

Pos	Dorsal	Nome	Equipa	Tempo	t/km
TC 14km - SM					
1	675	Fábio Barbosa	Individual	00:59:34	4'15"/km
2	700	Norberto Celestino Vasques Loureiro	Individual	01:01:32	4'23"/km
3	601	Daniel Lopes	ASDREQ	01:03:50	4'33"/km
4	542	Pedro Marques	Casa do Povo de Mangualde	01:05:52	4'42"/km
5	683	Mário Filipe Fernandes Lourenço	Individual	01:05:53	4'42"/km
6	789	José Marques	Individual	01:06:48	4'46"/km
7	755	Bruno Miguel Correia Mimoso	Individual	01:07:11	4'47"/km
8	742	Marco Marques	ASDREQ	01:12:47	5'11"/km
9	579	Joel Lourenço Rodrigues	PDARUNNERS	01:13:28	5'14"/km
10	570	Alexandre	GTT - Fox Running Team	01:14:56	5'21"/km
11	723	Diogo Mota	GDCR LAJES	01:15:33	5'23"/km
12	600	Nelso Soares		01:15:39	5'24"/km
13	671	Marcos Roldão	Individual	01:15:47	5'24"/km
14	762	Ricardo Jorge Alves Gomes	Individual	01:18:16	5'35"/km
15	558	Telmo	Individual	01:18:26	5'36"/km
16	562	Luis Mendes	Individual	01:19:18	5'39"/km
17	731	Tiago Marques	ADFA-Desportos de Natureza	01:20:33	5'45"/km
18	517	Alex Ferreira	Individual	01:20:41	5'45"/km
19	726	Goncas Ferreira	DCI/TRILHOS LUSO BUSSACO	01:20:47	5'46"/km
20	713	Davide Afondo	Individual	01:22:29	5'53"/km
21	738	Francisco Cardoso	GDCR LAJES	01:23:24	5'57"/km
22	684	Virgil De Almeida	Individual	01:23:24	5'57"/km
23	729	Fernando Morgado	ARCD Venda da Luísa	01:23:31	5'57"/km
24	778	Rui Costa	Individual	01:23:51	5'59"/km
25	511	Tiago Moura Correia	PDARUNNERS	01:24:00	6'00"/km
26	541	Diogo Silva	GDR Granja - TRUTAS DO MAU	01:24:36	6'02"/km
27	520	José Carvalho Loureiro De Sousa	Individual	01:24:52	6'03"/km
28	777	Luís Oliveira	Individual	01:25:04	6'04"/km
29	670	Carlos Jorge Oliveira Correia	Espigueiros Runners	01:27:47	6'16"/km
30	521	Mario	Individual	01:28:29	6'19"/km
31	701	Lino Alexandre	Individual	01:28:53	6'20"/km
32	764	Renato Rato	Individual	01:30:02	6'25"/km
33	674	Tiago Pereira	Individual	01:30:42	6'28"/km
34	515	Alberto Ferreira	Individual	01:31:02	6'30"/km
35	765	Nuno Alves	Individual	01:31:15	6'31"/km
36	746	Joel Albuquerque	ADM Trail Team	01:31:28	6'32"/km
37	781	Mário Gomes	Individual	01:32:36	6'36"/km
38	669	Samuel Santana De Almeida	#Xpack	01:33:16	6'39"/km
39	663	José Carlos Almeida	Viseu Running Team	01:33:17	6'39"/km
40	527	Pedro Moreira	Espigueiros Runners-Caparrosinha	01:36:04	6'51"/km
41	694	Jose Costa Cordeiro	Individual	01:36:55	6'55"/km
42	539	Lucas	Individual	01:37:16	6'56"/km
43	677	Bruno Vilaça	Individual	01:38:05	7'00"/km
44	580	Fernando Rangel	BULLDOZERS - Fogueira	01:43:04	7'21"/km
45	514	Fernando Rui Marques Amaral	ASDREQ	01:44:06	7'26"/km
46	559	Guilherme Gomes	Individual	01:50:07	7'51"/km
47	645	Diogo Gaivoto	Individual	01:51:19	7'57"/km
48	721	Telmo Gomes Espírito Santo	ADFA-Desportos de Natureza	01:58:35	8'28"/km
49	744	Marco Pereira	ADFA-Desportos de Natureza	01:58:35	8'28"/km
50	574	Nuno Pereira	Individual	02:04:35	8'54"/km
51	567	José Alves	Centro de Trail Carlos Sá Penacova Team	02:10:33	9'19"/km

