



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	28	Tiago Pinheiro	AD MARCO 09	Male	1	MSenior	1	01:16:12	4'14"/km
2	126	Miguel Angelo Azevedo	ARCD Venda da Luísa	Male	2	M40	1	01:17:02	4'16"/km
3	109	Sérgio Silva	MSS Grupo Desportivo de Gondomar	Male	3	M40	2	01:17:49	4'19"/km
4	41	Bruno Correia	Lobos do Monte Run	Male	4	MSenior	2	01:19:59	4'26"/km
5	23	Jorge Cardoso	Lobos do Monte Run	Male	5	MSenior	3	01:22:07	4'33"/km
6	96	Nelson Teixeira	Leões de Tardariz Trail	Male	6	MSenior	4	01:23:05	4'37"/km
7	21	Augusto Ferreira	Carcavelos Caravela Seguros	Male	7	M50	1	01:23:17	4'37"/km
8	127	António Carvalho	AFIPRE TEAM	Male	8	M50	2	01:25:46	4'45"/km
9	11	Miguel Caseiro	Lobos do Monte Run	Male	9	M40	3	01:26:00	4'46"/km
10	12	Helder Ribeiro		Male	10	MSenior	5	01:26:05	4'46"/km
11	72	Pedro Sabugueiro	EQUIPA ALVES - SEGUROS E IMOBILIÁRIA	Male	11	MSenior	6	01:26:24	4'48"/km
12	132	João Borges	AFIPRE TEAM	Male	12	MS23	1	01:26:38	4'48"/km
13	34	Carlos Mesquita	Escolinha nem o céu é o limite	Male	13	M40	4	01:27:16	4'50"/km
14	102	Miguel Alves	Leões de Tardariz Trail	Male	14	M40	5	01:28:10	4'53"/km
15	100	Nuno Silva	SGSV	Male	15	M45	1	01:29:16	4'57"/km
16	81	Hélder Oliveira	Guisande Trail Running	Male	16	M40	6	01:29:30	4'58"/km
17	60	Bruno Teles	Arrasa Montanhas CDCR Gião	Male	17	MSenior	7	01:29:42	4'59"/km
18	108	Rogério Vicente	GTT - ARMAZÉM DO CAFFÈ	Male	18	M50	3	01:29:54	4'59"/km
19	48	Miguel Sousa	Brasinhas/HsantamariaRT	Male	19	M50	4	01:30:52	5'02"/km
20	29	Luís Mário Campos Monteiro	Lobos do Monte Run	Male	20	M50	5	01:31:18	5'04"/km
21	133	Helder Borges	AFIPRE TEAM	Male	21	M45	2	01:31:57	5'06"/km
22	110	Jorge Manuel Gomes Ramos	Lobos do Monte Run	Male	22	M40	7	01:32:00	5'06"/km
23	61	Rui Barros	Retorta - Quinta das Arcas	Male	23	MSenior	8	01:32:16	5'07"/km
24	27	Hugo Marques		Male	24	M40	8	01:32:57	5'09"/km
25	13	Paulo José Moreira	Lobos do Monte Run	Male	25	M60	1	01:33:24	5'11"/km
26	24	José Neves		Male	26	M50	6	01:33:31	5'11"/km
27	87	Vítor Morim	GTT - ARMAZÉM DO CAFFÈ	Male	27	M40	9	01:33:38	5'12"/km
28	120	Manuel Faria	MSS Grupo Desportivo de Gondomar	Male	28	M55	1	01:33:44	5'12"/km
29	49	José Salas	MSS Grupo Desportivo de Gondomar	Male	29	M45	3	01:33:47	5'12"/km
30	51	Maria Patrícia Ramos Fernandes	G.D. Leões da Guarda - Lion Runners	Female	1	FSenior	1	01:34:37	5'15"/km
31	134	José Sá	G.D. Leões da Guarda - Lion Runners	Male	30	M45	4	01:34:40	5'15"/km
32	2	Alexandra Fernandes	olimpico vienense	Female	2	F55	1	01:34:52	5'16"/km
33	112	José Matos	Boavista Trail	Male	31	M50	7	01:35:21	5'17"/km
34	30	Lino Manuel Lopes Da Silva	AM RUNNING	Male	32	M45	5	01:35:42	5'19"/km
35	18	João Martins	Leões de Tardariz Trail	Male	33	MSenior	9	01:36:19	5'21"/km
36	79	Manuel Costa	TEAM LANTEMIL	Male	34	M55	2	01:37:11	5'23"/km
37	123	António Coelho	CCDPJ Porto	Male	35	M45	6	01:37:13	5'24"/km
