



Pos	Dorsal	Nome	Sobrenome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
1	2265	João	Ribeiro	Male	1	MSenior	1	Oralklass-A migos do Trail	01:11:42	5'07"/km
2	2194	Pedro	Freitas	Male	2	MSenior	2	Individual	01:12:17	5'09"/km
3	2002	Nelson	Loureiro	Male	3	M40	1	Individual	01:12:48	5'12"/km
4	2156	Sergio	Silva	Male	4	MSenior	3	Mss contabilidad e trail team	01:12:57	5'12"/km
5	2173	Tiago	Pinto	Male	5	MSenior	4	Douroconta- Gabinete de Apoio e Contabilidad e	01:12:58	5'12"/km
6	2025	Vítor	Carvalho	Male	6	MSenior	5	ADECA	01:13:40	5'15"/km
7	2231	Pedro	Tapadas	Male	7	MSenior	6	Douroconta- Gabinete de Apoio e Contabilidad e	01:14:01	5'17"/km
8	1035	Luciano	Pereira	Male	8	M40	2	Habcarpinta ria	01:14:53	5'20"/km
9	1060	Pedro	Oliveira	Male	9	MSenior	7	FisioPedro Trail	01:16:12	5'26"/km
10	1023	Ricardo	Oliveira	Male	10	MSenior	8	Habcarpinta ria	01:16:33	5'28"/km
11	2221	Nuno	Carvalho	Male	11	MSenior	9	Realense Futebol Clube	01:17:08	5'30"/km
12	2160	Pedro	Lopes	Male	12	MSenior	10	CBRUN	01:17:36	5'32"/km
13	1016	Nelson	Leal	Male	13	MSenior	11	Águias de Alvelos	01:18:05	5'34"/km
14	1047	Manuel	Oliveira	Male	14	MSenior	12	Terminal Coimbra	01:18:19	5'35"/km
15	1078	Nuno	Fernandes	Male	15	MSenior	13	B.T.M.	01:18:37	5'36"/km
16	1067	Flavio	Fernandes	Male	16	MSenior	14	B.T.M.	01:19:09	5'39"/km
17	1084	João	Duarte	Male	17	MSenior	15	B.T.M.	01:19:18	5'39"/km
18	2154	João	Coentrão	Male	18	MSenior	16	Pegasus OCR ProTeam	01:19:35	5'41"/km
19	2066	Marko	Santos	Male	19	MSenior	17	Rafa Team	01:19:48	5'42"/km
20	2021	Fernando	Alves	Male	20	MSenior	18	Individual	01:19:58	5'42"/km
21	2090	João	Lopes	Male	21	MSenior	19	CBRUN	01:19:58	5'42"/km
22	1032	Diogo	Lopes	Male	22	MSenior	20	CBRUN	01:20:07	5'43"/km
23	2191	Tiago	Faria	Male	23	MSenior	21	Individual	01:22:57	5'55"/km
24	2234	Luís	Silva	Male	24	M40	3	Carapaus	01:23:06	5'56"/km
25	2111	José	Felix	Male	25	M40	4	Promessas do atletismo	01:23:11	5'56"/km
26	2039	Hélder	Silva	Male	26	MSenior	22	Habcarpinta ria	01:23:29	5'57"/km
27	2200	Tiago	Sá	Male	27	MSenior	23	Rafa Team	01:24:19	6'01"/km
28	2179	João	Meira	Male	28	M40	5	Individual	01:25:04	6'04"/km
29	2069	Sérgio	Martins	Male	29	M50	1	Duo trail	01:25:16	6'05"/km
30	2056	Bruno		Male	30	M40	6	Individual	01:25:23	6'05"/km
31	2064	Bruno	Santos	Male	31	MSenior	24	Douroconta- Gabinete de Apoio e Contabilidad e	01:25:36	6'06"/km
32	2235	João	Pimentel	Male	32	M40	7	Terminal Coimbra	01:25:56	6'08"/km
33	1029	Pedro	Costa	Male	33	MSenior	25	Habcarpinta ria	01:26:12	6'09"/km
34	2108	Rui	Pedro	Male	34	MSenior	26	Amigos 100 Limites	01:26:40	6'11"/km
35	2209	Paulo	Macedo	Male	35	M40	8	Individual	01:26:49	6'12"/km
