

#	Nome	Equipa	Dorsal	Tempo	Diferença
MASCULINO					
1	Cláudio Bica	Ama(dores) Trail Team/ACRU	257	00:53:44.311	----
2	João Recto	Escola de Atletismo do Montijo-A.F.D.D	174	00:54:19.487	00:00:35.176
3	EMANUEL ROCHA	CASA DO BENFICA DE REGUENGOS DE MONSARAZ	169	00:55:03.186	00:01:18.875
4	Luís Cruz	Escola de Atletismo do Montijo-A.F.D.D	175	00:55:10.551	00:01:26.240
5	Vítor Chagas	C.F. Belenenses	256	00:56:28.898	00:02:44.587
6	Manuel Maria Xavier Martins	-----	115	00:56:30.995	00:02:46.684
7	Carlos Silva	-----	94	00:56:35.220	00:02:50.909
8	André Boieiro Da Silva	Montijo Runners	205	00:57:22.997	00:03:38.686
9	Artur vinhais	--individual---	0136	00:57:54.729	00:04:10.418
10	Lucio Monteiro	G.D.S.Sebastião de Canha	69	00:59:44.443	00:06:00.132
11	Nelson Pereira	Montijo Runners	206	00:59:54.399	00:06:10.088
12	Paulo Lopes	Escola de Atletismo do Montijo-A.F.D.D	246	00:59:59.473	00:06:15.162
13	Mário Dias	-----	113	01:01:19.147	00:07:34.836
14	João Alves	-----	67	01:01:26.259	00:07:41.948
15	Wiljoen Raul	Escola de Atletismo do Montijo-A.F.D.D	179	01:01:42.106	00:07:57.795
16	José Henrique Oliveira Comenda	Correr em Giesta	207	01:02:40.963	00:08:56.652
17	José Canoa	gafanhori	144	01:03:00.622	00:09:16.311
18	Miguel Angêlo	G.D.S.Sebastião de Canha	116	01:03:01.386	00:09:17.075
19	JOÃO BRITO	-----	191	01:03:58.461	00:10:14.150
20	António Silva	Pinhal Novo a Correr	225	01:04:14.183	00:10:29.872
21	artur miguel santos silva	-----	124	01:04:23.926	00:10:39.615
22	José Mendes	BTT Canha Rotas e Destinos	80	01:04:42.662	00:10:58.351
23	José Pedro Magalhães	-----	262	01:05:14.477	00:11:30.166
24	Olavo Mineiro	Tesm bizarro	36	01:06:11.099	00:12:26.788
25	antonio eusebio camacho	Palmelense Futebol Clube	242	01:06:19.066	00:12:34.755
26	Artur Cardeira	Pinhal Novo a Correr	213	01:06:35.688	00:12:51.377
27	TONI PEREIRA	Ama(dores) Trail Team/ACRU	139	01:06:52.829	00:13:08.518
28	Nelson Silva	-----	88	01:07:06.666	00:13:22.355
29	Helder Nunes	Pinhal Novo a Correr	218	01:07:10.390	00:13:26.079
30	Fábio	B.V.Canha	128	01:07:29.664	00:13:45.353
31	Sérgio Antônio Batista russo	-----	168	01:07:43.178	00:13:58.867
32	Paulo Almeida	Escola de Atletismo do Montijo-A.F.D.D	173	01:08:10.773	00:14:26.462
33	Nuno Carvalho	----	267	01:08:33.797	00:14:49.486
34	Pedro Miguel Pereira Gomes	Moitarunning	74	01:08:42.438	00:14:58.127
35	António José Marques Viegas	-----	198	01:09:02.362	00:15:18.051
36	Paulo Bibe	Matutinos	263	01:09:25.115	00:15:40.804
37	Renato Mauricio	Pinhal Novo a Correr	221	01:09:49.799	00:16:05.488
38	Vítor Pereira	-----	8	01:10:11.644	00:16:27.333
39	Tiago Marques	Pinhal Novo a Correr	220	01:10:13.570	00:16:29.259
40	Vítor Romão	AMCF - Arrabida Trail Team	192	01:10:17.149	00:16:32.838
41	Fernando Nascimento	Tálenos Team	39	01:10:37.131	00:16:52.820
42	jose rogerio santos silva	-----	125	01:10:38.873	00:16:54.562
43	Telmo Freire	-----	141	01:11:12.596	00:17:28.285

