

2.º Trilho das Lampas

Finisher List 2.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos. 13.5	Pos.	
2.º Trilho das Lampas												
1	49	Luis Semedo	1:21:09.8	1:21:11.3	1	Sen	1	AC de Portalegre / UTSM	0:38:12.8	5	0:56:57.3	5
2	125	João Ginja	1:23:48.5	1:23:50.9	2	M45	1	Rail Runners	0:39:26.1	7	0:58:58.1	7
3	577	Ricardo Silva	1:23:59.1	1:24:00.8	3	Sen	2	EDV-VIANA TRAIL	0:39:16.9	6	0:58:48.5	6
4	326	Fernando Gomes	1:25:00.3	1:25:01.1	4	Sen	3	OSC/IPA - Oeiras Sport Clube /	0:39:40.1	8	0:58:58.6	8
5	294	Marcolino Verissimo	1:27:07.5	1:27:09.4	5	M40	1	SS CGD	0:40:55.2	10	1:00:24.0	9
6	9999	Miguel Cabral	1:28:09.9	1:28:11.9	6	M40	2	amigosdacorrída.com	0:41:16.4	11	1:01:40.6	10
7	370	Daniel Dias	1:28:11.0	1:28:11.3	7	Sub2	1	Centro Vicentino da Serra	0:40:18.0	9	1:01:42.0	11
8	325	Tiago Lousa	1:29:35.9	1:29:37.7	8	Sen	4	OSC/IPA - Oeiras Sport Clube /	0:41:47.7	12	1:02:28.9	12
9	575	Jérôme Rodrigues	1:29:45.4	1:29:49.4	9	Sen	5	EDV-VIANA TRAIL	0:43:01.1	15	1:03:18.4	14
10	53	André Trindade	1:30:13.4	1:30:22.7	10	Sen	6	AC de Portalegre / UTSM	0:42:43.1	13	1:03:10.7	13
11	407	Paulo Costa	1:32:13.8	1:32:16.6	11	M40	3	OSC/IPA	0:43:34.1	19	1:04:29.9	15
12	380	Nuno Marques	1:32:54.0	1:32:56.0	12	M40	4		0:43:15.4	16	1:04:35.3	16
13	613	Paulo Pova	1:32:58.3	1:33:07.6	13	M50	1	Amigos Vale silencio	0:43:23.2	17	1:05:28.6	20
14	627	Paulo Cesar	1:33:22.0	1:33:24.3	14	Sen	7	CTAD tiagoaragao.com	0:44:29.0	30	1:05:50.6	23
15	429	João Hora Faustino	1:33:28.1	1:33:31.8	15	M40	5	Outside Dream	0:43:29.5	18	1:05:28.0	19
16	672	Gustavo Santos	1:33:32.5	1:33:35.3	16	Sen	8	OSC/IPA	0:44:08.6	26	1:06:08.8	27
17	517	Victor Fernandes	1:33:41.5	1:33:43.7	17	Sen	9	CTAD tiagoaragao.com	0:43:52.8	23	1:04:54.3	18
18	242	Emílio Paulino	1:33:46.5	1:33:50.8	18	M55	1	AC de Portalegre / UTSM	0:44:03.4	25	1:06:00.8	25
19	346	Edmundo André	1:33:47.4	1:33:52.9	19	Sen	10	O MUNDO DA CORRIDA	0:44:25.5	28	1:06:19.6	28
20	311	Aretino Mota	1:33:56.0	1:33:57.9	20	M50	2	Linda a Pastora Sporting Clube	0:43:43.0	21	1:05:43.9	21
21	327	Filipe Oliveira	1:34:03.8	1:34:06.0	21	Sen	11	OSC/IPA - Oeiras Sport Clube /	0:44:30.0	31	1:06:07.6	26
22	247	Marco Fernandes	1:34:23.6	1:34:49.9	22	Sen	12	Juventude Vidigalense	0:45:41.7	37	1:07:43.7	34
23	493	Nelson Constantino	1:35:00.6	1:35:09.9	23	Sen	13	ELECTRICO FUTEBOL CLUBE	0:43:43.7	22	1:06:19.8	29
24	574	Artur Matos	1:35:04.4	1:35:08.3	24	M45	2	EDV-VIANA TRAIL	0:44:20.8	27	1:05:57.3	24
25	572	Jorge Manuel Rocha	1:35:06.8	1:35:09.8	25	Sen	14	EDV-VIANA TRAIL	0:45:40.7	36	1:07:19.9	31
26	652	Janício Reis	1:35:15.0	1:35:17.3	26	Sen	15	Casa do Benfica de Algueirão - Mem	0:42:46.2	14	1:04:37.7	17
27	263	Antonio Pardal	1:35:18.6	1:35:27.9	27	M45	3	Individual	0:45:49.3	39	1:07:28.3	32
28	129	Bruno Fernandes	1:35:30.9	1:35:37.6	28	Sen	16	O MUNDO DA CORRIDA	0:44:27.6	29	1:06:24.3	30
29	673	Virgílio Gomes	1:35:40.9	1:35:45.4	29	M45	4	Rail Runners	0:43:37.8	20	1:05:47.5	22
30	608	Carlos Correia	1:36:07.7	1:36:13.9	30	M40	6	Kotas Bike Team	0:45:57.1	43	1:07:35.6	33
31	56	Francisco Costa	1:36:35.3	1:36:39.6	31	M45	5	AC de Portalegre / UTSM	0:44:03.4	24	1:08:18.9	41
32	579	José Fêteira	1:36:39.3	1:36:43.2	32	M45	6	ARSM- Associação Recreativa de S. Miguel	0:45:50.3	40	1:07:52.5	35
33	368	Bruno Figueiredo	1:37:00.6	1:37:03.7	33	Sen	17	OFFTEL RUNNERS	0:46:54.8	65	1:08:49.3	47
34	126	Jorge Rodrigues	1:37:11.7	1:37:13.1	34	M45	7	Rail Runners	0:44:45.1	33	1:08:20.0	43
35	513	Nuno Torres	1:37:14.4	1:37:16.9	35	Sen	18	PROAVENTURAS	0:45:43.3	38	1:08:27.8	44

2.º Trilho das Lampas

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Geral	Dorsal	Nome	T.Liq	T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos. 13.5	Pos.	
36	416	Guilherme Branquinho	1:37:23.6	1:37:29.2	36	M40	7	O MUNDO DA CORRIDA	0:45:51.5	41	1:08:14.6	38
37	181	Pedro Baptista	1:37:31.1	1:37:35.7	37	Sen	19	ARSM- Associação Recreativa de S. Miguel	0:45:55.3	42	1:07:58.8	36
38	411	Paulo Fialho	1:37:36.8	1:37:41.3	38	M45	8	Bucelas Aventura	0:46:12.0	49	1:08:42.2	46
39	553	Tiago Aragão	1:37:40.9	1:37:41.0	39	Sen	20	CTAD tiagoaragao.com	0:46:02.3	45	1:08:18.6	40
40	54	Nelson Nunes	1:37:52.4	1:37:58.8	40	Sen	21	AC de Portalegre / UTSM	0:45:39.1	35	1:08:19.1	42
41	563	Carlos Simões	1:38:06.8	1:38:10.1	41	M45	9	ARSM- Associação Recreativa de S. Miguel	0:46:03.6	46	1:08:39.9	45
42	573	José Alcobia	1:38:06.9	1:38:10.5	42	M40	8	EDV-VIANA TRAIL	0:46:21.7	53	1:09:02.4	48
43	201	João Carvalho Lopes	1:38:30.2	1:38:34.1	43	M55	2		0:46:21.8	54	1:09:33.2	53
44	512	Pedro Sousa	1:38:45.3	1:38:51.2	44	M55	3	PROAVENTURAS	0:46:22.1	55	1:09:41.4	54
45	655	Arlindo Paixão	1:38:45.4	1:38:48.1	45	M50	3	RESTAURANTE "O	0:46:22.3	57	1:09:03.9	49
46	526	Joao Pedro Capa	1:38:49.9	1:39:15.0	46	Sen	22	Leoes de Moledo	0:46:09.0	47	1:10:08.7	60
47	61	Arsénio Fernandes	1:38:58.2	1:39:01.1	47	M55	4	Individual	0:46:16.6	51	1:09:43.9	55
48	218	Flávio Francisco	1:39:19.3	1:39:28.9	48	M40	9	Monsanto Running Team	0:46:56.4	66	1:10:03.8	58
49	328	Augusto Chioite	1:39:19.9	1:39:22.7	49	M55	5	OSC/IPA - Oeiras Sport Clube /	0:46:12.4	50	1:09:17.4	50
50	156	Túlio Coelho	1:39:24.3	1:39:33.0	50	M45	10	Monsanto Running Team	0:46:58.5	67	1:10:05.1	59
51	12	Didier Valente	1:39:24.4	1:39:28.8	51	M40	10	Monsanto Running Team	0:46:10.1	48	1:09:23.8	52
52	139	Luis Trindade	1:39:25.4	1:39:29.0	52	Sen	23	Monsanto Running Team	0:46:37.3	62	1:09:23.5	51
53	607	Armando Sousa	1:39:58.0	1:40:02.6	53	M40	11	Kotas Bike Team	0:47:02.0	68	1:10:26.8	64
54	576	José Faria	1:40:01.4	1:40:15.2	54	Sen	24	EDV-VIANA TRAIL	0:49:03.7	85	1:11:11.9	68
55	631	Rui Ferreira	1:40:04.6	1:40:05.8	55	M40	12	RESTAURANTE "O	0:44:37.7	32	1:07:59.8	37
56	374	João Nunes	1:40:05.1	1:40:07.2	56	Sen	25	MULTIPOWER GAIA TRAIL	0:46:00.6	44	1:08:17.2	39
57	122	Cristina Ponte	1:40:09.6	1:40:13.7	1	F40	1	OFFTEL RUNNERS	0:47:05.7	69	1:10:28.8	65
58	103	Bruno Ferreira	1:40:18.0	1:40:23.6	57	Sub2	2		0:46:27.7	60	1:09:44.2	56
59	90	Nuno Pimenta	1:40:34.5	1:40:45.2	58	Sen	26	Portugal Running	0:47:12.9	70	1:10:19.3	62
60	315	Pedro Turtles Santos	1:40:57.8	1:41:01.5	59	Sen	27	Rail Runners	0:47:32.9	73	1:11:05.0	67
61	612	Nuno Lopes	1:41:06.8	1:41:15.2	60	Sen	28	individual	0:46:19.2	52	1:10:20.4	63
62	496	Paulo Sequeira	1:41:42.7	1:41:45.3	61	Sen	29	Amigos dos Lobos	0:46:25.9	59	1:11:16.1	69
63	184	Bruno Querido	1:42:26.2	1:42:40.3	62	M40	13	Desnível Positivo	0:46:45.2	63	1:09:49.5	57
64	658	Francisco Santos	1:42:40.7	1:42:43.8	63	M40	14	RESTAURANTE "O	0:46:22.2	56	1:10:17.4	61
65	349	João Alves	1:43:18.4	1:43:43.8	64	Sen	30	Georunners	0:48:54.0	81	1:11:33.8	72
66	643	Nelson Amaral	1:43:33.5	1:43:35.7	65	Sen	31	CTAD tiagoaragao.com	0:46:24.1	58	1:10:39.6	66
67	456	Amaro Costa	1:43:46.8	1:43:53.0	66	Sen	32	EDV - VIANA TRAIL	0:47:22.8	71	1:11:51.5	74
68	649	José Domingos Santos	1:43:50.2	1:44:04.3	67	M45	11	EDV - Viana Trail	0:48:38.7	77	1:12:14.6	77
69	194	João Prisal	1:43:54.4	1:43:54.5	68	M40	15	Rail Runners	0:45:22.1	34	1:12:47.3	80
70	679	Bruno Safara	1:44:04.3	1:44:11.3	69	Sen	33	Monsanto Running Team	0:47:29.9	72	1:11:28.8	71
71	436	Carlos Charrua	1:44:16.9	1:44:19.8	70	Sen	34	Individual	0:48:46.3	80	1:12:09.1	76
72	236	Luciano Correia	1:44:21.1	1:44:24.5	71	M40	16	ProAventuras	0:48:07.5	75	1:12:42.8	79

