

Pos.	Nome	Dorsal	Escalão	Equipa	Gondramaz	Srª Piedade	Tempo
1	Miguel Silva	2005	Seniores M	Salomon		01:17:56	01:56:06
2	Tiago Valério	2466	Seniores M	CCD Portalegre	00:12:06	01:19:11	01:57:50
3	Pedro Sousa	2475	Seniores M	Satecnosol Outdoor / La Sportiva	00:12:08	01:19:36	01:58:05
4	Bruno Silva	2204	Seniores M	ORALKLASS - Amigos do Trail	00:12:10	01:19:33	01:59:50
5	Carlos Sá	2481	Veteranos I	Desnível Positivo	00:12:17	01:19:04	02:00:16
6	Leonel Cunha	2476	Seniores M	Satecnosol Outdoor / La Sportiva	00:14:33	01:23:18	02:05:20
7	Miguel Ribeiro	2113	Seniores M	"Os Saramagos"	00:17:41	01:27:15	02:11:34
8	Miguel Pires	2057	Seniores M	Quinta da Maia Runners	00:17:43	01:27:17	02:11:36
9	Nuno Pereira	2374	Seniores M	Olimpico Vianense Trail	00:19:02	01:29:51	02:13:54
10	Nelson Costa	2218	Seniores M	O MUNDO DACORRIDA	00:14:36	01:23:29	02:13:57
11	Nuno Domingos	2429	Veteranos I	FormoBike BTT & Trail Running	00:19:27	01:29:17	02:14:03
12	João Gonçalves	2156	Seniores M	Vimarunners	00:17:23	01:28:37	02:14:09
13	Paulo Vaz	2193	Seniores M	XL&S Trail	00:19:19	01:29:46	02:15:20
14	Luis Magalhães	2046	Veteranos I	XL&S Trail	00:19:04	01:29:54	02:16:19
15	Fernando Santos	2286	Seniores M	Escaravelhos Team	00:22:31	01:32:53	02:17:50
16	Antonio Figueiredo	2421	Seniores M	Coimbra Trail Running	00:20:55	01:32:51	02:18:04
17	Ricardo Amorim	2087	Seniores M	XL&S Trail	00:24:29	01:38:41	02:19:19
18	André Monteiro	2007	Seniores M	ARCD Venda da Luísa	00:19:29	01:31:36	02:20:32
19	André Guedes	2009	Veteranos I	Dr. Merino/Nutrifit	00:19:40	01:30:15	02:20:36
20	Filipe Afonso	2088	Seniores M	AC Portalegre / UTSM	00:21:08	01:38:57	02:21:47
21	Jaime Fernandes	2381	Veteranos I		00:23:01	01:38:17	02:22:29
22	Fernando Pinto	2025	Seniores M	Individual	00:21:27	01:34:02	02:23:10
23	Pedro Veríssimo	2035	Seniores M	A.R. São Miguel-Poiares	00:24:12	01:38:49	02:24:38
24	Pedro Vale	2425	Seniores M	Individual	00:23:41	01:35:52	02:25:11
25	Inês Marques	2002	Seniores F	ProAventuras	00:24:23	01:37:56	02:25:28
26	Joao Plácido	2270	Seniores M	União FCI de Tomar	00:24:26	01:38:06	02:25:37
27	Filipe Marques	2165	Seniores M	Turres Trail Team	00:24:40	01:38:27	02:25:46
28	Jorge Carvalho	2451	Veteranos I	Abutres	00:24:21	01:36:38	02:25:49
29	António Pinto	2209	Seniores M	ORALKLASS - Amigos do Trail	00:23:48	01:38:03	02:26:15
30	Paulo Pires	2322	Seniores M	Runners do Demo	00:22:17	01:36:01	02:26:18
31	Pedro Oliveira	2453	Seniores M	G.O.C	00:23:05	01:35:16	02:26:21
32	Miguel Jaques	2326	Seniores M	Olimpico Vianense Trail / ND Sport	00:26:21	01:38:38	02:26:38
33	Paulo Osório	2457	Veteranos I	Run4Eat	00:25:01	01:38:34	02:26:56
34	Hugo Simões	2081	Seniores M	ADABEM Running Team	00:22:40	01:58:29	02:27:36
35	Carrula Carrula	2236	Seniores M	TOMARRUNNERS	00:22:44	01:36:24	02:28:00
36	Vasco Sousa	2246	Veteranos II	Until the end	00:24:37	01:37:59	02:28:36
37	André Fonte	2071	Seniores M	Quinta da Maia Runners	00:24:44	01:38:16	02:29:01
38	Orlando Nogueira	2211	Veteranos I	ORALKLASS - Amigos do Trail	00:25:55	01:39:54	02:29:05

Pos.	Nome	Dorsal	Escalão	Equipa	Gondramaz	Srª Piedade	Tempo
39	Vítor Santos	2045	Veteranos I	CCD CMT/SMAS TOMAR	00:26:07	01:39:40	02:29:41
40	Carlos Gonçalves	2352	Seniores M	Évora Night Runners	00:25:08	01:38:20	02:30:37
41	Jose Cordeiro	2162	Veteranos II	Pé na Pinha	00:26:02	01:39:22	02:31:21
42	Sandro Matias	2126	Veteranos I	Pé na Pinha	00:27:46	01:40:30	02:31:21
43	Francisco Lemos	2132	Seniores M	ADABEM	00:27:31	01:40:00	02:32:51
44	Bruno Simões	2183	Seniores M	individual	00:27:50	01:41:45	02:32:51
45	Pedro Castro	2090	Seniores M	XL&S Trail	00:27:20	01:42:42	02:33:29
46	Bernardino Pinto	2175	Seniores M	DrMerino/Nutrifit	00:28:17	01:41:56	02:34:09
47	José Costa	2029	Veteranos I	XL&S Trail	00:26:25	01:42:09	02:34:29
48	Filipe Rocha	2075	Seniores M	GD BPI	00:26:05	01:41:30	02:35:01
49	Válter Lima	2313	Seniores M	OLIMPICO VIANENSE TRAIL/ND SPORT	00:30:00	01:43:57	02:35:12
