



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	133	Alexandre Venâncio	Casa do Benfica de Faro	Male	1	Senior Masc	1	00:33:01	3'18"/km
2	83	Joel Sardinha	GCA DONAS	Male	2	Senior Masc	2	00:33:19	3'19"/km
3	59	Rui Manuel Dos Santos Pereira	Casa do Benfica em Castelo Branco	Male	3	Senior Masc	3	00:33:21	3'20"/km
4	87	Sérgio Santos	GCA DONAS	Male	4	M40	1	00:33:35	3'21"/km
5	162	Bruno Ávila	Clube Independente de Atletismo Ilha Azul - CIAIA	Male	5	Junior Masc	1	00:34:04	3'24"/km
6	114	Carlos Rodrigues Sanches	Casa do Benfica em Castelo Branco	Male	6	Senior Masc	4	00:34:16	3'25"/km
7	180	Ricardo Sousa	Penta Clube da Covilhã - Equipa A	Male	7	Senior Masc	5	00:34:17	3'25"/km
8	93	Fernando Matos	GCA DONAS	Male	8	M50	1	00:34:28	3'26"/km
9	122	Tiago Marques	ACRS Desterro	Male	9	M40	2	00:34:31	3'27"/km
10	63	Nuno Miguel Gamboa Rodrigues	Casa do Benfica em Castelo Branco	Male	10	M40	3	00:35:09	3'30"/km
11	134	Hugo Alves	Grupo Desportivo da Mata	Male	11	Senior Masc	6	00:35:16	3'31"/km
12	84	António Curto	GCA DONAS	Male	12	Senior Masc	7	00:35:52	3'35"/km
13	166	João Monteiro	Penta Clube da Covilhã - Equipa A	Male	13	Senior Masc	8	00:36:00	3'36"/km
14	179	Miguel Gomes	Penta Clube da Covilhã - Equipa A	Male	14	Junior Masc	2	00:36:33	3'39"/km
15	86	Nuno Cordeiro	GCA DONAS	Male	15	M40	4	00:36:41	3'40"/km
16	183	Mário Pombo	Penta Clube da Covilhã - Equipa A	Male	16	M40	5	00:36:49	3'40"/km
17	39	Marco Daniel Viegas Alves	Amigos do Pedal - Cortes do Meio	Male	17	M40	6	00:37:06	3'42"/km
18	132	Pedro Nunes	Grupo Desportivo da Mata	Male	18	Senior Masc	9	00:37:34	3'45"/km
19	85	Roberto Barata	GCA DONAS	Male	19	Senior Masc	10	00:37:57	3'47"/km
20	102	José Lopes	GCA DONAS	Male	20	Senior Masc	11	00:38:02	3'48"/km
21	91	Daniel Anastácio	GCA DONAS	Male	21	M50	2	00:38:22	3'50"/km
22	164	Amaro Teixeira	Casa do Benfica de Faro	Male	22	Senior Masc	12	00:38:35	3'51"/km
23	144	Frederico Matias	Individual	Male	23	Senior Masc	13	00:38:39	3'51"/km
24	187	Rui Pais	Penta Clube da Covilhã - Equipa B	Male	24	M50	3	00:38:41	3'52"/km
25	185	Ruben Venâncio	Penta Clube da Covilhã - Equipa B	Male	25	Junior Masc	3	00:39:06	3'54"/km
26	168	Luís Reis	Penta Clube da Covilhã - Equipa A	Male	26	M40	7	00:39:24	3'56"/km
27	54	João Nuno Martins	GCA DONAS	Male	27	Senior Masc	14	00:39:28	3'56"/km
28	7	Armandino Chaves	EM3 Cycling Team	Male	28	M40	8	00:40:11	4'01"/km
29	194	Diogo Matos		Male	29	Senior Masc	15	00:40:13	4'01"/km
30	148	Miguel Nunss	ABCansado Trail	Male	30	M40	9	00:40:17	4'01"/km
31	81	António Manuel Pires Correia Gomes	Casa do Benfica em Castelo Branco	Male	31	Senior Masc	16	00:40:27	4'02"/km
32	21	Joao Afonso	EM3 Cycling Team	Male	32	M40	10	00:40:31	4'03"/km
