

Pos	Dorsal	Nome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
1	658	Nelson Loureiro	Male	1	M40	1	OPraticante.pt	00:56:26	4'01"/km
2	555	Jorge Almeida	Male	2	M40	2	Individual	00:57:11	4'05"/km
3	675	Fábio Barbosa	Male	3	SM	1	Individual	00:59:34	4'15"/km
4	650	Abílio Fernandes	Male	4	M40	3	OPraticante.pt	01:01:00	4'21"/km
5	700	Norberto Celestino Vasques Loureiro	Male	5	SM	2	Individual	01:01:32	4'23"/km
6	709	Pedro Gilvaz	Male	6	M40	4	Individual	01:01:41	4'24"/km
7	681	José Manuel Gomes Nunes	Male	7	M40	5	Runners do demo	01:01:52	4'25"/km
8	601	Daniel Lopes	Male	8	SM	3	ASDREQ	01:03:50	4'33"/km
9	585	Délio Do Rio Gomes	Male	9	M40	6	Limoux Triathlon Club	01:03:55	4'33"/km
10	718	António Fernando Pascoal Barreira Dos Reis Pereira	Male	10	M40	7	GDR Granja - TRUTAS DO MAU	01:04:42	4'37"/km
11	688	Alex Tondela	Male	11	M40	8	VVTR Valongo Vouga Trail Running	01:04:49	4'37"/km
12	647	Alcino Manuel Gomes Da Silva	Male	12	M40	9	A.D.Amarante Trail Running	01:05:20	4'40"/km
13	542	Pedro Marques	Male	13	SM	4	Casa do Povo de Mangualde	01:05:52	4'42"/km
14	683	Mário Filipe Fernandes Lourenço	Male	14	SM	5	Individual	01:05:53	4'42"/km
15	789	José Marques	Male	15	SM	6	Individual	01:06:48	4'46"/km
16	755	Bruno Miguel Correia Mimoso	Male	16	SM	7	Individual	01:07:11	4'47"/km
17	706	Celso Manuel Vidal Fernandes	Male	17	M40	10	Individual	01:08:54	4'55"/km
18	692	Luis Manuel Almeida Rodrigues	Male	18	M50	1	Oliveira Runners	01:09:27	4'57"/km
19	776	Josias Meira	Male	19	M40	11	ATAC - Águeda Trail Aventura Clube	01:10:29	5'02"/km
20	584	Marco Da Fonseca	Male	20	M50	2	Individual	01:10:35	5'02"/km
21	649	Célia Neto	Female	1	SF	1	OPraticante.pt	01:11:23	5'05"/km
22	717	José Alberto Fernandes	Male	21	M50	3	GDCR LAJES	01:11:49	5'07"/km
23	614	Paulo Loureiro	Male	22	M40	12	GDR Granja - TRUTAS DO MAU	01:12:01	5'08"/km
24	747	Paulo Sérgio Silva Gomes	Male	23	M40	13	Individual	01:12:04	5'08"/km
25	648	Pedro Miguel Correia Vieira	Male	24	M40	14	A.D.Amarante Trail Running	01:12:19	5'09"/km
26	543	Daniel Filipe Mendes Lopes	Male	25	M40	15	ASDREQ	01:12:34	5'11"/km
27	742	Marco Marques	Male	26	SM	8	ASDREQ	01:12:47	5'11"/km
28	612	José Loureiro	Male	27	M40	16	Individual	01:12:51	5'12"/km
29	579	Joel Lourenço Rodrigues	Male	28	SM	9	PDARUNNERS	01:13:28	5'14"/km
30	753	Luis Fernando Rodrigues	Male	29	M40	17	Individual	01:13:28	5'14"/km
31	653	Dario Manuel Oliveira Cardoso	Male	30	M40	18	Leões tardariz trail	01:13:46	5'16"/km
32	732	Jorge Tiago	Male	31	M50	4	Coimbra Trail Running	01:14:10	5'17"/km
33	716	Carlos Marinho	Male	32	M40	19	Individual	01:14:53	5'20"/km
34	570	Alexandre	Male	33	SM	10	GTT - Fox Running Team	01:14:56	5'21"/km
