

Pos	Num	Nome	Equipa	Sx	Cat	Tempo	Chip	Média	Cat.
1.	479	António BRAZIELA	ORALKLASS-AMIGOS DO TRAIL	M	SENIORES MASC	0:47:19.170	0:46:59.260	04:44	1
2.	652	Pedro TAPADAS	Douroconta-Gabinete de Apoio e Contabilidade	M	SENIORES MASC	0:49:40.480	0:49:20.590	04:58	2
3.	670	Natan CALLLAIS	ORALKLASS-AMIGOS DO TRAIL	M	SENIORES MASC	0:51:11.240	0:50:51.890	05:07	3
4.	340	André SILVA	Dá-lhe Gás Trail Team Fisioduo	M	SENIORES MASC	0:52:35.700	0:52:15.620	05:16	4
5.	518	Joaquim ROCHA	DAPproduções	M	M50 MASC	0:53:11.840	0:52:55.960	05:19	1
6.	371	Bruno SANTOS	Douroconta-Gabinete de Apoio e Contabilidade	M	SENIORES MASC	0:53:13.480	0:52:53.110	05:19	5
7.	602	NELSON	Clube Zupper	M	SENIORES MASC	0:53:20.860	0:52:42.430	05:20	6
8.	385	Carlos MONTEIRO		M	M40 MASC	0:54:12.310	0:53:51.940	05:25	1
9.	338	André AREIAS	Javalis Trail Runners	M	SENIORES MASC	0:54:42.320	0:53:59.900	05:28	7
10.	641	Pedro GILVAZ	Bairro de Carcavelos	M	M40 MASC	0:54:43.660	0:54:22.910	05:28	2
11.	540	Luciano PEREIRA	Habcarpintaria	M	M40 MASC	0:54:57.690	0:54:37.670	05:30	3
12.	551	Luís SILVA	Ei Team Trail	M	M40 MASC	0:55:12.670	0:54:47.100	05:31	4
13.	644	Pedro MAGALHÃES	S C Espinho / António Leitão	M	SENIORES MASC	0:55:24.780	0:55:03.470	05:32	8
14.	351	António NUNES	Arada atlético clube	M	M50 MASC	0:55:28.310	0:55:08.970	05:33	2
15.	453	Francisco SOUSA	Ginásio Fitin	M	SENIORES MASC	0:55:34.220	0:55:10.370	05:34	9
16.	440	Fernando ALVES	Vizela - S.João	M	SENIORES MASC	0:55:43.390	0:55:18.130	05:34	10
17.	301	ABÍLIO	OPraticante.pt	M	M40 MASC	0:55:54.000	0:55:34.400	05:35	5
18.	350	António MARTINS	Boavista Trail	M	M50 MASC	0:55:57.970	0:55:38.220	05:36	3
19.	487	Joao RIBEIRO	ORALKLASS-AMIGOS DO TRAIL	M	SENIORES MASC	0:56:03.200	0:55:42.270	05:36	11
20.	102	Adérito OLIVEIRA	Dá-lhe Gás Trail Team Fisioduo	M	SENIORES MASC	0:56:08.520	0:55:46.180	05:37	12
21.	773	Agostinho CARNEIRO		M	M50 MASC	0:56:42.410	0:56:16.710	05:40	4
22.	307	Adelino PINTO	DAPproduções	M	SENIORES MASC	0:56:43.480	0:56:27.290	05:40	13
23.	472	Isidro PINTO	DAPproduções	M	SENIORES MASC	0:56:54.960	0:56:37.550	05:41	14
24.	565	Marco ANDRADE	OPRATICANTE.PT-AFIPRE TEAM	M	M40 MASC	0:58:08.060	0:57:47.800	05:49	6
25.	293	Pedro COSTA	Habcarpintaria	M	SENIORES MASC	0:58:35.940	0:58:07.250	05:52	15
26.	642	Pedro JORGE	Aliança Gandra	M	SENIORES MASC	0:59:42.640	0:59:18.940	05:58	16
27.	539	Luciano PENA	OPRATICANTE.PT-AFIPRE TEAM	M	SENIORES MASC	0:59:42.690	0:59:21.080	05:58	17
28.	557	Manuel SOUSA	Clínica Ana Silva	M	M40 MASC	0:59:55.780	0:59:31.000	05:59	7
29.	620	Paula BARBOSA	ORALKLASS-AMIGOS DO TRAIL	F	F40 FEM	1:00:00.230	0:59:40.370	06:00	1
30.	352	António CARVALHO	OPRATICANTE.PT-AFIPRE TEAM	M	M40 MASC	1:00:23.540	1:00:03.880	06:02	8
31.	530	Leonel NEVES	Aliança Gandra	M	M40 MASC	1:00:38.080	1:00:16.310	06:04	9
32.	370	Bruno SAMPAIO	Habcarpintaria	M	SENIORES MASC	1:00:39.130	1:00:13.700	06:04	18
33.	772	Ilídio OLIVEIRA	Clube Atletismo Astromil	M	SENIORES MASC	1:00:42.050	1:00:16.680	06:04	19
34.	402	CRISTIANO	Aperta Cordões	M	SENIORES MASC	1:01:08.460	0:59:42.470	06:07	20
35.	728	Tiago ALVES	DAPproduções	M	SENIORES MASC	1:01:16.310	1:00:55.850	06:08	21
36.	443	Fernando SEABRA		M	M50 MASC	1:01:17.350	1:00:57.390	06:08	5
37.	754	Vitor MOTA	OPRATICANTE.PT-AFIPRE TEAM	M	M40 MASC	1:01:18.820	1:00:58.580	06:08	10
38.	503	Jorge MOREIRA	Clínica Ana Silva	M	M40 MASC	1:02:02.150	1:01:38.390	06:12	11
39.	548	LUIS	Clube Zupper	M	SENIORES MASC	1:02:10.640	1:01:31.360	06:13	22
40.	303	Abilio OLIVEIRA	Majorfe	M	M40 MASC	1:02:20.510	1:01:41.990	06:14	12
41.	748	Vitor CUNHA	DAPproduções	M	SENIORES MASC	1:02:26.820	1:02:02.450	06:14	23
42.	771	Ilídio OLIVEIRA	Clube Atletismo Astromil	M	M50 MASC	1:02:26.850	1:02:01.600	06:14	6
43.	405	Luís RODRIGUES		M	SENIORES MASC	1:02:27.020	1:01:31.420	06:14	24
44.	733	Tiago MOTA	Fiaes Running	M	SENIORES MASC	1:02:56.890	1:02:28.030	06:17	25

Pos	Num	Nome	Equipa	Sx	Cat	Tempo	Chip	Média	Cat.
