



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	1124	Luís Gomes	MSS Grupo Desportivo de Gondomar	Male	1	MSenior	1	00:50:31	3'53"/km
2	1037	Nelson Loureiro	OPraticante.pt	Male	2	M40	1	00:50:54	3'54"/km
3	1013	Leonel Barros	Vizela corre	Male	3	MSenior	2	00:52:13	4'01"/km
4	1169	Ruan Rodrigues	Associação Desportiva Nós Acreditamos	Male	4	MSenior	3	00:52:20	4'01"/km
5	1029	Rúben Borges	AFIPRE TEAM	Male	5	MSenior	4	00:54:53	4'13"/km
6	1020	Rafael Campos Dos Santos		Male	6	M40	2	01:00:12	4'37"/km
7	1024	Carlos Silva	Sport Clube Freamunde	Male	7	M45	1	01:00:18	4'38"/km
8	1104	Gonçalo Cunha	AFIPRE TEAM	Male	8	MS23	1	01:00:30	4'39"/km
9	1036	José Loureiro	Leões de Tardariz Trail	Male	9	M50	1	01:00:41	4'40"/km
10	1163	Ibraim Sousa	MSS Grupo Desportivo de Gondomar	Male	10	M45	2	01:01:07	4'42"/km
11	1086	Agostinho Teixeira	GD AIRÃO RUN	Male	11	M40	3	01:01:19	4'43"/km
12	1171	Luís Silvestre	MSS Grupo Desportivo de Gondomar	Male	12	M50	2	01:01:27	4'43"/km
13	1017	Rui Paquete	Carcavelos Caravela Seguros	Male	13	M40	4	01:01:47	4'45"/km
14	1047	Dario Cardoso	Leões de Tardariz Trail	Male	14	M50	3	01:02:48	4'49"/km
15	1127	Rafael Sousa	MSS Grupo Desportivo de Gondomar	Male	15	M40	5	01:02:51	4'50"/km
16	1043	Vitor Mota	AFIPRE TEAM	Male	16	M50	4	01:02:51	4'50"/km
17	1038	Henrique Loureiro	OPraticante.pt	Male	17	M40	6	01:02:51	4'50"/km
18	1010	Luis Miguel Campos	AFIPRE TEAM	Male	18	MSenior	5	01:02:59	4'50"/km
19	1167	Luciano Pena	AFIPRE TEAM	Male	19	MSenior	6	01:03:29	4'53"/km
20	1186	Nuno David Maia Pereira	Arrasa Montanhas CDCR Gião	Male	20	MSenior	7	01:04:35	4'58"/km
21	1012	Marcio Almeida	MSS Grupo Desportivo de Gondomar	Male	21	M45	3	01:05:22	5'01"/km
22	1161	Bruno Rocha	MSS Grupo Desportivo de Gondomar	Male	22	M40	7	01:05:54	5'04"/km
23	1121	Márcio Teixeira	MSS Grupo Desportivo de Gondomar	Male	23	MSenior	8	01:06:12	5'05"/km
24	1025	Pedro Miguel Correia Vieira	A D Amarante Trail Runing	Male	24	M45	4	01:06:46	5'08"/km
25	1094	Eduardo Azevedo	2020Team	Male	25	MSenior	9	01:06:59	5'09"/km
26	1179	Bruno Barbosa	Pés de atleta	Male	26	MSenior	10	01:07:38	5'12"/km
27	1030	Vítor Carneiro	Sport Clube Freamunde	Male	27	M45	5	01:07:42	5'12"/km
28	1053	Hugo Sainz Meyer	CIIMAR Sport	Male	28	MSenior	11	01:07:48	5'12"/km
29	1126	Rui Alvim	MSS Grupo Desportivo de Gondomar	Male	29	M50	5	01:08:55	5'18"/km
30	1109	Pedro Silva		Male	30	M50	6	01:09:16	5'19"/km
31	1189	Paulo Dias	TEAM LANTEMIL	Male	31	MSenior	12	01:09:24	5'20"/km
32	1196	Luis Filipe De Araujo Ramos	Centro da Juventude de Malta	Male	32	MSenior	13	01:11:14	5'28"/km
33	1064	João Santoalha		Male	33	MSenior	14	01:11:22	5'29"/km
