

HARD TRAIL 45K - STAGE 1

45 KM

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REVISED

OFFICIAL RESULT

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
85	170	Carlos Justo	minho aventura	Veterano M55	05:48:50	+01:55:21	07:45
86	33	Miguel Saraiva	ca barreira	Veterano M45	05:49:04	+01:55:34	07:45
87	93	Sérgio Filipe Cunha Matos	edv-viana trail	Senior Masculino	05:49:09	+01:55:40	07:46
88	45	Fernando Homem	clube amator só para atletismo	Senior Masculino	05:49:59	+01:56:29	07:47
89	169	Pedro Filipe Couto Nóvoa	minho aventura	Veterano M50	05:51:03	+01:57:34	07:48
90	144	António Morais	individual	Veterano M40	05:56:27	+02:02:58	07:55
91	153	Jorge Mamede Abrantes	individual	Veterano M45	05:56:30	+02:03:00	07:55
92	215	Pedro Valentim Batista	unidade especial de corrida	Sub 23 Masculino	05:56:58	+02:03:29	07:56
93	81	Tiago Amaral	dr. merino/nutrifit	Senior Masculino	05:57:10	+02:03:41	07:56
94	202	Pedro Sá	running team maia	Senior Masculino	05:58:33	+02:05:04	07:58
95	74	Liliana Augusta da Rocha Gomes	dr. merino/nutrifit	Senior Feminino	05:58:34	+02:05:04	07:58
96	198	João Nuno Fonseca	proaventuras	Veterano M45	05:58:43	+02:05:13	07:58
97	56	Paulo Pelicano	corcodilos/mister pc	Veterano M45	05:59:24	+02:05:55	07:59
98	181	eduardo soares	novo doce trail	Senior Masculino	06:00:55	+02:07:25	08:01
99	43	André Relvas	centro vicentino da serra de portalegre	Senior Masculino	06:01:33	+02:08:03	08:02
100	140	tome pinto	individual	Senior Masculino	06:02:38	+02:09:09	08:04
101	111	António José Soares Duarte Gomes	individual	Senior Masculino	06:07:21	+02:13:51	08:10
102	157	José Capela	individual	Veterano M50	06:07:22	+02:13:52	08:10
103	46	FERNANDO EDUARDO TEIXEIRA VILELA	clube millennium bcp	Veterano M50	06:08:59	+02:15:29	08:12
104	129	NELSON NUNES	individual	Senior Masculino	06:11:05	+02:17:36	08:15
105	110	André Jorge Araújo Pinheiro	individual	Senior Masculino	06:12:36	+02:19:07	08:17
106	133	Rui Pedro Campos Pinto	individual	Senior Masculino	06:12:48	+02:19:18	08:17
107	73	Elisabete Vieira	dr. merino/nutrifit	Senior Feminino	06:12:52	+02:19:22	08:17
108	156	Paulo Brás	individual	Veterano M45	06:12:53	+02:19:23	08:17
109	183	RUI FARIA	olímpico vianense trail/nd sport	Senior Masculino	06:13:33	+02:20:04	08:18
110	100	FERNANDO CUNHA	edv-viana trail	Veterano M50	06:13:51	+02:20:21	08:18
111	80	Nuno Jorge Moreira Pinho	dr. merino/nutrifit	Senior Masculino	06:14:08	+02:20:38	08:19
112	116	FILIPE GONÇALVES	individual	Senior Masculino	06:14:09	+02:20:39	08:19
113	125	MARCO MACHADO	individual	Senior Masculino	06:14:28	+02:20:58	08:19
114	51	Joel Almeida Martinho	coimbra trail running	Senior Masculino	06:14:54	+02:21:25	08:20
115	23	Domingos Filipe Pereira Nogueira	associação desportiva da efaced	Senior Masculino	06:15:31	+02:22:01	08:21
116	152	Ricardo Meireles	individual	Veterano M40	06:16:48	+02:23:18	08:22
117	213	PAULO JOSÉ MOREIRA	turbulento	Veterano M50	06:17:54	+02:24:24	08:24
118	217	Soraia Pereira Lima Monteiro	xi&s trail	Senior Feminino	06:19:58	+02:26:28	08:27
119	219	Pedro Manuel Pereira Vieira Gonçalves de Castro	xi&s trail	Senior Masculino	06:20:00	+02:26:30	08:27
120	102	Ana Maria Amaral	gondomar futsal clube	Veterana F40	06:22:24	+02:28:54	08:30
121	146	Isaque Lucena	individual	Veterano M40	06:29:10	+02:35:41	08:39
122	143	Sofia Coelho	individual	Veterana F40	06:33:15	+02:39:45	08:44
123	107	Mariana Machado Ballester	individual	Senior Feminino	06:34:53	+02:41:24	08:47
124	122	José Manuel Santos Faria	individual	Senior Masculino	06:34:55	+02:41:25	08:47
125	119	João Manuel Maciel Linhares	individual	Senior Masculino	06:34:56	+02:41:26	08:47
126	24	Hugo Ricardo da Silva Barroso Pinto	associação desportiva da efaced	Senior Masculino	06:35:08	+02:41:39	08:47
127	28	Pascal Rodrigues	atr - algarve trail running	Veterano M40	06:36:34	+02:43:04	08:49

