

3.º Trilho das Lampas

Finisher List 3.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos. 13.5	Pos.	
3.º Trilho das Lampas													
1	900	Jose Gaspar	1:21:57.3	1:21:57.9	1	1	Sen M	1	Clube de Atletismo Odimarq	0:39:20.9	1	0:57:34.4	1
2	216	Luis Semedo	1:24:00.9	1:24:01.8	2	2	Sen M	2	AC Portalegre / UTSM	0:40:48.3	3	0:59:20.6	2
3	221	Vitor Cordeiro	1:24:04.6	1:24:05.2	3	3	M50	1	AC Portalegre / UTSM	0:40:45.3	2	0:59:26.2	3
4	32	João Ginja	1:25:28.7	1:25:29.6	4	4	M45	1	Rail Runners	0:41:37.9	4	1:00:26.0	4
5	859	Nelson Graça	1:26:48.2	1:26:49.0	5	5	Sen M	3	RUN.pt	0:42:18.3	6	1:02:02.1	7
6	342	Romeu Gouveia	1:26:53.1	1:26:53.9	6	6	Sub23	1	Escaravelhos Team	0:42:37.0	7	1:01:59.2	6
7	805	Jorge António	1:27:08.9	1:27:09.8	7	7	Sen M	4	ATR - Algarve Trail Running	0:41:38.4	5	1:00:58.8	5
8	562	Marcolino Verissimo	1:30:11.1	1:30:11.9	8	8	M40	1	SS CGD	0:43:30.0	9	1:02:45.8	8
9	407	Paulo Teixeira	1:30:28.1	1:30:28.7	9	9	Sen M	5	Gondomar Futsal Clube	0:43:24.4	8	1:03:56.5	9
10	22	Nuno Patricio	1:30:52.4	1:30:52.6	10	10	M40	2	Clube da Natureza de Alvito	0:44:11.2	10	1:03:57.5	10
11	341	João Patricio	1:32:53.5	1:32:54.0	11	11	Sub23	2	Escaravelhos Team	0:45:39.6	16	1:06:13.0	13
12	420	Jose Lopes	1:33:07.7	1:33:07.9	12	12	M45	2	Clube de Atletismo Odimarq	0:45:18.5	13	1:06:51.5	18
13	247	Ricardo Ferreira	1:33:14.0	1:33:14.7	13	13	Sen M	6	ARSM - Associação Recreativa de	0:44:42.9	11	1:05:22.2	11
14	215	Luís Malheiro	1:33:18.5	1:33:19.0	14	14	Sen M	7	AC Portalegre / UTSM	0:45:51.0	19	1:06:22.3	14
15	824	Joaquim Rodrigues	1:33:21.6	1:33:21.7	15	15	Sen M	8	Os Trinca-Espinhas	0:46:07.1	22	1:06:38.8	16
16	1	Tiago Aragão	1:33:55.5	1:33:55.6	16	16	Sen M	9	CTAD - Trilhos de Cinfães	0:45:47.0	17	1:06:12.6	12
17	296	Miguel A. V. Ribeiro	1:34:23.3	1:34:24.0	17	17	Sen M	10	"Os Saramagos"	0:46:27.7	26	1:07:36.1	21
18	33	João Prisal	1:34:28.1	1:34:28.5	18	18	M40	3	Rail Runners	0:45:16.6	12	1:07:05.4	19
19	92	Nuno Torres	1:34:39.4	1:34:39.8	19	19	Sen M	11	ProAventuras	0:45:25.2	14	1:06:38.0	15
20	172	Virgílio Gomes	1:34:53.2	1:34:53.7	20	20	M45	3	Rail Runners	0:47:30.8	33	1:08:12.4	27
21	262	Rogério Azevedo	1:35:17.3	1:35:17.6	21	21	M40	4		0:46:15.9	23	1:07:43.4	22
22	676	Nelson Valente	1:35:26.5	1:35:26.8	22	22	Sen M	12	ProAventuras	0:46:21.6	25	1:07:44.8	23
23	125	Tiago Rovisco	1:35:31.5	1:35:31.7	23	23	Sen M	13	ProAventuras	0:46:45.3	27	1:07:47.9	25
24	905	Alexandre Soares	1:35:57.0	1:35:57.4	24	24	M50	2	Clube de Atletismo Odimarq	0:45:47.1	18	1:08:06.4	26
25	622	Paulo Duarte	1:36:01.0	1:36:02.0	25	25	Sen M	14	Juventude Vidigalense	0:46:03.9	21	1:07:10.5	20
26	217	Emilio Paulino	1:36:27.3	1:36:27.6	26	26	M55	1	AC Portalegre / UTSM	0:45:59.4	20	1:07:45.2	24
27	49	Nelson Amaral	1:36:33.9	1:36:34.5	27	27	Sen M	15	CTAD - Trilhos de Cinfães	0:47:01.1	29	1:08:15.3	28
28	849	Janício Reis	1:36:52.3	1:36:52.9	28	28	Sen M	16	Casa do Benfica de Algueirão Mem	0:45:38.7	15	1:06:49.0	17
29	860	Paulo Pova	1:36:53.5	1:36:53.6	29	29	M50	3	Amigos Vale Silêncio	0:47:21.0	31	1:09:23.5	30
30	80	José Féteira	1:37:13.0	1:37:13.2	30	30	M45	4	ARSM - Associação Recreativa de	0:47:23.6	32	1:08:54.5	29
31	281	Manuel Ceia	1:37:19.5	1:37:20.2	31	31	M50	4	AC Portalegre / UTSM	0:47:47.5	35	1:09:35.7	31
32	34	Jorge Rodrigues	1:37:33.4	1:37:33.6	32	32	M45	5	Rail Runners	0:46:45.5	28	1:09:37.4	32
33	211	Paulo Correia	1:38:13.0	1:38:14.0	33	33	M45	6	scalabis night runners	0:48:05.0	37	1:09:46.8	34
34	381	Nelson Constantino	1:38:14.2	1:38:14.3	34	34	Sen M	17	Eléctrico Futebol Clube	0:47:38.2	34	1:09:40.2	33
35	280	Arsénio Fernandes	1:38:31.6	1:38:32.5	35	35	M55	2		0:47:47.7	36	1:09:51.2	35

3.º Trilho das Lampas

Finisher List 3.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos. 13.5	Pos.	
36	417	Manuel Ramos (a)	1:38:34.0	1:38:34.8	36	36	M55	3	ProAventuras	0:48:29.0	42	1:10:23.1	41
37	745	Guilherme Branquinho	1:38:43.2	1:38:44.1	37	37	M40	5	O MUNDO DA CORRIDA	0:48:16.9	41	1:10:02.1	36
38	406	Luis Aires	1:39:38.6	1:39:38.8	38	38	M40	6		0:48:43.2	49	1:10:23.0	40
39	88	Pedro Simões	1:39:49.6	1:39:50.1	39	39	M40	7	ARSM - Associação Recreativa de	0:48:41.6	48	1:10:40.4	42
40	239	Paulo José Cardoso Da Silva	1:40:00.9	1:40:01.8	40	40	M40	8	N.A.Z.Abóboda	0:48:38.8	46	1:10:53.0	44
41	806	André Duarte	1:40:06.0	1:40:06.3	41	41	Sen M	18	ATR - Algarve Trail Running	0:48:08.6	39	1:10:19.5	39
42	83	Carlos Simões	1:40:09.0	1:40:09.4	42	42	M45	7	ARSM - Associação Recreativa de	0:48:07.9	38	1:10:17.1	38
43	537	Humberto Spínola	1:40:20.6	1:40:21.0	43	43	M40	9		0:48:54.5	55	1:11:26.5	48
44	58	Aretino Mota	1:40:23.6	1:40:24.3	44	44	M50	5	LINDA A PASTORA SPORTING	0:48:43.5	50	1:11:47.5	56
45	813	Patrícia Carreira	1:40:34.0	1:40:34.9	45	1	Sen F	1	OFFTEL Runners	0:48:38.5	45	1:11:45.1	54
46	5	Luís Rodrigues	1:40:35.7	1:40:36.7	46	45	M40	10		0:48:39.5	47	1:11:31.8	49
47	612	Bruno Dias	1:40:41.3	1:40:41.9	47	46	Sen M	19	Adraga BTTeam	0:48:51.1	53	1:11:51.6	58
48	129	Nuno Cruz	1:40:47.3	1:40:47.7	48	47	Sen M	20	ProAventuras	0:48:59.1	59	1:11:38.9	51
49	862	Joaquim Pato	1:40:53.4	1:40:53.7	49	48	M40	11	Kangaroo Runners	0:49:05.9	61	1:11:49.2	57
50	670	Arlindo Paixão	1:41:06.9	1:41:07.5	50	49	M50	6	RESTAURANTE "O	0:48:59.4	60	1:11:12.2	46
51	220	Nelson Nunes	1:41:15.7	1:41:16.4	51	50	Sen M	21	AC Portalegre / UTSM	0:51:21.0	92	1:13:49.3	78
52	768	Paulo Oliveira	1:41:18.9	1:41:19.3	52	51	M45	8	Espinho Runners	0:48:44.2	51	1:12:28.2	59
53	334	Simão Seiça	1:41:35.3	1:41:35.4	53	52	Sen M	22	Crash&Run	0:48:53.5	54	1:11:43.6	53
54	672	Pedro Gomes (a)	1:41:38.8	1:41:38.8	54	53	M40	12	RESTAURANTE "O	0:48:48.1	52	1:11:04.1	45
55	344	David Gouveia	1:42:04.5	1:42:04.9	55	54	Sen M	23	Escaravelhos Team	0:48:35.7	43	1:11:14.4	47
56	458	Fernando Homem	1:42:08.6	1:42:08.8	56	55	Sen M	24	CASPA	0:49:33.3	67	1:13:06.5	65
57	511	Pedro Escadas (a)	1:42:29.3	1:42:29.4	57	56	Sen M	25	Salamandrecos	0:49:32.9	66	1:13:05.6	64
58	127	Marco Rosa	1:42:34.9	1:42:35.1	58	57	Sen M	26	ProAventuras	0:48:12.5	40	1:10:53.0	43
59	743	Bruno Querido	1:42:49.6	1:42:49.7	59	58	M40	13	Desnível Positivo	0:48:37.8	44	1:11:34.4	50
60	747	José Vieira	1:42:53.8	1:42:54.0	60	59	M50	7	ProAventuras	0:48:59.0	58	1:11:47.3	55
61	907	Bruno Santos	1:42:54.0	1:42:54.2	61	60	Sen M	27	CTAD - Trilhos de Cinfães	0:48:56.5	56	1:11:42.7	52
62	26	Flavio Francisco (a)	1:42:54.3	1:42:55.1	62	61	M40	14	Monsanto Running Team	0:50:21.0	75	1:13:50.3	79
63	669	Rui Ferreira	1:43:08.2	1:43:08.2	63	62	M40	15	RESTAURANTE "O	0:50:24.1	76	1:13:19.4	71
64	436	Guilherme David	1:43:17.9	1:43:18.0	64	63	M50	8	Tough Trails Alenquer	0:49:35.4	68	1:13:17.6	69
65	210	Pedro Gabriel	1:43:24.4	1:43:24.8	65	64	M40	16	C.A. Amigos Parque da Paz	0:49:20.8	62	1:12:50.7	60
66	885	Hugo Caldeira	1:43:45.5	1:43:46.0	66	65	Sen M	28	Tough Trails Alenquer	0:50:02.1	73	1:13:15.3	68
67	206	Vítor Cardoso	1:43:46.1	1:43:46.8	67	66	Sen M	29	CTAD - Trilhos de Cinfães	0:49:59.8	71	1:13:31.3	72
68	597	Fernando Martins	1:43:47.6	1:43:47.8	68	67	M40	17	GD BANCO DE PORTUGAL	0:49:30.4	64	1:13:46.9	77
69	821	João Santos	1:43:49.3	1:43:49.9	69	68	Sen M	30	Dolce CR / Running Team	0:49:35.6	69	1:13:06.7	66
70	13	Joao Maia	1:43:51.9	1:43:52.7	70	69	M50	9	Falcões Selvagens	0:50:52.6	84	1:13:32.2	74
71	565	Paulo Pires	1:43:52.1	1:43:52.8	71	70	M45	9	SS CGD	0:49:31.2	65	1:13:36.2	75
72	404	João Fiel	1:43:56.5	1:43:57.2	72	71	Sen M	31	Dolce CR / Running Team	0:50:51.3	83	1:13:17.8	70

3.º Trilho das Lampas

Finisher List 3.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos. 13.5	Pos.	
73	85	Marco Rodrigues	1:44:00.1	1:44:00.7	73	72	M40	18	ARSM - Associação Recreativa de	0:49:35.9	70	1:13:00.7	63
74	124	José Dionísio	1:44:15.2	1:44:16.1	74	73	M55	4	ProAventuras	0:50:25.6	77	1:13:36.6	76
75	253	Paulo Pacheco	1:44:52.9	1:44:53.2	75	74	Sen M	32	Friends2Run	0:51:07.6	89	1:14:27.6	82
76	804	Nelson Rafael Lima	1:45:13.4	1:45:14.3	76	75	M45	10		0:50:49.2	82	1:14:30.4	84
77	403	José Constantino	1:45:17.4	1:45:17.9	77	76	Sen M	33	Eléctrico Futebol Clube	0:49:23.3	63	1:13:31.6	73
78	318	Sérgio Rosário	1:45:28.5	1:45:29.4	79	77	Sen M	34	ARSM - Associação Recreativa de	0:50:53.6	86	1:14:31.7	85
79	59	Almiro Feijão	1:45:28.6	1:45:29.1	78	78	M55	5	LINDA A PASTORA SPORTING	0:50:53.4	85	1:14:32.4	86
80	184	João Piedade	1:45:38.8	1:45:39.6	80	79	Sen M	35	Ericeira Runners	0:48:58.5	57	1:12:51.8	61
81	313	Luis Silva	1:45:44.5	1:45:44.8	81	80	M40	19		0:50:01.7	72	1:13:09.5	67
82	767	Carlos Marques	1:45:49.0	1:45:49.9	82	81	M45	11	N.A.Z.Abóboda	0:50:11.3	74	1:13:57.6	80
83	716	Fernando Vicente Vicente	1:45:59.9	1:46:00.0	83	82	M45	12		0:50:40.4	81	1:14:45.4	87
84	104	Vitor Veloso	1:46:17.7	1:46:18.6	84	83	Sen M	36	O MUNDO DA CORRIDA	0:52:17.7	108	1:15:19.2	93
85	674	Fernando Godinho	1:46:20.5	1:46:21.5	85	84	M40	20	RESTAURANTE "O	0:50:54.8	87	1:15:16.1	92
86	90	Marco Silva	1:46:25.5	1:46:25.8	86	85	Sen M	37	Hot Runners	0:50:28.7	78	1:14:25.8	81
87	114	Luciano Correia	1:46:36.5	1:46:36.7	87	86	M40	21	ProAventuras	0:50:38.4	80	1:15:04.3	90
88	567	Rui Martins	1:46:41.8	1:46:42.5	88	87	Sen M	38	SS CGD	0:51:05.3	88	1:15:11.9	91
89	610	David Santos	1:47:04.2	1:47:04.5	89	88	Sen M	39	Juventude Vidigalense	0:46:20.0	24	1:10:11.1	37
90	16	Jorge Serrazina	1:47:09.5	1:47:09.6	90	89	M55	6	CA Obidos	0:52:58.4	124	1:17:23.9	111
91	835	Pedro Castro	1:47:18.1	1:47:18.7	91	90	Sen M	40	Clube Náutico de Ponte De Lima	0:52:40.1	119	1:17:07.9	108
92	358	Joaquim Martins	1:47:24.7	1:47:25.4	92	91	M50	10	Clube de Atletismo Odimarq	0:51:07.9	90	1:15:03.1	89
93	194	Nuno Ricardo Jorge	1:47:25.3	1:47:26.1	94	92	M40	22	Zézés	0:51:39.2	98	1:15:32.2	96
94	232	Marco Pinto	1:47:25.5	1:47:25.6	93	93	Sen M	41		0:51:47.8	102	1:15:00.5	88
95	759	Pascal Rodrigues Rodrigues	1:47:28.4	1:47:29.3	95	94	Sen M	42	ATR - Algarve Trail Running	0:51:45.9	101	1:15:43.1	98
96	395	Sérgio Morgado	1:47:29.8	1:47:30.0	96	95	M40	23	Salamandrecos	0:53:04.8	126	1:17:02.6	105
97	679	Pedro Rodrigues	1:47:33.5	1:47:33.8	97	96	M45	13	OFICINA DO PEDRO	0:52:18.3	109	1:16:53.1	104
98	102	Paulo Frango	1:47:39.0	1:47:39.9	98	97	Sen M	43		0:51:35.1	97	1:15:28.8	95
99	831	Joao Pereira	1:47:49.3	1:47:49.5	99	98	Sen M	44	AminhaCorrida/Skechers	0:52:03.5	104	1:16:04.0	100
100	839	Armando Santos	1:47:52.2	1:47:53.0	100	99	Sen M	45	Oeiras Trail Team	0:50:33.9	79	1:14:29.7	83
101	437	Nuno Pimenta (a)	1:47:52.9	1:47:53.2	101	100	Sen M	46	Associação Desportiva Real	0:51:24.4	93	1:15:26.9	94
102	3	Paulo Osório	1:47:55.4	1:47:55.6	102	101	M45	14		0:52:20.3	110	1:16:34.7	102
103	291	Pedro Riberio	1:48:04.9	1:48:05.6	103	102	Sen M	47	Tartarugas Solidárias	0:52:47.9	121	1:15:53.3	99
104	754	Paulo Taboas	1:48:13.3	1:48:14.0	104	103	M45	15	Salamandrecos	0:52:33.7	118	1:17:13.8	109
105	84	José Simões	1:48:26.8	1:48:27.5	105	104	M45	16	ARSM - Associação Recreativa de	0:51:54.5	103	1:15:41.6	97
106	198	Hugo Rocha	1:48:37.7	1:48:38.0	106	105	Sen M	48	Diverinstal	0:51:40.9	99	1:16:17.4	101
107	913	Cirilo Formiga	1:48:51.0	1:48:51.2	107	106	M60	1	asas do milenium (o praticante)	0:53:26.0	134	1:17:59.9	122
108	143	Guilherme Hora	1:49:08.4	1:49:08.9	108	107	M40	24	O MUNDO DA CORRIDA	0:47:18.8	30	1:12:53.7	62
109	122	Diogo Oliveira	1:49:11.4	1:49:11.7	109	108	Sen M	49	ProAventuras	0:52:51.5	122	1:17:04.3	106

3.º Trilho das Lampas

Finisher List 3.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos. 13.5	Pos.	
110	185	Rui Vieira	1:49:12.7	1:49:13.3	110	109	M45	17	10 KM TAGARRO	0:51:45.2	100	1:17:18.7	110
111	150	Rui Marino	1:49:13.8	1:49:14.4	111	110	M40	25	Jobrinde - Montes Saloios	0:52:42.3	120	1:18:34.8	136
112	112	José Gonçalves	1:49:14.7	1:49:15.5	112	111	M40	26	ProAventuras	0:52:14.1	107	1:17:37.3	113
113	760	Carlos Baptista	1:49:26.7	1:49:27.5	113	112	M50	11	Sporting Clube de Casainhos	0:53:20.8	130	1:18:18.5	132
114	81	Cristina Couceiro	1:49:56.8	1:49:57.8	114	2	Sen F	2	ARSM - Associação Recreativa de	0:53:24.8	132	1:17:51.2	117
115	282	Pedro Barros	1:50:09.1	1:50:10.1	115	113	Sen M	50	RUNSOX.eu RUNNERS	0:53:47.1	142	1:19:04.0	142
116	683	Ricardo Ganhão	1:50:09.6	1:50:10.4	116	114	Sen M	51		0:52:31.4	117	1:17:45.3	114
117	238	Paulo Marques	1:50:17.5	1:50:17.8	117	115	Sen M	52	GO!Runners	0:54:40.6	158	1:18:16.6	131
118	421	Manuel Abrantes (a)	1:50:21.0	1:50:21.2	118	116	Sub23	3		0:52:30.5	116	1:18:38.8	137
119	121	Pedro Sousa	1:50:26.7	1:50:27.6	119	117	M55	7	ProAventuras	0:51:25.6	94	1:16:52.3	103
120	63	Vitor Venda	1:50:29.3	1:50:30.1	120	118	M40	27	Matilha Running	0:52:27.0	114	1:18:10.1	128
121	453	Afzal Abdul Aziz	1:50:45.9	1:50:46.3	121	119	Sen M	53	Lone Wolf	0:54:09.1	149	1:18:32.0	135
122	422	Tiago Sousa	1:50:47.1	1:50:47.4	122	120	Sen M	54	Tough Trails Alenquer	0:54:22.4	152	1:18:15.3	130
123	384	Ricardo Costa	1:50:48.3	1:50:48.7	123	121	Sen M	55	Btt Veredas de Noudar	0:53:19.4	129	1:18:45.4	138
124	356	Helder Vaz	1:50:49.6	1:50:49.8	124	122	Sen M	56		0:51:34.6	96	1:17:49.3	115
125	919	Manuel Soares	1:50:50.7	1:50:50.8	125	123	M40	28	EDV Viana Trail	0:53:52.7	143	1:17:28.5	112
126	345	Fernando Santos	1:51:08.2	1:51:08.4	126	124	Sub23	4	Escaravelhos Team	0:53:43.9	139	1:17:57.5	121
127	573	Rafael Assunção	1:51:12.0	1:51:12.2	127	125	Sen M	57	Rail Runners	0:52:21.1	111	1:17:05.1	107
128	695	José António Marques	1:51:16.5	1:51:16.8	128	126	M50	12	Salamandrecos	0:54:07.1	147	1:18:51.9	140
129	87	Horácio Ferreira	1:51:21.3	1:51:21.9	129	127	M45	18	ARSM - Associação Recreativa de	0:52:25.1	113	1:17:51.0	116
130	272	Nuno Cavaleiro	1:51:35.1	1:51:35.6	130	128	Sen M	58	A correr por ti	0:52:59.0	125	1:18:13.4	129
131	816	João Carreto	1:51:42.5	1:51:42.9	131	129	M50	13	ProAventuras	0:53:06.5	127	1:18:55.2	141
132	823	Luís Lopes	1:51:54.4	1:51:54.6	132	130	M40	29	Monsanto Running Team	0:52:53.5	123	1:18:08.0	126
133	269	José Nobre	1:52:07.1	1:52:07.8	133	131	M50	14	Jobrinde - Montes Saloios	0:54:56.2	162	1:19:57.2	147
134	438	Antonio Vilela	1:52:13.1	1:52:13.6	134	132	M45	19	Associação Desportiva Real	0:54:08.3	148	1:18:48.0	139
135	48	Fernando Costa	1:52:23.6	1:52:23.8	135	133	Sen M	59	Tough Trails Alenquer	0:53:35.7	137	1:19:38.9	144
136	349	João Ramos	1:52:30.2	1:52:31.1	136	134	M45	20	Pão de Negrais	0:52:04.3	105	1:17:56.7	120
137	673	António Pazes	1:52:51.4	1:52:52.3	138	135	M40	30	RESTAURANTE "O	0:55:27.4	171	1:21:15.6	166
138	362	Bernardo Zoio	1:52:51.9	1:52:52.1	137	136	Sen M	60	Salamandrecos	0:55:53.1	179	1:20:20.4	152
139	786	Simão Fernandes	1:53:00.7	1:53:01.7	139	137	Sen M	61	Monsanto Running Team	0:56:45.7	197	1:21:18.2	167
140	706	Joao Paulino	1:53:19.9	1:53:20.7	140	138	Sen M	62	Kangaroo Runners	0:51:20.3	91	1:18:05.7	124
141	274	Tiago Gaspar	1:53:29.7	1:53:29.8	141	139	Sen M	63	ARSM - Associação Recreativa de	0:52:27.4	115	1:18:05.4	123
142	411	Rui Nascimento	1:53:42.4	1:53:43.2	142	140	M40	31		0:54:59.6	164	1:20:35.9	153
143	62	Nuno Barreto	1:53:46.2	1:53:46.4	143	141	Sen M	64	GO!Runners	0:53:45.7	140	1:17:52.5	118
144	685	Filipe Silva	1:53:49.0	1:53:49.7	144	142	Sen M	65	O MUNDO DA CORRIDA	0:53:31.6	136	1:20:47.6	154
145	204	Gleiber Mendes	1:53:52.7	1:53:53.6	145	143	Sen M	66	4Client	0:54:11.1	151	1:20:18.6	150
146	293	Ricardo Vitorino	1:53:54.4	1:53:55.4	146	144	Sen M	67	Dolce CR / Running Team	0:55:22.1	170	1:21:35.6	169

3.º Trilho das Lampas

Finisher List 3.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos. 13.5	Pos.	
147	466	José Nunes	1:53:54.8	1:53:55.4	147	145	M45	21		0:51:29.8	95	1:17:56.3	119
148	236	Diogo Sousa	1:53:56.8	1:53:57.3	148	146	Sen M	68	GOIRunners	0:53:45.8	141	1:18:10.0	127
149	482	Victor Pereira	1:53:58.2	1:53:58.6	149	147	M55	8		0:55:11.7	168	1:20:48.9	155
150	910	Vítor Pinto	1:54:04.8	1:54:05.4	150	148	Sen M	69	Amigos Vale Silêncio	0:55:40.1	174	1:21:10.9	164
151	50	Pedro Granadas	1:54:08.2	1:54:08.3	151	149	M40	32	Tough Trails Alenquer	0:54:28.2	153	1:21:01.9	161
152	370	Jorge Sobrinho	1:54:11.1	1:54:11.8	152	150	M45	22	Cartoon Run	0:53:59.1	144	1:19:51.2	146
153	138	Marcelo Dias	1:54:25.0	1:54:25.6	153	151	M40	33	Salamandrecos	0:54:09.6	150	1:19:48.2	145
154	646	Luis Paulo	1:54:34.9	1:54:35.6	154	152	M45	23	Bahia	0:53:14.7	128	1:19:30.5	143
155	892	José Monteiro (a)	1:54:38.3	1:54:39.3	155	153	Sen M	70	SS CGD	0:54:59.1	163	1:21:00.2	160
156	353	Luis Madeira (a)	1:54:41.1	1:54:41.8	156	154	M40	34	SS CGD	0:54:38.6	157	1:20:51.9	156
157	711	Carlos Nunes	1:54:47.1	1:54:47.5	157	155	M40	35		0:53:22.0	131	1:20:04.9	148
158	903	Paulo Rodrigues	1:54:53.1	1:54:53.8	158	156	Sen M	71	Rail Runners	0:52:07.6	106	1:18:06.4	125
159	845	Ricardo Pebre	1:55:18.3	1:55:19.0	159	157	Sen M	72	GOIRunners	0:54:47.1	160	1:21:06.6	162
160	817	Luis Silveira	1:55:23.1	1:55:23.4	160	158	M55	9		0:55:54.0	180	1:21:37.1	170
161	346	José Ferreira	1:55:26.1	1:55:26.9	161	159	M40	36	Clube Náutico de Ponte De Lima	0:54:30.8	156	1:20:59.9	159
162	509	Gonçalo Clemente	1:55:29.4	1:55:29.8	162	160	Sen M	73	Tough Trails Alenquer	0:56:58.0	203	1:23:00.0	190
163	379	Mariana Delgado	1:55:34.9	1:55:35.0	163	3	Sen F	3	CTAD - Trilhos de Cinfães	0:56:21.4	191	1:21:30.3	168
164	586	Claudio Rocha	1:55:35.1	1:55:35.5	164	161	M40	37	Lis Running	0:54:00.0	145	1:21:48.1	173
165	476	Carlos Malosso	1:55:37.2	1:55:37.7	166	162	M40	38		0:55:44.5	176	1:21:58.3	177
166	864	Miguel Baptista	1:55:37.6	1:55:37.6	165	163	M50	15	Decathlon/Omega Pharma	0:56:02.6	188	1:22:52.8	187
167	435	Daniel Netto	1:55:42.4	1:55:42.4	167	164	Sen M	74		0:53:25.4	133	1:20:19.6	151
168	465	Liberto Santos	1:55:57.7	1:55:58.5	168	165	M45	24		0:55:32.0	172	1:21:41.9	172
169	848	Joaquim Velhinho Dias	1:56:09.0	1:56:09.4	169	166	M40	39		0:57:28.2	217	1:24:08.2	202
170	577	Francisco Cachulo	1:56:18.6	1:56:18.8	170	167	Sen M	75	20Km's Almeirim - Desportos de	0:55:17.9	169	1:20:16.8	149
171	180	António Merujo	1:56:23.2	1:56:23.8	171	168	M55	10		0:56:11.3	189	1:22:40.1	185
172	324	Luis Álvaro	1:56:24.1	1:56:24.5	172	169	M45	25	O MUNDO DA CORRIDA	0:57:08.7	210	1:23:32.1	195
173	633	Virgílio Madeira	1:56:26.3	1:56:26.7	173	170	M55	11	Açoreana Club Banif	0:55:34.5	173	1:22:11.3	179
174	128	Leandro Fernandes	1:56:51.2	1:56:51.6	174	171	Sen M	76	ProAventuras	0:54:28.9	154	1:22:35.2	183
175	212	Miguel Lino	1:56:54.3	1:56:55.2	175	172	M45	26	ProAventuras	0:54:50.8	161	1:21:38.3	171
176	61	Roberto Rodrigues	1:56:58.1	1:56:58.2	176	173	Sen M	77	Trail Runner Team	0:56:01.1	185	1:22:05.6	178
177	713	João Antunes	1:56:58.7	1:56:59.6	177	174	Sub23	5		0:56:00.7	184	1:21:48.1	174
178	512	José Freire	1:57:02.3	1:57:03.1	178	175	M45	27		0:56:34.7	195	1:23:02.3	191
179	493	Mario Silva	1:57:04.1	1:57:04.3	179	176	M45	28	sintrunning	0:55:00.9	165	1:20:54.8	158
180	834	Carlos Henriques	1:57:08.8	1:57:09.2	180	177	Sen M	78	RESTAURANTE "O	0:53:27.8	135	1:21:15.3	165
181	854	Francisco Nunes	1:57:16.5	1:57:16.6	181	178	M45	29	O MUNDO DA CORRIDA	0:56:21.0	190	1:22:58.6	189
182	380	Luis Alves	1:57:24.9	1:57:25.8	182	179	M40	40	CCD Crédito Agrícola Mútuo	0:56:25.3	193	1:23:27.8	194
183	803	Jose Bernardo	1:57:26.7	1:57:27.3	183	180	M45	30	G A Monsanto Gascan	0:57:29.9	218	1:24:33.1	204

3.º Trilho das Lampas

Finisher List 3.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos. 13.5	Pos.	
184	27	Nuno Granadas	1:57:47.3	1:57:47.3	184	181	Sen M	79	Tough Trails Alenquer	0:57:18.1	216	1:23:33.7	196
185	590	Carlos Simões	1:57:55.2	1:57:55.6	185	182	Sen M	80	Vila Seca Running Team	0:55:56.6	182	1:22:39.2	184
186	587	Ricardo Tiago	1:58:00.9	1:58:01.9	186	183	M45	31	Tartarugas Solidárias	0:55:52.8	178	1:22:46.0	186
187	410	Luis Ramos	1:58:05.1	1:58:05.4	187	184	Sen M	81		0:56:56.5	200	1:23:22.8	192
188	697	Rui Batista	1:58:05.2	1:58:05.6	188	185	M50	16	PM maia-fitness.com	0:57:57.3	225	1:24:07.0	201
189	574	Luís Soares	1:58:09.3	1:58:09.8	189	186	M45	32	Clube Ogma	0:59:36.4	273	1:25:59.9	221
190	443	Luis Henriques	1:58:11.1	1:58:11.5	190	187	M40	41		0:54:29.1	155	1:20:52.6	157
191	343	Rafael Chá-Chá Gomes (a)	1:58:27.8	1:58:28.0	191	188	Sub23	6	Escaravelhos Team	0:53:41.9	138	1:18:22.9	133
192	433	Valter Escrevente	1:58:30.3	1:58:31.0	192	189	Sen M	82	20Km's Almeirim - Desportos de	0:55:10.4	167	1:21:51.5	175
193	141	Helder Cabedal	1:58:41.8	1:58:42.4	193	190	Sen M	83	Proaventuras	0:58:10.0	236	1:24:52.4	207
194	2	Rui Alegre	1:58:49.9	1:58:50.0	194	191	Sen M	84		0:57:00.1	206	1:25:08.0	211
195	189	Rui Gama	1:58:49.9	1:58:50.2	195	192	M40	42		0:56:59.6	205	1:25:09.2	212
196	68	Álvaro Santos	1:58:50.8	1:58:51.6	196	193	Sen M	85	Monsanto Running Team	0:58:10.4	238	1:25:22.4	216
197	69	António Guerreiro	1:58:52.8	1:58:53.6	197	194	M60	2	Monsanto Running Team	0:59:16.9	261	1:26:08.0	225
198	250	Francisco Vaz	1:58:58.3	1:58:58.6	198	195	M45	33	Frufresh Runners	0:58:00.8	229	1:23:23.9	193
199	86	Nuno Neves	1:59:09.4	1:59:09.6	199	196	Sen M	86	ARSM - Associação Recreativa de	0:54:46.8	159	1:22:19.0	180
200	488	Dinis Morais	1:59:09.8	1:59:10.7	200	197	M45	34	CCD Siemens	0:56:57.6	201	1:23:57.6	198
201	794	Roberto Gonçalves	1:59:24.1	1:59:25.0	201	198	Sen M	87		0:58:26.0	245	1:26:17.4	228
202	79	Pedro Nogueira	1:59:24.8	1:59:25.7	202	199	Sen M	88	Clube Vodafone	0:56:22.7	192	1:24:02.1	199
203	146	Hugo Ferreira	1:59:25.7	1:59:26.3	203	200	Sen M	89	Saloios trail running	0:56:55.5	199	1:24:38.7	205
204	635	Jacinto Pereira	1:59:28.7	1:59:29.3	204	201	Sen M	90	Lis Running	0:54:00.5	146	1:22:20.9	181
205	316	Hugo Costa	1:59:36.7	1:59:37.4	205	202	Sen M	91	Keep Running	0:55:01.5	166	1:21:08.4	163
206	425	Nuno Antunes	1:59:40.1	1:59:40.3	206	203	M45	35		0:59:29.9	269	1:26:46.0	240
207	477	Rodrigo Ataíde	1:59:43.2	1:59:43.5	207	204	Sub23	7		0:57:48.1	222	1:25:06.6	210
208	171	Luísa Espírito Santo	1:59:45.8	1:59:45.8	208	4	F45	1	Rail Runners	0:58:34.0	247	1:26:13.6	227
209	229	Luis Gonçalves	1:59:46.6	1:59:46.8	209	205	Sen M	92	Jobrinde - Montes Saloios	0:57:10.2	211	1:25:22.0	215
210	419	Bruno Mesquita	2:00:09.5	2:00:09.8	210	206	M45	36	Hot Runners	0:59:51.2	276	1:26:26.7	232
211	667	Joaquim Fernandes	2:00:11.9	2:00:12.7	211	207	M50	17	Associação de Atletismo Lebres do	0:58:06.8	233	1:26:35.2	235
212	723	Adão Vaz	2:00:19.1	2:00:19.9	212	208	Sen M	93	Clube Náutico de Ponte De Lima	0:57:39.8	220	1:24:21.4	203
213	771	Pascoal Moleiro	2:00:20.4	2:00:21.0	213	209	M40	43		0:58:24.8	242	1:26:20.2	230
214	130	Sergio Casal	2:00:24.5	2:00:24.9	214	210	M45	37	ProAventuras	0:56:02.6	187	1:23:35.6	197
215	375	Renato Morais (a)	2:00:25.4	2:00:25.7	215	211	Sen M	94	Tartarugas Solidárias	0:55:55.5	181	1:24:03.4	200
216	459	Gonçalo Rosado (a)	2:00:28.2	2:00:28.9	216	212	Sen M	95	Jobrinde - Montes Saloios	0:59:29.1	267	1:27:10.1	245
217	915	Pedro Vieira	2:00:30.4	2:00:30.9	217	213	M40	44		0:57:11.7	214	1:26:35.0	234
218	517	Pedro Cordas	2:00:31.6	2:00:31.6	218	214	M40	45	CLUBE MILLENNIUM BCP	0:58:00.4	228	1:25:10.5	213
219	576	Valter Matos	2:00:33.9	2:00:34.8	219	215	Sen M	96		0:58:33.4	246	1:26:39.4	237
220	133	Rui Pedro Juliao	2:00:35.3	2:00:35.9	220	216	M50	18	Georunners	0:59:30.2	270	1:28:05.3	265

3.º Trilho das Lampas

Finisher List 3.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos. 13.5	Pos.	
221	178	Pedro Ribeiro Da Cunha	2:00:37.7	2:00:37.8	221	217	Sen M	97		1:00:38.0	301	1:28:17.9	266
222	23	Carla Cristina	2:00:40.4	2:00:41.2	222	5	Sen F	4	Clube da Natureza de Alvito	0:57:49.8	223	1:24:50.6	206
223	762	Eugenio Barra	2:00:41.8	2:00:41.9	223	218	M45	38	conndor runner's	0:59:16.5	260	1:26:48.5	242
224	258	Carla Mendes	2:01:02.3	2:01:02.7	224	6	Sen F	5	Tartarugas Solidárias	0:59:29.2	268	1:27:02.5	243
225	387	Joaquim Marques	2:01:07.0	2:01:07.9	225	219	M40	46	Falcões Selvagens	0:59:17.1	262	1:27:35.5	258
226	30	José Barroco	2:01:16.9	2:01:17.3	226	220	M55	12		0:58:52.1	252	1:27:25.6	253
227	735	Lurdes Santos	2:01:23.9	2:01:24.5	227	7	Sen F	6		0:56:53.0	198	1:26:01.5	222
228	524	Nuno Almeida	2:01:32.7	2:01:33.4	228	221	M40	47	CLUBE MILLENNIUM BCP	0:58:08.8	235	1:25:53.8	220
229	486	Nuno Gameiro	2:01:32.9	2:01:33.5	229	222	Sen M	98	Saúde ao Quadrado	0:57:55.6	224	1:25:38.8	219
230	648	Bruno Ribeiro	2:01:44.6	2:01:44.8	230	223	Sen M	99	Kaninos	1:00:25.8	296	1:28:43.3	272
231	600	João Pereira	2:01:48.3	2:01:48.8	231	224	M40	48	CCD Crédito Agrícola Mútuo	0:56:01.3	186	1:21:51.8	176
232	681	Manuel Fonseca	2:01:48.7	2:01:49.5	233	225	M50	19	sport lisboa e campolide	0:58:02.5	231	1:26:34.3	233
233	858	João Rosinha	2:01:48.7	2:01:49.0	232	226	M40	49		0:59:03.7	255	1:25:21.0	214
234	525	Arlindo Deus	2:01:53.7	2:01:54.7	234	227	M60	3	CLUBE MILLENNIUM BCP	0:55:42.7	175	1:22:31.8	182
235	850	Paulo Alves	2:02:01.0	2:02:01.0	235	228	Sen M	100	Falcões Selvagens	0:56:58.4	204	1:25:28.1	217
236	315	Eduardo Pena	2:02:10.4	2:02:10.6	236	229	M50	20	Keep Running	0:55:59.4	183	1:25:02.0	208
237	751	Vital Vilarinho	2:02:11.2	2:02:11.8	237	230	Sen M	101	VICTORIA SEGUROS	0:58:10.1	237	1:26:21.1	231
238	528	Eduardo Rodrigues	2:02:12.7	2:02:13.4	238	231	M50	21	CLUBE MILLENNIUM BCP	1:01:45.7	332	1:29:09.8	280
239	519	Eduardo Ferreira	2:02:18.4	2:02:19.0	240	232	Sen M	102	CLUBE MILLENNIUM BCP	1:01:51.7	335	1:29:04.8	277
240	521	Nelson Costa	2:02:18.4	2:02:18.9	239	233	Sen M	103	CLUBE MILLENNIUM BCP	0:59:33.0	271	1:27:31.5	256
241	275	José Silva	2:02:26.3	2:02:26.8	241	234	M40	50	ARSM - Associação Recreativa de	0:52:24.2	112	1:18:29.1	134
242	797	Jorge Pereira	2:02:27.1	2:02:27.5	242	235	M45	39	Associação de Atletismo Lebres do	0:56:37.7	196	1:25:31.9	218
243	260	Joao Crespo	2:02:36.4	2:02:37.2	243	236	M50	22		0:59:16.5	259	1:27:34.2	257
244	309	Pedro Ramos	2:02:40.7	2:02:41.4	244	237	M45	40		0:58:52.5	253	1:27:10.3	246
245	719	Soraia Monteiro	2:02:53.0	2:02:53.4	245	8	Sen F	7	Clube Náutico de Ponte De Lima	1:00:02.1	284	1:27:15.7	248
246	251	Rodrigo Vaz	2:02:53.2	2:02:54.0	246	238	Sub23	8	Frufresh Runners	0:59:00.9	254	1:27:25.0	252
247	540	Pedro Fernandes	2:03:04.0	2:03:04.9	247	239	M45	41	Novos Trilhos	0:58:47.3	251	1:27:56.0	262
248	514	Isabel Rodrigues	2:03:09.8	2:03:10.0	248	9	F40	1	ADCR Polícia Judiciária	1:01:32.9	326	1:29:37.5	288
249	240	Andreia Fernandes	2:03:26.8	2:03:27.2	249	10	Sen F	8	ARSM - Associação Recreativa de	1:00:40.3	303	1:29:02.4	275
250	478	Arménio Pontes	2:03:27.7	2:03:28.6	250	240	Sen M	104		0:58:25.3	243	1:26:40.4	239
251	547	Rui Gonçalves	2:03:28.6	2:03:29.0	251	241	M40	51		0:58:25.4	244	1:26:39.2	236
252	132	João Freire	2:03:30.9	2:03:31.5	252	242	M45	42		0:57:00.6	208	1:26:05.4	223
253	659	Ricardo Flores	2:03:31.2	2:03:31.5	253	243	Sen M	105	20Km's Almeirim - Desportos de	0:59:57.3	279	1:28:03.5	264
254	135	Rui Correia	2:03:31.7	2:03:32.7	254	244	Sen M	106		0:57:00.4	207	1:26:05.6	224
255	502	Nelson Mota	2:03:32.9	2:03:33.7	255	245	M40	52	Açoreana Club Banif	1:00:09.1	288	1:29:03.6	276
256	535	Abel Louro	2:03:35.3	2:03:36.0	256	246	M55	13	CLUBE MILLENNIUM BCP	1:01:57.7	337	1:29:23.9	284
257	636	Rui Almeida	2:03:37.1	2:03:38.0	257	247	M40	53	Tartarugas Solidárias	1:02:12.9	347	1:30:00.2	294

3.º Trilho das Lampas

Finisher List 3.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos. 13.5	Pos.	
258	382	Narciso Neves	2:03:38.6	2:03:38.9	258	248	Sen M	107	Salamandrecos	1:00:25.3	295	1:28:34.7	268
259	290	Pedro Pinto	2:03:40.7	2:03:41.3	259	249	M40	54		1:02:13.7	348	1:29:48.6	291
260	77	Helder Baptista	2:03:45.3	2:03:45.8	260	250	M40	55	CCFDA/TRILHO PERDIDO	0:59:59.3	281	1:28:34.5	267
261	377	Tiago Ramos	2:03:45.4	2:03:46.2	261	251	Sen M	108		0:57:59.2	227	1:27:09.5	244
262	190	Pedro Miguel C.c. Almeida	2:03:45.6	2:03:46.4	262	252	M40	56	Salamandrecos	0:57:41.1	221	1:27:11.3	247
263	70	Estela Martins (a)	2:03:53.8	2:03:54.1	263	11	Sen F	9	NAST - Núcleo Associativo de	0:59:14.9	257	1:26:39.8	238
264	93	Ricardo Godinho	2:04:09.3	2:04:09.7	264	253	Sen M	109		0:58:08.7	234	1:26:17.7	229
265	136	Carlos Brito	2:04:19.2	2:04:20.1	265	254	M40	57	Talentos Team	1:00:16.1	291	1:29:16.5	282
266	765	José Santos	2:04:27.6	2:04:28.5	266	255	M45	43	Vila Seca Running Team	0:59:25.1	264	1:29:32.8	287
267	734	Gabriela Marques	2:04:36.5	2:04:37.0	267	12	Sen F	10		0:58:17.6	240	1:27:17.3	249
268	549	João Carvalho Lopes	2:04:39.0	2:04:39.5	268	256	M55	14	LEBRE	1:00:07.0	287	1:28:52.1	273
269	550	Mário Ildefonso	2:04:39.0	2:04:39.6	269	257	M60	4	LEBRE	1:00:11.5	289	1:28:53.8	274
270	721	João Paulo Caetano	2:04:49.8	2:04:50.4	270	258	M40	58		0:55:49.1	177	1:22:53.4	188
271	866	Jorge Correia	2:04:51.0	2:04:51.7	271	259	M40	59		0:58:06.2	232	1:27:55.4	261
272	603	Rui Graça	2:04:56.3	2:04:56.5	272	260	M50	23	CCD Crédito Agrícola Mútuo	0:58:36.3	248	1:27:30.6	255
273	490	João Queiroz	2:04:57.8	2:04:58.6	273	261	M40	60	CCD Siemens	0:59:55.7	278	1:29:08.5	279
274	680	Ana Vintém	2:05:01.2	2:05:01.9	274	13	Sen F	11	AC Portalegre / UTSM	0:58:38.9	250	1:27:19.6	250
275	320	Cidália Martins	2:05:01.5	2:05:02.1	275	14	F50	1	Tough Trails Alenquer	0:59:23.6	263	1:29:40.3	290
276	642	Eduardo Santos	2:05:03.1	2:05:03.2	276	262	Sen M	110		0:59:27.8	266	1:28:37.8	271
277	474	Francisco Garoto	2:05:10.1	2:05:10.3	277	263	M45	44	Bladerunners	1:02:40.1	368	1:32:04.9	329
278	321	José Martins	2:05:16.0	2:05:16.9	278	264	M50	24	Tough Trails Alenquer	0:56:58.0	202	1:28:35.1	269
279	52	Aires Barata	2:05:30.0	2:05:30.6	279	265	Sen M	111	Zézés	1:03:55.9	398	1:32:41.2	342
280	888	Eduardo Rodrigues	2:05:34.0	2:05:34.3	280	266	Sen M	112	SS CGD	1:01:07.7	312	1:29:16.1	281
281	738	Eduardo Ribeiro	2:05:36.3	2:05:36.8	281	267	Sen M	113		0:59:35.5	272	1:29:32.4	286
282	492	Luis Bastos	2:05:45.0	2:05:45.5	282	268	M50	25	CCD Siemens	1:00:14.3	290	1:30:11.0	303
283	179	Victor Silva	2:05:47.7	2:05:48.5	283	269	M45	45	Associação de Atletismo Lebres do	1:01:23.5	322	1:30:24.5	306
284	153	João Queirós	2:05:52.3	2:05:52.6	284	270	M45	46	NEL - Pédatleta	0:58:14.1	239	1:26:48.5	241
285	426	João Paio	2:06:00.1	2:06:00.5	285	271	M45	47	Eléctrico Futebol Clube	1:00:21.4	294	1:30:02.2	295
286	266	Domingos Janela	2:06:01.9	2:06:02.9	286	272	M60	5	O MUNDO DA CORRIDA	0:59:26.3	265	1:28:36.0	270
287	666	Monica Silva	2:06:03.1	2:06:03.3	287	15	F45	2		0:59:07.5	256	1:27:30.1	254
288	863	Francisco Fidalgo	2:06:14.6	2:06:15.3	288	273	Sub23	9		1:02:28.2	357	1:31:55.2	325
289	671	Gilberto Lapa	2:06:15.1	2:06:15.7	289	274	M50	26	RESTAURANTE "O	1:01:13.7	314	1:30:08.1	301
290	901	Carlos Rangel	2:06:18.9	2:06:19.5	290	275	M60	6		1:01:14.2	315	1:31:02.8	314
291	439	Daniel Nunes (a)	2:06:28.3	2:06:28.6	291	276	M55	15	Associação Desportiva Real	1:00:40.3	304	1:30:03.5	299
292	134	Nuno Luzia	2:06:35.9	2:06:36.5	292	277	M40	61		0:57:34.4	219	1:26:09.1	226
293	330	André Cabreira	2:06:41.7	2:06:41.8	293	278	Sen M	114	Clube de Atletismo da Póvoa de	0:58:20.7	241	1:27:51.7	260
294	105	Rui Abrantes	2:06:43.0	2:06:43.5	294	279	Sen M	115	Tartarugas Solidárias	0:59:58.6	280	1:30:11.9	304

3.º Trilho das Lampas

Finisher List 3.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos. 13.5	Pos.	
295	520	Paulo Felicio	2:07:03.3	2:07:04.0	295	280	M45	48	CLUBE MILLENNIUM BCP	1:02:34.6	367	1:32:03.4	328
296	276	Bruno Custódio	2:07:05.2	2:07:06.0	296	281	Sen M	116	Atletas do Ribatejo	0:56:34.4	194	1:25:03.7	209
297	572	António Martins	2:07:06.9	2:07:07.8	297	282	M40	62	Tartarugas Solidárias	0:59:45.3	275	1:30:52.2	309
298	231	Luis Ferreira	2:07:08.3	2:07:08.9	298	283	Sen M	117		1:01:45.4	331	1:32:31.5	336
299	67	Moisés Nunes	2:07:08.6	2:07:09.0	299	284	M45	49	ARSM - Associação Recreativa de	1:00:05.3	285	1:29:19.2	283
300	222	Lídia Calado	2:07:10.1	2:07:10.2	300	16	Sen F	12	AC Portalegre / UTSM	1:02:03.8	339	1:31:04.5	315
301	263	João Pereira	2:07:10.3	2:07:11.1	301	285	Sen M	118		1:00:41.6	305	1:33:37.7	354
302	717	Ana Miranda	2:07:17.0	2:07:17.8	302	17	Sen F	13	Clube Náutico de Ponte De Lima	1:00:21.2	293	1:29:32.1	285
303	119	Maria Safara	2:07:24.7	2:07:25.1	303	18	Sen F	14	ProAventuras	1:01:18.0	319	1:31:05.2	316
304	412	Pedro Crispim	2:07:25.0	2:07:25.6	304	286	Sen M	119	Caracol Trail Team	1:00:19.4	292	1:30:22.8	305
305	727	Claudio Fragoso	2:07:56.7	2:07:56.9	305	287	Sen M	120		1:00:38.3	302	1:30:03.1	298
306	530	Pedro Silva	2:08:07.5	2:08:07.7	306	288	M40	63	CLUBE MILLENNIUM BCP	0:59:51.9	277	1:29:49.9	292
307	294	Bruno Moita	2:08:08.0	2:08:08.3	308	289	Sen M	121	Dolce CR / Running Team	1:01:15.8	318	1:31:20.9	319
308	149	João Antunes	2:08:08.1	2:08:08.3	307	290	M45	50	Casa do Benfica em Torres Vedras	1:01:15.4	317	1:31:23.6	320
309	499	Armando Parreira	2:08:19.4	2:08:19.7	309	291	M45	51	Açoreana Club Banif	1:01:00.5	309	1:30:05.1	300
310	787	Paulo Menezes	2:08:29.9	2:08:29.9	310	292	M40	64	Matilha Running	1:02:32.8	366	1:33:50.2	363
311	31	Orlando Duarte	2:08:40.5	2:08:40.9	312	293	M55	16	EM'Força Corremos com a	1:02:09.9	343	1:32:31.3	335
312	17	Fernando Vicente	2:08:40.8	2:08:40.9	311	294	M50	27		0:57:13.6	215	1:27:22.7	251
313	599	Carlos Silva	2:08:54.6	2:08:54.7	313	295	M50	28	CCD Crédito Agrícola Mútuo	1:00:53.7	307	1:32:28.7	333
314	467	Carlos Manuel Isidoro	2:08:56.0	2:08:56.7	314	296	M50	29		0:57:08.6	209	1:29:39.5	289
315	18	David Silva Clemente	2:08:56.5	2:08:57.1	315	297	Sen M	122	A20KM	1:00:34.1	300	1:30:50.0	308
316	687	Fátima Alendouro	2:09:03.8	2:09:04.0	316	19	F40	2	Desnível Positivo	1:01:01.4	310	1:30:54.3	310
317	398	Jose Nunes	2:09:15.4	2:09:16.1	317	298	M45	52	Keep Running	0:57:57.9	226	1:29:05.5	278
318	95	Jorge Atalaia	2:09:23.2	2:09:23.6	318	299	Sen M	123		1:01:42.7	329	1:31:07.6	317
319	106	Angela Costa	2:09:26.2	2:09:26.8	319	20	Sen F	15		1:04:36.6	417	1:35:10.5	387
320	847	Hugo Reis	2:09:27.5	2:09:28.0	320	300	Sen M	124		1:00:44.7	306	1:30:36.0	307
321	350	Tiago Amado	2:09:31.8	2:09:32.7	322	301	Sen M	125		1:02:31.9	365	1:33:49.6	361
322	408	Rui Menas	2:09:32.4	2:09:32.6	321	302	Sen M	126	Matilha Running	1:02:30.4	361	1:33:49.6	362
323	36	Manuel António	2:09:35.1	2:09:35.8	323	303	M45	53	Rail Runners	1:01:18.3	320	1:32:39.8	341
324	200	Pedro Sá	2:09:41.7	2:09:42.2	324	304	Sen M	127	Rail Runners	0:59:59.4	282	1:30:10.1	302
325	117	Isabel Pisco	2:09:47.7	2:09:48.6	325	21	F45	3	ProAventuras	1:02:28.5	358	1:32:52.6	345
326	899	Leonel Adérito Fernandes de	2:09:55.3	2:09:55.7	326	305	M45	54	Sport Clube Alfragide	1:03:15.2	380	1:33:34.8	353
327	242	Marco Lemos	2:09:57.1	2:09:57.6	327	306	M40	65		1:00:30.7	298	1:29:50.6	293
328	195	Nuno Gonçalves	2:10:01.7	2:10:02.5	328	307	M40	66	GDCT IN CASA MOEDA	1:01:19.9	321	1:31:36.8	323
329	693	Helder Domingos	2:10:03.9	2:10:04.6	329	308	Sen M	128		1:02:04.0	340	1:31:59.4	327
330	118	Maria Patas (a)	2:10:04.7	2:10:04.8	330	22	F55	1	ProAventuras	1:02:52.2	375	1:33:46.3	358
331	730	Angelo Letras	2:10:04.7	2:10:05.2	331	309	Sen M	129	ProAventuras	1:02:50.4	372	1:33:46.8	359

