



Palmela Trail - Trail Curto Runsox

17 de Fevereiro, 2019

<https://werun.pt/resultados/palmela-trail-trail-curto/>

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	1136	GONALO PRUDNCIO	00:42:54	00:45:39	M2439	TEAM URBAN OBSTACLES	1
2	5520	AMRICO PEREIRA	00:43:20	00:43:19	M5054	CrossFit Alfhaden	1
3	1018	TIAGO LOUSA	00:43:21	00:43:19	M2439	CROSSFIT ALPHADEN	2
4	1191	RICARDO AVILA	00:43:51	00:43:49	M0023		1
5	690	PAULO JORGE SOUSA FERREIRA	00:44:31	00:47:14	M4549	PINHAL NOVO A CORRER	1
6	590	JOO REBELO	00:44:45	00:47:28	M2439	REMO CLUBE LUSITANO	3
7	950	DUARTE ALVES	00:45:25	00:47:57	M0023	OCR PORTUGAL LAB	2
8	988	MARIO AFONSO	00:45:49	00:48:31	M2439	CCR ALTO DO MOINHO	4
9	989	RUI AFONSO	00:47:40	00:50:14	M4549	CCR ALTO DO MOINHO	2
10	1071	TIAGO LOBO	00:47:52	00:50:36	M4044	NAUS TRAIL TEAM	1
11	992	TIAGO GONALVES	00:48:43	00:51:05	M2439		5
12	5519	LUIS PEREIRA	00:48:55	00:48:52	M4549	Rio mouro paies	3
13	797	JOO LEMOS	00:49:08	00:49:06	M2439	CROSSFIT ALPHADEN	6
14	1030	BRUNO LOUSA	00:49:23	00:49:20	M2439	CROSSFIT ALPHADEN	7
15	1044	STEVE PRAZERES	00:49:32	00:49:29	M0023	CROSSFIT ALPHADEN	3
16	942	RUI HENRIQUES	00:49:48	00:49:45	M2439	SERVIOS SOCIAIS MONTEPIO	8
17	1160	TIAGO DUARTE	00:49:49	00:52:32	M2439	TEAM URBAN OBSTACLES	9
18	5559	EMANUEL FREITAS	00:49:53	00:49:53	M2439		10

19	846	PEDRO ROSA	00:49:54	00:49:45	M2439	GRUPO DESPORTIVO DA PARREIRA	11
20	862	JOÃO ALVES	00:49:57	00:49:55	M2439	GO!RUNNERS / OUTPRO STORE	12
21	1142	MANUEL MARTINS	00:50:04	00:50:03	M2439	BIC BRR	13
22	1032	NELSON DIOGO	00:50:05	00:50:02	M2439	AMCF - ARRÁBIDA TRAIL TEAM	14
23	980	PEDRO MARTINS	00:50:08	00:50:07	M2439	INDIVIDUAL	15
24	734	ARTUR VINHAIS	00:50:16	00:50:14	M4044	Urbanização vila vermelho	2
25	5567	NUNO GOM ES	00:50:24	00:50:22	M2439	GO!RUNNERS / OUTPRO STORE	16
26	586	TIAGO MORAIS	00:50:27	00:50:25	M2439	HOUSEMARTINS BELAS	17
27	931	MARCELO OLIVEIRA	00:50:30	00:50:27	M2439	CROSSFIT ALPHADEN	18
28	1150	JOSÉ CRUZ	00:50:37	00:50:37	M2439		19
29	559	FERNANDO SANTOS	00:50:53	00:53:36	M5054	CLUBE DE PRAÇAS DA ARMADA	2
30	1008	BRUNO TORRES	00:51:29	00:51:29	M2439	Centro Terapêutico Sotto Mayor & Limited Edition	20
31	600	PEDRO MEDLEY	00:51:32	00:51:13	M2439	SETÚBAL	21
32	1120	VÍTOR CHAGAS	00:52:08	00:54:49	M4044	C.F. Belenenses	3
33	728	FRANCISCO LOPES	00:52:19	00:52:15	M4549		4
34	587	RAUL CORREIA PENA	00:52:24	00:54:42	M5054	HOUSEMARTINS BELAS	3
35	606	BRUNO ALVES	00:52:55	00:52:44	M2439	BARREIRO	22
36	592	GONÇALO CARVALHO	00:53:03	00:52:59	M2439	CROSSFIT ALPHADEN	23
37	852	JOSÉ GOMES	00:53:22	00:53:22	M5559		1
38	785	RUI LOUREIRO	00:53:40	00:53:35	M2439	Clube Naval do Funchal - Óptica da Sé	24
39	757	VITOR SANTOS	00:54:09	00:54:07	M2439	JUVENTUDE ATLÉTICO CLUBE	25
40	835	ARTUR MOREIRA	00:54:12	00:54:07	M4044		4
41	722	RODOLFO SERRA	00:54:19	00:54:13	M2439	Bué da Serra	26

42	635	NELSON FILIPE VALENTE	00:54:24	00:54:19	M2439		27
43	1111	JORGE SOARES	00:54:38	00:57:22	M0023	abutres trail running school	4
44	5515	JOSÉ COSTA	00:55:17	00:55:17	M5054		4
45	1137	BRUNO CARRIÇO	00:55:23	00:58:06	M2439	TEAM URBAN OBSTACLES	28
46	5564	DAVID CALVO	00:55:33	00:55:22	M2439	LEBRES DO SADO	29
47	5578	NUNO CAFÉ	00:55:54	00:55:48	M4044	AMINHACORRIDA/MY PROTEIN	5
48	1081	BRUNO RATINHO	00:56:23	00:56:20	M4044	CROSSFIT ALPHADEN	6
49	534	ALEXANDRE CANTANHEDE	00:56:27	00:58:40	M4044	CLUBE DE PRAÇAS DA ARMADA	7
50	700	RICARDO SOUSA	00:56:38	00:56:32	M2439	SUNDAY RUNNERS	30
51	546	PEDRO SANTOS	00:56:41	00:56:33	M4044	SUNDAY RUNNERS	8
52	737	ANTÓNIO SILVA	00:56:46	00:56:44	M4549	PINHAL NOVO A CORRER	5
53	1031	ANTONIO PIRES	00:56:54	00:56:54	M5054	CROSSFIT ALPHADEN	5
54	1188	ANTONIO TORRES	00:57:09	00:56:50	M2439		31
55	1158	LUÍS CALHA	00:57:13	01:09:42	M5054	CPA TRAIL Team/ Clube de praças da Armada	6
56	5508	FÁBIO RODRIGUES	00:57:19	00:57:19	M2439	AI NÓS JAMOR	32
57	1017	SÉRGIO RAMOS	00:57:21	00:57:18	M4549	OCR PORTUGAL LAB	6
58	1086	FRANCISCO CALVO	00:57:27	00:57:24	M5559	VFC TRAIL RUNING	2
59	5509	ANTONIO ALMEIDA	00:57:29	00:57:25	M5559	NUCLEO DESPORTIVO AUTOCOOPE	3
60	1066	JOÃO SIMÃO	00:57:43	00:57:04	M0023		5
61	1135	PEDRO PASCOAL	00:57:45	00:57:44	M4044	TEAM URBAN OBSTACLES	9
62	5542	VASCO MIGUEL	00:57:58	00:57:53	M4044	wildest	10
63	857	LUIS CUNHA	00:58:04	00:58:04	M4549	Quinta de Cima - Torre da Marinha	7
64	759	JOSÉ MOREIRA	00:58:14	00:58:10	M2439	HOUSEMARTINS BELAS	33

65	1022	JOÃO MONIZ	00:58:25	00:58:24	M2439	BARREIRO	34
66	623	FELICIANO ALVES	00:58:35	00:58:35	M5054	FITRUNNERS	7
67	1046	JOSÉ CARVALHO	00:59:02	00:58:56	M2439	The BearCave Box OCR-Trail	35
68	1168	JOÃO CANANÉ	00:59:05	00:58:54	M4044		11
69	740	PAULO GONÇALVES	00:59:08	00:59:08	M2439	POLRUNNERS	36
70	881	MÁRIO FRANCISCO MALATO LOURENÇO	00:59:13	00:59:10	M5054	CLUBE DE PRAÇAS DA ARMADA	8
71	739	MÁRIO MOITA	00:59:22	00:59:22	M4549	PINHAL NOVO A CORRER	8
72	879	LUIS FRANCO	00:59:28	00:59:24	M4044	HOUSEMARTINS BELAS	12
73	943	BRUNO PARDAL	00:59:30	00:59:21	M2439	Runing Loures	37
74	1139	CLÁUDIO BELCHIOR	00:59:50	00:59:50	M4044		13
75	729	BRUNO MIGUEL MOREIRA LOUREIRO	01:00:02	01:00:02	M2439	AMC TRAIL	38
76	1163	ALCINO CESAR	01:00:23	01:00:23	M4044	OCR PORTUGAL	14
77	962	MIGUEL SEQUEIRA	01:00:26	01:00:22	M2439	LINDA-A-PASTORA SPORTING CLUBE	39
78	5575	ANABELA CARVALHO	01:00:33	01:00:32	F5559	GD SÃO DOMINGOS	1
79	1194	FERNANDO RIBEIRO	01:00:35	01:02:30	M5054		9
80	5554	RUI CARNEIRO	01:00:36	01:00:26	M4549		9
81	698	CARLOS GREGÓRIO	01:00:41	01:00:35	M4044	SUNDAY RUNNERS	15
82	549	LUIS GOMES GOMED	01:00:48	01:00:46	M4549	FITRUNNERS	10
83	742	RUI PEREIRA	01:00:56	01:00:36	M2439	POLRUNNERS	40
84	847	TIAGO ROSA	01:01:00	01:00:36	M2439	Grupo desportivo parreira	41
85	731	JORGE FRANCO	01:01:08	01:01:08	M4549	POL RUNNERS	11
86	1051	CARLOS FIGUEIREDO	01:01:16	01:01:13	M2439	Runners da frente ribeirinha da P S Iria	42
87	5540	VITOR CANTO	01:01:19	01:01:16	M4549	LINDA-A-PASTORA SPORTING CLUBE	12

