTINS BELAS	5
37	1277	NUNO GERALDES BARBA	1:24:35.47	M2339	GINÁSIO CLUBE PORTUGUÊS	20
38	1203	RICARDO SIMÕES	1:24:43.81	M2339	INDIVIDUAL	21
39	1276	RAFAEL FERNANDES	1:24:46.28	M2339	TEAM RUNNING II	22
40	1657	BRUNO PROENÇA	1:25:13.58	M2339	WILD FAMILY & FRIENDS	23

41	5784	RUI CARNEIRO	1:25:56.29	M4049	INDIVIDUAL	12
42	1271	JORGE COSTA	1:26:18.25	M2339	INDIVIDUAL	24
43	203	LUIS AIRES	1:26:23.38	M4049	100 ESTRILHOS	13
44	1285	RICARDO MARQUES	1:26:25.79	M2339	INDIVIDUAL	25
45	1287	VITORINO MOTA	1:26:33.80	M5059	STJOAOOLIVEIRATEAM	6
46	1405	RUI BARRACHA	1:27:06.53	M4049	INDIVIDUAL	14
47	1738	LUIS MARTINS	1:27:24.92	M4049		15
48	1200	ANTÓNIO MARTINS	1:27:31.75	M4049	HOUSEMARTINS BELAS	16
49	533	PAULO SIMOES	1:27:35.88	M5059	GINÁSIO CLUBE PORTUGUÊS	7
50	1268	LUÍS FERREIRA	1:27:39.34	M5059	STJOAOOLIVEIRATEAM	8
51	5884	SOFIA AGOSTINHO	1:27:40.51	F4049	GORUNNERS - OUTPRO	1
52	1755	DIOGO PEREIRA	1:27:41.48	M2339	GORUNNERS - OUTPRO	26
53	1749	JOÃO SILVA	1:27:42.24	M2339	GORUNNERS - OUTPRO	27
54	1554	RICARDO OLIVEIRA	1:28:05.12	M2339	MENS	28
55	1511	PAULO SANTOS	1:28:09.99	M4049	HOUSEMARTINS BELAS	17
56	5790	MAFALDA MONIZ	1:28:43.96	F2339	AMCF - ARRÁBIDA TRAIL TEAM	1
57	1712	ALCINO CÉSAR	1:29:17.58	M4049	OCR PORTUGAL	18
58	1580	CARLOS MARTINS	1:29:44.50	M4049	BOOM TRAIL TEAM	19
59	1413	PAULO PINTO	1:29:46.70	M4049	PINHAL NOVO A CORRER	20
60	1762	CARLOS PAIS	1:30:21.66	M2339		29
61	1228	NELSON JANUARIO	1:30:47.85	M2339	MARGEM SUL RUNNERS	30
62	1373	LUIS ESTEVENS	1:31:27.71	M2339	INDIVIDUAL	31
63	1393	FILIPA FERNANDES	1:31:33.50	F2339	SWIMRUN PORTUGAL	2

64	1478	RUI PEREIRA	1:31:46.73	M2339	POL RUNNERS	32
65	1485	FRAN TAIBO MERA	1:32:04.06	M2339	CDM VÉRTICE	33
66	5871	ANTÓNIO ALVES	1:32:17.65	M5059	GORUNNERS - OUTPRO	9
67	1546	OTAVIO PEDRO	1:32:45.66	M2339	GDCFA	34
68	5736	ALEXANDRE	1:33:00.75	M4049	INDIVIDUAL	21
69	1251	AUGUSTO FERNANDES	1:33:08.29	M5059	HOUSEMARTINS BELAS	10
70	1375	JOSÉ MOREIRA	1:33:19.73	M2339	HOUSEMARTINS BELAS	35
71	1477	JÚLIO MOREIRA	1:33:29.34	M4049	POL RUNNERS	22
72	1492	MIGUEL FONTES	1:33:39.96	M2339	GDCFA	36
73	1380	LUÍS SANTOS	1:34:01.54	M4049	GRCD LEIÃO- COBRAS TRAILISTAS	23
74	1504	JOSÉ CARVALHO	1:34:04.58	M2339	BEAR CAVE OCR	37
75	1432	NUNO CONDESSO	1:34:08.55	M4049	INDIVIDUAL	24
76	1686	NUNO PACHECO	1:34:28.70	M2339	INDIVIDUAL	38
77	1524	MARTA SOFIA FREITAS	1:34:43.86	F2339	INDIVIDUAL	3
78	1381	MARIA SANTOS	1:34:55.58	F0022	GRCD LEIÃO- COBRAS TRAILISTAS	1
79	5769	JORGE SOBRINHO	1:35:56.92	M4049	CARTOON RUM TEAM	25
80	1321	LARA SILVA	1:37:00.20	F4049	OS COELHINHOS	2
81	1444	JOSÉ JACINTO	1:37:11.20	M4049	INDIVIDUAL	26
82	1483	LUIS RODRIGUES	1:37:13.84	M2339	CLUBE EDP - LISBOA	39
83	1621	RICARDO SILVA	1:37:15.58	M2339	INDIVIDUAL	40
84	1512	SEBASTIÃO GUERRA	1:37:21.92	M0022	HOUSEMARTINS BELAS	1
85	5808	MANUEL COITO	1:37:28.21	M2339	INDIVIDUAL	41
86	1467	ANA CAMARINHA	1:37:36.84	F2339	ARRÁBIDA OBSTACLE RUNNERS	4

87	1644	JOÃO PEDRO OLIVEIRA	1:37:38.33	M2339	INDIVIDUAL	42
88	1402	NUNO SOARES	1:37:39.64	M2339	INDIVIDUAL	43
89	1257	MIGUEL PINHO	1:38:01.46	M4049	CORRER QUELUZ	27
90	1737	SARA MACHADO	1:38:13.00	F2339	ASAS NOS PÉS	5
91	1676	RUI MENEZES	1:38:15.89	M4049	INDIVIDUAL	28
92	1374	FERNANDO ROSA	1:38:22.98	M5059	RUN&SMILE	11
93	1761	VITOR SILVA	1:38:25.22	M2339		44
94	5858	ANTONIO SANTOS	1:38:27.43	M6099	OS VICENTES	2
95	1482	PAULO PINTO	1:38:27.54	M4049	CLUBE EDP - LISBOA	29
96	5795	FERNANDO SILVA	1:38:29.76	M2339	SAPATILHAS FRIENDS	45
97	1202	MADALENA CLUNY	1:38:31.38	F2339	INDIVIDUAL	6
98	1622	LIDIANE MARTINS	1:38:34.98	F2339	INDIVIDUAL	7
99	5796	ANA ALMEIDA	1:38:38.09	F2339	SAPATILHAS FRIENDS	8
100	1250	AMÉLIA FERNANDES	1:38:39.58	F4049	HOUSEMARTINS BELAS	3
101	1253	NUNO MARTINS	1:38:44.21	M2339	CORRER LISBOA	46
102	225	MARIO PORFIRIO	1:38:44.58	M4049	OCR PORTUGAL	30
103	1509	CARLOS FERREIRA	1:38:51.44	M6099	NUCLEO DESPORTIVO AUTOCOOPE	3
104	1573	CATARINA COSTA	1:38:53.96	F2339	AI NÓS JAMOR	9
105	5754	CARLOS TEIXEIRA	1:38:55.28	M4049	SGS	31
106	1347	FERNANDO REIS	1:39:01.71	M5059	INDIVIDUAL	12
107	1447	PEDRO RIBEIRO	1:39:05.38	M2339	INDIVIDUAL	47
108	1453	LUÍS ALVES	1:39:13.76	M2339	KANGAROO RUNNERS	48
109	1639	NUNO MIGUEL SILVA	1:39:24.03	M4049	SALAMANDRECOS	32