45.	442	Fernando GOMES	KeMedo Team	M	M50 MASC	1:03:23.470	1:02:54.290	06:20	7
46.	486	João MOREIRA	Ginásio Fitin	M	SENIORES MASC	1:03:31.700	1:03:08.250	06:21	26
47.	386	Carlos X PAIS	Escacar Pedra	M	M40 MASC	1:03:50.530	1:03:04.250	06:23	13
48.	654	Pedro VALES	GANSOS	M	M50 MASC	1:04:03.500	1:03:34.080	06:24	8
49.	505	Jorge MOREIRA	Clínica Ana Silva	M	M40 MASC	1:04:09.890	1:03:45.300	06:25	14
50.	655	Pedro VIEIRA	A.D. Amarante	M	M40 MASC	1:04:17.450	1:03:50.830	06:26	15
51.	369	Bruno QUINTINO	Milhundos United	M	SENIORES MASC	1:04:21.260	1:04:00.540	06:26	27
52.	746	Vítor ARAUJO	DAPproduções	M	SENIORES MASC	1:04:31.900	1:04:12.700	06:27	28
53.	380	Carlos COUTO	Outlaw Runners	M	M40 MASC	1:05:07.780	1:04:17.780	06:31	16
54.	491	João SOUSA	TRAIL TEAM CASA DAS REPARAÇÕES	M	M40 MASC	1:05:13.510	1:04:38.810	06:31	17
55.	356	Armando MACHADO	TRAIL TEAM CASA DAS REPARAÇÕES	M	M40 MASC	1:05:13.790	1:04:39.050	06:31	18
56.	417	Diogo LOPES	Habcarpintaria	M	SENIORES MASC	1:05:15.140	1:04:46.790	06:31	29
57.	635	Pedro CANCELO		M	M40 MASC	1:05:21.120	1:05:01.690	06:32	19
58.	390	CARLOS	Aliança Gandra	M	M50 MASC	1:05:31.860	1:05:07.890	06:33	9
59.	500	Jorge FERNANDES	RorizAventura	M	M40 MASC	1:05:34.310	1:04:26.240	06:34	20
60.	695	Samuel BESSA	RorizAventura	M	SENIORES MASC	1:05:35.090	1:04:19.950	06:34	30
61.	432	Eugénio CRUZ	DAPproduções	M	SENIORES MASC	1:05:38.080	1:05:12.870	06:34	31
62.	435	Fábio CAMPOS		M	SENIORES MASC	1:05:38.420	1:05:16.580	06:34	32
63.	463	Henrique LEAL		M	SENIORES MASC	1:05:46.060	1:05:08.920	06:35	33
64.	408	David MAGALHAES		M	M40 MASC	1:05:47.610	1:05:21.370	06:35	21
65.	640	Pedro DIAS	Boavista Trail	M	M40 MASC	1:05:49.870	1:05:30.570	06:35	22
66.	361	Asdrúbal FREITAS	Centro Ciclista de Gondomar	M	M50 MASC	1:05:52.010	1:05:15.050	06:35	10
67.	541	Luciano SILVA		M	SENIORES MASC	1:05:58.080	1:05:19.790	06:36	34
68.	747	Vítor TINAS		M	M40 MASC	1:06:08.360	1:05:37.860	06:37	23
69.	661	Renato ALVES		M	M40 MASC	1:06:52.840	1:04:39.020	06:41	24
70.	320	Alvaro ALMEIDA	GANSOS	M	M50 MASC	1:06:55.710	1:06:25.420	06:41	11
71.	461	Hélder SILVA	Elite Team Vizela	M	SENIORES MASC	1:07:02.880	1:06:35.550	06:42	35
72.	626	Paulo RIBEIRO	Ginásio Fitin	M	SENIORES MASC	1:07:05.540	1:06:36.170	06:43	36
73.	508	Lino MOREIRA	DAPproduções	M	M50 MASC	1:07:07.190	1:06:44.580	06:43	12
74.	446	Filipe SEABRA		M	SENIORES MASC	1:07:20.190	1:06:42.520	06:44	37
75.	555	Manuel PINHEIRO	MSS Contabilidade Trail Team	M	M40 MASC	1:07:23.150	1:06:50.640	06:44	25
76.	427	Elvio JOSÉ FARIA SANTOS		M	M40 MASC	1:07:24.320	1:06:48.800	06:44	26
77.	314	TININHO	TRAIL TEAM CASA DAS REPARAÇÕES	M	M50 MASC	1:07:30.230	1:06:56.830	06:45	13
78.	633	Paulo SILVA	Aliança Gandra	M	M40 MASC	1:07:33.500	1:07:10.310	06:46	27
79.	686	Rui MACHADO	DAPproduções	M	SENIORES MASC	1:07:33.890	1:07:14.390	06:46	38
80.	532	LICINIO	Aperta Cordões	M	SENIORES MASC	1:07:39.600	1:06:12.970	06:46	39
81.	1	Fernanda MACHADO MADRINHA		F	SENIORES FEM	1:07:39.650	1:07:18.940	06:46	1
82.	362	Avelino NETO		M	M40 MASC	1:07:39.720	1:07:06.650	06:46	28
83.	436	Fábio ALMEIDA	Run team	M	SENIORES MASC	1:07:46.910	1:07:18.430	06:47	40
84.	448	FIRMINO	Run team	M	SENIORES MASC	1:07:47.850	1:07:19.350	06:47	41
85.	383	Carlos LEAL	KeMedo Team	M	SENIORES MASC	1:08:30.510	1:08:00.960	06:51	42
86.	494	GOMES	Modelos sempre	M	M40 MASC	1:08:38.350	1:08:02.340	06:52	29
87.	664	Ricardo CARVALHO	TOG – Trinca Orelhas de Gato	M	M40 MASC	1:08:41.300	1:07:25.950	06:52	30
88.	736	Tiago ROCHA		M	SENIORES MASC	1:08:41.700	1:07:43.430	06:52	43

Pos	Num	Nome	Equipa	Sx	Cat	Tempo	Chip	Média	Cat.
89.	547	Luis NEVES	Equipotência Trail Team	M	SENIORES MASC	1:08:49.090	1:08:21.340	06:53	44
90.	614	Nuno TEIXEIRA	Fiaes Running	M	SENIORES MASC	1:09:00.900	1:08:32.950	06:54	45
91.	665	Ricardo COSTA	C. A. Andatrilhos Freamunde	M	SENIORES MASC	1:09:10.620	1:08:17.900	06:55	46
92.	313	TINO	Porreirinhos	M	M40 MASC	1:09:10.850	1:08:13.350	06:55	31
93.	762	Manuel SOUSA		M	M50 MASC	1:09:16.450	1:08:55.000	06:56	14
94.	396	CÉLIA	OPraticante.pt	F	SENIORES FEM	1:09:17.550	1:08:58.760	06:56	2
95.	753	Vítor MARTINS	Equipotência Trail Team	M	SENIORES MASC	1:09:19.930	1:08:51.130	06:56	47
96.	662	Ricardo ANTUNES	Habcarpintaria	M	SENIORES MASC	1:09:22.810	1:08:54.280	06:56	48
97.	757	Daniela ALVES	Clube Zupper	F	SENIORES FEM	1:09:36.510	1:08:58.980	06:58	3
98.	354	António TEIXEIRA		M	M50 MASC	1:09:42.300	1:09:18.610	06:58	15
99.	624	Paulo CARDOSO		M	SENIORES MASC	1:09:49.440	1:08:31.860	06:59	49
100.	521	José OLIVEIRA		M	SENIORES MASC	1:09:56.280	1:08:33.720	06:59	50
101.	617	PATRICIA	FC Penafiel	F	SENIORES FEM	1:10:08.550	1:09:36.510	07:01	4
102.	480	João AMORIM	FC Penafiel	M	M40 MASC	1:10:08.590	1:09:39.290	07:01	32
103.	638	Pedro COELHO	Pain Relief	M	SENIORES MASC	1:10:18.860	1:09:05.050	07:02	51
104.	583	Marta MOREIRA	Ginásio Fitin	F	SENIORES FEM	1:10:30.370	1:10:05.040	07:03	5
105.	212	Marcelo FERNANDES	Fiaes Running	M	M50 MASC	1:10:33.160	1:10:06.330	07:04	16
106.	498	Jorge ALMEIDA	Soplabifana	M	M40 MASC	1:10:45.010	1:10:09.360	07:05	33
107.	680	Rúben FONSECA	Ginásio Fitin	M	SENIORES MASC	1:10:47.600	1:10:17.490	07:05	52
108.	685	Rui GONÇALVES		M	SENIORES MASC	1:10:50.280	1:09:17.570	07:05	53
109.	420	Eduardo SOARES	TRAIL TEAM CASA DAS REPARAÇÕES	M	SENIORES MASC	1:11:04.610	1:10:30.180	07:07	54
110.	675	Rogério RIBEIRO	CB RUN	M	M40 MASC	1:11:12.270	1:10:16.550	07:07	34
