

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Ritmo	Esc.
1.	182	João Lopes	Grupo Desportivo da Parreira	M	Sub23 M	01:07:13,713	05:14	1
2.	212	Ricardo Fonseca	Cork Trail Team	M	Sub23 M	01:07:18,481	05:14	2
3.	186	André Rosário	Trilhos dos Templários//Green Roc.pt	M	Sen M	01:19:47,326	06:13	1
4.	176	Paulo Ferreira	Clube Desportivo Ribeirense	M	M30	01:20:45,930	06:17	1
5.	220	Julio Finote	Rapótaço	M	M45	01:22:13,838	06:24	1
6.	138	Marcio Monteiro	G.D.M. Trail Team	M	M30	01:23:52,605	06:32	2
7.	235	Sandro Silva	W10GR	M	M40	01:27:06,185	06:47	1
8.	155	Antonio Matias	Cork Trail Team	M	M30	01:29:51,776	06:59	3
9.	214	Miguel Gualdino	Cork Trail Team	M	M30	01:29:58,043	07:00	4
10.	199	Vasco Lopes	Grupo Desportivo da Parreira	M	M40	01:30:55,208	07:05	2
11.	127	José Leal	Marinhais AC	M	M40	01:36:02,339	07:28	3
12.	128	António Leal	Marinhais AC	M	M45	01:36:04,108	07:29	2
13.	188	Diogo Santos		M	M30	01:36:56,422	07:32	5
14.	233	José Henrique	Grupo Desportivo da Parreira	M	M30	01:36:56,807	07:32	6
15.	19	Pedro Fogueteiro	C.D. Os Águias de Alpiarça	M	M40	01:36:57,628	07:32	4
16.	136	Andreia Andrade	GDAzambuja - Trail Team	F	F30	01:41:07,208	07:52	1
17.	139	Carlos Asseiceira	Manca Mulas	M	M30	01:41:09,146	07:52	7
18.	204	Pedro Antunes		M	Sen M	01:44:18,052	08:07	2
19.	216	Rúben Bragança	Grupo Desportivo da Parreira	M	Sen M	01:45:36,371	08:13	3
20.	191	Nuno Mirão		M	M30	01:46:34,325	08:17	8
21.	185	Bruno Xavier		M	Sen M	01:47:40,816	08:23	4
22.	165	João Martins		M	Sen M	01:48:19,593	08:26	5
23.	141	Edgar Oliveira		M	M30	01:48:47,334	08:28	9
24.	163	Carlos Costa	Sartim Runners	M	Sen M	01:49:16,846	08:30	6
25.	134	Luis Benavente	GDAzambuja - Trail Team	M	M45	01:49:33,370	08:32	3
26.	137	Inês Henriques	GDAzambuja - Trail Team	F	F30	01:49:36,219	08:32	2
27.	164	Júlio Silva	K9artaxo	M	M50	01:49:40,461	08:32	1
28.	101	Lina Mateus		F	F30	01:49:44,426	08:32	3
29.	168	Bruno Ribeiro	Crosswater	M	M40	01:50:37,732	08:37	5
30.	135	Teresa Henriques	GDAzambuja - Trail Team	F	Sen F	01:50:38,035	08:37	1
31.	159	Antonio Maia	Sartim Runners	M	M30	01:50:42,533	08:37	10
32.	209	Alcides Gonçalves		M	M45	01:53:44,831	08:51	4
33.	203	Viti Sampil	C.D. ESPORTATE BIKILA ASTURIAS	M	M60	01:53:47,736	08:51	1
34.	210	Bruno Da Silva		M	M30	01:53:58,225	08:52	11
35.	232	Luís Monteiro	SCD Glória do Ribatejo	M	M30	01:54:00,870	08:52	12
36.	166	Adeodato Brotas		M	M60	01:54:10,415	08:53	2
37.	221	Pedro Oliveira	Grupo Desportivo da Parreira	M	M30	01:54:14,650	08:53	13
38.	234	Patricia Santos	Strix Running Team	F	F30	01:54:33,739	08:55	4