110	1425	ROSALIE DELGADO	1:39:39.07	F2339	INDIVIDUAL	10
111	5702	BEATRZ SÉCIO	1:39:39.51	F0022	MÃE E FILHA	2
112	1248	MIGUEL LUCENA	1:39:40.84	M2339	HOUSEMARTINS BELAS	49
113	1613	LUÍS DINIZ	1:39:53.86	M2339	ANDAR É PARA MENINOS	50
114	1263	DÁRIO SILVA	1:39:59.98	M2339	LINDA-A-PASTORA SPORTING CLUBE	51
115	1603	ANTÓNIO PEDROSO	1:40:06.50	M4049	GRUPO CICLOTURISMO ESTRELAS DA AMADORA	33
116	1220	PEDRO MANZANO	1:40:06.90	M2339	#ÉSÓISTO	52
117	1601	PEDRO BARATA	1:40:14.92	M2339	GRUPO CICLOTURISMO ESTRELAS DA AMADORA	53
118	1602	PEDRO CORREIA	1:40:15.10	M2339	GRUPO CICLOTURISMO ESTRELAS DA AMADORA	54
119	1355	HUGO PAIXÃO	1:40:17.08	M2339	INDIVIDUAL	55
120	1243	JOÃO MIRANDA	1:40:21.79	M5059	HOUSEMARTINS BELAS	13
121	1225	PAULO SERRA	1:40:41.75	M4049	MATILHA DA ATALAIA	34
122	1266	LISETE MOUSINHO	1:40:42.35	F4049	FITRUNNERS	4
123	1671	MANUEL BRAGA LOURENÇO	1:40:43.63	M5059	STJOAOOLIVEIRATEAM	14
124	1533	PEDRO GOMES	1:40:44.89	M2339	SS CGD	56
125	1771	ARMÉNIO SILVA	1:40:47.13	M2339	GORUNNERS - OUTPRO	57
126	1777	ÁLVARO MARUJEIRO	1:40:57.18	M4049	INDIVIDUAL	35
127	1258	MICAEL SOARES	1:41:04.58	M2339	INDIVIDUAL	58
128	1626	FILIPPE CAGICA	1:41:11.07	M2339	INDIVIDUAL	59
129	1545	LUIS AZEVEDO	1:41:52.49	M5059	CORRER LISBOA	15
130	1672	MARCO NAZARE	1:41:53.58	M2339	INDIVIDUAL	60

131	1575	HUGO GONÇALVES	1:41:54.03	M4049	INDIVIDUAL	36
132	1673	DANIEL ENES	1:41:58.41	M2339	COXOS TRAIL TEAM	61
133	1264	RICARDO SANTOS	1:42:04.24	M4049	STJOAOOLIVEIRATEAM	37
134	5733	NUNO ALMEIDA	1:42:13.13	M2339	CAVALONIS	62
135	1508	RODRIGO SOUSA	1:42:50.40	M2339	RUNLOVERS	63
136	1611	ISABEL LADEIRA	1:42:59.87	F4049	INDIVIDUAL	5
137	5894	CARLA FERNANDES	1:43:07.01	F2339	A MINHA CORRIDA	11
138	1597	ALVARO SILVA	1:43:07.82	M0022	KANGAROO RUNNERS	2
139	1610	ALFREDO MARQUES	1:43:20.15	M5059	INDIVIDUAL	16
140	1291	GONÇALO CARDOSO	1:43:43.70	M4049	INDIVIDUAL	38
141	1446	LUIS PALMA	1:43:45.12	M4049	ZINGARUN	39
142	227	GISELA PINHAL	1:43:46.55	F2339	OCR PORTUGAL LAB	12
143	1417	SANDRA LOPES	1:44:14.00	F2339	INDIVIDUAL	13
144	1540	HELDER MATA	1:44:36.74	M4049	MENS	40
145	1555	JOAO PORTELA	1:44:44.63	M4049	MENS	41
146	1543	CARLOS MANUEL ALVES GONÇALVES MORAIS	1:44:45.91	M4049	MARGEM SUL RUNNERS	42
147	417	RUI MARQUES	1:44:49.61	M4049	INDIVIDUAL	43
148	347	CARLA PARENTE	1:44:59.90	F4049	HOUSEMARTINS BELAS	6
149	5708	LUÍS SIMÕES	1:45:19.51	M4049	LEVEL HC	44
150	1760	JOEL PEREIRA	1:45:23.40	M2339		64
151	1261	VITOR CANTO	1:45:32.82	M4049	INDIVIDUAL	45
152	5864	ARLETE REGO	1:45:32.90	F2339	GORUNNERS - OUTPRO	14
153	5816	PATRÍCIA GERALDES	1:45:41.87	F4049	INDIVIDUAL	7

