



Pos	Dorsal	Nome	Apelido	Categoria	Equipa	Tempo
MSenior						
1	212	Bruno	Pereira	MSenior	EDV - VIANA TRAIL	02:04:39
2	238	Carlos	Coelho	MSenior	Individual	02:05:41
3	209	Ricardo	Rego	MSenior	B.T.M.	02:09:35
4	274	Miguel		MSenior	A.D.Amarante Trail Running	02:10:29
5	214	Ricardo	Sousa	MSenior	Individual	02:11:11
6	278	Hugo	Araujo	MSenior	Águias de Alvelos	02:15:42
7	210	Gilberto	Pimenta	MSenior	Oraklass-Amigos do Trail	02:23:16
8	216	Helder	Amorim	MSenior	A.D Carvalhal	02:24:49
9	32	Pedro	Lopes	MSenior	B.T.M.	02:25:26
10	15	Xavier	Amorim	MSenior	A.D Carvalhal	02:25:40
11	261	Marcelo		MSenior	Águias de Alvelos	02:26:58
12	35	Francisco	Fernandes	MSenior	B.T.M.	02:28:34
13	22	César	Fernandes	MSenior	Apúlia a Correr	02:30:15
14	276	Hélio	Costa	MSenior	ucha trail team	02:30:16
15	11	Carlos	Miranda	MSenior	Individual	02:31:10
16	279	Nuno	Figueiredo	MSenior	Águias de Alvelos	02:31:26
17	246	Paulo	Barbosa	MSenior	Águias de Alvelos	02:33:00
18	14	Paulo	Ribeiro	MSenior	Apúlia a Correr	02:34:52
19	27	Diogo	Araújo	MSenior	B.T.M.	02:36:07
20	264	Ricardo	Ferreira	MSenior	Phoenix Evorun	02:36:32
21	244	David	Gonçalves	MSenior	S4L / Medense FC	02:39:06
22	37	Pedro	Torres	MSenior	VIDAATIVARUNNERS	02:40:06
23	20	Paulo	Oliveira	MSenior	VIDAATIVARUNNERS	02:41:22
24	208	Michel	Silva	MSenior	Individual	02:47:09
25	284	Ricardo	Miranda	MSenior	Águias de Alvelos	02:48:31
26	34	Helder	Torres	MSenior	B.T.M.	02:50:32
27	232	Nuno	Erválho	MSenior	A.D Carvalhal	02:53:14
28	228	Jorge	Carvalho	MSenior	Individual	02:53:18
29	226	Jorge	Vieira	MSenior	Individual	02:53:40
30	28	Vitor	Ramalho	MSenior	B.T.M.	02:54:45
31	239	José	Matos	MSenior	Individual	02:56:45
32	273	Bruno	Moura	MSenior	Individual	02:58:44
33	4	José	Faria	MSenior	Velha Guarda	02:59:41
34	229	Vítor	Alves	MSenior	Individual	03:00:38
35	231	Pedro	Morgado	MSenior	Individual	03:04:47
36	243	Bruno	Pereira	MSenior	Nós Acreditamos Run Team	03:07:50
37	255	Carlos	Ribeiro	MSenior	Boavista trail	03:18:03
38	236	Rui	Costa	MSenior	Boavista trail	03:18:03
39	258	César	Silva	MSenior	A.D Carvalhal	03:24:10
40	272	Idir	Zibouche	MSenior	Individual	03:24:33
41	218	Francisco	Aragao	MSenior	Individual	03:31:08
42	224	Carlos	Oliveira	MSenior	Individual	03:31:08
43	220	Miguel	Valente	MSenior	Individual	03:31:08
44	263	Roberto	Rancaño	MSenior	Individual	03:42:20
45	25	Nuno	Costa	MSenior	GTT - ARMAZÉM DO CAFFÈ	03:43:27
46	262	Alberto	Carreira	MSenior	Individual	03:47:21

FSenior						
1	36	Diana	Ferreira	FSenior	B.T.M.	02:54:40
2	3	Mariana	Bellester	FSenior	Trail-Running.pt	03:20:09
3	26	Juliana	Pinheiro	FSenior	ADE trail running	03:57:41



