

POS.	DORSAL	NOME	EQUIPA	TEMPO	DIFERENÇA
1	1004	Romeu Gouveia	Salomon Suunto Portugal	02:55:54.120	00:00:00.000
2	1019	Paulo Oliveira	Dr. Merino/4Moove	03:03:21.903	00:07:27.783
3	1011	Paulo Costa	A.D.Amarante Trail Running	03:08:27.153	00:12:33.033
4	1034	Pedro Veríssimo	Amcf - Arrábida Trail Team	03:09:24.657	00:13:30.537
5	1233	Emanuel Machado	Dap Trail Team	03:11:03.667	00:15:09.547
6	1031	Fábio Pinto	A.D.Amarante Trail Running	03:12:57.417	00:17:03.297
7	1001	Diogo Fernandes	Dr. Merino/4Moove	03:15:08.937	00:19:14.817
8	1038	Diogo Pinheiro	Coimbra Trail Running	03:15:19.953	00:19:25.833
9	1029	David Gouveia	Cmm - Escaravelhos Team	03:16:10.430	00:20:16.310
10	1033	Nelson Graça	Team Goldnutrition Run.Pt	03:17:52.430	00:21:58.310
11	1368	João Lopes	Grupo Desportivo Da Parreira	03:19:02.683	00:23:08.563
12	1112	João Patrício	Dr. Merino/4Moove	03:19:49.183	00:23:55.063
13	1241	Vítor Costa	A.D.Amarante Trail Running	03:20:32.443	00:24:38.323
14	1201	Francisco Carvalho	Cmm - Escaravelhos Team	03:21:32.787	00:25:38.667
15	1468	Gonçalo Hentiques	Montanha Clube Trail Running/Efapel	03:21:42.443	00:25:48.323
16	1025	Francisco Reis	A.C.S.Mamede	03:23:41.443	00:27:47.323
17	1013	Miguel Pires	Escola De Atletismo De Coimbra	03:24:29.447	00:28:35.327
18	1042	André Guedes	Dr. Merino/4Moove	03:25:38.200	00:29:44.080
19	1127	João Santos	Turres Trail Team	03:26:22.200	00:30:28.080
20	1291	Rui Azevedo	Fridão Sem Limites	03:26:45.203	00:30:51.083
21	1096	Fernando Santos	Cmm - Escaravelhos Team	03:26:45.703	00:30:51.583
22	1009	Guel Ferreira	União Fci Tomar	03:27:13.703	00:31:19.583
23	1574	Sérgio Pereira	Amcf - Arrábida Trail Team	03:27:30.953	00:31:36.833
24	1048	Eduardo Moreira	"S C Povoense - ""Caracóis De Corrida"""	03:27:56.957	00:32:02.837
25	1324	Fernando Rosa	Montanha Clube Trail Running/Efapel	03:28:22.207	00:32:28.087
26	1032	Nuno Paiva	Ac Portalegre / Utsm	03:29:44.907	00:33:50.787
27	1303	Nuno Coelho	Montanha Clube Trail Running/Efapel	03:33:30.720	00:37:36.600
28	1026	Bruno Santos	A.D.Amarante Trail Running	03:33:42.727	00:37:48.607
29	1388	Miguel Jaques	Olímpico Vianense Trail	03:33:54.970	00:38:00.850
30	1575	Luis Martins	Amcf - Arrábida Trail Team	03:34:22.723	00:38:28.603
31	1434	Joel Martins	Cmm - Escaravelhos Team	03:34:28.067	00:38:33.947
32	1040	Manuel Costa	Dci\Pedrulha-Mealhada	03:34:33.477	00:38:39.357
33	1041	Nelson Costa	Escola De Atletismo De Coimbra	03:35:17.477	00:39:23.357
34	1572	Victor Martins	Clube Desportivo Escola Santana - Quinta Do Furão	03:35:44.727	00:39:50.607
35	1526	Hugo Ventura	Ozxtreme/Fotos Do Zé	03:36:20.727	00:40:26.607
36	1320	Diamantino Gomes	Algarunners	03:37:23.230	00:41:29.110
37	1296	André Almeida	Factor X / S4I /Medense Fc	03:37:32.230	00:41:38.110
38	1090	Bruno Goncalves	Juventude Vidigalense	03:37:47.983	00:41:53.863
39	1225	Marco Campos	C.B. Viseu Running Team	03:37:48.487	00:41:54.367
40	1030	Paulo Pires	Runner'S Do Demo	03:37:59.990	00:42:05.870
41	1178	Paulo Vaz	Minho E Lima Trail	03:38:21.990	00:42:27.870
42	1187	Bruno Ribeiro	Vikings Trail Runners - Ccr Alcabideque	03:38:32.233	00:42:38.113
43	1313	Jose Rosario	Porto De Mos A Correr	03:39:21.233	00:43:27.113
44	1018	Miguel Nunes	Abcansado Trail	03:41:06.740	00:45:12.620

POS.	DORSAL	NOME	EQUIPA	TEMPO	DIFERENÇA
45	1087	Alex Tondela	Montanha Clube Trail Running/Efapel	03:41:25.240	00:45:31.120
46	1372	Jose Martins	Ozxtreme/Adcrpereira	03:42:13.993	00:46:19.873
47	1024	João Sacramento	Ozxtreme/Adcrpereira	03:42:25.243	00:46:31.123
48	1581	Lucinda Sousa	Prozis Xtrail Team / Berg Outdoor	03:42:31.743	00:46:37.623
