



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	1024	Francisco Andrade Gonçalves	Minho e Lima Trail/Grupo Monte	Male	1	MS23	1	00:55:46	4'38"/km
2	1000	Leonel Videira	Lobos do Brunheiro de Chaves / Anteros	Male	2	MSenior	1	01:02:23	5'11"/km
3	1095	Jorge Teixeira	TTEIXEIRA	Male	3	M40	1	01:03:26	5'17"/km
4	1037	Miguel Ferreira	Miles & Vibes	Male	4	MSenior	2	01:06:32	5'32"/km
5	1097	José António Almeida Moreira	Fox Running Team	Male	5	M55	1	01:06:48	5'34"/km
6	1096	José Costa	Power Fitness Studio	Male	6	M45	1	01:07:02	5'35"/km
7	1092	David Campos Álvarez	Individual	Male	7	MSenior	3	01:13:42	6'08"/km
8	1047	Mara Calado	Clube Atlético Macedo de Cavaleiros	Female	1	FSenior	1	01:13:52	6'09"/km
9	1001	Rosa Carmo	Lobos do Brunheiro de Chaves / Anteros	Female	2	F35	1	01:14:08	6'10"/km
10	1057	María Obes	Lobos do Brunheiro de Chaves / Anteros	Female	3	FSenior	2	01:14:38	6'13"/km
11	1008	Dinis Rodrigues	Lobos do Brunheiro de Chaves / Anteros	Male	8	MS23	2	01:17:37	6'28"/km
12	1067	Anabela Cameirão	Atletismo de Miranda do Douro C.D.M.D.	Female	4	F40	1	01:17:47	6'28"/km
13	1036	José Peso	Individual	Male	9	M50	1	01:18:44	6'33"/km
14	1073	Tiago Quintas	Banda Musical de Rebordondo	Male	10	MSenior	4	01:19:57	6'39"/km
15	1066	Odete Martins	Atletismo de Miranda do Douro C.D.M.D.	Female	5	FSenior	3	01:19:59	6'39"/km
16	1062	Jose Fernandez	Individual	Male	11	M40	2	01:21:06	6'45"/km
17	1027	José Manuel Moreira Gonçalves	Individual	Male	12	M50	2	01:21:49	6'49"/km
18	1090	Helena Ferreiro Fernández	Azevim Nature	Female	6	F50	1	01:22:14	6'51"/km
19	1071	Vítor M Cardoso	Corre são João	Male	13	M55	2	01:22:16	6'51"/km
20	1040	Teresa Marta	Linces do Marão	Female	7	F50	2	01:23:10	6'55"/km
21	1063	João Duro	Individual	Male	14	MSenior	5	01:23:22	6'56"/km
22	1076	Miguel Gonzalez Garcia	Individual	Male	15	MSenior	6	01:23:48	6'59"/km
23	1049	Paulo Manuel Das Neves Santos	Individual	Male	16	M50	3	01:24:38	7'03"/km
24	1026	Tiago Manuel Brandão Pinto Sousa	Individual	Male	17	M45	2	01:25:24	7'07"/km
25	1043	Sara Dias	Linces do Marão	Female	8	F35	2	01:25:46	7'08"/km
26	1083	Edgar Fernandes	Power Fitness Studio	Male	18	M40	3	01:25:51	7'09"/km
27	1050	Bernardo Espinho	Individual	Male	19	M45	3	01:26:17	7'11"/km
28	1056	Borges Jorge	Individual	Male	20	M50	4	01:26:29	7'12"/km
29	1074	Pablo Martínez Boó	Individual	Male	21	MSenior	7	01:27:09	7'15"/km
30	1075	Iván Blanco Araújo	Individual	Male	22	MSenior	8	01:27:09	7'15"/km
31	1014	Jose Manuel Rodriguez Cid	ASALTAMONTES TRAIL	Male	23	M50	5	01:27:34	7'17"/km
32	1068	Carla Marcos	Atletismo de Miranda do Douro C.D.M.D.	Female	9	F35	3	01:28:37	7'23"/km
33	1009	Paulo Costa	Individual	Male	24	M50	6	01:28:43	7'23"/km
34	1010	Nanda Costa	Individual	Female	10	F45	1	01:28:43	7'23"/km
35	1021	Solange Rodrigues	Individual	Female	11	F55	1	01:29:18	7'26"/km
36	1058	Nelson Tomé	Individual	Male	25	M40	4	01:30:25	7'32"/km
37	1041	Berta Miranda	Linces do Marão	Female	12	F45	2	01:30:26	7'32"/km
38	1025	João Pedro Silva	WALKING INSIDE OUT	Male	26	MS23	3	01:31:22	7'36"/km
39	1053	Rebeca Castiñeiras Gallego	ASALTAMONTES TRAIL	Female	13	F50	3	01:31:27	7'37"/km
40	1015	Antonio Guede Conde	ASALTAMONTES TRAIL	Male	27	M45	4	01:32:33	7'42"/km
