



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	548	Nuno Costa	365 Running Project	Male	1	SeniorM	1	01:17:03	5'08"/km
2	531	Paulo Macedo	Airórun	Male	2	M40	1	01:17:04	5'08"/km
3	651	Tiago Pinheiro	AD MARCO 09	Male	3	SeniorM	2	01:17:04	5'08"/km
4	561	José Costa	365 Running Project	Male	4	SeniorM	3	01:17:05	5'08"/km
5	587	José Silva	365 Running Project	Male	5	SeniorM	4	01:17:06	5'08"/km
6	582	Tiago Oliveira	365 Running Project	Male	6	SeniorM	5	01:18:25	5'13"/km
7	553	Miguel Gomes	Lobos do Brunheiro de Chaves / Anteros	Male	7	M40	2	01:18:40	5'14"/km
8	555	Leonel Videira	Lobos do Brunheiro de Chaves / Anteros	Male	8	SeniorM	6	01:20:17	5'21"/km
9	604	Armindo Araújo	Associação Humanitária de Bombeiros Voluntários Famalicenses	Male	9	M60	1	01:20:28	5'21"/km
10	633	Sebastião Pinto	QuebraRitmo	Male	10	M40	3	01:20:29	5'21"/km
11	564	Nuno Ricardo De Magalhães Monteiro	Lobos do Brunheiro de Chaves / Anteros	Male	11	SeniorM	7	01:20:39	5'22"/km
12	637	Filipe Carneiro	Linces do Marão	Male	12	M40	4	01:22:42	5'30"/km
13	611	Marco Nuno Pereira	CF vilacondense -Triatlo	Male	13	M40	5	01:23:11	5'32"/km
14	557	Ricardo Jorge Ramos Mendonça	365 Running Project	Male	14	M40	6	01:23:55	5'35"/km
15	547	Liliana Silva	Águias de Alvelos	Female	1	SeniorF	1	01:24:04	5'36"/km
16	570	João Silva	GRE Bonfim	Male	15	M40	7	01:24:28	5'37"/km
17	580	Paulo Vilaça	CDc priscos	Male	16	M50	1	01:25:34	5'42"/km
18	123	Pedro Miguel Marques Nogueira	Break	Male	17	M40	8	01:25:54	5'43"/km
19	647	Daniel Matos	Individual	Male	18	M40	9	01:25:58	5'43"/km
20	652	Antonio Cunha	ARC Vale S. Cosme	Male	19	M50	2	01:26:36	5'46"/km
21	583	Pedro Inácio	Individual	Male	20	SeniorM	8	01:27:02	5'48"/km
22	514	Luís Mário Campos Monteiro	Lobos do monte run	Male	21	M50	3	01:27:22	5'49"/km
23	568	Sérgio Manuel Da Costa Sampaio	FisioPedro trail	Male	22	M40	10	01:27:25	5'49"/km
24	532	Luís Filipe Da Silva Seara Salgado	Individual	Male	23	SeniorM	9	01:27:58	5'51"/km
25	523	Nuno Oliveira	Conservatório de Música, Teatro e Dança de Vila do Conde	Male	24	M40	11	01:28:41	5'54"/km
26	552	Joaquim Dinis	Adosa - Os Santa Apolónia	Male	25	M50	4	01:29:36	5'58"/km
27	576	Renato Silva	Individual	Male	26	SeniorM	10	01:29:51	5'59"/km
28	640	Duarte Fontes Da Costa	Individual	Male	27	M50	5	01:30:06	6'00"/km
29	663	Marcelo Barroso Oliveira	Break	Male	28	SeniorM	11	01:30:21	6'01"/km
30	551	Carla Oliveira	Adosa - Os Santa Apolónia	Female	2	SeniorF	2	01:30:23	6'01"/km
31	666	Anselmo Soares Campos	Break	Male	29	M40	12	01:31:07	6'04"/km
32	512	João Pedro Correia Da Silva	FisioPedro trail	Male	30	M40	13	01:31:16	6'05"/km
33	626	Marco Pinto	ADEPE	Male	31	SeniorM	12	01:31:19	6'05"/km
34	543	Fátima Paz	Nba Barrosas	Female	3	F40	1	01:32:39	6'10"/km
35	660	Ricardo Martins	SGSV	Male	32	SeniorM	13	01:32:52	6'11"/km
