

Lugar	Nome	Equipa	Escalão	Dorsal	Tempo
1	NUNO GONCALVES	RUNCROSSTRAIL	M40	1 620	01:10:14.024
2	BRUNO FILIPE	Clube Veteranos do Lis	MSEN	1 541	01:10:14.075
3	DAVID CRUZ	G.R.Corredoura	MSEN	2 519	01:10:24.045
4	JOEL COUTO	Grupo Alegre Unido Bajouca	M40	2 635	01:12:17.079
5	CARLOS SIMÕES	ARSM - Associação Recreativa de S. Miguel	M50	1 689	01:12:54.006
6	PEDRO SIMÕES	ARSM - Associação Recreativa de S. Miguel	M45	1 601	01:13:57.012
7	PEDRO BATISTA	MONTANHA CLUBE TRAIL RUNNING / EFAPEL	MSEN	3 619	01:14:34.089
8	ANTÓNIO SILVA	Corridas por Albergaria	M40	3 505	01:16:15.065
9	CELSO MARQUES	NEXEBRA TRAIL TEAM	MSEN	4 594	01:17:06.060
10	JOSÉ GONÇALVES	Grupo Alegre Unido Bajouca	M50	2 639	01:18:23.086
11	RODRIGO VIEIRA	100 Gas Trail Team	MSUB23	1 731	01:19:34.075
12	WILSON SUBTIL	NDA	M45	2 528	01:20:49.058
13	FABIO MARQUES	NEXEBRA TRAIL TEAM	MSEN	5 593	01:20:49.078
14	OTELO PEREIRA	Grupo Alegre Unido Bajouca	M40	4 637	01:20:58.072
15	RUI FERREIRA		M40	5 526	01:21:07.021
16	AURÉLIO SAÚDE	ARSM - Associação Recreativa de S. Miguel	M40	6 596	01:21:08.039
17	JOSÉ SIMÕES	ARSM - Associação Recreativa de S. Miguel	M50	3 585	01:21:30.094
18	TIAGO CARVALHO	CCD CRÉDITO AGRÍCOLA MÚTUO	M40	7 557	01:21:41.041
19	JOEL BATISTA	Lourival Bike Team	MSEN	6 613	01:22:08.080
20	HÉLDER COELHO	Os Moitas	M40	8 682	01:22:41.020
21	ANTÓNIO FERREIRA	SUPERFRESCO TRAIL TEAM	M55	1 698	01:22:44.004
22	DANIEL MATIAS	TiMim	MSEN	7 580	01:22:59.005
23	DENISE PEREIRA	RUNCROSSTRAIL	FSEN	1 621	01:23:23.070
24	CARLOS DURO	A.D.R Águas Belas	M60	1 678	01:23:24.028
25	TIAGO FERNANDES		MSEN	8 547	01:23:40.085
26	ANDRÉ FERNANDES	Grupo Alegre Unido Bajouca	M40	9 636	01:23:54.084
27	FILIPE ANTONIO	trail da ladeia running team	M45	3 548	01:24:20.039
28	RUBEN BAETA	CCD CRÉDITO AGRÍCOLA MÚTUO	MSEN	9 555	01:25:13.099
29	LUIS SIMOES	Caracol Trail Team	M45	4 560	01:25:17.068
30	NUNO MENDES	LORENZO - SPORTS TEAM	MSEN	10 507	01:25:21.088
31	ANTÓNIO OLIVEIRA	100Juízo Runners	MSUB23	2 530	01:25:24.072
32	ALEXANDRE MARCELO	Ansibikers	MSEN	11 752	01:25:42.077
33	HUGO BARQUEIRO	Grupo Alegre e Unido da Bajouca	MSEN	12 716	01:26:05.087
34	LUÍS GANTE		M45	5 685	01:26:40.072
35	VITOR REIS	Ama (dores) Trail Team ACRU	M55	2 707	01:27:27.081
36	JOSÉ RAMALHO	AnsiBikers	M55	3 46	01:28:12.069
37	ANÍBAL GODINHO	Caracol Trail Team	M55	4 53	01:28:34.001
38	LEANDRO ANDRÉ		M40	10 747	01:28:59.092
39	LUÍS FERNANDES	CUMIBROA BIKE`S RUNNING TEAM	MSEN	13 569	01:29:19.052
40	HUGO MONTEIRO	CUMIBROA BIKE`S RUNNING TEAM	MSUB23	3 570	01:29:30.013
41	RODRIGO SANTOS	100 Gas Trail Team	MSEN	14 566	01:29:51.081
