

Pos	Dorsal	Atleta	S	Equipa	Categoria	Pos Cat	Pos S	12.5 km	Ritmo	Tempo
1	263	PAULO SANTOS	M	Scalabis Night Runners	SEN M	1	1	1:02:27.763	4:45	1:30:19.737
2	190	CARLOS BÁRBARA	M	A. C. S. Mamede	SEN M	2	2	1:02:57.088	4:45	1:30:23.464
3	196	CELMO MOITEIRO	M	Saca Trilhos Anadia	M40	1	3	1:03:58.741	4:53	1:32:57.392
4	271	MICHAEL COSTA	M	Clube Desportivo de Espite	SEN M	3	4	1:04:29.221	4:55	1:33:39.215
5	1070	DIOGO VIANA	M	Grupo Alegre Unido Bajouca	SEN M	4	5	1:04:27.147	4:56	1:33:44.901
6	1	GILDO SILVA	M	PISOEIROS	SEN M	5	6	1:05:07.490	4:59	1:34:42.826
7	1013	MICKAEL PIRES	M	INDUSTRIAL DESPORTIVO VIEIRENSE	SEN M	6	7	1:06:46.226	5:04	1:36:19.767
8	1107	TIAGO FERREIRA	M	GRF Benedita - Atletismo	SEN M	7	8	1:04:08.935	5:06	1:36:53.226
9	121	ANDRÉ ROSÁRIO	M	Serra D Aire Trail Team	SEN M	8	9	1:07:43.734	5:06	1:36:59.722
10	257	MANUEL FERNANDES	M	SCOMBAL /TRAIL TEAM	SEN M	9	10	1:07:20.631	5:06	1:37:02.036
11	1075	JOEL COUTO	M	Grupo Alegre Unido Bajouca	M40	2	11	1:08:51.367	5:09	1:38:07.472
12	208	TIAGO LÉ	M		SEN M	10	12	1:06:18.787	5:10	1:38:27.450
13	16	EZEQUIEL	M	Euquipa	M40	3	13	1:08:51.112	5:11	1:38:36.254
14	1135	FILIPE NOGUEIRA	M	Notícias de Colmeias Atletismo	M45	1	14	1:09:21.467	5:12	1:38:57.914
15	1122	LUÍS LISBOA	M	Notícias de Colmeias Atletismo	M40	4	15	1:09:01.717	5:16	1:40:04.440
16	230	RICARDO NEVES	M	Clube de Atletismo de Ferreira do Zêzere	SEN M	11	16	1:10:09.302	5:16	1:40:20.980
17	114	TIAGO ALVES	M	Serra D Aire Trail Team	SEN M	12	17	1:09:21.233	5:17	1:40:38.983
18	159	RODRIGO PIMENTA	M	Airlux-Nda	SEN M	13	18	1:08:52.827	5:19	1:41:06.584
19	1123	HUGO DUARTE	M	INDUSTRIAL DESPORTIVO VIEIRENSE	SEN M	14	19	1:11:27.912	5:19	1:41:12.874
20	1100	GONÇALO LOPES	M	SB VIDROS - VIDRALA	M40	5	20	1:10:01.812	5:21	1:41:45.804
21	54	BRUNO MORDOMO	M	Clube Desportivo de Espite	M40	6	21	1:10:32.505	5:21	1:41:56.816
22	1120	ANDRÉ BENTO	M	G.R.CORREDOURA	SEN M	15	22	1:10:31.508	5:23	1:42:24.902
23	157	FREDERICO JOSÉ	M	FATIMA TRAIL TEAM	SEN M	16	23	1:11:37.937	5:24	1:42:43.993
24	1125	JOÃO TOMÁS	M	A. C. S. Mamede	SEN M	17	24	1:10:53.752	5:26	1:43:30.738
25	194	EMANUEL BATISTA	M	A. C. S. Mamede	M45	2	25	1:11:37.375	5:27	1:43:37.620
26	166	FERNANDO ROSA	M	Airlux-Nda	SEN M	18	26	1:09:50.394	5:27	1:43:46.586
27	1124	PAULINO SOUSA	M	INDUSTRIAL DESPORTIVO VIEIRENSE	M55	1	27	1:12:55.228	5:29	1:44:21.887
28	1076	JOSÉ GONÇALVES	M	Grupo Alegre Unido Bajouca	M55	2	28	1:13:10.280	5:30	1:44:31.603
29	240	JOEL FERREIRA	M	G.R.CORREDOURA	SEN M	19	29	1:11:02.829	5:30	1:44:39.473
30	266	PEDRO RICARDO	M	Urd Juncalense	M40	7	30	1:11:32.018	5:31	1:44:51.390
31	117	SAMUEL LOPES	M	Delta Cafés	M40	8	31	1:10:47.357	5:31	1:45:03.489
32	59	TIAGO CORDEIRO	M	Arredaguihotas PRO TEAM	SEN M	20	32	1:06:04.618	5:32	1:45:17.057