88	581	ARMANDO REIS	01:01:21	01:01:17	M2439	HOUSEMARTINS BELAS	43
89	647	FERNANDO MIGUEL	01:01:22	01:00:48	M2439		44
90	893	DIOGO SILVA	01:01:30	01:01:12	M2439	STRONG TEAM	45
91	551	CARLOS MARTINS	01:01:37	01:01:25	M4549	CCDCAM	13
92	832	JOÃO SALVADO	01:01:51	01:01:34	M5054	STRONG TEAM	10
93	519	PAULO PINTO	01:01:56	01:01:55	M4549	PINHAL NOVO CORRER	14
94	945	JOÃO DIONISIO	01:02:01	01:01:51	M4044	Runing Loures	16
95	1042	ARMANDO MARTINS	01:02:01	01:02:01	M4044		17
96	659	TIAGO EZEQUIEL	01:02:05	01:02:03	M4044	FITRUNNERS	18
97	1146	MATHIEU LEFORT	01:02:13	01:01:30	M0023		6
98	595	JULIO RODRIGUES	01:02:14	01:02:09	M2439		46
99	782	MIGUEL OLIVEIRA	01:02:20	01:02:00	M2439	PALMELENSE F.C.	47
100	1116	SÉRGIO PEREIRA	01:02:25	01:02:10	M2439		48
101	5579	PATRICIA FALCÃO	01:02:39	01:02:33	F4549	AMINHACORRIDA/MY PROTEIN	1
102	703	JOÃO APOLINÁRIO	01:02:40	01:02:22	M4044	Sesimbra	19
103	5576	CARLOS LOPES	01:02:41	01:02:34	M4044	AMINHACORRIDA/MY PROTEIN	20
104	526	DÁRIO NOBRE	01:02:48	01:02:48	M2439		49
105	1014	CARLOS NUNES	01:02:58	01:02:53	M4044	KANGAROO RUNNERS	21
106	1016	YURI SANTOS	01:03:02	01:02:31	M0023	PALMELENSE FUTEBOL CLUBE	7
107	876	FÁTIMA CRUZEIRO	01:03:04	01:03:03	F4044		1
108	888	ZÉLIA PEDRO	01:03:16	01:02:58	F2439	MOITARUNNING	1
109	1187	KARINE VIE	01:03:17	01:06:00	F4549	Alhandra Sporting Clube	2
110	870	RUI FILIPE FERREIRA	01:03:24	01:02:59	M4044	PapaTrilhos	22

111	5574	LUIS MARTINS	01:03:30	01:03:26	M2439	Lavre running	50
112	540	TIAGO CURTO	01:03:32	01:03:27	M0023	SUNDAY RUNNERS	8
113	930	TÂNIA VIEIRA	01:03:34	01:04:21	F2439		2
114	1062	JOAO SANTOS	01:03:43	01:03:40	M2439		51
115	5516	RICARDO LADISLAU	01:03:46	01:03:37	M4044		23
116	1154	RAFAEL CARLOS	01:03:49	01:03:49	M2439		52
117	678	HUGO FERNANDES	01:03:49	01:03:32	M2439	42RUN	53
118	1080	MANUEL RITA DUQUE	01:04:02	01:03:58	M4549	running team el corte inglés	15
119	956	CARLOS TEIXEIRA	01:04:02	01:03:55	M4549	Sacavenense	16
120	786	RAQUEL ANDRADE	01:04:12	01:04:06	F2439	Clube Naval do Funchal - Óptica da Sé	3
121	503	FILIPE CAGICA	01:04:13	01:04:13	M2439		54
122	1103	ANTÓNIO FEIJÓ	01:04:34	01:04:30	M2439		55
123	741	JULIO MOREIRA	01:04:36	01:04:17	M4044	POLRUNNERS	24
124	591	PAULO SOUSA	01:04:40	01:04:10	M2439	PALMELENSE F.C.	56
125	995	JOSÉ GUILHERME BROEGA	01:04:46	01:04:46	M2439	ApMoita	57
126	5577	ALEXANDRA SILVA	01:04:47	01:04:36	F4044	AMINHACORRIDA/MY PROTEIN	2
127	1190	CATARINA COSTA	01:04:50	01:04:46	F2439	AI NÓS JAMOR	4
128	5561	MIGUEL BRANDÃO	01:04:50	01:04:48	M2439	RORIZAVENTURA	58
129	663	OLAVO MINEIRO	01:04:56	01:04:40	M4044	Team bizarro	25
130	775	MANUEL COITO	01:05:00	01:04:35	M2439	Papa Trilhos	59
131	1064	PEDRO PACHECO	01:05:06	01:04:37	M2439		60
132	621	HUGO MARTINS	01:05:08	01:04:24	M2439	NAUS TRAIL TEAM	61
133	507	FERNANDO SILVA	01:05:10	01:05:03	M2439	PINHAL NOVO A CORRER	62

134	682	PEDRO NEVES	01:05:12	01:04:53	M2439	42RUN	63
135	1082	ANTONIO VIEGAS	01:05:16	01:05:14	M6099	INDIVIDUAL	1
136	5550	TIAGO SILVA	01:05:45	01:05:36	M2439	AMIGOS VALE SILÊNCIO	64
137	748	JOÃO MIRANDA	01:05:50	01:05:46	M5054	HOUSEMARTINS BELAS	11
138	808	CARLOS CARVALHO	01:05:55	01:05:45	M5559	GD BANCO BPI	4
139	624	TELMO FREIRE	01:05:57	01:05:48	M2439		65
140	781	BRUNO BARROS	01:05:59	01:05:59	M2439	PapaTrilhos	66
141	677	NUNO BAPTISTA	01:06:02	01:05:44	M4044	42RUN	26
142	861	JOÃO PINTO	01:06:03	01:05:55	M0023		9
143	858	NUNO FRANCO	01:06:35	01:06:32	M4549		17
144	851	PEDRO RODRIGUES	01:07:28	01:06:44	M0023		10
145	791	MARTA POMBO	01:07:32	01:06:55	F2439	DUBLIN O'SEVEN	5
146	664	FRANCISCO BERNARDINO	01:07:41	01:07:10	M0023		11
147	982	ALVARO SILVA	01:07:42	01:07:36	M0023	KANGAROO RUNNERS	12
148	1041	ALEXANDRE PAOMOLE	01:07:46	01:07:44	M0023	Azeitão	13
149	5526	FRANCISCO NOVERSA	01:07:49	01:07:40	M2439	Afifense	67
150	764	CARLOS FERREIRA	01:07:54	01:07:50	M6099	NUCLEO DESPORTIVO AUTOCOOPE	2
151	5568	ARLETE REGO	01:07:55	01:07:39	F2439	GO!RUNNERS / OUTPRO STORE	6
152	547	RICARDO LAMELAS DOS SANTOS	01:07:55	01:07:46	M4044	STJOAOLIVEIRATEAM	27
153	736	BRUNO UMBELINO	01:07:56	01:07:14	M0023	NAUS TRAIL TEAM	14
154	5535	DUARTE RIBEIRO	01:07:58	01:07:37	M2439	KINGSFAMILY	68
155	914	CARLOS MANUEL AUGUSTO DE JESUS	01:08:02	01:08:02	M5559	FITRUNNERS	5
156	564	SUSANA JEREMIAS	01:08:02	01:07:59	F4549	FITRUNNERS	3

