



Pos.	Name	Bib	Club	Time
Geral				
1	Tiago Pereira	222	FC Penafiel	02:04:07
2	Ricardo Moreira	223	FC Penafiel	02:04:12
3	Carlos António Ferreira Monteiro	132	Vizela corre	02:12:12
GeralM				
1	Tiago Pereira	222	FC Penafiel	02:04:07
2	Ricardo Moreira	223	FC Penafiel	02:04:12
3	Carlos António Ferreira Monteiro	132	Vizela corre	02:12:12
GeralF				
1	Paula Soares	198	A.D.Amarante Trail Running	02:29:58
2	Gisela Sousa	195	AD MARCO 09	02:49:08
3	Silvia Pereira	145	Individual	02:51:04
Sub23 F				
1	Joyce Silva	134	Futebol Clube de Frende	04:04:29
SeniorM				
1	Tiago Pereira	222	FC Penafiel	02:04:07
2	Ricardo Moreira	223	FC Penafiel	02:04:12
3	Miguel Ferras	203	A.D.Amarante Trail Running	02:13:56
SeniorF				
1	Paula Soares	198	A.D.Amarante Trail Running	02:29:58
2	Susana Silva Rodrigues	218	Clube Atletismo Fafe	03:11:40
3	Claudia Moreira	199	A.D.Amarante Trail Running	03:18:13
Veterano M40				
1	Avelino	176	Individual	02:15:56
2	Pedro Moreira	100	Individual	02:22:56
3	João Ribeiro	81	Manu's Therapy Trail Running	02:25:39
veterano F40				
1	Gisela Sousa	195	AD MARCO 09	02:49:08
2	Silvia Pereira	145	Individual	02:51:04
3	Paula Lage	106	Furfor Running Project	02:54:22
Veterano M45				
1	Carlos António Ferreira Monteiro	132	Vizela corre	02:12:12
2	Marco António Magalhães Faria	117	Vizela corre	02:15:19
3	Emílio Carvalho	167	The Rookies	02:17:23
Veterano F45				
1	Margarida Sousa	194	AD MARCO 09	03:05:53
2	Marlene Ferreira	108	Pés de Chumbo Runners	04:17:07
Veterano M50				
1	Julio Teixeira	202	A.D.Amarante Trail Running	02:37:36
2	Jorge Manuel Barbosa Moreira	184	Amigos do Pedal trailagares	02:43:34
3	Carlos Silva	129	Clube Trilheiros & Amigos	02:47:23
Veterano F50				
1	Sandra Arribança	209	Individual	03:09:12
2	Laura Adelaide Pinto Mendes	83	Kemedo Team	03:13:49



Pos.	Name	Bib	Club	Time
3	Orlanda Rego	80	Individual	03:22:29
Veterano M55				
1	Belmiro Ferreira	77	G.D.Leões da Guarda - LION RUNNERS	02:24:04
2	António Loureiro	191	Fitness Palace	02:45:29
3	Francisco Lemos	124	Nós Acreditamos Run Team	02:46:27
Veterano F55				
1	Elisabete Repas	79	Gaia-Running	03:06:42
2	ISABEL ARAUJO	114	Individual	04:34:57
Veterano M60				
1	Fernando Seabra	150	Cabritos Saltadores	03:01:26
2	José Luis Machado Loureiro	82	Autistic Runners	03:44:07
3	Gil da Costa	122	Individual	03:54:37