



Trail de Lousa - Trail Longo

20 de Janeiro, 2019

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

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	202	LUIS FERNANDES	02:03:47	02:03:47	M2439	CPA CLUBE DE PRACAS DA ARMADA	1
2	269	ALEXANDRE BLASQUES	02:05:28	02:05:43	M0023		1
3	203	BRUNO CASTRO	02:05:50	02:06:05	M2439	CLUBE DE PRAÇAS DA ARMADA	2
4	201	VIRGILIO GOMES	02:12:04	02:12:18	M5054	CLUBE DE PRAÇAS DA ARMADA/ CPA	1
5	240	LEONARDO LOUREIRO	02:16:54	02:17:07	M2439	CARACÓIS DE PEDRA	3
6	5059	PAULO GONÇALVES	02:21:00	02:21:14	M2439	CLUBE DE PRAÇAS DA ARMADA	4
7	204	MANUEL SOUSA	02:21:01	02:21:14	M4549	CLUBE DE PRAÇAS DA ARMADA	1
8	139	BRUNO PONTES	02:26:51	02:27:03	M2439	Atxcyclingstore	5
9	98	PAULO SEQUEIRA	02:26:55	02:27:04	M4044	KÇPHODA WOLFES TRAIL	1
10	274	RUI MARTINS	02:27:32	02:29:33	M2439	ASSOCIAÇÃO VALE GRANDE	6
11	185	MIGUEL RAMOS	02:28:38	02:28:52	M2439		7
12	272	LUIS PEREIRA	02:28:48	02:28:57	M2439	BRUNOSEMPRE	8
13	225	BRUNO TELES GRILO	02:28:55	02:29:11	M4044	Moskout	2
14	53	ANTÓNIO PARDAL	02:29:40	02:29:55	M5054	EVELX	2
15	115	DAVID VENTURA GONÇALVES	02:31:18	02:31:32	M2439		9
16	5027	PEDRO GRANADAS	02:32:03	02:34:04	M4044	TURRES TRAIL TEAM	3
17	205	JOÃO FERREIRA	02:32:27	02:32:41	M4044	Correr Soc.Rec da Granja	4
18	237	DUARTE ALVES	02:33:25	02:33:39	M0023	OCR PORTUGAL LAB	2

19	47	PAULO POIARES	02:33:54	02:33:59	M4044	Correr Soc Rec Granja	5
20	38	TIAGO AMADO	02:34:03	02:34:15	M2439	Outdoor Clube de Setúbal - Strendure running Team	10
21	270	BRUNO MAIA	02:34:30	02:34:45	M4044	CLUBE DE PRAÇAS DA ARMADA	6
22	162	JOÃO SILVA	02:36:04	02:38:04	M0023	Outdoor Clube de Setúbal - Strendure running Team	3
23	5032	PAULO GOMES	02:37:15	02:37:17	M2439	EVELX	11
24	44	CARLOS MATIAS	02:38:40	02:38:52	M4044	COA / CORVUS TRAIL TEAM	7
25	5008	MAURO GONÇALVS	02:39:07	02:38:57	M4044	MATILHA RUNNING	8
26	216	JOSÉ BARRINHA	02:39:25	02:39:25	M4549	CLUBE DE FUTEBOL GUADIANA	2
27	63	RICARDO TRIGUEIRO	02:39:48	02:39:53	M2439	Grupo Sportivo Adicense	12
28	120	RICARDO REIS	02:40:21	02:40:34	M2439	FIDELIDADE GDC	13
29	5043	XAVIER SOUSA	02:40:29	02:40:43	M4549	MOITA A CORRER	3
30	226	GERMANO CANEDO	02:40:31	02:40:44	M5559	CROSSFIT ALPHADEN	1
31	194	JOÃO MIGUEL NUNES	02:41:15	02:41:29	M5054	Alhandra Sporting Club	3
32	231	CARLOS PASCOAL	02:42:38	02:42:45	M5054		4
33	5002	PEDRO VICENTE	02:43:07	02:43:21	M4044	PORTUGAL TROTTER	9
34	97	PEDRO MIGUEL INÁCIO	02:43:15	02:43:23	M2439	KÇPHODA WOLFES TRAIL	14
35	5054	ANTÓNIO SANTOS	02:43:28	02:43:43	M4549	SALAMANDRECOS	4
36	103	NELSON LOURO LOURO	02:44:10	02:44:08	M2439	Lumiar	15
37	244	RUI SILVA	02:44:13	02:44:07	M4044	WILD FAMILY & FRIENDS	10
38	268	LUIS FIDALGO	02:45:18	02:45:20	M4549	AMIGOS VALE SILÊNCIO	5
39	191	RODRIGO TAVARES	02:46:10	02:46:22	M2439	CLUBE DE PRAÇAS DA ARMADA	16
40	183	PAULO GOULART	02:47:35	02:47:48	M5054	CLUBE ANACOM	5
41	7	BRUNO TAVARES	02:47:36	02:47:24	M2439		17

42	206	JEAN-MICHEL VIE	02:47:51	02:49:52	M4549	Alhandra Sporting Club	6
43	5038	PAULINE VIE	02:48:42	02:50:43	F0023	x	1
44	125	JOSÉ CACHUCHO	02:48:45	02:48:57	M5054	Sto Ant. Cavaleiros	6
45	5026	RICARDO GANHÃO	02:48:53	02:48:49	M2439		18
46	106	TONY ALMEIDA	02:49:07	02:49:18	M2439		19
47	177	HUGO CARAGO	02:49:27	02:49:40	M4549	CLUBE NOVO BANCO	7
48	87	JOÃO SOUSA	02:49:31	02:49:45	M2439	RUN 4 FUN	20
49	5007	RUTE MARTINS	02:49:53	02:50:07	F2439	COA / CORVUS TRAIL TEAM	1
50	5006	JORGE NABAIS	02:49:54	02:50:08	M2439	COA / CORVUS TRAIL TEAM	21
51	54	HUGO MIGUEL	02:51:09	02:51:03	M4044	TRILHO PERDIDO EVENTOS / IMPORLUX	11
52	62	HELIO CORREIA	02:51:09	02:51:15	M2439	Grupo Sportivo Adicense	22
53	61	NUNO FREITAS	02:52:17	02:52:24	M2439	Grupo Sportivo Adicense	23
54	113	VITORINO MOTA	02:52:18	02:52:28	M5559	STJOAOLIVEIRATEAM	2
55	5046	NUNO CESÁRIO	02:52:56	02:53:10	M4549	MOITA A CORRER	8
56	264	JAMIE BOWER	02:52:57	02:52:55	M2439	The BearCave Box OCR&Trail	24
57	136	JUVENAL MOREIRA	02:53:05	02:53:20	M5054	NUCLEO DESPORTIVO AUTOCOOPE	7
58	265	VERA REIS	02:53:08	02:55:09	F4044	CLUBE DE PRAÇAS DA ARMADA	1
59	167	TIAGO ALMEIDA	02:53:10	02:53:23	M2439	CARACÓIS DE PEDRA	25
60	92	CLÁUDIO COSTA	02:53:31	02:53:39	M2439	Grupo Aventura Juvenil Da Raposa	26
61	174	ANA GODINHO	02:53:40	02:53:35	F4549	CLUBE NOVO BANCO	1
62	59	NELSON JOSÉ	02:54:01	02:54:01	M4044	Correr Soc. Rec. da Granja	12
63	86	DUARTE BANDEIRAS	02:54:12	02:54:22	M4044	Clube Desportivo Recreativo Ribeirinho	13
64	271	NUNO MOLEIRO	02:54:52	02:55:03	M4044	BRUNOSEMPRE	14

