

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Ritmo	Cat.
1.	75	Bruno Paixão	Beja Atlético Clube	M	Sen M	01:06:35,170	03:10	1
2.	169	Ricardo Figueiredo	CAS	M	Sen M	01:07:59,420	03:13	2
3.	96	Rafael Domingos	Casa do Benfica de Abrantes	M	Sen M	01:08:45,420	03:16	3
4.	90	Jorge Robalo	Clube Atletismo Vale Figueira	M	Vet 1 M	01:09:01,200	03:16	1
5.	130	João Ferreira	Estoril Praia Triatlo	M	Sen M	01:09:35,630	03:18	4
6.	161	Jose Gonçalves		M	Vet 2 M	01:10:34,660	03:20	1
7.	76	Nuno Romão	GFD	M	Vet 2 M	01:12:05,580	03:25	2
8.	143	Eugénio Neto	GDRR	M	Vet 5 M	01:12:05,910	03:25	1
9.	132	Pedro Januário	INDUSTRIAL DESPORTIVO VIEIRENSE	M	Vet 1 M	01:12:25,890	03:26	2
10.	129	João Ginja	GFD	M	Vet 4 M	01:13:03,560	03:28	1
11.	82	Vitor Oliveira	Associação Vale Grande	M	Sen M	01:13:33,350	03:29	5
12.	106	Antonio Almeida	Casa do Benfica de Abrantes	M	Sen M	01:13:39,820	03:29	6
13.	113	Tiago Nuno	Casa do Benfica de Abrantes	M	Sen M	01:13:50,540	03:30	7
14.	116	Paulo A. Ferreira	Casa do Benfica de Abrantes	M	Vet 4 M	01:14:02,280	03:31	2
15.	88	Marco Franco	Clube de Atletismo de Ferreira do Zêzere	M	Vet 1 M	01:15:54,750	03:36	3
16.	163	Luiz Mota	Casa do Benfica de Abrantes	M	Vet 3 M	01:16:13,560	03:37	1
17.	46	Emanuel Cardoso	Clube Atletismo de Marinha Grande	M	Sen M	01:16:21,130	03:37	8
18.	120	Neil Reissland	Casa do Benfica de Abrantes	M	Vet 4 M	01:16:53,610	03:38	3
19.	83	Paulo Alves	Associação Vale Grande	M	Vet 1 M	01:17:56,250	03:41	4
20.	157	Cristiana Valente	RDA	F	Sen F	01:18:15,700	03:43	1
21.	93	Jorge Correia	Casa do Benfica de Abrantes	M	Vet 3 M	01:19:11,890	03:45	2
22.	101	José Durão	Casa do Benfica de Abrantes	M	Vet 4 M	01:19:14,120	03:46	4
23.	114	Artur Pais	Casa do Benfica de Abrantes	M	Vet 3 M	01:19:17,700	03:46	3
24.	81	Rui Martins	Associação Vale Grande	M	Sen M	01:22:03,540	03:53	9
25.	131	Carlos Carvalho	Outsystems Olímpico de Oeiras	M	Sen M	01:22:14,440	03:54	10
26.	124	Pedro Gonçalves		M	Vet 1 M	01:22:41,780	03:55	5
27.	136	Joao Magro	Casa do Benfica em Castelo Branco	M	Vet 2 M	01:22:42,680	03:55	3
28.	50	Alexandra Oliveira	União Clube Eirense	F	Sen F	01:23:05,860	03:56	2
29.	80	Antonio Silva	casa povo alcanena	M	Vet 4 M	01:23:07,090	03:56	5
30.	45	Pedro Falcão	Clube Atletismo de Marinha Grande	M	Vet 2 M	01:23:53,790	03:59	4
31.	14	Hugo Matos	Tramagal	M	Sen M	01:23:54,200	03:59	11
32.	22	Luis Pauleta	CCCDAV/Ondalux	M	Sen M	01:24:49,270	04:01	12
33.	59	Ângelo Silva	CCDTMETROLX	M	Sen M	01:25:13,770	04:02	13
34.	86	David Lopes		M	Vet 3 M	01:25:34,620	04:04	4
35.	141	Luís Mendes	Pinhal Total Oleiros Aventura	M	Sen M	01:25:48,480	04:04	14
36.	167	Luis Nobre	Nobre Brindes	M	Vet 3 M	01:25:57,100	04:04	5
37.	28	António Inácio		M	Vet 3 M	01:26:14,940	04:05	6
38.	128	Márcio Catarino		M	Vet 1 M	01:26:21,050	04:05	6
39.	62	Paulo Roque		M	Vet 3 M	01:26:27,890	04:06	7
40.	137	Madalena Morgado	Rail Runners	F	Vet 1 F	01:26:32,450	04:06	1
41.	57	João Oliveira	CCDTMETROLX	M	Vet 2 M	01:26:36,010	04:06	5
42.	52	Nuno Pita	CCDTMETROLX	M	Vet 2 M	01:26:36,100	04:06	6
43.	127	Luís Januário	Branquinhos do Pedal	M	Vet 1 M	01:26:39,320	04:07	7
44.	67	Vitor Gomes	CCD - O ALVITEJO	M	Vet 6 M	01:27:01,000	04:07	1
45.	85	António Tiburcio		M	Vet 4 M	01:27:02,500	04:08	6

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Ritmo	Cat.
