



Pos	Dorsal	Nome	Apelido	Categoria	Equipa	Tempo
M23						
1	2244	Paulo	Oliveira	M23	Dragon Club	01:27:02
2	2157	Ricardo	Almeida	M23	Individual	01:43:08
3	2052	Maurício	Moreira	M23	Magic Friends Runners	01:54:11
4	2024	Luís	Almeida	M23	Individual	01:54:13
5	2013	Henrique	Pires	M23	Individual	02:08:56
6	2178	Pedro	Cardoso	M23	Individual	02:17:51
7	2075	Fabio	Machado	M23	Motores da Montanha	02:50:09
8	2201	André	Monteiro	M23	Magic Friends Runners	03:10:29

F23						
1	1065	Cristiana	Rocha	F23	Dragon Club	01:41:06
2	1081	Clara	Lopes	F23	B.T.M.	02:00:40

MSenior						
1	2265	João	Ribeiro	MSenior	Oralklass-Amigos do Trail	01:11:42
2	2194	Pedro	Freitas	MSenior	Individual	01:12:17
3	2156	Sergio	Silva	MSenior	Mss contabilidade trail team	01:12:57
4	2173	Tiago	Pinto	MSenior	Douroconta-Gabinete de Apoio e Contabilidade	01:12:58
5	2025	Vítor	Carvalho	MSenior	ADECA	01:13:40
6	2231	Pedro	Tapadas	MSenior	Douroconta-Gabinete de Apoio e Contabilidade	01:14:01
7	1060	Pedro	Oliveira	MSenior	FisioPedro Trail	01:16:12
8	1023	Ricardo	Oliveira	MSenior	Habcarpintaria	01:16:33
9	2221	Nuno	Carvalho	MSenior	Realense Futebol Clube	01:17:08
10	2160	Pedro	Lopes	MSenior	CBRUN	01:17:36
11	1016	Nelson	Leal	MSenior	Águias de Alvelos	01:18:05
12	1047	Manuel	Oliveira	MSenior	Terminal Coimbra	01:18:19
13	1078	Nuno	Fernandes	MSenior	B.T.M.	01:18:37
14	1067	Flavio	Fernandes	MSenior	B.T.M.	01:19:09
15	1084	João	Duarte	MSenior	B.T.M.	01:19:18
16	2154	João	Coentrão	MSenior	Pegasus OCR ProTeam	01:19:35
17	2066	Marko	Santos	MSenior	Rafa Team	01:19:48
18	2021	Fernando	Alves	MSenior	Individual	01:19:58
19	2090	João	Lopes	MSenior	CBRUN	01:19:58
20	1032	Diogo	Lopes	MSenior	CBRUN	01:20:07
21	2191	Tiago	Faria	MSenior	Individual	01:22:57
22	2039	Hélder	Silva	MSenior	Habcarpintaria	01:23:29
23	2200	Tiago	Sá	MSenior	Rafa Team	01:24:19
24	2064	Bruno	Santos	MSenior	Douroconta-Gabinete de Apoio e Contabilidade	01:25:36
25	1029	Pedro	Costa	MSenior	Habcarpintaria	01:26:12
26	2108	Rui	Pedro	MSenior	Amigos 100 Limites	01:26:40
27	2226	Daniel	Martins	MSenior	Individual	01:27:40
28	2118	Hugo	Lopes	MSenior	Promessas do atletismo	01:27:47
29	2049	Alcino	Silva	MSenior	Amigos 100 Limites	01:27:57
30	2180	Henrique	Velon	MSenior	Petro Basto	01:28:07
31	2134	Pedro	Campos	MSenior	Douroconta-Gabinete de Apoio e Contabilidade	01:29:08
32	2117	Rafael	Teixeira	MSenior	Promessas do atletismo	01:29:39
33	2138	Nelson	Cruz	MSenior	Individual	01:30:04
34	1038	Marco	Bds	MSenior	Habcarpintaria	01:30:32
35	2175	Fábio	Carvalho	MSenior	Individual	01:30:58



