



Pos.	Pei.	Nome	Clube	Escalão	Pos.	Tempo	Dif.
1	51	José Durão	Casa do Benfica de Abrantes	M 50	1	00:46:06	
2	218	Helder Moringa	Trilho Perdido Eventos / Imporlux	M 40	1	00:50:38	00:04:32
3	226	Rui Pimenta		M Seniores	1	00:51:08	00:05:02
4	243	António Simões	RX Runners	M 40	2	00:52:19	00:06:13
5	235	Isequiel Silva	Amendoa Team	M Seniores	2	00:53:56	00:07:50
6	254	Carlos Isidro	Cem Quedas	M 40	3	00:55:42	00:09:36
7	261	Manuel Moreno		M 50	2	00:55:58	00:09:52
8	209	João Plácido	União FCI de Tomar	M Seniores	3	00:57:44	00:11:38
9	263	Francisco Prada		M Seniores	4	00:58:10	00:12:04
10	262	Fernando Pombo		M 60	1	00:58:11	00:12:05
11	223	Ruben Évora	OndaTrilhos	M Seniores	5	00:59:22	00:13:16
12	229	Cesar Ferreira	Ourem Vida Team	M Seniores	6	01:01:07	00:15:01
13	230	João Rosa		M Seniores	7	01:03:31	00:17:25
14	250	Samuel Pedro		M Seniores	8	01:03:31	00:17:25
15	244	Fábio Rosa	União FCI de Tomar	M Seniores	9	01:03:38	00:17:32
16	228	Gonçalo Zeferino	Ourem Vida Team	M Seniores	10	01:04:35	00:18:29
17	245	Carlos Constantino		M Seniores	11	01:05:23	00:19:17
18	205	Joana Silva	OndaTrilhos	F Seniores	1	01:05:39	00:19:33
19	12	Manuel Silva	Cem Quedas	M 40	4	01:07:11	00:21:05
20	257	Nuno Capito	Caracol Trail Team	M Seniores	12	01:08:43	00:22:37
21	216	Carlos Miguel		M 40	5	01:09:26	00:23:20
22	236	Leonardo Graça	Amendoa Team	M Seniores	13	01:09:48	00:23:42
23	237	Leonel Sereno	Amendoa Team	M Seniores	14	01:09:50	00:23:44
24	206	Tatiana Iria	OndaTrilhos	F Seniores	2	01:11:04	00:24:58
25	239	João Jacinto	Cem Quedas	M 50	3	01:11:05	00:24:59
26	215	Pedro Lopes		M Seniores	15	01:14:46	00:28:40
27	246	Ismael Duarte		M 50	4	01:14:46	00:28:40
28	258	Marta Capito	Caracol Trail Team	F Seniores	3	01:16:39	00:30:33
29	256	Ludovico Capito	Caracol Trail Team	M 40	6	01:16:42	00:30:36
30	259	Miguel Vitorino	Caracol Trail Team	M 40	7	01:16:42	00:30:36
31	253	Inês Ferreira		F Seniores	4	01:16:49	00:30:43
32	238	Samuel Oliveira	Amendoa Team	M Seniores	16	01:17:16	00:31:10
33	255	Renato Duarte		M Seniores	17	01:18:35	00:32:29
34	204	Sandra Santos	OndaTrilhos	F Seniores	5	01:20:34	00:34:28
35	241	Raquel Correia	Cem Quedas	F 40	1	01:22:13	00:36:07
36	217	João Santos	OndaTrilhos	M 60	2	01:22:27	00:36:21
37	220	Jorge Natário		M 40	8	01:22:27	00:36:21
38	224	João Cortegano		M Seniores	18	01:24:53	00:38:47
39	231	Teresa Ventura	QualquerCoisa Team	F Seniores	6	01:28:39	00:42:33

Pos.	Pei.	Nome	Clube	Escalão	Pos.	Tempo	Dif.
40	232	Joaquim Ventura	QualquerCoisa Team	M 60	3	01:28:39	00:42:33
41	252	Tiago Brandão		M Seniores	19	01:29:55	00:43:49
42	260	Sofia Anjos		F Seniores	7	01:30:30	00:44:24
43	219	Flavio Francisco		M Seniores	20	01:30:32	00:44:26
44	227	Fernanda Pratas	Cem Quedas	F 50	1	01:31:02	00:44:56
45	202	Alexandra Santos		F Seniores	8	01:31:41	00:45:35
46	210	Carla Teopisto		F 40	2	01:33:45	00:47:39
47	240	Lidia Dias	Cem Quedas	F 40	3	01:39:00	00:52:54
48	213	Sara Gaspar	Furões do Alentejo	F Seniores	9	01:39:01	00:52:55
49	207	Gonçalo Lizardo	OndaTrilhos	M Seniores	21	01:39:12	00:53:06
50	30	Sofia Almeida	As Primas	F 40	4	01:45:18	00:59:12
51	251	Sandra Mendes		F 40	5	01:45:21	00:59:15
52	214	Inês Severino	As Primas	F Seniores	10	01:45:25	00:59:19
53	212	Carla Nicolau		F Seniores	11	01:51:33	01:05:27
54	225	Sofia Simões		F Seniores	12	01:51:35	01:05:29
	201	Cristiana Lima	Just for Fun	F Seniores		DNS	
	208	Leonor Batista		F Seniores		DNS	
	211	Sofia Duarte		F Seniores		DNS	
	222	Hugo Oliveira		M Seniores		DNS	
	233	João Sebastião		M Seniores		DNS	
	234	Silvia Vicente	A. C. S. Mamede	F Seniores		DNS	

DESQ - Desqualificado(a) DNS - Did Not Start DNF - Did Not Finish