157	5563	JOAQUIM GUERREIRO	01:08:03	01:07:52	M4549	LEBRES DO SADO	18
158	972	CARLOS TRABULO	01:08:15	01:07:57	M6099	Lisbon	3
159	719	RITA PITEIRA	01:08:19	01:07:56	F2439		7
160	602	RUI REIS	01:08:20	01:08:00	M5054	CGI	12
161	790	RUI LUIS	01:08:25	01:07:49	M4044	DUBLIN O'SEVEN	28
162	1128	BRUNO ANTUNES	01:08:30	01:08:30	M2439	Gfi Portugal	69
163	910	RICARDO DINIS	01:08:32	01:08:32	M4044		29
164	609	MÁRCIA SANTOS	01:08:34	01:08:28	F2439	ASSOCIAÇÃO ACADÉMICA PINHALNOVENSE	8
165	610	HELDER NUNES	01:08:35	01:08:29	M2439	PINHAL NOVO A CORRER	70
166	699	PEDRO COELHO	01:08:41	01:08:25	M2439		71
167	815	GIZELA MOTA	01:08:42	01:08:25	F4044	PINHAL NOVO A CORRER	3
168	673	LUIS COSTA	01:08:55	01:08:38	M4549	42RUN	19
169	1092	SÉRGIO MONTEIRO	01:08:57	01:08:43	M2439	SCA/RUN ALCÁÇOVAS	72
170	758	AUGUSTO FERNANDES	01:09:02	01:08:58	M5559	HOUSEMARTINS BELAS	6
171	5504	GONÇALO CARDOSO	01:09:03	01:08:52	M4044		30
172	1176	LUIS CASIMIRO	01:09:08	01:09:04	M5054		13
173	571	JOSÉ MELATO	01:09:25	01:09:22	M4044	OCR PORTUGAL LAB	31
174	537	POSSIDONIO CONSTANTINO	01:09:29	01:09:23	M6099	CLUBE DE PRAÇAS DA ARMADA	4
175	1069	CARLOS PATRICIO	01:09:30	01:09:30	M2439	SETUBAL	73
176	1175	PAULO RAMIRES	01:09:35	01:09:32	M5054		14
177	5562	PATRICIA GERALDES	01:09:47	01:09:45	F5054		1
178	1047	CARMEN SUSANA SANTOS	01:09:52	01:09:33	F4549	Paço de Arcos	4
179	676	TIAGO ALDRABINHA	01:09:53	01:09:30	M2439	Arti&Lama	74

180	744	INÊS NUNES	01:09:54	01:09:31	F2439	Arti&Lama	9
181	1144	MAXIME BEYSECKER	01:10:10	01:09:25	M0023		15
182	752	FERNANDO CARVALHO	01:10:15	01:10:12	M6099	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	5
183	596	CARLOS TAVARES	01:10:30	01:10:19	M4044		32
184	1177	ROGÉRIO BECHO	01:10:32	01:10:30	M4044		33
185	955	FÁBIO FERRÃO	01:10:37	01:09:56	M2439		75
186	818	RENATO MAURÍCIO	01:10:39	01:10:33	M4549	PINHAL NOVO A CORRER	20
187	578	ALEXANDRE CRUZ	01:10:40	01:10:35	M2439		76
188	967	SEBASTIÃO CARMO	01:10:40	01:10:40	M2439		77
189	885	PEDRO LOURENÇO	01:10:51	01:10:01	M4549	GD BANCO BPI	21
190	634	MAIKEL VARELA	01:10:53	01:10:03	M2439	MBV	78
191	971	FERNANDO PEREIRA	01:11:01	01:10:20	M5054	CLUBE VODAFONE	15
192	1152	JOÃO GIL	01:11:17	01:10:30	M4549	NAUS TRAIL TEAM	22
193	766	JORGE MOREIRA	01:11:23	01:10:31	M5559	NUCLEO DESPORTIVO AUTOCOOPE	7
194	1134	ANA PASCOAL	01:11:24	01:11:22	F2439	TEAM URBAN OBSTACLES	10
195	646	CRISTOVÃO BRANDÃO	01:11:28	01:10:50	M2439	Liga Alcool	79
196	580	PAULO PEREIRA	01:11:30	01:11:22	M4044	INDIVIDUAL	34
197	535	MÁRCIA CANTANHEDE	01:11:31	01:11:18	F2439	CLUBE DE PRAÇAS DA ARMADA	11
198	875	LUIS RELVAS	01:11:33	01:11:09	M4044	Cem Reis	35
199	824	JOSÉ GUERREIRO	01:11:34	01:10:48	M6099	SERVIÇOS SOCIAIS MONTEPIO	6
200	577	PEDRO LOPES	01:11:39	01:11:31	M4044	Samouco	36
201	919	RUI BAPTISTA	01:11:49	01:11:27	M4549	Cem Reis	23
202	978	CARLA FERNANDES	01:12:05	01:11:58	M4044	AMINHACORRIDA	37

203	1169	PAULO RODRIGUES	01:12:06	01:11:54	M4549	MOITA A CORRER	24
204	872	ANTONIO CAETANO	01:12:07	01:11:56	M4549	STJOAOOLIVEIRATEAM	25
205	959	RUI GOMES	01:12:09	01:12:05	M4044		38
206	933	PEDRO RIBEIRO	01:12:10	01:12:10	M2439		80
207	1019	DIOGO TOMÁS FERREIRA	01:12:15	01:11:26	M2439		81
208	771	DELFIN PRATAS	01:12:23	01:11:44	M5054	BRR nightRUNNERS	16
209	1006	JORGE EUSEBIO	01:12:25	01:12:23	M4549		26
210	645	HUGO ROSA	01:12:33	01:11:55	M2439	Liga Alcool	82
211	848	DANIEL MARTINS	01:12:39	01:12:14	M2439	Grupo desportivo parreira	83
212	691	JOÃO SANTOS	01:12:43	01:12:43	M5054	INDIVIDUAL	17
213	684	RICARDO SILVA	01:13:03	01:12:59	M2439		84
214	873	RUI BASTOS	01:13:17	01:13:01	M4549	STRONG TEAM	27
215	675	BRUNO FERREIRA	01:13:17	01:12:59	M2439	STRONG TEAM	85
216	1182	LUIS ALVES	01:13:18	01:12:52	M4044		39
217	1143	XAVIER BEYSECKER	01:13:21	01:12:37	M5054		18
218	1105	ANA COELHO	01:13:21	01:13:12	F4044	Modernas	4
219	556	RUI MELO	01:13:29	01:13:17	M4549	CCDCAM	28
220	754	EDGAR LUZIA	01:13:40	01:13:15	M2439	PapaTrilhos	86
221	747	ANTÓNIO MARTINS	01:13:41	01:13:23	M4549	HOUSEMARTINS BELAS	29
222	506	ANA ALMEIDA	01:13:45	01:13:38	F2439	PINHAL NOVO A CORRER	12
223	756	LUIS PITA	01:13:49	01:13:39	M4549		30
224	705	CARLOS HENRIQUE BATISTA DA COSTA	01:13:52	01:13:06	M2439	NAUS TRAIL TEAM	87
225	5537	JOÃO REIS	01:13:53	01:13:31	M2439	KINGSFAMILY	88

226	1055	JOSÉ PEDROSA	01:14:09	01:13:52	M5559	Grupo Maravilha	8
227	961	SONIA SEQUEIRA	01:14:17	01:14:15	F4044	LINDA-A-PASTORA SPORTING CLUBE	5
228	685	NUNO SILVA	01:14:22	01:14:18	M2439		89
229	1157	FILIPE MARQUES	01:14:24	01:13:57	M2439		90
230	886	PEDRO RAMOS	01:14:27	01:14:27	M4044	OPRATICANTE.PT	40
231	536	SANDRA OLIVEIRA	01:14:27	01:14:27	F2439	CLUBE DE PRAÇAS DA ARMADA	13
232	874	DORA RELVAS	01:14:41	01:14:18	F4044	Cem Reis	6
233	1033	RUI ANTUNES	01:14:46	01:13:57	M0023	Barris com Pernas	16
234	1067	FRANCISCO GUEDES	01:14:47	01:14:23	M4549	FGuedesTecnica	31
235	539	MICAELA SANTOS	01:14:48	01:14:40	F2439	SUNDAY RUNNERS	14
236	5541	SAMUEL TEIXEIRA	01:14:55	01:14:11	M2439	Copo 3	91
237	5580	DIOGO SOARES	01:15:00	01:15:00	M2439		92
238	533	LUÍS GRENHAS	01:15:03	01:14:28	M4549	LA FAMÍLIA	32
239	631	PAULO PINHEIRO	01:15:05	01:14:42	M2439		93
240	5547	ALBERTO LOPES	01:15:08	01:14:25	M4044	copo3	41
241	5581	TÂNIA AZEVEDO	01:15:09	01:17:53	F2439	GO!RUNNERS / OUTPRO STORE	15
242	935	BERNARDO EMIDIO	01:15:13	01:14:14	M2439		94
243	1059	SÓNIA CARVALHO	01:15:20	01:14:58	F4044	NAUS TRAIL TEAM	7
244	916	SÓNIA ALMEIDA	01:15:21	01:14:58	F4044	Cem Reis	8
245	710	PEDRO BATISTA	01:15:23	01:15:23	M2439	CARACÓIS TURBINADOS	95
246	5558	RICARDO PEREIRA	01:15:23	01:15:23	M4044	DUBLIN O'SEVEN	42
247	990	ROSA AFONSO	01:15:28	01:14:25	F5054	CCR ALTO DO MOINHO	2
248	573	PAULO ABADIA	01:15:46	01:15:32	M4549	Team bizarro	33

