



# Palmela Trail - Trail Longo Mitsubishi Motors

17 de Fevereiro, 2019

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

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	377	LUIS FERNANDES	01:45:32	01:45:32	M2439	CPA TRAIL Team/ Clube de praças da Armada	1
2	254	MIGUEL PIRES	01:47:17	01:47:17	M0023	Arrabida Trail Team	1
3	5061	FERNANDO GOMES	01:50:35	01:50:35	M2439	GO!RUNNERS / OUTPRO STORE	2
4	379	VIRGILIO GOMES	01:54:27	01:54:26	M5054	CPA TRAIL Team/ Clube de praças da Armada	1
5	375	LUÍS SILVA	01:55:33	01:55:32	M2439	CPA TRAIL Team/ Clube de praças da Armada	3
6	378	MANUEL SOUSA	01:57:39	01:57:39	M4549	CPA TRAIL Team/ Clube de praças da Armada	1
7	386	ALEXANDRE BLASQUES	01:58:05	01:58:05	M0023	COIMBRA TRAIL RUNNING	2
8	180	NUNO PAIXÃO	02:05:57	02:05:57	M4044	CCD Matriz/Borba Trail	1
9	276	JOAQUIM PATO	02:06:29	02:06:25	M4549	GRUPO BARRAQUEIRO	2
10	388	LUIS PEREIRA	02:06:48	02:06:48	M2439	BRUNOSEMPRE. BABA MAMBO	4
11	186	PAULO SEQUEIRA	02:07:13	02:07:13	M4044	KÇPHODA WOLVES TRAIL	2
12	42	JOAO GONÇALVES	02:07:28	02:07:18	M2439		5
13	5025	JOSÉ LOPES	02:07:51	02:07:46	M4549	CCD SIEMENS	3
14	333	JOÃO SILVA	02:08:33	02:08:33	M0023	Outdoor Clube de Setúbal - Strendure running Team	3
15	5027	PEDRO GRANADAS	02:08:45	02:08:44	M4044	TURRES TRAIL TEAM	3
16	380	BRUNO MAIA	02:08:47	02:08:45	M4044	CPA TRAIL Team/ Clube de praças da Armada	4
17	100	JORGE GONÇALVES	02:08:52	02:08:46	M5054	Samorunning	2
18	22	TIAGO AMADO	02:09:15	02:09:14	M2439	Outdoor Clube de Setúbal - Strendure running Team	6

19	281	JOAQUIM SANTOS	02:09:56	02:09:56	M4549	C.C.D Matriz Borba Trail	4
20	278	SÉRGIO PARDAL	02:10:00	02:10:07	M2439		7
21	5059	PAULO GONÇALVES	02:10:41	02:02:18	M2439	CLUBE DE PRAÇAS DA ARMADA	8
22	341	PEDRO NEVES	02:11:15	02:11:12	M4044		5
23	371	LUIS CARDOSO	02:11:32	02:11:17	M4549	RACING BIKES	5
24	75	JOÃO MEIRA	02:11:50	02:11:46	M2439	Padela Natural	9
25	153	HUGO HENRIQUES	02:11:55	02:11:53	M2439	GALHARDOS RUNNERS	10
26	62	GUILHERME HORA	02:11:56	02:11:50	M4044	Outdoor Clube de Setúbal - Strendure running Team	6
27	5043	XAVIER SOUSA	02:13:00	02:12:55	M4549	MOITA A CORRER	6
28	289	ANTONIO PARDAL	02:13:12	02:13:12	M5054	INDIVIDUAL	3
29	114	CARLOS SILVA	02:13:26	02:13:22	M2439	Arti&Lama	11
30	92	OSCAR TANGANHO	02:13:44	02:13:38	M2439	everybody	12
31	412	JOÃO FONSECA	02:14:02	02:14:00	M5054	Outdoor Clube de Setúbal - Strendure running Team	4
32	44	CARLOS MATIAS	02:14:28	02:14:28	M4044	Coa corvus trail	7
33	239	NUNO LOPES	02:14:43	02:14:43	M4044	Saca Trilhos Anadia	8
34	5038	PAULINE VIE	02:15:12	02:15:12	F0023	x	1
35	58	ALBERTO JORGE SILVA	02:15:17	02:15:15	M2439	Ucdr praiense	13
36	230	PEDRO PARREIRA	02:15:39	02:15:25	M2439	Outdoor Clube de Setúbal - Strendure running Team	14
37	139	ANTÓNIO VARANDAS	02:16:11	02:16:03	M5054	Machada Trail Team	5
38	10	ESTELA SÃO MARTINHO	02:16:26	02:16:25	F2439	AMCF-ARRÁBIDA TRAIL TEAM	1
39	98	MARCO ROMÃO	02:16:28	02:16:28	M4044	ARRÁBIDA OBSTACLE RUNNERS	9
40	67	PAULO BRUNO	02:16:29	02:16:14	M4549	GRUPO DESPORTIVO SANTANDER TOTTA	7
41	317	NUNO OLIVEIRA	02:16:32	02:16:18	M4044	OS COXOS E O MIGUEL	10

42	372	ANTÓNIO PADILHA	02:16:53	02:16:51	M2439	GURUS	15
43	349	CARLOS GONÇALVES	02:17:32	02:17:30	M2439	EL CORTE INGLÉS RUNNING TEAM	16
44	86	PEDRO OLIVEIRA	02:18:05	02:17:54	M4549		8
45	121	CARLOS PASCOAL	02:18:30	02:18:24	M5054	ODIVELAS	6
46	5026	RICARDO GANHÃO	02:18:41	02:18:27	M2439		17
47	302	RODRIGO NOGUEIRA	02:18:48	02:18:24	M2439		18
48	5041	PAULO COSTA	02:18:52	02:18:39	M4549		9
49	158	JORGE PINTO	02:19:24	02:19:19	M4549	CCD Matriz/ Borba Trail	10
50	336	RUI DUARTE	02:19:39	02:19:39	M4044	Gangue da AFZ	11
51	354	VICTOR VITAL	02:20:18	02:20:11	M2439	Reumáticos da Bila	19
52	390	NUNO MOLEIRO	02:20:35	02:20:32	M4044	BRUNO SEMPRE. BABA MAMBO	12
53	227	MARCO SILVA	02:20:39	02:20:29	M4549		11
54	363	RICARDO PEIXE	02:20:40	02:20:40	M2439	FitnessHut	20
55	5006	JORGE NABAIS	02:20:48	02:20:48	M2439	COA / CORVUS TRAIL TEAM	21
56	155	ISOLINDO FELIZARDO	02:21:10	02:21:03	M4044	C.C.D. Matriz/Borba Trail	13
57	338	PAULO GOULART	02:21:32	02:21:21	M5054	CLUBE ANACOM	7
58	321	PEDRO SOUSA	02:21:47	02:21:41	M6099	PALMELENSE F.CLUBE	1
59	5002	PEDRO VICENTE	02:21:59	02:21:56	M4044	PORTUGAL TROTTER	14
60	352	PAULO BRAGA	02:22:51	02:22:29	M5054		8
61	409	AMELIA COSTA	02:23:01	02:23:00	F5054	OCS-PROAVENTURAS	1
62	37	TONY ALMEIDA	02:23:04	02:22:51	M2439		22
63	149	JUVENAL MOREIRA	02:23:27	02:23:24	M5054	NUCLEO DESPORTIVO AUTOCOOPE	9
64	166	SILVÉRIO CORREIA	02:23:47	02:23:42	M5054	GRUPO DESPORTIVO SANTANDER TOTTA	10

65	5046	NUNO CESÁRIO	02:24:56	02:24:56	M4549	MOITA A CORRER	12
66	329	JOÃO PEDRO DÂMASO	02:25:08	02:24:59	M2439	Grupo Maravilha	23
67	117	DANIEL SILVA	02:25:13	02:25:04	M2439	Arti&Lama	24
68	70	JOSE FIGUEIREDO	02:25:19	02:25:17	M5559	MONSANTO RUNNING TEAM	1
69	136	ARTUR VASQUES	02:25:19	02:25:13	M2439	GRUPO DESPORTIVO SANTANDER TOTTA	25
70	5007	RUTE MARTINS	02:25:35	02:25:35	F2439	COA / CORVUS TRAIL TEAM	2
71	324	CIRILO FORMIGA	02:25:51	02:25:45	M6099	ZIMBRA FOX RUNNERS	2
72	50	NUNO RAMOS	02:26:11	02:26:03	M2439		26
73	334	RUI RAMOS	02:26:19	02:26:11	M2439	CORRER QUELUZ	27
74	34	DUARTE BANDEIRAS	02:26:32	02:26:19	M4044	Clube Desportivo Recreativo Ribeirinho	15
75	361	DAVID RICARDO GUERREIRO	02:27:15	02:26:48	M2439	ÉVORA NIGHT RUNNERS	28
76	279	FABRICE POLTEAU	02:27:24	02:27:05	M4549	KALENJI BY DECATHLON	13
77	210	TITO PEREIRA	02:27:52	02:27:52	M2439	G.D.R. SÃO FRANCISCO DA SERRA	29
78	170	JOÃO ALVES	02:27:58	02:27:58	M2439	Biodermarunners	30
79	362	JOÃO BRANCO	02:28:46	02:28:42	M4549	OCR PORTUGAL	14
80	28	RUI BALTAZR	02:28:51	02:28:43	M4044	Grupo desportivo e Recreativo ribeirinho	16
81	167	LUIS GOMES	02:29:07	02:28:52	M4549		15
82	255	TIAGO NEVES	02:29:12	02:28:48	M4044		17
83	234	NÉLSON LOPES	02:29:27	02:29:09	M4044		18
84	142	MANUEL MOURA	02:29:46	02:29:44	M2439	LISBOA	31
85	242	MICAEL RECHENA	02:29:51	02:29:36	M2439	Level Stage Accouting Services	32
86	176	MANUEL NEVES	02:29:52	02:29:49	M6099	LAMEGO TRIBO RUNNERS	3
87	5056	RICARDO CARVALHO	02:30:00	02:29:38	M4044		19

88	282	NUNO FREITAS	02:30:27	02:30:27	M2439	Grupo Sportivo Adicense	33
89	247	RICARDO LOBO	02:30:35	02:30:17	M4549	A NATUREZA ENSINA	16
90	188	PAULO ALEXANDRE NOBRE RIBEIRO	02:31:18	02:30:59	M4044	MSLINCES	20
91	275	LUIS MEALHA	02:31:38	02:31:18	M4549	4FONIX	17
92	389	JOÃO OLIVEIRA	02:31:40	02:31:36	M4044	BRUNOSEMPRE. BABA MAMBO	21
93	183	PEDRO PINHEIRO	02:31:42	02:31:38	M4044	BARBARIS TEAM	22
94	81	BRUNO BARBOSA	02:31:45	02:31:28	M2439	NAUS TRAIL TEAM	34
95	370	CARLOS ANDRADE	02:32:00	02:31:36	M2439	Cabaré do Coxos	35
96	367	CARLOS GRADE	02:32:01	02:31:46	M4044	Grupo Desportivo e Recreativo de Manique de Cima	23
97	315	HUGO HILÁRIO	02:32:30	02:32:21	M4044		24
98	316	JORGE SANTOS	02:32:33	02:32:33	M0023		4
99	257	JOÃO FERREIRA	02:32:43	02:32:36	M2439	CCD Crédito Agrícola	36
100	63	PAULO REBELO	02:32:47	02:32:39	M0023	REMO CLUBE LUSITANO	5
101	105	CARLOS MIGUEL PAIS	02:32:54	02:32:28	M2439	Arti&Lama	37
102	197	FILIPPE PIMENTA	02:33:01	02:32:50	M2439	INDIVIDUAL	38
103	225	JORGE FIGUEIREDO	02:33:42	02:33:16	M5054	TIBURONS	11
104	36	JOÃO PAULINO	02:33:42	02:33:32	M5559		2
105	5009	RUI LUCIANO	02:33:59	02:33:41	M2439		39
106	5017	JORGE MIGUEL P F FERREIRA	02:34:09	02:33:55	M4549		18
107	369	ANTÓNIO LEIRÃO	02:34:50	02:34:37	M2439	RACING BIKES	40
108	77	LUIS SOUSA	02:35:05	02:34:44	M4044		25
109	119	RIBAS DIAS	02:35:17	02:35:06	M5054		12
110	5030	BERNARDO DIAS	02:36:28	02:36:23	M2439	AD IALBAX	41

111	240	HUGO ALMEIDA	02:36:43	02:36:43	M4044	OCR PORTUGAL	26
112	286	PEDRO FIGUEIRA	02:36:58	02:36:58	M2439		42
113	199	FILIPPE PEREIRA	02:37:36	02:37:11	M2439	LEBRES DE DOMINGO	43
114	31	DIOGO CONDE	02:37:57	02:37:52	M2439	OS COMPADRES	44
115	187	RENATO MOREIRAS	02:38:18	02:38:18	M2439	Ms linces	45
116	222	CARLA SANTOS	02:38:26	02:38:22	F4044	ZIMBRA FOX RUNNERS	1
117	148	RICARDO CAPELO	02:38:29	02:38:20	M2439		46
118	69	HELDER RIBEIRO	02:38:31	02:38:26	M4044	Oeiras Sport Clube	27
119	132	MIGUEL LOPES	02:38:55	02:38:45	M2439		47
120	97	RICARDO RAMOS	02:39:14	02:38:51	M2439		48
121	88	CARLOS VIEIRA	02:39:20	02:38:57	M2439		49
122	393	JOÃO CORTESÃO	02:39:30	02:39:22	M2439		50
123	5033	EDUARDO LUÍS	02:39:43	02:39:43	M4044	ATÓMICOS	28
124	403	NUNO MARQUES	02:39:45	02:39:38	M4044	Santana Futebol Clube - Trail Team	29
125	293	PAULO FERREIRA	02:39:48	02:39:48	M5054	TÁLENTOS TEAM	13
126	392	BARBARA SÁ MARQUES	02:39:49	02:39:41	F2439		3
127	27	JOÃO PALMELA	02:40:13	02:40:00	M2439	Boavista Trail	51
128	202	HUGO ALVES	02:40:14	02:39:49	M4044	TIBURONS	30
129	82	HUMBERTO BORGES	02:40:30	02:40:12	M5054		14
130	5051	JOSÉ NETO	02:40:33	02:40:24	M2439	LEBRES DO SADO	52
131	323	BRUNO ESPADEIRO	02:41:05	02:40:46	M4044	BE ENERGY	31
132	224	LUIS CARRAQUICO	02:41:10	02:40:45	M2439	LEBRES DE DOMINGO	53
133	201	CARLOS LUDOVINO	02:41:10	02:40:47	M4044	LEBRES DE DOMINGO	32

134	103	CARLOS ROSA	02:41:23	02:41:06	M2439	ZIMBRA FOX RUNNERS	54
135	80	LUIS CARDOSO	02:41:24	02:41:07	M4549	NAUS TRAIL TEAM	19
136	5016	ISMAEL MAIATO	02:41:27	02:41:19	M4549	SALAMANDRECOS	20
137	325	JOÃO CARDOSO	02:41:28	02:41:02	M4044	TIBURONS	33
138	271	JORGE RODRIGUES	02:41:45	02:41:30	M2439	Alandroal United Runners	55
139	5005	LUIS FERREIRA	02:42:12	02:42:02	M5054	STJOAOLIVEIRATEAM	15
140	304	IVO ABRANTES	02:42:20	02:42:09	M4549		21
141	110	RUBEN GONCALVES	02:42:23	02:39:19	M2439	Arti&Lama	56
142	93	ADELINA TANGANHO	02:42:24	02:42:17	F4044	everybody	2
143	251	NUNO MIGUEL LUCAS	02:42:43	02:42:21	M4549		22
144	156	FRANCISCO CID	02:42:50	02:42:21	M5054	GEORUNNERS	16
145	400	LUISA ESPIRITO SANTO	02:42:50	02:42:43	F5054	CPA TRAIL Team/ Clube de praças da Armada	2
146	231	PEDRO NUNES	02:42:53	02:42:40	M4044	Ambos os 2	34
147	280	VÉRA REIS	02:42:54	02:42:53	F4044	CLUBE DE PRAÇAS DA ARMADA	3
148	220	HUGO LAMPREIA	02:43:31	02:43:29	M4044	KÇPHODA WOLVES TRAIL	35
149	203	MIGUEL AZEVEDO	02:43:36	02:43:10	M4549	TIBURONS	23
150	8	PEDRO CABRITO	02:43:36	02:43:32	M4549	INDIVIDUAL	24
151	217	RICARDO GRAVITO	02:43:53	02:43:53	M4044	VOLKSWAGEN AUTOEUROPA	36
152	346	MIGUEL AZEVEDO	02:43:57	02:43:38	M2439	Kalenji Team	57
153	165	SAMUEL MARQUES	02:44:04	02:44:00	M2439		58
154	339	NUNO PINTÃO	02:44:18	02:44:08	M4549	LISBOA	25
155	327	PAULO COSTA	02:44:32	02:44:16	M2439	GD CF RUNNING TEAM	59
156	381	KAI PERINI	02:44:43	02:44:21	M4044	Fulminante	37

157	200	FERNANDO SILVA	02:44:57	02:44:27	M4044	Fernando Silva	38
158	330	LUCIANO LOPES	02:44:57	02:44:40	M4044	Cdcr CTT Almada	39
159	5052	EZEQUIEL OLIVEIRA	02:45:11	02:45:00	M4044	LEBRES DO SADO	40
160	39	NUNO GONÇALVES	02:45:14	02:45:14	M4044	GDCTIN CASA DA MOEDA	41
161	411	SARA VELHO	02:45:22	02:45:20	F4044	OCS-PROAVENTURAS	4
162	359	JOÃO VENTURA	02:45:41	02:45:25	M4044	PALMELA TEAM	42
163	33	JOÃO HENRIQUES	02:46:40	02:46:40	M4044	SSCGD	43
164	150	CARLOS MAGALHAES	02:46:42	02:46:37	M5054	NUCLEO DESPORTIVO AUTOCOOPE	17
165	326	AFONSO RODRIGUES	02:46:48	02:46:32	M4044	GDCF RUNNING TEAM	44
166	265	LUÍS SILVESTRE	02:46:59	02:46:35	M4044	COININHA RUNNERS	45
167	116	CARLOS NOGUEIRA	02:47:09	02:46:44	M4549	CABARÉ DOS COXOS	26
168	56	ANA CAMELO	02:47:29	02:47:08	F0023		2
169	273	JOSÉ NEVES	02:47:51	02:47:21	M2439	Biodermarunners	60
170	5047	RICARDO SANTOS	02:48:27	02:48:14	M4044	MOITA A CORRER	46
171	320	JOSÉ AMARO	02:48:42	02:48:36	M4044	LIZ RUNNERS	47
172	96	ANA CAMARINHA	02:48:44	02:48:41	F2439	ARRÁBIDA OBSTACLE RUNNERS	4
173	308	TIAGO BRAGA	02:48:50	02:48:26	M2439		61
174	263	MIGUEL NUNES	02:49:02	02:48:48	M4549	GDCT UNICRE	27
175	192	LUIS VITORINO	02:49:20	02:49:16	M4044	RUN AND SMILE	48
176	204	CARMEN HENRIQUES	02:49:20	02:49:16	F4044	RUN AND SMILE	5
177	76	ALVARO RODRIGUES	02:50:06	02:50:02	M2439	Montijo	62
178	301	JOÃO P SILVA	02:50:40	02:50:32	M5054		18
179	5029	NUNO CORREIA	02:50:50	02:50:32	M2439		63



180	384	GONALO PATACO	02:50:52	02:50:35	M2439	Trail do Texugo - Redondo	64
181	40	NUNO CARVALHO	02:50:53	02:50:37	M4044	GDCTIN CASA DA MOEDA	49
182	223	VITOR MARTINS	02:51:08	02:51:01	M5559	Moita Running	3
183	6	FBIO TELES	02:51:38	02:51:13	M2439	TimonRun	65
184	218	JOS CAROLA	02:51:45	02:51:45	M5559	C.C.D. Matriz/Borba Trail	4
185	267	RUI PEREIRA	02:51:51	02:51:25	M2439		66
186	252	SRGIO SIMES	02:51:51	02:51:51	M2439		67
187	198	NELSON LOURENO	02:52:09	02:52:06	M4549		28
188	295	RUI GAMA	02:52:36	02:52:23	M4549	WIKABOO	29
189	262	LUIS GAMA	02:52:38	02:52:24	M4549	GDCT UNICRE	30
190	5013	MARCO MALTEZ	02:52:41	02:52:33	M2439		68
191	311	SRGIO BARBOSA	02:52:45	02:52:30	M2439	CLUBE EDP LISBOA	69
192	274	EUGNIA MARTINS	02:52:51	02:52:48	F5054	AROO	3
193	342	RUI CORREIA	02:54:18	02:54:18	M2439	GRUPO BARRAQUEIRO	70
194	5035	SERGIO NUNES	02:54:36	02:54:26	M4044	MARVILA JOVEM	50
195	5036	DIOGO SOUSA	02:54:37	02:54:27	M2439	MARVILA JOVEM	71
196	57	ANTONIO VASCONCELOS	02:54:58	02:54:47	M2439	Travesseiros de Sintra	72
197	253	JOS AVEIRO	02:54:58	02:54:38	M2439	LOURES	73
198	285	CONCEIO ALVES	02:55:24	02:54:58	F5559	LESMAS ACELERADAS	1
199	382	PEDRO CAIO	02:56:24	02:56:04	M4549	Fulminante	31
200	395	ANTOINE LESECQ	02:56:56	02:56:22	M2439	BOBITEAM	74
201	5003	NUNO FERNANDES	02:56:57	02:56:57	M4044	Nuno's Running Team	51
202	5004	NUNO MARTINS	02:56:58	02:56:24	M4044	Nuno's Running Team	52

203	55	OLGA CAIADO	02:57:00	02:56:57	F4549	ARTE DOS TRILHOS	1
204	146	NUNO FREIRE	02:57:03	02:56:58	M2439		75
205	99	PAULO GUERREIRO	02:57:13	02:57:13	M5054	ARRÁBIDA OBSTACLE RUNNERS	19
206	266	PEDRO CANECO	02:57:24	02:57:01	M4549	COININHA RUNNERS	32
207	306	RICHARD WARRELL	02:57:42	02:57:37	M4044		53
208	59	FRANCISCO MORAIS	02:57:57	02:57:55	M5559	Confraria 10H11	5
209	245	HUGO PEREIRA	02:57:59	02:57:57	M4044	CASA BENFICA SEIXAL	54
210	246	PAULA JORGE	02:58:00	02:57:57	F4044	CASA BENFICA SEIXAL	6
211	109	PEDRO RIBEIRO	02:58:04	02:57:42	M2439		76
212	269	DANIEL SAMPAIO	02:58:05	02:57:49	M4044	AMINHACORRIDA	55
213	5040	JOAO FERNANDES	02:58:06	02:57:52	M2439		77
214	5039	RICARDO RODRIGUES	02:58:10	02:57:57	M4044	ZOA	56
215	65	MÁRCIO ROSA	02:58:15	02:58:01	M2439	CORTT - CORK TRAIL TEAM	78
216	16	JOSÉ CARLOS AMARAL	02:58:19	02:58:04	M4549		33
217	407	ALEXANDRE LEIRIA	02:58:24	02:58:24	M4549	FITRUNNERS	34
218	126	LISETE MOUSINHO	02:58:28	02:58:24	F4044	FITRUNNERS	7
219	233	NUNO LOPES	02:58:29	02:58:11	M2439		79
220	46	CÂNDIDO ALVES	02:58:40	02:58:32	M4549	CCCD CAM	35
221	401	GASPAR COUTINHO	02:58:52	02:58:25	M2439		80
222	294	MANUEL ALVES	02:58:58	02:58:46	M5054	CORRER LISBOA	20
223	26	CATARINA VIEIRA	02:58:58	02:58:55	F2439		5
224	160	LUÍS GONÇALVES	02:59:07	02:58:58	M4549		36
225	5044	ANTÓNIO PEREIRA	02:59:24	02:59:06	M4044	MOITA A CORRER	57