hard trail 45k

45 KM

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OFFICIAL RESULT

25	174	Jorge Filipe Vilas Boas Sabino	Morcegos Trail	Senior Masculino	04:50:42	+57:12	06:28
26	52	Miguel Coutinho Moreira Frutuoso e Melo	Coimbra Trail Running	Senior Masculino	04:52:06	+58:36	06:29
27	62	Tiago Alexandre Teixeira de Aragão	CTAD TRILHOS DE CINFAES	Senior Masculino	04:52:09	+58:39	06:30
28	90	Pedro Andre Cerqueira Caldas	EDV-VIANA TRAIL	Senior Masculino	04:53:50	+01:00:20	06:32
29	123	José Miguel Fernandes da Gama Nogueira	Individual	Senior Masculino	04:56:29	+01:02:59	06:35
30	57	Bruno Alexandre Sousa Pereira Pinho dos Santos	CTAD TRILHOS DE CINFAES	Senior Masculino	04:56:54	+01:03:24	06:36
31	19	Tiago Filipe Barreirinhas Gaspar	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	04:57:34	+01:04:04	06:37
32	189	Miguel Ângelo Azevedo Carvalho	OzXtreme/GDCR	Senior Masculino	04:58:48	+01:05:18	06:38
33	50	João André Lousada Ferreira	Coimbra Trail Running	Senior Masculino	04:58:49	+01:05:19	06:38
34	113	Carlos Manuel Gonçalves Reis	Individual	Senior Masculino	04:59:00	+01:05:30	06:39
35	38	Ricardo Silva	CCD RENAULT CACIA	Senior Masculino	05:01:51	+01:08:21	06:42
36	68	Artur Costa	Desnível Positivo	Senior Masculino	05:02:08	+01:08:38	06:43
37	209	Tiago Pinheiro	Satecnosol Outdour / La Sportiva	Senior Masculino	05:03:24	+01:09:54	06:45
38	118	João	Individual	Senior Masculino	05:03:56	+01:10:26	06:45
39	121	José Bancaleiro	Individual	Senior Masculino	05:04:35	+01:11:05	06:46
40	37	Ricardo Manuel dos Santos Coutinho Barreiro	CAAC - Clube de Atletismo de Arentim e Cunha	Senior Masculino	05:08:41	+01:15:11	06:52
41	85	Diogo Lopes	EDV-VIANA TRAIL	Senior Masculino	05:10:19	+01:16:49	06:54
42	6	Dino Miguel Feiteira Mafra	AC PORTALEGRE / UTSM	Senior Masculino	05:14:36	+01:21:06	06:59
43	88	Nuno Oliveira	EDV-VIANA TRAIL	Senior Masculino	05:17:40	+01:24:10	07:04
44	168	Márcio Carvalho	KeMedo Team	Senior Masculino	05:20:11	+01:26:41	07:07
45	139	Simão Seiça	Individual	Senior Masculino	05:23:56	+01:30:26	07:12
46	87	Jérôme Rodrigues	EDV-VIANA TRAIL	Senior Masculino	05:25:31	+01:32:01	07:14
47	112	Bruno Costa	Individual	Senior Masculino	05:27:46	+01:34:16	07:17
48	72	Sérgio Santos	Didáxis Trail	Senior Masculino	05:32:30	+01:39:00	07:23
49	132	Ricardo Miranda	Individual	Senior Masculino	05:32:57	+01:39:27	07:24
50	53	Rui Ferreira	Coimbra Trail Running	Senior Masculino	05:34:45	+01:41:15	07:26
51	136	SÉRGIO ALMEIDA	Individual	Senior Masculino	05:35:03	+01:41:33	07:27
52	134	RUI PEREIRA	Individual	Senior Masculino	05:35:03	+01:41:33	07:27
53	167	Manuel Fernando Almeida Costa	KeMedo Team	Senior Masculino	05:39:19	+01:45:49	07:32
54	131	Paulo jorge reis filipe	Individual	Senior Masculino	05:43:22	+01:49:52	07:38
55	130	Paulo Gomes	Individual	Senior Masculino	05:43:22	+01:49:52	07:38
56	101	Bruno Carrudo	GOIRunners	Senior Masculino	05:43:38	+01:50:08	07:38
57	89	nuno Teixeira	EDV-VIANA TRAIL	Senior Masculino	05:44:03	+01:50:33	07:39
58	201	Inuo Filipe Melo	Run 4 All	Senior Masculino	05:46:26	+01:52:56	07:42
59	93	Sérgio Filipe Cunha Matos	EDV-VIANA TRAIL	Senior Masculino	05:49:10	+01:55:40	07:46
60	45	Fernando Homem	Clube Amador Só Para Atletismo	Senior Masculino	05:49:59	+01:56:29	07:47
61	81	Tiago Amaral	Dr. Merino/Nutrifit	Senior Masculino	05:57:11	+02:03:41	07:56
62	202	Pedro Sá	RUNNING TEAM MAIA	Senior Masculino	05:58:34	+02:05:04	07:58
63	181	eduardo soares	Novo Doce Trail	Senior Masculino	06:00:55	+02:07:25	08:01
64	43	André Relvas	Centro Vicentino da Serra de Portalegre	Senior Masculino	06:01:33	+02:08:03	08:02
65	140	tome pinto	Individual	Senior Masculino	06:02:39	+02:09:09	08:04
66	111	António José Soares Duarte Gomes	Individual	Senior Masculino	06:07:21	+02:13:51	08:10

UPHILL 45KM

Rk	Dorsal	NomeAtleta	NomeClube	Escalao	TempoOficial
1	8	Luis Semedo	AC PORTALEGRE / UTSM	Senior Masculino	00:08:59
2	78	Diogo da Silva Fernandes	Dr. Merino/Nutrifit	Senior Masculino	00:09:05
3	92	Ricardo Jorge Gonçalves da Silva	EDV-VIANA TRAIL	Senior Masculino	00:09:13
4	76	Andre Pedro Rodrigues	Dr. Merino/Nutrifit	Senior Masculino	00:09:17
5	204	Bruno Coelho	Satecnosol Outdour / La Sportiva	Senior Masculino	00:09:21
6	205	Bruno Gazela	Satecnosol Outdour / La Sportiva	Senior Masculino	00:09:47
7	207	Leonel Cunha	Satecnosol Outdour / La Sportiva	Senior Masculino	00:09:57
8	208	Pedro Sousa	Satecnosol Outdour / La Sportiva	Senior Masculino	00:10:13
9	29	Délio Jorge Alves Ferreira	CA Barreira	Senior Masculino	00:10:19
10	113	Carlos Manuel Gonçalves Reis	Individual	Senior Masculino	00:10:20
11	7	Luís Cerqueira Malheiro	AC PORTALEGRE / UTSM	Senior Masculino	00:10:30
12	11	Vitor Cordeiro	AC PORTALEGRE / UTSM	Veterano M50	00:10:30
13	95	Gabriel Fagundes Meira	EDV-VIANA TRAIL	Veterano M40	00:10:33
14	63	Victor Fernandes	CTAD TRILHOS DE CINFAES	Senior Masculino	00:10:38
15	62	Tiago Alexandre Teixeira de Aragão	CTAD TRILHOS DE CINFAES	Senior Masculino	00:10:40
16	38	Ricardo Silva	CCD RENAULT CACIA	Senior Masculino	00:10:43
17	87	Jérôme Rodrigues	EDV-VIANA TRAIL	Senior Masculino	00:10:43
18	202	Pedro Sá	RUNNING TEAM MAIA	Senior Masculino	00:10:46
19	219	Pedro Manuel Pereira Vieira Gonçalves de Castro	XL&S Trail	Senior Masculino	00:10:47
20	27	Pedro Jorge Ribeiro Pinto	Associação Desportiva da Efacec	Veterano M40	00:10:55
21	68	Artur Costa	Desnível Positivo	Senior Masculino	00:10:55
22	5	Vitor Costa	A.D.Amarante trail running	Senior Masculino	00:10:58
23	85	Diogo Lopes	EDV-VIANA TRAIL	Senior Masculino	00:10:58
24	99	Artur Manuel Ribeiro Cunha Matos	EDV-VIANA TRAIL	Veterano M45	00:11:03
25	94	Tiago Alexandre Martins Teixeira	EDV-VIANA TRAIL	Senior Masculino	00:11:05
26	91	Pedro Manuel Reis Caprichoso	EDV-VIANA TRAIL	Senior Masculino	00:11:09
27	177	Carlos Miguel da Costa Ferreira	NAST - Núcleo Associativo de Santo Tirso	Senior Masculino	00:11:11
28	120	Joao Paulo Lima Rodrigues	Individual	Senior Masculino	00:11:12
29	52	Miguel Coutinho Moreira Frutuoso e Melo	Coimbra Trail Running	Senior Masculino	00:11:14
30	84	Amândio Faria de Freitas	EDV-VIANA TRAIL	Senior Masculino	00:11:17

