

Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat Pos	Tempo	Ritmo
1	617	Luís Manuel De Pinho Diogo	DCI / Trilhos Luso Bussaco	Male	1	MSenior 1	01:11:43	4'28"/km
2	844	Nelson Maia	Bustos Runners	Male	2	M40 1	01:15:06	4'41"/km
3	713	Filipe Costa	DAR RECARDÃES	Male	3	MSenior 2	01:15:29	4'43"/km
4	772	André Silva	NS Trail team	Male	4	MSenior 3	01:15:52	4'44"/km
5	702	Simão Geraldo	Individual	Male	5	MSenior 4	01:16:41	4'47"/km
6	589	Rui Teixeira	Bravos e Bravitas	Male	6	MSenior 5	01:16:50	4'48"/km
7	592	Marcos André Ferreira	Sport Clube Paradela	Male	7	MSenior 6	01:17:25	4'50"/km
8	733	Didier De Jesus	Individual	Male	8	M40 2	01:17:31	4'50"/km
9	653	António Augusto Alves De Assunção	Clube desportivo feirense	Male	9	M40 3	01:18:11	4'53"/km
10	752	Gilberto Costa	jalalis100limites	Male	10	M40 4	01:18:59	4'56"/km
11	663	Sérgio Augusto Almeida Lopes	GRE-EIRENSE COIMBRA	Male	11	MSenior 7	01:19:42	4'58"/km
12	859	Daniel Silva Peixoto	Individual	Male	12	M40 5	01:20:16	5'01"/km
13	853	Miguel Lourenço	Fox Running Team	Male	13	MSenior 8	01:20:48	5'03"/km
14	746	Maikol Simões	CLTT - Clinica Litoral Trail Team	Male	14	M40 6	01:21:18	5'04"/km
15	718	Davide Marques Da Silva	DAR RECARDÃES	Male	15	M40 7	01:21:52	5'07"/km
16	737	Domingos Vieira	OPraticante.pt	Male	16	MSenior 9	01:23:17	5'12"/km
17	814	Manuel Vicente	BiciARCA run team	Male	17	M50 1	01:23:23	5'12"/km
18	831	Sérgio Ferreira	BiciARCA run team	Male	18	M40 8	01:24:31	5'16"/km
19	714	Samuel Santos	DAR RECARDÃES	Male	19	MS23 1	01:24:34	5'17"/km
20	568	Cláudio Agostinho	Sport Clube Paradela	Male	20	MSenior 10	01:25:06	5'19"/km
21	742	Paulo Matos	Fox Running Team	Male	21	M50 2	01:26:25	5'24"/km
22	562	Luís Silva	Sport Clube Paradela	Male	22	MSenior 11	01:26:33	5'24"/km
23	616	António Veiga	ACD OS ÍLHAVOS	Male	23	MSenior 12	01:26:52	5'25"/km
24	629	Marco Vieira	Ribeirail	Male	24	MSenior 13	01:26:59	5'26"/km
25	605	Jorge Luís Fernandes Rocha	CD Póvoa de Varzim	Male	25	M40 9	01:26:59	5'26"/km
26	553	Rui Costa	Individual	Male	26	M40 10	01:28:00	5'30"/km
27	794	César Barros	CLTT - Clinica Litoral Trail Team	Male	27	MSenior 14	01:28:25	5'31"/km
28	542	João Almeida	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	Male	28	M50 3	01:28:28	5'31"/km
29	638	Carlos Seguel	Individual	Male	29	M40 11	01:29:00	5'33"/km
30	586	Sérgio Costa	Bravos e Bravitas	Male	30	M40 12	01:29:17	5'34"/km
31	680	Joao Barbosa	Home design	Male	31	M50 4	01:29:32	5'35"/km
32	506	Paulo Lassal	Amigos do Trail OAZ	Male	32	M40 13	01:29:46	5'36"/km
33	826	Carlos Moreto	ADF Bike Riders	Male	33	M50 5	01:29:48	5'36"/km
34	550	Luís Alves	Individual	Male	34	M40 14	01:29:49	5'36"/km
35	790	Americo Jose Jesus Martins	CATR	Male	35	M50 6	01:31:07	5'41"/km
36	549	José Proença	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	Male	36	M40 15	01:31:09	5'41"/km
37	709	Amilcar Goncalves	DCI / Trilhos Luso Bussaco	Male	37	M50 7	01:32:19	5'46"/km
38	809	Horácio Ferreira	Miro Trail	Male	38	M50 8	01:32:27	5'46"/km
