



2º Trail das Fontes de Caneças - Trail Curto Mitsubishi

23 de Junho, 2019

<https://werun.pt/resultados/ii-trail-das-fontes-de-caneças/>

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	1233	JOSE GASPAR	00:58:53	00:58:53	M4044	WERUN	1
2	1171	MARCELO GRAÇA	01:01:20	01:01:20	M2439		1
3	5059	PAULO GONÇALVES	01:02:53	01:02:53	M2439	CPA TRAIL TEAM / CLUBE DE PRAÇAS DA ARMADA	2
4	5567	NUNO GOMES	01:03:53	01:03:53	M2439	GO!RUNNERS / OUTPRO STORE	3
5	1136	RUI AFONSO	01:04:11	01:04:11	M5054	CCR ALTO DO MOINHO	1
6	1095	VITOR TAVARES MARQUES	01:05:56	01:05:56	M4044	CORRER LISBOA	2
7	953	PAULO FERREIRA	01:07:09	01:07:09	M4549	PINHAL NOVO A CORRER	1
8	1234	ADMILCAR FREDERICO	01:07:18	01:07:14	M2439		4
9	605	BRUNO LOUREIRO	01:07:32	01:07:32	M2439	CLUBE DE PRAÇAS DA ARMADA	5
10	933	CLÁUDIO NÓBREGA	01:07:55	01:07:55	M2439	RUN CREW TRAIL MONTIJO	6
11	779	PAULO SEQUEIRA	01:09:10	01:09:10	M4044	KÇPHODA WOLVES TRAIL	3
12	1209	CRISTOVÃO PEDROSA	01:10:06	01:10:06	M2439		7
13	1044	JOÃO GINJA	01:11:13	01:11:13	M5054	LINDA-A-PASTORA SPORTING CLUBE	2
14	5025	JOSÉ LOPES	01:11:22	01:11:22	M4549	CCD SIEMENS	2
15	1131	TIAGUITO FONSECA	01:11:26	01:11:25	M2439		8
16	798	LUÍS CRUZ	01:11:57	01:11:57	M4549	RUN CREW TRAIL MONTIJO	3
17	661	JOSÉ MANUEL GOMES	01:11:59	01:11:59	M5559		1
18	709	JOÃO PATEIRA	01:12:08	01:12:08	M4044	KÇPHODA WOLVES TRAIL	4

19	808	JOÃO PAULO MAIA	01:12:32	01:12:32	M5559	FALCÕES SELVAGENS	2
20	5559	EMANUEL FREITAS	01:12:58	01:12:58	M2439		9
21	568	RODOLFO SERRA	01:13:01	01:13:01	M2439	Bué da Serra	10
22	1175	ARLINDO PAIXÃO	01:13:10	01:13:10	M5559	RESTAURANTE CARTAXEIRO - CANECAS	3
23	1035	MANUEL MENDES	01:13:37	01:13:37	M5054	10 P`RAS 11	3
24	1188	CÂNDIDO ABREU	01:13:52	01:13:52	M2439		11
25	731	ANDRÉ MELO	01:14:10	01:14:10	M2439	CORRER LISBOA	12
26	612	JORGE PARDAL	01:14:14	01:14:14	M4549	TARTARUGAS SOLIDÁRIAS	4
27	1111	PALMIRA QUINHAMA	01:14:27	01:14:27	F4044	AMINHACORRIDA	1
28	5046	NUNO CESÁRIO	01:14:34	01:14:34	M4549	MOITA A CORRER	5
29	5007	RUTE MARTINS	01:14:39	01:14:39	F2439	COA / CORVUS TRAIL TEAM	1
30	5002	PEDRO VICENTE	01:14:40	01:14:40	M4044	PORTUGAL TROTTER	5
31	5032	PAULO GOMES	01:15:07	01:15:01	M2439	EVELX	13
32	1079	MIGUEL SANTOS	01:15:55	01:15:54	M2439	BRT - BEER RUN TEAM	14
33	5542	VASCO MIGUEL	01:16:04	01:16:04	M4044	wildest	6
34	792	VICTOR LOPES	01:16:08	01:16:08	M4044	RUN CREW TRAIL MONTIJO	7
35	1149	ALBERTO RODRIGUES	01:16:19	01:16:15	M5559	ALTO DO MOINHO	4
36	5515	JOSÉ COSTA	01:16:40	01:16:40	M5054		4
37	5000	RUI CARDOSO	01:17:17	01:17:16	M2439		15
38	603	NUNO CRUZ	01:17:25	01:17:25	M2439	CLUBE DE PRAÇAS DA ARMADA	16
39	5564	DAVID CALVO	01:17:35	01:17:35	M2439	LEBRES DO SADO	17
40	1216	PAULO LOPES	01:17:40	01:17:40	M5054	RUN CREW TRAIL MONTIJO	5
41	602	ALEXANDRE CANTANHEDE	01:18:06	01:18:06	M4044	CLUBE DE PRAÇAS DA ARMADA	8

42	1196	CARLOS AMARO	01:18:18	01:18:18	M4044		9
43	5509	ANTONIO ALMEIDA	01:18:31	01:18:31	M5559	NUCLEO DESPORTIVO AUTOCOOPE	5
44	681	HUGO CUNHA	01:18:37	01:18:35	M4044	IZIRIDE	10
45	1144	PEDRO FERREIRA	01:18:45	01:18:43	M2439	ALTO DO MOINHO	18
46	1134	ARISTIDES BORDALO	01:19:06	01:19:06	M5054		6
47	5006	JORGE NABAIS	01:19:14	01:19:14	M2439	COA / CORVUS TRAIL TEAM	19
48	1227	TIAGO PINTO	01:19:21	01:19:16	M2439	ALTO DOS MOINHOS	20
49	1232	HUGO SANTOS	01:19:29	01:19:29	M4044		11
50	861	MÁRIO LOURENÇO	01:19:30	01:19:30	M5054	CLUBE DE PRAÇAS DA ARMADA	7
51	1013	PEDRO BARREIRÃO	01:19:56	01:19:56	M2439	GDC BANCO DE PORTUGAL	21
52	952	PEDRO PEREIRA	01:20:00	01:20:00	M4549	KÇPHODA	6
53	5048	JOSÉ NUNES	01:20:02	01:20:02	M5054		8
54	1014	FERNANDO MARTINS	01:20:13	01:20:13	M4549	GDC BANCO DE PORTUGAL	7
55	1147	JOSÉ AMIGO	01:20:27	01:20:24	M6099	ALTO DO MOINHO	1
56	865	ANTONIO FERREIRA	01:20:35	01:20:35	M2439	CA PATAMEIRAS	22
57	5042	BRUNO JORGE	01:20:46	01:20:46	M2439	Outdoor Clube de Setúbal - Strendure running Team	23
58	1091	PEDRO MIGUEL CASTRO FERNANDES	01:21:03	01:21:01	M2439		24
59	567	RICARDO CORREIA	01:21:08	01:20:22	M4044	MATILHA ATALAIA	12
60	703	ANTONIO MONTEIRO	01:21:11	01:20:53	M5559		6
61	5570	HELDER MANUEL OLIVEIRA	01:21:39	01:21:39	M2439		25
62	1154	GONÇALO PRUDÊNCIO	01:21:51	01:21:50	M0023	MONSANTO RUNNING TEAM/ RUNSOX	1
63	5550	TIAGO SILVA	01:22:06	01:21:54	M2439	AMIGOS VALE SILÊNCIO	26
64	1015	LUÍS RIO	01:22:11	01:22:11	M4549	GDC BANCO DE PORTUGAL	8

