

Pos	Dorsal	Atleta	Equipa	Categoria	Pos Cat	20.5 km	Ritmo	Tempo
1	119	Sérgio Correia	ZONA ALTA TRAIL	SEN M	1	01:50:16	05:33	02:35:30
2	88	Bruno Pereira		M40	1	01:52:07	05:41	02:39:36
3	44	Jose Rosario	Porto de Mos a Correr	M45	1	01:50:15	05:42	02:40:00
4	117	João Fernandes	ZONA ALTA TRAIL	SEN M	2	01:52:15	05:47	02:42:11
5	106	Filipe Costa	Clube Desportivo de Espite	SEN M	3	01:50:28	05:53	02:45:04
6	116	André Rosário	ZONA ALTABTRAIL	SEN M	4	01:56:05	06:01	02:48:34
7	43	Joao Pedro Alves	G.R.Corredoura	SEN M	5	01:55:47	06:03	02:49:41
8	90	Micael Costa	Clube Desportivo de Espite	SEN M	6	01:55:51	06:06	02:50:57
9	217	Fernando Rosa	Ansião	SEN M	7	01:55:40	06:11	02:53:35
10	118	Miguel Ribeiro	ZONA ALTA TRAIL	M40	2	02:00:46	06:12	02:53:52
11	62	Ricardo Mordomo	Clube Desportivo de Espite	SEN M	8	02:00:00	06:16	02:55:57
12	141	Diogo Pimenta	DCI/ TRILHOS LUSO BUSSACO	SEN M	9	01:59:40	06:17	02:56:15
13	176	Rui Fernandes		M45	2	02:03:20	06:22	02:58:43
14	134	Nuno Coelho	MONTANHA CLUBE TRAIL RUNNING/ EFAPEL	SEN M	10	02:03:59	06:24	02:59:41
15	165	Fernando Ferreira	União FCI de Tomar	SEN M	11	02:04:00	06:24	02:59:42
16	30	Jorge Pedroso	Amigos Atletismo Mafra	M45	3	02:04:00	06:24	02:59:42
17	107	Ricardo Gonçalves	CP CMP	SEN M	12	02:08:23	06:33	03:03:47
18	41	João Tomás	G.R.Corredoura	SEN M	13	02:06:48	06:33	03:03:51
19	147	Carlos Ferreira	Caracol Trail Team	M50	1	02:11:23	06:43	03:08:21
20	110	Gil Vicente	Caracol Trail Team	M45	4	02:11:24	06:43	03:08:21
21	98	Gonçalo Ferreira	LIZ RUNNERS	SEN M	14	02:08:40	06:44	03:09:01
22	135	Carlos Mendes	Caracol Trail Team	SEN M	15	02:11:22	06:46	03:10:01
23	226	João Costa	Sabores do Paço/Zatopeques	M45	5	02:12:01	06:49	03:11:13
24	65	Humberto Gonçalves		M40	3	02:09:49	06:50	03:11:57
25	216	Rui Cadete	LAMA SOLTA	M40	4	02:13:37	06:54	03:13:19
26	32	Miguel Bertolo	Sabores do Paço/Zatopeques	SEN M	16	02:12:01	06:58	03:15:36
27	21	João Ferreira	Porto de Mos a Correr	SEN M	17	02:07:33	07:00	03:16:12
28	15	Cesar Coelho	GRF Benedita - Atletismo	M40	5	02:09:29	07:02	03:17:18
29	173	Manuel Cabete	Moinhos da Gândara Trail	M50	2	02:15:11	07:03	03:17:39
30	174	Jorge Serrazina		M60	1	02:14:58	07:06	03:19:00
31	94	Fábio Lamas		M40	6	02:12:52	07:09	03:20:31
32	42	Vanda Santos	TopGym	SEN F	1	02:15:34	07:11	03:21:11
33	48	Pedro Cruz	ETX Portugal	M40	7	02:16:43	07:11	03:21:18
34	144	Paulo Valentim	CRP - Ribafria	M45	6	02:11:46	07:12	03:21:51
35	179	Daniel Silva	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	SEN M	18	02:20:26	07:14	03:22:56
36	40	Délio Nunes	Vespinga Saudável - FET	M45	7	02:19:50	07:17	03:24:22
37	167	Carlos António	Não dá +	M40	8	02:16:41	07:18	03:24:59
