



Proença Cross Trail 2020



Classificação Geral e Escalão

TRAIL
LONGO

31/10/2020

| Pos | Dorsal | Nome | Clube | Sexo | Escalao | P | Esc | Tempo | Ritmo | Diferença |
|-----|--------|----------------------|--|------|---------|----|-----|----------|-------|-----------|
| 1 | 896 | Mário Fonseca | | M | S | 1 | | 02:06:33 | 5.27 | 00:00:00 |
| 2 | 1801 | Filipe Costa | Clube Desportivo de Espite | M | S | 2 | | 02:10:41 | 5.45 | 00:04:08 |
| 3 | 1772 | Marco Faria | Dá-lhe Gás Trail Team Fisioduo | M | M40 | 1 | | 02:11:36 | 5.48 | 00:05:03 |
| 4 | 1309 | Miguel Ribeiro | Zona Alta Trail | M | M40 | 2 | | 02:13:55 | 5.58 | 00:07:22 |
| 5 | 1833 | Dinis Santos | Clube Desportivo de Espite | M | S | 3 | | 02:15:38 | 5.65 | 00:09:05 |
| 6 | 1578 | Nelson Costa | Escola de Atletismo de Coimbra / Intermarché Conde | M | M40 | 3 | | 02:17:16 | 5.72 | 00:10:43 |
| 7 | 1922 | João Narciso | Olímpico Vianense | M | S | 4 | | 02:18:42 | 5.78 | 00:12:09 |
| 8 | 1914 | Bruno Gonçalves | Escola de Atletismo de Coimbra / Intermarché Conde | M | S | 5 | | 02:19:06 | 5.8 | 00:12:33 |
| 9 | 1950 | Nelson Amaral | OCS - Arrábida Trail Team | M | M40 | 4 | | 02:21:30 | 5.9 | 00:14:57 |
| 10 | 1799 | Micael Costa | Clube Desportivo de Espite | M | S | 6 | | 02:22:07 | 5.92 | 00:15:34 |
| 11 | 1769 | Joaquim Duarte | Dá-lhe Gás Trail Team Fisioduo | M | S | 7 | | 02:22:38 | 5.94 | 00:16:05 |
| 12 | 1915 | Gustavo Barandas | Escola de Atletismo de Coimbra / Intermarché Conde | M | S | 8 | | 02:23:29 | 5.98 | 00:16:56 |
| 13 | 1813 | Fred Kalahari | EDV-Viana Trail | M | M45 | 1 | | 02:23:45 | 5.99 | 00:17:12 |
| 14 | 376 | Miguel Pires | Escola de Atletismo de Coimbra / Intermarché Conde | M | M40 | 5 | | 02:25:08 | 6.05 | 00:18:35 |
| 15 | 1748 | Filipe Guerra | CCDR Colmeal da Torre | M | S | 9 | | 02:25:33 | 6.06 | 00:19:00 |
| 16 | 1949 | Pedro Fernandes | Monsanto Running Team | M | M40 | 6 | | 02:25:46 | 6.07 | 00:19:13 |
| 17 | 1924 | Nuno Pereira | Olímpico Vianense | M | S | 10 | | 02:28:14 | 6.18 | 00:21:41 |
| 18 | 1752 | Pedro Santos | CCDR Colmeal da Torre | M | M45 | 2 | | 02:28:27 | 6.19 | 00:21:54 |
| 19 | 1509 | João Barbosa | | M | S23 | 1 | | 02:28:37 | 6.19 | 00:22:04 |
| 20 | 1593 | Pedro Botelho | Algarunners | M | S | 11 | | 02:30:30 | 6.27 | 00:23:57 |
| 21 | 392 | Filipe Torres | Associação 20 Kms de Almeirim | M | S | 12 | | 02:30:55 | 6.29 | 00:24:22 |
| 22 | 1774 | Adérito Oliveira | Dá-lhe Gás Trail Team Fisioduo | M | S | 13 | | 02:31:05 | 6.3 | 00:24:32 |
| 23 | 1775 | Abílio Martins | Dá-lhe Gás Trail Team Fisioduo | M | M45 | 3 | | 02:31:25 | 6.31 | 00:24:52 |
| 24 | 1944 | Helder Antunes | AB Cansado Trail | M | S | 14 | | 02:31:59 | 6.33 | 00:25:26 |
| 25 | 1889 | Luis Lameira | Sharish Gin/GD Piranhas do Alqueva | M | S | 15 | | 02:32:09 | 6.34 | 00:25:36 |
| 26 | 1830 | João Silva | OCS - Arrábida Trail Team | M | S | 16 | | 02:32:10 | 6.34 | 00:25:37 |
| 27 | 1923 | Miguel Jaques | Olímpico Vianense | M | S | 17 | | 02:33:55 | 6.41 | 00:27:22 |