Pos	Dorsal	Nome	Apelido	Categoria	Equipa	Tempo
36	2237	Ricardo	Oliveira	MSenior	CBRUN	01:31:46
37	2263	Hélder	Magalhães	MSenior		01:31:57
38	2050	Flávio	Teixeira	MSenior	Amigos 100 Limites	01:32:22
39	2259	Bruno	Barros	MSenior	Individual	01:32:42
40	2249	Nuno	Lomba	MSenior	Apúlia a Correr	01:33:25
41	2063	Nelson	Fernandes	MSenior	Promessas do atletismo	01:33:33
42	1036	Pedro	Silva	MSenior	Habcarpintaria	01:33:40
43	2026	Jose	Pereira	MSenior	Águias de Alvelos	01:34:06
44	2210	Diogo	Azevedo	MSenior	Individual	01:34:14
45	2245	Filipe	Oliveira	MSenior	FisioPedro Trail	01:34:34
46	2243	Vitor	Sousa	MSenior	Individual	01:34:49
47	2211	Vitor	Rodrigues	MSenior	Habcarpintaria	01:35:08
48	2015	José	Rocha	MSenior	Individual	01:35:31
49	2240	Nuno	Gomes	MSenior	FisioPedro Trail	01:35:33
50	2250	Nelson	Costa	MSenior	Individual	01:36:37
51	2146	Helder		MSenior	Individual	01:36:43
52	2142	João	Silva	MSenior	Individual	01:37:23
53	2027	Pedro	Silva	MSenior	Individual	01:38:04
54	2023	Tiago	Gonçalves	MSenior	ADECA	01:38:41
55	2080	Rui	Vieira	MSenior	A.D Carvalhal	01:38:43
56	1059	João	Silva	MSenior	FisioPedro Trail	01:39:33
57	2159	Rui	Correia	MSenior	Individual	01:39:59
58	2148	José	Cruz	MSenior	Individual	01:41:05
59	2079	Fábio	Moreira	MSenior	Amigos 100 Limites	01:41:23
60	2078	Tiago	Mota	MSenior	Amigos 100 Limites	01:41:49
61	2205	Ricardo	Azevedo	MSenior	Individual	01:42:10
62	2121	Fábio	Sousa	MSenior	Mss contabilidade trail team	01:43:13
63	2253	Sergio	Neiva	MSenior	Ganita	01:43:15
64	1063	Daniel	Neto	MSenior	FisioPedro Trail	01:43:18
65	2190	Ricardo	Fernandes	MSenior	Individual	01:43:37
66	1033	Ricardo	Antunes	MSenior	CBRUN	01:43:43
67	2217	Hélder	Ribeiro	MSenior	Individual	01:43:45
68	2218	Nuno	Carvalho	MSenior	Individual	01:43:46
69	1030	Bruno	Marques	MSenior	Habcarpintaria	01:44:02
70	1057	Álvaro	Vale	MSenior	ADE trail running	01:45:51
71	2145	Henrique	Faria	MSenior	CAAC- Clube de Atletismo Arentim e Cunha	01:46:30
72	2014	Ricardo	Branco	MSenior	Individual	01:46:44
73	2216	André	Cardoso	MSenior	Individual	01:47:39
74	2109	Ricardo	Meireles	MSenior	Individual	01:47:44
75	2144	Joel	Cunha	MSenior	Promessas do atletismo	01:50:49
76	2132	Hugo	Gomes	MSenior	Papa Trails	01:51:17
77	2033	Dorsal 2033	Meira	MSenior	Habcarpintaria	01:51:32
78	2058	Pedro	Silva	MSenior	AFIPRE TEAM	01:52:08
79	1011	Mário	Coelho	MSenior	Individual	01:52:29
80	2185	Ricardo	Alves	MSenior	Pés de Chumbo Runners	01:52:35
81	2096	Cláudio	Trindade	MSenior	Individual	01:52:43
82	2130	Ricardo	Pinto	MSenior	Papa Trails	01:53:17
83	2258	Vitor	Fernandes	MSenior	Individual	01:53:53
84	2055	Daniel	Soares	MSenior	Individual	01:54:22
85	2203	Tiago	Gomes	MSenior	A.D Carvalhal	01:54:42
86	1061	Miguel	Gonçalves	MSenior	FisioPedro Trail	01:55:12
87	2242	Davide	Afonso	MSenior	Individual	01:55:55
88	2073	Ricardo	Pires	MSenior	Motores da Montanha	01:58:00