50	João Maia	2099	Veteranos II	Falcões Selvagens	00:26:29	01:41:27	02:35:23
51	João Marmelo	2034	Seniores M	Os Trinca Espinhas	00:32:18	01:45:57	02:35:33
52	André Loureiro	2107	Seniores M	Farmácia Luciano e Matos	00:29:37		02:36:10
53	Narciso Machado	2256	Veteranos II	Profisio Team	00:30:11	01:44:11	02:36:53
54	Tiago Pinheiro	2477	Seniores M	Satecnosol Outdoor / La Sportiva	00:30:41	01:46:18	02:37:26
55	Nuno Pereira	2231	Seniores M		00:27:26	01:42:45	02:37:47
56	José Sá	2474	Seniores M	Satecnosol Outdoor / La Sportiva	00:28:36	01:44:29	02:37:59
57	Licínio Sequeira	2145	Veteranos I	Mundo da Corrida	00:29:17	01:45:47	02:38:19
58	Frederico Pereira	2072	Veteranos I		00:30:52	01:46:02	02:38:43
59	Paula Barbosa	2202	Seniores F	ORALKLASS - Amigos do Trail	00:32:20	01:47:20	02:38:57
60	João Pires	2051	Veteranos I	ADABEM	00:27:53	01:42:31	02:39:02
61	Luis Neves	2073	Seniores M	Marinhais AC	00:29:53	01:46:40	02:39:30
62	Maria Gonçalves	2427	Seniores F	ORALKLASS-AMIGOS DO TRAIL	00:30:25	01:45:26	02:40:03
63	Rui Azevedo	2023	Veteranos I	MTT	00:30:09	01:46:06	02:40:07
64	Sérgio Anunciação	2064	Veteranos I	Extreme Runners	00:32:48	01:47:53	02:40:37
65	César Ramalho	2324	Seniores M	ARCD Venda da Luisa	00:29:21	01:46:55	02:40:49
66	Miguel Costa	2372	Seniores M		00:32:52	01:54:30	02:41:03
67	Ricardo Valente	2037	Veteranos II	Não Fazemos Nem Mais Um... Km	00:32:06	01:47:16	02:41:05
68	Rita Loureiro	2210	Seniores F	ORALKLASS - Amigos do Trail	00:32:16	01:47:56	02:41:15
69	Jorge Assunção	2119	Veteranos II	Adpsport	00:31:18	01:47:44	02:42:53
70	Pedro Cruz	2431	Seniores M		00:31:34	01:47:49	02:42:55
71	José Barros	2036	Seniores M		00:28:45	01:47:32	02:42:59
72	Diogo Carlos	2237	Seniores M	GP Runners	00:30:20	01:47:08	02:43:41
73	Tony Figueiredo	2315	Seniores M		00:26:47	01:43:54	02:44:13
74	Gustavo Pessa	2198	Veteranos I	PUXA POR TI...	00:32:00	01:48:23	02:45:43
75	Luis Rego	2439	Seniores M	individual	00:30:18	01:47:26	02:46:59
76	Nuno Sousa	2201	Seniores M	ORALKLASS - Amigos do Trail	00:33:37	01:52:53	02:48:01

Pos.	Nome	Dorsal	Escalão	Equipa	Gondramaz	Srª Piedade	Tempo
77	Joao Dias	2338	Seniores M	Industria de Carnes da Gândara	01:19:39	01:52:59	02:48:26
78	José Pinto	2471	Veteranos I	Fullmoto	01:24:45	01:55:17	02:50:09
79	Carlos Neto	2361	Veteranos I	Afifense Trail	01:19:17	01:54:12	02:50:11
80	Andreia Amorim	2411	Seniores F	Gondomar Futsal Clube	01:22:26	01:54:47	02:50:29
81	Tiago Mateus	2402	Seniores M	O MUNDO DA CORRIDA	00:33:58	01:53:22	02:50:56
82	Bruno Paiva	2224	Seniores M	Team33	01:19:28	01:54:07	02:51:08
83	Gonçalo Valente	2019	Veteranos I	Não fazemos nem mais um... Km	01:22:32	01:55:46	02:51:57
84	Ana Gonçalves	2006	Seniores F	Évora Night Runners	01:22:01	01:54:59	02:52:10
85	Edgar Ribeiro	2251	Veteranos I	Degustar Vaidades	01:21:46	01:55:22	02:52:47
86	João Reis	2446	Seniores M		01:19:46	01:55:05	02:52:47
87	Sérgio Sousa	2410	Seniores M		00:32:46	01:53:09	02:53:29
88	Artur Gandara	2319	Seniores M	CNI	00:29:23	01:47:02	02:53:37
89	Cristiano Santos	2406	Seniores M	Individual	01:25:24	01:58:46	02:53:50
90	Diogo Sousa	2052	Seniores M	GO!Runners	01:24:31	01:59:08	02:53:54
91	Cristiano Pereira	2482	Veteranos I	Glória Runners			02:54:34
92	Gonçalo Freitas	2150	Seniores M	Olimpico Vianense Trail	00:31:47	01:54:15	02:55:46
93	Marina Alves	2164	Seniores F	Turres Trail Team	01:21:55	01:55:13	02:55:53
94	Luis Nunes	2143	Veteranos I		01:21:42	01:56:44	02:56:12
95	Romão Correia	2160	Seniores M	Devagar, devagarinho...	01:21:38	01:54:43	02:56:23
96	Paulo Sarmento	2260	Seniores M	FFIT GAIA TRAIL	01:20:16	01:55:30	02:56:49
97	Rui Perdigão	2136	Veteranos II	C.A.S.P.A. - Clube Amador Só Para Atletismo	01:23:44	01:58:27	02:56:58
98	Sofia Agostinho	2483	Seniores F	Aminhacorrída / Kalenji	01:24:28	02:00:17	02:57:12
99	Rodrigo Lopes	2044	Seniores M	CCD CMT/SMAS TOMAR	00:33:53	01:53:26	02:57:25
100	Bruno Coelho	2030	Seniores M	ADABEM Running Team	01:25:55	02:00:24	02:57:27
