



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	254	Licínio Pimentel	Domus Trail	Male	1	M40	1	01:08:41	4'17"/km
2	311	Rui Figueiredo	Saca Trilhos Anadia	Male	2	MSenior	1	01:09:11	4'19"/km
3	133	Pedro Ferreira	VVTR VALONGO VOUGA TRAIL RUNNING	Male	3	MSenior	2	01:09:54	4'22"/km
4	309	Luís Diogo	Individual	Male	4	MSenior	3	01:12:19	4'31"/km
5	284	João Matos	OPraticante.pt	Male	5	MSenior	4	01:13:10	4'34"/km
6	236	Igor Santos	JuveForceRunTeam	Male	6	MSenior	5	01:14:49	4'40"/km
7	131	Didier De Jesus	Clinicalitoralis.pt	Male	7	M40	2	01:16:01	4'45"/km
8	183	Nelson Santos	Jovase Trail Running	Male	8	M40	3	01:17:35	4'51"/km
9	263	Luís Azevedo	Sport Clube Paradela	Male	9	MSenior	6	01:19:38	4'58"/km
10	307	Bruno Cordeiro	Equipa de sonho (só falta acordar)	Male	10	M40	4	01:19:40	4'58"/km
11	135	José Manuel Marques Ferreira	JuveForceRunTeam	Male	11	MSenior	7	01:20:20	5'01"/km
12	283	Augusto Tavares	OPraticante.pt	Male	12	MSenior	8	01:20:24	5'01"/km
13	292	João Garrido	OPraticante.pt	Male	13	M40	5	01:21:15	5'04"/km
14	180	Maikol Simões	Clinicalitoralis.pt	Male	14	M40	6	01:22:35	5'09"/km
15	148	João Margarido	Clinicalitoralis.pt	Male	15	M40	7	01:22:37	5'09"/km
16	143	Alex Tondela	DAR-Recardães	Male	16	M40	8	01:23:38	5'13"/km
17	325	Luis Ferreira	ACD OS ÍLHAVOS	Male	17	MSenior	9	01:23:51	5'14"/km
18	320	João Amaral	Domus Trail	Male	18	M40	9	01:23:53	5'14"/km
19	318	Artur Ribeiro	ACR Seixo	Male	19	M40	10	01:24:14	5'15"/km
20	138	Alexandre Mestre	Individual	Male	20	M40	11	01:24:20	5'16"/km
21	264	Luís Silva	Sport Clube Paradela	Male	21	MSenior	10	01:24:41	5'17"/km
22	170	Pedro Capela	Vergabikes PC jardins	Male	22	M50	1	01:24:43	5'17"/km
23	168	Luís Filipe Santos Marques	Unidos Run Team	Male	23	MSenior	11	01:26:13	5'23"/km
24	257	Beatriz Alvez	Furfor Running Project	Female	1	FSenior	1	01:27:25	5'27"/km
25	289	César Barros	Clinicalitoralis.pt	Male	24	MSenior	12	01:27:49	5'29"/km
26	319	Paulo Ramires	Sosense Trail Team - Braga e Fernandes	Male	25	M50	2	01:27:58	5'29"/km
27	259	Luís Oliveira	Individual	Male	26	M40	12	01:28:46	5'32"/km
28	207	Luís Dos Santos Frade	Equipa de sonho (só falta acordar)	Male	27	MS23	1	01:29:53	5'37"/km
29	258	Fernando Moraes	Saca Trilhos Anadia	Male	28	M60	1	01:29:57	5'37"/km
30	206	Carlos Eduardo Domingues	TREPANELAS/PRIFER	Male	29	M40	13	01:30:11	5'38"/km
31	152	Martim Cordeiro	Equipa de sonho (só falta acordar)	Male	30	MS23	2	01:30:24	5'39"/km
32	159	Jose Carlos Margarido	Individual	Male	31	M40	14	01:30:32	5'39"/km
33	195	Arcanjo Martins	ELKAZEBA	Male	32	M50	3	01:30:53	5'40"/km
34	228	Fábio Ferreira	Jovase Trail Running	Male	33	M40	15	01:31:31	5'43"/km
35	315	Juan Pablo Martins De Jesus	JuveForceRunTeam	Male	34	MSenior	13	01:32:41	5'47"/km