65	585	PAULO MARTINS	01:22:12	01:22:12	M4044	MAFRA	13
66	520	NUNO MARQUES	01:22:18	01:22:01	M4044	Santana Futebol Clube-Trail Team	14
67	897	FERNANDO CORDA	01:22:33	01:22:33	M5054	KCPKODA WOLVES TRAIL	9
68	787	EUGÉNIA MARTINS	01:23:02	01:23:02	F5054	AROO	1
69	5554	RUI CARNEIRO	01:23:03	01:22:57	M5054		10
70	1063	GONÇALO PORÊLO	01:23:20	01:23:17	M2439	GP RUNNING	27
71	1221	JOSÉ DE MATOS	01:23:31	01:23:31	M5054	ADR AMIGOS ATLETISMO DE AVIS	11
72	1043	JOSÉ SOUSA	01:23:43	01:23:43	M4549	AA LEBRES DO SADO	9
73	994	JOSÉ SOUSA	01:23:47	01:23:18	M5559		7
74	1084	MANUEL ARAUJO	01:23:56	01:23:56	M5559	10 P`RAS 11	8
75	1153	MARIANA PRUDÊNCIO	01:24:03	01:24:03	F0023	MONSANTO RUNNING TEAM/ RUNSOX	1
76	1152	PEDRO PRUDÊNCIO	01:24:04	01:24:00	M5054	MONSANTO RUNNING TEAM/ RUNSOX	12
77	1174	RUI FERREIRA	01:24:14	01:24:14	M4549	RESTAURANTE CARTAXEIRO - CANECAS	10
78	5017	JORGE MIGUEL P F FERREIRA	01:24:44	01:24:39	M4549		11
79	1066	PAULO GODINHO	01:25:07	01:25:03	M0023	100 LIMITES	2
80	607	NUNO PARREIRA	01:25:08	01:25:05	M4044	100 LIMITES	15
81	574	PATRICK MAGALHÃES	01:25:16	01:25:16	M2439	CORRE K´EMAGRECES	28
82	576	TIAGO FERREIRA	01:25:17	01:25:16	M2439		29
83	5034	TIAGO CALDEIRA FERNANDES	01:25:21	01:25:02	M2439	AD IALBAX	30
84	5536	JOÃO MARQUES	01:25:22	01:25:20	M2439	Add Value	31
85	986	NARCISO SANTOS	01:25:28	01:25:28	M4549	BONECOS	12
86	1028	JOÃO MARAL	01:25:36	01:25:36	M5054		13
87	927	HENRIQUE AMADOR	01:25:38	01:25:37	M4549	SSCGD	13

88	5575	ANABELA CARVALHO	01:25:42	01:25:42	F5559	GD SÃO DOMINGOS	1
89	5549	RICARDO MATIAS	01:25:45	01:25:19	M2439		32
90	990	JOSE GOUVEIA	01:25:49	01:25:42	M5054	CLUBE DO SARGENTO DA ARMADA	14
91	677	HUMBERTO CANILHAS	01:25:52	01:25:52	M4044		16
92	5540	VITOR CANTO	01:25:53	01:25:53	M4549	LINDA-A-PASTORA SPORTING CLUBE	14
93	906	PEDRO TAVARES	01:26:00	01:25:59	M2439	RacingBikes	33
94	5031	INÊS PEIXOTO	01:26:09	01:26:05	F4044	EVELX	2
95	1024	ANDRÉ BARBOSA	01:26:25	01:26:25	M2439	NBUBB	34
96	1225	NUNO MIGUEL SOUSA	01:26:34	01:26:26	M4044		17
97	1113	NUNO CORDEIRO	01:26:34	01:26:34	M4044	FALCÕES SELVAGENS	18
98	5033	EDUARDO LUÍS	01:26:38	01:26:18	M4044	ATÓMICOS	19
99	874	MANUEL ALVES	01:26:47	01:26:47	M5054	CORRER LISBOA	15
100	1210	TIAGO DIAS	01:27:02	01:26:17	M2439		35
101	877	ANA ABRUNHOSA	01:27:03	01:26:52	F4549	CENTRO DE MARCHA E CORRIDA DE ODIVELAS	1
102	688	JOÃO SOUSA	01:27:11	01:27:05	M0023		3
103	519	BÁRBARA SÁ MARQUES	01:27:12	01:26:55	F2439	Santana Futebol Clube-Trail Team	2
104	513	PEDRO RAMOS	01:27:17	01:26:55	M5054	LISBOA	16
105	1231	TOMAS SANTOS	01:27:17	01:27:17	M0023		4
106	5036	DIOGO SOUSA	01:27:19	01:27:04	M2439	MARVILA JOVEM	36
107	1128	JOSÉ GUERREIRO	01:27:21	01:27:13	M6099	SERVIÇOS SOCIAIS MONTEPIO	2
108	1189	FILIPE RIBEIRO	01:27:37	01:27:03	M2439		37
109	1218	PEDRO SERRA	01:27:38	01:27:38	M4044	CORRER LISBOA	20
110	741	JUSTINIANO SILVA	01:27:40	01:27:40	M5054	Renault Run Club	17

111	659	ÁLVARO GOMES	01:27:42	01:27:42	M4549	TERRAS FUNDEIRAS	15
112	909	JULIO MOREIRA	01:28:01	01:27:59	M4044	POLRUNNERS	21
113	1173	PEDRO SANTOS	01:28:03	01:28:03	M4044	SUNDAY RUNNERS	22
114	932	NUNO BOGALHEIRO	01:28:07	01:28:05	M4549	100 ESTRILHOS	16
115	536	LUÍS RODAS	01:28:33	01:28:26	M4044		23
116	1094	DAVID NOGUEIRA MOREIRA	01:28:42	01:28:42	M2439		38
117	778	LUIS SOUSA	01:28:51	01:28:51	M4044		24
118	1052	JOSE GALVAO	01:28:52	01:28:52	M5054	camara lisboa clube	18
119	759	RICARDO MATIAS	01:29:09	01:28:46	M2439	SOMAI51KM	39
120	694	ANTÓNIO MARTINHO MARTINHO	01:29:11	01:29:00	M5559		9
121	1085	JORGE SOBRINHO	01:29:29	01:29:29	M5054	10 P`RAS 11	19
122	580	JOSÉ TOMÁS	01:29:39	01:29:08	M4549	MONTES SALOIOS TRAIL TEAM	17
123	829	LUIS MARQUES	01:29:42	01:29:15	M4044		25
124	1108	MARCO DUARTE	01:30:07	01:29:31	M0023		5
125	5577	ALEXANDRA SILVA	01:30:08	01:30:08	F4044	AMINHACORRIDA/MY PROTEIN	3
126	5047	RICARDO SANTOS	01:30:08	01:30:08	M4044	MOITA A CORRER	26
127	5013	MARCO MALTEZ	01:30:09	01:30:01	M4044		27
128	1023	TIAGO DIOGO	01:30:12	01:29:54	M4044	GDC BANCO DE PORTUGAL	28
129	5571	PAULO GONÇALVES	01:30:20	01:30:06	M5054	MARVILA JOVEM	20
130	1064	RUI CARVALHO DE MELO	01:30:30	01:29:39	M5054	RODAFITS GINÁSIO	21
131	993	SANDRA ANTUNES	01:30:31	01:29:41	F4549	RODAFITS GINÁSIO	2
132	806	DANIEL REVÉS	01:31:00	01:31:00	M0023	LESMAS ALOPRADAS	6
133	754	RUI SILVA	01:31:02	01:31:02	M4549	CD ESTRELA	18

134	566	RICARDO NOBRE	01:31:11	01:31:11	M2439	SIMECQ	40
135	1121	GONÇALO	01:31:15	01:30:56	M2439	Santana FC trail team	41
136	911	ANTÓNIO BAPTISTA	01:31:16	01:31:12	M5054		22
137	1051	CARLOS GREGÓRIO	01:31:18	01:31:18	M4044		29
138	1200	SÉRGIO GAITAS	01:31:21	01:30:00	M2439		42
139	1125	JOSÉ ANTÓNIO MARTINS MARQUES	01:31:27	01:31:27	M4549		19
140	1224	HUGO HILÁRIO	01:31:37	01:31:37	M4044	NUCLEO DO SPORTING CP DO SEIXAL	30
141	908	BRUNO DIAS	01:31:41	01:31:41	M4044	SS CGD	31
142	595	PAULO BOTELHO	01:31:43	01:31:05	M4549	JOBRINDE MONTES SALOIOS	20
143	1081	CARLOS MANUEL SOARES CARDOSO	01:31:56	01:31:32	M4044	SÓMAIS1KM	32
144	1158	PEDRO SÁ	01:31:57	01:31:17	M4549		21
145	560	BRUNO CHEN	01:31:57	01:31:36	M4549		22
146	710	ANTONIO MOITA	01:31:58	01:31:55	M5559	SEIXAL-RUNNING	10
147	1151	JORGE FIGUEIREDO	01:32:05	01:32:05	M4549	ALTO DO MOINHO	23
148	539	DAVID ALEXANDRE	01:32:05	01:31:59	M2439		43
149	503	ANA SOFIA PITA CAMACHO SANTOS	01:32:07	01:32:07	F4549	MATILHA DA ATALAIA	3
150	1223	PAULO HENRIQUES	01:32:11	01:32:11	M4044		33
151	631	BRUNO FERREIRA	01:32:23	01:32:23	M2439	CODACY	44
152	5524	ANTÓNIO CARMO	01:32:25	01:32:25	M5054	Papa Trilhos do CAAL	23
153	1089	ANA CARABINA	01:32:31	01:31:20	F5054		2
154	1176	FERNANDO CARREIRO	01:32:37	01:32:37	M5559	RESTAURANTE CARTAXEIRO - CANECAS	11
155	782	FILIPE GARRANAS	01:32:47	01:32:29	M4044	FALCÕES SELVAGENS	34
156	5060	NUNO BAIXINHO	01:32:49	01:32:49	M4044		35

