



| Pos            | Nome                            | Equipa                                  | Escalão | Tempo    | Ritmo     |
|----------------|---------------------------------|-----------------------------------------|---------|----------|-----------|
| <b>MSenior</b> |                                 |                                         |         |          |           |
| 1              | Ricardo Crespo                  | Associação desportiva Castelo de vide   | MSenior | 02:08:04 | 5'07"/km  |
| 2              | Miguel Baptista                 | ABCansado Trail                         | MSenior | 02:16:19 | 5'27"/km  |
| 3              | Edgar Resende                   | Individual                              | MSenior | 02:16:22 | 5'27"/km  |
| 4              | Emanuel Biscaia Lucas           | Sameiro a Rodar                         | MSenior | 02:18:23 | 5'32"/km  |
| 5              | Alexandre Monteiro Guilhoto     | Clube de Ciclismo da Guarda             | MSenior | 02:21:20 | 5'39"/km  |
| 6              | José Lopes                      | Sameiro a Rodar                         | MSenior | 02:22:19 | 5'41"/km  |
| 7              | André Lopes                     | Sameiro a Rodar                         | MSenior | 02:22:44 | 5'42"/km  |
| 8              | Daniel Correia                  | Trail Team Vila de Mouros               | MSenior | 02:28:42 | 5'56"/km  |
| 9              | Nuno Ricardo Gonçalves Calvário | EM3 Cycling Team                        | MSenior | 02:45:03 | 6'36"/km  |
| 10             | João Carlos Ramos Saraiva       | EDV - VIANA TRAIL                       | MSenior | 02:45:04 | 6'36"/km  |
| 11             | Igor Almeida                    | GDCR LAJES                              | MSenior | 02:46:50 | 6'40"/km  |
| 12             | André Monteiro Martins          | Individual                              | MSenior | 02:47:24 | 6'41"/km  |
| 13             | Helder Santos                   | Grupo BTT Manteigas                     | MSenior | 02:52:17 | 6'53"/km  |
| 14             | Ricardo Silva                   | Individual                              | MSenior | 03:00:15 | 7'12"/km  |
| 15             | André Abrantes                  | Individual                              | MSenior | 03:03:05 | 7'19"/km  |
| 16             | João Freitas                    | VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE | MSenior | 03:03:05 | 7'19"/km  |
| 17             | Fabrice Soares                  | Trail Team Vila de Mouros               | MSenior | 03:18:18 | 7'55"/km  |
| 18             | Ricardo Moraes                  | Individual                              | MSenior | 03:26:06 | 8'14"/km  |
| 19             | António José Cerdeira           | Individual                              | MSenior | 03:30:11 | 8'24"/km  |
| 20             | João Pedro Dias Perreira        | Individual                              | MSenior | 03:30:12 | 8'24"/km  |
| 21             | Pedro Passarinha                | Trail Team Vila de Mouros               | MSenior | 03:39:31 | 8'46"/km  |
| 22             | Rui Daniel Da Fonseca Martins   | Individual                              | MSenior | 04:00:09 | 9'36"/km  |
| 23             | Paulo Lourenco                  | ADM Trail Team                          | MSenior | 04:39:20 | 11'10"/km |
| 24             | Miguel Carvalho                 | Individual                              | MSenior | 04:53:28 | 11'44"/km |
| 25             | João Branco Lopes               | Individual                              | MSenior | 04:53:31 | 11'44"/km |

|                |                 |                     |         |          |          |
|----------------|-----------------|---------------------|---------|----------|----------|
| <b>FSenior</b> |                 |                     |         |          |          |
| 1              | Vera Bernardo   | ARCD Venda da Luísa | FSenior | 02:38:20 | 6'20"/km |
| 2              | Nadine Oliveira | ADM Trail Team      | FSenior | 03:00:52 | 7'14"/km |
| 3              | Mónica Gorgulho | Sarzedo Runners     | FSenior | 03:07:26 | 7'29"/km |
| 4              | Inês Nunes      | Individual          | FSenior | 03:57:50 | 9'30"/km |

