



Classificações no Intermedio - TC 9km - TL 19km

Pos	Dorsal	Nome	Sobrenome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
1	234	Paulo		Male	1	M40	1	A.D.Amarante Trail Running	01:37:24	13'54"/km
2	203	Emílio	Carvalho	Male	2	M40	2	Individual	01:41:40	14'31"/km
3	212	Bruno	Pereira	Male	3	MSenior	1	EDV - VIANA TRAIL	01:41:44	14'32"/km
4	238	Carlos	Coelho	Male	4	MSenior	2	Individual	01:43:04	14'43"/km
5	209	Ricardo	Rego	Male	5	MSenior	3	B.T.M.	01:45:40	15'05"/km
6	274	Miguel		Male	6	MSenior	4	A.D.Amarante Trail Running	01:46:31	15'13"/km
7	214	Ricardo	Sousa	Male	7	MSenior	5	Individual	01:48:01	15'25"/km
8	281	Bruno	Ribeiro	Male	8	M40	3	Águias de Alvelos	01:48:25	15'29"/km
9	275	Adriano	Sá	Male	9	M50	1	Águias de Alvelos	01:50:11	15'44"/km
10	278	Hugo	Araujo	Male	10	MSenior	6	Águias de Alvelos	01:51:33	15'56"/km
11	213	Marco	Rocha	Male	11	M40	4	Temos Pena	01:53:52	16'16"/km
12	266	José	Sanroman	Male	12	M50	2	Individual	01:56:21	16'37"/km
13	32	Pedro	Lopes	Male	13	MSenior	7	B.T.M.	01:57:54	16'50"/km
14	216	Helder	Amorim	Male	14	MSenior	8	A.D Carvalhal	01:58:04	16'52"/km
15	210	Gilberto	Pimenta	Male	15	MSenior	9	Oralklass-Amigos do Trail	01:58:40	16'57"/km
16	15	Xavier	Amorim	Male	16	MSenior	10	A.D Carvalhal	01:59:32	17'04"/km
17	253	Ricardo	Silva	Male	17	M40	5	Habcarpintaria	02:00:17	17'11"/km
18	261	Marcelo		Male	18	MSenior	11	Águias de Alvelos	02:00:28	17'12"/km
19	19	Joaquim	Silva	Male	19	M40	6	TEAM LANTEMIL	02:00:53	17'16"/km
20	17	José	Rocha	Male	20	M40	7	A.D Carvalhal	02:01:31	17'21"/km
21	35	Francisco	Fernandes	Male	21	MSenior	12	B.T.M.	02:01:36	17'22"/km
22	276	Hélio	Costa	Male	22	MSenior	13	ucha trail team	02:02:21	17'28"/km
23	221	Gualter	Freitas	Male	23	M50	3	Que trilhos Fisiovera Lemos	02:02:43	17'31"/km
24	22	César	Fernandes	Male	24	MSenior	14	Apúlia a Correr	02:03:20	17'37"/km
25	11	Carlos	Miranda	Male	25	MSenior	15	Individual	02:03:39	17'39"/km
26	230	Ciano	Ribeiro	Male	26	M40	8	A.D Carvalhal	02:03:44	17'40"/km
27	7	Fátima	Melo	Female	1	F50	1	Individual	02:04:01	17'43"/km
28	246	Paulo	Barbosa	Male	27	MSenior	16	Águias de Alvelos	02:05:07	17'52"/km
29	206	José	Barbosa	Male	28	M40	9	Individual	02:05:28	17'55"/km
30	279	Nuno	Figueiredo	Male	29	MSenior	17	Águias de Alvelos	02:05:40	17'57"/km
31	8	Nuno	Campos	Male	30	M40	10	Individual	02:06:24	18'03"/km
32	205	Sérgio	Silva	Male	31	M40	11	Individual	02:07:17	18'11"/km
33	264	Ricardo	Ferreira	Male	32	MSenior	18	Phoenix Evorun	02:08:35	18'22"/km
34	14	Paulo	Ribeiro	Male	33	MSenior	19	Apúlia a Correr	02:08:37	18'22"/km
35	27	Diogo	Araújo	Male	34	MSenior	20	B.T.M.	02:10:04	18'34"/km