111.	601	Nelson NETO		M	SENIORES MASC	1:11:16.870	1:10:13.620	07:08	55
112.	585	Marta MOREIRA		F	SENIORES FEM	1:11:34.720	1:11:13.460	07:10	6
113.	509	José CARLOS FERREIRA	Arrasa trilhos	M	M40 MASC	1:11:39.700	1:11:15.030	07:10	35
114.	750	Vítor DIAS		M	M40 MASC	1:11:49.170	1:11:25.590	07:11	36
115.	593	Miguel BARBOSA		M	SENIORES MASC	1:11:52.620	1:11:20.280	07:11	56
116.	563	MÁRCIO	Modelos sempre	M	SENIORES MASC	1:11:55.280	1:11:20.000	07:11	57
117.	608	João LARANJEIRA	ADE Trail Running	M	M40 MASC	1:12:22.270	1:12:01.400	07:14	37
118.	400	Claudio LOPES		M	SENIORES MASC	1:12:23.400	1:11:57.130	07:14	58
119.	740	Valter PINHO	Fiaes Running	M	SENIORES MASC	1:12:32.720	1:12:10.770	07:15	59
120.	743	Vera LEITE	Fiaes Running	F	F40 FEM	1:12:37.300	1:12:16.020	07:16	2
121.	704	RUKA	LUSOS XXI	M	SENIORES MASC	1:13:02.850	1:11:26.850	07:18	60
122.	403	Daniel SOUSA	Clube Trilheiros & Amigos	M	SENIORES MASC	1:13:05.900	1:12:40.470	07:19	61
123.	623	Paulo ABREU	OPRATICANTE.PT-AFIPRE TEAM	M	M40 MASC	1:13:11.450	1:12:50.170	07:19	38
124.	310	Adriano FRANÇA	MSS Contabilidade Trail Team	M	M40 MASC	1:13:13.390	1:12:49.610	07:19	39
125.	697	SANDRA	FC Penafiel	F	SENIORES FEM	1:13:28.350	1:12:55.040	07:21	7
126.	415	Diana NETO	C. A. Andatrilhos Freamunde	F	SENIORES FEM	1:13:35.700	1:13:12.590	07:22	8
127.	691	Rui RIBÃES		M	SENIORES MASC	1:13:36.140	1:12:21.590	07:22	62
128.	455	Francisco SEABRA	DAPproduções	M	SENIORES MASC	1:14:02.810	1:13:41.230	07:24	63
129.	510	José CARLOS SILVA	DAPproduções	M	SENIORES MASC	1:14:04.190	1:13:41.680	07:25	64
130.	577	Mario BARBOSA	Aliança Gandra	M	M40 MASC	1:14:07.330	1:13:44.010	07:25	40
131.	378	Carlos LEAL	C. A. Andatrilhos Freamunde	M	SENIORES MASC	1:14:08.810	1:13:15.020	07:25	65
132.	368	Bruno MARQUES	Habcarpintaria	M	SENIORES MASC	1:14:35.290	1:14:05.680	07:28	66

Pos	Num	Nome	Equipa	Sx	Cat	Tempo	Chip	Média	Cat.
133.	609	Nuno SARAMAGO	Velha Guarda RC	M	SENIORES MASC	1:14:40.830	1:14:05.230	07:28	67
134.	579	Marlene FERREIRA	Matosinhos	F	F40 FEM	1:17:00.490	1:16:38.020	07:42	3
135.	444	Filipe GAIO		M	SENIORES MASC	1:17:05.040	1:16:32.050	07:43	68
136.	308	Adérito BRANDÃO	100Pressa	M	M50 MASC	1:17:18.120	1:16:51.650	07:44	17
137.	749	Vitor DIAS	Fiaes Running	M	SENIORES MASC	1:17:56.610	1:17:13.350	07:47	69
138.	708	Silvia BAPTISTA	Fiaes Running	F	F40 FEM	1:17:57.850	1:17:36.370	07:48	4
139.	296	António RIBEIRO		M	M50 MASC	1:18:19.450	1:17:55.900	07:50	18
140.	604	Nuno ANDRADE		M	SENIORES MASC	1:18:45.660	1:18:16.570	07:53	70
141.	615	Nuno TEIXEIRA		M	M40 MASC	1:18:46.360	1:17:29.740	07:53	41
142.	412	Diana DIAS	DAPproduções	F	SENIORES FEM	1:18:57.000	1:18:39.070	07:54	9
143.	512	José COELHO		M	M50 MASC	1:19:08.000	1:18:32.710	07:55	19
144.	522	Jose PEREIRA	KeMedo Team	M	M40 MASC	1:19:18.990	1:18:42.830	07:56	42
145.	731	Tiago GAIO	Os Sarrotes	M	SENIORES MASC	1:19:30.900	1:18:54.290	07:57	71
146.	469	Inês RIBEIRO		F	SENIORES FEM	1:19:32.590	1:18:24.490	07:57	10
147.	488	João RIBEIRO		M	SENIORES MASC	1:19:33.000	1:18:25.040	07:58	72
148.	599	Natercia FREITAS	NOS ACREDITAMOS	F	SENIORES FEM	1:19:39.980	1:19:13.780	07:58	11
149.	596	Miguel SANTOS	MSantos Running TKD	M	M40 MASC	1:19:46.300	1:19:03.260	07:59	43
150.	504	Jorge MOREIRA	Prosel TEAM	M	SENIORES MASC	1:19:48.360	1:19:23.220	07:59	73
151.	610	Nuno SEIXAL	C. A. Andatrilhos Freamunde	M	SENIORES MASC	1:20:01.720	1:19:37.910	08:00	74
152.	550	Luis SILVA	KeMedo Team	M	M40 MASC	1:20:08.560	1:19:24.000	08:01	44
153.	698	Sandra FERREIRA		F	SENIORES FEM	1:20:09.390	1:18:49.320	08:01	12
154.	543	Luis CARNEIRO	Os Lentos	M	SENIORES MASC	1:20:41.070	1:20:01.250	08:04	75
155.	482	João MAIA	MAGNUNSSSENS	M	SENIORES MASC	1:20:46.640	1:19:37.180	08:05	76
156.	441	Fernando SOUSA	Ginásio Fitin	M	SENIORES MASC	1:20:49.890	1:20:21.080	08:05	77
157.	613	Nuno TEIXEIRA	DAPproduções	M	SENIORES MASC	1:20:57.640	1:20:33.040	08:06	78
158.	667	Ricardo PINTO	DAPproduções	M	M40 MASC	1:20:59.020	1:20:37.300	08:06	45
159.	388	Carlos PINTO	LUSOS XXI	M	SENIORES MASC	1:21:19.250	1:19:46.290	08:08	79
160.	573	Maria SOUSA	Dá-lhe Gás Trail Team Fisioduo	F	F50 FEM	1:21:30.760	1:21:02.750	08:09	1
161.	606	Nuno NEVES	100meta	M	SENIORES MASC	1:21:33.790	1:20:53.900	08:09	80
162.	760	Sérgio MOREIRA		M	M40 MASC	1:21:35.700	1:20:55.930	08:10	46
163.	672	Roberto GARCÊS	100meta	M	SENIORES MASC	1:21:36.330	1:20:55.950	08:10	81
164.	567	Marco COSTA		M	SENIORES MASC	1:21:57.830	1:20:18.070	08:12	82
165.	454	Francisco RODRIGUES	C. A. Andatrilhos Freamunde	M	M50 MASC	1:22:11.900	1:21:19.460	08:13	20
166.	511	José CARNEIRO	Aliança Gandra	M	M40 MASC	1:22:31.430	1:21:46.050	08:15	47
167.	502	Jorge MARTINS	TOG – Trinca Orelhas de Gato	M	M40 MASC	1:22:40.760	1:21:27.860	08:16	48
168.	774	Ana CAROLINA	ADE Trail Running	F	F40 FEM	1:22:53.550	1:22:31.960	08:17	5
169.	357	Armindo FERREIRA		M	M50 MASC	1:22:58.930	1:21:38.850	08:18	21
170.	449	Flávio FERREIRA		M	SENIORES MASC	1:23:02.550	1:21:41.230	08:18	83
171.	732	MARTINS		M	M40 MASC	1:23:03.710	1:21:57.730	08:18	49
172.	576	Mário ARAÚJO	Equipa A	M	M40 MASC	1:23:15.080	1:22:40.550	08:19	50
173.	755	VITOR	Aperta Cordões	M	SENIORES MASC	1:23:26.250	1:21:58.690	08:20	84
174.	295	Alexandre SAMEIRO		M	M40 MASC	1:23:30.890	1:22:48.160	08:21	51
175.	645	Pedro MOREIRA	DAPproduções	M	SENIORES MASC	1:23:32.920	1:23:10.810	08:21	85
176.	419	Eduardo RIBEIRO	BigSmileTeam	M	M40 MASC	1:23:33.780	1:22:14.670	08:22	52

Pos	Num	Nome	Equipa	Sx	Cat	Tempo	Chip	Média	Cat.
