



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	1046	João Henrique Da Cruz	CB RUN	Male	1	M35	1	00:58:16	4'51"/km
2	1001	Tiago Pinheiro	AD MARCO 09	Male	2	MSenior	1	00:59:14	4'56"/km
3	1015	Leonel Barros	Vizela corre	Male	3	M35	2	01:01:19	5'06"/km
4	9	Miguel Machado		Male	4	M45	1	01:03:52	5'19"/km
5	1061	Diogo Barros	CB RUN	Male	5	M45	2	01:04:07	5'20"/km
6	1060	Pedro Lopes	CB RUN	Male	6	M35	3	01:05:26	5'27"/km
7	1016	Rui Pinto	MTT RUNNING	Male	7	MSenior	2	01:05:48	5'29"/km
8	1002	Nuno Lemos	A D Nós Acreditamos	Male	8	M45	3	01:09:45	5'48"/km
9	1085	José Queiroz	MTT RUNNING	Male	9	M55	1	01:11:38	5'58"/km
10	1055	Jose Sousa	AMIGOS DA CORRIDA BRITO	Male	10	M60	1	01:14:25	6'12"/km
11	1059	Albino Fernandes	AMIGOS DA CORRIDA BRITO	Male	11	M45	4	01:14:27	6'12"/km
12	3012	Sergio Sampaio		Male	12	M45	5	01:14:33	6'12"/km
13	1007	José Azevedo	A.R.Sequeirô - Destemidos	Male	13	M55	2	01:15:07	6'15"/km
14	1038	Lino Cardoso	Never Alone Trail Team	Male	14	M55	3	01:15:20	6'16"/km
15	1091	Gualter Freitas	Erdal-Vimarunners	Male	15	M50	1	01:16:11	6'20"/km
16	3011	Renato Ribeiro		Male	16	M45	6	01:17:01	6'25"/km
17	1041	Francisco Martins	Individual	Male	17	MSenior	3	01:17:04	6'25"/km
18	529	João Pedro Correia Da Silva		Male	18	M40	1	01:18:01	6'30"/km
19	3008	Daniel Matos		Male	19	M45	7	01:20:06	6'40"/km
20	589	Milton Cabral	Amigos da Devesa	Male	20	M45	8	01:21:37	6'48"/km
21	588	Pedro Costa	Amigos da Devesa	Male	21	M45	9	01:21:37	6'48"/km
22	591	Pedro Silva	Amigos da Devesa	Male	22	M45	10	01:21:37	6'48"/km
23	590	Emanuel Costa	Amigos da Devesa	Male	23	M45	11	01:21:39	6'48"/km
24	1040	Joel Pereira	Never Alone Trail Team	Male	24	MSenior	4	01:22:15	6'51"/km
25	1026	Carlinhos	Individual	Male	25	MSenior	5	01:22:23	6'51"/km
26	1133	Ricardo Silva	Individual	Male	26	M50	2	01:22:25	6'52"/km
27	1131	António Oliveira	Individual	Male	27	M60	2	01:24:40	7'03"/km
28	1043	Tozé Oliveira	Individual	Male	28	M40	2	01:24:48	7'04"/km
29	1003	Samuel Oliveira	Vizela corre	Male	29	MS23	1	01:24:53	7'04"/km
30	1105	Cristiano Fernandes	A NOITE PASSA A CORRE - GUIMARÃES	Male	30	M45	12	01:24:54	7'04"/km
31	1087	João Cunha	Individual	Male	31	MSenior	6	01:24:56	7'04"/km
32	1044	Manuel Lopes	RIOFIT RUNNING	Male	32	M55	4	01:25:28	7'07"/km
33	1045	Jose Carlos	AMIGOS DA CORRIDA BRITO	Male	33	M45	13	01:25:32	7'07"/km
34	1117	Fernando Martins	A.R.Sequeirô - Destemidos	Male	34	M55	5	01:26:47	7'13"/km
35	1096	Daniela Pontes	Coronado Runners	Female	1	FSenior	1	01:26:48	7'14"/km
36	1034	José Gonçalves	GD AIRÃO RUN	Male	35	M60	3	01:26:49	7'14"/km
37	1012	Jorge Costa	sao jorge	Male	36	M55	6	01:26:54	7'14"/km
38	1106	José Bessa	Matema Texteis	Male	37	M55	7	01:27:56	7'19"/km
39	1035	Hilário Matos	GD AIRÃO RUN	Male	38	M45	14	01:28:16	7'21"/km
40	1071	Armando Silva	Running Dolls	Male	39	M45	15	01:28:23	7'21"/km
41	1063	Carla Daniela Pinto Teixeira	Tuga Mobile ADAP Trail	Female	2	FSenior	2	01:28:39	7'23"/km
42	1097	Sérgio Fernandes	Tuga Mobile ADAP Trail	Male	40	M40	3	01:28:39	7'23"/km
43	3006	Sergio Ferreira		Male	41	M45	16	01:28:44	7'23"/km
44	1109	Paulo Dias	Individual	Male	42	M60	4	01:29:15	7'26"/km
45	3014	Andre Pereira		Male	43	MSenior	7	01:29:17	7'26"/km
46	3015	Jose Pereira		Male	44	MSenior	8	01:29:30	7'27"/km