| 28 | 1222 | Elisio Gonçalves | Atletismo Clube da Tocha | M | M45 | 4 | | 02:34:52 | 6.45 | 00:28:19 |
| 29 | 1933 | Dino Alexandre Bento | Casa do Benfica em Abrantes | M | S | 18 | | 02:34:57 | 6.46 | 00:28:24 |
| 30 | 1921 | Nuno Araújo | Olímpico Vianense | M | M40 | 7 | | 02:35:05 | 6.46 | 00:28:32 |
| 31 | 352 | Armando Santos | Desnível positivo | M | S | 19 | | 02:35:33 | 6.48 | 00:29:00 |
| 32 | 1838 | André Barros | Clube Desportivo de Espite | M | S | 20 | | 02:35:40 | 6.49 | 00:29:07 |
| 33 | 1857 | José Teixeira | A.D.Amarante | M | M45 | 5 | | 02:36:16 | 6.51 | 00:29:43 |
| 34 | 1298 | Sara Brito | CA Barreira | F | F50 | 1 | | 02:36:19 | 6.51 | 00:29:46 |
| 35 | 746 | Hugo Sequeira | ACPortalegre/UTSM | M | S | 21 | | 02:36:41 | 6.53 | 00:30:08 |
| 36 | 1913 | Mário Pombo | CCDR Colmeal da Torre | M | M40 | 8 | | 02:37:18 | 6.55 | 00:30:45 |
| 37 | 1888 | Alfredo Gaspar | GRVilaverdense | M | S | 22 | | 02:37:35 | 6.57 | 00:31:02 |

17:32 - 19/02/2020

MeuTempo.pt

Página 1 de 6

| Pos | Dorsal | Nome | Clube | Sexo | Escalao | P | Esc | Tempo | Ritmo | Diferenca |
|-----|--------|----------------------|--|------|---------|----|-----|----------|-------|-----------|
| 38 | 1884 | António Gaspar | SHFIT TRAIL TEAM | M | M50 | 1 | | 02:38:04 | 6.59 | 00:31:31 |
| 39 | 1876 | João Antunes | Highlanders dos Pinheiros | M | S | 23 | | 02:38:04 | 6.59 | 00:31:31 |
| 40 | 1306 | José Dias | Zona Alta Trail | M | M55 | 1 | | 02:38:12 | 6.59 | 00:31:39 |
| 41 | 1065 | Jorge Abrantes | CAC – Clube Académico de Canedo | M | M50 | 2 | | 02:39:22 | 6.64 | 00:32:49 |
| 42 | 1767 | José Dias | Dá-lhe Gás Trail Team Fisioduo | M | S | 24 | | 02:39:58 | 6.67 | 00:33:25 |
| 43 | 1764 | João Godinho | Algarunners | M | S | 25 | | 02:40:00 | 6.67 | 00:33:27 |
| 44 | 1746 | Gonçalo Aires de Sá | CCDR Colmeal da Torre | M | M45 | 6 | | 02:40:02 | 6.67 | 00:33:29 |
| 45 | 1908 | Salete Tavares | CA Barreira | F | F45 | 1 | | 02:40:03 | 6.67 | 00:33:30 |
| 46 | 1900 | Fábio Mendes | | M | S | 26 | | 02:40:20 | 6.68 | 00:33:47 |
| 47 | 1768 | Joaquim Leal | Dá-lhe Gás Trail Team Fisioduo | M | M40 | 9 | | 02:40:24 | 6.68 | 00:33:51 |
| 48 | 1700 | Bruno Esteves | Desnível positivo | M | S | 27 | | 02:40:29 | 6.69 | 00:33:56 |
| 49 | 1943 | Cristina Couceiro | ARSM - Associação Recreativa de S. Miguel | F | F40 | 1 | | 02:41:39 | 6.74 | 00:35:06 |
| 50 | 1773 | Carlos Prudêncio | Dá-lhe Gás Trail Team Fisioduo | M | S | 28 | | 02:41:39 | 6.74 | 00:35:06 |
| 51 | 1423 | Filipe Afonso | ACPortalegre/UTSM | M | S | 29 | | 02:41:42 | 6.74 | 00:35:09 |
| 52 | 1731 | Carlos Gonçalves | Associação Desportiva Lusitano XXI (ADLXXI) | M | S | 30 | | 02:42:01 | 6.75 | 00:35:28 |
| 53 | 1803 | Ruben Barbosa | FISIO | M | M40 | 10 | | 02:42:40 | 6.78 | 00:36:07 |
| 54 | 1705 | Rui Gonçalves | | M | M40 | 11 | | 02:43:44 | 6.82 | 00:37:11 |
| 55 | 1826 | Ricardo Garção | ARSM - Associação Recreativa de S. Miguel | M | S | 31 | | 02:44:06 | 6.84 | 00:37:33 |
| 56 | 1727 | Vitor Gateira | Associação Desportiva Lusitano XXI (ADLXXI) | M | S | 32 | | 02:44:14 | 6.84 | 00:37:41 |
