

TRAIL SANTA JUSTA 23KM - STAGE 1

23 KM



OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
133	354	Ricardo Dantas	quintas feiras bravas	Senior Masculino	04:26:55	+01:54:48	11:36
134	114	Fábio Silva	individual	Senior Masculino	04:27:33	+01:55:26	11:38
135	259	Paulo Brás	individual	Veterano M40	04:27:59	+01:55:52	11:39
136	406	Gilberto Viana	paredes aventura	Senior Masculino	04:28:01	+01:55:54	11:39
137	174	Ricardo Dias da Fonseca	individual	Senior Masculino	04:28:19	+01:56:12	11:40
138	18	Daniela Alves	associação desportiva de cabroelo	Senior Feminino	04:28:47	+01:56:40	11:41
139	137	Leandro Ricardo Oliveira Pinto Simões	individual	Senior Masculino	04:29:39	+01:57:32	11:43
140	364	Rui Miranda	rumo aventura	Senior Masculino	04:29:45	+01:57:38	11:44
141	25	Carlos Viana	caetano runners	Senior Masculino	04:29:52	+01:57:45	11:44
142	247	Manuel Coelho	individual	Veterano M40	04:29:59	+01:57:52	11:44
143	371	JOSÉ SILVA	run4all	Senior Masculino	04:30:16	+01:58:09	11:45
144	332	Rafael Almeida	poteeentes - fitspot parque nascente	Senior Masculino	04:30:50	+01:58:43	11:47
145	330	Filipe Carvalho	poteeentes - fitspot parque nascente	Senior Masculino	04:31:01	+01:58:54	11:47
146	103	Bruno Ramiro	individual	Senior Masculino	04:33:33	+02:01:26	11:54
147	236	jose manuel ferreira	individual	Veterano M40	04:33:50	+02:01:43	11:54
148	139	Luis Manuel da Silva Medeiros Pereira	individual	Senior Masculino	04:36:32	+02:04:25	12:01
149	6	Paulo Leite	all about	Veterano M40	04:36:41	+02:04:34	12:02
150	116	Filipe Medeiros Guedes Fonseca	individual	Senior Masculino	04:36:50	+02:04:43	12:02
151	325	Fernando Manuel Ferreira da Costa	pernetas	Senior Masculino	04:37:24	+02:05:17	12:04
152	192	Vitor Freitas	individual	Senior Masculino	04:38:28	+02:06:21	12:06
153	132	Jorge Ribeiro	individual	Senior Masculino	04:38:58	+02:06:51	12:08
154	238	José Moura Sousa	individual	Veterano M40	04:39:48	+02:07:41	12:10
155	363	Luís Filipe	rumo aventura	Senior Masculino	04:40:04	+02:07:57	12:11
156	49	Fernando Oliveira	engomadoria l&a team	Veterano M40	04:40:09	+02:08:02	12:11
157	155	Nuno Carmo	individual	Senior Masculino	04:40:14	+02:08:07	12:11
158	252	Mário Augusto Ferreira	individual	Veterano M40	04:40:30	+02:08:23	12:12
159	303	João Vitor Ribeiro Moura Pinto	no tomorrow running team	Senior Masculino	04:40:31	+02:08:24	12:12
160	209	Alberto César	individual	Veterano M40	04:42:44	+02:10:37	12:18
161	120	Hélder Agostinho	individual	Senior Masculino	04:42:50	+02:10:43	12:18
162	55	ANSELMO ALMEIDA	ginasio fit4fun	Veterano M40	04:42:59	+02:10:52	12:18
163	283	Jose Pereira	kemedo team	Senior Masculino	04:43:16	+02:11:09	12:19
164	28	Márcio Lívio Duarte Lopes	ciclistas cósmicos - gislótica	Senior Masculino	04:44:05	+02:11:58	12:21
165	52	Jose Lopes	feras	Senior Masculino	04:44:48	+02:12:41	12:23
166	23	Christophe Moreira	c&s	Senior Masculino	04:44:50	+02:12:43	12:23
167	53	Paulo Ferreirinha	feras	Senior Masculino	04:44:54	+02:12:47	12:23
168	61	Flor Madureira	grupo desportivo leoes do veneza	Veterana F40	04:44:57	+02:12:50	12:23
169	266	Pedro Manuel Leão Bastos	individual	Veterano M40	04:44:58	+02:12:51	12:23
170	12	Americo cunha	arrasta o pé	Veterano M40	04:45:05	+02:12:58	12:24
171	14	Manuel Moura	associação desportiva da efaced	Senior Masculino	04:46:20	+02:14:13	12:27
172	289	Romulo Silva	kemedo team	Senior Masculino	04:46:24	+02:14:17	12:27
173	290	Helder Silva	la zinco	Senior Masculino	04:47:58	+02:15:51	12:31
174	253	Mário Meneses	individual	Veterano M40	04:49:27	+02:17:20	12:35
175	115	Fernando Ismael Oliveira Nogueira	individual	Senior Masculino	04:50:22	+02:18:15	12:37
176	99	António Jorge da silva Gonçalves	individual	Senior Masculino	04:50:23	+02:18:16	12:38

Rank	Bib	Name	Team	Time
1	2	Armandino Taborda	Individual	00:12:20
2	151	Nelson Davide Pimenta da Graça	Individual	00:13:10
3	300	Luis Gil	MULTIPOWER-GAIA TRAIL	00:13:17
4	8	Bruno Miguel Rodrigues Moreira	Amigos do Pedal - TraiLagares	00:14:06
5	117	Filipe Miguel de Jesus Teles	Individual	00:14:34
6	362	Pedro Marques	Quintas Feiras Bravas	00:14:42
7	1	Rui Muga	Clube Academico de Mogadouro	00:14:44
8	112	Fábio Gabriel Teles	Individual	00:14:46
9	407	António Martins	Centro Ciclista de Gondomar	00:15:00
10	99	António Jorge da silva Gonçalves	Individual	00:15:02
11	133	Jose Fernando Leal da Costa e Silva	Individual	00:15:06
12	45	André Guedes	Dr Merino Clinica Médica	00:15:26
13	349	Nuno Pinho	Quintas Feiras Bravas	00:15:26
14	156	Nuno Maia	Individual	00:15:32
15	19	Daniel Ferreira	Associação Desportiva de Cabroelo	00:16:03
16	42	Vítor Ribeiro	Didáxis Trail	00:16:07
17	366	Fernando Soares	Rumo Aventura	00:16:14
18	134	José Luís Pinto	Individual	00:16:23
19	44	David Ferreira	Dr Merino Clinica Médica	00:16:31
20	148	Miguel Carvalho	Individual	00:16:31
21	30	JOSE MOTA	CICLISTAS CÓSMICOS - GISLÓTICA	00:16:34
22	50	Ricardo Rocha	FAST AO KM- PRR/Health&Nutrition	00:16:40
23	41	Sérgio Santos	Didáxis Trail	00:16:40
24	279	Eurico Moura	KeMedo Team	00:16:43
25	106	cesar duarte	Individual	00:16:44
26	255	Nelson Santos	Individual	00:16:46
27	344	Eduardo Merino	Quintas Feiras Bravas	00:16:52
28	143	Manuel Henrique Pereira Barbosa	Individual	00:17:05
29	170	Pedro Sá	Individual	00:17:28
30	55	ANSELMO ALMEIDA	Ginasio Fit4Fun	00:17:33
31	178	Rúben Alves	Individual	00:17:47
32	136	leandro marco roxo pacheco	Individual	00:17:56
33	9	Fernando Leal Neves	Amigos do Pedal - TraiLagares	00:17:58
34	321	Paulo Pereira	PAPAKM	00:18:10
35	337	Patrick Marques	POTEEENTES - Fitspot Parque Nascente	00:18:17
36	305	Paulo Gomes	NO TOMORROW RUNNING TEAM	00:18:19
37	7	Edgar Silva	Amigo	00:18:22
38	318	Jorge Manuel Barbosa Moreira	Os DEZavergonhados	00:18:25
39	383	Jose Miguel Fortuna Pinto	team Rede Ambiente	00:18:32
40	320	Daniel Fonseca	PAPAKM	00:18:45
41	392	JOSÉ MANUEL RODRIGO NUNES	USGUNAS	00:18:46
42	248	MANUEL F TEIXEIRA	Individual	00:18:49
43	352	Paulo Pereira	Quintas Feiras Bravas	00:18:58
44	395	Hugo Ferreira	WHITE RUNNING TEAM	00:18:59
45	355	Sergio Manuel Moreira Duarte	Quintas Feiras Bravas	00:19:01

