

Nome da Prova: III Trail Monges de Cister
 Organizador: Bombeiros Voluntários de Alcobça
 Classe: Trail
 Categoria: Classificação Geral 15km



Pos	Dorsal	Atleta	S	Equipa	Categoria	Pos S	Pos Cat	10.0 km	Ritmo	Tempo
1	183	DINIS ALMEIDA	M	A. C. S. Mamede	SEN M	1	1	0:41:28.891	4:43	1:13:14.419
2	113	TIAGO	M	ROP	SEN M	2	2	0:43:57.981	5:01	1:17:59.432
3	119	JOÃO MURRAÇAS	M	Os Tiffosis (Nazaré)	M40	3	3	0:44:28.824	5:03	1:18:23.470
4	56	RENATO SATURNINO	M	NFC Running Team	M40	4	4	0:44:42.111	5:07	1:19:17.876
5	193	RAFAEL MARQUES	M	NFC Running Team	SEN M	5	5	0:44:03.030	5:14	1:21:08.482
6	23	JÚLIO RODRIGUES	M	NFC Running Team	M40	6	6	0:47:46.434	5:28	1:24:53.835
7	77	RICARDO SOUSA	M	TiMim	M40	7	7	0:47:47.539	5:30	1:25:29.032
8	86	LUÍS AVELAR	M	Crossmates	M45	8	8	0:47:45.460	5:33	1:26:12.902
9	777	HUMBERTO MIGUEL	M		M50	9	9	0:45:23.330	5:36	1:26:50.708
10	151	RUI FERNANDES	M	NFC Running Team	M45	10	10	0:49:32.266	5:38	1:27:31.806
11	150	JOÃO SANTOS	M		SEN M	11	11	0:49:39.014	5:39	1:27:46.177
12	141	FÁBIO DANIEL RIBEIRO COSTA	M	Clínica Europa running team	SEN M	12	12	0:49:30.892	5:43	1:28:43.249
13	177	PEDRO FERREIRA	M	C.D. Os Águias de Alpiarça	SEN M	13	13	0:51:08.049	5:45	1:29:15.405
14	247	GONÇALO CORREIA	M	Trilhos Romanos	SEN M	14	14	0:51:06.770	5:48	1:30:01.281
15	140	HÉLDER CEBOLEIRO	M	Terrantéz Trail Team	SEN M	15	15	0:51:05.339	5:50	1:30:31.844
16	226	RENATO SOARES	M	Arredaguilhotas Pro team	M40	16	16	0:51:15.991	5:50	1:30:35.738
17	245	NUNO MIGUEL	M	Grupo Desportivo Concha Azul	M40	17	17	0:51:26.516	5:54	1:31:30.433
18	244	LUIS AGOSTINHO MARQUES DA SIL	M		M50	18	18	0:52:08.368	5:54	1:31:30.909
19	48	TIAGO BRANCO	M	Chitas de Alcobça	M40	19	19	0:52:12.943	5:55	1:31:41.808
20	58	ROMÃO CORREIA	M		M45	20	20	0:52:12.233	5:57	1:32:19.317
21	63	BRUNO COSTA	M	Grupo Desportivo Concha Azul	SEN M	21	21	0:51:31.168	5:58	1:32:32.732
22	39	RODOLFO MARQUES	M	CRP Ribafria	SEN M	22	22	0:51:43.488	5:58	1:32:37.710
23	72	RICARDO VICENTE	M	Crossmates	SEN M	23	23	0:51:40.668	5:58	1:32:41.975
24	61	TELMO MADEIRA	M	Chitas de Alcobça	M45	24	24	0:52:22.219	5:59	1:32:46.150
25	160	RUI BOGALHO	M	Chitas de Alcobça	M50	25	25	0:52:10.027	5:59	1:32:46.878
26	179	LINO LAURENTINO	M		M40	26	26	0:51:30.065	6:02	1:33:35.065
27	236	JOEL COELHO	M	A. C. S. Mamede	M40	27	27	0:52:22.009	6:04	1:34:03.721
28	35	JORGE MENDRICO	M		SEN M	28	28	0:52:11.173	6:06	1:34:32.115