| 57 | 1941 | António Teles | Dá-lhe Gás Trail Team Fisioduo | M | M40 | 12 | | 02:44:33 | 6.86 | 00:38:00 |
| 58 | 1812 | Andreia Correia | EDV-Viana Trail | F | SF | 1 | | 02:45:02 | 6.88 | 00:38:29 |
| 59 | 1759 | Vitor Espirito Santo | ARCD Venda da Luísa | M | M40 | 13 | | 02:45:17 | 6.89 | 00:38:44 |
| 60 | 1811 | Jorge Correia | Gorunners / outpro store | M | S | 33 | | 02:45:44 | 6.91 | 00:39:11 |
| 61 | 1831 | André Sismeiro | Clube Desportivo de Espite | M | S | 34 | | 02:45:46 | 6.91 | 00:39:13 |
| 62 | 1904 | Luis Miguel Amaro | ARSM - Associação Recreativa de S. Miguel | M | M45 | 7 | | 02:46:10 | 6.92 | 00:39:37 |
| 63 | 1401 | Pedro Anjos | Trilho Perdido Eventos / Importlux | M | M40 | 14 | | 02:46:39 | 6.94 | 00:40:06 |
| 64 | 1907 | Carina Matias | CA Barreira | F | SF | 2 | | 02:47:10 | 6.97 | 00:40:37 |
| 65 | 1750 | José de Matos | MBT – Monforte BikeRun Team | M | M50 | 3 | | 02:47:33 | 6.98 | 00:41:00 |
| 66 | 1302 | Bárbara Fernandes | MONTANHA CLUBE TRAIL RUNNING/EFAPEL | F | SF | 3 | | 02:48:01 | 7 | 00:41:28 |
| 67 | 1407 | José Manuel Zananar | Atletismo Clube da Tocha | M | M55 | 2 | | 02:48:02 | 7 | 00:41:29 |
| 68 | 1476 | Paulo Osório | OCS - Arrábida Trail Team | M | M50 | 4 | | 02:48:45 | 7.03 | 00:42:12 |
| 69 | 1837 | Margarida Pestana | C.D. "Os Águias" de Alpiarça | F | SF | 4 | | 02:49:38 | 7.07 | 00:43:05 |
| 70 | 1048 | Ricardo Conde | C.D. "Os Águias" de Alpiarça | M | S | 35 | | 02:49:39 | 7.07 | 00:43:06 |
| 71 | 1873 | Sérgio Martins | SHFIT TRAIL TEAM | M | M45 | 8 | | 02:49:53 | 7.08 | 00:43:20 |
| 72 | 1605 | António Miranda | Algarunners | M | M50 | 5 | | 02:50:44 | 7.11 | 00:44:11 |
| 73 | 240 | André Ribeiro | Sozinhoteam | M | S | 36 | | 02:50:45 | 7.11 | 00:44:12 |
| 74 | 1730 | Luis Rosmaninho | Associação Desportiva Lusitano XXI (ADLXXI) | M | S | 37 | | 02:50:51 | 7.12 | 00:44:18 |
| 75 | 1816 | Miguel Belo | Penta Clube da Covilhã/Sport Hotel Trail Running | M | S | 38 | | 02:51:36 | 7.15 | 00:45:03 |
| 76 | 1765 | Hélder Matos | | M | M45 | 9 | | 02:51:45 | 7.16 | 00:45:12 |
| 77 | 1901 | Rui Lobo | Algarunners | M | M60 | 1 | | 02:51:48 | 7.16 | 00:45:15 |
| 78 | 1670 | Leonel Campos | CLAC Entroncamento | M | M55 | 3 | | 02:51:53 | 7.16 | 00:45:20 |

| Pos | Dorsal | Nome | Clube | Sexo | Escalao | P | Esc | Tempo | Ritmo | Diferença |
|-----|--------|------------------------------|--|------|---------|----|-----|----------|-------|-----------|
| 79 | 1734 | Ana Apolo | Algarunners | F | SF | 5 | | 02:52:02 | 7.17 | 00:45:29 |
| 80 | 1729 | David Guerreiro | Associação Desportiva Lusitano XXI (ADLXXI) | M | S | 39 | | 02:52:18 | 7.18 | 00:45:45 |
| 81 | 1403 | Idalina Marques | Zona Alta Trail | F | F40 | 2 | | 02:53:04 | 7.21 | 00:46:31 |
| 82 | 1250 | João Moreira | SHFIT TRAIL TEAM | M | M40 | 15 | | 02:53:22 | 7.22 | 00:46:49 |
| 83 | 1726 | Daniel Campaniço | Associação Desportiva Lusitano XXI (ADLXXI) | M | S | 40 | | 02:55:44 | 7.32 | 00:49:11 |
