



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	252	Vítor Costa	A D Amarante Trail Runing	Male	1	M45	1	03:37:58	6'13"/km
2	260	Paulo Manuel Monteiro Da Costa	A D Amarante Trail Runing	Male	2	M45	2	03:37:58	6'13"/km
3	273	Miguel Pereira	A D Amarante Trail Runing	Male	3	M35	1	03:51:58	6'37"/km
4	242	Hugo André Pedrosa Vieira	A D Nós Acreditamos	Male	4	S23M	1	03:58:32	6'48"/km
5	221	Francisco Travassos	Individual	Male	5	MSenior	1	03:59:00	6'49"/km
6	200	André Guedes	Individual	Male	6	M50	1	04:01:10	6'53"/km
7	236	António José Azevedo Mateus	Runners Sernancelhe Terra da Castanha	Male	7	M40	1	04:03:47	6'57"/km
8	232	Abílio Fernandes	Individual	Male	8	M50	2	04:04:51	6'59"/km
9	238	Paula Sofia Coutinho Soares	Saca Trilhos Anadia	Female	1	F35	1	04:05:39	7'01"/km
10	268	Miguel Ângelo	Q-TRILHO	Male	9	M50	3	04:11:26	7'11"/km
11	259	Vitor Patricio	AD Manteigas Trail Team	Male	10	M45	3	04:11:48	7'11"/km
12	264	António Campos	CTM Vila Pouca de Aguiar	Male	11	M45	4	04:20:06	7'25"/km
13	244	Armando Cepeda	Lobos do Brunheiro de Chaves / Anteros	Male	12	M40	2	04:22:50	7'30"/km
14	275	André Santa	Individual	Male	13	M45	5	04:28:15	7'39"/km
15	269	Bruno Ferreira	CDL Trilhos da Maçã	Male	14	M35	2	04:28:51	7'40"/km
16	229	Joaquim Silva	DURIUS AC PESQUEIRA	Male	15	M50	4	04:34:46	7'51"/km
17	227	Davide Pacheco	DURIUS AC PESQUEIRA	Male	16	M35	3	04:38:31	7'57"/km
18	272	Ricardo Santa	Individual	Male	17	M45	6	04:42:58	8'05"/km
19	253	Filipe Rodrigues		Male	18	M35	4	04:47:20	8'12"/km
20	212	José Manuel Andrade Vieira	OCS - Arrábida Trail Team	Male	19	M60	1	04:49:36	8'16"/km
21	231	Eduardo Ribeiro	A D Amarante Trail Runing	Male	20	M50	5	04:49:44	8'16"/km
22	270	Nelson Videira	Ara	Male	21	M40	3	04:50:10	8'17"/km
23	213	Bruno Daniel Nunes Silveira	Grupo Desportivo da Mata	Male	22	MSenior	2	04:51:08	8'19"/km
24	237	Marco Vieira	Clube Zupper	Male	23	M50	6	04:53:02	8'22"/km
25	247	Luís Fontinha	Moloni Running Team	Male	24	M60	2	04:53:58	8'23"/km
26	255	Renato Alexandre Ferreira Ciríaco	Grupo Alegre Unido Bajouca	Male	25	MSenior	3	04:56:14	8'27"/km
27	201	Filipe Carneiro	Individual	Male	26	M40	4	05:00:38	8'35"/km
28	222	Telmo Silva	A D Amarante Trail Runing	Male	27	M45	7	05:00:39	8'35"/km
29	208	Nuno Teixeira	Caminhadas da Amizade	Male	28	M45	8	05:05:49	8'44"/km
30	278	Nuno Teixeira	Caminhada da Amizade	Male	29	M40	5	05:06:15	8'45"/km
31	224	Pedro Miguel Ferreira Cardoso	Cinfães a Correr	Male	30	M40	6	05:07:41	8'47"/km
32	250	Luís Sousa	Moloni Running Team	Male	31	M55	1	05:09:17	8'50"/km
33	267	Nelson Lopes	Individual	Male	32	M35	5	05:12:01	8'54"/km
34	223	Paulo Braga	Individual	Male	33	M55	2	05:12:18	8'55"/km
35	209	Nuno Fontes	Trilhos do Costume	Male	34	M35	6	05:12:19	8'55"/km
36	248	Dominic Barros	Moloni Running Team	Male	35	M50	7	05:13:06	8'56"/km
37	249	Raul Morais	Moloni Running Team	Male	36	M55	3	05:13:07	8'56"/km
38	206	Bruno Daniel	Sporting Clube Vila Maria	Male	37	M40	7	05:13:20	8'57"/km
39	211	Pedro Magalhães	ARRASTASSOLAS	Male	38	M45	9	05:13:27	8'57"/km
40	210	Pedro Carvalho	ARRASTASSOLAS	Male	39	M50	8	05:13:28	8'57"/km
41	204	Fernando Nascimento	Talentos Team	Male	40	M55	4	05:25:29	9'17"/km
42	230	Mario Jose Rodrigues Nóbrega		Male	41	M55	5	05:25:56	9'18"/km
43	274	Marco Pontes	Viriathvs Runners Viseu	Male	42	M45	10	05:27:18	9'21"/km
44	241	Abreu	Individual	Male	43	MSenior	4	05:27:51	9'22"/km
45	246	Vitor Manuel Moreira Viana	Clube Zupper	Male	44	M50	9	05:31:24	9'28"/km
46	220	Pedro Carrasqueira	SRD CHELEIRENSE	Male	45	M40	8	05:33:47	9'32"/km
47	228	Davide Silva	Bota&Siga	Male	46	MSenior	5	05:46:21	9'53"/km
48	271	Miguel Ribeiro	SC Povoense - Caracóis de Corrida	Male	47	M45	11	05:50:08	10'00"/km
49	215	Vítor Santos	Grupo Desportivo da Mata	Male	48	M45	12	05:54:15	10'07"/km
50	266	Ana Sofia Lopes Jubilado Correia	Clube desportivo de leomil	Female	2	F40	1	05:54:31	10'07"/km
51	265	José Luís Gomes Pinto Correia	Clube desportivo de leomil	Male	49	M45	13	05:54:35	10'07"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
52	217	Estefânia Pinto	CTM Vila Pouca de Aguiar	Female	3	FSenior	1	05:54:46	10'08"/km
53	261	André Machado	Individual	Male	50	MSenior	6	06:08:33	10'31"/km
54	216	Marco Leal	Grupo Desportivo da Mata	Male	51	M45	14	06:23:06	10'56"/km
55	207	Jose Madureira	Individual	Male	52	M55	6	06:25:10	11'00"/km
56	234	Sandra Martins	Tuga Mobile ADAP Trail	Female	4	F40	2	06:30:10	11'08"/km
57	277	José Tavares	Tuga Mobile Trail	Male	53	M45	15	06:30:10	11'08"/km
58	239	Patrícia Marques	Runners Sernancelhe Terra da Castanha	Female	5	F35	2	06:46:00	11'36"/km
59	257	Tiago Soares Garcia	United Warriors OCR	Male	54	MSenior	7	06:47:18	11'38"/km
60	263	Duarte Rosa Figueiredo	Individual	Male	55	MSenior	8	06:47:20	11'38"/km
61	5	Nuno Teixeira	Dalmira Trail Team	Male	56	M45	16	09:22:14	16'03"/km