2.º Trilho das Lampas

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Geral	Dorsal	Nome	T.Liq	T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos. 13.5	Pos.	
73	514	Diogo Oliveira	1:44:23.5	1:44:29.8	72	Sen	35	PROAVENTURAS	0:49:01.8	83	1:13:55.0	85
74	417	Carlos Taveira	1:44:27.5	1:44:31.4	73	M40	17	Aminhacorrida.com	0:46:49.6	64	1:11:21.1	70
75	27	Hugo Caldeira	1:44:28.0	1:44:33.6	74	Sen	36	FAST N' FURIOUS	0:48:57.7	82	1:13:16.8	81
76	356	Armando Teixeira	1:44:46.0	1:44:50.5	75	M40	18		0:48:29.4	76	1:13:19.1	82
77	173	Miguel Santos	1:44:48.7	1:44:55.3	76	M40	19	ProAventuras	0:48:04.5	74	1:11:44.9	73
78	605	Pedro Reis	1:44:59.3	1:45:08.3	77	M40	20		0:49:43.3	92	1:13:59.8	86
79	55	João Farinha	1:45:02.4	1:45:06.6	78	Sen	37	AC de Portalegre / UTSM	0:48:44.0	79	1:12:25.8	78
80	38	Ricardo Vitorino	1:45:17.9	1:45:24.6	79	Sen	38	NosTrilhos	0:49:09.6	86	1:14:00.7	87
81	549	José Matos	1:45:38.5	1:45:48.1	80	M45	12	Clube de Praças da Armada	0:49:02.8	84	1:13:34.7	83
82	435	Leonel Ramos	1:45:49.1	1:45:55.0	81	Sen	39	UGAS TRAIL Running	0:50:36.8	107	1:14:43.6	93
83	480	Luís Lopes	1:45:49.9	1:45:58.1	82	M40	21	Monsanto Running Team	0:49:19.0	88	1:14:25.2	88
84	491	Luis Rodrigues	1:45:55.6	1:46:01.5	83	M40	22		0:46:32.7	61	1:11:56.5	75
85	145	Cirilo Formiga	1:46:16.8	1:46:25.5	84	M55	6	O Praticante / C. D. Asas Milénium	0:49:17.7	87	1:15:03.0	94
86	154	Paulo Frango	1:46:23.4	1:46:31.4	85	Sen	40	Monsanto Running Team	0:48:42.0	78	1:13:47.4	84
87	29	Miguel Baptista	1:46:30.7	1:46:37.8	86	M50	4		0:50:17.0	101	1:15:45.0	101
88	636	Vitor Hugo Couto	1:46:39.5	1:46:39.8	87	Sen	41	EDV - Viana Trail	1:00:12.5	290	1:14:25.2	89
89	599	Nuno Abreu	1:47:09.5	1:47:24.8	88	Sen	42	SS CGD	0:50:40.8	112	1:15:51.1	105
90	351	Carlos Pascoal	1:47:10.7	1:47:16.4	89	M50	5		0:49:31.7	90	1:14:35.1	91
91	399	Tiago Gaspar	1:47:12.0	1:47:21.7	90	Sub2	3	ARSM- Associação Recreativa de São	0:49:33.9	91	1:14:36.2	92
92	141	Vitor Veloso	1:47:12.6	1:47:18.5	91	Sen	43	O MUNDO DA CORRIDA	0:49:57.0	95	1:15:11.5	95
93	637	João Cardoso	1:47:20.0	1:47:33.6	92	M40	23		0:50:46.0	113	1:15:49.6	104
94	338	João Queiroz	1:47:28.8	1:48:11.3	93	Sen	44	CCD Siemens	0:49:47.7	94	1:16:18.5	109
95	249	Pedro Gabriel	1:47:39.3	1:47:43.0	94	Sen	45	C.A. Amigos Parque da Paz	0:50:00.0	97	1:15:16.5	96
96	644	Carlos Soares	1:47:45.1	1:47:47.1	95	Sen	46	CTAD tiagoaragao.com	0:51:35.3	125	1:15:48.3	102
97	296	Sérgio Cacheirinha	1:47:46.6	1:47:52.9	96	Sen	47	CEN Atletismo	0:49:22.4	89	1:15:17.9	97
98	375	António Vilela	1:47:48.5	1:47:57.0	97	M40	24	CCD INATEL	0:50:25.7	103	1:16:02.7	106
99	40	Nelson Alegre	1:47:55.0	1:48:04.3	98	Sen	48	happy brothers team	0:49:58.1	96	1:14:27.3	90
100	609	José Pedras	1:47:58.3	1:48:03.9	99	M55	7	Kotas Bike Team	0:50:38.2	110	1:16:16.6	107
101	444	André Guerreiro	1:47:59.7	1:48:10.9	100	Sen	49		0:50:25.0	102	1:16:17.9	108
102	331	Andreia Mira	1:48:02.3	1:48:06.4	2	Sen F	1	OSC/IPA - Oeiras Sport Clube /	0:52:28.8	137	1:16:56.4	118
103	86	Alexandre Kellen	1:48:02.9	1:48:12.2	101	M40	25	PURO TRAIL	0:50:16.9	100	1:15:20.6	98
104	439	Pedro Tomás Luiz	1:48:18.2	1:48:26.4	102	Sen	50	Correr na Cidade	0:51:30.8	124	1:16:25.0	111
105	330	Ana Alberto	1:48:53.3	1:48:57.0	3	Sen F	2	OSC/IPA - Oeiras Sport Clube /	0:50:39.4	111	1:16:28.2	112
106	624	Hugo Rocha	1:48:54.8	1:49:26.2	103	Sen	51	Diverinstal	0:50:33.8	106	1:15:49.2	103
107	96	Paulo Freitas	1:49:07.4	1:49:28.2	104	M40	26	Casalinho Maravilha	0:50:56.0	115	1:16:54.5	116
108	69	Ildebrando Aires	1:49:08.0	1:49:28.5	105	Sen	52		0:50:57.1	116	1:16:55.8	117
109	44	José Lopes	1:49:08.4	1:49:31.0	106	M45	13	Dummies On Fire	0:52:05.8	135	1:18:00.2	123

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Geral	Dorsal	Nome	T.Liq	T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos.	13.5	Pos.
110	442	Sérgio Martinho	1:49:53.7	1:50:37.6	107	Sen	53		0:50:09.6	99	1:15:39.3	100
111	386	Mário Santos	1:50:16.1	1:50:17.5	108	M50	6	Individual	0:51:47.0	131	1:17:46.4	122
112	403	João Antunes	1:50:17.0	1:50:27.4	109	Sub2	4		0:51:02.0	117	1:17:07.3	120
113	100	Joaquim Santos	1:50:23.7	1:50:49.6	110	M55	8	falcoes selvagens	0:50:37.9	109	1:16:19.1	110
114	4	António Arede	1:50:42.3	1:51:02.8	111	Sen	54	RUN 4 FUN	0:52:35.8	140	1:18:37.8	130
115	557	Manuel Pereira Araujo	1:50:49.6	1:50:55.3	112	M50	7		0:50:04.5	98	1:15:25.7	99
116	287	Jorge Sobrinho	1:50:51.7	1:51:24.1	113	M45	14	Cartoon Run	0:51:29.5	123	1:16:52.2	115
117	172	Filipa Fernandes	1:50:55.4	1:51:03.3	4	Sen F	3	ProAventuras	0:52:32.0	139	1:19:08.9	141
118	254	Sergio Ramos	1:50:59.2	1:51:08.2	114	Sen	55	GD Cimpor & Amigos	0:51:03.1	119	1:16:51.0	114
119	550	Jose Recto	1:51:10.9	1:51:29.9	115	M45	15	Mouros de sintra	0:53:38.5	159	1:19:16.1	143
120	133	Hélder Lemos	1:51:19.2	1:51:32.0	116	Sen	56		0:50:37.1	108	1:16:46.3	113
121	200	Paulo Pacheco	1:51:38.7	1:52:13.7	117	Sen	57	Friends2Run	0:53:03.3	145	1:18:44.3	133
122	273	Joao Rosa	1:52:00.2	1:52:33.5	118	Sen	58		0:53:07.1	147	1:19:58.9	146
123	376	Omar Garcia	1:52:00.9	1:52:23.5	119	Sen	59	Casa do Benfica de Abrantes	0:53:07.2	148	1:20:07.4	149
124	450	Ricardo Costa	1:52:01.2	1:52:13.9	120	Sen	60		0:52:28.3	136	1:18:07.0	127
125	317	Vitor Daniel Pinto	1:52:07.5	1:52:12.0	121	Sen	61	Amigos Vale Silencio	0:51:23.9	122	1:17:41.5	121
126	24	António Fernandes	1:52:08.2	1:52:27.1	122	M50	8	Clube do Stress	0:51:02.6	118	1:18:24.0	128
127	208	Nuno Anjos	1:52:10.9	1:52:59.0	123	Sen	62	amigosdacorrída.com	0:53:52.4	163	1:20:19.6	151
128	414	Joel Simões	1:52:13.8	1:52:23.8	124	Sen	63	Casa Benfica de Abrantes	0:52:38.0	142	1:18:46.9	134
129	1	Marcelo Dias	1:52:13.9	1:52:21.6	125	Sen	64		0:51:55.4	132	1:18:05.5	125
130	372	João Maia	1:52:17.1	1:52:24.1	126	M50	9	Falcões Selvagens	0:51:40.4	126	1:18:43.8	131
131	427	António Merujo	1:52:18.8	1:52:33.8	127	M50	10		0:50:33.1	105	1:18:06.7	126
132	401	Joao Crespo	1:52:20.6	1:52:33.9	128	M50	11		0:51:45.3	129	1:18:02.1	124
133	489	José Augusto	1:52:20.9	1:52:27.4	129	M40	27	O MUNDO DA CORRIDA	0:51:42.4	127	1:18:47.2	135
134	657	Fernando Godinho	1:52:36.9	1:52:39.9	130	M40	28	RESTAURANTE "O	0:51:10.9	120	1:18:55.1	138
135	174	Cristina Couceiro	1:52:42.9	1:52:47.3	5	Sen F	4	ARSM- Associação Recreativa de S. Miguel	0:51:46.6	130	1:18:54.8	137
136	388	Marco Vieira	1:53:16.9	1:53:30.7	131	Sen	65	TRAIL ÀS 9	0:52:44.3	143	1:19:13.2	142
137	35	Rui Marino	1:53:53.7	1:54:20.0	132	Sen	66	Jobrinde - Montes Saloios	0:50:53.7	114	1:18:48.3	136
138	167	Aurélio Afonso	1:53:54.1	1:54:36.4	133	Sen	67	ADCR Polícia Judiciária	0:53:13.6	151	1:19:38.4	145
139	115	Pedro Lizardo	1:54:08.8	1:54:16.9	134	Sen	68	Monsanto Running Team	0:53:22.3	153	1:20:28.6	154
140	554	João Alexandre Pinto	1:54:08.9	1:54:50.4	135	Sen	69	Clube Desportivo Ribeirinho	0:56:48.1	217	1:23:29.6	191
141	143	Manuel Correia	1:54:12.6	1:54:19.8	136	M40	29	O MUNDO DA CORRIDA	0:53:03.2	144	1:19:59.8	147
142	337	João Fernandes	1:54:21.2	1:55:05.3	137	Sen	70	CCD Siemens	0:54:07.1	166	1:20:26.0	152
143	332	Francisco Simões	1:54:21.3	1:54:25.5	138	M40	30	OSC/IPA - Oeiras Sport Clube /	0:51:43.5	128	1:18:28.9	129
144	434	João Ramos	1:54:34.1	1:54:41.6	139	Sub2	5	UGAS TRAIL Running	0:53:14.2	152	1:20:30.3	155
145	91	Miguel Serradas Duarte	1:54:39.8	1:54:59.8	140	Sen	71	Run4Fun	0:53:45.9	161	1:20:54.8	159
146	288	Ricardo Marta	1:54:58.2	1:55:29.2	141	Sen	72	Cartoon Run	0:54:50.1	185	1:22:19.8	174

