

Trail

Pos.	Pei.	Nome	Clube	Escalão	Pos.	Tempo	Dif.
1	909	Luís Semedo	AC Portalegre / UTSM	M Seniores	1	01:55:15	
2	623	Marco Carvalho	FireTeamBVMC	M 40	1	02:07:36	00:12:21
3	863	Gonçalo Cruz	Rapótaço	M Seniores	2	02:07:49	00:12:34
4	556	Marco Quedas	Clube de Atletismo Odimarq	M Seniores	3	02:10:21	00:15:06
5	554	Tiago Martins	Clube de Atletismo Odimarq	M Seniores	4	02:10:22	00:15:07
6	931	José Rebelo		M Sub-23	1	02:10:39	00:15:24
7	852	André Silva	Regimento de Engenharia N.º 1	M Seniores	5	02:10:52	00:15:37
8	933	Hélder Pereira	Clube de Atletismo de Ferreira do Zêzere	M 40	2	02:11:53	00:16:38
9	811	Guel Ferreira	CCD de Porto Mendo	M Seniores	6	02:12:44	00:17:29
10	568	José Lopes	Clube de Atletismo Odimarq	M 50	1	02:12:46	00:17:31
11	911	Fernando Santos	Marinha Guerra Portuguesa	M 50	2	02:13:46	00:18:31
12	791	Mário Dias	Thoughttrail - Alenquer	M Seniores	7	02:14:08	00:18:53
13	935	José Mestre		M Seniores	8	02:14:12	00:18:57
14	574	Artur Pais	Casa Matos Bike Shop/Reatam-Tramagal	M 45	1	02:14:42	00:19:27
15	734	Alfredo Gualdino	COAC Coruche	M Seniores	9	02:14:44	00:19:29
16	779	Luís Triguinho	Caracol Trail Team	M 45	2	02:14:48	00:19:33
17	761	Davide Pereira	Amadores Trail Team	M Seniores	10	02:16:30	00:21:15
18	602	Gonçalo Rijo		M 40	3	02:17:37	00:22:22
19	673	José Silva	Pato Bravo	M 55	1	02:18:04	00:22:49
20	892	José David	Cem Quedas	M 40	4	02:18:57	00:23:42
21	939	David Jesus	Pace.Makers	M 50	3	02:19:25	00:24:10
22	918	Luís Vitorino		M 40	5	02:22:35	00:27:20
23	101	Renato Vaz		M 40	6	02:23:40	00:28:25
24	864	Júlio Finote	Rapótaço	M 45	3	02:23:44	00:28:29
25	753	Mário Figueiras	ACM Montemor a Correr	M 40	7	02:24:06	00:28:51
26	562	Aires Duarte	Casa Matos Bike Shop/Reatam-Tramagal	M 40	8	02:24:09	00:28:54
27	875	Pedro Mourão	Caracol Trail Team	M 40	9	02:24:27	00:29:12
28	941	Mário Ramos	Sabores do Paço/Zatopeques	M Seniores	11	02:24:51	00:29:36
29	815	Luís Soares	Clube Ogma	M 50	4	02:26:01	00:30:46
30	752	David Guerreiro	Évora Night Runners	M Seniores	12	02:26:12	00:30:57
31	579	Bruno Sousa	OCR Portugal	M 40	10	02:27:18	00:32:03
32	795	José Rosa	Clube Desportivo em Movimento	M 40	11	02:28:44	00:33:29
33	818	Nuno Lopes	CCD-AT	M 40	12	02:29:16	00:34:01
34	921	Sérgio Barros	Centro Municipal Marcha e Corrida Cacé	M 40	13	02:30:05	00:34:50
35	739	Luís Boino	20Papar	M Seniores	13	02:30:23	00:35:08
36	781	Hélder Delgado	Gang do Amendoim	M Seniores	14	02:30:29	00:35:14
37	524	José Duarte		M Seniores	15	02:30:42	00:35:27
38	923	Bernardino Soares	Centro Municipal Marcha e Corrida Cacé	M 40	14	02:31:13	00:35:58
39	908	Marco Fernandes		M Seniores	16	02:32:29	00:37:14
40	555	Joaquim Martins	Clube de Atletismo Odimarq	M 50	5	02:33:07	00:37:52

Pos.	Pei.	Nome	Clube	Escalão	Pos.	Tempo	Dif.