39	796	João Santos	Caldas de São Jorge Sport Clube	Male	39	M40 16	01:32:44	5'47"/km
40	716	Wilson Quinta	DAR RECARDÃES	Male	40	MSenior 15	01:33:02	5'48"/km
41	684	José Carvalho	Unique Adventure	Male	41	MSenior 16	01:33:16	5'49"/km
42	613	Gonçalo Gonçalves	Individual	Male	42	M40 17	01:33:45	5'51"/km
43	660	Cristiano Faneca	JuveRunTeam	Male	43	MSenior 17	01:34:11	5'53"/km
44	802	Edgar Simões	CLTT - Clinica Litoral Trail Team	Male	44	MSenior 18	01:34:18	5'53"/km
45	539	Manuel Sá	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	Male	45	M60 1	01:34:47	5'55"/km
46	855	Bruno Tracana	GDCR LAJES	Male	46	M40 18	01:35:11	5'56"/km
47	572	Fábio Pereira	Bravos e Bravitas	Male	47	MSenior 19	01:35:17	5'57"/km
48	710	Nelson Fernando Barros Pedrogam	Os Verbenses	Male	48	MSenior 20	01:35:19	5'57"/km
49	697	Ricardo Correia Martins	Individual	Male	49	MSenior 21	01:36:41	6'02"/km
50	635	João Francisco Santos	CANSILTRA	Male	50	MS23 2	01:36:43	6'02"/km
51	731	José Moreira	OPraticante.pt	Male	51	M50 9	01:37:18	6'04"/km



Organização:



Apoios:



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
52	840	Bruno Marques	ADF Bike Riders	Male	52	M40	19	01:37:28	6'05"/km
53	832	Tomás Andrade Soares	Clube desportivo feirense	Male	53	MS23	3	01:38:17	6'08"/km
54	773	Paulo Marques	ADFA-Desportos de Natureza	Male	54	M40	20	01:38:39	6'09"/km
55	745	Carlos Costa	Academia de Desportos de Condeixa	Male	55	M50	10	01:38:52	6'10"/km
56	601	Daniel Eduardo Loureiro Vieira	Individual	Male	56	MSenior	22	01:38:54	6'10"/km
57	607	Dinarte Paulo Jesus Silva	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	Male	57	MSenior	23	01:39:21	6'12"/km
58	828	Paulo Silva	Individual	Male	58	M50	11	01:39:21	6'12"/km
59	825	Rui Barros	VVTR Valongo Vouga Trail Running	Male	59	MSenior	24	01:39:28	6'13"/km
60	723	Bruno Curto	JuveRunTeam	Male	60	MSenior	25	01:40:05	6'15"/km
61	762	Miguel Duarte	DCI / Trilhos Luso Bussaco	Male	61	M50	12	01:40:31	6'16"/km
62	818	Ricardo Moreira	BlackBulls/CNI/Pousadinha	Male	62	M40	21	01:41:44	6'21"/km
63	603	Tiago Oliveira	Individual	Male	63	MSenior	26	01:41:50	6'21"/km
64	833	Lucia Silva	BlackBulls/CNI/Pousadinha	Female	1	F40	1	01:41:52	6'22"/km
65	811	Fernando Silva	Individual	Male	64	M40	22	01:41:58	6'22"/km
66	633	Carlos Gomes	Individual	Male	65	M40	23	01:42:57	6'26"/km
67	604	Ricardo Pinho Santos	Individual	Male	66	MSenior	27	01:43:02	6'26"/km
68	852	Tiago Delgado	AGM Team Running	Male	67	M40	24	01:43:11	6'26"/km
69	850	Helena Matos	AGM Team Running	Female	2	F40	2	01:43:11	6'27"/km
70	801	Márcio Lopes	Up bike team	Male	68	M40	25	01:43:17	6'27"/km
71	606	Paulo Vigário	Individual	Male	69	MSenior	28	01:43:19	6'27"/km
72	565	Manuel Almeida	Bravos e Bravitas	Male	70	M40	26	01:43:34	6'28"/km
73	626	João Sousa	Bravos e Bravitas	Male	71	M50	13	01:44:07	6'30"/km
74	644	Paulo Sousa	Individual	Male	72	M40	27	01:44:31	6'31"/km
75	839	Gonçalo Catarino	Individual	Male	73	MSenior	29	01:44:57	6'33"/km
76	761	Sérgio Caetano	EU TU E A MONTANHA	Male	74	M40	28	01:46:03	6'37"/km
