



7ª Edição dos Trilhos de Almourol

Data: 03 de Abril de 2016

Localidade: Entroncamento

Organização: CLAC Entroncamento

Cronometragem: Trilho Perdido Cronometragens

Pos.	Dorsal	Nome	Clube	Cat.	P.Cat.	Tempo	T/Km.	Dif.
1	988	Tiago Romão	Gafanhori	T MS	1	1:58:23.94	04:44	
2	983	Tiago Silva	Trilhos dos Templários - Green Roc	T M23	1	2:00:13.54	04:49	0:01:50
3	540	Marco Marques	União FCI de Tomar	T MS	2	2:05:25.30	05:01	0:07:01
4	742	João Ginja	Clube de Atletismo Odimarq	T M50	1	2:09:04.22	05:10	0:10:40
5	748	Tiago Martins	Clube de Atletismo Odimarq	T MS	3	2:14:35.79	05:23	0:16:12
6	759	Jorge Matos	N.A.Z.Abóboda	T M45	1	2:15:18.26	05:25	0:16:54
7	931	Tiago Gaspar	Trilhos dos Templários - Green Roc	T MS	4	2:18:04.47	05:31	0:19:40
8	928	Luis Gomes	União FCI de Tomar	T M45	2	2:19:14.11	05:34	0:20:50
9	566	Fernando Pinto		T MS	5	2:21:57.77	05:41	0:23:34
10	963	Paulo Jerónimo	FAM 2 RUN	T M45	3	2:22:55.44	05:43	0:24:31
11	885	Paulo Silva	N.A.Z.Abóboda	T M40	1	2:23:44.22	05:45	0:25:20
12	942	Marco Melo	Correr Lisboa	T MS	6	2:23:51.77	05:45	0:25:28
13	899	Jorge Ribeiro	ARD/DIC LEIRIA	T M40	2	2:24:02.62	05:46	0:25:39
14	562	António Antas	Furões do Alentejo	T M50	2	2:24:18.79	05:46	0:25:55
15	949	Carlos Charrua	Running Academy - O2 Life Center	T M40	3	2:25:39.30	05:50	0:27:15
16	737	José Duarte		T MS	7	2:25:56.83	05:50	0:27:33
17	629	Marco Carvalho	FireTeam	T M40	4	2:26:15.07	05:51	0:27:51
18	774	Hugo Sequeira	ACP / UTSM	T MS	8	2:27:14.09	05:53	0:28:50
19	654	João Fernandes	Os Galgos de Tancos	T MS	9	2:27:24.88	05:54	0:29:01
20	581	Carlos Teixeira	Os Matrecos	T MS	10	2:27:40.60	05:54	0:29:17
21	746	Carlos Marques	N.A.Z.Abóboda	T M50	3	2:27:44.72	05:55	0:29:21
22	600	José Barrinha	VILA FRIA JG SEGUROS	T M45	4	2:27:48.54	05:55	0:29:25
23	553	Nuno Pimpão	Furões do Alentejo	T MS	11	2:27:50.62	05:55	0:29:27
24	549	Milton Santos	Engenheiros-RE1	T MS	12	2:29:32.42	05:59	0:31:08
25	684	Mário Figueiras	ACM TRAIL&RUNNING	T MS	13	2:31:34.49	06:04	0:33:10
26	849	Renato Reis	BeYourself	T MS	14	2:35:48.04	06:14	0:37:24
27	653	Jacinto Franco	Os Galgos de Tancos	T MS	15	2:36:02.14	06:14	0:37:38
28	539	Alexandre Santos	C.A.S.P.A.	T MS	16	2:37:00.75	06:17	0:38:37
29	591	João Teixeira		T M40	5	2:37:12.28	06:17	0:38:48
30	747	Henrique Meira	Clube de Atletismo Odimarq	T M40	6	2:38:26.15	06:20	0:40:02
31	848	Hélder Lemos	BeYourself	T MS	17	2:39:07.13	06:22	0:40:43
32	694	Sérgio Simão	Cartaxo Night Runners	T MS	18	2:39:26.45	06:23	0:41:02
33	842	Pedro Barbas	Pontevel a Mexer	T M40	7	2:39:26.61	06:23	0:41:03
34	821	Rui Silva	Dentoral Racing Team	T M40	8	2:40:19.90	06:25	0:41:56
35	589	José Guimas	Os Matrecos	T M45	5	2:40:46.07	06:26	0:42:22
36	659	Paulo Gaião	Casa do Povo de Alcanena	T M40	9	2:40:49.34	06:26	0:42:25
37	670	Sérgio Oliveira	Pace.Makers	T M40	10	2:40:55.25	06:26	0:42:31
38	613	João Mota		T M40	11	2:40:55.33	06:26	0:42:31
39	992	Arsénio Fernandes	ARSM-Associação Recreativa de São Miguel	T M60	1	2:41:47.52	06:28	0:43:24
40	548	Rui Costa	Engenheiros-RE1	T MS	19	2:42:14.37	06:29	0:43:50
41	708	Rui Santos	Canhões da Nazaré	T MS	20	2:42:39.83	06:30	0:44:16
42	544	Filipe Silvano	Engenheiros-RE1	T MS	21	2:42:43.06	06:31	0:44:19

43	740	Joaquim Martins	Clube de Atletismo Odimarq	T M50	4	2:42:50.18	06:31	0:44:26
44	557	Ivo Rebocho	Furões do Alentejo	T MS	22	2:43:37.88	06:33	0:45:14
45	619	Francisco Curraleira	Furões do Alentejo	T MS	23	2:43:37.96	06:33	0:45:14
46	897	João Proença		T M23	2	2:43:53.97	06:33	0:45:30