35	723	Diogo Mota	Male	34	SM	11	GDCR LAJES	01:15:33	5'23"/km
36	600	Nelso Soares	Male	35	SM	12		01:15:39	5'24"/km
37	671	Marcos Roldão	Male	36	SM	13	Individual	01:15:47	5'24"/km
38	719	Fernando Jorge Da Silva Basto	Male	37	M50	5	GDR Granja - TRUTAS DO MAU	01:16:54	5'29"/km
39	651	Paula Barracho	Female	2	SF	2	Pegasus OCR ProTeam	01:17:31	5'32"/km
40	737	Liliana Lopes	Female	3	SF	3	ASDREQ	01:17:44	5'33"/km
41	615	Mauro Nascimento	Male	38	M50	6	GDR Granja - TRUTAS DO MAU	01:18:02	5'34"/km

Pos	Dorsal	Nome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
42	613	Tila Pina	Female	4	F40	1	GDR Granja - TRUTAS DO MAU	01:18:14	5'35"/km
43	762	Ricardo Jorge Alves Gomes	Male	39	SM	14	Individual	01:18:16	5'35"/km
44	685	Pedro Ferreira	Male	40	M40	20	Tondela Runners	01:18:22	5'35"/km
45	558	Telmo	Male	41	SM	15	Individual	01:18:26	5'36"/km
46	617	Isabel Oliveira	Female	5	F40	2	GDR Granja - TRUTAS DO MAU	01:18:56	5'38"/km
47	562	Luis Mendes	Male	42	SM	16	Individual	01:19:18	5'39"/km
48	563	Sandra Garrido	Female	6	SF	4	Runners do demo	01:19:19	5'39"/km
49	643	Luis Miguel Reis	Male	43	M40	21	Running4fun	01:19:23	5'40"/km
50	728	Diogo Reis	Male	44	M40	22	Coimbra Trail Running	01:19:54	5'42"/km
51	757	Pedro Oliveira	Male	45	M40	23	Individual	01:20:03	5'43"/km
52	603	Paulo Resende	Male	46	M40	24	Individual	01:20:06	5'43"/km
53	699	Valdivino Santos	Male	47	M40	25	Individual	01:20:11	5'43"/km
54	731	Tiago Marques	Male	48	SM	17	ADFA-Desportos de Natureza	01:20:33	5'45"/km
55	775	Rui Mota	Male	49	M40	26	ATAC - Águeda Trail Aventura Clube	01:20:37	5'45"/km
56	517	Alex Ferreira	Male	50	SM	18	Individual	01:20:41	5'45"/km
57	501	Marta Gracinda Tavares Reis	Female	7	SF	5	Juventude Cortegacense	01:20:44	5'46"/km
58	726	Goncas Ferreira	Male	51	SM	19	DCI/TRILHOS LUSO BUSSACO	01:20:47	5'46"/km
59	704	Paulo Fernando Barbosa De Freitas	Male	52	M40	27	FC Vizela	01:21:25	5'48"/km
60	628	Nuno Marques	Male	53	M40	28	Espigueiros Runners	01:22:13	5'52"/km
61	713	Davide Afondo	Male	54	SM	20	Individual	01:22:29	5'53"/km
62	616	Marlene Martins	Female	8	F40	3	GDR Granja - TRUTAS DO MAU	01:23:11	5'56"/km
63	523	José Luis Lopes Da Silva	Male	55	M50	7	Individual	01:23:18	5'57"/km
64	738	Francisco Cardoso	Male	56	SM	21	GDCR LAJES	01:23:24	5'57"/km
65	684	Virgil De Almeida	Male	57	SM	22	Individual	01:23:24	5'57"/km
66	678	De Macedo Fernando	Male	58	M40	29	Individual	01:23:26	5'57"/km
67	729	Fernando Morgado	Male	59	SM	23	ARCD Venda da Luísa	01:23:31	5'57"/km
68	778	Rui Costa	Male	60	SM	24	Individual	01:23:51	5'59"/km
69	511	Tiago Moura Correia	Male	61	SM	25	PDARUNNERS	01:24:00	6'00"/km