177.	554	Manuel MOREIRA	BigSmileTeam	M	M50 MASC	1:23:35.080	1:22:15.650	08:22	22
178.	317	Alexandre PENA	Sao Mamede Infesta	M	SENIORES MASC	1:23:37.560	1:23:03.910	08:22	86
179.	735	Tiago PINTO	TOG – Trinca Orelhas de Gato	M	SENIORES MASC	1:23:38.390	1:22:22.030	08:22	87
180.	519	José MOREIRA		M	SENIORES MASC	1:23:44.690	1:23:14.800	08:22	88
181.	348	Domingos CARDOSO		M	M50 MASC	1:23:55.160	1:22:31.660	08:23	23
182.	306	Adelaide VELUDO	OPRATICANTE.PT-AFIPRE TEAM	F	F50 FEM	1:24:05.660	1:23:44.280	08:25	2
183.	467	Ilidio FREITAS	Gondomar Futsal Clube	M	M50 MASC	1:24:07.720	1:23:02.560	08:25	24
184.	549	Luis RIBEIRO		M	SENIORES MASC	1:24:12.710	1:23:22.300	08:25	89
185.	682	Rui BARROS		M	SENIORES MASC	1:24:14.730	1:23:47.970	08:25	90
186.	311	Agostinho MOREIRA	DAPproduções	M	M50 MASC	1:24:21.840	1:23:56.650	08:26	25
187.	358	Arnaldo NEIVA	GANSOS	M	M50 MASC	1:24:44.790	1:24:05.570	08:28	26
188.	327	Ana LEAL	Dá-lhe Gás Trail Team Fisioduo	F	SENIORES FEM	1:24:51.640	1:24:22.950	08:29	13
189.	631	Paulo SANTOS	MAGNUNSSSENS	M	SENIORES MASC	1:25:22.090	1:24:12.970	08:32	91
190.	562	Márcia VIEIRA		F	SENIORES FEM	1:25:22.850	1:24:05.370	08:32	14
191.	683	Rui FONTES	CB RUN	M	SENIORES MASC	1:25:23.080	1:24:18.270	08:32	92
192.	459	Helder CASTRO	KeMedo Team	M	M40 MASC	1:25:55.160	1:25:18.130	08:35	53
193.	339	André PINTO		M	M40 MASC	1:26:16.480	1:25:20.230	08:38	54
194.	605	Nuno ANDRADE	Bio Team	M	SENIORES MASC	1:26:26.940	1:25:16.060	08:38	93
195.	347	António ALVES	MSS Contabilidade Trail Team	M	M50 MASC	1:26:32.690	1:26:04.790	08:39	27
196.	595	Nelson MIRANDA	GANSOS	M	SENIORES MASC	1:26:46.460	1:25:59.790	08:41	94
197.	365	Bruno BARBOSA	Tecla 3	M	M40 MASC	1:27:25.050	1:26:09.600	08:44	55
198.	700	Sandra MARTINS	KeMedo Team	F	F40 FEM	1:27:25.690	1:26:50.220	08:44	6
199.	612	Nuno SOUSA	Tecla 3	M	M40 MASC	1:27:25.800	1:26:10.350	08:44	56
200.	632	Paulo SILVA	Porreirinhos	M	M50 MASC	1:27:34.750	1:26:37.130	08:46	28
201.	775	Francisco FERREIRA	Código Musical	M	M40 MASC	1:27:44.050	1:27:05.770	08:46	57
202.	719	Sousa HENRIQUE	Soplabifana	M	M40 MASC	1:27:46.840	1:27:10.890	08:47	58
203.	676	Rosa BARROS	Matosinhos	F	F50 FEM	1:27:47.590	1:27:24.510	08:47	3
204.	321	Amélia RAMOS	Matosinhos	F	F40 FEM	1:27:49.210	1:27:26.010	08:47	7
205.	634	Paulo SOUSA		M	SENIORES MASC	1:27:52.520	1:26:35.200	08:47	95
206.	674	Rodolfo ANDRADE	Velha Guarda RC	M	M40 MASC	1:28:07.940	1:27:30.730	08:49	59
207.	678	Rosa FERREIRA	GANSOS	F	F40 FEM	1:28:12.430	1:27:25.300	08:49	8
208.	546	Luis MOREIRA	DAPproduções	M	SENIORES MASC	1:28:12.910	1:27:50.210	08:49	96
209.	561	MARCELO	Porreirinhos	M	SENIORES MASC	1:28:18.010	1:27:25.310	08:50	97
210.	734	Tiago NEVES	TOG – Trinca Orelhas de Gato	M	SENIORES MASC	1:28:26.460	1:27:13.630	08:50	98
211.	437	Fatima PAIS	Fiaes Running	F	F50 FEM	1:28:27.690	1:28:05.370	08:51	4
212.	701	Sandra NARCISO	sicgouveia	F	SENIORES FEM	1:28:52.320	1:27:39.580	08:53	15
213.	363	Beatriz CRUZ	Matosinhos	F	F40 FEM	1:28:55.500	1:27:35.110	08:53	9
214.	497	Joel BÉRTOLO		M	SENIORES MASC	1:29:00.770	1:28:02.810	08:54	99
215.	513	José DUARTE		M	M40 MASC	1:29:18.370	1:28:35.900	08:56	60
216.	389	Gabriel RODRIGUES		M	SENIORES MASC	1:29:34.120	1:28:59.580	08:58	100
217.	531	Licínia SILVA	DAPproduções	F	F40 FEM	1:29:37.970	1:29:14.520	08:58	10
218.	616	Nuno VELOSO	NO NAME	M	SENIORES MASC	1:29:38.960	1:28:47.720	08:58	101
219.	607	Juliana PINHEIRAL	ADE Trail Running	F	SENIORES FEM	1:29:44.580	1:29:23.590	08:58	16
220.	342	Andreia MOREIRA	CIDEP Fornos Lusavouga	F	SENIORES FEM	1:29:45.120	1:28:30.850	08:59	17

Pos	Num	Nome	Equipa	Sx	Cat	Tempo	Chip	Média	Cat.