38	28	Simao Castro	Coimbra Trail Running	M40	9	02:19:24	07:20	03:25:30
39	100	Rui Gonçalves	TRANSFOR TEAM	M40	10	02:21:43	07:20	03:25:35
40	25	João Farinhas	Tálenos Team	M45	8	02:20:02	07:22	03:26:40
41	14	Ricardo Goncalves	Vespinga Saudável - FET	M45	9	02:19:50	07:23	03:27:01
42	73	Ricardo Valente	NÃO FAZEMOS NEM MAIS UM... KM	M50	3	02:25:02	07:27	03:29:06
43	105	Paulo Sá		M45	10	02:25:01	07:28	03:29:21
44	180	Sandro Jordão	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	SEN M	19	02:21:18	07:29	03:29:47

Pos	Dorsal	Atleta	Equipa	Categoria	Pos Cat	20.5 km	Ritmo	Tempo
45	122	João Salgueiro	LIZ RUNNERS	M45	11	02:23:16	07:34	03:32:19
46	17	Marco Nazaré	Sabores do Paço/Zatopeques	M40	11	02:23:18	07:35	03:32:40
47	53	Jorge Vieira	Porto de Mos a Correr	SEN M	20	02:29:07	07:35	03:32:43
48	164	Jose Manuel Marques Ferreira	Painho trail	M45	12	02:23:44	07:36	03:33:15
49	46	Antonio Almeida		M45	13	02:23:17	07:37	03:33:29
50	103	Jorge Rodrigues	CSCD NORTE e SOURE	M45	14	02:18:39	07:38	03:34:01
51	203	André Bento	G.R.Corredoura	SEN M	21	02:16:34	07:38	03:34:16
52	162	Leonel Cordeiro	Porto de Mos a Correr	M45	15	02:24:15	07:39	03:34:17
53	96	Romão Correia		M40	12	02:19:53	07:39	03:34:41
54	54	Rafal Pietrzakowski	Vege Runners	M40	13	02:24:25	07:39	03:34:42
55	27	Rui Marques Da Silva	Salamandrecos	M45	16	02:27:56	07:40	03:34:51
56	80	Lina Marques	CLAC Entroncamento/OndaTrilhos	F40	1	02:27:09	07:41	03:35:37
57	76	João Lopes	CLAC Entroncamento/OndaTrilhos	M45	17	02:29:18	07:41	03:35:37
58	143	Joaquim Teixeira	Caracol Trail Team	M60	2	02:29:09	07:44	03:36:43
59	9	Nelson Santos	Caldas Corre +	SEN M	22	02:26:07	07:44	03:36:49
60	59	Rodolfo Deyllot	Porto de Mos a Correr	M50	4	02:29:17	07:44	03:37:04
61	121	Pedro Barros	Os Tolinhos	M40	14	02:23:15	07:45	03:37:28
62	221	Nicola Reis	FuraTeam	SEN M	23	02:27:12	07:46	03:37:58
63	222	Mickael Reis	FuraTeam	SEN M	24	02:27:12	07:46	03:37:58
64	171	Rita Eusébio	Vespinga Saudável - FET	SEN F	2	02:29:16	07:47	03:38:10
65	124	Tiago Esperança		M40	15	02:34:38	07:50	03:39:55
66	61	Dany Alexandre Ramos Grilo	Grupo Alegre Unido Bajouca	SEN M	25	02:32:02	07:51	03:40:07
67	72	Pedro Nogueira		M40	16	02:32:07	07:56	03:42:26
68	200	Jose Fialho	Porto de Mos a Correr	M40	17	02:29:12	07:58	03:43:22
69	131	Paulo Crespo	Porto de Mos a Correr	M45	18	02:31:38	07:59	03:43:51
70	83	Carina Silva	CLAC Entroncamento/OndaTrilhos	SEN F	3	02:31:52	07:59	03:43:51
71	63	Bruno Couto	SkyLevanta Team	SEN M	26	02:27:11	07:59	03:44:03
72	39	Vitor Diniz	Tomar Runners	M45	19	02:35:04	08:02	03:45:35
73	36	Samuel Margarido	OCR Portugal LAB	SEN M	27	02:25:13	08:03	03:45:35
74	156	Márcio Madeira	LIZ RUNNERS	M40	18	02:27:38	08:05	03:46:35
