



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	545	Daniel Santos	Individual	Male	1	M40	1	02:24:31	5'46"/km
2	559	Daniel Correia	Trail Team Vila de Mouros	Male	2	MSenior	1	02:25:31	5'49"/km
3	553	João Castel-branco	Individual	Male	3	MSenior	2	02:28:28	5'56"/km
4	558	Emanuel Biscaia Lucas	Clube Sameiro a Rodar	Male	4	MSenior	3	02:33:26	6'08"/km
5	535	Rui Alves	ACRSD	Male	5	M50	1	02:36:40	6'16"/km
6	546	João Saraiva	ENCL	Male	6	MSenior	4	02:38:34	6'20"/km
7	543	Filipe Saraiva	NDS Triatlo MRW Guarda	Male	7	MSenior	5	02:43:07	6'31"/km
8	531	André Saraiva	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	Male	8	MSenior	6	02:43:43	6'32"/km
9	550	Raul Jesus	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Male	9	MSenior	7	02:44:17	6'34"/km
10	552	Gonçalo Gonçalves	Trail Team Vila de Mouros	Male	10	M40	2	02:44:30	6'34"/km
11	501	Vasco Lucas	Guarda Runners	Male	11	MSenior	8	02:48:39	6'44"/km
12	529	Helder Neves	ADM Trail Team	Male	12	MSenior	9	02:49:06	6'45"/km
13	554	Igor Almeida	GDCR LAJES	Male	13	MSenior	10	02:54:53	6'59"/km
14	512	Hélio Costa	ADM Trail Team	Male	14	M40	3	02:55:15	7'00"/km
15	515	Tiago Anjos	WD 40 TEAM	Male	15	M40	4	02:55:36	7'01"/km
16	532	Luís Filipe Cardoso Da Silva Reis	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Male	16	M40	5	02:57:24	7'05"/km
17	536	Cláudio Santarém	ADM Trail Team	Male	17	MSenior	11	03:01:18	7'15"/km
18	541	João Costa	Individual	Male	18	MSenior	12	03:04:55	7'23"/km
19	556	Ricardo Peneda	Pistoleiros do Trail	Male	19	M40	6	03:06:27	7'27"/km
20	555	Nuno Gonçalves	ARSM-Associação Recreativa de São Miguel	Male	20	M40	7	03:06:27	7'27"/km
21	510	Daniel Costa	Grupo de convívio e amizade das donas	Male	21	M40	8	03:10:02	7'36"/km
22	504	Luís Pascoal	NFC Running Team	Male	22	M50	2	03:12:08	7'41"/km
23	560	Daniel Martins	Grupo BTT de MANTEIGAS	Male	23	M40	9	03:14:58	7'47"/km
24	513	Tiago Gaspar	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Male	24	M40	10	03:16:53	7'52"/km
25	511	Sérgio Caetano	TRAIL - Grupo Desportivo de Trancoso	Male	25	MSenior	13	03:16:57	7'52"/km
26	527	Jorge Pires	Caça Km	Male	26	M40	11	03:19:30	7'58"/km
27	518	Bruno Filipe Pereira Da Silva	Grupo Desportivo Águias do Canhoso	Male	27	MSenior	14	03:21:44	8'04"/km
28	544	Daniel Teixeira Gêgo	Associação Desportiva do Fundão	Male	28	MSenior	15	03:22:06	8'05"/km
29	523	Nuno Alves	Grupo Desportivo Águias do Canhoso	Male	29	M40	12	03:22:21	8'05"/km
30	549	Jorge Morais	Falcões do Côa - Pinhel	Male	30	M40	13	03:23:02	8'07"/km
31	517	Gabriel Clara	Sena Clube	Male	31	M40	14	03:24:13	8'10"/km
32	561	Fernando Santos	Grupo desportivo da Mata/CMMC Covilhã	Male	32	M60	1	03:25:19	8'12"/km
33	533	Ruben Carvalho	OCR Portugal Lab Club	Male	33	MSenior	16	03:30:24	8'24"/km
34	506	Maria Marques	ADM Trail Team	Female	1	F50	1	03:30:45	8'25"/km
35	530	Marta Vicente	GDCR LAJES	Female	2	F40	1	03:32:40	8'30"/km
36	509	Pedro Ribeiro	Guarda Runners	Male	34	MSenior	17	03:37:04	8'41"/km
37	551	Ana Morais	Falcões do Côa - Pinhel	Female	3	F40	2	03:38:15	8'43"/km
38	542	Ana Catarina Ferreira Da Costa	Clube de Montanhismo da Guarda	Female	4	FSenior	1	03:41:20	8'51"/km
39	508	Ricardo Veiga	Obikwelus da Guarda	Male	35	M40	15	03:44:05	8'57"/km
40	507	Eduardo Bárbara	ADM Trail Team	Male	36	MSenior	18	03:44:16	8'58"/km
41	525	Bernardo Domingos	ADM Trail Team	Male	37	M40	16	03:45:39	9'01"/km
42	526	Marta Isabel Jesus Soares	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Female	5	F40	3	03:47:24	9'05"/km
43	519	João Chagas	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Male	38	MSenior	19	03:47:25	9'05"/km
44	534	Orlando	Falcões do Côa - Pinhel	Male	39	M40	17	03:51:26	9'15"/km
45	503	Rui Daniel Da Fonseca Martins	ADM Trail Team	Male	40	MSenior	20	03:51:31	9'15"/km
46	500	Paula Cristina Marques Inácio	Trail Team Vila de Mouros	Female	6	F50	2	03:53:08	9'19"/km
47	524	João Livramento	Grupo Desportivo Águias do Canhoso	Male	41	MSenior	21	03:55:34	9'25"/km
48	522	Nuno Livramento	Grupo Desportivo Águias do Canhoso	Male	42	M40	18	03:55:34	9'25"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
49	520	Carina Salcedas	Belmonte Runners	Female	7	FSenior	2	03:55:47	9'25"/km
50	521	Carla Pinto	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Female	8	FSenior	3	03:55:47	9'25"/km
51	514	David André	WD 40 TEAM	Male	43	MSenior	22	04:10:17	10'00"/km
52	516	Helder Santos	WD 40 TEAM	Male	44	MSenior	23	04:10:18	10'00"/km
53	547	Carlos Dos Santos Rabaça	Grupo BTT de MANTEIGAS	Male	45	M50	3	04:23:54	10'33"/km
54	548	Nuno Miguel Lopes Ferrão	Grupo BTT de MANTEIGAS	Male	46	M40	19	04:26:44	10'40"/km
55	538	Nélio Marques	ADM Trail Team	Male	47	M40	20	04:26:44	10'40"/km
56	528	Joel Albuquerque	ADM Trail Team	Male	48	M40	21	04:26:46	10'40"/km
57	537	Paulo Lourenco	ADM Trail Team	Male	49	MSenior	24	04:26:47	10'40"/km
58	539	Adelaide Coutinho	Individual	Female	9	FSenior	4	04:27:01	10'40"/km
59	540	Sara Felicio	Individual	Female	10	FSenior	5	04:27:03	10'40"/km