



Pos	Dorsal	Nome	Sobrenome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
1	2538	Daniel	Soares	Male	1	M40	1	Run4fun	04:50:24	5'48"/km
2	2631	Eduardo	Camões	Male	2	MSenior	1	Barbaris Team	04:53:52	5'52"/km
3	1740	Paulo	Pires	Male	3	M40	2	Runners do Demo	04:56:26	5'55"/km
4	2516	Márcio	Freitas	Male	4	M40	3	Dão Nelas Runners	04:59:24	5'59"/km
5	2515	João	Cabral	Male	5	MSenior	2	Dão Nelas Runners	05:02:46	6'03"/km
6	2463	Fernando	Sousa	Male	6	MSenior	3	Lobos do Monte Run	05:08:47	6'10"/km
7	2163	Miguel	Ribeiro	Male	7	M40	4	Zona Alta Trail	05:09:09	6'11"/km
8	2154	Tony	Figueiredo	Male	8	MSenior	4	Dão Nelas Runners	05:10:45	6'12"/km
9	2660	José	António Henriques	Male	9	M55	1	Individual	05:14:03	6'16"/km
10	2638	Pedro	Nunes	Male	10	MSenior	5	Montanha Clube	05:21:34	6'25"/km
11	2549	André	Ferreira	Male	11	M40	5	Individual	05:24:17	6'29"/km
12	2397	Rui	Gonçalves	Male	12	M45	1	Azurrague Team	05:24:18	6'29"/km
13	2321	Ricardo	Rodrigues	Male	13	MSenior	6	Individual	05:24:38	6'29"/km
14	2292	Luís	Gomes Pedro	Male	14	M40	6	Runners do Demo	05:25:39	6'30"/km
15	2628	José	António Moreira	Male	15	M50	1	Viriathvs Runners Viseu	05:36:46	6'44"/km
16	2641	Mickael	Lepretre	Male	16	M45	2	Tiba Running Team	05:39:59	6'47"/km
17	1000	Humberto	Vara	Male	17	M55	2	Clube de Atletismo de Ferreira do Zêzere	05:43:47	6'52"/km
18	1526	Elísio	Gonçalves	Male	18	M45	3	ACT Atletismo Clube Tocha	05:47:27	6'56"/km
19	2339	Luis	Lobato	Male	19	M45	4	COA / CORVUS TRAIL TEAM	05:47:35	6'57"/km
20	2224	Fernando	Mendes	Male	20	M50	2		05:48:21	6'58"/km
21	1506	Miguel	Marques	Male	21	M45	5	Grupo Desportivo Santander Totta	05:50:35	7'00"/km
22	2056	Henrique	Fernandes	Male	22	M45	6	Dão Nelas Runners	05:50:44	7'00"/km
23	2502	Nuno	Guedes	Male	23	MSenior	7	Trail Runners Portimão	05:51:13	7'01"/km
24	2309	Hilário	Louro	Male	24	M45	7	Individual	05:52:35	7'03"/km
25	2623	Luís	Miguel Fernandes	Male	25	MSenior	8	Alverca Urban Runners	05:56:15	7'07"/km
26	2529	David	Pérez Rego	Male	26	M45	8	Cazafantas mas	06:04:02	7'16"/km
27	752	Jorge	Abrantes	Male	27	M50	3	Individual	06:04:57	7'17"/km
28	1556	Manuel	Carlos Martins	Male	28	M40	7	Individual	06:05:44	7'18"/km
29	2528	Paulo	Martins Ferreira	Male	29	M40	8	Clube EDP Lisboa	06:06:33	7'19"/km
30	1551	Paulo	Poiaries	Male	30	M45	9	Correr Soc Rec Granja	06:07:29	7'20"/km
31	2291	Bruno	Machado	Male	31	M40	9	Individual	06:09:22	7'23"/km
32	2671	Ricardo	Queirós	Male	32	M45	10		06:09:24	7'23"/km
33	2351	Filipe	Lourenço	Male	33	M45	11	ABCansado Trail	06:10:33	7'24"/km
34	2656	Ricardo	Gonçalves	Male	34	MSenior	9	EM3 Cycling Team	06:19:29	7'35"/km
35	2547	Paulo	Pereira	Male	35	M45	12	Individual	06:23:09	7'39"/km



Pos	Dorsal	Nome	Sobrenome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