33	1046	ALEXANDRE SOUSA	M	CPR A-DO-BARBAS	SEN M	21	33	1:13:11.155	5:33	1:45:42.436
34	1067	ANDRÉ FERNANDES	M	Grupo Alegre Unido Bajouca	M45	3	34	1:13:20.599	5:34	1:45:58.956
35	1137	BRUNO ANTUNES	M	Notícias de Colmeias Atletismo	SEN M	22	35	1:12:41.752	5:37	1:46:56.152
36	129	LUÍS BAIÃO	M	Juventude Atlético Clube	M40	9	36	1:13:16.712	5:40	1:47:44.959
37	1017	AMÍLCAR BRITO	M	INDUSTRIAL DESPORTIVO VIEIRENSE	SEN M	23	37	1:14:50.944	5:40	1:47:54.387
38	1118	RUI ISIDORO	M	A. R. Meirinhas	M45	4	38	1:15:39.870	5:42	1:48:18.581
39	272	LUIS	M	Arredaguihotas PRO TEAM	M50	1	39	1:15:00.051	5:42	1:48:31.983
40	1109	LUÍS AVELAR	M	Crossmates	M45	5	40	1:12:53.857	5:43	1:48:36.731
41	1082	VÍTOR GODINHO	M	SB VIDROS - VIDRALA	M45	6	41	1:13:44.344	5:43	1:48:39.499
42	130	MIGUEL MARQUES	M	Grupo Desportivo Santander Totta	M50	2	42	1:17:18.824	5:47	1:50:00.095
43	1091	ANTÓNIO PEREIRA	M	Bairro dos Anjos - Amigos da Corrida	M40	10	43	1:16:15.728	5:47	1:50:08.551
44	256	AGOSTINHO PEREIRA	M		SEN M	24	44	1:16:06.337	5:47	1:50:08.999
45	1086	DIOGO LISBOA	M	A. R. Meirinhas	SEN M	25	45	1:14:44.707	5:48	1:50:25.014
46	1128	HORÁCIO GASPAS	M	G.A.Caranguejeira	M45	7	46	1:16:28.270	5:49	1:50:40.555
47	1088	PAULO MENDES	M	A. R. Meirinhas	M40	11	47	1:16:56.344	5:50	1:50:53.660
48	30	HENRIQUE FERNANDES	M	Hallstar Trail	M40	12	48	1:17:36.214	5:52	1:51:30.116
49	78	ALBERICO ROSA	M	FATIMA TRAIL TEAM	SEN M	26	49	1:17:12.823	5:52	1:51:33.345
50	1133	RICARDO	M	G.A.Caranguejeira	SEN M	27	50	1:16:46.834	5:52	1:51:38.174
51	1069	DANIEL JAULINO	M	Grupo Alegre Unido Bajouca	M55	3	51	1:17:18.827	5:54	1:52:10.572
52	1073	FRANCISCO FERREIRA	M	Grupo Alegre Unido Bajouca	M55	4	52	1:16:45.730	5:55	1:52:25.758
53	1144	RUI JOÃO	M		M40	13	53	1:17:36.633	5:57	1:53:16.650
54	156	FLÁVIO CARREIRA	M	Trilho do Castelejo	SEN M	28	54	1:17:27.264	6:00	1:54:13.822
55	1127	BRUNO REIS	M	A. C. S. Mamede	M40	14	55	1:20:24.041	6:01	1:54:26.240
56	110	FILIPE SOUSA	M	Juventude Atlético Clube	M40	15	56	1:18:16.243	6:02	1:54:37.985
57	101	RODRIGO TEIXEIRA	M		M40	16	57	1:19:33.094	6:02	1:54:45.665
58	279	SÉRGIO GAMEIRO	M	FATIMA TRAIL TEAM	M45	8	58	1:17:42.909	6:02	1:54:51.826
59	235	JOAQUIM HENRIQUES	M		M45	9	59	1:19:04.023	6:02	1:54:52.113
60	239	HILÁRIO LOURO	M	Os Tolinhas	M45	10	60	1:21:09.888	6:04	1:55:27.238
61	1132	RAFAEL GASPAS	M	G.A.Caranguejeira	SEN M	29	61	1:21:14.346	6:04	1:55:29.593
62	241	NUNO NEVES	M	Lama Solta	SEN M	30	62	1:18:42.091	6:04	1:55:29.650
63	275	MARCO GOMES	M		M40	17	63	1:18:13.437	6:05	1:55:38.176
64	128	MANUEL FILIPE	M	Notícias de Colmeias Atletismo	M55	5	64	1:20:30.263	6:05	1:55:39.840
65	69	MIGUEL GUILHERMINO	M	Tri Trail Endurance Coaching	SEN M	31	65	1:20:25.925	6:05	1:55:39.988
66	267	SOFIA VIEIRA	F	Clube Desportivo de Espite	SEN F	1	1	1:21:40.723	6:05	1:55:42.106
