

| Pos | Dorsal | Nome                             | Equipa                       | Sexo   | Pos | Cat  | Pos | Tempo    | Ritmo    |
|-----|--------|----------------------------------|------------------------------|--------|-----|------|-----|----------|----------|
| 1   | 384    | Bruno Pereira                    | EDV - VIANA TRAIL            | Male   | 1   | SenM | 1   | 02:18:40 | 5'32"/km |
| 2   | 391    | Bruno Ribeiro                    | Águias de Alvelos            | Male   | 2   | M40  | 1   | 02:21:25 | 5'39"/km |
| 3   | 354    | Carlos Coelho                    | Trail Me                     | Male   | 3   | SenM | 2   | 02:23:06 | 5'43"/km |
| 4   | 356    | Ricardo Jorge Gonçalves Da Silva | EDV - VIANA TRAIL            | Male   | 4   | M40  | 2   | 02:23:53 | 5'45"/km |
| 5   | 383    | Francisco Castro                 |                              | Male   | 5   | SenM | 3   | 02:27:26 | 5'53"/km |
| 6   | 355    | Francisco João Cruz Fernandes    |                              | Male   | 6   | SenM | 4   | 02:29:07 | 5'57"/km |
| 7   | 390    | Hugo Araujo                      | Águias de Alvelos            | Male   | 7   | SenM | 5   | 02:29:41 | 5'59"/km |
| 8   | 370    | Emílio Carvalho                  |                              | Male   | 8   | M40  | 3   | 02:30:29 | 6'01"/km |
| 9   | 326    | Ricardo Rego                     | B.T.M.                       | Male   | 9   | SenM | 6   | 02:30:37 | 6'01"/km |
| 10  | 366    | Adriano Sá                       | Águias de Alvelos            | Male   | 10  | M50  | 1   | 02:30:38 | 6'01"/km |
| 11  | 368    | Nuno Guimarães                   | TROGLODITAS RUNNERS          | Male   | 11  | M40  | 4   | 02:32:47 | 6'06"/km |
| 12  | 327    | João Ribeiro                     | Manu's Therapy Trail Running | Male   | 12  | M40  | 5   | 02:36:51 | 6'16"/km |
| 13  | 325    | Filipe Saraiva                   |                              | Male   | 13  | SenM | 7   | 02:38:09 | 6'19"/km |
| 14  | 342    | Marco Rocha                      | TEMOS PENA                   | Male   | 14  | M40  | 6   | 02:43:36 | 6'32"/km |
| 15  | 400    | Fátima Melo                      |                              | Female | 1   | F50  | 1   | 02:43:44 | 6'32"/km |
| 16  | 25     | Nuno Costa                       | GTT - ARMAZÉM DO CAFFÈ       | Male   | 15  | SenM | 8   | 02:47:18 | 6'41"/km |
| 17  | 401    | Nuno Campos                      |                              | Male   | 16  | M40  | 7   | 02:47:24 | 6'41"/km |
| 18  | 381    | Carlos Peixoto                   | Amigos da Montanha           | Male   | 17  | M40  | 8   | 02:48:45 | 6'45"/km |
| 19  | 360    | Marcelo                          | Águias de Alvelos            | Male   | 18  | SenM | 9   | 02:49:02 | 6'45"/km |
| 20  | 405    | Filipe Barros                    |                              | Male   | 19  | SenM | 10  | 02:49:04 | 6'45"/km |
| 21  | 14     | Paulo Ribeiro                    | Apúlia a Correr              | Male   | 20  | SenM | 11  | 02:51:16 | 6'51"/km |
| 22  | 406    | Jose Martins                     | Dragon Club                  | Male   | 21  | M40  | 9   | 02:53:00 | 6'55"/km |
| 23  | 302    | Sérgio Filipe Machado Da Silva   |                              | Male   | 22  | S23M | 1   | 02:53:52 | 6'57"/km |
| 24  | 348    | Miguel Novais                    | Barcelos Team Portugal       | Male   | 23  | M40  | 10  | 02:54:02 | 6'57"/km |
| 25  | 324    | David Gonçalves                  | S4L / Medense FC             | Male   | 24  | SenM | 12  | 02:54:22 | 6'58"/km |
| 26  | 345    | Bruno Pereira                    | Nós Acreditamos Run Team     | Male   | 25  | SenM | 13  | 02:55:36 | 7'01"/km |
| 27  | 305    | Sérgio Monteiro                  | TEAM LANTEMIL                | Male   | 26  | SenM | 14  | 02:55:37 | 7'01"/km |
| 28  | 310    | João Barbosa                     | Copos e trilhos              | Male   | 27  | SenM | 15  | 02:57:02 | 7'04"/km |
| 29  | 314    | Ciano Ribeiro                    | A.D Carvalhal                | Male   | 28  | M40  | 11  | 02:57:25 | 7'05"/km |
