

Nome da Prova: XIII Trilhos de Casainhos
Organizador: Sporting Clube Casainhos
Classe: Trail
Categoria: Classificação Geral 18km

Pos	Dorsal	Atleta	S	Equipa	Categoria	Pos Cat	Pos Cat2	11.5 km	Ritmo	Tempo
1	174	BRUNO LOUSA	M	Alphaden Wolves OCR	SEN M	1	1	1:06:08.801	5:33	1:40:12.127
2	239	MIGUEL CHACATAS	M	WildBrand Team	M40	1	2	1:07:52.959	5:52	1:45:42.595
3	189	GONÇALO PRUDÊNCIO	M	NEAT	SEN M	2	3	1:09:14.870	6:00	1:48:17.655
4	251	BRUNO TAVEIRA	M		M40	2	4	1:10:11.515	6:07	1:50:11.311
5	187	CARLOS GOMES FERREIRA	M	Matilha Running	M50	1	5	1:13:27.895	6:14	1:52:19.473
6	37	JOSÉ CORRÊA DE BARROS	M	TRY@LEAST	M40	3	6	1:14:04.514	6:15	1:52:35.448
7	170	JORGE NABAIS	M	Núcleo Cultural e Desportivo de Sortelha	M40	4	7	1:15:13.518	6:16	1:52:52.557
8	148	ANDRÉ MELO	M	Correr é Sofrer	M40	5	8	1:14:03.278	6:19	1:53:48.488
9	214	ROMEU ANTUNES	M	2600TR	SEN M	3	9	1:15:25.942	6:24	1:55:21.919
10	102	ANDRÉ MARIANO	M	Santana FC Trail Team	SEN M	4	10	1:14:38.488	6:30	1:57:09.205
11	248	NUNO ANDRADE ONOFRE	M	Santa Cruz	M40	6	11	1:16:01.295	6:29	1:57:09.693
12	171	CARLOS MAIA	M	DXC Tri Amazing	M50	2	12	1:16:37.313	6:33	1:57:58.122
13	21	ALEXANDRE NUNES	M	Atletas QGozo	M40	7	13	1:14:49.641	6:34	1:58:14.475
14	149	ADOLFO LEAL	M	Correr é Sofrer	M50	3	14	1:15:57.162	6:38	1:59:24.371
15	125	MILTON SILVA	M		M40	8	15	1:16:31.779	6:38	1:59:37.358
16	220	PAULO FRANGO	M		M40	9	16	1:17:24.404	6:40	2:00:15.651
17	48	PAULO SEQUEIRA	M	Falcões Selvagens	M40	10	17	1:16:34.425	6:40	2:00:16.308
18	169	RUTE MARTINS	F	Clube Desportivo de Espite	SEN F	1	1	1:18:21.204	6:45	2:01:35.936
19	204	RUI MARQUES DA SILVA	M	Salamandrecos	M40	11	18	1:21:19.759	6:46	2:02:00.899
20	41	PEDRO GASPAS	M	DXC Tri Amazing	M40	12	19	1:20:40.641	6:46	2:02:01.106
21	236	GONÇALO SANTOS	M		M40	13	20	1:19:12.521	6:50	2:03:12.887
22	66	JOSÉ CARLOS GAMA SARGAÇO	M	Falcões Selvagens	M50	4	21	1:21:31.841	6:54	2:04:29.290
23	69	JORGE LIQUITO	M	DXC Tri Amazing	SEN M	5	22	1:21:31.763	6:54	2:04:29.319
24	138	FRANCISCA RAPOSO	F		SEN F	2	2	1:19:29.120	7:01	2:06:21.537
25	218	HUGO LOPES	M	Brujos Runners	SEN M	6	23	1:20:24.760	7:02	2:06:49.562
26	145	PEDRO NEVES	M	DXC Tri Amazing	M50	5	24	1:23:25.476	7:09	2:08:51.044
27	237	RUI ROBERTO	M	Trilhos loucos Reixida	M50	6	25	1:24:33.379	7:09	2:09:00.648