31	77 David António Correia Ferreira	Dr. Merino/Nutrifit	Senior Masculino	00:11:19
32	176 António Domingos Moreira de Freitas	NAST - Núcleo Associativo de Santo Tirso	Senior Masculino	00:11:20
33	97 VICTOR CORREIA	EDV-VIANA TRAIL	Veterano M40	00:11:20
34	9 Marco Nabais	AC PORTALEGRE / UTSM	Senior Masculino	00:11:20
35	90 Pedro Andre Cerqueira Caldas	EDV-VIANA TRAIL	Senior Masculino	00:11:31
36	86 Hugo Sousa	EDV-VIANA TRAIL	Senior Masculino	00:11:43
37	123 José Miguel Fernandes da Gama Nogueira	Individual	Senior Masculino	00:11:50
38	30 Nuno Dias	CA Barreira	Senior Masculino	00:11:56
39	57 Bruno Alexandre Sousa Pereira Pinho dos Santos	CTAD TRILHOS DE CINFAES	Senior Masculino	00:11:58
40	96 José Carlos alcobia	EDV-VIANA TRAIL	Veterano M40	00:12:00
41	79 Diogo Carvalho	NAST	Veterano M45	00:12:01
42	194 Nuno Torres	PROAVENTURAS	Senior Masculino	00:12:01
43	19 Tiago Filipe Barreirinhas Gaspar	ARSM - Associação Recreativa de S. Miguel	Senior Masculino	00:12:02
44	31 Paulo Jorge Gomes Duarte	CA Barreira	Senior Masculino	00:12:05
45	130 Paulo Gomes	Individual	Senior Masculino	00:12:07
46	174 Jorge Filipe Vilas Boas Sabino	Morcegos Trail	Senior Masculino	00:12:09
47	16 Ana Rocha Gonçalves	Alive Fitness Club	Senior Feminino	00:12:09
48	212 João Ramos	Trail Running Esposende	Sub 23 Masculino	00:12:12
49	118 João	Individual	Senior Masculino	00:12:14
50	132 Ricardo Miranda	Individual	Senior Masculino	00:12:16
51	112 Bruno Costa	Individual	Senior Masculino	00:12:21
52	42 Ângelo Pereira	CENTRO CICLISTA DE GONDOMAR	Veterano M50	00:12:22
53	201 Inuo Filipe Melo	Run 4 All	Senior Masculino	00:12:23
54	50 João André Lousada Ferreira	Coimbra Trail Running	Senior Masculino	00:12:26
55	209 Tiago Pinheiro	Satecnosol Outdour / La Sportiva	Senior Masculino	00:12:28
56	121 José Bancaleiro	Individual	Senior Masculino	00:12:31
57	189 Miguel Ângelo Azevedo Carvalho	OzXtreme/GDCR	Senior Masculino	00:12:34
58	145 Elisio Gonçalves	Individual	Veterano M40	00:12:35
59	160 Amadeu Teixeira	Individual	Veterano M55	00:12:37
60	32 Germano Capela	CA Barreira	Veterano M45	00:12:38
61	20 José Guilherme Féteira	ARSM - Associação Recreativa de S. Miguel	Veterano M45	00:12:40
62	170 Carlos Justo	MINHO AVENTURA	Veterano M55	00:12:42
63	98 Abílio Augusto Góios Mina	EDV-VIANA TRAIL	Veterano M45	00:12:44

64	133 Rui Pedro Campos Pinto	Individual	Senior Masculino	00:12:47
65	18 Cristina Couceiro	ARSM - Associação Recreativa de S. Miguel	Senior Feminino	00:12:47
66	35 Sara de Brito	CA Barreira	Veterano M45	00:12:49
67	37 Ricardo Manuel dos Santos Coutinho Barreiro	CAAC - Clube de Atletismo de Arentim e Cunha	Senior Masculino	00:12:50
68	71 Arnaldo Rodrigues	Desnível Positivo	Veterano M50	00:12:50
69	72 Sérgio Santos	Didáxis Trail	Senior Masculino	00:12:52
70	36 Jorge Agostinho	CA Barreira	Veterano M55	00:12:52
71	215 Pedro Valentim Batista	Unidade Especial de Corrida	Sub 23 Masculino	00:12:52
72	53 Rui Ferreira	Coimbra Trail Running	Senior Masculino	00:12:55
73	211 Pedro Miguel Da Silva Oliveira	TEAM LANTEMIL	Senior Masculino	00:12:55
74	181 eduardo soares	Novo Doce Trail	Senior Masculino	00:12:58
75	140 tome pinto	Individual	Senior Masculino	00:13:04
76	134 RUI PEREIRA	Individual	Senior Masculino	00:13:07
77	168 Márcio Carvalho	KeMedo Team	Senior Masculino	00:13:08
78	136 SÉRGIO ALMEIDA	Individual	Senior Masculino	00:13:08
79	88 Nuno Oliveira	EDV-VIANA TRAIL	Senior Masculino	00:13:09
80	75 Marisa Alexandra da Rocha Vieira	Dr. Merino/Nutrifit	Senior Feminino	00:13:17
81	89 nuno Teixeira	EDV-VIANA TRAIL	Senior Masculino	00:13:18
82	127 Miguel Antonio Vicente Ribeiro	Individual	Senior Masculino	00:13:20
83	131 Paulo jorge reis filipe	Individual	Senior Masculino	00:13:22
84	33 Miguel Saraiva	CA Barreira	Veterano M45	00:13:23
85	183 RUI FARIA	OLIMPICO VIANENSE TRAIL/ND SPORT	Senior Masculino	00:13:25
86	6 Dino Miguel Feiteira Mafra	AC PORTALEGRE / UTSM	Senior Masculino	00:13:27
87	82 Paulo Machado	Dr. Merino/Nutrifit	Veterano M40	00:13:27
88	144 António Morais	Individual	Veterano M40	00:13:32
89	217 Soraia Pereira Lima Monteiro	XL&S Trail	Senior Feminino	00:13:33
90	158 MARIO RUI LEITE COSTA	Individual	Veterano M50	00:13:34
91	185 António Amador	OriEstarreja	Veterano M45	00:13:39
92	93 Sérgio Filipe Cunha Matos	EDV-VIANA TRAIL	Senior Masculino	00:13:43
93	111 António José Soares Duarte Gomes	Individual	Senior Masculino	00:13:45
94	198 João Nuno Fonseca	PROAVENTURAS	Veterano M45	00:13:45
95	192 Marco Dias	PADELA NATURAL TEAM	Veterano M40	00:13:45
96	45 Fernando Homem	Clube Amador Só Para Atletismo	Senior Masculino	00:13:46