36	2244	Paulo	Oliveira	Male	36	M23	1	Dragon Club	01:27:02	6'13"/km
37	2226	Daniel	Martins	Male	37	MSenior	27	Individual	01:27:40	6'15"/km



Pos	Dorsal	Nome	Sobrenome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
38	2118	Hugo	Lopes	Male	38	MSenior	28	Promessas do atletismo	01:27:47	6'16"/km
39	2227	Alcino	Silva	Male	39	M40	9	A.D.Amarant e Trail Running	01:27:56	6'16"/km
40	2049	Alcino	Silva	Male	40	MSenior	29	Amigos 100 Limites	01:27:57	6'16"/km
41	2180	Henrique	Velon	Male	41	MSenior	30	Petro Basto	01:28:07	6'17"/km
42	2181	José	Oliveira	Male	42	M50	2	Petro Basto	01:28:28	6'19"/km
43	2137	Helder	Silva	Male	43	M40	10	Q-TRILHO	01:28:31	6'19"/km
44	2166	Manuel	Ferreira	Male	44	M50	3		01:28:44	6'20"/km
45	2062	Nuno	Cruz	Male	45	M40	11	ARCA Barcelos runners	01:28:59	6'21"/km
46	2134	Pedro	Campos	Male	46	MSenior	31	Douroconta-Gabinete de Apoio e Contabilidade	01:29:08	6'22"/km
47	1090	Sebastião	Pinto	Male	47	M40	12	Rafa Team	01:29:09	6'22"/km
48	2220	Joaquim	Carvalho	Male	48	M50	4	Realense Futebol Clube	01:29:14	6'22"/km
49	2117	Rafael	Teixeira	Male	49	MSenior	32	Promessas do atletismo	01:29:39	6'24"/km
50	2101	Jorge	Mendes	Male	50	M40	13	Q-Trilho Fisioveralemos	01:29:39	6'24"/km
51	2138	Nelson	Cruz	Male	51	MSenior	33	Individual	01:30:04	6'26"/km
52	2155	Rui	Alvim	Male	52	M40	14	Mss contabilidade e trail team	01:30:07	6'26"/km
53	1038	Marco	Bds	Male	53	MSenior	34	Habcarpintaria	01:30:32	6'28"/km
54	1062	Sérgio	Sampaio	Male	54	M40	15	FisioPedro Trail	01:30:37	6'28"/km
55	2175	Fábio	Carvalho	Male	55	MSenior	35	Individual	01:30:58	6'29"/km
56	2247	Eduardo	Cunha	Male	56	M40	16	Águias de Alvelos	01:31:00	6'30"/km
57	2177	Antonio	Cardoso	Male	57	M50	5	A.D Carvalhal	01:31:11	6'30"/km
58	2171	João	Torcato	Male	58	M40	17	AFIPRE TEAM	01:31:28	6'32"/km
59	2237	Ricardo	Oliveira	Male	59	MSenior	36	CBRUN	01:31:46	6'33"/km
60	2263	Hélder	Magalhães	Male	60	MSenior	37		01:31:57	6'34"/km
61	2050	Flávio	Teixeira	Male	61	MSenior	38	Amigos 100 Limites	01:32:22	6'35"/km
62	2252	Paulo	Gomes	Male	62	M40	18	Ganita	01:32:24	6'36"/km
63	1052	Manuel	Miranda	Male	63	M50	6	ACR Roriz	01:32:29	6'36"/km
64	2225	Alípio	Fernandes	Male	64	M50	7	Petro Basto	01:32:39	6'37"/km
65	2259	Bruno	Barros	Male	65	MSenior	39	Individual	01:32:42	6'37"/km
66	2165	Jorge	Lemos	Male	66	M50	8	Q-Trilho Fisioveralemos	01:33:03	6'38"/km
67	2152	Sílvia	Silva	Female	1	FSenior	1	Q-Trilho Fisioveralemos	01:33:03	6'38"/km
68	2133	Paulo	Lopes	Male	67	M40	19	Individual	01:33:23	6'40"/km
69	2249	Nuno	Lomba	Male	68	MSenior	40	Apúlia a Correr	01:33:25	6'40"/km
70	2063	Nelson	Fernandes	Male	69	MSenior	41	Promessas do atletismo	01:33:33	6'40"/km
71	2060	Rafa	Miranda	Male	70	M40	20	Promessas do atletismo	01:33:34	6'41"/km