221.	715	Sonia GILVAZ		F	F40 FEM	1:29:45.250	1:29:19.750	08:59	11
222.	329	Ana MAFALDA PEREIRA	OPraticante.pt	F	SENIORES FEM	1:29:55.560	1:29:25.220	08:59	18
223.	681	Rui AUGUSTO	MSS Contabilidade Trail Team	M	M40 MASC	1:29:58.310	1:29:28.390	09:00	61
224.	465	Hugo SILVA	SS MONTEPIO	M	M40 MASC	1:29:58.640	1:28:53.740	09:00	62
225.	304	Sérgio TOMÉ	TOG – Trinca Orelhas de Gato	M	M40 MASC	1:30:07.010	1:28:38.680	09:01	63
226.	713	Sonia ALMEIDA		F	F40 FEM	1:30:10.330	1:29:38.140	09:01	12
227.	692	Rui TEIXEIRA		M	M40 MASC	1:30:11.000	1:29:38.910	09:01	64
228.	337	BECAS	Clube Trilheiros & Amigos	F	F50 FEM	1:30:16.260	1:29:51.370	09:02	5
229.	718	Soraia SOUSA	CIDEP Fornos Lusavouga	F	SENIORES FEM	1:30:29.830	1:29:18.790	09:03	19
230.	516	Jose ESTEVES		M	M40 MASC	1:30:30.340	1:29:41.550	09:03	65
231.	544	Luis FILIPE RORIZ GOUVEIA	RorizAventura	M	M40 MASC	1:30:52.150	1:29:17.830	09:05	66
232.	456	Francisco SILVA	Coronado Runners	M	M40 MASC	1:30:53.010	1:30:08.960	09:05	67
233.	366	Bruno COSTA	RorizAventura	M	M40 MASC	1:30:54.920	1:29:20.010	09:05	68
234.	706	Sérgio ROCHA	MSS Contabilidade Trail Team	M	SENIORES MASC	1:31:03.820	1:30:34.520	09:06	102
235.	625	Micaela BRITO	Devasta Trilhos	F	SENIORES FEM	1:31:03.930	1:30:39.200	09:06	20
236.	484	João MOREIRA	SS MONTEPIO	M	M40 MASC	1:31:06.830	1:30:18.430	09:07	69
237.	535	Liliana VIEIRA	KeMedo Team	F	SENIORES FEM	1:31:06.960	1:30:30.670	09:07	21
238.	379	Carlos ANJOS	GANSOS	M	M40 MASC	1:32:13.450	1:31:45.400	09:13	70
239.	489	João SILVA	DAPproduções	M	SENIORES MASC	1:32:17.610	1:31:10.650	09:14	103
240.	416	CERDEIRAL	DAPproduções	M	SENIORES MASC	1:32:23.750	1:32:00.350	09:14	104
241.	621	Gina LOPES	DAPproduções	F	F40 FEM	1:32:55.310	1:32:33.900	09:17	13
242.	673	Roberto MOREIRA	Aliança Gandra	M	M40 MASC	1:32:56.750	1:32:10.850	09:17	71
243.	693	Rute SOUSA		F	F40 FEM	1:32:58.300	1:31:46.650	09:18	14
244.	648	Pedro SANTOS		M	M50 MASC	1:33:00.720	1:31:49.250	09:18	29
245.	524	José RODRIGUES		M	M50 MASC	1:33:16.330	1:32:38.610	09:20	30
246.	353	António SILVA		M	SENIORES MASC	1:33:19.230	1:32:45.990	09:20	105
247.	501	Jorge MOREIRA	DAPproduções	M	M40 MASC	1:33:21.340	1:32:36.910	09:20	72
248.	462	Helena ALVARENGA	GANSOS	F	SENIORES FEM	1:33:23.700	1:32:52.790	09:20	22
249.	478	Joana RIBEIRO	GANSOS	F	SENIORES FEM	1:33:25.700	1:32:53.280	09:20	23
250.	485	João NUNES	GANSOS	M	M50 MASC	1:33:48.110	1:33:02.470	09:23	31
251.	490	João SOUSA		M	M50 MASC	1:33:50.350	1:32:44.200	09:23	32
252.	597	Modesto MONTEIRO	Sardonisca Runners	M	M50 MASC	1:34:07.970	1:33:38.820	09:25	33
253.	517	José FERREIRA	Ferreiras	M	M50 MASC	1:34:35.430	1:34:04.240	09:28	34
254.	688	Carla SOARES		F	F40 FEM	1:34:38.820	1:34:38.820	09:28	15
255.	203	Luis MENDES	A.D. Amarante	M	SENIORES MASC	1:34:39.560	1:33:36.380	09:28	106
256.	690	RUI	14 15 Norte Sul	M	SENIORES MASC	1:34:46.330	1:33:24.210	09:29	107
257.	651	PEDRO	14 15 Norte Sul	M	SENIORES MASC	1:34:47.150	1:33:23.270	09:29	108
258.	514	José NUNES	Paredes	M	SENIORES MASC	1:34:47.210	1:33:24.640	09:29	109
259.	752	VITOR	14 15 Norte Sul	M	SENIORES MASC	1:34:47.560	1:33:18.500	09:29	110
260.	759	Paulo OLIVEIRA	14 15 Norte Sul	M	SENIORES MASC	1:34:47.970	1:33:26.800	09:29	111
261.	346	Alberto SOUSA	14 15 Norte Sul	M	M50 MASC	1:34:49.190	1:33:26.590	09:29	35
262.	738	Tiago SOUSA	14 15 Norte Sul	M	SENIORES MASC	1:34:56.330	1:33:32.420	09:29	112
263.	452	Francisco FERREIRA	Angry Ducks Trail Team	M	SENIORES MASC	1:35:03.040	1:35:03.040	09:30	113
264.	712	Soledade SOUSA	KeMedo Team	F	F50 FEM	1:35:34.640	1:35:01.030	09:34	6

Pos	Num	Nome	Equipa	Sx	Cat	Tempo	Chip	Média	Cat.
265.	406	David AZEVEDO	100Pressa	M	M50 MASC	1:35:42.440	1:35:08.130	09:34	36
266.	466	Fenanda LEÃO	Nocturnos de Paredes	F	F40 FEM	1:35:45.690	1:35:12.290	09:34	16
267.	586	MARTA	DAPproduções	F	SENIORES FEM	1:35:48.910	1:35:27.180	09:35	24
268.	395	Cátia RAQUEL SILVA SOUSA		F	SENIORES FEM	1:35:58.430	1:34:36.700	09:36	25
269.	528	Jorge CALDAS	GANSOS	M	M40 MASC	1:36:09.300	1:35:28.540	09:37	73
270.	373	Cândida MOREIRA	Trail Santa Marta / Tristes Mas Duros	F	F40 FEM	1:36:13.070	1:35:46.340	09:37	17
271.	331	Ana NETO	Clube Trilheiros & Amigos	F	F40 FEM	1:36:14.440	1:35:23.710	09:37	18
272.	316	Alexandre FERREIRA	GANSOS	M	M40 MASC	1:36:19.120	1:35:34.390	09:38	74
273.	328	Ana FERNANDES	Paredes	F	SENIORES FEM	1:36:43.820	1:35:07.780	09:40	26
274.	499	Jorge AZEVEDO		M	M50 MASC	1:36:50.910	1:35:16.090	09:41	37
275.	761	João RIBEIRO		M	M50 MASC	1:36:52.210	1:36:52.210	09:41	38
276.	481	PRESIDENTE	LUSOS XXI	M	M40 MASC	1:37:01.250	1:35:28.510	09:42	75
277.	649	PEXA		M	M40 MASC	1:37:20.890	1:35:49.500	09:44	76
278.	653	VALENTE	Running Espinho	M	SENIORES MASC	1:37:21.240	1:35:49.200	09:44	114
279.	374	Cândida RODRIGUES	Vila Lusa Imobiliária	F	F50 FEM	1:37:24.130	1:35:38.210	09:44	7
280.	166	Francisco RAMOS		M	SENIORES MASC	1:37:33.530	1:36:53.110	09:45	115
281.	349	Antonio FERREIRA	Clube Trilheiros & Amigos	M	M40 MASC	1:37:40.290	1:36:49.190	09:46	77
282.	571	Mimi PEREZ	Clube Trilheiros & Amigos	F	F40 FEM	1:37:41.290	1:35:58.030	09:46	19
283.	431	Eugénio ALVES	C. A. Andatrilhos Freamunde	M	SENIORES MASC	1:37:43.140	1:36:49.170	09:46	116
284.	729	Tiago ARAUJO	Angry Ducks Trail Team	M	SENIORES MASC	1:37:59.550	1:37:59.550	09:48	117
285.	294	Pedro CASTRO		M	SENIORES MASC	1:38:09.200	1:37:05.070	09:49	118
286.	627	Eurico FERREIRA	Angry Ducks Trail Team	M	SENIORES MASC	1:38:19.360	1:38:19.360	09:50	119
287.	523	Ze PINTO	KeMedo Team	M	M40 MASC	1:38:27.350	1:37:44.640	09:51	78
