



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	1030	David Pestana	Bombeiros de Mêda	Male	1	MSenior	1	01:17:59	5'11"/km
2	1054	Rui Reis	Trail Team Vila de Mouros	Male	2	M40	1	01:30:52	6'03"/km
3	1081	Helder De Jesus Maceiras	Individual	Male	3	MSenior	2	01:32:24	6'09"/km
4	1017	Diogo Paiva	Grupo Desportivo da Mata / CMMC	Male	4	MSenior	3	01:37:08	6'28"/km
5	1016	Pedro Santos	Galhardos Runners	Male	5	MSenior	4	01:38:37	6'34"/km
6	1085	José Alberto Fernandes	GDCR LAJES	Male	6	M50	1	01:41:01	6'44"/km
7	1057	Luis Sanches	CDCF ASA	Male	7	MS23	1	01:43:05	6'52"/km
8	1012	Marco Paulo Pires Da Cruz	Individual	Male	8	M40	2	01:43:40	6'54"/km
9	571	Angelo Ranito		Male	9	MSenior	5	01:45:02	7'00"/km
10	1031	Celso Tourais Ramos	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Male	10	M40	3	01:45:24	7'01"/km
11	1068	Rui Manuel Ferreira Pacheco	Clube de Montanhismo da Guarda	Male	11	M40	4	01:45:33	7'02"/km
12	1073	Henrique Manuel De Ascensão Rato	Trail Team Vila de Mouros	Male	12	M40	5	01:45:35	7'02"/km
13	1023	Paulo Pernadas	Individual	Male	13	MSenior	6	01:46:03	7'04"/km
14	1064	Bruno Matos	ADFA-Desportos de Natureza	Male	14	MSenior	7	01:46:21	7'05"/km
15	1056	João Pedro Ramos Gouveia	TT BVFOLGOSINHO	Male	15	MSenior	8	01:47:03	7'08"/km
16	1075	Luz Paulo	Clube de Montanhismo da Guarda	Female	1	F50	1	01:48:45	7'15"/km
17	1013	Hugo Miguel Pires Dos Santos Coelho	Individual	Male	16	M40	6	01:48:46	7'15"/km
18	1076	Alfredo Rodrigues	GDCR LAJES	Male	17	M40	7	01:48:48	7'15"/km
19	1067	Francisco Cardoso	Individual	Male	18	MSenior	9	01:48:48	7'15"/km
20	1087	António Santos	GDCR LAJES	Male	19	MS23	2	01:53:03	7'32"/km
21	1014	Romeu Miguel Serra Afonso	CCD Académico dos Penedos Altos	Male	20	M40	8	01:53:10	7'32"/km
22	1001	Bruno	Individual	Male	21	MSenior	10	01:55:24	7'41"/km
23	1010	Luís Carlos Neves Serra	ADM Trail Team	Male	22	MSenior	11	01:56:31	7'46"/km
24	1022	Gonçalo Nuno Lopes Paiva	ADM Trail Team	Male	23	M40	9	01:57:22	7'49"/km
25	1008	Miguel Cursino	Herminivs Runners	Male	24	MSenior	12	01:57:24	7'49"/km
26	1080	Domingos Ricardo	Individual	Male	25	M60	1	01:58:54	7'55"/km
27	1050	Pedro Vinhas	CDCR Aldeia de Santo António	Male	26	MSenior	13	02:03:12	8'12"/km
28	1002	Mister Pr	Espigueiros Runners-Caparrosinha	Male	27	M40	10	02:03:55	8'15"/km
29	1084	Carlos Costa	GDCR LAJES	Male	28	M50	2	02:03:56	8'15"/km
30	1006	Eduardo Bárbara	Individual	Male	29	MSenior	14	02:04:04	8'16"/km
31	1004	Ricardo Veiga	Obikwelus da Guarda	Male	30	M40	11	02:04:05	8'16"/km
32	1079	Francisco Moreira	-	Male	31	MS23	3	02:04:05	8'16"/km
33	1034	João Balau	Individual	Male	32	M50	3	02:04:24	8'17"/km
34	1069	Vítor Sousa Veloso	Grupo BTT Manteigas	Male	33	M40	12	02:06:31	8'26"/km
35	1003	Maria Carriço	Espigueiros Runners-Caparrosinha	Female	2	F50	2	02:07:04	8'28"/km
36	1033	Sara Felício	Esgalhada Trail Team	Female	3	F50	1	02:07:06	8'28"/km
37	1024	Eduardo Costa	Individual	Male	34	M40	13	02:08:08	8'32"/km
38	1009	Jorge Morais	Individual	Male	35	M40	14	02:08:17	8'33"/km
39	1000	Pedro Caramelo	Herminivs Runners	Male	36	MSenior	15	02:09:21	8'37"/km
40	1005	Diogo Santos	Galhardos Runners	Male	37	MSenior	16	02:09:24	8'37"/km
41	1098	Daniel Pais Figueiredo	ARCD Bairro de Santa Cruz	Male	38	MS23	4	02:12:21	8'49"/km
42	1074	Marta Vicente	GDCR LAJES	Female	4	F40	1	02:12:57	8'51"/km
43	1097	Carla Carneiro	Individual	Female	5	F50	3	02:15:57	9'03"/km
44	1052	Diogo André Pedrosa Henriques	Individual	Male	39	MSenior	17	02:16:01	9'04"/km
