



Pos	Dorsal	Nome	Equipa	Escalão	Pos	Sexo	Pos	Tempo	Ritmo
1	85	Bruno Gaspar	AC VERMOIL	M35	1	Male	1	00:33:15	3'19"/km
2	328	André Ferreira	CPT Sobral de Ceira	Jun/Sen M	1	Male	2	00:33:18	3'19"/km
3	132	Pedro Januário	INDUSTRIAL DESPORTIVO VIEIRENSE	M40	1	Male	3	00:33:48	3'22"/km
4	2	Luís Contente	ACDRS QUINHENDROS	Jun/Sen M	2	Male	4	00:34:19	3'25"/km
5	390	Nuno Serrada	ACBatalha	M40	2	Male	5	00:35:10	3'31"/km
6	27	Ricardo Sousa	DCI/Trilhos Luso Bussaco	Jun/Sen M	3	Male	6	00:35:12	3'31"/km
7	6	Rui Rodrigues	Centro de Atletismo de Tondela	M40	3	Male	7	00:35:45	3'34"/km
8	293	Carlos Costa	Escola de Atletismo de Coimbra/JPaiva	Jun/Sen M	4	Male	8	00:36:03	3'36"/km
9	241	Hugo Ramalho	Recreio Desportivo de Águeda	M40	4	Male	9	00:36:05	3'36"/km
10	22	William Caetano	KALENJI TEAM DECATHLON AVEIRO	Jun/Sen M	5	Male	10	00:36:05	3'36"/km
11	147	Licínio Carreira	AC VERMOIL	M45	1	Male	11	00:36:10	3'37"/km
12	54	Mário Silva Mourão	Acrs Desterro napo	M55	1	Male	12	00:36:14	3'37"/km
13	272	Adérito Fontes	Escola de Atletismo de Coimbra/JPaiva	M55	2	Male	13	00:36:28	3'38"/km
14	3	Bruno Gonçalves	Escola de Atletismo de Coimbra/JPaiva	M35	2	Male	14	00:36:29	3'38"/km
15	77	Rodrigo Rodrigues	Viriathvs Runners Viseu	Jun/Sen M	6	Male	15	00:36:30	3'39"/km
16	351	João Coentrão	Grupo Recreativo Eirense	Jun/Sen M	7	Male	16	00:36:32	3'39"/km
17	71	Ernesto Pereira	FÁTIMA TRAIL TEAM	M35	3	Male	17	00:36:35	3'39"/km
18	131	Jorge Marcelino	INDUSTRIAL DESPORTIVO VIEIRENSE	M45	2	Male	18	00:36:38	3'39"/km
19	53	Tiago Gonçalves	Escola de Atletismo de Coimbra/JPaiva	Jun/Sen M	8	Male	19	00:36:56	3'41"/km
20	84	Miguel Gonçalves	AC VERMOIL	M40	5	Male	20	00:36:57	3'41"/km
21	381	Márcio Filipe Simões Pereira	Escola de Atletismo de Coimbra/JPaiva	M40	6	Male	21	00:37:00	3'42"/km
22	133	António Ferreira	INDUSTRIAL DESPORTIVO VIEIRENSE	M50	1	Male	22	00:37:35	3'45"/km
23	346	Vitor Cardoso	Escola de Atletismo de Coimbra/JPaiva	M45	3	Male	23	00:37:49	3'46"/km
24	330	João Gonçalves	AC VERMOIL	Jun/Sen M	9	Male	24	00:37:54	3'47"/km
25	135	Aléxis Rocha	INDUSTRIAL DESPORTIVO VIEIRENSE	Jun/Sen M	10	Male	25	00:37:54	3'47"/km
26	246	José Sequeira	Montanha Clube Trail Running/EFAPEL	Jun/Sen M	11	Male	26	00:37:57	3'47"/km
27	120	Manuel Pinto	Tribo NR	M45	4	Male	27	00:37:58	3'47"/km
28	247	Diogo Pimenta	DCI/Trilhos Luso Bussaco	Jun/Sen M	12	Male	28	00:38:15	3'49"/km
29	322	Hugo Luzio	Saca Trilhos Anadia	M35	4	Male	29	00:38:22	3'50"/km
30	106	Pedro Santos	Lama Solta	M35	5	Male	30	00:38:24	3'50"/km
31	318	José Pedro Galvão		Jun/Sen M	13	Male	31	00:38:26	3'50"/km
32	134	Amílcar Brito	INDUSTRIAL DESPORTIVO VIEIRENSE	M35	6	Male	32	00:38:40	3'52"/km
33	49	Tiago Taborda	DCI/Trilhos Luso Bussaco	M35	7	Male	33	00:38:41	3'52"/km
34	112	Nuno Neves	Lama Solta	Jun/Sen M	14	Male	34	00:39:19	3'55"/km
35	148	Joaquim Quitério	AC VERMOIL	M45	5	Male	35	00:39:25	3'56"/km
36	68	José António Pereira Martins	Viriathvs Runners Viseu	M50	2	Male	36	00:39:35	3'57"/km
37	31	António Moreira	KALENJI TEAM DECATHLON AVEIRO	M40	7	Male	37	00:39:37	3'57"/km
