



Pos	Dorsal	Nome	Sexo	Pos	Cat	Pos	Equipa	Int 1	Int 2	Segmento	Tempo	Ritmo
1	43	Luís Narciso	Male	1	M40	1	HL Runners Club	03:36:42	03:57:03	00:20:20	04:24:02	7'32"/km
2	49	Vitor Costa	Male	2	M40	2	ADAMarante Trail Running	03:40:40	04:01:54	00:21:13	04:30:12	7'43"/km
3	34	Paulo Gonçalves	Male	3	M50	1	Clube desportivo os Metralhas	03:44:06	04:04:35	00:20:29	04:31:41	7'45"/km
4	77	Gonçalo Raposo	Male	4	SenM	1	Morcegos Trail	03:58:52	04:20:19	00:21:27	04:48:45	8'15"/km
5	90	Luis Onca	Male	5	M40	3	Morcegos Trail	04:01:54	04:24:09	00:22:15	04:53:15	8'22"/km
6	13	Nuno Janela	Male	6	M40	4	Atlético Desportivo de São Pedro	04:03:48	04:26:11	00:22:22	04:57:21	8'29"/km
7	33	Roberto Gandarinho	Male	7	M40	5	Clube desportivo os Metralhas	04:04:02	04:31:24	00:27:22	05:07:55	8'47"/km
8	93	Ricardo Mendonça	Male	8	M40	6	Morcegos Trail	04:17:53	04:40:59	00:23:05	05:12:16	8'55"/km
9	89	Luís Godinho	Male	9	M40	7	Morcegos Trail	04:17:00	04:40:23	00:23:23	05:13:08	8'56"/km
10	20	Vítor Braga	Male	10	SenM	2	CDOL - Clube Desportivo Operário de Lagoa	04:18:29	04:41:57	00:23:28	05:15:36	9'01"/km
11	48	Joel Moreira	Male	11	SenM	3	Individual	04:16:47	04:40:34	00:23:47	05:16:42	9'02"/km
12	45	António Amaral	Male	12	M50	2	HL Runners Club	04:19:50	04:45:58	00:26:07	05:18:06	9'05"/km
13	32	Jorge Meira	Male	13	M40	8	Clube desportivo os Metralhas	04:25:03	04:48:54	00:23:51	05:20:37	9'09"/km
14	92	Pedro França	Male	14	M40	9	Morcegos Trail	04:23:29	04:48:51	00:25:22	05:22:20	9'12"/km
15	7	Christopher Sousa	Male	15	M40	10	#Letsrunazores	04:32:28	05:00:31	00:28:03	05:36:44	9'37"/km
16	23	João Amaral	Male	16	M50	3	CDOL - Clube Desportivo Operário de Lagoa	04:32:33	05:00:38	00:28:05	05:36:47	9'37"/km
17	25	Luís Vieira Melo	Male	17	SenM	4	Clube Desportivo de Vila Franca	04:37:30	05:02:56	00:25:26	05:37:37	9'38"/km
18	41	Mónica Cardoso	Female	1	F40	1	HL Runners Club	04:34:39	05:01:25	00:26:45	05:38:37	9'40"/km
19	94	Simão Melo	Male	18	M40	11	Morcegos Trail	04:33:45	05:01:31	00:27:46	05:38:47	9'40"/km
20	78	Nuno Oliveira	Male	19	SenM	5	Morcegos Trail	04:36:43	05:05:13	00:28:29	05:39:11	9'41"/km
21	17	Henrique Nicolau	Male	20	SenM	6	CDOL - Clube Desportivo Operário de Lagoa	04:36:45	04:58:43	00:21:57	05:39:29	9'41"/km
22	18	Hugo Alves	Male	21	SenM	7	CDOL - Clube Desportivo Operário de Lagoa	04:43:34	05:06:31	00:22:57	05:39:52	9'42"/km
23	12	Carlos Franco	Male	22	M40	12	Atlético Desportivo de São Pedro	04:38:40	05:06:23	00:27:42	05:42:14	9'46"/km
24	107	Pedro Anjos	Male	23	M40	13	Trilho Perdido Eventos / Imporlux	04:39:56	05:07:33	00:27:36	05:42:23	9'46"/km
25	19	Rui Frias	Male	24	SenM	8	CDOL - Clube Desportivo Operário de Lagoa	04:44:19	05:10:25	00:26:06	05:42:29	9'47"/km