41	598	José Guimas	Os Matrecos	M 50	6	02:33:22	00:38:07
42	790	Nuno Pereira	Clube Ogma	M 40	15	02:33:29	00:38:14
43	599	Leonel Campos	Os Matrecos	M 50	7	02:33:31	00:38:16
44	850	Pedro Victor		M 40	16	02:33:48	00:38:33
45	604	Vítor Pires	UDR Zona Alta - Torres Novas	M 45	4	02:33:59	00:38:44
46	759	Alexandre Borralho	Furões do Alentejo	M Sub-23	2	02:34:24	00:39:09
47	925	João Antunes		M Seniores	17	02:34:37	00:39:22
48	690	Jorge Henriques	Lourival Bike Team	M Seniores	18	02:34:49	00:39:34
49	726	Joel Batista	Lourival Bike Team	M Seniores	19	02:34:49	00:39:34
50	736	Alberto Pipio	Matilha	M 45	5	02:36:10	00:40:55
51	700	Ezequiel Reis		M Seniores	20	02:36:29	00:41:14
52	635	Marco Leal	OndaTrilhos	M Seniores	21	02:36:52	00:41:37
53	702	Miguel Serra		M Seniores	22	02:36:54	00:41:39
54	526	Sérgio Almeida	100 esTRILHOS	M Seniores	23	02:37:18	00:42:03
55	676	Manuel Roque	U.D.F.A.C.	M Seniores	24	02:38:22	00:43:07
56	618	João Oliveira	Os Tugas	M 40	17	02:38:26	00:43:11
57	617	Nuno Pita	Os Tugas	M 40	18	02:38:28	00:43:13
58	528	Hernani Tomás	Sociedade Recreativa do Camarnal	M 40	19	02:39:00	00:43:45
59	865	António Rufino		M Seniores	25	02:39:00	00:43:45
60	584	Isidro Félix		M Seniores	26	02:39:31	00:44:16
61	955	Alexandre Varino	Team Rhinos	M 40	20	02:39:44	00:44:29
62	608	Bernardino Ribeiro		M 45	6	02:40:22	00:45:07
63	900	Diogo Carlos		M Seniores	27	02:40:31	00:45:16
64	743	Ana Gonçalves	Évora Night Runners	F Seniores	1	02:40:41	00:45:26
65	962	Carlos Gonçalves	Évora Night Runners	M Seniores	28	02:40:42	00:45:27
66	548	Luís Pinto	Varitintas	M Seniores	29	02:41:25	00:46:10
67	874	Carlos Castanheira		M Seniores	30	02:43:09	00:47:54
68	799	Cláudia Lopes	Tarahumara	F Seniores	2	02:43:37	00:48:22
69	640	Júlia Alves	ACM Montemor a Correr	F 40	1	02:43:38	00:48:23
70	622	Rui Pissarreira	ETTA - Equipa Todo o Terreno de Almour	M 40	21	02:44:56	00:49:41
71	647	Mário Pinto	ACM Montemor a Correr	M Seniores	31	02:45:03	00:49:48
72	553	Helio Correia	100 esTRILHOS	M Seniores	32	02:45:04	00:49:49
73	868	David Madeira	Pascoalitos A D Barcouço	M Seniores	33	02:45:15	00:50:00
74	525	Luís Aires	100 esTRILHOS	M 45	7	02:45:24	00:50:09
75	639	João Simões	ACM Montemor a Correr	M Seniores	34	02:47:10	00:51:55
76	636	Henrique Faria	OndaTrilhos	M Seniores	35	02:47:59	00:52:44
77	708	Rui Ramalho	Clube Millennium BCP	M 45	8	02:48:29	00:53:14
78	709	Sofia Ramalho	Clube Millennium BCP	F Sub-23	1	02:48:29	00:53:14
79	742	José Rocha	Matilha	M 50	8	02:48:53	00:53:38
80	642	Manuel Bravo	ACM Montemor a Correr	M Seniores	36	02:49:02	00:53:47
81	665	Gonçalo Águas		M Seniores	37	02:49:14	00:53:59
82	527	Miguel Veludo	100 esTRILHOS	M 40	22	02:50:36	00:55:21
83	641	Nuno Matos	ACM Montemor a Correr	M 45	9	02:50:37	00:55:22
84	543	Diogo Barros	Varitintas	M 40	23	02:50:42	00:55:27
85	613	Francisco Henriques	OndaTrilhos	M Seniores	38	02:50:56	00:55:41
86	954	Susana Bernardo	OPraticante.pt	F Seniores	3	02:51:25	00:56:10
87	735	Alcino Ramos		M 55	2	02:51:37	00:56:22

Pos.	Pei.	Nome	Clube	Escalão	Pos.	Tempo	Dif.
