

Pos	Dorsal	Nome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
1	222	Tiago Pereira	Male	1	SenM	1	FC Penafiel	02:04:07	5'10"/km
2	223	Ricardo Moreira	Male	2	SenM	2	FC Penafiel	02:04:12	5'10"/km
3	132	Carlos António Ferreira Monteiro	Male	3	M45	1	Vizela corre	02:12:12	5'30"/km
4	203	Miguel Ferras	Male	4	SenM	3	A.D.Amarante Trail Running	02:13:56	5'34"/km
5	117	Marco António Magalhães Faria	Male	5	M45	2	Vizela corre	02:15:19	5'38"/km
6	24	Carlos Vieira	Male	6	SenM	4	Lusavouga CIDEP CSN Trail	02:15:46	5'39"/km
7	176	Avelino	Male	7	M40	1	Individual	02:15:56	5'39"/km
8	167	Emílio Carvalho	Male	8	M45	3	The Rookies	02:17:23	5'43"/km
9	221	Fábio Barbosa	Male	9	SenM	5	FC Penafiel	02:18:28	5'46"/km
10	59	Bruno André Teixeira Pereira	Male	10	SenM	6	EDV - VIANA TRAIL	02:19:08	5'47"/km
11	100	Pedro Moreira	Male	11	M40	2	Individual	02:22:56	5'57"/km
12	67	Joao Menezes	Male	12	SenM	7	Individual	02:23:57	5'59"/km
13	77	Belmiro Ferreira	Male	13	M55	1	G.D.Leões da Guarda - LION RUNNERS	02:24:04	6'00"/km
14	81	João Ribeiro	Male	14	M40	3	Manu's Therapy Trail Running	02:25:39	6'04"/km
15	90	José Meneses	Male	15	M40	4	Nocturnos de Paredes	02:25:55	6'04"/km
16	192	Francisco Castro	Male	16	SenM	8	Individual	02:26:00	6'05"/km
17	55	João Ferreira	Male	17	SenM	9	Brabus Runners	02:26:11	6'05"/km
18	113	Artur Barbosa	Male	18	SenM	10	Furfor Running Project	02:26:38	6'06"/km
19	123	Cristiano Cunha	Male	19	SenM	11	Nós Acreditamos Run Team	02:27:19	6'08"/km
20	139	Ricardo Miguel Magalhães Nunes	Male	20	SenM	12	Furfor Running Project	02:29:54	6'14"/km
21	198	Paula Soares	Female	1	SenF	1	A.D.Amarante Trail Running	02:29:58	6'14"/km
22	187	João José Barbosa Da Costa	Male	21	SenM	13	EDL Trail	02:30:05	6'15"/km
23	60	Gilberto Pimenta	Male	22	SenM	14	Oralklass-Amigos do Trail	02:30:26	6'16"/km
24	181	Diogo Lopes	Male	23	SenM	15	CB RUN	02:31:41	6'19"/km
25	95	Nel Carvalho	Male	24	M40	5	Individual	02:32:25	6'21"/km
26	105	Cristiano Melo	Male	25	SenM	16	Brabus Runners	02:33:12	6'23"/km
27	147	Marcos Leandro Gomes Ribeiro	Male	26	SenM	17	Sport Club Freamunde	02:33:51	6'24"/km
28	92	César Guimarães	Male	27	SenM	18	CB RUN	02:34:29	6'26"/km
29	196	Fábio Nunes	Male	28	SenM	19	AD MARCO 09	02:34:45	6'26"/km
30	207	Miguel Pereira	Male	29	SenM	20	A.D.Amarante Trail Running	02:35:18	6'28"/km
31	25	Sérgio Monteiro	Male	30	SenM	21	Sardonisca Runners	02:35:27	6'28"/km
32	216	João Fernando Silva Ribeiro	Male	31	M40	6	Individual	02:35:36	6'29"/km
33	125	Fernando Carvalho	Male	32	M45	4	Nós Acreditamos Run Team	02:35:42	6'29"/km
34	155	Antonio Joaquim Dias Teles	Male	33	M40	7	Dá-lhe Gás Trail Team Fisioduo	02:35:47	6'29"/km
35	160	Antonio Reis Maia	Male	34	SenM	22	Team Trail Bem Viver	02:36:04	6'30"/km