157	864	ALBINO TOMAS	01:32:54	01:32:41	M6099	CA PATAMEIRAS	3
158	1181	VERA DUARTE	01:32:57	01:32:55	F4549	BRUNOSEMPRE. BABA MAMBO	4
159	620	ANTONIO RAFAEL MARTINS MARTINS	01:32:59	01:32:45	M5559		12
160	1202	MIGUEL ANTUNES	01:33:01	01:33:01	M5054		24
161	1007	LUÍS FRANCO	01:33:09	01:33:09	M4549	HOUSEMARTINS BELAS	24
162	5516	RICARDO LADISLAU	01:33:13	01:33:07	M4044		36
163	559	RICARDO GOMES	01:33:16	01:33:16	M2439	SANTANA F C-TRAIL TEAM	45
164	5039	RICARDO RODRIGUES	01:33:23	01:33:09	M4044	ZOA	37
165	601	Mª DA GRAÇA DE O.GONÇALVES CASTRO	01:33:26	01:33:26	F4549	RUNNERS DEKINTAL	5
166	1009	JOAQUIM FERRÃO	01:33:26	01:33:26	M5559	GDC BANCO DE PORTUGAL	13
167	5057	CARLOS FLORÊNCIA	01:33:26	01:32:48	M2439	CORRER LISBOA	46
168	5574	LUIS MARTINS	01:33:39	01:33:39	M2439	Lavre running	47
169	1187	JOAQUIM DE CASTRO	01:33:41	01:33:07	M4549		25
170	883	JOSE RAPOSO	01:33:44	01:33:40	M4549	VALEJAS AC	26
171	695	RODOLFO TRISTÃO	01:33:46	01:33:46	M4044	SÃO DOMINGOS DE RANA - CASCAIS	38
172	586	NUNO FRIAS	01:33:58	01:33:56	M2439		48
173	1070	HUGO EVARISTO	01:34:00	01:33:23	M2439	WILD RUNNERS	49
174	1145	PATRICIA ARAUJO	01:34:03	01:33:59	F2439	ALTO DO MOINHO	3
175	1142	HELDER RODRIGUES	01:34:04	01:33:58	M4044	GRUPETA RUNNING TEAM	39
176	823	RUI TRINDADE	01:34:09	01:34:09	M5054	CD ESTRELA	25
177	896	LUIS CARVALHO	01:34:15	01:33:50	M4044	ODIVELAS	40
178	1135	JORGE NUNES	01:34:17	01:34:17	M2439	SANTANA TRAIL TIME	50
179	969	DAVID COELHO	01:34:25	01:34:25	M4044	LINDA-A-PASTORA SPORTING CLUB	41

180	1071	PAULO GOMES	01:34:25	01:34:23	M4549	SANTO ANTÓNIO CAVALEIROS	27
181	636	CARLOS MAGALHAES	01:34:35	01:34:33	M5054	NUCLEO DESPORTIVO AUTOCOOPE	26
182	1107	SÉRGIO FELICIANO	01:34:52	01:34:27	M4044	TARTARUGAS VELOZES	42
183	1008	RITA FRANCO	01:34:55	01:34:55	F0023	HOUSEMARTINS BELAS	2
184	1178	EMANUEL BRANCO	01:34:57	01:34:57	M2439	GD SÃO DOMINGOS	51
185	968	ANDREIA MOURÃO	01:34:58	01:34:56	F2439	MAE E FILHA	4
186	854	SONIA PANASCO	01:35:01	01:34:52	F4044	Centro Marcha e corrida de Odivelas	4
187	672	NUNO GONÇALVES	01:35:06	01:34:53	M4044	BRT - BEER RUN TEAM	43
188	815	ARMANDO CORREIA	01:35:14	01:35:14	M6099	LESMAS ALOPRADAS	4
189	669	VITOR CARAPINHA	01:35:31	01:35:27	M5559		14
190	634	CARLOS FERREIRA	01:35:32	01:35:32	M6099	NUCLEO DESPORTIVO AUTOCOOPE	5
191	867	MIGUEL TAVARES	01:35:42	01:35:29	M4549	CA PATAMEIRAS	28
192	1041	NUNO MATEUS	01:35:53	01:35:26	M2439	ESQUADRÃO CLASSE A	52
193	964	AUGUSTO FERNANDES	01:36:03	01:36:03	M5559	10 P´RAS 11	15
194	575	LUIS ALMEIDA	01:36:10	01:36:10	M4549	JOBRINDE MONTES SALOIOS	29
195	5560	NUNO MIGUEL CODEÇO	01:36:10	01:36:10	M4044	DUBLIN O'SEVEN	44
196	820	RUI GONCALVES	01:36:13	01:35:52	M4549	EQUIPA DAVID VAZ	30
197	1086	SONIA FERNANDES	01:36:15	01:35:49	F4044		5
198	1194	JOÃO FRANCES	01:36:22	01:36:22	M4044		45
199	921	PAULA TRINDADE	01:36:26	01:36:24	F4549	PRESLABORAL	6
200	1129	JORGE MARTINS	01:36:26	01:36:01	M2439		53
201	1002	JOÃO MIRANDA	01:36:37	01:36:37	M5054	HOUSEMARTINS BELAS	27
202	831	NUNO GALVÃO	01:36:46	01:36:09	M5559	SIMECQ	16

203	742	RITA TEIXEIRA	01:36:49	01:36:27	F2439	SOMAI51KM	5
204	614	CARLOS MARQUES	01:36:52	01:36:52	M5559	GRCD LEIÃO - COBRAS TRAILISTAS	17
205	665	VERA CORREIA	01:36:59	01:36:54	F2439		6
206	1069	DOMINGOS FERREIRA	01:37:02	01:37:02	M2439		54
207	673	CARLOS MORAIS	01:37:05	01:36:52	M5054		28
208	5558	RICARDO PEREIRA	01:37:35	01:37:27	M4549	DUBLIN O'SEVEN	31
209	5062	PAULO RODRIGUES	01:37:54	01:37:36	M4549	MOITA A CORRER	32
210	1122	KAROLINA SZERLAG	01:38:13	01:37:51	F2439		7
211	862	HUGO BARATA	01:38:14	01:38:14	M4044	AI NÓS JAMOR	46
212	764	RUI CARVALHO	01:38:16	01:38:16	M5054	ODIVELAS	29
213	819	VERA VAZ	01:38:17	01:37:55	F4044	EQUIPA DAVID VAZ	6
214	5514	ABEL COSTA	01:38:18	01:38:18	M4549	Gfi Portugal	33
215	713	BEATRIZ SÉCIO	01:38:26	01:38:26	F0023	MÃE E FILHA	3
216	5507	HELENA SÉCIO	01:38:28	01:38:21	F5054	MÃE E FILHA	3
217	1000	MARCO DUARTE	01:38:29	01:37:55	M2439		55
218	1010	JOSÉ MONTEIRO	01:38:33	01:38:24	M6099	GDC BANCO DE PORTUGAL	6
219	1112	JORGE VAZ	01:38:37	01:38:37	M4549		34
220	5043	XAVIER SOUSA	01:38:45	01:38:25	M4549	MOITA A CORRER	35
221	5583	MARTIM XAVIER	01:38:45	01:38:26	M0023	MOITA A CORRER	7
222	781	SÓNIA FRANÇA	01:38:47	01:38:14	F4044		7
223	714	BRUNO FERNANDES	01:39:01	01:38:56	M2439		56
224	962	CARLOS COSTA	01:39:06	01:38:55	M5054	AMIGOS VALE SILENCIO	30
225	1067	JOAQUIM PEDRO LOURENÇO	01:39:06	01:39:06	M4549	HOUSEMARTINS BELAS	36

