



Nome da Prova: TEX - Trail Encostas de Xira
 Organizador: Alverca Urban Runners
 Classe: Trail
 Categoria: Classificação Trail 16km

Pos	Dorsal	Atleta	S	Equipa	Categoria	Pos S	Pos Cat	14.3 km	15.5 km	Ritmo	Tempo
1	719	Carlos Oliveira	M	MAXPROG	M50	1	1	1:18:14.534	1:27:24.517	5:31	1:28:30.348
2	506	José	M		SEN M	2	1	1:21:41.136	1:31:18.542	5:47	1:32:34.800
3	686	Alex Tavares	M	A Natureza Ensina	M40	3	1	1:21:49.641	1:31:24.020	5:47	1:32:37.598
4	614	Rafael Ventura	M	Balboas e Napoleoes	SEN M	4	2	1:21:31.566	1:31:42.182	5:49	1:33:11.472
5	631	André Ferreira	M	MCG Runners	M40	5	2	1:22:47.990	1:33:49.698	5:57	1:35:13.749
6	665	Paulo Torres	M	C.F. Os Belenenses	M45	6	1	1:26:25.030	1:37:08.535	6:08	1:38:26.574
7	583	David Lalim	M	2600TR	SEN M	7	3	1:27:46.428	1:37:56.626	6:11	1:39:08.802
8	713	Luis	M	Arredaguilhas pro team	M50	8	2	1:29:10.883	1:39:52.236	6:19	1:41:09.789
9	522	Patrick Magalhaes	M	Corre K'emagrees	M40	9	3	1:29:45.944	1:40:39.778	6:22	1:41:58.719
10	556	Jorge Sirgado	M	Castanheira Caminhar e Correr	M50	10	3	1:31:10.117	1:42:36.474	6:30	1:43:59.811
11	724	Flávio Santos	M	Federação da Família para a Paz Mundial e Unificação	SEN M	11	4	1:33:34.096	1:43:28.406	6:31	1:44:31.026
12	679	Manuel Pinto	M	Decathlon Lisboa Oriente	SUB23 M	12	1	1:33:46.294	1:43:33.581	6:32	1:44:37.599
13	662	Joao Andre	M	SR, CAMARNAL	M40	13	4	1:32:11.708	1:43:33.933	6:34	1:45:13.783
14	520	Marco Santana	M	2600TR	M45	14	2	1:34:23.694	1:44:34.042	6:36	1:45:47.402
15	543	Fábio Teixeira	M	Castanheira Caminhar e Correr	SEN M	15	5	1:32:42.024	1:44:33.130	6:37	1:46:02.612
16	696	Francisco Oliveira	M	SCD Glória do Ribatejo	M60	16	1	1:33:39.756	1:44:39.752	6:38	1:46:11.458
17	529	Tiago Quitério	M	Alverca Urban Runners	SEN M	17	6	1:34:05.466	1:44:56.739	6:38	1:46:13.141
18	606	Aniceto Soares	M	Brujos Runners	M40	18	5	1:33:43.314	1:45:21.265	6:40	1:46:50.791
19	729	Salvador Rodrigues	M	Monsanto Running Team	M55	19	1	1:33:59.783	1:45:36.109	6:41	1:47:00.023
20	694	Moreira	M	Interfer	M45	20	3	1:35:08.706	1:46:18.811	6:42	1:47:38.387
21	580	Joana Cordeiro	F	Vitória Clube de Lisboa	SEN F	1	1	1:35:12.362	1:46:27.333	6:44	1:47:53.066
22	634	Daniel Inácio	M	MCG Runners	SEN M	21	7	1:34:54.881	1:47:10.354	6:46	1:48:31.512
23	567	Flávio Reis	M	Brujos Runners	M40	22	6	1:35:22.060	1:47:05.833	6:46	1:48:35.221
24	718	José Borges	M	C.F. Os Belenenses	M60	23	2	1:35:41.088	1:47:24.442	6:48	1:48:56.416
25	683	Júlio Patrício	M	GOAT - West Trail Team	M60	24	3	1:36:29.346	1:48:14.854	6:51	1:49:41.377