Pos	Dorsal	Nome	Apelido	Categoria	Equipa	Tempo
89	2135	Gabriel	Sousa	MSenior	Solemates	01:59:14
90	2059	César	Araujo	MSenior	Individual	01:59:40
91	2215	Fernando	Pereira	MSenior	Individual	01:59:42
92	1031	Elson	Carvalho	MSenior	Habcarpintaria	02:01:43
93	2172	Ricardo	Novais	MSenior	Individual	02:02:12
94	2122	Jorge	Rodrigues	MSenior	Individual	02:02:33
95	2176	Anthony	Nascimento	MSenior	Individual	02:04:36
96	2198	Bruno	Couto	MSenior	Individual	02:06:20
97	2229	Nuno	Quintão	MSenior	Individual	02:10:20
98	1025	Flávio	Rocha	MSenior	Habcarpintaria	02:17:36
99	2071	Nuno	Mendes	MSenior	Motores da Montanha	02:31:35
100	2074	Telmo	Gondar	MSenior	Motores da Montanha	02:53:06
101	2010	Paulo	Silva	MSenior	Individual	02:57:36

FSenior						
1	2152	Sílvia	Silva	FSenior	Q-Trilho Fisioveralemos	01:33:03
2	225	Sara	Fereira	FSenior	Individual	01:33:49
3	1069	Sara	Araújo	FSenior	B.T.M.	01:35:54
4	1037	Daniela	Faria	FSenior	Habcarpintaria	01:45:03
5	2053	Marlene	Pinto	FSenior	BestMove	01:46:31
6	2129	Verónica	Pinto	FSenior	Papa Trails	01:49:35
7	2167	Victoria	Santos	FSenior	C.A.R. Marisqueiro	01:55:33
8	1092	Andreia	Rocha	FSenior	Dragon Club	01:56:49
9	2136	Cristina	Teixeira	FSenior	Solemates	01:59:16
10	2127	Fabiana	Silva	FSenior	Papa Trails	02:02:06
11	1089	Andreia	Carvalho	FSenior	Rafa Team	02:02:10
12	2009	Sara	Loureiro	FSenior	B.T.M.	02:07:02
13	2223	Patricia	Ribeiro	FSenior	Habcarpintaria	02:07:26
14	2169	Catarina	Santos	FSenior	Individual	02:10:36
15	1022	Patrícia	Ferreira	FSenior	Habcarpintaria	02:17:35
16	2124	Sara	Matos	FSenior	Individual	02:26:08
17	2086	Elisabete	Martins	FSenior	Individual	02:27:32
18	2262	Isabel	Cardoso	FSenior	A.D.E.	02:31:47
19	2077	Araci	Queiroga	FSenior	Apúlia a Correr	02:37:14
20	2076	Isabel	Queiroga	FSenior	Apúlia a Correr	02:38:35
21	2011	Helena	Oliveira	FSenior	Individual	02:57:48