34	1044	Ricardo Macieira		Male	34	MSenior	15	01:11:35	5'30"/km
35	1042	Joaquim Noé Da Silva Martins		Male	35	M60	1	01:11:38	5'30"/km
36	1197	Bruno Filipe Santos Silva	Centro da Juventude de Malta	Male	36	MSenior	16	01:11:49	5'31"/km
37	1116	Filipe Ribeiro	Cabritos Saltadores	Male	37	M45	6	01:11:58	5'32"/km
38	1098	Manuel Ferreira	SECAI/GAIA BIKE/GEOINERTE/PEQUENOS REBENTOS	Male	38	M40	8	01:12:36	5'35"/km
39	1119	Henrique Almeida		Male	39	M40	9	01:12:41	5'35"/km
40	1065	António José Bessa Martins		Male	40	M50	7	01:12:46	5'35"/km
41	1180	António Sá	TEAM LANTEMIL	Male	41	M55	1	01:13:34	5'39"/km
42	1151	Tiago Santos	Juv Mar	Male	42	MSenior	17	01:13:41	5'40"/km
43	1105	Bruno Madureira	AFIPRE TEAM	Male	43	M40	10	01:13:50	5'40"/km
44	1023	Joaquim De Sousa Gomes Cardoso	Lobos do Monte Run	Male	44	M60	2	01:14:46	5'45"/km
45	1087	Hilário Matos	GD AIRÃO RUN	Male	45	M45	7	01:14:53	5'45"/km
46	1150	Ricardo Martins	SGSV	Male	46	MSenior	18	01:14:56	5'45"/km
47	1041	Bruno Salgado	2020Team	Male	47	M40	11	01:14:57	5'45"/km
48	1071	Francisco Costa	Rebeldes Trail	Male	48	MS23	2	01:15:08	5'46"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
49	1125	Filipe Sousa	MSS Grupo Desportivo de Gondomar	Male	49	M45	8	01:15:09	5'46"/km
50	1061	Nuno Teixeira	Caldas S.Jorge Sport Clube - Atletismo	Male	50	M40	12	01:15:53	5'50"/km
51	1132	Alberto Vitelo	MSS Grupo Desportivo de Gondomar	Male	51	M40	13	01:15:58	5'50"/km
52	1063	Luís Silva	Andorinhas	Male	52	M60	3	01:16:14	5'51"/km
53	1134	Manuel Ferreira	MSS Grupo Desportivo de Gondomar	Male	53	M50	8	01:16:39	5'53"/km
54	1076	Vítor	FLY	Male	54	M40	14	01:16:47	5'54"/km
55	1153	Vítor Lopes	FAMELGA	Male	55	MSenior	19	01:17:23	5'57"/km
56	1154	Gonçalo Correia		Male	56	MSenior	20	01:17:32	5'57"/km
57	1107	Jose Gomes		Male	57	M60	4	01:17:43	5'58"/km
58	1021	Fábio André Soares Da Silva		Male	58	MSenior	21	01:17:55	5'59"/km
59	1159	Humberto Pinho	Porto sentido runners	Male	59	M60	5	01:18:09	6'00"/km
60	1072	Daniel Martins		Male	60	MSenior	22	01:18:18	6'01"/km
61	1095	Carlos Santos		Male	61	MSenior	23	01:18:18	6'01"/km
62	1067	João Cruz		Male	62	M50	9	01:18:42	6'03"/km
63	1092	Emílio Dias Hipólito	Apúlia a Correr	Male	63	M60	6	01:18:58	6'04"/km
64	1097	Pedro Moreira	SECAI/GAIA BIKE/GEOINERTE/PEQUENOS REBENTOS	Male	64	M45	9	01:19:11	6'05"/km
65	1130	Albino Oliveira	GTT - ARMAZÉM DO CAFFÈ	Male	65	M60	7	01:19:23	6'06"/km
66	1148	Marcio Jose Mendes		Male	66	M40	15	01:19:35	6'07"/km
67	1185	Ricardo Carneiro		Male	67	MSenior	24	01:19:41	6'07"/km
68	1152	Luciano Silva		Male	68	MSenior	25	01:19:47	6'08"/km
69	1016	Salete Martins	Leões de Tardariz Trail	Female	1	F55	1	01:20:16	6'10"/km
