

## 6.º Trilho das Lampas

### Finisher List 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 16.5	Pos.	
<b>6.º Trilho das Lampas</b>												
1.	638	Hélder Grosso	1:15:10.0	1:15:06.7	1	Sen M	1	U.F. Comércio e Indústria Atletismo	0:38:47.4	1	0:58:57.3	6
2.	466	João Ginja	1:28:30.8	1:28:29.4	2	M50	1	AMCF - Arrábida Trail Team	0:40:02.8	3	1:12:46.6	8
3.	616	Américo Pereira	1:31:20.5	1:31:18.0	3	M50	2	Galgos de Tancos	0:39:04.7	2	1:13:16.3	9
4.	664	Daniel Haughton	1:32:28.5	1:32:24.7	4	Sen M	2	Backroads	0:41:43.3	4	1:16:20.8	10
5.	136	Gonçalo Cruz	1:33:51.0	1:33:49.0	5	Sen M	3	Clube Novo Banco	0:41:53.9	5	1:16:42.1	11
6.	275	Nuno Carrasqueiro	1:34:10.9	1:34:07.8	6	M40	1	Casa Benfica Torres Vedras	0:42:18.6	6	1:16:53.9	12
7.	480	Luís Santos	1:35:12.7	1:35:11.6	7	Sen M	4	Amigos do Atletismo de Mafra	0:43:31.4	11	1:18:48.0	16
8.	549	Manuel Sousa	1:35:42.1	1:35:40.5	8	M45	1	CLUBE DE PRAÇAS DA ARMADA	0:43:14.0	10	1:18:42.4	15
9.	176	Paulo Sequeira	1:36:02.9	1:36:01.5	9	M40	2	Amigos dos Lobos	0:42:57.8	9	1:18:50.5	17
10.	554	MARIO RAMOS	1:36:35.5	1:36:22.7	10	Sen M	5		0:42:28.1	7	1:18:24.2	14
11.	278	Joaquim Frazão	1:37:49.0	1:37:46.2	11	M40	3	Casa Benfica Torres Vedras	0:44:32.6	13	1:20:59.9	20
12.	612	Matt Davies	1:37:57.9	1:37:52.4	12	Sen M	6		0:44:36.8	14	1:20:00.7	18
13.	512	Julio Finote	1:38:59.6	1:38:57.4	13	M45	2	CCD Sintrense	0:42:37.8	8	1:20:02.1	19
14.	158	João Santos	1:39:04.2	1:39:01.4	14	M40	4	Turres Trail Team	0:45:07.2	16	1:21:15.3	21
15.	109	Paulo J Santos Póvoa	1:40:10.1	1:40:07.1	15	M55	1	Amigos Vale Silencio	0:45:29.2	17	1:22:50.1	22
16.	327	Eduardo Lourenço	1:40:51.6	1:40:49.7	16	M50	3		0:46:31.5	25	1:23:15.9	24
17.	404	João Miguel Vieira	1:41:23.7	1:41:22.3	17	Sen M	7		0:45:59.8	21	1:23:33.7	25
18.	495	Armando Santos	1:41:33.3	1:41:30.7	18	Sen M	8	Desnível	0:44:59.5	15	1:23:14.4	23
19.	21	Dário Luz	1:42:14.3	1:42:09.5	19	Sen M	9	G.R.C.D. Leião - Cobras Trailistas	0:45:42.5	18	1:24:06.9	27
20.	615	Bruno Carvalho	1:42:20.4	1:42:08.6	20	Sen M	10	Prudas Running Team	0:45:51.7	19	1:23:45.9	26
21.	465	Paulo Jerónimo	1:42:26.2	1:42:24.0	21	M45	3	FAM 2 RUN	0:47:09.4	31	1:24:56.5	30
22.	566	Bruno Dias	1:43:24.1	1:43:21.7	22	M40	5		0:47:54.0	38	1:25:09.3	32
23.	517	Rodrigo Correia	1:43:48.7	1:43:38.1	23	Sen M	11	CCD Sintrense	0:47:44.2	36	1:25:56.2	35
24.	361	Tiago Rocha	1:44:30.6	1:44:25.0	24	M40	6	Valejas AC	0:46:52.1	27	1:25:45.1	34
25.	600	Eduardo Quaresma	1:44:37.2	1:44:32.0	25	Sen M	12	Valejas AC	0:46:40.2	26	1:24:57.4	31
26.	88	João Trindade	1:45:13.6	1:45:05.3	26	Sub23	1	Correr Lisboa	0:46:59.8	29	1:26:39.6	40
27.	173	Pedro Inacio	1:45:18.9	1:45:12.8	27	Sen M	13	Valejas AC	0:47:12.4	32	1:26:39.7	41
28.	479	PAULO CESAR PEREIRA	1:45:20.1	1:45:18.2	28	Sen M	14	Running Club Furiani	0:47:39.1	35	1:26:36.2	39
29.	659	Jaime Mauricio	1:45:24.0	1:45:21.2	29	M40	7		0:46:18.2	24	1:26:00.1	36
30.	255	José Marcelino	1:45:25.2	1:45:20.1	30	M55	2	CD Estrela	0:47:25.5	33	1:26:05.7	37
31.	507	Bruno Martins	1:45:37.0	1:45:34.5	31	Sen M	15		0:47:04.4	30	1:26:32.0	38
32.	459	Vitor Veloso	1:45:42.1	1:45:39.0	32	M40	8	O MUNDO DA CORRIDA	0:48:33.2	45	1:26:58.1	43
33.	332	Alexandre Lucas	1:45:48.6	1:45:46.0	33	Sen M	16	Caracóis de Pedra	0:45:55.8	20	1:24:50.4	29
34.	224	Jorge Nabais	1:46:11.9	1:46:08.6	34	Sen M	17	COA - Clube de Orientação e Aventura	0:48:46.3	47	1:27:48.2	46
35.	575	Rui Silva	1:46:14.5	1:46:04.7	35	M40	9		0:48:40.8	46	1:27:53.7	49

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Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 16.5	Pos.	
36.	403	Valter Matos	1:46:20.6	1:46:11.7	36	Sen M	18	Strendure Running Team	0:48:26.0	44	1:27:51.5	48
37.	643	Jorge Serrazina	1:46:32.1	1:46:21.0	37	M60	1	CAOB	0:47:33.8	34	1:27:03.3	44
38.	402	Bruno Sousa	1:47:06.3	1:46:57.2	38	Sen M	19		0:46:00.3	22	1:24:24.3	28
39.	175	Cristiano Esteves	1:47:08.5	1:46:52.5	39	Sen M	20	B.A.C.O.	0:46:58.9	28	1:25:40.8	33
40.	227	Diamantino Serrano	1:47:11.3	1:47:10.1	40	M40	10	Correr Queluz	0:48:15.4	43	1:27:57.2	50
41.	656	Luis Gouveia	1:47:27.5	1:47:17.0	41	M40	11	Clube Futebol Guadiana	0:47:53.6	37	1:27:51.4	47
42.	312	Gil Xavier Alves	1:47:38.6	1:47:36.3	42	M40	12	Salamandrecos	0:48:13.4	42	1:28:27.6	55
43.	338	Mário Rodrigues	1:47:38.7	1:47:34.0	43	M50	4	Federação da Família para a Paz Mundial	0:48:05.2	41	1:27:06.6	45
44.	13	João Paulo Maia	1:47:38.8	1:47:37.3	44	M55	3	Falcões Selvagens	0:47:55.9	39	1:28:00.1	51
45.	632	Marco Fernandes	1:48:01.1	1:47:55.8	45	M40	13	Atibá	0:48:59.4	51	1:28:56.5	56
46.	665	James Bailey	1:48:15.8	1:48:11.9	46	Sen M	21	Backroads	0:43:37.1	12	1:26:47.1	42
47.	336	Jorge Pinho	1:48:17.1	1:48:08.6	47	M40	14	Federação da Família para a Paz Mundial	0:48:48.6	48	1:28:06.6	52
48.	516	Rogério Azevedo	1:48:28.2	1:48:25.2	48	M45	4	CCD Sintrense	0:48:56.9	50	1:29:08.1	57
49.	553	Luis Morgado	1:48:43.0	1:48:40.1	49	M45	5	Scalabis Night Runners	0:47:57.7	40	1:28:13.5	53
50.	456	Zo Vieira	1:48:59.4	1:48:57.7	50	M55	4	ocs proaventuras	0:49:40.1	59	1:29:35.8	58
51.	143	Fernando Capitão	1:49:08.9	1:48:57.5	51	M45	6	Clube Novo Banco	0:49:47.3	62	1:30:00.4	60
52.	583	Luis Lopes	1:49:12.8	1:49:11.0	52	M40	15	Talentos Team	0:50:16.4	71	1:30:11.7	64
53.	654	Nuno Sabino	1:49:49.6	1:49:40.9	53	M40	16	CCD TRANQUILIDADE	0:49:30.8	55	1:30:10.4	63
54.	290	MANUEL RODRIGUES	1:49:54.9	1:49:50.4	54	M50	5	Clube Millennium bcp	0:50:07.9	65	1:30:20.5	65
55.	508	Pedro lavrador	1:50:52.4	1:50:39.7	55	Sen M	22	100 esTrilhos	0:49:34.6	56	1:30:43.4	68
56.	669	Janicio Reis	1:50:57.3	1:50:53.9	56	M40	17		0:46:11.6	23	1:29:45.3	59
57.	467	Joaquim Velhinho Dias	1:51:30.8	1:51:16.6	57	M45	7	CLUBE DE PRAÇAS DA ARMADA	0:49:27.0	54	1:32:56.7	82
58.	514	Rui Grazina	1:51:35.8	1:51:25.5	58	M55	5	CCD Sintrense	0:48:49.5	49	1:30:04.1	62
59.	218	José Lopes	1:51:36.1	1:50:59.1	59	M45	8	CCD Siemens	0:49:37.5	58	1:30:01.1	61
60.	506	Margarida Roque Amaro	1:51:36.5	1:51:34.7	1	F40	1	AMCF - Arrábida Trail Team	0:50:12.8	70	1:30:36.7	67
61.	135	Pedro Gabriel	1:51:42.4	1:51:19.8	60	M40	18	Clube Novo Banco	0:50:18.0	72	1:31:42.0	70
63.	437	CARLOS FERREIRA	1:51:46.4	1:51:38.9	62	M40	19		0:50:09.0	67	1:31:14.9	69
62.	64	Miguel David	1:51:46.4	1:51:31.0	61	M45	9		0:52:02.9	98	1:33:14.6	91
64.	31	João Lourenço	1:51:52.6	1:51:36.6	63	M55	6	Salamandrecos	0:52:02.2	97	1:33:14.5	90
65.	380	artur basilio	1:51:53.6	1:51:43.3	64	M40	20	opraticante.pt	0:50:37.9	76	1:31:58.6	71
66.	485	Paulo Barry	1:51:59.9	1:51:34.4	65	M45	10	RTCM - run crew trail Montijo	0:50:35.7	75	1:32:47.3	79
67.	551	Pedro Figueira	1:52:04.7	1:51:50.7	66	Sen M	23		0:50:02.6	63	1:32:02.9	73
68.	269	Rui Miguel	1:52:14.5	1:51:49.1	67	M45	11	RTCM - run crew trail Montijo	0:50:53.1	82	1:32:46.3	78
69.	525	João Granja	1:52:18.9	1:52:15.1	68	M45	12	STJoaoOliveiraTeam	0:50:51.4	81	1:32:28.9	76
70.	477	Rodrigo Taveres	1:52:20.9	1:52:16.9	69	Sen M	24	CLUBE DE PRAÇAS DA ARMADA	0:49:37.4	57	1:33:09.3	87
71.	641	Rui Paulo	1:52:26.3	1:52:18.2	70	M50	6		0:50:21.1	73	1:32:51.6	80
72.	4	Marco Lourenço	1:52:29.6	1:52:17.4	71	M40	21		0:49:14.3	52	1:31:59.8	72

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Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 16.5	Pos.	
73.	291	PEDRO CORDAS	1:52:33.7	1:52:17.3	72	M45	13	Clube Millennium bcp	0:51:06.0	86	1:32:16.9	74
74.	287	VIRGILIO COSTA	1:52:49.6	1:52:45.5	73	M45	14	Clube Millennium bcp	0:51:47.3	96	1:32:54.1	81
75.	490	José Carlos Nunes	1:52:57.1	1:52:51.3	74	M50	7		0:50:02.9	64	1:32:59.9	85
76.	503	Alexandre Cantanhede	1:53:17.5	1:53:13.5	75	M40	22	CLUBE DE PRAÇAS DA ARMADA	0:50:49.3	80	1:33:21.8	93
77.	166	Vasco Ascensão	1:53:22.2	1:53:16.3	76	M45	15	CDCR dos CTT	0:50:56.5	83	1:33:29.7	94
78.	389	Paulo Nunes	1:53:39.1	1:53:34.5	77	M45	16	Correr Lisboa	0:51:21.1	88	1:33:37.5	95
79.	461	JUVENAL MOREIRA	1:53:41.7	1:53:39.2	78	M55	7	NUCLEO DESPORTIVO AUTOCOOPE	0:50:40.5	77	1:32:57.9	84
80.	70	ANTÓNIO NUNES	1:54:02.8	1:53:57.2	79	M45	17	CASA DO PESSOAL DA RTP	0:49:40.8	60	1:33:07.3	86
81.	112	Luis Almeida	1:54:26.0	1:54:14.4	80	M45	18	jobrinde montes saloios	0:50:47.8	79	1:32:22.1	75
82.	53	Fernando Vicente	1:54:41.2	1:54:35.9	81	M50	8		0:49:42.5	61	1:33:37.6	96
83.	32	Miguel Costa	1:54:49.8	1:54:47.4	82	M45	19	Falcões Selvagens	0:50:29.3	74	1:32:38.7	77
84.	663	Manuel Garcia	1:55:05.6	1:54:53.1	83	Sen M	25	Monsanto Running Team	0:51:17.5	87	1:35:08.9	103
85.	538	JOÃO PAIVA	1:55:09.0	1:54:46.7	84	M45	20	CLUBE ANACOM	0:53:38.3	117	1:34:50.6	98
86.	319	PAULO HENRIQUES	1:55:11.0	1:54:56.6	85	M40	23	POVORAIS TRAIL - PENEDOS DE GOIS	0:49:24.8	53	1:32:57.0	83
87.	496	Olga Martins	1:55:15.6	1:55:13.6	2	Sen F	1	GTT armazém do Caffé	0:50:58.0	84	1:33:11.8	89
88.	557	Rui Marques	1:55:27.2	1:55:22.7	86	M40	24	Turres Trail Team	0:51:29.0	90	1:34:53.9	99
89.	231	fernando corda	1:55:41.1	1:55:24.2	87	M50	9	Valejas AC	0:52:57.2	110	1:35:08.1	102
90.	436	Jorge Gregório	1:55:49.9	1:55:41.1	88	Sen M	26	Furões do Alentejo	0:52:12.4	100	1:34:54.2	100
91.	155	Jorge Leite	1:55:58.6	1:55:56.2	89	M45	21		0:51:24.7	89	1:35:20.5	105
92.	362	Henrique Mateus	1:56:18.2	1:56:05.8	90	M45	22	os Galgos	0:52:20.5	102	1:35:31.8	109
93.	494	Rui Carvalho	1:56:24.3	1:56:17.1	91	M40	25	Bruxos Runners	0:52:05.6	99	1:35:27.9	108
94.	398	Fabio Pereira	1:56:30.9	1:56:23.3	92	Sen M	27	Sporting Clube de Casinhos	0:51:44.3	94	1:35:23.3	106
95.	397	Carlos Baptista	1:56:31.6	1:56:24.5	93	M55	8	Sporting Clube de Casinhos	0:51:45.6	95	1:35:25.2	107
96.	325	Luis Pereira	1:56:38.1	1:56:31.8	94	Sen M	28	Strong Team	0:50:08.5	66	1:33:20.8	92
97.	333	Samuel Sebastião	1:56:39.5	1:56:35.2	95	Sen M	29	Caracóis de Pedra	0:52:38.3	107	1:35:59.1	112
98.	334	Patrícia Caldas	1:56:39.6	1:56:35.5	3	Sen F	2	Caracóis de Pedra	0:52:40.0	108	1:36:03.6	113
99.	337	Edgar Trigo	1:56:54.4	1:56:49.3	96	M45	23	Federação da Família para a Paz Mundial	0:50:10.5	68	1:34:49.9	97
100.	248	ANTONIO ALMEIDA	1:57:07.3	1:57:04.7	97	M55	9	NUCLEO DESPORTIVO AUTOCOOPE	0:50:46.6	78	1:33:10.1	88
101.	168	Luis Andrade	1:57:14.4	1:57:08.8	98	M45	24	CDCR dos CTT	0:51:42.3	93	1:35:50.8	110
102.	343	João Cateano	1:57:21.5	1:57:11.0	99	M45	25		0:51:39.7	92	1:35:16.5	104
103.	624	Ricardo Tiago	1:57:37.7	1:57:21.5	100	M50	10	Ovelha Negra Trail Team	0:52:29.0	104	1:35:51.5	111
104.	534	Sérgio Melro	1:57:54.2	1:57:32.9	101	M50	11	Este é para durões!!	0:53:40.3	119	1:36:33.7	114
105.	307	João Limpo	1:58:01.3	1:57:45.8	102	M40	26	100 esTrilhos	0:53:43.2	122	1:37:22.0	115
106.	198	Rui Pedro Julião	1:58:38.6	1:58:22.3	103	M50	12	Georunners	0:50:58.3	85	1:37:52.4	119
107.	412	FILIPE BOLÉO	1:58:40.6	1:58:18.9	104	M45	26	CLUBE ANACOM	0:53:35.4	114	1:37:39.9	118
108.	482	Rita Marques	1:58:41.5	1:58:38.1	4	Sen F	3	Amigos do Atletismo de Mafra	0:54:19.9	140	1:38:10.1	122
109.	481	Francisco Rodrigues	1:58:42.5	1:58:39.1	105	M40	27	Amigos do Atletismo de Mafra	0:54:17.4	139	1:38:10.2	123

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Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 16.5	Pos.	
110.	293	EDUARDO RODRIGUES	1:58:56.5	1:58:37.3	106	M55	10	Clube Millennium bcp	0:54:49.0	150	1:38:30.4	124
111.	286	NUNO ALMEIDA	1:58:56.8	1:58:38.1	107	M45	27	Clube Millennium bcp	0:54:49.1	151	1:38:30.5	125
112.	36	Hildebrand Castro	1:59:01.2	1:58:49.3	108	M40	28	Monsanto Running Team	0:54:34.8	148	1:38:48.4	132
113.	573	Ricardo Marques	1:59:01.3	1:58:50.3	109	Sen M	30	Bike4Life	0:54:35.6	149	1:38:49.5	134
114.	571	Ricardo Capelo	1:59:08.0	1:59:00.3	110	Sen M	31	Clube Cimpor	0:52:32.2	105	1:37:27.2	116
115.	34	Ildebrando Aires	1:59:10.9	1:58:53.0	111	M40	29	Rafa Team	0:53:38.3	116	1:39:00.6	137
116.	48	Zétó .	1:59:11.1	1:58:53.0	112	M40	30	Correr Lisboa	0:53:38.2	115	1:39:00.2	136
117.	44	Miguel Pedro	1:59:21.4	1:59:16.3	113	M45	28	Salamandrecos	0:53:49.0	125	1:38:42.2	129
118.	458	Frederico Baptista	1:59:51.5	1:59:37.4	114	Sen M	32	Tigres do Zêzere	0:52:47.9	109	1:37:33.6	117
119.	498	Célia Henriques	1:59:53.1	1:59:47.9	5	F45	1	Bruxos Runners	0:53:56.2	129	1:38:40.9	127
120.	529	Pedro Reduto	2:00:09.3	2:00:07.1	115	M40	31	Rebenta trilhos	0:52:36.3	106	1:37:54.4	120
121.	653	Nelson Mota	2:00:13.2	2:00:03.0	116	M45	29	CCD TRANQUILIDADE	0:53:39.2	118	1:39:32.9	141
122.	543	Aniceto Soares	2:00:30.9	2:00:24.0	117	Sen M	33	Bruxos Runners	0:54:08.0	131	1:38:37.7	126
123.	187	Antonio Pinto	2:00:42.8	2:00:37.9	118	M55	11	Correr Queluz	0:52:59.8	111	1:38:47.1	131
124.	63	Luis Ferreira	2:00:46.2	2:00:18.8	119	M50	13	STJoaoOliveiraTeam	0:53:49.5	126	1:38:48.6	133
125.	548	Bruno Leitão	2:00:52.1	2:00:39.3	120	M40	32	Molengas	0:54:10.8	133	1:39:15.7	140
126.	87	Adelino Trindade	2:01:01.9	2:00:53.3	121	M45	30	Correr Lisboa	0:54:12.4	135	1:40:17.5	146
127.	577	Pedro Luzio	2:01:05.7	2:00:56.3	122	M40	33	SS CGD	0:55:19.0	158	1:39:49.2	143
128.	167	João Ascensão	2:01:14.8	2:01:08.4	123	Sen M	34	CDCR dos CTT	0:54:29.1	146	1:40:28.3	148
129.	470	Carlos Marques	2:01:18.8	2:01:11.7	124	M50	14	LINDA PASTORA	0:54:14.8	137	1:40:05.7	144
130.	137	Hugo Carago	2:01:32.0	2:01:26.0	125	M45	31	Clube Novo Banco	0:51:39.1	91	1:38:03.5	121
131.	601	Pedro Borregana	2:01:37.2	2:01:21.5	126	M40	34		0:54:13.8	136	1:40:59.1	153
132.	646	Luis Reis	2:01:52.7	2:01:39.3	127	M55	12	CAOB	0:53:53.5	128	1:39:48.7	142
133.	263	Mário Filipe	2:02:02.6	2:01:54.1	128	M50	15	Salamandrecos	0:54:54.8	152	1:41:25.4	160
134.	213	Rui Esteves	2:02:32.3	2:02:14.0	129	M45	32	Tartarugas Solidárias	0:54:59.7	153	1:40:43.0	151
135.	25	Tiago Joao Giestas Mendonca	2:02:47.0	2:02:41.0	130	Sen M	35		0:53:58.0	130	1:40:37.6	150
136.	310	José Rosa	2:02:47.2	2:02:31.5	131	M40	35	Te-Len-Tos	0:54:32.6	147	1:39:09.8	138
137.	637	Avelino Soares	2:02:47.3	2:02:43.2	132	M50	16	G.R.C.D. Leião - Cobras Trailistas	0:54:15.3	138	1:41:03.6	155
138.	359	Paulo Nolasco Rodrigues	2:02:51.3	2:02:48.5	133	M40	36	Serviços Sociais Montepio	0:50:10.8	69	1:34:57.7	101
139.	200	Luis Pereira	2:02:54.3	2:02:41.6	134	Sen M	36	Correr Lisboa	0:55:30.5	164	1:40:59.6	154
140.	428	José Francisco Rocha	2:03:09.7	2:02:53.6	135	M50	17		0:53:41.2	120	1:39:12.7	139
141.	451	Sérgio Moura	2:03:11.5	2:02:59.5	136	Sen M	37		0:54:09.5	132	1:40:32.5	149
142.	561	Helena Silva	2:03:14.1	2:03:02.5	6	F50	1		0:54:25.8	143	1:40:56.1	152
143.	629	Nuno Cardetas	2:03:34.0	2:02:53.0	137	Sen M	38	CCD Siemens	0:57:11.8	193	1:42:40.8	170
144.	45	Hugo Costa	2:03:38.3	2:03:33.4	138	Sen M	39	Keep Running	0:53:45.1	123	1:38:54.0	135
145.	355	Nuno Rodrigues	2:03:52.5	2:03:20.0	139	M40	37	Serviços Sociais Montepio	0:57:26.5	196	1:41:55.6	166
146.	631	Ricardo Morgado	2:03:52.8	2:03:07.8	140	M45	33	Panquecas	0:57:49.4	204	1:41:42.6	161

## 6º Trilho das Lampas

### Finisher List 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 16.5	Pos.	
147.	150	Gonçalo Marta	2:04:04.5	2:03:41.8	141	Sub23	2	Correr Lisboa	0:56:48.6	186	1:42:57.6	173
148.	22	Nuno Santos	2:04:06.8	2:04:03.5	142	Sen M	40	Caracóis de Pedra	0:54:24.0	141	1:41:21.1	159
149.	515	João Cardoso	2:04:09.5	2:03:58.2	143	M40	38	CCD Sintrense	0:53:51.4	127	1:40:24.2	147
150.	311	Paulo Jordão	2:04:56.4	2:04:46.0	144	M45	34		0:56:34.1	178	1:43:10.8	177
151.	342	Manuel Braga	2:04:58.7	2:04:47.7	145	M55	13	stj	0:56:48.2	185	1:43:02.9	175
152.	483	Francisco Antunes	2:05:04.7	2:04:57.3	146	M40	39	Bruxos Runners	0:55:58.5	167	1:41:47.7	162
153.	446	Nuno Bogalheiro	2:05:05.6	2:04:56.5	147	M45	35	100 esTrilhos	0:55:56.8	166	1:42:26.0	168
154.	519	Orlando Pedro	2:05:09.8	2:04:58.4	148	M50	18	CCD Sintrense	0:57:11.6	192	1:43:29.3	179
155.	98	Nuno Francisco	2:05:23.1	2:05:10.4	149	M40	40	Trail Runners Portimão	0:56:00.0	169	1:43:10.3	176
156.	185	Carlos Grade	2:05:41.0	2:05:24.6	150	M40	41	Salamandrecos	0:55:27.6	162	1:43:00.3	174
157.	500	Roberto Gonçalves	2:05:42.3	2:05:32.7	151	M40	42	Salamandrecos	0:55:15.4	156	1:42:28.6	169
158.	493	Marco Costa	2:05:57.2	2:05:43.2	152	M40	43	37 Team	0:56:12.4	173	1:43:15.5	178
159.	55	Miguel Simões	2:05:57.9	2:05:17.4	153	Sen M	41		0:54:26.7	144	1:41:07.0	157
160.	83	Bruno Ferreira	2:05:58.8	2:05:18.6	154	Sen M	42	TEX NOLAN	0:54:24.9	142	1:41:06.7	156
161.	59	José Tomás	2:06:03.8	2:05:51.8	155	M45	36	JOBRINDE - MONTES SALOIOS	0:54:27.8	145	1:42:51.0	172
162.	628	Ricardo Pereira	2:06:14.6	2:06:05.0	156	M40	44		0:55:05.1	154	1:42:44.7	171
163.	536	CHRISTIANE MONTEIRO	2:06:18.8	2:05:54.0	7	Sen F	4	chaves running team	0:58:16.6	213	1:44:18.7	183
164.	617	João Rodrigues	2:06:19.0	2:06:09.1	157	M45	37	Salamandrecos	0:55:21.6	160	1:44:38.2	188
165.	253	Paulo Carôco	2:06:33.4	2:06:18.7	158	Sen M	43	Faião Running Team	0:53:47.3	124	1:38:43.5	130
166.	315	João Paulo Félix Silva	2:07:19.7	2:07:11.0	159	M45	38	Trilho Perdido & Friends	0:55:20.0	159	1:43:39.7	180
167.	427	Jóse oliveira	2:07:28.7	2:07:22.0	160	M45	39	Os Tugas Saloios	0:58:02.1	209	1:44:45.9	189
168.	387	Catarina Costa	2:07:32.9	2:07:28.4	8	Sen F	5	Ai Nós Jamor	0:57:47.7	203	1:45:30.9	198
169.	603	carlos silva	2:07:33.1	2:07:18.5	161	Sen M	44		0:57:09.4	191	1:45:01.9	193
170.	393	Alexandre Santos	2:07:51.8	2:07:29.6	162	M50	19	SS CGD	0:59:59.6	240	1:47:21.9	213
171.	17	Pedro Ramos	2:08:08.0	2:07:25.0	163	M50	20		0:56:35.6	179	1:43:59.6	181
172.	450	Rui Almeida	2:08:17.6	2:07:56.6	164	Sen M	45		0:58:18.4	214	1:44:53.7	190
173.	580	José Amaro	2:08:20.8	2:07:46.6	165	M40	45	LIZ RUNNERS	0:56:12.9	174	1:44:21.1	184
174.	7	Nuno Granadas	2:08:22.4	2:08:17.9	166	Sen M	46	Turres Trail Team	0:57:08.2	189	1:44:35.0	187
175.	497	Flávio Reis	2:08:23.2	2:08:17.4	167	Sen M	47	Bruxos Runners	0:55:15.8	157	1:44:29.1	186
176.	57	Diogo Alfarelos	2:08:32.3	2:08:19.8	168	Sen M	48		0:55:09.1	155	1:41:49.4	163
177.	277	João Santos	2:08:42.0	2:08:38.2	169	M40	46	Casa Benfica Torres Vedras	0:52:24.1	103	1:41:14.9	158
178.	537	Cédric MONTEIRO	2:08:42.2	2:08:16.1	170	Sen M	49	chaves running team	0:58:22.8	215	1:44:17.8	182
179.	371	Miguel Mana	2:08:42.9	2:07:59.7	171	Sen M	50		0:56:29.9	177	1:44:25.8	185
180.	266	Pedro Monteiro	2:08:58.6	2:08:54.4	172	M45	40	F. Monteiro	0:56:44.2	182	1:45:04.2	195
181.	547	Tiago Ramos	2:09:09.8	2:09:07.6	173	M40	47		0:56:27.3	175	1:45:32.4	199
182.	556	Pedro Miguel Almeida	2:09:10.3	2:09:08.4	174	M40	48		0:56:27.9	176	1:45:33.2	200
183.	258	Filipe Rito	2:09:13.5	2:08:34.9	175	Sen M	51		0:58:10.3	212	1:45:01.4	192

## 6º Trilho das Lampas

### Finisher List 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 16.5	Pos.	
184.	576	Fernando Reis	2:09:21.8	2:09:15.1	176	M50	21	Strong Team	0:57:08.5	190	1:46:14.0	206
185.	370	Frederico Costa [a]	2:09:38.6	2:09:07.1	177	Sen M	52	O MUNDO DA CORRIDA	1:00:19.0	245	1:47:54.7	217
186.	56	André Trindade	2:09:48.5	2:09:40.2	178	Sen M	53	Lusco-fusco runners	0:56:56.8	187	1:44:55.1	191
187.	29	Mario Batista	2:09:59.6	2:09:48.6	179	M40	49	ADA Desnível	0:56:46.0	184	1:45:34.8	201
188.	406	David Lopes	2:10:09.6	2:09:57.3	180	M45	41		0:56:44.9	183	1:45:04.0	194
189.	375	HENRIQUE ADREGA	2:10:26.0	2:09:51.8	181	M60	2	CLUBE ATLETISMO AMIGOS DE BELÉM	0:58:45.9	220	1:48:02.9	218
190.	134	Pedro Sanguino	2:10:30.7	2:10:14.9	182	Sen M	54	Clube Novo Banco	0:59:59.5	239	1:48:49.6	227
191.	301	Paulo Ferreira	2:10:31.4	2:10:17.1	183	Sen M	55	Team Salamandras	0:56:37.6	181	1:46:08.9	204
192.	302	Paulo Serrano	2:10:31.8	2:10:17.3	184	M40	50	Team Salamandras	0:56:37.4	180	1:46:09.0	205
193.	49	Nuno Cordeiro	2:10:36.9	2:10:31.4	185	M40	51		0:53:03.5	112	1:46:05.3	203
194.	154	Filipe Pedro	2:10:42.3	2:10:23.9	186	Sen M	56	Cavalas Velozes	0:57:46.1	199	1:46:39.9	210
195.	156	Patrícia Lourenço	2:10:42.6	2:10:24.6	9	Sen F	6	GO!Runners	0:57:46.7	201	1:46:40.1	211
197.	645	João Veiga	2:10:43.6	2:10:21.4	188	Sen M	57	Correr Lisboa	0:58:09.6	211	1:48:33.5	219
196.	440	Pedro Mata	2:10:43.6	2:10:40.6	187	M50	22		0:56:06.1	172	1:46:39.8	209
198.	544	Luis Santos	2:10:43.9	2:10:21.8	189	M40	52		0:57:46.8	202	1:47:02.4	212
199.	182	Margarida Roldão	2:10:51.8	2:10:47.9	10	Sen F	7	Turres Trail Team	0:57:54.8	206	1:47:38.5	214
200.	292	HELDER BAPTISTA	2:10:53.1	2:10:48.3	190	M50	23	Clube Millennium bcp	0:54:12.0	134	1:42:09.3	167
201.	162	Carlos Craveira	2:10:58.7	2:10:53.0	191	M45	42	G.R.C.D. Leião - Cobras Trailistas	0:55:28.4	163	1:45:41.2	202
202.	151	Francisco Costa	2:11:16.5	2:10:57.8	192	Sen M	58		0:56:02.4	170	1:45:14.0	196
203.	273	Flavio Timoteo	2:11:55.1	2:10:43.1	193	Sen M	59		0:53:21.3	113	1:40:14.0	145
204.	262	Luis Meirinhos	2:11:57.6	2:11:40.0	194	M40	53		0:59:29.7	231	1:48:36.0	222
205.	607	João Salvado	2:12:10.4	2:12:02.7	195	M50	24	Strong Team	0:57:46.2	200	1:49:16.7	232
206.	80	João Pedro Silva	2:12:11.7	2:12:01.5	196	M50	25	SS CGD	0:55:25.3	161	1:45:26.5	197
207.	430	Eva Braz	2:12:13.0	2:12:08.5	11	Sen F	8	G.R.C.D. Leião - Cobras Trailistas	0:58:34.3	216	1:48:38.6	224
208.	103	JOSÉ NUNES	2:12:13.6	2:11:57.0	197	M50	26	Keep Running	1:01:17.5	265	1:49:05.9	230
209.	141	Sérgio Eira	2:12:20.9	2:12:00.7	198	M45	43	Clube Novo Banco	0:58:52.7	226	1:48:45.0	226
210.	219	Luis Bastos	2:12:41.1	2:12:02.3	199	M50	27	CCD Siemens	0:59:01.8	228	1:49:30.0	238
212.	194	Cristina Laranjeiro	2:13:03.1	2:12:52.7	12	F45	2	C.A.Amigos Parque Da Paz	0:59:59.3	238	1:49:29.3	237
211.	186	Alvaro Pinto	2:13:03.1	2:12:45.2	200	M60	3	Real Academia	0:57:49.9	205	1:48:35.1	220
213.	193	Rui Laranjeiro	2:13:03.9	2:12:52.6	201	M45	44	C.A.Amigos Parque Da Paz	0:59:57.7	237	1:49:28.2	236
214.	344	Ricardo Neves	2:13:20.0	2:13:14.6	202	Sen M	60	Monte dos Amigos	0:56:59.2	188	1:47:46.7	216
215.	618	Luís Santana	2:13:33.3	2:13:26.1	203	M55	14	Trilhos do Costume	0:57:56.2	207	1:49:31.3	240
216.	504	Marcia Cantanhede	2:13:34.5	2:13:12.9	13	Sen F	9	CLUBE DE PRAÇAS DA ARMADA	0:59:00.8	227	1:48:50.6	228
217.	138	José Pequeno	2:13:42.8	2:13:25.3	204	M40	54	Clube Novo Banco	1:00:13.0	243	1:48:57.4	229
218.	447	Carlos Porfírio	2:13:48.6	2:13:38.8	205	M60	4	amigos do Zé Espanhol	0:59:32.7	232	1:49:40.4	242
219.	281	David Figueiredo	2:13:58.6	2:13:37.6	206	M40	55		0:57:57.8	208	1:49:22.6	235
220.	535	Manuel Carvalho	2:14:05.4	2:14:02.7	207	M45	45		0:58:06.4	210	1:47:39.6	215

