



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	166	João Figueiredo	Figueiredo's Runners and Friends	Male	1	MSenior	1	00:25:09	3'08"/km
2	163	Mário Fonseca		Male	2	M40	1	00:26:03	3'15"/km
3	43	Marco Santos	365 Running Project	Male	3	MSenior	2	00:26:50	3'21"/km
4	160	Cláudio Araújo	QuebraRitmo	Male	4	MSenior	3	00:27:25	3'25"/km
5	112	Marco André Carvalho Pinheiro	Dragon Club	Male	5	M40	2	00:27:26	3'25"/km
6	80	Rui Ramos	Escola Atletismo Rosa Oliveira	Male	6	M40	3	00:28:01	3'30"/km
7	33	Adyr Junior	Figueiredo's Runners and Friends	Male	7	M40	4	00:28:13	3'31"/km
8	86	Ruan Rodrigues	Escola Atletismo Rosa Oliveira	Male	8	MSenior	4	00:28:40	3'35"/km
9	78	Tiago Silva	Escola Atletismo Rosa Oliveira	Male	9	MSenior	5	00:28:56	3'37"/km
10	81	José Freitas	Escola Atletismo Rosa Oliveira	Male	10	M40	5	00:29:30	3'41"/km
11	83	Bruno Pereira	Escola Atletismo Rosa Oliveira	Male	11	M40	6	00:30:08	3'46"/km
12	145	Pedro Miguel Ribeiro Correia		Male	12	MSenior	6	00:30:51	3'51"/km
13	122	Sergio Campos	Quebra Ritmo	Male	13	M40	7	00:31:07	3'53"/km
14	121	Joaquim Oliveira	Fisioactive Team	Male	14	M50	1	00:31:33	3'56"/km
15	16	Francisco Morais	Fisioactive Team	Male	15	M40	8	00:31:34	3'56"/km
16	171	Fábio Monteiro	Quebrarritmo	Male	16	MSenior	7	00:31:56	3'59"/km
17	72	Rui Martins	Escola Atletismo Rosa Oliveira	Male	17	M40	9	00:32:01	4'00"/km
18	167	Sílvia Pereira		Female	1	F40	1	00:32:06	4'00"/km
19	73	Joaquim Coelho	Escola Atletismo Rosa Oliveira	Male	18	M50	2	00:32:18	4'02"/km
20	152	Amaro Barbosa	Team Sindeq	Male	19	MSenior	8	00:32:35	4'04"/km
21	111	Jose Carvalho	QuebraRitmo	Male	20	M40	10	00:32:40	4'05"/km
22	103	Sebastião Pinto	QuebraRitmo	Male	21	M40	11	00:32:45	4'05"/km
23	165	André Martins	Momblue team	Male	22	SemDados	1	00:32:57	4'07"/km
24	10	Pedro Carreiras		Male	23	MSenior	9	00:32:59	4'07"/km
25	105	Márcio Sá	QuebraRitmo	Male	24	MSenior	10	00:33:05	4'08"/km
26	161	Pedro Maciel	Dragon Club	Male	25	MSenior	11	00:33:17	4'09"/km
27	30	Armindo Freitas		Male	26	M50	3	00:33:28	4'11"/km
28	31	David Martins		Male	27	MSenior	12	00:33:38	4'12"/km
29	39	Luis Freitas	AD PEDOME	Male	28	M50	4	00:33:51	4'13"/km
30	173	Daniel Fonseca	Desnível Positivo	Male	29	M50	5	00:33:58	4'14"/km
31	35	Antonio Coelho	Team Sem medo	Male	30	M50	6	00:34:12	4'16"/km
32	129	Joaquim Costa		Male	31	M50	7	00:34:29	4'18"/km
33	157	Pedro Loureiro	Erdal-Vimarunners	Male	32	MSenior	13	00:34:31	4'18"/km
34	74	Rui Filipe Coelho	Escola Atletismo Rosa Oliveira	Male	33	M40	12	00:34:32	4'19"/km
35	84	José Araújo	Escola Atletismo Rosa Oliveira	Male	34	M50	8	00:34:35	4'19"/km
36	76	Anabela Silva	Escola Atletismo Rosa Oliveira	Female	2	F40	2	00:34:35	4'19"/km
