






Pos	Dorsal	Atleta	Escalão	Clube	Tempo
1	547	GIOVANNI DIAZ	Senior M.	Desportivo Atlético Recardães	01:12:55
2	627	RENATO AMARAL	Senior M.	Individual	01:13:51
3	507	RICARDO COELHO	Senior M.	BOSCH Termotecnologia SA	01:16:25
4	604	JOÃO CRUZ	Senior M.	Individual	01:16:45
5	554	GUSTAVO BARROS	Senior M.	Green Trace Runners	01:16:54
6	577	ANDRÉ SIMÕES	Senior M.	Individual	01:19:10
7	725	JOAQUIM MARTINS	Vet. M45	www.dci.pt/mealhada	01:20:05
8	506	JOÃO	Senior M.	Aveiro Rookie Team	01:21:39
9	550	RAFAEL GOMES	Senior M.	Escaravelhos Team	01:22:17
10	683	VASCO SOUSA	Vet. M45	Individual	01:22:45
11	715	JORGE BRITES	Vet. M40	Pé na Rota	01:23:02
12	531	EMANUEL RODRIGUES	Senior M.	Cross Training	01:23:15
13	523	FAUSTO MOREIRA	Senior M.	Clube PT Aveiro	01:23:19
14	710	MARIA AREIAS	Senior F.	Oralklass-Amigos do Trail	01:23:20
15	578	ANTÓNIO TRIGUEIRO	Senior M.	Individual	01:23:35
16	514	RICARDO GAMA	Senior M.	BTT 100 Rumo	01:23:42
17	552	DAVID	Senior M.	Escaravelhos Team	01:26:20
18	678	EMILIO SANTOS	Vet. M45	Individual	01:27:11
19	704	JOSÉ OLIVEIRA	Senior M.	LOJA DO ATLETA	01:27:20
20	586	DANIEL ALMEIDA	Senior M.	Individual	01:27:25
21	691	HENRIQUE DIAS	Senior M.	KO TRAIL RUNNING	01:27:26
22	602	JACINTO SILVA	Senior M.	Individual	01:27:30
23	634	RUI ZI	Senior M.	Individual	01:27:59
24	703	HÉLDER SILVA	Senior M.	LOJA DO ATLETA	01:28:01
25	583	CARLOS FERREIRA	Senior M.	Individual	01:28:52
26	549	LEONARDO SOUSA	Senior M.	Escaravelhos Team	01:29:10
27	585	CARLOS NOVA	Senior M.	Individual	01:29:33
28	677	DANIEL NASCIMENTO	Vet. M45	Individual	01:29:35
29	527	BRUNO RODRIGUES	Senior M.	Cross Training	01:29:41
30	635	SÉRGIO RODRIGUES	Senior M.	Individual	01:29:42
31	621	PAULO PIRES	Senior M.	Individual	01:29:44
32	640	VICTOR CALÇADA	Senior M.	Individual	01:29:59
33	648	SUSANA MARQUES	Vet F40	Individual	01:30:51
34	599	GONÇALO MARTINS	Senior M.	Individual	01:30:53
35	601	GONÇALO RIBEIRO	Senior M.	Individual	01:31:00
36	679	FERNANDO MORAIS	Vet. M45	Individual	01:31:22
37	616	NELSON AMARAL	Senior M.	Individual	01:31:23
38	661	MIGUEL SANTOS	Vet. M40	Individual	01:31:36
39	681	JORGE PEIXOTO	Vet. M45	Individual	01:32:17
40	587	DAVIDE SILVA	Senior M.	Individual	01:32:21
41	658	JOÃO PONCES	Vet. M40	Individual	01:33:06
42	595	FIDEL CONDE	Senior M.	Individual	01:33:10
43	638	TIAGO ESTEVES	Senior M.	Individual	01:33:13
44	518	PEDRO FERRAZ	Senior M.	CASA DO POVO DE TONDA	01:33:14
45	607	JOÃO SALVATERRA	Senior M.	Individual	01:33:19
46	597	FILIPPE SANTOS	Senior M.	Individual	01:33:55
47	535	PEDRO	Senior M.	cross training	01:34:19
48	705	JOSIAS MEIRA	Senior M.	LOJA DO ATLETA	01:34:20
49	699	RUI GATEIRA	Vet. M40	KO TRAIL RUNNING	01:35:30
50	660	LUÍS MARQUES	Vet. M40	Individual	01:35:30
51	596	FILIPPE	Senior M.	Individual	01:35:30
