



## 7ª Edição dos Trilhos de Almourol

**Data:** 03 de Abril de 2016

**Localidade:** Entroncamento

**Organização:** CLAC Entroncamento

**Cronometragem:** Trilho Perdido Cronometragens

Pos.	Dorsal	Nome	Clube	Cat.	P.Cat.	Tempo	T/Km.	Dif.
1	988	Tiago Romão	Gafanhori	T MS	1	<b>1:58:23.94</b>	04:44	
2	983	Tiago Silva	Trilhos dos Templários - Green Roc	T M23	1	<b>2:00:13.54</b>	04:49	0:01:50
3	540	Marco Marques	União FCI de Tomar	T MS	2	<b>2:05:25.30</b>	05:01	0:07:01
4	742	João Ginja	Clube de Atletismo Odimarq	T M50	1	<b>2:09:04.22</b>	05:10	0:10:40
5	748	Tiago Martins	Clube de Atletismo Odimarq	T MS	3	<b>2:14:35.79</b>	05:23	0:16:12
6	759	Jorge Matos	N.A.Z.Abóboda	T M45	1	<b>2:15:18.26</b>	05:25	0:16:54
7	931	Tiago Gaspar	Trilhos dos Templários - Green Roc	T MS	4	<b>2:18:04.47</b>	05:31	0:19:40
8	928	Luis Gomes	União FCI de Tomar	T M45	2	<b>2:19:14.11</b>	05:34	0:20:50
9	566	Fernando Pinto		T MS	5	<b>2:21:57.77</b>	05:41	0:23:34
10	963	Paulo Jerónimo	FAM 2 RUN	T M45	3	<b>2:22:55.44</b>	05:43	0:24:31
11	885	Paulo Silva	N.A.Z.Abóboda	T M40	1	<b>2:23:44.22</b>	05:45	0:25:20
12	942	Marco Melo	Correr Lisboa	T MS	6	<b>2:23:51.77</b>	05:45	0:25:28
13	899	Jorge Ribeiro	ARD/DIC LEIRIA	T M40	2	<b>2:24:02.62</b>	05:46	0:25:39
14	562	António Antas	Furões do Alentejo	T M50	2	<b>2:24:18.79</b>	05:46	0:25:55
15	949	Carlos Charrua	Running Academy - O2 Life Center	T M40	3	<b>2:25:39.30</b>	05:50	0:27:15
16	737	José Duarte		T MS	7	<b>2:25:56.83</b>	05:50	0:27:33
17	629	Marco Carvalho	FireTeam	T M40	4	<b>2:26:15.07</b>	05:51	0:27:51
18	774	Hugo Sequeira	ACP / UTSM	T MS	8	<b>2:27:14.09</b>	05:53	0:28:50
19	654	João Fernandes	Os Galgos de Tancos	T MS	9	<b>2:27:24.88</b>	05:54	0:29:01
20	581	Carlos Teixeira	Os Matrecos	T MS	10	<b>2:27:40.60</b>	05:54	0:29:17
21	746	Carlos Marques	N.A.Z.Abóboda	T M50	3	<b>2:27:44.72</b>	05:55	0:29:21
22	600	José Barrinha	VILA FRIA JG SEGUROS	T M45	4	<b>2:27:48.54</b>	05:55	0:29:25
23	553	Nuno Pimpão	Furões do Alentejo	T MS	11	<b>2:27:50.62</b>	05:55	0:29:27
24	549	Milton Santos	Engenheiros-RE1	T MS	12	<b>2:29:32.42</b>	05:59	0:31:08
25	684	Mário Figueiras	ACM TRAIL&RUNNING	T MS	13	<b>2:31:34.49</b>	06:04	0:33:10
26	849	Renato Reis	BeYourself	T MS	14	<b>2:35:48.04</b>	06:14	0:37:24
27	653	Jacinto Franco	Os Galgos de Tancos	T MS	15	<b>2:36:02.14</b>	06:14	0:37:38
28	539	Alexandre Santos	C.A.S.P.A.	T MS	16	<b>2:37:00.75</b>	06:17	0:38:37
29	591	João Teixeira		T M40	5	<b>2:37:12.28</b>	06:17	0:38:48
30	747	Henrique Meira	Clube de Atletismo Odimarq	T M40	6	<b>2:38:26.15</b>	06:20	0:40:02
31	848	Hélder Lemos	BeYourself	T MS	17	<b>2:39:07.13</b>	06:22	0:40:43
32	694	Sérgio Simão	Cartaxo Night Runners	T MS	18	<b>2:39:26.45</b>	06:23	0:41:02
33	842	Pedro Barbas	Pontevel a Mexer	T M40	7	<b>2:39:26.61</b>	06:23	0:41:03
34	821	Rui Silva	Dentoral Racing Team	T M40	8	<b>2:40:19.90</b>	06:25	0:41:56
