

| #                | Nome                          | Equipa                                    | Dorsal | Tempo        | Diferença    |
|------------------|-------------------------------|-------------------------------------------|--------|--------------|--------------|
| <b>MASCULINO</b> |                               |                                           |        |              |              |
| 1                | Vasco Agostinho               | G.D.R. São Francisco da Serra             | 196    | 00:57:21.159 | ----         |
| 2                | Artur vinhais                 | Team cshotel                              | 15     | 00:57:51.653 | 00:00:30.494 |
| 3                | Tito Pereira                  | G.D.R. São Francisco da Serra             | 197    | 00:57:56.386 | 00:00:35.227 |
| 4                | António Rosado                | G.D.R. São Francisco da Serra             | 194    | 00:58:03.152 | 00:00:41.993 |
| 5                | Artur moreira                 | Interfer                                  | 75     | 00:58:10.663 | 00:00:49.504 |
| 6                | José Pires                    | CDR Ribeirinho                            | 79     | 00:58:13.652 | 00:00:52.493 |
| 7                | Pedro Garcia                  | FVF F Clube                               | 142    | 00:58:45.404 | 00:01:24.245 |
| 8                | José Carlos                   | Clube Desportivo Recreativo Ribeirinho    | 62     | 00:58:50.596 | 00:01:29.437 |
| 9                | João Cruz                     | Escola de Atletismo do Montijo-A.F.D.D    | 174    | 00:59:10.852 | 00:01:49.693 |
| 10               | Faustino Pereirinha           | Escola de Atletismo do Montijo-A.F.D.D    | 175    | 00:59:32.896 | 00:02:11.737 |
| 11               | Godinho Ramos                 | Pinhal Novo a Correr                      | 115    | 01:00:23.388 | 00:03:02.229 |
| 12               | Raúl carvalho                 | Escola de Atletismo do Montijo-A.F.D.D    | 176    | 01:00:41.134 | 00:03:19.975 |
| 13               | Manuel furtado Jacinto        | Clube pracas armada ( CPA)                | 99     | 01:00:48.383 | 00:03:27.224 |
| 14               | Luís Pereira                  | G.D.R. São Francisco da Serra             | 199    | 01:01:38.883 | 00:04:17.724 |
| 15               | Gonçalo Cardoso               | 3Cs - CORK                                | 166    | 01:01:40.334 | 00:04:19.175 |
| 16               | Carlos Andre Aniceto          | ----                                      | 207    | 01:01:42.395 | 00:04:21.236 |
| 17               | Fernando Ferreira             | Tálenos Team                              | 47     | 01:01:43.650 | 00:04:22.491 |
| 18               | Pedro Costa                   | Run Crew Trail Montijo                    | 68     | 01:01:57.886 | 00:04:36.727 |
| 19               | Luis Faustino                 | ----                                      | 120    | 01:01:57.886 | 00:04:36.727 |
| 20               | David Silva                   | C.D.R.RIBEIRINHO                          | 103    | 01:01:58.629 | 00:04:37.470 |
| 21               | Mário Parreira                | Pinhal Novo a Correr                      | 185    | 01:02:09.870 | 00:04:48.711 |
| 22               | Renato Maurício               | Pinhal Novo a Correr                      | 114    | 01:02:17.942 | 00:04:56.783 |
| 23               | Aristides Bordalo             | ----                                      | 122    | 01:02:20.830 | 00:04:59.671 |
| 24               | Mário Moita                   | Pinhal Novo a Correr                      | 148    | 01:02:32.143 | 00:05:10.984 |
| 25               | António Manuel Esteves Silva  | Pinhal Novo a Correr                      | 211    | 01:02:36.120 | 00:05:14.961 |
| 26               | José Mendes                   | Individual                                | 168    | 01:02:57.378 | 00:05:36.219 |
