

Pos	Dorsal	Atleta	S	Equipa	Categoria	Pos Cat	Pos	Ritmo	Tempo
1	596	NUNO SANTOS	M	GRF Benedita - Atletismo	M45	1	1	5:01	0:55:20.537
2	628	RAFAEL MARQUES	M	NFC Running Team	SEN M	1	2	5:02	0:55:20.537
3	517	JÚLIO RODRIGUES	M	NFC Running Team	M40	1	3	5:04	0:55:45.091
4	551	WILSON RIBEIRO	M	TiMim	M35	1	4	5:05	0:55:54.112
5	565	JOÃO CARLOS RIBEIRO CANAS	M	GRF Benedita - Atletismo	M45	2	5	5:06	0:56:13.444
6	683	PAULO FIALHO	M		M40	2	6	5:10	0:56:58.268
7	589	ALEX SANTOS	M	SerranosRun Team	SEN M	2	7	5:11	0:57:08.157
8	622	RICARDO LAGE	M	Trilho do Castelejo	SEN M	3	8	5:11	0:57:08.617
9	535	GONÇALO NUNO LOPES	M	SB VIDROS - VIDRALA	M40	3	9	5:14	0:57:41.450
10	644	LUIÍS RAMOS	M	Arredaguihotas	M50	1	10	5:15	0:57:45.910
11	588	JOÃO VALENTE	M	SerranosRun Team	SEN M	4	11	5:19	0:58:36.261
12	539	JOÃO PEDROSA	M	100pernas	SUB23 M	1	12	5:22	0:59:06.327
13	700	RICARDO SALGUEIRO	M		M40	4	13	5:25	0:59:46.609
14	505	RICARDO ALEGRETE	M	TiMim	SEN M	5	14	5:28	1:00:08.559
15	609	LINO LAURENTINO	M		M40	5	15	5:31	1:00:46.122
16	515	TIAGO BRANCO	M	Chitas de Alcobaça	M40	6	16	5:34	1:01:20.912
17	521	TELMO MADEIRA	M	Chitas de Alcobaça	M45	3	17	5:34	1:01:22.063
18	593	RUI BOGALHO	M	Chitas de Alcobaça	M50	2	18	5:37	1:01:53.560
19	678	ANDRÉ CORDEIRO	M	ARCD MENDIGA	SEN M	6	19	5:40	1:02:25.037
20	621	JOÃO PEREIRA	M		SEN M	7	20	5:41	1:02:39.710
21	546	DAVID CARREIRA	M		SEN M	8	21	5:44	1:03:05.903
22	560	GUSTAVO OLIVEIRA	M	FISICOLOUCURA	M45	4	22	5:46	1:03:34.153
23	534	MANIX SANTOS	M	Chitas de Alcobaça	M45	5	23	5:51	1:04:32.518
24	556	VANDO SILVA	M	RÓDINHAS / Master Vantagem	M35	2	24	5:56	1:05:17.735
25	599	PEDRO NICOLAU	M	FISICOLOUCURA	M45	6	25	5:57	1:05:41.119
26	697	FILIPE CARVALHEIRO	M		M60	1	26	5:58	1:05:47.850
27	570	GONÇALO CAROLINO	M	Xplose	M40	7	27	5:59	1:05:59.941
28	672	CARLOS SERRALHA	M	NFC Running Team	M50	3	28	6:00	1:06:02.053
29	516	SÓNIA ALEXANDRE	F	NFC Running Team	F45	1	1	6:00	1:06:03.845
30	696	NOE SOARES	M		M40	8	29	6:01	1:06:13.863
31	670	RUI	M	TWOPIKAS	M50	4	30	6:02	1:06:27.447
32	612	LUIÍS SILVA	M		SEN M	9	31	6:04	1:07:01.798
33	638	CARLOS VICENTE	M	Chitas de Alcobaça	SEN M	10	32	6:05	1:07:07.583
34	690	PEDRO RAMOS	M		M45	7	33	6:05	1:07:08.903
35	519	RICARDO FAUSTINO	M	Espanha	M40	9	34	6:05	1:07:10.968