3.º Trilho das Lampas

Finisher List 3.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos. 13.5	Pos.	
332	113	Paulo Pisco	2:10:10.8	2:10:11.2	332	310	M40	67	ProAventuras	1:00:33.5	299	1:32:20.7	331
333	830	Ana Bernardo	2:10:17.5	2:10:18.5	333	23	Sen F	16	AminhaCorrida/Skechers	1:05:12.8	434	1:34:42.4	380
334	523	Virgilio Costa	2:10:18.9	2:10:19.6	334	311	M40	68	CLUBE MILLENNIUM BCP	1:04:05.9	404	1:34:16.4	373
335	733	Alexandre Duarte	2:10:19.3	2:10:19.6	335	312	M50	30		1:01:57.1	336	1:33:12.3	351
336	100	Cláudia Nunes	2:10:21.6	2:10:21.9	336	24	Sen F	17		0:58:02.1	230	1:27:50.0	259
337	336	Filipe Garranas	2:10:28.3	2:10:29.1	337	313	Sen M	130	Falcões Selvagens	0:58:36.5	249	1:27:59.0	263
338	494	Paulo Schofield	2:10:37.9	2:10:38.6	338	314	M45	55	sintrarunning	1:02:23.7	353	1:32:56.8	347
339	780	Paulo Rufino	2:10:42.6	2:10:43.6	339	315	Sen M	131		1:05:10.2	431	1:36:07.8	401
340	214	Bruno Carrilho	2:10:44.9	2:10:45.1	340	316	Sen M	132	AC Portalegre / UTSM	1:02:17.4	350	1:32:53.9	346
341	589	Sérgio Pardal	2:10:49.7	2:10:50.1	341	317	Sen M	133		1:02:08.8	342	1:32:32.9	337
342	174	Pedro Costa	2:10:50.3	2:10:51.2	342	318	Sen M	134	Rail Runners	0:59:16.5	258	1:30:55.0	312
343	302	Carla Santos	2:10:52.2	2:10:52.3	343	25	F45	4	Talentos Team	1:02:31.1	363	1:32:42.9	343
344	857	Ricardo Madeira	2:11:00.6	2:11:01.1	344	319	M40	69	Winners Team TR	1:03:50.4	393	1:34:26.4	377
345	378	Sandra Guerreiro	2:11:05.4	2:11:05.9	345	26	Sen F	18		0:59:42.5	274	1:31:41.4	324
346	284	Cristina Guerreiro	2:11:19.5	2:11:20.5	346	27	F40	3	Clube Desportivo Recreativo	1:01:43.0	330	1:32:51.4	344
347	402	A. Filipe Garcia	2:11:19.6	2:11:20.5	347	320	M40	70	Eléctrico Futebol Clube	1:02:45.2	369	1:34:15.3	371
348	773	Bruno Marquês	2:11:20.3	2:11:20.6	348	321	Sen M	135	Eléctrico Futebol Clube	1:02:45.6	370	1:34:15.3	372
349	306	Jaime Silva	2:11:37.1	2:11:37.2	349	322	M60	7		1:01:49.9	333	1:32:13.2	330
350	785	Paulo Costa	2:11:39.2	2:11:39.3	350	323	M40	71		1:01:25.8	323	1:33:43.1	357
351	532	Luis Gonçalves	2:11:41.4	2:11:41.4	351	324	Sen M	136	CLUBE MILLENNIUM BCP	1:03:41.7	389	1:34:09.8	366
352	791	Samuel Teixeira	2:11:42.5	2:11:43.0	352	325	Sen M	137		1:01:08.6	313	1:30:54.9	311
353	193	Rui Paço	2:11:43.1	2:11:43.9	354	326	M45	56	MultiRunners	1:05:24.0	443	1:35:09.6	386
354	440	Manuel Rodrigues	2:11:43.2	2:11:43.8	353	327	M50	31	Associação Desportiva Real	1:01:50.1	334	1:32:24.4	332
355	802	Antonio Ingles	2:11:49.8	2:11:50.2	355	328	M55	17	G A Monsanto Gascan	1:03:28.2	385	1:34:13.0	370
356	158	Aderito Costa	2:11:54.1	2:11:54.2	356	329	M40	72	Jobrinde - Montes Saloios	1:03:43.0	390	1:34:44.6	381
357	181	Francisco Ceia	2:11:56.3	2:11:57.0	357	330	Sen M	138		1:02:51.8	374	1:31:57.7	326
358	305	Pedro Marques	2:12:02.0	2:12:02.8	358	331	Sen M	139		1:02:50.7	373	1:34:10.9	367
359	137	Artur Soares	2:12:02.8	2:12:03.4	359	332	M40	73	Talentos Team	1:02:30.7	362	1:33:09.5	349
360	852	Rui Esteves	2:12:05.3	2:12:05.5	360	333	M40	74	Wikaboo	1:02:10.3	344	1:34:56.5	383
361	312	Manuela Fonseca	2:12:05.7	2:12:06.6	361	28	F45	5	Tartarugas Solidárias	1:04:26.9	413	1:36:10.7	404
362	479	Jorge Norte	2:12:06.1	2:12:06.6	362	334	M45	57	MOVET	1:04:01.3	401	1:35:34.3	395
363	678	Luis Martins	2:12:10.9	2:12:11.2	363	335	M45	58	ProAventuras	1:02:05.1	341	1:31:24.8	321
364	7	Nuno Gião	2:12:25.1	2:12:25.2	364	336	M40	75	ACCVCAVI - IMT	1:03:20.1	382	1:33:57.5	365
365	844	Lígia Pires Coelho	2:12:29.7	2:12:30.6	365	29	F45	6		1:02:22.6	351	1:33:30.0	352
366	287	Almerinda Velez	2:12:31.8	2:12:32.0	366	30	F50	2	Os Trinca-Espinhas	1:00:00.5	283	1:31:14.7	318
367	736	Jorge Leite	2:12:40.1	2:12:40.7	367	337	M45	59		1:00:54.2	308	1:33:48.2	360
368	394	Paula Jacob	2:12:42.5	2:12:42.8	369	31	Sen F	19	Surf Runners	1:03:11.2	379	1:36:07.0	400

3.º Trilho das Lampas

Finisher List 3.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos. 13.5	Pos.	
369	393	Rodrigo Pais Almeida	2:12:42.6	2:12:42.8	368	338	Sen M	140	Surf Runners	1:03:10.3	378	1:36:08.5	402
370	881	Jorge Alves	2:12:43.9	2:12:44.4	370	339	Sen M	141	bulldozers	1:05:14.4	435	1:36:51.1	411
371	882	Pedro Rodrigues	2:12:43.9	2:12:44.4	371	340	Sen M	142	bulldozers	1:05:14.4	436	1:36:51.1	412
372	183	Pedro Jacob	2:12:44.5	2:12:45.1	372	341	M40	76	Ericeira Runners	1:00:05.9	286	1:32:29.9	334
373	553	Rui Lamy	2:12:45.0	2:12:45.9	373	342	Sen M	143	Runners do Travesseiro	1:05:06.5	427	1:35:16.7	391
374	170	Sara Machado	2:12:45.3	2:12:46.2	375	32	Sen F	20	Rail Runners	1:00:28.0	297	1:31:00.5	313
375	686	Tiago Magalhães	2:12:46.0	2:12:46.1	374	343	Sen M	144	Runners do Travesseiro	1:05:06.6	428	1:35:18.6	392
376	468	Nuno Sá	2:12:48.0	2:12:48.3	376	344	Sen M	145		1:05:12.8	433	1:37:24.9	418
377	601	Mário Cunha	2:12:50.9	2:12:51.0	377	345	M40	77	CCD Crédito Agrícola Mútuo	1:02:11.1	345	1:33:02.3	348
378	853	Paulo Rodrigues	2:12:52.2	2:12:53.0	378	346	M40	78		1:01:38.3	328	1:32:34.2	338
379	812	Filipe Almeida	2:13:02.7	2:13:03.0	379	347	Sen M	146	Surf Runners	1:03:02.0	377	1:35:50.1	399
380	475	João Cruz	2:13:07.5	2:13:08.0	380	348	M45	60	Bladerunners	1:05:40.1	454	1:36:47.6	409
381	617	Lino Silva	2:13:11.8	2:13:12.2	381	349	M40	79	GD CIMPOR	1:06:17.7	463	1:38:05.0	440
382	47	Anabela Pombeiro	2:13:14.5	2:13:15.1	382	33	F40	4	Agregar Runners	1:03:41.5	388	1:34:42.0	379
383	748	Carlos Suarez	2:13:19.1	2:13:19.6	383	350	M40	80	VICTORIA SEGUROS	1:06:28.8	464	1:37:20.1	416
384	533	Maria Ceu Silva	2:13:23.4	2:13:24.4	384	34	F45	7	CLUBE MILLENNIUM BCP	1:03:37.0	387	1:34:58.0	384
385	561	João Silva	2:13:33.7	2:13:33.7	385	351	M45	61	SS CGD	1:01:58.6	338	1:33:11.1	350
386	668	Ricardo Valente	2:13:54.3	2:13:54.4	386	352	Sen M	147		1:07:06.7	475	1:37:29.9	420
387	500	Francisco Pereira	2:13:58.4	2:13:58.7	387	353	M45	62	Açoreana Club Banif	1:04:45.6	424	1:37:38.8	424
388	202	Paulo Magano	2:14:03.9	2:14:03.9	388	354	Sen M	148	CTAD - Trilhos de Cinfães	1:01:29.6	325	1:31:25.8	322
389	286	José Velez	2:14:05.4	2:14:06.2	389	355	M55	18	Os Trinca-Espinhas	1:01:14.3	316	1:33:53.0	364
390	157	Filipe Ceia	2:14:08.6	2:14:09.0	390	356	Sen M	149		1:03:45.0	391	1:35:15.1	389
391	829	Vítor Marques	2:14:09.3	2:14:10.1	391	357	Sen M	150	A-C-R-D Reixida	1:07:12.2	480	1:37:11.4	413
392	602	Pedro Sérgio	2:14:14.4	2:14:14.9	392	358	M45	63	CCD Crédito Agrícola Mútuo	1:07:57.5	489	1:38:31.4	447
393	82	Ana Féteira	2:14:15.8	2:14:16.7	393	35	Sen F	21	ARSM - Associação Recreativa de	1:02:28.9	359	1:34:11.0	368
394	691	Sónia Gaspar	2:14:16.4	2:14:16.9	394	36	Sen F	22	ARSM - Associação Recreativa de	1:02:29.4	360	1:34:12.0	369
395	235	Henrique Ruivo	2:14:21.9	2:14:22.4	395	359	M50	32	Tartarugas Solidárias	1:04:09.5	405	1:36:11.9	405
396	774	Ana Pipio	2:14:22.0	2:14:22.8	398	37	F40	5	Açoreana Club Banif	1:04:32.8	414	1:37:32.7	421
397	20	Nuno Rito	2:14:22.3	2:14:23.2	399	360	Sen M	151	Tartarugas Solidárias	1:04:09.9	406	1:36:16.0	407
398	818	José Lourenço	2:14:22.5	2:14:22.6	396	361	M40	81	pace.makers	1:06:03.5	460	1:36:10.3	403
399	327	Gonçalo Seabra	2:14:22.6	2:14:23.4	400	362	M45	64	LX Run	1:04:00.6	400	1:36:13.1	406
400	454	Paulo Freitas	2:14:22.7	2:14:22.8	397	363	M40	82		1:02:26.0	354	1:33:40.3	355
401	504	Paulo Fernandes	2:14:26.8	2:14:27.5	401	364	M45	65	Açoreana Club Banif	1:04:23.1	411	1:37:38.6	423
402	909	Ricardo Lopes	2:14:40.8	2:14:41.1	402	365	Sen M	152	A.D. Galomar	0:57:10.9	212	1:30:03.0	297
403	908	Ana Alberto	2:14:41.2	2:14:41.2	403	38	Sen F	23	A.D. Galomar	0:57:11.5	213	1:30:02.5	296
404	39	Luís Costa	2:14:54.6	2:14:55.6	405	366	M45	66	Salamandrecos	1:07:26.2	481	1:38:39.7	450
405	838	Nelson Marques	2:14:55.1	2:14:55.5	404	367	Sen M	153	Run 4 Fun	1:04:36.4	416	1:35:37.9	397

3.º Trilho das Lampas

Finisher List 3.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos. 13.5	Pos.	
406	348	Henrique Sebastião	2:15:17.4	2:15:18.1	406	368	M40	83	Pão de Negrais	1:01:26.6	324	1:32:37.1	340
407	897	Daniel Botelho	2:15:24.0	2:15:24.8	407	369	Sen M	154	SS CGD	1:05:43.3	456	1:37:27.0	419
408	374	Ricardo Neves	2:15:36.5	2:15:37.3	408	370	Sen M	155	B78	1:04:03.5	403	1:35:33.2	394
409	918	Flavio Timoteo	2:15:36.8	2:15:37.6	409	371	Sen M	156		1:02:14.4	349	1:32:35.4	339
410	201	Paula Da Silva Cardoso	2:15:50.9	2:15:50.9	410	39	F40	6		1:03:21.2	383	1:34:55.9	382
411	569	João Paradinha	2:16:09.0	2:16:09.2	411	372	M40	84	A. D, Manteigas	1:02:26.4	355	1:34:25.5	376
412	539	Paulo Silva	2:16:14.2	2:16:15.1	412	373	M50	33		1:03:26.2	384	1:34:29.0	378
413	893	Pedro Torrinha	2:16:21.9	2:16:21.9	413	374	Sen M	157	SS CGD	1:05:27.7	448	1:39:35.4	467
414	182	Maria João Lopes (a)	2:16:27.4	2:16:27.6	414	40	Sen F	24	Monsanto Running Team	1:05:29.7	449	1:38:01.7	436
415	338	Hugo Santos	2:16:27.8	2:16:28.2	415	375	Sen M	158	Falcões Selvagens	1:05:32.9	450	1:38:04.2	439
416	234	Pedro Abrantes	2:16:38.5	2:16:38.6	416	376	M40	85	POWER RANGERS	1:10:43.5	559	1:44:21.3	516
417	592	Rui Trindade	2:16:42.9	2:16:43.1	417	377	M45	67	CD Estrela	1:07:01.3	474	1:39:03.9	461
418	770	Liliana Baltazar (a)	2:16:45.2	2:16:45.9	419	41	Sen F	25	Correr Lisboa	1:07:07.7	476	1:39:58.9	474
419	651	Bruno Marçal	2:16:45.7	2:16:45.9	418	378	Sen M	159	Kaninos	1:07:07.9	477	1:40:00.7	477
420	778	Vitor Ferreira	2:16:52.6	2:16:53.2	420	379	Sen M	160	LikeRun	1:01:06.2	311	1:34:19.8	374
421	423	Ricardo Balau	2:16:54.2	2:16:54.7	421	380	Sen M	161	Correr Lisboa	1:01:34.1	327	1:35:16.4	390
422	819	Nelson Faria (a)	2:17:01.3	2:17:01.7	422	381	Sen M	162	pace.makers	1:05:16.3	439	1:38:22.3	444
423	227	Paulo Borges	2:17:10.7	2:17:10.8	423	382	M40	86	POWER RANGERS	1:06:32.5	465	1:39:22.3	463
424	541	Dário Prates	2:17:16.2	2:17:17.0	424	383	M40	87		1:04:18.2	409	1:37:23.0	417
425	364	Pedro Dias	2:17:18.4	2:17:19.1	425	384	M40	88	Keep Running	1:06:01.2	459	1:39:51.3	471
426	209	Rúben Lino	2:17:19.1	2:17:19.2	426	385	Sen M	163		1:05:34.8	451	1:38:41.5	451
427	329	Maria Manuela Machado	2:17:31.2	2:17:31.3	427	42	F50	3	Run 4 Fun	1:05:43.0	455	1:39:00.3	458
428	173	Miguel Pinho	2:17:33.5	2:17:33.6	428	386	M40	89	Rail Runners	1:03:19.7	381	1:35:14.6	388
429	326	Nuno Santiago	2:17:35.8	2:17:36.1	429	387	Sen M	164	O MUNDO DA CORRIDA	1:04:46.7	425	1:35:43.6	398
430	19	Rui Marques (a)	2:17:38.0	2:17:38.9	430	388	Sen M	165		1:03:50.3	392	1:37:45.4	427
431	861	Paulo Silva	2:17:38.0	2:17:39.0	431	389	M50	34		1:03:53.2	396	1:37:49.9	432
432	449	Teresa Teixeira	2:17:41.2	2:17:41.3	432	43	F45	8	Sintra Trilhos	1:05:16.5	440	1:38:05.9	441
433	271	Andreia Costa	2:17:41.7	2:17:41.8	433	44	Sen F	26	Tartarugas Solidárias	1:05:15.9	438	1:37:41.2	426
434	714	Célia Nuno	2:17:44.7	2:17:45.3	434	45	F45	9	HAND2HAND	1:07:09.7	478	1:40:27.9	478
435	764	Antonio Ventura	2:17:49.5	2:17:49.8	435	390	M55	19	conndor runner's	1:06:51.0	468	1:38:28.9	446
436	405	Nelson Dias	2:17:52.3	2:17:53.1	436	391	Sen M	166	Dolce CR / Running Team	1:03:56.4	399	1:34:58.5	385
437	428	Pedro Santana	2:17:53.9	2:17:54.4	437	392	Sen M	167	SS CGD	1:08:32.6	515	1:42:28.6	492
438	843	Jose Pascoa	2:17:55.4	2:17:55.8	438	393	M40	90		1:04:41.7	422	1:36:50.1	410
439	265	João Róis	2:17:59.9	2:18:00.9	439	394	Sen M	168		1:02:11.2	346	1:35:36.3	396
440	208	Pedro Prudencio	2:18:12.5	2:18:13.2	441	395	M45	68	Salamandrecos	1:09:42.9	538	1:42:42.6	495
441	9	António Arede	2:18:12.7	2:18:12.8	440	396	Sen M	169	Monsanto Running Team	1:09:44.1	540	1:42:42.2	494
442	246	Miguel Serradas Duarte	2:18:12.9	2:18:13.7	442	397	M40	91	Run 4 Fun	1:09:41.4	536	1:42:48.7	497

3.º Trilho das Lampas

Finisher List 3.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos. 13.5	Pos.	
443	140	Patrícia Lourenço	2:18:19.9	2:18:20.4	443	46	Sen F	27	Decathlon/Omega Pharma	1:05:46.6	457	1:38:54.0	456
444	12	João Jorge	2:18:21.7	2:18:22.2	444	398	M45	69	Jobrinde - Montes Saloios	1:07:11.4	479	1:39:37.3	469
445	568	David Saraiva	2:18:27.5	2:18:28.4	445	399	Sen M	170	A. D, Manteigas	1:02:23.5	352	1:34:21.4	375
446	115	Tiago Mota	2:18:32.2	2:18:32.6	446	400	Sen M	171	ProAventuras	1:02:31.9	364	1:35:25.4	393
447	604	Rui Melo	2:18:36.0	2:18:36.9	447	401	M40	92	CCD Crédito Agrícola Mútuo	1:03:54.1	397	1:38:03.8	438
448	366	Pedro Lucas	2:18:43.8	2:18:43.9	448	402	Sen M	172	Clube Bolinha	1:06:56.6	470	1:39:34.0	466
449	484	Henrique Sacadura	2:18:49.8	2:18:50.6	449	403	M60	8		1:04:34.8	415	1:36:30.5	408
450	491	João Dias	2:18:52.9	2:18:53.9	450	404	Sen M	173	CCD Siemens	1:04:24.1	412	1:38:02.5	437
451	712	Luis Graça	2:19:03.7	2:19:04.1	451	405	M45	70		1:11:03.1	564	1:44:17.0	509
452	638	Bruno Hortelao	2:19:05.8	2:19:06.8	452	406	Sen M	174	LV Team	1:05:06.4	426	1:37:55.1	434
453	91	Marta Andrade	2:19:07.6	2:19:08.4	453	47	F40	7	Treino em Casa	1:08:07.5	492	1:44:20.9	514
454	205	Paula Santos	2:19:09.1	2:19:09.8	454	48	F45	10	Os Tugas	1:08:28.7	510	1:41:42.0	482
455	196	Sérgio Anjos	2:19:23.5	2:19:24.2	455	407	M40	93	Diverinstal	1:05:26.5	447	1:38:51.2	455
456	332	Rui Primo Silva	2:19:26.1	2:19:26.7	456	408	M45	71	Falcões Selvagens	1:05:24.6	445	1:38:46.7	453
457	256	Luis Ferreira	2:19:28.3	2:19:29.2	457	409	M45	72	RunLovers	1:05:23.0	442	1:39:01.5	459
458	224	Elena Iabanji	2:19:29.0	2:19:29.3	458	49	F45	11		1:07:00.3	473	1:39:53.0	472
459	255	João Leitão	2:19:29.8	2:19:29.8	459	410	M40	94	RunLovers	1:05:24.2	444	1:39:03.0	460
460	73	Daniel Ramos	2:19:33.1	2:19:33.9	460	411	Sen M	175	Jobrinde - Montes Saloios	1:08:22.3	505	1:44:22.1	517
461	97	Luis Calheiros	2:19:42.1	2:19:42.7	461	412	M40	95	GD Banco BPI	1:04:14.1	407	1:37:46.6	429
462	65	Domingos Fernandes	2:19:46.2	2:19:46.9	462	413	M60	9	Os Amigos do Atletismo	1:03:51.3	394	1:37:58.8	435
463	160	Pedro Loureiro	2:19:50.2	2:19:50.8	463	414	M40	96		1:06:10.5	461	1:39:40.6	470
464	373	Mário Caneira	2:19:52.2	2:19:52.4	464	415	M45	73	Jobrinde - Montes Saloios	1:04:45.0	423	1:37:48.7	430
465	890	José Martins	2:19:58.8	2:19:59.3	465	416	M40	97	SS CGD	1:08:22.7	506	1:42:08.1	489
466	650	João Paulo Almeida	2:20:02.5	2:20:02.7	466	417	M45	74	Kaninos	1:04:41.1	421	1:38:20.4	443
467	452	Ruben Camacho	2:20:18.9	2:20:19.5	467	418	Sen M	176	ECOrredor	1:08:21.8	504	1:39:37.0	468
468	322	Pedro Claudio	2:20:26.0	2:20:26.8	468	419	M45	75	SS CGD	1:04:01.9	402	1:37:14.7	414
469	631	João Serra	2:20:36.7	2:20:37.1	469	420	M40	98	Açoreana Club Banif	1:03:52.0	395	1:37:40.4	425
470	46	Paulo Alves	2:20:38.9	2:20:39.3	470	421	M40	99	Matilha Running	1:03:29.5	386	1:37:17.3	415
471	187	Pedro Fontes	2:20:41.0	2:20:41.1	471	422	Sen M	177		1:07:28.6	482	1:42:06.5	487
472	230	João Rodrigues	2:20:42.0	2:20:42.1	472	423	Sen M	178		1:07:29.2	483	1:42:06.8	488
473	51	Nelson Esteves	2:20:53.1	2:20:53.9	473	424	Sen M	179	Dolce CR / Running Team	1:02:26.6	356	1:33:40.6	356
474	54	Graça Roldão	2:21:03.1	2:21:03.9	474	50	F50	4	Os Tugas	1:07:33.9	484	1:42:52.3	498
475	808	Miguel Campos	2:21:18.7	2:21:19.0	475	425	Sen M	180		1:05:38.6	452	1:37:52.6	433
476	856	Renato Silva	2:21:34.6	2:21:35.5	476	426	Sen M	181	Winners Team TR	1:05:24.8	446	1:38:07.5	442
477	828	Paulo Branco	2:21:37.3	2:21:37.5	477	427	M40	100	pace.makers	1:05:17.3	441	1:38:27.8	445
478	779	Paulo Planche	2:21:44.1	2:21:44.7	478	428	Sen M	182		1:05:39.3	453	1:40:00.6	476
479	42	José Abrantes	2:21:51.9	2:21:52.8	479	429	M40	101		1:05:11.0	432	1:37:34.6	422

3.º Trilho das Lampas

Finisher List 3.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos. 13.5	Pos.	
480	385	Paulo Loureiro	2:21:57.2	2:21:57.3	480	430	Sen M	183		1:05:14.8	437	1:39:04.5	462
481	38	José Carlos Melo	2:22:00.2	2:22:00.5	481	431	M50	35	Run 4 Fun	1:06:49.4	467	1:44:32.2	520
482	544	Natalya Marcheua	2:22:12.4	2:22:12.9	482	51	F45	12	Jobrinde - Montes Saloios	1:06:59.9	472	1:38:37.7	448
483	536	Humberto Cabral	2:22:17.5	2:22:18.0	483	432	M40	102	CLUBE MILLENNIUM BCP	1:08:29.3	511	1:41:49.9	483
484	722	Margarida Roque Amaro	2:22:21.6	2:22:22.1	484	52	Sen F	28		1:08:30.1	512	1:42:04.9	486
485	164	Carlos de Gouveia Freire	2:22:21.8	2:22:22.6	485	433	M40	103	ADCR Polícia Judiciária	1:08:12.6	494	1:41:26.6	479
486	257	Nuno Anastácio	2:22:22.7	2:22:23.4	486	434	Sen M	184	RunLovers	1:04:38.1	418	1:39:31.1	464
487	472	Rui Pinela	2:22:24.2	2:22:25.1	487	435	M40	104	Bladerunners	1:09:43.8	539	1:46:11.5	549
488	585	Ricardo Rodrigues	2:22:25.8	2:22:25.9	488	436	M40	105	Lis Running	1:02:50.2	371	1:37:49.2	431
489	28	Maria Da Luz Conchinha	2:22:27.3	2:22:27.4	489	53	F55	2	Clube do Stress	1:08:39.0	517	1:43:00.6	499
490	575	Jorge Pacheco	2:22:30.4	2:22:31.2	490	437	M40	106	Run Forrest Run	1:06:48.4	466	1:39:59.5	475
491	795	Rui Carneiro	2:22:32.0	2:22:32.4	491	438	M40	107	Clube ANA Lisboa	1:05:07.4	429	1:38:58.9	457
492	360	Bruno Afonso	2:22:32.6	2:22:32.6	492	439	Sen M	185		1:03:00.0	376	1:38:38.2	449
493	887	Pedro Carvalho	2:22:34.4	2:22:35.1	493	440	Sen M	186	RUNSINTRA.COM	1:10:10.6	545	1:45:47.3	541
494	886	Hugo Novais	2:22:34.8	2:22:35.2	494	441	Sen M	187	RUNSINTRA.COM	1:10:10.9	546	1:45:48.0	542
495	538	Claudio Gonçalves	2:22:54.7	2:22:55.1	495	442	Sen M	188		1:08:31.9	514	1:42:27.1	490
496	89	Bruno Miguel Neves (a)	2:22:58.9	2:22:59.9	496	443	Sen M	189		1:05:08.9	430	1:38:46.9	454
497	556	Bruno Araújo-Gomes	2:23:01.3	2:23:01.7	497	444	M40	108	RAG Family	1:08:15.2	498	1:44:10.8	508
498	746	Vasco Armes	2:23:01.3	2:23:01.8	498	445	M40	109	Carapaus de corrida	1:08:14.1	497	1:44:09.5	507
499	895	Severino Rosa	2:23:43.6	2:23:44.2	499	446	M55	20	SS CGD	1:09:05.1	528	1:42:37.6	493
500	131	Pedro Nunes	2:23:45.5	2:23:45.9	500	447	M40	110		1:08:44.6	523	1:44:20.9	515
501	647	Marco Cachinho	2:23:49.0	2:23:49.6	501	448	Sen M	190	Kaninos	1:04:19.7	410	1:41:56.0	484
502	8	Rita Fernandes	2:23:53.5	2:23:54.2	502	54	F40	8	Tartarugas Solidárias	1:08:40.9	520	1:42:28.3	491
503	24	José Caldeirinha	2:23:53.8	2:23:54.4	503	449	Sen M	191	Tartarugas Solidárias	1:07:36.0	485	1:41:40.8	481
504	753	Sandra Simões	2:23:57.5	2:23:57.8	504	55	F40	9	Run 4 Fun	1:11:07.1	567	1:45:35.5	538
505	60	Paulo Raposo	2:23:58.0	2:23:58.5	505	450	M40	111	Run 4 Fun	1:11:07.7	570	1:45:35.5	537
506	625	Pedro Mendes	2:23:58.9	2:23:59.3	506	451	Sen M	192		1:10:38.4	554	1:47:18.7	559
507	694	Roberto Silva	2:24:04.1	2:24:04.3	507	452	M40	112	Matilha Running	1:10:15.9	547	1:44:41.3	524
508	889	Joaquim Carrilho	2:24:11.8	2:24:12.3	508	453	M45	76	SS CGD	1:10:34.3	553	1:44:43.6	526
509	126	Maria José Felisardo	2:24:33.4	2:24:34.1	509	56	F45	13	ProAventuras	1:04:17.7	408	1:37:46.4	428
510	729	Sara Velho	2:24:43.7	2:24:44.6	510	57	Sen F	29	ProAventuras	1:06:54.3	469	1:44:04.1	506
511	867	Adelino Pereira	2:24:50.4	2:24:50.7	511	454	M50	36	ODEBRECHT	1:04:40.1	420	1:38:42.1	452
512	74	Cláudio Franco	2:25:12.3	2:25:13.3	512	455	Sen M	193	Dolce CR / Running Team	1:09:06.9	529	1:43:11.3	502
513	303	Nuno Lucas	2:25:14.9	2:25:15.2	513	456	M40	113	Talentos Team	1:08:05.8	491	1:42:03.9	485
514	248	Noemia Monteiro	2:25:23.1	2:25:23.9	514	58	Sen F	30	Clube do Stress	1:08:40.5	519	1:45:22.4	535
515	724	Rui Raposo	2:25:26.3	2:25:26.5	515	457	Sen M	194		1:08:44.4	522	1:45:23.9	536
516	188	João Capelo	2:25:27.3	2:25:28.2	516	458	M40	114	Matilha Running	1:06:58.3	471	1:41:35.8	480

3.º Trilho das Lampas

Finisher List 3.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos. 13.5	Pos.	
517	742	Claudia Alcaso	2:25:34.6	2:25:35.2	517	59	F40	10		1:10:18.5	550	1:45:20.0	533
518	744	Sandra Oliveira	2:26:06.4	2:26:07.4	518	60	Sen F	31		1:08:42.9	521	1:45:22.2	534
519	896	Teresa Domingues	2:26:07.7	2:26:08.3	519	61	F45	14	SS CGD	1:07:56.9	488	1:43:08.1	500
520	710	Celso Landim	2:26:26.8	2:26:27.0	520	459	Sen M	195	Wolfs	1:04:39.8	419	1:39:32.1	465
521	365	Jose Andrade	2:26:35.9	2:26:36.2	521	460	M50	37	Keep Running	1:06:01.1	458	1:39:54.5	473
522	750	Jorge Marques	2:27:01.9	2:27:02.8	522	461	M45	77	VICTORIA SEGUROS	1:09:35.6	534	1:46:02.6	545
523	252	Diogo Gamito	2:27:17.7	2:27:18.1	523	462	M45	78	Salamandrecos	1:09:42.7	537	1:44:48.6	527
524	605	Vanda Fernandes	2:27:24.6	2:27:25.3	524	62	Sen F	32	CCD Crédito Agrícola Mútuo	1:07:54.9	487	1:43:49.1	505
525	245	Carla Silva	2:27:57.2	2:27:57.3	525	63	F40	11		1:10:42.7	557	1:46:45.2	554
526	434	Nuno Netto	2:27:57.3	2:27:58.3	526	463	Sen M	196		1:09:15.7	532	1:45:11.5	529
527	40	Mauro Gonçalves	2:28:14.8	2:28:15.6	527	464	M40	115	Matilha Running	1:08:09.0	493	1:43:30.1	503
528	45	Jose Camelo	2:28:16.3	2:28:16.4	528	465	M40	116	Matilha Running	1:10:16.1	548	1:44:40.5	521
529	249	Nuno Baixinho	2:28:17.1	2:28:17.9	529	466	M40	117	RUNSOX.eu RUNNERS	1:11:06.7	566	1:48:00.6	565
530	772	João Faustino	2:28:17.6	2:28:17.9	530	467	M50	38		1:11:07.4	569	1:47:57.9	564
531	139	António Soares	2:28:18.4	2:28:18.6	531	468	Sen M	197		1:11:07.4	568	1:48:03.8	566
532	464	Vitor Cruz	2:28:18.5	2:28:19.1	532	469	M50	39	Salamandrecos	1:08:19.9	501	1:43:10.6	501
533	846	Paulo Alves	2:28:21.6	2:28:22.2	533	470	M50	40		1:09:04.5	527	1:45:08.4	528
534	228	Nuria Branco	2:28:23.9	2:28:24.6	534	64	Sen F	33	Jobrinde - Montes Saloios	1:08:39.2	518	1:45:46.3	540
535	44	Vitor Lourenço	2:28:26.6	2:28:26.9	535	471	M45	79	Jobrinde - Montes Saloios	1:09:49.6	542	1:47:02.6	556
536	609	Ricardo Viegas	2:28:44.5	2:28:45.3	536	472	Sen M	198		1:08:21.1	503	1:44:19.9	513
537	583	Diana Bonifácio	2:29:02.7	2:29:02.9	537	65	Sen F	34	Juventude Vidigalense	1:09:08.8	530	1:44:43.5	525
538	657	Diogo Claudino	2:29:22.4	2:29:23.1	538	473	Sub23	10		1:11:29.1	578	1:45:49.1	543
539	877	Nuno Ferreira	2:29:33.0	2:29:33.8	539	474	M40	118		1:13:40.4	616	1:48:51.5	573
540	558	Nuno Valada (a)	2:29:40.5	2:29:41.2	540	475	M40	119	SS CGD	1:10:41.1	556	1:46:38.6	553
541	424	Ana Correia	2:29:41.5	2:29:42.4	541	66	Sen F	35	Correr Lisboa	1:08:56.3	524	1:45:14.9	530
542	372	Rui Amaro	2:30:05.2	2:30:06.0	542	476	M40	120	Jobrinde - Montes Saloios	1:09:58.4	543	1:43:36.3	504
543	203	João Ramos	2:30:05.8	2:30:06.1	543	477	M40	121	4Client	1:09:46.2	541	1:47:38.3	562
544	376	Mario Gonçalves	2:30:13.3	2:30:14.3	544	478	M45	80	EnkostasTrail	1:08:56.4	525	1:47:11.5	558
545	268	Joaquim Miguel Gamito	2:30:16.0	2:30:16.7	545	479	M50	41		1:12:39.5	597	1:50:09.9	578
546	15	José Finuras	2:30:16.1	2:30:16.9	546	480	M40	122	MultiRunners	1:14:16.9	627	1:51:47.2	605
547	10	Catarina Lagoa	2:30:22.0	2:30:22.3	547	67	F45	15	Tartarugas Solidárias	1:10:46.3	561	1:44:27.6	518
548	462	Tiago Simenta	2:30:24.5	2:30:25.2	548	481	Sen M	199		1:08:13.5	495	1:44:40.6	522
549	516	Miguel Capela	2:30:24.6	2:30:25.4	549	482	M40	123		1:08:13.9	496	1:44:41.2	523
550	699	Luis Pedroso	2:30:27.1	2:30:27.6	550	483	M40	124		1:11:35.5	579	1:51:00.8	592
551	335	Carlos Coelho	2:30:49.6	2:30:50.4	551	484	M40	125	Falcões Selvagens	1:09:40.3	535	1:45:45.7	539
552	875	Thelmo Cunha	2:30:50.8	2:30:50.9	552	485	M50	42	ODEBRECHT	1:09:29.7	533	1:44:18.8	511
553	871	Manuel Paulo	2:30:56.8	2:30:57.7	553	486	M55	21	ODEBRECHT	1:06:17.2	462	1:42:45.1	496

3.º Trilho das Lampas

Finisher List 3.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos. 13.5	Pos.	
554	752	Joao Fonseca	2:30:58.0	2:30:58.6	554	487	M45	81	VICTORIA SEGUROS	1:10:47.7	563	1:46:58.5	555
555	873	Jorge Monteiro	2:30:59.7	2:31:00.4	555	488	M45	82	OEBRECHT	1:08:25.3	508	1:44:17.5	510
556	340	José Manuel Pinto	2:31:04.8	2:31:05.2	556	489	Sen M	200	Hot Runners	1:11:28.1	577	1:46:37.2	552
557	784	Cristina Prioste	2:31:05.7	2:31:06.4	557	68	Sen F	36	Juventude Vidigalense	1:10:46.5	562	1:46:17.2	550
558	207	Luís Dias	2:31:26.1	2:31:26.4	558	490	Sen M	201		1:10:02.0	544	1:45:19.2	532
559	308	Rui Pereira	2:31:38.1	2:31:38.5	559	491	Sen M	202	Mag8 Bike Team	1:08:19.7	500	1:44:18.9	512
560	807	Telma Ramires	2:31:46.8	2:31:46.9	560	69	Sen F	37	ATR - Algarve Trail Running	1:10:17.4	549	1:47:37.0	561
561	851	Francisco Santos	2:31:51.7	2:31:52.4	561	492	Sen M	203	West Runners	1:10:26.3	551	1:51:34.1	598
562	110	Carlos Henrique	2:31:52.3	2:31:52.5	562	493	M45	83		1:10:27.3	552	1:51:35.5	599
563	25	Paulo Onofre	2:32:03.9	2:32:04.4	563	494	M40	126	Correr Lisboa	1:13:20.1	610	1:49:48.0	576
564	655	Tita Luis	2:32:13.3	2:32:14.0	564	70	Sen F	38	Jobrinde - Montes Saloios	1:14:16.1	626	1:51:57.9	609
565	107	Hugo Santos	2:32:25.5	2:32:25.6	565	495	Sen M	204		1:13:21.9	612	1:51:37.1	600
566	796	Patricia Encarnacao	2:32:27.4	2:32:28.4	566	71	F40	12		1:12:08.4	590	1:50:55.5	589
567	608	Tiago Carvalho	2:32:29.0	2:32:29.6	567	496	Sen M	205		1:10:38.7	555	1:47:25.0	560
568	675	Raul Felix Da Costa	2:32:49.4	2:32:49.6	568	497	M55	22	ProAventuras	1:12:07.3	589	1:49:59.5	577
569	557	Célia Silva	2:32:59.6	2:32:59.9	569	72	F40	13	Juventude Vidigalense	1:12:26.7	592	1:49:46.6	575
570	920	Raquel Viegas	2:33:04.1	2:33:04.9	570	73	Sen F	39		1:13:19.5	609	1:51:44.7	602
571	192	Nuno Fidalgo	2:33:24.9	2:33:25.3	571	498	M40	127		1:08:23.9	507	1:45:16.7	531
572	741	João Serra	2:33:26.8	2:33:27.0	572	499	M40	128		1:11:10.4	571	1:48:27.7	569
573	552	Álvaro Furtado	2:33:29.0	2:33:29.9	573	500	M55	23	SS CGD	1:16:10.2	646	1:52:15.4	615
574	483	Carla Margarida Matos (a)	2:33:39.4	2:33:40.2	574	74	Sen F	40	Monsanto Running Team	1:08:30.5	513	1:49:37.9	574
575	415	Carlos Lima	2:34:00.6	2:34:01.3	576	501	M40	129	caapp	1:12:02.1	588	1:51:32.0	595
576	416	Ana Paula Lima	2:34:00.8	2:34:01.2	575	75	F40	14	caapp	1:12:01.9	587	1:51:33.4	597
577	914	Isabel Barra	2:34:17.6	2:34:18.1	577	76	F45	16	asas do milenium (o praticante)	1:11:14.3	572	1:50:55.2	588
578	692	André Veiga	2:34:31.3	2:34:31.5	578	502	Sen M	206	ARSM - Associação Recreativa de	1:09:10.7	531	1:46:02.0	544
579	427	Jorge Soares	2:34:38.5	2:34:38.9	579	503	M50	43	Falcões Selvagens	1:11:42.2	581	1:50:35.3	581
580	323	Andreia Pereira	2:34:38.6	2:34:39.0	580	77	Sen F	41	O MUNDO DA CORRIDA	1:13:17.8	606	1:50:22.0	579
581	884	Tânia Cunha	2:34:51.6	2:34:52.4	583	78	Sen F	42	Tough Trails Alenquer	1:08:04.4	490	1:47:06.3	557
582	56	Fátima Gonçalves	2:34:51.9	2:34:52.1	581	79	F45	17	Os Tugas	1:11:19.4	575	1:48:19.7	568
583	470	Luís Reis	2:34:52.0	2:34:53.0	584	504	M50	44	Falcões Selvagens	1:12:52.4	599	1:52:37.8	619
584	57	António Gonçalves	2:34:52.1	2:34:52.1	582	505	M50	45	Os Tugas	1:11:19.8	576	1:48:18.5	567
585	304	João Veigas	2:34:58.1	2:34:58.9	585	506	Sen M	207		1:12:29.6	595	1:55:59.3	643
586	560	João Correia	2:35:13.4	2:35:13.6	586	507	M50	46	SS CGD	1:12:45.4	598	1:52:12.7	614
587	531	Jorge Canhão	2:35:20.4	2:35:20.9	587	508	M55	24	CLUBE MILLENNIUM BCP	1:11:41.7	580	1:50:33.8	580
588	564	Paulo Bailao	2:35:31.2	2:35:31.9	588	509	M40	130	SS CGD	1:11:05.7	565	1:48:28.7	570
589	777	Pedro Machado	2:35:33.3	2:35:33.8	589	510	M45	84	LikeRun	1:08:37.0	516	1:46:28.1	551
590	781	Pedro Bretes	2:35:33.3	2:35:33.8	590	511	M45	85		1:15:08.6	637	1:53:31.8	626

3.º Trilho das Lampas

Finisher List 3.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos. 13.5	Pos.	
591	526	Fernando Sousa	2:35:38.8	2:35:39.4	591	512	M45	86	CLUBE MILLENNIUM BCP	1:07:41.1	486	1:44:31.2	519
592	658	Frederico Marcelino	2:35:49.6	2:35:50.4	592	513	Sen M	208	20Km's Almeirim - Desportos de	1:14:26.1	630	1:52:36.6	618
593	445	Bruno Martins	2:35:53.9	2:35:54.2	593	514	Sub23	11	Diverinstal	1:08:27.5	509	1:46:04.0	546
594	641	Rute Fernandes	2:35:54.0	2:35:54.9	594	80	Sen F	43		1:14:00.7	623	1:53:38.4	629
595	571	Maria Rita Pedrosa	2:36:02.5	2:36:03.4	595	81	Sen F	44	Juventude Vidigalense	1:12:28.4	594	1:50:38.1	583
596	696	Rita Dias	2:36:02.8	2:36:03.5	596	82	F40	15	NEL - Pédatleta	1:12:28.0	593	1:50:37.5	582
597	689	Ricardo Silva Ferreira	2:36:14.6	2:36:15.2	598	515	Sen M	209		1:08:19.6	499	1:46:10.9	548
598	640	Carlos Lopes	2:36:14.8	2:36:14.9	597	516	Sen M	210		1:08:20.2	502	1:46:10.0	547
599	594	Fernando Brandão	2:36:24.8	2:36:25.1	599	517	M50	47	ARTNISPORT	1:12:01.4	586	1:50:47.9	587
600	593	Gonçalo Oliveira	2:36:25.0	2:36:25.3	600	518	Sen M	211	ARTNISPORT	1:12:01.0	585	1:50:47.9	586
601	790	Pedro Prudencio	2:36:26.8	2:36:27.6	601	519	M45	87	Freddy	1:14:06.3	624	1:51:01.8	593
602	902	Ana Silva	2:36:44.6	2:36:45.4	602	83	Sen F	45	Rail Runners	1:11:46.4	584	1:52:04.2	611
603	758	Cláudia Sousa (a)	2:36:57.0	2:36:57.1	603	84	Sen F	46	Monsanto Running Team	1:17:37.7	669	1:55:02.7	635
604	441	Mario Santos (a)	2:36:57.1	2:36:57.4	604	520	M50	48	Associação Desportiva Real	1:17:37.3	668	1:55:01.3	633
605	471	Marco António Francisco	2:37:06.1	2:37:06.9	605	521	Sen M	212		1:11:18.1	574	1:48:42.5	571
606	677	Ruca Moreira	2:37:13.7	2:37:14.5	606	522	M45	88	ProAventuras	1:09:01.7	526	1:47:52.4	563
607	582	Maria Albertina Silva	2:37:28.0	2:37:28.7	607	85	F50	5	Juventude Vidigalense	1:13:55.5	619	1:51:41.2	601
608	111	Filipa Da Gama	2:37:30.7	2:37:31.4	608	86	F40	16	ProAventuras	1:13:10.9	602	1:52:11.8	613
609	337	Francisco Silva	2:37:49.8	2:37:49.9	609	523	M50	49	Falcões Selvagens	1:12:52.5	600	1:52:41.4	620
610	664	Eduardo Alves	2:37:50.3	2:37:51.2	610	524	Sen M	213	Chafariz Running Team	1:13:57.3	621	1:51:47.8	606
611	789	Anabela Pacheco	2:38:04.4	2:38:05.2	611	87	F40	17		1:14:19.8	628	1:51:45.0	603
612	325	Carlos Pinto Coelho	2:38:05.0	2:38:05.3	612	525	M50	50	O MUNDO DA CORRIDA	1:14:20.2	629	1:51:46.2	604
613	177	Andrea Neves (a)	2:38:09.8	2:38:09.9	613	88	Sen F	47		1:17:55.7	673	1:58:46.1	659
614	865	Bernardete Morita	2:38:09.8	2:38:09.9	614	89	F40	18	Salamandrecos	1:17:56.2	674	1:58:41.3	658
615	176	Ricardo Moreira	2:38:16.5	2:38:17.4	615	526	M40	131	Rail Runners	1:13:18.9	607	1:50:59.4	591
616	175	Mónica Junqueira	2:38:17.2	2:38:17.5	616	90	Sen F	48	Rail Runners	1:13:19.5	608	1:50:59.3	590
617	737	Alexandre Pinto	2:38:27.9	2:38:28.6	617	527	Sen M	214		1:10:43.1	558	1:50:42.9	584
618	720	Isabel Félix	2:38:28.7	2:38:29.1	618	91	F40	19	Monsanto Running Team	1:10:43.9	560	1:50:43.0	585
619	836	Vasco Carril	2:38:36.3	2:38:36.5	619	528	Sen M	215		1:13:04.8	601	1:51:05.3	594
620	904	José Catita	2:38:36.6	2:38:36.9	620	529	M55	25	GARMIN - C.O. Oeiras	1:16:51.0	651	1:53:14.6	624
621	456	Joana Ferreira	2:38:37.1	2:38:37.9	621	92	Sen F	49	20Km's Almeirim - Desportos de	1:14:27.0	631	1:52:44.5	622
622	43	Rui Barbosa	2:39:00.1	2:39:00.1	622	530	M40	132	Matilha Running	1:13:51.2	617	1:52:11.1	612
623	732	Cláudia Philippart	2:39:12.9	2:39:13.1	623	93	F45	18		1:13:21.0	611	1:52:43.7	621
624	626	M.rosário Barros	2:39:15.9	2:39:16.7	624	94	F45	19	Juventude Vidigalense	1:15:00.8	635	1:53:10.8	623
625	555	Alexandre Costa	2:39:17.6	2:39:18.4	626	531	M40	133	Pernetas Runners	1:15:33.5	641	1:55:22.7	640
626	554	Carlos Dores	2:39:18.4	2:39:18.4	625	532	M45	89	Pernetas Runners	1:15:33.8	642	1:55:22.4	639
627	339	Manuela Folgado	2:39:19.5	2:39:20.0	627	95	F60	1	Falcões Selvagens	1:13:56.7	620	1:55:19.5	638

3.º Trilho das Lampas

Finisher List 3.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos. 13.5	Pos.	
628	162	Sandra Cardoso	2:39:21.3	2:39:22.2	628	96	F40	20		1:13:22.4	614	1:52:20.6	616
629	627	Sarah Musgrave	2:39:35.0	2:39:35.3	629	97	F40	21	Jobrinde - Montes Saloios	1:18:01.2	677	1:55:14.8	637
630	225	Mafalda Faria	2:39:35.2	2:39:35.6	630	98	Sen F	50	Vadiagem	1:18:01.2	676	1:55:13.5	636
631	822	Joana Saraiva	2:40:22.7	2:40:23.0	631	99	Sen F	51	Georunners	1:12:21.4	591	1:51:49.6	607
632	159	Luis Afonso	2:40:22.8	2:40:23.2	632	533	M40	134	Georunners	1:12:32.4	596	1:51:50.4	608
633	840	Débora Ferreira	2:41:01.2	2:41:01.3	633	100	Sen F	52	Escaravelhos Team	1:13:16.4	605	1:52:35.3	617
634	355	João Fernandes	2:42:20.1	2:42:20.3	634	534	M50	51		1:13:55.5	618	1:53:24.4	625
635	480	Jorge Vieira	2:42:20.2	2:42:20.3	635	535	Sen M	216		1:17:30.6	665	1:57:50.4	654
636	469	Rui Vieitas	2:42:21.1	2:42:21.9	636	536	Sen M	217	Fat Old Dudes	1:17:29.9	663	1:57:49.4	653
637	551	Rui Pereira	2:42:35.2	2:42:35.3	637	537	M45	90	Falcões Selvagens	1:15:10.3	639	1:55:33.9	642
638	328	José Henriques Silva (a)	2:42:47.7	2:42:48.6	638	538	M60	10	Hot Runners	1:17:12.1	659	1:57:38.0	652
639	545	Antonio Luis (a)	2:43:36.9	2:43:37.5	640	539	M45	91	Jobrinde - Montes Saloios	1:13:14.0	603	1:48:50.7	572
640	401	Armando Costa	2:43:37.3	2:43:37.5	639	540	M40	135	Jobrinde - Montes Saloios	1:13:22.1	613	1:52:03.9	610
641	584	José Alípio	2:43:41.2	2:43:42.1	642	541	M45	92	MultiRunners	1:17:02.6	654	1:56:13.9	644
642	783	Manuel Alves	2:43:41.6	2:43:41.7	641	542	Sen M	218		1:16:48.6	650	1:56:33.3	647
643	534	Marcos Noritake	2:43:41.8	2:43:42.3	643	543	M45	93	CLUBE MILLENNIUM BCP	1:17:02.5	653	1:56:15.5	645
644	144	Ricardo Mendes	2:43:51.5	2:43:51.9	644	544	M40	136	CLUBE MILLENNIUM BCP	1:16:51.6	652	1:56:41.1	648
645	383	Joaquim Maria	2:43:57.4	2:43:58.4	645	545	Sen M	219	Frufresh Runners	1:16:36.8	647	1:54:55.5	631
646	632	Tam Afonso	2:44:14.4	2:44:15.3	646	546	M60	11	Açoreana Club Banif	1:11:16.3	573	1:51:32.0	596
647	581	Rita Monteiro	2:44:47.9	2:44:48.7	648	101	Sen F	53	Põe-Te a Milhas	1:15:08.6	636	1:58:03.1	655
648	591	Teresa Marta	2:44:48.1	2:44:48.4	647	102	F40	22	Põe-Te a Milhas	1:15:09.6	638	1:58:04.3	656
649	616	Maria Fatima Fernandes	2:44:54.0	2:44:54.5	649	103	F50	6	GD CIMPOR	1:17:08.3	657	1:55:23.9	641
650	709	Ricardo Ferreira	2:44:58.3	2:44:58.9	650	547	M40	137	O Trail Mesmo da Street	1:11:43.3	582	1:53:35.8	628
651	708	Ricardo Medeiros	2:44:59.1	2:44:59.1	651	548	Sen M	220	O Trail Mesmo da Street	1:11:46.0	583	1:53:34.8	627
652	351	Goncalo Lince	2:45:03.9	2:45:04.4	652	549	Sen M	221	Salamandrecos	1:19:30.5	690	2:03:56.8	687
653	53	Joaquim Adelino	2:45:14.8	2:45:15.4	653	550	M60	12	Amigos Vale Silêncio	1:16:44.3	648	1:59:13.3	663
654	740	Ana Pereira	2:45:14.9	2:45:15.4	654	104	F45	20		1:16:44.5	649	1:59:14.4	664
655	152	Rita Santos	2:45:36.9	2:45:37.7	655	105	Sen F	54		1:15:53.6	644	1:55:01.8	634
656	108	Sónia Ribeiro	2:46:00.9	2:46:01.6	656	106	F40	23	POWER RANGERS	1:17:07.3	655	1:59:55.1	666
657	98	Bruno Silva	2:46:01.1	2:46:01.7	657	551	Sen M	222		1:17:07.4	656	1:59:56.2	667
658	498	António Guedes	2:46:37.4	2:46:38.2	658	552	M40	138	Açoreana Club Banif	1:13:14.7	604	1:54:27.0	630
659	580	Tiago Cerqueira	2:47:33.6	2:47:34.1	661	553	Sen M	223		1:14:37.2	633	1:57:32.4	651
660	233	António Franco (a)	2:47:33.7	2:47:34.1	660	554	Sen M	224		1:14:36.9	632	1:57:30.3	650
661	912	David Silva	2:47:33.8	2:47:34.0	659	555	M50	52	asas do milenium (o praticante)	1:15:31.7	640	1:58:06.5	657
662	874	Sandra Letras	2:47:34.9	2:47:35.6	662	107	Sen F	55	ODEBRECHT	1:19:00.1	687	2:00:07.6	669
663	827	Fernando Pedro	2:47:37.6	2:47:38.1	663	556	M40	139	Winners Team TR	1:14:09.6	625	1:54:59.0	632
664	906	Nuno Bastos	2:47:39.6	2:47:39.7	664	557	M40	140		1:17:56.3	675	2:00:30.8	671