65	228	NUNO SABINO	02:55:03	02:55:12	M4044	Grupo Desportivo e Recreativo de Manique de Cima	15
66	60	RUI CUNHA	02:55:17	02:55:28	M5054	GRUPO DESPORTIVO SANTANDER TOTTA	8
67	43	HUGO SANTOS	02:56:07	02:56:13	M4044	DIRTRUNNERS	16
68	157	DANIEL FARINHA	02:56:23	02:56:27	M2439	SERVIÇOS SOCIAIS MONTEPIO	27
69	30	LUIS FERREIRA	02:56:25	02:56:33	M2439	LISBOA	28
70	5048	JOSÉ NUNES	02:56:56	02:57:02	M5054		9
71	58	ALBERTINO NETO	02:57:03	02:57:04	M4549	Correr Soc. Rec. da Granja	9
72	80	LUIS RAMOS	02:57:59	02:58:07	M2439	Grupo Sportivo Adicense	29
73	81	RUI PAULO	02:58:06	02:58:06	M5054		10
74	166	RUI RAMOS	02:58:40	02:58:38	M2439	CORRER QUELUZ	30
75	116	HUMBERTO BORGES	02:58:43	02:58:36	M5054		11
76	5016	ISMAEL MAIATO	02:59:16	02:59:13	M4549	SALAMANDRECOS	10
77	172	CARLOS ANDRADE	02:59:28	02:59:36	M2439	CABARÉ DOS COXOS	31
78	73	JOÃO CARLOS FREIRE	02:59:55	02:59:58	M5054	GDCTIN CASA DA MOEDA	12
79	105	NELSON SOUSA	03:00:13	03:00:27	M5054	DIRTRUNNERS	13
80	221	BRUNO PROENÇA	03:00:16	03:00:16	M2439		32
81	247	HUGO HILÁRIO	03:00:43	03:00:38	M4044		17
82	143	CIDÁLIA MARTINS	03:00:57	03:02:57	F5054	GDM	1
83	193	JOANA PIRES	03:02:31	03:02:43	F4044		2
84	107	FAUSTO SÁ	03:02:43	03:02:47	M4044	MANOS SÁ	18
85	163	MARTA FONSECA	03:02:54	03:03:08	F2439	Massamá	2
86	88	EDUARDO PENA	03:03:32	03:03:42	M5054	KEEP RUNNING	14
87	74	NUNO GONÇALVES	03:03:33	03:03:33	M4044	GDCTIN CASA DA MOEDA	19

88	69	FÁBIO COELHO	03:04:08	03:04:01	M2439		33
89	5031	INÊS PEIXOTO	03:04:20	03:04:24	F2439	EVELX	3
90	91	IGOR SANTOS	03:04:24	03:04:35	M2439		34
91	5033	EDUARDO LUÍS	03:04:29	03:04:38	M4044	ATÓMICOS	20
92	250	RICARDO MATIAS	03:04:54	03:04:51	M2439		35
93	160	LEONARDO HOMEM	03:05:55	03:07:55	M2439	Academia Militar	36
94	127	EUGÉNIA MARTINS	03:06:22	03:06:24	F5054	Aroo	2
95	141	HUGO ALMEIDA	03:06:23	03:06:25	M4044	OCR PORTUGAL	21
96	217	ALEXANDRE SANTOS	03:06:32	03:06:32	M5054	SS CGD	15
97	5005	LUIS FERREIRA	03:06:43	03:06:52	M5054	STJOAOOLIVEIRATEAM	16
98	224	JOÃO CAETANO	03:06:44	03:06:54	M4549		11
99	5017	JORGE MIGUEL P F FERREIRA	03:06:52	03:07:03	M4549		12
100	5030	BERNARDO DIAS	03:07:34	03:07:34	M2439	AD IALBAX	37
101	273	DUARTE COSTA	03:07:34	03:07:44	M2439	BRUNOSEMPRE	38
102	90	BRUNO DUQUE	03:07:37	03:07:45	M2439	SERVIÇOS SOCIAIS MONTEPIO GERAL	39
103	11	JOÃO PALMELA	03:08:21	03:08:10	M2439	Boavista Trail	40
104	208	PAULO COSTA	03:08:38	03:08:43	M2439	GDCF	41
105	186	PEDRO SANTOS	03:09:40	03:09:42	M4044	INDIVIDUAL	22
106	94	JÚLIO SILVA	03:09:48	03:09:59	M5054	K9artaxo	17
107	263	RUBEN CHAVES	03:09:49	03:09:47	M2439	The BearCave Box OCR&Trail	42
108	135	SERGIO PEREIRA	03:10:15	03:10:27	M2439	LOURES	43
109	5042	BRUNO JORGE	03:10:21	03:10:18	M2439	Outdoor Clube de Setúbal - Strendure running Team	44
110	6	FRANCISCO PACHECO	03:10:44	03:10:45	M4549	CORRER SOC REC DA GRANJA	13

111	267	CARLOS PASCOA	03:10:45	03:10:45	M5054	AMIGOS VALE SILÊNCIO	18
112	72	PAULO BAIONA	03:11:26	03:11:35	M4549	Cabare dos coxos	14
113	230	NUNO PINTÃO	03:11:33	03:11:37	M4549		15
114	75	NUNO CARVALHO	03:11:34	03:11:38	M4044	GDCTIN CASA DA MOEDA	23
115	5035	SERGIO NUNES	03:12:02	03:12:08	M4044	MARVILA JOVEM	24
116	5036	DIOGO SOUSA	03:12:03	03:12:04	M2439	MARVILA JOVEM	45
117	259	nuno marques	03:12:22	03:12:30	M4044	Santana Futebol Club Trail Teem	25
118	260	BARBARA SÁ MARQUES	03:12:23	03:12:31	F2439	Santana Futebol Club Trail Teem	4
119	78	BRUNO PEDRO	03:12:44	03:12:47	M4044	VARITINTAS	26
120	134	LUIS SANTOS	03:13:20	03:13:22	M5559	OCR PORTUGAL	3
121	110	VARELA SAO	03:13:22	03:13:16	F4044	CORRER QUELUZ	3
122	142	RICHARD WARRELL	03:13:56	03:13:54	M4044		27
123	101	SUSANA MORAIS	03:13:56	03:14:04	F4044	STRAVISTAS VP	4
124	5021	FERNANDO CÂNDIDO	03:13:59	03:14:04	M5054		19
125	5034	TIAGO CALDEIRA FERNANDES	03:14:15	03:14:17	M2439	AD IALBAX	46
126	170	AMÉRICO PIMENTA	03:14:42	03:16:42	M5054		20
127	5041	PAULO COSTA	03:15:25	03:15:23	M4549		16
128	36	HUGO GUERREIRO	03:15:36	03:15:35	M4044	VARITINTAS	28
129	149	NUNO VERDASCA	03:16:11	03:16:11	M4549	ADA Desnível	17
130	159	FERNANDO CORDA	03:16:21	03:16:21	M5054	VALEJAS AC	21
131	50	RUI ALEGRE	03:17:59	03:18:08	M2439	Lontra&Escalfeta	47
132	23	JOÃO JORGE	03:18:21	03:18:16	M5054	JOBRINDE - MONTES SALOIOS	22
133	66	CONCEIÇÃO ALVES	03:18:28	03:18:39	F5559	LESMAS ACELERADAS	1