67	95	PAULO VIEIRA	M	Bairro dos Anjos - Amigos da Corrida	M45	11	66	1:19:03.356	6:05	1:55:43.023
68	1103	LEANDRO SANTOS	M	SB VIDROS - VIDRALA	M40	18	67	1:17:30.549	6:05	1:55:52.012
69	112	PEDRO FOJO	M	Cpalcanenatrail	SEN M	32	68	1:20:16.752	6:06	1:56:07.692
70	125	HÉLDER COSTA	M	Porto de Mós a Correr	M50	3	69	1:19:33.570	6:08	1:56:43.910
71	289	GONÇALO ESTEVES	M	Bombeiros Sapadores Leiria	SEN M	33	70	1:20:54.457	6:08	1:56:44.032
72	82	DAVID PINTO	M	Velocity - Centro de Treino	SEN M	34	71	1:18:08.696	6:09	1:57:01.751
73	1112	RUI PEREIRA	M	CA BARREIRA	M60	1	72	1:20:53.619	6:10	1:57:15.852
74	17	JOCELINA FERREIRA	F	Montanha Clube Trail Running EFAPEL	F45	1	2	1:22:03.357	6:10	1:57:16.279
75	180	RUI OLIVEIRA	M		M40	19	73	1:23:51.828	6:12	1:57:53.410
76	1074	HUGO BARQUEIRO	M	Grupo Alegre Unido Bajouca	M40	20	74	1:22:26.590	6:13	1:58:12.322
77	1095	NELSON NORTE	M	A. R. Meirinhas	M45	12	75	1:22:27.889	6:14	1:58:28.121
78	1111	GERMANO CAPELA	M	CA BARREIRA	M55	6	76	1:23:10.123	6:15	1:58:56.732

Pos	Dorsal	Atleta	S	Equipa	Categoria	Pos Cat	Pos S	12.5 km	Ritmo	Tempo
79	89	ANDRÉ SANTOS	M	Faisca Trail Team	SEN M	35	77	1:23:34.460	6:15	1:58:58.428
80	268	JOÃO SARAIVA	M		SEN M	36	78	1:19:03.160	6:15	1:59:00.929
81	219	LUÍS JORGE	M	FATIMA TRAIL TEAM	SEN M	37	79	1:22:55.609	6:19	2:00:13.506
82	1054	RUI GAMEIRO	M	A. R. Meirinhas	M45	13	80	1:24:17.889	6:20	2:00:25.763
83	1072	FERNANDO DOMINGUES	M	Grupo Alegre Unido Bajouca	M40	21	81	1:23:28.100	6:20	2:00:28.879
84	8	FILIPE MOREIRA	M	Porto de Mós a Correr	M45	14	82	1:24:53.769	6:20	2:00:30.948
85	226	NELSON FILIPE	M	SWAT TEAM	M40	22	83	1:24:12.441	6:21	2:00:39.501
86	1136	RICARDO MELRO	M	Crossmates	SEN M	38	84	1:25:09.851	6:21	2:00:42.823
87	248	PEDRO CARDOSO	M	Cinfães a Correr	SEN M	39	85	1:23:42.210	6:21	2:00:54.425
88	1071	FÁBIO FERREIRA	M	Grupo Alegre Unido Bajouca	SEN M	40	86	1:23:43.044	6:22	2:00:58.135
89	242	CARLOS DINIS	M	SerranosRunTeam	M40	23	87	1:24:36.559	6:22	2:01:09.218
90	32	MARCO FONSECA	M		M40	24	88	1:25:32.133	6:23	2:01:24.220
91	98	PAULO OLIVEIRA	M		M40	25	89	1:24:54.923	6:23	2:01:28.280
92	1044	NUNO FERREIRA	M	CPR A-DO-BARBAS	M40	26	90	1:23:47.644	6:23	2:01:28.768
93	178	NUNO PAULO	M	Faisca Trail Team	M45	15	91	1:25:41.507	6:24	2:01:36.645
94	1092	GONÇALO FERREIRA	M	A. R. Meirinhas	M40	27	92	1:24:19.121	6:24	2:01:37.423
95	33	PEDRO CARRIÇO	M	Serviços Sociais Montepio	M40	28	93	1:25:19.809	6:24	2:01:40.438
96	282	ANTÓNIO MAIA	M	SARTIM	M40	29	94	1:24:09.431	6:24	2:01:44.296
97	236	NUNO CORDEIRO	M	XPLOSEBOX	M40	30	95	1:24:51.697	6:24	2:01:46.732
98	58	RAFAEL REIS	M		SEN M	41	96	1:25:34.862	6:24	2:01:49.637
99	1079	SÉRGIO CABECINHAS	M	Grupo Alegre Unido Bajouca	M40	31	97	1:23:50.775	6:25	2:02:00.108
100	249	PEDRO NICOLAU	M		M45	16	98	1:26:38.067	6:25	2:02:00.662
101	174	ARTUR SANTIAGO COELHO	M	Scalabis Night Runners	M50	4	99	1:25:47.664	6:25	2:02:10.150
