



Pos	Dorsal	Nome	Sobrenome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
1	2618	Ricardo	Crespo	Male	1	MSenior	1	Associação Desportiva Castelo de Vide Casa do Povo	02:18:49	6'56"/km
2	2617	Tiago	Vieira	Male	2	M23	1	FURFOR	02:18:52	6'56"/km
3	2664	Hugo	Ricardo Da Fonseca Alves	Male	3	MSenior	2	Grupo Desportivo da Mata	02:27:32	7'22"/km
4	2510	André	Magalhães	Male	4	MSenior	3	Associação Recreativa de S. Miguel	02:33:06	7'39"/km
5	2633	Helder	José Varanda	Male	5	M40	1	Individual	02:37:06	7'51"/km
6	1973	Richard	Dias	Male	6	MSenior	4	GDCR Lajes	02:37:14	7'51"/km
7	2311	André	Leal	Male	7	MSenior	5	Viseu 360	02:38:32	7'55"/km
8	2182	António	Baptista	Male	8	MSenior	6	G.D.C.R. das Lages	02:39:07	7'57"/km
9	2614	Beatriz	Alves	Female	1	FSenior	1	DCI/ Trilhos Luso Bussaco	02:39:13	7'57"/km
10	1700	Lucas	Morgado	Male	9	M45	1	FurFor Running Project	02:40:40	8'02"/km
11	2593	Miguel	Menezes	Male	10	MSenior	7	EDV- Viana Trail	02:41:33	8'04"/km
12	2497	José	Alves	Male	11	MSenior	8	Centro de Trail Carlos Sá Penacova Team	02:42:23	8'07"/km
13	2654	Ricardo	Sousa	Male	12	MSenior	9	Penta Clube da Covilhã/Sport Hotel Trail Running	02:44:31	8'13"/km
14	2507	Rodrigo	Quintal	Male	13	M40	2	SCPovoense -Caracóis de Corrida	02:44:59	8'14"/km
15	2537	João	Amandio	Male	14	MSenior	10	Individual	02:46:20	8'19"/km
16	2583	Luis	Morais	Male	15	M55	1	Casa Benfica Castelo Branco	02:48:56	8'26"/km
17	2574	Hélio	Dias	Male	16	MSenior	11	Furfor Running Project	02:50:37	8'31"/km
18	2575	Rui	Pedro Reis	Male	17	M40	3	Hospital Santa Maria - Running Team	02:51:59	8'35"/km
19	2508	Paulo	Alves	Male	18	M40	4	Grupo Desportivo Santander Totta	02:54:54	8'44"/km
20	2527	José	Ribeiro	Male	19	M45	2	Individual	02:55:40	8'47"/km
21	1307	Paulo	Ribeiro	Male	20	MSenior	12	Apúlia a Correr	02:56:38	8'49"/km
22	2539	Carlos	Cunha	Male	21	M55	2	DCI/Trilhos Luso Bussaco	02:57:42	8'53"/km
23	2661	Jorge	Paulino	Male	22	M40	5	Strendure Running Team	03:01:25	9'04"/km
24	2257	Marco	Duarte	Male	23	M45	3	Penta Clube da Covilhã/Sport Hotel Trail Running	03:01:29	9'04"/km
25	2422	Gonçalo	Aires De Sá	Male	24	M45	4	CCDR Colmeal da Torre	03:01:38	9'04"/km
26	2566	Vitor	Espirito Santo	Male	25	M40	6	ARCD Venda da Luisa	03:02:14	9'06"/km
27	2555	José	Maria Garcia	Male	26	MSenior	13	Casa do Benfica em Moura	03:07:06	9'21"/km



Pos	Dorsal	Nome	Sobrenome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
28	2263	Pedro	Xavier	Male	27	M45	5	Grupo Desportivo Santander Totta	03:07:23	9'22"/km
29	2541	Luís	Mendes	Male	28	MSenior	14	Tombaminis trail team	03:07:43	9'23"/km
30	2540	Sandra	Garrido	Female	2	FSenior	2	Runners do Demo	03:07:51	9'23"/km
31	2415	António	Maia	Male	29	M40	7	SARTIM	03:09:12	9'27"/km
32	2509	Nuno	Alexandre Almeida	Male	30	M45	6	Grupo desportivo Santander Totta	03:09:53	9'29"/km
33	2649	Francesco	D'aurizio	Male	31	M50	1	Team ITALIA	03:10:07	9'30"/km