2.º Trilho das Lampas

Finisher List 2.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos.	13.5	Pos.
147	678	João Frazão	1:55:06.5	1:55:16.2	142	Sen	73		0:53:10.5	150	1:20:19.3	150
148	362	João Paulo Caetano	1:55:07.4	1:55:18.1	143	M40	31		0:53:27.6	154	1:19:01.8	139
149	530	João Constantino	1:55:18.3	1:55:32.2	144	M40	32		0:54:25.9	173	1:21:14.8	161
150	57	Roberto Tomé	1:55:18.6	1:55:24.7	145	Sen	74	AC de Portalegre / UTSM	0:50:27.7	104	1:18:44.2	132
151	478	Vítor André Cardoso	1:55:20.0	1:55:23.3	146	Sen	75	CTAD tiagoaragao.com	0:52:01.9	134	1:16:58.7	119
152	632	Joana Tomás	1:55:20.0	1:55:22.9	6	Sen F	5	CTAD-TIAGO ARAGAO	0:53:38.2	158	1:20:02.0	148
153	614	Francisco Vaz	1:55:27.0	1:55:47.6	147	M45	16	Frufresh Runners	0:53:36.0	155	1:19:32.5	144
154	515	Luís Mealha	1:55:43.0	1:56:31.8	148	M40	33	DUMMIES ON FIRE	0:54:38.2	182	1:20:31.2	156
155	475	Luis Silveira	1:55:51.3	1:56:03.4	149	M50	12	REAL ACADEMIA	0:54:21.4	172	1:21:34.3	165
156	318	Bruno Mesquita	1:56:03.2	1:56:15.6	150	M40	34	Hot Runners	0:53:55.0	164	1:21:17.5	163
157	136	Jorge Almeida	1:56:05.4	1:56:24.2	151	M45	17	Connect2Run	0:54:32.6	177	1:21:59.1	170
158	532	Armando Parreira	1:56:06.0	1:56:24.7	152	M45	18	Açoreana Clube Banif	0:56:15.5	210	1:23:26.9	190
159	601	Paulo Pires	1:56:10.0	1:56:27.4	153	M45	19	SS CGD	0:55:17.4	190	1:23:13.7	184
160	467	José Santos	1:56:10.1	1:56:27.3	154	M45	20	C.A. Amigos Parque da Paz	0:55:17.1	189	1:23:14.9	185
161	543	Virgílio Madeira	1:56:13.7	1:56:30.8	155	M55	9	Açoreana Clube Banif	0:54:35.8	180	1:21:57.3	168
162	192	Orlando Ferreira	1:56:16.0	1:56:23.9	156	M55	10	GDCimpor & Amigos	0:54:09.1	167	1:22:02.2	171
163	466	Pedro Ramos	1:56:16.4	1:56:23.2	157	M45	21		0:53:05.0	146	1:20:27.5	153
164	662	Luis Silva	1:56:25.0	1:56:44.6	158	M40	35	Jobrinde - Montes Saloios	0:54:30.4	176	1:21:23.8	164
165	367	Carmen Pires	1:56:39.2	1:56:43.8	7	Sen F	6	OFFTEL RUNNERS	0:53:37.7	157	1:21:46.2	166
166	284	Mária Santos	1:56:44.5	1:56:54.3	8	Sen F	7	Aminhacorrida.com	0:54:47.6	184	1:22:47.4	180
167	52	Sérgio Carinhas	1:57:09.6	1:57:23.0	159	M45	22	AC de Portalegre / UTSM	0:54:28.9	175	1:22:19.4	173
168	229	Paulo Jorge Rodrigues	1:57:12.1	1:57:16.7	160	M45	23		0:52:31.5	138	1:20:58.8	160
169	620	Paulo Magano	1:57:18.7	1:57:19.7	161	Sen	76	CTADtiagoaragão.com	0:54:52.7	186	1:22:46.7	179
170	74	Carlos Simões	1:57:21.2	1:57:29.8	162	Sen	77	Vila Seca Run Team	0:53:48.5	162	1:22:25.9	175
171	377	Valter Escrevente	1:57:48.2	1:58:09.3	163	Sen	78	The Night Trail	0:55:51.0	200	1:23:23.3	189
172	9	Hugo Gonçalves	1:57:49.6	1:58:15.8	164	Sen	79		0:55:15.7	188	1:23:17.0	186
173	176	Moisés Nunes	1:57:56.0	1:58:05.9	165	M45	24	ARSM- Associação Recreativa de S. Miguel	0:55:30.1	194	1:23:10.4	183
174	350	Luísa Espírito Santo	1:58:12.5	1:58:28.6	9	F45	1	Rail Runners	0:55:39.4	198	1:24:22.2	202
175	509	Francisco Garoto	1:58:13.4	1:58:42.1	166	M40	36	Bladerunners	0:56:11.7	209	1:23:41.5	195
176	290	Regina Fernandes	1:58:23.2	1:58:32.9	10	Sen F	8	Scalabis Night Runners	0:56:07.7	207	1:23:37.1	194
177	641	Francisco Aragão	1:58:24.8	1:58:27.4	167	Sen	80	TNT - Trilhos Natura Team	0:51:20.6	121	1:19:04.8	140
178	47	Vitorina Mourato	1:58:28.1	1:58:34.0	11	F45	2	AC de Portalegre / UTSM	0:54:36.0	181	1:22:05.7	172
179	39	Ricardo Ferreira	1:58:30.5	1:58:37.6	168	Sen	81	NosTrilhos	0:49:43.6	93	1:21:57.3	167
180	175	Ana Féteira	1:58:31.0	1:58:40.3	12	Sen F	9	ARSM- Associação Recreativa de S. Miguel	0:55:11.1	187	1:23:30.7	193
181	42	Jose Barroco	1:58:53.8	1:59:00.0	169	M55	11		0:54:18.0	170	1:23:07.2	182
182	169	João Pereira	1:58:54.5	1:59:30.0	170	Sen	82		0:54:14.9	168	1:23:30.1	192
183	220	Sofia Agostinho	1:58:59.9	1:59:07.3	13	Sen F	10		0:56:22.3	211	1:25:12.6	207

2.º Trilho das Lampas

Finisher List 2.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos.	13.5	Pos.
184	271	Marco Borges	1:59:05.9	1:59:44.1	171	Sen	83	Tartarugas solidárias	0:55:43.9	199	1:23:52.5	197
185	216	Paulo Raposo	1:59:12.7	1:59:44.3	172	M40	37	Run 4 Fun	0:54:33.3	178	1:23:19.1	188
186	656	Gilberto Lapa	1:59:13.7	1:59:24.2	173	M45	25	RESTAURANTE "O	0:53:10.4	149	1:21:16.1	162
187	291	Vanda Fernandes	1:59:15.6	1:59:26.2	14	Sen F	11	Scalabis Night Runners	0:54:44.5	183	1:21:58.6	169
188	603	Rui Martins	1:59:17.8	1:59:37.3	174	Sen	84	SS CGD	0:56:35.5	214	1:25:00.5	205
189	651	Pedro Rocha	1:59:20.5	1:59:35.8	175	Sen	85	EDV - Viana Trail	0:53:55.9	165	1:22:44.8	178
190	105	André Riscado	1:59:21.2	1:59:32.2	176	Sen	86		0:54:17.6	169	1:24:09.3	199
191	454	Tiago Portugal	1:59:37.0	1:59:44.3	177	Sen	87	Correr na Cidade	0:55:51.6	201	1:24:02.3	198
192	345	Fernando Morais	1:59:43.3	2:00:02.3	178	M50	13	O MUNDO DA CORRIDA	0:55:35.1	197	1:23:45.6	196
193	300	Nelson Rafael Fernandes	1:59:50.8	2:00:31.2	179	M40	38		0:59:25.9	271	1:28:00.0	230
194	117	Andreia Vilarinho	2:00:06.1	2:00:15.3	15	Sen F	12	Monsanto Running Team	0:56:08.4	208	1:25:11.2	206
195	182	Fátima Alendouro	2:00:43.6	2:01:00.3	16	F40	2	Desnível Positivo	0:56:02.8	205	1:24:38.7	204
196	383	Guilherme Henriques	2:00:47.4	2:01:28.8	180	M40	39		0:55:52.1	202	1:23:06.7	181
197	127	Luís Ferreira	2:00:49.4	2:01:09.3	181	M45	26	Rail Runners	0:56:37.1	215	1:25:16.6	208
198	519	Carlos Miguel Barroso	2:01:03.3	2:01:16.0	182	Sen	88	Bom Retiro Trail Runners	0:57:13.0	221	1:29:29.6	246
199	633	Ricardo Ferreira	2:01:34.4	2:01:38.2	183	Sen	89	CTAD-TIAGO ARAGAO	0:53:37.5	156	1:20:43.8	158
200	95	Carlos Esteves	2:01:37.3	2:02:13.8	184	M45	27	Clube Vodafone	0:57:21.8	225	1:26:17.4	214
201	120	Nuno Silvestre	2:01:37.6	2:02:24.4	185	Sen	90	Jobrinde - Montes Saloios	0:57:35.9	230	1:25:34.3	212
202	645	João Maral	2:01:46.8	2:01:50.4	186	M40	40	SS CGD	0:52:00.1	133	1:23:17.9	187
203	134	Luis Aires	2:02:04.5	2:02:22.3	187	M40	41	Rail Runners	0:55:32.4	195	1:24:11.8	200
204	146	Tiago Duarte	2:02:10.3	2:02:59.1	188	Sen	91	El Duo Escamartilhoso	0:59:13.8	265	1:29:00.6	240
205	81	Pedro Evangelista	2:02:42.7	2:03:54.2	189	Sen	92	Friends2Run	0:53:39.9	160	1:22:27.5	176
206	452	Jose Oliveira	2:02:52.5	2:03:07.8	190	M40	42	INDIVIDUAL	0:56:01.0	203	1:26:46.3	217
207	470	Alvaro Pinto	2:02:52.5	2:03:07.6	191	M55	12	REAL ACADEMIA	0:56:01.6	204	1:26:47.9	218
208	2180	Ana Maia Tomás	2:03:03.1	2:03:11.5	17	Sen F	13	Runlovers	0:56:29.2	212	1:25:52.5	213
209	569	Ricardo Camilo	2:03:32.9	2:03:42.1	192	Sen	93		0:54:26.3	174	1:24:20.4	201
210	591	Mario Silva	2:03:36.3	2:04:17.0	193	M45	28	ind	0:57:15.5	222	1:26:50.7	219
211	233	José António Marques	2:03:40.2	2:04:05.6	194	M50	14		0:57:33.0	229	1:27:18.6	224
212	465	Goreti Silva	2:03:41.0	2:04:05.6	18	Sen F	14	Os (a) Salamandrecos	0:57:36.0	231	1:27:24.5	227
213	487	José Pisco	2:03:41.5	2:04:05.6	195	M45	29		0:57:36.0	232	1:27:18.7	225
214	469	Eduardo Ribeiro	2:03:42.8	2:03:57.2	196	Sen	94		0:56:31.8	213	1:26:51.4	220
215	565	Pedro Rodrigues	2:03:43.6	2:04:05.6	197	M40	43	OFICINA DO PEDRO	0:58:16.8	241	1:28:00.7	231
216	397	David Gonçalves	2:03:48.8	2:03:54.9	198	M45	30		0:59:10.1	262	1:30:58.2	276
217	582	David Clemente	2:03:49.8	2:04:09.7	199	Sen	95	The Night Trail	0:56:51.3	219	1:25:34.2	211
218	653	Miguel Pinho	2:03:59.2	2:04:45.8	200	M40	44	Portugal Running	0:57:43.5	233	1:26:43.3	216
219	7	Vitor Venda	2:04:01.5	2:04:23.2	201	M40	45	Freinds2Run	0:59:18.7	267	1:29:25.4	244
220	183	Isaque Lucena	2:04:04.7	2:04:20.0	202	M40	46	Desnível Positivo	0:54:35.7	179	1:25:18.1	209