3.º Trilho das Lampas

Finisher List 3.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos. 13.5	Pos.	
665	103	Analice Silva	2:47:52.2	2:47:52.8	665	108	F60	2	O MUNDO DA CORRIDA	1:18:41.7	682	2:03:19.8	686
666	894	Rui Santos	2:47:52.4	2:47:52.8	666	558	M45	94	SS CGD	1:13:32.1	615	1:56:22.4	646
667	518	Eduardo Pinto	2:48:17.9	2:48:18.3	667	559	M45	95	CLUBE MILLENNIUM BCP	1:14:50.8	634	1:57:01.4	649
668	29	José Conchinha	2:48:49.5	2:48:50.1	668	560	M60	13	Clube do Stress	1:17:50.2	672	1:59:21.4	665
669	588	Lizete Heleno	2:49:49.7	2:49:50.0	669	109	F45	21	Juventude Vidigalense	1:21:25.3	709	2:01:32.2	677
670	682	Graça Fernandes	2:49:49.9	2:49:50.0	670	110	F40	24	Juventude Vidigalense	1:18:49.5	684	2:01:15.5	675
671	388	José Moura	2:49:50.3	2:49:50.7	671	561	M45	96	Falcões Selvagens	1:20:08.3	692	2:02:47.1	682
672	665	Cesar Domingos Diogo	2:50:36.4	2:50:37.0	672	562	Sen M	225	Bexexa Team	1:22:05.5	720	2:00:47.0	672
673	473	Nuno Minezes	2:51:04.9	2:51:05.8	673	563	M45	97	Bladerunners	1:19:32.0	691	2:02:19.1	679
674	142	Hugo Teixeira	2:51:07.3	2:51:07.8	674	564	Sen M	226	POWER RANGERS	1:17:08.8	658	2:01:21.4	676
675	197	Luis Rebelo	2:51:24.5	2:51:25.3	675	565	Sen M	227	Diverinstal	1:21:55.0	717	2:07:40.3	714
676	219	Natália Alexandre	2:51:51.6	2:51:51.8	676	111	Sen F	56	AC Portalegre / UTM	1:20:28.7	698	2:02:50.6	683
677	311	Nuno Loureiro	2:52:08.3	2:52:08.6	677	566	M45	98	Falcões Selvagens	1:20:36.6	701	2:04:04.4	688
678	99	Raquel Quintas (a)	2:52:25.0	2:52:25.7	679	112	Sen F	57	POWER RANGERS	1:17:46.4	671	2:04:46.9	695
679	94	Sérgio Pedro	2:52:25.6	2:52:25.7	678	567	Sen M	228	POWER RANGERS	1:17:45.9	670	2:04:48.1	696
680	357	Saida Morais	2:53:06.9	2:53:07.7	680	113	F40	25	Active people	1:22:47.1	723	2:05:19.0	700
681	352	Rui Antão	2:53:15.1	2:53:16.0	682	568	M40	141		1:17:27.6	660	1:59:02.3	662
682	354	Tito Ferreira	2:53:15.5	2:53:16.1	683	569	M50	53		1:17:27.9	662	1:59:00.0	661
683	96	Luciano Marques	2:53:15.8	2:53:15.9	681	570	M55	26		1:17:27.7	661	1:58:48.8	660
684	615	Maria Goreti Fernandes	2:53:38.6	2:53:39.6	684	114	F50	7	GD CIMPOR	1:23:12.2	737	2:07:37.2	713
685	485	Maria Puga	2:53:52.5	2:53:52.8	685	115	F50	8	O MUNDO DA CORRIDA	1:20:13.9	696	2:02:21.1	680
686	739	Pedro Ribeiro	2:54:31.4	2:54:32.3	686	571	Sen M	229	Run 4 Fun	1:19:14.4	688	2:04:08.7	689
687	756	Ruben Costa	2:54:33.9	2:54:34.6	687	572	M50	54	Run 4 Fun	1:19:14.6	689	2:04:10.0	690
688	244	Fábio Batista	2:55:41.1	2:55:41.4	688	573	Sen M	230		1:22:51.5	727	2:12:23.5	747
689	643	José Ferreira	2:55:44.2	2:55:45.1	689	574	M50	55	Juventude Vidigalense	1:18:39.4	680	2:03:09.7	685
690	644	Teresa Ferreira	2:55:44.5	2:55:45.2	690	116	F45	22	Juventude Vidigalense	1:18:40.4	681	2:03:08.9	684
691	363	Luis Parro	2:56:17.1	2:56:17.6	691	575	M50	56	Monsanto Running Team	1:14:00.4	622	2:00:51.0	673
692	916	Gisela Padre	2:56:29.7	2:56:30.0	692	117	F40	26		1:20:16.6	697	2:02:39.3	681
693	270	Rui Alves	2:56:33.3	2:56:34.3	695	576	M40	142	Kangurus S.A.	1:20:50.6	706	2:06:22.7	705
694	333	Sérgio Seixo	2:56:33.9	2:56:34.1	694	577	M40	143	Kangurus S.A.	1:20:51.6	708	2:06:01.5	703
695	76	Sara Fulgêncio	2:56:34.1	2:56:34.1	693	118	Sen F	58	Kangurus S.A.	1:20:50.8	707	2:06:22.4	704
696	801	João Pinto	2:56:44.4	2:56:45.2	696	578	M50	57	G A Monsanto Gascan	1:21:50.9	714	2:07:12.8	710
697	800	Antonio Pardal	2:56:44.5	2:56:45.5	698	579	M55	27	G A Monsanto Gascan	1:21:50.1	713	2:07:01.3	708
698	799	Nuno Antunes	2:56:45.2	2:56:45.3	697	580	Sen M	231	G A Monsanto Gascan	1:21:52.3	716	2:07:05.5	709
699	798	Luis Antunes	2:56:45.8	2:56:45.9	699	581	M50	58	G A Monsanto Gascan	1:21:51.8	715	2:07:15.3	711
700	431	Cláudia Garcia	2:57:07.5	2:57:08.4	700	119	Sen F	59	Correr Lisboa	1:24:30.3	751	2:11:47.9	740
701	842	Susana Mourato	2:57:07.9	2:57:08.8	701	120	Sen F	60		1:22:25.5	721	2:04:51.9	697

3.º Trilho das Lampas

Finisher List 3.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos. 13.5	Pos.	
702	702	Paulo Rodrigues	2:57:26.7	2:57:26.8	702	582	M50	59	Falcões Selvagens	1:20:37.5	702	2:04:19.2	691
703	614	João Ferreira	2:58:11.1	2:58:12.0	703	583	M40	144	GD CIMPOR	1:23:13.5	738	2:07:36.9	712
704	883	Teresa Marcelino	2:58:25.1	2:58:25.5	704	121	F40	27	Talentos Team	1:22:54.4	730	2:05:39.4	702
705	832	Maria Rebelo	2:58:25.7	2:58:25.7	705	122	Sen F	61	Salamandrecos	1:18:48.0	683	2:05:09.7	699
706	833	Tiago Reis	2:58:25.9	2:58:26.4	706	584	Sen M	232	Salamandrecos	1:18:37.1	679	2:05:07.8	698
707	497	Luis Belbute	2:59:13.3	2:59:14.0	707	585	M45	99		1:24:23.6	747	2:09:48.2	732
708	705	Carolina Manuel	2:59:13.8	2:59:14.1	708	123	F40	28	O MUNDO DA CORRIDA	1:22:55.2	731	2:09:44.3	731
709	496	Cristina Barbosa	2:59:14.2	2:59:14.2	709	124	F40	29		1:24:25.1	748	2:09:55.9	733
710	489	Ira Litwinoff	3:00:02.3	3:00:02.7	710	125	F50	9	CCD Siemens	1:18:55.3	686	2:04:26.0	692
711	487	Carlos Cagica	3:00:02.6	3:00:02.9	711	586	M50	60	CCD Siemens	1:18:55.2	685	2:04:26.2	693
712	167	Jacinta Almeida	3:00:08.2	3:00:09.1	713	126	F50	10	Rail Runners	1:21:32.0	710	2:08:05.2	720
713	35	Luís Ferreira	3:00:08.7	3:00:09.1	712	587	M45	100	Rail Runners	1:17:36.3	667	2:08:07.2	721
714	399	Liliana Monteiro	3:00:22.4	3:00:23.2	715	127	Sen F	62	Sporting	1:20:49.6	705	2:07:46.2	715
715	389	Otelinda Sousa	3:00:23.0	3:00:23.1	714	128	Sen F	63		1:20:49.6	704	2:07:48.1	716
716	78	Maria Marques	3:00:46.3	3:00:46.9	716	129	F40	30		1:24:40.1	756	2:11:39.1	739
717	285	Alice Capelas	3:01:35.4	3:01:35.9	717	130	Sen F	64		1:17:33.5	666	2:01:41.9	678
718	283	Hugo Ribeiro	3:01:41.2	3:01:41.7	718	588	Sen M	233		1:21:46.4	712	2:08:04.5	719
719	868	Antonio Alves	3:02:00.7	3:02:01.1	719	589	M55	28	OEBRECHT	1:22:53.8	729	2:08:21.9	722
720	728	Dinis Neves	3:02:27.0	3:02:27.2	720	590	Sen M	234	20Km's Almeirim - Desportos de	1:20:08.9	693	2:04:33.8	694
721	278	Ana Alpalhão	3:02:35.1	3:02:35.7	722	131	F40	31		1:22:50.5	726	2:07:54.1	717
722	279	Vasco Alpalhão	3:02:35.1	3:02:35.3	721	591	M45	101		1:22:48.2	724	2:07:54.6	718
723	563	Patricia Caixinha	3:03:29.9	3:03:30.0	723	132	Sen F	65	SS CGD	1:23:53.4	742	2:09:27.5	729
724	621	Vitor Gonçalves	3:03:42.8	3:03:43.7	724	592	M45	102	4 ao Km	1:24:01.4	745	2:12:04.7	743
725	620	Isadora Costa	3:03:43.4	3:03:44.2	726	133	Sen F	66	4 ao Km	1:24:02.7	746	2:12:10.7	744
726	731	João Cravo	3:03:43.5	3:03:44.1	725	593	Sen M	235	4 ao Km	1:24:01.0	744	2:11:50.3	741
727	811	Rui Cortes	3:04:24.9	3:04:25.0	727	594	M40	145		1:24:38.3	754	2:10:50.1	738
728	548	Patricia Viegas (a)	3:04:51.2	3:04:51.8	728	134	Sen F	67		1:24:39.4	755	2:12:02.0	742
729	37	Sandra Filipe	3:05:34.5	3:05:34.7	729	135	F40	32	Rail Runners	1:22:31.8	722	2:08:23.1	723
730	369	Fernando Luís	3:06:03.9	3:06:04.3	732	595	M50	61	Sintra Trilhos	1:24:28.0	750	2:12:18.0	746
731	368	Claudia Amaral	3:06:04.0	3:06:04.1	730	136	F40	33	Sintra Trilhos	1:24:27.9	749	2:12:17.4	745
732	611	Paula Bengala	3:06:04.2	3:06:04.2	731	137	Sen F	68	Tartarugas Solidárias	1:23:15.0	739	2:08:59.3	725
733	277	Andreia Paulo	3:06:28.4	3:06:29.3	734	138	Sen F	69	Atletas do Ribatejo	1:20:11.1	694	2:06:51.5	707
734	317	Luis Paulo	3:06:29.1	3:06:29.2	733	596	M55	29		1:20:11.9	695	2:06:49.2	706
735	684	Raquel Valente	3:06:31.0	3:06:31.5	735	139	Sen F	70		1:22:55.4	732	2:09:37.8	730
736	825	Carlos Morais	3:06:43.5	3:06:44.1	736	597	M45	103	Winners Team TR	1:25:43.5	760	2:14:15.7	753
737	429	Leonor Gomes	3:06:51.7	3:06:52.5	738	140	Sen F	71	CHALEIRINHA	1:20:38.3	703	2:09:25.1	728
738	793	Alexandre Rodrigues	3:06:51.7	3:06:52.3	737	598	Sen M	236		1:20:30.9	699	2:09:18.6	726

3.º Trilho das Lampas

Finisher List 3.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos. 13.5	Pos.	
739	430	Paulo Barria	3:06:52.7	3:06:52.8	739	599	Sen M	237		1:20:31.6	700	2:09:20.8	727
740	529	Rosimeire Serafim	3:08:02.3	3:08:03.3	740	141	F45	23	CLUBE MILLENNIUM BCP	1:22:49.3	725	2:10:14.7	734
741	522	Ana Cristina Lopes (a)	3:08:02.8	3:08:03.5	741	142	F45	24	CLUBE MILLENNIUM BCP	1:23:11.5	736	2:10:22.7	735
742	570	Susana Santos	3:08:31.4	3:08:32.3	742	143	Sen F	72		1:24:31.4	753	2:12:36.6	749
743	911	André Ornelas	3:08:31.9	3:08:32.3	743	600	Sen M	238	Correr Lisboa	1:24:30.4	752	2:12:37.9	750
744	243	Carla Pinto	3:08:42.7	3:08:43.0	744	144	F40	34		1:24:00.7	743	2:12:55.7	752
745	451	João Melo	3:10:27.0	3:10:28.0	745	601	M50	62	ECOrredor	1:15:52.4	643	2:00:05.3	668
746	690	Tiago Almeida	3:10:27.9	3:10:28.3	746	602	Sen M	239	ECOrredor	1:15:53.6	645	2:00:08.0	670
747	869	Joaquim Simão	3:10:44.2	3:10:44.8	747	603	M50	63	ODEBRECHT	1:18:20.2	678	2:05:30.7	701
748	241	Luis Rosa	3:10:49.0	3:10:49.3	748	604	Sen M	240	Diverinstal	1:21:58.1	719	2:10:41.3	737
749	199	Vasco Sousa	3:10:49.7	3:10:50.4	749	605	Sen M	241	Diverinstal	1:21:56.5	718	2:10:40.5	736
750	66	Vitor Pimenta	3:10:55.5	3:10:56.0	750	606	M45	104	ARSM - Associação Recreativa de	1:26:47.7	764	2:14:40.3	754
751	288	André Velez	3:11:36.9	3:11:37.7	751	607	Sen M	242	Os Trinca-Espinhas	1:25:44.0	761	2:12:29.6	748
752	870	Luis Santos	3:12:21.3	3:12:21.8	752	608	M55	30	ODEBRECHT	1:21:44.7	711	2:08:43.8	724
753	703	Filipe Mestre	3:12:55.3	3:12:56.2	753	609	Sen M	243		1:24:48.5	757	2:12:46.8	751
754	166	David Freitas	3:13:48.9	3:13:49.5	754	610	M45	105	ADCR Polícia Judiciária	1:25:23.2	758	2:16:03.5	755
755	165	Aida Freitas	3:13:49.1	3:13:49.7	755	145	F40	35	ADCR Polícia Judiciária	1:25:23.6	759	2:16:06.9	756
756	630	Idalina Madeira	3:13:59.6	3:14:00.5	759	146	F50	11	Açoreana Club Banif	1:22:56.6	733	2:17:36.3	757
757	629	Cláudia Tam	3:14:00.0	3:14:00.5	758	147	Sen F	73	Açoreana Club Banif	1:23:01.3	734	2:17:43.3	759
758	503	Antonio Jorge (a)	3:14:00.2	3:14:00.4	756	611	M60	14	Açoreana Club Banif	1:23:02.1	735	2:17:41.6	758
759	505	Helena Santos (a)	3:14:00.3	3:14:00.4	757	148	F50	12	Açoreana Club Banif	1:22:53.5	728	2:17:44.1	760
760	792	Pedro Teixeira	3:14:00.5	3:14:00.8	760	612	Sen M	244	Tough Trails Alenquer	1:27:45.1	774	2:17:46.0	761
761	815	Inês Machado	3:14:38.7	3:14:39.7	761	149	Sen F	74	Hot Runners	1:23:47.9	741	2:17:49.5	764
762	298	Mayer Raposo	3:15:52.0	3:15:52.3	762	613	M60	15	Associação de Atletismo Lebres do	1:17:30.3	664	2:00:58.5	674
763	872	Luisa Alves	3:15:54.3	3:15:54.5	763	150	Sen F	75	ODEBRECHT	1:29:46.6	787	2:18:16.0	766
764	386	Sandra Carvalho	3:15:54.9	3:15:55.8	764	151	F40	36	Hot Runners	1:26:49.0	765	2:17:49.2	762
765	623	Jorge Silva	3:15:55.2	3:15:56.0	765	614	M40	146	Hot Runners	1:26:49.3	766	2:17:49.4	763
766	761	José Recto	3:17:45.2	3:17:46.1	767	615	M45	106	conndor runner's	1:27:24.2	768	2:18:27.8	767
767	763	João Nunes	3:17:45.5	3:17:46.1	768	616	M50	64	conndor runner's	1:27:24.1	767	2:18:49.8	769
768	450	João Verissimo	3:17:45.6	3:17:46.1	766	617	M55	31		1:27:28.2	769	2:18:37.6	768
769	660	Sónia Envia	3:18:28.3	3:18:29.0	770	152	Sen F	76	Chafariz Running Team	1:26:11.6	762	2:24:06.2	787
770	662	Anabela Santos	3:18:28.3	3:18:28.7	769	153	F45	25	Chafariz Running Team	1:26:12.2	763	2:24:08.4	789
771	663	Cláudia Envia	3:18:28.4	3:18:29.1	772	154	Sen F	77	Chafariz Running Team	1:32:06.8	792	2:24:07.6	788
772	481	Carla Pinto Fernandes	3:18:28.6	3:18:29.1	771	155	Sen F	78	Correr Lisboa	1:32:07.2	793	2:23:37.6	786
773	661	Álvaro Marujeiro	3:18:29.0	3:18:29.2	773	618	M40	147	Chafariz Running Team	1:23:28.8	740	2:23:26.1	785
774	653	Ana Catarina Freire	3:19:01.0	3:19:01.0	774	156	Sen F	79		1:30:17.3	788	2:18:05.4	765
775	151	Miguel Pisco	3:19:27.8	3:19:28.5	775	619	M50	65	Salamandrecos	1:27:54.6	777	2:22:08.8	777

3.º Trilho das Lampas

Finisher List 3.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos. 13.5	Pos.	
776	757	Susana Rodrigues Palma (a)	3:19:28.0	3:19:28.6	776	157	Sen F	80		1:28:02.1	778	2:22:25.3	779
777	726	Goreti Silva	3:19:28.6	3:19:28.7	777	158	Sen F	81	Desnível Positivo	1:27:53.4	776	2:22:14.0	778
778	559	Dora Pires	3:21:03.1	3:21:04.0	778	159	F50	13	SS CGD	1:28:22.1	780	2:22:38.3	782
779	331	André Reis	3:21:16.8	3:21:17.3	779	620	Sen M	245	POWER RANGERS	1:28:02.2	779	2:20:18.4	775
780	766	Otilia Rosado	3:21:52.0	3:21:52.5	780	160	F40	37	Vila Seca Running Team	1:28:23.5	781	2:22:54.4	783
781	409	Isabel Matela	3:22:52.3	3:22:53.0	781	161	F45	26	Frufresh Runners	1:28:56.4	785	2:23:17.5	784
782	155	Paulo Figueiredo	3:24:25.8	3:24:26.7	782	621	M50	66		1:34:00.9	795	2:22:27.7	780
783	21	João Pereira	3:24:28.8	3:24:29.5	783	622	M45	107	MultiRunners	1:34:00.4	794	2:22:28.1	781
784	510	Andreia de Oliveira	3:25:26.2	3:25:27.1	784	162	Sen F	82	Georunners	1:27:39.5	770	2:19:32.2	770
785	163	Carla Duarte	3:25:26.6	3:25:27.4	786	163	F40	38	Tartarugas Solidárias	1:27:40.0	771	2:19:46.9	772
786	578	Emilia Janela	3:25:26.6	3:25:27.4	787	164	F50	14	Tartarugas Solidárias	1:27:45.6	775	2:20:02.4	774
787	161	Rui Duarte	3:25:26.9	3:25:27.6	788	623	M40	148	Tartarugas Solidárias	1:27:43.0	773	2:19:46.7	771
788	457	Maria Sá Pinto (a)	3:25:27.1	3:25:27.2	785	165	Sen F	83	Jobrinde - Montes Saloios	1:27:41.2	772	2:19:59.9	773
789	618	Teresa Aranha	3:25:44.9	3:25:45.8	789	166	F40	39		1:31:02.8	789	2:24:12.4	790
790	237	Filipe Sousa	3:26:13.3	3:26:13.5	790	624	Sen M	246	GO!Runners	1:28:52.0	784	2:21:14.8	776
791	361	Rui Afonso	3:35:27.2	3:35:27.9	791	625	M40	149	Afonsinos	1:34:50.7	796	2:30:25.3	792
792	145	João Lourenço (a)	3:40:26.3	3:40:27.0	792	626	M50	67	Salamandrecos	1:31:29.8	791	2:37:52.5	794
793	147	António Pedro Santos	3:40:26.7	3:40:27.0	793	627	M40	150	Salamandrecos	1:31:29.3	790	2:37:52.2	793
794	879	Catarina Rolo	3:42:41.3	3:42:42.3	795	167	Sen F	84		1:28:47.9	782	2:39:41.9	796
795	878	Cátia Câmara	3:42:41.6	3:42:42.3	794	168	Sen F	85		1:28:48.3	783	2:39:41.8	795
796	606	Victor Lobo	3:47:42.2	3:47:42.8	796	628	M40	151	CCD Crédito Agrícola Mútuo	1:28:57.0	786	2:29:37.0	791
797	688	Pedro Jaime	3:49:53.3	3:49:54.0	798	629	M45	108	Hot Runners	1:37:44.3	797	2:43:30.1	797
798	814	Diana Nunes	3:49:53.6	3:49:53.8	797	169	Sen F	86	Hot Runners	1:37:45.3	798	2:43:31.0	798

Number of records: 798

3.º Trilho das Lampas

Result List AG 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
3.º Trilho das Lampas												
m												
Sénior Masculino												
1	900	Jose Gaspar	1:21:57.3	m	1	Sénior Masculino	1	Clube de Atletismo Odimarq	0:39:20.9	1	0:57:34.4	1
2	216	Luis Semedo	1:24:00.9	m	2	Sénior Masculino	2	AC Portalegre / UTSM	0:40:48.3	3	0:59:20.6	2
3	859	Nelson Graça	1:26:48.2	m	5	Sénior Masculino	3	RUN.pt	0:42:18.3	6	1:02:02.1	7
4	805	Jorge António	1:27:08.9	m	7	Sénior Masculino	4	ATR - Algarve Trail Running	0:41:38.4	5	1:00:58.8	5
5	407	Paulo Teixeira	1:30:28.1	m	9	Sénior Masculino	5	Gondomar Futsal Clube	0:43:24.4	8	1:03:56.5	9
6	247	Ricardo Ferreira	1:33:14.0	m	13	Sénior Masculino	6	ARSM - Associação Recreativa de	0:44:42.9	11	1:05:22.2	11
7	215	Luís Malheiro	1:33:18.5	m	14	Sénior Masculino	7	AC Portalegre / UTSM	0:45:51.0	19	1:06:22.3	14
8	824	Joaquim Rodrigues	1:33:21.6	m	15	Sénior Masculino	8	Os Trinca-Espinhas	0:46:07.1	22	1:06:38.8	16
9	1	Tiago Aragão	1:33:55.5	m	16	Sénior Masculino	9	CTAD - Trilhos de Cinfães	0:45:47.0	17	1:06:12.6	12
10	296	Miguel A. V. Ribeiro	1:34:23.3	m	17	Sénior Masculino	10	"Os Saramagos"	0:46:27.7	26	1:07:36.1	21
11	92	Nuno Torres	1:34:39.4	m	19	Sénior Masculino	11	ProAventuras	0:45:25.2	14	1:06:38.0	15
12	676	Nelson Valente	1:35:26.5	m	22	Sénior Masculino	12	ProAventuras	0:46:21.6	25	1:07:44.8	23
13	125	Tiago Rovisco	1:35:31.5	m	23	Sénior Masculino	13	ProAventuras	0:46:45.3	27	1:07:47.9	25
14	622	Paulo Duarte	1:36:01.0	m	25	Sénior Masculino	14	Juventude Vidigalense	0:46:03.9	21	1:07:10.5	20
15	49	Nelson Amaral	1:36:33.9	m	27	Sénior Masculino	15	CTAD - Trilhos de Cinfães	0:47:01.1	29	1:08:15.3	28
16	849	Janício Reis	1:36:52.3	m	28	Sénior Masculino	16	Casa do Benfica de Algueirão	0:45:38.7	15	1:06:49.0	17
17	381	Nelson Constantino	1:38:14.2	m	34	Sénior Masculino	17	Eléctrico Futebol Clube	0:47:38.2	34	1:09:40.2	33
18	806	André Duarte	1:40:06.0	m	41	Sénior Masculino	18	ATR - Algarve Trail Running	0:48:08.6	39	1:10:19.5	39
19	612	Bruno Dias	1:40:41.3	m	46	Sénior Masculino	19	Adraga BTTeam	0:48:51.1	53	1:11:51.6	58
20	129	Nuno Cruz	1:40:47.3	m	47	Sénior Masculino	20	ProAventuras	0:48:59.1	59	1:11:38.9	51
21	220	Nelson Nunes	1:41:15.7	m	50	Sénior Masculino	21	AC Portalegre / UTSM	0:51:21.0	92	1:13:49.3	78
22	334	Simão Seiça	1:41:35.3	m	52	Sénior Masculino	22	Crash&Run	0:48:53.5	54	1:11:43.6	53
23	344	David Gouveia	1:42:04.5	m	54	Sénior Masculino	23	Escaravelhos Team	0:48:35.7	43	1:11:14.4	47
24	458	Fernando Homem	1:42:08.6	m	55	Sénior Masculino	24	CASPA	0:49:33.3	67	1:13:06.5	65
25	511	Pedro Escadas (a)	1:42:29.3	m	56	Sénior Masculino	25	Salamandrecos	0:49:32.9	66	1:13:05.6	64
26	127	Marco Rosa	1:42:34.9	m	57	Sénior Masculino	26	ProAventuras	0:48:12.5	40	1:10:53.0	43
27	907	Bruno Santos	1:42:54.0	m	60	Sénior Masculino	27	CTAD - Trilhos de Cinfães	0:48:56.5	56	1:11:42.7	52
28	885	Hugo Caldeira	1:43:45.5	m	65	Sénior Masculino	28	Tough Trails Alenquer	0:50:02.1	73	1:13:15.3	68

3.º Trilho das Lampas

Result List AG 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
29	206	Vítor Cardoso	1:43:46.1	m	66	Sénior Masculino	29	CTAD - Trilhos de Cinfães	0:49:59.8	71	1:13:31.3	72
30	821	João Santos	1:43:49.3	m	68	Sénior Masculino	30	Dolce CR / Running Team	0:49:35.6	69	1:13:06.7	66
31	404	João Fiel	1:43:56.5	m	71	Sénior Masculino	31	Dolce CR / Running Team	0:50:51.3	83	1:13:17.8	70
32	253	Paulo Pacheco	1:44:52.9	m	74	Sénior Masculino	32	Friends2Run	0:51:07.6	89	1:14:27.6	82
33	403	José Constantino	1:45:17.4	m	76	Sénior Masculino	33	Eléctrico Futebol Clube	0:49:23.3	63	1:13:31.6	73
34	318	Sérgio Rosário	1:45:28.5	m	77	Sénior Masculino	34	ARSM - Associação Recreativa de	0:50:53.6	86	1:14:31.7	85
35	184	João Piedade	1:45:38.8	m	79	Sénior Masculino	35	Ericeira Runners	0:48:58.5	57	1:12:51.8	61
36	104	Vitor Veloso	1:46:17.7	m	83	Sénior Masculino	36	O MUNDO DA CORRIDA	0:52:17.7	108	1:15:19.2	93
37	90	Marco Silva	1:46:25.5	m	85	Sénior Masculino	37	Hot Runners	0:50:28.7	78	1:14:25.8	81
38	567	Rui Martins	1:46:41.8	m	87	Sénior Masculino	38	SS CGD	0:51:05.3	88	1:15:11.9	91
39	610	David Santos	1:47:04.2	m	88	Sénior Masculino	39	Juventude Vidigalense	0:46:20.0	24	1:10:11.1	37
40	835	Pedro Castro	1:47:18.1	m	90	Sénior Masculino	40	Clube Náutico de Ponte De Lima	0:52:40.1	119	1:17:07.9	108
41	232	Marco Pinto	1:47:25.5	m	93	Sénior Masculino	41		0:51:47.8	102	1:15:00.5	88
42	759	Pascal Rodrigues Rodrigues	1:47:28.4	m	94	Sénior Masculino	42	ATR - Algarve Trail Running	0:51:45.9	101	1:15:43.1	98
43	102	Paulo Frango	1:47:39.0	m	97	Sénior Masculino	43		0:51:35.1	97	1:15:28.8	95
44	831	Joao Pereira	1:47:49.3	m	98	Sénior Masculino	44	AminhaCorrida/Skechers	0:52:03.5	104	1:16:04.0	100
45	839	Armando Santos	1:47:52.2	m	99	Sénior Masculino	45	Oeiras Trail Team	0:50:33.9	79	1:14:29.7	83
46	437	Nuno Pimenta (a)	1:47:52.9	m	100	Sénior Masculino	46	Associação Desportiva Real	0:51:24.4	93	1:15:26.9	94
47	291	Pedro Riberio	1:48:04.9	m	102	Sénior Masculino	47	Tartarugas Solidárias	0:52:47.9	121	1:15:53.3	99
48	198	Hugo Rocha	1:48:37.7	m	105	Sénior Masculino	48	Diverinstal	0:51:40.9	99	1:16:17.4	101
49	122	Diogo Oliveira	1:49:11.4	m	108	Sénior Masculino	49	ProAventuras	0:52:51.5	122	1:17:04.3	106
50	282	Pedro Barros	1:50:09.1	m	113	Sénior Masculino	50	RUNSOX.eu RUNNERS	0:53:47.1	142	1:19:04.0	142
51	683	Ricardo Ganhão	1:50:09.6	m	114	Sénior Masculino	51		0:52:31.4	117	1:17:45.3	114
52	238	Paulo Marques	1:50:17.5	m	115	Sénior Masculino	52	GO!Runners	0:54:40.6	158	1:18:16.6	131
53	453	Afzal Abdul Aziz	1:50:45.9	m	119	Sénior Masculino	53	Lone Wolf	0:54:09.1	149	1:18:32.0	135
54	422	Tiago Sousa	1:50:47.1	m	120	Sénior Masculino	54	Tough Trails Alenquer	0:54:22.4	152	1:18:15.3	130
55	384	Ricardo Costa	1:50:48.3	m	121	Sénior Masculino	55	Btt Veredas de Noudar	0:53:19.4	129	1:18:45.4	138
56	356	Helder Vaz	1:50:49.6	m	122	Sénior Masculino	56		0:51:34.6	96	1:17:49.3	115
57	573	Rafael Assunção	1:51:12.0	m	125	Sénior Masculino	57	Rail Runners	0:52:21.1	111	1:17:05.1	107
58	272	Nuno Cavaleiro	1:51:35.1	m	128	Sénior Masculino	58	A correr por ti	0:52:59.0	125	1:18:13.4	129
59	48	Fernando Costa	1:52:23.6	m	133	Sénior Masculino	59	Tough Trails Alenquer	0:53:35.7	137	1:19:38.9	144
60	362	Bernardo Zoio	1:52:51.9	m	136	Sénior Masculino	60	Salamandrecos	0:55:53.1	179	1:20:20.4	152
61	786	Simão Fernandes	1:53:00.7	m	137	Sénior Masculino	61	Monsanto Running Team	0:56:45.7	197	1:21:18.2	167

3.º Trilho das Lampas

Result List AG 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
62	706	Joao Paulino	1:53:19.9	m	138	Sénior Masculino	62	Kangaroo Runners	0:51:20.3	91	1:18:05.7	124
63	274	Tiago Gaspar	1:53:29.7	m	139	Sénior Masculino	63	ARSM - Associação Recreativa de	0:52:27.4	115	1:18:05.4	123
64	62	Nuno Barreto	1:53:46.2	m	141	Sénior Masculino	64	GO!Runners	0:53:45.7	140	1:17:52.5	118
65	685	Filipe Silva	1:53:49.0	m	142	Sénior Masculino	65	O MUNDO DA CORRIDA	0:53:31.6	136	1:20:47.6	154
66	204	Gleiber Mendes	1:53:52.7	m	143	Sénior Masculino	66	4Client	0:54:11.1	151	1:20:18.6	150
67	293	Ricardo Vitorino	1:53:54.4	m	144	Sénior Masculino	67	Dolce CR / Running Team	0:55:22.1	170	1:21:35.6	169
68	236	Diogo Sousa	1:53:56.8	m	146	Sénior Masculino	68	GO!Runners	0:53:45.8	141	1:18:10.0	127
69	910	Vítor Pinto	1:54:04.8	m	148	Sénior Masculino	69	Amigos Vale Silêncio	0:55:40.1	174	1:21:10.9	164
70	892	José Monteiro (a)	1:54:38.3	m	153	Sénior Masculino	70	SS CGD	0:54:59.1	163	1:21:00.2	160
71	903	Paulo Rodrigues	1:54:53.1	m	156	Sénior Masculino	71	Rail Runners	0:52:07.6	106	1:18:06.4	125
72	845	Ricardo Pebre	1:55:18.3	m	157	Sénior Masculino	72	GO!Runners	0:54:47.1	160	1:21:06.6	162
73	509	Gonçalo Clemente	1:55:29.4	m	160	Sénior Masculino	73	Tough Trails Alenquer	0:56:58.0	203	1:23:00.0	190
74	435	Daniel Netto	1:55:42.4	m	164	Sénior Masculino	74		0:53:25.4	133	1:20:19.6	151
75	577	Francisco Cachulo	1:56:18.6	m	167	Sénior Masculino	75	20Km's Almeirim - Desportos de	0:55:17.9	169	1:20:16.8	149
76	128	Leandro Fernandes	1:56:51.2	m	171	Sénior Masculino	76	ProAventuras	0:54:28.9	154	1:22:35.2	183
77	61	Roberto Rodrigues	1:56:58.1	m	173	Sénior Masculino	77	Trail Runner Team	0:56:01.1	185	1:22:05.6	178
78	834	Carlos Henriques	1:57:08.8	m	177	Sénior Masculino	78	RESTAURANTE "O	0:53:27.8	135	1:21:15.3	165
79	27	Nuno Granadas	1:57:47.3	m	181	Sénior Masculino	79	Tough Trails Alenquer	0:57:18.1	216	1:23:33.7	196
80	590	Carlos Simões	1:57:55.2	m	182	Sénior Masculino	80	Vila Seca Running Team	0:55:56.6	182	1:22:39.2	184
81	410	Luis Ramos	1:58:05.1	m	184	Sénior Masculino	81		0:56:56.5	200	1:23:22.8	192
82	433	Valter Escrevente	1:58:30.3	m	189	Sénior Masculino	82	20Km's Almeirim - Desportos de	0:55:10.4	167	1:21:51.5	175
83	141	Helder Cabedal	1:58:41.8	m	190	Sénior Masculino	83	Proaventuras	0:58:10.0	236	1:24:52.4	207
84	2	Rui Alegre	1:58:49.9	m	191	Sénior Masculino	84		0:57:00.1	206	1:25:08.0	211
85	68	Álvaro Santos	1:58:50.8	m	193	Sénior Masculino	85	Monsanto Running Team	0:58:10.4	238	1:25:22.4	216
86	86	Nuno Neves	1:59:09.4	m	196	Sénior Masculino	86	ARSM - Associação Recreativa de	0:54:46.8	159	1:22:19.0	180
87	794	Roberto Gonçalves	1:59:24.1	m	198	Sénior Masculino	87		0:58:26.0	245	1:26:17.4	228
88	79	Pedro Nogueira	1:59:24.8	m	199	Sénior Masculino	88	Clube Vodafone	0:56:22.7	192	1:24:02.1	199
89	146	Hugo Ferreira	1:59:25.7	m	200	Sénior Masculino	89	Saloios trail running	0:56:55.5	199	1:24:38.7	205
90	635	Jacinto Pereira	1:59:28.7	m	201	Sénior Masculino	90	Lis Running	0:54:00.5	146	1:22:20.9	181
91	316	Hugo Costa	1:59:36.7	m	202	Sénior Masculino	91	Keep Running	0:55:01.5	166	1:21:08.4	163
92	229	Luis Gonçalves	1:59:46.6	m	205	Sénior Masculino	92	Jobrinde - Montes Saloios	0:57:10.2	211	1:25:22.0	215
93	723	Adão Vaz	2:00:19.1	m	208	Sénior Masculino	93	Clube Náutico de Ponte De Lima	0:57:39.8	220	1:24:21.4	203
94	375	Renato Morais (a)	2:00:25.4	m	211	Sénior Masculino	94	Tartarugas Solidárias	0:55:55.5	181	1:24:03.4	200

3.º Trilho das Lampas

Result List AG 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
95	459	Gonçalo Rosado (a)	2:00:28.2	m	212	Sénior Masculino	95	Jobrinde - Montes Saloios	0:59:29.1	267	1:27:10.1	245
96	576	Valter Matos	2:00:33.9	m	215	Sénior Masculino	96		0:58:33.4	246	1:26:39.4	237
97	178	Pedro Ribeiro Da Cunha	2:00:37.7	m	217	Sénior Masculino	97		1:00:38.0	301	1:28:17.9	266
98	486	Nuno Gameiro	2:01:32.9	m	222	Sénior Masculino	98	Saúde ao Quadrado	0:57:55.6	224	1:25:38.8	219
99	648	Bruno Ribeiro	2:01:44.6	m	223	Sénior Masculino	99	Kaninos	1:00:25.8	296	1:28:43.3	272
100	850	Paulo Alves	2:02:01.0	m	228	Sénior Masculino	100	Falcões Selvagens	0:56:58.4	204	1:25:28.1	217
101	751	Vital Vilarinho	2:02:11.2	m	230	Sénior Masculino	101	VICTORIA SEGUROS	0:58:10.1	237	1:26:21.1	231
102	519	Eduardo Ferreira	2:02:18.4	m	232	Sénior Masculino	102	CLUBE MILLENNIUM BCP	1:01:51.7	335	1:29:04.8	277
103	521	Nelson Costa	2:02:18.4	m	233	Sénior Masculino	103	CLUBE MILLENNIUM BCP	0:59:33.0	271	1:27:31.5	256
104	478	Arménio Pontes	2:03:27.7	m	240	Sénior Masculino	104		0:58:25.3	243	1:26:40.4	239
105	659	Ricardo Flores	2:03:31.2	m	243	Sénior Masculino	105	20Km's Almeirim - Desportos de	0:59:57.3	279	1:28:03.5	264
106	135	Rui Correia	2:03:31.7	m	244	Sénior Masculino	106		0:57:00.4	207	1:26:05.6	224
107	382	Narciso Neves	2:03:38.6	m	248	Sénior Masculino	107	Salamandrecos	1:00:25.3	295	1:28:34.7	268
108	377	Tiago Ramos	2:03:45.4	m	251	Sénior Masculino	108		0:57:59.2	227	1:27:09.5	244
109	93	Ricardo Godinho	2:04:09.3	m	253	Sénior Masculino	109		0:58:08.7	234	1:26:17.7	229
110	642	Eduardo Santos	2:05:03.1	m	262	Sénior Masculino	110		0:59:27.8	266	1:28:37.8	271
111	52	Aires Barata	2:05:30.0	m	265	Sénior Masculino	111	Zézés	1:03:55.9	398	1:32:41.2	342
112	888	Eduardo Rodrigues	2:05:34.0	m	266	Sénior Masculino	112	SS CGD	1:01:07.7	312	1:29:16.1	281
113	738	Eduardo Ribeiro	2:05:36.3	m	267	Sénior Masculino	113		0:59:35.5	272	1:29:32.4	286
114	330	André Cabreira	2:06:41.7	m	278	Sénior Masculino	114	Clube de Atletismo da Póvoa de	0:58:20.7	241	1:27:51.7	260
115	105	Rui Abrantes	2:06:43.0	m	279	Sénior Masculino	115	Tartarugas Solidárias	0:59:58.6	280	1:30:11.9	304
116	276	Bruno Custódio	2:07:05.2	m	281	Sénior Masculino	116	Atletas do Ribatejo	0:56:34.4	194	1:25:03.7	209
117	231	Luis Ferreira	2:07:08.3	m	283	Sénior Masculino	117		1:01:45.4	331	1:32:31.5	336
118	263	João Pereira	2:07:10.3	m	285	Sénior Masculino	118		1:00:41.6	305	1:33:37.7	354
119	412	Pedro Crispim	2:07:25.0	m	286	Sénior Masculino	119	Caracol Trail Team	1:00:19.4	292	1:30:22.8	305
120	727	Claudio Fragoso	2:07:56.7	m	287	Sénior Masculino	120		1:00:38.3	302	1:30:03.1	298
121	294	Bruno Moita	2:08:08.0	m	289	Sénior Masculino	121	Dolce CR / Running Team	1:01:15.8	318	1:31:20.9	319
122	18	David Silva Clemente	2:08:56.5	m	297	Sénior Masculino	122	A20KM	1:00:34.1	300	1:30:50.0	308
123	95	Jorge Atalaia	2:09:23.2	m	299	Sénior Masculino	123		1:01:42.7	329	1:31:07.6	317
124	847	Hugo Reis	2:09:27.5	m	300	Sénior Masculino	124		1:00:44.7	306	1:30:36.0	307
125	350	Tiago Amado	2:09:31.8	m	301	Sénior Masculino	125		1:02:31.9	365	1:33:49.6	361
126	408	Rui Menas	2:09:32.4	m	302	Sénior Masculino	126	Matilha Running	1:02:30.4	361	1:33:49.6	362
127	200	Pedro Sá	2:09:41.7	m	304	Sénior Masculino	127	Rail Runners	0:59:59.4	282	1:30:10.1	302

3.º Trilho das Lampas

Result List AG 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
128	693	Helder Domingos	2:10:03.9	m	308	Sénior Masculino	128		1:02:04.0	340	1:31:59.4	327
129	730	Angelo Letras	2:10:04.7	m	309	Sénior Masculino	129	ProAventuras	1:02:50.4	372	1:33:46.8	359
130	336	Filipe Garranas	2:10:28.3	m	313	Sénior Masculino	130	Falcões Selvagens	0:58:36.5	249	1:27:59.0	263
131	780	Paulo Rufino	2:10:42.6	m	315	Sénior Masculino	131		1:05:10.2	431	1:36:07.8	401
132	214	Bruno Carrilho	2:10:44.9	m	316	Sénior Masculino	132	AC Portalegre / UTSM	1:02:17.4	350	1:32:53.9	346
133	589	Sérgio Pardal	2:10:49.7	m	317	Sénior Masculino	133		1:02:08.8	342	1:32:32.9	337
134	174	Pedro Costa	2:10:50.3	m	318	Sénior Masculino	134	Rail Runners	0:59:16.5	258	1:30:55.0	312
135	773	Bruno Marquês	2:11:20.3	m	321	Sénior Masculino	135	Eléctrico Futebol Clube	1:02:45.6	370	1:34:15.3	372
136	532	Luis Gonçalves	2:11:41.4	m	324	Sénior Masculino	136	CLUBE MILLENNIUM BCP	1:03:41.7	389	1:34:09.8	366
137	791	Samuel Teixeira	2:11:42.5	m	325	Sénior Masculino	137		1:01:08.6	313	1:30:54.9	311
138	181	Francisco Ceia	2:11:56.3	m	330	Sénior Masculino	138		1:02:51.8	374	1:31:57.7	326
139	305	Pedro Marques	2:12:02.0	m	331	Sénior Masculino	139		1:02:50.7	373	1:34:10.9	367
140	393	Rodrigo Pais Almeida	2:12:42.6	m	338	Sénior Masculino	140	Surf Runners	1:03:10.3	378	1:36:08.5	402
141	881	Jorge Alves	2:12:43.9	m	339	Sénior Masculino	141	bulldozers	1:05:14.4	435	1:36:51.1	411
142	882	Pedro Rodrigues	2:12:43.9	m	340	Sénior Masculino	142	bulldozers	1:05:14.4	436	1:36:51.1	412
143	553	Rui Lamy	2:12:45.0	m	342	Sénior Masculino	143	Runners do Travesseiro	1:05:06.5	427	1:35:16.7	391
144	686	Tiago Magalhães	2:12:46.0	m	343	Sénior Masculino	144	Runners do Travesseiro	1:05:06.6	428	1:35:18.6	392
145	468	Nuno Sá	2:12:48.0	m	344	Sénior Masculino	145		1:05:12.8	433	1:37:24.9	418
146	812	Filipe Almeida	2:13:02.7	m	347	Sénior Masculino	146	Surf Runners	1:03:02.0	377	1:35:50.1	399
147	668	Ricardo Valente	2:13:54.3	m	352	Sénior Masculino	147		1:07:06.7	475	1:37:29.9	420
148	202	Paulo Magano	2:14:03.9	m	354	Sénior Masculino	148	CTAD - Trilhos de Cinfães	1:01:29.6	325	1:31:25.8	322
149	157	Filipe Ceia	2:14:08.6	m	356	Sénior Masculino	149		1:03:45.0	391	1:35:15.1	389
150	829	Vítor Marques	2:14:09.3	m	357	Sénior Masculino	150	A-C-R-D Reixida	1:07:12.2	480	1:37:11.4	413
151	20	Nuno Rito	2:14:22.3	m	360	Sénior Masculino	151	Tartarugas Solidárias	1:04:09.9	406	1:36:16.0	407
152	909	Ricardo Lopes	2:14:40.8	m	365	Sénior Masculino	152	A.D. Galomar	0:57:10.9	212	1:30:03.0	297
153	838	Nelson Marques	2:14:55.1	m	367	Sénior Masculino	153	Run 4 Fun	1:04:36.4	416	1:35:37.9	397
154	897	Daniel Botelho	2:15:24.0	m	369	Sénior Masculino	154	SS CGD	1:05:43.3	456	1:37:27.0	419
155	374	Ricardo Neves	2:15:36.5	m	370	Sénior Masculino	155	B78	1:04:03.5	403	1:35:33.2	394
156	918	Flavio Timoteo	2:15:36.8	m	371	Sénior Masculino	156		1:02:14.4	349	1:32:35.4	339
157	893	Pedro Torrinha	2:16:21.9	m	374	Sénior Masculino	157	SS CGD	1:05:27.7	448	1:39:35.4	467
158	338	Hugo Santos	2:16:27.8	m	375	Sénior Masculino	158	Falcões Selvagens	1:05:32.9	450	1:38:04.2	439
159	651	Bruno Marçal	2:16:45.7	m	378	Sénior Masculino	159	Kaninos	1:07:07.9	477	1:40:00.7	477
160	778	Vitor Ferreira	2:16:52.6	m	379	Sénior Masculino	160	LikeRun	1:01:06.2	311	1:34:19.8	374

3.º Trilho das Lampas

Result List AG 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
161	423	Ricardo Balau	2:16:54.2	m	380	Sénior Masculino	161	Correr Lisboa	1:01:34.1	327	1:35:16.4	390
162	819	Nelson Faria (a)	2:17:01.3	m	381	Sénior Masculino	162	pace.makers	1:05:16.3	439	1:38:22.3	444
163	209	Rúben Lino	2:17:19.1	m	385	Sénior Masculino	163		1:05:34.8	451	1:38:41.5	451
164	326	Nuno Santiago	2:17:35.8	m	387	Sénior Masculino	164	O MUNDO DA CORRIDA	1:04:46.7	425	1:35:43.6	398
165	19	Rui Marques (a)	2:17:38.0	m	388	Sénior Masculino	165		1:03:50.3	392	1:37:45.4	427
166	405	Nelson Dias	2:17:52.3	m	391	Sénior Masculino	166	Dolce CR / Running Team	1:03:56.4	399	1:34:58.5	385
167	428	Pedro Santana	2:17:53.9	m	392	Sénior Masculino	167	SS CGD	1:08:32.6	515	1:42:28.6	492
168	265	João Róis	2:17:59.9	m	394	Sénior Masculino	168		1:02:11.2	346	1:35:36.3	396
169	9	António Arede	2:18:12.7	m	396	Sénior Masculino	169	Monsanto Running Team	1:09:44.1	540	1:42:42.2	494
170	568	David Saraiva	2:18:27.5	m	399	Sénior Masculino	170	A. D, Manteigas	1:02:23.5	352	1:34:21.4	375
171	115	Tiago Mota	2:18:32.2	m	400	Sénior Masculino	171	ProAventuras	1:02:31.9	364	1:35:25.4	393
172	366	Pedro Lucas	2:18:43.8	m	402	Sénior Masculino	172	Clube Bolinha	1:06:56.6	470	1:39:34.0	466
173	491	João Dias	2:18:52.9	m	404	Sénior Masculino	173	CCD Siemens	1:04:24.1	412	1:38:02.5	437
174	638	Bruno Hortelao	2:19:05.8	m	406	Sénior Masculino	174	LV Team	1:05:06.4	426	1:37:55.1	434
175	73	Daniel Ramos	2:19:33.1	m	411	Sénior Masculino	175	Jobrinde - Montes Saloios	1:08:22.3	505	1:44:22.1	517
176	452	Ruben Camacho	2:20:18.9	m	418	Sénior Masculino	176	ECOrredor	1:08:21.8	504	1:39:37.0	468
177	187	Pedro Fontes	2:20:41.0	m	422	Sénior Masculino	177		1:07:28.6	482	1:42:06.5	487
178	230	João Rodrigues	2:20:42.0	m	423	Sénior Masculino	178		1:07:29.2	483	1:42:06.8	488
179	51	Nelson Esteves	2:20:53.1	m	424	Sénior Masculino	179	Dolce CR / Running Team	1:02:26.6	356	1:33:40.6	356
180	808	Miguel Campos	2:21:18.7	m	425	Sénior Masculino	180		1:05:38.6	452	1:37:52.6	433
181	856	Renato Silva	2:21:34.6	m	426	Sénior Masculino	181	Winners Team TR	1:05:24.8	446	1:38:07.5	442
182	779	Paulo Planche	2:21:44.1	m	428	Sénior Masculino	182		1:05:39.3	453	1:40:00.6	476
183	385	Paulo Loureiro	2:21:57.2	m	430	Sénior Masculino	183		1:05:14.8	437	1:39:04.5	462
184	257	Nuno Anastácio	2:22:22.7	m	434	Sénior Masculino	184	RunLovers	1:04:38.1	418	1:39:31.1	464
185	360	Bruno Afonso	2:22:32.6	m	439	Sénior Masculino	185		1:03:00.0	376	1:38:38.2	449
186	887	Pedro Carvalho	2:22:34.4	m	440	Sénior Masculino	186	RUNSINTRA.COM	1:10:10.6	545	1:45:47.3	541
187	886	Hugo Novais	2:22:34.8	m	441	Sénior Masculino	187	RUNSINTRA.COM	1:10:10.9	546	1:45:48.0	542
188	538	Claudio Gonçalves	2:22:54.7	m	442	Sénior Masculino	188		1:08:31.9	514	1:42:27.1	490
189	89	Bruno Miguel Neves (a)	2:22:58.9	m	443	Sénior Masculino	189		1:05:08.9	430	1:38:46.9	454
190	647	Marco Cachinho	2:23:49.0	m	448	Sénior Masculino	190	Kaninos	1:04:19.7	410	1:41:56.0	484
191	24	José Caldeirinha	2:23:53.8	m	449	Sénior Masculino	191	Tartarugas Solidárias	1:07:36.0	485	1:41:40.8	481
192	625	Pedro Mendes	2:23:58.9	m	451	Sénior Masculino	192		1:10:38.4	554	1:47:18.7	559
193	74	Cláudio Franco	2:25:12.3	m	455	Sénior Masculino	193	Dolce CR / Running Team	1:09:06.9	529	1:43:11.3	502