38	1	Sergio Coelho	GTT - ARMAZÉM DO CAFFÈ	Male	36	M45	7	01:38:46	5'29"/km
39	20	João Silva	Lobos do Monte Run	Male	37	MSenior	10	01:38:50	5'29"/km
40	39	António Pinto	Leões de Tardariz Trail	Male	38	M60	2	01:39:08	5'30"/km
41	44	Pedro Ferreira	Leões de Tardariz Trail	Male	39	M50	8	01:39:11	5'30"/km
42	19	Mário Moura	Leões de Tardariz Trail	Male	40	M50	9	01:39:41	5'32"/km
43	47	Tiago Mota	Amigos 100 Limites	Male	41	MSenior	11	01:39:45	5'32"/km
44	73	Fábio Cruz		Male	42	MSenior	12	01:40:51	5'36"/km
45	95	Manuel Póvoas	MSS Grupo Desportivo de Gondomar	Male	43	M60	3	01:40:57	5'36"/km
46	129	Carlos Anjo		Male	44	MSenior	13	01:41:02	5'36"/km
47	121	Miguel Araújo	TEAM LANTEMIL	Male	45	M45	8	01:41:35	5'38"/km
48	115	Erivelton Nascimento Santos	EQUIPA ALVES - SEGUROS E IMOBILIÁRIA	Male	46	MSenior	14	01:41:41	5'39"/km
49	99	Carlos Moreira	Cin Running Team	Male	47	MSenior	15	01:41:48	5'39"/km



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50	103	Victor Azevedo	MSS Grupo Desportivo de Gondomar	Male	48	M50	10	01:42:05	5'40"/km
51	54	Tiago Bartolomeu Magalhães Oliveira		Male	49	MSenior	16	01:42:07	5'40"/km
52	113	Sandra Lage	Boavista Trail	Female	3	F45	1	01:42:09	5'40"/km
53	130	Nuno Miguel Gonçalves Dias Gil		Male	50	M40	10	01:42:40	5'42"/km
54	37	Luis Mirra		Male	51	MSenior	17	01:43:45	5'45"/km
55	22	Manuel Carvalho		Male	52	M45	9	01:45:38	5'52"/km
56	128	Telmo Moreira Da Silva		Male	53	MS23	2	01:46:34	5'55"/km
57	74	Nuno Miguel Rodrigues	GRE Bonfim	Male	54	M50	11	01:47:14	5'57"/km
58	124	Rui Pedro Campinho	GRE Bonfim	Male	55	MSenior	18	01:47:14	5'57"/km
59	86	Jorge Nogueira	Coronado Runners	Male	56	M50	12	01:47:15	5'57"/km
60	118	Ernesto Araújo		Male	57	MSenior	19	01:47:41	5'58"/km
61	14	Luis Dias		Male	58	MSenior	20	01:47:50	5'59"/km
62	98	Valdemar Ferreira Carvalho	DIABOS A SOLTA	Male	59	M55	3	01:47:58	5'59"/km
63	111	Edozie Nelson Datede	MSS Grupo Desportivo de Gondomar	Male	60	MSenior	21	01:48:07	6'00"/km
64	7	Lucas Moreira		Male	61	MS23	3	01:49:19	6'04"/km
65	26	Anabela Silva		Female	4	F40	1	01:49:29	6'04"/km
66	59	José Varela		Male	62	M45	10	01:49:30	6'05"/km
67	107	Fernando Santos	GTT - ARMAZÉM DO CAFFÈ	Male	63	M55	4	01:50:36	6'08"/km
68	63	Ricardo Alves	PCRUNNERS	Male	64	M40	11	01:51:10	6'10"/km
69	58	Carina Silva	PCRUNNERS	Female	5	FSenior	2	01:51:11	6'10"/km
70	55	Antonio Coentrão	AM RUNNING	Male	65	MSenior	22	01:51:21	6'11"/km
71	64	Vítor Eduardo Navio Maio		Male	66	MS23	4	01:53:19	6'17"/km
72	101	Fernando Duarte Ferreira		Male	67	M60	4	01:54:43	6'22"/km
73	89	Paulo Lara	Boavista Trail	Male	68	M50	13	01:56:37	6'28"/km
74	66	Jorge Borges	GTT - ARMAZÉM DO CAFFÈ	Male	69	M45	11	01:57:07	6'30"/km
75	65	Mónica Borges	GTT - ARMAZÉM DO CAFFÈ	Female	6	F45	2	01:57:09	6'30"/km
76	136	Manuel Joaquim Da Costa Ferreira		Male	70	M55	5	01:57:17	6'30"/km
