

Pos	Dorsal	Nome	Equipa	Prova	Tempo
1	20	Luís Gomes	AC Vermoil	10Km	00:33:26
2	137	André Ramos	G.D.R Figueiras	10Km	00:33:35
3	22	Mário Henriques	AC Vermoil	10Km	00:34:48
4	217	Jorge Marcelino	Industrial Desportivo Viegense	10Km	00:34:57
5	226	Gabriel Rodrigues	Industrial Desportivo Viegense	10Km	00:34:58
6	316	Pedro Capela	Grupo Alegre E Unido Da Bajouca	10Km	00:35:06
7	39	José Figueira	CA Barreira	10Km	00:35:13
8	221	Carlos Santos	Industrial Desportivo Viegense	10Km	00:35:19
9	111	Ricardo Henriques	CR Amieirinhense	10Km	00:35:22
10	233	Licínio Pereira	Industrial Desportivo Viegense	10Km	00:35:27
11	130	José Raimundo	G.D.R Figueiras	10Km	00:35:30
12	132	Eduardo Cardeira	G.D.R Figueiras	10Km	00:35:33
13	128	Paulo Simão	G.D.R Figueiras	10Km	00:35:38
14	223	João Domingos	Industrial Desportivo Viegense	10Km	00:35:54
15	228	Artur Lopes	Industrial Desportivo Viegense	10Km	00:36:01
16	19	Carlos Santos	AC Vermoil	10Km	00:36:11
17	114	Jose Santos	CR Amieirinhense	10Km	00:36:21
18	270	Nuno Goncalves	OFFTEL RUNNERS	10Km	00:36:27
19	224	Joel Marcelino	Industrial Desportivo Viegense	10Km	00:36:30
20	99	Samuel Santos	Chitas De Alcobaça	10Km	00:36:38
21	278	Emilia Kumos	SR Jardoeira	10Km	00:36:40
22	18	Hugo Barqueiro	CAN	10Km	00:36:44
23	315	Hugo Miguel	Veteranos Do Lis	10Km	00:37:06
24	172	Rui Cabeças		10Km	00:37:10
25	236	António Poeriras	Industrial Desportivo Viegense	10Km	00:37:19
26	116	Arménio Pereira	CR Amieirinhense	10Km	00:37:25
27	306	Joaquim Santos	União Desportiva Recreativa Da Zona-Alta	10Km	00:37:27
28	274	Paulo Damica	SR Jardoeira	10Km	00:37:29
29	129	João Guerreiro	G.D.R Figueiras	10Km	00:37:33
30	34	Rui Roberto	CA Barreira	10Km	00:37:36
31	320	Jorge Silva	Grupo Alegre E Unido Da Bajouca	10Km	00:37:41
32	234	Acácio Campos	Industrial Desportivo Viegense	10Km	00:37:45
33	71	Jorge Ribeiro	Chitas De Alcobaça	10Km	00:38:01
34	54	Carlos Duarte	CCRD Burinhosa	10Km	00:38:06
35	277	Paulo Piseiro	SR Jardoeira	10Km	00:38:18
36	319	Otelo Pereira	Grupo Alegre E Unido Da Bajouca	10Km	00:38:21
37	231	Júlio Henriques	Industrial Desportivo Viegense	10Km	00:38:33
38	279	Rui Pedro Vieira Lucas	SR Jardoeira	10Km	00:38:56
39	62	Nuno Mendes	CCRD Burinhosa	10Km	00:38:59
40	73	Helio Pires	Chitas De Alcobaça	10Km	00:39:00
41	112	Carlos Rebola	CR Amieirinhense	10Km	00:39:01
42	220	Nuno Lorrão	Industrial Desportivo Viegense	10Km	00:39:02
43	271	João Pedro Vieira Silva	SR Jardoeira	10Km	00:39:10
44	229	Rui Dinis	Industrial Desportivo Viegense	10Km	00:39:17
45	55	Carlos Soares	CCRD Burinhosa	10Km	00:39:26
46	249	Rui Andrade	Leiria Marcha Atlético	10Km	00:39:37

47	121	Tiago Morgado	Cross Laminha	10Km	00:39:39
48	50	Celso Fernando Nunes	Casa Do Povo De Pontável	10Km	00:39:46
49	222	João Marcelino	Industrial Desportivo Vieiraense	10Km	00:39:48
50	115	Víctor Teixeira	CR Amieirinhense	10Km	00:39:49
51	273	Márcio Loureiro	SR Jardoeira	10Km	00:39:53
52	25	Narciso Fabião	ADR Mata	10Km	00:39:55
