



Distância: 43 Km

Posto	Dorsal	Nome	Sexo	Posto escalão	T_Oficial	RitmoKm	T_Real	RitKmReal	Control	Km 28,5	Equipa
1	563	IGOR TIMBALARI		VT1M- 1	03:18:57	00:04:38	03:18:57	00:04:38	01:06:27	02:12:32	
2	326	MARIO CASSACA		VT2M- 1	03:19:39	00:04:39	03:19:39	00:04:39	01:06:25	02:12:31	CLUBE DE ATLETISMO ODIMARQ
3	412	BÉNEK MORAIS		VT1M- 2	03:23:34	00:04:45	03:23:34	00:04:45	01:06:26	02:12:31	
4	445	PAULO PINTO		VT3M- 1	03:26:45	00:04:49	03:26:45	00:04:49	01:03:22	02:09:53	
5	463	MIGUEL ANGELO PEREIRA MARTINS		VT2M- 2	03:27:11	00:04:50	03:27:10	00:04:50	01:10:14	02:17:04	ATLETICO CLUBE DE VERMOIL
6	436	JOSÉ AUGUSTO RODRIGUES SILVA		SNM- 1	03:34:30	00:05:00	03:34:29	00:05:00	01:06:32	02:16:18	ASS. AMIGOS FIGUEIREDO D'ALVA
7	549	DAVID FERNANDES		VT1M- 3	03:38:28	00:05:05	03:38:28	00:05:05	01:07:32	02:18:47	AMINHACORRIDA.COM
8	322	JOÃO FAUSTINO		VT2M- 3	03:47:44	00:05:18	03:47:42	00:05:18	01:11:08	02:24:31	ESCOLA SEC MONTE CAPARICA
9	316	JOAQUIM CAPUCHO		VT4M- 1	03:48:18	00:05:19	03:48:17	00:05:19	01:13:51	02:28:09	CLUBE DE ATLETISMO ODIMARQ
10	449	SÉRGIO DOMINGOS TOMÁS		VT1M- 4	03:52:06	00:05:24	03:52:05	00:05:24	01:11:07	02:25:59	
11	462	JOÃO OLIVEIRA		SNM- 2	03:53:53	00:05:27	03:53:52	00:05:27	01:12:15	02:29:26	G.D.R.SÃO FRANCISCO DA SERRA
12	448	ROGÉRIO CASSACA		VT2M- 4	04:00:54	00:05:37	04:00:53	00:05:37	01:11:57	02:29:51	G.D.R.SÃO FRANCISCO DA SERRA
13	313	ANTONIO SILVINO		VT4M- 2	04:01:44	00:05:38	04:01:42	00:05:38	01:11:13	02:27:35	ATLETICO CLUBE S. MAMEDE
14	311	SERGIO GERÓNIMO		VT1M- 5	04:05:40	00:05:43	04:05:38	00:05:43	01:17:06	02:36:22	ATLETICO CLUBE S. MAMEDE
15	590	PATRÍCIA SERAFIM	F- 1	SNF- 1	04:08:40	00:05:47	04:08:40	00:05:47	01:16:59	02:36:23	
16	367	JAIME LAMEGO		VT4M- 3	04:12:20	00:05:53	04:12:19	00:05:53	01:13:35	02:35:13	XTREME LEVEL
17	464	GUILHERME HORA		VT2M- 5	04:12:49	00:05:53	04:12:47	00:05:53	01:15:15	02:36:07	ESCOLA SEC MONTE CAPARICA
18	559	SÉRGIO FILIPE G. INACIO		SNM- 3	04:13:09	00:05:54	04:13:07	00:05:54	01:22:27	02:44:10	
19	571	ARMANDO SOUSA		VT2M- 6	04:14:10	00:05:55	04:14:07	00:05:55	01:23:50	02:49:17	OS KOTAS
20	570	ANTÓNIO AFONSO		VT2M- 7	04:15:34	00:05:57	04:15:32	00:05:57	01:11:59	02:31:14	C. R. ALTURENSE
21	557	ANTONIO SILVESTRE		VT3M- 2	04:17:29	00:06:00	04:17:21	00:06:00	01:23:06	02:42:37	
22	575	CARLOS CORREIA		VT2M- 8	04:21:01	00:06:05	04:20:56	00:06:05	01:23:35	02:48:57	OS KOTAS
23	282	LUIS ALEXANDRE		VT1M- 6	04:26:39	00:06:13	04:26:39	00:06:13	01:21:56	02:44:13	ACR SANTA CITA
24	346	SÉRGIO BASTINHO		SNM- 4	04:26:44	00:06:13	04:26:40	00:06:13	01:21:45	02:49:10	