77	35	José António Fernandes	DIABOS A SOLTA	Male	71	M45	12	01:58:08	6'33"/km
78	104	Gabriel José Fernandes Santos	Futebol Clube de Malta	Male	72	M45	13	01:58:09	6'33"/km
79	114	Francisco Leite Moura	EQUIPA ALVES - SEGUROS E IMOBILÁRIA	Male	73	M40	12	01:58:12	6'34"/km
80	70	Abílio João Carneiro Malheiro	EQUIPA ALVES - SEGUROS E IMOBILÁRIA	Male	74	M50	14	01:58:13	6'34"/km
81	135	Ricardo Manuel Campinho Capela	CIIMAR Sport	Male	75	MSenior	23	01:58:50	6'36"/km
82	33	Armando Ferreira		Male	76	M40	13	01:59:24	6'38"/km
83	78	Fraisse		Male	77	M45	14	02:00:15	6'40"/km
84	75	Fraisse Olivier		Male	78	M40	14	02:00:16	6'40"/km
85	93	João Silva	GTT - ARMAZÉM DO CAFFÈ	Male	79	M55	6	02:00:29	6'41"/km
86	31	Nuno Flores		Male	80	M45	15	02:00:32	6'41"/km
87	17	Filipa Moreira	Leões de Tardariz Trail	Female	7	FSenior	3	02:00:33	6'41"/km
88	131	José Leite		Male	81	M40	15	02:00:35	6'41"/km
89	32	João Tiago Gil		Male	82	MSenior	24	02:02:14	6'47"/km
90	25	Ruben Moreira		Male	83	M40	16	02:03:01	6'50"/km
91	116	Carlos Gandra	GTT - ARMAZÉM DO CAFFÈ	Male	84	M55	7	02:04:45	6'55"/km
92	119	João Morais	GTT - ARMAZÉM DO CAFFÈ	Male	85	MSenior	25	02:04:45	6'55"/km
93	53	Tiago Figueiredo	Guisande Trail Running	Male	86	M40	17	02:05:12	6'57"/km
94	80	Teresa Raquel Sousa Santos	Guisande Trail Running	Female	8	F45	3	02:05:13	6'57"/km
95	52	Marilda Santos	Guisande Trail Running	Female	9	F45	4	02:05:15	6'57"/km
96	88	Eduardo José Gomes Pires	Cin Running Team	Male	87	MSenior	26	02:05:34	6'58"/km
97	71	Eduardo Cristovão Azevedo Lopes	EQUIPA ALVES - SEGUROS E IMOBILÁRIA	Male	88	MSenior	27	02:05:35	6'58"/km
98	105	Maria Pamplona Barbosa Vinhas	Pamplona Naturals	Female	10	F50	1	02:05:42	6'59"/km
99	106	Augusto Gil Da Costa Vinhas	Pamplona Naturals	Male	89	M50	15	02:05:42	6'59"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
100	62	Marylia Santos Pereira Amaro		Female	11	F40	2	02:06:17	7'01"/km
101	40	Francisco Costa		Male	90	M55	8	02:06:19	7'01"/km
102	91	Filipe Meira	LUMIINOX	Male	91	MSenior	28	02:15:13	7'30"/km
103	97	João Teixeira	A D Nós Acreditamos	Male	92	M55	9	02:18:27	7'41"/km
104	45	Nuno Caraça		Male	93	MSenior	29	02:19:51	7'46"/km
105	46	Paulo Caraça		Male	94	M45	16	02:19:51	7'46"/km
106	117	José Pedro Ribeiro Ferreira		Male	95	MSenior	30	02:22:48	7'56"/km
107	83	Carla Lopes	YRun	Female	12	F40	3	02:31:10	8'23"/km
108	82	Teresa Silva	YRun	Female	13	F50	2	02:31:10	8'23"/km
109	84	Eugénia Monteiro	YRun	Female	14	F50	3	02:32:10	8'27"/km
110	94	Fábio Lima	LUMIINOX	Male	96	MSenior	31	02:35:26	8'38"/km
111	90	Luis Mota	LUMIINOX	Male	97	MSenior	32	02:35:26	8'38"/km
112	137	Alexandre Silva		Male	98	MSenior	33	02:36:13	8'40"/km
113	56	Carolina Fernandes		Female	15	FSenior	4	02:38:42	8'49"/km
114	42	Maria Alves	CB RUN	Female	16	FSenior	5	02:38:45	8'49"/km
115	43	Vasco Faria	CB RUN	Male	99	M40	18	02:38:45	8'49"/km