



Classificações no Intermedio - TC 9km - TL 19km

Pos	Dorsal	Nome	Sobrenome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
1	2265	João	Ribeiro	Male	1	MSenior	1	Oralklass-Amigos do Trail	00:50:41	7'14"/km
2	2194	Pedro	Freitas	Male	2	MSenior	2	Individual	00:51:35	7'22"/km
3	2002	Nelson	Loureiro	Male	3	M40	1	Individual	00:51:39	7'22"/km
4	2156	Sergio	Silva	Male	4	MSenior	3	Mss contabilidade trail team	00:51:49	7'24"/km
5	2173	Tiago	Pinto	Male	5	MSenior	4	Douroconta-Gabinete de Apoio e Contabilidade	00:51:51	7'24"/km
6	2025	Vítor	Carvalho	Male	6	MSenior	5	ADECA	00:52:03	7'26"/km
7	1035	Luciano	Pereira	Male	7	M40	2	Habcarpintaria	00:52:05	7'26"/km
8	2231	Pedro	Tapadas	Male	8	MSenior	6	Douroconta-Gabinete de Apoio e Contabilidade	00:52:15	7'27"/km
9	1060	Pedro	Oliveira	Male	9	MSenior	7	FisioPedro Trail	00:53:05	7'35"/km
10	1023	Ricardo	Oliveira	Male	10	MSenior	8	Habcarpintaria	00:53:27	7'38"/km
11	2221	Nuno	Carvalho	Male	11	MSenior	9	Realense Futebol Clube	00:54:03	7'43"/km
12	1078	Nuno	Fernandes	Male	12	MSenior	10	B.T.M.	00:54:32	7'47"/km
13	2160	Pedro	Lopes	Male	13	MSenior	11	CBRUN	00:54:57	7'51"/km
14	1016	Nelson	Leal	Male	14	MSenior	12	Águias de Alvelos	00:55:22	7'54"/km
15	1047	Manuel	Oliveira	Male	15	MSenior	13	Terminal Coimbra	00:55:39	7'57"/km
16	2154	João	Coentrão	Male	16	MSenior	14	Pegasus OCR ProTeam	00:55:58	7'59"/km
17	2021	Fernando	Alves	Male	17	MSenior	15	Individual	00:56:13	8'01"/km
18	1084	João	Duarte	Male	18	MSenior	16	B.T.M.	00:56:22	8'03"/km
19	1067	Flavio	Fernandes	Male	19	MSenior	17	B.T.M.	00:56:23	8'03"/km
20	2090	João	Lopes	Male	20	MSenior	18	CBRUN	00:56:41	8'05"/km
21	2066	Marko	Santos	Male	21	MSenior	19	Rafa Team	00:56:57	8'08"/km
22	1032	Diogo	Lopes	Male	22	MSenior	20	CBRUN	00:57:01	8'08"/km
23	2191	Tiago	Faria	Male	23	MSenior	21	Individual	00:58:27	8'21"/km
24	2234	Luís	Silva	Male	24	M40	3	Carapaus	00:58:52	8'24"/km
25	2111	José	Felix	Male	25	M40	4	Promessas do atletismo	00:59:10	8'27"/km
26	2039	Hélder	Silva	Male	26	MSenior	22	Habcarpintaria	00:59:29	8'29"/km
27	2069	Sérgio	Martins	Male	27	M50	1	Duo trail	01:00:03	8'34"/km
28	2118	Hugo	Lopes	Male	28	MSenior	23	Promessas do atletismo	01:00:24	8'37"/km
29	2200	Tiago	Sá	Male	29	MSenior	24	Rafa Team	01:00:27	8'38"/km
30	2064	Bruno	Santos	Male	30	MSenior	25	Douroconta-Gabinete de Apoio e Contabilidade	01:00:41	8'40"/km
31	2179	João	Meira	Male	31	M40	5	Individual	01:00:44	8'40"/km
32	1029	Pedro	Costa	Male	32	MSenior	26	Habcarpintaria	01:00:44	8'40"/km
33	2235	João	Pimentel	Male	33	M40	6	Terminal Coimbra	01:00:44	8'40"/km
34	2108	Rui	Pedro	Male	34	MSenior	27	Amigos 100 Limites	01:00:56	8'42"/km
35	2056	Bruno		Male	35	M40	7	Individual	01:01:02	8'43"/km