| 84 | 1743 | Ângelo Pereira | | M | M55 | 4 | | 02:56:49 | 7.37 | 00:50:16 |
| 85 | 1524 | Carla Reis | ARSM - Associação Recreativa de S. Miguel | F | F45 | 2 | | 02:57:04 | 7.38 | 00:50:31 |
| 86 | 1757 | Hugo Antunes | CCDR Colmeal da Torre | M | S | 41 | | 02:57:21 | 7.39 | 00:50:48 |
| 87 | 1947 | Ricardo Sousa | Penta Clube da Covilhã/Sport Hotel Trail Running | M | S23 | 2 | | 02:57:33 | 7.4 | 00:51:00 |
| 88 | 1404 | Conceição Castanheira | Zona Alta Trail | F | F55 | 1 | | 02:58:03 | 7.42 | 00:51:30 |
| 89 | 1848 | Paula Branco | Zona Alta Trail | F | F45 | 3 | | 02:58:25 | 7.43 | 00:51:52 |
| 90 | 1827 | José Calisto Ferreira | | M | M40 | 16 | | 02:58:30 | 7.44 | 00:51:57 |
| 91 | 1847 | Pedro Sequeira | | M | M40 | 17 | | 02:58:33 | 7.44 | 00:52:00 |
| 92 | 1706 | Tony Graça | DCI/Trilhos Luso Bussaco | M | M55 | 5 | | 03:00:02 | 7.5 | 00:53:29 |
| 93 | 1703 | José Filipe Proença | | M | M55 | 6 | | 03:01:19 | 7.55 | 00:54:46 |
| 94 | 1733 | Tiago Gonçalves | Monsanto Running Team | M | S | 42 | | 03:01:20 | 7.56 | 00:54:47 |
| 95 | 1878 | Hélio Costa | CCDR Colmeal da Torre | M | M40 | 18 | | 03:02:02 | 7.58 | 00:55:29 |
| 96 | 1478 | Pedro Miguel Correia Tavares | ACPortalegre/UTSM | M | M45 | 10 | | 03:02:29 | 7.6 | 00:55:56 |
| 97 | 1778 | Ludovico Belo | CARAVELA SEGUROS Trail Running Team | M | M45 | 11 | | 03:02:40 | 7.61 | 00:56:07 |
| 98 | 1835 | Alexandre Diniz | Associação 20 Kms de Almeirim | M | S | 43 | | 03:02:55 | 7.62 | 00:56:22 |
| 99 | 1868 | Jorge Plácido Antunes | AB Cansado Trail | M | M45 | 12 | | 03:03:11 | 7.63 | 00:56:38 |
| 100 | 469 | José Bizarro | | M | M45 | 13 | | 03:03:22 | 7.64 | 00:56:49 |
| 101 | 1690 | Bruno Rodrigues | ACDRS QUINHENDROS | M | M40 | 19 | | 03:03:22 | 7.64 | 00:56:49 |
| 102 | 658 | André Varão | AB Cansado Trail | M | S | 44 | | 03:03:38 | 7.65 | 00:57:05 |
| 103 | 1855 | Ana Mira | Furões do Alentejo (ARRAIOLOS) | F | SF | 6 | | 03:03:46 | 7.66 | 00:57:13 |
| 104 | 138 | Nuno Gravito | Penta Clube da Covilhã/Sport Hotel Trail Running | M | S | 45 | | 03:03:57 | 7.66 | 00:57:24 |
| 105 | 1739 | Bárbara Sá | Santana FC Trail Team | F | F40 | 3 | | 03:04:02 | 7.67 | 00:57:29 |
| 106 | 1822 | Carlos Palaio | GRVilaverdense | M | M45 | 14 | | 03:04:08 | 7.67 | 00:57:35 |
| 107 | 1696 | Nuno Antunes | Trilhos do Costume | M | M50 | 6 | | 03:04:30 | 7.69 | 00:57:57 |
| 108 | 1009 | Rui Cunha | Grupo Desportivo Santander Totta | M | M50 | 7 | | 03:04:41 | 7.7 | 00:58:08 |
| 109 | 713 | Rogério Palmeiro | SHFIT TRAIL TEAM | M | M40 | 20 | | 03:04:56 | 7.71 | 00:58:23 |
| 110 | 1942 | Ricardo Carrondo | Amigos do Pedal - Cortes do Meio | M | S | 46 | | 03:05:21 | 7.72 | 00:58:48 |
| 111 | 1738 | Nuno Marques | Santana FC Trail Team | M | M40 | 21 | | 03:05:47 | 7.74 | 00:59:14 |
| 112 | 1834 | Ruben Antunes | Grupo Desportivo da Mata/Centro de Marcha e Corrid | M | S | 47 | | 03:06:15 | 7.76 | 00:59:42 |
| 113 | 1736 | Filipe Alves | Desnível positivo | M | M40 | 22 | | 03:07:12 | 7.8 | 01:00:39 |