134	190	LUIS SOUSA	03:18:48	03:19:01	M4044		29
135	300	ÁLVARO MARUJEIRO	03:18:49	03:18:55	M4044		30
136	5029	NUNO CORREIA	03:19:09	03:19:10	M2439		48
137	20	FÁBIO TELES	03:19:42	03:19:41	M2439	TimonRun	49
138	137	TÂNIA FREITAS	03:19:46	03:19:40	F2439	FITRUNNERS	5
139	5025	JOSÉ LOPES	03:19:47	03:19:38	M4549	CCD SIEMENS	18
140	266	LEONEL NEVES	03:20:32	03:20:22	M6099	AMIGOS VALE SILÊNCIO	1
141	5013	MARCO MALTEZ	03:20:45	03:20:42	M2439		50
142	196	VITOR AZEVEDO	03:21:16	03:21:25	M4044	ASAS NOS PÉS	31
143	76	JOSÉ LIBERATO	03:21:16	03:21:19	M4044	GDCTIN CASA DA MOEDA	32
144	25	JOSÉ CARLOS AMARAL	03:21:29	03:21:34	M4549		19
145	198	LUÍS GONÇALVES	03:21:51	03:21:46	M4549		20
146	207	CARLOS GRADE	03:22:04	03:22:14	M4044	Grupo Desportivo e Recreativo de Manique de Cima	33
147	126	FILIPE PAULINO	03:22:45	03:22:53	M2439	ASSOCIAÇÃO VALE GRANDE	51
148	171	AMÉRICO RODRIGUES	03:23:26	03:23:38	M5559	HOUSEMARTINS	4
149	209	JOÃO MOITA	03:23:26	03:23:34	M2439	CABARÉ DOS COXOS	52
150	210	MELANIE JOHNSTONE	03:23:44	03:23:37	F4044		5
151	57	MIGUEL PINHO	03:23:52	03:23:45	M0023	CORRER QUELUZ	4
152	5	FILIPE RAMALHO	03:24:43	03:24:41	M2439	CORRER SOC REC DA GRANJA	53
153	5009	RUI LUCIANO	03:25:45	03:25:44	M2439		54
154	211	FRANSISCO PEDRO	03:26:13	03:26:05	M4549		21
155	129	JOEL SOUSA	03:26:41	03:26:30	M2439		55
156	46	PEDRO TAVARES	03:26:54	03:26:54	M2439		56

157	5039	RICARDO RODRIGUES	03:27:06	03:27:06	M4044	ZOA	34
158	93	MARINA MARQUES	03:27:09	03:27:09	F4549	RUN 4 FUN	2
159	32	BRUNO FERREIRA	03:27:26	03:27:39	M2439	Outdoor Clube de Setúbal - Strendure running Team	57
160	10	JOÃO CANHOTO	03:27:42	03:27:42	M4549	CORRER LOURES	22
161	9	ANTOINE LESECQ	03:28:25	03:28:14	M2439		58
162	5045	HELDER MARQUES	03:28:44	03:28:56	M4044	MOITA A CORRER	35
163	232	CARLA HENRIQUES	03:29:15	03:29:15	F4044	HOUSEMARTINS BELAS	6
164	24	PEDRO FONTES	03:29:46	03:29:38	M4044		36
165	178	PEDRO SANGUINO	03:30:32	03:30:32	M2439	CLUBE NOVO BANCO	59
166	262	CARLOS COSTA	03:31:26	03:31:24	M5054	AMIGOS VALE SILÊNCIO	23
167	84	JOAO CARLOS SANTOS	03:32:01	03:32:01	M2439	SERVIÇOS SOCIAIS MONTEPIO	60
168	248	NATHALIE RODRIGUES	03:32:45	03:32:45	F4044		7
169	182	NUNO CABEÇA	03:32:45	03:32:45	M4549		23
170	213	CARLOS LOURENÇO	03:34:06	03:33:58	M4044	LisRunning CPA	37
171	14	DANIEL SAMPAIO	03:34:07	03:33:59	M4044	LisRunning CPA	38
172	5037	ISMAEL FAIZAL	03:34:31	03:34:31	M4044	MARVILA JOVEM	39
173	235	JOANA PEREIRA	03:34:57	03:34:57	F2439	Grupo Sportivo Adicense	6
174	218	GISELA PINHAL	03:37:34	03:37:34	F2439	OCR PORTUGAL LAB	7
175	82	NUNO FREIRE	03:37:37	03:37:37	M2439		61
176	169	DIOGO FERREIRA	03:37:40	03:37:37	M2439		62
177	45	BRUNO COSTA	03:38:00	03:37:52	M4549		24
178	108	CARLOS SÁ	03:38:40	03:38:40	M4549	MANOS SÁ	25
179	5020	LUIS SPENCER MONTEIRO	03:38:46	03:38:46	M5054	Luis Spencer	24

180	195	LUÍS GOMES	03:39:22	03:39:22	M2439	SS CGD	63
181	89	JOÃO SERRA	03:39:42	03:39:39	M4549	Tranquilidade Atletismo Clube	26
182	175	ANA MONTEIRO	03:40:01	03:40:01	F5054	CLUBE NOVO BANCO	3
183	239	MARIA DUARTE	03:40:20	03:40:20	F5054	CORRER LOURES	4
184	158	SUSANA GOMES	03:41:10	03:41:10	F4549	VALEJAS AC	3
185	132	JOÃO BRANQUINHO	03:41:46	03:41:46	M2439		64
186	100	ALEXANDRE JORGE	03:41:50	03:41:50	M4044	Zeus Team	40
187	5044	ANTÓNIO PEREIRA	03:41:51	03:41:51	M4044	MOITA A CORRER	41
188	39	HUGO FERREIRA	03:42:30	03:42:24	M4044		42
189	41	PAULO BATISTA	03:42:42	03:42:38	M4549		27
190	5014	BRUNO JACQUET	03:44:05	03:43:56	M2439	Até à Meta	65
191	68	LUISA PISCO	03:44:09	03:44:09	F5559	LESMAS ACELERADAS	2
192	5019	ARTUR GAIO	03:44:53	03:44:53	M2439	TAC - Tranquilidade	66
193	95	JOAQUIM CAEIRO	03:44:53	03:44:53	M4549	AlenMinho	28
194	130	MATEUS VARGAS	03:45:08	03:45:08	M2439	Os Francisco Vargas	67
195	261	SÓNIA DE JESUS	03:45:28	03:45:28	F4044	TRILHOS DO COSTUME	8
196	77	CARLOS NOGUEIRA	03:45:30	03:45:30	M4549	CABARÉ DOS COXOS	29
197	16	JOÃO GAMEIRO	03:45:45	03:45:43	M2439	CABARÉ DOS COXOS	68
198	49	CARLOS CORREIA	03:45:46	03:45:46	M4549	CLUBE AVENTURA DE MONFORTE	30
199	5023	GRAÇA ROLDÃO	03:46:14	03:46:14	F5054	OS TUGAS	5
200	22	SANDRA ARRAIAS	03:46:41	03:46:41	F2439	OS ARRAIAS	8
201	121	RITA BERNARDO	03:47:56	03:47:56	F2439	MARVILA JOVEM	9
202	118	FRANCISCO AFONSO	03:48:55	03:48:55	M5559	RUN 4 FUN	5

