



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	1	Nelson Santos	Runners Do Demo	Male	1	M45	1	03:40:10	6'52"/km
2	1778	Marco Pacheco	Serra D Aire Trail Team	Male	2	M40	1	03:47:02	7'05"/km
3	1788	Ricardo Crespo	Individual	Male	3	M35	1	03:48:06	7'07"/km
4	1763	Miguel Baptista	mbup.treino	Male	4	M35	2	04:04:16	7'38"/km
5	1769	Samuel Reis	Serra D Aire Trail Team	Male	5	M35	3	04:05:42	7'40"/km
6	3	Vera Bernardo	ARCD Venda da Luísa	Female	1	F40	1	04:12:57	7'54"/km
7	4	Sofia Marques Vieira	Clube Desportivo de Espite	Female	2	F40	2	04:15:30	7'59"/km
8	1743	Rafael Branco	Matilha	Male	6	MS23	1	04:18:59	8'05"/km
9	1748	Rui Isento	AD Manteigas Trail Team	Male	7	M35	4	04:22:00	8'11"/km
10	1738	Sérgio Moreira	Individual	Male	8	M45	2	04:22:01	8'11"/km
11	1766	Tiago Afonso	Associação Desportiva do Fundão	Male	9	M35	5	04:22:34	8'12"/km
12	1780	Gonçalo Fernandes	Agroal Trail Team	Male	10	M40	2	04:27:07	8'20"/km
13	1758	Sara Pedrosa	Clube Desportivo de Espite	Female	3	FSenior	1	04:28:05	8'22"/km
14	1756	Abel Francisco Pires	Clube de Atletismo Trail Runners da Ponte	Male	11	M45	3	04:38:16	8'41"/km
15	1783	Mariana Henriques	Clube Desportivo de Espite	Female	4	FSenior	2	04:38:20	8'41"/km
16	1723	Lino Guerreiro	Clube de Atletismo Trail Runners da Ponte	Male	12	M45	4	04:39:49	8'44"/km
17	1768	David Matos Saraiva	AD Manteigas Trail Team	Male	13	M35	6	04:40:07	8'45"/km
18	1753	Pedro Crisóstomo	HAUS Real Estate	Male	14	M35	7	04:40:15	8'45"/km
19	1732	Jorge Taborda	Trail Team Vila de Mouros	Male	15	M35	8	04:43:28	8'51"/km
20	1774	Pedro Ferro	GDC Rio de Moinhos	Male	16	M45	5	04:50:14	9'04"/km
21	1760	Luís Afonso	Associação Desportiva do Fundão	Male	17	M45	6	04:51:32	9'06"/km
22	1740	João Moreira	Associação Desportiva do Fundão	Male	18	M45	7	04:55:46	9'14"/km
23	1764	José Vicente Pereira Marques	Clube Desportivo de Espite	Male	19	M50	1	04:55:56	9'14"/km
24	1707	Bruno Daniel Nunes Silveira	Grupo Desportivo da Mata	Male	20	MSenior	1	05:01:55	9'26"/km
25	1708	David Vila Boa	FeelsBike "for fun"	Male	21	M40	3	05:09:24	9'40"/km
26	1735	João Rafael	HAUS Real Estate	Male	22	M35	9	05:10:55	9'43"/km
27	1709	Vinicius Freire	Individual	Male	23	MSenior	2	05:12:21	9'45"/km
28	1725	Helder Gaspar Pereira	Os tolinhos	Male	24	M50	2	05:13:10	9'47"/km
29	1731	Pedro Ferreira	ARCD Venda da Luisa	Male	25	M45	8	05:13:10	9'47"/km
30	1704	Sandra Cristina Martins Ferreira	Casa do Benfica de Castelo Branco	Female	5	F40	3	05:13:10	9'47"/km
31	1762	Miguel Gonçalves	Clube de Montanhismo da Guarda	Male	26	M40	4	05:22:31	10'04"/km
32	1745	Pedro Vicente	Individual	Male	27	M45	9	05:22:34	10'04"/km
33	1787	Nelson Amaral	Runners Do Demo	Male	28	M45	10	05:27:54	10'14"/km
