



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	1110	David Pestana	Bombeiros de Mêda	Male	1	M40	1	01:19:08	5'16"/km
2	1093	Ricardo Sousa	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Male	2	MSenior	1	01:27:42	5'50"/km
3	1014	Nuno Pires	Club União Idanhense	Male	3	MSenior	2	01:27:44	5'50"/km
4	1034	Oswaldo	Individual	Male	4	M40	2	01:29:59	5'59"/km
5	1111	André Filipe Albuquerque Lopes	Individual	Male	5	MSenior	3	01:32:17	6'09"/km
6	1113	Joao Fernandes	Trail Team Vila de Mouros	Male	6	M40	3	01:35:32	6'22"/km
7	1106	Mickael Massano	ADM Trail Team	Male	7	MSenior	4	01:35:53	6'23"/km
8	1052	Francisco Rabasquinho	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Male	8	MS23	1	01:39:27	6'37"/km
9	1020	Nelson Rodrigues	Galhardos Runners	Male	9	MSenior	5	01:39:48	6'39"/km
10	1069	Bruno Costa	Individual	Male	10	MSenior	6	01:41:30	6'46"/km
11	1068	Rui Bogalheiro	Trail Team Vila de Mouros	Male	11	MSenior	7	01:42:33	6'50"/km
12	1094	Andre Silva	SelindaBtt	Male	12	MSenior	8	01:43:06	6'52"/km
13	1038	Luís Serra	ADM Trail Team	Male	13	M40	4	01:43:07	6'52"/km
14	1048	Gonçalo Alves	Sena Clube	Male	14	MSenior	9	01:43:11	6'52"/km
15	1075	Frederico Matos	Grupo Desportivo Teixosense	Male	15	M40	5	01:44:11	6'56"/km
16	1076	Guilherme Fortuna	Grupo Desportivo Teixosense	Male	16	MSenior	10	01:44:15	6'57"/km
17	1105	Carlos Farias	Guarda Runners	Male	17	M40	6	01:47:42	7'10"/km
18	1036	Samuel Barros	CDCF ASA	Male	18	MS23	2	01:50:01	7'20"/km
19	1019	Luís Antunes	Individual	Male	19	M40	7	01:50:46	7'23"/km
20	1039	Ricardo Alves	Sena Clube	Male	20	M40	8	01:51:27	7'25"/km
21	1100	Joao António Aguiã Balroa	ALLcains RUN	Male	21	M40	9	01:53:50	7'35"/km
22	1116	Miguel Cursino	Herminivs Runners	Male	22	MSenior	11	01:53:56	7'35"/km
23	1015	Marta Xavier	Club União Idanhense	Female	1	FSenior	1	01:57:14	7'48"/km
24	1041	João Brás	Sena Clube	Male	23	MSenior	12	01:58:49	7'55"/km
25	1021	Norberto Vaz	Polis Fitness Club	Male	24	M50	1	01:59:40	7'58"/km
26	1003	Corry Van Huisseling	Trail Team Vila de Mouros	Male	25	M50	2	02:00:47	8'03"/km
27	1058	Tiago Coelho	Belmonte Runners	Male	26	MSenior	13	02:02:41	8'10"/km
28	1078	João Balau	Grupo BTT de MANTEIGAS	Male	27	M50	3	02:04:00	8'16"/km
29	1006	Edgar Manuel Da Silva Da Lança	Individual	Male	28	M40	10	02:04:50	8'19"/km
30	1045	Nelson Teixeira	Herminivs Runners	Male	29	MSenior	14	02:05:18	8'21"/km
31	1022	Nuno Roque	Individual	Male	30	M40	11	02:05:29	8'21"/km
32	1118	Ana Domingos	ALLcains RUN	Female	2	FSenior	2	02:05:30	8'22"/km
33	1046	Fabio Ferreira	BV Melo	Male	31	MSenior	15	02:06:42	8'26"/km
34	1062	Nuno Rocha	Trail Team Vila de Mouros	Male	32	M40	12	02:07:46	8'31"/km
35	1098	Mariana Reis	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Female	3	FS23	1	02:08:14	8'32"/km
36	1018	Pedro Caramelo	Os P.A	Male	33	MSenior	16	02:08:57	8'35"/km