M40						
1	2002	Nelson	Loureiro	M40	Individual	01:12:48
2	1035	Luciano	Pereira	M40	Habcarpintaria	01:14:53
3	2234	Luís	Silva	M40	Carapaus	01:23:06
4	2111	José	Felix	M40	Promessas do atletismo	01:23:11
5	2179	João	Meira	M40	Individual	01:25:04
6	2056	Bruno		M40	Individual	01:25:23
7	2235	João	Pimentel	M40	Terminal Coimbra	01:25:56
8	2209	Paulo	Macedo	M40	Individual	01:26:49
9	2227	Alcino	Silva	M40	A.D.Amarante Trail Running	01:27:56
10	2137	Helder	Silva	M40	Q-TRILHO	01:28:31
11	2062	Nuno	Cruz	M40	ARCA BarceloS runners	01:28:59
12	1090	Sebastião	Pinto	M40	Rafa Team	01:29:09
13	2101	Jorge	Mendes	M40	Q-Trilho Fisioveralemos	01:29:39
14	2155	Rui	Alvim	M40	Mss contabilidade trail team	01:30:07



Pos	Dorsal	Nome	Apelido	Categoria	Equipa	Tempo
15	1062	Sérgio	Sampaio	M40	FisioPedro Trail	01:30:37
16	2247	Eduardo	Cunha	M40	Águias de Alvelos	01:31:00
17	2171	João	Torcato	M40	AFIPRE TEAM	01:31:28
18	2252	Paulo	Gomes	M40	Ganita	01:32:24
19	2133	Paulo	Lopes	M40	Individual	01:33:23
20	2060	Rafa	Miranda	M40	Promessas do atletismo	01:33:34
21	2264	Joaquim	Carvalho	M40	A.D Carvalhal	01:33:47
22	2224	Helder	Rodrigues	M40	Habcarpintaria	01:34:14
23	2126	Viriato	Mendes	M40	Individual	01:34:55
24	1066	José	Azevedo	M40	B.T.M.	01:35:56
25	2040	Jose	Carlos	M40	Individual	01:36:33
26	2269	Sergio	Torre	M40	Individual	01:36:54
27	2182	Gilberto	Pinto	M40	Promessas do atletismo	01:37:10
28	2254	Sergio	Araujo	M40	Individual	01:37:22
29	2087	Nuno	Rodrigues	M40	Bileiros Friends & Runners	01:38:08
30	2051	Pedro	Vieira	M40	A.D.Amarante Trail Running	01:38:22
31	1055	Francisco	Alves	M40	Cerveira Team Running	01:38:26
32	2139	Rui	Gonçalves	M40	Individual	01:39:07
33	2047	Manuel	Gomes	M40	A.D Carvalhal	01:39:18
34	2084	Nuno	Oliveira	M40	Bileiros Friends & Runners	01:39:40
35	2038	Carlos	Ribeiro	M40	Trail4Fun	01:40:22
36	2150	Vitor	Fernandes	M40	Red Fox	01:41:21
37	2104	Augusto	Mendes	M40	Individual	01:41:46
38	2151	Vitor	Silva	M40	Red Fox	01:42:24
39	2153	Nuno	Faria	M40	Individual	01:42:40
40	1028	Ricardo	Costa	M40	Habcarpintaria	01:45:07
41	2187	Marcio	Araujo	M40	Individual	01:45:14
42	1056	Carlos	Carreira	M40	ADE trail running	01:45:49
43	2045	Eduardo	Sousa	M40	Individual	01:46:00
44	1020	Carlos	Araujo	M40	Habcarpintaria	01:46:20
45	2054	Helder	Neves	M40	BestMove	01:46:32
46	2107	Ricardo	Ferreira	M40	A.D Carvalhal	01:48:21
47	2085	Carlos	Barreto	M40	Bileiros Friends & Runners	01:49:56
48	2092	Filipe	Machado	M40	Individual	01:49:58
49	2016	José	António	M40	AFIPRE TEAM	01:50:02
50	2248	Avelino	Figueiredo	M40	Águias de Alvelos	01:51:12
51	2094	Alvaro	Barreto	M40	Bileiros Friends & Runners	01:51:28
52	2260	Pedro	Carvalho	M40	Individual	01:55:33
53	2261	André	Cruz	M40	Individual	01:55:33
54	2219	António	Rodrigues	M40	Individual	01:56:31
55	2230	Vitor	Macedo	M40	Individual	01:58:41
56	1058	Joao	Laranjeira	M40	ADE trail running	01:59:37
57	2197	Hugo	Pereira	M40	Phoenix Evorun	02:00:11
58	1083	Agostinho	Maia	M40	B.T.M.	02:00:46
59	2115	Carlos	Oliveira	M40	Individual	02:04:13
60	2241	Vitor	Ferreira	M40	Individual	02:04:50
61	1072	Luis	Fernandes	M40	B.T.M.	02:06:13
62	2189	Sérgio	Moura	M40	ADC Santa Isabel Trail & Running	02:07:03
63	2213	Eduardo	Sousa	M40	Individual	02:07:46
64	2186	Vitor	Araujo	M40	Individual	02:10:03
65	2046	Paulo	Costa	M40	Individual	02:11:31
66	2267	Eduardo	Faria	M40	Águias de Alvelos	02:11:49
67	1050	Pedro	Oliveira	M40	Cerveira Team Running	02:11:59