77	768	Alexandra Gomes	Fox Running Team	Female	3	F40	3	01:46:05	6'37"/km
78	621	Hugo Coelho	Individual	Male	75	MSenior	30	01:46:34	6'39"/km
79	571	Ana Mafalda Pereira	OPraticante.pt	Female	4	FSenior	1	01:46:35	6'39"/km
80	820	Jorge Campos	Individual	Male	76	MSenior	31	01:46:40	6'40"/km
81	819	J.rafael Barros	Individual	Male	77	MSenior	32	01:47:00	6'41"/km
82	692	João Veloso	ACRD VENDA DA LUÍSA	Male	78	MSenior	33	01:47:33	6'43"/km
83	688	Victor Silva	MIRO TRAIL	Male	79	M50	14	01:47:50	6'44"/km
84	679	Gonçalo Pereira Tralhao	CANSILTRA	Male	80	MS23	4	01:47:53	6'44"/km
85	755	Daniel Gomes	javalis100limites	Male	81	M50	15	01:47:56	6'44"/km
86	858	Dorsal Sin Datos	Individual	Mixed	1	Sem Dados	1	01:47:59	6'44"/km
87	835	Tiago Nascimento	ADFA-Desportos de Natureza	Male	82	MSenior	34	01:48:11	6'45"/km
88	803	Daniel Vilão	Up bike team	Male	83	M40	29	01:48:29	6'46"/km
89	836	João Saraiva	Sport Clube Paradela	Male	84	M40	30	01:48:50	6'48"/km
90	670	João Martins	Aventureiros	Male	85	MSenior	35	01:49:15	6'49"/km
91	849	Severina Almeida	CATR	Female	5	F40	4	01:49:41	6'51"/km
92	707	Frederico Da Costa Barros	Os Verbenses	Male	86	MSenior	36	01:49:55	6'52"/km
93	595	André Vilaça Da Silva	Amigos do Trail OAZ	Male	87	MSenior	37	01:49:58	6'52"/km
94	815	Joel Gouveia	BiciARCA run team	Male	88	M40	31	01:50:28	6'54"/km
95	824	Roberto Goncalves	VVTR Valongo Vouga Trail Running	Male	89	M40	32	01:50:32	6'54"/km
96	543	Daniel Alexandre	Sport Clube Paradela	Male	90	MSenior	38	01:50:45	6'55"/km
97	630	Nuno Sarabando	GD Águas Boas	Male	91	MSenior	39	01:50:48	6'55"/km
98	861	Claudia Sofia Jorge Neto	ACDRS QUINHENDROS	Female	6	FSenior	2	01:50:48	6'55"/km
99	738	Maria Fátima Pinho	CLTT - Clinica Litoralis Trail Team	Female	7	F60	1	01:51:06	6'56"/km
100	784	João Bárbara	Speedy Team	Male	92	MS23	5	01:51:09	6'56"/km
101	614	François Rodrigues	Faça chuva - Faça sol	Male	93	M50	16	01:51:31	6'58"/km
102	805	Helder Marques	Individual	Male	94	MSenior	40	01:52:11	7'00"/km
103	777	Luiz Francisco	Individual	Male	95	M50	17	01:52:39	7'02"/km
104	570	Ana Baptista	Espigueiros Runners - Caparrosinha	Female	8	F40	5	01:53:07	7'04"/km

Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
105	842	Afonso Gabriel Cruz Oliveira	ADABEM Running team	Male	96	MS23	6	01:53:09	7'04"/km
106	696	Sandra Silva	Run For Fun Laranjinhas	Female	9	F40	6	01:53:20	7'05"/km
107	631	Liliana Pereira Ferreira	Sport Clube Paradelas	Female	10	FSenior	3	01:53:23	7'05"/km
108	695	César Araújo	Run For Fun Laranjinhas	Male	97	M50	18	01:53:27	7'05"/km
109	787	Ricardo Manuel Guerra Pina	Individual	Male	98	MSenior	41	01:53:29	7'05"/km
110	555	Marco Santos	Grupo Pavigrés	Male	99	M40	33	01:53:34	7'05"/km
111	776	Luis Santos	CLTT - Clinica Litoral Trail Team	Male	100	MSenior	42	01:53:36	7'06"/km
112	732	Acacio Dias Benavente Da Silva	Os Verbenses	Male	101	MSenior	43	01:54:18	7'08"/km
113	827	Fábio Silva	VVTR Valongo Vouga Trail Running	Male	102	MSenior	44	01:54:34	7'09"/km
114	729	João Rocha	OPraticante.pt	Male	103	M40	34	01:55:24	7'12"/km