38	139	Licínio Pereira	INDUSTRIAL DESPORTIVO VIEIRENSE	M65	1	Male	38	00:39:37	3'57"/km
39	307	João Tinoco	ACDRS QUINHENDROS	Jun/Sen M	15	Male	39	00:39:39	3'57"/km
40	226	Nelson Heleno	ASSSCC - Ar Livre e Aventura	Jun/Sen M	16	Male	40	00:39:40	3'58"/km
41	159	Ricardo Saraiva	Grupo Recreativo Eirense	M50	3	Male	41	00:39:48	3'58"/km
42	321	Luis Fernandes	Team Casmilo Trails	M35	8	Male	42	00:39:49	3'58"/km
43	99	Joao Pato	CluVe	Jun/Sen M	17	Male	43	00:39:51	3'59"/km
44	298	Tiago Silva	Gatões BTT	Jun/Sen M	18	Male	44	00:39:55	3'59"/km
45	352	Paulo Garcia	Escola de Atletismo de Coimbra/JPaiva	M50	4	Male	45	00:39:59	3'59"/km
46	288	Hélder Galvão	Coimbra Trail Running	M35	9	Male	46	00:40:03	4'00"/km
47	10	Miguel Gomes	Ccr Praia de mira	Jun/Sen M	19	Male	47	00:40:18	4'01"/km
48	145	José Santos	AC VERMOIL	M45	6	Male	48	00:40:21	4'02"/km
49	9	Ricardo Germano	CluVe	M35	10	Male	49	00:40:27	4'02"/km
50	316	Juan José González		M50	5	Male	50	00:40:30	4'03"/km
51	248	João Freitas	Vikings Trail Runners / CCR Alcabideque	Jun/Sen M	20	Male	51	00:40:43	4'04"/km
52	14	Luis Vilela	Montanha Clube Trail Running/EFAPEL	M40	8	Male	52	00:40:43	4'04"/km



Pos	Dorsal	Nome	Equipa	Escalão	Pos	Sexo	Pos	Tempo	Ritmo
53	217	Leonel Sousa		M50	6	Male	53	00:40:47	4'04"/km
54	306	Nuno Marques		Jun/Sen M	21	Male	54	00:40:48	4'04"/km
55	245	António Velha	GRUPO DESPORTIVO ASSEMPARK	M55	3	Male	55	00:40:48	4'04"/km
56	354	Manuel Lino	DCI/Trilhos Luso Bussaco	M60	1	Male	56	00:40:49	4'04"/km
57	183	Tiago Roque	Lama Solta	M40	9	Male	57	00:41:00	4'06"/km
58	151	Luis Oliveira	Lama Solta	Jun/Sen M	22	Male	58	00:41:05	4'06"/km
59	289	Telmo Santos	Vikings Trail Runners / CCR Alcabideque	Jun/Sen M	23	Male	59	00:41:10	4'07"/km
60	97	João Marques		Jun/Sen M	24	Male	60	00:41:14	4'07"/km
61	155	Salvador Silva	CF Oliveira do Douro	M45	7	Male	61	00:41:15	4'07"/km
62	113	Luís Oliveira	Figueira kayak Clube	Jun/Sen M	25	Male	62	00:41:27	4'08"/km
63	379	David Patricio	CPT Sobral de Ceira	M55	4	Male	63	00:41:30	4'09"/km
64	149	José Mendes	AC VERMOIL	M40	10	Male	64	00:41:30	4'09"/km
65	138	Carlos Simões	INDUSTRIAL DESPORTIVO VIEIRENSE	M55	5	Male	65	00:41:31	4'09"/km
66	128	Mário Carapinheiro	AAC	M55	6	Male	66	00:41:34	4'09"/km
67	1	Patrícia Fernandes	Escola de Atletismo de Coimbra/JPaiva	Jun/Sen F	1	Female	1	00:41:39	4'09"/km
68	255	Matilde Sanches		Jun/Sen F	2	Female	2	00:41:51	4'11"/km
69	50	Francisco Ferreira		M55	7	Male	67	00:41:55	4'11"/km
70	130	Rui Dinis	INDUSTRIAL DESPORTIVO VIEIRENSE	M55	8	Male	68	00:42:03	4'12"/km
71	137	João Marcelino	INDUSTRIAL DESPORTIVO VIEIRENSE	M50	7	Male	69	00:42:05	4'12"/km
72	115	Gilberto Pereira	GRUPO DESPORTIVO ASSEMPARK	M40	11	Male	70	00:42:08	4'12"/km
73	315	Jorge Lemos		Jun/Sen M	26	Male	71	00:42:12	4'13"/km
74	169	Acílio Noro	Soure Mov	M45	8	Male	72	00:42:15	4'13"/km
75	259	João Alves		Jun/Sen M	27	Male	73	00:42:21	4'14"/km
76	72	Rui Manuel Pires Da Silva	Viriathvs Runners Viseu	M45	9	Male	74	00:42:21	4'14"/km
77	167	André Neto	Soure Mov	M35	11	Male	75	00:42:24	4'14"/km
