

Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	89	Tiago Duarte	Atletismo Clube da Tocha	Male	1	MSenior	1	01:14:56	4'24"/km
2	44	José Sousa	João Silva CCR Praia de Mira	Male	2	MSenior	2	01:14:56	4'24"/km
3	110	Paulo Neves	GRVilaverdense	Male	3	MSenior	3	01:15:08	4'25"/km
4	7	Alex Silva	Talentos Objetivos	Male	4	M40	1	01:17:14	4'32"/km
5	79	Bruno Andrade	GRVilaverdense	Male	5	MSenior	4	01:18:09	4'35"/km
6	45	João Silva	ACDRS QUINHENDROS	Male	6	M40	2	01:20:19	4'43"/km
7	35	Bruno Gonçalves	A. R. Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Male	7	MSenior	5	01:21:21	4'47"/km
8	50	Edgar Espírito Santo	AGM Team Running	Male	8	MSenior	6	01:21:26	4'47"/km
9	64	Ricardo Santos	ACDRS QUINHENDROS	Male	9	MSenior	7	01:22:18	4'50"/km
10	120	Ricardo Aguiar	A. R. Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Male	10	M45	1	01:22:59	4'52"/km
11	114	Diogo Almeida Oliveira	Grupo Desportivo Ferreirense	Male	11	MSenior	8	01:24:22	4'57"/km
12	84	João Freitas	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Male	12	MSenior	9	01:26:11	5'04"/km
13	73	Joel Silva Dinis	Grupo Desportivo Ferreirense	Male	13	MSenior	10	01:26:28	5'05"/km
14	116	Paulo Amaral	A. R. Casaense/Escola de Atletismo de Coimbra/Intermarché Condeixa	Male	14	M45	2	01:26:45	5'06"/km
15	55	Orlando Pires	ACDRS QUINHENDROS	Male	15	M50	1	01:26:49	5'06"/km
16	42	João Simões	Individual	Male	16	M45	3	01:26:52	5'06"/km
17	52	Diogo Miranda	Atletismo Clube da Tocha	Male	17	MSenior	11	01:28:01	5'10"/km
18	117	Vitor Chagas	Individual	Male	18	M45	4	01:29:51	5'17"/km
19	15	Nuno Engenheiro	ARSM-Associação Recreativa de São Miguel	Male	19	M45	5	01:29:58	5'17"/km
20	77	Marco António Correia Rodrigues	ARSM-Associação Recreativa de São Miguel	Male	20	M45	6	01:30:00	5'17"/km
21	17	Nelson Heleno	ASSSCC - Ar Livre e Aventura	Male	21	MSenior	12	01:30:07	5'18"/km
22	76	Luis Rodrigues	CPTSC	Male	22	MSenior	13	01:31:03	5'21"/km
23	6	Fernando Cruz De Jesus	Atletismo Clube da Tocha	Male	23	M50	2	01:31:12	5'21"/km
24	1	Márcio Flório	ARSM-Associação Recreativa de São Miguel	Male	24	M40	3	01:32:28	5'26"/km
25	103	Fábio Filipe Gonçalves Fernandes	ARCD Venda da Luisa	Male	25	MSenior	14	01:33:27	5'29"/km
26	59	João Tinoco	ACDRS QUINHENDROS	Male	26	MSenior	15	01:33:52	5'31"/km
27	2	Ricardo Girio	Montanha Clube Trailrunning/EFAPEL	Male	27	MSenior	16	01:34:07	5'32"/km
28	118	Jorge Simões	Gatões BTT	Male	28	MSenior	17	01:34:21	5'33"/km
29	36	Filipe Jose Ralha De Vasconcelos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Male	29	M45	7	01:34:35	5'33"/km
30	68	Júlio Mano	Grupo Desportivo Ferreirense	Male	30	M45	8	01:34:54	5'34"/km
31	85	José Machado	ASSSCC - Ar Livre e Aventura	Male	31	M40	4	01:34:57	5'35"/km
32	22	António José M. Serra Jorge	ACDRS QUINHENDROS	Male	32	M50	3	01:35:05	5'35"/km
33	115	Rafael Figueiredo	GRVilaverdense	Male	33	MSenior	18	01:35:18	5'36"/km
34	19	José Correia	ARSM-Associação Recreativa de São Miguel	Male	34	M50	4	01:35:33	5'37"/km
35	14	Telmo Santos	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Male	35	MSenior	19	01:35:50	5'38"/km
36	25	Arnaldo Ferreira	Atletismo Clube da Tocha	Male	36	M40	5	01:36:05	5'39"/km