35	589	José Guimas	Os Matrecos	T M45	5	<b>2:40:46.07</b>	06:26	0:42:22
36	659	Paulo Gaião	Casa do Povo de Alcanena	T M40	9	<b>2:40:49.34</b>	06:26	0:42:25
37	670	Sérgio Oliveira	Pace.Makers	T M40	10	<b>2:40:55.25</b>	06:26	0:42:31
38	613	João Mota		T M40	11	<b>2:40:55.33</b>	06:26	0:42:31
39	992	Arsénio Fernandes	ARSM-Associação Recreativa de São Miguel	T M60	1	<b>2:41:47.52</b>	06:28	0:43:24
40	548	Rui Costa	Engenheiros-RE1	T MS	19	<b>2:42:14.37</b>	06:29	0:43:50
41	708	Rui Santos	Canhões da Nazaré	T MS	20	<b>2:42:39.83</b>	06:30	0:44:16
42	544	Filipe Silvano	Engenheiros-RE1	T MS	21	<b>2:42:43.06</b>	06:31	0:44:19

43	740	Joaquim Martins	Clube de Atletismo Odimarq	T M50	4	<b>2:42:50.18</b>	06:31	0:44:26
44	557	Ivo Rebocho	Furões do Alentejo	T MS	22	<b>2:43:37.88</b>	06:33	0:45:14
45	619	Francisco Curraleira	Furões do Alentejo	T MS	23	<b>2:43:37.96</b>	06:33	0:45:14
46	897	João Proença		T M23	2	<b>2:43:53.97</b>	06:33	0:45:30
47	762	Rui Perdigão	C.A.S.P.A. - Clube Amador Só Para Atletismo	T M45	6	<b>2:44:51.95</b>	06:36	0:46:28
48	582	Leonel Campos	Os Matrecos	T M50	5	<b>2:45:25.68</b>	06:37	0:47:02
49	574	Nuno Pita	Os Tugas	T M40	12	<b>2:46:00.41</b>	06:38	0:47:36
50	575	João Oliveira	Os Tugas	T MS	24	<b>2:46:32.70</b>	06:40	0:48:09
51	543	Rui Pissarreira	Engenheiros-RE1	T M40	13	<b>2:46:42.71</b>	06:40	0:48:19
52	954	Carlos Esteves		T MS	25	<b>2:47:09.84</b>	06:41	0:48:46
53	576	Ezequiel Reis		T MS	26	<b>2:47:23.95</b>	06:42	0:49:00
54	675	Horácio Ferreira	ARSM-Associação Recreativa de São Miguel	T M45	7	<b>2:47:34.39</b>	06:42	0:49:10
55	775	Rui Leão		T M45	8	<b>2:47:38.45</b>	06:42	0:49:14
56	634	Carlos Vítorino	Farmácia Almeida Gonçalves	T M45	9	<b>2:47:48.66</b>	06:43	0:49:25
57	686	Diogo Flamino	ACM TRAIL&RUNNING	T M23	3	<b>2:49:02.53</b>	06:46	0:50:39
58	894	Miguel Serra		T MS	27	<b>2:49:18.29</b>	06:46	0:50:54
59	852	Vitor Pires	Casa do Povo de Alcanena	T M45	10	<b>2:49:42.59</b>	06:47	0:51:19
60	734	Luis Boino		T MS	28	<b>2:50:24.28</b>	06:49	0:52:00
61	618	Pedro Pereira	Furões do Alentejo	T MS	29	<b>2:51:14.61</b>	06:51	0:52:51
62	839	Pedro Gameiro	União FCI de Tomar	T MS	30	<b>2:51:26.22</b>	06:51	0:53:02
63	929	Norberto Tiães	União FCI de Tomar	T MS	31	<b>2:51:29.62</b>	06:52	0:53:06
64	780	Gonçalo Carpinteiro		T MS	32	<b>2:51:38.85</b>	06:52	0:53:15
65	750	Luís Baptista	Running Academy - O2 Life Center	T MS	33	<b>2:52:20.63</b>	06:54	0:53:57
66	850	André Silva	BeYourself	T MS	34	<b>2:53:20.31</b>	06:56	0:54:56
67	564	Pedro Fogueteiro	"C.D." "Os Águias" " Trail/Running"	T MS	35	<b>2:53:35.51</b>	06:57	0:55:12
68	812	Pedro Moreira	Millennium BCP	T M40	14	<b>2:54:03.07</b>	06:58	0:55:39
69	788	Alexandre Evaristo	Runners da Frente Ribeirinha da Póvoa de Santa Iri	T M50	6	<b>2:54:54.30</b>	07:00	0:56:30
70	646	Pedro Carreira	Farmácia Almeida Gonçalves	T M40	15	<b>2:55:03.23</b>	07:00	0:56:39
