

Pos	Dorsal	Atleta	S	Equipa	Categoria	Cat	15.8 km	31.8 km	45.5 km	60.8 km	69.0 km	Ritmo	Tempo
1	41	Miguel Ângelo	M	Trilho Perdido Eventos / Importlux	SUB23 M	1	01:26:22	02:52:12	04:19:12	06:04:12	07:02:12	06:05	08:13:55
2	48	Rui Sequeira	M		M40	1	01:30:22	03:06:12	04:34:12	06:24:12	07:18:12	06:25	08:39:48
3	56	Xose Manuel David Domionguez	M	CORNELIOS-MARQUES DE VIZHOJA	M45	1	01:33:22	03:11:12	04:45:12	06:42:12	07:44:12	06:37	08:56:34
4	45	Tiago Rovisco	M	Outdoor Clube de Setubal	SEN M	1	01:43:12	03:25:12	05:02:12	07:06:12	08:10:12	07:00	09:28:06
5	4	Samuel Castela	M	LynxRace	SEN M	2	01:36:12	03:18:12	04:56:12	07:06:12	08:10:12	07:04	09:33:41
6	23	Goncalo Ferreira	M	LIZ RUNNERS	SEN M	3	01:42:12	03:32:12	05:15:12	07:05:12	08:28:12	07:18	09:52:24
7	7	Rui Fernandes	M	beAPT	M45	2	01:43:12	03:36:12	05:19:12	07:30:12	08:35:12	07:21	09:55:35
8	55	Patrício Silvestre Pereira Patrício	M	Outdoor Clube Setúbal-Strendure Runnning Team	M45	3	01:43:12	03:36:12	05:21:12	07:30:12	08:37:12	07:25	10:02:00
9	46	Catarina Fernandes	F	Viriathvs Runners Viseu	SEN F	1	01:46:12	03:43:12	05:30:12	07:55:12	09:03:12	07:46	10:29:40
10	33	Francisco Gaio	M	Caracol Trail Team	M55	1	01:54:12	03:53:12	05:35:12	07:51:12	09:04:12	07:48	10:32:15
11	9	João Salgueiro	M	LIZ RUNNERS	M45	4	01:47:22	03:47:12	05:43:12	08:00:12	09:10:12	07:50	10:35:58
12	59	Miguel Saraiva	M	CA Barreira	M50	1	01:53:12	03:53:12	05:41:12	07:58:12	09:13:12	07:54	10:40:45
13	19	Paulo Sousa	M	CA Barreira	M40	2	01:43:12	03:40:12	05:30:12	08:00:12	09:17:12	07:56	10:43:50
14	39	João Tomás	M	G.R. Corredoura	SEN M	4	01:43:12	03:40:12	05:30:12	08:00:12	09:17:12	07:56	10:43:54
15	8	Luís Soares	M	CLUBE OGMA	M50	2	01:47:32	03:49:12	05:41:12	07:58:12	09:12:12	07:58	10:46:23
16	31	Nuno Lopes	M	Runners Frente Ribeirinha da Povia de Santa Iria	M40	3	01:53:12	03:52:12	05:47:12	08:17:12	09:37:12	08:16	11:10:04
17	12	Cesar Francisco	M	cesarfrancisco.com lagrimas team	M45	5	01:43:12	03:42:12	05:35:12	07:58:12	09:27:12	08:24	11:20:38
18	42	Márcio Madeira	M	LIZ RUNNERS	M40	4	01:45:12	03:46:12	05:42:12	08:17:12	09:46:12	08:32	11:31:56
19	52	Nuno Santiago	M		M40	5	02:02:12	04:22:12	06:13:12	08:33:12	09:51:12	08:34	11:35:01
20	51	Rui Da Silva	M	Salamandrecos	M45	6	01:52:12	04:00:12	06:01:12	08:35:12	10:07:12	08:36	11:37:40
21	49	David De Sousa	M	Trilho Perdido Eventos / Importlux	SEN M	5	01:48:12	03:53:12	05:56:12	08:34:12	09:54:12	08:37	11:38:59
22	10	Nuno Fontes	M	Arribas	SEN M	6	01:53:12	04:01:12	06:04:12	08:48:12	10:07:12	08:45	11:49:44
23	54	Rui Vieira	M	OCS Proaventuras	M40	6	01:46:12	03:56:12	05:48:12	08:35:12	10:09:12	08:49	11:54:45