49	1028	Ricardo Aguiar	"S C Povoense - ""Caracóis De Corrida"""	03:43:36.497	00:47:42.377
50	1017	Luís Martins	Oralklass - Amigos Do Trail	03:43:38.747	00:47:44.627
51	1122	Edgar Salvado	Cmm - Escaravelhos Team	03:43:40.747	00:47:46.627
52	1091	Gil Nabo	Dap Trail Team	03:43:45.757	00:47:51.637
53	1005	Daniela Russo	Oralklass - Amigos Do Trail	03:43:52.497	00:47:58.377
54	1036	André Monteiro	Montanha Clube Trail Running/Efapel	03:43:52.997	00:47:58.877
55	1513	Helder Antunes	Abcansado Trail	03:44:55.497	00:49:01.377
56	1118	Susana Rodríguez	Coimbra Trail Running	03:45:14.033	00:49:19.913
57	1021	Nélson Rodrigues	Galhardos Runners	03:45:18.500	00:49:24.380
58	1242	João Menezes	Individual	03:45:30.500	00:49:36.380
59	1068	Francisco Figueiredo	Oralklass - Amigos Do Trail	03:45:35.000	00:49:40.880
60	1069	Bernardino Pinto	Dr. Merino/4Moove	03:45:43.260	00:49:49.140
61	1528	Nuno Guimarães	Individual	03:45:47.253	00:49:53.133
62	1229	Takahiro Ishida	Individual	03:46:21.253	00:50:27.133
63	1110	Ivo Silva	Associação Beat Your Limit	03:46:28.253	00:50:34.133
64	1410	Adão Monteiro	Fridão Sem Limites	03:46:48.767	00:50:54.647
65	1016	Renato Vaz	Vespinga Trail	03:48:57.767	00:53:03.647
66	1514	Vítor Gomes	Flashover-Bvpenela	03:49:44.763	00:53:50.643
67	1082	Jorge Catarino	Insane Trail Team	03:49:52.513	00:53:58.393
68	1051	José Santos	"S C Povoense - ""Caracóis De Corrida"""	03:50:29.513	00:54:35.393
69	1456	André Ferreira	União Fci Tomar	03:50:34.763	00:54:40.643
70	1447	Miguel Machado	Profisio Team	03:51:08.767	00:55:14.647
71	1269	Maria Areias	Oralklass - Amigos Do Trail	03:51:26.767	00:55:32.647
72	1124	Ricardo Nunes	Fridão Sem Limites	03:52:03.267	00:56:09.147
73	1200	Paulo Colaço	Nocturnos De Paredes	03:52:21.517	00:56:27.397
74	1111	Vitor Veloso	O Mundo Da Corrida	03:52:25.517	00:56:31.397
75	1037	Ricardo Aires	Fridão Sem Limites	03:52:28.860	00:56:34.740
76	1054	António Carvalho	Coimbra Trail Running	03:53:35.777	00:57:41.657
77	1240	Francisco Rodrigues	Aamafra	03:53:38.280	00:57:44.160
78	1212	Daniel Ribeiro	Bitrunners	03:53:49.023	00:57:54.903
79	1065	Toni Leita	Runner'S Do Demo	03:54:14.023	00:58:19.903
80	1144	Pedro Osório	Viseu 360	03:55:22.277	00:59:28.157
81	1399	Licínio Sequeira	O Mundo Da Corrida	03:56:45.030	01:00:50.910
82	1411	Agostinho Sousa	Fridão Sem Limites	03:57:14.780	01:01:20.660
83	1309	Tiago Soares	Moinhos Run-Adrm	03:57:18.780	01:01:24.660
84	1159	Paulo Silva	Abcansado Trail	03:57:32.067	01:01:37.947
85	1050	Tiago Gregório	"S C Povoense - ""Caracóis De Corrida"""	03:58:05.290	01:02:11.170
86	1219	Valter Gouveia	Centro Ciclista De Gondomar	03:58:38.283	01:02:44.163
87	1390	Nuno Netto	"C.D.""Os Águias"" De Alpiarça"	04:00:46.790	01:04:52.670
88	1268	Fernando Pires	Galhardos Runners	04:02:30.047	01:06:35.927

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89	1321	Roberto Martins	Coac Coruche	04:03:46.557	01:07:52.437
90	1193	Gonçalo Lourenço	Farmácia Luciano E Matos	04:03:52.550	01:07:58.430
91	1125	Telmo Carvalho	Arsm - Associação Recreativa De S. Miguel	04:03:55.550	01:08:01.430
92	1386	Inês Moreira	Ada Trail Running Team	04:04:08.047	01:08:13.927
93	1035	Narciso Machado	Profisio Team	04:05:33.553	01:09:39.433
94	1103	Leonardo Araújo	Slow Runners Pombal	04:06:15.053	01:10:20.933
95	1587	Angels Vicens	Inverseteam	04:06:58.807	01:11:04.687
96	1450	Nelson Leal	Gtt-Armazém Do Caffè	04:07:00.813	01:11:06.693
97	1416	David Gonçalves	Factor X / S4I /Medense Fc	04:07:03.307	01:11:09.187
98	1472	Sergio Vale	Nocturnos De Paredes	04:07:11.563	01:11:17.443
99	1304	Bruno Macedo	Individual	04:07:52.307	01:11:58.187
