



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	644	Filipe Coelho	Trilhados - ACD Santiago	Male	1	MSenior	1	01:06:14	5'05"/km
2	623	Daniel Esperança	Herminivs Runners	Male	2	MSenior	2	01:07:47	5'12"/km
3	639	Norberto Loureiro	lincs do marao	Male	3	M40	1	01:08:08	5'14"/km
4	633	Daniel	Bombeiros de Meda	Male	4	MSenior	3	01:10:47	5'26"/km
5	602	Carlos Martins	Trilhados - ACD Santiago	Male	5	MSenior	4	01:11:39	5'30"/km
6	632	Frederico Matos	AD Manteigas Trail Team	Male	6	M40	2	01:11:47	5'31"/km
7	607	Hélio Costa	AD Manteigas Trail Team	Male	7	M40	3	01:15:06	5'46"/km
8	640	David Crespo	Individual	Male	8	M40	4	01:18:10	6'00"/km
9	618	Gabriel Marques	Trail Runners Family -Coutos Natura Challenge	Male	9	MSenior	5	01:21:12	6'14"/km
10	616	Fernando Marques	Trail Runners Family -Coutos Natura Challenge	Male	10	M40	5	01:21:16	6'15"/km
11	643	Jorge Figueiredo	Trail Team Vila de Mouros	Male	11	M40	6	01:23:48	6'26"/km
12	624	Januário Gaspar	AD Manteigas Trail Team	Male	12	M40	7	01:26:06	6'37"/km
13	606	Susana Terras	AD Manteigas Trail Team	Female	1	FSenior	1	01:28:16	6'47"/km
14	613	Jorge Carvalho	AD Manteigas Trail Team	Male	13	M40	8	01:29:07	6'51"/km
15	625	Diogo Gaspar	AD Manteigas Trail Team	Male	14	MSenior	6	01:32:01	7'04"/km
16	608	Francisco Marra	Bombeiros de Meda	Male	15	MSenior	7	01:34:15	7'15"/km
17	638	Rodrigo Emanuel Deus	Runners SERNANCELHE Terra da Castanha	Male	16	MSenior	8	01:34:22	7'15"/km
18	610	Rui Miguel Vieites Cerrelo	S e R	Male	17	MSenior	9	01:37:20	7'29"/km
19	617	Maria Marques	Trail Runners Family -Coutos Natura Challenge	Female	2	FSenior	2	01:37:59	7'32"/km
20	646	Elisabete Santos	Individual	Female	3	F40	1	01:43:12	7'56"/km
21	609	João Paulo Ferreira Araújo	AD Manteigas Trail Team	Male	18	MSenior	10	01:43:25	7'57"/km
22	634	Helena Alves	Individual	Female	4	F50	1	01:48:27	8'20"/km
23	635	Lurdes Pereir	Individual	Female	5	F50	2	01:52:16	8'38"/km
24	619	Susana Castro	Trail Runners Family -Coutos Natura Challenge	Female	6	F40	2	01:52:17	8'38"/km
25	641	Carlos Amado	Individual	Male	19	MSenior	11	01:59:29	9'11"/km
26	615	Ana Monsanto	AD Manteigas Trail Team	Female	7	F40	3	02:00:25	9'15"/km
27	622	Ângela Augusto	Runners SERNANCELHE Terra da Castanha	Female	8	F40	4	02:09:03	9'55"/km
28	629	Miriam Pinto	Runners SERNANCELHE Terra da Castanha	Female	9	FSenior	3	02:09:03	9'55"/km
29	614	Vânia Isabel Morrao Da Silva Alves	" O Vinho é que é Pouco!!!!"	Female	10	F40	5	02:12:57	10'13"/km
30	626	Carlos Alberto Martins Santos	Trilhados - ACD Santiago	Male	20	M50	1	02:22:55	10'59"/km
31	631	El Ferdinando	Trilhados - ACD Santiago	Male	21	M40	9	02:22:56	10'59"/km
32	630	António Albuquerque	Trilhados - ACD Santiago	Male	22	M40	10	02:27:30	11'20"/km
33	645	Rui Miguel Ramos Alves	Individual	Male	23	M40	11	02:30:16	11'33"/km
34	611	Sarah Martinho	S e R	Female	11	FSenior	4	02:30:37	11'35"/km
35	628	César Cardoso	Runners SERNANCELHE Terra da Castanha	Male	24	MSenior	12	02:31:10	11'37"/km
36	627	Paulo Armino Santos Melo	Trilhados - ACD Santiago	Male	25	M40	12	02:40:17	12'19"/km
37	636	Carlos Albuquerque	Trilhados - ACD Santiago	Male	26	M40	13	02:40:19	12'19"/km
38	620	Elisabete Mateus	Individual	Female	12	F40	6	02:58:34	13'44"/km
39	621	Lurdes Daniel	Individual	Female	13	F50	3	02:58:34	13'44"/km