2.º Trilho das Lampas

Finisher List 2.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos.	13.5	Pos.
221	535	Nelson Mota	2:04:10.5	2:04:27.5	203	M40	47	Açoreana Clube Banif	0:58:24.5	246	1:28:37.0	237
222	488	Pedro Conceição	2:04:11.8	2:04:19.2	204	Sen	96	Monsanto Running Team	0:55:18.7	191	1:26:57.6	221
223	445	Orlando Duarte	2:04:26.2	2:04:47.5	205	M55	13		0:59:41.4	280	1:29:11.1	242
224	387	Francisco Dias	2:05:03.7	2:05:34.1	206	M40	48		0:58:35.1	249	1:29:36.5	249
225	433	Miguel Neves	2:05:13.1	2:05:20.3	207	Sen	97	UGAS TRAIL Running	0:54:18.4	171	1:22:35.4	177
226	148	João Veríssimo	2:05:15.5	2:05:34.7	208	M55	14		0:58:00.6	236	1:28:02.2	232
227	124	Francisco Bossa	2:05:18.3	2:09:20.7	209	M40	49	O Mundo da Corrida	1:00:06.9	288	1:30:42.9	269
228	490	Marco Costa	2:05:21.5	2:05:31.3	210	Sen	98	INDIVIDUAL	0:55:19.6	192	1:24:38.5	203
229	635	Nuno Antunes	2:05:31.8	2:05:54.0	211	M40	50	Revelamos	0:57:53.9	235	1:26:42.0	215
230	3	Daniel Ramos	2:05:35.6	2:06:28.8	212	Sen	99	Jobrinde - Montes Saloios	1:03:51.1	360	1:32:05.2	290
231	130	Pedro Sá	2:05:38.6	2:06:00.5	213	Sen	100	Rail Runners	0:59:03.9	257	1:28:42.4	238
232	228	João Veiga	2:06:09.9	2:06:45.9	214	Sen	101	Run 4 Fun	0:58:20.3	242	1:29:28.1	245
233	409	Vasco Santos	2:06:19.1	2:06:30.2	215	Sen	102		0:58:04.8	238	1:27:53.0	229
234	415	Paula Rodrigues	2:06:22.0	2:06:32.4	19	F45	3	Casa Benfica de Abrantes	0:57:12.0	220	1:27:20.2	226
235	447	Daniel Martins	2:06:31.7	2:07:22.4	216	Sen	103	SintraTraillovers	0:59:20.4	269	1:30:35.7	268
236	347	Vera Vaz	2:06:32.4	2:06:43.0	20	Sen F	15	LGD Barcarena	0:58:16.8	240	1:28:34.1	235
237	474	Manuel Rodrigues	2:06:49.3	2:07:01.5	217	M50	15	REAL ACADEMIA	0:56:03.3	206	1:25:20.4	210
238	453	José Maria Barbosa	2:06:49.5	2:07:19.6	218	M45	31		0:59:54.2	284	1:31:01.4	277
239	400	Miguel San-Payo	2:06:50.8	2:07:19.9	219	M50	16	Run 4 Fun	0:59:55.7	286	1:31:04.4	278
240	518	Victor Carapelho	2:06:55.0	2:07:07.2	220	M50	17	Bom Retiro Trail Runners	0:57:15.8	223	1:29:50.8	253
241	26	João Carlos Freire	2:06:57.3	2:07:32.2	221	M45	32		0:59:39.8	277	1:30:12.6	259
242	20	Sergio Pinto	2:06:57.9	2:07:32.4	222	Sen	104	Salamandras	1:00:13.7	291	1:30:14.3	262
243	5	Fernando Xavier	2:06:58.5	2:07:33.4	223	Sen	105	Jobrinde - Montes Saloios	0:59:40.3	278	1:30:12.9	260
244	209	Jaime Sousa	2:07:03.4	2:07:51.4	224	M50	18	amigosdacorrida.com	0:59:58.6	287	1:30:13.8	261
245	428	João Antunes	2:07:09.4	2:07:27.2	225	M40	51		0:58:24.3	245	1:28:57.8	239
246	92	Pedro Cordas	2:07:12.8	2:07:35.6	226	M40	52		0:59:41.1	279	1:29:45.1	252
247	157	Victor Silva	2:07:23.0	2:07:41.2	227	M45	33	Lebres do Sado	0:58:53.8	255	1:30:11.0	258
248	521	Pedro Constantino	2:07:25.4	2:08:20.5	228	Sen	106	Pernas de Bacalhau	1:01:46.6	326	1:32:16.8	292
249	340	Dinis Morais	2:07:30.3	2:08:00.7	229	M40	53	CCD Siemens	0:58:43.0	252	1:28:10.2	233
250	232	Nelson Marques	2:07:30.8	2:08:00.5	230	Sen	107		0:58:39.6	251	1:28:13.4	234
251	36	Sérgio Pedro	2:07:37.8	2:07:53.3	231	Sen	108	RS Running Team	0:57:29.2	227	1:30:48.4	271
252	392	Jose Antonio Afonso	2:07:40.3	2:08:12.0	232	M45	34		0:58:50.6	253	1:29:59.1	255
253	431	Sergio Rodelo	2:07:51.0	2:08:20.2	233	M40	54	aminhacorrida.com	1:00:35.5	297	1:30:34.3	267
254	449	Fatima Santos	2:08:25.0	2:09:15.5	21	Sen F	16	Jobrinde - Montes Saloios	1:00:48.8	307	1:30:50.7	273
255	314	André Guerreiro	2:08:26.7	2:08:52.2	234	Sub2	6	Individual	0:52:35.8	141	1:20:38.9	157
256	244	Lídia Calado	2:08:30.1	2:08:36.2	22	Sen F	17	AC de Portalegre / UTSM	0:58:02.3	237	1:28:35.5	236
257	202	Bernardo Zoio	2:08:31.5	2:09:16.7	235	Sen	109	Patati Patatá Bora Lá!	1:02:36.8	337	1:32:22.0	293

2.º Trilho das Lampas

Finisher List 2.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos.	13.5	Pos.
258	520	José Duarte	2:08:55.1	2:09:07.0	236	M45	35	Bom Retiro Trail Runners	0:57:23.6	226	1:29:53.9	254
259	660	Carlos Manuel Isidoro	2:08:56.0	2:09:08.7	237	M45	36		0:57:16.0	224	1:29:34.1	248
260	286	Rui Barroso	2:09:08.8	2:09:42.6	238	Sen	110	Cartoon Run	1:00:23.1	293	1:31:34.9	281
261	547	Pedro Gouveia	2:09:09.0	2:09:45.9	239	Sen	111	LX RUN	0:58:36.1	250	1:29:23.6	243
262	285	Artur Bernardo	2:09:12.2	2:09:44.3	240	M40	55	Cartoon Run	1:00:24.9	294	1:31:35.3	282
263	293	Luis Silva	2:09:21.8	2:09:45.3	241	Sen	112	AGILE	0:58:24.7	247	1:33:57.3	309
264	45	Carlos Brito	2:09:22.7	2:09:47.2	242	Sen	113	NDCB	0:59:19.1	268	1:30:50.1	272
265	147	Miguel Alexandre Brito	2:09:29.2	2:09:38.5	243	Sen	114	El Duo Escamartilhoso	1:30:03.5	575	1:30:03.5	256
266	458	Bruno Afonso	2:09:37.6	2:09:54.9	244	Sen	115		0:56:48.3	218	1:27:08.1	222
267	418	Hugo Gonçalves	2:09:42.4	2:10:30.6	245	Sen	116	MAGIS RUNNERS TEAM	1:00:39.7	300	1:31:48.3	286
268	99	Elena Iabanji	2:09:46.1	2:09:52.0	23	F45	4	individual	0:59:36.6	275	1:30:52.9	275
269	366	António Brito	2:09:48.7	2:14:17.2	246	M45	37	O Mundo da Corrida	1:01:09.7	313	1:30:45.0	270
270	131	Rafael Assunção	2:10:00.4	2:10:05.0	247	Sen	117	Rail Runners	0:58:09.1	239	1:30:19.0	263
271	265	Pedro Costa	2:10:08.4	2:10:45.8	248	Sen	118	Rail Runners	1:00:45.6	305	1:31:53.3	287
272	677	Manuel Fonseca	2:10:08.5	2:10:15.3	249	M50	19		0:57:32.3	228	1:30:33.9	266
273	261	Alfredo Falcao	2:10:14.7	2:10:51.9	250	M45	38	Run 4 Fun	0:59:48.1	283	1:31:39.8	283
274	107	Paulo Pereira	2:10:18.0	2:10:24.1	251	M45	39	Mundo da Corrida	0:56:44.1	216	1:27:51.5	228
275	459	Gilberto Lima	2:10:25.9	2:10:43.3	252	M40	56		0:59:25.4	270	1:32:05.6	291
276	51	Paula Matos	2:10:39.1	2:10:52.3	24	F45	5	AC de Portalegre / UTSM	1:00:31.6	295	1:31:17.5	279
277	504	Carlos Ventura	2:10:42.2	2:10:57.9	253	Sen	119		1:00:42.1	302	1:33:18.4	301
278	213	José Freire	2:10:45.2	2:10:58.2	254	M50	20		1:00:46.1	306	1:33:22.1	303
279	462	Cristina Guerreiro	2:10:46.2	2:11:05.4	25	F40	3	ASSOCIAÇÃO DE ATLETISMO LEBRES	0:59:47.4	281	1:32:03.3	289
280	659	Jorge Correia	2:10:55.6	2:11:08.9	255	M40	57		0:55:34.5	196	1:30:51.5	274
281	234	Hugo Fragoso	2:10:56.9	2:11:26.8	256	Sen	120	accvcavi	0:58:20.6	244	1:29:04.7	241
282	564	Alexandre Paulo	2:10:59.4	2:11:40.7	257	M45	40	NAPJ (Nucleo Amigos Palácio Justiça)	0:59:26.8	273	1:31:39.8	284
283	378	Luís Costa	2:11:17.5	2:12:09.7	258	Sen	121	amigosdacorrída.com	1:00:45.3	304	1:32:28.8	294
284	654	Pedro Miguel Lima	2:11:27.0	2:12:05.6	259	Sen	122	Clube Vodafone	1:02:04.7	332	1:33:03.6	298
285	676	Estela Costa	2:11:35.5	2:11:56.5	26	Sen F	18	JOBRINDE MONTES SALOIOS	1:01:44.8	325	1:34:58.3	324
286	67	Cátia Nunes	2:11:38.5	2:12:01.7	27	Sen F	19	DUMMIES ON FIRE	1:00:59.3	309	1:33:19.9	302
287	390	Ricardo Nascimento	2:11:55.3	2:12:10.0	260	Sen	123	TRAIL ÀS 9	0:59:37.2	276	1:32:03.3	288
288	116	Henrique Sacadura	2:11:59.1	2:12:18.3	261	M60	1		1:02:21.9	335	1:33:38.1	306
289	72	Álvaro Fernandes	2:12:00.9	2:12:17.3	262	M60	2	Lebres do Sado	0:59:31.3	274	1:32:53.1	296
290	381	David Martinho	2:12:14.5	2:12:21.2	263	Sen	124	Pernil di Frango	0:59:04.7	259	1:34:13.2	315
291	382	Pernille Lund-Cramer	2:12:14.6	2:12:21.2	28	Sen F	20	Pernil di Frango	0:59:16.7	266	1:34:13.3	316
292	646	Luis Miguel Martins	2:12:15.4	2:12:21.3	264	Sen	125	Pernil di Frango	0:59:06.0	261	1:34:01.5	312
293	648	Manuel Barroso	2:12:15.6	2:12:21.1	265	Sen	126	Pernil di Frango	0:59:04.6	258	1:34:03.6	313
294	647	Paulo Jorge Silva	2:12:15.7	2:12:21.2	266	Sen	127	Pernil di Frango	0:59:04.9	260	1:34:01.4	311