100	1047	Raul Silva	Profisio Team	04:08:22.060	01:12:27.940
101	1452	Luís Narciso	O Mundo Da Corrida	04:08:54.810	01:13:00.690
102	1081	Rita Loureiro	Oralklass - Amigos Do Trail	04:09:18.247	01:13:24.127
103	1006	Nádia Casteleiro	Oralklass - Amigos Do Trail	04:09:18.313	01:13:24.193
104	1066	Fred Kalahari	Vespinga Trail	04:09:31.063	01:13:36.943
105	1377	Davide Carvalho	Ozxtreme/Adcrpereira	04:09:33.560	01:13:39.440
106	1357	Rogério Pronto	Tomar Runners	04:09:36.310	01:13:42.190
107	1191	José Soares	Acdjs	04:09:42.813	01:13:48.693
108	1184	Abilio Pereira	Profisio Team	04:09:45.063	01:13:50.943
109	1436	Arnaldo Santos	Nocturnos De Paredes	04:09:45.320	01:13:51.200
110	1510	Jose Gomes	Nocturnos De Paredes	04:09:45.327	01:13:51.207
111	1107	Pedro Nunes	Individual	04:09:47.563	01:13:53.443
112	1400	Sérgio Lourenço	Ctad - Trilhos De Cinfães	04:09:54.067	01:13:59.947
113	1422	Pedro Viana	Factor X / S4I /Medense Fc	04:10:06.563	01:14:12.443
114	1421	Vítor Alves	Brabus Runners	04:10:26.070	01:14:31.950
115	1023	Sérgio Suzano	Oralklass - Amigos Do Trail	04:10:26.563	01:14:32.443
116	1333	Jorge Moita	Arsm - Associação Recreativa De S. Miguel	04:10:33.317	01:14:39.197
117	1387	Fernando Gomes	Kemedo Team	04:10:50.817	01:14:56.697
118	1089	Luis Santos	Adi	04:10:57.817	01:15:03.697
119	1412	Manuel Reis	Fridão Sem Limites	04:13:43.580	01:17:49.460
120	1491	Rui Nogueira	Juventude Cortegacense	04:14:09.073	01:18:14.953
121	1338	José Ferreira	Melres Trail Running Ordem Para Arrear	04:14:22.083	01:18:27.963
122	1430	Filipe Pinto	Os Lobos Do Saibro	04:14:23.333	01:18:29.213
123	1197	Miguel Gualdino	Coac Coruche	04:14:26.823	01:18:32.703
124	1532	Raul Mendez	Individual	04:14:51.827	01:18:57.707
125	1460	Bruno Moreira	Nocturnos De Paredes	04:15:07.077	01:19:12.957
126	1471	Ruben Barbosa	Clube Atletismo Arentim Cunha	04:16:05.587	01:20:11.467
127	1379	Joao Oliveira	Juventude Cortegacense	04:16:05.830	01:20:11.710
128	1454	Jose Costa	Oralklass - Amigos Do Trail	04:16:58.583	01:21:04.463
129	1560	António Soares	Formobike Btt & Trail Running	04:17:47.587	01:21:53.467
130	1487	António Santos	Juventude Cortegacense	04:18:37.837	01:22:43.717
131	1249	Osvaldo Ferreira	Individual	04:19:16.837	01:23:22.717
132	1020	José Costa	Runner'S Do Demo	04:19:31.840	01:23:37.720

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133	1073	Pedro Guimaraes	A	04:20:37.630	01:24:43.510
134	1172	Daniel Louro	Individual	04:21:46.347	01:25:52.227
135	1098	Pedro Cardoso	Runners Da Frente Ribeirinha Da Póvoa De Santa Iria	04:21:53.843	01:25:59.723
136	1435	Hélder Camacho	Alcanena Trail	04:22:16.603	01:26:22.483
137	1053	Filipe Santos	Coimbra Trail Running	04:22:31.350	01:26:37.230
138	1052	Miguel Ribeiro	"S C Povoense - ""Caracóis De Corrida"""	04:22:56.353	01:27:02.233
139	1079	Sofia Lourenço	Arsm - Associação Recreativa De S. Miguel	04:23:11.153	01:27:17.033
140	1419	Filipe Carrão	Individual	04:24:11.560	01:28:17.440
141	1265	Jorge Assunção	Individual	04:24:20.600	01:28:26.480
142	1224	Miguel Neves	Ugas Trail Running	04:24:23.100	01:28:28.980
143	1214	Luis Caridade	Vikings Trail Runners - Ccr Alcabideque	04:24:25.613	01:28:31.493
144	1154	Alvaro Pinheiro	Coimbra Trail Running	04:24:26.350	01:28:32.230
145	1318	Laurentino Martins	Caminhar Ao Luar	04:24:34.350	01:28:40.230
146	1516	Gildo Santos	Abutres	04:25:31.853	01:29:37.733
147	1415	José Fernandes	Individual	04:25:40.853	01:29:46.733
148	1128	Marco Silva	Vilaverde A Correr	04:26:32.607	01:30:38.487
149	1189	Paulo Mesquita	Individual	04:26:32.867	01:30:38.747
150	1281	Fernando Capitão	Ac Batalha	04:26:59.113	01:31:04.993
