



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	1079	Igor Neves	ACDRS QUINHENDROS	Male	1	M40	1	00:55:45	5'34"/km
2	1026	Gabriel Fazenda	Trail da Amizade Runners	Male	2	MS23	1	00:56:12	5'37"/km
3	1077	Leonardo Guapo	Lentidão Furiosa Freixianda	Male	3	MSenior	1	00:56:53	5'41"/km
4	1042	Gabriel Lopes	Trail da Ladeia Running Team	Male	4	MS23	2	00:57:11	5'43"/km
5	1074	Diogoneves Oliveira	Murtal Run	Male	5	MSenior	2	00:57:13	5'43"/km
6	1022	António Acácio Ribeiro Gonçalves	Chícharo Run Team A. Alvaiázere	Male	6	M40	2	00:57:29	5'44"/km
7	1052	João Costa	100 Gás Trail Team	Male	7	MSenior	3	00:59:39	5'57"/km
8	1005	Ricardo Lopes	Grupo Maravilha	Male	8	M40	3	01:00:18	6'01"/km
9	1047	José Carlos	Trail da Ladeia Running Team	Male	9	MSenior	4	01:01:00	6'06"/km
10	1063	Miguel Dias	Lentidão Furiosa Freixianda	Male	10	M40	4	01:02:00	6'12"/km
11	1025	Ana Lemos	Trail da Amizade Runners	Female	1	F40	1	01:02:32	6'15"/km
12	1038	João Gonçalves	100 Gás Trail Team	Male	11	MS23	3	01:03:08	6'18"/km
13	1037	Nuno Alexandre	Individual	Male	12	MSenior	5	01:03:11	6'19"/km
14	1054	Mariana Valério	Lentidão Furiosa Freixianda	Female	2	FSenior	1	01:03:21	6'20"/km
15	1053	Eduarda Gonçalves	Individual	Female	3	FSenior	2	01:03:22	6'20"/km
16	1010	Júlio Costa	Agroal Trail Team	Male	13	M50	1	01:04:41	6'28"/km
17	1071	Marisa Silva	Individual	Female	4	FSenior	3	01:06:02	6'36"/km
18	1066	Francisco Sebastião	Malamens	Male	14	MSenior	6	01:06:13	6'37"/km
19	1049	Jose Gomes Santos Marques	Chícharo Run Team A. Alvaiázere	Male	15	M60	1	01:06:57	6'41"/km
20	1076	Sergio Almeida	Lentidão Furiosa Freixianda	Male	16	M40	5	01:09:57	6'59"/km
21	1058	Lourenço Gomes	Individual	Male	17	M50	2	01:09:58	6'59"/km
22	1080	Manuela Faria	Individual	Female	5	F40	2	01:10:06	7'00"/km
23	1014	Joni Daniel Domingues Correia	Individual	Male	18	MSenior	7	01:10:23	7'02"/km
24	1020	Francisca Silva	Individual	Female	6	FSenior	4	01:10:39	7'04"/km
25	1045	Ângela Santos Vieira	Individual	Female	7	FSenior	5	01:10:41	7'04"/km
26	1070	Lídia Claro	Individual	Female	8	F40	3	01:11:28	7'08"/km
27	1009	Nelson Ramos Sousa Cruz	Individual	Male	19	M50	3	01:11:32	7'09"/km
28	1019	João Ruivo	Individual	Male	20	MSenior	8	01:12:34	7'15"/km
29	1018	Tomás Parreira	Individual	Male	21	MSenior	9	01:12:36	7'15"/km
30	1024	Hélder Lopes	Trail da Amizade Runners	Male	22	MSenior	10	01:12:42	7'16"/km
31	550	Nuno Simões	Trail da Ladeia Running Team	Male	23	M40	6	01:12:56	7'17"/km
32	1046	Bruno Vital	Avelar Sunset Trail	Male	24	MSenior	11	01:12:59	7'17"/km
33	1033	Beatriz Gonçalves	Serra D'Aire Trail Team	Female	9	FS23	1	01:13:04	7'18"/km
34	1021	Adélia Santos	NCA Águias	Female	10	F50	1	01:15:11	7'31"/km
35	1006	Carlos Mendes	CUMIBROA RUNNING TEAM	Male	25	M40	7	01:15:31	7'33"/km
36	1004	João Tavares	Trail da Amizade Runners	Male	26	MSenior	12	01:16:25	7'38"/km
37	1064	William John Rodrigues	Murtal Run	Male	27	MSenior	13	01:17:27	7'44"/km
38	1040	Tânia Mendes	Trail da Ladeia Running Team	Female	11	FSenior	6	01:17:58	7'47"/km
