

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
1	56	Joel Couto	Grupo Alegre Unido Bajouca	01:08:16	00:00:00
2	224	Nuno Gonçalves	RUNCROSSTRAIL	01:09:08	00:00:52
3	75	Andre Fonseca	www.projetoamelia.org/Liz Runners	01:09:44	00:01:28
4	221	Fernando Marques	DCI/Trilhos Luso Bussaco	01:10:24	00:02:08
5	128	Duarte Cruz Cruz	CSCD NORTE e SOURE	01:10:25	00:02:09
6	299	Joao Pedro Alves	G.R.Corredoura	01:11:10	00:02:54
7	278	António Jesus	Vulcal	01:11:36	00:03:20
8	99	Amândio Paulo	CLube Desportivo Ribeirense	01:12:56	00:04:40
9	228	Fábio Mendes	Dá-lhe gás Team	01:13:48	00:05:32
10	217	Fernando Freire	Dá-lhe gás Team	01:14:22	00:06:06
11	281	Miguel Cotrim	Clube de Atletismo de Ferreira do Zêzere	01:14:24	00:06:08
12	258	Paulo Nogueira	Montanha Clube Trail Running /EFAPEL	01:15:19	00:07:03
13	215	José Pereira	Saca Trilhos Anadia	01:15:22	00:07:06
14	165	Luis Ramos		01:15:30	00:07:14
15	54	José Gonçalves	Grupo Alegre Unido Bajouca	01:15:47	00:07:31
16	160	Ernesto Nabeiro	SOURE MOV	01:16:26	00:08:10
17	296	Fábio Freire	UDSG	01:16:40	00:08:24
18	267	Ivo Silva	UDSG	01:16:41	00:08:25
19	73	David Pereira		01:17:15	00:08:59
20	262	Rafael Martinho	Trilhos dos Templários / XPORFIT	01:17:52	00:09:36
21	92	Paulo Samuel Amaro	PelaEstradaFora	01:17:59	00:09:43
22	271	Cristóvão Ginja	MR Runners	01:18:05	00:09:49
23	304	André Bento	G.R.Corredoura	01:18:13	00:09:57
24	295	Marques Celso		01:18:33	00:10:17
25	210	Luís Caetano		01:19:01	00:10:45
26	135	Arlindo Ribeiro	Formobike BTT&Trail Running	01:19:31	00:11:15
27	138	Tiago Carvalho	1 Trail Trilhos do Diabo	01:19:52	00:11:36
28	181	João Sacramento	OzXtreme/ADCRPereira	01:19:57	00:11:41
29	277	André Filipe		01:20:05	00:11:49
30	310	Tomas Rocha	UDSG	01:20:26	00:12:10
31	72	Telmo Santos		01:20:50	00:12:34
32	111	Daniel Lourenço	clube atletismo da barreira	01:21:09	00:12:53
33	87	Alexandre Marcelo	AnsiBikers	01:21:11	00:12:55
34	119	Fernando Machado	Almatrail	01:21:16	00:13:00
35	100	Miguel Gineto	CLube Desportivo Ribeirense	01:22:14	00:13:58
36	93	José Ramalho	AnsiBikers	01:22:33	00:14:17
37	223	Denise Pereira	RUNCROSSTRAIL	01:22:36	00:14:20
38	302	Emanuel Batista	A. C. S. Mamede	01:23:06	00:14:50
39	39	Rodrigo Rosa	A.D.R Aguas Belas	01:23:16	00:15:00
40	275	Manuel Silva		01:24:13	00:15:57

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
41	91	João Oliveira	JOAQUIM CHAVES SAÚDE	01:24:18	00:16:02
42	49	Micael Rodrigues	Grupo Alegre Unido Bajouca	01:24:22	00:16:06
43	40	Carlos Duro	A.D.R Aguas Belas	01:24:32	00:16:16
44	148	Eugénio Santos	Out 2 run/Miro	01:24:54	00:16:38
45	268	Helder Marco Domingues		01:25:01	00:16:45