71	756	Bruno Brito	Running Academy - O2 Life Center	T MS	36	<b>2:55:15.99</b>	07:01	0:56:52
72	930	Carlos Basílio	Trilhos dos Templários - Green Roc	T MS	37	<b>2:55:38.30</b>	07:02	0:57:14
73	907	Luís Lopes	20 kms Almeirim	T MS	38	<b>2:56:07.47</b>	07:03	0:57:43
74	991	Ernesto Caniço		T MS	39	<b>2:56:07.83</b>	07:03	0:57:44
75	690	Ricardo Silva	Pocariça Runners	T M40	16	<b>2:56:51.79</b>	07:04	0:58:28
76	908	Valter Gaspar	PapaMilhas	T MS	40	<b>2:56:52.36</b>	07:04	0:58:28
77	969	Mauro Covas	Mobylete	T MS	41	<b>2:56:58.64</b>	07:05	0:58:35
78	583	Flávio Graça	Os Matrecos	T MS	42	<b>2:57:14.71</b>	07:05	0:58:51
79	587	António Carvalho	Tomar Runners	T M55	1	<b>2:57:42.20</b>	07:06	0:59:18
80	951	Jorge Formiga	UDR Zona Alta	T M40	17	<b>2:57:47.93</b>	07:07	0:59:24
81	743	Luís Fróis	Bando dos 4	T MS	43	<b>2:57:56.28</b>	07:07	0:59:32
82	965	José Isidoro	Mobylete	T MS	44	<b>2:58:11.18</b>	07:08	0:59:47
83	795	Márcio Batista	União FCI de Tomar	T MS	45	<b>2:58:30.99</b>	07:08	1:00:07
84	758	Eduardo Vanzeller		T M50	7	<b>3:00:27.92</b>	07:13	1:02:04
85	976	Bruno Espadeiro		T MS	46	<b>3:00:35.45</b>	07:13	1:02:11
86	610	Carlos Lima		T M45	11	<b>3:00:51.96</b>	07:14	1:02:28
87	722	Luís Riachos		T MS	47	<b>3:01:14.24</b>	07:15	1:02:50
88	685	João Ferreira	ACM TRAIL&RUNNING	T M23	4	<b>3:01:49.85</b>	07:16	1:03:26
89	789	Frederico Crasto	Liz Runners	T MS	48	<b>3:02:31.95</b>	07:18	1:04:08
90	847	Filipe Honório	BeYourself	T MS	49	<b>3:02:39.44</b>	07:18	1:04:15
91	547	Luís Ribeiro	Engenheiros-RE1	T MS	50	<b>3:02:40.20</b>	07:18	1:04:16
92	798	Hugo Guerreiro	Varitintas	T MS	51	<b>3:04:01.41</b>	07:22	1:05:37
93	546	Marcelo Nunes	Engenheiros-RE1	T MS	52	<b>3:04:35.19</b>	07:23	1:06:11
94	932	N. Costa	Trilhos dos Templários - Green Roc	T MS	53	<b>3:04:47.86</b>	07:24	1:06:24
95	769	Manuel Cordeiro		T M45	12	<b>3:05:01.11</b>	07:24	1:06:37
96	790	Pedro Machado	Tough Trails Alenquer	T MS	54	<b>3:05:37.39</b>	07:25	1:07:13
97	725	Mário Ribeiro	Os Galgos de Tancos	T M50	8	<b>3:05:38.65</b>	07:26	1:07:15
98	596	Luís Aires	Equipa da Maria	T M45	13	<b>3:05:49.96</b>	07:26	1:07:26
99	597	Sérgio Almeida	Equipa da Maria	T MS	55	<b>3:05:50.04</b>	07:26	1:07:26
100	817	Luís Gonçalves	Millennium BCP	T MS	56	<b>3:05:53.75</b>	07:26	1:07:30

101	989	Pedro Santos		T MS	57	<b>3:06:07.11</b>	07:27	1:07:43
102	970	André Ferreira	Caracol Trail Team	T MS	58	<b>3:06:17.09</b>	07:27	1:07:53
103	660	Bruno Sardinha		T MS	59	<b>3:06:24.45</b>	07:27	1:08:00
104	608	Sérgio Simões		T MS	60	<b>3:07:05.70</b>	07:29	1:08:42
105	609	Frederico Baptista		T MS	61	<b>3:07:06.20</b>	07:29	1:08:42
106	282	João Farinha	Caracol Trail Team	T M55	2	<b>3:07:17.12</b>	07:29	1:08:53
107	3	Vitorino Coragem	O Mundo da Corrida	T M60	2	<b>3:08:16.97</b>	07:32	1:09:53
108	986	Micael Firmino	CDCR Aldeia Sto António	T MS	62	<b>3:08:22.35</b>	07:32	1:09:58
109	906	Victor Rodrigues	20 kms Almeirim	T M45	14	<b>3:08:36.51</b>	07:33	1:10:13