29	221	BERNARDO AMARAL	M	Here for Beer	SEN M	29	29	0:54:26.338	6:12	1:36:07.710
30	89	JÚLIO PATRÍCIO	M		M60	30	30	0:54:06.986	6:13	1:36:22.514
31	163	NUNO MIGUEL MIRANDA	M		M40	31	31	0:54:26.183	6:13	1:36:22.982
32	235	ANTÓNIO OLIVEIRA	M	LIZ RUNNERS	M40	32	32	0:54:29.391	6:15	1:37:02.701
33	11	NELSON LOPES	M	NFC Running Team	M45	33	33	0:55:52.565	6:16	1:37:12.782
34	135	ANDRÉ SANTOS	M	Terrantéz Trail Team	SEN M	34	34	0:55:58.028	6:17	1:37:28.668
35	64	NUNO	M	CPR A-do-Barbas	M45	35	35	0:54:21.264	6:17	1:37:36.433
36	65	ANA BONIFÁCIO	F	CPR A-do-Barbas	SEN F	1	1	0:54:25.167	6:18	1:37:39.336
37	74	JORGE AREIAS	M	Crossmates	M50	36	36	0:54:14.518	6:22	1:38:44.296
38	233	MARTA	F	Clube de Atletismo da Nazaré	F45	2	2	0:55:12.130	6:23	1:38:57.001
39	143	CARLOS MARQUES	M		SEN M	37	37	0:54:34.887	6:25	1:39:36.511
40	195	ANTÓNIO PALMEIRA	M	Cromos Trail Team	M45	38	38	0:58:38.913	6:28	1:40:14.903
41	186	PEDRO VIEIRA	M	URDJUNCALENSE	M45	39	39	0:53:19.886	6:29	1:40:31.990
42	152	TIAGO NOGUEIRA	M	Terrantéz Trail Team	SEN M	40	40	0:56:33.943	6:31	1:41:08.809
43	13	MILTON DUARTE	M	GDRC Unidos	SEN M	41	41	0:55:35.830	6:31	1:41:12.184
44	201	JOÃO SÁ PEREIRA	M	Pimpões Triatlo	M45	42	42	0:53:18.769	6:33	1:41:37.375
45	128	RICARDO CRUZ	M	Trail Blazers	SEN M	43	43	0:51:34.886	6:38	1:42:49.397
46	208	TIAGO GOMES	M	Clube Sosi	SUB23 M	44	44	1:02:23.895	6:39	1:43:06.926
47	68	LUÍS MIGUEL C. FERNANDES	M	CPR A-do-Barbas	M40	45	45	0:53:23.652	6:39	1:43:11.141
48	66	CÁTIA MONTEZ	F	CPR A-do-Barbas	SEN F	3	3	0:56:21.827	6:40	1:43:23.324
49	241	PEDRO ALEXANDRE CARREIRA NC	M		M40	46	46	0:56:21.054	6:40	1:43:23.806
50	108	PAULO FERREIRA	M	Marvila Jovem	M50	47	47	0:58:10.880	6:44	1:44:27.645
51	100	PEDRO SERRAZINA LUÍS	M	Here for Beer	SUB23 M	48	48	0:59:43.136	6:44	1:44:30.523
52	181	SAMUEL LUÍS	M		SEN M	49	49	0:59:13.625	6:47	1:45:08.019
53	18	SÓNIA ALEXANDRE	F	NFC Running Team	F45	4	4	0:58:10.586	6:50	1:46:04.574
54	37	LUÍS PASCOAL	M	NFC Running Team	M50	50	50	1:00:00.663	6:51	1:46:19.900
55	21	MIGUEL COELHO	M	NFC Running Team	M45	51	51	0:59:08.104	6:51	1:46:24.217
56	19	JOÃO TERESO	M	NFC Running Team	M55	52	52	0:59:08.581	6:51	1:46:24.234
57	42	SAMUEL RIBAS	M		SEN M	53	53	0:57:55.560	6:54	1:47:03.802
58	120	RICARDO FAUSTINO	M		M40	54	54	0:57:35.513	6:54	1:47:11.350
59	138	SÉRGIO SERRAZINA	M		SEN M	55	55	0:59:31.919	6:57	1:47:43.152
60	16	PAULO DIAS	M		M45	56	56	0:57:36.261	6:58	1:48:11.552