249	799	DANIEL MARTINS	01:15:48	01:15:20	M2439	SARAPITOLAS	96
250	5530	CARLOS ALBERTO DOS JESUS	01:15:53	01:15:39	M5054	INDIVIDUAL	19
251	941	LUIS CORREIA	01:15:56	01:15:25	M4044	Power Runner	43
252	652	TIAGO ROSA	01:15:58	01:15:31	M2439	Os nés	97
253	773	ROMÃO MOITA	01:16:04	01:15:41	M5559	COA Corvus Trail Team	9
254	1075	ANDRE DIAS	01:16:04	01:15:39	M2439	A2el - Publicidade	98
255	544	IVO CORREIA	01:16:10	01:16:02	M5559	FITRUNNERS	10
256	745	LUIS GARCIA	01:16:11	01:16:07	M2439	Arti&Lama	99
257	5560	NUNO MIGUEL CODEÇO	01:16:12	01:16:12	M4044	DUBLIN O'SEVEN	44
258	991	PAULO SOARES	01:16:24	01:15:24	M4044	CCR ALTO DO MOINHO	45
259	622	OLGA PAULINO	01:16:24	01:16:17	F4549	FITRUNNERS	5
260	966	LUÍSA RALHA	01:16:25	01:15:58	F5559	RUN 4 FUN	2
261	801	ARMANDO MORAIS	01:16:30	01:16:30	M5559	SARAPITOLAS	11
262	504	ANA TEIXEIRA	01:16:30	01:16:28	F4044	OCR PORTUGAL LAB	9
263	777	PEDRO LOPES	01:16:36	01:16:20	M4549	SERRADO FC ATLETISMO	34
264	1102	SÓNIA PINTO PANASCO	01:16:38	01:16:32	F4044	Centro de Marcha e Corrida de Odivelas	10
265	751	ANTÓNIO RICARDO SANTOS	01:16:43	01:16:43	M4549		35
266	704	CARLOS ANJO	01:16:45	01:16:26	M2439		100
267	716	JOAQUIM NASCIMENTO	01:16:45	01:16:28	M4044		46
268	604	JOAQUIM PEDRO LOURENÇO	01:16:46	01:16:46	M4549	HOUSEMARTINS BELAS	36
269	856	MIGUEL HORTA	01:16:47	01:16:30	M4044	Trilhos & Bigodes	47
270	855	LUIS PINTO	01:16:47	01:16:31	M2439	Trilhos & Bigodes	101
271	1004	NUNO MIGUEL COSTA RIBEIRO	01:16:55	01:16:37	M4044		48

272	922	NELSON JOÃO	01:17:00	01:17:00	M2439	MULTIRUNNERS	102
273	1029	VASCO BERNARDO	01:17:05	01:16:47	M4044	NAVIGATOR CLUBE SETUBAL	49
274	508	BRUNO MARTINS	01:17:09	01:17:09	M2439		103
275	5571	PAULO GONÇALVES	01:17:12	01:17:01	M5054	MARVILA JOVEM	20
276	5514	ABEL COSTA	01:17:18	01:31:51	M4549	Gfi Portugal	37
277	1052	SUSANA CORREIA	01:17:25	01:16:40	F2439	NAUS TRAIL TEAM	16
278	994	LUISA PISCO	01:17:27	01:17:05	F5559	LESMAS ACELERADAS	3
279	560	BEATRIZ SÉCIO	01:17:32	01:16:39	F0023	MÃE E FILHA	1
280	804	JOSÉ MOTA	01:17:39	01:16:59	M4549	BRRNIGHTRUNNERS	38
281	899	FILIPE RODRIGUES	01:17:49	01:17:26	M4549	Cem Reis	39
282	589	FRANCISCO REBELO	01:17:54	01:17:17	M5054	EDP Runners	21
283	1091	PAULO PRAÇA	01:18:01	01:17:47	M5559		12
284	770	JORGE PEREIRA	01:18:05	01:17:27	M5054	BRR nightRUNNERS	22
285	906	DIANA SANTOS	01:18:06	01:18:06	F2439	STJOAOOLIVEIRATEAM	17
286	905	JOAO OLIVEIRA	01:18:07	01:17:58	M4044	STJOAOOLIVEIRATEAM	50
287	1026	FRANCISCO MARTINS	01:18:08	01:17:17	M2439		104
288	1028	HÉLDER BRANDÃO DA SILVA	01:18:22	01:17:53	M4549		40
289	5502	AURÉLIO GOMES	01:18:30	01:18:26	M5559	GRUPETA RUNNING TEAM	13
290	825	TERESA CARDOSO	01:18:45	01:17:59	F2439	SERVIÇOS SOCIAIS MONTEPIO	18
291	1079	LUCIA NOGUEIRA	01:18:56	01:18:22	F5559	TÁLENTOS TEAM	4
292	1104	PAULA SIMÕES	01:19:03	01:19:03	F2439	Grupo Desportivo e Recreativo de Manique de Cima	19
293	672	PEDRO CARETAS	01:19:14	01:18:58	M2439	42 RUN	105
294	1184	LEONOR CANDEIAS	01:19:16	01:19:04	F2439	KÇPHODA WOLVES TRAIL	20

295	1010	SANDRO OLIVEIRA	01:19:17	01:19:17	M4044	SARAPITOLAS	51
296	5510	PATRÍCIA MONTEIRO	01:19:26	01:19:21	F4044	AI NÓS JAMOR	11
297	1174	INÊS CAMPOS	01:19:35	01:19:08	F2439	BRUNOSEMPRE. BABA MAMBO	21
298	1173	EUNICE RAQUEL	01:19:36	01:19:10	F4044	BRUNOSEMPRE. BABA MAMBO	12
299	1178	FERNANDO MANUEL CLAUDINO	01:20:08	01:19:40	M6099	BRUNOSEMPRE. BABA MAMBO	7
300	845	CARLOS MARTINS	01:20:11	01:20:11	M5559	LISBOA	14
301	917	VASCO ALMEIDA	01:20:11	01:19:48	M4044	Cem Reis	52
302	593	PEDRO SILVA	01:20:15	01:20:15	M4044	Non-Strava	53
303	5507	HELENA SÉCIO	01:20:31	01:20:31	F5054	MÃE E FILHA	3
304	755	RITA AZEVEDO	01:20:34	01:20:24	F4044		13
305	789	RUTE M.MARTINS	01:21:06	01:20:28	F4044	DUBLIN O' SEVEN	14
306	1107	CAROLINA ALVES	01:21:06	01:20:31	F2439		22
307	1058	PEDRO FERREIRA	01:21:09	01:20:49	M2439		106
308	844	JOAO CARLOS RESENDE	01:21:16	01:21:03	M4044		54
309	828	JOSÉ VICENTE	01:21:23	01:21:23	M4044	GDAZAMBUJA - TRAIL TEAM	55
310	5555	JOSE AMARAL	01:21:38	01:21:23	M5054	AMARAL	23
311	883	VIRGILIO BLANCO	01:21:44	01:21:00	M5559	A NATUREZA ENSINA	15
312	1148	ARMINDA CARDOSO	01:21:47	01:21:02	F4044	NAUS TRAIL TEAM	15
313	1147	PEDRO CARDOSO	01:21:48	01:21:03	M4549	NAUS TRAIL TEAM	41
314	915	HENRIQUE MARTINS	01:21:50	01:21:30	M5559		16
315	628	ELSA RODRIGUES	01:22:09	01:21:24	F2439	NAUS TRAIL TEAM	23
316	523	PEDRO SILVA	01:22:12	01:21:54	M4044		56
317	1027	RICARDO SILVA	01:22:19	01:22:19	M2439		107

318	924	ANDREIA CASTANHEIRA	01:22:27	01:21:55	F2439		24
319	772	SERGIO LOPES	01:22:28	01:21:56	M2439	GALHARDOS RUNNERS	108
320	668	JOÃO PEDRO	01:22:31	01:22:04	M2439	CDCR DOS CTT	109
321	887	ANA BAILÃO	01:22:31	01:22:05	F2439	CDCR DOS CTT	25
322	1093	BRUNO FERNANDES	01:22:37	01:22:10	M2439		110
323	1057	ANA CARDOSO	01:22:42	01:22:17	F2439		26
324	603	GERTRUDES CRISTINA PEREIRA	01:22:48	01:22:32	F4549	HOUSEMARTINS BELAS	6
325	501	TÂNIA CRISTINA CARVALHO DE AZEVEDO	01:22:50	01:22:33	F4044	HOUSEMARTINS	16
326	683	ADÉLIA CABRAL	01:22:54	01:22:44	F2439	SSCGD	27
327	960	VANDA CORREIA	01:22:56	01:22:40	F4044		17
328	975	MÁRIO CORREIA	01:22:57	01:22:57	M4044		57
329	1045	PEDRO TAVARES	01:22:57	01:22:31	M2439	RacingBikes	111
330	957	CLAUDIA GONÇALVES	01:22:59	01:22:52	F4044	Sacavenense	18
331	958	FILIPA TEIXEIRA	01:23:00	01:22:53	F2439	Sacavenense	28
332	932	ANA VENCES	01:23:00	01:22:28	F4044	COININHA RUNNERS	19
333	5524	ANTÓNIO CARMO	01:23:07	01:22:41	M5054	Papa Trilhos do CAAL	24
334	5528	VITOR CADÃO	01:23:08	01:22:43	M5559	Papa Trilhos do CAAL	17
335	697	NUNO BOTELHO	01:23:16	01:22:45	M4044		58
336	670	LÚCIA VENTURA	01:23:16	01:22:46	F4044	GEORUNNERS	20
337	693	RUI DIAS	01:23:17	01:22:48	M4044	PI-LINHA RUNNERS	59
338	909	RUI NUNES	01:23:18	01:22:45	M2439	Cismáticos Running	112
339	642	JORGE LEMOS	01:23:20	01:22:42	M4549	My Team	42
340	1090	RUI MANUEL VINHAS DA VINHAS SILVA	01:23:21	01:23:21	M5054	LISBOA	25