70	604	Humberto Dias	Male	62	M40	30	Runnig4fun	01:24:26	6'01"/km
71	541	Diogo Silva	Male	63	SM	26	GDR Granja - TRUTAS DO MAU	01:24:36	6'02"/km
72	664	Sabina Oliveira Marques	Female	9	SF	6	Individual	01:24:47	6'03"/km
73	520	José Carvalho Loureiro De Sousa	Male	64	SM	27	Individual	01:24:52	6'03"/km
74	660	Paulo Carneiro	Male	65	M50	8	Trail4Fun	01:24:58	6'04"/km
75	777	Luís Oliveira	Male	66	SM	28	Individual	01:25:04	6'04"/km
76	772	Rogério Machado	Male	67	M40	31	Individual	01:25:10	6'05"/km
77	698	Alfredo Rodrigues	Male	68	M40	32	GDCR LAJES	01:25:17	6'05"/km
78	754	Eduardo Ramiro Correia De Oliveira	Male	69	M50	9	Individual	01:25:54	6'08"/km
79	564	Mafalda Parda Frias	Female	10	F40	4	Individual	01:26:17	6'09"/km
80	588	Ana Rodrigues	Female	11	SF	7	Viseu Running Team	01:26:21	6'10"/km
81	587	Hugo Costa	Male	70	M40	33	Viseu Running Team	01:26:30	6'10"/km
82	805	Pedro Bastos	Male	71	M40	34	Individual	01:26:40	6'11"/km
83	696	Marco Alexandre	Male	72	M40	35	Individual	01:26:57	6'12"/km
84	670	Carlos Jorge Oliveira Correia	Male	73	SM	29	Espigueiros Runners	01:27:47	6'16"/km
85	540	Joana Isabel Mota Cordeiro	Female	12	SF	8	PDARUNNERS	01:27:56	6'16"/km

Pos	Dorsal	Nome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
86	622	Manuel Ferreira	Male	74	M50	10	LAMEGO PELOS TRILHOS	01:28:04	6'17"/km
87	646	Patrícia Soares	Female	13	SF	9	Individual	01:28:08	6'17"/km
88	780	Leonel Almeida	Male	75	M40	36	Individual	01:28:19	6'18"/km
89	521	Mario	Male	76	SM	30	Individual	01:28:29	6'19"/km
90	701	Lino Alexandre	Male	77	SM	31	Individual	01:28:53	6'20"/km
91	620	José Duarte	Male	78	M50	11	LAMEGO PELOS TRILHOS	01:29:13	6'22"/km
92	769	Nuno Pedro Pires	Male	79	M40	37	Individual	01:29:14	6'22"/km
93	734	Eduardo Sousa Cardoso	Male	80	M40	38	Individual	01:29:58	6'25"/km
94	764	Renato Rato	Male	81	SM	32	Individual	01:30:02	6'25"/km
95	759	António Dinis	Male	82	M50	12	Viseu Running Team	01:30:11	6'26"/km
96	674	Tiago Pereira	Male	83	SM	33	Individual	01:30:42	6'28"/km
97	515	Alberto Ferreira	Male	84	SM	34	Individual	01:31:02	6'30"/km
98	765	Nuno Alves	Male	85	SM	35	Individual	01:31:15	6'31"/km
99	746	Joel Albuquerque	Male	86	SM	36	ADM Trail Team	01:31:28	6'32"/km
100	770	Paulo Santos	Male	87	M40	39	Lamekos Trail	01:31:41	6'32"/km
101	727	José Pina	Male	88	M40	40	Viriathvs Runners Viseu	01:31:53	6'33"/km
102	771	Eduardo Luís	Male	89	M40	41	Lamekos Trail	01:31:53	6'33"/km
103	631	Joaquim Vieira	Male	90	M50	13	CLUBE MILLENNIUM BCP	01:32:10	6'35"/km
104	544	Dina Rodrigues	Female	14	F40	5	Individual	01:32:27	6'36"/km
105	781	Mário Gomes	Male	91	SM	37	Individual	01:32:36	6'36"/km