203	234	BRUNO VASCONCELOS MAIA	03:49:04	03:49:03	M2439		69
204	144	JOSÉ MARTINS	03:50:36	03:50:27	M5559	GDM	6
205	3	SONIA SEQUEIRA	03:51:08	03:51:06	F4044	LINDA-A-PASTORA SPORTING CLUBE	9
206	51	ISABEL DIAS	03:51:35	03:51:28	F5054	SS CGD	6
207	124	MARIA PUGA	03:51:35	03:51:27	F5054	O MUNDO DA CORRIDA	7
208	233	ALVARO FERREIRA	03:51:40	03:51:40	M5054	Renault Run Club	25
209	165	VITOR AFONSO LOURENÇO	03:51:41	03:51:37	M5054	JOBRINDE - MONTES SALOIOS	26
210	131	JOSE CASIMIRO	03:52:02	03:52:02	M2439		70
211	102	AMTÓNIO PINTO	03:52:53	03:52:47	M5559	QUELUZ	7
212	187	ANA SANTOS	03:52:56	03:52:52	F2439	CORRER QUELUZ	10
213	236	NUNO COSTA	03:52:57	03:52:57	M4549	SS CGD	31
214	40	FILIPA CURRALO	03:53:02	03:52:56	F4044		10
215	71	LUIS CORREIA	03:53:13	03:53:13	M4044	Power Runner	43
216	214	MARGARIDA COELHO	03:53:26	03:53:26	F5054		8
217	219	ALEXANDRE APOSTOLO	03:54:09	03:54:06	M4044		44
218	220	LUIS FONSECA	03:54:10	03:54:05	M4044	NOS Perdidos	45
219	222	MARIO BATISTA	03:54:10	03:54:05	M4044	ADA Desnivel	46
220	243	SÉRGIO NUNES	03:55:11	03:55:05	M4044	WILD FAMILY & FRIENDS	47
221	245	TELMO REIS	03:55:12	03:55:05	M4044	WILD FAMILY & FRIENDS	48
222	151	PAULO REIS	03:55:14	03:55:04	M4549	ADA Desnível	32
223	147	ROGÉRIO MORAIS	03:55:17	03:55:11	M5559	ADA Desnível	8
224	56	CARLOS ANDRADE	03:55:42	03:55:33	M4044	RFR da Póvoa de Santa Iria	49
225	5012	BRUNO NEVES	03:57:20	03:57:14	M2439		71

226	5040	JOAO FERNANDES	03:57:36	03:57:36	M2439		72
227	241	SÉRGIO ANTUNES	03:57:39	03:57:39	M5054	CLUBE ANACOM	27
228	212	TERESA SOUSA	03:58:05	03:57:57	F4549		4
229	5010	LUIS OLIVEIRA	04:01:01	04:01:01	M2439		73
230	27	ANDRE DIAS	04:01:29	04:01:25	M2439	A2el - Publicidade	74
231	5011	AURELIANO DA LUZ	04:02:54	04:02:54	M4044	AS MÁQUINAS	50
232	29	CARLOS VILAFANHA	04:03:49	04:03:47	M5559	LISBOA	9
233	145	NUNO DIAS	04:04:12	04:04:12	M2439	FORTÍSSIMOS RUNNING TEAM	75
234	33	JOÃO CRUZ	04:04:38	04:04:33	M4044		51
235	173	MÁRIO GODINHO	04:05:39	04:05:39	M4549	CLUBE NOVO BANCO	33
236	55	RUI RODRIGUES	04:05:39	04:05:39	M5054	OS TUGAS	28
237	119	BRUNO LUCAS	04:07:21	04:07:09	M4044	Namnori	52
238	123	HENRIQUE SACADURA	04:08:30	04:08:30	M6099		2
239	64	CARLOS SILVA	04:09:19	04:09:19	M2439	FORTÍSSIMOS RUNNING TEAM	76
240	176	JOAQUIM MONTEIRO	04:13:11	04:13:11	M5054	CLUBE NOVO BANCO	29
241	5018	JOSÉ BRÁS	04:14:51	04:14:51	M5054	TARTARUGAS SOLIDÁRIAS	30
242	13	ANA SANTOS	04:18:14	04:18:14	M2439	AS MÁQUINAS	77
243	128	JORGE CAMOESAS	04:20:25	04:20:25	M2439	AMADORA	78
244	28	CLAUDIA MACARA	04:23:07	04:23:07	F4549	CABARÉ DOS COXOS	5
245	31	LILIANA RODRIGUES	04:23:08	04:23:08	F4044	CABARÉ DOS COXOS	11
246	19	FILIPE RITO	04:23:08	04:23:08	M2439	CABARÉ DOS COXOS	79
247	4	CARLA MARTINS	04:23:08	04:23:08	F4044	CABARÉ DOS COXOS	12
248	155	LUIS ALMEIDA	04:23:09	04:23:09	M5559	CABARÉ DOS COXOS	10

249	114	CRISTIANA MALHAO	04:23:12	04:23:03	F2439	Murteira	11
250	242	MIGUEL PINA	04:23:14	04:23:03	M2439	BIGUP	80
251	67	FERNANDA PEDRALVA	04:23:45	04:23:45	F4549		6
252	117	RUI MARTINS	04:25:11	04:25:11	M4549		34
253	83	ANTONIO REGO	04:25:12	04:25:12	M4549	RUN 4 FUN	35
254	215	ANTÓNIO SIMÕES SIMÕES	04:25:22	04:25:19	M6099	Pisa-Rochas	3
255	21	BRUNO MONTEIRO	04:25:26	04:25:15	M4044	TÁLENTOS TEAM	53
256	229	PAULA SIMÕES	04:25:27	04:25:27	F2439	Grupo Desportivo e Recreativo de Manique de Cima	12
257	85	ANA MELO	04:30:59	04:30:59	F4044	RUN 4 FUN	13
258	199	BRUNO ABRANTES	04:32:04	04:32:04	M4044	Massamá	54
259	197	IRYNA DYACHOK	04:33:04	04:33:02	F4044	HOUSEMARTINS BELAS	14
260	37	SÓNIA ENVIA	04:33:07	04:33:07	F4044		15
261	122	GISELA PADRE	04:38:13	04:38:13	F4044		16
262	200	LUIS ALMEIDA	04:40:38	04:40:36	M5559	LisRunning CPA	11
263	161	CARLA ATILHÓ	04:41:00	04:41:00	F4044	Santana Futebol Clube - Trail Team	17
264	2	ANTÓNIO GONÇALVES	04:41:02	04:41:02	M5054	Santana Futebol Clube-Trail Team	31
265	148	CATHERINE DE FREITAS	04:42:37	04:42:31	F5559	ADA Desnível	3
266	15	RICARDO CARVALHO	04:52:54	04:52:54	M4044	CDCR CTT	55
267	104	VÂNIA MOREIRA	04:56:29	04:56:20	F2439		13
268	258	ANDREIA TEODORICO	04:56:37	04:56:37	F2439	AMINHACORRIDA/MY PROTEIN	14
269	133	FILIPE LINO	04:56:38	04:56:38	M2439	Ativo Team Running	81
270	150	SUSANA GOMES	05:07:40	05:07:33	F4044	ADA Desnível	18
271	146	ANA SANCHO	05:07:40	05:07:29	F5054	ADA Desnível	9

272	180	RUTE PRIOR	05:55:00	05:54:57	F4044	CLUBE NOVO BANCO	19
273	181	PATRICIA SANTOS	05:55:01	05:55:01	F4549	CLUBE NOVO BANCO	7