61	197	PAULO SILVA	M	Cromos Trail Team	SEN M	57	57	1:02:39.184	6:59	1:48:23.556
62	227	LUIS HENRIQUES	M		M50	58	58	1:01:43.673	7:02	1:49:12.801
63	216	PEDRO ACHEGA	M	CDPataiense	SEN M	59	59	0:59:33.407	7:03	1:49:17.720
64	112	LUÍS CARVALHINHO	M	SportPontoCome	M55	60	60	1:00:36.356	7:07	1:50:21.971
65	146	DANIEL LOPES	M	CPR A-do-Barbas	SUB23 M	61	61	1:04:29.962	7:08	1:50:45.791
66	70	JOÃO TRINDADE	M	Crossmates	M45	62	62	1:01:29.243	7:09	1:50:54.218
67	198	ANDRÉ RAIMUNDO	M	URDJUNCALENSE	SEN M	63	63	0:58:22.997	7:10	1:51:05.206
68	196	PEDRO PEREIRA	M	Cromos Trail Team	M40	64	64	1:00:29.945	7:10	1:51:05.625
69	212	PEDRO PEREIRA	M	DAYTON PROGRESS	SEN M	65	65	1:04:51.445	7:10	1:51:17.775
70	242	RAFAEL MARTINHO	M	Crossmates	SEN M	66	66	1:04:13.690	7:10	1:51:19.432
71	67	JOANA GRÁCIO	F	CPR A-do-Barbas	F40	5	5	1:02:42.851	7:11	1:51:19.833

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Pos	Dorsal	Atleta	S	Equipa	Categoria	Pos S	Pos Cat	10.0 km	Ritmo	Tempo
72	223	RICARDO FERREIRA	M		SEN M	67	27	1:05:14.244	7:11	1:51:24.909
73	121	NORBERTO MACHADO	M	Ultras Tornada Trail	M40	68	16	1:04:52.808	7:11	1:51:29.393
74	231	FENANDO MANUEL B. RODRIGUES	M		M45	69	13	1:06:19.629	7:12	1:51:36.849
75	29	ALEXANDER STORMS	M	NFC Running Team	M45	70	14	1:01:17.361	7:12	1:51:37.067
76	76	FILIPE CRUZ	M	Piscos coxos	SEN M	71	28	1:03:28.426	7:14	1:52:13.784
77	88	PEDRO LIBÂNIO	M	DUROS DE CORRER	M45	72	15	1:03:13.700	7:14	1:52:15.512
78	98	JOÃO LOURO	M	NFC Running Team	M45	73	16	1:03:13.701	7:14	1:52:15.512
79	6	PEDRO AMARAL	M	CRP Ribafria	M55	74	3	1:00:34.079	7:19	1:53:26.968
80	15	NUNO LOPES	M	Here for Beer	M45	75	17	1:04:44.851	7:20	1:53:43.937
81	225	EVARISTO MACHADO	M	Chitas de Alcobça	M45	76	18	1:06:18.878	7:20	1:53:53.464
82	161	JOÃO AFONSO	M	Terrantéz Trail Team	M50	77	8	1:05:39.862	7:22	1:54:15.414
83	36	NURIA REYES CHACÓN	F		SUB23 F	6	1	1:02:33.474	7:24	1:54:54.902
84	159	NUNO VAZ OLIVEIRA	M	#100Sola	M40	78	17	1:07:55.682	7:30	1:56:20.146
85	187	PEDRO SANTIAGO	M	URDJUNCALENSE	SEN M	79	29	1:06:14.235	7:32	1:56:50.072
86	147	VITOR MANUEL SANTOS SIMÕES	M	Here for Beer	M60	80	2	1:03:48.475	7:33	1:57:07.320
87	118	PAULO REBELO	M	URDJUNCALENSE	M50	81	9	1:06:18.699	7:34	1:57:23.351
88	102	INÉS CRUZ	F	-	SEN F	7	3	1:06:19.601	7:34	1:57:23.621
89	93	TIAGO PINHEIRO LUIS	M	Corridas e Gargalhadas	SEN M	82	30	1:07:43.782	7:34	1:57:31.082