36	148	Vítor Cruz	Male	35	SenM	23	Individual	02:36:04	6'30"/km
37	46	Tiago Oliveira	Male	36	SenM	24	Sob Efeito Trail	02:36:27	6'31"/km
38	185	Sandro Silva	Male	37	SenM	25	EDL Trail	02:37:03	6'32"/km
39	74	Filipe Pinho	Male	38	SenM	26	Lusavouga CIDEP CSN Trail	02:37:04	6'32"/km
40	110	Ruan Rodrigues	Male	39	SenM	27	EDV - VIANA TRAIL	02:37:23	6'33"/km
41	202	Julio Teixeira	Male	40	M50	1	A.D.Amarante Trail Running	02:37:36	6'34"/km
42	34	Isidro Pinto	Male	41	SenM	28	DAPproduções	02:37:51	6'34"/km

Pos	Dorsal	Nome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
43	204	Paulo Pereira	Male	42	SenM	29	A.D.Amarante Trail Running	02:38:12	6'35"/km
44	200	António Mendes	Male	43	SenM	30	A.D.Amarante Trail Running	02:38:35	6'36"/km
45	141	José Manuel Gonçalves Barbosa	Male	44	M40	8	Individual	02:38:45	6'36"/km
46	65	João Nepomuceno	Male	45	M45	5	Serra D'Aire Trail Team	02:39:08	6'37"/km
47	170	Marco Dantas	Male	46	SenM	31	Olímpico Vianense	02:39:17	6'38"/km
48	109	Hélio Dias	Male	47	SenM	32	Furfor Running Project	02:40:05	6'40"/km
49	78	Vitor Fonseca	Male	48	M40	9	Individual	02:40:41	6'41"/km
50	169	Diogo Silva Torres	Male	49	SenM	33	EDV - VIANA TRAIL	02:42:18	6'45"/km
51	71	Pedro Andrade	Male	50	SenM	34	Futebol Clube de Frende	02:42:44	6'46"/km
52	184	Jorge Manuel Barbosa Moreira	Male	51	M50	2	Amigos do Pedal trailagares	02:43:34	6'48"/km
53	36	Vitor Araujo	Male	52	SenM	35	DAPproduções	02:44:42	6'51"/km
54	138	Paulo Monteiro	Male	53	M40	10	Fridão Sem Limites	02:44:47	6'52"/km
55	191	António Loureiro	Male	54	M55	2	Fitness Palace	02:45:29	6'53"/km
56	130	Paulo Renato Alves Martins	Male	55	SenM	36	Vizela corre	02:45:31	6'53"/km
57	126	Jose Pinto	Male	56	M40	11	Nós Acreditamos Run Team	02:46:01	6'55"/km
58	26	Henrique Barbosa	Male	57	M40	12	Magicbarber Trail Team	02:46:26	6'56"/km
59	124	Francisco Lemos	Male	58	M55	3	Nós Acreditamos Run Team	02:46:27	6'56"/km
60	129	Carlos Silva	Male	59	M50	3	Clube Trilheiros & Amigos	02:47:23	6'58"/km
61	127	Paulo Costa	Male	60	M45	6	Nós Acreditamos Run Team	02:48:21	7'00"/km
62	52	Alcino Silva	Male	61	SenM	37	Amigos 100 Limites	02:48:24	7'01"/km
63	96	Rui Alvim	Male	62	M45	7	Mss contabilidade trail team	02:49:04	7'02"/km
64	195	Gisela Sousa	Female	2	F40	1	AD MARCO 09	02:49:08	7'02"/km
65	179	Mário Da Silva	Male	63	SenM	38	Devasta Trilhos	02:49:09	7'02"/km
66	64	Laurindo Osório	Male	64	M50	4	Valongo Trail Team	02:49:57	7'04"/km
67	93	Leandro Oliveira	Male	65	SenM	39	CB RUN	02:50:10	7'05"/km
68	168	André Dias	Male	66	M45	8	Gaia-Running	02:50:33	7'06"/km
69	23	Adriano Teixeira	Male	67	M50	5	Lusavouga CIDEP CSN Trail	02:50:58	7'07"/km
70	145	Silvia Pereira	Female	3	F40	2	Individual	02:51:04	7'07"/km