341	588	HÉLIO AUGUSTO	01:23:29	01:23:09	M4044	AZEITÃO RUNNING	60
342	567	LUIS COSTA	01:23:35	01:23:11	M2439	Almoçagemers	113
343	765	SÉRGIO FERREIRA	01:23:39	01:22:45	M0023	NUCLEO DESPORTIVO AUTOCOOPE	17
344	1195	HUMBERTO FERREIRA	01:23:39	01:22:44	M4549	DEIXEM PASSAR OS COXOS	43
345	643	VITOR LEMOS	01:23:50	01:23:12	M2439	My Team	114
346	793	GONÇALO SILVA	01:24:00	01:23:52	M4044		61
347	5551	TIAGO SANTOS	01:24:08	01:23:59	M2439	AMIGOS VALE SILÊNCIO	115
348	1025	LUIS SILVA	01:24:10	01:23:28	M2439		116
349	1132	EDUARDO SALVADOR	01:24:16	01:24:16	M2439	Quinta do Conde	117
350	566	ANA SILVA	01:24:16	01:24:04	F2439	ARRABIDA OBSTACLE RUNNERS	29
351	1151	TIAGO BRITO	01:24:18	01:23:31	M2439	NAUS TRAIL TEAM	118
352	713	HELDER FELIX	01:24:23	01:24:23	M4044	Moita	62
353	655	SAMUEL SILVA	01:24:51	01:24:51	M4044		63
354	1115	CESAR DUARTE	01:24:58	01:24:45	M4044	LIMITED EDITION	64
355	890	INÊS INÁCIO	01:24:59	01:24:59	F2439	FITRUNNERS	30
356	763	MIGUEL CRUZ	01:25:05	01:24:34	M4044	BARREIRO	65
357	769	PAULO CRUZ	01:25:05	01:24:36	M4549	BRRNIGHTRUNNERS	44
358	1123	CARLOS EDUARDO SERPA DE SOUSA	01:25:09	01:23:57	M2439		119
359	662	CÁTIA FERNANDES CÂMARA	01:25:12	01:25:01	F2439		31
360	1114	CLAUDIA MIRA DUARTE	01:25:15	01:25:01	F2439	LIMITED EDITION	32
361	969	DIONÍSIO MAIA	01:25:15	01:24:32	M2439		120
362	784	NUNO SOBRAL	01:25:16	01:25:00	M4044	SERRADO FC ATLETISMO	66
363	900	SANDRA RODRIGUES	01:25:21	01:25:21	F4549	Cem Reis	7

364	796	SANDRA SILVA	01:25:23	01:24:57	F4044		21
365	1192	CARLOS CALIMAN	01:25:24	01:25:10	M5054		26
366	723	ISABEL BUÉ	01:25:33	01:25:27	F2439	Bué da Serra	33
367	800	ANTÓNIO SANTOS	01:25:59	01:25:59	M4549	SARAPITOLAS	45
368	1189	ALEXIS BRUDER	01:26:00	01:26:00	M0023		18
369	840	PAULO FIGUEIREDO	01:26:16	01:25:22	M4044	GANG DOS PAIS	67
370	843	TITO FERNANDES	01:26:17	01:25:20	M4044	GANG DOS PAIS	68
371	5553	MARIA ALMEIDA	01:26:20	01:26:05	F2439	JÁ FOSTE	34
372	5552	LUIS SANTOS	01:26:21	01:26:07	M2439	JÁ FOSTE	121
373	882	JOÃO PACHECO	01:26:24	01:25:32	M5559		18
374	5506	FERNANDO PEREIRA	01:26:27	01:26:27	M4549	AZEITÃO RUNNING	46
375	901	VERÓNICA CATARRO	01:26:36	01:26:11	F4044	Cem Reis	22
376	1196	ABIGAIL PEREIRA	01:26:36	01:26:36	F2439	ARRÁBIDA OBSTACLE RUNNERS	35
377	838	VALTER NUNES	01:26:40	01:25:45	M4044	GANG DOS PAIS	69
378	665	JOSE CORREIA	01:26:48	01:29:24	M5559		19
379	706	JOAO AFONSO	01:27:05	01:26:53	M4044	FALCÕES SELVAGENS	70
380	5532	MIGUEL MENDES	01:27:05	01:26:38	M2439		122
381	822	TIAGO GASPAR	01:27:27	01:26:38	M2439	SERVIÇOS SOCIAIS MONTEPIO	123
382	820	PEDRO BOTO	01:27:27	01:26:40	M5054	SERVIÇOS SOCIAIS MONTEPIO	27
383	821	NUNO SANTOS	01:27:27	01:27:27	M4044	SERVIÇOS SOCIAIS MONTEPIO	71
384	1153	JOÃO LOUREIRO	01:27:28	01:26:41	M4549	NAUS TRAIL TEAM	47
385	694	BRUNO MIGUEL MARQUES	01:27:29	01:26:47	M2439	Arruaceiros	124
386	692	MIGUEL COSTA	01:27:29	01:26:47	M2439	Arruaceiros	125

387	630	NUNO PEDRO VELOSO	01:27:29	01:26:49	M2439	Arruaceiros	126
388	711	HUGO GUERREIRO	01:27:30	01:26:50	M2439	Arruaceiros	127
389	750	CARLOS LOUREIRO	01:27:31	01:26:49	M4044	Arruaceiros	72
390	923	JOÃO CARDOSO	01:27:31	01:26:54	M2439		128
391	1118	ISABEL FONTE SANTA	01:27:31	01:27:20	F4044	FITRUNNERS	23
392	611	MÁRIO MIRA	01:27:32	01:26:52	M2439	Os Arruaceiros	129
393	612	PAULO VASCONCELOS	01:27:33	01:26:53	M2439	Os Arruaceiros	130
394	812	PAULO ESTRELA	01:27:34	01:27:24	M2439	GD BANCO BPI	131
395	813	ANA NUNES	01:27:34	01:27:23	F2439	GD BANCO BPI	36
396	626	LUIS GOMES	01:27:38	01:26:56	M2439	Arruaceiros	132
397	651	PATRICIA PINTO	01:27:59	01:27:33	F4044	Os nés	24
398	1145	ETIENNE LEFORT	01:28:00	01:27:16	M5054		28
399	615	MÁRCIO PEREIRA	01:28:07	01:27:43	M2439		133
400	674	PEDRO DUARTE	01:28:37	01:28:25	M4044	Centro de Marcha e Corrida de Odivelas	73
401	795	MARCO BARÃO	01:28:39	01:28:39	M4044		74
402	1130	MÁRIO ESTEVES	01:28:40	01:28:05	M4044	JP	75
403	527	NUNO FERNANDES	01:28:53	01:27:21	M4549		48
404	625	CARLOS MARTINS	01:28:53	01:28:10	M4549	Arruaceiros	49
405	1126	JOÃO VIROTE	01:28:55	01:28:27	M2439	Gfi Portugal	134
406	5546	LUIS RODRIGUES	01:28:56	01:28:26	M2439		135
407	925	SONIA FERNANDES	01:28:58	01:28:18	F4044		25
408	921	CARLOS MATOS	01:28:59	01:28:59	M5559	CASA DO BENFICA SEIXAL	20
409	715	DANIEL FERREIRA	01:29:01	01:28:44	M2439		136

410	616	CLÁUDIA RAMOS	01:29:03	01:29:03	M4549		50
411	792	ANA CARTAXO	01:29:04	01:28:58	F6099	PINHAL NOVO A CORRER	1
412	892	MAFALDA RODRIGUES	01:29:04	01:28:41	F4549	Brejos de azeitão	8
413	1094	JOÃO NUNES	01:29:12	01:28:24	M2439		137
414	1063	BRUNO GUERREIRO	01:29:12	01:28:22	M4044	NAUS TRAIL TEAM	76
415	1095	CLÁUDIA OLIVEIRA	01:29:13	01:29:13	F2439		37
416	981	JOÃO RODRIGUES SILVA	01:29:14	01:28:53	M5559		21
417	5521	RUI FLORES	01:29:15	01:28:44	M4044		77
418	1112	JORGE SALES	01:29:16	01:28:31	M2439	Barrancos FC - Biogado	138
419	618	ANA HENRIQUE	01:29:17	01:28:46	F4549	BRRNIGHTRUNNERS	9
420	502	PAULO LAPAO	01:29:21	01:28:49	M5054		29
421	538	JOÃO MANUEL VIEIRA	01:29:28	01:29:28	M5559	Alenquer	22
422	1127	DÉLIO CHARRUA	01:29:42	01:29:30	M2439	Gfi Portugal	139
423	1129	CARLOS TEIXEIRA GONCALVES	01:29:53	01:29:39	M6099		8
424	1159	MAGDA COLA	01:29:54	01:29:38	F4044		26
425	998	DIOGO SILVA	01:29:54	01:28:42	M2439	TOA -	140
426	1141	VITOR MARINHO	01:30:06	01:29:43	M4044	Cem Reis	78
427	1049	MIGUEL PACHECO	01:30:06	01:29:15	M0023	Barris com Pernas	19
428	1164	ANA SEMEDO	01:30:17	01:29:38	F2439	OCR PORTUGAL	38
429	1108	ELODIE MAZEAU	01:30:29	01:29:43	F2439		39
430	594	CARLOS RODRIGUES	01:30:35	01:29:56	M4044	LOURES	79
431	939	SARA MARTINS	01:30:35	01:30:00	F2439		40
432	983	MARISA VILELA	01:30:45	01:30:03	F2439		41