47	762	Rui Perdigão	C.A.S.P.A. - Clube Amador Só Para Atletismo	T M45	6	2:44:51.95	06:36	0:46:28
48	582	Leonel Campos	Os Matrecos	T M50	5	2:45:25.68	06:37	0:47:02
49	574	Nuno Pita	Os Tugas	T M40	12	2:46:00.41	06:38	0:47:36
50	575	João Oliveira	Os Tugas	T MS	24	2:46:32.70	06:40	0:48:09
51	543	Rui Pissarreira	Engenheiros-RE1	T M40	13	2:46:42.71	06:40	0:48:19
52	954	Carlos Esteves		T MS	25	2:47:09.84	06:41	0:48:46
53	576	Ezequiel Reis		T MS	26	2:47:23.95	06:42	0:49:00
54	675	Horácio Ferreira	ARSM-Associação Recreativa de São Miguel	T M45	7	2:47:34.39	06:42	0:49:10
55	775	Rui Leão		T M45	8	2:47:38.45	06:42	0:49:14
56	634	Carlos Vitorino	Farmácia Almeida Gonçalves	T M45	9	2:47:48.66	06:43	0:49:25
57	686	Diogo Flamino	ACM TRAIL&RUNNING	T M23	3	2:49:02.53	06:46	0:50:39
58	894	Miguel Serra		T MS	27	2:49:18.29	06:46	0:50:54
59	852	Vitor Pires	Casa do Povo de Alcanena	T M45	10	2:49:42.59	06:47	0:51:19
60	734	Luis Boino		T MS	28	2:50:24.28	06:49	0:52:00
61	618	Pedro Pereira	Furões do Alentejo	T MS	29	2:51:14.61	06:51	0:52:51
62	839	Pedro Gameiro	União FCI de Tomar	T MS	30	2:51:26.22	06:51	0:53:02
63	929	Norberto Tiães	União FCI de Tomar	T MS	31	2:51:29.62	06:52	0:53:06
64	780	Gonçalo Carpinteiro		T MS	32	2:51:38.85	06:52	0:53:15
65	750	Luís Baptista	Running Academy - O2 Life Center	T MS	33	2:52:20.63	06:54	0:53:57
66	850	André Silva	BeYourself	T MS	34	2:53:20.31	06:56	0:54:56
67	564	Pedro Fogueteiro	"C.D. ""Os Águias"" Trail/Running"	T MS	35	2:53:35.51	06:57	0:55:12
68	812	Pedro Moreira	Millennium BCP	T M40	14	2:54:03.07	06:58	0:55:39
69	731	Cátia Rodrigues		T FS	1	2:54:15.75	06:58	0:55:52
70	788	Alexandre Evaristo	Runners da Frente Ribeirinha da Póvoa de Santa Iri	T M50	6	2:54:54.30	07:00	0:56:30
71	646	Pedro Carreira	Farmácia Almeida Gonçalves	T M40	15	2:55:03.23	07:00	0:56:39
72	756	Bruno Brito	Running Academy - O2 Life Center	T MS	36	2:55:15.99	07:01	0:56:52
73	930	Carlos Basílio	Trilhos dos Templários - Green Roc	T MS	37	2:55:38.30	07:02	0:57:14
74	907	Luís Lopes	20 kms Almeirim	T MS	38	2:56:07.47	07:03	0:57:43
75	991	Ernesto Caniço		T MS	39	2:56:07.83	07:03	0:57:44
76	2	Carmen Pires	Liz Runners	T FS	2	2:56:51.72	07:04	0:58:28
77	690	Ricardo Silva	Pocariça Runners	T M40	16	2:56:51.79	07:04	0:58:28
78	908	Valter Gaspar	PapaMilhas	T MS	40	2:56:52.36	07:04	0:58:28
79	969	Mauro Covas	Mobylete	T MS	41	2:56:58.64	07:05	0:58:35
80	583	Flávio Graça	Os Matrecos	T MS	42	2:57:14.71	07:05	0:58:51
81	587	António Carvalho	Tomar Runners	T M55	1	2:57:42.20	07:06	0:59:18
82	951	Jorge Formiga	UDR Zona Alta	T M40	17	2:57:47.93	07:07	0:59:24
83	743	Luís Fróis	Bando dos 4	T MS	43	2:57:56.28	07:07	0:59:32
84	965	José Isidoro	Mobylete	T MS	44	2:58:11.18	07:08	0:59:47
85	795	Márcio Batista	União FCI de Tomar	T MS	45	2:58:30.99	07:08	1:00:07
86	758	Eduardo Vanzeller		T M50	7	3:00:27.92	07:13	1:02:04
87	976	Bruno Espadeiro		T MS	46	3:00:35.45	07:13	1:02:11
88	610	Carlos Lima		T M45	11	3:00:51.96	07:14	1:02:28
89	541	Catarina Correia	Engenheiros-RE1	T FS	3	3:00:52.75	07:14	1:02:29
90	722	Luís Riachos		T MS	47	3:01:14.24	07:15	1:02:50
91	681	Júlia Alves	ACM TRAIL&RUNNING	T F40	1	3:01:49.54	07:16	1:03:26
92	685	João Ferreira	ACM TRAIL&RUNNING	T M23	4	3:01:49.85	07:16	1:03:26
93	789	Frederico Crasto	Liz Runners	T MS	48	3:02:31.95	07:18	1:04:08
94	847	Filipe Honório	BeYourself	T MS	49	3:02:39.44	07:18	1:04:15
95	547	Luís Ribeiro	Engenheiros-RE1	T MS	50	3:02:40.20	07:18	1:04:16
96	798	Hugo Guerreiro	Varitintas	T MS	51	3:04:01.41	07:22	1:05:37
97	546	Marcelo Nunes	Engenheiros-RE1	T MS	52	3:04:35.19	07:23	1:06:11