39	1017	Ana Silva	Individual	Female	12	FSenior	7	01:19:14	7'55"/km
40	1031	Carla Lopes	Chícharo Run Team A. Alvaiázere	Female	13	FSenior	8	01:19:15	7'55"/km
41	1008	Sandra Ponte	Academia de Desportos de Condeixa	Female	14	F50	2	01:20:17	8'01"/km
42	1069	Inês Gomes	Individual	Female	15	FSenior	9	01:21:42	8'10"/km
43	1073	Luís Miguel Antunes	Fittraining Pombal	Male	28	MSenior	14	01:21:45	8'10"/km
44	1003	Mélanie Simões	Individual	Female	16	FSenior	10	01:22:13	8'13"/km
45	1001	Leonardo Antunes	Individual	Male	29	MS23	4	01:22:15	8'13"/km
46	1002	Renato Simões	Individual	Male	30	MSenior	15	01:22:19	8'13"/km
47	1007	João Pedro Santos Antunes	Individual	Male	31	MSenior	16	01:22:23	8'14"/km
48	1083	Paulo Levada	Agroal Trail Team	Male	32	MSenior	17	01:22:25	8'14"/km
49	1072	Carla Borges	Individual	Female	17	FSenior	11	01:22:28	8'14"/km
50	1032	Teresa Marise Martins Ramos	Chícharo Run Team A. Alvaiázere	Female	18	FSenior	12	01:22:41	8'16"/km
51	1028	Fábio Saraiva	Individual	Male	33	MSenior	18	01:22:43	8'16"/km
52	1051	Nelio Brás	Individual	Male	34	M40	8	01:24:17	8'25"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
53	1034	Rui Oliveira	Ansibikers	Male	35	M40	9	01:25:27	8'32"/km
54	1088	Perdro Pipão	Individual	Male	36	M40	10	01:26:53	8'41"/km
55	1044	Beatriz Saraiva	100 Gás Trail Team	Female	19	FS23	2	01:26:56	8'41"/km
56	1059	Emanuel António Marques Gonçalves	Individual	Male	37	MSenior	19	01:26:59	8'41"/km
57	1060	Catarina Tomás	Trail da Amizade Runners	Female	20	FSenior	13	01:27:01	8'42"/km
58	1043	Cristina Silva	100 Gás Trail Team	Female	21	F40	4	01:27:48	8'46"/km
59	1061	Gilvania Gaspar	Malamens	Female	22	F40	5	01:29:45	8'58"/km
60	1062	Elisabete Pereira	Malamens	Female	23	F40	6	01:29:46	8'58"/km
61	1000	Inês Domingues	Individual	Female	24	FSenior	14	01:30:35	9'03"/km
62	1023	Bela Fernandes	Individual	Female	25	F40	7	01:31:01	9'06"/km
63	1048	Daniela Alexandra Anastácio Batista	Trail da Amizade Runners	Female	26	FSenior	15	01:31:42	9'10"/km
64	1081	Humberto Santos	Individual	Male	38	M40	11	01:33:55	9'23"/km
65	1013	Carla Pimenta	Individual	Female	27	F40	8	01:34:23	9'26"/km
66	1012	Márcio Martins	Individual	Male	39	M40	12	01:34:23	9'26"/km
67	1015	Sónia Ribeiro	Individual	Female	28	F40	9	01:39:00	9'54"/km
68	1036	Licinia Conceição Freire	Trail da Ladeia Running Team	Female	29	F50	3	01:45:34	10'33"/km
69	1078	Dulce Almeida	Lentidão Furiosa Freixianda	Female	30	F40	10	01:47:43	10'46"/km
70	1068	Marinho Carvalho	Individual	Male	40	MSenior	20	01:52:28	11'14"/km
71	1016	Carlos Vale	Individual	Male	41	MSenior	21	01:54:59	11'29"/km
72	1065	Paulo Jorge Marques Nunes	Lentidão Furiosa Freixianda	Male	42	M40	13	01:57:08	11'42"/km
73	1035	Juliana Freire Matias	Trail da Ladeia Running Team	Female	31	FS23	3	02:04:39	12'27"/km
74	1039	Vanda Rute Martins Rodrigues	100 Gás Trail Team	Female	32	FSenior	16	02:30:09	15'00"/km
75	1041	Mark Laedlein	Individual	Male	43	M60	2	03:12:19	19'13"/km