| 27               | Eduardo Gomes                 | ----                                      | 208    | 01:03:07.127 | 00:05:45.968 |
| 28               | José António Simões Rodrigues | Pernas Tortas                             | 71     | 01:03:50.078 | 00:06:28.919 |
| 29               | Carlos Batista                | ----                                      | 164    | 01:04:16.610 | 00:06:55.451 |
| 30               | Daniel Zeferino               | ----                                      | 94     | 01:04:16.610 | 00:06:55.451 |
| 31               | Miguel Dias                   | Run Crew Trail Montijo                    | 53     | 01:10:35.309 | 00:13:14.150 |
| 32               | Arsénio Fernandes             | ARSM - Associação Recreativa de S. Miguel | 216    | 01:10:45.053 | 00:13:23.894 |
| 33               | Fábio Marques                 | Escola de Atletismo do Montijo-A.F.D.D    | 180    | 01:10:45.310 | 00:13:24.151 |
| 34               | José Canoa                    | gafanhori                                 | 149    | 01:10:45.310 | 00:13:24.151 |
| 35               | Claudio mestre                | ----                                      | 96     | 01:10:45.812 | 00:13:24.653 |
| 36               | Miguel Mendes                 | ----                                      | 169    | 01:13:19.332 | 00:15:58.173 |
| 37               | Rui Jorge                     | CDRRibeirinho                             | 80     | 01:14:01.283 | 00:16:40.124 |
| 38               | Luís Silva                    | GABCO                                     | 218    | 01:17:08.262 | 00:19:47.103 |
| 39               | João Sousa                    | Correr Lisboa                             | 217    | 01:18:13.694 | 00:20:52.535 |
| 40               | Carlos Amaro                  | Run for Friends                           | 28     | 01:18:32.747 | 00:21:11.588 |
| 41               | Hugo Gomes                    | Run for Friends                           | 16     | 01:18:33.493 | 00:21:12.334 |
| 42               | Rui Manuel de Oliveira Duarte | ----                                      | 85     | 01:20:31.976 | 00:23:10.817 |
| 43               | João Pinto                    | Run for Friends                           | 17     | 01:21:25.477 | 00:24:04.318 |

| #  | Nome                       | Equipa                                 | Dorsal | Tempo        | Diferença    |
|----|----------------------------|----------------------------------------|--------|--------------|--------------|
| 44 | Luís Miguel Chibeles Nunes | -----                                  | 212    | 01:21:42.424 | 00:24:21.265 |
| 45 | Pedro                      | Moita Running                          | 134    | 01:22:16.210 | 00:24:55.051 |
| 46 | Luís Miguel Falé Gomes     | Moita Running                          | 135    | 01:22:16.723 | 00:24:55.564 |
| 47 | Arménio da Silva Albino    | -----                                  | 139    | 01:22:37.218 | 00:25:16.059 |
| 48 | Rui Manuel Claudino Raposo | Amiciclo Grândola                      | 189    | 01:22:42.708 | 00:25:21.549 |
| 49 | Mário Miranda              | Pinhal Novo a Correr                   | 183    | 01:23:55.947 | 00:26:34.788 |
| 50 | João Pereira               | Pinhal Novo a Correr                   | 191    | 01:24:13.201 | 00:26:52.042 |
| 51 | João Manuel Neves          | Run Crew Trail Montijo                 | 153    | 01:25:44.378 | 00:28:23.219 |
| 52 | Luís Martins               | Sercaca                                | 143    | 01:25:49.933 | 00:28:28.774 |
| 53 | Pedro Estevens             | CDRRibeirinho                          | 77     | 01:27:42.183 | 00:30:21.024 |
| 54 | Fernando Ferreira          | CDRRibeirinho                          | 76     | 01:27:42.416 | 00:30:21.257 |
| 55 | João Ezequiel              | Árbitros Vendas Novas                  | 48     | 01:30:13.160 | 00:32:52.001 |