39.	236	Gonçalo Cabecinhas	Strix Running Team	M	M30	01:54:33,893	08:55	14
40.	223	Fernando Pereira		M	M50	01:55:18,778	08:58	2
41.	133	Nuno Tiago	pace.makers	M	M40	01:56:04,572	09:02	6
42.	129	Carlos Rodrigues	STEINFISH	M	M45	01:56:26,795	09:04	5
43.	228	Fernando Cardoso		M	M45	01:56:26,902	09:04	6
44.	130	Armindo Joaquim	pace.makers	M	M45	01:56:46,708	09:05	7
45.	20	João Silva		M	M30	01:57:39,430	09:10	15
46.	208	Daniel Vital	C.D. Os Águias de Alpiarça	M	M30	01:58:28,131	09:13	16
47.	115	Humberto Duarte	pace.makers	M	M45	01:59:03,159	09:16	8
48.	157	Rodrigo Teles		M	M30	01:59:40,010	09:19	17
49.	213	Pedro Branco	Cork Trail Team	M	Sub23 M	02:00:45,437	09:24	3
50.	172	Luis Formigo	Fajarda Runners	M	M30	02:05:06,985	09:44	18
51.	124	Ana Duarte	AD IALBAX	F	F40	02:05:19,366	09:45	1
52.	158	Osvaldo Pinto	Caminheiros do Alentejo	M	M30	02:08:12,686	09:59	19
53.	144	Helena Inacio	20Km Almeirim Desportos de Montanha	F	F40	02:10:15,517	10:08	2
54.	183	Bruno Lopes	Fajarda Runners	M	M30	02:11:32,043	10:14	20
55.	146	José Paulo		M	M50	02:11:35,941	10:14	3
56.	173	Rafael Calado	No limits	M	Sub23 M	02:11:43,808	10:15	4
57.	190	Jose Rocha	No limits	M	M50	02:11:44,649	10:15	4
58.	140	Francisco Cecílio	Manca Mulas	M	Sub23 M	02:11:46,725	10:15	5
59.	153	Renato Sousa		M	M30	02:12:02,660	10:16	21
60.	123	Fernando Godinho	Fajarda Runners	M	M30	02:13:16,215	10:22	22
61.	151	José Maia	20Km Almeirim Desportos de Montanha	M	M40	02:15:54,074	10:35	7
62.	169	Teresa Cecílio	Crosswater	F	F40	02:16:07,294	10:35	3
63.	110	Henrique Santana	C.D. Os Águias de Alpiarça	M	M40	02:16:07,587	10:35	8

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Ritmo	Esc.
64.	194	João Florindo		M	M30	02:16:08,304	10:35	23
65.	198	Dora Santos		F	F30	02:16:09,829	10:36	5
66.	149	Ana Magalhães	20Km Almeirim Desportos de Montanha	F	F45	02:16:36,117	10:38	1
67.	207	Cláudia Ribeiro	C.D. Os Águias de Alpiarça	F	F30	02:18:19,390	10:46	6
68.	184	Catarina Gonçalves	20Km Almeirim Desportos de Montanha	F	F30	02:18:26,195	10:46	7
69.	237	Silvana Teles	Strix Running Team	F	F30	02:20:51,089	10:58	8
70.	178	Filipa Vedor		F	F30	02:20:51,175	10:58	9
71.	181	João Verde	Na rota da Bifana em Running	M	M40	02:20:59,901	10:58	9
72.	174	José Figueiredo	No limits	M	Sub23 M	02:21:59,956	11:03	6
73.	195	Paula Santos	Sai de gatas	F	F30	02:28:10,083	11:32	10
74.	189	Ana Silva	Ninho dos Corujinhas	F	F30	02:30:18,463	11:42	11
75.	177	Pedro Esteves		M	M30	02:30:18,773	11:42	24
76.	167	António Duarte		M	M60	02:31:34,767	11:48	3