37	43	João Loureiro	GRVilaverdense	Male	37	M45	9	01:36:14	5'39"/km
38	37	Márcio Rodrigues	ACDRS QUINHENDROS	Male	38	M40	6	01:36:30	5'40"/km
39	109	Vitor Cação	Gatões BTT	Male	39	M40	7	01:36:30	5'40"/km
40	61	Vasco André Ralha De Vasconcelos	Individual	Male	40	MSenior	20	01:37:00	5'42"/km
41	128	Hugo Pagaino	Individual	Male	41	MSenior	21	01:37:01	5'42"/km
42	105	Carlos Manuel Lopes Quinteiro	ARCD Venda da Luisa	Male	42	M50	5	01:37:15	5'43"/km
43	125	António José Silva Santos	ACDRS QUINHENDROS	Male	43	M45	10	01:38:44	5'48"/km

Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
44	13	Pedro Figueiredo	ZukaTuga	Male	44	M40	8	01:38:44	5'48"/km
45	5	Silvio Marques	Individual	Male	45	MSenior	22	01:40:29	5'54"/km
46	98	Eduardo Costa	Individual	Male	46	MSenior	23	01:40:47	5'55"/km
47	121	Ricardo Pereira	Grupo Desportivo Ferreirense	Male	47	M40	9	01:41:06	5'56"/km
48	80	Mario Neves	GRVilaverdense	Male	48	M50	6	01:41:20	5'57"/km
49	60	Pedro Raposo	Individual	Male	49	MSenior	24	01:41:39	5'58"/km
50	113	Nelson Azenha	GRVilaverdense	Male	50	M45	11	01:42:12	6'00"/km
51	78	Tiago Simões	ACDRS QUINHENDROS	Male	51	MSenior	25	01:43:21	6'04"/km
52	57	João Grou	Grupo Desportivo Ferreirense	Male	52	MSenior	26	01:43:25	6'05"/km
53	29	Ana Caçoete	GRVilaverdense	Female	1	F40	1	01:43:32	6'05"/km
54	83	Nuno Ribeiro	GRVilaverdense	Male	53	M40	10	01:43:33	6'05"/km
55	129	Antonio Miguel Rodrigues Nogueira	Individual	Male	54	MSenior	27	01:43:34	6'05"/km
56	26	Bruno B Ferreira	ACDRS QUINHENDROS	Male	55	M40	11	01:44:38	6'09"/km
57	96	Augusto Silva	Abutres	Male	56	M50	7	01:44:54	6'10"/km
58	101	Ana Luísa Branco Fernandes	ARCD Venda da Luisa	Female	2	F40	2	01:44:59	6'10"/km
59	97	Rui Varanda	Individual	Male	57	M45	12	01:45:47	6'13"/km
60	38	Paulo Fernandes	Gatões BTT	Male	58	MSenior	28	01:46:33	6'16"/km
61	107	Pedro Sousa	Palmelense F. Clube	Male	59	M60	1	01:46:49	6'17"/km
62	16	Edgar Azenha	Individual	Male	60	MSenior	29	01:47:07	6'18"/km
63	8	Bruno Calisto	ZukaTuga	Male	61	MSenior	30	01:49:47	6'27"/km
64	123	Paulo Lopes	Soure Mov	Male	62	M45	13	01:50:37	6'30"/km
65	41	Romeu Vasconcelos	Individual	Male	63	M40	12	01:51:07	6'32"/km
66	46	Anabela Fonseca	Grupo Desportivo Ferreirense	Female	3	F50	1	01:51:53	6'34"/km
67	86	Nuno Manco	Individual	Male	64	MSenior	31	01:51:55	6'35"/km
68	62	Henrique Dos Santos Fernandes	AGM Team Running	Male	65	M45	14	01:52:13	6'36"/km
69	4	Fábio Costa	Individual	Male	66	MSenior	32	01:52:13	6'36"/km
70	106	Manuel Fernandes	GRVilaverdense	Male	67	M60	2	01:52:14	6'36"/km
71	40	Joaquim Almeida	Coimbra Trail Running	Male	68	M60	3	01:53:15	6'39"/km
72	72	José Cardoso	Individual	Male	69	M50	8	01:53:54	6'42"/km
73	24	Vânia Paixão	ACDRS QUINHENDROS	Female	4	FSenior	1	01:54:00	6'42"/km
74	10	Américo Grou	GRVilaverdense	Male	70	M60	4	01:55:33	6'47"/km
75	124	Vasco Gamboa	Soure Mov	Male	71	MSenior	33	01:55:42	6'48"/km
76	94	João Pedro Gírio De Carvalho	Montanha Clube Trailrunning/EFAPEL	Male	72	M40	13	01:55:59	6'49"/km
77	122	Joana Dionísio	Soure Mov	Female	5	FSenior	2	01:56:05	6'49"/km
78	20	Gabriela Oliveira	ASSSCC - Ar Livre e Aventura	Female	6	F40	3	01:56:13	6'50"/km