36	2642	Vera	Rocha	Female	1	FSenior	1	Runners do Demo	06:23:44	7'40"/km
37	2647	Ricardo	Santa	Male	36	M45	13	Miro Trail	06:23:47	7'40"/km
38	2343	Simão	Ferreira	Male	37	MSenior	10	ADEPE	06:25:28	7'42"/km
39	2319	Carlos	Ribeiro	Male	38	MSenior	11	ADEPE	06:25:28	7'42"/km
40	1455	Sebastien	Deleu	Male	39	M45	14	TIBA	06:26:15	7'43"/km
41	2298	Fernando	Coelho	Male	40	M45	15	ADCSantalsa bel	06:27:01	7'44"/km
42	2301	Luis	Silva	Male	41	MSenior	12	Brabus Runners	06:33:03	7'51"/km
43	2037	Mickael		Male	42	MSenior	13	FuraTeam	06:34:57	7'53"/km
44	2038	Nicola	Reis	Male	43	MSenior	14	FuraTeam	06:34:58	7'53"/km
45	2637	Percy	Fortunato Ferreira	Male	44	M40	10	Percy	06:37:29	7'56"/km
46	2481	Daniel	Fernandes	Male	45	M45	16	Clube Atletismo de Brito	06:37:37	7'57"/km
47	785	José	Cigarro	Male	46	MSenior	15	Linces de Montemor	06:37:57	7'57"/km
48	1401	Eduardo	Esteves	Male	47	M45	17	Viseu 350	06:38:25	7'58"/km
49	2603	Susana	Portela	Female	2	F50	1	EDV-Viana Trail	06:38:37	7'58"/km
50	2310	Bruno	Oliveira	Male	48	M40	11	TIBA Running Team	06:38:43	7'58"/km
51	1321	Bárbara	Sá	Female	3	F40	1	Santana FC Trail Team	06:41:15	8'01"/km
52	2672	João	Luís Roso	Male	49	MSenior	16	A.R.Casaens e/Escola de Atletismo de Coimbra/Intermarché Condeixa	06:41:41	8'02"/km
53	2525	João	Meira	Male	50	MSenior	17	Padela Natural	06:42:06	8'02"/km
54	1322	Nuno	Marques	Male	51	M40	12	Santana FC - Trail Team	06:42:14	8'02"/km
55	2265	Paulo	Silva	Male	52	MSenior	18	LH Running Team	06:43:06	8'03"/km
56	2635	José	Carlos Rodrigues	Male	53	M45	18	Mirandela a Correr	06:43:26	8'04"/km
57	2461	Pedro	Miguel Carriço	Male	54	M40	13	Serviços Sociais Montepio	06:48:25	8'10"/km
58	2650	Virgilio	Rodrigues	Male	55	M55	3	Urban Sport Nature	06:49:02	8'10"/km
59	2536	Paulo	Tavares	Male	56	M45	19	CCD - Crédito Agrícola	06:49:17	8'11"/km
60	2560	João	Ferreira	Male	57	M40	14	Runners do Demo	06:49:23	8'11"/km
61	2322	Anthony	Mendes	Male	58	MSenior	19	Individual	06:50:32	8'12"/km
62	863	Catarina	Silva	Female	4	F50	2	Clube de Atletismo de Ferreira do Zêzere	06:51:26	8'13"/km
63	2086	Carlos	Seixas	Male	59	M50	4	Bruxos Runners	06:51:27	8'13"/km
64	2247	Pedro	Ramos	Male	60	M50	5	Trilhos do Costume	06:52:16	8'14"/km
65	2596	Helder	Santos	Male	61	MSenior	20	Individual	06:52:30	8'15"/km
66	1213	Vitor	Cancela	Male	62	M45	20	Tokafujir	06:53:02	8'15"/km
67	2557	Richard	Warrell	Male	63	M45	21	Trilhos do Costume	06:54:33	8'17"/km
68	1711	Tiago	Cruz	Male	64	MSenior	21	ADC São Jacinto	06:55:06	8'18"/km
69	903	Tiago	Batista	Male	65	MSenior	22	ADCR Pereira Trail Running Team	07:02:01	8'26"/km
70	2639	Nuno	Melo	Male	66	MSenior	23	Individual	07:03:24	8'28"/km



Pos	Dorsal	Nome	Sobrenome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
71	2604	Nuno	Freire	Male	67	MSenior	24	Strendure Running Team	07:04:51	8'29"/km