115	526	André Filipe Da Silva Costa	Amigos do Trail OAZ	Male	104	MSenior	45	01:56:05	7'15"/km
116	715	Paulo Jorge	DAR RECARDÃES	Male	105	M50	19	01:56:22	7'16"/km
117	567	André Ferreira	Individual	Male	106	MSenior	46	01:56:42	7'17"/km
118	760	Rosa Cerveira	Individual	Female	11	F50	1	01:56:44	7'17"/km
119	646	André Graça Neves	Individual	Male	107	MSenior	47	01:56:56	7'18"/km
120	598	Manuel Ventura Da Silva Marques	Individual	Male	108	M40	35	01:57:00	7'18"/km
121	734	Mário Miguel Ferreira	ADCP PEDRALVA	Male	109	M40	36	01:57:24	7'20"/km
122	645	Alcino Araújo	Individual	Male	110	M50	20	01:57:27	7'20"/km
123	806	Ivo Pinto	DAR RECARDÃES	Male	111	MSenior	48	01:57:44	7'21"/km
124	726	Sérgio Henriques	SEGIMPRIMA RUNNING TEAM	Male	112	MSenior	49	01:57:58	7'22"/km
125	816	Renato Neto	BiciARCA run team	Male	113	MSenior	50	01:58:08	7'23"/km
126	654	Luis Carlos Pereira Carvalho	Individual	Male	114	MSenior	51	01:58:19	7'23"/km
127	637	Joaquim Guilherme Mendes Pais	Sena Clube	Male	115	M40	37	01:58:55	7'25"/km
128	830	José Silva	Individual	Male	116	M40	38	01:58:56	7'26"/km
129	619	Manuel Marques	Individual	Male	117	M50	21	01:59:15	7'27"/km
130	558	Leandro Matos	Amigos do Trail OAZ	Male	118	M40	39	01:59:17	7'27"/km
131	636	Maria Rita Da Silva Fernandes	AGGVOUZELA	Female	12	F50	2	01:59:17	7'27"/km
132	758	Paulo Pires	Individual	Male	119	MSenior	52	02:00:01	7'30"/km
133	770	Dani Moço	Individual	Male	120	M40	40	02:00:01	7'30"/km
134	541	Isabel Neno	JuveRunTeam	Female	13	FSenior	4	02:00:30	7'31"/km
135	501	Carlos Ferreira	Individual	Male	121	M50	22	02:00:46	7'32"/km
136	775	Nuno Manco	Domus Trail	Male	122	MSenior	53	02:00:51	7'33"/km
137	788	Susana Leitão	Domus Trail	Female	14	F40	7	02:00:53	7'33"/km
138	587	Vera Leite	Bravos e Bravitas	Female	15	F40	8	02:00:55	7'33"/km
139	574	Mariline Baptista	Bravos e Bravitas	Female	16	F40	9	02:00:55	7'33"/km
140	804	Mário Simões	Dunas de Calvão Crosstrail	Male	123	M50	23	02:01:17	7'34"/km
141	517	José António Martins	Faça chuva - Faça sol	Male	124	M60	2	02:01:37	7'36"/km
142	529	Vera Gonçalves	Faça chuva - Faça sol	Female	17	F50	3	02:01:44	7'36"/km
143	763	Tiago Capela	JuveRunTeam	Male	125	MSenior	54	02:01:50	7'36"/km
144	632	Liliana Silva	CANSILTRA	Female	18	F40	10	02:02:10	7'38"/km
145	634	Alexandre Manuel Santos	CANSILTRA	Male	126	M40	41	02:02:10	7'38"/km
146	750	Vitor Manuel Pires Fernandes	Individual	Male	127	M40	42	02:02:48	7'40"/km
147	823	João Almeida	VVTR Valongo Vouga Trail Running	Male	128	MSenior	55	02:02:57	7'41"/km
148	747	Marisa Duarte	DCI / Trilhos Luso Bussaco	Female	19	F40	11	02:03:21	7'42"/km
149	664	Filipa Matos	Individual	Female	20	FSenior	5	02:03:46	7'44"/km
150	743	Tânia Ângelo	Fox Running Team	Female	21	FSenior	6	02:03:54	7'44"/km
151	782	Lóner Tebús	Baixo Vouga Team	Male	129	MSenior	56	02:04:04	7'45"/km
152	724	Vitor M Cardoso	Corre são João	Male	130	M50	24	02:04:15	7'45"/km
153	596	Carlos Andrés Yepes Serna	Los Andes Trail	Male	131	MSenior	57	02:04:33	7'47"/km
