



I Trilhos de Lousa - Trail Longo

21 de Janeiro, 2018

<https://werun.pt/resultados/i-trilhos-de-lousa/>

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	5873	FÁBIO FONTOURA	01:59:33.86	01:59:33.86	M2339	GORUNNERS - OUTPRO	1
2	432	DIOGO BAENA	02:00:38.19	02:00:38.19	M2339	UF COMÉRCIO E INDÚSTRIA ATLETISMO	2
3	439	VIRGILIO GOMES	02:03:24.39	02:03:24.39	M4049	UF COMÉRCIO E INDÚSTRIA ATLETISMO	1
4	500	FERNANDO GOMES	02:05:34.98	02:05:34.98	M2339	GORUNNERS - OUTPRO	3
5	5782	JOÃO M. S. SILVA	02:08:24.48	02:08:24.33	M2339	INDIVIDUAL	4
6	462	ARSÉNIO SANTOS	02:09:23.51	02:09:23.51	M2339	O MUNDO DA CORRIDA	5
7	5778	JOAO HORA FAUSTINO	02:11:54.16	02:11:42.61	M4049	CP PESSOA ESCOLA DE ATLETISMO	2
8	5868	WESLEY TRIGG	02:12:38.83	02:12:38.83	M2339	GORUNNERS - OUTPRO	6
9	417	BRUNO	02:14:05.62	02:14:05.62	M4049	INDIVIDUAL	3
10	483	PINNHEIRO	02:14:42.94	02:14:42.94	M2339	GORUNNERS - OUTPRO	7
11	338	NUNO VAZ	02:15:27.93	02:15:27.93	M2339	CARACÓIS DE PEDRA	8
12	391	PAULO COSTA	02:17:04.94	02:17:04.01	M4049	O MUNDO DA CORRIDA	4
13	437	MILTON SILVA	02:18:56.96	02:18:56.35	M2339	UF COMÉRCIO E INDÚSTRIA ATLETISMO	9
14	382	IVO LIMA	02:19:42.51	02:18:34.12	M4049	GD SANTANDER TOTTA	5
15	385	LUIS SANTOS	02:20:12.84	02:20:01.83	M5059	OCR PORTUGAL	1
16	461	#JOZEFERREIRA	02:21:03.53	02:20:59.59	M4049	COIMBRA TRAIL RUNNING	6
17	405	JOSÉ BARRINHA	02:21:13.13	02:21:12.04	M4049	CLUBE DE FUTEBOL GUADIANA	7
18	465	RUI AFONSO	02:21:31.96	02:21:31.96	M4049	CCRAM	8

19	366	RICARDO PARADA	02:21:37.84	02:21:36.75	M2339	ZIMBRA FOX RUNNERS	10
20	377	HUGO ÁGUA	02:21:57.01	02:21:24.25	M2339	CORK TRAIL TEAM	11
21	489	CARLOS GOMES FERREIRA	02:21:58.48	02:21:58.48	M4049	MATILHA RUNNING	9
22	421	JOÃO OLIVEIRA	02:22:14.99	02:22:14.99	M4049	INDIVIDUAL	10
23	475	LUIS AIRES	02:22:56.45	02:22:56.45	M4049	JOBRINDE - MONTES SALOIOS	11
24	468	PAULO FRANGO	02:24:43.35	02:24:43.35	M2339	MONSANTO RUNNING TEAM	12
25	464	MÁRIO AFONSO	02:24:58.48	02:24:58.48	M2339	CCRAM	13
26	476	JOÃO FILIPE FERREIRA	02:25:26.46	02:24:53.24	M2339	O MUNDO DA CORRIDA	14
27	269	LUIS VITORINO	02:25:35.28	02:25:24.44	M4049	RUN AND SMILE	12
28	5850	PAULO MIRANDA	02:27:11.03	02:27:11.03	M4049	TURRES TRAIL TEAM	13
29	5777	MIGUEL MIRANDA	02:28:18.48	02:28:18.31	M4049	CLUBE DIRTRUNNERS	14
30	5779	JTRIGUEIROS	02:28:21.17	02:28:21.17	M0022	GAIA TRAIL	1
31	330	MALVADO	02:29:37.75	02:29:33.70	M4049	PINHAL NOVO A CORRER	15
32	340	ALEXANDRE LUCAS	02:31:01.48	02:31:01.48	M2339	CARACÓIS DE PEDRA	15
33	414	BRUNO CANHÃO	02:31:41.93	02:31:18.58	M2339	INDIVIDUAL	16
34	319	RUI MIGUEL SANTOS MARTINS	02:31:55.44	02:31:27.40	M4049	LEGIÃO URBANA	16
35	5811	JOÃO OLIVEIRA	02:32:21.60	02:32:21.60	M2339	GDR FRANCOS	17
36	494	MARCO QUEDAS	02:32:56.38	02:32:56.38	M2339	ACRMEALHADA	18
37	408	NUNO PIMENTA	02:32:58.48	02:32:58.48	M4049	PORTUGAL RUNNING	17
38	473	SOFIA ROQUETE	02:33:24.62	02:33:24.62	F2339	AMCF - ARRÁBIDA TRAIL TEAM	1
39	444	NELSON DIOGO	02:33:24.99	02:33:24.99	M2339	AMCF - ARRÁBIDA TRAIL TEAM	19
40	5711	CARLOS PASCOAL	02:35:28.93	02:35:23.95	M5059	INDIVIDUAL	2
41	228	TIAGO ALMEIDA	02:36:17.40	02:36:17.40	M2339	100 ESTRILHOS	20
42	283	PAULO CRUZ	02:36:19.77	02:36:19.77	M4049	CLUBE ATLETISMO DA BARREIRA	18
43	401	LUÍS SOARES	02:38:07.96	02:37:53.45	M5059	CLUBE OGMA	3