| 30  | 313    | Gualter Freitas                  | Q-Trilho Fisioveralemos      | Male   | 29  | M50  | 2   | 02:59:51 | 7'11"/km |
| 31  | 315    | Miguel Alves                     | Q-Trilho Fisioveralemos      | Male   | 30  | M50  | 3   | 02:59:56 | 7'11"/km |
| 32  | 388    | Fernando Sousa                   | Lobos do monte run           | Male   | 31  | SenM | 16  | 03:00:16 | 7'12"/km |
| 33  | 32     | Pedro Lopes                      | B.T.M.                       | Male   | 32  | SenM | 17  | 03:00:34 | 7'13"/km |
| 34  | 19     | Joaquim Silva                    | TEAM LANTEMIL                | Male   | 33  | M40  | 12  | 03:00:54 | 7'14"/km |
| 35  | 312    | Jorge Miguel Freitas Campos      |                              | Male   | 34  | M50  | 4   | 03:01:39 | 7'15"/km |
| 36  | 15     | Xavier Amorim                    | A.D Carvalhal                | Male   | 35  | SenM | 18  | 03:02:42 | 7'18"/km |
| 37  | 27     | Diogo Araújo                     | B.T.M.                       | Male   | 36  | SenM | 19  | 03:02:43 | 7'18"/km |
| 38  | 337    | Marcos Ourives                   |                              | Male   | 37  | M40  | 13  | 03:05:00 | 7'24"/km |
| 39  | 382    | Hélder Amorim                    | A.D Carvalhal                | Male   | 38  | SenM | 20  | 03:05:06 | 7'24"/km |
| 40  | 377    | João Santos                      | Barcelmalhas                 | Male   | 39  | M50  | 5   | 03:05:17 | 7'24"/km |
| 41  | 393    | Pedro Vale                       | ARCA BarceloS runners        | Male   | 40  | SenM | 21  | 03:05:20 | 7'24"/km |
| 42  | 361    | Miguel Araújo                    | Trail Me                     | Male   | 41  | M50  | 6   | 03:05:25 | 7'25"/km |
| 43  | 308    | Manuel Barbosa                   | Copos e trilhos              | Male   | 42  | M40  | 14  | 03:05:51 | 7'26"/km |
| 44  | 1      | Elisabete Santos                 | TEAM LANTEMIL                | Female | 2   | F40  | 1   | 03:07:55 | 7'31"/km |
| 45  | 20     | Paulo Oliveira                   | VIDAATIVARUNNERS             | Male   | 43  | SenM | 22  | 03:09:51 | 7'35"/km |
| 46  | 37     | Pedro Torres                     | VIDAATIVARUNNERS             | Male   | 44  | SenM | 23  | 03:09:52 | 7'35"/km |
| 47  | 323    | Joaquim Carvalho                 | S4L / Medense FC             | Male   | 45  | M40  | 15  | 03:10:36 | 7'37"/km |
| 48  | 387    | Luís Ferraz                      | Pés de chumbo runners        | Male   | 46  | M40  | 16  | 03:12:02 | 7'40"/km |
| 49  | 371    | Ricardo Sousa                    | Bmedical                     | Male   | 47  | M40  | 17  | 03:12:36 | 7'42"/km |
| 50  | 357    | António Barbosa                  | Clube Trilheiros & Amigos    | Male   | 48  | SenM | 24  | 03:13:05 | 7'43"/km |
| 51  | 307    | Ricardo Lemos                    |                              | Male   | 49  | M40  | 18  | 03:13:10 | 7'43"/km |

| Pos | Dorsal | Nome                                   | Equipa                        | Sexo   | Pos | Cat  | Pos | Tempo    | Ritmo    |
|-----|--------|----------------------------------------|-------------------------------|--------|-----|------|-----|----------|----------|
| 52  | 359    | Ricardo Pereira                        | TEAM LANTEMIL                 | Male   | 50  | SenM | 25  | 03:13:28 | 7'44"/km |
| 53  | 386    | Eliseu Leite                           | Lobos do monte run            | Male   | 51  | M40  | 19  | 03:14:04 | 7'45"/km |
| 54  | 309    | Luís Gonçalves                         | Copos e trilhos               | Male   | 52  | M40  | 20  | 03:14:24 | 7'46"/km |
| 55  | 311    | Luís Pereira                           | TEAM LANTEMIL                 | Male   | 53  | M40  | 21  | 03:16:42 | 7'52"/km |
| 56  | 395    | Ricardo Rego                           | Clube Alexandra Carvalho Team | Male   | 54  | SenM | 26  | 03:16:47 | 7'52"/km |
| 57  | 332    | Nuno Miguel Portela Loureiro           |                               | Male   | 55  | SenM | 27  | 03:17:20 | 7'53"/km |
| 58  | 373    | Bruno Pereira                          | BestMove                      | Male   | 56  | SenM | 28  | 03:17:21 | 7'53"/km |
