



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	276	David Pestana	Bombeiros de Mêda	Male	1	Senior Masc	1	01:12:47	4'51"/km
2	311	Ricardo Opinião	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Male	2	Senior Masc	2	01:19:50	5'19"/km
3	289	Nuno Tavares	Individual	Male	3	Senior Masc	3	01:19:56	5'19"/km
4	274	André Barros	Clube Desportivo de Espite	Male	4	Senior Masc	4	01:20:15	5'21"/km
5	278	Nuno Roque	Grupo Convívio e Amizade das Donas	Male	5	Vet Masc	1	01:20:15	5'21"/km
6	249	Helder Maceiras	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Male	6	Senior Masc	5	01:22:38	5'30"/km
7	279	Sérgio P Martins	Individual	Male	7	Vet Masc	2	01:22:59	5'31"/km
8	252	David Silva	Wolves OCR Team	Male	8	Vet Masc	3	01:23:50	5'35"/km
9	231	Luis Miguel Pires Sanches	CDCR Aldeia de Santo António	Male	9	Senior Masc	6	01:24:35	5'38"/km
10	290	Marco Daniel Alves	Amigos do Pedal - Cortes do Meio	Male	10	Vet Masc	4	01:24:55	5'39"/km
11	325	Ana Caramelo	CCDR Colmeal da Torre	Female	1	Senior Fem	1	01:25:03	5'40"/km
12	230	Marco	CDCR Aldeia de Santo António	Male	11	Senior Masc	7	01:25:04	5'40"/km
13	336	Sabina Neca	Associação Cultural e Recreativa da Senhora do Desterro	Female	2	Vet Fem	1	01:25:57	5'43"/km
14	318	Marco Pereira	Guarda Runners	Male	12	Vet Masc	5	01:26:40	5'46"/km
15	256	Daniel Correia	Trail Team Vila de Mouros	Male	13	Senior Masc	8	01:27:03	5'48"/km
16	223	Diogo Rafael Pereira Júlio	Individual	Male	14	Senior Masc	9	01:31:39	6'06"/km
17	247	Paulo Neto	Fundão OnMove	Male	15	Vet Masc	6	01:31:52	6'07"/km
18	291	João Moreira	Individual	Male	16	Vet Masc	7	01:33:04	6'12"/km
19	283	Hélio Costa	Boavista trail	Male	17	Vet Masc	8	01:33:32	6'14"/km
20	297	Rogério Emanuel Palmeiro	Boavista trail	Male	18	Vet Masc	9	01:33:32	6'14"/km
21	229	Pedro Vinhas	CDCR Aldeia de Santo António	Male	19	Senior Masc	10	01:35:07	6'20"/km
22	226	Carlos Chagas	Clube de Montanhismo da Guarda	Male	20	Vet Masc	10	01:35:23	6'21"/km
23	282	Carlos Alberto Campanha Moreira	Individual	Male	21	Senior Masc	11	01:35:32	6'22"/km
24	272	Luís Cordeiro	Clube de Montanhismo da Guarda	Male	22	Vet Masc	11	01:35:41	6'22"/km
25	265	Francisco Barros	Individual	Male	23	Vet Masc	12	01:36:13	6'24"/km
26	227	Micael Firmino	CDCR Aldeia de Santo António	Male	24	Senior Masc	12	01:39:47	6'39"/km
27	305	Henrique Rato	Trail Team Vila de Mouros	Male	25	Vet Masc	13	01:39:56	6'39"/km
28	273	Celso Tourais Ramos	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Male	26	Vet Masc	14	01:41:16	6'45"/km
29	284	Jorge Gomes	Grupo Desportivo da Mata / CMMC	Male	27	Vet Masc	15	01:42:08	6'48"/km
30	307	Helder Freire	Trail Team Vila de Mouros	Male	28	Vet Masc	16	01:42:22	6'49"/km
31	280	Alexis Serralheiro	Individual	Male	29	Senior Masc	13	01:42:38	6'50"/km
32	233	Edgar Borges	CDCR Aldeia de Santo António	Male	30	Senior Masc	14	01:42:51	6'51"/km
33	314	Ana Gomes	Guarda Runners	Female	3	Vet Fem	2	01:43:24	6'53"/km
34	228	Marcos Carreira	CDCR Aldeia de Santo António	Male	31	Senior Masc	15	01:44:14	6'56"/km
35	271	Francisco Casteleiro	Individual	Male	32	Vet Masc	17	01:44:15	6'57"/km
36	237	Marco Leal	Grupo Desportivo da Mata / CMMC	Male	33	Vet Masc	18	01:44:52	6'59"/km
37	327	Dalila Isabel Rei Romão	Casa do Benfica em Castelo Branco	Female	4	Senior Fem	2	01:45:59	7'03"/km
38	277	Rogério Sousa Batista	Clube Terras do Côa	Male	34	Senior Masc	16	01:46:08	7'04"/km
39	275	Luís Serra	ADM Trail Team	Male	35	Senior Masc	17	01:46:11	7'04"/km
40	315	Joaquim Nunes Corte	Guarda Runners	Male	36	Vet Masc	19	01:46:42	7'06"/km
