

#	Nome	Equipa	Dorsal	Tempo	Diferença
1	Floriano A. Silva	Aminhacorrída/Myprotein	82	00:59:25.834	----
2	João André Balão Jesus	Amiciclo Grândola	319	01:00:02.097	00:00:36.263
3	paulo jorge sousa ferreira	pinhal novo a correr	93	01:00:11.935	00:00:46.101
4	Luís Manuel Almeida	Estrela Futebol Clube	307	01:00:42.242	00:01:16.408
5	Artur Vinhais	individual	245	01:04:18.585	00:04:52.751
6	Luís Cruz	Run Crew Trail Montijo	299	01:04:22.985	00:04:57.151
7	Jorge M Trindade	Montijo Runners	104	01:04:48.325	00:05:22.491
8	Paulo Manuel Lopes	Montijo Runners	144	01:04:55.056	00:05:29.222
9	Rafael Moutinho Carvalho	Perna Longa do Almansor	251	01:06:33.746	00:07:07.912
10	Ricardo Isabel Silva	Individual	305	01:06:42.734	00:07:16.900
11	Filipe Pedrosa Carvalheiro	Gau Bajouca	331	01:06:49.521	00:07:23.687
12	Vitor Duarte Silva	Team Salamandras	123	01:07:21.640	00:07:55.806
13	Nelson Carlos Guerreiro Pereira	Montijo Runners	105	01:08:02.375	00:08:36.541
14	Luis Miguel Carvalho Neves	Marinhais AC	34	01:08:17.045	00:08:51.211
15	José Eduardo Mendes	Estrela Futebol Clube	119	01:10:03.756	00:10:37.922
16	António Augusto Rosado	Estrela Futebol Clube	308	01:10:05.381	00:10:39.547
17	Ricardo Domingos	Individual	225	01:10:13.609	00:10:47.775
18	josé canoa	gafanhori	280	01:10:23.964	00:10:58.130
19	Jose Luis Carvalho da Silva Leal	Marinhais AC	35	01:10:36.935	00:11:11.101
20	Nelson Silva	sem equipa	121	01:10:45.613	00:11:19.779
21	Paulo Galveia	Escola de Atltismo do Montijo-A.F.D.D	200	01:10:50.748	00:11:24.914
22	Mariano Rita	RUN FOR EAT	270	01:10:54.034	00:11:28.200
23	Márcia Santos	Pinhal Novo a Correr	220	01:11:04.525	00:11:38.691
24	Hélio Ferreira	Trivolis	218	01:11:14.553	00:11:48.719
25	Joel Calção	individual	167	01:11:45.884	00:12:20.050
26	Mário Moita	Pinhal Novo a Correr	273	01:13:00.641	00:13:34.807
27	Helder J P Fernandes	individual	226	01:13:40.781	00:14:14.947
28	Mario Silva	Escola de Atletismo do Montijo	329	01:13:46.465	00:14:20.631
29	Ângelo Godinho	BigUp	171	01:13:58.062	00:14:32.228
30	Antonio guerra	Centro de Marcha e corrida de Alenquer	196	01:14:11.798	00:14:45.964
31	Luís Filipe Silva	Xelb	256	01:14:20.601	00:14:54.767
32	Claudia Leonor Romão	RUN CREW TRAIL MONTIJO	125	01:14:30.370	00:15:04.536
33	JOSE MANUEL CARVALHO	ROTAS E SISTEMAS	42	01:14:40.901	00:15:15.067
34	Hermano Monteiro Cardoso	Team Salamandras	80	01:14:56.441	00:15:30.607
35	CRISTINA MARIA FROTA	Individual	98	01:15:02.189	00:15:36.355
36	Patricia Vieira	Run Crew Trail Montijo	316	01:15:14.016	00:15:48.182
37	jose raposo	Talentos Team	116	01:15:59.830	00:16:33.996
38	Carlos Gertrudes	ABTT - Palmela	244	01:16:16.638	00:16:50.804
39	Luís Carlos Pinto	Montes Saloios - Jobrinde	55	01:16:18.590	00:16:52.756
40	José Carlos Leitão	Run Crew Trail Montijo	297	01:16:22.019	00:16:56.185
41	Orlando Góis Alves	Individual	255	01:16:26.433	00:17:00.599
42	TONI FIFE PEREIRA	Ama(dores) BTT/Trail Team	306	01:16:32.259	00:17:06.425
43	Helder Nunes	Pinhal Novo a Correr	221	01:16:47.465	00:17:21.631
44	Isabel Pisco	OCS ProAventuras	264	01:17:08.218	00:17:42.384