154	1710	NUNO ROUPETA SILVA	1:45:59.58	M4049	GRUPETA RUNNING TEAM	46
155	5881	MANUEL GERALDO	1:46:01.16	M4049	UNIÃO CAMIONAGEM DE CARGA	47
156	1252	HUGO SILVA	1:46:14.58	M2339	INDIVIDUAL	65
157	448	PAULO COLAÇO	1:46:23.82	M4049	INDIVIDUAL	48
158	1213	TÂNIA FREITAS	1:46:28.58	F2339	FITRUNNERS	15
159	1661	JOSÉ GUERREIRO	1:46:44.58	M4049	GANG DAS CORRIDAS	49
160	5801	NUNO CORREIA	1:46:58.87	M2339	INDIVIDUAL	66
161	1630	RUI ALMEIDA	1:47:08.08	M4049	ADRC MATA DE BENFICA	50
162	1420	MIGUEL MELO	1:47:22.86	M5059	MARGEM SUL RUNNERS	17
163	1240	MARIA DE JESUS LEÃO	1:47:35.25	F5059	FITRUNNERS	1
164	5800	FRANCISCO NOVERSA	1:47:42.58	M2339	AFIFENSE TRAIL	67
165	1315	ANA GONÇALVES	1:47:44.44	F2339	OCR PORTUGAL LAB	16
166	1369	SEVERINO CRUZ	1:47:51.04	M5059	AFIS-OVAR	18
167	1536	LUIS VIOLANTE	1:47:58.86	M4049	PÉNABIKE TEAM	51
168	1763	LUIS CLARO	1:48:37.14	M2339	INDIVIDUAL	68
169	5863	PAULA ORDONHO	1:48:52.92	M2339	GO! RUNNERS	69
170	1596	JORGE SILVA	1:48:54.02	M4049	INDIVIDUAL	52
171	1631	VITOR VALADAS	1:48:55.79	M2339	STJOAOOLIVEIRATEAM	70
172	5748	RUI SALVADOR	1:49:03.58	M2339	INDIVIDUAL	71
173	1627	LAURENT DE BRITO	1:49:05.96	M2339	INDIVIDUAL	72
174	1226	BÁRBARA CRUZ	1:49:07.84	F0022	INDIVIDUAL	3
175	1463	LUIS MIGUEL SILVA	1:49:08.58	M4049	INDIVIDUAL	53
176	1415	RICARDO MARQUES	1:49:23.15	M2339	OLHÓ SIMÃO!	73

177	1424	RICHARD WARRELL	1:49:31.58	M4049	OLHÓ SIMÃO!	54
178	1236	CLÁUDIA FERREIRA	1:49:39.89	F2339	STRONG TEAM	17
179	1677	PAULA FÉLIX	1:49:58.65	F4049	CROSSFIT ALPHADEN	8
180	5789	PI	1:50:05.26	M4049	AMCF - ARRÁBIDA TRAIL TEAM	55
181	1726	SUSANA CORREIA	1:50:18.99	F2339	OUTPRO STORE/GORUNNERS	18
182	5775	LUÍS	1:50:26.11	M4049	AMIGOSDACORRIDA.COM	56
183	1283	JOSÉ CARRASCO	1:50:28.14	M4049	HOUSEMARTINS BELAS	57
184	1675	SAUL COSTA	1:50:31.27	M2339	AS MÁQUINAS	74
185	1589	RUTE CAEIRO	1:50:35.92	F2339	1 KM/X	19
186	1718	KAROLINA SZERLAG	1:50:38.08	F2339	GO!RUNNERS	20
187	1304	NUNO ALMEIDA	1:50:39.39	M2339	HOUSEMARTINS BELAS	75
188	1623	DORIVAL SILVA	1:51:02.73	M2339	INDIVIDUAL	76
189	1770	TANIA AZEVEDO	1:51:04.30	F2339	GORUNNERS - OUTPRO	21
190	1443	ANA HENRIQUE	1:51:04.80	F4049	BOOM TRAIL TEAM	9
191	1221	JOÃO VIEIRA	1:51:15.72	M5059	CENTRO DE MARCHAE CORRIDA DE ALENQUER	19
192	1462	PEDRO CANAS	1:51:21.80	M4049	CLUBE MILLENNIUM BCP	58
193	1506	ANDREIA SARMENTO	1:51:43.70	F2339	CROSSFIT ALPHADEN	22
194	1471	FERNANDO FERREIRA	1:51:48.54	M4049	MENS	59
195	1376	NATALYA MARCHEVA	1:51:57.02	F5059	HOUSEMARTINS BELAS	2
196	1612	TIAGO LADEIRA	1:52:02.36	M0022	INDIVIDUAL	3
197	1249	ANTÓNIO MARTINS	1:52:04.82	M4049	HOUSEMARTINS BELAS	60
198	1351	JOANA SILVA	1:52:04.99	F2339	KINTA PATA	23
199	1460	JOSE REBELO	1:52:26.85	M5059	CLUBE MILLENNIUM BCP	20

200	270	PEDRO NUNES	1:52:32.99	M4049	INDIVIDUAL	61
201	1665	MIGUEL GOMES	1:52:48.18	M6099	INDIVIDUAL	4
202	1539	RICARDO BRANQUINHO	1:52:55.13	M4049	SS CGD	62
203	1574	PATRÍCIA MONTEIRO	1:52:56.81	F4049	AI NÓS JAMOR	10
204	1595	LUÍS RODAS	1:53:19.20	M4049	INDIVIDUAL	63
205	1286	RUI JOÃO	1:53:27.35	M4049	INDIVIDUAL	64
206	1739	CARLOS LAVRADOR	1:53:35.20	M5059	RUN & SMILE	21
207	1218	SÓNIA SARAMAGO	1:53:45.58	F4049	ATV	11
208	1237	VITOR LOURENÇO	1:53:45.82	M5059	JOBRINDE - MONTES SALOIOS	22
209	1212	GISELA MONTEIRO	1:53:45.87	F2339	INDIVIDUAL	24
210	1244	ARMANDO REIS	1:53:57.10	M4049	HOUSEMARTINS BELAS	65
211	5868	RUI FERNANDES	1:54:08.52	M4049	GORUNNERS - OUTPRO	66
212	5706	NUNO OLIVEIRA	1:54:24.22	M4049	CORRER QUELUZ	67
213	1780	ANA ROQUE	1:54:36.74	F4049	O PRATICANTE	12
214	5899	SÉRGIO RAMOS	1:54:38.58	M2339	O PRATICANTE	77
215	1516	LUIS CASIMIRO	1:54:42.77	M5059	AROO	23
216	1773	PAULO RAMIRES	1:54:50.64	M5059	AROO	24
217	1217	CÉLIA NUNO	1:54:53.23	F5059	INDIVIDUAL	3
218	1538	CARINA GARCIA	1:54:53.58	F2339	CORRER LISBOA	25
219	1354	HÉLDER CRUZ	1:54:54.58	M2339	INDIVIDUAL	78
220	1690	VITOR MACHADO	1:55:12.26	M2339	INDIVIDUAL	79
221	1586	SERGIO CANEIRA	1:55:48.91	M4049	INDIVIDUAL	68
222	5771	CARLOS JESUS	1:55:51.61	M5059	INDIVIDUAL	25