36	29	Nuno	Gomes	Male	35	M40	12	B.T.M.	02:10:22	18'37"/km
37	37	Pedro	Torres	Male	36	MSenior	21	VIDAATIVARUNNERS	02:10:30	18'38"/km
38	244	David	Gonçalves	Male	37	MSenior	22	S4L / Medense FC	02:12:35	18'56"/km
39	222	Miguel	Alves	Male	38	M50	4	Q-TRILHO	02:12:56	18'59"/km
40	20	Paulo	Oliveira	Male	39	MSenior	23	VIDAATIVARUNNERS	02:13:08	19'01"/km
41	284	Ricardo	Miranda	Male	40	MSenior	24	Águias de Alvelos	02:14:57	19'16"/km
42	39	Ricardo	Briote	Male	41	M40	13	ADE trail running	02:15:27	19'21"/km
43	34	Helder	Torres	Male	42	MSenior	25	B.T.M.	02:16:50	19'32"/km
44	208	Michel	Silva	Male	43	MSenior	26	Individual	02:17:37	19'39"/km
45	260	Rui	Couto	Male	44	M40	14	Individual	02:18:25	19'46"/km
46	2089	Marcio	Pires	Male	45	M40	15	Individual	02:18:34	19'47"/km
47	36	Diana	Ferreira	Female	2	FSenior	1	B.T.M.	02:20:18	20'02"/km
48	280	Paula	Almeida	Female	3	F40	1	Individual	02:20:23	20'03"/km
49	12	Rui	Boas	Male	46	M40	16	A.D Carvalhal	02:20:49	20'07"/km
50	28	Vitor	Ramalho	Male	47	MSenior	27	B.T.M.	02:21:14	20'10"/km
51	226	Jorge	Vieira	Male	48	MSenior	28	Individual	02:21:40	20'14"/km



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52	239	José	Matos	Male	49	MSenior	29	Individual	02:24:35	20'39"/km
53	242	Manuel	Carriço	Male	50	M50	5	Lobos do Monte	02:24:36	20'39"/km
54	232	Nuno	Erválho	Male	51	MSenior	30	A.D Carvalhal	02:24:47	20'41"/km
55	228	Jorge	Carvalho	Male	52	MSenior	31	Individual	02:24:52	20'41"/km
56	240	Filipe		Male	53	M40	17	ADE trail running	02:25:13	20'44"/km
57	4	José	Faria	Male	54	MSenior	32	Velha Guarda	02:25:59	20'51"/km
58	257	Ricardo	Costa	Male	55	M40	18	Individual	02:26:45	20'57"/km
59	273	Bruno	Moura	Male	56	MSenior	33	Individual	02:26:52	20'58"/km
60	254	Rui	Neto	Male	57	M40	19	Individual	02:26:52	20'58"/km
61	235	Jose	Lopes	Male	58	M40	20	Boavista trail	02:26:53	20'59"/km
62	229	Vítor	Alves	Male	59	MSenior	34	Individual	02:27:11	21'01"/km
63	269	André	Castro	Male	60	M40	21	Individual	02:27:17	21'02"/km
64	248	Pedro	Silva	Male	61	M40	22	Boavista trail	02:28:08	21'09"/km
65	237	Pedro	Rocha	Male	62	M40	23	Individual	02:30:01	21'25"/km
66	259	Raquel	Andrade	Female	4	F40	2	Individual	02:30:04	21'26"/km
67	231	Pedro	Morgado	Male	63	MSenior	35	Individual	02:30:37	21'31"/km
68	69	Joaquim	Miranda	Male	64	M40	24	VIDAATIVARUNNERS	02:31:15	21'36"/km
69	38	Manuel	Braga	Male	65	M50	6	ADE trail running	02:32:56	21'50"/km
70	1	Elisabete	Santos	Female	5	F40	3	TEAM LANTEMIL	02:33:18	21'54"/km
71	16	Sandra	Dias	Female	6	F40	4	TEAM LANTEMIL	02:33:25	21'55"/km
72	30	Carlos	Gomes	Male	66	M40	25	B.T.M.	02:36:15	22'19"/km