101	Ivo Dias	2212	Seniores M	ORALKLASS - Amigos do Trail	01:23:38	01:57:48	02:57:31
102	Luís Rodrigues	2309	Seniores M	Fire Team BVMC	01:21:34	01:54:55	02:57:34
103	Daniel Mendes	2240	Veteranos I	Run@Figueira	01:24:37	01:59:05	02:58:05
104	João Serrazina	2414	Seniores M	Here For Beer	01:27:18	02:04:00	02:58:11
105	Helder Machado	2067	Seniores M		01:24:58	02:01:49	02:58:36
106	Fidel Conde	2301	Seniores M		01:22:46	01:55:49	02:58:44
107	Susana Soares	2442	Veteranas I	Individual	01:24:09	02:00:44	02:59:08
108	Soraia Monteiro	2091	Seniores F	XL&S Trail	01:22:05	02:12:20	02:59:51
109	Leandro Freitas	2110	Veteranos II	OLIMPICO VIANENSE TRAIL/ND SPORT	01:20:44	01:56:17	03:00:20
110	João Rita	2116	Seniores M	Grupo Desportivo da Parreira	00:33:47	01:54:51	03:00:26
111	Paulo Moura	2257	Veteranos I	Profisio Team	01:20:41	01:59:28	03:00:37
112	Gina Domingues	2341	Veteranas I	Slow Runners Pombal	01:26:46	02:02:13	03:00:46
113	Neuza Gomes	2390	Seniores F	Slow Runners Pombal	01:27:23	02:04:40	03:00:46
114	João Resende	2230	Seniores M	CrossFit Foz	01:25:06	02:01:27	03:01:20

Pos.	Nome	Dorsal	Escalão	Equipa	Gondramaz	Srª Piedade	Tempo
115	Miguel Judas	2008	Veteranos I	Individual	01:27:07	02:02:31	03:01:27
116	Paulo Fernandes	2194	Veteranos II	Pé na Pinha	00:32:50	01:50:00	03:01:39
117	Luís Batista	2334	Veteranos I	Naturerun	00:33:33	01:49:23	03:02:05
118	Daniel Fernandes	2066	Seniores M	VIMARUNNERS	01:26:56	02:02:50	03:02:07
119	Jose Costa	2179	Veteranos I	Amigos do sofá	01:23:51	01:59:17	03:02:34
120	Pedro Silva	2185	Seniores M	Amigos do sofá	01:23:47	01:59:24	03:02:35
121	Fernando Machado	2168	Seniores M	AlmaTrail	01:22:07	02:12:18	03:02:43
122	Nelson Monteiro	2461	Seniores M	Pé na Pinha	00:32:54	01:49:53	03:02:43
123	Joaquim Baltazar	2467	Seniores M	Casa do Benfica Condeixa	01:19:52	01:52:56	03:02:47
124	Paulo Rodrigues	2252	Veteranos I		00:34:04	01:59:22	03:02:50
125	Telmo Macarrão	2445	Seniores M	GDC Portos Sines e Algarve	01:25:13	02:01:49	03:02:52
126	Luís Valinho	2228	Seniores M		01:25:09	02:02:37	03:02:56
127	Ana Caetano	2297	Seniores F	GOING BIKE	01:22:43	01:57:36	03:03:07
128	José Oliveira	2399	Veteranos I	Ascários Escariz	01:23:41	01:59:40	03:03:41
129	Jorge Barbosa	2459	Seniores M	Mibilbanho	01:26:01	02:01:05	03:03:43
130	Michael Granadeiro	2484	Seniores M	C.D.		02:12:20	03:03:45
131	Pedro Matos	2413	Veteranos I	Gondomar Futsal Clube	00:32:03	01:52:49	03:04:22
132	Cátia Gonçalves	2154	Seniores F		00:32:57	01:49:44	03:04:26
133	Rui Norte	2199	Veteranos II	Pé na Pinha	00:33:31	01:52:43	03:04:28
134	João Lázaro	2416	Veteranos I	boccasballs	00:32:24	01:48:54	03:04:39
135	Sílvia Silva	2336	Seniores F	Évora Night Runners	01:27:28	02:04:15	03:04:40
136	Leandro Anjos	2440	Seniores M	Naturria produtos naturais	01:21:52	01:58:06	03:04:44
137	Jose Leal	2161	Veteranos I	Marinhais AC	01:23:05	02:03:21	03:05:07
138	José Leal	2171	Veteranos I	Individual		01:59:37	03:05:34
139	Antonio Fael	2131	Veteranos II	Nel-Pedatleta	01:29:31	02:06:57	03:05:53
140	Pedro Pinto	2308	Seniores M	O MUNDO DA CORRIDA	01:22:36	02:00:36	03:06:09
141	Pedro Reis	2349	Veteranos I		01:24:34	02:03:03	03:06:54
142	Hugo Peixoto	2312	Seniores M	FFIT GAIA TRAIL	01:24:20	02:02:17	03:06:57
143	Renato Santos	2076	Seniores M		01:24:07	02:01:43	03:07:03
144	Paulo Cavaleiro	2452	Veteranos II		01:20:03	01:56:50	03:07:04
145	Pedro Lemos	2288	Veteranos I	Jogging Lovers Coimbra	01:25:21	02:02:00	03:07:09
146	João Rebelo	2271	Veteranos I	Ervilha	00:31:05	01:48:56	03:07:36
147	Victor Franco	2159	Seniores M	Individual	00:32:28	01:50:06	03:07:44
148	Roberto Caneira	2062	Veteranos I	Glória Runners	01:22:58	02:02:41	03:08:26
149	Marcos Pinto	2325	Seniores M	Formobike BTT & Traill Running	01:22:41	02:00:42	03:08:35
150	Luis Lopes	2205	Seniores M	ORALKLASS - Amigos do Trail	01:21:49	02:01:44	03:08:46
151	Renato Melo	2420	Seniores M		00:33:20	01:50:27	03:09:24