25	427	JOSÉ SERRANO		VT2M- 9	04:28:26	00:06:15	04:28:14	00:06:15	01:23:48	02:51:24	C.A. AMIGOS PARQUE DA PAZ
26	585	CARLOS EDUARDO LOURENÇO		VT3M- 3	04:28:34	00:06:15	04:28:31	00:06:15	01:28:56	02:56:16	ESCOLA SEC MONTE CAPARICA
27	258	RUI MONTEIRO		VT3M- 4	04:29:43	00:06:17	04:29:37	00:06:17	01:22:18	02:48:32	AC PORTALEGRE / UTSM
28	452	JOÃO PAULO MARQUES		VT4M- 4	04:30:54	00:06:18	04:30:50	00:06:18	01:32:15	03:00:07	
29	366	CHANTAL XHERVELLE	F- 2	VT2F- 1	04:31:01	00:06:19	04:31:01	00:06:19	01:21:29	02:51:42	XTREME LEVEL
30	328	MARTIM NUNES		VT1M- 7	04:31:40	00:06:20	04:31:39	00:06:20	01:12:35	02:41:46	

Distância: 43 Km

Posto	Dorsal	Nome	Sexo	Posto escalão	T_Oficial	RitmoKm	T_Real	RitKmReal	Control	Km 28,5	Equipa
31	477	BRUNO SAFARA		SNM- 5	04:32:49	00:06:21	04:32:43	00:06:21	01:27:43	02:56:15	THE WALKING DEAD
32	582	LUIS VARZEA		VT1M- 8	04:35:31	00:06:25	04:35:28	00:06:25	01:22:21	02:46:53	C. R. ALTURENSE
33	437	CELESTINO MIGUEL ESPIRITO SANTO		VT1M- 9	04:36:44	00:06:27	04:36:33	00:06:26	01:29:25	02:59:09	
34	439	BRUNO FIGUEIREDO		SNM- 6	04:40:13	00:06:31	04:40:05	00:06:31	01:23:24	02:50:13	
35	546	BRUNO FERNANDES		SNM- 7	04:40:51	00:06:32	04:40:34	00:06:32	01:29:59	03:00:23	
36	442	ANACLETO FAÍSCA		VT5M- 1	04:43:03	00:06:35	04:42:56	00:06:35	01:29:11	02:59:09	
37	341	RUI LOPES		VT6M- 1	04:47:38	00:06:42	04:47:33	00:06:42	01:32:38	03:05:16	OS LEGIONARIOS
38	460	FRANCISCO MONTE		SNM- 8	04:48:07	00:06:43	04:47:59	00:06:42	01:35:58	03:08:52	
39	356	PAULO PIRES		VT3M- 5	04:49:05	00:06:44	04:48:56	00:06:44	01:31:49	03:04:27	SS CGD
40	430	JOSE MANUEL MARQUES FERREIRA		VT2M- 10	04:49:25	00:06:44	04:49:24	00:06:44	01:24:37	02:58:14	
41	384	VIRIATO DIAS		VT2M- 11	04:53:19	00:06:50	04:53:03	00:06:49	01:31:18	03:03:16	CTAD-TIAGOARAGAO.COM
42	433	PEDRO TURTLES SANTOS		SNM- 9	04:54:48	00:06:52	04:54:43	00:06:52	01:33:31	03:09:27	
43	476	LUIS TRINDADE		VT1M- 10	04:54:48	00:06:52	04:54:43	00:06:52	01:27:42	03:05:39	THE WALKING DEAD
44	538	CIRILO FORMIGA		VT5M- 2	04:54:49	00:06:52	04:54:46	00:06:52	01:30:06	03:05:30	O PRATICANTE /C.D.ASASMILENIUM
45	440	JOAQUIM CAPELA		VT2M- 12	05:02:04	00:07:02	05:02:01	00:07:02	01:26:08	03:06:40	
46	287	FIGUEIRA		VT3M- 6	05:02:33	00:07:03	05:02:31	00:07:03	01:31:52	03:13:15	
47	340	RUI PERIÇÃO DE ALMEIDA		SNM- 10	05:04:58	00:07:06	05:04:53	00:07:06	01:34:50	03:15:42	OS LEGIONARIOS
48	597	REINALDO RODRIGUES		VT2M- 13	05:06:06	00:07:08	05:05:43	00:07:07	01:35:01	03:12:49	
49	594	LUÍS HENRIQUE PIRES PAISANA		VT2M- 14	05:10:38	00:07:14	05:10:18	00:07:13	01:36:06	03:13:54	ASSOCIAÇÃO GD A. DO KORP