110	693	Joaquim Martins	Os Trinca Espinhas	T MS	63	<b>3:08:37.00</b>	07:33	1:10:13
111	617	Luís Gomes	Furões do Alentejo	T MS	64	<b>3:09:26.00</b>	07:35	1:11:02
112	749	José Leonor	Bando dos 4	T MS	65	<b>3:09:38.78</b>	07:35	1:11:15
113	560	Pedro Gomes	"C.D." "Os Águias" " Trail/Running"	T MS	66	<b>3:09:48.02</b>	07:36	1:11:24
114	996	Jorge Pires	Os Galgos de Tancos	T M40	18	<b>3:09:50.91</b>	07:36	1:11:27
115	588	Tiago Silva	Furões do Alentejo	T MS	67	<b>3:09:57.16</b>	07:36	1:11:33
116	987	Francisco Barrento	Running Academy - O2 Life Center	T MS	68	<b>3:10:31.18</b>	07:37	1:12:07
117	626	Jorge Antunes		T M40	19	<b>3:10:42.11</b>	07:38	1:12:18
118	933	Francisco	Trilhos dos Templários - Green Roc	T M40	20	<b>3:11:19.61</b>	07:39	1:12:56
119	880	Paulo Pascoa	Talentos Team	T M45	15	<b>3:11:37.60</b>	07:40	1:13:14
120	605	Aurélio Rodrigues	Os Matrecos	T M45	16	<b>3:11:49.02</b>	07:40	1:13:25
121	882	Fernando Ferreira	Talentos Team	T M60	3	<b>3:12:14.74</b>	07:41	1:13:51
122	672	Pedro Trigo	Os Conta-Kilómetros	T MS	69	<b>3:12:16.94</b>	07:41	1:13:53
123	843	Rui Brás		T M40	21	<b>3:12:18.49</b>	07:42	1:13:54
124	910	Nuno Manuel	Pace.Makers	T M45	17	<b>3:12:44.99</b>	07:43	1:14:21
125	851	Vitor Marques		T M55	3	<b>3:13:45.03</b>	07:45	1:15:21
126	652	Carlos Grácio	Os Galgos de Tancos	T M50	9	<b>3:14:01.16</b>	07:46	1:15:37
127	590	Joaquim Figueira	Team 33	T M40	22	<b>3:14:14.62</b>	07:46	1:15:51
128	950	Rodolfo Oliveira	Happy Runners	T MS	70	<b>3:14:37.29</b>	07:47	1:16:13
129	980	Eduardo Figueira	O Praticante	T M23	5	<b>3:15:28.75</b>	07:49	1:17:05
130	840	João Calado	Farmácia Almeida Gonçalves	T MS	71	<b>3:15:39.93</b>	07:50	1:17:16
131	766	João Domingues		T MS	72	<b>3:15:50.21</b>	07:50	1:17:26
132	966	Vasco Monteiro	Mobyte	T MS	73	<b>3:17:00.88</b>	07:53	1:18:37
133	628	António Matias	CLAC - Entroncamento	T M55	4	<b>3:17:14.04</b>	07:53	1:18:50
134	683	Samuel Cinzas	ACM TRAIL&RUNNING	T MS	74	<b>3:17:59.19</b>	07:55	1:19:35
135	765	João Trindade		T MS	75	<b>3:19:27.58</b>	07:59	1:21:04
136	642	Daniel Domingos	Sapatilhas & Petiscos	T MS	76	<b>3:19:40.81</b>	07:59	1:21:17
137	623	Nuno Tiago	Pace.Makers	T M40	23	<b>3:19:40.89</b>	07:59	1:21:17
138	716	António Nova	Os Trinca Espinhas	T M50	10	<b>3:20:15.44</b>	08:01	1:21:51
139	599	Alcino Ramos	VILA FRIA JG SEGUROS	T M55	5	<b>3:20:23.01</b>	08:01	1:21:59
140	651	Luís Garcia	Os Galgos de Tancos	T M45	18	<b>3:20:34.82</b>	08:01	1:22:11
141	745	Rui Pinto	Runners da Frente Ribeirinha da Póvoa de Santa Iri	T MS	77	<b>3:20:52.56</b>	08:02	1:22:29
142	926	André Valente		T MS	78	<b>3:21:48.66</b>	08:04	1:23:25
143	283	Marco Lopes	Caracol Trail Team	T MS	79	<b>3:22:02.17</b>	08:05	1:23:38
144	888	Nuno Santos	Gaia - Running	T M40	24	<b>3:22:04.63</b>	08:05	1:23:41
145	891	César Teixeira	Gaia - Running	T M40	25	<b>3:22:05.69</b>	08:05	1:23:42