47	1118	Nuno Teixeira	coxos e mancos- Felgueiras city	Male	45	M45	17	01:29:36	7'28"/km
48	1072	Patricia Silva	Running Dolls	Female	3	F40	1	01:30:30	7'32"/km
49	1005	Celina Correia	A.R.Sequeirô - Destemidos	Female	4	F45	1	01:30:45	7'33"/km
50	3020	Mario Machado		Male	46	MSenior	9	01:32:03	7'40"/km
51	3019	Rui Machado		Male	47	MSenior	10	01:32:04	7'40"/km
52	1135	Carlos Costa	Duros da Santa	Male	48	M55	8	01:32:42	7'43"/km
53	1119	Miguel Ferreira	Individual	Male	49	MSenior	11	01:33:14	7'46"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
54	1088	Nuno Carvalho	Individual	Male	50	MSenior	12	01:33:18	7'46"/km
55	1079	Jorge Magalhães	Running Dolls	Male	51	M45	18	01:33:21	7'46"/km
56	1107	Pedro Coelho	Individual	Male	52	M40	4	01:33:52	7'49"/km
57	1004	Diogo Silva	A.R.Sequeirô - Destemidos	Male	53	MJuvenil	1	01:33:57	7'49"/km
58	1110	Manuel Domingues	Individual	Male	54	M55	9	01:34:10	7'50"/km
59	1134	Nelson Andrade	Individual	Male	55	M45	19	01:34:15	7'51"/km
60	1037	Luís Miguel Cardoso Pontes Magalhães Pacheco	Individual	Male	56	M35	4	01:34:36	7'53"/km
61	1030	Fábio Machado	Individual	Male	57	M35	5	01:34:38	7'53"/km
62	1115	Gustavo Carneiro	Running Dolls	Male	58	M45	20	01:35:34	7'57"/km
63	1067	Andreia Pelicano	Associação desportiva Mont blue team	Female	5	F40	2	01:35:50	7'59"/km
64	1051	Josefina Tinoco	AMIGOS DA CORRIDA BRITO	Female	6	F55	1	01:36:16	8'01"/km
65	1116	Bruno Ribeiro	Running Dolls	Male	59	M45	21	01:36:48	8'04"/km
66	1070	António Ribeiro	Individual	Male	60	M55	10	01:37:34	8'07"/km
67	1039	Fatima Sousa	Never Alone Trail Team	Female	7	F50	1	01:37:37	8'08"/km
68	1052	David Carvalho	FORTES TEAM	Male	61	M45	22	01:37:39	8'08"/km
69	1053	Helder Silva	Aguasseyrus	Male	62	M45	23	01:38:19	8'11"/km
70	1058	Ivo Mesquita	Aguasseyrus	Male	63	M40	5	01:38:20	8'11"/km
71	3028	Antonio Gonçalves		Male	64	M35	6	01:38:22	8'11"/km
72	1036	Carla Dias	GD AIRÃO RUN	Female	8	F45	2	01:38:23	8'11"/km
73	1104	João Nuno Ferreira Faria	Erdal-Vimarunners	Male	65	MSenior	13	01:38:34	8'12"/km
74	1013	Carlos Rodrigues	Individual	Male	66	MSenior	14	01:39:17	8'16"/km
75	1113	Assunção Perliteiro	Running Dolls	Female	9	F50	2	01:39:54	8'19"/km
76	3022	Marion Lebreton		Female	10	FS23	1	01:39:56	8'19"/km
77	3021	Anais Degardin		Female	11	FS23	2	01:40:01	8'20"/km
78	563	Luís Fonseca		Male	67	M45	24	01:40:04	8'20"/km
79	1112	Rui Bastos	Running Dolls	Male	68	M35	7	01:40:05	8'20"/km
80	1082	Liliana Teixeira	Tuga Mobile ADAP Trail	Female	12	F40	3	01:40:35	8'22"/km
81	1031	Fátima Moreira	Twogym	Female	13	F45	3	01:41:00	8'25"/km
82	1023	João Ferreira	Individual	Male	69	MSenior	15	01:41:45	8'28"/km
83	1008	Gil Vicente	Individual	Male	70	M40	6	01:41:48	8'29"/km
84	1080	Filipe Silva	Running Dolls	Male	71	M45	25	01:43:11	8'35"/km
85	1092	Manuel Ferreira	Coronado Runners	Male	72	M45	26	01:43:52	8'39"/km
86	1028	Carlos Alberto Alves Da Silva	ArcoRun	Male	73	M60	5	01:44:10	8'40"/km
87	1056	Daniel Fernandes	AMIGOS DA CORRIDA BRITO	Male	74	M50	3	01:45:35	8'47"/km
88	1132	João Faria	Individual	Male	75	M35	8	01:45:45	8'48"/km
89	3009	Tomas Paiva		Male	76	MS23	2	01:47:12	8'56"/km
90	1050	Daniel Almeida	Caminhadas da Amizade	Male	77	M40	7	01:47:21	8'56"/km
91	1014	Sandra Marques	Individual	Female	14	F45	4	01:47:24	8'57"/km
92	1022	Guilherme Mendes	Individual	Male	78	MSenior	16	01:47:56	8'59"/km