433	654	MARTA LOPES	01:30:47	01:30:45	F4044	ARRÁBIDA OBSTACLE RUNNERS	27
434	649	LUIS AFONSO	01:31:00	01:30:31	M4549		51
435	650	INÊS GILBERT	01:31:01	01:30:31	F2439		42
436	1170	RIVANE FERREIRA	01:31:05	01:30:53	F4044	MOITA A CORRER	28
437	903	ROSA ALMEIDA	01:31:12	01:30:51	F4044	Cem Reis	29
438	902	CARLO ALMEIDA	01:31:12	01:30:50	M4044	Cem Reis	80
439	776	CARMEN CUNA	01:31:25	01:30:56	F4044	BARREIRO	30
440	973	NUNO AZEVEDO	01:31:28	01:31:28	M4044	GDCT UNICRE	81
441	949	DIANA FALACHO	01:31:32	01:31:32	F2439	COININHA RUNNERS	43
442	570	SÓNIA SILVA	01:31:38	01:31:38	F2439	AI NÓS JAMOR	44
443	762	ANA CRISTINA ABRUNHOSA	01:32:02	01:31:55	F4549	Centro de Marcha e Corrida de Odivelas	10
444	954	SANDRA MONTEIRO	01:32:08	01:32:03	F4044	Centro Marcha e corrida de Odivelas	31
445	908	RICARDO FELIZARDO	01:32:20	01:32:20	M2439	Cismáticos Running	141
446	965	ANA NETO	01:32:37	01:32:35	F4044	LINDA-A-PASTORA SPORTING CLUBE	32
447	669	NUNO AZEVEDO	01:32:43	01:32:25	M4044	SETÚBAL	82
448	836	NUNO FERNANDES	01:32:48	01:32:48	M4549	Lourinhã	52
449	1149	MANUEL MALHADO	01:32:51	01:31:41	M2439		142
450	1155	DAVID MIKLASZEWSKI	01:32:59	01:32:34	M2439	DADAPOKA	143
451	1179	RITA MINA	01:33:06	01:34:12	F4549	LINDA-A-PASTORA SPORTING CLUB	11
452	1035	HUGO CRUZ	01:33:14	01:33:14	M0023	Barris com Pernas	20
453	1156	INÊS GONCALVES	01:33:22	01:32:58	F2439	DADAPOKA	45
454	1099	VITOR CUNHA	01:33:23	01:32:33	M2439		144
455	1165	JORGE FERNANDES	01:33:33	01:31:53	M2439		145

456	1166	JOÃO PEREIRA	01:33:49	01:32:12	M4044		83
457	1036	GONÇALO LOURENÇO	01:33:50	01:33:00	M0023	Barris com Pernas	21
458	1096	FRANCOIS BRUDER	01:33:57	01:33:12	M5054		30
459	1117	IVO PEREIRA	01:33:59	01:33:48	M4044	FITRUNNERS	84
460	761	MARIA DE FÁTIMA DA LUCAS	01:33:59	01:33:53	F4549	Centro de Marcha e Corrida de Odivelas	12
461	657	JÚLIA ARSÉNIO	01:33:59	01:33:51	F4044	FITRUNNERS	33
462	993	NATALIA FERANANDES	01:34:00	01:33:53	F5559		5
463	613	MARIA SERRA	01:34:00	01:33:54	F4549		13
464	696	PEDRO SEQUEIRA	01:34:01	01:33:04	M2439	EVELX - ASSOCIAÇÃO DE ESTILOS DE VIDA SAUDÁVEL	146
465	1070	ANDREIA BANHA	01:34:09	01:34:04	F2439	Moita	46
466	5529	PEDRO FERREIRA	01:34:16	01:34:02	M5054		31
467	1186	PAULO JORGE VIEIRA	01:34:21	01:33:49	M2439		147
468	5533	ANA CANAVEIRA	01:34:32	01:34:19	F5054	CCD TRANQUILIDADE	4
469	5513	PAULO SOBERANO	01:34:48	01:34:21	M5054	Gfi Portugal	32
470	850	LUIS NEVES	01:34:51	01:46:22	M4549	CCD TRANQUILIDADE	53
471	997	CARLA MORGADO	01:34:53	01:34:32	F4549	4FONIX	14
472	1131	JORGE DURO	01:34:53	01:34:38	M4549		54
473	1162	FRANCISCO LINHOL	01:34:54	01:34:33	M6099	4FONIX	9
474	1048	ISMAR FERREIRA	01:34:58	01:34:18	M5559		23
475	644	JOÃO LOUZEIRO	01:35:00	01:34:22	M2439		148
476	760	AMÉLIA FERNANDES	01:35:12	01:35:08	F5054	HOUSEMARTINS BELAS	5
477	1020	HUGO ROCHA	01:35:28	01:34:55	M4044		85
478	904	SÓNIA RIJO	01:35:28	01:34:55	F4044	A NATUREZA ENSINA	34

479	889	NATALIA MARIA	01:35:44	01:35:02	F5054	SERVIÇOS SOCIAIS MONTEPIO	6
480	823	JORGE NARCISO	01:35:46	01:35:03	M5054	SERVIÇOS SOCIAIS MONTEPIO	33
481	1023	BEATRIZ SILVA	01:35:46	01:34:49	F6099	TÁLENTOS TEAM	2
482	666	JULIA ANDRADE	01:35:49	01:35:20	F2439		47
483	1000	MARCOS BAIÃO	01:36:07	01:36:07	M2439	VAZ BAIÃO	149
484	898	LUIS ABREU	01:36:10	01:35:17	M4044	LEBRES DE DOMINGO	86
485	867	JOANA BARBOSA	01:36:17	01:35:56	F2439	Sardinhas	48
486	863	JOANA MENDES	01:36:18	01:35:56	F2439	Sardinhas	49
487	940	RICARDO CARVALHO	01:36:18	01:35:42	M2439		150
488	572	SOFIA JESUS	01:36:25	01:36:25	F4044		35
489	1167	PAULO TELES	01:36:26	01:34:51	M2439		151
490	1110	MIGUEL OLIVEIRA	01:36:33	01:35:59	M4549	Quinta do Conde	55
491	558	ELISABETE AZOUGADO	01:36:33	01:35:59	F4044	TÁLENTOS TEAM	36
492	1097	FERNANDA FERNANDES	01:36:34	01:36:30	F5559	HOUSEMARTINS BELAS	6
493	869	CATARINA DIAS	01:36:35	01:36:13	F2439	Sardinhas	50
494	738	JOSÉ MAIA	01:36:40	01:36:05	M4549	Lá família	56
495	522	PEDRO MARTINS	01:36:42	01:36:06	M2439		152
496	1085	HELIODORO PASSINHAS	01:36:45	01:36:30	M5559		24
497	721	MARCO PASSINHAS	01:36:45	01:36:45	M4044	Cvfc	87
498	1001	RAMIRO VAZ	01:36:49	01:32:52	M4549	VAZ BAIÃO	57
499	5569	PAULA ORDONHO	01:36:51	01:32:05	F2439	GO!RUNNERS / OUTPRO STORE	51
500	5557	TOMÁS NAZÁRIO	01:36:55	01:35:58	M0023	CBE	22
501	574	OLINDA SERRADOR	01:37:04	01:36:42	F4549	ARTE DOS TRILHOS	15

502	880	RITA FRANCO	01:37:17	01:36:50	F0023	HOUSEMARTINS BELAS	2
503	1005	TÂNIA FERREIRA	01:37:22	01:37:03	F4044		37
504	1083	BRUNO ABRANTES	01:37:23	01:36:30	M4044	FALCÕES SELVAGENS	88
505	1087	CAILA PINTO	01:37:27	01:37:06	F5054	OS PAPOS SECOS	7
506	787	VANDA RIBEIRO	01:37:28	01:37:11	F4044		38
507	937	SANDRA ATALHO	01:37:29	01:37:29	F4549	Papos secos	16
508	944	RUBEN SILVEIRA	01:37:33	01:37:33	M2439	Runing Loures	153
509	1015	JOSE DESCALCO	01:37:48	01:37:48	M4044		89
510	708	SARA MAGALHÃES	01:37:50	01:37:31	F4044	NAUS TRAIL TEAM	39
511	709	JOÃO JORGE	01:37:51	01:37:51	M2439		154
512	658	GUSTAVO COSTA	01:37:55	01:37:13	M4044		90
513	617	HUGO BERNARDINO	01:38:18	01:37:25	M0023	LEBRES DE DOMINGO	23
514	834	JOSÉ CALDEIRA	01:38:58	01:38:02	M4549	DEIXEM PASSAR OS COXOS	58
515	584	JOSÉ ESTEVES	01:39:08	01:38:06	M2439		155
516	585	JOEL SOUSA	01:39:08	01:38:06	M2439		156
517	583	PAULO MISSAS	01:39:08	01:38:07	M2439		157
518	518	NUNO LIMA	01:39:10	01:38:36	M2439	Team Kanji	158
519	1171	HELDER SANTOS	01:39:33	01:39:05	M4044	BRUNOSEMPRE. BABA MAMBO	91
520	1172	RAQUEL MOLEIRO	01:39:33	01:39:05	F4044	BRUNOSEMPRE. BABA MAMBO	40
521	1089	PEDRO BORREGANA	01:39:42	01:39:42	M4044	SETÚBAL	92
522	1113	PEDRO DURO	01:39:43	01:38:50	M0023		24
523	1088	KATHERINE GODINHO	01:39:43	01:39:11	F4044	SETÚBAL	41
524	695	MARIANA PEREIRA	01:39:51	01:38:53	F6099	EVELX - ASSOCIAÇÃO DE ESTILOS DE VIDA SAUDÁVEL	3