154	597	Sónia	Domus Trail	Female	22	F60	2	02:04:52	7'48"/km
155	848	Humberto Almeida	CATR	Male	132	M50	25	02:05:27	7'50"/km
156	834	Bruno Rosas	Individual	Male	133	MSenior	58	02:05:33	7'50"/km
157	560	Carla Henriques	ASSSCC - Ar Livre e Aventura	Female	23	F40	12	02:05:34	7'50"/km



Organização:



Apoios:



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
158	591	Rui Simões	Individual	Male	134	M40	43	02:05:52	7'52"/km
159	620	Fernanda Gomes	Individual	Female	24	F50	4	02:06:10	7'53"/km
160	658	Helder Rodrigues	CARROÇA TEAM	Male	135	M40	44	02:06:11	7'53"/km
161	547	Pedro Miguel Pereira	SEGIMPRIMA RUNNING TEAM	Male	136	MSenior	59	02:06:59	7'56"/km
162	561	Miguel Pereira	JuveRunTeam	Male	137	MSenior	60	02:06:59	7'56"/km
163	740	Rui Vilar	Individual	Male	138	M40	45	02:07:13	7'57"/km
164	837	Idalina Ribeiro	DCI / Trilhos Luso Bussaco	Female	25	F40	13	02:07:24	7'57"/km
165	622	Ricardo Morais	Caminhadas da Amizade	Male	139	MSenior	61	02:07:25	7'57"/km
166	579	Carmo Marinho	Individual	Female	26	F50	5	02:08:05	8'00"/km
167	532	Clara Gonçalves	Amigos do Trail OAZ	Female	27	F40	14	02:08:17	8'01"/km
168	566	Marco Carvalho	Individual	Male	140	M40	46	02:08:53	8'03"/km
169	643	Romero Silva	ARCO Running Team	Male	141	M40	47	02:08:54	8'03"/km
170	725	Rafael Craveiro Mateus	Academia de Desportos de Condeixa	Male	142	MS23	7	02:09:11	8'04"/km
171	854	Elisabete Santos	Individual	Female	28	F40	15	02:09:27	8'05"/km
172	609	Diogo Martins Esteves	GD Águas Boas	Male	143	MSenior	62	02:09:45	8'06"/km
173	728	José Rocha	OPraticante.pt	Male	144	MSenior	63	02:10:55	8'10"/km
174	765	Marilyn Susana Matias Lourenço	CLTT - Clinica Litoral Trail Team	Female	29	F40	16	02:11:09	8'11"/km
175	625	Miguel Lopes	HUTRUNNERS AVEIRO	Male	145	M50	26	02:11:10	8'11"/km
176	694	Tiago Ferreira Das Neves	Trilhos da Baga / K Run Team	Male	146	MSenior	64	02:11:17	8'12"/km
177	659	José Quinta	Individual	Male	147	MSenior	65	02:12:01	8'15"/km
178	538	Valter Jacinto	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	Male	148	M60	3	02:13:01	8'18"/km
179	851	Toni Santos	AGM Team Running	Male	149	M40	48	02:14:04	8'22"/km
180	789	Paula Duarte	DCI / Trilhos Luso Bussaco	Female	30	F50	6	02:14:32	8'24"/km
181	860	Dorsal Sin Datos	Individual	Mixed	2	Sem Dados	2	02:14:43	8'25"/km
182	693	Sara Cardoso	Rose Power	Female	31	F40	17	02:15:30	8'28"/km
183	719	Alex Ferreira	Gansos	Male	150	M50	27	02:15:30	8'28"/km
184	797	Paula Brito	Sem Clube	Female	32	F40	18	02:15:44	8'29"/km
185	748	Helder Prazeres	Individual	Male	151	M50	28	02:15:44	8'29"/km
186	556	Maria Miguel Mendes Martins	Individual	Female	33	FSenior	7	02:15:49	8'29"/km
187	792	Cristina Soares	Individual	Female	34	FSenior	8	02:16:08	8'30"/km
188	757	José Tavares	Individual	Male	152	M60	4	02:16:14	8'30"/km
189	681	Liliana Romero	Rose Power	Female	35	FSenior	9	02:16:33	8'32"/km
190	682	Carla Tavares	Rose Power	Female	36	F40	19	02:16:33	8'32"/km
191	685	José Mário Costa Marques	Os Verbenses	Male	153	M40	49	02:16:33	8'32"/km
