



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	46	Óscar Mendes	Águias de Alvelos	Male	1	M40	1	01:28:15	4'12"/km
2	53	Cristiano Cunha	A D Nós Acreditamos	Male	2	M40	2	01:28:58	4'14"/km
3	98	Pedro Carvalho	Vila verde a correr	Male	3	SeniorM	1	01:30:45	4'19"/km
4	114	Eduardo Agut	Individual	Male	4	SeniorM	2	01:33:22	4'26"/km
5	38	João Paulo Lima Rodrigues	Amigos da Montanha	Male	5	M40	3	01:33:22	4'26"/km
6	124	Joel Araújo	Águias de Alvelos	Male	6	M40	4	01:33:49	4'28"/km
7	125	Sérgio Miguel Dos Santos Pereira	Break	Male	7	SeniorM	3	01:35:24	4'32"/km
8	18	Hugo Silva	G. D. A RONDA	Male	8	M40	5	01:35:31	4'32"/km
9	22	Bruno Correia	Lobos do monte run	Male	9	SeniorM	4	01:35:55	4'34"/km
10	81	Ruan Rodrigues	A D Nós Acreditamos	Male	10	SeniorM	5	01:36:40	4'36"/km
11	107	João Vigário	Individual	Male	11	SeniorM	6	01:38:46	4'42"/km
12	84	José Costa	G. D. A RONDA	Male	12	M40	6	01:39:06	4'43"/km
13	99	Nuno Martins	Individual	Male	13	M40	7	01:40:48	4'48"/km
14	16	André Melo	G. D. A RONDA	Male	14	SeniorM	7	01:41:31	4'50"/km
15	112	Fernando Carvalho	A D Nós Acreditamos	Male	15	M50	1	01:44:01	4'57"/km
16	100	Zê Bosnia Loureiro	Leões de Tardariz Trail	Male	16	M50	2	01:44:13	4'57"/km
17	13	Sérgio Martins	NAI - Núcleo Amador de Idães	Male	17	M50	3	01:44:21	4'58"/km
18	72	Armindo Freitas	Com Dor	Male	18	M50	4	01:44:43	4'59"/km
19	58	Helder Ribeiro	Individual	Male	19	SeniorM	8	01:44:54	4'59"/km
20	24	Jorge Cardoso	Lobos do monte run	Male	20	SeniorM	9	01:45:26	5'01"/km
21	88	Serafim Santos	Individual	Male	21	SeniorM	10	01:45:57	5'02"/km
22	118	Luis Teixeira	Lobos do Brunheiro de Chaves / Anteros	Male	22	M50	5	01:46:35	5'04"/km
23	23	José Araújo	Lobos do monte run	Male	23	M40	8	01:46:59	5'05"/km
24	104	Bruno Pereira	A D Nós Acreditamos	Male	24	SeniorM	11	01:48:32	5'10"/km
25	59	Bruno Miguel Ribeiro	GRE Bonfim	Male	25	M40	9	01:48:32	5'10"/km
26	57	Maria De Fátima Fátima Buchas	EDV - VIANA TRAIL	Female	1	SeniorF	1	01:49:00	5'11"/km
27	17	Manuel Bastos	G. D. A RONDA	Male	26	M50	6	01:50:28	5'15"/km
28	89	Eliseu Leite	Lobos do monte run	Male	27	M40	10	01:51:12	5'17"/km
29	61	Alexandre Manuel Ferreira	GRE Bonfim	Male	28	M40	11	01:51:13	5'17"/km
30	48	Paulo Lopes	Individual	Male	29	M40	12	01:52:47	5'22"/km
31	122	Fernando Portela	Break	Male	30	M40	13	01:53:37	5'24"/km
32	111	Mercedes Diz	Lobos do Brunheiro de Chaves / Anteros	Female	2	SeniorF	2	01:55:26	5'29"/km
33	35	Jorge Manuel Gomes Ramos	Lobos do monte run	Male	31	M40	14	01:56:25	5'32"/km
34	47	Sérgio Silva	Águias de Alvelos	Male	32	M40	15	01:56:44	5'33"/km
35	63	David Gonçalves	S4L / Medense FC	Male	33	SeniorM	12	01:56:44	5'33"/km
36	12	Carlos Anjo	Individual	Male	34	SeniorM	13	01:59:18	5'40"/km
37	54	Luís Pais De Sousa	Individual	Male	35	M50	7	01:59:56	5'42"/km