93	1029	Agostinho Silva Pedrosa	Individual	Male	79	M65	1	01:48:05	9'00"/km
94	1081	Bruno Teixeira	Running Dolls	Male	80	M40	8	01:49:46	9'08"/km
95	3005	Samuel Fernandes		Male	81	MSenior	17	01:52:02	9'20"/km
96	1032	Maria Fernandes	Individual	Female	15	F50	3	01:54:16	9'31"/km
97	595	Gabriel Vieira		Male	82	M40	9	01:55:55	9'39"/km
98	3025	Anabela Carvalho		Female	16	F55	2	01:58:11	9'51"/km
99	1048	Catarina Costa	Individual	Female	17	FSenior	3	02:02:04	10'10"/km
100	1047	Maria Azevedo	Individual	Female	18	F55	3	02:02:05	10'10"/km
101	1020	Bruna Dias	Individual	Female	19	FSenior	4	02:02:21	10'11"/km
102	1021	Jonas Dias	Individual	Male	83	MSenior	18	02:02:22	10'11"/km
103	1108	Vera Domingues	Lobos do Monte Run	Female	20	F40	4	02:02:52	10'14"/km
104	1049	José Nogueira	Individual	Male	84	M60	6	02:03:44	10'18"/km
105	1093	Anabela Silva	Coronado Runners	Female	21	F55	4	02:05:41	10'28"/km
106	3024	Daniela Linhol		Female	22	FSenior	5	02:05:45	10'28"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
107	1102	Sara Ferreira	Individual	Female	23	FSenior	6	02:05:48	10'29"/km
108	3003	Ricardo Carvalho		Male	85	M45	27	02:07:16	10'36"/km
109	3004	Celeste Fonseca	Duros da Santa	Female	24	F45	5	02:07:16	10'36"/km
110	1024	Jacinta Mendes	Individual	Female	25	FSenior	7	02:09:16	10'46"/km
111	1033	Roberto Santos Gonçalves	Individual	Male	86	M35	9	02:09:17	10'46"/km
112	1073	Jorge Silva	Running Dolls	Male	87	M50	4	02:12:02	11'00"/km
113	1095	Diana Oliveira	Coronado Runners	Female	26	F35	1	02:14:15	11'11"/km
114	1077	Adriana Quintas	Running Dolls	Female	27	F50	4	02:16:29	11'22"/km
115	1086	Cristina Gomes	Individual	Female	28	FSenior	8	02:17:13	11'26"/km
116	1054	Rosario Cardoso	AMIGOS DA CORRIDA BRITO	Female	29	F45	6	02:18:13	11'31"/km
117	1057	Lucia Oliveira	AMIGOS DA CORRIDA BRITO	Female	30	F45	7	02:18:14	11'31"/km
118	1078	Alexandra Coutinho	Running Dolls	Female	31	F40	5	02:18:41	11'33"/km
119	1076	Sónia Andrade	Running Dolls	Female	32	F45	8	02:18:41	11'33"/km
120	1017	Bernardino Miranda	Pó na lama trail runners	Male	88	M40	10	02:19:41	11'38"/km
121	1099	Ana Silva	A.R.Sequeirô - Destemidos	Female	33	FSenior	9	02:24:55	12'04"/km
122	1006	Rosa Machado	A.R.Sequeirô - Destemidos	Female	34	F50	5	02:24:56	12'04"/km
123	1019	Karla Soares Pereira	Km Com Treta	Female	35	F40	6	02:24:59	12'04"/km
124	1122	Manuela Novais	Individual	Female	36	F55	5	02:29:57	12'29"/km
125	3002	Maria Barroso		Female	37	F55	6	02:30:06	12'30"/km
126	3001	Maria Correia		Female	38	F55	7	02:30:06	12'30"/km
127	1125	Fátima Oliveira	Individual	Female	39	F50	6	02:30:07	12'30"/km
128	1075	Rosa Brito	Running Dolls	Female	40	F50	7	02:35:06	12'55"/km
129	1114	Emília Abreu	Running Dolls	Female	41	F50	8	02:35:31	12'57"/km
130	1101	Mário Oliveira	A.R.Sequeirô - Destemidos	Male	89	M55	11	02:40:45	13'23"/km
131	1025	Eduarda	eduardafreitasteamrunners	Female	42	F45	9	02:49:43	14'08"/km
132	1121	Joaquim Martins	Individual	Male	90	M55	12	02:49:52	14'09"/km
133	1123	Carlos Rodrigues	Individual	Male	91	M50	5	02:49:52	14'09"/km
134	1111	Olívia Fernandes	Individual	Female	43	F50	9	02:49:53	14'09"/km
135	1126	Laura Martins	Individual	Female	44	F50	10	02:49:54	14'09"/km
136	1098	Antonio Sousa	Individual	Male	92	M60	7	02:49:58	14'09"/km