75	64	Arlete Santos	SkyLevanta Team	F40	2	02:37:13	08:05	03:46:48
76	60	Manuel Rosa Victorino	CCD ALVITEJO	M60	3	02:34:49	08:05	03:46:51
77	182	Luis Marques	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	M45	20	02:39:05	08:07	03:47:42
78	109	Helder Roque		SEN M	28	02:35:50	08:07	03:47:49
79	186	Diogo Viana		SEN M	29	02:34:22	08:07	03:47:50
80	161	Nuno José	ADRM	SEN M	30	02:34:21	08:07	03:47:52
81	5	Paula Branco	União FCI de Tomar	F45	1	02:38:14	08:08	03:48:01
82	120	Ana Tomé	ZONA ALTA TRAIL	F45	2	02:39:36	08:09	03:48:19
83	16	Nuno Vitorino	ADRM	SEN M	31	02:34:19	08:09	03:48:53
84	125	Bruno Branquinho		SEN M	32	02:32:28	08:11	03:49:19
85	163	Paula Pita	Porto de Mos a Correr	F40	3	02:37:07	08:11	03:49:32
86	213	José Carlos Prazeres	Vespinga Saudável - FET	M40	19	02:29:07	08:11	03:49:36
87	133	Daniel Silvério	G.D.R. São Francisco da Serra	M40	20	02:34:55	08:12	03:49:58
88	84	Pedro Anjos	CLAC Entroncamento/OndaTrilhos	M40	21	02:31:42	08:12	03:50:05

Pos	Dorsal	Atleta	Equipa	Categoria	Pos Cat	20.5 km	Ritmo	Tempo
89	10	Joao Santos	Os Tolinhos	SEN M	33	02:34:48	08:12	03:50:12
90	146	Avelino Alves	Santa Ana, Lda.	M55	1	02:31:22	08:14	03:50:50
91	77	Pedro Dias	CLAC Entroncamento/OndaTrilhos	SEN M	34	02:32:38	08:14	03:51:05
92	75	José Marçal	CLAC Entroncamento/OndaTrilhos	M55	2	02:34:38	08:16	03:51:42
93	151	Mário Fernandes	EM'Força - Corremos com a Esclerose Múltipla	M45	21	02:39:05	08:16	03:52:00
94	89	Anabela Remédios		F45	3	02:37:06	08:17	03:52:17
95	168	Andreia Manuela Parreiras	mrrunners	SEN F	4	02:34:49	08:18	03:52:42
96	126	Luis M Lopes	Vespinga Saudável - FET	M40	22	02:29:56	08:19	03:53:17
97	132	Bernardo Carreira	calhambeque	SEN M	35	02:35:11	08:19	03:53:31
98	158	Miguel Correia	NÃO FAZEMOS NEM MAIS UM... KM	M40	23	02:39:29	08:20	03:53:53
99	172	Pedro Lucas	NÃO FAZEMOS NEM MAIS UM... KM	M45	22	02:39:29	08:20	03:53:53
100	37	Eduardo Meireles	Umelga Runners	M55	3	02:37:06	08:23	03:54:52
101	153	José Lemos	Os Tolinhos	M55	4	02:38:06	08:25	03:56:11
102	201	Sónia Filipe	Os Tolinhos	SEN F	5	02:44:20	08:27	03:56:58
103	194	Luís Nunes	Clube Atletismo de Óbidos	M60	4	02:41:11	08:27	03:56:58
104	139	Thaís Freitas	Ninho Team	SEN F	6	02:40:49	08:27	03:57:06
105	67	João Batista	Gim Running Team	SEN M	36	02:36:17	08:28	03:57:23
106	160	José Alves	ADRM	M50	5	02:39:00	08:28	03:57:26
107	31	Hugo Feliciano		M40	24	02:34:14	08:29	03:57:36
108	113	Nelson Ferreira Filipe	Cavalinhos Runners	SEN M	37	02:36:09	08:34	04:00:07
109	208	João Miguel F Pires	Strendure Running Team	M40	25	02:34:46	08:37	04:01:46
110	78	Nelson Pereira	CLAC Entroncamento/OndaTrilhos	M45	23	02:42:11	08:38	04:02:12
111	177	Bruno Fonseca		SEN M	38	02:35:04	08:38	04:02:20
