



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	25	Alberto Fonte	Recreio Desportivo de Águeda	Male	1	M50	1	01:41:28	4'03"/km
2	37	Luís Azevedo	Sport Clube Paradela	Male	2	M40	1	01:48:03	4'19"/km
3	36	Marcos André Jesus Ferreira	Sport Clube Paradela	Male	3	MSenior	1	01:49:44	4'23"/km
4	23	Pedro Capela	Vergabikes PC jardins	Male	4	M50	2	01:52:54	4'30"/km
5	21	Luis Oliveira	Barracão	Male	5	M45	1	01:56:17	4'39"/km
6	48	Francisco Cadinha	Individual	Male	6	MS23	1	01:58:29	4'44"/km
7	9	Pedro Guimaraes	LETSRUNAZORES	Male	7	M55	1	02:00:54	4'50"/km
8	15	Hugo Joel De Jesus Simões	Individual	Male	8	MSenior	2	02:01:20	4'51"/km
9	26	Paulo Silva	Bustos Runners	Male	9	M50	3	02:02:32	4'54"/km
10	16	Luis Figueiredo	Espigueiros Runners - Caparrosinha	Male	10	M50	4	02:02:33	4'54"/km
11	22	Bruno Bastos	Individual	Male	11	MSenior	3	02:03:50	4'57"/km
12	31	Renato Ribeiro	DCI / Trilhos Luso Bussaco	Male	12	M45	2	02:04:06	4'57"/km
13	47	Alcides Relvas	Bravos e Bravitas	Male	13	M60	1	02:05:08	5'00"/km
14	33	Ricardo Vidal	Sport Clube Paradela	Male	14	M45	3	02:06:06	5'02"/km
15	19	Miguel Santos	Individual	Male	15	MSenior	4	02:06:44	5'04"/km
16	3	Paulo Alexandre Simões Da Costa	Tainadas Run Team	Male	16	M40	2	02:06:46	5'04"/km
17	34	Cláudio Miguel De Sousa Agostinho	Sport Clube Paradela	Male	17	MSenior	5	02:07:22	5'05"/km
18	45	Daniel Gomes	jalalis100limites	Male	18	M55	2	02:09:12	5'10"/km
19	40	João Filipe Afonso Pereira Pires	Individual	Male	19	MSenior	6	02:09:48	5'11"/km
20	51	João Sousa	Bravos e Bravitas	Male	20	M50	5	02:11:31	5'15"/km
21	35	Bruno Manuel Coelho Baptista	Sport Clube Paradela	Male	21	M40	3	02:12:45	5'18"/km
22	28	Paulo Borges	Individual	Male	22	M45	4	02:12:55	5'19"/km
23	20	Hugo Antunes	Individual	Male	23	MSenior	7	02:13:32	5'20"/km
24	5	João Santos	Domus Trail	Male	24	M50	6	02:14:00	5'21"/km
25	46	João Pedro Abrantes	Individual	Male	25	M45	5	02:15:52	5'26"/km
26	43	Sandra Silva	Bravos e Bravitas	Female	1	F45	1	02:16:12	5'26"/km
27	42	João Gomes	Bravos e Bravitas	Male	26	M50	7	02:16:13	5'26"/km
28	18	André Barbosa	Individual	Male	27	M40	4	02:16:46	5'28"/km
29	24	Vera Pessoa	Individual	Female	2	FSenior	1	02:16:47	5'28"/km
30	17	Heitor Santos	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	Male	28	M60	2	02:19:47	5'35"/km
31	44	Alex Teles	Individual	Male	29	M40	5	02:19:52	5'35"/km
32	30	Paulino Duarte	Individual	Male	30	MSenior	8	02:26:25	5'51"/km
33	38	Frederico Carreira	Individual	Male	31	MSenior	9	02:26:29	5'51"/km
34	39	Daniel Gonçalves Da Silva	Individual	Male	32	MSenior	10	02:26:49	5'52"/km
35	49	Jessica Sofia Lopes Domingues	ACDRS QUINHENDROS	Female	3	FSenior	2	02:26:55	5'52"/km
36	648	Vera Leite	Bravos e Bravitas	Female	4	F40	1	02:27:15	5'53"/km
37	677	Marcelo Fernandes	Bravos e Bravitas	Male	33	M55	3	02:27:16	5'53"/km
38	41	Idalina Ribeiro	DCI / Trilhos Luso Bussaco	Female	5	F45	2	02:31:12	6'02"/km
39	50	Jonathan Bravo	Individual	Male	34	M50	8	02:32:00	6'04"/km
40	10	José Figueiredo	Espigueiros Runners - Caparrosinha	Male	35	M60	3	02:34:04	6'09"/km
41	6	Marta Rodrigues	Trilhos da Baga / K Run Team	Female	6	F40	2	02:45:04	6'36"/km
42	14	Eduardo Gonçalves De Souza	Individual	Male	36	MSenior	11	02:47:33	6'42"/km
43	32	Rui Almeida	Sport Clube Paradela	Male	37	M45	6	03:40:00	8'48"/km