226	47	JOÃO TOBIAS	02:59:54	02:59:34	M2439	CCDCAM	81
227	43	JORGE ILDEFONSO	02:59:54	02:59:34	M2439	PÁSSAROS MALUCOS RT 5W	82
228	49	HUGO SANTOS	02:59:58	02:59:48	M4044	FALCÕES SELVAGENS	58
229	209	LUÍS GONÇALVES	03:00:06	02:59:42	M4044	G.D.R. SÃO FRANCISCO DA SERRA	59
230	307	ANDREIA CRISTINA VILARINHO FLÓRIDO	03:00:11	02:59:42	F4044	Monstanto Running Team	8
231	1	PAULO DOMINGUES	03:00:12	03:00:04	M4549	INDIVIDUAL	37
232	60	GISELA PINHAL	03:00:25	03:00:13	F2439	OCR PORTUGAL LAB	6
233	143	JOÃO CANHOTO	03:00:27	03:00:12	M4549	CORRER LOURES	38
234	178	MÁRIO CHORA	03:00:37	03:00:10	M4044	SCA RUN ALCAÇOVAS	60
235	243	ANTONIO PADEIRINHA	03:00:37	03:00:12	M4044	INDIVIDUAL	61
236	328	NUNO ESTEVES	03:00:38	03:00:38	M4549	SCA RUN ALCÁÇOVAS	39
237	189	JOSÉ BORDALO	03:00:45	03:00:26	M6099	O MUNDO DA CORRIDA	4
238	5	FILIPE RITO	03:01:25	03:01:01	M2439	CABARÉ DOS COXOS	83
239	25	PAULO BATISTA	03:02:03	03:01:50	M4549		40
240	5042	BRUNO JORGE	03:02:51	03:02:47	M2439	Outdoor Clube de Setúbal - Strendure running Team	84
241	141	MARTA MACHADO	03:04:58	03:04:58	F0023	Machada Trail Team	3
242	140	JOSÉ MACHADO	03:04:58	03:04:39	M5054	Machada Trail Team	21
243	5021	FERNANDO CÂNDIDO	03:05:33	03:05:33	M5054		22
244	214	NUNO BRANCO	03:05:49	03:05:49	M4549	VOLKSWAGEN AUTOEUROPA	41
245	268	RUI NUNES	03:06:00	03:05:54	M4549	A.D.R. "Amigos do Atletismo de Avis"	42
246	177	JOSÉ CUSTÓDIO	03:06:06	03:05:41	M4044	CLUBE VODAFONE	62
247	5037	ISMAEL FAIZAL	03:06:19	03:06:07	M4044	MARVILA JOVEM	63
248	5045	HELDER MARQUES	03:06:28	03:06:13	M4044	MOITA A CORRER	64

249	20	JOÃO ROCHA	03:06:33	03:06:08	M5054	SETÚBAL	23
250	147	NUNO CASEIRO	03:07:10	03:07:10	M4549		43
251	24	HUGO FERREIRA	03:07:10	03:07:10	M4044		65
252	83	HUGO FILIPE DA COSTA MORAIS CALADO	03:07:41	03:07:24	M2439	NAUS TRAIL TEAM	85
253	101	ANDRÉ VILHENA	03:07:44	03:07:44	M2439	NAUS TRAIL TEAM	86
254	71	MIGUEL CORDEIRO	03:08:26	03:06:27	M4044	Montijo	66
255	264	NUNO JOSÉ CABEÇA	03:08:35	03:08:11	M4549		44
256	256	PEDRO LOPES	03:08:39	03:08:21	M2439	SS CGD	87
257	168	SÉRGIO SERAFIM	03:08:43	03:08:28	M4044		67
258	127	ARMANDO RICO	03:08:53	03:08:53	M5054	Serra Mãe	24
259	72	SERGIO RODELO	03:09:07	03:08:50	M4549	RUN CREW TRAIL MONTIJO	45
260	107	VÍTOR GUIMARÃES	03:09:18	03:09:05	M5054		25
261	171	DIOGO CEREJEIRA	03:09:28	03:09:00	M2439	Biodermarunners	88
262	11	JUSTINIANO COSTA	03:09:50	03:09:43	M4549		46
263	48	NUNO PÓVOA	03:09:50	03:09:30	M2439	CCDCAM	89
264	299	MAFALDA SOFIA NUNES	03:10:03	03:09:51	F5054	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	4
265	3	FERNANDO FARIA	03:10:08	03:09:58	M4044	TÁLENTOS TEAM	68
266	355	JOY LANG	03:10:19	03:10:01	F4549		2
267	358	JORGE SOUSA	03:10:19	03:10:02	M5559	CORRER LISBOA	6
268	5020	LUIS SPENCER MONTEIRO	03:10:33	03:10:31	M5054	Luis Spencer	26
269	366	NUNO SABINO	03:10:58	03:10:58	M4044	Grupo Desportivo e Recreativo de Manique de Cima	69
270	94	BRUNO ARAÚJO-GOMES	03:11:42	03:11:25	M4044	GOMAS TEAM	70
271	376	TIAGO ROMÃO	03:12:13	03:12:13	M2439	CPA TRAIL Team/ Clube de praças da Armada	90

272	387	RICARDO SA	03:12:14	03:12:14	M4549	CPA TRAIL Team/ Clube de praças da Armada	47
273	162	ALEXANDRE SANTANA	03:12:20	03:12:14	M4549		48
274	84	SARA GOMES	03:12:30	03:12:24	F4044		9
275	5050	PAULO MOTA	03:12:35	03:12:23	M5054	LEBRES DO SADO	27
276	118	VITOR DIAS	03:12:51	03:12:41	M2439	Arti&Lama	91
277	310	JOSÉ ALVES	03:13:00	03:12:48	M5559	CLUBE EDP LISBOA	7
278	111	NUNO GOMES	03:13:03	03:12:49	M4044	INDIVIDUAL	71
279	4	JOÃO GAMEIRO	03:13:12	03:12:48	M2439	CABARÉ DOS COXOS	92
280	249	FILIPE PAULINO	03:13:13	03:13:13	M2439	ASSOCIAÇÃO VALE GRANDE	93
281	290	PEDRO FERNANDES	03:13:53	03:13:35	M5054	NOVOS TRILHOS	28
282	68	PAULO MOUTINHO	03:13:56	03:13:41	M4549	H-GARRA A LEBRE !!!	49
283	383	PEDRO MARQUES	03:13:57	03:13:57	M2439		94
284	348	RUI MARQUES	03:13:57	03:13:36	M4044		72
285	181	ELSA PAIXÃO	03:13:58	03:13:53	F4549	CCD Matriz/Borba Trail	3
286	159	LÍDIA PINTO	03:13:59	03:13:52	F2439	CCD Matriz/ Borba Trail	7
287	337	LILIANA RODRIGUES	03:14:07	03:13:44	F4044	CABARÉ DOS COXOS	10
288	373	SERGIO AMARAL	03:14:19	03:13:57	M4044	SS CGD	73
289	73	LINO MAIA	03:14:42	03:14:42	M2439		95
290	221	BRUNO LUCAS	03:14:51	03:14:23	M4044	Namnori	74
291	364	FRANCISCO MACHETA	03:15:12	03:14:38	M4549	PALMELA	50
292	206	ANTÓNIO SIMÕES SIMÕES	03:15:43	03:15:39	M6099	Pisa-Rochas	5
293	5055	LUIS MIGUEL SANTOS	03:15:49	03:15:29	M4044	CORRER LISBOA	75
294	134	JOSÉ MOGA	03:15:55	03:15:48	M6099	AMIGOS VALE SILENCIO	6

295	184	MARIA TATIANA ANTUNES	03:15:58	03:15:38	F2439		8
296	244	CRISTINA MOURATO	03:16:19	03:16:15	F4044		11
297	74	JONATAS SANTOS	03:16:22	03:16:01	M2439	Águia	96
298	185	INES MATOS	03:16:27	03:16:07	F2439		9
299	351	MARIA LÚCIO	03:16:39	03:16:34	F4044	BLUE TEAM	12
300	350	ANAÏS MONIZ	03:16:40	03:16:33	F2439	BLUE TEAM	10
301	174	RICARDO MARTINS	03:16:52	03:16:21	M4549	GD BANCO BPI	51
302	29	CARLOS CORREIA	03:17:22	03:16:56	M4549	CLUBE AVENTURA DE MONFORTE	52
303	138	ROZIREZ GARCIA	03:17:53	03:17:38	F2439	Tartarugas solitárias	11
304	124	PAULA SANTOS	03:17:54	03:17:33	F4549	OS TUGAS	4
305	137	ADRIANA ROQUE	03:17:54	03:17:39	F2439	Tartarugas solitárias	12
306	161	PAULA VENTURA	03:17:57	03:12:32	F4549	ASSOCIAÇÃO VALE GRANDE	5
307	207	MARIO MENDES	03:18:09	03:18:00	M5054		29
308	123	VITOR SANTOS	03:18:21	03:17:59	M4549	CARAP AUS DE CORRIDA	53
309	122	AGOSTINHO DIAS	03:18:22	03:17:58	M5054	CARAP AUS DE CORRIDA	30
310	179	PEDRO MIGUEL SILVA	03:18:27	03:17:55	M2439	Marginais a Fundo	97
311	226	MONICA PEREIRA	03:18:54	03:18:23	F4044	A MINHA CORRIDA	13
312	53	DORA REIS	03:18:54	03:18:54	F4549	TÁLENTOS TEAM	6
313	152	MICHAEL BORS DORF	03:19:08	03:19:08	M5054	Parede	31
314	402	RICARDO GOMES	03:19:38	03:19:28	F2439	Santana Futebol Clube-trai team	13
315	340	CARLOS VENÂNCIO	03:20:30	03:19:58	F4044		14
316	374	RUI MARGUILHO	03:21:16	03:21:00	M4044	Algarunners	76
317	7	SANDRA ARRAIAS	03:21:17	03:21:01	F2439	OS ARRAIAS	14

318	406	MARGARIDA MONTEIRO	03:21:39	03:21:28	F5054	ALVERCA URBAN RUNNERS	5
319	21	FREDERICO DUARTE	03:21:40	03:21:28	M4549	INDIVIDUAL	54
320	235	SÉRGIO MARTINS	03:22:07	03:21:48	M4044		77
321	172	NUNO ANDRÉ	03:22:17	03:21:48	M2439	Biodermarunners	98
322	397	QUENTIN PERNET	03:22:21	03:21:48	M2439	BOBITEAM	99
323	396	EMMA BIBERSON	03:22:23	03:21:48	F2439	BOBITEAM	15
324	300	CRISTIANA SANTIAGO	03:22:54	03:22:31	F2439	Equipa Ana Marques Remax & Força Aérea Portuguesa	16
325	309	ZITO SILVA	03:22:55	03:22:33	M4549	HUT RUNNERS	55
326	237	CARLA RIBEIRO	03:23:02	03:22:48	F4549	HAPPY RUNNERS	7
327	238	MIGUEL RIBEIRO	03:23:03	03:22:48	M4549	HAPPY RUNNERS	56
328	190	LUIS FIDALGO	03:23:16	03:23:04	M5054	AALebres do SAdo	32
329	331	PEDRO NETA	03:23:29	03:23:00	M4044	Alfragide	78
330	292	MARIA ISABEL RODRIGUES	03:24:48	03:24:38	F5559		2
331	157	MANUEL PINEDA NAVARRO	03:25:10	03:25:08	M2439	Diablos Runnes	100
332	5012	BRUNO NEVES	03:25:24	03:25:24	M2439		101
333	95	FERNANDO AGOSTINHO	03:25:25	03:25:11	M4044	EL CORTE INGLÉS RUNNING TEAM	79
334	318	RUI BAPTISTA	03:25:39	03:25:31	M5559	Azeitão	8
335	151	LUISA FERREIRA	03:25:52	03:25:44	F4549	NUCLEO DESPORTIVO AUTOCOOPE	8
336	104	JOÃO NETO	03:26:11	03:26:11	M2439	Sesimbra	102
337	5053	NIDIA V ALADARES	03:26:38	03:26:26	F4044	LEBRES DO SADO	15
338	335	SILVIO DIAS	03:26:56	03:26:24	M2439		103
339	191	ANA PAULA SARDINHA FIGUEIREDO	03:30:25	03:30:08	F5054	NAUS TRAIL TEAM	6
340	102	BRUNO MONTEIRO	03:31:26	03:31:26	M4044	TĂLENTOS TEAM	80

341	169	PEDRO GOMES	03:32:01	03:31:32	M2439	Biodermarunners	104
342	356	RICARDO AGUIAR	03:32:17	03:31:49	M5559	RUNNERS DE KINTAL	9
343	212	MARIA JOÃO ARAUJO	03:32:18	03:31:47	F4549	GD BANCO BPI	9
344	213	JOÃO ARAUJO	03:32:20	03:32:20	M4549	GD BANCO BPI	57
345	145	JOSÉ LUIS SILVA	03:32:31	03:32:02	M4549		58
346	144	MARCIA VILARINHO	03:32:32	03:32:00	F4549		10
347	131	PAULO GUEDES	03:32:35	03:32:28	M4549	GANG DO AMENDOIM	59
348	120	MARIA DE LURDES OLIVEIRA SILVA	03:33:05	03:32:44	F5054	OS TUGAS	7
349	391	MARTA SÁ	03:33:30	03:33:21	F2439		17
350	404	EDITE SÁ	03:33:31	03:33:21	F5054	Santana Futebol Clube-Trail Team	8
351	66	CLAUDIA MACARA	03:34:35	03:34:11	F4549	CABARÉ DOS COXOS	11
352	5011	AURELIANO DA LUZ	03:34:45	03:34:23	M4044	AS MÁQUINAS	81
353	18	CATARINA PONTES	03:35:08	03:34:43	F4044	CABARÉ DOS COXOS	16
354	319	JOSÉ CRUZ	03:35:09	03:35:03	M4044	RUN FOR LUNCH	82
355	347	LUIS CARLOS ALMEIDA	03:35:10	03:35:03	M4549	RUN FOR LUNCH	60
356	5019	ARTUR GAIO	03:35:56	03:35:27	M2439	TAC - Tranquilidade	105
357	261	PAULA GUERREIRO	03:36:47	03:36:32	F4549	AMINHACORRIDA	12
358	353	SÉRGIO GONÇALVES	03:37:07	03:36:39	M2439	OS ZATOPEQUES	106
359	296	JOÃO ROGÉRIO CALDAS PINTO	03:37:27	03:37:07	M6099	NOVOS TRILHOS	7
360	173	ANTONIO SANCHES	03:39:50	03:39:11	M6099	GD BANCO BPI	8
361	175	FRANCISCO FREIRE	03:39:51	03:39:12	M2439	GD BANCO BPI	107
362	15	JOÃO CORTEGANO	03:40:15	03:40:15	M2439	Barrancos FC / Biogado	108
363	17	ANTONIO CAIADO	03:40:15	03:39:56	M4549	Barrancos FC / Biogado	61



364	5018	JOSÉ BRÁS	03:40:17	03:40:00	M5559	TARTARUGAS SOLIDÁRIAS	10
365	385	CELIA AZENHA	03:40:44	03:40:32	F5054	LISBOA	9
366	87	GONÇALO SEABRA	03:41:28	03:41:00	M0023	OS ZATOPEQUES	6
367	410	HELENA SANCHES	03:41:46	03:41:20	F4549	ACADEMIA FITNESS MILITAR	13
368	399	NUNO MILHEIRO	03:43:20	03:43:20	M4044	BORA LÁ MÍUDO	83
369	288	PEDRO FARIA	03:43:21	03:42:59	M4044	M :: F :: D	84
370	322	SUSANA DOS SANTOS	03:45:04	03:45:02	F4044		17
371	193	LURDES OLAS	03:46:33	03:46:02	F4549		14
372	194	ISABEL COSTA	03:46:33	03:46:02	F4549	ODIVELAS	15
373	79	IVO FERREIRA	03:46:39	03:46:39	M4044	NAUS TRAIL TEAM	85
374	78	SILVIA FERREIRA	03:46:41	03:46:25	F4044	NAUS TRAIL TEAM	18
375	313	DORA FILIPE	03:48:51	03:48:44	F4044	Granho Runners	19
376	314	PAULO ROSADO	03:48:51	03:48:45	M4044	Granho Runners	86
377	398	ELSA RANCHET	03:49:01	03:48:27	F2439	BOBITEAM	18
378	394	ADELAIDE BIRET	03:49:03	03:48:30	F2439	BOBITEAM	19
379	130	CARLOS CARDOSO	03:49:22	03:49:08	M4044		87
380	305	LUISA GUERRA SANTOS	03:49:37	03:49:17	F5054	NOVOS TRILHOS	10
381	291	CÉU MIGUEL	03:55:43	03:55:24	F5559	NOVOS TRILHOS	3
382	196	GESSINA MENDES	03:57:45	03:57:22	F5054	MATILHA RADICAL	11
383	195	MARIO ANJO	03:57:45	03:57:23	M5054	MATILHA RADICAL	33
384	112	FÁBIO CARTAXO	03:58:01	03:57:35	M2439	Arti&Lama	109
385	108	DAVID JARDIM	03:58:01	03:57:34	M2439	Arti&Lama	110
386	129	SERGIO GUERREIRO	04:03:38	04:03:24	M4044		88

387	219	JOSE ALVES	04:08:11	04:07:36	M6099	A MINHA CORRIDA	9
388	405	GUIDA SÁ	04:08:52	04:08:44	F5054	Santana Futebol Clube - Trail Team	12
389	61	CARLA ATILHÓ	04:08:57	04:08:47	F4044	Santana Futebol Clube - Trail Team	20
390	9	ANTÓNIO GONÇALVES	04:08:57	04:08:47	M0023	Santana Futebol Clube-Trail Team	7
391	41	VASCO FERREIRA	04:12:14	04:12:14	M4044	GDCTIN CASA DA MOEDA	89
392	211	PEDRO BARRELA	04:26:05	04:26:05	M4549	GD BANCO BPI	62
393	128	ARMANDA SEMEAO	04:26:53	04:26:38	F4044		21
394	14	EUGENIA PINHEIRO	04:29:16	04:28:49	M5054	bute lá	34
395	12	ANTONIO CARAPUÇA	04:29:18	04:28:51	M5559	bute lá	11
396	13	PATRICIA CARAPUÇA	04:29:20	04:28:53	F2439	bute lá	20
397	113	GI RIBEIRO	04:45:24	04:45:12	F5054	Santana F. C Trail Team	13
398	90	TANIA PEREIRA	04:45:25	04:45:16	F2439	Santana FC trail team	21
399	368	MÁRIO SANTOS	04:45:26	04:45:15	M5054	Santana Futebol Clube - Trail Team	35
400	89	JOÃO SALAZAR	04:48:27	04:48:11	M5054		36
401	232	NUNO PAISANA	05:12:36	05:12:22	M4549	Ambos os 2	63

## PALMELA TRAIL

## Classificação Prémio Montanha

Núm.	Lugar	Nome	Faixa Etária	Mod.	Equipe	Percurso 1	Percurso 2	T.total
377	1	LUIS FERNANDES	M2439	LON	CPA TRAIL Team/ Clube de praças da Armada	01:35:19	01:42:54	00:07:35.01
254	2	TIAGO AVEIRO	M2439	LON	Olivais	01:36:37	01:44:19	00:07:42.01
5061	3	FERNANDO GOMES	M2439	LON	GO!RUNNERS / OUTPRO STORE	01:39:22	01:47:30	00:08:08.01
590	4	JOÃO REBELO	M2439	CUR	REMO CLUBE LUSITANO	01:48:36	01:56:57	00:08:21.01
690	5	PAULO JORGE SOUSA FERREIRA	M4549	CUR	PINHAL NOVO A CORRER	01:48:11	01:56:37	00:08:26.01
5520	6	AMÉRICO PEREIRA	M5054	CUR	CrossFit Alphaden	01:47:14	01:55:43	00:08:29.01
1018	7	TIAGO LOUSA	M2439	CUR	CROSSFIT ALPHADEN	01:47:13	01:55:42	00:08:29.01
1136	8	GONÇALO PRUDÊNCIO	M2439	CUR	TEAM URBAN OBSTACLES	01:46:49	01:55:19	00:08:30.01
1160	9	TIAGO DUARTE	M2439	CUR	TEAM URBAN OBSTACLES	01:53:25	02:02:03	00:08:38.01
1191	10	RICARDO AVILA	M0023	CUR		01:47:29	01:56:08	00:08:39.01
1071	11	TIAGO LOBO	M4044	CUR	NAUS TRAIL TEAM	01:51:15	02:00:03	00:08:48.01
988	12	MARIO AFONSO	M2439	CUR	CCR ALTO DO MOINHO	01:49:07	01:57:59	00:08:52.01
5006	13	JORGE NABAIS	M2439	LON	COA / CORVUS TRAIL TEAM	02:08:38	02:17:35	00:08:57.01
989	14	RUI AFONSO	M4549	CUR	CCR ALTO DO MOINHO	01:51:03	02:00:02	00:08:59.01
980	15	PEDRO MARTINS	M2439	CUR	INDIVIDUAL	01:53:30	02:02:30	00:09:00.01
379	16	VIRGILIO GOMES	M5054	LON	CPA TRAIL Team/ Clube de praças da Armada	01:42:36	01:51:39	00:09:03.01
5567	17	NUNO GOMES	M2439	CUR	GO!RUNNERS / OUTPRO STORE	01:53:46	02:02:53	00:09:07.01
1150	18	JOSÉ CRUZ	M2439	CUR		01:53:24	02:02:37	00:09:13.01
950	19	DUARTE ALVES	M0023	CUR	OCR PORTUGAL LAB	01:48:25	01:57:53	00:09:28.01
378	20	MANUEL SOUSA	M4549	LON	CPA TRAIL Team/ Clube de praças da Armada	01:45:23	01:54:53	00:09:30.01
586	21	TIAGO MORAIS	M2439	CUR	HOUSEMARTINS BELAS	01:53:15	02:02:46	00:09:31.01
931	22	MARCELO OLIVEIRA	M2439	CUR	CROSSFIT ALPHADEN	01:53:15	02:02:46	00:09:31.01
797	23	JOÃO LEMOS	M2439	CUR	CROSSFIT ALPHADEN	01:51:29	02:01:05	00:09:36.01
1044	24	STEVE PRAZERES	M0023	CUR	CROSSFIT ALPHADEN	01:52:02	02:01:41	00:09:39.01
862	25	JOÃO ALVES	M2439	CUR	GO!RUNNERS / OUTPRO STORE	01:52:28	02:02:07	00:09:39.01
606	26	BRUNO ALVES	M2439	CUR	BARREIRO	01:55:17	02:04:56	00:09:39.01
1032	27	NELSON DIOGO	M2439	CUR	AMCF - ARRÁBIDA TRAIL TEAM	01:52:38	02:02:18	00:09:40.01
386	28	ALEXANDRE BLASQUES	M0023	LON	COIMBRA TRAIL RUNNING	01:45:09	01:54:50	00:09:41.01
1030	29	BRUNO LOUSA	M2439	CUR	CROSSFIT ALPHADEN	01:51:51	02:01:32	00:09:41.01
375	30	LUÍS SILVA	M2439	LON	CPA TRAIL Team/ Clube de praças da Armada	01:42:50	01:52:32	00:09:42.01
722	31	RODOLFO SERRA	M2439	CUR	Bué da Serra	01:56:51	02:06:36	00:09:45.01
5519	32	LUIS PEREIRA	M4549	CUR	Rio mouro paiões	01:51:15	02:01:05	00:09:50.01
992	33	TIAGO GONÇALVES	M2439	CUR		01:51:16	02:01:07	00:09:51.01
728	34	FRANCISCO LOPES	M4549	CUR		01:54:37	02:04:28	00:09:51.01
635	35	NELSON FILIPE VALENTE	M2439	CUR		01:56:33	02:06:28	00:09:55.01
734	36	ARTUR VINHAIS	M4044	CUR	Urbanização vila vermelho	01:52:24	02:02:21	00:09:57.01
587	37	RAUL CORREIA PENA	M5054	CUR	HOUSEMARTINS BELAS	01:54:37	02:04:35	00:09:58.01
846	38	PEDRO ROSA	M2439	CUR	GRUPO DESPORTIVO DA PARREIRA	01:52:10	02:02:10	00:10:00.01
852	39	JOSÉ GOMES	M5559	CUR		01:55:26	02:05:27	00:10:01.01
22	40	TIAGO AMADO	M2439	LON	Outdoor Clube de Setúbal - Strendure running Team	01:56:33	02:06:34	00:10:01.01
942	41	RUI HENRIQUES	M2439	CUR	SERVIÇOS SOCIAIS MONTEPIO	01:51:55	02:02:02	00:10:07.01