72	1036	Pedro	Silva	Male	71	MSenior	42	Habcarpintaria	01:33:40	6'41"/km
73	2264	Joaquim	Carvalho	Male	72	M40	21	A.D Carvalhal	01:33:47	6'41"/km
74	225	Sara	Fereira	Female	2	FSenior	2	Individual	01:33:49	6'42"/km
75	2026	Jose	Pereira	Male	73	MSenior	43	Águias de Alvelos	01:34:06	6'43"/km



Pos	Dorsal	Nome	Sobrenome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
76	2210	Diogo	Azevedo	Male	74	MSenior	44	Individual	01:34:14	6'43"/km
77	2224	Helder	Rodrigues	Male	75	M40	22	Habcarpintaria	01:34:14	6'43"/km
78	2245	Filipe	Oliveira	Male	76	MSenior	45	FisioPedro Trail	01:34:34	6'45"/km
79	2243	Vitor	Sousa	Male	77	MSenior	46	Individual	01:34:49	6'46"/km
80	2126	Viriato	Mendes	Male	78	M40	23	Individual	01:34:55	6'46"/km
81	2211	Vitor	Rodrigues	Male	79	MSenior	47	Habcarpintaria	01:35:08	6'47"/km
82	2015	José	Rocha	Male	80	MSenior	48	Individual	01:35:31	6'49"/km
83	2240	Nuno	Gomes	Male	81	MSenior	49	FisioPedro Trail	01:35:33	6'49"/km
84	1069	Sara	Araújo	Female	3	FSenior	3	B.T.M.	01:35:54	6'51"/km
85	1066	José	Azevedo	Male	82	M40	24	B.T.M.	01:35:56	6'51"/km
86	2040	Jose	Carlos	Male	83	M40	25	Individual	01:36:33	6'53"/km
87	2250	Nelson	Costa	Male	84	MSenior	50	Individual	01:36:37	6'54"/km
88	2146	Helder		Male	85	MSenior	51	Individual	01:36:43	6'54"/km
89	2269	Sergio	Torre	Male	86	M40	26	Individual	01:36:54	6'55"/km
90	2182	Gilberto	Pinto	Male	87	M40	27	Promessas do atletismo	01:37:10	6'56"/km
91	2254	Sergio	Araujo	Male	88	M40	28	Individual	01:37:22	6'57"/km
92	2142	João	Silva	Male	89	MSenior	52	Individual	01:37:23	6'57"/km
93	2149	João	Sousa	Male	90	M50	9	Individual	01:37:28	6'57"/km
94	2027	Pedro	Silva	Male	91	MSenior	53	Individual	01:38:04	7'00"/km
95	2158	José	Mariz	Male	92	M50	10	Individual	01:38:07	7'00"/km
96	2087	Nuno	Rodrigues	Male	93	M40	29	Bileiros Friends & Runners	01:38:08	7'00"/km
97	2051	Pedro	Vieira	Male	94	M40	30	A.D.Amarante Trail Running	01:38:22	7'01"/km
98	1055	Francisco	Alves	Male	95	M40	31	Cerveira Team Running	01:38:26	7'01"/km
99	2023	Tiago	Gonçalves	Male	96	MSenior	54	ADECA	01:38:41	7'02"/km
100	2080	Rui	Vieira	Male	97	MSenior	55	A.D.Carvalhal	01:38:43	7'03"/km
101	2028	Ana	Ferreira	Female	4	F40	1	Adcarril	01:39:06	7'04"/km
102	2139	Rui	Gonçalves	Male	98	M40	32	Individual	01:39:07	7'04"/km
103	2029	José	Rodrigues	Male	99	M50	11	Adcarril	01:39:17	7'05"/km
104	2047	Manuel	Gomes	Male	100	M40	33	A.D.Carvalhal	01:39:18	7'05"/km
105	1059	João	Silva	Male	101	MSenior	56	FisioPedro Trail	01:39:33	7'06"/km
106	2084	Nuno	Oliveira	Male	102	M40	34	Bileiros Friends & Runners	01:39:40	7'07"/km
107	2159	Rui	Correia	Male	103	MSenior	57	Individual	01:39:59	7'08"/km
