



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	823	João Luís Amoroso	Individual	Male	1	M40	1	01:27:13	7'16"/km
2	1053	Alexandre Galvão	Lebres SAD	Male	2	M45	1	01:27:14	7'16"/km
3	829	Igor Gomes	Individual	Male	3	M35	1	01:27:29	7'17"/km
4	1071	Sérgio Ribeiro	AD Manteigas Trail Team	Male	4	MJunior	1	01:28:11	7'20"/km
5	1076	Diogo João Frias Gaspar	AD Manteigas Trail Team	Male	5	MJunior	2	01:28:14	7'21"/km
6	820	Neuza Alexandra Barata Martins Mendes	Individual	Female	1	F40	1	01:28:38	7'23"/km
7	819	João Filipe Amaral Dos Santos	ALLcains RUN	Male	6	M35	2	01:32:06	7'40"/km
8	826	Márcia Isabel Dias Santos	Pegada Ribeirinha	Female	2	F40	2	01:36:18	8'01"/km
9	836	Virgínia Sousa	Agroal Trail Team	Female	3	FSenior	1	01:36:47	8'03"/km
10	828	Maria Rodrigues	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Female	4	FS23	1	01:41:07	8'25"/km
11	846	Marco Rodrigues	Penta Clube da Covilhã/Sport Hotel Trail Running Team	Male	7	M45	2	01:41:08	8'25"/km
12	821	Catarina Leitão	Individual	Female	5	FSenior	2	01:41:31	8'27"/km
13	801	Helder Simão Nunes	Pegada Ribeirinha	Male	8	M45	3	01:42:55	8'34"/km
14	802	Nicole Nunes	Pegada Ribeirinha	Female	6	FJunior	1	01:42:55	8'34"/km
15	816	Ana Afonso	Sarzedas Runners	Female	7	F35	1	01:42:58	8'34"/km
16	842	Gabriel Perleques	Maximianos	Male	9	M45	4	01:42:59	8'34"/km
17	827	Gonçalo Filieop Roque Antunes	Sarzedas Runners	Male	10	M35	3	01:43:00	8'35"/km
18	841	Tiago Vaz	Trilhos Marotos	Male	11	MSenior	1	01:53:12	9'26"/km
19	809	Rafael Lopes	Trilhos Marotos	Male	12	MS23	1	01:54:12	9'31"/km
20	840	Sofia Lopes	Trilhos Marotos	Female	8	FSenior	3	01:55:58	9'39"/km
21	949	Maria Dinis	ALLcains RUN	Female	9	F50	1	01:56:36	9'43"/km
22	813	Ricardo Pinto	Individual	Male	13	MSenior	2	01:59:12	9'56"/km
23	817	Samuel Valente	Individual	Male	14	M40	2	01:59:15	9'56"/km
24	824	Rui Pedro Nogueira Amoroso	Individual	Male	15	M45	5	02:00:45	10'03"/km
25	825	Sara Sanches	Individual	Female	10	F45	1	02:00:45	10'03"/km
26	808	Danielle Witt	Individual	Female	11	F55	1	02:03:58	10'19"/km
27	831	Paulo Sequeira	Individual	Male	16	M55	1	02:14:29	11'12"/km
28	830	Deolinda Barreto	Individual	Female	12	F50	2	02:14:30	11'12"/km
29	800	Rui Manuel Moura	Individual	Male	17	M40	3	02:17:38	11'28"/km
30	837	Cláudia Pereira	Maximianos	Female	13	F45	2	02:17:39	11'28"/km
31	843	Marco Inês	SVB	Male	18	M40	4	02:31:57	12'39"/km
32	833	Joana Dos Santos Saraiva	AD Manteigas Trail Team	Female	14	F40	3	02:32:14	12'41"/km
33	811	Célia Caetano	Individual	Female	15	F50	3	02:37:22	13'06"/km
34	822	Ana Carina Monsanto	AD Manteigas Trail Team	Female	16	F40	4	02:37:22	13'06"/km
35	812	Pedro Alexandre Oliveira Filipe Caetano	Individual	Male	19	M50	1	02:37:23	13'06"/km
36	834	Inês Ferreira	Individual	Female	17	FSenior	4	02:38:21	13'11"/km
37	835	Ana Rita Santos	Individual	Female	18	F40	5	02:38:21	13'11"/km
38	838	Claudia Massano	AD Manteigas Trail Team	Female	19	F45	3	02:39:55	13'19"/km
39	845	Joao Oliveira	Individual	Male	20	MSenior	3	02:39:57	13'19"/km
40	806	João Custódio	Individual	Male	21	M60	1	02:53:04	14'25"/km
41	807	Conceição Vaz	Individual	Female	20	F55	2	02:56:07	14'40"/km
42	810	Ricardo Madeira	O Interior é que conta!	Male	22	MSenior	4	02:59:07	14'55"/km
43	805	Inês Nascimento Do Carmo	O Interior é que conta!	Female	21	F35	2	02:59:07	14'55"/km
44	839	Patrícia Lopes	Individual	Female	22	F40	6	03:16:49	16'24"/km
45	847	Joana Antunes	Praça Running Club	Female	23	F35	3	03:41:39	18'28"/km