36	513	João Pereira	WALKLIFE by Gondi	Male	33	SeniorM	14	01:32:59	6'11"/km
37	588	Luís Fernandes	Individual	Male	34	SeniorM	15	01:33:25	6'13"/km
38	645	Fernando Silva	A D Nós Acreditamos	Male	35	M50	6	01:34:08	6'16"/km
39	515	Jose Pedro Leite	Individual	Male	36	M40	14	01:34:29	6'17"/km
40	541	Paulo Barreto	Individual	Male	37	M40	15	01:34:43	6'18"/km
41	654	Francisco Lemos	A D Nós Acreditamos	Male	38	M60	2	01:34:51	6'19"/km
42	573	Joaquim Lage	GRE Bonfim	Male	39	M50	7	01:35:13	6'20"/km
43	632	Júlio Cunha	Dr. Runner	Male	40	M40	16	01:35:50	6'23"/km
44	572	Nuno Rodrigues	GRE Bonfim	Male	41	M50	8	01:36:00	6'24"/km
45	558	Luis Emanuel Moreira Cardoso	RCM	Male	42	M40	17	01:36:22	6'25"/km
46	650	Leandro Ferreira	Leões de Tardariz Trail	Male	43	SeniorM	16	01:36:26	6'25"/km
47	585	Fernando Igreja	CF vilacondense -Triatlo	Male	44	M50	9	01:36:28	6'25"/km
48	635	Pedro Silva	Individual	Male	45	M40	18	01:36:33	6'26"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
49	617	Carlos Miguel Ferreira Machado	Montanelas	Male	46	SeniorM	17	01:36:38	6'26"/km
50	599	Sara Cristina Fernandes Araújo	Águias de Alvelos	Female	4	SeniorF	3	01:36:45	6'27"/km
51	584	Hugo Meyer	CIIMAR Sport	Male	47	SeniorM	18	01:37:01	6'28"/km
52	581	Antônio Manuel Vieira Cardoso	Individual	Male	48	SeniorM	19	01:37:22	6'29"/km
53	667	Francisco Oliveira	Break	Male	49	SeniorM	20	01:38:03	6'32"/km
54	656	José Carlos Silva	Individual	Male	50	M50	10	01:38:55	6'35"/km
55	623	Alfredo Lopes	A D Nós Acreditamos	Male	51	M50	11	01:39:24	6'37"/km
56	597	Élio Machado	Individual	Male	52	M40	19	01:39:39	6'38"/km
57	606	Pedro Daniel Pacheco Brandão	Individual	Male	53	M40	20	01:39:39	6'38"/km
58	549	Antoine Buttin	Individual	Male	54	M40	21	01:40:27	6'41"/km
59	636	Flávio Maia	Break	Male	55	SeniorM	21	01:42:07	6'48"/km
60	519	Salvador Azevedo	Lobos do monte run	Male	56	SeniorM	22	01:42:59	6'51"/km
61	642	Rafael Monteiro	Lobos do monte run	Male	57	SeniorM	23	01:43:00	6'52"/km
62	629	Hugo Félix Rodrigues Carvalho	Individual	Male	58	SeniorM	24	01:43:01	6'52"/km
63	590	Eduardo Miguel	ACD MINDELO	Male	59	M40	22	01:43:09	6'52"/km
64	612	Luis Miguel Pedrosa Da Cruz	Individual	Male	60	M50	12	01:43:11	6'52"/km
65	643	Maria Fernanda Jesus Cerqueira	Leões de Tardariz Trail	Female	5	F50	1	01:43:20	6'53"/km
66	566	Júlio Ferreira	Lobos do monte run	Male	61	M60	3	01:43:46	6'55"/km
67	565	Alberto Sá	Lobos do monte run	Male	62	M60	4	01:43:46	6'55"/km
68	661	Márcia Cristina Carneiro Ruas	Break	Female	6	F40	2	01:44:05	6'56"/km
69	524	João Gavina	Bileiros Friends & Runners	Male	63	M40	23	01:44:13	6'56"/km
70	522	Sampaio	Individual	Male	64	M50	13	01:44:47	6'59"/km
71	615	José Costa	Individual	Male	65	M50	14	01:45:02	7'00"/km
72	506	Victor Linhares	#cabrasdomonte	Male	66	M50	15	01:45:06	7'00"/km