78	244	Manuel Sá	GRUPO DESPORTIVO ASSEMPARK	M60	2	Male	76	00:42:27	4'14"/km
79	127	José Simões	AAC	M45	10	Male	77	00:42:29	4'14"/km
80	329	Rodrigo Cardoso Simões	Escola de Atletismo de Coimbra/JPaiva	Jun/Sen M	28	Male	78	00:42:34	4'15"/km
81	30	Carlos Patrão	Soure Mov	M40	12	Male	79	00:42:36	4'15"/km
82	317	Bruno Martins	Team Casmilo Trails	Jun/Sen M	29	Male	80	00:42:38	4'15"/km
83	116	Manuel Machado	GRUPO DESPORTIVO ASSEMPARK	M55	9	Male	81	00:42:41	4'16"/km
84	320	Jose Pires		M50	8	Male	82	00:42:41	4'16"/km
85	89	Nelson Moreira	Casa Benfica de Torres Vedras	M40	13	Male	83	00:42:42	4'16"/km
86	7	António Ferreira	Lobos da Serra - Loureiro	M50	9	Male	84	00:42:44	4'16"/km
87	378	Bruno Silva	ARCD Venda da Luísa	M40	14	Male	85	00:42:45	4'16"/km
88	303	Manuel Ferreira	ADRM	M60	3	Male	86	00:42:46	4'16"/km
89	271	Paulo Monteiro	Desportivo Moitense	M50	10	Male	87	00:42:47	4'16"/km
90	142	Adriana Coelho	INDUSTRIAL DESPORTIVO VIEIRENSE	Jun/Sen F	3	Female	3	00:42:53	4'17"/km
91	37	Ricardo Nunes	ACRM Silveirinha Grande Claras	Jun/Sen M	30	Male	88	00:42:58	4'17"/km
92	164	Ernesto Nabeiro	Soure Mov	M50	11	Male	89	00:43:02	4'18"/km
93	344	Telmo José Cruz	FormobikeBTT&TrailRunning	Jun/Sen M	31	Male	90	00:43:02	4'18"/km
94	23	Joao Roso	Escola de Atletismo de Coimbra/JPaiva	M35	12	Male	91	00:43:10	4'19"/km
95	215	Henrique Carvalheiro	CCDR Matas e Cipreste	M35	13	Male	92	00:43:17	4'19"/km
96	187	Bruno Simoes		Jun/Sen M	32	Male	93	00:43:17	4'19"/km
97	154	João Rui Baptista	FormobikeBTT&TrailRunning	Jun/Sen M	33	Male	94	00:43:18	4'19"/km
98	62	Carlos Costa		M45	11	Male	95	00:43:19	4'19"/km
99	380	Rui Cadete	Lama Solta	M40	15	Male	96	00:43:20	4'20"/km
100	101	Arcides Simões	Viriathvs Runners Viseu	M55	10	Male	97	00:43:21	4'20"/km
101	224	Gil Novo Novo	Lama Solta	Jun/Sen M	34	Male	98	00:43:31	4'21"/km
102	304	Jucelino Monteiro	Desportivo Moitense	M50	12	Male	99	00:43:33	4'21"/km
103	254	João Martins		M45	12	Male	100	00:43:41	4'22"/km
104	87	António Ribeiro		M50	13	Male	101	00:43:49	4'22"/km



Pos	Dorsal	Nome	Equipa	Escalão	Pos	Sexo	Pos	Tempo	Ritmo
105	150	Vitor Lopes	AC VERMOIL	M50	14	Male	102	00:43:49	4'22"/km
106	243	Bruno B Ferreira	ACDRS QUINHENDROS	M40	16	Male	103	00:43:56	4'23"/km
107	382	Joana Da Cunha		F40	1	Femal e	4	00:44:03	4'24"/km
108	214	Pedro Jacinto	GRUPO DESPORTIVO ASSEMPARK	Jun/Sen M	35	Male	104	00:44:07	4'24"/km
109	20	Amilcar Costa	ACRM Silveirinha Grande Claras	M50	15	Male	105	00:44:13	4'25"/km
110	174	Hugo Bernardes	Soure Mov	M35	14	Male	106	00:44:17	4'25"/km
111	26	João Dâmaso	Grupo Maravilha	M35	15	Male	107	00:44:19	4'25"/km
112	65	Luc Hennetier	Escola de Atletismo de Coimbra/JPaiva	M45	13	Male	108	00:44:24	4'26"/km
113	365	João Marques	ARCD Venda da Luísa	M35	16	Male	109	00:44:25	4'26"/km
114	275	Fernando Moraes	Saca Trilhos Anadia	M55	11	Male	110	00:44:29	4'26"/km
115	57	Luís Silva	ACRM Silveirinha Grande Claras	M50	16	Male	111	00:44:33	4'27"/km
116	91	Nuno Figueiredo	Correr Lisboa	M40	17	Male	112	00:44:34	4'27"/km