42	HELDER DOMINGUES	Individual	M40	11 720	01:30:09.086
43	RICARDO MADUREIRA	CLUVE	M55	5 687	01:30:42.019
44	SERGIO PAIS	VACA TT	M45	6 586	01:30:54.025
45	PAULO TABUAS	AlmaTrail	M50	4 540	01:31:18.083
46	VICTOR FERREIRA	TiMim	M50	5 625	01:31:29.074
47	LUIS FERREIRA	SUPERFRESCO TRAIL TEAM	MSEN	15 696	01:31:44.028
48	MARCO BRASIO		MSEN	16 590	01:31:48.081
49	VITOR LOPES	ACV	M50	6 672	01:32:01.035
50	RUI FARIA	VACA TT	M40	12 587	01:32:28.042
51	CRISTINA PEDRO	Casa do Benfica em Abrantes	F40	1 756	01:33:05.091
52	JOÃO SANTOS		M45	7 545	01:33:48.037
53	JOÃO DÂMASO	Grupo Maravilha	MSEN	17 617	01:33:56.062
54	DOMINGOS CASIMIRO	A.D.R Águas Belas	M50	7 680	01:34:01.081
55	RUBEN FERREIRA	CUMIBROA BIKE`S RUNNING TEAM	MSEN	18 584	01:34:22.073
56	JOSÉ SACRAMENTO	Almatrail	M50	8 729	01:34:45.032
57	RENATO SANTOS	Vilaventura - Trail Running Team	MSEN	19 666	01:34:55.044

Lugar	Nome	Equipa	Escalão	Dorsal	Tempo	
58	FÁBIO MENDES	Lagarteira Fura-Matas	MSEN	20	632	01:35:04.013
59	RUI VALENTE	Ansibikers	MSEN	21	554	01:35:07.072
60	FERNANDO GOMES		M60	2	727	01:35:20.000
61	RUI NEVES	Wolf Team Run	MSEN	22	690	01:35:28.065
62	NORBERTO ROSA	Jáestrada	M40	13	691	01:35:41.031
63	CLARINDA SANTOS	Os Moscardos	F40	2	559	01:36:22.050
64	JÚLIO LOUREIRO	100 Gás Trail Team	M45	8	521	01:36:23.029
65	PAULO BOTELHO	TiMim	M45	9	543	01:36:53.027
66	ELIANA RAIMUNDO		FSEN	2	513	01:37:01.022
67	PEDRO RITO		M45	10	733	01:37:04.079
68	LUIS TERCEIRO	NEXEBRA TRAIL TEAM	M40	14	595	01:37:18.002
69	NUNO LAÍM	ARC Vale Florido	MSEN	23	622	01:37:51.036
70	JOÃO GARRIDO	100Juizo Runners	MSEN	24	515	01:38:19.079
71	NELSON LOPES		M40	15	702	01:38:50.092
72	PEDRO RODOLFO		MSEN	25	732	01:39:11.023
73	MÁRIO CARVALHO		M50	9	564	01:39:19.078
74	TIAGO FERREIRA	Soure	MSEN	26	750	01:39:39.093
75	JOÃO MARQUES	Maranhão	MSEN	27	647	01:39:48.069
76	CARLA SILVA	100 Gás Trail Team	FSEN	3	683	01:39:58.078
77	CECILIA MENDES	Coimbra	F40	3	718	01:39:59.022
78	LUIS DUARTE	ASSSCC	M40	16	714	01:40:03.041
79	TIAGO CLARO	Associação Pombal Jovem	MSEN	28	670	01:40:44.090
80	JOÃO GASPAR	Associação Pombal Jovem	MSEN	29	544	01:40:47.016
81	ANDRÉ SARDINHA	CUMIBROA BIKE`S RUNNING TEAM	MSEN	30	583	01:40:47.022
82	SILVINA BAPTISTA	TiMim	F45	1	537	01:40:56.043
83	ADRIANO SILVA	LIVING PLACE	M45	11	614	01:41:17.054
84	ANTÓNIO SALGADO	alma trail	M50	10	674	01:41:58.078
85	PAULO SIMÕES	Maranhão	MSEN	31	651	01:42:24.043
86	PAULO BRANCO	SUPERFRESCO TRAIL TEAM	MSEN	32	697	01:42:52.008
87	VALTER GOMES	Caminhos do Diabo	MSEN	33	722	01:42:56.010
88	HELDER GASPAR	100 Gás Trail Team	MSEN	34	534	01:42:57.038
