

Pos	Dorsal	Nome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
1	146	César	Male	1	SM	1	Boavista trail	02:05:24	5'00"/km
2	147	Laurent Ego	Male	2	SM	2	Individual	02:06:07	5'02"/km
3	126	José Manuel Duarte Tomás	Male	3	M50	1	ASDREQ	02:06:11	5'02"/km
4	129	Rafael Martins	Male	4	SM	3	Runners do demo	02:09:12	5'10"/km
5	54	Carlos Eduardo Castro Vieira	Male	5	SM	4	Individual	02:11:43	5'16"/km
6	37	Paulo Matos	Male	6	M40	1	Individual	02:11:52	5'16"/km
7	78	Daniel Fonseca Soares	Male	7	M40	2	Individual	02:12:24	5'17"/km
8	138	Fernando Santos	Male	8	SM	5	Abutres	02:15:46	5'25"/km
9	70	Tiago Morais	Male	9	SM	6	PDARUNNERS	02:16:08	5'26"/km
10	97	Francisco Lemos	Male	10	SM	7	Coimbra Trail Running	02:16:33	5'27"/km
11	104	Sérgio Mesquita	Male	11	M40	3	ARSM-Associação Recreativa de São Miguel	02:16:49	5'28"/km
12	65	João Silva	Male	12	M40	4	Individual	02:18:19	5'31"/km
13	144	David Coutinho	Male	13	M40	5	Jobra	02:21:00	5'38"/km
14	139	Ricardo Rodrigues	Male	14	SM	8	ASDREQ	02:21:30	5'39"/km
15	56	Bruno Silva	Male	15	M40	6	Individual	02:21:54	5'40"/km
16	112	Márcio Freitas	Male	16	M40	7	Dão Nelas Runners	02:22:07	5'41"/km
17	131	Richard Fernandes Dias	Male	17	SM	9	Individual	02:24:11	5'46"/km
18	132	Pedro Morgado	Male	18	M40	8	GDCR LAJES	02:24:11	5'46"/km
19	111	Marco Paulo Jesus Rodrigues	Male	19	M40	9	Individual	02:25:09	5'48"/km
20	153	Bruno Ribeiro	Male	20	M40	10	Kaninos	02:26:15	5'51"/km
21	1	Carlos Ferreira	Male	21	M40	11	WISEU 360	02:27:54	5'54"/km
22	109	Paulo Loureiro	Male	22	SM	10	Individual	02:28:25	5'56"/km
23	95	Tiago José Silva Carvalho	Male	23	M40	12		02:29:57	5'59"/km
24	66	Fábio Miguel Oliveira Da Cruz	Male	24	SM	11	Dão Nelas Runners	02:30:11	6'00"/km
25	158	Fernando Baltazar	Male	25	M50	2	ATAC - Águeda Trail Aventura Clube	02:30:27	6'01"/km
26	60	Carlos Ferreira	Male	26	SM	12	Individual	02:31:50	6'04"/km
27	2	João Carlos Simões Marques	Male	27	M40	13	Espigueiros Runners-Caparro sinha	02:32:06	6'05"/km
28	137	Nuno Marques	Male	28	SM	13	Individual	02:32:29	6'05"/km
29	25	Bruno	Male	29	SM	14	Individual	02:32:45	6'06"/km
30	148	Jorge Miguel Dos Santos Amaral	Male	30	M40	14	Individual	02:33:06	6'07"/km
31	42	Ernesto Marques Alves	Male	31	M50	3	Juventude Cortegacense	02:33:11	6'07"/km
32	160	Tuxa Negri	Female	1	SF	1	OCS - Arrábida Trail Team	02:36:18	6'15"/km
33	20	Marco Simões	Male	32	M40	15	PDARUNNERS	02:36:48	6'16"/km
34	49	Serginho	Male	33	M40	16	Individual	02:37:46	6'18"/km
35	38	José Moreira	Male	34	SM	15	Fox Running Team	02:39:17	6'22"/km
36	101	André Filipe Borges Da Silva	Male	35	M40	17	Viseu Running Team	02:39:20	6'22"/km
37	149	Jose Artur Marques Lopes	Male	36	M40	18	ASDREQ	02:40:10	6'24"/km
38	23	Carlos Cordeiro	Male	37	SM	16	Individual	02:41:26	6'27"/km
39	80	Rui Ferreira	Male	38	SM	17	WISEU 360	02:42:06	6'29"/km
40	100	Manuel António Roseiro Ferreira	Male	39	M50	4	Individual	02:43:24	6'32"/km
41	22	Luís Junior	Male	40	SM	18	Runners do demo	02:44:21	6'34"/km