34	2648	Francesca	Liberatore	Female	3	F45	1	Team ITALIA	03:10:08	9'30"/km
35	853	João	Eduardo Pinto	Male	32	M55	3	Algarunners	03:12:29	9'37"/km
36	2607	Pedro	Costa Pereira	Male	33	M50	2	ABCansado	03:13:06	9'39"/km
37	2504	Rui	Machinho	Male	34	M45	7	Grupo Desportivo Santander Totta	03:13:50	9'41"/km
38	2653	Pedro	Miguel Pereira	Male	35	MSenior	15	ADEPE	03:14:21	9'43"/km
39	2592	Joana	Branco	Female	4	FSenior	3	EDV - Viana Trail	03:15:00	9'45"/km
40	2677	Eduardo	Marques	Male	36	M45	8	Individual	03:15:05	9'45"/km
41	2613	Samuel	Santos	Male	37	M23	2	GDCR Lajes	03:15:10	9'45"/km
42	2435	André	Boino	Male	38	MSenior	16	ReStart Studio	03:15:29	9'46"/km
43	2495	Rui	Ferreira	Male	39	M40	8	Viseu 360°	03:16:02	9'48"/km
44	1993	Manuel	Teixeira	Male	40	M50	3	Os amigos do parque	03:16:25	9'49"/km
45	2630	Manuel	Moreno	Male	41	M60	1	Clube HL Runners Team	03:20:49	10'02"/km
46	2420	José	Pedro Silva	Male	42	MSenior	17	Esgalhada Trail Team	03:21:53	10'05"/km
47	2644	Ricardo	Fazendas	Male	43	M50	4	CCD Crédito Agrícola	03:22:08	10'06"/km
48	1358	Miguel	Carvalho	Male	44	MSenior	18	Individual	03:22:51	10'08"/km
49	2433	Sérgio	Pontes	Male	45	M45	9	SRED	03:23:06	10'09"/km
50	2494	David	Penedo	Male	46	M40	9	SRED	03:23:06	10'09"/km
51	2519	João	Gil	Male	47	M60	2	A.D. Amarante Trail Running	03:24:06	10'12"/km
52	2655	Henrique	Teixeira	Male	48	MSenior	19	Penta Clube da Covilhã/Sport Hotel Trail Running	03:24:34	10'13"/km
53	2545	Andreia	Pita	Female	5	F40	1	ARCD Venda da Luísa	03:27:12	10'21"/km
54	1267	Igor	Almeida	Male	49	MSenior	20	GDCR Lajes	03:30:00	10'30"/km
55	2406	Marta	Dias	Female	6	FSenior	4	GDAlcoutim Trail Runners	03:30:16	10'30"/km
56	2417	Tiago	Henriques	Male	50	MSenior	21	Trail Runners Portimão	03:31:29	10'34"/km
57	2579	Martin	Kelman	Male	51	M45	10	Pure Trail	03:33:01	10'39"/km
58	2512	Manuel	António Silva	Male	52	MSenior	22	Gondomar futsal	03:35:38	10'46"/km
59	2441	Pedro	Caramelo	Male	53	MSenior	23	Herminivs Runners	03:37:01	10'51"/km
60	2643	José	Figueiredo	Male	54	M60	3	Espigueiros Runners - Caparrosinhã	03:38:37	10'55"/km
61	2676	Dorsal 2676	Sá	Male	55	MSenior	24	Individual	03:38:42	10'56"/km



Pos	Dorsal	Nome	Sobrenome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
62	2608	Catarina	Oliveira	Female	7	F40	2	Individual	03:39:56	10'59"/km
63	2501	Ana	Reis	Female	8	FSenior	5	SCPovoense -Caracóis de Corrida	03:40:21	11'01"/km
64	2505	Helder	Cunha	Male	56	MSenior	25	SCPovoense -Caracóis de Corrida	03:40:22	11'01"/km
65	2419	Hugo	Lopes	Male	57	MSenior	26	Individual	03:42:48	11'08"/km
66	2499	Carlos	Henriques	Male	58	M55	4	Individual	03:43:35	11'10"/km
67	2514	Jorge	Epifanio	Male	59	M45	11	SRED	03:44:18	11'12"/km
68	2609	Cristina	Leão	Female	9	F45	2	AllcainsRun	03:44:21	11'13"/km
69	2496	Paulo	Jorge Rodrigues Ramos	Male	60	M55	5	Individual	03:46:26	11'19"/km