37	1017	Diogo Santos	Galhardos Runners	Male	34	MSenior	17	02:08:58	8'35"/km
38	1114	Vera Silva	Trail Team Vila de Mouros	Female	4	F40	1	02:09:57	8'39"/km
39	1037	Rafael Saraiva Da Silva	Feijocas Bordaleiras	Male	35	MSenior	18	02:10:00	8'40"/km
40	1085	Lua Raquel Martins Afonso	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Female	5	FS23	2	02:10:16	8'41"/km
41	1050	Diogo Henriques	3 e 1/2	Male	36	MSenior	19	02:11:02	8'44"/km
42	1051	Dino José Domingues Da Silva	3 e 1/2	Male	37	MSenior	20	02:11:03	8'44"/km
43	1064	Luís Mendes	3 e 1/2	Male	38	MSenior	21	02:11:08	8'44"/km
44	1061	Luís Filipe Silva Augusto	Grupo Desportivo Águias do Canhoso	Male	39	MSenior	22	02:11:12	8'44"/km
45	1065	João Araújo	ADM Trail Team	Male	40	MSenior	23	02:11:18	8'45"/km
46	1109	Luís Miguel Manso Martins	Individual	Male	41	MSenior	24	02:11:20	8'45"/km
47	1049	Francisco Figueiredo	Herminivs Runners	Male	42	MS23	3	02:12:19	8'49"/km
48	1043	Marcos Neca	CDCF ASA	Male	43	MSenior	25	02:12:37	8'50"/km
49	1087	Pedro Vinhas	CDCF Aldeia de Santo António	Male	44	MSenior	26	02:12:39	8'50"/km
50	1063	Roberto Costa Fernandes	Individual	Male	45	M40	13	02:13:34	8'54"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
51	1001	Filipe Afonso	Clube de Montanhismo da Guarda	Male	46	M40	14	02:14:22	8'57"/km
52	1089	Beatriz Abreu Peixoto	Individual	Female	6	FSenior	3	02:14:24	8'57"/km
53	1053	Filipe Guerra	Grupo desportivo da Mata/CMMC Covilhã	Male	47	MSenior	27	02:14:24	8'57"/km
54	1117	Catarina Dias	ALLcains RUN	Female	7	FSenior	4	02:15:23	9'01"/km
55	1080	Márcio Duarte	Individual	Male	48	MSenior	28	02:16:14	9'04"/km
56	1025	Frederico Faisca Barreiros	Individual	Male	49	M40	15	02:16:17	9'05"/km
57	1023	Luis Sousa	Trail Team Vila de Mouros	Male	50	M50	4	02:17:03	9'08"/km
58	1042	Rui Lucas	Belmonte Runners	Male	51	M40	16	02:19:31	9'18"/km
59	1071	Carla Vinhas	Belmonte Runners	Female	8	F40	2	02:19:46	9'19"/km
60	1044	Carla Fernandes	Trail Team Vila de Mouros	Female	9	F40	3	02:19:51	9'19"/km
61	1012	Rui Pereira	Individual	Male	52	M50	5	02:19:51	9'19"/km
62	1030	Cecília Barros	CDCF ASA	Female	10	F50	1	02:20:33	9'22"/km
63	1055	Serafim Ventura	CDCF Aldeia de Santo António	Male	53	MSenior	29	02:20:53	9'23"/km
64	1056	Ricardo Manuel Silvestre Vaz	Individual	Male	54	MSenior	30	02:20:55	9'23"/km
65	1057	Luís André Anjos Romano	Individual	Male	55	MSenior	31	02:21:05	9'24"/km
66	1013	Estela Primo	Individual	Female	11	FSenior	5	02:21:20	9'25"/km
67	1102	Rui Viegas	Galhardos Runners	Male	56	M40	17	02:21:28	9'25"/km
68	1033	Filipa Oliveira	Individual	Female	12	F40	4	02:24:26	9'37"/km
69	1112	Fernando Antunes	Individual	Male	57	M40	18	02:25:56	9'43"/km
70	1095	Maria Luisa	Individual	Female	13	F40	5	02:26:05	9'44"/km
71	1096	Fidel Conde	Individual	Male	58	M40	19	02:26:06	9'44"/km
72	1108	Rodrigo Conchinha	Individual	Male	59	M40	20	02:26:31	9'46"/km