33	52	Carolina Boulhosa	Clube de Triatlo do Fundão	Female	1	Senior Fem	1	00:40:33	4'03"/km
34	118	João Almeida	GCA DONAS	Male	33	Senior Masc	17	00:40:35	4'03"/km
35	13	Helder Maceiras	Individual	Male	34	Senior Masc	18	00:40:59	4'05"/km
36	129	Marco Melo	Individual	Male	35	Senior Masc	19	00:41:22	4'08"/km
37	74	Lukas Costa	CBRUNNING	Male	36	M40	11	00:41:24	4'08"/km
38	22	Hélio Costa	Boavista Trail	Male	37	M40	12	00:41:26	4'08"/km
39	51	Pedro Miguel Antunes Gonçalves	Casa do Benfica em Castelo Branco	Male	38	Senior Masc	20	00:41:43	4'10"/km
40	136	Diogo Paiva	Grupo Desportivo da Mata	Male	39	Senior Masc	21	00:41:45	4'10"/km
41	112	João Da Silva Varão	Individual	Male	40	M50	4	00:42:16	4'13"/km
42	130	José Cruz	Individual	Male	41	M40	13	00:42:18	4'13"/km
43	24	Rogério Palmeiro	Boavista Trail	Male	42	M40	14	00:42:23	4'14"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
44	4	Daniel Vicente	EM3 Cycling Team	Male	43	Senior Masc	22	00:42:24	4'14"/km
45	189	Ruben Monteiro	Penta Clube da Covilhã - Equipa C	Male	44	Junior Masc	4	00:42:38	4'15"/km
46	28	Luís Rafael Martins Cardoso	Centro Municipal de Marcha e Corrida do Fundão	Male	45	Senior Masc	23	00:43:04	4'18"/km
47	62	Beatriz Sofia Ramos Costa Rebelo	Casa do Benfica em Castelo Branco	Female	2	Senior Fem	2	00:43:05	4'18"/km
48	139	João Nuno Duarte	Individual	Male	46	Senior Masc	24	00:43:10	4'19"/km
49	142	Joel Sousa	Individual	Male	47	Senior Masc	25	00:43:10	4'19"/km
50	117	Joaquim Fernandes Afonso	Correr por Castelo Branco	Male	48	M60	1	00:43:16	4'19"/km
51	5	Nuno Calvário	EM3 Cycling Team	Male	49	Senior Masc	26	00:43:23	4'20"/km
52	57	Tiago Caria	Clube de Triatlo do Fundão	Male	50	Junior Masc	5	00:43:27	4'20"/km
53	71	Paulo Afonso	NAFA	Male	51	Senior Masc	27	00:44:00	4'24"/km
54	157	Nuno Américo Lima Monteiro	Casa do Benfica em Castelo Branco	Male	52	Senior Masc	28	00:44:06	4'24"/km
55	104	Tiago Varandas	Individual	Male	53	Senior Masc	29	00:44:15	4'25"/km
56	45	Isabel Alexandre Manique	Casa do Benfica em Castelo Branco	Female	3	Senior Fem	3	00:44:23	4'26"/km
57	70	Daniel Miguel	Individual	Male	54	Senior Masc	30	00:44:32	4'27"/km
58	15	Carlos Teixeira	Individual	Male	55	M40	15	00:44:43	4'28"/km
59	73	Maria João Catarino Pauleta Rico	Clube de Triatlo do Fundão	Female	4	F50	1	00:44:53	4'29"/km
60	11	António Moreira	Individual	Male	56	M40	16	00:45:05	4'30"/km
61	115	Joaquim Ferreira Da Costa	Individual	Male	57	M60	2	00:45:07	4'30"/km
62	27	Izaldo Barata	ALLcainsRUN	Male	58	M40	17	00:45:15	4'31"/km
63	89	Luis Jesus	GCA DONAS	Male	59	M40	18	00:45:16	4'31"/km
64	44	Pedro Filipe Nunes Lopes	Casa do Benfica em Castelo Branco	Male	60	M40	19	00:45:17	4'31"/km
65	9	André Salvado	EM3 Cycling Team	Male	61	Senior Masc	31	00:45:30	4'33"/km