46	133	João Costa	Dá-lhe gás Team	01:25:24	00:17:08
47	276	Ricardo Sousa	Tribo NR	01:25:29	00:17:13
48	286	Ramiro Luis	AnsiBikers	01:26:08	00:17:52
49	175	Humberto Oliveira	Almatrail	01:26:16	00:18:00
50	227	Renato Barros	Montanha Clube Trail Running /EFAPEL	01:26:39	00:18:23
51	132	Luis Vilela	Lousã	01:26:40	00:18:24
52	235	Jorge Miguel	Trail da Ladeia	01:26:46	00:18:30
53	121	André Pereira	Dá-lhe gás Team	01:26:48	00:18:32
54	157	Vítor Mota	Slowrunners Pombal	01:26:55	00:18:39
55	306	Paulo Pereira	G.R.Corredoura	01:27:24	00:19:08
56	151	Rodrigo Simões	CSCD NORTE e SOURE	01:27:32	00:19:16
57	247	Ricardo Vieira	G.R.Corredoura	01:27:40	00:19:24
58	159	Carlos Cunha	A. C. S. Mamede	01:28:49	00:20:33
59	10	Ricardo Santa		01:29:04	00:20:48
60	204	Luís Costa	Tartarugas	01:29:24	00:21:08
61	176	Renato Santos	Vilaventura - Trail Running Team	01:29:52	00:21:36
62	144	Rui André Pedrosa Estrada		01:30:01	00:21:45
63	59	Francisco Simões		01:31:18	00:23:02
64	162	Filipa Casimiro	A. C. S. Mamede	01:31:21	00:23:05
65	301	David Custódio	A. C. S. Mamede	01:31:34	00:23:18
66	161	Carlos Bárbara	A. C. S. Mamede	01:31:35	00:23:19
67	21	Kevin Gaspar	Dá-lhe gás Team	01:31:47	00:23:31
68	127	Paulino Oliveira	#Osmanos	01:32:12	00:23:56
69	44	Domingos Casimiro	A.D.R Aguas Belas	01:32:14	00:23:58
70	192	Miguel Matias	CSCRF CHARNECA	01:32:41	00:24:25
71	274	Paula Valente	AnsiBikers	01:32:42	00:24:26
72	118	Rodrigo Santos	SANTOS	01:32:51	00:24:35
73	142	André Costa		01:33:15	00:24:59
74	272	Patrícia Rodrigues	MR Runners	01:33:17	00:25:01
75	241	Tiago Joaquim	SCFZ Trail Runners	01:33:53	00:25:37
76	9	Humberto Oliveira		01:34:11	00:25:55
77	6	Ricardo Brasio		01:34:35	00:26:19
78	96	João Alcobia	Pias em Movimento	01:34:48	00:26:32
79	150	Nelson Lopes	DNM SPORT TEAM	01:35:09	00:26:53
80	38	Luis Miguel Gião Fernandes	Veteranos Penelenses	01:35:13	00:26:57

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
81	246	Luis Nunes	Dá-lhe gás Team	01:35:22	00:27:06
82	526	André Crespo	Grupo Alegre Unido Bajouca	01:35:29	00:27:13
83	16	Silvia Dias	Dá-lhe gás Team	01:35:43	00:27:27
84	63	José Antunes	Dá-lhe gás Team	01:35:46	00:27:30
85	82	Diogo Alves	Dá-lhe gás Team	01:35:47	00:27:31
86	169	Gonçalo Freitas	CCD CRÉDITO AGRÍCOLA MÚTUO	01:35:49	00:27:33
87	242	António Palmeira	CLube Desportivo Ribeiense	01:35:53	00:27:37
88	3	Ramiro Rodrigues	Grupo Alegre Unido Bajouca	01:36:04	00:27:48
89	280	Dulce Lopes	MR Runners	01:36:06	00:27:50
90	510	Tomás Gomes Cunha		01:36:10	00:27:54
91	7	Luis Mendes	Trilhos da Nexebra TRAIL	01:36:24	00:28:08
92	266	Miguel Eugénio	Trilhos da Nexebra TRAIL	01:36:45	00:28:29