226	1075	JOSÉ MOGA	01:39:07	01:38:56	M6099	AMIGOS VALE SILENCIO	7
227	1114	PEDRO TEIGAS	01:39:19	01:38:27	M4549	TARTARUGAS SOLIDÁRIAS	37
228	5014	BRUNO JACQUET	01:39:21	01:39:21	M2439	Até à Meta	57
229	772	ALEXANDRE JARDIM	01:39:22	01:39:22	M4044	SALAMANDRECOS	47
230	914	FRANCISCO FERREIRA	01:39:23	01:38:42	M2439	RUN CREW TRAIL MONTIJO	58
231	956	ANA MONTEIRO	01:39:25	01:38:58	F4044		8
232	872	MAFALDA MARTINHO	01:39:41	01:39:41	F2439		8
233	871	PAULO NUNES	01:39:41	01:39:41	M4549	PONTINHA	38
234	551	CATARINA REBELO	01:39:58	01:39:21	F2439	GEORUNNERS	9
235	1005	MANUEL PEREIRA	01:40:07	01:39:55	M5054	INDIVIDUAL	31
236	724	VICENTE BOTO	01:40:16	01:40:03	M4549	CORRER LISBOA	39
237	1004	MILTON LIMA	01:40:20	01:39:56	M2439	TRAILS E TRALHOS	59
238	1003	CÉSAR MOREIRA	01:40:20	01:39:54	M4044	TRAILS E TRALHOS - ERICEIRA	48
239	604	SANDRA OLIVEIRA	01:40:22	01:40:22	F4044	CLUBE DE PRAÇAS DA ARMADA	9
240	1120	NUNO SERRANITO	01:40:23	01:40:23	M4044	SETÚBAL	49
241	1183	CRISTINA DINIS	01:40:32	01:40:27	F5054	BRUNOSEMPRE. BABA MAMBO	4
242	676	ERICA CABRAL	01:40:35	01:40:30	F2439		10
243	732	BRUNO SILVA	01:40:39	01:40:09	M4044		50
244	517	ANTÓNIO GONÇALVES	01:40:42	01:40:23	M0023	Santana Futebol Clube - Trail Team	8
245	1053	MIGUEL VELEZ VELEZ	01:40:46	01:40:46	M5559	camara lisboa clube	18
246	1160	RUI ALMEIDA	01:40:53	01:40:53	M4549	GRCD LEIÃO	40
247	913	FERNANDA RIBEIRO	01:40:53	01:40:47	F5054	CORRER LISBOA	5
248	1032	CRISTINA FIGUEIRA	01:40:55	01:40:25	F4044	MONTES SALOIOS TRAIL TEAM	10

249	1029	LUIS TAVARES	01:41:08	01:40:33	M4044	CANECAS RUNNERS	51
250	610	MANUEL MAGALHÃES	01:41:08	01:41:05	M2439	100 LIMITES	60
251	1132	PEDRO BOTO	01:41:20	01:41:12	M5054	SERVIÇOS SOCIAIS MONTEPIO	32
252	1055	CARLOS MATOS	01:41:23	01:41:06	M5559	CASA BENFICA SEIXAL	19
253	542	ELISABETE DIAS	01:41:24	01:41:11	F4044		11
254	717	MANUEL ESCALONA	01:41:30	01:41:30	M4549	CORREMISTO	41
255	755	MIGUEL DIAS	01:41:32	01:40:52	M4044	RUN CREW TRAIL MONTIJO	52
256	1206	RUI PEREIRA	01:41:34	01:40:47	M2439	AGP AUTO	61
257	756	CÁTIA FONSECA	01:41:35	01:40:57	F2439	RUN CREW TRAIL MONTIJO	11
258	1062	RICARDO FIGUEIREDO	01:41:36	01:41:36	M5054		33
259	1212	EMMANUEL AUVERGNE	01:41:43	01:40:56	M2439		62
260	1182	CARLA FERNANDES	01:41:51	01:41:46	F4044	BRUNOSEMPRE. BABA MAMBO	12
261	1201	PAULO ANTUNES	01:41:54	01:41:34	M4549		42
262	1039	GONÇALO BORGES	01:42:05	01:42:05	M2439	ESQUADRÃO CLASSE A	63
263	572	LUÍS FERNANDES	01:42:06	01:42:06	M5054		34
264	5504	GONÇALO CARDOSO	01:42:07	01:42:02	M4044		53
265	649	VITOR AZEVEDO	01:42:10	01:41:32	M4044	ASAS NOS PÉS	54
266	534	JOÃO MOITEIRO	01:42:42	01:42:42	M4549		43
267	1211	NUNO VIEIRA	01:42:44	01:41:56	M2439		64
268	1156	MÁRCIA VILARINHO	01:42:49	01:42:21	F4549		7
269	680	ANA MONTEIRO	01:42:55	01:42:02	F4549		8
270	598	FERNANDO OLIVEIRA	01:43:00	01:43:00	M5559	TARTARUGAS SOLIDARIAS	20
271	1099	PAULO ABADIA	01:43:05	01:43:02	M4549	Team bizarro	44

272	786	JOSÉ CARLOS MANUEL	01:43:11	01:42:39	M4044		55
273	1105	LUIS CANHÃO	01:43:15	01:42:22	M2439	INDIVIDUAL	65
274	588	PEDRO GASPAR	01:43:15	01:43:12	M2439		66
275	1208	SOFIA FERREIRA	01:43:25	01:43:25	F2439		12
276	1137	PAULO SOARES	01:43:29	01:42:25	M4549	CCR ALTO DO MOINHO	45
277	1001	ANTÓNIO MARTINS	01:43:40	01:43:38	M4549	HOUSEMARTINS BELAS	46
278	882	ANA RAPOSO	01:43:58	01:43:58	F4549	VALEJAS AC	9
279	977	RAQUEL MENDES	01:43:59	01:43:32	F4044	ALMADA	13
280	1185	PEDRO VALENTIM	01:44:02	01:43:56	M5054	BRUNOSEMPRE. BABA MAMBO	35
281	730	ANA RITA CARDOSO	01:44:05	01:43:29	F2439		13
282	541	PAULO SERRA	01:44:08	01:43:49	M4044	AMADORA	56
283	1059	PAULO MOUTINHO	01:44:24	01:43:55	M4549	H-GARRA A LEBRE !!!	47
284	1006	VASCO AZINHEIRA	01:45:08	01:44:42	M2439		67
285	828	MÁRIO GASPAR	01:45:10	01:44:46	M5559		21
286	1022	JOÃO RODRIGUES	01:45:22	01:45:04	M4044	GDC BANCO DE PORTUGAL	57
287	1179	MARINA TEIXEIRA	01:45:30	01:45:03	F4044		14
288	722	ELISABETE MACEDO	01:45:41	01:45:22	F2439	GRCD LEIÃO	14
289	721	JORGE SILVA	01:45:43	01:45:22	M4044	GRCD LEIÃO	58
290	959	CRISTINA MOREIRA	01:45:48	01:45:48	F4044	GMCJAMOR	15
291	538	LUÍS CORREIA	01:45:57	01:45:33	M5054	MATILHA DA ATALAIA	36
292	903	GISLAINE SANTOS	01:46:10	01:46:10	F4044	LOURES	16
293	535	SUSANA GASPAR	01:46:48	01:46:39	F2439	LISBOA	15
294	840	ANTÓNIO GERALDES	01:46:58	01:46:58	M5559	FALCÕES SELVAGENS	22

295	768	ORLANDO DUARTE	01:47:04	01:47:04	M6099	VETERANOS DE MASSAMÁ	8
296	999	AMANDIO BUSCA	01:47:05	01:46:29	M5054		37
297	1061	CARLOS LEÃO	01:47:13	01:46:25	M5559	CORRER LISBOA	23
298	1205	RICARDO DIAS	01:47:13	01:46:22	M4549	AGP AUTO	48
299	5521	RUI FLORES	01:47:17	01:46:55	M4044		59
300	646	TIAGO GRAÇA	01:47:20	01:47:09	M0023		9
301	960	PEDRO NUNES	01:47:36	01:47:36	M4549	SANTO ANTÃO DO TOJAL	49
302	1068	CRISTINA PEREIRA	01:47:39	01:47:38	F4549	HOUSEMARTINS BELAS	10
303	891	RUI LOPES	01:47:41	01:47:34	M2439	CSB RF	68
304	799	ANA BRANCO	01:47:42	01:47:42	F4549	RUN CREW TRAIL MONTIJO	11
305	878	ANTONIO BALDO	01:47:45	01:47:45	M2439	PANQUECAS	69
306	1184	RITA DINIS	01:48:00	01:48:00	F2439	BRUNOSEMPRE. BABA MAMBO	16
307	1155	MÓNICA PEREIRA	01:48:16	01:47:47	F4044		17
308	616	ARMANDO TEIXEIRA	01:48:29	01:48:29	M5559	GRCD LEIÃO - COBRAS TRAILISTAS	24
309	1042	CARLA BERNARDINO	01:48:43	01:48:42	F4044		18
310	5506	FERNANDO PEREIRA	01:48:48	01:48:48	M4549	AZEITÃO RUNNING	50
311	5012	BRUNO NEVES	01:48:48	01:48:16	M2439		70
312	543	FERNANDO SOUSA	01:48:49	01:48:33	M5559		25
313	587	EMANUEL GASPAR	01:48:58	01:48:55	M2439		71
314	1074	ROGERIO LUIS	01:49:04	01:49:04	M4549		51
315	1072	AFONSO GOMES	01:49:06	01:49:06	M0023	SANTO ANTÓNIO CAVALEIROS	10
316	936	JOÃO CARLOS BARATA	01:49:07	01:49:07	M5559		26
317	1076	HUGO DIAS	01:49:07	01:49:07	M4044		60