192	700	Elizabete Loureiro	Porto Sentido Runners	Female	37	F50	7	02:16:34	8'32"/km
193	668	Edgar Pinho	Aventureiros	Male	154	M40	50	02:16:35	8'32"/km
194	661	Bruno Santos	Dunas de Calvão Crosstrail	Male	155	M40	51	02:17:14	8'34"/km
195	648	João Dono	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	Male	156	M50	29	02:17:21	8'35"/km
196	584	Paula Soares	Bravos e Bravitas	Female	38	F40	20	02:17:28	8'35"/km
197	583	Fatinha Lopes	Bravos e Bravitas	Female	39	F50	8	02:17:29	8'35"/km
198	665	Rafael Reis	Individual	Male	157	MSenior	66	02:17:58	8'37"/km
199	559	Vera Pinho	Amigos do Trail OAZ	Female	40	FSenior	10	02:17:59	8'37"/km
200	759	Joaquim Santos	Individual	Male	158	M60	5	02:18:00	8'37"/km
201	706	Joaquim Silva Ferreira	AFISOVAR	Male	159	M60	6	02:18:15	8'38"/km
202	649	Luís Lourenço	Individual	Male	160	M50	30	02:19:05	8'41"/km
203	537	Miguel Ângelo	OiãRunners	Male	161	M40	52	02:19:13	8'42"/km
204	705	Maria De Fátima Cardoso Ribeiro	Individual	Female	41	F40	21	02:20:29	8'46"/km
205	602	Anabela Reis	Os 4	Female	42	F40	22	02:20:32	8'47"/km
206	821	Nelson Amaral	Individual	Male	162	M50	31	02:20:56	8'48"/km
207	756	Miriam Henriques	JuveRunTeam	Female	43	FSenior	11	02:21:46	8'51"/km
208	708	André Baptista	JuveRunTeam	Male	163	MSenior	67	02:21:49	8'51"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
209	771	Rui Miguel Silva Almeida Teixeira	Porto Sentido Runners	Male	164	M50	32	02:23:02	8'56"/km
210	847	Alexandre Ferreira De Oliveira	Individual	Male	165	MS23	8	02:23:02	8'56"/km
211	810	Paula Coutinho	Porto Sentido Runners	Female	44	F50	9	02:23:02	8'56"/km
212	593	Gabriel Santiago Marques	Individual	Male	166	MSenior	68	02:23:05	8'56"/km
213	505	Paulo Alexandre Martins Ferreira	Amigos do Trail OAZ	Male	167	M40	53	02:23:09	8'56"/km
214	795	Ana Paula Teixeira	Bravos e Bravitas	Female	45	F50	10	02:23:39	8'58"/km
215	793	Bruno Tavares	Goodfellas	Male	168	MSenior	69	02:24:16	9'01"/km
216	612	Celso Alves	JuveRunTeam	Male	169	M40	54	02:24:43	9'02"/km
217	717	Arlindo Santos	DAR RECARDÃES	Male	170	M60	7	02:25:08	9'04"/km
218	817	Aida Raquel Ferreira De Almeida	Individual	Female	46	FSenior	12	02:25:51	9'06"/km
219	582	Carlos Oliveira	J C T	Male	171	M50	33	02:25:51	9'06"/km
220	711	Ana Fonseca	G.D.R. Juventude das Ribeiras	Female	47	F50	11	02:26:00	9'07"/km
221	774	Isabel Trindade	O MUNDO DA CORRIDA	Female	48	F50	12	02:27:31	9'13"/km
222	527	Marco Nora	Amigos do Trail OAZ	Male	172	MSenior	70	02:28:49	9'18"/km
223	594	Joana Fernandes	Amigos do Trail OAZ	Female	49	FSenior	13	02:28:50	9'18"/km
224	93	David Silva	OPraticante.pt	Male	173	M60	8	02:29:03	9'18"/km
225	857	Dorsal Sin Datos	Individual	Mixed	3	Sem Dados	3	02:29:41	9'21"/km
226	838	Susana Tavares	Individual	Female	50	FSenior	14	02:30:40	9'25"/km
227	576	Paulo Elisio Gonçalves Da Silva	OPraticante.pt	Male	174	M40	55	02:31:09	9'26"/km
228	531	Miguel Costa	Amigos do Trail OAZ	Male	175	M50	34	02:31:13	9'27"/km
229	766	Sandra Carvalho	Porto Sentido Runners	Female	51	F50	13	02:31:21	9'27"/km
