

Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	51	Ricardo Jorge Henriques Pereira	EV/PERALTAFIL	Male	1	AbsM	1	00:29:17	2'55"/km
2	112	Fábio Alexandre Teixeira De Oliveira	GDC Guilhovai	Male	2	AbsM	2	00:29:19	2'55"/km
3	183	Joao Almeida	Recreio Desportivo de Águeda	Male	3	AbsM	3	00:29:28	2'56"/km
4	111	Vítor Manuel Dos Santos Oliveira	GDC Guilhovai	Male	4	Vet40M	1	00:29:42	2'58"/km
5	156	Luís Miguel Correia De Oliveira	Sport Lisboa e Benfica	Male	5	AbsM	4	00:29:47	2'58"/km
6	121	Cristiano Pereira	Casa do Povo de Mangualde	Male	6	AbsM	5	00:29:53	2'59"/km
7	175	João Pais	Centro Atletismo de Seia	Male	7	AbsM	6	00:30:03	3'00"/km
8	84	Rui Muga	Clube Atlético Macedo de Cavaleiros	Male	8	AbsM	7	00:30:09	3'00"/km
9	85	Carlos Lopes	Clube Atlético Macedo de Cavaleiros	Male	9	Vet40M	2	00:30:22	3'02"/km
10	154	Tiago Pereira	F.C.Penafiel	Male	10	AbsM	8	00:30:25	3'02"/km
11	245	Zacarias Siteo	Sport Comércio e Salgueiros	Male	11	AbsM	9	00:30:38	3'03"/km
12	38	Marcelo Gonçalves	GDR Granja - TRUTAS DO MAU	Male	12	AbsM	10	00:30:40	3'04"/km
13	83	José Carvalho	Clube Atlético Macedo de Cavaleiros	Male	13	Vet40M	3	00:30:46	3'04"/km
14	120	Marco Marques	ACRSD	Male	14	Vet40M	4	00:31:04	3'06"/km
15	177	Paulo Mendes	Centro Atletismo de Seia	Male	15	AbsM	11	00:31:10	3'07"/km
16	109	Paulo Jorge Caetano Gomes	GDC Guilhovai	Male	16	Vet50M	1	00:31:34	3'09"/km
17	113	Tozé Castro	GDC Guilhovai	Male	17	Vet40M	5	00:31:44	3'10"/km
18	86	Pedro Rodrigues	Clube Atlético Macedo de Cavaleiros	Male	18	Vet40M	6	00:32:04	3'12"/km
19	282	Guilherme	F.C.Penafiel	Male	19	AbsM	12	00:32:59	3'17"/km
20	115	António Joaquim Soares Fernandes	GDC Guilhovai	Male	20	Vet50M	2	00:33:14	3'19"/km
21	202	Andreia Santos	CSRDC SANTIAGO	Female	1	AbsF	1	00:33:45	3'22"/km
22	133	Nuno Dias	Grupo Desportivo Os Ribeirinhos	Male	21	Vet40M	7	00:33:53	3'23"/km
23	81	Rita Figueiredo	Grupo Desportivo do Estreito	Female	2	AbsF	2	00:33:55	3'23"/km
24	200	Ricardo Oliveira	Jobra	Male	22	Vet40M	8	00:34:00	3'24"/km
25	76	António Ferreira	Runners Do Demo	Male	23	Vet50M	3	00:34:13	3'25"/km
26	196	André Veiga Da Fonte	Recreio Desportivo de Águeda	Male	24	AbsM	13	00:34:31	3'27"/km
27	195	Alberto Micaelo Da Fonte	Recreio Desportivo de Águeda	Male	25	Vet50M	4	00:34:32	3'27"/km
28	152	Mark Macedo	F.C.Penafiel	Male	26	Vet40M	9	00:34:50	3'29"/km
29	116	José Carlos Ribeiro Tavares	GDC Guilhovai	Male	27	Vet50M	5	00:34:52	3'29"/km
30	82	José Figueiredo	Grupo Desportivo Os Ribeirinhos	Male	28	Vet50M	6	00:34:53	3'29"/km
31	29	João Morgado	Associação Cultural e Recreativa da Senhora do Desterro	Male	29	Vet40M	10	00:34:57	3'29"/km