73	593	Luís Pedro	Individual	Male	67	SeniorM	25	01:45:15	7'01"/km
74	529	José Carlos Rodrigues	corrid 19	Male	68	M50	16	01:45:17	7'01"/km
75	644	Maria De La Salette Fontes De Sousa Martins	Leões de Tardariz Trail	Female	7	F50	2	01:45:23	7'01"/km
76	516	Rui Costa	Individual	Male	69	M50	17	01:47:16	7'09"/km
77	540	Rui Vieira	Individual	Male	70	M40	24	01:48:19	7'13"/km
78	530	Rui Magalhães	Individual	Male	71	M40	25	01:49:48	7'19"/km
79	605	Rosa Araújo	Águias de Alvelos	Female	8	F50	3	01:51:02	7'24"/km
80	528	Carlos Alberto Silva Oliveira	Individual	Male	72	M50	18	01:51:02	7'24"/km
81	655	Sérgio Carreirinha	Individual	Male	73	SeniorM	26	01:51:08	7'24"/km
82	559	Maria Rosario Silva	RCM	Female	9	F40	3	01:51:38	7'26"/km
83	595	João Carvalho	Individual	Male	74	SeniorM	27	01:51:41	7'26"/km
84	567	Ana Carneiro	Nba Barrosas	Female	10	F40	4	01:51:50	7'27"/km
85	665	Romeu De Sousa Machado	Break	Male	75	M40	26	01:52:20	7'29"/km
86	505	Vera Rodrigues	Individual	Female	11	F50	4	01:52:26	7'29"/km
87	598	Rui Alves	Individual	Male	76	SeniorM	28	01:54:17	7'37"/km
88	614	Vitor Manuel Da Silva Oliveira	Individual	Male	77	M50	19	01:54:17	7'37"/km
89	622	Artur Ferreira	A D Nós Acreditamos	Male	78	M40	27	01:54:44	7'38"/km
90	517	Carlos Manuel Ferreira Dias Sobrinho	Lobos do monte run	Male	79	M50	20	01:56:03	7'44"/km
91	628	Miguel Pinto	Individual	Male	80	M40	28	01:56:31	7'46"/km
92	591	Manuel Maia	Individual	Male	81	M60	5	01:56:49	7'47"/km
93	662	Anabela Rodrigues	Break	Female	12	F50	5	01:56:50	7'47"/km
94	537	Miguel Alves	Individual	Male	82	SeniorM	29	01:57:41	7'50"/km
95	533	Cidália Ferreira	WALKLIFE by Gondi	Female	13	F40	5	02:00:03	8'00"/km
96	579	Helder Oliveira	Individual	Male	83	SeniorM	30	02:01:04	8'04"/km
97	574	Bruno Leal	Individual	Male	84	SeniorM	31	02:02:08	8'08"/km
98	577	Sandrina Rodrigues	Individual	Female	14	SeniorF	4	02:03:12	8'12"/km
99	575	Thomas Gonçalves	Individual	Male	85	M50	21	02:03:19	8'13"/km
100	613	João Teixeira	A D Nós Acreditamos	Male	86	M50	22	02:03:47	8'15"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
101	526	Augusto Dourado	Individual	Male	87	M60	6	02:04:17	8'17"/km
102	569	Rui Campinho	GRE Bonfim	Male	88	SeniorM	32	02:04:56	8'19"/km
103	520	Américo Fernando Ramos Ferreira	Individual	Male	89	M50	23	02:07:02	8'28"/km
104	653	António Sousa	Individual	Male	90	M50	24	02:08:24	8'33"/km
105	596	Ricardo Resende	Serviços Sociais Montepio	Male	91	M40	29	02:10:10	8'40"/km
106	631	Sérgio Pinheiro Marques	Individual	Male	92	M40	30	02:10:19	8'41"/km
107	507	João Silva	#cabrasdomonte	Male	93	SeniorM	33	02:11:38	8'46"/km
108	504	José Bernardo Ferreira	#cabrasdomonte	Male	94	SeniorM	34	02:11:44	8'46"/km
109	563	Ana Ribeiro	Individual	Female	15	F40	6	02:11:44	8'46"/km
