



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	581	André Fonte	Recreio Desportivo de Águeda	Male	1	MS23	1	00:57:09	3'48"/km
2	663	Pedro Ferreira	VVTR VALONGO VOUGA TRAIL RUNNING	Male	2	MSenior	1	00:57:21	3'49"/km
3	653	Bruno Silva	Bravos e Bravitas	Male	3	M40	1	01:00:06	4'00"/km
4	699	Nelson Maia	Bustos Runners	Male	4	M40	2	01:01:10	4'04"/km
5	646	Diogo Pimenta	DCI / Trilhos Luso Bussaco	Male	5	MSenior	2	01:03:08	4'12"/km
6	578	João Almeida	Saca Trilhos Anadia	Male	6	M45	1	01:04:35	4'18"/km
7	707	Alex Tondela	DAR-Recardães	Male	7	M45	2	01:05:30	4'22"/km
8	693	Manuel Vicente	BiciARCA run team	Male	8	M50	1	01:06:07	4'24"/km
9	671	Sérgio Augusto Almeida Lopes	GRE-EIRENSE COIMBRA	Male	9	MSenior	3	01:06:22	4'25"/km
10	710	Rui Pedro Gala	GRECAS	Male	10	MSenior	4	01:07:05	4'28"/km
11	640	João Garrido	OPraticante.pt	Male	11	M40	3	01:08:45	4'35"/km
12	611	Márcio Alexandre Melo Da Silva	Sport Clube Paradela	Male	12	M40	4	01:09:05	4'36"/km
13	641	João Barbosa	Home design	Male	13	M50	2	01:10:23	4'41"/km
14	658	Nuno Ribeiro	VVTR VALONGO VOUGA TRAIL RUNNING	Male	14	MSenior	5	01:11:00	4'44"/km
15	688	José Canha	DCI / Trilhos Luso Bussaco	Male	15	M60	1	01:11:10	4'44"/km
16	598	Eugénio Alves	VVTR VALONGO VOUGA TRAIL RUNNING	Male	16	M60	2	01:12:10	4'48"/km
17	612	Luís Silva	Sport Clube Paradela	Male	17	MSenior	6	01:12:18	4'49"/km
18	687	João Rolim	Miro Trail	Male	18	MSenior	7	01:12:31	4'50"/km
19	591	Iuri Danilo Ramalho Santiago	Clube de Atletismo HM Training Group Sangalhos	Male	19	MSenior	8	01:12:48	4'51"/km
20	654	Jorge Pimenta	DCI / Trilhos Luso Bussaco	Male	20	MSenior	9	01:13:01	4'52"/km
21	701	João Santos	Caldas de São Jorge Sport Clube	Male	21	M40	5	01:13:10	4'52"/km
22	519	José Santos	Miro Trail	Male	22	M55	1	01:13:31	4'54"/km
23	651	Sérgio Costa	Bravos e Bravitas	Male	23	M45	3	01:13:42	4'54"/km
24	662	Ivo Leandro Pinto Gonçalves	Desportivo atlético de Recardães	Male	24	MSenior	10	01:14:19	4'57"/km
25	686	Lurdes Gonçalves	DCI / Trilhos Luso Bussaco	Female	1	F40	1	01:14:41	4'58"/km
26	502	Ruben Moreira	Oiã Runners	Male	25	MSenior	11	01:15:39	5'02"/km
27	596	Hugo Coelho	Individual	Male	26	MSenior	12	01:16:10	5'04"/km
28	547	Carlos Amorim	Individual	Male	27	M55	2	01:16:22	5'05"/km
29	602	Rui Xavier	Individual	Male	28	MSenior	13	01:16:53	5'07"/km
30	582	Tiago Oliveira	Individual	Male	29	MSenior	14	01:17:23	5'09"/km
31	622	Dinarte Paulo Jesus Silva	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	Male	30	MSenior	15	01:18:37	5'14"/km
32	704	Bruno Ferreira	Bustos Runners	Male	31	M40	6	01:18:55	5'15"/km
33	609	Daniel Alexandre	Sport Clube Paradela	Male	32	MSenior	16	01:19:02	5'16"/km
34	628	Pedro Oliveira	Individual	Male	33	M40	7	01:19:41	5'18"/km
35	650	Paulo Marques	ADFA-Desportos de Natureza	Male	34	M45	4	01:19:58	5'19"/km
36	580	Rúben Martins	Individual	Male	35	MS23	2	01:20:10	5'20"/km
37	511	Mario Rui De Campos Gonçalves	Onda team	Male	36	M55	3	01:20:19	5'21"/km
38	552	Maria Fatima Pinho	Ilhavs Runneres	Female	2	F60	1	01:20:34	5'22"/km
39	631	César Oliveira	Individual	Male	37	MS23	3	01:20:44	5'23"/km
40	627	Roberto Rodrigues	Individual	Male	38	MSenior	17	01:20:54	5'23"/km