36	2244	Paulo	Oliveira	Male	36	M23	1	Dragon Club	01:01:15	8'45"/km
37	2226	Daniel	Martins	Male	37	MSenior	28	Individual	01:01:17	8'45"/km
38	2049	Alcino	Silva	Male	38	MSenior	29	Amigos 100 Limites	01:01:49	8'49"/km
39	2121	Fábio	Sousa	Male	39	MSenior	30	Mss contabilidade trail team	01:01:57	8'51"/km
40	2209	Paulo	Macedo	Male	40	M40	8	Individual	01:02:12	8'53"/km
41	2220	Joaquim	Carvalho	Male	41	M50	2	Realense Futebol Clube	01:02:20	8'54"/km
42	2062	Nuno	Cruz	Male	42	M40	9	ARCA BarceloS runners	01:02:53	8'59"/km
43	1062	Sérgio	Sampaio	Male	43	M40	10	FisioPedro Trail	01:03:06	9'00"/km
44	2180	Henrique	Velon	Male	44	MSenior	31	Petro Basto	01:03:19	9'02"/km
45	2181	José	Oliveira	Male	45	M50	3	Petro Basto	01:03:23	9'03"/km
46	2117	Rafael	Teixeira	Male	46	MSenior	32	Promessas do atletismo	01:03:25	9'03"/km
47	1090	Sebastião	Pinto	Male	47	M40	11	Rafa Team	01:03:33	9'04"/km
48	2137	Helder	Silva	Male	48	M40	12	Q-TRILHO	01:03:36	9'05"/km
49	2166	Manuel	Ferreira	Male	49	M50	4		01:03:37	9'05"/km



Pos	Dorsal	Nome	Sobrenome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
50	2155	Rui	Alvim	Male	50	M40	13	Mss contabilidade trail team	01:03:41	9'05"/km
51	2134	Pedro	Campos	Male	51	MSenior	33	Douroconta-Gabinete de Apoio e Contabilidade	01:03:45	9'06"/km
52	2227	Alcino	Silva	Male	52	M40	14	A.D.Amarante Trail Running	01:03:53	9'07"/km
53	2101	Jorge	Mendes	Male	53	M40	15	Q-Trilho Fisioveralemos	01:03:54	9'07"/km
54	2247	Eduardo	Cunha	Male	54	M40	16	Águias de Alvelos	01:04:17	9'11"/km
55	2171	João	Torcato	Male	55	M40	17	AFIPRE TEAM	01:04:31	9'13"/km
56	2175	Fábio	Carvalho	Male	56	MSenior	34	Individual	01:04:44	9'14"/km
57	2133	Paulo	Lopes	Male	57	M40	18	Individual	01:04:54	9'16"/km
58	2263	Hélder	Magalhães	Male	58	MSenior	35		01:05:01	9'17"/km
59	2177	Antonio	Cardoso	Male	59	M50	5	A.D Carvalhal	01:05:14	9'19"/km
60	2033	Dorsal 2033	Meira	Male	60	MSenior	36	Habcarpintaria	01:05:18	9'19"/km
61	1052	Manuel	Miranda	Male	61	M50	6	ACR Roriz	01:05:26	9'20"/km
62	1038	Marco	Bds	Male	62	MSenior	37	Habcarpintaria	01:05:32	9'21"/km
63	2138	Nelson	Cruz	Male	63	MSenior	38	Individual	01:05:33	9'21"/km
64	2237	Ricardo	Oliveira	Male	64	MSenior	39	CBRUN	01:05:46	9'23"/km
65	2165	Jorge	Lemos	Male	65	M50	7	Q-Trilho Fisioveralemos	01:05:57	9'25"/km
66	2152	Sílvia	Silva	Female	1	FSenior	1	Q-Trilho Fisioveralemos	01:05:57	9'25"/km
67	2050	Flávio	Teixeira	Male	66	MSenior	40	Amigos 100 Limites	01:06:22	9'28"/km
68	2259	Bruno	Barros	Male	67	MSenior	41	Individual	01:06:29	9'29"/km
69	2225	Alípio	Fernandes	Male	68	M50	8	Petro Basto	01:06:30	9'30"/km
70	2252	Paulo	Gomes	Male	69	M40	19	Ganita	01:06:30	9'30"/km