37	115	Mauricio Torrinha	Escola Atletismo Rosa Oliveira	Male	35	M50	9	00:34:38	4'19"/km
38	99	José Costa	ARPO	Male	36	M40	13	00:34:42	4'20"/km
39	57	Vasco Pinto	Temos Pena	Male	37	MSenior	14	00:34:46	4'20"/km
40	170	Tiago Dias		Male	38	MSenior	15	00:34:50	4'21"/km
41	104	Rogério Moreira	QuebraRitmo	Male	39	M40	14	00:34:52	4'21"/km
42	13	Carlos		Male	40	MSenior	16	00:35:07	4'23"/km
43	42	Rosa Oliveira	Escola Atletismo Rosa Oliveira	Female	3	F50	1	00:35:26	4'25"/km
44	144	José Borges	Os Borges	Male	41	M50	10	00:35:33	4'26"/km
45	128	Helder Gonçalves		Male	42	M40	15	00:35:34	4'26"/km
46	135	Marco Pinto		Male	43	MSenior	17	00:35:40	4'27"/km
47	150	Manuel Sousa	Clube Desportivo Infante	Male	44	M40	16	00:35:42	4'27"/km
48	123	Narciso Oliveira	Associação Teatro Construção	Male	45	M50	11	00:36:03	4'30"/km
49	126	Sandra Castro	365 Running Project	Female	4	FSenior	1	00:36:03	4'30"/km
50	65	Jairo Lourenço	Alexianos	Male	46	M40	17	00:36:10	4'31"/km
51	164	Miguel Carreiras	Quebrarritmo	Male	47	MSenior	18	00:36:14	4'31"/km
52	38	Carlos Alves	AD PEDOME	Male	48	M40	18	00:36:18	4'32"/km
53	17	Jorge Costa	sao jorge	Male	49	M50	12	00:36:18	4'32"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
54	89	Marco Martins		Male	50	MSenior	19	00:36:45	4'35"/km
55	118	Bruno Filipe Cruz Silva		Male	51	MSenior	20	00:36:48	4'36"/km
56	64	Nuno Marinho	Alexianos	Male	52	M40	19	00:37:00	4'37"/km
57	134	Eduardo Rodrigues	os crentes	Male	53	M40	20	00:37:00	4'37"/km
58	36	Francisco Azevedo		Male	54	M50	13	00:37:05	4'38"/km
59	56	Rui Silva	Temos Pena	Male	55	M40	21	00:37:10	4'38"/km
60	48	João Silva	Temos Pena	Male	56	M50	14	00:37:16	4'39"/km
61	22	Agostinho Carneiro Barros		Male	57	M50	15	00:37:32	4'41"/km
62	24	Diogo Costa	ARS Vale São Cosme	Male	58	MSenior	21	00:37:32	4'41"/km
63	120	Bruno Filipe Cardoso Amorim		Male	59	MSenior	22	00:37:33	4'41"/km
64	26	Pedro Seixas		Male	60	MSenior	23	00:37:34	4'41"/km
65	101	José Maria Rebola Barbosa Barbosa	Famalicão em forma	Male	61	M50	16	00:37:36	4'42"/km
66	19	Rui Peixoto		Male	62	M40	22	00:37:40	4'42"/km
67	68	Rui Fernandes	Escola Atletismo Rosa Oliveira	Male	63	MSenior	24	00:37:42	4'42"/km
68	117	Cristina Oliveira	365 Running Project	Female	5	F40	3	00:37:46	4'43"/km
69	37	José Costa	A.C. VERMOIM	Male	64	M50	17	00:37:48	4'43"/km
70	47	Paulo Ribeiro	Temos Pena	Male	65	M50	18	00:37:52	4'44"/km
71	155	João Scott	AFR&F- Associação Figueiredo's Runners and Friends	Male	66	M40	23	00:37:56	4'44"/km
72	58	Rita Cruz	365 Running Project	Female	6	FSenior	2	00:37:58	4'44"/km
73	177	Joaquim Pinheiro		Male	67	M50	19	00:38:16	4'47"/km
74	96	Armando Oliveira	MAGIC FRIENDS RUNNERS/AMITORRE	Male	68	M50	20	00:38:19	4'47"/km