36	636	MARTIM LOURENÇO	M	Bombeiros voluntários ortigosa	SUB23 M	2	35	6:07	1:07:17.562
37	641	LUIÍS ALVES	M	NFC Running Team	M50	5	36	6:11	1:08:07.414
38	632	FÁBIO ALVES	M	G.R.Corredoura	M35	3	37	6:12	1:08:21.198
39	545	MARCELO SANTOS OLIVEIRA	M		SEN M	11	38	6:13	1:08:30.280
40	558	ANTÓNIO MORGADO	M	Chitas de Alcobaça	M55	1	39	6:13	1:08:30.879
41	538	GABRIEL BRAZ	M		SEN M	12	40	6:18	1:09:18.165
42	513	EVARISTO MACHADO	M	Chitas de Alcobaça	M45	8	41	6:21	1:09:53.676
43	634	ISIDRO MARTINS	M	Chitas de Alcobaça	M45	9	42	6:21	1:09:53.731
44	586	NUNO VAZ OLIVEIRA	M	#100Sola	M40	10	43	6:20	1:09:55.969
45	595	DUARTE SANTOS	M	SerranosRun Team	M40	11	44	6:23	1:10:23.022
46	506	PATRICK INÁCIO	M	GRF Benedita - Atletismo	SEN M	13	45	6:28	1:11:21.397
47	680	ISIDRO OLIVEIRA	M	A. C. S. Mamede	M65	1	46	6:30	1:11:35.887
48	572	LUCIANO VIEIRA	M		M50	6	47	6:31	1:11:48.339
49	660	PEDRO PEREIRA	M		SEN M	14	48	6:31	1:11:52.225
50	509	FRANCISCO SANTOS	M	ARCD MENDIGA	SEN M	15	49	6:33	1:12:14.207
51	695	JOÃO SILVA	M		M35	4	50	6:36	1:12:46.229
52	548	JORGE GOMES	M	G.D.C. Eirapedrense	M55	2	51	6:40	1:13:22.016
53	601	CARLOS MAJOR	M	G.D.C. Eirapedrense	M60	2	52	6:39	1:13:22.151
54	528	PAULO	M	TiMim	M45	10	53	6:42	1:13:43.526
55	547	JOSÉ CARLOS SILVA OLIVEIRA	M		M50	7	54	6:42	1:13:51.262
56	615	MARCO GOMES	M	Sport Lisboa e Marinha	M40	12	55	6:42	1:13:55.813
57	532	DIOGO VENDA	M	Lagarcar auto, lda	SEN M	16	56	6:45	1:14:24.773
58	662	CARLOS FRESCO	M	Xplose	M35	5	57	6:46	1:14:38.081
59	605	PEDRO SANTOS	M	TiMim	M45	11	58	6:47	1:14:39.505
60	623	NUNO FERREIRA	M	NFC Running Team	M40	13	59	6:46	1:15:01.109
61	673	HELDER SANTOS	M	Chitas de Alcobaça	M35	6	60	6:50	1:15:21.491
62	533	JOEL COELHO	M	Chitas de Alcobaça	M50	8	61	6:50	1:15:26.098
63	620	JORGE RIBEIRO	M	Chitas de Alcobaça	M45	12	62	6:51	1:15:26.304
64	577	RICARDO PEREIRA	M	NFC Running Team	M40	14	63	6:51	1:15:28.395
65	568	TIAGO CARVALHO	M	Xplose	SEN M	17	64	6:55	1:16:16.536
66	504	HELDER DE JESUS PAULO	M	Sporting Dom Fernando	M65	2	65	6:56	1:16:21.591
67	115	THIERRY PEREIRA	M	FATIMA TRAIL TEAM	M45	13	66	6:58	1:16:37.490
68	659	HUGO BRÍGIDO	M	GAC	SEN M	18	67	6:57	1:16:39.713
69	544	FERNANDO RODRIGUES	M		M50	9	68	7:00	1:17:11.892