146	994	Nuno Manso		T MS	80	<b>3:22:21.76</b>	08:06	1:23:58
147	804	Rui Ramalho	Millennium BCP	T M45	19	<b>3:22:48.29</b>	08:07	1:24:24
148	978	José Marques	#PonteFinal_RT	T M40	26	<b>3:23:56.13</b>	08:09	1:25:32
149	715	Nelson Santos	TSF Runners	T M40	27	<b>3:25:02.74</b>	08:12	1:26:39
150	971	José Aires	CCD TRANQUILIDADE	T M55	6	<b>3:25:02.87</b>	08:12	1:26:39
151	979	José Henrique	Grupo Desportivo da Parreira	T MS	81	<b>3:25:14.05</b>	08:13	1:26:50
152	728	Carlos Sequeira	Running Academy - O2 Life Center	T M45	20	<b>3:25:16.24</b>	08:13	1:26:52
153	724	António Lopes		T MS	82	<b>3:25:21.47</b>	08:13	1:26:57
154	889	Eduardo Teixeira	Gaia - Running	T M50	11	<b>3:25:47.36</b>	08:14	1:27:23
155	284	Bruno Marquez	Eléctrico Futebol Clube	T M40	28	<b>3:25:50.71</b>	08:14	1:27:27
156	577	Luís Ribeiro		T MS	83	<b>3:26:22.05</b>	08:15	1:27:58
157	644	José Filipe Calado	Farmácia Almeida Gonçalves	T M50	12	<b>3:26:48.55</b>	08:16	1:28:25
158	625	Marco Costa		T MS	84	<b>3:26:51.82</b>	08:16	1:28:28

159	601	Luís Chaveiro		T M40	29	<b>3:26:59.22</b>	08:17	1:28:35
160	883	Miguel Passos	Talentos Team	T M40	30	<b>3:27:20.64</b>	08:18	1:28:57
161	955	José Ferreira	Millennium BCP	T M50	13	<b>3:27:25.78</b>	08:18	1:29:02
162	785	André Dias	LoureSaude Running	T MS	85	<b>3:27:52.28</b>	08:19	1:29:28
163	791	Daniel Reis	Os Conta-Kilómetros	T MS	86	<b>3:28:01.84</b>	08:19	1:29:38
164	551	Paulo Mota		T M45	21	<b>3:29:01.17</b>	08:22	1:30:37
165	995	Nuno Romão		T M45	22	<b>3:29:01.40</b>	08:22	1:30:37
166	797	Francisco Bento		T MS	87	<b>3:29:42.33</b>	08:23	1:31:18
167	620	Rodolfo Silva	Sapatilhas & Petiscos	T MS	88	<b>3:30:54.29</b>	08:26	1:32:30
168	782	Carlos Sá		T M45	23	<b>3:31:27.86</b>	08:28	1:33:04
169	985	Telmo Silva	Caracol Trail Team	T MS	89	<b>3:31:33.24</b>	08:28	1:33:09
170	917	Mário Costa	PapaMilhas	T MS	90	<b>3:31:33.66</b>	08:28	1:33:10
171	801	Fernando Rosa	Millennium BCP	T M40	31	<b>3:32:13.02</b>	08:29	1:33:49
172	676	Luís Silva		T M45	24	<b>3:32:13.41</b>	08:29	1:33:49
173	977	Fernando Marques	#PonteFinal_RT	T M40	32	<b>3:32:15.61</b>	08:29	1:33:52
174	561	Rui Gameiro		T M40	33	<b>3:32:31.12</b>	08:30	1:34:07
175	579	Paulo Amaral		T M45	25	<b>3:32:31.47</b>	08:30	1:34:07
176	612	Pedro Nisa		T M40	34	<b>3:32:31.78</b>	08:30	1:34:08
177	595	José Aquino		T M50	14	<b>3:32:40.43</b>	08:30	1:34:16
178	554	Jorge Rodrigues		T M40	35	<b>3:32:47.80</b>	08:31	1:34:24
179	630	Luís Pires	C.A. Amigos Parque da Paz	T M45	26	<b>3:32:49.99</b>	08:31	1:34:26
180	573	Carlos Moreira	Os Tugas	T M60	4	<b>3:33:00.64</b>	08:31	1:34:37
181	886	Fernando Vieira	Gaia - Running	T M60	5	<b>3:33:19.86</b>	08:32	1:34:56
182	837	Paulo Simões	Falcões Selvagens	T M45	27	<b>3:33:23.95</b>	08:32	1:35:00
183	699	António Almeida	Os Conta-Kilómetros	T MS	91	<b>3:33:26.26</b>	08:32	1:35:02
184	820	Marco Guerra		T MS	92	<b>3:33:43.44</b>	08:33	1:35:19