| 114 | 1656 | Carla Soares | ARSM - Associação Recreativa de S. Miguel | F | F40 | 4 | | 03:07:35 | 7.82 | 01:01:02 |
| 115 | 1701 | Bruno Moço | Grupo Desportivo da Parreira | M | M40 | 23 | | 03:08:00 | 7.83 | 01:01:27 |
| 116 | 1745 | Vitor Pereira | Águeda Action Club – ACTIB | M | S | 48 | | 03:09:17 | 7.89 | 01:02:44 |
| 117 | 1732 | Lidia Tirnovschi | Cavalinhos Runners | F | SF | 7 | | 03:09:17 | 7.89 | 01:02:44 |
| 118 | 1534 | Cidália Oliveira | ARCD Venda da Luísa | F | F50 | 2 | | 03:10:01 | 7.92 | 01:03:28 |

| Pos | Dorsal | Nome | Clube | Sexo | Escalao | P | Esc | Tempo | Ritmo | Diferenca |
|-----|--------|--------------------------------|--|------|---------|----|-----|----------|-------|-----------|
| 119 | 1819 | Marco Rodrigues | Penta Clube da Covilhã/Sport Hotel Trail Running | M | M45 | 15 | | 03:10:30 | 7.94 | 01:03:57 |
| 120 | 1623 | Roberto Caneira | SCD Glória do Ribatejo | M | M45 | 16 | | 03:10:48 | 7.95 | 01:04:15 |
| 121 | 1858 | Luisa Teixeira | A.D.Amarante | F | F45 | 4 | | 03:10:49 | 7.95 | 01:04:16 |
| 122 | 1920 | Fernando Alves | Olímpico Vianense | M | M55 | 7 | | 03:11:32 | 7.98 | 01:04:59 |
| 123 | 1110 | Almerinda Velez | ACPortalegre/UTSM | F | F55 | 2 | | 03:11:40 | 7.99 | 01:05:07 |
| 124 | 1828 | Vasco Armés | Runners da Frente RPSI | M | M45 | 17 | | 03:11:52 | 7.99 | 01:05:19 |
| 125 | 1883 | Rui Fernandes | Monsanto Running Team | M | M40 | 24 | | 03:11:54 | 8 | 01:05:21 |
| 126 | 1859 | Duarte Rodrigues | Furões do Alentejo (ARRAIOLOS) | M | S | 49 | | 03:12:13 | 8.01 | 01:05:40 |
| 127 | 1737 | André Campos | Runners da Frente RPSI | M | S | 50 | | 03:12:50 | 8.03 | 01:06:17 |
| 128 | 1542 | Pedro Costa Pereira | AB Cansado Trail | M | M45 | 18 | | 03:13:20 | 8.06 | 01:06:47 |
| 129 | 1780 | Jorge Assunção | Trilhos do Costume | M | M50 | 8 | | 03:13:23 | 8.06 | 01:06:50 |
| 130 | 1853 | Ricardo Póvoa | Associação 20 Kms de Almeirim | M | S | 51 | | 03:13:35 | 8.07 | 01:07:02 |
| 131 | 1800 | Diana Duarte | SHFIT TRAIL TEAM | F | SF | 8 | | 03:14:33 | 8.11 | 01:08:00 |
| 132 | 1513 | António Serra Jorge | ACDRS QUINHENDROS | M | M50 | 9 | | 03:14:38 | 8.11 | 01:08:05 |
| 133 | 765 | Ricardo Fazendas | Crédito Agrícola | M | M50 | 10 | | 03:15:28 | 8.14 | 01:08:55 |
| 134 | 474 | Pedro Valente | OC'OPUS Bar NIsa | M | M50 | 11 | | 03:15:28 | 8.14 | 01:08:55 |
| 135 | 1860 | Angela Soares | A.D.Amarante | F | SF | 9 | | 03:15:33 | 8.15 | 01:09:00 |
| 136 | 1871 | Claudia Moreira | A.D.Amarante | F | SF | 10 | | 03:15:34 | 8.15 | 01:09:01 |
| 137 | 1879 | Pedro Marques | | M | S | 52 | | 03:17:07 | 8.21 | 01:10:34 |
| 138 | 1903 | Paulo Patrão | Sharish Gin/GD Piranhas do Alqueva | M | M40 | 25 | | 03:17:40 | 8.24 | 01:11:07 |
| 139 | 1758 | Nuno Furtado | Alverca Urban Runners | M | M45 | 19 | | 03:18:02 | 8.25 | 01:11:29 |
| 140 | 1763 | Vítor Ferreira | Alverca Urban Runners | M | S | 53 | | 03:18:02 | 8.25 | 01:11:29 |
| 141 | 1934 | Susana de Jesus Pereira Soares | Grupo Desportivo de Santa Cruz | F | F40 | 5 | | 03:18:52 | 8.29 | 01:12:19 |