Pos	Dorsal	Nome	Apelido	Categoria	Equipa	Tempo
M40						
1	234	Paulo		M40	A.D.Amarante Trail Running	01:58:44
2	203	Emílio	Carvalho	M40	Individual	02:04:35
3	281	Bruno	Ribeiro	M40	Águias de Alvelos	02:12:43
4	213	Marco	Rocha	M40	Temos Pena	02:20:00
5	253	Ricardo	Silva	M40	Habcarpintaria	02:25:42
6	19	Joaquim	Silva	M40	TEAM LANTEMIL	02:26:54
7	17	José	Rocha	M40	A.D Carvalhal	02:27:07
8	206	José	Barbosa	M40	Individual	02:29:31
9	230	Ciano	Ribeiro	M40	A.D Carvalhal	02:30:34
10	8	Nuno	Campos	M40	Individual	02:33:26
11	205	Sérgio	Silva	M40	Individual	02:35:53
12	29	Nuno	Gomes	M40	B.T.M.	02:36:08
13	39	Ricardo	Briote	M40	ADE trail running	02:43:49
14	2089	Marcio	Pires	M40	Individual	02:49:34
15	260	Rui	Couto	M40	Individual	02:49:56
16	12	Rui	Boas	M40	A.D Carvalhal	02:55:23
17	248	Pedro	Silva	M40	Boavista trail	02:55:24
18	257	Ricardo	Costa	M40	Individual	02:55:24
19	254	Rui	Neto	M40	Individual	02:56:54
20	240	Filipe		M40	ADE trail running	02:57:05
21	269	André	Castro	M40	Individual	02:57:16
22	235	Jose	Lopes	M40	Boavista trail	02:57:54
23	237	Pedro	Rocha	M40	Individual	03:01:16
24	69	Joaquim	Miranda	M40	VIDAATIVARUNNERS	03:06:59
25	30	Carlos	Gomes	M40	B.T.M.	03:12:16
26	219	Filipe	Abreu	M40	Boavista trail	03:12:17
27	24	Armando	Oliveira	M40	Magic Friends Runners	03:19:44
28	233	Pedro	Rocha	M40	ADE trail running	03:21:00
29	268	José	Sousa	M40	Associação de Atletismo Lebres do Sado	03:24:08
30	271	Loic	Ferron	M40	Individual	03:24:31
31	283	Edgar	Costa	M40	B.T.M.	03:26:53
32	31	Ricardo	Rocha	M40	B.T.M.	03:28:23
33	18	João	Rodrigues	M40	Amigos da Montanha	03:42:27
34	252	Rui	Costa	M40	Individual	03:43:26
35	282	André	Dias	M40	Individual	03:44:17
36	245	Iván	Martin	M40	C.A.R. Marisqueiro	04:00:08
37	277	Filipe	Leitão	M40	Gondomar Futsal Clube	04:17:16
F40						
1	280	Paula	Almeida	F40	Individual	02:49:32
2	259	Raquel	Andrade	F40	Individual	03:01:44
3	16	Sandra	Dias	F40	TEAM LANTEMIL	03:03:55
4	1	Elisabete	Santos	F40	TEAM LANTEMIL	03:03:56
5	256	Marlene	Miranda	F40	B.T.M.	03:12:16
6	223	Anabela	Silva	F40	Individual	03:40:03
7	247	Lisa	Pinto	F40	Individual	03:42:19
M50						
1	275	Adriano	Sá	M50	Águias de Alvelos	02:14:03
2	266	José	Sanroman	M50	Individual	02:21:37



Pos	Dorsal	Nome	Apelido	Categoria	Equipa	Tempo
3	221	Gualter	Freitas	M50	Que trilhos Fisiovera Lemos	02:29:59
4	222	Miguel	Alves	M50	Q-TRILHO	02:41:32
5	242	Manuel	Carriço	M50	Lobos do Monte	02:56:07
6	38	Manuel	Braga	M50	ADE trail running	03:04:31
7	270	Manuel	Sampaio	M50	Individual	03:13:44
8	10	Jorge	Pinto	M50	ADE trail running	03:20:06
9	267	Pedro	Coelho	M50	Moreira Relax Runners	03:39:22
10	215	Narciso	Marques	M50	Individual	03:43:02
11	202	Manuel	Lima	M50	Individual	03:47:02
12	251	Alcindo	Silva	M50	XTrail Running	03:47:29

F50

1	7	Fátima	Melo	F50	Individual	02:31:24
2	5	For	Madureira	F50	Barcelos	03:20:15
3	23	Élia	Oliveira	F50	Magic Friends Runners	03:43:27