98	932	N. Costa	Trilhos dos Templários - Green Roc	T MS	53	3:04:47.86	07:24	1:06:24
99	769	Manuel Cordeiro		T M45	12	3:05:01.11	07:24	1:06:37
100	790	Pedro Machado	Tough Trails Alenquer	T MS	54	3:05:37.39	07:25	1:07:13

101	725	Mário Ribeiro	Os Galgos de Tancos	T M50	8	3:05:38.65	07:26	1:07:15
102	596	Luís Aires	Equipa da Maria	T M45	13	3:05:49.96	07:26	1:07:26
103	597	Sérgio Almeida	Equipa da Maria	T MS	55	3:05:50.04	07:26	1:07:26
104	817	Luís Gonçalves	Millennium BCP	T MS	56	3:05:53.75	07:26	1:07:30
105	989	Pedro Santos		T MS	57	3:06:07.11	07:27	1:07:43
106	970	André Ferreira	Caracol Trail Team	T MS	58	3:06:17.09	07:27	1:07:53
107	660	Bruno Sardinha		T MS	59	3:06:24.45	07:27	1:08:00
108	608	Sérgio Simões		T MS	60	3:07:05.70	07:29	1:08:42
109	609	Frederico Baptista		T MS	61	3:07:06.20	07:29	1:08:42
110	282	João Farinha	Caracol Trail Team	T M55	2	3:07:17.12	07:29	1:08:53
111	3	Vitorino Coragem	O Mundo da Corrida	T M60	2	3:08:16.97	07:32	1:09:53
112	986	Micael Firmino	CDCR Aldeia Sto António	T MS	62	3:08:22.35	07:32	1:09:58
113	906	Victor Rodrigues	20 kms Almeirim	T M45	14	3:08:36.51	07:33	1:10:13
114	693	Joaquim Martins	Os Trinca Espinhas	T MS	63	3:08:37.00	07:33	1:10:13
115	617	Luís Gomes	Furões do Alentejo	T MS	64	3:09:26.00	07:35	1:11:02
116	749	José Leonor	Bando dos 4	T MS	65	3:09:38.78	07:35	1:11:15
117	560	Pedro Gomes	"C.D." "Os Águias" " Trail/Running"	T MS	66	3:09:48.02	07:36	1:11:24
118	996	Jorge Pires	Os Galgos de Tancos	T M40	18	3:09:50.91	07:36	1:11:27
119	588	Tiago Silva	Furões do Alentejo	T MS	67	3:09:57.16	07:36	1:11:33
120	993	Lígia Coelho	ARSM-Associação Recreativa de São Miguel	T F45	1	3:10:06.01	07:36	1:11:42
121	987	Francisco Barrento	Running Academy - O2 Life Center	T MS	68	3:10:31.18	07:37	1:12:07
122	626	Jorge Antunes		T M40	19	3:10:42.11	07:38	1:12:18
123	933	Francisco	Trilhos dos Templários - Green Roc	T M40	20	3:11:19.61	07:39	1:12:56
124	880	Paulo Pascoa	Talentos Team	T M45	15	3:11:37.60	07:40	1:13:14
125	711	Sandra Quintas	Os Matrecos	T F40	2	3:11:48.93	07:40	1:13:25
126	605	Aurélio Rodrigues	Os Matrecos	T M45	16	3:11:49.02	07:40	1:13:25
127	882	Fernando Ferreira	Talentos Team	T M60	3	3:12:14.74	07:41	1:13:51
128	672	Pedro Trigo	Os Conta-Kilómetros	T MS	69	3:12:16.94	07:41	1:13:53
129	843	Rui Brás		T M40	21	3:12:18.49	07:42	1:13:54
130	910	Nuno Manuel	Pace.Makers	T M45	17	3:12:44.99	07:43	1:14:21
131	851	Vítor Marques		T M55	3	3:13:45.03	07:45	1:15:21
132	652	Carlos Grácio	Os Galgos de Tancos	T M50	9	3:14:01.16	07:46	1:15:37
133	590	Joaquim Figueira	Team 33	T M40	22	3:14:14.62	07:46	1:15:51
134	950	Rodolfo Oliveira	Happy Runners	T MS	70	3:14:37.29	07:47	1:16:13
135	585	Carla Barbosa	Os Matrecos	T F40	3	3:14:38.67	07:47	1:16:15
136	980	Eduardo Figueira	O Praticante	T M23	5	3:15:28.75	07:49	1:17:05
137	840	João Calado	Farmácia Almeida Gonçalves	T MS	71	3:15:39.93	07:50	1:17:16
138	766	João Domingues		T MS	72	3:15:50.21	07:50	1:17:26
139	550	Lídia Calado		T FS	4	3:15:53.85	07:50	1:17:30
140	552	Ana Martins	Furões do Alentejo	T F40	4	3:16:21.84	07:51	1:17:58
141	966	Vasco Monteiro	Mobylete	T MS	73	3:17:00.88	07:53	1:18:37
142	628	António Matias	CLAC - Entroncamento	T M55	4	3:17:14.04	07:53	1:18:50
143	683	Samuel Cinzas	ACM TRAIL&RUNNING	T MS	74	3:17:59.19	07:55	1:19:35
144	765	João Trindade		T MS	75	3:19:27.58	07:59	1:21:04
145	642	Daniel Domingos	Sapatilhas & Petiscos	T MS	76	3:19:40.81	07:59	1:21:17
146	623	Nuno Tiago	Pace.Makers	T M40	23	3:19:40.89	07:59	1:21:17