97	40 Hélder S G Pinto	CCRD Burinhosa	Veterano M40	00:13:49
98	152 Ricardo Meireles	Individual	Veterano M40	00:13:49
99	110 André Jorge Araújo Pinheiro	Individual	Senior Masculino	00:13:51
100	167 Manuel Fernando Almeida Costa	KeMedo Team	Senior Masculino	00:13:54
101	200 Zo Vieira	PROAVENTURAS	Veterano M50	00:13:57
102	139 Simão Seiça	Individual	Senior Masculino	00:13:58
103	166 FILIPE JOSÉ FERREIRA DE SOUSA	KeMedo Team	Senior Masculino	00:13:58
104	80 Nuno Jorge Moreira Pinho	Dr. Merino/Nutrifit	Senior Masculino	00:14:10
105	58 Carlos Alberto Nogueira Soares	CTAD TRILHOS DE CINFAES	Senior Masculino	00:14:13
106	125 MARCO MACHADO	Individual	Senior Masculino	00:14:14
107	46 FERNANDO EDUARDO TEIXEIRA VILELA	Clube Millennium BCP	Veterano M50	00:14:14
108	116 FILIPE GONÇALVES	Individual	Senior Masculino	00:14:16
109	129 NELSON NUNES	Individual	Senior Masculino	00:14:18
110	101 Bruno Carrudo	GO!Runners	Senior Masculino	00:14:24
111	214 Ricardo Zeferino Ribeiro	Unidade Especial de Corrida	Senior Masculino	00:14:25
112	74 Liliana Augusta da Rocha Gomes	Dr. Merino/Nutrifit	Senior Feminino	00:14:26
113	141 Daniel Silva Pereira	Individual	Sub 23 Masculino	00:14:27
114	156 Paulo Brás	Individual	Veterano M45	00:14:32
115	83 Carla Sousa	EDV-VIANA TRAIL	Senior Feminino	00:14:33
116	34 Paulo Eduardo Lopes da Cruz Oliveira	CA Barreira	Veterano M45	00:14:33
117	21 Arsénio Fernandes	ARSM - Associação Recreativa de S. Miguel	Veterano M60	00:14:35
118	54 Fausto Pimentel	Coimbra Trail Running	Veterano M45	00:14:37
119	56 Paulo Pelicano	Corcodilos/Mister PC	Veterano M45	00:14:37
120	169 Pedro Filipe Couto Nóvoa	MINHO AVENTURA	Veterano M50	00:14:39
121	23 Domingos Filipe Pereira Nogueira	Associação Desportiva da Efacec	Senior Masculino	00:14:40
122	153 Jorge Mamede Abrantes	Individual	Veterano M45	00:14:41
123	25 Miguel Cruz	Associação Desportiva da Efacec	Senior Masculino	00:14:42
124	124 Leonardo Maia	Individual	Senior Masculino	00:14:43
125	128 Miguel Filipe Gonçalves Carvalho Soares	Individual	Senior Masculino	00:14:46
126	43 André Relvas	Centro Vicentino da Serra de Portalegre	Senior Masculino	00:14:56
127	190 Sylvain ROUX	PADELA NATURAL TEAM	Senior Masculino	00:14:57
128	191 Antoine Calcada	PADELA NATURAL TEAM	Veterano M40	00:14:59
129	26 Mário Jorge Ferreira	Associação Desportiva da Efacec	Veterano M40	00:15:01

130	159 rui eduardo pereira	Individual	Veterano M50	00:15:03
131	180 Jorge Rodrigues	NAZA-Nucleo Atletismo Zona da Abóboda	Veterano M50	00:15:05
132	1 Fernanda Verde	Individual	Senior Feminino	00:15:11
133	59 Carlos Silva	CTAD TRILHOS DE CINFAES	Senior Masculino	00:15:14
134	24 Hugo Ricardo da Silva Barroso Pinto	Associação Desportiva da Efacec	Senior Masculino	00:15:16
135	146 Isaque Lucena	Individual	Veterano M40	00:15:16
136	81 Tiago Amaral	Dr. Merino/Nutrifit	Senior Masculino	00:15:16
137	100 FERNANDO CUNHA	EDV-VIANA TRAIL	Veterano M50	00:15:18
138	28 Pascal Rodrigues	ATR - Algarve Trail Running	Veterano M40	00:15:18
139	220 António José Costa Brito Ferreira	XL&S TRAIL	Veterano M45	00:15:27
140	216 ANA CRISTINA ALVES DE MIRANDA	XL&S TRAIL	Senior Feminino	00:15:34
141	187 António Pereira Gonçalves	OS TUGAS	Veterano M50	00:15:40
142	39 Ana Paula Santos	CCRD Burinhosa	Veterana F50	00:15:42
143	157 José Capela	Individual	Veterano M50	00:15:52
144	119 João Manuel Maciel Linhares	Individual	Senior Masculino	00:15:54
145	164 Humberto Barros	Kaninos	Senior Masculino	00:15:55
146	102 Ana Maria Amaral	GONDOMAR FUTSAL CLUBE	Veterana F40	00:15:57
147	163 Bruno Ribeiro	Kaninos	Senior Masculino	00:16:02
148	108 Alexandre Miguel	Individual	Senior Masculino	00:16:03
149	109 ANDRE FILIPE QUINTAO AZEVEDO	Individual	Senior Masculino	00:16:08
150	213 PAULO JOSÉ MOREIRA	TURBULENTO	Veterano M50	00:16:08
151	162 Manuel Faria Sampaio	Individual	Veterano M60	00:16:09
152	151 Paulo Seabra	Individual	Veterano M40	00:16:18
153	175 Fernanda Pinho	Moreira Relax Runners	Veterana F45	00:16:18
154	122 José Manuel Santos Faria	Individual	Senior Masculino	00:16:19
155	107 Mariana Machado Ballester	Individual	Senior Feminino	00:16:19
156	179 Paula Penedo	NAZA-Nucleo Atletismo Zona da Abóboda	Senior Feminino	00:16:27
157	178 Fernando Carneiro	NAST - Núcleo Associativo de Santo Tirso	Senior Masculino	00:16:32
158	143 Sofia Coelho	Individual	Veterana F40	00:16:38
159	73 Elisabete Vieira	Dr. Merino/Nutrifit	Senior Feminino	00:16:38
160	155 Nelson Ramos	Individual	Veterano M45	00:16:39
161	114 EMANUEL MARTINS	Individual	Senior Masculino	00:16:45
162	51 Joel Almeida Martinho	Coimbra Trail Running	Senior Masculino	00:16:53