| 59  | 378    | João Filipe Santos Garrido             | Barcelmalhas                  | Male   | 57  | SenM | 29  | 03:18:40 | 7'56"/km |
| 60  | 36     | Diana Ferreira                         | B.T.M.                        | Female | 3   | SenF | 1   | 03:19:55 | 7'59"/km |
| 61  | 12     | Rui Vilas Boas                         | A.D Carvalhal                 | Male   | 58  | M40  | 22  | 03:20:20 | 8'00"/km |
| 62  | 341    | Elden                                  | Vila verde a correr           | Male   | 59  | SenM | 30  | 03:20:50 | 8'02"/km |
| 63  | 394    | Diana Cláudia Fernandes Cachada        |                               | Female | 4   | SenF | 2   | 03:21:53 | 8'04"/km |
| 64  | 358    | Eliana Pereira                         | Alexandra Carvalho Team       | Female | 5   | F40  | 2   | 03:23:04 | 8'07"/km |
| 65  | 16     | Sandra Dias                            | TEAM LANTEMIL                 | Female | 6   | F40  | 3   | 03:23:11 | 8'07"/km |
| 66  | 347    | Gabriel Sousa                          |                               | Male   | 60  | SenM | 31  | 03:23:11 | 8'07"/km |
| 67  | 320    | Daniel Fernandes                       | Águias de Alvelos             | Male   | 61  | M40  | 23  | 03:24:26 | 8'10"/km |
| 68  | 303    | Daniela Filipa Silva Vilas Boas        | TEAM LANTEMIL                 | Female | 7   | SenF | 3   | 03:24:55 | 8'11"/km |
| 69  | 318    | Mário Lima                             | Duros trail                   | Male   | 62  | M40  | 24  | 03:25:23 | 8'12"/km |
| 70  | 28     | Vitor Ramalho                          | B.T.M.                        | Male   | 63  | SenM | 32  | 03:25:59 | 8'14"/km |
| 71  | 363    | Antonio Carneiro Matos                 |                               | Male   | 64  | M50  | 7   | 03:27:07 | 8'17"/km |
| 72  | 380    | Ricardo Nuno Magalhães Fernandes       | PCRrunners                    | Male   | 65  | SenM | 33  | 03:27:18 | 8'17"/km |
| 73  | 336    | Ricardo Araújo                         |                               | Male   | 66  | SenM | 34  | 03:27:32 | 8'18"/km |
| 74  | 353    | José Costa                             |                               | Male   | 67  | M40  | 25  | 03:28:23 | 8'20"/km |
| 75  | 330    | João Silva                             | Phoenix Evorun                | Male   | 68  | SenM | 35  | 03:28:32 | 8'20"/km |
| 76  | 317    | Bruno Sousa                            | Copos e trilhos               | Male   | 69  | M40  | 26  | 03:28:57 | 8'21"/km |
| 77  | 349    | Vitor Martins                          | Alexandra Carvalho Team       | Male   | 70  | M40  | 27  | 03:30:05 | 8'24"/km |
| 78  | 374    | Paulo Marques                          | Bmedical                      | Male   | 71  | M40  | 28  | 03:31:12 | 8'26"/km |
| 79  | 385    | Amaro Costa                            | EDV - VIANA TRAIL             | Male   | 72  | M40  | 29  | 03:32:30 | 8'30"/km |
| 80  | 335    | Filipe Abreu                           | Boavista trail                | Male   | 73  | M40  | 30  | 03:34:51 | 8'35"/km |
| 81  | 344    | Manuela Pinto                          | Manu's Therapy Trail Running  | Female | 8   | SenF | 4   | 03:35:26 | 8'37"/km |
| 82  | 69     | Joaquim Miranda                        | VIDAATIVARUNNERS              | Male   | 74  | M40  | 31  | 03:36:22 | 8'39"/km |
| 83  | 351    | João De Oliveira Machado               | Minho Aventura                | Male   | 75  | SenM | 36  | 03:39:07 | 8'45"/km |
| 84  | 392    | Marlene Barbosa                        | Minho Aventura                | Female | 9   | F40  | 4   | 03:39:07 | 8'45"/km |
| 85  | 367    | Daniel Silva                           |                               | Male   | 76  | M40  | 32  | 03:39:07 | 8'45"/km |
| 86  | 301    | André Marques Vieira De Castro         |                               | Male   | 77  | SenM | 37  | 03:39:37 | 8'47"/km |
| 87  | 379    | Helder Marques                         | Sob Efeito Trail              | Male   | 78  | M40  | 33  | 03:41:17 | 8'51"/km |