70	677	TIAGO PINTO	M	G.R.Corredoura	M40	15	69	7:03	1:17:41.575
71	554	ROGÉRIO NUNES	M	FISICOLOUCURA	M60	3	70	7:04	1:17:50.529
72	681	SUELI MOREIRA	F	A. C. S. Mamede	SEN F	1	2	7:06	1:18:13.205
73	671	JOÃO SOUSA	M		M35	7	71	7:09	1:18:47.550
74	610	JOÃO SERRA	M	ARCD MENDIGA	SEN M	19	72	7:11	1:19:13.762
75	550	MICAEL PEREIRA	M	Grupo Desportivo Concha Azul	SUB23 M	3	73	7:12	1:19:14.477
76	694	PAULO CONSTANTINO	M	Casa do Povo de Alcanena	M55	3	74	7:13	1:19:30.601
77	579	TOMÉ ALEXANDRE	M		SUB23 M	4	75	7:13	1:19:34.265
78	561	CARINA LEIRIAO	F	G.R.Corredoura	F35	1	3	7:13	1:19:36.279
79	604	ILDEFONSO DUARTE	M	NFC Running Team	M50	10	76	7:14	1:19:40.424
80	674	FERNANDO ALEXANDRE	M	NFC Running Team	M40	16	77	7:13	1:19:40.573
81	507	JOÃO PEDRO SANTOS	M	MP óptica Alcoentre	M45	14	78	7:14	1:19:44.899
82	562	PEDRO SANTOS	M		SEN M	20	79	7:16	1:20:09.306
83	563	VÂNIA SANTOS	F	Trilho do Castelejo	SEN F	2	4	7:17	1:20:10.201
84	689	DAVIDE MARQUEZ	M		M35	8	80	7:18	1:20:34.292
85	688	MIGUEL FAUSTINO VALENTIM	M		SEN M	21	81	7:18	1:20:35.278
86	691	ANTÓNIO AGOSTINHO	M	PORTO DE MÓS A CORRER	M65	3	82	7:20	1:20:51.858
87	602	RUDI PARDAL	M	Trilho do Castelejo	M35	9	83	7:21	1:20:52.776

Pos	Dorsal	Atleta	S	Equipa	Categoria	Pos Cat	Pos	Ritmo	Tempo
88	557	TIAGO CARVALHO	M	FISICOLOUCURA	SEN M	22	84 7:21	1:20:54.609	
89	684	MIGUEL SOARES	M	Trilho do Castelejo	M45	15	85 7:22	1:21:08.745	
90	631	ANA CONDE	F	Chitas de Alcobaca	F40	1	5 7:22	1:21:13.956	
91	664	CARVALHO	M	NFC Running Team	M60	4	86 7:23	1:21:14.409	
92	665	INÉS PEDRO	F	Chitas de Alcobaca	SEN F	3	6 7:22	1:21:14.895	
93	629	VASCO BEJA	M	Chitas de Alcobaca	M55	4	87 7:24	1:21:39.432	
94	520	DANIEL QUITÉRIO	M	TiMim	SEN M	23	88 7:28	1:22:11.944	
95	514	ANA CONCEIÇÃO	F	ARCD MENDIGA	SEN F	4	7 7:28	1:22:18.501	
96	540	RITA JORGE	F	SS CGD	F40	2	8 7:31	1:22:48.071	
97	679	ERICO SANTOS	M	A. C. S. Mamede	M50	11	89 7:32	1:22:57.681	
98	597	SANDRO FRANCO	M	FISICOLOUCURA	M45	16	90 7:34	1:23:23.672	
99	625	SIMÃO DUARTE	M	NFC Running Team	SUB23 M	5	91 7:35	1:23:31.528	
100	626	ALEXANDRE NOGUEIRA	M	Chitas de Alcobaca	SEN M	24	92 7:35	1:23:41.032	
101	653	LEANDRO SANTOS	M	Crossmates	M35	10	93 7:37	1:23:54.639	
102	652	ANA PIRES	F	NFC Running Team	F40	3	9 7:40	1:24:26.757	