108	2038	Carlos	Ribeiro	Male	104	M40	35	Trail4Fun	01:40:22	7'10"/km
109	2148	José	Cruz	Male	105	MSenior	58	Individual	01:41:05	7'13"/km
110	1065	Cristiana	Rocha	Female	5	F23	1	Dragon Club	01:41:06	7'13"/km
111	2150	Vitor	Fernandes	Male	106	M40	36	Red Fox	01:41:21	7'14"/km
112	2079	Fábio	Moreira	Male	107	MSenior	59	Amigos 100 Limites	01:41:23	7'14"/km
113	2104	Augusto	Mendes	Male	108	M40	37	Individual	01:41:46	7'16"/km
114	2078	Tiago	Mota	Male	109	MSenior	60	Amigos 100 Limites	01:41:49	7'16"/km
115	2205	Ricardo	Azevedo	Male	110	MSenior	61	Individual	01:42:10	7'17"/km
116	2151	Vitor	Silva	Male	111	M40	38	Red Fox	01:42:24	7'18"/km
117	2153	Nuno	Faria	Male	112	M40	39	Individual	01:42:40	7'20"/km
118	2157	Ricardo	Almeida	Male	113	M23	2	Individual	01:43:08	7'22"/km
119	2121	Fábio	Sousa	Male	114	MSenior	62	Mss contabilidade e trail team	01:43:13	7'22"/km



Pos	Dorsal	Nome	Sobrenome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
120	2253	Sergio	Neiva	Male	115	MSenior	63	Ganita	01:43:15	7'22"/km
121	1063	Daniel	Neto	Male	116	MSenior	64	FisioPedro Trail	01:43:18	7'22"/km
122	2103	Ricardo	Ceia	Male	117	M50	12	Individual	01:43:23	7'23"/km
123	2208	Maria	Gonçalves	Female	6	F40	2	Duros da Santa	01:43:23	7'23"/km
124	2190	Ricardo	Fernandes	Male	118	MSenior	65	Individual	01:43:37	7'24"/km
125	1033	Ricardo	Antunes	Male	119	MSenior	66	CBRUN	01:43:43	7'24"/km
126	2217	Hélder	Ribeiro	Male	120	MSenior	67	Individual	01:43:45	7'24"/km
127	2218	Nuno	Carvalho	Male	121	MSenior	68	Individual	01:43:46	7'24"/km
128	1030	Bruno	Marques	Male	122	MSenior	69	Habcarpintaria	01:44:02	7'25"/km
129	2057	Paulo	Azevedo	Male	123	M50	13	AFIPRE TEAM	01:44:11	7'26"/km
130	1054	Joaquim	Rodrigues	Male	124	M50	14	ACR Roriz	01:44:28	7'27"/km
131	1037	Daniela	Faria	Female	7	FSenior	4	Habcarpintaria	01:45:03	7'30"/km
132	1028	Ricardo	Costa	Male	125	M40	40	Habcarpintaria	01:45:07	7'30"/km
133	2143	António	Silva	Male	126	M50	15	Individual	01:45:08	7'30"/km
134	2187	Marcio	Araujo	Male	127	M40	41	Individual	01:45:14	7'31"/km
135	1056	Carlos	Carreira	Male	128	M40	42	ADE trail running	01:45:49	7'33"/km
136	1057	Álvaro	Vale	Male	129	MSenior	70	ADE trail running	01:45:51	7'33"/km
137	2045	Eduardo	Sousa	Male	130	M40	43	Individual	01:46:00	7'34"/km
138	1020	Carlos	Araujo	Male	131	M40	44	Habcarpintaria	01:46:20	7'35"/km
139	2145	Henrique	Faria	Male	132	MSenior	71	CAAC- Clube de Atletismo Arentim e Cunha	01:46:30	7'36"/km
140	2053	Marlene	Pinto	Female	8	FSenior	5	BestMove	01:46:31	7'36"/km
141	2054	Helder	Neves	Male	133	M40	45	BestMove	01:46:32	7'36"/km
142	2014	Ricardo	Branco	Male	134	MSenior	72	Individual	01:46:44	7'37"/km