70	2662	José	Raposo	Male	61	M50	5	Grupo Desportivo Santander Totta	03:46:57	11'20"/km
71	2255	Marta	Soares	Female	10	F40	3	Penta Clube da Covilhã/Sport Hotel Trail Running	03:51:02	11'33"/km
72	2544	Steve	Seabra	Male	62	MSenior	27	VN Runners	03:52:27	11'37"/km
73	2450	Marianela	Figueiredo	Female	11	F45	3	Grnd Leão - Cobras Trailistas	03:53:37	11'40"/km
74	2520	Marta	Sá	Female	12	FSenior	6	Santana FC Trail Team	03:54:24	11'43"/km
75	2657	Raquel	Carmo	Female	13	FSenior	7	Individual	03:54:47	11'44"/km
76	2571	Luís	Filipe Brito	Male	63	MSenior	28	VNRUNNERS	03:54:50	11'44"/km
77	2556	Marco	Pinto	Male	64	MSenior	29	São Romão	03:59:44	11'59"/km
78	2666	Rosa	Mendes	Female	14	F55	1	Boavista Trail	04:07:47	12'23"/km
79	2674	David	Dias	Male	65	MSenior	30	Individual	04:07:51	12'23"/km
80	2492	Bruno	Esteves	Male	66	MSenior	31	Individual	04:08:58	12'26"/km
81	2523	Rafael	Branco	Male	67	M23	3	Matilha Running	04:10:03	12'30"/km
82	2410	Marta	Vicente	Female	15	F40	4	GDCR Lajes	04:10:11	12'30"/km
83	2506	Luis	Miguel Gomes	Male	68	M45	12	Grupo Desportivo Santander Totta	04:10:43	12'32"/km
84	2364	Cláudia	Sofia Rocha	Female	16	FSenior	8	Clube de Montanha do Funchal	04:11:38	12'34"/km
85	2627	Alda	Santos	Female	17	F40	5	Individual	04:13:35	12'40"/km
86	2625	Inês	Nunes	Female	18	FSenior	9	IN Inês Nunes - RE/MAX	04:13:38	12'40"/km
87	2577	Rui	Manuel Dias	Male	69	MSenior	32	Individual	04:13:58	12'41"/km
88	2658	Miguel	Santos	Male	70	MSenior	33	Individual	04:16:02	12'48"/km
89	1819	Maria	Salomé Silva	Female	19	FSenior	10	Moloni Running Team	04:16:06	12'48"/km
90	2500	Sónia	Brás	Female	20	FSenior	11	A.D. Amarante Trail Running	04:16:58	12'50"/km
91	2582	Ana	Cabral	Female	21	F40	6	Dão Nelas Runners	04:18:06	12'54"/km
92	2562	Daniel	Nascimento	Male	71	MSenior	34	TIBA Running Team	04:18:10	12'54"/km
93	2246	Ksenia	Bezzabara	Female	22	FSenior	12	Individual	04:18:50	12'56"/km
94	2258	Carla	Matos	Female	23	F45	4	Penta Clube da Covilhã/Sport Hotel Trail Running	04:22:08	13'06"/km
95	2414	Luis	Caetano	Male	72	M45	13	Rx Runners	04:22:21	13'07"/km



Pos	Dorsal	Nome	Sobrenome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
96	2612	André	Silva	Male	73	MSenior	35	Individual	04:22:57	13'08"/km
97	1789	Rui	Moura	Male	74	MSenior	36	Viriathvs Runners Viseu	04:22:57	13'08"/km
98	2558	Isabel	Madeira	Female	24	F50	1	ARCD Venda da Luísa	04:22:59	13'08"/km
99	2675	Fernando	Brito	Male	75	M45	14	Individual	04:25:06	13'15"/km
100	2601	José	Manuel Brito	Male	76	M50	6	Moloni Running Team	04:25:06	13'15"/km
101	2399	Cátia	Lopes	Female	25	FSenior	13	CDR Águias Unidas	04:25:37	13'16"/km
102	2570	Joaquim	Varão	Male	77	M45	15	Individual	04:26:09	13'18"/km
103	1937	Luis	Barroca	Male	78	M45	16	Individual	04:26:12	13'18"/km
104	1329	Ezequiel	Coutinho	Male	79	M45	17	MGF Consulting	04:28:50	13'26"/km
105	2559	Andreia	Ribeiro	Female	26	F45	5	Boavista Trail	04:31:18	13'33"/km