#	Nome	Equipa	Dorsal	Tempo	Diferença
44	Mário Carromeu	4321 Team	46	01:11:28.847	00:17:44.536
45	André Mateus	Ama(dores) Trail Team ACRU	199	01:11:45.925	00:18:01.614
46	Miguel Lino	Matutinos	264	01:11:50.366	00:18:06.055
47	João Carlos Ribeiro Álvaro	-----	243	01:11:57.842	00:18:13.531
48	João Pratas	Os Ribatejanos	118	01:12:01.089	00:18:16.778
49	Emanuel Martins	Aminhacorrida	77	01:12:11.796	00:18:27.485
50	Luis Baço	Clandestinos	269	01:12:14.415	00:18:30.104
51	Floriano Silva	Aminhacorrida	78	01:12:15.112	00:18:30.801
52	Possidónio Constantino	Clube Praças da Armada	7	01:12:28.577	00:18:44.266
53	Carlos Faísca	Run Crew Trail Montijo	202	01:12:31.120	00:18:46.809
54	Nelson Barradinhas	Amiciclo Grândola	187	01:12:59.165	00:19:14.854
55	Fernando Carvalho	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	117	01:13:19.537	00:19:35.226
56	Paulo Dores Santos	-----	196	01:13:26.757	00:19:42.446
57	Jose Manuel Carvalho	Rotas e Sistemas-Correr por Prazer	2	01:13:53.622	00:20:09.311
58	ricardo domingos	-----	160	01:15:13.053	00:21:28.742
59	ROGÉRIO VENÂNCIO	O Mundo da Corrida	147	01:15:34.080	00:21:49.769
60	Luís Pinto	Jobrinde - Montes Saloios	137	01:16:21.070	00:22:36.759
61	Fernando Mendes	Pinhal Novo a Correr	216	01:16:22.323	00:22:38.012
62	Pedro Fernandes	Moitarunning	81	01:16:41.081	00:22:56.770
63	Luís Miguel Fale Gomes	Moitarunning	73	01:16:41.103	00:22:56.792
64	Alipio Trigo	Escola de Atletismo do Montijo-A.F.D.D	245	01:16:46.363	00:23:02.052
65	Luis Marques	Pinhal Novo a Correr	217	01:16:59.977	00:23:15.666
66	Rodrigo Teles	-----	177	01:17:28.576	00:23:44.265
67	Victor Vital	Reumáticos da Bila	105	01:17:53.586	00:24:09.275
68	Carlos Damas	Reumáticos da Bila	104	01:17:54.345	00:24:10.034
69	Sérgio Freitas	Montijo Runners	68	01:18:58.487	00:25:14.176
70	Bruno Valente	Run Crew Trail Montijo	227	01:19:07.142	00:25:22.831
71	Rui Lopes	BTT canha- Rotas e sistemas	3	01:19:07.654	00:25:23.343
72	Cláudio Manuel Piteira Mira	Btt Canha - Rotas e Sistemas	24	01:19:10.361	00:25:26.050
73	Carlos Rodrigues	Bombeiros de Canha	272	01:19:12.279	00:25:27.968
74	Rui Manuel Claudino Raposo	Amiciclo Grândola	167	01:20:00.819	00:26:16.508
75	Paulo Abadia	Team bizarro	27	01:21:26.968	00:27:42.657
76	Bruno Dionisio	ACM Montemor a Correr	159	01:22:07.042	00:28:22.731
77	Pedro Nunes	Ambos os 2	190	01:22:54.800	00:29:10.489
78	Paulo Jorge Gonçalves Silva	Pinhal Novo a Correr	89	01:22:57.057	00:29:12.746
79	Sérgio Lobo	ACM Montemor a Correr	156	01:23:02.025	00:29:17.714
80	David Fontes	G.D.S.Sebastião de Canha	134	01:23:31.540	00:29:47.229
81	João Inglês	GD SÃO Sebastião de Canha	112	01:23:42.201	00:29:57.890
82	Vitor Fernandes	4321 Team	47	01:23:51.677	00:30:07.366
83	Wilson Reis	Escola de Atletismo do Montijo-A.F.D.D	176	01:25:48.253	00:32:03.942
84	Paulo Alexandre	-----	131	01:26:08.192	00:32:23.881
85	Miguel Mendes	-----	255	01:27:59.219	00:34:14.908
86	Luis verissimo	Bombeiros de canha	129	01:28:29.481	00:34:45.170
87	jorge alexandre valerio soares	-----	126	01:28:33.954	00:34:49.643