44	486	GERMANO CANEDO	02:38:23.02	02:38:23.02	M5059	CROSSFITALPHADEN	4
45	227	PAULO PÓVOA	02:38:54.26	02:38:35.20	M5059	AMIGOS DO VALE SILÊNCIO	5
46	270	RUI MARTINS	02:39:14.67	02:38:29.65	M2339	SS CGD	21
47	230	GONÇALO PORÊLO	02:39:42.15	02:39:30.73	M2339	INDIVIDUAL	22
48	363	HUGO PINTO	02:40:18.71	02:40:16.19	M2339	INDIVIDUAL	23
49	415	ULISSES NUNES	02:40:23.78	02:40:13.24	M2339	CORRER NA CIDADE	24
50	409	RICHARD VELLOSO AMORIM	02:40:44.43	02:40:43.76	M2339	OLIMPICO VIANENSE TRAIL	25
51	5722	RICARDO SOUSA	02:41:24.02	02:40:32.45	M4049	ARRIBA TRAIL RUNNERS	19
52	471	RUI CARVALHO	02:41:34.29	02:41:19.39	M4049	BRUXOS RUNNERS	20
53	492	JOÃO MARQUES	02:42:16.71	02:42:16.21	M5059	OCS PROAVENTURAS	6
54	491	AMÉLIA COSTA	02:42:19.08	02:42:18.08	F5059	OCS PROAVENTURAS	1
55	5755	JOSÉ BARRADAS	02:42:28.88	02:42:06.00	M2339	INDIVIDUAL	26
56	300	LUÍS NUNES	02:42:39.21	02:42:16.97	M2339	INDIVIDUAL	27
57	342	SAMUEL SEBASTIÃO	02:43:34.81	02:43:34.81	M2339	CARACÓIS DE PEDRA	28
58	341	TIAGO ALMEIDA	02:43:35.15	02:43:35.15	M0022	CARACÓIS DE PEDRA	2
59	5788	RUI DA SILVA	02:43:36.14	02:43:26.65	M4049	DENTORAL RACING TEAM	21
60	397	LUIS ALMEIDA	02:43:49.51	02:42:20.52	M4049	JOBRINDE - MONTES SALOIOS	22
61	324	PAULO JAIME MONTEIRO	02:44:17.03	02:44:00.61	M2339	QQÉP	29
62	361	ALEXANDRE R.	02:45:27.55	02:45:24.44	M2339	INDIVIDUAL	30
63	336	TIAGO DUARTE	02:45:27.99	02:44:39.47	M2339	INDIVIDUAL	31
64	451	TIAGO BRANDÃO	02:46:09.90	02:45:32.53	M2339	INDIVIDUAL	32
65	5713	XAVIER SOUSA	02:46:28.48	02:45:57.23	M4049	MOITA A CORRER	23
66	5849	NUNO CESÁRIO	02:46:44.85	02:46:11.85	M4049	MOITA A CORRER	24
67	314	LUIS NUNES	02:46:51.74	02:46:27.78	M4049	HOUSEMARTINS BELAS	25
68	480	PEDRO	02:47:01.58	02:45:44.58	M4049	MONTIQUEIJO	26
69	200	MIGUEL SIMÕES	02:47:02.26	02:46:44.82	M2339	STRAVISTAS VP	33

70	484	JESUS	02:47:03.06	02:46:35.32	M4049	A20KM TRAIL RUNNING TEAM	27
71	257	FRANCISCO DIAS	02:47:10.82	02:46:48.65	M4049	STRAVISTAS VP	28
72	5842	JOSÉ CORREIA	02:47:52.99	02:47:32.81	M5059	STRAVISTAS VP	7
73	482	PITUFO	02:47:58.66	02:47:49.72	M4049	GORUNNERS - OUTPRO	29
74	5832	PÊRA DOCE	02:47:59.71	02:47:59.71	M4049	ZIMBRA FOX RUNNERS	30
75	463	GALIANO	02:48:18.01	02:47:51.93	M2339	INDIVIDUAL	34
76	511	CÉSAR ORVALHO	02:48:20.65	02:48:17.01	M2339	CCD SIEMENS	35
77	343	JOÃO APOLINÁRIO	02:48:22.07	02:48:22.05	M2339	CARACÓIS DE PEDRA	36
78	246	SALETE TAVARES	02:48:31.15	02:48:28.74	F4049	CA BARREIRA	1
79	5855	CIRILO FORMIGA	02:48:46.84	02:48:40.54	M6099	ZIMBRA FOX RUNNERS	1
80	5814	JOSÉ C F NUNES	02:49:05.32	02:48:56.33	M4049	NAZA ABÓBODA	31
81	406	PAULO MARÇALO	02:49:11.35	02:49:04.42	M4049	INDIVIDUAL	32
82	317	PEDRO PÓVOAS	02:49:29.16	02:49:15.77	M2339	INDIVIDUAL	37
83	201	PAULO SANTOS	02:49:44.46	02:49:44.46	M4049	LIS RUNNING CPA	33
84	454	SERGIO RAMOS	02:49:56.47	02:48:51.95	M4049	KANINOS	34
85	515	NUNO ANTUNES	02:50:11.48	02:50:11.48	M4049	INDIVIDUAL	35
86	312	GUSTAVO SANTOS	02:51:23.71	02:51:19.99	M2339	HOUSEMARTINS BELAS	38
87	231	RUI MACHINHO	02:51:29.83	02:51:23.33	M4049	GD SANTANDER TOTTA	36
88	238	RUI INÁCIO	02:51:57.51	02:51:37.40	M2339	DOLCE FURADOURO	39
89	299	RITA	02:52:30.43	02:51:26.91	F2339	INDIVIDUAL	2
90	331	LUÍS GONÇALVES	02:52:36.61	02:52:09.97	M2339	LEGIÃO URBANA	40
91	416	ANABELA	02:52:49.99	02:52:49.99	F4049	INDIVIDUAL	2
92	490	PEDRO VICENTE	02:52:53.87	02:52:23.58	M4049	PORTUGAL TROTTER / ATTITUDE	37
93	449	NUNO PEREIRA	02:53:12.35	02:52:58.91	M4049	CLUBE OGMA	38
94	510	NUNO MARTINS	02:53:16.20	02:52:47.02	M4049	100 TEAM	39
95	265	AMÉRICO RODRIGUES PALA	02:53:23.90	02:53:20.43	M5059	HOUSEMARTINS BELAS	8
96	399	CIDÁLIA MARTINS	02:53:25.77	02:53:25.77	F5059	INDIVIDUAL	2
97	423	JOAQUIM MARTINS	02:54:25.93	02:54:21.69	M5059	CLUBE DE ATLETISMO ODIMARQ	9

