



Pos	Dorsal	Nome	Sobrenome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
1	234	Paulo		Male	1	M40	1	A.D.Amarant e Trail Running	01:58:44	4'56"/km
2	203	Emílio	Carvalho	Male	2	M40	2	Individual	02:04:35	5'11"/km
3	212	Bruno	Pereira	Male	3	MSenior	1	EDV - VIANA TRAIL	02:04:39	5'11"/km
4	238	Carlos	Coelho	Male	4	MSenior	2	Individual	02:05:41	5'14"/km
5	209	Ricardo	Rego	Male	5	MSenior	3	B.T.M.	02:09:35	5'23"/km
6	274	Miguel		Male	6	MSenior	4	A.D.Amarant e Trail Running	02:10:29	5'26"/km
7	214	Ricardo	Sousa	Male	7	MSenior	5	Individual	02:11:11	5'27"/km
8	281	Bruno	Ribeiro	Male	8	M40	3	Águias de Alvelos	02:12:43	5'31"/km
9	275	Adriano	Sá	Male	9	M50	1	Águias de Alvelos	02:14:03	5'35"/km
10	278	Hugo	Araujo	Male	10	MSenior	6	Águias de Alvelos	02:15:42	5'39"/km
11	213	Marco	Rocha	Male	11	M40	4	Temos Pena	02:20:00	5'50"/km
12	266	José	Sanroman	Male	12	M50	2	Individual	02:21:37	5'54"/km
13	210	Gilberto	Pimenta	Male	13	MSenior	7	Oralklass-A migos do Trail	02:23:16	5'58"/km
14	216	Helder	Amorim	Male	14	MSenior	8	A.D Carvalhal	02:24:49	6'02"/km
15	32	Pedro	Lopes	Male	15	MSenior	9	B.T.M.	02:25:26	6'03"/km
16	15	Xavier	Amorim	Male	16	MSenior	10	A.D Carvalhal	02:25:40	6'04"/km
17	253	Ricardo	Silva	Male	17	M40	5	Habcarpintaria	02:25:42	6'04"/km
18	19	Joaquim	Silva	Male	18	M40	6	TEAM LANTEMIL	02:26:54	6'07"/km
19	261	Marcelo		Male	19	MSenior	11	Águias de Alvelos	02:26:58	6'07"/km
20	17	José	Rocha	Male	20	M40	7	A.D Carvalhal	02:27:07	6'07"/km
21	35	Francisco	Fernandes	Male	21	MSenior	12	B.T.M.	02:28:34	6'11"/km
22	206	José	Barbosa	Male	22	M40	8	Individual	02:29:31	6'13"/km
23	221	Gualter	Freitas	Male	23	M50	3	Que trilhos Fisiovera Lemos	02:29:59	6'14"/km
24	22	César	Fernandes	Male	24	MSenior	13	Apúlia a Correr	02:30:15	6'15"/km
25	276	Hélio	Costa	Male	25	MSenior	14	ucha trail team	02:30:16	6'15"/km
26	230	Ciano	Ribeiro	Male	26	M40	9	A.D Carvalhal	02:30:34	6'16"/km
27	11	Carlos	Miranda	Male	27	MSenior	15	Individual	02:31:10	6'17"/km
28	7	Fátima	Melo	Female	1	F50	1	Individual	02:31:24	6'18"/km
29	279	Nuno	Figueiredo	Male	28	MSenior	16	Águias de Alvelos	02:31:26	6'18"/km
30	246	Paulo	Barbosa	Male	29	MSenior	17	Águias de Alvelos	02:33:00	6'22"/km
31	8	Nuno	Campos	Male	30	M40	10	Individual	02:33:26	6'23"/km
32	14	Paulo	Ribeiro	Male	31	MSenior	18	Apúlia a Correr	02:34:52	6'27"/km
33	205	Sérgio	Silva	Male	32	M40	11	Individual	02:35:53	6'29"/km
34	27	Diogo	Araújo	Male	33	MSenior	19	B.T.M.	02:36:07	6'30"/km
35	29	Nuno	Gomes	Male	34	M40	12	B.T.M.	02:36:08	6'30"/km
36	264	Ricardo	Ferreira	Male	35	MSenior	20	Phoenix Evorun	02:36:32	6'31"/km
