

#	Nome	Equipa	Dorsal	Tempo	Diferença
MASCULINO					
1	José Dias	Associação Vale grande	194	01:34:09.734	----
2	Ricardo parada	Amcf Arrábida trail team	248	01:41:53.641	00:07:43.907
3	jose geada	Associação Vale grande	193	01:41:54.469	00:07:44.735
4	Diogo Flamino	Linces de Montemor	127	01:41:58.540	00:07:48.806
5	Cláudio Nóbrega	Run Crew Trail Montijo	241	01:42:08.357	00:07:58.623
6	Paulo Barry	Run Crew Trail Montijo	239	01:42:10.882	00:08:01.148
7	Nuno Lopes	Clandestinos	268	01:42:40.599	00:08:30.865
8	Joaquim Santos	C.C.D Matriz Borba trail	26	01:43:02.187	00:08:52.453
9	Rodolfo Serra	Bué da Serra	180	01:43:07.029	00:08:57.295
10	NUNO HENRIQUES	Grupo Desportivo Santander Totta	208	01:43:35.026	00:09:25.292
11	João Silva	Outdoor Clube de Setúbal - Strendure Running Team	201	01:43:39.866	00:09:30.132
12	Daniel Silva	ADN Trilhos	181	01:44:51.368	00:10:41.634
13	Marco Santos	Pinhal Novo a Correr	223	01:45:17.763	00:11:08.029
14	Tiago Amado	Outdoor Clube de Setúbal - Strendure running Team	182	01:45:36.111	00:11:26.377
15	Bruno Romão	----	63	01:45:39.052	00:11:29.318
16	Victor Lopes	Run Crew Trail Montijo	233	01:46:34.825	00:12:25.091
17	Eurico Rosado	Matilha Running	102	01:47:29.127	00:13:19.393
18	Manuel silva	Amcf-Arrabidatrailteam	247	01:47:34.318	00:13:24.584
19	Valter martinho	Ginásio quinta do valbom	91	01:48:17.823	00:14:08.089
20	José Miguel Silva	Amcf-Arrabida trail team	249	01:48:33.146	00:14:23.412
21	Miguel Pereira	Madrugas	9	01:51:22.535	00:17:12.801
22	Luís Garcia	MBT	161	01:51:32.849	00:17:23.115
23	Hugo Pinto	Clube Efacec	185	01:52:40.508	00:18:30.774
24	Rui Simplicio	Escola de Atletismo do Montijo-A.F.D.D	172	01:52:42.717	00:18:32.983
25	Pedro Miguel Anastácio Pereira	Bombeiros Voluntários De Montemor-O-Novo	87	01:53:52.999	00:19:43.265
26	Alexandre Vaz	-----	133	01:54:06.761	00:19:57.027
27	António Rosado	G.D.R. São Francisco da Serra	43	01:54:17.189	00:20:07.455
28	Fábio Delgado	A minha corrida	49	01:54:30.812	00:20:21.078
29	Luis Matos	Aminhacorrida/myprotein	50	01:54:43.946	00:20:34.212
30	João Maral	SS CGD	146	01:55:05.959	00:20:56.225
31	Mário Pinto	ACM Montemor a Correr	149	01:55:48.254	00:21:38.520
32	Daniel Costa	-----	270	01:55:58.265	00:21:48.531
33	Paulo Galveia	Escola de Atletismo do Montijo-A.F.D.D	171	01:56:27.031	00:22:17.297
34	Nuno Torres	AmCf Arrábida trail Team	211	01:58:40.011	00:24:30.277
35	Weslen Gomes	Madrugas	200	01:58:44.903	00:24:35.169
36	Joao Boim	CCCRainha	42	01:59:03.049	00:24:53.315
37	José Raposo	Tálenos Team	33	01:59:15.467	00:25:05.733
38	Nuno Abílio	AMCF-Arrábida Trail Team	250	02:00:24.831	00:26:15.097
39	Leonel Calvo	AMCF-Arrábida Trail Team	251	02:00:25.163	00:26:15.429
40	vitto garrido martins	Moita Running	66	02:00:59.500	00:26:49.766
41	Sérgio Nunes	SCD Glória do Ribatejo	252	02:01:08.708	00:26:58.974