71	2243	Vitor	Sousa	Male	70	MSenior	42	Individual	01:06:31	9'30"/km
72	2249	Nuno	Lomba	Male	71	MSenior	43	Apúlia a Correr	01:06:54	9'33"/km
73	1036	Pedro	Silva	Male	72	MSenior	44	Habcarpintaria	01:06:55	9'33"/km
74	2224	Helder	Rodrigues	Male	73	M40	20	Habcarpintaria	01:06:56	9'33"/km
75	2210	Diogo	Azevedo	Male	74	MSenior	45	Individual	01:06:59	9'34"/km
76	2126	Viriato	Mendes	Male	75	M40	21	Individual	01:06:59	9'34"/km
77	2254	Sergio	Araujo	Male	76	M40	22	Individual	01:07:03	9'34"/km
78	2063	Nelson	Fernandes	Male	77	MSenior	46	Promessas do atletismo	01:07:05	9'35"/km
79	1069	Sara	Araújo	Female	2	FSenior	2	B.T.M.	01:07:06	9'35"/km
80	1066	José	Azevedo	Male	78	M40	23	B.T.M.	01:07:08	9'35"/km
81	2245	Filipe	Oliveira	Male	79	MSenior	47	FisioPedro Trail	01:07:20	9'37"/km
82	2060	Rafa	Miranda	Male	80	M40	24	Promessas do atletismo	01:07:46	9'40"/km
83	2264	Joaquim	Carvalho	Male	81	M40	25	A.D Carvalhal	01:07:48	9'41"/km
84	2026	Jose	Pereira	Male	82	MSenior	48	Águias de Alvelos	01:08:10	9'44"/km
85	2146	Helder		Male	83	MSenior	49	Individual	01:08:13	9'44"/km
86	2211	Vitor	Rodrigues	Male	84	MSenior	50	Habcarpintaria	01:08:13	9'44"/km
87	225	Sara	Fereira	Female	3	FSenior	3	Individual	01:08:14	9'44"/km
88	2182	Gilberto	Pinto	Male	85	M40	26	Promessas do atletismo	01:08:15	9'45"/km
89	2015	José	Rocha	Male	86	MSenior	51	Individual	01:08:25	9'46"/km
90	2040	Jose	Carlos	Male	87	M40	27	Individual	01:08:54	9'50"/km
91	2250	Nelson	Costa	Male	88	MSenior	52	Individual	01:09:04	9'52"/km
92	2149	João	Sousa	Male	89	M50	9	Individual	01:09:13	9'53"/km
93	2269	Sergio	Torre	Male	90	M40	28	Individual	01:09:28	9'55"/km
94	2027	Pedro	Silva	Male	91	MSenior	53	Individual	01:09:39	9'57"/km
95	2080	Rui	Vieira	Male	92	MSenior	54	A.D Carvalhal	01:09:42	9'57"/km
96	2159	Rui	Correia	Male	93	MSenior	55	Individual	01:09:50	9'58"/km
97	2142	João	Silva	Male	94	MSenior	56	Individual	01:09:57	9'59"/km
98	2139	Rui	Gonçalves	Male	95	M40	29	Individual	01:10:04	10'00"/km
99	2240	Nuno	Gomes	Male	96	MSenior	57	FisioPedro Trail	01:10:04	10'00"/km
100	2087	Nuno	Rodrigues	Male	97	M40	30	Bileiros Friends & Runners	01:10:16	10'02"/km
101	2028	Ana	Ferreira	Female	4	F40	1	Adcarril	01:10:23	10'03"/km
102	2029	José	Rodrigues	Male	98	M50	10	Adcarril	01:10:29	10'04"/km



Pos	Dorsal	Nome	Sobrenome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
103	1058	Joao	Laranjeira	Male	99	M40	31	ADE trail running	01:10:45	10'06"/km
104	1065	Cristiana	Rocha	Female	5	F23	1	Dragon Club	01:10:47	10'06"/km
105	2157	Ricardo	Almeida	Male	100	M23	2	Individual	01:10:57	10'08"/km
106	2051	Pedro	Vieira	Male	101	M40	32	A.D.Amarante Trail Running	01:11:08	10'09"/km
107	2158	José	Mariz	Male	102	M50	11	Individual	01:11:14	10'10"/km