50	279	TIAGO GASPAR		VT1M- 11	05:11:30	00:07:15	05:11:19	00:07:15	01:30:05	03:03:15	ACR SANTA CITA
51	447	EMÍLIO PAULINO		VT5M- 3	05:13:49	00:07:18	05:13:43	00:07:18	01:23:15	03:04:33	AC PORTALEGRE / UTSM
52	327	MIGUEL GRAÇA		VT3M- 7	05:15:31	00:07:21	05:15:27	00:07:21	01:34:48	03:14:39	OS LEGIONARIOS
53	344	ANTONIO ESTRELA		VT3M- 8	05:15:32	00:07:21	05:15:27	00:07:21	01:37:20	03:15:06	OS LEGIONARIOS
54	581	FERNANDO SILVA		VT3M- 9	05:17:52	00:07:24	05:17:49	00:07:24	01:30:21	03:12:11	C. R. ALTURENSE
55	444	RAUL QUARESMA		SNM- 11	05:18:39	00:07:25	05:18:36	00:07:25	01:36:35	03:26:44	O MUNDO DA CORRIDA
56	363	JOAQUIM ANTUNES		VT5M- 4	05:18:52	00:07:25	05:18:49	00:07:25	01:36:08	03:29:22	ESCOLA SEC MONTE CAPARICA
57	573	JOSÉ PEDRAS		VT5M- 5	05:19:59	00:07:27	05:19:55	00:07:27	01:34:56	03:17:46	OS KOTAS
58	302	DANIEL ALEXANDRE GOMES		VT1M- 12	05:21:00	00:07:28	05:20:52	00:07:28	01:38:51	03:23:14	
59	561	FERNANDO FRANCISCO OLIVEIRA PEREIRA		VT5M- 6	05:22:47	00:07:31	05:22:45	00:07:31	01:32:08	03:15:56	DASDIKES
60	355	JOSÉ SANTOS		VT3M- 10	05:24:36	00:07:33	05:24:26	00:07:33	01:34:06	03:26:35	C.A. AMIGOS PARQUE DA PAZ



Distância: 43 Km

Posto	Dorsal	Nome	Sexo	Posto escalão	T_Oficial	RitmoKm	T_Real	RitKmReal	Control	Km 28,5	Equipa
61	466	JOÃO VEIGA		VT2M- 15	05:24:49	00:07:34	05:24:39	00:07:33	01:39:13	03:24:17	DERRETEBANHA
62	598	ISABEL MOLEIRO	F- 3	VT2F- 2	05:27:07	00:07:37	05:27:01	00:07:37	01:42:34	03:35:26	SS CGD
63	472	ELÁDIO MANUEL		SNM- 12	05:27:26	00:07:37	05:27:07	00:07:37	01:45:54	03:28:18	
64	596	JOSE PEDRO SEQUEIRA		VT1M- 13	05:27:27	00:07:37	05:27:24	00:07:37	01:35:59	03:18:24	
65	467	ANTÓNIO PEDRO SANTOS		SNM- 13	05:30:42	00:07:42	05:30:35	00:07:42	01:36:31	03:29:50	
66	280	PAULO FERREIRA		VT2M- 16	05:31:26	00:07:43	05:31:15	00:07:43	01:30:08	03:32:40	ACR SANTA CITA
67	334	PEDRO TIAGO MARTINS		SNM- 14	05:31:30	00:07:43	05:31:16	00:07:43	01:40:01	03:30:53	ASS. ATLETISMO LEBRES DO SADO
68	318	ANTÓNIO SOARES		VT3M- 11	05:31:42	00:07:43	05:31:40	00:07:43	01:28:06	03:18:16	O PRATICANTE /C.D.ASASMILENIUM
69	419	CESAR DUARTE		SNM- 15	05:32:33	00:07:45	05:32:23	00:07:44	01:26:11	03:11:34	
70	343	PEDRO ANTUNES		VT1M- 14	05:32:39	00:07:45	05:32:33	00:07:45	01:36:34	03:16:16	OS LEGIONARIOS
71	526	VASCO AGOSTINHO		VT3M- 12	05:38:33	00:07:53	05:38:24	00:07:53	01:39:57	03:25:54	G.D.R.SÃO FRANCISCO DA SERRA
72	292	MIGUEL M. CAMPOS		VT2M- 17	05:41:25	00:07:57	05:41:10	00:07:57	01:49:17	03:41:17	
73	583	CARLOS G. COELHO		VT4M- 5	05:42:40	00:07:59	05:42:36	00:07:59	01:41:40	03:35:28	
74	332	CARLOS PASCOAL		VT4M- 6	05:43:05	00:07:59	05:42:58	00:07:59	01:34:21	03:36:22	