Rank	Bib	Name	Team	Time
46	357	Tiago Amaral	Quintas Feiras Bravas	00:19:01
47	229	Ilidio Oliveira	Individual	00:19:13
48	294	Carlos Ferreira	LUSOS XXI	00:19:23
49	32	Helder Manuel Silva Deveza	Clube Academico de Mogadouro	00:19:42
50	348	Marco Marques	Quintas Feiras Bravas	00:19:55
51	261	Paulo Jorge Barbosa da Rocha	Not Run Alone	00:19:56
52	351	Paulo Machado	Quintas Feiras Bravas	00:20:00
53	192	Vítor Freitas	Individual	00:20:05
54	266	Pedro Manuel Leão Bastos	Individual	00:20:07
55	120	Hélder Agostinho	Individual	00:20:11
56	100	Bruno Filipe Ribeiro Ferreira	Individual	00:20:14
57	12	Americo cunha	Arrasta o pé	00:20:15
58	139	Luis Manuel da Silva Medeiros Pereira	Individual	00:20:20
59	283	Jose Pereira	KeMedo Team	00:20:22
60	146	Marco Pereira	Individual	00:20:23
61	104	Bruno Rocha	Individual	00:20:24
62	135	José Pedro de Sousa Dias	Individual	00:20:28
63	188	Telmo Reis	Individual	00:20:30
64	310	Pedro Barbosa	Not Run Alone	00:20:31
65	159	Nuno Rocha	Individual	00:20:32
66	247	Manuel Coelho	Individual	00:20:33
67	52	Jose Lopes	Feras	00:20:36
68	161	Paulo Moreno Silva	Individual	00:20:38
69	53	Paulo Ferreirinha	Feras	00:20:39
70	364	Rui Miranda	Rumo Aventura	00:20:41
71	268	pedro mouro	Individual	00:20:47
72	246	manuel antonio ferreira pinto teixeira	Individual	00:20:52
73	336	Nuno Fontelonga	POTEEENTES - Fitspot Parque Nascente	00:20:52
74	183	rui soares	Individual	00:20:53
75	346	Inuo Filipe Melo	Quintas Feiras Bravas	00:20:53
76	303	João Vitor Ribeiro Moura Pinto	NO TOMORROW RUNNING TEAM	00:20:55
77	187	Simão Pereira	Individual	00:20:57
78	410	Telmo Cardoso	Individual	00:20:57
79	168	Pedro Miguel Pereira Gilvaz	Individual	00:20:57
80	322	Ricardo Fernandes	PAPAKM	00:20:58
81	245	Luís Sá	Individual	00:20:58
82	6	Paulo Leite	All About	00:21:01
83	180	Ruben Santos	Individual	00:21:03
84	273	Sergio anunciação	Individual	00:21:07
85	167	Pedro Miguel de Sousa Pinto	Individual	00:21:10
86	174	Ricardo Dias da Fonseca	Individual	00:21:12
87	347	José Luís Sá	Quintas Feiras Bravas	00:21:13
88	280	Filipe Sousa	KeMedo Team	00:21:14
89	284	Manuel Costa	KeMedo Team	00:21:19
90	222	fausto teixeira	Individual	00:21:21
91	23	Christophe Moreira	C&S	00:21:23

Rank	Bib	Name	Team	Time
92	313	Rui Pereira	OFRunning	00:21:25
93	289	Romulo Silva	KeMedo Team	00:21:26
94	54	José Paulo Pereira Ribeiro	Ginasio Factor X	00:21:30
95	244	Luís Pereira	Individual	00:21:30
96	164	Pedro Filipe Dias Alves	Individual	00:21:37
97	122	Helder Filipe Silva	Individual	00:21:37
98	226	Francisco Pinheiro	Individual	00:21:39
99	125	Hugo Pinto	Individual	00:21:39
100	49	Fernando Oliveira	Engomadoria L&A Team	00:21:40
101	116	Filipe Medeiros Guedes Fonseca	Individual	00:21:42
102	16	Vitor Matos	Associação Desportiva da Efacec	00:21:42
103	147	Martinho Tiago Padrão	Individual	00:21:42
104	155	Nuno Carmo	Individual	00:21:42
105	220	Daniel Mota	Individual	00:21:42
106	306	FERNANDO ALMEIDA	NOCTURNOS DE PAREDES	00:21:44
107	330	Filipe Carvalho	POTEEENTES - Fitspot Parque Nascente	00:21:44
108	190	Tomé pinto	Individual	00:21:50
109	238	José Moura Sousa	Individual	00:21:53
110	131	Joel Marques	Individual	00:21:56
111	109	Daniel Pinto	Individual	00:21:58
112	406	Gilberto Viana	PAREDES AVENTURA	00:22:00
113	341	carlos daniel alves	Quintas Feiras Bravas	00:22:01
114	153	Nelson Silva	Individual	00:22:05
115	252	Mário Augusto Ferreira	Individual	00:22:05
116	11	Jorge Silva	ARCORUN	00:22:07
117	329	Bernardo Mouta	POTEEENTES - Fitspot Parque Nascente	00:22:08
118	114	Fábio Silva	Individual	00:22:10
119	263	Paulo Próspero	Individual	00:22:11
120	98	Antonio Goncalves	Individual	00:22:12
121	27	Miguel Pereira	CCDTC.M.GONDOMAR	00:22:12
122	388	Artur Ferreira	UNIDOS À FRESCA	00:22:13
123	361	Pedro Barbosa	Quintas Feiras Bravas	00:22:13
124	14	Manuel Moura	Associação Desportiva da Efacec	00:22:16
125	377	ULISSES COSTA	Run4all	00:22:19
126	189	Tiago Rocha	Individual	00:22:19
127	29	JOSÉ MIGUEL CRUZ PINTO	CICLISTAS CÓSMICOS - GISLÓTICA	00:22:32
128	389	Nelson Machado	UNIDOS À FRESCA	00:22:32
129	141	Manuel Fernando Máximo Pereira	Individual	00:22:32
130	237	José Manuel Martins Veloso da Veiga	Individual	00:22:32
131	31	PAULO JORGE GONÇALVES SOARES	CICLISTAS CÓSMICOS - GISLÓTICA	00:22:33
132	275	Vitor Manuel Barbosa Moreira	Individual	00:22:34
133	211	Álvaro Jorge da Rocha Maia	Individual	00:22:39
134	299	MARIO RUI LEITE COSTA	Moreira Relax Runners	00:22:40
135	186	Sergio Filipe Maia de Sousa	Individual	00:22:52
136	358	Nuno Costa	Quintas Feiras Bravas	00:22:56
137	375	RUI REBELO	Run4all	00:23:01