Pos	Dorsal	Nome	Equipa	Tempo	t/km
52	661	Leandro Abade	ADFA-Desportos de Natureza	02:17:19	9'48"/km
53	538	Paulo Barreiros	Viriathvs Runners Viseu	02:26:35	10'28"/km

TC 14km - M40

1	658	Nelson Loureiro	OPraticante.pt	00:56:26	4'01"/km
2	555	Jorge Almeida	Individual	00:57:11	4'05"/km
3	650	Abílio Fernandes	OPraticante.pt	01:01:00	4'21"/km
4	709	Pedro Gilvaz	Individual	01:01:41	4'24"/km
5	681	José Manuel Gomes Nunes	Runners do demo	01:01:52	4'25"/km
6	585	Délio Do Rio Gomes	Limoux Triathlon Club	01:03:55	4'33"/km
7	718	António Fernando Pascoal Barreira Dos Reis Pereira	GDR Granja - TRUTAS DO MAU	01:04:42	4'37"/km
8	688	Alex Tondela	VVTR Valongo Vouga Trail Running	01:04:49	4'37"/km
9	647	Alcino Manuel Gomes Da Silva	A.D.Amarante Trail Running	01:05:20	4'40"/km
10	706	Celso Manuel Vidal Fernandes	Individual	01:08:54	4'55"/km
11	776	Josias Meira	ATAC - Águeda Trail Aventura Clube	01:10:29	5'02"/km
12	614	Paulo Loureiro	GDR Granja - TRUTAS DO MAU	01:12:01	5'08"/km
13	747	Paulo Sérgio Silva Gomes	Individual	01:12:04	5'08"/km
14	648	Pedro Miguel Correia Vieira	A.D.Amarante Trail Running	01:12:19	5'09"/km
15	543	Daniel Filipe Mendes Lopes	ASDREQ	01:12:34	5'11"/km
16	612	José Loureiro	Individual	01:12:51	5'12"/km
17	753	Luis Fernando Rodrigues	Individual	01:13:28	5'14"/km
18	653	Dario Manuel Oliveira Cardoso	Leões tardariz trail	01:13:46	5'16"/km
19	716	Carlos Marinho	Individual	01:14:53	5'20"/km
20	685	Pedro Ferreira	Tondela Runners	01:18:22	5'35"/km
21	643	Luis Miguel Reis	Running4fun	01:19:23	5'40"/km
22	728	Diogo Reis	Coimbra Trail Running	01:19:54	5'42"/km
23	757	Pedro Oliveira	Individual	01:20:03	5'43"/km
24	603	Paulo Resende	Individual	01:20:06	5'43"/km
25	699	Valdivino Santos	Individual	01:20:11	5'43"/km
26	775	Rui Mota	ATAC - Águeda Trail Aventura Clube	01:20:37	5'45"/km
27	704	Paulo Fernando Barbosa De Freitas		01:21:25	5'48"/km
28	628	Nuno Marques	Espigueiros Runners	01:22:13	5'52"/km
29	678	De Macedo Fernando	Individual	01:23:26	5'57"/km
30	604	Humberto Dias	Runnig4fun	01:24:26	6'01"/km
31	772	Rogério Machado	Individual	01:25:10	6'05"/km
32	698	Alfredo Rodrigues	GDCR LAJES	01:25:17	6'05"/km
33	587	Hugo Costa	Viseu Running Team	01:26:30	6'10"/km
34	805	Pedro Bastos	Individual	01:26:40	6'11"/km
35	696	Marco Alexandre	Individual	01:26:57	6'12"/km
36	780	Leonel Almeida	Individual	01:28:19	6'18"/km
37	769	Nuno Pedro Pires	Individual	01:29:14	6'22"/km
38	734	Eduardo Sousa Cardoso	Individual	01:29:58	6'25"/km
39	770	Paulo Santos	Lamekos Trail	01:31:41	6'32"/km
40	727	José Pina	Viriathvs Runners Viseu	01:31:53	6'33"/km
41	771	Eduardo Luís	Lamekos Trail	01:31:53	6'33"/km
42	519	Pedro Miguel Loureiro Lopes De Sousa	Individual	01:33:13	6'39"/km
43	711	Luis Canelas	Individual	01:34:29	6'44"/km
44	720	Paulo Silva	Individual	01:34:45	6'46"/km
45	625	Helder Gomes	LAMEGO PELOS TRILHOS	01:34:46	6'46"/km
46	722	José Manuel Ferreira	Individual	01:36:06	6'51"/km
47	657	Carlos Oliveira	Individual	01:38:04	7'00"/km
48	768	Rui Almeida	Viriathvs Runners Viseu	01:39:25	7'06"/km