36	262	Cláudio Agostinho	Sport Clube Paradela	Male	35	MSenior	14	01:32:50	5'48"/km
37	269	Marcos André Jesus Ferreira	Sport Clube Paradela	Male	36	MSenior	15	01:32:50	5'48"/km
38	300	Ricardo Nunes	Vergabikes PC jardins	Male	37	MSenior	16	01:33:50	5'51"/km
39	252	Paulo Moreira	Individual	Male	38	M40	16	01:33:51	5'51"/km
40	146	Paulo Maia	DCI/Trilhos Luso Bussaco	Male	39	M50	4	01:34:37	5'54"/km
41	121	Miguel Pereira	JuveForceRunTeam	Male	40	MSenior	17	01:34:43	5'55"/km
42	157	Miguel Cordeiro	Equipa de sonho (só falta acordar)	Male	41	M50	5	01:35:10	5'56"/km
43	173	Vitor Sencadas	HUTRUNNERS AVEIRO	Male	42	M40	17	01:35:32	5'58"/km
44	226	Cristiano Diogo Marques Faneca	JuveForceRunTeam	Male	43	MSenior	18	01:35:37	5'58"/km
45	288	Sérgio Ruela	OPraticante.pt	Male	44	MSenior	19	01:35:41	5'58"/km
46	293	João Rocha	OPraticante.pt	Male	45	M40	18	01:35:49	5'59"/km
47	182	David Couto	Jovase Trail Running	Male	46	MSenior	20	01:35:54	5'59"/km
48	145	Júlia Santos	DCI/Trilhos Luso Bussaco	Female	2	F50	1	01:36:13	6'00"/km
49	167	Ruben Moreira	OiãRunners	Male	47	MSenior	21	01:36:29	6'01"/km
50	266	Ricardo Vidal	Sport Clube Paradela	Male	48	M40	19	01:36:33	6'02"/km
51	265	Daniel Alexandre	Sport Clube Paradela	Male	49	MSenior	22	01:36:38	6'02"/km
52	217	Pedro Oliveira	ACR Running	Male	50	M40	20	01:36:46	6'02"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
53	323	Paulo Marques	ADFA-Desportos de Natureza	Male	51	M40	21	01:37:40	6'06"/km
54	275	Ivo Pinto	DAR-Recardães	Male	52	MSenior	23	01:38:37	6'09"/km
55	169	Beatriz Fernandes	Tainadas Run Team - Somengil	Female	3	FS23	1	01:38:46	6'10"/km
56	260	Carlos André Dos Reis Ferreira	Sport Clube Paradela	Male	53	MSenior	24	01:38:46	6'10"/km
57	247	Jorge Miguel Ferreira Julião	Individual	Male	54	M40	22	01:39:35	6'13"/km
58	230	Sidonio Arede Almeida	Individual	Male	55	M50	6	01:39:51	6'14"/km
59	243	Cátia Simões Ferreira	JuveForceRunTeam	Female	4	FSenior	2	01:39:52	6'14"/km
60	298	Rui Manuel Freitas Sendão	Individual	Male	56	MSenior	25	01:39:52	6'14"/km
61	239	Diogo Dos Santos Frade	Jovase Trail Running	Male	57	MS23	3	01:40:16	6'16"/km
62	317	Paulo Jorge Dos Santos António	Sosense Trail Team - Braga e Fernandes	Male	58	M50	7	01:40:39	6'17"/km
63	220	Filipe Carvalho	Individual	Male	59	MSenior	26	01:40:40	6'17"/km
64	124	Luis Santos	PIC 109	Male	60	MSenior	27	01:40:43	6'17"/km
65	144	José Pereira	DCI/Trilhos Luso Bussaco	Male	61	M50	8	01:41:49	6'21"/km
66	221	André Coquim	ACR Running	Male	62	MSenior	28	01:42:33	6'24"/km
67	200	David Araújo	Secção Desportiva AHBVOB	Male	63	MSenior	29	01:42:36	6'24"/km
68	209	Jorge Martins	Individual	Male	64	M40	23	01:42:44	6'25"/km
69	125	Abílio Madail	HUTRUNNERS AVEIRO	Male	65	M60	2	01:42:44	6'25"/km
70	274	Márcio Rodrigues	Individual	Male	66	MSenior	30	01:42:54	6'25"/km