89	LOURENÇO GOMES		M45	12	654	01:43:11.078
90	GRAÇA QUEIROZ		F45	2	600	01:43:16.045
91	JORGE CANCELINHA	NVCA	M40	17	755	01:43:28.023
92	PAULA MARTINS	Eu posso correr	F40	4	688	01:44:22.096
93	SIMÃO LOPES	ALMATRAIL	M40	18	644	01:44:35.080
94	GERMANO ANASTÁCIO	Almatrail	M50	11	656	01:44:35.091
95	FERNANDO MEDEIROS	Avelar Sunset Trail - VACA TT	M50	12	695	01:44:38.054
96	PEDRO GOMES		MSEN	35	657	01:45:02.054
97	JORGE FARIA	CUMIBROA BIKE`S RUNNING TEAM	M45	13	572	01:45:07.093
98	ANTÓNIO GONÇALVES	Maranhão	MSEN	36	645	01:45:09.018
99	LUIS CASIMIRO	A.D.R Águas Belas	MSUB23	4	681	01:45:09.096
100	MIGUEL MIDÕES	LIVING PLACE	MSEN	37	607	01:45:27.020
101	MANUEL GASPAR	Jáestrada	M55	6	692	01:45:38.016
102	JAIME SOUSA	Ansibikers	M55	7	14	01:45:44.018
103	CARLOS AFONSO	NEGEBRA TRAIL TEAM	M45	14	522	01:45:57.055
104	MONICA SALVADOR	Gear up	F40	5	664	01:46:32.094
105	DANIELA GUERRA	Team Korpo Activo	FSEN	4	900	01:47:35.047
106	JORGE LOPES		M45	15	684	01:47:38.047
107	PAULO NEVES	Lama Solta	MSEN	38	748	01:48:15.075
108	NELIA PEDROSA	Free Runners	F40	6	550	01:48:33.063
109	PEDRO ARROJADO	100juízo runners	MSEN	39	511	01:48:37.085
110	JOEL MENDES	Lagarteira Fura-Matas	MSUB23	5	633	01:48:51.061
111	CARLA GONÇALVES	100 GÁS TRAIL TEAM	F40	7	737	01:48:56.024
112	GABRIELA OLIVEIRA	Team Korpoactivo	FSEN	5	653	01:48:58.057
113	KEVIN GASPAR	100 Gás Trail Team	MSEN	40	546	01:48:58.072
114	ILDA BOTELHO	TiMim	F40	8	542	01:49:07.010

Lugar	Nome	Equipa	Escalão	Dorsal	Tempo	
115	FREDERICO MARTINS	Pascoalitos	MSEN	41	708	01:49:16.073
116	BRUNO CUNHA	Roda Dianteira	M40	19	631	01:49:27.062
117	ISABEL VIEIRA	Eu Posso Correr	F50	1	597	01:49:38.084
118	CARLOS MENDES	CUMIBROA BIKE`S RUNNING	MSEN	42	573	01:49:47.095
119	ARLINDO NEVES		M55	8	1116	01:50:07.091
120	BASÍLIO ANTÓNIO	Individual	M40	20	669	01:50:15.031
121	ANABELA FERREIRA	100 Gás Trail Team	F45	3	582	01:50:22.042
122	JOÃO NEPOMUCENO	100 Gás Trail Team	M45	16	69	01:50:26.079
123	PAULA ANDRADE	VIKINGS TRAIL RUNNERS /CCR ALCABIDEQUE	F45	4	739	01:50:33.064
124	GUILHERME GONÇALVES		M40	21	738	01:50:46.072
125	HELDER CARRASQUEIRA	100 Gás Trail Team	M40	22	500	01:51:10.091
126	ISABEL PARREIRAL	Gear up	FSEN	6	658	01:51:11.062
127	ANA GASPAR	FRUTORRA	FSUB23	1	1212	01:51:11.094
128	JOSÉ GONÇALVES	Individual	M60	3	717	01:51:32.067
129	VALTER GONCALVES	LORENZO - SPORTS TEAM	MSEN	43	506	01:51:43.024
130	PEDRO SILVA	LORENZO - SPORTS TEAM	MSEN	44	504	01:51:43.043
131	TÂNIA PEDROSA	Rocket team	FSEN	7	660	01:51:45.032
132	LILIANA PEDROSA	ROCKET TEAM	F40	9	659	01:51:45.091
133	TIAGO MIGUEL	A.R.C Vale Florido	MSEN	45	745	01:51:52.006