45	1015	Nuno Teixeira	Individual	Male	40	M40	15	02:16:12	9'04"/km
46	1077	Catarina Garcia	ARCD Bairro de Santa Cruz	Female	6	F40	2	02:16:15	9'05"/km
47	1065	Maria Monteiro	Clube de Montanhismo da Guarda	Female	7	F40	3	02:16:24	9'05"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
48	1046	Cecilia Monteiro	Clube de Montanhismo da Guarda	Female	8	F50	4	02:18:02	9'12"/km
49	1092	Susana Prehaz Martins	ABCansado Trail	Female	9	F40	4	02:18:17	9'13"/km
50	1093	Ângelo Correia	Trail Team Vila de Mouros	Male	41	M40	16	02:20:01	9'20"/km
51	1090	César João Ferreira Franco	Espigueiros Runners-Caparrosinha	Male	42	M40	17	02:20:02	9'20"/km
52	1089	Maria Fernanda Ladeira Martins Seixas	Espigueiros Runners-Caparrosinha	Female	10	F40	5	02:20:03	9'20"/km
53	1047	José Ramires	Os três mosqueteiros	Male	43	M50	4	02:20:23	9'21"/km
54	1020	Nuno Proença	Os três mosqueteiros	Male	44	M40	18	02:20:23	9'21"/km
55	1061	Virgílio Lopes	ARCD Bairro de Santa Cruz	Male	45	M60	2	02:23:00	9'32"/km
56	1083	Ana Catarina Costa	Individual	Female	11	FSenior	2	02:24:00	9'36"/km
57	1058	Pedro Pinto	Galhardos Runners	Male	46	MSenior	18	02:25:19	9'41"/km
58	1027	Ricardo Carvalho	ADFA-Desportos de Natureza	Male	47	M40	19	02:28:33	9'54"/km
59	1026	Eunice Lourenço	ADFA-Desportos de Natureza	Female	12	F40	6	02:28:34	9'54"/km
60	1037	Fernanda Marques	Individual	Female	13	F50	5	02:30:13	10'00"/km
61	1066	Marta Gaspar	1056 & Go	Female	14	FSenior	3	02:30:13	10'00"/km
62	1095	Carlos Lavrador	Run&Smile	Male	48	M50	5	02:37:03	10'28"/km
63	1094	Cristina Lavrador	Run&Smile	Female	15	F50	6	02:37:04	10'28"/km
64	1021	João Carlos Costa Santos	Individual	Male	49	M40	20	02:41:49	10'47"/km
65	1062	José Martins	ARCD Bairro de Santa Cruz	Male	50	M40	21	02:42:10	10'48"/km
66	1040	Lara Saraiva	1056 & Go	Female	16	FSenior	4	02:45:42	11'02"/km
67	1063	Cristina Maria Rodrigues Da Cunha	1056 & Go	Female	17	F50	7	02:45:43	11'02"/km
68	1042	Filipe Costa Sousa	Trail Team Vila de Mouros	Male	51	M40	22	02:45:52	11'03"/km
69	1053	Lúcia Novais	Trail Team Vila de Mouros	Female	18	F50	8	02:45:53	11'03"/km
70	1071	Sara Cardoso	Clube Desportivo de Vide	Female	19	FSenior	5	02:47:57	11'11"/km
71	1029	Sofia Fialho	Individual	Female	20	FSenior	6	03:09:24	12'37"/km
72	1028	Ana Néri Fialho	Individual	Female	21	FSenior	7	03:09:26	12'37"/km
73	1048	Isabel Ramires	Individual	Female	22	F40	7	03:16:51	13'07"/km
74	1049	Marisa Ramires	Individual	Female	23	FSenior	8	03:16:51	13'07"/km
75	1019	Ana Rosa Ferreira Matias	Individual	Female	24	F40	8	03:17:07	13'08"/km
76	1072	Cátia Liliana Costa Sousa	Individual	Female	25	FSenior	9	03:17:09	13'08"/km
77	1086	Sílvia Cardoso	Individual	Female	26	FSenior	10	03:35:33	14'22"/km
78	1070	Ana Catarina Carvalho Costa	ADM Trail Team	Female	27	FSenior	11	03:50:26	15'21"/km
79	1036	Sandra Almeida	ADM Trail Team	Female	28	F40	9	03:50:29	15'21"/km
80	24	Joao Carvalinho		Male	52	M40	23	03:50:35	15'22"/km
81	1059	Veronica	Individual	Female	29	FSenior	12	03:57:09	15'48"/km
82	1038	Filipe Vicente	Individual	Male	53	MSenior	19	04:05:32	16'22"/km
83	1043	Marta Carina Da Costa Tavares	Individual	Female	30	FSenior	13	04:05:33	16'22"/km
84	1041	Felipe Monteiro Da Costa	Individual	Male	54	M40	24	04:06:20	16'25"/km
85	1035	Xana Silva	Individual	Female	31	F40	10	04:27:41	17'50"/km
86	1082	Tomé Branco	Individual	Male	55	MSenior	20	04:27:41	17'50"/km
87	1055	Ana Sousa	TEAM BALA	Female	32	F40	11	04:27:41	17'50"/km