117	305	André Moraes	LisBarro Sport Performance	Jun/Sen M	36	Male	113	00:44:42	4'28"/km
118	228	Rui Póvoa		M40	18	Male	114	00:44:44	4'28"/km
119	370	Luís Machado	ARCD Venda da Luísa	M45	14	Male	115	00:44:59	4'29"/km
120	274	Luis Gaspar		M35	17	Male	116	00:45:15	4'31"/km
121	102	Fernando Alhau	Coimbra Trail Running	M60	4	Male	117	00:45:24	4'32"/km
122	69	José Silva	Viriathvs Runners Viseu	M55	12	Male	118	00:45:31	4'33"/km
123	28	Nélio Vieira	AC Batalha	Jun/Sen M	37	Male	119	00:45:33	4'33"/km
124	264	José Proença	KALENJI TEAM DECATHLON AVEIRO	M40	19	Male	120	00:45:38	4'33"/km
125	75	Helder Araújo		M60	5	Male	121	00:45:48	4'34"/km
126	258	José Maçarria	Maresia Bar	M60	6	Male	122	00:45:50	4'35"/km
127	110	João Filipe Sequeira		Jun/Sen M	38	Male	123	00:45:55	4'35"/km
128	17	Joel Santos	ACRM Silveirinha Grande Claras	M35	18	Male	124	00:46:07	4'36"/km
129	81	Brian Ferreira	ASSSCC - Ar Livre e Aventura	Jun/Sen M	39	Male	125	00:46:08	4'36"/km
130	205	Hilario Espadilha	GRUPO DESPORTIVO ASSEMPARK	M45	15	Male	126	00:46:11	4'37"/km
131	384	Paulo Curado	ARCD Venda da Luísa	M45	16	Male	127	00:46:35	4'39"/km
132	206	José Canha	GRUPO DESPORTIVO ASSEMPARK	M55	13	Male	128	00:46:37	4'39"/km
133	200	António Agostinho Taborda		M40	20	Male	129	00:46:39	4'39"/km
134	40	Luís Santos	Team BolêtaRun	M45	17	Male	130	00:46:41	4'40"/km
135	196	Filipe Carraco Cerejo	Lama Solta	M35	19	Male	131	00:46:52	4'41"/km
136	280	Manuel Fernando		M65	2	Male	132	00:46:54	4'41"/km
137	210	Vitor Gomes	CluVe	M55	14	Male	133	00:46:54	4'41"/km
138	136	Pedro Coimbra	INDUSTRIAL DESPORTIVO VIEIRENSE	M45	18	Male	134	00:47:02	4'42"/km
139	194	Miguel Coimbra	Grupo Recreativo Eirese	M55	15	Male	135	00:47:06	4'42"/km
140	170	Vasco Gamboa	Soure Mov	Jun/Sen M	40	Male	136	00:47:07	4'42"/km
141	285	Ricardo Páscoa	Soure Mov	M40	21	Male	137	00:47:10	4'43"/km
142	270	Carlos Gaspar		M50	17	Male	138	00:47:12	4'43"/km
143	223	Joel Pedrosa Simões		Jun/Sen M	41	Male	139	00:47:12	4'43"/km
144	36	Armando Pereira	We	M45	19	Male	140	00:47:15	4'43"/km
145	319	Vitor Cação	Gatões BTT	M40	22	Male	141	00:47:16	4'43"/km
146	35	Nuno Simões	Escola de Atletismo de Coimbra/JPaiva	M40	23	Male	142	00:47:16	4'43"/km
147	44	Jose Basilio Simoes	ARCD Venda da Luísa	M50	18	Male	143	00:47:22	4'44"/km
148	256	Diogo Reis	Coimbra Trail Running	M40	24	Male	144	00:47:23	4'44"/km
149	43	Carla Santos	Montanha Clube Trail Running/EFAPEL	Jun/Sen F	4	Femal e	5	00:47:32	4'45"/km
150	292	João Rainho	Inter de Limão	Jun/Sen M	42	Male	145	00:47:36	4'45"/km
151	216	Henrique Lavaredas	CCDR Matas e Cipreste	M45	20	Male	146	00:47:36	4'45"/km
152	350	César Tafula		M40	25	Male	147	00:47:40	4'46"/km
153	233	Hugo Neves	Impact Factor	M35	20	Male	148	00:47:52	4'47"/km
154	240	Vitor Parola	Impact Factor	M35	21	Male	149	00:47:52	4'47"/km
155	100	Vitor Ribeiro	Los Caribeños	M35	22	Male	150	00:47:54	4'47"/km
156	314	José Carlos Pereira	Pegada@Tavira	M45	21	Male	151	00:47:59	4'47"/km



Pos	Dorsal	Nome	Equipa	Escalão	Pos	Sexo	Pos	Tempo	Ritmo