#	Nome	Equipa	Dorsal	Tempo	Diferença
88	Fernando Godinho	Fajarda Runners	114	01:28:42.248	00:34:57.937
89	Pedro António Mendes Rasteiro	Tálenos Team	58	01:28:49.912	00:35:05.601
90	rui carvalho	Selvagens	138	01:29:17.997	00:35:33.686
91	Tiago Dinis	Selvagens	109	01:29:18.746	00:35:34.435
92	Filipe catanho	Selvagens	106	01:29:23.488	00:35:39.177
93	Paulo pardal	Moita Running	132	01:29:45.659	00:36:01.348
94	NUNO MOLERO	-----	163	01:30:16.997	00:36:32.686
95	Diniz Martinz	-----	19	01:30:20.655	00:36:36.344
96	Pedro Manso	Tálenos Team	271	01:32:51.668	00:39:07.357
97	Gonçalo Valente	Não fazemos bem mais um... Km	142	01:33:09.451	00:39:25.140
98	Gonçalo Nunes	G.D.S.Sebastião de Canha	98	01:33:28.937	00:39:44.626
99	João Tomás	-----	203	01:34:05.836	00:40:21.525
100	Pedro Monteiro	TRAILLERS	123	01:35:54.115	00:42:09.804
101	Nuno Paisana	Ambos os 2	189	01:36:21.893	00:42:37.582
102	jorge vaz	Cabare dos coxos	31	01:37:03.656	00:43:19.345
103	Diogo Arraias	Os Arraias	84	01:38:21.386	00:44:37.075
104	Hélder Oliveira	-----	170	01:38:37.653	00:44:53.342
105	Hélder Nogueira	-----	48	01:45:52.555	00:52:08.244
106	António Henriques	Correr Queluz	96	01:46:06.366	00:52:22.055
107	João Neves	Run Crew Trail Montijo	236	01:57:37.518	01:03:53.207
FEMININO					
1	Miriam Silva	Run Crew Trail Montijo	240	01:07:04.386	----
2	Zélia Pedro	Moita Running	71	01:07:42.884	00:00:38.498
3	Marcia Santos	Pinhal Novo a correr	273	01:10:49.654	00:03:45.268
4	Cátia Fonseca	Run Crew Trail Montijo	254	01:12:30.905	00:05:26.519
5	Ana Paula Gago	Arti&lama	130	01:13:31.812	00:06:27.426
6	Gizela Mota	Pinhal Novo a Correr	226	01:14:45.652	00:07:41.266
7	Sílvia Galveia	Escola de Atletismo do Montijo-A.F.D.D	178	01:16:45.778	00:09:41.392
8	Susana Jeremias	Palmela Team	197	01:16:52.306	00:09:47.920
9	Helena Silva	-----	188	01:17:05.368	00:10:00.982
10	Sandra Oliveira	OPraticante.pt	164	01:18:03.081	00:10:58.695
11	Braulia Gamito	Casa Benfica De Grândola	259	01:18:13.298	00:11:08.912
12	Filipa Sobral	Pinhal Novo a Correr	219	01:18:36.292	00:11:31.906
13	Soledade lobo	-----	99	01:18:56.014	00:11:51.628
14	Bárbara Cruz	-----	101	01:19:54.826	00:12:50.440
15	Ana Branco	Run Crew Trail Montijo	237	01:20:59.305	00:13:54.919
16	Verónica Alexandra Resende Correia	-----	140	01:21:01.692	00:13:57.306
17	Maria Saramago	Pinhal Novo a Correr	224	01:21:26.018	00:14:21.632
18	Sara Cordeiro	----	266	01:22:30.586	00:15:26.200
19	Helena Isabel Recharte Gonçalves	Pinhal Novo a Correr	90	01:22:54.989	00:15:50.603
20	Andreia Cardador	-----	25	01:25:47.777	00:18:43.391
21	Paula Saraiva	OPraticante.pt	166	01:26:53.397	00:19:49.011
22	Lúcia Gonçalves	Amiciclo Grândola	145	01:27:37.304	00:20:32.918
23	cremilde raposo	Tálenos Team	34	01:28:48.474	00:21:44.088

