



Pos	Dorsal	Nome	Sobrenome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
1	2580	Bruno	Miguel Figueiredo	Male	1	MSenior	1	Viseu Running Team	13:15:58	7'57"/km
2	2017	Federico	Silva Rivera	Male	2	M40	1	Individual	13:25:00	8'03"/km
3	2670	Hélder	Baptista	Male	3	M50	1	Individual	13:49:38	8'17"/km
4	2452	João	Mota	Male	4	M50	2	Strendure Running Team	14:23:23	8'38"/km
5	2367	Henrique	Barbosa	Male	5	M40	2	Magicbarber Trail Team	14:31:13	8'42"/km
6	1997	Daniel	Santos	Male	6	M40	3	ABCansado Trail	14:49:35	8'53"/km
7	1787	Cristiana	Ferreira	Female	1	FSenior	1	Running Espinho	15:15:34	9'09"/km
8	1291	Carlos	Figueiredo	Male	7	M45	1	Trail Team Vila de Mouras	15:28:04	9'16"/km
9	2468	João	Espiguinha	Male	8	M45	2	Help 4 U / Borba Trail	15:49:30	9'29"/km
10	2001	Carlos	Barbosa	Male	9	MSenior	2	Runners do Demo	15:52:13	9'31"/km
11	2358	Carlos	Azevedo	Male	10	M40	4	Ejali... clube de amigos trailrunners	16:13:20	9'44"/km
12	2355	Marco	Silva	Male	11	M40	5	Ejali...clube de amigos trailrunners	16:13:56	9'44"/km
13	397	Gustavo	Barros	Male	12	M45	3	Greentrace Runners	16:26:08	9'51"/km
14	2354	Bruno	Candeias	Male	13	MSenior	3	Trail Runners Portimão	16:46:00	10'03"/km
15	1764	Luz	Marques	Female	2	F50	1	Clube de Montanhismo da Guarda	17:10:59	10'18"/km
16	2518	Tiago	Cordeiro	Male	14	MSenior	4	Algarunners	17:11:01	10'18"/km
17	2363	Paulo	Martins	Male	15	M50	3	CSP 43 Running Team	17:11:01	10'18"/km
18	1961	Fábio	Mendes	Male	16	MSenior	5	Esgalhada Trail Team	17:11:02	10'18"/km
19	2260	Miguel	Fafaiol	Male	17	MSenior	6	Individual	17:11:03	10'18"/km
20	2270	Pedro	Semião	Male	18	M45	4	Sharish Gin/GD Piranhas do Alqueva	17:19:15	10'23"/km
21	2659	Paulo	Delgado	Male	19	M40	6	Grupo Desportivo da Mata	17:32:56	10'31"/km
22	2324	Sara	Nogueira	Female	3	F40	1	Grnd Leão - Cobras Trailistas	17:47:46	10'40"/km
23	589	Paulo	Ferreira	Male	20	M45	5	Estrela Campo de Aviação Covilhã	17:48:50	10'41"/km
24	2372	Vitor	Azevedo	Male	21	M40	7	Tiba Running Team	18:08:15	10'52"/km
25	2062	Ricardo	Santos	Male	22	M45	6	Clube EDP Lisboa	18:08:16	10'52"/km
26	2597	Leonel	Pinto	Male	23	M50	4	Individual	18:08:26	10'53"/km
27	2586	Nuno	Ferreira	Male	24	MSenior	7	Matilha Running	18:27:23	11'04"/km
28	2375	Eurico	Rosado	Male	25	M50	5	Matilha Running	18:27:37	11'04"/km
29	2156	Catarina	Amorim	Female	4	FSenior	2	GD Castelense	18:30:10	11'06"/km
30	849	Luis	Garcia-brito	Male	26	MSenior	8	Vila de Loriga	18:34:51	11'08"/km
31	2680	Juan	Carlos Cortes	Male	27	MSenior	9	Individual	18:34:52	11'08"/km
32	2143	Nuno	Figueiredo	Male	28	M40	8	Galhardos Runners	18:55:28	11'21"/km