112	87	Sérgio Gonçalves	HOTEL TRYP COLINA DO CASTELO	SEN M	39	02:44:21	08:42	04:03:52
113	49	Faustino Matos		M40	26	02:45:25	08:46	04:05:49
114	12	Daniel Cavalheiro		M40	27	02:45:06	08:46	04:05:49
115	190	Mafalda Lourenço	Puxa por Ti	F40	4	02:47:45	08:52	04:08:35
116	145	Nelson Oliveira		M40	28	02:37:13	08:52	04:08:37
117	166	Filipe Eusébio		M40	29	02:37:28	08:53	04:08:56
118	155	Manuel Gaspar	Jáestrada	M55	5	02:43:59	08:53	04:08:59
119	68	José Martins	Clube Veteranos do Lis	M50	6	02:49:00	08:55	04:09:59
120	47	Flavio Carreira	Trilho do castelejo	SEN M	40	02:36:07	08:57	04:11:10
121	218	Nelson Sousa	CA Caranguejeira	M40	30	02:41:27	08:58	04:11:33
122	57	Paula Falacho		F40	5	02:49:57	08:58	04:11:41
123	93	Helder Pereira	Os Tolinhos	M45	24	02:40:49	08:59	04:11:42
124	13	Pedro Quadrio	Bruxos Runners Arruda dos Vinhos	M45	25	02:47:53	08:58	04:11:42
125	6	Pedro Daniel Correia	Leiria	M45	26	02:46:36	09:00	04:12:32
126	198	Marco Bernardino		M40	31	02:52:32	09:02	04:13:22
127	185	Ana Bárbara		SEN F	7	02:52:43	09:03	04:13:55
128	111	Paulo Lima		M40	32	02:49:01	09:03	04:13:56
129	52	Filipe Ferreira		M40	33	02:41:28	09:04	04:14:14
130	91	Nuno Jacinto	Gang do Amendoim	M45	27	02:43:40	09:06	04:15:19
131	70	Cristóvão Casimiro	NÃO FAZEMOS NEM MAIS UM... KM	M45	28	02:51:54	09:09	04:16:30
132	142	Orlando Gabriel Da Silva Ferreira	Sabores do Paço/Zatopeques	M60	5	02:52:28	09:13	04:18:22

Pos	Dorsal	Atleta	Equipa	Categoria	Pos Cat	20.5 km	Ritmo	Tempo
133	225	Gonalo Sousa	Crossfit Fatima	SEN M	41	02:41:49	09:15	04:19:24
134	23	Ivone Vieira	Porto de Mos a Correr	F45	4	02:54:33	09:16	04:19:36
135	148	Ana Amado	Porto de Mos a Correr	SEN F	8	02:54:33	09:15	04:19:36
136	22	Luis Bartolomeu	Destravados	M45	29	02:53:10	09:15	04:19:38
137	85	Pedro Costa Pereira	HOTEL TRYP COLINA DO CASTELO	M45	30	02:47:21	09:20	04:21:37
138	140	Renato Loureno	CRP - Ribafria	SEN M	42	03:01:26	09:20	04:21:46
139	195	Jorge Galhispo	Caranguejeira	M45	31	03:01:32	09:20	04:21:51
140	138	Octvio Lopes	Vespinga Saudvel - FET	M40	34	03:01:32	09:20	04:21:51
141	152	Bernardo Melo		SEN M	43	02:51:28	09:22	04:22:56
142	102	Hugo Faria	Vespinga Saudvel - FET	M40	35	02:53:45	09:24	04:23:39
143	82	Marco Pedro	CLAC Entroncamento/OndaTrilhos	M40	36	02:55:24	09:25	04:23:47
144	29	Oscar Oliveira	Sabores do Pao/Zatopeques	M50	7	02:50:48	09:26	04:24:35
145	224	Joao Reis		SUB23 M	1	02:51:59	09:26	04:24:36
146	189	Jos Eufsio	CLUVE	M60	6	03:05:52	09:29	04:25:55
147	211	Rita Fialho		SUB23 F	1	03:01:21	09:40	04:31:00
148	212	Andr Bento		SEN M	44	03:01:19	09:40	04:31:00
149	86	Tiago Gonalves	HOTEL TRYP COLINA DO CASTELO	SEN M	45	02:56:59	09:41	04:31:21