53	232	Celestino Marques	Industrial Desportivo Vieiraense	10Km	00:39:57
54	275	Vitor Piseiro	SR Jardoeira	10Km	00:39:59
55	49	César Fernando Nunes	Casa Do Povo De Pontável	10Km	00:40:11
56	308	Diogo Ferreira	Veteranos Do Lis	10Km	00:40:13
57	65	André Salgueiro	CCRD Burinhosa	10Km	00:40:14
58	90	Pedro Faustino	Chitas De Alcobaça	10Km	00:40:18
59	182	João Fonseca		10Km	00:40:32
60	307	David Oliveira	Veteranos Do Lis	10Km	00:40:38
61	140	Abílio	GDC Eirapedrense	10Km	00:40:41
62	280	Augusto Portugal	Serviços Sociais Montepio Geral	10Km	00:40:43
63	192	Joao Duarte		10Km	00:40:43
64	59	Dario Cabete	CCRD Burinhosa	10Km	00:40:44
65	103	Pedro Rodrigues	CPR A-DO-BARBAS	10Km	00:40:46
66	312	Ricardo Monteiro	Veteranos Do Lis	10Km	00:40:48
67	41	Carina Matias	CA Barreira	10Km	00:40:49
68	40	Germano Capela	CA Barreira	10Km	00:40:55
69	32	João Jacinto	C.C.D. "O ALVITEJO"	10Km	00:41:33
70	225	Luis Pedrosa	Industrial Desportivo Vieiraense	10Km	00:41:36
71	218	Ricardo Vicente	Industrial Desportivo Vieiraense	10Km	00:41:41
72	113	João Prospero	CR Amieirinhense	10Km	00:41:44
73	105	Nuno Jorge	CPR A-DO-BARBAS	10Km	00:41:46
74	109	Márcio Sousa	CPR A-DO-BARBAS	10Km	00:41:50
75	24	José Alves	ADR Mata	10Km	00:41:58
76	102	Manuel Calçada	COC	10Km	00:42:21
77	131	Mário Duarte	G.D.R Figueiras	10Km	00:42:33
78	227	Carlos Pinto	Industrial Desportivo Vieiraense	10Km	00:42:36
79	310	José Gabriel	Veteranos Do Lis	10Km	00:42:43
80	64	Vitor Raimundo	CCRD Burinhosa	10Km	00:42:43
81	243	João Vieira	LAPQN	10Km	00:42:45
82	67	António Marques	Chitas De Alcobaça	10Km	00:42:49
83	185	David Clemente		10Km	00:42:59
84	150	Edgar Jesus		10Km	00:43:02
85	33	Vítor Parreira	CA Barreira	10Km	00:43:05
86	127	Paulo Moreno	G.D.R Figueiras	10Km	00:43:05
87	189	Diogo Silva		10Km	00:43:08
88	318	António Fernandes	Grupo Alegre E Unido Da Bajouca	10Km	00:43:15
89	42	Pedro Marto	CA Barreira	10Km	00:43:18
90	176	Nuno Silva		10Km	00:43:21
91	27	Cristiano Ginja	Atletico Clube Moita Roda	10Km	00:43:36
92	241	Carlos Espanhol	LAPQN	10Km	00:43:37
93	288	Cláudio Jose Raimundo Neves	Sunset Run Pataias	10Km	00:43:39

94	156	Carlos Alexandre Cortez Lopes De Oliveira	Rédea Curta	10Km	00:43:40
95	46	Vítor Galego	Carapaus De Corrida Nzr	10Km	00:43:42
96	178	António José? Gomes Valinho		10Km	00:43:45
97	139	Jose Matias	GDC Eirapedrense	10Km	00:43:47
98	248	Diogo Pinto	Lebres E Tartarugas	10Km	00:43:52
99	3	Hélder Codinha	CAN	10Km	00:43:55
100	268	André Raimundo	Porto De Mós A Correr	10Km	00:44:11
101	219	José? Ferreira	Industrial Desportivo Vieirense	10Km	00:44:11
102	208	João Pedro Colaço		10Km	00:44:12
103	135	Leonel Rodrigues	G.D.R Figueiras	10Km	00:44:13
104	173	Artur Dinis		10Km	00:44:24
105	238	André? João Gomes Ruivo	Kickboxing Running Team	10Km	00:44:25
106	198	Edgar Costa		10Km	00:44:28
107	11	José Gerardo	CAN	10Km	00:44:31
108	30	Hugo Davide Martinho Filipe	Benecar Runners	10Km	00:44:33
109	12	Vítor Esgaio	CAN	10Km	00:44:36