147	716	António Nova	Os Trinca Espinhas	T M50	10	3:20:15.44	08:01	1:21:51
148	599	Alcino Ramos	VILA FRIA JG SEGUROS	T M55	5	3:20:23.01	08:01	1:21:59
149	651	Luís Garcia	Os Galgos de Tancos	T M45	18	3:20:34.82	08:01	1:22:11
150	745	Rui Pinto	Runners da Frente Ribeirinha da Póvoa de Santa Iri	T MS	77	3:20:52.56	08:02	1:22:29
151	926	André Valente		T MS	78	3:21:48.66	08:04	1:23:25
152	283	Marco Lopes	Caracol Trail Team	T MS	79	3:22:02.17	08:05	1:23:38
153	888	Nuno Santos	Gaia - Running	T M40	24	3:22:04.63	08:05	1:23:41
154	890	Orlanda Rego	Gaia - Running	T F40	5	3:22:04.74	08:05	1:23:41
155	891	César Teixeira	Gaia - Running	T M40	25	3:22:05.69	08:05	1:23:42
156	994	Nuno Manso		T MS	80	3:22:21.76	08:06	1:23:58
157	804	Rui Ramalho	Millennium BCP	T M45	19	3:22:48.29	08:07	1:24:24
158	805	Sofia Ramalho	Millennium BCP	T F23	1	3:22:48.41	08:07	1:24:24

159	978	José Marques	#PonteFinal_RT	T M40	26	3:23:56.13	08:09	1:25:32
160	715	Nelson Santos	TSF Runners	T M40	27	3:25:02.74	08:12	1:26:39
161	971	José Aires	CCD TRANQUILIDADE	T M55	6	3:25:02.87	08:12	1:26:39
162	979	José Henrique	Grupo Desportivo da Parreira	T MS	81	3:25:14.05	08:13	1:26:50
163	728	Carlos Sequeira	Running Academy - O2 Life Center	T M45	20	3:25:16.24	08:13	1:26:52
164	724	António Lopes		T MS	82	3:25:21.47	08:13	1:26:57
165	967	Paula Branco	Mobylete	T F40	6	3:25:29.25	08:13	1:27:05
166	889	Eduardo Teixeira	Gaia - Running	T M50	11	3:25:47.36	08:14	1:27:23
167	284	Bruno Marquez	Eléctrico Futebol Clube	T M40	28	3:25:50.71	08:14	1:27:27
168	577	Luís Ribeiro		T MS	83	3:26:22.05	08:15	1:27:58
169	644	José Filipe Calado	Farmácia Almeida Gonçalves	T M50	12	3:26:48.55	08:16	1:28:25
170	625	Marco Costa		T MS	84	3:26:51.82	08:16	1:28:28
171	601	Luís Chaveiro		T M40	29	3:26:59.22	08:17	1:28:35
172	689	Ana Feijão	Clube Atletismo Alentejanos Faro	T F23	2	3:27:01.86	08:17	1:28:38
173	822	Aida Presa	Girls4run	T F40	7	3:27:05.58	08:17	1:28:42
174	883	Miguel Passos	Tāmentos Team	T M40	30	3:27:20.64	08:18	1:28:57
175	955	José Ferreira	Millennium BCP	T M50	13	3:27:25.78	08:18	1:29:02
176	785	André Dias	LoureSaude Running	T MS	85	3:27:52.28	08:19	1:29:28
177	791	Daniel Reis	Os Conta-Kilómetros	T MS	86	3:28:01.84	08:19	1:29:38
178	551	Paulo Mota		T M45	21	3:29:01.17	08:22	1:30:37
179	995	Nuno Romão		T M45	22	3:29:01.40	08:22	1:30:37
180	797	Francisco Bento		T MS	87	3:29:42.33	08:23	1:31:18
181	757	Isabel Nicolau	Running Academy - O2 Life Center	T F45	2	3:30:32.02	08:25	1:32:08
182	620	Rodolfo Silva	Sapatilhas & Petiscos	T MS	88	3:30:54.29	08:26	1:32:30
183	782	Carlos Sá		T M45	23	3:31:27.86	08:28	1:33:04
184	985	Telmo Silva	Caracol Trail Team	T MS	89	3:31:33.24	08:28	1:33:09
185	917	Mário Costa	PapaMilhas	T MS	90	3:31:33.66	08:28	1:33:10
186	764	Cristina Barros	Sinmetro	T F40	8	3:31:45.05	08:28	1:33:21
187	953	Ana Sofia Coelho	AFDD-Run Crew Trail Montijo	T FS	5	3:31:48.50	08:28	1:33:25
188	801	Fernando Rosa	Millennium BCP	T M40	31	3:32:13.02	08:29	1:33:49
189	676	Luís Silva		T M45	24	3:32:13.41	08:29	1:33:49
190	800	Elsa Moreira	Millennium BCP	T F40	9	3:32:13.59	08:29	1:33:50
191	977	Fernando Marques	#PonteFinal_RT	T M40	32	3:32:15.61	08:29	1:33:52
192	561	Rui Gameiro		T M40	33	3:32:31.12	08:30	1:34:07
193	579	Paulo Amaral		T M45	25	3:32:31.47	08:30	1:34:07
194	612	Pedro Nisa		T M40	34	3:32:31.78	08:30	1:34:08
195	595	José Aquino		T M50	14	3:32:40.43	08:30	1:34:16
196	554	Jorge Rodrigues		T M40	35	3:32:47.80	08:31	1:34:24
197	630	Luís Pires	C.A. Amigos Parque da Paz	T M45	26	3:32:49.99	08:31	1:34:26