71	185	Licínio Manuel Saragoça Costa	Tainadas Run Team - Somengil	Male	67	M40	24	01:42:58	6'26"/km
72	295	Rui Carvalhal	TREPANELAS/PRIFER	Male	68	M40	25	01:43:05	6'26"/km
73	312	Maria Fatima Pinho	Clinicalitoralis.pt	Female	5	F60	1	01:43:47	6'29"/km
74	231	Paulo Açafrão	Jovase Trail Running	Male	69	M50	9	01:43:55	6'29"/km
75	136	Pedro Couto	HUTRUNNERS AVEIRO	Male	70	MSenior	31	01:43:59	6'29"/km
76	139	António Fernandes	Individual	Male	71	M50	10	01:44:11	6'30"/km
77	172	Maria Manuela Da Fonseca Catarino Mendes	DCI/Trilhos Luso Bussaco	Female	6	F50	2	01:44:14	6'30"/km
78	273	Gonçalo Pandeirada	Clinicalitoralis.pt	Male	72	MS23	4	01:44:30	6'31"/km
79	154	Narciso José Da Silva Pinho	Vamos a Pé - Taboeira	Male	73	M40	26	01:44:58	6'33"/km
80	287	Cláudio Matos	OPraticante.pt	Male	74	MSenior	32	01:45:05	6'34"/km
81	276	Nuno Almeida	Clinicalitoralis.pt	Male	75	M40	27	01:45:13	6'34"/km
82	261	Daniela Neves Silva	Sport Clube Paradela	Female	7	FSenior	3	01:45:45	6'36"/km
83	250	Nuno Emanuel Coutinho Da Costa	JuveForceRunTeam	Male	76	M40	28	01:45:46	6'36"/km
84	313	Joao Capela	GRECAS	Male	77	M60	3	01:47:23	6'42"/km
85	164	Lúcia Marques	DCI/Trilhos Luso Bussaco	Female	8	F40	1	01:47:41	6'43"/km
86	316	Amilcar De Oliveira Raimundo	Sosense Trail Team - Braga e Fernandes	Male	78	M50	11	01:48:18	6'46"/km
87	234	Edgar Fernando Ferreira Dinis	JuveForceRunTeam	Male	79	MSenior	33	01:48:30	6'46"/km
88	227	Paulo Sérgio Oliveira Pinho	JuveForceRunTeam	Male	80	M40	29	01:48:40	6'47"/km
89	310	Ruben Martins	Individual	Male	81	MS23	5	01:48:44	6'47"/km
90	322	Paulo Julião	Individual	Male	82	M40	30	01:48:47	6'47"/km
91	218	Sérgio Seabra	ACR Running	Male	83	M50	12	01:48:56	6'48"/km
92	155	André Dias	Equipa de sonho (só falta acordar)	Male	84	MS23	6	01:48:57	6'48"/km
93	181	Daniel Rodrigues	Individual	Male	85	MSenior	34	01:49:16	6'49"/km
94	194	Pedro Ruano De Castro	HUTRUNNERS AVEIRO	Male	86	M50	13	01:50:16	6'53"/km
95	137	Pedro Neves	HUTRUNNERS AVEIRO	Male	87	M40	31	01:50:16	6'53"/km
96	129	Eduardo Da Costa Cruz	HUTRUNNERS AVEIRO	Male	88	MSenior	35	01:51:03	6'56"/km
97	222	João Petronilho	ACR Running	Male	89	MSenior	36	01:51:05	6'56"/km
98	156	Sónia Miguel	Individual	Female	9	FSenior	4	01:51:53	6'59"/km
99	246	Floriano De Almeida Faneca	JuveForceRunTeam	Male	90	MSenior	37	01:53:47	7'06"/km
100	303	Sérgio Manuel Carreira Fernandes	Faltam 2 minutos mas pronto	Male	91	M40	32	01:53:55	7'07"/km
101	253	Élio Figueiredo	Assempark Atletismo	Male	92	M40	33	01:53:55	7'07"/km
102	297	António Pinto	Individual	Male	93	M40	34	01:54:27	7'09"/km
103	299	Helder Marques	Individual	Male	94	MSenior	38	01:55:05	7'11"/km
104	235	Jason Ferreira Santos	JuveForceRunTeam	Male	95	MSenior	39	01:56:19	7'16"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