318	940	HUGO SANTOS	01:49:14	01:49:14	M2439	GDRIBEIRINHOS	72
319	939	GUSTAVO SANTOS	01:49:15	01:49:15	M2439	GDRIBEIRINHOS	73
320	5551	TIAGO SANTOS	01:50:08	01:50:08	M2439	AMIGOS VALE SILÊNCIO	74
321	1109	JOSÉ FINURAS	01:50:25	01:50:25	M4549	MULTIRUNNERS	52
322	550	NUNO BOTELHO	01:50:34	01:49:58	M4549		53
323	561	RUI BRÁS	01:50:35	01:49:54	M4044		61
324	1057	RICARDO BRITO	01:50:36	01:50:36	M4044		62
325	553	LÚCIA VENTURA	01:50:37	01:50:00	F4044	GEORUNNERS	19
326	1230	ALEXANDRE MIGUEL SILVA MARTINS	01:50:37	01:50:37	M4549	wildest	54
327	1138	ROSA AFONSO	01:50:39	01:50:39	F5054	CCR ALTO DO MOINHO	6
328	554	ANDRE LUIS	01:50:42	01:50:42	M2439	TEAM FUGASSA	75
329	1157	ISABEL COSTA	01:50:43	01:50:14	F4549		12
330	934	JORGE MANUEL ADRIANO ASSUNÇÃO	01:50:55	01:50:41	M4549	GRCD LEIÃO	55
331	1133	MARIA DO CÉU CARVALHO	01:50:58	01:48:51	F4549	TARTARUGAS SOLIDARIAS	13
332	935	ANABELA ASSUNÇÃO	01:50:58	01:50:43	F4549	GRCD LEIÃO	14
333	1103	FILIPA TEIXEIRA	01:50:59	01:50:38	F2439	Sacavenense	17
334	1101	CARLOS TEIXEIRA	01:50:59	01:50:37	M4549	Sacavenense	56
335	1073	JOAO MACEDO	01:51:26	01:51:26	M5054		38
336	642	PAULA BAPTISTA	01:51:31	01:51:31	F4044	CACÉM	20
337	5591	AURELIANO DA LUZ	01:51:32	01:51:32	M4044	AS MÁQUINAS	63
338	954	LUIS SILVA	01:51:33	01:50:38	M4044	THE BEARCAVE BOX OCR	64
339	1025	INÊS MALVEIRO	01:51:33	01:50:38	F2439	THE BEARCAVE BOX OCR	18
340	644	NUNO MOLERO	01:51:37	01:51:14	M2439		76

341	1172	SALOMÉ SOLDADOR	01:51:43	01:51:37	F2439		19
342	1056	JOANA SERINA	01:51:58	01:51:58	F4549	FITRUNNERS	15
343	571	CATARINA PONTES	01:52:12	01:52:05	F4044		21
344	1102	CLAUDIA GONÇALVES	01:52:20	01:51:59	F4044	Sacavenense	22
345	1130	TERESA CARDOSO	01:52:31	01:52:20	F4044	SERVIÇOS SOCIAIS MONTEPIO	23
346	949	DAVIDE ANTUNES	01:52:42	01:52:32	M2439	COPYIT	77
347	987	NUNO DOMINGUES	01:53:18	01:53:18	M4549		57
348	780	HUGO SANTOS	01:53:22	01:53:22	M4044	FALCÕES SELVAGENS	65
349	1080	GUILHERME GOMES	01:53:25	01:53:25	M0023	STJOAOLIVEIRATEAM	11
350	859	RUI DIAS	01:53:29	01:53:29	M4044	GUERREIROS DO RUNNING	66
351	873	CARLOS PIRES	01:53:29	01:53:29	M4044	ALDEIA PAIO PIRES	67
352	887	JOÃO VICENTE	01:53:40	01:52:55	M5559		27
353	971	SEVERINO CRUZ	01:54:04	01:53:11	M5559	LISBOA	28
354	1126	JOÃO OSÓRIO	01:54:04	01:54:04	M4044	TARTARUGAS SÓLIDARIAS	68
355	800	BRUNO ABRANTES	01:54:18	01:54:18	M4044	Massamá	69
356	521	MARTA SÁ	01:54:22	01:54:22	F2439	Santana Futebol Clube-Trail Team	20
357	590	ANA CATARINA MENEZES	01:54:23	01:54:23	F4044	JÁ FOSTE	24
358	5511	ANTÓNIO DUARTE	01:54:24	01:54:07	M6099		9
359	591	PAULO FERREIRA	01:54:24	01:54:24	M4549	GRAPA	58
360	1148	MARGARIDA AMIGO	01:54:25	01:54:23	F6099	ALTO DO MOINHO	1
361	1116	MARIA SERRA	01:54:41	01:54:30	F4549	CENTRO DE MARCHA CORRIDA DE ODIVELAS	16
362	667	LUÍS RIBEIRO	01:54:42	01:53:59	M4549	CMC ODIVELAS	59
363	1203	ELSA BRUXELAS	01:54:49	01:54:49	F5559	TARTARUGAS SOLIDÁRIAS	2

364	775	PEDRO FIGUEIRA	01:54:57	01:54:34	M0023	DAVID VAZ	12
365	627	MARCELO CHAGAS	01:54:57	01:53:43	M2439	PENICHE A CORRER	78
366	842	SANDRA ANTUNES	01:54:57	01:54:57	F5054	EQUIPA DAVID VAZ	7
367	600	ANA ROCHA	01:54:59	01:53:45	F2439	CORRER LISBOA	21
368	625	ALEXANDRE RIBEIRO	01:55:01	01:54:50	M4549	GRUPO BARRAQUEIRO	60
369	955	JOÃO ADRO	01:55:02	01:54:34	M5559		29
370	1096	TERESA SANTO	01:55:04	01:55:02	F4549		17
371	5563	JOAQUIM GUERREIRO	01:55:06	01:55:04	M4549	LEBRES DO SADO	61
372	5053	NIDIA V ALADARES	01:55:07	01:55:04	F4044	LEBRES DO SADO	25
373	1083	PEDRO DOMINGUES	01:55:19	01:54:50	M2439	ESQUADRÃO CLASSE A	79
374	961	MÁRIO MOTA	01:55:19	01:55:19	M2439	LOURES	80
375	835	CARLOS HENRIQUE	01:55:21	01:54:43	M5054	LISBOA	39
376	807	PAULO ANTUNES	01:55:22	01:54:57	M5054	LESMAS ALOPRADAS	40
377	751	ANDREIA SOFIA	01:55:25	01:55:11	F2439	LISBOA	22
378	979	ALEXANDRA C. COSTA	01:55:27	01:54:46	F4549	CLUBE MILLENNIUMBGP	18
379	922	CARLOS LOMBA	01:55:28	01:55:09	M5054		41
380	767	JOÃO SANTOS	01:55:28	01:55:28	M6099	VETERANOS DE MASSAMÁ	10
381	830	MARIO CARMONA	01:55:29	01:55:16	M5054	GUERREIROS DO RUNNING	42
382	860	BRUNO ALMEIDA	01:55:29	01:55:16	M4044	GUERREIROS DO RUNING	70
383	791	LINA LOPES	01:55:31	01:54:51	F2439	RUN CREW TRAIL MONTIJO	23
384	613	CRISTINA CUNHA	01:55:39	01:55:23	F4549	TARTARUGAS SOLIDÁRIAS	19
385	793	ISABEL CARVALHO	01:55:46	01:55:46	F4044	RUN CREW TRAIL MONTIJO	26
386	746	ANIBAL LUIS	01:55:52	01:55:43	M6099	BORINHAS	11

