



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	1047	Bernardo Maneta	Barbaris team	Male	1	Masc	1	01:02:05	4'46"/km
2	1029	Eduardo Carvão	Alter Runners	Male	2	Masc	2	01:11:53	5'31"/km
3	1027	Levi Valente	Individual	Male	3	Masc	3	01:13:55	5'41"/km
4	1075	Dinis Miranda	Grupo Desportivo Alegrete	Male	4	Masc	4	01:14:55	5'45"/km
5	1058	Juan Carlos Aparicio Durán	RUN BEER LA PARRA	Male	5	Masc	5	01:15:11	5'47"/km
6	1054	Juan José García Amaya	RUN BEER LA PARRA	Male	6	Masc	6	01:15:12	5'47"/km
7	1072	Vitorina Mourato	AC Portalegre / UTSM	Female	1	Fem	1	01:15:48	5'49"/km
8	575	Nuno Miguel Maças Costa		Male	7	Masc	7	01:16:16	5'52"/km
9	1005	Bernardo Fernandes	Sport Arronches e Benfica	Male	8	Masc	8	01:16:29	5'53"/km
10	1068	Jose Amaya García	Individual	Male	9	Masc	9	01:17:11	5'56"/km
11	1052	Benilde Paula Roque Bia	Alandroal United Runners	Female	2	Fem	2	01:18:03	6'00"/km
12	1039	Rui Baptista	Vila Boim Runners	Male	10	Masc	10	01:18:52	6'04"/km
13	1059	Antonio Peña Corbacho	RUN BEER LA PARRA	Male	11	Masc	11	01:19:49	6'08"/km
14	1055	Jose Luis Barbosa Murillo	RUN BEER LA PARRA	Male	12	Masc	12	01:19:52	6'08"/km
15	1067	María Gutiérrez Nieto	RUN BEER LA PARRA	Female	3	Fem	3	01:21:47	6'17"/km
16	1061	Ricardo Jorge Catalão Ramalho Raposo	Individual	Male	13	Masc	13	01:21:54	6'18"/km
17	1014	Tomás Cristiano	Barbaris team	Male	14	Masc	14	01:22:11	6'19"/km
18	1026	Jorge Martins	AD IALBAX	Male	15	Masc	15	01:22:23	6'20"/km
19	1073	João Carlos Pinheiro Correia	AC Portalegre / UTSM	Male	16	Masc	16	01:22:23	6'20"/km
20	1048	Eunice Silva	A D IALBAX	Female	4	Fem	4	01:23:02	6'23"/km
21	1007	Rafael Sequeira Germano	Barbaris team	Male	17	Masc	17	01:24:01	6'27"/km
22	1023	João Carlos Figueira Amaral Rodrigues	Individual	Male	18	Masc	18	01:24:18	6'29"/km
23	1084	Cátia Santana	Alandroal United Runners	Female	5	Fem	5	01:24:27	6'29"/km
24	1031	Jorge Calvo	Individual	Male	19	Masc	19	01:24:40	6'30"/km
25	1085	Ricardo Miguel Ferreira Capão	Alter Runners	Male	20	Masc	20	01:24:47	6'31"/km
26	1066	Francisco José Méndez	RUN BEER LA PARRA	Male	21	Masc	21	01:26:23	6'38"/km
27	1060	Ivan González Peña	RUN BEER LA PARRA	Male	22	Masc	22	01:26:26	6'38"/km
28	1034	David Moreira	Individual	Male	23	Masc	23	01:26:36	6'39"/km
29	1053	José Perdigão	Alandroal United Runners	Male	24	Masc	24	01:26:38	6'39"/km
30	1040	Ana Duarte	AD IALBAX	Female	6	Fem	6	01:26:46	6'40"/km
31	1004	Fátima Pimenta	Individual	Female	7	Fem	7	01:27:20	6'43"/km
32	1022	António Miguel Serra Rento	Clube Aventura de Monforte	Male	25	Masc	25	01:27:54	6'45"/km
33	1051	Luis Aires Costa	Grupo Desportivo Arenense	Male	26	Masc	26	01:28:16	6'47"/km
34	1036	Jose Carlos Amaral	Individual	Male	27	Masc	27	01:29:30	6'53"/km
35	1018	Isildo Guerrinha	UFDegolados	Male	28	Masc	28	01:29:30	6'53"/km
36	1057	Jose Manuel Lagar González	RUN BEER LA PARRA	Male	29	Masc	29	01:30:43	6'58"/km