108	1055	Francisco	Alves	Male	103	M40	33	Cerveira Team Running	01:11:16	10'10"/km
109	1059	João	Silva	Male	104	MSenior	58	FisioPedro Trail	01:11:27	10'12"/km
110	2023	Tiago	Gonçalves	Male	105	MSenior	59	ADECA	01:11:35	10'13"/km
111	2047	Manuel	Gomes	Male	106	M40	34	A.D Carvalhal	01:11:45	10'15"/km
112	1030	Bruno	Marques	Male	107	MSenior	60	Habcarpintaria	01:11:49	10'15"/km
113	2084	Nuno	Oliveira	Male	108	M40	35	Bileiros Friends & Runners	01:11:57	10'16"/km
114	2038	Carlos	Ribeiro	Male	109	M40	36	Trail4Fun	01:12:12	10'18"/km
115	2150	Vitor	Fernandes	Male	110	M40	37	Red Fox	01:12:19	10'19"/km
116	2151	Vitor	Silva	Male	111	M40	38	Red Fox	01:12:38	10'22"/km
117	2153	Nuno	Faria	Male	112	M40	39	Individual	01:12:44	10'23"/km
118	2253	Sergio	Neiva	Male	113	MSenior	61	Ganita	01:12:46	10'23"/km
119	1054	Joaquim	Rodrigues	Male	114	M50	12	ACR Roriz	01:13:02	10'26"/km
120	1011	Mário	Coelho	Male	115	MSenior	62	Individual	01:13:02	10'26"/km
121	2104	Augusto	Mendes	Male	116	M40	40	Individual	01:13:07	10'26"/km
122	2057	Paulo	Azevedo	Male	117	M50	13	AFIPRE TEAM	01:13:11	10'27"/km
123	2218	Nuno	Carvalho	Male	118	MSenior	63	Individual	01:13:31	10'30"/km
124	2148	José	Cruz	Male	119	MSenior	64	Individual	01:13:35	10'30"/km
125	2079	Fábio	Moreira	Male	120	MSenior	65	Amigos 100 Limites	01:13:45	10'32"/km
126	2078	Tiago	Mota	Male	121	MSenior	66	Amigos 100 Limites	01:13:51	10'33"/km
127	2217	Hélder	Ribeiro	Male	122	MSenior	67	Individual	01:13:53	10'33"/km
128	2208	Maria	Gonçalves	Female	6	F40	2	Duros da Santa	01:13:54	10'33"/km
129	2205	Ricardo	Azevedo	Male	123	MSenior	68	Individual	01:13:56	10'33"/km
130	1063	Daniel	Neto	Male	124	MSenior	69	FisioPedro Trail	01:14:00	10'34"/km
131	2143	António	Silva	Male	125	M50	14	Individual	01:14:21	10'37"/km
132	2190	Ricardo	Fernandes	Male	126	MSenior	70	Individual	01:14:30	10'38"/km
133	1057	Álvaro	Vale	Male	127	MSenior	71	ADE trail running	01:14:31	10'38"/km
134	1056	Carlos	Carreira	Male	128	M40	41	ADE trail running	01:14:32	10'38"/km
135	1033	Ricardo	Antunes	Male	129	MSenior	72	CBRUN	01:14:33	10'39"/km
136	1028	Ricardo	Costa	Male	130	M40	42	Habcarpintaria	01:14:52	10'41"/km
137	2103	Ricardo	Ceia	Male	131	M50	15	Individual	01:14:59	10'42"/km
138	1020	Carlos	Araujo	Male	132	M40	43	Habcarpintaria	01:14:59	10'42"/km
139	1037	Daniela	Faria	Female	7	FSenior	4	Habcarpintaria	01:15:02	10'43"/km
140	2187	Marcio	Araujo	Male	133	M40	44	Individual	01:15:10	10'44"/km
141	2053	Marlene	Pinto	Female	8	FSenior	5	BestMove	01:15:21	10'45"/km
142	2054	Helder	Neves	Male	134	M40	45	BestMove	01:15:24	10'46"/km
143	2216	André	Cardoso	Male	135	MSenior	73	Individual	01:15:30	10'47"/km