387	1054	JORGE PEREIRA	01:56:09	01:55:33	M5559	MONTES SALOIOS TRAIL TEAM	30
388	1170	JOSÉ SILVA	01:56:13	01:56:13	M5054		43
389	569	ISABEL BUÉ	01:56:52	01:56:45	F2439	Bué da Serra	24
390	5010	LUIS OLIVEIRA	01:56:58	01:55:59	M2439		81
391	910	ANDRE GONÇALVES	01:57:14	01:56:43	M0023		13
392	900	ESMERALDO GONÇALVES	01:57:14	01:57:14	M4549		62
393	784	PATRÍCIA SOFIA DA CRUZ PINTO	01:57:29	01:57:18	F4044	NÉS RUNNING	27
394	783	TIAGO ROSA	01:57:29	01:57:18	M2439	NÉS RUNNING	82
395	967	CÉU PINTO	01:57:35	01:57:32	F5054	MAE E FILHA	8
396	599	LILIANA CORREIA	01:57:57	01:57:42	F2439	Massamá	25
397	501	SAMUEL SILVA	01:58:00	01:57:41	M4044		71
398	1058	RITA OLIVEIRA	01:58:03	01:57:30	F2439	LEIÃO	26
399	683	NUNO FRAGOSO	01:58:11	01:58:11	M4044	LINNCES DA BELA VISTA	72
400	1229	JOSE CRUZ	01:58:12	01:58:12	M6099	RESTAURANTE CARTAXEIRO - CANECAS	12
401	805	PAULO REVÉS	01:58:15	01:57:50	M4549	LESMAS ALOPRADAS	63
402	788	JOÃO NEVES	01:58:38	01:57:58	M5559	RUN CREW TRAIL MONTIJO	31
403	901	SANDRA GONÇALVES	01:58:47	01:58:17	F4549	LISBOA	20
404	641	ANTÓNIO COSTA	01:58:51	01:58:42	M4549	COXOS	64
405	640	NOÉMIA CONDE	01:58:52	01:58:46	F4044	COXOS	28
406	698	LUCIENNE NEVES	01:59:11	01:58:54	F2439	SEIXAL-RUNNING	27
407	729	PAULA FERREIRA	01:59:12	01:58:54	F4549	SEIXAL-RUNNING	21
408	715	NUNO SOUSA	01:59:12	01:59:12	M4044		73
409	594	ISABEL GOMES MACIEL	01:59:14	01:59:14	F4044	AI NÓS, JAMOR	29

410	1082	RUI LOPES	01:59:20	01:59:20	M4044		74
411	606	ANDREIA FERNANDES	01:59:30	01:59:25	F2439	TEAM FUGASSA	28
412	5513	PAULO SOBERANO	01:59:39	01:59:39	M5054	Gfi Portugal	44
413	5510	PATRÍCIA MONTEIRO	01:59:46	01:59:45	F4044	AI NÓS JAMOR	30
414	1143	KINA SEABRA	01:59:50	01:59:35	F6099	TÁLENTOS TEAM	2
415	907	MARIA GARCIA	01:59:58	01:59:17	F4549	ECI RUNNING TEAM	22
416	725	ANA RITA BOTO	02:00:00	01:59:47	F4044	CORRER LISBOA	31
417	902	ANA SILVESTRE	02:00:10	01:59:46	F4044	CORRER LOURES	32
418	904	ANA LUCIA SILVESTRE	02:00:10	01:59:46	M4549	CORRER LOURES	65
419	611	ADRIANA ROQUE	02:00:36	02:00:03	F2439	100 LIMITES	29
420	608	JOAQUIM OLIVEIRA	02:00:39	02:00:04	M2439	100 LIMITES	83
421	609	JOANA BANDEIRA	02:00:41	02:00:07	F2439	100 LIMITES	30
422	944	LEONOR CARVALHO	02:00:43	01:59:28	F2439	PENICHE A CORRER	31
423	581	FILOMENA JACINTO	02:00:51	01:59:33	F5054		9
424	1019	CÉLIA MINAU	02:01:31	02:01:22	F4044	GDC BANCO DE PORTUGAL	33
425	1092	LILIANA SANTOS	02:01:38	02:01:38	F2439		32
426	1036	TERESA MENDES	02:01:38	02:01:34	F4549	10 P`RAS 11	23
427	1093	BRUNO MARÇAL	02:01:39	02:00:50	M2439		84
428	579	TERESA REIS	02:01:44	02:01:44	F4044	MONTES SALOIOS TRAIL TEAM	34
429	894	MARIA PUGA	02:02:05	02:01:42	F5054	O MUNDO DA CORRIDA	10
430	973	MARIA FOLQUES	02:02:22	02:01:43	F5054		11
431	976	LEONEL BRANDÃO	02:02:23	02:01:44	M5054	CLUBE MILLENNIUM BCP	45
432	1217	FRANCISCO LINHOL	02:02:23	02:01:42	M6099	RUN CREW TRAIL MONTIJO	13

433	972	PEDRO PEREIRA	02:02:23	02:01:42	M5054		46
434	982	JOÃO MARQUES	02:02:33	02:02:33	M4044	BOMGARFO	75
435	1220	NATÁLIA NARCISO	02:02:38	02:02:28	F5559	SERVIÇOS SOCIAIS MONTEPIO	3
436	1219	JORGE NARCISO	02:02:47	02:02:47	M5559	SERVIÇOS SOCIAIS MONTEPIO	32
437	584	PEDRO FERNANDES	02:03:01	02:03:01	M2439		85
438	682	NATALIA FERANANDES	02:03:41	02:03:41	F5559	CENTR DE MARCHA E CORRIDA DE ODIVELAS	4
439	1214	SIMÃO DELGADO	02:03:42	02:02:36	M2439		86
440	1213	MARCELO PIRES	02:03:42	02:03:42	M2439		87
441	1215	TATIANA SANTANA	02:04:14	02:03:57	F0023	SANTANA F C - TRAIL TEAM	4
442	863	PAULO GAMBOA	02:04:46	02:04:32	M4549	CA PATAMEIRAS	66
443	685	LUIS AZEVEDO	02:04:47	02:04:47	M5054	CORRER LISBOA	47
444	749	PATRICIA AZEVEDO	02:04:48	02:04:36	F2439	CORRER LISBOA	33
445	929	ANA MALTEZ	02:05:01	02:05:01	F2439	AS QUENIANAS	34
446	740	ARMANDA SEMEAO	02:05:05	02:04:55	F4044	Quinta do Conde	35
447	711	MARIA JOÃO EMÍDIO	02:05:06	02:04:50	F5054	NÚCLEO SPORTING CP DO SEIXAL	12
448	995	SORAIA PEREIRA	02:05:08	02:05:08	F4044		36
449	928	CARLA COSTA	02:05:09	02:05:09	F4044	AS QUENIANAS	37
450	890	RODRIGO RODRIGUES	02:05:16	02:05:16	M2439	PANQUECAS	88
451	1115	MARISA RIANÇO	02:05:19	02:05:19	F2439	TARTARUGAS SOLIDÁRIAS	35
452	991	TERESA TEIXEIRA	02:05:21	02:04:29	F5054	TARTARUGAS SOLIDÁRIAS	13
453	1104	JOSE CORREIA	02:05:21	02:04:54	M6099	OEIRAS	14
454	978	CATARINA SOARES	02:05:21	02:04:41	F4044		38
455	852	RICARDO FERNANDES	02:05:53	02:05:36	M2439	JPR	89