52	721	JOSE SANTOS	Vet. M45	Recreio Desportivo Agueda	01:35:33
53	618	NUNO OLIVEIRA	Senior M.	Individual	01:35:33
54	619	NUNO FERREIRA	Senior M.	Individual	01:35:38
55	675	CARLOS ROCHA	Vet. M45	Individual	01:36:16

Pos	Dorsal	Atleta	Escalão	Clube	Tempo
56	140	MIGUEL LOPES	Vet. M40	Individual	01:36:16
57	534	PAULO ABRANTES	Senior M.	Cross Training	01:36:35
58	614	MÁRIO SEQUEIRA	Senior M.	Individual	01:36:58
59	680	JOAQUIM AMIEIRO	Vet. M45	Individual	01:37:10
60	697	NUNO GUERRA	Vet. M40	KO TRAIL RUNNING	01:37:30
61	630	RICARDO DIOGO	Senior M.	Individual	01:37:34
62	694	RUI MESQUITA	Senior M.	KO TRAIL RUNNING	01:37:54
63	533	JOSÉ SILVA	Senior M.	Cross Training	01:38:05
64	672	ARSENIO MATOS	Vet. M45	Individual	01:38:12
65	593	FERNANDO ANTUNES	Senior M.	Individual	01:38:32
66	720	FILIPE ALMEIDA	Vet. M40	Recreio Desportivo Agueda	01:38:53
67	676	CESARIO ROCHA	Vet. M45	Individual	01:39:55
68	590	ELISIO CARDOSO	Senior M.	Individual	01:40:03
69	520	TOMÁS ALVES	Senior M.	CASA DO POVO DE TONDA	01:40:09
70	519	RÚBEN CAMPOS	Senior M.	CASA DO POVO DE TONDA	01:40:10
71	610	JÚLIO PINHO	Senior M.	Individual	01:40:15
72	702	ABÍLIO FREITAS	Senior M.	LOJA DO ATLETA	01:40:18
73	575	VERA FIGUEIREDO	Senior F.	Individual	01:40:24
74	501	JOEL VIEIRA	Senior M.	ADREP BTT Voltrish/Luis Optica	01:40:25
75	581	BRUNO MARTINS	Senior M.	Individual	01:40:32
76	613	LUIS MARQUES	Senior M.	Individual	01:40:32
77	636	SÉRGIO GONÇALO	Senior M.	Individual	01:40:45
78	551	LUIS PEREIRA	Vet. M45	Escaravelhos Team	01:40:51
79	592	FÁBIO ALVES	Senior M.	Individual	01:41:31
80	626	RAFAEL CARLOS	Senior M.	Individual	01:41:32
81	655	ADÉRITO	Vet. M40	Individual	01:41:45
82	567	MARLENE BRITO	Senior F.	Individual	01:41:49
83	623	PAULO MENEZES	Senior M.	Individual	01:41:55
84	600	GONÇALO NARCISO	Senior M.	Individual	01:42:06
85	629	RICARDO FERNANDES	Senior M.	Individual	01:42:06
86	709	EMANUEL POSSE	Vet. M40	LOJA DO ATLETA	01:42:18
87	539	CELSO AMARAL	Vet. M40	Cross Training	01:43:02
88	517	ELISABETE CHAVES	Senior F.	CASA DO POVO DE TONDA	01:43:08
89	665	PEDRO FERREIRA	Vet. M40	Individual	01:43:14
90	576	ADRIANO GALANTE	Senior M.	Individual	01:43:14
91	542	FRANCISCO SANTOS	Senior M.	Cross Training	01:43:38
92	580	BRUNO BRANCO	Senior M.	Individual	01:44:40
93	569	MICAELA DIONÍSIO	Senior F.	Individual	01:44:42
94	609	JOSÉ TAVARES	Senior M.	Individual	01:44:45
95	566	MARISA SILVA	Senior F.	Individual	01:44:47
96	637	TELMO DIAS	Senior M.	Individual	01:44:47
97	572	RITA GLÓRIA	Senior F.	Individual	01:45:48
98	674	CARLOS ESTIMA	Vet. M45	Individual	01:45:52
99	598	GABRIEL ARSÉNIO	Senior M.	Individual	01:46:02
100	670	ANTÓNIO CUNHA	Vet. M45	Individual	01:46:10
101	541	LILIANA MARTINS	Senior F.	Cross Training	01:46:21
102	656	ALBERTO FREITAS	Vet. M40	Individual	01:46:27