144	2145	Henrique	Faria	Male	136	MSenior	74	CAAC- Clube de Atletismo Arentim e Cunha	01:15:51	10'50"/km
145	2045	Eduardo	Sousa	Male	137	M40	46	Individual	01:15:51	10'50"/km
146	2016	José	António	Male	138	M40	47	AFIPRE TEAM	01:16:09	10'52"/km
147	2014	Ricardo	Branco	Male	139	MSenior	75	Individual	01:16:22	10'54"/km
148	2022	Nuno	Lopes	Male	140	M50	16	Individual	01:16:48	10'58"/km
149	2147	Florinda	Fernandes	Female	9	F50	1	Team Workout 48 / CAM	01:17:16	11'02"/km
150	2107	Ricardo	Ferreira	Male	141	M40	48	A.D Carvalhal	01:17:25	11'03"/km
151	1010	Manuel	Sousa	Male	142	M50	17	Bora lá!	01:17:35	11'05"/km
152	2109	Ricardo	Meireles	Male	143	MSenior	76	Individual	01:17:40	11'05"/km
153	2019	Paulo	Costa	Male	144	M50	18	Individual	01:17:49	11'07"/km
154	2092	Filipe	Machado	Male	145	M40	49	Individual	01:17:54	11'07"/km
155	2093	Lino	Cardoso	Male	146	M50	19	Individual	01:17:55	11'07"/km



Pos	Dorsal	Nome	Sobrenome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
156	2085	Carlos	Barreto	Male	147	M40	50	Bileiros Friends & Runners	01:18:13	11'10"/km
157	2094	Alvaro	Barreto	Male	148	M40	51	Bileiros Friends & Runners	01:18:26	11'12"/km
158	2258	Vítor	Fernandes	Male	149	MSenior	77	Individual	01:18:27	11'12"/km
159	2132	Hugo	Gomes	Male	150	MSenior	78	Papa Trails	01:18:28	11'12"/km
160	2144	Joel	Cunha	Male	151	MSenior	79	Promessas do atletismo	01:18:43	11'14"/km
161	2024	Luís	Almeida	Male	152	M23	3	Individual	01:19:12	11'18"/km
162	2185	Ricardo	Alves	Male	153	MSenior	80	Pés de Chumbo Runners	01:19:17	11'19"/km
163	2083	João	Moreira	Male	154	M50	20	Amigos 100 Limites	01:19:17	11'19"/km
164	2195	Fernando	Moreira	Male	155	M50	21	Duros da Santa	01:19:20	11'20"/km
165	1048	Alberto	Sá	Male	156	M50	22	Lobos do Monte	01:19:22	11'20"/km
166	1053	Isabel	Cunha	Female	10	F40	3	Cerveira Team Running	01:19:23	11'20"/km
167	2248	Avelino	Figueiredo	Male	157	M40	52	Águias de Alvelos	01:19:31	11'21"/km
168	2096	Cláudio	Trindade	Male	158	MSenior	81	Individual	01:19:33	11'21"/km
169	2219	Antônio	Rodrigues	Male	159	M40	53	Individual	01:19:33	11'21"/km
170	2129	Verónica	Pinto	Female	11	FSenior	6	Papa Trails	01:19:46	11'23"/km
171	2058	Pedro	Silva	Male	160	MSenior	82	AFIPRE TEAM	01:20:03	11'26"/km
172	2130	Ricardo	Pinto	Male	161	MSenior	83	Papa Trails	01:20:06	11'26"/km
173	2260	Pedro	Carvalho	Male	162	M40	54	Individual	01:20:09	11'27"/km
174	2261	André	Cruz	Male	163	M40	55	Individual	01:20:10	11'27"/km
175	2203	Tiago	Gomes	Male	164	MSenior	84	A.D Carvalhal	01:20:51	11'33"/km
176	1074	Rosa	Araújo	Female	12	F50	2	B.T.M.	01:21:04	11'34"/km
177	2164	Luciano	Silva	Male	165	M50	23	Individual	01:21:24	11'37"/km
178	2125	Carlos	Andrade	Male	166	M50	24	Individual	01:22:12	11'44"/km