3.º Trilho das Lampas

Result List AG 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
194	724	Rui Raposo	2:25:26.3	m	457	Sénior Masculino	194		1:08:44.4	522	1:45:23.9	536
195	710	Celso Landim	2:26:26.8	m	459	Sénior Masculino	195	Wolfs	1:04:39.8	419	1:39:32.1	465
196	434	Nuno Netto	2:27:57.3	m	463	Sénior Masculino	196		1:09:15.7	532	1:45:11.5	529
197	139	António Soares	2:28:18.4	m	468	Sénior Masculino	197		1:11:07.4	568	1:48:03.8	566
198	609	Ricardo Viegas	2:28:44.5	m	472	Sénior Masculino	198		1:08:21.1	503	1:44:19.9	513
199	462	Tiago Simenta	2:30:24.5	m	481	Sénior Masculino	199		1:08:13.5	495	1:44:40.6	522
200	340	José Manuel Pinto	2:31:04.8	m	489	Sénior Masculino	200	Hot Runners	1:11:28.1	577	1:46:37.2	552
201	207	Luís Dias	2:31:26.1	m	490	Sénior Masculino	201		1:10:02.0	544	1:45:19.2	532
202	308	Rui Pereira	2:31:38.1	m	491	Sénior Masculino	202	Mag8 Bike Team	1:08:19.7	500	1:44:18.9	512
203	851	Francisco Santos	2:31:51.7	m	492	Sénior Masculino	203	West Runners	1:10:26.3	551	1:51:34.1	598
204	107	Hugo Santos	2:32:25.5	m	495	Sénior Masculino	204		1:13:21.9	612	1:51:37.1	600
205	608	Tiago Carvalho	2:32:29.0	m	496	Sénior Masculino	205		1:10:38.7	555	1:47:25.0	560
206	692	André Veiga	2:34:31.3	m	502	Sénior Masculino	206	ARSM - Associação Recreativa de	1:09:10.7	531	1:46:02.0	544
207	304	João Veigas	2:34:58.1	m	506	Sénior Masculino	207		1:12:29.6	595	1:55:59.3	643
208	658	Frederico Marcelino	2:35:49.6	m	513	Sénior Masculino	208	20Km's Almeirim - Desportos de	1:14:26.1	630	1:52:36.6	618
209	689	Ricardo Silva Ferreira	2:36:14.6	m	515	Sénior Masculino	209		1:08:19.6	499	1:46:10.9	548
210	640	Carlos Lopes	2:36:14.8	m	516	Sénior Masculino	210		1:08:20.2	502	1:46:10.0	547
211	593	Gonçalo Oliveira	2:36:25.0	m	518	Sénior Masculino	211	ARTNISPORT	1:12:01.0	585	1:50:47.9	586
212	471	Marco António Francisco	2:37:06.1	m	521	Sénior Masculino	212		1:11:18.1	574	1:48:42.5	571
213	664	Eduardo Alves	2:37:50.3	m	524	Sénior Masculino	213	Chafariz Running Team	1:13:57.3	621	1:51:47.8	606
214	737	Alexandre Pinto	2:38:27.9	m	527	Sénior Masculino	214		1:10:43.1	558	1:50:42.9	584
215	836	Vasco Carril	2:38:36.3	m	528	Sénior Masculino	215		1:13:04.8	601	1:51:05.3	594
216	480	Jorge Vieira	2:42:20.2	m	535	Sénior Masculino	216		1:17:30.6	665	1:57:50.4	654
217	469	Rui Vieitas	2:42:21.1	m	536	Sénior Masculino	217	Fat Old Dudes	1:17:29.9	663	1:57:49.4	653
218	783	Manuel Alves	2:43:41.6	m	542	Sénior Masculino	218		1:16:48.6	650	1:56:33.3	647
219	383	Joaquim Maria	2:43:57.4	m	545	Sénior Masculino	219	Frufresh Runners	1:16:36.8	647	1:54:55.5	631
220	708	Ricardo Medeiros	2:44:59.1	m	548	Sénior Masculino	220	O Trail Mesmo da Street	1:11:46.0	583	1:53:34.8	627
221	351	Goncalo Lince	2:45:03.9	m	549	Sénior Masculino	221	Salamandrecos	1:19:30.5	690	2:03:56.8	687
222	98	Bruno Silva	2:46:01.1	m	551	Sénior Masculino	222		1:17:07.4	656	1:59:56.2	667
223	580	Tiago Cerqueira	2:47:33.6	m	553	Sénior Masculino	223		1:14:37.2	633	1:57:32.4	651
224	233	António Franco (a)	2:47:33.7	m	554	Sénior Masculino	224		1:14:36.9	632	1:57:30.3	650
225	665	Cesar Domingos Diogo	2:50:36.4	m	562	Sénior Masculino	225	Bexexa Team	1:22:05.5	720	2:00:47.0	672
226	142	Hugo Teixeira	2:51:07.3	m	564	Sénior Masculino	226	POWER RANGERS	1:17:08.8	658	2:01:21.4	676

3.º Trilho das Lampas

Result List AG 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
227	197	Luis Rebelo	2:51:24.5	m	565	Sénior Masculino	227	Diverinstal	1:21:55.0	717	2:07:40.3	714
228	94	Sérgio Pedro	2:52:25.6	m	567	Sénior Masculino	228	POWER RANGERS	1:17:45.9	670	2:04:48.1	696
229	739	Pedro Ribeiro	2:54:31.4	m	571	Sénior Masculino	229	Run 4 Fun	1:19:14.4	688	2:04:08.7	689
230	244	Fábio Batista	2:55:41.1	m	573	Sénior Masculino	230		1:22:51.5	727	2:12:23.5	747
231	799	Nuno Antunes	2:56:45.2	m	580	Sénior Masculino	231	G A Monsanto Gascan	1:21:52.3	716	2:07:05.5	709
232	833	Tiago Reis	2:58:25.9	m	584	Sénior Masculino	232	Salamandrecos	1:18:37.1	679	2:05:07.8	698
233	283	Hugo Ribeiro	3:01:41.2	m	588	Sénior Masculino	233		1:21:46.4	712	2:08:04.5	719
234	728	Dinis Neves	3:02:27.0	m	590	Sénior Masculino	234	20Km's Almeirim - Desportos de	1:20:08.9	693	2:04:33.8	694
235	731	João Cravo	3:03:43.5	m	593	Sénior Masculino	235	4 ao Km	1:24:01.0	744	2:11:50.3	741
236	793	Alexandre Rodrigues	3:06:51.7	m	598	Sénior Masculino	236		1:20:30.9	699	2:09:18.6	726
237	430	Paulo Barria	3:06:52.7	m	599	Sénior Masculino	237		1:20:31.6	700	2:09:20.8	727
238	911	André Ornelas	3:08:31.9	m	600	Sénior Masculino	238	Correr Lisboa	1:24:30.4	752	2:12:37.9	750
239	690	Tiago Almeida	3:10:27.9	m	602	Sénior Masculino	239	ECOrredor	1:15:53.6	645	2:00:08.0	670
240	241	Luis Rosa	3:10:49.0	m	604	Sénior Masculino	240	Diverinstal	1:21:58.1	719	2:10:41.3	737
241	199	Vasco Sousa	3:10:49.7	m	605	Sénior Masculino	241	Diverinstal	1:21:56.5	718	2:10:40.5	736
242	288	André Velez	3:11:36.9	m	607	Sénior Masculino	242	Os Trinca-Espinhas	1:25:44.0	761	2:12:29.6	748
243	703	Filipe Mestre	3:12:55.3	m	609	Sénior Masculino	243		1:24:48.5	757	2:12:46.8	751
244	792	Pedro Teixeira	3:14:00.5	m	612	Sénior Masculino	244	Tough Trails Alenquer	1:27:45.1	774	2:17:46.0	761
245	331	André Reis	3:21:16.8	m	620	Sénior Masculino	245	POWER RANGERS	1:28:02.2	779	2:20:18.4	775
246	237	Filipe Sousa	3:26:13.3	m	624	Sénior Masculino	246	GO!Runners	1:28:52.0	784	2:21:14.8	776
247	259	David Almeida	1:52:18.1	m	630	Sénior Masculino	247	GDCT IN CASA MOEDA		799		799
248	837	Pedro Luzio	1:32:03.0	m	632	Sénior Masculino	248	SS CGD		804		804

Veteranos M40

1	562	Marcolino Verissimo	1:30:11.1	m	8	Veteranos M40	1	SS CGD	0:43:30.0	9	1:02:45.8	8
2	22	Nuno Patricio	1:30:52.4	m	10	Veteranos M40	2	Clube da Natureza de Alvito	0:44:11.2	10	1:03:57.5	10
3	33	João Prisal	1:34:28.1	m	18	Veteranos M40	3	Rail Runners	0:45:16.6	12	1:07:05.4	19
4	262	Rogério Azevedo	1:35:17.3	m	21	Veteranos M40	4		0:46:15.9	23	1:07:43.4	22
5	745	Guilherme Branquinho	1:38:43.2	m	37	Veteranos M40	5	O MUNDO DA CORRIDA	0:48:16.9	41	1:10:02.1	36
6	406	Luis Aires	1:39:38.6	m	38	Veteranos M40	6		0:48:43.2	49	1:10:23.0	40
7	88	Pedro Simões	1:39:49.6	m	39	Veteranos M40	7	ARSM - Associação Recreativa de	0:48:41.6	48	1:10:40.4	42
8	239	Paulo José Cardoso Da	1:40:00.9	m	40	Veteranos M40	8	N.A.Z.Abóboda	0:48:38.8	46	1:10:53.0	44
9	537	Humberto Spínola	1:40:20.6	m	43	Veteranos M40	9		0:48:54.5	55	1:11:26.5	48
10	5	Luís Rodrigues	1:40:35.7	m	45	Veteranos M40	10		0:48:39.5	47	1:11:31.8	49

3.º Trilho das Lampas

Result List AG 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
11	862	Joaquim Pato	1:40:53.4	m	48	Veteranos M40	11	Kangaroo Runners	0:49:05.9	61	1:11:49.2	57
12	672	Pedro Gomes (a)	1:41:38.8	m	53	Veteranos M40	12	RESTAURANTE "O	0:48:48.1	52	1:11:04.1	45
13	743	Bruno Querido	1:42:49.6	m	58	Veteranos M40	13	Desnível Positivo	0:48:37.8	44	1:11:34.4	50
14	26	Flavio Francisco (a)	1:42:54.3	m	61	Veteranos M40	14	Monsanto Running Team	0:50:21.0	75	1:13:50.3	79
15	669	Rui Ferreira	1:43:08.2	m	62	Veteranos M40	15	RESTAURANTE "O	0:50:24.1	76	1:13:19.4	71
16	210	Pedro Gabriel	1:43:24.4	m	64	Veteranos M40	16	C.A. Amigos Parque da Paz	0:49:20.8	62	1:12:50.7	60
17	597	Fernando Martins	1:43:47.6	m	67	Veteranos M40	17	GD BANCO DE PORTUGAL	0:49:30.4	64	1:13:46.9	77
18	85	Marco Rodrigues	1:44:00.1	m	72	Veteranos M40	18	ARSM - Associação Recreativa de	0:49:35.9	70	1:13:00.7	63
19	313	Luis Silva	1:45:44.5	m	80	Veteranos M40	19		0:50:01.7	72	1:13:09.5	67
20	674	Fernando Godinho	1:46:20.5	m	84	Veteranos M40	20	RESTAURANTE "O	0:50:54.8	87	1:15:16.1	92
21	114	Luciano Correia	1:46:36.5	m	86	Veteranos M40	21	ProAventuras	0:50:38.4	80	1:15:04.3	90
22	194	Nuno Ricardo Jorge	1:47:25.3	m	92	Veteranos M40	22	Zézés	0:51:39.2	98	1:15:32.2	96
23	395	Sérgio Morgado	1:47:29.8	m	95	Veteranos M40	23	Salamandrecos	0:53:04.8	126	1:17:02.6	105
24	143	Guilherme Hora	1:49:08.4	m	107	Veteranos M40	24	O MUNDO DA CORRIDA	0:47:18.8	30	1:12:53.7	62
25	150	Rui Marino	1:49:13.8	m	110	Veteranos M40	25	Jobrinde - Montes Saloios	0:52:42.3	120	1:18:34.8	136
26	112	José Gonçalves	1:49:14.7	m	111	Veteranos M40	26	ProAventuras	0:52:14.1	107	1:17:37.3	113
27	63	Vitor Venda	1:50:29.3	m	118	Veteranos M40	27	Matilha Running	0:52:27.0	114	1:18:10.1	128
28	919	Manuel Soares	1:50:50.7	m	123	Veteranos M40	28	EDV Viana Trail	0:53:52.7	143	1:17:28.5	112
29	823	Luís Lopes	1:51:54.4	m	130	Veteranos M40	29	Monsanto Running Team	0:52:53.5	123	1:18:08.0	126
30	673	António Pazes	1:52:51.4	m	135	Veteranos M40	30	RESTAURANTE "O	0:55:27.4	171	1:21:15.6	166
31	411	Rui Nascimento	1:53:42.4	m	140	Veteranos M40	31		0:54:59.6	164	1:20:35.9	153
32	50	Pedro Granadas	1:54:08.2	m	149	Veteranos M40	32	Tough Trails Alenquer	0:54:28.2	153	1:21:01.9	161
33	138	Marcelo Dias	1:54:25.0	m	151	Veteranos M40	33	Salamandrecos	0:54:09.6	150	1:19:48.2	145
34	353	Luis Madeira (a)	1:54:41.1	m	154	Veteranos M40	34	SS CGD	0:54:38.6	157	1:20:51.9	156
35	711	Carlos Nunes	1:54:47.1	m	155	Veteranos M40	35		0:53:22.0	131	1:20:04.9	148
36	346	José Ferreira	1:55:26.1	m	159	Veteranos M40	36	Clube Náutico de Ponte De Lima	0:54:30.8	156	1:20:59.9	159
37	586	Claudio Rocha	1:55:35.1	m	161	Veteranos M40	37	Lis Running	0:54:00.0	145	1:21:48.1	173
38	476	Carlos Malosso	1:55:37.2	m	162	Veteranos M40	38		0:55:44.5	176	1:21:58.3	177
39	848	Joaquim Velhinho Dias	1:56:09.0	m	166	Veteranos M40	39		0:57:28.2	217	1:24:08.2	202
40	380	Luis Alves	1:57:24.9	m	179	Veteranos M40	40	CCD Crédito Agrícola Mútuo	0:56:25.3	193	1:23:27.8	194
41	443	Luis Henriques	1:58:11.1	m	187	Veteranos M40	41		0:54:29.1	155	1:20:52.6	157
42	189	Rui Gama	1:58:49.9	m	192	Veteranos M40	42		0:56:59.6	205	1:25:09.2	212
43	771	Pascoal Moleiro	2:00:20.4	m	209	Veteranos M40	43		0:58:24.8	242	1:26:20.2	230

3.º Trilho das Lampas

Result List AG 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
44	915	Pedro Vieira	2:00:30.4	m	213	Veteranos M40	44		0:57:11.7	214	1:26:35.0	234
45	517	Pedro Cordas	2:00:31.6	m	214	Veteranos M40	45	CLUBE MILLENNIUM BCP	0:58:00.4	228	1:25:10.5	213
46	387	Joaquim Marques	2:01:07.0	m	219	Veteranos M40	46	Falcões Selvagens	0:59:17.1	262	1:27:35.5	258
47	524	Nuno Almeida	2:01:32.7	m	221	Veteranos M40	47	CLUBE MILLENNIUM BCP	0:58:08.8	235	1:25:53.8	220
48	600	João Pereira	2:01:48.3	m	224	Veteranos M40	48	CCD Crédito Agrícola Mútuo	0:56:01.3	186	1:21:51.8	176
49	858	João Rosinha	2:01:48.7	m	226	Veteranos M40	49		0:59:03.7	255	1:25:21.0	214
50	275	José Silva	2:02:26.3	m	234	Veteranos M40	50	ARSM - Associação Recreativa de	0:52:24.2	112	1:18:29.1	134
51	547	Rui Gonçalves	2:03:28.6	m	241	Veteranos M40	51		0:58:25.4	244	1:26:39.2	236
52	502	Nelson Mota	2:03:32.9	m	245	Veteranos M40	52	Açoreana Club Banif	1:00:09.1	288	1:29:03.6	276
53	636	Rui Almeida	2:03:37.1	m	247	Veteranos M40	53	Tartarugas Solidárias	1:02:12.9	347	1:30:00.2	294
54	290	Pedro Pinto	2:03:40.7	m	249	Veteranos M40	54		1:02:13.7	348	1:29:48.6	291
55	77	Helder Baptista	2:03:45.3	m	250	Veteranos M40	55	CCCD/TRILHO PERDIDO	0:59:59.3	281	1:28:34.5	267
56	190	Pedro Miguel C.c. Almeida	2:03:45.6	m	252	Veteranos M40	56	Salamandrecos	0:57:41.1	221	1:27:11.3	247
57	136	Carlos Brito	2:04:19.2	m	254	Veteranos M40	57	Talentos Team	1:00:16.1	291	1:29:16.5	282
58	721	João Paulo Caetano	2:04:49.8	m	258	Veteranos M40	58		0:55:49.1	177	1:22:53.4	188
59	866	Jorge Correia	2:04:51.0	m	259	Veteranos M40	59		0:58:06.2	232	1:27:55.4	261
60	490	João Queiroz	2:04:57.8	m	261	Veteranos M40	60	CCD Siemens	0:59:55.7	278	1:29:08.5	279
61	134	Nuno Luzia	2:06:35.9	m	277	Veteranos M40	61		0:57:34.4	219	1:26:09.1	226
62	572	António Martins	2:07:06.9	m	282	Veteranos M40	62	Tartarugas Solidárias	0:59:45.3	275	1:30:52.2	309
63	530	Pedro Silva	2:08:07.5	m	288	Veteranos M40	63	CLUBE MILLENNIUM BCP	0:59:51.9	277	1:29:49.9	292
64	787	Paulo Menezes	2:08:29.9	m	292	Veteranos M40	64	Matilha Running	1:02:32.8	366	1:33:50.2	363
65	242	Marco Lemos	2:09:57.1	m	306	Veteranos M40	65		1:00:30.7	298	1:29:50.6	293
66	195	Nuno Gonçalves	2:10:01.7	m	307	Veteranos M40	66	GDCT IN CASA MOEDA	1:01:19.9	321	1:31:36.8	323
67	113	Paulo Pisco	2:10:10.8	m	310	Veteranos M40	67	ProAventuras	1:00:33.5	299	1:32:20.7	331
68	523	Virgílio Costa	2:10:18.9	m	311	Veteranos M40	68	CLUBE MILLENNIUM BCP	1:04:05.9	404	1:34:16.4	373
69	857	Ricardo Madeira	2:11:00.6	m	319	Veteranos M40	69	Winners Team TR	1:03:50.4	393	1:34:26.4	377
70	402	A. Filipe Garcia	2:11:19.6	m	320	Veteranos M40	70	Eléctrico Futebol Clube	1:02:45.2	369	1:34:15.3	371
71	785	Paulo Costa	2:11:39.2	m	323	Veteranos M40	71		1:01:25.8	323	1:33:43.1	357
72	158	Aderito Costa	2:11:54.1	m	329	Veteranos M40	72	Jobrinde - Montes Saloios	1:03:43.0	390	1:34:44.6	381
73	137	Artur Soares	2:12:02.8	m	332	Veteranos M40	73	Talentos Team	1:02:30.7	362	1:33:09.5	349
74	852	Rui Esteves	2:12:05.3	m	333	Veteranos M40	74	Wikaboo	1:02:10.3	344	1:34:56.5	383
75	7	Nuno Gião	2:12:25.1	m	336	Veteranos M40	75	ACCVCAVI - IMT	1:03:20.1	382	1:33:57.5	365
76	183	Pedro Jacob	2:12:44.5	m	341	Veteranos M40	76	Ericeira Runners	1:00:05.9	286	1:32:29.9	334

3.º Trilho das Lampas

Result List AG 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
77	601	Mário Cunha	2:12:50.9	m	345	Veteranos M40	77	CCD Crédito Agrícola Mútuo	1:02:11.1	345	1:33:02.3	348
78	853	Paulo Rodrigues	2:12:52.2	m	346	Veteranos M40	78		1:01:38.3	328	1:32:34.2	338
79	617	Lino Silva	2:13:11.8	m	349	Veteranos M40	79	GD CIMPOR	1:06:17.7	463	1:38:05.0	440
80	748	Carlos Suarez	2:13:19.1	m	350	Veteranos M40	80	VICTORIA SEGUROS	1:06:28.8	464	1:37:20.1	416
81	818	José Lourenço	2:14:22.5	m	361	Veteranos M40	81	pace.makers	1:06:03.5	460	1:36:10.3	403
82	454	Paulo Freitas	2:14:22.7	m	363	Veteranos M40	82		1:02:26.0	354	1:33:40.3	355
83	348	Henrique Sebastião	2:15:17.4	m	368	Veteranos M40	83	Pão de Negrais	1:01:26.6	324	1:32:37.1	340
84	569	João Paradinha	2:16:09.0	m	372	Veteranos M40	84	A. D, Manteigas	1:02:26.4	355	1:34:25.5	376
85	234	Pedro Abrantes	2:16:38.5	m	376	Veteranos M40	85	POWER RANGERS	1:10:43.5	559	1:44:21.3	516
86	227	Paulo Borges	2:17:10.7	m	382	Veteranos M40	86	POWER RANGERS	1:06:32.5	465	1:39:22.3	463
87	541	Dário Prates	2:17:16.2	m	383	Veteranos M40	87		1:04:18.2	409	1:37:23.0	417
88	364	Pedro Dias	2:17:18.4	m	384	Veteranos M40	88	Keep Running	1:06:01.2	459	1:39:51.3	471
89	173	Miguel Pinho	2:17:33.5	m	386	Veteranos M40	89	Rail Runners	1:03:19.7	381	1:35:14.6	388
90	843	Jose Pascoa	2:17:55.4	m	393	Veteranos M40	90		1:04:41.7	422	1:36:50.1	410
91	246	Miguel Serradas Duarte	2:18:12.9	m	397	Veteranos M40	91	Run 4 Fun	1:09:41.4	536	1:42:48.7	497
92	604	Rui Melo	2:18:36.0	m	401	Veteranos M40	92	CCD Crédito Agrícola Mútuo	1:03:54.1	397	1:38:03.8	438
93	196	Sérgio Anjos	2:19:23.5	m	407	Veteranos M40	93	Diverinstal	1:05:26.5	447	1:38:51.2	455
94	255	João Leitão	2:19:29.8	m	410	Veteranos M40	94	RunLovers	1:05:24.2	444	1:39:03.0	460
95	97	Luis Calheiros	2:19:42.1	m	412	Veteranos M40	95	GD Banco BPI	1:04:14.1	407	1:37:46.6	429
96	160	Pedro Loureiro	2:19:50.2	m	414	Veteranos M40	96		1:06:10.5	461	1:39:40.6	470
97	890	José Martins	2:19:58.8	m	416	Veteranos M40	97	SS CGD	1:08:22.7	506	1:42:08.1	489
98	631	João Serra	2:20:36.7	m	420	Veteranos M40	98	Açoreana Club Banif	1:03:52.0	395	1:37:40.4	425
99	46	Paulo Alves	2:20:38.9	m	421	Veteranos M40	99	Matilha Running	1:03:29.5	386	1:37:17.3	415
100	828	Paulo Branco	2:21:37.3	m	427	Veteranos M40	100	pace.makers	1:05:17.3	441	1:38:27.8	445
101	42	José Abrantes	2:21:51.9	m	429	Veteranos M40	101		1:05:11.0	432	1:37:34.6	422
102	536	Humberto Cabral	2:22:17.5	m	432	Veteranos M40	102	CLUBE MILLENNIUM BCP	1:08:29.3	511	1:41:49.9	483
103	164	Carlos de Gouveia Freire	2:22:21.8	m	433	Veteranos M40	103	ADCR Polícia Judiciária	1:08:12.6	494	1:41:26.6	479
104	472	Rui Pinela	2:22:24.2	m	435	Veteranos M40	104	Bladerunners	1:09:43.8	539	1:46:11.5	549
105	585	Ricardo Rodrigues	2:22:25.8	m	436	Veteranos M40	105	Lis Running	1:02:50.2	371	1:37:49.2	431
106	575	Jorge Pacheco	2:22:30.4	m	437	Veteranos M40	106	Run Forrest Run	1:06:48.4	466	1:39:59.5	475
107	795	Rui Carneiro	2:22:32.0	m	438	Veteranos M40	107	Clube ANA Lisboa	1:05:07.4	429	1:38:58.9	457
108	556	Bruno Araújo-Gomes	2:23:01.3	m	444	Veteranos M40	108	RAG Family	1:08:15.2	498	1:44:10.8	508
109	746	Vasco Armes	2:23:01.3	m	445	Veteranos M40	109	Carapaus de corrida	1:08:14.1	497	1:44:09.5	507

3.º Trilho das Lampas

Result List AG 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
110	131	Pedro Nunes	2:23:45.5	m	447	Veteranos M40	110		1:08:44.6	523	1:44:20.9	515
111	60	Paulo Raposo	2:23:58.0	m	450	Veteranos M40	111	Run 4 Fun	1:11:07.7	570	1:45:35.5	537
112	694	Roberto Silva	2:24:04.1	m	452	Veteranos M40	112	Matilha Running	1:10:15.9	547	1:44:41.3	524
113	303	Nuno Lucas	2:25:14.9	m	456	Veteranos M40	113	Tálenos Team	1:08:05.8	491	1:42:03.9	485
114	188	João Capelo	2:25:27.3	m	458	Veteranos M40	114	Matilha Running	1:06:58.3	471	1:41:35.8	480
115	40	Mauro Gonçalves	2:28:14.8	m	464	Veteranos M40	115	Matilha Running	1:08:09.0	493	1:43:30.1	503
116	45	Jose Camelo	2:28:16.3	m	465	Veteranos M40	116	Matilha Running	1:10:16.1	548	1:44:40.5	521
117	249	Nuno Baixinho	2:28:17.1	m	466	Veteranos M40	117	RUNSOX.eu RUNNERS	1:11:06.7	566	1:48:00.6	565
118	877	Nuno Ferreira	2:29:33.0	m	474	Veteranos M40	118		1:13:40.4	616	1:48:51.5	573
119	558	Nuno Valada (a)	2:29:40.5	m	475	Veteranos M40	119	SS CGD	1:10:41.1	556	1:46:38.6	553
120	372	Rui Amaro	2:30:05.2	m	476	Veteranos M40	120	Jobrinde - Montes Saloios	1:09:58.4	543	1:43:36.3	504
121	203	João Ramos	2:30:05.8	m	477	Veteranos M40	121	4Client	1:09:46.2	541	1:47:38.3	562
122	15	José Finuras	2:30:16.1	m	480	Veteranos M40	122	MultiRunners	1:14:16.9	627	1:51:47.2	605
123	516	Miguel Capela	2:30:24.6	m	482	Veteranos M40	123		1:08:13.9	496	1:44:41.2	523
124	699	Luis Pedroso	2:30:27.1	m	483	Veteranos M40	124		1:11:35.5	579	1:51:00.8	592
125	335	Carlos Coelho	2:30:49.6	m	484	Veteranos M40	125	Falcões Selvagens	1:09:40.3	535	1:45:45.7	539
126	25	Paulo Onofre	2:32:03.9	m	494	Veteranos M40	126	Correr Lisboa	1:13:20.1	610	1:49:48.0	576
127	192	Nuno Fidalgo	2:33:24.9	m	498	Veteranos M40	127		1:08:23.9	507	1:45:16.7	531
128	741	João Serra	2:33:26.8	m	499	Veteranos M40	128		1:11:10.4	571	1:48:27.7	569
129	415	Carlos Lima	2:34:00.6	m	501	Veteranos M40	129	caapp	1:12:02.1	588	1:51:32.0	595
130	564	Paulo Bailao	2:35:31.2	m	509	Veteranos M40	130	SS CGD	1:11:05.7	565	1:48:28.7	570
131	176	Ricardo Moreira	2:38:16.5	m	526	Veteranos M40	131	Rail Runners	1:13:18.9	607	1:50:59.4	591
132	43	Rui Barbosa	2:39:00.1	m	530	Veteranos M40	132	Matilha Running	1:13:51.2	617	1:52:11.1	612
133	555	Alexandre Costa	2:39:17.6	m	531	Veteranos M40	133	Pernetas Runners	1:15:33.5	641	1:55:22.7	640
134	159	Luis Afonso	2:40:22.8	m	533	Veteranos M40	134	Georunners	1:12:32.4	596	1:51:50.4	608
135	401	Armando Costa	2:43:37.3	m	540	Veteranos M40	135	Jobrinde - Montes Saloios	1:13:22.1	613	1:52:03.9	610
136	144	Ricardo Mendes	2:43:51.5	m	544	Veteranos M40	136	CLUBE MILLENNIUM BCP	1:16:51.6	652	1:56:41.1	648
137	709	Ricardo Ferreira	2:44:58.3	m	547	Veteranos M40	137	O Trail Mesmo da Street	1:11:43.3	582	1:53:35.8	628
138	498	António Guedes	2:46:37.4	m	552	Veteranos M40	138	Açoreana Club Banif	1:13:14.7	604	1:54:27.0	630
139	827	Fernando Pedro	2:47:37.6	m	556	Veteranos M40	139	Winners Team TR	1:14:09.6	625	1:54:59.0	632
140	906	Nuno Bastos	2:47:39.6	m	557	Veteranos M40	140		1:17:56.3	675	2:00:30.8	671
141	352	Rui Antão	2:53:15.1	m	568	Veteranos M40	141		1:17:27.6	660	1:59:02.3	662
142	270	Rui Alves	2:56:33.3	m	576	Veteranos M40	142	Kangurus S.A.	1:20:50.6	706	2:06:22.7	705

3.º Trilho das Lampas

Result List AG 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
143	333	Sérgio Seixo	2:56:33.9	m	577	Veteranos M40	143	Kangurus S.A.	1:20:51.6	708	2:06:01.5	703
144	614	João Ferreira	2:58:11.1	m	583	Veteranos M40	144	GD CIMPOR	1:23:13.5	738	2:07:36.9	712
145	811	Rui Cortes	3:04:24.9	m	594	Veteranos M40	145		1:24:38.3	754	2:10:50.1	738
146	623	Jorge Silva	3:15:55.2	m	614	Veteranos M40	146	Hot Runners	1:26:49.3	766	2:17:49.4	763
147	661	Álvaro Marujeiro	3:18:29.0	m	618	Veteranos M40	147	Chafariz Running Team	1:23:28.8	740	2:23:26.1	785
148	161	Rui Duarte	3:25:26.9	m	623	Veteranos M40	148	Tartarugas Solidárias	1:27:43.0	773	2:19:46.7	771
149	361	Rui Afonso	3:35:27.2	m	625	Veteranos M40	149	Afonsinos	1:34:50.7	796	2:30:25.3	792
150	147	António Pedro Santos	3:40:26.7	m	627	Veteranos M40	150	Salamandrecos	1:31:29.3	790	2:37:52.2	793
151	606	Victor Lobo	3:47:42.2	m	628	Veteranos M40	151	CCD Crédito Agrícola Mútuo	1:28:57.0	786	2:29:37.0	791

Veteranos M45

1	32	João Ginja	1:25:28.7	m	4	Veteranos M45	1	Rail Runners	0:41:37.9	4	1:00:26.0	4
2	420	Jose Lopes	1:33:07.7	m	12	Veteranos M45	2	Clube de Atletismo Odimarq	0:45:18.5	13	1:06:51.5	18
3	172	Virgílio Gomes	1:34:53.2	m	20	Veteranos M45	3	Rail Runners	0:47:30.8	33	1:08:12.4	27
4	80	José Féteira	1:37:13.0	m	30	Veteranos M45	4	ARSM - Associação Recreativa de	0:47:23.6	32	1:08:54.5	29
5	34	Jorge Rodrigues	1:37:33.4	m	32	Veteranos M45	5	Rail Runners	0:46:45.5	28	1:09:37.4	32
6	211	Paulo Correia	1:38:13.0	m	33	Veteranos M45	6	scalabis night runners	0:48:05.0	37	1:09:46.8	34
7	83	Carlos Simões	1:40:09.0	m	42	Veteranos M45	7	ARSM - Associação Recreativa de	0:48:07.9	38	1:10:17.1	38
8	768	Paulo Oliveira	1:41:18.9	m	51	Veteranos M45	8	Espinho Runners	0:48:44.2	51	1:12:28.2	59
9	565	Paulo Pires	1:43:52.1	m	70	Veteranos M45	9	SS CGD	0:49:31.2	65	1:13:36.2	75
10	804	Nelson Rafael Lima	1:45:13.4	m	75	Veteranos M45	10		0:50:49.2	82	1:14:30.4	84
11	767	Carlos Marques	1:45:49.0	m	81	Veteranos M45	11	N.A.Z.Abóboda	0:50:11.3	74	1:13:57.6	80
12	716	Fernando Vicente Vicente	1:45:59.9	m	82	Veteranos M45	12		0:50:40.4	81	1:14:45.4	87
13	679	Pedro Rodrigues	1:47:33.5	m	96	Veteranos M45	13	OFICINA DO PEDRO	0:52:18.3	109	1:16:53.1	104
14	3	Paulo Osório	1:47:55.4	m	101	Veteranos M45	14		0:52:20.3	110	1:16:34.7	102
15	754	Paulo Taboas	1:48:13.3	m	103	Veteranos M45	15	Salamandrecos	0:52:33.7	118	1:17:13.8	109
16	84	José Simões	1:48:26.8	m	104	Veteranos M45	16	ARSM - Associação Recreativa de	0:51:54.5	103	1:15:41.6	97
17	185	Rui Vieira	1:49:12.7	m	109	Veteranos M45	17	10 KM TAGARRO	0:51:45.2	100	1:17:18.7	110
18	87	Horácio Ferreira	1:51:21.3	m	127	Veteranos M45	18	ARSM - Associação Recreativa de	0:52:25.1	113	1:17:51.0	116
19	438	Antonio Vilela	1:52:13.1	m	132	Veteranos M45	19	Associação Desportiva Real	0:54:08.3	148	1:18:48.0	139
20	349	João Ramos	1:52:30.2	m	134	Veteranos M45	20	Pão de Negrais	0:52:04.3	105	1:17:56.7	120
21	466	José Nunes	1:53:54.8	m	145	Veteranos M45	21		0:51:29.8	95	1:17:56.3	119
22	370	Jorge Sobrinho	1:54:11.1	m	150	Veteranos M45	22	Cartoon Run	0:53:59.1	144	1:19:51.2	146
23	646	Luis Paulo	1:54:34.9	m	152	Veteranos M45	23	Bahia	0:53:14.7	128	1:19:30.5	143

3.º Trilho das Lampas

Result List AG 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
24	465	Liberto Santos	1:55:57.7	m	165	Veteranos M45	24		0:55:32.0	172	1:21:41.9	172
25	324	Luís Álvaro	1:56:24.1	m	169	Veteranos M45	25	O MUNDO DA CORRIDA	0:57:08.7	210	1:23:32.1	195
26	212	Miguel Lino	1:56:54.3	m	172	Veteranos M45	26	ProAventuras	0:54:50.8	161	1:21:38.3	171
27	512	José Freire	1:57:02.3	m	175	Veteranos M45	27		0:56:34.7	195	1:23:02.3	191
28	493	Mario Silva	1:57:04.1	m	176	Veteranos M45	28	sintrarunning	0:55:00.9	165	1:20:54.8	158
29	854	Francisco Nunes	1:57:16.5	m	178	Veteranos M45	29	O MUNDO DA CORRIDA	0:56:21.0	190	1:22:58.6	189
30	803	Jose Bernardo	1:57:26.7	m	180	Veteranos M45	30	G A Monsanto Gascan	0:57:29.9	218	1:24:33.1	204
31	587	Ricardo Tiago	1:58:00.9	m	183	Veteranos M45	31	Tartarugas Solidárias	0:55:52.8	178	1:22:46.0	186
32	574	Luís Soares	1:58:09.3	m	186	Veteranos M45	32	Clube Ogma	0:59:36.4	273	1:25:59.9	221
33	250	Francisco Vaz	1:58:58.3	m	195	Veteranos M45	33	Frufresh Runners	0:58:00.8	229	1:23:23.9	193
34	488	Dinis Morais	1:59:09.8	m	197	Veteranos M45	34	CCD Siemens	0:56:57.6	201	1:23:57.6	198
35	425	Nuno Antunes	1:59:40.1	m	203	Veteranos M45	35		0:59:29.9	269	1:26:46.0	240
36	419	Bruno Mesquita	2:00:09.5	m	206	Veteranos M45	36	Hot Runners	0:59:51.2	276	1:26:26.7	232
37	130	Sergio Casal	2:00:24.5	m	210	Veteranos M45	37	ProAventuras	0:56:02.6	187	1:23:35.6	197
38	762	Eugenio Barra	2:00:41.8	m	218	Veteranos M45	38	conndor runner's	0:59:16.5	260	1:26:48.5	242
39	797	Jorge Pereira	2:02:27.1	m	235	Veteranos M45	39	Associação de Atletismo Lebres	0:56:37.7	196	1:25:31.9	218
40	309	Pedro Ramos	2:02:40.7	m	237	Veteranos M45	40		0:58:52.5	253	1:27:10.3	246
41	540	Pedro Fernandes	2:03:04.0	m	239	Veteranos M45	41	Novos Trilhos	0:58:47.3	251	1:27:56.0	262
42	132	João Freire	2:03:30.9	m	242	Veteranos M45	42		0:57:00.6	208	1:26:05.4	223
43	765	José Santos	2:04:27.6	m	255	Veteranos M45	43	Vila Seca Running Team	0:59:25.1	264	1:29:32.8	287
44	474	Francisco Garoto	2:05:10.1	m	263	Veteranos M45	44	Bladerunners	1:02:40.1	368	1:32:04.9	329
45	179	Victor Silva	2:05:47.7	m	269	Veteranos M45	45	Associação de Atletismo Lebres	1:01:23.5	322	1:30:24.5	306
46	153	João Queirós	2:05:52.3	m	270	Veteranos M45	46	NEL - Pédatleta	0:58:14.1	239	1:26:48.5	241
47	426	João Paio	2:06:00.1	m	271	Veteranos M45	47	Eléctrico Futebol Clube	1:00:21.4	294	1:30:02.2	295
48	520	Paulo Felicio	2:07:03.3	m	280	Veteranos M45	48	CLUBE MILLENNIUM BCP	1:02:34.6	367	1:32:03.4	328
49	67	Moisés Nunes	2:07:08.6	m	284	Veteranos M45	49	ARSM - Associação Recreativa de	1:00:05.3	285	1:29:19.2	283
50	149	João Antunes	2:08:08.1	m	290	Veteranos M45	50	Casa do Benfica em Torres	1:01:15.4	317	1:31:23.6	320
51	499	Armando Parreira	2:08:19.4	m	291	Veteranos M45	51	Açoreana Club Banif	1:01:00.5	309	1:30:05.1	300
52	398	Jose Nunes	2:09:15.4	m	298	Veteranos M45	52	Keep Running	0:57:57.9	226	1:29:05.5	278
53	36	Manuel António	2:09:35.1	m	303	Veteranos M45	53	Rail Runners	1:01:18.3	320	1:32:39.8	341
54	899	Leonel Adérito Fernandes	2:09:55.3	m	305	Veteranos M45	54	Sport Clube Alfragide	1:03:15.2	380	1:33:34.8	353
55	494	Paulo Schofield	2:10:37.9	m	314	Veteranos M45	55	sintrarunning	1:02:23.7	353	1:32:56.8	347
56	193	Rui Paço	2:11:43.1	m	326	Veteranos M45	56	MultiRunners	1:05:24.0	443	1:35:09.6	386

3.º Trilho das Lampas

Result List AG 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
57	479	Jorge Norte	2:12:06.1	m	334	Veteranos M45	57	MOVET	1:04:01.3	401	1:35:34.3	395
58	678	Luis Martins	2:12:10.9	m	335	Veteranos M45	58	ProAventuras	1:02:05.1	341	1:31:24.8	321
59	736	Jorge Leite	2:12:40.1	m	337	Veteranos M45	59		1:00:54.2	308	1:33:48.2	360
60	475	João Cruz	2:13:07.5	m	348	Veteranos M45	60	Bladerunners	1:05:40.1	454	1:36:47.6	409
61	561	João Silva	2:13:33.7	m	351	Veteranos M45	61	SS CGD	1:01:58.6	338	1:33:11.1	350
62	500	Francisco Pereira	2:13:58.4	m	353	Veteranos M45	62	Açoreana Club Banif	1:04:45.6	424	1:37:38.8	424
63	602	Pedro Sérgio	2:14:14.4	m	358	Veteranos M45	63	CCD Crédito Agrícola Mútuo	1:07:57.5	489	1:38:31.4	447
64	327	Gonçalo Seabra	2:14:22.6	m	362	Veteranos M45	64	LX Run	1:04:00.6	400	1:36:13.1	406
65	504	Paulo Fernandes	2:14:26.8	m	364	Veteranos M45	65	Açoreana Club Banif	1:04:23.1	411	1:37:38.6	423
66	39	Luís Costa	2:14:54.6	m	366	Veteranos M45	66	Salamandrecos	1:07:26.2	481	1:38:39.7	450
67	592	Rui Trindade	2:16:42.9	m	377	Veteranos M45	67	CD Estrela	1:07:01.3	474	1:39:03.9	461
68	208	Pedro Prudencio	2:18:12.5	m	395	Veteranos M45	68	Salamandrecos	1:09:42.9	538	1:42:42.6	495
69	12	João Jorge	2:18:21.7	m	398	Veteranos M45	69	Jobrinde - Montes Saloios	1:07:11.4	479	1:39:37.3	469
70	712	Luis Graça	2:19:03.7	m	405	Veteranos M45	70		1:11:03.1	564	1:44:17.0	509
71	332	Rui Primo Silva	2:19:26.1	m	408	Veteranos M45	71	Falcões Selvagens	1:05:24.6	445	1:38:46.7	453
72	256	Luis Ferreira	2:19:28.3	m	409	Veteranos M45	72	RunLovers	1:05:23.0	442	1:39:01.5	459
73	373	Mário Caneira	2:19:52.2	m	415	Veteranos M45	73	Jobrinde - Montes Saloios	1:04:45.0	423	1:37:48.7	430
74	650	João Paulo Almeida	2:20:02.5	m	417	Veteranos M45	74	Kaninos	1:04:41.1	421	1:38:20.4	443
75	322	Pedro Claudio	2:20:26.0	m	419	Veteranos M45	75	SS CGD	1:04:01.9	402	1:37:14.7	414
76	889	Joaquim Carrilho	2:24:11.8	m	453	Veteranos M45	76	SS CGD	1:10:34.3	553	1:44:43.6	526
77	750	Jorge Marques	2:27:01.9	m	461	Veteranos M45	77	VICTORIA SEGUROS	1:09:35.6	534	1:46:02.6	545
78	252	Diogo Gamito	2:27:17.7	m	462	Veteranos M45	78	Salamandrecos	1:09:42.7	537	1:44:48.6	527
79	44	Vitor Lourenço	2:28:26.6	m	471	Veteranos M45	79	Jobrinde - Montes Saloios	1:09:49.6	542	1:47:02.6	556
80	376	Mario Gonçalves	2:30:13.3	m	478	Veteranos M45	80	EnkostasTrail	1:08:56.4	525	1:47:11.5	558
81	752	Joao Fonseca	2:30:58.0	m	487	Veteranos M45	81	VICTORIA SEGUROS	1:10:47.7	563	1:46:58.5	555
82	873	Jorge Monteiro	2:30:59.7	m	488	Veteranos M45	82	ODEBRECHT	1:08:25.3	508	1:44:17.5	510
83	110	Carlos Henrique	2:31:52.3	m	493	Veteranos M45	83		1:10:27.3	552	1:51:35.5	599
84	777	Pedro Machado	2:35:33.3	m	510	Veteranos M45	84	LikeRun	1:08:37.0	516	1:46:28.1	551
85	781	Pedro Bretes	2:35:33.3	m	511	Veteranos M45	85		1:15:08.6	637	1:53:31.8	626
86	526	Fernando Sousa	2:35:38.8	m	512	Veteranos M45	86	CLUBE MILLENNIUM BCP	1:07:41.1	486	1:44:31.2	519
87	790	Pedro Prudencio	2:36:26.8	m	519	Veteranos M45	87	Freddy	1:14:06.3	624	1:51:01.8	593
88	677	Ruca Moreira	2:37:13.7	m	522	Veteranos M45	88	ProAventuras	1:09:01.7	526	1:47:52.4	563
89	554	Carlos Dores	2:39:18.4	m	532	Veteranos M45	89	Pernetas Runners	1:15:33.8	642	1:55:22.4	639

3.º Trilho das Lampas

Result List AG 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
90	551	Rui Pereira	2:42:35.2	m	537	Veteranos M45	90	Falcões Selvagens	1:15:10.3	639	1:55:33.9	642
91	545	Antonio Luis (a)	2:43:36.9	m	539	Veteranos M45	91	Jobrinde - Montes Saloios	1:13:14.0	603	1:48:50.7	572
92	584	José Alípio	2:43:41.2	m	541	Veteranos M45	92	MultiRunners	1:17:02.6	654	1:56:13.9	644
93	534	Marcos Noritake	2:43:41.8	m	543	Veteranos M45	93	CLUBE MILLENNIUM BCP	1:17:02.5	653	1:56:15.5	645
94	894	Rui Santos	2:47:52.4	m	558	Veteranos M45	94	SS CGD	1:13:32.1	615	1:56:22.4	646
95	518	Eduardo Pinto	2:48:17.9	m	559	Veteranos M45	95	CLUBE MILLENNIUM BCP	1:14:50.8	634	1:57:01.4	649
96	388	José Moura	2:49:50.3	m	561	Veteranos M45	96	Falcões Selvagens	1:20:08.3	692	2:02:47.1	682
97	473	Nuno Minezes	2:51:04.9	m	563	Veteranos M45	97	Bladerunners	1:19:32.0	691	2:02:19.1	679
98	311	Nuno Loureiro	2:52:08.3	m	566	Veteranos M45	98	Falcões Selvagens	1:20:36.6	701	2:04:04.4	688
99	497	Luis Belbute	2:59:13.3	m	585	Veteranos M45	99		1:24:23.6	747	2:09:48.2	732
100	35	Luís Ferreira	3:00:08.7	m	587	Veteranos M45	100	Rail Runners	1:17:36.3	667	2:08:07.2	721
101	279	Vasco Alpalhão	3:02:35.1	m	591	Veteranos M45	101		1:22:48.2	724	2:07:54.6	718
102	621	Vitor Gonçalves	3:03:42.8	m	592	Veteranos M45	102	4 ao Km	1:24:01.4	745	2:12:04.7	743
103	825	Carlos Morais	3:06:43.5	m	597	Veteranos M45	103	Winners Team TR	1:25:43.5	760	2:14:15.7	753
104	66	Vitor Pimenta	3:10:55.5	m	606	Veteranos M45	104	ARSM - Associação Recreativa de	1:26:47.7	764	2:14:40.3	754
105	166	David Freitas	3:13:48.9	m	610	Veteranos M45	105	ADCR Polícia Judiciária	1:25:23.2	758	2:16:03.5	755
106	761	José Recto	3:17:45.2	m	615	Veteranos M45	106	conndor runner´s	1:27:24.2	768	2:18:27.8	767
107	21	João Pereira	3:24:28.8	m	622	Veteranos M45	107	MultiRunners	1:34:00.4	794	2:22:28.1	781
108	688	Pedro Jaime	3:49:53.3	m	629	Veteranos M45	108	Hot Runners	1:37:44.3	797	2:43:30.1	797
109	527	Paulo Fonseca	2:31:38.2	m	631	Veteranos M45	109	CLUBE MILLENNIUM BCP		803		803

Veteranos M50

1	221	Vitor Cordeiro	1:24:04.6	m	3	Veteranos M50	1	AC Portalegre / UTSM	0:40:45.3	2	0:59:26.2	3
2	905	Alexandre Soares	1:35:57.0	m	24	Veteranos M50	2	Clube de Atletismo Odimarq	0:45:47.1	18	1:08:06.4	26
3	860	Paulo Povia	1:36:53.5	m	29	Veteranos M50	3	Amigos Vale Silêncio	0:47:21.0	31	1:09:23.5	30
4	281	Manuel Ceia	1:37:19.5	m	31	Veteranos M50	4	AC Portalegre / UTSM	0:47:47.5	35	1:09:35.7	31
5	58	Aretino Mota	1:40:23.6	m	44	Veteranos M50	5	LINDA A PASTORA SPORTING	0:48:43.5	50	1:11:47.5	56
6	670	Arlindo Paixão	1:41:06.9	m	49	Veteranos M50	6	RESTAURANTE "O	0:48:59.4	60	1:11:12.2	46
7	747	José Vieira	1:42:53.8	m	59	Veteranos M50	7	ProAventuras	0:48:59.0	58	1:11:47.3	55
8	436	Guilherme David	1:43:17.9	m	63	Veteranos M50	8	Tough Trails Alenquer	0:49:35.4	68	1:13:17.6	69
9	13	Joao Maia	1:43:51.9	m	69	Veteranos M50	9	Falcões Selvagens	0:50:52.6	84	1:13:32.2	74
10	358	Joaquim Martins	1:47:24.7	m	91	Veteranos M50	10	Clube de Atletismo Odimarq	0:51:07.9	90	1:15:03.1	89
11	760	Carlos Baptista	1:49:26.7	m	112	Veteranos M50	11	Sporting Clube de Casainhos	0:53:20.8	130	1:18:18.5	132
12	695	José António Marques	1:51:16.5	m	126	Veteranos M50	12	Salamandrecos	0:54:07.1	147	1:18:51.9	140