75	12	André Daniel Alves Gomes		Male	69	MSenior	25	00:38:23	4'47"/km
76	27	Antonio Corucho		Male	70	M50	21	00:38:30	4'48"/km
77	79	Miguel Marinho	Escola Atletismo Rosa Oliveira	Male	71	M50	22	00:38:41	4'50"/km
78	82	Fernando Simões	Escola Atletismo Rosa Oliveira	Male	72	M40	24	00:38:42	4'50"/km
79	88	João Martins		Male	73	MSenior	26	00:38:44	4'50"/km
80	32	André Nascimento		Male	74	MSenior	27	00:38:59	4'52"/km
81	100	Manuel Da Silva Pinheiro		Male	75	MSenior	28	00:39:22	4'55"/km
82	91	Francisco Miranda	A. C. Vermoim	Male	76	M50	23	00:39:31	4'56"/km
83	11	Agostinho Ribeiro		Male	77	MSenior	29	00:39:43	4'57"/km
84	60	Bruno Marques		Male	78	MSenior	30	00:40:00	5'00"/km
85	23	Rosa Faria	ARS São Cosme	Female	7	FSenior	3	00:40:02	5'00"/km
86	87	Jose Ribeiro		Male	79	MSenior	31	00:40:05	5'00"/km
87	148	Filipe Gonçalves	os crentes	Male	80	M40	25	00:40:07	5'00"/km
88	175	Virgílio Oliveira		Male	81	M50	24	00:40:09	5'01"/km
89	59	Joaquim Ferreira	A.C. VERMOIM	Male	82	M50	25	00:40:13	5'01"/km
90	154	Rui Gonçalves	INOVMAIS	Male	83	M40	26	00:40:17	5'02"/km
91	136	António Augusto Da Silva Borges		Male	84	M50	26	00:40:17	5'02"/km
92	137	Catarina Dias Borges	Dragon Club	Female	8	FSenior	4	00:40:18	5'02"/km
93	75	Bruna Ortiga	Escola Atletismo Rosa Oliveira	Female	9	FSenior	5	00:40:20	5'02"/km
94	92	Nilda Magalhães	BICI TRAIL FITNESS IN LOVE	Female	10	F50	2	00:40:30	5'03"/km
95	93	Nuno Martins	BICI TRAIL FITNESS IN LOVE	Male	85	M40	27	00:40:31	5'03"/km
96	149	Emiliano Couto	os crentes	Male	86	MSenior	32	00:40:31	5'03"/km
97	153	José Magalhães	AMVE - Associação Moinho de Vermoim	Male	87	M50	27	00:40:39	5'04"/km
98	97	Élia Oliveira	MAGIC FRIENDS RUNNERS/AMITORRE	Female	11	F50	3	00:41:01	5'07"/km
99	138	Rui Resende	os crentes	Male	88	M40	28	00:41:04	5'08"/km
100	116	Miguel Machado	365 Running Project	Male	89	MSenior	33	00:41:09	5'08"/km
101	63	António Lima	Alexianos	Male	90	M40	29	00:41:19	5'09"/km
102	176	José Mendes		Male	91	M50	28	00:41:43	5'12"/km
103	40	Ricardo Sampaio	QM Braga	Male	92	MSenior	34	00:41:50	5'13"/km
104	41	André Leite	QM Braga	Male	93	MSenior	35	00:41:50	5'13"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
105	61	Vitor Gonçalves	Embarca Running	Male	94	MSenior	36	00:42:07	5'15"/km
106	62	Elisabete Alves	Embarca Running	Female	12	FSenior	6	00:42:07	5'15"/km
107	49	Carla Ferreira	Temos Pena	Female	13	F40	4	00:42:40	5'20"/km
108	55	Silvia Oliveira	Temos Pena	Female	14	F40	5	00:42:41	5'20"/km
109	147	Tiago André Sousa Silva		Male	95	MSenior	37	00:42:58	5'22"/km
110	21	Carina Sampaio		Female	15	FSenior	7	00:43:03	5'22"/km
111	143	Elisa Cruz	Os Borges	Female	16	F50	4	00:43:05	5'23"/km