157	161	Andreia Brás	Soure Mov	Jun/Sen F	5	Femal	6	00:48:00	4'48"/km
158	281	Esmeralda Fiúza	Lobos da Serra - Loureiro	F55	1	Femal	7	00:48:05	4'48"/km
159	182	Daniela Cruz Santos	Ccr Praia de mira	Jun/Sen F	6	Femal	8	00:48:06	4'48"/km
160	55	Helena Mourão Mourão	Acrs Desterro napo	F60	1	Femal	9	00:48:08	4'48"/km
161	269	Arlindo Neves	ARCD Venda da Luísa	M55	16	Male	152	00:48:19	4'49"/km
162	265	João Nunes		M45	22	Male	153	00:48:20	4'50"/km
163	301	Sandra Simões	INDUSTRIAL DESPORTIVO VIEIRENSE	F45	1	Femal	10	00:48:22	4'50"/km
164	51	Carlos Ortet	GRUPO DESPORTIVO ASSEMPARK	M45	23	Male	154	00:48:27	4'50"/km
165	348	António Fernandes	KALENJI TEAM DECATHLON AVEIRO	M45	24	Male	155	00:48:30	4'51"/km
166	262	Telmo Baptista		Jun/Sen M	43	Male	156	00:48:31	4'51"/km
167	261	Joana Barraca		Jun/Sen F	7	Femal	11	00:48:31	4'51"/km
168	207	João Neves	Lama Solta	Jun/Sen M	44	Male	157	00:48:41	4'52"/km
169	252	Carlos Lobo		M55	17	Male	158	00:48:49	4'52"/km
170	360	Hélder Morim		M35	23	Male	159	00:48:57	4'53"/km
171	146	Emanuela Simões	AC VERMOIL	F45	2	Femal	12	00:49:13	4'55"/km
172	117	Pedro Marques	GRUPO DESPORTIVO ASSEMPARK	M45	25	Male	160	00:49:16	4'55"/km
173	141	Sónia Farto	INDUSTRIAL DESPORTIVO VIEIRENSE	F45	3	Femal	13	00:49:43	4'58"/km
174	157	Marta Senos	KALENJI TEAM DECATHLON AVEIRO	Jun/Sen F	8	Femal	14	00:49:46	4'58"/km
175	21	José Goes	ACRM Silveirinha Grande Claras	M55	18	Male	161	00:49:52	4'59"/km
176	67	João Paulo Santos Fernandes	PROSISTEM	M45	26	Male	162	00:49:53	4'59"/km
177	175	André Esteves	Soure Mov	Jun/Sen M	45	Male	163	00:49:53	4'59"/km
178	38	João Sintra	ACRM Silveirinha Grande Claras	M60	7	Male	164	00:49:54	4'59"/km
179	383	Nuno Duarte	Caminhos do diabo	Jun/Sen M	46	Male	165	00:49:56	4'59"/km
180	242	Silvia Gomes		Jun/Sen F	9	Femal	15	00:49:57	4'59"/km
181	368	Vitor Marques	ARCD Venda da Luísa	M45	27	Male	166	00:50:08	5'00"/km
182	107	Filomena Carvalho	Lama Solta	F40	2	Femal	16	00:50:16	5'01"/km
183	32	Aldina Ferreira	We	F40	3	Femal	17	00:50:24	5'02"/km
184	140	Helena Henriques	INDUSTRIAL DESPORTIVO VIEIRENSE	F50	1	Femal	18	00:50:44	5'04"/km
185	231	Marco Pascoal	Vilaventura Trail	M35	24	Male	167	00:50:51	5'05"/km
186	114	Valter Jacinto	GRUPO DESPORTIVO ASSEMPARK	M65	3	Male	168	00:50:54	5'05"/km
187	213	Diogo Simões	Lobos da Serra - Loureiro	Jun/Sen M	47	Male	169	00:50:56	5'05"/km
188	279	Jorge Ramos	ACDRS QUINHENDROS	M65	4	Male	170	00:51:06	5'06"/km
189	105	Elisa Bregieiro	Lama Solta	Jun/Sen F	10	Femal	19	00:51:11	5'07"/km
190	308	Liliana Silva	CPT Sobral de Ceira	F45	4	Femal	20	00:51:17	5'07"/km
191	372	José Fernandes	ARCD Venda da Luísa	M55	19	Male	171	00:51:25	5'08"/km
192	257	João Manuel Rodrigues Barroco	GRUPO DESPORTIVO ASSEMPARK	M60	8	Male	172	00:51:26	5'08"/km
193	209	Roberto Simões	Lobos da Serra - Loureiro	M40	26	Male	173	00:51:28	5'08"/km
194	361	Óscar Cardoso		Jun/Sen M	48	Male	174	00:51:36	5'09"/km
195	377	Carlos Albuquerque	ARCD Venda da Luísa	M45	28	Male	175	00:51:40	5'10"/km
196	178	Ana Carolina Filipe		Jun/Sen F	11	Femal	21	00:51:44	5'10"/km