46.	94	Sérgio Campos	Casa do Benfica de Abrantes	M	Sen M	01:27:18,260	04:08	15
47.	115	Cláudio Mariano	Casa do Benfica de Abrantes	M	Sen M	01:27:32,160	04:09	16
48.	26	Verónica Scutaru	Beja Atlético Clube	F	Vet 2 F	01:28:16,570	04:11	1
49.	166	José Silva	Casa do Benfica de Abrantes	M	Vet 5 M	01:28:41,230	04:12	2
50.	44	Francisco Henriques	OndaTrilhos	M	Vet 2 M	01:28:45,600	04:13	7
51.	49	Dário Palma	GRCD Leião	M	Vet 1 M	01:28:50,540	04:13	8
52.	12	Fernanda Santinha		F	Vet 3 F	01:28:51,020	04:13	1
53.	160	Tiago Pinheiro	cb running	M	Sen M	01:29:46,730	04:15	17
54.	119	Daniel Simões	Casa do Benfica de Abrantes	M	Vet 3 M	01:29:55,400	04:16	8
55.	118	Nuno Gomes	Casa do Benfica de Abrantes	M	Vet 3 M	01:29:55,960	04:16	9
56.	158	Josué Oliveira	Triatlo Galitos	M	Vet 2 M	01:30:13,240	04:17	8
57.	2	Miguel Serra	Clube Cabeço das Águias	M	Vet 1 M	01:30:17,940	04:17	9
58.	9	Rui Lopes	CCCDAV/Ondalux	M	Vet 2 M	01:30:37,660	04:18	9
59.	13	Jose Fernandes		M	Vet 3 M	01:30:52,510	04:19	10
60.	172	Jose Ferreira	GRCD Leião	M	Vet 4 M	01:30:57,660	04:19	7
61.	36	Vitor Marques	Chão de Codes/BTZ Mação	M	Vet 4 M	01:31:12,860	04:19	8
62.	43	Mário Salgueiro	C.A.S.P.A. - Clube Amador Só Para Atletismo	M	Vet 2 M	01:31:27,010	04:20	10
63.	170	Francisco Madeira	GCA Donas	M	Vet 5 M	01:32:35,660	04:23	3
64.	154	Francisco Silva	Já t apanho	M	Vet 2 M	01:32:40,170	04:23	11
65.	107	António Martins	Casa do Benfica de Abrantes	M	Vet 5 M	01:32:52,400	04:24	4
66.	162	Frederico Miranda	Tramagal	M	Vet 1 M	01:33:00,060	04:25	10
67.	148	José Guimas	Os Matrecos	M	Vet 4 M	01:33:07,030	04:25	9
68.	142	Filipe Domingues	Pinhal Total Oleiros Aventura	M	Vet 1 M	01:33:25,730	04:26	11
69.	38	Alberto Graça	União FCI de Tomar	M	Vet 6 M	01:33:39,560	04:26	2
70.	140	Vitor Ferreira	casa povo alcanena	M	Vet 4 M	01:33:53,840	04:27	10
71.	108	Edgar Gaspar	Casa do Benfica de Abrantes	M	Sen M	01:34:08,330	04:28	18
72.	168	Marco Santos		M	Vet 1 M	01:34:16,340	04:28	12
73.	37	João Silva	Trilho Perdido & Friends	M	Vet 3 M	01:34:22,940	04:28	11
74.	146	Luís Jesus	GCA Donas	M	Vet 2 M	01:34:43,190	04:29	12
75.	8	Antonio Costa	CCCDAV/Ondalux	M	Vet 4 M	01:34:53,660	04:30	11
76.	40	José Fonseca	União FCI de Tomar	M	Vet 4 M	01:35:07,330	04:31	12
77.	7	Márcio Andrade	CCCDAV/Ondalux	M	Sen M	01:35:17,730	04:31	19
78.	109	João Silva	Casa do Benfica de Abrantes	M	Jun M	01:35:49,780	04:32	1
79.	152	Ricardo Pereira	Branquinhos do Pedal	M	Sen M	01:36:12,430	04:34	20
80.	153	Pedro Rodrigues		M	Vet 3 M	01:36:42,140	04:35	12