|            |                          |                                                       |     |          |           |
|------------|--------------------------|-------------------------------------------------------|-----|----------|-----------|
| <b>M40</b> |                          |                                                       |     |          |           |
| 1          | José Manuel Gomes Nunes  | Runners do demo                                       | M40 | 02:17:05 | 5'29"/km  |
| 2          | Mário Pombo              | Penta Clube da Covilhã/Sport Hotel Trail Running Team | M40 | 02:28:18 | 5'55"/km  |
| 3          | João Fernandes           | Trail Team Vila de Mouros                             | M40 | 02:38:33 | 6'20"/km  |
| 4          | Rogério Palmeiro         | Boavista trail                                        | M40 | 02:43:22 | 6'32"/km  |
| 5          | Hélio Costa              | Boavista trail                                        | M40 | 02:43:47 | 6'33"/km  |
| 6          | Luis Figueiredo          | Espigueiros Runners-Caparrasinha                      | M40 | 02:52:46 | 6'54"/km  |
| 7          | João Filipe Nunes Duarte | Individual                                            | M40 | 02:57:38 | 7'06"/km  |
| 8          | Izaldo Barata            | ALLcainsRUN                                           | M40 | 02:57:59 | 7'07"/km  |
| 9          | Daniel Vicente Martins   | Sameiro a Rodar                                       | M40 | 03:01:22 | 7'15"/km  |
| 10         | Rui Filipe               | ABCansado Trail                                       | M40 | 03:02:52 | 7'18"/km  |
| 11         | Tiago Gomes              | Trail Team Vila de Mouros                             | M40 | 03:18:16 | 7'55"/km  |
| 12         | Filipe Pereira           | ARCD Bairro de Santa Cruz                             | M40 | 03:35:08 | 8'36"/km  |
| 13         | Nuno Dias                | ABCansado Trail                                       | M40 | 03:42:10 | 8'53"/km  |
| 14         | Miguel Reis              | Individual                                            | M40 | 03:57:09 | 9'29"/km  |
| 15         | Francisco Moraes Gomes   | Grupo BTT Manteigas                                   | M40 | 04:14:54 | 10'11"/km |



| Pos | Nome          | Equipa         | Escalão | Tempo    | Ritmo     |
|-----|---------------|----------------|---------|----------|-----------|
| 16  | Nélio Marques | ADM Trail Team | M40     | 04:39:20 | 11'10"/km |
| 17  | Pedro Almeida | ADM Trail Team | M40     | 04:39:21 | 11'10"/km |

#### F40

|   |                |                 |     |          |          |
|---|----------------|-----------------|-----|----------|----------|
| 1 | Maria Ferreira | Zona Alta Trail | F40 | 02:54:25 | 6'58"/km |
| 2 | Alda Santos    | Individual      | F40 | 03:57:48 | 9'30"/km |

#### M50

|   |                   |            |     |          |           |
|---|-------------------|------------|-----|----------|-----------|
| 1 | Helder Baptista   | Individual | M50 | 02:35:16 | 6'12"/km  |
| 2 | Fernando Mendes   | Individual | M50 | 03:15:23 | 7'48"/km  |
| 3 | Paulo Antunes     | Individual | M50 | 03:17:20 | 7'53"/km  |
| 4 | Amândio Miguel    | Individual | M50 | 03:22:55 | 8'07"/km  |
| 5 | Carlos Abrunheiro | TEAM BALA  | M50 | 04:53:31 | 11'44"/km |

#### F50

|   |                           |            |     |          |           |
|---|---------------------------|------------|-----|----------|-----------|
| 1 | Maria Marques             | Individual | F50 | 03:22:55 | 8'07"/km  |
| 2 | Maria Amélia Frias Mendes | Individual | F50 | 03:36:08 | 8'38"/km  |
| 3 | Paula Alexandra Pires     | Individual | F50 | 05:26:44 | 13'04"/km |

#### M60

|   |             |            |     |          |          |
|---|-------------|------------|-----|----------|----------|
| 1 | Armando Cid | Individual | M60 | 03:36:16 | 8'39"/km |
|---|-------------|------------|-----|----------|----------|