## 6º Trilho das Lampas

### Finisher List 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 16.5	Pos.	
221.	578	Paulo Mauricio	2:14:06.5	2:13:45.5	208	Sen M	61		0:59:32.7	233	1:49:07.8	231
222.	40	Ricardo Nobre	2:14:14.2	2:14:07.4	209	Sen M	62	SIMECQ	0:55:54.9	165	1:46:14.6	207
223.	39	Nuno Galvão	2:14:14.4	2:14:06.5	210	M55	15	SIMECQ	0:56:05.6	171	1:46:31.5	208
224.	630	Fernando Rosa	2:14:25.1	2:14:11.9	211	M55	16	Run&Smile	0:59:47.1	235	1:49:31.8	241
225.	326	Anabela Pereira	2:14:26.5	2:14:19.5	14	Sen F	10	Strong Team	0:57:45.8	198	1:49:19.1	233
226.	324	Sara Machado	2:14:26.6	2:14:19.5	15	Sen F	11	Strong Team	0:57:45.3	197	1:49:19.6	234
227.	415	João Correia	2:14:32.5	2:14:23.3	212	Sen M	63		0:58:52.0	225	1:52:07.0	255
228.	416	Nuno Cruz	2:14:32.9	2:14:23.7	213	Sen M	64		0:58:52.0	224	1:52:07.6	256
229.	346	Paulo Garcia	2:15:07.3	2:14:30.3	214	M45	46		0:57:17.5	195	1:48:35.5	221
230.	345	Mario Monteiro	2:15:07.5	2:14:29.6	215	M45	47		0:57:17.0	194	1:48:37.7	223
231.	634	Francisco Batista	2:15:32.9	2:15:27.0	216	M50	28		0:59:13.5	229	1:50:26.1	243
232.	541	Rodrigo Barroso	2:15:37.0	2:14:50.2	217	M40	56		1:02:10.9	280	1:53:30.8	271
233.	20	Sérgio Pedro	2:15:37.2	2:15:13.6	218	Sen M	65	TINTO RUNNING TEAM	0:52:12.6	101	1:38:41.8	128
234.	234	Rui Trindade	2:15:37.6	2:15:01.0	219	M45	48	CD Estrela	1:01:14.4	263	1:52:03.0	254
235.	254	Rui Silva	2:15:37.7	2:15:01.6	220	M45	49	CD Estrela	1:01:14.7	264	1:52:00.3	253
236.	486	Sergio Simoes	2:15:39.3	2:15:26.9	221	M40	57	Cofidis Running Team	1:00:53.1	258	1:51:02.3	251
237.	478	António Barbosa	2:15:57.6	2:15:37.8	222	M55	17	CLUBE DE PRAÇAS DA ARMADA	1:00:20.2	246	1:50:38.8	244
238.	487	LUIS DIAS	2:16:04.5	2:15:59.1	223	M45	50	AERGóis Trail Running	0:55:59.0	168	1:48:41.8	225
239.	524	Gonçalo Rangel	2:16:26.6	2:15:59.9	224	Sen M	66		1:00:13.2	244	1:50:39.0	245
240.	222	Rui Costa	2:16:40.3	2:16:35.5	225	M45	51	Correr Queluz	0:58:44.2	217	1:50:43.5	246
241.	159	Miguel Pinho	2:16:40.7	2:16:36.1	226	M45	52	Correr Queluz	0:58:44.5	218	1:50:51.6	249
242.	353	José Guerreiro	2:16:45.6	2:16:12.5	227	M60	5	Serviços Sociais Montepio	1:00:28.6	251	1:53:28.2	270
243.	146	Mário Godinho	2:16:51.2	2:16:34.7	228	M45	53	Clube Novo Banco	1:01:30.0	269	1:53:00.7	263
244.	331	Luis Silva	2:16:53.2	2:16:33.7	229	M50	29	SS CGD	1:00:02.1	241	1:53:42.6	278
245.	614	José Carlos Gama Sargaço	2:16:53.8	2:16:35.4	230	M45	54	Falcões Selvagens	1:00:48.4	255	1:54:05.4	285
246.	216	hugo lampreia	2:16:57.5	2:16:38.4	231	M40	58	Valejas AC	1:00:38.3	254	1:54:05.0	283
247.	444	JOSÉ AUGUSTO	2:16:57.8	2:16:38.1	232	M45	55	Falcões Selvagens	1:00:37.8	253	1:54:05.0	284
248.	452	jorge ribeiro	2:16:59.0	2:16:52.4	233	M45	56		0:58:47.9	221	1:50:47.3	247
250.	595	Marco Custódio	2:16:59.1	2:16:53.8	234	M45	57		0:58:51.3	223	1:50:53.4	250
249.	453	Mónica Anjos	2:16:59.1	2:16:53.4	16	F40	2		0:58:51.2	222	1:50:51.3	248
251.	546	Elisa Dabrio	2:17:13.6	2:17:09.2	17	F45	3		1:00:50.8	257	1:53:13.4	267
252.	545	Herculano Araújo	2:17:13.8	2:17:09.0	235	M50	30		1:00:50.1	256	1:53:13.2	266
253.	217	Edgar Cristeta	2:17:16.5	2:16:34.9	236	Sen M	67	CCD Siemens	1:02:45.1	288	1:53:27.2	269
254.	358	Antonio Lopes [a]	2:17:35.1	2:17:05.6	237	M45	58	Serviços Sociais Montepio	1:02:53.3	294	1:53:31.5	272
255.	475	Eduardo Ribeiro	2:17:40.3	2:17:31.7	238	Sen M	68		0:58:45.2	219	1:52:09.7	257
256.	199	Luis Afonso	2:17:41.5	2:17:32.7	239	M45	59	Georunners	1:00:55.6	259	1:54:27.5	289
257.	567	Sara Dias	2:17:41.7	2:17:33.4	18	Sen F	12	Strendure Running Team	1:00:56.4	260	1:54:28.2	290

## 6º Trilho das Lampas

### Finisher List 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 16.5	Pos.	
258.	411	JOSÉ PINTO	2:17:45.4	2:17:21.4	240	M40	59	CLUBE ANACOM	1:01:26.9	268	1:53:03.4	264
259.	574	Sofia Coelho	2:17:50.4	2:17:24.3	19	F40	3	Run Crew Trail Montijo	1:02:15.7	284	1:53:38.1	275
260.	425	Patricia Jorge	2:17:59.9	2:17:52.7	20	Sen F	13	Os Tugas Saloios	1:01:44.7	273	1:53:09.6	265
261.	396	DAVID TALHÃO	2:18:04.3	2:17:41.6	241	Sen M	69	Lobos da Católica	1:00:03.3	242	1:52:19.8	259
262.	5	Nuno Arigó	2:18:05.4	2:17:51.7	242	M40	60		0:59:56.9	236	1:52:15.9	258
263.	9	Pedro Santana	2:18:08.4	2:17:25.2	243	M40	61		1:00:21.5	247	1:52:48.8	262
264.	179	Luis Estevens	2:18:10.9	2:17:33.7	244	Sen M	70		1:02:45.6	289	1:52:31.1	261
265.	584	Nuno Costa	2:18:16.9	2:17:55.4	245	M45	60	SS CGD	1:03:03.4	301	1:55:35.1	298
266.	625	rodrigo deus	2:18:20.5	2:18:00.0	246	Sen M	71		1:00:23.7	249	1:53:32.2	273
267.	523	Teresa Martins	2:18:24.4	2:18:16.7	21	Sen F	14	Strong Team	1:03:01.7	298	1:54:03.7	282
268.	605	Ricardo Coelho	2:18:30.0	2:18:07.6	247	M45	61	SS CGD	1:03:01.6	297	1:55:35.4	299
269.	400	Francisco Vaz	2:18:45.0	2:18:12.2	248	M50	31	Frufresh Runners	1:00:36.1	252	1:51:22.6	252
270.	111	Paulo Trindade	2:18:51.9	2:18:37.7	249	M40	62	O MUNDO DA CORRIDA	1:00:24.6	250	1:53:35.2	274
271.	408	paulo xavier	2:18:52.4	2:18:41.7	250	M55	18	SS CGD	1:01:47.2	274	1:53:47.3	279
272.	621	Leonel Adérito Fernandes de	2:19:13.8	2:18:19.8	251	M45	62	Linda-a-Pastora Sporting Clube	1:03:47.7	315	1:55:50.3	302
273.	77	Nuno Almeida	2:19:22.6	2:18:58.9	252	M40	63	Sintra Runners	1:01:56.6	278	1:53:41.5	276
274.	76	Rui Marques	2:19:22.7	2:18:58.5	253	M45	63	Sintra Runners	1:01:55.9	277	1:53:42.4	277
275.	464	Carlos Magalhães	2:19:36.3	2:18:48.4	254	M50	32		1:06:04.9	360	1:54:17.9	287
276.	484	Zélia Rodrigues	2:19:37.4	2:19:11.6	22	F45	4	RTCM - run crew trail Montijo	1:03:04.5	302	1:55:15.3	296
277.	658	Vitor Gama	2:19:49.8	2:19:36.1	255	M40	64	Xoke Team	1:01:10.6	261	1:53:50.3	280
278.	657	Fernando Duarte	2:19:50.0	2:19:36.6	256	M50	33	Xoke Team	1:01:10.9	262	1:53:53.0	281
279.	390	Bruno Vasconcelos Maia	2:20:08.2	2:19:46.1	257	Sen M	72	Lobos da Católica	0:59:43.5	234	1:52:26.5	260
280.	47	Miguel Campos	2:20:13.2	2:19:54.1	258	M45	64	Falcões Selvagens	1:01:20.1	267	1:54:23.9	288
281.	190	Nuno Martins	2:20:13.4	2:19:45.5	259	Sen M	73	Correr Lisboa	1:02:50.9	292	1:54:12.5	286
282.	608	Nelson Coimbra	2:20:52.4	2:20:47.0	260	Sen M	74	Bruxos Runners	0:53:41.6	121	1:49:30.5	239
283.	407	Miguel Cerca	2:21:03.3	2:20:50.8	261	M40	65		1:02:59.6	296	1:54:52.7	292
284.	214	João Cunha	2:21:13.0	2:20:22.2	262	Sen M	75	Preguiças do Monte	1:03:13.5	306	1:56:01.5	306
285.	215	Carlos Escórcio	2:21:13.2	2:20:26.9	263	Sen M	76	Preguiças do Monte	1:03:17.7	308	1:56:06.0	309
286.	424	Michael Jorge	2:21:16.4	2:21:08.9	264	M40	66	Os Tugas Saloios	1:01:44.5	272	1:53:21.1	268
287.	376	Carlos Marques	2:21:53.4	2:21:49.3	265	M55	19	G.R.C.D. Leião - Cobras Trailistas	1:00:22.1	248	1:54:37.4	291
288.	539	Artur Jorge Bernardo	2:22:06.1	2:21:18.4	266	M45	65		1:02:52.4	293	1:55:11.5	294
289.	540	Rui Barroso	2:22:07.0	2:21:20.9	267	M40	67		1:02:11.3	282	1:55:11.7	295
290.	356	Paulo Rainho	2:22:20.1	2:21:46.5	268	M50	34	Serviços Sociais Montepio	1:02:50.0	291	1:56:24.1	311
291.	117	Marco Cachinho	2:22:23.2	2:21:51.6	269	Sen M	77	KANINOS	1:03:01.8	299	1:57:13.1	314
292.	552	Pedro Pedroso	2:22:32.4	2:21:43.6	270	Sen M	78		1:03:41.1	313	1:56:14.3	310
293.	123	Luis Diogo Corredoura	2:22:32.9	2:21:24.1	271	Sen M	79		1:03:20.8	309	1:55:54.6	303
294.	642	Helena Da Silva Madeira	2:22:33.8	2:22:28.9	23	Sen F	15		1:02:13.8	283	1:57:52.2	321



## 6º Trilho das Lampas

### Finisher List 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 16.5	Pos.	
295.	163	César Diogo Silvestre	2:23:19.4	2:23:12.3	272	M40	68	Bruxos Runners	1:02:46.4	290	1:56:48.6	312
296.	3	João Pereira	2:23:30.6	2:22:56.9	273	Sen M	80		1:02:11.0	281	1:55:06.9	293
297.	10	João Paulo Seródio	2:24:24.4	2:24:10.8	274	Sen M	81	ADA Trail Runing	1:03:12.0	305	1:57:16.7	315
298.	244	Sílvio Patrício	2:24:24.6	2:24:10.9	275	Sen M	82	Adatrailrunning	1:03:11.5	304	1:57:17.1	316
299.	212	Zito Silva	2:24:33.4	2:24:14.2	276	Sen M	83	Hut Runners Fitness Hut Sintra	1:01:48.3	275	1:57:38.6	319
300.	666	Ricardo Filipe Sequeira [p]	2:25:18.5	2:24:13.8	277	Sen M	84		1:06:49.5	374	1:55:43.5	300
301.	619	João Paulo Pereira	2:25:18.6	2:24:15.4	278	M40	69		1:06:49.5	373	1:55:43.5	301
302.	274	Fernando Pereira	2:25:44.4	2:25:38.6	279	M50	35	Clube Vodafone	1:01:54.9	276	1:57:30.0	317
303.	180	Pedro Rodrigues	2:25:46.6	2:24:47.7	280	M45	66	Salamandrecos	1:01:40.3	271	1:55:57.2	305
304.	181	Eduardo Gregório	2:25:47.1	2:24:46.8	281	Sen M	85	Salamandrecos	1:01:39.3	270	1:55:56.7	304
305.	157	jose lopes	2:25:52.6	2:25:19.0	282	M50	36		1:04:04.7	321	2:00:34.1	328
306.	426	teresa oliveira	2:26:05.6	2:25:57.8	24	F45	5	Os Tugas Saloios	1:04:05.2	322	1:57:51.9	320
307.	127	Sandra Oliveira	2:26:11.1	2:25:42.3	25	Sen F	16		1:06:26.9	365	2:01:27.4	339
309.	128	Pedro Ramos	2:26:11.6	2:25:42.5	283	M40	70		1:06:26.5	364	2:01:26.8	337
308.	93	Isabel Dias	2:26:11.6	2:25:39.7	26	F50	2	Cabará dos Coxos	1:04:39.8	342	1:59:41.2	324
310.	533	João Ramos	2:26:12.5	2:25:49.4	284	Sen M	86	Este é para durões!!	1:01:18.9	266	1:55:21.3	297
311.	238	Bruno Jorge	2:26:12.7	2:25:35.9	285	Sen M	87	Champions	1:07:14.5	380	1:59:33.7	323
312.	374	Daniel Mattos botelho	2:26:14.4	2:26:03.6	286	Sen M	88	SS CGD	1:05:35.0	356	2:02:00.7	343
313.	257	Susana Amorim	2:26:26.3	2:26:02.9	27	Sen F	17	Correr Lisboa	1:05:03.3	348	2:02:53.4	351
314.	429	João Branquinho	2:26:34.6	2:26:29.4	287	Sen M	89		0:59:22.6	230	1:57:05.4	313
315.	104	JOAQUIM VARANDA	2:26:49.8	2:26:34.6	288	M55	20	Keep Running	1:04:20.0	327	2:00:28.1	326
316.	272	Nuno Freire	2:27:02.5	2:26:48.0	289	Sen M	90		1:04:31.7	336	2:00:50.8	332
317.	71	Pedro Fernandes	2:27:05.1	2:26:57.6	290	Sen M	91		1:04:32.9	337	1:57:32.5	318
318.	378	Douglas Fry	2:27:17.1	2:26:37.5	291	M60	6	Clube Desportivo de Mafra	1:04:37.4	339	2:00:17.7	325
319.	652	Jorge Serra	2:27:20.4	2:26:50.4	292	M50	37	CCD TRANQUILIDADE	1:05:24.1	350	2:00:49.7	331
320.	651	João Serra	2:27:20.5	2:26:50.2	293	M45	67	CCD TRANQUILIDADE	1:05:25.0	351	2:00:51.8	333
321.	232	Luís Ferreira	2:27:28.5	2:27:00.2	294	M50	38	Rail Runners	1:06:32.4	368	2:02:28.5	347
322.	230	Joaquim Ribeiro	2:27:55.1	2:27:29.7	295	Sen M	92	Asas nos Pés	1:04:23.0	331	2:01:27.3	338
323.	280	Hugo Reis	2:28:05.4	2:27:56.1	296	Sen M	93		1:04:17.5	326	2:00:44.5	330
324.	322	José Finuras	2:28:09.5	2:27:43.3	297	M45	68	MULTIRUNNERS	1:06:47.7	372	2:02:56.5	352
325.	204	Hugo Martins	2:28:26.0	2:28:08.2	298	Sen M	94	ex-VTXRM	1:04:38.9	340	2:01:24.7	336
326.	366	Graça Roldão	2:28:29.8	2:28:19.2	28	F50	3	Os Tugas	1:03:52.9	316	2:03:50.9	361
327.	270	Rui Marques	2:28:31.9	2:28:13.4	299	M50	39	STJoaoOliveiraTeam	1:03:02.9	300	2:00:40.0	329
329.	90	Sara Ideias	2:29:15.8	2:28:37.0	29	F40	4	ApalpaTerreno	1:05:59.6	359	2:03:06.1	353
328.	89	Alexandre Palmeiro	2:29:15.8	2:28:37.0	300	Sen M	95	ApalpaTerreno	1:05:58.1	358	2:03:06.4	354
330.	648	Artur Gaio	2:29:36.3	2:28:58.6	301	Sen M	96	CCD TRANQUILIDADE	1:04:20.6	328	2:01:17.3	335
331.	349	LUÍS Fidalgo	2:29:36.8	2:29:10.0	302	M50	40	ASSOCIAÇÃO DE ATLETISMO LEBRES	1:07:03.4	376	2:03:29.8	358

## 6º Trilho das Lampas

### Finisher List 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 16.5	Pos.	
332.	27	Bruno Silva	2:30:07.0	2:29:59.3	303	Sen M	97		1:03:25.1	311	2:01:43.0	341
333.	118	Carla Henriques	2:30:19.2	2:29:46.6	30	F40	5		1:07:51.6	387	2:03:49.6	360
334.	308	Paulo Soares	2:30:22.7	2:29:43.3	304	Sen M	98	CCD Siemens	1:07:47.0	386	2:03:23.5	357
335.	413	José Soares	2:30:25.1	2:30:21.1	305	Sen M	99	Team 143, Tasca do Zé Russo	1:04:01.4	319	2:01:37.3	340
336.	373	m Teresa Domingues	2:30:34.4	2:30:23.6	31	F50	4	SS CGD	1:05:35.0	355	2:03:43.9	359
337.	6	Carlos Dias	2:30:42.5	2:30:01.9	306	Sen M	100		1:02:17.6	285	2:00:33.5	327
338.	140	Hugo Rolhas	2:31:00.8	2:30:40.6	307	M40	71	Clube Novo Banco	1:04:23.6	332	2:02:45.0	349
339.	463	João Perneco	2:31:14.6	2:30:45.6	308	M40	72		1:08:16.1	393	2:05:58.7	378
340.	207	Lucia Ventura	2:31:15.9	2:30:59.0	32	F40	6	Georunners	1:05:47.9	357	2:03:59.9	362
341.	587	José Custódio	2:31:16.2	2:30:38.4	309	Sen M	101	AL-MOÇA-GEME	1:08:32.3	399	2:04:54.9	371
342.	285	PAULO RATO	2:31:16.3	2:30:56.9	310	M55	21	Clube Millennium bcp	1:06:27.4	366	2:04:38.8	368
343.	589	Pedro Silva	2:31:16.5	2:30:40.9	311	Sen M	102	AL-MOÇA-GEME	1:08:29.5	398	2:04:58.0	374
344.	569	Miguel Lucena	2:31:18.1	2:31:03.3	312	Sen M	103	Housemartins Belas	1:04:35.4	338	1:59:18.8	322
345.	633	Eduardo Alves	2:31:34.0	2:31:14.8	313	M40	73	Correr Lisboa	1:05:18.8	349	2:02:52.8	350
346.	184	Bruno Neves	2:31:36.4	2:31:24.4	314	Sen M	104		1:05:29.2	353	2:02:24.2	346
347.	527	Rafael Sousa	2:31:44.0	2:31:14.2	315	Sub23	3	Police Challenge Team	1:02:37.0	287	2:01:11.8	334
348.	220	Carlos Cagica	2:31:55.3	2:31:14.4	316	M50	41	CCD Siemens	1:06:30.3	367	2:04:01.1	363
349.	588	Luis Costa	2:32:07.8	2:31:34.5	317	Sen M	105	AL-MOÇA-GEME	1:06:09.2	361	2:04:46.6	370
350.	518	Mário Lageiro	2:32:13.0	2:32:01.1	318	M50	42	CCD Sintrense	1:03:55.4	317	2:04:05.8	365
351.	611	Alexandre Jardim	2:32:16.5	2:32:10.4	319	M40	74	OUTFHIT	1:04:41.6	343	2:02:34.2	348
352.	414	Margarida Coelho	2:32:18.5	2:31:50.9	33	F50	5	Papa Kms	1:05:26.9	352	2:04:09.0	366
353.	499	Fernando Gomes	2:32:23.8	2:32:17.1	320	Sen M	106	Bruxos Runners	1:02:34.6	286	2:02:16.7	345
354.	386	Nuno Dias	2:32:32.8	2:31:49.2	321	Sen M	107	Fortísimos Running Team	1:04:55.8	346	2:04:43.5	369
355.	282	João Carlos Brito	2:33:17.0	2:32:37.6	322	M45	69		1:04:00.8	318	2:01:48.6	342
356.	65	Jose Silva	2:33:39.3	2:33:23.8	323	M45	70		1:04:21.5	330	2:05:34.3	375
357.	298	MARCOS NORITAKE	2:33:43.1	2:33:16.7	324	M50	43	Clube Millennium bcp	1:08:17.6	394	2:05:44.2	376
358.	448	António Guerreiro	2:33:58.6	2:33:13.4	325	M50	44	Fortísimos Running Team	1:08:52.3	404	2:07:38.6	399
359.	620	Nuno Silva	2:33:58.7	2:33:26.4	326	M45	71	Grupeta Running Team	1:07:21.2	381	2:06:01.1	379
360.	321	Henrique Sacadura	2:34:23.8	2:34:14.7	327	M60	7		1:08:27.0	397	2:07:39.0	400
361.	347	Tiago Batista	2:34:30.1	2:33:55.9	328	M40	75		1:07:57.7	389	2:07:08.5	392
362.	385	Carlos Silva	2:34:35.3	2:33:52.9	329	Sen M	108	Fortísimos Running Team	1:09:21.3	413	2:06:29.1	384
363.	509	Luisa Ferreira	2:34:38.5	2:34:21.2	34	F45	6	Deixem Passar os Coxos	1:08:00.5	392	2:07:01.3	389
364.	476	Luis Conceição	2:34:59.6	2:34:43.6	330	M40	76	CLUBE DE PRAÇAS DA ARMADA	1:03:14.0	307	2:03:14.5	356
365.	606	Inês Duarte	2:35:00.1	2:34:50.3	35	Sen F	18		1:03:24.8	310	2:02:06.1	344
366.	341	João Ferreira	2:35:07.5	2:34:51.1	331	Sen M	109	CCD Crédito Agrícola Mútuo	1:06:23.3	363	2:06:13.4	380
367.	613	Maria Beatriz Bello Dias	2:35:07.7	2:34:50.7	36	Sen F	19	ORLANDOS	1:06:23.1	362	2:06:13.5	381
368.	313	Ilídio Santos	2:35:11.0	2:34:38.5	332	M50	45	Cabará dos Coxos	1:09:30.6	418	2:07:11.3	393

## 6º Trilho das Lampas

### Finisher List 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 16.5	Pos.	
369.	160	Luis Violante	2:35:12.3	2:34:53.7	333	M45	72	PénaBike team	1:02:56.5	295	2:03:13.1	355
370.	81	Maria da Luz Conchinha	2:35:21.8	2:35:10.4	37	F60	1	Clube do Stress	1:07:39.6	385	2:07:27.4	396
371.	142	Paulo Gonçalves	2:35:22.3	2:35:02.9	334	M50	46	Clube Novo Banco	1:08:46.2	403	2:08:13.0	406
372.	455	Celso Fernandes	2:35:22.6	2:35:03.5	335	M45	73	NBS	1:07:57.1	388	2:06:48.5	385
373.	33	Fernanda Santinha	2:35:45.6	2:35:21.5	38	F45	7		1:08:53.3	405	2:11:13.0	425
375.	260	Joao Ferreira	2:35:50.9	2:35:38.0	337	M45	75	Clube Cimpor	1:03:34.7	312	2:04:55.4	372
374.	75	Rui MENA	2:35:50.9	2:35:38.9	336	M45	74	Clube BBVA	1:04:21.2	329	2:04:56.3	373
376.	351	Mafalda Sofia Nunes	2:35:52.0	2:35:23.5	39	F50	6	ASSOCIAÇÃO DE ATLETISMO LEBRES	1:12:05.1	463	2:11:02.8	422
377.	365	Gonçalo Rosado	2:36:00.1	2:35:26.2	338	Sen M	110	Tartarugas Solidárias	1:07:58.2	391	2:08:09.5	404
378.	54	Eduardo Santos	2:36:03.4	2:35:54.4	339	Sen M	111		1:04:07.7	325	2:06:22.0	383
379.	91	Gonçalo Magalhães	2:36:03.6	2:35:53.4	340	Sen M	112		1:04:06.7	323	2:06:21.4	382
380.	221	Joaquim Coutinho	2:36:27.2	2:36:22.0	341	M50	47	Correr Queluz	1:06:51.9	375	2:10:24.2	419
381.	435	Luis Piedade	2:36:36.8	2:36:20.4	342	M50	48	GO!Runners/Outpro Store	1:03:07.0	303	2:05:50.2	377
382.	202	Jose Casimiro	2:36:37.4	2:36:32.8	343	Sen M	113		1:04:42.1	344	2:04:10.0	367
383.	340	Cecilia Santiago	2:36:52.8	2:36:28.1	40	Sen F	20	G.R.C.D. Leião - Cobras Trailistas	1:08:42.8	401	2:08:28.4	407
384.	209	Catarina Rodrigues	2:36:52.9	2:36:30.1	41	Sen F	21	G.R.C.D. Leião - Cobras Trailistas	1:08:44.8	402	2:08:30.4	408
385.	562	José Cruz	2:37:12.3	2:36:34.9	344	M40	77	Run for Lunch	1:02:06.5	279	2:07:31.7	397
386.	563	Luis Almeida	2:37:12.7	2:36:40.0	345	M45	76	Run for Lunch	1:07:28.3	383	2:07:36.8	398
387.	655	Paula S. Simões	2:37:16.8	2:36:59.9	42	Sen F	22	CCD TRANQUILIDADE	1:07:36.7	384	2:08:11.4	405
388.	592	Bruno Palma	2:37:28.2	2:36:42.2	346	Sen M	114		1:04:39.8	341	2:04:02.2	364
389.	513	Paulo Neves	2:37:32.4	2:37:20.2	347	M40	78	CCD Sintrense	1:04:55.0	345	2:08:37.6	410
390.	15	Jorge Pereira	2:37:34.7	2:36:54.8	348	M55	22	JOBRINDE - MONTES SALOIOS	1:09:23.8	414	2:08:32.1	409
391.	542	Luciano Marques	2:37:36.5	2:37:18.9	349	M55	23		1:07:21.6	382	2:06:52.4	386
392.	304	joana Pereira	2:37:39.0	2:37:15.5	43	Sen F	23	100 esTrilhos	1:07:12.3	379	2:07:53.8	403
394.	405	anselmo Rodrigues	2:37:39.3	2:37:15.8	350	M50	49	100 esTrilhos	1:07:07.1	377	2:07:53.3	402
393.	132	Sofioa Garcia*	2:37:39.3	2:37:15.3	44	Sen F	24	Correr Lisboa	1:07:11.9	378	2:07:53.2	401
395.	177	Adélia Cabral	2:37:54.3	2:37:33.8	45	Sen F	25	SS CGD	1:07:57.9	390	2:09:01.4	413
396.	526	Carlos Henrique	2:38:13.5	2:37:53.4	351	M50	50	Grupo Desportivo SANTANDER Totta	1:03:47.5	314	2:08:41.8	411
397.	114	Rui Teixeira	2:38:15.4	2:37:37.1	352	M45	77		1:10:15.4	435	2:11:35.5	427
398.	491	Pedro Nunes	2:38:31.9	2:38:12.1	353	M45	78	Marmedsa	1:04:07.5	324	2:08:48.8	412
399.	309	Paul Ascensão	2:38:47.6	2:38:32.5	354	M45	79	Dona de Casa	1:06:41.1	370	2:09:23.2	415
400.	372	Orlando Duarte	2:38:50.0	2:38:25.2	355	M60	8	EM'FORÇA - SPEM	1:13:41.5	482	2:15:21.0	449
401.	249	CARLOS FERREIRA	2:38:53.2	2:38:35.6	356	M60	9	NUCLEO DESPORTIVO AUTOCOOPE	1:05:31.0	354	2:07:16.4	395
402.	660	Iris Mauricio	2:38:54.9	2:38:27.0	46	F40	7		1:11:33.9	453	2:10:58.1	421
403.	438	André Chanoca	2:38:58.0	2:38:14.0	357	Sen M	115		1:11:12.7	448	2:09:13.3	414
405.	649	Carlos Fonseca	2:39:37.2	2:39:03.4	358	M55	24	CCD TRANQUILIDADE	1:10:04.5	431	2:12:06.1	434
404.	314	Maria do Ceu Carvalho	2:39:37.2	2:38:59.1	47	F45	8	Tartarugas Solidárias	1:11:03.6	445	2:11:23.1	426

## 6º Trilho das Lampas

### Finisher List 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 16.5	Pos.	
406.	434	Pedro Matos	2:39:56.9	2:39:22.1	359	Sen M	116	Box41	1:06:45.3	371	2:07:15.0	394
407.	348	Paulo Mota	2:39:57.3	2:39:27.6	360	M50	51	ASSOCIAÇÃO DE ATLETISMO LEBRES	1:13:10.9	472	2:13:10.5	439
408.	433	Nuno Santiago	2:39:58.6	2:39:16.6	361	M40	79	Salamandrecos	1:12:33.8	467	2:13:08.2	438
409.	50	Carlos Lavrador	2:39:59.9	2:39:46.7	362	M50	52	Run&Smile	1:10:00.0	429	2:10:12.4	417
410.	388	Patrícia Monteiro	2:40:00.1	2:39:55.5	48	F40	8	Ai Nós Jamor	1:08:41.3	400	2:10:20.6	418
412.	357	Pedro Boto	2:40:29.8	2:40:01.9	364	M50	53	Serviços Sociais Montepio	1:04:04.2	320	2:06:57.0	387
411.	352	Jorge Costa	2:40:29.8	2:40:02.7	363	M45	80	Serviços Sociais Montepio	1:04:28.3	335	2:07:00.2	388
414.	572	João Nunes	2:40:29.9	2:40:02.1	366	Sen M	117		1:04:28.2	334	2:07:01.8	390
413.	354	Nuno Santos	2:40:29.9	2:40:01.7	365	M40	80	Serviços Sociais Montepio	1:04:28.0	333	2:07:02.6	391
415.	201	Tiago Loureiro	2:40:34.7	2:40:26.4	367	Sen M	118		1:04:56.2	347	2:09:55.3	416
416.	206	Cristina Antunes	2:40:36.0	2:39:44.1	49	F45	9		1:08:58.0	406	2:11:42.0	429
417.	228	João Tavares	2:40:43.5	2:39:51.9	368	M45	81		1:08:58.6	407	2:11:42.2	430
418.	597	António Fernandes	2:41:48.2	2:41:13.0	369	M40	81		1:10:34.8	440	2:13:01.6	437
419.	95	Fabio Batista	2:41:51.8	2:41:36.2	370	M40	82		1:10:23.4	438	2:13:34.2	444
420.	530	Cristina Fernandes	2:41:57.4	2:41:33.8	50	F40	9	Este é para durões!!	1:09:08.1	412	2:13:32.2	443
421.	66	Sonia Sequeira	2:42:03.2	2:41:44.2	51	F40	10	STJoaoOliveiraTeam	1:10:15.7	436	2:12:10.8	435
423.	79	Antonio caetano	2:42:03.4	2:41:42.0	372	M45	82	STJoaoOliveiraTeam	1:09:04.7	408	2:12:03.8	433
422.	67	Ricardo Santos	2:42:03.4	2:41:42.9	371	M40	83	STJoaoOliveiraTeam	1:09:05.5	409	2:11:07.7	423
424.	97	Ricardo S. Ferreira	2:42:08.7	2:41:36.8	373	Sen M	119	PAPAMILHAS RUNNING TEAM	1:09:59.8	428	2:13:30.0	440
425.	105	Cátia Couveiro	2:42:12.8	2:41:41.7	52	Sen F	26		1:10:00.1	430	2:13:30.7	441
426.	115	Paulo Pinto	2:42:20.4	2:41:42.1	374	M40	84		1:10:31.6	439	2:11:38.9	428
428.	582	Emanuel Severino	2:42:22.9	2:41:37.4	375	Sen M	120	Salamandrecos	1:09:40.4	419	2:14:09.8	445
427.	581	Catia Luis	2:42:22.9	2:41:38.2	53	Sen F	27	Salamandrecos	1:09:41.5	420	2:14:12.1	446
429.	680	Pedro Figueira	2:43:24.7	2:43:17.0	376	M40	85	ADCRPJ	1:09:28.7	417	2:11:47.0	432
430.	510	Sérgio Cordeiro	2:43:24.8	2:43:15.1	377	M40	86	ADCRPJ	1:09:27.5	416	2:11:44.8	431
431.	410	ROGÉRIO PINA	2:44:05.3	2:43:42.9	378	M60	10	CLUBE ANACOM	1:13:33.7	479	2:19:56.5	493
433.	610	Eduarda Amaral	2:44:19.9	2:43:48.5	55	Sen F	28	Doidas	1:11:44.4	458	2:14:34.3	448
432.	609	Glória Vieira	2:44:19.9	2:43:48.3	54	F40	11	Doidas	1:11:41.2	457	2:14:30.0	447
434.	85	Vitor Gonçalves	2:44:24.4	2:43:52.3	379	M45	83	4 ao km	1:13:26.2	477	2:15:56.1	451
435.	86	Isadora Costa	2:44:24.5	2:43:53.3	56	Sen F	29	4 ao km	1:13:27.3	478	2:15:57.2	452
436.	226	Henrique Ferreira	2:45:45.2	2:45:06.9	380	Sen M	121	Correr Queluz	1:09:07.8	411	2:12:52.7	436
437.	320	LUÍS MIGUEL SANTOS	2:45:58.7	2:45:29.9	381	M50	54	ASSOCIAÇÃO DE ATLETISMO LEBRES	1:10:49.2	442	2:15:22.3	450
438.	99	PEDRO DIAS	2:46:02.6	2:45:46.8	382	Sen M	122	Keep Running	1:09:44.4	422	2:18:42.7	477
439.	192	Luisa Landeiro	2:46:09.1	2:45:55.5	57	Sen F	30	SS CGD	1:13:37.8	481	2:20:42.6	496
440.	240	Nir Almany	2:46:46.3	2:46:08.3	383	Sen M	123	Champions	1:14:11.3	492	2:18:12.7	468
441.	239	Abrão Kulaif	2:46:47.0	2:46:08.0	384	Sen M	124	Champions	1:14:12.6	493	2:18:13.0	470
442.	237	Hugo Rocha	2:46:47.1	2:46:10.4	385	Sen M	125	Champions	1:14:13.2	494	2:18:14.6	471

## 6º Trilho das Lampas

### Finisher List 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 16.5	Pos.	
443.	107	Helena Leitão	2:46:47.7	2:46:16.9	58	F45	10	Runlovers	1:14:46.1	503	2:18:31.2	474
444.	106	João Leitão	2:46:47.8	2:46:17.9	386	M45	84	Runlovers	1:14:47.0	504	2:18:32.8	475
445.	391	Goreti Fernandes	2:47:01.1	2:46:48.5	59	F55	1	Clube Cimpor	1:12:50.0	471	2:19:03.2	487
446.	462	JORGE MOREIRA	2:47:28.6	2:46:52.0	387	M55	25	NUCLEO DESPORTIVO AUTOCOOPE	1:20:33.6	563	2:19:40.9	492
447.	339	Sandra Silva	2:47:32.4	2:47:07.8	60	F40	12	G.R.C.D. Leião - Cobras Trailistas	1:09:46.0	427	2:17:54.9	462
448.	522	Tiago Marques	2:47:32.5	2:47:07.4	388	Sen M	126		1:09:44.9	423	2:17:54.8	461
449.	172	Casimiro Silva	2:47:32.6	2:47:07.7	389	M40	87		1:09:45.7	426	2:17:55.0	463
450.	297	PEDRO SANTOS	2:47:43.4	2:47:07.9	390	M45	85	Clube Millennium bcp	1:11:37.4	455	2:17:39.7	459
451.	73	Alexandra Dinis	2:47:43.6	2:47:08.0	61	F40	13	JOBRINDE - MONTES SALOIOS	1:11:38.4	456	2:17:39.8	460
452.	445	Cecília Santos	2:47:45.5	2:47:20.2	62	Sen F	31	100 esTrilhos	1:08:22.9	396	2:17:32.6	457
453.	492	Eduardo Rosa	2:47:45.7	2:47:20.3	391	M45	86	100 esTrilhos	1:08:22.8	395	2:17:32.3	456
454.	502	Ângelo Marcos	2:47:48.6	2:47:07.7	392	Sen M	127		1:10:08.7	433	2:10:55.8	420
455.	323	sandra cristina rodrigues	2:47:49.9	2:47:29.2	63	Sen F	32		1:11:20.0	449	2:18:44.6	480
457.	35	Marianela Figueiredo	2:47:50.1	2:47:29.7	65	F45	11	Tartarugas Solidárias	1:11:20.6	451	2:18:52.4	484
456.	16	Sara Nogueira	2:47:50.1	2:47:30.1	64	Sen F	33	G.R.C.D. Leião - Cobras Trailistas	1:11:20.0	450	2:18:45.4	481
458.	667	Favelina Santos	2:47:50.4	2:47:31.4	66	F40	14	Tartarugas Solidárias	1:11:22.4	452	2:18:53.8	486
459.	279	Joao Mateus	2:48:04.6	2:47:46.6	393	Sen M	128		1:06:35.1	369	2:11:12.5	424
460.	635	Carlos Semide	2:48:14.2	2:47:45.5	394	M40	88		1:15:23.0	509	2:18:49.6	483
461.	350	Dina Maria Mota	2:48:14.4	2:47:45.6	67	F50	7	ASSOCIAÇÃO DE ATLETISMO LEBRES	1:15:12.3	507	2:19:27.5	491
462.	441	Rui SolPosto	2:48:21.5	2:47:44.4	395	M40	89	Tribo da Corrida	1:14:37.0	501	2:20:29.1	494
463.	133	Marta Reis	2:48:24.7	2:48:02.3	68	Sen F	34	Manas Sier	1:11:37.2	454	2:18:27.8	473
464.	121	Daniela Varandas	2:48:28.6	2:47:56.9	69	Sen F	35	B.A.C.O.	1:13:18.6	474	2:18:16.2	472
465.	532	Filipe Domingues	2:48:46.3	2:48:22.2	396	Sen M	129	Este é para durões!!	1:09:07.5	410	2:13:31.9	442
466.	267	Carla Ribeiro	2:48:47.9	2:48:30.3	70	F45	12	Happy runners	1:11:58.7	460	2:20:43.1	497
467.	268	Miguel Ribeiro	2:48:48.2	2:48:29.7	397	M45	87	Happy runners	1:11:57.1	459	2:20:41.7	495
469.	392	Maria Fatima Fernandes	2:49:15.0	2:49:01.4	72	F55	2	Clube Cimpor	1:12:49.3	470	2:18:53.1	485
468.	120	Filipa Alves	2:49:15.0	2:48:45.4	71	Sen F	36	Police Challenge Team	1:12:44.5	469	2:18:32.8	476
470.	560	Gisela Padre	2:49:30.8	2:48:40.7	73	F40	15		1:13:21.0	475	2:17:56.7	464
471.	69	Antonio Alves	2:49:51.2	2:49:35.5	398	M60	11		1:12:39.1	468	2:18:44.4	479
472.	626	Susana Santos	2:50:07.0	2:49:16.5	74	F40	16		1:13:21.2	476	2:18:03.4	465
473.	303	Meagan Carty	2:50:12.5	2:49:51.4	75	F40	17		1:13:55.0	484	2:21:41.7	508
474.	108	Paula Café	2:50:12.6	2:49:51.5	76	F40	18		1:13:55.0	483	2:21:41.9	509
475.	235	Teresa Afonso	2:50:27.8	2:49:55.5	77	Sen F	37	Tartarugas Solidárias	1:11:05.2	447	2:18:12.8	469
476.	236	Su Gomes	2:50:27.9	2:49:54.8	78	Sen F	38	Tartarugas Solidárias	1:11:04.6	446	2:18:10.8	467
477.	367	Lurdes Silva	2:50:41.9	2:50:30.2	79	F50	8	Os Tugas	1:09:45.1	424	2:19:05.0	488
478.	51	Cristina Lavrador	2:50:54.7	2:50:41.9	80	F50	9	Run&Smile	1:14:21.8	495	2:21:35.1	506
479.	96	Ana Pauleta	2:50:55.5	2:50:26.0	81	F40	19		1:14:24.9	497	2:21:14.6	503