102	1098	SANDRA GONÇALVES	F	Bairro dos Anjos - Amigos da Corrida	F45	2	3	1:25:38.064	6:26	2:02:26.723
103	237	NELSON OLIVEIRA	M	FATIMA TRAIL TEAM	M40	32	100	1:23:56.426	6:26	2:02:31.758
104	102	NUNO FRADIQUE	M	Scalabis Night Runners	M45	17	101	1:27:13.115	6:27	2:02:34.014
105	23	PEDRO MANSO	M	FATIMA TRAIL TEAM	M45	18	102	1:26:20.904	6:27	2:02:41.362
106	1084	DAVID SIMÕES	M	A. R. Meirinhas	SEN M	42	103	1:26:30.720	6:27	2:02:44.131
107	10	EDGAR	M	Velocity - Centro de Treino	M45	19	104	1:26:11.064	6:28	2:02:54.490
108	1049	PEDRO RODRIGUES	M	CPR A-DO-BARBAS	M55	7	105	1:23:44.330	6:29	2:03:18.542
109	169	DORISA PORTELA	F	SWAT TEAM	F40	1	4	1:25:31.867	6:29	2:03:22.737
110	222	JOEL REIS	M	Amigos da Corrida	SEN M	43	106	1:25:33.530	6:30	2:03:41.321
111	135	PAULO VIEIRA	M		M45	20	107	1:25:32.565	6:35	2:05:11.741
112	93	LICÍNIO PEREIRA	M		M45	21	108	1:23:54.765	6:35	2:05:19.796
113	26	TOMMY BATISTA	M	Limited Edition	SEN M	44	109	1:26:26.619	6:36	2:05:38.300
114	1140	LUIS SILVA	M	Crossmates	M40	33	110	1:26:56.912	6:37	2:05:45.783
115	255	MÁRIO SALGADO	M	SCPOMBAL /TRAIL TEAM	M45	22	111	1:26:08.206	6:37	2:05:52.338
116	1130	NELSON	M	G.A.Caranguejeira	M45	23	112	1:25:23.475	6:37	2:05:55.793
117	250	DINIS SANTOS	M		M50	5	113	1:28:31.740	6:38	2:06:02.966
118	1119	NELSON JORGE	M	Notícias de Colmeias Atletismo	M50	6	114	1:23:34.909	6:38	2:06:04.301
119	175	RENATO SANTOS	M	SWAT TEAM	M40	34	115	1:27:44.120	6:38	2:06:06.839
120	1068	ANTÓNIO PEDROSA	M	Grupo Alegre Unido Bajouca	SUB23 M	1	116	1:28:12.018	6:38	2:06:12.077
121	229	SÉRGIO LIMA	M	Domplex	M50	7	117	1:26:08.744	6:39	2:06:20.119
122	1114	LUIS PEDROSA	M	A. R. Meirinhas	M45	24	118	1:28:42.283	6:39	2:06:26.176
123	252	PEDRO GASPAR CEBOLO	M		M45	25	119	1:26:21.053	6:40	2:06:53.906
124	1085	DARIO OLIVEIRA	M	ACBATALHA	M40	35	120	1:27:01.316	6:42	2:07:33.793
125	140	DAVID ROSA	M		SEN M	45	121	1:28:06.989	6:43	2:07:50.381
126	213	TELMO MADEIRA	M	Chitas de Alcobaça	M40	36	122	1:25:41.349	6:44	2:08:07.968
127	212	TIAGO BRANCO	M	Chitas de Alcobaça	M40	37	123	1:25:40.447	6:44	2:08:08.088
128	155	FLÁVIO JOÃO ESPERANÇA	M	GDRC UNIDOS	SEN M	46	124	1:23:28.052	6:44	2:08:10.521
129	1037	JORGE AGOSTINHO	M	CA BARREIRA	M60	2	125	1:28:31.331	6:44	2:08:13.699
130	79	HELDER FERNANDES	M	Poké	M50	8	126	1:28:29.860	6:44	2:08:13.723
131	68	LUIS MIGUEL MORGADO	M	Scalabis Night Runners	M50	9	127	1:28:50.446	6:45	2:08:19.702
132	1126	LUIS ALBERTO VIEIRA	M	A. C. S. Mamede	M45	26	128	1:30:21.556	6:45	2:08:22.279
133	276	PEDRO GORDO	M	Bairro dos Anjos - Amigos da Corrida	M45	27	129	1:26:43.451	6:46	2:08:36.442
134	1097	HUGO NEVES	M	A. R. Meirinhas	SEN M	47	130	1:27:05.993	6:46	2:08:43.608
135	1096	HÉLDER ABREU	M	Notícias de Colmeias Atletismo	M45	28	131	1:26:57.970	6:46	2:08:44.643