Rank	Bib	Name	Team	Time
138	391	david paulo pereira pinto	UNIDOS À FRESCA	00:23:03
139	360	Paulo Neta	Quintas Feiras Bravas	00:23:05
140	253	Mário Meneses	Individual	00:23:10
141	213	António Amador	Individual	00:23:14
142	363	Luís Filipe	Rumo Aventura	00:23:21
143	335	Alcino Vieira	POTEENTES - Fitspot Parque Nascente	00:23:26
144	278	jose moura	invicta runner team	00:23:26
145	367	José Carvalho	Rumo Aventura	00:23:27
146	390	Pedro Antunes de Azevedo e Taveira Marques	UNIDOS À FRESCA	00:23:28
147	403	José Castelo	Individual	00:23:29
148	225	FRANCISCO JOSÉ RAMOS SANTOS	Individual	00:23:30
149	274	Vitor helder da Silva santos	Individual	00:23:30
150	270	porfirio da silva pereira	Individual	00:23:31
151	286	Pedro Marques	KeMedo Team	00:23:32
152	149	Miguel Mendes	Individual	00:23:35
153	43	António Luís Rocha Santos Correia Peixoto	Dr Merino Clinica Médica	00:23:39
154	233	José Carlos Ferreira Dias	Individual	00:23:41
155	162	Pedro Silva	Individual	00:23:45
156	405	Paulo Magano	Individual	00:23:47
157	21	José Carlos Costa Bessa	BTT Matosinhos	00:23:47
158	262	Paulo Pinto	Individual	00:23:48
159	290	Helder Silva	LA Zinco	00:23:50
160	103	Bruno Ramiro	Individual	00:23:51
161	140	Luís Pinto	Individual	00:23:51
162	210	Alberto Ricardo Silva Lima	Individual	00:23:52
163	240	Jose Paulo Canavarro Almeida Leite	Individual	00:23:52
164	105	Carlos Oliveira	Individual	00:23:52
165	209	Alberto César	Individual	00:23:58
166	353	Pedro Santos	Quintas Feiras Bravas	00:23:58
167	354	Ricardo Dantas	Quintas Feiras Bravas	00:24:00
168	285	Marcio Carvalho	KeMedo Team	00:24:01
169	381	Marcelo Fonseca	Smells like team spirit	00:24:07
170	385	Agostinho Sousa	Termas são Vicente – Penafiel	00:24:11
171	359	Paulo Correia Alves	Quintas Feiras Bravas	00:24:14
172	152	NELSON DUARTE	Individual	00:24:14
173	241	Leonel Carlos Cardoso Teixeira Pinto	Individual	00:24:15
174	256	Nuno Duarte Canavarro dos Santos	Individual	00:24:17
175	276	Vitor Manuel Coelho de Almeida	Individual	00:24:18
176	356	Sérgio Paulo dos Santos Sá	Quintas feiras bravas	00:24:23
177	370	HUGO LOBO	Run4all	00:24:28
178	137	Leandro Ricardo Oliveira Pinto Simões	Individual	00:24:31
179	249	Manuel Faria Sampaio	Individual	00:24:32
180	129	Joaquim Alves	Individual	00:24:34
181	371	JOSÉ SILVA	Run4all	00:24:36
182	46	Diogo Filipe Pereira da Silva	EDP Clube de Gaia	00:24:46
183	17	Vitor Silva	Associação Desportiva da Efacec	00:24:48

Rank	Bib	Name	Team	Time
184	48	Celso Santos	Engomadoria L&A Team	00:24:51
185	219	CARLOS SOUSA	Individual	00:24:55
186	369	CELESTINO CASTRO	Run4all	00:24:58
187	231	Joaquim Lúcio Pires Ribeiro	Individual	00:25:04
188	404	Sérgio Matos	Individual	00:25:09
189	259	Paulo Brás	Individual	00:25:10
190	331	Miguel Guimaraes	POTEEENTES - Fitspot Parque Nascente	00:25:10
191	4	FRANCISCO CARNEIRO	ADE RUNNING	00:25:14
192	394	Eduardo Caramalho	VALPI RUNNERS	00:25:23
193	176	Ricardo Sousa	Individual	00:25:26
194	232	Jorge Bernardino	Individual	00:25:27
195	138	Luis Filipe Marques da Silva	Individual	00:25:35
196	401	José Leal	Individual	00:25:38
197	400	Carlos Silva	Individual	00:25:41
198	399	Joaquim Rocha	Individual	00:25:42
199	402	Abilio Pacheco	Individual	00:25:51
200	221	Dionísio Manuel Correia Sousa	Individual	00:25:58
201	235	José Fernandes Ferreira	Individual	00:26:00
202	115	Fernando Ismael Oliveira Nogueira	Individual	00:26:03
203	215	António Pereira	Individual	00:26:15
204	224	Fernando silva	Individual	00:26:15
205	97	André Filipe pinto Barros	Individual	00:26:21
206	113	Fábio Rodrigues	Individual	00:26:21
207	51	Candido Rocha	FAST AO KM- PRR/Health&Nutrition	00:26:21
208	179	Rúben Bastos	Individual	00:26:22
209	398	Armando Pinho	WTF	00:26:24
210	173	Ricardo Carvalho	Individual	00:26:32
211	25	Carlos Viana	CAETANO RUNNERS	00:26:35
212	239	José Nogueira	Individual	00:26:43
213	374	PEDRO CARVALHO	Run4all	00:26:50
214	332	Rafael Almeida	POTEEENTES - Fitspot Parque Nascente	00:26:50
215	66	Joel Santos	I2S RUN TEAM	00:26:52
216	319	Daniel Machado	OS FUGITIVOS DA CRISE	00:27:11
217	272	Rui Paulo Alexandre Dias Zilhão	Individual	00:27:12
218	372	LUIS LEAL	Run4all	00:27:19
219	102	Bruno Mêda	Individual	00:27:30
220	260	Paulo Graça	Individual	00:27:31
221	208	Adriano Rocha	Individual	00:27:33
222	307	ANTONIO MIRANDA	NOCTURNOS DE PAREDES	00:27:35
223	144	Marco António Veloso Fernandes	Individual	00:27:42
224	191	viktor fernando alves da costa	Individual	00:27:51
225	325	Fernando Manuel Ferreira da Costa	Pernetas	00:27:54
226	216	Antonio Santos	Individual	00:28:03
227	251	Manuel oliveira	Individual	00:28:05
228	217	Carla Campos	Not Run Alone	00:28:15
229	111	Emanuel Vieira	Individual	00:28:19