## PALMELA TRAIL

## Classificação Prémio Montanha

600	42	PEDRO MEDLEY	M2439	CUR	SETÚBAL	01:53:31	02:03:41	00:10:10.01
1008	43	BRUNO TORRES	M2439	CUR	Centro Terapêutico Sotto Mayor & Limited Edition	01:53:29	02:03:39	00:10:10.01
1142	44	MANUEL MARTINS	M2439	CUR	BIC BRR	01:51:51	02:02:02	00:10:11.01
1111	45	JORGE SOARES	M0023	CUR	abutres trail running school	01:56:42	02:06:53	00:10:11.01
5559	46	EMANUEL FREITAS	M2439	CUR		01:51:56	02:02:09	00:10:13.01
5059	47	PAULO GONÇALVES	M2439	LON	CLUBE DE PRAÇAS DA ARMADA	01:57:31	02:07:44	00:10:13.01
1146	48	MATHIEU LEFORT	M0023	CUR		02:04:04	02:14:22	00:10:18.01
1066	49	JOÃO SIMÃO	M0023	CUR		01:59:38	02:10:01	00:10:23.01
592	50	GONÇALO CARVALHO	M2439	CUR	CROSSFIT ALPHADEN	01:54:46	02:05:11	00:10:25.01
559	51	FERNANDO SANTOS	M5054	CUR	CLUBE DE PRAÇAS DA ARMADA	01:52:23	02:02:52	00:10:29.01
380	52	BRUNO MAIA	M4044	LON	CPA TRAIL Team/ Clube de praças da Armada	01:55:37	02:06:07	00:10:30.01
388	53	LUIS PEREIRA	M2439	LON	BRUNOSEMPRE. BABA MAMBO	01:53:24	02:03:54	00:10:30.01
1051	54	CARLOS FIGUEIREDO	M2439	CUR	Runners da frente ribeirinha da P S Iria	02:02:47	02:13:17	00:10:30.01
5564	55	DAVID CALVO	M2439	CUR	LEBRES DO SADO	01:56:47	02:07:20	00:10:33.01
1046	56	JOSÉ CARVALHO	M2439	CUR	The BearCave Box OCR-Trail	01:59:38	02:10:11	00:10:33.01
5027	57	PEDRO GRANADAS	M4044	LON	TURRES TRAIL TEAM	01:55:18	02:05:52	00:10:34.01
835	58	ARTUR MOREIRA	M4044	CUR		01:55:31	02:06:06	00:10:35.01
92	59	OSCAR TANGANHO	M2439	LON	everybody	01:59:38	02:10:13	00:10:35.01
785	60	RUI LOUREIRO	M2439	CUR	Clube Naval do Funchal - Óptica da Sé	01:55:07	02:05:44	00:10:37.01
180	61	NUNO PAIXÃO	M4044	LON	CCD Matriz/Borba Trail	01:52:05	02:02:42	00:10:37.01
1031	62	ANTONIO PIRES	M5054	CUR	CROSSFIT ALPHADEN	01:57:56	02:08:35	00:10:39.01
276	63	JOAQUIM PATO	M4549	LON	GRUPO BARRAQUEIRO	01:52:41	02:03:21	00:10:40.01
371	64	LUIS CARDOSO	M4549	LON	RACING BIKES	01:57:37	02:08:24	00:10:47.01
153	65	HUGO HENRIQUES	M2439	LON	GALHARDOS RUNNERS	01:58:09	02:09:00	00:10:51.01
1022	66	JOÃO MONIZ	M2439	CUR	BARREIRO	01:59:36	02:10:29	00:10:53.01
1139	67	CLÁUDIO BELCHIOR	M4044	CUR		02:00:26	02:11:23	00:10:57.01
700	68	RICARDO SOUSA	M2439	CUR	SUNDAY RUNNERS	01:57:27	02:08:25	00:10:58.01
546	69	PEDRO SANTOS	M4044	CUR	SUNDAY RUNNERS	01:57:27	02:08:27	00:11:00.01
857	70	LUIS CUNHA	M4549	CUR	Quinta de Cima - Torre da Marinha	01:58:59	02:10:01	00:11:02.01
5578	71	NUNO CAFÉ	M4044	CUR	AMINHACORRIDA/MY PROTEIN	01:56:48	02:07:52	00:11:04.01
1120	72	VÍTOR CHAGAS	M4044	CUR	C.F. Belenenses	01:52:57	02:04:03	00:11:06.01
5038	73	PAULINE VIE	M0023	LON	x	02:00:52	02:12:00	00:11:08.01
1158	74	LUÍS CALHA	M5054	CUR	CPA TRAIL Team/ Clube de praças da Armada	01:57:48	02:08:59	00:11:11.01
75	75	JOÃO MEIRA	M2439	LON	Padela Natural	01:57:58	02:09:09	00:11:11.01
5043	76	XAVIER SOUSA	M4549	LON	MOITA A CORRER	01:58:50	02:10:01	00:11:11.01
5515	77	JOSÉ COSTA	M5054	CUR		01:56:00	02:07:11	00:11:11.01
1081	78	BRUNO RATINHO	M4044	CUR	CROSSFIT ALPHADEN	01:56:57	02:08:08	00:11:11.01
1188	79	ANTONIO TORRES	M2439	CUR		01:58:02	02:09:13	00:11:11.01
1168	80	JOÃO CANANÉ	M4044	CUR		02:00:00	02:11:11	00:11:11.01
742	81	RUI PEREIRA	M2439	CUR	POLRUNNERS	02:01:31	02:12:43	00:11:12.01
239	82	NUNO LOPES	M4044	LON	Saca Trilhos Anadia	02:00:06	02:11:18	00:11:12.01
98	83	MARCO ROMÃO	M4044	LON	ARRÁBIDA OBSTACLE RUNNERS	02:01:57	02:13:11	00:11:14.01

## PALMELA TRAIL

## Classificação Prémio Montanha

5509	84	ANTONIO ALMEIDA	M5559	CUR	NUCLEO DESPORTIVO AUTOCOOPE	01:58:03	02:09:17	00:11:14.01
647	85	FERNANDO MIGUEL	M2439	CUR		02:02:32	02:13:48	00:11:16.01
757	86	VITOR SANTOS	M2439	CUR	JUVENTUDE ATLÉTICO CLUBE	01:54:57	02:06:16	00:11:19.01
10	87	ESTELA SÃO MARTINHO	F2439	LON	AMCF-ARRÁBIDA TRAIL TEAM	02:02:00	02:13:19	00:11:19.01
345	88	SISSI COSTA	F5054	LON	Gangue da AFZ	02:01:31	02:12:51	00:11:20.01
881	89	MÁRIO FRANCISCO MALATO LOURENÇO	M5054	CUR	CLUBE DE PRAÇAS DA ARMADA	01:59:47	02:11:09	00:11:22.01
343	90	ANA DUARTE	F2439	LON	Gangue da AFZ	02:01:31	02:12:54	00:11:23.01
344	91	LINDA MENDONÇA	F4549	LON	Gangue da AFZ	02:01:31	02:12:56	00:11:25.01
336	92	RUI DUARTE	M4044	LON	Gangue da AFZ	02:01:31	02:12:56	00:11:25.01
740	93	PAULO GONÇALVES	M2439	CUR	POLRUNNERS	01:59:41	02:11:12	00:11:31.01
519	94	PAULO PINTO	M4549	CUR	PINHAL NOVO CORRER	02:02:16	02:13:47	00:11:31.01
534	95	ALEXANDRE CANTANHEDE	M4044	CUR	CLUBE DE PRAÇAS DA ARMADA	01:56:51	02:08:22	00:11:31.01
166	96	SILVÉRIO CORREIA	M5054	LON	GRUPO DESPORTIVO SANTANDER TOTTA	02:09:00	02:20:31	00:11:31.01
1017	97	SÉRGIO RAMOS	M4549	CUR	OCR PORTUGAL LAB	01:57:40	02:09:12	00:11:32.01
317	98	NUNO OLIVEIRA	M4044	LON	OS COXOS E O MIGUEL	02:01:59	02:13:31	00:11:32.01
333	99	JOÃO SILVA	M0023	LON	Outdoor Clube de Setúbal - Strendure running Team	01:54:08	02:05:41	00:11:33.01
943	100	BRUNO PARDAL	M2439	CUR	Runing Loures	01:59:41	02:11:15	00:11:34.01
623	101	FELICIANO ALVES	M5054	CUR	FITRUNNERS	01:58:43	02:10:17	00:11:34.01
121	102	CARLOS PASCOAL	M5054	LON	ODIVELAS	02:03:44	02:15:20	00:11:36.01
100	103	JORGE GONÇALVES	M5054	LON	Samorunning	01:54:07	02:05:44	00:11:37.01
945	104	JOÃO DIONISIO	M4044	CUR	Runing Loures	02:02:09	02:13:46	00:11:37.01
551	105	CARLOS MARTINS	M4549	CUR	CCDCAM	02:01:46	02:13:25	00:11:39.01
888	106	ZÉLIA PEDRO	F2439	CUR	MOITARUNNING	02:03:35	02:15:17	00:11:42.01
737	107	ANTÓNIO SILVA	M4549	CUR	PINHAL NOVO A CORRER	01:56:54	02:08:36	00:11:42.01
5575	108	ANABELA CARVALHO	F5559	CUR	GD SÃO DOMINGOS	02:00:32	02:12:15	00:11:43.01
139	109	ANTÓNIO VARANDAS	M5054	LON	Machada Trail Team	02:01:42	02:13:26	00:11:44.01
5508	110	FÁBIO RODRIGUES	M2439	CUR	AI NÓS JAMOR	01:57:24	02:09:09	00:11:45.01
1086	111	FRANCISCO CALVO	M5559	CUR	VFC TRAIL RUNING	01:57:21	02:09:06	00:11:45.01
230	112	PEDRO PARREIRA	M2439	LON	Outdoor Clube de Setúbal - Strendure running Team	02:00:32	02:12:18	00:11:46.01
698	113	CARLOS GREGÓRIO	M4044	CUR	SUNDAY RUNNERS	02:00:37	02:12:23	00:11:46.01
549	114	LUIS GOMES GOMED	M4549	CUR	FITRUNNERS	02:00:37	02:12:23	00:11:46.01
703	115	JOÃO APOLINÁRIO	M4044	CUR	Sesimbra	02:02:40	02:14:27	00:11:47.01
729	116	BRUNO MIGUEL MOREIRA LOUREIRO	M2439	CUR	AMC TRAIL	02:00:06	02:11:54	00:11:48.01
526	117	DÁRIO NOBRE	M2439	CUR		02:02:46	02:14:35	00:11:49.01
1064	118	PEDRO PACHECO	M2439	CUR		02:05:00	02:16:49	00:11:49.01
289	119	ANTONIO PARDAL	M5054	LON	INDIVIDUAL	01:58:04	02:09:53	00:11:49.01
324	120	CIRILO FORMIGA	M6099	LON	ZIMBRA FOX RUNNERS	02:10:47	02:22:36	00:11:49.01
1137	121	BRUNO CARRIÇO	M2439	CUR	TEAM URBAN OBSTACLES	01:55:25	02:07:14	00:11:49.01
847	122	TIAGO ROSA	M2439	CUR	Grupo desportivo parreira	02:01:23	02:13:12	00:11:49.01
67	123	PAULO BRUNO	M4549	LON	GRUPO DESPORTIVO SANTANDER TOTTA	02:01:23	02:13:14	00:11:51.01
995	124	JOSÉ GUILHERME BROEGA	M2439	CUR	ApMoita	02:05:00	02:16:52	00:11:52.01
1144	125	MAXIME BEYSECKER	M0023	CUR		02:10:38	02:22:31	00:11:53.01

## PALMELA TRAIL

## Classificação Prémio Montanha

1116	126	SÉRGIO PEREIRA	M2439	CUR		02:02:31	02:14:25	00:11:54.01
412	127	JOÃO FONSECA	M5054	LON	Outdoor Clube de Setúbal - Strendure running Team	01:59:01	02:10:56	00:11:55.01
893	128	DIOGO SILVA	M2439	CUR	STRONG TEAM	02:01:21	02:13:16	00:11:55.01
114	129	CARLOS SILVA	M2439	LON	Arti&Lama	01:58:01	02:09:56	00:11:55.01
86	130	PEDRO OLIVEIRA	M4549	LON		02:02:38	02:14:35	00:11:57.01
1016	131	YURI SANTOS	M0023	CUR	PALMELENSE FUTEBOL CLUBE	02:03:08	02:15:05	00:11:57.01
1187	132	KARINE VIE	F4549	CUR	Alhandra Sporting Clube	02:02:44	02:14:42	00:11:58.01
1154	133	RAFAEL CARLOS	M2439	CUR		02:03:17	02:15:16	00:11:59.01
731	134	JORGE FRANCO	M4549	CUR	POL RUNNERS	02:00:58	02:12:57	00:11:59.01
5542	135	VASCO MIGUEL	M4044	CUR	wildest	01:57:30	02:09:30	00:12:00.01
1135	136	PEDRO PASCOAL	M4044	CUR	TEAM URBAN OBSTACLES	01:57:54	02:09:54	00:12:00.01
759	137	JOSÉ MOREIRA	M2439	CUR	HOUSEMARTINS BELAS	01:57:57	02:09:57	00:12:00.01
278	138	SÉRGIO PARDAL	M2439	LON		01:54:43	02:06:44	00:12:01.01
58	139	ALBERTO JORGE SILVA	M2439	LON	Ucdr praiense	01:59:52	02:11:53	00:12:01.01
663	140	OLAVO MINEIRO	M4044	CUR	Team bizarro	02:04:48	02:16:49	00:12:01.01
5026	141	RICARDO GANHÃO	M2439	LON		02:03:45	02:15:46	00:12:01.01
5579	142	PATRICIA FALCÃO	F4549	CUR	AMINHACORRIDA/MY PROTEIN	02:02:12	02:14:14	00:12:02.01
808	143	CARLOS CARVALHO	M5559	CUR	GD BANCO BPI	02:05:34	02:17:36	00:12:02.01
1163	144	alcino cesar	M4044	CUR	OCR PORTUGAL	01:59:44	02:11:47	00:12:03.01
44	145	CARLOS MATIAS	M4044	LON	Coa corvus trail	01:58:40	02:10:44	00:12:04.01
832	146	JOÃO SALVADO	M5054	CUR	STRONG TEAM	02:01:21	02:13:25	00:12:04.01
956	147	CARLOS TEIXEIRA	M4549	CUR	Sacavenense	02:03:46	02:15:50	00:12:04.01
1042	148	ARMANDO MARTINS	M4044	CUR		02:01:39	02:13:44	00:12:05.01
659	149	TIAGO EZEQUIEL	M4044	CUR	FITRUNNERS	02:01:38	02:13:43	00:12:05.01
5576	150	CARLOS LOPES	M4044	CUR	AMINHACORRIDA/MY PROTEIN	02:02:11	02:14:17	00:12:06.01
540	151	TIAGO CURTO	F0023	CUR	SUNDAY RUNNERS	02:03:07	02:15:14	00:12:07.01
766	152	JORGE MOREIRA	M5559	CUR	NUCLEO DESPORTIVO AUTOCOOPE	02:11:21	02:23:28	00:12:07.01
879	153	LUIS FRANCO	M4044	CUR	HOUSEMARTINS BELAS	01:59:00	02:11:08	00:12:08.01
749	154	ANTÓNIO TAVARES MARTINS	M5054	CUR	HOUSEMARTINS BELAS	02:00:31	02:12:39	00:12:08.01
302	155	RODRIGO NOGUEIRA	M2439	LON		02:03:32	02:15:42	00:12:10.01
739	156	MÁRIO MOITA	M4549	CUR	PINHAL NOVO A CORRER	01:58:56	02:11:07	00:12:11.01
42	157	JOAO GONÇALVES	M2439	LON		01:52:16	02:04:27	00:12:11.01
824	158	JOSÉ GUERREIRO	M6099	CUR	SERVIÇOS SOCIAIS MONTEPIO	02:11:06	02:23:18	00:12:12.01
676	159	TIAGO ALDRABINHA	M2439	CUR	Arti&Lama	02:09:21	02:21:33	00:12:12.01
5046	160	NUNO CESÁRIO	M4549	LON	MOITA A CORRER	02:09:21	02:21:35	00:12:14.01
5540	161	VITOR CANTO	M4549	CUR	LINDA-A-PASTORA SPORTING CLUBE	02:00:57	02:13:12	00:12:15.01
5516	162	RICARDO LADISLAU	M4044	CUR		02:02:55	02:15:11	00:12:16.01
962	163	MIGUEL SEQUEIRA	M2439	CUR	LINDA-A-PASTORA SPORTING CLUBE	01:59:45	02:12:01	00:12:16.01
744	164	INÊS NUNES	F2439	CUR	Arti&Lama	02:09:22	02:21:39	00:12:17.01
28	165	RUI BALTAZR	M4044	LON	Grupo desportivo e Recreativo ribeirinho	02:13:17	02:25:34	00:12:17.01
5554	166	RUI CARNEIRO	M4549	CUR		02:00:08	02:12:25	00:12:17.01
158	167	JORGE PINTO	M4549	LON	CCD Matriz/ Borba Trail	02:03:34	02:15:52	00:12:18.01

## PALMELA TRAIL

## Classificação Prémio Montanha

5574	168	LUIS MARTINS	M2439	CUR	Lavre running	02:02:43	02:15:03	00:12:20.01
329	169	JOÃO PEDRO DÂMASO	M2439	LON	Grupo Maravilha	02:09:22	02:21:42	00:12:20.01
782	170	MIGUEL OLIVEIRA	M2439	CUR	PALMELENSE F.C.	02:01:41	02:14:01	00:12:20.01
349	171	CARLOS GONÇALVES	M2439	LON	EL CORTE INGLÉS RUNNING TEAM	02:02:00	02:14:20	00:12:20.01
255	172	TIAGO NEVES	M4044	LON		02:13:52	02:26:15	00:12:23.01
361	173	DAVID RICARDO GUERREIRO	M2439	LON	ÉVORA NIGHT RUNNERS	02:11:35	02:23:59	00:12:24.01
634	174	MAIKEL VARELA	M2439	CUR	MBV	02:10:05	02:22:30	00:12:25.01
1176	175	LUIS CASIMIRO	M5054	CUR		02:08:06	02:20:31	00:12:25.01
930	176	TÂNIA VIEIRA	F2439	CUR		02:02:44	02:15:10	00:12:26.01
678	177	HUGO FERNANDES	M2439	CUR	42RUN	02:03:04	02:15:31	00:12:27.01
338	178	PAULO GOULART	M5054	LON	CLUBE ANACOM	02:05:41	02:18:10	00:12:29.01
176	179	MANUEL NEVES	M6099	LON	LAMEGO TRIBO RUNNERS	02:13:38	02:26:07	00:12:29.01
1019	180	DIOGO TOMÁS FERREIRA	M2439	CUR		02:11:33	02:24:03	00:12:30.01
227	181	MARCO SILVA	M4549	LON		02:05:01	02:17:32	00:12:31.01
875	182	LUIS RELVAS	M4044	CUR	Cem Reis	02:10:45	02:23:16	00:12:31.01
547	183	RICARDO LAMELAS DOS SANTOS	M4044	CUR	STJOAOLIVEIRATEAM	02:07:11	02:19:43	00:12:32.01
363	184	RICARDO PEIXE	M2439	LON	FitnessHut	02:05:02	02:17:35	00:12:33.01
591	185	PAULO SOUSA	M2439	CUR	PALMELENSE F.C.	02:03:34	02:16:07	00:12:33.01
1194	186	fernando ribeiro	M5054	CUR		01:59:39	02:12:13	00:12:34.01
281	187	JOAQUIM SANTOS	M4549	LON	C.C.D Matriz Borba Trail	01:53:28	02:06:03	00:12:35.01
37	188	TONY ALMEIDA	M2439	LON		02:07:27	02:20:04	00:12:37.01
815	189	GIZELA MOTA	F4044	CUR	PINHAL NOVO A CORRER	02:07:39	02:20:16	00:12:37.01
771	190	DELFIN PRATAS	M5054	CUR	BRR nightRUNNERS	02:11:02	02:23:39	00:12:37.01
149	191	JUVENAL MOREIRA	M5054	LON	NUCLEO DESPORTIVO AUTOCOOPE	02:07:30	02:20:08	00:12:38.01
705	192	CARLOS HENRIQUE BATISTA DA COSTA	M2439	CUR	NAUS TRAIL TEAM	02:12:39	02:25:17	00:12:38.01
1080	193	MANUEL RITA DUQUE	M4549	CUR	running team el corte inglés	02:02:49	02:15:28	00:12:39.01
951	194	TÂNIA CARVALHO	F2439	CUR	HOUSEMARTINS BELAS	02:00:27	02:13:07	00:12:40.01
786	195	RAQUEL ANDRADE	F2439	CUR	Clube Naval do Funchal - Óptica da Sé	02:03:02	02:15:42	00:12:40.01
914	196	CARLOS MANUEL AUGUSTO DE JESUS	M5559	CUR	FITRUNNERS	02:06:48	02:19:28	00:12:40.01
155	197	ISOLINDO FELIZARDO	M4044	LON	C.C.D. Matriz/Borba Trail	02:05:04	02:17:45	00:12:41.01
1190	198	CATARINA COSTA	F2439	CUR	AI NÓS JAMOR	02:03:40	02:16:22	00:12:42.01
781	199	BRUNO BARROS	M2439	CUR	PapaTrilhos	02:04:47	02:17:30	00:12:43.01
967	200	SEBASTIÃO CARMO	M2439	CUR		02:09:46	02:22:29	00:12:43.01
63	201	PAULO REBELO	M0023	LON	REMO CLUBE LUSITANO	02:16:02	02:28:45	00:12:43.01
581	202	ARMANDO REIS	M2439	CUR	HOUSEMARTINS BELAS	02:00:26	02:13:09	00:12:43.01
955	203	FÁBIO FERRÃO	M2439	CUR		02:09:32	02:22:16	00:12:44.01
764	204	CARLOS FERREIRA	M6099	CUR	NUCLEO DESPORTIVO AUTOCOOPE	02:06:47	02:19:31	00:12:44.01
275	205	LUIS MEALHA	M4549	LON	4FONIX	02:15:39	02:28:25	00:12:46.01
919	206	RUI BAPTISTA	M4549	CUR	Cem Reis	02:10:37	02:23:24	00:12:47.01
5041	207	PAULO COSTA	M4549	LON		02:02:48	02:15:36	00:12:48.01
5550	208	TIAGO SILVA	M2439	CUR	AMIGOS VALE SILÊNCIO	02:04:16	02:17:04	00:12:48.01
851	209	PEDRO RODRIGUES	M0023	CUR		02:07:00	02:19:48	00:12:48.01