2.º Trilho das Lampas

Finisher List 2.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos.	13.5	Pos.
295	211	António Belo	2:12:19.8	2:13:12.1	267	M60	3	amigosdacorrída.com	1:00:45.2	303	1:34:29.0	318
296	379	António Luis	2:12:32.1	2:13:12.1	268	M45	41	Jobrinde - Montes Saloios	1:03:18.2	349	1:34:41.9	321
297	310	Valter Matos	2:12:36.8	2:13:14.7	269	Sen	128		1:01:15.3	316	1:34:44.6	323
298	551	Paulo Bento	2:12:43.4	2:13:02.7	270	M40	58	mouros de sintra	0:59:26.7	272	1:30:29.3	265
299	289	Margarida Godinho	2:12:45.1	2:12:56.4	29	F55	1	Rail Runners	1:00:16.2	292	1:35:07.0	327
300	503	Pedro Lucas	2:12:53.5	2:13:25.8	271	Sen	129		1:01:29.3	319	1:33:55.2	307
301	523	João Martins	2:13:13.7	2:13:22.4	272	M40	59	O MUNDO DA CORRIDA	1:02:09.5	334	1:35:27.6	332
302	468	Carlos Lima	2:13:28.8	2:13:34.5	273	M40	60	C.A. Amigos Parque da Paz	1:01:40.4	322	1:34:27.3	317
303	630	João Queirós	2:14:14.3	2:14:34.2	274	M45	42	NEL - Pédatleta	0:58:52.4	254	1:29:32.0	247
304	319	Joaquim Lima	2:14:15.9	2:14:46.9	275	M50	21	Vodafone	1:01:03.4	310	1:33:06.8	299
305	197	Ana Lucia Duarte	2:14:20.7	2:14:43.2	30	F40	4	Falcões selvagens	1:03:40.0	358	1:36:23.0	339
306	412	Nuno Andrade	2:14:24.0	2:15:05.6	276	M40	61	FF Runners	0:59:55.5	285	1:32:44.0	295
307	196	Tuxa Negri	2:14:24.4	2:14:46.3	31	Sen F	21	Equipa Ginásio Quinta do Valbom	0:58:24.8	248	1:30:05.9	257
308	295	Joaquim Carrilho	2:14:27.1	2:14:59.2	277	M45	43	SS CGD	1:00:36.8	298	1:35:07.1	328
309	642	Vasco Silva	2:14:34.7	2:14:46.1	278	M40	62		1:03:26.0	351	1:37:02.8	344
310	508	Rui Pinela	2:14:37.1	2:15:07.9	279	M40	63	Bladerunners	1:03:53.1	361	1:36:45.1	341
311	113	Bruno Ferreira	2:14:40.3	2:15:20.4	280	Sen	130		1:01:12.1	314	1:34:42.6	322
312	225	Nuno Fidalgo	2:14:49.3	2:15:03.7	281	Sen	131		0:57:52.5	234	1:29:38.2	250
313	238	João Rodrigues	2:14:54.7	2:15:02.7	282	M40	64	Jobrinde - Montes Saloios	1:00:57.5	308	1:33:36.8	305
314	323	Claudio Goncalves	2:15:09.6	2:15:23.7	283	Sen	132		1:02:44.4	338	1:35:51.2	336
315	142	JosÉ Lima	2:15:21.5	2:15:36.9	284	M45	44	O MUNDO DA CORRIDA	1:00:33.5	296	1:32:57.6	297
316	272	Ana Paula Lima	2:15:33.7	2:15:54.5	32	F40	5	C.A. Amigos Parque da Paz	1:02:06.8	333	1:36:00.5	338
317	135	Nuno Gião	2:15:34.4	2:16:20.9	285	M40	65	ACCVCAVI	1:02:34.4	336	1:35:14.3	329
318	342	Anabela Pombeiro	2:15:38.4	2:15:45.4	33	F40	6	ADA Desnível	1:01:41.7	324	1:33:58.3	310
319	650	Marcó Paulo Barbosa	2:15:40.0	2:15:54.6	286	Sen	133	EDV - Viana Trail	1:00:08.8	289	1:33:12.1	300
320	140	Domingos Janela	2:15:44.8	2:15:51.1	287	M60	4	O MUNDO DA CORRIDA	0:58:55.4	256	1:31:22.4	280
321	570	Tiago Ramos	2:15:46.9	2:16:14.2	288	Sen	134		1:01:08.1	311	1:34:38.7	320
322	302	Marcela Sofia Fernandes	2:15:56.1	2:16:21.1	34	Sen F	22	DUMMIES ON FIRE	1:03:09.7	343	1:35:32.0	334
323	358	Joana Saraiva	2:16:16.9	2:16:25.7	35	Sen F	23	Georunners Portugal	1:01:40.8	323	1:35:30.5	333
324	168	Tony Almeida	2:16:29.1	2:16:57.4	289	Sen	135	ADCR Polícia Judiciária	1:01:12.4	315	1:33:33.2	304
325	363	Carlos Rodrigues	2:16:37.8	2:17:14.4	290	Sen	136		1:03:16.2	347	1:35:43.4	335
326	185	Hugo Teixeira	2:17:11.2	2:17:18.9	291	Sen	137		0:58:20.4	243	1:31:46.4	285
327	88	Mauro Gonçalves	2:17:18.5	2:17:56.6	292	Sen	138		1:01:59.8	331	1:35:03.7	325
328	484	Paulo Sousa	2:17:32.9	2:17:46.4	293	Sen	139	Os Atletas	1:02:45.6	339	1:36:58.0	342
329	98	Patrícia Lourenço	2:17:40.2	2:17:51.7	36	Sen F	24		1:03:28.1	355	1:37:07.0	347
330	558	Eduardo Santos	2:17:43.5	2:17:54.7	294	Sen	140		1:03:26.4	353	1:37:03.9	345
331	28	Tânia Cunha	2:17:53.6	2:18:03.6	37	Sen F	25	FAST N' FURIOUS	1:00:40.6	301	1:35:06.6	326

2.º Trilho das Lampas

Finisher List 2.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos.	13.5	Pos.
332	269	Helder Fortunato	2:18:04.6	2:18:26.2	295	M40	66	eumesmo	1:04:08.1	366	1:36:34.9	340
333	281	Domingos Duro	2:18:24.7	2:19:17.4	296	M60	5	amigosdacorrída.com	1:04:31.9	374	1:38:29.0	358
334	279	João Caeiro	2:18:24.8	2:19:17.7	297	M60	6	amigosdacorrída.com	1:04:39.8	377	1:39:36.5	372
335	494	Fábio Batista	2:18:37.5	2:19:12.6	298	Sen	141		1:03:42.0	359	1:39:25.8	368
336	578	João Cruz	2:18:42.5	2:18:52.4	299	Sub2	7	ARSM- Associação Recreativa de S. Miguel	1:01:08.1	312	1:34:09.0	314
337	610	Tânia Batista	2:18:47.3	2:19:09.9	38	Sen F	26	O MUNDO DA CORRIDA	1:05:26.8	384	1:42:26.5	401
338	76	Bruno Silva	2:18:53.2	2:19:09.2	300	Sen	142	CrossFit 2725	1:01:53.2	327	1:37:24.9	350
339	119	Helena Nunes	2:18:57.1	2:19:09.2	39	F45	6		1:01:58.0	330	1:37:34.7	352
340	10	Carla Silva	2:18:57.7	2:19:09.6	40	F40	7		1:01:58.0	329	1:37:24.9	349
341	391	Tiago Basílio	2:19:35.8	2:20:23.0	301	Sen	143	ACCVCAVI	1:02:48.4	340	1:37:27.6	351
342	231	Pedro Pinto	2:19:37.0	2:19:58.7	302	Sen	144	O MUNDO DA CORRIDA	1:05:26.3	383	1:42:25.8	400
343	473	Antonio Ventura	2:19:48.2	2:20:07.9	303	M50	22	REAL ACADEMIA	1:02:59.5	342	1:35:17.9	331
344	479	Lídia Gonçalves	2:20:11.5	2:20:37.7	41	Sen F	27	JOBRINDE - MONTES SALOIOS	1:05:27.8	387	1:38:50.4	361
345	395	Vasco Alpalhão	2:20:11.7	2:20:44.2	304	M40	67		1:05:35.4	392	1:39:34.9	371
346	177	Luis Miguel Brito Gonçalves	2:20:14.2	2:20:41.1	305	Sen	145		0:59:47.9	282	1:30:22.8	264
347	385	Luis Boavida	2:20:29.0	2:20:49.3	306	M55	15	Pisa Rochas	1:03:27.3	354	1:37:43.8	353
348	384	António Simões	2:20:30.4	2:20:50.1	307	M55	16	Pisa Rochas	1:03:28.1	356	1:37:48.3	354
349	501	Filipe Fonseca	2:21:03.5	2:21:21.0	308	Sub2	8	Açoreana Clube Banif	1:04:11.7	368	1:38:03.0	357
350	545	Carlos Fonseca	2:21:04.2	2:21:21.2	309	M50	23	Açoreana Clube Banif	1:04:14.1	369	1:37:59.4	355
351	389	Tiago Vieira	2:21:07.8	2:21:21.9	310	Sen	146	TRAIL ÀS 9	0:59:10.3	263	1:33:55.9	308
352	250	Vasco Ferreira	2:21:11.6	2:21:46.9	311	Sen	147		1:02:53.6	341	1:39:05.1	362
353	241	Odília Pereira	2:21:12.8	2:21:36.2	42	F40	8	DUMMIES ON FIRE	1:03:59.7	364	1:38:02.2	356
354	304	Hugo Gonçalves	2:21:18.3	2:21:46.7	312	Sen	148		1:00:38.6	299	1:34:35.1	319
355	638	Pedro Lourenço	2:21:28.1	2:22:07.4	313	M40	68	Vodafone	1:04:21.5	370	1:39:38.6	374
356	80	Bruno Francisco	2:21:29.3	2:22:06.5	314	Sen	149		1:05:37.6	393	1:40:27.6	384
357	83	Jose Camelo	2:21:29.4	2:22:06.6	315	M40	69	Vodafone	1:05:38.3	394	1:40:29.3	385
358	628	Carlos Baptista	2:21:29.5	2:21:40.1	316	M50	24	Sporting Clube de Casainhos	1:01:18.7	317	1:37:04.4	346
359	629	Nuno Pereira	2:21:29.7	2:21:40.1	317	M45	45	Sporting Clube de Casainhos	1:01:19.8	318	1:37:02.8	343
360	585	Ricardo Maia	2:21:32.9	2:22:28.3	318	Sen	150	Pernas de Bacalhau	1:04:38.4	376	1:39:50.8	377
361	219	Sandra Simões	2:22:02.7	2:22:33.6	43	F40	9	Run 4 Fun	1:04:10.7	367	1:40:53.9	388
362	604	Severino Rosa	2:22:14.0	2:23:05.3	319	M55	17	SS CGD	1:06:17.5	410	1:41:10.7	389
363	499	Luis Gatinho	2:22:18.1	2:22:32.8	320	M45	46	NAPA - Núcleo de Amigos Perna Assada	1:03:15.1	346	1:39:56.9	380
364	568	Alexandre Espírito Santo	2:22:33.4	2:22:44.6	321	Sen	151		1:04:02.5	365	1:38:50.1	360
365	451	Daniel Xarepe	2:23:03.3	2:23:17.3	322	M50	25	NAPA - Núcleo de Amigos Perna Assada	1:03:09.9	344	1:40:01.2	381
366	132	Sónia Túbal	2:23:14.1	2:23:26.0	44	Sen F	28	PR	1:04:29.0	372	1:42:00.9	393
367	364	Jose Magalhaes	2:23:17.4	2:23:53.9	323	M45	47	Run 4 Fun	1:04:21.7	371	1:39:45.7	375
368	187	Mónica Junqueira	2:23:22.8	2:24:01.8	45	Sen F	29	Rail Runners	1:05:34.9	390	1:39:24.2	366