93	32	Julio Costa	AnsiBikers	01:37:17	00:29:01
94	206	Eunice Magalhães	DCI/Trilhos Luso Bussaco	01:37:45	00:29:29
95	594	Anabela Remédios		01:37:47	00:29:31
96	78	Telmo Filipe Fernandes Rodrigues		01:37:55	00:29:39
97	300	Victor Da Ponte	Moisés Lourenço PT	01:38:34	00:30:18
98	240	Nuno Seabra	Trailrunners	01:38:55	00:30:39
99	81	João Garrido	clube Nortada - Murtosa Night Runners	01:39:00	00:30:44
100	153	José Madeira	SOURE MOV	01:39:43	00:31:27
101	564	Rafael Silva		01:39:46	00:31:30
102	179	Lisete Antunes	Associação Pombal Jovem	01:40:02	00:31:46
103	65	Samuel Rocha Bairrada	AnsiBikers	01:40:04	00:31:48
104	30	Pedro Mendes	AnsiBikers	01:40:07	00:31:51
105	303	Leonor Mota	A. C. S. Mamede	01:40:27	00:32:11
106	68	Miguel Midões	Living Place	01:40:39	00:32:23
107	297	Mario Salgado		01:40:52	00:32:36
108	158	Gilberto Santos		01:40:54	00:32:38
109	167	Humberto Oliveira	Out 2 run/Miro	01:40:59	00:32:43
110	269	Goreti Gaudêncio	Gim Running Team/Inércia S.C	01:41:07	00:32:51
111	25	Silvina Baptista	TiMim	01:41:15	00:32:59
112	182	João Costa		01:42:39	00:34:23
113	27	Ilda Botelho	TiMim	01:42:47	00:34:31
114	28	Paulo Botelho	TiMim	01:42:49	00:34:33
115	512	Jorge Ramos		01:42:57	00:34:41
116	164	Joel Sim A	URDJuncalense	01:43:20	00:35:04
117	149	Paulo AraÚjo	Slowrunners Pombal	01:43:31	00:35:15
118	26	Fernando Ribeiro	TiMim	01:43:43	00:35:27
119	194	Pedro Moreira	Slowrunners Pombal	01:43:46	00:35:30
120	264	Nuno Fernandes	OPraticante.pt	01:43:48	00:35:32

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
121	60	Jorge Lopes		01:44:00	00:35:44
122	178	Ana Bárbara		01:44:13	00:35:57
123	83	Eliana Raimundo	Dá-lhe gás Team	01:44:15	00:35:59
124	4	Adriano Carvalho		01:44:16	00:36:00
125	97	Jorge Cancelinha	SFASC Runners	01:44:39	00:36:23
126	311	Tânia Guiomar	CF Pombal	01:44:42	00:36:26
127	198	Ricardo Grunho	SFASC Runners	01:44:44	00:36:28
128	273	Benilde Santos	MR Runners	01:44:53	00:36:37
129	168	Bruno Lima	CCD CRÉDITO AGRÍCOLA MÚTUO	01:44:59	00:36:43
130	197	Bruno Abrantes	Almatrail	01:45:16	00:37:00
131	129	Raquel Matias		01:45:19	00:37:03
132	48	Paula Martins	Ansião	01:45:22	00:37:06
133	15	Jorge Mendes	CUMIBROA BIKE'S RUNNING TEAM	01:45:44	00:37:28
134	13	Carlos Mendes	CUMIBROA BIKE'S RUNNING TEAM	01:45:46	00:37:30
135	84	Catarina Oliveira	Dá-lhe gás Team	01:46:08	00:37:52
136	191	Ana Nicolau	Dá-lhe gás Team	01:46:09	00:37:53
137	154	Nuno Pinheiro	SOURE MOV	01:46:22	00:38:06
138	282	Carlos Matias	SICOFLYING	01:46:24	00:38:08
139	50	Diogo Domingues	Grupo Alegre Unido Bajouca	01:46:31	00:38:15
140	203	Teresa Rosa	Tartarugas	01:46:36	00:38:20