90	131	SANDRO SENTIEIRO	M		M45	83	19	1:08:02.016	7:36	1:57:56.937
91	249	ALBERTINO AGOSTINHO	M	Chitas de Alcobça	M55	84	4	1:07:55.168	7:36	1:57:57.300
92	224	JOÃO VICENTE	M		SEN M	85	31	1:06:10.590	7:46	2:00:24.036
93	111	DAVID MACHADO	M	Ultras Tornada Trail	SEN M	86	32	1:08:29.634	7:47	2:00:40.380
94	130	ÉLIO FIALHO	M	OS ENTREVADOS	M55	87	5	1:09:13.281	7:50	2:01:28.875
95	53	ANDREIA	F	Clube Sosi	F40	8	2	1:09:41.153	7:51	2:01:49.112
96	17	JOÃO VIEIRA	M	Anonymous Team	SUB23 M	88	4	1:08:21.421	7:56	2:03:01.253
97	199	JOÃO RODRIGUES	M	Crossmates	SEN M	89	33	1:09:16.027	7:59	2:03:48.675
98	99	EVANI FREITAS	F	Corridas e Gargalhadas	SEN F	9	4	1:10:56.650	8:01	2:04:24.021
99	206	ANDRÉ VOCENTE	M		SEN M	90	34	1:13:12.186	8:01	2:04:29.229
100	32	RICARDO PEREIRA	M	NFC Running Team	M40	91	18	1:08:54.665	8:03	2:04:46.282
101	105	ADRIANA SANTOS	F	Chitas de Alcobça	F45	10	3	1:10:48.381	8:04	2:05:08.685
102	104	MANIX SANTOS	M	Chitas de Alcobça	M45	92	20	1:10:47.400	8:04	2:05:08.890
103	168	EDUARDO BAPTISTA	M	Fitness Factory Peniche	M45	93	21	1:13:08.163	8:06	2:05:38.090
104	57	EMANUEL VALÉRIO	M	Terrantéz Trail Team	SEN M	94	35	1:14:40.197	8:14	2:07:46.900
105	83	PAULO DOMINGUES	M	TEAM SHAOLIN	M45	95	22	1:12:46.375	8:15	2:07:53.948
106	54	JOSÉ OLIVEIRA	M	Chitas de Alcobça	M55	96	6	1:12:21.757	8:17	2:08:26.399
107	145	FERNANDO ALEXANDRE	M	NFC Running Team	M40	97	19	1:09:44.209	8:17	2:08:33.346
108	114	PRISCILA BERNARDO	F		SEN F	11	5	1:15:11.709	8:19	2:09:04.246
109	124	TIAGO PEREIRA	M		SEN M	98	36	1:12:52.767	8:21	2:09:27.325
110	116	CARLOS BERNARDO	M		M50	99	10	1:15:14.189	8:21	2:09:27.962
111	43	ANTÓNIO ANTUNES	M	Os sempre em festa	M45	100	23	1:11:05.284	8:23	2:10:04.797
112	220	JORGE ALMEIDA	M	COC- Clube Orientação Centro	M50	101	11	1:14:49.567	8:26	2:10:50.315
113	126	JULIEN MANSO	M	100 VONTADE	SEN M	102	37	1:21:49.825	8:29	2:11:43.491
114	239	MARCOS FERREIRA	M		M40	103	20	1:12:45.046	8:39	2:14:07.235
115	162	CÉSAR FERREIRA	M		M50	104	12	1:15:06.989	8:40	2:14:24.457
116	192	SANDRO BRITO	M	NFC Running Team	SEN M	105	38	1:20:23.960	8:42	2:14:59.989
117	96	NUNO CHUMBO	M	NFC Running Team	M50	106	13	1:16:22.367	8:44	2:15:25.242
118	127	DAVID PINTA	M	TiMim	SEN M	107	39	1:14:44.688	8:44	2:15:29.236
119	92	WILSON RIBEIRO	M	TiMim	SEN M	108	40	1:14:37.118	8:44	2:15:29.360
120	238	FLÁVIO MOURA	M	M&M	M40	109	21	1:14:28.494	8:47	2:16:15.832