26	555	José Gumas	M	Castanheira Caminhar e Correr	M55	25	2	1:36:35.632	1:48:38.795	6:53	1:50:11.558
27	570	Joao Dionisio	M	2600TR	M40	26	7	1:37:58.170	1:49:52.762	6:56	1:51:16.953
28	608	Diamantino Gamito	M	Linda a Pastora	M55	27	3	1:37:14.533	1:49:55.662	6:56	1:51:21.181
29	626	Joaquim Jesus	M	CR Camarnal	M60	28	4	1:38:01.518	1:50:15.699	7:00	1:52:05.994
30	538	Paulo Moisés	M	Castanheira Caminhar e Correr	M45	29	4	1:37:35.372	1:51:00.172	7:01	1:52:36.930
31	645	Anibal Ribeiro	M	Dolce Furadouro	M45	30	5	1:39:25.136	1:51:12.535	7:02	1:52:42.068
32	605	Renato Silva	M	Brujos Runners	SEN M	31	8	1:40:39.331	1:51:41.142	7:03	1:53:02.584
33	523	Catarina Picamihlo	F		SEN F	2	2	1:40:04.927	1:52:00.823	7:04	1:53:19.914
34	710	Luis Santos	M		M45	32	6	1:40:38.569	1:52:35.728	7:07	1:54:05.059
35	621	Lúcio Basílio	M	AZA - Azambuja com Alma	M60	33	5	1:40:54.991	1:53:28.183	7:10	1:54:55.482
36	741	Rui Almeida	M	Santana FC Trail Team	M55	34	4	1:40:36.710	1:53:28.410	7:10	1:54:56.598
37	657	Rui Martins	M	Castanheira Caminhar e Correr	SEN M	35	9	1:37:22.225	1:53:24.739	7:11	1:55:14.113
38	734	Vitor Fernandes	M		M55	36	5	1:41:28.136	1:54:06.232	7:13	1:55:34.056
39	672	Vitor Manuel Correio Pinto	M	Café Curva Inclinada	M50	37	4	1:38:38.478	1:54:13.549	7:14	1:55:58.900
40	715	Marco Pestana	M	Decathlon Lisboa Oriente	SEN M	38	10	1:42:35.021	1:54:44.164	7:15	1:56:07.510
41	695	Rui Henriques	M	2600TR	M45	39	7	1:42:25.982	1:55:08.726	7:16	1:56:32.962
42	591	Valter Onofre	M	Runners da Frente Ribeirinha da Povoa de Santa Iria	M45	40	8	1:42:45.497	1:55:30.505	7:17	1:57:03.097
43	641	José Painha	M	Linda a Pastora	M60	41	6	1:43:35.999	1:56:12.027	7:21	1:57:49.302
44	531	José Marques	M	Alverca Urban Runners	M50	42	5	1:43:07.498	1:56:45.973	7:22	1:58:07.417
45	648	António T. Martins	M	Housemartins Belas	M60	43	6	1:45:22.874	1:58:29.078	7:29	2:00:03.903
46	678	Mário Lourenço	M		M55	44	6	1:45:58.732	1:59:00.911	7:32	2:00:40.947
47	698	Ana Mestre	F		SEN F	3	3	1:46:38.387	1:59:31.221	7:33	2:00:56.155
48	663	José Tomás	M	Montes Saloios Trail Team	M45	45	9	1:45:35.387	2:00:16.010	7:36	2:01:45.716
49	569	Miguel Lucena	M	Housemartins Belas	SEN M	46	11	1:48:15.534	2:00:48.135	7:37	2:02:06.975
50	581	Luis Basílio	M	Vitória Clube de Lisboa	M40	47	8	1:48:17.627	2:00:34.479	7:38	2:02:14.328
51	703	Carlos Conceição	M	CSORFCHARNECA	M50	48	7	1:47:47.226	2:02:01.082	7:43	2:03:33.920
52	669	Jorge Sobrinho	M	Café Curva Inclinada	M50	49	8	1:48:16.325	2:02:43.892	7:46	2:04:23.174
53	702	Álvaro Lopes	M	CSORFCHARNECA	M40	50	9	1:48:55.072	2:03:17.197	7:48	2:04:58.113