223	1330	CARINA CARDOSO	1:55:54.67	F2339	INDIVIDUAL	26
224	1653	JOÃO VALENTE	1:55:54.75	M4049	STJOAOLIVEIRATEAM	69
225	5807	RUI FLORES	1:55:57.94	M4049	INDIVIDUAL	70
226	1724	JOÃO MONGE	1:56:25.69	M4049	GINÁSIO CLUBE PORTUGUÊS	71
227	1219	ARMANDO TEIXEIRA	1:56:35.55	M5059	INDIVIDUAL	26
228	1592	ANTÓNIO GUERREIRO	1:56:59.74	M5059	FORTÍSSIMOS RUNNING TEAM	27
229	1233	FAVELINA SANTOS	1:57:03.14	F4049	INDIVIDUAL	13
230	1421	NUNO FRAGOSO	1:57:11.36	M4049	INDIVIDUAL	72
231	1484	MIGUEL SEQUEIRA	1:57:27.86	M2339	STJOAOLIVEIRATEAM	80
232	1231	CIDÁLIA BORGES	1:57:28.58	F4049	OCR PORTUGAL LAB	14
233	1567	RICARDO FILIPE	1:57:29.08	M2339	INDIVIDUAL	81
234	1584	ANTÓNIO AMARAL	1:57:29.83	M4049	GUIZO RUNNERS	73
235	1577	FRANCISCO MATA	1:57:37.63	M4049	INDIVIDUAL	74
236	5797	666	1:57:53.38	M4049	CLUBE DIRTRUNNERS	75
237	5776	RUBEN COTRIM	1:57:55.25	M2339	CLUBE DIRTRUNNERS	82
238	1403	PEDRO NOBRE	1:58:07.55	M2339	TÁLENTOS TEAM	83
239	5803	JOÃO AFONSO	1:58:07.96	M4049	INDIVIDUAL	76
240	1390	ANDREIA ALEXANDRE	1:58:15.53	F2339	TEAM BROTHERS	27
241	538	JOÃO PACHECO	1:58:36.54	M5059	PRESENTE	28
242	1267	PAULO ALVES	1:59:00.65	M4049	SPEM	77
243	5785	PAULO L	1:59:05.75	M5059	INDIVIDUAL	29
244	1607	FERNANDO OLIVEIRA	1:59:09.13	M2339	INDIVIDUAL	84
245	1604	PAULO FERREIRA	1:59:22.81	M4049	GRUPO CICLOTURISMO ESTRELAS DA AMADORA	78

246	1499	ALFREDO PARADA	1:59:23.84	M5059	CLUBE EDP LISBOA	30
247	1643	ANTONIO CAETANO	1:59:31.19	M4049	STJOAOLIVEIRATEAM	79
248	1466	ÂNGELO MARCOS	1:59:32.34	M2339	INDIVIDUAL	85
249	1756	LUÍS BARBOT	1:59:39.25	M5059	AMIGOSDACORRIDA.COM	31
250	1427	ANSELMO RODRIGUES	1:59:39.64	M5059	100 ESTRILHOS	32
251	1208	CARLA PEREIRA	1:59:47.64	F4049	100 ESTRILHOS	15
252	5753	VIRGÍNIA PEREIRA	2:00:06.68	F5059	RUNNING FOR LIFE	4
253	1619	RUI CONTENTE	2:00:08.58	M4049	OCR PORTUGAL	80
254	1587	ALEXANDRE GOMES	2:00:10.94	M4049	FORTÍSSIMOS RUNNING TEAM	81
255	5752	VITOR PEREIRA	2:00:15.72	M4049	RUNNING FOR LIFE	82
256	1521	DÁRIO NOBRE	2:00:24.60	M2339	SEPPIA	86
257	1323	DUARTE RIBEIRO	2:00:25.22	M2339	INDIVIDUAL	87
258	1324	JOÃO REIS	2:00:32.44	M2339	INDIVIDUAL	88
259	1558	RUI PEREIRA	2:00:44.10	M2339	MENS	89
260	1357	JOSÉ CALHEIROS	2:01:10.23	M4049	INDIVIDUAL	83
261	5720	FILIPPE LOUREIRO	2:01:19.21	M5059	CORRER LISBOA	33
262	1445	MARIA DO CÉU	2:01:28.07	F5059	HOUSEMARTINS BELAS	5
263	1239	RÚBEN NUNES	2:01:31.06	M2339	BLUE-INFINITY	90
264	5732	TIAGO PIRES	2:01:36.18	M2339	INDIVIDUAL	91
265	1312	PEDRO ALBERTO	2:01:41.49	M2339	OS ESTRELISTAS	92
266	1232	SIMÃO NUNO	2:01:44.78	M4049	MATILHA DA ATALAIA	84
267	1531	FERNANDA PEDRALVA	2:01:49.13	F4049	LESMAS ACELERADAS	16
268	1292	LUIS RUA	2:01:50.07	M4049	OS ESTRELISTAS	85

269	261	JOÃO CORREIA	2:02:14.58	M5059	SS CGD	34
270	5834	CARLA CUNHA	2:02:24.03	F4049	MTT-MCDONALDS TRAIL TEAM	17
271	1295	PAULO MISSAS	2:02:25.67	M2339	INDIVIDUAL	93
272	1311	MARCO CANHA	2:02:26.71	M2339	OS ESTRELISTAS	94
273	1238	MIGUEL GUERREIRO	2:02:30.21	M2339	BLUE-INFINITY	95
274	5827	CLÁUDIO MOREIRA	2:02:32.43	M2339	MTT-MCDONALDS TRAIL TEAM	96
275	1559	TANIA DUQUE	2:02:40.97	F2339	MENS	28
276	1296	JOSÉ ESTEVES	2:02:42.93	M2339	INDIVIDUAL	97
277	5817	PEDRO DUARTE	2:02:45.08	M4049	INDIVIDUAL	86
278	1294	SONIA SEQUEIRA	2:02:48.07	F4049	STJOAOOLIVEIRATEAM	18
279	1684	ANIBAL LUIS	2:02:49.58	M6099	BORINHAS	5
280	1720	IVO PIRES	2:03:12.09	M2339	RAAA1 QUELUZ	98
281	5793	TIAGO GASPAR	2:03:31.48	M2339	SERVIÇOS SOCIAIS MONTEPIO GERAL	99
282	1654	PEDRO OLIVEIRA	2:03:31.66	M2339	WILD FAMILY & FRIENDS	100
283	5792	NUNO SANTOS	2:03:31.69	M4049	SERVIÇOS SOCIAIS MONTEPIO GERAL	87
284	5794	JORGE COSTA	2:03:39.76	M4049	SERVIÇOS SOCIAIS MONTEPIO GERAL	88
285	5791	PEDRO BOTO	2:03:40.19	M5059	SERVIÇOS SOCIAIS MONTEPIO GERAL	35
286	1362	ADÉLIA CABRAL	2:03:50.96	F2339	SSCGD	29
287	1458	ANTONIO ALMEIDA	2:03:56.23	M5059	CLUBE MILLENNIUM BCP	36
288	1334	ANDREIA LOURENÇO	2:04:01.09	F4049	KINTA PATA	19
289	5787	ANTÓNIO BARROS	2:04:02.26	M5059	INDIVIDUAL	37
290	1748	VICTOR MONTEIRO	2:04:05.46	M6099	AMIGOS VALE SILENCIO	6
291	1313	PEDRO SILVA	2:04:08.58	M4049	OS ESTRELISTAS	89