2.º Trilho das Lampas

Finisher List 2.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos.	13.5	Pos.
369	188	Ricardo Moreira	2:23:22.8	2:24:01.6	324	M40	70	Rail Runners	1:05:34.9	391	1:39:24.4	367
370	62	Carla Fuzeta	2:23:30.2	2:23:35.9	46	F40	10	DUMMIES ON FIRE	0:59:10.5	264	1:35:16.7	330
371	485	Nuno Rito	2:23:33.9	2:24:12.8	325	Sen	152	Tartarugas Solidárias	1:06:00.8	399	1:42:15.1	396
372	312	Joao Dias	2:23:35.0	2:24:12.6	326	Sen	153		1:06:01.5	400	1:42:13.4	395
373	262	Rui Duarte	2:23:37.5	2:24:12.5	327	M40	71		1:06:03.6	401	1:42:18.2	397
374	66	Andreia Costa	2:23:37.7	2:24:12.7	47	Sen F	30	DUMMIES ON FIRE	1:06:05.5	402	1:42:19.3	398
375	75	João Dias	2:23:41.4	2:24:12.6	328	M40	72		1:06:09.9	405	1:42:24.8	399
376	207	Marcus Portela	2:23:42.0	2:24:17.6	329	Sen	154	Patati Patatá Bora Lá!	1:06:39.8	417	1:43:59.6	415
377	6	Roberto Barreto	2:23:48.4	2:24:11.5	330	Sen	155	Centro Vicentino da Serra	1:10:08.6	463	1:43:31.8	411
378	58	Bohemia Monteiro	2:23:58.5	2:24:34.3	48	Sen F	31	Clube	1:06:22.6	411	1:43:58.1	414
379	60	Maria Da Luz Conchinha	2:23:58.9	2:24:34.4	49	F55	2	Clube do Stress	1:06:22.7	412	1:43:57.4	413
380	432	Daniel Santos	2:24:00.4	2:24:07.6	331	Sen	156	UGAS TRAIL Running	0:55:29.5	193	1:29:41.8	251
381	333	Mafalda Nunes	2:24:08.4	2:24:56.2	50	F45	7	A.A. Lebres do Sado	1:07:10.7	432	1:44:19.6	419
382	178	Sara Machado	2:24:29.7	2:25:08.2	51	Sen F	32	Rail Runners	1:03:55.1	363	1:39:30.6	370
383	151	Ricardo Chasqueira	2:24:30.3	2:25:08.4	332	Sen	157	Rail Runners	1:03:54.4	362	1:39:27.5	369
384	8	João Jorge	2:24:35.5	2:25:15.2	333	M45	48	Jobrinde - Montes Saloios	1:07:12.1	433	1:44:20.6	420
385	163	Sónia Lima	2:24:47.9	2:25:30.8	52	Sen F	33	ADCR Polícia Judiciária	1:04:31.0	373	1:40:04.3	382
386	170	Pedro Dos Reis	2:24:51.0	2:25:07.9	334	Sen	158	Rail Runners	1:05:48.4	397	1:39:37.6	373
387	600	Filipe Arrieta Ceia	2:24:55.4	2:25:04.0	335	Sen	159		1:01:35.3	320	1:39:18.7	364
388	230	Vera Bizarro	2:24:55.6	2:25:18.4	53	Sen F	34	O MUNDO DA CORRIDA	1:05:27.1	385	1:43:07.3	405
389	85	Francisco Miguel Ceia	2:24:57.8	2:25:04.1	336	Sen	160		1:01:38.4	321	1:39:19.2	365
390	440	Bo Irik	2:25:36.0	2:25:45.1	54	Sen F	35	Correr na Cidade Running Crew	1:06:57.6	425	1:46:23.4	433
391	471	Herculano Araujo	2:25:37.3	2:25:46.6	337	M45	49	REAL ACADEMIA	1:06:12.6	407	1:41:59.6	392
392	443	Nuno Malcata	2:25:37.6	2:25:45.2	338	Sen	161	Correr na Cidade	1:06:59.5	426	1:46:14.8	432
393	472	Elisa Barra	2:25:37.7	2:25:46.7	55	F40	11	REAL ACADEMIA	1:06:12.6	408	1:42:01.8	394
394	511	João Cruz	2:25:40.1	2:26:10.4	339	M40	73	Bladerunners	1:05:24.7	382	1:40:46.6	387
395	87	Nuno Ferreira	2:26:06.0	2:26:42.4	340	M40	74		1:06:56.0	423	1:43:22.7	410
396	359	Andreia Oliveira	2:26:06.0	2:26:18.8	56	Sen F	36	Georunners Portugal	1:03:26.4	352	1:40:16.5	383
397	264	Ana Margarida Gomes	2:26:08.4	2:26:29.8	57	F45	8	Run 4 Fun	1:06:43.7	420	1:45:08.4	423
398	252	Lino Silva	2:26:19.8	2:26:52.9	341	M40	75	GD Cimpor & Amigos	1:05:53.4	398	1:43:12.5	407
399	128	Manuel António	2:26:20.6	2:27:05.9	342	M45	50	Rail Runners	1:05:17.1	381	1:42:35.6	402
400	343	Lucia Martins	2:26:31.6	2:26:53.1	58	Sen F	37	O MUNDO DA CORRIDA	1:05:27.4	386	1:43:12.4	406
401	235	Lilian Kato	2:27:04.6	2:27:21.6	59	F40	12	Tartarugas Solidárias	1:06:32.6	414	1:43:39.0	412
402	222	Mário Bastardo	2:27:05.5	2:27:53.5	343	Sen	162	Hand 2 Hand Club Better Living	1:05:33.0	389	1:41:52.0	391
403	266	Rui Ferreira	2:27:06.4	2:27:54.0	344	M40	76	CRP Ribafria	1:05:32.7	388	1:41:50.0	390
404	680	Mónica Quartín Silva	2:27:17.2	2:27:42.8	60	F40	13		1:07:24.8	434	1:46:09.1	431
405	393	Mário Gonçalves	2:27:54.6	2:28:02.7	345	M45	51	EnKostas Trail	1:04:34.2	375	1:40:40.5	386

2.º Trilho das Lampas

Finisher List 2.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos.	13.5	Pos.
406	671	José Catita	2:27:56.6	2:28:10.9	346	M55	18		1:07:35.3	436	1:45:21.8	425
407	587	Teresa Afonso	2:28:47.0	2:29:13.7	61	Sen F	38		1:09:28.3	454	1:42:46.2	403
408	206	Gonçalo Neto	2:28:51.5	2:29:25.7	347	M45	52	Patati Patatá Bora Lá!	1:06:41.3	419	1:44:01.1	416
409	221	Pedro Valente	2:28:57.1	2:29:14.6	348	Sen	163		1:03:19.1	350	1:37:18.4	348
410	477	Raquel Madeira	2:29:03.5	2:29:14.5	62	Sen F	39	Gymrunners	1:06:26.1	413	1:44:18.0	418
411	204	Heitor Araújo	2:29:28.0	2:30:04.2	349	M40	77	Patati Patatá Bora Lá!	1:10:04.9	461	1:47:42.1	438
412	205	Sandra Almeida	2:29:29.2	2:30:04.2	63	F40	14	Patati Patatá Bora Lá!	1:10:06.1	462	1:47:44.6	439
413	571	Carlos Espirito Santo	2:29:43.7	2:30:07.7	350	M55	19	individual	1:07:33.8	435	1:44:35.2	421
414	118	Carlos Monteiro	2:29:48.3	2:30:29.9	351	M50	26		1:09:31.8	456	1:46:55.5	436
415	438	João Veigas	2:29:49.6	2:30:42.6	352	Sen	164		1:09:16.1	450	1:48:18.8	449
416	308	João Leitão	2:29:53.5	2:30:19.8	353	M40	78	RunLovers	1:06:08.2	403	1:43:15.4	408
417	309	Helena Leitão	2:29:53.9	2:30:19.8	64	F40	15	RunLovers	1:06:09.7	404	1:43:17.7	409
418	506	Cláudio Rocha	2:30:07.1	2:30:19.8	354	Sen	165	Hydria Quies	1:05:16.0	380	1:49:03.7	451
419	639	Luis Parro	2:30:29.3	2:30:47.4	355	M50	27	Monsanto Running Team	1:06:54.9	422	1:44:39.4	422
420	405	Luis Canhão	2:30:33.1	2:30:53.1	356	M45	53		1:03:33.0	357	1:39:52.2	378
421	13	Ana Monteiro	2:30:40.5	2:31:24.9	65	F40	16	Jobrinde - Montes Saloios	1:03:14.4	345	1:39:46.9	376
422	190	Alexandre Duarte	2:31:03.0	2:31:56.0	357	M50	28	Individual	1:08:47.8	445	1:45:38.2	429
423	580	Luis Reis	2:31:05.1	2:31:30.6	358	M50	29	Falcões Selvagens	1:09:17.8	451	1:49:07.1	454
424	426	Francisco Silva	2:31:08.2	2:31:30.9	359	M50	30	Falcões Selvagens	1:09:20.3	452	1:49:03.5	450
425	150	Joaquim Adelino	2:31:21.7	2:31:55.9	360	M60	7	Amigos Vale Silencio	1:09:06.4	447	1:45:56.0	430
426	588	José Gomes	2:31:28.2	2:32:08.0	361	Sen	166		1:06:45.2	421	1:42:48.5	404
427	420	Nuno Duarte	2:32:03.0	2:32:36.9	362	Sen	167	GDCT Unicre	1:06:34.2	415	1:44:09.1	417
428	353	Maria Do Rosário	2:32:12.6	2:32:55.5	66	F40	17	Rail Runners	1:10:39.9	472	1:47:54.5	442
429	559	Miguel Melo	2:32:33.1	2:33:03.8	363	Sen	168		1:07:07.0	430	1:48:03.3	446
430	560	Mariana Melo	2:32:33.8	2:33:04.1	67	Sen F	40		1:07:07.6	431	1:48:03.1	445
431	413	Pedro Abrantes	2:32:39.7	2:32:55.7	364	M40	79	Crossfit 2725	1:06:40.3	418	1:47:46.1	440
432	352	José Luís Gonçalves	2:32:46.9	2:33:30.2	365	M40	80	Rail Runners	1:10:40.1	473	1:47:56.3	444
433	301	Augusto Paulo Neves	2:32:58.0	2:33:40.4	366	M45	54		1:09:30.5	455	1:47:37.2	437
434	94	Núria Susana Branco	2:33:20.8	2:33:45.5	68	Sen F	41		1:05:47.9	395	1:45:36.1	427
435	71	Cristina Figueira	2:33:21.0	2:33:45.4	69	Sen F	42	DUMMIES ON FIRE	1:05:48.1	396	1:45:37.8	428
436	595	Carlos Albano	2:33:50.3	2:34:41.7	367	M40	81	SS CGD	1:05:15.4	379	1:39:53.1	379
437	305	Marta Mota	2:34:23.1	2:34:52.6	70	Sen F	43		1:07:02.2	427	1:49:31.0	456
438	406	Diogo Simões Pinto	2:34:24.5	2:34:52.6	368	Sen	169		1:07:02.9	428	1:49:30.5	455
439	2146	Cesar Domingos Diogo	2:34:27.0	2:34:54.6	369	Sen	170		1:07:42.0	437	1:45:21.0	424
440	277	Nuno Loureiro	2:34:32.7	2:34:59.4	370	M45	55	amigosdacorrida.com	1:09:26.8	453	1:49:04.5	452
441	166	Ulisses Valas	2:35:32.5	2:36:15.0	371	M40	82	ADCR Polícia Judiciária	1:03:17.4	348	1:35:59.8	337
442	171	Ana Patrícia Silva	2:35:45.3	2:36:15.5	71	Sen F	44		1:08:40.3	444	1:50:34.5	464