Pos	Dorsal	Nome	Equipa	Tempo	t/km
49	680	Jorge Silva	Espigueiros Runners-Caparrosinha	01:39:52	7'08"/km
50	708	Anselmo Dias	Viriathvs Runners Viseu	01:42:04	7'17"/km
51	547	Alexandre Sequeira	Individual	01:43:26	7'23"/km
52	630	Paulo Pinheiro	Individual	01:44:29	7'27"/km
53	640	Ricardo Gomes	Kaninos	01:45:49	7'33"/km
54	576	João André	Individual	01:47:35	7'41"/km
55	668	Filipe Alexandre Correia	Individual	01:50:13	7'52"/km
56	610	Ricardo Carvalho	ADFA-Desportos de Natureza	01:51:40	7'58"/km
57	526	Ramiro Moreira	Espigueiros Runners-Caparrosinha	01:53:46	8'07"/km
58	525	Manuel Saraiva	Espigueiros Runners-Caparrosinha	01:54:00	8'08"/km
59	553	Mário Filipe Gomes De Araújo	Equipa A	01:59:37	8'32"/km
60	642	José Herdeiro	Individual	01:59:45	8'33"/km
61	592	José Faro	WISEU 360	02:00:24	8'36"/km
62	583	Miguel Batista	Viriathvs Runners Viseu	02:03:26	8'49"/km
63	758	José Dias	Viriathvs Runners Viseu	02:03:28	8'49"/km
64	598	Luís Paulo Ferreira Da Costa	Individual	02:07:15	9'05"/km
65	676	Jorge Pinto	Individual	02:09:04	9'13"/km
66	529	Miguel Sá	VVTR Valongo Vouga Trail Running	02:10:15	9'18"/km
67	578	Fernando Matos	Viriathvs Runners Viseu	02:22:57	10'12"/km

TC 14km - M50

1	692	Luis Manuel Almeida Rodrigues	Oliveira Runners	01:09:27	4'57"/km
2	584	Marco Da Fonseca	Individual	01:10:35	5'02"/km
3	717	José Alberto Fernandes	GDCR LAJES	01:11:49	5'07"/km
4	732	Jorge Tiago	Coimbra Trail Running	01:14:10	5'17"/km
5	719	Fernado Jorge Da Silva Basto	GDR Granja - TRUTAS DO MAU	01:16:54	5'29"/km
6	615	Mauro Nascimento	GDR Granja - TRUTAS DO MAU	01:18:02	5'34"/km
7	523	José Luís Lopes Da Silva	Individual	01:23:18	5'57"/km
8	660	Paulo Carneiro	Trail4Fun	01:24:58	6'04"/km
9	754	Eduardo Ramiro Correia De Oliveira	Individual	01:25:54	6'08"/km
10	622	Manuel Ferreira	LAMEGO PELOS TRILHOS	01:28:04	6'17"/km
11	620	José Duarte	LAMEGO PELOS TRILHOS	01:29:13	6'22"/km
12	759	António Dinis	Viseu Running Team	01:30:11	6'26"/km
13	631	Joaquim Vieira	CLUBE MILLENNIUM BCP	01:32:10	6'35"/km
14	633	Celestino Brás	CLUBE MILLENNIUM BCP	01:33:38	6'41"/km
15	545	José Manuel Pires De Figueiredo Crisóstomo	Individual	01:36:09	6'52"/km
16	666	José Peres	Viseu Running Team	01:39:08	7'04"/km
17	743	Paulo Sá	WISEU 360	01:39:35	7'06"/km
18	739	António Lopes	WISEU 360	01:39:42	7'07"/km
19	733	Dinis Martins	Viseu Running Team	01:39:48	7'07"/km
20	632	Anselmo Pinto	CLUBE MILLENNIUM BCP	01:42:48	7'20"/km
21	607	Carlos Silva	VVTR Valongo Vouga Trail Running	01:46:01	7'34"/km
22	745	Paulo Ricardo Pereira		01:49:08	7'47"/km
23	571	Celso Ribeiro	Atlético Clube de Travanca	01:50:05	7'51"/km
24	556	Américo Pessoa	Individual	01:50:12	7'52"/km
25	752	Carlos	Individual	01:58:34	8'28"/km
26	582	João Paulo Correia	Viriathvs Runners Viseu	02:03:26	8'49"/km
27	533	Fernando Pais	Grupo de Corrida de Argoncilhe	02:08:30	9'10"/km
28	561	Ernesto Gomes	Individual	02:09:09	9'13"/km
29	531	Fernando Vale	Grupo de Corrida de Argoncilhe	02:12:05	9'26"/km
30	577	Rui Machado	Individual	02:24:33	10'19"/km
31	537	Viriato Coelho	Viriathvs Runners Viseu	02:26:35	10'28"/km
32	705	José Antonio Freitas	Individual	02:36:45	11'11"/km