73	219	Filipe	Abreu	Male	67	M40	26	Boavista trail	02:36:16	22'19"/km
74	256	Marlene	Miranda	Female	7	F40	5	B.T.M.	02:36:23	22'20"/km
75	233	Pedro	Rocha	Male	68	M40	27	ADE trail running	02:36:30	22'21"/km
76	270	Manuel	Sampaio	Male	69	M50	7	Individual	02:38:29	22'38"/km
77	243	Bruno	Pereira	Male	70	MSenior	36	Nós Acreditamos Run Team	02:38:41	22'40"/km
78	24	Armando	Oliveira	Male	71	M40	28	Magic Friends Runners	02:41:26	23'03"/km
79	31	Ricardo	Rocha	Male	72	M40	29	B.T.M.	02:42:53	23'16"/km
80	10	Jorge	Pinto	Male	73	M50	8	ADE trail running	02:43:51	23'24"/km
81	236	Rui	Costa	Male	74	MSenior	37	Boavista trail	02:44:21	23'28"/km
82	255	Carlos	Ribeiro	Male	75	MSenior	38	Boavista trail	02:44:21	23'28"/km
83	3	Mariana	Bellester	Female	8	FSenior	2	Trail-Running.pt	02:45:13	23'36"/km
84	5	For	Madureira	Female	9	F50	2	Barcelos	02:45:17	23'36"/km
85	272	Idir	Zibouche	Male	76	MSenior	39	Individual	02:47:52	23'58"/km
86	271	Loic	Ferron	Male	77	M40	30	Individual	02:48:00	24'00"/km
87	268	José	Sousa	Male	78	M40	31	Associação de Atletismo Lebres do Sado	02:48:22	24'03"/km
88	202	Manuel	Lima	Male	79	M50	9	Individual	02:49:11	24'10"/km
89	283	Edgar	Costa	Male	80	M40	32	B.T.M.	02:49:52	24'16"/km
90	258	César	Silva	Male	81	MSenior	40	A.D Carvalhal	02:50:27	24'21"/km
91	218	Francisco	Aragao	Male	82	MSenior	41	Individual	02:52:02	24'34"/km
92	224	Carlos	Oliveira	Male	83	MSenior	42	Individual	02:52:05	24'35"/km
93	220	Miguel	Valente	Male	84	MSenior	43	Individual	02:52:06	24'35"/km
94	263	Roberto	Rancaño	Male	85	MSenior	44	Individual	02:56:01	25'08"/km
95	267	Pedro	Coelho	Male	86	M50	10	Moreira Relax Runners	02:59:56	25'42"/km
96	252	Rui	Costa	Male	87	M40	33	Individual	03:00:27	25'46"/km
97	25	Nuno	Costa	Male	88	MSenior	45	GTT - ARMAZÉM DO CAFFÈ	03:00:34	25'47"/km
98	18	João	Rodrigues	Male	89	M40	34	Amigos da Montanha	03:00:44	25'49"/km
99	23	Élia	Oliveira	Female	10	F50	3	Magic Friends Runners	03:01:13	25'53"/km
100	223	Anabela	Silva	Female	11	F40	6	Individual	03:02:15	26'02"/km
101	247	Lisa	Pinto	Female	12	F40	7	Individual	03:03:07	26'09"/km
102	262	Alberto	Carreira	Male	90	MSenior	46	Individual	03:04:03	26'17"/km
103	282	André	Dias	Male	91	M40	35	Individual	03:04:13	26'19"/km
104	215	Narciso	Marques	Male	92	M50	11	Individual	03:05:04	26'26"/km



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105	251	Alcindo	Silva	Male	93	M50	12	XTrail Running	03:06:05	26'35"/km
106	245	Iván	Martin	Male	94	M40	36	C.A.R. Marisqueiro	03:13:09	27'35"/km
107	26	Juliana	Pinheiral	Female	13	FSenior	3	ADE trail running	03:14:48	27'49"/km
108	277	Filipe	Leitão	Male	95	M40	37	Gondomar Futsal Clube	03:28:02	29'43"/km