66	158	Dalila Isabel Rei Romão	Casa do Benfica em Castelo Branco	Female	5	Senior Fem	4	00:45:45	4'34"/km
67	76	Marta Costa	Clube de Triatlo do Fundão	Female	6	Senior Fem	5	00:45:46	4'34"/km
68	116	Pedro Passarinha	Trail Team Vila de Mouros	Male	62	Senior Masc	32	00:46:05	4'36"/km
69	16	Alberto Carlos Henriques Tadeia	Centro Municipal de Marcha e Corrida do Fundão	Male	63	M50	5	00:46:09	4'36"/km
70	48	Júlio Martins	GCA DONAS	Male	64	M60	3	00:46:20	4'38"/km
71	155	Rui Filipe	ABCansado Trail	Male	65	M40	20	00:46:34	4'39"/km
72	80	Miguel Ramos	Centro Municipal de Marcha e Corrida do Fundão	Male	66	M50	6	00:46:37	4'39"/km
73	135	Artur Vicente	Grupo Desportivo da Mata	Male	67	Senior Masc	33	00:46:45	4'40"/km
74	95	Francisco Casteleiro	GCA DONAS	Male	68	M60	4	00:46:50	4'41"/km
75	165	Gonçalo Gonçalves	Penta Clube da Covilhã - Equipa B	Male	69	M40	21	00:46:53	4'41"/km
76	6	Luís Afonso	EM3 Cycling Team	Male	70	M40	22	00:46:59	4'41"/km
77	19	Nuno Craveiro	Centro Municipal de Marcha e Corrida do Fundão	Male	71	M50	7	00:47:08	4'42"/km
78	156	Ricardo Carrondo	ABCansado Trail	Male	72	M40	23	00:47:23	4'44"/km
79	152	Paulo Antunes	Individual	Male	73	M40	24	00:47:26	4'44"/km
80	34	Marco Soutilha	Individual	Male	74	Senior Masc	34	00:47:27	4'44"/km
81	72	Pedro Miguel Ferreira Maurício	Clube de Triatlo do Fundão	Male	75	Senior Masc	35	00:48:01	4'48"/km
82	97	Paulo Vaz	Individual	Male	76	M40	25	00:48:31	4'51"/km
83	35	Daniel Gêgo	Fundão ON MOVE	Male	77	Senior Masc	36	00:48:37	4'51"/km
84	190	Bruno Travassos	Penta Clube da Covilhã - Equipa C	Male	78	M40	26	00:48:38	4'51"/km
85	161	André Alves	Amigos do Pedal - Cortes do Meio	Male	79	M40	27	00:48:46	4'52"/km
86	175	Paula Ramos	Individual	Female	7	F40	1	00:48:54	4'53"/km
87	88	Gabriel Macchi	GCA DONAS	Male	80	M40	28	00:48:54	4'53"/km
88	79	Tiago José Nunes Lourenço	Casa do Benfica em Castelo Branco	Male	81	M40	29	00:49:34	4'57"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
89	53	Ricardo Mendonça	SHFIT TRAIL TEAM	Male	82	M40	30	00:49:51	4'59"/km
90	195	Ricardo Morais		Male	83	Senior Masc	37	00:49:52	4'59"/km
91	184	Marta Soares	Penta Clube da Covilhã - Equipa A	Female	8	F40	2	00:49:57	4'59"/km
92	150	Gabriel Almeida	CBRUNNING	Male	84	M40	31	00:50:22	5'02"/km
93	55	Rui Maranhas	Estrela Campo de Aviação F. C.	Male	85	M50	8	00:51:24	5'08"/km
94	137	Cristina Leão	ALLcainsRUN	Female	9	F40	3	00:51:59	5'11"/km
95	191	Marco Franco	Penta Clube da Covilhã - Equipa C	Male	86	M40	32	00:52:02	5'12"/km
96	96	Vasco Ponciano	Individual	Male	87	Senior Masc	38	00:52:45	5'16"/km
97	17	Luis Saraiva	EM3 Cycling Team	Male	88	M40	33	00:52:54	5'17"/km
98	3	David João Alves Lopes	Individual	Male	89	Senior Masc	39	00:53:26	5'20"/km
99	20	Nuno Mateus	SHFIT TRAIL TEAM	Male	90	Senior Masc	40	00:53:27	5'20"/km