110	153	Amílcar Costa		10Km	00:44:39
111	108	Gonçalo Januário	CPR A-DO-BARBAS	10Km	00:44:41
112	211	Sandro Cordeiro		10Km	00:44:49
113	190	Rafael Coelho		10Km	00:44:56
114	158	Bruno Fragoso		10Km	00:44:59
115	313	Vítor Antunes	Veteranos Do Lis	10Km	00:45:00
116	134	Diamantino Cruz	G.D.R Figueiras	10Km	00:45:04
117	120	Victor Ferreira	Cross Laminha	10Km	00:45:07
118	85	Joao Bispo	Chitas De Alcobaça	10Km	00:45:11
119	152	Nuno Miguel Antunes Vieira Galrinho		10Km	00:45:12
120	136	António Ferreira	G.D.R Figueiras	10Km	00:45:16
121	240	Lauro Lazarino	LAPQN	10Km	00:45:17
122	199	Afonso Amaral		10Km	00:45:28
123	106	Ruben Gomes	CPR A-DO-BARBAS	10Km	00:45:30
124	124	Nuno Miguel Gomes Dos Santos	CSCRF Charneca	10Km	00:45:36
125	266	Pedro Santiago	Porto De Mós A Correr	10Km	00:45:37
126	145	Bruno Vilela	Imobikers	10Km	00:45:37
127	141	Jorge Gomes	GDC Eirapedrense	10Km	00:45:39
128	257	Rui Miguel Ferreira Gaspar	OFFTEL RUNNERS	10Km	00:45:39
129	272	Carlos Alberto Soares Ferreira Dos Santos	SR Jardoeira	10Km	00:45:44
130	314	Américo Santos	Veteranos Do Lis	10Km	00:45:46
131	10	Vítor Louraço	CAN	10Km	00:45:46
132	23	Alfredo Santos	AC Vermoil	10Km	00:45:50
133	311	Júlio Lopes	Veteranos Do Lis	10Km	00:45:56
134	48	Vítor Ferreira	Casa Do Povo De Alcanena	10Km	00:46:13
135	154	Rui Maltez		10Km	00:46:15
136	252	José Pedro Nobre	Nobre Brindes	10Km	00:46:21
137	8	António Alexandre	CAN	10Km	00:46:23
138	57	Vítor Rodrigues	CCRD Burinhosa	10Km	00:46:27
139	88	Nuno Miguel Franco Sousa	Chitas De Alcobaça	10Km	00:46:33
140	194	Bruno Mateus		10Km	00:46:39

141	230	Alberto Vinagre	Industrial Desportivo Vieiraense	10Km	00:46:40
142	17	Catarina Marques Gaudêncio	CAN	10Km	00:46:42
143	51	Rui Ventura	CCRD Burinhosa	10Km	00:46:43
144	269	João Nuno Da Silva Rodrigues	Rédea Curta	10Km	00:46:43
145	38	André Rodrigues	CA Barreira	10Km	00:46:44
146	177	Ricardo Goncalves		10Km	00:46:45
147	297	Ramiro Rodrigues	Grupo Alegre E Unido Da Bajouca	10Km	00:46:45
148	235	Acácio Lavos	Industrial Desportivo Vieiraense	10Km	00:46:47
149	21	Eugénio Mendes	AC Vermoil	10Km	00:46:52
150	317	Pedro Cabecinhas	Grupo Alegre E Unido Da Bajouca	10Km	00:46:56
151	167	Cláudio Bento Custódio		10Km	00:46:57
152	202	João Lobato		10Km	00:47:02
153	142	Carlos Mendes		10Km	00:47:02
154	26	António Carreira	ADR Mata	10Km	00:47:19
155	76	Mário Canaverde	Chitas De Alcobaça	10Km	00:47:25
156	53	Aníbal Silva	CCRD Burinhosa	10Km	00:47:34
157	171	Vasco Gil		10Km	00:47:37
158	58	Octávio Mariano	CCRD Burinhosa	10Km	00:47:39
159	2	Carlos Alexandre Constantino Parreira	CAN	10Km	00:47:39
160	43	Marco Mangas	Carapaus De Corrida NZR	10Km	00:47:43
161	123	Luís Fernando Rocha Das Neves	CSCRF Charneca	10Km	00:47:51
162	119	Paulo Vilela	CSCRF Charneca	10Km	00:47:51
163	144	Henrique Borges	Imobikers	10Km	00:47:52
164	147	Ivo Dinis		10Km	00:47:56
165	258	Marco Lopes	Ortiga	10Km	00:47:58
166	207	Carlos Costa		10Km	00:47:59