230	822	Sandra Ferreira	VVTR Valongo Vouga Trail Running	Female	52	FSenior	15	02:31:47	9'29"/km
231	535	Raúl Jorge Matos	RUN 4 FUN	Male	176	M50	35	02:32:01	9'30"/km
232	628	Bruno Rosendo	Individual	Male	177	MSenior	71	02:32:06	9'30"/km
233	841	Mário Jorge Fernandes Oliveira	ADABEM Running team	Male	178	M40	56	02:33:01	9'33"/km
234	673	Márcia Lameira	Trilhos da Baga / K Run Team	Female	53	F40	23	02:33:06	9'34"/km
235	672	Marco Santos	Trilhos da Baga / K Run Team	Male	179	M40	57	02:33:08	9'34"/km
236	590	Danieli Sousa	BOTÃO CAMP	Female	54	F40	24	02:33:29	9'35"/km
237	662	Catia Durao	Amantes Trail & Run	Female	55	FSenior	16	02:34:54	9'40"/km
238	791	Nuno Rafael Gonçalves Oliveira	Os Verbenses	Male	180	M40	58	02:36:46	9'47"/km
239	512	Miguel Tavares	Faça chuva - Faça sol	Male	181	M50	36	02:37:00	9'48"/km
240	515	Dalila Maria De Oliveira Freire	Faça chuva - Faça sol	Female	56	F50	14	02:37:00	9'48"/km
241	513	Isabel Alexandrino	Faça chuva - Faça sol	Female	57	F40	25	02:37:00	9'48"/km
242	652	Marta Diogo	Individual	Female	58	FSenior	17	02:38:59	9'56"/km
243	656	Beatriz Ferreira	JuveRunTeam	Female	59	FSenior	18	02:39:10	9'56"/km
244	785	Sofia Agostinho	Speedy Team	Female	60	F40	26	02:40:19	10'01"/km
245	520	Fátima Pires Da Silva	Faça chuva - Faça sol	Female	61	F60	3	02:41:17	10'04"/km
246	519	Brigite Maria Dos Santos Areias	Faça chuva - Faça sol	Female	62	F50	15	02:41:18	10'04"/km
247	548	Antonio Jesus	JuveRunTeam	Male	182	M40	59	02:41:33	10'05"/km
248	767	Ricardo Seabra Oliveira Reis	Individual	Male	183	MSenior	72	02:41:38	10'06"/km
249	528	Isabel Ferreira	AGGVOUZELA	Female	63	F40	27	02:42:10	10'08"/km
250	753	Sonia Monteiro	javalis100limites	Female	64	FSenior	19	02:42:19	10'08"/km
251	546	Sofia Costa	Sport Clube Paradela	Female	65	F40	28	02:43:04	10'11"/km
252	545	Eduardo Fonseca	Sport Clube Paradela	Male	184	M40	60	02:43:05	10'11"/km
253	508	José Antonio Freitas	MSS Grupo Desportivo de Gondomar	Male	185	M60	9	02:43:32	10'13"/km
254	720	Flor Ribeiro	Gansos	Female	66	F40	29	02:43:33	10'13"/km
255	769	Celso Ribeiro	Atletico Clube de Travanca	Male	186	M50	37	02:44:12	10'15"/km
256	671	Sara Martins	Aventureiros	Female	67	FSenior	20	02:44:47	10'17"/km
257	669	Salette Oliveira	Aventureiros	Female	68	F40	30	02:44:48	10'18"/km
258	525	Tiago Campos	DSTM	Male	187	MSenior	73	02:45:44	10'21"/km
259	524	Luis Duarte	DSTM	Male	188	MSenior	74	02:45:46	10'21"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
260	608	Virginia Moreira	Bravos e Bravitas	Female	69	F50	16	02:46:08	10'23"/km
261	798	João Paulo Da Silva Martins Ramos Belo	Individual	Male	189	M50	38	02:48:32	10'32"/km
262	799	Cláudia Teresa Pereira Carvalho	Individual	Female	70	F50	17	02:48:33	10'32"/km
263	751	Carla Pereira	javalis100limites	Female	71	F40	31	02:50:00	10'37"/km
264	640	José Rego	ARCO Running Team	Male	190	MSenior	75	02:50:37	10'39"/km
265	686	Davide Pinheiro	CDCF ALDEIA STO ANTONIO	Male	191	MSenior	76	02:52:22	10'46"/km
266	600	Tânia Margarida Simões Inácio	Bombos S. Sebastião/ LusoPrint/ Casa Lourenço	Female	72	FSenior	21	02:55:07	10'56"/km