41	295	David Lucas	Individual	Male	37	Senior Masc	18	01:48:00	7'12"/km
42	250	Ruben Antunes	Grupo Desportivo da Mata / CMMC	Male	38	Senior Masc	19	01:48:39	7'14"/km
43	261	Pedro Passarinha	Trail Team Vila de Mouros	Male	39	Senior Masc	20	01:49:04	7'16"/km
44	253	António Júlio Morgado	Trail Team Vila de Mouros	Male	40	Vet Masc	20	01:49:13	7'16"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
45	217	Pedro Nunes	Clube Terras do Côa	Male	41	Vet Masc	21	01:49:40	7'18"/km
46	200	Ricardo Veiga	Obikwelus da Guarda	Male	42	Vet Masc	22	01:49:42	7'18"/km
47	248	Nuno Saldanha	Bombeiros de Mêda	Male	43	Vet Masc	23	01:50:27	7'21"/km
48	243	Daniel Teixeira Gêgo	Fundão OnMove	Male	44	Senior Masc	21	01:50:48	7'23"/km
49	242	David Manuel Campos Vila Boa	FeelsRunning	Male	45	Senior Masc	22	01:50:55	7'23"/km
50	320	João Caldeira	Grupo Desportivo da Mata / CMMC	Male	46	Vet Masc	24	01:51:53	7'27"/km
51	296	Pedro Caetano	Individual	Male	47	Vet Masc	25	01:52:29	7'29"/km
52	313	Mariloise Pereira Voitech	Guarda Runners	Female	5	Senior Fem	3	01:53:40	7'34"/km
53	240	Henrique Teixeira	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Male	48	Senior Masc	23	01:53:54	7'35"/km
54	303	Angelo Correia	Trail Team Vila de Mouros	Male	49	Vet Masc	26	01:54:03	7'36"/km
55	319	Maria Palmira Nunes Baltazar	Guarda Runners	Female	6	Vet Fem	3	01:54:16	7'37"/km
56	235	Maria Da Conceição Libânio Monteiro	Clube de Montanhismo da Guarda	Female	7	Vet Fem	4	01:54:18	7'37"/km
57	236	Rui Pacheco	Clube de Montanhismo da Guarda	Male	50	Vet Masc	27	01:54:19	7'37"/km
58	222	Carlos Manuel Monteiro Pereira	Individual	Male	51	Senior Masc	24	01:55:00	7'40"/km
59	203	Gabriel Antunes Cruz Almeida	CBRunning TEAM	Male	52	Vet Masc	28	01:55:16	7'41"/km
60	298	João Pereira	Individual	Male	53	Senior Masc	25	01:58:05	7'52"/km
61	287	Manuel Saloio	Individual	Male	54	Vet Masc	29	01:58:10	7'52"/km
62	285	Tiago Monteiro	Individual	Male	55	Vet Masc	30	01:58:10	7'52"/km
63	292	João Vítor Fernandes Pereira	Bombeiros Voluntários Sabugal	Male	56	Senior Masc	26	01:58:20	7'53"/km
64	225	José Figueiredo	Individual	Male	57	Vet Masc	31	02:00:06	8'00"/km
65	224	Nuno Albuquerque	Individual	Male	58	Vet Masc	32	02:00:06	8'00"/km
66	266	Catarina Palmeiro	ABCansado Trail	Female	8	Vet Fem	5	02:00:27	8'01"/km
67	238	Hugo Tomás	U.R.Sapateirense / Bendada	Male	59	Senior Masc	27	02:01:58	8'07"/km
68	232	Ana Lages	CDCR Aldeia de Santo António	Female	9	Vet Fem	6	02:02:34	8'10"/km
69	258	Nuno Rocha	Trail Team Vila de Mouros	Male	60	Vet Masc	33	02:02:34	8'10"/km
70	220	Henrique Silva	Individual	Male	61	Senior Masc	28	02:03:01	8'12"/km
71	286	Tiago Pereira	Individual	Male	62	Senior Masc	29	02:03:34	8'14"/km
72	205	Cláudia Sofia Freitas Rocha	Clube de Montanha do Funchal	Female	10	Senior Fem	4	02:03:51	8'15"/km
73	262	Nuno Teixeira	CDCR Aldeia de Santo António	Male	63	Vet Masc	34	02:05:00	8'20"/km
74	202	Marta Pinto	1056 & Go	Female	11	Senior Fem	5	02:05:18	8'21"/km
75	201	Ana Catarina Costa	Clube de Montanhismo da Guarda	Female	12	Senior Fem	6	02:05:26	8'21"/km
76	211	Ana Marta Lopes Matos	Clube Desportivo de Espite	Female	13	Senior Fem	7	02:07:02	8'28"/km
77	218	Samuel Barros	Individual	Male	64	Jun Masc	1	02:07:05	8'28"/km
78	293	Cecília Monteiro	Clube de Montanhismo da Guarda	Female	14	Vet Fem	7	02:07:35	8'30"/km
79	288	João Santiago	Individual	Male	65	Vet Masc	35	02:07:35	8'30"/km
80	264	António Esteves	Individual	Male	66	Vet Masc	36	02:07:36	8'30"/km
81	204	Vasco Salavessa Soares	CBRunning TEAM	Male	67	Vet Masc	37	02:09:21	8'37"/km