42	99	Henrique Fernandes	Male	41	M40	19	Dão Nelas Runners	02:44:43	6'35"/km

Pos	Dorsal	Nome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
43	150	Juliano Patrício Teixeira Da Silva	Male	42	M40	20	Clube Desportivo Mar e Serra	02:45:21	6'36"/km
44	84	André Rodrigues	Male	43	SM	19	PDARUNNERS	02:46:04	6'38"/km
45	26	Daniel Jorge Ramos De Matos	Male	44	SM	20	PDARUNNERS	02:48:27	6'44"/km
46	69	Vitor Ferreira	Male	45	M40	21	Fox Running Team	02:49:27	6'46"/km
47	141	Bruno Videira	Male	46	SM	21	Miro Trail	02:49:40	6'47"/km
48	102	Jorge Miguel De Bastos Loureiro	Male	47	M40	22	#Xpack	02:50:02	6'48"/km
49	91	Alberto Marques	Male	48	M50	5	Espigueiros Runners-Caparro sinha	02:50:34	6'49"/km
50	77	José António De Almeida Moreira	Male	49	M50	6	Viriathvs Runners Viseu	02:53:35	6'56"/km
51	103	Fernando Mota	Male	50	M40	23	Individual	02:57:07	7'05"/km
52	117	João Sousa	Male	51	M50	7	Individual	02:58:30	7'08"/km
53	106	Luís Santos	Male	52	M40	24	Individual	02:59:20	7'10"/km
54	128	Bruno Miguel Ferreira Gonçalves	Male	53	SM	22	Individual	02:59:27	7'10"/km
55	96	José Coimbra	Male	54	SM	23	Individual	03:00:01	7'12"/km
56	47	César Almeida	Male	55	M40	25	Individual	03:00:59	7'14"/km
57	24	Luz Paulo	Female	2	F50	1	Clube de Montanhismo da Guarda	03:01:52	7'16"/km
58	14	Nuno Miguel Dos Santos Mariz	Male	56	M40	26	AllforOne	03:02:36	7'18"/km
59	39	Carlos Ribeiro	Male	57	M40	27	Trail4Fun	03:03:11	7'19"/km
60	33	António Manuel Dos Santos Gomes	Male	58	SM	24	Individual	03:03:12	7'19"/km
61	159	Jorge Almeida	Male	59	SM	25	Individual	03:03:34	7'20"/km
62	108	Francisco	Male	60	M50	8	WISEU 360	03:04:57	7'23"/km
63	85	André Figueiredo	Male	61	SM	26	PDARUNNERS	03:05:38	7'25"/km
64	88	José Lima Antunes	Male	62	M40	28	Runnig4fun	03:07:09	7'29"/km
65	61	Vítor Graça	Male	63	SM	27	ADM Trail Team	03:07:25	7'29"/km
66	87	Nuno Salvador	Male	64	M40	29	Dão Nelas Runners	03:08:24	7'32"/km
67	116	Artur Soares De Almeida	Male	65	M50	9	Individual	03:09:58	7'35"/km
68	72	Filipe Pereira	Male	66	M40	30	ARCD Bairro de Santa Cruz	03:13:32	7'44"/km
69	86	Bruno Silveira	Male	67	SM	28	Ovos Duros	03:16:45	7'52"/km
70	81	Eduardo Ferreira	Male	68	SM	29	LAMEGO PELOS TRILHOS	03:16:53	7'52"/km
71	152	Cesário Rocha	Male	69	M50	10	Ladecasa	03:17:51	7'54"/km
72	51	Alejandro Merz	Male	70	SM	30	Individual	03:19:05	7'57"/km
73	12	Luis Cardoso	Male	71	M50	11	Individual	03:20:21	8'00"/km
74	11	Sónia Cardoso	Female	3	F40	1	RunningPrábjeca	03:20:22	8'00"/km
75	135	José Figueiredo	Male	72	M50	12	Espigueiros Runners-Caparro sinha	03:21:01	8'02"/km
76	145	João Soares	Male	73	M40	31	Individual	03:21:08	8'02"/km
77	105	Hugo Carolino	Male	74	SM	31	Safados Do Trail	03:21:30	8'03"/km
78	58	Mike	Male	75	M40	32	Individual	03:23:45	8'09"/km
79	134	Henrique Sá Costa	Male	76	M40	33	Individual	03:25:46	8'13"/km
80	136	Ricardo Vieira	Male	77	SM	32	Individual	03:25:46	8'13"/km
81	123	José Botelho	Male	78	M50	13	Individual	03:26:57	8'16"/km
82	28	Carmo Marinho	Female	4	F50	2	Individual	03:28:25	8'20"/km