34	1733	José Marques	Individual	Male	29	M40	5	05:35:22	10'28"/km
35	1727	Tiago Miguel Silveira Gomes	Trail Team Vila de Mouros	Male	30	M40	6	05:37:23	10'32"/km
36	1770	Rui Gonçalves	Os Trinca Espinhas	Male	31	M50	3	05:38:37	10'34"/km
37	1776	Aurélio Quiaios	SALAMANDRECOS	Male	32	M45	11	05:40:18	10'38"/km
38	1767	Luís Miguel	Os Trinca Espinhas	Male	33	M45	12	05:40:20	10'38"/km
39	1705	Florbela Santos Correia	CORRER POR CASTELO BRANCO	Female	6	F35	1	05:44:19	10'45"/km
40	1765	Jorge Carvalho	AD Manteigas Trail Team	Male	34	M45	13	05:44:20	10'45"/km
41	1747	Marília Noro	Runners Do Demo	Female	7	F35	2	05:44:23	10'45"/km
42	1711	Nuno Mateus	Ativo Team Running Correr na Vila	Male	35	M40	7	06:02:47	11'20"/km
43	1702	Paulo Antunes	Trail Team Vila de Mouros	Male	36	M50	4	06:07:36	11'29"/km
44	1752	Nélia Pedrosa	Bairro dos Anjos	Female	8	F45	1	06:08:12	11'30"/km
45	1777	Helder Correia	Associação Desportiva do Fundão	Male	37	M55	1	06:09:29	11'32"/km
46	1718	Vera Afonso	Sport Arronches e Benfica	Female	9	F35	3	06:12:37	11'38"/km
47	1728	Ricardo Almeida	Individual	Male	38	M40	8	06:12:38	11'38"/km
48	1786	João Balrôa	ALLcains RUN	Male	39	M45	14	06:12:38	11'38"/km
49	1751	Rui Neto	Bairro dos Anjos	Male	40	M45	15	06:15:30	11'44"/km
50	1779	Pedro Silva	Individual	Male	41	M45	16	06:16:42	11'46"/km
51	1724	Tiago Armando Mendes Coelho	U. D. BELMONTE RUNNERS	Male	42	M35	10	06:25:16	12'02"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
52	1749	Samuel Caetano	SALAMANDRECOS	Male	43	M45	17	06:26:24	12'04"/km
53	1785	André Matos	DAP Trail TEAM	Male	44	MSenior	3	06:27:28	12'06"/km
54	1784	André Relvas	DAP Trail TEAM	Male	45	M35	11	06:27:29	12'06"/km
55	1761	Manuela Casal Oliveira	Individual	Female	10	F50	1	06:27:31	12'06"/km
56	1721	Carlos Teixeira	Individual	Male	46	M50	5	06:28:30	12'08"/km
57	1717	Ana Domingos	ALLcains RUN	Female	11	F35	4	06:28:32	12'08"/km
58	1791	Ana Carolina Pereira	ADE TRAIL -RUNNING	Female	12	F45	2	06:29:17	12'09"/km
59	1781	Rodrigo Vieira	Serra D Aire Trail Team	Male	47	MSenior	4	06:29:59	12'11"/km
60	1736	Fabrice Soares	Trail Team Vila de Mouros	Male	48	M40	9	06:45:56	12'41"/km
61	1701	Paula Cristina Marques Inácio	Trail Team Vila de Mouros	Female	13	F55	1	06:47:43	12'44"/km
62	1741	André Pais	Individual	Male	49	MSenior	5	06:48:10	12'45"/km
63	1773	Inês Nunes	AD Manteigas Trail Team	Female	14	F35	5	06:50:47	12'50"/km
64	1726	Susana Isabel Salvado Rodrigues	A equipa Delas	Female	15	F40	4	06:50:49	12'50"/km
65	1772	Arpad Luka Pozsonyi	Alter Runners	Male	50	MSenior	6	07:23:55	13'52"/km
66	1720	Carlos Domingos	Fidelidade GDC	Male	51	M45	18	07:23:55	13'52"/km