



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	434	Vítor Costa	A.D. Amarante Trail Running	Male	1	M45	1	01:14:47	5'20"/km
2	428	Nuno Macedo Martins	Grupo Desportivo Santander Totta	Male	2	M40	1	01:15:17	5'22"/km
3	433	Carlos Carneiro	Cinfães a correr	Male	3	MSenior	1	01:15:57	5'25"/km
4	423	Carlos Pinto	Individual	Male	4	MSenior	2	01:18:05	5'34"/km
5	395	Tito Batista	Pegasus OCR ProTeam	Male	5	MSenior	3	01:19:57	5'42"/km
6	472	Norberto Loureiro	LINCES DO MARÃO	Male	6	M40	2	01:20:05	5'43"/km
7	332	André Silva	NS Trail team	Male	7	MSenior	4	01:20:17	5'44"/km
8	392	António Branquinho	SerFit SERNANCELHE	Male	8	M40	3	01:23:37	5'58"/km
9	345	Manuel Vicente	BiciARCA run team	Male	9	M50	1	01:24:43	6'03"/km
10	386	Pedro Fernandes Pereira	TriWheelsFamily / Tarouca BTT	Male	10	MSenior	5	01:26:47	6'11"/km
11	306	Manuel Gomes	LAMEGO PELOS TRILHOS	Male	11	M50	2	01:30:06	6'26"/km
12	396	João Barbosa	Individual	Male	12	M50	3	01:31:24	6'31"/km
13	350	Tiago Oliveira	Sob Efeito Trail	Male	13	MSenior	6	01:31:51	6'33"/km
14	310	Nuno Moreira	ADA / Lamego Tribo Runners	Male	14	M40	4	01:32:17	6'35"/km
15	380	Nuno Moura	A.D. Amarante Trail Running	Male	15	M45	2	01:34:10	6'43"/km
16	343	Nuno Figueiredo	ADA / Lamego Tribo Runners	Male	16	M45	3	01:34:35	6'45"/km
17	400	Leonel Guedes	Individual	Male	17	MS23	1	01:34:42	6'45"/km
18	301	Ricardo Teixeira	Individual	Male	18	MSenior	7	01:35:20	6'48"/km
19	309	Tiago Rico	Individual	Male	19	MSenior	8	01:35:35	6'49"/km
20	315	Leandro Lopes Carvalho	Individual	Male	20	MSenior	9	01:35:56	6'51"/km
21	316	António Lourenço	DouroExcellence Runners	Male	21	M55	1	01:37:44	6'58"/km
22	407	João Manuel Ferreira Monteiro	Individual	Male	22	M60	1	01:39:02	7'04"/km
23	385	Guilherme M. Gomes Carvalho Taveira	Crédito Agrícola BDL	Male	23	MS23	2	01:39:03	7'04"/km
24	319	Sergio Lopes	Lamaecus D'Ouro	Male	24	M40	5	01:39:04	7'04"/km
25	394	Carolina Lopes	Pegasus OCR ProTeam	Female	1	FSenior	1	01:39:07	7'04"/km
26	372	Jose Manuel Rodrigues Lobão	Crédito Agrícola BDL	Male	25	MSenior	10	01:39:10	7'05"/km
27	418	Paula Machado	Individual	Female	2	FSenior	2	01:39:49	7'07"/km
28	312	Ari Correia	ADA / Lamego Tribo Runners	Male	26	M40	6	01:41:30	7'15"/km
29	397	Joao Ribeiro	Individual	Male	27	MSenior	11	01:41:32	7'15"/km
30	426	Susete Oliveira	Fireman	Female	3	F50	1	01:41:34	7'15"/km
31	311	Marco Pinto	ADA / Lamego Tribo Runners	Male	28	M50	4	01:43:05	7'21"/km
32	401	Pedro Ribeiro	Individual	Male	29	M40	7	01:43:05	7'21"/km
33	318	Pedro Emanuel Monteiro Gomes Vicente	SÓ VIM PELOS FINOS	Male	30	MSenior	12	01:44:51	7'29"/km