Número	Nome	Faixa Etária	Equipe	Percurso 1	Percurso 2	Tempo bruto
202	LUIS FERNANDES	M2439	CPA CLUBE DE PRACAS DA ARMADA	11:34:42	11:42:09	00:07:27
269	ALEXANDRE BLASQUES	M0023		11:34:44	11:42:39	00:07:55
203	BRUNO CASTRO	M2439	CLUBE DE PRAÇAS DA ARMADA	11:34:44	11:42:39	00:07:55
201	VIRGILIO GOMES	M5054	CLUBE DE PRAÇAS DA ARMADA/ CPA	11:38:16	11:46:48	00:08:32
240	LEONARDO LOUREIRO	M2439	CARACÓIS DE PEDRA	11:42:01	11:50:44	00:08:43
5006	JORGE NABAIS	M2439	COA / CORVUS TRAIL TEAM	12:06:57	12:15:55	00:08:58
98	PAULO SEQUEIRA	M4044	KÇPHODA WOLFES TRAIL	11:51:15	12:00:26	00:09:11
185	MIGUEL RAMOS	M2439		11:52:15	12:01:39	00:09:24
139	BRUNO PONTES	M2439	Atxcyclingstore	11:49:01	11:58:39	00:09:38
231	CARLOS PASCOAL	M5054		12:02:40	12:12:22	00:09:42
5059	PAULO GONÇALVES	M2439	CLUBE DE PRAÇAS DA ARMADA	11:45:30	11:55:12	00:09:42
5026	RICARDO GANHÃO	M2439		12:07:13	12:16:55	00:09:42
204	MANUEL SOUSA	M4549	CLUBE DE PRAÇAS DA ARMADA	11:45:31	11:55:14	00:09:43
5032	PAULO GOMES	M2439	EVELX	11:58:10	12:07:57	00:09:47
272	LUIS PEREIRA	M2439	BRUNOSEMPRE	11:52:05	12:01:55	00:09:50
5027	PEDRO GRANADAS	M4044	TURRES TRAIL TEAM	11:54:14	12:04:05	00:09:51
226	GERMANO CANEDO	M5559	CROSSFIT ALPHADEN	11:57:59	12:07:54	00:09:55
44	CARLOS MATIAS	M4044	COA / CORVUS TRAIL TEAM	11:57:54	12:07:54	00:10:00
216	JOSÉ BARRINHA	M4549	CLUBE DE FUTEBOL GUADIANA	11:59:14	12:09:18	00:10:04
115	DAVID VENTURA GONÇALVES	M2439		11:52:34	12:02:48	00:10:14
274	RUI MARTINS	M2439	ASSOCIAÇÃO VALE GRANDE	11:49:49	12:00:03	00:10:14
53	ANTÓNIO PARDAL	M5054	EVELX	11:50:30	12:00:46	00:10:16
225	BRUNO TELES GRILO	M4044	Moskout	11:51:14	12:01:33	00:10:19
237	DUARTE ALVES	M0023	OCR PORTUGAL LAB	11:46:35	11:56:54	00:10:19
270	BRUNO MAIA	M4044	CLUBE DE PRAÇAS DA ARMADA	11:56:38	12:07:00	00:10:22
47	PAULO POIARES	M4044	Correr Soc Rec Granja	11:55:49	12:06:17	00:10:28
5043	XAVIER SOUSA	M4549	MOITA A CORRER	12:00:23	12:10:51	00:10:28
162	JOÃO SILVA	M0023	Outdoor Clube de Setúbal - Strendure running Team	11:56:34	12:07:03	00:10:29
206	JEAN-MICHEL VIE	M4549	Alhandra Sporting Club	12:03:50	12:14:25	00:10:35
5054	ANTÓNIO SANTOS	M4549	SALAMANDRECOS	12:03:11	12:14:00	00:10:49
103	NELSON LOURO LOURO	M2439	Lumiar	12:04:02	12:14:53	00:10:51
97	PEDRO MIGUEL INÁCIO	M2439	KÇPHODA WOLFES TRAIL	12:03:43	12:14:36	00:10:53

38	TIAGO AMADO	M2439	Outdoor Clube de Setúbal - Strendure running Team	11:54:35	12:05:36	00:11:01
250	RICARDO MATIAS	M2439		12:19:56	12:30:59	00:11:03
125	JOSÉ CACHUCHO	M5054	Sto Ant. Cavaleiros	12:06:11	12:17:17	00:11:06
194	JOÃO MIGUEL NUNES	M5054	Alhandra Sporting Club	11:57:53	12:09:00	00:11:07
80	LUIS RAMOS	M2439	Grupo Sportivo Adicense	12:13:48	12:24:59	00:11:11
191	RODRIGO TAVARES	M2439	CLUBE DE PRAÇAS DA ARMADA	12:03:21	12:14:33	00:11:12
63	RICARDO TRIGUEIRO	M2439	Grupo Sportivo Adicense	11:58:59	12:10:11	00:11:12
183	PAULO GOULART	M5054	CLUBE ANACOM	12:05:05	12:16:18	00:11:13
177	HUGO CARAGO	M4549	CLUBE NOVO BANCO	12:06:29	12:17:43	00:11:14
5038	PAULINE VIE	F0023	x	12:03:44	12:15:00	00:11:16
87	JOÃO SOUSA	M2439	RUN 4 FUN	12:06:45	12:18:01	00:11:16
5007	RUTE MARTINS	F2439	COA / CORVUS TRAIL TEAM	12:07:01	12:18:19	00:11:18
5002	PEDRO VICENTE	M4044	PORTUGAL TROTTER	12:01:57	12:13:17	00:11:20
106	TONY ALMEIDA	M2439		12:07:45	12:19:07	00:11:22
166	RUI RAMOS	M2439	CORRER QUELUZ	12:12:32	12:23:58	00:11:26
54	HUGO MIGUEL	M4044	TRILHO PERDIDO EVENTOS / IMPORLUX	12:05:15	12:16:42	00:11:27
30	LUIS FERREIRA	M2439	LISBOA	12:12:12	12:23:39	00:11:27
113	VITORINO MOTA	M5559	STJOAOLIVEIRATEAM	12:08:27	12:19:59	00:11:32
116	HUMBERTO BORGES	M5054		12:12:32	12:24:05	00:11:33
268	LUIS FIDALGO	M4549	AMIGOS VALE SILÊNCIO	12:03:51	12:15:26	00:11:35
5033	EDUARDO LUÍS	M4044	ATÓMICOS	12:21:28	12:33:03	00:11:35
265	VERA REIS	F4044	CLUBE DE PRAÇAS DA ARMADA	12:08:20	12:19:56	00:11:36
264	JAMIE BOWER	M2439	The BearCave Box OCR&Trail	12:07:44	12:19:22	00:11:38
205	JOÃO FERREIRA	M4044	Correr Soc.Rec da Granja	11:49:33	12:01:12	00:11:39
143	CIDÁLIA MARTINS	F5054	GDM	12:16:02	12:27:46	00:11:44
167	TIAGO ALMEIDA	M2439	CARACÓIS DE PEDRA	12:10:34	12:22:20	00:11:46
69	FÁBIO COELHO	M2439		12:17:58	12:29:46	00:11:48
247	HUGO HILÁRIO	M4044		12:16:00	12:27:49	00:11:49
193	JOANA PIRES	F4044		12:18:00	12:29:50	00:11:50
86	DUARTE BANDEIRAS	M4044	Clube Desportivo Recreativo Ribeirinho	12:09:39	12:21:29	00:11:50
136	JUVENAL MOREIRA	M5054	NUCLEO DESPORTIVO AUTOCOOPE	12:07:40	12:19:31	00:11:51
5031	INÊS PEIXOTO	F2439	EVELX	12:17:54	12:29:48	00:11:54
92	CLÁUDIO COSTA	M2439	Grupo Aventura Juvenil Da Raposa	12:03:28	12:15:23	00:11:55