75	552	RICARDO CIFUENTES DO AMARAL		SNM- 16	05:43:22	00:08:00	05:43:08	00:07:59	01:42:23	03:33:28	
76	268	PEDRO VIEIRA		VT2M- 18	05:43:50	00:08:00	05:43:30	00:08:00	01:44:37	03:24:48	
77	283	JÚLIA CONCEIÇÃO	F- 4	VT2F- 3	05:44:23	00:08:01	05:44:20	00:08:01	01:45:41	03:50:30	
78	335	JORGE LEAO		VT4M- 7	05:44:52	00:08:02	05:44:27	00:08:01	01:52:54	03:45:08	
79	354	PEDRO CAROLA		VT1M- 15	05:47:56	00:08:06	05:47:47	00:08:06	01:43:18	03:39:07	SS CGD
80	392	ANTÓNIO FERNANDO PEREIRA CASACA		VT4M- 8	05:50:55	00:08:10	05:50:46	00:08:10	01:46:35	03:41:28	
81	360	MANUEL NOGUEIRA		VT2M- 19	05:51:24	00:08:11	05:51:20	00:08:11	01:37:26	03:45:41	
82	480	PEDRO LIZARDO		SNM- 17	05:52:30	00:08:12	05:52:24	00:08:12	01:49:22	03:49:45	THE WALKING DEAD
83	402	MÁRIO JOÃO DE BRITO MARTINS SANTOS		VT4M- 9	05:53:06	00:08:13	05:52:42	00:08:13	01:47:23	03:40:32	
84	531	PAULO VILAÇA		VT4M- 10	05:55:55	00:08:17	05:55:52	00:08:17	01:32:54	03:28:04	TUGAS NA ESTRADA
85	352	NUNO NEVES		VT1M- 16	05:56:52	00:08:18	05:56:44	00:08:18	01:46:31	03:47:02	
86	455	NUNO ESPAÑA		SNM- 18	05:59:21	00:08:22	05:59:05	00:08:22	01:55:03	04:00:54	
87	543	JOSE FERNANDO GOMES DA SILVA MARQUES		VT2M- 20	06:01:06	00:08:24	06:01:04	00:08:24	01:40:18	03:50:52	
88	411	MARCO SOUSA		VT1M- 17	06:04:06	00:08:29	06:04:00	00:08:28	01:50:03	03:52:01	
89	383	MANUEL FESTAS		SNM- 19	06:04:51	00:08:30	06:04:43	00:08:29	01:35:54	03:25:32	
90	589	RUI FREITAS		VT6M- 2	06:04:52	00:08:30	06:04:49	00:08:30	01:34:52	03:24:48	G.D.R.SÃO FRANCISCO DA SERRA
91	600	DAVID FAUSTINO		VT3M- 13	06:06:10	00:08:31	06:06:04	00:08:31	01:49:10	04:01:23	SS CGD



Distância: 43 Km

Posto	Dorsal	Nome	Sexo	Posto escalão	T_Oficial	RitmoKm	T_Real	RitKmReal	Control	Km 28,5	Equipa
92	304	ARLINDO DOMINGOS DUARTE		VT4M- 11	06:07:12	00:08:33	06:06:54	00:08:32	01:51:29	03:54:09	AÇOREANA CLUB BANIF
93	337	RICARDO MARTINS		VT2M- 21	06:09:42	00:08:36	06:09:11	00:08:36	02:01:35	04:08:18	
94	578	JOÃO PARISOT		VT2M- 22	06:13:13	00:08:41	06:12:56	00:08:41	01:43:23	03:46:27	
95	401	FÁBIO LOUREIRO		SNM- 20	06:14:59	00:08:44	06:14:43	00:08:43	01:41:35	03:33:19	
96	298	ANALICE SILVA	F- 5	VT2F- 4	06:15:41	00:08:45	06:15:40	00:08:45	01:50:19	03:56:32	O MUNDO DA CORRIDA
97	333	RUI MARTINS		SNM- 21	06:16:29	00:08:46	06:16:22	00:08:46	01:52:41	04:01:40	
98	396	RUI MARTINS		VT1M- 18	06:18:51	00:08:49	06:18:41	00:08:49	01:49:15	04:10:17	SS CGD
99	576	EDUARDO PINHEIRO		SNM- 22	06:19:56	00:08:51	06:19:38	00:08:50	02:03:17	04:06:15	
100	372	JORGE MIMOSO		VT2M- 23	06:22:04	00:08:54	06:21:51	00:08:53	01:54:57	04:06:15	