112	53	Sérgio Silva	Temos Pena	Male	96	M50	29	00:43:21	5'25"/km
113	131	Eduarda Machado	SC CABEÇUDENSE RUN TEAM	Female	17	FSenior	8	00:43:22	5'25"/km
114	34	Luís Santos		Male	97	MSenior	38	00:43:24	5'25"/km
115	156	Rui Faria		Male	98	M40	30	00:43:25	5'25"/km
116	139	Carlos Faria		Male	99	M40	31	00:43:28	5'26"/km
117	130	Natália Alves	SC CABEÇUDENSE RUN TEAM	Female	18	F40	6	00:43:35	5'26"/km
118	141	Ricardo Fernandes	QuebraRitmo	Male	100	MSenior	39	00:43:37	5'27"/km
119	142	Helena Martins	QuebraRitmo	Female	19	FSenior	9	00:43:37	5'27"/km
120	162	Daniel Pinheiro		Male	101	MSenior	40	00:43:41	5'27"/km
121	14	Joaquim António Da Silva Diniz		Male	102	M50	30	00:43:45	5'28"/km
122	66	Paulo Pereira	Alexianos	Male	103	M40	32	00:43:47	5'28"/km
123	132	Jorge Humberto Costa		Male	104	M50	31	00:43:47	5'28"/km
124	52	Jorge Moreira	Temos Pena	Male	105	M40	33	00:43:47	5'28"/km
125	133	Gabriela Pelicano		Female	20	F40	7	00:43:50	5'28"/km
126	102	Andreia Carvalho	QuebraRitmo	Female	21	FSenior	10	00:44:21	5'32"/km
127	127	Helder Manuel Morais Pereira	Cabeçudense Run Team	Male	106	MSenior	41	00:44:41	5'35"/km
128	51	Sofia Aguiar	Temos Pena	Female	22	F40	8	00:44:52	5'36"/km
129	50	Jorge Ferreira	Temos Pena	Male	107	M50	32	00:44:53	5'36"/km
130	98	Margarida Pinto	ARPO	Female	23	F50	5	00:45:22	5'40"/km
131	109	Elisabete Carvalho	QuebraRitmo	Female	24	F40	9	00:45:33	5'41"/km
132	110	Bárbara Braga Carvalho	QuebraRitmo	Female	25	FSenior	11	00:45:34	5'41"/km
133	46	Goreti Silva	Temos Pena	Female	26	F50	6	00:46:14	5'46"/km
134	146	Vitor Gomes		Male	108	MSenior	42	00:46:21	5'47"/km
135	45	Lurdes Guimarães	Temos Pena	Female	27	F50	7	00:46:36	5'49"/km
136	44	Isabel Pinto	Temos Pena	Female	28	F40	10	00:46:36	5'49"/km
137	54	Ana Silva	Temos Pena	Female	29	F40	11	00:46:43	5'50"/km
138	77	Rita Teixeira	Escola Atletismo Rosa Oliveira	Female	30	F40	12	00:47:10	5'53"/km
139	29	Bernardino Miranda	Pó na lama trail runners	Male	109	M40	34	00:47:13	5'54"/km
140	124	Francisco Gil Cancela Mesquita Carvalho		Male	110	MSenior	43	00:47:14	5'54"/km
141	28	Lucia Corucho		Female	31	F50	8	00:47:50	5'58"/km
142	114	João Cunha		Male	111	MSenior	44	00:48:56	6'07"/km
143	119	Vera Deus	QuebraRitmo	Female	32	FSenior	12	00:50:11	6'16"/km
144	9	Lara Rebelo		Female	33	FSenior	13	00:50:29	6'18"/km
145	106	Ana Ritq Silva		Female	34	F40	13	00:52:25	6'33"/km
146	95	Manuela Carvalho		Female	35	F50	9	00:52:25	6'33"/km
147	67	Afonso Azevedo	Alexianos	Male	112	MSenior	45	00:53:03	6'37"/km
148	107	Manuel Fernandes	QuebraRitmo	Male	113	M40	35	00:53:10	6'38"/km
149	108	Patrícia Simões	QuebraRitmo	Female	36	FSenior	14	00:53:10	6'38"/km
150	159	Ana Simões	QuebraRitmo	Female	37	FSenior	15	00:56:51	7'06"/km