54	528	Luis Henriques	M	Tropa Elite	SEN M	51	12	1:49:16.860	2:03:23.029	7:48	2:05:01.198
55	705	Luis Neves	M	CSORFCHARNECA	M60	52	7	1:49:25.690	2:03:46.345	7:50	2:05:25.143
56	640	Célia Maria Carvalho António Henriques	F	Brujos Runners	F50	4	1	1:49:46.971	2:04:03.167	7:50	2:05:39.645
57	601	Sofia Gonçalves	F	2600TR	SEN F	5	4	1:50:27.077	2:04:18.885	7:50	2:05:45.233
58	560	Alexandre Caetano	M		SEN M	53	13	1:51:28.744	2:04:18.735	7:50	2:05:45.238
59	598	Carlos Miguel	M	Desgasta Montanhas	M45	54	10	1:52:06.558	2:04:27.232	7:52	2:05:57.666
60	643	Daniel Silva	M		SEN M	55	14	1:48:35.092	2:04:12.433	7:51	2:06:03.842
61	735	Carlos Neves	M	Runners da Frente Ribeirinha da Povoa de Santa Iria	M45	56	11	1:51:26.271	2:04:43.311	7:52	2:06:18.829
62	625	Marco Belo	M		M40	57	10	1:52:15.783	2:06:08.800	8:00	2:08:04.772
63	609	Dinis Piriquito	M	Maratona SMA Team	SEN M	58	15	1:54:54.966	2:06:51.990	7:59	2:08:06.091
64	588	Filipe Pascoal De Sousa	M	2600TR	SEN M	59	16	1:54:07.270	2:06:48.148	8:00	2:08:13.992
65	743	Ana Martinho	F	TeamVie	SEN F	6	5	1:54:01.059	2:06:51.325	8:00	2:08:20.238
66	573	Nuno Marques	M	Santana FC Trail Team	M45	60	12	1:49:17.636	2:06:18.213	8:01	2:08:30.771
67	539	Marco Santos	M	Santana FC Trail Team	SEN M	61	17	1:49:08.263	2:06:14.973	8:01	2:08:30.982
68	731	Carla Angeira	F	Lusco Fusco Runners	F45	7	1	1:53:45.133	2:08:16.831	8:07	2:10:04.777
69	628	Teresa Simoes	F	Runners da Frente Ribeirinha da Povoa de Santa Iria	F45	8	2	1:53:35.160	2:08:59.117	8:09	2:10:49.777
70	627	Antonio Simoes	M	Runners da Frente Ribeirinha da Povoa de Santa Iria	M45	62	13	1:53:28.151	2:08:56.603	8:09	2:10:50.000
71	650	Rodrigo Moita De Deus	M	Moita de Deus	M40	63	11	1:56:03.429	2:09:45.611	8:10	2:11:13.666
72	680	Rui Marino	M	Housemartins Belas	M45	64	14	1:56:46.869	2:10:15.341	8:13	2:11:42.905
73	689	Francisco Nobre Nobre	M	Castanheira Caminhar e Correr	M60	65	9	1:54:45.433	2:10:53.562	8:13	2:11:49.765
74	704	Líliã Neves	F	CSORFCHARNECA	F45	9	3	1:55:30.109	2:10:10.381	8:14	2:11:51.251
75	736	Fernando Candelas	M	Runners da Frente Ribeirinha da Povoa de Santa Iria	M50	66	10	1:56:39.967	2:10:20.462	8:13	2:11:57.907
76	579	Natália Estevão	F	Vitória Clube de Lisboa	F40	10	1	1:54:52.814	2:10:35.095	8:16	2:12:30.139
77	690	Bruno Basilio	M	Housemartins Belas	M40	67	12	1:58:16.603	2:11:01.073	8:16	2:12:37.489
78	544	Maria Tatiana Antunes	F	À pala da cueca	SEN F	11	6	1:57:31.248	2:11:05.675	8:17	2:12:44.850
79	670	Vanda Badé	F	Montes Saloios Trail Team	F40	12	2	1:57:06.833	2:12:01.057	8:21	2:13:44.690
80	714	Paulo Pereira	M	Strendure Running Team	M45	68	15	1:59:44.035	2:12:34.619	8:21	2:14:04.185