163	22 José Sousa	Associação de atletismo Lebres do sado	Veterano M40	00:17:01
164	47 Susana Gabriela Costa Pinto da Neta	Clube Zupper	Veterana F40	00:17:01
165	186 Fátima Pereira Gonçalves	OS TUGAS	Veterana F45	00:17:03
166	70 Gisela Maria da Silva Pereira	Desnível Positivo	Veterana F40	00:17:12
167	184 Pedro Barbosa	OLIMPICO VIANENSE TRAIL/ND SPORT	Veterano M45	00:17:41
168	69 Célia Sampaio	Desnível Positivo	Veterana F40	00:18:00
169	161 Jaime de Almeida Coimbra da Silva	Individual	Veterano M55	00:18:06
170	199 Paulo Martins	PROAVENTURAS	Veterano M50	00:18:23
171	196 Maria Martins	PROAVENTURAS	Veterana F45	00:18:58
172	15 Daniel Sampaio	Afifense Trail	Sub 23 Masculino	00:27:00
173	210 Carla Moreira	Team Famalicão	Veterana F40	00:31:18

UPHILL 30KM

Rk	Dorsal	NomeAtleta	NomeClube	Escalao	TempoOficial
1	1001	Amândio Antunes	Afifense Trail	Senior Masculino	00:10:24
2	1019	Francisco João Cruz Fernandes	Experienciar/Barceltécnica/SportsonFire	Senior Masculino	00:10:41
3	1068	Joel Filipe Alves Pereira	KER SPORTS PONTE DE LIMA	Senior Masculino	00:10:46
4	1100	Ricardo miguel sousa amorim	XL&S TRAIL	Senior Masculino	00:10:57
5	1081	Joao Castel-Branco	OLIMPICO VIANENSE TRAIL/ND SPORT	Sub 23 Masculino	00:11:16
6	1077	Nuno Alexandre Vale Ferreira Gonçalves Pereira	OLIMPICO VIANENSE TRAIL/ND SPORT	Senior Masculino	00:11:45
7	1023	Patrick Marques	GONDOMAR FUTSAL CLUBE	Veterano M40	00:12:12
8	1078	Nuno Castel-Branco	OLIMPICO VIANENSE TRAIL/ND SPORT	Senior Masculino	00:12:15
9	1009	Pedro Meneses	Associação Desportiva da Efacec	Veterano M40	00:12:24
10	1037	Hugo Paço do Casal	OLIMPICO VIANENSE TRAIL/ND SPORT	Senior Masculino	00:12:25
11	1092	Vitor Rocha	SLB 105	Veterano M40	00:12:28
12	1070	diego vaquero	Kórpore Arenteiro Trail	Veterano M40	00:12:28
13	1071	Fernando Garcia	Kórpore Arenteiro Trail	Veterano M40	00:12:38
14	1038	Luis Filipe Salgado Oliveira	Individual	Senior Masculino	00:12:45
15	1024	Ricardo Miranda	GTT - ARMAZÉM DO CAFFÉ	Senior Masculino	00:12:56
16	1063	Paulo Guilherme Silva	Individual	Veterano M45	00:13:05
17	1013	João Cardoso	CTAD TRILHOS DE CINFAES	Senior Masculino	00:13:07
18	1090	Francisco Alves	SLB 105	Senior Masculino	00:13:18
19	1042	Pedro Filipe Dias Alves	Individual	Senior Masculino	00:13:24
20	1025	César Canito	GTT - ARMAZÉM DO CAFFÉ	Veterano M40	00:13:25
21	1057	Miguel Lira	Individual	Veterano M40	00:13:27
22	1067	Martins Dias Carlos	Individual	Veterano M60	00:13:33
23	1080	Sergio Martins	OLIMPICO VIANENSE TRAIL/ND SPORT	Senior Masculino	00:13:39
24	1043	Pedro Henrique Torres Alves	Individual	Senior Masculino	00:14:01
25	1075	Miguel Jaques	OLIMPICO VIANENSE TRAIL/ND SPORT	Senior Masculino	00:14:04
26	1034	Allan Apolónio	Individual	Senior Masculino	00:14:19
27	1091	Paulo Alexandre Matos	SLB 105	Senior Masculino	00:14:21
28	1016	Domingos Paulo Rocha	EDV-VIANA TRAIL	Veterano M45	00:14:31
29	1066	Manuel Oliveira	Individual	Veterano M50	00:14:36
30	1084	Carlos Soares	OS DUROS	Veterano M45	00:14:40

31	1079	Nuno Paredinha	OLIMPICO VIANENSE TRAIL/ND SPORT	Senior Masculino	00:14:43
32	1049	Sandra Arribança	Individual	Veterana F40	00:14:45
33	1065	Rui Baptista	Individual	Veterano M45	00:14:50
34	1011	ADELINO LUCIANO SILVA BRITO	Clube Millennium BCP	Veterano M50	00:14:56
35	1094	Joana Filipa Correia Barros	Team Workout 48	Senior Feminino	00:14:59
36	1074	Natalia Martins	OLIMPICO VIANENSE TRAIL/ND SPORT	Senior Feminino	00:15:04
37	1018	José Ponte	EDV-VIANA TRAIL	Veterano M55	00:15:04
38	1095	Bruno Daniel Morais Rodrigues	Team Workout 48	Senior Masculino	00:15:05
39	1030	Rosa Alves Alves	Individual	Senior Feminino	00:15:08
40	1007	Nuno Filipe Gomes Moreira	Associação Desportiva da Efacec	Senior Masculino	00:15:08
41	1008	Miguel Barbosa	Associação Desportiva da Efacec	Veterano M40	00:15:08
42	1093	Marco	Tartarugas Trail	Senior Masculino	00:15:11
43	1056	José Oliveira	Individual	Veterano M40	00:15:11
44	1015	Vítor Ribeiro	Didáxis Trail	Senior Masculino	00:15:25
45	1098	Paulo Cabrita	We Runners	Senior Masculino	00:15:31
46	1088	João Meira	PADELA NATURAL TEAM	Senior Masculino	00:15:34
47	1086	Mauro Pedro Mendes Gonçalves	Os Ílhavos	Veterano M40	00:15:39
48	1002	Carlos Neto	Afifense Trail	Senior Masculino	00:15:42
49	1072	Mário Soares	LION RUNNERS - G. D. Leões da Guarda	Veterano M55	00:15:54
50	1083	RUI PEDRO BERNARDES DOA SANTOS	Os contrabandistas	Senior Masculino	00:15:59
51	1069	Belen Vidal	Kórpore Arenteiro Trail	Veterano M40	00:16:05
52	1073	Daniela Barreto	OLIMPICO VIANENSE TRAIL/ND SPORT	Senior Feminino	00:16:15
53	1085	Ivone Correia	OS ESTRELOUCADOS	Senior Feminino	00:16:17
54	1046	RUFINO FREITAS	Individual	Senior Masculino	00:16:19
55	1060	carlos alberto	Individual	Veterano M45	00:16:21
56	1040	Paulo Carlos Marques Miranda	Individual	Senior Masculino	00:16:25
57	1055	JOEL GUIMARÃES	Individual	Veterano M40	00:16:26
58	1033	Alexandre Manuel Esteves Ferreira	Individual	Senior Masculino	00:16:33
59	1006	Manuel Moura	Associação Desportiva da Efacec	Senior Masculino	00:16:37
60	1039	Nuno Araujo	Individual	Senior Masculino	00:16:38
61	1096	Luis Rafael Lima Coutinho	Team Workout 48	Senior Masculino	00:16:39
62	1089	Luis Gil Caldeira	PROAVENTURAS	Veterano M40	00:16:44
63	1059	Wilson Fonseca	Individual	Veterano M40	00:17:03