38	43	Sergio Torre	Individual	Male	36	M40	16	02:00:11	5'43"/km
39	82	Pedro Silva	Individual	Male	37	M40	17	02:00:42	5'44"/km
40	83	André Caridade	Team store.eventsmtb.com & Fyke	Male	38	M40	18	02:02:25	5'49"/km
41	110	Joaquim Luis Silva Oliveira	A D Nós Acreditamos	Male	39	M50	8	02:03:20	5'52"/km
42	80	Marco Faria	GRE Bonfim	Male	40	SeniorM	14	02:04:30	5'55"/km
43	32	Alexandra Fernandes	Individual	Female	3	F50	1	02:04:31	5'55"/km
44	25	Manuel Carriço	Lobos do monte run	Male	41	M60	1	02:05:07	5'57"/km
45	60	Francisco Simões	GRE Bonfim	Male	42	M40	19	02:05:13	5'57"/km
46	92	Manuel Pinto	GTT - ARMAZÉM DO CAFFÈ	Male	43	M40	20	02:05:35	5'58"/km
47	64	Natalia Branco	Águias de Alvelos	Female	4	F40	1	02:05:40	5'59"/km
48	52	Vitor Morim	GTT - ARMAZÉM DO CAFFÈ	Male	44	M40	21	02:05:40	5'59"/km
49	56	Abel Gomes	Águias de Alvelos	Male	45	M40	22	02:06:38	6'01"/km
50	66	Bruno Ferreira	Monte dos amigos	Male	46	SeniorM	15	02:06:46	6'02"/km
51	96	António Gomes	Individual	Male	47	M40	23	02:09:15	6'09"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
52	93	Jorge Varela	Individual	Male	48	M40	24	02:09:21	6'09"/km
53	14	António Brás	Individual	Male	49	M50	9	02:09:35	6'10"/km
54	40	Bernadete Faria	Individual	Female	5	F50	2	02:10:22	6'12"/km
55	109	Pedro Ferreira	Leões de Tardariz Trail	Male	50	M50	10	02:10:27	6'12"/km
56	116	Marco Ribeiro	Erdal-Vimarunners	Male	51	M40	25	02:10:28	6'12"/km
57	121	Júlio Morgado	Individual	Male	52	SeniorM	16	02:11:26	6'15"/km
58	27	Abílio Filipe Martins Azevedo	Individual	Male	53	SeniorM	17	02:11:37	6'16"/km
59	106	Bruno Laranjeira De Oliveira	Grupo Desportivo da Mata	Male	54	M40	26	02:12:31	6'18"/km
60	42	Joaquim Ferreira	A.C. VERMOIM	Male	55	M60	2	02:12:46	6'19"/km
61	108	António Pinto	Leões de Tardariz Trail	Male	56	M60	3	02:12:55	6'19"/km
62	67	Paulo Ribeiro	SCCoimbrões/EquipaA	Male	57	M50	11	02:13:17	6'20"/km
63	6	Sergio Coelho	GTT - ARMAZÉM DO CAFFÈ	Male	58	M40	27	02:14:57	6'25"/km
64	71	Iazalde Martins	Com Dor	Male	59	M50	12	02:15:35	6'27"/km
65	11	João Silva	Lobos do monte run	Male	60	SeniorM	18	02:16:38	6'30"/km
66	37	André Ferreira Da Costa	Individual	Male	61	SeniorM	19	02:16:41	6'30"/km
67	62	Nuno Baltar Silva	Individual	Male	62	SeniorM	20	02:16:53	6'31"/km
68	31	Eva Martins	Individual	Female	6	F50	3	02:17:04	6'31"/km
69	21	Joaquim Eusébio	N13 BIKE TEAM	Male	63	M40	28	02:17:06	6'31"/km
70	20	Eduardo Filipe	Individual	Male	64	SeniorM	21	02:17:06	6'31"/km
71	87	Antonio Longras	Individual	Male	65	M60	4	02:17:48	6'33"/km
72	86	Paula Agagoi	Lobos do Brunheiro de Chaves / Anteros	Female	7	F40	2	02:17:52	6'33"/km
73	73	João Ramos	EDV - VIANA TRAIL	Male	66	SeniorM	22	02:20:01	6'40"/km
74	50	Carlos Manuel Azevedo Faria Amorim Dos Santos	Individual	Male	67	SeniorM	23	02:20:27	6'41"/km