Rank	Bib	Name	Team	Time
230	293	MANUEL TEIXEIRA	LUSOS XXI	00:28:22
231	267	Pedro Miguel Rodrigues Gavina	Individual	00:28:26
232	62	fernando rocha	GRUPO DESPORTIVO LEOES DO VENEZA	00:28:35
233	65	Sérgio Silva	Hard Trails Runners	00:28:39
234	177	Rolando Paulo	Individual	00:28:52
235	311	José Rodrigues	Not Run Alone	00:29:09
236	26	Américo Pinto	CCDTC.M.GONDOMAR	00:29:09
237	5	SERGIO COSTA	ADE RUNNING	00:29:11
238	124	Hugo André Vaz Faria Couto	Individual	00:29:27
239	59	Filipe Leitão	GONDOMAR FUTSAL CLUBE	00:29:40
240	282	Helder Marques	KeMedo Team	00:30:04
241	123	Hélder Oliveira	Individual	00:30:11
242	258	Nuno Rocha	Individual	00:30:22
243	254	Miguel Pereira Resende	Individual	00:30:33
244	236	jose manuel ferreira	Individual	00:30:47
245	145	Marco Filipe Faria Nobre	Individual	00:31:22
246	121	Hélder Cabral	Individual	00:32:23
247	292	João Pedro Valente Serdoura dos Santos	LOCOMOTIVA DE PARANHOS	00:32:44
248	376	TIAGO MARTINS	Run4all	00:33:03
249	132	Jorge Ribeiro	Individual	00:35:32
250	28	Márcio Lívio Duarte Lopes	CICLISTAS CÓSMICOS - GISLÓTICA	00:35:52
251	207	Abílio Carvalho	Individual	00:36:07
252	118	Francisco Rebelo	Individual	00:36:33
253	127	João Fontoura de Oliveira	Individual	00:36:33
254	333	Ricardo Ferreira	POTEEENTES - Fitspot Parque Nascente	00:36:38
255	108	Daniel Filipe Andrade Fernandes	Individual	00:41:13
256	288	Renato Sousa Pinto	KeMedo Team	00:41:15
257	264	Paulo Soares	Individual	00:42:39

Rank	Bib	Name	Team	Time
1	84	Joana Sousa	Individual	00:16:56
2	20	Maria Augusta Da Costa Loureiro	Associação Desportiva de Cabroelo	00:17:27
3	78	Cristiana Esteves	Individual	00:18:43
4	323	Paula Lage	PAREDES AVENTURA	00:19:24
5	291	Paula Chaves	LOCOMOTIVA DE PARANHOS	00:19:46
6	338	Ana Costa	Quintas Feiras Bravas	00:20:07
7	34	Rita Chaves Rebelo	Clube do Pessoal EDP - Delegação de Gaia	00:20:08
8	87	Maria de Fátima Leite Oliveira	Individual	00:20:33
9	86	Luísa Almeida	Individual	00:20:40
10	61	Flor Madureira	GRUPO DESPORTIVO LEOES DO VENEZA	00:20:58
11	206	Sandra Miranda	Individual	00:21:00
12	39	Mariana Figueiredo Delgado	CTAD - Trilhos de Cinfães	00:21:26
13	334	Luisa Almeida	POTEEENTES - Fitspot Parque Nascente	00:21:33
14	340	Liliana Gomes	Quintas Feiras Bravas	00:21:38
15	58	Andreia Amorim	GONDOMAR FUTSAL CLUBE	00:21:52
16	328	Juliana Rodrigues	POTEEENTES - Fitspot Parque Nascente	00:22:15
17	324	Susana Canhola	Pernetas	00:22:29
18	18	Daniela Alves	Associação Desportiva de Cabroelo	00:22:31
19	93	Sandra Vale	Individual	00:22:35
20	387	daniela sofia pinho soares	UNIDOS À FRESCA	00:22:53
21	80	Daniela Marta Mariano Falcão	Individual	00:22:54
22	69	Ana Margarida Nogueira Coelho	Not Run Alone	00:22:56
23	36	Susana Gabriela Costa Pinto da Neta	Clube Zupper	00:23:03
24	203	Maria Iracema Fernandes costa	Individual	00:23:33
25	198	Gourete Salvador	Individual	00:23:44
26	197	Eugénia Teixeira	Individual	00:23:47
27	380	Suse Silva	Smells like team spirit	00:24:05
28	200	Lucilia Quiesse Loureiro	Individual	00:24:11
29	71	Ana Xavier	Individual	00:24:17
30	22	Silvia Sousa	C&S	00:24:20
31	75	Carla Sofia Neves Monteiro	Individual	00:24:22
32	202	Maria da Luz Olivença	Individual	00:24:32
33	76	Catarina Maria Pereira Pinto	Individual	00:24:52
34	33	Isabel Henriques	Clube do Pessoal EDP - Delegação de Gaia	00:25:10
35	82	Joana Martins	Individual	00:25:15
36	57	Rita Resende	Girls4Run	00:25:26
37	56	Aida Presa	Girls4Run	00:25:36
38	74	Carla Freitas	Individual	00:25:39
39	40	Cristina Dias	CTAD - Trilhos de Cinfães	00:26:00
40	96	Susana Moreira	Individual	00:26:53
41	94	Sofia Gonçalves	Individual	00:27:03
42	386	Ana Paula Monteiro da Costa	TUGAS NA ESTRADA	00:27:24
43	91	Rita Almeida	Individual	00:27:40
44	339	Alvero Nunes	Quintas Feiras Bravas	00:27:57
45	64	Telma Amaral	Hard Trails Runners	00:28:01

Rank	Bib	Name	Team	Time
46	193	Ana Paula Teixeira	Individual	00:28:15
47	79	Cristina Rodrigues Teixeira Lopes	Not Run Alone	00:28:17
48	68	Ana Cavadas	Individual	00:28:26
49	81	Elisabete Maria Moreira Pinheiro	Individual	00:29:07
50	204	Maria João Lebreiro	Individual	00:30:15
51	196	Clara Maria Caetano Medeiros	Individual	00:30:15
52	205	Paula Próspero	Individual	00:30:26
53	195	Cacilda Maria Sousa Ramos	Not Run Alone	00:30:26
54	201	Luisa Moreira	Individual	00:30:36
55	89	Oriana Teixeira	Individual	00:31:21
56	83	Joana Neto	Individual	00:37:02