121	214	JORGE DUARTE	M	BD	M55	110	7	1:14:27.098	8:47	2:16:17.125
122	180	ANA CONDE	F	Chitas de Alcobça	F40	12	3	1:17:13.754	8:49	2:16:46.944
123	169	TÂNIA DIAS	F	Chitas de Alcobça	SEN F	13	6	1:17:22.184	8:49	2:16:49.723
124	59	JOEL COELHO	M	Chitas de Alcobça	M50	111	14	1:17:22.881	8:49	2:16:50.492
125	184	INÉS PEDRO	F		SEN F	14	7	1:17:21.167	8:49	2:16:51.157
126	167	CARLOS DUARTE	M	BD	M55	112	8	1:19:58.938	8:51	2:17:17.344
127	230	MIGUEL GUILHERMINO	M	URDJUNCALENSE	SEN M	113	41	1:21:56.251	8:56	2:18:28.945
128	91	PEDRO SILVA	M	CRP Ribafria	SEN M	114	42	1:16:33.503	9:02	2:20:01.128
129	30	RAQUEL CORREIA	F	COA / CORVUS TRAIL TEAM	F50	15	1	1:18:01.807	9:03	2:20:28.576
130	80	SIMÃO DUARTE	M	NFC Running Team	SUB23 M	115	5	1:24:25.050	9:03	2:20:29.678
131	101	MARIA DA GLÓRIA FERREIRA	F	Chitas de Alcobça	F50	16	2	1:17:34.284	9:05	2:20:56.272
132	60	CARLOS MELO	M		M40	116	22	1:13:53.628	9:06	2:21:10.700
133	40	SÓNIA VICENTE	F	HCT Running Team	F45	17	4	1:20:49.744	9:07	2:21:25.297
134	123	RUI FILIPE	M	CRP Ribafria	SEN M	117	43	1:21:52.487	9:08	2:21:37.159
135	171	CARINA ROSA	F	3 por 1	F40	18	4	1:21:53.309	9:08	2:21:37.196
136	172	SANDRA QUINTINO	F	3 por 1	F45	19	5	1:21:54.652	9:09	2:21:57.318
137	22	RUI SUSANO MATEUS	M	Caldas corre +	M60	118	3	1:15:01.093	9:16	2:23:49.799
138	142	VASCO COELHO	M		M40	119	23	1:23:27.717	9:19	2:24:34.399
139	207	MARCELO	M	Clube Sosi	SEN M	120	44	1:26:57.081	9:20	2:24:52.582
140	122	RAFAELA MOREIRA	F	ACBATALHA	SEN F	20	8	1:21:47.930	9:33	2:28:09.836
141	45	ANTÓNIO MORGADO	M	Chitas de Alcobça	M55	121	9	1:21:44.220	9:33	2:28:09.885
142	24	ANABELA FERREIRA	F	Chitas de Alcobça	F50	21	3	1:21:49.178	9:33	2:28:10.539



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143	110	DÁRIO REBELO	M	HCT Running Team	M40	122	24	1:25:25.322	9:33	2:28:12.004
144	185	MIGUEL LEMOS PERFEITO	M	URDJUNCALENSE	SEN M	123	45	1:24:46.721	9:35	2:28:41.178
145	156	LEANDRO SANTOS	M	Crossmates	SEN M	124	46	1:20:57.061	9:36	2:28:52.696
146	234	SANTIAGO	M		M60	125	4	1:29:43.706	9:37	2:29:03.033
147	132	RAQUEL VALÉRIO	F	FOREST RUNNERS	F40	22	5	1:27:26.105	9:39	2:29:36.037
148	133	JOÃO PEDRO P. EVANGELISTA	M	FOREST RUNNERS	M40	126	25	1:27:25.298	9:39	2:29:36.383
149	137	PEDRO ABREU	M		SEN M	127	47	1:24:15.976	9:40	2:29:58.296
150	237	FREDERICO AGOSTINHO	M	URDJUNCALENSE	SEN M	128	48	1:24:48.139	9:41	2:30:19.826
151	106	CARLOS COSTA	M		M60	129	5	1:31:22.739	9:42	2:30:21.381