32	5	André Filipe Vaz Bernardo	NDS Triatlo MRW Guarda	Male	30	AbsM	14	00:35:11	3'31"/km
33	215	Sérgio Lopes	Grupo Recreativo Eirense	Male	31	AbsM	15	00:35:27	3'32"/km
34	105	David Pestana	Bombeiros de Mêda	Male	32	Vet40M	11	00:35:30	3'33"/km
35	264	Isaias De Jesus Gomes Pina	Grupo Desportivo RGS - ATLETISMO	Male	33	AbsM	16	00:35:34	3'33"/km
36	167	Maria Bernardo	NSLF	Female	3	AbsF	3	00:35:39	3'33"/km
37	246	Esmenio Beirao	Sport Comércio e Salgueiros	Male	34	AbsM	17	00:35:44	3'34"/km
38	172	Manuel Fernando Soares Ferreira	GDC Guilhovai	Male	35	Vet50M	7	00:36:08	3'36"/km
39	24	Rui Alves	ACRSD	Male	36	Vet50M	8	00:36:10	3'37"/km
40	92	Miguel Armando Quintais Castro	TRAIL- Grupo Desportivo de Trancoso	Male	37	Vet50M	9	00:36:13	3'37"/km
41	174	Francisco Júlio	Centro Atletismo de Seia	Male	38	AbsM	18	00:36:17	3'37"/km
42	180	Mário Cardoso	Centro Atletismo de Seia	Male	39	Vet40M	12	00:36:23	3'38"/km
43	75	Joana Nunes	Recreio Desportivo de Águeda	Female	4	AbsF	4	00:36:30	3'39"/km
44	193	Diogo Simal Santos	EDV - VIANA TRAIL	Male	40	AbsM	19	00:36:33	3'39"/km
45	117	Leandro Manuel Marques Pereira	GDC Guilhovai	Male	41	AbsM	20	00:36:43	3'40"/km
46	268	Mario Aragao	Individual	Male	42	AbsM	21	00:36:51	3'41"/km
47	127	Luis Neves	Casa do Povo de Mangualde	Male	43	AbsM	22	00:36:59	3'41"/km
48	273	Telma Pinho	Individual	Female	5	AbsF	5	00:37:03	3'42"/km
49	100	Sabina Neca	ACRSD	Female	6	VetF	1	00:37:13	3'43"/km
50	55	Marco Pereira	Guarda Runners	Male	44	Vet40M	13	00:37:14	3'43"/km

Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
51	57	João Pardalejo	Individual	Male	45	AbsM	23	00:37:48	3'46"/km
52	173	Fernando Santos	Guarda Runners	Male	46	Vet50M	10	00:37:51	3'47"/km
53	179	Luis Rosa	Centro Atletismo de Seia	Male	47	Vet50M	11	00:38:03	3'48"/km
54	102	Frederico Matos	Grupo Desportivo Teixosense	Male	48	Vet40M	14	00:38:10	3'49"/km
55	101	Tania Cruz	ACRSD	Female	7	AbsF	6	00:38:15	3'49"/km
56	182	António José Azevedo Mateus	Runners Sernancelhe Terra da Castanha	Male	49	Vet40M	15	00:38:20	3'50"/km
57	4	Hugo Lopes	Triatlo - Clube Galitos	Male	50	AbsM	24	00:38:21	3'50"/km
58	178	Cesário Simões	Centro Atletismo de Seia	Male	51	Vet50M	12	00:38:25	3'50"/km
59	99	Carlota Almeida	Sporting Clube de Portugal	Female	8	AbsF	7	00:38:31	3'51"/km
60	134	Vera Bernardo	ARCD Venda da Luísa	Female	9	VetF	2	00:38:49	3'52"/km
61	1	Vasco Monteiro	Guarda Runners	Male	52	AbsM	25	00:38:54	3'53"/km
62	56	Patrícia Ferreira	Sc Espinho	Female	10	AbsF	8	00:39:01	3'54"/km
63	54	Rúben Simão	Individual	Male	53	AbsM	26	00:39:11	3'55"/km