79	18	Paulo Martins	ARSM-Associação Recreativa de São Miguel	Male	73	M50	9	01:56:20	6'50"/km
80	111	Vitor Santos	GRVilaverdense	Male	74	M45	15	01:59:10	7'00"/km
81	95	Jorge Ramos	ACDRS QUINHENDROS	Male	75	M60	5	02:00:07	7'03"/km
82	102	Nuno Tiago Santos Pires	ARCD Venda da Luisa	Male	76	MSenior	34	02:00:39	7'05"/km
83	65	Liliana Silva	Individual	Female	7	F45	1	02:01:51	7'10"/km
84	82	Otília Costa	ASSSCC - Ar Livre e Aventura	Female	8	F40	4	02:01:57	7'10"/km
85	104	Arlindo Oliveira Neves	ARCD Venda da Luisa	Male	77	M50	10	02:02:33	7'12"/km
86	99	Fátima Oliveira	GRVilaverdense	Female	9	F45	2	02:02:51	7'13"/km
87	27	Paulo Pereira	GRVilaverdense	Male	78	M45	16	02:02:51	7'13"/km
88	30	David Mendes	GRVilaverdense	Male	79	M45	17	02:02:52	7'13"/km
89	74	José Simão	ACDRS QUINHENDROS	Male	80	M45	18	02:06:17	7'25"/km
90	54	Catarina Marques	ASSSCC - Ar Livre e Aventura	Female	10	F40	5	02:07:22	7'29"/km
91	21	Sandra Ângelo	ASSSCC - Ar Livre e Aventura	Female	11	F40	6	02:08:07	7'32"/km
92	90	Jorge Miguel Santos Costa	Individual	Male	81	M45	19	02:09:14	7'36"/km
93	33	Tânia Andreia De Jesus Simões	SCPOVENSE CARACOIS DE CORRIDA	Female	12	FSenior	3	02:09:19	7'36"/km

Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
94	23	Jorge Santos	AGM Team Running	Male	82	M45	20	02:09:32	7'37"/km
95	93	Rui Faria	Casa do Benfica da Figueira da Foz	Male	83	M50	11	02:11:17	7'43"/km
96	32	Mariana Vasconcelos	Individual	Female	13	FSenior	4	02:11:18	7'43"/km
97	31	Tiago Jegundo	Individual	Male	84	MSenior	35	02:11:19	7'43"/km
98	34	Eva Moutinho	ACDRS QUINHENDROS	Female	14	F40	7	02:11:22	7'43"/km
99	87	Vitor Pleno	CPTSC	Male	85	MSenior	36	02:11:49	7'45"/km
100	39	Ana Oliveira	SCPOVENSE CARACOIS DE CORRIDA	Female	15	F45	3	02:13:27	7'51"/km
101	53	Jorge Laranjeiro	Individual	Male	86	M45	21	02:13:36	7'51"/km
102	70	Daniela Gonçalves	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Female	16	FSenior	5	02:14:06	7'53"/km
103	69	Diogo Alves	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Male	87	MSenior	37	02:14:08	7'53"/km
104	71	Ana Marins	ACDRS QUINHENDROS	Female	17	F40	8	02:16:42	8'02"/km
105	56	Anabela Almeida	ASSSCC - Ar Livre e Aventura	Female	18	F40	9	02:16:42	8'02"/km
106	63	Nelia Jesus	Gatões BTT	Female	19	F45	4	02:16:58	8'03"/km
107	127	Pedro Abreu	Try To Stop Us / LisTer Team	Male	88	M40	14	02:19:14	8'11"/km
108	88	Sara Oliveira	Individual	Female	20	F40	10	02:24:08	8'28"/km
109	100	Graça Maria Martins Simões	ARCD Venda da Luisa	Female	21	F45	5	02:24:36	8'30"/km
110	9	Dora Dourado	Grupo Desportivo Ferreirense	Female	22	F45	6	02:25:04	8'32"/km
111	49	Fernanda Freitas	GRVilaverdense	Female	23	F45	7	02:29:27	8'47"/km
112	58	Vania Ladeiro	GRVilaverdense	Female	24	F40	11	02:29:27	8'47"/km
113	48	José Guerra	GRVilaverdense	Male	89	M60	6	02:29:33	8'47"/km
114	92	João Pedro Da Silva Dâmaso	Individual	Male	90	MSenior	38	02:29:35	8'47"/km
115	11	Ana Ferreira	ASSSCC - Ar Livre e Aventura	Female	25	FSenior	6	02:38:45	9'20"/km
116	28	Isabel Gomes	GRVilaverdense	Female	26	F50	2	02:41:09	9'28"/km
117	112	Fátima Cabeço	GRVilaverdense	Female	27	F50	3	02:42:04	9'32"/km
118	3	Nuno Alves	Casa do Benfica de Condeixa	Male	91	M45	22	02:42:05	9'32"/km