

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Ritmo	Cat.
1.	73	Francisco Inacio	g.d.zambujeira e serra	M	Sen M	02:09:22,826	06:10	1
2.	86	Daniel Netto	C.D. Os Águias de Alpiarça	M	Sen M	02:26:00,419	06:57	2
3.	29	Pedro Antunes	Associação de Toledo	M	Sen M	02:27:23,197	07:01	3
4.	92	Nuno Pereira	Clube OGMA	M	M40	02:27:59,611	07:03	1
5.	5	Filipe Marques	Turres Trail Team	M	M40	02:29:32,852	07:07	2
6.	16	Helder Onofre	Clube Académico de Penafirme	M	M40	02:31:45,201	07:14	3
7.	30	Luis Ludovino	Associação de Toledo	M	Sen M	02:34:44,993	07:22	4
8.	34	Paulo Costa		M	M50	02:35:14,640	07:23	1
9.	77	Sandro Jordão	RÓÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness	M	Sen M	02:36:01,339	07:26	5
10.	46	Fernando Fernandes	Peniche a Correr	M	Sen M	02:36:02,109	07:26	6
11.	64	Emanuel Marques	g.d.zambujeira e serra	M	M40	02:37:07,014	07:29	4
12.	41	Diogo Leal	g.d.zambujeira e serra	M	Sen M	02:37:55,470	07:31	7
13.	24	Artur Basilio	OPraticante.pt	M	M40	02:40:17,836	07:38	5
14.	68	Marina Alves	Turres Trail Team	F	Sen F	02:47:58,748	08:00	1
15.	54	Cristovão Nascimento	GMG Team	M	Sen M	02:49:32,983	08:04	8
16.	42	Mario Lopo	g.d.zambujeira e serra	M	Sen M	02:50:46,781	08:08	9
17.	51	Luis Firmino	Oraicosarrebentasse	M	Sen M	02:55:27,795	08:21	10
18.	76	Nuno Neves	Turres Trail Team	M	M40	02:56:17,080	08:23	6
19.	35	Hugo Vitorino	Turres Trail Team	M	M40	02:57:17,660	08:26	7
20.	80	Cláudio Barreira	DirtRunners	M	M40	02:58:38,637	08:31	8
21.	12	Pedro Santos		M	Sen M	02:59:51,391	08:34	11
22.	32	Vasco Ribeiro	Cada Um por Si	M	Sen M	03:04:00,972	08:46	12
23.	57	César Medeiros	Rodas 2019	M	Sen M	03:05:21,684	08:50	13
24.	55	Helder Pereira	GMG Team	M	Sen M	03:08:16,447	08:58	14
25.	18	Francisco Pereira		M	M40	03:08:51,796	08:59	9
26.	89	Marco Moura	MM	M	M40	03:10:02,002	09:03	10
27.	2	Marisa Figueiredo	Associação de Toledo	F	F40	03:13:58,366	09:14	1
28.	27	Luis Nobre	Associação de Toledo	M	M40	03:13:58,863	09:14	11
29.	4	Paulo Cabedal		M	M40	03:15:30,565	09:19	12
30.	65	Fernando Reis	Turres Trail Team	M	M40	03:15:55,363	09:20	13
31.	19	Carlos Costa		M	Sen M	03:17:29,885	09:24	15
32.	59	António Baptista	ATV	M	M50	03:17:50,989	09:25	2
33.	90	Pedro Patrocínio	Dolce Furadouro	M	Sen M	03:18:22,490	09:27	16
34.	93	Lara Serafim		F	Sen F	03:19:36,373	09:30	2
35.	63	Sérgio Simões		M	Sen M	03:19:40,355	09:31	17
36.	7	Rui Mateus	Caldas corre +	M	M50	03:20:16,150	09:32	3
37.	22	Sandra Oliveira	OPraticante.pt	F	Sen F	03:20:35,446	09:33	3
38.	31	Vanda Anjos	Associação de Toledo	F	Sen F	03:21:08,358	09:35	4
39.	70	Fernando Pereira	Clube Vodafone	M	M50	03:21:53,688	09:37	4
40.	39	João Oliveira	Clube EDP Lisboa	M	Sen M	03:23:45,909	09:42	18