88	671	Alberto Graça	União FCI de Tomar	M 60	1	02:51:47	00:56:32
89	826	Pedro Cardoso	Runner da Frente Ribeirinha da Póvoa de	M Seniores	39	02:51:59	00:56:44
90	835	António Cardoso	Runner da Frente Ribeirinha da Póvoa de	M 40	24	02:52:01	00:56:46
91	853	Mário Ribeiro	Regimento de Engenharia N.º 1	M 50	9	02:52:09	00:56:54
92	541	Hugo Guerreiro	Varitintas	M Seniores	40	02:53:24	00:58:09
93	591	Pedro Xavier	Grupo Desportivo SantanderTotta	M 40	25	02:53:56	00:58:41
94	762	Flávio Graça	Os Matrecos	M Seniores	41	02:54:19	00:59:04
95	946	Estela Martinho		F Seniores	4	02:54:30	00:59:15
96	633	Conceição Castanheir	OndaTrilhos	F 50	1	02:54:33	00:59:18
97	950	Josué Amoroso		M 45	10	02:54:35	00:59:20
98	669	Pedro Gameiro	União FCI de Tomar	M Seniores	42	02:55:19	01:00:04
99	919	José Prazeres		M Seniores	43	02:55:29	01:00:14
100	776	José Maçarria	Trilhos do Valado	M 55	3	02:56:02	01:00:47
101	887	Simão Santos	OFF Limits	M Seniores	44	02:56:40	01:01:25
102	888	Leonel Sereno	OFF Limits	M Seniores	45	02:56:40	01:01:25
103	851	Jorge Maurício	Rx Runners	M 40	26	02:57:01	01:01:46
104	832	João Martins	Vitória Clube Benquerenças	M 50	10	02:57:29	01:02:14
105	772	Hélder Baptista	SortpontoCome-Eco	M 50	11	02:57:31	01:02:16
106	882	Carlos Isidro	Cem Quedas	M 40	27	02:57:55	01:02:40
107	880	Manuela Antunes		F 45	1	02:58:23	01:03:08
108	530	Bruno Calado	GDRG Bugalho	M Seniores	46	02:58:29	01:03:14
109	768	Nuno Gomes		M 40	28	02:58:29	01:03:14
110	886	André Nunes	OFF Limits	M Seniores	47	02:59:02	01:03:47
111	532	António Carvalho	Figueira Kayak Clube	M 60	2	02:59:14	01:03:59
112	787	Vítor Pereira	Furões do Alentejo	M Seniores	48	02:59:18	01:04:03
113	578	Aníbal Silva		M 50	12	02:59:19	01:04:04
114	732	Fernando Anacleto	Grupo Desportivo Unidos Caxienses	M 60	3	02:59:19	01:04:04
115	684	Luís Sales	Os Últimos	M 45	11	02:59:21	01:04:06
116	567	Nuno Pinto		M Seniores	49	03:00:17	01:05:02
117	619	Lídia Calado		F Seniores	5	03:00:22	01:05:07
118	758	Ângela Courela	Furões do Alentejo	F Seniores	6	03:00:30	01:05:15
119	539	Raquel Moreira	Runner da Frente Ribeirinha da Póvoa de	F Seniores	7	03:00:51	01:05:36
120	723	Diogo Pinto	Clube Millennium BCP	M Seniores	50	03:01:06	01:05:51
121	716	Marisa Carreira	Clube Millennium BCP	F Seniores	8	03:01:09	01:05:54
122	721	Vanda Matias	Cartaxo Night Runners	F 45	2	03:01:15	01:06:00
123	866	Vitor Ferreira	Casa Povo de Alcanena	M 50	13	03:01:17	01:06:02
124	780	Susana Coelho	Évora Night Runners	F Seniores	9	03:01:40	01:06:25
125	867	Rui Mendes		M 40	29	03:03:56	01:08:41
126	570	Nuno Romão		M 45	12	03:04:02	01:08:47
127	934	Gustavo Faria	C.A.S.P.A. - Clube Amador Só Para Atletis	M Seniores	51	03:04:11	01:08:56
128	733	Raul Martins		M 50	14	03:04:12	01:08:57
129	566	Sílvia de Oliveira		F Seniores	10	03:05:13	01:09:58
130	677	João Oliveira	U.D.F.A.C.	M 45	13	03:05:15	01:10:00
131	822	Carlos Antunes	Os Galgos de Tancos	M 45	14	03:05:21	01:10:06
132	938	António Leitão	União FCI de Tomar	M 55	4	03:05:31	01:10:16
133	929	António Ramos	Regimento de Engenharia N.º 1	M 45	15	03:05:43	01:10:28
134	917	Anabela Ribeiro		F 40	2	03:06:20	01:11:05

Pos.	Pei.	Nome	Clube	Escalão	Pos.	Tempo	Dif.