267	675	Marta Isabel Santos Nunes	Vasconha BTT Vouzela	Female	73	F40	32	02:55:35	10'58"/km
268	676	Nuno João Caçador Ribeiro	Vasconha BTT Vouzela	Male	192	M40	61	02:55:35	10'58"/km
269	516	Arlete Da Conceição De Freitas Graça Martins	Faça chuva - Faça sol	Female	74	F50	18	02:55:40	10'58"/km
270	536	Rogério Paulo Matos	RUN 4 FUN	Male	193	M60	10	02:55:52	10'59"/km
271	704	Fabiana Lima	Sport Clube Paradela	Female	75	FSenior	22	02:56:40	11'02"/km
272	627	Daniela Filipa Simões Rocha	Individual	Female	76	FSenior	23	02:57:02	11'03"/km
273	544	Rui Almeida	Sport Clube Paradela	Male	194	M40	62	02:57:16	11'04"/km
274	577	Goreti Sousa	Bravos e Bravitas	Female	77	F50	19	02:58:30	11'09"/km
275	687	Leia Luiza Lagares	Individual	Female	78	F40	33	02:58:50	11'10"/km
276	698	Sara Filipa	Sport Clube Paradela	Female	79	FSenior	24	02:59:06	11'11"/km
277	552	Ricardo Santos	Individual	Male	195	M40	63	02:59:40	11'13"/km
278	551	Fernando Ribeiro	Individual	Male	196	M40	64	02:59:43	11'13"/km
279	741	Rui Pedro Viegas Pessoa	Individual	Male	197	MSenior	77	03:02:48	11'25"/km
280	735	Diana Sofia Pereira Amador	Individual	Female	80	FSenior	25	03:02:48	11'25"/km
281	650	Adelaide Varandas	Domus Trail	Female	81	FSenior	26	03:03:32	11'28"/km
282	651	Marina Santos	Domus Trail	Female	82	FSenior	27	03:03:36	11'28"/km
283	569	Hélder Silva	Bravos e Bravitas	Male	198	M40	65	03:03:45	11'29"/km
284	588	Cátia Pereira	Bravos e Bravitas	Female	83	FSenior	28	03:04:37	11'32"/km
285	730	Catarina Pinho	OPraticante.pt	Female	84	F40	34	03:04:40	11'32"/km
286	845	Mário Araújo	Aminhacorida/Runextrem	Male	199	M40	66	03:04:48	11'33"/km
287	701	Carlos Martins	Porto Sentido Runners	Male	200	M50	39	03:07:36	11'43"/km
288	655	Sara Oliveira	Domus Trail	Female	85	F40	35	03:08:43	11'47"/km
289	610	Sérgio Moreira	NÓS2	Male	201	M40	67	03:08:57	11'48"/km
290	611	Vera Moreira	NÓS2	Female	86	F40	36	03:08:58	11'48"/km
291	807	Claudia Silva	Speedy Team	Female	87	F40	37	03:09:10	11'49"/km
292	754	Conceicao Pereira	javalis100limites	Female	88	F50	20	03:15:26	12'12"/km
293	786	Susana Bárbara	Speedy Team	Female	89	F40	38	03:15:27	12'12"/km
294	530	João Santos	Faça chuva - Faça sol	Male	202	M60	11	03:15:59	12'14"/km
295	511	João Luís Frade Cajeira	Individual	Male	203	M60	12	03:17:32	12'20"/km
296	639	Filipe Almeida	ARCO Running Team	Male	204	M40	68	03:18:38	12'24"/km
297	666	Catarina Rebelo	Individual	Female	90	FSenior	29	03:47:08	14'11"/km
298	667	Rita Lemos	Individual	Female	91	FSenior	30	03:47:10	14'11"/km
299	780	Paula Cardoso	Individual	Female	92	F50	21	03:55:52	14'44"/km
300	779	Nuno Almeida	Baixo Vouga Team	Male	205	M40	69	03:55:55	14'44"/km
301	781	Diana Cardoso	Baixo Vouga Team	Female	93	FSenior	31	03:55:56	14'44"/km
302	778	Carla Silva	Baixo Vouga Team	Female	94	F40	39	03:55:58	14'44"/km
303	623	Neusa Ramalho	Individual	Female	95	F50	22	03:56:55	14'48"/km
304	739	Cristina Duarte	javalis100limites	Female	96	F50	23	03:56:58	14'48"/km