151	1299	Nuno Correia	Individual	04:27:42.080	01:31:47.960
152	1492	André Almeida	Esgalhada Trail Team	04:27:52.857	01:31:58.737
153	1173	Hilário Louro	Der@Stus	04:27:59.360	01:32:05.240
154	1351	Hugo Lopes	Individual	04:28:04.107	01:32:09.987
155	1160	João Amândio	Individual	04:28:42.613	01:32:48.493
156	1077	Nuno Tomé	Galhardos Runners	04:28:43.363	01:32:49.243
157	1285	Filipe Martinho	Slow Runners Pombal	04:28:44.387	01:32:50.267
158	1322	André Ferreira	Individual	04:28:51.860	01:32:57.740
159	1459	Urbano Ribeiro	A.D.Amarante Trail Running	04:29:16.613	01:33:22.493
160	1204	Bruno Moura	Individual	04:29:29.853	01:33:35.733
161	1323	António Ferreira	Individual	04:29:32.113	01:33:37.993
162	1567	Bruno Ribeiro	Cdp - Clube Desportivo Da Póvoa	04:29:52.863	01:33:58.743
163	1534	Maria Fonseca	Runner'S Do Demo	04:29:58.613	01:34:04.493
164	1070	Ricardo Ferreira	Gtt-Armazém Do Caffè	04:29:59.863	01:34:05.743
165	1060	Daniel Santos	Ugas Trail Running	04:30:17.613	01:34:23.493
166	1392	Bruno Taveira	Núcleo Atletismo Vialonga	04:30:24.617	01:34:30.497
167	1180	Nuno Baltazar	Juventude Vidigalense	04:30:46.367	01:34:52.247
168	1455	Lora Pereira	Acdrs Quinhendros	04:30:49.867	01:34:55.747
169	1580	Pedro Matos	Expertree	04:30:54.617	01:35:00.497
170	1145	Rui Rodrigues	Mountain Runners	04:31:01.877	01:35:07.757
171	1105	Andreia Almeida	Fridão Sem Limites	04:31:01.877	01:35:07.757
172	1441	Vera Reis	Morcegos Trail	04:32:13.620	01:36:19.500
173	1426	Ricardo Vilaça	Fozcoa Trail	04:32:45.710	01:36:51.590
174	1504	Paulo Baptista	Atletismo Clube Da Tocha	04:33:00.373	01:37:06.253
175	1312	Jorge Oliveira	Individual	04:33:14.373	01:37:20.253
176	1255	Fernando Matos	David Vaz	04:33:29.373	01:37:35.253

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177	1027	Nuno Branco	Olímpico Vianense Trail	04:34:06.320	01:38:12.200
178	1163	César Lobo	O Que Queremos É Monte	04:34:17.127	01:38:23.007
179	1506	Sergio Freitas	Correio De Albergaria Trail Running	04:34:22.627	01:38:28.507
180	1577	Viriato Dias	Opraticante.Pt	04:34:22.627	01:38:28.507
181	1433	Bruno Tavares	Individual	04:34:26.877	01:38:32.757
182	1479	Tiago Maia	Formobike Btt & Trail Running	04:34:42.893	01:38:48.773
183	1557	Renata Vinagre	Ozxtreme/Adcpereira	04:34:53.877	01:38:59.757
184	1538	Jorge Toledo	Individual	04:35:08.377	01:39:14.257
185	1213	Vitor Mota	Slow Runners Pombal	04:35:48.630	01:39:54.510
186	1546	Glenn Alverus	Is Göta	04:37:31.383	01:41:37.263
187	1431	João Mota	Águias De Alpiarça	04:37:33.133	01:41:39.013
188	1461	Alexandre Leite	Individual	04:37:56.383	01:42:02.263
189	1524	Luis Oliveira	Portocargo	04:37:59.887	01:42:05.767
190	1525	Luís Santos	Atlafa	04:38:18.387	01:42:24.267
191	1261	Nuno Salvador	Dão Nelas Runners	04:38:36.887	01:42:42.767
192	1076	José Rosa	Individual	04:38:47.137	01:42:53.017
193	1250	Javier Verde	Víctor Pazos Peluqueros & Bugallas Mobles	04:39:02.137	01:43:08.017
194	1282	Horacio Ferreira	Arsm - Associação Recreativa De S. Miguel	04:39:21.887	01:43:27.767
195	1367	Jorge Pereira	Profisio Team	04:39:25.387	01:43:31.267
196	1008	David Silva	Farmácia Luciano E Matos	04:39:26.390	01:43:32.270
197	1298	André Manita	Factor X / S4I /Medense Fc	04:40:13.640	01:44:19.520
198	1336	João Pedro	Dap Trail Team	04:40:47.390	01:44:53.270
199	1356	Carlos Pedro	Individual	04:42:15.897	01:46:21.777
200	1391	Pedro Gomes	Fonte Nova Runners	04:42:21.397	01:46:27.277
201	1049	Nelson Vaz	Profisio Team	04:42:33.403	01:46:39.283
202	1494	Álvaro Centeio	Ugas Trail Running	04:43:04.897	01:47:10.777
203	1093	Antonio Marinho	Individual	04:43:08.900	01:47:14.780