| 56 | Paulo Soares               | AMC TRAIL                              | 88     | 01:31:04.642 | 00:33:43.483 |
| 57 | Claudio Cruz               | Arrabida Obstacle Runners              | 93     | 01:33:47.811 | 00:36:26.652 |
| 58 | Ricardo Amarelinho         | Sobreviventes dos Trails               | 30     | 01:34:01.868 | 00:36:40.709 |
| 59 | Jorge Carvalho             | Sobreviventes dos Trails               | 19     | 01:35:43.600 | 00:38:22.441 |
| 60 | Euclides Almeida           | G.D.R. São Francisco da Serra          | 201    | 01:35:58.862 | 00:38:37.703 |
| 61 | Paulo Cantante             | C D R Ribeirinho                       | 131    | 01:36:23.804 | 00:39:02.645 |
| 62 | Hugo Medronheira           | CDRR                                   | 98     | 01:38:48.327 | 00:41:27.168 |
| 63 | António Joaquim Duarte     | -----                                  | 170    | 01:39:42.829 | 00:42:21.670 |
| 64 | Nuno Miguel Monte Pereira  | -----                                  | 213    | 01:40:34.065 | 00:43:12.906 |
| 65 | Marco Samina               | FVF F Clube                            | 140    | 01:41:19.805 | 00:43:58.646 |
| 66 | Artur Robalo               | FVF F Clube                            | 141    | 01:41:20.055 | 00:43:58.896 |
| 67 | Renato Domingos            | Pinhal Novo a Correr                   | 117    | 01:41:36.508 | 00:44:15.349 |
| 68 | Rui Duarte                 | Pinhal Novo a Correr                   | 129    | 01:41:47.052 | 00:44:25.893 |
| 69 | Miguel Sobral              | Associação GD Academia do Korpo        | 158    | 01:43:51.295 | 00:46:30.136 |
| 70 | Nuno                       | -----                                  | 223    | 01:44:30.283 | 00:47:09.124 |
| 71 | Paulo Rosa                 | Escola de Atletismo do Montijo-A.F.D.D | 171    | 01:46:34.520 | 00:49:13.361 |
| 72 | Luís Cruz                  | Run Crew Trail Montijo                 | 57     | 01:47:52.260 | 00:50:31.101 |
| 73 | Nuno Feliciano             | Stronguers                             | 220    | 01:48:30.463 | 00:51:09.304 |
| 74 | Pedro Ferreira             | Pinhal Novo a Correr                   | 113    | 01:51:38.976 | 00:54:17.817 |
| 75 | Bruno Amaro                | Run for Friends                        | 11     | 01:52:26.727 | 00:55:05.568 |
| 76 | Daniel Duraes              | Stronguers                             | 59     | 01:54:30.198 | 00:57:09.039 |
| 77 | José Jesus                 | -----                                  | 65     | 02:05:44.108 | 01:08:22.949 |
| 78 | Rui Marino                 | cabaret dos coxos                      | 26     | 02:05:45.312 | 01:08:24.153 |
| 79 | Pedro Durães               | Pinhal Novo a Correr                   | 111    | 02:07:04.542 | 01:09:43.383 |
| 80 | João Eduardo               | G.D.R. São Francisco da Serra          | 198    | 02:07:45.840 | 01:10:24.681 |
| 81 | Vítor Carvalho             | Moita Running                          | 137    | 02:19:06.992 | 01:21:45.833 |
| 82 | Paulo Pardal               | Moita Running                          | 136    | 02:19:07.700 | 01:21:46.541 |
| 83 | Joaquim Capucho            | ..                                     | 226    | 02:24:13.397 | 01:26:52.238 |
| 84 | Ivo Pereira                | UniMaxial                              | 97     | 02:29:02.917 | 01:31:41.758 |
| 85 | Hugo Barão                 | Pés Ligeiros                           | 13     | 02:29:32.655 | 01:32:11.496 |
| 86 | Octávio Valente            | Pés Ligeiros                           | 23     | 02:29:32.902 | 01:32:11.743 |
| 87 | J CARLOS MENDES            | -----                                  | 163    | 02:35:01.120 | 01:37:39.961 |

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|-----------------|-------------------------------------|-------------------------------------------|--------|--------------|--------------|