73	1047	Ana Isabel Cabeças	Belmonte Runners	Female	14	F50	2	02:28:14	9'52"/km
74	1077	Carla Matos	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Female	15	F40	6	02:28:47	9'55"/km
75	1104	Ricardo Oliveira	Individual	Male	60	MSenior	32	02:28:52	9'55"/km
76	1040	Miguel Caetano	Sena Clube	Male	61	M40	21	02:31:15	10'05"/km
77	1126	Joao Ramos	Individual	Male	62	M50	6	02:35:14	10'21"/km
78	1120	Claudia Sofia Martins Matias	Individual	Female	16	F40	7	02:35:24	10'21"/km
79	1119	João Paulo Marques Saraiva	Individual	Male	63	M40	22	02:35:27	10'21"/km
80	1091	Marta Pinto	Guarda Runners	Female	17	FSenior	6	02:51:45	11'27"/km
81	1090	Marco Pereira	Guarda Runners	Male	64	M40	23	02:51:45	11'27"/km
82	1024	Inês Nunes	Individual	Female	18	FSenior	7	02:52:00	11'28"/km
83	1066	Daniel Tavares	ADM Trail Team	Male	65	MSenior	33	02:52:01	11'28"/km
84	1002	Margarida Guedelha Lucas	ADM Trail Team	Female	19	F40	8	02:52:27	11'29"/km
85	1081	Liliana Figueira	Individual	Female	20	FSenior	8	02:53:56	11'35"/km
86	1082	Rita Santos	Individual	Female	21	F40	9	02:54:06	11'36"/km
87	1032	Érica Santos	Feijocas Bordaleiras	Female	22	FSenior	9	02:54:13	11'36"/km
88	1103	Joana Naves	Individual	Female	23	FSenior	10	02:55:55	11'43"/km
89	1067	Francisco Domingues	Trail Team Vila de Mouros	Male	66	M40	24	02:55:57	11'43"/km
90	1124	João Tomás	Caça Km	Male	67	MS23	4	02:59:42	11'58"/km
91	1125	Cláudia Botelho	Caça Km	Female	24	F40	10	02:59:43	11'58"/km
92	1088	Maria Adelaide Silva Rebelo E Silva Reis	Individual	Female	25	F40	11	03:01:24	12'05"/km
93	1097	Jorge Manuel Monteiro Mendes	Clube de Montanhismo da Guarda	Male	68	M60	1	03:03:45	12'15"/km
94	1123	María Rúa Alonso	Individual	Female	26	FSenior	11	03:03:53	12'15"/km
95	1122	Cláudia Vaz	Polis Fitness Club	Female	27	FSenior	12	03:03:54	12'15"/km
96	1060	Magda Coelho	Belmonte Runners	Female	28	FSenior	13	03:06:08	12'24"/km
97	1000	Ana Rosa Ferreira Matias	Fajarda Runners	Female	29	F50	3	03:22:33	13'30"/km
98	1031	Filipa Gameiro	Cross Fundão	Female	30	FSenior	14	03:28:50	13'55"/km
99	1029	David Pereira	Feijocas Bordaleiras	Male	69	M40	25	03:30:33	14'02"/km
100	1059	Nelson Monteiro	Individual	Male	70	MSenior	34	03:36:09	14'24"/km
101	1054	João Pedro Dias	Individual	Male	71	MSenior	35	03:36:09	14'24"/km
102	1028	Carlos Venâncio	Feijocas Bordaleiras	Male	72	M50	7	03:42:29	14'49"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
103	1027	Antonio Azevedo	Feijocas Bordaleiras	Male	73	M40	26	03:42:32	14'50"/km
104	1083	Carlos Augusto Cruz	Feijocas Bordaleiras	Male	74	MSenior	36	03:42:32	14'50"/km
105	1026	Lídia Silva	Feijocas Bordaleiras	Female	31	F50	4	03:42:33	14'50"/km
106	1010	Maria Da Graça Pedro Cotrim	Sem Clube	Female	32	F50	5	03:58:39	15'54"/km
107	1008	Élia Maria Gil Marques Chambel	Individual	Female	33	F50	6	03:58:52	15'55"/km
108	1009	Marina Dias Alves	Individual	Female	34	F60	1	03:58:55	15'55"/km