## PALMELA TRAIL

## Classificação Prémio Montanha

5577	210	ALEXANDRA SILVA	F4044	CUR	AMINHACORRIDA/MY PROTEIN	02:03:36	02:16:25	00:12:49.01
167	211	LUIS GOMES	M4549	LON		02:13:26	02:26:15	00:12:49.01
390	212	NUNO MOLEIRO	M4044	LON	BRUNOSEMPRE. BABA MAMBO	02:04:36	02:17:26	00:12:50.01
791	213	MARTA POMBO	F2439	CUR	DUBLIN O'SEVEN	02:06:42	02:19:32	00:12:50.01
621	214	HUGO MARTINS	M2439	CUR	NAUS TRAIL TEAM	02:03:49	02:16:40	00:12:51.01
876	215	FÁTIMA CRUZEIRO	F4044	CUR		02:01:40	02:14:31	00:12:51.01
1082	216	ANTONIO VIEGAS	M6099	CUR	INDIVIDUAL	02:03:45	02:16:36	00:12:51.01
602	217	RUI REIS	M5054	CUR	CGI	02:07:17	02:20:08	00:12:51.01
210	218	TITO PEREIRA	M2439	LON	G.D.R. SÃO FRANCISCO DA SERRA	02:11:56	02:24:47	00:12:51.01
34	219	DUARTE BANDEIRAS	M4044	LON	Clube Desportivo Recreativo Ribeirinho	02:10:35	02:23:27	00:12:52.01
81	220	BRUNO BARBOSA	M2439	LON	NAUS TRAIL TEAM	02:15:34	02:28:26	00:12:52.01
508	221	BRUNO MARTINS	M2439	CUR		02:16:03	02:28:55	00:12:52.01
870	222	RUI FILIPE FERREIRA	M4044	CUR	PapaTrilhos	02:02:13	02:15:05	00:12:52.01
935	223	BERNARDO EMIDIO	M2439	CUR		02:14:54	02:27:46	00:12:52.01
861	224	JOÃO PINTO	M0023	CUR		02:04:37	02:17:29	00:12:52.01
1062	225	JOAO SANTOS	M2439	CUR		02:02:14	02:15:07	00:12:53.01
959	226	RUI GOMES	M4044	CUR		02:10:38	02:23:31	00:12:53.01
972	227	CARLOS TRABULO	M6099	CUR	Lisbon	02:06:46	02:19:39	00:12:53.01
748	228	JOÃO MIRANDA	M5054	CUR	HOUSEMARTINS BELAS	02:04:22	02:17:16	00:12:54.01
664	229	FRANCISCO BERNARDINO	M0023	CUR		02:07:16	02:20:10	00:12:54.01
595	230	JULIO RODRIGUES	M2439	CUR		02:00:46	02:13:41	00:12:55.01
1152	231	JOÃO GIL	M4549	CUR	NAUS TRAIL TEAM	02:10:17	02:23:12	00:12:55.01
1069	232	CARLOS PATRICIO	M2439	CUR	SETUBAL	02:08:20	02:21:15	00:12:55.01
5007	233	RUTE MARTINS	F2439	LON	COA / CORVUS TRAIL TEAM	02:09:23	02:22:18	00:12:55.01
1143	234	XAVIER BEYSECKER	M5054	CUR		02:11:52	02:24:48	00:12:56.01
775	235	MANUEL COITO	M2439	CUR	Papa Trilhos	02:03:19	02:16:16	00:12:57.01
240	236	HUGO ALMEIDA	M4044	LON	OCR PORTUGAL	02:20:10	02:33:09	00:12:59.01
1103	237	ANTÓNIO FEIJÓ	M2439	CUR		02:02:46	02:15:48	00:13:02.01
624	238	TELMO FREIRE	M2439	CUR		02:04:08	02:17:10	00:13:02.01
677	239	NUNO BAPTISTA	M4044	CUR	42RUN	02:04:18	02:17:20	00:13:02.01
646	240	CRISTOVÃO BRANDÃO	M2439	CUR	Liga Alcool	02:10:10	02:23:12	00:13:02.01
858	241	NUNO FRANCO	M4549	CUR		02:04:39	02:17:42	00:13:03.01
580	242	PAULO PEREIRA	M4044	CUR	INDIVIDUAL	02:09:39	02:22:42	00:13:03.01
790	243	RUI LUIS	M4044	CUR	DUBLIN O'SEVEN	02:07:01	02:20:05	00:13:04.01
536	244	SANDRA OLIVEIRA	F2439	CUR	CLUBE DE PRAÇAS DA ARMADA	02:12:53	02:25:57	00:13:04.01
886	245	PEDRO RAMOS	M4044	CUR	OPRATICANTE.PT	02:13:01	02:26:06	00:13:05.01
885	246	PEDRO LOURENÇO	M4549	CUR	GD BANCO BPI	02:09:10	02:22:15	00:13:05.01
503	247	FILIPE CAGICA	M2439	CUR		02:02:35	02:15:41	00:13:06.01
5025	248	JOSÉ LOPES	M4549	LON	CCD SIEMENS	01:51:21	02:04:27	00:13:06.01
136	249	ARTUR VASQUES	M2439	LON	GRUPO DESPORTIVO SANTANDER TOTTA	02:09:01	02:22:07	00:13:06.01
507	250	FERNANDO SILVA	M2439	CUR	PINHAL NOVO A CORRER	02:03:20	02:16:26	00:13:06.01
682	251	PEDRO NEVES	M2439	CUR	42RUN	02:03:41	02:16:47	00:13:06.01



## PALMELA TRAIL

## Classificação Prémio Montanha

1175	252	PAULO RAMIRES	M5054	CUR		02:08:06	02:21:12	00:13:06.01
334	253	RUI RAMOS	M2439	LON	CORRER QUELUZ	02:10:08	02:23:15	00:13:07.01
142	254	MANUEL MOURA	M2439	LON	LISBOA	02:11:38	02:24:46	00:13:08.01
617	255	HUGO BERNARDINO	M0023	CUR	LEBRES DE DOMINGO	02:37:03	02:50:11	00:13:08.01
668	256	JOÃO PEDRO	M2439	CUR	CDCR DOS CTT	02:21:14	02:34:23	00:13:09.01
887	257	ANA BAILÃO	F2439	CUR	CDCR DOS CTT	02:21:13	02:34:23	00:13:10.01
910	258	RICARDO DINIS	M4044	CUR		02:06:32	02:19:42	00:13:10.01
5561	259	MIGUEL BRANDÃO	M2439	CUR	RORIZAVENTURA	02:02:29	02:15:39	00:13:10.01
577	260	PEDRO LOPES	M4044	CUR	Samouco	02:09:39	02:22:50	00:13:11.01
1033	261	RUI ANTUNES	M0023	CUR	Barris com Pernas	02:12:58	02:26:10	00:13:12.01
770	262	JORGE PEREIRA	M5054	CUR	BRR nightRUNNERS	02:16:15	02:29:28	00:13:13.01
719	263	RITA PITEIRA	F2439	CUR		02:06:43	02:19:56	00:13:13.01
117	264	DANIEL SILVA	M2439	LON	Arti&Lama	02:08:24	02:21:37	00:13:13.01
234	265	NÉLSON LOPES	M4044	LON		02:13:00	02:26:13	00:13:13.01
341	266	PEDRO NEVES	M4044	LON		01:54:47	02:08:01	00:13:14.01
372	267	ANTÓNIO PADILHA	M2439	LON	GURUS	01:59:52	02:13:06	00:13:14.01
535	268	MÁRCIA CANTANHEDE	F2439	CUR	CLUBE DE PRAÇAS DA ARMADA	02:09:26	02:22:40	00:13:14.01
362	269	JOÃO BRANCO	M4549	LON	OCR PORTUGAL	02:11:37	02:24:51	00:13:14.01
533	270	LUÍS GRENHAS	M4549	CUR	LA FAMÍLIA	02:13:20	02:26:35	00:13:15.01
188	271	PAULO ALEXANDRE NOBRE RIBEIRO	M4044	LON	MSLINES	02:15:04	02:28:19	00:13:15.01
645	272	HUGO ROSA	M2439	CUR	Liga Alcool	02:10:44	02:24:01	00:13:17.01
1025	273	LUIS SILVA	M2439	CUR		02:22:13	02:35:30	00:13:17.01
1014	274	CARLOS NUNES	M4044	CUR	KANGAROO RUNNERS	02:01:07	02:14:24	00:13:17.01
5552	275	LUIS SANTOS	M2439	CUR	JÁ FOSTE	02:21:43	02:35:00	00:13:17.01
354	276	VICTOR VITAL	M2439	LON	Reumáticos da Bila	02:03:29	02:16:47	00:13:18.01
758	277	AUGUSTO FERNANDES	M5559	CUR	HOUSEMARTINS BELAS	02:07:10	02:20:28	00:13:18.01
242	278	MICAEL RECHENA	M2439	LON	Level Stage Accouting Services	02:13:13	02:26:31	00:13:18.01
537	279	POSSIDONIO CONSTANTINO	M6099	CUR	CLUBE DE PRAÇAS DA ARMADA	02:07:04	02:20:24	00:13:20.01
675	280	BRUNO FERREIRA	M2439	CUR	STRONG TEAM	02:11:17	02:24:38	00:13:21.01
409	281	AMELIA COSTA	F5054	LON	OCS-PROAVENTURAS	02:06:54	02:20:16	00:13:22.01
736	282	BRUNO UMBELINO	M0023	CUR	NAUS TRAIL TEAM	02:06:16	02:19:38	00:13:22.01
1169	283	PAULO RODRIGUES	M4549	CUR	MOITA A CORRER	02:10:00	02:23:23	00:13:23.01
1092	284	SÉRGIO MONTEIRO	M2439	CUR	SCA/RUN ALCÁÇOVAS	02:06:52	02:20:16	00:13:24.01
691	285	JOÃO SANTOS	M5054	CUR	INDIVIDUAL	02:10:31	02:23:58	00:13:27.01
741	286	JULIO MOREIRA	M4044	CUR	POLRUNNERS	02:02:37	02:16:05	00:13:28.01
1055	287	JOSÉ PEDROSA	M5559	CUR	Grupo Maravilha	02:11:27	02:24:55	00:13:28.01
36	288	JOÃO PAULINO	M5559	LON		02:16:42	02:30:11	00:13:29.01
50	289	NUNO RAMOS	M2439	LON		02:09:02	02:22:33	00:13:31.01
150	290	CARLOS MAGALHAES	M5054	LON	NUCLEO DESPORTIVO AUTOCOOPE	02:28:55	02:42:26	00:13:31.01
1026	291	FRANCISCO MARTINS	M2439	CUR		02:16:25	02:29:58	00:13:33.01
5526	292	FRANCISCO NOVERSA	M2439	CUR	Afifense	02:05:30	02:19:04	00:13:34.01
5571	293	PAULO GONÇALVES	M5054	CUR	MARVILA JOVEM	02:15:02	02:28:36	00:13:34.01

## PALMELA TRAIL

## Classificação Prémio Montanha

848	294	DANIEL MARTINS	M2439	CUR	Grupo desportivo parreira	02:10:02	02:23:36	00:13:34.01
5017	295	JORGE MIGUEL P F FERREIRA	M4549	LON		02:16:50	02:30:25	00:13:35.01
933	296	PEDRO RIBEIRO	M2439	CUR		02:10:02	02:23:38	00:13:36.01
1059	297	SÓNIA CARVALHO	F4044	CUR	NAUS TRAIL TEAM	02:13:17	02:26:53	00:13:36.01
1052	298	SUSANA CORREIA	F2439	CUR	NAUS TRAIL TEAM	02:15:06	02:28:42	00:13:36.01
5009	299	RUI LUCIANO	M2439	LON		02:16:51	02:30:28	00:13:37.01
5504	300	GONALO CARDOSO	M4044	CUR		02:06:15	02:19:54	00:13:39.01
990	301	ROSA AFONSO	F5054	CUR	CCR ALTO DO MOINHO	02:13:16	02:26:55	00:13:39.01
148	302	RICARDO CAPELO	M2439	LON		02:21:20	02:34:59	00:13:39.01
295	303	RUI GAMA	M4549	LON	WIKABOO	02:34:49	02:48:29	00:13:40.01
279	304	FABRICE POLTEAU	M4549	LON	KALENJI BY DECATHLON	02:10:35	02:24:17	00:13:42.01
5562	305	PATRICIA GERALDES	F4549	CUR		02:07:29	02:21:14	00:13:45.01
982	306	ALVARO SILVA	M0023	CUR	KANGAROO RUNNERS	02:05:10	02:18:56	00:13:46.01
1045	307	PEDRO TAVARES	M2439	CUR	RacingBikes	02:21:14	02:35:01	00:13:47.01
5002	308	PEDRO VICENTE	M4044	LON	PORTUGAL TROTTER	02:04:47	02:18:35	00:13:48.01
262	309	LUIS GAMA	M4549	LON	GDCT UNICRE	02:34:49	02:48:37	00:13:48.01
1047	310	CARMEN SUSANA SANTOS	F4549	CUR	Pao de Arcos	02:07:25	02:21:13	00:13:48.01
1105	311	ANA COELHO	F4044	CUR	Modernas	02:10:50	02:24:38	00:13:48.01
916	312	SÓNIA ALMEIDA	F4044	CUR	Cem Reis	02:12:48	02:26:37	00:13:49.01
5581	313	TÂNIA AZEVEDO	F2439	CUR	GO!RUNNERS / OUTPRO STORE	02:12:48	02:26:37	00:13:49.01
367	314	CARLOS GRADE	M4044	LON	Grupo Desportivo e Recreativo de Manique de Cima	02:14:48	02:28:37	00:13:49.01
321	315	PEDRO SOUSA	M6099	LON	PALMELENSE F.CLUBE	02:04:47	02:18:37	00:13:50.01
1029	316	VASCO BERNARDO	M4044	CUR	NAVIGATOR CLUBE SETUBAL	02:14:40	02:28:31	00:13:51.01
325	317	JOO CARDOSO	M4044	LON	TIBURONS	02:24:13	02:38:04	00:13:51.01
183	318	PEDRO PINHEIRO	M4044	LON	BARBARIS TEAM	02:14:22	02:28:14	00:13:52.01
5535	319	DUARTE RIBEIRO	M2439	CUR	KINGSFAMILY	02:05:02	02:18:54	00:13:52.01
596	320	CARLOS TAVARES	M4044	CUR		02:08:10	02:22:02	00:13:52.01
564	321	SUSANA JEREMIAS	F4549	CUR	FITRUNNERS	02:05:42	02:19:35	00:13:53.01
1157	322	FILIPE MARQUES	M2439	CUR		02:12:16	02:26:09	00:13:53.01
1028	323	HÉLDER BRANDO DA SILVA	M4549	CUR		02:15:45	02:29:38	00:13:53.01
673	324	LUIS COSTA	M4549	CUR	42RUN	02:06:05	02:19:58	00:13:53.01
800	325	ANTÓNIO SANTOS	M4549	CUR	SARAPITOLAS	02:23:47	02:37:40	00:13:53.01
5568	326	ARLETE REGO	F2439	CUR	GO!RUNNERS / OUTPRO STORE	02:05:23	02:19:18	00:13:55.01
684	327	RICARDO SILVA	M2439	CUR		02:10:04	02:24:00	00:13:56.01
1090	328	RUI MANUEL VINHAS DA VINHAS SILVA	M5054	CUR	LISBOA	02:21:01	02:34:57	00:13:56.01
594	329	CARLOS RODRIGUES	M4044	CUR	LOURES	02:28:02	02:42:00	00:13:58.01
5560	330	NUNO MIGUEL CODEO	M4044	CUR	DUBLIN O'SEVEN	02:13:18	02:27:16	00:13:58.01
77	331	LUIS SOUSA	M4044	LON		02:17:46	02:31:44	00:13:58.01
1182	332	LUIS ALVES	M4044	CUR		02:10:20	02:24:19	00:13:59.01
747	333	ANTÓNIO MARTINS	M4549	CUR	HOUSEMARTINS BELAS	02:10:14	02:24:14	00:14:00.01
925	334	SONIA FERNANDES	F4044	CUR		02:26:20	02:40:20	00:14:00.01
401	335	GASPAR COUTINHO	M2439	LON		02:40:33	02:54:33	00:14:00.01

## PALMELA TRAIL

## Classificação Prémio Montanha

369	336	ANTÓNIO LEIRÃO	M2439	LON	RACING BIKES	02:16:43	02:30:44	00:14:01.01
5530	337	CARLOS ALBERTO DOS JESUS	M5054	CUR	INDIVIDUAL	02:13:12	02:27:14	00:14:02.01
70	338	JOSE FIGUEIREDO	M5559	LON	MONSANTO RUNNING TEAM	02:07:59	02:22:01	00:14:02.01
704	339	CARLOS ANJO	M2439	CUR		02:13:46	02:27:48	00:14:02.01
593	340	PEDRO SILVA	M4044	CUR	Non-Strava	02:17:17	02:31:20	00:14:03.01
921	341	CARLOS MATOS	M5559	CUR	CASA DO BENFICA SEIXAL	02:26:20	02:40:23	00:14:03.01
610	342	HELDER NUNES	M2439	CUR	PINHAL NOVO A CORRER	02:05:57	02:20:01	00:14:04.01
609	343	MÁRCIA SANTOS	F2439	CUR	ASSOCIAÇÃO ACADÉMICA PINHALNOVENSE	02:05:58	02:20:02	00:14:04.01
756	344	LUIS PITA	M4549	CUR		02:10:38	02:24:42	00:14:04.01
825	345	TERESA CARDOSO	F2439	CUR	SERVIÇOS SOCIAIS MONTEPIO	02:16:07	02:30:11	00:14:04.01
5558	346	RICARDO PEREIRA	M4044	CUR	DUBLIN O'SEVEN	02:12:58	02:27:03	00:14:05.01
170	347	JOÃO ALVES	M2439	LON	Biodermarunners	02:10:38	02:24:44	00:14:06.01
119	348	RIBAS DIAS	M5054	LON		02:17:37	02:31:43	00:14:06.01
777	349	PEDRO LOPES	M4549	CUR	SERRADO FC ATLETISMO	02:14:16	02:28:22	00:14:06.01
1128	350	BRUNO ANTUNES	M2439	CUR	Gfi Portugal	02:05:19	02:19:26	00:14:07.01
752	351	FERNANDO CARVALHO	M6099	CUR	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	02:07:05	02:21:12	00:14:07.01
1010	352	SANDRO OLIVEIRA	M4044	CUR	SARAPITOLAS	02:16:14	02:30:23	00:14:09.01
969	353	DIONÍSIO MAIA	M2439	CUR		02:22:56	02:37:06	00:14:10.01
199	354	FILIPE PEREIRA	M2439	LON	LEBRES DE DOMINGO	02:19:13	02:33:23	00:14:10.01
716	355	JOAQUIM NASCIMENTO	M4044	CUR		02:14:16	02:28:27	00:14:11.01
315	356	HUGO HILÁRIO	M4044	LON		02:14:29	02:28:40	00:14:11.01
518	357	NUNO LIMA	M2439	CUR	Team Kanji	02:35:59	02:50:11	00:14:12.01
612	358	PAULO VASCONCELOS	M2439	CUR	Os Arruaceiros	02:21:15	02:35:28	00:14:13.01
5563	359	JOAQUIM GUERREIRO	M4549	CUR	LEBRES DO SADO	02:04:41	02:18:55	00:14:14.01
80	360	LUIS CARDOSO	M4549	LON	NAUS TRAIL TEAM	02:23:37	02:37:51	00:14:14.01
1049	361	MIGUEL PACHECO	M0023	CUR	Barris com Pernas	02:27:43	02:41:57	00:14:14.01
765	362	SÉRGIO FERREIRA	M0023	CUR	NUCLEO DESPORTIVO AUTOCOOPE	02:20:38	02:34:53	00:14:15.01
5514	363	ABEL COSTA	M4549	CUR	Gfi Portugal	02:13:39	02:27:55	00:14:16.01
5569	364	PAULA ORDONHO	F2439	CUR	GO!RUNNERS / OUTPRO STORE	02:34:17	02:48:33	00:14:16.01
991	365	PAULO SOARES	M4044	CUR	CCR ALTO DO MOINHO	02:13:29	02:27:45	00:14:16.01
622	366	OLGA PAULINO	F4549	CUR	FITRUNNERS	02:13:35	02:27:52	00:14:17.01
5507	367	HELENA SÉCIO	F5054	CUR	MÃE E FILHA	02:16:59	02:31:16	00:14:17.01
692	368	MIGUEL COSTA	M2439	CUR	Arruaceiros	02:21:08	02:35:25	00:14:17.01
711	369	HUGO GUERREIRO	M2439	CUR	Arruaceiros	02:21:08	02:35:25	00:14:17.01
5541	370	SAMUEL TEIXEIRA	M2439	CUR	Copo 3	02:12:10	02:26:28	00:14:18.01
5547	371	ALBERTO LOPES	M4044	CUR	copo3	02:12:11	02:26:29	00:14:18.01
589	372	FRANCISCO REBELO	M5054	CUR	EDP Runners	02:14:35	02:28:53	00:14:18.01
222	373	CARLA SANTOS	F4044	LON	ZIMBRA FOX RUNNERS	02:20:58	02:35:16	00:14:18.01
909	374	RUI NUNES	M2439	CUR	Cismáticos Running	02:20:58	02:35:16	00:14:18.01
750	375	CARLOS LOUREIRO	M4044	CUR	Arruaceiros	02:21:09	02:35:27	00:14:18.01
506	376	ANA ALMEIDA	F2439	CUR	PINHAL NOVO A CORRER	02:10:40	02:24:58	00:14:18.01
573	377	PAULO ABADIA	M4549	CUR	Team bizarro	02:12:14	02:26:33	00:14:19.01