77.	215	Joana Fontes	Sai de gatas	F	Sen F	02:31:35,766	11:48	2
78.	161	Cláudia Mané		F	F45	02:33:03,005	11:55	2
79.	7	Ana Marques	SCALABIS NIGHT RUNNERS	F	F30	02:35:51,670	12:08	12
80.	118	Nené Cardoso	pace.makers	F	F50	02:36:51,793	12:13	1
81.	117	Maria Pires	pace.makers	F	F50	02:36:52,191	12:13	2
82.	131	Célia Ferreira	pace.makers	F	F40	02:36:52,310	12:13	4
83.	24	Sónia Marçal	pace.makers	F	F40	02:36:53,289	12:13	5
84.	197	Alexandra Santos		F	F30	02:37:25,661	12:15	13
85.	231	Lia Rodrigues		F	F30	02:37:30,261	12:16	14
86.	179	Anabela Santos	pace.makers	F	F45	02:38:25,634	12:20	3
87.	175	Noélia Piteira	pace.makers	F	F45	02:38:26,783	12:20	4
88.	200	Rita Coelho	Grupo Desportivo da Parreira	F	F30	02:38:27,779	12:20	15
89.	227	Andreia Paulo		F	F30	02:38:27,977	12:20	16
90.	229	Lília Velêz	Crosswater	F	F40	02:38:28,080	12:20	6
91.	156	Bruno Sampaio	TGV	M	M30	02:38:28,522	12:20	25
92.	116	Luis Vicente	pace.makers	M	M40	02:38:29,074	12:20	10
93.	111	Pedro Silva		M	M30	02:45:59,476	12:55	26
94.	112	Carla Nascimento		F	F45	02:49:15,319	13:10	5
95.	120	Sissi Martins	pace.makers	F	F30	02:49:16,199	13:10	17
96.	105	Ana Matias		F	F40	02:49:17,581	13:10	7
97.	145	Sara Fulgêncio		F	F40	02:52:16,696	13:25	8
98.	142	Luís Costa		M	M50	02:52:17,319	13:25	5
99.	206	Claudia Laranjo	Fit Family	F	F30	02:52:28,418	13:25	18
100.	201	Vera Faria	Fit Family	F	F40	02:52:28,516	13:25	9
101.	147	Filipa Maia	C.D. Os Águias de Alpiarça	F	F30	02:58:55,551	13:55	19
102.	148	Nuno Netto	C.D. Os Águias de Alpiarça	M	M40	02:58:56,571	13:55	11
103.	226	Nelia Caneira	Escaroupim Runners	F	F30	03:01:07,352	14:05	20
104.	222	Sónia Verde	SCD Glória do Ribatejo	F	F40	03:01:07,770	14:05	10
105.	162	Maria Almeida	20Km Almeirim Desportos de Montanha	F	F30	03:02:32,984	14:12	21
106.	219	Teresa Viola		F	F40	03:02:33,433	14:13	11
107.	225	Tania Reis	Fit Family	F	F40	03:02:35,243	14:13	12
108.	217	Paula Sacramento	Fit Family	F	F40	03:02:36,213	14:13	13
109.	205	Pedro Mendonca	Fit Family	M	M40	03:02:36,899	14:13	12
110.	196	Sofia Agostinho	Sai de gatas	F	Sub23 F	03:04:12,329	14:20	1
111.	218	Rui Sacramento	Fit Family	M	M40	03:16:20,603	15:17	13
112.	170	Otilia Vedor		F	F40	03:19:38,825	15:32	14
113.	160	Carla Cruz	Amigos do Atletismo de Ais	F	F40	03:19:39,261	15:32	15
114.	122	Carla Pereira	C.D. Os Águias de Alpiarça	F	F40	03:22:29,413	15:46	16
115.	109	Rosa Farinha	C.D. Os Águias de Alpiarça	F	F50	03:22:31,128	15:46	3
116.	108	Luis Melro	C.D. Os Águias de Alpiarça	M	M50	03:22:33,190	15:46	6
117.	107	Sara Cordeiro	SCALABIS NIGHT RUNNERS	F	F30	03:22:37,804	15:46	22