



Pos.	Pei.	Nome	Clube	Escalão	Pos.	Tempo	Dif.
1	22	Marco Francisco	RX Runners	M Seniores	1	01:23:45	
2	48	António Almeida	Casa do Benfica de Abrantes	M Seniores	2	01:25:38	00:01:53
3	46	Francisco Reis	A. C. S. Mamede	M Seniores	3	01:26:42	00:02:57
4	6	Luiz Mota	Casa do Benfica de Abrantes	M 40	1	01:28:07	00:04:22
5	56	Miguel Ribeiro	Trilho Perdido Eventos / Imporlux	M Seniores	4	01:32:41	00:08:56
6	39	Paulo Roque	Trilho Perdido Eventos / Imporlux	M 40	2	01:34:05	00:10:20
7	54	José Constantino	Clube de Atletismo Trail Runners da Ponte	M 40	3	01:35:11	00:11:26
8	49	Artur Pais	Casa do Benfica de Abrantes	M 40	4	01:37:23	00:13:38
9	23	Takahiro Ishida		M 40	5	01:38:34	00:14:49
10	45	Bruno Reis	A. C. S. Mamede	M Seniores	5	01:38:55	00:15:10
11	41	Luís Vitorino	Run and smile	M 40	6	01:41:41	00:17:56
12	40	Hugo Miguel	Trilho Perdido Eventos / Imporlux	M 40	7	01:43:56	00:20:11
13	7	Félix	OndaTrilhos	M Seniores	6	01:48:21	00:24:36
14	11	José Duarte	CLAC - Entroncamento	M Seniores	7	01:49:51	00:26:06
15	32	Rui Perdigão	C.A.S.P.A.-Clube amador só para atletism	M 50	1	01:50:43	00:26:58
16	47	Hugo Carreira	A. C. S. Mamede	M Seniores	8	01:51:06	00:27:21
17	52	José Silva	Casa do Benfica de Abrantes	M 50	2	01:52:25	00:28:40
18	31	Leonel Campos	Os Matrecos	M 50	3	01:52:56	00:29:11
19	34	Hugo Mendes	Grupo Novo Runner's	M 40	8	01:55:13	00:31:28
20	33	Jorge Rosa	Grupo Novo Runner's	M Seniores	9	01:55:14	00:31:29
21	21	João Lopes	Improváveis	M 40	9	01:56:51	00:33:06
22	58	Carlos Almeida		M Seniores	10	01:58:18	00:34:33
23	29	Nuno Gaspar	Goat Team	M 40	10	01:59:56	00:36:11
24	18	David Clemente	A20KM	M Seniores	11	02:00:47	00:37:02
25	16	Paulo Carvalho	Tomar Runners	M 40	11	02:01:45	00:38:00
26	35	Francisco Villar	Reformados	M Seniores	12	02:02:50	00:39:05
27	55	Ana Tomé	Trilho Perdido Eventos / Imporlux	F 40	1	02:03:02	00:39:17
28	9	José Fonseca	União FCI de Tomar	M 50	4	02:03:20	00:39:35
29	24	Daniel Luis	Clube de Atletismo Trail Runners da Ponte	M Seniores	13	02:03:47	00:40:02
30	38	Lina Mateus	Trilho Perdido Eventos / Imporlux	F Seniores	1	02:05:26	00:41:41
31	44	Luís Silva	Trilho Perdido Eventos / Imporlux	M 40	12	02:05:29	00:41:44
32	13	Ana Teixeira	Clube de Atletismo Trail Runners da Ponte	F Seniores	2	02:05:31	00:41:46
33	14	Bruno Marquês	Clube de Atletismo Trail Runners da Ponte	M 40	13	02:05:31	00:41:46
34	28	João Lobato	Goat Team	M Seniores	14	02:07:21	00:43:36
35	27	Carlos Mendes	Goat Team	M 40	14	02:07:29	00:43:44
36	37	Carmen Henriques		F 40	2	02:08:13	00:44:28
37	203	João Dias		M 50	5	02:08:14	00:44:29
38	10	André Marques	Sport Lisboa e Benfica	M Seniores	15	02:08:15	00:44:30
39	8	João Silva	COA	M 40	15	02:08:22	00:44:37

Pos.	Pei.	Nome	Clube	Escalão	Pos.	Tempo	Dif.
40	2	Manuel Victorino	CCD Alvitejo	M 60	1	02:08:33	00:44:48
41	36	Paula Branco	União FCI de Tomar	F 40	3	02:08:33	00:44:48
42	25	Pedro Ferreira	Tomar Runners	M 50	6	02:14:45	00:51:00
43	57	António Mendes		M 50	7	02:17:51	00:54:06
44	17	Sónia Neto	Tomar Runners	F Seniores	3	02:19:16	00:55:31
45	15	Vitor Rodrigues	Clube de Atletismo Trail Runners da Ponte	M 40	16	02:20:42	00:56:57
46	221	Ricardo Esperança		M Seniores	16	02:22:46	00:59:01
47	20	Paulo Silva	Trilhos dos Templários	M Seniores	17	02:27:06	01:03:21
48	19	Renato Esteves	Trilhos dos Templários	M Seniores	18	02:27:09	01:03:24
49	61	João Apura		M Seniores	19	02:28:07	01:04:22
50	3	Miguel Alves		M Seniores	20	02:30:00	01:06:15
51	42	Graça Roldão	Os Tugas	F 50	1	02:30:01	01:06:16
52	43	Paulo Simão	Casa do Benfica de Abrantes	M 50	8	02:47:25	01:23:40
53	50	Carlos Alfaiate	Casa do Benfica de Abrantes	M 60	2	03:06:05	01:42:20
54	4	Joaquim Caeiro	AlenMinho	M 40	17	03:09:41	01:45:56
55	5	Cândida Caeiro	AlenMinho	F 50	2	03:09:41	01:45:56
	1	David Costa	Just for Fun	M Seniores		DNS	
	26	José Ribeiro	Clube de Atletismo Trail Runners da Ponte	M 40		DNS	
	53	Helder Pereira	Clube de Atletismo de Ferreira do Zêzere	M 40		DNS	
	62	Filipe Domingues	Pinhal Total Oleiros Aventura	M Seniores		DNS	
	63	João Santos	Pinhal Total Oleiros Aventura	M Seniores		DNS	
	64	Luís Mendes	Pinhal Total Oleiros Aventura	M Seniores		DNS	

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