34	326	Éduardo Ferreira	LAMEGO PELOS TRILHOS	Male	31	MSenior	13	01:45:05	7'30"/km
35	370	Ricardo Jorge Ribeiro	Crédito Agrícola BDL	Male	32	MSenior	14	01:46:07	7'34"/km
36	371	Jorge Miguel Magalhães Ferreira	Crédito Agrícola BDL	Male	33	MSenior	15	01:46:07	7'34"/km
37	333	André Santiago	DouroExcellence Runners	Male	34	MSenior	16	01:46:17	7'35"/km
38	406	Agostinho Paulo Ferreira Monteiro	Individual	Male	35	M50	5	01:46:18	7'35"/km
39	376	Henrique Silva	Individual	Male	36	M40	8	01:46:48	7'37"/km
40	118	Manuel Neves	ADA / Lamego Tribo Runners	Male	37	M65	1	01:47:58	7'42"/km
41	404	António Almeida	Alpha Runners	Male	38	MSenior	17	01:48:27	7'44"/km
42	361	Joel Barbosa	Individual	Male	39	M40	9	01:49:49	7'50"/km
43	440	Manuel Pinto	AMIGOS DE MEÃO FRIO	Male	40	M55	2	01:49:53	7'50"/km
44	384	Francisco Ferreira	Individual	Male	41	MS23	3	01:50:00	7'51"/km
45	323	Bruno Lima	ADA / Lamego Tribo Runners	Male	42	M45	4	01:50:18	7'52"/km
46	344	Rui Freitas	BikeAventuraAlijó	Male	43	M45	5	01:50:21	7'52"/km
47	382	Luisa Teixeira	A.D. Amarante Trail Running	Female	4	F45	1	01:50:40	7'54"/km
48	419	Armindo Lopes	ARC Vale S. Cosme	Male	44	M55	3	01:51:52	7'59"/km
49	420	Nuno Cabral	Individual	Male	45	M60	2	01:52:01	8'00"/km
50	305	Antonio Manuel Conde	Runners SERNANCELHE Terra da Castanha	Male	46	M50	6	01:52:11	8'00"/km
51	324	Tó Pereira	ADA / Lamego Tribo Runners	Male	47	M55	4	01:52:23	8'01"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
52	342	Ana Oliveira	Sob Efeito Trail	Female	5	FSenior	3	01:52:23	8'01"/km
53	362	João Rodrigues	Individual	Male	48	M50	7	01:53:06	8'04"/km
54	421	David Pereira	Amigos do Trail Mesão Frio	Male	49	MSenior	18	01:53:20	8'05"/km
55	358	Cláudia Da Silva Pereira	C.S.R.D.C. SANTIAGO	Female	6	F40	1	01:55:57	8'16"/km
56	314	Pedro	Individual	Male	50	M45	6	01:57:10	8'22"/km
57	378	Ana Raquel Silva Aires	Individual	Female	7	FSenior	4	01:57:18	8'22"/km
58	383	Leonel Ferreira Mesquita	Tarouca BTT	Male	51	M45	7	01:57:19	8'22"/km
59	373	Gonçalo Silva Fernandes	Individual	Male	52	MSenior	19	01:59:00	8'30"/km
60	123	João Carlos Rocha Augusto	Individual	Male	53	M50	8	02:00:20	8'35"/km
61	327	Manuel Ferreira	LAMEGO PELOS TRILHOS	Male	54	M55	5	02:00:22	8'35"/km
62	334	Rómulo Terrau	Lusimed	Male	55	M40	10	02:01:02	8'38"/km
63	438	Eduardo Cardoso	Individual	Male	56	M50	9	02:01:08	8'39"/km
64	369	Cândida Rodrigues	Vila Lusa Imobiliária	Female	8	F55	1	02:01:45	8'41"/km
65	304	Hugo João Pereira Da Cruz	Runners SERNANCELHE Terra da Castanha	Male	57	MSenior	20	02:02:15	8'44"/km
66	427	Elsa Pereira	Individual	Female	9	FSenior	5	02:05:29	8'57"/km