42	Pedro Marques	Run Crew Trail Montijo	229	02:01:09.448	00:26:59.714
43	João Ventura	Palmela Team	195	02:01:50.703	00:27:40.969

#	Nome	Equipa	Dorsal	Tempo	Diferença
44	Bruno Miguel	Tira Pal Monte	107	02:01:56.691	00:27:46.957
45	Hugo Alexandre Nunes Pereira	Casal Maravilha	11	02:02:08.498	00:27:58.764
46	Mário Henrique Filipe	Escola de Atletismo do Montijo-A.F.D.D	244	02:03:02.215	00:28:52.481
47	Roberto Ferreira	Run Crew Trail Montijo	238	02:04:32.196	00:30:22.462
48	Miguel Dias	Run Crew Trail Montijo	253	02:08:11.340	00:34:01.606
49	António Pinto	Correr Queluz	45	02:08:31.651	00:34:21.917
50	Carlos Costa	TRAILLERS	121	02:09:06.166	00:34:56.432
51	David Silva Clemente	CUAB	12	02:09:17.191	00:35:07.457
52	Rogério Costa	ACM Montemor a Correr	154	02:09:44.171	00:35:34.437
53	Manuel Bravo	ACM Montemor a Correr	152	02:11:44.118	00:37:34.384
54	Nelson Louro	Correr Queluz	44	02:12:05.400	00:37:55.666
55	Paulo louro	CAAMoita	183	02:13:31.389	00:39:21.655
56	Cardoso	----	260	02:16:13.586	00:42:03.852
57	Francisco Rosa	ACM Montemor a Correr	153	02:26:00.272	00:51:50.538
58	Nuno Fernando Martins Chapa	ACM Montemor a Correr	148	02:26:01.546	00:51:51.812
59	Geriante	----	261	02:27:54.755	00:53:45.021
60	Hugo Filipe	Correr Queluz	92	02:29:28.803	00:55:19.069
61	Claudio Sequeira	----	55	02:29:34.248	00:55:24.514
62	Gonçalo Santos	----	258	02:29:45.520	00:55:35.786
63	Nuno Pinela	Mirobriga Trail	275	02:29:50.738	00:55:41.004
64	Emanuel Simões	Run Crew Trail Montijo	234	02:44:18.583	01:10:08.849
FEMININO					
1	Estela São Martinho	AmCf Arrábida trail Team	209	01:58:31.585	----
2	Cristina Frota	Outdoor Clube de Setúbal - Strendure Running Team	53	02:01:07.382	00:02:35.797
3	Paula Cristina Contreiras Jorge	Casal Maravilha	10	02:02:08.126	00:03:36.541
4	Carla Santos	O Mundo da Corrida	210	02:02:45.948	00:04:14.363
5	Sandra Rocha	Run Crew Trail Montijo	232	02:04:21.958	00:05:50.373
6	Sara Velho	Matutinos	274	02:05:46.916	00:07:15.331
7	Inês Nunes	MBT	162	02:06:13.178	00:07:41.593
8	Sofia Nunes	Cork Trail Team	61	02:07:10.714	00:08:39.129
9	Varela São	Correr Queluz	52	02:12:04.886	00:13:33.301
10	Olga Maria caiado	Arte dos trilhos	62	02:17:03.601	00:18:32.016
11	Patricia Ribeiro	Mountain Runners	186	02:18:30.127	00:19:58.542
12	Joana Fragata	CCCRainha	41	02:20:07.794	00:21:36.209
13	Vânia Pirata	ACM Montemor a Correr	150	02:24:24.781	00:25:53.196
14	ANA SANTOS	Correr Queluz	97	02:29:29.089	00:30:57.504
15	Vanda Medeiro	----	30	02:38:39.244	00:40:07.659
16	Maria puga	Mundo da corrida	60	02:44:16.881	00:45:45.296

[Pesquisar](#)

#	NOME	EQUIPA	DORSAL	TEMPO	DIFERENÇA
<b>MASCULINO: M60</b>					
1	vitor garrido martins	Moita Running	0066	02:00:59.500	----
<b>MASCULINO: M55</b>					
1	José Raposo	Tálenos Team	0033	01:59:15.467	----