41.	33	Nuno Soares	Cada Um por Si	M	Sen M	03:23:46,108	09:42	19
42.	15	Anibal Ribeiro		M	M40	03:24:40,361	09:45	14
43.	26	Daniel Ribeiro	Cada Um por Si	M	Sen M	03:28:00,951	09:54	20
44.	85	Paulo Vitor	Peniche a Correr	M	M50	03:31:08,670	10:03	5

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45.	37	Rita Rodrigues	Bando de Coxos	F	Sen F	03:31:15,469	10:04	5
46.	66	Rui Vieitas	Fat Old Dudes	M	M40	03:31:48,737	10:05	15
47.	1	Mario Silva	TAU RUNNERS	M	M50	03:33:37,813	10:10	6
48.	75	Catia Correia	Peniche a Correr	F	Sen F	03:34:21,793	10:13	6
49.	47	Marta Fernandes		F	Sen F	03:39:29,454	10:27	7
50.	71	Daniel Nascimento	TIBA	M	Sen M	03:39:32,393	10:27	21
51.	62	Nuno Dias	Fortíssimos Running Team	M	Sen M	03:40:34,742	10:30	22
52.	38	Emanuel Silvestre	100Limites	M	M40	03:42:36,701	10:36	16
53.	74	Nuno Barata		M	Sen M	03:42:38,013	10:36	23
54.	20	Nuno Fernandes	OPraticante.pt	M	M40	03:45:20,442	10:44	17
55.	67	Mara Simões	DirtRunners	F	F40	03:45:38,913	10:44	2
56.	84	Nuno Molero		M	M40	03:48:51,599	10:54	18
57.	81	Barbara Silveira	CRAZY & RADICAL GIRLS	F	F50	03:48:54,332	10:54	1
58.	21	Zina Fernandes	OPraticante.pt	F	F40	03:52:55,927	11:05	3
59.	17	Mónica Monteiro	DirtRunners	F	F40	03:53:50,872	11:08	4
60.	49	Samuel Branco	CRP Ribafria	M	M40	03:53:52,678	11:08	19
61.	60	Ana Pedroto	Trupe de Nadrupe	F	F40	03:59:42,617	11:25	5
62.	79	Sofia Marques	Trupe de Nadrupe	F	Sen F	03:59:42,676	11:25	8
63.	6	Bruno Marques	Bombeiros Brasfemes-Trail e BTT	M	Sen M	04:08:00,048	11:49	24
64.	44	Mário Santiago	KANINOS	M	M50	04:09:28,124	11:53	7
65.	36	Susana Tomás		F	F40	04:10:05,871	11:55	6
66.	9	Isabel Carvalho	Gin Qta do Valbom - AAAlcochete - Trail Run Team	F	F40	04:10:06,275	11:55	7
67.	45	Sandra Arraias	Os Arraias	F	Sen F	04:10:07,800	11:55	9
68.	3	Sergio Rodelo	Run Crew Trail Montijo	M	M40	04:10:09,442	11:55	20
69.	61	David Oliveira		M	Sen M	04:10:19,398	11:55	25
70.	56	Patricia Carrilho	Rodas 2019	F	Sen F	04:12:45,690	12:02	10
71.	11	Artur Garcia	RibaBikeTeam	M	M40	04:12:47,736	12:02	21
72.	23	Arminda Basilio	OPraticante.pt	F	F40	04:25:56,290	12:40	8
73.	52	Mario Santos	Monte da Lua Runners	M	M40	04:31:05,030	12:55	22
74.	13	Marina Rosario		F	F40	04:41:42,277	13:25	9
75.	72	Vanessa Cunha		F	Sen F	04:44:20,399	13:32	11
76.	88	Alberto Marques	Ativo Team Running	M	M40	05:06:08,798	14:35	23
77.	87	Bernardete Morita	Salamandrecos	F	F40	05:06:09,274	14:35	10
78.	48	Daniel Caetano	100 vontade	M	M40	05:12:29,828	14:53	24
79.	43	Maria Condeço	KANINOS	F	F50	05:12:31,450	14:53	2
80.	82	Cidalia Ladeira		F	F50	05:26:05,340	15:32	3
-	50	Fernando Lourenço	RibaBikeTeam	M	M40	Desclassificados		