179	2167	Victoria	Santos	Female	13	FSenior	7	C.A.R. Marisqueiro	01:22:13	11'44"/km
180	2052	Maurício	Moreira	Male	167	M23	4	Magic Friends Runners	01:22:33	11'47"/km
181	1092	Andreia	Rocha	Female	14	FSenior	8	Dragon Club	01:23:24	11'54"/km
182	2230	Vítor	Macedo	Male	168	M40	56	Individual	01:23:27	11'55"/km
183	2065	Jorge	Azevedo	Male	169	M50	25	Individual	01:23:34	11'56"/km
184	2136	Cristina	Teixeira	Female	15	FSenior	9	Solemates	01:23:40	11'57"/km
185	2135	Gabriel	Sousa	Male	170	MSenior	85	Solemates	01:23:40	11'57"/km
186	2168	Paula	Silva	Female	16	F40	4	Sérgio Rodrigues Fotografia	01:23:41	11'57"/km
187	2122	Jorge	Rodrigues	Male	171	MSenior	86	Individual	01:23:56	11'59"/km
188	2041	João	Silva	Male	172	M50	26	Let'sGoTeam	01:24:05	12'00"/km
189	2073	Ricardo	Pires	Male	173	MSenior	87	Motores da Montanha	01:24:08	12'01"/km
190	1061	Miguel	Gonçalves	Male	174	MSenior	88	FisioPedro Trail	01:24:11	12'01"/km
191	2034	José	Rodrigues	Male	175	M50	27	Individual	01:24:16	12'02"/km
192	2059	César	Araujo	Male	176	MSenior	89	Individual	01:25:14	12'10"/km
193	2055	Daniel	Soares	Male	177	MSenior	90	Individual	01:25:16	12'10"/km
194	2242	Davide	Afonso	Male	178	MSenior	91	Individual	01:25:32	12'13"/km
195	1083	Agostinho	Maia	Male	179	M40	57	B.T.M.	01:25:39	12'14"/km
196	1081	Clara	Lopes	Female	17	F23	2	B.T.M.	01:25:45	12'15"/km
197	2001	Clemente	Meireles	Male	180	M50	28	OZ Running Team	01:25:53	12'16"/km
198	2268	Maria	Bras	Female	18	F40	5	Spin & Run Esposende	01:25:54	12'16"/km
199	2215	Fernando	Pereira	Male	181	MSenior	92	Individual	01:26:24	12'20"/km
200	1089	Andreia	Carvalho	Female	19	FSenior	10	Rafa Team	01:26:31	12'21"/km
201	2197	Hugo	Pereira	Male	182	M40	58	Phoenix Evorun	01:26:34	12'22"/km
202	2013	Henrique	Pires	Male	183	M23	5	Individual	01:26:35	12'22"/km
203	1031	Elson	Carvalho	Male	184	MSenior	93	Habcarpintaria	01:26:36	12'22"/km
204	2241	Vitor	Ferreira	Male	185	M40	59	Individual	01:26:45	12'23"/km
205	2127	Fabiana	Silva	Female	20	FSenior	11	Papa Trails	01:26:45	12'23"/km
206	2172	Ricardo	Novais	Male	186	MSenior	94	Individual	01:26:51	12'24"/km
207	2246	Antonio	Gonçalves	Male	187	M50	29	Duros da Santa	01:27:01	12'25"/km
208	2233	Alfredomachado		Male	188	M50	30	Duros da Santa	01:27:05	12'26"/km



Pos	Dorsal	Nome	Sobrenome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
209	1072	Luis	Fernandes	Male	189	M40	60	B.T.M.	01:28:15	12'36"/km
210	2115	Carlos	Oliveira	Male	190	M40	61	Individual	01:28:33	12'39"/km
211	1086	Luis	Gomes	Male	191	M50	31	TEAM LANTEMIL	01:28:40	12'40"/km
212	2068	Marta	Fonseca	Female	21	F50	3	Individual	01:28:45	12'40"/km
213	2009	Sara	Loureiro	Female	22	FSenior	12	B.T.M.	01:29:32	12'47"/km