#	Nome	Equipa	Dorsal	Tempo	Diferença
24	Lucia Nogueira	tãlentos	21	01:28:59.657	00:21:55.271
25	Rafaela Rafael	#TeamSrtaDiana	86	01:29:15.441	00:22:11.055
26	Rosa Oliveira	G.D.S.Sebastião de Canha	83	01:29:16.227	00:22:11.841
27	Ana Oliveira	----	38	01:29:29.941	00:22:25.555
28	Paula Cristina Tiago Pereira	Moitarunning	72	01:29:38.964	00:22:34.578
29	Ana Patricio	G.D.S.Sebastião de Canha	70	01:29:40.970	00:22:36.584
30	Carla Costa	Moitarunning	76	01:29:42.472	00:22:38.086
31	Rute Casimiro	Moitarunning	75	01:29:44.438	00:22:40.052
32	Ana Catarina Pimentel	Arti&lama	135	01:29:56.698	00:22:52.312
33	Rita Farinha	G.D.S.Sebastião de Canha	82	01:30:12.899	00:23:08.513
34	Brigite Assis	ACM - MONTEMOR A CORRER	158	01:30:46.723	00:23:42.337
35	Paula Matias	Amiciclo - Grândola	184	01:31:26.368	00:24:21.982
36	Helga Guerreiro	----	85	01:31:47.141	00:24:42.755
37	Gina Oliveira	----	110	01:31:58.972	00:24:54.586
38	Kina	Tãlentos Team	265	01:32:33.026	00:25:28.640
39	Ana Cartaxo	Pinhal Novo a Correr	4	01:32:33.239	00:25:28.853
40	Elisabete Lourenço	Tãlentos Team	40	01:32:56.355	00:25:51.969
41	Sofia Valente	Aminhacorrida	51	01:33:09.218	00:26:04.832
42	Sandra atalho	Os papo secos	16	01:33:46.903	00:26:42.517
43	Milena alipio	Os papos secos	15	01:33:48.614	00:26:44.228
44	Ludmila Tira	Run Crew Trail Montijo	235	01:34:31.196	00:27:26.810
45	Dina Marques	Pinhal Novo a Correr	222	01:35:02.741	00:27:58.355
46	Mónica Silva	Pinhal Novo a Correr	215	01:35:02.999	00:27:58.613
47	Carla Cardeira	Pinhal Novo a Correr	214	01:35:03.175	00:27:58.789
48	Amélia Pereira	-----individual	13	01:37:03.908	00:29:59.522
49	Hélia Parreira	-----individual	18	01:37:04.185	00:29:59.799
50	Daniela Boleta	Amiciclo Grândola	143	01:39:20.628	00:32:16.242
51	Olinda serrador	Arte dos trilhos	56	01:39:38.361	00:32:33.975
52	Maria João Rosa	ACM Montemor a Correr	157	01:39:54.866	00:32:50.480
53	Maria Assis	ACM Montemor a Correr	155	01:39:55.263	00:32:50.877
54	Helena pedradas	Arte dos trilhos	57	01:40:16.912	00:33:12.526
55	Paula Ferreira	Clube Desportivo da Cruz de Pau	17	01:40:54.625	00:33:50.239
56	Ana Carla Matos Silva	----	14	01:40:56.162	00:33:51.776
57	Luísa Santos	----	108	01:43:51.885	00:36:47.499
58	Tania	Bariatric Team	37	01:44:15.107	00:37:10.721
59	Ana Rosa Ferreira Matias	----	120	01:44:46.088	00:37:41.702
60	Ana Viegas	Vai ser cá um trail	64	01:46:55.077	00:39:50.691
61	Sónia Style	Vai ser cá um trail	65	01:47:28.816	00:40:24.430
62	Helena Dores	Tãlentos Team	23	01:47:30.225	00:40:25.839
63	Natacha Custódio	GD SÃO Sebastião de Canha	111	01:47:54.819	00:40:50.433
64	Linda Ribeiro	G.D.S.Sebastião de Canha	1	01:47:54.909	00:40:50.523
65	Eduarda Rodrigues	Correr Queluz	93	01:48:49.567	00:41:45.181
66	Mara Batista	Bariatric Team Montijo	29	01:49:08.737	00:42:04.351
67	Paula Cristina Silva	Bariatric Team Montijo	28	01:56:14.960	00:49:10.574

#	Nome	Equipa	Dorsal	Tempo	Diferença
68	Fernanda Vieira	Támentos Team	22	01:57:35.018	00:50:30.632
69	Aurora Oliveira	Támentos Team	32	01:57:41.619	00:50:37.233

# ESCALÕES 13KM

[Pesquisar](#)