64	1076	André Fernando Marinho De Abreu Gomes	OLIMPICO VIANENSE TRAIL/ND SPORT	Senior Masculino	00:17:03
65	1032	virginia bezzi	Individual	Senior Feminino	00:17:26
66	1026	FERNANDO AREZES	GTT - ARMAZÉM DO CAFFÉ	Veterano M45	00:17:42
67	1014	Margarida Magalhaes	Desnível Positivo	Veterana F45	00:17:47
68	1003	Carlos Pereira	Afifense Trail	Veterano M40	00:18:09
69	1031	Susana Machado	Individual	Senior Feminino	00:18:17
70	1045	Ricardo Santos	Individual	Senior Masculino	00:18:22
71	1021	HENRIQUE MATOS	FFit Gaia Trail	Veterano M45	00:18:27
72	1022	RUI SÁ	FFit Gaia Trail	Veterano M50	00:18:27
73	1005	Diogo Ricardo Lopes Moreira	Associação Desportiva da Efacec	Senior Masculino	00:18:27
74	1017	MANUEL ARAÚJO	EDV-VIANA TRAIL	Veterano M45	00:18:32
75	1028	Helena Passos	Individual	Senior Feminino	00:19:28
76	1061	David Jorge Garcez Antunes	Individual	Veterano M45	00:19:45
77	1097	Florinda Fernandes	Team Workout 48	Veterana F45	00:19:45
78	1058	Paulo Freitas	Individual	Veterano M40	00:20:23
79	1054	GOMES	Individual	Veterano M40	00:20:23
80	1027	Alejandra Freitas	Individual	Senior Feminino	00:20:42
81	1004	Ana Borges	Amigos da Onça	Senior Feminino	00:20:58

UPHILL 15KM

Rk	Dorsal	NomeAtleta	NomeClube	Escalao	TempoOficial
1	2179	Francisco Miguel da Costa Fontelo	PADELA NATURAL TEAM	Veterano M40	00:09:13
2	2124	Fernando Ant3nio Azevedo Silva	Individual	Veterano M40	00:09:28
3	2157	VALTER LIMA	OLIMPICO VIANENSE TRAIL/ND SPORT	Senior Masculino	00:10:14
4	2034	jos3 In3cio Lima Rodrigues	Experenci ar/Barcelt3cnica/SportsonFire	Senior Masculino	00:10:18
5	2092	Nuno Castro	Individual	Senior Masculino	00:10:23
6	2019	Jos3 El3sio Barbosa Lopes	CENTRO DE ATLETISMO DOS ARCOS DE VALDEVEZ	Senior Masculino	00:10:38
7	2178	JO3O AFONSO	PADELA NATURAL TEAM	Sub 23 Masculino	00:10:51
8	2199	Lu3s Magalh3es	XL&S TRAIL	Veterano M45	00:11:04
9	2046	Lu3s Pedro Ferreira de Sousa Martins	GTT - ARMAZ3M DO CAFF3	Senior Masculino	00:11:38
10	2089	MAR3AL AVELINO SALAZAR MARQUES MENDES	Individual	Senior Masculino	00:11:46
11	2048	Nuno Figueiredo	GTT - ARMAZ3M DO CAFF3	Senior Masculino	00:12:05
12	2049	Carlos Alberto Pereira Novais Gandra	GTT - ARMAZ3M DO CAFF3	Veterano M50	00:12:10
13	2033	Filipe Santos Novais	Experenci ar/Barcelt3cnica/SportsonFire	Senior Masculino	00:12:12
14	2156	Gon3alo Pinheiro	OLIMPICO VIANENSE TRAIL/ND SPORT	Senior Masculino	00:12:34
15	2162	Leandro jose Mesquita Freitas	OLIMPICO VIANENSE TRAIL/ND SPORT	Veterano M50	00:12:35
16	2176	Bruno Miguel Ribeiro de S3	PADELA NATURAL TEAM	Senior Masculino	00:12:58
17	2186	Manuel Alves	Queir3z Team/ NOK3ROL	Veterano M50	00:12:58
18	2084	Helder sobral	Individual	Senior Masculino	00:13:04
19	13	Jos3 Ribeiro	AC TERAPIAS	Veterano M50	00:13:06
20	2027	Jos3 Cruz	EI Team Trail	Senior Masculino	00:13:06
21	2083	Eliseu Manuel Campos Leite	Individual	Senior Masculino	00:13:08
22	2177	Marcelo Ramos Martins	PADELA NATURAL TEAM	Senior Masculino	00:13:10
23	2032	Joaquim Coelho	EI Team Trail	Veterano M40	00:13:10
24	2011	Jos3 Augusto Leit3o	AC TERAPIAS	Veterano M45	00:13:16
25	2182	Raimundo Castro	PADELA NATURAL TEAM	Veterano M55	00:13:20
26	2128	Manuel Joaquim da Silva Baptista Vale	Individual	Veterano M40	00:13:21
27	2122	Benjamim Cruz	Individual	Veterano M40	00:13:26
28	2078	Angelo Rego	Individual	Senior Masculino	00:13:29
29	2164	Carlos Crasto	OS DUROS	Senior Masculino	00:13:29
30	2166	Rui Crasto	OS DUROS	Veterano M40	00:13:37