## 6º Trilho das Lampas

### Finisher List 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 16.5	Pos.	
480.	261	Adalberto Grilo	2:50:55.7	2:50:25.8	399	M55	26	RUN 4 FUN	1:14:24.4	496	2:21:14.0	502
481.	195	Olga Borges	2:50:57.1	2:50:43.6	82	F40	20		1:14:04.7	487	2:21:21.5	504
482.	360	Maria Puga	2:51:39.0	2:51:18.4	83	F50	10	O MUNDO DA CORRIDA	1:14:28.3	498	2:21:12.9	501
483.	72	Helder Pereira	2:51:53.1	2:51:24.1	400	Sen M	130	Running Crew	1:10:17.9	437	2:18:04.6	466
484.	558	Frederico Sousa	2:52:01.7	2:51:09.0	401	M55	27	Lebres e Tartarugas	1:11:02.6	444	2:18:46.8	482
485.	602	Sérgio Franclim	2:52:18.8	2:51:34.1	402	M40	90		1:14:07.5	491	2:17:37.8	458
486.	439	Frederico Conceicao	2:52:19.1	2:51:33.8	403	M45	88		1:14:05.8	489	2:17:10.9	454
487.	449	Diogo Simao	2:52:19.3	2:51:34.6	404	Sen M	131	St. Peter's School	1:14:05.6	488	2:17:15.7	455
488.	102	JOSÉ ANDRADE	2:52:21.5	2:52:06.3	405	Sen M	132	Keep Running	1:09:45.5	425	2:19:23.3	490
489.	668	Patricia Lopes	2:52:25.3	2:51:46.0	84	F40	21	JOBRINDE - MONTES SALOIOS	1:12:11.8	465	2:20:50.9	499
490.	18	Dário Canas	2:52:25.5	2:51:45.6	406	M40	91	JOBRINDE - MONTES SALOIOS	1:12:11.3	464	2:20:48.2	498
491.	8	João Alberto	2:52:26.0	2:51:46.7	407	M50	55	JOBRINDE - MONTES SALOIOS	1:13:15.4	473	2:20:51.3	500
492.	521	Rita Oliveira	2:52:38.0	2:52:14.5	85	Sen F	39	G.R.C.D. Leião - Cobras Trailistas	1:15:25.6	510	2:24:17.4	524
493.	591	Márcia Gaspar	2:52:38.1	2:52:14.5	86	F40	22	G.R.C.D. Leião - Cobras Trailistas	1:15:26.8	511	2:24:20.7	525
494.	594	Abel Costa	2:53:00.9	2:52:18.2	408	Sen M	133	Gfi	1:18:19.5	551	2:25:00.8	528
495.	329	Sário Nunes	2:53:28.2	2:52:29.2	409	Sen M	134	Pé de Atleta	1:15:44.2	513	2:23:39.6	517
496.	210	Mario Sobral	2:53:29.3	2:53:02.8	410	M40	92	Correr Lisboa	1:15:53.5	516	2:23:35.8	516
497.	318	Luis Azevedo	2:53:29.9	2:53:04.0	411	M50	56	Correr Lisboa	1:15:55.0	517	2:23:42.6	519
498.	283	Carla Silva	2:53:33.0	2:52:37.0	87	F45	13	ApalpaTerreno	1:15:48.6	515	2:23:43.1	520
499.	330	Alexandra Santos	2:53:34.3	2:52:38.1	88	Sen F	40	Pé de Atleta	1:16:20.2	522	2:23:46.1	523
500.	305	Pedro Pechilga	2:53:51.2	2:53:17.1	412	Sen M	135	Tartarugas Solidárias	1:11:00.4	443	2:18:43.4	478
501.	148	Pedro Rodrigues	2:54:34.8	2:53:53.4	413	M40	93		1:17:08.4	533	2:25:19.8	530
502.	147	Marta Andrade	2:54:35.0	2:53:53.8	89	Sen F	41		1:17:08.5	534	2:25:18.4	529
503.	442	Oswaldo Pires	2:54:49.1	2:54:12.3	414	Sen M	136	Tribo da Corrida	1:14:37.6	502	2:22:01.7	512
505.	229	Pedro Leal	2:55:06.6	2:54:31.1	416	M50	57		1:16:17.9	520	2:21:44.3	511
504.	191	Jose Leal	2:55:06.6	2:54:30.7	415	Sen M	137		1:16:17.2	519	2:21:44.1	510
506.	409	SÉRGIO ANTUNES	2:55:28.3	2:55:04.0	417	M50	58	CLUBE ANACOM	1:13:33.8	480	2:22:12.5	513
507.	58	Rita Valentim	2:55:30.1	2:55:19.3	90	F50	11	ADA Desnível	1:16:45.2	530	2:24:59.3	527
508.	101	EURICO CAROCHA	2:55:36.8	2:55:20.0	418	Sen M	138	Keep Running	1:09:43.6	421	2:19:21.6	489
509.	564	Cecília Nicolau	2:55:51.5	2:55:48.0	91	F50	12	aa lebres do sado	1:16:34.8	527	2:26:13.0	534
510.	565	Célia Azenha	2:55:51.8	2:55:47.9	92	F50	13	aa lebres do sado	1:16:34.9	528	2:26:13.4	535
511.	384	Ana Pereira	2:56:14.1	2:55:49.4	93	F45	14	Runners da Frente Ribeirinha da Póvoa de	1:14:06.3	490	2:23:42.0	518
512.	590	Nelson Castelôa	2:56:52.2	2:56:42.5	419	M50	59		1:12:23.6	466	2:16:24.4	453
513.	417	Sara Rainho	2:56:52.5	2:56:19.8	94	F40	23		1:17:23.5	539	2:29:55.0	551
514.	489	Olga Santos	2:57:20.1	2:57:12.9	95	F55	3	Crossfit Montijo	1:12:03.9	461	2:22:36.0	514
515.	259	Joana Vaz dos Santos	2:57:20.2	2:57:12.9	96	Sen F	42	Crossfit Montijo	1:12:04.1	462	2:22:37.0	515
516.	116	Angela Costa	2:57:35.4	2:57:17.4	97	Sen F	43		1:14:50.3	506	2:28:27.2	549

## 6º Trilho das Lampas

### Finisher List 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 16.5	Pos.	
517.	604	Pedro Jaime	2:57:35.6	2:57:15.3	420	M45	89	Salamandrecos	1:14:47.7	505	2:28:25.0	548
519.	473	Liígia Valério	2:57:41.0	2:56:43.7	98	Sen F	44	Pé de Atleta	1:15:46.0	514	2:23:45.0	522
518.	472	Nuno Barradas	2:57:41.0	2:56:44.7	421	Sen M	139	Pé de Atleta	1:16:20.2	521	2:23:45.0	521
520.	170	Valter Gaspar	2:58:13.9	2:57:41.0	422	Sen M	140	PAPAMILHAS RUNNING TEAM	1:20:37.7	564	2:29:36.5	550
521.	1	Celina Jorge	2:58:32.2	2:57:59.1	99	Sen F	45		1:15:20.5	508	2:26:07.6	533
522.	174	Ana Paula Nunes	2:58:41.9	2:57:40.7	100	F45	15	Matilha da Atalaia	1:09:27.1	415	2:21:37.9	507
523.	188	Nuno Simao	2:58:42.1	2:57:40.7	423	M40	94	Matilha da Atalaia	1:10:10.2	434	2:21:27.6	505
524.	38	Susana Mendes	2:59:46.2	2:59:37.8	101	Sen F	46	SIMECQ	1:17:41.0	541	2:28:04.1	541
525.	42	Olga Galvão	2:59:46.5	2:59:38.3	102	F55	4	SIMECQ	1:17:41.0	542	2:28:06.5	544
526.	19	Carlos Monteiro	2:59:53.3	2:59:38.6	424	M55	28		1:17:13.8	538	2:25:53.5	531
527.	596	DELEGLISE Julie	2:59:57.9	2:59:30.3	103	F40	24	Deleglise	1:18:06.4	547	2:26:41.1	536
528.	379	Carlos Rangel	3:01:04.7	3:00:32.8	425	M60	12		1:16:36.0	529	2:25:55.5	532
529.	395	Margarida Henriques	3:01:07.3	3:00:46.4	104	F55	5	O MUNDO DA CORRIDA	1:18:11.0	549	2:27:25.4	538
530.	460	Eduardo Santos	3:01:07.8	3:00:46.6	426	M60	13	O MUNDO DA CORRIDA	1:18:10.6	548	2:27:24.4	537
531.	94	Carla Pinto	3:01:32.7	3:01:18.0	105	F45	16		1:14:02.1	486	2:24:59.2	526
533.	125	Raúl Massano	3:02:33.1	3:01:58.5	427	Sen M	141	B.A.C.O.	1:17:11.5	535	2:28:05.1	542
532.	124	Tânia Simões	3:02:33.1	3:01:58.2	106	Sen F	47	B.A.C.O.	1:17:12.7	536	2:28:06.5	543
534.	122	Ana Sofia Augusto	3:02:33.3	3:01:59.5	107	Sen F	48	B.A.C.O.	1:17:13.6	537	2:28:07.6	545
535.	60	Teresa Reis	3:03:59.9	3:03:24.3	108	F40	25	JOBRINDE - MONTES SALOIOS	1:17:47.9	543	2:30:46.7	553
536.	488	António Fazendeiro	3:04:00.6	3:03:21.3	428	M55	29		1:10:08.0	432	2:30:23.6	552
537.	295	FERNANDO ROSA	3:04:46.6	3:04:03.6	429	M40	95	Clube Millennium bcp	1:16:24.5	523	2:27:49.3	540
538.	300	MARIA NOBRE	3:04:46.9	3:04:03.9	109	F50	14	Clube Millennium bcp	1:16:26.2	525	2:28:09.7	546
539.	294	Paula Batalha [a]	3:04:47.5	3:04:04.7	110	F50	15	Clube Millennium bcp	1:16:26.1	524	2:28:10.5	547
540.	299	EDUARDO FERREIRA	3:04:48.3	3:03:52.2	430	M40	96	Clube Millennium bcp	1:16:10.8	518	2:27:35.6	539
541.	52	Hugo Teixeira	3:05:36.0	3:05:14.5	431	Sen M	142	Crossfit 2725	1:16:33.6	526	2:31:34.5	560
542.	288	EDUARDO PINTO	3:05:39.8	3:04:59.4	432	M50	60	Clube Millennium bcp	1:13:59.2	485	2:31:17.3	556
543.	211	Sandra Rodrigues	3:06:11.4	3:05:26.3	111	F40	26		1:18:48.0	553	2:33:35.9	563
544.	469	João Barrigola	3:06:16.1	3:05:18.1	433	Sen M	143		1:17:38.0	540	2:31:39.1	561
545.	585	Manuel Joaquim Ferreira	3:06:16.6	3:05:15.2	434	M60	14		1:10:36.5	441	2:30:53.1	554
546.	14	Ana Isabel Martins	3:06:26.4	3:06:06.6	112	F55	6	Falcões Selvagens	1:15:32.7	512	2:31:17.6	557
547.	78	Paulo Duarte	3:06:40.1	3:05:58.1	435	M45	90	Sintra Runners	1:18:51.3	555	2:34:00.3	566
548.	328	Carlos Morais	3:06:53.0	3:06:35.8	436	M45	91	West Trail Runners	1:19:37.8	560	2:32:44.5	562
549.	627	Helena Oliveira	3:07:59.0	3:07:27.9	113	F50	16		1:23:59.7	574	2:36:31.3	574
551.	520	Gloria Santos	3:07:59.1	3:07:29.5	115	F50	17		1:24:01.4	576	2:36:32.5	577
550.	383	paula saraiva	3:07:59.1	3:07:29.4	114	F45	17	opraticante.pt	1:24:01.4	577	2:36:32.0	576
552.	381	arminda basilio	3:07:59.4	3:07:29.6	116	F40	27	opraticante.pt	1:24:01.1	575	2:36:31.6	575
553.	559	Carlos Gonçalves	3:08:34.1	3:07:41.6	437	M60	15	Lebres e Tartarugas	1:16:54.8	531	2:31:01.0	555

## 6º Trilho das Lampas

### Finisher List 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 16.5	Pos.	
554.	593	Paulo Soberano	3:08:44.1	3:08:01.5	438	Sen M	144	Gfi	1:18:20.3	552	2:33:43.3	565
555.	555	Rodrigo Rodrigues	3:08:44.3	3:08:00.3	439	Sen M	145	Panquecas	1:18:19.2	550	2:33:41.8	564
556.	570	BRUNO ARCANJO	3:09:11.1	3:08:37.0	440	Sen M	146		1:17:03.1	532	2:34:39.8	568
557.	2	Heloise Rodrigues	3:09:15.1	3:08:52.1	117	F40	28	Bando de Coxos	1:20:43.9	566	2:34:01.4	567
558.	233	Jacinta Almeida	3:12:15.6	3:11:47.7	118	F55	7	Rail Runners	1:22:46.6	571	2:40:57.2	582
559.	152	Diogo Arraias	3:14:35.2	3:13:55.6	441	M60	16	Os Arraias	1:19:15.6	559	2:40:42.1	580
560.	161	Bruno Abrantes	3:14:35.4	3:13:54.1	442	M40	97	falcoes selvagens	1:19:09.5	557	2:40:40.1	579
561.	153	Sandra Arraias	3:14:35.6	3:13:55.5	119	Sen F	49	Os Arraias	1:19:10.9	558	2:40:42.7	581
562.	113	Manuel Fontinha	3:15:04.3	3:14:39.7	443	M45	92	G.R.C.D. Leião - Cobras Trailistas	1:17:58.1	544	2:36:26.6	573
563.	579	Rute Casimiro	3:15:28.3	3:14:37.7	120	Sen F	50	Caracóis de Corrida	1:22:05.8	568	2:41:32.4	584
564.	457	Sergio Matoso	3:15:32.4	3:15:07.9	444	Sen M	147	100 esTrilhos	1:20:43.0	565	2:36:25.4	572
566.	247	Carlos Correia	3:15:56.4	3:15:17.7	446	M45	93	Clube Aventura de Monforte	1:14:36.0	500	2:31:19.4	558
565.	246	João Gameiro	3:15:56.4	3:15:17.7	445	Sen M	148		1:14:36.0	499	2:31:19.4	559
567.	528	Anabela Sousa	3:16:50.2	3:16:19.4	121	F40	29	Police Challenge Team	1:22:32.2	569	2:36:18.2	571
568.	62	Daniel Ramos	3:20:07.8	3:19:21.8	447	M40	98	JOBRINDE - MONTES SALOIOS	1:19:46.5	561	2:37:24.2	578
569.	68	Luisa Alves	3:20:29.5	3:20:14.5	122	Sen F	51		1:23:21.2	573	2:41:24.2	583
570.	401	Marina Leitão	3:21:22.8	3:20:39.2	123	Sen F	52	os Galgos	1:18:50.0	554	2:35:30.2	569
571.	661	Vera Calção	3:21:28.5	3:20:45.3	124	Sen F	53	os Galgos	1:18:51.7	556	2:35:36.1	570
572.	622	Sónia Vanessa	3:21:36.2	3:21:04.0	125	Sen F	54	OMT	1:24:26.5	580	2:41:52.3	586
573.	623	André Pinho	3:21:36.3	3:21:03.2	448	Sen M	149	OMT	1:24:25.5	579	2:41:51.0	585
575.	568	Tânia Carvalho	3:25:51.1	3:25:37.0	127	Sen F	55	Housemartins Belas	1:18:00.1	545	2:42:01.6	587
574.	550	Tania Azevedo	3:25:51.1	3:25:37.4	126	F40	30		1:18:00.3	546	2:42:02.8	588
576.	30	Gina Correia	3:30:17.1	3:30:06.2	128	F40	31	ADA Desnível	1:25:43.1	581	2:49:50.2	589
577.	24	JUSTILIANO MEIRELES	3:31:29.6	3:30:54.6	449	M60	17	Falcões Selvagens	1:23:13.0	572	2:52:44.2	592
578.	26	Nuno Loureiro	3:31:30.0	3:30:55.1	450	M50	61	Falcões Selvagens	1:24:03.6	578	2:52:44.9	593
579.	61	Mónica Moreira	3:32:00.3	3:31:23.0	129	F40	32		1:22:04.4	567	2:50:08.6	590
580.	251	ANTONIO FERNANDES	3:34:49.6	3:34:01.0	451	M40	99	NUCLEO DESPORTIVO AUTOCOOPE	1:28:34.7	582	2:54:23.4	594
581.	265	Ana Reis	3:34:50.1	3:34:03.1	130	F40	33	Rail Runners	1:28:37.3	583	2:54:25.4	595
582.	252	CÉLIA FERREIRA	3:34:50.2	3:34:03.3	131	F40	34	NUCLEO DESPORTIVO AUTOCOOPE	1:28:37.4	584	2:54:26.2	596
583.	145	Sérgio Centeno	3:37:00.4	3:36:41.6	452	M40	100	Clube Novo Banco	1:20:18.2	562	2:50:32.9	591
584.	264	Henriqueta Solipa	4:29:05.5	4:28:21.3	132	F55	8	Tartarugas Solidárias	1:39:15.0	587	3:51:56.5	599
585.	82	Núria Branco	4:29:05.8	4:28:26.0	133	Sen F	56	JOBRINDE - MONTES SALOIOS	1:39:19.5	588	3:51:59.7	600
586.	432	Fernando Xavier	4:29:07.0	4:28:17.9	453	M40	101	Salamandrecos	1:39:10.2	586	3:51:50.4	598
598.	639	Antonio Ribeiro	DSQ	1:46:25.0	463	M50	64			-1	1:12:28.2	7
597.	636	Paulo Castanheira	DSQ	2:42:59.8	462	M50	63			-1	1:56:05.6	307
596.	468	Luis Aires	DSQ	1:40:52.4	461	M45	94	JOBRINDE - MONTES SALOIOS	0:44:44.1	589	1:22:07.9	601
595.	43	Luis Coelho	DSQ	2:30:02.9	460	M55	31	SIMECQ		-1	1:41:49.8	164



## 6º Trilho das Lampas

### Finisher List 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	10km	Pos. 16.5	Pos.
594.	284	Vitor Duarte Silva	DSQ	2:19:04.0	459	Sen M	150	Team Salamandras	-1	1:30:28.9	66
593.	242	Manuel Saraiva Saraiva	DSQ	1:18:56.2	458	M55	30	LINDA PASTORA	-1	0:54:36.4	3
592.	223	Nuno Oliveira	DSQ	2:00:17.9	457	M40	104	CDCR dos CTT	-1	1:18:10.3	13
591.	164	Paulo Serra	DSQ	2:30:09.1	456	M40	103	Matilha da Atalaia	-1	1:41:51.3	165
590.	131	Nidia Martins	DSQ	1:23:58.2	135	Sen F	57		-1	0:56:32.1	5
589.	130	Carlos Martins	DSQ	1:23:48.6	455	M50	62		-1	0:56:20.2	4
588.	129	Ana Roque	DSQ	2:42:59.9	134	F45	18		-1	1:56:05.7	308
587.	74	Alexandre Andrade	DSQ	2:08:33.4	454	M40	102	BOTA LAMBRA	-1	1:28:19.1	54

Number of records: 598

## 6º Trilho das Lampas

### Result List AG 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
<b>6.º Trilho das Lampas</b>												
<b>Sénior Feminino</b>												
<b>Sénior Feminino</b>												
1	496	Olga Martins	1:55:15.6	w	2	Sénior Feminino	1	GTT armazém do Caffé	0:50:58.0	84	1:33:11.8	89
2	334	Patrícia Caldas	1:56:39.6	w	3	Sénior Feminino	2	Caracóis de Pedra	0:52:40.0	108	1:36:03.6	113
3	482	Rita Marques	1:58:41.5	w	4	Sénior Feminino	3	Amigos do Atletismo de Mafra	0:54:19.9	140	1:38:10.1	122
4	536	CHRISTIANE MONTEIRO	2:06:18.8	w	7	Sénior Feminino	4	chaves running team	0:58:16.6	213	1:44:18.7	183
5	387	Catarina Costa	2:07:32.9	w	8	Sénior Feminino	5	Ai Nós Jamor	0:57:47.7	203	1:45:30.9	198
6	156	Patrícia Lourenço	2:10:42.6	w	9	Sénior Feminino	6	GO!Runners	0:57:46.7	201	1:46:40.1	211
7	182	Margarida Roldão	2:10:51.8	w	10	Sénior Feminino	7	Turres Trail Team	0:57:54.8	206	1:47:38.5	214
8	430	Eva Braz	2:12:13.0	w	11	Sénior Feminino	8	G.R.C.D. Leião - Cobras Trailistas	0:58:34.3	216	1:48:38.6	224
9	504	Marcia Cantanhede	2:13:34.5	w	13	Sénior Feminino	9	CLUBE DE PRAÇAS DA ARMADA	0:59:00.8	227	1:48:50.6	228
10	326	Anabela Pereira	2:14:26.5	w	14	Sénior Feminino	10	Strong Team	0:57:45.8	198	1:49:19.1	233
11	324	Sara Machado	2:14:26.6	w	15	Sénior Feminino	11	Strong Team	0:57:45.3	197	1:49:19.6	234
12	567	Sara Dias	2:17:41.7	w	18	Sénior Feminino	12	Strendure Running Team	1:00:56.4	260	1:54:28.2	290
13	425	Patricia Jorge	2:17:59.9	w	20	Sénior Feminino	13	Os Tugas Saloios	1:01:44.7	273	1:53:09.6	265
14	523	Teresa Martins	2:18:24.4	w	21	Sénior Feminino	14	Strong Team	1:03:01.7	298	1:54:03.7	282
15	642	Helena Da Silva Madeira	2:22:33.8	w	23	Sénior Feminino	15		1:02:13.8	283	1:57:52.2	321
16	127	Sandra Oliveira	2:26:11.1	w	25	Sénior Feminino	16		1:06:26.9	365	2:01:27.4	339
17	257	Susana Amorim	2:26:26.3	w	27	Sénior Feminino	17	Correr Lisboa	1:05:03.3	348	2:02:53.4	351
18	606	Inês Duarte	2:35:00.1	w	35	Sénior Feminino	18		1:03:24.8	310	2:02:06.1	344
19	613	Maria Beatriz Bello Dias	2:35:07.7	w	36	Sénior Feminino	19	ORLANDOS	1:06:23.1	362	2:06:13.5	381
20	340	Cecilia Santiago	2:36:52.8	w	40	Sénior Feminino	20	G.R.C.D. Leião - Cobras Trailistas	1:08:42.8	401	2:08:28.4	407
21	209	Catarina Rodrigues	2:36:52.9	w	41	Sénior Feminino	21	G.R.C.D. Leião - Cobras Trailistas	1:08:44.8	402	2:08:30.4	408
22	655	Paula S. Simões	2:37:16.8	w	42	Sénior Feminino	22	CCD TRANQUILIDADE	1:07:36.7	384	2:08:11.4	405
23	304	joana Pereira	2:37:39.0	w	43	Sénior Feminino	23	100 esTrilhos	1:07:12.3	379	2:07:53.8	403
24	132	Sofioa Garcia*	2:37:39.3	w	44	Sénior Feminino	24	Correr Lisboa	1:07:11.9	378	2:07:53.2	401
25	177	Adélia Cabral	2:37:54.3	w	45	Sénior Feminino	25	SS CGD	1:07:57.9	390	2:09:01.4	413
26	105	Cátia Couveiro	2:42:12.8	w	52	Sénior Feminino	26		1:10:00.1	430	2:13:30.7	441
27	581	Catia Luis	2:42:22.9	w	53	Sénior Feminino	27	Salamandrecos	1:09:41.5	420	2:14:12.1	446
28	610	Eduarda Amaral	2:44:19.9	w	55	Sénior Feminino	28	Doidas	1:11:44.4	458	2:14:34.3	448

## 6º Trilho das Lampas

### Result List AG 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
29	86	Isadora Costa	2:44:24.5	w	56	Sénior Feminino	29	4 ao km	1:13:27.3	478	2:15:57.2	452
30	192	Luisa Landeiro	2:46:09.1	w	57	Sénior Feminino	30	SS CGD	1:13:37.8	481	2:20:42.6	496
31	445	Cecília Santos	2:47:45.5	w	62	Sénior Feminino	31	100 esTrilhos	1:08:22.9	396	2:17:32.6	457
32	323	sandra cristina rodrigues	2:47:49.9	w	63	Sénior Feminino	32		1:11:20.0	449	2:18:44.6	480
33	16	Sara Nogueira	2:47:50.1	w	64	Sénior Feminino	33	G.R.C.D. Leião - Cobras Trailistas	1:11:20.0	450	2:18:45.4	481
34	133	Marta Reis	2:48:24.7	w	68	Sénior Feminino	34	Manas Sier	1:11:37.2	454	2:18:27.8	473
35	121	Daniela Varandas	2:48:28.6	w	69	Sénior Feminino	35	B.A.C.O.	1:13:18.6	474	2:18:16.2	472
36	120	Filipa Alves	2:49:15.0	w	71	Sénior Feminino	36	Police Challenge Team	1:12:44.5	469	2:18:32.8	476
37	235	Teresa Afonso	2:50:27.8	w	77	Sénior Feminino	37	Tartarugas Solidárias	1:11:05.2	447	2:18:12.8	469
38	236	Su Gomes	2:50:27.9	w	78	Sénior Feminino	38	Tartarugas Solidárias	1:11:04.6	446	2:18:10.8	467
39	521	Rita Oliveira	2:52:38.0	w	85	Sénior Feminino	39	G.R.C.D. Leião - Cobras Trailistas	1:15:25.6	510	2:24:17.4	524
40	330	Alexandra Santos	2:53:34.3	w	88	Sénior Feminino	40	Pé de Atleta	1:16:20.2	522	2:23:46.1	523
41	147	Marta Andrade	2:54:35.0	w	89	Sénior Feminino	41		1:17:08.5	534	2:25:18.4	529
42	259	Joana Vaz dos Santos	2:57:20.2	w	96	Sénior Feminino	42	Crossfit Montijo	1:12:04.1	462	2:22:37.0	515
43	116	Angela Costa	2:57:35.4	w	97	Sénior Feminino	43		1:14:50.3	506	2:28:27.2	549
44	473	Liígia Valério	2:57:41.0	w	98	Sénior Feminino	44	Pé de Atleta	1:15:46.0	514	2:23:45.0	522
45	1	Celina Jorge	2:58:32.2	w	99	Sénior Feminino	45		1:15:20.5	508	2:26:07.6	533
46	38	Susana Mendes	2:59:46.2	w	101	Sénior Feminino	46	SIMECQ	1:17:41.0	541	2:28:04.1	541
47	124	Tânia Simões	3:02:33.1	w	106	Sénior Feminino	47	B.A.C.O.	1:17:12.7	536	2:28:06.5	543
48	122	Ana Sofia Augusto	3:02:33.3	w	107	Sénior Feminino	48	B.A.C.O.	1:17:13.6	537	2:28:07.6	545
49	153	Sandra Arraias	3:14:35.6	w	119	Sénior Feminino	49	Os Arraias	1:19:10.9	558	2:40:42.7	581
50	579	Rute Casimiro	3:15:28.3	w	120	Sénior Feminino	50	Caracóis de Corrida	1:22:05.8	568	2:41:32.4	584
51	68	Luisa Alves	3:20:29.5	w	122	Sénior Feminino	51		1:23:21.2	573	2:41:24.2	583
52	401	Marina Leitão	3:21:22.8	w	123	Sénior Feminino	52	os Galgos	1:18:50.0	554	2:35:30.2	569
53	661	Vera Calção	3:21:28.5	w	124	Sénior Feminino	53	os Galgos	1:18:51.7	556	2:35:36.1	570
54	622	Sónia Vanessa	3:21:36.2	w	125	Sénior Feminino	54	OMT	1:24:26.5	580	2:41:52.3	586
55	568	Tânia Carvalho	3:25:51.1	w	127	Sénior Feminino	55	Housemartins Belas	1:18:00.1	545	2:42:01.6	587
56	82	Núria Branco	4:29:05.8	w	133	Sénior Feminino	56	JOBRINDE - MONTES SALOIOS	1:39:19.5	588	3:51:59.7	600
57	131	Nídia Martins	DSQ	w	135	Sénior Feminino	57			-1	0:56:32.1	5

### Sénior Masculino

### Sénior Masculino

1	638	Hélder Grosso	1:15:10.0	m	1	Sénior Masculino	1	U.F. Comércio e Indústria Atletismo	0:38:47.4	1	0:58:57.3	6
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## 6º Trilho das Lampas

### Result List AG 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
2	664	Daniel Haughton	1:32:28.5	m	4	Sénior Masculino	2	Backroads	0:41:43.3	4	1:16:20.8	10
3	136	Gonçalo Cruz	1:33:51.0	m	5	Sénior Masculino	3	Clube Novo Banco	0:41:53.9	5	1:16:42.1	11
4	480	Luís Santos	1:35:12.7	m	7	Sénior Masculino	4	Amigos do Atletismo de Mafra	0:43:31.4	11	1:18:48.0	16
5	554	MARIO RAMOS	1:36:35.5	m	10	Sénior Masculino	5		0:42:28.1	7	1:18:24.2	14
6	612	Matt Davies	1:37:57.9	m	12	Sénior Masculino	6		0:44:36.8	14	1:20:00.7	18
7	404	João Miguel Vieira	1:41:23.7	m	17	Sénior Masculino	7		0:45:59.8	21	1:23:33.7	25
8	495	Armando Santos	1:41:33.3	m	18	Sénior Masculino	8	Desnível	0:44:59.5	15	1:23:14.4	23
9	21	Dário Luz	1:42:14.3	m	19	Sénior Masculino	9	G.R.C.D. Leião - Cobras Trailistas	0:45:42.5	18	1:24:06.9	27
10	615	Bruno Carvalho	1:42:20.4	m	20	Sénior Masculino	10	Prudas Running Team	0:45:51.7	19	1:23:45.9	26
11	517	Rodrigo Correia	1:43:48.7	m	23	Sénior Masculino	11	CCD Sintrense	0:47:44.2	36	1:25:56.2	35
12	600	Eduardo Quaresma	1:44:37.2	m	25	Sénior Masculino	12	Valejas AC	0:46:40.2	26	1:24:57.4	31
13	173	Pedro Inacio	1:45:18.9	m	27	Sénior Masculino	13	Valejas AC	0:47:12.4	32	1:26:39.7	41
14	479	PAULO CESAR PEREIRA	1:45:20.1	m	28	Sénior Masculino	14	Running Club Furiani	0:47:39.1	35	1:26:36.2	39
15	507	Bruno Martins	1:45:37.0	m	31	Sénior Masculino	15		0:47:04.4	30	1:26:32.0	38
16	332	Alexandre Lucas	1:45:48.6	m	33	Sénior Masculino	16	Caracóis de Pedra	0:45:55.8	20	1:24:50.4	29
17	224	Jorge Nabais	1:46:11.9	m	34	Sénior Masculino	17	COA - Clube de Orientação e	0:48:46.3	47	1:27:48.2	46
18	403	Valter Matos	1:46:20.6	m	36	Sénior Masculino	18	Strendure Running Team	0:48:26.0	44	1:27:51.5	48
19	402	Bruno Sousa	1:47:06.3	m	38	Sénior Masculino	19		0:46:00.3	22	1:24:24.3	28
20	175	Cristiano Esteves	1:47:08.5	m	39	Sénior Masculino	20	B.A.C.O.	0:46:58.9	28	1:25:40.8	33
21	665	James Bailey	1:48:15.8	m	46	Sénior Masculino	21	Backroads	0:43:37.1	12	1:26:47.1	42
22	508	Pedro lavrador	1:50:52.4	m	55	Sénior Masculino	22	100 esTrilhos	0:49:34.6	56	1:30:43.4	68
23	551	Pedro Figueira	1:52:04.7	m	66	Sénior Masculino	23		0:50:02.6	63	1:32:02.9	73
24	477	Rodrigo Taveres	1:52:20.9	m	69	Sénior Masculino	24	CLUBE DE PRAÇAS DA ARMADA	0:49:37.4	57	1:33:09.3	87
25	663	Manuel Garcia	1:55:05.6	m	83	Sénior Masculino	25	Monsanto Running Team	0:51:17.5	87	1:35:08.9	103
26	436	Jorge Gregório	1:55:49.9	m	88	Sénior Masculino	26	Furões do Alentejo	0:52:12.4	100	1:34:54.2	100
27	398	Fabio Pereira	1:56:30.9	m	92	Sénior Masculino	27	Sporting Clube de Casainhos	0:51:44.3	94	1:35:23.3	106
28	325	Luis Pereira	1:56:38.1	m	94	Sénior Masculino	28	Strong Team	0:50:08.5	66	1:33:20.8	92
29	333	Samuel Sebastião	1:56:39.5	m	95	Sénior Masculino	29	Caracóis de Pedra	0:52:38.3	107	1:35:59.1	112
30	573	Ricardo Marques	1:59:01.3	m	109	Sénior Masculino	30	Bike4Life	0:54:35.6	149	1:38:49.5	134
31	571	Ricardo Capelo	1:59:08.0	m	110	Sénior Masculino	31	Clube Cimpor	0:52:32.2	105	1:37:27.2	116
32	458	Frederico Baptista	1:59:51.5	m	114	Sénior Masculino	32	Tigres do Zêzere	0:52:47.9	109	1:37:33.6	117
33	543	Aniceto Soares	2:00:30.9	m	117	Sénior Masculino	33	Bruxos Runners	0:54:08.0	131	1:38:37.7	126
34	167	João Ascensão	2:01:14.8	m	123	Sénior Masculino	34	CDCR dos CTT	0:54:29.1	146	1:40:28.3	148