28	175	ANTONIO PIRES	M	Alphaden Wolves OCR	M50	7	26	1:25:27.499	7:10	2:09:16.320
29	181	IVAN ANTUNES	M	Accenture 1FS	SEN M	7	27	1:21:00.101	7:13	2:10:01.946
30	217	MARCO SARDO	M	2600TR	M40	14	28	1:24:35.080	7:13	2:10:18.028
31	32	RUI NUNES	M	DXC Tri Amazing	M40	15	29	1:25:19.903	7:16	2:11:06.455
32	89	HENRIQUE CRUZ	M		M50	8	30	1:25:39.075	7:16	2:11:28.847
33	96	NUNO SABINO	M	GDRMC	M40	16	31	1:22:38.117	7:20	2:12:05.819
34	190	MARIANA PRUDÊNCIO	F	NEAT	SEN F	3	3	1:25:42.522	7:21	2:12:19.559
35	172	PEDRO FREIRE DE ANDRADE	M	LBSQUAD	SEN M	8	32	1:23:31.013	7:20	2:12:20.953
36	223	ANTÓNIO LOURO	M	Brujos Runners	M40	17	33	1:25:41.095	7:21	2:12:26.067
37	150	ARLINDO PAIXÃO	M	Correr é Sofrer	M60	1	34	1:24:59.214	7:22	2:12:46.600
38	168	PEDRO LEAL	M	TRY@LEAST	M40	18	35	1:27:52.399	7:23	2:13:15.556
39	167	NUNO OLIVEIRA	M	TRY@LEAST	M40	19	36	1:27:51.051	7:23	2:13:15.606
40	42	RICARDO CORDEIRO	M	TRY@LEAST	M50	9	37	1:28:05.331	7:23	2:13:15.906
41	132	ANDRÉ VAZ	M	LBSQUAD	SEN M	9	38	1:23:23.949	7:25	2:13:41.438
42	136	PAULO PIRES	M	SS CGD	M50	10	39	1:27:20.445	7:25	2:13:44.258
43	123	PEDRO AFONSO	M	SS CGD	M40	20	40	1:27:20.910	7:25	2:13:46.457
44	19	RODRIGUES	M	Salamandrecos	M50	11	41	1:25:59.753	7:26	2:13:58.532
45	17	ADRO	M	Salamandrecos	M50	12	42	1:26:25.543	7:27	2:14:09.953
46	50	PEDRO CALVÁRIO	M	DXC Tri Amazing	M50	13	43	1:26:48.739	7:27	2:14:27.384
47	226	RUI MARTINS	M	SS CGD	M40	21	44	1:27:20.919	7:28	2:14:38.371
48	130	PEDRO	M	Café Curva Inclinação - Aigualva-Cacém	SEN M	10	45	1:24:48.394	7:31	2:15:30.647
49	82	RODRIGO SANTOS	M	DXC Tri Amazing	SEN M	11	46	1:27:12.412	7:36	2:17:05.693
50	201	NUNO CORDEIRO	M	Falcões Selvagens	M40	22	47	1:29:10.944	7:39	2:17:51.111
51	3	NUNO PIMENTA	M	Portugal Running	M40	23	48	1:28:34.597	7:42	2:18:51.482
52	161	BRUNO CAMPOS	M		M40	24	49	1:29:34.420	7:42	2:18:51.671
53	121	ULISSES MONTEIRO	M		M40	25	50	1:27:59.004	7:44	2:19:22.988
54	126	PEDRO FONTOURA	M	SS CGD	M50	14	51	1:30:27.875	7:49	2:20:48.375
55	165	ANTÓNIO SALES HENRIQUES	M	Portugal Running	M50	15	52	1:34:15.712	7:51	2:21:34.002
56	180	MARCOS RATOLA	M	Accenture 1FS	M40	26	53	1:30:20.713	7:53	2:22:07.390
57	30	JOÃO LOURENÇO	M	Salamandrecos	M60	2	54	1:30:58.725	7:54	2:22:16.170
58	120	TIAGO PORTUGAL	M	Correr na Cidade	M40	27	55	1:35:29.511	7:54	2:22:19.724