197	45	Tiago Pires	ARCD Venda da Luísa	M35	25	Male	176	00:51:44	5'10"/km
198	122	Paulo Gonçalves		M45	29	Male	177	00:51:48	5'10"/km
199	79	Jacinta Manata	Adões Trail	F40	4	Femal	22	00:51:49	5'10"/km
200	158	Odeta Cruz		F55	2	Femal	23	00:52:04	5'12"/km
201	179	Sara Martins	CluVe	F45	5	Femal	24	00:52:05	5'12"/km



Pos	Dorsal	Nome	Equipa	Escalão	Pos	Sexo	Pos	Tempo	Ritmo
202	357	Rafael Morim		Jun/Sen M	49	Male	178	00:52:19	5'13"/km
203	251	Pedro Marques	Lama Solta	M35	26	Male	179	00:52:25	5'14"/km
204	208	Cristiana Silva	Lobos da Serra - Loureiro	Jun/Sen F	12	Female	25	00:52:36	5'15"/km
205	376	Elisabete Correia	ARCD Venda da Luísa	F35	1	Female	26	00:52:37	5'15"/km
206	171	António Ferreira	Soure Mov	M40	27	Male	180	00:52:42	5'16"/km
207	39	Carlos Barroso		M55	20	Male	181	00:52:55	5'17"/km
208	374	Isabel Barreiro	ARCD Venda da Luísa	F40	5	Female	27	00:52:55	5'17"/km
209	218	Elias Leitão		M65	5	Male	182	00:53:00	5'18"/km
210	111	João Luis Santos		M50	19	Male	183	00:53:05	5'18"/km
211	74	Pedro Fernandes	ACDRS QUINHENDROS	M45	30	Male	184	00:53:20	5'20"/km
212	108	Rui Carlos Correia	KALENJI TEAM DECATHLON AVEIRO	M50	20	Male	185	00:53:21	5'20"/km
213	250	Rui Silva	Adões Trail	Jun/Sen M	50	Male	186	00:53:26	5'20"/km
214	282	Celestino Marques	INDUSTRIAL DESPORTIVO VIEIRENSE	M60	9	Male	187	00:53:29	5'20"/km
215	18	João Graca	ACRM Silveirinha Grande Claras	M65	6	Male	188	00:53:30	5'21"/km
216	12	Joana Almeida		Jun/Sen F	13	Female	28	00:53:30	5'21"/km
217	185	Nuno Fernandes		M45	31	Male	189	00:53:39	5'21"/km
218	176	Ricardo Silva	Adões Trail	M40	28	Male	190	00:53:39	5'21"/km
219	311	Antonio Tafula		M65	7	Male	191	00:53:40	5'22"/km
220	291	Jorge Ribeiro	R G Levanta Poeira	M50	21	Male	192	00:53:48	5'22"/km
221	165	Jorge Cordeiro	Soure Mov	M55	21	Male	193	00:53:51	5'23"/km
222	323	Pedro Roque	Os Papa Milhas	M50	22	Male	194	00:53:54	5'23"/km
223	143	Eugénio Nebdes	AC VERMOIL	M60	10	Male	195	00:54:13	5'25"/km
224	249	Ivo Alexandre Carvalho Dos Reis		M35	27	Male	196	00:54:17	5'25"/km
225	98	Henrique Conceição	Viseu 360	M65	8	Male	197	00:54:22	5'26"/km
226	70	Rui Pires	FHCoimbra	M45	32	Male	198	00:54:24	5'26"/km
227	237	Carlos Rodrigues		M40	29	Male	199	00:54:25	5'26"/km
228	234	João Luís Almeida Cunha Rodrigues		M45	33	Male	200	00:54:25	5'26"/km
229	59	Lino Carraco	ACRM Silveirinha Grande Claras	M50	23	Male	201	00:54:26	5'26"/km
230	253	Teresa Barra		F35	2	Female	29	00:54:35	5'27"/km
231	203	Luís Pinto	Diabinhos de Samuel	M40	30	Male	202	00:54:42	5'28"/km
232	184	Antónia Abrantes	CluVe	F55	3	Female	30	00:54:45	5'28"/km
233	356	Edgar Gomes	Soure Mov	M35	28	Male	203	00:54:48	5'28"/km
234	163	Catarina Cordeiro	Soure Mov	F45	6	Female	31	00:54:57	5'29"/km
235	375	Fernando Morgado	ARCD Venda da Luísa	M35	29	Male	204	00:55:04	5'30"/km
236	347	Saul Leite	Correr Lisboa	Jun/Sen M	51	Male	205	00:55:08	5'30"/km
237	277	João Rovira	CSKD	Jun/Sen M	52	Male	206	00:55:11	5'31"/km
238	366	José Guilherme Fernandes	ARCD Venda da Luísa	Jun/Sen M	53	Male	207	00:55:13	5'31"/km