120	RICARDO REIS	M2439	FIDELIDADE GDC	12:00:34	12:12:31	00:11:57
5025	JOSÉ LOPES	M4549	CCD SIEMENS	12:32:23	12:44:20	00:11:57
107	FAUSTO SÁ	M4044	MANOS SÁ	12:15:41	12:27:40	00:11:59
88	EDUARDO PENA	M5054	KEEP RUNNING	12:18:20	12:30:19	00:11:59
127	EUGÉNIA MARTINS	F5054	Aroo	12:17:49	12:29:51	00:12:02
58	ALBERTINO NETO	M4549	Correr Soc. Rec. da Granja	12:11:52	12:23:55	00:12:03
74	NUNO GONÇALVES	M4044	GDCTIN CASA DA MOEDA	12:17:43	12:29:53	00:12:10
62	HELIO CORREIA	M2439	Grupo Sportivo Adicense	12:04:19	12:16:31	00:12:12
61	NUNO FREITAS	M2439	Grupo Sportivo Adicense	12:06:14	12:18:27	00:12:13
59	NELSON JOSÉ	M4044	Correr Soc. Rec. da Granja	12:07:15	12:19:30	00:12:15
263	RUBEN CHAVES	M2439	The BearCave Box OCR&Trail	12:17:28	12:29:44	00:12:16
60	RUI CUNHA	M5054	GRUPO DESPORTIVO SANTANDER TOTTA	12:10:30	12:22:48	00:12:18
5016	ISMAEL MAIATO	M4549	SALAMANDRECOS	12:14:10	12:26:28	00:12:18
173	MÁRIO GODINHO	M4549	CLUBE NOVO BANCO	13:07:28	13:19:48	00:12:20
7	BRUNO TAVARES	M2439		12:03:35	12:15:58	00:12:23
101	SUSANA MORAIS	F4044	STRAVISTAS VP	12:26:27	12:38:51	00:12:24
5035	SERGIO NUNES	M4044	MARVILA JOVEM	12:22:18	12:34:43	00:12:25
105	NELSON SOUSA	M5054	DIRTRUNNERS	12:12:58	12:25:24	00:12:26
266	LEONEL NEVES	M6099	AMIGOS VALE SILÊNCIO	12:31:02	12:43:32	00:12:30
137	TÂNIA FREITAS	F2439	FITRUNNERS	12:31:50	12:44:22	00:12:32
45	BRUNO COSTA	M4549		12:44:35	12:57:07	00:12:32
73	JOÃO CARLOS FREIRE	M5054	GDCTIN CASA DA MOEDA	12:11:17	12:23:53	00:12:36
5017	JORGE MIGUEL P F FERREIRA	M4549		12:18:11	12:30:47	00:12:36
5041	PAULO COSTA	M4549		12:28:05	12:40:50	00:12:45
135	SERGIO PEREIRA	M2439	LOURES	12:17:18	12:30:04	00:12:46
5046	NUNO CESÁRIO	M4549	MOITA A CORRER	12:04:14	12:17:03	00:12:49
157	DANIEL FARINHA	M2439	SERVIÇOS SOCIAIS MONTEPIO	12:06:14	12:19:03	00:12:49
228	NUNO SABINO	M4044	Grupo Desportivo e Recreativo de Manique de Cima	12:05:16	12:18:06	00:12:50
5030	BERNARDO DIAS	M2439	AD IALBAX	12:18:09	12:30:59	00:12:50
208	PAULO COSTA	M2439	GDCF	12:18:20	12:31:10	00:12:50
271	NUNO MOLEIRO	M4044	BRUNOSEMPRE	12:00:27	12:13:18	00:12:51
198	LUÍS GONÇALVES	M4549		12:28:10	12:41:01	00:12:51
43	HUGO SANTOS	M4044	DIRTRUNNERS	12:10:40	12:23:32	00:12:52

141	HUGO ALMEIDA	M4044	OCR PORTUGAL	12:18:27	12:31:20	00:12:53
5005	LUIS FERREIRA	M5054	STJOAOLIVEIRATEAM	12:19:04	12:31:57	00:12:53
5036	DIOGO SOUSA	M2439	MARVILA JOVEM	12:22:16	12:35:11	00:12:55
91	IGOR SANTOS	M2439		12:15:32	12:28:28	00:12:56
273	DUARTE COSTA	M2439	BRUNOSEMPRE	12:16:45	12:29:46	00:13:01
300	ÁLVARO MARUJEIRO	M4044		12:28:39	12:41:40	00:13:01
20	FÁBIO TELES	M2439	TimonRun	12:32:25	12:45:27	00:13:02
172	CARLOS ANDRADE	M2439	CABARÉ DOS COXOS	12:10:30	12:23:34	00:13:04
230	NUNO PINTÃO	M4549		12:23:15	12:36:21	00:13:06
170	AMÉRICO PIMENTA	M5054		12:23:46	12:36:52	00:13:06
160	LEONARDO HOMEM	M2439	Academia Militar	12:14:11	12:27:18	00:13:07
217	ALEXANDRE SANTOS	M5054	SS CGD	12:17:22	12:30:31	00:13:09
163	MARTA FONSECA	F2439	Massamá	12:15:27	12:28:38	00:13:11
75	NUNO CARVALHO	M4044	GDCTIN CASA DA MOEDA	12:23:06	12:36:17	00:13:11
211	FRANSISCO PEDRO	M4549		12:28:27	12:41:38	00:13:11
5037	ISMAEL FAIZAL	M4044	MARVILA JOVEM	12:43:00	12:56:12	00:13:12
5013	MARCO MALTEZ	M2439		12:25:51	12:39:05	00:13:14
50	RUI ALEGRE	M2439	Lontra&Escalfeta	12:28:23	12:41:37	00:13:14
5029	NUNO CORREIA	M2439		12:22:59	12:36:13	00:13:14
259	nuno marques	M4044	Santana Futebol Club Trail Teem	12:25:57	12:39:13	00:13:16
260	BARBARA SÁ MARQUES	F2439	Santana Futebol Club Trail Teem	12:25:58	12:39:15	00:13:17
235	JOANA PEREIRA	F2439	rio de mouro	12:43:17	12:56:39	00:13:22
149	NUNO VERDASCA	M4549	ADA Desnível	12:27:35	12:41:00	00:13:25
5034	TIAGO CALDEIRA FERNANDES	M2439	AD IALBAX	12:18:13	12:31:39	00:13:26
126	FILIPPE PAULINO	M2439	ASSOCIAÇÃO VALE GRANDE	12:33:48	12:47:14	00:13:26
169	DIOGO FERREIRA	M2439		12:43:47	12:57:13	00:13:26
11	JOÃO PALMELA	M2439	Boavista Trail	12:19:06	12:32:34	00:13:28
46	PEDRO TAVARES	M2439		12:36:03	12:49:32	00:13:29
186	PEDRO SANTOS	M4044	INDIVIDUAL	12:12:06	12:25:36	00:13:30
94	JÚLIO SILVA	M5054	K9artaxo	12:15:53	12:29:24	00:13:31
262	CARLOS COSTA	M5054	AMIGOS VALE SILÊNCIO	12:37:46	12:51:19	00:13:33
190	LUIS SOUSA	M4044		12:26:19	12:39:53	00:13:34
93	MARINA MARQUES	F4549	RUN 4 FUN	12:37:36	12:51:10	00:13:34