81.	99	Paulo Martins	Casa do Benfica de Abrantes	M	Vet 3 M	01:36:48,500	04:35	13
82.	117	Paulo R. Ferreira	Casa do Benfica de Abrantes	M	Vet 2 M	01:37:19,900	04:37	13
83.	84	Carmen Ferreira	Associação Vale Grande	F	Vet 3 F	01:37:23,330	04:37	2
84.	48	Paulo Cosma		M	Vet 2 M	01:37:48,940	04:38	14
85.	139	João Jacinto	CCD - O ALVITEJO	M	Vet 6 M	01:38:06,830	04:39	3
86.	32	José dos Santos		M	Sen M	01:38:21,880	04:40	21
87.	4	Jose Sao Bento	Crazy crows	M	Vet 1 M	01:38:22,940	04:40	13
88.	103	Paula Rodrigues	Casa do Benfica de Abrantes	F	Vet 3 F	01:38:26,320	04:40	3
89.	171	Ana Lopes	Casa do Benfica de Abrantes	F	Vet 2 F	01:38:28,870	04:40	2
90.	135	Pedro Faria	Casa do Benfica em Castelo Branco	M	Vet 2 M	01:39:23,090	04:43	15

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Ritmo	Cat.
91.	151	Anabela Da silva	Sugiez	F	Vet 2 F	01:39:28,070	04:43	3
92.	97	Ernesto Heitor	Casa do Benfica de Abrantes	M	Vet 3 M	01:39:56,130	04:44	14
93.	10	Pedro Alfaiate	CCCD/AV/Ondalux	M	Vet 1 M	01:40:06,450	04:44	14
94.	72	Nelson Marques		M	Vet 1 M	01:40:12,350	04:45	15
95.	25	Victor Silva	Lebres do Sado	M	Vet 4 M	01:40:13,300	04:45	13
96.	24	Renato Valério	A.C. BTT do Fôjo	M	Vet 1 M	01:40:42,080	04:46	16
97.	29	Carlos Jesus		M	Vet 1 M	01:41:01,710	04:47	17
98.	74	Andreia Oliveira	Georunners Portugal	F	Vet 1 F	01:41:01,770	04:47	2
99.	100	Joel Martins	Casa do Benfica de Abrantes	M	Vet 1 M	01:41:12,690	04:48	18
100.	110	Marketa Martins	Casa do Benfica de Abrantes	F	Vet 1 F	01:41:19,610	04:48	3
101.	17	Pedro Ramos		M	Vet 3 M	01:41:42,620	04:49	15
102.	63	Fernando Santos	Clube DDN	M	Vet 4 M	01:42:25,680	04:51	14
103.	150	Aurélio Rodrigues	Os Matrecos	M	Vet 3 M	01:43:25,460	04:54	16
104.	149	Hermínio Ferreira	Os Matrecos	M	Vet 5 M	01:43:25,570	04:54	5
105.	33	João Fernandes		M	Vet 1 M	01:43:35,200	04:55	19
106.	111	Alice Silva	Casa do Benfica de Abrantes	F	Vet 3 F	01:43:49,790	04:55	4
107.	138	Nuno Figueiredo	COA - Clube de Orientação e Aventura	M	Vet 1 M	01:44:20,120	04:57	20
108.	23	Carlos Mendes	Goat Team	M	Vet 2 M	01:44:34,000	04:58	16
109.	41	Manuel Martins	União FCI de Tomar	M	Vet 6 M	01:44:40,920	04:58	4
110.	79	João Rosado		M	Vet 4 M	01:45:04,090	04:59	15
111.	19	Helena Ceia	AC Portalegre/UTSM	F	Vet 3 F	01:45:52,740	05:01	5
112.	20	Manuel Ceia	AC Portalegre/UTSM	M	Vet 5 M	01:45:52,800	05:01	6
113.	69	João Calouro		M	Vet 4 M	01:46:00,640	05:01	16
114.	134	Nuno Marques	Casa do Benfica de Abrantes	M	Vet 6 M	01:46:09,230	05:02	5
115.	175	Márcio FERNANDES	Clube Cabeço das Águias	M	Vet 1 M	01:47:37,200	05:06	21