98	236	PEDRO GRANADAS	02:55:19.07	02:54:52.66	M4049	TOUGH TRAILS ALENQUER	40
99	242	CLÁUDIO FRANCO	02:55:28.43	02:55:28.43	M2339	DOLCE FURADOURO	41
100	281	PAULO ESTEVAO	02:55:34.18	02:55:32.38	M4049	INDIVIDUAL	41
101	5851	SÉRGIO NUNES	02:56:00.50	02:55:58.60	M4049	TURRES TRAIL TEAM	42
102	315	PAULO HENRIQUES	02:56:02.58	02:55:57.94	M4049	POVORAIS TRAIL - PENEDOS DE GÓIS	43
103	5716	ALEX	02:56:17.71	02:56:03.73	M4049	CORRER LISBOA	44
104	253	EDUARDO PENA	02:56:23.44	02:55:53.33	M5059	KEEP RUNNING	10
105	5877	VERA REIS	02:56:23.57	02:56:20.77	F2339	MORCEGOS TRAIL	3
106	294	HENRIQUE CARVALHO	02:56:27.33	02:56:00.80	M2339	CALDAS CORRE +	42
107	273	FERNANDO OLIVEIRA	02:56:31.09	02:56:26.78	M6099	LIS RUNNING CPA	2
108	254	DANIEL PINA	02:56:49.05	02:56:07.47	M2339	KEEP RUNNING	43
109	284	MARCO CUNHA	02:56:56.49	02:56:08.16	M2339	INDIVIDUAL	44
110	329	INÊS BARRADAS	02:58:13.36	02:57:36.59	F2339	INDIVIDUAL	4
111	348	JOSÉ PAULO SANTOS	02:58:45.58	02:57:08.71	M4049	INDUSTRIAL DESPORTIVO VIEIRENSE	45
112	522	IVONE FERREIRA	02:58:46.35	02:57:56.78	F4049	TRILHO PERDIDO EVENTOS	3
113	301	HUGO CARAGO	02:59:03.72	02:58:44.06	M4049	CLUBE RECREATIVO DE SAPATARIA	46
114	362	BRUNO PONTES	02:59:08.70	02:57:21.92	M2339	TEAM ATX CYCLINSTORE	45
115	344	PEDRO PEREIRA	02:59:08.76	02:57:21.44	M0022	ATXCYCLINGSTORE	3
116	303	LUIS DUARTE	02:59:08.91	02:57:20.39	M4049	ATXCYCLINGSTORE	47
117	5727	FERNANDO JORGE RIBEIRO	02:59:17.44	02:59:03.22	M5059	TÉCNICO RUGBY RUNNING TEAM	11
118	262	RENATO VEIGA	02:59:35.30	02:59:17.57	M2339	DOLCE FURADOURO	46
119	313	NUNO LUCAS	02:59:44.46	02:59:20.69	M4049	HOUSEMARTINS BELAS	48
120	460	PEDRO SA	02:59:44.76	02:59:08.95	M4049	CLUBE MILLENNIUM BCP	49
121	5742	JOAO BARBADO	02:59:45.68	02:59:45.68	M4049	INDIVIDUAL	50
122	5767	CARMEN HENRIQUES	03:00:14.38	03:00:04.42	F4049	RUN AND SMILE	4
123	375	JAMES	03:00:19.19	03:00:19.19	M2339	CORRER NA CIDADE	47