136	273	NUNO NUNES	M	Clube de Atletismo de Ferreira do Zêzere	SEN M	48	132	1:30:03.919	6:46	2:08:47.366
137	1007	DÉLIO PASCOAL	M	Notícias de Colmeias Atletismo	M40	38	133	1:26:00.700	6:47	2:08:55.104
138	11	JOSÉ CARLOS	M		M60	3	134	1:28:25.022	6:47	2:08:58.776
139	234	JOSÉ MARQUES	M	Clube Desportivo de Espite	M45	29	135	1:29:48.168	6:47	2:09:08.513
140	1142	CARLOS CONCEIÇÃO	M	CSCRFCHARNECA	M50	10	136	1:24:40.195	6:48	2:09:19.052
141	73	FRANCISCO MARTÍN	M	Velocity - Centro de Treino	SEN M	49	137	1:25:44.357	6:49	2:09:31.297
142	195	CELSO SANTOS	M	G.R.CORREDOURA	SEN M	50	138	1:28:28.216	6:49	2:09:39.344
143	1093	VIRGINIA SIMÕES	F	Notícias de Colmeias Atletismo	F45	3	5	1:29:59.872	6:51	2:10:11.269
144	1089	GONÇALO MOTA	M	A. R. Meirinhas	SEN M	51	139	1:26:29.231	6:52	2:10:32.288
145	227	FERNANDO NEVES	M		M50	11	140	1:29:02.501	6:52	2:10:43.131
146	86	MARCO FERREIRA	M		M45	30	141	1:30:07.683	6:53	2:10:57.463
147	1110	CRISTIANO CASALINHO	M	CA BARREIRA	SEN M	52	142	1:30:34.099	6:54	2:11:11.315
148	115	LUIS CAMPOS	M	Alverca Urban Runners	M45	31	143	1:29:54.032	6:54	2:11:17.428
149	228	PAULO DIAS	M	Crazy Runners	SEN M	53	144	1:30:36.331	6:54	2:11:23.843
150	262	DIOGO PARREIRAS	M	Faisca Trail Team	SEN M	54	145	1:30:43.326	6:55	2:11:38.615
151	245	MIGUEL PEREIRA	M	CA BARREIRA	M40	39	146	1:30:46.633	6:55	2:11:40.985
152	139	FILIPA GAMEIRO	F	Clube Desportivo de Espite	SEN F	2	6	1:30:21.633	6:55	2:11:42.620
153	57	FERNANDO DIONISIO	M		SEN M	55	147	1:30:58.328	6:56	2:11:56.841
154	13	CLÁUDIO LOUREIRO	M		SEN M	56	148	1:28:48.871	6:57	2:12:08.574
155	1099	JOAQUIM SANTOS	M	Notícias de Colmeias Atletismo	M50	12	149	1:29:00.868	6:57	2:12:11.506
156	1105	ÉNIO	M	A. R. Meirinhas	M40	40	150	1:25:45.673	6:58	2:12:21.126

Pos	Dorsal	Atleta	S	Equipa	Categoria	Pos Cat	Pos S	12.5 km	Ritmo	Tempo
157	1081	RODRIGO FETEIRA	M	Grupo Alegre Unido Bajouca	JUN M		1	151 1:31:52.822	6:58	2:12:24.207
158	1108	JOEL BRANCO	M	Bairro dos Anjos - Amigos da Corrida	SEN M	57		152 1:30:38.003	6:58	2:12:30.995
159	270	PEDRO GRAÇA	M		SEN M	58		153 1:30:12.198	6:58	2:12:33.552
160	253	EUGÉNIO SANTOS	M	Miro Trail	M40	41		154 1:32:19.669	6:59	2:12:55.788
161	221	NUNO LEAN	M	SB VIDROS - VIDRALA	M40	42		155 1:30:31.245	7:00	2:13:02.564
162	1115	ÁLVARO LOPES	M	CSCRFCHARNECA	M40	43		156 1:32:19.413	7:00	2:13:16.823
163	173	CEDRIC JORGE	M		M40	44		157 1:33:57.588	7:02	2:13:43.145
164	29	TIAGO VICENTE	M	Hallstar Trail	SEN M	59		158 1:33:59.353	7:02	2:13:45.082
165	28	IVO SANTOS	M	Hallstar Trail	SEN M	60		159 1:29:58.997	7:02	2:13:54.019
166	1134	HUGO FELICIANO	M	A. R. Meirinhas	M40	45		160 1:30:57.884	7:03	2:14:04.455
167	189	NUNO RODRIGUES	M		M45	32		161 1:33:58.892	7:03	2:14:10.660
168	238	VANDO SILVA	M	RÓODINHAS/Master Vantagem	SEN M	61		162 1:31:36.979	7:06	2:15:03.180