101	410	ANDRÉ CASTRO		VT2M- 24	06:23:22	00:08:55	06:23:05	00:08:55	01:56:07	04:04:59	
102	312	ANABELA DUQUE	F- 6	VT1F- 1	06:23:31	00:08:56	06:23:30	00:08:56	01:47:36	04:20:25	ATLETICO CLUBE S. MAMEDE
103	387			SNM- 24	06:24:05	00:08:56	06:24:00	00:08:56	01:47:03	03:57:09	
104	399	ELENA IABANJI	F- 7	VT2F- 5	06:24:12	00:08:57	06:24:05	00:08:56	02:01:15	04:25:47	
105	405	JOSÉ BARROCO		VT5M- 7	06:24:13	00:08:57	06:24:05	00:08:56	02:01:18	04:25:48	
106	434	FILIPA ELVAS	F- 8	SNF- 2	06:26:22	00:09:00	06:26:17	00:08:59	01:57:50	04:09:53	
107	272	LEONEL FILIPE LEMOS DA SILVA		VT1M- 19	06:26:23	00:09:00	06:26:09	00:08:59	01:49:12	04:01:55	
108	348	JOSÉ MELO		VT4M- 12	06:28:03	00:09:02	06:27:49	00:09:02	02:01:49	04:29:24	RUN 4 FUN
109	536	FERNANDO XAVIER		VT1M- 20	06:32:08	00:09:08	06:32:00	00:09:07	01:59:48	04:05:26	CORRERLISBOA
110	458	NUNO MONTEIRO		SNM- 25	06:32:27	00:09:08	06:31:27	00:09:07	01:57:33	04:08:26	
111	562	PAULA PENEDO	F- 9	SNF- 3	06:32:53	00:09:09	06:32:36	00:09:08	02:07:28	04:29:12	RAIL RUNNERS
112	551	TIAGO JOSE MENDES LANCA		SNM- 26	06:36:10	00:09:13	06:36:08	00:09:13	01:56:07	04:15:10	
113	453	ANTONIO PEREIRA		VT6M- 3	06:36:46	00:09:14	06:36:28	00:09:14	01:59:57	04:18:14	CCR AUTO MOINHO
114	530	MÁRIO MATOS		SNM- 27	06:37:18	00:09:15	06:37:09	00:09:15	01:52:13	04:01:45	G.D.R.SÃO FRANCISCO DA SERRA
115	481	HEITOR GOMES		VT2M- 25	06:37:19	00:09:15	06:37:10	00:09:15	02:00:17	04:06:45	
116	290	JORGE RODRIGUES		VT2M- 26	06:37:21	00:09:15	06:37:01	00:09:14	01:45:15	04:08:35	
117	265	MÁRIO SANTOS		VT1M- 21	06:38:43	00:09:17	06:38:30	00:09:17	01:49:14	03:45:54	
118	471	JOÃO PEDRO FONSECA		VT2M- 27	06:39:23	00:09:18	06:39:03	00:09:17	01:45:33	04:06:22	DERRETEBANHA
119	390	PAULO MONTEIRO		SNM- 28	06:40:49	00:09:20	06:40:43	00:09:20	01:43:46	04:00:56	
120	275	RUI RODOLFO V. R. MAIA CORREIA GOMES		SNM- 29	06:41:08	00:09:20	06:40:44	00:09:20	02:02:59	04:26:03	CORRERLISBOA
121	296			SNM- 30	06:42:30	00:09:22	06:42:27	00:09:22	01:54:37	04:05:04	



Distância: 43 Km

Posto	Dorsal	Nome	Sexo	Posto escalão	T_Oficial	RitmoKm	T_Real	RitKmReal	Control	Km 28,5	Equipa
122	564	PAULA JACOB	F- 10	SNF- 4	06:43:00	00:09:23	06:42:44	00:09:22	02:20:14	04:48:55	CLUBE GRUPO BES
123	273	ANDRÉ PENA		VT3M- 14	06:46:30	00:09:28	06:46:20	00:09:27	01:58:43	04:35:22	ACR SANTA CITA
124	299	JOSE AMARO		VT1M- 22	06:47:41	00:09:29	06:47:30	00:09:29	01:54:52	04:34:13	
125	446	EMILIO SAEZ SORO		VT3M- 15	06:49:10	00:09:31	06:48:57	00:09:31	01:48:44	04:07:36	
126	373	ANTÓNIO VILELA		VT2M- 28	06:51:52	00:09:35	06:51:44	00:09:35	01:58:21	04:28:00	