204	1311	António Martins	Individual	04:43:14.150	01:47:20.030
205	1305	Célio Silva	Clube Desportivo Infante	04:44:14.903	01:48:20.783
206	1164	Alexandre Costa	Esquilos Nas Calças	04:44:28.900	01:48:34.780
207	1307	Sérgio Anunciação	Oralklass - Amigos Do Trail	04:44:59.153	01:49:05.033
208	1113	Gina Domingues	Slow Runners Pombal	04:45:00.900	01:49:06.780
209	1286	Jorge Nunes	Afrikanrunners	04:45:24.653	01:49:30.533
210	1015	Filipe Sousa	All About	04:45:46.153	01:49:52.033
211	1097	Rui Isidoro	Individual	04:46:35.417	01:50:41.297
212	1437	Helder Gomes	Kemedo Team	04:46:43.407	01:50:49.287
213	1135	Romão Correia	Devagar, Devagarinho...	04:46:51.167	01:50:57.047
214	1221	Rui Figueiredo	Runner'S Do Demo	04:47:02.657	01:51:08.537
215	1505	Carlos Ferreira	Individual	04:47:20.660	01:51:26.540
216	1499	Ariana Tavares	Veigafit	04:47:31.910	01:51:37.790
217	1384	Helder Parracho	Individual	04:47:33.417	01:51:39.297
218	1443	Julio Tome	Montanha Clube Trail Running/Efapel	04:48:43.667	01:52:49.547
219	1226	Roberto Pereira	Individual	04:48:48.670	01:52:54.550
220	1248	Pedro Carmo	Clac - Entroncamento/Onda Trilhos	04:49:05.670	01:53:11.550

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221	1134	Rui Palrinhas	Flashover-Bvpenela	04:49:16.420	01:53:22.300
222	1537	María Masdeu	Individual	04:49:28.663	01:53:34.543
223	1236	Pedro Alves	Enjoy And Go Runners	04:49:54.917	01:54:00.797
224	1156	Carmen Ferreira	Asc Vale Grande	04:50:14.170	01:54:20.050
225	1039	Ana Miranda	Ac Portalegre / Utsm	04:50:14.417	01:54:20.297
226	1165	Elton Almeida	#Letsrunazores	04:50:47.417	01:54:53.297
227	1409	Paula Branco	União Fci Tomar	04:50:49.167	01:54:55.047
228	1100	Carlos Rodrigues	Ultralentejanos	04:50:49.917	01:54:55.797
229	1317	Liliana Ribeiro	Individual	04:50:50.667	01:54:56.547
230	1559	David Lopes	Morcegos Trail	04:50:52.417	01:54:58.297
231	1375	Filipe Serrazina	Crp Ribafria	04:50:58.170	01:55:04.050
232	1533	Tiago Santos	Aamafra	04:50:58.417	01:55:04.297
233	1542	Nelson Correia	Arcd Venda Da Luisa	04:51:06.167	01:55:12.047
234	1406	Nelson Duarte	Outsiders Trail Team	04:51:20.917	01:55:26.797
235	1147	António Borges	Olímpico Vianense Trail	04:51:39.670	01:55:45.550
236	1223	Bruno Fernandes	Gondomar Futsal Clube	04:52:01.670	01:56:07.550
237	1464	Miguel Rêgo	Ecobarcaventura	04:52:04.967	01:56:10.847
238	1543	Carla Santos	O Mundo Da Corrida	04:52:05.420	01:56:11.300
239	1466	José Silva	Ecobarcaventura	04:52:05.920	01:56:11.800
240	1449	Paulo Costa	Individual	04:52:58.173	01:57:04.053
241	1129	Luis Santos	Individual	04:53:00.423	01:57:06.303
242	1478	Matias Silva	Andatrilhos	04:53:48.927	01:57:54.807
243	1211	José Andrade	Grupo Desportivo Ferreirense	04:55:00.927	01:59:06.807
244	1495	Jose Ferreira	Dragons	04:55:20.683	01:59:26.563
245	1044	Vitor Almeida	All About	04:55:43.930	01:59:49.810
246	1142	Ana Ferreira	Gondomar Futsal Clube	04:56:00.930	02:00:06.810
247	1445	João Sousa	Individual	04:56:11.930	02:00:17.810
248	1334	António Nova	Os Trinca Espinhas	04:56:19.180	02:00:25.060
249	1071	Luis Nunes	Individual	04:56:19.680	02:00:25.560
250	1568	Fernando Mendes	Individual	04:56:44.433	02:00:50.313
251	1521	Fernando Mendes	Individual	04:56:46.180	02:00:52.060
252	1544	Nelson Machado	Profisio Team	04:56:59.683	02:01:05.563
253	1476	Paulo Carvalho	Formobike Btt & Trail Running	04:57:36.683	02:01:42.563
254	1175	Miguel Veludo	101 Estrilhos	04:57:44.687	02:01:50.567
255	1099	Ana Dourado	Coimbra Trail Running	04:57:45.433	02:01:51.313
256	1253	Manuel Cividanes	Víctor Pazos Peluqueros & Bugallas Mobles	04:57:50.437	02:01:56.317
