



Pos	Dorsal	Atleta	Genero	Equipa	Categoria	Pos Genero	Ritmo	Tempo
1	2037	Álvaro Murraças	M	Dream Team	GERAL M	1	5:36	0:56:01.590
2	2031	Gabriel Braz	M	Saca Trilhos Anadia	GERAL M	2	5:39	0:56:33.247
3	2047	Marta	F	Clube de Atletismo da Nazaré	GERAL F	1	6:25	1:04:11.548
4	2046	Joel Bastos	M		GERAL M	3	6:29	1:04:54.268
5	2034	Luciano Senos Dantas	M	Clube de Atletismo da Nazaré	GERAL M	4	7:00	1:10:03.518
6	2033	Sérgio Pereira	M	ACNPN	GERAL M	5	7:04	1:10:42.855
7	2048	Emanuel Valério	M	Terrantez Trail Team	GERAL M	6	7:09	1:11:33.474
8	2025	Carlos Miguel	M	Desgastam Montanhas	GERAL M	7	7:15	1:12:31.085
9	2027	Paulo Silva	M	RÓODINHAS-Master Vantagem/ Oxyger	GERAL M	8	7:28	1:14:49.590
10	2044	Eduardo Frazão	M	AL, SA	GERAL M	9	7:41	1:16:57.468
11	2003	Fernando Bastos	M		GERAL M	10	7:48	1:18:09.880
12	2045	Nelson Luz	M	Murtal Run	GERAL M	11	7:49	1:18:18.356
13	2014	Rui ramos	M	NCA TRAIL	GERAL M	12	7:50	1:18:26.539
14	2038	David Silva	M		GERAL M	13	8:10	1:21:42.039
15	2026	Paulo Mainha	M		GERAL M	14	8:19	1:23:15.779
16	2104	Renato Silva	M	IMO NAZARÉ	GERAL M	15	8:27	1:24:35.054
17	2016	João Frade	M		GERAL M	16	8:31	1:25:14.816
18	2010	Simon Edmondson	M	NFC Running Team	GERAL M	17	8:48	1:28:10.684
19	2013	Sandrine Oliveira	F	A. C. S. Mamede	GERAL F	2	8:54	1:29:04.796
20	2039	Guilherme Gomes	M		GERAL M	18	8:54	1:29:05.237
21	2030	Magda Alves	F	Chitas de Alcobaça	GERAL F	3	8:54	1:29:10.488
22	2029	Vasco Beja	M	Chitas de Alcobaça	GERAL M	19	8:55	1:29:13.340
23	2100	Rita guedes	F	Arredaguilhotas Pro Team	GERAL F	4	9:05	1:30:52.173
24	2021	Maria da Glória Ferreira	F	Chitas de Alcobaça	GERAL F	5	9:21	1:33:35.206
25	2017	José Oliveira	M	Chitas de Alcobaça	GERAL M	20	9:22	1:33:40.311
26	2106	Catarina Gomes	F		GERAL F	6	9:27	1:34:33.978
27	2022	Rui Silva	M		GERAL M	21	9:37	1:36:11.793
28	2043	Miguel Machado	M		GERAL M	22	9:54	1:39:02.578
29	2041	Ana Luísa Gonçalves de Aguiar	F		GERAL F	7	9:56	1:39:34.402
30	2042	RICARDO RAPOSO	M		GERAL M	23	9:57	1:39:35.295
31	2020	Sofia Agostinho	F	Arredaguilhotas Pro Team	GERAL F	8	10:00	1:40:05.433
32	2019	Carla Ramos	F		GERAL F	9	10:05	1:40:55.809
33	2036	Fatima Martins	F	Clube de Atletismo da Nazaré	GERAL F	10	10:20	1:43:21.925
34	2049	Catarina Costa	F	Crossbox Marinha Grande	GERAL F	11	10:24	1:44:09.183
35	2035	Fernanda Duran de Moura Augusto	F	Clube de Atletismo da Nazaré	GERAL F	12	10:24	1:44:10.889
36	2015	Ana Fernandes	F	NCA TRAIL	GERAL F	13	10:29	1:44:50.834
37	2018	Marina Maia	F	Chitas de Alcobaça	GERAL F	14	10:29	1:45:00.554
38	2103	Herminia Fonseca	F	As Resistentes	GERAL F	15	10:30	1:45:02.469
39	2005	LUCILIA SANTOS	F	FATIMA TRAIL TEAM	GERAL F	16	10:43	1:47:20.575
40	2032	Sónia Nogueira	F	Centro Marcha Corrida Alcanena	GERAL F	17	10:46	1:47:48.800
41	2023	Vlasman	M	NFC Running Team	GERAL M	24	11:03	1:50:36.523
42	2006	José Verdasca	M		GERAL M	25	11:09	1:51:36.899
43	2024	Filomena Santos	F	As Resistentes	GERAL F	18	11:18	1:53:06.486
44	2101	Débora Carreira	F	Marvila Jovem	GERAL F	19	12:52	2:08:50.944
45	2008	Edite Cardoso	F	Snacks Attackers	GERAL F	20	13:12	2:12:09.316
46	2007	Diana Lopes	F	Snacks Attackers	GERAL F	21	13:12	2:12:09.732
47	2009	Anabela Cruz	F	Snacks Attackers	GERAL F	22	13:17	2:12:52.961
48	2011	Ana Trindade	F		GERAL F	23	14:06	2:21:30.524
49	2028	Rogério Serrador	M		GERAL M	26	14:09	2:21:33.444