41	698	Jorge Pereira	Trilhos da Baga / K Run Team	Male	39	MSenior	18	01:21:00	5'24"/km
42	500	João Rodrigues	Individual	Male	40	M50	3	01:21:03	5'24"/km
43	514	David Araújo	Secção Desportiva AHBVOB	Male	41	MSenior	19	01:21:36	5'26"/km
44	520	Joselito Pereira	Miro Trail	Male	42	M45	5	01:21:55	5'27"/km
45	537	Diogo Ministro Ferreira	Individual	Male	43	MSenior	20	01:22:17	5'29"/km
46	657	José Silva	Individual	Male	44	M45	6	01:22:31	5'30"/km
47	616	Pedro Miguel Freitas Da Costa	Gaia Running	Male	45	M50	4	01:22:41	5'30"/km
48	636	François Rodrigues	Individual	Male	46	M50	5	01:22:41	5'30"/km
49	557	Tomás Figueiredo	Espigueiros Runners - Caparrosinha	Male	47	MSenior	21	01:22:46	5'31"/km
50	565	Paulo Vigário	Individual	Male	48	MSenior	22	01:23:02	5'32"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
51	637	Joao Capela	GRECAS	Male	49	M60	3	01:23:02	5'32"/km
52	604	Cecília Sousa	Gaia Running	Female	3	F45	1	01:23:15	5'33"/km
53	665	Filipe Silva	Individual	Male	50	MSenior	23	01:23:28	5'33"/km
54	629	Rogério Barreira	Individual	Male	51	M45	7	01:23:59	5'36"/km
55	618	André Fosneca	Gaia Running	Male	52	M50	6	01:24:08	5'36"/km
56	538	Luís Marques	Individual	Male	53	MSenior	24	01:24:17	5'37"/km
57	630	Fernando Mineiro	Individual	Male	54	M50	7	01:25:12	5'40"/km
58	510	Gilberto Pereira	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	Male	55	M45	8	01:25:35	5'42"/km
59	610	Daniela Silva	Sport Clube Paradelas	Female	4	FSenior	1	01:25:50	5'43"/km
60	643	Jorge Martins	Individual	Male	56	M40	8	01:25:52	5'43"/km
61	525	Fernando De Sousa	Individual	Male	57	M45	9	01:26:55	5'47"/km
62	550	Teresa Teixeira	Espigueiros Runners - Caparrosinha	Female	5	F45	2	01:26:55	5'47"/km
63	556	Marcio Silva	Individual	Male	58	M40	9	01:28:05	5'52"/km
64	555	Mário Rosa	DCI / Trilhos Luso Bussaco	Male	59	M55	4	01:28:30	5'54"/km
65	539	Manuel Ventura Da Silva Marques	Individual	Male	60	M40	10	01:28:55	5'55"/km
66	685	Marquilandro Ferreira	Individual	Male	61	M40	11	01:29:11	5'56"/km
67	504	Carlos Ferreira	Individual	Male	62	M50	8	01:29:22	5'57"/km
68	702	Pedro Eduardo Almeida	Individual	Male	63	MSenior	25	01:30:28	6'01"/km
69	527	Eugénio Lopes	Individual	Male	64	M50	9	01:30:36	6'02"/km
70	617	Gonçalo Filipe Da Silva Costa	Gaia Running	Male	65	MS23	4	01:30:42	6'02"/km
71	546	Ana Baptista	Espigueiros Runners - Caparrosinha	Female	6	F40	2	01:30:44	6'02"/km
72	666	Silvia Rocha	Individual	Female	7	F50	1	01:30:53	6'03"/km
73	703	Paulo Jesus	Guisande Trail Running	Male	66	M45	10	01:31:08	6'04"/km
74	633	Rosa Tavares	SosenseTrailTeam-Braga&Fernandes/Corind	Female	8	F50	2	01:31:09	6'04"/km
75	709	Ricardo André Alves Cardoso	SIGA TRILHOS	Male	67	MSenior	26	01:31:25	6'05"/km
76	540	Helder Marques	Individual	Male	68	MSenior	27	01:31:39	6'06"/km
77	697	Rui Vilar	Individual	Male	69	M45	11	01:31:43	6'06"/km
78	632	Susana Maldonado Morais	Individual	Female	9	FSenior	2	01:31:45	6'07"/km
79	614	João Lopes	Sport Clube Paradelas	Male	70	M45	12	01:31:46	6'07"/km
80	692	Renato Neto	BiciARCA run team	Male	71	MSenior	28	01:31:49	6'07"/km
81	695	António Rodrigues	BiciARCA run team	Male	72	M50	10	01:31:49	6'07"/km
82	601	Manuel Albuquerque	Individual	Male	73	MSenior	29	01:32:15	6'09"/km