2	António Pinto	Correr Queluz	0045	02:08:31.651	00:09:16.184
3	Francisco Rosa	ACM Montemor a Correr	0153	02:26:00.272	00:26:44.805
<b>MASCULINO: M50</b>					
1	Paulo Barry	Run Crew Trail Montijo	0239	01:42:10.882	----
2	Miguel Pereira	Madrugas	0009	01:51:22.535	00:09:11.653
3	António Rosado	G.D.R. São Francisco da Serra	0043	01:54:17.189	00:12:06.307
4	Mário Henrique Filipe	Escola de Atletismo do Montijo-A.F.D.D	0244	02:03:02.215	00:20:51.333
5	Carlos Costa	TRAILLERS	0121	02:09:06.166	00:26:55.284
6	Paulo louro	CAAMoita	0183	02:13:31.389	00:31:20.507
<b>MASCULINO: M45</b>					
1	José Dias	Associação Vale grande	0194	01:34:09.734	----
2	jose geada	Associação Vale grande	0193	01:41:54.469	00:07:44.735
3	Joaquim Santos	C.C.D Matriz Borba trail	0026	01:43:02.187	00:08:52.453
4	Eurico Rosado	Matilha Running	0102	01:47:29.127	00:13:19.393
5	Rui Simplicio	Escola de Atletismo do Montijo-A.F.D.D	0172	01:52:42.717	00:18:32.983
6	Alexandre Vaz	-----	0133	01:54:06.761	00:19:57.027
7	Luis Matos	Aminhacorrida/myprotein	0050	01:54:43.946	00:20:34.212
8	João Maral	SS CGD	0146	01:55:05.959	00:20:56.225
9	Rogério Costa	ACM Montemor a Correr	0154	02:09:44.171	00:35:34.437
<b>MASCULINO: M40</b>					
1	Nuno Lopes	Clandestinos	0268	01:42:40.599	----
2	NUNO HENRIQUES	Grupo Desportivo Santander Totta	0208	01:43:35.026	00:00:54.427
3	Manuel silva	Amcf-Arrabidatrailteam	0247	01:47:34.318	00:04:53.719
4	José Miguel Silva	Amcf-Arrabida trail team	0249	01:48:33.146	00:05:52.547
5	Pedro Miguel Anastácio Pereira	Bombeiros Voluntários De Montemor-O-Novo	0087	01:53:52.999	00:11:12.400

#	NOME	EQUIPA	DORSAL	TEMPO	DIFERENÇA
6	Paulo Galveia	Escola de Atletismo do Montijo- A.F.D.D	0171	01:56:27.031	00:13:46.432
7	Nuno Torres	AmCf Arrábida trail Team	0211	01:58:40.011	00:15:59.412
8	Joao Boim	CCCRainha	0042	01:59:03.049	00:16:22.450
9	João Ventura	Palmela Team	0195	02:01:50.703	00:19:10.104
10	Hugo Alexandre Nunes Pereira	Casal Maravilha	0011	02:02:08.498	00:19:27.899
11	Miguel Dias	Run Crew Trail Montijo	0253	02:08:11.340	00:25:30.741
12	Manuel Bravo	ACM Montemor a Correr	0152	02:11:44.118	00:29:03.519
13	Nuno Fernando Martins Chapa	ACM Montemor a Correr	0148	02:26:01.546	00:43:20.947
14	Nuno Pinela	Mirobriga Trail	0275	02:29:50.738	00:47:10.139
15	Emanuel Simões	Run Crew Trail Montijo	0234	02:44:18.583	01:01:37.984
<b>MASCULINO: M SUB 23</b>					
1	Diogo Flamino	Linces de Montemor	0127	01:41:58.540	----
2	João Silva	Outdoor Clube de Setúbal - Strendure Running Team	0201	01:43:39.866	00:01:41.326
3	Geriante	-----	0261	02:27:54.755	00:45:56.215
<b>MASCULINO: M SENIORES</b>					
1	Ricardo parada	Amcf Arrábida trail team	0248	01:41:53.641	----
2	Cláudio Nóbrega	Run Crew Trail Montijo	0241	01:42:08.357	00:00:14.716
3	Rodolfo Serra	Bué da Serra	0180	01:43:07.029	00:01:13.388