135	630	Joel Santos	Os Ponta Branca UDA	M 40	30	03:07:00	01:11:45
136	634	Jorge Martins	OndaTrilhos	M 45	16	03:07:15	01:12:00
137	855	Álvaro Soares	Regimento de Engenharia N.º 1	M 45	17	03:07:21	01:12:06
138	674	Ivo Esperança	U.D.F.A.C.	M Seniores	52	03:08:15	01:13:00
139	714	Nuno Pereira	Clube Millennium BCP	M 45	18	03:09:19	01:14:04
140	773	António Gonçalves	Ameg	M 50	15	03:09:57	01:14:42
141	774	Isabel França	Ameg	F 40	3	03:09:57	01:14:42
142	651	Sérgio Pêgas	Os Últimos	M Seniores	53	03:10:00	01:14:45
143	558	Paulo Amaral		M 45	19	03:10:03	01:14:48
144	559	Paulo Correia		M 45	20	03:10:26	01:15:11
145	858	David Leite		M Seniores	54	03:10:27	01:15:12
146	98	Paulo Bispo	Trail Runners da Ponte	M 45	21	03:10:49	01:15:34
147	552	António Matias	CLAC - Entroncamento	M 55	5	03:10:52	01:15:37
148	643	Paulo Cristo	ACM Montemor a Correr	M Seniores	55	03:10:59	01:15:44
149	943	Paulo Nicolau	GDA-GYDARun	M 45	22	03:11:20	01:16:05
150	534	Paulo Martins		M 40	31	03:11:24	01:16:09
151	616	Carlos Moreira	Os Tugas	M 60	4	03:11:37	01:16:22
152	597	Hermínio Ferreira	Os Matrecos	M 55	6	03:11:40	01:16:25
153	650	João Marques		M Seniores	56	03:12:04	01:16:49
154	586	Marien Caldas		M Seniores	57	03:12:05	01:16:50
155	757	Vitor Laranjinha		M 40	32	03:12:15	01:17:00
156	670	Carolina Feliz	União FCI de Tomar	F 55	1	03:12:34	01:17:19
157	575	Ana Pipio	Teoriadonos	F 40	4	03:13:18	01:18:03
158	802	Jorge Freitas	Teoriadonos	M 45	23	03:13:19	01:18:04
159	861	Vítor Grazina		M Seniores	58	03:13:20	01:18:05
160	814	João Alcobia		M 45	24	03:14:59	01:19:44
161	649	António Cardoso	Urban Run Team	M 50	16	03:15:50	01:20:35
162	693	Rui Almeida		M 50	17	03:16:01	01:20:46
163	660	Miguel Tavares		M 40	33	03:16:23	01:21:08
164	792	Tânia Mendes	Tribo	F Seniores	11	03:16:43	01:21:28
165	652	José Mariquitos	Os Últimos	M 55	7	03:16:44	01:21:29
166	793	José Simão	Tribo	M 40	34	03:16:44	01:21:29
167	571	Gabriel Nunes		M 40	35	03:16:54	01:21:39
168	920	Vânia Pirata	ACM Montemor a Correr	F Seniores	12	03:17:18	01:22:03
169	653	Nuno Tiago	Pace.Makers	M 40	36	03:17:19	01:22:04
170	637	Tiago Vicente	OndaTrilhos	M Seniores	59	03:17:28	01:22:13
171	698	Lina Marques	OndaTrilhos	F 40	5	03:17:28	01:22:13
172	872	Nuno Dias		M Seniores	60	03:17:29	01:22:14
173	860	Hugo Neves		M 40	37	03:17:30	01:22:15
174	668	Ana Gracio	União FCI de Tomar	F Seniores	13	03:17:37	01:22:22
175	840	Pedro Figueiredo	Évora Night Runners	M 40	38	03:18:08	01:22:53
176	587	Sandra Cristina		F 40	6	03:18:19	01:23:04
177	760	Luís Cruz		M Seniores	61	03:18:27	01:23:12
178	843	João Jacinto	Cem Quedas	M 50	18	03:18:33	01:23:18
179	830	Joaquim Martins		M 40	39	03:19:56	01:24:41
180	932	Carla Semedo	AssociaçãoAmigosMontePaleirosRunners	F Seniores	14	03:19:59	01:24:44
181	701	António Serrano	Trail Runners da Ponte	M Seniores	62	03:20:00	01:24:45

Pos.	Pei.	Nome	Clube	Escalão	Pos.	Tempo	Dif.