292	1328	ELISABETE SILVA	2:04:17.88	F2339	INDIVIDUAL	30
293	1593	VITOR SERRA	2:05:22.00	M4049	INDIVIDUAL	90
294	5728	MARIA VIEIRA	2:05:43.78	F4049	TÉCNICO RUGBY RUNNING TEAM	20
295	5764	NUNO MONTEIRO	2:06:17.58	M2339	INDIVIDUAL	101
296	5805	CLAUDIA RAMOS	2:06:18.27	F4049	CORRIDAS E COMIDAS	21
297	5743	LUIS ROMANEIRO	2:06:18.42	M5059	CORRIDAS E COMIDAS	38
298	5763	RICARDO VALE	2:06:26.87	M2339	INDIVIDUAL	102
299	1418	JORGE CAMOESAS	2:06:32.58	M2339	TRAILLERS DO GHETTO	103
300	1419	JOÃO SILVA	2:06:32.58	M2339	TRAILLERS DO GHETTO	104
301	1500	PAULO CARVALHO	2:06:34.57	M6099	CLUBE EDP LISBOA	7
302	200	SIMÃO CAMPOS	2:06:35.23	M2339	CLUBE EDP - LISBOA	105
303	1740	CRISTINA LAVRADOR	2:06:36.68	F5059	RUN & SMILE	6
304	1441	JÚLIA ANDRADE	2:06:45.23	F2339	BOOM TRAIL TEAM	31
305	1513	FRANCISCO AMARO	2:06:53.91	M5059	HOUSEMARTINS BELAS	39
306	1247	TANIA CARVALHO	2:06:59.11	F2339	HOUSEMARTINS BELAS	32
307	1615	DANIEL CUSTODIO	2:06:59.63	M4049	INDIVIDUAL	91
308	5726	MARIA JOÃO ALVES	2:07:02.81	F4049	INDIVIDUAL	22
309	1495	CARMEN CUNA	2:07:26.71	F4049	INDIVIDUAL	23
310	1230	ANTONIO SILVA	2:07:31.59	M4049	OVOS MOLES	92
311	1229	CARLA FARTO	2:07:39.98	F4049	OVOS MOLES	24
312	1368	MARTA CABRITA	2:07:51.85	F4049	KINTA PATA	25
313	1452	FILIPE FRADE	2:07:59.82	M2339	SEM MEDOS	106
314	5705	VALTER RIBEIRO	2:08:14.63	M2339	GAEIRAS RUNNING TEAM	107

315	1262	HELENA SOARES	2:09:12.48	F4049	FITRUNNERS	26
316	1568	HUGO LIMA	2:09:26.60	M2339	GANG DOS PAIS	108
317	1572	NAIR SOARES	2:09:34.87	F2339	GANG DOS PAIS	33
318	1571	MÓNICA CUNHA	2:09:35.17	M2339	GANG DOS PAIS	109
319	1570	TITO FERNANDES	2:09:35.20	M4049	GANG DOS PAIS	93
320	1569	VALTER NUNES	2:09:36.21	M4049	GANG DOS PAIS	94
321	1412	JORGE LEMOS	2:09:37.09	M4049	INDIVIDUAL	95
322	1400	CRISTINA PEREIRA	2:09:54.60	F4049	HOUSEMARTINS BELAS	27
323	1399	JOAQUIM LOURENÇO	2:10:11.21	M4049	HOUSEMARTINS BELAS	96
324	1549	CARLOS SILVA	2:10:13.23	M4049	INDIVIDUAL	97
325	1331	CARLOS TAVARES	2:10:39.99	M4049	TEAM RUNNING	98
326	1352	EMANUEL AGUAS	2:10:48.40	M4049	SS CGD	99
327	1632	LUÍS MAGALHÃES	2:11:11.10	M4049	INDIVIDUAL	100
328	1281	ANA JORGE	2:11:20.11	F4049	INDIVIDUAL	28
329	1548	FILIPA REBOCHO	2:11:21.07	F2339	INDIVIDUAL	34
330	1429	VITOR LEMOS	2:11:29.45	M2339	INDIVIDUAL	110
331	5715	IRA LITWINOFF	2:11:55.58	F5059	RUN FOR FRIENDS	7
332	1583	LEONOR CANDEIAS	2:11:58.00	F2339	AMIGOS DOS LOBOS	35
333	1764	CARLOS PARDELHA	2:11:58.25	M5059	INDIVIDUAL	40
334	1241	ANA TORRES	2:11:59.89	F4049	NUCLEOEIRAS	29
335	1364	SOFIA JESUS	2:12:11.83	F4049	SLOW AND FURIOUS	30
336	1505	JOSÉ MASCATE	2:12:33.60	M5059	TEAM RUNNING, IP	41
337	1211	ELIANA DIAS LIMA	2:12:38.67	F2339	CROSSTRaining AF	36

338	5804	MARGARIDA LEMOS	2:12:40.07	F0022	CLUBE DIRTRUNNERS	4
339	1605	FLORBELA LEITE	2:13:06.58	F4049	GUIZO RUNNERS	31
340	1289	DIOGO MORGADO	2:13:14.88	M2339	STJOAOLIVEIRATEAM	111
341	1288	MARTA SANTOS	2:13:22.57	F2339	STJOAOLIVEIRATEAM	37
342	1209	SÓNIA DIAS	2:13:28.20	F4049	100 ESTRILHOS	32
343	1750	RUI ALMEIDA	2:13:48.68	M4049	CORRIDA NOTURNA PARQUE DAS NAÇÕES	101
344	1519	ANTÓNIO BELO	2:13:49.58	M6099	AMIGOSDACORRIDA.COM	8
345	1520	JOÃO CAEIRO	2:13:52.04	M6099	AMIGOSDACORRIDA.COM	9
346	1470	HELIO MARTINS	2:13:57.19	M4049	INDIVIDUAL	102
347	1317	LUISA GUERRA SANTOS	2:14:00.55	F4049	NOVOS TRILHOS	33
348	1382	PAULO RODRIGUES	2:14:23.53	M5059	INDIVIDUAL	42
349	1422	SANDRA OLIVEIRA	2:14:28.55	F0022	PAPAMAILES	5
350	1600	MARCO COSTA	2:14:34.73	M4049	INDIVIDUAL	103
351	1423	NUNO MARQUES	2:14:36.30	M4049	PAPAMAILES	104
352	1581	PAULO MARTINS	2:14:37.39	M5059	INDIVIDUAL	43
353	1776	SILVIA ENVIA	2:14:51.25	F4049	INDIVIDUAL	34
354	1667	SOFIA LANEIRO	2:14:55.89	F6099	INDIVIDUAL	1
355	1394	ANA VENCES	2:14:57.80	F2339	SLOW AND FURIOUS	38
356	5701	HELENA SÉCIO	2:15:04.94	F5059	MÃE E FILHA	8
357	1410	CARMEN CRISTINO	2:15:46.92	F4049	GRCD LEIÃO	35
358	1366	SANDRA ISABEL SILVA	2:15:47.04	F4049	GRCD LEIÃO	36
359	1716	NUNO BRANCO	2:15:47.89	M4049	RAN RUNNING AVENIDAS NOVAS	105
360	1480	SIMÃO CAMPOS	2:16:12.58	M2339	CLUBE EDP - LISBOA	112