| 142 | 1582 | Manuel Moreno | HL Runners Club | M | M60 | 2 | | 03:19:23 | 8.31 | 01:12:50 |
| 143 | 1785 | Adelaide Manhiça | Trilhos do Costume | F | F60 | 1 | | 03:19:26 | 8.31 | 01:12:53 |
| 144 | 1836 | Nuno Paulino | C.D. "Os Águias" de Alpiarça | M | M40 | 26 | | 03:19:33 | 8.31 | 01:13:00 |
| 145 | 1796 | Filipe Gonçalves | | M | M40 | 27 | | 03:20:00 | 8.33 | 01:13:27 |
| 146 | 1562 | João Gil | A.D.Amarante | M | M60 | 3 | | 03:20:01 | 8.33 | 01:13:28 |
| 147 | 1845 | Luis Fernandes | Grupo Desportivo da Parreira | M | S | 54 | | 03:20:50 | 8.37 | 01:14:17 |
| 148 | 1866 | Diogo Flamino | Linces de Montemor | M | S | 55 | | 03:21:05 | 8.38 | 01:14:32 |
| 149 | 1119 | Bruno Luis | Manos Luís | M | S | 56 | | 03:23:36 | 8.48 | 01:17:03 |
| 150 | 404 | Pedro Oliveira | Grupo Desportivo da Parreira | M | S | 57 | | 03:23:50 | 8.49 | 01:17:17 |
| 151 | 1891 | Cristina Frota | OCS - Arrábida Trail Team | F | SF | 11 | | 03:24:56 | 8.54 | 01:18:23 |
| 152 | 1896 | Telmo Correia | C.D. "Os Águias" de Alpiarça | M | M45 | 20 | | 03:25:52 | 8.58 | 01:19:19 |
| 153 | 1810 | Joaquim Palma | Algarunners | M | S | 58 | | 03:26:13 | 8.59 | 01:19:40 |
| 154 | 1931 | Alexandre Fonseca | SCD Glória do Ribatejo | M | S | 59 | | 03:26:27 | 8.6 | 01:19:54 |
| 155 | 1899 | Tiago Policarpo | | M | S | 60 | | 03:26:32 | 8.61 | 01:19:59 |
| 156 | 1120 | Carlos Luiz | Manos Luís | M | M40 | 28 | | 03:26:42 | 8.61 | 01:20:09 |
| 157 | 1777 | Nuno Figueiredo | Runners da Frente RPSI | M | M45 | 21 | | 03:26:44 | 8.61 | 01:20:11 |
| 158 | 1368 | Carmen Ferreira | Associação Vale Grande | F | F50 | 3 | | 03:26:47 | 8.62 | 01:20:14 |
| 159 | 1867 | Fausto Carvalho | ARSM - Associação Recreativa de S. Miguel | M | M60 | 4 | | 03:27:32 | 8.65 | 01:20:59 |
| 160 | 1601 | Filipe Saltão | ARCD Venda da Luísa | M | S | 61 | | 03:27:45 | 8.66 | 01:21:12 |
| 161 | 1869 | Miguel Valente | SHFIT TRAIL TEAM | M | M40 | 29 | | 03:27:50 | 8.66 | 01:21:17 |
| 162 | 1945 | Péres Carvalho | AB Cansado Trail | M | M50 | 12 | | 03:30:56 | 8.79 | 01:24:23 |
| 163 | 1109 | José Velez | ACPortalegre/UTSM | M | M60 | 5 | | 03:32:30 | 8.85 | 01:25:57 |
| 164 | 1711 | Bernardo Domingos | ADM TRAIL TEAM | M | S | 62 | | 03:34:22 | 8.93 | 01:27:49 |

| Pos | Dorsal | Nome | Clube | Sexo | Escalao | P | Esc | Tempo | Ritmo | Diferença |
|-----|--------|----------------------|--|------|---------|----|-----|----------|-------|-----------|
| 165 | 1919 | Pedro Correia | Associação Vale Grande | M | M40 | 30 | | 03:34:48 | 8.95 | 01:28:15 |
| 166 | 954 | José Martins | Associação Vale Grande | M | M55 | 8 | | 03:35:19 | 8.97 | 01:28:46 |
| 167 | 1786 | Álvaro Ferreira | Trilhos do Costume | M | M50 | 13 | | 03:35:20 | 8.97 | 01:28:47 |
| 168 | 1851 | Bruno Pardal | Running Loures | M | S | 63 | | 03:36:32 | 9.02 | 01:29:59 |
| 169 | 1740 | Cristina Oliveira | Desnível positivo | F | F40 | 6 | | 03:36:41 | 9.03 | 01:30:08 |
| 170 | 1825 | Catarina Costa | Desnível positivo | F | F40 | 7 | | 03:36:42 | 9.03 | 01:30:09 |