182	786	Vítor Rodrigues	Trail Runners da Ponte	M 45	25	03:20:00	01:24:45
183	715	Eduardo Rodrigues	Clube Millennium BCP	M 50	19	03:20:21	01:25:06
184	870	João Limpo	Corredores e Afins	M Seniores	63	03:20:31	01:25:16
185	784	Sandra Letras		F Seniores	15	03:21:13	01:25:58
186	607	Paulo Mota		M 45	26	03:22:06	01:26:51
187	827	Teodorico Pereira		M 40	40	03:22:07	01:26:52
188	624	António Alberto	Grupo Cicloturismo Barquinense	M Seniores	64	03:22:27	01:27:12
189	922	Américo Rodrigues	Centro Municipal Marcha e Corrida Cacé	M 55	8	03:23:14	01:27:59
190	679	Aida Presa	Girls4Run	F 40	7	03:23:15	01:28:00
191	731	Idalécio Barros	Grupo Desportivo Unidos Caxienses	M 60	5	03:23:33	01:28:18
192	667	João Cordeiro	União FCI de Tomar	M 45	27	03:24:09	01:28:54
193	724	Nuno Mendes	Clube Millennium BCP	M 40	41	03:24:29	01:29:14
194	829	Ana Teixeira	Trail Runners da Ponte	F Seniores	16	03:24:47	01:29:32
195	538	Bruno Marquês	Trail Runners da Ponte	M 40	42	03:24:48	01:29:33
196	913	Maria Rodrigues	Correr em Évora	F 50	2	03:24:51	01:29:36
197	2	Vitorino Coragem		M 60	6	03:25:12	01:29:57
198	697	João Paio	Trail Runners da Ponte	M 50	20	03:25:13	01:29:58
199	605	Rui Gameiro	Casa do Pessoal da RTP	M 40	43	03:25:14	01:29:59
200	848	Fausto Sá	Manos Sá	M 40	44	03:26:41	01:31:26
201	849	Carlos Sá	Manos Sá	M 45	28	03:26:42	01:31:27
202	663	Marco Alexandre		M Seniores	65	03:27:45	01:32:30
203	806	Carlos Guerra		M 45	29	03:27:51	01:32:36
204	809	Sónia Serafim	JDA	F Seniores	17	03:28:07	01:32:52
205	810	Joaquim Rodrigues	Tartarugas Solidárias	M Seniores	66	03:28:09	01:32:54
206	593	Rita Silva		F 40	8	03:28:15	01:33:00
207	817	Fernando Oliveira		M 45	30	03:28:22	01:33:07
208	585	António Cebola		M Seniores	67	03:28:53	01:33:38
209	878	João Brito		M 45	31	03:28:59	01:33:44
210	627	Jorge Mendes	Os Últimos	M 40	45	03:29:26	01:34:11
211	628	Tatiana Ildefonso		F Seniores	18	03:30:54	01:35:39
212	594	Rui Vences	Glassdrive Abrantes	M Seniores	68	03:31:01	01:35:46
213	869	Carmen Santos	Papa Trilhos do CAAL	F 45	3	03:33:43	01:38:28
214	881	Rafael Figueiredo		M 45	32	03:33:43	01:38:28
215	796	Catarina Leitão		F Seniores	19	03:33:48	01:38:33
216	785	João Rafael		M 45	33	03:33:50	01:38:35
217	686	Carlos Figueiredo	SS CGD	M 40	46	03:34:58	01:39:43
218	520	João Almeida	SS CGD	M 45	34	03:34:59	01:39:44
219	710	Paulo Coutinho	Clube Millennium BCP	M 45	35	03:34:59	01:39:44
220	891	Alexandra Andrade	Cem Quedas	F Seniores	20	03:35:46	01:40:31
221	749	Carla Neves		F 40	9	03:35:57	01:40:42
222	910	Pedro Veríssimo		M 45	36	03:35:58	01:40:43
223	737	Céu Pardana		F 50	3	03:35:59	01:40:44
224	740	Ana Tomé	Trilho Perdido Eventos / Imporlux	F 40	10	03:36:55	01:41:40
225	638	Luís Ribeiro	Bombeiros Entroncamento	M Seniores	69	03:38:09	01:42:54
226	952	Carlos Figueira	OPraticante.pt	M 40	47	03:38:32	01:43:17
227	704	António Seixas	Clube Millennium BCP	M 50	21	03:38:53	01:43:38
228	844	Raquel Correia	Cem Quedas	F 45	4	03:38:54	01:43:39

Pos.	Pei.	Nome	Clube	Escalão	Pos.	Tempo	Dif.