198	719	Paula Guedes	Clube Amigos Parque da Paz	T F40	10	3:32:50.40	08:31	1:34:26
199	573	Carlos Moreira	Os Tugas	T M60	4	3:33:00.64	08:31	1:34:37
200	886	Fernando Vieira	Gaia - Running	T M60	5	3:33:19.86	08:32	1:34:56
201	837	Paulo Simões	Falcões Selvagens	T M45	27	3:33:23.95	08:32	1:35:00
202	699	António Almeida	Os Conta-Kilómetros	T MS	91	3:33:26.26	08:32	1:35:02
203	820	Marco Guerra		T MS	92	3:33:43.44	08:33	1:35:19
204	964	Ana Fortes		T FS	6	3:34:02.12	08:34	1:35:38
205	904	Nuno Dias		T MS	93	3:34:03.01	08:34	1:35:39
206	656	António Alberto		T MS	94	3:34:03.16	08:34	1:35:39
207	697	Nuno Martins		T M40	36	3:34:32.85	08:35	1:36:09
208	887	Elisabete Repas	Gaia - Running	T F45	3	3:34:54.34	08:36	1:36:30
209	97	Anselmo Maia		T M45	28	3:35:06.19	08:36	1:36:42
210	793	Paulo Antunes	União FCI de Tomar	T MS	95	3:35:19.44	08:37	1:36:55
211	794	Angelo Pinto	União FCI de Tomar	T MS	96	3:35:19.85	08:37	1:36:56
212	713	Graça Roldão	Os Tugas	T F50	1	3:35:26.73	08:37	1:37:03
213	947	Sandra Trigo		T FS	7	3:35:33.92	08:37	1:37:10
214	957	Victor Ferreira	Ginja Team	T M45	29	3:35:48.50	08:38	1:37:25
215	772	Catarina Henriques	Uni-verso	T FS	8	3:35:54.93	08:38	1:37:31
216	773	Pedro Simões	Uni-verso	T MS	97	3:35:55.33	08:38	1:37:31

217	706	Pedro Louro	SS CGD	T MS	98	3:36:30.75	08:40	1:38:07
218	730	Maria Cotrim		T FS	9	3:36:34.84	08:40	1:38:11
219	923	Fernando Teixeira		T M50	15	3:36:53.24	08:41	1:38:29
220	640	António Santos	Monforte Bike Team	T MS	99	3:37:03.69	08:41	1:38:40
221	943	Jorge Rocha	Amigos do Atletismo de Avis	T MS	100	3:37:03.72	08:41	1:38:40
222	639	Carlos Correia	Monforte Bike Team	T M45	30	3:37:04.07	08:41	1:38:40
223	973	João Santos	Évora Night Runners	T MS	101	3:37:13.69	08:41	1:38:50
224	946	Mário Lima		T MS	102	3:37:17.04	08:41	1:38:53
225	739	Nuno Santos	Clube Ogma	T M40	37	3:37:24.59	08:42	1:39:01
226	703	Andreia Neves	Tu e Eu	T FS	10	3:37:36.66	08:42	1:39:13
227	838	Ana Gracio	União FCI de Tomar	T FS	11	3:39:07.36	08:46	1:40:43
228	753	Hugo Ferreira	Furões do Alentejo	T MS	103	3:39:10.98	08:46	1:40:47
229	593	José Martins		T M40	38	3:39:23.44	08:47	1:40:59
230	807	Carla Ribeiro	Millennium BCP	T FS	12	3:39:28.57	08:47	1:41:05
231	831	João Bernardino	Devagar, devagarinho...	T M40	39	3:39:30.08	08:47	1:41:06
232	871	Francisco Oliveira	Talentos Team	T M40	40	3:40:13.60	08:49	1:41:50
233	863	Nuno Lucas	Talentos Team	T M40	41	3:40:14.08	08:49	1:41:50
234	718	João Martinho		T MS	104	3:40:17.53	08:49	1:41:54
235	636	Vitor Matos	C.A.S.P.A. - Clube Amador Só Para Atletismo	T M50	16	3:40:32.66	08:49	1:42:09
236	721	Francisco Amaro	Varitintas	T M45	31	3:42:26.27	08:54	1:44:02
237	803	Paulo Rato	Millennium BCP	T M50	17	3:42:34.84	08:54	1:44:11
238	900	Ana Baldeante	Não fazemos nem mais um...km	T FS	13	3:43:03.21	08:55	1:44:39
239	873	Carlos Fernandes	Talentos Team	T M45	32	3:44:50.09	09:00	1:46:26
240	763	João Dias		T M45	33	3:44:51.27	09:00	1:46:27
241	545	João Sousa	Engenheiros-RE1	T MS	105	3:45:03.55	09:00	1:46:40
242	903	Mónica Henriques	Azeitão Night Runners	T FS	14	3:45:28.84	09:01	1:47:05
243	677	Luís Silvestre	Coininha Runners	T MS	106	3:45:30.05	09:01	1:47:06
244	884	Nuno Silva	Talentos Team	T M40	42	3:45:31.72	09:01	1:47:08
245	537	Sandra Lensink	Let's Bundl	T F45	4	3:46:49.35	09:04	1:48:25
246	663	Luís Sales	""Os últimos""	T M40	43	3:47:00.11	09:05	1:48:36
247	559	António Gavancha		T M50	18	3:47:01.41	09:05	1:48:37
248	752	Nuno Carvalho	Fire Team BVMC	T MS	107	3:47:14.70	09:05	1:48:51
249	975	Pedro Lopes		T MS	108	3:47:18.30	09:06	1:48:54