59	160	PAULO LAMEGO	M	DXC Tri Amazing	M50	16	56	1:27:33.664	7:54	2:22:26.296
60	137	ANTÓNIO MARTINHO	M	cluVe de Coimbra	M60	3	57	1:29:46.224	7:55	2:22:48.225
61	49	ANA BIGODE	F	Salamandrecos	F40	1	4	1:31:12.270	7:56	2:22:52.571
62	134	FILIPE CEIA	M		SEN M	12	58	1:34:09.852	7:55	2:22:53.315
63	173	ANTÓNIO PEDRO SANTOS	M	Salamandrecos	M50	17	59	1:34:09.862	7:56	2:23:10.658
64	99	TIAGO MARQUES	M	T&C	SEN M	13	60	1:35:54.942	7:56	2:23:16.824
65	84	GONÇALO MARQUES	M	Pé no Monte	M40	28	61	1:34:27.756	8:01	2:24:38.722
66	31	MANUEL MARIA CORREIA	M	DXC Tri Amazing	M50	18	62	1:33:25.015	8:08	2:26:40.389
67	61	HORÁCIO OLIVEIRA	M	CF Os Belenenses	M40	29	63	1:39:25.020	8:08	2:26:50.436
68	34	PEDRO FREIRE	M	DXC Tri Amazing	M40	30	64	1:35:18.899	8:10	2:27:10.843
69	209	JOSÉ PEREIRA	M	Salamandrecos	M60	4	65	1:35:16.835	8:10	2:27:20.082
70	142	MANUELA FERREIRA	F	2600TR	F40	2	5	1:36:02.843	8:12	2:27:52.348
71	157	PAULO BRAGA	M		M50	19	66	1:34:35.750	8:13	2:28:24.500
72	144	FRANCISCO MELO	M	Águias da Moita	M40	31	67	1:36:31.153	8:14	2:28:26.855
73	213	MIGUEL FERREIRA	M	2600TR	SEN M	14	68	1:29:35.207	8:15	2:28:48.773
74	188	PEDRO PRUDÊNCIO	M	NEAT	M50	20	69	1:34:59.190	8:17	2:29:10.189
75	52	ALEXANDRE SANTOS	M		M50	21	70	1:33:43.339	8:17	2:29:11.058
76	143	PERCY FORTUNATO FERREIRA	M		M40	32	71	1:37:55.058	8:17	2:29:30.562
77	72	SÉRGIO COSTA	M	NEAT	M40	33	72	1:39:44.023	8:20	2:30:36.815
78	200	MANUEL AUNON ESCALONA	M	DXC Tri Amazing	M50	22	73	1:37:40.291	8:23	2:31:22.271
79	12	PEDRO GABRIEL	M	C.A. Amigos Parque da Paz	M40	34	74	1:33:15.720	8:24	2:31:28.015
80	29	JOAO SEABRA	M		SEN M	15	75	1:41:59.370	8:24	2:31:30.760
81	122	LUIS MARTINS	M	SS CGD	M50	23	76	1:38:06.000	8:24	2:31:35.318
82	100	RUI CARVALHO	M	Marjoeira bikers	SEN M	16	77	1:39:53.311	8:26	2:32:25.687
83	83	BRUNO DELFINO	M		M40	35	78	1:39:54.224	8:27	2:32:25.712
84	215	ANTÓNIO MATEUS	M	Brujos Runners	M50	24	79	1:39:58.126	8:29	2:32:45.476
85	184	ANDRÉ MONTEIRO	M	Accenture 1FS	SEN M	17	80	1:37:52.349	8:28	2:32:52.054
86	196	VITOR SARAIVA	M	STRAVISTAS VENDA PINHEIRO	M50	25	81	1:41:02.667	8:30	2:33:33.230
87	55	JOÃO MAIA	M	Falcões Selvagens	M60	5	82	1:41:15.812	8:31	2:33:33.319
88	212	NUNO PEDRO NUNES FILIPE	M	2600TR	M40	36	83	1:39:23.762	8:31	2:33:36.533