169	15	BENILDE CRESPO SANTOS	F	MDR Runners	F50	1		7 1:33:02.391	7:07	2:15:29.230
170	197	JOÃO LOURO	M		M45	33		163 1:35:27.128	7:12	2:16:51.154
171	27	CLÁUDIO CABRAL	M	Trilho do Castelejo	M45	34		164 1:34:04.824	7:14	2:17:29.341
172	124	VÍTOR AREIA	M	A. R. Meirinhas	M50	13		165 1:31:22.533	7:14	2:17:41.553
173	1065	JOSÉ AGOSTINHO	M	Liz Runners	M60	4		166 1:29:48.448	7:14	2:17:43.198
174	215	DANIEL REIS	M		SEN M	62		167 1:31:29.628	7:14	2:17:43.715
175	1141	SUSANA PEREIRA	F	CPR A-DO-BARBAS	F50	2		8 1:35:12.971	7:15	2:17:54.631
176	1053	FILIPE FRADE	M	CPR A-DO-BARBAS	M45	35		168 1:35:11.983	7:15	2:17:54.815
177	246	LUÍS MÓNICO	M		M50	14		169 1:35:13.088	7:15	2:18:00.571
178	233	CLÁUDIO SOUSA	M		M45	36		170 1:34:20.227	7:15	2:18:00.826
179	280	RUI MONTEIRO	M	Crazy Runners	M55	8		171 1:34:21.915	7:15	2:18:00.975
180	123	LUÍS NEVES	M	Caminhososte	M50	15		172 1:34:01.793	7:16	2:18:10.263
181	218	MANUEL	M	Atledecampioni	M55	9		173 1:34:00.859	7:16	2:18:17.819
182	56	PEDRO SANTIAGO	M	Urd Juncalense	SEN M	63		174 1:34:53.472	7:16	2:18:19.280
183	1131	RAUL	M	G.A.Caranguejeira	SEN M	64		175 1:33:38.971	7:20	2:19:32.127
184	220	FÁBIO	M	New Ground Fitness	SEN M	65		176 1:32:24.705	7:21	2:19:40.508
185	22	LUIS OLIVEIRA	M	Serra D Aire Trail Team	SEN M	66		177 1:36:42.287	7:21	2:19:43.242
186	1113	SANDRO REMIGIO	M	GDRRC UNIDOS	SEN M	67		178 1:35:32.217	7:21	2:19:48.677
187	6	ROBERTO VIEIRA	M	Serra D Aire Trail Team	SUB23 M	2		179 1:37:39.042	7:27	2:21:46.725
188	134	JOÃO SALVADOR	M		SEN M	68		180 1:33:34.341	7:28	2:21:54.434
189	97	PEDRO HENRIQUE NUNES	M	Miro Trail	SEN M	69		181 1:38:34.070	7:29	2:22:23.019
190	63	RUTE COSTA	F	Clube Desportivo de Espite	F45	4		9 1:38:33.752	7:29	2:22:25.045
191	127	JORGE ELÓI	M	Pé na Pinha	M40	46		182 1:34:16.594	7:30	2:22:32.358
192	264	PEDRO PEREIRA	M		M45	37		183 1:32:23.649	7:34	2:23:54.385
193	5	FILIPE SOUSA	M		M50	16		184 1:38:05.721	7:34	2:24:01.162
194	24	ELIANA RAIMUNDO	F		F40	2		10 1:37:13.533	7:35	2:24:09.908
195	84	NUNO SIMÕES	M	Scalabis Night Runners	M45	38		185 1:37:12.944	7:37	2:24:46.879
196	3	PEDRO ROQUE	M	A.C.MaXos	M40	47		186 1:36:32.956	7:38	2:25:04.480
197	4	FILIPE PIMENTA	M	A.C.MaXos	M40	48		187 1:36:36.893	7:38	2:25:06.092
198	138	RUBEN SANTOS	M	Trilho do Castelejo	SUB23 M	3		188 1:35:23.026	7:39	2:25:26.879
199	154	FRANCISCO GRÁCIO	M	GDRRC UNIDOS	SEN M	70		189 1:40:51.330	7:40	2:25:54.493
200	31	TIAGO TEIXEIRA	M		SEN M	71		190 1:28:45.104	7:41	2:26:15.071
201	136	RAFAEL MONTEIRO	M	Faisca Trail Team	M40	49		191 1:42:52.727	7:45	2:27:14.633
202	1102	ANTERO RODRIGUES	M	SB VIDROS - VIDRALA	M50	17		192 1:42:26.346	7:46	2:27:36.203
203	1101	PAULA RODRIGUES	F	SB VIDROS - VIDRALA	F50	3		11 1:41:57.347	7:46	2:27:42.748
204	1116	LÍLIA NEVES	F	CSCRFCHARNECA	F45	5		12 1:40:19.190	7:47	2:27:54.701
