



Pos	Nome	Equipa	Escalão	Tempo	Ritmo
MS23					
1	Luis Sanches	CDCF ASA	MS23	01:43:05	6'52"/km
2	António Santos	GDCR LAJES	MS23	01:53:03	7'32"/km
3	Francisco Moreira	-	MS23	02:04:05	8'16"/km
4	Daniel Pais Figueiredo	ARCD Bairro de Santa Cruz	MS23	02:12:21	8'49"/km
MSenior					
1	David Pestana	Bombeiros de Mêda	MSenior	01:17:59	5'11"/km
2	Helder De Jesus Maceiras	Individual	MSenior	01:32:24	6'09"/km
3	Diogo Paiva	Grupo Desportivo da Mata / CMMC	MSenior	01:37:08	6'28"/km
4	Pedro Santos	Galhardos Runners	MSenior	01:38:37	6'34"/km
5	Angelo Ranito		MSenior	01:45:02	7'00"/km
6	Paulo Pernadas	Individual	MSenior	01:46:03	7'04"/km
7	Bruno Matos	ADFA-Desportos de Natureza	MSenior	01:46:21	7'05"/km
8	João Pedro Ramos Gouveia	TT BVFOLGOSINHO	MSenior	01:47:03	7'08"/km
9	Francisco Cardoso	Individual	MSenior	01:48:48	7'15"/km
10	Bruno	Individual	MSenior	01:55:24	7'41"/km
11	Luís Carlos Neves Serra	ADM Trail Team	MSenior	01:56:31	7'46"/km
12	Miguel Cursino	Herminivs Runners	MSenior	01:57:24	7'49"/km
13	Pedro Vinhas	CDCR Aldeia de Santo António	MSenior	02:03:12	8'12"/km
14	Eduardo Bárbara	Individual	MSenior	02:04:04	8'16"/km
15	Pedro Caramelo	Herminivs Runners	MSenior	02:09:21	8'37"/km
16	Diogo Santos	Galhardos Runners	MSenior	02:09:24	8'37"/km
17	Diogo André Pedrosa Henriques	Individual	MSenior	02:16:01	9'04"/km
18	Pedro Pinto	Galhardos Runners	MSenior	02:25:19	9'41"/km
19	Filipe Vicente	Individual	MSenior	04:05:32	16'22"/km
20	Tomé Branco	Individual	MSenior	04:27:41	17'50"/km
FSenior					
1	Sara Felício	Esgalhada Trail Team	FSenior	02:07:06	8'28"/km
2	Ana Catarina Costa	Individual	FSenior	02:24:00	9'36"/km
3	Marta Gaspar	1056 & Go	FSenior	02:30:13	10'00"/km
4	Lara Saraiva	1056 & Go	FSenior	02:45:42	11'02"/km
5	Sara Cardoso	Clube Desportivo de Vide	FSenior	02:47:57	11'11"/km
6	Sofia Fialho	Individual	FSenior	03:09:24	12'37"/km
7	Ana Néri Fialho	Individual	FSenior	03:09:26	12'37"/km
8	Marisa Ramires	Individual	FSenior	03:16:51	13'07"/km
9	Cátia Liliana Costa Sousa	Individual	FSenior	03:17:09	13'08"/km
10	Sílvia Cardoso	Individual	FSenior	03:35:33	14'22"/km
11	Ana Catarina Carvalho Costa	ADM Trail Team	FSenior	03:50:26	15'21"/km
12	Veronica	Individual	FSenior	03:57:09	15'48"/km
13	Marta Carina Da Costa Tavares	Individual	FSenior	04:05:33	16'22"/km
M40					
1	Rui Reis	Trail Team Vila de Mouros	M40	01:30:52	6'03"/km
2	Marco Paulo Pires Da Cruz	Individual	M40	01:43:40	6'54"/km
3	Celso Tourais Ramos	Penta Clube da Covilhã/Sport Hotel Trail Running Team	M40	01:45:24	7'01"/km