31	2125 Joao Paulo Lopes Barbosa	Individual	Veterano M40	00:13:37
32	2155 Fernando Alves	OLIMPICO VIANENSE TRAIL/ND SPORT	Senior Masculino	00:13:38
33	2047 MARCELO TELES	GTT - ARMAZÉM DO CAFFÉ	Senior Masculino	00:13:40
34	2144 Alberto Sá	InsanOs	Veterano M60	00:13:42
35	2137 LUÍS ANTÓNIO SOUSA PINTO	Individual	Veterano M55	00:13:44
36	2077 Álvaro Faria Santos	Individual	Senior Masculino	00:13:45
37	2085 João Tomás	Individual	Senior Masculino	00:13:48
38	2105 Vitor Paulo Duarte Caldeira	Individual	Senior Masculino	00:13:53
39	2013 Luciano Amaro	Afifense Trail	Sub 23 Masculino	00:13:53
40	2016 Vitor Silva	ARCA BarceloS runners	Senior Masculino	00:13:55
41	2146 Alcino Carvalho	Jerónimo	Veterano M45	00:13:55
42	2158 Gonçalo Freitas	OLIMPICO VIANENSE TRAIL/ND SPORT	Sub 23 Masculino	00:14:03
43	2087 José Paulo Lima	Individual	Senior Masculino	00:14:05
44	2193 Jorge Emanuel Barbosa Jaques	VIDAATIVARUNNERS	Sub 23 Masculino	00:14:05
45	2018 Firmino Silva	ARCA BarceloS runners	Veterano M50	00:14:06
46	2100 Rui Raposo	Individual	Senior Masculino	00:14:12
47	2200 Bruno Joel Fernandes Fonseca	Zona Bravo	Senior Masculino	00:14:20
48	2094 Nuno Gonçalo Leite Gonçalves	Individual	Senior Masculino	00:14:25
49	2161 Joao Jaques	OLIMPICO VIANENSE TRAIL/ND SPORT	Veterano M45	00:14:25
50	2127 José Sargaço	Individual	Veterano M40	00:14:30
51	2023 Estela Neto	Didáxis Trail	Senior Feminino	00:14:33
52	2009 Fernando Edgar Araújo de Sousa	AC TERAPIAS	Veterano M40	00:14:38
53	2174 Eva Santos	PADELA NATURAL TEAM	Senior Feminino	00:14:38
54	2039 Ricardo A. Silva Sousa	FFit Gaia Trail	Veterano M40	00:14:41
55	2031 filipe escobar	EI Team Trail	Veterano M40	00:14:46
56	2154 Carla Manuela Fernandes Pereira	OLIMPICO VIANENSE TRAIL/ND SPORT	Senior Feminino	00:14:49
57	2061 Juliana Lopes Onuma	Individual	Senior Feminino	00:14:51
58	2057 Carla Amorim	Individual	Senior Feminino	00:14:51
59	2073 Susana Dantas Alves	Individual	Senior Feminino	00:14:51
60	2172 João Leão	OS ESTRELOUCADOS	Veterano M45	00:14:52
61	2170 Paulino Gomes	OS ESTRELOUCADOS	Senior Masculino	00:14:54
62	2171 Paulo Rocha	OS ESTRELOUCADOS	Senior Masculino	00:14:55
63	2123 Carlos Campos	Individual	Veterano M40	00:14:57

64	2017 José Carlos Cardoso	ARCA BarceloS runners	Veterano M45	00:14:57
65	2184 Isabel Pisco	PROAVENTURAS	Veterana F45	00:14:59
66	2108 Ana Rita de Barros Carneiro	Individual	Sub 23 Feminino	00:15:07
67	2021 Rui Barreto	Confecções Sião/Terapias Alexandra Carvalho	Veterano M40	00:15:07
68	2196 Ivo Roque	We Runners	Senior Masculino	00:15:07
69	2191 Eliana Pereira	Team Workout 48	Senior Feminino	00:15:08
70	2010 Humberto Ribeiro	AC TERAPIAS	Veterano M45	00:15:09
71	2131 Domingos Rego	Individual	Veterano M45	00:15:12
72	2132 Francisco Manuel da Cunha Gonçalves	Individual	Veterano M45	00:15:12
73	2005 Ulisses Cabral	AC TERAPIAS	Senior Masculino	00:15:16
74	2041 Rui Jorge da Silva Pinto	GD Limpeza Urbana - CMP	Veterano M40	00:15:16
75	2082 César Macedo	Individual	Senior Masculino	00:15:18
76	2045 Hugo Pereira	GTT - ARMAZÉM DO CAFFÉ	Senior Masculino	00:15:23
77	2090 Mauro Roxo	Individual	Senior Masculino	00:15:24
78	2133 José Baltazar Lage de Matos	Individual	Veterano M45	00:15:24
79	2097 Ricardo Magalhães	Individual	Senior Masculino	00:15:33
80	2095 Patrique Lima	Individual	Senior Masculino	00:15:34
81	2029 António João da Rocha Machado	El Team Trail	Veterano M40	00:15:35
82	2111 Gonçalo Maciel	Individual	Sub 23 Masculino	00:15:36
83	2165 Sandro Chavarria	OS DUROS	Senior Masculino	00:15:42
84	2121 António Manuel Carvalho Gonçalves	Individual	Veterano M40	00:15:43
85	2042 Pedro Alves Carvalho Pereira	GD Limpeza Urbana - CMP	Veterano M45	00:15:47
86	2030 Carlos Silva	El Team Trail	Veterano M40	00:15:56
87	2068 Nilza Conde Paixão	Individual	Senior Feminino	00:16:04
88	2203 Atleta 2203	Individual	Senior Masculino	00:16:05
89	2112 Julio do Monte Escriveas	Individual	Sub 23 Masculino	00:16:08
90	2143 Julio Ferreira	InsanOs	Veterano M55	00:16:11
91	2153 Anabela Salgado	OLIMPICO VIANENSE TRAIL/ND SPORT	Senior Feminino	00:16:14
92	2142 Bruno Alves	InsanOs	Senior Masculino	00:16:14
93	2118 pinto	Individual	Veterana F50	00:16:16
94	2076 ALBANO MANUEL DA SILVA CARDEIRAS	Individual	Senior Masculino	00:16:16
95	2052 Ana Alpuim	Individual	Senior Feminino	00:16:19
96	2070 Raquel Neiva	Individual	Senior Feminino	00:16:22