#	NOME	EQUIPA	DORSAL	TEMPO	DIFERENÇA
MASCULINO: M60					
1	antonio eusebio camacho	Parmelense Futebol Clube	0242	01:06:19.066	----
2	António José Marques Viegas	-----	0198	01:09:02.362	00:02:43.296
3	Possidónio Constantino	Clube Praças da Armada	0007	01:12:28.577	00:06:09.511
4	Fernando Carvalho	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	0117	01:13:19.537	00:07:00.471
5	ROGÉRIO VENÂNCIO	O Mundo da Corrida	0147	01:15:34.080	00:09:15.014
6	Diogo Arraias	Os Arraias	0084	01:38:21.386	00:32:02.320
MASCULINO: M55					
1	José Mendes	BTT Canha Rotas e Destinos	0080	01:04:42.662	----
2	Vítor Pereira	-----	0008	01:10:11.644	00:05:28.982
3	Jose Manuel Carvalho	Rotas e Sistemas-Correr por Prazer	0002	01:13:53.622	00:09:10.960
4	Vítor Fernandes	4321 Team	0047	01:23:51.677	00:19:09.015
5	Diniz Martinz	-----	0019	01:30:20.655	00:25:37.993
6	Pedro Monteiro	TRAILLERS	0123	01:35:54.115	00:31:11.453
7	João Neves	Run Crew Trail Montijo	0236	01:57:37.518	00:52:54.856
MASCULINO: M50					
1	Nelson Pereira	Montijo Runners	0206	00:59:54.399	----
2	Paulo Lopes	Escola de Atletismo do Montijo-A.F.D.D	0246	00:59:59.473	00:00:05.074
3	Wiljoen Raul	Escola de Atletismo do Montijo-A.F.D.D	0179	01:01:42.106	00:01:47.707
4	Sérgio António Batista russo	-----	0168	01:07:43.178	00:07:48.779
5	Fernando Nascimento	Tálenos Team	0039	01:10:37.131	00:10:42.732
6	jose rogerio santos silva	-----	0125	01:10:38.873	00:10:44.474
7	Mário Carromeu	4321 Team	0046	01:11:28.847	00:11:34.448

#	NOME	EQUIPA	DORSAL	TEMPO	DIFERENÇA
8	Fernando Mendes	Pinhal Novo a Correr	0216	01:16:22.323	00:16:27.924
9	Rui Manuel Claudino Raposo	Amiciclo Grândola	0167	01:20:00.819	00:20:06.420
10	Paulo Jorge Gonçalves Silva	Pinhal Novo a Correr	0089	01:22:57.057	00:23:02.658
11	Luis verissimo	Bombeiros de canha	0129	01:28:29.481	00:28:35.082
12	jorge alexandre valerio soares	-----	0126	01:28:33.954	00:28:39.555
13	António Henriques	Correr Queluz	0096	01:46:06.366	00:46:11.967
<b>MASCULINO: M45</b>					
1	Luís Cruz	Escola de Atletismo do Montijo-A.F.D.D	0175	00:55:10.551	----
2	José Henrique Oliveira Comenda	Correr em Giesta	0207	01:02:40.963	00:07:30.412
3	António Silva	Pinhal Novo a Correr	0225	01:04:14.183	00:09:03.632
4	Artur Cardeira	Pinhal Novo a Correr	0213	01:06:35.688	00:11:25.137
5	Paulo Bibe	Matutinos	0263	01:09:25.115	00:14:14.564
6	Renato Mauricio	Pinhal Novo a Correr	0221	01:09:49.799	00:14:39.248
7	Miguel Lino	Matutinos	0264	01:11:50.366	00:16:39.815
8	Carlos Faísca	Run Crew Trail Montijo	0202	01:12:31.120	00:17:20.569
9	Paulo Dorés Santos	-----	0196	01:13:26.757	00:18:16.206
10	Luís Pinto	Jobrinde - Montes Saloios	0137	01:16:21.070	00:21:10.519
11	Luís Miguel Fale Gomes	Moitarunning	0073	01:16:41.103	00:21:30.552
12	Luis Marques	Pinhal Novo a Correr	0217	01:16:59.977	00:21:49.426
13	Paulo Abadia	Team bizarro	0027	01:21:26.968	00:26:16.417
14	Paulo pardal	Moita Running	0132	01:29:45.659	00:34:35.108
15	NUNO MOLERO	-----	0163	01:30:16.997	00:35:06.446
16	Gonçalo Valente	Não fazemos bem mais um... Km	0142	01:33:09.451	00:37:58.900
17	Nuno Paisana	Ambos os 2	0189	01:36:21.893	00:41:11.342
18	jorge vaz	Cabare dos coxos	0031	01:37:03.656	00:41:53.105
19	Hélder Oliveira	-----	0170	01:38:37.653	00:43:27.102
20	Hélder Nogueira	-----	0048	01:45:52.555	00:50:42.004
<b>MASCULINO: M40</b>					
1	Vítor Chagas	C.F. Belenenses	0256	00:56:28.898	----