143	2147	Florinda	Fernandes	Female	9	F50	1	Team Workout 48 / CAM	01:47:20	7'40"/km
144	2022	Nuno	Lopes	Male	135	M50	16	Individual	01:47:35	7'41"/km
145	2216	André	Cardoso	Male	136	MSenior	73	Individual	01:47:39	7'41"/km
146	2109	Ricardo	Meireles	Male	137	MSenior	74	Individual	01:47:44	7'41"/km
147	2107	Ricardo	Ferreira	Male	138	M40	46	A.D Carvalhal	01:48:21	7'44"/km
148	2019	Paulo	Costa	Male	139	M50	17	Individual	01:48:38	7'45"/km
149	1010	Manuel	Sousa	Male	140	M50	18	Bora lá!	01:48:54	7'46"/km
150	2129	Verónica	Pinto	Female	10	FSenior	6	Papa Trails	01:49:35	7'49"/km
151	2085	Carlos	Barreto	Male	141	M40	47	Bileiros Friends & Runners	01:49:56	7'51"/km
152	2092	Filipe	Machado	Male	142	M40	48	Individual	01:49:58	7'51"/km
153	2016	José	António	Male	143	M40	49	AFIPRE TEAM	01:50:02	7'51"/km
154	2093	Lino	Cardoso	Male	144	M50	19	Individual	01:50:20	7'52"/km
155	2195	Fernando	Moreira	Male	145	M50	20	Duros da Santa	01:50:37	7'54"/km
156	2144	Joel	Cunha	Male	146	MSenior	75	Promessas do atletismo	01:50:49	7'54"/km
157	2248	Avelino	Figueiredo	Male	147	M40	50	Águias de Alvelos	01:51:12	7'56"/km
158	2132	Hugo	Gomes	Male	148	MSenior	76	Papa Trails	01:51:17	7'56"/km
159	2094	Alvaro	Barreto	Male	149	M40	51	Bileiros Friends & Runners	01:51:28	7'57"/km
160	2033	Dorsal 2033	Meira	Male	150	MSenior	77	Habcarpintaria	01:51:32	7'58"/km



Pos	Dorsal	Nome	Sobrenome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
161	1053	Isabel	Cunha	Female	11	F40	3	Cerveira Team Running	01:51:33	7'58"/km
162	2058	Pedro	Silva	Male	151	MSenior	78	AFIPRE TEAM	01:52:08	8'00"/km
163	1011	Mário	Coelho	Male	152	MSenior	79	Individual	01:52:29	8'02"/km
164	2185	Ricardo	Alves	Male	153	MSenior	80	Pés de Chumbo Runners	01:52:35	8'02"/km
165	2096	Cláudio	Trindade	Male	154	MSenior	81	Individual	01:52:43	8'03"/km
166	2130	Ricardo	Pinto	Male	155	MSenior	82	Papa Trails	01:53:17	8'05"/km
167	2083	João	Moreira	Male	156	M50	21	Amigos 100 Limites	01:53:29	8'06"/km
168	2258	Vítor	Fernandes	Male	157	MSenior	83	Individual	01:53:53	8'08"/km
169	2052	Maurício	Moreira	Male	158	M23	3	Magic Friends Runners	01:54:11	8'09"/km
170	2024	Luís	Almeida	Male	159	M23	4	Individual	01:54:13	8'09"/km
171	2055	Daniel	Soares	Male	160	MSenior	84	Individual	01:54:22	8'10"/km
172	1074	Rosa	Araújo	Female	12	F50	2	B.T.M.	01:54:25	8'10"/km
173	2203	Tiago	Gomes	Male	161	MSenior	85	A.D Carvalhal	01:54:42	8'11"/km
174	1048	Alberto	Sá	Male	162	M50	22	Lobos do Monte	01:54:52	8'12"/km
175	1061	Miguel	Gonçalves	Male	163	MSenior	86	FisioPedro Trail	01:55:12	8'13"/km
176	2260	Pedro	Carvalho	Male	164	M40	52	Individual	01:55:33	8'15"/km
177	2167	Victoria	Santos	Female	13	FSenior	7	C.A.R. Marisqueiro	01:55:33	8'15"/km