66	CONCEIÇÃO ALVES	F5559	LESMAS ACELERADAS	12:26:31	12:40:07	00:13:36
182	NUNO CABEÇA	M4549		12:38:23	12:52:00	00:13:37
142	RICHARD WARRELL	M4044		12:22:03	12:35:40	00:13:37
9	ANTOINE LESECQ	M2439		12:37:42	12:51:21	00:13:39
23	JOÃO JORGE	M5054	JOBRINDE - MONTES SALOIOS	12:28:18	12:41:59	00:13:41
5044	ANTÓNIO PEREIRA	M4044	MOITA A CORRER	12:45:54	12:59:38	00:13:44
5048	JOSÉ NUNES	M5054		12:08:27	12:22:13	00:13:46
134	LUIS SANTOS	M5559	OCR PORTUGAL	12:20:39	12:34:25	00:13:46
232	CARLA HENRIQUES	F4044	HOUSEMARTINS BELAS	12:39:37	12:53:23	00:13:46
72	PAULO BAIONA	M4549	Cabare dos coxos	12:16:03	12:29:50	00:13:47
90	BRUNO DUQUE	M2439	SERVIÇOS SOCIAIS MONTEPIO GERAL	12:15:53	12:29:43	00:13:50
209	JOÃO MOITA	M2439	CABARÉ DOS COXOS	12:28:56	12:42:49	00:13:53
25	JOSÉ CARLOS AMARAL	M4549		12:28:53	12:42:47	00:13:54
57	MIGUEL PINHO	M0023	CORRER QUELUZ	12:30:03	12:43:57	00:13:54
104	VÂNIA MOREIRA	F2439		13:35:50	13:49:47	00:13:57
76	JOSÉ LIBERATO	M4044	GDCTIN CASA DA MOEDA	12:28:44	12:42:44	00:14:00
78	BRUNO PEDRO	M4044	VARITINTAS	12:19:02	12:33:06	00:14:04
14	DANIEL SAMPAIO	M4044	LisRunning CPA	12:37:49	12:51:55	00:14:06
110	VARELA SAO	F4044	CORRER QUELUZ	12:21:43	12:35:51	00:14:08
178	PEDRO SANGUINO	M2439	CLUBE NOVO BANCO	12:30:59	12:45:07	00:14:08
82	NUNO FREIRE	M2439		12:45:16	12:59:24	00:14:08
5009	RUI LUCIANO	M2439		12:34:18	12:48:27	00:14:09
40	FILIPA CURRALO	F4044		12:57:50	13:12:00	00:14:10
213	CARLOS LOURENÇO	M4044	LisRunning CPA	12:37:50	12:52:01	00:14:11
129	JOEL SOUSA	M2439		12:33:07	12:47:18	00:14:11
5042	BRUNO JORGE	M2439	Outdoor Clube de Setúbal - Strendure running Team	12:19:11	12:33:25	00:14:14
5	FILIPPE RAMALHO	M2439	CORRER SOC REC DA GRANJA	12:33:52	12:48:06	00:14:14
267	CARLOS PASCOA	M5054	AMIGOS VALE SILÊNCIO	12:17:54	12:32:11	00:14:17
5021	FERNANDO CÂNDIDO	M5054		12:18:37	12:32:55	00:14:18
6	FRANCISCO PACHECO	M4549	CORRER SOC REC DA GRANJA	12:17:55	12:32:14	00:14:19
36	HUGO GUERREIRO	M4044	VARITINTAS	12:23:47	12:38:08	00:14:21
5039	RICARDO RODRIGUES	M4044	ZOA	12:32:27	12:46:48	00:14:21
241	SÉRGIO ANTUNES	M5054	CLUBE ANACOM	12:57:27	13:11:48	00:14:21

243	SÉRGIO NUNES	M4044	WILD FAMILY & FRIENDS	13:00:23	13:14:52	00:14:29
245	TELMO REIS	M4044	WILD FAMILY & FRIENDS	13:00:22	13:14:52	00:14:30
145	NUNO DIAS	M2439	FORTÍSSIMOS RUNNING TEAM	13:04:33	13:19:03	00:14:30
5014	BRUNO JACQUET	M2439	Até à Meta	12:45:21	12:59:54	00:14:33
234	BRUNO VASCONCELOS MAIA	M2439		12:50:36	13:05:09	00:14:33
5045	HELDER MARQUES	M4044	MOITA A CORRER	12:33:11	12:47:45	00:14:34
248	NATHALIE RODRIGUES	F4044		12:36:36	12:51:10	00:14:34
5023	GRAÇA ROLDÃO	F5054	OS TUGAS	12:47:41	13:02:20	00:14:39
131	JOSE CASIMIRO	M2439		12:47:49	13:02:28	00:14:39
95	JOAQUIM CAEIRO	M4549	AlenMinho	12:45:13	12:59:53	00:14:40
175	ANA MONTEIRO	F5054	CLUBE NOVO BANCO	12:46:31	13:01:11	00:14:40
147	ROGÉRIO MORAIS	M5559	ADA Desnível	12:53:05	13:07:46	00:14:41
130	MATEUS VARGAS	M2439	Os Francisco Vargas	12:47:21	13:02:07	00:14:46
121	RITA BERNARDO	F2439	MARVILA JOVEM	12:50:55	13:05:41	00:14:46
100	ALEXANDRE JORGE	M4044	Zeus Team	12:40:06	12:54:52	00:14:46
151	PAULO REIS	M4549	ADA Desnível	12:53:56	13:08:42	00:14:46
155	LUIS ALMEIDA	M5559	CABARÉ DOS COXOS	13:18:02	13:32:55	00:14:53
5020	LUIS SPENCER MONTEIRO	M5054	Luis Spencer	12:40:39	12:55:32	00:14:53
719	PAULA MAGALHÃES	F4549	CABARÉ DOS COXOS	13:18:01	13:32:55	00:14:54
19	FILIPPE RITO	M2439	CABARÉ DOS COXOS	13:18:01	13:32:55	00:14:54
31	LILIANA RODRIGUES	F4044	CABARÉ DOS COXOS	13:17:59	13:32:53	00:14:54
28	CLAUDIA MACARA	F4549	CABARÉ DOS COXOS	13:18:00	13:32:55	00:14:55
56	CARLOS ANDRADE	M4044	RFR da Póvoa de Santa Iria	13:00:50	13:15:46	00:14:56
196	VITOR AZEVEDO	M4044	ASAS NOS PÉS	12:27:00	12:41:58	00:14:58
102	AMTÓNIO PINTO	M5559	QUELUZ	12:53:26	13:08:32	00:15:06
195	LUÍS GOMES	M2439	SS CGD	12:35:15	12:50:22	00:15:07
2	ANTÓNIO GONÇALVES	M5054	Santana Futebol Clube-Trail Team	13:34:40	13:49:47	00:15:07
64	CARLOS SILVA	M2439	FORTÍSSIMOS RUNNING TEAM	13:05:39	13:20:46	00:15:07
187	ANA SANTOS	F2439	CORRER QUELUZ	12:53:29	13:08:38	00:15:09
89	JOÃO SERRA	M4549	Tranquilidade Atletismo Clube	12:38:32	12:53:42	00:15:10
10	JOÃO CANHOTO	M4549	CORRER LOURES	12:32:16	12:47:28	00:15:12
49	CARLOS CORREIA	M4549	CLUBE AVENTURA DE MONFORTE	12:46:48	13:02:02	00:15:14
158	SUSANA GOMES	F4549	VALEJAS AC	12:43:44	12:58:59	00:15:15