288.	658	Raquel MARQUES	MSS Contabilidade Trail Team	F	SENIORES FEM	1:38:55.960	1:37:47.380	09:53	27
289.	409	Delfina EIRAS	Trail Santa Marta / Tristes Mas Duros	F	F50 FEM	1:39:39.140	1:39:11.870	09:58	8
290.	590	Márya PALHARES	Centro Cultural da STCP	F	SENIORES FEM	1:39:55.720	1:39:25.940	09:59	28
291.	302	Abilio NEVES	Equipotência Trail Team	M	M50 MASC	1:40:09.030	1:39:40.890	10:01	39
292.	768	Hugo GARCÊS		M	SENIORES MASC	1:40:19.240	1:38:28.030	10:02	120
293.	515	José EPIFÂNIO		M	SENIORES MASC	1:40:36.230	1:39:32.320	10:04	121
294.	343	ÂNGELA	Sob Efeito Trail	F	SENIORES FEM	1:40:37.040	1:40:02.240	10:04	29
295.	159	Fernando SILVA	Ultimagem	M	M50 MASC	1:40:38.630	1:39:35.170	10:04	40
296.	253	Rosa SILVA	Ultimagem	F	F40 FEM	1:40:39.320	1:39:33.920	10:04	20
297.	335	Ana SILVA		F	SENIORES FEM	1:40:40.020	1:39:50.560	10:04	30
298.	552	Manuela GOMES		F	F50 FEM	1:40:51.410	1:40:07.780	10:05	9
299.	618	Patricia NETO	KeMedo Team	F	SENIORES FEM	1:41:04.060	1:40:27.360	10:07	31
300.	464	Hugo GUIMARAES		M	SENIORES MASC	1:41:16.010	1:39:56.720	10:08	122
301.	404	DANIEL	DREAM TEAM	M	M40 MASC	1:41:23.930	1:39:46.970	10:08	79
302.	433	EURICO	Clube Trilheiros & Amigos	M	M40 MASC	1:41:26.760	1:40:39.590	10:08	80
303.	355	Arlindo CUNHA	Clube Trilheiros & Amigos	M	M50 MASC	1:41:27.400	1:40:36.130	10:08	41
304.	689	Tomás MIRANDA		M	SENIORES MASC	1:41:28.130	1:40:09.680	10:09	123
305.	687	Rui MIRANDA		M	M40 MASC	1:41:28.350	1:40:10.470	10:09	81
306.	398	CLAUDIA	Clube Trilheiros & Amigos	F	F40 FEM	1:41:28.580	1:40:40.760	10:09	21
307.	580	Marlene GOMES	Outlaw Runners	F	F40 FEM	1:41:34.830	1:40:35.310	10:10	22
308.	529	Leonel COUTO	Outlaw Runners	M	SENIORES MASC	1:41:35.320	1:40:35.840	10:10	124

Pos	Num	Nome	Equipa	Sx	Cat	Tempo	Chip	Média	Cat.
309.	566	Marco BABO		M	SENIORES MASC	1:41:41.910	1:40:27.870	10:10	125
310.	730	Tiago DIAS		M	SENIORES MASC	1:41:43.000	1:40:29.160	10:10	126
311.	291	António PACHECO		M	SENIORES MASC	1:41:44.270	1:40:30.700	10:10	127
312.	770	Pedro ALMEIDA	Outlaw Runners	M	M40 MASC	1:41:45.770	1:40:44.320	10:11	82
313.	407	DAVID	100meta	M	M50 MASC	1:41:57.880	1:41:12.940	10:12	42
314.	325	Ana FONSECA	100meta	F	F50 FEM	1:42:02.810	1:41:17.710	10:12	10
315.	594	Miguel BARBOSA	KeMedo Team	M	M40 MASC	1:42:15.360	1:41:36.100	10:13	83
316.	587	Marta RIBEIRO	C. A. Andatrilhos Freamunde	F	SENIORES FEM	1:42:16.580	1:41:34.140	10:14	32
317.	375	Carina GARCEZ	GANSOS	F	F40 FEM	1:42:28.760	1:41:55.040	10:15	23
318.	709	Silvia BARBOSA	GANSOS	F	F40 FEM	1:42:29.720	1:41:49.890	10:15	24
319.	451	Florinda CARVALHO	GANSOS	F	F40 FEM	1:42:29.850	1:41:50.910	10:15	25
320.	429	Emanuel MOREIRA	Ginásio Fitin	M	SENIORES MASC	1:42:34.650	1:41:22.150	10:16	128
321.	769	Leonardo SOUSA		M	SENIORES MASC	1:42:37.290	1:41:24.770	10:16	129
322.	447	Filomena SOARES	OPRATICANTE.PT-AFIPRE TEAM	F	F50 FEM	1:42:43.020	1:42:20.650	10:16	11
323.	473	Jacinta FONSECA	Clube Trilheiros & Amigos	F	F40 FEM	1:42:46.810	1:41:50.960	10:17	26
324.	582	Marlene PINHEIRO	Clube Trilheiros & Amigos	F	F40 FEM	1:42:47.670	1:41:54.520	10:17	27
325.	578	Joel FERREIRA	Clube Trilheiros & Amigos	M	M40 MASC	1:42:49.080	1:41:58.520	10:17	84
326.	767	Joaquim BARROS		M	SENIORES MASC	1:42:57.430	1:42:02.300	10:18	130
327.	553	Margarida SILVA	Nocturnos de Paredes	F	SENIORES FEM	1:43:01.000	1:42:26.920	10:18	33
328.	421	Efigénia MOREIRA	CIDEP Fornos Lusavouga	F	F40 FEM	1:43:10.050	1:41:56.770	10:19	28
329.	474	Joana ARAÚJO	CIDEP Fornos Lusavouga	F	F40 FEM	1:43:10.530	1:41:57.320	10:19	29
330.	650	Pedro SILVA	DAPproduções	M	M40 MASC	1:43:41.800	1:43:16.870	10:22	85
331.	699	Sandra MARTINS	CIDEP Fornos Lusavouga	F	SENIORES FEM	1:43:55.030	1:42:42.330	10:23	34
332.	739	Valadares CARLOS	DAPproduções	M	M40 MASC	1:43:55.400	1:43:13.940	10:23	86
333.	319	Alfredo MARTINS	PRN Informática	M	SENIORES MASC	1:43:55.520	1:42:47.700	10:23	131
334.	776	Maria BARROS	Código Musical	F	F40 FEM	1:43:57.210	1:43:18.140	10:24	30
335.	318	ALEXANDRA	DAPproduções	F	F40 FEM	1:43:57.290	1:43:15.920	10:24	31
336.	364	Boni BONAS	Salgueiros Running	M	M40 MASC	1:44:04.980	1:42:48.490	10:25	87
337.	439	Nini COSTA	Eu e Tu	F	F40 FEM	1:45:16.010	1:44:01.190	10:32	32
338.	545	MIGUEL	Eu e Tu	M	M40 MASC	1:45:16.040	1:44:00.760	10:32	88
339.	345	Joel FERREIRA	Angry Ducks Trail Team	M	SENIORES MASC	1:45:17.880	1:45:17.880	10:32	132
340.	663	Ricardo BRAGA	ADC Santa Isabel Trail & Running	M	SENIORES MASC	1:45:38.510	1:44:48.110	10:34	133
341.	527	Julio SANTOS	SS MONTEPIO	M	M40 MASC	1:45:52.480	1:44:47.110	10:35	89
342.	525	Júlia GOUVEIA	Rosa Luxemburgo	F	SENIORES FEM	1:46:06.940	1:45:11.310	10:37	35
343.	763	Joaquim BARROS		M	M40 MASC	1:46:54.700	1:45:01.950	10:41	90
344.	764	António BARROS		M	SENIORES MASC	1:46:56.850	1:45:04.380	10:41	134
345.	359	Artur FERREIRA	Ferreiras	M	SENIORES MASC	1:47:09.330	1:46:39.330	10:43	135
346.	542	Luís ARAÚJO	V. N. Famalicão	M	M50 MASC	1:47:27.790	1:46:42.210	10:44	43
347.	684	Rui GONÇALVES	Os Brabos	M	M40 MASC	1:47:54.910	1:46:14.340	10:47	91
348.	702	Sandra SOUSA	Clube Trilheiros & Amigos	F	SENIORES FEM	1:48:03.220	1:47:19.700	10:48	36
349.	475	Joana FERNANDES	Coronado Runners	F	SENIORES FEM	1:48:14.940	1:47:31.940	10:49	37
350.	671	Isilda SILVA	TOG – Trinca Orelhas de Gato	F	F40 FEM	1:48:44.500	1:47:17.100	10:52	33
351.	714	Sónia GARCÊS	TOG – Trinca Orelhas de Gato	F	F40 FEM	1:48:46.980	1:47:19.310	10:53	34
352.	677	Rosa BESSA	Generosos Runners	F	F40 FEM	1:49:21.230	1:47:42.590	10:56	35

Pos	Num	Nome	Equipa	Sx	Cat	Tempo	Chip	Média	Cat.