134	LUIS ALVES		MSEN	46	650	01:52:29.057
135	KARINA SOUSA	100 Gás Trail Team	FSEN	8	565	01:52:31.033
136	ZE MIGUEL	Expertree	MSEN	47	709	01:53:00.036
137	CARLOS GASPAR		M50	13	724	01:53:17.069
138	MARISA GOMES		FSEN	9	726	01:53:26.009
139	SABINA BRÁSIO	VACA TT	FSEN	10	588	01:53:46.014
140	MANUELA SILVA	100 gás trail team	FSEN	11	549	01:53:47.060
141	DANIELA SILVA	vilaventura- trail running team	FSUB23	2	581	01:53:48.034
142	PEDRO LEMOS	Tiba running team	M40	23	734	01:53:53.009
143	CARLA GOMES		FSEN	12	517	01:54:22.084
144	GERHARD DOPPLER	ADM ORI Mondego	M45	17	643	01:54:23.056
145	CARLOS DUARTE		M50	14	1063	01:54:30.078
146	FERNANDA SIMÕES		F50	2	743	01:54:43.058
147	JOÃO SIMÕES	100 Gás Trail Team	M60	4	598	01:54:43.065
148	CARLOS MARTINS	Race Team - Aveiro	M50	15	512	01:54:57.086
149	CLÁUDIA SÁ	100 Gás Trail Team	FSEN	13	553	01:55:03.051
150	ARMINDO SANTOS	ARC Vale Florido	MSEN	48	623	01:56:48.018
151	FERNANDO RIBEIRO	TiMim	M40	24	538	01:56:52.028
152	LUCIA TELES	AllforOne	F45	5	574	01:57:04.094
153	ANA PEREIRA	100Juízo Runners	FSEN	14	509	01:58:04.058
154	RUI ROCHA	Trilhos da Nexebra Trail	M50	16	640	01:58:40.068
155	MÁRIO MEDEIROS	Lorenzo Team	M50	17	604	01:59:06.074
156	ANABELA FERNANDES	Grupo Alegre Unido Bajouca	F45	6	638	01:59:11.035
157	PATRÍCIA ABREU	Individual	FSEN	15	514	02:00:14.002
158	ZULMIRA SILVA	A.D.R Águas Belas	F50	3	679	02:00:27.009
159	PEDRO ABREU	Try to Stop Us / LisTer Team	M40	25	754	02:01:38.063
160	SANDRA ANGELO	Team Korpo Activo	F40	10	706	02:01:41.046
161	ANA FREIRE	100juízo runners	FSEN	16	510	02:01:43.048
162	ANABELA MIDÕES	Living Place	F50	4	608	02:01:46.016
163	CATARINA LOURO	ARC Vale Florido	FSEN	17	602	02:02:41.005
164	CRISTINA MEIRELES	Umelga Runners	F55	1	575	02:03:00.012
165	RAUL SANTOS		M45	18	589	02:03:27.022
166	RUI NETO	Free Runners	M40	26	551	02:03:31.069
167	MARCO PEREIRA	BMRice Team	MSEN	49	533	02:03:32.093
168	FILIPE VICENTE		M40	27	741	02:04:08.013
169	ANABELA MONTEIRO	CUMIBROA BIKE`S RUNNING TEAM	F45	7	571	02:04:22.046
170	ODETE GANTE	Individual	F50	5	671	02:04:39.018
171	RITA BRÁSIO		FSEN	18	704	02:04:49.004

Lugar	Nome	Equipa	Escalão	Dorsal	Tempo	
172	JOSÉ ROCHA	100Juizo Runners	MSEN	50	525	02:04:54.046
173	ANTONIO NEVES	Souremov	M55	9	749	02:06:06.078
174	SANDRA RIBEIRO	Coimbra Trail Running	FSEN	19	746	02:06:40.078
175	GRACIETE ANTUNES		F45	8	723	02:07:18.059
176	LURDES VITAL		F40	11	563	02:07:41.012
177	ANDRE PEREIRA	TiMim	MSEN	51	753	02:07:41.087
178	JOQUINHA SANTINHOS	individual	M60	5	652	02:08:04.023