Pos	Nome	Equipa	Escalão	Tempo	Ritmo
4	Rui Manuel Ferreira Pacheco	Clube de Montanhismo da Guarda	M40	01:45:33	7'02"/km
5	Henrique Manuel De Ascensão Rato	Trail Team Vila de Mouros	M40	01:45:35	7'02"/km
6	Hugo Miguel Pires Dos Santos Coelho	Individual	M40	01:48:46	7'15"/km
7	Alfredo Rodrigues	GDCR LAJES	M40	01:48:48	7'15"/km
8	Romeu Miguel Serra Afonso	CCD Académico dos Penedos Altos	M40	01:53:10	7'32"/km
9	Gonçalo Nuno Lopes Paiva	ADM Trail Team	M40	01:57:22	7'49"/km
10	Mister Pr	Espigueiros Runners-Caparrasinha	M40	02:03:55	8'15"/km
11	Ricardo Veiga	Obikwelus da Guarda	M40	02:04:05	8'16"/km
12	Vítor Sousa Veloso	Grupo BTT Manteigas	M40	02:06:31	8'26"/km
13	Eduardo Costa	Individual	M40	02:08:08	8'32"/km
14	Jorge Morais	Individual	M40	02:08:17	8'33"/km
15	Nuno Teixeira	Individual	M40	02:16:12	9'04"/km
16	Ângelo Correia	Trail Team Vila de Mouros	M40	02:20:01	9'20"/km
17	César João Ferreira Franco	Espigueiros Runners-Caparrasinha	M40	02:20:02	9'20"/km
18	Nuno Proença	Os três mosqueteiros	M40	02:20:23	9'21"/km
19	Ricardo Carvalho	ADFA-Desportos de Natureza	M40	02:28:33	9'54"/km
20	João Carlos Costa Santos	Individual	M40	02:41:49	10'47"/km
21	José Martins	ARCD Bairro de Santa Cruz	M40	02:42:10	10'48"/km
22	Filipe Costa Sousa	Trail Team Vila de Mouros	M40	02:45:52	11'03"/km
23	Joao Carvalinho		M40	03:50:35	15'22"/km
24	Felipe Monteiro Da Costa	Individual	M40	04:06:20	16'25"/km

F40

1	Marta Vicente	GDCR LAJES	F40	02:12:57	8'51"/km
2	Catarina Garcia	ARCD Bairro de Santa Cruz	F40	02:16:15	9'05"/km
3	Maria Monteiro	Clube de Montanhismo da Guarda	F40	02:16:24	9'05"/km
4	Susana Prehaz Martins	ABCansado Trail	F40	02:18:17	9'13"/km
5	Maria Fernanda Ladeira Martins Seixas	Espigueiros Runners-Caparrasinha	F40	02:20:03	9'20"/km
6	Eunice Lourenço	ADFA-Desportos de Natureza	F40	02:28:34	9'54"/km
7	Isabel Ramires	Individual	F40	03:16:51	13'07"/km
8	Ana Rosa Ferreira Matias	Individual	F40	03:17:07	13'08"/km
9	Sandra Almeida	ADM Trail Team	F40	03:50:29	15'21"/km
10	Xana Silva	Individual	F40	04:27:41	17'50"/km
11	Ana Sousa	TEAM BALA	F40	04:27:41	17'50"/km

M50

1	José Alberto Fernandes	GDCR LAJES	M50	01:41:01	6'44"/km
2	Carlos Costa	GDCR LAJES	M50	02:03:56	8'15"/km
3	João Balau	Individual	M50	02:04:24	8'17"/km
4	José Ramires	Os três mosqueteiros	M50	02:20:23	9'21"/km
5	Carlos Lavrador	Run&Smile	M50	02:37:03	10'28"/km

F50

1	Luz Paulo	Clube de Montanhismo da Guarda	F50	01:48:45	7'15"/km
2	Maria Carriço	Espigueiros Runners-Caparrasinha	F50	02:07:04	8'28"/km
3	Carla Carneiro	Individual	F50	02:15:57	9'03"/km
4	Cecilia Monteiro	Clube de Montanhismo da Guarda	F50	02:18:02	9'12"/km
5	Fernanda Marques	Individual	F50	02:30:13	10'00"/km



Pos	Nome	Equipa	Escalão	Tempo	Ritmo
6	Cristina Lavrador	Run&Smile	F50	02:37:04	10'28"/km
7	Cristina Maria Rodrigues Da Cunha	1056 & Go	F50	02:45:43	11'02"/km
8	Lúcia Novais	Trail Team Vila de Mouros	F50	02:45:53	11'03"/km

M60

1	Domingos Ricardo	Individual	M60	01:58:54	7'55"/km
2	Virgílio Lopes	ARCD Bairro de Santa Cruz	M60	02:23:00	9'32"/km