2.º Trilho das Lampas

Finisher List 2.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos.	13.5	Pos.
443	283	Andreia Passeira	2:36:10.5	2:36:37.4	72	Sen F	45		1:11:33.3	482	1:50:26.4	463
444	14	Paulo Sousa	2:36:12.1	2:36:27.4	372	M40	83	P3P	1:06:57.6	424	1:48:17.4	448
445	583	Nuno Ribeiro	2:36:14.8	2:37:02.5	373	Sen	171		1:15:41.7	516	1:55:21.8	497
446	78	Sandra Carvalho	2:36:16.2	2:36:32.4	73	F40	18	Hot Runners	1:11:56.5	491	1:53:16.5	480
447	149	Carla Martinho	2:36:16.3	2:36:32.7	74	Sen F	46		1:11:56.3	490	1:53:14.7	478
448	64	Ricardo Santos	2:36:17.4	2:36:34.1	374	Sen	172	HOT RUNNERS	1:11:55.6	489	1:53:15.8	479
449	212	Ricardo Jesus	2:37:31.3	2:37:50.7	375	M40	84		1:06:13.5	409	1:46:24.3	434
450	566	Luis Costa	2:37:31.7	2:38:15.5	376	M45	56	Portugal Running	1:13:26.3	500	1:55:44.7	503
451	23	Eugénia Do Vale	2:37:32.1	2:38:15.8	75	F55	3	Connect2Run	1:13:35.6	502	1:56:19.5	509
452	618	Isabel Barra	2:37:53.4	2:38:01.0	76	F45	9	O Praticante / C. D. Asas Milénium	1:10:01.0	460	1:50:40.7	467
453	463	Mayer Raposo	2:38:09.8	2:38:19.5	377	M60	8	ASSOCIAÇÃO DE ATLETISMO LEBRES	1:09:04.0	446	1:45:26.2	426
454	324	Alexandre Santos	2:38:20.3	2:38:34.3	378	M40	85		1:06:11.0	406	1:48:04.1	447
455	617	António Soares	2:38:40.6	2:39:08.8	379	M45	57	O Praticante / C. D. Asas Milénium	1:08:38.5	443	1:50:06.7	460
456	79	Rui Barbosa	2:38:43.2	2:39:21.0	380	M40	86	Clube Vodafone	1:10:53.6	476	1:53:58.0	486
457	502	Elisete Manuel	2:38:44.9	2:39:08.8	77	Sen F	47	aminhacorrida.com	1:10:22.4	466	1:50:13.9	461
458	510	Nuno Menezes	2:39:40.5	2:40:10.0	381	M40	87	Bladerunners	1:08:26.2	441	1:46:38.7	435
459	270	Maria Sousa	2:39:41.7	2:40:14.0	78	Sub2	1		1:07:46.4	439	1:49:51.9	459
460	268	Bernardo Gonçalves	2:39:41.9	2:40:14.0	382	Sub2	9	Run4Fun	1:07:46.4	438	1:51:12.9	468
461	84	Sónia Ribeiro	2:39:50.8	2:40:09.1	79	Sen F	48	CrossFit 2725	1:08:38.5	442	1:50:18.1	462
462	498	Catarina Lagoa	2:39:54.4	2:40:32.7	80	F45	10		1:14:16.3	508	1:54:48.9	495
463	497	Vitorino Carvalho	2:39:55.6	2:40:33.4	383	M40	88		1:14:15.1	507	1:54:48.6	494
464	361	Manuel João Galveia	2:40:04.1	2:40:22.2	384	M50	31		1:09:12.2	448	1:49:36.5	457
465	357	Vitor Pimenta	2:40:05.4	2:40:37.5	385	M45	58	ARSM - Associação Recreativa de S.	1:12:51.9	498	1:52:44.3	473
466	623	Sergio Anjos	2:40:53.2	2:41:27.3	386	Sen	173	Diverinstal	1:10:50.2	475	1:50:39.9	466
467	460	Paulo Mota	2:41:00.8	2:41:48.0	387	M45	59	ASSOCIAÇÃO DE ATLETISMO LEBRES	1:12:52.2	499	1:54:44.6	491
468	11	Nelson Barreiros	2:41:01.2	2:41:47.8	388	M40	89	Individual	1:12:17.7	493	1:54:47.5	493
469	461	Dina Mota	2:41:01.8	2:41:48.3	81	F45	11	ASSOCIAÇÃO DE ATLETISMO LEBRES	1:12:19.1	494	1:54:46.3	492
470	258	Goreti Fernandes	2:41:27.0	2:41:58.3	82	F50	1	GD Cimpor & Amigos	1:10:30.5	471	1:53:00.5	475
471	524	Pedro Loureiro	2:41:46.7	2:42:28.5	389	M40	90		1:12:21.6	496	1:53:37.7	482
472	525	Sandra Cardoso	2:41:46.7	2:42:28.7	83	F40	19		1:12:21.0	495	1:53:39.3	483
473	430	Marisa Marques	2:41:56.0	2:42:27.4	84	Sen F	49	Outside Dream	1:11:42.8	485	1:55:47.6	504
474	158	Elsa Santiago	2:41:56.6	2:42:27.4	85	Sen F	50		1:11:43.4	486	1:55:49.5	506
475	189	Roque Soares	2:41:57.2	2:42:28.8	390	Sen	174		1:11:47.2	487	1:55:43.7	502
476	77	Pedro Miguel C.c. Almeida	2:41:57.6	2:42:29.2	391	Sen	175	Corridas &&& Comidas	1:11:42.0	484	1:55:49.2	505
477	161	Cláudia Miranda Ramos	2:42:00.2	2:42:27.8	86	F40	20		1:11:51.4	488	1:55:53.7	507
478	640	José Montalvão	2:42:24.0	2:43:08.3	392	M45	60	PR	1:13:31.4	501	1:56:28.8	512
479	538	Nuno Sabino	2:42:33.0	2:43:02.2	393	Sen	176	Açoreana Clube Banif	1:11:29.5	480	1:53:49.1	484

2.º Trilho das Lampas

Finisher List 2.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos.	13.5	Pos.
480	539	Paula Simões	2:42:33.0	2:43:01.8	87	Sen F	51	Açoreana Clube Banif	1:11:30.8	481	1:53:50.5	485
481	164	David Freitas	2:42:36.4	2:43:10.8	394	M45	61	ADCR Polícia Judiciária	1:07:04.7	429	1:49:06.7	453
482	253	João Ferreira	2:42:37.2	2:43:20.0	395	M40	91	GD Cimpor & Amigos	1:10:22.0	465	1:52:44.1	472
483	529	Elina Matonse	2:42:42.3	2:43:06.8	88	Sen F	52	Aminhacorrida.com	1:10:22.9	468	1:53:21.6	481
484	495	Paula Carvalho	2:42:45.8	2:43:17.1	89	F40	21	Run4Fun	1:13:49.2	505	1:56:39.3	514
485	464	Rosalba Leão	2:42:59.9	2:43:48.4	90	Sen F	53		1:10:10.0	464	1:52:47.8	474
486	137	Miguel Torgal	2:43:01.0	2:43:50.2	396	Sen	177		1:10:00.9	459	1:52:41.9	471
487	500	Márcio Fonseca	2:43:02.7	2:43:19.8	397	Sen	178	Açoreana Clube Banif	1:09:13.8	449	1:49:44.4	458
488	275	Paula Machado	2:43:07.0	2:43:18.6	91	F55	4	amigosdacorrida.com	1:09:51.0	458	1:54:14.5	488
489	334	Lara Simons	2:43:08.0	2:43:52.4	92	Sen F	54	CCD Siemens	1:12:07.5	492	1:54:51.3	496
490	73	Liliana Eusébio	2:43:24.6	2:43:48.3	93	Sen F	55		1:10:40.8	474	1:53:10.1	476
491	616	David Silva	2:43:40.3	2:44:04.3	398	M50	32	O Praticante / C. D. Asas Milénium	1:10:22.5	467	1:50:37.8	465
492	482	Susana Vilaça	2:44:16.4	2:45:06.8	94	Sen F	56	Monsanto Running Team	1:16:01.3	518	1:57:20.5	516
493	593	André Noronha	2:44:17.1	2:45:07.1	399	M45	62	SS CGD	1:12:30.7	497	1:55:37.9	500
494	481	Luís Boleto	2:44:18.0	2:45:06.7	400	Sen	179	Monsanto Running Team	1:16:03.1	519	1:57:20.9	517
495	507	Ricardo Rodrigues	2:44:59.7	2:45:12.3	401	M40	92	Hydria Quies	1:08:22.4	440	1:51:13.4	469
496	2199	Catherine de Freitas	2:45:59.0	2:46:15.6	95	F50	2	ADA Desnível	1:15:54.3	517	1:56:25.7	511
497	34	Luís Coito	2:46:05.0	2:46:33.8	402	M40	93	DUMMIES ON FIRE	1:14:30.4	514	1:56:18.9	508
498	245	Hugo Ribeiro	2:46:05.5	2:46:33.9	403	Sen	180	DUMMIES ON FIRE	1:14:30.3	513	1:56:24.1	510
499	199	Patrícia Rocha	2:47:12.3	2:47:48.6	96	Sen F	57	Friends2Run	1:14:20.4	509	1:57:51.4	518
500	82	Elsa Evangelista	2:47:12.5	2:47:48.9	97	Sen F	58	Friends2Run	1:14:22.1	510	1:57:52.9	519
501	246	Pedro Ribeiro	2:47:19.9	2:47:53.7	404	Sen	181	Run 4 Fun	1:14:40.7	515	1:56:30.6	513
502	215	Tiago Pereira	2:48:27.5	2:49:08.3	405	Sen	182	CorrerBarefoot.com	1:05:13.4	378	1:47:54.4	441
503	446	Bernardete Lopes	2:48:29.6	2:49:10.4	98	F40	22	Tartarugas Solidárias	1:13:59.8	506	1:55:40.1	501
504	584	Hamilton Dias	2:48:40.4	2:49:26.2	406	Sen	183		1:11:11.4	478	1:54:18.3	489
505	32	Rui Miguel Gameiro	2:48:42.0	2:49:26.3	407	M40	94		1:11:08.9	477	1:54:09.7	487
506	18	Rui Carmo	2:48:42.2	2:49:26.3	408	M55	20		1:11:13.5	479	1:54:38.8	490
507	16	Cátia Luis	2:53:06.4	2:54:43.9	99	Sen F	59	Couchsurfing Sintra	1:18:13.5	527	2:02:59.9	522
508	70	Ricardo Pereira	2:53:09.8	2:53:28.3	409	Sen	184		1:06:38.7	416	1:47:54.7	443
509	223	Rúben Fonseca	2:53:16.4	2:53:32.8	410	Sen	185		1:11:36.3	483	1:51:38.8	470
510	240	Pedro Teigas	2:53:58.8	2:54:42.1	411	M40	95		1:10:24.3	469	1:55:29.2	498
511	22	Carlos Renato	2:53:59.7	2:54:42.7	412	M50	33	Connect2Run	1:10:24.4	470	1:55:30.8	499
512	422	Manuela Folgado	2:55:53.8	2:56:13.4	100	F60	1	CR Leões de Porto Salvo	1:09:34.5	457	1:56:43.0	515
513	298	Leonor Maria Peleja	2:56:59.0	2:57:22.6	101	Sen F	60	SS CGD	1:14:27.9	512	1:59:31.4	521
514	597	João Silva	2:56:59.0	2:57:22.5	413	M45	63	SS CGD	1:14:23.4	511	1:59:29.1	520
515	424	Margarida Lucas Pires	2:59:01.1	2:59:51.4	102	Sen F	61	Magis Runners Team	1:18:10.1	525	2:05:22.0	526
516	423	Rita Cruz	2:59:02.1	2:59:51.8	103	F45	12	Magis Runners Team	1:17:57.6	524	2:05:18.9	525

