



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	315	David Pestana	Bombeiros de Mêda	Male	1	M40	1	01:29:20	5'57"/km
2	323	José Madeira	Individual	Male	2	MSenior	1	01:33:29	6'13"/km
3	246	Pedro Duarte	3 Santos Populares	Male	3	M40	2	01:37:40	6'30"/km
4	306	Luís Almeida	Individual	Male	4	MSenior	2	01:42:28	6'49"/km
5	243	Tiago Morais	PDARUNNERS	Male	5	MSenior	3	01:44:41	6'58"/km
6	296	Joao Paulo Moreira Marques	Unique Adventure	Male	6	M40	3	01:49:24	7'17"/km
7	272	José Belbuche	Centro Trail Carlos Sá Team Penacova	Male	7	MSenior	4	01:49:31	7'18"/km
8	227	Tiago Gonçalves Figueiredo	Individual	Male	8	MSenior	5	01:50:48	7'23"/km
9	219	Renato Ferreira	Runners do Monte	Male	9	MSenior	6	01:52:08	7'28"/km
10	228	Paulo Sousa	Tartarugas runners	Male	10	MSenior	7	01:55:01	7'40"/km
11	285	Gabriel Marques	Trail Runners Family	Male	11	MS23	1	01:55:35	7'42"/km
12	249	Tiago Oliveira	Individual	Male	12	MSenior	8	01:56:25	7'45"/km
13	289	Vital Soares	Runners do demo	Male	13	M40	4	01:57:00	7'48"/km
14	248	Nuno Lopes	3 Santos Populares	Male	14	M40	5	01:59:47	7'59"/km
15	247	Daniel Rodrigues	3 Santos Populares	Male	15	MSenior	9	02:00:58	8'03"/km
16	273	Luís Filipe Marques Conceição	Equipa Granjal	Male	16	MSenior	10	02:03:36	8'14"/km
17	281	Paulo Pais	Runners do Monte	Male	17	MSenior	11	02:05:18	8'21"/km
18	287	Fernando Marques	Trail Runners Family	Male	18	M40	6	02:06:19	8'25"/km
19	222	Egídio Neves	Saca Trilhos Anadia	Male	19	M50	1	02:06:39	8'26"/km
20	221	Gonçalo Miguel Alves Marques	Saca Trilhos Anadia	Male	20	MSenior	12	02:07:23	8'29"/km
21	267	Jorge Silva	Viseu Trail	Male	21	M60	1	02:09:11	8'36"/km
22	260	António Manuel Fonseca Cabral	GDCR LAJES	Male	22	M40	7	02:09:11	8'36"/km
23	238	Luis Rosa	Individual	Male	23	M50	2	02:09:40	8'38"/km
24	229	Miguel Lopes	Individual	Male	24	MSenior	13	02:09:46	8'39"/km
25	290	Ana Paula Magina	Trilhados - ACD Santiago	Female	1	F50	1	02:12:29	8'49"/km
26	231	Hugo Gonçalo Vilar	Individual	Male	25	MS23	2	02:13:44	8'54"/km
27	271	Filipe Vítor	Espigueiros Runners - Caparrosinha	Male	26	M40	8	02:14:05	8'56"/km
28	299	Paulo Marques	ADFA-Desportos de Natureza	Male	27	M40	9	02:15:21	9'01"/km
29	292	Pedro Martins	Individual	Male	28	M50	3	02:15:35	9'02"/km
30	277	Helderms	Individual	Male	29	MSenior	14	02:16:22	9'05"/km
31	255	Leonel Gomes	Runners do Monte	Male	30	M40	10	02:17:51	9'11"/km
32	301	Ze Arthur	ASDREQ	Male	31	M40	11	02:19:06	9'16"/km
33	303	Francisco Silva	Esgalhada Trail Team	Male	32	M40	12	02:19:40	9'18"/km
34	250	Diana Filipa Rodrigues Oliveira	Individual	Female	2	FS23	1	02:20:08	9'20"/km
35	257	José Duarte Ferreira Pacheco	Saca Trilhos Anadia	Male	33	M50	4	02:20:21	9'21"/km