82	326	Rui Joao	Clube Terras do Côa	Male	68	Senior Masc	30	02:09:42	8'38"/km
83	323	Jacky Melro	Individual	Male	69	Vet Masc	38	02:09:42	8'38"/km
84	294	Sara Correia Fonseca	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Female	15	Senior Fem	8	02:09:57	8'39"/km
85	308	Gonçalo Gonçalves	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Male	70	Vet Masc	39	02:10:06	8'40"/km
86	309	Vera Silva	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Female	16	Senior Fem	9	02:10:07	8'40"/km
87	219	António José Gaspar Correia	Grupo BTT Manteigas	Male	71	Vet Masc	40	02:11:28	8'45"/km
88	269	Susana Prehaz Martins	ABCansado Trail	Female	17	Vet Fem	8	02:11:51	8'47"/km
89	207	Fernanda	1056 & Go	Female	18	Vet Fem	9	02:12:21	8'49"/km
90	215	Lucas Pinheiro Pires	Individual	Male	72	Jun Masc	2	02:14:48	8'59"/km
91	312	Catarina Rebelo	Individual	Female	19	Jun Fem	1	02:15:18	9'01"/km
92	317	Nélio Marques	Guarda Runners	Male	73	Vet Masc	41	02:17:07	9'08"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
93	316	Paulo Lourenço	Guarda Runners	Male	74	Senior Masc	31	02:17:07	9'08"/km
94	301	Lidia Maria Ferrão Baltazar	Trail Team Vila de Mouros	Female	20	Vet Fem	10	02:19:25	9'17"/km
95	300	Francisco António Dos Santos Vaz	Trail Team Vila de Mouros	Male	75	Vet Masc	42	02:19:27	9'17"/km
96	221	Cristina Maaria Rodrigues Da Cunha	1056 & Go	Female	21	Vet Fem	11	02:20:17	9'21"/km
97	310	Lara Saraiva	1056 & Go	Female	22	Senior Fem	10	02:20:18	9'21"/km
98	251	Luís Oliveira	Grupo Desportivo da Mata / CMMC	Male	76	Senior Masc	32	02:20:31	9'22"/km
99	254	Ana Morgadinho	Trail Team Vila de Mouros	Female	23	Vet Fem	12	02:20:32	9'22"/km
100	330	José Joaquim Vaz Correia	Clube Terras do Côa	Male	77	Vet Masc	43	02:20:36	9'22"/km
101	234	Catarina Dias	ALLcainsRUN	Female	24	Senior Fem	11	02:21:15	9'25"/km
102	239	Carla Matos	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Female	25	Vet Fem	13	02:25:06	9'40"/km
103	241	João Chagas Saraiva	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Male	78	Senior Masc	33	02:25:07	9'40"/km
104	302	Ana Patrícia Augusto	Trail Team Vila de Mouros	Female	26	Vet Fem	14	02:27:41	9'50"/km
105	257	Maria Novais	Trail Team Vila de Mouros	Female	27	Vet Fem	15	02:28:09	9'52"/km
106	306	Belmira Ramalho	Trail Team Vila de Mouros	Female	28	Vet Fem	16	02:28:11	9'52"/km
107	260	Carla Fernandes	Trail Team Vila de Mouros	Female	29	Senior Fem	12	02:28:17	9'53"/km
108	281	Francisco Domingues	Trail Team Vila de Mouros	Male	79	Vet Masc	44	02:32:47	10'11"/km
109	213	Elvira Neto Afonso	Individual	Female	30	Vet Fem	17	02:38:16	10'33"/km
110	208	Cecília Neto Afonso Barros	Individual	Female	31	Vet Fem	18	02:38:17	10'33"/km
111	214	Natália Maria Prata Pinheiro	Individual	Female	32	Vet Fem	19	02:41:39	10'46"/km
112	324	Sofia Alexandra Néri Fialho	Individual	Female	33	Senior Fem	13	02:43:19	10'53"/km
113	299	Ana Fialho	Individual	Female	34	Senior Fem	14	02:43:23	10'53"/km
114	304	Jose Antonio Inácio	Trail Team Vila de Mouros	Male	80	Vet Masc	45	02:44:22	10'57"/km
115	209	José Barros	Individual	Male	81	Vet Masc	46	02:44:56	10'59"/km
116	263	Andreia Cordeiro	Polis Fitness Club	Female	35	Senior Fem	15	02:45:13	11'00"/km
117	268	Sandra Ladeiro	Polis Fitness Club	Female	36	Vet Fem	20	02:45:14	11'00"/km
118	267	Ricardo Simão	Polis Fitness Club	Male	82	Vet Masc	47	02:45:15	11'01"/km
119	212	Graça Augusto	Trilhos do Lobo CRCP - Penalobo	Female	37	Vet Fem	21	02:57:18	11'49"/km
120	210	Amândio Miguel	Trilhos do Lobo CRCP - Penalobo	Male	83	Vet Masc	48	02:57:18	11'49"/km