2.º Trilho das Lampas

Finisher List 2.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos.	13.5	Pos.
517	425	Joana Villas Boas	2:59:03.3	2:59:52.1	104	F40	23	Magis Runners Team	1:18:10.7	526	2:05:33.5	527
518	586	Francisco Linhol	2:59:14.5	3:00:03.4	414	M55	21	Dummies on fire	1:13:37.7	503	2:04:39.9	523
519	516	Carla Morgado	2:59:15.6	3:00:04.4	105	F40	24	DUMMIES ON FIRE	1:13:42.4	504	2:04:48.3	524
520	144	Ana Pereira	3:00:44.5	3:01:28.3	106	F45	13		1:20:13.3	546	2:13:58.9	551
521	626	Miguel Romeiro Ferreira	3:01:09.5	3:02:04.3	415	M40	96	Individual	1:23:53.6	565	2:06:01.2	530
522	594	António Fonseca	3:01:22.6	3:02:25.8	416	M40	97	SS CGD	1:21:44.4	555	2:13:27.6	550
523	542	Sofia Guedes	3:02:25.7	3:02:53.7	107	Sen F	62	Açoreana Clube Banif	1:18:41.4	534	2:12:05.4	547
524	533	Carlos Candeias	3:02:25.8	3:02:53.6	417	M45	64	Açoreana Clube Banif	1:18:36.1	530	2:12:07.0	549
525	541	Sandra Martins	3:02:26.7	3:02:53.5	108	Sen F	63	Açoreana Clube Banif	1:18:41.3	533	2:12:03.9	545
526	537	Nuno Espírito Santo	3:02:27.0	3:02:53.8	418	M40	98	Açoreana Clube Banif	1:18:39.9	532	2:12:00.3	544
527	531	António Guedes	3:02:27.4	3:02:54.1	419	M40	99	Açoreana Clube Banif	1:18:38.7	531	2:12:05.3	546
528	544	Vitor Rafael	3:02:30.6	3:02:54.1	420	M50	34	Açoreana Clube Banif	1:18:56.4	535	2:12:06.6	548
529	256	Helena Silva	3:02:45.2	3:03:25.7	109	F50	3	GD Cimpor & Amigos	1:18:30.2	528	2:09:13.0	533
530	239	Rute Fernandes	3:03:24.8	3:03:57.0	110	Sen F	64	Run 4 Fun	1:19:28.8	540	2:09:01.1	531
531	316	Ana Cristina Monteiro	3:03:25.0	3:03:50.3	111	Sen F	65	Clube Atletismo Amigos Parque da Paz	1:19:38.0	541	2:11:15.5	536
532	267	Filipa Cabaça	3:03:25.3	3:03:57.1	112	Sen F	66	Run4Fun	1:20:24.9	547	2:09:01.6	532
533	548	Nuno Cruz	3:03:25.9	3:03:50.0	421	M45	65		1:19:40.0	542	2:11:16.8	537
534	355	Pedro Pina	3:03:26.4	3:03:36.8	422	Sen	186		1:01:57.3	328	1:39:10.2	363
535	394	Ana Alpalhão	3:03:32.7	3:04:06.5	113	F40	25		1:22:36.2	562	2:15:10.7	559
536	455	André Reis	3:03:34.9	3:03:53.5	423	Sen	187	SS CGD	1:16:34.2	520	2:05:51.0	529
537	37	Raquel Quintas	3:03:35.7	3:03:54.2	114	Sen F	67	RS Running Team	1:16:35.2	521	2:05:46.9	528
538	33	Eva Vinagre	3:04:02.4	3:04:32.4	115	Sen F	68		1:19:07.2	536	2:11:17.5	538
539	21	Henriqueta Solipa	3:04:22.5	3:05:09.0	116	F50	4	Connect2Run	1:20:03.4	545	2:15:37.8	561
540	104	Sónia Dionísio	3:04:22.5	3:05:08.8	117	Sen F	69	Jobrinde - Montes Saloios	1:20:01.8	544	2:15:31.5	560
541	17	Carla Luis	3:05:33.5	3:07:08.7	118	Sen F	70	Couchsurfing Sintra	1:20:57.6	552	2:14:36.9	555
542	15	Paulo Dias	3:05:33.9	3:07:09.1	424	Sen	188	Couchsurfing Sintra	1:20:56.1	551	2:14:36.2	554
543	2178	António Tiago Vicente	3:05:42.2	3:06:02.8	425	Sen	189		1:23:31.9	564	2:14:41.6	556
544	251	Paulo Ascensão	3:07:10.5	3:07:50.8	426	M40	100	GD Cimpor & Amigos	1:18:31.0	529	2:09:13.2	534
545	354	Sandra Filipe	3:07:23.6	3:08:02.8	119	Sen F	71	Rail Runners	1:21:30.1	554	2:10:45.6	535
546	546	Diogo Reis	3:08:14.6	3:09:10.1	427	Sen	190		1:19:14.0	537	2:11:28.5	539
547	522	Christophe Silva	3:08:15.5	3:09:09.9	428	Sen	191		1:19:16.4	539	2:11:33.9	541
548	492	Carlos Pereira	3:08:16.0	3:09:10.2	429	Sen	192	Os (a) Salamandrecos	1:19:15.6	538	2:11:31.7	540
549	602	Rita Pimenta	3:08:16.5	3:09:07.5	120	Sen F	72	SS CGD	1:20:54.4	550	2:14:26.1	553
550	528	Rui Afonso	3:10:18.0	3:11:02.3	430	M40	101	Afonso Team	1:22:06.4	559	2:11:35.0	542
551	365	Eduarda Pereira	3:11:02.0	3:11:49.5	121	F40	26		1:23:19.1	563	2:14:54.8	557
552	369	Maria Graciete Baptista	3:11:11.6	3:11:45.2	122	F45	14		1:17:46.7	523	2:11:37.1	543
553	282	Pedro Rodrigues	3:11:41.8	3:12:35.1	431	M60	9	amigosdacorrída.com	1:19:56.5	543	2:15:51.8	562

2.º Trilho das Lampas

Finisher List 2.º Trilho das Lampas

Geral	Dorsal	Nome	T.Liq	T.Bruto	C.Sex	Esc	Pos	Clube	10km	Pos.	13.5	Pos.
554	335	Hugo Rodrigues	3:12:42.1	3:13:26.4	432	Sen	193	CCD Siemens	1:20:33.2	548	2:14:23.3	552
555	336	Ira Litwinoff	3:13:18.9	3:14:04.2	123	F50	5	CCD Siemens	1:20:50.3	549	2:14:56.2	558
556	31	Maria Nunes	3:13:47.7	3:14:17.6	124	F45	15	DUMMIES ON FIRE	1:22:33.5	561	2:16:12.7	564
557	19	Jorge Sousa	3:13:49.2	3:14:17.4	433	M40	102	DUMMIES ON FIRE	1:22:31.6	560	2:16:11.5	563
558	622	Ricardo Pereira	3:14:53.1	3:15:28.7	434	Sen	194	Diverinstal	1:17:30.4	522	2:17:15.3	565
559	299	Ana Gabriela Pereira	3:21:19.5	3:21:46.7	125	Sen F	73	Correr na Cidade	1:25:17.7	570	2:19:32.3	569
560	114	Soraia Ferreira	3:21:19.7	3:21:46.9	126	Sen F	74	Monsanto Running Team	1:25:10.1	568	2:19:30.7	568
561	306	Catarina Beato	3:21:20.0	3:21:47.0	127	Sen F	75		1:25:17.5	569	2:19:18.9	567
562	303	Nuno Silva	3:21:39.7	3:22:07.6	435	Sen	195		1:25:05.6	567	2:19:15.1	566
563	596	Dora Pires	3:22:22.9	3:22:42.5	128	F45	16	SS CGD	1:27:20.8	573	2:24:45.1	574
564	606	Otilia Rosado	3:22:25.3	3:22:42.5	129	F40	27	vila seca run team	1:27:23.3	574	2:24:46.0	575
565	674	João Santos	3:26:39.8	3:27:20.5	436	Sen	196	Rail Runners	1:30:49.3	579	2:35:16.4	582
566	292	Filipe Mestre	3:26:57.9	3:28:02.9	437	Sen	197		1:21:45.0	556	2:20:50.3	572
567	344	Silvana Marques	3:26:59.0	3:28:02.9	130	F45	17	O MUNDO DA CORRIDA	1:21:45.7	558	2:20:42.2	570
568	274	Patricia Caixinha	3:26:59.1	3:28:02.8	131	Sen F	76		1:21:45.3	557	2:20:45.9	571
569	106	Diana Nunes	3:31:43.4	3:31:59.8	132	Sen F	77		1:26:04.0	571	2:31:42.7	576
570	180	Alexandra Machado	3:31:48.2	3:32:03.8	133	Sen F	78		1:24:32.9	566	2:31:43.1	577
571	193	Ana David	3:32:57.3	3:33:21.8	134	F50	6	Clube atletismo Amigos Parque da Paz	1:21:28.8	553	2:21:43.2	573
572	43	Rui Nobre	3:36:45.0	3:37:42.4	438	Sen	198		1:30:30.9	576	2:32:20.9	578
573	41	Cecilia Nobre	3:36:50.4	3:37:47.4	135	Sen F	79		1:30:35.1	577	2:32:39.1	580
574	448	Ana Prego	3:39:58.5	3:40:55.6	136	Sen F	80	SintraTraillovers	1:30:41.2	578	2:32:36.0	579
575	160	Mariana Andrade	3:52:35.5	3:53:21.3	137	Sub2	2		1:27:03.3	572	2:32:54.1	581
576	59	Ricardo Oliveira	2:19:53.6	2:20:33.4	439	Sen	199	Jobrinde - Montes Saloios		1	1:38:43.3	359
577	152	António Pedro Santos	2:54:32.2	2:55:13.4	440	M40	103	Os(a) Salamandrecos	1:35:06.7	582		1
578	226	Claudia Pargana	2:35:07.9	2:35:30.4	138	F45	18	Run 4 Fun		2		2
579	360	Marta Santos	2:54:31.7	2:55:13.7	139	Sub2	3	Os(a) Salamandrecos	1:35:05.0	581		3
580	505	Octávio Marcos	2:14:06.6	2:20:54.1	441	Sen	200	Jobrinde - Montes Saloios		3	1:27:16.1	223
581	567	Carlos Morita	2:54:31.7	2:55:13.5	442	M40	104		1:35:01.0	580		4
582	615	Miguel Silva	2:48:45.0	2:49:14.4	443	Sub2	10	O Praticante / C. D. Asas Milénium		4	1:53:14.6	477

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