124	264	SÍLVIO	03:00:19.26	02:59:00.03	M2339	INDIVIDUAL	48
125	378	NUNO FONSECA	03:00:25.14	02:59:02.23	M2339	CORRER LISBOA	49
126	267	RUI PAULO	03:00:37.02	02:59:34.47	M5059	INDIVIDUAL	12
127	5822	NA24COACH	03:00:52.98	03:00:35.94	M2339	RUN24RUN	50
128	404	JOÃO ANDRÉ BELO	03:01:01.27	02:59:45.21	M2339	ASPIRAS	51
129	5872	RITA MARGARIDA LOPES	03:02:04.50	03:02:03.70	F2339	GORUNNERS - OUTPRO	5
130	316	PAULO GOULART	03:02:24.55	03:02:11.76	M4049	CLUBE ANACOM	51
131	5886	LUÍS LOPES	03:02:42.50	03:01:49.42	M4049	TÁLENTOS TEAM	52
132	412	VASCO ARMES	03:03:18.48	03:03:18.48	M4049	RUNNERS DA FRENTE RIBEIRINHA	53
133	526	ISABEL FIGUEIREDO	03:03:20.08	03:03:20.08	F5059		3
134	289	SUSANA SILVA	03:03:20.32	03:01:35.73	F4049	GINJA TEAM	5
135	339	ADRIANO PIMENTEL	03:03:43.97	03:03:41.40	M2339	CARACÓIS DE PEDRA	52
136	427	LEONARDO LOUREIRO	03:03:47.41	03:03:47.41	M2339	CARACOIS DE PEDRA	53
137	509	ANA LUCIA DUARTE	03:04:00.44	03:03:53.22	F4049	FALCOES SELVAGENS	6
138	213	JOÃO FRAZÃO	03:04:04.29	03:03:58.34	M2339	GD SANTANDER TOTTA	54
139	400	SANDRO RODRIGUES	03:05:28.54	03:05:25.43	M4049	AURORA TRAIL	54
140	504	PEDRO AFONSO	03:05:29.50	03:04:37.39	M4049	SS CGD	55
141	447	DUARTE LOPES	03:05:30.14	03:03:58.20	M4049	PRESSLEY RIDGE	56
142	282	MATIAS	03:05:38.25	03:05:35.84	M4049	CLUBE DE ORIENTAÇÃO DE ABRANTES	57
143	435	PEDRO FONTOURA	03:06:09.14	03:05:16.17	M4049	SS CGD	58
144	512	JOÃO FERNANDES	03:07:06.49	03:06:24.25	M2339	CCD SIEMENS	55
145	266	PEDRO XAVIER	03:07:23.92	03:06:13.53	M4049	GD SANTANDER TOTTA	59
146	302	LUÍS SOUSA	03:07:26.32	03:06:22.22	M4049	INDIVIDUAL	60
147	5774	ROGÉRIO VENÂNCIO	03:07:28.48	03:07:27.46	M6099	O MUNDO DA CORRIDA	3
148	292	HELENA SILVA	03:07:30.23	03:07:20.55	F4049	INDIVIDUAL	7

149	452	JOÃO SAÚDE	03:07:33.42	03:06:16.56	M2339	ASPIRAS	56
150	5859	SUSANA PEREIRA	03:07:50.22	03:07:47.31	F2339	INDIVIDUAL	6
151	474	PAULO PAREDES	03:08:01.89	03:08:01.89	M4049	DOLCE FURADOURO	61
152	352	NUNO SIMÕES	03:08:30.92	03:07:20.36	M4049	INDIVIDUAL	62
153	448	FILIPE LEITE	03:09:44.31	03:09:24.26	M2339	MANOS DO TRAIL	57
154	327	NUNO FRANCISCO	03:09:48.45	03:09:48.45	M0022	INDIVIDUAL	4
155	214	JOÃO PERNECO	03:10:16.74	03:10:09.76	M4049	GD SANTANDER TOTTA	63
156	208	TELMO SEQUEIRA	03:10:17.64	03:09:43.91	M2339	INDIVIDUAL	58
157	5747	DE ALMEIDA	03:10:18.46	03:09:23.37	M2339	ARRIBA TRAIL RUNNERS	59
158	297	HÉLDER CABEÇA	03:10:18.69	03:09:28.60	M4049	INDIVIDUAL	64
159	470	JOÃO JESUS	03:10:33.37	03:10:27.13	M4049	GD SANTANDER TOTTA	65
160	256	AVELINO SOARES	03:10:51.73	03:10:51.73	M5059	GRCD LEIÃO	13
161	479	VITOR	03:11:03.39	03:09:45.95	M4049	MONTIQUEIJO	66
162	5759	TIAGO SAMEIRO	03:11:12.00	03:11:12.00	M4049	DUROS DA LENTIDÃO	67
163	410	PAULO COSTA	03:11:16.86	03:10:38.30	M4049	INDIVIDUAL	68
164	5715	RUI COSTA	03:11:57.12	03:11:19.55	M4049	INDIVIDUAL	69
165	202	SUSANA MORAIS	03:12:15.03	03:11:51.78	F4049	STRAVISTAS VP	8
166	353	RAFAEL MONTEIRO	03:12:16.45	03:11:52.99	M2339	INDIVIDUAL	60
167	519	ARTUR BASILIO	03:13:14.02	03:13:14.02	M4049	OPRATICANTE	70
168	332	DANIEL GONÇALVES	03:13:26.67	03:12:59.09	M2339	LEGIÃO URBANA	61
169	5721	PEDRO CABRITO	03:13:31.47	03:12:05.73	M4049	INDIVIDUAL	71
170	5835	CARLA SANTOS	03:15:00.80	03:14:54.21	F2339	INDIVIDUAL	7
171	393	NUNO PINTÃO	03:15:03.76	03:14:19.70	M4049	INDIVIDUAL	72
172	5714	MANUEL ALVES	03:15:04.03	03:14:34.16	M5059	CORRER LISBOA	14
173	204	JOSÉ CARLOS AMARAL	03:15:10.98	03:15:09.81	M4049	UF COMÉRCIO E INDÚSTRIA ATLETISMO	73
174	322	PAULO COSTA	03:15:19.80	03:14:58.37	M2339	INDIVIDUAL	62
175	425	VITOR AZEVEDO	03:15:22.23	03:14:01.69	M2339	ASAS NOS PÉS	63
176	458	CARLA BERNARDINO	03:15:46.55	03:15:39.69	F4049	INDIVIDUAL	9
177	5885	Ricardo Santos	03:15:47.98	03:15:16.32	M4049	MOITA A CORRER	74