167	122	Álvaro José Vieira Lopes	CSCRF Charneca	10Km	00:48:02
168	61	Paulo Rainho	CCRD Burinhosa	10Km	00:48:05
169	126	Fernando Santos	G.D.R Figueiras	10Km	00:48:05
170	14	Pedro Pejapes	CAN	10Km	00:48:09
171	75	Joel Sequeira Romão Coelho	Chitas De Alcobaça	10Km	00:48:24
172	104	Fabio Reis	CPR A-DO-BARBAS	10Km	00:48:26
173	74	Nelson Lopes	Chitas De Alcobaça	10Km	00:48:38
174	183	Ricardo Silva		10Km	00:48:41
175	4	Talal Martins	CAN	10Km	00:48:48
176	52	Luís Conceição	CCRD Burinhosa	10Km	00:48:51
177	174	José Sousa Martins		10Km	00:48:55
178	170	Fernando Gaspar		10Km	00:48:57
179	159	Miguel Ângelo Ferreira Custódio		10Km	00:49:02
180	77	Carlos Ribeiro	Chitas De Alcobaça	10Km	00:49:04
181	200	Pedro Martins		10Km	00:49:17
182	138	Manuel Pereira	GDC Eirapedrense	10Km	00:49:18
183	6	Danilo Rodrigues	CAN	10Km	00:49:22
184	68	João Félix	Chitas De Alcobaça	10Km	00:49:25
185	242	Diogo Silva	LAPQN	10Km	00:49:29
186	143	Sandro Vilela	Imobikers	10Km	00:49:30
187	15	João Constantino	CAN	10Km	00:49:34

188	293	João Lucas	Sunset Run Pataias	10Km	00:49:35
189	197	Pedro Capelo		10Km	00:49:43
190	186	Daniel Santos		10Km	00:49:44
191	188	Marina Maria Coutinho Figueiredo Maurício		10Km	00:49:50
192	191	Carlos Manuel Rodrigues Madeira		10Km	00:49:50
193	256	Carla Lagoa	OFFTEL RUNNERS	10Km	00:49:56
194	125	Alexandre Rafael Costa Lourenço	CSCRF Charneca	10Km	00:50:08
195	82	Armando Canaverde	Chitas De Alcobaça	10Km	00:50:13
196	166	Márcio Sousa		10Km	00:50:20
197	133	Marina Félix	G.D.R Figueiras	10Km	00:50:40
198	175	David Pinto		10Km	00:50:40
199	107	Marco Sousa	CPR A-DO-BARBAS	10Km	00:51:01
200	84	Adelino Pais	Chitas De Alcobaça	10Km	00:51:07
201	47	Wilson Estrela	Carapaus De Corrida Nzr	10Km	00:51:08
202	148	Suse Patricia Da Silva Lucas		10Km	00:51:09
203	201	Nuno Teodósio		10Km	00:51:21
204	72	Simão Ribeiro	Chitas De Alcobaça	10Km	00:51:23
205	276	Paulo Henrique	SR Jardoeira	10Km	00:51:24
206	215	Bruno Achega De Almeida		10Km	00:51:25
207	28	Inês Henriques	AVE RUNNING	10Km	00:51:27
208	187	Nuno Nazaré		10Km	00:51:31
209	60	Telmo Pedroso	CCRD Burinhosa	10Km	00:51:48
210	250	Dario Pereira	ManosVerga	10Km	00:52:02
211	212	André Duarte Lemos		10Km	00:52:03
212	93	Hélder Coelho	Chitas De Alcobaça	10Km	00:52:13
213	63	Mário Filipe	CCRD Burinhosa	10Km	00:52:23
214	69	Tiago Branco	Chitas De Alcobaça	10Km	00:52:25
215	35	Sílvia Coelho	CA Barreira	10Km	00:52:39
216	251	Nuno Santos	Nobre Brindes	10Km	00:52:52
217	94	Jose Parrilha	Chitas De Alcobaça	10Km	00:53:24
218	284	Vítor Gonçalves	Sunset Run Pataias	10Km	00:53:32
219	36	Carmen Silva	CA Barreira	10Km	00:53:35
220	37	Adriana Ascenso	CA Barreira	10Km	00:53:42
221	56	Paulo Pedroso	CCRD Burinhosa	10Km	00:53:46
222	203	Sérgio Artilheiro		10Km	00:53:54
223	118	Isabel Fernandes	CR Amieirinhense	10Km	00:54:00
224	253	Marco Aurélio Torres	Nobre Brindes	10Km	00:54:05
225	295	Edgar Coutinho Ribeiro	Sunset Run Pataias	10Km	00:54:10