## 6º Trilho das Lampas

### Result List AG 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
35	25	Tiago Joao Giestas	2:02:47.0	m	130	Sénior Masculino	35		0:53:58.0	130	1:40:37.6	150
36	200	Luis Pereira	2:02:54.3	m	134	Sénior Masculino	36	Correr Lisboa	0:55:30.5	164	1:40:59.6	154
37	451	Sérgio Moura	2:03:11.5	m	136	Sénior Masculino	37		0:54:09.5	132	1:40:32.5	149
38	629	Nuno Cardetas	2:03:34.0	m	137	Sénior Masculino	38	CCD Siemens	0:57:11.8	193	1:42:40.8	170
39	45	Hugo Costa	2:03:38.3	m	138	Sénior Masculino	39	Keep Running	0:53:45.1	123	1:38:54.0	135
40	22	Nuno Santos	2:04:06.8	m	142	Sénior Masculino	40	Caracóis de Pedra	0:54:24.0	141	1:41:21.1	159
41	55	Miguel Simões	2:05:57.9	m	153	Sénior Masculino	41		0:54:26.7	144	1:41:07.0	157
42	83	Bruno Ferreira	2:05:58.8	m	154	Sénior Masculino	42	TEX NOLAN	0:54:24.9	142	1:41:06.7	156
43	253	Paulo Carôco	2:06:33.4	m	158	Sénior Masculino	43	Faião Running Team	0:53:47.3	124	1:38:43.5	130
44	603	carlos silva	2:07:33.1	m	161	Sénior Masculino	44		0:57:09.4	191	1:45:01.9	193
45	450	Rui Almeida	2:08:17.6	m	164	Sénior Masculino	45		0:58:18.4	214	1:44:53.7	190
46	7	Nuno Granadas	2:08:22.4	m	166	Sénior Masculino	46	Turres Trail Team	0:57:08.2	189	1:44:35.0	187
47	497	Flávio Reis	2:08:23.2	m	167	Sénior Masculino	47	Bruxos Runners	0:55:15.8	157	1:44:29.1	186
48	57	Diogo Alfarelos	2:08:32.3	m	168	Sénior Masculino	48		0:55:09.1	155	1:41:49.4	163
49	537	Cédric MONTEIRO	2:08:42.2	m	170	Sénior Masculino	49	chaves running team	0:58:22.8	215	1:44:17.8	182
50	371	Miguel Mana	2:08:42.9	m	171	Sénior Masculino	50		0:56:29.9	177	1:44:25.8	185
51	258	Filipe Rito	2:09:13.5	m	175	Sénior Masculino	51		0:58:10.3	212	1:45:01.4	192
52	370	Frederico Costa [a]	2:09:38.6	m	177	Sénior Masculino	52	O MUNDO DA CORRIDA	1:00:19.0	245	1:47:54.7	217
53	56	André Trindade	2:09:48.5	m	178	Sénior Masculino	53	Lusco-fusco runners	0:56:56.8	187	1:44:55.1	191
54	134	Pedro Sanguino	2:10:30.7	m	182	Sénior Masculino	54	Clube Novo Banco	0:59:59.5	239	1:48:49.6	227
55	301	Paulo Ferreira	2:10:31.4	m	183	Sénior Masculino	55	Team Salamandras	0:56:37.6	181	1:46:08.9	204
56	154	Filipe Pedro	2:10:42.3	m	186	Sénior Masculino	56	Cavalas Velozes	0:57:46.1	199	1:46:39.9	210
57	645	João Veiga	2:10:43.6	m	188	Sénior Masculino	57	Correr Lisboa	0:58:09.6	211	1:48:33.5	219
58	151	Francisco Costa	2:11:16.5	m	192	Sénior Masculino	58		0:56:02.4	170	1:45:14.0	196
59	273	Flavio Timoteo	2:11:55.1	m	193	Sénior Masculino	59		0:53:21.3	113	1:40:14.0	145
60	344	Ricardo Neves	2:13:20.0	m	202	Sénior Masculino	60	Monte dos Amigos	0:56:59.2	188	1:47:46.7	216
61	578	Paulo Mauricio	2:14:06.5	m	208	Sénior Masculino	61		0:59:32.7	233	1:49:07.8	231
62	40	Ricardo Nobre	2:14:14.2	m	209	Sénior Masculino	62	SIMECQ	0:55:54.9	165	1:46:14.6	207
63	415	João Correia	2:14:32.5	m	212	Sénior Masculino	63		0:58:52.0	225	1:52:07.0	255
64	416	Nuno Cruz	2:14:32.9	m	213	Sénior Masculino	64		0:58:52.0	224	1:52:07.6	256
65	20	Sérgio Pedro	2:15:37.2	m	218	Sénior Masculino	65	TINTO RUNNING TEAM	0:52:12.6	101	1:38:41.8	128
66	524	Gonçalo Rangel	2:16:26.6	m	224	Sénior Masculino	66		1:00:13.2	244	1:50:39.0	245
67	217	Edgar Cristeta	2:17:16.5	m	236	Sénior Masculino	67	CCD Siemens	1:02:45.1	288	1:53:27.2	269

## 6º Trilho das Lampas

### Result List AG 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
68	475	Eduardo Ribeiro	2:17:40.3	m	238	Sénior Masculino	68		0:58:45.2	219	1:52:09.7	257
69	396	DAVID TALHÃO	2:18:04.3	m	241	Sénior Masculino	69	Lobos da Católica	1:00:03.3	242	1:52:19.8	259
70	179	Luis Estevens	2:18:10.9	m	244	Sénior Masculino	70		1:02:45.6	289	1:52:31.1	261
71	625	rodrigo deus	2:18:20.5	m	246	Sénior Masculino	71		1:00:23.7	249	1:53:32.2	273
72	390	Bruno Vasconcelos Maia	2:20:08.2	m	257	Sénior Masculino	72	Lobos da Católica	0:59:43.5	234	1:52:26.5	260
73	190	Nuno Martins	2:20:13.4	m	259	Sénior Masculino	73	Correr Lisboa	1:02:50.9	292	1:54:12.5	286
74	608	Nelson Coimbra	2:20:52.4	m	260	Sénior Masculino	74	Bruxos Runners	0:53:41.6	121	1:49:30.5	239
75	214	João Cunha	2:21:13.0	m	262	Sénior Masculino	75	Preguiças do Monte	1:03:13.5	306	1:56:01.5	306
76	215	Carlos Escórcio	2:21:13.2	m	263	Sénior Masculino	76	Preguiças do Monte	1:03:17.7	308	1:56:06.0	309
77	117	Marco Cachinho	2:22:23.2	m	269	Sénior Masculino	77	KANINOS	1:03:01.8	299	1:57:13.1	314
78	552	Pedro Pedroso	2:22:32.4	m	270	Sénior Masculino	78		1:03:41.1	313	1:56:14.3	310
79	123	Luis Diogo Corredoura	2:22:32.9	m	271	Sénior Masculino	79		1:03:20.8	309	1:55:54.6	303
80	3	João Pereira	2:23:30.6	m	273	Sénior Masculino	80		1:02:11.0	281	1:55:06.9	293
81	10	João Paulo Seródio	2:24:24.4	m	274	Sénior Masculino	81	ADA Trail Runing	1:03:12.0	305	1:57:16.7	315
82	244	Sílvio Patrício	2:24:24.6	m	275	Sénior Masculino	82	Adatrailrunning	1:03:11.5	304	1:57:17.1	316
83	212	Zito Silva	2:24:33.4	m	276	Sénior Masculino	83	Hut Runners Fitness Hut Sintra	1:01:48.3	275	1:57:38.6	319
84	666	Ricardo Filipe Sequeira [p]	2:25:18.5	m	277	Sénior Masculino	84		1:06:49.5	374	1:55:43.5	300
85	181	Eduardo Gregório	2:25:47.1	m	281	Sénior Masculino	85	Salamandreco	1:01:39.3	270	1:55:56.7	304
86	533	João Ramos	2:26:12.5	m	284	Sénior Masculino	86	Este é para durões!!	1:01:18.9	266	1:55:21.3	297
87	238	Bruno Jorge	2:26:12.7	m	285	Sénior Masculino	87	Champions	1:07:14.5	380	1:59:33.7	323
88	374	Daniel Mattos botelho	2:26:14.4	m	286	Sénior Masculino	88	SS CGD	1:05:35.0	356	2:02:00.7	343
89	429	João Branquinho	2:26:34.6	m	287	Sénior Masculino	89		0:59:22.6	230	1:57:05.4	313
90	272	Nuno Freire	2:27:02.5	m	289	Sénior Masculino	90		1:04:31.7	336	2:00:50.8	332
91	71	Pedro Fernandes	2:27:05.1	m	290	Sénior Masculino	91		1:04:32.9	337	1:57:32.5	318
92	230	Joaquim Ribeiro	2:27:55.1	m	295	Sénior Masculino	92	Asas nos Pés	1:04:23.0	331	2:01:27.3	338
93	280	Hugo Reis	2:28:05.4	m	296	Sénior Masculino	93		1:04:17.5	326	2:00:44.5	330
94	204	Hugo Martins	2:28:26.0	m	298	Sénior Masculino	94	ex-VTXRM	1:04:38.9	340	2:01:24.7	336
95	89	Alexandre Palmeiro	2:29:15.8	m	300	Sénior Masculino	95	ApalpaTerreno	1:05:58.1	358	2:03:06.4	354
96	648	Artur Gaio	2:29:36.3	m	301	Sénior Masculino	96	CCD TRANQUILIDADE	1:04:20.6	328	2:01:17.3	335
97	27	Bruno Silva	2:30:07.0	m	303	Sénior Masculino	97		1:03:25.1	311	2:01:43.0	341
98	308	Paulo Soares	2:30:22.7	m	304	Sénior Masculino	98	CCD Siemens	1:07:47.0	386	2:03:23.5	357
99	413	José Soares	2:30:25.1	m	305	Sénior Masculino	99	Team 143, Tasca do Zé Russo	1:04:01.4	319	2:01:37.3	340
100	6	Carlos Dias	2:30:42.5	m	306	Sénior Masculino	100		1:02:17.6	285	2:00:33.5	327

## 6º Trilho das Lampas

### Result List AG 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
101	587	José Custódio	2:31:16.2	m	309	Sénior Masculino	101	AL-MOÇA-GEME	1:08:32.3	399	2:04:54.9	371
102	589	Pedro Silva	2:31:16.5	m	311	Sénior Masculino	102	AL-MOÇA-GEME	1:08:29.5	398	2:04:58.0	374
103	569	Miguel Lucena	2:31:18.1	m	312	Sénior Masculino	103	Housemartins Belas	1:04:35.4	338	1:59:18.8	322
104	184	Bruno Neves	2:31:36.4	m	314	Sénior Masculino	104		1:05:29.2	353	2:02:24.2	346
105	588	Luís Costa	2:32:07.8	m	317	Sénior Masculino	105	AL-MOÇA-GEME	1:06:09.2	361	2:04:46.6	370
106	499	Fernando Gomes	2:32:23.8	m	320	Sénior Masculino	106	Bruxos Runners	1:02:34.6	286	2:02:16.7	345
107	386	Nuno Dias	2:32:32.8	m	321	Sénior Masculino	107	Fortíssimos Running Team	1:04:55.8	346	2:04:43.5	369
108	385	Carlos Silva	2:34:35.3	m	329	Sénior Masculino	108	Fortíssimos Running Team	1:09:21.3	413	2:06:29.1	384
109	341	João Ferreira	2:35:07.5	m	331	Sénior Masculino	109	CCD Crédito Agrícola Mútuo	1:06:23.3	363	2:06:13.4	380
110	365	Gonçalo Rosado	2:36:00.1	m	338	Sénior Masculino	110	Tartarugas Solidárias	1:07:58.2	391	2:08:09.5	404
111	54	Eduardo Santos	2:36:03.4	m	339	Sénior Masculino	111		1:04:07.7	325	2:06:22.0	383
112	91	Gonçalo Magalhães	2:36:03.6	m	340	Sénior Masculino	112		1:04:06.7	323	2:06:21.4	382
113	202	Jose Casimiro	2:36:37.4	m	343	Sénior Masculino	113		1:04:42.1	344	2:04:10.0	367
114	592	Bruno Palma	2:37:28.2	m	346	Sénior Masculino	114		1:04:39.8	341	2:04:02.2	364
115	438	André Chanoca	2:38:58.0	m	357	Sénior Masculino	115		1:11:12.7	448	2:09:13.3	414
116	434	Pedro Matos	2:39:56.9	m	359	Sénior Masculino	116	Box41	1:06:45.3	371	2:07:15.0	394
117	572	João Nunes	2:40:29.9	m	366	Sénior Masculino	117		1:04:28.2	334	2:07:01.8	390
118	201	Tiago Loureiro	2:40:34.7	m	367	Sénior Masculino	118		1:04:56.2	347	2:09:55.3	416
119	97	Ricardo S. Ferreira	2:42:08.7	m	373	Sénior Masculino	119	PAPAMILHAS RUNNING TEAM	1:09:59.8	428	2:13:30.0	440
120	582	Emanuel Severino	2:42:22.9	m	375	Sénior Masculino	120	Salamandrecos	1:09:40.4	419	2:14:09.8	445
121	226	Henrique Ferreira	2:45:45.2	m	380	Sénior Masculino	121	Correr Queluz	1:09:07.8	411	2:12:52.7	436
122	99	PEDRO DIAS	2:46:02.6	m	382	Sénior Masculino	122	Keep Running	1:09:44.4	422	2:18:42.7	477
123	240	Nir Almany	2:46:46.3	m	383	Sénior Masculino	123	Champions	1:14:11.3	492	2:18:12.7	468
124	239	Abrão Kulaif	2:46:47.0	m	384	Sénior Masculino	124	Champions	1:14:12.6	493	2:18:13.0	470
125	237	Hugo Rocha	2:46:47.1	m	385	Sénior Masculino	125	Champions	1:14:13.2	494	2:18:14.6	471
126	522	Tiago Marques	2:47:32.5	m	388	Sénior Masculino	126		1:09:44.9	423	2:17:54.8	461
127	502	Ângelo Marcos	2:47:48.6	m	392	Sénior Masculino	127		1:10:08.7	433	2:10:55.8	420
128	279	Joao Mateus	2:48:04.6	m	393	Sénior Masculino	128		1:06:35.1	369	2:11:12.5	424
129	532	Filipe Domingues	2:48:46.3	m	396	Sénior Masculino	129	Este é para durões!!	1:09:07.5	410	2:13:31.9	442
130	72	Helder Pereira	2:51:53.1	m	400	Sénior Masculino	130	Running Crew	1:10:17.9	437	2:18:04.6	466
131	449	Diogo Simao	2:52:19.3	m	404	Sénior Masculino	131	St. Peter's School	1:14:05.6	488	2:17:15.7	455
132	102	JOSÉ ANDRADE	2:52:21.5	m	405	Sénior Masculino	132	Keep Running	1:09:45.5	425	2:19:23.3	490
133	594	Abel Costa	2:53:00.9	m	408	Sénior Masculino	133	Gfi	1:18:19.5	551	2:25:00.8	528

## 6º Trilho das Lampas

### Result List AG 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
134	329	Sário Nunes	2:53:28.2	m	409	Sénior Masculino	134	Pé de Atleta	1:15:44.2	513	2:23:39.6	517
135	305	Pedro Pechilga	2:53:51.2	m	412	Sénior Masculino	135	Tartarugas Solidárias	1:11:00.4	443	2:18:43.4	478
136	442	Oswaldo Pires	2:54:49.1	m	414	Sénior Masculino	136	Tribo da Corrida	1:14:37.6	502	2:22:01.7	512
137	191	Jose Leal	2:55:06.6	m	415	Sénior Masculino	137		1:16:17.2	519	2:21:44.1	510
138	101	EURICO CAROCHA	2:55:36.8	m	418	Sénior Masculino	138	Keep Running	1:09:43.6	421	2:19:21.6	489
139	472	Nuno Barradas	2:57:41.0	m	421	Sénior Masculino	139	Pé de Atleta	1:16:20.2	521	2:23:45.0	521
140	170	Valter Gaspar	2:58:13.9	m	422	Sénior Masculino	140	PAPAMILHAS RUNNING TEAM	1:20:37.7	564	2:29:36.5	550
141	125	Raúl Massano	3:02:33.1	m	427	Sénior Masculino	141	B.A.C.O.	1:17:11.5	535	2:28:05.1	542
142	52	Hugo Teixeira	3:05:36.0	m	431	Sénior Masculino	142	Crossfit 2725	1:16:33.6	526	2:31:34.5	560
143	469	João Barrigola	3:06:16.1	m	433	Sénior Masculino	143		1:17:38.0	540	2:31:39.1	561
144	593	Paulo Soberano	3:08:44.1	m	438	Sénior Masculino	144	Gfi	1:18:20.3	552	2:33:43.3	565
145	555	Rodrigo Rodrigues	3:08:44.3	m	439	Sénior Masculino	145	Panquecas	1:18:19.2	550	2:33:41.8	564
146	570	BRUNO ARCANJO	3:09:11.1	m	440	Sénior Masculino	146		1:17:03.1	532	2:34:39.8	568
147	457	Sergio Matoso	3:15:32.4	m	444	Sénior Masculino	147	100 esTrilhos	1:20:43.0	565	2:36:25.4	572
148	246	João Gameiro	3:15:56.4	m	445	Sénior Masculino	148		1:14:36.0	499	2:31:19.4	559
149	623	André Pinho	3:21:36.3	m	448	Sénior Masculino	149	OMT	1:24:25.5	579	2:41:51.0	585
150	284	Vitor Duarte Silva	DSQ	m	459	Sénior Masculino	150	Team Salamandras		-1	1:30:28.9	66

#### Sub 23 M

#### Sub 23 M

1	88	João Trindade	1:45:13.6	m	26	Sub 23 M	1	Correr Lisboa	0:46:59.8	29	1:26:39.6	40
2	150	Gonçalo Marta	2:04:04.5	m	141	Sub 23 M	2	Correr Lisboa	0:56:48.6	186	1:42:57.6	173
3	527	Rafael Sousa	2:31:44.0	m	315	Sub 23 M	3	Police Challenge Team	1:02:37.0	287	2:01:11.8	334

#### Veteranas W40

#### Veteranas W40

1	506	Margarida Roque Amaro	1:51:36.5	w	1	Veteranas W40	1	AMCF - Arrábida Trail Team	0:50:12.8	70	1:30:36.7	67
2	453	Mónica Anjos	2:16:59.1	w	16	Veteranas W40	2		0:58:51.2	222	1:50:51.3	248
3	574	Sofia Coelho	2:17:50.4	w	19	Veteranas W40	3	Run Crew Trail Montijo	1:02:15.7	284	1:53:38.1	275
4	90	Sara Ideias	2:29:15.8	w	29	Veteranas W40	4	ApalpaTerreno	1:05:59.6	359	2:03:06.1	353
5	118	Carla Henriques	2:30:19.2	w	30	Veteranas W40	5		1:07:51.6	387	2:03:49.6	360
6	207	Lucia Ventura	2:31:15.9	w	32	Veteranas W40	6	Georunners	1:05:47.9	357	2:03:59.9	362
7	660	Iris Mauricio	2:38:54.9	w	46	Veteranas W40	7		1:11:33.9	453	2:10:58.1	421



## 6º Trilho das Lampas

### Result List AG 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
8	388	Patrícia Monteiro	2:40:00.1	w	48	Veteranas W40	8	Ai Nós Jamor	1:08:41.3	400	2:10:20.6	418
9	530	Cristina Fernandes	2:41:57.4	w	50	Veteranas W40	9	Este é para durões!!	1:09:08.1	412	2:13:32.2	443
10	66	Sonia Sequeira	2:42:03.2	w	51	Veteranas W40	10	STJoaoOliveiraTeam	1:10:15.7	436	2:12:10.8	435
11	609	Glória Vieira	2:44:19.9	w	54	Veteranas W40	11	Doidas	1:11:41.2	457	2:14:30.0	447
12	339	Sandra Silva	2:47:32.4	w	60	Veteranas W40	12	G.R.C.D. Leião - Cobras Trailistas	1:09:46.0	427	2:17:54.9	462
13	73	Alexandra Dinis	2:47:43.6	w	61	Veteranas W40	13	JOBRINDE - MONTES SALOIOS	1:11:38.4	456	2:17:39.8	460
14	667	Favelina Santos	2:47:50.4	w	66	Veteranas W40	14	Tartarugas Solidárias	1:11:22.4	452	2:18:53.8	486
15	560	Gisela Padre	2:49:30.8	w	73	Veteranas W40	15		1:13:21.0	475	2:17:56.7	464
16	626	Susana Santos	2:50:07.0	w	74	Veteranas W40	16		1:13:21.2	476	2:18:03.4	465
17	303	Meagan Carty	2:50:12.5	w	75	Veteranas W40	17		1:13:55.0	484	2:21:41.7	508
18	108	Paula Café	2:50:12.6	w	76	Veteranas W40	18		1:13:55.0	483	2:21:41.9	509
19	96	Ana Pauleta	2:50:55.5	w	81	Veteranas W40	19		1:14:24.9	497	2:21:14.6	503
20	195	Olga Borges	2:50:57.1	w	82	Veteranas W40	20		1:14:04.7	487	2:21:21.5	504
21	668	Patricia Lopes	2:52:25.3	w	84	Veteranas W40	21	JOBRINDE - MONTES SALOIOS	1:12:11.8	465	2:20:50.9	499
22	591	Márcia Gaspar	2:52:38.1	w	86	Veteranas W40	22	G.R.C.D. Leião - Cobras Trailistas	1:15:26.8	511	2:24:20.7	525
23	417	Sara Rainho	2:56:52.5	w	94	Veteranas W40	23		1:17:23.5	539	2:29:55.0	551
24	596	DELEGLISE Julie	2:59:57.9	w	103	Veteranas W40	24	Deleglise	1:18:06.4	547	2:26:41.1	536
25	60	Teresa Reis	3:03:59.9	w	108	Veteranas W40	25	JOBRINDE - MONTES SALOIOS	1:17:47.9	543	2:30:46.7	553
26	211	Sandra Rodrigues	3:06:11.4	w	111	Veteranas W40	26		1:18:48.0	553	2:33:35.9	563
27	381	arminda basilio	3:07:59.4	w	116	Veteranas W40	27	opraticante.pt	1:24:01.1	575	2:36:31.6	575
28	2	Heloise Rodrigues	3:09:15.1	w	117	Veteranas W40	28	Bando de Coxos	1:20:43.9	566	2:34:01.4	567
29	528	Anabela Sousa	3:16:50.2	w	121	Veteranas W40	29	Police Challenge Team	1:22:32.2	569	2:36:18.2	571
30	550	Tania Azevedo	3:25:51.1	w	126	Veteranas W40	30		1:18:00.3	546	2:42:02.8	588
31	30	Gina Correia	3:30:17.1	w	128	Veteranas W40	31	ADA Desnível	1:25:43.1	581	2:49:50.2	589
32	61	Mónica Moreira	3:32:00.3	w	129	Veteranas W40	32		1:22:04.4	567	2:50:08.6	590
33	265	Ana Reis	3:34:50.1	w	130	Veteranas W40	33	Rail Runners	1:28:37.3	583	2:54:25.4	595
34	252	CÉLIA FERREIRA	3:34:50.2	w	131	Veteranas W40	34	NUCLEO DESPORTIVO	1:28:37.4	584	2:54:26.2	596

#### Veteranas W45

#### Veteranas W45

1	498	Célia Henriques	1:59:53.1	w	5	Veteranas W45	1	Bruxos Runners	0:53:56.2	129	1:38:40.9	127
2	194	Cristina Laranjeiro	2:13:03.1	w	12	Veteranas W45	2	C.A.Amigos Parque Da Paz	0:59:59.3	238	1:49:29.3	237
3	546	Elisa Dabrio	2:17:13.6	w	17	Veteranas W45	3		1:00:50.8	257	1:53:13.4	267

## 6º Trilho das Lampas

### Result List AG 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
4	484	Zélia Rodrigues	2:19:37.4	w	22	Veteranas W45	4	RTCM - run crew trail Montijo	1:03:04.5	302	1:55:15.3	296
5	426	teresa oliveira	2:26:05.6	w	24	Veteranas W45	5	Os Tugas Saloios	1:04:05.2	322	1:57:51.9	320
6	509	Luisa Ferreira	2:34:38.5	w	34	Veteranas W45	6	Deixem Passar os Coxos	1:08:00.5	392	2:07:01.3	389
7	33	Fernanda Santinha	2:35:45.6	w	38	Veteranas W45	7		1:08:53.3	405	2:11:13.0	425
8	314	Maria do Ceu Carvalho	2:39:37.2	w	47	Veteranas W45	8	Tartarugas Solidárias	1:11:03.6	445	2:11:23.1	426
9	206	Cristina Antunes	2:40:36.0	w	49	Veteranas W45	9		1:08:58.0	406	2:11:42.0	429
10	107	Helena Leitão	2:46:47.7	w	58	Veteranas W45	10	Runlovers	1:14:46.1	503	2:18:31.2	474
11	35	Marianela Figueiredo	2:47:50.1	w	65	Veteranas W45	11	Tartarugas Solidárias	1:11:20.6	451	2:18:52.4	484
12	267	Carla Ribeiro	2:48:47.9	w	70	Veteranas W45	12	Happy runners	1:11:58.7	460	2:20:43.1	497
13	283	Carla Silva	2:53:33.0	w	87	Veteranas W45	13	ApalpaTerreno	1:15:48.6	515	2:23:43.1	520
14	384	Ana Pereira	2:56:14.1	w	93	Veteranas W45	14	Runners da Frente Ribeirinha da	1:14:06.3	490	2:23:42.0	518
15	174	Ana Paula Nunes	2:58:41.9	w	100	Veteranas W45	15	Matilha da Atalaia	1:09:27.1	415	2:21:37.9	507
16	94	Carla Pinto	3:01:32.7	w	105	Veteranas W45	16		1:14:02.1	486	2:24:59.2	526
17	383	paula saraiva	3:07:59.1	w	114	Veteranas W45	17	opraticante.pt	1:24:01.4	577	2:36:32.0	576
18	129	Ana Roque	DSQ	w	134	Veteranas W45	18			-1	1:56:05.7	308

### Veteranas W50

### Veteranas W50

1	561	Helena Silva	2:03:14.1	w	6	Veteranas W50	1		0:54:25.8	143	1:40:56.1	152
2	93	Isabel Dias	2:26:11.6	w	26	Veteranas W50	2	Cabará dos Coxos	1:04:39.8	342	1:59:41.2	324
3	366	Graça Roldão	2:28:29.8	w	28	Veteranas W50	3	Os Tugas	1:03:52.9	316	2:03:50.9	361
4	373	m Teresa Domingues	2:30:34.4	w	31	Veteranas W50	4	SS CGD	1:05:35.0	355	2:03:43.9	359
5	414	Margarida Coelho	2:32:18.5	w	33	Veteranas W50	5	Papa Kms	1:05:26.9	352	2:04:09.0	366
6	351	Mafalda Sofia Nunes	2:35:52.0	w	39	Veteranas W50	6	ASSOCIAÇÃO DE ATLETISMO	1:12:05.1	463	2:11:02.8	422
7	350	Dina Maria Mota	2:48:14.4	w	67	Veteranas W50	7	ASSOCIAÇÃO DE ATLETISMO	1:15:12.3	507	2:19:27.5	491
8	367	Lurdes Silva	2:50:41.9	w	79	Veteranas W50	8	Os Tugas	1:09:45.1	424	2:19:05.0	488
9	51	Cristina Lavrador	2:50:54.7	w	80	Veteranas W50	9	Run&Smile	1:14:21.8	495	2:21:35.1	506
10	360	Maria Puga	2:51:39.0	w	83	Veteranas W50	10	O MUNDO DA CORRIDA	1:14:28.3	498	2:21:12.9	501
11	58	Rita Valentim	2:55:30.1	w	90	Veteranas W50	11	ADA Desnível	1:16:45.2	530	2:24:59.3	527
12	564	Cecilia Nicolau	2:55:51.5	w	91	Veteranas W50	12	aa lebres do sado	1:16:34.8	527	2:26:13.0	534
13	565	Célia Azenha	2:55:51.8	w	92	Veteranas W50	13	aa lebres do sado	1:16:34.9	528	2:26:13.4	535
14	300	MARIA NOBRE	3:04:46.9	w	109	Veteranas W50	14	Clube Millennium bcp	1:16:26.2	525	2:28:09.7	546
15	294	Paula Batalha [a]	3:04:47.5	w	110	Veteranas W50	15	Clube Millennium bcp	1:16:26.1	524	2:28:10.5	547

## 6º Trilho das Lampas

### Result List AG 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
16	627	Helena Oliveira	3:07:59.0	w	113	Veteranas W50	16		1:23:59.7	574	2:36:31.3	574
17	520	Gloria Santos	3:07:59.1	w	115	Veteranas W50	17		1:24:01.4	576	2:36:32.5	577

#### Veteranas W55

#### Veteranas W55

1	391	Goreti Fernandes	2:47:01.1	w	59	Veteranas W55	1	Clube Cimpor	1:12:50.0	471	2:19:03.2	487
2	392	Maria Fatima Fernandes	2:49:15.0	w	72	Veteranas W55	2	Clube Cimpor	1:12:49.3	470	2:18:53.1	485
3	489	Olga Santos	2:57:20.1	w	95	Veteranas W55	3	Crossfit Montijo	1:12:03.9	461	2:22:36.0	514
4	42	Olga Galvão	2:59:46.5	w	102	Veteranas W55	4	SIMECQ	1:17:41.0	542	2:28:06.5	544
5	395	Margarida Henriques	3:01:07.3	w	104	Veteranas W55	5	O MUNDO DA CORRIDA	1:18:11.0	549	2:27:25.4	538
6	14	Ana Isabel Martins	3:06:26.4	w	112	Veteranas W55	6	Falcões Selvagens	1:15:32.7	512	2:31:17.6	557
7	233	Jacinta Almeida	3:12:15.6	w	118	Veteranas W55	7	Rail Runners	1:22:46.6	571	2:40:57.2	582
8	264	Henriqueta Solipa	4:29:05.5	w	132	Veteranas W55	8	Tartarugas Solidárias	1:39:15.0	587	3:51:56.5	599

#### Veteranas W60

#### Veteranas W60

1	81	Maria da Luz Conchinha	2:35:21.8	w	37	Veteranas W60	1	Clube do Stress	1:07:39.6	385	2:07:27.4	396
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#### Veteranos M40

#### Veteranos M40

1	275	Nuno Carrasqueiro	1:34:10.9	m	6	Veteranos M40	1	Casa Benfica Torres Vedras	0:42:18.6	6	1:16:53.9	12
2	176	Paulo Sequeira	1:36:02.9	m	9	Veteranos M40	2	Amigos dos Lobos	0:42:57.8	9	1:18:50.5	17
3	278	Joaquim Frazão	1:37:49.0	m	11	Veteranos M40	3	Casa Benfica Torres Vedras	0:44:32.6	13	1:20:59.9	20
4	158	João Santos	1:39:04.2	m	14	Veteranos M40	4	Turres Trail Team	0:45:07.2	16	1:21:15.3	21
5	566	Bruno Dias	1:43:24.1	m	22	Veteranos M40	5		0:47:54.0	38	1:25:09.3	32
6	361	Tiago Rocha	1:44:30.6	m	24	Veteranos M40	6	Valejas AC	0:46:52.1	27	1:25:45.1	34
7	659	Jaime Mauricio	1:45:24.0	m	29	Veteranos M40	7		0:46:18.2	24	1:26:00.1	36
8	459	Vitor Veloso	1:45:42.1	m	32	Veteranos M40	8	O MUNDO DA CORRIDA	0:48:33.2	45	1:26:58.1	43
9	575	Rui Silva	1:46:14.5	m	35	Veteranos M40	9		0:48:40.8	46	1:27:53.7	49
10	227	Diamantino Serrano	1:47:11.3	m	40	Veteranos M40	10	Correr Queluz	0:48:15.4	43	1:27:57.2	50
11	656	Luis Gouveia	1:47:27.5	m	41	Veteranos M40	11	Clube Futebol Guadiana	0:47:53.6	37	1:27:51.4	47
12	312	Gil Xavier Alves	1:47:38.6	m	42	Veteranos M40	12	Salamandrecos	0:48:13.4	42	1:28:27.6	55

## 6º Trilho das Lampas

### Result List AG 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
13	632	Marco Fernandes	1:48:01.1	m	45	Veteranos M40	13	Atibá	0:48:59.4	51	1:28:56.5	56
14	336	Jorge Pinho	1:48:17.1	m	47	Veteranos M40	14	Federação da Família para a Paz	0:48:48.6	48	1:28:06.6	52
15	583	Luís Lopes	1:49:12.8	m	52	Veteranos M40	15	Tálenos Team	0:50:16.4	71	1:30:11.7	64
16	654	Nuno Sabino	1:49:49.6	m	53	Veteranos M40	16	CCD TRANQUILIDADE	0:49:30.8	55	1:30:10.4	63
17	669	Janicio Reis	1:50:57.3	m	56	Veteranos M40	17		0:46:11.6	23	1:29:45.3	59
18	135	Pedro Gabriel	1:51:42.4	m	60	Veteranos M40	18	Clube Novo Banco	0:50:18.0	72	1:31:42.0	70
19	437	CARLOS FERREIRA	1:51:46.4	m	62	Veteranos M40	19		0:50:09.0	67	1:31:14.9	69
20	380	artur basilio	1:51:53.6	m	64	Veteranos M40	20	opraticante.pt	0:50:37.9	76	1:31:58.6	71
21	4	Marco Lourenço	1:52:29.6	m	71	Veteranos M40	21		0:49:14.3	52	1:31:59.8	72
22	503	Alexandre Cantanhede	1:53:17.5	m	75	Veteranos M40	22	CLUBE DE PRAÇAS DA ARMADA	0:50:49.3	80	1:33:21.8	93
23	319	PAULO HENRIQUES	1:55:11.0	m	85	Veteranos M40	23	POVORAIS TRAIL - PENEDOS DE	0:49:24.8	53	1:32:57.0	83
24	557	Rui Marques	1:55:27.2	m	86	Veteranos M40	24	Turres Trail Team	0:51:29.0	90	1:34:53.9	99
25	494	Rui Carvalho	1:56:24.3	m	91	Veteranos M40	25	Bruxos Runners	0:52:05.6	99	1:35:27.9	108
26	307	João Limpo	1:58:01.3	m	102	Veteranos M40	26	100 esTrilhos	0:53:43.2	122	1:37:22.0	115
27	481	Francisco Rodrigues	1:58:42.5	m	105	Veteranos M40	27	Amigos do Atletismo de Mafra	0:54:17.4	139	1:38:10.2	123
28	36	Hildebrand Castro	1:59:01.2	m	108	Veteranos M40	28	Monsanto Running Team	0:54:34.8	148	1:38:48.4	132
29	34	Ildebrando Aires	1:59:10.9	m	111	Veteranos M40	29	Rafa Team	0:53:38.3	116	1:39:00.6	137
30	48	Zétó .	1:59:11.1	m	112	Veteranos M40	30	Correr Lisboa	0:53:38.2	115	1:39:00.2	136
31	529	Pedro Reduto	2:00:09.3	m	115	Veteranos M40	31	Rebenta trilhos	0:52:36.3	106	1:37:54.4	120
32	548	Bruno Leitão	2:00:52.1	m	120	Veteranos M40	32	Molengas	0:54:10.8	133	1:39:15.7	140
33	577	Pedro Luzio	2:01:05.7	m	122	Veteranos M40	33	SS CGD	0:55:19.0	158	1:39:49.2	143
34	601	Pedro Borregana	2:01:37.2	m	126	Veteranos M40	34		0:54:13.8	136	1:40:59.1	153
35	310	José Rosa	2:02:47.2	m	131	Veteranos M40	35	Te-Len-Tos	0:54:32.6	147	1:39:09.8	138
36	359	Paulo Nolasco Rodrigues	2:02:51.3	m	133	Veteranos M40	36	Serviços Sociais Montepio	0:50:10.8	69	1:34:57.7	101
37	355	Nuno Rodrigues	2:03:52.5	m	139	Veteranos M40	37	Serviços Sociais Montepio	0:57:26.5	196	1:41:55.6	166
38	515	João Cardoso	2:04:09.5	m	143	Veteranos M40	38	CCD Sintrense	0:53:51.4	127	1:40:24.2	147
39	483	Francisco Antunes	2:05:04.7	m	146	Veteranos M40	39	Bruxos Runners	0:55:58.5	167	1:41:47.7	162
40	98	Nuno Francisco	2:05:23.1	m	149	Veteranos M40	40	Trail Runners Portimão	0:56:00.0	169	1:43:10.3	176
41	185	Carlos Grade	2:05:41.0	m	150	Veteranos M40	41	Salamandrecos	0:55:27.6	162	1:43:00.3	174
42	500	Roberto Gonçalves	2:05:42.3	m	151	Veteranos M40	42	Salamandrecos	0:55:15.4	156	1:42:28.6	169
43	493	Marco Costa	2:05:57.2	m	152	Veteranos M40	43	37 Team	0:56:12.4	173	1:43:15.5	178
44	628	Ricardo Pereira	2:06:14.6	m	156	Veteranos M40	44		0:55:05.1	154	1:42:44.7	171
45	580	José Amaro	2:08:20.8	m	165	Veteranos M40	45	LIZ RUNNERS	0:56:12.9	174	1:44:21.1	184