152	182	SUSANA LOPES	F	CRP Ribafria	F50	23	4	1:27:21.020	9:43	2:30:46.736
153	194	EURICO CALHAS	M	Crossmates	M40	130	26	1:27:05.364	9:48	2:32:07.536
154	248	LUÍS RAMOS	M		SEN M	131	49	1:28:35.434	9:53	2:33:10.908
155	157	CLÁUDIO	M	Casa da Girafa Team	M50	132	15	1:27:22.624	9:56	2:34:05.542
156	71	JOANA SERRAZINA	F	Here for Beer	SUB23 F	24	2	1:26:35.883	9:56	2:34:11.634
157	173	FILOMENA DUARTE	F	Riorun	F45	25	6	1:27:48.987	10:00	2:35:10.841
158	174	PEDRO DUARTE	M	Riorun	M45	133	24	1:27:44.345	10:00	2:35:11.533
159	90	MARCO DUARTE	M		M40	134	27	1:29:14.771	10:00	2:35:12.957
160	33	ANA CRISTINA FERREIRA PIRES	F	NFC Running Team	F40	26	6	1:30:02.651	10:01	2:35:26.732
161	20	OLINDA ALVES	F	NFC Running Team	F50	27	5	1:30:13.753	10:09	2:37:25.876
162	243	MARIA ELIZA	F		F40	28	7	1:27:11.176	10:13	2:38:28.513
163	148	FERNANDA PRATAS	F	COA / CORVUS TRAIL TEAM	F60	29	1	1:29:20.509	10:15	2:38:54.905
164	49	LUIS ANDRÉ	M	HCT Running Team	M45	135	25	1:35:03.112	10:15	2:38:55.235
165	79	ILDEFONSO DUARTE	M	NFC Running Team	M50	136	16	1:31:18.953	10:16	2:39:15.597
166	213	OCTAVIO VAZÃO	M		M55	137	10	1:35:04.409	10:22	2:40:54.512
167	12	MICAEL PEREIRA	M	Grupo Desportivo Concha Azul	SUB23 M	138	6	1:26:45.055	10:28	2:42:17.926
168	55	MARINA MAIA	F	Chitas de Alcobça	F45	30	7	1:31:21.042	10:28	2:42:20.398
169	175	CÉLIA SILVA	F		F50	31	6	1:31:23.643	10:28	2:42:20.802
170	165	NUNO FERREIRA	M	NFC Running Team	M40	139	28	1:41:37.423	10:34	2:43:52.460
171	217	MARCO SILVA	M	URDJUNCALENSE	M45	140	26	1:36:02.314	10:54	2:49:01.263
172	115	CARLA RAMOS	F		F45	32	8	1:32:10.965	10:58	2:50:04.997
173	218	ANA REBOLEIRA	F	Peregrinos do Oeste	F40	33	8	1:36:59.540	11:02	2:51:09.774
174	222	CELSE MATEUS	M	Here for Beer	SEN M	141	50	1:36:10.030	11:04	2:51:42.946
175	125	DIANA FELGUEIRAS	F	100 VONTADE	SEN F	34	9	1:46:24.622	11:10	2:53:19.455
176	153	ANA GUERRA	F		SEN F	35	10	1:46:25.455	11:11	2:53:20.571
177	210	NUNO COUTINHO	M	NFC Running Team	M45	142	27	1:41:41.938	11:41	3:01:17.125
178	62	RICARDO DELGADO	M	Trilhos Romanos	M40	143	29	1:41:42.754	11:41	3:01:17.189
179	188	LUDGERO FAUSTINO	M	NFC Running Team	M45	144	28	1:41:51.698	11:41	3:01:17.326
180	87	LILIANA FERREIRA	F	Ataca a Montanha Trail Running	F45	36	9	1:47:24.308	11:54	3:04:37.752
181	95	VASCO BISCOITO	M	Ataca a montanha	M50	145	17	1:47:22.340	11:54	3:04:37.877
182	47	ANA COSTA	F	Gaeiras Running Team	SEN F	37	11	1:46:06.033	11:58	3:05:31.034