3.º Trilho das Lampas

Result List AG 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
13	816	João Carreto	1:51:42.5	m	129	Veteranos M50	13	ProAventuras	0:53:06.5	127	1:18:55.2	141
14	269	José Nobre	1:52:07.1	m	131	Veteranos M50	14	Jobrinde - Montes Saloios	0:54:56.2	162	1:19:57.2	147
15	864	Miguel Baptista	1:55:37.6	m	163	Veteranos M50	15	Decathlon/Omega Pharma	0:56:02.6	188	1:22:52.8	187
16	697	Rui Batista	1:58:05.2	m	185	Veteranos M50	16	PM maia-fitness.com	0:57:57.3	225	1:24:07.0	201
17	667	Joaquim Fernandes	2:00:11.9	m	207	Veteranos M50	17	Associação de Atletismo Lebres	0:58:06.8	233	1:26:35.2	235
18	133	Rui Pedro Juliao	2:00:35.3	m	216	Veteranos M50	18	Georunners	0:59:30.2	270	1:28:05.3	265
19	681	Manuel Fonseca	2:01:48.7	m	225	Veteranos M50	19	sport lisboa e campolide	0:58:02.5	231	1:26:34.3	233
20	315	Eduardo Pena	2:02:10.4	m	229	Veteranos M50	20	Keep Running	0:55:59.4	183	1:25:02.0	208
21	528	Eduardo Rodrigues	2:02:12.7	m	231	Veteranos M50	21	CLUBE MILLENNIUM BCP	1:01:45.7	332	1:29:09.8	280
22	260	Joao Crespo	2:02:36.4	m	236	Veteranos M50	22		0:59:16.5	259	1:27:34.2	257
23	603	Rui Graça	2:04:56.3	m	260	Veteranos M50	23	CCD Crédito Agrícola Mútuo	0:58:36.3	248	1:27:30.6	255
24	321	José Martins	2:05:16.0	m	264	Veteranos M50	24	Tough Trails Alenquer	0:56:58.0	202	1:28:35.1	269
25	492	Luis Bastos	2:05:45.0	m	268	Veteranos M50	25	CCD Siemens	1:00:14.3	290	1:30:11.0	303
26	671	Gilberto Lapa	2:06:15.1	m	274	Veteranos M50	26	RESTAURANTE "O	1:01:13.7	314	1:30:08.1	301
27	17	Fernando Vicente	2:08:40.8	m	294	Veteranos M50	27		0:57:13.6	215	1:27:22.7	251
28	599	Carlos Silva	2:08:54.6	m	295	Veteranos M50	28	CCD Crédito Agrícola Mútuo	1:00:53.7	307	1:32:28.7	333
29	467	Carlos Manuel Isidoro	2:08:56.0	m	296	Veteranos M50	29		0:57:08.6	209	1:29:39.5	289
30	733	Alexandre Duarte	2:10:19.3	m	312	Veteranos M50	30		1:01:57.1	336	1:33:12.3	351
31	440	Manuel Rodrigues	2:11:43.2	m	327	Veteranos M50	31	Associação Desportiva Real	1:01:50.1	334	1:32:24.4	332
32	235	Henrique Ruivo	2:14:21.9	m	359	Veteranos M50	32	Tartarugas Solidárias	1:04:09.5	405	1:36:11.9	405
33	539	Paulo Silva	2:16:14.2	m	373	Veteranos M50	33		1:03:26.2	384	1:34:29.0	378
34	861	Paulo Silva	2:17:38.0	m	389	Veteranos M50	34		1:03:53.2	396	1:37:49.9	432
35	38	José Carlos Melo	2:22:00.2	m	431	Veteranos M50	35	Run 4 Fun	1:06:49.4	467	1:44:32.2	520
36	867	Adelino Pereira	2:24:50.4	m	454	Veteranos M50	36	ODEBRECHT	1:04:40.1	420	1:38:42.1	452
37	365	Jose Andrade	2:26:35.9	m	460	Veteranos M50	37	Keep Running	1:06:01.1	458	1:39:54.5	473
38	772	João Faustino	2:28:17.6	m	467	Veteranos M50	38		1:11:07.4	569	1:47:57.9	564
39	464	Vitor Cruz	2:28:18.5	m	469	Veteranos M50	39	Salamandrecos	1:08:19.9	501	1:43:10.6	501
40	846	Paulo Alves	2:28:21.6	m	470	Veteranos M50	40		1:09:04.5	527	1:45:08.4	528
41	268	Joaquim Miguel Gamito	2:30:16.0	m	479	Veteranos M50	41		1:12:39.5	597	1:50:09.9	578
42	875	Thelmo Cunha	2:30:50.8	m	485	Veteranos M50	42	ODEBRECHT	1:09:29.7	533	1:44:18.8	511
43	427	Jorge Soares	2:34:38.5	m	503	Veteranos M50	43	Falcões Selvagens	1:11:42.2	581	1:50:35.3	581
44	470	Luís Reis	2:34:52.0	m	504	Veteranos M50	44	Falcões Selvagens	1:12:52.4	599	1:52:37.8	619
45	57	António Gonçalves	2:34:52.1	m	505	Veteranos M50	45	Os Tugas	1:11:19.8	576	1:48:18.5	567

3.º Trilho das Lampas

Result List AG 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
46	560	João Correia	2:35:13.4	m	507	Veteranos M50	46	SS CGD	1:12:45.4	598	1:52:12.7	614
47	594	Fernando Brandão	2:36:24.8	m	517	Veteranos M50	47	ARTNISPORT	1:12:01.4	586	1:50:47.9	587
48	441	Mario Santos (a)	2:36:57.1	m	520	Veteranos M50	48	Associação Desportiva Real	1:17:37.3	668	1:55:01.3	633
49	337	Francisco Silva	2:37:49.8	m	523	Veteranos M50	49	Falcões Selvagens	1:12:52.5	600	1:52:41.4	620
50	325	Carlos Pinto Coelho	2:38:05.0	m	525	Veteranos M50	50	O MUNDO DA CORRIDA	1:14:20.2	629	1:51:46.2	604
51	355	João Fernandes	2:42:20.1	m	534	Veteranos M50	51		1:13:55.5	618	1:53:24.4	625
52	912	David Silva	2:47:33.8	m	555	Veteranos M50	52	asas do milenium (o praticante)	1:15:31.7	640	1:58:06.5	657
53	354	Tito Ferreira	2:53:15.5	m	569	Veteranos M50	53		1:17:27.9	662	1:59:00.0	661
54	756	Ruben Costa	2:54:33.9	m	572	Veteranos M50	54	Run 4 Fun	1:19:14.6	689	2:04:10.0	690
55	643	José Ferreira	2:55:44.2	m	574	Veteranos M50	55	Juventude Vidigalense	1:18:39.4	680	2:03:09.7	685
56	363	Luis Parro	2:56:17.1	m	575	Veteranos M50	56	Monsanto Running Team	1:14:00.4	622	2:00:51.0	673
57	801	João Pinto	2:56:44.4	m	578	Veteranos M50	57	G A Monsanto Gascan	1:21:50.9	714	2:07:12.8	710
58	798	Luis Antunes	2:56:45.8	m	581	Veteranos M50	58	G A Monsanto Gascan	1:21:51.8	715	2:07:15.3	711
59	702	Paulo Rodrigues	2:57:26.7	m	582	Veteranos M50	59	Falcões Selvagens	1:20:37.5	702	2:04:19.2	691
60	487	Carlos Cagica	3:00:02.6	m	586	Veteranos M50	60	CCD Siemens	1:18:55.2	685	2:04:26.2	693
61	369	Fernando Luís	3:06:03.9	m	595	Veteranos M50	61	Sintra Trilhos	1:24:28.0	750	2:12:18.0	746
62	451	João Melo	3:10:27.0	m	601	Veteranos M50	62	ECOrredor	1:15:52.4	643	2:00:05.3	668
63	869	Joaquim Simão	3:10:44.2	m	603	Veteranos M50	63	ODEBRECHT	1:18:20.2	678	2:05:30.7	701
64	763	João Nunes	3:17:45.5	m	616	Veteranos M50	64	conndor runner's	1:27:24.1	767	2:18:49.8	769
65	151	Miguel Pisco	3:19:27.8	m	619	Veteranos M50	65	Salamandrecos	1:27:54.6	777	2:22:08.8	777
66	155	Paulo Figueiredo	3:24:25.8	m	621	Veteranos M50	66		1:34:00.9	795	2:22:27.7	780
67	145	João Lourenço (a)	3:40:26.3	m	626	Veteranos M50	67	Salamandrecos	1:31:29.8	791	2:37:52.5	794
68	310	António Candeias	3:43:14.8	m	633	Veteranos M50	68	Falcões Selvagens		805	2:48:09.2	805

Veteranos M55

1	217	Emilio Paulino	1:36:27.3	m	26	Veteranos M55	1	AC Portalegre / UTSM	0:45:59.4	20	1:07:45.2	24
2	280	Arsénio Fernandes	1:38:31.6	m	35	Veteranos M55	2		0:47:47.7	36	1:09:51.2	35
3	417	Manuel Ramos (a)	1:38:34.0	m	36	Veteranos M55	3	ProAventuras	0:48:29.0	42	1:10:23.1	41
4	124	José Dionisio	1:44:15.2	m	73	Veteranos M55	4	ProAventuras	0:50:25.6	77	1:13:36.6	76
5	59	Almiro Feijão	1:45:28.6	m	78	Veteranos M55	5	LINDA A PASTORA SPORTING	0:50:53.4	85	1:14:32.4	86
6	16	Jorge Serrazina	1:47:09.5	m	89	Veteranos M55	6	CA Obidos	0:52:58.4	124	1:17:23.9	111
7	121	Pedro Sousa	1:50:26.7	m	117	Veteranos M55	7	ProAventuras	0:51:25.6	94	1:16:52.3	103
8	482	Victor Pereira	1:53:58.2	m	147	Veteranos M55	8		0:55:11.7	168	1:20:48.9	155
9	817	Luis Silveira	1:55:23.1	m	158	Veteranos M55	9		0:55:54.0	180	1:21:37.1	170

3.º Trilho das Lampas

Result List AG 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
10	180	António Merujo	1:56:23.2	m	168	Veteranos M55	10		0:56:11.3	189	1:22:40.1	185
11	633	Virgílio Madeira	1:56:26.3	m	170	Veteranos M55	11	Açoreana Club Banif	0:55:34.5	173	1:22:11.3	179
12	30	José Barroco	2:01:16.9	m	220	Veteranos M55	12		0:58:52.1	252	1:27:25.6	253
13	535	Abel Louro	2:03:35.3	m	246	Veteranos M55	13	CLUBE MILLENNIUM BCP	1:01:57.7	337	1:29:23.9	284
14	549	João Carvalho Lopes	2:04:39.0	m	256	Veteranos M55	14	LEBRE	1:00:07.0	287	1:28:52.1	273
15	439	Daniel Nunes (a)	2:06:28.3	m	276	Veteranos M55	15	Associação Desportiva Real	1:00:40.3	304	1:30:03.5	299
16	31	Orlando Duarte	2:08:40.5	m	293	Veteranos M55	16	EM'Força Corremos com a	1:02:09.9	343	1:32:31.3	335
17	802	Antonio Ingles	2:11:49.8	m	328	Veteranos M55	17	G A Monsanto Gascan	1:03:28.2	385	1:34:13.0	370
18	286	José Velez	2:14:05.4	m	355	Veteranos M55	18	Os Trinca-Espinhas	1:01:14.3	316	1:33:53.0	364
19	764	Antonio Ventura	2:17:49.5	m	390	Veteranos M55	19	conndor runner´s	1:06:51.0	468	1:38:28.9	446
20	895	Severino Rosa	2:23:43.6	m	446	Veteranos M55	20	SS CGD	1:09:05.1	528	1:42:37.6	493
21	871	Manuel Paulo	2:30:56.8	m	486	Veteranos M55	21	ODEBRECHT	1:06:17.2	462	1:42:45.1	496
22	675	Raul Felix Da Costa	2:32:49.4	m	497	Veteranos M55	22	ProAventuras	1:12:07.3	589	1:49:59.5	577
23	552	Álvaro Furtado	2:33:29.0	m	500	Veteranos M55	23	SS CGD	1:16:10.2	646	1:52:15.4	615
24	531	Jorge Canhão	2:35:20.4	m	508	Veteranos M55	24	CLUBE MILLENNIUM BCP	1:11:41.7	580	1:50:33.8	580
25	904	José Catita	2:38:36.6	m	529	Veteranos M55	25	GARMIN - C.O. Oeiras	1:16:51.0	651	1:53:14.6	624
26	96	Luciano Marques	2:53:15.8	m	570	Veteranos M55	26		1:17:27.7	661	1:58:48.8	660
27	800	Antonio Pardal	2:56:44.5	m	579	Veteranos M55	27	G A Monsanto Gascan	1:21:50.1	713	2:07:01.3	708
28	868	Antonio Alves	3:02:00.7	m	589	Veteranos M55	28	ODEBRECHT	1:22:53.8	729	2:08:21.9	722
29	317	Luis Paulo	3:06:29.1	m	596	Veteranos M55	29		1:20:11.9	695	2:06:49.2	706
30	870	Luis Santos	3:12:21.3	m	608	Veteranos M55	30	ODEBRECHT	1:21:44.7	711	2:08:43.8	724
31	450	João Verissimo	3:17:45.6	m	617	Veteranos M55	31		1:27:28.2	769	2:18:37.6	768

Veteranos M60

1	913	Cirilo Formiga	1:48:51.0	m	106	Veteranos M60	1	asas do milenium (o praticante)	0:53:26.0	134	1:17:59.9	122
2	69	António Guerreiro	1:58:52.8	m	194	Veteranos M60	2	Monsanto Running Team	0:59:16.9	261	1:26:08.0	225
3	525	Arlindo Deus	2:01:53.7	m	227	Veteranos M60	3	CLUBE MILLENNIUM BCP	0:55:42.7	175	1:22:31.8	182
4	550	Mário Ildefonso	2:04:39.0	m	257	Veteranos M60	4	LEBRE	1:00:11.5	289	1:28:53.8	274
5	266	Domingos Janela	2:06:01.9	m	272	Veteranos M60	5	O MUNDO DA CORRIDA	0:59:26.3	265	1:28:36.0	270
6	901	Carlos Rangel	2:06:18.9	m	275	Veteranos M60	6		1:01:14.2	315	1:31:02.8	314
7	306	Jaime Silva	2:11:37.1	m	322	Veteranos M60	7		1:01:49.9	333	1:32:13.2	330
8	484	Henrique Sacadura	2:18:49.8	m	403	Veteranos M60	8		1:04:34.8	415	1:36:30.5	408
9	65	Domingos Fernandes	2:19:46.2	m	413	Veteranos M60	9	Os Amigos do Atletismo	1:03:51.3	394	1:37:58.8	435
10	328	José Henriques Silva (a)	2:42:47.7	m	538	Veteranos M60	10	Hot Runners	1:17:12.1	659	1:57:38.0	652

3.º Trilho das Lampas

Result List AG 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
11	632	Tam Afonso	2:44:14.4	m	546	Veteranos M60	11	Açoreana Club Banif	1:11:16.3	573	1:51:32.0	596
12	53	Joaquim Adelino	2:45:14.8	m	550	Veteranos M60	12	Amigos Vale Silêncio	1:16:44.3	648	1:59:13.3	663
13	29	José Conchinha	2:48:49.5	m	560	Veteranos M60	13	Clube do Stress	1:17:50.2	672	1:59:21.4	665
14	503	Antonio Jorge (a)	3:14:00.2	m	611	Veteranos M60	14	Açoreana Club Banif	1:23:02.1	735	2:17:41.6	758
15	298	Mayer Raposo	3:15:52.0	m	613	Veteranos M60	15	Associação de Atletismo Lebres	1:17:30.3	664	2:00:58.5	674

Sub 23 M

1	342	Romeu Gouveia	1:26:53.1	m	6	Sub 23 M	1	Escaravelhos Team	0:42:37.0	7	1:01:59.2	6
2	341	João Patricio	1:32:53.5	m	11	Sub 23 M	2	Escaravelhos Team	0:45:39.6	16	1:06:13.0	13
3	421	Manuel Abrantes (a)	1:50:21.0	m	116	Sub 23 M	3		0:52:30.5	116	1:18:38.8	137
4	345	Fernando Santos	1:51:08.2	m	124	Sub 23 M	4	Escaravelhos Team	0:53:43.9	139	1:17:57.5	121
5	713	João Antunes	1:56:58.7	m	174	Sub 23 M	5		0:56:00.7	184	1:21:48.1	174
6	343	Rafael Chá-Chá Gomes (a)	1:58:27.8	m	188	Sub 23 M	6	Escaravelhos Team	0:53:41.9	138	1:18:22.9	133
7	477	Rodrigo Ataíde	1:59:43.2	m	204	Sub 23 M	7		0:57:48.1	222	1:25:06.6	210
8	251	Rodrigo Vaz	2:02:53.2	m	238	Sub 23 M	8	Frufresh Runners	0:59:00.9	254	1:27:25.0	252
9	863	Francisco Fidalgo	2:06:14.6	m	273	Sub 23 M	9		1:02:28.2	357	1:31:55.2	325
10	657	Diogo Claudino	2:29:22.4	m	473	Sub 23 M	10		1:11:29.1	578	1:45:49.1	543
11	445	Bruno Martins	2:35:53.9	m	514	Sub 23 M	11	Diverinstal	1:08:27.5	509	1:46:04.0	546

w

Sénior Feminino

1	813	Patrícia Carreira	1:40:34.0	w	1	Sénior Feminino	1	OFFTEL Runners	0:48:38.5	45	1:11:45.1	54
2	81	Cristina Couceiro	1:49:56.8	w	2	Sénior Feminino	2	ARSM - Associação Recreativa de	0:53:24.8	132	1:17:51.2	117
3	379	Mariana Delgado	1:55:34.9	w	3	Sénior Feminino	3	CTAD - Trilhos de Cinfães	0:56:21.4	191	1:21:30.3	168
4	23	Carla Cristina	2:00:40.4	w	5	Sénior Feminino	4	Clube da Natureza de Alvito	0:57:49.8	223	1:24:50.6	206
5	258	Carla Mendes	2:01:02.3	w	6	Sénior Feminino	5	Tartarugas Solidárias	0:59:29.2	268	1:27:02.5	243
6	735	Lurdes Santos	2:01:23.9	w	7	Sénior Feminino	6		0:56:53.0	198	1:26:01.5	222
7	719	Soraia Monteiro	2:02:53.0	w	8	Sénior Feminino	7	Clube Náutico de Ponte De Lima	1:00:02.1	284	1:27:15.7	248
8	240	Andreia Fernandes	2:03:26.8	w	10	Sénior Feminino	8	ARSM - Associação Recreativa de	1:00:40.3	303	1:29:02.4	275
9	70	Estela Martins (a)	2:03:53.8	w	11	Sénior Feminino	9	NAST - Núcleo Associativo de	0:59:14.9	257	1:26:39.8	238
10	734	Gabriela Marques	2:04:36.5	w	12	Sénior Feminino	10		0:58:17.6	240	1:27:17.3	249
11	680	Ana Vintém	2:05:01.2	w	13	Sénior Feminino	11	AC Portalegre / UTSM	0:58:38.9	250	1:27:19.6	250
12	222	Lídia Calado	2:07:10.1	w	16	Sénior Feminino	12	AC Portalegre / UTSM	1:02:03.8	339	1:31:04.5	315

3.º Trilho das Lampas

Result List AG 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
13	717	Ana Miranda	2:07:17.0	w	17	Sénior Feminino	13	Clube Náutico de Ponte De Lima	1:00:21.2	293	1:29:32.1	285
14	119	Maria Safara	2:07:24.7	w	18	Sénior Feminino	14	ProAventuras	1:01:18.0	319	1:31:05.2	316
15	106	Angela Costa	2:09:26.2	w	20	Sénior Feminino	15		1:04:36.6	417	1:35:10.5	387
16	830	Ana Bernardo	2:10:17.5	w	23	Sénior Feminino	16	AminhaCorrida/Skechers	1:05:12.8	434	1:34:42.4	380
17	100	Cláudia Nunes	2:10:21.6	w	24	Sénior Feminino	17		0:58:02.1	230	1:27:50.0	259
18	378	Sandra Guerreiro	2:11:05.4	w	26	Sénior Feminino	18		0:59:42.5	274	1:31:41.4	324
19	394	Paula Jacob	2:12:42.5	w	31	Sénior Feminino	19	Surf Runners	1:03:11.2	379	1:36:07.0	400
20	170	Sara Machado	2:12:45.3	w	32	Sénior Feminino	20	Rail Runners	1:00:28.0	297	1:31:00.5	313
21	82	Ana Féteira	2:14:15.8	w	35	Sénior Feminino	21	ARSM - Associação Recreativa de	1:02:28.9	359	1:34:11.0	368
22	691	Sónia Gaspar	2:14:16.4	w	36	Sénior Feminino	22	ARSM - Associação Recreativa de	1:02:29.4	360	1:34:12.0	369
23	908	Ana Alberto	2:14:41.2	w	38	Sénior Feminino	23	A.D. Galomar	0:57:11.5	213	1:30:02.5	296
24	182	Maria João Lopes (a)	2:16:27.4	w	40	Sénior Feminino	24	Monsanto Running Team	1:05:29.7	449	1:38:01.7	436
25	770	Liliana Baltazar (a)	2:16:45.2	w	41	Sénior Feminino	25	Correr Lisboa	1:07:07.7	476	1:39:58.9	474
26	271	Andreia Costa	2:17:41.7	w	44	Sénior Feminino	26	Tartarugas Solidárias	1:05:15.9	438	1:37:41.2	426
27	140	Patrícia Lourenço	2:18:19.9	w	46	Sénior Feminino	27	Decathlon/Omega Pharma	1:05:46.6	457	1:38:54.0	456
28	722	Margarida Roque Amaro	2:22:21.6	w	52	Sénior Feminino	28		1:08:30.1	512	1:42:04.9	486
29	729	Sara Velho	2:24:43.7	w	57	Sénior Feminino	29	ProAventuras	1:06:54.3	469	1:44:04.1	506
30	248	Noemia Monteiro	2:25:23.1	w	58	Sénior Feminino	30	Clube do Stress	1:08:40.5	519	1:45:22.4	535
31	744	Sandra Oliveira	2:26:06.4	w	60	Sénior Feminino	31		1:08:42.9	521	1:45:22.2	534
32	605	Vanda Fernandes	2:27:24.6	w	62	Sénior Feminino	32	CCD Crédito Agrícola Mútuo	1:07:54.9	487	1:43:49.1	505
33	228	Nuria Branco	2:28:23.9	w	64	Sénior Feminino	33	Jobrinde - Montes Saloios	1:08:39.2	518	1:45:46.3	540
34	583	Diana Bonifácio	2:29:02.7	w	65	Sénior Feminino	34	Juventude Vidigalense	1:09:08.8	530	1:44:43.5	525
35	424	Ana Correia	2:29:41.5	w	66	Sénior Feminino	35	Correr Lisboa	1:08:56.3	524	1:45:14.9	530
36	784	Cristina Prioste	2:31:05.7	w	68	Sénior Feminino	36	Juventude Vidigalense	1:10:46.5	562	1:46:17.2	550
37	807	Telma Ramires	2:31:46.8	w	69	Sénior Feminino	37	ATR - Algarve Trail Running	1:10:17.4	549	1:47:37.0	561
38	655	Tita Luis	2:32:13.3	w	70	Sénior Feminino	38	Jobrinde - Montes Saloios	1:14:16.1	626	1:51:57.9	609
39	920	Raquel Viegas	2:33:04.1	w	73	Sénior Feminino	39		1:13:19.5	609	1:51:44.7	602
40	483	Carla Margarida Matos (a)	2:33:39.4	w	74	Sénior Feminino	40	Monsanto Running Team	1:08:30.5	513	1:49:37.9	574
41	323	Andreia Pereira	2:34:38.6	w	77	Sénior Feminino	41	O MUNDO DA CORRIDA	1:13:17.8	606	1:50:22.0	579
42	884	Tânia Cunha	2:34:51.6	w	78	Sénior Feminino	42	Tough Trails Alenquer	1:08:04.4	490	1:47:06.3	557
43	641	Rute Fernandes	2:35:54.0	w	80	Sénior Feminino	43		1:14:00.7	623	1:53:38.4	629
44	571	Maria Rita Pedrosa	2:36:02.5	w	81	Sénior Feminino	44	Juventude Vidigalense	1:12:28.4	594	1:50:38.1	583
45	902	Ana Silva	2:36:44.6	w	83	Sénior Feminino	45	Rail Runners	1:11:46.4	584	1:52:04.2	611

3.º Trilho das Lampas

Result List AG 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
46	758	Cláudia Sousa (a)	2:36:57.0	w	84	Sénior Feminino	46	Monsanto Running Team	1:17:37.7	669	1:55:02.7	635
47	177	Andrea Neves (a)	2:38:09.8	w	88	Sénior Feminino	47		1:17:55.7	673	1:58:46.1	659
48	175	Mónica Junqueira	2:38:17.2	w	90	Sénior Feminino	48	Rail Runners	1:13:19.5	608	1:50:59.3	590
49	456	Joana Ferreira	2:38:37.1	w	92	Sénior Feminino	49	20Km's Almeirim - Desportos de	1:14:27.0	631	1:52:44.5	622
50	225	Mafalda Faria	2:39:35.2	w	98	Sénior Feminino	50	Vadiagem	1:18:01.2	676	1:55:13.5	636
51	822	Joana Saraiva	2:40:22.7	w	99	Sénior Feminino	51	Georunners	1:12:21.4	591	1:51:49.6	607
52	840	Débora Ferreira	2:41:01.2	w	100	Sénior Feminino	52	Escaravelhos Team	1:13:16.4	605	1:52:35.3	617
53	581	Rita Monteiro	2:44:47.9	w	101	Sénior Feminino	53	Põe-Te a Milhas	1:15:08.6	636	1:58:03.1	655
54	152	Rita Santos	2:45:36.9	w	105	Sénior Feminino	54		1:15:53.6	644	1:55:01.8	634
55	874	Sandra Letras	2:47:34.9	w	107	Sénior Feminino	55	ODEBRECHT	1:19:00.1	687	2:00:07.6	669
56	219	Natália Alexandre	2:51:51.6	w	111	Sénior Feminino	56	AC Portalegre / UTSM	1:20:28.7	698	2:02:50.6	683
57	99	Raquel Quintas (a)	2:52:25.0	w	112	Sénior Feminino	57	POWER RANGERS	1:17:46.4	671	2:04:46.9	695
58	76	Sara Fulgêncio	2:56:34.1	w	118	Sénior Feminino	58	Kangurus S.A.	1:20:50.8	707	2:06:22.4	704
59	431	Cláudia Garcia	2:57:07.5	w	119	Sénior Feminino	59	Correr Lisboa	1:24:30.3	751	2:11:47.9	740
60	842	Susana Mourato	2:57:07.9	w	120	Sénior Feminino	60		1:22:25.5	721	2:04:51.9	697
61	832	Maria Rebelo	2:58:25.7	w	122	Sénior Feminino	61	Salamandrecos	1:18:48.0	683	2:05:09.7	699
62	399	Liliana Monteiro	3:00:22.4	w	127	Sénior Feminino	62	Sporting	1:20:49.6	705	2:07:46.2	715
63	389	Otelinda Sousa	3:00:23.0	w	128	Sénior Feminino	63		1:20:49.6	704	2:07:48.1	716
64	285	Alice Capelas	3:01:35.4	w	130	Sénior Feminino	64		1:17:33.5	666	2:01:41.9	678
65	563	Patricia Caixinha	3:03:29.9	w	132	Sénior Feminino	65	SS CGD	1:23:53.4	742	2:09:27.5	729
66	620	Isadora Costa	3:03:43.4	w	133	Sénior Feminino	66	4 ao Km	1:24:02.7	746	2:12:10.7	744
67	548	Patricia Viegas (a)	3:04:51.2	w	134	Sénior Feminino	67		1:24:39.4	755	2:12:02.0	742
68	611	Paula Bengala	3:06:04.2	w	137	Sénior Feminino	68	Tartarugas Solidárias	1:23:15.0	739	2:08:59.3	725
69	277	Andreia Paulo	3:06:28.4	w	138	Sénior Feminino	69	Atletas do Ribatejo	1:20:11.1	694	2:06:51.5	707
70	684	Raquel Valente	3:06:31.0	w	139	Sénior Feminino	70		1:22:55.4	732	2:09:37.8	730
71	429	Leonor Gomes	3:06:51.7	w	140	Sénior Feminino	71	CHALEIRINHA	1:20:38.3	703	2:09:25.1	728
72	570	Susana Santos	3:08:31.4	w	143	Sénior Feminino	72		1:24:31.4	753	2:12:36.6	749
73	629	Cláudia Tam	3:14:00.0	w	147	Sénior Feminino	73	Açoreana Club Banif	1:23:01.3	734	2:17:43.3	759
74	815	Inês Machado	3:14:38.7	w	149	Sénior Feminino	74	Hot Runners	1:23:47.9	741	2:17:49.5	764
75	872	Luisa Alves	3:15:54.3	w	150	Sénior Feminino	75	ODEBRECHT	1:29:46.6	787	2:18:16.0	766
76	660	Sónia Envia	3:18:28.3	w	152	Sénior Feminino	76	Chafariz Running Team	1:26:11.6	762	2:24:06.2	787
77	663	Cláudia Envia	3:18:28.4	w	154	Sénior Feminino	77	Chafariz Running Team	1:32:06.8	792	2:24:07.6	788
78	481	Carla Pinto Fernandes	3:18:28.6	w	155	Sénior Feminino	78	Correr Lisboa	1:32:07.2	793	2:23:37.6	786

3.º Trilho das Lampas

Result List AG 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
79	653	Ana Catarina Freire	3:19:01.0	w	156	Sénior Feminino	79		1:30:17.3	788	2:18:05.4	765
80	757	Susana Rodrigues Palma	3:19:28.0	w	157	Sénior Feminino	80		1:28:02.1	778	2:22:25.3	779
81	726	Goreti Silva	3:19:28.6	w	158	Sénior Feminino	81	Desnível Positivo	1:27:53.4	776	2:22:14.0	778
82	510	Andreia de Oliveira	3:25:26.2	w	162	Sénior Feminino	82	Georunners	1:27:39.5	770	2:19:32.2	770
83	457	Maria Sá Pinto (a)	3:25:27.1	w	165	Sénior Feminino	83	Jobrinde - Montes Saloios	1:27:41.2	772	2:19:59.9	773
84	879	Catarina Rolo	3:42:41.3	w	167	Sénior Feminino	84		1:28:47.9	782	2:39:41.9	796
85	878	Cátia Câmara	3:42:41.6	w	168	Sénior Feminino	85		1:28:48.3	783	2:39:41.8	795
86	814	Diana Nunes	3:49:53.6	w	169	Sénior Feminino	86	Hot Runners	1:37:45.3	798	2:43:31.0	798
87	299	Fatima Brito	2:02:45.0	w	170	Sénior Feminino	87	Tálenos Team		800		800

Veteranas W40

1	514	Isabel Rodrigues	2:03:09.8	w	9	Veteranas W40	1	ADCR Polícia Judiciária	1:01:32.9	326	1:29:37.5	288
2	687	Fátima Alendouro	2:09:03.8	w	19	Veteranas W40	2	Desnível Positivo	1:01:01.4	310	1:30:54.3	310
3	284	Cristina Guerreiro	2:11:19.5	w	27	Veteranas W40	3	Clube Desportivo Recreativo	1:01:43.0	330	1:32:51.4	344
4	47	Anabela Pombeiro	2:13:14.5	w	33	Veteranas W40	4	Agregar Runners	1:03:41.5	388	1:34:42.0	379
5	774	Ana Pipio	2:14:22.0	w	37	Veteranas W40	5	Açoreana Club Banif	1:04:32.8	414	1:37:32.7	421
6	201	Paula Da Silva Cardoso	2:15:50.9	w	39	Veteranas W40	6		1:03:21.2	383	1:34:55.9	382
7	91	Marta Andrade	2:19:07.6	w	47	Veteranas W40	7	Treino em Casa	1:08:07.5	492	1:44:20.9	514
8	8	Rita Fernandes	2:23:53.5	w	54	Veteranas W40	8	Tartarugas Solidárias	1:08:40.9	520	1:42:28.3	491
9	753	Sandra Simões	2:23:57.5	w	55	Veteranas W40	9	Run 4 Fun	1:11:07.1	567	1:45:35.5	538
10	742	Claudia Alcaso	2:25:34.6	w	59	Veteranas W40	10		1:10:18.5	550	1:45:20.0	533
11	245	Carla Silva	2:27:57.2	w	63	Veteranas W40	11		1:10:42.7	557	1:46:45.2	554
12	796	Patricia Encarnacao	2:32:27.4	w	71	Veteranas W40	12		1:12:08.4	590	1:50:55.5	589
13	557	Célia Silva	2:32:59.6	w	72	Veteranas W40	13	Juventude Vidigalense	1:12:26.7	592	1:49:46.6	575
14	416	Ana Paula Lima	2:34:00.8	w	75	Veteranas W40	14	caapp	1:12:01.9	587	1:51:33.4	597
15	696	Rita Dias	2:36:02.8	w	82	Veteranas W40	15	NEL - Pédatleta	1:12:28.0	593	1:50:37.5	582
16	111	Filipa Da Gama	2:37:30.7	w	86	Veteranas W40	16	ProAventuras	1:13:10.9	602	1:52:11.8	613
17	789	Anabela Pacheco	2:38:04.4	w	87	Veteranas W40	17		1:14:19.8	628	1:51:45.0	603
18	865	Bernardete Morita	2:38:09.8	w	89	Veteranas W40	18	Salamandrecos	1:17:56.2	674	1:58:41.3	658
19	720	Isabel Félix	2:38:28.7	w	91	Veteranas W40	19	Monsanto Running Team	1:10:43.9	560	1:50:43.0	585
20	162	Sandra Cardoso	2:39:21.3	w	96	Veteranas W40	20		1:13:22.4	614	1:52:20.6	616
21	627	Sarah Musgrave	2:39:35.0	w	97	Veteranas W40	21	Jobrinde - Montes Saloios	1:18:01.2	677	1:55:14.8	637
22	591	Teresa Marta	2:44:48.1	w	102	Veteranas W40	22	Põe-Te a Milhas	1:15:09.6	638	1:58:04.3	656
23	108	Sónia Ribeiro	2:46:00.9	w	106	Veteranas W40	23	POWER RANGERS	1:17:07.3	655	1:59:55.1	666

3.º Trilho das Lampas

Result List AG 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
24	682	Graça Fernandes	2:49:49.9	w	110	Veteranas W40	24	Juventude Vidigalense	1:18:49.5	684	2:01:15.5	675
25	357	Saida Morais	2:53:06.9	w	113	Veteranas W40	25	Active people	1:22:47.1	723	2:05:19.0	700
26	916	Gisela Padre	2:56:29.7	w	117	Veteranas W40	26		1:20:16.6	697	2:02:39.3	681
27	883	Teresa Marcelino	2:58:25.1	w	121	Veteranas W40	27	Tálenos Team	1:22:54.4	730	2:05:39.4	702
28	705	Carolina Manuel	2:59:13.8	w	123	Veteranas W40	28	O MUNDO DA CORRIDA	1:22:55.2	731	2:09:44.3	731
29	496	Cristina Barbosa	2:59:14.2	w	124	Veteranas W40	29		1:24:25.1	748	2:09:55.9	733
30	78	Maria Marques	3:00:46.3	w	129	Veteranas W40	30		1:24:40.1	756	2:11:39.1	739
31	278	Ana Alpalhão	3:02:35.1	w	131	Veteranas W40	31		1:22:50.5	726	2:07:54.1	717
32	37	Sandra Filipe	3:05:34.5	w	135	Veteranas W40	32	Rail Runners	1:22:31.8	722	2:08:23.1	723
33	368	Claudia Amaral	3:06:04.0	w	136	Veteranas W40	33	Sintra Trilhos	1:24:27.9	749	2:12:17.4	745
34	243	Carla Pinto	3:08:42.7	w	144	Veteranas W40	34		1:24:00.7	743	2:12:55.7	752
35	165	Aida Freitas	3:13:49.1	w	145	Veteranas W40	35	ADCR Polícia Judiciária	1:25:23.6	759	2:16:06.9	756
36	386	Sandra Carvalho	3:15:54.9	w	151	Veteranas W40	36	Hot Runners	1:26:49.0	765	2:17:49.2	762
37	766	Otilia Rosado	3:21:52.0	w	160	Veteranas W40	37	Vila Seca Running Team	1:28:23.5	781	2:22:54.4	783
38	163	Carla Duarte	3:25:26.6	w	163	Veteranas W40	38	Tartarugas Solidárias	1:27:40.0	771	2:19:46.9	772
39	618	Teresa Aranha	3:25:44.9	w	166	Veteranas W40	39		1:31:02.8	789	2:24:12.4	790

Veteranas W50

1	320	Cidália Martins	2:05:01.5	w	14	Veteranas W50	1	Tough Trails Alenquer	0:59:23.6	263	1:29:40.3	290
2	287	Almerinda Velez	2:12:31.8	w	30	Veteranas W50	2	Os Trinca-Espinhas	1:00:00.5	283	1:31:14.7	318
3	329	Maria Manuela Machado	2:17:31.2	w	42	Veteranas W50	3	Run 4 Fun	1:05:43.0	455	1:39:00.3	458
4	54	Graça Roldão	2:21:03.1	w	50	Veteranas W50	4	Os Tugas	1:07:33.9	484	1:42:52.3	498
5	582	Maria Albertina Silva	2:37:28.0	w	85	Veteranas W50	5	Juventude Vidigalense	1:13:55.5	619	1:51:41.2	601
6	616	Maria Fatima Fernandes	2:44:54.0	w	103	Veteranas W50	6	GD CIMPOR	1:17:08.3	657	1:55:23.9	641
7	615	Maria Goreti Fernandes	2:53:38.6	w	114	Veteranas W50	7	GD CIMPOR	1:23:12.2	737	2:07:37.2	713
8	485	Maria Puga	2:53:52.5	w	115	Veteranas W50	8	O MUNDO DA CORRIDA	1:20:13.9	696	2:02:21.1	680
9	489	Ira Litwinoff	3:00:02.3	w	125	Veteranas W50	9	CCD Siemens	1:18:55.3	686	2:04:26.0	692
10	167	Jacinta Almeida	3:00:08.2	w	126	Veteranas W50	10	Rail Runners	1:21:32.0	710	2:08:05.2	720
11	630	Idalina Madeira	3:13:59.6	w	146	Veteranas W50	11	Açoreana Club Banif	1:22:56.6	733	2:17:36.3	757
12	505	Helena Santos (a)	3:14:00.3	w	148	Veteranas W50	12	Açoreana Club Banif	1:22:53.5	728	2:17:44.1	760
13	559	Dora Pires	3:21:03.1	w	159	Veteranas W50	13	SS CGD	1:28:22.1	780	2:22:38.3	782
14	578	Emília Janela	3:25:26.6	w	164	Veteranas W50	14	Tartarugas Solidárias	1:27:45.6	775	2:20:02.4	774
15	300	Manuela Aldeia	1:55:37.9	w	171	Veteranas W50	15	Tálenos Team		801		801

3.º Trilho das Lampas

Result List AG 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
Veteranas W45												
1	171	Luísa Espírito Santo	1:59:45.8	w	4	Veteranas W45	1	Rail Runners	0:58:34.0	247	1:26:13.6	227
2	666	Monica Silva	2:06:03.1	w	15	Veteranas W45	2		0:59:07.5	256	1:27:30.1	254
3	117	Isabel Pisco	2:09:47.7	w	21	Veteranas W45	3	ProAventuras	1:02:28.5	358	1:32:52.6	345
4	302	Carla Santos	2:10:52.2	w	25	Veteranas W45	4	Tálenos Team	1:02:31.1	363	1:32:42.9	343
5	312	Manuela Fonseca	2:12:05.7	w	28	Veteranas W45	5	Tartarugas Solidárias	1:04:26.9	413	1:36:10.7	404
6	844	Lígia Pires Coelho	2:12:29.7	w	29	Veteranas W45	6		1:02:22.6	351	1:33:30.0	352
7	533	Maria Ceu Silva	2:13:23.4	w	34	Veteranas W45	7	CLUBE MILLENNIUM BCP	1:03:37.0	387	1:34:58.0	384
8	449	Teresa Teixeira	2:17:41.2	w	43	Veteranas W45	8	Sintra Trilhos	1:05:16.5	440	1:38:05.9	441
9	714	Célia Nuno	2:17:44.7	w	45	Veteranas W45	9	HAND2HAND	1:07:09.7	478	1:40:27.9	478
10	205	Paula Santos	2:19:09.1	w	48	Veteranas W45	10	Os Tugas	1:08:28.7	510	1:41:42.0	482
11	224	Elena Iabanji	2:19:29.0	w	49	Veteranas W45	11		1:07:00.3	473	1:39:53.0	472
12	544	Natalya Marcheva	2:22:12.4	w	51	Veteranas W45	12	Jobrinda - Montes Saloios	1:06:59.9	472	1:38:37.7	448
13	126	Maria José Felisardo	2:24:33.4	w	56	Veteranas W45	13	ProAventuras	1:04:17.7	408	1:37:46.4	428
14	896	Teresa Domingues	2:26:07.7	w	61	Veteranas W45	14	SS CGD	1:07:56.9	488	1:43:08.1	500
15	10	Catarina Lagoa	2:30:22.0	w	67	Veteranas W45	15	Tartarugas Solidárias	1:10:46.3	561	1:44:27.6	518
16	914	Isabel Barra	2:34:17.6	w	76	Veteranas W45	16	asas do milenium (o praticante)	1:11:14.3	572	1:50:55.2	588
17	56	Fátima Gonçalves	2:34:51.9	w	79	Veteranas W45	17	Os Tugas	1:11:19.4	575	1:48:19.7	568
18	732	Cláudia Philippart	2:39:12.9	w	93	Veteranas W45	18		1:13:21.0	611	1:52:43.7	621
19	626	M.rosário Barros	2:39:15.9	w	94	Veteranas W45	19	Juventude Vidigalense	1:15:00.8	635	1:53:10.8	623
20	740	Ana Pereira	2:45:14.9	w	104	Veteranas W45	20		1:16:44.5	649	1:59:14.4	664
21	588	Lizete Heleno	2:49:49.7	w	109	Veteranas W45	21	Juventude Vidigalense	1:21:25.3	709	2:01:32.2	677
22	644	Teresa Ferreira	2:55:44.5	w	116	Veteranas W45	22	Juventude Vidigalense	1:18:40.4	681	2:03:08.9	684
23	529	Rosimeire Serafim	3:08:02.3	w	141	Veteranas W45	23	CLUBE MILLENNIUM BCP	1:22:49.3	725	2:10:14.7	734
24	522	Ana Cristina Lopes (a)	3:08:02.8	w	142	Veteranas W45	24	CLUBE MILLENNIUM BCP	1:23:11.5	736	2:10:22.7	735
25	662	Anabela Santos	3:18:28.3	w	153	Veteranas W45	25	Chafariz Running Team	1:26:12.2	763	2:24:08.4	789
26	409	Isabel Matela	3:22:52.3	w	161	Veteranas W45	26	Frufresh Runners	1:28:56.4	785	2:23:17.5	784
27	301	Ana Paula Ramos	1:56:08.9	w	172	Veteranas W45	27	Tálenos Team		802		802
Veteranas W55												
1	118	Maria Patas (a)	2:10:04.7	w	22	Veteranas W55	1	ProAventuras	1:02:52.2	375	1:33:46.3	358
2	28	Maria Da Luz Conchinha	2:22:27.3	w	53	Veteranas W55	2	Clube do Stress	1:08:39.0	517	1:43:00.6	499

3.º Trilho das Lampas

Result List AG 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
Veteranas W60												
1	339	Manuela Folgado	2:39:19.5	w	95	Veteranas W60	1	Falcões Selvagens	1:13:56.7	620	1:55:19.5	638
2	103	Analice Silva	2:47:52.2	w	108	Veteranas W60	2	O MUNDO DA CORRIDA	1:18:41.7	682	2:03:19.8	686

Number of records: 805

3.º Trilho das Lampas

Result List MF 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
3.º Trilho das Lampas												
m												
1.	900	Jose Gaspar	1:21:57.3	m	1	Sénior Masculino	1	Clube de Atletismo Odimarq	0:39:20.9	1	0:57:34.4	1
2.	216	Luis Semedo	1:24:00.9	m	2	Sénior Masculino	2	AC Portalegre / UTSM	0:40:48.3	3	0:59:20.6	2
3.	221	Vitor Cordeiro	1:24:04.6	m	3	Veteranos M50	1	AC Portalegre / UTSM	0:40:45.3	2	0:59:26.2	3
4.	32	João Ginja	1:25:28.7	m	4	Veteranos M45	1	Rail Runners	0:41:37.9	4	1:00:26.0	4
5.	859	Nelson Graça	1:26:48.2	m	5	Sénior Masculino	3	RUN.pt	0:42:18.3	6	1:02:02.1	7
6.	342	Romeu Gouveia	1:26:53.1	m	6	Sub 23 M	1	Escaravelhos Team	0:42:37.0	7	1:01:59.2	6
7.	805	Jorge António	1:27:08.9	m	7	Sénior Masculino	4	ATR - Algarve Trail Running	0:41:38.4	5	1:00:58.8	5
8.	562	Marcolino Verissimo	1:30:11.1	m	8	Veteranos M40	1	SS CGD	0:43:30.0	9	1:02:45.8	8
9.	407	Paulo Teixeira	1:30:28.1	m	9	Sénior Masculino	5	Gondomar Futsal Clube	0:43:24.4	8	1:03:56.5	9
10.	22	Nuno Patricio	1:30:52.4	m	10	Veteranos M40	2	Clube da Natureza de Alvito	0:44:11.2	10	1:03:57.5	10
11.	341	João Patricio	1:32:53.5	m	11	Sub 23 M	2	Escaravelhos Team	0:45:39.6	16	1:06:13.0	13
12.	420	Jose Lopes	1:33:07.7	m	12	Veteranos M45	2	Clube de Atletismo Odimarq	0:45:18.5	13	1:06:51.5	18
13.	247	Ricardo Ferreira	1:33:14.0	m	13	Sénior Masculino	6	ARSM - Associação Recreativa	0:44:42.9	11	1:05:22.2	11
14.	215	Luís Malheiro	1:33:18.5	m	14	Sénior Masculino	7	AC Portalegre / UTSM	0:45:51.0	19	1:06:22.3	14
15.	824	Joaquim Rodrigues	1:33:21.6	m	15	Sénior Masculino	8	Os Trinca-Espinhas	0:46:07.1	22	1:06:38.8	16
16.	1	Tiago Aragão	1:33:55.5	m	16	Sénior Masculino	9	CTAD - Trilhos de Cinfães	0:45:47.0	17	1:06:12.6	12
17.	296	Miguel A. V. Ribeiro	1:34:23.3	m	17	Sénior Masculino	10	"Os Saramagos"	0:46:27.7	26	1:07:36.1	21
18.	33	João Prisal	1:34:28.1	m	18	Veteranos M40	3	Rail Runners	0:45:16.6	12	1:07:05.4	19
19.	92	Nuno Torres	1:34:39.4	m	19	Sénior Masculino	11	ProAventuras	0:45:25.2	14	1:06:38.0	15
20.	172	Virgílio Gomes	1:34:53.2	m	20	Veteranos M45	3	Rail Runners	0:47:30.8	33	1:08:12.4	27
21.	262	Rogério Azevedo	1:35:17.3	m	21	Veteranos M40	4		0:46:15.9	23	1:07:43.4	22
22.	676	Nelson Valente	1:35:26.5	m	22	Sénior Masculino	12	ProAventuras	0:46:21.6	25	1:07:44.8	23
23.	125	Tiago Rovisco	1:35:31.5	m	23	Sénior Masculino	13	ProAventuras	0:46:45.3	27	1:07:47.9	25
24.	905	Alexandre Soares	1:35:57.0	m	24	Veteranos M50	2	Clube de Atletismo Odimarq	0:45:47.1	18	1:08:06.4	26
25.	622	Paulo Duarte	1:36:01.0	m	25	Sénior Masculino	14	Juventude Vidigalense	0:46:03.9	21	1:07:10.5	20
26.	217	Emilio Paulino	1:36:27.3	m	26	Veteranos M55	1	AC Portalegre / UTSM	0:45:59.4	20	1:07:45.2	24
27.	49	Nelson Amaral	1:36:33.9	m	27	Sénior Masculino	15	CTAD - Trilhos de Cinfães	0:47:01.1	29	1:08:15.3	28
28.	849	Janício Reis	1:36:52.3	m	28	Sénior Masculino	16	Casa do Benfica de Algueirão	0:45:38.7	15	1:06:49.0	17
29.	860	Paulo Pova	1:36:53.5	m	29	Veteranos M50	3	Amigos Vale Silêncio	0:47:21.0	31	1:09:23.5	30
30.	80	José Féteira	1:37:13.0	m	30	Veteranos M45	4	ARSM - Associação Recreativa	0:47:23.6	32	1:08:54.5	29

3.º Trilho das Lampas

Result List MF 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
31.	281	Manuel Ceia	1:37:19.5	m	31	Veteranos M50	4	AC Portalegre / UTSM	0:47:47.5	35	1:09:35.7	31
32.	34	Jorge Rodrigues	1:37:33.4	m	32	Veteranos M45	5	Rail Runners	0:46:45.5	28	1:09:37.4	32
33.	211	Paulo Correia	1:38:13.0	m	33	Veteranos M45	6	scalabis night runners	0:48:05.0	37	1:09:46.8	34
34.	381	Nelson Constantino	1:38:14.2	m	34	Sénior Masculino	17	Eléctrico Futebol Clube	0:47:38.2	34	1:09:40.2	33
35.	280	Arsénio Fernandes	1:38:31.6	m	35	Veteranos M55	2		0:47:47.7	36	1:09:51.2	35
36.	417	Manuel Ramos (a)	1:38:34.0	m	36	Veteranos M55	3	ProAventuras	0:48:29.0	42	1:10:23.1	41
37.	745	Guilherme Branquinho	1:38:43.2	m	37	Veteranos M40	5	O MUNDO DA CORRIDA	0:48:16.9	41	1:10:02.1	36
38.	406	Luis Aires	1:39:38.6	m	38	Veteranos M40	6		0:48:43.2	49	1:10:23.0	40
39.	88	Pedro Simões	1:39:49.6	m	39	Veteranos M40	7	ARSM - Associação Recreativa	0:48:41.6	48	1:10:40.4	42
40.	239	Paulo José Cardoso Da	1:40:00.9	m	40	Veteranos M40	8	N.A.Z.Abóboda	0:48:38.8	46	1:10:53.0	44
41.	806	André Duarte	1:40:06.0	m	41	Sénior Masculino	18	ATR - Algarve Trail Running	0:48:08.6	39	1:10:19.5	39
42.	83	Carlos Simões	1:40:09.0	m	42	Veteranos M45	7	ARSM - Associação Recreativa	0:48:07.9	38	1:10:17.1	38
43.	537	Humberto Spínola	1:40:20.6	m	43	Veteranos M40	9		0:48:54.5	55	1:11:26.5	48
44.	58	Aretino Mota	1:40:23.6	m	44	Veteranos M50	5	LINDA A PASTORA SPORTING	0:48:43.5	50	1:11:47.5	56
45.	5	Luís Rodrigues	1:40:35.7	m	45	Veteranos M40	10		0:48:39.5	47	1:11:31.8	49
46.	612	Bruno Dias	1:40:41.3	m	46	Sénior Masculino	19	Adraga BTTeam	0:48:51.1	53	1:11:51.6	58
47.	129	Nuno Cruz	1:40:47.3	m	47	Sénior Masculino	20	ProAventuras	0:48:59.1	59	1:11:38.9	51
48.	862	Joaquim Pato	1:40:53.4	m	48	Veteranos M40	11	Kangaroo Runners	0:49:05.9	61	1:11:49.2	57
49.	670	Arlindo Paixão	1:41:06.9	m	49	Veteranos M50	6	RESTAURANTE "O	0:48:59.4	60	1:11:12.2	46
50.	220	Nelson Nunes	1:41:15.7	m	50	Sénior Masculino	21	AC Portalegre / UTSM	0:51:21.0	92	1:13:49.3	78
51.	768	Paulo Oliveira	1:41:18.9	m	51	Veteranos M45	8	Espinho Runners	0:48:44.2	51	1:12:28.2	59
52.	334	Simão Seça	1:41:35.3	m	52	Sénior Masculino	22	Crash&Run	0:48:53.5	54	1:11:43.6	53
53.	672	Pedro Gomes (a)	1:41:38.8	m	53	Veteranos M40	12	RESTAURANTE "O	0:48:48.1	52	1:11:04.1	45
54.	344	David Gouveia	1:42:04.5	m	54	Sénior Masculino	23	Escaravelhos Team	0:48:35.7	43	1:11:14.4	47
55.	458	Fernando Homem	1:42:08.6	m	55	Sénior Masculino	24	CASPA	0:49:33.3	67	1:13:06.5	65
56.	511	Pedro Escadas (a)	1:42:29.3	m	56	Sénior Masculino	25	Salamandrecos	0:49:32.9	66	1:13:05.6	64
57.	127	Marco Rosa	1:42:34.9	m	57	Sénior Masculino	26	ProAventuras	0:48:12.5	40	1:10:53.0	43
58.	743	Bruno Querido	1:42:49.6	m	58	Veteranos M40	13	Desnível Positivo	0:48:37.8	44	1:11:34.4	50
59.	747	José Vieira	1:42:53.8	m	59	Veteranos M50	7	ProAventuras	0:48:59.0	58	1:11:47.3	55
60.	907	Bruno Santos	1:42:54.0	m	60	Sénior Masculino	27	CTAD - Trilhos de Cinfães	0:48:56.5	56	1:11:42.7	52
61.	26	Flavio Francisco (a)	1:42:54.3	m	61	Veteranos M40	14	Monsanto Running Team	0:50:21.0	75	1:13:50.3	79
62.	669	Rui Ferreira	1:43:08.2	m	62	Veteranos M40	15	RESTAURANTE "O	0:50:24.1	76	1:13:19.4	71
63.	436	Guilherme David	1:43:17.9	m	63	Veteranos M50	8	Tough Trails Alenquer	0:49:35.4	68	1:13:17.6	69