250	568	Lurdes Silva	Os Tugas	T F45	5	3:49:20.74	09:10	1:50:57
251	698	Rui Vences	Os Galos	T MS	109	3:49:21.33	09:10	1:50:57
252	827	António Carda	#PonteFinal_RT	T MS	110	3:49:21.48	09:10	1:50:57
253	855	Luís Belbute		T M45	34	3:49:30.27	09:11	1:51:06
254	657	Daniel Ouro	Aveiras Runners	T MS	111	3:49:49.96	09:12	1:51:26
255	700	Hugo Duarte	Aveiras Runners	T MS	112	3:50:14.25	09:13	1:51:50
256	664	Jorge Mendes	""Os últimos""	T M40	44	3:50:26.97	09:13	1:52:03
257	662	José Mariquitos	""Os últimos""	T M50	19	3:50:33.70	09:13	1:52:10
258	606	Paulo Ramalho	Os Montanheses	T M45	35	3:52:43.11	09:19	1:54:19
259	247	Margarida Santos		T FS	15	3:53:12.99	09:20	1:54:49
260	710	Rita Luz	Team Rhinos	T F40	11	3:53:13.83	09:20	1:54:50
261	727	Carlos Dias		T MS	113	3:53:15.36	09:20	1:54:51
262	811	Ricardo Mendes	Millennium BCP	T M40	45	3:54:22.01	09:22	1:55:58
263	962	Teresa Jerónimo	FAM 2 RUN	T F45	6	3:55:44.15	09:26	1:57:20
264	974	Ana Tomé	Pace.Makers	T F40	12	3:57:33.00	09:30	1:59:09
265	960	Rita Coelho	Grupo Desportivo da Parreira	T FS	16	3:57:48.50	09:31	1:59:25
266	580	Manuel Machado	Os Matrecos	T M50	20	3:58:09.57	09:32	1:59:46
267	958	Nuno Sá	Ginja Team	T M40	46	3:58:15.61	09:32	1:59:52
268	956	António Lima	Ginja Team	T M45	36	3:58:15.99	09:32	1:59:52
269	633	Ana Paula Pinto	Farmácia Almeida Gonçalves	T F50	2	3:59:27.36	09:35	2:01:03
270	738	Nuno Marques		T MS	114	4:00:41.38	09:38	2:02:17
271	781	João Lopes		T M40	47	4:01:28.78	09:40	2:03:05
272	783	Fausto Sá		T MS	115	4:01:30.91	09:40	2:03:07
273	770	Miguel Pedro		T M45	37	4:01:31.01	09:40	2:03:07
274	542	José Condesso	Engenheiros-RE1	T M45	38	4:01:33.23	09:40	2:03:09

275	627	Luís Gonçalves		T MS	116	4:01:53.99	09:41	2:03:30
276	984	Mariana Monteiro	Running Academy - O2 Life Center	T FS	17	4:02:53.82	09:43	2:04:30
277	678	Pedro Caneco	Coininha Runners	T M40	48	4:03:37.47	09:45	2:05:13
278	674	Joana Costa	Os Conta-Kilómetros	T FS	18	4:03:46.19	09:45	2:05:22
279	673	Liliana Henriques	Os Conta-Kilómetros	T FS	19	4:03:46.23	09:45	2:05:22
280	867	Rui Brites	Talentos Team	T M40	49	4:04:29.22	09:47	2:06:05
281	679	Renato Ramalho	Coininha Runners	T MS	117	4:04:45.90	09:47	2:06:22
282	637	Luís Costa	Os Conta-Kilómetros	T MS	118	4:05:44.22	09:50	2:07:20
283	565	Maria Correia	"Grupo Desportivo ""O Independente"""	T F60	1	4:06:20.09	09:51	2:07:56
284	814	Karsten Sommer	Millennium BCP	T M45	39	4:06:32.76	09:52	2:08:09
285	707	Ana Januário	Canhões da Nazaré	T FS	20	4:06:44.74	09:52	2:08:21
286	905	Nuno Diogo		T M40	50	4:06:45.76	09:52	2:08:22
287	709	Rui Cortes	Tartarugas Solidarias	T M40	51	4:06:46.34	09:52	2:08:22
288	912	Carina Cardoso		T FS	21	4:06:46.68	09:52	2:08:23
289	806	Mário Marcelino	Millennium BCP	T M55	7	4:09:35.69	09:59	2:11:12
290	714	Gustavo Frade		T MS	119	4:10:09.99	10:00	2:11:46
291	881	Elisabete Azougado	Talentos Team	T F40	13	4:10:20.78	10:01	2:11:57
292	760	Gabriela Marques	Amigos Vale do Silêncio	T FS	22	4:11:08.75	10:03	2:12:45
293	761	Lurdes Santos	Amigos Vale do Silêncio	T FS	23	4:11:09.55	10:03	2:12:46
294	792	Carlos Dias	FenómenosGlorioso	T MS	120	4:14:55.60	10:12	2:16:32
295	918	Isabel Santos		T F40	14	4:16:54.52	10:17	2:18:31
296	655	Hélio Branco	Aveiras Runners	T MS	121	4:16:57.01	10:17	2:18:33
297	982	Carla Figueira	O Praticante	T FS	24	4:17:16.30	10:17	2:18:52
298	981	Paulo Figueira	O Praticante	T M40	52	4:17:16.40	10:17	2:18:52
299	916	Maria Magro		T F40	15	4:17:36.90	10:18	2:19:13
300	648	Paulo Soares		T MS	122	4:18:11.59	10:20	2:19:48