64	3	Carina Sousa	Individual	Female	11	AbsF	9	00:39:17	3'55"/km
65	12	Ivo Gonçalves	Individual	Male	54	AbsM	27	00:39:26	3'56"/km
66	185	Daniel Fernando Rocha Cardoso	Individual	Male	55	AbsM	28	00:39:33	3'57"/km
67	59	Filipe Paraíso	Individual	Male	56	Vet40M	16	00:39:35	3'57"/km
68	96	Pedro Martins	ACRSD	Male	57	Vet50M	13	00:39:47	3'58"/km
69	23	Antonio Pires	Individual	Male	58	Vet40M	17	00:39:48	3'58"/km
70	187	Hélio Costa	ADM Trail Team	Male	59	Vet40M	18	00:39:57	3'59"/km
71	63	Hugo Miguel Trindade Santos	Guarda Runners	Male	60	AbsM	29	00:40:03	4'00"/km
72	77	Paulo Delgado	Grupo Desportivo da Mata	Male	61	Vet40M	19	00:40:07	4'00"/km
73	108	António Patrício	ADR4 Estações	Male	62	Vet50M	14	00:40:15	4'01"/km
74	87	Pedro Alexandre Ferreira Pereira	Individual	Male	63	AbsM	30	00:40:24	4'02"/km
75	129	Ana Santos	Casa do Povo de Mangualde	Female	12	AbsF	10	00:40:25	4'02"/km
76	65	Edgar Gonçalves Almeida	Individual	Male	64	AbsM	31	00:40:33	4'03"/km
77	257	Ruben Daniel Conceição	Clube Leomil Moimenta da Beira	Male	65	AbsM	32	00:40:36	4'03"/km
78	22	Rui Pedro Guerra	Individual	Male	66	AbsM	33	00:40:41	4'04"/km
79	6	Bruno Miguel Gonçalves Silva	Clube de Montanhismo da Guarda	Male	67	Vet40M	20	00:40:43	4'04"/km
80	94	Nuno Inacio	Individual	Male	68	Vet40M	21	00:40:55	4'05"/km
81	199	Victor Lage	Individual	Male	69	Vet40M	22	00:41:01	4'06"/km
82	253	José Marques	Clube Oriental de Pechão	Male	70	Vet40M	23	00:41:23	4'08"/km
83	280	Ana Moreira	CSRDC SANTIAGO	Female	13	AbsF	11	00:41:37	4'09"/km
84	168	Teresa Bernardo	NSLF	Female	14	VetF	3	00:41:53	4'11"/km
85	91	Bruno Ramos Santos	Runners de Sernancelhe	Male	71	AbsM	34	00:41:54	4'11"/km
86	176	Luís Bidarra	Centro Atletismo de Seia	Male	72	Vet50M	15	00:41:59	4'12"/km
87	203	Elia Rodrigues	Jobra	Female	15	AbsF	12	00:42:14	4'13"/km
88	136	Fernando Albuquerque	Casa do Povo de Mangualde	Male	73	Vet50M	16	00:42:20	4'14"/km
89	219	Marta Costa	Clube de Triatlo do Fundão	Female	16	AbsF	13	00:42:23	4'14"/km
90	48	Cláudio Modgado	GCR Casal de Cinza	Male	74	AbsM	35	00:42:31	4'15"/km
91	278	Marco Alves	Amigos do Pedal - Cortes do Meio	Male	75	Vet40M	24	00:42:48	4'16"/km
92	164	Dalila Romão	Casa do Benfica de Castelo Branco	Female	17	AbsF	14	00:42:48	4'16"/km
93	165	António Moreira	Individual	Male	76	Vet50M	17	00:42:49	4'16"/km
94	98	Joaquim Corte	ACRSD	Male	77	Vet50M	18	00:42:58	4'17"/km
95	222	Joaquim Costa	Individual	Male	78	Vet50M	19	00:43:01	4'18"/km
96	49	André Santos	Clube Terras do Falcão	Male	79	AbsM	36	00:43:02	4'18"/km
97	132	Célia Matias	Casa do Povo de Mangualde	Female	18	VetF	4	00:43:08	4'18"/km