106	2235	Vítor	Ferreira	Male	80	MSenior	37	Alverca Urban Runners	04:33:10	13'39"/km
107	2552	Rogério	Pereira	Male	81	M23	4	Runners da Frente RPSI	04:35:38	13'46"/km
108	2567	Anabela	Marques	Female	27	F40	7	Runners da Frente RPSI	04:35:49	13'47"/km
109	2572	Sérgio	Bastos	Male	82	M40	10	Team Lantemil	04:42:40	14'08"/km
110	1706	Sandra	Raimundo	Female	28	F45	6	Toka Fujir	04:43:35	14'10"/km
111	2261	Veronica	Silva	Female	29	F45	7	Team Contagante	04:47:26	14'22"/km
112	2427	Bruno	Costa	Male	83	MSenior	38	Team Contagante	04:47:27	14'22"/km
113	2629	Diana	Pereira	Female	30	FSenior	14	Individual	04:53:46	14'41"/km
114	2442	Orlando	Baptista	Male	84	MSenior	39	CVPSEIA Trail Team	05:03:45	15'11"/km
115	2588	António	Gonçalves	Male	85	M50	7	Santana FC - Trail Team	05:07:01	15'21"/km
116	2587	Carla	Atilhó	Female	31	F40	8	Santana FC - Trail Team	05:07:02	15'21"/km
117	2409	Ana	Rangel	Female	32	F45	8	Individual	05:10:28	15'31"/km
118	2438	Pedro	Nunes	Male	86	M45	18	Individual	05:10:30	15'31"/km
119	2284	Sandra	Farpour Quelo	Female	33	F50	2	Fram!	05:11:53	15'35"/km
120	2471	Manuel	Fontinha	Male	87	M50	8	Grnd Leão Cobras Trailistas	05:12:08	15'36"/km
121	2483	Josefina	Tinoco	Female	34	F55	2	Clube Atletismo de Brito	05:12:12	15'36"/km
122	2437	Carlos	Ribeiro	Male	88	M45	19	Os Tolinhos	05:13:59	15'41"/km
123	2522	Paulo	Santa	Male	89	M45	20	Individual	05:25:07	16'15"/km
124	2521	Carla	Patrícia Romeiro	Female	35	F45	9	ARCD Venda da Luísa	05:25:21	16'16"/km
125	2405	Fátima	Guedes	Female	36	FSenior	15	Team Contagante	05:36:34	16'49"/km
126	2404	Mónica	Baptista	Female	37	F45	10	Team Contagante	05:36:35	16'49"/km
127	1099	Pedro	Filipe Pinto	Male	90	M45	21	Aldeia Natal	05:40:10	17'00"/km
128	2436	Bruno	Pinho	Male	91	MSenior	40	Lion Runners G. D. Leões da Guarda	05:43:26	17'10"/km
129	2482	Lúcia	Oliveira	Female	38	F45	11	Clube Atletismo de Brito	05:46:08	17'18"/km
130	2480	Rosário	Cardoso	Female	39	F45	12	Clube Atletismo de Brito	05:46:08	17'18"/km
131	1816	Joao	Coelho	Male	92	M55	6	Moloni Running Team	05:50:05	17'30"/km
132	1347	Magda	João Carlos	Female	40	F45	13	Snefnug	06:02:14	18'06"/km



Pos	Dorsal	Nome	Sobrenome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
133	2325	Alexandra	Pires	Female	41	F50	3	Individual	06:06:45	18'20"/km
134	2432	Joaquim	Maria	Male	93	M45	22	Frufresh Runners	06:06:46	18'20"/km
135	2225	Olga	Rasteiro	Female	42	FSenior	16	Pascoalitos	06:09:41	18'29"/km
136	1647	Cristina	Pires	Female	43	F45	14	Structure Value	06:19:16	18'57"/km
137	2226	Vitor	Costa	Male	94	M45	23	Structure Value	06:19:18	18'57"/km
138	2210	Marisa	Cação	Female	44	FSenior	17	Pascoalitos	06:51:50	20'35"/km
139	2443	Ana	Teresa Seabra	Female	45	F55	3	Individual	07:22:15	22'06"/km
140	2425	Ricardo	Leitão	Male	95	M45	24	Individual	07:23:04	22'09"/km
141	2431	Isabel	Matela	Female	46	F50	4	Frufresh Runners	07:25:22	22'16"/km