239	287	Ana Pinheiro	FHCoimbra	Jun/Sen F	14	Female	32	00:55:18	5'31"/km
240	15	José Ladeiro	FitMove	Jun/Sen M	54	Male	208	00:55:33	5'33"/km
241	173	Marta Serralheiro	Soure Mov	F45	7	Female	33	00:55:37	5'33"/km
242	327	Carlos Humberto Madeira Coelho	Miro trail	M45	34	Male	209	00:55:49	5'34"/km
243	198	Filomena Trindade	KALENJI TEAM DECATHLON AVEIRO	F60	2	Female	34	00:56:00	5'36"/km
244	94	Marta Costa	Adões Trail	Jun/Sen F	15	Female	35	00:56:15	5'37"/km
245	349	Hugo Matos		M45	35	Male	210	00:56:19	5'37"/km
246	19	Gabriela Carraco	ACRM Silveirinha Grande Claras	F40	6	Female	36	00:56:29	5'38"/km
247	343	Anabela Fonseca		F45	8	Female	37	00:56:34	5'39"/km



Pos	Dorsal	Nome	Equipa	Escalão	Pos	Sexo	Pos	Tempo	Ritmo
248	299	Adriana Almeida	Gatões BTT	Jun/Sen F	16	Femal	38	00:56:36	5'39"/km
249	177	Jorge Filipe		M45	36	Male	211	00:56:38	5'39"/km
250	310	Inês Oliveira	Correr Lisboa	Jun/Sen F	17	Femal	39	00:56:48	5'40"/km
251	162	Santos Mota	Soure Mov	M60	11	Male	212	00:56:49	5'40"/km
252	172	Joel Baptista	Soure Mov	M40	31	Male	213	00:56:50	5'41"/km
253	302	Nelia Jesus	Gatões BTT	F45	9	Femal	40	00:56:52	5'41"/km
254	197	Jorge Justo	CPT Sobral de Ceira	M60	12	Male	214	00:56:57	5'41"/km
255	326	Michel Pestana		M40	32	Male	215	00:57:15	5'43"/km
256	41	Alexandre Carreira		Jun/Sen M	55	Male	216	00:57:16	5'43"/km
257	166	Rosália Duarte	Soure Mov	F55	4	Femal	41	00:57:25	5'44"/km
258	11	Maria João Benquerença	ARCD Venda da Luísa	F45	10	Femal	42	00:57:42	5'46"/km
259	48	Eduarda Vinagre	KALENJI TEAM DECATHLON AVEIRO	F45	11	Femal	43	00:58:02	5'48"/km
260	263	Laurinda Pereira	CSKD	F50	2	Femal	44	00:58:04	5'48"/km
261	90	Patrícia Gomes		Jun/Sen F	18	Femal	45	00:58:14	5'49"/km
262	268	Filipe Braz		M45	37	Male	217	00:58:15	5'49"/km
263	156	Cláudia Pimentel	CF Oliveira do Douro	F50	3	Femal	46	00:58:17	5'49"/km
264	125	Helena Santos	Correr Lisboa	F35	3	Femal	47	00:58:17	5'49"/km
265	363	Tânia Maia	ARCD Venda da Luísa	F35	4	Femal	48	00:58:22	5'50"/km
266	190	Marco Costa	KALENJI TEAM DECATHLON AVEIRO	M40	33	Male	218	00:58:39	5'51"/km
267	201	Patricia Gonçalves	Lama Solta	F35	5	Femal	49	00:58:50	5'53"/km
268	56	Ondina Leal	ACRM Silveirinha Grande Claras	F45	12	Femal	50	00:58:51	5'53"/km
269	58	Lucídio Dias	ACRM Silveirinha Grande Claras	M60	13	Male	219	00:59:06	5'54"/km
270	276	Anabela Paiva	CSKD	F45	13	Femal	51	00:59:10	5'55"/km
271	95	Maria Inês Oliveira	Lama Solta	Jun/Sen F	19	Femal	52	00:59:11	5'55"/km
272	342	Márcio Silva		M35	30	Male	220	00:59:13	5'55"/km
273	364	João Travasso	ARCD Venda da Luísa	M35	31	Male	221	00:59:16	5'55"/km
274	93	Telma Costa	Adões Trail	F40	7	Femal	53	00:59:18	5'55"/km
275	359	Vitor Neves		Jun/Sen M	56	Male	222	00:59:22	5'56"/km
276	290	Olga Caramelo		F45	14	Femal	54	00:59:36	5'57"/km
277	189	Carolina Rodrigues		Jun/Sen F	20	Femal	55	00:59:36	5'57"/km
278	239	Paulo Santos		M50	24	Male	223	00:59:46	5'58"/km
279	121	Jacqueline Dias	Tribo NR	F50	4	Femal	56	00:59:49	5'58"/km
280	266	José Quadrado	Tribo NR	M45	38	Male	224	00:59:56	5'59"/km
