



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	55	Wilson Varela	Vasco da gama atletico clube	Male	1	MSenior	1	01:12:38	4'50"/km
2	58	Rui Hilário	VFCE	Male	2	MSenior	2	01:16:51	5'07"/km
3	65	Luís Baião	Juventude Atlético Clube	Male	3	M40	1	01:17:23	5'09"/km
4	53	Vítor Madeira	Botelhos,Lda	Male	4	M45	1	01:19:32	5'18"/km
5	9	Tomás Fernandes	Gardens Spot	Male	5	MS23	1	01:19:35	5'18"/km
6	45	Rafael Silva	GD Santa Cruz / Botelhos.pt	Male	6	MSenior	3	01:21:25	5'25"/km
7	43	Carlos Milhano	Limited Edition Team	Male	7	M55	1	01:23:01	5'32"/km
8	51	José Alface	Vasco da gama atletico clube	Male	8	M45	2	01:23:27	5'33"/km
9	35	André Meirinhos	GDCT Repsol Polímeros	Male	9	MSenior	4	01:23:59	5'35"/km
10	67	Filipe Sousa	Juventude Atlético Clube	Male	10	M40	2	01:25:32	5'42"/km
11	59	Alexandre Sobral	VFCE	Male	11	MS23	2	01:25:42	5'42"/km
12	31	Nuno Semião	HB Salatia Runners	Male	12	MSenior	5	01:25:49	5'43"/km
13	47	Rita Santos		Female	1	FSenior	1	01:27:48	5'51"/km
14	57	Ruben Cunha	GD Santa Cruz / Botelhos.pt	Male	13	MSenior	6	01:30:29	6'01"/km
15	15	Diogo Fernandes	Gardens Spot	Male	14	M40	3	01:33:54	6'15"/km
16	63	Ludgero Luzia	Amiciclo Grândola	Male	15	M60	1	01:37:26	6'29"/km
17	4	Alberto Silva		Male	16	M45	3	01:38:09	6'32"/km
18	62	Neuza Silva	Os Kotas	Female	2	FSenior	2	01:39:15	6'37"/km
19	5	Vitor Martins	Talentos Team	Male	17	M60	2	01:39:59	6'39"/km
20	61	Joaquim Guerreiro	AA Lebres do Sado	Male	18	M50	1	01:40:00	6'40"/km
21	34	Susana Braga	GDCT Repsol Polímeros	Female	3	F45	1	01:40:35	6'42"/km
22	60	João Cunha	GD Santa Cruz / Botelhos.pt	Male	19	MSenior	7	01:41:29	6'45"/km
23	52	Antonio Parreira		Male	20	M45	4	01:45:35	7'02"/km
24	27	Gisele Castro	Alcateia Hirt Box	Female	4	FSenior	3	01:46:12	7'04"/km
25	50	Ana Pinela		Female	5	FSenior	4	01:46:48	7'07"/km
26	37	Francisco Miranda	GDCT Repsol Polímeros	Male	21	M45	5	01:47:01	7'08"/km
27	25	Felix Bartzsch	Silves Runners	Male	22	M50	2	01:48:56	7'15"/km
28	71	André Assunção		Male	23	MS23	3	01:50:34	7'22"/km
29	72	João Dinis Nogueira		Male	24	MS23	4	01:50:35	7'22"/km
30	73	João Nogueira		Male	25	M45	6	01:50:39	7'22"/km
31	26	César Silva	Alcateia Hirt Box	Male	26	MSenior	8	01:50:48	7'23"/km
32	36	Sergio Maquinista	GDCT Repsol Polímeros	Male	27	MSenior	9	01:53:07	7'32"/km
33	33	Inês Mateus	I'M FIT by Inês Mateus	Female	6	FSenior	5	01:54:19	7'37"/km
34	44	Joao Encarnacao	Gardens Spot	Male	28	MSenior	10	01:54:19	7'37"/km
35	66	Rui Gomes	VFCE	Male	29	M60	3	01:54:49	7'39"/km
36	48	Elsa Silva		Female	7	F45	2	01:55:44	7'43"/km
37	22	Nuno Oliveira	Casa do Benfica de Santiago do Cacém	Male	30	M45	7	01:56:44	7'46"/km
38	7	Carla Sardinha	Physicalwourkout	Female	8	F50	1	01:57:38	7'50"/km
39	46	Inês Pádua	GD Santa Cruz / Botelhos.pt	Female	9	FSenior	6	02:01:15	8'05"/km
40	54	Valter Luz	Crosstraining Cercal	Male	31	M40	4	02:05:03	8'20"/km
41	32	Carla Valério		Female	10	FSenior	7	02:05:20	8'21"/km
42	74	Milene Silva	crosstraining Cercal	Female	11	F40	1	02:09:09	8'36"/km
43	30	Duarte Simões	Grupo Desportivo e Cultural dos Portos de Sines e do Algarve	Male	32	MS23	5	02:09:21	8'37"/km
44	29	Rui Simões	Grupo Desportivo e Cultural dos Portos de Sines e do Algarve	Male	33	M50	3	02:09:23	8'37"/km
45	16	Rodrigo Vilhena	Gardens Spot	Male	34	M45	8	02:14:05	8'56"/km
46	75	Claudio Tavares		Male	35	MSenior	11	02:15:10	9'00"/km
47	21	Pedro Capela		Male	36	MSenior	12	02:15:10	9'00"/km
48	39	Cláudia Duarte	Limited Edition Team	Female	12	FSenior	8	02:16:06	9'04"/km
49	504	Miguel Cabrita	Limited Edition Team	Male	37	MSenior	13	02:16:07	9'04"/km
50	68	Joaquim Roque		Male	38	M55	2	02:17:03	9'08"/km
51	18	Bela Cunha	TOUTAVER	Female	13	F50	2	02:19:45	9'19"/km
52	19	Eduardo Martins	TOUTAVER	Male	39	M50	4	02:19:45	9'19"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
53	64	Ana Galufo	Os Kotas	Female	14	F40	2	02:23:06	9'32"/km
54	10	Manuel Sardinha	GD Baronia	Male	40	M50	5	02:24:59	9'39"/km
55	49	Francisco Andrade	Alcateia Hirt Box	Male	41	MSenior	14	02:27:59	9'51"/km
56	28	Geiziane Silva	Alcateia Hirt Box	Female	15	FSenior	9	02:27:59	9'51"/km
57	8	Silvana Sousa	GD Baronia	Female	16	F50	3	02:30:06	10'00"/km
58	23	Lara Vidal		Female	17	FSenior	10	02:34:11	10'16"/km
59	24	Carlos Martins		Male	42	M45	9	02:34:12	10'16"/km
60	1	Sofia Candeias		Female	18	F40	3	02:42:44	10'50"/km
61	2	Olivia Pinela		Female	19	F50	4	02:42:45	10'51"/km