| 88  | 369    | Pedro Marques                          | Kemedo Team                   | Male   | 79  | M40  | 34  | 03:41:19 | 8'51"/km |
| 89  | 372    | Nuno Jaime                             | Bmedical                      | Male   | 80  | M40  | 35  | 03:41:44 | 8'52"/km |
| 90  | 396    | José Paulo Lima                        | Bmedical                      | Male   | 81  | M40  | 36  | 03:47:34 | 9'06"/km |
| 91  | 3      | Mariana Bellester                      | Trail-Running.pt              | Female | 10  | SenF | 5   | 03:50:22 | 9'12"/km |
| 92  | 4      | José Faria                             | Velha Guarda                  | Male   | 82  | SenM | 38  | 03:50:22 | 9'12"/km |
| 93  | 343    | Maria Da Conceição Queiroz De Oliveira | Spin & Run Esposende          | Female | 11  | F50  | 2   | 03:50:48 | 9'13"/km |
| 94  | 350    | Sérgio Gomes                           | Os preguiças team             | Male   | 83  | M40  | 37  | 03:50:52 | 9'14"/km |
| 95  | 31     | Ricardo Rocha                          | B.T.M.                        | Male   | 84  | M40  | 38  | 03:51:04 | 9'14"/km |
| 96  | 24     | Armando Oliveira                       | Magic Friends Runners         | Male   | 85  | M40  | 39  | 03:51:41 | 9'16"/km |
| 97  | 10     | Jorge Pinto                            | ADE trail running             | Male   | 86  | M50  | 8   | 04:06:36 | 9'51"/km |
| 98  | 38     | Manuel Ferreira Braga                  | ADE trail running             | Male   | 87  | M50  | 9   | 04:07:20 | 9'53"/km |
| 99  | 364    | Mário Vilaça                           | Eramosamigosparacorrer        | Male   | 88  | SenM | 39  | 04:07:25 | 9'53"/km |
| 100 | 328    | Vitor Hugo Alves                       |                               | Male   | 89  | SenM | 40  | 04:07:26 | 9'53"/km |
| 101 | 321    | Filipe Sousa                           |                               | Male   | 90  | SenM | 41  | 04:09:56 | 9'59"/km |

| Pos | Dorsal | Nome                                    | Equipa                              | Sexo   | Pos | Cat  | Pos | Tempo    | Ritmo     |
|-----|--------|-----------------------------------------|-------------------------------------|--------|-----|------|-----|----------|-----------|
| 102 | 334    | João Soares                             | G.D. Leões da Guarda - LION RUNNERS | Male   | 91  | M40  | 40  | 04:11:53 | 10'04"/km |
| 103 | 352    | Jorge Rocha                             | G.D. Leões da Guarda - LION RUNNERS | Male   | 92  | M40  | 41  | 04:11:54 | 10'04"/km |
| 104 | 333    | Ernesto Martins                         | G.D. Leões da Guarda - LION RUNNERS | Male   | 93  | M50  | 10  | 04:11:54 | 10'04"/km |
| 105 | 331    | Ramiro Batista                          | Spin & Run Esposende                | Male   | 94  | M50  | 11  | 04:14:36 | 10'11"/km |
| 106 | 375    | Paula Cristina Pereira Da Silva         | Sérgio Rodrigues Fotografia         | Female | 12  | F40  | 5   | 04:15:14 | 10'12"/km |
| 107 | 365    | Cristina Teixeira                       |                                     | Female | 13  | SenF | 6   | 04:15:14 | 10'12"/km |
| 108 | 13     | Luis Vaz                                | Phoenix Evorun                      | Male   | 95  | SenM | 42  | 04:15:35 | 10'13"/km |
| 109 | 319    | Paulo Genesio                           | Pés de chumbo runners               | Male   | 96  | M50  | 12  | 04:20:46 | 10'25"/km |
| 110 | 397    | Álvaro Augusto País Dias Da Silva Nunes |                                     | Male   | 97  | M40  | 42  | 04:44:37 | 11'23"/km |
| 111 | 23     | Élia Oliveira                           | Magic Friends Runners               | Female | 14  | F50  | 3   | 04:45:18 | 11'24"/km |
| 112 | 329    | Ivone Silva                             |                                     | Female | 15  | F40  | 6   | 04:56:07 | 11'50"/km |
| 113 | 362    | Mmatias                                 | Braguinhas Runners                  | Female | 16  | F40  | 7   | 04:56:07 | 11'50"/km |
| 114 | 376    | Paulo Laranjo                           |                                     | Male   | 98  | M40  | 43  | 05:09:47 | 12'23"/km |