#	NOME	EQUIPA	DORSAL	TEMPO	DIFERENÇA
2	Artur vinhais	--individual---	0136	00:57:54.729	00:01:25.831
3	José Canoa	gafanhori	0144	01:03:00.622	00:06:31.724
4	José Pedro Magalhães	-----	0262	01:05:14.477	00:08:45.579
5	Olavo Mineiro	Tesm bizarro	0036	01:06:11.099	00:09:42.201
6	Nelson Silva	-----	0088	01:07:06.666	00:10:37.768
7	Paulo Almeida	Escola de Atletismo do Montijo-A.F.D.D	0173	01:08:10.773	00:11:41.875
8	Vitor Romão	AMCF - Arrabida Trail Team	0192	01:10:17.149	00:13:48.251
9	Emanuel Martins	Aminhacorrida	0077	01:12:11.796	00:15:42.898
10	Luis Baço	Clandestinos	0269	01:12:14.415	00:15:45.517
11	Floriano Silva	Aminhacorrida	0078	01:12:15.112	00:15:46.214
12	Nelson Barradinhas	Amiciclo Grândola	0187	01:12:59.165	00:16:30.267
13	ricardo domingos	-----	0160	01:15:13.053	00:18:44.155
14	Alipio Trigo	Escola de Atletismo do Montijo-A.F.D.D	0245	01:16:46.363	00:20:17.465
15	Sérgio Freitas	Montijo Runners	0068	01:18:58.487	00:22:29.589
16	Pedro Nunes	Ambos os 2	0190	01:22:54.800	00:26:25.902
17	Wilson Reis	Escola de Atletismo do Montijo-A.F.D.D	0176	01:25:48.253	00:29:19.355
18	Pedro António Mendes Rasteiro	Tálenos Team	0058	01:28:49.912	00:32:21.014
19	Pedro Manso	Tálenos Team	0271	01:32:51.668	00:36:22.770
20	João Tomás	-----	0203	01:34:05.836	00:37:36.938
<b>MASCULINO: M SUB 23</b>					
1	EMANUEL ROCHA	CASA DO BENFICA DE REGUENGOS DE MONSARAZ	0169	00:55:03.186	----
2	rui carvalho	Selvagens	0138	01:29:17.997	00:34:14.811
<b>MASCULINO: M SENIORES</b>					
1	Cláudio Bica	Ama(dores) Trail Team/ACRU	0257	00:53:44.311	----
2	João Recto	Escola de Atletismo do Montijo-A.F.D.D	0174	00:54:19.487	00:00:35.176
3	Manuel Maria Xavier Martins	-----	0115	00:56:30.995	00:02:46.684
4	Carlos Silva	-----	0094	00:56:35.220	00:02:50.909
5	André Boieiro Da Silva	Montijo Runners	0205	00:57:22.997	00:03:38.686



#	NOME	EQUIPA	DORSAL	TEMPO	DIFERENÇA
6	Lucio Monteiro	G.D.S.Sebastião de Canha	0069	00:59:44.443	00:06:00.132
7	Mário Dias	-----	0113	01:01:19.147	00:07:34.836
8	João Alves	-----	0067	01:01:26.259	00:07:41.948
9	Miguel Angêlo	G.D.S.Sebastião de Canha	0116	01:03:01.386	00:09:17.075
10	JOÃO BRITO	-----	0191	01:03:58.461	00:10:14.150
11	artur miguel santos silva	-----	0124	01:04:23.926	00:10:39.615
12	TONI PEREIRA	Ama(dores) Trail Team/ACRU	0139	01:06:52.829	00:13:08.518
13	Helder Nunes	Pinhal Novo a Correr	0218	01:07:10.390	00:13:26.079
14	Fábio	B.V.Canha	0128	01:07:29.664	00:13:45.353
15	Nuno Carvalho	----	0267	01:08:33.797	00:14:49.486
16	Telmo Freire	-----	0141	01:11:12.596	00:17:28.285
17	André Mateus	Ama(dores) Trail Team ACRU	0199	01:11:45.925	00:18:01.614
18	João Carlos Ribeiro Álvaro	-----	0243	01:11:57.842	00:18:13.531
19	João Pratas	Os Ribatejanos	0118	01:12:01.089	00:18:16.778
20	Pedro Fernandes	Moitarunning	0081	01:16:41.081	00:22:56.770
21	Rodrigo Teles	-----	0177	01:17:28.576	00:23:44.265
22	Victor Vital	Reumáticos da Bila	0105	01:17:53.586	00:24:09.275
23	Carlos Damas	Reumáticos da Bila	0104	01:17:54.345	00:24:10.034
24	Bruno Valente	Run Crew Trail Montijo	0227	01:19:07.142	00:25:22.831
25	Rui Lopes	BTT canha- Rotas e sistemas	0003	01:19:07.654	00:25:23.343
26	Cláudio Manuel Piteira Mira	Btt Canha - Rotas e Sistemas	0024	01:19:10.361	00:25:26.050
27	Carlos Rodrigues	Bombeiros de Canha	0272	01:19:12.279	00:25:27.968
28	Bruno Dionisio	ACM Montemor a Correr	0159	01:22:07.042	00:28:22.731
29	Sérgio Lobo	ACM Montemor a Correr	0156	01:23:02.025	00:29:17.714
30	David Fontes	G.D.S.Sebastião de Canha	0134	01:23:31.540	00:29:47.229
31	João Inglês	GD SÃO Sebastião de Canha	0112	01:23:42.201	00:29:57.890
32	Paulo Alexandre	-----	0131	01:26:08.192	00:32:23.881
33	Fernando Godinho	Fajarda Runners	0114	01:28:42.248	00:34:57.937
34	Tiago Dinis	Selvagens	0109	01:29:18.746	00:35:34.435
35	Filipe catanho	Selvagens	0106	01:29:23.488	00:35:39.177
36	Gonçalo Nunes	G.D.S.Sebastião de Canha	0098	01:33:28.937	00:39:44.626