106	519	Pedro Miguel Loureiro Lopes De Sousa	Male	92	M40	42	Individual	01:33:13	6'39"/km
107	669	Samuel Santana De Almeida	Male	93	SM	38	#Xpack	01:33:16	6'39"/km
108	663	José Carlos Almeida	Male	94	SM	39	Viseu Running Team	01:33:17	6'39"/km
109	633	Celestino Brás	Male	95	M50	14	CLUBE MILLENNIUM BCP	01:33:38	6'41"/km
110	711	Luis Canelas	Male	96	M40	43	Individual	01:34:29	6'44"/km
111	712	Mafalda Resende	Female	15	SF	10	Individual	01:34:30	6'45"/km
112	720	Paulo Silva	Male	97	M40	44	Individual	01:34:45	6'46"/km
113	625	Helder Gomes	Male	98	M40	45	LAMEGO PELOS TRILHOS	01:34:46	6'46"/km
114	527	Pedro Moreira	Male	99	SM	40	Espigueiros Runners-Caparro sinha	01:36:04	6'51"/km
115	722	José Manuel Ferreira	Male	100	M40	46	Individual	01:36:06	6'51"/km
116	545	José Manuel Pires De Figueiredo Crisóstomo	Male	101	M50	15	Individual	01:36:09	6'52"/km
117	596	Maria José Franco Oliveira	Female	16	F40	6	Juventude Cortegacense	01:36:22	6'53"/km
118	695	Agnes Costa Cordeiro	Female	17	F40	7	Individual	01:36:55	6'55"/km
119	694	Jose Costa Cordeiro	Male	102	SM	41	Individual	01:36:55	6'55"/km
120	766	Maria Da Conceição Marcela Abreu	Female	18	F50	1	Centro de Trail Carlos Sá Penacova Team	01:37:00	6'55"/km
121	539	Lucas	Male	103	SM	42	Individual	01:37:16	6'56"/km
122	697	Marta Vicente	Female	19	F40	8	GDCR LAJES	01:37:58	6'59"/km
123	657	Carlos Oliveira	Male	104	M40	47	Individual	01:38:04	7'00"/km
124	677	Bruno Vilaça	Male	105	SM	43	Individual	01:38:05	7'00"/km
125	518	Célia Rodrigues Silva	Female	20	F40	9	Espigueiros Runners-Caparro sinha	01:38:27	7'01"/km
126	763	Ana Margarida Carvalho Vaz Da Silva	Female	21	F40	10	Individual	01:38:59	7'04"/km
127	665	Sílvia Coelho	Female	22	F50	2	Viseu Running Team	01:39:07	7'04"/km

Pos	Dorsal	Nome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
128	666	José Peres	Male	106	M50	16	Viseu Running Team	01:39:08	7'04"/km
129	638	Dália Roma	Female	23	F40	11	Individual	01:39:09	7'04"/km
130	686	Tânia Ângelo	Female	24	SF	11	Individual	01:39:22	7'05"/km
131	687	Mónica Fernandes	Female	25	SF	12	Individual	01:39:23	7'05"/km
132	768	Rui Almeida	Male	107	M40	48	Viriathvs Runners Viseu	01:39:25	7'06"/km
133	743	Paulo Sá	Male	108	M50	17	WISEU 360	01:39:35	7'06"/km
134	739	António Lopes	Male	109	M50	18	WISEU 360	01:39:42	7'07"/km
135	733	Dinis Martins	Male	110	M50	19	Viseu Running Team	01:39:48	7'07"/km
136	750	Sara Almeida	Female	26	F40	12	WISEU 360	01:39:48	7'07"/km
137	680	Jorge Silva	Male	111	M40	49	Espigueiros Runners-Caparro sinha	01:39:52	7'08"/km
138	606	Ilda Sobreiro	Female	27	SF	13	PDARUNNERS	01:39:52	7'08"/km
139	679	Catarina Matos	Female	28	F40	13	Espigueiros Runners	01:39:53	7'08"/km