## 6º Trilho das Lampas

### Result List AG 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
46	277	João Santos	2:08:42.0	m	169	Veteranos M40	46	Casa Benfica Torres Vedras	0:52:24.1	103	1:41:14.9	158
47	547	Tiago Ramos	2:09:09.8	m	173	Veteranos M40	47		0:56:27.3	175	1:45:32.4	199
48	556	Pedro Miguel Almeida	2:09:10.3	m	174	Veteranos M40	48		0:56:27.9	176	1:45:33.2	200
49	29	Mario Batista	2:09:59.6	m	179	Veteranos M40	49	ADA Desnível	0:56:46.0	184	1:45:34.8	201
50	302	Paulo Serrano	2:10:31.8	m	184	Veteranos M40	50	Team Salamandras	0:56:37.4	180	1:46:09.0	205
51	49	Nuno Cordeiro	2:10:36.9	m	185	Veteranos M40	51		0:53:03.5	112	1:46:05.3	203
52	544	Luis Santos	2:10:43.9	m	189	Veteranos M40	52		0:57:46.8	202	1:47:02.4	212
53	262	Luis Meirinhos	2:11:57.6	m	194	Veteranos M40	53		0:59:29.7	231	1:48:36.0	222
54	138	José Pequeno	2:13:42.8	m	204	Veteranos M40	54	Clube Novo Banco	1:00:13.0	243	1:48:57.4	229
55	281	David Figueiredo	2:13:58.6	m	206	Veteranos M40	55		0:57:57.8	208	1:49:22.6	235
56	541	Rodrigo Barroso	2:15:37.0	m	217	Veteranos M40	56		1:02:10.9	280	1:53:30.8	271
57	486	Sergio Simoes	2:15:39.3	m	221	Veteranos M40	57	Cofidis Running Team	1:00:53.1	258	1:51:02.3	251
58	216	hugo lampreia	2:16:57.5	m	231	Veteranos M40	58	Valejas AC	1:00:38.3	254	1:54:05.0	283
59	411	JOSÉ PINTO	2:17:45.4	m	240	Veteranos M40	59	CLUBE ANACOM	1:01:26.9	268	1:53:03.4	264
60	5	Nuno Arigó	2:18:05.4	m	242	Veteranos M40	60		0:59:56.9	236	1:52:15.9	258
61	9	Pedro Santana	2:18:08.4	m	243	Veteranos M40	61		1:00:21.5	247	1:52:48.8	262
62	111	Paulo Trindade	2:18:51.9	m	249	Veteranos M40	62	O MUNDO DA CORRIDA	1:00:24.6	250	1:53:35.2	274
63	77	Nuno Almeida	2:19:22.6	m	252	Veteranos M40	63	Sintra Runners	1:01:56.6	278	1:53:41.5	276
64	658	Vitor Gama	2:19:49.8	m	255	Veteranos M40	64	Xoke Team	1:01:10.6	261	1:53:50.3	280
65	407	Miguel Cerca	2:21:03.3	m	261	Veteranos M40	65		1:02:59.6	296	1:54:52.7	292
66	424	Michael Jorge	2:21:16.4	m	264	Veteranos M40	66	Os Tugas Saloios	1:01:44.5	272	1:53:21.1	268
67	540	Rui Barroso	2:22:07.0	m	267	Veteranos M40	67		1:02:11.3	282	1:55:11.7	295
68	163	César Diogo Silvestre	2:23:19.4	m	272	Veteranos M40	68	Bruxos Runners	1:02:46.4	290	1:56:48.6	312
69	619	João Paulo Pereira	2:25:18.6	m	278	Veteranos M40	69		1:06:49.5	373	1:55:43.5	301
70	128	Pedro Ramos	2:26:11.6	m	283	Veteranos M40	70		1:06:26.5	364	2:01:26.8	337
71	140	Hugo Rolhas	2:31:00.8	m	307	Veteranos M40	71	Clube Novo Banco	1:04:23.6	332	2:02:45.0	349
72	463	João Perneco	2:31:14.6	m	308	Veteranos M40	72		1:08:16.1	393	2:05:58.7	378
73	633	Eduardo Alves	2:31:34.0	m	313	Veteranos M40	73	Correr Lisboa	1:05:18.8	349	2:02:52.8	350
74	611	Alexandre Jardim	2:32:16.5	m	319	Veteranos M40	74	OUTFHIT	1:04:41.6	343	2:02:34.2	348
75	347	Tiago Batista	2:34:30.1	m	328	Veteranos M40	75		1:07:57.7	389	2:07:08.5	392
76	476	LuiS Conceição	2:34:59.6	m	330	Veteranos M40	76	CLUBE DE PRAÇAS DA ARMADA	1:03:14.0	307	2:03:14.5	356
77	562	José Cruz	2:37:12.3	m	344	Veteranos M40	77	Run for Lunch	1:02:06.5	279	2:07:31.7	397
78	513	Paulo Neves	2:37:32.4	m	347	Veteranos M40	78	CCD Sintrense	1:04:55.0	345	2:08:37.6	410

## 6º Trilho das Lampas

### Result List AG 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
79	433	Nuno Santiago	2:39:58.6	m	361	Veteranos M40	79	Salamandrecos	1:12:33.8	467	2:13:08.2	438
80	354	Nuno Santos	2:40:29.9	m	365	Veteranos M40	80	Serviços Sociais Montepio	1:04:28.0	333	2:07:02.6	391
81	597	António Fernandes	2:41:48.2	m	369	Veteranos M40	81		1:10:34.8	440	2:13:01.6	437
82	95	Fabio Batista	2:41:51.8	m	370	Veteranos M40	82		1:10:23.4	438	2:13:34.2	444
83	67	Ricardo Santos	2:42:03.4	m	371	Veteranos M40	83	STJoaoOliveiraTeam	1:09:05.5	409	2:11:07.7	423
84	115	Paulo Pinto	2:42:20.4	m	374	Veteranos M40	84		1:10:31.6	439	2:11:38.9	428
85	680	Pedro Figueira	2:43:24.7	m	376	Veteranos M40	85	ADCRPJ	1:09:28.7	417	2:11:47.0	432
86	510	Sérgio Cordeiro	2:43:24.8	m	377	Veteranos M40	86	ADCRPJ	1:09:27.5	416	2:11:44.8	431
87	172	Casimiro Silva	2:47:32.6	m	389	Veteranos M40	87		1:09:45.7	426	2:17:55.0	463
88	635	Carlos Semide	2:48:14.2	m	394	Veteranos M40	88		1:15:23.0	509	2:18:49.6	483
89	441	Rui SolPosto	2:48:21.5	m	395	Veteranos M40	89	Tribo da Corrida	1:14:37.0	501	2:20:29.1	494
90	602	Sérgio Franclim	2:52:18.8	m	402	Veteranos M40	90		1:14:07.5	491	2:17:37.8	458
91	18	Dário Canas	2:52:25.5	m	406	Veteranos M40	91	JOBRINDE - MONTES SALOIOS	1:12:11.3	464	2:20:48.2	498
92	210	Mario Sobral	2:53:29.3	m	410	Veteranos M40	92	Correr Lisboa	1:15:53.5	516	2:23:35.8	516
93	148	Pedro Rodrigues	2:54:34.8	m	413	Veteranos M40	93		1:17:08.4	533	2:25:19.8	530
94	188	Nuno Simao	2:58:42.1	m	423	Veteranos M40	94	Matilha da Atalaia	1:10:10.2	434	2:21:27.6	505
95	295	FERNANDO ROSA	3:04:46.6	m	429	Veteranos M40	95	Clube Millennium bcp	1:16:24.5	523	2:27:49.3	540
96	299	EDUARDO FERREIRA	3:04:48.3	m	430	Veteranos M40	96	Clube Millennium bcp	1:16:10.8	518	2:27:35.6	539
97	161	Bruno Abrantes	3:14:35.4	m	442	Veteranos M40	97	falcoes selvagens	1:19:09.5	557	2:40:40.1	579
98	62	Daniel Ramos	3:20:07.8	m	447	Veteranos M40	98	JOBRINDE - MONTES SALOIOS	1:19:46.5	561	2:37:24.2	578
99	251	ANTONIO FERNANDES	3:34:49.6	m	451	Veteranos M40	99	NUCLEO DESPORTIVO	1:28:34.7	582	2:54:23.4	594
100	145	Sérgio Centeno	3:37:00.4	m	452	Veteranos M40	100	Clube Novo Banco	1:20:18.2	562	2:50:32.9	591
101	432	Fernando Xavier	4:29:07.0	m	453	Veteranos M40	101	Salamandrecos	1:39:10.2	586	3:51:50.4	598
102	74	Alexandre Andrade	DSQ	m	454	Veteranos M40	102	BOTA LAMBRA		-1	1:28:19.1	54
103	164	Paulo Serra	DSQ	m	456	Veteranos M40	103	Matilha da Atalaia		-1	1:41:51.3	165
104	223	Nuno Oliveira	DSQ	m	457	Veteranos M40	104	CDCR dos CTT		-1	1:18:10.3	13

#### Veteranos M45

#### Veteranos M45

1	549	Manuel Sousa	1:35:42.1	m	8	Veteranos M45	1	CLUBE DE PRAÇAS DA ARMADA	0:43:14.0	10	1:18:42.4	15
2	512	Julio Finote	1:38:59.6	m	13	Veteranos M45	2	CCD Sintrense	0:42:37.8	8	1:20:02.1	19
3	465	Paulo Jerónimo	1:42:26.2	m	21	Veteranos M45	3	FAM 2 RUN	0:47:09.4	31	1:24:56.5	30
4	516	Rogério Azevedo	1:48:28.2	m	48	Veteranos M45	4	CCD Sintrense	0:48:56.9	50	1:29:08.1	57

## 6º Trilho das Lampas

### Result List AG 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
5	553	Luis Morgado	1:48:43.0	m	49	Veteranos M45	5	Scalabis Night Runners	0:47:57.7	40	1:28:13.5	53
6	143	Fernando Capitão	1:49:08.9	m	51	Veteranos M45	6	Clube Novo Banco	0:49:47.3	62	1:30:00.4	60
7	467	Joaquim Velhinho Dias	1:51:30.8	m	57	Veteranos M45	7	CLUBE DE PRAÇAS DA ARMADA	0:49:27.0	54	1:32:56.7	82
8	218	José Lopes	1:51:36.1	m	59	Veteranos M45	8	CCD Siemens	0:49:37.5	58	1:30:01.1	61
9	64	Miguel David	1:51:46.4	m	61	Veteranos M45	9		0:52:02.9	98	1:33:14.6	91
10	485	Paulo Barry	1:51:59.9	m	65	Veteranos M45	10	RTCM - run crew trail Montijo	0:50:35.7	75	1:32:47.3	79
11	269	Rui Miguel	1:52:14.5	m	67	Veteranos M45	11	RTCM - run crew trail Montijo	0:50:53.1	82	1:32:46.3	78
12	525	João Granja	1:52:18.9	m	68	Veteranos M45	12	STJoaoOliveiraTeam	0:50:51.4	81	1:32:28.9	76
13	291	PEDRO CORDAS	1:52:33.7	m	72	Veteranos M45	13	Clube Millennium bcp	0:51:06.0	86	1:32:16.9	74
14	287	VIRGILIO COSTA	1:52:49.6	m	73	Veteranos M45	14	Clube Millennium bcp	0:51:47.3	96	1:32:54.1	81
15	166	Vasco Ascensão	1:53:22.2	m	76	Veteranos M45	15	CDCR dos CTT	0:50:56.5	83	1:33:29.7	94
16	389	Paulo Nunes	1:53:39.1	m	77	Veteranos M45	16	Correr Lisboa	0:51:21.1	88	1:33:37.5	95
17	70	ANTÓNIO NUNES	1:54:02.8	m	79	Veteranos M45	17	CASA DO PESSOAL DA RTP	0:49:40.8	60	1:33:07.3	86
18	112	Luis Almeida	1:54:26.0	m	80	Veteranos M45	18	jobrinde montes saloios	0:50:47.8	79	1:32:22.1	75
19	32	Miguel Costa	1:54:49.8	m	82	Veteranos M45	19	Falcões Selvagens	0:50:29.3	74	1:32:38.7	77
20	538	JOÃO PAIVA	1:55:09.0	m	84	Veteranos M45	20	CLUBE ANACOM	0:53:38.3	117	1:34:50.6	98
21	155	Jorge Leite	1:55:58.6	m	89	Veteranos M45	21		0:51:24.7	89	1:35:20.5	105
22	362	Henrique Mateus	1:56:18.2	m	90	Veteranos M45	22	os Galgos	0:52:20.5	102	1:35:31.8	109
23	337	Edgar Trigo	1:56:54.4	m	96	Veteranos M45	23	Federação da Família para a Paz	0:50:10.5	68	1:34:49.9	97
24	168	Luís Andrade	1:57:14.4	m	98	Veteranos M45	24	CDCR dos CTT	0:51:42.3	93	1:35:50.8	110
25	343	João Cateano	1:57:21.5	m	99	Veteranos M45	25		0:51:39.7	92	1:35:16.5	104
26	412	FILIPE BOLÉO	1:58:40.6	m	104	Veteranos M45	26	CLUBE ANACOM	0:53:35.4	114	1:37:39.9	118
27	286	NUNO ALMEIDA	1:58:56.8	m	107	Veteranos M45	27	Clube Millennium bcp	0:54:49.1	151	1:38:30.5	125
28	44	Miguel Pedro	1:59:21.4	m	113	Veteranos M45	28	Salamandrecos	0:53:49.0	125	1:38:42.2	129
29	653	Nelson Mota	2:00:13.2	m	116	Veteranos M45	29	CCD TRANQUILIDADE	0:53:39.2	118	1:39:32.9	141
30	87	Adelino Trindade	2:01:01.9	m	121	Veteranos M45	30	Correr Lisboa	0:54:12.4	135	1:40:17.5	146
31	137	Hugo Carago	2:01:32.0	m	125	Veteranos M45	31	Clube Novo Banco	0:51:39.1	91	1:38:03.5	121
32	213	Rui Esteves	2:02:32.3	m	129	Veteranos M45	32	Tartarugas Solidárias	0:54:59.7	153	1:40:43.0	151
33	631	Ricardo Morgado	2:03:52.8	m	140	Veteranos M45	33	Panquecas	0:57:49.4	204	1:41:42.6	161
34	311	Paulo Jordão	2:04:56.4	m	144	Veteranos M45	34		0:56:34.1	178	1:43:10.8	177
35	446	Nuno Bogalheiro	2:05:05.6	m	147	Veteranos M45	35	100 esTrilhos	0:55:56.8	166	1:42:26.0	168
36	59	José Tomás	2:06:03.8	m	155	Veteranos M45	36	JOBRINDE - MONTES SALOIOS	0:54:27.8	145	1:42:51.0	172
37	617	João Rodrigues	2:06:19.0	m	157	Veteranos M45	37	Salamandrecos	0:55:21.6	160	1:44:38.2	188

## 6º Trilho das Lampas

### Result List AG 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
38	315	João Paulo Félix Silva	2:07:19.7	m	159	Veteranos M45	38	Trilho Perdido & Friends	0:55:20.0	159	1:43:39.7	180
39	427	Jóse oliveira	2:07:28.7	m	160	Veteranos M45	39	Os Tugas Saloios	0:58:02.1	209	1:44:45.9	189
40	266	Pedro Monteiro	2:08:58.6	m	172	Veteranos M45	40	F. Monteiro	0:56:44.2	182	1:45:04.2	195
41	406	David Lopes	2:10:09.6	m	180	Veteranos M45	41		0:56:44.9	183	1:45:04.0	194
42	162	Carlos Craveira	2:10:58.7	m	191	Veteranos M45	42	G.R.C.D. Leião - Cobras Trailistas	0:55:28.4	163	1:45:41.2	202
43	141	Sérgio Eira	2:12:20.9	m	198	Veteranos M45	43	Clube Novo Banco	0:58:52.7	226	1:48:45.0	226
44	193	Rui Laranjeiro	2:13:03.9	m	201	Veteranos M45	44	C.A.Amigos Parque Da Paz	0:59:57.7	237	1:49:28.2	236
45	535	Manuel Carvalho	2:14:05.4	m	207	Veteranos M45	45		0:58:06.4	210	1:47:39.6	215
46	346	Paulo Garcia	2:15:07.3	m	214	Veteranos M45	46		0:57:17.5	195	1:48:35.5	221
47	345	Mario Monteiro	2:15:07.5	m	215	Veteranos M45	47		0:57:17.0	194	1:48:37.7	223
48	234	Rui Trindade	2:15:37.6	m	219	Veteranos M45	48	CD Estrela	1:01:14.4	263	1:52:03.0	254
49	254	Rui Silva	2:15:37.7	m	220	Veteranos M45	49	CD Estrela	1:01:14.7	264	1:52:00.3	253
50	487	LUIS DIAS	2:16:04.5	m	223	Veteranos M45	50	AERGóis Trail Running	0:55:59.0	168	1:48:41.8	225
51	222	Rui Costa	2:16:40.3	m	225	Veteranos M45	51	Correr Queluz	0:58:44.2	217	1:50:43.5	246
52	159	Miguel Pinho	2:16:40.7	m	226	Veteranos M45	52	Correr Queluz	0:58:44.5	218	1:50:51.6	249
53	146	Mário Godinho	2:16:51.2	m	228	Veteranos M45	53	Clube Novo Banco	1:01:30.0	269	1:53:00.7	263
54	614	José Carlos Gama	2:16:53.8	m	230	Veteranos M45	54	Falcões Selvagens	1:00:48.4	255	1:54:05.4	285
55	444	JOSÉ AUGUSTO	2:16:57.8	m	232	Veteranos M45	55	Falcões Selvagens	1:00:37.8	253	1:54:05.0	284
56	452	jorge ribeiro	2:16:59.0	m	233	Veteranos M45	56		0:58:47.9	221	1:50:47.3	247
57	595	Marco Custódio	2:16:59.1	m	234	Veteranos M45	57		0:58:51.3	223	1:50:53.4	250
58	358	Antonio Lopes [a]	2:17:35.1	m	237	Veteranos M45	58	Serviços Sociais Montepio	1:02:53.3	294	1:53:31.5	272
59	199	Luis Afonso	2:17:41.5	m	239	Veteranos M45	59	Georunners	1:00:55.6	259	1:54:27.5	289
60	584	Nuno Costa	2:18:16.9	m	245	Veteranos M45	60	SS CGD	1:03:03.4	301	1:55:35.1	298
61	605	Ricardo Coelho	2:18:30.0	m	247	Veteranos M45	61	SS CGD	1:03:01.6	297	1:55:35.4	299
62	621	Leonel Adérito Fernandes	2:19:13.8	m	251	Veteranos M45	62	Linda-a-Pastora Sporting Clube	1:03:47.7	315	1:55:50.3	302
63	76	Rui Marques	2:19:22.7	m	253	Veteranos M45	63	Sintra Runners	1:01:55.9	277	1:53:42.4	277
64	47	Miguel Campos	2:20:13.2	m	258	Veteranos M45	64	Falcões Selvagens	1:01:20.1	267	1:54:23.9	288
65	539	Artur Jorge Bernardo	2:22:06.1	m	266	Veteranos M45	65		1:02:52.4	293	1:55:11.5	294
66	180	Pedro Rodrigues	2:25:46.6	m	280	Veteranos M45	66	Salamandrecos	1:01:40.3	271	1:55:57.2	305
67	651	João Serra	2:27:20.5	m	293	Veteranos M45	67	CCD TRANQUILIDADE	1:05:25.0	351	2:00:51.8	333
68	322	José Finuras	2:28:09.5	m	297	Veteranos M45	68	MULTIRUNNERS	1:06:47.7	372	2:02:56.5	352
69	282	João Carlos Brito	2:33:17.0	m	322	Veteranos M45	69		1:04:00.8	318	2:01:48.6	342
70	65	Jose Silva	2:33:39.3	m	323	Veteranos M45	70		1:04:21.5	330	2:05:34.3	375



## 6º Trilho das Lampas

### Result List AG 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
71	620	Nuno Silva	2:33:58.7	m	326	Veteranos M45	71	Grupeta Running Team	1:07:21.2	381	2:06:01.1	379
72	160	Luis Violante	2:35:12.3	m	333	Veteranos M45	72	PénaBike team	1:02:56.5	295	2:03:13.1	355
73	455	Celso Fernandes	2:35:22.6	m	335	Veteranos M45	73	NBS	1:07:57.1	388	2:06:48.5	385
74	75	Rui MENA	2:35:50.9	m	336	Veteranos M45	74	Clube BBVA	1:04:21.2	329	2:04:56.3	373
75	260	Joao Ferreira	2:35:50.9	m	337	Veteranos M45	75	Clube Cimpor	1:03:34.7	312	2:04:55.4	372
76	563	Luis Almeida	2:37:12.7	m	345	Veteranos M45	76	Run for Lunch	1:07:28.3	383	2:07:36.8	398
77	114	Rui Teixeira	2:38:15.4	m	352	Veteranos M45	77		1:10:15.4	435	2:11:35.5	427
78	491	Pedro Nunes	2:38:31.9	m	353	Veteranos M45	78	Marmedsa	1:04:07.5	324	2:08:48.8	412
79	309	Paul Ascenção	2:38:47.6	m	354	Veteranos M45	79	Dona de Casa	1:06:41.1	370	2:09:23.2	415
80	352	Jorge Costa	2:40:29.8	m	363	Veteranos M45	80	Serviços Sociais Montepio	1:04:28.3	335	2:07:00.2	388
81	228	João Tavares	2:40:43.5	m	368	Veteranos M45	81		1:08:58.6	407	2:11:42.2	430
82	79	Antonio caetano	2:42:03.4	m	372	Veteranos M45	82	STJoaoOliveiraTeam	1:09:04.7	408	2:12:03.8	433
83	85	Vitor Gonçalves	2:44:24.4	m	379	Veteranos M45	83	4 ao km	1:13:26.2	477	2:15:56.1	451
84	106	João Leitão	2:46:47.8	m	386	Veteranos M45	84	Runlovers	1:14:47.0	504	2:18:32.8	475
85	297	PEDRO SANTOS	2:47:43.4	m	390	Veteranos M45	85	Clube Millennium bcp	1:11:37.4	455	2:17:39.7	459
86	492	Eduardo Rosa	2:47:45.7	m	391	Veteranos M45	86	100 esTrilhos	1:08:22.8	395	2:17:32.3	456
87	268	Miguel Ribeiro	2:48:48.2	m	397	Veteranos M45	87	Happy runners	1:11:57.1	459	2:20:41.7	495
88	439	Frederico Conceicao	2:52:19.1	m	403	Veteranos M45	88		1:14:05.8	489	2:17:10.9	454
89	604	Pedro Jaime	2:57:35.6	m	420	Veteranos M45	89	Salamandrecos	1:14:47.7	505	2:28:25.0	548
90	78	Paulo Duarte	3:06:40.1	m	435	Veteranos M45	90	Sintra Runners	1:18:51.3	555	2:34:00.3	566
91	328	Carlos Morais	3:06:53.0	m	436	Veteranos M45	91	West Trail Runners	1:19:37.8	560	2:32:44.5	562
92	113	Manuel Fontinha	3:15:04.3	m	443	Veteranos M45	92	G.R.C.D. Leião - Cobras Trailistas	1:17:58.1	544	2:36:26.6	573
93	247	Carlos Correia	3:15:56.4	m	446	Veteranos M45	93	Clube Aventura de Monforte	1:14:36.0	500	2:31:19.4	558
94	468	Luis Aires	DSQ	m	461	Veteranos M45	94	JOBRINDE - MONTES SALOIOS	0:44:44.1	589	1:22:07.9	601

#### Veteranos M50

#### Veteranos M50

1	466	João Ginja	1:28:30.8	m	2	Veteranos M50	1	AMCF - Arrábida Trail Team	0:40:02.8	3	1:12:46.6	8
2	616	Américo Pereira	1:31:20.5	m	3	Veteranos M50	2	Galgos de Tancos	0:39:04.7	2	1:13:16.3	9
3	327	Eduardo Lourenço	1:40:51.6	m	16	Veteranos M50	3		0:46:31.5	25	1:23:15.9	24
4	338	Mário Rodrigues	1:47:38.7	m	43	Veteranos M50	4	Federação da Família para a Paz	0:48:05.2	41	1:27:06.6	45
5	290	MANUEL RODRIGUES	1:49:54.9	m	54	Veteranos M50	5	Clube Millennium bcp	0:50:07.9	65	1:30:20.5	65
6	641	Rui Paulo	1:52:26.3	m	70	Veteranos M50	6		0:50:21.1	73	1:32:51.6	80

## 6º Trilho das Lampas

### Result List AG 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
7	490	José Carlos Nunes	1:52:57.1	m	74	Veteranos M50	7		0:50:02.9	64	1:32:59.9	85
8	53	Fernando Vicente	1:54:41.2	m	81	Veteranos M50	8		0:49:42.5	61	1:33:37.6	96
9	231	fernando corda	1:55:41.1	m	87	Veteranos M50	9	Valejas AC	0:52:57.2	110	1:35:08.1	102
10	624	Ricardo Tiago	1:57:37.7	m	100	Veteranos M50	10	Ovelha Negra Trail Team	0:52:29.0	104	1:35:51.5	111
11	534	Sérgio Melro	1:57:54.2	m	101	Veteranos M50	11	Este é para durões!!	0:53:40.3	119	1:36:33.7	114
12	198	Rui Pedro Julião	1:58:38.6	m	103	Veteranos M50	12	Georunners	0:50:58.3	85	1:37:52.4	119
13	63	Luis Ferreira	2:00:46.2	m	119	Veteranos M50	13	STJoaoOliveiraTeam	0:53:49.5	126	1:38:48.6	133
14	470	Carlos Marques	2:01:18.8	m	124	Veteranos M50	14	LINDA PASTORA	0:54:14.8	137	1:40:05.7	144
15	263	Mário Filipe	2:02:02.6	m	128	Veteranos M50	15	Salamandreocos	0:54:54.8	152	1:41:25.4	160
16	637	Avelino Soares	2:02:47.3	m	132	Veteranos M50	16	G.R.C.D. Leião - Cobras Trailistas	0:54:15.3	138	1:41:03.6	155
17	428	José Francisco Rocha	2:03:09.7	m	135	Veteranos M50	17		0:53:41.2	120	1:39:12.7	139
18	519	Orlando Pedro	2:05:09.8	m	148	Veteranos M50	18	CCD Sintrense	0:57:11.6	192	1:43:29.3	179
19	393	Alexandre Santos	2:07:51.8	m	162	Veteranos M50	19	SS CGD	0:59:59.6	240	1:47:21.9	213
20	17	Pedro Ramos	2:08:08.0	m	163	Veteranos M50	20		0:56:35.6	179	1:43:59.6	181
21	576	Fernando Reis	2:09:21.8	m	176	Veteranos M50	21	Strong Team	0:57:08.5	190	1:46:14.0	206
22	440	Pedro Mata	2:10:43.6	m	187	Veteranos M50	22		0:56:06.1	172	1:46:39.8	209
23	292	HELDER BAPTISTA	2:10:53.1	m	190	Veteranos M50	23	Clube Millennium bcp	0:54:12.0	134	1:42:09.3	167
24	607	João Salgado	2:12:10.4	m	195	Veteranos M50	24	Strong Team	0:57:46.2	200	1:49:16.7	232
25	80	João Pedro Silva	2:12:11.7	m	196	Veteranos M50	25	SS CGD	0:55:25.3	161	1:45:26.5	197
26	103	JOSÉ NUNES	2:12:13.6	m	197	Veteranos M50	26	Keep Running	1:01:17.5	265	1:49:05.9	230
27	219	Luis Bastos	2:12:41.1	m	199	Veteranos M50	27	CCD Siemens	0:59:01.8	228	1:49:30.0	238
28	634	Francisco Batista	2:15:32.9	m	216	Veteranos M50	28		0:59:13.5	229	1:50:26.1	243
29	331	Luis Silva	2:16:53.2	m	229	Veteranos M50	29	SS CGD	1:00:02.1	241	1:53:42.6	278
30	545	Herculano Araújo	2:17:13.8	m	235	Veteranos M50	30		1:00:50.1	256	1:53:13.2	266
31	400	Francisco Vaz	2:18:45.0	m	248	Veteranos M50	31	Frufresh Runners	1:00:36.1	252	1:51:22.6	252
32	464	Carlos Magalhães	2:19:36.3	m	254	Veteranos M50	32		1:06:04.9	360	1:54:17.9	287
33	657	Fernando Duarte	2:19:50.0	m	256	Veteranos M50	33	Xoke Team	1:01:10.9	262	1:53:53.0	281
34	356	Paulo Rainho	2:22:20.1	m	268	Veteranos M50	34	Serviços Sociais Montepio	1:02:50.0	291	1:56:24.1	311
35	274	Fernando Pereira	2:25:44.4	m	279	Veteranos M50	35	Clube Vodafone	1:01:54.9	276	1:57:30.0	317
36	157	jose lopes	2:25:52.6	m	282	Veteranos M50	36		1:04:04.7	321	2:00:34.1	328
37	652	Jorge Serra	2:27:20.4	m	292	Veteranos M50	37	CCD TRANQUILIDADE	1:05:24.1	350	2:00:49.7	331
38	232	Luís Ferreira	2:27:28.5	m	294	Veteranos M50	38	Rail Runners	1:06:32.4	368	2:02:28.5	347
39	270	Rui Marques	2:28:31.9	m	299	Veteranos M50	39	STJoaoOliveiraTeam	1:03:02.9	300	2:00:40.0	329

## 6º Trilho das Lampas

### Result List AG 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
40	349	LUÍS Fidalgo	2:29:36.8	m	302	Veteranos M50	40	ASSOCIAÇÃO DE ATLETISMO	1:07:03.4	376	2:03:29.8	358
41	220	Carlos Cagica	2:31:55.3	m	316	Veteranos M50	41	CCD Siemens	1:06:30.3	367	2:04:01.1	363
42	518	Mário Lageiro	2:32:13.0	m	318	Veteranos M50	42	CCD Sintrense	1:03:55.4	317	2:04:05.8	365
43	298	MARCOS NORITAKE	2:33:43.1	m	324	Veteranos M50	43	Clube Millennium bcp	1:08:17.6	394	2:05:44.2	376
44	448	António Guerreiro	2:33:58.6	m	325	Veteranos M50	44	Fortíssimos Running Team	1:08:52.3	404	2:07:38.6	399
45	313	Ilídio Santos	2:35:11.0	m	332	Veteranos M50	45	Cabaré dos Coxos	1:09:30.6	418	2:07:11.3	393
46	142	Paulo Gonçalves	2:35:22.3	m	334	Veteranos M50	46	Clube Novo Banco	1:08:46.2	403	2:08:13.0	406
47	221	Joaquim Coutinho	2:36:27.2	m	341	Veteranos M50	47	Correr Queluz	1:06:51.9	375	2:10:24.2	419
48	435	Luis Piedade	2:36:36.8	m	342	Veteranos M50	48	GO!Runners/Outpro Store	1:03:07.0	303	2:05:50.2	377
49	405	anselmo Rodrigues	2:37:39.3	m	350	Veteranos M50	49	100 esTrilhos	1:07:07.1	377	2:07:53.3	402
50	526	Carlos Henrique	2:38:13.5	m	351	Veteranos M50	50	Grupo Desportivo SANTANDER	1:03:47.5	314	2:08:41.8	411
51	348	Paulo Mota	2:39:57.3	m	360	Veteranos M50	51	ASSOCIAÇÃO DE ATLETISMO	1:13:10.9	472	2:13:10.5	439
52	50	Carlos Lavrador	2:39:59.9	m	362	Veteranos M50	52	Run&Smile	1:10:00.0	429	2:10:12.4	417
53	357	Pedro Boto	2:40:29.8	m	364	Veteranos M50	53	Serviços Sociais Montepio	1:04:04.2	320	2:06:57.0	387
54	320	LUÍS MIGUEL SANTOS	2:45:58.7	m	381	Veteranos M50	54	ASSOCIAÇÃO DE ATLETISMO	1:10:49.2	442	2:15:22.3	450
55	8	João Alberto	2:52:26.0	m	407	Veteranos M50	55	JOBRINDE - MONTES SALOIOS	1:13:15.4	473	2:20:51.3	500
56	318	Luis Azevedo	2:53:29.9	m	411	Veteranos M50	56	Correr Lisboa	1:15:55.0	517	2:23:42.6	519
57	229	Pedro Leal	2:55:06.6	m	416	Veteranos M50	57		1:16:17.9	520	2:21:44.3	511
58	409	SÉRGIO ANTUNES	2:55:28.3	m	417	Veteranos M50	58	CLUBE ANACOM	1:13:33.8	480	2:22:12.5	513
59	590	Nelson Castelôa	2:56:52.2	m	419	Veteranos M50	59		1:12:23.6	466	2:16:24.4	453
60	288	EDUARDO PINTO	3:05:39.8	m	432	Veteranos M50	60	Clube Millennium bcp	1:13:59.2	485	2:31:17.3	556
61	26	Nuno Loureiro	3:31:30.0	m	450	Veteranos M50	61	Falcões Selvagens	1:24:03.6	578	2:52:44.9	593
62	130	Carlos Martins	DSQ	m	455	Veteranos M50	62			-1	0:56:20.2	4
63	636	Paulo Castanheira	DSQ	m	462	Veteranos M50	63			-1	1:56:05.6	307
64	639	Antonio Ribeiro	DSQ	m	463	Veteranos M50	64			-1	1:12:28.2	7

#### Veteranos M55

#### Veteranos M55

1	109	Paulo J Santos Póvoa	1:40:10.1	m	15	Veteranos M55	1	Amigos Vale Silencio	0:45:29.2	17	1:22:50.1	22
2	255	José Marcelino	1:45:25.2	m	30	Veteranos M55	2	CD Estrela	0:47:25.5	33	1:26:05.7	37
3	13	João Paulo Maia	1:47:38.8	m	44	Veteranos M55	3	Falcões Selvagens	0:47:55.9	39	1:28:00.1	51
4	456	Zo Vieira	1:48:59.4	m	50	Veteranos M55	4	ocs proaventuras	0:49:40.1	59	1:29:35.8	58
5	514	Rui Grazina	1:51:35.8	m	58	Veteranos M55	5	CCD Sintrense	0:48:49.5	49	1:30:04.1	62

## 6º Trilho das Lampas

### Result List AG 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
6	31	João Lourenço	1:51:52.6	m	63	Veteranos M55	6	Salamandreco	0:52:02.2	97	1:33:14.5	90
7	461	JUVENAL MOREIRA	1:53:41.7	m	78	Veteranos M55	7	NUCLEO DESPORTIVO	0:50:40.5	77	1:32:57.9	84
8	397	Carlos Baptista	1:56:31.6	m	93	Veteranos M55	8	Sporting Clube de Casainhos	0:51:45.6	95	1:35:25.2	107
9	248	ANTONIO ALMEIDA	1:57:07.3	m	97	Veteranos M55	9	NUCLEO DESPORTIVO	0:50:46.6	78	1:33:10.1	88
10	293	EDUARDO RODRIGUES	1:58:56.5	m	106	Veteranos M55	10	Clube Millennium bcp	0:54:49.0	150	1:38:30.4	124
11	187	Antonio Pinto	2:00:42.8	m	118	Veteranos M55	11	Correr Queluz	0:52:59.8	111	1:38:47.1	131
12	646	Luis Reis	2:01:52.7	m	127	Veteranos M55	12	CAOB	0:53:53.5	128	1:39:48.7	142
13	342	Manuel Braga	2:04:58.7	m	145	Veteranos M55	13	stj	0:56:48.2	185	1:43:02.9	175
14	618	Luís Santana	2:13:33.3	m	203	Veteranos M55	14	Trilhos do Costume	0:57:56.2	207	1:49:31.3	240
15	39	Nuno Galvão	2:14:14.4	m	210	Veteranos M55	15	SIMECQ	0:56:05.6	171	1:46:31.5	208
16	630	Fernando Rosa	2:14:25.1	m	211	Veteranos M55	16	Run&Smile	0:59:47.1	235	1:49:31.8	241
17	478	António Barbosa	2:15:57.6	m	222	Veteranos M55	17	CLUBE DE PRAÇAS DA ARMADA	1:00:20.2	246	1:50:38.8	244
18	408	paulo xavier	2:18:52.4	m	250	Veteranos M55	18	SS CGD	1:01:47.2	274	1:53:47.3	279
19	376	Carlos Marques	2:21:53.4	m	265	Veteranos M55	19	G.R.C.D. Leião - Cobras Trailistas	1:00:22.1	248	1:54:37.4	291
20	104	JOAQUIM VARANDA	2:26:49.8	m	288	Veteranos M55	20	Keep Running	1:04:20.0	327	2:00:28.1	326
21	285	PAULO RATO	2:31:16.3	m	310	Veteranos M55	21	Clube Millennium bcp	1:06:27.4	366	2:04:38.8	368
22	15	Jorge Pereira	2:37:34.7	m	348	Veteranos M55	22	JOBRINDE - MONTES SALOIOS	1:09:23.8	414	2:08:32.1	409
23	542	Luciano Marques	2:37:36.5	m	349	Veteranos M55	23		1:07:21.6	382	2:06:52.4	386
24	649	Carlos Fonseca	2:39:37.2	m	358	Veteranos M55	24	CCD TRANQUILIDADE	1:10:04.5	431	2:12:06.1	434
25	462	JORGE MOREIRA	2:47:28.6	m	387	Veteranos M55	25	NUCLEO DESPORTIVO	1:20:33.6	563	2:19:40.9	492
26	261	Adalberto Grilo	2:50:55.7	m	399	Veteranos M55	26	RUN 4 FUN	1:14:24.4	496	2:21:14.0	502
27	558	Frederico Sousa	2:52:01.7	m	401	Veteranos M55	27	Lebres e Tartarugas	1:11:02.6	444	2:18:46.8	482
28	19	Carlos Monteiro	2:59:53.3	m	424	Veteranos M55	28		1:17:13.8	538	2:25:53.5	531
29	488	António Fazendeiro	3:04:00.6	m	428	Veteranos M55	29		1:10:08.0	432	2:30:23.6	552
30	242	Manuel Saraiva Saraiva	DSQ	m	458	Veteranos M55	30	LINDA PASTORA		-1	0:54:36.4	3
31	43	Luis Coelho	DSQ	m	460	Veteranos M55	31	SIMECQ		-1	1:41:49.8	164

#### Veteranos M60

#### Veteranos M60

1	643	Jorge Serrazina	1:46:32.1	m	37	Veteranos M60	1	CAOB	0:47:33.8	34	1:27:03.3	44
2	375	HENRIQUE ADREGA	2:10:26.0	m	181	Veteranos M60	2	CLUBE ATLETISMO AMIGOS DE	0:58:45.9	220	1:48:02.9	218
3	186	Alvaro Pinto	2:13:03.1	m	200	Veteranos M60	3	Real Academia	0:57:49.9	205	1:48:35.1	220
4	447	Carlos Porfirio	2:13:48.6	m	205	Veteranos M60	4	amigos do Zé Espanhol	0:59:32.7	232	1:49:40.4	242