226	296	Miguel Mateus	Sunset Run Pataias	10Km	00:54:12
227	1	Luís Amaro	CAN	10Km	00:54:18
228	195	Daniel Macatrão		10Km	00:54:25
229	155	Lígia Coelho		10Km	00:54:31
230	157	Paulo Jorge Duarte Gomes		10Km	00:54:32
231	285	Gonçalo Gonçalves	Sunset Run Pataias	10Km	00:54:38
232	87	Tiago Ramos	Chitas De Alcobaça	10Km	00:54:45
233	66	Vera Neves	Chitas De Alcobaça	10Km	00:54:54
234	86	Paulo Parrilha	Chitas De Alcobaça	10Km	00:54:56

235	180	Raul Catarino		10Km	00:55:06
236	245	Bruno Bernardo	LAPQN	10Km	00:55:07
237	309	José Cordeiro	Veteranos Do Lis	10Km	00:55:10
238	287	Rui José Pereira	Sunset Run Pataias	10Km	00:55:20
239	5	Ivo Estrelinha	CAN	10Km	00:55:44
240	267	Adriana Perfeito	Porto De Mós A Correr	10Km	00:55:44
241	117	Luísa Santos	CR Amieirinhense	10Km	00:55:53
242	80	Lúcio Tomé	Chitas De Alcobaça	10Km	00:56:42
243	92	Edgar Jacinto	Chitas De Alcobaça	10Km	00:56:44
244	169	António Guerra		10Km	00:56:45
245	70	Sara Silva	Chitas De Alcobaça	10Km	00:56:47
246	83	Natalina Sobreira	Chitas De Alcobaça	10Km	00:57:33
247	79	Paulo Dias	Chitas De Alcobaça	10Km	00:57:34
248	244	Catarina Mateus	LAPQN	10Km	00:57:57
249	204	Hugo Mota		10Km	00:59:06
250	237	M <sup>a</sup> Rosário Barros	Juventude Vidigalense	10Km	00:59:13
251	160	Maria João Martins		10Km	00:59:14
252	7	Filipe Carvalheiro	CAN	10Km	00:59:15
253	216	João Catarino		10Km	00:59:15
254	9	Ana Isabel Vígia	CAN	10Km	00:59:15
255	165	Bruno Gonçalo Barata Antunes Garcia		10Km	00:59:26
256	31	Nuno Filipe Branco Da Luz	Benecar Runners	10Km	00:59:32
257	29	Luís Benavente	AVE RUNNING	10Km	00:59:36
258	45	Sónia Amaro Cerejo	Carapaus De Corrida NZR	10Km	00:59:48
259	246	Tiago Delgado	LAPQN	10Km	00:59:55
260	247	Dina Damil	Lebres E Tartarugas	10Km	01:00:15
261	254	João H. Sousa	OFFTEL RUNNERS	10Km	01:00:19
262	161	Luís Miguel Pereira Andrade		10Km	01:00:50
263	283	C tia Pereira	SUG Runners	10Km	01:01:02
264	282	Mara Santos	SUG Runners	10Km	01:01:03
265	206	Igor Coelho		10Km	01:01:03
266	168	Miguel Ângelo		10Km	01:01:54
267	89	Ana Patricia Pereira Salvado Ferreira	Chitas De Alcobaça	10Km	01:02:17
268	300	Valter Silva	Sunset Run Pataias	10Km	01:03:32
269	301	Nuno Franco	Sunset Run Pataias	10Km	01:03:33
270	81	Edgar Santos	Chitas De Alcobaça	10Km	01:05:08
271	91	Afonso Duarte Sousa	Chitas De Alcobaça	10Km	01:05:16
272	44	Fernanda Mangas	Carapaus De Corrida NZR	10Km	01:05:28
273	261	Anabela Pescadinha	Os Perigosos	10Km	01:05:29
274	97	Carla Moreira	Chitas De Alcobaça	10Km	01:07:28
275	95	Ricardo João Lopes Santos	Chitas De Alcobaça	10Km	01:07:30
276	96	Fernanda Roda	Chitas De Alcobaça	10Km	01:07:42
277	298	Bruno Gouveia	Sunset Run Pataias	10Km	01:10:03
278	239	Rute Oliveira	LAPQN	10Km	01:11:46
279	100	Jessica Filipa Baptista Soares	Closet Ladies	10Km	01:12:47
280	101	Márcia Raquel Da Luz Serra	Closet Ladies	10Km	01:13:02
281	193	Ana Rita Câmara		10Km	01:13:22

282	205	Andreia Sousa	10Km	01:13:37
283	214	João Manuel Monteiro Batista	10Km	01:13:46