361	1332	EDUARDO GALVÃO	2:16:12.78	M5059	MULTIRUNNERS	44
362	1336	MARIA SALDANHA	2:16:13.22	F4049	MULTIRUNNERS	37
363	1775	ANA ISABEL SILVA	2:16:14.57	F2339	INDIVIDUAL	39
364	1388	FREDERICO MANUEL	2:16:21.95	M2339	MULTIRUNNERS	113
365	1305	SORAIA RAMOS	2:16:32.58	F2339	MSJJ	40
366	1306	MARTA DUARTE	2:16:36.08	F2339	MSJJ	41
367	1308	JOÃO DUARTE	2:16:36.78	M5059	MSJJ	45
368	1747	JOÃO TAVARES	2:16:37.20	M2339	INDIVIDUAL	114
369	1222	BRUNO PIRES	2:16:37.29	M2339	INDIVIDUAL	115
370	1223	JULIO RODRIGUES	2:16:37.58	M4049	TNT	106
371	5798	SÉRGIO ANTUNES	2:16:37.70	M5059	CLUBE ANACOM	46
372	1327	ROSÁRIO MATOS	2:16:37.90	F5059	CLUBE ANACOM	9
373	1207	GRACIETE CORDEIRO	2:16:59.23	F2339	CROSSTRaining AF	42
374	1300	FERNANDA LOPES	2:17:04.15	F4049	INDIVIDUAL	38
375	1392	PEDRO CATARINO	2:17:28.15	M2339	INDIVIDUAL	116
376	1318	CARLOS MANUEL FERREIRA ELIAS	2:17:52.66	M4049	INDIVIDUAL	107
377	1319	ERMELINDA OLIVEIRA	2:17:52.66	F4049	INDIVIDUAL	39
378	1431	ADELINA BASILIO	2:17:59.81	F4049	CORREMISTO	40
379	1719	ANTÓNIO ALMEIDA	2:18:41.85	M2339	RAAA1 QUELUZ	117
380	1440	SONIA ANDRADE	2:18:45.06	F4049	BOOM TRAIL TEAM	41
381	5802	ANA LUISA GUERREIRO	2:18:56.98	F4049	INDIVIDUAL	42
382	1515	NUNO FERNANDES	2:18:58.78	M4049	AROO	108
383	281	LUÍS PEREIRA	2:19:06.01	M4049	CLUBE ANACOM	109

384	5786	PAUKA GOULART	2:19:35.58	F5059	INDIVIDUAL	10
385	1275	BERNARDETE VICENTE	2:19:43.58	F6099	FITRUNNERS	2
386	1279	JOSE LOPES	2:20:04.48	M4049	TETRA PAK	110
387	1658	CLÁUDIA CARDOSO	2:20:28.71	F4049	INDIVIDUAL	43
388	1687	CARLOS OLIVEIRA	2:20:29.30	M5059	INDIVIDUAL	47
389	1256	FABIO BOLETO	2:20:29.58	M2339	TETRA PAK	118
390	1383	MANUEL VALENTE	2:21:22.58	M2339	INDIVIDUAL	119
391	1534	RITA BRANCO	2:21:24.73	F4049	R&R RUNNERS	44
392	1448	ANA CATARINA CARVALHO	2:21:57.60	F2339	SLOW AND FURIOUS	43
393	1491	RUI GUERRA	2:22:19.58	M4049	INDIVIDUAL	111
394	1395	NADINE EUGÉNIA	2:22:20.98	F2339	INDIVIDUAL	44
395	1562	PEDRO VALENTIM	2:22:22.29	M2339	CROSSFIT ODIVELAS TRAIL	120
396	1660	MÁRIO RUI PEREIRA DA SILVA	2:22:48.58	M5059	INDIVIDUAL	48
397	1301	JOSÉ ALBERTO	2:22:49.58	M2339	TEAM 143, TASCA DO ZÉ RUSSO	121
398	1302	MARIA LUISA SOARES	2:22:49.58	F5059	TEM 143 TASCA DO ZÉ RUSSO	11
399	1326	ANA CABELEIRA	2:23:04.34	F2339	INDIVIDUAL	45
400	1426	SANDRA LIMA	2:23:04.48	F2339	INDIVIDUAL	46
401	1303	LUIS MENDES	2:23:45.44	M6099	RUN&SMILE	10
402	1298	PAULA TELES	2:23:48.33	F5059	STJOAOLIVEIRATEAM	12
403	1730	JOSÉ GOUVEIA	2:24:03.20	M5059	ASAS NOS PÉS	49
404	1497	NUNO GOMES	2:24:03.30	M4049	CLUBE EDP LISBOA	112
405	1346	ANA ROCHA	2:24:05.43	F2339	INDIVIDUAL	47
406	5746	ANA CORREIA	2:24:05.58	F2339	CROSS TRAIL	48