97	2189	Liliana Escudeiro	TEAM LANTEMIL	Senior Feminino	00:16:25
98	2183	Filipa da Gama	PROAVENTURAS	Veterana F40	00:16:27
99	12	Solange Cabral	AC TERAPIAS	Veterana F40	00:16:31
100	2058	carla sofia alho	Individual	Senior Feminino	00:16:33
101	2028	Catarina Pereira	El Team Trail	Veterana F40	00:16:36
102	2099	Rui Manuel Monteiro da Silva	Individual	Senior Masculino	00:16:40
103	2148	Maria Sílvia Viana	MARATONISTAS DO MINHO	Senior Feminino	00:16:41
104	2149	Francisco Cerqueira	MARATONISTAS DO MINHO	Veterano M40	00:16:42
105	2175	Joana da Silva Martins	PADELA NATURAL TEAM	Senior Feminino	00:16:43
106	2181	António Maciel	PADELA NATURAL TEAM	Veterano M55	00:16:43
107	2079	António Ferreira	Individual	Senior Masculino	00:16:49
108	2163	Manuela Arantes	OriEstarreja	Veterana F45	00:16:51
109	2134	José Manuel da Venda Lira	Individual	Veterano M45	00:16:52
110	2120	Antonio Duarte Rodrigues Escoval	Individual	Veterano M40	00:16:52
111	2037	Paulo Jorge Santos	FFit Gaia Trail	Senior Masculino	00:16:53
112	2075	Abel Fernando da Silva Fernandes	Individual	Senior Masculino	00:16:54
113	2080	António José Mendes Grácio	Individual	Senior Masculino	00:17:00
114	2173	Carina Verde	PADELA NATURAL TEAM	Senior Feminino	00:17:01
115	2069	Preciosa Branco	Individual	Senior Feminino	00:17:04
116	2115	Carmo Veiga	Individual	Veterana F45	00:17:04
117	2001	Ana Fael	AC TERAPIAS	Senior Feminino	00:17:04
118	2006	Isabel Leitão	AC TERAPIAS	Veterana F40	00:17:07
119	2055	Andreia Raquel Rodrigues Leite	Individual	Senior Feminino	00:17:09
120	2086	Joel Maciel Monteiro	Individual	Senior Masculino	00:17:12
121	2107	Ana Patricia Salgueiro	Individual	Sub 23 Feminino	00:17:15
122	2025	Carla Alexandra Araújo Pereira	EDV-VIANA TRAIL	Senior Feminino	00:17:19
123	2147	Bruno Andrade	LACRAUS	Senior Masculino	00:17:25
124	2020	Nuno Palma	Confecções Sião/Terapias Alexandra Carvalho	Senior Masculino	00:17:30
125	2062	Joaquim Gomes de Oliveira	INSANUS	Veterano M40	00:17:32
126	2096	PEREIRA DA SILVA Jean-Marc	Individual	Senior Masculino	00:17:37
127	2044	Armandina da Silva Torres	GDCT INCM	Veterana F40	00:17:40
128	2136	Valentim Castro da Guia	Individual	Veterano M50	00:17:40
129	2117	Isabel Gonçalves	Individual	Veterana F45	00:17:42

130	2024 ANDREA CAMPELO	EDV-VIANA TRAIL	Senior Feminino	00:17:42
131	2190 Ana Luisa De Sousa Ferreira	Team Workout 48	Senior Feminino	00:17:43
132	2043 Vitor Manuel Máximo Silva	GD Limpeza Urbana - CMP	Veterano M45	00:17:45
133	2007 Marta Amaral	AC TERAPIAS	Veterana F40	00:18:00
134	2104 Vasco Slveira	Individual	Senior Masculino	00:18:15
135	2038 SANDRA MATOS	FFit Gaia Trail	Veterana F40	00:18:21
136	2067 Natália Sofia Dantas Martins	Individual	Senior Feminino	00:18:26
137	2040 Cristina Azurara	GD Limpeza Urbana - CMP	Veterana F45	00:18:39
138	2187 Elisabete Pereira	Tartarugas Trail	Veterana F45	00:18:51
139	2188 Jaime Pereira	Tartarugas Trail	Veterano M50	00:18:53
140	2065 Marisa Cardoso Magalhães	Individual	Senior Feminino	00:19:17
141	2051 José Manuel de Oliveira Amaro	Happy Runners	Veterano M45	00:19:18
142	2159 Adélia Lobo	OLIMPICO VIANENSE TRAIL/ND SPORT	Veterana F45	00:19:30
143	2050 Nuno Manuel Esteves Campos Martins	Happy Runners	Senior Masculino	00:20:27
144	1010 MARIA CRISTINA BRAS OLIVEIRA VILELA	Clube Millennium BCP	Veterana F45	00:21:01
145	2169 Liliana Gomes	OS ESTRELOUCADOS	Senior Feminino	00:21:17
146	2141 Mário Jorge Esteves Novo	Individual	Veterano M60	00:21:26
147	2091 Miguel Cruz	Individual	Senior Masculino	00:21:27
148	2110 Tânia Faria Novo	Individual	Sub 23 Feminino	00:21:45
149	2114 Susana Maria Azevedo Pereira Matos	Individual	Veterana F40	00:22:17
150	2026 Célia Barros Azevedo Meira	EDV-VIANA TRAIL	Veterana F40	00:22:18
151	2150 Andrea Vieira	Marco Trail	Senior Feminino	00:23:17
152	2152 Lúcia Leite Ferreira	Marco Trail	Senior Feminino	00:23:21
153	2151 Eunice Coelho	Marco Trail	Senior Feminino	00:23:27
154	2140 Manuel Silveira	Individual	Veterano M60	00:24:17
155	2088 Lima Cela	Individual	Senior Masculino	00:24:19
156	2012 Lília Amorim	Afifense Trail	Senior Feminino	00:24:19
157	2014 Ana Vale	Afifense Trail	Veterana F40	00:24:22
158	2053 Ana Cristina araujo da Cunha	Individual	Senior Feminino	00:24:59
159	2008 Maria Fonseca	AC TERAPIAS	Veterana F45	00:24:59
160	2002 Diana Matias	AC TERAPIAS	Senior Feminino	00:24:59
161	2060 Isabel Queiroga	Individual	Senior Feminino	00:25:06
162	2109 Araci Queiroga	Individual	Sub 23 Feminino	00:25:11

163	2072	Silvia Vilaça Lima	Individual	Senior Feminino	00:25:30
164	2201	Pedro Tiago de sousa Reis	Zona bravo	Senior Masculino	00:25:38
165	2106	Ana Carmo	Individual	Sub 23 Feminino	00:27:07
166	2066	Marta Rocha	Individual	Senior Feminino	00:27:22
167	2138	manuel ferreira	Individual	Veterano M55	00:27:29
168	2197	João Alberto Costa Miranda	We Runners	Sub 23 Masculino	00:27:58
169	2059	Claudia Ferreira	Individual	Senior Feminino	00:28:27
170	2074	Tânia Virgínia	Individual	Senior Feminino	00:28:53
171	2102	Rui Sousa	Individual	Senior Masculino	00:28:58
172	2071	Rita Correia	Individual	Senior Feminino	00:29:37
173	2194	Ana Peixinho Roque	We Runners	Senior Feminino	00:31:10
174	2195	Lara Filipa Bastos da Costa	We Runners	Senior Feminino	00:31:14