75	19	Joaquim Cardoso	Individual	Male	68	M60	5	02:22:14	6'46"/km
76	97	Rúben Pinho	Individual	Male	69	SeniorM	24	02:22:31	6'47"/km
77	94	José Varela	Individual	Male	70	M40	29	02:22:33	6'47"/km
78	26	Diogo Santos	Individual	Male	71	SeniorM	25	02:23:22	6'49"/km
79	45	Eduarda Barros	Individual	Female	8	F40	3	02:23:45	6'50"/km
80	55	Albino Faria	Carreira Trail	Male	72	M50	13	02:24:00	6'51"/km
81	105	Lucas Moreira	Individual	Male	73	SeniorM	26	02:24:44	6'53"/km
82	49	João Silva	GTT - ARMAZÉM DO CAFFÈ	Male	74	M50	14	02:25:37	6'56"/km
83	79	Filipe Ribeiro	Individual	Male	75	M50	15	02:28:14	7'03"/km
84	39	Márcia Bandeira	Amigos da Montanha	Female	9	F40	4	02:30:34	7'10"/km
85	65	Ricardo Alves	PCRUNNERS	Male	76	M40	30	02:33:24	7'18"/km
86	74	Carina Silva	PCRrunners	Female	10	SeniorF	3	02:33:30	7'18"/km
87	119	Vânia Maria Silva Oliveira	Break	Female	11	SeniorF	4	02:37:50	7'30"/km
88	28	Francisco Camacho	CIIMAR Sport	Male	77	SeniorM	27	02:40:59	7'39"/km
89	120	José Fernando Morgado Rocha	Break	Male	78	M40	31	02:42:36	7'44"/km
90	70	Paula Silva	Individual	Female	12	F40	5	02:43:15	7'46"/km
91	90	Francisco Costa	Individual	Male	79	M50	16	02:44:27	7'49"/km
92	101	Isabel Oliveira	Caminhadas da Amizade	Female	13	SeniorF	5	02:44:58	7'51"/km
93	85	Pedro Miguel Morais Da Silva	DIABOS À SOLTA	Male	80	SeniorM	28	02:46:44	7'56"/km
94	51	Jac Fernandes	DIABOS À SOLTA	Male	81	M40	32	02:46:47	7'56"/km
95	69	Valdemar Ferreira Carvalho	DIABOS À SOLTA	Male	82	M50	17	02:46:47	7'56"/km
96	30	Ricardo Manuel Campinho Capela	CIIMAR Sport	Male	83	SeniorM	29	02:46:58	7'57"/km
97	95	Filipe Pereira	G.D. Leões da Guarda - Lion Runners	Male	84	M40	33	02:49:18	8'03"/km
98	113	João Soares	G.D. Leões da Guarda - Lion Runners	Male	85	M40	34	02:49:18	8'03"/km
99	91	Ernesto Martins	G.D. Leões da Guarda - Lion Runners	Male	86	M60	6	02:49:21	8'03"/km
100	29	Daniel Pereira Brás	Individual	Male	87	SeniorM	30	02:49:58	8'05"/km
101	75	Rui Carvalho	Serviços Sociais Montepio	Male	88	M40	35	02:57:12	8'26"/km
102	77	João Nuno Do Amaral Silva Cardoso	Serviços Sociais Montepio	Male	89	M50	18	02:57:12	8'26"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
103	78	Francisco Moreira	Serviços Sociais Montepio	Male	90	M50	19	02:59:23	8'32"/km
104	76	Fernando Carvalho	Serviços Sociais Montepio	Male	91	M50	20	02:59:25	8'32"/km
105	36	Anne Liong	CIIMAR Sport	Female	14	SeniorF	6	03:01:58	8'39"/km
106	34	Rúben Micael Moreira Pereira	CIIMAR Sport	Male	92	SeniorM	31	03:01:59	8'39"/km
107	102	Ricardo Morais	Caminhadas da Amizade	Male	93	SeniorM	32	03:05:01	8'48"/km
108	33	Lurdes Magalhães	Individual	Female	15	F50	4	03:06:24	8'52"/km
109	15	Carla Pinto	Individual	Female	16	F50	5	03:35:54	10'16"/km