



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	36	Bruno Coelho	Furfor Running Project	Male	1	M40	1	05:31:29	6'37"/km
2	34	António Ferreira	Runners Do Demo	Male	2	M50	1	05:39:40	6'47"/km
3	3	Marco Pinto	Individual	Male	3	M40	2	06:00:44	7'12"/km
4	18	Hugo Pinto	EDV - VIANA TRAIL	Male	4	M35	1	06:08:30	7'22"/km
5	23	Miguel Barros	A D Amarante Trail Runing	Male	5	M50	2	07:09:48	8'35"/km
6	14	Fernando Almeida	A.S.C.Sobrado	Male	6	M45	1	07:13:16	8'39"/km
7	26	Vítor André Guerra Lopes	Moloni Running Team	Male	7	M45	2	07:13:41	8'40"/km
8	8	Henrique Velon		Male	8	MSenior	1	07:15:14	8'42"/km
9	22	Leonel Freitas	AMA- Associação Mondim Atletismo	Male	9	M40	3	07:15:27	8'42"/km
10	4	José Carlos Rodrigues	Clube Desportivo de Miranda do Douro	Male	10	M50	3	07:17:15	8'44"/km
11	30	Sara Vaz	Damira Trail Team	Female	1	F35	1	07:25:03	8'54"/km
12	31	Fernando Ribeiro	Damira Trail Team	Male	11	M45	3	07:25:05	8'54"/km
13	17	Patrícia Ribeiro	EDV - VIANA TRAIL	Female	2	F35	2	07:25:34	8'54"/km
14	2	Paulo Costa	100RaiosTeam	Male	12	M45	4	07:48:24	9'22"/km
15	13	Marco Moreira	TEAM LANTEMIL	Male	13	M45	5	07:55:42	9'30"/km
16	32	Joaquim Domingos Lopes Alves	Corredores Do Mato	Male	14	M35	2	08:08:34	9'46"/km
17	12	Elisabete Santos	TEAM LANTEMIL	Female	3	F50	1	08:11:49	9'50"/km
18	16	Rodrigo Silva	TEAM LANTEMIL	Male	15	M45	6	08:11:50	9'50"/km
19	24	Rosa Barros	A D Amarante Trail Runing	Female	4	F55	1	08:38:11	10'21"/km
20	25	Jorge Manuel Baptista Catorze	MONTANHA CLUBE TRAIL RUNNING - EFAPEL	Male	16	M45	7	09:27:02	11'20"/km
21	11	Bruno Moreira	TEAM LANTEMIL	Male	17	M35	3	09:40:30	11'36"/km
22	28	Sara Alves	Individual	Female	5	S23F	1	09:43:25	11'40"/km
23	6	Vladyslav Ovchynnykov	Individual	Male	18	MSenior	2	10:22:00	12'26"/km