152	Joana Gonçalves	2207	Seniores F	ORALKLASS - Amigos do Trail	01:23:36	02:12:19	03:09:25

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153	João Bento	2317	Seniores M		01:25:33	02:03:48	03:09:25
154	Miguel Matias	2430	Veteranos I	CSCRF CHARNECA	01:27:16	02:06:18	03:10:12
155	Tiago Silva	2464	Seniores M	Banana runners	01:24:24	02:02:08	03:10:14
156	João Rosinha	2050	Veteranos I	AERGOIS TRAIL RUNNING	01:27:21	02:04:25	03:10:14
157	Frederico Crasto	2047	Seniores M	OFFTEL RUNNERS	01:22:51	02:04:19	03:10:25
158	Tiago Batista	2337	Seniores M	OzXtreme		02:00:21	03:10:38
159	Rui Mendes	2039	Seniores M	Abutres	01:19:59	01:58:11	03:10:40
160	Vitor Ribeiro	2115	Seniores M	Brabus Runners	01:25:01	02:01:46	03:10:53
161	Célio Duarte	2409	Seniores M	Deixa Passar	01:33:13	02:09:20	03:11:06
162	Nuno Moreira	2314	Seniores M	Slow Runners Pombal	01:27:35	02:05:42	03:11:15
163	Jose Eufrasio	2302	Veteranos II	clube veteranos de coimbra	01:30:37	02:09:18	03:11:17
164	Carlos Sampaio	2281	Veteranos I	Afifense Trail	01:27:13	02:04:52	03:11:20
165	Luís Silva	2070	Seniores M	O MUNDO DA CORRIDA	00:33:16	01:51:52	03:11:24
166	André Fonseca	2348	Seniores M		01:27:09	02:04:45	03:13:35
167	Paulo Gil	2213	Seniores M	PUXA POR TI...	00:32:22	01:51:04	03:14:53
168	João Jaques	2303	Veteranos I	Olimpico Vianense Trail/ND Sport	00:30:28	01:49:59	03:14:54
169	José Velez	2101	Veteranos II	ACP/UTSM	01:31:57	02:11:53	03:15:31
170	Diogo Ferreira	2405	Seniores M	Lobos da Serra / Grupo Fapricela	01:30:11	02:10:09	03:15:34
171	Móises Frutuoso	2428	Veteranos I	INDEVISO.COM	01:28:11	02:11:30	03:15:34
172	Cesar Viola	2454	Veteranos I	Pé na Pinha	01:27:25	02:05:28	03:15:48
173	Joao Gomes	2166	Veteranos II	Pé na Pinha	01:26:43	02:06:31	03:15:53
174	Michael Dias	2149	Veteranos I		01:28:01	02:12:20	03:15:59
175	Ana Miranda	2028	Seniores F	XL&S Trail	01:33:59	02:10:40	03:16:42
176	Paulo Marques	2117	Veteranos I	GO!Runners	01:43:34	02:23:31	03:18:01
177	Paulo Carvalho	2335	Veteranos I	Tomar Runners	01:29:29	02:10:27	03:18:24
178	André Costa	2480	Seniores M		01:22:24	02:03:29	03:18:36
179	João Veloso	2383	Seniores M		01:22:39	02:12:20	03:18:46
180	Simão Cardoso	2310	Seniores M		01:32:58	02:12:13	03:18:48
181	João Liberal	2330	Veteranos II	OZXTREME	01:32:28	02:13:26	03:19:11
182	Bruno Carneiro	2026	Seniores M		01:33:53	02:11:42	03:19:16
183	Susana Salvaterra	2356	Veteranas I	Run@Figueira	01:34:05	02:12:39	03:19:43
184	Raul Curva	2133	Veteranos I	Olimpico Vianense Trail/ND Sport	00:31:49	01:48:01	03:20:11
185	Susana Raposo	2444	Seniores F	Correr Lisboa	01:34:36	02:16:22	03:20:57
186	Paulo Picado	2098	Veteranos I	Falcões Selvagens	01:30:04	02:09:27	03:21:03
187	Pedro Silva	2084	Seniores M		01:34:28	02:16:03	03:21:05
188	Nedio Monteiro	2386	Veteranos I	Glória Runners	01:34:22	02:15:16	03:21:05
189	Sandra Pera	2412	Seniores F	Gondomar Futsal Clube		02:13:13	03:21:06
190	Raul Silva	2345	Veteranos I	Profisio Team	01:34:13	02:15:51	03:21:06

Pos.	Nome	Dorsal	Escalão	Equipa	Gondramaz	Srª Piedade	Tempo
191	Almerinda Velez	2102	Veteranas II	ACP/UTSM	01:34:46	02:14:08	03:21:08
192	Telmo Gregório	2242	Seniores M	Só tangas	01:32:22	02:14:26	03:21:09
193	Tiago Silva	2178	Seniores M	Juventude Cortegacense	01:35:37	02:13:02	03:21:32
194	Luís Nogueiro	2095	Seniores M	Os Trinca Espinhas	01:33:37	02:13:30	03:22:12
195	Luís Bragança	2408	Seniores M	Deixa Passar	01:33:21	02:14:06	03:22:13
196	Pedro Santos	2396	Seniores M	S4L / MedenseFC	01:32:15	02:12:33	03:22:13
197	Joana Esperanço	2422	Seniores F	Juventude Vidigalense	01:35:32	02:15:41	03:22:47
198	António Alves	2353	Veteranos I	Porto de Mos a correr	01:32:34	02:12:20	03:22:59
199	Ana Moutinho	2197	Veteranas I		01:34:44	02:14:32	03:23:12
200	Daniel Costa	2284	Seniores M	tilha dos runners	01:24:42	02:05:12	03:24:30
201	Artur Rocha	2463	Seniores M		01:34:52	02:17:14	03:25:14
202	Paulo Araújo	2357	Veteranos I	Slow Runners Pombal	01:42:44	02:21:53	03:25:35
203	Valter Gaspar	2259	Seniores M	PapaMilhas	01:39:58	02:20:32	03:25:37