## 6º Trilho das Lampas

### Result List AG 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tempo	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
5	353	José Guerreiro	2:16:45.6	m	227	Veteranos M60	5	Serviços Sociais Montepio	1:00:28.6	251	1:53:28.2	270
6	378	Douglas Fry	2:27:17.1	m	291	Veteranos M60	6	Clube Desportivo de Mafra	1:04:37.4	339	2:00:17.7	325
7	321	Henrique Sacadura	2:34:23.8	m	327	Veteranos M60	7		1:08:27.0	397	2:07:39.0	400
8	372	Orlando Duarte	2:38:50.0	m	355	Veteranos M60	8	EM'FORÇA - SPEM	1:13:41.5	482	2:15:21.0	449
9	249	CARLOS FERREIRA	2:38:53.2	m	356	Veteranos M60	9	NUCLEO DESPORTIVO	1:05:31.0	354	2:07:16.4	395
10	410	ROGÉRIO PINA	2:44:05.3	m	378	Veteranos M60	10	CLUBE ANACOM	1:13:33.7	479	2:19:56.5	493
11	69	Antonio Alves	2:49:51.2	m	398	Veteranos M60	11		1:12:39.1	468	2:18:44.4	479
12	379	Carlos Rangel	3:01:04.7	m	425	Veteranos M60	12		1:16:36.0	529	2:25:55.5	532
13	460	Eduardo Santos	3:01:07.8	m	426	Veteranos M60	13	O MUNDO DA CORRIDA	1:18:10.6	548	2:27:24.4	537
14	585	Manuel Joaquim Ferreira	3:06:16.6	m	434	Veteranos M60	14		1:10:36.5	441	2:30:53.1	554
15	559	Carlos Gonçalves	3:08:34.1	m	437	Veteranos M60	15	Lebres e Tartarugas	1:16:54.8	531	2:31:01.0	555
16	152	Diogo Arraias	3:14:35.2	m	441	Veteranos M60	16	Os Arraias	1:19:15.6	559	2:40:42.1	580
17	24	JUSTILIANO MEIRELES	3:31:29.6	m	449	Veteranos M60	17	Falcões Selvagens	1:23:13.0	572	2:52:44.2	592

Number of records: 598

## 6.º Trilho das Lampas

### Result List MF 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
<b>6.º Trilho das Lampas</b>												
<b>m</b>												
1.	638	Hélder Grosso	1:15:10.0	m	1	Sénior Masculino	1	U.F. Comércio e Indústria Atletismo	0:38:47.4	1	0:58:57.3	6
2.	466	João Ginja	1:28:30.8	m	2	Veteranos M50	1	AMCF - Arrábida Trail Team	0:40:02.8	3	1:12:46.6	8
3.	616	Américo Pereira	1:31:20.5	m	3	Veteranos M50	2	Galgos de Tancos	0:39:04.7	2	1:13:16.3	9
4.	664	Daniel Haughton	1:32:28.5	m	4	Sénior Masculino	2	Backroads	0:41:43.3	4	1:16:20.8	10
5.	136	Gonçalo Cruz	1:33:51.0	m	5	Sénior Masculino	3	Clube Novo Banco	0:41:53.9	5	1:16:42.1	11
6.	275	Nuno Carrasqueiro	1:34:10.9	m	6	Veteranos M40	1	Casa Benfica Torres Vedras	0:42:18.6	6	1:16:53.9	12
7.	480	Luís Santos	1:35:12.7	m	7	Sénior Masculino	4	Amigos do Atletismo de Mafra	0:43:31.4	11	1:18:48.0	16
8.	549	Manuel Sousa	1:35:42.1	m	8	Veteranos M45	1	CLUBE DE PRAÇAS DA ARMADA	0:43:14.0	10	1:18:42.4	15
9.	176	Paulo Sequeira	1:36:02.9	m	9	Veteranos M40	2	Amigos dos Lobos	0:42:57.8	9	1:18:50.5	17
10.	554	MARIO RAMOS	1:36:35.5	m	10	Sénior Masculino	5		0:42:28.1	7	1:18:24.2	14
11.	278	Joaquim Frazão	1:37:49.0	m	11	Veteranos M40	3	Casa Benfica Torres Vedras	0:44:32.6	13	1:20:59.9	20
12.	612	Matt Davies	1:37:57.9	m	12	Sénior Masculino	6		0:44:36.8	14	1:20:00.7	18
13.	512	Julio Finote	1:38:59.6	m	13	Veteranos M45	2	CCD Sintrense	0:42:37.8	8	1:20:02.1	19
14.	158	João Santos	1:39:04.2	m	14	Veteranos M40	4	Turres Trail Team	0:45:07.2	16	1:21:15.3	21
15.	109	Paulo J Santos Póvoa	1:40:10.1	m	15	Veteranos M55	1	Amigos Vale Silencio	0:45:29.2	17	1:22:50.1	22
16.	327	Eduardo Lourenço	1:40:51.6	m	16	Veteranos M50	3		0:46:31.5	25	1:23:15.9	24
17.	404	João Miguel Vieira	1:41:23.7	m	17	Sénior Masculino	7		0:45:59.8	21	1:23:33.7	25
18.	495	Armando Santos	1:41:33.3	m	18	Sénior Masculino	8	Desnível	0:44:59.5	15	1:23:14.4	23
19.	21	Dário Luz	1:42:14.3	m	19	Sénior Masculino	9	G.R.C.D. Leião - Cobras Trailistas	0:45:42.5	18	1:24:06.9	27
20.	615	Bruno Carvalho	1:42:20.4	m	20	Sénior Masculino	10	Prudas Running Team	0:45:51.7	19	1:23:45.9	26
21.	465	Paulo Jerónimo	1:42:26.2	m	21	Veteranos M45	3	FAM 2 RUN	0:47:09.4	31	1:24:56.5	30
22.	566	Bruno Dias	1:43:24.1	m	22	Veteranos M40	5		0:47:54.0	38	1:25:09.3	32
23.	517	Rodrigo Correia	1:43:48.7	m	23	Sénior Masculino	11	CCD Sintrense	0:47:44.2	36	1:25:56.2	35
24.	361	Tiago Rocha	1:44:30.6	m	24	Veteranos M40	6	Valejas AC	0:46:52.1	27	1:25:45.1	34
25.	600	Eduardo Quaresma	1:44:37.2	m	25	Sénior Masculino	12	Valejas AC	0:46:40.2	26	1:24:57.4	31
26.	88	João Trindade	1:45:13.6	m	26	Sub 23 M	1	Correr Lisboa	0:46:59.8	29	1:26:39.6	40
27.	173	Pedro Inacio	1:45:18.9	m	27	Sénior Masculino	13	Valejas AC	0:47:12.4	32	1:26:39.7	41
28.	479	PAULO CESAR PEREIRA	1:45:20.1	m	28	Sénior Masculino	14	Running Club Furiani	0:47:39.1	35	1:26:36.2	39
29.	659	Jaime Mauricio	1:45:24.0	m	29	Veteranos M40	7		0:46:18.2	24	1:26:00.1	36
30.	255	José Marcelino	1:45:25.2	m	30	Veteranos M55	2	CD Estrela	0:47:25.5	33	1:26:05.7	37

## 6º Trilho das Lampas

### Result List MF 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
31.	507	Bruno Martins	1:45:37.0	m	31	Sénior Masculino	15		0:47:04.4	30	1:26:32.0	38
32.	459	Vitor Veloso	1:45:42.1	m	32	Veteranos M40	8	O MUNDO DA CORRIDA	0:48:33.2	45	1:26:58.1	43
33.	332	Alexandre Lucas	1:45:48.6	m	33	Sénior Masculino	16	Caracóis de Pedra	0:45:55.8	20	1:24:50.4	29
34.	224	Jorge Nabais	1:46:11.9	m	34	Sénior Masculino	17	COA - Clube de Orientação e	0:48:46.3	47	1:27:48.2	46
35.	575	Rui Silva	1:46:14.5	m	35	Veteranos M40	9		0:48:40.8	46	1:27:53.7	49
36.	403	Valter Matos	1:46:20.6	m	36	Sénior Masculino	18	Strendure Running Team	0:48:26.0	44	1:27:51.5	48
37.	643	Jorge Serrazina	1:46:32.1	m	37	Veteranos M60	1	CAOB	0:47:33.8	34	1:27:03.3	44
38.	402	Bruno Sousa	1:47:06.3	m	38	Sénior Masculino	19		0:46:00.3	22	1:24:24.3	28
39.	175	Cristiano Esteves	1:47:08.5	m	39	Sénior Masculino	20	B.A.C.O.	0:46:58.9	28	1:25:40.8	33
40.	227	Diamantino Serrano	1:47:11.3	m	40	Veteranos M40	10	Correr Queluz	0:48:15.4	43	1:27:57.2	50
41.	656	Luis Gouveia	1:47:27.5	m	41	Veteranos M40	11	Clube Futebol Guadiana	0:47:53.6	37	1:27:51.4	47
42.	312	Gil Xavier Alves	1:47:38.6	m	42	Veteranos M40	12	Salamandrecos	0:48:13.4	42	1:28:27.6	55
43.	338	Mário Rodrigues	1:47:38.7	m	43	Veteranos M50	4	Federação da Família para a Paz	0:48:05.2	41	1:27:06.6	45
44.	13	João Paulo Maia	1:47:38.8	m	44	Veteranos M55	3	Falcões Selvagens	0:47:55.9	39	1:28:00.1	51
45.	632	Marco Fernandes	1:48:01.1	m	45	Veteranos M40	13	Atibá	0:48:59.4	51	1:28:56.5	56
46.	665	James Bailey	1:48:15.8	m	46	Sénior Masculino	21	Backroads	0:43:37.1	12	1:26:47.1	42
47.	336	Jorge Pinho	1:48:17.1	m	47	Veteranos M40	14	Federação da Família para a Paz	0:48:48.6	48	1:28:06.6	52
48.	516	Rogério Azevedo	1:48:28.2	m	48	Veteranos M45	4	CCD Sintrense	0:48:56.9	50	1:29:08.1	57
49.	553	Luis Morgado	1:48:43.0	m	49	Veteranos M45	5	Scalabis Night Runners	0:47:57.7	40	1:28:13.5	53
50.	456	Zo Vieira	1:48:59.4	m	50	Veteranos M55	4	ocs proaventuras	0:49:40.1	59	1:29:35.8	58
51.	143	Fernando Capitão	1:49:08.9	m	51	Veteranos M45	6	Clube Novo Banco	0:49:47.3	62	1:30:00.4	60
52.	583	Luís Lopes	1:49:12.8	m	52	Veteranos M40	15	Tálenos Team	0:50:16.4	71	1:30:11.7	64
53.	654	Nuno Sabino	1:49:49.6	m	53	Veteranos M40	16	CCD TRANQUILIDADE	0:49:30.8	55	1:30:10.4	63
54.	290	MANUEL RODRIGUES	1:49:54.9	m	54	Veteranos M50	5	Clube Millennium bcp	0:50:07.9	65	1:30:20.5	65
55.	508	Pedro lavrador	1:50:52.4	m	55	Sénior Masculino	22	100 esTrilhos	0:49:34.6	56	1:30:43.4	68
56.	669	Janicio Reis	1:50:57.3	m	56	Veteranos M40	17		0:46:11.6	23	1:29:45.3	59
57.	467	Joaquim Velhinho Dias	1:51:30.8	m	57	Veteranos M45	7	CLUBE DE PRAÇAS DA ARMADA	0:49:27.0	54	1:32:56.7	82
58.	514	Rui Grazina	1:51:35.8	m	58	Veteranos M55	5	CCD Sintrense	0:48:49.5	49	1:30:04.1	62
59.	218	José Lopes	1:51:36.1	m	59	Veteranos M45	8	CCD Siemens	0:49:37.5	58	1:30:01.1	61
60.	135	Pedro Gabriel	1:51:42.4	m	60	Veteranos M40	18	Clube Novo Banco	0:50:18.0	72	1:31:42.0	70
61.	64	Miguel David	1:51:46.4	m	61	Veteranos M45	9		0:52:02.9	98	1:33:14.6	91
62.	437	CARLOS FERREIRA	1:51:46.4	m	62	Veteranos M40	19		0:50:09.0	67	1:31:14.9	69
63.	31	João Lourenço	1:51:52.6	m	63	Veteranos M55	6	Salamandrecos	0:52:02.2	97	1:33:14.5	90

## 6º Trilho das Lampas

### Result List MF 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
64.	380	artur basilio	1:51:53.6	m	64	Veteranos M40	20	opraticante.pt	0:50:37.9	76	1:31:58.6	71
65.	485	Paulo Barry	1:51:59.9	m	65	Veteranos M45	10	RTCM - run crew trail Montijo	0:50:35.7	75	1:32:47.3	79
66.	551	Pedro Figueira	1:52:04.7	m	66	Sénior Masculino	23		0:50:02.6	63	1:32:02.9	73
67.	269	Rui Miguel	1:52:14.5	m	67	Veteranos M45	11	RTCM - run crew trail Montijo	0:50:53.1	82	1:32:46.3	78
68.	525	João Granja	1:52:18.9	m	68	Veteranos M45	12	STJoaoOliveiraTeam	0:50:51.4	81	1:32:28.9	76
69.	477	Rodrigo Taveres	1:52:20.9	m	69	Sénior Masculino	24	CLUBE DE PRAÇAS DA ARMADA	0:49:37.4	57	1:33:09.3	87
70.	641	Rui Paulo	1:52:26.3	m	70	Veteranos M50	6		0:50:21.1	73	1:32:51.6	80
71.	4	Marco Lourenço	1:52:29.6	m	71	Veteranos M40	21		0:49:14.3	52	1:31:59.8	72
72.	291	PEDRO CORDAS	1:52:33.7	m	72	Veteranos M45	13	Clube Millennium bcp	0:51:06.0	86	1:32:16.9	74
73.	287	VIRGILIO COSTA	1:52:49.6	m	73	Veteranos M45	14	Clube Millennium bcp	0:51:47.3	96	1:32:54.1	81
74.	490	José Carlos Nunes	1:52:57.1	m	74	Veteranos M50	7		0:50:02.9	64	1:32:59.9	85
75.	503	Alexandre Cantanhede	1:53:17.5	m	75	Veteranos M40	22	CLUBE DE PRAÇAS DA ARMADA	0:50:49.3	80	1:33:21.8	93
76.	166	Vasco Ascensão	1:53:22.2	m	76	Veteranos M45	15	CDCR dos CTT	0:50:56.5	83	1:33:29.7	94
77.	389	Paulo Nunes	1:53:39.1	m	77	Veteranos M45	16	Correr Lisboa	0:51:21.1	88	1:33:37.5	95
78.	461	JUVENAL MOREIRA	1:53:41.7	m	78	Veteranos M55	7	NUCLEO DESPORTIVO	0:50:40.5	77	1:32:57.9	84
79.	70	ANTÓNIO NUNES	1:54:02.8	m	79	Veteranos M45	17	CASA DO PESSOAL DA RTP	0:49:40.8	60	1:33:07.3	86
80.	112	Luis Almeida	1:54:26.0	m	80	Veteranos M45	18	jobrinde montes saloios	0:50:47.8	79	1:32:22.1	75
81.	53	Fernando Vicente	1:54:41.2	m	81	Veteranos M50	8		0:49:42.5	61	1:33:37.6	96
82.	32	Miguel Costa	1:54:49.8	m	82	Veteranos M45	19	Falcões Selvagens	0:50:29.3	74	1:32:38.7	77
83.	663	Manuel Garcia	1:55:05.6	m	83	Sénior Masculino	25	Monsanto Running Team	0:51:17.5	87	1:35:08.9	103
84.	538	JOÃO PAIVA	1:55:09.0	m	84	Veteranos M45	20	CLUBE ANACOM	0:53:38.3	117	1:34:50.6	98
85.	319	PAULO HENRIQUES	1:55:11.0	m	85	Veteranos M40	23	POVORAIS TRAIL - PENEDOS DE	0:49:24.8	53	1:32:57.0	83
86.	557	Rui Marques	1:55:27.2	m	86	Veteranos M40	24	Turres Trail Team	0:51:29.0	90	1:34:53.9	99
87.	231	fernando corda	1:55:41.1	m	87	Veteranos M50	9	Valejas AC	0:52:57.2	110	1:35:08.1	102
88.	436	Jorge Gregório	1:55:49.9	m	88	Sénior Masculino	26	Furões do Alentejo	0:52:12.4	100	1:34:54.2	100
89.	155	Jorge Leite	1:55:58.6	m	89	Veteranos M45	21		0:51:24.7	89	1:35:20.5	105
90.	362	Henrique Mateus	1:56:18.2	m	90	Veteranos M45	22	os Galgos	0:52:20.5	102	1:35:31.8	109
91.	494	Rui Carvalho	1:56:24.3	m	91	Veteranos M40	25	Bruxos Runners	0:52:05.6	99	1:35:27.9	108
92.	398	Fabio Pereira	1:56:30.9	m	92	Sénior Masculino	27	Sporting Clube de Casainhos	0:51:44.3	94	1:35:23.3	106
93.	397	Carlos Baptista	1:56:31.6	m	93	Veteranos M55	8	Sporting Clube de Casainhos	0:51:45.6	95	1:35:25.2	107
94.	325	Luis Pereira	1:56:38.1	m	94	Sénior Masculino	28	Strong Team	0:50:08.5	66	1:33:20.8	92
95.	333	Samuel Sebastião	1:56:39.5	m	95	Sénior Masculino	29	Caracóis de Pedra	0:52:38.3	107	1:35:59.1	112
96.	337	Edgar Trigo	1:56:54.4	m	96	Veteranos M45	23	Federação da Família para a Paz	0:50:10.5	68	1:34:49.9	97



## 6º Trilho das Lampas

### Result List MF 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
97.	248	ANTONIO ALMEIDA	1:57:07.3	m	97	Veteranos M55	9	NUCLEO DESPORTIVO	0:50:46.6	78	1:33:10.1	88
98.	168	Luís Andrade	1:57:14.4	m	98	Veteranos M45	24	CDCR dos CTT	0:51:42.3	93	1:35:50.8	110
99.	343	João Cateano	1:57:21.5	m	99	Veteranos M45	25		0:51:39.7	92	1:35:16.5	104
100.	624	Ricardo Tiago	1:57:37.7	m	100	Veteranos M50	10	Ovelha Negra Trail Team	0:52:29.0	104	1:35:51.5	111
101.	534	Sérgio Melro	1:57:54.2	m	101	Veteranos M50	11	Este é para durões!!	0:53:40.3	119	1:36:33.7	114
102.	307	João Limpo	1:58:01.3	m	102	Veteranos M40	26	100 esTrilhos	0:53:43.2	122	1:37:22.0	115
103.	198	Rui Pedro Julião	1:58:38.6	m	103	Veteranos M50	12	Georunners	0:50:58.3	85	1:37:52.4	119
104.	412	FILIPE BOLÉO	1:58:40.6	m	104	Veteranos M45	26	CLUBE ANACOM	0:53:35.4	114	1:37:39.9	118
105.	481	Francisco Rodrigues	1:58:42.5	m	105	Veteranos M40	27	Amigos do Atletismo de Mafra	0:54:17.4	139	1:38:10.2	123
106.	293	EDUARDO RODRIGUES	1:58:56.5	m	106	Veteranos M55	10	Clube Millennium bcp	0:54:49.0	150	1:38:30.4	124
107.	286	NUNO ALMEIDA	1:58:56.8	m	107	Veteranos M45	27	Clube Millennium bcp	0:54:49.1	151	1:38:30.5	125
108.	36	Hildebrand Castro	1:59:01.2	m	108	Veteranos M40	28	Monsanto Running Team	0:54:34.8	148	1:38:48.4	132
109.	573	Ricardo Marques	1:59:01.3	m	109	Sénior Masculino	30	Bike4Life	0:54:35.6	149	1:38:49.5	134
110.	571	Ricardo Capelo	1:59:08.0	m	110	Sénior Masculino	31	Clube Cimpor	0:52:32.2	105	1:37:27.2	116
111.	34	Ildebrando Aires	1:59:10.9	m	111	Veteranos M40	29	Rafa Team	0:53:38.3	116	1:39:00.6	137
112.	48	Zétó .	1:59:11.1	m	112	Veteranos M40	30	Correr Lisboa	0:53:38.2	115	1:39:00.2	136
113.	44	Miguel Pedro	1:59:21.4	m	113	Veteranos M45	28	Salamandrecos	0:53:49.0	125	1:38:42.2	129
114.	458	Frederico Baptista	1:59:51.5	m	114	Sénior Masculino	32	Tigres do Zêzere	0:52:47.9	109	1:37:33.6	117
115.	529	Pedro Reduto	2:00:09.3	m	115	Veteranos M40	31	Rebenta trilhos	0:52:36.3	106	1:37:54.4	120
116.	653	Nelson Mota	2:00:13.2	m	116	Veteranos M45	29	CCD TRANQUILIDADE	0:53:39.2	118	1:39:32.9	141
117.	543	Aniceto Soares	2:00:30.9	m	117	Sénior Masculino	33	Bruxos Runners	0:54:08.0	131	1:38:37.7	126
118.	187	Antonio Pinto	2:00:42.8	m	118	Veteranos M55	11	Correr Queluz	0:52:59.8	111	1:38:47.1	131
119.	63	Luis Ferreira	2:00:46.2	m	119	Veteranos M50	13	STJoaoOliveiraTeam	0:53:49.5	126	1:38:48.6	133
120.	548	Bruno Leitão	2:00:52.1	m	120	Veteranos M40	32	Molengas	0:54:10.8	133	1:39:15.7	140
121.	87	Adelino Trindade	2:01:01.9	m	121	Veteranos M45	30	Correr Lisboa	0:54:12.4	135	1:40:17.5	146
122.	577	Pedro Luzio	2:01:05.7	m	122	Veteranos M40	33	SS CGD	0:55:19.0	158	1:39:49.2	143
123.	167	João Ascensão	2:01:14.8	m	123	Sénior Masculino	34	CDCR dos CTT	0:54:29.1	146	1:40:28.3	148
124.	470	Carlos Marques	2:01:18.8	m	124	Veteranos M50	14	LINDA PASTORA	0:54:14.8	137	1:40:05.7	144
125.	137	Hugo Carago	2:01:32.0	m	125	Veteranos M45	31	Clube Novo Banco	0:51:39.1	91	1:38:03.5	121
126.	601	Pedro Borregana	2:01:37.2	m	126	Veteranos M40	34		0:54:13.8	136	1:40:59.1	153
127.	646	Luis Reis	2:01:52.7	m	127	Veteranos M55	12	CAOB	0:53:53.5	128	1:39:48.7	142
128.	263	Mário Filipe	2:02:02.6	m	128	Veteranos M50	15	Salamandrecos	0:54:54.8	152	1:41:25.4	160
129.	213	Rui Esteves	2:02:32.3	m	129	Veteranos M45	32	Tartarugas Solidárias	0:54:59.7	153	1:40:43.0	151

## 6º Trilho das Lampas

### Result List MF 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
130.	25	Tiago Joao Giestas	2:02:47.0	m	130	Sénior Masculino	35		0:53:58.0	130	1:40:37.6	150
131.	310	José Rosa	2:02:47.2	m	131	Veteranos M40	35	Te-Len-Tos	0:54:32.6	147	1:39:09.8	138
132.	637	Avelino Soares	2:02:47.3	m	132	Veteranos M50	16	G.R.C.D. Leião - Cobras Trailistas	0:54:15.3	138	1:41:03.6	155
133.	359	Paulo Nolasco Rodrigues	2:02:51.3	m	133	Veteranos M40	36	Serviços Sociais Montepio	0:50:10.8	69	1:34:57.7	101
134.	200	Luis Pereira	2:02:54.3	m	134	Sénior Masculino	36	Correr Lisboa	0:55:30.5	164	1:40:59.6	154
135.	428	José Francisco Rocha	2:03:09.7	m	135	Veteranos M50	17		0:53:41.2	120	1:39:12.7	139
136.	451	Sérgio Moura	2:03:11.5	m	136	Sénior Masculino	37		0:54:09.5	132	1:40:32.5	149
137.	629	Nuno Cardetas	2:03:34.0	m	137	Sénior Masculino	38	CCD Siemens	0:57:11.8	193	1:42:40.8	170
138.	45	Hugo Costa	2:03:38.3	m	138	Sénior Masculino	39	Keep Running	0:53:45.1	123	1:38:54.0	135
139.	355	Nuno Rodrigues	2:03:52.5	m	139	Veteranos M40	37	Serviços Sociais Montepio	0:57:26.5	196	1:41:55.6	166
140.	631	Ricardo Morgado	2:03:52.8	m	140	Veteranos M45	33	Panquecas	0:57:49.4	204	1:41:42.6	161
141.	150	Gonçalo Marta	2:04:04.5	m	141	Sub 23 M	2	Correr Lisboa	0:56:48.6	186	1:42:57.6	173
142.	22	Nuno Santos	2:04:06.8	m	142	Sénior Masculino	40	Caracóis de Pedra	0:54:24.0	141	1:41:21.1	159
143.	515	João Cardoso	2:04:09.5	m	143	Veteranos M40	38	CCD Sintrense	0:53:51.4	127	1:40:24.2	147
144.	311	Paulo Jordão	2:04:56.4	m	144	Veteranos M45	34		0:56:34.1	178	1:43:10.8	177
145.	342	Manuel Braga	2:04:58.7	m	145	Veteranos M55	13	stj	0:56:48.2	185	1:43:02.9	175
146.	483	Francisco Antunes	2:05:04.7	m	146	Veteranos M40	39	Bruxos Runners	0:55:58.5	167	1:41:47.7	162
147.	446	Nuno Bogalheiro	2:05:05.6	m	147	Veteranos M45	35	100 esTrilhos	0:55:56.8	166	1:42:26.0	168
148.	519	Orlando Pedro	2:05:09.8	m	148	Veteranos M50	18	CCD Sintrense	0:57:11.6	192	1:43:29.3	179
149.	98	Nuno Francisco	2:05:23.1	m	149	Veteranos M40	40	Trail Runners Portimão	0:56:00.0	169	1:43:10.3	176
150.	185	Carlos Grade	2:05:41.0	m	150	Veteranos M40	41	Salamandrecos	0:55:27.6	162	1:43:00.3	174
151.	500	Roberto Gonçalves	2:05:42.3	m	151	Veteranos M40	42	Salamandrecos	0:55:15.4	156	1:42:28.6	169
152.	493	Marco Costa	2:05:57.2	m	152	Veteranos M40	43	37 Team	0:56:12.4	173	1:43:15.5	178
153.	55	Miguel Simões	2:05:57.9	m	153	Sénior Masculino	41		0:54:26.7	144	1:41:07.0	157
154.	83	Bruno Ferreira	2:05:58.8	m	154	Sénior Masculino	42	TEX NOLAN	0:54:24.9	142	1:41:06.7	156
155.	59	José Tomás	2:06:03.8	m	155	Veteranos M45	36	JOBRINDE - MONTES SALOIOS	0:54:27.8	145	1:42:51.0	172
156.	628	Ricardo Pereira	2:06:14.6	m	156	Veteranos M40	44		0:55:05.1	154	1:42:44.7	171
157.	617	João Rodrigues	2:06:19.0	m	157	Veteranos M45	37	Salamandrecos	0:55:21.6	160	1:44:38.2	188
158.	253	Paulo Carôco	2:06:33.4	m	158	Sénior Masculino	43	Faião Running Team	0:53:47.3	124	1:38:43.5	130
159.	315	João Paulo Félix Silva	2:07:19.7	m	159	Veteranos M45	38	Trilho Perdido & Friends	0:55:20.0	159	1:43:39.7	180
160.	427	Jóse oliveira	2:07:28.7	m	160	Veteranos M45	39	Os Tugas Saloios	0:58:02.1	209	1:44:45.9	189
161.	603	carlos silva	2:07:33.1	m	161	Sénior Masculino	44		0:57:09.4	191	1:45:01.9	193
162.	393	Alexandre Santos	2:07:51.8	m	162	Veteranos M50	19	SS CGD	0:59:59.6	240	1:47:21.9	213

## 6º Trilho das Lampas

### Result List MF 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
163.	17	Pedro Ramos	2:08:08.0	m	163	Veteranos M50	20		0:56:35.6	179	1:43:59.6	181
164.	450	Rui Almeida	2:08:17.6	m	164	Sénior Masculino	45		0:58:18.4	214	1:44:53.7	190
165.	580	José Amaro	2:08:20.8	m	165	Veteranos M40	45	LIZ RUNNERS	0:56:12.9	174	1:44:21.1	184
166.	7	Nuno Granadas	2:08:22.4	m	166	Sénior Masculino	46	Turres Trail Team	0:57:08.2	189	1:44:35.0	187
167.	497	Flávio Reis	2:08:23.2	m	167	Sénior Masculino	47	Bruxos Runners	0:55:15.8	157	1:44:29.1	186
168.	57	Diogo Alfarelos	2:08:32.3	m	168	Sénior Masculino	48		0:55:09.1	155	1:41:49.4	163
169.	277	João Santos	2:08:42.0	m	169	Veteranos M40	46	Casa Benfica Torres Vedras	0:52:24.1	103	1:41:14.9	158
170.	537	Cédric MONTEIRO	2:08:42.2	m	170	Sénior Masculino	49	chaves running team	0:58:22.8	215	1:44:17.8	182
171.	371	Miguel Mana	2:08:42.9	m	171	Sénior Masculino	50		0:56:29.9	177	1:44:25.8	185
172.	266	Pedro Monteiro	2:08:58.6	m	172	Veteranos M45	40	F. Monteiro	0:56:44.2	182	1:45:04.2	195
173.	547	Tiago Ramos	2:09:09.8	m	173	Veteranos M40	47		0:56:27.3	175	1:45:32.4	199
174.	556	Pedro Miguel Almeida	2:09:10.3	m	174	Veteranos M40	48		0:56:27.9	176	1:45:33.2	200
175.	258	Filipe Rito	2:09:13.5	m	175	Sénior Masculino	51		0:58:10.3	212	1:45:01.4	192
176.	576	Fernando Reis	2:09:21.8	m	176	Veteranos M50	21	Strong Team	0:57:08.5	190	1:46:14.0	206
177.	370	Frederico Costa [a]	2:09:38.6	m	177	Sénior Masculino	52	O MUNDO DA CORRIDA	1:00:19.0	245	1:47:54.7	217
178.	56	André Trindade	2:09:48.5	m	178	Sénior Masculino	53	Lusco-fusco runners	0:56:56.8	187	1:44:55.1	191
179.	29	Mario Batista	2:09:59.6	m	179	Veteranos M40	49	ADA Desnível	0:56:46.0	184	1:45:34.8	201
180.	406	David Lopes	2:10:09.6	m	180	Veteranos M45	41		0:56:44.9	183	1:45:04.0	194
181.	375	HENRIQUE ADREGA	2:10:26.0	m	181	Veteranos M60	2	CLUBE ATLETISMO AMIGOS DE	0:58:45.9	220	1:48:02.9	218
182.	134	Pedro Sanguino	2:10:30.7	m	182	Sénior Masculino	54	Clube Novo Banco	0:59:59.5	239	1:48:49.6	227
183.	301	Paulo Ferreira	2:10:31.4	m	183	Sénior Masculino	55	Team Salamandras	0:56:37.6	181	1:46:08.9	204
184.	302	Paulo Serrano	2:10:31.8	m	184	Veteranos M40	50	Team Salamandras	0:56:37.4	180	1:46:09.0	205
185.	49	Nuno Cordeiro	2:10:36.9	m	185	Veteranos M40	51		0:53:03.5	112	1:46:05.3	203
186.	154	Filipe Pedro	2:10:42.3	m	186	Sénior Masculino	56	Cavalas Velozes	0:57:46.1	199	1:46:39.9	210
187.	440	Pedro Mata	2:10:43.6	m	187	Veteranos M50	22		0:56:06.1	172	1:46:39.8	209
188.	645	João Veiga	2:10:43.6	m	188	Sénior Masculino	57	Correr Lisboa	0:58:09.6	211	1:48:33.5	219
189.	544	Luis Santos	2:10:43.9	m	189	Veteranos M40	52		0:57:46.8	202	1:47:02.4	212
190.	292	HELDER BAPTISTA	2:10:53.1	m	190	Veteranos M50	23	Clube Millennium bcp	0:54:12.0	134	1:42:09.3	167
191.	162	Carlos Craveira	2:10:58.7	m	191	Veteranos M45	42	G.R.C.D. Leião - Cobras Trailistas	0:55:28.4	163	1:45:41.2	202
192.	151	Francisco Costa	2:11:16.5	m	192	Sénior Masculino	58		0:56:02.4	170	1:45:14.0	196
193.	273	Flavio Timoteo	2:11:55.1	m	193	Sénior Masculino	59		0:53:21.3	113	1:40:14.0	145
194.	262	Luis Meirinhos	2:11:57.6	m	194	Veteranos M40	53		0:59:29.7	231	1:48:36.0	222
195.	607	João Salvado	2:12:10.4	m	195	Veteranos M50	24	Strong Team	0:57:46.2	200	1:49:16.7	232

## 6º Trilho das Lampas

### Result List MF 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
196.	80	João Pedro Silva	2:12:11.7	m	196	Veteranos M50	25	SS CGD	0:55:25.3	161	1:45:26.5	197
197.	103	JOSÉ NUNES	2:12:13.6	m	197	Veteranos M50	26	Keep Running	1:01:17.5	265	1:49:05.9	230
198.	141	Sérgio Eira	2:12:20.9	m	198	Veteranos M45	43	Clube Novo Banco	0:58:52.7	226	1:48:45.0	226
199.	219	Luis Bastos	2:12:41.1	m	199	Veteranos M50	27	CCD Siemens	0:59:01.8	228	1:49:30.0	238
200.	186	Alvaro Pinto	2:13:03.1	m	200	Veteranos M60	3	Real Academia	0:57:49.9	205	1:48:35.1	220
201.	193	Rui Laranjeiro	2:13:03.9	m	201	Veteranos M45	44	C.A.Amigos Parque Da Paz	0:59:57.7	237	1:49:28.2	236
202.	344	Ricardo Neves	2:13:20.0	m	202	Sénior Masculino	60	Monte dos Amigos	0:56:59.2	188	1:47:46.7	216
203.	618	Luís Santana	2:13:33.3	m	203	Veteranos M55	14	Trilhos do Costume	0:57:56.2	207	1:49:31.3	240
204.	138	José Pequeno	2:13:42.8	m	204	Veteranos M40	54	Clube Novo Banco	1:00:13.0	243	1:48:57.4	229
205.	447	Carlos Porfírio	2:13:48.6	m	205	Veteranos M60	4	amigos do Zé Espanhol	0:59:32.7	232	1:49:40.4	242
206.	281	David Figueiredo	2:13:58.6	m	206	Veteranos M40	55		0:57:57.8	208	1:49:22.6	235
207.	535	Manuel Carvalho	2:14:05.4	m	207	Veteranos M45	45		0:58:06.4	210	1:47:39.6	215
208.	578	Paulo Mauricio	2:14:06.5	m	208	Sénior Masculino	61		0:59:32.7	233	1:49:07.8	231
209.	40	Ricardo Nobre	2:14:14.2	m	209	Sénior Masculino	62	SIMECQ	0:55:54.9	165	1:46:14.6	207
210.	39	Nuno Galvão	2:14:14.4	m	210	Veteranos M55	15	SIMECQ	0:56:05.6	171	1:46:31.5	208
211.	630	Fernando Rosa	2:14:25.1	m	211	Veteranos M55	16	Run&Smile	0:59:47.1	235	1:49:31.8	241
212.	415	João Correia	2:14:32.5	m	212	Sénior Masculino	63		0:58:52.0	225	1:52:07.0	255
213.	416	Nuno Cruz	2:14:32.9	m	213	Sénior Masculino	64		0:58:52.0	224	1:52:07.6	256
214.	346	Paulo Garcia	2:15:07.3	m	214	Veteranos M45	46		0:57:17.5	195	1:48:35.5	221
215.	345	Mario Monteiro	2:15:07.5	m	215	Veteranos M45	47		0:57:17.0	194	1:48:37.7	223
216.	634	Francisco Batista	2:15:32.9	m	216	Veteranos M50	28		0:59:13.5	229	1:50:26.1	243
217.	541	Rodrigo Barroso	2:15:37.0	m	217	Veteranos M40	56		1:02:10.9	280	1:53:30.8	271
218.	20	Sérgio Pedro	2:15:37.2	m	218	Sénior Masculino	65	TINTO RUNNING TEAM	0:52:12.6	101	1:38:41.8	128
219.	234	Rui Trindade	2:15:37.6	m	219	Veteranos M45	48	CD Estrela	1:01:14.4	263	1:52:03.0	254
220.	254	Rui Silva	2:15:37.7	m	220	Veteranos M45	49	CD Estrela	1:01:14.7	264	1:52:00.3	253
221.	486	Sergio Simoes	2:15:39.3	m	221	Veteranos M40	57	Cofidis Running Team	1:00:53.1	258	1:51:02.3	251
222.	478	António Barbosa	2:15:57.6	m	222	Veteranos M55	17	CLUBE DE PRAÇAS DA ARMADA	1:00:20.2	246	1:50:38.8	244
223.	487	LUIS DIAS	2:16:04.5	m	223	Veteranos M45	50	AERGóis Trail Running	0:55:59.0	168	1:48:41.8	225
224.	524	Gonçalo Rangel	2:16:26.6	m	224	Sénior Masculino	66		1:00:13.2	244	1:50:39.0	245
225.	222	Rui Costa	2:16:40.3	m	225	Veteranos M45	51	Correr Queluz	0:58:44.2	217	1:50:43.5	246
226.	159	Miguel Pinho	2:16:40.7	m	226	Veteranos M45	52	Correr Queluz	0:58:44.5	218	1:50:51.6	249
227.	353	José Guerreiro	2:16:45.6	m	227	Veteranos M60	5	Serviços Sociais Montepio	1:00:28.6	251	1:53:28.2	270
228.	146	Mário Godinho	2:16:51.2	m	228	Veteranos M45	53	Clube Novo Banco	1:01:30.0	269	1:53:00.7	263