525	926	NUNO SOUSA	01:40:03	01:39:51	M4044	ODIVELAS	93
526	599	SONIA PINTO	01:40:13	01:39:39	F5054		8
527	653	ANABELA VIVAS	01:40:17	01:39:25	F5559		7
528	868	TIAGO QUADRADO	01:40:37	01:40:14	M2439	Sardinhas	159
529	638	SÉRGIO NEVES	01:40:40	01:39:41	M5559	Seixalrunning	25
530	985	LUIS RIBEIRO	01:40:46	01:40:39	M4044	Centro de Marcha e Corrida de Odivelas	94
531	5505	PEDRO SOUSA	01:40:55	01:39:57	M2439		160
532	938	MILENA ALÍPIO	01:41:36	01:41:14	F5054	Papos secos	9
533	1109	RITA CRISTINA FRANCISCO	01:41:38	01:41:28	F5054	FITRUNNERS	10
534	661	MARIA ZITA VICENTE	01:41:39	01:41:31	F5054	FITRUNNERS	11
535	521	BERNARDETE VICENTE	01:41:39	01:41:31	F6099	5BDCBA78EFE9D fitrunners	4
536	680	MÁRIO ATILHO	01:41:49	01:41:36	M4549	Santana Futebol Clube-Trail Team	59
537	1003	ANA CARVALHO	01:41:50	01:41:00	F2439	NAUS TRAIL TEAM	52
538	679	CARLA ATILHO	01:41:51	01:41:38	F4549	LISBOA	17
539	1124	LEONOR SILVA	01:41:52	01:41:02	F4044	NAUS TRAIL TEAM	42
540	1024	LÍGIA ANTUNES	01:41:53	01:41:10	F2439		53
541	854	RUI CHORADO	01:41:53	01:41:05	M4044	NAUS TRAIL TEAM	95
542	778	MARISA DUARTE	01:41:54	01:41:05	F4549	NAUS TRAIL TEAM	18
543	632	JOANA ARAÚJO PACHECO TEIXEIRA	01:42:17	01:41:45	F2439		54
544	614	PATRICIA COSTA	01:42:21	01:41:31	F2439	NAUS TRAIL TEAM	55
545	1053	FERNANDO NETO	01:42:24	01:41:45	M2439		161
546	934	CÁTIA SIMÕES	01:42:45	01:42:05	M2439		162
547	968	CHARLOTTE OLIVEIRA	01:42:45	01:42:05	F2439		56

548	562	PAULO PARDAL	01:42:53	01:42:17	M4549	R.F.F.- Run For Fun	60
549	986	PAULA CRISTINA PEREIRA	01:42:53	01:42:16	F2439		57
550	1193	PEDRO FERNANDES	01:42:53	01:42:53	M2439		163
551	563	RITA CERQUEIRA	01:42:54	01:42:14	F2439	R.F.F.- Run For Fun	58
552	561	ARMINDO MARIA	01:42:55	01:42:19	M4549	R.F.F.- Run For Fun	61
553	897	SANDRA PATRÍCIA DE ALMEIDA HENRIQUES	01:42:55	01:42:55	F2439		59
554	996	FREDERICO PIRES	01:42:55	01:42:45	M2439	Fredteam	164
555	871	HÉLIO RODRIGUES	01:42:57	01:42:57	M4044		96
556	842	SANDRA NAIR	01:43:18	01:42:21	M2439	GANG DOS PAIS	165
557	839	MÓNICA CUNHA	01:43:19	01:43:19	F2439	GANG DOS PAIS	60
558	5511	ANTÓNIO DUARTE	01:43:41	01:43:32	M6099		10
559	830	NEUSA ANJOS	01:44:09	01:44:09	F4044		43
560	814	JOAQUIM MATOS	01:44:32	01:44:32	M2439	PALMELENSE F.C.	166
561	5518	MÁRIO RUI PEREIRA DA SILVA	01:44:35	01:44:01	M5559		26
562	1037	LUIS GOMES	01:44:56	01:44:17	M4549	GRUPO DESPORTIVO SANTANDERTOTTA	62
563	712	TERESA MARIA PRATAS	01:45:07	01:44:14	F4044	LEBRES DE DOMINGO	44
564	911	MARIO RUI COSTA	01:45:15	01:44:36	M4044		97
565	1043	ANA TORRES	01:45:19	01:44:55	F4044	GMC Jamor	45
566	827	CÉLIA BORGES	01:45:30	01:44:48	F4044	SERVIÇOS SOCIAIS MONTEPIO	46
567	826	HÉLDER PALMA	01:45:31	01:45:31	M4549	SERVIÇOS SOCIAIS MONTEPIO	63
568	557	SÓNIA ANDRADE	01:45:48	01:45:20	F4549	CCDCAM	19
569	568	VALTER RIBEIRO	01:45:49	01:45:49	M2439	GAEIRAS RUNNING TEAM	167
570	717	SÓNIA RUIVO	01:46:27	01:45:55	F4044	360°BikeTrail	47

571	702	SHIRLEY LACERDA	01:46:28	01:45:56	F2439	GEORUNNERS	61
572	912	SUSANA GUERREIRO	01:46:29	01:45:49	F4044		48
573	1038	NUNO MENDES	01:46:34	01:45:54	M4549	GRUPO DESPORTIVO SANTANDERTOTTA	64
574	554	PAULA NETO	01:46:42	01:46:18	F5054	CCDCAM	12
575	720	SANDRA GOMES	01:47:05	01:46:42	F2439	SETÚBAL	62
576	548	ZÉLIA SANTOS	01:47:06	01:46:31	F2439	Alandroal United Runners	63
577	569	NELSON ALMEIDA	01:47:16	01:46:42	M2439	Alandroal United Runners	168
578	5573	NIDIA FERREIRA	01:47:31	01:47:21	F4044	MARVILA JOVEM	49
579	1013	NINA RIBEIRO	01:47:45	01:47:16	F2439	SARAPITOLAS	64
580	803	RUI LUÍS	01:47:46	01:47:15	M6099	SARAPITOLAS	11
581	927	ANDREIA MARTINS	01:48:11	01:48:11	F2439	Laminha Pó Cu	65
582	928	ANTÓNIO BOTELHO	01:48:12	01:47:35	M2439	Laminha Pó Cu	169
583	714	LEONOR OLIVEIRA	01:48:18	01:47:58	F4549	LISBOA	20
584	718	VANDA MURTEIRA	01:48:18	01:48:00	F4044	AKI VAMOS NÓS	50
585	656	ANDREA GRAÇA	01:48:21	01:47:46	F4044		51
586	660	MARISA VIDAL	01:48:21	01:47:46	F2439		66
587	607	VALÉRIE ANTUNES SANTOS	01:48:32	01:47:56	F2439	Team Laminha Pó Cú	67
588	970	IRINA RODRIGUES	01:48:33	01:47:55	F2439	Laminha Pó Cu	68
589	637	PAULO SILVA	01:48:37	01:47:39	M5054	Seixalrunning	34
590	1054	FERNANDA LOPES	01:48:37	01:48:13	F4549	GMC Jamor	21
591	5556	MARIA GOLINELLI	01:48:38	01:48:24	F4549	AMARAL	22
592	532	CARLA RODRIGUES	01:49:07	01:48:31	F4044	LA FAMÍLIA	52
593	608	SÍLVIO RODRIGUES	01:49:17	01:48:38	M4044	Team Laminha Pó Cú	98

594	619	VANESSA HAYES	01:49:18	01:48:42	F2439	Laminha Pó Cú	69
595	620	LUÍS SANTOS	01:49:19	01:48:40	M2439	Laminha Pó Cú	170
596	517	SONIA KANJI	01:49:19	01:48:46	F2439	Team Kanji	70
597	727	INÊS OLIVEIRA	01:49:20	01:49:06	F2439		71
598	1060	JOÃO BRÁS	01:49:23	01:48:39	M2439		171
599	1076	BRUNO SÁ	01:49:23	01:48:40	M2439		172
600	575	HELENA PEDRADAS	01:49:27	01:49:03	F6099	ARTE DOS TRILHOS	5
601	707	CARLOS PÁSCOA	01:50:00	01:49:44	M6099		12
602	550	CARLA DOMINGOS	01:50:30	01:49:42	F2439	CCDCAM	72
603	553	MIGUEL VINAGRE	01:50:31	01:49:43	M4044	CCDCAM	99
604	946	MARTA BOA-ALMA	01:50:47	01:49:56	F2439		73
605	598	PEDRO SILVA	01:50:49	01:49:57	M2439		173
606	953	SUSANA MARTINS	01:51:46	01:51:24	F4549	CABARÉ DOS COXOS	23
607	730	NEUZA ALVES	01:52:02	01:51:28	F4044		53
608	798	ROSANGELA LOURENÇON	01:52:06	01:51:34	F5054		13
609	1119	ALEXANDRA FERNANDES	01:52:24	01:52:03	F2439	Cabaré do Coxos	74
610	1183	luis duarte	01:52:31	01:51:49	M2439		174
611	780	ANA PAULA REIS	01:52:45	01:52:21	F4044	Strog	54
612	5527	ANA FERREIRA	01:52:58	01:52:28	F5054	Papa Trilhos do CAAL	14
613	1061	BEATRIZ ALMEIDA	01:53:03	01:52:22	F0023		3
614	1098	MARIA JOÃO MAIA LOPES	01:53:05	01:52:55	F4549	FIT RUNNERS	24
615	5512	RITA MARQUES	01:53:06	01:52:44	F4044		55
616	5517	SOFIA CORDEIRO	01:53:08	01:52:52	F4044	BORINHAS	56