36	326	Antonio Almeida Andrade	Individual	Male	34	M50	5	02:22:04	9'28"/km
37	280	Sofia Soares	Runners do Monte	Female	3	FSenior	1	02:22:25	9'29"/km
38	282	Gonçalo Loureiro	Individual	Male	35	M40	13	02:22:26	9'29"/km
39	262	André Almeida	Individual	Male	36	MSenior	15	02:22:40	9'30"/km
40	263	Ricardo Alves	Sena Clube	Male	37	M40	14	02:24:40	9'38"/km
41	223	Paulo Sousa	Individual	Male	38	M40	15	02:25:13	9'40"/km
42	295	José Pedro Silva	Esgalhada Trail Team	Male	39	MSenior	16	02:26:18	9'45"/km
43	324	Hugo Marques	Individual	Male	40	MSenior	17	02:27:53	9'51"/km
44	218	João Pedro Martins	JIVTrail	Male	41	M40	16	02:29:18	9'57"/km
45	211	Rosário Miranda	3 Santos Populares	Female	4	F50	2	02:29:23	9'57"/km
46	261	João Sousa	Tartarugas runners	Male	42	M40	17	02:30:19	10'01"/km
47	314	Tomas Morais	Vale Madeiros Caminhadas	Male	43	MS23	3	02:31:05	10'04"/km
48	252	Filipe Valério	EMPATA TRILHOS	Male	44	M40	18	02:31:07	10'04"/km
49	217	Daniel Gonçalves Da Silva	Individual	Male	45	MSenior	18	02:33:51	10'15"/km
50	205	José Santos	EMPATA TRILHOS	Male	46	MSenior	19	02:36:45	10'27"/km
51	284	Jorge Figueiredo	Individual	Male	47	M50	6	02:38:13	10'32"/km
52	304	Renato Santos	Esgalhada Trail Team	Male	48	M40	19	02:39:19	10'37"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
53	278	Luís Pereira	Individual	Male	49	M60	2	02:41:26	10'45"/km
54	253	Maria Rita Da Silva Fernandes	AGGVOUZELA	Female	5	F50	3	02:42:13	10'48"/km
55	283	Mauro Coelho	Runners do Monte	Male	50	MSenior	20	02:44:48	10'59"/km
56	269	Pedro Jorge Sousa Santos	Carregal do Sal Runners	Male	51	MSenior	21	02:45:13	11'00"/km
57	251	Tiago Afonso	Carregal do Sal Runners - Entre o Dão e o Mondego	Male	52	MS23	4	02:45:13	11'00"/km
58	270	Rui Matos	Espigueiros Runners - Caparrosinha	Male	53	M40	20	02:45:31	11'02"/km
59	310	Marta Vicente	GDCR LAJES	Female	6	F40	1	02:47:55	11'11"/km
60	309	Luis Barboza	tombaminis Trail team	Male	54	M50	7	02:47:55	11'11"/km
61	266	Ana Margarida Lopes	tombaminis Trail team	Female	7	FSenior	2	02:48:21	11'13"/km
62	302	José António Ferreira Amaral	tombaminis Trail team	Male	55	M40	21	02:48:21	11'13"/km
63	286	Maria Marques	Trail Runners Family	Female	8	FS23	2	02:48:27	11'13"/km
64	200	Mister Pr	ESTRELA CADENTE RUNNING	Male	56	M40	22	02:48:27	11'13"/km
65	233	Luis Barroca	Individual	Male	57	M40	23	02:49:50	11'19"/km
66	230	Joaquim Varão	Individual	Male	58	M50	8	02:49:59	11'19"/km
67	308	Carlos Ramos	AGRORAMOS	Male	59	MSenior	22	02:50:01	11'20"/km
68	274	Ana Lúcia Marques Conceição	Equipa Granjal	Female	9	FSenior	3	02:53:33	11'34"/km
69	322	Ana Lucia Garrido	ASDREQ	Female	10	FSenior	4	02:54:32	11'38"/km
