



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	515	André Miguel Martins	Linces do Marão	Male	1	MSenior	1	01:59:36	5'58"/km
2	545	Jorge Costa	Linces do Marão	Male	2	M45	1	02:01:17	6'03"/km
3	594	Alírio Sebastião	Atletismo de Miranda do Douro C.D.M.D.	Male	3	M45	2	02:01:57	6'05"/km
4	589	Jose Manuel Perez Rodriguez	Running sport trail	Male	4	M45	3	02:09:53	6'29"/km
5	558	Licínio Edgar Ferreira Nascimento	DURIUS AC PESQUEIRA	Male	5	M40	1	02:12:12	6'36"/km
6	568	Samuel Lobo	AMA- Associação Mondim Atletismo	Male	6	MSenior	2	02:12:58	6'38"/km
7	584	Ana Carolina Oliveira	Individual	Female	1	FSenior	1	02:14:56	6'44"/km
8	538	Ricardo Lopes	Academia Desportiva de Arcos de Valdevez	Male	7	M40	2	02:16:08	6'48"/km
9	553	Manuel Dias	Individual	Male	8	M40	3	02:16:09	6'48"/km
10	588	João Meireles	Individual	Male	9	MSenior	3	02:19:08	6'57"/km
11	577	Cláudio Monteiro	CB RUN	Male	10	M55	1	02:19:41	6'59"/km
12	569	José Oliveira	AMA- Associação Mondim Atletismo	Male	11	M55	2	02:20:38	7'01"/km
13	590	Carlos Domingues	Individual	Male	12	MSenior	4	02:23:42	7'11"/km
14	587	Ricardo Rivera Camba	Asesou	Male	13	M40	4	02:24:11	7'12"/km
15	575	Gilberto Correia	Nucleo de Atletismo de Vila Real	Male	14	M45	4	02:24:22	7'13"/km
16	555	Joaquim Silva	DURIUS AC PESQUEIRA	Male	15	M50	1	02:25:37	7'16"/km
17	512	Rui Melo	Lobos do Brunheiro de Chaves / Anteros	Male	16	M40	5	02:27:49	7'23"/km
18	503	Ricardo Cunha	Individual	Male	17	M45	5	02:28:47	7'26"/km
19	519	Samuel Cepeda	WALKING INSIDE OUT	Male	18	M50	2	02:34:03	7'42"/km
20	559	Fernando Gomes	Atletismo de Miranda do Douro C.D.M.D.	Male	19	M40	6	02:37:02	7'51"/km
21	574	Florbela Alves	Nucleo de Atletismo de Vila Real	Female	2	F40	1	02:38:04	7'54"/km
22	582	Lara Fernandes	Individual	Female	3	FS23	1	02:38:21	7'55"/km
23	579	Gomes Tom	Individual	Male	20	MSenior	5	02:38:37	7'55"/km
24	561	Edgar Silva	Clube Atlético Macedo de Cavaleiros	Male	21	MSenior	6	02:38:56	7'56"/km
25	567	Jorge Alves	AMA- Associação Mondim Atletismo	Male	22	M45	6	02:42:31	8'07"/km
26	502	David Manuel Silva Santos	Individual	Male	23	M35	1	02:42:31	8'07"/km
27	571	Anabela Fernandes Martins	Atletismo de Miranda do Douro C.D.M.D.	Female	4	F35	1	02:43:51	8'11"/km
28	517	Alberto Blanco Alvarez	ASALTAMONTES TRAIL	Male	24	M45	7	02:46:32	8'19"/km
29	560	Louis-philippe Vasconcelos	Moonstone	Male	25	M45	8	02:47:31	8'22"/km
30	562	Renato Lopes	Individual	Male	26	MSenior	7	02:53:39	8'40"/km
31	535	Alexandra Sá	Individual	Female	5	F50	1	02:54:25	8'43"/km
32	570	Nuno Costa	Individual	Male	27	MSenior	8	02:55:07	8'45"/km
33	573	Joao Graça	Nucleo de Atletismo de Vila Real	Male	28	M45	9	02:55:15	8'45"/km
34	572	Arlete Gomes	Nucleo de Atletismo de Vila Real	Female	6	F40	2	02:57:24	8'52"/km