3.º Trilho das Lampas

Result List MF 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
64.	210	Pedro Gabriel	1:43:24.4	m	64	Veteranos M40	16	C.A. Amigos Parque da Paz	0:49:20.8	62	1:12:50.7	60
65.	885	Hugo Caldeira	1:43:45.5	m	65	Sénior Masculino	28	Tough Trails Alenquer	0:50:02.1	73	1:13:15.3	68
66.	206	Vitor Cardoso	1:43:46.1	m	66	Sénior Masculino	29	CTAD - Trilhos de Cinfães	0:49:59.8	71	1:13:31.3	72
67.	597	Fernando Martins	1:43:47.6	m	67	Veteranos M40	17	GD BANCO DE PORTUGAL	0:49:30.4	64	1:13:46.9	77
68.	821	João Santos	1:43:49.3	m	68	Sénior Masculino	30	Dolce CR / Running Team	0:49:35.6	69	1:13:06.7	66
69.	13	Joao Maia	1:43:51.9	m	69	Veteranos M50	9	Falcões Selvagens	0:50:52.6	84	1:13:32.2	74
70.	565	Paulo Pires	1:43:52.1	m	70	Veteranos M45	9	SS CGD	0:49:31.2	65	1:13:36.2	75
71.	404	João Fiel	1:43:56.5	m	71	Sénior Masculino	31	Dolce CR / Running Team	0:50:51.3	83	1:13:17.8	70
72.	85	Marco Rodrigues	1:44:00.1	m	72	Veteranos M40	18	ARSM - Associação Recreativa	0:49:35.9	70	1:13:00.7	63
73.	124	José Dionisio	1:44:15.2	m	73	Veteranos M55	4	ProAventuras	0:50:25.6	77	1:13:36.6	76
74.	253	Paulo Pacheco	1:44:52.9	m	74	Sénior Masculino	32	Friends2Run	0:51:07.6	89	1:14:27.6	82
75.	804	Nelson Rafael Lima	1:45:13.4	m	75	Veteranos M45	10		0:50:49.2	82	1:14:30.4	84
76.	403	José Constantino	1:45:17.4	m	76	Sénior Masculino	33	Eléctrico Futebol Clube	0:49:23.3	63	1:13:31.6	73
77.	318	Sérgio Rosário	1:45:28.5	m	77	Sénior Masculino	34	ARSM - Associação Recreativa	0:50:53.6	86	1:14:31.7	85
78.	59	Almiro Feijão	1:45:28.6	m	78	Veteranos M55	5	LINDA A PASTORA SPORTING	0:50:53.4	85	1:14:32.4	86
79.	184	João Piedade	1:45:38.8	m	79	Sénior Masculino	35	Ericeira Runners	0:48:58.5	57	1:12:51.8	61
80.	313	Luis Silva	1:45:44.5	m	80	Veteranos M40	19		0:50:01.7	72	1:13:09.5	67
81.	767	Carlos Marques	1:45:49.0	m	81	Veteranos M45	11	N.A.Z.Abóboda	0:50:11.3	74	1:13:57.6	80
82.	716	Fernando Vicente Vicente	1:45:59.9	m	82	Veteranos M45	12		0:50:40.4	81	1:14:45.4	87
83.	104	Vitor Veloso	1:46:17.7	m	83	Sénior Masculino	36	O MUNDO DA CORRIDA	0:52:17.7	108	1:15:19.2	93
84.	674	Fernando Godinho	1:46:20.5	m	84	Veteranos M40	20	RESTAURANTE "O	0:50:54.8	87	1:15:16.1	92
85.	90	Marco Silva	1:46:25.5	m	85	Sénior Masculino	37	Hot Runners	0:50:28.7	78	1:14:25.8	81
86.	114	Luciano Correia	1:46:36.5	m	86	Veteranos M40	21	ProAventuras	0:50:38.4	80	1:15:04.3	90
87.	567	Rui Martins	1:46:41.8	m	87	Sénior Masculino	38	SS CGD	0:51:05.3	88	1:15:11.9	91
88.	610	David Santos	1:47:04.2	m	88	Sénior Masculino	39	Juventude Vidigalense	0:46:20.0	24	1:10:11.1	37
89.	16	Jorge Serrazina	1:47:09.5	m	89	Veteranos M55	6	CA Obidos	0:52:58.4	124	1:17:23.9	111
90.	835	Pedro Castro	1:47:18.1	m	90	Sénior Masculino	40	Clube Náutico de Ponte De Lima	0:52:40.1	119	1:17:07.9	108
91.	358	Joaquim Martins	1:47:24.7	m	91	Veteranos M50	10	Clube de Atletismo Odimarq	0:51:07.9	90	1:15:03.1	89
92.	194	Nuno Ricardo Jorge	1:47:25.3	m	92	Veteranos M40	22	Zézés	0:51:39.2	98	1:15:32.2	96
93.	232	Marco Pinto	1:47:25.5	m	93	Sénior Masculino	41		0:51:47.8	102	1:15:00.5	88
94.	759	Pascal Rodrigues	1:47:28.4	m	94	Sénior Masculino	42	ATR - Algarve Trail Running	0:51:45.9	101	1:15:43.1	98
95.	395	Sérgio Morgado	1:47:29.8	m	95	Veteranos M40	23	Salamandrecos	0:53:04.8	126	1:17:02.6	105
96.	679	Pedro Rodrigues	1:47:33.5	m	96	Veteranos M45	13	OFICINA DO PEDRO	0:52:18.3	109	1:16:53.1	104

3.º Trilho das Lampas

Result List MF 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
97.	102	Paulo Frango	1:47:39.0	m	97	Sénior Masculino	43		0:51:35.1	97	1:15:28.8	95
98.	831	Joao Pereira	1:47:49.3	m	98	Sénior Masculino	44	AminhaCorrida/Skechers	0:52:03.5	104	1:16:04.0	100
99.	839	Armando Santos	1:47:52.2	m	99	Sénior Masculino	45	Oeiras Trail Team	0:50:33.9	79	1:14:29.7	83
100.	437	Nuno Pimenta (a)	1:47:52.9	m	100	Sénior Masculino	46	Associação Desportiva Real	0:51:24.4	93	1:15:26.9	94
101.	3	Paulo Osório	1:47:55.4	m	101	Veteranos M45	14		0:52:20.3	110	1:16:34.7	102
102.	291	Pedro Riberio	1:48:04.9	m	102	Sénior Masculino	47	Tartarugas Solidárias	0:52:47.9	121	1:15:53.3	99
103.	754	Paulo Taboas	1:48:13.3	m	103	Veteranos M45	15	Salamandrecos	0:52:33.7	118	1:17:13.8	109
104.	84	José Simões	1:48:26.8	m	104	Veteranos M45	16	ARSM - Associação Recreativa	0:51:54.5	103	1:15:41.6	97
105.	198	Hugo Rocha	1:48:37.7	m	105	Sénior Masculino	48	Diverinstal	0:51:40.9	99	1:16:17.4	101
106.	913	Cirilo Formiga	1:48:51.0	m	106	Veteranos M60	1	asas do milenium (o praticante)	0:53:26.0	134	1:17:59.9	122
107.	143	Guilherme Hora	1:49:08.4	m	107	Veteranos M40	24	O MUNDO DA CORRIDA	0:47:18.8	30	1:12:53.7	62
108.	122	Diogo Oliveira	1:49:11.4	m	108	Sénior Masculino	49	ProAventuras	0:52:51.5	122	1:17:04.3	106
109.	185	Rui Vieira	1:49:12.7	m	109	Veteranos M45	17	10 KM TAGARRO	0:51:45.2	100	1:17:18.7	110
110.	150	Rui Marino	1:49:13.8	m	110	Veteranos M40	25	Jobrinde - Montes Saloios	0:52:42.3	120	1:18:34.8	136
111.	112	José Gonçalves	1:49:14.7	m	111	Veteranos M40	26	ProAventuras	0:52:14.1	107	1:17:37.3	113
112.	760	Carlos Baptista	1:49:26.7	m	112	Veteranos M50	11	Sporting Clube de Casainhos	0:53:20.8	130	1:18:18.5	132
113.	282	Pedro Barros	1:50:09.1	m	113	Sénior Masculino	50	RUNSOX.eu RUNNERS	0:53:47.1	142	1:19:04.0	142
114.	683	Ricardo Ganhão	1:50:09.6	m	114	Sénior Masculino	51		0:52:31.4	117	1:17:45.3	114
115.	238	Paulo Marques	1:50:17.5	m	115	Sénior Masculino	52	GO!Runners	0:54:40.6	158	1:18:16.6	131
116.	421	Manuel Abrantes (a)	1:50:21.0	m	116	Sub 23 M	3		0:52:30.5	116	1:18:38.8	137
117.	121	Pedro Sousa	1:50:26.7	m	117	Veteranos M55	7	ProAventuras	0:51:25.6	94	1:16:52.3	103
118.	63	Vitor Venda	1:50:29.3	m	118	Veteranos M40	27	Matilha Running	0:52:27.0	114	1:18:10.1	128
119.	453	Afzal Abdul Aziz	1:50:45.9	m	119	Sénior Masculino	53	Lone Wolf	0:54:09.1	149	1:18:32.0	135
120.	422	Tiago Sousa	1:50:47.1	m	120	Sénior Masculino	54	Tough Trails Alenquer	0:54:22.4	152	1:18:15.3	130
121.	384	Ricardo Costa	1:50:48.3	m	121	Sénior Masculino	55	Btt Veredas de Noudar	0:53:19.4	129	1:18:45.4	138
122.	356	Helder Vaz	1:50:49.6	m	122	Sénior Masculino	56		0:51:34.6	96	1:17:49.3	115
123.	919	Manuel Soares	1:50:50.7	m	123	Veteranos M40	28	EDV Viana Trail	0:53:52.7	143	1:17:28.5	112
124.	345	Fernando Santos	1:51:08.2	m	124	Sub 23 M	4	Escaravelhos Team	0:53:43.9	139	1:17:57.5	121
125.	573	Rafael Assunção	1:51:12.0	m	125	Sénior Masculino	57	Rail Runners	0:52:21.1	111	1:17:05.1	107
126.	695	José António Marques	1:51:16.5	m	126	Veteranos M50	12	Salamandrecos	0:54:07.1	147	1:18:51.9	140
127.	87	Horácio Ferreira	1:51:21.3	m	127	Veteranos M45	18	ARSM - Associação Recreativa	0:52:25.1	113	1:17:51.0	116
128.	272	Nuno Cavaleiro	1:51:35.1	m	128	Sénior Masculino	58	A correr por ti	0:52:59.0	125	1:18:13.4	129
129.	816	João Carreto	1:51:42.5	m	129	Veteranos M50	13	ProAventuras	0:53:06.5	127	1:18:55.2	141

3.º Trilho das Lampas

Result List MF 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
130.	823	Luís Lopes	1:51:54.4	m	130	Veteranos M40	29	Monsanto Running Team	0:52:53.5	123	1:18:08.0	126
131.	269	José Nobre	1:52:07.1	m	131	Veteranos M50	14	Jobrinde - Montes Saloios	0:54:56.2	162	1:19:57.2	147
132.	438	Antonio Vilela	1:52:13.1	m	132	Veteranos M45	19	Associação Desportiva Real	0:54:08.3	148	1:18:48.0	139
133.	48	Fernando Costa	1:52:23.6	m	133	Sénior Masculino	59	Tough Trails Alenquer	0:53:35.7	137	1:19:38.9	144
134.	349	João Ramos	1:52:30.2	m	134	Veteranos M45	20	Pão de Negrais	0:52:04.3	105	1:17:56.7	120
135.	673	António Pazes	1:52:51.4	m	135	Veteranos M40	30	RESTAURANTE "O	0:55:27.4	171	1:21:15.6	166
136.	362	Bernardo Zoio	1:52:51.9	m	136	Sénior Masculino	60	Salamandrecos	0:55:53.1	179	1:20:20.4	152
137.	786	Simão Fernandes	1:53:00.7	m	137	Sénior Masculino	61	Monsanto Running Team	0:56:45.7	197	1:21:18.2	167
138.	706	Joao Paulino	1:53:19.9	m	138	Sénior Masculino	62	Kangaroo Runners	0:51:20.3	91	1:18:05.7	124
139.	274	Tiago Gaspar	1:53:29.7	m	139	Sénior Masculino	63	ARSM - Associação Recreativa	0:52:27.4	115	1:18:05.4	123
140.	411	Rui Nascimento	1:53:42.4	m	140	Veteranos M40	31		0:54:59.6	164	1:20:35.9	153
141.	62	Nuno Barreto	1:53:46.2	m	141	Sénior Masculino	64	GO!Runners	0:53:45.7	140	1:17:52.5	118
142.	685	Filipe Silva	1:53:49.0	m	142	Sénior Masculino	65	O MUNDO DA CORRIDA	0:53:31.6	136	1:20:47.6	154
143.	204	Gleiber Mendes	1:53:52.7	m	143	Sénior Masculino	66	4Client	0:54:11.1	151	1:20:18.6	150
144.	293	Ricardo Vitorino	1:53:54.4	m	144	Sénior Masculino	67	Dolce CR / Running Team	0:55:22.1	170	1:21:35.6	169
145.	466	José Nunes	1:53:54.8	m	145	Veteranos M45	21		0:51:29.8	95	1:17:56.3	119
146.	236	Diogo Sousa	1:53:56.8	m	146	Sénior Masculino	68	GO!Runners	0:53:45.8	141	1:18:10.0	127
147.	482	Victor Pereira	1:53:58.2	m	147	Veteranos M55	8		0:55:11.7	168	1:20:48.9	155
148.	910	Vítor Pinto	1:54:04.8	m	148	Sénior Masculino	69	Amigos Vale Silêncio	0:55:40.1	174	1:21:10.9	164
149.	50	Pedro Granadas	1:54:08.2	m	149	Veteranos M40	32	Tough Trails Alenquer	0:54:28.2	153	1:21:01.9	161
150.	370	Jorge Sobrinho	1:54:11.1	m	150	Veteranos M45	22	Cartoon Run	0:53:59.1	144	1:19:51.2	146
151.	138	Marcelo Dias	1:54:25.0	m	151	Veteranos M40	33	Salamandrecos	0:54:09.6	150	1:19:48.2	145
152.	646	Luis Paulo	1:54:34.9	m	152	Veteranos M45	23	Bahia	0:53:14.7	128	1:19:30.5	143
153.	892	José Monteiro (a)	1:54:38.3	m	153	Sénior Masculino	70	SS CGD	0:54:59.1	163	1:21:00.2	160
154.	353	Luis Madeira (a)	1:54:41.1	m	154	Veteranos M40	34	SS CGD	0:54:38.6	157	1:20:51.9	156
155.	711	Carlos Nunes	1:54:47.1	m	155	Veteranos M40	35		0:53:22.0	131	1:20:04.9	148
156.	903	Paulo Rodrigues	1:54:53.1	m	156	Sénior Masculino	71	Rail Runners	0:52:07.6	106	1:18:06.4	125
157.	845	Ricardo Pebre	1:55:18.3	m	157	Sénior Masculino	72	GO!Runners	0:54:47.1	160	1:21:06.6	162
158.	817	Luis Silveira	1:55:23.1	m	158	Veteranos M55	9		0:55:54.0	180	1:21:37.1	170
159.	346	José Ferreira	1:55:26.1	m	159	Veteranos M40	36	Clube Náutico de Ponte De Lima	0:54:30.8	156	1:20:59.9	159
160.	509	Gonçalo Clemente	1:55:29.4	m	160	Sénior Masculino	73	Tough Trails Alenquer	0:56:58.0	203	1:23:00.0	190
161.	586	Claudio Rocha	1:55:35.1	m	161	Veteranos M40	37	Lis Running	0:54:00.0	145	1:21:48.1	173
162.	476	Carlos Malosso	1:55:37.2	m	162	Veteranos M40	38		0:55:44.5	176	1:21:58.3	177

3.º Trilho das Lampas

Result List MF 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
163.	864	Miguel Baptista	1:55:37.6	m	163	Veteranos M50	15	Decathlon/Omega Pharma	0:56:02.6	188	1:22:52.8	187
164.	435	Daniel Netto	1:55:42.4	m	164	Sénior Masculino	74		0:53:25.4	133	1:20:19.6	151
165.	465	Liberto Santos	1:55:57.7	m	165	Veteranos M45	24		0:55:32.0	172	1:21:41.9	172
166.	848	Joaquim Velhinho Dias	1:56:09.0	m	166	Veteranos M40	39		0:57:28.2	217	1:24:08.2	202
167.	577	Francisco Cachulo	1:56:18.6	m	167	Sénior Masculino	75	20Km's Almeirim - Desportos de	0:55:17.9	169	1:20:16.8	149
168.	180	António Merujo	1:56:23.2	m	168	Veteranos M55	10		0:56:11.3	189	1:22:40.1	185
169.	324	Luís Álvaro	1:56:24.1	m	169	Veteranos M45	25	O MUNDO DA CORRIDA	0:57:08.7	210	1:23:32.1	195
170.	633	Virgílio Madeira	1:56:26.3	m	170	Veteranos M55	11	Açoreana Club Banif	0:55:34.5	173	1:22:11.3	179
171.	128	Leandro Fernandes	1:56:51.2	m	171	Sénior Masculino	76	ProAventuras	0:54:28.9	154	1:22:35.2	183
172.	212	Miguel Lino	1:56:54.3	m	172	Veteranos M45	26	ProAventuras	0:54:50.8	161	1:21:38.3	171
173.	61	Roberto Rodrigues	1:56:58.1	m	173	Sénior Masculino	77	Trail Runner Team	0:56:01.1	185	1:22:05.6	178
174.	713	João Antunes	1:56:58.7	m	174	Sub 23 M	5		0:56:00.7	184	1:21:48.1	174
175.	512	José Freire	1:57:02.3	m	175	Veteranos M45	27		0:56:34.7	195	1:23:02.3	191
176.	493	Mario Silva	1:57:04.1	m	176	Veteranos M45	28	sintrunning	0:55:00.9	165	1:20:54.8	158
177.	834	Carlos Henriques	1:57:08.8	m	177	Sénior Masculino	78	RESTAURANTE "O	0:53:27.8	135	1:21:15.3	165
178.	854	Francisco Nunes	1:57:16.5	m	178	Veteranos M45	29	O MUNDO DA CORRIDA	0:56:21.0	190	1:22:58.6	189
179.	380	Luis Alves	1:57:24.9	m	179	Veteranos M40	40	CCD Crédito Agrícola Mútuo	0:56:25.3	193	1:23:27.8	194
180.	803	Jose Bernardo	1:57:26.7	m	180	Veteranos M45	30	G A Monsanto Gascan	0:57:29.9	218	1:24:33.1	204
181.	27	Nuno Granadas	1:57:47.3	m	181	Sénior Masculino	79	Tough Trails Alenquer	0:57:18.1	216	1:23:33.7	196
182.	590	Carlos Simões	1:57:55.2	m	182	Sénior Masculino	80	Vila Seca Running Team	0:55:56.6	182	1:22:39.2	184
183.	587	Ricardo Tiago	1:58:00.9	m	183	Veteranos M45	31	Tartarugas Solidárias	0:55:52.8	178	1:22:46.0	186
184.	410	Luis Ramos	1:58:05.1	m	184	Sénior Masculino	81		0:56:56.5	200	1:23:22.8	192
185.	697	Rui Batista	1:58:05.2	m	185	Veteranos M50	16	PM maia-fitness.com	0:57:57.3	225	1:24:07.0	201
186.	574	Luís Soares	1:58:09.3	m	186	Veteranos M45	32	Clube Ogma	0:59:36.4	273	1:25:59.9	221
187.	443	Luis Henriques	1:58:11.1	m	187	Veteranos M40	41		0:54:29.1	155	1:20:52.6	157
188.	343	Rafael Chá-Chá Gomes (a)	1:58:27.8	m	188	Sub 23 M	6	Escaravelhos Team	0:53:41.9	138	1:18:22.9	133
189.	433	Valter Escrevente	1:58:30.3	m	189	Sénior Masculino	82	20Km's Almeirim - Desportos de	0:55:10.4	167	1:21:51.5	175
190.	141	Helder Cabedal	1:58:41.8	m	190	Sénior Masculino	83	Proaventuras	0:58:10.0	236	1:24:52.4	207
191.	2	Rui Alegre	1:58:49.9	m	191	Sénior Masculino	84		0:57:00.1	206	1:25:08.0	211
192.	189	Rui Gama	1:58:49.9	m	192	Veteranos M40	42		0:56:59.6	205	1:25:09.2	212
193.	68	Álvaro Santos	1:58:50.8	m	193	Sénior Masculino	85	Monsanto Running Team	0:58:10.4	238	1:25:22.4	216
194.	69	António Guerreiro	1:58:52.8	m	194	Veteranos M60	2	Monsanto Running Team	0:59:16.9	261	1:26:08.0	225
195.	250	Francisco Vaz	1:58:58.3	m	195	Veteranos M45	33	Frufresh Runners	0:58:00.8	229	1:23:23.9	193

3.º Trilho das Lampas

Result List MF 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
196.	86	Nuno Neves	1:59:09.4	m	196	Sénior Masculino	86	ARSM - Associação Recreativa	0:54:46.8	159	1:22:19.0	180
197.	488	Dinis Morais	1:59:09.8	m	197	Veteranos M45	34	CCD Siemens	0:56:57.6	201	1:23:57.6	198
198.	794	Roberto Gonçalves	1:59:24.1	m	198	Sénior Masculino	87		0:58:26.0	245	1:26:17.4	228
199.	79	Pedro Nogueira	1:59:24.8	m	199	Sénior Masculino	88	Clube Vodafone	0:56:22.7	192	1:24:02.1	199
200.	146	Hugo Ferreira	1:59:25.7	m	200	Sénior Masculino	89	Saloios trail running	0:56:55.5	199	1:24:38.7	205
201.	635	Jacinto Pereira	1:59:28.7	m	201	Sénior Masculino	90	Lis Running	0:54:00.5	146	1:22:20.9	181
202.	316	Hugo Costa	1:59:36.7	m	202	Sénior Masculino	91	Keep Running	0:55:01.5	166	1:21:08.4	163
203.	425	Nuno Antunes	1:59:40.1	m	203	Veteranos M45	35		0:59:29.9	269	1:26:46.0	240
204.	477	Rodrigo Ataíde	1:59:43.2	m	204	Sub 23 M	7		0:57:48.1	222	1:25:06.6	210
205.	229	Luis Gonçalves	1:59:46.6	m	205	Sénior Masculino	92	Jobrinde - Montes Saloios	0:57:10.2	211	1:25:22.0	215
206.	419	Bruno Mesquita	2:00:09.5	m	206	Veteranos M45	36	Hot Runners	0:59:51.2	276	1:26:26.7	232
207.	667	Joaquim Fernandes	2:00:11.9	m	207	Veteranos M50	17	Associação de Atletismo Lebres	0:58:06.8	233	1:26:35.2	235
208.	723	Adão Vaz	2:00:19.1	m	208	Sénior Masculino	93	Clube Náutico de Ponte De Lima	0:57:39.8	220	1:24:21.4	203
209.	771	Pascoal Moleiro	2:00:20.4	m	209	Veteranos M40	43		0:58:24.8	242	1:26:20.2	230
210.	130	Sergio Casal	2:00:24.5	m	210	Veteranos M45	37	ProAventuras	0:56:02.6	187	1:23:35.6	197
211.	375	Renato Morais (a)	2:00:25.4	m	211	Sénior Masculino	94	Tartarugas Solidárias	0:55:55.5	181	1:24:03.4	200
212.	459	Gonçalo Rosado (a)	2:00:28.2	m	212	Sénior Masculino	95	Jobrinde - Montes Saloios	0:59:29.1	267	1:27:10.1	245
213.	915	Pedro Vieira	2:00:30.4	m	213	Veteranos M40	44		0:57:11.7	214	1:26:35.0	234
214.	517	Pedro Cordas	2:00:31.6	m	214	Veteranos M40	45	CLUBE MILLENNIUM BCP	0:58:00.4	228	1:25:10.5	213
215.	576	Valter Matos	2:00:33.9	m	215	Sénior Masculino	96		0:58:33.4	246	1:26:39.4	237
216.	133	Rui Pedro Juliao	2:00:35.3	m	216	Veteranos M50	18	Georunners	0:59:30.2	270	1:28:05.3	265
217.	178	Pedro Ribeiro Da Cunha	2:00:37.7	m	217	Sénior Masculino	97		1:00:38.0	301	1:28:17.9	266
218.	762	Eugenio Barra	2:00:41.8	m	218	Veteranos M45	38	conndor runner´s	0:59:16.5	260	1:26:48.5	242
219.	387	Joaquim Marques	2:01:07.0	m	219	Veteranos M40	46	Falcões Selvagens	0:59:17.1	262	1:27:35.5	258
220.	30	José Barroco	2:01:16.9	m	220	Veteranos M55	12		0:58:52.1	252	1:27:25.6	253
221.	524	Nuno Almeida	2:01:32.7	m	221	Veteranos M40	47	CLUBE MILLENNIUM BCP	0:58:08.8	235	1:25:53.8	220
222.	486	Nuno Gameiro	2:01:32.9	m	222	Sénior Masculino	98	Saúde ao Quadrado	0:57:55.6	224	1:25:38.8	219
223.	648	Bruno Ribeiro	2:01:44.6	m	223	Sénior Masculino	99	Kaninos	1:00:25.8	296	1:28:43.3	272
224.	600	João Pereira	2:01:48.3	m	224	Veteranos M40	48	CCD Crédito Agrícola Mútuo	0:56:01.3	186	1:21:51.8	176
225.	681	Manuel Fonseca	2:01:48.7	m	225	Veteranos M50	19	sport lisboa e campolide	0:58:02.5	231	1:26:34.3	233
226.	858	João Rosinha	2:01:48.7	m	226	Veteranos M40	49		0:59:03.7	255	1:25:21.0	214
227.	525	Arlindo Deus	2:01:53.7	m	227	Veteranos M60	3	CLUBE MILLENNIUM BCP	0:55:42.7	175	1:22:31.8	182
228.	850	Paulo Alves	2:02:01.0	m	228	Sénior Masculino	100	Falcões Selvagens	0:56:58.4	204	1:25:28.1	217

3.º Trilho das Lampas

Result List MF 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
229.	315	Eduardo Pena	2:02:10.4	m	229	Veteranos M50	20	Keep Running	0:55:59.4	183	1:25:02.0	208
230.	751	Vital Vilarinho	2:02:11.2	m	230	Sénior Masculino	101	VICTORIA SEGUROS	0:58:10.1	237	1:26:21.1	231
231.	528	Eduardo Rodrigues	2:02:12.7	m	231	Veteranos M50	21	CLUBE MILLENNIUM BCP	1:01:45.7	332	1:29:09.8	280
232.	519	Eduardo Ferreira	2:02:18.4	m	232	Sénior Masculino	102	CLUBE MILLENNIUM BCP	1:01:51.7	335	1:29:04.8	277
233.	521	Nelson Costa	2:02:18.4	m	233	Sénior Masculino	103	CLUBE MILLENNIUM BCP	0:59:33.0	271	1:27:31.5	256
234.	275	José Silva	2:02:26.3	m	234	Veteranos M40	50	ARSM - Associação Recreativa	0:52:24.2	112	1:18:29.1	134
235.	797	Jorge Pereira	2:02:27.1	m	235	Veteranos M45	39	Associação de Atletismo Lebres	0:56:37.7	196	1:25:31.9	218
236.	260	Joao Crespo	2:02:36.4	m	236	Veteranos M50	22		0:59:16.5	259	1:27:34.2	257
237.	309	Pedro Ramos	2:02:40.7	m	237	Veteranos M45	40		0:58:52.5	253	1:27:10.3	246
238.	251	Rodrigo Vaz	2:02:53.2	m	238	Sub 23 M	8	Frufresh Runners	0:59:00.9	254	1:27:25.0	252
239.	540	Pedro Fernandes	2:03:04.0	m	239	Veteranos M45	41	Novos Trilhos	0:58:47.3	251	1:27:56.0	262
240.	478	Arménio Pontes	2:03:27.7	m	240	Sénior Masculino	104		0:58:25.3	243	1:26:40.4	239
241.	547	Rui Gonçaves	2:03:28.6	m	241	Veteranos M40	51		0:58:25.4	244	1:26:39.2	236
242.	132	João Freire	2:03:30.9	m	242	Veteranos M45	42		0:57:00.6	208	1:26:05.4	223
243.	659	Ricardo Flores	2:03:31.2	m	243	Sénior Masculino	105	20Km's Almeirim - Desportos de	0:59:57.3	279	1:28:03.5	264
244.	135	Rui Correia	2:03:31.7	m	244	Sénior Masculino	106		0:57:00.4	207	1:26:05.6	224
245.	502	Nelson Mota	2:03:32.9	m	245	Veteranos M40	52	Açoreana Club Banif	1:00:09.1	288	1:29:03.6	276
246.	535	Abel Louro	2:03:35.3	m	246	Veteranos M55	13	CLUBE MILLENNIUM BCP	1:01:57.7	337	1:29:23.9	284
247.	636	Rui Almeida	2:03:37.1	m	247	Veteranos M40	53	Tartarugas Solidárias	1:02:12.9	347	1:30:00.2	294
248.	382	Narciso Neves	2:03:38.6	m	248	Sénior Masculino	107	Salamandrecos	1:00:25.3	295	1:28:34.7	268
249.	290	Pedro Pinto	2:03:40.7	m	249	Veteranos M40	54		1:02:13.7	348	1:29:48.6	291
250.	77	Helder Baptista	2:03:45.3	m	250	Veteranos M40	55	CCDA/TRILHO PERDIDO	0:59:59.3	281	1:28:34.5	267
251.	377	Tiago Ramos	2:03:45.4	m	251	Sénior Masculino	108		0:57:59.2	227	1:27:09.5	244
252.	190	Pedro Miguel C.c. Almeida	2:03:45.6	m	252	Veteranos M40	56	Salamandrecos	0:57:41.1	221	1:27:11.3	247
253.	93	Ricardo Godinho	2:04:09.3	m	253	Sénior Masculino	109		0:58:08.7	234	1:26:17.7	229
254.	136	Carlos Brito	2:04:19.2	m	254	Veteranos M40	57	Tálenos Team	1:00:16.1	291	1:29:16.5	282
255.	765	José Santos	2:04:27.6	m	255	Veteranos M45	43	Vila Seca Running Team	0:59:25.1	264	1:29:32.8	287
256.	549	João Carvalho Lopes	2:04:39.0	m	256	Veteranos M55	14	LEBRE	1:00:07.0	287	1:28:52.1	273
257.	550	Mário Ildefonso	2:04:39.0	m	257	Veteranos M60	4	LEBRE	1:00:11.5	289	1:28:53.8	274
258.	721	João Paulo Caetano	2:04:49.8	m	258	Veteranos M40	58		0:55:49.1	177	1:22:53.4	188
259.	866	Jorge Correia	2:04:51.0	m	259	Veteranos M40	59		0:58:06.2	232	1:27:55.4	261
260.	603	Rui Graça	2:04:56.3	m	260	Veteranos M50	23	CCD Crédito Agrícola Mútuo	0:58:36.3	248	1:27:30.6	255
261.	490	João Queiroz	2:04:57.8	m	261	Veteranos M40	60	CCD Siemens	0:59:55.7	278	1:29:08.5	279

3.º Trilho das Lampas

Result List MF 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
262.	642	Eduardo Santos	2:05:03.1	m	262	Sénior Masculino	110		0:59:27.8	266	1:28:37.8	271
263.	474	Francisco Garoto	2:05:10.1	m	263	Veteranos M45	44	Bladerunners	1:02:40.1	368	1:32:04.9	329
264.	321	José Martins	2:05:16.0	m	264	Veteranos M50	24	Tough Trails Alenquer	0:56:58.0	202	1:28:35.1	269
265.	52	Aires Barata	2:05:30.0	m	265	Sénior Masculino	111	Zézés	1:03:55.9	398	1:32:41.2	342
266.	888	Eduardo Rodrigues	2:05:34.0	m	266	Sénior Masculino	112	SS CGD	1:01:07.7	312	1:29:16.1	281
267.	738	Eduardo Ribeiro	2:05:36.3	m	267	Sénior Masculino	113		0:59:35.5	272	1:29:32.4	286
268.	492	Luis Bastos	2:05:45.0	m	268	Veteranos M50	25	CCD Siemens	1:00:14.3	290	1:30:11.0	303
269.	179	Victor Silva	2:05:47.7	m	269	Veteranos M45	45	Associação de Atletismo Lebres	1:01:23.5	322	1:30:24.5	306
270.	153	João Queirós	2:05:52.3	m	270	Veteranos M45	46	NEL - Pédatleta	0:58:14.1	239	1:26:48.5	241
271.	426	João Paio	2:06:00.1	m	271	Veteranos M45	47	Eléctrico Futebol Clube	1:00:21.4	294	1:30:02.2	295
272.	266	Domingos Janela	2:06:01.9	m	272	Veteranos M60	5	O MUNDO DA CORRIDA	0:59:26.3	265	1:28:36.0	270
273.	863	Francisco Fidalgo	2:06:14.6	m	273	Sub 23 M	9		1:02:28.2	357	1:31:55.2	325
274.	671	Gilberto Lapa	2:06:15.1	m	274	Veteranos M50	26	RESTAURANTE "O	1:01:13.7	314	1:30:08.1	301
275.	901	Carlos Rangel	2:06:18.9	m	275	Veteranos M60	6		1:01:14.2	315	1:31:02.8	314
276.	439	Daniel Nunes (a)	2:06:28.3	m	276	Veteranos M55	15	Associação Desportiva Real	1:00:40.3	304	1:30:03.5	299
277.	134	Nuno Luzia	2:06:35.9	m	277	Veteranos M40	61		0:57:34.4	219	1:26:09.1	226
278.	330	André Cabreira	2:06:41.7	m	278	Sénior Masculino	114	Clube de Atletismo da Póvoa de	0:58:20.7	241	1:27:51.7	260
279.	105	Rui Abrantes	2:06:43.0	m	279	Sénior Masculino	115	Tartarugas Solidárias	0:59:58.6	280	1:30:11.9	304
280.	520	Paulo Felício	2:07:03.3	m	280	Veteranos M45	48	CLUBE MILLENNIUM BCP	1:02:34.6	367	1:32:03.4	328
281.	276	Bruno Custódio	2:07:05.2	m	281	Sénior Masculino	116	Atletas do Ribatejo	0:56:34.4	194	1:25:03.7	209
282.	572	António Martins	2:07:06.9	m	282	Veteranos M40	62	Tartarugas Solidárias	0:59:45.3	275	1:30:52.2	309
283.	231	Luis Ferreira	2:07:08.3	m	283	Sénior Masculino	117		1:01:45.4	331	1:32:31.5	336
284.	67	Moisés Nunes	2:07:08.6	m	284	Veteranos M45	49	ARSM - Associação Recreativa	1:00:05.3	285	1:29:19.2	283
285.	263	João Pereira	2:07:10.3	m	285	Sénior Masculino	118		1:00:41.6	305	1:33:37.7	354
286.	412	Pedro Crispim	2:07:25.0	m	286	Sénior Masculino	119	Caracol Trail Team	1:00:19.4	292	1:30:22.8	305
287.	727	Claudio Fragoso	2:07:56.7	m	287	Sénior Masculino	120		1:00:38.3	302	1:30:03.1	298
288.	530	Pedro Silva	2:08:07.5	m	288	Veteranos M40	63	CLUBE MILLENNIUM BCP	0:59:51.9	277	1:29:49.9	292
289.	294	Bruno Moita	2:08:08.0	m	289	Sénior Masculino	121	Dolce CR / Running Team	1:01:15.8	318	1:31:20.9	319
290.	149	João Antunes	2:08:08.1	m	290	Veteranos M45	50	Casa do Benfica em Torres	1:01:15.4	317	1:31:23.6	320
291.	499	Armando Parreira	2:08:19.4	m	291	Veteranos M45	51	Açoreana Club Banif	1:01:00.5	309	1:30:05.1	300
292.	787	Paulo Menezes	2:08:29.9	m	292	Veteranos M40	64	Matilha Running	1:02:32.8	366	1:33:50.2	363
293.	31	Orlando Duarte	2:08:40.5	m	293	Veteranos M55	16	EM'Força Corremos com a	1:02:09.9	343	1:32:31.3	335
294.	17	Fernando Vicente	2:08:40.8	m	294	Veteranos M50	27		0:57:13.6	215	1:27:22.7	251

3.º Trilho das Lampas

Result List MF 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
295.	599	Carlos Silva	2:08:54.6	m	295	Veteranos M50	28	CCD Crédito Agrícola Mútuo	1:00:53.7	307	1:32:28.7	333
296.	467	Carlos Manuel Isidoro	2:08:56.0	m	296	Veteranos M50	29		0:57:08.6	209	1:29:39.5	289
297.	18	David Silva Clemente	2:08:56.5	m	297	Sénior Masculino	122	A20KM	1:00:34.1	300	1:30:50.0	308
298.	398	Jose Nunes	2:09:15.4	m	298	Veteranos M45	52	Keep Running	0:57:57.9	226	1:29:05.5	278
299.	95	Jorge Atalaia	2:09:23.2	m	299	Sénior Masculino	123		1:01:42.7	329	1:31:07.6	317
300.	847	Hugo Reis	2:09:27.5	m	300	Sénior Masculino	124		1:00:44.7	306	1:30:36.0	307
301.	350	Tiago Amado	2:09:31.8	m	301	Sénior Masculino	125		1:02:31.9	365	1:33:49.6	361
302.	408	Rui Menas	2:09:32.4	m	302	Sénior Masculino	126	Matilha Running	1:02:30.4	361	1:33:49.6	362
303.	36	Manuel António	2:09:35.1	m	303	Veteranos M45	53	Rail Runners	1:01:18.3	320	1:32:39.8	341
304.	200	Pedro Sá	2:09:41.7	m	304	Sénior Masculino	127	Rail Runners	0:59:59.4	282	1:30:10.1	302
305.	899	Leonel Adérito Fernandes	2:09:55.3	m	305	Veteranos M45	54	Sport Clube Alfragide	1:03:15.2	380	1:33:34.8	353
306.	242	Marco Lemos	2:09:57.1	m	306	Veteranos M40	65		1:00:30.7	298	1:29:50.6	293
307.	195	Nuno Gonçalves	2:10:01.7	m	307	Veteranos M40	66	GDCT IN CASA MOEDA	1:01:19.9	321	1:31:36.8	323
308.	693	Helder Domingos	2:10:03.9	m	308	Sénior Masculino	128		1:02:04.0	340	1:31:59.4	327
309.	730	Angelo Letras	2:10:04.7	m	309	Sénior Masculino	129	ProAventuras	1:02:50.4	372	1:33:46.8	359
310.	113	Paulo Pisco	2:10:10.8	m	310	Veteranos M40	67	ProAventuras	1:00:33.5	299	1:32:20.7	331
311.	523	Virgilio Costa	2:10:18.9	m	311	Veteranos M40	68	CLUBE MILLENNIUM BCP	1:04:05.9	404	1:34:16.4	373
312.	733	Alexandre Duarte	2:10:19.3	m	312	Veteranos M50	30		1:01:57.1	336	1:33:12.3	351
313.	336	Filipe Garranas	2:10:28.3	m	313	Sénior Masculino	130	Falcões Selvagens	0:58:36.5	249	1:27:59.0	263
314.	494	Paulo Schofield	2:10:37.9	m	314	Veteranos M45	55	sintrarunning	1:02:23.7	353	1:32:56.8	347
315.	780	Paulo Rufino	2:10:42.6	m	315	Sénior Masculino	131		1:05:10.2	431	1:36:07.8	401
316.	214	Bruno Carrilho	2:10:44.9	m	316	Sénior Masculino	132	AC Portalegre / UTSM	1:02:17.4	350	1:32:53.9	346
317.	589	Sérgio Pardal	2:10:49.7	m	317	Sénior Masculino	133		1:02:08.8	342	1:32:32.9	337
318.	174	Pedro Costa	2:10:50.3	m	318	Sénior Masculino	134	Rail Runners	0:59:16.5	258	1:30:55.0	312
319.	857	Ricardo Madeira	2:11:00.6	m	319	Veteranos M40	69	Winners Team TR	1:03:50.4	393	1:34:26.4	377
320.	402	A. Filipe Garcia	2:11:19.6	m	320	Veteranos M40	70	Eléctrico Futebol Clube	1:02:45.2	369	1:34:15.3	371
321.	773	Bruno Marquêz	2:11:20.3	m	321	Sénior Masculino	135	Eléctrico Futebol Clube	1:02:45.6	370	1:34:15.3	372
322.	306	Jaime Silva	2:11:37.1	m	322	Veteranos M60	7		1:01:49.9	333	1:32:13.2	330
323.	785	Paulo Costa	2:11:39.2	m	323	Veteranos M40	71		1:01:25.8	323	1:33:43.1	357
324.	532	Luis Gonçalves	2:11:41.4	m	324	Sénior Masculino	136	CLUBE MILLENNIUM BCP	1:03:41.7	389	1:34:09.8	366
325.	791	Samuel Teixeira	2:11:42.5	m	325	Sénior Masculino	137		1:01:08.6	313	1:30:54.9	311
326.	193	Rui Paço	2:11:43.1	m	326	Veteranos M45	56	MultiRunners	1:05:24.0	443	1:35:09.6	386
327.	440	Manuel Rodrigues	2:11:43.2	m	327	Veteranos M50	31	Associação Desportiva Real	1:01:50.1	334	1:32:24.4	332

3.º Trilho das Lampas

Result List MF 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
328.	802	Antonio Ingles	2:11:49.8	m	328	Veteranos M55	17	G A Monsanto Gascan	1:03:28.2	385	1:34:13.0	370
329.	158	Aderito Costa	2:11:54.1	m	329	Veteranos M40	72	Jobrinde - Montes Saloios	1:03:43.0	390	1:34:44.6	381
330.	181	Francisco Ceia	2:11:56.3	m	330	Sénior Masculino	138		1:02:51.8	374	1:31:57.7	326
331.	305	Pedro Marques	2:12:02.0	m	331	Sénior Masculino	139		1:02:50.7	373	1:34:10.9	367
332.	137	Artur Soares	2:12:02.8	m	332	Veteranos M40	73	Tálenos Team	1:02:30.7	362	1:33:09.5	349
333.	852	Rui Esteves	2:12:05.3	m	333	Veteranos M40	74	Wikaboo	1:02:10.3	344	1:34:56.5	383
334.	479	Jorge Norte	2:12:06.1	m	334	Veteranos M45	57	MOVET	1:04:01.3	401	1:35:34.3	395
335.	678	Luis Martins	2:12:10.9	m	335	Veteranos M45	58	ProAventuras	1:02:05.1	341	1:31:24.8	321
336.	7	Nuno Gião	2:12:25.1	m	336	Veteranos M40	75	ACCVCAVI - IMT	1:03:20.1	382	1:33:57.5	365
337.	736	Jorge Leite	2:12:40.1	m	337	Veteranos M45	59		1:00:54.2	308	1:33:48.2	360
338.	393	Rodrigo Pais Almeida	2:12:42.6	m	338	Sénior Masculino	140	Surf Runners	1:03:10.3	378	1:36:08.5	402
339.	881	Jorge Alves	2:12:43.9	m	339	Sénior Masculino	141	bulldozers	1:05:14.4	435	1:36:51.1	411
340.	882	Pedro Rodrigues	2:12:43.9	m	340	Sénior Masculino	142	bulldozers	1:05:14.4	436	1:36:51.1	412
341.	183	Pedro Jacob	2:12:44.5	m	341	Veteranos M40	76	Ericeira Runners	1:00:05.9	286	1:32:29.9	334
342.	553	Rui Lamy	2:12:45.0	m	342	Sénior Masculino	143	Runners do Travesseiro	1:05:06.5	427	1:35:16.7	391
343.	686	Tiago Magalhães	2:12:46.0	m	343	Sénior Masculino	144	Runners do Travesseiro	1:05:06.6	428	1:35:18.6	392
344.	468	Nuno Sá	2:12:48.0	m	344	Sénior Masculino	145		1:05:12.8	433	1:37:24.9	418
345.	601	Mário Cunha	2:12:50.9	m	345	Veteranos M40	77	CCD Crédito Agrícola Mútuo	1:02:11.1	345	1:33:02.3	348
346.	853	Paulo Rodrigues	2:12:52.2	m	346	Veteranos M40	78		1:01:38.3	328	1:32:34.2	338
347.	812	Filipe Almeida	2:13:02.7	m	347	Sénior Masculino	146	Surf Runners	1:03:02.0	377	1:35:50.1	399
348.	475	João Cruz	2:13:07.5	m	348	Veteranos M45	60	Bladerunners	1:05:40.1	454	1:36:47.6	409
349.	617	Lino Silva	2:13:11.8	m	349	Veteranos M40	79	GD CIMPOR	1:06:17.7	463	1:38:05.0	440
350.	748	Carlos Suarez	2:13:19.1	m	350	Veteranos M40	80	VICTORIA SEGUROS	1:06:28.8	464	1:37:20.1	416
351.	561	João Silva	2:13:33.7	m	351	Veteranos M45	61	SS CGD	1:01:58.6	338	1:33:11.1	350
352.	668	Ricardo Valente	2:13:54.3	m	352	Sénior Masculino	147		1:07:06.7	475	1:37:29.9	420
353.	500	Francisco Pereira	2:13:58.4	m	353	Veteranos M45	62	Açoreana Club Banif	1:04:45.6	424	1:37:38.8	424
354.	202	Paulo Magano	2:14:03.9	m	354	Sénior Masculino	148	CTAD - Trilhos de Cinfães	1:01:29.6	325	1:31:25.8	322
355.	286	José Velez	2:14:05.4	m	355	Veteranos M55	18	Os Trinca-Espinhas	1:01:14.3	316	1:33:53.0	364
356.	157	Filipe Ceia	2:14:08.6	m	356	Sénior Masculino	149		1:03:45.0	391	1:35:15.1	389
357.	829	Vítor Marques	2:14:09.3	m	357	Sénior Masculino	150	A-C-R-D Reixida	1:07:12.2	480	1:37:11.4	413
358.	602	Pedro Sérgio	2:14:14.4	m	358	Veteranos M45	63	CCD Crédito Agrícola Mútuo	1:07:57.5	489	1:38:31.4	447
359.	235	Henrique Ruivo	2:14:21.9	m	359	Veteranos M50	32	Tartarugas Solidárias	1:04:09.5	405	1:36:11.9	405
360.	20	Nuno Rito	2:14:22.3	m	360	Sénior Masculino	151	Tartarugas Solidárias	1:04:09.9	406	1:36:16.0	407

3.º Trilho das Lampas

Result List MF 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
361.	818	José Lourenço	2:14:22.5	m	361	Veteranos M40	81	pace.makers	1:06:03.5	460	1:36:10.3	403
362.	327	Gonçalo Seabra	2:14:22.6	m	362	Veteranos M45	64	LX Run	1:04:00.6	400	1:36:13.1	406
363.	454	Paulo Freitas	2:14:22.7	m	363	Veteranos M40	82		1:02:26.0	354	1:33:40.3	355
364.	504	Paulo Fernandes	2:14:26.8	m	364	Veteranos M45	65	Açoreana Club Banif	1:04:23.1	411	1:37:38.6	423
365.	909	Ricardo Lopes	2:14:40.8	m	365	Sénior Masculino	152	A.D. Galomar	0:57:10.9	212	1:30:03.0	297
366.	39	Luís Costa	2:14:54.6	m	366	Veteranos M45	66	Salamandrecos	1:07:26.2	481	1:38:39.7	450
367.	838	Nelson Marques	2:14:55.1	m	367	Sénior Masculino	153	Run 4 Fun	1:04:36.4	416	1:35:37.9	397
368.	348	Henrique Sebastião	2:15:17.4	m	368	Veteranos M40	83	Pão de Negrais	1:01:26.6	324	1:32:37.1	340
369.	897	Daniel Botelho	2:15:24.0	m	369	Sénior Masculino	154	SS CGD	1:05:43.3	456	1:37:27.0	419
370.	374	Ricardo Neves	2:15:36.5	m	370	Sénior Masculino	155	B78	1:04:03.5	403	1:35:33.2	394
371.	918	Flavio Timoteo	2:15:36.8	m	371	Sénior Masculino	156		1:02:14.4	349	1:32:35.4	339
372.	569	João Paradinha	2:16:09.0	m	372	Veteranos M40	84	A. D, Manteigas	1:02:26.4	355	1:34:25.5	376
373.	539	Paulo Silva	2:16:14.2	m	373	Veteranos M50	33		1:03:26.2	384	1:34:29.0	378
374.	893	Pedro Torrinha	2:16:21.9	m	374	Sénior Masculino	157	SS CGD	1:05:27.7	448	1:39:35.4	467
375.	338	Hugo Santos	2:16:27.8	m	375	Sénior Masculino	158	Falcões Selvagens	1:05:32.9	450	1:38:04.2	439
376.	234	Pedro Abrantes	2:16:38.5	m	376	Veteranos M40	85	POWER RANGERS	1:10:43.5	559	1:44:21.3	516
377.	592	Rui Trindade	2:16:42.9	m	377	Veteranos M45	67	CD Estrela	1:07:01.3	474	1:39:03.9	461
378.	651	Bruno Marçal	2:16:45.7	m	378	Sénior Masculino	159	Kaninos	1:07:07.9	477	1:40:00.7	477
379.	778	Vitor Ferreira	2:16:52.6	m	379	Sénior Masculino	160	LikeRun	1:01:06.2	311	1:34:19.8	374
380.	423	Ricardo Balau	2:16:54.2	m	380	Sénior Masculino	161	Correr Lisboa	1:01:34.1	327	1:35:16.4	390
381.	819	Nelson Faria (a)	2:17:01.3	m	381	Sénior Masculino	162	pace.makers	1:05:16.3	439	1:38:22.3	444
382.	227	Paulo Borges	2:17:10.7	m	382	Veteranos M40	86	POWER RANGERS	1:06:32.5	465	1:39:22.3	463
383.	541	Dário Prates	2:17:16.2	m	383	Veteranos M40	87		1:04:18.2	409	1:37:23.0	417
384.	364	Pedro Dias	2:17:18.4	m	384	Veteranos M40	88	Keep Running	1:06:01.2	459	1:39:51.3	471
385.	209	Rúben Lino	2:17:19.1	m	385	Sénior Masculino	163		1:05:34.8	451	1:38:41.5	451
386.	173	Miguel Pinho	2:17:33.5	m	386	Veteranos M40	89	Rail Runners	1:03:19.7	381	1:35:14.6	388
387.	326	Nuno Santiago	2:17:35.8	m	387	Sénior Masculino	164	O MUNDO DA CORRIDA	1:04:46.7	425	1:35:43.6	398
388.	19	Rui Marques (a)	2:17:38.0	m	388	Sénior Masculino	165		1:03:50.3	392	1:37:45.4	427
389.	861	Paulo Silva	2:17:38.0	m	389	Veteranos M50	34		1:03:53.2	396	1:37:49.9	432
390.	764	Antonio Ventura	2:17:49.5	m	390	Veteranos M55	19	conndor runner´s	1:06:51.0	468	1:38:28.9	446
391.	405	Nelson Dias	2:17:52.3	m	391	Sénior Masculino	166	Dolce CR / Running Team	1:03:56.4	399	1:34:58.5	385
392.	428	Pedro Santana	2:17:53.9	m	392	Sénior Masculino	167	SS CGD	1:08:32.6	515	1:42:28.6	492
393.	843	Jose Pascoa	2:17:55.4	m	393	Veteranos M40	90		1:04:41.7	422	1:36:50.1	410