Rank	Bib	Name	Team	Time
1	1414	Miguel Casimiro	Team GoldNutrition	00:11:37
2	1038	Filipe Carneiro	ANONYMOUS PROSPORTS CHALLENGER	00:12:18
3	430	Pedro Tapadas	Gondomar Futsal	00:12:28
4	1054	Fernando Miguel Neves	Centro Ciclista de Gondomar	00:12:45
5	1487	Paulo Pinto	X5 Health Club	00:12:53
6	1097	ADELINO SILVA	GDR RETORTA	00:12:56
7	1426	André Nogueira	UF 08 RUNNERS	00:13:10
8	1098	HENRIQUE DIAS	GDR RETORTA	00:13:22
9	1096	VITOR BARBOSA	GDR RETORTA	00:13:23
10	1099	JOAQUIM ROCHA	GDR RETORTA	00:13:26
11	1429	Francisco Ferreira	UF 08 RUNNERS	00:13:51
12	1307	André Fraga	LOCOMOTIVA DE PARANHOS	00:14:00
13	1218	Pedro Trindade	Individual	00:14:10
14	1018	Renato Coelho	Amigos do Pedal - TraiLagares	00:14:14
15	1159	André Manuel Maria Moreira	Individual	00:14:53
16	1205	Mario Miguel Ribas Taborda	Individual	00:14:55
17	1199	Luis Carlos Monteiro Tavares	Individual	00:15:01
18	1068	Paulo Silva	Da-lhe Gas	00:15:04
19	1220	Ricardo Filipe Marques Sousa	Individual	00:15:14
20	1019	Ricardo Emanuel Peixoto Moreira	Amigos do Pedal - TraiLagares	00:15:15
21	1045	JORGE MOREIRA	Box Ideal Running Team	00:15:17
22	1432	José Coelho	UF 08 RUNNERS	00:15:31
23	1295	Filipe Pereira	KeMedo Team	00:15:41
24	1377	Fernando Araújo	Rumo Aventura	00:16:06
25	1442	Paulo Pinto	Vitalis Running Team	00:16:10
26	1441	Marc Sachs	Vitalis Running Team	00:16:10
27	1094	Fábio Melo	Freeletics Porto	00:16:14
28	1095	Sérgio Costa	Freeletics Porto	00:16:15
29	1001	Joao Pinto	@venida Team	00:16:15
30	1269	João Pedro Monteiro Rodrigues	Individual	00:16:27
31	1066	Aderito Oliveira	Da-lhe Gas	00:16:36
32	1166	António Silva	Individual	00:16:37
33	1187	Gilberto Orlando	Individual	00:16:37
34	1042	Dênis Quadros	Athlon Esportes	00:16:49
35	1308	Sérgio Santos	LOCOMOTIVA DE PARANHOS	00:17:00
36	1217	Pedro Machado	Not Run Alone	00:17:08
37	1154	Abílio Sérgio Santos	Individual	00:17:08
38	1032	Hélder José da Cunha Moreira	Andatrilhos - Freamunde	00:17:08
39	1282	PEDRO PEREZ ROLLAN	Individual	00:17:14
40	1087	Filipe Cunha	Faurecia Runner's	00:17:22
41	1236	Vitor Hugo Martins Oliveira	Individual	00:17:27
42	1182	Fernando Azevedo	Individual	00:17:28
43	1004	Agostinho Moreira	@venida Team	00:17:30
44	1424	Daniel Costa	trilha dos runners	00:17:32
45	1188	helder rocha	Individual	00:17:35

Rank	Bib	Name	Team	Time
46	1376	Rui Rato	Rumo Aventura	00:17:36
47	1431	Paulo Machado	UF 08 RUNNERS	00:17:46
48	1025	Pedro Moreira	Amigos do Sofá	00:17:51
49	1224	Ricardo Sousa	Individual	00:17:55
50	1210	Nuno Gaio	Individual	00:17:56
51	1427	Carlos Cruz	UF 08 RUNNERS	00:18:05
52	1275	Laurindo Osório	Individual	00:18:10
53	1346	Agostinho Torres	Pernetas	00:18:10
54	277	Wilson Fonseca	Individual	00:18:16
55	1214	Pedro Daniel Martins Moreira	Individual	00:18:26
56	1197	José Miguel Rocha	Individual	00:18:27
57	1002	Luis Pinto	@venida Team	00:18:29
58	1259	carlos jorge oliveira figueiredo	Individual	00:18:31
59	1322	Bruno Filipe da Costa Mendes	Os DEZavergonhados	00:18:32
60	1306	Luís Pinheiro	LACRAUS	00:18:32
61	1160	André Miguel Santos Fernandes	Individual	00:18:41
62	1447	António Fernandes	Wolves Run Trail	00:18:45
63	1425	Tiago Silva	trilha dos runners	00:18:51
64	1316	Márcio Carvalh	OFRunning	00:18:54
65	1003	Paulo Silva	@venida Team	00:18:55
66	1364	Micael Morais	POTEEENTES - Fitspot Parque Nascente	00:18:57
67	1169	CARLOS BESSA	Individual	00:19:01
68	1036	Vitor José Coelho Alves da Costa	Andatrilhos - Freamunde	00:19:08
69	1201	Luís Filipe Moreira Teixeira	Individual	00:19:10
70	1317	Mário Rui Carvalho	OFRunning	00:19:11
71	1318	Renato Santos	OFRunning	00:19:14
72	1207	Miguel Angelo Mendes Santos	Individual	00:19:14
73	1035	Marco José Martins Nunes Mendes	Andatrilhos - Freamunde	00:19:15
74	1280	Paulo Moreira	Individual	00:19:16
75	1034	Luís Pedro Pedra Gomes Ribeiro	Andatrilhos - Freamunde	00:19:18
76	1266	Gil Silva	Individual	00:19:24
77	1198	Leandro "Malakata"	Individual	00:19:24
78	1014	João Araújo	Amigo	00:19:25
79	1174	Celso Lopes	Individual	00:19:28
80	1310	Nuno MOreira	Moinhos Run	00:19:29
81	1206	Miguel Andrade	Individual	00:19:33
82	1039	jorge filipe pereira	ARCORUN	00:19:33
83	1044	CARLOS MARTINS	Box Ideal Running Team	00:19:39
84	1351	Jose Barbosa	PIXELRUNBIKETRIP	00:19:40
85	1370	Fernando Silva	POTEEENTES - Fitspot Parque Nascente	00:19:41
86	1363	Cesar Coelho	POTEEENTES - Fitspot Parque Nascente	00:19:46
87	1185	Laurindo Gomes	Individual	00:19:46
88	1043	João Teixeira	Athlon Esportes	00:19:48
89	1170	Carlos Leal	Individual	00:19:51
90	1190	Hugo Sousa	Individual	00:19:53
91	1189	Hugo Ângelo Ferraz Duarte	Individual	00:19:55