83	21	Martins Paulo	Male	79	M40	34	Individual	03:28:29	8'20"/km
84	63	Xénia Betsabé S. A. S. Graça	Female	5	F40	2	Individual	03:29:16	8'22"/km
85	140	Nelson Amaral	Male	80	SM	33	Individual	03:30:52	8'26"/km
86	127	Marco Almeida	Male	81	SM	34	Individual	03:32:50	8'30"/km
87	114	João Miguel Miranda Da Costa	Male	82	M50	14	Individual	03:34:28	8'34"/km

Pos	Dorsal	Nome	Sexo	Pos	Cat	Pos	Equipa	Tempo	Ritmo
88	125	Rui Viegas	Male	83	M40	35	ArcoRun	03:36:05	8'38"/km
89	124	Joana	Female	6	SF	2	ArcoRun	03:36:06	8'38"/km
90	94	Sérgio Rodrigues	Male	84	M50	15	Individual	03:36:32	8'39"/km
91	156	Fernando Banca	Male	85	M50	16	Individual	03:37:12	8'41"/km
92	27	Gil Da Costa	Male	86	M50	17	Individual	03:37:59	8'43"/km
93	113	Artur Jorge Capela Oliveira Lopes	Male	87	M50	18	Individual	03:38:00	8'43"/km
94	119	Joaquim Pais	Male	88	M40	36	Individual	03:38:03	8'43"/km
95	68	Vítor Jorge Pereira Nogueira	Male	89	M40	37	Runners do demo	03:42:29	8'53"/km
96	118	Solange Sousa	Female	7	F40	3	Individual	03:45:28	9'01"/km
97	30	João Oliveira	Male	90	SM	35	PDARUNNERS	03:45:47	9'01"/km
98	19	Carlos Prado	Male	91	M40	38	Individual	03:45:56	9'02"/km
99	71	Virgílio Lopes	Male	92	M50	19	ARCD Bairro de Santa Cruz	03:48:34	9'08"/km
100	151	Alda Cordeiro	Female	8	F50	3	Ladecasa	03:49:27	9'10"/km
101	31	Marco Pontes	Male	93	M40	39	VIDAATIVARUNNERS	03:49:31	9'10"/km
102	110	Lucia Teles	Female	9	F40	4	AllforOne	03:52:06	9'17"/km
103	41	Domingos Fernando Oliveira Camboa	Male	94	M50	20	Juventude Cortegacense	03:55:26	9'25"/km
104	120	Sandra Simões	Female	10	F40	5	N3 ASA Team	03:55:53	9'26"/km
105	142	Manuel Guedes	Male	95	M40	40	Individual	03:56:36	9'27"/km
106	44	Paulo Abadia	Male	96	M50	21	Javalis das Poças	04:00:29	9'37"/km
107	48	Ana Rita Santiago Neto	Female	11	SF	3	Guarda Runners	04:06:01	9'50"/km
108	155	Mariana Silva	Female	12	SF	4	Espigueiros Runners-Caparro sinha	04:06:25	9'51"/km
109	115	Gislaine Costa	Female	13	F40	6	Safados Do Trail	04:09:34	9'59"/km
110	79	Rui Manuel Afonso Vaz	Male	97	M40	41	Individual	04:12:14	10'05"/km
111	43	Ana Filipa Ribeiro	Female	14	SF	5	Individual	04:15:10	10'12"/km
112	75	Valdemar Almeida	Male	98	M50	22	Individual	04:17:55	10'19"/km
113	82	Pedro José Lopes Fontinha	Male	99	M40	42	Ncn -Não corras não	04:19:30	10'22"/km
114	83	Carla João Pereira Miguel Olímpio	Female	15	SF	6	Ncn -Não corras não	04:19:31	10'22"/km
115	143	José Garcez	Male	100	M40	43	Individual	04:21:20	10'27"/km
116	90	Inês Bernardo	Female	16	SF	7	CLUBE MILLENNIUM BCP	04:27:48	10'42"/km
117	15	Paulo Rodrigues	Male	101	M40	44	Espigueiros Runners-Caparro sinha	04:29:02	10'45"/km
118	16	Maria Carriço	Female	17	F50	4	Espigueiros Runners-Caparro sinha	04:29:03	10'45"/km
119	121	Luísa Cirne	Female	18	F40	7	Boavista trail	04:30:41	10'49"/km
120	122	Fernando Jorge	Male	102	M40	45	Boavista trail	04:30:42	10'49"/km
121	52	Nuno Robles	Male	103	M50	23	Individual	04:32:23	10'53"/km
122	46	Cristina Pires	Female	19	F50	5	Guarda Runners	04:38:30	11'08"/km