229	794	Isabel Marques		F 45	5	03:38:56	01:43:41
230	928	Miguel Ascensão	Regimento de Engenharia N.º 1	M 45	37	03:40:24	01:45:09
231	957	Diana Martins	Não fazemos nem mais um...km	F Seniores	21	03:40:24	01:45:09
232	956	Ana Baldeante	Não fazemos nem mais um...km	F Seniores	22	03:40:25	01:45:10
233	765	Hélio Carneiro	REN	M 45	38	03:40:58	01:45:43
234	884	Daniel Xarepe	Grupo Desportivo SantanderTotta	M 50	22	03:41:02	01:45:47
235	896	António Silva		M 40	48	03:41:29	01:46:14
236	924	Mário Lima		M Seniores	70	03:41:55	01:46:40
237	821	António Ferreira	CÁ Bom	M 40	49	03:42:25	01:47:10
238	661	Hugo Pimentel		M 40	50	03:42:34	01:47:19
239	813	António Joaquim		M 45	39	03:42:37	01:47:22
240	914	Lúcia Ventura	Georunners	F 40	11	03:42:48	01:47:33
241	942	Paulo Taboas	Salamandrecos	M 50	23	03:42:50	01:47:35
242	537	Pedro Vicente		M 50	24	03:42:54	01:47:39
243	549	Álvaro Alpoim	Varitintas	M 50	25	03:43:42	01:48:27
244	719	Mauro Magalhães	Clube Millennium BCP	M Seniores	71	03:44:07	01:48:52
245	893	António Simões	Pisa-Rochas	M 55	9	03:44:11	01:48:56
246	837	Ricardo Baptista	CCD de Porto Mendo	M 50	26	03:46:01	01:50:46
247	836	Jorge Pimpão	CCD de Porto Mendo	M 45	40	03:46:02	01:50:47
248	838	António Major	CCD de Porto Mendo	M 55	10	03:46:03	01:50:48
249	798	Francisco Afonso	Run 4 Fun	M 55	11	03:46:24	01:51:09
250	727	Tatiana Iria	Primas	F Seniores	23	03:46:33	01:51:18
251	847	Sara Rainho		F 40	12	03:47:06	01:51:51
252	657	Nuno Rito	QualquerCoisa	M Seniores	72	03:47:51	01:52:36
253	720	Rui Filipe Magalhães	Clube Millennium BCP	M Sub-23	3	03:48:03	01:52:48
254	823	Rui Teixeira		M Seniores	73	03:48:08	01:52:53
255	695	Gabriella Almeida	CIMT	F Seniores	24	03:48:18	01:53:03
256	745	Rita Luz		F 40	13	03:49:11	01:53:56
257	545	Susana Silva	Varitintas	F 40	14	03:50:58	01:55:43
258	854	José Condesso	Regimento de Engenharia N.º 1	M 45	41	03:50:59	01:55:44
259	551	António Silva		M 45	42	03:51:12	01:55:57
260	883	Magda Barbosa	Salamandrecos	F 45	6	03:52:01	01:56:46
261	540	Eduardo Pinto	Varitintas	M Seniores	74	03:53:04	01:57:49
262	770	Cheila Dias	U.F. Comércio e Indústria Atletismo	F Seniores	25	03:53:11	01:57:56
263	766	Paulo Dias	REN	M 50	27	03:53:47	01:58:32
264	890	Luís Gatinho	Grupo Desportivo SantanderTotta	M 45	43	03:53:48	01:58:33
265	820	Carlos Ipe		M 40	51	03:55:03	01:59:48
266	936	João Cabrito	SS CGD	M 50	28	03:55:05	01:59:50
267	834	João Henriques	SS CGD	M 40	52	03:55:38	02:00:23
268	748	Vera Simões		F 40	15	03:55:39	02:00:24
269	741	Luísa Cardoso		F 45	7	03:55:46	02:00:31
270	590	Sérgio Patrício		M 40	53	03:56:07	02:00:52
271	845	João Ribeiro		M Seniores	75	03:56:15	02:01:00
272	958	Rui Almeida		M 40	54	03:56:17	02:01:02
273	533	Fernando Teixeira	Correr Lisboa	M 55	12	03:56:18	02:01:03
274	940	Maria J. Jesus	Pace.Makers	F 50	4	03:56:48	02:01:33
275	782	Alberto Barreiro	Herbafitness	M 50	29	03:57:16	02:02:01

Pos.	Pei.	Nome	Clube	Escalão	Pos.	Tempo	Dif.