214	2176	Anthony	Nascimento	Male	192	MSenior	95	Individual	01:29:34	12'47"/km
215	2198	Bruno	Couto	Male	193	MSenior	96	Individual	01:29:38	12'48"/km
216	2213	Eduardo	Sousa	Male	194	M40	62	Individual	01:29:59	12'51"/km
217	2207	Jorge	Ribeiro	Male	195	M50	32	Alexandra Carvalho Team	01:30:10	12'52"/km
218	2169	Catarina	Santos	Female	23	FSenior	13	Individual	01:30:17	12'53"/km
219	2188	Andreia	Moura	Female	24	F40	6	ADC Santa Isabel Trail & Running	01:30:19	12'54"/km
220	2119	Solange	Sousa	Female	25	F40	7	Tartaruguinhas Team	01:30:21	12'54"/km
221	2189	Sérgio	Moura	Male	196	M40	63	ADC Santa Isabel Trail & Running	01:30:22	12'54"/km
222	2141	António	Macedo	Male	197	M50	33	Individual	01:30:36	12'56"/km
223	1024	Agostinho	Pedrosa	Male	198	M50	34	Habcarpintaria	01:31:02	13'00"/km
224	1049	Luís	Monteiro	Male	199	M50	35	OZ Running Team	01:31:03	13'00"/km
225	2046	Paulo	Costa	Male	200	M40	64	Individual	01:31:24	13'03"/km
226	2255	António	Silva	Male	201	M40	65	Individual	01:31:34	13'04"/km
227	2223	Patricia	Ribeiro	Female	26	FSenior	14	Habcarpintaria	01:32:17	13'11"/km
228	1050	Pedro	Oliveira	Male	202	M40	66	Cerveira Team Running	01:33:09	13'18"/km
229	2267	Eduardo	Faria	Male	203	M40	67	Águias de Alvelos	01:33:20	13'20"/km
230	2214	Francisco	Gomes	Male	204	M50	36	Individual	01:33:22	13'20"/km
231	2232	Avelino	Loureiro	Male	205	M40	68	Individual	01:33:23	13'20"/km
232	2229	Nuno	Quintão	Male	206	MSenior	97	Individual	01:33:48	13'24"/km
233	2186	Vitor	Araujo	Male	207	M40	69	Individual	01:34:05	13'26"/km
234	2123	Sebastião	Pereira	Male	208	M50	37	Individual	01:35:13	13'36"/km
235	2178	Pedro	Cardoso	Male	209	M23	6	Individual	01:35:46	13'40"/km
236	2072	Armando	Mendes	Male	210	M40	70	Motores da Montanha	01:36:42	13'48"/km
237	1015	Isaias	Boas	Male	211	M40	71	Individual	01:36:43	13'49"/km
238	1025	Flávio	Rocha	Male	212	MSenior	98	Habcarpintaria	01:37:51	13'58"/km
239	1022	Patrícia	Ferreira	Female	27	FSenior	15	Habcarpintaria	01:38:24	14'03"/km
240	2100	João	Santana	Male	213	M50	38	Individual	01:39:23	14'11"/km
241	1073	Alda	Fernandes	Female	28	F40	8	B.T.M.	01:39:55	14'16"/km
242	1076	Lurdes	Magalhães	Female	29	F50	4	B.T.M.	01:39:58	14'16"/km
243	2163	Carla	Boas	Female	30	F40	9	Amigos da Montanha	01:40:35	14'22"/km
244	2095	Hélder	Nogueira	Male	214	M40	72	Individual	01:40:47	14'23"/km
245	1043	Mariana	Oliveira	Female	31	F40	10	VIDAATIVARUNNERS	01:40:54	14'24"/km
246	1042	Ana	Rocha	Female	32	F40	11	VIDAATIVARUNNERS	01:41:00	14'25"/km
247	2196	João	Ferreia	Male	215	M50	39	#Oh!Mister!MeteoMaia	01:41:40	14'31"/km
248	2007	Alfredo	Peniche	Male	216	M40	73	Dream team	01:42:01	14'34"/km
249	2124	Sara	Matos	Female	33	FSenior	16	Individual	01:43:51	14'50"/km