98	147	Júlia Conceição	F.C.Penafiel	Female	19	VetF	5	00:43:20	4'20"/km
99	227	Hugo Gonçalves	Guarda Runners	Male	80	Vet40M	25	00:43:33	4'21"/km
100	208	José Miguel Fernandes Santiago	Individual	Male	81	AbsM	37	00:43:39	4'22"/km
101	259	Rita Paiva	Guarda Runners	Female	20	AbsF	15	00:43:50	4'23"/km
102	52	Amândio Américo Marques Amaral Almeida	Individual	Male	82	Vet40M	26	00:43:50	4'23"/km

Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
103	103	Miguel Nuno Marques De Almeida Ferreira Menino	Grupo Desportivo Os Ribeirinhos	Male	83	Vet40M	27	00:44:06	4'24"/km
104	247	Sérgio Ferrão	Individual	Male	84	Vet40M	28	00:44:16	4'25"/km
105	224	Alfredo Rodrigues	GDCR LAJES	Male	85	Vet40M	29	00:44:20	4'26"/km
106	67	Samuel	Individual	Male	86	AbsM	38	00:44:25	4'26"/km
107	25	Maria Fonseca	Runners Do Demo	Female	21	VetF	6	00:44:28	4'26"/km
108	216	José Ferreira	Jobra	Male	87	Vet50M	20	00:44:32	4'27"/km
109	201	Esmeralda Soares	Jobra	Female	22	AbsF	16	00:44:32	4'27"/km
110	256	Daniela Falcão	Clube Leomil Moimenta da Beira	Female	23	AbsF	17	00:44:40	4'28"/km
111	252	Luis Filipe Dos Santos Gaspar	Individual	Male	88	Vet40M	30	00:45:07	4'30"/km
112	163	Artur Assunção	Clube Montanhismo da Guarda	Male	89	Vet50M	21	00:45:14	4'31"/km
113	211	Ricardo Lopes Gomes	Individual	Male	90	AbsM	39	00:46:01	4'36"/km
114	95	Carla Monteiro	Individual	Female	24	VetF	7	00:46:02	4'36"/km
115	276	Diogo Ribeiro	Individual	Male	91	AbsM	40	00:46:09	4'37"/km
116	19	Luís Gonçalves	Individual	Male	92	AbsM	41	00:46:14	4'37"/km
117	194	Luís Manuel Novo Soares	Individual	Male	93	Vet50M	22	00:46:17	4'37"/km
118	207	Jorge Morais	Falcões do Côa - Pinhel	Male	94	Vet40M	31	00:46:27	4'38"/km
119	107	Goreti Coelho	Esgalhada Trail Team	Female	25	VetF	8	00:46:29	4'38"/km
120	221	Sara Costa	Individual	Female	26	VetF	9	00:46:32	4'39"/km
121	13	Jorge Miguel Almeida De Castro	Guarda Runners	Male	95	Vet50M	23	00:46:34	4'39"/km
122	110	António Dias Dos Santos	GDC Guilhovai	Male	96	Vet50M	24	00:46:50	4'41"/km
123	80	Pedro Ribeiro	NDS Triatlo MRW Guarda	Male	97	Vet40M	32	00:47:10	4'43"/km
124	33	Carlos Cruz	Clube Terras do Falcão	Male	98	AbsM	42	00:47:35	4'45"/km
125	210	António Lopes	Individual	Male	99	Vet50M	25	00:47:38	4'45"/km
126	157	Fernando Manuel Rodrigues Francisco	Inglese FC	Male	100	Vet50M	26	00:47:46	4'46"/km
127	8	Telmo Menoita	GCR Casal de Cinza	Male	101	AbsM	43	00:47:51	4'47"/km
128	9	Tiago Armando Mendes Coelho	Belmonte Runners	Male	102	AbsM	44	00:47:55	4'47"/km
129	62	Carlos Silva	BTT Marinhas / Quitério Materiais de Construção	Male	103	Vet40M	33	00:48:06	4'48"/km