89	245	MARCOS CARVALHO	M		SEN M	18	84	1:44:46.468	8:32	2:33:53.401
90	118	PEDRO DINIS	M		SEN M	19	85	1:38:31.360	8:34	2:34:48.951

Nome da Prova: XIII Trilhos de Casainhos
Organizador: Sporting Clube Casainhos
Classe: Trail
Categoria: Classificação Geral 18km

Pos	Dorsal	Atleta	S	Equipa	Categoria	Pos Cat	Pos Cat2	11.5 km	Ritmo	Tempo
91	63	LUIS FIGUEIRA	M	GRCD LEIÃO	M40	37	86	1:44:03.768	8:35	2:34:50.260
92	211	MARIA JOÃO MARQUES	F	TRY@LEAST	F40	3	6	1:41:50.051	8:36	2:34:59.087
93	36	JOSÉ ARAGÃO	M	Salamandrecos	M60	6	87	1:44:05.944	8:37	2:35:18.814
94	246	ÁLVARO SANTOS	M		M40	38	88	1:40:03.319	8:38	2:35:31.790
95	231	HELDER FERNANDES	M	Patroes	SEN M	20	89	1:43:49.329	8:38	2:35:50.090
96	71	RUI VIEITAS	M		M40	39	90	1:44:03.705	8:39	2:35:53.699
97	94	JOSÉ MORAIS	M	Team Soalheiro	M50	26	91	1:44:38.236	8:39	2:36:01.874
98	227	JOÃO PEREIRA	M		M40	40	92	1:40:45.337	8:41	2:36:38.151
99	193	FRANCISCO DIAS	M	STRAVISTAS VENDA PINHEIRO	M50	27	93	1:43:44.789	8:41	2:36:48.631
100	221	SARA MATALOTO	F		F40	4	7	1:41:58.459	8:46	2:38:05.071
101	127	DAVID COITO	M	Loucos por corridas	SEN M	21	94	1:41:47.404	8:46	2:38:09.554
102	163	ADELAIDE PEREIRA	F	Runners da Frente Ribeirinha da Póvoa de Santa Iria	F50	1	8	1:46:50.047	8:46	2:38:14.441
103	25	MARIO FILIPE	M	Trilhos do Costume	M50	28	95	1:41:56.584	8:49	2:38:51.691
104	67	ISMAEL MAIATO	M	Salamandrecos	M50	29	96	1:41:37.422	8:49	2:38:51.840
105	26	CARLOS MARINHO	M	Ghostrunners	M40	41	97	1:43:54.660	8:52	2:39:51.584
106	97	MARTA SÁ	F	Santana FC Trail Team	F40	5	9	1:44:54.753	8:53	2:39:57.340
107	87	ANA FRIAS	F	Turbo lentos	F40	6	10	1:44:54.931	8:53	2:39:57.605
108	210	FERNANDO PEREIRA	M		M50	30	98	1:43:28.172	8:53	2:40:07.371
109	10	BÁRBARA CRUZ	F	2600TR	SEN F	4	11	1:44:00.017	8:54	2:40:20.255
110	178	CLAUDIO BAIXINHO	M		M40	42	99	1:41:52.856	8:54	2:40:27.904
111	58	NUNO SANTOS	M	Pé no Monte	M40	43	100	1:42:51.211	8:56	2:41:01.123
112	13	LUIS SOUSA	M	Ghostrunners	M40	44	101	1:41:16.482	8:57	2:41:27.304
113	152	HUGO RIBEIRO	M	Salamandrecos	M40	45	102	1:45:10.873	8:58	2:41:37.393
114	133	FRANCISCO CEIA	M		SEN M	22	103	1:40:50.259	8:58	2:41:45.158
115	108	TIAGO ALVES	M	Urban Obstacles	M40	46	104	1:40:00.987	8:58	2:41:53.798
116	107	LUÍS GONÇALVES	M	Urban Obstacles	SEN M	23	105	1:40:01.294	8:58	2:41:55.702