70	1015	Jesus Castro	Leões de Tardariz Trail	Female	2	F50	1	01:20:17	6'10"/km
71	1200	Isa Daniela Freitas Da Silva	Centro da Juventude de Malta	Female	3	FSenior	1	01:21:46	6'17"/km
72	1201	Joaquim Carlos Martins Alheiro	Centro da Juventude de Malta	Male	69	M50	10	01:21:47	6'17"/km
73	1198	Moisés Manuel De Sousa E Silva	Centro da Juventude de Malta	Male	70	M40	16	01:21:53	6'17"/km
74	1174	Dina Morim	GTT - ARMAZÉM DO CAFFÈ	Female	4	F40	1	01:21:55	6'18"/km
75	1195	Maria Teresa Maia Hilario	Centro da Juventude de Malta	Female	5	F40	2	01:22:00	6'18"/km
76	1093	Pedro	FLY	Male	71	M40	17	01:22:03	6'18"/km
77	1131	Francisco Gonçalves	AFIPRE TEAM	Male	72	M50	11	01:22:13	6'19"/km
78	1175	Ruben Salgado	GTT - ARMAZÉM DO CAFFÈ	Male	73	MSenior	26	01:22:20	6'20"/km
79	1177	Rafael Faria		Male	74	MSenior	27	01:22:22	6'20"/km
80	1190	Bruno Delgado		Male	75	M45	10	01:22:31	6'20"/km
81	1147	Margarida Oliveira	MSS Grupo Desportivo de Gondomar	Female	6	F50	2	01:22:44	6'21"/km
82	1188	Ana Serra		Female	7	FSenior	2	01:23:17	6'24"/km
83	1173	António Rocha	MSS Grupo Desportivo de Gondomar	Male	76	M50	12	01:23:19	6'24"/km
84	1184	José Manuel Braga Ferreira	GTT - ARMAZÉM DO CAFFÈ	Male	77	M55	2	01:23:31	6'25"/km
85	1088	Carla Dias	GD AIRÃO RUN	Female	8	F45	1	01:25:16	6'33"/km
86	1032	Rui Fernandes		Male	78	MSenior	28	01:25:30	6'34"/km
87	1133	Samy Costa	AFIPRE TEAM	Female	9	F55	2	01:25:48	6'36"/km
88	1034	Fernando Fernandes		Male	79	MSenior	29	01:26:15	6'38"/km
89	1194	Dulce Maria Martins Rodrigues	Centro da Juventude de Malta	Female	10	FSenior	3	01:26:23	6'38"/km
90	1022	Manuel Maia		Male	80	M60	8	01:26:44	6'40"/km
91	1082	Luís Maia		Male	81	MSenior	30	01:26:44	6'40"/km
92	1084	Carlos Manuel Ribeiro Dias		Male	82	MSenior	31	01:26:45	6'40"/km
93	1157	Antonio Avelino Massa Correia		Male	83	M40	18	01:26:56	6'41"/km
94	1048	Joaquina Silva	Sport Clube Freamunde	Female	11	F40	3	01:27:00	6'41"/km
95	1166	Hélder Oliveira	MSS Grupo Desportivo de Gondomar	Male	84	M45	11	01:27:00	6'41"/km
96	1062	Américo Ferreira		Male	85	M55	3	01:27:09	6'42"/km
97	1202	Renato José Rodrigues Da Silva	Entresilvas	Male	86	MSenior	32	01:27:29	6'43"/km
98	1182	Alexandre Salgado		Male	87	M60	9	01:28:07	6'46"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
99	1143	Luís Pedro		Male	88	MSenior	33	01:28:51	6'50"/km
100	1165	Rogério Lopes	TEAM LANTEMIL	Male	89	M45	12	01:29:44	6'54"/km
101	1149	Vera Rodrigues		Female	12	F50	3	01:29:46	6'54"/km
102	1039	Luísa Maia Porto Igreja		Female	13	F40	4	01:30:49	6'59"/km
103	1199	Nuno Sérgio Meira Da Silva	Centro da Juventude de Malta	Male	90	M50	13	01:30:55	6'59"/km