103	701	PEDRO LOBO	Senior M.	Lap2Go	01:46:29
104	706	CRISTINA SANTOS	Vet F40	LOJA DO ATLETA	01:46:35
105	707	DINA SOUSA	Vet F40	LOJA DO ATLETA	01:46:35
106	632	RUI RAMOS	Senior M.	Individual	01:46:58
107	692	HUGO PANÃO	Senior M.	KO TRAIL RUNNING	01:46:58
108	649	ALDA	Vet F45	Individual	01:47:02
109	662	NUNO PEREIRA	Vet. M40	Individual	01:47:06
110	574	SOFIA FIGUEIREDO	Senior F.	Individual	01:47:50

Pos	Dorsal	Atleta	Escalão	Clube	Tempo
111	594	FERNANDO MOREIRA	Senior M.	Individual	01:48:18
112	641	VIDAL FERREIRA	Senior M.	Individual	01:48:18
113	40	EDUARDO OLIVEIRA	Senior M.	Individual	01:48:30
114	698	PEDRO SARAIVA	Vet. M40	KO TRAIL RUNNING	01:48:35
115	688	APOLINARIO FERREIRA	Senior M.	KO TRAIL RUNNING	01:48:35
116	700	HERCULANO GOMES	Vet. M45	KO TRAIL RUNNING	01:48:35
117	693	JOAQUIM MOTA	Senior M.	KO TRAIL RUNNING	01:48:35
118	521	FRANCO LOURENÇO	Senior M.	Cirúrgicos	01:49:03
119	548	PEDRO TAVARES	Vet. M45	Desportivo Atlético Recardães	01:49:03
120	617	NUNO SILVA	Senior M.	Individual	01:49:10
121	568	MARLENE SANTOS	Senior F.	Individual	01:49:10
122	516	ANDREIA DIAS	Senior F.	CASA DO POVO DE TONDA	01:50:06
123	643	AIDA PEREIRA	Vet F40	Individual	01:50:49
124	546	DIANA MARQUES	Senior F.	Desportivo Atlético Recardães	01:51:02
125	545	ARLINDO	Vet. M45	DAR - Desportivo Atlético de Recardães	01:51:02
126	646	ELZA CORDEIRO	Vet F40	Individual	01:51:55
127	503	CARLOS MARTINS	Vet. M45	APROCRED	01:51:56
128	538	SÉRGIO BAPTISTA	Senior M.	Cross Training	01:52:55
129	536	SERGIO MENDES	Senior M.	Cross Training	01:53:44
130	560	CARINA BERNARDO	Senior F.	Individual	01:53:54
131	663	ÓSCAR BASTOS	Vet. M40	Individual	01:53:56
132	625	PEDRO HENRIQUES	Senior M.	Individual	01:54:20
133	615	MIGUEL FERREIRA	Senior M.	Individual	01:54:21
134	558	ANA MELO	Senior F.	Individual	01:54:22
135	526	VANIA BAPTISTA	Senior F.	Cross Training	01:54:31
136	532	ISMAEL ALMEIDA	Senior M.	Cross Training	01:54:31
137	530	DAVIDE MARTINS	Senior M.	Cross Training	01:54:31
138	654	MARIA OLIVEIRA	Vet F45	Individual	01:55:28
139	651	MARGARIDA CARVALHO	Vet F45	Individual	01:55:30
140	633	RUI FURTADO	Senior M.	Individual	01:55:51
141	642	VITOR SANTOS	Senior M.	Individual	01:55:51
142	666	PEDRO GUEDES	Vet. M40	Individual	01:56:11
143	611	LUÍS RODRIGUES	Senior M.	Individual	01:57:00
144	712	NUNO CARDOSO	Senior M.	Os Lendários Kenyanos Albinos de Aveiro	01:57:15
145	682	PAULO CONCEIÇÃO	Vet. M45	Individual	01:57:15
146	628	RENATO MARTINS	Senior M.	Individual	01:57:15
147	727	JOSÉ FIGUEIREDO	Vet. M40	Individual	01:58:11
148	695	LEONOR FERREIRA	Vet F40	KO TRAIL RUNNING	01:58:14
149	645	ELISABETE COSTA	Vet F40	Individual	01:58:17
150	620	PAULO FERREIRA	Senior M.	Individual	01:58:17
151	723	RUI FARIA	Vet. M40	Run@Figueira - TeamBala	01:59:44