103	635	PAULO DIAS	M	Chitas de Alcobaca	M55	5	94 7:40	1:24:27.898	
104	617	HUGO PEREIRA	M	Sport Lisboa e Marinha	M40	17	95 7:40	1:24:29.022	
105	642	OSVALDO PONTES PONTES	M	FISICOLOUCURA	M45	17	96 7:41	1:24:39.235	
106	645	LARA MANSO	F	FATIMA TRAIL TEAM	SUB23 F	1	10 7:41	1:24:40.211	
107	549	SANDRINE OLIVEIRA	F	A. C. S. Mamede	F45	2	11 7:43	1:24:53.524	
108	651	RAFAELA MARTO	F	G.R.Corredoura	SEN F	5	12 7:43	1:24:59.898	
109	614	LUBELIA FERREIRA	F	Chitas de Alcobaca	F45	3	13 7:43	1:25:03.787	
110	555	MÓNICA FERREIRA	F	FISICOLOUCURA	F40	4	14 7:44	1:25:06.929	
111	649	ALEXANDRA AGOSTINHA	F	Terrantéz Trail Team	SEN F	6	15 7:45	1:25:21.534	
112	536	MARIA DA GLÓRIA FERREIRA	F	Chitas de Alcobaca	F50	1	16 7:45	1:25:22.556	
113	524	PEDRO CRUZ	M		M45	18	97 7:45	1:25:22.917	
114	585	BRUNO VIEIRA	M	G.R.Corredoura	SEN M	25	98 7:45	1:25:26.880	
115	603	CLAUDIO CABRAL	M	Trilho do Castelejo	M45	19	99 7:45	1:25:31.625	
116	591	HENRIQUE RIBEIRO	M	SerranosRun Team	M50	12	100 7:47	1:25:40.091	
117	512	PAULA SILVA	F	TiMim	F40	5	17 7:47	1:25:44.269	
118	633	SERGIO MATOS	M	S.L. Marinha	M45	20	101 7:50	1:26:27.783	
119	702	FILIPA MIGUEL	F		F40	6	18 7:51	1:26:27.783	
120	624	SILVINA BAPTISTA	F	TiMim	F45	4	19 7:53	1:26:44.535	
121	618	CELSO SANTOS	M	Sport Lisboa e Marinha	M50	13	102 7:54	1:27:04.326	
122	648	FILIFE FRADE	M		M35	11	103 7:58	1:27:46.831	
123	587	CÁTIA IEONG	F	FISICOLOUCURA	F35	2	20 8:08	1:29:34.302	
124	668	PAULO VIEIRA	M	Chitas de Alcobaca	M50	14	104 8:08	1:29:38.771	
125	527	ILDA	F	TiMim	F45	5	21 8:10	1:29:58.036	
126	553	GONÇALO CRUZ	M		M40	18	105 8:10	1:29:59.581	
127	701	BRUNA DIAS	F		F35	3	22 8:12	1:30:15.659	
128	541	JOÃO LOPES	M	IMPROVÁVEIS RUNNING TEAM	M45	21	106 8:13	1:30:26.893	
129	655	OLINDA ALVES	F	NFC Running Team	F50	2	23 8:12	1:30:27.962	
130	686	ADELIA VIEIRA	F	FATIMA TRAIL TEAM	F50	3	24 8:17	1:31:08.759	
131	658	EURICO CALHAS	M	Crossmates	M40	19	107 8:19	1:31:42.991	
132	661	PATRICIA LIBANIO	F	Chitas de Alcobaca	F35	4	25 8:20	1:31:49.583	
133	685	LUIS ANDRÉ	M	Hct Running Team	M45	22	108 8:22	1:32:19.084	
134	646	LUCILIA SANTOS	F	FATIMA TRAIL TEAM	F50	4	26 8:25	1:32:36.634	
135	627	TIAGO RAMOS	M	Chitas de Alcobaca	M40	20	109 8:24	1:32:38.175	