#	Nome	Equipa	Dorsal	Tempo	Diferença
45	João Pedro Adriano Gaspar	(individual)	117	01:17:20.638	00:17:54.804
46	Wilson Reis	Escola de Atletismo do Montijo- A.F.D.D	202	01:17:24.058	00:17:58.224
47	Bárbara Marina Cruz	Individual	28	01:17:40.097	00:18:14.263
48	Fernando Alberto Martins Carvalho	Palacio da Justiça de Setubal	146	01:17:59.049	00:18:33.215
49	Maria Eugénia Izaías	Clube Desportivo e Recreativo Ribeirinho da Baixa da Banheira	189	01:18:02.594	00:18:36.760
50	Rui Manuel Travanca Pereira	Rui Pereira Massagem	210	01:18:05.993	00:18:40.159
51	Inês Henriques	GDazambuja - Trail Team	187	01:18:40.497	00:19:14.663
52	Emanuel A. Martins	Aminhacorrída/Myprotein	81	01:18:46.921	00:19:21.087
53	Delfina Maria Clemente Dias	ACM Montemor a Correr	253	01:18:59.957	00:19:34.123
54	António José Marques Monteiro	ACM Montemor a Correr	254	01:19:03.421	00:19:37.587
55	RUI MARTINS	SEM_TEMPO	181	01:19:08.972	00:19:43.138
56	Miguel Mendes	Estrela FC	206	01:19:17.457	00:19:51.623
57	Pedro Marques	Individual	281	01:19:40.909	00:20:15.075
58	Possidonio de Constântino	Clube de Praças da Armada	33	01:20:18.093	00:20:52.259
59	João Paulo Boim	individual	63	01:20:22.077	00:20:56.243
60	Joana Sofia Fragata	individual	64	01:20:49.196	00:21:23.362
61	Nuno Pacheco	Fraquinho	108	01:20:51.989	00:21:26.155
62	José Miguel Paciência de Oliveira	Wikaboo	106	01:20:57.879	00:21:32.045
63	José Francisco Gamito Pereira	Associação de Atletismo Lebres do Sado	247	01:21:03.818	00:21:37.984
64	Carlos Jorge Figueiredo	Tálenos Team	37	01:21:12.274	00:21:46.440
65	Carlos Manuel Fernandes da Silva Perdigão	individual	227	01:21:19.035	00:21:53.201
66	António Eusebio Camacho	Palacio da Justiça de Setubal	135	01:21:37.378	00:22:11.544
67	Hélio Estêvão Vieira dos Santos	Team Salamandras	153	01:21:42.406	00:22:16.572
68	Paulo Rodrigues	Moita a correr	345	01:21:46.506	00:22:20.672
69	Mónica Maria Bonten	Ind	228	01:21:51.980	00:22:26.146
70	Ana Isabel Félix	Individual	18	01:22:18.473	00:22:52.639
71	Miguel Pina	BigUp	268	01:22:21.580	00:22:55.746
72	Rui Dias	BigUp	154	01:22:25.914	00:23:00.080
73	Pedro Miguel Bento Rato	Individual	161	01:22:29.020	00:23:03.186
74	João Bolinhas	Família do Coração	288	01:23:30.713	00:24:04.879
75	Alberto Poço	CSS Pinhal de Frades	347	01:25:36.311	00:26:10.477
76	Filipe Alves Cagica	Individual	3	01:28:48.433	00:29:22.599
77	Paulo Rosa	Escola de Atletismo do Montijo-A.F.D.D	201	01:30:32.029	00:31:06.195
78	Sérgio Ribeiro	G.D.S. Sebastião de Canha	191	01:30:36.764	00:31:10.930
79	Fernando José Nascimento	Tálenos team	107	01:31:08.057	00:31:42.223
80	Luis Miguel Graça da Silva e Sousa	LSS	83	01:31:39.932	00:32:14.098
81	Céline Correia	Run Crew Trail Montijo	143	01:32:37.690	00:33:11.856
82	Alexandra Carinhas Carvalhão	G.D.S. Sebastião de Canha	147	01:33:57.169	00:34:31.335
83	Sergio Dias	Sintrarunning	290	01:34:22.865	00:34:57.031
84	Mário Teixeira	Individual	259	01:34:31.194	00:35:05.360
85	Jorge Lemos	My Team	277	01:36:38.833	00:37:12.999
86	Anabela dos Santos Martins	Individual	318	01:36:55.649	00:37:29.815
87	Mónica Silva Santos	Individual	7	01:37:06.067	00:37:40.233
88	Samuel Alves Teixeira	Individual	5	01:37:09.580	00:37:43.746