Rank	Bib	Name	Team	Time
92	1176	Claudio Novais	Individual	00:19:59
93	1421	Luis Filipe Oliveira Ferreira	Team Sempre Juntos	00:19:59
94	1222	Ricardo Manuel da Silva Ribeiro	Individual	00:20:01
95	1208	Miguel Cracel	Individual	00:20:01
96	1261	Ernesto Ribeiro	Individual	00:20:03
97	1388	RUI CARVALHO	Run4all	00:20:06
98	1226	Rui Correia	Individual	00:20:10
99	1041	Paulo Borges	Associação Desportiva da Efacec	00:20:19
100	1040	José Gomes	Associação Desportiva da Efacec	00:20:21
101	1410	Diogo Cardoso	Squadra di Running	00:20:21
102	1409	Cristiano Silva	Squadra di Running	00:20:22
103	1340	Brandão	Pernetas	00:20:23
104	1375	Paulo Almeida	POTEEENTES - Fitspot Parque Nascente	00:20:31
105	1183	Fernando Bruno Caetano rocha	Individual	00:20:32
106	1319	Ricardo Ramalho	OFRunning	00:20:33
107	1209	Miguel Silva	Individual	00:20:33
108	1161	André Santos	Individual	00:20:40
109	1272	joaquim torres	Individual	00:20:40
110	1230	sergio alberto costa souza	Individual	00:20:50
111	1067	Carlos Prudêncio	Da-lhe Gas	00:20:51
112	1464	António Ferreira	Individual	00:20:51
113	1085	Patricio Renato Vidal da Silva	Fantastic Four	00:20:55
114	1047	José Portela Mendes	Brigada do Reumático	00:20:56
115	1451	Pedro Ribeiro	Individual	00:20:58
116	1046	Raul Alvarenga	Brigada do Reumático	00:21:00
117	1225	roberto rios	Individual	00:21:00
118	1229	Rui Manuel Barbosa Santos	Individual	00:21:09
119	1270	João Sousa	Individual	00:21:10
120	1079	Nuno Coelho	Squadra di Running	00:21:10
121	1287	Sandro Sousa	Individual	00:21:11
122	1444	Cláudio Silva	Wolves Run Trail	00:21:13
123	1445	Nuno Silva	Wolves Run Trail	00:21:19
124	1446	Rui Sousa	Wolves Run Trail	00:21:21
125	1365	Rui Sousa	POTEEENTES - Fitspot Parque Nascente	00:21:21
126	1012	Nuno Sousa	AFS Estofos AUTO	00:21:22
127	1342	Afonso Bonifácio	Pernetas	00:21:27
128	1387	PEDRO VIEIRA	Run4all	00:21:30
129	1400	Jose Diogo dos Santos Sousa	Shark Tale	00:21:32
130	1262	fernando carneiro	Individual	00:21:34
131	1234	Vicente Sousa	Individual	00:21:39
132	1186	Flávio Azevedo	Individual	00:21:41
133	1284	Raul Antonio Fernandes Macedo	Individual	00:21:42
134	1221	Ricardo Filipe Oliveira de Sousa	Individual	00:21:44
135	1228	Rui Jorge dos Santos Nogueira	Individual	00:21:47
136	1256	ALBERTO CARVALHO	Individual	00:21:48
137	1023	Miguel Coutinho	Amigos do Sofá	00:21:50

Rank	Bib	Name	Team	Time
138	1232	Simão souza	Individual	00:21:53
139	1235	Vitor Ferreira	Individual	00:21:54
140	1172	carlos tiago loureiro santos ferraz	Individual	00:21:54
141	1331	Ricardo João Fernandes Teixeira	Os Potentes	00:21:55
142	1415	Aurelio Neto	Team Las Vegas	00:21:59
143	1416	Rui Sousa	Team Las Vegas	00:21:59
144	1437	SÉRGIO PAULO MACHADO SILVA	USGUNAS	00:22:02
145	1422	Rui Filipe Abreu Sarmiento Gabriel	Trail 33 - Viagens 360 Gaia	00:22:05
146	1418	Helder Filipe Ferreira Teixeira	Team Sempre Juntos	00:22:07
147	1022	José Costa	Amigos do Sofá	00:22:09
148	1148	Nuno Pinheiro	Individual	00:22:16
149	1173	Carlos Vitor de Sousa Moreira	Individual	00:22:21
150	1268	João Moura	Individual	00:22:23
151	1163	António Batista	Individual	00:22:24
152	1015	Nuno Santos	Amigo	00:22:27
153	1021	Célio Soares	Amigos do Sofá	00:22:31
154	1179	Diogo Pinheiro	Individual	00:22:40
155	1050	Joaquim Ferreira	CAETANO RUNNERS	00:22:45
156	1153	Álvaro Emanuel de Sousa Santos	Individual	00:22:47
157	1305	Bruno Andrade	LACRAUS	00:22:53
158	1181	Fabio Silva	Individual	00:22:56
159	1411	Paulo Almeida	Squadra di Running	00:22:56
160	1084	Francisco Brandão Batista	Fantastic Four	00:22:56
161	1194	Jorge moreira	Individual	00:22:59
162	1412	Manuel Silva	Squadra di Running	00:23:00
163	1384	BRUNO MAGALHÃES	Run4all	00:23:00
164	1347	Avelino Rodrigues	Pernetas	00:23:01
165	1020	António Moreira	Amigos do Sofá	00:23:04
166	1180	Fábio Oliveira da Silva	Individual	00:23:07
167	1156	Alexandre Filipe Vieira Valente	Individual	00:23:08
168	1274	José Manuel Silva Matos	Individual	00:23:11
169	1081	Flávio Santos	ETERNAL 16	00:23:20
170	1378	Luís Ferreira	Rumo Aventura	00:23:28
171	1281	Paulo Ribeiro	Individual	00:23:28
172	1314	Pedro Alves	Nice Runners	00:23:30
173	1341	Joaquim Pereira	Pernetas	00:23:31
174	1349	Bino Sousa	PIXELRUNBIKETRIP	00:23:32
175	1352	Ricardo Murias	PIXELRUNBIKETRIP	00:23:37
176	1289	vitor afonso	Individual	00:23:41
177	1323	Michel Moreira da Rocha	Os DEZavergonhados	00:23:42
178	1354	Pedro Duarte	PLAY RUNNERS	00:23:44
179	1383	ANTONIO CARNEIRO	Run4all	00:23:45
180	1171	Carlos Manuel Soares Moreira	Individual	00:23:46
181	1069	Ricardo Pires	Da-lhe Gas	00:23:53
182	1090	António Bracco	Fontainhas runners	00:23:56
183	1233	Vasco Sousa	Individual	00:23:57