105	199	Elton Rodrigo De Jesus Rocha	PIC 109	Male	96	MSenior	40	01:56:20	7'16"/km
106	140	João Pedro Caetano	JuveForceRunTeam	Male	97	MSenior	41	01:56:42	7'17"/km
107	241	Filipe Silva	Jovase Trail Running	Male	98	M50	14	01:57:07	7'19"/km
108	321	Rodrigo Miguel Alves Silva	Individual	Male	99	MS23	7	01:57:10	7'19"/km
109	203	Nuno Santos	Unidos Run Team	Male	100	MSenior	42	01:57:15	7'19"/km
110	147	Marilyn Lourenço	Clinicalitoralis.pt	Female	10	F40	2	01:57:44	7'21"/km
111	233	Paula Duarte	DCI/Trilhos Luso Bussaco	Female	11	F50	3	01:57:50	7'21"/km
112	179	Andre Peña Távara	Individual	Male	101	M50	15	01:57:52	7'22"/km
113	302	João Graça Martins	Individual	Male	102	MS23	8	01:58:11	7'23"/km
114	225	Jean Marc Hardy Albuquerque Rocha	JuveForceRunTeam	Male	103	MSenior	43	01:58:18	7'23"/km
115	285	José Rodrigues	OPraticante.pt	Male	104	MSenior	44	01:58:24	7'24"/km
116	281	Nuno Alexandre Miranda Simões	Individual	Male	105	MSenior	45	01:58:32	7'24"/km
117	197	Vitor Almeida	Talentos Objetivos	Male	106	MSenior	46	01:58:32	7'24"/km
118	196	Sandra Rocha Oliveira	Tainadas Run Team - Somengil	Female	12	FSenior	5	01:59:11	7'26"/km
119	251	Miriam Joana Henriques Leitão	JuveForceRunTeam	Female	13	FSenior	6	01:59:43	7'29"/km
120	304	Grégory Labareda	Faltam 2 minutos mas pronto	Male	107	M40	35	01:59:51	7'29"/km
121	291	José Rocha	OPraticante.pt	Male	108	MSenior	47	02:00:35	7'32"/km
122	216	Joao Miguel Monteiro Encarnação	Individual	Male	109	MS23	9	02:00:40	7'32"/km
123	184	João Esteves	Clinicalitoralis.pt	Male	110	MSenior	48	02:02:06	7'37"/km
124	166	Rui Costa	Clinicalitoralis.pt	Male	111	M40	36	02:04:15	7'46"/km
125	176	Jose Fernandes	Clinicalitoralis.pt	Male	112	M40	37	02:04:16	7'46"/km
126	123	Antonio Jesus	JuveForceRunTeam	Male	113	M40	38	02:04:39	7'47"/km
127	211	Cristiano Bispo	Individual	Male	114	MSenior	49	02:05:30	7'50"/km
128	277	João Pedro Duarte Lopes	Sport Clube Paradela	Male	115	M40	39	02:05:40	7'51"/km
129	177	Jorge Alexander Ferreira Sereno	Individual	Male	116	M40	40	02:05:50	7'51"/km
130	308	Suzete Marco Marco	GRECAS	Female	14	F50	4	02:06:55	7'55"/km
131	223	Celso Belino Costa Alves	JuveForceRunTeam	Male	117	M40	41	02:07:04	7'56"/km
132	255	Daniel Natário	ACR Running	Male	118	MSenior	50	02:08:40	8'02"/km
133	326	Monica Ventura	Individual	Female	15	FSenior	7	02:10:37	8'09"/km
134	244	Serafim João Domingues Ventura	Individual	Male	119	MSenior	51	02:10:37	8'09"/km
135	249	Marta Rodrigues	Trilhos da Baga / K Run Team	Female	16	F40	3	02:10:42	8'10"/km
136	248	Tânia Margarida Santos Pires	JuveForceRunTeam	Female	17	FSenior	8	02:15:27	8'27"/km
137	229	Ricardo Miguel Dos Santos Carapinho	JuveForceRunTeam	Male	120	M40	42	02:15:27	8'27"/km
