



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	48	Antonio Luis Pereira	Linces do Marão	Male	1	M45	1	02:50:40	5'41"/km
2	44	Bruno Coelho	Individual	Male	2	M40	1	03:00:01	6'00"/km
3	1093	Fernando Álvarez Garcia	Azevim Nature	Male	3	M50	1	03:15:01	6'30"/km
4	65	Euclides Martinho Abrantes Rodrigues Da Silva Pires	Linces do Marão	Male	4	M45	2	03:22:51	6'45"/km
5	54	Fábio Carvalho	Linces do Marão	Male	5	MSenior	1	03:22:52	6'45"/km
6	25	Paula Sofia Coutinho Soares	Saca Trilhos Anadia	Female	1	F35	1	03:28:33	6'57"/km
7	64	Carlos Afonso Borges	A D Amarante Trail Runing	Male	6	M45	3	03:30:45	7'01"/km
8	47	Luis Manuel Lourenço Felix	Linces do Marão	Male	7	M40	2	03:35:42	7'11"/km
9	58	Jaime Rodrigues Fernandes	Individual	Male	8	M50	2	03:41:26	7'22"/km
10	542	Ricardo Leão	Linces do Marão	Male	9	M35	1	03:44:26	7'28"/km
11	61	Nelson Videira	Ara alfandeguense	Male	10	M40	3	03:48:46	7'37"/km
12	33	Pedro Sá	CTM Vila Pouca de Aguiar	Male	11	M45	4	03:54:16	7'48"/km
13	41	Rui André Martins	Nucleo de Atletismo de Vila Real	Male	12	M40	4	03:59:08	7'58"/km
14	27	Paulo Costa	100RaiosTeam	Male	13	M45	5	04:07:19	8'14"/km
15	11	Cristina Rguez	Running sport trail	Female	2	F40	1	04:07:20	8'14"/km
16	42	Damian Álvarez Gutiérrez	Castro trail	Male	14	MSenior	2	04:07:23	8'14"/km
17	62	Ismael Núñez Aguiar	Individual	Male	15	MSenior	3	04:08:31	8'17"/km
18	8	Rafaela Bento	ARCD Venda da Luísa	Female	3	F35	2	04:09:40	8'19"/km
19	52	Tania Ribeiro	Linces do Marão	Female	4	FSenior	1	04:10:55	8'21"/km
20	51	Tiago Pona	Linces do Marão	Male	16	M35	2	04:13:09	8'26"/km
21	32	Sérgio Vilela	CTM Vila Pouca de Aguiar	Male	17	M40	5	04:15:56	8'31"/km
22	60	Belen Rodrigues Vidal	Azevim Nature	Female	5	F45	1	04:18:09	8'36"/km
23	16	André Silva	Minho Aventura	Male	18	MSenior	4	04:18:15	8'36"/km
24	22	Javier Pitarque Valero	Running sport trail	Male	19	M45	6	04:19:05	8'38"/km
25	30	Carlos Sousa	CTM Vila Pouca de Aguiar	Male	20	M55	1	04:22:33	8'45"/km
26	15	Sérgio Rodelo	40Marathons	Male	21	M50	3	04:22:53	8'45"/km
27	38	Artur Dias	Individual	Male	22	M55	2	04:23:29	8'46"/km
28	46	Céu Costa	Linces do Marão	Female	6	F55	1	04:23:29	8'46"/km
29	37	Norberto Costa	Individual	Male	23	M60	1	04:23:29	8'46"/km
30	14	Mauro Santos	Individual	Male	24	M35	3	04:24:08	8'48"/km
31	43	Gonçalo Morais	Individual	Male	25	M45	7	04:24:47	8'49"/km
32	45	Ana Henriques	Linces do Marão	Female	7	F40	2	04:27:56	8'55"/km
33	53	Eduardo Pinto	Linces do Marão	Male	26	M50	4	04:27:56	8'55"/km
34	26	Ricardo Fernandes	PCRunners	Male	27	M35	4	04:35:17	9'10"/km
35	31	Ângelo Costa	CTM Vila Pouca de Aguiar	Male	28	M35	5	04:52:18	9'44"/km
36	19	Michel Gomes	Individual	Male	29	M45	8	04:57:49	9'55"/km
37	34	Estefânia Pinto	CTM Vila Pouca de Aguiar	Female	8	FSenior	2	05:06:30	10'13"/km
38	29	Lúcia Lemos	CTM Vila Pouca de Aguiar	Female	9	F55	2	05:12:30	10'25"/km
39	63	José Santos	Individual	Male	30	M35	6	05:12:30	10'25"/km
40	39	Carlos Teixeira	Individual	Male	31	M55	3	05:14:04	10'28"/km
41	7	Alexandra Carvalho	Alexandra Carvalho Team	Female	10	F40	3	05:15:22	10'30"/km
42	5	Pedro Alves	Alexandra Carvalho Team	Male	32	M45	9	05:15:25	10'30"/km
43	17	Joao Pinheiro	Valongo Trail Team	Male	33	M55	4	05:19:27	10'38"/km
44	59	Fernando Vicente	Individual	Male	34	M60	2	05:24:54	10'49"/km
45	55	Gonçalo Augusto Dos Santos Barreira	Individual	Male	35	MSenior	5	05:38:37	11'17"/km
46	56	Ricardo Borges Dias	Individual	Male	36	MS23	1	05:38:38	11'17"/km
47	35	Cristina Saraiva	CTM Vila Pouca de Aguiar	Female	11	F60	1	05:50:31	11'41"/km
48	50	Amitaf Costa	Linces do Marão	Female	12	F60	2	05:51:17	11'42"/km