3.º Trilho das Lampas

Result List MF 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
394.	265	João Róis	2:17:59.9	m	394	Sénior Masculino	168		1:02:11.2	346	1:35:36.3	396
395.	208	Pedro Prudencio	2:18:12.5	m	395	Veteranos M45	68	Salamandrecos	1:09:42.9	538	1:42:42.6	495
396.	9	António Arede	2:18:12.7	m	396	Sénior Masculino	169	Monsanto Running Team	1:09:44.1	540	1:42:42.2	494
397.	246	Miguel Serradas Duarte	2:18:12.9	m	397	Veteranos M40	91	Run 4 Fun	1:09:41.4	536	1:42:48.7	497
398.	12	João Jorge	2:18:21.7	m	398	Veteranos M45	69	Jobrinde - Montes Saloios	1:07:11.4	479	1:39:37.3	469
399.	568	David Saraiva	2:18:27.5	m	399	Sénior Masculino	170	A. D, Manteigas	1:02:23.5	352	1:34:21.4	375
400.	115	Tiago Mota	2:18:32.2	m	400	Sénior Masculino	171	ProAventuras	1:02:31.9	364	1:35:25.4	393
401.	604	Rui Melo	2:18:36.0	m	401	Veteranos M40	92	CCD Crédito Agrícola Mútuo	1:03:54.1	397	1:38:03.8	438
402.	366	Pedro Lucas	2:18:43.8	m	402	Sénior Masculino	172	Clube Bolinha	1:06:56.6	470	1:39:34.0	466
403.	484	Henrique Sacadura	2:18:49.8	m	403	Veteranos M60	8		1:04:34.8	415	1:36:30.5	408
404.	491	João Dias	2:18:52.9	m	404	Sénior Masculino	173	CCD Siemens	1:04:24.1	412	1:38:02.5	437
405.	712	Luis Graça	2:19:03.7	m	405	Veteranos M45	70		1:11:03.1	564	1:44:17.0	509
406.	638	Bruno Hortelao	2:19:05.8	m	406	Sénior Masculino	174	LV Team	1:05:06.4	426	1:37:55.1	434
407.	196	Sérgio Anjos	2:19:23.5	m	407	Veteranos M40	93	Diverinstal	1:05:26.5	447	1:38:51.2	455
408.	332	Rui Primo Silva	2:19:26.1	m	408	Veteranos M45	71	Falcões Selvagens	1:05:24.6	445	1:38:46.7	453
409.	256	Luis Ferreira	2:19:28.3	m	409	Veteranos M45	72	RunLovers	1:05:23.0	442	1:39:01.5	459
410.	255	João Leitão	2:19:29.8	m	410	Veteranos M40	94	RunLovers	1:05:24.2	444	1:39:03.0	460
411.	73	Daniel Ramos	2:19:33.1	m	411	Sénior Masculino	175	Jobrinde - Montes Saloios	1:08:22.3	505	1:44:22.1	517
412.	97	Luis Calheiros	2:19:42.1	m	412	Veteranos M40	95	GD Banco BPI	1:04:14.1	407	1:37:46.6	429
413.	65	Domingos Fernandes	2:19:46.2	m	413	Veteranos M60	9	Os Amigos do Atletismo	1:03:51.3	394	1:37:58.8	435
414.	160	Pedro Loureiro	2:19:50.2	m	414	Veteranos M40	96		1:06:10.5	461	1:39:40.6	470
415.	373	Mário Caneira	2:19:52.2	m	415	Veteranos M45	73	Jobrinde - Montes Saloios	1:04:45.0	423	1:37:48.7	430
416.	890	José Martins	2:19:58.8	m	416	Veteranos M40	97	SS CGD	1:08:22.7	506	1:42:08.1	489
417.	650	João Paulo Almeida	2:20:02.5	m	417	Veteranos M45	74	Kaninos	1:04:41.1	421	1:38:20.4	443
418.	452	Ruben Camacho	2:20:18.9	m	418	Sénior Masculino	176	ECOrredor	1:08:21.8	504	1:39:37.0	468
419.	322	Pedro Claudio	2:20:26.0	m	419	Veteranos M45	75	SS CGD	1:04:01.9	402	1:37:14.7	414
420.	631	João Serra	2:20:36.7	m	420	Veteranos M40	98	Açoreana Club Banif	1:03:52.0	395	1:37:40.4	425
421.	46	Paulo Alves	2:20:38.9	m	421	Veteranos M40	99	Matilha Running	1:03:29.5	386	1:37:17.3	415
422.	187	Pedro Fontes	2:20:41.0	m	422	Sénior Masculino	177		1:07:28.6	482	1:42:06.5	487
423.	230	João Rodrigues	2:20:42.0	m	423	Sénior Masculino	178		1:07:29.2	483	1:42:06.8	488
424.	51	Nelson Esteves	2:20:53.1	m	424	Sénior Masculino	179	Dolce CR / Running Team	1:02:26.6	356	1:33:40.6	356
425.	808	Miguel Campos	2:21:18.7	m	425	Sénior Masculino	180		1:05:38.6	452	1:37:52.6	433
426.	856	Renato Silva	2:21:34.6	m	426	Sénior Masculino	181	Winners Team TR	1:05:24.8	446	1:38:07.5	442

3.º Trilho das Lampas

Result List MF 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
427.	828	Paulo Branco	2:21:37.3	m	427	Veteranos M40	100	pace.makers	1:05:17.3	441	1:38:27.8	445
428.	779	Paulo Planche	2:21:44.1	m	428	Sénior Masculino	182		1:05:39.3	453	1:40:00.6	476
429.	42	José Abrantes	2:21:51.9	m	429	Veteranos M40	101		1:05:11.0	432	1:37:34.6	422
430.	385	Paulo Loureiro	2:21:57.2	m	430	Sénior Masculino	183		1:05:14.8	437	1:39:04.5	462
431.	38	José Carlos Melo	2:22:00.2	m	431	Veteranos M50	35	Run 4 Fun	1:06:49.4	467	1:44:32.2	520
432.	536	Humberto Cabral	2:22:17.5	m	432	Veteranos M40	102	CLUBE MILLENNIUM BCP	1:08:29.3	511	1:41:49.9	483
433.	164	Carlos de Gouveia Freire	2:22:21.8	m	433	Veteranos M40	103	ADCR Polícia Judiciária	1:08:12.6	494	1:41:26.6	479
434.	257	Nuno Anastácio	2:22:22.7	m	434	Sénior Masculino	184	RunLovers	1:04:38.1	418	1:39:31.1	464
435.	472	Rui Pinela	2:22:24.2	m	435	Veteranos M40	104	Bladerunners	1:09:43.8	539	1:46:11.5	549
436.	585	Ricardo Rodrigues	2:22:25.8	m	436	Veteranos M40	105	Lis Running	1:02:50.2	371	1:37:49.2	431
437.	575	Jorge Pacheco	2:22:30.4	m	437	Veteranos M40	106	Run Forrest Run	1:06:48.4	466	1:39:59.5	475
438.	795	Rui Carneiro	2:22:32.0	m	438	Veteranos M40	107	Clube ANA Lisboa	1:05:07.4	429	1:38:58.9	457
439.	360	Bruno Afonso	2:22:32.6	m	439	Sénior Masculino	185		1:03:00.0	376	1:38:38.2	449
440.	887	Pedro Carvalho	2:22:34.4	m	440	Sénior Masculino	186	RUNSINTRA.COM	1:10:10.6	545	1:45:47.3	541
441.	886	Hugo Novais	2:22:34.8	m	441	Sénior Masculino	187	RUNSINTRA.COM	1:10:10.9	546	1:45:48.0	542
442.	538	Claudio Gonçalves	2:22:54.7	m	442	Sénior Masculino	188		1:08:31.9	514	1:42:27.1	490
443.	89	Bruno Miguel Neves (a)	2:22:58.9	m	443	Sénior Masculino	189		1:05:08.9	430	1:38:46.9	454
444.	556	Bruno Araújo-Gomes	2:23:01.3	m	444	Veteranos M40	108	RAG Family	1:08:15.2	498	1:44:10.8	508
445.	746	Vasco Armes	2:23:01.3	m	445	Veteranos M40	109	Carapaus de corrida	1:08:14.1	497	1:44:09.5	507
446.	895	Severino Rosa	2:23:43.6	m	446	Veteranos M55	20	SS CGD	1:09:05.1	528	1:42:37.6	493
447.	131	Pedro Nunes	2:23:45.5	m	447	Veteranos M40	110		1:08:44.6	523	1:44:20.9	515
448.	647	Marco Cachinho	2:23:49.0	m	448	Sénior Masculino	190	Kaninos	1:04:19.7	410	1:41:56.0	484
449.	24	José Caldeirinha	2:23:53.8	m	449	Sénior Masculino	191	Tartarugas Solidárias	1:07:36.0	485	1:41:40.8	481
450.	60	Paulo Raposo	2:23:58.0	m	450	Veteranos M40	111	Run 4 Fun	1:11:07.7	570	1:45:35.5	537
451.	625	Pedro Mendes	2:23:58.9	m	451	Sénior Masculino	192		1:10:38.4	554	1:47:18.7	559
452.	694	Roberto Silva	2:24:04.1	m	452	Veteranos M40	112	Matilha Running	1:10:15.9	547	1:44:41.3	524
453.	889	Joaquim Carrilho	2:24:11.8	m	453	Veteranos M45	76	SS CGD	1:10:34.3	553	1:44:43.6	526
454.	867	Adelino Pereira	2:24:50.4	m	454	Veteranos M50	36	ODEBRECHT	1:04:40.1	420	1:38:42.1	452
455.	74	Cláudio Franco	2:25:12.3	m	455	Sénior Masculino	193	Dolce CR / Running Team	1:09:06.9	529	1:43:11.3	502
456.	303	Nuno Lucas	2:25:14.9	m	456	Veteranos M40	113	Talentos Team	1:08:05.8	491	1:42:03.9	485
457.	724	Rui Raposo	2:25:26.3	m	457	Sénior Masculino	194		1:08:44.4	522	1:45:23.9	536
458.	188	João Capelo	2:25:27.3	m	458	Veteranos M40	114	Matilha Running	1:06:58.3	471	1:41:35.8	480
459.	710	Celso Landim	2:26:26.8	m	459	Sénior Masculino	195	Wolfs	1:04:39.8	419	1:39:32.1	465

3.º Trilho das Lampas

Result List MF 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
460.	365	Jose Andrade	2:26:35.9	m	460	Veteranos M50	37	Keep Running	1:06:01.1	458	1:39:54.5	473
461.	750	Jorge Marques	2:27:01.9	m	461	Veteranos M45	77	VICTORIA SEGUROS	1:09:35.6	534	1:46:02.6	545
462.	252	Diogo Gamito	2:27:17.7	m	462	Veteranos M45	78	Salamandrecos	1:09:42.7	537	1:44:48.6	527
463.	434	Nuno Netto	2:27:57.3	m	463	Sénior Masculino	196		1:09:15.7	532	1:45:11.5	529
464.	40	Mauro Gonçalves	2:28:14.8	m	464	Veteranos M40	115	Matilha Running	1:08:09.0	493	1:43:30.1	503
465.	45	Jose Camelo	2:28:16.3	m	465	Veteranos M40	116	Matilha Running	1:10:16.1	548	1:44:40.5	521
466.	249	Nuno Baixinho	2:28:17.1	m	466	Veteranos M40	117	RUNSOX.eu RUNNERS	1:11:06.7	566	1:48:00.6	565
467.	772	João Faustino	2:28:17.6	m	467	Veteranos M50	38		1:11:07.4	569	1:47:57.9	564
468.	139	António Soares	2:28:18.4	m	468	Sénior Masculino	197		1:11:07.4	568	1:48:03.8	566
469.	464	Vitor Cruz	2:28:18.5	m	469	Veteranos M50	39	Salamandrecos	1:08:19.9	501	1:43:10.6	501
470.	846	Paulo Alves	2:28:21.6	m	470	Veteranos M50	40		1:09:04.5	527	1:45:08.4	528
471.	44	Vitor Lourenço	2:28:26.6	m	471	Veteranos M45	79	Jobrinde - Montes Saloios	1:09:49.6	542	1:47:02.6	556
472.	609	Ricardo Viegas	2:28:44.5	m	472	Sénior Masculino	198		1:08:21.1	503	1:44:19.9	513
473.	657	Diogo Claudino	2:29:22.4	m	473	Sub 23 M	10		1:11:29.1	578	1:45:49.1	543
474.	877	Nuno Ferreira	2:29:33.0	m	474	Veteranos M40	118		1:13:40.4	616	1:48:51.5	573
475.	558	Nuno Valada (a)	2:29:40.5	m	475	Veteranos M40	119	SS CGD	1:10:41.1	556	1:46:38.6	553
476.	372	Rui Amaro	2:30:05.2	m	476	Veteranos M40	120	Jobrinde - Montes Saloios	1:09:58.4	543	1:43:36.3	504
477.	203	João Ramos	2:30:05.8	m	477	Veteranos M40	121	4Client	1:09:46.2	541	1:47:38.3	562
478.	376	Mario Gonçalves	2:30:13.3	m	478	Veteranos M45	80	EnkostasTrail	1:08:56.4	525	1:47:11.5	558
479.	268	Joaquim Miguel Gamito	2:30:16.0	m	479	Veteranos M50	41		1:12:39.5	597	1:50:09.9	578
480.	15	José Finuras	2:30:16.1	m	480	Veteranos M40	122	MultiRunners	1:14:16.9	627	1:51:47.2	605
481.	462	Tiago Simenta	2:30:24.5	m	481	Sénior Masculino	199		1:08:13.5	495	1:44:40.6	522
482.	516	Miguel Capela	2:30:24.6	m	482	Veteranos M40	123		1:08:13.9	496	1:44:41.2	523
483.	699	Luis Pedroso	2:30:27.1	m	483	Veteranos M40	124		1:11:35.5	579	1:51:00.8	592
484.	335	Carlos Coelho	2:30:49.6	m	484	Veteranos M40	125	Falcões Selvagens	1:09:40.3	535	1:45:45.7	539
485.	875	Thelmo Cunha	2:30:50.8	m	485	Veteranos M50	42	ODEBRECHT	1:09:29.7	533	1:44:18.8	511
486.	871	Manuel Paulo	2:30:56.8	m	486	Veteranos M55	21	ODEBRECHT	1:06:17.2	462	1:42:45.1	496
487.	752	Joao Fonseca	2:30:58.0	m	487	Veteranos M45	81	VICTORIA SEGUROS	1:10:47.7	563	1:46:58.5	555
488.	873	Jorge Monteiro	2:30:59.7	m	488	Veteranos M45	82	ODEBRECHT	1:08:25.3	508	1:44:17.5	510
489.	340	José Manuel Pinto	2:31:04.8	m	489	Sénior Masculino	200	Hot Runners	1:11:28.1	577	1:46:37.2	552
490.	207	Luís Dias	2:31:26.1	m	490	Sénior Masculino	201		1:10:02.0	544	1:45:19.2	532
491.	308	Rui Pereira	2:31:38.1	m	491	Sénior Masculino	202	Mag8 Bike Team	1:08:19.7	500	1:44:18.9	512
492.	851	Francisco Santos	2:31:51.7	m	492	Sénior Masculino	203	West Runners	1:10:26.3	551	1:51:34.1	598

3.º Trilho das Lampas

Result List MF 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
493.	110	Carlos Henrique	2:31:52.3	m	493	Veteranos M45	83		1:10:27.3	552	1:51:35.5	599
494.	25	Paulo Onofre	2:32:03.9	m	494	Veteranos M40	126	Correr Lisboa	1:13:20.1	610	1:49:48.0	576
495.	107	Hugo Santos	2:32:25.5	m	495	Sénior Masculino	204		1:13:21.9	612	1:51:37.1	600
496.	608	Tiago Carvalho	2:32:29.0	m	496	Sénior Masculino	205		1:10:38.7	555	1:47:25.0	560
497.	675	Raul Felix Da Costa	2:32:49.4	m	497	Veteranos M55	22	ProAventuras	1:12:07.3	589	1:49:59.5	577
498.	192	Nuno Fidalgo	2:33:24.9	m	498	Veteranos M40	127		1:08:23.9	507	1:45:16.7	531
499.	741	João Serra	2:33:26.8	m	499	Veteranos M40	128		1:11:10.4	571	1:48:27.7	569
500.	552	Álvaro Furtado	2:33:29.0	m	500	Veteranos M55	23	SS CGD	1:16:10.2	646	1:52:15.4	615
501.	415	Carlos Lima	2:34:00.6	m	501	Veteranos M40	129	caapp	1:12:02.1	588	1:51:32.0	595
502.	692	André Veiga	2:34:31.3	m	502	Sénior Masculino	206	ARSM - Associação Recreativa	1:09:10.7	531	1:46:02.0	544
503.	427	Jorge Soares	2:34:38.5	m	503	Veteranos M50	43	Falcões Selvagens	1:11:42.2	581	1:50:35.3	581
504.	470	Luís Reis	2:34:52.0	m	504	Veteranos M50	44	Falcões Selvagens	1:12:52.4	599	1:52:37.8	619
505.	57	António Gonçalves	2:34:52.1	m	505	Veteranos M50	45	Os Tugas	1:11:19.8	576	1:48:18.5	567
506.	304	João Veigas	2:34:58.1	m	506	Sénior Masculino	207		1:12:29.6	595	1:55:59.3	643
507.	560	João Correia	2:35:13.4	m	507	Veteranos M50	46	SS CGD	1:12:45.4	598	1:52:12.7	614
508.	531	Jorge Canhão	2:35:20.4	m	508	Veteranos M55	24	CLUBE MILLENNIUM BCP	1:11:41.7	580	1:50:33.8	580
509.	564	Paulo Bailao	2:35:31.2	m	509	Veteranos M40	130	SS CGD	1:11:05.7	565	1:48:28.7	570
510.	777	Pedro Machado	2:35:33.3	m	510	Veteranos M45	84	LikeRun	1:08:37.0	516	1:46:28.1	551
511.	781	Pedro Bretes	2:35:33.3	m	511	Veteranos M45	85		1:15:08.6	637	1:53:31.8	626
512.	526	Fernando Sousa	2:35:38.8	m	512	Veteranos M45	86	CLUBE MILLENNIUM BCP	1:07:41.1	486	1:44:31.2	519
513.	658	Frederico Marcelino	2:35:49.6	m	513	Sénior Masculino	208	20Km's Almeirim - Desportos de	1:14:26.1	630	1:52:36.6	618
514.	445	Bruno Martins	2:35:53.9	m	514	Sub 23 M	11	Diverinstal	1:08:27.5	509	1:46:04.0	546
515.	689	Ricardo Silva Ferreira	2:36:14.6	m	515	Sénior Masculino	209		1:08:19.6	499	1:46:10.9	548
516.	640	Carlos Lopes	2:36:14.8	m	516	Sénior Masculino	210		1:08:20.2	502	1:46:10.0	547
517.	594	Fernando Brandão	2:36:24.8	m	517	Veteranos M50	47	ARTNISPORT	1:12:01.4	586	1:50:47.9	587
518.	593	Gonçalo Oliveira	2:36:25.0	m	518	Sénior Masculino	211	ARTNISPORT	1:12:01.0	585	1:50:47.9	586
519.	790	Pedro Prudencio	2:36:26.8	m	519	Veteranos M45	87	Freddy	1:14:06.3	624	1:51:01.8	593
520.	441	Mario Santos (a)	2:36:57.1	m	520	Veteranos M50	48	Associação Desportiva Real	1:17:37.3	668	1:55:01.3	633
521.	471	Marco António Francisco	2:37:06.1	m	521	Sénior Masculino	212		1:11:18.1	574	1:48:42.5	571
522.	677	Ruca Moreira	2:37:13.7	m	522	Veteranos M45	88	ProAventuras	1:09:01.7	526	1:47:52.4	563
523.	337	Francisco Silva	2:37:49.8	m	523	Veteranos M50	49	Falcões Selvagens	1:12:52.5	600	1:52:41.4	620
524.	664	Eduardo Alves	2:37:50.3	m	524	Sénior Masculino	213	Chafariz Running Team	1:13:57.3	621	1:51:47.8	606
525.	325	Carlos Pinto Coelho	2:38:05.0	m	525	Veteranos M50	50	O MUNDO DA CORRIDA	1:14:20.2	629	1:51:46.2	604

3.º Trilho das Lampas

Result List MF 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
526.	176	Ricardo Moreira	2:38:16.5	m	526	Veteranos M40	131	Rail Runners	1:13:18.9	607	1:50:59.4	591
527.	737	Alexandre Pinto	2:38:27.9	m	527	Sénior Masculino	214		1:10:43.1	558	1:50:42.9	584
528.	836	Vasco Carril	2:38:36.3	m	528	Sénior Masculino	215		1:13:04.8	601	1:51:05.3	594
529.	904	José Catita	2:38:36.6	m	529	Veteranos M55	25	GARMIN - C.O. Oeiras	1:16:51.0	651	1:53:14.6	624
530.	43	Rui Barbosa	2:39:00.1	m	530	Veteranos M40	132	Matilha Running	1:13:51.2	617	1:52:11.1	612
531.	555	Alexandre Costa	2:39:17.6	m	531	Veteranos M40	133	Pernetas Runners	1:15:33.5	641	1:55:22.7	640
532.	554	Carlos Dorés	2:39:18.4	m	532	Veteranos M45	89	Pernetas Runners	1:15:33.8	642	1:55:22.4	639
533.	159	Luis Afonso	2:40:22.8	m	533	Veteranos M40	134	Georunners	1:12:32.4	596	1:51:50.4	608
534.	355	João Fernandes	2:42:20.1	m	534	Veteranos M50	51		1:13:55.5	618	1:53:24.4	625
535.	480	Jorge Vieira	2:42:20.2	m	535	Sénior Masculino	216		1:17:30.6	665	1:57:50.4	654
536.	469	Rui Vieitas	2:42:21.1	m	536	Sénior Masculino	217	Fat Old Dudes	1:17:29.9	663	1:57:49.4	653
537.	551	Rui Pereira	2:42:35.2	m	537	Veteranos M45	90	Falcões Selvagens	1:15:10.3	639	1:55:33.9	642
538.	328	José Henriques Silva (a)	2:42:47.7	m	538	Veteranos M60	10	Hot Runners	1:17:12.1	659	1:57:38.0	652
539.	545	Antonio Luis (a)	2:43:36.9	m	539	Veteranos M45	91	Jobrinde - Montes Saloios	1:13:14.0	603	1:48:50.7	572
540.	401	Armando Costa	2:43:37.3	m	540	Veteranos M40	135	Jobrinde - Montes Saloios	1:13:22.1	613	1:52:03.9	610
541.	584	José Alípio	2:43:41.2	m	541	Veteranos M45	92	MultiRunners	1:17:02.6	654	1:56:13.9	644
542.	783	Manuel Alves	2:43:41.6	m	542	Sénior Masculino	218		1:16:48.6	650	1:56:33.3	647
543.	534	Marcos Noritake	2:43:41.8	m	543	Veteranos M45	93	CLUBE MILLENNIUM BCP	1:17:02.5	653	1:56:15.5	645
544.	144	Ricardo Mendes	2:43:51.5	m	544	Veteranos M40	136	CLUBE MILLENNIUM BCP	1:16:51.6	652	1:56:41.1	648
545.	383	Joaquim Maria	2:43:57.4	m	545	Sénior Masculino	219	Frufresh Runners	1:16:36.8	647	1:54:55.5	631
546.	632	Tam Afonso	2:44:14.4	m	546	Veteranos M60	11	Açoreana Club Banif	1:11:16.3	573	1:51:32.0	596
547.	709	Ricardo Ferreira	2:44:58.3	m	547	Veteranos M40	137	O Trail Mesmo da Street	1:11:43.3	582	1:53:35.8	628
548.	708	Ricardo Medeiros	2:44:59.1	m	548	Sénior Masculino	220	O Trail Mesmo da Street	1:11:46.0	583	1:53:34.8	627
549.	351	Goncalo Lince	2:45:03.9	m	549	Sénior Masculino	221	Salamandrecos	1:19:30.5	690	2:03:56.8	687
550.	53	Joaquim Adelino	2:45:14.8	m	550	Veteranos M60	12	Amigos Vale Silêncio	1:16:44.3	648	1:59:13.3	663
551.	98	Bruno Silva	2:46:01.1	m	551	Sénior Masculino	222		1:17:07.4	656	1:59:56.2	667
552.	498	António Guedes	2:46:37.4	m	552	Veteranos M40	138	Açoreana Club Banif	1:13:14.7	604	1:54:27.0	630
553.	580	Tiago Cerqueira	2:47:33.6	m	553	Sénior Masculino	223		1:14:37.2	633	1:57:32.4	651
554.	233	António Franco (a)	2:47:33.7	m	554	Sénior Masculino	224		1:14:36.9	632	1:57:30.3	650
555.	912	David Silva	2:47:33.8	m	555	Veteranos M50	52	asas do milenium (o praticante)	1:15:31.7	640	1:58:06.5	657
556.	827	Fernando Pedro	2:47:37.6	m	556	Veteranos M40	139	Winners Team TR	1:14:09.6	625	1:54:59.0	632
557.	906	Nuno Bastos	2:47:39.6	m	557	Veteranos M40	140		1:17:56.3	675	2:00:30.8	671
558.	894	Rui Santos	2:47:52.4	m	558	Veteranos M45	94	SS CGD	1:13:32.1	615	1:56:22.4	646

3.º Trilho das Lampas

Result List MF 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
559.	518	Eduardo Pinto	2:48:17.9	m	559	Veteranos M45	95	CLUBE MILLENNIUM BCP	1:14:50.8	634	1:57:01.4	649
560.	29	José Conchinha	2:48:49.5	m	560	Veteranos M60	13	Clube do Stress	1:17:50.2	672	1:59:21.4	665
561.	388	José Moura	2:49:50.3	m	561	Veteranos M45	96	Falcões Selvagens	1:20:08.3	692	2:02:47.1	682
562.	665	Cesar Domingos Diogo	2:50:36.4	m	562	Sénior Masculino	225	Bexexa Team	1:22:05.5	720	2:00:47.0	672
563.	473	Nuno Minezes	2:51:04.9	m	563	Veteranos M45	97	Bladerunners	1:19:32.0	691	2:02:19.1	679
564.	142	Hugo Teixeira	2:51:07.3	m	564	Sénior Masculino	226	POWER RANGERS	1:17:08.8	658	2:01:21.4	676
565.	197	Luis Rebelo	2:51:24.5	m	565	Sénior Masculino	227	Diverinstal	1:21:55.0	717	2:07:40.3	714
566.	311	Nuno Loureiro	2:52:08.3	m	566	Veteranos M45	98	Falcões Selvagens	1:20:36.6	701	2:04:04.4	688
567.	94	Sérgio Pedro	2:52:25.6	m	567	Sénior Masculino	228	POWER RANGERS	1:17:45.9	670	2:04:48.1	696
568.	352	Rui Antão	2:53:15.1	m	568	Veteranos M40	141		1:17:27.6	660	1:59:02.3	662
569.	354	Tito Ferreira	2:53:15.5	m	569	Veteranos M50	53		1:17:27.9	662	1:59:00.0	661
570.	96	Luciano Marques	2:53:15.8	m	570	Veteranos M55	26		1:17:27.7	661	1:58:48.8	660
571.	739	Pedro Ribeiro	2:54:31.4	m	571	Sénior Masculino	229	Run 4 Fun	1:19:14.4	688	2:04:08.7	689
572.	756	Ruben Costa	2:54:33.9	m	572	Veteranos M50	54	Run 4 Fun	1:19:14.6	689	2:04:10.0	690
573.	244	Fábio Batista	2:55:41.1	m	573	Sénior Masculino	230		1:22:51.5	727	2:12:23.5	747
574.	643	José Ferreira	2:55:44.2	m	574	Veteranos M50	55	Juventude Vidigalense	1:18:39.4	680	2:03:09.7	685
575.	363	Luis Parro	2:56:17.1	m	575	Veteranos M50	56	Monsanto Running Team	1:14:00.4	622	2:00:51.0	673
576.	270	Rui Alves	2:56:33.3	m	576	Veteranos M40	142	Kangurus S.A.	1:20:50.6	706	2:06:22.7	705
577.	333	Sérgio Seixo	2:56:33.9	m	577	Veteranos M40	143	Kangurus S.A.	1:20:51.6	708	2:06:01.5	703
578.	801	João Pinto	2:56:44.4	m	578	Veteranos M50	57	G A Monsanto Gascan	1:21:50.9	714	2:07:12.8	710
579.	800	Antonio Pardal	2:56:44.5	m	579	Veteranos M55	27	G A Monsanto Gascan	1:21:50.1	713	2:07:01.3	708
580.	799	Nuno Antunes	2:56:45.2	m	580	Sénior Masculino	231	G A Monsanto Gascan	1:21:52.3	716	2:07:05.5	709
581.	798	Luis Antunes	2:56:45.8	m	581	Veteranos M50	58	G A Monsanto Gascan	1:21:51.8	715	2:07:15.3	711
582.	702	Paulo Rodrigues	2:57:26.7	m	582	Veteranos M50	59	Falcões Selvagens	1:20:37.5	702	2:04:19.2	691
583.	614	João Ferreira	2:58:11.1	m	583	Veteranos M40	144	GD CIMPOR	1:23:13.5	738	2:07:36.9	712
584.	833	Tiago Reis	2:58:25.9	m	584	Sénior Masculino	232	Salamandrecos	1:18:37.1	679	2:05:07.8	698
585.	497	Luis Belbute	2:59:13.3	m	585	Veteranos M45	99		1:24:23.6	747	2:09:48.2	732
586.	487	Carlos Cagica	3:00:02.6	m	586	Veteranos M50	60	CCD Siemens	1:18:55.2	685	2:04:26.2	693
587.	35	Luís Ferreira	3:00:08.7	m	587	Veteranos M45	100	Rail Runners	1:17:36.3	667	2:08:07.2	721
588.	283	Hugo Ribeiro	3:01:41.2	m	588	Sénior Masculino	233		1:21:46.4	712	2:08:04.5	719
589.	868	Antonio Alves	3:02:00.7	m	589	Veteranos M55	28	ODEBRECHT	1:22:53.8	729	2:08:21.9	722
590.	728	Dinis Neves	3:02:27.0	m	590	Sénior Masculino	234	20Km's Almeirim - Desportos de	1:20:08.9	693	2:04:33.8	694
591.	279	Vasco Alpalhão	3:02:35.1	m	591	Veteranos M45	101		1:22:48.2	724	2:07:54.6	718

3.º Trilho das Lampas

Result List MF 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
592.	621	Vitor Gonçalves	3:03:42.8	m	592	Veteranos M45	102	4 ao Km	1:24:01.4	745	2:12:04.7	743
593.	731	João Cravo	3:03:43.5	m	593	Sénior Masculino	235	4 ao Km	1:24:01.0	744	2:11:50.3	741
594.	811	Rui Cortes	3:04:24.9	m	594	Veteranos M40	145		1:24:38.3	754	2:10:50.1	738
595.	369	Fernando Luís	3:06:03.9	m	595	Veteranos M50	61	Sintra Trilhos	1:24:28.0	750	2:12:18.0	746
596.	317	Luis Paulo	3:06:29.1	m	596	Veteranos M55	29		1:20:11.9	695	2:06:49.2	706
597.	825	Carlos Morais	3:06:43.5	m	597	Veteranos M45	103	Winners Team TR	1:25:43.5	760	2:14:15.7	753
598.	793	Alexandre Rodrigues	3:06:51.7	m	598	Sénior Masculino	236		1:20:30.9	699	2:09:18.6	726
599.	430	Paulo Barria	3:06:52.7	m	599	Sénior Masculino	237		1:20:31.6	700	2:09:20.8	727
600.	911	André Ornelas	3:08:31.9	m	600	Sénior Masculino	238	Correr Lisboa	1:24:30.4	752	2:12:37.9	750
601.	451	João Melo	3:10:27.0	m	601	Veteranos M50	62	ECorredor	1:15:52.4	643	2:00:05.3	668
602.	690	Tiago Almeida	3:10:27.9	m	602	Sénior Masculino	239	ECorredor	1:15:53.6	645	2:00:08.0	670
603.	869	Joaquim Simão	3:10:44.2	m	603	Veteranos M50	63	ODEBRECHT	1:18:20.2	678	2:05:30.7	701
604.	241	Luis Rosa	3:10:49.0	m	604	Sénior Masculino	240	Diverinstal	1:21:58.1	719	2:10:41.3	737
605.	199	Vasco Sousa	3:10:49.7	m	605	Sénior Masculino	241	Diverinstal	1:21:56.5	718	2:10:40.5	736
606.	66	Vitor Pimenta	3:10:55.5	m	606	Veteranos M45	104	ARSM - Associação Recreativa	1:26:47.7	764	2:14:40.3	754
607.	288	André Velez	3:11:36.9	m	607	Sénior Masculino	242	Os Trinca-Espinhas	1:25:44.0	761	2:12:29.6	748
608.	870	Luis Santos	3:12:21.3	m	608	Veteranos M55	30	ODEBRECHT	1:21:44.7	711	2:08:43.8	724
609.	703	Filipe Mestre	3:12:55.3	m	609	Sénior Masculino	243		1:24:48.5	757	2:12:46.8	751
610.	166	David Freitas	3:13:48.9	m	610	Veteranos M45	105	ADCR Polícia Judiciária	1:25:23.2	758	2:16:03.5	755
611.	503	Antonio Jorge (a)	3:14:00.2	m	611	Veteranos M60	14	Açoreana Club Banif	1:23:02.1	735	2:17:41.6	758
612.	792	Pedro Teixeira	3:14:00.5	m	612	Sénior Masculino	244	Tough Trails Alenquer	1:27:45.1	774	2:17:46.0	761
613.	298	Mayer Raposo	3:15:52.0	m	613	Veteranos M60	15	Associação de Atletismo Lebres	1:17:30.3	664	2:00:58.5	674
614.	623	Jorge Silva	3:15:55.2	m	614	Veteranos M40	146	Hot Runners	1:26:49.3	766	2:17:49.4	763
615.	761	José Recto	3:17:45.2	m	615	Veteranos M45	106	conndor runner's	1:27:24.2	768	2:18:27.8	767
616.	763	João Nunes	3:17:45.5	m	616	Veteranos M50	64	conndor runner's	1:27:24.1	767	2:18:49.8	769
617.	450	João Verissimo	3:17:45.6	m	617	Veteranos M55	31		1:27:28.2	769	2:18:37.6	768
618.	661	Álvaro Marujeiro	3:18:29.0	m	618	Veteranos M40	147	Chafariz Running Team	1:23:28.8	740	2:23:26.1	785
619.	151	Miguel Pisco	3:19:27.8	m	619	Veteranos M50	65	Salamandrecos	1:27:54.6	777	2:22:08.8	777
620.	331	André Reis	3:21:16.8	m	620	Sénior Masculino	245	POWER RANGERS	1:28:02.2	779	2:20:18.4	775
621.	155	Paulo Figueiredo	3:24:25.8	m	621	Veteranos M50	66		1:34:00.9	795	2:22:27.7	780
622.	21	João Pereira	3:24:28.8	m	622	Veteranos M45	107	MultiRunners	1:34:00.4	794	2:22:28.1	781
623.	161	Rui Duarte	3:25:26.9	m	623	Veteranos M40	148	Tartarugas Solidárias	1:27:43.0	773	2:19:46.7	771
624.	237	Filipe Sousa	3:26:13.3	m	624	Sénior Masculino	246	GO!Runners	1:28:52.0	784	2:21:14.8	776

3.º Trilho das Lampas

Result List MF 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
625.	361	Rui Afonso	3:35:27.2	m	625	Veteranos M40	149	Afonsinos	1:34:50.7	796	2:30:25.3	792
626.	145	João Lourenço (a)	3:40:26.3	m	626	Veteranos M50	67	Salamandrecos	1:31:29.8	791	2:37:52.5	794
627.	147	António Pedro Santos	3:40:26.7	m	627	Veteranos M40	150	Salamandrecos	1:31:29.3	790	2:37:52.2	793
628.	606	Victor Lobo	3:47:42.2	m	628	Veteranos M40	151	CCD Crédito Agrícola Mútuo	1:28:57.0	786	2:29:37.0	791
629.	688	Pedro Jaime	3:49:53.3	m	629	Veteranos M45	108	Hot Runners	1:37:44.3	797	2:43:30.1	797
630.	259	David Almeida	1:52:18.1	m	630	Sénior Masculino	247	GDCT IN CASA MOEDA		799		799
631.	527	Paulo Fonseca	2:31:38.2	m	631	Veteranos M45	109	CLUBE MILLENNIUM BCP		803		803
632.	837	Pedro Luzio	1:32:03.0	m	632	Sénior Masculino	248	SS CGD		804		804
633.	310	António Candeias	3:43:14.8	m	633	Veteranos M50	68	Falcões Selvagens		805	2:48:09.2	805
w												
1.	813	Patrícia Carreira	1:40:34.0	w	1	Sénior Feminino	1	OFFTEL Runners	0:48:38.5	45	1:11:45.1	54
2.	81	Cristina Couceiro	1:49:56.8	w	2	Sénior Feminino	2	ARSM - Associação Recreativa	0:53:24.8	132	1:17:51.2	117
3.	379	Mariana Delgado	1:55:34.9	w	3	Sénior Feminino	3	CTAD - Trilhos de Cinfães	0:56:21.4	191	1:21:30.3	168
4.	171	Luísa Espírito Santo	1:59:45.8	w	4	Veteranas W45	1	Rail Runners	0:58:34.0	247	1:26:13.6	227
5.	23	Carla Cristina	2:00:40.4	w	5	Sénior Feminino	4	Clube da Natureza de Alvito	0:57:49.8	223	1:24:50.6	206
6.	258	Carla Mendes	2:01:02.3	w	6	Sénior Feminino	5	Tartarugas Solidárias	0:59:29.2	268	1:27:02.5	243
7.	735	Lurdes Santos	2:01:23.9	w	7	Sénior Feminino	6		0:56:53.0	198	1:26:01.5	222
8.	719	Soraia Monteiro	2:02:53.0	w	8	Sénior Feminino	7	Clube Náutico de Ponte De Lima	1:00:02.1	284	1:27:15.7	248
9.	514	Isabel Rodrigues	2:03:09.8	w	9	Veteranas W40	1	ADCR Polícia Judiciária	1:01:32.9	326	1:29:37.5	288
10.	240	Andreia Fernandes	2:03:26.8	w	10	Sénior Feminino	8	ARSM - Associação Recreativa	1:00:40.3	303	1:29:02.4	275
11.	70	Estela Martins (a)	2:03:53.8	w	11	Sénior Feminino	9	NAST - Núcleo Associativo de	0:59:14.9	257	1:26:39.8	238
12.	734	Gabriela Marques	2:04:36.5	w	12	Sénior Feminino	10		0:58:17.6	240	1:27:17.3	249
13.	680	Ana Vintém	2:05:01.2	w	13	Sénior Feminino	11	AC Portalegre / UTSM	0:58:38.9	250	1:27:19.6	250
14.	320	Cidália Martins	2:05:01.5	w	14	Veteranas W50	1	Tough Trails Alenquer	0:59:23.6	263	1:29:40.3	290
15.	666	Monica Silva	2:06:03.1	w	15	Veteranas W45	2		0:59:07.5	256	1:27:30.1	254
16.	222	Lídia Calado	2:07:10.1	w	16	Sénior Feminino	12	AC Portalegre / UTSM	1:02:03.8	339	1:31:04.5	315
17.	717	Ana Miranda	2:07:17.0	w	17	Sénior Feminino	13	Clube Náutico de Ponte De Lima	1:00:21.2	293	1:29:32.1	285
18.	119	Maria Safara	2:07:24.7	w	18	Sénior Feminino	14	ProAventuras	1:01:18.0	319	1:31:05.2	316
19.	687	Fátima Alendouro	2:09:03.8	w	19	Veteranas W40	2	Desnível Positivo	1:01:01.4	310	1:30:54.3	310
20.	106	Angela Costa	2:09:26.2	w	20	Sénior Feminino	15		1:04:36.6	417	1:35:10.5	387
21.	117	Isabel Pisco	2:09:47.7	w	21	Veteranas W45	3	ProAventuras	1:02:28.5	358	1:32:52.6	345
22.	118	Maria Patas (a)	2:10:04.7	w	22	Veteranas W55	1	ProAventuras	1:02:52.2	375	1:33:46.3	358
23.	830	Ana Bernardo	2:10:17.5	w	23	Sénior Feminino	16	AminhaCorrida/Skechers	1:05:12.8	434	1:34:42.4	380

3.º Trilho das Lampas

Result List MF 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
24.	100	Cláudia Nunes	2:10:21.6	w	24	Sénior Feminino	17		0:58:02.1	230	1:27:50.0	259
25.	302	Carla Santos	2:10:52.2	w	25	Veteranas W45	4	Tálenos Team	1:02:31.1	363	1:32:42.9	343
26.	378	Sandra Guerreiro	2:11:05.4	w	26	Sénior Feminino	18		0:59:42.5	274	1:31:41.4	324
27.	284	Cristina Guerreiro	2:11:19.5	w	27	Veteranas W40	3	Clube Desportivo Recreativo	1:01:43.0	330	1:32:51.4	344
28.	312	Manuela Fonseca	2:12:05.7	w	28	Veteranas W45	5	Tartarugas Solidárias	1:04:26.9	413	1:36:10.7	404
29.	844	Lígia Pires Coelho	2:12:29.7	w	29	Veteranas W45	6		1:02:22.6	351	1:33:30.0	352
30.	287	Almerinda Velez	2:12:31.8	w	30	Veteranas W50	2	Os Trinca-Espinhas	1:00:00.5	283	1:31:14.7	318
31.	394	Paula Jacob	2:12:42.5	w	31	Sénior Feminino	19	Surf Runners	1:03:11.2	379	1:36:07.0	400
32.	170	Sara Machado	2:12:45.3	w	32	Sénior Feminino	20	Rail Runners	1:00:28.0	297	1:31:00.5	313
33.	47	Anabela Pombeiro	2:13:14.5	w	33	Veteranas W40	4	Agregar Runners	1:03:41.5	388	1:34:42.0	379
34.	533	Maria Ceu Silva	2:13:23.4	w	34	Veteranas W45	7	CLUBE MILLENNIUM BCP	1:03:37.0	387	1:34:58.0	384
35.	82	Ana Féteira	2:14:15.8	w	35	Sénior Feminino	21	ARSM - Associação Recreativa	1:02:28.9	359	1:34:11.0	368
36.	691	Sónia Gaspar	2:14:16.4	w	36	Sénior Feminino	22	ARSM - Associação Recreativa	1:02:29.4	360	1:34:12.0	369
37.	774	Ana Pipio	2:14:22.0	w	37	Veteranas W40	5	Açoreana Club Banif	1:04:32.8	414	1:37:32.7	421
38.	908	Ana Alberto	2:14:41.2	w	38	Sénior Feminino	23	A.D. Galomar	0:57:11.5	213	1:30:02.5	296
39.	201	Paula Da Silva Cardoso	2:15:50.9	w	39	Veteranas W40	6		1:03:21.2	383	1:34:55.9	382
40.	182	Maria João Lopes (a)	2:16:27.4	w	40	Sénior Feminino	24	Monsanto Running Team	1:05:29.7	449	1:38:01.7	436
41.	770	Liliana Baltazar (a)	2:16:45.2	w	41	Sénior Feminino	25	Correr Lisboa	1:07:07.7	476	1:39:58.9	474
42.	329	Maria Manuela Machado	2:17:31.2	w	42	Veteranas W50	3	Run 4 Fun	1:05:43.0	455	1:39:00.3	458
43.	449	Teresa Teixeira	2:17:41.2	w	43	Veteranas W45	8	Sintra Trilhos	1:05:16.5	440	1:38:05.9	441
44.	271	Andreia Costa	2:17:41.7	w	44	Sénior Feminino	26	Tartarugas Solidárias	1:05:15.9	438	1:37:41.2	426
45.	714	Célia Nuno	2:17:44.7	w	45	Veteranas W45	9	HAND2HAND	1:07:09.7	478	1:40:27.9	478
46.	140	Patrícia Lourenço	2:18:19.9	w	46	Sénior Feminino	27	Decathlon/Omega Pharma	1:05:46.6	457	1:38:54.0	456
47.	91	Marta Andrade	2:19:07.6	w	47	Veteranas W40	7	Treino em Casa	1:08:07.5	492	1:44:20.9	514
48.	205	Paula Santos	2:19:09.1	w	48	Veteranas W45	10	Os Tugas	1:08:28.7	510	1:41:42.0	482
49.	224	Elena Iabanji	2:19:29.0	w	49	Veteranas W45	11		1:07:00.3	473	1:39:53.0	472
50.	54	Graça Roldão	2:21:03.1	w	50	Veteranas W50	4	Os Tugas	1:07:33.9	484	1:42:52.3	498
51.	544	Natalya Marcheva	2:22:12.4	w	51	Veteranas W45	12	Jobrinde - Montes Saloios	1:06:59.9	472	1:38:37.7	448
52.	722	Margarida Roque Amaro	2:22:21.6	w	52	Sénior Feminino	28		1:08:30.1	512	1:42:04.9	486
53.	28	Maria Da Luz Conchinha	2:22:27.3	w	53	Veteranas W55	2	Clube do Stress	1:08:39.0	517	1:43:00.6	499
54.	8	Rita Fernandes	2:23:53.5	w	54	Veteranas W40	8	Tartarugas Solidárias	1:08:40.9	520	1:42:28.3	491
55.	753	Sandra Simões	2:23:57.5	w	55	Veteranas W40	9	Run 4 Fun	1:11:07.1	567	1:45:35.5	538
56.	126	Maria José Felisardo	2:24:33.4	w	56	Veteranas W45	13	ProAventuras	1:04:17.7	408	1:37:46.4	428

3.º Trilho das Lampas

Result List MF 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
57.	729	Sara Velho	2:24:43.7	w	57	Sénior Feminino	29	ProAventuras	1:06:54.3	469	1:44:04.1	506
58.	248	Noemia Monteiro	2:25:23.1	w	58	Sénior Feminino	30	Clube do Stress	1:08:40.5	519	1:45:22.4	535
59.	742	Claudia Alcaso	2:25:34.6	w	59	Veteranas W40	10		1:10:18.5	550	1:45:20.0	533
60.	744	Sandra Oliveira	2:26:06.4	w	60	Sénior Feminino	31		1:08:42.9	521	1:45:22.2	534
61.	896	Teresa Domingues	2:26:07.7	w	61	Veteranas W45	14	SS CGD	1:07:56.9	488	1:43:08.1	500
62.	605	Vanda Fernandes	2:27:24.6	w	62	Sénior Feminino	32	CCD Crédito Agrícola Mútuo	1:07:54.9	487	1:43:49.1	505
63.	245	Carla Silva	2:27:57.2	w	63	Veteranas W40	11		1:10:42.7	557	1:46:45.2	554
64.	228	Nuria Branco	2:28:23.9	w	64	Sénior Feminino	33	Jobrinde - Montes Saloios	1:08:39.2	518	1:45:46.3	540
65.	583	Diana Bonifácio	2:29:02.7	w	65	Sénior Feminino	34	Juventude Vidigalense	1:09:08.8	530	1:44:43.5	525
66.	424	Ana Correia	2:29:41.5	w	66	Sénior Feminino	35	Correr Lisboa	1:08:56.3	524	1:45:14.9	530
67.	10	Catarina Lagoa	2:30:22.0	w	67	Veteranas W45	15	Tartarugas Solidárias	1:10:46.3	561	1:44:27.6	518
68.	784	Cristina Prioste	2:31:05.7	w	68	Sénior Feminino	36	Juventude Vidigalense	1:10:46.5	562	1:46:17.2	550
69.	807	Telma Ramires	2:31:46.8	w	69	Sénior Feminino	37	ATR - Algarve Trail Running	1:10:17.4	549	1:47:37.0	561
70.	655	Tita Luis	2:32:13.3	w	70	Sénior Feminino	38	Jobrinde - Montes Saloios	1:14:16.1	626	1:51:57.9	609
71.	796	Patricia Encarnacao	2:32:27.4	w	71	Veteranas W40	12		1:12:08.4	590	1:50:55.5	589
72.	557	Célia Silva	2:32:59.6	w	72	Veteranas W40	13	Juventude Vidigalense	1:12:26.7	592	1:49:46.6	575
73.	920	Raquel Viegas	2:33:04.1	w	73	Sénior Feminino	39		1:13:19.5	609	1:51:44.7	602
74.	483	Carla Margarida Matos (a)	2:33:39.4	w	74	Sénior Feminino	40	Monsanto Running Team	1:08:30.5	513	1:49:37.9	574
75.	416	Ana Paula Lima	2:34:00.8	w	75	Veteranas W40	14	caapp	1:12:01.9	587	1:51:33.4	597
76.	914	Isabel Barra	2:34:17.6	w	76	Veteranas W45	16	asas do milenium (o praticante)	1:11:14.3	572	1:50:55.2	588
77.	323	Andreia Pereira	2:34:38.6	w	77	Sénior Feminino	41	O MUNDO DA CORRIDA	1:13:17.8	606	1:50:22.0	579
78.	884	Tânia Cunha	2:34:51.6	w	78	Sénior Feminino	42	Tough Trails Alenquer	1:08:04.4	490	1:47:06.3	557
79.	56	Fátima Gonçalves	2:34:51.9	w	79	Veteranas W45	17	Os Tugas	1:11:19.4	575	1:48:19.7	568
80.	641	Rute Fernandes	2:35:54.0	w	80	Sénior Feminino	43		1:14:00.7	623	1:53:38.4	629
81.	571	Maria Rita Pedrosa	2:36:02.5	w	81	Sénior Feminino	44	Juventude Vidigalense	1:12:28.4	594	1:50:38.1	583
82.	696	Rita Dias	2:36:02.8	w	82	Veteranas W40	15	NEL - Pédatleta	1:12:28.0	593	1:50:37.5	582
83.	902	Ana Silva	2:36:44.6	w	83	Sénior Feminino	45	Rail Runners	1:11:46.4	584	1:52:04.2	611
84.	758	Cláudia Sousa (a)	2:36:57.0	w	84	Sénior Feminino	46	Monsanto Running Team	1:17:37.7	669	1:55:02.7	635
85.	582	Maria Albertina Silva	2:37:28.0	w	85	Veteranas W50	5	Juventude Vidigalense	1:13:55.5	619	1:51:41.2	601
86.	111	Filipa Da Gama	2:37:30.7	w	86	Veteranas W40	16	ProAventuras	1:13:10.9	602	1:52:11.8	613
87.	789	Anabela Pacheco	2:38:04.4	w	87	Veteranas W40	17		1:14:19.8	628	1:51:45.0	603
88.	177	Andrea Neves (a)	2:38:09.8	w	88	Sénior Feminino	47		1:17:55.7	673	1:58:46.1	659
89.	865	Bernardete Morita	2:38:09.8	w	89	Veteranas W40	18	Salamandrecos	1:17:56.2	674	1:58:41.3	658

3.º Trilho das Lampas

Result List MF 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
90.	175	Mónica Junqueira	2:38:17.2	w	90	Sénior Feminino	48	Rail Runners	1:13:19.5	608	1:50:59.3	590
91.	720	Isabel Félix	2:38:28.7	w	91	Veteranas W40	19	Monsanto Running Team	1:10:43.9	560	1:50:43.0	585
92.	456	Joana Ferreira	2:38:37.1	w	92	Sénior Feminino	49	20Km's Almeirim - Desportos de	1:14:27.0	631	1:52:44.5	622
93.	732	Cláudia Philippart	2:39:12.9	w	93	Veteranas W45	18		1:13:21.0	611	1:52:43.7	621
94.	626	M.rosário Barros	2:39:15.9	w	94	Veteranas W45	19	Juventude Vidigalense	1:15:00.8	635	1:53:10.8	623
95.	339	Manuela Folgado	2:39:19.5	w	95	Veteranas W60	1	Falcões Selvagens	1:13:56.7	620	1:55:19.5	638
96.	162	Sandra Cardoso	2:39:21.3	w	96	Veteranas W40	20		1:13:22.4	614	1:52:20.6	616
97.	627	Sarah Musgrave	2:39:35.0	w	97	Veteranas W40	21	Jobrinde - Montes Saloios	1:18:01.2	677	1:55:14.8	637
98.	225	Mafalda Faria	2:39:35.2	w	98	Sénior Feminino	50	Vadiagem	1:18:01.2	676	1:55:13.5	636
99.	822	Joana Saraiva	2:40:22.7	w	99	Sénior Feminino	51	Georunners	1:12:21.4	591	1:51:49.6	607
100.	840	Débora Ferreira	2:41:01.2	w	100	Sénior Feminino	52	Escaravelhos Team	1:13:16.4	605	1:52:35.3	617
101.	581	Rita Monteiro	2:44:47.9	w	101	Sénior Feminino	53	Põe-Te a Milhas	1:15:08.6	636	1:58:03.1	655
102.	591	Teresa Marta	2:44:48.1	w	102	Veteranas W40	22	Põe-Te a Milhas	1:15:09.6	638	1:58:04.3	656
103.	616	Maria Fatima Fernandes	2:44:54.0	w	103	Veteranas W50	6	GD CIMPOR	1:17:08.3	657	1:55:23.9	641
104.	740	Ana Pereira	2:45:14.9	w	104	Veteranas W45	20		1:16:44.5	649	1:59:14.4	664
105.	152	Rita Santos	2:45:36.9	w	105	Sénior Feminino	54		1:15:53.6	644	1:55:01.8	634
106.	108	Sónia Ribeiro	2:46:00.9	w	106	Veteranas W40	23	POWER RANGERS	1:17:07.3	655	1:59:55.1	666
107.	874	Sandra Letras	2:47:34.9	w	107	Sénior Feminino	55	ODEBRECHT	1:19:00.1	687	2:00:07.6	669
108.	103	Analice Silva	2:47:52.2	w	108	Veteranas W60	2	O MUNDO DA CORRIDA	1:18:41.7	682	2:03:19.8	686
109.	588	Lizete Heleno	2:49:49.7	w	109	Veteranas W45	21	Juventude Vidigalense	1:21:25.3	709	2:01:32.2	677
110.	682	Graça Fernandes	2:49:49.9	w	110	Veteranas W40	24	Juventude Vidigalense	1:18:49.5	684	2:01:15.5	675
111.	219	Natália Alexandre	2:51:51.6	w	111	Sénior Feminino	56	AC Portalegre / UTSM	1:20:28.7	698	2:02:50.6	683
112.	99	Raquel Quintas (a)	2:52:25.0	w	112	Sénior Feminino	57	POWER RANGERS	1:17:46.4	671	2:04:46.9	695
113.	357	Saida Morais	2:53:06.9	w	113	Veteranas W40	25	Active people	1:22:47.1	723	2:05:19.0	700
114.	615	Maria Goreti Fernandes	2:53:38.6	w	114	Veteranas W50	7	GD CIMPOR	1:23:12.2	737	2:07:37.2	713
115.	485	Maria Puga	2:53:52.5	w	115	Veteranas W50	8	O MUNDO DA CORRIDA	1:20:13.9	696	2:02:21.1	680
116.	644	Teresa Ferreira	2:55:44.5	w	116	Veteranas W45	22	Juventude Vidigalense	1:18:40.4	681	2:03:08.9	684
117.	916	Gisela Padre	2:56:29.7	w	117	Veteranas W40	26		1:20:16.6	697	2:02:39.3	681
118.	76	Sara Fulgêncio	2:56:34.1	w	118	Sénior Feminino	58	Kangurus S.A.	1:20:50.8	707	2:06:22.4	704
119.	431	Cláudia Garcia	2:57:07.5	w	119	Sénior Feminino	59	Correr Lisboa	1:24:30.3	751	2:11:47.9	740
120.	842	Susana Mourato	2:57:07.9	w	120	Sénior Feminino	60		1:22:25.5	721	2:04:51.9	697
121.	883	Teresa Marcelino	2:58:25.1	w	121	Veteranas W40	27	Tálenos Team	1:22:54.4	730	2:05:39.4	702
122.	832	Maria Rebelo	2:58:25.7	w	122	Sénior Feminino	61	Salamandrecos	1:18:48.0	683	2:05:09.7	699