353.	564	Márcio TEIXEIRA	MSS Contabilidade Trail Team	M	SENIORES MASC	1:49:53.690	1:49:32.070	10:59	136
354.	628	Paulo MACHADO	Generosos Runners	M	M40 MASC	1:49:57.140	1:48:19.730	11:00	92
355.	422	NOKAS	Nós	F	F40 FEM	1:49:57.780	1:48:38.050	11:00	36
356.	460	Helder COSTA	Nós	M	M40 MASC	1:49:58.800	1:48:38.950	11:00	93
357.	646	Pedro OLIVEIRA	Ultimagem	M	SENIORES MASC	1:50:08.960	1:48:58.700	11:01	137
358.	520	José MOURISCO	Ultimagem	M	M40 MASC	1:50:13.390	1:48:43.700	11:01	94
359.	470	Iolanda GASPAS		F	F40 FEM	1:50:15.880	1:48:49.580	11:01	37
360.	637	Pedro CASTRO		M	M40 MASC	1:50:16.820	1:48:51.260	11:02	95
361.	376	Carla OLIVEIRA	MSS Contabilidade Trail Team	F	F40 FEM	1:50:25.200	1:49:54.820	11:02	38
362.	622	Paula PINHEIRO	MSS Contabilidade Trail Team	F	F40 FEM	1:50:31.980	1:50:00.900	11:03	39
363.	584	Marta FERNANDES		F	F40 FEM	1:50:46.940	1:50:10.040	11:05	40
364.	669	Rita MORAIS	TOG – Trinca Orelhas de Gato	F	SENIORES FEM	1:50:47.450	1:49:18.720	11:05	38
365.	445	Filipe RIBEIRO		M	M40 MASC	1:50:47.960	1:50:12.270	11:05	96
366.	722	Susana PEREIRA	TOG – Trinca Orelhas de Gato	F	SENIORES FEM	1:50:49.800	1:49:31.560	11:05	39
367.	330	Ana MOREIRA	TOG – Trinca Orelhas de Gato	F	F40 FEM	1:50:50.070	1:49:21.460	11:05	41
368.	765	Tiago TEIXEIRA		M	SENIORES MASC	1:51:45.590	1:49:54.110	11:11	138
369.	766	Nelson NUNES		M	SENIORES MASC	1:51:49.180	1:49:55.690	11:11	139
370.	526	Juliana OLIVEIRA	LUSOS XXI	F	SENIORES FEM	1:52:02.230	1:50:25.860	11:12	40
371.	495	Joaquim PINTO		M	M40 MASC	1:53:20.770	1:51:58.850	11:20	97
372.	334	Ana SILVA		F	F40 FEM	1:53:22.900	1:52:01.260	11:20	42
373.	556	Manuel JORGE	PK56	M	M50 MASC	1:53:25.510	1:51:57.000	11:20	44
374.	401	Cristiana MONTEIRO	MSS Contabilidade Trail Team	F	SENIORES FEM	1:53:26.240	1:52:16.080	11:20	41
375.	611	Nuno SILVA	MSS Contabilidade Trail Team	M	M40 MASC	1:53:28.490	1:52:18.490	11:21	98
376.	742	Vera BARROSO	UaU	F	SENIORES FEM	1:53:44.050	1:53:06.060	11:22	42
377.	720	Stephanie CAPELAS		F	SENIORES FEM	1:53:44.590	1:53:05.470	11:22	43
378.	679	KIKA		F	F40 FEM	1:53:47.350	1:52:09.800	11:23	43
379.	711	Sofia BESSA	LUSOS XXI	F	SENIORES FEM	1:53:52.110	1:52:15.840	11:23	44
380.	426	Elisabete SILVA	DAPproduções	F	SENIORES FEM	1:54:18.850	1:53:33.840	11:26	45
381.	333	Ana ROCHA		F	SENIORES FEM	1:54:28.330	1:52:51.840	11:27	46
382.	560	Helena PEREIRA	100meta	F	SENIORES FEM	1:55:55.050	1:54:57.820	11:35	47
383.	309	Adriana ABREU	100meta	F	F50 FEM	1:55:57.070	1:54:59.960	11:36	12
384.	322	Inacio LOUREIRO	Pain Relief	M	M40 MASC	1:56:18.130	1:55:04.170	11:38	99
385.	477	Joana PINTO		F	SENIORES FEM	1:58:35.180	1:56:54.670	11:52	48
386.	717	Sónia REIS	TOG – Trinca Orelhas de Gato	F	F40 FEM	1:58:59.620	1:57:40.230	11:54	44
387.	458	Goreti ROCHA	TOG – Trinca Orelhas de Gato	F	F40 FEM	1:59:02.150	1:57:42.890	11:54	45
388.	575	Marina SOUSA		F	F40 FEM	1:59:09.810	1:58:15.220	11:55	46
389.	598	Natália MOREIRA	Aliança Gandra	F	F40 FEM	1:59:10.150	1:58:15.860	11:55	47
390.	619	Patrícia NEVES	100meta	F	SENIORES FEM	2:00:41.660	2:00:02.680	12:04	49
391.	569	Margarida FREITAS	100meta	F	F50 FEM	2:00:41.670	2:00:09.360	12:04	13
392.	656	RAFA	UaU	M	SENIORES MASC	2:02:29.450	2:01:51.630	12:15	140
393.	332	Ana OLIVEIRA	Elefantes runners	F	SENIORES FEM	2:02:31.520	2:01:30.150	12:15	50
394.	506	João RIBEIRO		M	M50 MASC	2:02:36.840	2:02:36.840	12:16	45
395.	559	Manuela JESUS		F	SENIORES FEM	2:03:04.460	2:02:39.280	12:19	51
396.	430	Erika DARCILIA	Outlaw Runners	F	F40 FEM	2:03:33.700	2:02:37.300	12:22	48

Pos	Num	Nome	Equipa	Sx	Cat	Tempo	Chip	Média	Cat.