150	215	Susana Castro	Trail Runners Family	F40	6	03:03:59	09:43	04:32:10
151	214	Fernando Marques	Trail Runners Family	M40	37	03:03:55	09:43	04:32:11
152	71	Antnio Folgado	LIZ RUNNERS	M55	6	02:56:09	09:42	04:32:12
153	207	Pedro Amaral	HERE FOR BEER	M50	8	03:01:57	09:44	04:32:56
154	108	Horcio Alexandre	CP CMP	M55	7	02:58:05	09:53	04:37:00
155	202	John Kelly	AC Batalha	M50	9	02:52:36	09:53	04:37:01
156	8	Pedro Santos	Porto de Ms	SEN M	46	03:00:42	09:53	04:37:01
157	56	Gordana Micanovic		F40	7	03:07:15	09:53	04:37:02
158	55	Ana Paz		SEN F	9	03:07:15	09:57	04:39:13
159	175	Diogo Silva		SEN M	47	03:01:11	09:59	04:39:57
160	19	Mario Silva	TAU RUNNERS	M55	8	03:07:28	09:59	04:40:03
161	74	Ernesto Parente	Uno FCI de Tomar	M50	10	03:04:34	10:01	04:40:56
162	157	Osvaldo Pinto	Caminheiros do Alentejo	SEN M	48	03:00:43	10:01	04:41:10
163	170	Marta Ribeiro	Os Tolinhos	F40	8	03:07:26	10:03	04:41:38
164	7	Amadeu Carvalho	Bruxos Runners Arruda dos Vinhos	M50	11	03:09:23	10:11	04:45:34
165	123	Ana Gomes	LIZ RUNNERS	F40	9	03:11:54	10:15	04:47:22
166	149	Regina Maria Serra Fernandes	LIZ RUNNERS	SEN F	10	03:11:53	10:15	04:47:22
167	35	Paula Ventura	Associao Vale Grande	F45	5	03:17:56	10:22	04:50:53
168	209	Hugo Oliveira	ANTeam	M40	38	03:17:56	10:23	04:50:55
169	220	Ana Favas	NO FAZEMOS NEM MAIS UM... KM	SEN F	11	03:15:38	10:26	04:52:31
170	219	Paulo Santos	NO FAZEMOS NEM MAIS UM... KM	M40	39	03:16:18	10:26	04:52:32
171	11	Marco Paulo Costa	37 TEAM	M40	40	03:02:52	10:28	04:53:15
172	38	Tiago Cordeiro	38 TEAM	SEN M	49	03:02:52	10:28	04:53:16
173	223	Joo Paulo Queirs	C.C.C.Coimbra	M50	12	03:02:14	10:28	04:53:30
174	20	Sonia Neto	Tomar Runners	F40	10	03:19:35	10:31	04:54:50
175	136	Antnio Trindade	CALMA - Tomar	M50	13	03:19:40	10:31	04:54:51
176	95	Marco Monteiro		M40	41	03:15:54	10:35	04:56:48

Pos	Dorsal	Atleta	Equipa	Categoria	Pos Cat	20.5 km	Ritmo	Tempo
177	104	Pedro Gonçalves	NÃO FAZEMOS NEM MAIS UM... KM	M40	42	03:21:59	10:37	04:57:55
178	129	Jose Baptista	LIZ RUNNERS	M55	9	03:07:10	10:43	05:00:32
179	150	Ana Marques	Scalabis night runners	F40	11	03:26:49	10:53	05:05:11
180	206	Gabriela Rodrigues		F40	12	03:24:57	10:59	05:07:55
181	66	Sérgio Pimenta		M40	43	03:26:50	11:12	05:14:17
182	58	Diogo Simão		SEN M	50	03:25:00	11:12	05:14:18
183	128	Carlos Xavier		M40	44	03:21:45	11:16	05:16:07
184	18	Frederico Tiago		SEN M	51	03:33:24	11:44	05:29:01
185	99	Luís Ferreira	Hotel Tryp Colina do Castelo	M40	45	03:06:30	11:46	05:29:41
186	51	Marco Cachinho	Kaninos	SEN M	52	03:35:46	12:03	05:37:46
187	187	Sofia Portela	NÃO FAZEMOS NEM MAIS UM... KM	F40	13	03:51:47	12:03	05:37:48
188	999	Pedro Machado	Shots International Runners / Kansha	M40	46	03:51:48	12:03	05:37:54