Rank	Bib	Name	Team	Time
184	1294	Alexandre Teixeira	KeMedo Team	00:23:59
185	1092	Vitor Barroso	Fontainhas runners	00:24:00
186	1091	Cláudio Taveira	Fontainhas runners	00:24:03
187	1184	Filipe manuel moreira duarte lopes	Individual	00:24:07
188	308	Joel Ferreira	Nós Acreditamos	00:24:11
189	1007	Joaquim Fernando M. Leite	100PRESSA	00:24:20
190	1260	Carlos Manuel Conde Tavares	Individual	00:24:28
191	1373	Carlindo Martins	POTEEENTES - Fitspot Parque Nascente	00:24:32
192	1195	José Gonçalves	Individual	00:24:37
193	1366	Sergio Azevedo	POTEEENTES - Fitspot Parque Nascente	00:24:44
194	1049	Pedro Gonçalves	Brigada do Reumático	00:24:49
195	1216	Pedro Loureiro	Individual	00:24:54
196	1440	José Pinto	Vitalis Running Team	00:25:05
197	1211	Nuno Vasconcelos	Individual	00:25:09
198	1488	António Ferreira	Individual	00:25:14
199	1285	Ricardo Silva	Individual	00:25:14
200	1265	Germano Moura	Individual	00:25:20
201	1408	Armando Pinto	Squadra di Running	00:25:26
202	160	Paulo de Carvalho Martins	Individual	00:25:27
203	1452	Nelson Fernando Pinto de Almeida	Squadra di Running	00:25:29
204	1263	fernando silva teixeira	Individual	00:25:36
205	1267	Jaime Marques	Individual	00:25:37
206	1162	António Barros	Individual	00:25:40
207	1405	Rui José Marques da Silva	Shark Tale	00:25:46
208	1474	Vitor Ferreira	Individual	00:25:47
209	1200	Luís Faria	Individual	00:25:52
210	1402	Paulo Sousa	Shark Tale	00:25:56
211	1192	João Pedro Cardoso	Individual	00:26:01
212	1175	Christophe Sousa	Individual	00:26:09
213	1029	Joaquim Silva	Amigos do Sofá	00:26:16
214	1223	Ricardo monteiro	Individual	00:26:36
215	1167	Bruno André Oliveira Vigário	Individual	00:26:41
216	1158	André Ferreira	Individual	00:26:42
217	1264	Filipe Moutinho	Individual	00:26:43
218	1048	Paulo Monteiro	Brigada do Reumático	00:26:50
219	1271	Joaquim Silva	Individual	00:27:24
220	1006	David Silva Azevedo	100PRESSA	00:27:24
221	1033	Jaime Fernando Moura	Andatrilhos - Freamunde	00:27:39
222	1407	José Alberto	Somos Nós Team	00:28:01
223	1276	Luis pereira	Individual	00:28:04
224	1343	Mario Cardoso	Pernetas	00:28:05
225	1286	Rui Freitas	Individual	00:28:10
226	1010	Paulo Barbosa	A procura da meta	00:28:15
227	1165	Antonio Neto	Individual	00:28:18
228	1164	Antonio Miguel Cruz Abreu Costa	Individual	00:28:24
229	1058	Adriano Santos	Chama o 112	00:28:27

Rank	Bib	Name	Team	Time
230	1257	António Azevedo	Individual	00:28:31
231	1064	Pedro Oliveira	Clube Galpenergia Norte	00:28:39
232	1283	Pedro Ricardo Fernandes Bernardo	Individual	00:28:46
233	1009	Rui Silva	A procura da meta	00:28:50
234	1330	Hugo Vladimiro Teixeira da Silva	Os Potentes	00:28:50
235	1374	Damião Pacheco	POTEEENTES - Fitspot Parque Nascente	00:28:55
236	1328	Paulo Lara	Os Larocas	00:29:02
237	1053	Avelino Pereira	CCDTC.M.GONDOMAR	00:29:15
238	1423	Bruno Costa	trilha dos runners	00:30:56
239	212	André Campante	Individual	00:30:56
240	1417	Oswaldo Ferreira	team Rede Ambiente	00:31:15
241	265	Pedro Ferreira da Costa	Individual	00:32:07
242	1443	Ricardo Carvalho	Vitalis Running Team	00:33:39
243	1258	antonio guimaraes	Individual	00:35:36
244	1291	João Ferreira	Inquipa	00:35:43
245	1062	ALVARO ROBERTO GONÇALVES SERRADO	CICLISTAS CÓSMICOS - GISLÓTICA	00:35:56
246	1404	Fernando Manuel Mendes	Shark Tale	00:38:41
247	1273	José Fernando da Rocha Moreira	Individual	00:42:35
248	154	Nuno Almeida	Individual	00:54:18
249	1337	Jorge Silva	OsFazConta	01:09:53
250	1473	Cláudia Carvalho	Individual	01:19:52

Rank	Bib	Name	Team	Time
1	1065	Marisa Pereira	Clube Zupper	00:15:47
2	1011	Paula Barbosa	AFS Estofos AUTO	00:17:00
3	1037	Maria Gonçalves	ANONYMOUS PROSPORTS CHALLENGER	00:17:17
4	1132	Madalena Barbosa	Individual	00:17:18
5	1309	Eva Monteiro	Moinhos Run	00:17:43
6	1131	luisa Maria Ferreira da cruz	Individual	00:17:49
7	1247	Maria Ivone Pinto Ferreira	Individual	00:19:00
8	1127	Juliana Moreira	Individual	00:19:17
9	1252	Paula Anjos	Individual	00:20:11
10	1125	Joana Azevedo	Individual	00:20:29
11	1325	Patricia Fernandes	OS FUGITIVOS DA CRISE	00:20:43
12	1093	Cláudia Costa	Freeletics Porto	00:20:46
13	1367	Celeste Vieira	POTEEENTES - Fitspot Parque Nascente	00:20:54
14	1368	Fatima Ferreira	POTEEENTES - Fitspot Parque Nascente	00:21:21
15	1130	liliana vieira	Individual	00:21:45
16	1017	Maria José Pereira Leão	Amigos do Pedal - TraiLagares	00:21:57
17	1111	Carla Verónica Fontão Teixeira	Individual	00:22:14
18	1348	Adriana Teresa Silva Rodrigues	Pernetas	00:22:26
19	1362	Sofia Naldinho	POTEEENTES - Fitspot Parque Nascente	00:22:34
20	1083	Fernanda Marília Cardoso Casaca	Fantastic Four	00:22:51
21	1369	Fernanda Pinto	POTEEENTES - Fitspot Parque Nascente	00:22:53
22	1136	Marlene Alexandra Teles Andrade Rodrigues	Individual	00:22:59
23	1403	Ana Trigo	Shark Tale	00:23:04
24	1344	Manuela Ferreira	Pernetas	00:23:09
25	1433	Estela Oliveira	USF-TS	00:23:17
26	1238	alexandra padilha	Individual	00:23:30
27	1146	Sónia Santos	Individual	00:23:30
28	1439	CARLA SOFIA SILVA SOUSA	USGUNAS	00:23:32
29	1390	Catarina Ferreira	Sapwise	00:23:33
30	1379	ANA ARRISCADO	Run4all	00:23:35
31	1121	Isabel Neves	Individual	00:23:35
32	1380	Angela Santos	Run4all	00:23:36
33	1406	Fátima Vieira	Somos Nós Team	00:23:39
34	1438	ANA PAULA RIBEIRO CRAVEIRO NUNES	USGUNAS	00:23:39
35	1353	Angela Bragança	PLAY RUNNERS	00:23:45
36	1304	Andreia Carvalho	LA Zinco	00:23:49
37	1137	Marta Mamede das Neves André	Individual	00:23:57
38	1360	Joana Vasconcelos	POTEEENTES - Fitspot Parque Nascente	00:24:00
39	1298	Ines Catarina Sousa Rocha	Kunochao	00:24:14
40	1243	Cândida Vilas-Boas	Individual	00:24:22
41	1133	Mafalda Luís	Individual	00:24:24
42	1077	Joana Moura	Elite NM	00:24:26
43	1359	Joana Silva	POTEEENTES - Fitspot Parque Nascente	00:24:26
44	1076	Ana Ferreira	Elite NM	00:24:28
45	1357	Joana Alves dos Santos	POTEEENTES - Fitspot Parque Nascente	00:24:29