Pos	Dorsal	Nome	Apelido	Categoria	Equipa	Tempo
68	2255	António	Silva	M40	Individual	02:12:03
69	2232	Avelino	Loureiro	M40	Individual	02:13:45
70	2072	Armindo	Mendes	M40	Motores da Montanha	02:13:51
71	1015	Isaias	Boas	M40	Individual	02:20:58
72	2095	Hélder	Nogueira	M40	Individual	02:25:28
73	2007	Alfredo	Peniche	M40	Dream team	02:26:42
74	2030	Mário	Araújo	M40	Equipa A	02:35:55
75	2162	Nelson	Mesquita	M40	Individual	03:08:47

F40

1	2028	Ana	Ferreira	F40	Adcarril	01:39:06
2	2208	Maria	Gonçalves	F40	Duros da Santa	01:43:23
3	1053	Isabel	Cunha	F40	Cerveira Team Running	01:51:33
4	2268	Maria	Bras	F40	Spin & Run Esposende	01:58:36
5	2168	Paula	Silva	F40	Sérgio Rodrigues Fotografia	01:59:16
6	2119	Solange	Sousa	F40	Tartaruguinhas Team	02:06:26
7	2188	Andreia	Moura	F40	ADC Santa Isabel Trail & Running	02:07:04
8	1073	Alda	Fernandes	F40	B.T.M.	02:22:45
9	2163	Carla	Boas	F40	Amigos da Montanha	02:23:41
10	1042	Ana	Rocha	F40	VIDAATIVARUNNERS	02:25:28
11	1043	Mariana	Oliveira	F40	VIDAATIVARUNNERS	02:25:29
12	2088	Sónia	Fernandes	F40	Individual	02:27:33
13	1046	Elisa	Alves	F40	Individual	02:28:22
14	2099	Andreia	Vieira	F40	Boavista trail	02:29:17
15	2031	Antonia	Tomaz	F40	Equipa A	02:29:34
16	1080	Maria	Barbosa	F40	B.T.M.	02:36:55
17	2070	Aida		F40	Individual	02:40:13
18	2116	Isabel	Magalhaes	F40	Individual	02:43:29
19	2251	Anabela	Delgado	F40	Individual	02:47:05
20	2236	Rosmery	Silva	F40	ADC Santa Isabel Trail & Running	02:47:07
21	2114	Ana	Fernandes	F40	Individual	02:50:35
22	2082	Susana	Abreu	F40	Individual	02:55:06
23	2161	Marta	Miguel	F40	Individual	03:08:45
24	2043	Paula	Silva	F40	Let'sGoTeam	03:11:07
25	2044	Dulce	Monteiro	F40	Let'sGoTeam	03:11:09