| 88              | Pedro Henrique Feijoca Ferreira     | Stronguers                                | 52     | 02:39:59.390 | 01:42:38.231 |
| 89              | Alipio Trigo                        | Escola de Atletismo do Montijo-A.F.D.D    | 219    | 02:41:20.683 | 01:43:59.524 |
| <b>FEMININO</b> |                                     |                                           |        |              |              |
| 1               | Cátia Santana                       | CDRRibeirinho                             | 78     | 00:58:13.156 | ----         |
| 2               | Andreia Santos                      | C.D.R.RIBEIRINHO                          | 102    | 00:58:50.401 | 00:00:37.245 |
| 3               | Gizela Mota                         | Pinhal Novo a Correr                      | 186    | 01:09:16.568 | 00:11:03.412 |
| 4               | Ligia Coelho                        | ARSM - Associação Recreativa de S. Miguel | 215    | 01:10:15.078 | 00:12:01.922 |
| 5               | Márcia Santos                       | Pinhal Novo a Correr                      | 190    | 01:10:27.810 | 00:12:14.654 |
| 6               | Silvia Galveia                      | Escola de Atletismo do Montijo-A.F.D.D    | 173    | 01:10:46.563 | 00:12:33.407 |
| 7               | Margarida Amaro                     | ----                                      | 181    | 01:18:32.742 | 00:20:19.586 |
| 8               | SONIA FERNANDES                     | aminhacorrida                             | 46     | 01:21:04.970 | 00:22:51.814 |
| 9               | Catarina Amaro                      | Run for Friends                           | 12     | 01:23:38.699 | 00:25:25.543 |
| 10              | Ana Branco                          | Run Crew Trail Montijo                    | 58     | 01:27:23.920 | 00:29:10.764 |
| 11              | Cátia Fonseca                       | Run Crew Trail Montijo                    | 54     | 01:27:23.920 | 00:29:10.764 |
| 12              | Patricia Gomes                      | Monsanto Running Team                     | 227    | 01:27:50.416 | 00:29:37.260 |
| 13              | Ligia Costa                         | Run Crew Trail Montijo                    | 67     | 01:28:04.417 | 00:29:51.261 |
| 14              | ANA MONTEIRO                        | aminhacorrida                             | 44     | 01:28:10.923 | 00:29:57.767 |
| 15              | Anabela Martins                     | ----                                      | 145    | 01:29:47.410 | 00:31:34.254 |
| 16              | Helga João Roberto Sobral Guerreiro | Run Crew Trail Montijo                    | 7      | 01:31:34.884 | 00:33:21.728 |
| 17              | Helena Parreira                     | Pinhal Novo a Correr                      | 184    | 01:32:55.137 | 00:34:41.981 |
| 18              | Angelina Nascimento                 | Run for Friends                           | 152    | 01:33:35.134 | 00:35:21.978 |
| 19              | Marta Adão                          | Run for Friends                           | 84     | 01:33:54.867 | 00:35:41.711 |
| 20              | Lucia Gonçalves                     | Amiciclo Grândola                         | 210    | 01:36:00.362 | 00:37:47.206 |
| 21              | Rute Gingado                        | Pinhal Novo a Correr                      | 130    | 01:41:46.804 | 00:43:33.648 |
| 22              | Sónia Silva                         | Run Crew Trail Montijo                    | 42     | 01:46:34.979 | 00:48:21.823 |
| 23              | Silvia Marino                       | ----                                      | 64     | 01:47:53.258 | 00:49:40.102 |
| 24              | Olinda serrador                     | Arte dos trilhos vendas Novas             | 9      | 01:50:11.231 | 00:51:58.075 |
| 25              | Maria João Pereira                  | G.D.R. São Francisco da Serra             | 195    | 01:50:54.492 | 00:52:41.336 |