140	703	Ana Cristina Silva Neto	Female	29	F40	14	F C VIZELA	01:40:14	7'09"/km
141	708	Anselmo Dias	Male	112	M40	50	Viriathvs Runners Viseu	01:42:04	7'17"/km
142	618	Cecília Almeida	Female	30	F40	15	GDR Granja - TRUTAS DO MAU	01:42:05	7'17"/km
143	707	Otilia Carneiro	Female	31	F40	16	Individual	01:42:05	7'17"/km
144	632	Anselmo Pinto	Male	113	M50	20	CLUBE MILLENNIUM BCP	01:42:48	7'20"/km
145	655	Susete Da Silva	Female	32	F40	17	Individual	01:42:59	7'21"/km
146	580	Fernando Rangel	Male	114	SM	44	BULLDOZERS - Fogueira	01:43:04	7'21"/km
147	547	Alexandre Sequeira	Male	115	M40	51	Individual	01:43:26	7'23"/km
148	514	Fernando Rui Marques Amaral	Male	116	SM	45	ASDREQ	01:44:06	7'26"/km
149	630	Paulo Pinheiro	Male	117	M40	52	Individual	01:44:29	7'27"/km
150	629	Catarina Garcia	Female	33	F40	18	ARCD Bairro de Santa Cruz	01:45:41	7'32"/km
151	640	Ricardo Gomes	Male	118	M40	53	Kaninos	01:45:49	7'33"/km
152	641	Teresa Lacerda	Female	34	F40	19	Kaninos	01:45:49	7'33"/km
153	607	Carlos Silva	Male	119	M50	21	VVTR Valongo Vouga Trail Running	01:46:01	7'34"/km
154	756	Valeria Silva	Female	35	SF	14	Individual	01:46:04	7'34"/km
155	594	Isabel Ventura	Female	36	F50	3	Tribo NR	01:46:13	7'35"/km
156	626	Isabel Matos	Female	37	F40	20	Espigueiros Runners	01:46:35	7'36"/km
157	760	Sandrine Danniau	Female	38	SF	15	Individual	01:47:09	7'39"/km
158	576	João André	Male	120	M40	54	Individual	01:47:35	7'41"/km
159	639	Sandra Almeida	Female	39	F40	21	Individual	01:47:46	7'41"/km
160	654	Brigite Clemente	Female	40	F40	22	Individual	01:47:59	7'42"/km
161	568	Catarina	Female	41	SF	16	GTT - Fox Running Team	01:48:42	7'45"/km
162	569	Cristiana Fernandes	Female	42	SF	17	Fox Running Team	01:48:43	7'45"/km
163	608	Sofia Caldeira	Female	43	SF	18	Fox Running Team	01:48:59	7'47"/km
164	745	Paulo Ricardo Pereira	Male	121	M50	22		01:49:08	7'47"/km
165	730	Belinha Oliveira	Female	44	F40	23	Individual	01:49:57	7'51"/km
166	571	Celso Ribeiro	Male	122	M50	23	Atlético Clube de Travanca	01:50:05	7'51"/km
167	559	Guilherme Gomes	Male	123	SM	46	Individual	01:50:07	7'51"/km
168	556	Américo Pessoa	Male	124	M50	24	Individual	01:50:12	7'52"/km
169	668	Filipe Alexandre Correia	Male	125	M40	55	Individual	01:50:13	7'52"/km
170	667	Sónia Neves	Female	45	F40	24	Individual	01:50:13	7'52"/km
171	590	Andreia Ribeiro	Female	46	F40	25	Boavista trail	01:50:56	7'55"/km

Pos	Dorsal	Nome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
172	645	Diogo Gaivoto	Male	126	SM	47	Individual	01:51:19	7'57"/km
173	644	Andreia Rodrigues	Female	47	SF	19	Individual	01:51:20	7'57"/km