257	1340	Hugo Rodrigues	Montanha Clube Trail Running/Efapel	04:58:09.183	02:02:15.063
258	1153	Diogo Rosário	Individual	04:58:25.937	02:02:31.817
259	1215	Ana Fontes	Gtt-Armazém Do Caffè	04:59:00.437	02:03:06.317
260	1330	Hugo Pereira	Gtt-Armazém Do Caffè	04:59:00.937	02:03:06.817
261	1140	Fernando Arezes	Gtt-Armazém Do Caffè	04:59:01.187	02:03:07.067
262	1470	Pedro Guerra	Individual	05:00:24.700	02:04:30.580
263	1310	Carlos Leal	Kemedo Team	05:00:28.690	02:04:34.570
264	1064	Pedro Nogueira	Nocturnos De Paredes	05:00:56.440	02:05:02.320

POS.	DORSAL	NOME	EQUIPA	TEMPO	DIFERENÇA
265	1292	Fabio Silva	Gondomar Futsal Clube	05:01:23.200	02:05:29.080
266	1132	Ana Mota	Individual	05:01:50.943	02:05:56.823
267	1058	Joel Silva	Insane Trail Team	05:01:52.197	02:05:58.077
268	1347	Rui Barreto	Alexandra Carvalho Team	05:02:19.947	02:06:25.827
269	1116	Pedro Polonio	Montanha Clube Trail Running/Efapel	05:02:23.197	02:06:29.077
270	1295	João Silva	Liz Runners	05:02:29.197	02:06:35.077
271	1453	Rui Nina	Trail Bela Bela	05:02:36.947	02:06:42.827
272	1168	Sara Palrinhas	Morcegos Trail	05:02:37.197	02:06:43.077
273	1558	Nuno Oliveira	Os Trinca Espinhas	05:03:20.697	02:07:26.577
274	1217	Diogo Caseiro	Liz Runners	05:03:23.447	02:07:29.327
275	1246	Celia Sousa	Individual	05:03:44.207	02:07:50.087
276	1289	Carlos Ferreira	Individual	05:03:44.473	02:07:50.353
277	1278	Carlos Moreira	Runriver	05:04:10.210	02:08:16.090
278	1264	Joel Oliveira	Arcd Venda Da Luisa	05:04:10.453	02:08:16.333
279	1355	Ricardo Carvalho	Rvc&Prp	05:04:26.703	02:08:32.583
280	1562	Bruno Espadeiro	Individual	05:04:31.203	02:08:37.083
281	1057	Paulo Moura	Profisio Team	05:04:38.453	02:08:44.333
282	1237	César Pereira	Tarahumara	05:04:56.453	02:09:02.333
283	1483	Joel Sequeira	Juventude Cortegacense	05:05:55.707	02:10:01.587
284	1130	Bruno Guerra	Insane Trail Team	05:06:11.707	02:10:17.587
285	1404	Joaquim Santos	Kemedo Team	05:06:12.957	02:10:18.837
286	1349	Marcelo Teles	Gtt-Armazém Do Caffè	05:07:20.710	02:11:26.590
287	1283	Carlos Pinheiro	Individual	05:08:09.960	02:12:15.840
288	1350	Paulo Pina	Rvc&Prp	05:08:10.467	02:12:16.347
289	1074	Nuno Santos	Dive Into The Mountains	05:09:04.463	02:13:10.343
290	1273	Paulo Alves	Gondomar Futsal Clube	05:09:28.003	02:13:33.883
291	1072	Pedro Correia	Individual	05:09:46.967	02:13:52.847
292	1266	Henrique Borges	Individual	05:10:46.717	02:14:52.597
293	1480	Nélio Girão	Formobike Btt & Trail Running	05:10:54.220	02:15:00.100
294	1515	Paulo Santos	Flashover-Bvpenela	05:11:21.720	02:15:27.600
295	1482	Cecilio Ferreira	Juventude Cortegacense	05:11:32.720	02:15:38.600
296	1170	Luis Gonçalves	Clube Amador De Mirandela (Camir)	05:11:45.220	02:15:51.100
297	1511	Luis Carvalho	Individual	05:11:47.723	02:15:53.603
298	1373	Ana Faísca	Regueifas	05:11:51.977	02:15:57.857
299	1576	Miguel Judas	Individual	05:11:57.970	02:16:03.850
300	1293	Antonio Carvalho	Figueira Kayak Clube	05:12:02.720	02:16:08.600
301	1582	João Simões	Individual	05:12:03.720	02:16:09.600
302	1518	Luis Cruz	Individual	05:12:20.970	02:16:26.850
303	1061	Magda Vieira	Individual	05:13:04.473	02:17:10.353
304	1394	João Ferreira	Clube Pessoal Edp - V. N. Gaia	05:13:52.473	02:17:58.353
305	1539	Miguel Barnabé	Vertical Navis	05:14:00.473	02:18:06.353
306	1527	Pedro Saraiva	Individual	05:14:08.477	02:18:14.357
307	1500	Rui Vilar	Individual	05:14:08.477	02:18:14.357
308	1451	Pedro Saraiva	Individual	05:14:15.227	02:18:21.107

POS.	DORSAL	NOME	EQUIPA	TEMPO	DIFERENÇA
309	1174	António Lopes	Scd Glória Do Ribatejo	05:15:20.987	02:19:26.867