| 26              | Sara Rei                            | Run for Friends                           | 36     | 01:52:04.474 | 00:53:51.318 |
| 27              | Daniela Batista                     | Run for Friends                           | 43     | 01:52:25.964 | 00:54:12.808 |
| 28              | Helena Pedradas                     | Arte dos trilhos vendas Novas             | 89     | 01:53:15.697 | 00:55:02.541 |
| 29              | Paula Mestrinho                     | Stronguers                                | 56     | 01:54:29.706 | 00:56:16.550 |
| 30              | Dina Alegria                        | Pinhal Novo a Correr                      | 147    | 01:55:01.704 | 00:56:48.548 |
| 31              | Sónia Freire                        | Matilha Radical                           | 124    | 01:55:02.192 | 00:56:49.036 |
| 32              | Rinara Ferreira                     | Corpo Perfeito                            | 161    | 01:55:03.203 | 00:56:50.047 |
| 33              | Bárbara Cruz                        | ----                                      | 100    | 01:55:49.194 | 00:57:36.038 |
| 34              | Maria Saramago                      | Pinhal Novo a Correr                      | 118    | 01:59:51.910 | 01:01:38.754 |
| 35              | Ana Cartaxo                         | Pinhal Novo a Correr                      | 112    | 02:01:38.901 | 01:03:25.745 |
| 36              | luiza rodrigues                     | ----                                      | 157    | 02:01:45.150 | 01:03:31.994 |
| 37              | Daniela Boleta                      | Amiciclo Grândola                         | 206    | 02:02:39.381 | 01:04:26.225 |
| 38              | Paula Silva                         | cabaret dos coxos                         | 27     | 02:05:43.109 | 01:07:29.953 |
| 39              | Ana Duarte                          | Sobreviventes dos Trails                  | 20     | 02:07:16.103 | 01:09:02.947 |
| 40              | Rivane Ferreira                     | Corpo Perfeito                            | 160    | 02:12:51.807 | 01:14:38.651 |
| 41              | Lina Cardoso                        | Stronguers                                | 66     | 02:13:59.293 | 01:15:46.137 |

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|----|-----------------------------------|--------------------------|--------|--------------|--------------|
| 42 | Paula Cristina Tiago Pereira      | Moita Running            | 133    | 02:19:07.241 | 01:20:54.085 |
| 43 | Catarina Marcelino                | Amiciclo Grândola        | 193    | 02:25:06.967 | 01:26:53.811 |
| 44 | Inês Freitas                      | Amiciclo Grândola        | 214    | 02:25:07.952 | 01:26:54.796 |
| 45 | Ana Oliveira                      | Run Crew Trail Montijo   | 55     | 02:29:02.667 | 01:30:49.511 |
| 46 | Marina Guerreiro                  | Pés Ligeiros             | 14     | 02:29:33.409 | 01:31:20.253 |
| 47 | Sofia Isabel De Oliveira Ferreira | Stronguers               | 51     | 02:30:03.898 | 01:31:50.742 |
| 48 | Carla Miranda                     | Stronguers               | 60     | 02:30:04.149 | 01:31:50.993 |
| 49 | Sissi Costa                       | Sobreviventes dos Trails | 22     | 02:31:29.637 | 01:33:16.481 |
| 50 | Linda Mendonça                    | Sobreviventes dos Trails | 21     | 02:31:30.896 | 01:33:17.740 |
| 51 | Francisca Engrola                 | Sobreviventes dos Trails | 18     | 02:31:31.387 | 01:33:18.231 |
| 52 | Fernanda Condinho                 | ----                     | 40     | 02:34:59.611 | 01:36:46.455 |
| 53 | Fernanda Cirio                    | ----                     | 50     | 02:34:59.858 | 01:36:46.702 |
| 54 | luisa viriato                     | ----                     | 35     | 02:35:00.127 | 01:36:46.971 |
| 55 | Maria Nunes                       | ----                     | 34     | 02:35:00.127 | 01:36:46.971 |