281	109	Madalena Jesus Correia	KALENJI TEAM DECATHLON AVEIRO	F50	5	Femal	57	01:00:07	6'00"/km
282	283	António Serôdio	Soure Mov	M60	14	Male	225	01:00:21	6'02"/km
283	104	Judite Roque	Lama Solta	F40	8	Femal	58	01:00:27	6'02"/km
284	33	Isabel Ventura	Tribo NR	F55	5	Femal	59	01:00:28	6'02"/km
285	118	Antonio Carvalho	GRUPO DESPORTIVO ASSEMPARK	M65	9	Male	226	01:00:53	6'05"/km
286	341	Paula Simões		F35	6	Femal	60	01:00:55	6'05"/km
287	212	Hugo Silva		M35	32	Male	227	01:01:04	6'06"/km
288	296	Cátia Agostinho		Jun/Sen F	21	Femal	61	01:01:18	6'07"/km
289	144	Alfredo Santos	AC VERMOIL	M65	10	Male	228	01:01:40	6'10"/km
290	82	Carlos Grácio	Os Galgos de Tancos	M55	22	Male	229	01:01:51	6'11"/km



Pos	Dorsal	Nome	Equipa	Escalão	Pos	Sexo	Pos	Tempo	Ritmo
291	227	Mariana Ribeiro	Lama Solta	Jun/Sen F	22	Female	62	01:01:53	6'11"/km
292	371	Judite Duarte	ARCD Venda da Luísa	F45	15	Female	63	01:02:26	6'14"/km
293	186	Sandra Rito		Jun/Sen F	23	Female	64	01:02:39	6'15"/km
294	80	Nuno Alves	CASA DO BENFICA DE CONDEIXA	M45	39	Male	230	01:02:39	6'15"/km
295	188	Tânia Ribeiro		Jun/Sen F	24	Female	65	01:02:39	6'15"/km
296	353	Vitor Gariso	Soure Mov	M50	25	Male	231	01:02:57	6'17"/km
297	297	Nélia Matos	CSKD	F50	6	Female	66	01:03:22	6'20"/km
298	83	Helena Grácio	Os Galgos de Tancos	F55	6	Female	67	01:03:32	6'21"/km
299	358	Marco Santos		Jun/Sen M	57	Male	232	01:03:34	6'21"/km
300	345	Bruno Nunes		Jun/Sen M	58	Male	233	01:03:34	6'21"/km
301	168	Alda Santos	Soure Mov	F45	16	Female	68	01:03:50	6'23"/km
302	260	Dora Dinis		F40	9	Female	69	01:03:54	6'23"/km
303	219	António Matos	KALENJI TEAM DECATHLON AVEIRO	M50	26	Male	234	01:04:17	6'25"/km
304	192	Sérgio Almeida		Jun/Sen M	59	Male	235	01:04:20	6'26"/km
305	193	Vera Cordeiro		F35	7	Female	70	01:04:55	6'29"/km
306	221	Edite Fernandes	KALENJI TEAM DECATHLON AVEIRO	F45	17	Female	71	01:05:56	6'35"/km
307	325	António Sousa	Os Papa Milhas	M45	40	Male	236	01:06:14	6'37"/km
308	286	Elisabete Carreira	Soure Mov	F40	10	Female	72	01:06:35	6'39"/km
309	369	Nelson Gaspar	ARCD Venda da Luísa	M45	41	Male	237	01:06:49	6'40"/km
310	76	Daniel Antunes	ACDRS QUINHENDROS	M45	42	Male	238	01:07:20	6'44"/km
311	235	João Cruz		M50	27	Male	239	01:07:44	6'46"/km
312	238	João Daniel Cruz		Jun/Sen M	60	Male	240	01:07:44	6'46"/km
313	324	Paula Tavares	Os Papa Milhas	F45	18	Female	73	01:07:53	6'47"/km
314	64	Regina Marvão	KALENJI TEAM DECATHLON AVEIRO	F40	11	Female	74	01:08:06	6'48"/km
315	313	Diana Pereira	KALENJI TEAM DECATHLON AVEIRO	F40	12	Female	75	01:08:07	6'48"/km
316	24	Daniela Norte		F35	8	Female	76	01:09:06	6'54"/km
317	236	Carla Costa		F40	13	Female	77	01:09:25	6'56"/km
318	222	Ana Ribeiro	KALENJI TEAM DECATHLON AVEIRO	F45	19	Female	78	01:13:57	7'23"/km
319	60	Manuel Cordeiro		M65	11	Male	241	01:14:56	7'29"/km
320	220	Augusto Costa	KALENJI TEAM DECATHLON AVEIRO	M60	15	Male	242	01:14:57	7'29"/km
321	191	Diana Alves		Jun/Sen F	25	Female	79	01:15:19	7'31"/km
322	129	Ana Ferreira		F45	20	Female	80	01:15:47	7'34"/km
323	312	Joana Casquilho		F40	14	Female	81	01:16:14	7'37"/km