204	Sara Silva	2238	Seniores F		01:33:45	02:16:26	03:25:55
205	Daniel Batata	2239	Seniores M		01:33:49	02:16:30	03:25:56
206	Ricardo Diogo	2382	Seniores M	Nutrixxion4Fun	01:30:18	02:14:46	03:26:42
207	Filomena Marques	2423	Veteranas II	Glória Runners	01:35:39	02:16:18	03:26:56
208	Jorge Fonseca	2232	Veteranos I		01:27:56	02:13:10	03:27:25
209	Salvador Rodrigues	2233	Veteranos I		01:28:29	02:13:14	03:27:27
210	Nuno Araújo	2294	Seniores M	Terras do vez	01:37:19		03:27:31
211	Diogo Santos	2332	Seniores M	NEL - Pédatleta	01:36:03	02:18:21	03:28:22
212	Sónia Reis	2080	Veteranas I	NEL - Pédatleta	01:36:46	02:19:38	03:28:38
213	Mário Amaro	2274	Veteranos I		01:34:24	02:15:45	03:28:48
214	João Alcobia	2094	Veteranos I	Tomar Runners	01:41:54	02:22:56	03:28:49
215	Cristina Palma	2388	Veteranas I	Agarrados	01:40:51	02:20:57	03:29:00
216	Luis Ferreira	2344	Seniores M	AGARRADOS	01:40:48	02:21:06	03:29:02
217	Luís Serra	2419	Veteranos I		01:37:13		03:29:18
218	Pedro Belo	2188	Seniores M	CRP Ribafria	01:37:16	02:20:39	03:29:54
219	Marco Almeida	2186	Seniores M	CRP Ribafria	01:36:50	02:20:18	03:30:01
220	Daniel Peixoto	2121	Seniores M		01:28:15	02:17:08	03:30:04
221	Pedro Serrazina	2327	Seniores M	CRP-Ribafria	01:36:52	02:20:51	03:30:06
222	Rui Sá	2261	Veteranos II	FFIT GAIA TRAIL	01:35:27	02:18:59	03:30:37
223	Samuel Martinho	2060	Seniores M	OzXtreme	01:32:08	02:15:37	03:30:52
224	Gonçalo Carvalheiro	2272	Seniores M	TT Runners	01:32:12	02:16:14	03:30:53
225	Fábio Costa	2249	Seniores M	TT Runners	01:32:18	02:16:24	03:30:53
226	Guilherme Gonçalves	2114	Veteranos I	Quinta da Maia Runners	01:33:31	02:16:34	03:30:58
227	Miguel Barnabé	2415	Veteranos I	Run4eat	01:40:54	02:21:33	03:30:59
228	Andre Cabrita	2468	Seniores M	OPTIMAX	01:37:10	02:20:43	03:31:08

Pos.	Nome	Dorsal	Escalão	Equipa	Gondramaz	Srª Piedade	Tempo
229	Leopoldo Ribeiro	2241	Seniores M	só tangas	01:35:33	02:16:09	03:31:49
230	Ana Sereno	2155	Seniores F	Vimarunners	01:38:59	02:22:16	03:31:50
231	Carlos Pereira	2279	Veteranos I	AFIFENSE TRAIL	01:32:31	02:14:39	03:31:54
232	Mário Costa	2262	Seniores M	Papamilhas	01:41:35	02:23:52	03:33:35
233	Susana Neves	2403	Seniores F	Slow Runners Pombal	01:42:47	02:24:32	03:33:41
234	Patrícia Santos	2206	Seniores F	ORALKLASS - Amigos do Trail	01:37:35	02:20:29	03:33:44
235	Carlos Correia	2104	Veteranos II		01:37:07	02:24:43	03:33:46
236	Palmira Gouveia	2105	Veteranas I		01:37:03	02:24:27	03:33:56
237	Tiago Silva	2282	Seniores M	Trilha dos Runners	01:24:39	02:05:21	03:35:01
238	Nuno Cardetas	2456	Seniores M	Jogging Lovers Coimbra	01:34:19	02:16:43	03:35:35
239	Francisco Santos	2069	Seniores M	BARC	01:43:03	02:28:35	03:35:56
240	Nino Raleiras	2247	Veteranos I		01:36:32	02:18:13	03:36:02
241	Nuno Fernandes	2298	Veteranos I	Abutres running team	01:35:42	02:17:33	03:36:22
242	Carlos Farinha	2370	Veteranos I	blue O / Changing Diabetes	01:37:32	02:23:48	03:37:02
243	Marcos Roldão	2151	Seniores M	Clube Nortada - Murtosa Night Runners	01:35:48	02:21:26	03:37:21
244	Pedro Calem	2479	Seniores M			02:17:58	03:37:45
245	Tiago Santos	2299	Seniores M	Clube dos Atletas Tortos	01:34:31	02:17:53	03:37:55
246	Cesário Leite	2268	Seniores M	Brabus Runners	01:29:45	02:17:22	03:39:24
247	Rui Borges	2455	Seniores M	Jogging Lovers Coimbra	01:38:48	02:21:11	03:39:26
248	Arnaldo Tomás	2385	Veteranos I	con_dores do choupal	01:36:09	02:21:14	03:40:22
249	Pedro Gouveia	2280	Veteranos I	LXRUN	01:36:57	02:22:39	03:40:37
250	Pedro Silva	2200	Seniores M	EM'Força - SPEM	01:44:47		03:40:40
251	Jorge Maia	2129	Seniores M	Clube Nortada - Murtosa Night Runners	01:25:03	02:07:01	03:41:35
252	Miguel Rodrigues	2216	Seniores M		01:19:56	02:05:01	03:41:36
253	João Cruz	2031	Seniores M	ADABEM Running Team	01:25:59	02:05:17	03:41:38
254	Abilio Guedes	2184	Seniores M	Club Alpino de Barcelona	01:53:33		03:42:09
255	Paulo Mendonça	2144	Veteranos I	individual	01:44:39		03:42:39