110	511	Sandrina Azevedo	Individual	Female	16	F40	7	02:14:44	8'58"/km
111	648	Maria Ribeiro	Individual	Female	17	F40	8	02:15:15	9'01"/km
112	527	Paulina Soares	Tog Associação Running Team	Female	18	F60	1	02:15:17	9'01"/km
113	607	Luís Lemos	Individual	Male	95	SeniorM	35	02:16:54	9'07"/km
114	630	Rita Isabel Magalhães Mendes	Individual	Female	19	SeniorF	5	02:16:54	9'07"/km
115	658	Miguel Peixoto Faria	Individual	Male	96	SeniorM	36	02:16:55	9'07"/km
116	502	José António Santos Costa	Individual	Male	97	SeniorM	37	02:19:10	9'16"/km
117	554	Luís Pires	Lobos do Brunheiro de Chaves / Anteros	Male	98	M40	31	02:21:28	9'25"/km
118	594	Helena Teixeira	Lobos do Brunheiro de Chaves / Anteros	Female	20	SeniorF	6	02:21:38	9'26"/km
119	518	Carla Adriana Magalhaes	Lobos do monte run	Female	21	F40	9	02:21:42	9'26"/km
120	578	Maria Luísa De Almeida Piedade Sá	Individual	Female	22	F40	10	02:21:47	9'27"/km
121	571	Leonor Oliveira	GRE Bonfim	Female	23	SeniorF	7	02:22:25	9'29"/km
122	508	Luís Ferreira	#cabrasdomonte	Male	99	M40	32	02:23:50	9'35"/km
123	624	Ana Torrao	Individual	Female	24	F40	11	02:24:12	9'36"/km
124	625	Fátima Serra	Individual	Female	25	F40	12	02:24:12	9'36"/km
125	535	Ademar Ribeiro	Individual	Male	100	M40	33	02:27:06	9'48"/km
126	649	José Filipe	Individual	Male	101	M50	25	02:27:16	9'49"/km
127	550	Rosa Borges	Individual	Female	26	F40	13	02:28:16	9'53"/km
128	618	Rita Vieira	Acredita Francisca	Female	27	F40	14	02:28:24	9'53"/km
129	619	Pedro Aguiar	Acredita Francisca	Male	102	M40	34	02:28:24	9'53"/km
130	620	Carina Silva	G.D. Leões da Guarda - Lion Runners	Female	28	F40	15	02:30:09	10'00"/km
131	603	Maria Fernanda Dos Santos Figueiredo	Águias de Alvelos	Female	29	F60	2	02:31:24	10'05"/km
132	609	Cecília Do Céu Dos Santos Soares Da Silva	Águias de Alvelos	Female	30	F50	6	02:31:25	10'05"/km
133	592	Vera Domingues	Lobos do monte run	Female	31	F40	16	02:34:07	10'16"/km
134	610	Lurdes Sousa	Lobos do monte run	Female	32	F50	7	02:34:18	10'17"/km
135	639	Maria Cecília Da Silva Barros Maia	M.O.V.E	Female	33	F50	8	02:35:50	10'23"/km
136	621	Filipe Carvalho	A D Nós Acreditamos	Male	103	SeniorM	38	02:35:51	10'23"/km
137	634	Pedro Mendes	A D Nós Acreditamos	Male	104	SeniorM	39	02:35:51	10'23"/km
138	600	Nuno Gonçalves	Andorinhas	Male	105	M40	35	02:39:06	10'36"/km
139	601	Marta Maia	Andorinhas	Female	34	F40	17	02:39:09	10'36"/km
140	586	Francisco	CIIMAR Sport	Male	106	M50	26	02:39:22	10'37"/km
141	589	Antonio Vieira	ACD MINDELO	Male	107	M50	27	02:41:04	10'44"/km
142	545	Vanessa Amorim	Individual	Female	35	SeniorF	8	02:43:04	10'52"/km
143	542	Liliana Azevedo	Individual	Female	36	SeniorF	9	02:43:25	10'53"/km
144	638	Juliana Ferreira	Individual	Female	37	SeniorF	10	02:43:25	10'53"/km
145	602	Ana Maia	Andorinhas	Female	38	SeniorF	11	02:45:05	11'00"/km