310	1252	Sérgio Lopes	Abutres	05:16:14.230	02:20:20.110
311	1420	Vitor Marques	Kondores Trail Running	05:16:25.230	02:20:31.110
312	1439	Artur Ferreira	Unidos A Fresca	05:16:45.483	02:20:51.363
313	1157	Hugo Moreir	Gtt-Armazém Do Caffè	05:16:58.240	02:21:04.120
314	1177	Solange Sousa	Individual	05:17:01.483	02:21:07.363
315	1555	Nicolas Sebastião	Individual	05:17:29.737	02:21:35.617
316	1481	Keta Batista	Dive Into The Mountains	05:17:48.983	02:21:54.863
317	1043	Paulo Leite	All About	05:17:52.740	02:21:58.620
318	1425	José Gil	C.A.R. Marisqueiro	05:18:14.487	02:22:20.367
319	1417	Pedro Serra	Correr Lisboa	05:19:00.987	02:23:06.867
320	1380	Tiago Cruz	Correr Soc Rec Da Granja	05:19:05.987	02:23:11.867
321	1183	Sérgio Silva	Fugitivos Urbanos	05:19:08.237	02:23:14.117
322	1092	Patrícia Silva	Individual	05:19:09.237	02:23:15.117
323	1554	Tiago Frutuoso	Piclma	05:19:14.487	02:23:20.367
324	1337	Manuel Julio	Clac - Entroncamento/Onda Trilhos	05:19:23.497	02:23:29.377
325	1302	Miguel Quinta	Correio De Albergaria Trail Running	05:19:28.490	02:23:34.370
326	1262	Silvia Gomes	Correio De Albergaria Trail Running	05:19:28.490	02:23:34.370
327	1359	Ricardo Santos	Escola De Atletismo De Coimbra	05:19:28.740	02:23:34.620
328	1512	Sérgio Casal	Ocs-Proaventuras	05:19:59.490	02:24:05.370
329	1306	Carlos Carreira	Pezinhos De Lã	05:20:09.490	02:24:15.370
330	1133	Rui Santos	Blackbulls / Clube De Condeixa	05:20:10.497	02:24:16.377
331	1277	Ricardo Marques	Individual	05:20:32.490	02:24:38.370
332	1062	José Amaro	Liz Runners	05:22:15.993	02:26:21.873
333	1101	Tiago Rocha	Edv - Viana Trail	05:22:34.250	02:26:40.130
334	1477	João	Marques	05:23:00.250	02:27:06.130
335	1203	Cidália Oliveira	Acdrs Quinhendros	05:23:07.757	02:27:13.637
336	1247	Joao Ribeiro	Individual	05:25:12.757	02:29:18.637
337	1498	Iracema Martins	Juventude Cortegacense	05:25:22.523	02:29:28.403
338	1497	Helder Costa	Juventude Cortegacense	05:25:23.257	02:29:29.137
339	1257	Bruno Pinho	Individual	05:25:26.253	02:29:32.133
340	1493	Luís Figueiredo	Quiaios Run Team	05:25:26.783	02:29:32.663
341	1486	Amélia Moreira	Amigos Da Montanha	05:25:55.757	02:30:01.637
342	1148	Bruno Pereira	Grupeta Running Team	05:26:03.507	02:30:09.387
343	1137	Pedro Silva	Individual	05:26:23.507	02:30:29.387
344	1301	Filipe Ferreira	Speed Of Yelow	05:27:01.510	02:31:07.390
345	1243	Diego López	Víctor Pazos Peluqueros & Bugallas Mobles	05:27:12.257	02:31:18.137
346	1279	Paulo Freitas	Factor X / S4I /Medense Fc	05:27:49.510	02:31:55.390
347	1267	Ivan Martin	C.A.R. Marisqueiro	05:30:25.767	02:34:31.647
348	1245	Cesar Carneiro	Individual	05:30:29.517	02:34:35.397
349	1327	Firmino Mendes	Montanha Clube Trail Running/Efapel	05:30:52.767	02:34:58.647
350	1414	Rui Colaço	Lobos Da Serra- Loureiro	05:31:13.517	02:35:19.397
351	1115	Paulo Mendes	Galhardos Runners	05:31:13.520	02:35:19.400
352	1131	Bruno Ferreira	Individual	05:31:38.270	02:35:44.150

POS.	DORSAL	NOME	EQUIPA	TEMPO	DIFERENÇA
353	1517	Pedro Madureira	Comdor Runners	05:32:08.270	02:36:14.150
354	1067	Paula Falacho	Individual	05:32:14.270	02:36:20.150
355	1352	Luís Mendes	Abutres	05:32:39.270	02:36:45.150
356	1108	Mafalda Lourenço	Papamilhas Running Team	05:32:55.023	02:37:00.903
357	1244	José Navarro	Grupo Desportivo Das Corticeiras	05:33:12.273	02:37:18.153
358	1232	Ricardo Teixeira	A.D.Amarante Trail Running	05:33:13.523	02:37:19.403
359	1358	Luís Santos	Insane Trail Team	05:33:50.030	02:37:55.910
360	1188	João Moreira	Individual	05:34:18.777	02:38:24.657
361	1474	Pedro Pinto	O Mundo Da Corrida	05:34:21.527	02:38:27.407
362	1199	Rogério Palmeiro	Fundao Trail Running	05:34:48.277	02:38:54.157