Rank	Bib	Name	Team	Time
46	1118	Diana Pina	Individual	00:24:41
47	1120	Elsa Maria Costa	Individual	00:24:56
48	1249	Maria Lurdes Silva Mendes	Individual	00:24:59
49	1356	Ana Luisa Flores	POTEEENTES - Fitspot Parque Nascente	00:25:12
50	1333	Brigida Duarte	OsFazConta	00:25:15
51	1074	Alice Sousa	Dr Merino Clinica Médica	00:25:27
52	1382	SANDRA TEIXEIRA	Run4all	00:25:32
53	1434	Mafalda Alves	USF-TS	00:25:34
54	1413	Sílvia Teixeira	Team DUAS FACES	00:25:38
55	1119	Elisabete Cunha	Individual	00:25:42
56	1147	Susana Carrilho	Individual	00:26:02
57	1105	Ana Filipa Oliveira	Individual	00:26:03
58	1250	maria oliveira	Individual	00:26:06
59	1126	joana carvalho ferreira	Individual	00:26:08
60	1253	Rosalina Marques	Individual	00:26:19
61	1080	Célia Moreira	ETERNAL 16	00:26:24
62	1138	Patrícia Marlene Neves Pereira	Individual	00:26:45
63	1144	Sofia Vilela	Individual	00:27:13
64	1244	Cristina Pereira Durães Silva	Individual	00:27:29
65	1320	Patricia Barbosa	Os Bravos	00:27:40
66	1372	Susana Castro	POTEEENTES - Fitspot Parque Nascente	00:27:40
67	1135	Maria Moutinho	Individual	00:27:46
68	1435	Mónica Magalhães	USF-TS	00:27:50
69	1251	Olivia Carmo	Individual	00:27:55
70	1436	Ana Paula Alves	USF-TS	00:28:00
71	1313	Sónia Rocha	NAST	00:28:11
72	1245	Felicidade Silva	Individual	00:28:17
73	1051	Sandra Machado	Casal Maravilha	00:28:23
74	1057	Maria Leal	Chama o 112	00:28:25
75	1391	Cristiana Sousa	Sapwise	00:28:26
76	1100	Susana Sousa	GONDOMAR FUTSAL CLUBE	00:28:37
77	1290	Sónia Pereira	Inquipa	00:28:38
78	1140	Sandra Madureira	Individual	00:28:40
79	1329	Sílvia Margarida Teixeira da Silva	Os Potentes	00:28:45
80	1106	Ana Teixeira	Individual	00:28:50
81	1008	Daniela Nogueira	A procura da meta	00:28:50
82	24	Zélia Viana	CAETANO RUNNERS	00:28:52
83	1324	Diana Carneiro	OS FUGITIVOS DA CRISE	00:28:52
84	1326	Leonilde Maria Ferreira Macedo	OS FUGITIVOS DA CRISE	00:28:55
85	1355	Ana Ferro	POTEEENTES - Fitspot Parque Nascente	00:28:58
86	1129	Liliana Sousa	Individual	00:28:58
87	1327	Ermelinda Lara	Os Larocas	00:28:59
88	1141	Sandra Ramos	Individual	00:29:08
89	1102	Albertina Moreira da Cunha	Individual	00:29:10
90	1299	Isabel Maria Sousa Moreira	Kunochao	00:29:10
91	1089	Patricia Vieira	Feras	00:29:33

Rank	Bib	Name	Team	Time
92	1088	Ana Ribeiro	Feras	00:29:35
93	1151	Teresa Teixeira de sousa	Individual	00:29:36
94	1150	Teresa Moreira	Individual	00:29:37
95	1143	sara barbosa	Individual	00:29:47
96	1239	Ana Paula Oliveira	Individual	00:29:51
97	1142	Sandra Sousa	Individual	00:29:59
98	1031	Ana João Silva Nunes	Andatrilhos - Freamunde	00:30:00
99	1339	Ana Canez	Pernetas	00:30:10
100	1030	Ana Filipa de Campos Nogueira	Andatrilhos - Freamunde	00:30:12
101	1300	Liliana Adelaide Bento Ferraz	Kunochao	00:30:40
102	1336	Vânia Soares	OsFazConta	00:30:50
103	1335	Catarina Silva	OsFazConta	00:30:50
104	1124	Joana Amaro	Individual	00:30:52
105	1122	Isabel Susano	Individual	00:31:07
106	1358	Joana Naldinho	POTEEENTES - Fitspot Parque Nascente	00:32:36
107	1103	Alexandra Oliveira	Individual	00:32:49
108	1123	Isabelle Almeida	Individual	00:32:51
109	1114	Daniela Silva	Individual	00:32:54
110	1448	Adriana Brandão	WTF	00:32:55
111	1449	Liliana Brandão	WTF	00:32:57
112	1392	Cristina Maria Rocha Aleixo	Sapwise	00:33:24
113	1056	Liliana Leal	Chama o 112	00:35:21
114	1055	Isilda Leal	Chama o 112	00:35:28
115	1134	Marcia Pinto	Individual	00:35:38
116	1059	GISELA PINTO	CICLISTAS CÓSMICOS - GISLÓTICA	00:35:53
117	1301	Paula Cristina Lourenço Freitas	Kunochao	00:36:12
118	1302	Vania Sofia Vieira Moreira	Kunochao	00:36:16
119	1371	Isabel Rocha	POTEEENTES - Fitspot Parque Nascente	00:36:32
120	1116	Diana Martins	Individual	00:36:45
121	1312	ROSA COSTA	Moreira Relax Runners	00:37:03
122	1241	Aurora Morais	Individual	00:37:20
123	1381	LARA ANDRADE	Run4all	00:37:28
124	1361	Sílvia Ferreira	POTEEENTES - Fitspot Parque Nascente	00:37:46
125	1149	Tânia Alves	Individual	00:42:25
126	1293	Fatima Sousa	KeMedo Team	00:48:19
127	1315	MARIZA GONÇALVES	NOCTURNOS DE PAREDES	00:50:51
128	1332	Adriana Duarte	OsFazConta	01:09:51
129	1112	Celina Tomás	Individual	01:20:03