#	Nome	Equipa	Dorsal	Tempo	Diferença
89	Rlta Farinha	G.D.S. Sebastião de Canha	162	01:37:14.603	00:37:48.769
90	Andreia Cardador	Escola de Atletismo do Montijo - AFDD	110	01:37:17.956	00:37:52.122
91	Daniela Carinhas Carvalhão	G.D.S. Sebastião de Canha	91	01:38:41.421	00:39:15.587
92	MARIA JOÃO EMÍDIO	TÁLENTOS TEAM	59	01:38:51.058	00:39:25.224
93	Rafaela Rafael	Individual	160	01:39:05.081	00:39:39.247
94	Gonçalo Nunes	G.D.S. Sebastião de Canha	248	01:39:17.157	00:39:51.323
95	Sónia M. Andrade	Boom Trail Team	48	01:39:27.667	00:40:01.833
96	Rosa Oliveira	G.D.S. Sebastião de Canha	130	01:39:32.253	00:40:06.419
97	Rui Caleço Lopes	BTT rotas e sistemas	43	01:40:14.057	00:40:48.223
98	Cláudio Mira	Rotas e Sistemas	252	01:40:16.584	00:40:50.750
99	Milena farinha alipio	Os papos secos	77	01:40:21.215	00:40:55.381
100	Sandra piteira atalho	Os papos secos	76	01:40:26.173	00:41:00.339
101	Inês Isabel Coelho	Individual	4	01:41:08.170	00:41:42.336
102	José Borracha	Individual	188	01:41:12.625	00:41:46.791
103	Natália Martins	SEM_TEMPO	180	01:41:49.642	00:42:23.808
104	Carlos Costa	Individual	278	01:42:08.025	00:42:42.191
105	VERA FERRAZ	INDIVIDUAL	279	01:42:11.396	00:42:45.562
106	paula alexandra silva	sintrunning	262	01:43:33.390	00:44:07.556
107	Ricardo Taveira Baptista D'Assunção Sousa	LSS	84	01:44:35.006	00:45:09.172
108	deolinda	Tálenos	86	01:44:42.156	00:45:16.322
109	Luis Verissimo	BV Canha	330	01:44:51.772	00:45:25.938
110	Isabel Nunes	Tálenos Team	113	01:45:58.453	00:46:32.619
111	Cremilde Maria Raposo	Tálenos Team	39	01:46:01.009	00:46:35.175
112	Paulo Nunes	Tálenos Team	199	01:46:03.788	00:46:37.954
113	Beatriz Maria da Silva e Sousa	Tálenos Team	69	01:46:07.385	00:46:41.551
114	Sandra Carvalho de Almeida	Individual	211	01:46:17.621	00:46:51.787
115	Joana Filipa Pereira Soares	Individual	276	01:46:30.449	00:47:04.615
116	Paula Saraiva	opraticante.pt	174	01:46:41.000	00:47:15.166
117	arminda basilio	opraticante.pt	175	01:46:44.625	00:47:18.791
118	Luísa Santos	Novos Trilhos	134	01:46:56.302	00:47:30.468
119	Ana Rita Grosso	individual	172	01:47:00.372	00:47:34.538
120	Amélia Pereira	Volkswagen Auto Europa	223	01:47:05.157	00:47:39.323
121	Tobias Augusto Correia da Rocha	Tálenos Team	40	01:47:54.241	00:48:28.407
122	Guida Oliveira	G.D.S. Sebastião de Canha	192	01:47:57.065	00:48:31.231
123	Ana Farinha	G.D.S. Sebastião de Canha	112	01:47:59.088	00:48:33.254
124	FERNANDA Maria VIEIRA	Tálenos Team	70	01:48:05.836	00:48:40.002
125	Helena Pedradas	individual	142	01:48:08.729	00:48:42.895
126	Isabel Soares	Trivolis	219	01:48:15.842	00:48:50.008
127	Dina Claudia Baeta Alegria	tálenos Team	94	01:48:58.097	00:49:32.263
128	Marco Barradas	Tálenos Team	165	01:54:30.143	00:55:04.309
129	Pedro Nobre	TÁLENTOS TEAM	92	01:54:34.476	00:55:08.642
130	Ludmila Tira	Run Crew Trail Montijo	298	01:55:28.433	00:56:02.599
131	Linda Lavado Ribeiro	G.D.S. Sebastião de Canha	214	01:55:45.251	00:56:19.417
132	Arlinda Marques	Run Crew Trail Montijo	293	01:58:51.262	00:59:25.428