152	543	CARLOS SARAIVA	Senior M.	CrossPro	02:00:10
153	608	JOSÉ GARCIA	Senior M.	Individual	02:00:11
154	588	DIOGO SILVA	Senior M.	Individual	02:00:13
155	544	DAVIDE GOUVEIA	Senior M.	CrossPro	02:00:24
156	708	MARIA OUTEIRO	Vet F40	LOJA DO ATLETA	02:00:44
157	711	FRANCISCO LAMAS	Senior M.	Os Lendários Kenyanos Albinos de Aveiro	02:01:13
158	718	CARLA SILVA	Senior F.	Rainha Club	02:01:46
159	584	CARLOS OLIVEIRA	Senior M.	Individual	02:01:50
160	729	HELGA SILVA	Senior F.	Individual	02:01:50
161	515	ALEXANDRE PEREIRA	Senior M.	Caminhantes Team	02:01:51
162	606	JOÃO REBELO	Senior M.	Individual	02:01:52
163	673	CARLOS DIAS	Vet. M45	Individual	02:01:53
164	714	PEDRO TAVARES	Vet. M40	Os Lendários Kenyanos Albinos de Aveiro	02:01:54
165	559	ANA MELO	Senior F.	Individual	02:01:54

Pos	Dorsal	Atleta	Escalão	Clube	Tempo
166	644	 DULCE CARVALHO	Vet F40	Individual	02:02:27
167	571	 RITA	Senior F.	Individual	02:03:04
168	591	 EMANUEL	Senior M.	Individual	02:03:05
169	524	 CRISTINA RIBEIRO	Senior F.	Cross Training	02:03:17
170	722	 MARTA SIMOES	Senior F.	Run@Figueira - TeamBala	02:03:20
171	686	 ANA AMARO	Senior F.	KO TRAIL RUNNING	02:04:25
172	724	 FILIPE RITO	Vet. M45	Run@Figueira - TeamBala	02:05:14
173	687	 CATARINA LOPES	Senior F.	KO TRAIL RUNNING	02:06:40
174	555	 LUIS MATIAS	Senior M.	Green Trace Runners	02:07:50
175	553	 CARLA FERREIRA	Senior F.	Green Trace Runners	02:07:52
176	730	 TAPIO MAKI	Vet. M40	Individual	02:08:00
177	565	 MARIA LUÍSA	Senior F.	Individual	02:09:54
178	659	 JOSÉ MARTINS	Vet. M40	Individual	02:10:04
179	669	 AMILCAR RAINHO	Vet. M45	Individual	02:11:50
180	624	 PEDRO GOMES	Senior M.	Individual	02:11:50
181	685	 CLÁUDIA LEITE	Vet F40	JOMI	02:12:46
182	684	 RENATO CARVALHO	Senior M.	JOMI	02:12:46
183	540	 RUI FERREIRA	Vet. M45	Cross Training	02:12:55
184	110	 SARA MARTINS	Senior F.	Rainha Club	02:14:20
185	719	 VICTOR PAIVA	Vet. M40	Rainha Club	02:14:21
186	696	 SONIA	Vet F40	KO TRAIL RUNNING	02:16:27
187	689	 CARLOS CARIA	Senior M.	KO TRAIL RUNNING	02:17:01
188	525	 HELENA PEREIRA	Senior F.	Cross Training	02:17:51
189	529	 DANIEL MARQUES	Senior M.	Cross Training	02:17:51
190	582	 BRUNO SIMÕES	Senior M.	Individual	02:20:38
191	564	 IVONE MARQUES	Senior F.	Individual	02:20:38
192	508	 MARTA CHAVES	Senior F.	BTT 100 Rumo	02:22:30
193	522	 FREDERICO TEIXEIRA	Senior M.	Cirúrgicos	02:23:33
194	570	 NEIZA LIMA	Senior F.	Individual	02:26:49
195	652	 MARIA ARAÚJO	Vet F45	Individual	02:28:27
196	671	 ANTÓNIO MELO	Vet. M45	Individual	02:28:39
197	562	 ELISA FERREIRA	Senior F.	Individual	02:45:40
198	505	 EMÍLIA SILVA	Vet F40	as gajas do PM	02:51:19
199	504	 DANIELA FONTES	Senior F.	as gajas do PM	02:51:20
200	650	 EDNA MARQUES	Vet F45	Individual	03:15:50
201	563	 INÊS	Senior F.	Individual	03:15:50