72	2245	Pedro	Costa	Male	68	M40	15	ABCansado Trail	07:07:22	8'32"/km
73	2338	Nuno	Barata	Male	69	M45	22	COA / CORVUS TRAIL TEAM	07:08:19	8'34"/km
74	1915	Fernando	Reis	Male	70	M50	6	Turres TrailTeam	07:08:50	8'34"/km
75	329	Ana	Lúcia Duarte	Female	5	F50	3	OCS - Arrábida Trail Team	07:13:49	8'40"/km
76	2530	João	Felix	Male	71	MSenior	25	Individual	07:15:40	8'42"/km
77	2626	Liliana	Rodrigues	Female	6	FSenior	2	TRP - Trail Runners Portimão	07:18:20	8'46"/km
78	2678	Valérie	Antunes Dos Santos	Female	7	FSenior	3	Runners da Frente RPSI	07:24:03	8'52"/km
79	2313	Miguel	Mendes	Male	72	MSenior	26	Lion Runners G. D. Leões da Guarda	07:24:25	8'53"/km
80	2591	Helder	Branco	Male	73	M45	23	Matilha Running	07:25:58	8'55"/km
81	1462	Pedro	Amaral	Male	74	M55	4	Individual	07:27:38	8'57"/km
82	2294	José	Rolão	Male	75	M60	1	Corrida Noturna Parque Nações	07:27:55	8'57"/km
83	2466	Favelina	Santos	Female	8	F45	1	GRCD Leão - CobrasTrailistas	07:27:55	8'57"/km
84	2293	André	Rolão	Male	76	MSenior	27	Corrida Noturna Parque Nações	07:29:19	8'59"/km
85	768	Arnaud	Marmouset	Male	77	M55	5	Individual	07:31:51	9'02"/km
86	784	Vasco	Armés	Male	78	M45	24	Runners da Frente RPSI	07:31:54	9'02"/km
87	2645	Fernando	Cunha Enes	Male	79	M40	16	Grupo Corrida ESEN	07:34:28	9'05"/km
88	1755	Ana	Dias	Female	9	F45	2	Budeguita Runners	07:36:21	9'07"/km
89	2350	Tiago	Almeida	Male	80	M45	25	Budeguita Runners	07:36:22	9'07"/km
90	925	Paulo	Lagoa	Male	81	M50	7	Budeguita Runners	07:36:33	9'07"/km
91	2646	Maria	Raquel Silva	Female	10	F50	4	Grupo Corrida ESEN	07:37:53	9'09"/km
92	2542	Rheede	Hopgood	Male	82	MSenior	28	Aljezur Trail Runners	07:37:54	9'09"/km
93	2589	João	Miguel Miranda	Male	83	M50	8	Tribo da Estrela	07:39:49	9'11"/km
94	2178	Joaquim	Pais	Male	84	M40	17	Tribo da Estrela	07:39:50	9'11"/km
95	2543	Rafael	Eduardo Figueiredo	Male	85	M40	18	Tribo da Estrela	07:39:50	9'11"/km
96	2474	Mário	Silva	Male	86	M50	9	Sintrarunning	07:40:53	9'13"/km
97	1379	André	Cester Costa	Male	87	M40	19	MGAA Run Club	07:43:47	9'16"/km
98	1913	Ana	Faísca	Female	11	FSenior	4	OCS - Arrábida Trail Team	07:44:32	9'17"/km
99	2341	Filipe	Rito	Male	88	MSenior	29	Cabarè dos Coxos	07:45:23	9'18"/km
100	2289	Casimiro	Silva	Male	89	M45	26	Grnd Leão - Cobras trailistas	07:46:59	9'20"/km
101	2296	Humberto	Cardoso	Male	90	M55	6	Ginja Trail Runners	07:51:31	9'25"/km
102	2493	Carlos	Ferreira Simões	Male	91	M55	7	100 Trilhos	07:51:31	9'25"/km



Pos	Dorsal	Nome	Sobrenome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
103	2652	José	Moura Cardoso	Male	92	M23	1	100 Trilhos	07:51:31	9'25"/km
104	2619	Paulo	Lopes	Male	93	MSenior	30	Alverca Urban Runners	07:51:36	9'25"/km
105	2428	Hugo	Carrola	Male	94	M40	20	HC	07:51:36	9'25"/km
106	2651	Daniel	Borges Marques	Male	95	MSenior	31	100 Trilhos	07:51:37	9'25"/km