#	Nome	Equipa	Dorsal	Tempo	Diferença
133	Susana Neves	Run Crew Trail Montijo	292	01:58:53.945	00:59:28.111
134	Eliana Cajigas	Run Crew Trail Montijo	295	01:58:58.049	00:59:32.215
135	Helena Maria Dores	Támentos team	65	02:00:45.398	01:01:19.564
136	Ondina Sanches	Família do Coração	320	02:35:43.721	01:36:17.887
137	CARLA SOFIA NICOLAU	Team Salamandras	311	02:36:01.862	01:36:36.028
138	Célia Mendes	N.A.	207	02:42:00.665	01:42:34.831

Pesquisar

#	NOME	EQUIPA	DORSAL	TEMPO	DIFERENÇA
M60					
1	Antonio guerra	Centro de Marcha e corrida de Alenquer	0196	01:14:11.798	----
2	Fernando Alberto Martins Carvalho	Palacio da Justiça de Setubal	0146	01:17:59.049	00:03:47.251
3	Possidonio de Constântino	Clube de Praças da Armada	0033	01:20:18.093	00:06:06.295
4	José Francisco Gamito Pereira	Associação de Atletismo Lebres do Sado	0247	01:21:03.818	00:06:52.020
5	Carlos Jorge Figueiredo	Tálenos Team	0037	01:21:12.274	00:07:00.476
6	António Eusebio Camacho	Palacio da Justiça de Setubal	0135	01:21:37.378	00:07:25.580
M55					
1	José Eduardo Mendes	Estrela Futebol Clube	0119	01:10:03.756	----
2	JOSE MANUEL CARVALHO	ROTAS E SISTEMAS	0042	01:14:40.901	00:04:37.145
3	jose raposo	Tálenos Team	0116	01:15:59.830	00:05:56.074
4	Carlos Gertrudes	ABTT - Palmela	0244	01:16:16.638	00:06:12.882
5	Paulo Rosa	Escola de Atletismo do Montijo-A.F.D.D	0201	01:30:32.029	00:20:28.273
6	José Borracha	Individual	0188	01:41:12.625	00:31:08.869
7	Paulo Nunes	Tálenos Team	0199	01:46:03.788	00:36:00.032
M50					
1	Filipe Pedrosa Carvalheiro	Gau Bajouca	0331	01:06:49.521	----