117	183	PAULO CAMPOS	M	Accenture 1FS	M50	31	106	1:45:23.329	8:59	2:42:00.861
118	131	JOÃO DUARTE	M		M40	47	107	1:46:54.149	9:00	2:42:15.452
119	90	CARLA MATOS	F	Runners da Frente Ribeirinha	F40	7	12	1:47:43.773	9:03	2:43:13.507
120	8	ANA PIPA	F	Montes Saloios Trail Team	F40	8	13	1:47:42.963	9:03	2:43:14.758
121	206	LUÍS SILVA	M	DXC Tri Amazing	M40	48	108	1:43:13.237	9:04	2:43:18.089
122	179	MARCELO SILVA	M	STRAVISTAS VENDA PINHEIRO	M50	32	109	1:47:58.220	9:03	2:43:22.013
123	154	DIOGO ALMEIDA	M	APeGaDiMa	SEN M	24	110	1:50:15.487	9:04	2:43:36.696
124	56	ANA BORGES	F	Pé no Monte	F40	9	14	1:46:53.266	9:05	2:43:51.679
125	14	GIL XAVIER ALVES	M	Salamandrecos	M40	49	111	1:44:57.174	9:08	2:44:43.394
126	195	RICARDO PEREIRA	M	STRAVISTAS VENDA PINHEIRO	M40	50	112	1:48:12.603	9:16	2:47:10.619
127	103	FERNANDO PEREIRA	M	Santana FC Trail Team	M40	51	113	1:44:57.152	9:18	2:47:29.531
128	155	JOÃO PENAS	M	APeGaDiMa	M40	52	114	1:50:29.529	9:17	2:47:30.967
129	244	PEDRO MACÁRIO	M	Sporting Clube de Casainhos	SEN M	25	115	1:53:53.573	9:20	2:48:10.863
130	242	HUGO MENDONÇA	M	Sporting Clube de Casainhos	M40	53	116	1:53:52.792	9:20	2:48:12.099
131	234	ARTUR DENOMINATO	M	Pi-Linha Runners	M50	33	117	1:51:59.834	9:20	2:48:22.856
132	230	CATARINA SIMÕES	F		F40	10	15	1:51:59.917	9:20	2:48:22.895
133	80	JOÃO FERREIRA	M		M60	7	118	1:45:15.224	9:20	2:48:24.949
134	70	RICARDO FREIRE	M		M40	54	119	1:51:25.739	9:20	2:48:30.237
135	164	ADELINO TRINDADE	M	#sómals1km	M50	34	120	1:41:15.312	9:22	2:48:54.429
136	147	RITA TEIXEIRA	F	#sómals1km	F40	11	16	1:41:48.255	9:22	2:48:55.990
137	199	RUI FIGUEIREDO	M	DXC Tri Amazing	M40	55	121	1:49:20.496	9:22	2:48:58.546
138	24	EDUARDO CABRITA	M	Salamandrecos	M50	35	122	1:50:32.067	9:23	2:49:12.249
139	5	CARLOS BRUNO GRADE	M	Salamandrecos	M40	56	123	1:52:10.898	9:25	2:49:50.074
140	158	MARCO ALMEIDA	M	APeGaDiMa	M40	57	124	1:51:40.415	9:25	2:50:02.371
141	250	INÉS PARENTE	F		F40	12	17	1:51:14.688	9:26	2:50:13.361
142	60	RAUL AZEVEDO	M		M50	36	125	1:51:04.680	9:26	2:50:14.767
143	153	ANTONIO ALMEIDA	M	APeGaDiMa	SEN M	26	126	1:51:09.158	9:27	2:50:25.153
144	51	JOSE AUGUSTO	M	Falcões Selvagens	M50	37	127	1:52:46.538	9:31	2:51:35.253
145	113	MIGUEL BRANCO	M		M40	58	128	1:42:52.901	9:33	2:52:27.411