178	2261	André	Cruz	Male	165	M40	53	Individual	01:55:33	8'15"/km
179	2125	Carlos	Andrade	Male	166	M50	23	Individual	01:55:47	8'16"/km
180	2242	Davide	Afonso	Male	167	MSenior	87	Individual	01:55:55	8'16"/km
181	2219	Antônio	Rodrigues	Male	168	M40	54	Individual	01:56:31	8'19"/km
182	1092	Andreia	Rocha	Female	14	FSenior	8	Dragon Club	01:56:49	8'20"/km
183	2034	José	Rodrigues	Male	169	M50	24	Individual	01:56:54	8'21"/km
184	2164	Luciano	Silva	Male	170	M50	25	Individual	01:56:54	8'21"/km
185	2041	João	Silva	Male	171	M50	26	Let'sGoTeam	01:56:58	8'21"/km
186	2073	Ricardo	Pires	Male	172	MSenior	88	Motores da Montanha	01:58:00	8'25"/km
187	2268	Maria	Bras	Female	15	F40	4	Spin & Run Eposende	01:58:36	8'28"/km
188	2230	Vítor	Macedo	Male	173	M40	55	Individual	01:58:41	8'28"/km
189	2135	Gabriel	Sousa	Male	174	MSenior	89	Solemates	01:59:14	8'31"/km
190	2136	Cristina	Teixeira	Female	16	FSenior	9	Solemates	01:59:16	8'31"/km
191	2168	Paula	Silva	Female	17	F40	5	Sérgio Rodrigues Fotografia	01:59:16	8'31"/km
192	2246	Antonio	Gonçalves	Male	175	M50	27	Duros da Santa	01:59:27	8'31"/km
193	1058	Joao	Laranjeira	Male	176	M40	56	ADE trail running	01:59:37	8'32"/km
194	2233	Alfredomachado		Male	177	M50	28	Duros da Santa	01:59:37	8'32"/km
195	2059	César	Araujo	Male	178	MSenior	90	Individual	01:59:40	8'32"/km
196	2215	Fernando	Pereira	Male	179	MSenior	91	Individual	01:59:42	8'33"/km
197	2197	Hugo	Pereira	Male	180	M40	57	Phoenix Evorun	02:00:11	8'35"/km
198	1081	Clara	Lopes	Female	18	F23	2	B.T.M.	02:00:40	8'37"/km
199	1083	Agostinho	Maia	Male	181	M40	58	B.T.M.	02:00:46	8'37"/km
200	2001	Clemente	Meireles	Male	182	M50	29	OZ Running Team	02:00:56	8'38"/km
201	2065	Jorge	Azevedo	Male	183	M50	30	Individual	02:01:17	8'39"/km
202	1031	Elson	Carvalho	Male	184	MSenior	92	Habcarpintaria	02:01:43	8'41"/km
203	2127	Fabiana	Silva	Female	19	FSenior	10	Papa Trails	02:02:06	8'43"/km



Pos	Dorsal	Nome	Sobrenome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
204	1089	Andreia	Carvalho	Female	20	FSenior	11	Rafa Team	02:02:10	8'43"/km
205	2172	Ricardo	Novais	Male	185	MSenior	93	Individual	02:02:12	8'43"/km
206	2122	Jorge	Rodrigues	Male	186	MSenior	94	Individual	02:02:33	8'45"/km
207	2068	Marta	Fonseca	Female	21	F50	3	Individual	02:03:58	8'51"/km
208	2115	Carlos	Oliveira	Male	187	M40	59	Individual	02:04:13	8'52"/km
209	2176	Anthony	Nascimento	Male	188	MSenior	95	Individual	02:04:36	8'54"/km
210	2241	Vitor	Ferreira	Male	189	M40	60	Individual	02:04:50	8'55"/km
211	1072	Luis	Fernandes	Male	190	M40	61	B.T.M.	02:06:13	9'00"/km
212	2198	Bruno	Couto	Male	191	MSenior	96	Individual	02:06:20	9'01"/km
213	2119	Solange	Sousa	Female	22	F40	6	Tartaruguinha Team	02:06:26	9'01"/km