174	652	Isabel Madeira	Female	48	F50	4	ARCD Venda da Luísa	01:51:29	7'57"/km
175	610	Ricardo Carvalho	Male	127	M40	56	ADFA-Desportos de Natureza	01:51:40	7'58"/km
176	611	Eunice Raquel Lourenço	Female	49	F40	26	ADFA-Desportos de Natureza	01:51:41	7'58"/km
177	673	Dulce Resende	Female	50	F50	5	Individual	01:52:35	8'02"/km
178	682	Gabriela Ferreira	Female	51	SF	20	Individual	01:53:31	8'06"/km
179	557	Carla De Moraes	Female	52	SF	21	Individual	01:53:41	8'07"/km
180	522	Helena Gomes De Almeida Mariz	Female	53	F40	27	AllforOne	01:53:43	8'07"/km
181	526	Ramiro Moreira	Male	128	M40	57	Espigueiros Runners-Caparro sinha	01:53:46	8'07"/km
182	525	Manuel Saraiva	Male	129	M40	58	Espigueiros Runners-Caparro sinha	01:54:00	8'08"/km
183	693	Laura Pinto	Female	54	F50	6	Individual	01:55:26	8'14"/km
184	535	Carla Gomes Silva	Female	55	SF	22	VVTR Valongo Vouga Trail Running	01:56:22	8'18"/km
185	546	Maria Helena Ferreira	Female	56	F40	28	Individual	01:56:22	8'18"/km
186	715	Maria Martins	Female	57	SF	23	Individual	01:57:11	8'22"/km
187	797	Mónica Baptista	Female	58	F40	29	Individual	01:57:12	8'22"/km
188	752	Carlos	Male	130	M50	25	Individual	01:58:34	8'28"/km
189	721	Telmo Gomes Espírito Santo	Male	131	SM	48	ADFA-Desportos de Natureza	01:58:35	8'28"/km
190	744	Marco Pereira	Male	132	SM	49	ADFA-Desportos de Natureza	01:58:35	8'28"/km
191	597	Catarina Simão	Female	59	SF	24	Espigueiros Runners-Caparro sinha	01:58:35	8'28"/km
192	751	Ana Marta	Female	60	SF	25	Individual	01:58:36	8'28"/km
193	553	Mário Filipe Gomes De Araújo	Male	133	M40	59	Equipa A	01:59:37	8'32"/km
194	642	José Herdeiro	Male	134	M40	60	Individual	01:59:45	8'33"/km
195	581	Carla Silva	Female	61	F40	30	Individual	01:59:51	8'33"/km
196	554	Maria Antónia Marques Tomaz	Female	62	F40	31	Equipa A	02:00:11	8'35"/km
197	592	José Faro	Male	135	M40	61	WISEU 360	02:00:24	8'36"/km
198	593	Estrela Faro	Female	63	F40	32	Viriathvs Runners Viseu	02:00:25	8'36"/km
199	767	Ana Jorge Silva	Female	64	SF	26	Individual	02:00:50	8'37"/km
200	725	Lurdes Pereira	Female	65	F50	7	Viriathvs Runners Viseu	02:03:25	8'48"/km
201	582	João Paulo Correia	Male	136	M50	26	Viriathvs Runners Viseu	02:03:26	8'49"/km
202	583	Miguel Batista	Male	137	M40	62	Viriathvs Runners Viseu	02:03:26	8'49"/km
203	758	José Dias	Male	138	M40	63	Viriathvs Runners Viseu	02:03:28	8'49"/km
204	552	Irene Melo	Female	66	F40	33	Viriathvs Runners Viseu	02:04:03	8'51"/km
205	724	Olga Figueiredo	Female	67	F50	8	Individual	02:04:20	8'52"/km
206	551	Isabel Melo	Female	68	F40	34	Viriathvs Runners Viseu	02:04:30	8'53"/km
207	574	Nuno Pereira	Male	139	SM	50	Individual	02:04:35	8'54"/km