456	881	PATRÍCIA MARTINS	02:05:58	02:05:43	F2439	GIN-JOY	36
457	880	RICARDO NETO	02:05:59	02:05:43	M4044	GIN-JOY	76
458	674	BRUNO MORAIS	02:06:29	02:06:29	M2439		90
459	1060	MÁRIO ROGADO	02:06:59	02:06:07	M4044	CORRER LISBOA	77
460	947	JOÃO ANTUNES	02:07:00	02:06:50	M4549	COPYIT	67
461	948	CARLOS ANTUNES	02:07:03	02:06:54	M0023	COPYIT	14
462	826	EURICO TEIXEIRA	02:07:59	02:06:13	M4549	CASAL DE CAMBRA	68
463	827	NORBERTO MARQUES	02:07:59	02:06:09	M4549	CASAL DE CAMBRA	69
464	525	VANDA OLIVEIRA	02:08:18	02:08:03	F4549	TARTARUGAS SOLIDÁRIAS	24
465	524	ANTONIO HORTA	02:08:18	02:08:03	M6099	TARTARUGAS SOLIDÁRIAS	15
466	528	MÁRIO ATILHO	02:08:19	02:08:01	M4549	SANTANA F C TRAIL TEAM	70
467	516	TIAGO PACHECO	02:08:25	02:08:07	M2439	Santana FC trail team	91
468	747	MARIA ISABEL SIMÕES	02:08:35	02:08:35	F5559	BORINHAS	5
469	582	CARLOS ANTÓNIO RODRIGUES	02:08:38	02:08:06	M4549	CASAL DE CAMBRA	71
470	857	MARIA DE FÁTIMA DA LUCAS	02:08:56	02:08:47	F4549	CENTRO DE MARCHA E CORRIDA DE ODIVELAS	25
471	702	SANDRA MONTEIRO	02:08:57	02:08:57	F4044	CENTRO DE MARCHA E CORRIDA DE ODIVELAS	39
472	557	RUI SANTOS	02:08:58	02:08:58	M4044		78
473	5055	LUIS MIGUEL SANTOS	02:08:59	02:08:19	M4044	CORRER LISBOA	79
474	1118	SÓNIA ALVES	02:09:00	02:08:24	F4549	DREAM TEAM	26
475	1119	SANDRA SILVA	02:09:01	02:09:01	F4549	DREAM TEAM	27
476	5056	RICARDO CARVALHO	02:09:02	02:09:02	M4044		80
477	1040	PEDRO CAETANO	02:09:03	02:09:03	M4549	ESQUADRÃO CLASSE A	72
478	824	PEDRO GOMES	02:09:06	02:08:56	M4549	CMC ODIVELAS	73

479	618	SANDRA ARRAIAS	02:09:19	02:09:19	F2439	OS ARRAIAS	37
480	617	DIOGO ARRAIAS	02:09:21	02:09:21	M6099	OS ARRAIAS	16
481	615	CRISTINA FERREIRA	02:09:34	02:09:05	F4044		40
482	1037	LUCIANO ASSUNÇÃO	02:09:38	02:09:38	M6099	SPORTISEL	17
483	809	ANA MARTINS	02:09:41	02:09:41	F5559	FALCÕES SELVAGENS	6
484	699	SERGIO NEVES	02:09:46	02:09:30	M6099	SEIXAL-RUNNING	18
485	856	SUSANA MENDES	02:09:50	02:09:29	F4044	SIMECQ	41
486	893	TELMA PARREIRA	02:09:58	02:09:58	F2439		38
487	899	RUTE ABREU	02:09:59	02:09:59	F4044		42
488	892	TELMO SIMÕES	02:10:01	02:10:01	M2439		92
489	868	LUCINDA TAVARES	02:10:03	02:09:35	F4044	CA PATAMEIRAS	43
490	838	PAULO ALMEIDA	02:10:30	02:10:03	M5054	CACÉM	48
491	5533	ANA CANAVEIRA	02:10:34	02:10:10	F5054	CCD TRANQUILIDADE	14
492	675	SÓNIA NEVES	02:10:36	02:10:36	F4044	NIGHTWALKERS	44
493	930	FILIPPE CORREIA	02:10:37	02:09:50	M4044	NIGHTWALKERS	81
494	1139	NIDIA MARTINS	02:10:59	02:10:59	F2439		39
495	1140	NÍDIA MARTINS	02:11:01	02:11:01	F2439		40
496	664	MARISA VILELA	02:11:18	02:11:18	F2439	ADR AMIGOS ATLETISMO DE AVIS	41
497	522	TANIA PEREIRA	02:11:30	02:11:11	F2439	SANTANA F C TRAIL TEAM	42
498	945	DAVID PRATA	02:12:12	02:09:52	M2439		93
499	958	JATIN RAMGI	02:12:13	02:09:50	M2439		94
500	957	BRUNO PEREIRA	02:12:43	02:12:43	M2439		95
501	834	PAULA SILVA	02:12:55	02:12:26	F4549	HOUSE MARTINS BELAS	28

502	719	MANUELA SILVA	02:12:55	02:12:55	F5054	CENTRO DE MARCHA E CORRIDA DE ODIVELAS	15
503	825	RUI MARINO	02:12:58	02:12:28	M4549	HOUSEMARTINS BELAS	74
504	527	CARLA ATILHO	02:13:15	02:12:58	F4549	SANTANA F.C TRAIL TEAM	29
505	843	LUIS LAVRADOR	02:13:17	02:13:17	M4044	EQUIPA DAVID VAZ	82
506	726	CLÁUDIA GRENCHO	02:13:19	02:13:19	F4549		30
507	5573	NIDIA FERREIRA	02:13:28	02:13:13	F4044	MARVILA JOVEM	45
508	879	FERNANDO RODRIGUES	02:13:29	02:13:29	M4044	PANQUECAS	83
509	518	SOFIA ATILHO	02:13:29	02:13:08	F4044	SANTANA F. C. TRAIL TEAM	46
510	946	SANDRA LOPES	02:13:43	02:13:08	F4044		47
511	684	BETA CONCEIÇÃO	02:14:10	02:13:26	F4549		31
512	748	SÓNIA ENVIA	02:14:11	02:14:11	F4044	CORRER LISBOA	48
513	555	MARTA ALVES	02:14:12	02:13:42	F4044	INDIVIDUAL	49
514	670	NEIDE GUERREIRO	02:14:23	02:13:34	F6099	TARTARUGAS SOLIDÁRIAS	3
515	766	MANUEL AZEVEDO	02:14:35	02:14:35	M6099	VETERANOS DE MASSAMÁ	19
516	1123	AGOSTINHO COELHO	02:15:25	02:15:25	M5054	SERVIÇOS SOCIAIS MONTEPIO	49
517	728	LUÍS GRENCHO	02:15:34	02:14:36	M4549		75
518	752	SÓNIA VEIGA	02:15:39	02:15:39	F4044	CORRER QUELUZ	50
519	626	JOSÉ TOMÉ	02:15:39	02:15:39	M5054	GRUPO BARRAQUEIRO	50
520	915	PEDRO HENRIQUES	02:15:46	02:15:15	M4549		76
521	523	GI RIBEIRO	02:16:30	02:16:10	F5054	SANTANA F. C. TRAIL TEAM	16
522	804	PEDRO PATA	02:16:38	02:16:07	M5559	LINDA A VELHA	33
523	546	SIMÃO NUNO	02:16:46	02:16:24	M4044	MATILHA DA ATALAIA	84
524	898	ILDA SIMOES	02:16:47	02:16:47	F4549	VALEJAS AC	32

525	502	JORGE SANTOS	02:16:47	02:16:47	M4549	MATILHA DA ATALAIA	77
526	671	LUIS GUERREIRO	02:16:59	02:16:59	M2439	TARTARUGAS SOLIDÁRIAS	96
527	712	MÁRIO EMÍDIO	02:17:16	02:17:16	M5559	NÚCLEO SPORTING CP DO SEIXAL	34
528	727	ANABELA SARAIVA	02:17:20	02:17:20	F2439		43
529	850	JOSEFINA FERNANDES	02:17:50	02:17:33	F2439	JPR	44
530	1045	SÍLVIA BARRADAS	02:17:55	02:17:34	F2439	SANTANA TRAIL TEAM	45
531	589	OLGA SANTOS	02:18:07	02:17:15	F4044	JÁ FOSTE	51
532	592	ANA PARRACHO	02:18:07	02:18:07	F5054		17
533	648	VANESSA COSTA	02:18:08	02:17:56	F2439		46
534	770	ANABELA SILVA	02:18:16	02:17:31	F4044		52
535	1204	ANDRÉ SOBRAL	02:18:16	02:18:07	M4549		78
536	839	HENRIQUE VILHENA	02:19:40	02:18:51	M6099	LisRunning CPA	20
537	1146	FRANCISCO PINTO	02:20:28	02:20:24	M5559	ALTO DO MOINHO	35
538	5527	ANA FERREIRA	02:21:01	02:20:40	F5054	Papa Trilhos do CAAL	18
539	769	PAULO TAVARES	02:21:03	02:20:20	M4044		85
540	837	NELSON BASTOS	02:21:03	02:20:18	M4549	Santa Iria de Azoia	79
541	573	SOFIA FERNANDES	02:21:15	02:21:00	F4044		53
542	5545	MANUEL RAPOSO	02:22:50	02:22:48	M6099	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	21
543	658	FRANCISCO SARRASQUEIRO	02:23:00	02:22:36	M6099	CORRER LISBOA	22
544	515	CÂNDIDA PACHECO	02:23:37	02:23:37	F2439	Santana FC trail team	47
545	645	ANA RIBEIRO	02:23:41	02:23:41	F4549		33
546	1088	MARISA MACHADO	02:24:03	02:23:08	F2439	AMADORA	48
547	696	CRISTINA NEVES	02:24:05	02:23:16	F4549	ODIVELAS	34