37	244	David	Gonçalves	Male	36	MSenior	21	S4L / Medense FC	02:39:06	6'37"/km
38	37	Pedro	Torres	Male	37	MSenior	22	VIDAATIVAR UNNERS	02:40:06	6'40"/km
39	20	Paulo	Oliveira	Male	38	MSenior	23	VIDAATIVAR UNNERS	02:41:22	6'43"/km
40	222	Miguel	Alves	Male	39	M50	4	Q-TRILHO	02:41:32	6'43"/km



Pos	Dorsal	Nome	Sobrenome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
41	39	Ricardo	Briote	Male	40	M40	13	ADE trail running	02:43:49	6'49"/km
42	208	Michel	Silva	Male	41	MSenior	24	Individual	02:47:09	6'57"/km
43	284	Ricardo	Miranda	Male	42	MSenior	25	Águias de Alvelos	02:48:31	7'01"/km
44	280	Paula	Almeida	Female	2	F40	1	Individual	02:49:32	7'03"/km
45	2089	Marcio	Pires	Male	43	M40	14	Individual	02:49:34	7'03"/km
46	260	Rui	Couto	Male	44	M40	15	Individual	02:49:56	7'04"/km
47	34	Helder	Torres	Male	45	MSenior	26	B.T.M.	02:50:32	7'06"/km
48	232	Nuno	Ervalho	Male	46	MSenior	27	A.D Carvalhal	02:53:14	7'13"/km
49	228	Jorge	Carvalho	Male	47	MSenior	28	Individual	02:53:18	7'13"/km
50	226	Jorge	Vieira	Male	48	MSenior	29	Individual	02:53:40	7'14"/km
51	36	Diana	Ferreira	Female	3	FSenior	1	B.T.M.	02:54:40	7'16"/km
52	28	Vitor	Ramalho	Male	49	MSenior	30	B.T.M.	02:54:45	7'16"/km
53	12	Rui	Boas	Male	50	M40	16	A.D Carvalhal	02:55:23	7'18"/km
54	248	Pedro	Silva	Male	51	M40	17	Boavista trail	02:55:24	7'18"/km
55	257	Ricardo	Costa	Male	52	M40	18	Individual	02:55:24	7'18"/km
56	242	Manuel	Carriço	Male	53	M50	5	Lobos do Monte	02:56:07	7'20"/km
57	239	José	Matos	Male	54	MSenior	31	Individual	02:56:45	7'21"/km
58	254	Rui	Neto	Male	55	M40	19	Individual	02:56:54	7'22"/km
59	240	Filipe		Male	56	M40	20	ADE trail running	02:57:05	7'22"/km
60	269	André	Castro	Male	57	M40	21	Individual	02:57:16	7'23"/km
61	235	Jose	Lopes	Male	58	M40	22	Boavista trail	02:57:54	7'24"/km
62	273	Bruno	Moura	Male	59	MSenior	32	Individual	02:58:44	7'26"/km
63	4	José	Faria	Male	60	MSenior	33	Velha Guarda	02:59:41	7'29"/km
64	229	Vitor	Alves	Male	61	MSenior	34	Individual	03:00:38	7'31"/km
65	237	Pedro	Rocha	Male	62	M40	23	Individual	03:01:16	7'33"/km
66	259	Raquel	Andrade	Female	4	F40	2	Individual	03:01:44	7'34"/km
67	16	Sandra	Dias	Female	5	F40	3	TEAM LANTEMIL	03:03:55	7'39"/km
68	1	Elisabete	Santos	Female	6	F40	4	TEAM LANTEMIL	03:03:56	7'39"/km
69	38	Manuel	Braga	Male	63	M50	6	ADE trail running	03:04:31	7'41"/km
70	231	Pedro	Morgado	Male	64	MSenior	35	Individual	03:04:47	7'41"/km
71	69	Joaquim	Miranda	Male	65	M40	24	VIDAATIVAR UNNERS	03:06:59	7'47"/km
72	243	Bruno	Pereira	Male	66	MSenior	36	Nós Acreditamos Run Team	03:07:50	7'49"/km