71	94	Roberto Freitas	Male	68	SenM	40	Boavista trail	02:51:15	7'08"/km
72	165	Bruno Pereira	Male	69	SenM	41	Nós Acreditamos Run Team	02:51:58	7'09"/km
73	20	Valter Correia	Male	70	M40	13	Nova Linha Trail Runners	02:52:49	7'12"/km
74	73	Paulo Francisco Gouveia	Male	71	M45	9	Individual	02:53:27	7'13"/km
75	44	Marco Silva	Male	72	M50	6	AllAbout	02:53:39	7'14"/km
76	63	Pedro Marques	Male	73	SenM	42	Serra D'Aire Trail Team	02:53:45	7'14"/km
77	106	Paula Lage	Female	4	F40	3	Furfor Running Project	02:54:22	7'15"/km
78	54	Humberto Almeida	Male	74	SenM	43	Individual	02:54:45	7'16"/km
79	58	Rui Sousa	Male	75	M40	14	Ofrunning	02:58:44	7'26"/km
80	131	Nuno André Marinho Carvalho	Male	76	SenM	44	Vizela corre	02:59:23	7'28"/km
81	146	Tiago Costa	Male	77	SenM	45	Carreiros	02:59:38	7'29"/km
82	57	Filipe Bastos	Male	78	M50	7	Individual	03:00:25	7'31"/km
83	68	Nuno Correia	Male	79	M40	15	Individual	03:00:55	7'32"/km
84	150	Fernando Seabra	Male	80	M60	1	Cabritos Saltadores	03:01:26	7'33"/km

Pos	Dorsal	Nome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
85	119	Helder Santos	Male	81	M40	16	Helder Santos	03:02:05	7'35"/km
86	61	Bruno Gaio	Male	82	SenM	46	Valongo Trail Team	03:02:51	7'37"/km
87	159	Filipe Ferreira	Male	83	SenM	47	Team Trail Bem Viver	03:03:30	7'38"/km
88	211	Ricardo Sousa	Male	84	M40	17	Boavista trail	03:03:45	7'39"/km
89	53	João António Marques Tavares	Male	85	M45	10	Lusavouga CIDEF CSN Trail	03:04:16	7'40"/km
90	157	Pedro Carneiro	Male	86	SenM	48	Team Trail Bem Viver	03:05:06	7'42"/km
91	84	Pedro Monteiro	Male	87	M40	18	Gaia-Running	03:05:40	7'44"/km
92	194	Margarida Sousa	Female	5	F45	1	AD MARCO 09	03:05:53	7'44"/km
93	79	Elisabete Repas	Female	6	F55	1	Gaia-Running	03:06:42	7'46"/km
94	112	Francisco Manuel De Jesus Pinheiro	Male	88	M45	11	Individual	03:07:55	7'49"/km
95	163	António Adão Pinto Monteiro	Male	89	M50	8	Amigo Trail Run	03:07:59	7'49"/km
96	156	Pedro Barbosa	Male	90	M50	9	Cabritos Saltadores	03:08:34	7'51"/km
97	209	Sandra Arribança	Female	7	F50	1	Individual	03:09:12	7'53"/km
98	104	Fernando Gomes	Male	91	M50	10	Valongo Trail Team	03:09:20	7'53"/km
99	161	Armando João Rodrigues Ribeiro	Male	92	M45	12	Amigo Trail Run	03:10:13	7'55"/km
100	99	Jorge Mesquita	Male	93	M45	13	Tog Associação Running Team	03:10:22	7'55"/km
101	97	Luis Carlos Sampaio Da Silva	Male	94	SenM	49	Brabus Runners	03:11:20	7'58"/km
102	218	Susana Silva Rodrigues	Female	8	SenF	2	Clube Atletismo Fafe	03:11:40	7'59"/km
103	51	Alfredo Ribeiro	Male	95	SenM	50	Linces do Marão	03:11:54	7'59"/km
104	140	Paulo Silva	Male	96	M40	19	Cabritos Saltadores	03:12:05	8'00"/km
105	116	André Lopes	Male	97	SenM	51	Valongo Trail Team	03:12:29	8'01"/km
106	188	Manuel Pinheiro	Male	98	M50	11	Individual	03:13:45	8'04"/km