178	5856	LUIS MIGUEL SANTOS	03:15:48.05	03:14:48.26	M4049	CORRER LISBOA	75
179	5718	CATARINA CARVALHO	03:15:48.35	03:15:40.81	F2339	INDIVIDUAL	8
180	481	PATRÍCIA LOURENÇO	03:16:40.47	03:16:25.41	F2339	GORUNNERS - OUTPRO	9
181	487	JOSÉ FRANCISCO ROCHA	03:16:50.79	03:15:52.36	M5059	MATILHA RUNNING	15
182	508	ANDRÉ SANTOS	03:18:01.73	03:17:07.98	M4049	AMIGOS DO VALE SILÊNCIO	76
183	402	SALDANHA	03:18:01.81	03:17:07.60	M4049	AMIGOS DO VALE SILÊNCIO	77
184	306	CARLOS PASCOA	03:18:01.94	03:17:05.17	M5059	AMIGOS DO VALE SILÊNCIO	16
185	5887	CARLOS BRITO	03:18:04.65	03:17:16.54	M4049	TÁLENTOS TEAM	78
186	325	INÊS MARIQUITOS	03:18:11.22	03:17:54.23	F2339	GANGUE DAS 6H10	10
187	234	EVA BRAZ	03:18:28.79	03:17:15.87	F2339	GRCD LEIÃO	11
188	407	TIAGO MARCELINO	03:18:47.58	03:17:32.55	M4049	INDIVIDUAL	79
189	428	CARLOS LOURENÇO	03:19:33.46	03:19:29.20	M4049	LIS RUNNING CPA	80
190	457	JOSE SILVA	03:20:02.11	03:19:00.93	M5059	OS PARDAIS	17
191	220	LUÍS MIGUEL NOGUEIRA	03:20:18.46	03:19:12.64	M4049	GRCD LEIÃO	81
192	453	PAULO MANUEL COSTA	03:20:35.29	03:19:31.13	M4049	INDIVIDUAL	82
193	374	JUSTINO SILVA	03:20:38.48	03:20:15.61	M4049	INDIVIDUAL	83
194	5704	ÁLVARO MIRANDA	03:21:14.00	03:20:39.81	M4049	INDIVIDUAL	84
195	298	JOÃO SANTOS	03:21:17.55	03:20:30.25	M4049	INDIVIDUAL	85
196	358	ALBERTO SANTOS	03:21:34.12	03:21:34.12	M5059	Nº10 DE BUSTELO	18
197	413	FLÁVIO DELFINO	03:21:36.39	03:21:36.39	M2339	INDIVIDUAL	64
198	232	RICARDO PAIXÃO FERREIRA	03:21:40.46	03:21:40.46	M2339	INDIVIDUAL	65
199	501	BRUNO DELFINO	03:21:44.33	03:20:53.11	M2339	INDIVIDUAL	66
200	5799	JOSÉ PINTO	03:21:51.03	03:21:31.54	M4049	CLUBE ANACOM	86
201	5848	HELDER MARQUES	03:22:34.56	03:21:44.41	M4049	MOITA A CORRER	87

202	539	LUÍS GONÇALVES	03:22:45.91	03:22:06.94	M4049	INDIVIDUAL	88
203	350	CARLOS SÁ	03:23:26.28	03:22:45.99	M4049	MANOS SÁ	89
204	335	FAUSTO SÁ	03:23:26.65	03:22:45.64	M4049	MANOS SÁ	90
205	243	JOÃO SEQUEIRA	03:23:27.86	03:22:45.70	M2339	TRAIL CLUBE DE FUTEBOL DE SASSOEIROS	67
206	485	RUI MARINO	03:23:31.24	03:22:22.27	M4049	VINICOM - FREIXENET	91
207	5757	EDUARDO LUÍS	03:23:44.76	03:23:44.76	M4049	ATÓMICOS	92
208	398	LUIS RODRIGUES	03:23:57.88	03:23:25.61	M2339	INDIVIDUAL	68
209	424	JUAN COSTA	03:24:28.19	03:23:43.32	M5059	OS VELOZES	19
210	440	LUIS GUILHERME	03:24:28.19	03:23:42.54	M2339	OS VELOZES	69
211	5730	PEDRO CAMPOS	03:25:20.25	03:23:43.79	M4049	JÁ T'APANHO	93
212	396	JOSÉ MARTINS	03:26:33.56	03:26:32.25	M5059	INDIVIDUAL	20
213	275	LUIS GOMES	03:26:51.27	03:25:42.71	M4049	GD SANTANDER TOTTA	94
214	225	RICARDO PEREIRA	03:27:17.57	03:26:59.23	M4049	AMIGOS DO VALE SILÊNCIO	95
215	224	AMERICO	03:28:32.29	03:26:48.89	M5059	RUNNING TOUR EIFFEL	21
216	241	PAULO SOARES	03:28:54.51	03:28:23.52	M2339	BARRANCOS FC	70
217	347	CLÁUDIA RATO	03:29:34.59	03:28:56.08	F2339	INDIVIDUAL	12
218	445	JAIME LAMEGO	03:29:45.64	03:28:20.48	M5059	MULTIRUNNERS	22
219	442	VASCO ROSÁRIO	03:29:57.26	03:29:57.26	M4049	RUNNERS DA FRENTE RIBEIRINHA	96
220	384	GONÇALO RITA	03:30:31.18	03:30:05.77	M2339	INDIVIDUAL	71
221	249	HELDER ROSARIO	03:30:32.48	03:29:23.98	M2339	GRCD LEIÃO	72
222	403	JP FERREIRA	03:30:43.47	03:29:53.77	M2339	INDIVIDUAL	73
223	291	CARLOS SOUSA	03:31:08.64	03:30:24.68	M4049	TRAIL CLUBE DE FUTEBOL DE SASSOEIROS	97
224	223	RICARDO MARQUES	03:31:22.45	03:30:22.17	M2339	INDIVIDUAL	74
225	5860	JOÃO BOLINA	03:31:25.42	03:31:25.42	M5059	INDIVIDUAL	23
226	467	ANDRÉ WIBORG	03:31:34.19	03:30:57.51	M5059	WL84	24
227	263	ALEXANDRE LEIRIA	03:32:07.92	03:32:07.92	M4049	FITRUNNERS	98
228	280	MARTA SOFIA FREITAS	03:32:11.46	03:31:41.23	F2339	INDIVIDUAL	13