205	109	PAULO JORGE PEREIRA	M	Juventude Atlético Clube	M40	50		193 1:45:02.965	7:47	2:27:58.492
206	19	JOSÉ MARTINS	M	Clube veteranos do lis	M55	10		194 1:41:08.116	7:48	2:28:14.121
207	1117	LUÍS NEVES	M	CSCRFCHARNECA	M60	5		195 1:38:30.679	7:48	2:28:15.872
208	55	MIGUEL LEMOS PERFEITO	M	Urd Juncalense	SEN M	72		196 1:43:10.405	7:48	2:28:29.261
209	1087	JOÃO CARREIRA	M	A. R. Meirinhas	SEN M	73		197 1:40:48.261	7:49	2:28:33.691
210	223	JOSE PEREIRA	M		M50	18		198 1:38:54.558	7:49	2:28:38.313
211	1129	JORGE GALHISPO	M	G.A.Caranguejeira	M50	19		199 1:43:06.278	7:51	2:29:08.942
212	158	MARCO MONTEIRO	M		M45	39		200 1:43:30.309	7:51	2:29:11.373
213	1104	MIGUEL MATIAS	M	CSCRFCHARNECA	M45	40		201 1:41:55.712	7:53	2:29:56.155
214	76	SANTIAGO FOLGUERAS	M		SEN M	74		202 1:41:58.101	7:53	2:29:58.637
215	269	CARLA REIS	F	Não Fazemos Nem Mais Um...Km	SEN F	3		13 1:46:21.497	7:53	2:30:02.457
216	71	TIAGO PINHEIRO LUIS	M	Balance Running Club	SEN M	75		203 1:46:21.880	7:53	2:30:04.521
217	1064	STEFANY OLIVEIRA	F	A. R. Meirinhas	SEN F	4		14 1:44:15.822	7:54	2:30:05.331
218	1094	RODRIGO NOIVO	M	A. R. Meirinhas	SEN M	76		204 1:26:32.111	7:56	2:30:55.507
219	66	RENATO LOPES	M	Juventude Ouriense	M50	20		205 1:45:57.527	7:56	2:30:56.966
220	209	DUARTE CERVEIRA	M	LPM	M40	51		206 1:46:53.264	7:56	2:30:58.409
221	1138	JORGE FIGUEIRAL	M	CSCRFCHARNECA	M55	11		207 1:42:08.193	7:57	2:31:07.544
222	168	DIOGO TEIXEIRA	M	SWAT TEAM	SEN M	77		208 1:46:00.214	7:57	2:31:09.045
223	207	HORÁCIO ALEXANDRE	M	Os Tolinhos	M60	6		209 1:43:36.589	7:59	2:31:48.490
224	65	CARLOS MARTINS	M	Poké	SEN M	78		210 1:41:00.784	8:01	2:32:19.859
225	64	JOSÉ SANTOS	M	Poké	M60	7		211 1:41:03.630	8:01	2:32:21.050
226	265	RENATO SANTOS	M	SCPOMBAL /TRAIL TEAM	M40	52		212 1:48:15.934	8:03	2:33:01.769
227	94	OSVALDO MONTEIRO	M		M40	53		213 1:44:04.504	8:04	2:33:32.720
228	61	NÉLIO CARVALHO	M	Scalabis Night Runners	M40	54		214 1:44:54.663	8:07	2:34:17.459
229	1083	RUI NETO	M	Bairro dos Anjos - Amigos da Corrida	M40	55		215 1:47:01.919	8:08	2:34:40.087
230	211	LUIS MINEIRO	M	Lizrun	M45	41		216 1:47:12.101	8:09	2:34:57.795
231	183	CARLOS FIGUEIREDO	M	VISIONSOFT	M45	42		217 1:47:40.294	8:12	2:35:53.988
232	182	ROGÉRIO DUARTE	M	VISIONSOFT	M40	56		218 1:47:38.789	8:12	2:35:55.100
233	72	TELMO OLIVEIRA	M		SEN M	79		219 1:47:41.315	8:12	2:36:00.771
234	34	HUGO RODA	M	A. R. Meirinhas	SEN M	80		220 1:44:53.927	8:13	2:36:22.506

Pos	Dorsal	Atleta	S	Equipa	Categoria	Pos Cat	Pos S	12.5 km	Ritmo	Tempo
235	74	DANIEL RAMOS	M	Velocity - Centro de Treino	SEN M	81	221	1:46:50.904	8:19	2:38:17.533
236	1121	RITA REIS	F	G.R.CORREDOURA	SEN F	5	15	1:50:00.519	8:20	2:38:30.562
237	164	FRANCISCO DA SILVA	M	MDR Runners	M50	21	222	1:45:37.131	8:24	2:39:39.826
238	278	JÚLIO GASPAR	M		M55	12	223	1:50:00.252	8:24	2:39:39.915