83	512	Carla Manuela Rodrigues Pinto Gonçalves	Onda team	Female	10	F55	1	01:32:48	6'11"/km
84	532	Maria Rita Da Silva Fernandes	AGGVOUZELA	Female	11	F50	3	01:33:05	6'12"/km
85	694	Eduardo Correia	BiciARCA run team	Male	74	M45	13	01:33:16	6'13"/km
86	597	Rafael Fernandes Duarte	Individual	Male	75	MSenior	30	01:33:16	6'13"/km
87	579	Jorge Martins	Individual	Male	76	M40	12	01:33:33	6'14"/km
88	572	Adriana Silva	Individual	Female	12	FSenior	3	01:33:35	6'14"/km
89	605	Cristina Silva	Casa Benfica Bairrada	Female	13	F40	3	01:33:36	6'14"/km
90	571	Nuno Teixeira	Quinta Soito Chão	Male	77	M50	11	01:34:24	6'17"/km
91	570	Ricardo Teixeira	Quinta Soito Chão	Male	78	MS23	5	01:34:24	6'17"/km
92	544	Maria Miguel Mendes Martins	Individual	Female	14	FSenior	4	01:34:41	6'18"/km
93	656	Patrícia Vale	Individual	Female	15	FSenior	5	01:34:56	6'19"/km
94	606	Valter Rocha Da Silva Louro	Individual	Male	79	MSenior	31	01:34:56	6'19"/km
95	586	Benedito António De Oliveira	Individual	Male	80	M60	4	01:35:34	6'22"/km
96	642	Bruno Rosendo	Individual	Male	81	MSenior	32	01:35:39	6'22"/km
97	551	Carlos Barroso	Ameal Trail	Male	82	M55	5	01:36:09	6'24"/km
98	529	Carlos Ortet	Assempark Atletismo	Male	83	M50	12	01:36:24	6'25"/km
99	623	David Campos	Individual	Male	84	MSenior	33	01:36:44	6'26"/km
100	521	Isabel Jesus	Miro Trail	Female	16	F40	4	01:38:51	6'35"/km
101	554	Fátima Malta	Miro Trail	Female	17	F55	2	01:38:56	6'35"/km
102	587	Manuel Carlos Pires	Individual	Male	85	M55	6	01:39:04	6'36"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
103	705	Pedro Tek	Trilhos da Baga / K Run Team	Male	86	M45	14	01:39:13	6'36"/km
104	645	Paula Soares	Bravos e Bravitas	Female	18	F45	3	01:39:19	6'37"/km
105	638	Fátima Gomes	Bravos e Bravitas	Female	19	F50	4	01:39:23	6'37"/km
106	599	Helena Melo	Espigueiros Runners - Caparrosinha	Female	20	F45	4	01:40:05	6'40"/km
107	672	Amaro Daniel Ferreira Martins	SIGA TRILHOS	Male	87	M40	13	01:40:40	6'42"/km
108	661	Sérgio Silva	Missão 100 Burpees	Male	88	M50	13	01:40:44	6'42"/km
109	575	Ramiro Marques	CAS - CLUBE ATLETISMO SANGALHOS	Male	89	M55	7	01:40:59	6'43"/km
110	559	Luis Conceição	Individual	Male	90	MSenior	34	01:41:41	6'46"/km
111	558	Arlindo Santos	DAR-Recardães	Male	91	M60	5	01:41:51	6'47"/km
112	517	Carlos Coelho	MIRO TRAIL	Male	92	M50	14	01:42:21	6'49"/km
113	574	Luís Almeida	Individual	Male	93	M50	15	01:42:45	6'51"/km
114	573	Leonor Almeida	Individual	Female	21	FS23	1	01:42:45	6'51"/km
115	501	Rui Machado	Mss Grupo Desportivo de Gondomar	Male	94	M55	8	01:43:48	6'55"/km
116	526	José Pedro Coutinho	Miro Trail	Male	95	M60	6	01:44:15	6'57"/km
117	503	Rui Ferreira	Individual	Male	96	MSenior	35	01:44:34	6'58"/km
118	533	Fernanda Almeida	ACR de Vale de Cambra	Female	22	F60	2	01:44:35	6'58"/km
119	639	Pedro Silva	Individual	Male	97	M55	9	01:47:05	7'08"/km
120	553	Luís Lourenço	Individual	Male	98	M50	16	01:48:48	7'15"/km
121	625	Tânia Ferreira	Bravos e Bravitas	Female	23	FSenior	6	01:48:49	7'15"/km
122	684	Carlos Oliveira	J C T	Male	99	M50	17	01:49:22	7'17"/km
123	664	Carla Fernandes	Individual	Female	24	F40	5	01:50:00	7'20"/km
124	619	Brigite Maria Dos Santos Areias	Individual	Female	25	F50	5	01:50:01	7'20"/km