Pos	Dorsal	Nome	Equipa	Tempo	t/km
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TC 14km - SF

1	649	Célia Neto	OPraticante.pt	01:11:23	5'05"/km
2	651	Paula Barracho	Pegasus OCR ProTeam	01:17:31	5'32"/km
3	737	Liliana Lopes	ASDREQ	01:17:44	5'33"/km
4	563	Sandra Garrido	Runners do demo	01:19:19	5'39"/km
5	501	Marta Gracinda Tavares Reis	Juventude Cortegacense	01:20:44	5'46"/km
6	664	Sabina Oliveira Marques	Individual	01:24:47	6'03"/km
7	588	Ana Rodrigues	Viseu Running Team	01:26:21	6'10"/km
8	540	Joana Isabel Mota Cordeiro	PDARUNNERS	01:27:56	6'16"/km
9	646	Patrícia Soares	Individual	01:28:08	6'17"/km
10	712	Mafalda Resende	Individual	01:34:30	6'45"/km
11	686	Tânia Ângelo	Individual	01:39:22	7'05"/km
12	687	Mónica Fernandes	Individual	01:39:23	7'05"/km
13	606	Ilda Sobreiro	PDARUNNERS	01:39:52	7'08"/km
14	756	Valeria Silva	Individual	01:46:04	7'34"/km
15	760	Sandrine Danniau	Individual	01:47:09	7'39"/km
16	568	Catarina	GTT - Fox Running Team	01:48:42	7'45"/km
17	569	Cristiana Fernandes	Fox Running Team	01:48:43	7'45"/km
18	608	Sofia Caldeira	Fox Running Team	01:48:59	7'47"/km
19	644	Andreia Rodrigues	Individual	01:51:20	7'57"/km
20	682	Gabriela Ferreira	Individual	01:53:31	8'06"/km
21	557	Carla De Moraes	Individual	01:53:41	8'07"/km
22	535	Carla Gomes Silva	VVTR Valongo Vouga Trail Running	01:56:22	8'18"/km
23	715	Maria Martins	Individual	01:57:11	8'22"/km
24	597	Catarina Simão	Espigueiros Runners-Caparrosinha	01:58:35	8'28"/km
25	751	Ana Marta	Individual	01:58:36	8'28"/km
26	767	Ana Jorge Silva	Individual	02:00:50	8'37"/km
27	575	Carina Bexiga	Individual	02:05:09	8'56"/km
28	749	Helena Rodrigues	Individual	02:08:51	9'12"/km
29	740	Jéssica	Individual	02:08:51	9'12"/km
30	566	Dália Ferreira	Individual	02:10:33	9'19"/km
31	513	Tânia Cordeiro	PDARUNNERS	02:16:54	9'46"/km
32	549	Sofia Rodrigues Almeida Cruz	Individual	02:23:54	10'16"/km
33	702	Manuela Moreira	Individual	02:28:56	10'38"/km
34	524	Helena Saraiva	Espigueiros Runners-Caparrosinha	02:29:21	10'40"/km