## PALMELA TRAIL

## Classificação Prémio Montanha

1195	378	HUMBERTO FERREIRA	M4549	CUR	DEIXEM PASSAR OS COXOS	02:20:37	02:34:56	00:14:19.01
874	379	DORA RELVAS	F4044	CUR	Cem Reis	02:11:35	02:25:55	00:14:20.01
922	380	NELSON JOÃO	M2439	CUR	MULTIRUNNERS	02:14:08	02:28:28	00:14:20.01
5537	381	JOÃO REIS	M2439	CUR	KINGSFAMILY	02:10:40	02:25:01	00:14:21.01
828	382	JOSÉ VICENTE	M4044	CUR	GDAZAMBUJA - TRAIL TEAM	02:17:17	02:31:39	00:14:22.01
1091	383	PAULO PRAÇA	M5559	CUR		02:14:46	02:29:08	00:14:22.01
8	384	PEDRO CABRITO	M4549	LON	INDIVIDUAL	02:25:53	02:40:15	00:14:22.01
694	385	BRUNO MIGUEL MARQUES	M2439	CUR	Arruaceiros	02:21:07	02:35:31	00:14:24.01
560	386	BEATRIZ SÉCIO	F0023	CUR	MÃE E FILHA	02:14:09	02:28:34	00:14:25.01
628	387	ELSA RODRIGUES	F2439	CUR	NAUS TRAIL TEAM	02:18:38	02:33:03	00:14:25.01
1102	388	SÓNIA PINTO PANASCO	F4044	CUR	Centro de Marcha e Corrida de Odivelas	02:12:56	02:27:22	00:14:26.01
799	389	DANIEL MARTINS	M2439	CUR	SARAPITOLAS	02:13:04	02:27:30	00:14:26.01
1177	390	ROGÉRIO BECHO	M4044	CUR		02:06:59	02:21:27	00:14:28.01
273	391	JOSÉ NEVES	M2439	LON	Biodermarunners	02:30:03	02:44:31	00:14:28.01
1151	392	TIAGO BRITO	M2439	CUR	NAUS TRAIL TEAM	02:21:19	02:35:48	00:14:29.01
1063	393	BRUNO GUERREIRO	M4044	CUR	NAUS TRAIL TEAM	02:26:02	02:40:31	00:14:29.01
96	394	ANA CAMARINHA	F2439	LON	ARRÁBIDA OBSTACLE RUNNERS	02:30:56	02:45:25	00:14:29.01
801	395	ARMANDO MORAIS	M5559	CUR	SARAPITOLAS	02:13:06	02:27:36	00:14:30.01
932	396	ANA VENCES	F4044	CUR	COININHA RUNNERS	02:19:49	02:34:19	00:14:30.01
685	397	NUNO SILVA	M2439	CUR		02:11:23	02:25:54	00:14:31.01
1104	398	PAULA SIMÕES	F2439	CUR	Grupo Desportivo e Recreativo de Manique de Cima	02:14:44	02:29:16	00:14:32.01
1173	399	EUNICE RAQUEL	F4044	CUR	BRUNOSEMPRE. BABA MAMBO	02:16:13	02:30:45	00:14:32.01
994	400	LUISA PISCO	F5559	CUR	LESMAS ACELERADAS	02:13:59	02:28:32	00:14:33.01
105	401	CARLOS MIGUEL PAIS	M2439	LON	Arti&Lama	02:14:42	02:29:16	00:14:34.01
1027	402	RICARDO SILVA	M2439	CUR		02:18:39	02:33:13	00:14:34.01
818	403	RENATO MAURÍCIO	M4549	CUR	PINHAL NOVO A CORRER	02:06:56	02:21:31	00:14:35.01
961	404	SONIA SEQUEIRA	F4044	CUR	LINDA-A-PASTORA SPORTING CLUBE	02:10:54	02:25:30	00:14:36.01
1057	405	ANA CARDOSO	F2439	CUR		02:19:25	02:34:01	00:14:36.01
5056	406	RICARDO CARVALHO	M4044	LON		02:18:31	02:33:07	00:14:36.01
1093	407	BRUNO FERNANDES	M2439	CUR		02:19:25	02:34:02	00:14:37.01
339	408	NUNO PINTÃO	M4549	LON	LISBOA	02:26:07	02:40:44	00:14:37.01
5524	409	ANTÓNIO CARMO	F5054	CUR	Papa Trilhos do CAAL	02:19:41	02:34:18	00:14:37.01
5528	410	VITOR CADÃO	M5559	CUR	Papa Trilhos do CAAL	02:19:42	02:34:19	00:14:37.01
544	411	IVO CORREIA	M5559	CUR	FITRUNNERS	02:12:32	02:27:11	00:14:39.01
751	412	ANTÓNIO RICARDO SANTOS	M4549	CUR		02:13:26	02:28:05	00:14:39.01
966	413	LUÍSA RALHA	F5559	CUR	RUN 4 FUN	02:12:48	02:27:28	00:14:40.01
899	414	FILIPPE RODRIGUES	M4549	CUR	Cem Reis	02:14:03	02:28:43	00:14:40.01
523	415	PEDRO SILVA	M4044	CUR		02:18:19	02:32:59	00:14:40.01
630	416	NUNO PEDRO VELOSO	M2439	CUR	Arruaceiros	02:21:11	02:35:51	00:14:40.01
220	417	HUGO LAMPREIA	M4044	LON	KÇPHODA WOLVES TRAIL	02:25:41	02:40:21	00:14:40.01
1149	418	MANUEL MALHADO	M2439	CUR		02:29:57	02:44:37	00:14:40.01
6	419	FÁBIO TELES	M2439	LON	TimonRun	02:33:54	02:48:34	00:14:40.01

## PALMELA TRAIL

## Classificação Prémio Montanha

1079	420	LUCIA NOGUEIRA	F5559	CUR	TĂLENTOS TEAM	02:15:17	02:29:58	00:14:41.01
699	421	PEDRO COELHO	M2439	CUR		02:05:07	02:19:48	00:14:41.01
1174	422	INÊS CAMPOS	F2439	CUR	BRUNOSEMPRE. BABA MAMBO	02:15:53	02:30:35	00:14:42.01
1006	423	JORGE EUSEBIO	M4549	CUR		02:08:27	02:23:09	00:14:42.01
604	424	JOAQUIM PEDRO LOURENÇO	M4549	CUR	HOUSEMARTINS BELAS	02:12:39	02:27:22	00:14:43.01
370	425	CARLOS ANDRADE	M2439	LON	Cabaré do Coxos	02:13:39	02:28:22	00:14:43.01
697	426	NUNO BOTELHO	M4044	CUR		02:19:21	02:34:04	00:14:43.01
1041	427	ALEXANDRE PAOMOLE	M0023	CUR	Azeitão	02:04:38	02:19:22	00:14:44.01
1196	428	ABIGAIL PEREIRA	F2439	CUR	ARRÁBIDA OBSTACLE RUNNERS	02:22:59	02:37:43	00:14:44.01
265	429	LUÍS SILVESTRE	M4044	LON	COININHA RUNNERS	02:28:14	02:42:58	00:14:44.01
804	430	JOSÉ MOTA	M4549	CUR	BRRNIGHTRUNNERS	02:13:32	02:28:17	00:14:45.01
941	431	LUIS CORREIA	M4044	CUR	Power Runner	02:12:22	02:27:07	00:14:45.01
1192	432	CARLOS CALIMAN	M5054	CUR		02:21:58	02:36:43	00:14:45.01
1184	433	LEONOR CANDEIAS	F2439	CUR	KÇPHODA WOLVES TRAIL	02:15:23	02:30:09	00:14:46.01
652	434	TIAGO ROSA	M2439	CUR	Os nés	02:12:19	02:27:05	00:14:46.01
906	435	DIANA SANTOS	F2439	CUR	STJOAOLIVEIRATEAM	02:14:32	02:29:18	00:14:46.01
571	436	JOSÉ MELATO	M4044	CUR	OCR PORTUGAL LAB	02:06:24	02:21:10	00:14:46.01
611	437	MÁRIO MIRA	M2439	CUR	Os Arruaceiros	02:21:24	02:36:10	00:14:46.01
905	438	JOAO OLIVEIRA	M4044	CUR	STJOAOLIVEIRATEAM	02:14:31	02:29:18	00:14:47.01
293	439	PAULO FERREIRA	M5054	LON	TĂLENTOS TEAM	02:21:35	02:36:22	00:14:47.01
282	440	NUNO FREITAS	M2439	LON	Grupo Sportivo Adicense	02:11:39	02:26:27	00:14:48.01
715	441	DANIEL FERREIRA	M2439	CUR		02:25:49	02:40:37	00:14:48.01
1178	442	FERNANDO MANUEL CLAUDINO	M6099	CUR	BRUNOSEMPRE. BABA MAMBO	02:16:14	02:31:03	00:14:49.01
1004	443	NUNO MIGUEL COSTA RIBEIRO	M4044	CUR		02:13:19	02:28:09	00:14:50.01
201	444	CARLOS LUDOVINO	M4044	LON	LEBRES DE DOMINGO	02:20:27	02:35:17	00:14:50.01
710	445	PEDRO BATISTA	M2439	CUR	CARACÓIS TURBINADOS	02:11:00	02:25:51	00:14:51.01
856	446	MIGUEL HORTA	M4044	CUR	Trilhos & Bigodes	02:13:07	02:27:58	00:14:51.01
855	447	LUIS PINTO	M2439	CUR	Trilhos & Bigodes	02:13:08	02:27:59	00:14:51.01
670	448	LÚCIA VENTURA	F4044	CUR	GEORUNNERS	02:19:22	02:34:13	00:14:51.01
285	449	CONCEIÇÃO ALVES	F5559	LON	LESMAS ACELERADAS	02:36:19	02:51:10	00:14:51.01
578	450	ALEXANDRE CRUZ	M2439	CUR		02:06:06	02:20:58	00:14:52.01
187	451	RENATO MOREIRAS	M2439	LON	Ms lince	02:19:54	02:34:46	00:14:52.01
5510	452	PATRICIA MONTEIRO	F4044	CUR	AI NÓS JAMOR	02:15:28	02:30:21	00:14:53.01
754	453	EDGAR LUZIA	M2439	CUR	PapaTrilhos	02:09:33	02:24:27	00:14:54.01
5016	454	ISMAEL MAIATO	M4549	LON	SALAMANDRECOS	02:22:54	02:37:48	00:14:54.01
389	455	JOÃO OLIVEIRA	M4044	LON	BRUNOSEMPRE. BABA MAMBO	02:13:19	02:28:13	00:14:54.01
225	456	JORGE FIGUEIREDO	M5054	LON	TIBURONS	02:14:41	02:29:35	00:14:54.01
872	457	ANTONIO CAETANO	M4549	CUR	STJOAOLIVEIRATEAM	02:08:07	02:23:01	00:14:54.01
773	458	ROMÃO MOITA	F5559	CUR	COA Corvus Trail Team	02:12:05	02:26:59	00:14:54.01
224	459	LUIS CARRAQUICO	M2439	LON	LEBRES DE DOMINGO	02:21:58	02:36:52	00:14:54.01
631	460	PAULO PINHEIRO	M2439	CUR		02:10:36	02:25:32	00:14:56.01
5047	461	RICARDO SANTOS	M4044	LON	MOITA A CORRER	02:30:05	02:45:01	00:14:56.01

# PALMELA TRAIL

# Classificação Prémio Montanha

693	462	RUI DIAS	M4044	CUR	PI-LINHA RUNNERS	02:19:19	02:34:16	00:14:57.01
342	463	RUI CORREIA	M2439	LON	GRUPO BARRAQUEIRO	02:35:38	02:50:35	00:14:57.01
1058	464	PEDRO FERREIRA	M2439	CUR		02:17:22	02:32:20	00:14:58.01
1145	465	ETIENNE LEFORT	M5054	CUR		02:24:07	02:39:05	00:14:58.01
873	466	RUI BASTOS	M4549	CUR	STRONG TEAM	02:09:33	02:24:32	00:14:59.01
978	467	CARLA FERNANDES	M4044	CUR	AMINHACORRIDA	02:08:10	02:23:10	00:15:00.01
27	468	JOÃO PALMELA	M2439	LON	Boavista Trail	02:21:35	02:36:36	00:15:01.01
192	469	LUIS VITORINO	M4044	LON	RUN AND SMILE	02:30:14	02:45:16	00:15:02.01
504	470	ANA TEIXEIRA	F4044	CUR	OCR PORTUGAL LAB	02:12:43	02:27:45	00:15:02.01
5051	471	JOSÉ NETO	M2439	LON	LEBRES DO SADO	02:21:51	02:36:53	00:15:02.01
93	472	ADELINA TANGANHO	F4044	LON	everybody	02:23:40	02:38:42	00:15:02.01
326	473	AFONSO RODRIGUES	M4044	LON	GDCF RUNNING TEAM	02:27:59	02:43:01	00:15:02.01
820	474	PEDRO BOTO	M5054	CUR	SERVIÇOS SOCIAIS MONTEPIO	02:23:43	02:38:46	00:15:03.01
958	475	FILIPA TEIXEIRA	F2439	CUR	Sacavenense	02:18:56	02:33:59	00:15:03.01
626	476	LUIS GOMES	M2439	CUR	Arruaceiros	02:21:10	02:36:13	00:15:03.01
957	477	CLAUDIA GONÇALVES	F4044	CUR	Sacavenense	02:18:55	02:33:58	00:15:03.01
204	478	CARMEN HENRIQUES	F4044	LON	RUN AND SMILE	02:30:14	02:45:18	00:15:04.01
110	479	RUBEN GONCALVES	M2439	LON	Arti&Lama	02:23:40	02:38:44	00:15:04.01
392	480	BARBARA SÁ MARQUES	F2439	LON		02:21:12	02:36:17	00:15:05.01
202	481	HUGO ALVES	M4044	LON	TIBURONS	02:21:36	02:36:41	00:15:05.01
1147	482	PEDRO CARDOSO	M4549	CUR	NAUS TRAIL TEAM	02:17:31	02:32:37	00:15:06.01
156	483	FRANCISCO CID	M5054	LON	GEORUNNERS	02:24:03	02:39:09	00:15:06.01
1148	484	ARMINDA CARDOSO	F4044	CUR	NAUS TRAIL TEAM	02:17:30	02:32:36	00:15:06.01
403	485	NUNO MARQUES	M4044	LON	Santana Futebol Clube - Trail Team	02:21:12	02:36:19	00:15:07.01
1075	486	ANDRE DIAS	M2439	CUR	A2el - Publicidade	02:11:53	02:27:00	00:15:07.01
822	487	TIAGO GASPAR	M2439	CUR	SERVIÇOS SOCIAIS MONTEPIO	02:23:40	02:38:48	00:15:08.01
821	488	NUNO SANTOS	M4044	CUR	SERVIÇOS SOCIAIS MONTEPIO	02:23:42	02:38:50	00:15:08.01
840	489	PAULO FIGUEIREDO	M4044	CUR	GANG DOS PAIS	02:22:26	02:37:34	00:15:08.01
796	490	SANDRA SILVA	F4044	CUR		02:21:22	02:36:31	00:15:09.01
843	491	TITO FERNANDES	M4044	CUR	GANG DOS PAIS	02:22:26	02:37:36	00:15:10.01
323	492	BRUNO ESPADEIRO	M4044	LON	BE ENERGY	02:22:07	02:37:18	00:15:11.01
5005	493	LUIS FERREIRA	M5054	LON	STJOAOLIVEIRATEAM	02:23:50	02:39:01	00:15:11.01
247	494	RICARDO LOBO	M4549	LON	A NATUREZA ENSINA	02:11:39	02:26:51	00:15:12.01
5030	495	BERNARDO DIAS	M2439	LON	AD IALBAX	02:17:06	02:32:18	00:15:12.01
1126	496	JOÃO VIROTE	M2439	CUR	Gfi Portugal	02:24:56	02:40:09	00:15:13.01
5033	497	EDUARDO LUÍS	M4044	LON	ATÓMICOS	02:21:15	02:36:28	00:15:13.01
31	498	DIOGO CONDE	M2439	LON	OS COMPADRES	02:18:20	02:33:34	00:15:14.01
1099	499	VITOR CUNHA	M2439	CUR		02:29:58	02:45:12	00:15:14.01
882	500	JOÃO PACHECO	M5559	CUR		02:22:09	02:37:24	00:15:15.01
900	501	SANDRA RODRIGUES	F4549	CUR	Cem Reis	02:21:24	02:36:39	00:15:15.01
789	502	RUTE M.MARTINS	F4044	CUR	DUBLIN O' SEVEN	02:16:53	02:32:10	00:15:17.01
838	503	VALTER NUNES	M4044	CUR	GANG DOS PAIS	02:22:27	02:37:45	00:15:18.01



## PALMELA TRAIL

## Classificação Prémio Montanha

696	504	PEDRO SEQUEIRA	M2439	CUR	EVELX - ASSOCIAÇÃO DE ESTILOS DE VIDA SAUDÁVEL	02:30:18	02:45:36	00:15:18.01
327	505	PAULO COSTA	M2439	LON	GDCF RUNNING TEAM	02:25:19	02:40:38	00:15:19.01
1123	506	CARLOS EDUARDO SERPA DE SOUSA	M2439	CUR		02:21:10	02:36:30	00:15:20.01
82	507	HUMBERTO BORGES	M5054	LON		02:21:13	02:36:34	00:15:21.01
672	508	PEDRO CARETAS	M2439	CUR	42 RUN	02:14:45	02:30:06	00:15:21.01
723	509	ISABEL BUÉ	F2439	CUR	Bué da Serra	02:20:52	02:36:15	00:15:23.01
1161	510	CARLOS VALÉRIO	M5054	CUR		02:23:43	02:39:07	00:15:24.01
280	511	VÉRA REIS	F4044	LON	CLUBE DE PRAÇAS DA ARMADA	02:23:54	02:39:18	00:15:24.01
382	512	PEDRO CAIO	M4549	LON	Fulminante	02:37:41	02:53:06	00:15:25.01
1134	513	ANA PASCOAL	F2439	CUR	TEAM URBAN OBSTACLES	02:07:04	02:22:29	00:15:25.01
286	514	PEDRO FIGUEIRA	M2439	LON		02:17:04	02:32:29	00:15:25.01
502	515	PAULO LAPAO	M5054	CUR		02:24:54	02:40:19	00:15:25.01
971	516	FERNANDO PEREIRA	M5054	CUR	CLUBE VODAFONE	02:06:33	02:21:59	00:15:26.01
40	517	NUNO CARVALHO	M4044	LON	GDCTIN CASA DA MOEDA	02:31:16	02:46:42	00:15:26.01
213	518	JOÃO ARAUJO	M4549	LON	GD BANCO BPI	03:12:42	03:28:08	00:15:26.01
683	519	ADÉLIA CABRAL	F2439	CUR	SSCGD	02:18:29	02:33:57	00:15:28.01
1107	520	CAROLINA ALVES	F2439	CUR		02:17:05	02:32:33	00:15:28.01
643	521	VITOR LEMOS	M2439	CUR	My Team	02:19:01	02:34:29	00:15:28.01
69	522	HELDER RIBEIRO	M4044	LON	Oeiras Sport Clube	02:19:23	02:34:51	00:15:28.01
5553	523	MARIA ALMEIDA	F2439	CUR	JÁ FOSTE	02:21:38	02:37:06	00:15:28.01
212	524	MARIA JOÃO ARAUJO	F4549	LON	GD BANCO BPI	03:12:42	03:28:10	00:15:28.01
197	525	FILIPPE PIMENTA	M2439	LON	INDIVIDUAL	02:13:57	02:29:28	00:15:31.01
381	526	KAI PERINI	M4044	LON	Fulminante	02:25:42	02:41:13	00:15:31.01
588	527	HÉLIO AUGUSTO	M4044	CUR	AZEITÃO RUNNING	02:19:10	02:34:43	00:15:33.01
845	528	CARLOS MARTINS	M5559	CUR	LISBOA	02:15:08	02:30:42	00:15:34.01
924	529	ANDREIA CASTANHEIRA	F2439	CUR		02:17:08	02:32:43	00:15:35.01
400	530	LUIZA ESPIRITO SANTO	F5054	LON	CPA TRAIL Team/ Clube de praças da Armada	02:23:42	02:39:18	00:15:36.01
132	531	MIGUEL LOPES	M2439	LON		02:19:44	02:35:20	00:15:36.01
5506	532	FERNANDO PEREIRA	M4549	CUR	AZEITÃO RUNNING	02:21:57	02:37:33	00:15:36.01
5502	533	AURÉLIO GOMES	M5559	CUR	GRUPETA RUNNING TEAM	02:13:47	02:29:24	00:15:37.01
340	534	CARLOS VENÂNCIO	F4044	LON		03:00:59	03:16:37	00:15:38.01
567	535	LUIS COSTA	M2439	CUR	Almoçagemers	02:18:48	02:34:27	00:15:39.01
1108	536	ELODIE MAZEAU	F2439	CUR		02:25:53	02:41:32	00:15:39.01
937	537	SANDRA ATALHO	F4549	CUR	Papos secos	02:32:46	02:48:25	00:15:39.01
304	538	IVO ABRANTES	M4549	LON		02:22:54	02:38:34	00:15:40.01
1067	539	FRANCISCO GUEDES	M4549	CUR	FGuedesTecnica	02:10:19	02:26:01	00:15:42.01
998	540	DIOGO SILVA	M2439	CUR	TOA -	02:25:38	02:41:20	00:15:42.01
353	541	SÉRGIO GONÇALVES	M2439	LON	OS ZATOPEQUES	03:16:18	03:32:00	00:15:42.01
901	542	VERÓNICA CATARRO	F4044	CUR	Cem Reis	02:21:23	02:37:06	00:15:43.01
1113	543	PEDRO DURO	M0023	CUR		02:35:17	02:51:01	00:15:44.01
1087	544	CAILA PINTO	F5054	CUR	OS PAPOS SECOS	02:32:45	02:48:29	00:15:44.01
539	545	MICAELA SANTOS	F2439	CUR	SUNDAY RUNNERS	02:10:19	02:26:04	00:15:45.01