125	567	Jacinta Almeida	Miro Trail	Female	26	F55	3	01:50:04	7'20"/km
126	545	Luís Conceição	Individual	Male	100	MS23	6	01:50:15	7'21"/km
127	621	Joel Rodrigo Gouveia	Individual	Male	101	M40	14	01:51:24	7'25"/km
128	620	Ana Gaspar	Individual	Female	27	F40	6	01:51:25	7'25"/km
129	635	Sónia Oliveira	Bravos e Bravitas	Female	28	F45	5	01:52:10	7'28"/km
130	613	Eduardo Fonseca	Sport Clube Paradelas	Male	102	M45	15	01:52:38	7'30"/km
131	681	Miguel Tavares	Faça chuva - Faça sol	Male	103	M50	18	01:54:31	7'38"/km
132	683	Dalila Freire	Faça chuva - Faça sol	Female	29	F50	6	01:54:32	7'38"/km
133	647	Hélder Ferreira	Bravos e Bravitas	Male	104	MSenior	36	01:54:39	7'38"/km
134	667	Gilberto Henriques De Oliveira Almeida	Individual	Male	105	M50	19	01:55:35	7'42"/km
135	660	Anabela Silva	Missão 100 Burpees	Female	30	F50	7	01:55:44	7'42"/km
136	634	João Sousa	Bravos e Bravitas	Male	106	M50	20	01:55:57	7'43"/km
137	518	Cristina Santos	Miro Trail	Female	31	F55	4	01:56:08	7'44"/km
138	522	Rosa Matos	Miro Trail	Female	32	F60	3	01:56:09	7'44"/km
139	508	Tânia Inácio	Individual	Female	33	FSenior	7	01:56:59	7'47"/km
140	595	Andreia Ribeiro	Boavista Trail	Female	34	F45	6	01:57:23	7'49"/km
141	530	Isabel Ferreira	AGGVOUZELA	Female	35	F40	7	01:57:30	7'50"/km
142	682	Isabel Alexandrino	Faça chuva - Faça sol	Female	36	F45	7	01:58:14	7'52"/km
143	624	Fatima Pires Da Silva	Individual	Female	37	F60	4	01:58:14	7'52"/km
144	528	Carla Bornes	Individual	Female	38	F50	8	01:58:56	7'55"/km
145	626	Hélder Silva	Bravos e Bravitas	Male	107	M45	16	01:59:24	7'57"/km
146	655	Sara Duarte	Miro Trail	Female	39	FSenior	8	01:59:38	7'58"/km
147	568	Ana Rita Martins	Cão doce cão	Female	40	FSenior	9	02:00:09	8'00"/km
148	509	Fátima Guerra	Individual	Female	41	FSenior	10	02:01:09	8'04"/km
149	644	Andreia Carvalho	Miro Trail	Female	42	FSenior	11	02:03:19	8'13"/km
150	659	Ana Vicente	Miro Trail	Female	43	FSenior	12	02:03:19	8'13"/km
151	668	Pedro Duarte	Adões Trail	Male	108	MSenior	37	02:03:24	8'13"/km
152	607	Joana Bexiga	Individual	Female	44	F40	8	02:04:15	8'17"/km
153	584	João Silva	Individual	Male	109	MSenior	38	02:07:18	8'29"/km
154	576	José Antonio Freitas	MSS Grupo Desportivo de Gondomar	Male	110	M60	7	02:07:18	8'29"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
155	560	Bruna Sousa Silva	Cão doce cão	Female	45	FS23	2	02:07:43	8'30"/km
156	678	Catarina Pinho	OPraticante.pt	Female	46	F40	9	02:08:03	8'32"/km
157	669	Susana Tavares	Individual	Female	47	FSenior	13	02:10:41	8'42"/km
158	690	Ricardo Tavares	Individual	Male	111	MSenior	39	02:10:42	8'42"/km
159	600	Mário Araújo	Aminhacorida/Runextrem	Male	112	M45	17	02:11:03	8'44"/km
160	506	João Luís Frade Cajeira	Individual	Male	113	M60	8	02:13:00	8'52"/km
161	652	Virgínia Moreira	Bravos e Bravitas	Female	48	F50	9	02:13:03	8'52"/km
162	714	Dorsal Sin Datos	Individual	Mixed	1	Sem Dados	1	02:17:53	9'11"/km
163	691	Cristina Silva	Individual	Female	49	F40	10	02:19:35	9'18"/km
164	524	Alice Coelho	Miro Trail	Female	50	F50	10	02:26:05	9'44"/km
165	534	Celia Carvalho	Miro Trail	Female	51	F55	5	02:26:05	9'44"/km
166	673	Luis Manuel Pinho Diogo	DCI / Trilhos Luso Bussaco	Male	114	MSenior	40	03:13:40	12'54"/km