M50

1	2069	Sérgio	Martins	M50	Duo trail	01:25:16
2	2181	José	Oliveira	M50	Petro Basto	01:28:28
3	2166	Manuel	Ferreira	M50		01:28:44
4	2220	Joaquim	Carvalho	M50	Realense Futebol Clube	01:29:14
5	2177	Antonio	Cardoso	M50	A.D Carvalhal	01:31:11
6	1052	Manuel	Miranda	M50	ACR Roriz	01:32:29
7	2225	Alípio	Fernandes	M50	Petro Basto	01:32:39
8	2165	Jorge	Lemos	M50	Q-Trilho Fisioveralemos	01:33:03
9	2149	João	Sousa	M50	Individual	01:37:28
10	2158	José	Mariz	M50	Individual	01:38:07
11	2029	José	Rodrigues	M50	Adcarril	01:39:17
12	2103	Ricardo	Ceia	M50	Individual	01:43:23
13	2057	Paulo	Azevedo	M50	AFIPRE TEAM	01:44:11
14	1054	Joaquim	Rodrigues	M50	ACR Roriz	01:44:28
15	2143	António	Silva	M50	Individual	01:45:08



Pos	Dorsal	Nome	Apelido	Categoria	Equipa	Tempo
16	2022	Nuno	Lopes	M50	Individual	01:47:35
17	2019	Paulo	Costa	M50	Individual	01:48:38
18	1010	Manuel	Sousa	M50	Bora lá!	01:48:54
19	2093	Lino	Cardoso	M50	Individual	01:50:20
20	2195	Fernando	Moreira	M50	Duros da Santa	01:50:37
21	2083	João	Moreira	M50	Amigos 100 Limites	01:53:29
22	1048	Alberto	Sá	M50	Lobos do Monte	01:54:52
23	2125	Carlos	Andrade	M50	Individual	01:55:47
24	2034	José	Rodrigues	M50	Individual	01:56:54
25	2164	Luciano	Silva	M50	Individual	01:56:54
26	2041	João	Silva	M50	Let'sGoTeam	01:56:58
27	2246	Antonio	Gonçalves	M50	Duros da Santa	01:59:27
28	2233	Alfredomachado		M50	Duros da Santa	01:59:37
29	2001	Clemente	Meireles	M50	OZ Running Team	02:00:56
30	2065	Jorge	Azevedo	M50	Individual	02:01:17
31	1086	Luis	Gomes	M50	TEAM LANTEMIL	02:06:34
32	2141	António	Macedo	M50	Individual	02:07:44
33	2207	Jorge	Ribeiro	M50	Alexandra Carvalho Team	02:07:44
34	1049	Luís	Monteiro	M50	OZ Running Team	02:09:57
35	2214	Francisco	Gomes	M50	Individual	02:12:00
36	1024	Agostinho	Pedrosa	M50	Habcarpintaria	02:12:05
37	2123	Sebastião	Pereira	M50	Individual	02:13:54
38	2196	João	Ferreira	M50	#Oh!Mister!MeteoMaia	02:21:27
39	2100	João	Santana	M50	Individual	02:23:01
40	2032	José	Ribeiro	M50	ADECA	02:39:42
41	2061	Raúl	Ferreira	M50	Let'sGoTeam	02:40:22
42	2097	Fernando	Sousa	M50	Alexandra Carvalho Team	02:47:46
43	2081	Carlos	Morais	M50	Individual	02:55:03
44	2018	José	Luis	M50	Individual	03:01:01
45	2192	Manuel	Silva	M50	#Oh!Mister!MeteoMaia	03:11:13

F50

1	2147	Florinda	Fernandes	F50	Team Workout 48 / CAM	01:47:20
2	1074	Rosa	Araújo	F50	B.T.M.	01:54:25
3	2068	Marta	Fonseca	F50	Individual	02:03:58
4	1076	Lurdes	Magalhães	F50	B.T.M.	02:22:46
5	2113	Dulce	Resende	F50	Individual	02:32:24
6	1091	Isabel	Gonçalves	F50	Alexandra Carvalho Team	02:53:47
7	2035	Rosa	Cerqueira	F50	Let'sGoTeam	03:11:09