141	185	Nuno Gomes	Onde é a bucha?	01:46:39	00:38:23
142	293	Helder Roque		01:46:45	00:38:29
143	104	Rodrigo Gonçalves		01:46:54	00:38:38
144	199	Carla Gonçalves	Dá-lhe gás Team	01:46:55	00:38:39
145	5	André Estrela		01:46:57	00:38:41
146	143	Nuno Lourenço	Trilhos da Nexebra TRAIL	01:47:02	00:38:46
147	18	Graça Queiroz		01:47:41	00:39:25
148	43	Luis Casimiro	A.D.R Aguas Belas	01:47:43	00:39:27
149	248	Rita Mendes	CF Pombal	01:47:56	00:39:40
150	290	Bruno Silva	Ferreira do Zêzere	01:48:09	00:39:53
151	218	Pedro Rodrigues		01:48:13	00:39:57
152	130	Paulo Tábuas		01:48:40	00:40:24
153	125	Ana Melo	CC Family	01:48:44	00:40:28
154	172	Sílvia Domingues	Slowrunners Pombal	01:50:00	00:41:44
155	124	Lucia Martins	O MUNDO DA CORRIDA	01:50:11	00:41:55
156	136	Pedro Santos	TiMim	01:51:11	00:42:55
157	229	Susana Gomes	Dá-lhe gás Team	01:51:18	00:43:02
158	29	Vitor Santos	Dá-lhe gás Team	01:51:19	00:43:03
159	201	Vitor Gariso	SOURE MOV	01:51:22	00:43:06
160	85	Pedro Jordão	Farmácia Luciano e Matos	01:51:25	00:43:09

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
161	261	Rui Rocha		01:51:29	00:43:13
162	117	Karina Sousa	SANTOS	01:51:56	00:43:40
163	180	Ana Pinto		01:51:59	00:43:43
164	170	Fernando Medeiros	Avelar	01:52:01	00:43:45
165	95	António Joaquim	Pias em Movimento	01:53:11	00:44:55
166	116	Miguel Silva		01:53:58	00:45:42
167	188	Joao Gomes	Vilaventura - Trail Running Team	01:54:46	00:46:30
168	200	Elisabete Carreira	SOURE MOV	01:55:35	00:47:19
169	2	Joao Carlos Gaspar Simoes		01:55:36	00:47:20
170	57	Zélia Caseiro		01:55:48	00:47:32
171	61	Valter Marques Goncalves	Engrolas	01:56:11	00:47:55
172	62	Pedro Silva	Engrolas	01:56:13	00:47:57
173	139	Eva Moutinho		01:56:49	00:48:33
174	140	Pedro Mesquito		01:56:51	00:48:35
175	53	Anabela Fernandes	Grupo Alegre Unido Bajouca	01:57:41	00:49:25
176	312	Ausenda Santos	CF Pombal	01:58:44	00:50:28
177	122	Manuela Silva	Dá-lhe gás Team	01:59:02	00:50:46
178	287	Sonia Santos		01:59:22	00:51:06
179	45	Marco Oliveira		01:59:26	00:51:10
180	41	Zulmira Silva	A.D.R Aguas Belas	01:59:30	00:51:14
181	171	Marta Fonseca	Out 2 run/Miro	01:59:32	00:51:16
182	259	Vitor Fonseca	Coimbra Trail Running	02:00:15	00:51:59
183	260	Natália José	Coimbra Trail Running	02:00:17	00:52:01
184	155	Rosália Duarte	SOURE MOV	02:01:04	00:52:48
185	141	Jorge Ferreira	Sebal	02:01:15	00:52:59
186	207	Maria João Antonio	Não dá mais	02:01:29	00:53:13
187	89	Helder Carrasqueira	Dá-lhe gás Team	02:02:13	00:53:57
188	244	João Rodrigues		02:02:50	00:54:34
189	265	Zina Fernandes	OPraticante.pt	02:03:05	00:54:49
190	183	Mário Rui Ferreira	Tribo NR	02:03:08	00:54:52