183	46	CATARINA FERREIRA	F	Gaeiras Running Team	F40	38	9	1:46:06.407	11:58	3:05:31.430
184	139	MICHEL DA SILVA	M		M40	146	30	1:37:07.398	11:58	3:05:31.863
185	97	LUÍSA CARVALHINHO	F		F50	39	7	1:47:57.738	12:05	3:07:31.551
186	166	VERA GONÇALVES	F		F45	40	10	1:48:06.116	12:22	3:11:55.188
187	117	GLÓRIA ALVES	F		F45	41	11	1:46:07.387	12:36	3:15:20.874
188	8	BERNARDO MONIZ	M		SEN M	147	51	1:52:50.832	12:41	3:16:38.980
189	10	PEDRO LOMBA	M		SEN M	148	52	1:52:51.039	12:41	3:16:39.699
190	7	BEATRIZ VAZ	F		SEN F	42	12	1:52:49.885	12:41	3:16:39.727
191	219	FILIPA MATIAS	F	Faisca Trail Team	F50	43	8	1:54:47.725	12:53	3:19:51.996
192	203	DANIELA FIGUEIREDO	F		SEN F	44	13	1:55:25.724	13:18	3:26:22.330
193	109	NELSON SÁ FRANCO	M		M40	149	31	2:05:22.336	13:24	3:27:46.028
194	154	NUNO SANTOS	M	Crossmates	M40	150	32	2:14:58.366	14:45	3:48:44.966
195	155	ANA ISABEL BRAZ	F	Crossmates	F40	45	10	2:14:55.012	14:45	3:48:45.968
196	211	JOSÉ DIAS SANTOS	M	Crossmates	M60	151	6	2:14:55.352	14:45	3:48:46.302
197	51	JOAQUIM CRISTOVÃO	M	Gaeiras Running Team	M50	152	18	2:16:54.542	14:50	3:50:04.002
198	50	VERA CRISTOVÃO	F	Gaeiras Running Team	F50	46	9	2:16:57.015	14:50	3:50:04.637
199	31	SOFIA MARQUITOS	F	NFC Running Team	SEN F	47	14	3:03:22.424	15:16	3:56:40.589
200	38	ANDREIA FELICIANO	F	NFC Running Team	SEN F	48	15	3:03:28.023	15:16	3:56:41.687
201	144	ANDREIA SILVANO	F	NFC Running Team	F40	49	11	3:03:27.969	15:16	3:56:41.744
202	27	HELENA MARQUES	F	NFC Running Team	F55	50	1	3:03:23.407	15:16	3:56:41.758
203	4	TIAGO SANTOS	M	100 Pressa	SEN M	153	53	2:27:36.533	15:41	4:03:19.429
204	189	JOANA OLIVEIRA	F	Power Girls	SEN F	51	16	2:06:22.790	15:42	4:03:21.353
205	191	CELINA BELO	F	Power Girls	SEN F	52	17	2:06:23.393	15:42	4:03:21.481
206	240	ANGELA CATARINA SIOPA PERALT	F	Power Girls	SEN F	53	18	2:06:23.433	15:42	4:03:22.704
207	85	CARINA SERVOLO	F	Elite-team	SEN F	54	19	2:17:14.227	15:42	4:03:23.633
208	78	CARLA BRÁS	F	Elite-team	F40	55	12	2:17:20.562	15:43	4:03:46.873
209	28	ERWIN DEEN	M	NFC Running Team	M55	154	11	2:57:21.229	17:41	4:34:06.122
210	164	RUUD VLASMAN	M	NFC Running Team	M50	155	19	2:41:00.791	17:41	4:34:06.204
211	81	JANSSSEN	M	NFC Running Team	M55	156	12	2:57:19.984	17:41	4:34:15.115
212	82	MARCO	M	NFC Running Team	M55	157	13	2:57:21.185	17:41	4:34:15.333
213	103	ANA ROSA MOREIRA	F		F40	56	13	2:41:00.625	17:48	4:35:59.306