127	371	ÁLVARO PINTO		VT5M- 8	06:51:53	00:09:35	06:51:45	00:09:35	01:58:22	04:28:06	
128	329	CARLOS LENZI		VT3M- 16	06:52:12	00:09:36	06:52:11	00:09:36	01:36:51	04:04:00	
129	259	GUSTAVO VENTURA GASOPO		SNM- 31	06:55:52	00:09:41	06:55:33	00:09:40	01:59:31	04:38:09	
130	286	PEDRO MIGUEL CARVALHO ANTÃO		VT1M- 23	06:56:25	00:09:42	06:56:23	00:09:41	01:51:02	04:36:27	
131	317	PAULO TOMÁS		VT1M- 24	06:56:56	00:09:42	06:56:52	00:09:42	01:58:47	04:36:39	
132	403	ANTÓNIO MANUEL MACHADO DE ALMEIDA		VT2M- 29	06:57:05	00:09:42	06:56:53	00:09:42	01:56:09	04:26:46	
133	527	HENRIQUE TRINDADE		VT3M- 17	06:58:22	00:09:44	06:58:10	00:09:44	01:58:39	04:36:27	
134	319	TIAGO SOUSA		SNM- 32	06:59:42	00:09:46	06:59:41	00:09:46	01:36:49	04:02:50	
135	288	PATRICIA CONCEIÇÃO JEREMIAS	F- 11	SNF- 5	06:59:47	00:09:46	06:59:23	00:09:46	02:09:48	04:42:13	
136	289	LUIS HENRIQUE SILVA		VT2M- 30	06:59:47	00:09:46	06:59:22	00:09:46	02:09:48	04:42:14	
137	479	HUGO FRAGOSO		VT1M- 25	06:59:55	00:09:46	06:59:40	00:09:46	02:03:28	04:28:19	RUN 4 FUN
138	345	ALEXANDRE CANTIGA		VT1M- 26	07:03:43	00:09:52	07:03:33	00:09:51	02:21:40	05:01:21	
139	408	VITOR GALEGO		VT2M- 31	07:05:39	00:09:54	07:05:32	00:09:54	01:47:26	04:12:59	
140	459	VITOR PEREIRA		VT1M- 27	07:05:39	00:09:54	07:05:36	00:09:54	01:50:15	04:20:25	G.D.R.SÃO FRANCISCO DA SERRA
141	584	PEDRO SANTOS BATISTA		SNM- 33	07:05:39	00:09:54	07:05:35	00:09:54	02:06:02	04:25:49	
142	284	CARLOS BEATO		VT2M- 32	07:05:56	00:09:55	07:05:42	00:09:54	01:55:22	04:29:20	
143	431	DIOGO ROBERTO		SNM- 34	07:07:31	00:09:57	07:07:26	00:09:57	02:07:23	04:48:20	
144	315	ANABELA NEVES SANTOS	F- 12	VT1F- 2	07:07:31	00:09:57	07:07:26	00:09:57	02:16:31	04:48:55	
145	262	MARCO ALEXANDRE MARTINHO NEVES		SNM- 35	07:12:05	00:10:03	07:11:46	00:10:03	02:05:34	04:51:35	
146	416	PAULO ALEXANDRE MARTINS MORADIAS		VT3M- 18	07:14:24	00:10:07	07:14:07	00:10:06	02:02:55	05:03:39	AÇOREANA CLUB BANIF
147	293	HENRIQUE PINHÃO MARTINS		VT4M- 13	07:17:53	00:10:11	07:17:27	00:10:11	02:08:36	04:41:29	
148	351	JOÃO EDUARDO PINTO		VT3M- 19	07:17:54	00:10:12	07:17:46	00:10:11	01:59:31	04:41:28	
149	370	ALEXANDRE LEAL		VT1M- 28	07:19:11	00:10:13	07:19:05	00:10:13	01:49:19	04:31:24	
150	381	PAULO TRINDADE		VT2M- 33	07:20:16	00:10:15	07:20:10	00:10:15	02:03:52	04:48:18	O MUNDO DA CORRIDA
151	281	FRANCISCO CONFRARIA		VT2M- 34	07:21:53	00:10:17	07:21:43	00:10:17	01:58:23	04:51:34	ACR SANTA CITA
152	532	RICARDO SILVA		VT1M- 29	07:23:41	00:10:20	07:23:35	00:10:19	02:04:43	04:59:26	TUGAS NA ESTRADA



Distância: 43 Km

Posto	Dorsal	Nome	Sexo	Posto escalão	T_Oficial	RitmoKm	T_Real	RitKmReal	Control	Km 28,5	Equipa