81	709	Bruno Santiago	M	2600TR	M40	69	13	1:57:29.520	2:12:33.173	8:23	2:14:25.558
82	619	António Iria	M	Clube TAP PORTUGAL	M50	70	11	1:58:03.788	2:13:02.165	8:24	2:14:47.882
83	697	Pedro Correia	M	Lusco Fusco Runners	M40	71	14	1:58:02.449	2:13:33.708	8:25	2:15:06.329
84	693	Rogério Venâncio	M	O MUNDO DA CORRIDA	M60	72	8	1:59:15.911	2:13:53.268	8:28	2:15:31.643
85	604	António Rosado	M	G.D.R. São Francisco da Serra	M55	73	7	1:58:51.605	2:13:50.046	8:28	2:15:37.526
86	747	Karine Vie	F	TeamVie	F50	13	2	2:00:21.525	2:14:52.889	8:32	2:16:48.373
87	744	Gonçalo Ferreira	M	Correr Loures	M45	74	16	1:59:35.275	2:14:50.688	8:32	2:16:56.966
88	675	Miguel Branco	M	Correr Loures	M40	75	15	1:59:33.145	2:14:52.803	8:32	2:16:58.377
89	673	Hugo Martins	M	Correr Loures	M45	76	17	1:59:38.308	2:14:51.811	8:32	2:16:58.639
90	691	Nuno Bogalheiro	M	Amigos Vale Silêncio	M45	77	18	2:01:53.761	2:15:53.129	8:34	2:17:21.805
91	597	José Inácio	M	Pedaladas e cambalhotas do Águias de Ribafria	M55	78	8	1:59:48.393	2:15:56.897	8:36	2:17:55.587
92	742	Lina Comprido	F	AD IALBAX	F45	14	4	2:09:10.435	2:15:56.897	8:36	2:17:55.587
93	706	Nuno Miguel	M	CSORFCHARNECA	M45	79	19	2:01:47.327	2:18:13.907	8:45	2:20:06.622
94	595	Miguel Vasconcelos	M	Runners da Frente Ribeirinha da Povoa de Santa Iria	M50	80	12	2:03:01.375	2:18:53.127	8:45	2:20:32.972
95	599	Anabela Madeira	F	Runners da Frente Ribeirinha da Povoa de Santa Iria	F50	15	3	2:04:35.654	2:18:57.471	8:46	2:20:41.616
96	668	Manuel Araújo	M	Café Curva Inclinada	M60	81	9	2:00:48.328	2:18:56.447	8:49	2:21:13.368
97	722	Susana Santos	F	Federação da Família para a Paz Mundial e Unificação	JUN F	16	1	2:05:26.884	2:20:57.560	8:53	2:22:26.433
98	577	João Almeida	M		SEN M	82	18	2:05:07.137	2:20:58.020	8:55	2:22:59.718
99	732	António Soares	M	Runners da Frente Ribeirinha da Povoa de Santa Iria	M50	83	13	2:05:18.454	2:21:03.112	8:55	2:23:07.461
100	575	Carlos Vieira	M		SEN M	84	19	2:03:46.206	2:21:00.374	8:56</	



Nome da Prova: TEX - Trail Encostas de Xira

Organizador: Alverca Urban Runners

Classe: Trail

Categoria: Classificação Trail 16km

Pos	Dorsal	Atleta	S	Equipa	Categoria	Pos S	Pos Cat	14.3 km	15.5 km	Ritmo	Tempo
112	507	Ivo Marques	M		M40	95	18	2:10:01.961	2:26:30.224	9:16	2:28:33.772
113	711	Luis Millião	M		M45	96	22	2:09:10.435	2:26:47.869	9:19	2:29:27.239
114	652	Elisabete Carvalho	F	Brujos Runners	F45	18	5	2:10:25.998	2:27:29.447	9:20	2:29:36.209
115	646	Catarina Afonso	F	Eu & Tu	SEN F	19	8	2:12:56.448	2:28:03.321	9:20	2:29:44.170