104	1028	José Maria Moreira Santos	Turbolentos de Moreira	Male	91	M55	4	01:31:24	7'01"/km
105	1068	Carla Almeida	Fisioactive	Female	14	F40	5	01:31:25	7'01"/km
106	1187	Miguel Dias	Coronado Runners	Male	92	MSenior	34	01:31:26	7'02"/km
107	50	Tiago Gonçalves	Fisioactive	Male	93	M40	19	01:31:27	7'02"/km
108	1007	Bárbara Gonçalves Ferreira	CIIMAR Sport	Female	15	FSenior	4	01:31:27	7'02"/km
109	1170	João Cunha		Male	94	M40	20	01:31:36	7'02"/km
110	1099	Pedro Rodrigues		Male	95	M40	21	01:31:36	7'02"/km
111	1096	Ivo Rodrigues		Male	96	MSenior	35	01:31:36	7'02"/km
112	1128	Rita Sofia Pimparel Pires	Coronado Runners	Female	16	FSenior	5	01:32:04	7'04"/km
113	1142	Rui Miguel Maia Da Silva	Coronado Runners	Male	97	M40	22	01:32:04	7'04"/km
114	1193	Liliana Patrícia Martins Rodrigues	Centro da Juventude de Malta	Female	17	FSenior	6	01:32:13	7'05"/km
115	1172	Dotan Goren		Male	98	M45	13	01:32:57	7'09"/km
116	1110	Nôno Araújo	TEAM LANTEMIL	Female	18	F45	2	01:33:46	7'12"/km
117	1114	Vera Lúcia Silva Fernandes	Entresilvas	Female	19	FSenior	7	01:33:59	7'13"/km
118	1192	Teresa Raquel Duarte Barbosa	Centro da Juventude de Malta	Female	20	FSenior	8	01:34:03	7'14"/km
119	1045	Conceição Costa	Poveiras	Female	21	F50	4	01:34:17	7'15"/km
120	1091	João Ribeiro	MSS Grupo Desportivo de Gondomar	Male	99	M40	23	01:35:18	7'19"/km
121	1158	Arminda Costa Da Silva		Female	22	F40	6	01:35:43	7'21"/km
122	1103	Paula Azevedo	AFIPRE TEAM	Female	23	F40	7	01:35:50	7'22"/km
123	1117	Rui Lopes		Male	100	MSenior	36	01:35:55	7'22"/km
124	1033	Adelaide Morim	Poveiras	Female	24	F50	5	01:36:09	7'23"/km
125	1108	Ivo Brás		Male	101	M40	24	01:36:15	7'24"/km
126	1040	Cristina Maria Moreira Flores	Poveiras	Female	25	F45	3	01:36:18	7'24"/km
127	1160	Sara Rocha	MSS Grupo Desportivo de Gondomar	Female	26	F40	8	01:37:23	7'29"/km
128	1069	Hugo Bezerra	Rebeldes Trail	Male	102	M45	14	01:38:23	7'34"/km
129	1073	Ricardo Maia	Rebeldes Trail	Male	103	MSenior	37	01:38:23	7'34"/km
130	1046	Angelina Maia		Female	27	F60	1	01:38:40	7'35"/km
131	1156	Ana Correia		Female	28	FSenior	9	01:38:50	7'36"/km
132	1155	Luís Pedro Torres	GIN Team	Male	104	MSenior	38	01:38:50	7'36"/km
133	1011	Carla Magalhaes	Lobos do Monte Run	Female	29	F40	9	01:38:55	7'36"/km
134	1113	Ana Rita Rodrigues Da Silva	Entresilvas	Female	30	FSenior	10	01:38:57	7'36"/km
135	1122	Bruno Chimeno	Coronado Runners	Male	105	MSenior	39	01:39:31	7'39"/km
136	1123	Vânia Rebelo	Coronado Runners	Female	31	FSenior	11	01:39:31	7'39"/km
137	1146	Adriano José Alves Oliveira	Coronado Runners	Male	106	M40	25	01:39:32	7'39"/km
138	1112	José Rui Maia		Male	107	M50	14	01:40:45	7'45"/km
139	1111	Afonso Maia		Male	108	MS23	3	01:40:45	7'45"/km
