



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	552	Ricardo Crespo	Associação desportiva Castelo de vide	Male	1	MSenior	1	02:08:04	5'07"/km
2	505	Miguel Baptista	ABCansado Trail	Male	2	MSenior	2	02:16:19	5'27"/km
3	550	Edgar Resende	Individual	Male	3	MSenior	3	02:16:22	5'27"/km
4	563	José Manuel Gomes Nunes	Runners do demo	Male	4	M40	1	02:17:05	5'29"/km
5	564	Emanuel Biscaia Lucas	Sameiro a Rodar	Male	5	MSenior	4	02:18:23	5'32"/km
6	558	Alexandre Monteiro Guilhoto	Clube de Ciclismo da Guarda	Male	6	MSenior	5	02:21:20	5'39"/km
7	556	José Lopes	Sameiro a Rodar	Male	7	MSenior	6	02:22:19	5'41"/km
8	557	André Lopes	Sameiro a Rodar	Male	8	MSenior	7	02:22:44	5'42"/km
9	541	Mário Pombo	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Male	9	M40	2	02:28:18	5'55"/km
10	503	Daniel Correia	Trail Team Vila de Mouros	Male	10	MSenior	8	02:28:42	5'56"/km
11	569	Helder Baptista	Individual	Male	11	M50	1	02:35:16	6'12"/km
12	521	Vera Bernardo	ARCD Venda da Luísa	Female	1	FSenior	1	02:38:20	6'20"/km
13	502	João Fernandes	Trail Team Vila de Mouros	Male	12	M40	3	02:38:33	6'20"/km
14	533	Rogério Palmeiro	Boavista trail	Male	13	M40	4	02:43:22	6'32"/km
15	524	Hélio Costa	Boavista trail	Male	14	M40	5	02:43:47	6'33"/km
16	527	Nuno Ricardo Gonçalves Calvário	EM3 Cycling Team	Male	15	MSenior	9	02:45:03	6'36"/km
17	551	João Carlos Ramos Saraiva	EDV - VIANA TRAIL	Male	16	MSenior	10	02:45:04	6'36"/km
18	561	Igor Almeida	GDCR LAJES	Male	17	MSenior	11	02:46:50	6'40"/km
19	529	André Monteiro Martins	Individual	Male	18	MSenior	12	02:47:24	6'41"/km
20	549	Helder Santos	Grupo BTT Manteigas	Male	19	MSenior	13	02:52:17	6'53"/km
21	531	Luis Figueiredo	Espigueiros Runners-Caparrrosinha	Male	20	M40	6	02:52:46	6'54"/km
22	534	Maria Ferreira	Zona Alta Trail	Female	2	F40	1	02:54:25	6'58"/km
23	547	João Filipe Nunes Duarte	Individual	Male	21	M40	7	02:57:38	7'06"/km
24	539	Izaldo Barata	ALLcainsRUN	Male	22	M40	8	02:57:59	7'07"/km
25	506	Ricardo Silva	Individual	Male	23	MSenior	14	03:00:15	7'12"/km
26	542	Nadine Oliveira	ADM Trail Team	Female	3	FSenior	2	03:00:52	7'14"/km
27	559	Daniel Vicente Martins	Sameiro a Rodar	Male	24	M40	9	03:01:22	7'15"/km
28	540	Rui Filipe	ABCansado Trail	Male	25	M40	10	03:02:52	7'18"/km
29	517	André Abrantes	Individual	Male	26	MSenior	15	03:03:05	7'19"/km
30	522	João Freitas	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Male	27	MSenior	16	03:03:05	7'19"/km
31	518	Mónica Gorgulho	Sarzedo Runners	Female	4	FSenior	3	03:07:26	7'29"/km
32	562	Fernando Mendes	Individual	Male	28	M50	2	03:15:23	7'48"/km
33	530	Paulo Antunes	Individual	Male	29	M50	3	03:17:20	7'53"/km
34	501	Tiago Gomes	Trail Team Vila de Mouros	Male	30	M40	11	03:18:16	7'55"/km
35	500	Fabrice Soares	Trail Team Vila de Mouros	Male	31	MSenior	17	03:18:18	7'55"/km
36	512	Maria Marques	Individual	Female	5	F50	1	03:22:55	8'07"/km
37	548	Amândio Miguel	Individual	Male	32	M50	4	03:22:55	8'07"/km
38	514	Ricardo Morais	Individual	Male	33	MSenior	18	03:26:06	8'14"/km
39	567	António José Cerdeira	Individual	Male	34	MSenior	19	03:30:11	8'24"/km
40	565	João Pedro Dias Perreira	Individual	Male	35	MSenior	20	03:30:12	8'24"/km
41	543	Filipe Pereira	ARCD Bairro de Santa Cruz	Male	36	M40	12	03:35:08	8'36"/km
42	546	Maria Amélia Frias Mendes	Individual	Female	6	F50	2	03:36:08	8'38"/km
43	545	Armando Cid	Individual	Male	37	M60	1	03:36:16	8'39"/km
44	520	Pedro Passarinha	Trail Team Vila de Mouros	Male	38	MSenior	21	03:39:31	8'46"/km
45	532	Nuno Dias	ABCansado Trail	Male	39	M40	13	03:42:10	8'53"/km
46	510	Miguel Reis	Individual	Male	40	M40	14	03:57:09	9'29"/km
47	555	Alda Santos	Individual	Female	7	F40	2	03:57:48	9'30"/km
48	553	Inês Nunes	Individual	Female	8	FSenior	4	03:57:50	9'30"/km



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49	544	Rui Daniel Da Fonseca Martins	Individual	Male	41	MSenior	22	04:00:09	9'36"/km
50	570	Francisco Morais Gomes	Grupo BTT Manteigas	Male	42	M40	15	04:14:54	10'11"/km
51	566	Paulo Lourenco	ADM Trail Team	Male	43	MSenior	23	04:39:20	11'10"/km
52	554	Nélio Marques	ADM Trail Team	Male	44	M40	16	04:39:20	11'10"/km
53	516	Pedro Almeida	ADM Trail Team	Male	45	M40	17	04:39:21	11'10"/km
54	537	Miguel Carvalho	Individual	Male	46	MSenior	24	04:53:28	11'44"/km
55	535	João Branco Lopes	Individual	Male	47	MSenior	25	04:53:31	11'44"/km
56	536	Carlos Abrunheiro	TEAM BALA	Male	48	M50	5	04:53:31	11'44"/km
57	504	Paula Alexandra Pires	Individual	Female	9	F50	3	05:26:44	13'04"/km