35	23	Sílvia Marinho	AD MARCO 09	Female	7	F35	2	02:58:09	8'54"/km
36	563	João Rodrigues	Individual	Male	29	M35	2	03:01:13	9'03"/km
37	524	José Mendes	Minho Aventura	Male	30	M55	3	03:03:33	9'10"/km
38	556	Olga Gouveia	DURIUS AC PESQUEIRA	Female	8	F50	2	03:03:34	9'10"/km
39	544	João Gil	Linces do Marão	Male	31	M60	1	03:06:18	9'18"/km
40	576	Pedro Ribeiro	Mountain Adventours	Male	32	M35	3	03:06:50	9'20"/km
41	548	Carlos Macedo	A.D. Amarante Trail Running	Male	33	M60	2	03:07:59	9'23"/km
42	534	Mena Costa	Individual	Female	9	F50	3	03:08:09	9'24"/km
43	564	Liliane Feijó	Individual	Female	10	F40	3	03:08:19	9'25"/km
44	565	Nicolas Barry Delongchamps	Moonstone	Male	34	M45	10	03:09:52	9'29"/km
45	537	Sergio Pereira	Individual	Male	35	M40	7	03:10:24	9'31"/km
46	557	Custódio Paulo Tavares Alves	DURIUS AC PESQUEIRA	Male	36	M55	4	03:12:08	9'36"/km
47	591	Rui Moura	Viriathvs Runners Viseu	Male	37	M40	8	03:13:01	9'39"/km
48	526	João Cavaleiro	Individual	Male	38	MS23	1	03:14:33	9'43"/km
49	522	Fábio Marques	Individual	Male	39	M40	9	03:21:08	10'03"/km
50	580	Altino Rafael Pinheiro Amarante	Linces do Marão	Male	40	MSenior	9	03:26:05	10'18"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
51	551	João Fernandes	Individual	Male	41	MSenior	10	03:28:14	10'24"/km
52	592	Daniel Nunes	Individual	Male	42	M40	10	03:28:59	10'27"/km
53	529	César Sousa	CTM Vila Pouca de Aguiar	Male	43	M45	11	03:29:06	10'27"/km
54	586	Luis Marques	Alexandra Carvalho Team	Male	44	M50	3	03:36:17	10'48"/km
55	536	Sónia Fernandes Mourão Pereira	Individual	Female	11	F40	4	03:39:53	10'59"/km
56	531	João Carneiro	CTM Vila Pouca de Aguiar	Male	45	M50	4	03:42:12	11'06"/km
57	511	Isabel Gomez	GRCD Leão - Cobras Trailistas	Female	12	F40	5	03:55:38	11'46"/km
58	578	Paulina Soares	Tog Associação Running Team	Female	13	F60	1	03:56:24	11'49"/km
59	581	António Martins Dias	Alexandra Carvalho Team	Male	46	M45	12	04:16:27	12'49"/km
60	507	Filipa Morais	WALKING INSIDE OUT	Female	14	FSenior	2	04:17:18	12'51"/km
61	583	Regina Figueiredo	Nucleo de Atletismo de Vila Real	Female	15	F45	1	04:17:20	12'52"/km
62	509	Ana Cunha	WALKING INSIDE OUT	Female	16	FSenior	3	04:19:11	12'57"/km
63	506	Ana Monteiro	WALKING INSIDE OUT	Female	17	F35	3	04:19:12	12'57"/km
64	508	Lara Roxo	WALKING INSIDE OUT	Female	18	F40	6	04:19:12	12'57"/km
65	518	Rui Barreira	WALKING INSIDE OUT	Male	47	M45	13	04:24:06	13'12"/km
66	505	Margarida Fernandes	WALKING INSIDE OUT	Female	19	F40	7	04:40:42	14'02"/km
67	501	Paula Maria Morais	Lobos do Brunheiro de Chaves / Anteros	Female	20	F45	2	04:40:43	14'02"/km
68	510	Manuela Sevivas	WALKING INSIDE OUT	Female	21	F45	3	04:40:43	14'02"/km
69	585	Miguel Sevivas Oliveira	WALKING INSIDE OUT	Male	48	MS23	2	04:40:44	14'02"/km