256	Mário Coutinho	2437	Seniores M	Banana Runners	01:29:14	02:24:22	03:42:52
257	Pedro Longuinho	2287	Seniores M	The_GeoGang	01:36:26	02:22:34	03:42:53
258	Paulo Abrantes	2092	Seniores M	BARC	01:43:53	02:32:17	03:43:38
259	Helena Janeiro	2146	Seniores F	Os Trinca Espinhas	01:47:03	02:32:36	03:43:42
260	Ricardo Sousa	2253	Veteranos I	Ffit Gaia Trail	01:37:01	02:22:03	03:43:47
261	Sandra Martins	2265	Seniores F	Bike & Friends	01:43:37		03:44:58
262	Pedro Pereira	2264	Veteranos I	Bike & Friends	01:43:26	02:31:28	03:45:02
263	Michel Rolo	2127	Seniores M	Moreira Relax Runners	01:44:33	02:29:53	03:45:22
264	Joaquim Caeiro	2012	Veteranos I	AlenMinho	01:44:37	02:26:26	03:45:23
265	Rui Nascimento	2134	Veteranos I	Devagar, devagarinho...	01:45:51	02:30:13	03:45:36
266	Mónica Conde	2112	Seniores F	Tomar Runners	01:42:04		03:45:43

Pos.	Nome	Dorsal	Escalão	Equipa	Gondramaz	Srª Piedade	Tempo
267	Daniel Taborda	2215	Seniores M	Pés Troikados	01:46:51	02:34:10	03:45:55
268	Nelson Campos	2277	Veteranos I	Running Mates	01:42:22	02:28:49	03:45:57
269	Pedro Matos	2275	Veteranos I	RUNNING MATES	01:45:05	02:31:22	03:46:38
270	Raquel Lobão	2305	Seniores F	Pernas d´Aço	01:46:41	02:34:39	03:47:34
271	Ana Torres	2367	Seniores F	Pés Troikados	01:46:39	02:35:31	03:47:36
272	Gilberto Duque	2269	Seniores M		01:36:36	02:24:02	03:47:48
273	J.Henrique S.S.Matos	2276	Veteranos I	running Mates	01:41:01	02:30:38	03:48:01
274	João Ferreira	2391	Veteranos I	Run4Eat	01:41:50	02:30:32	03:48:02
275	Nuno Belo	2195	Veteranos I	SS CGD	01:43:44	02:33:56	03:48:03
276	Eduarda Pinto	2061	Seniores F		01:48:01	02:33:44	03:48:03
277	Manuel Jorge	2360	Veteranos II	Farmácia Luciano e Matos	01:45:23	02:32:13	03:48:25
278	Bruno Pereira	2255	Seniores M	Profisio Team	01:39:04	02:25:02	03:48:31
279	Pedro Garrido	2293	Seniores M	Clube Nortada - Murtosa Night Runners	01:36:39	02:21:57	03:48:53
280	João Garrido	2292	Seniores M	Clube Nortada - Murtosa Night Runners	01:36:43	02:22:13	03:48:54
281	Ricardo Baptista	2033	Veteranos II	Tomar Runners	01:42:01		03:49:54
282	Bruno Gaspar	2086	Seniores M	Free Runners	01:36:20	02:26:03	03:49:55
283	Fabio Rosa	2460	Seniores M	União FCI de Tomar	01:42:07	02:37:15	03:50:09
284	Augusto Pires	2065	Veteranos II	O MUNDO DA CORRIDA	01:44:50	02:30:45	03:50:13
285	Márcio Moreira	2462	Seniores M		01:44:54	02:31:48	03:50:22
286	João Gomes	2375	Seniores M	os cabaças	01:43:00		03:50:24
287	Patrícia Lourenço	2226	Seniores F		01:43:30	02:34:34	03:50:24
288	Sergio Freitas	2316	Veteranos I	cmmc albergaria/branca	01:32:48	02:16:28	03:50:27
289	Ricardo Pereira	2254	Seniores M	Profisio Team	01:34:11	02:24:19	03:50:28
290	Jacinta Fonseca	2128	Veteranas I	Glória Runners	01:46:54	02:34:01	03:50:46
291	Sofia Batista	2054	Seniores F	Glória Runners	01:46:57	02:35:37	03:50:46
292	João Oliveira	2089	Seniores M	CAP	01:46:59	02:36:11	03:51:56
293	Tânia Soares	2082	Seniores F	ADABEM Running Team	01:53:55		03:55:57
294	Joaquim Ferreira	2407	Veteranos I	Ponto Zen	01:44:29	02:33:51	03:56:41
295	Júlia Vaz	2350	Seniores F	FKC-A team	01:43:21		03:57:31
296	António Simões	2109	Veteranos II	Pisa-Rochas	01:46:17	02:37:47	03:57:58
297	João Bernardino	2123	Veteranos I	Devagar, devagarinho...	01:49:04	02:37:51	03:58:24
298	Arsénio Rodrigues	2378	Veteranos II	FIT & FUN	01:54:46	02:41:45	03:59:42
299	Daniel Machado	2015	Seniores M	Os Fugitivos da Crise	01:51:28		03:59:46
300	José Pires	2079	Seniores M	Pedra Nú Sapato	01:53:49	02:41:34	04:00:01
301	Catarina Marques	2192	Seniores F	Individual	01:54:26	02:43:16	04:00:35
302	João Pires	2223	Seniores M	Chitas de Alcobaça	01:46:34		04:00:38
303	Angela Anfiloquio	2343	Seniores F	CRP-Ribafria	01:54:35	02:43:18	04:00:42
304	Teresa Pimenta	2380	Veteranas I		01:51:02		04:01:44

Pos.	Nome	Dorsal	Escalão	Equipa	Gondramaz	Srª Piedade	Tempo
305	Cátia Calha	2148	Seniores F	Centro Vicentino da Serra	01:55:35		04:01:57
306	Mário Pinto	2152	Seniores M		01:45:36	02:36:35	04:01:58