407	1655	JOÃO ANTUNES	2:24:50.80	M4049	WILD FAMILY & FRIENDS	113
408	597	SANDRA OLIVEIRA	2:24:52.37	F2339	O PRATICANTE	49
409	599	PAULA SARAIVA	2:24:52.74	F4049	O PRATICANTE	45
410	598	ARMINDA BASILIA	2:24:52.84	F4049	O PRATICANTE	46
411	5824	ANA CANAVEIRA	2:25:05.58	F5059	TRANQUILIDADE AÇOREANA CLUBE	13
412	1325	NUNO MILHEIRO	2:25:07.58	M4049	BORA LÁ MIUDO	114
413	1689	EDUARDO PESTANA	2:25:13.58	M2339	KANINOS	122
414	1566	PAULI SOUTO	2:25:31.58	M5059	INDIVIDUAL	50
415	1565	GONÇALO DUARTE	2:25:32.99	M4049	INDIVIDUAL	115
416	1579	FLORBELA SOARES	2:25:53.58	F5059	MULTIRUNNERS	14
417	1344	ADELAIDE MANHICA	2:25:55.58	F5059	GRCD LEIÃO	15
418	1242	KINA SEABRA	2:26:12.81	F5059	TÁLENTOS TEAM	16
419	1634	RUI SILVA	2:26:23.58	M4049	INDIVIDUAL	116
420	1635	TERESA SILVA	2:26:24.04	F4049	INDIVIDUAL	47
421	1633	ANGELA RAMALHO	2:26:24.19	F4049	INDIVIDUAL	48
422	1406	TOBIAS ROCHA	2:26:47.60	M5059	TÁLENTOS TEAM	51
423	1455	MARTA LOPES	2:26:52.39	F4049	ARRÁBIDA OBSTACLE RUNNERS	49
424	1438	BRUNO SANTOS	2:27:03.58	M2339	RHINOS	123
425	1514	CRISTINA FERREIRA	2:27:04.11	F4049	INDIVIDUAL	50
426	1530	FILIPA SIMÕES	2:27:05.30	F2339	INDIVIDUAL	50
427	1269	LUISA LANDEIRO	2:27:05.97	F4049	SS CGD	51
428	1387	JACINTO PEREIRA PEREIRA	2:27:10.42	M6099	LIS RUNNING CPA	11
429	5724	AURÉLIO GOMES	2:27:14.07	M5059	INDIVIDUAL	52

430	5725	ANA RODRIGUES	2:27:14.07	F5059	INDIVIDUAL	17
431	5772	MARINA MATEUS	2:27:16.57	F2339	INDIVIDUAL	51
432	1766	SANDRA MANUEL	2:27:25.41	F4049	ASAS NOS PÉS	52
433	1735	DÉLIA LOPES	2:27:26.12	F2339	ASAS NOS PÉS	52
434	1371	VERA BEXIGA	2:27:26.64	F2339	INDIVIDUAL	53
435	1386	TONI CUSTODIO	2:27:32.61	M4049	RHINOS	117
436	5729	NUNO VIEIRA	2:28:08.24	M4049	TÉCNICO RUGBY RUNNING TEAM	118
437	1668	FILIPA SAQUE	2:28:09.18	F2339	INDIVIDUAL	54
438	5874	ANDREA GRAÇA	2:28:10.91	F4049	INDIVIDUAL	53
439	1335	SILVIA ALVES	2:28:13.51	F2339	INDIVIDUAL	55
440	5893	H	2:28:15.22	M6099	LEBRES DO SADO	12
441	1372	MONICA LOPES	2:28:18.22	F4049	STJOAOOLIVEIRATEAM	54
442	1637	PEDRO PASCOAL	2:28:30.27	M2339	GRCD LEIÃO	124
443	1265	RICARDO REIXA	2:28:30.44	M4049	GRCD LEIÃO - COBRAS TRAILISTAS	119
444	1652	IVAN DE FALCO	2:28:51.58	M4049	HOUSEMARTINS BELAS	120
445	1682	PAULA CAETANO	2:28:52.11	F4049	STJOAOOLIVEIRATEAM	55
446	1636	JOÃO REIS	2:29:33.58	M2339	GRCD LEIÃO	125
447	1474	HELDER SANTOS	2:29:34.10	M4049	CORRER LISBOA	121
448	5841	PAULO GONÇALVES	2:29:34.42	M5059	MARVILA JOVEM	53
449	1430	PATRÍCIA VICENTE	2:29:38.58	F4049	INDIVIDUAL	56
450	1245	SOFIA HORTA	2:29:39.04	F2339	HOUSEMARTINS BELAS	56
451	1322	ANABELA NAVE	2:30:05.23	F4049	RUN&SMILE	57
452	1435	ANA CARVALHO	2:30:53.58	F2339	RUN&SMILE	57

453	1550	PATRÍCIA MARQUES	2:30:54.74	F4049	RUN & SMILE	58
454	1379	ROSA MARQUES	2:31:07.52	F4049	GRCD LEIÃO- COBRAS TRAILISTAS	59
455	1234	MANUEL FONTINHA	2:31:08.58	M4049	TARTARUGAS SOLIDÁRIAS	122
456	1472	TIAGO FONTINHA	2:31:19.36	M0022	TARTARUGAS SOLIDÁRIAS	4
457	1685	MARIA SIMOES	2:31:37.74	F5059	BORINHAS	18
458	1341	FILIPE BRITO	2:31:54.39	M4049	INDIVIDUAL	123
459	1461	NUNO ANJOS	2:32:11.89	M5059	CLUBE MILLENNIUM BCP	54
460	1496	VALÉRIE ANTUNES DOS SANTOS	2:32:34.56	F2339	INDIVIDUAL	58
461	1498	VANESSA HAYES	2:32:34.58	F2339	INDIVIDUAL	59
462	1501	LUÍS SANTOS	2:32:35.56	M2339	INDIVIDUAL	126
463	1502	SÍLVIO RODRIGUES	2:32:43.58	M2339	INDIVIDUAL	127
464	1683	ANA PAULA CAETANO	2:33:04.58	F4049	STJOAOLIVEIRATEAM	60
465	1547	ANA PAULA BRITO AZEVEDO	2:33:21.58	F4049	RUN&SMILE	61
466	1204	ANA CRISTINA SANTOS	2:33:24.58	F2339	VARITINTAS	60
467	1370	BRUNO MARCELINO	2:33:43.58	M2339	TRILHOS NOCTURNOS TEAM	128
468	1436	ANA EUFIGÉNIA	2:33:54.58	F2339	RUN&SMILE	61
469	1210	TÂNIA ANTAS	2:34:08.58	F2339	100 ESTRILHOS	62
470	1340	ISABEL CARVALHO	2:34:41.58	F2339	INDIVIDUAL	63
471	1411	SOFIA LAGE	2:35:12.30	F4049	GRCD LEIÃO	62
472	1714	RITA MONTALVÃO	2:35:14.29	F4049	RAN RUNNING AVENIDAS NOVAS	63
473	1711	RUI CORTES	2:35:32.51	M4049	TARTARUGAS SOLIDÁRIAS	124
474	1494	CÉLIA SOUSA	2:35:58.58	F4049	PUMP RUNNERS	64
475	1434	EVA CAETANO	2:36:14.58	F2339	PUMP RUNNERS	64