100	29	Nuno Ribeiro	EM3 Cycling Team	Male	91	Senior Masc	41	00:53:55	5'23"/km
101	8	João Nunes	EM3 Cycling Team	Male	92	Senior Masc	42	00:53:56	5'23"/km
102	172	Nuno Magueijo	EM3 Cycling Team	Male	93	Senior Masc	43	00:54:03	5'24"/km
103	119	Rui Pedro Almeida	EM3 Cycling Team	Male	94	Senior Masc	44	00:54:04	5'24"/km
104	30	João Veríssimo	Individual	Male	95	M40	34	00:54:09	5'24"/km
105	181	Marina Cardona	Penta Clube da Covilhã - Equipa A	Female	10	Senior Fem	6	00:55:11	5'31"/km
106	178	Carolina Taborda	Penta Clube da Covilhã - Equipa A	Female	11	Junior Fem	1	00:55:11	5'31"/km
107	58	Tiago Gaspar	Individual	Male	96	Senior Masc	45	00:55:23	5'32"/km
108	193	Jose	Grupo Desportivo da Mata	Male	97	M50	9	00:55:49	5'34"/km
109	146	Ana Soares	Grupo Desportivo da Mata	Female	12	Senior Fem	7	00:55:52	5'35"/km
110	182	Vera Silva	Penta Clube da Covilhã - Equipa A	Female	13	Senior Fem	8	00:56:02	5'36"/km
111	12	Ana Matias	Centro Municipal de Marcha e Corrida do Fundão	Female	14	F40	4	00:56:47	5'40"/km
112	105	Gilda Alexandra Gomes Mota	Centro Municipal de Marcha e Corrida do Fundão	Female	15	F50	2	00:56:47	5'40"/km
113	138	Maria Gabriela Manteigas Santos	Grupo Desportivo da Mata	Female	16	F40	5	00:58:14	5'49"/km
114	174	António Alexandre Fidalgo Lourenço	Individual	Male	98	M40	35	00:58:25	5'50"/km
115	75	Pedro Miguel Marques Minhós	Individual	Male	99	Senior Masc	46	00:58:45	5'52"/km
116	113	Mónica Sofia Cordeiro Pais	Casa do Benfica em Castelo Branco	Female	17	F40	6	00:58:45	5'52"/km
117	10	Paula Pinheiro	Individual	Female	18	F40	7	01:00:27	6'02"/km
118	2	Rui Pinheiro	Individual	Male	100	M40	36	01:00:32	6'03"/km
119	40	Carina Susana Abrantes Saraiva	Amigos do Pedal - Cortes do Meio	Female	19	F40	8	01:01:42	6'10"/km
120	149	Mauricio Ferrite	Individual	Male	101	M40	37	01:02:35	6'15"/km
121	121	Ana Catarina Rebelo Dias	Individual	Female	20	Senior Fem	9	01:02:43	6'16"/km
122	151	Ana Domingos	Individual	Female	21	Senior Fem	10	01:02:43	6'16"/km
123	26	Paulo Neto	Fundão ON MOVE	Male	102	M40	38	01:03:11	6'19"/km
124	36	Carla Dias	Fundão ON MOVE	Female	22	F40	9	01:03:12	6'19"/km
125	124	Carlos Manuel Quiteres Mendes	Divisão de Empreitadas	Male	103	Senior Masc	47	01:03:55	6'23"/km
126	32	Mafalda Duarte	Individual	Female	23	F40	10	01:06:23	6'38"/km
127	68	Hugo Manuel Marques Da Silva	Individual	Male	104	M40	39	01:06:24	6'38"/km
128	33	Paula Nunes	Individual	Female	24	F40	11	01:06:25	6'38"/km
129	128	Carlos Manuel Gomes Jerónimo	Divisão de Empreitadas	Male	105	M40	40	01:06:26	6'38"/km
130	126	Fernando Mação	Divisão de Empreitadas	Male	106	Senior Masc	48	01:06:27	6'38"/km
131	127	Jorge Estêvão	Divisão de Empreitadas	Male	107	M50	10	01:08:46	6'52"/km