185	904	Nuno Dias		T MS	93	<b>3:34:03.01</b>	08:34	1:35:39
186	656	António Alberto		T MS	94	<b>3:34:03.16</b>	08:34	1:35:39
187	697	Nuno Martins		T M40	36	<b>3:34:32.85</b>	08:35	1:36:09
188	97	Anselmo Maia		T M45	28	<b>3:35:06.19</b>	08:36	1:36:42
189	793	Paulo Antunes	União FCI de Tomar	T MS	95	<b>3:35:19.44</b>	08:37	1:36:55
190	794	Angelo Pinto	União FCI de Tomar	T MS	96	<b>3:35:19.85</b>	08:37	1:36:56
191	957	Victor Ferreira	Ginja Team	T M45	29	<b>3:35:48.50</b>	08:38	1:37:25
192	773	Pedro Simões	Uni-verso	T MS	97	<b>3:35:55.33</b>	08:38	1:37:31
193	706	Pedro Louro	SS CGD	T MS	98	<b>3:36:30.75</b>	08:40	1:38:07
194	923	Fernando Teixeira		T M50	15	<b>3:36:53.24</b>	08:41	1:38:29
195	640	António Santos	Monforte Bike Team	T MS	99	<b>3:37:03.69</b>	08:41	1:38:40
196	943	Jorge Rocha	Amigos do Atletismo de Avis	T MS	100	<b>3:37:03.72</b>	08:41	1:38:40
197	639	Carlos Correia	Monforte Bike Team	T M45	30	<b>3:37:04.07</b>	08:41	1:38:40
198	973	João Santos	Évora Night Runners	T MS	101	<b>3:37:13.69</b>	08:41	1:38:50
199	946	Mário Lima		T MS	102	<b>3:37:17.04</b>	08:41	1:38:53
200	739	Nuno Santos	Clube Ogma	T M40	37	<b>3:37:24.59</b>	08:42	1:39:01
201	753	Hugo Ferreira	Furões do Alentejo	T MS	103	<b>3:39:10.98</b>	08:46	1:40:47
202	593	José Martins		T M40	38	<b>3:39:23.44</b>	08:47	1:40:59
203	831	João Bernardino	Devagar, devagarinho...	T M40	39	<b>3:39:30.08</b>	08:47	1:41:06
204	871	Francisco Oliveira	Talentos Team	T M40	40	<b>3:40:13.60</b>	08:49	1:41:50
205	863	Nuno Lucas	Talentos Team	T M40	41	<b>3:40:14.08</b>	08:49	1:41:50
206	718	João Martinho		T MS	104	<b>3:40:17.53</b>	08:49	1:41:54
207	636	Vitor Matos	C.A.S.P.A. - Clube Amador Só Para Atletismo	T M50	16	<b>3:40:32.66</b>	08:49	1:42:09
208	721	Francisco Amaro	Varitintas	T M45	31	<b>3:42:26.27</b>	08:54	1:44:02
209	803	Paulo Rato	Millennium BCP	T M50	17	<b>3:42:34.84</b>	08:54	1:44:11
210	873	Carlos Fernandes	Talentos Team	T M45	32	<b>3:44:50.09</b>	09:00	1:46:26
211	763	João Dias		T M45	33	<b>3:44:51.27</b>	09:00	1:46:27
212	545	João Sousa	Engenheiros-RE1	T MS	105	<b>3:45:03.55</b>	09:00	1:46:40
213	677	Luís Silvestre	Coininha Runners	T MS	106	<b>3:45:30.05</b>	09:01	1:47:06
214	884	Nuno Silva	Talentos Team	T M40	42	<b>3:45:31.72</b>	09:01	1:47:08
215	663	Luís Sales	""Os últimos""	T M40	43	<b>3:47:00.11</b>	09:05	1:48:36
216	559	António Gavanha		T M50	18	<b>3:47:01.41</b>	09:05	1:48:37

217	752	Nuno Carvalho	Fire Team BVMC	T MS	107	<b>3:47:14.70</b>	09:05	1:48:51
218	975	Pedro Lopes		T MS	108	<b>3:47:18.30</b>	09:06	1:48:54
219	698	Rui Vences	Os Galos	T MS	109	<b>3:49:21.33</b>	09:10	1:50:57
220	827	António Carda	#PonteFinal_RT	T MS	110	<b>3:49:21.48</b>	09:10	1:50:57
221	855	Luís Belbute		T M45	34	<b>3:49:30.27</b>	09:11	1:51:06
222	657	Daniel Ouro	Aveiras Runners	T MS	111	<b>3:49:49.96</b>	09:12	1:51:26
223	700	Hugo Duarte	Aveiras Runners	T MS	112	<b>3:50:14.25</b>	09:13	1:51:50