239	103	DAVID CLEMENTE	M	Desafios Positivos D+	M40	57	224	1:51:08.274	8:25	2:39:57.018
240	1090	PAULA GALITO	F	Bairro dos Anjos - Amigos da Corrida	F40	3	16	1:51:08.378	8:25	2:39:57.896
241	214	JONI GASPAR	M	N.A.	SEN M	82	225	1:50:42.067	8:32	2:42:22.439
242	126	FILIPA CORREIA	F	Pé na Pinha	SUB23 F	1	17	1:50:38.033	8:35	2:43:16.153
243	70	VASCO BISCOITO	M	Balance Running Club	M50	22	226	1:53:46.156	8:40	2:44:46.305
244	205	HENRIQUE RIBEIRO	M	SerranosRunTeam	M45	43	227	1:51:18.275	8:40	2:44:54.635
245	1106	ISABEL PEREIRA	F	Grupo Alegre Unido Bajouca	F50	4	18	1:57:48.622	8:45	2:46:16.381
246	1066	ANABELA FERNANDES	F	Grupo Alegre Unido Bajouca	F50	5	19	1:57:49.563	8:45	2:46:18.507
247	1041	CATARINA RODRIGUES	F	A. R. Meirinhas	SEN F	6	20	1:51:51.439	8:46	2:46:43.812
248	53	CÉSAR FERREIRA	M		M50	23	228	1:52:28.633	8:46	2:46:51.410
249	206	ANA VIEIRA	F	Faísca Trail Team	F40	4	21	1:51:54.520	8:47	2:46:54.527
250	90	CÉLIA MARIA PERALTA PEREII	F	Faísca Trail Team	F50	6	22	1:54:30.013	8:53	2:49:01.249
251	204	FILIPE RIBEIRO	M	SerranosRunTeam	M40	58	229	1:55:45.388	8:53	2:49:02.998
252	25	CATARINA OLIVEIRA	F		SEN F	7	23	1:55:44.677	8:53	2:49:04.164
253	67	MARIA PINTO	F	Scalabis Night Runners	SEN F	8	24	2:00:27.774	8:54	2:49:19.084
254	12	MARCO DIONÍSIO	M	Rota dos Videiros	M40	59	230	1:53:02.813	8:57	2:50:20.051
255	210	JOSÉ SANTIAGO	M	LPM Leiria	M55	13	231	1:51:21.996	9:00	2:51:12.229
256	152	ABEL LOPES	M	Funcional Active Sports	M45	44	232	1:54:53.644	9:08	2:53:34.099
257	96	MANUEL CORDEIRO	M	Scalabis Night Runners	M60	8	233	2:02:38.299	9:26	2:59:28.461
258	260	PEDRO NUNES	M	Faísca Trail Team	M45	45	234	2:00:26.433	9:26	2:59:29.629
259	231	NEUZA MONTEIRO	F	Magníficos Runners	F40	5	25	2:04:51.416	9:26	2:59:30.154
260	232	TÂNIA GASPAR	F	Magníficos Runners	SEN F	9	26	2:04:51.458	9:26	2:59:31.060
261	281	NUNO SILVA	M		M45	46	235	2:02:38.105	9:32	3:01:15.799
262	1139	ARLINDO OLIVEIRA	M	CSCRFCHARNECA	M55	14	236	2:07:32.896	9:43	3:04:49.150
263	259	ANA RANGEL	F	Faísca Trail Team	F45	6	27	2:07:51.229	9:44	3:05:02.747
264	165	SOFIA PORTELA	F	Não Fazemos Nem Mais Um...Km	F45	7	28	2:09:20.801	9:46	3:05:33.619
265	142	MARISA FERREIRA	F	Scalabis Night Runners	F40	6	29	2:14:01.682	10:09	3:12:56.002
266	172	BALTAZAR	M	BVL-RUNNERS	M40	60	237	2:05:29.490	10:24	3:17:45.930
267	151	RUI BAGAGEM	M		M50	24	238	2:12:19.801	10:25	3:18:05.738
268	145	SÉRGIO MACHADO	M	Pirilampos Team	M45	47	239	2:12:20.596	10:25	3:18:06.522
269	133	DAVID	M		SEN M	83	240	2:08:39.689	10:28	3:18:51.813
270	217	TANIA FERREIRA	F	Miro Trail	SEN F	10	30	2:18:23.472	10:52	3:26:41.180
271	216	FLÁVIO SILVA	M	Fruta da 5ª	SEN M	84	241	2:18:16.229	10:52	3:26:42.370
272	179	ALEXANDRA CARVALHO	F	Scalabis Night Runners	SEN F	11	31	2:15:50.653	11:19	3:35:01.470