116	647	Bruno Feijão	M	Eu & Tu	M40	97	19	2:12:48.657	2:28:01.937	9:20	2:29:45.367
117	712	Ivandro Carlos Moreira	M	Aqualva Runners	SEN M	98	24	2:12:27.146	2:30:01.028	9:30	2:31:59.091
118	589	Sonia França	F	Runners da Frente Ribeirinha da Povoia de Santa Iria	F40	20	3	2:12:41.542	2:30:00.984	9:28	2:31:59.875
119	720	Jorge Lopes	M	Asas nos Pés	M50	99	16	2:14:43.062	2:30:17.820	9:29	2:32:12.275
120	592	Pedro Ferreira	M	Runners da Frente Ribeirinha da Povoia de Santa Iria	M50	100	17	2:14:00.386	2:30:51.723	9:32	2:32:50.910
121	726	Nelson Pereira	M	Alverca Urban Runners	M45	101	23	2:14:10.961	2:30:51.917	9:32	2:32:51.028
122	681	João Padilla	M	Dolce Furadouro	SEN M	102	25	2:13:35.228	2:32:40.983	9:38	2:34:26.299
123	687	Paulo Claro	M	Federação da Família para a Paz Mundial e Unificação	M45	103	24	2:14:22.787	2:33:10.125	9:39	2:34:47.338
124	664	João Alberto	M	Montes Saloios Trail Team	M55	104	9	2:16:54.248	2:33:40.536	9:41	2:35:14.997
125	584	Pedro Copeto	M		M45	105	25	2:18:19.808	2:33:39.795	9:40	2:35:16.645
126	685	Edgar Anastacio	M	AZA - Azambuja com Alma	M55	106	10	2:13:59.172	2:33:38.522	9:42	2:35:31.018
127	642	Antonio Martins	M	Housemartins Belas	M50	107	18	2:18:58.456	2:34:23.452	9:43	2:35:53.083
128	692	Pedro Antão	M		SEN M	108	26	2:19:50.891	2:34:23.545	9:43	2:35:53.665
129	535	Marta Sá	F	Santana FC Trail Team	F40	21	4	2:18:27.381	2:34:58.477	9:48	2:37:01.156
130	682	Ana Cristina Costa	F	Santana FC Trail Team	F45	22	6	2:18:38.877	2:35:03.551	9:48	2:37:02.738
131	559	Sonia Alves	F	Lusco Fusco Runners	F45	23	7	2:18:25.145	2:35:18.453	9:49	2:37:21.904
132	554	Renato Pauleta	M	Correr Lisboa	M55	109	11	2:18:28.958	2:35:11.481	9:49	2:37:23.035
133	623	Eliana Santos	F	FisioChepsi	F40	24	5	2:18:48.791	2:36:04.083	9:51	2:38:00.127
134	572	Cristina	F	Montes Saloios Trail Team	F45	25	8	2:20:16.832	2:36:19.352	9:53	2:38:16.689
135	590	Joana Onofre	F	Runners da Frente Ribeirinha da Povoia de Santa Iria	F40	26	6	2:19:10.883	2:37:24.360	9:56	2:39:28.167
136	616	Sónia Ravasqueira	F	SlimTyOne	F40	27	7	2:19:51.956	2:37:48.127	9:58	2:39:58.016
137	525	Rui Moura	M	Alverca Urban Runners	M40	110	20	2:22:48.165	2:38:23.636	10:00	2:40:26.177
138	613	Alfredo Jorge Teixeira Notário	M	Ao ritmo das 200ppm	M50	111	19	2:21:47.153	2:39:49.794	10:05	2:41:40.085
139	644	Tânia Azevedo	F	Housemartins Belas	F40	28	8	2:23:30.597	2:40:15.551	10:06	2:41:53.994
140	558	Sonia Nunes	F	Runners da Frente Ribeirinha da Povoia de Santa Iria	F45	29	9	2:23:51.888	2:40:16.450	10:06	2:42:00.967
141	568	Tânia Carvalho	F	Housemartins Belas	SEN F	30	9	2:23:38.606	2:40:23.707	10:08	2:42:11.067