146	216	CARLOS FARIA	M		M50	38	129	1:55:00.692	9:39	2:54:04.329
147	229	RICARDO CORREIA	M	Amigos do Atletismo de Mafra	M40	59	130	1:53:53.536	9:41	2:54:52.268
148	228	JOELMA SILVA	F	Amigos do Atletismo de Mafra	F40	13	18	1:53:56.580	9:41	2:54:52.278
149	203	NUNO FILIPE	M	Arruda Runers	M40	60	131	1:53:08.634	9:43	2:55:20.253
150	197	LOPES	M	STRAVISTAS VENDA PINHEIRO	M40	61	132	1:59:29.469	9:49	2:57:05.195
151	247	LUIS FERNANDO MARTINS	M	GRUPETA RUNNING TEAM	M40	62	133	1:59:56.652	9:55	2:58:45.665
152	76	RUI PEREIRA	M	Salamandrecos	M50	39	134	1:58:47.348	9:55	2:58:45.978
153	176	ANDRÉ NUNES	M	SS CGD	SEN M	27	135	1:59:56.646	10:02	3:00:54.022
154	64	CARINA ALMEIDA	F	Runners da Frente Ribeirinha da Póvoa de Santa Iria	F40	14	19	2:03:08.863	10:07	3:02:32.141
155	6	NUNO FERRO	M	2600TR	M40	63	136	2:00:35.748	10:11	3:03:40.899
156	194	FÁBIO VARANDA	M	STRAVISTAS VENDA PINHEIRO	SEN M	28	137	2:00:39.296	10:11	3:03:42.493
157	11	VANESSA MARTINHO	F	Brujos Runners	SEN F	5	20	2:00:36.335	10:11	3:03:42.584
158	88	PEDRO MORAIS BARBOSA	M		M40	64	138	2:01:11.848	10:20	3:06:21.136
159	115	GONÇALO TAVARES	M	Team do Pimentinha, Bleck, Alex e Barbosa	M40	65	139	2:01:10.075	10:20	3:06:22.686
160	177	DIOGO MATOS	M	Pandas	M40	66	140	2:01:10.109	10:20	3:06:29.879
161	224	ANTONIO MARTINS	M	HouseMartins Belas	M50	40	141	2:00:12.872	10:20	3:06:30.959
162	110	MIGUEL LUCENA	M	HouseMartins Belas	SEN M	29	142	2:00:12.866	10:21	3:06:33.935
163	15	LUÍS RIBEIRO	M	Monsanto Running Team	M40	67	143	2:01:10.088	10:21	3:06:43.869
164	232	RUBEN CAMACHO	M	Patroes	SEN M	30	144	1:59:58.642	10:22	3:07:08.630
165	208	DANIEL BRANCO	M	Salamandrecos	M40	68	145	2:03:20.851	10:24	3:07:37.644
166	98	DUARTE XARA BRASIL	M	Turbo lentos	M50	41	146	1:51:28.960	10:25	3:07:39.395
167	114	MANUELA BAPTISTA	F	Turbo lentos	F50	2	21	1:51:27.729	10:25	3:07:39.400
168	20	CAROLINA NUNES	F		F40	15	22	2:04:20.776	10:26	3:08:26.147
169	141	ANTONIO MELGAO	M		M40	69	147	2:02:43.844	10:28	3:08:44.204
170	38	JOANA TRANCA	F	GRCD LEIÃO	SEN F	6	23	2:01:45.737	10:30	3:09:21.782
171	46	NUNO LOPES	M	Salamandrecos	M50	42	148	2:02:50.408	10:32	3:09:50.069
172	78	JOÃO ARAÚJO	M	Palhas	M50	43	149	2:09:49.562	10:33	3:10:24.673
173	79	MARIA ARAÚJO	F	Palhas	F50	3	24	2:09:51.445	10:34	3:10:34.318