#	NOME	EQUIPA	DORSAL	TEMPO	DIFERENÇA
<b>MASCULINO: M JUNIOR</b>					
1	Pedro Miguel Pereira Gomes	Moitarunning	0074	01:08:42.438	----
2	Tiago Marques	Pinhal Novo a Correr	0220	01:10:13.570	00:01:31.132
3	Miguel Mendes	-----	0255	01:27:59.219	00:19:16.781
<b>FEMININO: F60</b>					
1	Ana Cartaxo	Pinhal Novo a Correr	0004	01:32:33.239	----
2	Helena pedradas	Arte dos trilhos	0057	01:40:16.912	00:07:43.673
<b>FEMININO: F55</b>					
1	Soledade lobo	-----	0099	01:18:56.014	----
2	Lucia Nogueira	tálenos	0021	01:28:59.657	00:10:03.643
3	Kina	Tálenos Team	0265	01:32:33.026	00:13:37.012
4	Fernanda Vieira	Tálenos Team	0022	01:57:35.018	00:38:39.004
5	Aurora Oliveira	Tálenos Team	0032	01:57:41.619	00:38:45.605
<b>FEMININO: F50</b>					
1	Helena Silva	-----	0188	01:17:05.368	----
2	Braulia Gamito	Casa Benfica De Grândola	0259	01:18:13.298	00:01:07.930
3	Maria Saramago	Pinhal Novo a Correr	0224	01:21:26.018	00:04:20.650
4	cremilde raposo	Tálenos Team	0034	01:28:48.474	00:11:43.106
5	Rosa Oliveira	G.D.S.Sebastião de Canha	0083	01:29:16.227	00:12:10.859
6	Gina Oliveira	-----	0110	01:31:58.972	00:14:53.604
7	Milena alipio	Os papos secos	0015	01:33:48.614	00:16:43.246
8	Ludmila Tira	Run Crew Trail Montijo	0235	01:34:31.196	00:17:25.828
9	Luísa Santos	-----	0108	01:43:51.885	00:26:46.517
10	Helena Dores	Tálenos Team	0023	01:47:30.225	00:30:24.857
<b>FEMININO: F45</b>					
1	Susana Jeremias	Palmela Team	0197	01:16:52.306	----
2	Paula Saraiva	OPraticante.pt	0166	01:26:53.397	00:10:01.091
3	Carla Costa	Moitarunning	0076	01:29:42.472	00:12:50.166
4	Brigite Assis	ACM - MONTEMOR A CORRER	0158	01:30:46.723	00:13:54.417
5	Sandra atalho	Os papo secos	0016	01:33:46.903	00:16:54.597
6	Carla Cardeira	Pinhal Novo a Correr	0214	01:35:03.175	00:18:10.869
7	Amélia Pereira	-----individual	0013	01:37:03.908	00:20:11.602