4	Daniel Silva	ADN Trilhos	0181	01:44:51.368	00:02:57.727
5	Marco Santos	Pinhal Novo a Correr	0223	01:45:17.763	00:03:24.122
6	Tiago Amado	Outdoor Clube de Setúbal - Strendure running Team	0182	01:45:36.111	00:03:42.470
7	Bruno Romão	----	0063	01:45:39.052	00:03:45.411
8	Victor Lopes	Run Crew Trail Montijo	0233	01:46:34.825	00:04:41.184
9	Valter martinho	Ginásio quinta do valbom	0091	01:48:17.823	00:06:24.182
10	Luís Garcia	MBT	0161	01:51:32.849	00:09:39.208
11	Hugo Pinto	Clube Efacec	0185	01:52:40.508	00:10:46.867
12	Fábio Delgado	A minha corrida	0049	01:54:30.812	00:12:37.171
13	Mário Pinto	ACM Montemor a Correr	0149	01:55:48.254	00:13:54.613
14	Daniel Costa	-----	0270	01:55:58.265	00:14:04.624
15	Weslen Gomes	Madrugas	0200	01:58:44.903	00:16:51.262
16	Nuno Abílio	AMCF-Arrábida Trail Team	0250	02:00:24.831	00:18:31.190

#	NOME	EQUIPA	DORSAL	TEMPO	DIFERENÇA
17	Leonel Calvo	AMCF-Arrábida Trail Team	0251	02:00:25.163	00:18:31.522
18	Sérgio Nunes	SCD Glória do Ribatejo	0252	02:01:08.708	00:19:15.067
19	Pedro Marques	Run Crew Trail Montijo	0229	02:01:09.448	00:19:15.807
20	Bruno Miguel	Tira Pal Monte	0107	02:01:56.691	00:20:03.050
21	Roberto Ferreira	Run Crew Trail Montijo	0238	02:04:32.196	00:22:38.555
22	David Silva Clemente	CUAB	0012	02:09:17.191	00:27:23.550
23	Nelson Louro	Correr Queluz	0044	02:12:05.400	00:30:11.759
24	Hugo Filipe	Correr Queluz	0092	02:29:28.803	00:47:35.162
25	Claudio Sequeira	-----	0055	02:29:34.248	00:47:40.607
26	Gonçalo Santos	-----	0258	02:29:45.520	00:47:51.879
<b>FEMININO: F50</b>					
1	Maria puga	Mundo da corrida	0060	02:44:16.881	----
<b>FEMININO: F45</b>					
1	Sandra Rocha	Run Crew Trail Montijo	0232	02:04:21.958	----
2	Olga Maria caiado	Arte dos trilhos	0062	02:17:03.601	00:12:41.643
<b>FEMININO: F40</b>					
1	Paula Cristina Contreiras Jorge	Casal Maravilha	0010	02:02:08.126	----
2	Sara Velho	Matutinos	0274	02:05:46.916	00:03:38.790
3	Varela São	Correr Queluz	0052	02:12:04.886	00:09:56.760
4	Joana Fragata	CCCRainha	0041	02:20:07.794	00:17:59.668
5	Vanda Medeiro	-----	0030	02:38:39.244	00:36:31.118
<b>FEMININO: F SENIORES</b>					
1	Estela São Martinho	AmCf Arrábida trail Team	0209	01:58:31.585	----
2	Cristina Frota	Outdoor Clube de Setúbal - Strendure Running Team	0053	02:01:07.382	00:02:35.797
3	Carla Santos	O Mundo da Corrida	0210	02:02:45.948	00:04:14.363
4	Inês Nunes	MBT	0162	02:06:13.178	00:07:41.593
5	Sofia Nunes	Cork Trail Team	0061	02:07:10.714	00:08:39.129
6	Patricia Ribeiro	Mountain Runners	0186	02:18:30.127	00:19:58.542
7	Vânia Pirata	ACM Montemor a Correr	0150	02:24:24.781	00:25:53.196
8	ANA SANTOS	Correr Queluz	0097	02:29:29.089	00:30:57.504
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#	NOME	EQUIPA	DORSAL	TEMPO	DIFERENÇA
1	Cardoso	-----	0260	02:16:13.586	