116.	39	Carolina Feliz	União FCI de Tomar	F	Vet 5 F	01:48:07,270	05:07	1
117.	145	Francisco Farias	GCA Donas	M	Vet 5 M	01:48:19,410	05:08	7
118.	165	Augusto Cruz	Casa do Benfica de Abrantes	M	Vet 7 M	01:48:36,990	05:09	1
119.	126	Pedro Vicente		M	Vet 4 M	01:48:37,900	05:09	17
120.	121	Noriko Sugiyama	Casa do Benfica de Abrantes	F	Vet 4 F	01:48:41,420	05:09	1
121.	47	João Capitulino		M	Vet 1 M	01:49:10,240	05:10	22
122.	77	André Valente		M	Sen M	01:49:10,250	05:10	22
123.	42	Paula Branco	União FCI de Tomar	F	Vet 3 F	01:49:14,700	05:11	6
124.	27	Paula Santos		F	Vet 3 F	01:50:14,250	05:14	7
125.	53	Carlos Moreira	CCDTMETROLX	M	Vet 6 M	01:50:14,300	05:14	6
126.	1	Nuno Gil	Crazy crows	M	Vet 2 M	01:50:55,470	05:16	17
127.	11	Albino Vicente	BinoTeam	M	Vet 4 M	01:51:42,570	05:17	18
128.	61	Lina Mateus		F	Vet 1 F	01:51:52,680	05:18	4
129.	164	Filipe Gonçalves	Casa do Benfica de Abrantes	M	Jun M	01:51:56,940	05:19	2
130.	5	Manuel Silva	Cem quedas	M	Vet 2 M	01:52:16,140	05:19	18
131.	54	Isabel França	CCDTMETROLX	F	Vet 3 F	01:52:36,830	05:20	8
132.	55	António Gonçalves	CCDTMETROLX	M	Vet 4 M	01:52:38,060	05:20	19
133.	125	José Silva		M	Vet 6 M	01:53:23,160	05:22	7
134.	70	Luis Serra	Associação de Moradores de Amoreira	M	Vet 6 M	01:54:05,640	05:25	8
135.	65	Carlos Oliveira	Clube DDN	M	Vet 4 M	01:54:24,120	05:25	20

Col	Num	Nome	Equipa	Sx	Cat	Tempo	Ritmo	Cat.
136.	89	Paulo Vicente		M	Vet 3 M	01:54:24,780	05:25	17
137.	21	Gonçalo Bernardo		M	Sen M	01:54:40,280	05:26	23
138.	3	Ricardo Beirão	Turbo Lentos	M	Vet 1 M	01:54:42,510	05:26	23
139.	60	Francisco Plínio	CCDTMETROLX	M	Vet 6 M	01:55:30,290	05:28	9
140.	123	Armando de Lacerda		M	Vet 6 M	01:56:23,150	05:31	10
141.	156	Catarina Fontinha		F	Vet 1 F	01:57:10,630	05:33	5
142.	73	Paulo Vieira		M	Vet 2 M	01:57:10,880	05:33	19
143.	133	Susana Rosa	Casa do Benfica de Abrantes	F	Sen F	01:59:51,420	05:41	3
144.	95	José Fontinha	Casa do Benfica de Abrantes	M	Vet 2 M	02:01:16,730	05:45	20
145.	98	Hélio Godinho	Casa do Benfica de Abrantes	M	Vet 7 M	02:01:16,820	05:45	2
146.	35	Mário Lima	Turbo Lentos	M	Vet 1 M	02:01:55,190	05:47	24
147.	105	Teresa Mendes	Casa do Benfica de Abrantes	F	Vet 3 F	02:02:24,170	05:48	9
148.	159	Vítor Fernandes	CALMA - Tomar	M	Vet 7 M	02:04:09,240	05:53	3
149.	64	Filomena Barrancos	Clube DDN	F	Vet 3 F	02:04:48,210	05:55	10
150.	102	Mafalda Matos	Casa do Benfica de Abrantes	F	Vet 1 F	02:04:48,400	05:55	6
151.	144	Maria Souza	clube cultural e recreativo de vale das mós	F	Vet 1 F	02:05:23,920	05:56	7
152.	78	Edgar Borralho	Clube DDN	M	Vet 5 M	02:06:23,410	05:59	8