307	Sandra Antunes	2217	Veteranas I	Alvitejo	01:54:10	02:42:55	04:02:01
308	Ana Vale	2318	Veteranas I	individual	01:48:55	02:39:14	04:02:23
309	Norberta Silva	2342	Seniores F	Fit&Fun	01:54:43		04:03:13
310	Cristina Prioste	2371	Veteranas I	Juventude Vidigalense	01:54:15	02:43:13	04:03:38
311	Sérgio Cruz	2157	Seniores M		01:37:27	02:34:44	04:05:01
312	Sérgio Marques	2400	Seniores M	O MUNDO DA CORRIDA	01:49:06	02:35:56	04:05:09
313	David Teixeira	2077	Seniores M		01:54:38	02:47:38	04:05:42
314	Cristiana Pinto	2418	Seniores F		01:50:51	02:41:59	04:07:28
315	Nuno Pitta	2048	Veteranos I		01:55:37	02:42:12	04:07:31
316	Diana Costa	2364	Seniores F		01:50:56	02:41:55	04:07:54
317	Domingos Camboa	2172	Veteranos II	Juventude Cortegacense	01:47:57		04:08:31
318	Cecilio Ferreira	2191	Veteranos I	Juventude Cortegacense	01:47:52		04:08:33
319	Sónia Dinis	2267	Seniores F	Industrial Desportivo Viegrense	01:56:17	02:47:16	04:09:29
320	José Santos	2285	Veteranos I	individual	01:56:14	02:47:10	04:09:29
321	Otilia Leal	2135	Veteranas I	C.A.S.P.A. - Clube Amador Só Para Atletismo	01:56:05	02:50:12	04:09:47
322	Mélanie Duarte	2328	Seniores F	Farmácia Luciano e Matos	01:53:08	02:45:18	04:10:22
323	Sandra Freitas	2321	Seniores F	Agarrados	01:57:09		04:10:23
324	Maria Luisa	2283	Veteranas I	individual	01:54:49	02:47:22	04:10:39
325	Armando Luis	2433	Veteranos II	individual	01:55:29	02:48:30	04:11:29
326	Mário Figueiredo	2273	Veteranos II	ADABEM Running Team	01:46:29		04:11:35
327	Paulo Oliveira	2395	Seniores M	S4L / MedenseFC	01:46:46	02:35:22	04:11:43
328	João Sousa	2397	Seniores M	S4L / MedenseFC	01:46:43	02:35:25	04:11:45
329	José Palácios	2244	Veteranos I		01:51:05	02:38:24	04:12:59
330	Rui Cabral	2169	Seniores M	Experienciar - Farmácia Vila Cova / Centro Recuperação Diogo Cardoso	01:53:10	02:47:43	04:14:15
331	Manuel Lima	2163	Veteranos II	Experienciar - Farmácia Vila Cova / Centro Recuperação Diogo Cardoso	01:53:40		04:14:17
332	João Martinho	2227	Seniores M		01:53:47	02:45:53	04:14:19
333	Christoph Fetkenheuer	2229	Seniores M		01:53:43	02:39:50	04:14:19
334	Miguel Silva	2250	Seniores M	Brabus Runners	01:55:02	02:52:08	04:15:06
335	Gonçalo Martins	2384	Seniores M	SINMETRO RUNNERS	01:48:30	02:45:56	04:15:42
336	Patrícia Costa	2153	Seniores F	Grupo Desportivo da Parreira	01:57:36		04:16:41
337	Rita Coelho	2137	Seniores F	Grupo Desportivo da Parreira	01:57:12	02:49:25	04:16:41
338	Filipa Matias	2138	Seniores F		02:01:56	02:52:53	04:17:02
339	Carlos Figueira	2358	Veteranos I	O PRATICANTE	01:54:52	02:50:56	04:18:44
340	Bruno Martinho	2130	Seniores M		01:49:22	02:48:44	04:20:52
341	Adriano Vergueiro	2177	Seniores M	ADABEM Running Team	01:54:40		04:20:54
342	Gonçalo Vergueiro	2176	Seniores M	ADABEM	01:52:35	02:47:49	04:20:55

Pos.	Nome	Dorsal	Escalão	Equipa	Gondramaz	Srª Piedade	Tempo
343	Anabela Marques	2180	Veteranas I	Juventude Cortegacense	01:56:08	02:48:49	04:21:53
344	Marcia Costa	2187	Veteranas I	Juventude Cortegacense	01:53:31		04:21:53
345	Helen Sumpton	2140	Seniores F		01:53:52		04:21:56
346	Isabel Reste	2377	Seniores F	FORMOBIKE BTT & TRAIL RUNNING	01:54:13		04:22:11
347	Adriano Coutinho	2141	Veteranos I	Clube Nortada - Murtosa Night Runners	01:54:24	02:46:51	04:22:11
348	Carla Santos	2376	Veteranas I	FORMOBIKE BTT & TRAIL RUNNING	01:54:18	02:49:53	04:22:12
349	David Silva	2296	Veteranos II	O Praticante	01:54:08	02:51:25	04:25:34
350	Andreia Sousa	2014	Seniores F	Dolce Furadouro	02:00:03	02:54:02	04:25:35
351	Susete Marques	2392	Veteranas I		02:04:41	03:0-1:48	04:25:37
352	Tiago Brandão	2432	Seniores M		01:57:51		04:25:38
353	Hugo Pereira	2173	Seniores M	BTTrail VaiAdelino	01:54:21	02:50:17	04:27:08
354	Pedro Lemos	2443	Seniores M		01:56:24		04:28:02
355	Fernando Dias	2434	Veteranos II	RUN 4 FUN	01:59:36	03:01:18	04:29:02
356	Márcia Ferreira	2074	Veteranas I		02:04:30	03:03:19	04:29:30
357	Eszter Szabo	2438	Seniores F		01:57:14	02:53:58	04:30:05