#	NOME	EQUIPA	DORSAL	TEMPO	DIFERENÇA
2	António Augusto Rosado	Estrela Futebol Clube	0308	01:10:05.381	00:03:15.860
3	António José Marques Monteiro	ACM Montemor a Correr	0254	01:19:03.421	00:12:13.900
4	Carlos Manuel Fernandes da Silva Perdigão	individual	0227	01:21:19.035	00:14:29.514
5	Fernando José Nascimento	Tálenos team	0107	01:31:08.057	00:24:18.536
6	Luis Verissimo	BV Canha	0330	01:44:51.772	00:38:02.251
7	Tobias Augusto Correia da Rocha	Tálenos Team	0040	01:47:54.241	00:41:04.720
8	Marco Barradas	Tálenos Team	0165	01:54:30.143	00:47:40.622
M45					
1	Luís Manuel Almeida	Estrela Futebol Clube	0307	01:00:42.242	----
2	Luís Cruz	Run Crew Trail Montijo	0299	01:04:22.985	00:03:40.743
3	Paulo Manuel Lopes	Montijo Runners	0144	01:04:55.056	00:04:12.814
4	Nelson Carlos Guerreiro Pereira	Montijo Runners	0105	01:08:02.375	00:07:20.133
5	José Carlos Leitão	Run Crew Trail Montijo	0297	01:16:22.019	00:15:39.777
6	Orlando Góis Alves	Individual	0255	01:16:26.433	00:15:44.191
7	Nuno Pacheco	Fraquinho	0108	01:20:51.989	00:20:09.747
8	Paulo Rodrigues	Moita a correr	0345	01:21:46.506	00:21:04.264
9	Jorge Lemos	My Team	0277	01:36:38.833	00:35:56.591
10	Carlos Costa	Individual	0278	01:42:08.025	00:41:25.783

#	NOME	EQUIPA	DORSAL	TEMPO	DIFERENÇA
11	Ludmila Tira	Run Crew Trail Montijo	0298	01:55:28.433	00:54:46.191
M40					
1	paulo jorge sousa ferreira	pinhal novo a correr	0093	01:00:11.935	----
2	Artur Vinhais	individual	0245	01:04:18.585	00:04:06.650
3	Jorge M Trindade	Montijo Runners	0104	01:04:48.325	00:04:36.390
4	josé canoa	gafanhori	0280	01:10:23.964	00:10:12.029
5	Jose Luis Carvalho da Silva Leal	Marinhais AC	0035	01:10:36.935	00:10:25.000
6	Nelson Silva	sem equipa	0121	01:10:45.613	00:10:33.678
7	Paulo Galveia	Escola de Atltismo do Montijo-A.F.D.D	0200	01:10:50.748	00:10:38.813
8	Mário Moita	Pinhal Novo a Correr	0273	01:13:00.641	00:12:48.706
9	Helder J P Fernandes	individual	0226	01:13:40.781	00:13:28.846
10	Luís Filipe Silva	Xelb	0256	01:14:20.601	00:14:08.666
11	Luís Carlos Pinto	Montes Saloios - Jobrinde	0055	01:16:18.590	00:16:06.655
12	Wilson Reis	Escola de Atletismo do Montijo- A.F.D.D	0202	01:17:24.058	00:17:12.123
13	Rui Manuel Travanca Pereira	Rui Pereira Massagem	0210	01:18:05.993	00:17:54.058
14	Emanuel A. Martins	Aminhacorrida/Myprotein	0081	01:18:46.921	00:18:34.986
15	João Paulo Boim	individual	0063	01:20:22.077	00:20:10.142
16	José Miguel Paciência de Oliveira	Wikaboo	0106	01:20:57.879	00:20:45.944
17	Sérgio Ribeiro	G.D.S. Sebastião de Canha	0191	01:30:36.764	00:30:24.829
18	Luis Miguel Graça da Silva e Sousa	LSS	0083	01:31:39.932	00:31:27.997
M SENIORES					