67	375	Carlos Oliveira	Individual	Male	58	M45	8	02:05:30	8'57"/km
68	348	João Queirós	Individual	Male	59	MSenior	21	02:06:35	9'02"/km
69	416	António Martins	2600TR	Male	60	M60	3	02:07:39	9'07"/km
70	313	Eduardo José Da Silva Ferreira	ADA / Lamego Tribo Runners	Male	61	M40	11	02:08:08	9'09"/km
71	303	Carlos Manuel Da Costa Pereira	Individual	Male	62	M50	10	02:08:31	9'10"/km
72	354	Manuel José Silvestre Conde	Roncha	Male	63	M45	9	02:10:12	9'18"/km
73	415	Angelo Paiva	Runners Do Demo	Male	64	M45	10	02:10:18	9'18"/km
74	340	Lurdes Lopes	Individual	Female	10	F50	2	02:10:42	9'20"/km
75	364	Tiago Domingues Branquinho	ALB LamegoBike	Male	65	MS23	4	02:11:37	9'24"/km
76	322	André Moutinho	Individual	Male	66	MSenior	22	02:15:42	9'41"/km
77	328	José Duarte	LAMEGO PELOS TRILHOS	Male	67	M65	2	02:16:38	9'45"/km
78	436	Casimiro Correlo	Individual	Male	68	M40	12	02:19:02	9'55"/km
79	410	Mara Juliana De Jesus Santos	DouroExcellence Runners	Female	11	F40	2	02:19:36	9'58"/km
80	379	António Gonçalves	A.D. Amarante Trail Running	Male	69	M60	4	02:20:43	10'03"/km
81	411	André Vieira Alves	Crédito Agrícola BDL	Male	70	MS23	5	02:26:24	10'27"/km
82	356	Roberto Jorge Santos Alves	Crédito Agrícola BDL	Male	71	M45	11	02:26:25	10'27"/km
83	330	Paulo Ribeiro	Amigos do Trail Mesão Frio	Male	72	M40	13	02:28:05	10'34"/km
84	331	Rui Ramiro	Amigos do Trail Mesão Frio	Male	73	MSenior	23	02:28:06	10'34"/km
85	341	Victor Cardoso	Amigos do Trail Mesão Frio	Male	74	M45	12	02:28:55	10'38"/km
86	398	Inês Landolt Ferreira Gomes Abrunhosa	Apulia a Correr	Female	12	FSenior	6	02:29:33	10'40"/km
87	399	César Lopes Fernandes	Apúlia a Correr	Male	75	M40	14	02:29:33	10'40"/km
88	355	Pedro Joaquim Maravilha Gomes	Roncha	Male	76	MSenior	24	02:30:30	10'45"/km
89	413	Manuel Rodrigues	Individual	Male	77	M45	13	02:32:12	10'52"/km
90	412	Marco Costa	Individual	Male	78	M40	15	02:32:14	10'52"/km
91	320	Ana Marcelino	Linces do Marão	Female	13	F50	3	02:33:39	10'58"/km
92	435	Alzira Nunes	Individual	Female	14	FSenior	7	02:35:34	11'06"/km
93	377	Carlos Santos	Sob Efeito Trail	Male	79	M60	5	02:36:03	11'08"/km
94	363	António Marques	Individual	Male	80	M55	6	02:36:05	11'08"/km
95	352	Rui Santos	Sob Efeito Trail	Male	81	MSenior	25	02:36:07	11'09"/km
96	393	Liliana Teixeira	União Futebol Clube de Barqueiros	Female	15	FSenior	8	02:37:28	11'14"/km
97	431	Marco Nunes	ADAMATRANTE	Male	82	M45	14	02:52:31	12'19"/km
98	437	Liliana Figueiredo	ADAMATRANTE	Female	16	F40	3	02:52:32	12'19"/km
99	425	Filipe Pereira	ADA/LAMEGO TRIBO RUNNERS	Male	83	M40	16	02:52:54	12'21"/km