153	465	CARLA ANDRE	F- 13	SNF- 6	07:26:37	00:10:24	07:26:27	00:10:23	02:21:44	05:06:53	
154	407	LUÍS MIGUEL SANTOS		VT3M- 20	07:26:37	00:10:24	07:26:31	00:10:24	02:06:32	04:50:45	ASS. ATLETISMO LEBRES DO SADO
155	321	DANIEL COSTA		SNM- 36	07:26:37	00:10:24	07:26:18	00:10:23	02:08:14	05:06:03	
156	425	KEN HALLAND		VT4M- 14	07:36:02	00:10:37	07:35:55	00:10:37	02:31:42	05:14:42	
157	529	JORGE GONÇALVES		VT5M- 9	07:36:17	00:10:37	07:36:10	00:10:37	02:37:50	05:15:23	TUGAS NA ESTRADA
158	263	CARLA REBELO	F- 14	SNF- 7	07:37:07	00:10:38	07:36:51	00:10:38	02:21:07	05:10:15	
159	478	HUGO PINA		SNM- 37	07:37:51	00:10:39	07:37:32	00:10:39	01:53:51	05:11:10	
160	418	SEVERINO ROSA		VT5M- 10	07:38:01	00:10:40	07:37:49	00:10:39	02:11:09	05:09:16	SS CGD
161	400	PAULO JORGE DOS SANTOS		VT3M- 21	07:40:19	00:10:43	07:39:57	00:10:42	02:24:34	05:21:11	ASS. ATLETISMO LEBRES DO SADO
162	413	ALEXANDRE MATEUS		VT1M- 30	07:42:44	00:10:46	07:42:40	00:10:46	02:12:05	05:14:09	
163	535	CARLOS GUERRA		VT2M- 35	07:44:29	00:10:49	07:44:17	00:10:48	02:16:45	05:03:43	
164	541	ISABEL FILIPA GARCIA MONTEIRO	F- 15	SNF- 8	07:45:05	00:10:49	07:44:40	00:10:49	02:17:27	05:06:32	OS AMIGOS DA BELFAS
165	542	RICARDO FILIPE FIGUEIREDO FERREIRA		SNM- 38	07:45:06	00:10:49	07:44:41	00:10:49	02:17:23	05:06:33	OS AMIGOS DA BELFAS
166	537	PAULO SERGIO MATOS SILVA		VT2M- 36	07:47:31	00:10:53	07:47:28	00:10:53	02:03:43	04:52:30	
167	295			SNM- 39	07:47:31	00:10:53	07:47:29	00:10:53	02:03:53	04:52:26	
168	409	PEDRO ROSÁRIO SANTOS		VT1M- 31	07:50:22	00:10:57	07:50:11	00:10:57	02:15:02	05:15:42	
169	461	ALEXANDRE RAMOS		VT1M- 32	07:51:10	00:10:58	07:50:58	00:10:58	02:22:46	05:13:01	
170	365	SARA COLAÇO	F- 16	VT1F- 3	07:53:07	00:11:01	07:53:05	00:11:01	02:26:19	05:18:53	C.A. AMIGOS PARQUE DA PAZ
171	539	RUI PEDRO BULHOSA GONÇALVES BOTAS		VT2M- 37	07:53:28	00:11:01	07:53:20	00:11:01	02:14:29	05:12:58	B13X CROSSFIT ENDURANCE
172	456	LUÍS RIBEIRO		SNM- 40	07:54:38	00:11:03	07:54:22	00:11:02	02:30:22	05:32:36	
173	306	FERNANDO NUNES MIGUEL ANDRADE		VT5M- 11	07:55:17	00:11:04	07:54:55	00:11:03	02:11:13	05:03:39	AÇOREANA CLUB BANIF
174	566	PAULO NEVES		VT1M- 33	07:55:17	00:11:04	07:54:55	00:11:03	02:17:55	05:19:53	
175	389	DANIEL RAMOS		VT1M- 34	07:57:26	00:11:07	07:57:00	00:11:06	02:41:13	05:40:07	
176	357	MARTA ANDRADE	F- 17	SNF- 9	07:57:26	00:11:07	07:57:03	00:11:06	02:41:13	05:39:35	
177	276	JORGE FILIPE DA FONSECA NUNES		VT1M- 35	07:59:55	00:11:10	07:59:39	00:11:10	02:14:53	05:37:01	
178	358	LUÍS MIGUEL ROQUE		VT2M- 38	08:00:22	00:11:11	08:00:17	00:11:11	02:12:15	05:25:45	C.A. AMIGOS PARQUE DA PAZ