224	664	Jorge Mendes	""Os últimos""	T M40	44	<b>3:50:26.97</b>	09:13	1:52:03
225	662	José Mariquitos	""Os últimos""	T M50	19	<b>3:50:33.70</b>	09:13	1:52:10
226	606	Paulo Ramalho	Os Montanhese	T M45	35	<b>3:52:43.11</b>	09:19	1:54:19
227	727	Carlos Dias		T MS	113	<b>3:53:15.36</b>	09:20	1:54:51
228	811	Ricardo Mendes	Millennium BCP	T M40	45	<b>3:54:22.01</b>	09:22	1:55:58
229	580	Manuel Machado	Os Matrecos	T M50	20	<b>3:58:09.57</b>	09:32	1:59:46
230	958	Nuno Sá	Ginja Team	T M40	46	<b>3:58:15.61</b>	09:32	1:59:52
231	956	António Lima	Ginja Team	T M45	36	<b>3:58:15.99</b>	09:32	1:59:52
232	738	Nuno Marques		T MS	114	<b>4:00:41.38</b>	09:38	2:02:17
233	781	João Lopes		T M40	47	<b>4:01:28.78</b>	09:40	2:03:05
234	783	Fausto Sá		T MS	115	<b>4:01:30.91</b>	09:40	2:03:07
235	770	Miguel Pedro		T M45	37	<b>4:01:31.01</b>	09:40	2:03:07
236	542	José Condesso	Engenheiros-RE1	T M45	38	<b>4:01:33.23</b>	09:40	2:03:09
237	627	Luís Gonçalves		T MS	116	<b>4:01:53.99</b>	09:41	2:03:30
238	678	Pedro Caneco	Coininha Runners	T M40	48	<b>4:03:37.47</b>	09:45	2:05:13
239	867	Rui Brites	Talentos Team	T M40	49	<b>4:04:29.22</b>	09:47	2:06:05
240	679	Renato Ramalho	Coininha Runners	T MS	117	<b>4:04:45.90</b>	09:47	2:06:22
241	637	Luís Costa	Os Conta-Kilómetros	T MS	118	<b>4:05:44.22</b>	09:50	2:07:20
242	814	Karsten Sommer	Millennium BCP	T M45	39	<b>4:06:32.76</b>	09:52	2:08:09
243	905	Nuno Diogo		T M40	50	<b>4:06:45.76</b>	09:52	2:08:22
244	709	Rui Cortes	Tartarugas Solidarias	T M40	51	<b>4:06:46.34</b>	09:52	2:08:22
245	806	Mário Marcelino	Millennium BCP	T M55	7	<b>4:09:35.69</b>	09:59	2:11:12
246	714	Gustavo Frade		T MS	119	<b>4:10:09.99</b>	10:00	2:11:46
247	792	Carlos Dias	FenómenosGlorioso	T MS	120	<b>4:14:55.60</b>	10:12	2:16:32
248	655	Hélio Branco	Aveiras Runners	T MS	121	<b>4:16:57.01</b>	10:17	2:18:33
249	981	Paulo Figueira	O Praticante	T M40	52	<b>4:17:16.40</b>	10:17	2:18:52
250	648	Paulo Soares		T MS	122	<b>4:18:11.59</b>	10:20	2:19:48
251	611	Ludovico Capito	Caracol Trail Team	T M45	40	<b>4:21:29.28</b>	10:28	2:23:05
252	665	Sérgio Pegas	""Os últimos""	T MS	123	<b>4:21:30.71</b>	10:28	2:23:07
253	920	Luis Fernandes	Team Fay	T M40	53	<b>4:22:09.21</b>	10:29	2:23:45
254	702	Rodrigo Joina		T MS	124	<b>4:22:27.55</b>	10:30	2:24:04
255	876	Júlio Santos	Talentos Team	T M50	21	<b>4:23:19.69</b>	10:32	2:24:56
256	116	André Preto	Trilhos do Costume	T MS	125	<b>4:23:27.11</b>	10:32	2:25:03
257	828	José Ventura	#PonteFinal_RT	T M40	54	<b>4:24:13.28</b>	10:34	2:25:49
258	829	Nuno Rodrigues	#PonteFinal_RT	T MS	126	<b>4:24:14.36</b>	10:34	2:25:50
259	919	Ivo Esperança	Team Fay	T MS	127	<b>4:25:20.74</b>	10:37	2:26:57
260	972	José Alves		T M55	8	<b>4:26:06.77</b>	10:39	2:27:43
261	937	Marco Belo	Ninjan8	T MS	128	<b>4:26:27.80</b>	10:40	2:28:04
262	556	Vasco Fernandes		T M40	55	<b>4:26:33.44</b>	10:40	2:28:09