## 6º Trilho das Lampas

### Result List MF 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
229.	331	Luis Silva	2:16:53.2	m	229	Veteranos M50	29	SS CGD	1:00:02.1	241	1:53:42.6	278
230.	614	José Carlos Gama	2:16:53.8	m	230	Veteranos M45	54	Falcões Selvagens	1:00:48.4	255	1:54:05.4	285
231.	216	hugo lampreia	2:16:57.5	m	231	Veteranos M40	58	Valejas AC	1:00:38.3	254	1:54:05.0	283
232.	444	JOSÉ AUGUSTO	2:16:57.8	m	232	Veteranos M45	55	Falcões Selvagens	1:00:37.8	253	1:54:05.0	284
233.	452	jorge ribeiro	2:16:59.0	m	233	Veteranos M45	56		0:58:47.9	221	1:50:47.3	247
234.	595	Marco Custódio	2:16:59.1	m	234	Veteranos M45	57		0:58:51.3	223	1:50:53.4	250
235.	545	Herculano Araújo	2:17:13.8	m	235	Veteranos M50	30		1:00:50.1	256	1:53:13.2	266
236.	217	Edgar Cristeta	2:17:16.5	m	236	Sénior Masculino	67	CCD Siemens	1:02:45.1	288	1:53:27.2	269
237.	358	Antonio Lopes [a]	2:17:35.1	m	237	Veteranos M45	58	Serviços Sociais Montepio	1:02:53.3	294	1:53:31.5	272
238.	475	Eduardo Ribeiro	2:17:40.3	m	238	Sénior Masculino	68		0:58:45.2	219	1:52:09.7	257
239.	199	Luis Afonso	2:17:41.5	m	239	Veteranos M45	59	Georunners	1:00:55.6	259	1:54:27.5	289
240.	411	JOSÉ PINTO	2:17:45.4	m	240	Veteranos M40	59	CLUBE ANACOM	1:01:26.9	268	1:53:03.4	264
241.	396	DAVID TALHÃO	2:18:04.3	m	241	Sénior Masculino	69	Lobos da Católica	1:00:03.3	242	1:52:19.8	259
242.	5	Nuno Arigó	2:18:05.4	m	242	Veteranos M40	60		0:59:56.9	236	1:52:15.9	258
243.	9	Pedro Santana	2:18:08.4	m	243	Veteranos M40	61		1:00:21.5	247	1:52:48.8	262
244.	179	Luis Estevens	2:18:10.9	m	244	Sénior Masculino	70		1:02:45.6	289	1:52:31.1	261
245.	584	Nuno Costa	2:18:16.9	m	245	Veteranos M45	60	SS CGD	1:03:03.4	301	1:55:35.1	298
246.	625	rodrigo deus	2:18:20.5	m	246	Sénior Masculino	71		1:00:23.7	249	1:53:32.2	273
247.	605	Ricardo Coelho	2:18:30.0	m	247	Veteranos M45	61	SS CGD	1:03:01.6	297	1:55:35.4	299
248.	400	Francisco Vaz	2:18:45.0	m	248	Veteranos M50	31	Frufresh Runners	1:00:36.1	252	1:51:22.6	252
249.	111	Paulo Trindade	2:18:51.9	m	249	Veteranos M40	62	O MUNDO DA CORRIDA	1:00:24.6	250	1:53:35.2	274
250.	408	paulo xavier	2:18:52.4	m	250	Veteranos M55	18	SS CGD	1:01:47.2	274	1:53:47.3	279
251.	621	Leonel Adérito Fernandes	2:19:13.8	m	251	Veteranos M45	62	Linda-a-Pastora Sporting Clube	1:03:47.7	315	1:55:50.3	302
252.	77	Nuno Almeida	2:19:22.6	m	252	Veteranos M40	63	Sintra Runners	1:01:56.6	278	1:53:41.5	276
253.	76	Rui Marques	2:19:22.7	m	253	Veteranos M45	63	Sintra Runners	1:01:55.9	277	1:53:42.4	277
254.	464	Carlos Magalhães	2:19:36.3	m	254	Veteranos M50	32		1:06:04.9	360	1:54:17.9	287
255.	658	Vitor Gama	2:19:49.8	m	255	Veteranos M40	64	Xoke Team	1:01:10.6	261	1:53:50.3	280
256.	657	Fernando Duarte	2:19:50.0	m	256	Veteranos M50	33	Xoke Team	1:01:10.9	262	1:53:53.0	281
257.	390	Bruno Vasconcelos Maia	2:20:08.2	m	257	Sénior Masculino	72	Lobos da Católica	0:59:43.5	234	1:52:26.5	260
258.	47	Miguel Campos	2:20:13.2	m	258	Veteranos M45	64	Falcões Selvagens	1:01:20.1	267	1:54:23.9	288
259.	190	Nuno Martins	2:20:13.4	m	259	Sénior Masculino	73	Correr Lisboa	1:02:50.9	292	1:54:12.5	286
260.	608	Nelson Coimbra	2:20:52.4	m	260	Sénior Masculino	74	Bruxos Runners	0:53:41.6	121	1:49:30.5	239
261.	407	Miguel Cerca	2:21:03.3	m	261	Veteranos M40	65		1:02:59.6	296	1:54:52.7	292

## 6º Trilho das Lampas

### Result List MF 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
262.	214	João Cunha	2:21:13.0	m	262	Sénior Masculino	75	Preguiças do Monte	1:03:13.5	306	1:56:01.5	306
263.	215	Carlos Escórcio	2:21:13.2	m	263	Sénior Masculino	76	Preguiças do Monte	1:03:17.7	308	1:56:06.0	309
264.	424	Michael Jorge	2:21:16.4	m	264	Veteranos M40	66	Os Tugas Saloios	1:01:44.5	272	1:53:21.1	268
265.	376	Carlos Marques	2:21:53.4	m	265	Veteranos M55	19	G.R.C.D. Leião - Cobras Trailistas	1:00:22.1	248	1:54:37.4	291
266.	539	Artur Jorge Bernardo	2:22:06.1	m	266	Veteranos M45	65		1:02:52.4	293	1:55:11.5	294
267.	540	Rui Barroso	2:22:07.0	m	267	Veteranos M40	67		1:02:11.3	282	1:55:11.7	295
268.	356	Paulo Rainho	2:22:20.1	m	268	Veteranos M50	34	Serviços Sociais Montepio	1:02:50.0	291	1:56:24.1	311
269.	117	Marco Cachinho	2:22:23.2	m	269	Sénior Masculino	77	KANINOS	1:03:01.8	299	1:57:13.1	314
270.	552	Pedro Pedroso	2:22:32.4	m	270	Sénior Masculino	78		1:03:41.1	313	1:56:14.3	310
271.	123	Luis Diogo Corredoura	2:22:32.9	m	271	Sénior Masculino	79		1:03:20.8	309	1:55:54.6	303
272.	163	César Diogo Silvestre	2:23:19.4	m	272	Veteranos M40	68	Bruxos Runners	1:02:46.4	290	1:56:48.6	312
273.	3	João Pereira	2:23:30.6	m	273	Sénior Masculino	80		1:02:11.0	281	1:55:06.9	293
274.	10	João Paulo Seródio	2:24:24.4	m	274	Sénior Masculino	81	ADA Trail Runing	1:03:12.0	305	1:57:16.7	315
275.	244	Sílvio Patrício	2:24:24.6	m	275	Sénior Masculino	82	Adatrailrunning	1:03:11.5	304	1:57:17.1	316
276.	212	Zito Silva	2:24:33.4	m	276	Sénior Masculino	83	Hut Runners Fitness Hut Sintra	1:01:48.3	275	1:57:38.6	319
277.	666	Ricardo Filipe Sequeira [p]	2:25:18.5	m	277	Sénior Masculino	84		1:06:49.5	374	1:55:43.5	300
278.	619	João Paulo Pereira	2:25:18.6	m	278	Veteranos M40	69		1:06:49.5	373	1:55:43.5	301
279.	274	Fernando Pereira	2:25:44.4	m	279	Veteranos M50	35	Clube Vodafone	1:01:54.9	276	1:57:30.0	317
280.	180	Pedro Rodrigues	2:25:46.6	m	280	Veteranos M45	66	Salamandrecos	1:01:40.3	271	1:55:57.2	305
281.	181	Eduardo Gregório	2:25:47.1	m	281	Sénior Masculino	85	Salamandrecos	1:01:39.3	270	1:55:56.7	304
282.	157	jose lopes	2:25:52.6	m	282	Veteranos M50	36		1:04:04.7	321	2:00:34.1	328
283.	128	Pedro Ramos	2:26:11.6	m	283	Veteranos M40	70		1:06:26.5	364	2:01:26.8	337
284.	533	João Ramos	2:26:12.5	m	284	Sénior Masculino	86	Este é para durões!!	1:01:18.9	266	1:55:21.3	297
285.	238	Bruno Jorge	2:26:12.7	m	285	Sénior Masculino	87	Champions	1:07:14.5	380	1:59:33.7	323
286.	374	Daniel Mattos botelho	2:26:14.4	m	286	Sénior Masculino	88	SS CGD	1:05:35.0	356	2:02:00.7	343
287.	429	João Branquinho	2:26:34.6	m	287	Sénior Masculino	89		0:59:22.6	230	1:57:05.4	313
288.	104	JOAQUIM VARANDA	2:26:49.8	m	288	Veteranos M55	20	Keep Running	1:04:20.0	327	2:00:28.1	326
289.	272	Nuno Freire	2:27:02.5	m	289	Sénior Masculino	90		1:04:31.7	336	2:00:50.8	332
290.	71	Pedro Fernandes	2:27:05.1	m	290	Sénior Masculino	91		1:04:32.9	337	1:57:32.5	318
291.	378	Douglas Fry	2:27:17.1	m	291	Veteranos M60	6	Clube Desportivo de Mafra	1:04:37.4	339	2:00:17.7	325
292.	652	Jorge Serra	2:27:20.4	m	292	Veteranos M50	37	CCD TRANQUILIDADE	1:05:24.1	350	2:00:49.7	331
293.	651	João Serra	2:27:20.5	m	293	Veteranos M45	67	CCD TRANQUILIDADE	1:05:25.0	351	2:00:51.8	333
294.	232	Luís Ferreira	2:27:28.5	m	294	Veteranos M50	38	Rail Runners	1:06:32.4	368	2:02:28.5	347

## 6º Trilho das Lampas

### Result List MF 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
295.	230	Joaquim Ribeiro	2:27:55.1	m	295	Sénior Masculino	92	Asas nos Pés	1:04:23.0	331	2:01:27.3	338
296.	280	Hugo Reis	2:28:05.4	m	296	Sénior Masculino	93		1:04:17.5	326	2:00:44.5	330
297.	322	José Finuras	2:28:09.5	m	297	Veteranos M45	68	MULTIRUNNERS	1:06:47.7	372	2:02:56.5	352
298.	204	Hugo Martins	2:28:26.0	m	298	Sénior Masculino	94	ex-VTXRM	1:04:38.9	340	2:01:24.7	336
299.	270	Rui Marques	2:28:31.9	m	299	Veteranos M50	39	STJoaoOliveiraTeam	1:03:02.9	300	2:00:40.0	329
300.	89	Alexandre Palmeiro	2:29:15.8	m	300	Sénior Masculino	95	ApalpaTerreno	1:05:58.1	358	2:03:06.4	354
301.	648	Artur Gaio	2:29:36.3	m	301	Sénior Masculino	96	CCD TRANQUILIDADE	1:04:20.6	328	2:01:17.3	335
302.	349	LUÍS Fidalgo	2:29:36.8	m	302	Veteranos M50	40	ASSOCIAÇÃO DE ATLETISMO	1:07:03.4	376	2:03:29.8	358
303.	27	Bruno Silva	2:30:07.0	m	303	Sénior Masculino	97		1:03:25.1	311	2:01:43.0	341
304.	308	Paulo Soares	2:30:22.7	m	304	Sénior Masculino	98	CCD Siemens	1:07:47.0	386	2:03:23.5	357
305.	413	José Soares	2:30:25.1	m	305	Sénior Masculino	99	Team 143, Tasca do Zé Russo	1:04:01.4	319	2:01:37.3	340
306.	6	Carlos Dias	2:30:42.5	m	306	Sénior Masculino	100		1:02:17.6	285	2:00:33.5	327
307.	140	Hugo Rolhas	2:31:00.8	m	307	Veteranos M40	71	Clube Novo Banco	1:04:23.6	332	2:02:45.0	349
308.	463	João Perneco	2:31:14.6	m	308	Veteranos M40	72		1:08:16.1	393	2:05:58.7	378
309.	587	José Custódio	2:31:16.2	m	309	Sénior Masculino	101	AL-MOÇA-GEME	1:08:32.3	399	2:04:54.9	371
310.	285	PAULO RATO	2:31:16.3	m	310	Veteranos M55	21	Clube Millennium bcp	1:06:27.4	366	2:04:38.8	368
311.	589	Pedro Silva	2:31:16.5	m	311	Sénior Masculino	102	AL-MOÇA-GEME	1:08:29.5	398	2:04:58.0	374
312.	569	Miguel Lucena	2:31:18.1	m	312	Sénior Masculino	103	Housemartins Belas	1:04:35.4	338	1:59:18.8	322
313.	633	Eduardo Alves	2:31:34.0	m	313	Veteranos M40	73	Correr Lisboa	1:05:18.8	349	2:02:52.8	350
314.	184	Bruno Neves	2:31:36.4	m	314	Sénior Masculino	104		1:05:29.2	353	2:02:24.2	346
315.	527	Rafael Sousa	2:31:44.0	m	315	Sub 23 M	3	Police Challenge Team	1:02:37.0	287	2:01:11.8	334
316.	220	Carlos Cagica	2:31:55.3	m	316	Veteranos M50	41	CCD Siemens	1:06:30.3	367	2:04:01.1	363
317.	588	Luís Costa	2:32:07.8	m	317	Sénior Masculino	105	AL-MOÇA-GEME	1:06:09.2	361	2:04:46.6	370
318.	518	Mário Lageiro	2:32:13.0	m	318	Veteranos M50	42	CCD Sintrense	1:03:55.4	317	2:04:05.8	365
319.	611	Alexandre Jardim	2:32:16.5	m	319	Veteranos M40	74	OUTFHIT	1:04:41.6	343	2:02:34.2	348
320.	499	Fernando Gomes	2:32:23.8	m	320	Sénior Masculino	106	Bruxos Runners	1:02:34.6	286	2:02:16.7	345
321.	386	Nuno Dias	2:32:32.8	m	321	Sénior Masculino	107	Fortíssimos Running Team	1:04:55.8	346	2:04:43.5	369
322.	282	João Carlos Brito	2:33:17.0	m	322	Veteranos M45	69		1:04:00.8	318	2:01:48.6	342
323.	65	Jose Silva	2:33:39.3	m	323	Veteranos M45	70		1:04:21.5	330	2:05:34.3	375
324.	298	MARCOS NORITAKE	2:33:43.1	m	324	Veteranos M50	43	Clube Millennium bcp	1:08:17.6	394	2:05:44.2	376
325.	448	António Guerreiro	2:33:58.6	m	325	Veteranos M50	44	Fortíssimos Running Team	1:08:52.3	404	2:07:38.6	399
326.	620	Nuno Silva	2:33:58.7	m	326	Veteranos M45	71	Grupeta Running Team	1:07:21.2	381	2:06:01.1	379
327.	321	Henrique Sacadura	2:34:23.8	m	327	Veteranos M60	7		1:08:27.0	397	2:07:39.0	400

## 6º Trilho das Lampas

### Result List MF 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
328.	347	Tiago Batista	2:34:30.1	m	328	Veteranos M40	75		1:07:57.7	389	2:07:08.5	392
329.	385	Carlos Silva	2:34:35.3	m	329	Sénior Masculino	108	Fortíssimos Running Team	1:09:21.3	413	2:06:29.1	384
330.	476	Luis Conceição	2:34:59.6	m	330	Veteranos M40	76	CLUBE DE PRAÇAS DA ARMADA	1:03:14.0	307	2:03:14.5	356
331.	341	João Ferreira	2:35:07.5	m	331	Sénior Masculino	109	CCD Crédito Agrícola Mútu	1:06:23.3	363	2:06:13.4	380
332.	313	Ilídio Santos	2:35:11.0	m	332	Veteranos M50	45	Cabaré dos Coxos	1:09:30.6	418	2:07:11.3	393
333.	160	Luis Violante	2:35:12.3	m	333	Veteranos M45	72	PénaBike team	1:02:56.5	295	2:03:13.1	355
334.	142	Paulo Gonçalves	2:35:22.3	m	334	Veteranos M50	46	Clube Novo Banco	1:08:46.2	403	2:08:13.0	406
335.	455	Celso Fernandes	2:35:22.6	m	335	Veteranos M45	73	NBS	1:07:57.1	388	2:06:48.5	385
336.	75	Rui MENA	2:35:50.9	m	336	Veteranos M45	74	Clube BBVA	1:04:21.2	329	2:04:56.3	373
337.	260	Joao Ferreira	2:35:50.9	m	337	Veteranos M45	75	Clube Cimpor	1:03:34.7	312	2:04:55.4	372
338.	365	Gonçalo Rosado	2:36:00.1	m	338	Sénior Masculino	110	Tartarugas Solidárias	1:07:58.2	391	2:08:09.5	404
339.	54	Eduardo Santos	2:36:03.4	m	339	Sénior Masculino	111		1:04:07.7	325	2:06:22.0	383
340.	91	Gonçalo Magalhães	2:36:03.6	m	340	Sénior Masculino	112		1:04:06.7	323	2:06:21.4	382
341.	221	Joaquim Coutinho	2:36:27.2	m	341	Veteranos M50	47	Correr Queluz	1:06:51.9	375	2:10:24.2	419
342.	435	Luis Piedade	2:36:36.8	m	342	Veteranos M50	48	GO!Runners/Outpro Store	1:03:07.0	303	2:05:50.2	377
343.	202	Jose Casimiro	2:36:37.4	m	343	Sénior Masculino	113		1:04:42.1	344	2:04:10.0	367
344.	562	José Cruz	2:37:12.3	m	344	Veteranos M40	77	Run for Lunch	1:02:06.5	279	2:07:31.7	397
345.	563	Luis Almeida	2:37:12.7	m	345	Veteranos M45	76	Run for Lunch	1:07:28.3	383	2:07:36.8	398
346.	592	Bruno Palma	2:37:28.2	m	346	Sénior Masculino	114		1:04:39.8	341	2:04:02.2	364
347.	513	Paulo Neves	2:37:32.4	m	347	Veteranos M40	78	CCD Sintrense	1:04:55.0	345	2:08:37.6	410
348.	15	Jorge Pereira	2:37:34.7	m	348	Veteranos M55	22	JOBRINDE - MONTES SALOIOS	1:09:23.8	414	2:08:32.1	409
349.	542	Luciano Marques	2:37:36.5	m	349	Veteranos M55	23		1:07:21.6	382	2:06:52.4	386
350.	405	anselmo Rodrigues	2:37:39.3	m	350	Veteranos M50	49	100 esTrilhos	1:07:07.1	377	2:07:53.3	402
351.	526	Carlos Henrique	2:38:13.5	m	351	Veteranos M50	50	Grupo Desportivo SANTANDER	1:03:47.5	314	2:08:41.8	411
352.	114	Rui Teixeira	2:38:15.4	m	352	Veteranos M45	77		1:10:15.4	435	2:11:35.5	427
353.	491	Pedro Nunes	2:38:31.9	m	353	Veteranos M45	78	Marmedsa	1:04:07.5	324	2:08:48.8	412
354.	309	Paul Ascensão	2:38:47.6	m	354	Veteranos M45	79	Dona de Casa	1:06:41.1	370	2:09:23.2	415
355.	372	Orlando Duarte	2:38:50.0	m	355	Veteranos M60	8	EM'FORÇA - SPEM	1:13:41.5	482	2:15:21.0	449
356.	249	CARLOS FERREIRA	2:38:53.2	m	356	Veteranos M60	9	NUCLEO DESPORTIVO	1:05:31.0	354	2:07:16.4	395
357.	438	André Chanoca	2:38:58.0	m	357	Sénior Masculino	115		1:11:12.7	448	2:09:13.3	414
358.	649	Carlos Fonseca	2:39:37.2	m	358	Veteranos M55	24	CCD TRANQUILIDADE	1:10:04.5	431	2:12:06.1	434
359.	434	Pedro Matos	2:39:56.9	m	359	Sénior Masculino	116	Box41	1:06:45.3	371	2:07:15.0	394
360.	348	Paulo Mota	2:39:57.3	m	360	Veteranos M50	51	ASSOCIAÇÃO DE ATLETISMO	1:13:10.9	472	2:13:10.5	439



## 6º Trilho das Lampas

### Result List MF 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
361.	433	Nuno Santiago	2:39:58.6	m	361	Veteranos M40	79	Salamandrecos	1:12:33.8	467	2:13:08.2	438
362.	50	Carlos Lavrador	2:39:59.9	m	362	Veteranos M50	52	Run&Smile	1:10:00.0	429	2:10:12.4	417
363.	352	Jorge Costa	2:40:29.8	m	363	Veteranos M45	80	Serviços Sociais Montepio	1:04:28.3	335	2:07:00.2	388
364.	357	Pedro Boto	2:40:29.8	m	364	Veteranos M50	53	Serviços Sociais Montepio	1:04:04.2	320	2:06:57.0	387
365.	354	Nuno Santos	2:40:29.9	m	365	Veteranos M40	80	Serviços Sociais Montepio	1:04:28.0	333	2:07:02.6	391
366.	572	João Nunes	2:40:29.9	m	366	Sénior Masculino	117		1:04:28.2	334	2:07:01.8	390
367.	201	Tiago Loureiro	2:40:34.7	m	367	Sénior Masculino	118		1:04:56.2	347	2:09:55.3	416
368.	228	João Tavares	2:40:43.5	m	368	Veteranos M45	81		1:08:58.6	407	2:11:42.2	430
369.	597	António Fernandes	2:41:48.2	m	369	Veteranos M40	81		1:10:34.8	440	2:13:01.6	437
370.	95	Fabio Batista	2:41:51.8	m	370	Veteranos M40	82		1:10:23.4	438	2:13:34.2	444
371.	67	Ricardo Santos	2:42:03.4	m	371	Veteranos M40	83	STJoaoOliveiraTeam	1:09:05.5	409	2:11:07.7	423
372.	79	Antonio caetano	2:42:03.4	m	372	Veteranos M45	82	STJoaoOliveiraTeam	1:09:04.7	408	2:12:03.8	433
373.	97	Ricardo S. Ferreira	2:42:08.7	m	373	Sénior Masculino	119	PAPAMILHAS RUNNING TEAM	1:09:59.8	428	2:13:30.0	440
374.	115	Paulo Pinto	2:42:20.4	m	374	Veteranos M40	84		1:10:31.6	439	2:11:38.9	428
375.	582	Emanuel Severino	2:42:22.9	m	375	Sénior Masculino	120	Salamandrecos	1:09:40.4	419	2:14:09.8	445
376.	680	Pedro Figueira	2:43:24.7	m	376	Veteranos M40	85	ADCRPJ	1:09:28.7	417	2:11:47.0	432
377.	510	Sérgio Cordeiro	2:43:24.8	m	377	Veteranos M40	86	ADCRPJ	1:09:27.5	416	2:11:44.8	431
378.	410	ROGÉRIO PINA	2:44:05.3	m	378	Veteranos M60	10	CLUBE ANACOM	1:13:33.7	479	2:19:56.5	493
379.	85	Vitor Gonçalves	2:44:24.4	m	379	Veteranos M45	83	4 ao km	1:13:26.2	477	2:15:56.1	451
380.	226	Henrique Ferreira	2:45:45.2	m	380	Sénior Masculino	121	Correr Queluz	1:09:07.8	411	2:12:52.7	436
381.	320	LUÍS MIGUEL SANTOS	2:45:58.7	m	381	Veteranos M50	54	ASSOCIAÇÃO DE ATLETISMO	1:10:49.2	442	2:15:22.3	450
382.	99	PEDRO DIAS	2:46:02.6	m	382	Sénior Masculino	122	Keep Running	1:09:44.4	422	2:18:42.7	477
383.	240	Nir Almany	2:46:46.3	m	383	Sénior Masculino	123	Champions	1:14:11.3	492	2:18:12.7	468
384.	239	Abrão Kulaif	2:46:47.0	m	384	Sénior Masculino	124	Champions	1:14:12.6	493	2:18:13.0	470
385.	237	Hugo Rocha	2:46:47.1	m	385	Sénior Masculino	125	Champions	1:14:13.2	494	2:18:14.6	471
386.	106	João Leitão	2:46:47.8	m	386	Veteranos M45	84	Runlovers	1:14:47.0	504	2:18:32.8	475
387.	462	JORGE MOREIRA	2:47:28.6	m	387	Veteranos M55	25	NUCLEO DESPORTIVO	1:20:33.6	563	2:19:40.9	492
388.	522	Tiago Marques	2:47:32.5	m	388	Sénior Masculino	126		1:09:44.9	423	2:17:54.8	461
389.	172	Casimiro Silva	2:47:32.6	m	389	Veteranos M40	87		1:09:45.7	426	2:17:55.0	463
390.	297	PEDRO SANTOS	2:47:43.4	m	390	Veteranos M45	85	Clube Millennium bcp	1:11:37.4	455	2:17:39.7	459
391.	492	Eduardo Rosa	2:47:45.7	m	391	Veteranos M45	86	100 esTrilhos	1:08:22.8	395	2:17:32.3	456
392.	502	Ângelo Marcos	2:47:48.6	m	392	Sénior Masculino	127		1:10:08.7	433	2:10:55.8	420
393.	279	Joao Mateus	2:48:04.6	m	393	Sénior Masculino	128		1:06:35.1	369	2:11:12.5	424

## 6º Trilho das Lampas

### Result List MF 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
394.	635	Carlos Semide	2:48:14.2	m	394	Veteranos M40	88		1:15:23.0	509	2:18:49.6	483
395.	441	Rui SolPosto	2:48:21.5	m	395	Veteranos M40	89	Tribo da Corrida	1:14:37.0	501	2:20:29.1	494
396.	532	Filipe Domingues	2:48:46.3	m	396	Sénior Masculino	129	Este é para durões!!	1:09:07.5	410	2:13:31.9	442
397.	268	Miguel Ribeiro	2:48:48.2	m	397	Veteranos M45	87	Happy runners	1:11:57.1	459	2:20:41.7	495
398.	69	Antonio Alves	2:49:51.2	m	398	Veteranos M60	11		1:12:39.1	468	2:18:44.4	479
399.	261	Adalberto Grilo	2:50:55.7	m	399	Veteranos M55	26	RUN 4 FUN	1:14:24.4	496	2:21:14.0	502
400.	72	Helder Pereira	2:51:53.1	m	400	Sénior Masculino	130	Running Crew	1:10:17.9	437	2:18:04.6	466
401.	558	Frederico Sousa	2:52:01.7	m	401	Veteranos M55	27	Lebres e Tartarugas	1:11:02.6	444	2:18:46.8	482
402.	602	Sérgio Franclim	2:52:18.8	m	402	Veteranos M40	90		1:14:07.5	491	2:17:37.8	458
403.	439	Frederico Conceicao	2:52:19.1	m	403	Veteranos M45	88		1:14:05.8	489	2:17:10.9	454
404.	449	Diogo Simao	2:52:19.3	m	404	Sénior Masculino	131	St. Peter's School	1:14:05.6	488	2:17:15.7	455
405.	102	JOSÉ ANDRADE	2:52:21.5	m	405	Sénior Masculino	132	Keep Running	1:09:45.5	425	2:19:23.3	490
406.	18	Dário Canas	2:52:25.5	m	406	Veteranos M40	91	JOBRINDE - MONTES SALOIOS	1:12:11.3	464	2:20:48.2	498
407.	8	João Alberto	2:52:26.0	m	407	Veteranos M50	55	JOBRINDE - MONTES SALOIOS	1:13:15.4	473	2:20:51.3	500
408.	594	Abel Costa	2:53:00.9	m	408	Sénior Masculino	133	Gfi	1:18:19.5	551	2:25:00.8	528
409.	329	Sário Nunes	2:53:28.2	m	409	Sénior Masculino	134	Pé de Atleta	1:15:44.2	513	2:23:39.6	517
410.	210	Mario Sobral	2:53:29.3	m	410	Veteranos M40	92	Correr Lisboa	1:15:53.5	516	2:23:35.8	516
411.	318	Luis Azevedo	2:53:29.9	m	411	Veteranos M50	56	Correr Lisboa	1:15:55.0	517	2:23:42.6	519
412.	305	Pedro Pechilga	2:53:51.2	m	412	Sénior Masculino	135	Tartarugas Solidárias	1:11:00.4	443	2:18:43.4	478
413.	148	Pedro Rodrigues	2:54:34.8	m	413	Veteranos M40	93		1:17:08.4	533	2:25:19.8	530
414.	442	Oswaldo Pires	2:54:49.1	m	414	Sénior Masculino	136	Tribo da Corrida	1:14:37.6	502	2:22:01.7	512
415.	191	Jose Leal	2:55:06.6	m	415	Sénior Masculino	137		1:16:17.2	519	2:21:44.1	510
416.	229	Pedro Leal	2:55:06.6	m	416	Veteranos M50	57		1:16:17.9	520	2:21:44.3	511
417.	409	SÉRGIO ANTUNES	2:55:28.3	m	417	Veteranos M50	58	CLUBE ANACOM	1:13:33.8	480	2:22:12.5	513
418.	101	EURICO CAROCHA	2:55:36.8	m	418	Sénior Masculino	138	Keep Running	1:09:43.6	421	2:19:21.6	489
419.	590	Nelson Castelôa	2:56:52.2	m	419	Veteranos M50	59		1:12:23.6	466	2:16:24.4	453
420.	604	Pedro Jaime	2:57:35.6	m	420	Veteranos M45	89	Salamandrecos	1:14:47.7	505	2:28:25.0	548
421.	472	Nuno Barradas	2:57:41.0	m	421	Sénior Masculino	139	Pé de Atleta	1:16:20.2	521	2:23:45.0	521
422.	170	Valter Gaspar	2:58:13.9	m	422	Sénior Masculino	140	PAPAMILHAS RUNNING TEAM	1:20:37.7	564	2:29:36.5	550
423.	188	Nuno Simao	2:58:42.1	m	423	Veteranos M40	94	Matilha da Atalaia	1:10:10.2	434	2:21:27.6	505
424.	19	Carlos Monteiro	2:59:53.3	m	424	Veteranos M55	28		1:17:13.8	538	2:25:53.5	531
425.	379	Carlos Rangel	3:01:04.7	m	425	Veteranos M60	12		1:16:36.0	529	2:25:55.5	532
426.	460	Eduardo Santos	3:01:07.8	m	426	Veteranos M60	13	O MUNDO DA CORRIDA	1:18:10.6	548	2:27:24.4	537

## 6º Trilho das Lampas

### Result List MF 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
427.	125	Raúl Massano	3:02:33.1	m	427	Sénior Masculino	141	B.A.C.O.	1:17:11.5	535	2:28:05.1	542
428.	488	António Fazendeiro	3:04:00.6	m	428	Veteranos M55	29		1:10:08.0	432	2:30:23.6	552
429.	295	FERNANDO ROSA	3:04:46.6	m	429	Veteranos M40	95	Clube Millennium bcp	1:16:24.5	523	2:27:49.3	540
430.	299	EDUARDO FERREIRA	3:04:48.3	m	430	Veteranos M40	96	Clube Millennium bcp	1:16:10.8	518	2:27:35.6	539
431.	52	Hugo Teixeira	3:05:36.0	m	431	Sénior Masculino	142	Crossfit 2725	1:16:33.6	526	2:31:34.5	560
432.	288	EDUARDO PINTO	3:05:39.8	m	432	Veteranos M50	60	Clube Millennium bcp	1:13:59.2	485	2:31:17.3	556
433.	469	João Barrigola	3:06:16.1	m	433	Sénior Masculino	143		1:17:38.0	540	2:31:39.1	561
434.	585	Manuel Joaquim Ferreira	3:06:16.6	m	434	Veteranos M60	14		1:10:36.5	441	2:30:53.1	554
435.	78	Paulo Duarte	3:06:40.1	m	435	Veteranos M45	90	Sintra Runners	1:18:51.3	555	2:34:00.3	566
436.	328	Carlos Morais	3:06:53.0	m	436	Veteranos M45	91	West Trail Runners	1:19:37.8	560	2:32:44.5	562
437.	559	Carlos Gonçalves	3:08:34.1	m	437	Veteranos M60	15	Lebres e Tartarugas	1:16:54.8	531	2:31:01.0	555
438.	593	Paulo Soberano	3:08:44.1	m	438	Sénior Masculino	144	Gfi	1:18:20.3	552	2:33:43.3	565
439.	555	Rodrigo Rodrigues	3:08:44.3	m	439	Sénior Masculino	145	Panquecas	1:18:19.2	550	2:33:41.8	564
440.	570	BRUNO ARCANJO	3:09:11.1	m	440	Sénior Masculino	146		1:17:03.1	532	2:34:39.8	568
441.	152	Diogo Arraias	3:14:35.2	m	441	Veteranos M60	16	Os Arraias	1:19:15.6	559	2:40:42.1	580
442.	161	Bruno Abrantes	3:14:35.4	m	442	Veteranos M40	97	falcoes selvagens	1:19:09.5	557	2:40:40.1	579
443.	113	Manuel Fontinha	3:15:04.3	m	443	Veteranos M45	92	G.R.C.D. Leião - Cobras Trailistas	1:17:58.1	544	2:36:26.6	573
444.	457	Sergio Matoso	3:15:32.4	m	444	Sénior Masculino	147	100 esTrilhos	1:20:43.0	565	2:36:25.4	572
445.	246	João Gameiro	3:15:56.4	m	445	Sénior Masculino	148		1:14:36.0	499	2:31:19.4	559
446.	247	Carlos Correia	3:15:56.4	m	446	Veteranos M45	93	Clube Aventura de Monforte	1:14:36.0	500	2:31:19.4	558
447.	62	Daniel Ramos	3:20:07.8	m	447	Veteranos M40	98	JOBRINDE - MONTES SALOIOS	1:19:46.5	561	2:37:24.2	578
448.	623	André Pinho	3:21:36.3	m	448	Sénior Masculino	149	OMT	1:24:25.5	579	2:41:51.0	585
449.	24	JUSTILIANO MEIRELES	3:31:29.6	m	449	Veteranos M60	17	Falcões Selvagens	1:23:13.0	572	2:52:44.2	592
450.	26	Nuno Loureiro	3:31:30.0	m	450	Veteranos M50	61	Falcões Selvagens	1:24:03.6	578	2:52:44.9	593
451.	251	ANTONIO FERNANDES	3:34:49.6	m	451	Veteranos M40	99	NUCLEO DESPORTIVO	1:28:34.7	582	2:54:23.4	594
452.	145	Sérgio Centeno	3:37:00.4	m	452	Veteranos M40	100	Clube Novo Banco	1:20:18.2	562	2:50:32.9	591
453.	432	Fernando Xavier	4:29:07.0	m	453	Veteranos M40	101	Salamandrecos	1:39:10.2	586	3:51:50.4	598
454.	74	Alexandre Andrade	DSQ	m	454	Veteranos M40	102	BOTA LAMBRA		-1	1:28:19.1	54
455.	130	Carlos Martins	DSQ	m	455	Veteranos M50	62			-1	0:56:20.2	4
456.	164	Paulo Serra	DSQ	m	456	Veteranos M40	103	Matilha da Atalaia		-1	1:41:51.3	165
457.	223	Nuno Oliveira	DSQ	m	457	Veteranos M40	104	CDCR dos CTT		-1	1:18:10.3	13
458.	242	Manuel Saraiva Saraiva	DSQ	m	458	Veteranos M55	30	LINDA PASTORA		-1	0:54:36.4	3
459.	284	Vitor Duarte Silva	DSQ	m	459	Sénior Masculino	150	Team Salamandras		-1	1:30:28.9	66

## 6º Trilho das Lampas

### Result List MF 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
460.	43	Luis Coelho	DSQ	m	460	Veteranos M55	31	SIMECQ		-1	1:41:49.8	164
461.	468	Luis Aires	1:41:02.5	m	461	Veteranos M45	94	JOBRINDE - MONTES SALOIOS	0:44:44.1	589	1:22:07.9	601
462.	636	Paulo Castanheira	DSQ	m	462	Veteranos M50	63			-1	1:56:05.6	307
463.	639	Antonio Ribeiro	DSQ	m	463	Veteranos M50	64			-1	1:12:28.2	7