107	83	Laura Adelaide Pinto Mendes	Female	9	F50	2	Kemedo Team	03:13:49	8'04"/km
108	190	Carlos Alberto Amorim Rodrigues Moure	Male	99	M45	14	EDL Trail	03:15:49	8'09"/km
109	30	Nuno Monteiro	Male	100	M40	20	Individual	03:17:01	8'12"/km
110	199	Claudia Moreira	Female	10	SenF	3	A.D.Amarante Trail Running	03:18:13	8'15"/km
111	98	Ricardo Oliveira	Male	101	SenM	52	CB RUN	03:18:18	8'15"/km
112	217	Vitor Reis	Male	102	M55	4	Serra D'Aire Trail Team	03:18:25	8'16"/km
113	183	Mario Lima	Male	103	M40	21	Duros trail	03:18:30	8'16"/km
114	158	Rui Madureira	Male	104	SenM	53	Team Trail Bem Viver	03:19:49	8'19"/km
115	186	Filipe Mota	Male	105	SenM	54	Individual	03:21:13	8'23"/km
116	101	Mário Nogueira	Male	106	SenM	55	Individual	03:21:35	8'23"/km
117	193	Filipe Ribeiro	Male	107	M45	15	Cabritos Saltadores	03:22:28	8'26"/km
118	80	Orlanda Rego	Female	11	F50	3	Individual	03:22:29	8'26"/km
119	142	Cristina Teixeira	Female	12	SenF	4	Individual	03:22:57	8'27"/km
120	149	Gabriel Sousa	Male	108	SenM	56		03:22:58	8'27"/km
121	215	Ricardo Mendes	Male	109	M40	22	Individual	03:23:06	8'27"/km
122	166	Rui Carvalho	Male	110	SenM	57	The Rookies	03:24:19	8'30"/km
123	32	Vitor Cardoso	Male	111	M45	16	Baguim Runners	03:24:36	8'31"/km
124	56	Gorete De Fátima Teixeira Novais	Female	13	F40	4	Individual	03:24:52	8'32"/km
125	219	Arnaldo Ferreira Da Costa	Male	112	M55	5	Individual	03:25:07	8'32"/km
126	172	Francisco Oliveira	Male	113	M45	17	Gaia-Running	03:26:01	8'35"/km
127	27	Carlos Alberto	Male	114	M40	23	Generosos Runners	03:26:26	8'36"/km



Pos	Dorsal	Nome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
128	213	Raquel Doiro González	Female	14	SenF	5	Boavista trail	03:26:28	8'36"/km
129	162	Nuno António Da Mota Pereira	Male	115	M40	24	Amigo Trail Run	03:27:52	8'39"/km
130	226	Paula Santos	Female	15	F50	4	AllAbout	03:28:03	8'40"/km
131	225	Paulo Leite	Male	116	M50	12	AllAbout	03:28:03	8'40"/km
132	208	Domingos Nogueira	Male	117	M40	25	Moreira Relax Runners	03:28:53	8'42"/km
133	206	Silvio Pinto	Male	118	M40	26	A.D.Amarante Trail Running	03:29:45	8'44"/km
134	102	Sérgio Gomes	Male	119	M45	18	Os Finos	03:30:35	8'46"/km
135	178	Paulo Fernandes	Male	120	M45	19	Individual	03:31:30	8'48"/km
136	121	Telmo Mendonça	Male	121	M40	27	Boavista trail	03:32:49	8'52"/km
137	115	Antonio Coelho	Male	122	M45	20		03:32:55	8'52"/km
138	143	Rui Almeida	Male	123	M40	28	Nocturnos de Paredes	03:34:24	8'56"/km
139	120	Nuno Machado	Male	124	SenM	58	O Que Queremos é Monte	03:35:24	8'58"/km
140	212	Pablo Conde Estévez	Male	125	M40	29	Boavista trail	03:39:34	9'08"/km
141	174	Artur Ricardo Gaspar Ferreira	Male	126	M45	21	Runriver - Escola de Atletismo de Rio Tinto	03:40:44	9'11"/km