26	16	Ana Oliveira	Female	2	SenF	1	CDOL - Clube Desportivo Operário de Lagoa	04:39:44	05:07:51	00:28:07	05:44:54	9'51"/km
27	72	Flávio Guerreiro	Male	25	M50	4	Milhafres	04:42:23	05:10:52	00:28:29	05:48:04	9'56"/km
28	9	Sérgio Soares	Male	26	M40	14	#Letsrunazores	04:50:05	05:14:10	00:24:05	05:55:11	10'08"/km
29	47	António Silva	Male	27	SenM	9	Individual	04:48:33	05:15:22	00:26:48	05:55:13	10'08"/km
30	39	Luís Alves	Male	28	SenM	10	GRUPO DESPORTIVO DE SÃO VICENTE FERREIRA	04:48:27	05:15:57	00:27:29	05:59:03	10'15"/km
31	27	Tiago Almeida	Male	29	M40	15	Clube Desportivo de Vila Franca	04:58:19	05:25:01	00:26:41	06:00:06	10'17"/km
32	42	Eduardo Silva	Male	30	M40	16	HL Runners Club	04:52:49	05:21:22	00:28:32	06:00:33	10'18"/km
33	91	Pedro Faria	Male	31	M40	17	Morcegos Trail	04:56:11	05:21:15	00:25:04	06:01:08	10'19"/km
34	95	José Pimentel	Male	32	M50	5	Morcegos Trail	04:58:00	05:27:18	00:29:17	06:09:17	10'33"/km
35	57	Eugénio Dias	Male	33	M40	18	Atletismo Clube da Tocha	05:07:51	05:34:44	00:26:53	06:09:38	10'33"/km
36	84	David Lopes	Male	34	M40	19	Morcegos Trail	04:55:32	05:28:46	00:33:13	06:12:10	10'38"/km



Pos	Dorsal	Nome	Sexo	Pos	Cat	Pos	Equipa	Int 1	Int 2	Segmento	Tempo	Ritmo
37	8	Nuno Abreu	Male	35	M40	20	#Letsrunazores	05:13:33	05:41:46	00:28:12	06:18:16	10'48"/km
38	24	Luis Pires	Male	36	SenM	11	Clube Desportivo de Vila Franca	05:10:28	05:40:09	00:29:41	06:20:59	10'53"/km
39	69	António P. Cleto	Male	37	M40	21	Milhafres	05:02:09	05:34:36	00:32:27	06:22:43	10'56"/km
40	65	Rui Álvares Cabral	Male	38	M50	6	Individual	05:08:35	05:37:20	00:28:44	06:25:01	11'00"/km
41	63	Rui Correia	Male	39	M40	22	Individual	05:32:14	06:02:48	00:30:34	06:43:31	11'31"/km
42	68	Marta Reis	Female	3	SenF	2	Juventude Cortegacense	05:32:15	06:02:46	00:30:31	06:43:31	11'31"/km
43	80	Isabel Vedor	Female	4	F40	2	Morcegos Trail	05:48:31	06:23:36	00:35:04	07:02:59	12'05"/km
44	53	Maria Melo	Female	5	F50	1	Individual	05:53:19	06:28:15	00:34:56	07:08:15	12'14"/km
45	55	António Serrão	Male	40	M40	23	Individual	06:01:11	06:30:15	00:29:04	07:11:02	12'18"/km
46	10	Mário Botelho	Male	41	M40	24	Active Clube Funcional	06:00:41	06:30:04	00:29:23	07:11:03	12'18"/km
47	66	Rui Soares	Male	42	M50	7	Individual	06:11:23	06:49:25	00:38:01	07:34:59	12'59"/km
48	79	Ida Rust	Female	6	F40	3	Morcegos Trail	06:16:44	06:54:46	00:38:02	07:35:04	13'00"/km
49	6	Bruno Cardoso	Male	43	M40	25	#Letsrunazores	06:14:36	06:50:31	00:35:55	07:40:11	13'08"/km
50	81	Sara Palrinhas	Female	7	F40	4	Morcegos Trail	06:22:42	06:59:10	00:36:27	07:51:10	13'27"/km
51	40	Diana Vultao	Female	8	SenF	3	HL Runners Club	06:22:31	06:58:59	00:36:28	08:26:41	14'28"/km
52	44	Paulo Miranda	Male	44	M40	26	HL Runners Club	06:46:49	07:32:52	00:46:02	08:26:44	14'28"/km