130	50	Anabela Monteiro	Clube Terras do Falcão	Female	27	AbsF	18	00:48:16	4'49"/km
131	64	Francisco Soares	Jobra	Male	104	Vet50M	27	00:48:19	4'49"/km
132	160	Bruno Freitas	A. C. R. VALE DE CAMBRA	Male	105	Vet40M	34	00:48:35	4'51"/km
133	161	Rosa Bastos	A. C. R. VALE DE CAMBRA	Female	28	VetF	10	00:48:36	4'51"/km
134	36	Susana Dias	Guarda Runners	Female	29	VetF	11	00:48:44	4'52"/km
135	159	David Saraiva	Individual	Male	106	AbsM	45	00:48:50	4'53"/km
136	72	João Mauricio	Individual	Male	107	AbsM	46	00:49:09	4'54"/km
137	7	Antonio Pecegueiro	Individual	Male	108	Vet50M	28	00:49:43	4'58"/km
138	106	Vitor M Cardoso	Corre são João	Male	109	Vet50M	29	00:50:23	5'02"/km
139	250	Nuno Miguel Francês Monteiro	Individual	Male	110	AbsM	47	00:50:37	5'03"/km
140	255	Pedro Pinto	Guarda Runners	Male	111	Vet40M	35	00:50:39	5'03"/km
141	60	J. Marques	Individual	Male	112	Vet40M	36	00:51:07	5'06"/km
142	228	Cristina Santos	NDS Triatlo MRW Guarda	Female	30	VetF	12	00:52:06	5'12"/km
143	46	Tiago Pinheiro Patricio	Individual	Male	113	AbsM	48	00:53:26	5'20"/km
144	212	Manuel Gomes	Individual	Male	114	Vet50M	30	00:54:00	5'24"/km
145	89	Jorge Fernando Andrês Correia	Individual	Male	115	AbsM	49	00:54:34	5'27"/km
146	90	Jorge Filipe Guerra Nabuco	O Janeirinho - Associação	Male	116	AbsM	50	00:54:46	5'28"/km
147	205	Cristina Damaso	Individual	Female	31	VetF	13	00:54:47	5'28"/km
148	231	Luis Damaso	Individual	Male	117	Vet50M	31	00:54:50	5'29"/km
149	265	Carlos Amaral	Individual	Male	118	AbsM	51	00:54:51	5'29"/km
150	249	Tiago Manuel Afonso Dos Reis	Individual	Male	119	AbsM	52	00:55:35	5'33"/km
151	17	Marta Vicente	GDCR LAJES	Female	32	VetF	14	00:55:38	5'33"/km
152	69	Ismael Gomes Rodrigues	Individual	Male	120	Vet50M	32	00:55:43	5'34"/km
153	197	Rui Monteiro	Individual	Male	121	AbsM	53	00:56:04	5'36"/km
154	213	Maria Celeste Gomes	Individual	Female	33	VetF	15	00:56:25	5'38"/km

Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
155	233	António Costa	Individual	Male	122	Vet50M	33	00:57:11	5'43"/km
156	135	Ana Sofia Pardalejo	Individual	Female	34	AbsF	19	00:59:32	5'57"/km
157	28	Silvia Moraes	Grupo Desportivo da Mata	Female	35	VetF	16	00:59:36	5'57"/km
158	119	Manuel Andrade	GDC Guilhovai	Male	123	Vet50M	34	00:59:42	5'58"/km
159	189	Nelson Pereira Costa	Individual	Male	124	Vet40M	37	01:00:13	6'01"/km
160	27	Dulce Tomaz	Grupo Desportivo da Mata	Female	36	VetF	17	01:00:22	6'02"/km
161	66	Ivo Rocha	Individual	Male	125	AbsM	54	01:06:20	6'38"/km
162	209	Alexandra Gonçalves Morais	Individual	Female	37	AbsF	20	01:09:25	6'56"/km