



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	60	Esménio Beirão	CMPERCELADA	Male	1	MSenior	1	00:36:36	3'39"/km
2	40	Carlos Nunes	Casa do Povo de Mangualde	Male	2	M40	1	00:37:02	3'42"/km
3	38	Nuno Dias	Grupo desportivo " os ribeirinhos "	Male	3	M40	2	00:39:00	3'54"/km
4	65	Ricardo Veiga	Casa do Povo de Mangualde	Male	4	M40	3	00:39:18	3'55"/km
5	64	Pedro Freitas	Individual	Male	5	M40	4	00:39:33	3'57"/km
6	31	Jorge Nuno	Dínamo Clube Estação	Male	6	M40	5	00:41:28	4'08"/km
7	21	Maurício Marques	Fitclublafões	Male	7	MSenior	2	00:43:30	4'21"/km
8	48	Paulo Jorge Santos Leite	Individual	Male	8	MSenior	3	00:43:54	4'23"/km
9	14	Paulo Pereira	Reumáticos	Male	9	M50	1	00:43:58	4'23"/km
10	5	Joao Dinis De Almeida Santos	Associação "Os Vouzelenses"	Male	10	M40	6	00:45:08	4'30"/km
11	41	Paulo Gomes Fernandes	G.D. Os Ribeirinhos	Male	11	M40	7	00:45:58	4'35"/km
12	11	Rui Pires	Viriathvs Runners Viseu	Male	12	M50	2	00:46:43	4'40"/km
13	47	Raul Teixeira	Reumáticos	Male	13	M50	3	00:46:59	4'41"/km
14	29	Roberto Leal	Grupo Desportivo Os Ribeirinhos	Male	14	M50	4	00:47:27	4'44"/km
15	13	Luis Ramos	Reumáticos	Male	15	M40	8	00:47:32	4'45"/km
16	36	Gil Choupeiro	3680 Runners	Male	16	Sem Dados	1	00:47:53	4'47"/km
17	51	Arlindo Dias	GD Os Ribeirinhos	Male	17	M60	1	00:48:01	4'48"/km
18	17	Pedro Ferreira	Fitness Lafões Club	Male	18	MSenior	4	00:48:18	4'49"/km
19	52	Nuno Marcelo Aguiar	Individual	Male	19	M40	9	00:49:27	4'56"/km
20	26	Carlos Jorge Rodrigues Da Rocha	Fitness Lafões Club	Male	20	M40	10	00:49:37	4'57"/km
21	50	Francisco Silva	Esgalhada Trail Team	Male	21	M40	11	00:50:00	5'00"/km
22	62	Víctor Lemos	Atletico Clube de Travanca	Male	22	M40	12	00:50:03	5'00"/km
23	33	Raquel Marisa Da Silva Dias	Os vouzelenses	Female	1	F40	1	00:50:04	5'00"/km
24	3	Bruno Pereira	S.M.M. ATLETISMO	Male	23	M40	13	00:51:09	5'06"/km
25	1	Jorge Sousa	S.M.M. ATLETISMO	Male	24	M50	5	00:52:04	5'12"/km
26	30	José Esteves	Dínamo Clube Estação	Male	25	M60	2	00:52:32	5'15"/km
27	39	Maria Pereira	Dínamo Clube Estação	Female	2	F40	2	00:52:32	5'15"/km
28	54	Ana Lopes	Atletico Clube de Travanca	Female	3	F40	3	00:53:06	5'18"/km
29	49	Marco Fernandes	Atletico Clube de Travanca	Male	26	M40	14	00:53:07	5'18"/km
30	12	Miguel Chaves	Individual	Male	27	MSenior	5	00:53:44	5'22"/km
31	25	Carlos Gonçalves	Individual	Male	28	M40	15	00:53:46	5'22"/km
32	6	Maria Rita Da Silva Fernandes	AGGVouzela	Female	4	F50	1	00:54:09	5'24"/km
33	15	Paulo Ramos	Reumáticos	Male	29	M50	6	00:54:21	5'26"/km
34	46	Luís Rocha	Fox Running Team	Male	30	MSenior	6	00:54:47	5'28"/km
35	24	Filipa Pereira	AGGVouzela	Female	5	FSenior	1	00:55:13	5'31"/km
36	44	Viviana Cardoso	Individual	Female	6	FSenior	2	00:55:23	5'32"/km
37	16	Vânia Roque	Individual	Female	7	FSenior	3	00:55:34	5'33"/km
38	42	Simao Santos	União Desportiva Vilamaiorense	Male	31	MSenior	7	00:56:12	5'37"/km
39	58	Francisca Marques Silva	CMPERCELADA	Female	8	Fjunior	1	00:56:18	5'37"/km
40	20	João Ramos	Individual	Male	32	M40	16	00:56:43	5'40"/km
41	55	Aníbal Gonçalves	Atletico Clube de Travanca	Male	33	M40	17	00:56:44	5'40"/km
42	56	Ana Isabel Marques Gonçalves	CMPERCELADA	Female	9	FSenior	4	00:56:51	5'41"/km
43	18	Antonio Rafael Almeida Correia (rafael Correia)	Fitness Lafões Club	Male	34	MSenior	8	00:56:56	5'41"/km
44	35	Rui Choupeiro	3680 Runners	Male	35	M40	18	00:57:08	5'42"/km
45	4	Elvira De Oliveira Lopes Dos Reis	S.M.M. ATLETISMO	Female	10	F60	1	00:58:16	5'49"/km
46	45	Agostinho Bizarro	VFM	Male	36	M50	7	00:58:27	5'50"/km
47	34	Aires Santos	Individual	Male	37	M40	19	00:59:14	5'55"/km
48	57	Dora Sofia Soares Castanheira	A.M.C.R.SILVEIRINHO	Female	11	FSenior	5	01:00:22	6'02"/km
49	59	Duarte De Oliveira Sousa	A.M.C.R.SILVEIRINHO	Male	38	Sem Dados	2	01:03:40	6'22"/km
50	61	Telma Machado	AGGVouzela	Female	12	FSenior	6	01:03:47	6'22"/km
51	7	José Antonio Lima Oliveira	S.M.M. ATLETISMO	Male	39	M50	8	01:04:22	6'26"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
52	2	Sérgio Manuel Bernardo Pereira	S.M.M. ATLETISMO	Male	40	M50	9	01:04:29	6'26"/km
53	37	Paula Ramos	Individual	Female	13	F40	4	01:04:34	6'27"/km
54	32	Julia Maria Pereira Antunes	AGGVouzela	Female	14	F40	5	01:04:43	6'28"/km
55	23	Ana Rita De Almeida Bragança	Fitness Lafões Club	Female	15	FSenior	7	01:06:19	6'37"/km
56	22	Rui Fernando Rodrigues Da Rocha	Fitness Lafões Club	Male	41	MSenior	9	01:06:19	6'37"/km
57	43	Gorete Pereira	Viriathvs Runners Viseu	Female	16	F40	6	01:16:36	7'39"/km
58	27	Sandra Ribeiro	S.M.M. ATLETISMO	Female	17	F40	7	01:19:53	7'59"/km
59	28	Olga Maria Vieira Gonçalves Pereira	S.M.M. ATLETISMO	Female	18	F50	2	01:20:10	8'01"/km