3.º Trilho das Lampas

Result List MF 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
123.	705	Carolina Manuel	2:59:13.8	w	123	Veteranas W40	28	O MUNDO DA CORRIDA	1:22:55.2	731	2:09:44.3	731
124.	496	Cristina Barbosa	2:59:14.2	w	124	Veteranas W40	29		1:24:25.1	748	2:09:55.9	733
125.	489	Ira Litwinoff	3:00:02.3	w	125	Veteranas W50	9	CCD Siemens	1:18:55.3	686	2:04:26.0	692
126.	167	Jacinta Almeida	3:00:08.2	w	126	Veteranas W50	10	Rail Runners	1:21:32.0	710	2:08:05.2	720
127.	399	Liliana Monteiro	3:00:22.4	w	127	Sénior Feminino	62	Sporting	1:20:49.6	705	2:07:46.2	715
128.	389	Otelinda Sousa	3:00:23.0	w	128	Sénior Feminino	63		1:20:49.6	704	2:07:48.1	716
129.	78	Maria Marques	3:00:46.3	w	129	Veteranas W40	30		1:24:40.1	756	2:11:39.1	739
130.	285	Alice Capelas	3:01:35.4	w	130	Sénior Feminino	64		1:17:33.5	666	2:01:41.9	678
131.	278	Ana Alpalhão	3:02:35.1	w	131	Veteranas W40	31		1:22:50.5	726	2:07:54.1	717
132.	563	Patricia Caixinha	3:03:29.9	w	132	Sénior Feminino	65	SS CGD	1:23:53.4	742	2:09:27.5	729
133.	620	Isadora Costa	3:03:43.4	w	133	Sénior Feminino	66	4 ao Km	1:24:02.7	746	2:12:10.7	744
134.	548	Patricia Viegas (a)	3:04:51.2	w	134	Sénior Feminino	67		1:24:39.4	755	2:12:02.0	742
135.	37	Sandra Filipe	3:05:34.5	w	135	Veteranas W40	32	Rail Runners	1:22:31.8	722	2:08:23.1	723
136.	368	Claudia Amaral	3:06:04.0	w	136	Veteranas W40	33	Sintra Trilhos	1:24:27.9	749	2:12:17.4	745
137.	611	Paula Bengala	3:06:04.2	w	137	Sénior Feminino	68	Tartarugas Solidárias	1:23:15.0	739	2:08:59.3	725
138.	277	Andreia Paulo	3:06:28.4	w	138	Sénior Feminino	69	Atletas do Ribatejo	1:20:11.1	694	2:06:51.5	707
139.	684	Raquel Valente	3:06:31.0	w	139	Sénior Feminino	70		1:22:55.4	732	2:09:37.8	730
140.	429	Leonor Gomes	3:06:51.7	w	140	Sénior Feminino	71	CHALEIRINHA	1:20:38.3	703	2:09:25.1	728
141.	529	Rosimeire Serafim	3:08:02.3	w	141	Veteranas W45	23	CLUBE MILLENNIUM BCP	1:22:49.3	725	2:10:14.7	734
142.	522	Ana Cristina Lopes (a)	3:08:02.8	w	142	Veteranas W45	24	CLUBE MILLENNIUM BCP	1:23:11.5	736	2:10:22.7	735
143.	570	Susana Santos	3:08:31.4	w	143	Sénior Feminino	72		1:24:31.4	753	2:12:36.6	749
144.	243	Carla Pinto	3:08:42.7	w	144	Veteranas W40	34		1:24:00.7	743	2:12:55.7	752
145.	165	Aida Freitas	3:13:49.1	w	145	Veteranas W40	35	ADCR Polícia Judiciária	1:25:23.6	759	2:16:06.9	756
146.	630	Idalina Madeira	3:13:59.6	w	146	Veteranas W50	11	Açoreana Club Banif	1:22:56.6	733	2:17:36.3	757
147.	629	Cláudia Tam	3:14:00.0	w	147	Sénior Feminino	73	Açoreana Club Banif	1:23:01.3	734	2:17:43.3	759
148.	505	Helena Santos (a)	3:14:00.3	w	148	Veteranas W50	12	Açoreana Club Banif	1:22:53.5	728	2:17:44.1	760
149.	815	Inês Machado	3:14:38.7	w	149	Sénior Feminino	74	Hot Runners	1:23:47.9	741	2:17:49.5	764
150.	872	Luisa Alves	3:15:54.3	w	150	Sénior Feminino	75	ODEBRECHT	1:29:46.6	787	2:18:16.0	766
151.	386	Sandra Carvalho	3:15:54.9	w	151	Veteranas W40	36	Hot Runners	1:26:49.0	765	2:17:49.2	762
152.	660	Sónia Envia	3:18:28.3	w	152	Sénior Feminino	76	Chafariz Running Team	1:26:11.6	762	2:24:06.2	787
153.	662	Anabela Santos	3:18:28.3	w	153	Veteranas W45	25	Chafariz Running Team	1:26:12.2	763	2:24:08.4	789
154.	663	Cláudia Envia	3:18:28.4	w	154	Sénior Feminino	77	Chafariz Running Team	1:32:06.8	792	2:24:07.6	788
155.	481	Carla Pinto Fernandes	3:18:28.6	w	155	Sénior Feminino	78	Correr Lisboa	1:32:07.2	793	2:23:37.6	786

3.º Trilho das Lampas

Result List MF 3.º Trilho das Lampas

Geral	Dorsal	Nome	T. Liq.	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	13.5km	Pos.
156.	653	Ana Catarina Freire	3:19:01.0	w	156	Sénior Feminino	79		1:30:17.3	788	2:18:05.4	765
157.	757	Susana Rodrigues Palma	3:19:28.0	w	157	Sénior Feminino	80		1:28:02.1	778	2:22:25.3	779
158.	726	Goreti Silva	3:19:28.6	w	158	Sénior Feminino	81	Desnível Positivo	1:27:53.4	776	2:22:14.0	778
159.	559	Dora Pires	3:21:03.1	w	159	Veteranas W50	13	SS CGD	1:28:22.1	780	2:22:38.3	782
160.	766	Otilia Rosado	3:21:52.0	w	160	Veteranas W40	37	Vila Seca Running Team	1:28:23.5	781	2:22:54.4	783
161.	409	Isabel Matela	3:22:52.3	w	161	Veteranas W45	26	Frufresh Runners	1:28:56.4	785	2:23:17.5	784
162.	510	Andreia de Oliveira	3:25:26.2	w	162	Sénior Feminino	82	Georunners	1:27:39.5	770	2:19:32.2	770
163.	163	Carla Duarte	3:25:26.6	w	163	Veteranas W40	38	Tartarugas Solidárias	1:27:40.0	771	2:19:46.9	772
164.	578	Emilia Janela	3:25:26.6	w	164	Veteranas W50	14	Tartarugas Solidárias	1:27:45.6	775	2:20:02.4	774
165.	457	Maria Sá Pinto (a)	3:25:27.1	w	165	Sénior Feminino	83	Jobrinde - Montes Saloios	1:27:41.2	772	2:19:59.9	773
166.	618	Teresa Aranha	3:25:44.9	w	166	Veteranas W40	39		1:31:02.8	789	2:24:12.4	790
167.	879	Catarina Rolo	3:42:41.3	w	167	Sénior Feminino	84		1:28:47.9	782	2:39:41.9	796
168.	878	Cátia Câmara	3:42:41.6	w	168	Sénior Feminino	85		1:28:48.3	783	2:39:41.8	795
169.	814	Diana Nunes	3:49:53.6	w	169	Sénior Feminino	86	Hot Runners	1:37:45.3	798	2:43:31.0	798
170.	299	Fatima Brito	2:02:45.0	w	170	Sénior Feminino	87	Táentos Team		800		800
171.	300	Manuela Aldeia	1:55:37.9	w	171	Veteranas W50	15	Táentos Team		801		801
172.	301	Ana Paula Ramos	1:56:08.9	w	172	Veteranas W45	27	Táentos Team		802		802

Number of records: 805

3.º Trilho das Lampas

Team Results 3.º Trilho das Lampas

Bib	Name		AG	YoB
3.º Trilho das Lampas				
1.	AC Portalegre / UTSM 1		4:21:26,11	
216	Luis Semedo	1:24:00.9	Sénior Masculino	1988
221	Vitor Cordeiro	1:24:04.6	Veteranos M50	1964
215	Luís Malheiro	1:33:18.5	Sénior Masculino	1984
2.	Clube de Atletismo Odimarq 1		4:31:03,37	
900	Jose Gaspar	1:21:57.3	Sénior Masculino	1977
420	Jose Lopes	1:33:07.7	Veteranos M45	1966
905	Alexandre Soares	1:35:57.0	Veteranos M50	1962
3.	Rail Runners 1		4:34:52,01	
32	João Ginja	1:25:28.7	Veteranos M45	1965
33	João Prisal	1:34:28.1	Veteranos M40	1972
172	Virgílio Gomes	1:34:53.2	Veteranos M45	1968
4.	Escaravelhos Team 1		4:41:52,91	
342	Romeu Gouveia	1:26:53.1	Sub 23 M	1997
341	João Patricio	1:32:53.5	Sub 23 M	1995
344	David Gouveia	1:42:04.5	Sénior Masculino	1991
5.	ProAventuras 1		4:45:38,41	
92	Nuno Torres	1:34:39.4	Sénior Masculino	1977
676	Nelson Valente	1:35:26.5	Sénior Masculino	1982
125	Tiago Rovisco	1:35:31.5	Sénior Masculino	1980
6.	SS CGD 1		4:46:07,74	
562	Marcolino Verissimo	1:30:11.1	Veteranos M40	1971
837	Pedro Luzio	1:32:03.0	Sénior Masculino	1976
565	Paulo Pires	1:43:52.1	Veteranos M45	1965
7.	ARSM - Associação Recreativa de S. Miguel 1		4:50:18,16	
247	Ricardo Ferreira	1:33:14.0	Sénior Masculino	1991
80	José Fêteira	1:37:13.0	Veteranos M45	1967
88	Pedro Simões	1:39:49.6	Veteranos M40	1972
8.	CTAD - Trilhos de Cinfães 1		4:53:24,45	
1	Tiago Aragão	1:33:55.5	Sénior Masculino	1978
49	Nelson Amaral	1:36:33.9	Sénior Masculino	1977
907	Bruno Santos	1:42:54.0	Sénior Masculino	1979
9.	ATR - Algarve Trail Running 1		4:54:45,57	
805	Jorge António	1:27:08.9	Sénior Masculino	1984
806	André Duarte	1:40:06.0	Sénior Masculino	1986
759	Pascal Rodrigues Rodrigues	1:47:28.4	Sénior Masculino	1976
10.	AC Portalegre / UTSM 2		4:55:04,33	
217	Emilio Paulino	1:36:27.3	Veteranos M55	1959
281	Manuel Ceia	1:37:19.5	Veteranos M50	1960
220	Nelson Nunes	1:41:15.7	Sénior Masculino	1987
11.	ProAventuras 2		5:01:57,76	
417	Manuel Ramos (a)	1:38:34.0	Veteranos M55	1958
129	Nuno Cruz	1:40:47.3	Sénior Masculino	1977

3.º Trilho das Lampas

Team Results 3.º Trilho das Lampas

Bib	Name		AG	YoB
127	Marco Rosa	1:42:34.9	Sénior Masculino	1977
12.	RESTAURANTE "O CARTAXEIRO"-CANEÇAS 1	5:05:54,72		
670	Arlindo Paixão	1:41:06.9	Veteranos M50	1963
672	Pedro Gomes (a)	1:41:38.8	Veteranos M40	1974
669	Rui Ferreira	1:43:08.2	Veteranos M40	1971
13.	ARSM - Associação Recreativa de S. Miguel 2	5:09:39,71		
83	Carlos Simões	1:40:09.0	Veteranos M45	1969
85	Marco Rodrigues	1:44:00.1	Veteranos M40	1974
318	Sérgio Rosário	1:45:28.5	Sénior Masculino	1976
14.	ProAventuras 3	5:13:47,04		
747	José Vieira	1:42:53.8	Veteranos M50	1962
124	José Dionisio	1:44:15.2	Veteranos M55	1957
114	Luciano Correia	1:46:36.5	Veteranos M40	1972
15.	O MUNDO DA CORRIDA 1	5:14:11,70		
745	Guilherme Branquinho	1:38:43.2	Veteranos M40	1972
104	Vitor Veloso	1:46:17.7	Sénior Masculino	1975
143	Guilherme Hora	1:49:08.4	Veteranos M40	1974
16.	Tough Trails Alenquer 1	5:17:51,52		
436	Guilherme David	1:43:17.9	Veteranos M50	1960
885	Hugo Caldeira	1:43:45.5	Sénior Masculino	1980
422	Tiago Sousa	1:50:47.1	Sénior Masculino	1991
17.	Salamandrecos 1	5:18:13,58		
511	Pedro Escadas (a)	1:42:29.3	Sénior Masculino	1987
395	Sérgio Morgado	1:47:29.8	Veteranos M40	1973
754	Paulo Taboas	1:48:13.3	Veteranos M45	1965
18.	Dolce CR / Running Team ACRDFuradouro 1	5:21:42,59		
821	João Santos	1:43:49.3	Sénior Masculino	1976
404	João Fiel	1:43:56.5	Sénior Masculino	1986
293	Ricardo Vitorino	1:53:54.4	Sénior Masculino	1982
19.	Rail Runners 2	5:23:39,79		
34	Jorge Rodrigues	1:37:33.4	Veteranos M45	1966
573	Rafael Assunção	1:51:12.0	Sénior Masculino	1991
903	Paulo Rodrigues	1:54:53.1	Sénior Masculino	1976
20.	Monsanto Running Team 1	5:27:51,49		
26	Flavio Francisco (a)	1:42:54.3	Veteranos M40	1973
823	Luís Lopes	1:51:54.4	Veteranos M40	1971
786	Simão Fernandes	1:53:00.7	Sénior Masculino	1979
21.	ProAventuras 4	5:28:54,92		
122	Diogo Oliveira	1:49:11.4	Sénior Masculino	1990
112	José Gonçalves	1:49:14.7	Veteranos M40	1972
121	Pedro Sousa	1:50:26.7	Veteranos M55	1956
22.	Eléctrico Futebol Clube 1	5:29:32,88		
381	Nelson Constantino	1:38:14.2	Sénior Masculino	1984
403	José Constantino	1:45:17.4	Sénior Masculino	1976

3.º Trilho das Lampas

Team Results 3.º Trilho das Lampas

Bib	Name		AG	YoB
426	João Paio	2:06:00.1	Veteranos M45	1967
23.	ARSM - Associação Recreativa de S. Miguel 3			5:29:47,34
84	José Simões	1:48:26.8	Veteranos M45	1968
81	Cristina Couceiro	1:49:56.8	Sénior Feminino	1976
87	Horácio Ferreira	1:51:21.3	Veteranos M45	1968
24.	SS CGD 2			5:36:03,65
567	Rui Martins	1:46:41.8	Sénior Masculino	1979
892	José Monteiro (a)	1:54:38.3	Sénior Masculino	1984
353	Luis Madeira (a)	1:54:41.1	Veteranos M40	1970
25.	RESTAURANTE "O CARTAXEIRO"-CANEÇAS 2			5:36:23,25
674	Fernando Godinho	1:46:20.5	Veteranos M40	1973
673	António Pazes	1:52:51.4	Veteranos M40	1973
834	Carlos Henriques	1:57:08.8	Sénior Masculino	1977
26.	GO!Runners 1			5:38:01,71
238	Paulo Marques	1:50:17.5	Sénior Masculino	1976
62	Nuno Barreto	1:53:46.2	Sénior Masculino	1975
236	Diogo Sousa	1:53:56.8	Sénior Masculino	1987
27.	Salamandrecos 2			5:38:34,62
695	José António Marques Pereira	1:51:16.5	Veteranos M50	1961
362	Bernardo Zoio	1:52:51.9	Sénior Masculino	1976
138	Marcelo Dias	1:54:25.0	Veteranos M40	1975
28.	Jobrinde - Montes Saloios 1			5:41:09,22
150	Rui Marino	1:49:13.8	Veteranos M40	1974
269	José Nobre	1:52:07.1	Veteranos M50	1964
229	Luis Gonçalves	1:59:46.6	Sénior Masculino	1978
29.	Tough Trails Alenquer 2			5:42:02,05
48	Fernando Costa	1:52:23.6	Sénior Masculino	1975
50	Pedro Granadas	1:54:08.2	Veteranos M40	1975
509	Gonçalo Clemente	1:55:29.4	Sénior Masculino	1978
30.	Clube Náutico de Ponte De Lima 1			5:43:05,59
835	Pedro Castro	1:47:18.1	Sénior Masculino	1979
346	José Ferreira	1:55:26.1	Veteranos M40	1971
723	Adão Vaz	2:00:19.1	Sénior Masculino	1982
31.	ProAventuras 5			5:45:29,73
816	João Carreto	1:51:42.5	Veteranos M50	1962
128	Leandro Fernandes	1:56:51.2	Sénior Masculino	1984
212	Miguel Lino	1:56:54.3	Veteranos M45	1969
32.	Tartarugas Solidárias 1			5:46:33,34
291	Pedro Riberio	1:48:04.9	Sénior Masculino	1977
587	Ricardo Tiago	1:58:00.9	Veteranos M45	1968
375	Renato Moraes (a)	2:00:25.4	Sénior Masculino	1981
33.	Associação Desportiva Real Academia 1			5:46:35,56
437	Nuno Pimenta (a)	1:47:52.9	Sénior Masculino	1977
438	Antonio Vilela	1:52:13.1	Veteranos M45	1969

3.º Trilho das Lampas

Team Results 3.º Trilho das Lampas

Bib	Name		AG	YoB
439	Daniel Nunes (a)	2:06:28.3	Veteranos M55	1959
34.	Falcões Selvagens 1		5:47:01,73	
13	Joao Maia	1:43:51.9	Veteranos M50	1962
387	Joaquim Marques	2:01:07.0	Veteranos M40	1973
850	Paulo Alves	2:02:01.0	Sénior Masculino	1977
35.	O MUNDO DA CORRIDA 2		5:47:30,93	
685	Filipe Silva	1:53:49.0	Sénior Masculino	1978
324	Luís Álvaro	1:56:24.1	Veteranos M45	1967
854	Francisco Nunes	1:57:16.5	Veteranos M45	1969
36.	Juventude Vidigalense 1		5:52:09,50	
622	Paulo Duarte	1:36:01.0	Sénior Masculino	1977
610	David Santos	1:47:04.2	Sénior Masculino	1975
583	Diana Bonifácio	2:29:02.7	Sénior Feminino	1990
37.	CTAD - Trilhos de Cinfães 2		5:53:25,91	
206	Vítor Cardoso	1:43:46.1	Sénior Masculino	1978
379	Mariana Delgado	1:55:34.9	Sénior Feminino	1980
202	Paulo Magano	2:14:03.9	Sénior Masculino	1977
38.	Tálenos Team 1		5:54:32,71	
300	Manuela Aldeia	1:55:37.9	Veteranas W50	1964
301	Ana Paula Ramos	1:56:08.9	Veteranas W45	1970
299	Fatima Brito	2:02:45.0	Sénior Feminino	1975
39.	ARSM - Associação Recreativa de S. Miguel 4		5:55:06,33	
274	Tiago Gaspar	1:53:29.7	Sénior Masculino	1991
86	Nuno Neves	1:59:09.4	Sénior Masculino	1977
275	José Silva	2:02:26.3	Veteranos M40	1974
40.	20Km's Almeirim - Desportos de Montanha 1		5:58:21,58	
577	Francisco Cachulo	1:56:18.6	Sénior Masculino	1979
433	Valter Escrevente	1:58:30.3	Sénior Masculino	1978
659	Ricardo Flores	2:03:31.2	Sénior Masculino	1980
41.	Os Trinca-Espinhas 1		6:00:00,08	
824	Joaquim Rodrigues	1:33:21.6	Sénior Masculino	1991
287	Almerinda Velez	2:12:31.8	Veteranas W50	1965
286	José Velez	2:14:05.4	Veteranos M55	1959
42.	CLUBE MILLENNIUM BCP 1		6:03:59,84	
517	Pedro Cordas	2:00:31.6	Veteranos M40	1973
524	Nuno Almeida	2:01:32.7	Veteranos M40	1972
525	Arlindo Deus	2:01:53.7	Veteranos M60	1949
43.	CCD Crédito Agrícola Mútuo 1		6:04:11,26	
380	Luis Alves	1:57:24.9	Veteranos M40	1971
600	João Pereira	2:01:48.3	Veteranos M40	1973
603	Rui Graça	2:04:56.3	Veteranos M50	1962
44.	Proaventuras 6		6:06:32,53	
141	Helder Cabedal	1:58:41.8	Sénior Masculino	1977
130	Sergio Casal	2:00:24.5	Veteranos M45	1967

3.º Trilho das Lampas

Team Results 3.º Trilho das Lampas

Bib	Name		AG	YoB
119	Maria Safara	2:07:24.7	Sénior Feminino	1981
45.	CLUBE MILLENNIUM BCP 2		6:06:51,33	
528	Eduardo Rodrigues	2:02:12.7	Veteranos M50	1962
521	Nelson Costa	2:02:18.4	Sénior Masculino	1983
519	Eduardo Ferreira	2:02:18.4	Sénior Masculino	1975
46.	Tough Trails Alenquer 3		6:08:06,51	
27	Nuno Granadas	1:57:47.3	Sénior Masculino	1980
320	Cidália Martins	2:05:01.5	Veteranas W50	1965
321	José Martins	2:05:16.0	Veteranos M50	1962
47.	Açoreana Club Banif 1		6:08:20,32	
633	Virgílio Madeira	1:56:26.3	Veteranos M55	1959
502	Nelson Mota	2:03:32.9	Veteranos M40	1970
499	Armando Parreira	2:08:19.4	Veteranos M45	1968
48.	Associação de Atletismo Lebres do Sado 1		6:08:28,89	
667	Joaquim Fernandes	2:00:11.9	Veteranos M50	1962
797	Jorge Pereira	2:02:27.1	Veteranos M45	1965
179	Victor Silva	2:05:47.7	Veteranos M45	1965
49.	Matilha Running 1		6:08:32,83	
63	Vitor Venda	1:50:29.3	Veteranos M40	1971
787	Paulo Menezes	2:08:29.9	Veteranos M40	1972
408	Rui Menas	2:09:32.4	Sénior Masculino	1977
50.	CCD Siemens 1		6:09:54,92	
488	Dinis Morais	1:59:09.8	Veteranos M45	1970
490	João Queiroz	2:04:57.8	Veteranos M40	1974
492	Luis Bastos	2:05:45.0	Veteranos M50	1964
51.	Keep Running 1		6:11:04,22	
316	Hugo Costa	1:59:36.7	Sénior Masculino	1979
315	Eduardo Pena	2:02:10.4	Veteranos M50	1964
398	Jose Nunes	2:09:15.4	Veteranos M45	1967
52.	Tartarugas Solidárias 2		6:11:24,40	
258	Carla Mendes	2:01:02.3	Sénior Feminino	1976
636	Rui Almeida	2:03:37.1	Veteranos M40	1972
105	Rui Abrantes	2:06:43.0	Sénior Masculino	1982
53.	Monsanto Running Team 2		6:14:12,90	
68	Álvaro Santos	1:58:50.8	Sénior Masculino	1975
69	António Guerreiro	1:58:52.8	Veteranos M60	1952
182	Maria João Lopes (a)	2:16:27.4	Sénior Feminino	1980
54.	Amigos Vale Silêncio 1		6:16:14,59	
860	Paulo Povoá	1:36:53.5	Veteranos M50	1963
910	Vitor Pinto	1:54:04.8	Sénior Masculino	1984
53	Joaquim Adelino	2:45:14.8	Veteranos M60	1948
55.	Lis Running 1		6:17:30,81	
586	Claudio Rocha	1:55:35.1	Veteranos M40	1974
635	Jacinto Pereira	1:59:28.7	Sénior Masculino	1982

3.º Trilho das Lampas

Team Results 3.º Trilho das Lampas

Bib	Name		AG	YoB
585	Ricardo Rodrigues	2:22:25.8	Veteranos M40	1971
56.	Hot Runners 1		6:17:40,95	
90	Marco Silva	1:46:25.5	Sénior Masculino	1981
419	Bruno Mesquita	2:00:09.5	Veteranos M45	1970
340	José Manuel Pinto	2:31:04.8	Sénior Masculino	1982
57.	CLUBE MILLENNIUM BCP 3		6:18:47,81	
535	Abel Louro	2:03:35.3	Veteranos M55	1957
520	Paulo Felicio	2:07:03.3	Veteranos M45	1968
530	Pedro Silva	2:08:07.5	Veteranos M40	1972
58.	Rail Runners 3		6:19:03,98	
171	Luísa Espírito Santo	1:59:45.8	Veteranas W45	1967
36	Manuel António	2:09:35.1	Veteranos M45	1969
200	Pedro Sá	2:09:41.7	Sénior Masculino	1976
59.	Salamandrecos 3		6:22:21,02	
382	Narciso Neves	2:03:38.6	Sénior Masculino	1980
190	Pedro Miguel C.c. Almeida	2:03:45.6	Veteranos M40	1975
39	Luís Costa	2:14:54.6	Veteranos M45	1965
60.	AC Portalegre / UTSM 3		6:22:57,33	
680	Ana Vintém	2:05:01.2	Sénior Feminino	1990
222	Lídia Calado	2:07:10.1	Sénior Feminino	1988
214	Bruno Carrilho	2:10:44.9	Sénior Masculino	1981
61.	ARSM - Associação Recreativa de S. Miguel 5		6:24:53,06	
240	Andreia Fernandes	2:03:26.8	Sénior Feminino	1988
67	Moisés Nunes	2:07:08.6	Veteranos M45	1968
82	Ana Féteira	2:14:15.8	Sénior Feminino	1977
62.	Tálenos Team 2		6:27:16,00	
136	Carlos Brito	2:04:19.2	Veteranos M40	1974
302	Carla Santos	2:10:52.2	Veteranas W45	1970
137	Artur Soares	2:12:02.8	Veteranos M40	1973
63.	ProAventuras 7		6:29:58,67	
117	Isabel Pisco	2:09:47.7	Veteranas W45	1968
118	Maria Patas (a)	2:10:04.7	Veteranas W55	1959
730	Angelo Letras	2:10:04.7	Sénior Masculino	1978
64.	Escaravelhos Team 2		6:30:37,93	
345	Fernando Santos	1:51:08.2	Sub 23 M	1996
343	Rafael Chá-Chá Gomes (a)	1:58:27.8	Sub 23 M	1997
840	Débora Ferreira	2:41:01.2	Sénior Feminino	1990
65.	Jobrinde - Montes Saloios 2		6:30:45,47	
459	Gonçalo Rosado (a)	2:00:28.2	Sénior Masculino	1979
158	Aderito Costa	2:11:54.1	Veteranos M40	1971
12	João Jorge	2:18:21.7	Veteranos M45	1967
66.	Tartarugas Solidárias 3		6:33:37,08	
572	António Martins	2:07:06.9	Veteranos M40	1970
312	Manuela Fonseca	2:12:05.7	Veteranas W45	1967

3.º Trilho das Lampas

Team Results 3.º Trilho das Lampas

Bib	Name		AG	YoB
235	Henrique Ruivo	2:14:21.9	Veteranos M50	1961
67.	SS CGD 3		6:34:33,02	
888	Eduardo Rodrigues	2:05:34.0	Sénior Masculino	1980
561	João Silva	2:13:33.7	Veteranos M45	1968
897	Daniel Botelho	2:15:24.0	Sénior Masculino	1979
68.	CLUBE MILLENNIUM BCP 4		6:35:25,54	
523	Virgilio Costa	2:10:18.9	Veteranos M40	1970
532	Luis Gonçaves	2:11:41.4	Sénior Masculino	1977
533	Maria Ceu Silva	2:13:23.4	Veteranas W45	1967
69.	CCD Crédito Agrícola Mútuo 2		6:36:00,74	
599	Carlos Silva	2:08:54.6	Veteranos M50	1963
601	Mário Cunha	2:12:50.9	Veteranos M40	1973
602	Pedro Sérgio	2:14:14.4	Veteranos M45	1967
70.	Surf Runners 1		6:38:28,84	
393	Rodrigo Pais Almeida	2:12:42.6	Sénior Masculino	1979
394	Paula Jacob	2:12:42.5	Sénior Feminino	1978
812	Filipe Almeida	2:13:02.7	Sénior Masculino	1981
71.	Kaninos 1		6:38:33,51	
648	Bruno Ribeiro	2:01:44.6	Sénior Masculino	1980
651	Bruno Marçal	2:16:45.7	Sénior Masculino	1983
650	João Paulo Almeida	2:20:02.5	Veteranos M45	1967
72.	Bladerunners 1		6:40:43,53	
474	Francisco Garoto	2:05:10.1	Veteranos M45	1970
475	João Cruz	2:13:07.5	Veteranos M45	1970
472	Rui Pinela	2:22:24.2	Veteranos M40	1971
73.	ProAventuras 8		6:40:55,13	
113	Paulo Pisco	2:10:10.8	Veteranos M40	1970
678	Luis Martins	2:12:10.9	Veteranos M45	1968
115	Tiago Mota	2:18:32.2	Sénior Masculino	1978
74.	Rail Runners 4		6:41:11,17	
174	Pedro Costa	2:10:50.3	Sénior Masculino	1980
170	Sara Machado	2:12:45.3	Sénior Feminino	1979
173	Miguel Pinho	2:17:33.5	Veteranos M40	1971
75.	VICTORIA SEGUROS 1		6:42:34,41	
751	Vital Vilarinho	2:02:11.2	Sénior Masculino	1980
748	Carlos Suarez	2:13:19.1	Veteranos M40	1971
750	Jorge Marques	2:27:01.9	Veteranos M45	1966
76.	Açoreana Club Banif 2		6:42:49,15	
500	Francisco Pereira	2:13:58.4	Veteranos M45	1967
774	Ana Pipio	2:14:22.0	Veteranas W40	1973
504	Paulo Fernandes	2:14:26.8	Veteranos M45	1968
77.	Diverinstal 1		6:43:56,57	
198	Hugo Rocha	1:48:37.7	Sénior Masculino	1981
196	Sérgio Anjos	2:19:23.5	Veteranos M40	1974

3.º Trilho das Lampas

Team Results 3.º Trilho das Lampas

Bib	Name		AG	YoB
445	Bruno Martins	2:35:53.9	Sub 23 M	1996
78.	Frufresh Runners 1		6:45:51,06	
250	Francisco Vaz	1:58:58.3	Veteranos M45	1967
251	Rodrigo Vaz	2:02:53.2	Sub 23 M	1998
383	Joaquim Maria	2:43:57.4	Sénior Masculino	1976
79.	Falcões Selvagens 2		6:46:24,12	
336	Filipe Garranas	2:10:28.3	Sénior Masculino	1978
338	Hugo Santos	2:16:27.8	Sénior Masculino	1977
332	Rui Primo Silva	2:19:26.1	Veteranos M45	1968
80.	Dolce CR / Running Team ACRDFuradouro 2		6:46:55,51	
294	Bruno Moita	2:08:08.0	Sénior Masculino	1977
405	Nelson Dias	2:17:52.3	Sénior Masculino	1980
51	Nelson Esteves	2:20:53.1	Sénior Masculino	1986
81.	Run 4 Fun 1		6:50:40,73	
838	Nelson Marques	2:14:55.1	Sénior Masculino	1977
329	Maria Manuela Machado	2:17:31.2	Veteranas W50	1963
246	Miguel Serradas Duarte	2:18:12.9	Veteranos M40	1974
82.	pace.makers 1		6:53:01,97	
818	José Lourenço	2:14:22.5	Veteranos M40	1974
819	Nelson Faria (a)	2:17:01.3	Sénior Masculino	1980
828	Paulo Branco	2:21:37.3	Veteranos M40	1974
83.	SS CGD 4		6:54:15,81	
893	Pedro Torrinha	2:16:21.9	Sénior Masculino	1976
428	Pedro Santana	2:17:53.9	Sénior Masculino	1976
890	José Martins	2:19:58.8	Veteranos M40	1974
84.	Tartarugas Solidárias 4		6:55:59,40	
20	Nuno Rito	2:14:22.3	Sénior Masculino	1978
271	Andreia Costa	2:17:41.7	Sénior Feminino	1977
8	Rita Fernandes	2:23:53.5	Veteranas W40	1973
85.	O MUNDO DA CORRIDA 3		6:58:18,10	
266	Domingos Janela	2:06:01.9	Veteranos M60	1946
326	Nuno Santiago	2:17:35.8	Sénior Masculino	1976
323	Andreia Pereira	2:34:38.6	Sénior Feminino	1985
86.	RunLovers 1		7:01:22,57	
256	Luis Ferreira	2:19:28.3	Veteranos M45	1966
255	João Leitão	2:19:29.8	Veteranos M40	1970
257	Nuno Anastácio	2:22:22.7	Sénior Masculino	1979
87.	Jobrinde - Montes Saloios 3		7:01:39,41	
73	Daniel Ramos	2:19:33.1	Sénior Masculino	1976
373	Mário Caneira	2:19:52.2	Veteranos M45	1970
544	Natalya Marcheiva	2:22:12.4	Veteranas W45	1966
88.	Correr Lisboa 1		7:03:23,18	
770	Liliana Baltazar (a)	2:16:45.2	Sénior Feminino	1986
423	Ricardo Balau	2:16:54.2	Sénior Masculino	1986

3.º Trilho das Lampas

Team Results 3.º Trilho das Lampas

Bib	Name		AG	YoB
424	Ana Correia	2:29:41.5	Sénior Feminino	1987
89.	G A Monsanto Gascan 1			7:06:02,83
803	Jose Bernardo	1:57:26.7	Veteranos M45	1968
802	Antonio Ingles	2:11:49.8	Veteranos M55	1958
801	João Pinto	2:56:44.4	Veteranos M50	1961
90.	SS CGD 5			7:08:23,43
322	Pedro Claudio	2:20:26.0	Veteranos M45	1968
895	Severino Rosa	2:23:43.6	Veteranos M55	1955
889	Joaquim Carrilho	2:24:11.8	Veteranos M45	1966
91.	Run 4 Fun 2			7:09:56,88
38	José Carlos Melo	2:22:00.2	Veteranos M50	1962
753	Sandra Simões	2:23:57.5	Veteranas W40	1970
60	Paulo Raposo	2:23:58.0	Veteranos M40	1972
92.	Matilha Running 2			7:10:12,04
46	Paulo Alves	2:20:38.9	Veteranos M40	1973
694	Roberto Silva	2:24:04.1	Veteranos M40	1973
188	João Capelo	2:25:27.3	Veteranos M40	1974
93.	asas do milenium (o praticante) 1			7:10:43,41
913	Cirilo Formiga	1:48:51.0	Veteranos M60	1954
914	Isabel Barra	2:34:17.6	Veteranas W45	1968
912	David Silva	2:47:33.8	Veteranos M50	1964
94.	Desnível Positivo 1			7:11:22,56
743	Bruno Querido	1:42:49.6	Veteranos M40	1972
687	Fátima Alendouro	2:09:03.8	Veteranas W40	1973
726	Goreti Silva	3:19:28.6	Sénior Feminino	1975
95.	Salamandrecos 4			7:13:50,52
208	Pedro Prudencio	2:18:12.5	Veteranos M45	1969
252	Diogo Gamito	2:27:17.7	Veteranos M45	1967
464	Vitor Cruz	2:28:18.5	Veteranos M50	1964
96.	Os Tugas 1			7:15:05,96
205	Paula Santos	2:19:09.1	Veteranas W45	1969
54	Graça Roldão	2:21:03.1	Veteranas W50	1964
57	António Gonçalves	2:34:52.1	Veteranos M50	1961
97.	POWER RANGERS 1			7:19:51,20
234	Pedro Abrantes	2:16:38.5	Veteranos M40	1973
227	Paulo Borges	2:17:10.7	Veteranos M40	1972
108	Sónia Ribeiro	2:46:00.9	Veteranas W40	1974
98.	Winners Team TR 1			7:20:14,79
857	Ricardo Madeira	2:11:00.6	Veteranos M40	1974
856	Renato Silva	2:21:34.6	Sénior Masculino	1980
827	Fernando Pedro	2:47:37.6	Veteranos M40	1973
99.	Georunners 1			7:21:22,24
133	Rui Pedro Juliao	2:00:35.3	Veteranos M50	1965
822	Joana Saraiva	2:40:22.7	Sénior Feminino	1979

3.º Trilho das Lampas

Team Results 3.º Trilho das Lampas

Bib	Name		AG	YoB
159	Luis Afonso	2:40:22.8	Veteranos M40	1970
100.	ProAventuras 9			7:22:08,46
126	Maria José Felisardo	2:24:33.4	Veteranas W45	1970
729	Sara Velho	2:24:43.7	Sénior Feminino	1975
675	Raul Felix Da Costa	2:32:49.4	Veteranos M55	1957
101.	Vila Seca Running Team 1			7:24:16,76
590	Carlos Simões	1:57:55.2	Sénior Masculino	1979
765	José Santos	2:04:27.6	Veteranos M45	1969
766	Otilia Rosado	3:21:52.0	Veteranas W40	1973
102.	MultiRunners 1			7:25:43,03
193	Rui Paço	2:11:43.1	Veteranos M45	1968
15	José Finuras	2:30:16.1	Veteranos M40	1970
584	José Alípio	2:43:41.2	Veteranos M45	1970
103.	ODEBRECHT 1			7:26:39,52
867	Adelino Pereira	2:24:50.4	Veteranos M50	1964
875	Thelmo Cunha	2:30:50.8	Veteranos M50	1960
871	Manuel Paulo	2:30:56.8	Veteranos M55	1957
104.	Jobrinde - Montes Saloios 4			7:26:57,53
228	Nuria Branco	2:28:23.9	Sénior Feminino	1981
44	Vitor Lourenço	2:28:26.6	Veteranos M45	1968
372	Rui Amaro	2:30:05.2	Veteranos M40	1972
105.	Monsanto Running Team 3			7:28:50,24
9	António Arede	2:18:12.7	Sénior Masculino	1977
483	Carla Margarida Matos (a)	2:33:39.4	Sénior Feminino	1982
758	Cláudia Sousa (a)	2:36:57.0	Sénior Feminino	1978
106.	CLUBE MILLENNIUM BCP 5			7:29:17,37
536	Humberto Cabral	2:22:17.5	Veteranos M40	1972
527	Paulo Fonseca	2:31:38.2	Veteranos M45	1969
531	Jorge Canhão	2:35:20.4	Veteranos M55	1959
107.	SS CGD 6			7:29:19,58
896	Teresa Domingues	2:26:07.7	Veteranas W45	1967
558	Nuno Valada (a)	2:29:40.5	Veteranos M40	1971
552	Álvaro Furtado	2:33:29.0	Veteranos M55	1958
108.	Matilha Running 3			7:35:32,28
40	Mauro Gonçalves	2:28:14.8	Veteranos M40	1974
45	Jose Camelo	2:28:16.3	Veteranos M40	1974
43	Rui Barbosa	2:39:00.1	Veteranos M40	1971
109.	conndor runner's 1			7:36:17,92
762	Eugenio Barra	2:00:41.8	Veteranos M45	1967
764	Antonio Ventura	2:17:49.5	Veteranos M55	1959
761	José Recto	3:17:45.2	Veteranos M45	1966
110.	Clube do Stress 1			7:36:41,40
28	Maria Da Luz Conchinha	2:22:27.3	Veteranas W55	1958
248	Noemia Monteiro	2:25:23.1	Sénior Feminino	1975

3.º Trilho das Lampas

Team Results 3.º Trilho das Lampas

Bib	Name		AG	YoB
29	José Conchinha	2:48:49.5	Veteranos M60	1951
111. ADCR Polícia Judiciária 1			7:39:22,25	
514	Isabel Rodrigues	2:03:09.8	Veteranas W40	1971
164	Carlos de Gouveia Freire	2:22:21.8	Veteranos M40	1972
166	David Freitas	3:13:48.9	Veteranos M45	1967
112. Juventude Vidigalense 2			7:40:09,85	
784	Cristina Prioste	2:31:05.7	Sénior Feminino	1975
557	Célia Silva	2:32:59.6	Veteranas W40	1972
571	Maria Rita Pedrosa	2:36:02.5	Sénior Feminino	1976
113. Falcões Selvagens 3			7:40:22,33	
335	Carlos Coelho	2:30:49.6	Veteranos M40	1973
427	Jorge Soares	2:34:38.5	Veteranos M50	1965
470	Luís Reis	2:34:52.0	Veteranos M50	1963
114. Açoreana Club Banif 3			7:51:30,76	
631	João Serra	2:20:36.7	Veteranos M40	1972
632	Tam Afonso	2:44:14.4	Veteranos M60	1952
498	António Guedes	2:46:37.4	Veteranos M40	1970
115. GD CIMPOR 1			7:51:46,46	
617	Lino Silva	2:13:11.8	Veteranos M40	1972
616	Maria Fatima Fernandes	2:44:54.0	Veteranas W50	1961
615	Maria Goreti Fernandes	2:53:38.6	Veteranas W50	1963
116. Rail Runners 5			7:53:20,45	
902	Ana Silva	2:36:44.6	Sénior Feminino	1982
176	Ricardo Moreira	2:38:16.5	Veteranos M40	1973
175	Mónica Junqueira	2:38:17.2	Sénior Feminino	1981
117. Jobrinde - Montes Saloios 5			7:55:26,96	
655	Tita Luis	2:32:13.3	Sénior Feminino	1985
627	Sarah Musgrave	2:39:35.0	Veteranas W40	1972
401	Armando Costa	2:43:37.3	Veteranos M40	1972
118. SS CGD 7			7:58:38,42	
560	João Correia	2:35:13.4	Veteranos M50	1961
564	Paulo Bailao	2:35:31.2	Veteranos M40	1970
894	Rui Santos	2:47:52.4	Veteranos M45	1967
119. ARSM - Associação Recreativa de S. Miguel 6			7:59:44,58	
691	Sónia Gaspar	2:14:16.4	Sénior Feminino	1981
692	André Veiga	2:34:31.3	Sénior Masculino	1991
66	Vitor Pimenta	3:10:55.5	Veteranos M45	1966
120. Falcões Selvagens 4			7:59:45,35	
337	Francisco Silva	2:37:49.8	Veteranos M50	1960
339	Manuela Folgado	2:39:19.5	Veteranas W60	1950
551	Rui Pereira	2:42:35.2	Veteranos M45	1970
121. Tartarugas Solidárias 5			8:00:21,14	
24	José Caldeirinha	2:23:53.8	Sénior Masculino	1976
10	Catarina Lagoa	2:30:22.0	Veteranas W45	1968

3.º Trilho das Lampas

Team Results 3.º Trilho das Lampas

Bib	Name		AG	YoB
611	Paula Bengala	3:06:04.2	Sénior Feminino	1979
122.	CLUBE MILLENNIUM BCP 6		8:03:13,78	
526	Fernando Sousa	2:35:38.8	Veteranos M45	1968
534	Marcos Noritake	2:43:41.8	Veteranos M45	1966
144	Ricardo Mendes	2:43:51.5	Veteranos M40	1973
123.	Juventude Vidigalense 3		8:06:35,48	
582	Maria Albertina Silva	2:37:28.0	Veteranas W50	1963
626	M.rosário Barros	2:39:15.9	Veteranas W45	1969
588	Lizete Heleno	2:49:49.7	Veteranas W45	1969
124.	20Km's Almeirim - Desportos de Montanha 2		8:16:55,71	
658	Frederico Marcelino	2:35:49.6	Sénior Masculino	1980
456	Joana Ferreira	2:38:37.1	Sénior Feminino	1984
728	Dinis Neves	3:02:27.0	Sénior Masculino	1981
125.	CCD Siemens 2		8:18:59,60	
491	João Dias	2:18:52.9	Sénior Masculino	1980
489	Ira Litwinoff	3:00:02.3	Veteranas W50	1964
487	Carlos Cagica	3:00:02.6	Veteranos M50	1965
126.	O MUNDO DA CORRIDA 4		8:19:51,05	
325	Carlos Pinto Coelho	2:38:05.0	Veteranos M50	1961
103	Analice Silva	2:47:52.2	Veteranas W60	1943
485	Maria Puga	2:53:52.5	Veteranas W50	1965
127.	ODEBRECHT 2		8:20:37,32	
873	Jorge Monteiro	2:30:59.7	Veteranos M45	1967
874	Sandra Letras	2:47:34.9	Sénior Feminino	1985
868	Antonio Alves	3:02:00.7	Veteranos M55	1956
128.	Salamandrecos 5		8:21:40,04	
865	Bernardete Morita	2:38:09.8	Veteranas W40	1973
351	Goncalo Lince	2:45:03.9	Sénior Masculino	1977
832	Maria Rebelo	2:58:25.7	Sénior Feminino	1981
129.	Sintra Trilhos 1		8:29:49,85	
449	Teresa Teixeira	2:17:41.2	Veteranas W45	1965
368	Claudia Amaral	3:06:04.0	Veteranas W40	1972
369	Fernando Luís	3:06:03.9	Veteranos M50	1962
130.	CCD Crédito Agrícola Mútuo 3		8:33:45,19	
604	Rui Melo	2:18:36.0	Veteranos M40	1971
605	Vanda Fernandes	2:27:24.6	Sénior Feminino	1975
606	Victor Lobo	3:47:42.2	Veteranos M40	1971
131.	POWER RANGERS 2		8:35:59,47	
142	Hugo Teixeira	2:51:07.3	Sénior Masculino	1982
94	Sérgio Pedro	2:52:25.6	Sénior Masculino	1981
99	Raquel Quintas (a)	2:52:25.0	Sénior Feminino	1985
132.	Correr Lisboa 2		8:37:45,22	
25	Paulo Onofre	2:32:03.9	Veteranos M40	1970
431	Cláudia Garcia	2:57:07.5	Sénior Feminino	1980

3.º Trilho das Lampas

Team Results 3.º Trilho das Lampas

Bib	Name		AG	YoB
911	André Ornelas	3:08:31.9	Sénior Masculino	1978
133.	Falcões Selvagens 5		8:39:26,28	
388	José Moura	2:49:50.3	Veteranos M45	1966
311	Nuno Loureiro	2:52:08.3	Veteranos M45	1966
702	Paulo Rodrigues	2:57:26.7	Veteranos M50	1963
134.	ECOrredor 1		8:41:15,99	
452	Ruben Camacho	2:20:18.9	Sénior Masculino	1986
451	João Melo	3:10:27.0	Veteranos M50	1961
690	Tiago Almeida	3:10:27.9	Sénior Masculino	1988
135.	Juventude Vidigalense 4		8:41:20,50	
682	Graça Fernandes	2:49:49.9	Veteranas W40	1970
643	José Ferreira	2:55:44.2	Veteranos M50	1963
644	Teresa Ferreira	2:55:44.5	Veteranas W45	1966
136.	Kangurus S.A. 1		8:49:42,69	
333	Sérgio Seixo	2:56:33.9	Veteranos M40	1973
76	Sara Fulgêncio	2:56:34.1	Sénior Feminino	1976
270	Rui Alves	2:56:33.3	Veteranos M40	1971
137.	G A Monsanto Gascan 2		8:50:16,89	
799	Nuno Antunes	2:56:45.2	Sénior Masculino	1986
800	Antonio Pardal	2:56:44.5	Veteranos M55	1956
798	Luis Antunes	2:56:45.8	Veteranos M50	1962
138.	CLUBE MILLENNIUM BCP 7		9:04:25,31	
518	Eduardo Pinto	2:48:17.9	Veteranos M45	1968
529	Rosimeire Serafim	3:08:02.3	Veteranas W45	1965
522	Ana Cristina Lopes (a)	3:08:02.8	Veteranas W45	1968
139.	Rail Runners 6		9:05:53,15	
167	Jacinta Almeida	3:00:08.2	Veteranas W50	1963
35	Luís Ferreira	3:00:08.7	Veteranos M45	1967
37	Sandra Filipe	3:05:34.5	Veteranas W40	1975
140.	4 ao Km 1		9:11:12,19	
621	Vitor Gonçalves	3:03:42.8	Veteranos M45	1969
731	João Cravo	3:03:43.5	Sénior Masculino	1984
620	Isadora Costa	3:03:43.4	Sénior Feminino	1988
141.	Diverinstal 2		9:13:05,15	
197	Luis Rebelo	2:51:24.5	Sénior Masculino	1979
241	Luis Rosa	3:10:49.0	Sénior Masculino	1985
199	Vasco Sousa	3:10:49.7	Sénior Masculino	1978
142.	Hot Runners 2		9:13:24,31	
328	José Henriques Silva (a)	2:42:47.7	Veteranos M60	1940
815	Inês Machado	3:14:38.7	Sénior Feminino	1978
386	Sandra Carvalho	3:15:54.9	Veteranas W40	1972
143.	Chafariz Running Team 1		9:14:48,95	
664	Eduardo Alves	2:37:50.3	Sénior Masculino	1977
662	Anabela Santos	3:18:28.3	Veteranas W45	1969

3.º Trilho das Lampas

Team Results 3.º Trilho das Lampas

Bib	Name		AG	YoB
660	Sónia Envia	3:18:28.3	Sénior Feminino	1976
144.	ODEBRECHT 3			9:39:01,27
869	Joaquim Simão	3:10:44.2	Veteranos M50	1962
870	Luis Santos	3:12:21.3	Veteranos M55	1957
872	Luisa Alves	3:15:54.3	Sénior Feminino	1981
145.	Açoreana Club Banif 4			9:42:01,33
503	Antonio Jorge (a)	3:14:00.2	Veteranos M60	1954
505	Helena Santos (a)	3:14:00.3	Veteranas W50	1962
629	Cláudia Tam	3:14:00.0	Sénior Feminino	1982
146.	Salamandrecos 6			9:58:21,99
833	Tiago Reis	2:58:25.9	Sénior Masculino	1982
151	Miguel Pisco	3:19:27.8	Veteranos M50	1964
145	João Lourenço (a)	3:40:26.3	Veteranos M50	1962
147.	Tartarugas Solidárias 6			10:16:22,58
578	Emilia Janela	3:25:26.6	Veteranas W50	1965
163	Carla Duarte	3:25:26.6	Veteranas W40	1971
161	Rui Duarte	3:25:26.9	Veteranos M40	1970
148.	Hot Runners 3			10:55:43,85
623	Jorge Silva	3:15:55.2	Veteranos M40	1971
814	Diana Nunes	3:49:53.6	Sénior Feminino	1975
688	Pedro Jaime	3:49:53.3	Veteranos M45	1969