136	518	ANABELA FERREIRA	F	Chitas de Alcobaca	F50	5	27 8:24	1:32:39.704	
137	559	MARINA MAIA	F	Chitas de Alcobaca	F45	6	28 8:26	1:32:49.432	
138	647	ANA ROXO	F	Chitas de Alcobaca	F35	5	29 8:25	1:32:50.150	
139	574	EUSÉBIO BONIFÁCIO	M	Centro de Marcha e Corrida de Alcanena	M60	5	110 8:29	1:33:36.038	
140	508	BÁRBARA MIGUEL	F	G.R.Corredoura	SEN F	7	30 8:33	1:34:07.905	
141	567	CARLA RAMOS	F	Chitas de Alcobaca	F45	7	31 8:38	1:35:04.326	
142	600	RAQUEL RIBEIRO	F	FISICOLOUCURA	F40	7	32 8:44	1:36:07.873	
143	592	JOANA ASCENSO	F	F Gomes	F40	8	33 8:57	1:38:33.854	
144	613	MAGDA CARVALHO	F	Chitas de Alcobaca	F45	8	34 9:06	1:40:14.561	
145	667	VERA PASCOAL	F	Chitas de Alcobaca	F50	6	35 9:06	1:40:16.495	
146	657	JOANA FIALHO	F		F40	9	36 9:07	1:40:24.050	
147	656	HELDER MARQUES	M		M40	21	111 9:07	1:40:24.050	
148	523	INÉS MARTO	F	TiMim	SEN F	8	37 9:16	1:41:58.608	
149	530	CÁTIA TOMÁS	F	TiMim	F35	6	38 9:16	1:41:58.777	
150	580	NICOLAS RIBEIRO	M	ARCD MENDIGA	M35	12	112 9:17	1:42:10.367	
151	529	JOÃO GOMES	M		SEN M	26	113 9:17	1:42:12.322	
152	522	TIAGO CORDEIRO	M		M35	13	114 9:17	1:42:14.200	
153	526	PEDRO VINDIMA	M	ARCD MENDIGA	M35	14	115 9:17	1:42:15.110	
154	650	CÁTIA	F	Chitas de Alcobaca	F40	10	39 9:24	1:43:40.299	
155	571	ELSA VIEIRA	F		F55	1	40 9:35	1:45:27.861	
156	675	NELSON RODRIGUES	M	NFC Running Team	M45	23	116 9:46	1:47:34.322	
157	630	CÉLIA SILVA	F	Chitas de Alcobaca	F40	11	41 9:57	1:49:45.677	
158	564	LAURA PEDRO	F		SUB23 F	2	42 9:57	1:49:45.697	
159	616	SÓNIA CARDIGA	F	Chitas de Alcobaca	F45	9	43 9:57	1:49:46.455	
160	639	PEDRO PIRES	M	Sport Lisboa e Marinha	M40	22	117 10:17	1:53:18.572	
161	654	ANDREIA BATISTA	F	FISICOLOUCURA	F45	10	44 10:17	1:53:18.888	
162	607	ANA CAROLINO SANTOS	F	NFC Running Team	F40	12	45 10:26	1:55:01.930	
163	606	NUNO CHUMBO	M	NFC Running Team	M50	15	118 10:26	1:55:02.198	
164	643	VERA NEVES	F	Chitas de Alcobaca	F50	7	46 10:53	2:00:03.505	
165	566	ANA CANAS	F	GRF Benedita - Atletismo	F40	13	47 11:08	2:02:41.173	
166	576	SOFIA MARQUITOS	F	NFC Running Team	SEN F	9	48 11:17	2:04:14.040	
167	578	ANDREIA FELICIANO	F	NFC Running Team	SEN F	10	49 11:16	2:04:15.242	
168	575	HELENA MARQUES	F	NFC Running Team	F55	2	50 11:48	2:09:58.984	