#	NOME	EQUIPA	DORSAL	TEMPO	DIFERENÇA
1	Floriano A. Silva	Aminhacorrida/Myprotein	0082	00:59:25.834	---
2	João André Balão Jesus	Amiciclo Grândola	0319	01:00:02.097	00:00:36.263
3	Rafael Moutinho Carvalho	Perna Longa do Almansor	0251	01:06:33.746	00:07:07.912
4	Ricardo Isabel Silva	Individual	0305	01:06:42.734	00:07:16.900
5	Vitor Duarte Silva	Team Salamandras	0123	01:07:21.640	00:07:55.806
6	Luis Miguel Carvalho Neves	Marinhais AC	0034	01:08:17.045	00:08:51.211
7	Ricardo Domingos	Individual	0225	01:10:13.609	00:10:47.775
8	Mariano Rita	RUN FOR EAT	0270	01:10:54.034	00:11:28.200
9	Hélio Ferreira	Trivolis	0218	01:11:14.553	00:11:48.719
10	Joel Calção	individual	0167	01:11:45.884	00:12:20.050
11	Mario Silva	Escola de Atletismo do Montijo	0329	01:13:46.465	00:14:20.631
12	Ângelo Godinho	BigUp	0171	01:13:58.062	00:14:32.228
13	Hermano Monteiro Cardoso	Team Salamandras	0080	01:14:56.441	00:15:30.607
14	TONI FIFE PEREIRA	Ama(dores) BTT/Trail Team	0306	01:16:32.259	00:17:06.425
15	Helder Nunes	Pinhal Novo a Correr	0221	01:16:47.465	00:17:21.631
16	João Pedro Adriano Gaspar	(individual)	0117	01:17:20.638	00:17:54.804
17	RUI MARTINS	SEM_TEMPO	0181	01:19:08.972	00:19:43.138
18	Pedro Marques	Individual	0281	01:19:40.909	00:20:15.075
19	Hélio Estêvão Vieira dos Santos	Team Salamandras	0153	01:21:42.406	00:22:16.572
20	Miguel Pina	BigUp	0268	01:22:21.580	00:22:55.746

#	NOME	EQUIPA	DORSAL	TEMPO	DIFERENÇA
21	Rui Dias	BigUp	0154	01:22:25.914	00:23:00.080
22	Pedro Miguel Bento Rato	Individual	0161	01:22:29.020	00:23:03.186
23	João Bolinhas	Família do Coração	0288	01:23:30.713	00:24:04.879
24	Alberto Poço	CSS Pinhal de Frades	0347	01:25:36.311	00:26:10.477
25	Filipe Alves Cagica	Individual	0003	01:28:48.433	00:29:22.599
26	Sergio Dias	Sintrarunning	0290	01:34:22.865	00:34:57.031
27	Mário Teixeira	Individual	0259	01:34:31.194	00:35:05.360
28	Samuel Alves Teixeira	Individual	0005	01:37:09.580	00:37:43.746
29	Gonçalo Nunes	G.D.S. Sebastião de Canha	0248	01:39:17.157	00:39:51.323
30	Rui Caleço Lopes	BTT rotas e sistemas	0043	01:40:14.057	00:40:48.223
31	Cláudio Mira	Rotas e Sistemas	0252	01:40:16.584	00:40:50.750
32	Ricardo Taveira Baptista D'Assunção Sousa	LSS	0084	01:44:35.006	00:45:09.172
33	Pedro Nobre	TÁLENTOS TEAM	0092	01:54:34.476	00:55:08.642
F55					
1	Maria Eugénia Izaías	Clube Desportivo e Recreativo Ribeirinho da Baixa da Banheira	0189	01:18:02.594	----
2	Mónica Maria Bonten	Ind	0228	01:21:51.980	00:03:49.386
3	Beatriz Maria da Silva e Sousa	Tálenos Team	0069	01:46:07.385	00:28:04.791
4	FERNANDA Maria VIEIRA	Tálenos Team	0070	01:48:05.836	00:30:03.242
5	Helena Pedradas	individual	0142	01:48:08.729	00:30:06.135

#	NOME	EQUIPA	DORSAL	TEMPO	DIFERENÇA
F50					
1	MARIA JOÃO EMÍDIO	TĂLENTOS TEAM	0059	01:38:51.058	----
2	Milena farinha alipio	Os papos secos	0077	01:40:21.215	00:01:30.157
3	Isabel Nunes	Tălentos Team	0113	01:45:58.453	00:07:07.395
4	Cremilde Maria Raposo	Tălentos Team	0039	01:46:01.009	00:07:09.951
5	Arlinda Marques	Run Crew Trail Montijo	0293	01:58:51.262	00:20:00.204
6	Helena Maria Dores	Tălentos team	0065	02:00:45.398	00:21:54.340
7	Célia Mendes	N.A.	0207	02:42:00.665	01:03:09.607
F45					
1	Isabel Pisco	OCS ProAventuras	0264	01:17:08.218	----
2	Rosa Oliveira	G.D.S. Sebastião de Canha	0130	01:39:32.253	00:22:24.035
3	Sandra piteira atalho	Os papos secos	0076	01:40:26.173	00:23:17.955
4	paula alexandra silva	sintrarunning	0262	01:43:33.390	00:26:25.172
5	deolinda	Tălentos	0086	01:44:42.156	00:27:33.938
6	Paula Saraiva	opraticante.pt	0174	01:46:41.000	00:29:32.782
7	Luísa Santos	Novos Trilhos	0134	01:46:56.302	00:29:48.084
8	Amélia Pereira	Volkswagen Auto Europa	0223	01:47:05.157	00:29:56.939
F40					
1	Delfina Maria Clemente Dias	ACM Montemor a Correr	0253	01:18:59.957	----
2	Joana Sofia Fragata	individual	0064	01:20:49.196	00:01:49.239
3	Céline Correia	Run Crew Trail Montijo	0143	01:32:37.690	00:13:37.733