179	398	ROGÉRIO PAULO MOTA		VT3M- 22	08:00:23	00:11:11	08:00:00	00:11:10	02:31:54	05:35:44	ASS. ATLETISMO LEBRES DO SADO
180	266	CARLOS NEVES		VT3M- 23	08:00:26	00:11:11	08:00:14	00:11:11	02:21:19	05:35:49	ABSOLUTE VANITY
181	347	JOÃO ROSA		VT1M- 36	08:04:53	00:11:17	08:04:45	00:11:17	02:22:52	05:37:26	
182	364	PAULO BRISSOS		VT3M- 24	08:05:32	00:11:18	08:05:26	00:11:18	02:10:03	05:21:12	



Distância: 43 Km

Posto	Dorsal	Nome	Sexo	Posto escalão	T_Oficial	RitmoKm	T_Real	RitKmReal	Control	Km 28,5	Equipa
183	540	NUNO PINOIA		VT2M- 40	08:05:39	00:11:18	08:05:30	00:11:18	02:03:51	05:06:32	B13X CROSSFIT ENDURANCE
184	353	LUIS CANHÃO		VT3M- 25	08:06:20	00:11:19	08:06:08	00:11:19	02:15:35	05:30:59	
185	428	CELIA AZENHA	F- 18	VT2F- 6	08:06:20	00:11:19	08:06:11	00:11:19	02:32:36	05:36:18	
186	308	PEDRO FILIPE LEAO CUNHA MARTINS		VT1M- 37	08:07:59	00:11:21	08:07:49	00:11:21	02:26:47	05:29:03	
187	421	JACINTO PEREIRA		VT5M- 12	08:12:33	00:11:28	08:12:17	00:11:27	02:27:56	05:59:30	LIS RUNNING C.P.A
188	379			SNM- 41	08:14:44	00:11:31	08:14:32	00:11:31	02:21:39	05:31:05	
189	375	CARLA MATOS	F- 19	SNF- 10	08:18:40	00:11:36	08:18:23	00:11:36	02:39:37	05:47:20	RUN 4 FUN
190	577	JOÃO RICARDO ABREU S. FERNANDES DUARTE		VT1M- 38	08:20:25	00:11:39	08:20:04	00:11:38	03:05:09	06:13:00	
191	406	MAFALDA SOFIA NUNES	F- 20	VT2F- 7	08:20:31	00:11:39	08:20:17	00:11:39	02:52:48	06:06:00	ASS. ATLETISMO LEBRES DO SADO
192	567	MIGUEL BAPTISTA		VT2M- 41	08:21:51	00:11:41	08:21:45	00:11:41	02:26:00	05:38:33	
193	424	LUÍS ALMEIDA		VT4M- 15	08:23:16	00:11:43	08:23:04	00:11:42	02:27:53	05:59:20	LIS RUNNING C.P.A
194	300	JORGE GOIS		VT3M- 26	08:26:24	00:11:47	08:26:13	00:11:47	02:18:00	05:48:04	
195	376	JOAO CAMPOS		VT2M- 42	08:26:41	00:11:47	08:26:33	00:11:47	02:35:58	05:33:39	
196	426	LUIS MANUEL PARRO		VT4M- 16	08:26:41	00:11:47	08:26:31	00:11:47	02:31:38	05:39:14	
197	377	ALÍRIO MANUEL BRUNO RODA		VT6M- 4	08:28:52	00:11:51	08:28:34	00:11:50	02:40:58	05:54:54	
198	422	PEDRO GOUVEIA		VT1M- 39	08:37:21	00:12:02	08:37:11	00:12:02	02:37:56	06:07:00	
199	420	CARLOS ROCHA		VT4M- 17	08:55:04	00:12:27	08:54:50	00:12:27	02:52:15	06:04:07	
200	342	LEONEL DE SÃO JOSÉ		SNM- 42	08:55:04	00:12:27	08:54:58	00:12:27	02:31:44	05:37:15	
201	350	LUIS PRUDÊNCIO MIGUEL		VT6M- 5	09:01:32	00:12:36	09:01:11	00:12:36	02:47:18	06:15:00	
202	545	MARGARIDA MACHADO BOAVIDA	F- 21	SNF- 11	09:01:48	00:12:36	09:01:21	00:12:36	02:52:17	06:15:00	OS AMIGOS DA BELFAS
203	269	JOSÉ MIGUEL PINTO FRAGA		VT1M- 40	09:02:59	00:12:38	09:02:53	00:12:38	02:52:28	06:12:00	