## PALMELA TRAIL

## Classificação Prémio Montanha

5580	546	DIOGO SOARES	M2439	CUR		02:10:19	02:26:04	00:15:45.01
330	547	LUCIANO LOPES	M4044	LON	Cdcr CTT Almada	02:25:38	02:41:24	00:15:46.01
238	548	MIGUEL RIBEIRO	M4549	LON	HAPPY RUNNERS	03:01:26	03:17:12	00:15:46.01
755	549	RITA AZEVEDO	F4044	CUR		02:15:17	02:31:04	00:15:47.01
772	550	SERGIO LOPES	M2439	CUR	GALHARDOS RUNNERS	02:17:09	02:32:56	00:15:47.01
251	551	NUNO MIGUEL LUCAS	M4549	LON		02:23:11	02:39:00	00:15:49.01
1070	552	ANDREIA BANHA	F2439	CUR	Moita	02:29:36	02:45:25	00:15:49.01
769	553	PAULO CRUZ	M4549	CUR	BRRNIGHTRUNNERS	02:19:51	02:35:41	00:15:50.01
5532	554	MIGUEL MENDES	M2439	CUR		02:22:50	02:38:40	00:15:50.01
411	555	SARA VELHO	F4044	LON	OCS-PROAVENTURAS	02:25:23	02:41:15	00:15:52.01
763	556	MIGUEL CRUZ	M4044	CUR	BARREIRO	02:19:51	02:35:47	00:15:56.01
655	557	SAMUEL SILVA	M4044	CUR		02:19:54	02:35:50	00:15:56.01
584	558	JOSÉ ESTEVES	M2439	CUR		02:34:39	02:50:36	00:15:57.01
165	559	SAMUEL MARQUES	M2439	LON		02:23:12	02:39:09	00:15:57.01
299	560	MAFALDA SOFIA NUNES	F5054	LON	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	02:49:57	03:05:54	00:15:57.01
1112	561	JORGE SALES	M2439	CUR	Barrancos FC - Biogado	02:24:21	02:40:18	00:15:57.01
253	562	JOSÉ AVEIRO	M2439	LON	LOURES	02:35:02	02:50:59	00:15:57.01
217	563	RICARDO GRAVITO	M4044	LON	VOLKSWAGEN AUTOEUROPA	02:24:03	02:40:01	00:15:58.01
271	564	JORGE RODRIGUES	M2439	LON	Alandroal United Runners	02:22:24	02:38:22	00:15:58.01
39	565	NUNO GONÇALVES	M4044	LON	GDCTIN CASA DA MOEDA	02:25:20	02:41:18	00:15:58.01
585	566	JOEL SOUSA	M2439	CUR		02:34:40	02:50:39	00:15:59.01
583	567	PAULO MISSAS	M2439	CUR		02:34:41	02:50:40	00:15:59.01
203	568	MIGUEL AZEVEDO	M4549	LON	TIBURONS	02:24:00	02:39:59	00:15:59.01
792	569	ANA CARTAXO	F6099	CUR	PINHAL NOVO A CORRER	02:23:43	02:39:43	00:16:00.01
527	570	NUNO FERNANDES	M4549	CUR		02:24:00	02:40:00	00:16:00.01
359	571	JOÃO VENTURA	M4044	LON	PALMELA TEAM	02:25:56	02:41:56	00:16:00.01
618	572	ANA HENRIQUE	F4549	CUR	BRRNIGHTRUNNERS	02:24:07	02:40:07	00:16:00.01
226	573	MONICA PEREIRA	F4044	LON	A MINHA CORRIDA	02:58:36	03:14:37	00:16:01.01
384	574	GONÇALO PATACO	M2439	LON	Trail do Texugo - Redondo	02:30:39	02:46:40	00:16:01.01
651	575	PATRICIA PINTO	F4044	CUR	Os nés	02:22:38	02:38:40	00:16:02.01
650	576	INÊS GILBERT	F2439	CUR		02:25:47	02:41:50	00:16:03.01
1162	577	FRANCISCO LINHOL	M6099	CUR	4FONIX	02:29:55	02:45:58	00:16:03.01
649	578	LUIS AFONSO	M4549	CUR		02:25:48	02:41:52	00:16:04.01
200	579	FERNANDO SILVA	M4044	LON	Fernando Silva	02:24:41	02:40:48	00:16:07.01
908	580	RICARDO FELIZARDO	M2439	CUR	Cismáticos Running	02:26:41	02:42:49	00:16:08.01
393	581	JOÃO CORTESÃO	M2439	LON		02:18:33	02:34:41	00:16:08.01
981	582	JOÃO RODRIGUES SILVA	M5559	CUR		02:22:52	02:39:01	00:16:09.01
1000	583	MARCOS BAIÃO	M2439	CUR	VAZ BAIÃO	02:30:40	02:46:50	00:16:10.01
398	584	ELSA RANCHET	F2439	LON	BOBITEAM	03:28:04	03:44:14	00:16:10.01
1095	585	CLÁUDIA OLIVEIRA	F2439	CUR		02:24:01	02:40:12	00:16:11.01
1094	586	JOÃO NUNES	M2439	CUR		02:24:03	02:40:14	00:16:11.01
5052	587	EZEQUIEL OLIVEIRA	M4044	LON	LEBRES DO SADO	02:25:22	02:41:33	00:16:11.01



## PALMELA TRAIL

## Classificação Prémio Montanha

252	588	SÉRGIO SIMÕES	M2439	LON		02:32:05	02:48:16	00:16:11.01
863	589	JOANA MENDES	F2439	CUR	Sardinhas	02:31:11	02:47:23	00:16:12.01
566	590	ANA SILVA	F2439	CUR	ARRABIDA OBSTACLE RUNNERS	02:18:35	02:34:47	00:16:12.01
231	591	PEDRO NUNES	M4044	LON	Ambos os 2	02:22:25	02:38:37	00:16:12.01
5029	592	NUNO CORREIA	M2439	LON		02:31:11	02:47:25	00:16:14.01
1132	593	EDUARDO SALVADOR	M2439	CUR	Quinta do Conde	02:18:35	02:34:49	00:16:14.01
890	594	INÊS INÁCIO	F2439	CUR	FITRUNNERS	02:19:32	02:35:47	00:16:15.01
662	595	CÁTIA FERNANDES CÂMARA	F2439	CUR		02:20:08	02:36:24	00:16:16.01
301	596	JOÃO P SILVA	M5054	LON		02:30:41	02:46:57	00:16:16.01
60	597	GISELA PINHAL	F2439	LON	OCR PORTUGAL LAB	02:40:08	02:56:24	00:16:16.01
713	598	HELDER FELIX	M4044	CUR	Moita	02:19:27	02:35:44	00:16:17.01
1141	599	VITOR MARINHO	M4044	CUR	Cem Reis	02:23:36	02:39:53	00:16:17.01
867	600	JOANA BARBOSA	F2439	CUR	Sardinhas	02:31:12	02:47:30	00:16:18.01
5546	601	LUIS RODRIGUES	M2439	CUR		02:24:06	02:40:25	00:16:19.01
869	602	CATARINA DIAS	F2439	CUR	Sardinhas	02:31:12	02:47:32	00:16:20.01
152	603	MICHAEL BORSODORF	M5054	LON	Parede	02:58:34	03:14:55	00:16:21.01
997	604	CARLA MORGADO	F4549	CUR	4FONIX	02:29:54	02:46:16	00:16:22.01
1089	605	PEDRO BORREGANA	M4044	CUR	SETÚBAL	02:33:39	02:50:01	00:16:22.01
556	606	RUI MELO	M4549	CUR	CCDCAM	02:07:34	02:23:57	00:16:23.01
55	607	OLGA CAIADO	F4549	LON	ARTE DOS TRILHOS	02:36:40	02:53:03	00:16:23.01
898	608	LUIS ABREU	M4044	CUR	LEBRES DE DOMINGO	02:30:06	02:46:30	00:16:24.01
738	609	JOSÉ MAIA	M4549	CUR	Lá família	02:30:47	02:47:12	00:16:25.01
1130	610	MÁRIO ESTEVES	M4044	CUR	JP	02:22:59	02:39:24	00:16:25.01
558	611	ELISABETE AZOUGADO	F4044	CUR	TÁLENTOS TEAM	02:30:49	02:47:14	00:16:25.01
880	612	RITA FRANCO	F0023	CUR	HOUSEMARTINS BELAS	02:31:59	02:48:24	00:16:25.01
892	613	MAFALDA RODRIGUES	F4549	CUR	Brejos de azeitão	02:23:16	02:39:42	00:16:26.01
5013	614	MARCO MALTEZ	M2439	LON		02:31:48	02:48:14	00:16:26.01
1186	615	PAULO JORGE VIEIRA	M2439	CUR		02:29:08	02:45:34	00:16:26.01
346	616	MIGUEL AZEVEDO	M2439	LON	Kalenji Team	02:23:20	02:39:48	00:16:28.01
917	617	VASCO ALMEIDA	M4044	CUR	Cem Reis	02:14:05	02:30:33	00:16:28.01
644	618	JOÃO LOUZEIRO	M2439	CUR		02:29:47	02:46:15	00:16:28.01
1110	619	MIGUEL OLIVEIRA	M4549	CUR	Quinta do Conde	02:30:51	02:47:20	00:16:29.01
983	620	MARISA VILELA	F2439	CUR		02:24:30	02:40:59	00:16:29.01
1159	621	MAGDA COLA	F4044	CUR		02:24:01	02:40:31	00:16:30.01
1088	622	KATHERINE GODINHO	F4044	CUR	SETÚBAL	02:33:37	02:50:07	00:16:30.01
616	623	CLÁUDIA RAMOS	M4549	CUR		02:23:15	02:39:46	00:16:31.01
116	624	CARLOS NOGUEIRA	M4549	LON	CABARÉ DOS COXOS	02:26:24	02:42:56	00:16:32.01
5521	625	RUI FLORES	M4044	CUR		02:24:09	02:40:42	00:16:33.01
395	626	ANTOINE LESECQ	M2439	LON	BOBITEAM	02:37:10	02:53:43	00:16:33.01
776	627	CARMEN CUNA	F4044	CUR	BARREIRO	02:25:27	02:42:01	00:16:34.01
269	628	DANIEL SAMPAIO	M4044	LON	AMINHACORRIDA	02:37:30	02:54:04	00:16:34.01
193	629	LURDES OLAS	F4549	LON		03:24:36	03:41:11	00:16:35.01

## PALMELA TRAIL

## Classificação Prémio Montanha

949	630	DIANA FALACHO	F2439	CUR	COININHA RUNNERS	02:25:04	02:41:41	00:16:37.01
223	631	VITOR MARTINS	M5559	LON	Moita Running	02:30:11	02:46:48	00:16:37.01
237	632	CARLA RIBEIRO	F4549	LON	HAPPY RUNNERS	03:01:27	03:18:04	00:16:37.01
103	633	CARLOS ROSA	M2439	LON	ZIMBRA FOX RUNNERS	02:18:37	02:35:15	00:16:38.01
1114	634	CLAUDIA MIRA DUARTE	F2439	CUR	LIMITED EDITION	02:19:34	02:36:13	00:16:39.01
1129	635	CARLOS TEIXEIRA GONCALVES	M6099	CUR		02:23:55	02:40:34	00:16:39.01
311	636	SÉRGIO BARBOSA	M2439	LON	CLUBE EDP LISBOA	02:31:38	02:48:17	00:16:39.01
1115	637	CESAR DUARTE	M4044	CUR	LIMITED EDITION	02:19:26	02:36:06	00:16:40.01
706	638	JOAO AFONSO	M4044	CUR	FALCÕES SELVAGENS	02:20:50	02:37:30	00:16:40.01
793	639	GONÇALO SILVA	M4044	CUR		02:16:48	02:33:29	00:16:41.01
1153	640	JOÃO LOUREIRO	M4549	CUR	NAUS TRAIL TEAM	02:21:19	02:38:00	00:16:41.01
76	641	ALVARO RODRIGUES	M2439	LON	Montijo	02:28:25	02:45:06	00:16:41.01
538	642	JOÃO MANUEL VIEIRA	M5559	CUR	Alenquer	02:22:59	02:39:41	00:16:42.01
760	643	AMÉLIA FERNANDES	F5054	CUR	HOUSEMARTINS BELAS	02:28:49	02:45:32	00:16:43.01
1117	644	IVO PEREIRA	M4044	CUR	FITRUNNERS	02:28:02	02:44:47	00:16:45.01
657	645	JÚLIA ARSÉNIO	F4044	CUR	FITRUNNERS	02:28:04	02:44:49	00:16:45.01
653	646	ANABELA VIVAS	F5559	CUR		02:33:41	02:50:26	00:16:45.01
5040	647	JOAO FERNANDES	M2439	LON		02:37:23	02:54:10	00:16:47.01
5533	648	ANA CANAVEIRA	F5054	CUR	CCD TRANQUILIDADE	02:28:23	02:45:10	00:16:47.01
1165	649	JORGE FERNANDES	M2439	CUR		02:28:35	02:45:22	00:16:47.01
1166	650	JOÃO PEREIRA	M4044	CUR		02:28:34	02:45:21	00:16:47.01
407	651	ALEXANDRE LEIRIA	M4549	LON	FITRUNNERS	02:37:37	02:54:24	00:16:47.01
1048	652	ISMAR FERREIRA	M5559	CUR		02:29:10	02:45:58	00:16:48.01
1	653	PAULO DOMINGUES	M4549	LON	INDIVIDUAL	02:39:22	02:56:10	00:16:48.01
5039	654	RICARDO RODRIGUES	M4044	LON	ZOA	02:37:24	02:54:12	00:16:48.01
5555	655	JOSE AMARAL	M5054	CUR	AMARAL	02:14:54	02:31:43	00:16:49.01
572	656	SOFIA JESUS	F4044	CUR		02:30:10	02:46:59	00:16:49.01
56	657	ANA CAMELO	F0023	LON		02:26:26	02:43:16	00:16:50.01
1005	658	TÂNIA FERREIRA	F4044	CUR		02:31:15	02:48:05	00:16:50.01
1035	659	HUGO CRUZ	M0023	CUR	Barris com Pernas	02:27:42	02:44:33	00:16:51.01
915	660	HENRIQUE MARTINS	M5559	CUR		02:15:33	02:32:24	00:16:51.01
642	661	JORGE LEMOS	M4549	CUR	My Team	02:15:49	02:32:40	00:16:51.01
615	662	MÁRCIO PEREIRA	M2439	CUR		02:21:42	02:38:33	00:16:51.01
939	663	SARA MARTINS	F2439	CUR		02:24:44	02:41:35	00:16:51.01
184	664	MARIA TATIANA ANTUNES	F2439	LON		02:55:09	03:12:00	00:16:51.01
126	665	LISETTE MOUSINHO	F4044	LON	FITRUNNERS	02:37:36	02:54:28	00:16:52.01
1036	666	GONÇALO LOURENÇO	M0023	CUR	Barris com Pernas	02:27:44	02:44:36	00:16:52.01
185	667	INES MATOS	F2439	LON		02:55:11	03:12:04	00:16:53.01
1083	668	BRUNO ABRANTES	M4044	CUR	FALCÕES SELVAGENS	02:31:02	02:47:57	00:16:55.01
1078	669	HUGO ALEXANDRE	M2439	CUR	Vialonga	02:49:16	03:06:11	00:16:55.01
194	670	ISABEL COSTA	F4549	LON	ODIVELAS	03:24:35	03:41:31	00:16:56.01
1024	671	LÍGIA ANTUNES	F2439	CUR		02:36:03	02:52:59	00:16:56.01

## PALMELA TRAIL

## Classificação Prémio Montanha

1164	672	ANA SEMEDO	F2439	CUR	OCR PORTUGAL	02:23:55	02:40:52	00:16:57.01
355	673	JOY LANG	F4549	LON		02:49:09	03:06:06	00:16:57.01
263	674	MIGUEL NUNES	M4549	LON	GDCT UNICRE	02:28:17	02:45:14	00:16:57.01
603	675	GERTRUDES CRISTINA PEREIRA	F4549	CUR	HOUSEMARTINS BELAS	02:16:43	02:33:41	00:16:58.01
665	676	JOSE CORREIA	M5559	CUR		02:20:03	02:37:01	00:16:58.01
501	677	TÂNIA CRISTINA CARVALHO DE AZEVEDO	F4044	CUR	HOUSEMARTINS	02:16:44	02:33:43	00:16:59.01
307	678	ANDREIA CRISTINA VILARINHO FLÓRIDO	F4044	LON	Monstanto Running Team	02:39:22	02:56:21	00:16:59.01
5557	679	TOMÁS NAZÁRIO	M0023	CUR	CBE	02:31:28	02:48:27	00:16:59.01
358	680	JORGE SOUSA	M5559	LON	CORRER LISBOA	02:49:10	03:06:10	00:17:00.01
49	681	HUGO SANTOS	M4044	LON	FALCÕES SELVAGENS	02:39:22	02:56:22	00:17:00.01
123	682	VITOR SANTOS	M4549	LON	CARAPPAUS DE CORRIDA	02:55:21	03:12:21	00:17:00.01
695	683	MARIANA PEREIRA	F6099	CUR	EVELX - ASSOCIAÇÃO DE ESTILOS DE VIDA SAUDÁVEL	02:33:03	02:50:05	00:17:02.01
708	684	SARA MAGALHÃES	F4044	CUR	NAUS TRAIL TEAM	02:30:01	02:47:04	00:17:03.01
709	685	JOÃO JORGE	M2439	CUR		02:30:02	02:47:05	00:17:03.01
5035	686	SERGIO NUNES	M4044	LON	MARVILA JOVEM	02:31:21	02:48:24	00:17:03.01
294	687	MANUEL ALVES	M5054	LON	CORRER LISBOA	02:36:32	02:53:35	00:17:03.01
5044	688	ANTÓNIO PEREIRA	M4044	LON	MOITA A CORRER	02:38:36	02:55:41	00:17:05.01
5551	689	TIAGO SANTOS	M2439	CUR	AMIGOS VALE SILÊNCIO	02:17:19	02:34:25	00:17:06.01
812	690	PAULO ESTRELA	M2439	CUR	GD BANCO BPI	02:20:48	02:37:55	00:17:07.01
836	691	NUNO FERNANDES	M4549	CUR	Lourinhã	02:26:15	02:43:22	00:17:07.01
813	692	ANA NUNES	F2439	CUR	GD BANCO BPI	02:20:49	02:37:57	00:17:08.01
1023	693	BEATRIZ SILVA	F6099	CUR	TÁLENTOS TEAM	02:28:46	02:45:55	00:17:09.01
5511	694	ANTÓNIO DUARTE	M6099	CUR		02:36:58	02:54:07	00:17:09.01
145	695	JOSÉ LUIS SILVA	M4549	LON		03:10:48	03:27:57	00:17:09.01
26	696	CATARINA VIEIRA	F2439	LON		02:37:26	02:54:35	00:17:09.01
109	697	PEDRO RIBEIRO	M2439	LON		02:36:58	02:54:08	00:17:10.01
654	698	MARTA LOPES	F4044	CUR	ARRÁBIDA OBSTACLE RUNNERS	02:24:08	02:41:18	00:17:10.01
570	699	SÓNIA SILVA	F2439	CUR	AI NÓS JAMOR	02:24:27	02:41:38	00:17:11.01
66	700	CLAUDIA MACARA	F4549	LON	CABARÉ DOS COXOS	03:12:46	03:29:57	00:17:11.01
404	701	EDITE SÁ	F5054	LON	Santana Futebol Clube-Trail Team	03:10:53	03:28:05	00:17:12.01
267	702	RUI PEREIRA	M2439	LON		02:30:46	02:47:59	00:17:13.01
666	703	JULIA ANDRADE	F2439	CUR		02:28:39	02:45:52	00:17:13.01
940	704	RICARDO CARVALHO	M2439	CUR		02:28:57	02:46:10	00:17:13.01
189	705	JOSÉ BORDALO	M6099	LON	O MUNDO DA CORRIDA	02:39:27	02:56:40	00:17:13.01
130	706	CARLOS CARDOSO	M4044	LON		03:27:23	03:44:36	00:17:13.01
934	707	CÁTIA SIMÕES	M2439	CUR		02:33:21	02:50:34	00:17:13.01
146	708	NUNO FREIRE	M2439	LON		02:36:24	02:53:37	00:17:13.01
65	709	MÁRCIO ROSA	M2439	LON	CORTT - CORK TRAIL TEAM	02:37:14	02:54:29	00:17:15.01
787	710	VANDA RIBEIRO	F4044	CUR		02:30:57	02:48:12	00:17:15.01
218	711	JOSÉ CAROLA	M5559	LON	C.C.D. Matriz/Borba Trail	02:29:28	02:46:44	00:17:16.01
144	712	MARCIA VILARINHO	F4549	LON		03:10:47	03:28:03	00:17:16.01
78	713	SILVIA FERREIRA	F4044	LON	NAUS TRAIL TEAM	03:24:51	03:42:09	00:17:18.01

## PALMELA TRAIL

## Classificação Prémio Montanha

522	714	PEDRO MARTINS	M2439	CUR		02:30:43	02:48:02	00:17:19.01
306	715	RICHARD WARRELL	M4044	LON		02:35:52	02:53:12	00:17:20.01
1003	716	ANA CARVALHO	F2439	CUR	NAUS TRAIL TEAM	02:35:10	02:52:30	00:17:20.01
233	717	NUNO LOPES	M2439	LON		02:36:44	02:54:04	00:17:20.01
903	718	ROSA ALMEIDA	F4044	CUR	Cem Reis	02:24:24	02:41:45	00:17:21.01
902	719	CARLO ALMEIDA	M4044	CUR	Cem Reis	02:24:26	02:41:47	00:17:21.01
1096	720	FRANCOIS BRUDER	M5054	CUR		02:27:05	02:44:26	00:17:21.01
778	721	MARISA DUARTE	F4549	CUR	NAUS TRAIL TEAM	02:35:09	02:52:30	00:17:21.01
1037	722	LUIS GOMES	M4549	CUR	GRUPO DESPORTIVO SANTANDERTOTTA	02:39:11	02:56:33	00:17:22.01
245	723	HUGO PEREIRA	M4044	LON	CASA BENFICA SEIXAL	02:36:03	02:53:26	00:17:23.01
911	724	MARIO RUI COSTA	M4044	CUR		02:39:12	02:56:35	00:17:23.01
1167	725	PAULO TELES	M2439	CUR		02:28:50	02:46:13	00:17:23.01
79	726	IVO FERREIRA	M4044	LON	NAUS TRAIL TEAM	03:24:42	03:42:05	00:17:23.01
599	727	SONIA PINTO	F5054	CUR		02:32:27	02:49:53	00:17:26.01
674	728	PEDRO DUARTE	M4044	CUR	Centro de Marcha e Corrida de Odivelas	02:20:51	02:38:18	00:17:27.01
161	729	PAULA VENTURA	F4549	LON	ASSOCIAÇÃO VALE GRANDE	02:56:42	03:14:09	00:17:27.01
124	730	PAULA SANTOS	F4549	LON	OS TUGAS	02:56:42	03:14:09	00:17:27.01
960	731	VANDA CORREIA	F4044	CUR		02:16:22	02:33:49	00:17:27.01
1155	732	DAVID MIKLASZEWSKI	M2439	CUR	DADAPOKA	02:26:22	02:43:49	00:17:27.01
1170	733	RIVANE FERREIRA	F4044	CUR	MOITA A CORRER	02:24:02	02:41:30	00:17:28.01
973	734	NUNO AZEVEDO	M4044	CUR	GDCT UNICRE	02:23:55	02:41:23	00:17:28.01
975	735	MÁRIO CORREIA	M4044	CUR		02:16:22	02:33:51	00:17:29.01
1097	736	FERNANDA FERNANDES	F5559	CUR	HOUSEMARTINS BELAS	02:29:08	02:46:38	00:17:30.01
625	737	CARLOS MARTINS	M4549	CUR	Arruaceiros	02:21:26	02:38:56	00:17:30.01
59	738	FRANCISCO MORAIS	M5559	LON	Confraria 10H11	02:36:09	02:53:40	00:17:31.01
391	739	MARTA SÁ	F2439	LON		03:10:51	03:28:23	00:17:32.01
108	740	DAVID JARDIM	M2439	LON	Arti&Lama	03:29:15	03:46:47	00:17:32.01
88	741	CARLOS VIEIRA	M2439	LON		02:17:49	02:35:22	00:17:33.01
97	742	RICARDO RAMOS	M2439	LON		02:17:46	02:35:19	00:17:33.01
296	743	JOÃO ROGÉRIO CALDAS PINTO	M6099	LON	NOVOS TRILHOS	03:15:00	03:32:33	00:17:33.01
309	744	ZITO SILVA	M4549	LON	HUT RUNNERS	03:01:18	03:18:52	00:17:34.01
1171	745	HELDER SANTOS	M4044	CUR	BRUNOSEMPRE. BABA MAMBO	02:31:53	02:49:27	00:17:34.01
762	746	ANA CRISTINA ABRUNHOSA	F4549	CUR	Centro de Marcha e Corrida de Odivelas	02:24:49	02:42:24	00:17:35.01
1156	747	INÊS GONCALVES	F2439	CUR	DADAPOKA	02:26:23	02:43:58	00:17:35.01
46	748	CÂNDIDO ALVES	M4549	LON	CCDCAM	02:36:23	02:53:58	00:17:35.01
5505	749	PEDRO SOUSA	M2439	CUR		02:33:07	02:50:43	00:17:36.01
923	750	JOÃO CARDOSO	M2439	CUR		02:20:09	02:37:46	00:17:37.01
266	751	PEDRO CANECO	M4549	LON	COININHA RUNNERS	02:35:31	02:53:08	00:17:37.01
300	752	CRISTIANA SANTIAGO	F2439	LON	Equipa Ana Marques Remax & Força Aérea Portuguesa	03:01:21	03:18:58	00:17:37.01
177	753	JOSÉ CUSTÓDIO	M4044	LON	CLUBE VODAFONE	02:44:37	03:02:14	00:17:37.01
669	754	NUNO AZEVEDO	M4044	CUR	SETÚBAL	02:24:19	02:41:57	00:17:38.01
190	755	LUIS FIDALGO	M5054	LON	AALebres do SAdo	03:00:28	03:18:07	00:17:39.01