142	603	Carla Matos	F	Runners da Frente Ribeirinha da Povoia de Santa Iria	F40	31	9	2:23:17.816	2:40:22.052	10:09	2:42:43.811
143	510	Marlene Pereira	F	FisioChepsi	F40	32	10	2:23:47.701	2:40:34.636	10:08	2:42:45.367
144	578	Manuela Ferreira	F	2600TR	F40	33	11	2:22:53.884	2:41:19.141	10:12	2:43:42.160
145	677	Jorge Pereira	M	Montes Saloios Trail Team	M55	112	12	2:23:54.935	2:41:59.882	10:14	2:44:09.077
146	566	Gabriel Mateus	M	KANINOS	M40	113	21	2:18:19.962	2:44:13.296	10:26	2:47:11.149
147	546	Tiago Raposo	M	2600TR	M40	114	22	2:26:34.836	2:43:25.917	10:25	2:47:11.219
148	639	Ana Godinho	F	GAAVFX	F45	34	10	2:26:46.063	2:45:13.394	10:28	2:47:56.519
149	585	Nuno Diogo	M	Correr Soc. Rec. da Granja	M50	115	20	2:25:55.357	2:46:14.387	10:33	2:48:57.446
150	622	João Campião	M		SEN M	116	27	2:26:31.728	2:46:14.011	10:32	2:48:57.657
151	564	Paula Capela	F	KANINOS	F55	35	1	2:28:27.097	2:46:45.079	10:32	2:48:59.527
152	618	Nuno Jorge De Deus Borges	M		SEN M	117	28	2:25:31.300	2:46:48.737	10:33	2:49:11.365
153	656	Vanessa Martinho	F	Brujos Runners	SEN F	36	10	2:30:48.263	2:48:10.772	10:39	2:50:33.996
154	638	Paulo Godinho	M	GAAVFX	M45	118	26	2:31:24.206	2:48:29.572	10:38	2:50:36.011
155	658	Ana Santos	F	As 4 em Linha	F40	37	12	2:32:46.849	2:51:12.555	10:49	2:53:23.787
156	637	Ana Ferreira	F		F40	38	13	2:33:32.447	2:51:53.754	10:51	2:53:46.103
157	636	Pedro Rodrigues	M		M45	119	27	2:33:36.567	2:51:54.974	10:50	2:53:46.338
158	723	Isabel Santos	F	Federação da Família para a Paz Mundial e Unificação	F50	39	4	2:39:13.080	2:52:17.741	10:51	2:53:49.599
159	612	Nuno Bugio	M	a200ppm	M45	120	28	2:28:06.631	2:51:10.507	10:51	2:53:57.645
160	624	Fernando Agostinho	M	El Corte Inglés Running Team	M40	121	23	2:30:43.993	2:52:17.788	10:55	2:54:51.055
161	667	Luis Sobral	M	Grupo Desportivo Águas da Moita	M55	122	13	2:35:23.593	2:53:11.968	10:55	2:55:05.050
162	661	Vera Sobral	F	Grupo Desportivo Águas da Moita	SEN F	40	11	2:35:22.317	2:53:12.369	10:55	2:55:05.124
163	553	Paula Guerreiro	F	Amigas 100 limites	F50	41	5	2:37:36.137	2:54:18.527	11:00	2:56:23.511
164	548	Cátia Raquel Das Neves Lopes	F	Amigas 100 limites	SEN F	42	12	2:37:45.538	2:54:49.987	11:01	2:56:45.922
165	740	Carlos Marafuz	M		M55	123	14	2:34:07.418	2:53:32.016	11:01	2:56:53.045
166	739	Carlos Coelho	M		M50	124	21	2:34:12.166	2:53:35.274	11:01	2:56:53.095
167	707	Arlindo De Jesus Oliveira	M	CSCRFCHARNECA	M55	125	15	2:36:27.984	2:55:05.407	11:03	2:57:00.274
168	738	Nuno Pombinho	M	Runners da Frente Ribeirinha da Povoia de Santa Iria	M45	126	29	2:36:57.541	2:55:07.279	11:02	2:57:05.912