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33	2548	Pedro	Marques	Male	29	MSenior	10	Esgalhada Trail Team	18:55:28	11'21"/km
34	2513	José	Cruz	Male	30	MSenior	11	GalhardosRunners	18:55:28	11'21"/km
35	2590	João	Miguel Pires	Male	31	M40	9	Strendure Running Team	18:57:53	11'22"/km
36	2634	Tiago	Esperança	Male	32	M40	10	Individual	19:16:58	11'34"/km
37	1860	Rogério	Fernandes	Male	33	M40	11	SÓBE - SÓBimEu	19:16:58	11'34"/km
38	2581	Preciosa	Gonçalves	Female	5	F50	2	Urban Running	19:21:15	11'36"/km
39	1606	Filipe	Gonçalves	Male	34	M50	6	Solopisadas Team	19:22:43	11'37"/km
40	2585	Bruno	Quitério	Male	35	MSenior	12	Strendure Running Team	19:22:50	11'37"/km
41	1705	Marco	Garcia	Male	36	M45	7	Peregrinos	19:25:14	11'39"/km
42	1704	Pedro	Martins	Male	37	M45	8	Peregrinos	19:25:14	11'39"/km
43	2584	Bruno	Le Milbeau	Male	38	M50	7	Urban Running	19:28:13	11'40"/km
44	723	Jorge	Pacheco	Male	39	M45	9	Runnes do Demo	19:43:40	11'50"/km
45	1480	Vitor	Faustino	Male	40	M60	1	Viiriatos Trail Team	19:47:36	11'52"/km
46	1919	André	Vilhena	Male	41	MSenior	13	Viriatos Trail Team	19:47:36	11'52"/km
47	2366	Luis	Calheiros	Male	42	M50	8	Viriatos Trail Team	19:47:37	11'52"/km
48	510	Pedro	Luzio	Male	43	MSenior	14	GD Mata - Covilhã	19:49:14	11'53"/km
49	1595	Filipe	Pereira	Male	44	M45	10	ARCD do Bairro de Santa Cruz	19:49:17	11'53"/km
50	1475	Rafael	Fernandes	Male	45	M40	12	GangMêpri mo	20:07:43	12'04"/km
51	1044	João	Pinho	Male	46	M45	11	Individual	20:13:15	12'07"/km
52	2349	José	Silva	Male	47	M45	12	Sunday btt	20:13:53	12'08"/km
53	2348	Manuel	Gomes	Male	48	M50	9	Sunday btt	20:13:53	12'08"/km
54	2620	Manuel	Vitoriano	Male	49	M50	10	Sunday BTT	20:13:54	12'08"/km
55	2658	Simão	Matos	Male	50	MSenior	15	Viseu Running Team	20:16:53	12'10"/km
56	2458	Luis	Martins	Male	51	MSenior	16	Viseu Running Team	20:17:06	12'10"/km
57	1440	João	Perneco	Male	52	M45	13	Individual	20:20:27	12'12"/km
58	1645	Marco	Catarro	Male	53	MSenior	17	Individual	20:20:45	12'12"/km
59	2621	Milton	Cabral	Male	54	M45	14	Sunday BTT	20:21:52	12'13"/km
60	2346	Nuno	Arigó Rocha	Male	55	M45	15	Individual	21:05:49	12'39"/km
61	2362	Marco	Lourenço	Male	56	M40	13	Run For Friends	21:05:50	12'39"/km
62	2615	Jaime	Costa	Male	57	M45	16	Loja motar by goy moto	21:19:09	12'47"/km
63	2374	Joaquim	Lima	Male	58	M55	1	Matilha Running	21:42:07	13'01"/km
64	540	Luís	Miguel Ferreira	Male	59	MSenior	18	ACD Os Ilhaves	21:42:08	13'01"/km
65	2369	Alberto	Lêdo Sol Posto	Male	60	M40	14	Individual	21:44:16	13'02"/km
66	2357	Miguel	Gonçalves	Male	61	MSenior	19	CCDR Colmeal da Torre	21:44:42	13'02"/km
67	2356	Artur	Assunção	Male	62	M50	11	Clube de Montanhismo da Guarda	21:44:42	13'02"/km
68	2669	José	Martins	Male	63	M45	17	Clube de Corrida REN	23:28:49	14'05"/km
69	770	Filipe	Conceição	Male	64	M50	12	C.D.C. Nave / Trail Runners	23:45:58	14'15"/km



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70	2373	Carlos	Esteves	Male	65	M50	13	Matilha Running	24:07:08	14'28"/km
71	2598	Pedro	Cordeiro	Male	66	M45	18	Matilha Running	24:07:09	14'28"/km
72	2254	Rui	Azevedo	Male	67	M45	19	Matilha Running	24:07:09	14'28"/km
73	642	Rui	Barbosa	Male	68	M50	14	Matilha Running	24:07:10	14'28"/km