179	SANDRA MATOS	Fruta da 5ª	FSEN	20	711	02:08:06.031
180	EMANUEL MARQUES	#Runjust4fun	MSEN	52	579	02:08:08.056
181	BRUNO SILVA	Fruta Da 5ª	M40	28	713	02:09:08.052
182	MARGARETE RODRIGUES	Tu e EU	FSEN	21	677	02:10:13.036
183	FRANCISCO BORGES	Tu e Eu	M40	29	676	02:10:14.002
184	HELENA MARIZ	AllforOne	F40	12	568	02:10:35.064
185	ALEXANDRE SILVA	FRUTORRA	MSUB23	6	1211	02:10:49.000
186	MARIA MURTINHO	100 Gás Trail Team	F40	13	616	02:12:17.014
187	ISAAC GADANHA	Gadanha	MSEN	53	742	02:12:45.034
188	MIGUEL PERES		M50	18	715	02:12:48.022
189	GILVANIA GASPAR	Jáestrada	F40	14	694	02:16:00.033
190	ELISABETE PEREIRA	Jáestrada	F40	15	693	02:16:01.067
191	WILSON GODINHO	Almatrail	MSEN	54	673	02:16:01.082
192	LUDOVIC SANTOS		MSEN	55	567	02:16:45.081
193	MARTA CARMO	100Juizo Runners	FSEN	22	516	02:18:32.051
194	CARLA SILVA	Caminhar ao Luar	F45	9	740	02:18:48.067
195	SÉRGIO PEREIRA	Caminhar ao Luar	M45	19	655	02:18:57.092
196	DULCE MEDEIROS	100 Gás Trail Team	F45	10	501	02:19:37.032
197	VÍTOR FERNANDES	CALMA - Tomar	M60	6	667	02:23:50.089
198	ROSA RODRIGUES		F40	16	577	02:24:18.093
199	JAIME ANTUNES		MSEN	56	578	02:24:19.085
200	FILOMENA DIAS	CLUVE	F50	6	686	02:24:43.079
201	ARTUR ANASTACIO	Almatrail	M45	20	699	02:24:58.008
202	LUCIANA CONSTANCIO	Liz Runners	F40	17	757	02:26:18.014
203	VITOR BOAVIDA		M50	19	735	02:28:03.043
204	OLGA RASTEIRO	Pascoalitos	FSEN	23	730	02:28:31.013
205	ANDRÉ DUARTE		MSEN	57	668	02:31:04.002
206	ANABELA RODRIGUES	ACV Vermoil	F40	18	610	02:31:51.096
207	HENRIQUE ANTUNES	ACV Vermoil	M40	30	612	02:31:54.051
208	LUIS RIBEIRO	ACVermoil	M45	21	618	02:31:55.019
209	PAULO SÉRGIO	ACV Vermoil	M45	22	611	02:31:55.023
210	SANDRA MORAIS	alma trail	F45	11	675	02:32:01.096
211	ISABEL PEDROSA	Almatrail	F45	12	700	02:32:02.059
212	ELSA PIRES	Almatrail	F40	19	648	02:32:02.067
213	MARISA CAÇÃO	Pascoalitos	FSEN	24	721	02:32:34.052
214	BÁRBARA ALVES	BMRice Team	F40	20	531	02:33:02.010
215	MARIA FREIRE	100 Gás Trail Team	F60	1	599	02:33:09.004
216	DONZILIA SILVA	Pombal	FSEN	25	629	02:33:20.018
217	CELMIRA TEIXEIRA		F45	13	627	02:33:28.063
218	LAUDELINA TEIXEIRA	Fruta da 5ª	F45	14	710	02:37:57.028
219	LUÍS TEIXEIRA	Fruta da 5ª	M45	23	712	02:37:57.039
220	INÊS DIONÍSIO	Fruta da 5ª	FSUB23	3	751	02:37:57.070
221	RUI SILVA	Pombal	M50	20	630	02:38:10.075
222	FRANCISCO ROSA	100juizo Runners	M40	31	518	02:38:33.030
223	RITA PERDIGÃO	BMRice Team	FSEN	26	532	02:46:08.031
224	LUÍS SIMÕES	#Runjust4fun	M45	24	562	02:58:11.085
225	LISETE ANTUNES	100 Gás Trail Team	FSEN	27	502	02:58:14.006
226	MARCO OLIVEIRA	Trail da ladeia running team	M40	32	665	05:04:30.062