| 171 | 1633 | João Bastos | Associação 20 Kms de Almeirim | M | S | 64 | | 03:37:08 | 9.05 | 01:30:35 |
| 172 | 1747 | António Gonçalves | Santana FC Trail Team | M | M50 | 14 | | 03:37:13 | 9.05 | 01:30:40 |
| 173 | 1817 | Marta Soares | Penta Clube da Covilhã/Sport Hotel Trail Running | F | F40 | 8 | | 03:38:03 | 9.09 | 01:31:30 |
| 174 | 1723 | Miguel Santos | TainadasRunTeam | M | S | 65 | | 03:38:36 | 9.11 | 01:32:03 |
| 175 | 1843 | Catarina Oliveira | | F | SF | 12 | | 03:38:43 | 9.11 | 01:32:10 |
| 176 | 1782 | Luís Gonçalves | Trilhos do Costume | M | M50 | 15 | | 03:38:56 | 9.12 | 01:32:23 |
| 177 | 1814 | Ricardo Pereira | Stravistas Venda do Pinheiro | M | M40 | 31 | | 03:39:23 | 9.14 | 01:32:50 |
| 178 | 1651 | Cláudia Cravo | Abutres | F | F45 | 5 | | 03:39:42 | 9.15 | 01:33:09 |
| 179 | 1751 | Cláudia Carrilho | CCDR Colmeal da Torre | F | SF | 13 | | 03:40:42 | 9.2 | 01:34:09 |
| 180 | 1906 | Carmen Silva | CA Barreira | F | F45 | 6 | | 03:40:55 | 9.2 | 01:34:22 |
| 181 | 1761 | António Gonçalves | Alverca Urban Runners | M | M55 | 9 | | 03:42:52 | 9.29 | 01:36:19 |
| 182 | 1946 | Fernando Medeiros | | M | M50 | 16 | | 03:43:25 | 9.31 | 01:36:52 |
| 183 | 1802 | Rafael Almeida | | M | M45 | 22 | | 03:45:16 | 9.39 | 01:38:43 |
| 184 | 1544 | Tiago Gonçalves | | M | S | 66 | | 03:46:56 | 9.46 | 01:40:23 |
| 185 | 1948 | David Taborda | AB Cansado Trail | M | M40 | 32 | | 03:48:26 | 9.52 | 01:41:53 |
| 186 | 1541 | Luís Ferreira | | M | M40 | 33 | | 03:50:07 | 9.59 | 01:43:34 |
| 187 | 1558 | Sónia Brás | A.D.Amarante | F | SF | 14 | | 03:52:03 | 9.67 | 01:45:30 |
| 188 | 1852 | Márcio Casimiro | | M | M40 | 34 | | 03:52:48 | 9.7 | 01:46:15 |
| 189 | 1917 | Nuno Ladeiras | | M | M50 | 17 | | 03:54:11 | 9.76 | 01:47:38 |
| 190 | 1932 | Paulo Daniel Correia | Paulo Correia Reabilitação Integrada | M | M40 | 35 | | 03:54:48 | 9.78 | 01:48:15 |
| 191 | 815 | Francisco Simão | Pernas de Gafanhoto | M | S | 67 | | 03:54:56 | 9.79 | 01:48:23 |
| 192 | 1841 | Pedro Caramelo | Pé Ligeiro de Gouveia | M | S | 68 | | 03:55:51 | 9.83 | 01:49:18 |
| 193 | 1875 | Romeu Afonso | CCDR Colmeal da Torre | M | M40 | 36 | | 03:59:00 | 9.96 | 01:52:27 |
| 194 | 1916 | Nelma Afonso | CCDR Colmeal da Torre | F | SF | 15 | | 03:59:02 | 9.96 | 01:52:29 |
| 195 | 1784 | Regina Luz | Trilhos do Costume | F | F60 | 2 | | 03:59:10 | 9.97 | 01:52:37 |
| 196 | 1795 | Paula Nunes | ARCD Venda da Luísa | F | F50 | 4 | | 03:59:14 | 9.97 | 01:52:41 |
| 197 | 1815 | Carla Matos | Penta Clube da Covilhã/Sport Hotel Trail Running | F | F40 | 9 | | 04:02:40 | 10.11 | 01:56:07 |
| 198 | 1892 | Cristina Mendes | | F | F50 | 5 | | 04:06:00 | 10.25 | 01:59:27 |
| 199 | 1885 | Diogo Olival | | M | S | 69 | | 04:06:13 | 10.26 | 01:59:40 |
| 200 | 1882 | Andreia Cabrito | AB Cansado Trail | F | SF | 16 | | 04:06:20 | 10.26 | 01:59:47 |
| 201 | 1824 | Isabel Madeira | ARCD Venda da Luísa | F | F50 | 6 | | 04:08:43 | 10.36 | 02:02:10 |
| 202 | 1850 | Anibal Lourenço | Lift | M | M50 | 18 | | 04:10:23 | 10.43 | 02:03:50 |