276	897	Humberto Duarte	Pace.Makers	M 45	44	03:57:16	02:02:01
277	898	Isabel Cabaça	Pace.Makers	F 40	16	03:57:16	02:02:01
278	561	Diogo Arraias	Os Arraias	M 60	7	03:59:05	02:03:50
279	560	Sandra Arraias	Os Arraias	F Seniores	26	03:59:16	02:04:01
280	603	Bruno Abrantes	Falcões Selvagens	M 40	55	03:59:16	02:04:01
281	722	Leonel Brandão	Clube Millennium BCP	M 45	45	03:59:17	02:04:02
282	725	Mário Mendes	Clube Millennium BCP	M 50	30	03:59:46	02:04:31
283	592	Zenaide Alves		F Sub-23	2	03:59:47	02:04:32
284	812	Paulo Miranda		M 45	46	04:00:15	02:05:00
285	529	Ana Tomás	Sociedade Recreativa do Camarnal	F 40	17	04:00:19	02:05:04
286	804	Joaquim Maria	Frufresh Runners	M 40	56	04:02:03	02:06:48
287	746	Sílvia Azinheira	OCR Portugal	F 40	18	04:02:05	02:06:50
288	947	Vanessa Godinho		F Seniores	27	04:02:32	02:07:17
289	621	Ivo Lima		M 40	57	04:02:33	02:07:18
290	588	José Cardoso		M 45	47	04:02:37	02:07:22
291	631	Mafalda Duarte	Os Ponta Branca UDA	F 40	19	04:02:38	02:07:23
292	699	Helena Vieira		F 50	5	04:03:24	02:08:09
293	625	Margarida Sousa	Grupo Cicloturismo Barquinhense	F 40	20	04:04:04	02:08:49
294	614	Daniel Vital	C.D. "Os Águias" de Alpiarça	M Seniores	76	04:04:23	02:09:08
295	857	Patrícia Pires		F Seniores	28	04:04:42	02:09:27
296	769	Odete Freitas	FKC	F 45	8	04:05:15	02:10:00
297	859	Marcos Flambo		M Seniores	77	04:05:15	02:10:00
298	751	Mario Ferreira	Pinéus Runners	M Seniores	78	04:06:39	02:11:24
299	600	Maria Correia	GD Independente	F 60	1	04:07:16	02:12:01
300	915	Fernando Palma		M 40	58	04:07:43	02:12:28
301	629	Magda Simões	Os Ponta Branca UDA	F Seniores	29	04:07:44	02:12:29
302	842	Rodolfo Salvaterra		M Seniores	79	04:10:02	02:14:47
303	808	Miguel Costa		M 45	48	04:10:40	02:15:25
304	662	Guida Macedo		F 45	9	04:12:27	02:17:12
305	550	Vasco Fernandes		M 40	59	04:12:46	02:17:31
306	951	David Silva	OPraticante.pt	M 50	31	04:12:55	02:17:40
307	681	Tiago Matos	Marmitas	M Seniores	80	04:13:50	02:18:35
308	680	Carlota Carvalho	Marmitas	F Seniores	30	04:13:52	02:18:37
309	824	Gabriela Marques	Amigos Vale do Silêncio	F Seniores	31	04:15:31	02:20:16
310	841	Lurdes Santos	Amigos Vale do Silêncio	F Seniores	32	04:15:31	02:20:16
311	833	Vasco Coelho		M 40	60	04:18:07	02:22:52
312	961	Isabel Dias		F 50	6	04:19:49	02:24:34
313	960	Sónia Domingos		F Seniores	33	04:19:51	02:24:36
314	542	Maria Rodrigues	Varitintas	F 50	7	04:20:03	02:24:48
315	744	Eduardo Sousa	Correr Pouco Conhecer Muito	M Seniores	81	04:20:09	02:24:54
316	609	Rui Coutinho	C.D. "Os Águias" de Alpiarça	M 40	61	04:20:24	02:25:09
317	518	Margarida Silva	Comtemp	F Sub-23	3	04:22:42	02:27:27
318	519	José Silva	Comtemp	M 55	13	04:22:43	02:27:28
319	646	Gustavo Nunes	ACM Montemor a Correr	M Seniores	82	04:22:44	02:27:29
320	800	Inês Silva	Correr Lisboa	F Seniores	34	04:22:44	02:27:29
321	645	Daniela Costa	ACM Montemor a Correr	F Seniores	35	04:22:45	02:27:30
322	801	Bruno Ribeiro	Correr Lisboa	M Seniores	83	04:22:46	02:27:31

Pos.	Pei.	Nome	Clube	Escalão	Pos.	Tempo	Dif.