174	233	MARCOS NORITAKE	M	Multirunners	M50	44	150	2:00:46.975	10:38	3:11:44.884
175	146	JOANA PEREIRA	F	#sómals1km	F40	16	25	2:07:29.437	10:40	3:12:20.158
176	139	LURDES OLAS	F	#sómals1km	F50	4	26	2:07:34.058	10:40	3:12:21.884
177	159	GABRIEL PIRES	M	APeGaDiMa	SEN M	31	151	2:01:44.388	10:48	3:14:45.527
178	105	SARA CORREIA	F	Santana FC Trail Team	SEN F	7	27	2:06:52.403	10:52	3:15:45.129
179	116	TÂNIA PEREIRA	F	Santana FC Trail Team	SEN F	8	28	2:06:52.181	10:52	3:15:45.635
180	162	ANDREZA ARAÚJO	F		F40	17	29	2:10:29.236	10:51	3:15:46.341

Pos	Dorsal	Atleta	S	Equipa	Categoria	Pos Cat	Pos Cat2	11.5 km	Ritmo	Tempo
181	95	ANA COSTA	F	Team Soalheiro	F50		5	30 2:01:14.354	10:53	3:16:12.649
182	128	PEDRO MATIAS	M		SEN M		32	152 2:06:45.840	10:56	3:17:20.268
183	198	BRUNO COSTA	M		M40		70	153 2:06:46.128	10:56	3:17:20.430
184	101	TÂNIA AZEVEDO	F	HouseMartins Belas	F40		18	31 2:11:50.049	10:58	3:17:46.926
185	109	TÂNIA CARVALHO	F	HouseMartins Belas	SEN F		9	32 2:11:50.037	10:59	3:17:58.565
186	44	SANDRA SILVA	F	Salamandrecos	F50		6	33 2:10:46.719	11:07	3:20:23.362
187	104	NUNO NASCIMENTO	M	HouseMartins Belas	M50		45	154 2:11:48.978	11:22	3:24:55.857
188	140	GODOFREDO MENDES DIAS	M	DXC Tri Amazing	M40		71	155 2:06:58.766	11:24	3:25:21.865
189	59	ELISA ALMEIDA	F	Salamandrecos	F50		7	34 2:13:52.499	11:29	3:27:01.086
190	106	JORGE PIMPIM	M	2600TR	M40		72	156 2:10:18.503	11:29	3:27:21.563
191	68	MADALENA CANINAS	F	CRCD Leão	F50		8	35 2:19:09.308	11:37	3:29:30.483
192	40	SARA COLAÇO	F		F40		19	36 2:19:08.041	11:37	3:29:31.461
193	39	RUI VELEZ	M		M50		46	157 2:19:08.035	11:37	3:29:31.853
194	18	MIGUEL PISCO	M	Salamandrecos	M50		47	158 2:16:16.163	11:59	3:35:59.140
195	77	MARIA MARQUES	F	Salamandrecos	F50		9	37 2:16:19.332	11:59	3:35:59.180
196	135	DORA PIRES	F	SS CGD	F50		10	38 2:24:33.310	12:08	3:38:35.700
197	117	HELDER VIDAL	M	Loucos por corridas	M50		48	159 2:22:08.091	12:31	3:45:42.089
198	186	CLARA ISABEL RAIMUNDO	F	Accenture 1FS	F40		20	39 2:27:05.607	12:55	3:52:57.987
199	156	VITOR BRIOISA	M	APeGaDiMa	SEN M		33	160 2:33:19.790	13:15	3:58:58.144
200	225	MÁRIO JOÃO SANTOS	M		M60		8	161 2:59:37.620	14:46	4:26:16.159
201	238	MARIA DO ROSÁRIO SANTOS BAR	F	Trilhos loucos Reixida	F50		11	40 2:59:36.617	14:46	4:26:17.675