## PALMELA TRAIL

## Classificação Prémio Montanha

842	756	SANDRA NAIR	M2439	CUR	GANG DOS PAIS	02:36:14	02:53:54	00:17:40.01
854	757	RUI CHORADO	M4044	CUR	NAUS TRAIL TEAM	02:35:13	02:52:54	00:17:41.01
721	758	MARCO PASSINHAS	M4044	CUR	Cvfc	02:29:14	02:46:55	00:17:41.01
246	759	PAULA JORGE	F4044	LON	CASA BENFICA SEIXAL	02:36:02	02:53:43	00:17:41.01
574	760	OLINDA SERRADOR	F4549	CUR	ARTE DOS TRILHOS	02:29:30	02:47:12	00:17:42.01
839	761	MÓNICA CUNHA	F2439	CUR	GANG DOS PAIS	02:36:14	02:53:56	00:17:42.01
1085	762	HELIODORO PASSINHAS	M5559	CUR		02:29:12	02:46:54	00:17:42.01
614	763	PATRICIA COSTA	F2439	CUR	NAUS TRAIL TEAM	02:35:12	02:52:56	00:17:44.01
1118	764	ISABEL FONTE SANTA	F4044	CUR	FITRUNNERS	02:19:52	02:37:37	00:17:45.01
954	765	SANDRA MONTEIRO	F4044	CUR	Centro Marcha e corrida de Odivelas	02:24:47	02:42:32	00:17:45.01
795	766	MARCO BARÃO	M4044	CUR		02:21:28	02:39:13	00:17:45.01
235	767	SÉRGIO MARTINS	M4044	LON		02:59:21	03:17:06	00:17:45.01
7	768	SANDRA ARRAIAS	F2439	LON	OS ARRAIAS	02:59:23	03:17:08	00:17:45.01
308	769	TIAGO BRAGA	M2439	LON		02:26:42	02:44:29	00:17:47.01
5518	770	MÁRIO RUI PEREIRA DA SILVA	M5559	CUR		02:37:19	02:55:06	00:17:47.01
707	771	CARLOS PÁSCOA	M6099	CUR		02:43:46	03:01:33	00:17:47.01
1124	772	LEONOR SILVA	F4044	CUR	NAUS TRAIL TEAM	02:35:10	02:52:59	00:17:49.01
43	773	JORGE ILDEFONSO	M2439	LON	PÁSSAROS MALUCOS RT 5W	02:37:08	02:54:57	00:17:49.01
993	774	NATALIA FERANANDES	F5559	CUR		02:25:05	02:42:55	00:17:50.01
814	775	JOAQUIM MATOS	M2439	CUR	PALMELENSE F.C.	02:36:07	02:53:59	00:17:52.01
16	776	JOSÉ CARLOS AMARAL	M4549	LON		02:36:04	02:53:56	00:17:52.01
162	777	ALEXANDRE SANTANA	M4549	LON		02:49:58	03:07:51	00:17:53.01
5036	778	DIOGO SOUSA	M2439	LON	MARVILA JOVEM	02:31:22	02:49:18	00:17:56.01
160	779	LUÍS GONÇALVES	M4549	LON		02:36:06	02:54:02	00:17:56.01
844	780	JOAO CARLOS RESENDE	M4044	CUR		02:13:59	02:31:56	00:17:57.01
850	781	LUIS NEVES	M4549	CUR	CCD TRANQUILIDADE	02:27:08	02:45:06	00:17:58.01
996	782	FREDERICO PIRES	M2439	CUR	Fredteam	02:35:24	02:53:22	00:17:58.01
871	783	HÉLIO RODRIGUES	M4044	CUR		02:35:24	02:53:22	00:17:58.01
198	784	NELSON LOURENÇO	M4549	LON		02:28:39	02:46:38	00:17:59.01
965	785	ANA NETO	F4044	CUR	LINDA-A-PASTORA SPORTING CLUBE	02:25:37	02:43:37	00:18:00.01
868	786	TIAGO QUADRADO	M2439	CUR	Sardinhas	02:30:58	02:48:58	00:18:00.01
897	787	SANDRA PATRÍCIA DE ALMEIDA HENRIQUES	F2439	CUR		02:35:24	02:53:25	00:18:01.01
274	788	EUGÉNIA MARTINS	F5054	LON	AROO	02:29:53	02:47:54	00:18:01.01
397	789	QUENTIN PERNET	M2439	LON	BOBITEAM	03:00:01	03:18:02	00:18:01.01
374	790	RUI MARGUILHO	M4044	LON	ALGARUNNERS	02:59:00	03:17:02	00:18:02.01
47	791	JOÃO TOBIAS	M2439	LON	CCDCAM	02:37:09	02:55:12	00:18:03.01
143	792	JOÃO CANHOTO	M4549	LON	CORRER LOURES	02:38:12	02:56:16	00:18:04.01
912	793	SUSANA GUERREIRO	F4044	CUR		02:39:12	02:57:16	00:18:04.01
1172	794	RAQUEL MOLEIRO	F4044	CUR	BRUNOSEMPRE. BABA MAMBO	02:31:53	02:49:58	00:18:05.01
1179	795	RITA MINA	F4549	CUR	LINDA-A-PASTORA SPORTING CLUB	02:25:36	02:43:42	00:18:06.01
328	796	NUNO ESTEVES	M4549	LON	SCA RUN ALCÁÇOVAS	02:37:30	02:55:36	00:18:06.01
1131	797	JORGE DURO	M4549	CUR		02:26:21	02:44:28	00:18:07.01

## PALMELA TRAIL

## Classificação Prémio Montanha

680	798	MÁRIO ATILHO	M4549	CUR	Santana Futebol Clube-Trail Team	02:34:24	02:52:31	00:18:07.01
679	799	CARLA ATILHO	F4549	CUR	LISBOA	02:34:25	02:52:33	00:18:08.01
938	800	MILENA ALÍPIO	F5054	CUR	Papos secos	02:32:48	02:50:57	00:18:09.01
784	801	NUNO SOBRAL	M4044	CUR	SERRADO FC ATLETISMO	02:16:42	02:34:52	00:18:10.01
1053	802	FERNANDO NETO	M2439	CUR		02:35:04	02:53:14	00:18:10.01
1038	803	NUNO MENDES	M4549	CUR	GRUPO DESPORTIVO SANTANDERTOTTA	02:39:10	02:57:22	00:18:12.01
147	804	NUNO CASEIRO	M4549	LON		02:44:08	03:02:21	00:18:13.01
830	805	NEUSA ANJOS	F4044	CUR		02:36:17	02:54:31	00:18:14.01
347	806	LUIS CARLOS ALMEIDA	M4549	LON	RUN FOR LUNCH	03:11:47	03:30:01	00:18:14.01
561	807	ARMINDO MARIA	M4549	CUR	R.F.F.- Run For Fun	02:35:07	02:53:21	00:18:14.01
5050	808	PAULO MOTA	M5054	LON	LEBRES DO SADO	02:49:59	03:08:14	00:18:15.01
658	809	GUSTAVO COSTA	M4044	CUR		02:29:44	02:48:01	00:18:17.01
292	810	MARIA ISABEL RODRIGUES	F5559	LON		03:00:38	03:18:55	00:18:17.01
702	811	SHIRLEY LACERDA	F2439	CUR	GEORUNNERS	02:37:37	02:55:54	00:18:17.01
18	812	CATARINA PONTES	F4044	LON	CABARÉ DOS COXOS	03:12:20	03:30:38	00:18:18.01
138	813	ROZIREZ GARCIA	F2439	LON	Tartarugas solitárias	02:55:27	03:13:46	00:18:19.01
20	814	JOÃO ROCHA	M5054	LON	SETÚBAL	02:44:00	03:02:19	00:18:19.01
137	815	ADRIANA ROQUE	F2439	LON	Tartarugas solitárias	02:55:29	03:13:49	00:18:20.01
57	816	ANTONIO VASCONCELOS	M2439	LON	Travesseiros de Sintra	02:31:48	02:50:09	00:18:21.01
396	817	EMMA BIBERSON	F2439	LON	BOBITEAM	02:59:41	03:18:02	00:18:21.01
986	818	PAULA CRISTINA PEREIRA	F2439	CUR		02:35:07	02:53:30	00:18:23.01
562	819	PAULO PARDAL	M4549	CUR	R.F.F.- Run For Fun	02:35:03	02:53:28	00:18:25.01
171	820	DIOGO CEREJEIRA	M2439	LON	Biodermarunners	02:46:00	03:04:25	00:18:25.01
1193	821	PEDRO FERNANDES	M2439	CUR		02:35:06	02:53:32	00:18:26.01
563	822	RITA CERQUEIRA	F2439	CUR	R.F.F.- Run For Fun	02:35:08	02:53:34	00:18:26.01
5003	823	NUNO FERNANDES	M4044	LON	Nuno's Running Team	02:30:36	02:49:02	00:18:26.01
406	824	MARGARIDA MONTEIRO	F5054	LON	ALVERCA URBAN RUNNERS	02:57:23	03:15:50	00:18:27.01
122	825	AGOSTINHO DIAS	M5054	LON	CARAPUS DE CORRIDA	02:55:20	03:13:48	00:18:28.01
5018	826	JOSÉ BRÁS	M5559	LON	TARTARUGAS SOLIDÁRIAS	03:16:09	03:34:38	00:18:29.01
21	827	FREDERICO DUARTE	M4549	LON	INDIVIDUAL	02:57:24	03:15:53	00:18:29.01
17	828	ANTONIO CAIADO	M4549	LON	BARRANCOS FC / BIOGADO	03:16:29	03:34:58	00:18:29.01
1183	829	luis duarte	M2439	CUR		02:44:58	03:03:28	00:18:30.01
127	830	ARMANDO RICO	M5054	LON	Serra Mãe	02:46:00	03:04:30	00:18:30.01
5529	831	PEDRO FERREIRA	M5054	CUR		02:25:35	02:44:06	00:18:31.01
929	832	HUGO MARQUES	M2439	CUR		02:44:59	03:03:30	00:18:31.01
15	833	JOÃO CORTEGANO	M2439	LON	BARRANCOS FC / BIOGADO	03:16:30	03:35:02	00:18:32.01
320	834	JOSÉ AMARO	M4044	LON	LIZ RUNNERS	02:25:35	02:44:08	00:18:33.01
717	835	SÓNIA RUIVO	F4044	CUR	360°BikeTrail	02:37:39	02:56:12	00:18:33.01
256	836	PEDRO LOPES	M2439	LON	SS CGD	02:46:01	03:04:34	00:18:33.01
712	837	TERESA MARIA PRATAS	F4044	CUR	LEBRES DE DOMINGO	02:37:02	02:55:37	00:18:35.01
209	838	LUÍS GONÇALVES	M4044	LON	G.D.R. SÃO FRANCISCO DA SERRA	02:37:02	02:55:38	00:18:36.01
243	839	ANTONIO PADEIRINHA	M4044	LON	INDIVIDUAL	02:37:22	02:55:58	00:18:36.01



## PALMELA TRAIL

## Classificação Prémio Montanha

319	840	JOSÉ CRUZ	M4044	LON	RUN FOR LUNCH	03:11:45	03:30:22	00:18:37.01
720	841	SANDRA GOMES	F2439	CUR	SETÚBAL	02:37:53	02:56:31	00:18:38.01
5042	842	BRUNO JORGE	M2439	LON	Outdoor Clube de Setúbal - Strendure running Team	02:40:08	02:58:48	00:18:40.01
1043	843	ANA TORRES	F4044	CUR	GMC Jamor	02:37:24	02:56:06	00:18:42.01
71	844	MIGUEL CORDEIRO	M4044	LON	Montijo	02:44:20	03:03:07	00:18:47.01
638	845	SÉRGIO NEVES	M5559	CUR	Seixalrunning	02:31:42	02:50:29	00:18:47.01
141	846	MARTA MACHADO	F0023	LON	Machada Trail Team	02:42:12	03:01:00	00:18:48.01
140	847	JOSÉ MACHADO	M5054	LON	Machada Trail Team	02:42:12	03:01:02	00:18:50.01
168	848	SÉRGIO SERAFIM	M4044	LON		02:44:38	03:03:28	00:18:50.01
827	849	CÉLIA BORGES	F4044	CUR	SERVIÇOS SOCIAIS MONTEPIO	02:37:10	02:56:01	00:18:51.01
179	850	PEDRO MIGUEL SILVA	M2439	LON	Marginais a Fundo	02:55:16	03:14:07	00:18:51.01
5053	851	NIDIA V ALADARES	F4044	LON	LEBRES DO SADO	03:02:53	03:21:44	00:18:51.01
53	852	DORA REIS	F4549	LON	TÁLENTOS TEAM	02:55:21	03:14:12	00:18:51.01
1076	853	BRUNO SÁ	M2439	CUR		02:42:01	03:00:53	00:18:52.01
569	854	NELSON ALMEIDA	M2439	CUR	Alandroal United Runners	02:37:55	02:56:48	00:18:53.01
4	855	JOÃO GAMEIRO	M2439	LON	CABARÉ DOS COXOS	02:50:16	03:09:10	00:18:54.01
632	856	JOANA ARAÚJO PACHECO TEIXEIRA	F2439	CUR		02:32:26	02:51:20	00:18:54.01
394	857	ADELAIDE BIRET	F2439	LON	BOBITEAM	03:24:29	03:43:23	00:18:54.01
834	858	JOSÉ CALDEIRA	M4549	CUR	DEIXEM PASSAR OS COXOS	02:29:26	02:48:21	00:18:55.01
1060	859	JOÃO BRÁS	M2439	CUR		02:42:00	03:00:55	00:18:55.01
548	860	ZÉLIA SANTOS	F2439	CUR	Alandroal United Runners	02:37:55	02:56:51	00:18:56.01
826	861	HÉLDER PALMA	M4549	CUR	SERVIÇOS SOCIAIS MONTEPIO	02:37:05	02:56:01	00:18:56.01
5055	862	LUIS MIGUEL SANTOS	M4044	LON	CORRER LISBOA	02:53:00	03:11:56	00:18:56.01
331	863	PEDRO NETA	M4044	LON	Alfragide	02:59:02	03:17:58	00:18:56.01
385	864	CELIA AZENHA	F5054	LON	LISBOA	03:16:59	03:35:55	00:18:56.01
99	865	PAULO GUERREIRO	M5054	LON	ARRÁBIDA OBSTACLE RUNNERS	02:34:09	02:53:06	00:18:57.01
178	866	MÁRIO CHORA	M4044	LON	SCA RUN ALÇAÇOVAS	02:37:21	02:56:18	00:18:57.01
761	867	MARIA DE FÁTIMA DA LUCAS	F4549	CUR	Centro de Marcha e Corrida de Odivelas	02:24:47	02:43:46	00:18:59.01
970	868	IRINA RODRIGUES	F2439	CUR	Laminha Pó Cu	02:40:07	02:59:09	00:19:02.01
532	869	CARLA RODRIGUES	F4044	CUR	LA FAMÍLIA	02:40:05	02:59:08	00:19:03.01
619	870	VANESSA HAYES	F2439	CUR	Laminha Pó Cú	02:40:07	02:59:11	00:19:04.01
554	871	PAULA NETO	F5054	CUR	CCDCAM	02:37:24	02:56:29	00:19:05.01
191	872	ANA PAULA SARDINHA FIGUEIREDO	F5054	LON	NAUS TRAIL TEAM	03:06:30	03:25:36	00:19:06.01
5	873	FILIPE RITO	M2439	LON	CABARÉ DOS COXOS	02:38:16	02:57:23	00:19:07.01
883	874	VIRGILIO BLANCO	M5559	CUR	A NATUREZA ENSINA	02:38:16	02:57:26	00:19:10.01
1127	875	DÉLIO CHARRUA	M2439	CUR	Gfi Portugal	02:19:48	02:38:58	00:19:10.01
5037	876	ISMAEL FAIZAL	M4044	LON	MARVILA JOVEM	02:42:40	03:01:51	00:19:11.01
290	877	PEDRO FERNANDES	M5054	LON	NOVOS TRILHOS	02:49:49	03:09:01	00:19:12.01
1013	878	NINA RIBEIRO	F2439	CUR	SARAPITOLAS	02:36:53	02:56:06	00:19:13.01
376	879	TIAGO ROMÃO	M2439	LON	CPA TRAIL Team/ Clube de praças da Armada	02:48:28	03:07:41	00:19:13.01
102	880	BRUNO MONTEIRO	M4044	LON	TÁLENTOS TEAM	03:06:28	03:25:42	00:19:14.01
613	881	MARIA SERRA	F4549	CUR		02:25:06	02:44:20	00:19:14.01

## PALMELA TRAIL

## Classificação Prémio Montanha

9	882	ANTÓNIO GONÇALVES	M0023	LON	Santana Futebol Clube-Trail Team	03:43:25	04:02:39	00:19:14.01
557	883	SÓNIA ANDRADE	F4549	CUR	CCDCAM	02:36:16	02:55:31	00:19:15.01
87	884	GONÇALO SEABRA	M0023	LON	OS ZATOPEQUES	03:16:19	03:35:34	00:19:15.01
25	885	PAULO BATISTA	M4549	LON		02:37:28	02:56:46	00:19:18.01
5020	886	LUIS SPENCER MONTEIRO	M5054	LON	Luis Spencer	02:46:10	03:05:31	00:19:21.01
607	887	VALÉRIE ANTUNES SANTOS	F2439	CUR	Team Laminha Pó Cú	02:40:07	02:59:30	00:19:23.01
516	888	ISABEL SANTOS	F4549	CUR	Papa Trilhos	02:46:07	03:05:30	00:19:23.01
5004	889	NUNO MARTINS	M4044	LON	Nuno's Running Team	02:30:37	02:50:00	00:19:23.01
24	890	HUGO FERREIRA	M4044	LON		02:43:09	03:02:36	00:19:27.01
107	891	VÍTOR GUIMARÃES	M5054	LON		02:44:57	03:04:24	00:19:27.01
511	892	LILIANA MESTRE	F4044	CUR	ACADEMIA D'ESTRELAS	02:55:34	03:15:01	00:19:27.01
94	893	BRUNO ARAÚJO-GOMES	M4044	LON	GOMAS TEAM	02:48:42	03:08:10	00:19:28.01
928	894	ANTÓNIO BOTELHO	M2439	CUR	Laminha Pó Cu	02:39:15	02:58:45	00:19:30.01
181	895	ELSA PAIXÃO	F4549	LON	CCD Matriz/Borba Trail	02:49:15	03:08:45	00:19:30.01
514	896	CLÁUDIA GONÇALVES	F2439	CUR	ACADEMIA D'ESTRELAS	02:55:35	03:15:05	00:19:30.01
968	897	CHARLOTTE OLIVEIRA	F2439	CUR		02:33:24	02:52:55	00:19:31.01
264	898	NUNO JOSÉ CABEÇA	M4549	LON		02:45:00	03:04:31	00:19:31.01
61	899	CARLA ATILHÓ	F4044	LON	Santana Futebol Clube - Trail Team	03:43:40	04:03:15	00:19:35.01
927	900	ANDREIA MARTINS	F2439	CUR	Laminha Pó Cu	02:39:13	02:58:48	00:19:35.01
1109	901	RITA CRISTINA FRANCISCO	F5054	CUR	FITRUNNERS	02:31:35	02:51:11	00:19:36.01
322	902	SUSANA DOS SANTOS	F4044	LON		03:20:03	03:39:39	00:19:36.01
598	903	PEDRO SILVA	M2439	CUR		02:41:45	03:01:23	00:19:38.01
946	904	MARTA BOA-ALMA	F2439	CUR		02:41:40	03:01:19	00:19:39.01
1050	905	HELENA DORES	F5054	CUR	SEIXAL-RUNNING	02:46:14	03:05:53	00:19:39.01
366	906	NUNO SABINO	M4044	LON	Grupo Desportivo e Recreativo de Manique de Cima	02:46:14	03:05:53	00:19:39.01
48	907	NUNO PÓVOA	M2439	LON	CCDCAM	02:45:42	03:05:21	00:19:39.01
661	908	MARIA ZITA VICENTE	F5054	CUR	FITRUNNERS	02:31:35	02:51:14	00:19:39.01
11	909	JUSTINIANO COSTA	M4549	LON		02:45:41	03:05:21	00:19:40.01
151	910	LUISA FERREIRA	F4549	LON	NUCLEO DESPORTIVO AUTOCOOPE	03:00:51	03:20:33	00:19:42.01
575	911	HELENA PEDRADAS	F6099	CUR	ARTE DOS TRILHOS	02:40:11	02:59:53	00:19:42.01
687	912	PATRICIA BRANCO	F4549	CUR	GEORUNNERS	02:44:26	03:04:08	00:19:42.01
913	913	CIDALIA BORGES	F4549	CUR	OCR PORTUGAL LAB	02:46:13	03:05:56	00:19:43.01
3	914	FERNANDO FARIA	M4044	LON	TÁLENTOS TEAM	02:45:42	03:05:25	00:19:43.01
807	915	SUSANA SANTOS	F4044	CUR	GD BANCO BPI	02:46:07	03:05:50	00:19:43.01
291	916	CÉU MIGUEL	F5559	LON	NOVOS TRILHOS	03:30:31	03:50:14	00:19:43.01
521	917	BERNARDETE VICENTE	F6099	CUR	5BDCBA78EFE9D fitrunners	02:31:32	02:51:17	00:19:45.01
157	918	MANUEL PINEDA NAVARRO	M2439	LON	Diablos Runnes	02:59:33	03:19:19	00:19:46.01
515	919	VITOR REBELO	M5054	CUR	Papa Trilhos	02:45:45	03:05:32	00:19:47.01
261	920	PAULA GUERREIRO	F4549	LON	AMINHACORRIDA	03:11:26	03:31:13	00:19:47.01
864	921	IARA LOBO	F2439	CUR		02:51:15	03:11:03	00:19:48.01
686	922	ANTÓNIO ANGELO	M2439	CUR		02:51:15	03:11:05	00:19:50.01
405	923	GUIDA SÁ	F5054	LON	Santana Futebol Clube - Trail Team	03:43:33	04:03:23	00:19:50.01