#	NOME	EQUIPA	DORSAL	TEMPO	DIFERENÇA
8	Hélia Parreira	-----individual	0018	01:37:04.185	00:20:11.879
9	Olinda serrador	Arte dos trilhos	0056	01:39:38.361	00:22:46.055
10	Maria João Rosa	ACM Montemor a Correr	0157	01:39:54.866	00:23:02.560
11	Maria Assis	ACM Montemor a Correr	0155	01:39:55.263	00:23:02.957
12	Paula Ferreira	Clube Desportivo da Cruz de Pau	0017	01:40:54.625	00:24:02.319
13	Ana Carla Matos Silva	-----	0014	01:40:56.162	00:24:03.856
14	Ana Rosa Ferreira Matias	-----	0120	01:44:46.088	00:27:53.782
15	Eduarda Rodrigues	Correr Queluz	0093	01:48:49.567	00:31:57.261
<b>FEMININO: F40</b>					
1	Gizela Mota	Pinhal Novo a Correr	0226	01:14:45.652	----
2	Sílvia Galveia	Escola de Atletismo do Montijo-A.F.D.D	0178	01:16:45.778	00:02:00.126
3	Ana Branco	Run Crew Trail Montijo	0237	01:20:59.305	00:06:13.653
4	Verónica Alexandra Resende Correia	-----	0140	01:21:01.692	00:06:16.040
5	Helena Isabel Recharte Gonçalves	Pinhal Novo a Correr	0090	01:22:54.989	00:08:09.337
6	Lúcia Gonçalves	Amiciclo Grândola	0145	01:27:37.304	00:12:51.652
7	Rute Casimiro	Moitarunning	0075	01:29:44.438	00:14:58.786
8	Rita Farinha	G.D.S.Sebastião de Canha	0082	01:30:12.899	00:15:27.247
9	Helga Guerreiro	-----	0085	01:31:47.141	00:17:01.489
10	Elisabete Lourenço	Tálenos Team	0040	01:32:56.355	00:18:10.703
11	Dina Marques	Pinhal Novo a Correr	0222	01:35:02.741	00:20:17.089
12	Mónica Silva	Pinhal Novo a Correr	0215	01:35:02.999	00:20:17.347
13	Sónia Style	Vai ser cá um trail	0065	01:47:28.816	00:32:43.164
14	Mara Batista	Bariatric Team Montijo	0029	01:49:08.737	00:34:23.085
15	Paula Cristina Silva	Bariatric Team Montijo	0028	01:56:14.960	00:41:29.308
<b>FEMININO: F SENIORES</b>					
1	Miriam Silva	Run Crew Trail Montijo	0240	01:07:04.386	----
2	Zélia Pedro	Moita Running	0071	01:07:42.884	00:00:38.498
3	Marcia Santos	Pinhal Novo a correr	0273	01:10:49.654	00:03:45.268
4	Cátia Fonseca	Run Crew Trail Montijo	0254	01:12:30.905	00:05:26.519

#	NOME	EQUIPA	DORSAL	TEMPO	DIFERENÇA
5	Ana Paula Gago	Arti&lama	0130	01:13:31.812	00:06:27.426
6	Sandra Oliveira	OPraticante.pt	0164	01:18:03.081	00:10:58.695
7	Filipa Sobral	Pinhal Novo a Correr	0219	01:18:36.292	00:11:31.906
8	Bárbara Cruz	-----	0101	01:19:54.826	00:12:50.440
9	Sara Cordeiro	----	0266	01:22:30.586	00:15:26.200
10	Andreia Cardador	-----	0025	01:25:47.777	00:18:43.391
11	Rafaela Rafael	#TeamSrtaDiana	0086	01:29:15.441	00:22:11.055
12	Ana Oliveira	-----	0038	01:29:29.941	00:22:25.555
13	Paula Cristina Tiago Pereira	Moitarunning	0072	01:29:38.964	00:22:34.578
14	Ana Patricio	G.D.S.Sebastião de Canha	0070	01:29:40.970	00:22:36.584
15	Ana Catarina Pimentel	Arti&lama	0135	01:29:56.698	00:22:52.312
16	Paula Matias	Amiciclo - Grândola	0184	01:31:26.368	00:24:21.982
17	Sofia Valente	Aminhacorrida	0051	01:33:09.218	00:26:04.832
18	Daniela Boleta	Amiciclo Grândola	0143	01:39:20.628	00:32:16.242
19	Tania	Bariatric Team	0037	01:44:15.107	00:37:10.721
20	Ana Viegas	Vai ser cá um trail	0064	01:46:55.077	00:39:50.691
21	Natacha Custódio	GD SÃO Sebastião de Canha	0111	01:47:54.819	00:40:50.433
22	Linda Ribeiro	G.D.S.Sebastião de Canha	0001	01:47:54.909	00:40:50.523

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