250	1046	Elisa	Alves	Female	34	F40	12	Individual	01:44:38	14'56"/km
251	2031	Antonia	Tomaz	Female	35	F40	13	Equipa A	01:45:30	15'04"/km
252	2262	Isabel	Cardoso	Female	36	FSenior	17	A.D.E.	01:46:29	15'12"/km
253	2099	Andreia	Vieira	Female	37	F40	14	Boavista trail	01:46:47	15'15"/km
254	2086	Elisabete	Martins	Female	38	FSenior	18	Individual	01:47:12	15'18"/km
255	2088	Sónia	Fernandes	Female	39	F40	15	Individual	01:47:27	15'21"/km
256	2071	Nuno	Mendes	Male	217	MSenior	99	Motores da Montanha	01:49:45	15'40"/km
257	2113	Dulce	Resende	Female	40	F50	5	Individual	01:50:15	15'45"/km
258	2077	Araci	Queiroga	Female	41	FSenior	19	Apúlia a Correr	01:51:47	15'58"/km
259	2030	Mário	Araújo	Male	218	M40	74	Equipa A	01:51:53	15'59"/km
260	2076	Isabel	Queiroga	Female	42	FSenior	20	Apúlia a Correr	01:51:58	15'59"/km



Pos	Dorsal	Nome	Sobrenome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
261	2116	Isabel	Magalhaes	Female	43	F40	16	Individual	01:52:04	16'00"/km
262	2097	Fernando	Sousa	Male	219	M50	40	Alexandra Carvalho Team	01:53:54	16'16"/km
263	2032	José	Ribeiro	Male	220	M50	41	ADECA	01:54:36	16'22"/km
264	2070	Aida		Female	44	F40	17	Individual	01:54:49	16'24"/km
265	2061	Raúl	Ferreira	Male	221	M50	42	Let´sGoTeam	01:55:06	16'26"/km
266	1080	Maria	Barbosa	Female	45	F40	18	B.T.M.	01:55:28	16'29"/km
267	2251	Anabela	Delgado	Female	46	F40	19	Individual	01:57:03	16'43"/km
268	2236	Rosmery	Silva	Female	47	F40	20	ADC Santa Isabel Trail & Running	01:57:13	16'44"/km
269	1091	Isabel	Gonçalves	Female	48	F50	6	Alexandra Carvalho Team	02:00:04	17'09"/km
270	2114	Ana	Fernandes	Female	49	F40	21	Individual	02:01:26	17'20"/km
271	2081	Carlos	Morais	Male	222	M50	43	Individual	02:02:47	17'32"/km
272	2074	Telmo	Gondar	Male	223	MSenior	100	Motores da Montanha	02:02:50	17'32"/km
273	2082	Susana	Abreu	Female	50	F40	22	Individual	02:02:54	17'33"/km
274	2161	Marta	Miguel	Female	51	F40	23	Individual	02:03:36	17'39"/km
275	2162	Nelson	Mesquita	Male	224	M40	75	Individual	02:03:38	17'39"/km
276	2075	Fabio	Machado	Male	225	M23	7	Motores da Montanha	02:05:17	17'53"/km
277	2018	José	Luis	Male	226	M50	44	Individual	02:08:47	18'23"/km
278	2010	Paulo	Silva	Male	227	MSenior	101	Individual	02:09:16	18'28"/km
279	2011	Helena	Oliveira	Female	52	FSenior	21	Individual	02:09:30	18'30"/km
280	2035	Rosa	Cerqueira	Female	53	F50	7	Let´sGoTeam	02:13:08	19'01"/km
281	2044	Dulce	Monteiro	Female	54	F40	24	Let´sGoTeam	02:13:10	19'01"/km
282	2192	Manuel	Silva	Male	228	M50	45	#Oh!Mister!MeteoMaia	02:13:12	19'01"/km
283	2201	André	Monteiro	Male	229	M23	8	Magic Friends Runners	02:13:16	19'02"/km
284	2043	Paula	Silva	Female	55	F40	25	Let´sGoTeam	02:13:16	19'02"/km