229	418	JOAO CARLOS SANTOS	03:32:15.08	03:31:58.77	M2339	SERVIÇOS SOCIAIS MONTEPIO GERAL	75
230	368	RUI SILVA	03:32:22.57	03:30:51.62	M4049	COVERSTEEL	99
231	5847	PAULO RODRIGUES	03:32:50.74	03:32:05.91	M4049	MOITA A CORRER	100
232	5846	ANTÓNIO PEREIRA	03:32:50.87	03:32:05.33	M4049	MOITA A CORRER	101
233	5749	JORGE SOUSA	03:33:15.29	03:32:08.82	M4049	INDIVIDUAL	102
234	395	LUÍSA PINTO	03:33:16.71	03:32:30.11	F2339	GUIMARUNNING	14
235	5707	PEDRO RIBEIRO	03:33:31.44	03:32:13.12	M2339	RUN 4 FUN	76
236	5765	JORGE FERREIRA	03:33:32.30	03:32:22.88	M4049	H-GARRA A LEBRE !!!	103
237	229	LUIS REVEZ	03:33:34.60	03:33:34.60	M5059	INDIVIDUAL	25
238	247	HUMBERTO BARROS	03:34:01.09	03:32:37.18	M2339	KANINOS	77
239	5723	MARCO CACHINHO	03:34:01.15	03:32:36.86	M2339	KANINOS	78
240	5768	CLÁUDIO FRAGOSO	03:34:02.07	03:32:52.85	M4049	INDIVIDUAL	104
241	210	MIRO SILVA	03:34:02.86	03:32:56.55	M4049	GRCD LEIÃO	105
242	276	HUGO COSTA	03:35:05.52	03:34:24.64	M2339	INDIVIDUAL	79
243	205	JOSE PEREIRA	03:35:11.34	03:34:11.63	M2339	NIGHTS TEAM	80
244	309	RAQUEL NUNES	03:35:18.48	03:34:30.29	F4049	TRAIL CLUBE DE FUTEBOL DE SASSOEIROS	10
245	499	RUI FERNANDES	03:37:29.23	03:36:52.82	M4049	INDIVIDUAL	106
246	305	FERNANDO PEREIRA	03:37:36.15	03:36:14.12	M5059	CLUBE VODAFONE	26
247	5823	LUÍS SPENCER	03:37:41.80	03:37:23.46	M5059	RUN24RUN	27
248	337	PEDRO FERNANDES	03:37:58.88	03:36:12.93	M5059	NOVOS TRILHOS	28
249	334	MEIK SCHUTZ	03:38:38.78	03:38:38.78	M4049	INDIVIDUAL	107
250	320	RUI JOVINO	03:38:46.98	03:38:16.81	M4049	LEGIÃO URBANA	108
251	381	RODRIGO SANTOS	03:38:50.13	03:38:17.44	M2339	INDIVIDUAL	81
252	308	CUSTODIO NUNES	03:39:50.86	03:39:50.86	M5059	TRAIL CLUBE DE FUTEBOL DE SASSOEIROS	29
253	5751	JOÃO MARQUES	03:39:53.37	03:38:52.38	M2339	INDIVIDUAL	82
254	516	SERGIO SILVA	03:39:55.44	03:39:32.45	M4049	INDIVIDUAL	109
255	354	DAVID LEITE	03:40:19.43	03:40:19.43	M2339	INDIVIDUAL	83