397.	716	Raquel CORREIA		F	F40 FEM	2:03:54.160	2:02:41.870	12:23	49
398.	537	Luciana RODRIGUES	Os Rodrigues	F	SENIORES FEM	2:03:54.740	2:02:42.420	12:23	52
399.	476	Joana FILIPA SILVA	DAPproduções	F	SENIORES FEM	2:04:20.910	2:03:52.030	12:26	53
400.	414	Diana PACHECO	DAPproduções	F	SENIORES FEM	2:04:20.950	2:03:52.180	12:26	54
401.	507	Jorge SEABRA		M	M40 MASC	2:04:28.030	2:03:21.320	12:27	100
402.	148	Elsa LEITE	Amigos das Sapatilhas	F	F40 FEM	2:05:58.690	2:04:59.310	12:36	50
403.	572	FATINHA	Generosos Runners	F	SENIORES FEM	2:06:08.510	2:04:32.090	12:37	55
404.	341	ANDREIA	UaU	F	SENIORES FEM	2:06:11.190	2:05:33.200	12:37	56
405.	393	Catarina P.	UaU	F	SENIORES FEM	2:06:12.360	2:05:33.320	12:37	57
406.	629	Paulo PINTO		M	M40 MASC	2:06:40.460	2:04:55.860	12:40	101
407.	659	Raquel MARQUES	TOG – Trinca Orelhas de Gato	F	F50 FEM	2:07:03.530	2:05:45.150	12:42	14
408.	536	Lina MARIA	TOG – Trinca Orelhas de Gato	F	F50 FEM	2:07:16.650	2:06:02.030	12:44	15
409.	538	Luciano FERREIRA	DAPproduções	M	M40 MASC	2:08:51.180	2:06:50.570	12:53	102
410.	703	Sara RAFAEL	KeMedo Team	F	F40 FEM	2:09:02.380	2:08:24.790	12:54	51
411.	324	Ana BRITO	Os Brabos	F	F40 FEM	2:10:12.300	2:08:30.860	13:01	52
412.	496	QUIM	DREAM TEAM	M	M40 MASC	2:10:19.620	2:08:44.740	13:02	103
413.	492	Joaquim FIGUEIREDO		M	M50 MASC	2:10:48.630	2:09:12.860	13:05	46
414.	603	Nina SALVADOR		F	F50 FEM	2:11:04.070	2:10:14.680	13:07	16
415.	660	Raquel SANTOS	KeMedo Team	F	SENIORES FEM	2:11:13.250	2:10:36.440	13:07	58
416.	372	Diogo PASTOR	KeMedo Team	M	SENIORES MASC	2:11:13.300	2:10:35.050	13:07	141
417.	657	Raquel DE SOUSA		F	SENIORES FEM	2:11:14.390	2:09:57.080	13:07	59
418.	423	Elisabete CARVALHO		F	F40 FEM	2:12:53.010	2:11:51.210	13:17	53
419.	707	Silvia ARNELAS	Elefantes runners	F	F40 FEM	2:12:55.600	2:11:53.360	13:17	54
420.	588	Marta SANTANA	Os Brabos	F	F50 FEM	2:13:15.380	2:11:33.890	13:19	17
421.	493	Fernanda SANTOS	GANSOS	F	F50 FEM	2:15:49.710	2:15:19.180	13:35	18
422.	410	Deolinda CAMPANHÃ	GANSOS	F	F50 FEM	2:15:51.520	2:15:22.010	13:35	19
423.	413	Diana FERREIRA	Fiaes Running	F	SENIORES FEM	2:16:00.840	2:15:16.870	13:36	60
424.	570	Maria BARBOSA	Fiaes Running	F	F50 FEM	2:16:03.040	2:15:19.160	13:36	20
425.	399	Cláudia LIMA		F	F40 FEM	2:16:14.140	2:14:57.590	13:37	55
426.	438	FELICIDADE	Os felizes	F	F40 FEM	2:16:50.750	2:15:33.210	13:41	56
427.	647	Pedro NUNO SILVA	CB RUN	M	M40 MASC	2:17:35.090	2:16:30.240	13:46	104
428.	326	Ana GONÇALVES	Lamego tribo runners	F	F40 FEM	2:18:30.330	2:16:45.530	13:51	57
429.	694	Salete BARBOSA		F	F40 FEM	2:26:40.370	2:24:26.830	14:40	58
430.	377	Carla PALMEIRO	RIMOL trail	F	F40 FEM	2:27:50.990	2:27:11.910	14:47	59
431.	581	MARLENE	100meta	F	F40 FEM	2:33:05.160	2:32:08.320	15:19	60
432.	668	Rita BRITO	100meta	F	F40 FEM	2:33:06.230	2:32:09.290	15:19	61
433.	745	GINA	DREAM TEAM	F	F40 FEM	2:33:35.470	2:32:00.160	15:22	62
434.	315	XANA	DREAM TEAM	F	SENIORES FEM	2:33:35.760	2:32:00.410	15:22	61
435.	425	ELISABETE	DREAM TEAM	F	F40 FEM	2:40:16.860	2:38:39.570	16:02	63
436.	468	INÊS	DREAM TEAM	F	SENIORES FEM	2:40:19.820	2:38:41.330	16:02	62
437.	305	Adão BARROS	Código Musical	M	M50 MASC	2:41:58.930	2:41:26.460	16:12	47
438.	725	Telma SOUSA	Trilhos e Cadilhos	F	SENIORES FEM	2:42:09.150	2:42:09.150	16:13	63
439.	534	Liliana SILVA	Trilhos e Cadilhos	F	SENIORES FEM	2:42:11.590	2:42:11.590	16:13	64
440.	392	Catarina MARTINS	Trilhos e Cadilhos	F	F40 FEM	2:42:12.440	2:42:12.440	16:13	64

Pos	Num	Nome	Equipa	Sx	Cat	Tempo	Chip	Média	Cat.
441.	726	Teresa COELHO	Trilhos e Cadilhos	F	SENIORES FEM	2:42:14.260	2:42:14.260	16:13	65
442.	391	Catarina COELHO	Trilhos e Cadilhos	F	SENIORES FEM	2:42:14.600	2:42:14.600	16:13	66
443.	558	Manuela FONSECA	BigSmileTeam	F	F50 FEM	2:45:34.450	2:43:29.210	16:34	21
444.	705	Sérgio LIMA	SerLIMA / ADL Serralharia	M	SENIORES MASC	2:45:37.520	2:43:45.030	16:34	142
445.	336	Ana SILVA	SerLIMA / ADL Serralharia	F	SENIORES FEM	2:45:40.820	2:43:50.650	16:34	67
446.	751	Ricardo GONÇALVES	KeMedo Team	M	M40 MASC	2:53:51.610	2:51:37.050	17:23	105
447.	394	Cátia MOREIRA	DAPproduções	F	SENIORES FEM	2:56:07.230	2:55:39.140	17:37	68
448.	471	Isabel RANGEL	Bio Team	F	F40 FEM	2:57:04.200	2:55:53.360	17:43	65
449.	397	Cláudia AMARAL	Bio Team	F	F50 FEM	2:57:07.180	2:55:55.360	17:43	22
450.	323	Ana ÁLVARES	Bio Team	F	F40 FEM	2:57:08.560	2:56:00.490	17:43	66
451.	483	João MARTINS	Bio Team	M	M50 MASC	2:58:06.720	2:56:56.350	17:49	48
452.	418	Dulce FERNANDES	Bio Team	F	F50 FEM	2:58:06.860	2:56:54.810	17:49	23
453.	450	Flor RIBEIRO	GANSOS	F	F50 FEM	3:18:57.250	3:18:21.520	19:54	24