| 203 | 1861 | Luis Mendes | A.D.Amarante | M | S | 70 | | 04:11:49 | 10.49 | 02:05:16 |
| 204 | 1702 | Veríssimo Trindade | ADM TRAIL TEAM | M | M45 | 23 | | 04:11:54 | 10.5 | 02:05:21 |
| 205 | 1909 | Eduardo Mendes | Clube Vodafone | M | M55 | 10 | | 04:13:07 | 10.55 | 02:06:34 |
| 206 | 1844 | Raquel Oliveira | Grupo Desportivo da Parreira | F | F40 | 10 | | 04:13:16 | 10.55 | 02:06:43 |
| 207 | 1787 | Bruno Alves | Trilhos do Costume | M | M40 | 37 | | 04:15:09 | 10.63 | 02:08:36 |
| 208 | 1890 | TANIA CARDOSO | Nocturnos de Paredes | F | SF | 17 | | 04:15:53 | 10.66 | 02:09:20 |
| 209 | 1708 | Joel Luis | ADM TRAIL TEAM | M | S | 71 | | 04:15:57 | 10.66 | 02:09:24 |
| 210 | 1781 | Anabela Assunção | Trilhos do Costume | F | F55 | 3 | | 04:16:45 | 10.7 | 02:10:12 |
| 211 | 747 | Miguel Fonseca | | M | M55 | 11 | | 04:19:27 | 10.81 | 02:12:54 |
| 212 | 1893 | Cidália Canais | ARCD Venda da Luísa | F | F50 | 7 | | 04:24:56 | 11.04 | 02:18:23 |
| 213 | 1491 | Susete Marques | Run4Eat | F | F50 | 8 | | 04:25:07 | 11.05 | 02:18:34 |

| Pos | Dorsal | Nome | Clube | Sexo | Escalao | P_Esc | Tempo | Ritmo | Diferenca |
|-----|-------------|------------------------------|------------------------------------|------|---------|-------|-----------------|-------|-----------|
| 214 | 1270 | José Cacheira | AB Cansado Trail | M | S | 72 | 04:30:50 | 11.28 | 02:24:17 |
| 215 | 1766 | Sónia Monteiro | AC Batalha | F | F40 | 11 | 04:31:39 | 11.32 | 02:25:06 |
| 216 | 1821 | Fátima Oliveira | GRVilaverdense | F | F45 | 7 | 04:33:03 | 11.38 | 02:26:30 |
| 217 | 1783 | Odília Pereira | Trilhos do Costume | F | F45 | 8 | 04:34:19 | 11.43 | 02:27:46 |
| 218 | 195 | Manuel Cordeiro | | M | M60 | 6 | 04:37:11 | 11.55 | 02:30:38 |
| 219 | 1862 | César Serrote | Sharish Gin/GD Piranhas do Alqueva | M | S | 73 | 04:41:43 | 11.74 | 02:35:10 |
| 220 | 1499 | Luis Leitão | COA / Corvus Trail Team | M | M45 | 24 | 04:43:34 | 11.82 | 02:37:01 |
| 221 | 1756 | Candida Pacheco | Santana FC Trail Team | F | SF | 18 | 04:44:54 | 11.87 | 02:38:21 |
| 222 | 1880 | Hélder Nogueira | A Natureza Ensina | M | M45 | 25 | 04:47:50 | 11.99 | 02:41:17 |
| 223 | 1741 | Pedro Rodrigues | Boavista Trail | M | S | 74 | 04:56:41 | 12.36 | 02:50:08 |
| 224 | 1897 | Andreia Ribeiro | | F | F40 | 12 | 04:56:47 | 12.37 | 02:50:14 |
| 225 | 1840 | Maria Condeço | kaninos | F | F55 | 4 | 05:14:11 | 13.09 | 03:07:38 |
| 226 | 1839 | Mário Santiago | kaninos | M | M55 | 12 | 05:15:21 | 13.14 | 03:08:48 |
| 227 | 1719 | Cátia Santos | | F | SF | 19 | 05:24:57 | 13.54 | 03:18:24 |
| 228 | 1749 | Sérgio Marques | NAC Trail | M | M40 | 38 | 05:31:09 | 13.8 | 03:24:36 |
| 229 | 1863 | Paula Cristina Santos | Pace.Makers | F | F40 | 13 | 05:31:22 | 13.81 | 03:24:49 |
| 230 | 1928 | Verónica Pereira | Uika Team Power Ultimate | F | SF | 20 | 05:48:46 | 14.53 | 03:42:13 |
| 231 | 1929 | André Filipe Velez | Uika Team Power Ultimate | M | M45 | 26 | 05:48:46 | 14.53 | 03:42:13 |
| 232 | 1926 | Mónica Sofia Ribeiro Cardoso | | F | SF | 21 | 07:01:38 | 17.57 | 04:55:05 |