191	220	Helena Lopes	Tribo NR	02:03:10	00:54:54
192	263	David Silva	OPraticante.pt	02:03:23	00:55:07
193	134	Gilvania Gaspar	Jástrada	02:03:50	00:55:34
194	222	Elisabete Pereira	Jástrada	02:03:51	00:55:35
195	309	Sónia Pereira	Pombal Jornal	02:04:31	00:56:15
196	308	Claudia Mota	Pombal Jornal	02:04:33	00:56:17
197	35	Fatima Anastacio	Dá-lhe gás Team	02:04:57	00:56:41
198	279	Anabela Ferreira	Dá-lhe gás Team	02:05:04	00:56:48
199	36	Júlio Loureiro	Dá-lhe gás Team	02:05:06	00:56:50
200	115	Sílvia Ribeiro		02:05:08	00:56:52

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
201	12	Miguel Peres	AnsiBikers	02:06:05	00:57:49
202	245	Nuno Martins		02:06:21	00:58:05
203	250	Telma Simões	Moisés Lourenço PT	02:06:29	00:58:13
204	251	Carlos Afonso	Moisés Lourenço PT	02:06:32	00:58:16
205	298	António Alves	Moisés Lourenço PT	02:06:33	00:58:17
206	131	Marilia Teixeira		02:07:51	00:59:35
207	289	Pedro Lemos	Tiba Running team	02:07:54	00:59:38
208	51	Luísa Areia	Grupo Alegre Unido Bajouca	02:07:56	00:59:40
209	23	Patrícia Abreu		02:08:07	00:59:51
210	101	Alexandra Sousa		02:08:27	01:00:11
211	22	Ana Lima	Dá-lhe gás Team	02:08:29	01:00:13
212	243	Celia Oliveira		02:10:52	01:02:36
213	212	José Gonçalves		02:10:55	01:02:39
214	166	Isabel Rasteiro	Out 2 run/Miro	02:11:38	01:03:22
215	64	Nuno Mourato		02:12:13	01:03:57
216	255	Hugo Rodrigues		02:13:26	01:05:10
217	147	Raul Santos		02:13:28	01:05:12
218	256	Maria Do Ceu Rodrigues		02:13:30	01:05:14
219	46	Maria Rodrigues		02:13:32	01:05:16
220	11	Vitor Almeida	Dá-lhe gás Team	02:16:51	01:08:35
221	105	Mariza Silva	Lourival Bike Team	02:18:02	01:09:46
222	106	André António	Lourival Bike Team	02:18:05	01:09:49
223	108	Liliana Domingos	Dá-lhe gás Team	02:18:41	01:10:25
224	109	Rute Silva	Dá-lhe gás Team	02:18:43	01:10:27
225	79	Rosa Cunha	Farmácia Luciano e Matos	02:20:46	01:12:30
226	74	Gabriel Cristo		02:21:37	01:13:21
227	209	Fatima Caetano	Dá-lhe gás Team	02:22:19	01:14:03
228	94	Manuela Murtinho	Dá-lhe gás Team	02:22:52	01:14:36
229	146	Gary Quintal		02:25:16	01:17:00
230	186	Marta Gomes	Onde é a bucha?	02:27:03	01:18:47
231	187	Anabela Ribeiro	Onde é a bucha?	02:27:05	01:18:49
232	69	Anabela Midões	Living Place	02:29:26	01:21:10
233	174	Cátia Rodrigues	Dá-lhe gás Team	02:37:52	01:29:36
234	196	Joao Neves		02:39:25	01:31:09
235	90	Mónica Cunha	Farmácia Luciano e Matos	02:40:56	01:32:40
236	195	Celmira Teixeira		02:40:58	01:32:42
237	252	Dercio Teixeira	Const Alvorgense	02:46:23	01:38:07
238	253	Joao Loureiro	Const Alvorgense	02:46:25	01:38:09
239	70	Cristiana Midões	Living Place	03:24:31	02:16:15