323	959	Sérgio Santos		M Seniores	84	04:24:37	02:29:22
324	862	Miguel Alves		M Seniores	85	04:26:22	02:31:07
325	831	Ana Sousa		F 50	8	04:26:23	02:31:08
326	783	Ana Alves		F Seniores	36	04:26:56	02:31:41
327	583	Patricia Alves		F Seniores	37	04:27:04	02:31:49
328	805	Sérgio Alves		M Seniores	86	04:35:37	02:40:22
329	879	Susana Rosa		F 40	21	04:35:53	02:40:38
330	885	Humberto Nogueira		M 60	8	04:35:54	02:40:39
331	615	Rafael Santos	Os Tugas	M 50	32	04:37:01	02:41:46
332	904	Emília Galinha	Cartaxo Night Runners	F 55	2	04:37:56	02:42:41
333	595	Frederico Sousa	Lebres e Tartarugas	M 50	33	04:39:02	02:43:47
334	654	Filipe Carrilho	QualquerCoisa	M 45	49	04:39:50	02:44:35
335	889	Mário Marques	Corredores e Afins	M Seniores	87	04:40:46	02:45:31
336	729	Sandra Mendes	Primas	F 40	22	04:44:51	02:49:36
337	728	Sofia Almeida	Primas	F 40	23	04:44:53	02:49:38
338	944	Luís Parro	ParroRunners	M 55	14	04:48:22	02:53:07
339	905	Carla Martins	Bora Lá	F Seniores	38	04:48:24	02:53:09
340	906	João Grossinho	Bora Lá	M Seniores	88	04:48:26	02:53:11
341	803	Isabel Matela	Frufresh Runners	F 45	10	04:49:25	02:54:10
342	655	Mónica Ventura	QualquerCoisa	F Seniores	39	04:49:26	02:54:11
343	656	Teresa Ventura	QualquerCoisa	F Seniores	40	04:49:26	02:54:11
344	612	Sandra Filipe	Rail Runners	F 40	24	04:50:53	02:55:38
345	949	Jorge Filipe	Rail Runners	M 45	50	04:50:53	02:55:38
346	926	Carlos Alfaiate	Casa do Benfica em Abrantes	M 60	9	04:55:39	03:00:24
347	927	Elisete Manuel	Casa do Benfica em Abrantes	F 40	25	04:57:58	03:02:43
348	572	Sandra Marques	Os Conta-Kilómetros	F Seniores	41	04:58:55	03:03:40
349	573	Marisa Marques	Os Conta-Kilómetros	F Seniores	42	04:58:56	03:03:41
350	582	Patricia Rosa	Pace.Makers	F Seniores	43	05:04:48	03:09:33
351	581	Fernando Silva	Pace.Makers	M 55	15	05:05:23	03:10:08
352	763	Maria João Silva	Correr Pouco Conhecer Muito	F Seniores	44	05:13:36	03:18:21
353	610	Lisbete Pereira	C.D. "Os Águias" de Alpiarça	F Seniores	45	05:13:37	03:18:22
354	535	Conceição Alegria		F 45	11	05:18:27	03:23:12
355	536	Joana Faria		F Sub-23	4	05:18:28	03:23:13
356	557	Ângela Santos	AV-Security Integrated	F Seniores	46	05:32:32	03:37:17
357	564	Cidália Vicente	AV-Security Integrated	F 40	26	05:32:32	03:37:17
358	565	Ana Luz	AV-Security Integrated	F 40	27	05:32:33	03:37:18
359	788	Ana Seabra		F 50	9	05:33:40	03:38:25
360	789	Ricardo Leitão		M 40	62	05:33:41	03:38:26
361	816	Marta Gomes	Kaninos	F Sub-23	5	05:36:15	03:41:00
362	778	Sofia Fernandes	Pace.Makers	F Seniores	47	05:36:16	03:41:01
363	777	Dora Garcia	Pace.Makers	F 40	28	05:36:17	03:41:02
364	580	Cristina Marcos	Pace.Makers	F 50	10	05:46:16	03:51:01
365	546	Catarina Vicente	Varitintas	F Seniores	48	05:48:38	03:53:23
366	544	Patricia Barros	Varitintas	F Seniores	49	05:53:27	03:58:12
367	547	Sofia Oliveira	Varitintas	F Seniores	50	05:53:28	03:58:13
368	692	Mari Swanepoel		F Seniores	51	05:53:30	03:58:15
369	718	Teresa Magalhães	Clube Millennium BCP	F 45	12	05:53:31	03:58:16

Pos.	Pei.	Nome	Clube	Escalão	Pos.	Tempo	Dif.
370	771	Maria Ferreira		F 45	13	05:53:32	03:58:17
371	4	João Dias	CLAC - Entroncamento	M 50	34	05:53:33	03:58:18