TC 14km - F40

1	613	Tila Pina	GDR Granja - TRUTAS DO MAU	01:18:14	5'35"/km
2	617	Isabel Oliveira	GDR Granja - TRUTAS DO MAU	01:18:56	5'38"/km
3	616	Marlene Martins	GDR Granja - TRUTAS DO MAU	01:23:11	5'56"/km
4	564	Mafalda Parda Frias	Individual	01:26:17	6'09"/km
5	544	Dina Rodrigues	Individual	01:32:27	6'36"/km
6	596	Maria José Franco Oliveira	Juventude Cortegacense	01:36:22	6'53"/km
7	695	Agnes Costa Cordeiro	Individual	01:36:55	6'55"/km
8	697	Marta Vicente	GDCR LAJES	01:37:58	6'59"/km
9	518	Célia Rodrigues Silva	Espigueiros Runners-Caparrosinha	01:38:27	7'01"/km
10	763	Ana Margarida Carvalho Vaz Da Silva	Individual	01:38:59	7'04"/km
11	638	Dália Roma	Individual	01:39:09	7'04"/km
12	750	Sara Almeida	WISEU 360	01:39:48	7'07"/km
13	679	Catarina Matos	Espigueiros Runners	01:39:53	7'08"/km
14	703	Ana Cristina Silva Neto	F C VIZELA	01:40:14	7'09"/km

Pos	Dorsal	Nome	Equipa	Tempo	t/km
15	618	Cecília Almeida	GDR Granja - TRUTAS DO MAU	01:42:05	7'17"/km
16	707	Otilia Carneiro	Individual	01:42:05	7'17"/km
17	655	Susete Da Silva	Individual	01:42:59	7'21"/km
18	629	Catarina Garcia	ARCD Bairro de Santa Cruz	01:45:41	7'32"/km
19	641	Teresa Lacerda	Kaninos	01:45:49	7'33"/km
20	626	Isabel Matos	Espigueiros Runners	01:46:35	7'36"/km
21	639	Sandra Almeida	Individual	01:47:46	7'41"/km
22	654	Brigite Clemente	Individual	01:47:59	7'42"/km
23	730	Belinha Oliveira	Individual	01:49:57	7'51"/km
24	667	Sónia Neves	Individual	01:50:13	7'52"/km
25	590	Andreia Ribeiro	Boavista trail	01:50:56	7'55"/km
26	611	Eunice Raquel Lourenço	ADFA-Desportos de Natureza	01:51:41	7'58"/km
27	522	Helena Gomes De Almeida Mariz	AllforOne	01:53:43	8'07"/km
28	546	Maria Helena Ferreira	Individual	01:56:22	8'18"/km
29	797	Mónica Baptista	Individual	01:57:12	8'22"/km
30	581	Carla Silva	Individual	01:59:51	8'33"/km
31	554	Maria Antónia Marques Tomaz	Equipa A	02:00:11	8'35"/km
32	593	Estrela Faro	Viriathvs Runners Viseu	02:00:25	8'36"/km
33	552	Irene Melo	Viriathvs Runners Viseu	02:04:03	8'51"/km
34	551	Isabel Melo	Viriathvs Runners Viseu	02:04:30	8'53"/km
35	599	Maria De Fátima Matos Pereira	Individual	02:07:16	9'05"/km
36	560	Susana Gomes	Individual	02:09:10	9'13"/km
37	530	Luisa Silva	VVTR Valongo Vouga Trail Running	02:10:15	9'18"/km
38	528	Annabelle Luis	Clube Desportivo de Espite	02:12:04	9'26"/km
39	656	Ana Fernandes	Individual	02:16:47	9'46"/km
40	773	Diana Pereira	Individual	02:19:09	9'56"/km
41	548	Sílvia Oliveira	Individual	02:23:53	10'16"/km
42	710	Sonia Gilvaz	Individual	02:28:55	10'38"/km
43	550	Helena Melo	Espigueiros Runners-Caparrosinha	02:29:20	10'40"/km

TC 14km - F50

1	766	Maria Da Conceição Marcela Abreu	Centro de Trail Carlos Sá Penacova Team	01:37:00	6'55"/km
2	665	Sílvia Coelho	Viseu Running Team	01:39:07	7'04"/km
3	594	Isabel Ventura	Tribo NR	01:46:13	7'35"/km
4	652	Isabel Madeira	ARCD Venda da Luísa	01:51:29	7'57"/km
5	673	Dulce Resende	Individual	01:52:35	8'02"/km
6	693	Laura Pinto	Individual	01:55:26	8'14"/km
7	725	Lurdes Pereira	Viriathvs Runners Viseu	02:03:25	8'48"/km
8	724	Olga Figueiredo	Individual	02:04:20	8'52"/km
9	623	Maria Coelho	LAMEGO PELOS TRILHOS	02:05:35	8'58"/km
10	532	Maria Ribeiro	Grupo de Corrida de Argoncilhe	02:12:06	9'26"/km
11	534	Rosalina Pais	Grupo de Corrida de Argoncilhe	02:12:06	9'26"/km