301	647	Catarina Maurício		T FS	25	4:18:11.98	10:20	2:19:48
302	594	Isabel Martins		T F45	7	4:19:47.88	10:24	2:21:24
303	611	Ludovico Capito	Caracol Trail Team	T M45	40	4:21:29.28	10:28	2:23:05
304	665	Sérgio Pegas	""Os últimos""	T MS	123	4:21:30.71	10:28	2:23:07
305	920	Luis Fernandes	Team Fay	T M40	53	4:22:09.21	10:29	2:23:45
306	921	Ana Simões	Team Fay	T FS	26	4:22:13.04	10:29	2:23:49
307	702	Rodrigo Joina		T MS	124	4:22:27.55	10:30	2:24:04
308	876	Júlio Santos	Talentos Team	T M50	21	4:23:19.69	10:32	2:24:56
309	116	André Preto	Trilhos do Costume	T MS	125	4:23:27.11	10:32	2:25:03
310	115	Andreia Lemos	Trilhos do Costume	T FS	27	4:23:27.46	10:32	2:25:03
311	828	José Ventura	#PonteFinal_RT	T M40	54	4:24:13.28	10:34	2:25:49
312	829	Nuno Rodrigues	#PonteFinal_RT	T MS	126	4:24:14.36	10:34	2:25:50
313	919	Ivo Esperança	Team Fay	T MS	127	4:25:20.74	10:37	2:26:57
314	972	José Alves		T M55	8	4:26:06.77	10:39	2:27:43
315	755	Catarina Vargas	Associação de Atletismo Lebres do Sado	T F40	16	4:26:24.62	10:39	2:28:01
316	937	Marco Belo	Ninjan8	T MS	128	4:26:27.80	10:40	2:28:04
317	556	Vasco Fernandes		T M40	55	4:26:33.44	10:40	2:28:09
318	935	Filipa Matias		T FS	28	4:28:26.71	10:44	2:30:03
319	925	Eliana Beca	Pace.Makers	T FS	29	4:28:30.66	10:44	2:30:07
320	924	Bruno Justino	Pace.Makers	T MS	129	4:28:31.14	10:44	2:30:07
321	645	Maria Macedo		T F45	8	4:30:18.59	10:49	2:31:55
322	854	Cristina Barbosa		T F40	17	4:30:31.76	10:49	2:32:08
323	717	Abel Bragança	Os últimos	T M50	22	4:31:21.06	10:51	2:32:57
324	592	Ana Rosa	Runners da Frente Ribeirinha da Póvoa de Santa Iri	T FS	30	4:31:31.61	10:52	2:33:08
325	744	Bruno Romão		T MS	130	4:31:32.20	10:52	2:33:08
326	538	Margarida Silva	Comtemp	T F23	3	4:31:37.85	10:52	2:33:14
327	692	Susana Farinhas	Talentos Team	T F40	18	4:32:15.31	10:53	2:33:51
328	997	José Silva	Comtemp	T M55	9	4:33:04.33	10:55	2:34:40
329	901	Ricardo Silvestre	BRRnightRUNNERS	T MS	131	4:33:17.66	10:56	2:34:54
330	696	Nuno Ferreira	Pace.Makers	T M40	56	4:35:07.98	11:00	2:36:44
331	669	Paulo Conceição	Pace.Makers	T MS	132	4:35:08.11	11:00	2:36:44
332	666	Hélder Pires	Os Lesmas	T M40	57	4:35:11.94	11:00	2:36:48

333	934	Susana Louro		T FS	31	4:36:12.16	11:03	2:37:48
334	893	Luísa Pires		T F45	9	4:36:12.71	11:03	2:37:49
335	952	Sofia Matias		T FS	32	4:36:20.75	11:03	2:37:57
336	945	Valérie dos Santos		T FS	33	4:37:23.62	11:06	2:39:00
337	936	Hugo Marques	Ninjan8	T MS	133	4:37:24.02	11:06	2:39:00
338	668	Maria Vassalo	Pace.Makers	T F45	10	4:37:29.86	11:06	2:39:06
339	667	Hélder Mendes	Pace.Makers	T M40	58	4:37:30.03	11:06	2:39:06
340	776	Susana Evangelista	Coininha Runners	T F40	19	4:37:47.70	11:07	2:39:24
341	948	Sara Fernandes	Pace.Makers	T FS	34	4:38:02.92	11:07	2:39:39
342	621	Ricardo Pimenta	Os Lesmas	T M40	59	4:39:01.80	11:10	2:40:38
343	902	Rita Branco		T FS	35	4:39:07.10	11:10	2:40:43
344	784	João Almeida		T M45	41	4:39:09.50	11:10	2:40:46
345	661	Helder Santos	A correr pelo Mundo das Bebidas	T M40	60	4:40:43.54	11:14	2:42:20
346	720	José Vicente	A correr pelo Mundo das Bebidas	T M40	61	4:40:51.64	11:14	2:42:28
347	622	Rui Horta	Os Lesmas	T M50	23	4:43:48.24	11:21	2:45:24
348	914	João Silva		T M45	42	4:45:51.53	11:26	2:47:28
349	915	Alexandra Pires		T F45	11	4:45:51.56	11:26	2:47:28
350	836	Eduardo Sousa		T MS	134	4:46:33.19	11:28	2:48:09
351	729	Rui Coutinho	"C.D." "Os Águias" " Trail/Running"	T M40	62	4:46:49.49	11:28	2:48:25
352	868	Paulo Nunes	Talentos Team	T M55	10	4:47:20.36	11:30	2:48:56
