

### Classificação geral Trail Longo

Pos.	Dorsal	Nome	Clube	Cat.	P. Cat.	Tempo	T/Km.	Dif.
1	249	Correia, Jorge	ADFA	TL M40	1	<b>2:03:47.18</b>	04:57	
2	231	Alves, Paulo	ASC VALE GRANDE	TL SM	1	<b>2:04:07.47</b>	04:58	0:00:20
3	246	Ferreira, Andre	União FCI de Tomar	TL SM	2	<b>2:17:40.45</b>	05:30	0:13:53
4	202	Plácido, João	União FCI de Tomar	TL SM	3	<b>2:20:53.75</b>	05:38	0:17:07
5	258	Leandro, Rui	UDR Zona Alta Torres Novas	TL SM	4	<b>2:25:41.09</b>	05:50	0:21:54
6	213	Pimenta, Rui	mimoarte.com	TL SM	5	<b>2:25:45.80</b>	05:50	0:21:59
7	226	Martins, Rui	Individual	TL SM	6	<b>2:26:20.65</b>	05:51	0:22:34
8	260	Pinho, Luis	Asas nos Pés	TL M40	2	<b>2:27:32.68</b>	05:54	0:23:46
9	214	Cruz, Paulo	CLUBE ATLETISMO DA BARREIRA	TL M40	3	<b>2:28:59.21</b>	05:58	0:25:12
10	208	Silva, Jose	c.a.s.p.a	TL M50	1	<b>2:38:01.45</b>	06:19	0:34:14
11	204	Miguel, Hugo	Individual	TL SM	7	<b>2:38:02.74</b>	06:19	0:34:16
12	253	David, José	COA	TL SM	8	<b>2:40:10.08</b>	06:24	0:36:23
13	220	Rosa, Jorge	Individual	TL SM	9	<b>2:40:36.21</b>	06:25	0:36:49
14	228	Silva, Manuel	Ciclovilanovense Tomar	TL M40	4	<b>2:41:53.39</b>	06:29	0:38:06
15	247	Fonseca, José	União FCI de Tomar	TL M50	2	<b>2:43:22.57</b>	06:32	0:39:36
16	209	Monteiro, Carlos	Lusitanos Seven	TL M40	5	<b>2:43:33.25</b>	06:33	0:39:46
17	252	Coutinho, Hugo	COA	TL SM	10	<b>2:46:45.44</b>	06:40	0:42:58
18	234	Pissarreira, Rui	ETTA - Equipa Todo Terreno de Almourol	TL M40	6	<b>2:46:51.01</b>	06:40	0:43:04
19	238	Marques, Vitor	Chão de Codes/BTZ Mação	TL M50	3	<b>2:48:24.97</b>	06:44	0:44:38
20	256	Pena, Rui	COA	TL SM	11	<b>2:50:08.17</b>	06:48	0:46:21
21	232	Miguel, Júlio	Individual	TL M60	1	<b>2:52:54.68</b>	06:55	0:49:08
22	216	Medley, Pedro	CLAC - Entroncamento	TL SM	12	<b>2:52:58.11</b>	06:55	0:49:11
23	215	Rita, João	GD Parreira	TL SM	13	<b>2:53:17.56</b>	06:56	0:49:31
24	248	Graça, Alberto	União FCI de Tomar	TL M60	2	<b>2:56:51.38</b>	07:04	0:53:04
25	251	Mainha, Ricardo	Individual	TL SM	14	<b>2:57:12.05</b>	07:05	0:53:25
26	121	Amoroso, Josué	Individual	TL M40	7	<b>2:58:20.41</b>	07:08	0:54:33
27	0	Barqueiro, Hugo	GAL	TL SM	15	<b>2:58:53.86</b>	07:09	0:55:07
28	225	Isabel, João	Individual	TL M40	8	<b>3:00:12.87</b>	07:13	0:56:26
29	207	Belim, Diogo	Individual	TL SM	16	<b>3:01:42.85</b>	07:16	0:57:56
30	241	Catroga, Belarmino	Team ArrasaKabeços	TL SM	17	<b>3:02:39.83</b>	07:18	0:58:53
31	242	Teixeira, João	Individual	TL M40	9	<b>3:04:27.83</b>	07:23	1:00:41
32	254	Silva, Manuel	COA	TL M40	10	<b>3:05:49.69</b>	07:26	1:02:03
33	222	Silva, Justino	Individual	TL SM	18	<b>3:05:53.29</b>	07:26	1:02:06
34	218	Miguel, Rui	O Praticante (asas do milenium)	TL M40	11	<b>3:09:20.54</b>	07:34	1:05:34
35	255	Barata, Nuno	COA	TL M40	12	<b>3:11:25.26</b>	07:39	1:07:38
36	257	Alfaiate, Pedro	Team ArrasaKabeços	TL SM	19	<b>3:17:52.04</b>	07:55	1:14:05
37	227	Moreira, Carlos	Metropolitano de Lisboa	TL M60	3	<b>3:22:45.47</b>	08:07	1:18:58
38	224	Moura, Fernando	OS TRINCA ESPINHAS	TL M60	4	<b>3:28:18.28</b>	08:20	1:24:31
39	115	Raquel, Silvia	clube veteranos do lis	TL F40	1	<b>3:31:35.82</b>	08:28	1:27:49
40	250	Almeida, Carmen	Serviços Sociais Montepio Geral	TL SF	1	<b>3:32:00.21</b>	08:29	1:28:13
41	233	Nunes, Gabriel	ETTA - Equipa Todo Terreno de Almourol	TL M40	13	<b>3:32:56.85</b>	08:31	1:29:10
42	211	Santos, João	Individual	TL M60	5	<b>3:34:01.11</b>	08:34	1:30:14
43	205	Figueiredo, Nuno	COA	TL SM	20	<b>3:34:47.05</b>	08:35	1:31:00
44	203	Miranda, Sergio	Individual	TL SM	21	<b>3:34:50.68</b>	08:36	1:31:04
45	243	Henrique, José	Grupo Desportivo da Parreira	TL SM	22	<b>3:41:22.77</b>	08:51	1:37:36
46	230	Maia, Anselmo	Individual	TL M40	14	<b>3:45:43.81</b>	09:02	1:41:57
47	201	Lima, Mário	Individual	TL SM	23	<b>3:53:28.76</b>	09:20	1:49:42
48	229	Barra, Isabel	O Praticante (asas do milenium)	TL F40	2	<b>3:53:29.10</b>	09:20	1:49:42
49	219	Furtado, Antonia	O Praticante (asas do milenium)	TL F40	3	<b>4:01:14.17</b>	09:39	1:57:27
50	221	Costa, Patricia	Grupo Desportivo da Parreira	TL SF	2	<b>4:21:57.10</b>	10:29	2:18:10
51	237	Serras, Joaquim	Serras Consulting	TL M40	15	<b>4:27:17.18</b>	10:41	2:23:30
52	235	Cardoso, Carla	Individual	TL F40	4	<b>4:27:19.63</b>	10:42	2:23:33
53	236	Cardoso, Jeremias	Individual	TL M50	4	<b>4:27:20.76</b>	10:42	2:23:34
54	244	Oliveira, Pedro	Grupo Desportivo da Parreira	TL SM	24	<b>4:32:15.89</b>	10:53	2:28:29
55	239	Almeida, Carlos	Team Arrasakabeços	TL SM	25	<b>4:54:13.13</b>	11:46	2:50:26