107	2300	Jorge	Alves	Male	96	M40	21	Individual	07:55:04	9'30"/km
108	1489	José	Pardal Duarte	Male	97	M60	2	Individual	07:57:38	9'33"/km
109	2268	Luis	Fazenda	Male	98	M45	27	Ginja Trail Runners	07:58:06	9'33"/km
110	2576	Mário	Júlio Cardoso	Male	99	M55	8	100 Trilhos	08:01:41	9'38"/km
111	1927	Diogo	Leite	Male	100	M50	10	Individual	08:03:37	9'40"/km
112	2594	Vítor	Nogueira	Male	101	M45	28	Runners do Demo	08:04:56	9'41"/km
113	1381	Luís	Ferrão	Male	102	M40	22	MGAA Run Club	08:14:34	9'53"/km
114	2121	Héber	Pires	Male	103	MSenior	32	Pascoalitos	08:17:58	9'57"/km
115	2616	Luís	Monteiro	Male	104	MSenior	33	ADCR Pereira Trail Running Team	08:18:31	9'58"/km
116	1980	David	Nogueira	Male	105	M40	23	Individual	08:21:58	10'02"/km
117	1363	Rui	Nunes	Male	106	M45	29	Osgas	08:22:16	10'02"/km
118	25	Helder	Tomé	Male	107	M50	11	Individual	08:24:02	10'04"/km
119	2280	Pierre-antoine	Queloz	Male	108	M50	12	Fram!	08:28:10	10'09"/km
120	1115	Christian	Maibohm	Male	109	M45	30	Team Snefnug	08:28:42	10'10"/km
121	1873	João	Cruz	Male	110	M45	31	Individual	08:29:10	10'11"/km
122	2302	João	Gameiro	Male	111	MSenior	34	Cabará dos Coxos	08:34:38	10'17"/km
123	2561	Marco	Dias	Male	112	MSenior	35	Individual	08:36:57	10'20"/km
124	1654	Virgílio	Lopes	Male	113	M60	3	ARDC do Bairro de Santa Cruz	08:42:58	10'27"/km
125	2503	Francisco	Ferrão	Male	114	M45	32	CM Póvoa-Nova	08:54:25	10'41"/km
126	1818	Nuno	Miguel Caetano	Male	115	MSenior	36	Moloni Running Team	09:02:29	10'50"/km
127	2599	Artur	Jorge Lopes	Male	116	M50	13	Moloni Running Team	09:02:31	10'51"/km
128	2206	Avelino	Rodrigues	Male	117	M45	33	Pascoalitos	09:04:32	10'53"/km
129	2569	Daniel	Figueiredo	Male	118	M23	2	ARCD Bairro de Santa Cruz	09:08:54	10'58"/km
130	1508	Sílvia	Rodrigues	Male	119	M40	24	NCN - Não Corras Não	09:09:21	10'59"/km
131	2498	Valter	Santana	Male	120	MSenior	37	Não corras não	09:09:22	10'59"/km
132	2613	Sonia	Nunes	Female	12	F40	2	Runners da Frente RPSI	09:10:52	11'01"/km
133	2573	Carina	Almeida	Female	13	F40	3	Runners da Frente RPSI	09:11:37	11'01"/km
134	808	Francisco	Rebelo	Male	121	M45	34	ABCansado Trail	09:12:32	11'03"/km
135	128	Sérgio	Jesus	Male	122	M45	35	COA / CORVUS TRAIL TEAM	09:23:47	11'16"/km
136	1897	Catarina	Garcia	Female	14	F40	4	ARCD Bairro de Santa Cruz	09:25:27	11'18"/km
137	2316	Nelson	Simões	Male	123	M45	36	Individual	09:26:43	11'20"/km
138	2314	Norberto	Aguiar	Male	124	MSenior	38	Lion Runners G. D. Leões da Guarda	09:55:31	11'54"/km



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139	2686	Fernando	Ferreira	Male	125	M45	37	Trilhos do C ostume	09:56:53	11'56"/km
140	2685	Artur	Luís Moreira	Male	126	M50	14	Individual	10:14:23	12'17"/km
141	2304	Francisco	Vaz	Male	127	M50	15	Individual	10:14:45	12'17"/km