138	210	Luis Lourenço	Individual	Male	121	M50	16	02:15:28	8'28"/km
139	272	Flavio Dias	Individual	Male	122	M40	43	02:15:28	8'28"/km
140	201	Tiago De Jesus Lopes	ACR Running	Male	123	M40	44	02:15:45	8'29"/km
141	208	João Gonçalo Dos Santos Mingatos	Individual	Male	124	MSenior	52	02:15:47	8'29"/km
142	204	Tiago Pina	ACDRS QUINHENDROS	Male	125	MSenior	53	02:17:40	8'36"/km
143	198	Marisol Simões	ACDRS QUINHENDROS	Female	18	FSenior	9	02:17:42	8'36"/km
144	150	Roberto Calisto	O Praticante.pt	Male	126	M50	17	02:18:56	8'41"/km
145	161	Adriana Silva	Individual	Female	19	FSenior	10	02:18:58	8'41"/km
146	160	Lucia Silva	Individual	Female	20	FSenior	11	02:19:08	8'41"/km
147	242	Beatriz Lopes Ferreira	JuveForceRunTeam	Female	21	FSenior	12	02:20:10	8'45"/km
148	158	Sandrine Matias	Individual	Female	22	F40	4	02:21:17	8'49"/km
149	188	Cristiano Oliveira	Clinicalitoralis.pt	Male	127	MSenior	54	02:21:32	8'50"/km
150	186	Graça Caldeira	Clinicalitoralis.pt	Female	23	FSenior	13	02:21:33	8'50"/km
151	187	Miguel Simões	Clinicalitoralis.pt	Male	128	MSenior	55	02:21:33	8'50"/km
152	189	Carlos Tiago Gomes	Clinicalitoralis.pt	Male	129	MSenior	56	02:21:34	8'50"/km
153	237	Luísa Silva	VVTR VALONGO VOUGA TRAIL RUNNING	Female	24	F40	5	02:23:04	8'56"/km
154	219	André Miguel Branco De Almeida	ACR Running	Male	130	M40	45	02:23:08	8'56"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
155	128	Antonio Carvalhais	Individual	Male	131	M50	18	02:23:34	8'58"/km
156	280	Daniel Quintaneiro Almeida	Individual	Male	132	MSenior	57	02:23:47	8'59"/km
157	271	Eduardo Fonseca	Sport Clube Paradela	Male	133	M40	46	02:24:45	9'02"/km
158	162	Sara Silva	Individual	Female	25	F40	6	02:25:26	9'05"/km
159	163	Jorge Miguel Martins	Individual	Male	134	M40	47	02:25:26	9'05"/km
160	215	Carlos Saramago	ACR Running	Male	135	M50	19	02:26:42	9'10"/km
161	314	Sérgio Cruz	ACR Running	Male	136	M40	48	02:27:46	9'14"/km
162	324	Diogo Miguel Gregório Catarino	Individual	Male	137	MSenior	58	02:31:02	9'26"/km
163	238	Rosa Silva	VVTR VALONGO VOUGA TRAIL RUNNING	Female	26	F40	7	02:31:26	9'27"/km
164	294	Ines Santos	TREPANELAS/PRIFER	Female	27	F40	8	02:31:26	9'27"/km
165	132	Miguel Sá	VVTR VALONGO VOUGA TRAIL RUNNING	Male	138	M50	20	02:31:28	9'28"/km
166	130	Juan Manuel Matias Dos Santos	Individual	Male	139	M40	49	02:33:55	9'37"/km
167	1187	Ana Catarina Pinheiro	Faltam 2 minutos mas pronto	Female	28	F40	9	02:35:11	9'41"/km
168	202	Dina Oliveira	ELKAZEBA	Female	29	F40	10	02:37:58	9'52"/km
169	270	Rui Almeida	Sport Clube Paradela	Male	140	M40	50	02:41:42	10'06"/km
170	171	Ana Matias	Individual	Female	30	F50	5	02:44:13	10'15"/km
171	213	Bruno Santos	Individual	Male	141	M40	51	02:44:16	10'16"/km
172	214	José Carlos Costa Pinto	Individual	Male	142	M50	21	02:44:16	10'16"/km