#### W

1.	506	Margarida Roque Amaro	1:51:36.5	w	1	Veteranas W40	1	AMCF - Arrábida Trail Team	0:50:12.8	70	1:30:36.7	67
2.	496	Olga Martins	1:55:15.6	w	2	Sénior Feminino	1	GTT armazém do Caffé	0:50:58.0	84	1:33:11.8	89
3.	334	Patrícia Caldas	1:56:39.6	w	3	Sénior Feminino	2	Caracóis de Pedra	0:52:40.0	108	1:36:03.6	113
4.	482	Rita Marques	1:58:41.5	w	4	Sénior Feminino	3	Amigos do Atletismo de Mafra	0:54:19.9	140	1:38:10.1	122
5.	498	Célia Henriques	1:59:53.1	w	5	Veteranas W45	1	Bruxos Runners	0:53:56.2	129	1:38:40.9	127
6.	561	Helena Silva	2:03:14.1	w	6	Veteranas W50	1		0:54:25.8	143	1:40:56.1	152
7.	536	CHRISTIANE MONTEIRO	2:06:18.8	w	7	Sénior Feminino	4	chaves running team	0:58:16.6	213	1:44:18.7	183
8.	387	Catarina Costa	2:07:32.9	w	8	Sénior Feminino	5	Ai Nós Jamor	0:57:47.7	203	1:45:30.9	198
9.	156	Patrícia Lourenço	2:10:42.6	w	9	Sénior Feminino	6	GOIRunners	0:57:46.7	201	1:46:40.1	211
10.	182	Margarida Roldão	2:10:51.8	w	10	Sénior Feminino	7	Turres Trail Team	0:57:54.8	206	1:47:38.5	214
11.	430	Eva Braz	2:12:13.0	w	11	Sénior Feminino	8	G.R.C.D. Leião - Cobras Trailistas	0:58:34.3	216	1:48:38.6	224
12.	194	Cristina Laranjeiro	2:13:03.1	w	12	Veteranas W45	2	C.A.Amigos Parque Da Paz	0:59:59.3	238	1:49:29.3	237
13.	504	Marcia Cantanhede	2:13:34.5	w	13	Sénior Feminino	9	CLUBE DE PRAÇAS DA ARMADA	0:59:00.8	227	1:48:50.6	228
14.	326	Anabela Pereira	2:14:26.5	w	14	Sénior Feminino	10	Strong Team	0:57:45.8	198	1:49:19.1	233
15.	324	Sara Machado	2:14:26.6	w	15	Sénior Feminino	11	Strong Team	0:57:45.3	197	1:49:19.6	234
16.	453	Mónica Anjos	2:16:59.1	w	16	Veteranas W40	2		0:58:51.2	222	1:50:51.3	248
17.	546	Elisa Dabrio	2:17:13.6	w	17	Veteranas W45	3		1:00:50.8	257	1:53:13.4	267
18.	567	Sara Dias	2:17:41.7	w	18	Sénior Feminino	12	Strendure Running Team	1:00:56.4	260	1:54:28.2	290
19.	574	Sofia Coelho	2:17:50.4	w	19	Veteranas W40	3	Run Crew Trail Montijo	1:02:15.7	284	1:53:38.1	275
20.	425	Patricia Jorge	2:17:59.9	w	20	Sénior Feminino	13	Os Tugas Saloios	1:01:44.7	273	1:53:09.6	265
21.	523	Teresa Martins	2:18:24.4	w	21	Sénior Feminino	14	Strong Team	1:03:01.7	298	1:54:03.7	282
22.	484	Zélia Rodrigues	2:19:37.4	w	22	Veteranas W45	4	RTCM - run crew trail Montijo	1:03:04.5	302	1:55:15.3	296
23.	642	Helena Da Silva Madeira	2:22:33.8	w	23	Sénior Feminino	15		1:02:13.8	283	1:57:52.2	321
24.	426	teresa oliveira	2:26:05.6	w	24	Veteranas W45	5	Os Tugas Saloios	1:04:05.2	322	1:57:51.9	320
25.	127	Sandra Oliveira	2:26:11.1	w	25	Sénior Feminino	16		1:06:26.9	365	2:01:27.4	339
26.	93	Isabel Dias	2:26:11.6	w	26	Veteranas W50	2	Cabaré dos Coxos	1:04:39.8	342	1:59:41.2	324
27.	257	Susana Amorim	2:26:26.3	w	27	Sénior Feminino	17	Correr Lisboa	1:05:03.3	348	2:02:53.4	351
28.	366	Graça Roldão	2:28:29.8	w	28	Veteranas W50	3	Os Tugas	1:03:52.9	316	2:03:50.9	361

## 6º Trilho das Lampas

### Result List MF 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
29.	90	Sara Ideias	2:29:15.8	w	29	Veteranas W40	4	ApalpaTerreno	1:05:59.6	359	2:03:06.1	353
30.	118	Carla Henriques	2:30:19.2	w	30	Veteranas W40	5		1:07:51.6	387	2:03:49.6	360
31.	373	m Teresa Domingues	2:30:34.4	w	31	Veteranas W50	4	SS CGD	1:05:35.0	355	2:03:43.9	359
32.	207	Lucia Ventura	2:31:15.9	w	32	Veteranas W40	6	Georunners	1:05:47.9	357	2:03:59.9	362
33.	414	Margarida Coelho	2:32:18.5	w	33	Veteranas W50	5	Papa Kms	1:05:26.9	352	2:04:09.0	366
34.	509	Luisa Ferreira	2:34:38.5	w	34	Veteranas W45	6	Deixem Passar os Coxos	1:08:00.5	392	2:07:01.3	389
35.	606	Inês Duarte	2:35:00.1	w	35	Sénior Feminino	18		1:03:24.8	310	2:02:06.1	344
36.	613	Maria Beatriz Bello Dias	2:35:07.7	w	36	Sénior Feminino	19	ORLANDOS	1:06:23.1	362	2:06:13.5	381
37.	81	Maria da Luz Conchinha	2:35:21.8	w	37	Veteranas W60	1	Clube do Stress	1:07:39.6	385	2:07:27.4	396
38.	33	Fernanda Santinha	2:35:45.6	w	38	Veteranas W45	7		1:08:53.3	405	2:11:13.0	425
39.	351	Mafalda Sofia Nunes	2:35:52.0	w	39	Veteranas W50	6	ASSOCIAÇÃO DE ATLETISMO	1:12:05.1	463	2:11:02.8	422
40.	340	Cecilia Santiago	2:36:52.8	w	40	Sénior Feminino	20	G.R.C.D. Leião - Cobras Trailistas	1:08:42.8	401	2:08:28.4	407
41.	209	Catarina Rodrigues	2:36:52.9	w	41	Sénior Feminino	21	G.R.C.D. Leião - Cobras Trailistas	1:08:44.8	402	2:08:30.4	408
42.	655	Paula S. Simões	2:37:16.8	w	42	Sénior Feminino	22	CCD TRANQUILIDADE	1:07:36.7	384	2:08:11.4	405
43.	304	joana Pereira	2:37:39.0	w	43	Sénior Feminino	23	100 esTrilhos	1:07:12.3	379	2:07:53.8	403
44.	132	Sofioa Garcia*	2:37:39.3	w	44	Sénior Feminino	24	Correr Lisboa	1:07:11.9	378	2:07:53.2	401
45.	177	Adélia Cabral	2:37:54.3	w	45	Sénior Feminino	25	SS CGD	1:07:57.9	390	2:09:01.4	413
46.	660	Iris Mauricio	2:38:54.9	w	46	Veteranas W40	7		1:11:33.9	453	2:10:58.1	421
47.	314	Maria do Ceu Carvalho	2:39:37.2	w	47	Veteranas W45	8	Tartarugas Solidárias	1:11:03.6	445	2:11:23.1	426
48.	388	Patrícia Monteiro	2:40:00.1	w	48	Veteranas W40	8	Ai Nós Jamor	1:08:41.3	400	2:10:20.6	418
49.	206	Cristina Antunes	2:40:36.0	w	49	Veteranas W45	9		1:08:58.0	406	2:11:42.0	429
50.	530	Cristina Fernandes	2:41:57.4	w	50	Veteranas W40	9	Este é para durões!!	1:09:08.1	412	2:13:32.2	443
51.	66	Sonia Sequeira	2:42:03.2	w	51	Veteranas W40	10	STJoaoOliveiraTeam	1:10:15.7	436	2:12:10.8	435
52.	105	Cátia Couveiro	2:42:12.8	w	52	Sénior Feminino	26		1:10:00.1	430	2:13:30.7	441
53.	581	Catia Luis	2:42:22.9	w	53	Sénior Feminino	27	Salamandrecos	1:09:41.5	420	2:14:12.1	446
54.	609	Glória Vieira	2:44:19.9	w	54	Veteranas W40	11	Doidas	1:11:41.2	457	2:14:30.0	447
55.	610	Eduarda Amaral	2:44:19.9	w	55	Sénior Feminino	28	Doidas	1:11:44.4	458	2:14:34.3	448
56.	86	Isadora Costa	2:44:24.5	w	56	Sénior Feminino	29	4 ao km	1:13:27.3	478	2:15:57.2	452
57.	192	Luisa Landeiro	2:46:09.1	w	57	Sénior Feminino	30	SS CGD	1:13:37.8	481	2:20:42.6	496
58.	107	Helena Leitão	2:46:47.7	w	58	Veteranas W45	10	Runlovers	1:14:46.1	503	2:18:31.2	474
59.	391	Goreti Fernandes	2:47:01.1	w	59	Veteranas W55	1	Clube Cimpor	1:12:50.0	471	2:19:03.2	487
60.	339	Sandra Silva	2:47:32.4	w	60	Veteranas W40	12	G.R.C.D. Leião - Cobras Trailistas	1:09:46.0	427	2:17:54.9	462
61.	73	Alexandra Dinis	2:47:43.6	w	61	Veteranas W40	13	JOBRINDE - MONTES SALOIOS	1:11:38.4	456	2:17:39.8	460

## 6º Trilho das Lampas

### Result List MF 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
62.	445	Cecília Santos	2:47:45.5	w	62	Sénior Feminino	31	100 esTrilhos	1:08:22.9	396	2:17:32.6	457
63.	323	sandra cristina rodrigues	2:47:49.9	w	63	Sénior Feminino	32		1:11:20.0	449	2:18:44.6	480
64.	16	Sara Nogueira	2:47:50.1	w	64	Sénior Feminino	33	G.R.C.D. Leião - Cobras Trailistas	1:11:20.0	450	2:18:45.4	481
65.	35	Marianela Figueiredo	2:47:50.1	w	65	Veteranas W45	11	Tartarugas Solidárias	1:11:20.6	451	2:18:52.4	484
66.	667	Favelina Santos	2:47:50.4	w	66	Veteranas W40	14	Tartarugas Solidárias	1:11:22.4	452	2:18:53.8	486
67.	350	Dina Maria Mota	2:48:14.4	w	67	Veteranas W50	7	ASSOCIAÇÃO DE ATLETISMO	1:15:12.3	507	2:19:27.5	491
68.	133	Marta Reis	2:48:24.7	w	68	Sénior Feminino	34	Manas Sier	1:11:37.2	454	2:18:27.8	473
69.	121	Daniela Varandas	2:48:28.6	w	69	Sénior Feminino	35	B.A.C.O.	1:13:18.6	474	2:18:16.2	472
70.	267	Carla Ribeiro	2:48:47.9	w	70	Veteranas W45	12	Happy runners	1:11:58.7	460	2:20:43.1	497
71.	120	Filipa Alves	2:49:15.0	w	71	Sénior Feminino	36	Police Challenge Team	1:12:44.5	469	2:18:32.8	476
72.	392	Maria Fatima Fernandes	2:49:15.0	w	72	Veteranas W55	2	Clube Cimpor	1:12:49.3	470	2:18:53.1	485
73.	560	Gisela Padre	2:49:30.8	w	73	Veteranas W40	15		1:13:21.0	475	2:17:56.7	464
74.	626	Susana Santos	2:50:07.0	w	74	Veteranas W40	16		1:13:21.2	476	2:18:03.4	465
75.	303	Meagan Carty	2:50:12.5	w	75	Veteranas W40	17		1:13:55.0	484	2:21:41.7	508
76.	108	Paula Café	2:50:12.6	w	76	Veteranas W40	18		1:13:55.0	483	2:21:41.9	509
77.	235	Teresa Afonso	2:50:27.8	w	77	Sénior Feminino	37	Tartarugas Solidárias	1:11:05.2	447	2:18:12.8	469
78.	236	Su Gomes	2:50:27.9	w	78	Sénior Feminino	38	Tartarugas Solidárias	1:11:04.6	446	2:18:10.8	467
79.	367	Lurdes Silva	2:50:41.9	w	79	Veteranas W50	8	Os Tugas	1:09:45.1	424	2:19:05.0	488
80.	51	Cristina Lavrador	2:50:54.7	w	80	Veteranas W50	9	Run&Smile	1:14:21.8	495	2:21:35.1	506
81.	96	Ana Pauleta	2:50:55.5	w	81	Veteranas W40	19		1:14:24.9	497	2:21:14.6	503
82.	195	Olga Borges	2:50:57.1	w	82	Veteranas W40	20		1:14:04.7	487	2:21:21.5	504
83.	360	Maria Puga	2:51:39.0	w	83	Veteranas W50	10	O MUNDO DA CORRIDA	1:14:28.3	498	2:21:12.9	501
84.	668	Patricia Lopes	2:52:25.3	w	84	Veteranas W40	21	JOBRINDE - MONTES SALOIOS	1:12:11.8	465	2:20:50.9	499
85.	521	Rita Oliveira	2:52:38.0	w	85	Sénior Feminino	39	G.R.C.D. Leião - Cobras Trailistas	1:15:25.6	510	2:24:17.4	524
86.	591	Márcia Gaspar	2:52:38.1	w	86	Veteranas W40	22	G.R.C.D. Leião - Cobras Trailistas	1:15:26.8	511	2:24:20.7	525
87.	283	Carla Silva	2:53:33.0	w	87	Veteranas W45	13	ApalpaTerreno	1:15:48.6	515	2:23:43.1	520
88.	330	Alexandra Santos	2:53:34.3	w	88	Sénior Feminino	40	Pé de Atleta	1:16:20.2	522	2:23:46.1	523
89.	147	Marta Andrade	2:54:35.0	w	89	Sénior Feminino	41		1:17:08.5	534	2:25:18.4	529
90.	58	Rita Valentim	2:55:30.1	w	90	Veteranas W50	11	ADA Desnível	1:16:45.2	530	2:24:59.3	527
91.	564	Cecilia Nicolau	2:55:51.5	w	91	Veteranas W50	12	aa lebres do sado	1:16:34.8	527	2:26:13.0	534
92.	565	Célia Azenha	2:55:51.8	w	92	Veteranas W50	13	aa lebres do sado	1:16:34.9	528	2:26:13.4	535
93.	384	Ana Pereira	2:56:14.1	w	93	Veteranas W45	14	Runners da Frente Ribeirinha da	1:14:06.3	490	2:23:42.0	518
94.	417	Sara Rainho	2:56:52.5	w	94	Veteranas W40	23		1:17:23.5	539	2:29:55.0	551

## 6º Trilho das Lampas

### Result List MF 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
95.	489	Olga Santos	2:57:20.1	w	95	Veteranas W55	3	Crossfit Montijo	1:12:03.9	461	2:22:36.0	514
96.	259	Joana Vaz dos Santos	2:57:20.2	w	96	Sénior Feminino	42	Crossfit Montijo	1:12:04.1	462	2:22:37.0	515
97.	116	Angela Costa	2:57:35.4	w	97	Sénior Feminino	43		1:14:50.3	506	2:28:27.2	549
98.	473	Lígia Valério	2:57:41.0	w	98	Sénior Feminino	44	Pé de Atleta	1:15:46.0	514	2:23:45.0	522
99.	1	Celina Jorge	2:58:32.2	w	99	Sénior Feminino	45		1:15:20.5	508	2:26:07.6	533
100.	174	Ana Paula Nunes	2:58:41.9	w	100	Veteranas W45	15	Matilha da Atalaia	1:09:27.1	415	2:21:37.9	507
101.	38	Susana Mendes	2:59:46.2	w	101	Sénior Feminino	46	SIMECQ	1:17:41.0	541	2:28:04.1	541
102.	42	Olga Galvão	2:59:46.5	w	102	Veteranas W55	4	SIMECQ	1:17:41.0	542	2:28:06.5	544
103.	596	DELEGLISE Julie	2:59:57.9	w	103	Veteranas W40	24	Deleglise	1:18:06.4	547	2:26:41.1	536
104.	395	Margarida Henriques	3:01:07.3	w	104	Veteranas W55	5	O MUNDO DA CORRIDA	1:18:11.0	549	2:27:25.4	538
105.	94	Carla Pinto	3:01:32.7	w	105	Veteranas W45	16		1:14:02.1	486	2:24:59.2	526
106.	124	Tânia Simões	3:02:33.1	w	106	Sénior Feminino	47	B.A.C.O.	1:17:12.7	536	2:28:06.5	543
107.	122	Ana Sofia Augusto	3:02:33.3	w	107	Sénior Feminino	48	B.A.C.O.	1:17:13.6	537	2:28:07.6	545
108.	60	Teresa Reis	3:03:59.9	w	108	Veteranas W40	25	JOBRINDE - MONTES SALOIOS	1:17:47.9	543	2:30:46.7	553
109.	300	MARIA NOBRE	3:04:46.9	w	109	Veteranas W50	14	Clube Millennium bcp	1:16:26.2	525	2:28:09.7	546
110.	294	Paula Batalha [a]	3:04:47.5	w	110	Veteranas W50	15	Clube Millennium bcp	1:16:26.1	524	2:28:10.5	547
111.	211	Sandra Rodrigues	3:06:11.4	w	111	Veteranas W40	26		1:18:48.0	553	2:33:35.9	563
112.	14	Ana Isabel Martins	3:06:26.4	w	112	Veteranas W55	6	Falcões Selvagens	1:15:32.7	512	2:31:17.6	557
113.	627	Helena Oliveira	3:07:59.0	w	113	Veteranas W50	16		1:23:59.7	574	2:36:31.3	574
114.	383	paula saraiva	3:07:59.1	w	114	Veteranas W45	17	opraticante.pt	1:24:01.4	577	2:36:32.0	576
115.	520	Gloria Santos	3:07:59.1	w	115	Veteranas W50	17		1:24:01.4	576	2:36:32.5	577
116.	381	arminda basilio	3:07:59.4	w	116	Veteranas W40	27	opraticante.pt	1:24:01.1	575	2:36:31.6	575
117.	2	Heloise Rodrigues	3:09:15.1	w	117	Veteranas W40	28	Bando de Coxos	1:20:43.9	566	2:34:01.4	567
118.	233	Jacinta Almeida	3:12:15.6	w	118	Veteranas W55	7	Rail Runners	1:22:46.6	571	2:40:57.2	582
119.	153	Sandra Arraias	3:14:35.6	w	119	Sénior Feminino	49	Os Arraias	1:19:10.9	558	2:40:42.7	581
120.	579	Rute Casimiro	3:15:28.3	w	120	Sénior Feminino	50	Caracóis de Corrida	1:22:05.8	568	2:41:32.4	584
121.	528	Anabela Sousa	3:16:50.2	w	121	Veteranas W40	29	Police Challenge Team	1:22:32.2	569	2:36:18.2	571
122.	68	Luisa Alves	3:20:29.5	w	122	Sénior Feminino	51		1:23:21.2	573	2:41:24.2	583
123.	401	Marina Leitão	3:21:22.8	w	123	Sénior Feminino	52	os Galgos	1:18:50.0	554	2:35:30.2	569
124.	661	Vera Calção	3:21:28.5	w	124	Sénior Feminino	53	os Galgos	1:18:51.7	556	2:35:36.1	570
125.	622	Sónia Vanessa	3:21:36.2	w	125	Sénior Feminino	54	OMT	1:24:26.5	580	2:41:52.3	586
126.	550	Tania Azevedo	3:25:51.1	w	126	Veteranas W40	30		1:18:00.3	546	2:42:02.8	588
127.	568	Tânia Carvalho	3:25:51.1	w	127	Sénior Feminino	55	Housemartins Belas	1:18:00.1	545	2:42:01.6	587

## 6º Trilho das Lampas

### Result List MF 6.º Trilho das Lampas

Geral	Dorsal	Nome	Tmpo	M/F	C. Sex	Esc.	Pos.	Clube	10km	Pos.	16.5km	Pos.
128.	30	Gina Correia	3:30:17.1	w	128	Veteranas W40	31	ADA Desnível	1:25:43.1	581	2:49:50.2	589
129.	61	Mónica Moreira	3:32:00.3	w	129	Veteranas W40	32		1:22:04.4	567	2:50:08.6	590
130.	265	Ana Reis	3:34:50.1	w	130	Veteranas W40	33	Rail Runners	1:28:37.3	583	2:54:25.4	595
131.	252	CÉLIA FERREIRA	3:34:50.2	w	131	Veteranas W40	34	NUCLEO DESPORTIVO	1:28:37.4	584	2:54:26.2	596
132.	264	Henriqueta Solipa	4:29:05.5	w	132	Veteranas W55	8	Tartarugas Solidárias	1:39:15.0	587	3:51:56.5	599
133.	82	Núria Branco	4:29:05.8	w	133	Sénior Feminino	56	JOBRINDE - MONTES SALOIOS	1:39:19.5	588	3:51:59.7	600
134.	129	Ana Roque	DSQ	w	134	Veteranas W45	18			-1	1:56:05.7	308
135.	131	Nídia Martins	DSQ	w	135	Sénior Feminino	57			-1	0:56:32.1	5

Number of records: 598



## 6º Trilho das Lampas

### Team Results 6.º Trilho das Lampas

Bib	Name		AG	YoB
<b>6.º Trilho das Lampas</b>				
<b>1.</b>	<b>CCD Sintrense 1</b>			<b>5:11:16,62</b>
512	Julio Finote	1:38:57.4	Veteranos M45	1969
517	Rodrigo Correia	1:43:38.1	Sénior Masculino	1979
516	Rogério Azevedo	1:48:25.2	Veteranos M45	1971
<b>2.</b>	<b>Valejas AC 1</b>			<b>5:14:26,85</b>
361	Tiago Rocha	1:44:25.0	Veteranos M40	1975
600	Eduardo Quaresma	1:44:32.0	Sénior Masculino	1979
173	Pedro Inacio	1:45:12.8	Sénior Masculino	1982
<b>3.</b>	<b>Clube Novo Banco 1</b>			<b>5:14:42,49</b>
136	Gonçalo Cruz	1:33:49.0	Sénior Masculino	1984
143	Fernando Capitão	1:48:57.5	Veteranos M45	1970
135	Pedro Gabriel	1:51:19.8	Veteranos M40	1974
<b>4.</b>	<b>CLUBE DE PRAÇAS DA ARMADA 1</b>			<b>5:19:33,91</b>
549	Manuel Sousa	1:35:40.5	Veteranos M45	1973
467	Joaquim Velhinho Dias	1:51:16.6	Veteranos M45	1973
477	Rodrigo Taveres	1:52:16.9	Sénior Masculino	1980
<b>5.</b>	<b>Casa Benfica Torres Vedras 1</b>			<b>5:20:42,07</b>
275	Nuno Carrasqueiro	1:34:07.8	Veteranos M40	1975
278	Joaquim Frazão	1:37:46.2	Veteranos M40	1975
277	João Santos	2:08:38.2	Veteranos M40	1977
<b>6.</b>	<b>Amigos do Atletismo de Mafra 1</b>			<b>5:32:36,92</b>
480	Luís Santos	1:35:11.6	Sénior Masculino	1983
482	Rita Marques	1:58:38.1	Sénior Feminino	1980
481	Francisco Rodrigues	1:58:39.1	Veteranos M40	1976
<b>7.</b>	<b>Federação da Família para a Paz Mundial e Unificação 1</b>			<b>5:32:50,28</b>
338	Mário Rodrigues	1:47:34.0	Veteranos M50	1966
336	Jorge Pinho	1:48:08.6	Veteranos M40	1975
337	Edgar Trigo	1:56:49.3	Veteranos M45	1969
<b>8.</b>	<b>Clube Millennium bcp 1</b>			<b>5:35:18,30</b>
290	MANUEL RODRIGUES	1:49:50.4	Veteranos M50	1965
291	PEDRO CORDAS	1:52:17.3	Veteranos M45	1973
287	VIRGILIO COSTA	1:52:45.5	Veteranos M45	1970
<b>9.</b>	<b>Correr Lisboa 1</b>			<b>5:38:03,85</b>
88	João Trindade	1:45:05.3	Sub 23 M	1997
389	Paulo Nunes	1:53:34.5	Veteranos M45	1973
48	Zétó .	1:58:53.0	Veteranos M40	1978
<b>10.</b>	<b>Salamandrecos 1</b>			<b>5:38:52,70</b>
312	Gil Xavier Alves	1:47:36.3	Veteranos M40	1976
31	João Lourenço	1:51:36.6	Veteranos M55	1962
44	Miguel Pedro	1:59:16.3	Veteranos M45	1969
<b>11.</b>	<b>Caracóis de Pedra 1</b>			<b>5:39:07,88</b>
332	Alexandre Lucas	1:45:46.0	Sénior Masculino	1983
333	Samuel Sebastião	1:56:35.2	Sénior Masculino	1982

## 6º Trilho das Lampas

### Team Results 6.º Trilho das Lampas

<b>Bib</b>	<b>Name</b>		<b>AG</b>	<b>YoB</b>
334	Patrícia Caldas	1:56:35.5	Sénior Feminino	1983
<b>12. Turre Trail Team 1</b>				<b>5:42:53,87</b>
158	João Santos	1:39:01.4	Veteranos M40	1976
557	Rui Marques	1:55:22.7	Veteranos M40	1977
7	Nuno Granadas	2:08:17.9	Sénior Masculino	1980
<b>13. CDCR dos CTT 1</b>				<b>5:51:01,28</b>
166	Vasco Ascensão	1:53:16.3	Veteranos M45	1970
168	Luís Andrade	1:57:08.8	Veteranos M45	1973
223	Nuno Oliveira	2:00:17.9	Veteranos M40	1978
<b>14. 100 esTrilhos 1</b>				<b>5:53:59,55</b>
508	Pedro lavrador	1:50:39.7	Sénior Masculino	1987
307	João Limpo	1:57:45.8	Veteranos M40	1978
446	Nuno Bogalheiro	2:04:56.5	Veteranos M45	1973
<b>15. G.R.C.D. Leião - Cobras Trailistas 1</b>				<b>5:56:00,44</b>
21	Dário Luz	1:42:09.5	Sénior Masculino	1980
637	Avelino Soares	2:02:43.2	Veteranos M50	1966
162	Carlos Craveira	2:10:53.0	Veteranos M45	1971
<b>16. Bruxos Runners 1</b>				<b>5:56:48,45</b>
494	Rui Carvalho	1:56:17.1	Veteranos M40	1975
498	Célia Henriques	1:59:47.9	Veteranas W45	1970
543	Aniceto Soares	2:00:24.0	Sénior Masculino	1979
<b>17. Falcões Selvagens 1</b>				<b>5:59:22,49</b>
13	João Paulo Maia	1:47:37.3	Veteranos M55	1962
32	Miguel Costa	1:54:47.4	Veteranos M45	1971
614	José Carlos Gama Sargaço	2:16:35.4	Veteranos M45	1972
<b>18. RTCM - run crew trail Montijo 1</b>				<b>6:03:51,98</b>
485	Paulo Barry	1:51:34.4	Veteranos M45	1969
269	Rui Miguel	1:51:49.1	Veteranos M45	1973
484	Zélia Rodrigues	2:19:11.6	Veteranas W45	1969
<b>19. Correr Queluz 1</b>				<b>6:04:34,54</b>
227	Diamantino Serrano	1:47:10.1	Veteranos M40	1975
187	Antonio Pinto	2:00:37.9	Veteranos M55	1959
222	Rui Costa	2:16:35.5	Veteranos M45	1969
<b>20. CCD Siemens 1</b>				<b>6:07:51,27</b>
218	José Lopes	1:50:59.1	Veteranos M45	1971
629	Nuno Cardetas	2:02:53.0	Sénior Masculino	1982
219	Luis Bastos	2:12:02.3	Veteranos M50	1964
<b>21. CLUBE ANACOM 1</b>				<b>6:11:35,24</b>
538	JOÃO PAIVA	1:54:46.7	Veteranos M45	1970
412	FILIPE BOLÉO	1:58:18.9	Veteranos M45	1971
411	JOSÉ PINTO	2:17:21.4	Veteranos M40	1975
<b>22. O MUNDO DA CORRIDA 1</b>				<b>6:14:12,73</b>
459	Vitor Veloso	1:45:39.0	Veteranos M40	1975
370	Frederico Costa [a]	2:09:07.1	Sénior Masculino	1984

## 6º Trilho das Lampas

### Team Results 6.º Trilho das Lampas

Bib	Name		AG	YoB
111	Paulo Trindade	2:18:37.7	Veteranos M40	1974
<b>23.</b>	<b>CD Estrela 1</b>			<b>6:16:40,66</b>
255	José Marcelino	1:45:20.1	Veteranos M55	1962
234	Rui Trindade	2:15:01.0	Veteranos M45	1969
254	Rui Silva	2:15:01.6	Veteranos M45	1970
<b>24.</b>	<b>CCD TRANQUILIDADE 1</b>			<b>6:17:23,35</b>
654	Nuno Sabino	1:49:40.9	Veteranos M40	1977
653	Nelson Mota	2:00:03.0	Veteranos M45	1970
652	Jorge Serra	2:26:50.4	Veteranos M50	1966
<b>25.</b>	<b>Strong Team 1</b>			<b>6:18:10,45</b>
325	Luis Pereira	1:56:31.8	Sénior Masculino	1984
576	Fernando Reis	2:09:15.1	Veteranos M50	1967
607	João Salvado	2:12:02.7	Veteranos M50	1966
<b>26.</b>	<b>SS CGD 1</b>			<b>6:21:09,29</b>
577	Pedro Luzio	2:00:56.3	Veteranos M40	1976
393	Alexandre Santos	2:07:29.6	Veteranos M50	1965
80	João Pedro Silva	2:12:01.5	Veteranos M50	1968
<b>27.</b>	<b>STJoaoOliveiraTeam 1</b>			<b>6:21:37,14</b>
525	João Granja	1:52:15.1	Veteranos M45	1972
63	Luis Ferreira	2:00:18.8	Veteranos M50	1966
270	Rui Marques	2:28:13.4	Veteranos M50	1966
<b>28.</b>	<b>Serviços Sociais Montepio 1</b>			<b>6:23:29,47</b>
359	Paulo Nolasco Rodrigues	2:02:48.5	Veteranos M40	1976
355	Nuno Rodrigues	2:03:20.0	Veteranos M40	1975
353	José Guerreiro	2:16:12.5	Veteranos M60	1957
<b>29.</b>	<b>JOBRINDE - MONTES SALOIOS 1</b>			<b>6:24:41,15</b>
468	Luis Aires	1:40:52.4	Veteranos M45	1971
59	José Tomás	2:05:51.8	Veteranos M45	1973
15	Jorge Pereira	2:36:54.8	Veteranos M55	1963
<b>30.</b>	<b>NUCLEO DESPORTIVO AUTOCOOPE 1</b>			<b>6:29:42,29</b>
461	JUVENAL MOREIRA	1:53:39.2	Veteranos M55	1963
248	ANTONIO ALMEIDA	1:57:04.7	Veteranos M55	1963
249	CARLOS FERREIRA	2:38:35.6	Veteranos M60	1957
<b>31.</b>	<b>Team Salamandras 1</b>			<b>6:42:10,42</b>
301	Paulo Ferreira	2:10:17.1	Sénior Masculino	1981
302	Paulo Serrano	2:10:17.3	Veteranos M40	1975
284	Vitor Duarte Silva	2:19:04.0	Sénior Masculino	1985
<b>32.</b>	<b>Keep Running 1</b>			<b>6:42:41,76</b>
45	Hugo Costa	2:03:33.4	Sénior Masculino	1979
103	JOSÉ NUNES	2:11:57.0	Veteranos M50	1967
104	JOAQUIM VARANDA	2:26:34.6	Veteranos M55	1962
<b>33.</b>	<b>Os Tugas Saloios 1</b>			<b>6:46:45,10</b>
427	Jóse oliveira	2:07:22.0	Veteranos M45	1971
425	Patricia Jorge	2:17:52.7	Sénior Feminino	1980

## 6º Trilho das Lampas

### Team Results 6.º Trilho das Lampas

Bib	Name		AG	YoB
424	Michael Jorge	2:21:08.9	Veteranos M40	1977
<b>34.</b>	<b>Georunners 1</b>			<b>6:47:36,12</b>
198	Rui Pedro Julião	1:58:22.3	Veteranos M50	1965
199	Luis Afonso	2:17:32.7	Veteranos M45	1970
207	Lucia Ventura	2:30:59.0	Veteranas W40	1975
<b>35.</b>	<b>SIMECQ 1</b>			<b>6:59:38,59</b>
40	Ricardo Nobre	2:14:07.4	Sénior Masculino	1980
39	Nuno Galvão	2:14:06.5	Veteranos M55	1963
43	Luis Coelho	2:30:02.9	Veteranos M55	1963
<b>36.</b>	<b>Este é para durões!! 1</b>			<b>7:06:04,30</b>
534	Sérgio Melro	1:57:32.9	Veteranos M50	1966
533	João Ramos	2:25:49.4	Sénior Masculino	1982
530	Cristina Fernandes	2:41:33.8	Veteranas W40	1975
<b>37.</b>	<b>Tartarugas Solidárias 1</b>			<b>7:18:09,81</b>
213	Rui Esteves	2:02:14.0	Veteranos M45	1973
365	Gonçalo Rosado	2:35:26.2	Sénior Masculino	1979
314	Maria do Ceu Carvalho	2:38:59.1	Veteranas W45	1972
<b>38.</b>	<b>Clube Cimpor 1</b>			<b>7:22:00,11</b>
571	Ricardo Capelo	1:59:00.3	Sénior Masculino	1984
260	Joao Ferreira	2:35:38.0	Veteranos M45	1972
391	Goreti Fernandes	2:46:48.5	Veteranas W55	1963
<b>39.</b>	<b>AL-MOÇA-GEME 1</b>			<b>7:34:40,65</b>
587	José Custódio	2:30:38.4	Sénior Masculino	1984
589	Pedro Silva	2:30:40.9	Sénior Masculino	1984
588	Luís Costa	2:31:34.5	Sénior Masculino	1985
<b>40.</b>	<b>B.A.C.O. 1</b>			<b>7:38:10,25</b>
175	Cristiano Esteves	1:46:52.5	Sénior Masculino	1983
121	Daniela Varandas	2:47:56.9	Sénior Feminino	1986
124	Tânia Simões	3:01:58.2	Sénior Feminino	1982
<b>41.</b>	<b>Fortíssimos Running Team 1</b>			<b>7:41:06,78</b>
386	Nuno Dias	2:31:49.2	Sénior Masculino	1986
448	António Guerreiro	2:33:13.4	Veteranos M50	1965
385	Carlos Silva	2:33:52.9	Sénior Masculino	1985
<b>42.</b>	<b>Run&amp;Smile 1</b>			<b>7:45:19,83</b>
630	Fernando Rosa	2:14:11.9	Veteranos M55	1960
50	Carlos Lavrador	2:39:46.7	Veteranos M50	1965
51	Cristina Lavrador	2:50:41.9	Veteranas W50	1966
<b>43.</b>	<b>Sintra Runners 1</b>			<b>7:45:25,51</b>
77	Nuno Almeida	2:18:58.9	Veteranos M40	1976
76	Rui Marques	2:18:58.5	Veteranos M45	1971
78	Paulo Duarte	3:05:58.1	Veteranos M45	1973
<b>44.</b>	<b>ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO 1</b>			<b>7:45:26,24</b>
349	LUÍS Fidalgo	2:29:10.0	Veteranos M50	1968
351	Mafalda Sofia Nunes	2:35:23.5	Veteranas W50	1968

## 6º Trilho das Lampas

### Team Results 6.º Trilho das Lampas

<b>Bib</b>	<b>Name</b>		<b>AG</b>	<b>YoB</b>
348	Paulo Mota	2:39:27.6	Veteranos M50	1967
<b>45.</b>	<b>ApalpaTerreno 1</b>			<b>7:52:04,83</b>
89	Alexandre Palmeiro	2:28:37.0	Sénior Masculino	1982
90	Sara Ideias	2:28:37.0	Veteranas W40	1975
283	Carla Silva	2:52:37.0	Veteranas W45	1970
<b>46.</b>	<b>Champions 1</b>			<b>7:59:46,18</b>
238	Bruno Jorge	2:25:35.9	Sénior Masculino	1982
240	Nir Almany	2:46:08.3	Sénior Masculino	1979
239	Abrão Kulaif	2:46:08.0	Sénior Masculino	1985
<b>47.</b>	<b>opraticante.pt 1</b>			<b>8:07:52,27</b>
380	artur basilio	1:51:43.3	Veteranos M40	1975
383	paula saraiva	3:07:29.4	Veteranas W45	1971
381	arminda basilio	3:07:29.6	Veteranas W40	1974
<b>48.</b>	<b>Matilha da Atalaia 1</b>			<b>8:28:39,84</b>
164	Paulo Serra	2:30:09.1	Veteranos M40	1976
174	Ana Paula Nunes	2:57:40.7	Veteranas W45	1971
188	Nuno Simao	2:57:40.7	Veteranos M40	1975
<b>49.</b>	<b>ADA Desnível 1</b>			<b>8:35:46,98</b>
29	Mario Batista	2:09:48.6	Veteranos M40	1977
58	Rita Valentim	2:55:19.3	Veteranas W50	1964
30	Gina Correia	3:30:06.2	Veteranas W40	1978
<b>50.</b>	<b>Police Challenge Team 1</b>			<b>8:37:49,36</b>
527	Rafael Sousa	2:31:14.2	Sub 23 M	1999
120	Filipa Alves	2:48:45.4	Sénior Feminino	1985
528	Anabela Sousa	3:16:19.4	Veteranas W40	1974
<b>51.</b>	<b>os Galgos 1</b>			<b>8:39:09,63</b>
362	Henrique Mateus	1:56:05.8	Veteranos M45	1972
401	Marina Leitão	3:20:39.2	Sénior Feminino	1980
661	Vera Calção	3:20:45.3	Sénior Feminino	1979
<b>52.</b>	<b>Pé de Atleta 1</b>			<b>8:44:43,75</b>
329	Sário Nunes	2:52:29.2	Sénior Masculino	1985
330	Alexandra Santos	2:52:38.1	Sénior Feminino	1982
473	Lígia Valério	2:56:43.7	Sénior Feminino	1984
<b>53.</b>	<b>Rail Runners 1</b>			<b>9:14:34,28</b>
232	Luís Ferreira	2:27:00.2	Veteranos M50	1967
233	Jacinta Almeida	3:11:47.7	Veteranas W55	1963
265	Ana Reis	3:34:03.1	Veteranas W40	1974