24	11	Rodrigo Nogueira	M		SEN M	7	01:56:12	03:59:12	06:04:12	08:34:12	10:14:12	08:49	11:54:45
25	26	Ricardo Gago	M	Salamandrecos	M40	7	02:01:12	04:12:12	06:19:12	09:05:12	10:29:12	08:57	12:05:41
26	21	Vitor Pereira	M	ÁGUEDA ACTION CLUB - ACTIB	SEN M	8	01:53:12	04:01:12	06:03:12	08:45:12	10:26:12	09:01	12:10:41
27	29	António Madeira	M	Clube de Praças da Armada	M55	2	02:01:12	04:08:12	06:13:12	09:07:12	10:35:12	09:02	12:12:52
28	53	Maria Martins	F	Outdoor Clube Setúbal-Strendure Runnning Team	F50	1	02:13:12	04:36:12	06:44:12	09:14:12	10:35:12	09:08	12:20:51
29	1	Carmen Henriques	F	Run and Smile	F40	1	02:08:12	04:37:12	06:40:12	09:12:12	10:35:12	09:08	12:20:52
30	27	Joao Espiguinha	M	Borba Trail / Help 4U	M40	8	01:45:12	03:51:12	05:59:12	09:00:12	10:34:12	09:26	12:44:26
31	15	José Francisco Rocha	M	Trilhos do Costume	M50	3	02:02:12	04:16:12	06:34:12	09:25:12	10:59:12	09:29	12:49:05
32	40	Manuel Rosa Victorino	M		M60	1	02:08:12	04:37:12	06:40:12	09:25:12	11:01:12	09:34	12:55:29
33	5	Joaquim Bexiga	M	CLUBE OGMA	M50	4	02:08:12	04:37:12	06:43:12	09:29:12	11:02:12	09:34	12:56:24
34	6	Fernanda França	F	CLUBE OGMA	F45	1	02:08:12	04:36:12	06:43:12	09:29:12	11:02:12	09:35	12:56:25
35	13	Carla André	F		F40	2	02:13:12	04:48:12	07:05:12	09:45:12	11:19:12	09:39	13:02:05
36	17	António Folgado	M	LIZ RUNNERS	M55	3	01:52:12	04:19:12	06:37:12	09:44:12	11:22:12	09:53	13:20:52
37	50	Adriana Alina Majer	F	Os Tolinhos	SEN F	2	02:06:12	04:28:12	06:50:12	09:55:12	11:34:12	10:02	13:33:42
38	24	Edgar Veloso	M	C.r.amieirinhense	M40	9	02:13:12	04:42:12	07:05:12	10:27:12	12:19:12	10:19	13:56:30
39	43	Rui Manuel Venâncio	M		SEN M	9	01:52:12	04:20:12	06:40:12	09:59:12	11:52:12	10:24	14:03:42
40	14	Pedro Vasco Da Costa Almeida	M	SS CGD	M40	10	02:19:12	04:46:12	07:00:12	10:23:12	12:07:12	10:39	14:23:58
41	58	Pedro Fontoura	M	SS CGD	M45	7	02:20:12	04:59:12	07:19:12	10:23:12	12:07:12	10:39	14:24:00
42	57	Jose Garcez	M	Évora Night Runners	M40	11	02:20:12	05:02:12	07:34:12	10:57:12	12:44:12	10:46	14:32:55
43	37	Pedro Nuno Silva Pereira	M	Vai Adelino	M40	12	02:00:12	05:02:12	07:44:12	11:28:12	13:04:12	11:09	15:05:06
44	30	Jose Baptista	M	LIZ RUNNERS	M55	4	02:22:12	05:06:12	07:36:12	11:18:12	13:08:12	11:22	15:21:26
45	28	Charlie Shepherd	M		M45	8	02:17:12	04:53:12	07:22:12	11:12:12	13:21:12	11:53	16:03:18
46	22	Celia Azenha	F	aa lebres do sado	F50	2	02:42:12	05:51:12	08:33:12	12:07:12	13:51:12	11:53	16:03:19
47	44	Helena Maria Marques	F	VESPINGA SAUDÁVEL/ FET	F40	3	02:42:12	05:59:12	08:49:12	12:14:12	13:58:12	12:02	16:15:07

DUPLAS

EQUIPAS

Pos	Atleta	Pts
1	LIZ RUNNERS	35
2	OUTDOOR CLUBE DE SETUBAL - Strendure Running Team	35
3	CLUBE OGMA	82