37	1044	Nuno Miguel Elvas Cabaço	Alter Runners	Male	30	Masc	30	01:34:13	7'14"/km
38	1016	Alcino Cirilo	UFDegolados	Male	31	Masc	31	01:34:15	7'15"/km
39	1071	Manuel Braçadas	Barbaris team	Male	32	Masc	32	01:34:47	7'17"/km
40	1081	José António Garcez Rufino	Individual	Male	33	Masc	33	01:35:14	7'19"/km
41	1017	Luis Gaião	UFDegolados	Male	34	Masc	34	01:37:39	7'30"/km
42	1050	Esmeralda Vieira	UFDegolados	Female	8	Fem	8	01:37:52	7'31"/km
43	1046	Teresa Maneta	Barbaris team	Female	9	Fem	9	01:39:51	7'40"/km
44	1045	José Maneta	Barbaris team	Male	35	Masc	35	01:39:52	7'40"/km
45	1035	Paulo Amaral	Individual	Male	36	Masc	36	01:40:51	7'45"/km
46	1078	Duarte Marchã	Individual	Male	37	Masc	37	01:42:14	7'51"/km
47	1049	Alexandre Silva	Individual	Male	38	Masc	38	01:42:38	7'53"/km
48	1043	Flávia Madeira	Alter Runners	Female	10	Fem	10	01:42:53	7'54"/km
49	1002	Engracia Cândido	TREVOS DO FORTE	Female	11	Fem	11	01:42:56	7'55"/km
50	1021	Nuno Feiticeiro	Trevos do Forte	Male	39	Masc	39	01:42:56	7'55"/km
51	1008	Vanda	Individual	Female	12	Fem	12	01:43:17	7'56"/km
52	1069	Zélia Romão	Alandroal United Runners	Female	13	Fem	13	01:49:00	8'23"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
53	1082	Sandra Monteiro	Individual	Female	14	Fem	14	01:50:46	8'31"/km
54	1080	Patrícia Carreiras	Sport Arronches e Benfica	Female	15	Fem	15	01:50:46	8'31"/km
55	1000	Luis Matos	Matos	Male	40	Masc	40	01:52:52	8'40"/km
56	1032	Rute Horta Pereira	Together	Female	16	Fem	16	01:54:57	8'50"/km
57	1006	Margarida Baptista	Individual	Female	17	Fem	17	01:56:39	8'58"/km
58	1037	José Luis Velasques Cortes	Individual	Male	41	Masc	41	01:56:39	8'58"/km
59	1063	Luis Barroso	Individual	Male	42	Masc	42	02:03:12	9'28"/km
60	1062	Ana Janeiro	Individual	Female	18	Fem	18	02:03:13	9'28"/km
61	1065	Leonor De Fátima Gorino Alegria	Individual	Female	19	Fem	19	02:04:14	9'33"/km
62	1064	Luís Orelhas	Individual	Male	43	Masc	43	02:04:16	9'33"/km
63	1020	Patrícia Isabel Areias Cabeçana	Individual	Female	20	Fem	20	02:04:43	9'35"/km
64	1028	Maria Manuela Conde Dias Neves Real	Individual	Female	21	Fem	21	02:07:16	9'47"/km
65	1024	Carlos Pereira Bandola	Individual	Male	44	Masc	44	02:07:19	9'47"/km
66	1001	Fernanda Matos	Matos	Female	22	Fem	22	02:08:44	9'54"/km
67	1010	Ana Margarida Rijo	Individual	Female	23	Fem	23	02:09:40	9'58"/km
68	1012	Valentim Rijo	Individual	Male	45	Masc	45	02:09:40	9'58"/km
69	1033	Nuno Miranda	Together	Male	46	Masc	46	02:14:52	10'22"/km
70	1025	Maximiana T.g. Pereira	Individual	Female	24	Fem	24	02:15:49	10'26"/km
71	1030	Jose Manuel Real Neves	Individual	Male	47	Masc	47	02:15:51	10'27"/km
72	1074	Carlos Matos	Reumatós	Male	48	Masc	48	02:17:06	10'32"/km
73	1076	Maria Manuela Matos	Reumatós	Female	25	Fem	25	02:17:06	10'32"/km
74	1011	Paula Galvão	Individual	Female	26	Fem	26	02:17:19	10'33"/km