



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	328	Tiago Carreira	ADFA-Desportos de Natureza	Male	1	MSenior	1	01:17:38	4'34"/km
2	336	Paulo Pachecho	Individual	Male	2	MSenior	2	01:30:34	5'19"/km
3	330	Joao Emanuel Esteves Fernandes	Trail Team Vila de Mouros	Male	3	M40	1	01:30:42	5'20"/km
4	321	Rui Bogalheiro	Trail Team Vila de Mouros	Male	4	MSenior	3	01:30:58	5'21"/km
5	323	Toni Lâgeo	Galhardos Runners	Male	5	M40	2	01:31:59	5'24"/km
6	334	Vitor Patricio	AD Manteigas Trail Team	Male	6	M40	3	01:33:05	5'28"/km
7	344	Bruno Tracana	GDCR LAJES	Male	7	M40	4	01:33:11	5'28"/km
8	322	Pedro Santos	Galhardos Runners	Male	8	MSenior	4	01:35:56	5'38"/km
9	343	Mickael Da Costa Massano	Individual	Male	9	MSenior	5	01:36:15	5'39"/km
10	305	António Branquinho	Individual	Male	10	M40	5	01:36:34	5'40"/km
11	318	Agnelo Marques	DRAGÕES DO CÔA	Male	11	M50	1	01:38:10	5'46"/km
12	315	Duarte Escobar	Individual	Male	12	M40	6	01:40:53	5'56"/km
13	319	Nelson Tiago	DRAGÕES DO CÔA	Male	13	M40	7	01:40:58	5'56"/km
14	303	Francisco Batista	Estrela Campo de Aviação F.C.-Covilhã	Male	14	M40	8	01:41:14	5'57"/km
15	309	André Monteiro Martins	GDM	Male	15	M40	9	01:45:58	6'14"/km
16	335	Carlos Simao	Grupo desportivo da meda	Male	16	M50	2	01:47:51	6'20"/km
17	307	Rui Antunes	Associação Beselguense	Male	17	M40	10	01:50:24	6'29"/km
18	301	Helder Amaral	Trilhos do Ceireiro - Associação Beselguense / penedono	Male	18	M40	11	01:50:24	6'29"/km
19	332	Sergio Caetano	TRAIL - Grupo Desportivo de Trancoso	Male	19	MSenior	6	01:50:24	6'29"/km
20	339	Carla Soares	GDM	Female	1	F40	1	01:51:20	6'32"/km
21	341	Vanessa Almeida	" O Vinho é que é Pouco!!!!"	Female	2	F40	2	01:54:31	6'44"/km
22	345	Daniel Pereira	AD Manteigas Trail Team	Male	20	M40	12	01:58:00	6'56"/km
23	5	Rui Araújo	Douro Trail Foz Côa	Male	21	MSenior	7	01:58:53	6'59"/km
24	16	Nuno Alexandre Remisio Rodrigues Saldanha	Individual	Male	22	M40	13	01:58:53	6'59"/km
25	333	António Almeida Andrade	Trilhados - ACD Santiago	Male	23	M50	3	01:59:02	7'00"/km
26	342	Tiago Almeida	Individual	Male	24	M40	14	01:59:06	7'00"/km
27	337	Inês Amaral	tombaminis trail team	Female	3	F50	1	02:00:09	7'04"/km
28	304	João Saraiva	GDM	Male	25	M50	4	02:00:33	7'05"/km
29	317	Joel Roger Geraldés Albuquerque	AD Manteigas Trail Team	Male	26	M40	15	02:01:30	7'08"/km
30	338	Luis Carlos Barboza	tombaminis trail team	Male	27	M50	5	02:03:12	7'14"/km
31	327	Luís Sousa	Trail Team Vila de Mouros	Male	28	M50	6	02:06:51	7'27"/km
32	320	Ana Isabel Saraiva Vieira	Individual	Female	4	FSenior	1	02:09:44	7'37"/km
33	329	Francisco Domingues	Trail Team Vila de Mouros	Male	29	M50	7	02:15:20	7'57"/km
34	324	Inês Nunes	AD Manteigas Trail Team	Female	5	FSenior	2	02:17:48	8'06"/km
35	311	Daniel Amaral Almeida	Individual	Male	30	M40	16	02:19:24	8'12"/km
36	302	André Moutinho	Individual	Male	31	MSenior	8	02:21:26	8'19"/km
37	306	Gabriella Lopes	Individual	Female	6	F40	3	02:22:52	8'24"/km
38	312	Nelson Ramos	Individual	Male	32	MSenior	9	02:25:54	8'34"/km
39	326	Margarida Ramos	Mirai q'Abutres Running	Female	7	F40	4	02:26:40	8'37"/km
40	325	Fernanda Castro	Mirai q'Abutres Running	Female	8	F50	2	02:26:40	8'37"/km
41	314	Joaquim Carvalho	DURIUS - ATLÉTICO CLUBE PESQUEIRA	Male	33	M40	17	02:29:00	8'45"/km
42	316	Ana Cristina Ferreira Martinho Branco	Individual	Female	9	F50	3	02:36:50	9'13"/km
43	310	Ana Morgado	Individual	Female	10	F50	4	02:36:50	9'13"/km
44	313	Paulo Moutinho	GDM	Male	34	M40	18	02:36:51	9'13"/km