140	1102	Antonio Vaz		Male	109	M40	26	01:43:48	7'59"/km
141	1144	Isa Castro	MSS Grupo Desportivo de Gondomar	Female	32	F55	3	01:46:30	8'11"/km
142	1164	Marina Sousa	MSS Grupo Desportivo de Gondomar	Female	33	F45	4	01:46:31	8'11"/km
143	1018	Bárbara Ferreira	Carcavelos Caravela Seguros	Female	34	FSenior	12	01:48:29	8'20"/km
144	1051	António Silva	Leões de Tardariz Trail	Male	110	M40	27	01:48:46	8'22"/km
145	1052	Manuel Alvarino	Leões de Tardariz Trail	Male	111	M50	15	01:48:47	8'22"/km
146	1058	Nuno Gonçalves	Andorinhas	Male	112	M40	28	01:49:26	8'25"/km
147	1057	Marta Maia	Andorinhas	Female	35	F45	5	01:49:26	8'25"/km
148	1083	Ana Cláudia	Andorinhas	Female	36	FSenior	13	01:50:15	8'28"/km
149	1059	Ana Maia	Andorinhas	Female	37	FSenior	14	01:50:15	8'28"/km
150	1090	Sérgio Almeida	Abril Angel	Male	113	M50	16	01:52:18	8'38"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
151	1074	João Santana	Rebeldes Trail	Male	114	M55	5	01:52:21	8'38"/km
152	1080	Fátima Mota	Rebeldes Trail	Female	38	F55	4	01:52:58	8'41"/km
153	1075	Elsa Sacramento	Rebeldes Trail	Female	39	F50	6	01:54:02	8'46"/km
154	1162	Ricardo Silveira	MSS Grupo Desportivo de Gondomar	Male	115	M40	29	01:57:54	9'04"/km
155	1120	Cláudia Silva		Female	40	FSenior	15	01:58:39	9'07"/km
156	1137	Raquel Marques	MSS Grupo Desportivo de Gondomar	Female	41	F40	10	01:59:12	9'10"/km
157	1145	Salvador Pontes	Rebeldes Trail	Male	116	MS23	4	02:01:10	9'19"/km
158	1138	Tânia Melo	Rebeldes Trail	Female	42	F45	6	02:03:20	9'29"/km
159	1139	Bruno Carvalho	Rebeldes Trail	Male	117	MSenior	40	02:03:21	9'29"/km
160	1101	Sérgio Ferreira		Male	118	M45	15	02:04:13	9'33"/km
161	1089	Andreia Mouta		Female	43	FSenior	16	02:04:13	9'33"/km
162	1077	Joana António		Female	44	FSenior	17	02:04:14	9'33"/km
163	1129	Rui Augusto	MSS Grupo Desportivo de Gondomar	Male	119	M50	17	02:06:09	9'42"/km
164	1008	Isabel Machado	MSS Grupo Desportivo de Gondomar	Female	45	F55	5	02:06:10	9'42"/km
165	1009	Alberto Pereira	MSS Grupo Desportivo de Gondomar	Male	120	M50	18	02:06:10	9'42"/km
166	1140	Rita Oliveira	Rebeldes Trail	Female	46	FSenior	18	02:12:15	10'10"/km
167	1141	Marcus Faria	Rebeldes Trail	Male	121	MSenior	41	02:12:17	10'10"/km
168	1079	Manuel Jorge	Rebeldes Trail	Male	122	M55	6	02:13:52	10'17"/km
169	1085	Alba Estrella	Rebeldes Trail	Female	47	F40	11	02:28:59	11'27"/km
170	1031	Isa Ribeiro	ADE Trail Running	Female	48	FSenior	19	02:29:01	11'27"/km
171	1070	Luís Matos	Rebeldes Trail	Male	123	M50	19	02:29:06	11'28"/km
172	1136	Pedro Maia		Male	124	MSenior	42	02:29:17	11'29"/km
173	1135	Clara Gomes		Female	49	FSenior	20	02:29:36	11'30"/km