## PALMELA TRAIL

## Classificação Prémio Montanha

402	924	RICARDO GOMES	F2439	LON	Santana Futebol Clube-trai team	02:54:25	03:14:16	00:19:51.01
656	925	ANDREA GRAÇA	F4044	CUR		02:39:06	02:58:57	00:19:51.01
660	926	MARISA VIDAL	F2439	CUR		02:39:05	02:58:57	00:19:52.01
798	927	ROSANGELA LOURENÇON	F5054	CUR		02:42:43	03:02:35	00:19:52.01
206	928	ANTÓNIO SIMÕES SIMÕES	M6099	LON	Pisa-Rochas	02:51:02	03:10:54	00:19:52.01
805	929	MARIA SANCHES	F2439	CUR	GD BANCO BPI	02:58:36	03:18:29	00:19:53.01
1068	930	JORGE CANDEIAS	M2439	CUR		02:58:37	03:18:30	00:19:53.01
159	931	LÍDIA PINTO	F2439	LON	CCD Matriz/ Borba Trail	02:49:14	03:09:08	00:19:54.01
207	932	MARIO MENDES	M5054	LON		02:54:25	03:14:20	00:19:55.01
337	933	LILIANA RODRIGUES	F4044	LON	CABARÉ DOS COXOS	02:50:16	03:10:12	00:19:56.01
214	934	NUNO BRANCO	M4549	LON	VOLKSWAGEN AUTOEUROPA	02:40:20	03:00:17	00:19:57.01
5573	935	NIDIA FERREIRA	F4044	CUR	MARVILA JOVEM	02:37:14	02:57:11	00:19:57.01
780	936	ANA PAULA REIS	F4044	CUR	Strog	02:43:16	03:03:13	00:19:57.01
310	937	JOSÉ ALVES	M5559	LON	CLUBE EDP LISBOA	02:49:02	03:09:00	00:19:58.01
356	938	RICARDO AGUIAR	M5559	LON	RUNNERS DE KINTAL	03:06:29	03:26:27	00:19:58.01
134	939	JOSÉ MOGA	M6099	LON	AMIGOS VALE SILENCIO	02:50:54	03:10:53	00:19:59.01
305	940	LUIZA GUERRA SANTOS	F5054	LON	NOVOS TRILHOS	03:24:09	03:44:09	00:20:00.01
5011	941	AURELIANO DA LUZ	M4044	LON	AS MÁQUINAS	03:09:17	03:29:19	00:20:02.01
637	942	PAULO SILVA	M5054	CUR	Seixalrunning	02:38:50	02:58:53	00:20:03.01
410	943	HELENA SANCHES	F4549	LON	ACADEMIA FITNESS MILITAR	03:16:13	03:36:16	00:20:03.01
120	944	MARIA DE LURDES OLIVEIRA SILVA	F5054	LON	OS TUGAS	03:07:08	03:27:12	00:20:04.01
129	945	SERGIO GUERREIRO	M4044	LON		03:38:03	03:58:08	00:20:05.01
335	946	SILVIO DIAS	M2439	LON		03:01:31	03:21:38	00:20:07.01
1020	947	HUGO ROCHA	M4044	CUR		02:25:17	02:45:26	00:20:09.01
68	948	PAULO MOUTINHO	M4549	LON	H-GARRA A LEBRE !!!	02:50:04	03:10:13	00:20:09.01
84	949	SARA GOMES	F4044	LON		02:48:33	03:08:43	00:20:10.01
5045	950	HELDER MARQUES	M4044	LON	MOITA A CORRER	02:41:14	03:01:25	00:20:11.01
383	951	PEDRO MARQUES	M2439	LON		02:49:04	03:09:15	00:20:11.01
111	952	NUNO GOMES	M4044	LON	INDIVIDUAL	02:48:30	03:08:42	00:20:12.01
999	953	PEDRO SILVA	M2439	CUR	ACADEMIA D'ESTRELAS	02:48:47	03:08:59	00:20:12.01
904	954	SÓNIA RIJO	F4044	CUR	A NATUREZA ENSINA	02:25:18	02:45:31	00:20:13.01
803	955	RUI LUÍS	M6099	CUR	SARAPITOLAS	02:36:54	02:57:07	00:20:13.01
512	956	BRUNO FORRETA	M0023	CUR	ACADEMIA D'ESTRELAS	02:48:47	03:09:00	00:20:13.01
348	957	RUI MARQUES	M4044	LON		02:49:03	03:09:16	00:20:13.01
889	958	NATALIA MARIA	F5054	CUR	SERVIÇOS SOCIAIS MONTEPIO	02:24:38	02:44:54	00:20:16.01
364	959	FRANCISCO MACHETA	M4549	LON	PALMELA	02:50:26	03:10:43	00:20:17.01
318	960	RUI BAPTISTA	M5559	LON	Azeitão	03:00:30	03:20:52	00:20:22.01
244	961	CRISTINA MOURATO	F4044	LON		02:50:35	03:10:58	00:20:23.01
1054	962	FERNANDA LOPES	F4549	CUR	GMC Jamor	02:37:26	02:57:50	00:20:24.01
268	963	RUI NUNES	M4549	LON	A.D.R. "Amigos do Atletismo de Avis"	02:40:20	03:00:45	00:20:25.01
5021	964	FERNANDO CÂNDIDO	M5054	LON		02:41:04	03:01:29	00:20:25.01
72	965	SERGIO RODELO	M4549	LON	RUN CREW TRAIL MONTIJO	02:44:11	03:04:37	00:20:26.01

## PALMELA TRAIL

## Classificação Prémio Montanha

648	966	SORAIA RODRIGUES	F2439	CUR	LISBOA	02:50:35	03:11:01	00:20:26.01
671	967	CATARINA REBELO	F2439	CUR	GEORUNNERS	02:43:34	03:04:03	00:20:29.01
172	968	NUNO ANDRÉ	M2439	LON	Biodermarunners	02:56:40	03:17:10	00:20:30.01
173	969	ANTONIO SANCHES	M6099	LON	GD BANCO BPI	03:12:58	03:33:30	00:20:32.01
1015	970	JOSE DESCALCO	M4044	CUR		02:25:58	02:46:32	00:20:34.01
718	971	VANDA Murteira	F4044	CUR	AKI VAMOS NÓS	02:38:31	02:59:05	00:20:34.01
768	972	CELIA FERREIRA	F4044	CUR	NUCLEO DESPORTIVO AUTOCOOPE	02:43:15	03:03:49	00:20:34.01
714	973	LEONOR OLIVEIRA	F4549	CUR	LISBOA	02:38:31	02:59:06	00:20:35.01
74	974	JONATAS SANTOS	M2439	LON	Águia	02:50:15	03:10:50	00:20:35.01
953	975	SUSANA MARTINS	F4549	CUR	CABARÉ DOS COXOS	02:41:27	03:02:02	00:20:35.01
767	976	ANTONIO9 FERNANDES	M4044	CUR	NUCLEO DESPORTIVO AUTOCOOPE	02:43:14	03:03:49	00:20:35.01
175	977	FRANCISCO FREIRE	M2439	LON	GD BANCO BPI	03:12:59	03:33:35	00:20:36.01
727	978	INÊS OLIVEIRA	F2439	CUR		02:37:38	02:58:14	00:20:36.01
568	979	VALTER RIBEIRO	M2439	CUR	GAEIRAS RUNNING TEAM	02:35:16	02:55:54	00:20:38.01
350	980	ANAÍS MONIZ	F2439	LON	BLUE TEAM	02:51:16	03:11:55	00:20:39.01
351	981	MARIA LÚCIO	F4044	LON	BLUE TEAM	02:51:17	03:11:56	00:20:39.01
5019	982	ARTUR GAIO	M2439	LON	TAC - Tranquilidade	03:09:37	03:30:19	00:20:42.01
802	983	JOAQUIM CARVALHO	M6099	CUR	SARAPITOLAS	02:43:55	03:04:38	00:20:43.01
5527	984	ANA FERREIRA	F5054	CUR	Papa Trilhos do CAAL	02:41:48	03:02:32	00:20:44.01
1011	985	RITA CARVALHO	F2439	CUR	SARAPITOLAS	02:43:55	03:04:39	00:20:44.01
774	986	TERESA GONÇALVES	F4549	CUR	NAUS TRAIL TEAM	02:54:34	03:15:20	00:20:46.01
1012	987	RITA FERREIRA	F2439	CUR	SARAPITOLAS	02:43:55	03:04:42	00:20:47.01
550	988	CARLA DOMINGOS	F2439	CUR	CCDCAM	02:40:02	03:00:49	00:20:47.01
1065	989	MARIA ANTOINETTE PINTO	F4549	CUR	NAUS TRAIL TEAM	02:54:52	03:15:39	00:20:47.01
5513	990	PAULO SOBERANO	M5054	CUR	Gfi Portugal	02:24:20	02:45:08	00:20:48.01
1119	991	ALEXANDRA FERNANDES	F2439	CUR	Cabaré do Coxos	02:41:29	03:02:18	00:20:49.01
73	992	LINO MAIA	M2439	LON		02:49:55	03:10:44	00:20:49.01
29	993	CARLOS CORREIA	M4549	LON	CLUBE AVENTURA DE MONFORTE	02:51:00	03:11:50	00:20:50.01
104	994	JOÃO NETO	M2439	LON	Sesimbra	03:00:26	03:21:17	00:20:51.01
553	995	MIGUEL VINAGRE	M4044	CUR	CCDCAM	02:40:01	03:00:52	00:20:51.01
979	996	SOFIA FERREIRA	F2439	CUR	CCD/BorbaTrail	02:48:14	03:09:05	00:20:51.01
174	997	RICARDO MARTINS	M4549	LON	GD BANCO BPI	02:51:08	03:11:59	00:20:51.01
963	998	SOFIA LAPÃO	F0023	CUR	CCD Matriz/Borba Trail	02:48:16	03:09:11	00:20:55.01
5539	999	RITA ALVES	F4549	CUR		02:50:11	03:11:06	00:20:55.01
1061	1000	BEATRIZ ALMEIDA	F0023	CUR		02:41:52	03:02:47	00:20:55.01
608	1001	SÍLVIO RODRIGUES	M4044	CUR	Team Laminha Pó Cú	02:38:40	02:59:37	00:20:57.01
823	1002	JORGE NARCISO	M5054	CUR	SERVIÇOS SOCIAIS MONTEPIO	02:23:48	02:44:45	00:20:57.01
620	1003	LUÍS SANTOS	M2439	CUR	Laminha Pó Cú	02:38:39	02:59:38	00:20:59.01
627	1004	LÍDIA MESTRE	F4044	CUR	NAUS TRAIL TEAM	02:54:34	03:15:33	00:20:59.01
964	1005	LISETA CALÇA	F4549	CUR		02:48:18	03:09:19	00:21:01.01
221	1006	BRUNO LUCAS	M4044	LON	Namnori	02:49:06	03:10:07	00:21:01.01
5012	1007	BRUNO NEVES	M2439	LON		02:57:48	03:18:51	00:21:03.01

## PALMELA TRAIL

## Classificação Prémio Montanha

1001	1008	RAMIRO VAZ	M4549	CUR	VAZ BAIÃO	02:24:53	02:46:02	00:21:09.01
316	1009	JORGE SANTOS	M0023	LON		02:05:11	02:26:23	00:21:12.01
926	1010	NUNO SOUSA	M4044	CUR	ODIVELAS	02:27:32	02:48:44	00:21:12.01
1098	1011	MARIA JOÃO MAIA LOPES	F4549	CUR	FIT RUNNERS	02:41:28	03:02:41	00:21:13.01
730	1012	NEUZA ALVES	F4044	CUR		02:40:29	03:01:44	00:21:15.01
984	1013	JOAO ANTONIO PIRES SANCHES	M5559	CUR		02:47:18	03:08:40	00:21:22.01
920	1014	ALEXANDRA LOPES	F4549	CUR	LA FAMÍLIA	02:52:09	03:13:33	00:21:24.01
531	1015	MARGARIDA LOPES	F4549	CUR	LA FAMÍLIA	02:52:10	03:13:35	00:21:25.01
219	1016	JOSE ALVES	F6099	LON	A MINHA CORRIDA	03:40:31	04:01:57	00:21:26.01
5512	1017	RITA MARQUES	F4044	CUR		02:41:16	03:02:45	00:21:29.01
837	1018	MARLENE PEREIRA	F2439	CUR		02:46:51	03:08:22	00:21:31.01
555	1019	PEDRO SÉRGIO	M5054	CUR	CCDCAM	02:51:34	03:13:10	00:21:36.01
5556	1020	MARIA GOLINELLI	F4549	CUR	AMARAL	02:36:36	02:58:12	00:21:36.01
689	1021	TIAGO PACHECO	M2439	CUR	Santana FC trail team	02:45:10	03:06:51	00:21:41.01
41	1022	VASCO FERREIRA	M4044	LON	GDCTIN CASA DA MOEDA	03:44:22	04:06:04	00:21:42.01
688	1023	CÂNDIDA PACHECO	F2439	CUR	Santana FC trail team	02:45:22	03:07:04	00:21:42.01
860	1024	MARIANA RAMIREZ	F4549	CUR	Unhas Negras	02:42:58	03:04:46	00:21:48.01
859	1025	MIGUEL ROCHA E MELO	M4044	CUR	Unhas Negras	02:43:01	03:04:51	00:21:50.01
948	1026	TÂNIA EUSÉBIO	F2439	CUR		03:18:33	03:40:24	00:21:51.01
169	1027	PEDRO GOMES	M2439	LON	Biodermarunners	03:02:34	03:24:26	00:21:52.01
947	1028	CRISTINA SARAIVA	F4549	CUR		03:18:32	03:40:30	00:21:58.01
128	1029	ARMANDA SEMEAO	F4044	LON		03:59:26	04:21:29	00:22:03.01
944	1030	RUBEN SILVEIRA	M2439	CUR	Runing Loures	02:24:23	02:46:29	00:22:06.01
894	1031	SANDRA RIBEIRO	F2439	CUR		02:53:37	03:15:44	00:22:07.01
895	1032	MARIO RIBEIRO	M4044	CUR		02:53:39	03:15:48	00:22:09.01
517	1033	SONIA KANJI	F2439	CUR	Team Kanji	02:36:00	02:58:11	00:22:11.01
195	1034	MARIO ANJO	M5054	LON	MATILHA RADICAL	03:28:09	03:50:22	00:22:13.01
5545	1035	MANUEL RAPOSO	M6099	CUR	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	02:54:15	03:16:33	00:22:18.01
833	1036	HELENA SANTOS	F4549	CUR	DEIXEM PASSAR OS COXOS	02:47:49	03:10:11	00:22:22.01
373	1037	SERGIO AMARAL	M4044	LON	SS CGD	02:46:42	03:09:04	00:22:22.01
853	1038	LUCIANA MOREIRA	F2439	CUR	DEIXEM PASSAR OS COXOS	02:47:42	03:10:08	00:22:26.01
794	1039	RITA CARVALHINHO	F4044	CUR	CORRER LISBOA	02:55:42	03:18:08	00:22:26.01
1072	1040	SANDRA SANTOS	F4044	CUR	HOUSEMARTINS BELAS	02:55:43	03:18:11	00:22:28.01
5517	1041	SOFIA CORDEIRO	F4044	CUR	BORINHAS	02:40:03	03:02:43	00:22:40.01
878	1042	RITA ESPADINHA BARRETO	F2439	CUR		02:46:39	03:09:26	00:22:47.01
896	1043	CAMILA SILVA	F2439	CUR	YMCA	02:46:41	03:09:34	00:22:53.01
95	1044	FERNANDO AGOSTINHO	M4044	LON	EL CORTE INGLÉS RUNNING TEAM	02:56:48	03:19:46	00:22:58.01
112	1045	FÁBIO CARTAXO	M2439	LON	Arti&Lama	03:29:16	03:52:21	00:23:05.01
83	1046	HUGO FILIPE DA COSTA MORAIS CALADO	M2439	LON	NAUS TRAIL TEAM	02:38:08	03:01:15	00:23:07.01
779	1047	LUCIENNE NEVES	F2439	CUR	SEIXAL RUNNING	02:48:25	03:11:41	00:23:16.01
1101	1048	FERNANDA MARIA VIEIRA	F5559	CUR	Talentos	02:48:25	03:11:43	00:23:18.01
196	1049	GESSINA MENDES	F5054	LON	MATILHA RADICAL	03:28:13	03:51:31	00:23:18.01

## PALMELA TRAIL

## Classificação Prémio Montanha

399	1050	NUNO MILHEIRO	M4044	LON	BORA LÁ MÍUDO	03:15:12	03:38:34	00:23:22.01
1106	1051	RAQUEL ARMADA	F2439	CUR		03:19:16	03:42:43	00:23:27.01
288	1052	PEDRO FARIA	M4044	LON	M :: F :: D	03:15:12	03:38:41	00:23:29.01
118	1053	VITOR DIAS	M2439	LON	Arti&Lama	02:44:20	03:08:01	00:23:41.01
1084	1054	EZEQUIEL ABRANTES	M6099	CUR	FALCÕES SELVAGENS	02:46:44	03:10:41	00:23:57.01
985	1055	LUIS RIBEIRO	M4044	CUR	Centro de Marcha e Corrida de Odivelas	02:24:57	02:48:56	00:23:59.01
5544	1056	MARINA AZEVEDO	F5054	CUR		02:53:03	03:17:02	00:23:59.01
884	1057	AMÉRICO LOURENÇO	M6099	CUR	GD BANCO BPI	03:01:18	03:25:20	00:24:02.01
5543	1058	BASILIO PAIXAO	M4549	CUR		02:53:02	03:17:04	00:24:02.01
831	1059	LILIANA MARREIROS	F2439	CUR		02:48:23	03:12:38	00:24:15.01
541	1060	PAULA TELES	F6099	CUR	STJOAOLIVEIRATEAM	02:40:08	03:05:11	00:25:03.01
101	1061	ANDRÉ VILHENA	M2439	LON	NAUS TRAIL TEAM	02:35:57	03:01:14	00:25:17.01
257	1062	JOÃO FERREIRA	M2439	LON	CCD Crédito Agrícola	02:02:25	02:27:43	00:25:18.01
113	1063	GI RIBEIRO	F5054	LON	Santana F. C Trail Team	04:11:39	04:37:01	00:25:22.01
1138	1064	MARIA MIRAO	F4044	CUR	A.D.R. "Amigos do Atletismo de Avis"	02:51:28	03:17:04	00:25:36.01
368	1065	MÁRIO SANTOS	M5054	LON	Santana Futebol Clube - Trail Team	04:11:35	04:37:19	00:25:44.01
90	1066	TANIA PEREIRA	F2439	LON	Santana FC trail team	04:11:38	04:37:31	00:25:53.01
976	1067	FLORBELA RODRIGUES	F4549	CUR	A.D.R. " Amigos do Atletismo de Avis"	02:51:32	03:17:54	00:26:22.01
977	1068	NÉLIA DELICADO	F4044	CUR	A.D.R."Amigos do atletismo de Avis"	02:51:31	03:17:53	00:26:22.01
5523	1069	PAULA CARMO	F5054	CUR	Papa Trilhos do CAAL	02:44:16	03:10:39	00:26:23.01
1074	1070	MÁRIO SANTIAGO	M5054	CUR	KANINOS	02:51:18	03:17:50	00:26:32.01
1073	1071	MARIA CONDEÇO	F5559	CUR	KANINOS	02:51:20	03:17:54	00:26:34.01
313	1072	DORA FILIPE	F4044	LON	Granho Runners	03:15:39	03:42:29	00:26:50.01
987	1073	ANA SOFIA RIBEIRO	F4044	CUR	Centro de Marcha e Corrida de Odivelas	02:43:28	03:10:22	00:26:54.01
314	1074	PAULO ROSADO	M4044	LON	Granho Runners	03:15:39	03:42:41	00:27:02.01
1077	1075	CARLA PIRES	F2439	CUR	Vialonga	03:19:20	03:46:27	00:27:07.01
14	1076	EUGENIA PINHEIRO	M5054	LON	bute lá	03:54:09	04:21:49	00:27:40.01
13	1077	PATRICIA CARAPUÇA	F2439	LON	bute lá	03:54:07	04:22:27	00:28:20.01
12	1078	ANTONIO CARAPUÇA	M5559	LON	bute lá	03:54:09	04:22:30	00:28:21.01
809	1079	PAULO GODINHO	M5054	CUR	GD BANCO BPI	03:15:34	03:44:16	00:28:42.01
5503	1080	ANA RODRIGUES	F5559	CUR	GRUPETA RUNNING TEAM	02:42:23	03:11:36	00:29:13.01
1180	1081	CARLA SANTOS	F4549	CUR	Santana Futebol Clube-Trail Team	03:25:13	03:55:39	00:30:26.01
1181	1082	FERNANDA PEREIRA	F5559	CUR	Santana Futebol Clube-Trail Team	03:25:16	03:56:05	00:30:49.01
810	1083	VERA SILVA	F4549	CUR	GD BSANCO BPI	03:15:37	03:46:27	00:30:50.01
232	1084	NUNO PAISANA	M4549	LON	Ambos os 2	04:33:11	05:04:21	00:31:10.01
131	1085	PAULO GUEDES	M4549	LON	GANG DO AMENDOIM	03:10:24	03:41:42	00:31:18.01
735	1086	MARIA GONÇALVES	F6099	CUR	ESTORIL	03:13:50	03:46:42	00:32:52.01
513	1087	SARA CALADO	F0023	CUR	Academia D'Estrela	03:25:14	04:01:10	00:35:56.01
89	1088	JOÃO SALAZAR	M5054	LON		04:05:23	04:41:59	00:36:36.01
211	1089	PEDRO BARRELA	M4549	LON	GD BANCO BPI	03:44:22	04:21:17	00:36:55.01