256	5825	NUNO LUCAS	03:40:37.41	03:39:50.74	M4049	TĂLENTOS TEAM	110
257	443	CARLOS SILVA	03:41:24.55	03:41:24.55	M2339	FORTÍSSIMOS RUNNING TEAM	84
258	219	JOAO ALMEIDA	03:42:20.47	03:40:55.49	M5059	KANINOS	30
259	237	CARLOS ANDRADE	03:42:30.24	03:42:30.24	M2339	CABARÉ DOS COXOS	85
260	296	PAULO SOUSA	03:42:33.51	03:42:27.90	M4049	FITRUNNERS	111
261	370	HELDER	03:42:37.36	03:41:38.98	M2339	OS PERIGOSOS	86
262	360	MIGUEL CAMPOS	03:42:44.63	03:41:35.90	M4049	FALCÕES SELVAGENS	112
263	5709	FRANCISCO COSTA	03:43:12.79	03:42:10.93	M4049	INDIVIDUAL	113
264	5712	PAULO SOUSA	03:43:13.87	03:42:13.54	M4049	INDIVIDUAL	114
265	310	CARLOS RANGEL	03:45:29.86	03:44:35.99	M6099	INDIVIDUAL	4
266	286	VICTOR FERREIRA	03:45:31.22	03:44:01.05	M4049	GINJA TEAM	115
267	252	GONÇALO COSTA	03:45:39.90	03:45:18.67	M2339	LEGIÃO URBANA	87
268	5703	PAULO MOUTINHO	03:45:43.36	03:44:39.72	M4049	H-GARRA A LEBRE !!!	116
269	372	DOUGLAS FRY	03:46:01.91	03:44:59.41	M6099	CLUBE DESPORTIVO DE MAFRA	5
270	216	JOSE OLIVEIRA	03:47:00.20	03:46:55.31	M4049	INDIVIDUAL	117
271	255	JOSÉ COSTA ALVES	03:47:14.93	03:46:22.16	M4049	INDIVIDUAL	118
272	251	DORITOS	03:47:20.48	03:47:20.48	F4049	JOBRINDE - MONTES SALOIOS	11
273	450	LUÍS PIEDADE	03:47:35.91	03:47:23.78	M4049	GORUNNERS - OUTPRO	119
274	5717	JOÃO RAMOS	03:48:12.62	03:47:16.45	M4049	ARRIBA TRAIL RUNNERS	120
275	523	ARTUR GAIO	03:48:14.24	03:47:01.92	M2339	TRANQUILIDADE AÇOREANA CLUBE	88
276	420	JOÃO PERNECO	03:48:24.02	03:47:14.74	M4049	INDIVIDUAL	121
277	5828	JOÃO QUEIROZ	03:49:00.07	03:48:26.80	M4049	RUN4FRIENDS	122
278	5854	LUÍS DOMINGUES	03:49:00.24	03:48:26.23	M4049	INDIVIDUAL	123
279	5815	BUNO CARDOSO	03:49:01.78	03:47:55.47	M2339	KANINOS	89
280	502	LUIS SÃO PEDRO	03:49:16.13	03:49:16.13	M4049	RUNNERS DA FRENTE RIBEIRINHA	124
281	513	PAULO SILVESTRE	03:49:16.37	03:48:09.74	M4049	RUNNERS DA FRENTE RIBEIRINHA	125

282	222	HENRIQUE SACADURA	03:50:35.72	03:50:35.72	M6099	INDIVIDUAL	6
283	518	SANDRA OLIVEIRA	03:50:56.48	03:49:16.67	F2339	OPRATICANTE	15
284	520	JOAO SARAIVA	03:50:56.65	03:49:14.68	M4049	OPRATICANTE	126
285	369	JOSÉ ANTÓNIO PEREIRA	03:51:08.34	03:50:09.60	M6099	OS PERIGOSOS	7
286	433	LUIS MANUEL PEREIRA	03:51:21.94	03:50:51.09	M2339	INDIVIDUAL	90
287	328	PEDRO SANTOS	03:51:22.07	03:50:50.46	M2339	INDIVIDUAL	91
288	441	NELSON RUIVO	03:51:50.56	03:51:06.41	M5059	INDIVIDUAL	31
289	311	LUDGERO SANTANA	03:51:52.40	03:50:45.58	M5059	JOBRINDE - MONTES SALOIOS	32
290	507	NUNO MIGUEL SEQUEIRA FONTES	03:52:58.47	03:52:07.04	M2339	INDIVIDUAL	92
291	466	CRISTINA MADANÇOS	03:53:11.99	03:52:11.40	F2339	CORRER LISBOA	16
292	356	ROGÉRIO PINA	03:54:01.59	03:53:46.58	M6099	CLUBE ANACOM	8
293	355	ANDRÉ DIAS	03:54:13.86	03:53:59.94	M2339	LOURESAUDE RUNNING	93
294	446	KATIA ALMEIDA	03:54:42.54	03:53:10.85	F4049	PRESSLEY RIDGE	12
295	5760	RUI LEAL	03:55:25.36	03:53:46.29	M2339	DUROS DA LENTIDÃO	94
296	364	SÍLVIO RODRIGUES	03:56:26.00	03:55:34.30	M2339	INDIVIDUAL	95
297	422	MARTINHO DIAS	03:57:32.56	03:56:33.45	M4049	CORRER LISBOA	127
298	434	PEDRO VILELA	03:57:50.08	03:57:06.23	M2339	INDIVIDUAL	96
299	367	JOSE GARCEZ	03:57:50.26	03:56:19.69	M4049	ÉVORA NIGHT RUNNERS	128
300	240	EL TOSTAS	03:58:45.14	03:57:56.49	M2339	AL- MOÇA-GEME	97
301	388	PEDRO SILVA	03:58:48.81	03:57:59.05	M2339	AL-MOÇA-GEME	98
302	5810	MIGUEL SANTOS	03:58:51.37	03:57:58.65	M2339	INDIVIDUAL	99
303	244	PEDRO VICENTE	03:59:04.51	03:59:04.51	M5059	INDIVIDUAL	33
304	333	LUIS CANASTRA	03:59:21.67	03:58:26.46	M4049	OESTE BTT TEAM	129
305	419	FILIPA CURRALO	04:00:42.75	03:59:27.91	F4049	INDIVIDUAL	13
306	351	RUI CARLOS	04:01:39.00	04:01:39.00	M4049	INDIVIDUAL	130
307	5761	PEDRO LOPES	04:02:50.20	04:01:53.65	M2339	SS CGD	100
308	5750	PAULO SERRANITO	04:03:15.37	04:01:32.59	M0022	INDIVIDUAL	5