208	575	Carina Bexiga	Female	69	SF	27	Individual	02:05:09	8'56"/km
209	623	Maria Coelho	Female	70	F50	9	LAMEGO PELOS TRILHOS	02:05:35	8'58"/km
210	598	Luís Paulo Ferreira Da Costa	Male	140	M40	64	Individual	02:07:15	9'05"/km
211	599	Maria De Fátima Matos Pereira	Female	71	F40	35	Individual	02:07:16	9'05"/km
212	533	Fernando Pais	Male	141	M50	27	Grupo de Corrida de Argoncilhe	02:08:30	9'10"/km
213	749	Helena Rodrigues	Female	72	SF	28	Individual	02:08:51	9'12"/km

Distancia: 14000

Pos	Dorsal	Nome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
214	740	Jéssica	Female	73	SF	29	Individual	02:08:51	9'12"/km
215	676	Jorge Pinto	Male	142	M40	65	Individual	02:09:04	9'13"/km
216	561	Ernesto Gomes	Male	143	M50	28	Individual	02:09:09	9'13"/km
217	560	Susana Gomes	Female	74	F40	36	Individual	02:09:10	9'13"/km
218	530	Luisa Silva	Female	75	F40	37	VVTR Valongo Vouga Trail Running	02:10:15	9'18"/km
219	529	Miguel Sá	Male	144	M40	66	VVTR Valongo Vouga Trail Running	02:10:15	9'18"/km
220	566	Dália Ferreira	Female	76	SF	30	Individual	02:10:33	9'19"/km
221	567	José Alves	Male	145	SM	51	Centro de Trail Carlos Sá Penacova Team	02:10:33	9'19"/km
222	528	Annabelle Luis	Female	77	F40	38	Clube Desportivo de Espite	02:12:04	9'26"/km
223	531	Fernando Vale	Male	146	M50	29	Grupo de Corrida de Argoncilhe	02:12:05	9'26"/km
224	532	Maria Ribeiro	Female	78	F50	10	Grupo de Corrida de Argoncilhe	02:12:06	9'26"/km
225	534	Rosalina Pais	Female	79	F50	11	Grupo de Corrida de Argoncilhe	02:12:06	9'26"/km
226	656	Ana Fernandes	Female	80	F40	39	Individual	02:16:47	9'46"/km
227	513	Tânia Cordeiro	Female	81	SF	31	PDARUNNERS	02:16:54	9'46"/km
228	661	Leandro Abade	Male	147	SM	52	ADFA-Desportos de Natureza	02:17:19	9'48"/km
229	773	Diana Pereira	Female	82	F40	40	Individual	02:19:09	9'56"/km
230	578	Fernando Matos	Male	148	M40	67	Viriathvs Runners Viseu	02:22:57	10'12"/km
231	548	Sílvia Oliveira	Female	83	F40	41	Individual	02:23:53	10'16"/km
232	549	Sofia Rodrigues Almeida Cruz	Female	84	SF	32	Individual	02:23:54	10'16"/km
233	577	Rui Machado	Male	149	M50	30	Individual	02:24:33	10'19"/km
234	538	Paulo Barreiros	Male	150	SM	53	Viriathvs Runners Viseu	02:26:35	10'28"/km
235	537	Viriato Coelho	Male	151	M50	31	Viriathvs Runners Viseu	02:26:35	10'28"/km
236	710	Sonia Gilvaz	Female	85	F40	42	Individual	02:28:55	10'38"/km
237	702	Manuela Moreira	Female	86	SF	33	Individual	02:28:56	10'38"/km
238	550	Helena Melo	Female	87	F40	43	Espigueiros Runners-Caparro sinha	02:29:20	10'40"/km
239	524	Helena Saraiva	Female	88	SF	34	Espigueiros Runners-Caparro sinha	02:29:21	10'40"/km
240	705	José Antonio Freitas	Male	152	M50	32	Individual	02:36:45	11'11"/km