218	GI SELA PINHAL	F2439	OCR PORTUGAL LAB	12:42:59	12:58:15	00:15:16
16	JOÃO GAMEIRO	M2439	CABARÉ DOS COXOS	12:46:45	13:02:01	00:15:16
207	CARLOS GRADE	M4044	Grupo Desportivo e Recreativo de Manique de Cima	12:23:39	12:38:58	00:15:19
223	SERGIO AMARAL	M4044	SS CGD	12:40:30	12:55:49	00:15:19
33	JOÃO CRUZ	M4044		13:06:18	13:21:37	00:15:19
144	JOSÉ MARTINS	M5559	GDM	12:49:11	13:04:32	00:15:21
176	JOAQUIM MONTEIRO	M5054	CLUBE NOVO BANCO	13:06:18	13:21:40	00:15:22
3	SONIA SEQUEIRA	F4044	LINDA-A-PASTORA SPORTING CLUBE	12:50:33	13:05:58	00:15:25
114	CRISTIANA MALHAO	F2439	Murteira	13:19:07	13:34:33	00:15:26
68	LUISA PISCO	F5559	LESMA ACELERADAS	12:49:06	13:04:34	00:15:28
242	MIGUEL PINA	M2439	BIGUP	13:19:10	13:34:38	00:15:28
221	BRUNO PROENÇA	M2439		12:11:24	12:26:53	00:15:29
219	ALEXANDRE APOSTOLO	M4044		12:49:24	13:04:53	00:15:29
222	MARIO BATISTA	M4044	ADA Desnivel	12:49:25	13:04:55	00:15:30
5012	BRUNO NEVES	M2439		12:54:20	13:09:51	00:15:31
118	FRANCISCO AFONSO	M5559	RUN 4 FUN	12:45:37	13:01:09	00:15:32
132	JOÃO BRANQUINHO	M2439		12:43:14	12:58:49	00:15:35
224	JOÃO CAETANO	M4549		12:11:18	12:26:54	00:15:36
108	CARLOS SÁ	M4549	MANOS SÁ	12:34:38	12:50:15	00:15:37
239	MARIA DUARTE	F5054	CORRER LOURES	12:40:52	12:56:30	00:15:38
27	ANDRE DIAS	M2439	A2el - Publicidade	12:57:28	13:13:07	00:15:39
77	CARLOS NOGUEIRA	M4549	CABARÉ DOS COXOS	12:46:29	13:02:09	00:15:40
261	SÓNIA DE JESUS	F4044	TRILHOS DO COSTUME	12:46:30	13:02:13	00:15:43
220	LUIS FONSECA	M4044	NOS Perdidos	12:49:27	13:05:12	00:15:45
51	ISABEL DIAS	F5054	SS CGD	12:53:07	13:08:52	00:15:45
84	JOAO CARLOS SANTOS	M2439	SERVIÇOS SOCIAIS MONTEPIO	12:35:47	12:51:35	00:15:48
212	TERESA SOUSA	F4549		12:53:07	13:08:55	00:15:48
124	MARIA PUGA	F5054	O MUNDO DA CORRIDA	12:52:43	13:08:33	00:15:50
39	HUGO FERREIRA	M4044		12:41:10	12:57:02	00:15:52
4	CARLA MARTINS	F4044	CABARÉ DOS COXOS	13:19:06	13:34:58	00:15:52
41	PAULO BATISTA	M4549		12:41:25	12:57:21	00:15:56
5019	ARTUR GAIO	M2439	TAC - Tranquilidade	12:46:23	13:02:19	00:15:56
165	VITOR AFONSO LOURENÇO	M5054	JOBRINDE - MONTES SALOIOS	12:53:08	13:09:07	00:15:59

119	BRUNO LUCAS	M4044	Namnori	13:03:06	13:19:13	00:16:07
171	AMÉRICO RODRIGUES	M5559	HOUSEMARTINS	12:26:30	12:42:40	00:16:10
29	CARLOS VILAFANHA	M5559	LISBOA	12:59:56	13:16:07	00:16:11
236	NUNO COSTA	M4549	SS CGD	12:48:09	13:04:29	00:16:20
233	ALVARO FERREIRA	M5054	Renault Run Club	12:48:56	13:05:18	00:16:22
123	HENRIQUE SACADURA	M6099		13:03:11	13:19:41	00:16:30
5018	JOSÉ BRÁS	M5054	TARTARUGAS SOLIDÁRIAS	13:08:49	13:25:20	00:16:31
21	BRUNO MONTEIRO	M4044	TÁLENTOS TEAM	13:08:47	13:25:19	00:16:32
13	ANA SANTOS	M2439	AS MÁQUINAS	13:13:54	13:30:28	00:16:34
5010	LUIS OLIVEIRA	M2439		12:50:45	13:07:32	00:16:47
117	RUI MARTINS	M4549		13:12:34	13:29:31	00:16:57
197	IRYNA DYACHOK	F4044	HOUSEMARTINS BELAS	13:27:39	13:44:37	00:16:58
32	BRUNO FERREIRA	M2439	Outdoor Clube de Setúbal - Strendure running Team	12:15:16	12:32:25	00:17:09
67	FERNANDA PEDRALVA	F4549		13:13:56	13:31:06	00:17:10
83	ANTONIO REGO	M4549	RUN 4 FUN	13:12:36	13:29:49	00:17:13
214	MARGARIDA COELHO	F5054		12:49:43	13:07:06	00:17:23
5011	AURELIANO DA LUZ	M4044	AS MÁQUINAS	12:59:27	13:16:54	00:17:27
55	RUI RODRIGUES	M5054	OS TUGAS	12:48:29	13:05:59	00:17:30
37	SÓNIA ENVIA	F4044		13:27:42	13:45:19	00:17:37
71	LUIS CORREIA	M4044	Power Runner	12:52:09	13:09:53	00:17:44
5040	JOAO FERNANDES	M2439		12:50:18	13:08:18	00:18:00
200	LUIS ALMEIDA	M5559	LisRunning CPA	13:27:51	13:46:06	00:18:15
148	CATHERINE DE FREITAS	F5559	ADA Desnível	13:25:30	13:43:59	00:18:29
85	ANA MELO	F4044	RUN 4 FUN	13:23:11	13:41:49	00:18:38
146	ANA SANCHO	F5054	ADA Desnível	13:51:26	14:10:07	00:18:41
161	CARLA ATILHÓ	F4044	Santana Futebol Clube - Trail Team	13:31:13	13:49:54	00:18:41
150	SUSANA GOMES	F4044	ADA Desnível	13:51:26	14:10:09	00:18:43
215	ANTÓNIO SIMÕES SIMÕES	M6099	Pisa-Rochas	13:09:07	13:28:21	00:19:14
122	GISELA PADRE	F4044		13:25:54	13:45:10	00:19:16
229	PAULA SIMÕES	F2439	Grupo Desportivo e Recreativo de Manique de Cima	13:01:25	13:21:24	00:19:59
128	JORGE CAMOESAS	M2439	AMADORA	13:02:41	13:22:54	00:20:13
15	RICARDO CARVALHO	M4044	CDCR CTT	13:26:23	13:46:42	00:20:19
199	BRUNO ABRANTES	M4044	Massamá	13:11:53	13:32:26	00:20:33

22	SANDRA ARRAIAS	F2439	OS ARRAIAS	10:42:02	13:04:21	02:22:19
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