309	259	PAULO GUEDES	04:05:31.59	04:04:03.26	M4049	CENTRO DE MARCHA E CORRIDA DE ALENQUER	131
310	357	DORA CORREIA	04:05:44.64	04:04:21.47	F4049	INDIVIDUAL	14
311	371	HÉLDER GARCÊS	04:06:22.64	04:04:47.48	M4049	INDIVIDUAL	132
312	217	GRAÇA ROLDÃO	04:07:32.92	04:06:04.69	F5059	OS TUGAS	4
313	5738	NUNO SOUSA	04:07:53.68	04:06:56.13	M4049	ARRIBA TRAIL RUNNERS	133
314	318	RICARDO CARVALHO	04:08:21.55	04:07:49.17	M4049	CTT-RUNNING	134
315	426	MARIA DUARTE	04:09:25.27	04:07:21.46	F4049	CORRER LOURES	15
316	5710	TELMO LOPES	04:09:25.35	04:07:40.88	M4049	CORRER LOURES	135
317	5741	JOÃO CANHOTO	04:09:25.90	04:07:20.45	M4049	CORRER LOURES	136
318	5857	MARIO MENDES	04:11:03.53	04:09:51.67	M5059	INDIVIDUAL	34
319	376	JOSÉ BOTELHO DUARTE	04:13:16.67	04:12:57.81	M2339	QQÉP	101
320	5744	JOÃO CRUZ	04:13:30.53	04:13:30.53	M4049	INDIVIDUAL	137
321	498	LUIS SANTOS	04:14:06.74	04:13:22.29	M2339	JA FOSTE	102
322	496	OLGA MARTINS	04:14:13.30	04:13:29.82	F4049	JA FOSTE	16
323	221	RUI FERREIRA	04:14:49.11	04:14:10.91	M4049	BK.RUN	138
324	304	SÓNIA SOUSA	04:14:52.12	04:13:01.27	F2339	MULTIRUNNERS	17
325	5831	GONÇALO FONTES DE MELO	04:15:34.30	04:14:15.21	M5059	RUN 4 FUN	35
326	206	DIANA	04:15:43.41	04:15:35.04	F2339	100 ESTRILHOS	18
327	349	PAULO JORGE GONÇALVES	04:16:01.09	04:16:01.09	M4049	ABUTRES	139
328	226	LUIS MARTINS	04:17:01.51	04:15:59.53	M4049	GRUPETA RUNNING TEAM	140
329	429	RUI MARTINS	04:19:20.99	04:18:44.91	M4049	INDIVIDUAL	141
330	430	JOÃO RODRIGUES	04:19:21.15	04:19:21.15	M4049	INDIVIDUAL	142
331	359	MARIA SANTOS	04:19:44.94	04:19:32.45	F4049	Nº10 DE BUSTELO	17
332	326	ROGÉRIO PINTO	04:20:13.99	04:18:29.10	M6099	NOVOS TRILHOS	9
333	209	NUNO FRAGOSO	04:20:26.76	04:18:40.47	M4049	INDIVIDUAL	143
334	456	JORGE SOARES	04:24:40.15	04:23:26.26	M5059	OS PARDAIS	36
335	387	ISADORA COSTA	04:25:59.72	04:24:30.48	F2339	4 AO KM	19
336	386	VITOR GONÇALVES	04:25:59.77	04:24:30.30	M4049	4 AO KM	144
337	411	JOÃO RODRIGUES	04:27:42.62	04:27:02.49	M4049	SALAMANDRECOS	145

338	5724	AURÉLIO GOMES	04:29:24.92	04:28:04.31	M0022	INDIVIDUAL	6
339	268	ANA SANTOS	04:30:31.67	04:30:31.67	F2339	AS MÁQUINAS	20
340	215	AURELIANO DA LUZ	04:30:31.89	04:29:00.89	M4049	AS MÁQUINAS	146
341	5783	DIOGO SILVA	04:31:33.35	04:31:33.35	M2339	TOA	103
342	218	LURDES SILVA	04:32:37.51	04:31:09.23	F4049	OS TUGAS	18
343	288	ANTÓNIO LIMA	04:33:18.68	04:31:48.59	M5059	GINJA TEAM	37
344	287	LUÍS LIBÂNIO	04:33:18.87	04:31:47.07	M6099	GINJA TEAM	10
345	5798	SÉRGIO ANTUNES	04:34:01.24	04:33:34.89	M5059	CLUBE ANACOM	38
346	5819	PAULA SIMÕES	04:37:04.09	04:35:17.47	F2339	TRANQUILIDADE AÇOREANA CLUBE	21
347	5845	SÉRGIO CAJADO	04:37:04.64	04:35:16.07	M4049	INDIVIDUAL	147
348	505	MARIA CONDEÇO	04:38:31.93	04:38:31.93	F5059	KANINOS	5
349	248	CARLOS NOGUEIRA	04:38:32.78	04:38:32.78	M4049	CABARÉ DOS COXOS	148
350	506	MÁRIO SANTIAGO	04:38:33.04	04:37:29.29	M5059	KANINOS	39
351	469	FABIO GAUDÊNCIO	04:40:42.54	04:38:55.40	F2339	EYECARE4U	22
352	5830	RUI PINTO	04:44:02.33	04:42:54.80	M2339	INDIVIDUAL	104
353	323	LUÍSA LOPES	04:48:31.14	04:46:46.39	F4049	NOVOS TRILHOS	19
354	345	PATRICIA	05:27:28.48	05:25:40.25	F2339	ATXCYCLINGSTORE	23