142	173	Daniela Sofia De Pinho Soares	Female	16	F40	5	Runriver - Escola de Atletismo de Rio Tinto	03:40:44	9'11"/km
143	171	Eduardo Xavier	Male	127	M40	30	Cabritos Saltadores	03:41:22	9'13"/km
144	82	José Luis Machado Loureiro	Male	128	M60	2	Autistic Runners	03:44:07	9'20"/km
145	22	Paulo Sousa	Male	129	SenM	59	Lusavouga CIDEP CSN Trail	03:46:46	9'26"/km
146	91	Tiago Filipe Gonçalves Pinto	Male	130	SenM	60	Tog Associação Running Team	03:48:11	9'30"/km
147	118	Vitor Santos	Male	131	M45	22	Individual	03:50:43	9'36"/km
148	133	Sara Andreia Pereira Gomes	Female	17	SenF	6	Clube Atletismo Fafe	03:52:37	9'41"/km
149	89	Fernando Almeida	Male	132	M45	23	Nocturnos de Paredes	03:52:58	9'42"/km
150	88	Lia Leal	Female	18	SenF	7	Nocturnos de Paredes	03:52:58	9'42"/km
151	72	Joel Coelho	Male	133	M40	31	Generosos Runners	03:52:58	9'42"/km
152	137	Delfim António Ferreira Nunes	Male	134	M45	24	Individual	03:53:09	9'42"/km
153	76	Augusto Oliveira	Male	135	M50	13	DAPproduções	03:54:33	9'46"/km
154	122	Gil Da Costa	Male	136	M60	3	Individual	03:54:37	9'46"/km
155	197	Pedro Nogueira	Male	137	SenM	61	AD MARCO 09	03:57:47	9'54"/km
156	164	Solange Sousa	Female	19	F40	6	Individual	04:01:31	10'03"/km
157	134	Joyce Silva	Female	20	S23F	1	Futebol Clube de Frende	04:04:29	10'11"/km
158	136	Jose Pereira	Male	138	M45	25	Futebol Clube de Frende	04:05:10	10'12"/km
159	87	Cláudia Motta	Female	21	F40	7	Nocturnos de Paredes	04:05:43	10'14"/km
160	10	Filipe Sousa	Male	139	SenM	62	MaisSaúde - Fisioterapia e Osteopatia	04:09:39	10'24"/km
161	153	João Soares	Male	140	M40	32	G.D.Leões da Guarda - LION RUNNERS	04:12:02	10'30"/km
162	103	Clara Teixeira	Female	22	SenF	8	Os preguiças team	04:13:38	10'34"/km
163	151	Nelson Santos	Male	141	M45	26	Tog Associação Running Team	04:15:29	10'38"/km
164	111	João Oliveira	Male	142	SenM	63	Gansos	04:17:05	10'42"/km
165	108	Marlene Ferreira	Female	23	F45	2	Pés de Chumbo Runners	04:17:07	10'42"/km
166	86	Paulo Vilarinho	Male	143	M45	27	Individual	04:20:17	10'50"/km
167	29	José Silva	Male	144	M50	14	Nova Linha Trail Runners	04:20:20	10'50"/km

Distancia: 24000

Pos	Dorsal	Nome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
168	128	Manuel Guedes	Male	145	M45	28	Individual	04:26:01	11'05"/km
169	50	Luis Rasquinho	Male	146	M40	33	RVD Trail	04:26:38	11'06"/km
170	114	Isabel Araujo	Female	24	F55	2	Individual	04:34:57	11'27"/km
171	154	Vanessa Costa	Female	25	SenF	9	Individual	04:41:29	11'43"/km
172	39	Pedro Rodrigues	Male	147	SenM	64	Boavista trail	04:43:16	11'48"/km
173	135	Rui Carmo	Male	148	M50	15	Futebol Clube de Frende	04:46:28	11'56"/km
174	107	Henrique Sá Costa	Male	149	M40	34	Individual	04:47:17	11'58"/km
175	38	Rui Ribeiro	Male	150	M40	35	Individual	04:47:21	11'58"/km