353	869	Isabel Nunes	Talentos Team	T F50	3	4:47:20.67	11:30	2:48:57
354	777	Valdemar Fernandes	Scalabis Night Runners	T MS	135	4:47:35.28	11:30	2:49:11
355	779	Vânia Ventura	Grupo Desportivo da Parreira	T FS	36	4:47:55.59	11:31	2:49:32
356	853	Patricia Pinto	UDR Zona Alta	T FS	37	4:49:55.17	11:36	2:51:31
357	569	Rafael Santos	Os Tugas	T M45	43	4:50:43.79	11:38	2:52:20
358	866	Alain Besson	Talentos Team	T M60	6	4:53:22.86	11:44	2:54:59
359	870	Fernanda Condinho	Talentos Team	T F45	12	4:53:23.08	11:44	2:54:59
360	864	Celia Sobral	Talentos Team	T F40	20	4:53:23.32	11:44	2:54:59
361	558	Joana Nunes		T FS	38	4:53:59.41	11:46	2:55:35
362	830	Zenaide Alves		T F23	4	4:53:59.99	11:46	2:55:36
363	898	Vanessa Cunha	Papa Trilhos do CAAL	T FS	39	4:54:50.00	11:48	2:56:26
364	735	Paula Carmo	Papa Trilhos do CAAL	T F45	13	4:54:51.45	11:48	2:56:27
365	857	Jorge Ferreira	Talentos Team	T M45	44	4:56:33.31	11:52	2:58:09
366	615	Anabela Cardoso	Soconcalma	T F45	14	4:58:57.19	11:57	3:00:33
367	723	Paulo Santos		T M45	45	4:58:58.24	11:58	3:00:34
368	584	António Ramos	Os Matrecos	T M45	46	4:58:58.44	11:58	3:00:34
369	614	Marco Cardoso	Soconcalma	T M45	47	4:58:59.45	11:58	3:00:35
370	768	Hernâni Tomás	S.R.C	T M40	63	5:01:49.80	12:04	3:03:26
371	767	Ana Tomás	S.R.C	T F40	21	5:01:51.37	12:04	3:03:27
372	712	Jacinta Almeida	Rail Runners	T F50	4	5:04:42.82	12:11	3:06:19
373	825	Alexandra Bento		T FS	40	5:04:45.64	12:11	3:06:22
374	878	Madalena Santiago	Talentos Team	T F40	22	5:04:58.70	12:12	3:06:35
375	826	Pedro Amaral		T MS	136	5:05:03.45	12:12	3:06:39
376	824	Mário Ferreira		T MS	137	5:05:07.80	12:12	3:06:44
377	650	João Bernardino	Os Galgos de Tancos	T M45	48	5:07:55.32	12:19	3:09:31
378	834	Inês Pequeno	Pace.Makers	T F40	23	5:08:07.18	12:19	3:09:43
379	736	Sofia Fernandes	Pace.Makers	T FS	41	5:08:07.49	12:19	3:09:43
380	892	Leonor Albino	Talentos Team	T F45	15	5:08:48.47	12:21	3:10:24
381	835	Patrícia Fidalgo	Pace.Makers	T FS	42	5:12:27.93	12:30	3:14:04
382	895	Rui Felicio		T MS	138	5:12:28.02	12:30	3:14:04
383	604	Liliana Monteiro		T FS	43	5:12:34.42	12:30	3:14:10
384	875	Mario Gaspar	Talentos Team	T MS	139	5:12:35.87	12:30	3:14:12
385	896	José Fernandes		T M45	49	5:12:36.79	12:30	3:14:13
386	823	Joaquim Delgado	Scalabis Night Runners	T M40	64	5:14:21.24	12:34	3:15:57
387	861	Florbela	Talentos Team	T F45	16	5:26:48.41	13:04	3:28:24
388	938	Ana Lopes	Lágrimas Team	T F45	17	5:30:16.73	13:13	3:31:53
389	939	Marta Ribeiro		T FS	44	5:30:27.80	13:13	3:32:04
390	940	João Teixeira	Lágrimas Team	T M50	24	5:30:29.35	13:13	3:32:05

391	856	Justina Ferreira	Talentos Team	T F45	18	5:32:12.89	13:17	3:33:49
392	874	Maria Fernandes	Talentos Team	T F40	24	5:32:13.12	13:17	3:33:49
393	555	Paulo Rato		T M50	25	5:38:47.77	13:33	3:40:24
394	859	Helena Vitoria	Talentos Team	T F45	19	5:40:49.91	13:38	3:42:26
395	796	Samuel Salvador		T MS	140	5:50:49.42	14:02	3:52:25
396	872	Maria Aldeia	Talentos Team	T F50	5	5:52:49.20	14:07	3:54:25
397	865	Acucena Besson	Talentos Team	T F55	1	5:52:50.22	14:07	3:54:26
398	691	Fátima Brito	Talentos Team	T F40	25	5:52:50.26	14:07	3:54:26
399	858	João Vitoria	Talentos Team	T M50	26	5:52:50.50	14:07	3:54:27
400	990	Ana Luisa Carreiro		T FS	45	5:52:51.16	14:07	3:54:27
401	632	Sandra Marques	Os Conta-Kilómetros	T FS	46	5:57:07.24	14:17	3:58:43
402	631	Luís Trigo	Os Conta-Kilómetros	T MS	141	5:57:08.05	14:17	3:58:44
403	771	Patrícia Barros	Cascais FotoTrail Running	T FS	47	5:58:22.69	14:20	3:59:59
404	959	Ana Margarida	Talentos Team	T F40	26	6:05:37.45	14:37	4:07:13