548	917	SUSANA CLIMAS	02:24:07	02:24:07	F2439	CARACÓIS FURIOSOS	49
549	919	RUBEN OLIVEIRA	02:24:07	02:23:21	M2439	CARACÓIS FURIOSOS	97
550	916	SÓNIA SANTOS	02:24:13	02:24:13	F2439	CARACÓIS FURIOSOS	50
551	920	LUÍS HENRIQUES	02:24:13	02:24:13	M2439	CARACÓIS FURIOSOS	98
552	801	EZEQUIEL ABRANTES	02:25:39	02:25:34	M6099	Massamá	23
553	923	SANDRA ANTUNES	02:26:54	02:26:13	F4044		54
554	697	HELENA DORES	02:26:59	02:26:59	F5054	SEIXAL-RUNNING	19
555	5523	PAULA CARMO	02:26:59	02:26:59	F5054	Papa Trilhos do CAAL	20
556	884	PALMIRA RIBEIRO	02:27:06	02:26:23	F5054	TRILHOS NOTURNOS	21
557	803	SÓNIA MIRANDA	02:27:07	02:26:32	F2439	BELAS	51
558	663	RAQUEL SOBRAL	02:27:56	02:27:48	F0023		5
559	966	FERNANDA OLIVEIRA	02:28:04	02:28:00	F5559	10 P`RAS 11	7
560	1207	MARTA FIGUEIREDO	02:28:13	02:27:41	F5559	SANTANA F. C. TRAIL TEAM	8
561	773	SOFIA JARDIM	02:28:29	02:27:43	F4044	SALAMANDRECOS	55
562	774	RITA COLIM	02:28:30	02:28:30	F4549	SALAMANDRECOS	35
563	668	FERNANDA PALMINHA	02:28:50	02:28:50	F5559		9
564	537	CARLA LOPES	02:29:38	02:29:15	F4549	MATILHA DA ATALAIA	36
565	832	OLGA GALVÃO	02:29:40	02:29:18	F5559	SIMECQ	10
566	833	CELESTE ALMEIDA	02:29:40	02:29:17	F5054	SIMECQ	22
567	1193	MARTA ADÃO	02:30:11	02:29:38	F4044		56
568	1030	SILVIA MARINO	02:30:46	02:30:14	F2439		52
569	1046	MARIA LUISA SOARES	02:30:46	02:30:46	F5559		11
570	1180	RAQUEL LOURENÇO	02:30:48	02:30:11	F4044		57

571	885	CARLA NASCIMENTO	02:30:58	02:30:38	F4044		58
572	888	TERESA REIS	02:30:59	02:30:39	F4044		59
573	651	CARLA COSTA	02:31:05	02:30:38	F2439	ACADEMIA RUN #MIÚDASGIRAS	53
574	666	ANA SOFIA RIBEIRO	02:31:05	02:30:21	F4549	CMC ODIVELAS	37
575	653	ANDREIA CARREIRA	02:31:06	02:30:35	F2439	ACADEMIA RUN #MIÚDASGIRAS	54
576	654	SANDRA SOUSA	02:31:06	02:30:39	F4549	ACADEMIA RUN #MIÚDASGIRAS	38
577	700	ISAURA PINTO	02:31:07	02:31:07	F5559	CENTRO DE MARCHA E CORRIDA DE ODIVELAS	12
578	5529	PEDRO FERREIRA	02:31:13	02:31:07	M5054		51
579	1159	SOFIA FERREIRA	02:31:14	02:31:07	F5054		23
580	707	BEATRIZ SILVA	02:31:29	02:31:12	F6099	SEIXAL-RUNNING	4
581	1195	ELISABETE FIRME	02:32:46	02:32:14	F4044		60
582	1190	RUI PEREIRA	02:32:46	02:32:12	M2439		99
583	1186	MARCO FERNANDES	02:32:46	02:32:46	M2439		100
584	938	CAROS MORAIS	02:32:47	02:32:47	M4549	FALCÕES SELVAGENS	80
585	735	ISABEL SILVA	02:36:18	02:35:26	F5559	CORRER QUELUZ	13
586	734	ISABEL SANTOS	02:36:22	02:36:22	F5054	CORRER QUELUZ	24
587	1191	SARA RIBEIRO	02:39:47	02:39:47	F2439		55
588	984	CARLOS FERREIRA	02:41:13	02:40:45	M6099	BOMGARFO	24
589	981	SONIA DANTAS	02:41:14	02:40:46	F4044	BOMGARFO	61
590	1027	SUZI GASPAR	02:47:15	02:46:34	F2439	CCD TRANQUILIDADE	56
591	1026	FILIPE SILVA	02:47:15	02:46:32	M4044	CCD TRANQUILIDADE	86
592	693	BRUNO FONSECA	02:48:17	02:48:17	M2439	IMPARÁVEIS TEAM	101
593	692	LILIANA TEIXEIRA	02:48:19	02:47:22	F2439	IMPARÁVEIS TEAM	57

594	691	VANESSA SERRA CÔDEA	02:48:20	02:47:22	F2439		58
595	1065	CARLOS DUARTE	02:48:20	02:47:56	M4044	TRAILS E TRALHOS - ERICEIRA	87
596	510	ISABEL DELGADO	02:53:57	02:53:21	F5054	OS LUNATICOS	25
597	552	PATRICIA BRANCO	02:53:58	02:53:58	F4549	GEORUNNERS	39
598	1033	RICARDO LEITÃO	02:54:17	02:53:54	M4044		88
599	507	JOÃO GOMES	02:57:25	02:57:25	M5054	OS LUNATICOS	52
600	708	ANTÓNIA JORDÃO	02:57:30	02:57:30	F4044		62
601	686	ANTÓNIO JOSÉ AMARAL	02:57:30	02:57:30	M5054	LISBOA	53
602	706	CARLOS OLIVEIRA	02:57:33	02:57:33	F4549	ASSOCIAÇÃO VALE GRANDE	40
603	5579	PATRICIA FALCÃO	02:57:34	02:57:34	F4549	AMINHACORRIDA/MY PROTEIN	41
604	737	NUNO FRANCISCO	02:57:40	02:57:40	M4044	CORRER LISBOA	89
605	506	ISABEL BELL	02:57:41	02:57:41	F2439		59
606	526	CARLA GONÇALVES	02:57:41	02:57:41	F4549		42
607	531	MÁRIO SANTOS	02:57:41	02:57:41	M5054	Santana Futebol Clube - Trail Team	54
608	5584	SÓNIA RIJO	02:57:41	02:57:41	F4044	A NATUREZA ENSINA	63
609	822	ANA AZEVEDO	02:58:18	02:57:49	F4549	RUN&SMILE	43
610	814	ANABELA NAVE	02:58:19	02:58:19	F5054	RUN&SMILE	26
611	1034	ANA SEABRA	02:58:48	02:58:25	F5054		27
612	689	MARISA ALVES	02:59:48	02:59:48	F2439	CCM ODIVELAS	60
613	718	JORGE CRUZ	02:59:48	02:59:48	M4549	CENTRO DE MARCHA E CORRIDA DE ODIVELAS	81
614	690	REGINA ALVES	02:59:53	02:59:53	F2439	CCM ODIVELAS	61
615	1098	ANA FERNANDES	03:01:28	03:01:28	F2439		62
616	875	CARLA SILVA	03:02:40	03:01:59	F4549		44

617	662	MARIA MACEDO	03:02:42	03:02:17	F5559		14
618	876	PAULO SILVA	03:02:42	03:02:42	M4549		82
619	1163	CARLA TABAIO	03:02:43	03:01:37	F2439	AMINHACORRIDA	63
620	1162	JOSÉ AMARO	03:02:43	03:02:43	M4044	AMINHACORRIDA	90
621	1161	ANA AMARO	03:02:43	03:01:36	F4044	AMINHACORRIDA	64
622	1165	FÁBIO PRATAS	03:02:44	03:02:27	M2439	AMINHACORRIDA	102
623	1164	BRUNO TABAIO	03:02:45	03:02:45	M2439	AMINHACORRIDA	103
624	1166	VANDA FERREIRA	03:02:46	03:01:38	F4044	AMINHACORRIDA	65