214	1086	Luis	Gomes	Male	192	M50	31	TEAM LANTEMIL	02:06:34	9'02"/km
215	2009	Sara	Loureiro	Female	23	FSenior	12	B.T.M.	02:07:02	9'04"/km
216	2189	Sérgio	Moura	Male	193	M40	62	ADC Santa Isabel Trail & Running	02:07:03	9'04"/km
217	2188	Andreia	Moura	Female	24	F40	7	ADC Santa Isabel Trail & Running	02:07:04	9'04"/km
218	2223	Patricia	Ribeiro	Female	25	FSenior	13	Habcarpintaria	02:07:26	9'06"/km
219	2141	António	Macedo	Male	194	M50	32	Individual	02:07:44	9'07"/km
220	2207	Jorge	Ribeiro	Male	195	M50	33	Alexandra Carvalho Team	02:07:44	9'07"/km
221	2213	Eduardo	Sousa	Male	196	M40	63	Individual	02:07:46	9'07"/km
222	2013	Henrique	Pires	Male	197	M23	5	Individual	02:08:56	9'12"/km
223	1049	Luís	Monteiro	Male	198	M50	34	OZ Running Team	02:09:57	9'16"/km
224	2186	Vitor	Araujo	Male	199	M40	64	Individual	02:10:03	9'17"/km
225	2229	Nuno	Quintão	Male	200	MSenior	97	Individual	02:10:20	9'18"/km
226	2169	Catarina	Santos	Female	26	FSenior	14	Individual	02:10:36	9'19"/km
227	2046	Paulo	Costa	Male	201	M40	65	Individual	02:11:31	9'23"/km
228	2267	Eduardo	Faria	Male	202	M40	66	Águias de Alvelos	02:11:49	9'24"/km
229	1050	Pedro	Oliveira	Male	203	M40	67	Cerveira Team Running	02:11:59	9'25"/km
230	2214	Francisco	Gomes	Male	204	M50	35	Individual	02:12:00	9'25"/km
231	2255	António	Silva	Male	205	M40	68	Individual	02:12:03	9'25"/km
232	1024	Agostinho	Pedrosa	Male	206	M50	36	Habcarpintaria	02:12:05	9'26"/km
233	2232	Avelino	Loureiro	Male	207	M40	69	Individual	02:13:45	9'33"/km
234	2072	Armindo	Mendes	Male	208	M40	70	Motores da Montanha	02:13:51	9'33"/km
235	2123	Sebastião	Pereira	Male	209	M50	37	Individual	02:13:54	9'33"/km
236	1022	Patrícia	Ferreira	Female	27	FSenior	15	Habcarpintaria	02:17:35	9'49"/km
237	1025	Flávio	Rocha	Male	210	MSenior	98	Habcarpintaria	02:17:36	9'49"/km
238	2178	Pedro	Cardoso	Male	211	M23	6	Individual	02:17:51	9'50"/km
239	1015	Isaias	Boas	Male	212	M40	71	Individual	02:20:58	10'04"/km
240	2196	João	Ferreira	Male	213	M50	38	#Oh!Mister! MeteoMaia	02:21:27	10'06"/km
241	1073	Alda	Fernandes	Female	28	F40	8	B.T.M.	02:22:45	10'11"/km
242	1076	Lurdes	Magalhães	Female	29	F50	4	B.T.M.	02:22:46	10'11"/km
243	2100	João	Santana	Male	214	M50	39	Individual	02:23:01	10'13"/km
244	2163	Carla	Boas	Female	30	F40	9	Amigos da Montanha	02:23:41	10'15"/km
245	2095	Hélder	Nogueira	Male	215	M40	72	Individual	02:25:28	10'23"/km
246	1042	Ana	Rocha	Female	31	F40	10	VIDAATIVAR UNNERS	02:25:28	10'23"/km
247	1043	Mariana	Oliveira	Female	32	F40	11	VIDAATIVAR UNNERS	02:25:29	10'23"/km



Pos	Dorsal	Nome	Sobrenome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
248	2124	Sara	Matos	Female	33	FSenior	16	Individual	02:26:08	10'26"/km