263	924	Bruno Justino	Pace.Makers	T MS	129	<b>4:28:31.14</b>	10:44	2:30:07
264	717	Abel Bragança	Os últimos	T M50	22	<b>4:31:21.06</b>	10:51	2:32:57
265	744	Bruno Romão		T MS	130	<b>4:31:32.20</b>	10:52	2:33:08
266	997	José Silva	Comtemp	T M55	9	<b>4:33:04.33</b>	10:55	2:34:40
267	901	Ricardo Silvestre	BRRnightRUNNERS	T MS	131	<b>4:33:17.66</b>	10:56	2:34:54
268	696	Nuno Ferreira	Pace.Makers	T M40	56	<b>4:35:07.98</b>	11:00	2:36:44
269	669	Paulo Conceição	Pace.Makers	T MS	132	<b>4:35:08.11</b>	11:00	2:36:44
270	666	Hélder Pires	Os Lesmas	T M40	57	<b>4:35:11.94</b>	11:00	2:36:48
271	936	Hugo Marques	Ninjan8	T MS	133	<b>4:37:24.02</b>	11:06	2:39:00
272	667	Hélder Mendes	Pace.Makers	T M40	58	<b>4:37:30.03</b>	11:06	2:39:06
273	621	Ricardo Pimenta	Os Lesmas	T M40	59	<b>4:39:01.80</b>	11:10	2:40:38
274	784	João Almeida		T M45	41	<b>4:39:09.50</b>	11:10	2:40:46

275	661	Helder Santos	A correr pelo Mundo das Bebidas	T M40	60	<b>4:40:43.54</b>	11:14	2:42:20
276	720	José Vicente	A correr pelo Mundo das Bebidas	T M40	61	<b>4:40:51.64</b>	11:14	2:42:28
277	622	Rui Horta	Os Lesmas	T M50	23	<b>4:43:48.24</b>	11:21	2:45:24
278	914	João Silva		T M45	42	<b>4:45:51.53</b>	11:26	2:47:28
279	836	Eduardo Sousa		T MS	134	<b>4:46:33.19</b>	11:28	2:48:09
280	729	Rui Coutinho	"C.D." "Os Águias" " Trail/Running"	T M40	62	<b>4:46:49.49</b>	11:28	2:48:25
281	868	Paulo Nunes	Talentos Team	T M55	10	<b>4:47:20.36</b>	11:30	2:48:56
282	777	Valdemar Fernandes	Scalabis Night Runners	T MS	135	<b>4:47:35.28</b>	11:30	2:49:11
283	569	Rafael Santos	Os Tugas	T M45	43	<b>4:50:43.79</b>	11:38	2:52:20
284	866	Alain Besson	Talentos Team	T M60	6	<b>4:53:22.86</b>	11:44	2:54:59
285	857	Jorge Ferreira	Talentos Team	T M45	44	<b>4:56:33.31</b>	11:52	2:58:09
286	723	Paulo Santos		T M45	45	<b>4:58:58.24</b>	11:58	3:00:34
287	584	António Ramos	Os Matrecos	T M45	46	<b>4:58:58.44</b>	11:58	3:00:34
288	614	Marco Cardoso	Soconcalma	T M45	47	<b>4:58:59.45</b>	11:58	3:00:35
289	768	Hernâni Tomás	S.R.C	T M40	63	<b>5:01:49.80</b>	12:04	3:03:26
290	826	Pedro Amaral		T MS	136	<b>5:05:03.45</b>	12:12	3:06:39
291	824	Mário Ferreira		T MS	137	<b>5:05:07.80</b>	12:12	3:06:44
292	650	João Bernardino	Os Galgos de Tancos	T M45	48	<b>5:07:55.32</b>	12:19	3:09:31
293	895	Rui Felicio		T MS	138	<b>5:12:28.02</b>	12:30	3:14:04
294	875	Mario Gaspar	Talentos Team	T MS	139	<b>5:12:35.87</b>	12:30	3:14:12
295	896	José Fernandes		T M45	49	<b>5:12:36.79</b>	12:30	3:14:13
296	823	Joaquim Delgado	Scalabis Night Runners	T M40	64	<b>5:14:21.24</b>	12:34	3:15:57
297	940	João Teixeira	Lágrimas Team	T M50	24	<b>5:30:29.35</b>	13:13	3:32:05
298	555	Paulo Rato		T M50	25	<b>5:38:47.77</b>	13:33	3:40:24
299	796	Samuel Salvador		T MS	140	<b>5:50:49.42</b>	14:02	3:52:25
300	858	João Vitoria	Talentos Team	T M50	26	<b>5:52:50.50</b>	14:07	3:54:27
301	631	Luís Trigo	Os Conta-Kilómetros	T MS	141	<b>5:57:08.05</b>	14:17	3:58:44