73	256	Marlene	Miranda	Female	7	F40	5	B.T.M.	03:12:16	8'00"/km
74	30	Carlos	Gomes	Male	67	M40	25	B.T.M.	03:12:16	8'00"/km
75	219	Filipe	Abreu	Male	68	M40	26	Boavista trail	03:12:17	8'00"/km
76	270	Manuel	Sampaio	Male	69	M50	7	Individual	03:13:44	8'04"/km
77	255	Carlos	Ribeiro	Male	70	MSenior	37	Boavista trail	03:18:03	8'15"/km
78	236	Rui	Costa	Male	71	MSenior	38	Boavista trail	03:18:03	8'15"/km
79	24	Armando	Oliveira	Male	72	M40	27	Magic Friends Runners	03:19:44	8'19"/km
80	10	Jorge	Pinto	Male	73	M50	8	ADE trail running	03:20:06	8'20"/km
81	3	Mariana	Bellester	Female	8	FSenior	2	Trail-Runnin g.pt	03:20:09	8'20"/km
82	5	For	Madureira	Female	9	F50	2	Barcelos	03:20:15	8'20"/km
83	233	Pedro	Rocha	Male	74	M40	28	ADE trail running	03:21:00	8'22"/km



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84	268	José	Sousa	Male	75	M40	29	Associação de Atletismo Lebres do Sado	03:24:08	8'30"/km
85	258	César	Silva	Male	76	MSenior	39	A.D Carvalhal	03:24:10	8'30"/km
86	271	Loic	Ferron	Male	77	M40	30	Individual	03:24:31	8'31"/km
87	272	Idir	Zibouche	Male	78	MSenior	40	Individual	03:24:33	8'31"/km
88	283	Edgar	Costa	Male	79	M40	31	B.T.M.	03:26:53	8'37"/km
89	31	Ricardo	Rocha	Male	80	M40	32	B.T.M.	03:28:23	8'40"/km
90	218	Francisco	Aragao	Male	81	MSenior	41	Individual	03:31:08	8'47"/km
91	224	Carlos	Oliveira	Male	82	MSenior	42	Individual	03:31:08	8'47"/km
92	220	Miguel	Valente	Male	83	MSenior	43	Individual	03:31:08	8'47"/km
93	267	Pedro	Coelho	Male	84	M50	9	Moreira Relax Runners	03:39:22	9'08"/km
94	223	Anabela	Silva	Female	10	F40	6	Individual	03:40:03	9'10"/km
95	247	Lisa	Pinto	Female	11	F40	7	Individual	03:42:19	9'15"/km
96	263	Roberto	Rancaño	Male	85	MSenior	44	Individual	03:42:20	9'15"/km
97	18	João	Rodrigues	Male	86	M40	33	Amigos da Montanha	03:42:27	9'16"/km
98	215	Narciso	Marques	Male	87	M50	10	Individual	03:43:02	9'17"/km
99	252	Rui	Costa	Male	88	M40	34	Individual	03:43:26	9'18"/km
100	25	Nuno	Costa	Male	89	MSenior	45	GTT - ARMAZÉM DO CAFFÉ	03:43:27	9'18"/km
101	23	Élia	Oliveira	Female	12	F50	3	Magic Friends Runners	03:43:27	9'18"/km
102	282	André	Dias	Male	90	M40	35	Individual	03:44:17	9'20"/km
103	202	Manuel	Lima	Male	91	M50	11	Individual	03:47:02	9'27"/km
104	262	Alberto	Carreira	Male	92	MSenior	46	Individual	03:47:21	9'28"/km
105	251	Alcindo	Silva	Male	93	M50	12	XTrail Running	03:47:29	9'28"/km
106	26	Juliana	Pinheiral	Female	13	FSenior	3	ADE trail running	03:57:41	9'54"/km
107	245	Iván	Martin	Male	94	M40	36	C.A.R. Marisqueiro	04:00:08	10'00"/km
108	277	Filipe	Leitão	Male	95	M40	37	Gondomar Futsal Clube	04:17:16	10'43"/km