249	2007	Alfredo	Peniche	Male	216	M40	73	Dream team	02:26:42	10'28"/km
250	2086	Elisabete	Martins	Female	34	FSenior	17	Individual	02:27:32	10'32"/km
251	2088	Sónia	Fernandes	Female	35	F40	12	Individual	02:27:33	10'32"/km
252	1046	Elisa	Alves	Female	36	F40	13	Individual	02:28:22	10'35"/km
253	2099	Andreia	Vieira	Female	37	F40	14	Boavista trail	02:29:17	10'39"/km
254	2031	Antonia	Tomaz	Female	38	F40	15	Equipa A	02:29:34	10'41"/km
255	2071	Nuno	Mendes	Male	217	MSenior	99	Motores da Montanha	02:31:35	10'49"/km
256	2262	Isabel	Cardoso	Female	39	FSenior	18	A.D.E.	02:31:47	10'50"/km
257	2113	Dulce	Resende	Female	40	F50	5	Individual	02:32:24	10'53"/km
258	2030	Mário	Araújo	Male	218	M40	74	Equipa A	02:35:55	11'08"/km
259	1080	Maria	Barbosa	Female	41	F40	16	B.T.M.	02:36:55	11'12"/km
260	2077	Araci	Queiroga	Female	42	FSenior	19	Apúlia a Correr	02:37:14	11'13"/km
261	2076	Isabel	Queiroga	Female	43	FSenior	20	Apúlia a Correr	02:38:35	11'19"/km
262	2032	José	Ribeiro	Male	219	M50	40	ADECA	02:39:42	11'24"/km
263	2070	Aida		Female	44	F40	17	Individual	02:40:13	11'26"/km
264	2061	Raúl	Ferreira	Male	220	M50	41	Let'sGoTeam	02:40:22	11'27"/km
265	2116	Isabel	Magalhaes	Female	45	F40	18	Individual	02:43:29	11'40"/km
266	2251	Anabela	Delgado	Female	46	F40	19	Individual	02:47:05	11'56"/km
267	2236	Rosmery	Silva	Female	47	F40	20	ADC Santa Isabel Trail & Running	02:47:07	11'56"/km
268	2097	Fernando	Sousa	Male	221	M50	42	Alexandra Carvalho Team	02:47:46	11'59"/km
269	2075	Fabio	Machado	Male	222	M23	7	Motores da Montanha	02:50:09	12'09"/km
270	2114	Ana	Fernandes	Female	48	F40	21	Individual	02:50:35	12'11"/km
271	2074	Telmo	Gondar	Male	223	MSenior	100	Motores da Montanha	02:53:06	12'21"/km
272	1091	Isabel	Gonçalves	Female	49	F50	6	Alexandra Carvalho Team	02:53:47	12'24"/km
273	2081	Carlos	Morais	Male	224	M50	43	Individual	02:55:03	12'30"/km
274	2082	Susana	Abreu	Female	50	F40	22	Individual	02:55:06	12'30"/km
275	2010	Paulo	Silva	Male	225	MSenior	101	Individual	02:57:36	12'41"/km
276	2011	Helena	Oliveira	Female	51	FSenior	21	Individual	02:57:48	12'42"/km
277	2018	José	Luis	Male	226	M50	44	Individual	03:01:01	12'55"/km
278	2161	Marta	Miguel	Female	52	F40	23	Individual	03:08:45	13'28"/km
279	2162	Nelson	Mesquita	Male	227	M40	75	Individual	03:08:47	13'29"/km
280	2201	André	Monteiro	Male	228	M23	8	Magic Friends Runners	03:10:29	13'36"/km
281	2043	Paula	Silva	Female	53	F40	24	Let'sGoTeam	03:11:07	13'39"/km
282	2044	Dulce	Monteiro	Female	54	F40	25	Let'sGoTeam	03:11:09	13'39"/km
283	2035	Rosa	Cerqueira	Female	55	F50	7	Let'sGoTeam	03:11:09	13'39"/km
284	2192	Manuel	Silva	Male	229	M50	45	#Oh!Mister! MeteoMaia	03:11:13	13'39"/km