#	NOME	EQUIPA	DORSAL	TEMPO	DIFERENÇA
4	Rlta Farinha	G.D.S. Sebastião de Canha	0162	01:37:14.603	00:18:14.646
5	Sónia M. Andrade	Boom Trail Team	0048	01:39:27.667	00:20:27.710
6	Natália Martins	SEM_TEMPO	0180	01:41:49.642	00:22:49.685
7	VERA FERRAZ	INDIVIDUAL	0279	01:42:11.396	00:23:11.439
8	Sandra Carvalho de Almeida	Individual	0211	01:46:17.621	00:27:17.664
9	arminda basilio	opraticante.pt	0175	01:46:44.625	00:27:44.668
10	Dina Claudia Baeta Alegria	tálenos Team	0094	01:48:58.097	00:29:58.140
11	Susana Neves	Run Crew Trail Montijo	0292	01:58:53.945	00:39:53.988
12	Eliana Cajigas	Run Crew Trail Montijo	0295	01:58:58.049	00:39:58.092
F SENIORES					
1	Márcia Santos	Pinhal Novo a Correr	0220	01:11:04.525	----
2	Claudia Leonor Romão	RUN CREW TRAIL MONTIJO	0125	01:14:30.370	00:03:25.845
3	CRISTINA MARIA FROTA	Individual	0098	01:15:02.189	00:03:57.664
4	Patricia Vieira	Run Crew Trail Montijo	0316	01:15:14.016	00:04:09.491
5	Bárbara Marina Cruz	Individual	0028	01:17:40.097	00:06:35.572
6	Inês Henriques	GDAzambuja - Trail Team	0187	01:18:40.497	00:07:35.972
7	Ana Isabel Félix	Individual	0018	01:22:18.473	00:11:13.948
8	Alexandra Carinhas Carvalhão	G.D.S. Sebastião de Canha	0147	01:33:57.169	00:22:52.644
9	Anabela dos Santos Martins	Individual	0318	01:36:55.649	00:25:51.124

#	NOME	EQUIPA	DORSAL	TEMPO	DIFERENÇA
10	Mónica Silva Santos	Individual	0007	01:37:06.067	00:26:01.542
11	Andreia Cardador	Escola de Atletismo do Montijo - AFDD	0110	01:37:17.956	00:26:13.431
12	Daniela Carinhas Carvalhão	G.D.S. Sebastião de Canha	0091	01:38:41.421	00:27:36.896
13	Rafaela Rafael	Individual	0160	01:39:05.081	00:28:00.556
14	Inês Isabel Coelho	Individual	0004	01:41:08.170	00:30:03.645
15	Joana Filipa Pereira Soares	Individual	0276	01:46:30.449	00:35:25.924
16	Ana Rita Grosso	individual	0172	01:47:00.372	00:35:55.847
17	Guida Oliveira	G.D.S. Sebastião de Canha	0192	01:47:57.065	00:36:52.540
18	Ana Farinha	G.D.S. Sebastião de Canha	0112	01:47:59.088	00:36:54.563
19	Isabel Soares	Trivolis	0219	01:48:15.842	00:37:11.317
20	Linda Lavado Ribeiro	G.D.S. Sebastião de Canha	0214	01:55:45.251	00:44:40.726
21	Ondina Sanches	Família do Coração	0320	02:35:43.721	01:24:39.196
22	CARLA SOFIA NICOLAU	Team Salamandras	0311	02:36:01.862	01:24:57.337
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1	Miguel				