476	1408	NÍDIA MARTINS	2:36:34.58	F2339	INDIVIDUAL	65
477	1407	CARLOS MARTINS	2:36:35.58	M5059	INDIVIDUAL	55
478	1246	RUTE MARTINS	2:38:58.30	F4049	HOUSEMARTINS BELAS	65
479	1272	LUIS MARTINS	2:39:57.82	M4049	GRUPETA RUNNING TEAM	125
480	1401	ELISABETE GRAÇA	2:40:35.90	F2339	RUN&SMILE	66
481	1629	NEUSA ANJOS	2:40:55.41	F4049	BOOM TRAIL TEAM	66
482	1758	PEDRO RODRIGUES	2:41:52.09	M6099	AMIGOSDACORRIDA.COM	13
483	1525	SÓNIA NOBRE	2:41:52.42	F4049	DXC	67
484	1768	VANESSA FERREIRA	2:43:43.17	F2339	ASAS NOS PÉS	67
485	5813	MADALENA	2:44:25.01	F4049	TÁLENTOS TEAM	68
486	5821	FATIMA BRITO	2:44:25.66	F4049	TÁLENTOS TEAM	69
487	5812	MARCO BARRADAS	2:44:26.04	M5059	TÁLENTOS TEAM	56
488	1507	LUIS BRAZ	2:44:42.61	M4049	GRCD LEIÃO	126
489	1278	INGRID FALCAO	2:45:18.86	F4049	TETRA PAK	70
490	1529	CARLA RIBEIRO	2:45:22.50	F4049	SEM MEDOS	71
491	1442	SARA SANTOS	2:45:46.42	F4049	BOOM TRAIL TEAM	72
492	1224	JORGE SANTOS	2:46:10.83	M4049	MATILHA DA ATALAIA	127
493	1541	ANTONIO COSTA	2:46:10.90	M2339	OS ESTRELISTAS	129
494	1293	GONÇALO GAMA	2:46:11.45	M4049	OS ESTRELISTAS	128
495	1360	INÊS LAGOA	2:49:13.43	F2339	MULTIRUNNERS	68
496	1367	JOÃO SILVESTRE	2:49:15.68	M2339	MULTIRUNNERS	130
497	5735	JOANA	2:49:18.08	F4049	INDIVIDUAL	73
498	1348	NELSON MOREIRA	2:49:28.23	M2339	CORRER LOURES	131

499	1349	CARLA NASCIMENTO	2:49:28.36	F4049	CORRER LOURES	74
500	1679	JOANA RITO	2:49:43.45	F2339	FITGIRLS	69
501	1678	CÁTIA CARVALHO	2:50:06.58	F4049	FITGIRLS	75
502	1428	ANA TRINDADE	2:51:26.79	F4049	CORRER LISBOA	76
503	1522	CÉLIA CARVALHO	2:51:27.37	F4049	CORRER LISBOA	77
504	1378	VERA LIMA	2:51:28.16	F4049	CORRER LISBOA	78
505	1625	CARLA FERREIRA	2:51:29.13	F4049	CORRER LISBOA	79
506	1664	ALVARO OLIVEIRA	2:52:11.58	M4049	INDIVIDUAL	129
507	1666	JOSÉ NUNO	2:52:12.47	M2339	INDIVIDUAL	132
508	1310	PATROCÍNIA VARANDAS	2:53:19.50	F4049	STJOAOLIVEIRATEAM	80
509	1640	DIANA SANTOS	2:53:53.58	F2339	STJOAOLIVEIRATEAM	70
510	1645	ANGELA COSTA	2:54:43.43	F2339	INDIVIDUAL	71
511	1551	ELSA DUARTE	2:56:39.79	F2339	SEM MEDOS	72
512	1717	TIAGO SIMÕES	2:58:21.53	M4049	RAN RUNNING AVENIDAS NOVAS	130
513	1255	ELSA RIBEIRO	2:59:51.62	F4049	TETRA PAK	81
514	1456	NUNO RIBEIRO	3:01:56.71	M4049	SEM MEDOS	131
515	1206	JANDIRA OSÓRIO NUNES	3:04:00.15	F2339	CROSSTRAINNING AF	73
516	1205	NATASHA RODRIGUES	3:04:00.85	F4049	CROSSTRAINNING AF	82
517	1743	CLAÚDIA ALMEIDA	3:04:11.61	F2339	CDCR CTT	74
518	1744	ANA RITA BAILÃO	3:04:12.03	F2339	CDCR CTT	75
519	1650	CATARINA GIL	3:09:25.30	F4049	PUMPRUNNERS	83
520	1608	SUSANA ROSA	3:09:30.08	F4049	PUMP RUNNERS	84
521	1681	CATARINA DOS REIS	3:18:22.97	F2339	COXOS TRAIL TEAM	76

522	1680	AFONSO TELES	3:18:31.52	M4049	COXOS TRAIL TEAM	132
523	1731	DORA COELHO	3:18:36.53	F2339	ASAS NOS PÉS	77
524	1732	CARLA GONÇALVES	3:18:36.69	F5059	ASAS NOS PÉS	19
525	1733	MARILIA NASCIMENTO	3:18:44.67	F4049	ASAS NOS PÉS	85
526	1333	ANA SEABRA	3:18:47.82	F5059	INDIVIDUAL	20
527	1464	MARIA HELENA FINO	3:21:54.50	F6099	INDIVIDUAL	3
528	1465	PAULO PINTO	3:22:00.04	M5059	INDIVIDUAL	57
529	1741	ANABELA LAGARTO	3:22:11.12	M5059	CDCR CTT	58
530	1742	PEDRO GALGUINHO	3:22:11.45	M4049	CDCR CTT	133
531	1620	NUNO MACHADO	3:22:38.55	M2339	GUIZO RUNNERS	133
532	1450	JOANA CAIRES	3:22:51.34	F2339	INDIVIDUAL	78
533	1451	RICARDO GAGO	3:22:51.42	M4049	INDIVIDUAL	134
534	1774	EUNICE LOURENÇO	3:22:52.38	F4049	CORRER LISBOA	86
535	1476	RITA CARVALHINHO	3:23:18.58	F4049	CORRER LISBOA	87
536	1599	ISABEL GARCIA	3:23:23.98	F5059	GUIZO RUNNERS	21
537	1594	PATRÍCIA MACHADO	3:23:25.95	F2339	GUIZO RUNNERS	79
538	1585	GUIOMAR TOMÉ	3:23:28.69	F6099	GUIZO RUNNERS	4
539	1598	LUÍS SANTOS	3:24:02.38	M4049	GUIZO RUNNERS	135
540	1384	CARLOS DINIZ	3:27:38.75	M4049	INDIVIDUAL	136
541	1439	HELDER CUNHA	3:30:26.45	M2339	ADRC MATA DE BENFICA	134