41	1070	Sara Baptista	Running Espinho	Female	14	F35	4	01:34:32	7'52"/km
42	1046	Macy Gonçalves Monteiro	Individual	Female	15	FSenior	4	01:36:21	8'01"/km
43	1080	Filipe Ferreira	Miles & Vibes	Male	28	M35	1	01:36:37	8'03"/km
44	1052	André Ribeiro	Lobos do Brunheiro de Chaves / Anteros	Male	29	M35	2	01:37:00	8'05"/km
45	1089	María Concepción Lorenzo Gil	ASALTAMONTES TRAIL	Female	16	F55	2	01:37:37	8'08"/km
46	1086	Ana Marisa Maseira Torrão	Individual	Female	17	FSenior	5	01:38:13	8'11"/km
47	1065	Maria Luz Ortega Millara	ASALTAMONTES TRAIL	Female	18	F50	4	01:38:23	8'11"/km
48	1064	Marcos	ASALTAMONTES TRAIL	Male	30	M45	5	01:38:23	8'11"/km
49	1084	Sara Lage	Power Fitness Studio	Female	19	F35	5	01:38:53	8'14"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
50	1082	Joaquim Ferreira	Power Fitness Studio	Male	31	M60	1	01:42:27	8'32"/km
51	1087	Sara Granja	Alexandra Carvalho Team	Female	20	F35	6	01:42:50	8'34"/km
52	1054	Ana Patrícia Magalhães Miranda	Individual	Female	21	FS23	1	01:43:32	8'37"/km
53	1055	Clara Francisca Sousa Martins	Individual	Female	22	FS23	2	01:43:34	8'37"/km
54	1048	Berta Ferreira	Valongo Trail Team	Female	23	F50	5	01:43:47	8'38"/km
55	1077	Joana Ferreira	Miles & Vibes	Female	24	FSenior	6	01:44:20	8'41"/km
56	1016	Zélia Rodrigues	WALKING INSIDE OUT	Female	25	F50	6	01:48:29	9'02"/km
57	1069	Inês Guilherme	Individual	Female	26	FSenior	7	01:50:42	9'13"/km
58	1051	Mattia Cruzeiro	Lobos do Brunheiro de Chaves / Anteros	Male	32	MSenior	9	01:50:43	9'13"/km
59	1022	Carlos Pires	Anteros Service	Male	33	M55	3	01:52:58	9'24"/km
60	1098	Bruno Chaves	Individual	Male	34	M45	6	01:57:58	9'49"/km
61	1012	Antonia Azevedo	Individual	Female	27	F55	3	01:59:17	9'56"/km
62	1013	Armando Machado	Individual	Male	35	M55	4	01:59:17	9'56"/km
63	1023	Kellen Dominguez Martinez	Individual	Female	28	F40	2	02:03:11	10'15"/km
64	1030	Alexandrina Oliveira	Lobos do Brunheiro de Chaves / Anteros	Female	29	F60	1	02:04:26	10'22"/km
65	1028	Catalina Vinhais	Individual	Female	30	FSenior	8	02:05:40	10'28"/km
66	1088	Rafaela Guimarães	Individual	Female	31	F35	7	02:06:05	10'30"/km
67	1031	Anabela Penas	Lobos do Brunheiro de Chaves / Anteros	Female	32	F50	7	02:06:36	10'33"/km
68	1081	Helena Ferreira	Power Fitness Studio	Female	33	F55	4	02:06:37	10'33"/km
69	1079	Filipe Pereira	Individual	Male	36	M50	7	02:11:03	10'55"/km
70	1094	Patricia Diniz	Individual	Female	34	F45	3	02:14:01	11'10"/km
71	1078	Sónia Salgado	Individual	Female	35	F45	4	02:14:03	11'10"/km
72	1060	Cristiano Portal	Individual	Male	37	MSenior	10	02:16:39	11'23"/km
73	1059	Aida Silva	Individual	Female	36	FSenior	9	02:16:39	11'23"/km
74	1006	Diandra Barros	WALKING INSIDE OUT	Female	37	FSenior	10	02:19:29	11'37"/km
75	1005	Cristina Araújo	WALKING INSIDE OUT	Female	38	F45	5	02:19:29	11'37"/km
76	1007	Marta Duarte	WALKING INSIDE OUT	Female	39	F50	8	02:19:30	11'37"/km
77	1045	Cristina Pires	Individual	Female	40	F35	8	02:27:27	12'17"/km
78	1044	Anabela Pires	Individual	Female	41	F35	9	02:27:27	12'17"/km
79	1018	Francisco Marques	WALKING INSIDE OUT	Male	38	M55	5	03:43:38	18'38"/km
80	1017	Sofia Costa Gomes	WALKING INSIDE OUT	Female	42	F55	5	03:43:38	18'38"/km