617	929	HUGO MARQUES	01:53:20	01:52:38	M2439		175
618	767	ANTONIO9 FERNANDES	01:54:22	01:54:22	M4044	NUCLEO DESPORTIVO AUTOCOOPE	100
619	768	CELIA FERREIRA	01:54:27	01:54:02	F4044	NUCLEO DESPORTIVO AUTOCOOPE	57
620	671	CATARINA REBELO	01:54:31	01:54:01	F2439	GEORUNNERS	75
621	687	PATRICIA BRANCO	01:54:34	01:54:02	F4549	GEORUNNERS	25
622	1012	RITA FERREIRA	01:54:37	01:54:08	F2439	SARAPITOLAS	76
623	802	JOAQUIM CARVALHO	01:54:37	01:54:07	M6099	SARAPITOLAS	13
624	1011	RITA CARVALHO	01:54:37	01:54:09	F2439	SARAPITOLAS	77
625	807	SUSANA SANTOS	01:55:26	01:55:26	F4044	GD BANCO BPI	58
626	516	ISABEL SANTOS	01:55:27	01:54:37	F4549	Papa Trilhos	26
627	515	VITOR REBELO	01:55:27	01:54:39	M5054	Papa Trilhos	35
628	860	MARIANA RAMIREZ	01:55:41	01:55:30	F4549	Unhas Negras	27
629	859	MIGUEL ROCHA E MELO	01:55:41	01:55:41	M4044	Unhas Negras	101
630	1050	HELENA DORES	01:55:54	01:54:57	F5054	SEIXAL-RUNNING	15
631	541	PAULA TELES	01:56:20	01:56:11	F6099	STJOAOOLIVEIRATEAM	6
632	913	CIDALIA BORGES	01:56:37	01:56:30	F4549	OCR PORTUGAL LAB	28
633	512	BRUNO FORRETA	01:58:43	01:57:58	M0023	ACADEMIA D'ESTRELAS	25
634	979	SOFIA FERREIRA	01:58:58	01:58:19	F2439	CCD/BorbaTrail	78
635	963	SOFIA LAPÃO	01:58:59	01:58:19	F0023	CCD Matriz/Borba Trail	4
636	964	LISETA CALÇA	01:59:00	01:58:20	F4549		29
637	689	TIAGO PACHECO	01:59:09	01:58:55	M2439	Santana FC trail team	176
638	999	PEDRO SILVA	01:59:09	01:58:23	M2439	ACADEMIA D'ESTRELAS	177
639	688	CÂNDIDA PACHECO	01:59:13	01:59:01	F2439	Santana FC trail team	79

640	878	RITA ESPADINHA BARRETO	01:59:19	01:58:57	F2439		80
641	837	MARLENE PEREIRA	01:59:26	01:58:48	F2439		81
642	896	CAMILA SILVA	02:00:21	01:59:58	F2439	YMCA	82
643	984	JOAO ANTONIO PIRES SANCHES	02:00:22	02:00:06	M5559		27
644	833	HELENA SANTOS	02:00:30	01:59:34	F4549	DEIXEM PASSAR OS COXOS	30
645	853	LUCIANA MOREIRA	02:00:30	01:59:34	F2439	DEIXEM PASSAR OS COXOS	83
646	5539	RITA ALVES	02:00:34	02:00:07	F4549		31
647	864	IARA LOBO	02:00:42	01:59:52	F2439		84
648	686	ANTÓNIO ANGELO	02:00:42	01:59:53	M2439		178
649	648	SORAIA RODRIGUES	02:00:43	02:00:43	F2439	LISBOA	85
650	5523	PAULA CARMO	02:01:34	02:01:05	F5054	Papa Trilhos do CAAL	16
651	1084	EZEQUIEL ABRANTES	02:01:36	02:00:42	M6099	FALCÕES SELVAGENS	14
652	5503	ANA RODRIGUES	02:02:26	02:02:21	F5559	GRUPETA RUNNING TEAM	8
653	987	ANA SOFIA RIBEIRO	02:02:34	02:02:27	F4044	Centro de Marcha e Corrida de Odivelas	59
654	749	ANTÓNIO TAVARES MARTINS	02:02:38	02:02:38	M5054	HOUSEMARTINS BELAS	36
655	1101	FERNANDA MARIA VIEIRA	02:02:56	02:01:59	F5559	Tālentos	9
656	779	LUCIENNE NEVES	02:02:57	02:01:59	F2439	SEIXAL RUNNING	86
657	831	LILIANA MARREIROS	02:03:20	02:02:56	F2439		87
658	555	PEDRO SÉRGIO	02:04:40	02:03:52	M5054	CCDCAM	37
659	920	ALEXANDRA LOPES	02:05:20	02:04:43	F4549	LA FAMÍLIA	32
660	531	MARGARIDA LOPES	02:05:20	02:04:43	F4549	LA FAMÍLIA	33
661	511	LILIANA MESTRE	02:06:01	02:05:19	F4044	ACADEMIA D'ESTRELAS	60
662	514	CLÁUDIA GONÇALVES	02:06:01	02:05:16	F2439	ACADEMIA D'ESTRELAS	88

663	1065	MARIA ANTOINETTE PINTO	02:07:07	02:06:18	F4549	NAUS TRAIL TEAM	34
664	627	LÍDIA MESTRE	02:07:08	02:06:18	F4044	NAUS TRAIL TEAM	61
665	774	TERESA GONÇALVES	02:07:08	02:06:19	F4549	NAUS TRAIL TEAM	35
666	894	SANDRA RIBEIRO	02:07:54	02:07:39	F2439		89
667	895	MARIO RIBEIRO	02:07:54	02:07:39	M4044		102
668	1072	SANDRA SANTOS	02:08:12	02:07:53	F4044	HOUSEMARTINS BELAS	62
669	794	RITA CARVALHINHO	02:08:14	02:07:53	F4044	CORRER LISBOA	63
670	5545	MANUEL RAPOSO	02:08:19	02:08:12	M6099	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	15
671	1138	MARIA MIRAO	02:08:38	02:07:58	F4044	A.D.R. "Amigos do Atletismo de Avis"	64
672	976	FLORBELA RODRIGUES	02:08:43	02:08:02	F4549	A.D.R. " Amigos do Atletismo de Avis"	36
673	977	NÉLIA DELICADO	02:08:47	02:08:07	F4044	A.D.R."Amigos do atletismo de Avis"	65
674	5544	MARINA AZEVEDO	02:08:54	02:08:33	F5054		17
675	5543	BASILIO PAIXAO	02:08:55	02:08:55	M4549		65
676	1074	MÁRIO SANTIAGO	02:09:32	02:09:12	M5054	KANINOS	38
677	1073	MARIA CONDEÇO	02:09:33	02:09:13	F5559	KANINOS	10
678	1068	JORGE CANDEIAS	02:09:58	02:09:04	M2439		179
679	805	MARIA SANCHES	02:09:58	02:09:05	F2439	GD BANCO BPI	90
680	1007	ISAAC FERREIRA	02:14:10	02:14:10	M2439	LIMITED EDITION	180
681	884	AMÉRICO LOURENÇO	02:16:39	02:15:40	M6099	GD BANCO BPI	16
682	343	ANA DUARTE	02:19:26	02:18:50	F2439	Gangue da AFZ	91
683	344	LINDA MENDONÇA	02:19:27	02:18:52	F4549	Gangue da AFZ	37
684	345	SISSI COSTA	02:19:37	02:19:01	F5054	Gangue da AFZ	18
685	947	CRISTINA SARAIVA	02:33:10	02:33:10	F4549		38

686	809	PAULO GODINHO	02:41:54	02:41:05	M5054	GD BANCO BPI	39
687	810	VERA SILVA	02:41:55	02:41:55	F4549	GD BSANCO BPI	39
688	1077	CARLA PIRES	02:42:01	02:41:04	F2439	Vialonga	92
689	1106	RAQUEL ARMADA	02:42:01	02:41:06	F2439		93
690	1078	HUGO ALEXANDRE	02:42:02	02:41:05	M2439	Vialonga	181
691	735	MARIA GONÇALVES	02:42:06	02:42:04	F6099	ESTORIL	7
692	1161	CARLOS VALERIO	02:42:35	02:41:46	M5054		40
693	582	JOSÉ NETO	02:46:41	02:46:41	M4044	CABARÉ DOS COXOS	103
694	1180	CARLA SANTOS	02:47:53	02:47:40	F4549	Santana Futebol Clube-Trail Team	40
695	1181	FERNANDA PEREIRA	02:49:34	02:49:20	F5559	Santana Futebol Clube-Trail Team	11
696	513	SARA CALADO	02:53:51	02:53:51	F0023	Academia D'Estrela	5