358	Tiago Basílio	2158	Veteranos I		01:56:48	02:53:07	04:30:17
359	Pedro Magalhaes	2263	Veteranos I	Cães d`avenida	01:56:28	02:52:43	04:30:19
360	Paulo Vieira	2278	Seniores M	Brabus Runners	01:58:34	03:01:22	04:30:53
361	Anatilde Gomes	2351	Seniores F	Centro Vicentino da Serra	02:05:01	02:58:10	04:30:54
362	Carla Romeiro	2306	Veteranas I	Jogging Lovers Coimbra	02:0-1:53	02:58:37	04:34:24
363	Carla Raposo	2441	Veteranas I	Correr Lisboa	01:59:24	03:00:29	04:34:25
364	Hugo Costa	2458	Veteranos I	Gondomar Futsal Clube	01:57:49		04:35:21
365	Loes Schuren	2219	Seniores F	EMFORÇA	02:01:12	03:01:31	04:37:45
366	Rita Cipriano	2220	Veteranas I	EM´Força - SPEM	02:01:14	03:01:33	04:37:56
367	Filipa Colaço	2190	Seniores F		01:56:53		04:39:27
368	Sara Brandão	2221	Seniores F		02:12:59	03:09:47	04:39:58
369	Sofia Braz	2040	Seniores F	Rompetocas RT	01:58:03	03:01:15	04:44:40
370	Edgar Serrano	2041	Seniores M	Rompetocas RT	01:56:11	03:01:07	04:44:40
371	Ana Martins	2100	Veteranas II	Falcões Selvagens	02:04:25	03:09:04	04:45:43
372	Sérgio Alves	2289	Seniores M	Bomcar Trail Running	02:03:33	03:04:03	04:47:40
373	Joana Barros	2369	Seniores F		02:04:45	03:02:30	04:47:59
374	Goncalo Henriques	2368	Seniores M		02:05:05	03:02:26	04:48:00
375	Bruno Moreira	2359	Seniores M	CMMC Albergaria-a-Velha e Branca	02:04:27	03:08:46	04:49:04
376	Nelson Santiago	2365	Veteranos I	CMMC Albergaria	01:39:02		04:49:04
377	Sara Quinta	2320	Seniores F	CMMC Albergaria-a-Velha e Branca	02:04:18	03:08:57	04:49:05
378	Mónica Fernandes	2470	Seniores F	Slow Runners Pombal	01:58:19	03:05:20	04:50:18
379	Nuno Ferreira	2020	Veteranos I		02:02:38	03:08:27	04:50:21
380	Sónia Alcobia	2053	Veteranas I		02:02:30	03:10:30	04:53:32

Pos.	Nome	Dorsal	Escalão	Equipa	Gondramaz	Srª Piedade	Tempo
381	Pedro Alcobia	2118	Veteranos I		02:02:33	03:10:22	04:54:04
382	Sílvio Timóteo	2373	Seniores M	Farmácia Luciano e Matos	02:06:31		04:54:21
383	Maria Amado	2366	Veteranas II	Farmácia Luciano e Matos	02:06:29		04:54:32
384	Teresa Malheiro	2307	Veteranas II	CMMC Albergaria a Ve	02:04:03	03:09:00	04:54:53
385	Iolanda Babo	2304	Seniores F	CMMC Albergaria-a-Velha e Branca	02:04:23	03:09:13	04:54:54
386	Joaquim Caeiro	2450	Veteranos I	DNM SPORT TEAM	02:01:17		05:04:12
387	Pedro Loureiro	2449	Veteranos I	DNM SPORT TEAM	02:01:21	03:13:50	05:04:48
388	Fernando Marques	2447	Veteranos I	DNM SPORT TEAM	02:05:32	03:17:38	05:04:56
389	Pedro Teixeira	2340	Seniores M	Tough Trails Alenquer	02:11:48	03:24:15	05:05:42
390	Marina Campos	2235	Veteranas I		02:11:46	03:25:52	05:05:55
391	Paula Carmo	2258	Veteranas I	CAAL - papa trilhos	02:21:15	03:23:10	05:06:32
392	Vanessa Cunha	2387	Seniores F	Papa Trilhos	02:21:13	03:23:14	05:06:32
393	Liliana Simões	2469	Seniores F	Os Ílhavos	02:03:05	03:17:24	05:11:21
394	Carla Ferreira	2472	Seniores F	Os Ílhavos	01:57:33	03:15:08	05:11:22
395	Miguel Quinta	2435	Seniores M	CMMC Albergaria	02:15:33	03:25:03	05:14:13
396	Cristina Ortiz	2436	Seniores F	CMMC Albergaria	02:15:39	03:26:04	05:14:14
397	Andreia Valente	2170	Seniores F	Os Caga Tacos Running Team	02:18:10	03:30:14	05:15:30
398	Sara Sezifredo	2354	Seniores F		02:12:54	03:21:41	05:16:00
399	Sandra Rodrigues	2347	Seniores F		02:12:52	03:21:46	05:16:11
400	Nuno Loureiro	2097	Veteranos II	Falcões Selvagens	02:33:15	03:38:51	05:26:06
401	Carlos Silva	2245	Seniores M	Brabus Runners	02:06:34	03:24:23	05:30:41
402	Paula Rodrigues	2068	Veteranas I	Clube Nortada - Murtosa Night Runners	02:34:46	03:58:45	05:56:59
403	Rosa Calisto	2042	Veteranas I	Clube Nortada - Murtosa Night Runners	02:36:52	03:58:06	05:57:05
404	Rute Arcadinho	2111	Seniores F		02:37:56	03:58:02	06:03:22
405	Marisa Arcadinho	2093	Seniores F		02:37:22	03:57:57	06:03:25

DESISTÊNCIAS

2108	Ana Rita Magalhães
2295	Pedro Miguel Dias Alves
2448	Paulo Jorge Mata
2331	Carla Cristina Pimentel Castro Cunha Leite
2290	Alexandra Bento
2108	Ana Rita Magalhães
2291	Mário Ferreira