169	594	Ivone Antunes	F	Runners da Frente Ribeirinha da Povoia de Santa Iria	F45	43	11	2:36:56.701	2:55:07.088	11:03	2:57:06.867
170	505	Alexandre Martins	M	Alverca Urban Runners	M45	127	30	2:35:39.498	2:57:09.114	11:12	2:59:31.452
171	511	Luis Alves	M	FisioChepsi	M50	128	22	2:37:31.674	3:01:14.599	11:30	3:04:35.434
172	576	Carla Marques	F	À pala da cueca	F45	44	12	2:43:13.457	3:04:28.392	11:39	3:06:42.168
173	649	Sílvia Duarte	F	Housemartins Belas	F40	45	14	2:41:46.836	3:04:35.962	11:41	3:07:14.996
174	684	Sérgio Ramos	M	Alverca Urban Runners	M45	129	31	2:44:10.384	3:04:55.962	11:41	3:07:18.506
175	728	Luciana Battini	F		F45	46	13	2:43:46.724	3:05:01.704	11:42	3:07:30.157
176	610	Cristina Vicente	F	FIDELIDADE GDC	SEN F	47	13	2:44:59.835	3:05:29.455	11:42	3:07:46.016
177	730	Celina Francisco	F		SEN F	48	14	2:47:04.524	3:08:14.355	11:54	3:10:24.608
178	699	Dina Maria	F	CSCRFCHARNECA	F55	49	2	2:48:56.465	3:09:02.326	11:56	3:11:28.743
179	600	Luis Campos	M	Runners da Frente Ribeirinha da Povoia de Santa Iria	M60	130	10	2:51:58.327	3:13:41.049	12:14	3:15:59.937
180	617	Marta Barata Feio	F	SlimTyOne	SEN F	50	15	2:48:54.694	3:13:56.509	12:15	3:16:27.747
181	550	Rozires Ferreira	F	Amigas 100 limites	SEN F	51	16	3:03:01.092	3:19:12.251	12:32	3:21:02.252
182	552	Adriana Roque	F	Amigas 100 limites	SEN F	52	17	3:03:03.681	3:19:13.978	12:32	3:21:03.319
183	607	Madalena Pina	F	Linda a Pastora	F55	53	3	2:56:40.181	3:19:18.301	12:35	3:21:44.943
184	620	Sandra Batista	F	Clube TAP PORTUGAL	F45	54	14	2:56:37.973	3:19:18.686	12:35	3:21:46.188
185	518	Nuno Simões	M	CCDCAM	M45	131	32	2:56:48.693	3:21:08.735	12:41	3:23:32.594
186	540	Diogo Arraias	M	Os Arraias	M60	132	11	3:02:28.691	3:27:01.855	13:05	3:29:43.900
187	717	Pedro Miguel Beirão Carreira	M	Alverca Urban Runners	M40	133	24	3:12:45.350	3:41:18.271	14:01	3:44:30.575
188	660	Dália Lopes	F	Linda a Pastora	F50	55	6	3:15:05.132	3:43:27.224	14:07	3:46:18.809
189	549	Maria Rodrigues	F	Amigas 100 limites	F55	56	4	3:15:05.133	3:50:29.084	14:31	3:52:49.899
190	737	Gi Ribeiro	F	Santana FC Trail Team	F55	57	5	3:28:17.627	3:57:57.942	15:03	4:00:58.479
191	574	Sofia Araújo	F	KANINOS	F40	58	15	3:37:04.088	4:17:03.586	16:18	4:21:12.134
192	534	Dália Leite	F	Alverca Urban Runners	F55	59	6	3:52:41.973	4:22:12.786	16:34	4:25:09.991
193	513	Marco Lopes	M	Alverca Urban Runners	M50	134	23	3:54:06.424	4:24:33.194	16:44	4:27:59.720
194	551	Maria Armanda Semeão	F	Amigas 100 limites	F45	60	15	3:52:54.484	4:24:11.740	16:43	4:28:00.208