70	275	Paulo Jorge Lourenço Duraes	Equipa Granjal	Male	60	M50	9	02:55:00	11'40"/km
71	312	Isabel Vidas	GDCR LAJES	Female	11	F40	2	02:57:25	11'49"/km
72	327	Filipe Sousa	Individual	Male	61	M40	24	02:58:22	11'53"/km
73	265	Samuel Lima Seixas	Furamontes	Male	62	MS23	5	03:00:07	12'00"/km
74	300	Simão Pedro Chaves Martins Araújo	Furamontes	Male	63	M40	25	03:00:29	12'01"/km
75	311	Olga Alves	GDCR LAJES	Female	12	F40	3	03:01:31	12'06"/km
76	279	Rui Fidalgo	Carregal do Sal Runners	Male	64	M40	26	03:02:30	12'10"/km
77	214	Victor Morgado	Projecto blue O / FPAD	Male	65	M40	27	03:02:54	12'11"/km
78	318	Ricardo Amaral	Individual	Male	66	MSenior	23	03:03:09	12'12"/km
79	317	Tania Costa	Individual	Female	13	FSenior	5	03:03:10	12'12"/km
80	201	Maria Carriço	ESTRELA CADENTE RUNNING	Female	14	F50	4	03:03:20	12'13"/km
81	259	Dália Roma	C.D.C. Nave / Trail Runners	Female	15	F40	4	03:03:59	12'15"/km
82	240	Fábio Correia	Individual	Male	67	MSenior	24	03:03:59	12'15"/km
83	288	Susana	Trail Runners Family	Female	16	F40	5	03:06:42	12'26"/km
84	245	Andreia Bernardo	3 Santos Populares	Female	17	FSenior	6	03:08:28	12'33"/km
85	232	Tiago Henriques	Runners do Monte	Male	68	MSenior	25	03:15:16	13'01"/km
86	226	Marina Amaral Couto	Espigueiros Runners - Caparrosinha	Female	18	FSenior	7	03:18:19	13'13"/km
87	276	Carla Póvoas	Vale Madeiros Caminhadas	Female	19	F40	6	03:18:27	13'13"/km
88	316	Antonio Matos	EMPATA TRILHOS	Male	69	MSenior	26	03:24:12	13'36"/km
89	206	Renato Reis De Andrade	A Seita Que Dói Menos	Male	70	MSenior	27	03:27:06	13'48"/km
90	212	Agostinho Pereira	Individual	Male	71	M50	10	03:32:09	14'08"/km
91	239	João Cardoso	Individual	Male	72	M50	11	03:37:56	14'31"/km
92	244	Dolores Spínola	Clube Desportivo Escola Santana Q10	Female	20	F40	7	03:42:59	14'51"/km
93	204	Alberto Moura	Individual	Male	73	M60	3	03:53:55	15'35"/km
94	268	Tomás Correia	Trilhados - ACD Santiago	Male	74	MSenior	28	03:56:25	15'45"/km
95	203	José Miranda	Individual	Male	75	M60	4	03:59:31	15'58"/km
96	325	Sandra Almeida	Fresenius Kabi RUNNERS	Female	21	FSenior	8	04:03:12	16'12"/km
97	235	António Manuel Da Costa Fernandes	Individual	Male	76	M50	12	04:06:46	16'27"/km
98	234	Ana Patrícia Rebelo Amaral	Esgalhada Trail Team	Female	22	FSenior	9	04:06:51	16'27"/km
99	242	Andreia Rosa Simões	Esgalhada Trail Team	Female	23	F40	8	04:06:51	16'27"/km
100	241	Raquel Rosa Simões	Esgalhada Trail Team	Female	24	F40	9	04:06:53	16'27"/km
101	254	Bruno Lucas Gonçalves Sampaio	desporto escola c+s canas de senhorim	Male	77	MS23	6	04:12:16	16'49"/km
102	307	Ana Direito	tombaminis Trail team	Female	25	F40	10	04:17:41	17'10"/km
103	328	Gustavo Cordeiro	Individual	Male	78	M50	13	04:20:49	17'23"/km