363	1381	Bruno Silva	Individual	05:36:10.280	02:40:16.160
364	1143	Gustavo Baeta	Santiagobikes	05:36:18.787	02:40:24.667
365	1523	Jorge Costa	Individual	05:36:38.040	02:40:43.920
366	1503	Artur Soares	Speedrunners	05:37:09.543	02:41:15.423
367	1181	Ana Correia	Trilho Perdido Eventos/ Importlux	05:38:14.287	02:42:20.167
368	1382	Frederico Crasto	Liz Runners	05:38:27.537	02:42:33.417
369	1423	Carina Silva	Alexandra Carvalho Team	05:38:40.787	02:42:46.667
370	1475	Tiago Silva	Aztrail/Mercentro	05:39:01.540	02:43:07.420
371	1365	Rui Nascimento	Devagar, Devagarinho...	05:39:45.540	02:43:51.420
372	1364	Rui Jesus	Individual	05:39:46.790	02:43:52.670
373	1405	Fernando Silva	Running Team Maia	05:40:12.570	02:44:18.450
374	1485	Marcia Costa	Juventude Cortegacense	05:41:13.793	02:45:19.673
375	1457	Catarina Teixeira	Team 33	05:41:14.543	02:45:20.423
376	1123	Patricia Fernandes	Individual	05:41:17.047	02:45:22.927
377	1152	Nuno Ribeiro	Individual	05:41:18.543	02:45:24.423
378	1276	Agamene Paulo	Abutres	05:41:33.043	02:45:38.923
379	1126	Fernando Vicente	Os Galgos	05:41:33.547	02:45:39.427
380	1085	Lino Ferreira	Individual	05:42:04.547	02:46:10.427
381	1553	David Costa	Piclma	05:42:07.080	02:46:12.960
382	1548	Joao Bolina	Individual	05:43:56.557	02:48:02.437
383	1393	Joana Cardoso	Gondomar Futsal Clube	05:44:09.800	02:48:15.680
384	1045	Lino Moreira	All About	05:44:20.313	02:48:26.193
385	1209	Vitor Viana	Clube Zupper	05:44:33.557	02:48:39.437
386	1520	Alexandra Soares	Coimbra Trail Running	05:44:36.303	02:48:42.183
387	1531	Paulo Calvino	Põe-Te A Milhas!	05:45:22.803	02:49:28.683
388	1579	Fausto Carvalho	Arsm - Associação Recreativa De S. Miguel	05:45:46.057	02:49:51.937
389	1383	Lesecq Antoine	Individual	05:45:51.820	02:49:57.700
390	1583	Elza Cordeiro	Arcd Venda Da Luisa	05:45:52.307	02:49:58.187
391	1586	Sara Pinheiro	Individual	05:45:52.307	02:49:58.187
392	1176	Luis Poeira	Porto Runners	05:46:42.313	02:50:48.193
393	1254	María Enriquez	Víctor Pazos Peluqueros & Bugallas Mobles	05:46:47.307	02:50:53.187
394	1155	Hugo Oliveira	Fugitivos Urbanos	05:47:17.810	02:51:23.690
395	1354	Pedro Salgueiro	Sawasdee	05:47:52.557	02:51:58.437
396	1427	José Silva	Trepatrihos Trail Team	05:48:49.060	02:52:54.940

POS.	DORSAL	NOME	EQUIPA	TEMPO	DIFERENÇA
397	1488	Augusto Silva	Juventude Cortegacense	05:48:59.067	02:53:04.947
398	1120	Adriano Reis	Individual	05:49:25.563	02:53:31.443
399	1095	Cidália Dutra	Morcegos Trail	05:50:20.313	02:54:26.193
400	1083	Vanessa Reboca	Figueira Kayak Clube	05:50:35.817	02:54:41.697
401	1012	Marco Silva	All About	05:50:54.073	02:54:59.953
402	1046	Paula Santos	All About	05:50:55.317	02:55:01.197
403	1078	Jose Oliveira	Individual	05:50:59.817	02:55:05.697
404	1080	João Pinho	Coimbra Trail Running	05:51:21.067	02:55:26.947
405	1139	Ana Tomé	Zona Alta Trail	05:51:39.070	02:55:44.950
406	1190	Hugo Santos	Vikings Trail Runners - Ccr Alcabideque	05:52:24.070	02:56:29.950
407	1202	Rui S?	Fit Gaia Trail	05:52:36.570	02:56:42.450
408	1205	Pedro Pinto	Runners Da Frente Ribeirinha Da Póvoa De Santa Iria	05:54:55.327	02:59:01.207
409	1446	Luís Costa	Individual	05:55:18.830	02:59:24.710
410	1158	Joaquim Figueira	Team 33	05:55:57.580	03:00:03.460
411	1362	João Brito	Individual	05:56:16.080	03:00:21.960
412	1280	Francisco Silva	Individual	05:56:16.580	03:00:22.460
413	1308	Tiago Caldas	Individual	05:57:25.333	03:01:31.213
414	1536	Diana Cardoso	#Aminhamaenaodeixa	05:57:56.837	03:02:02.717
415	1535	Telmo Pinho	#Aminhamaenaodeixa	05:57:58.597	03:02:04.477
416	1541	João Gaspar	#Aminhamaenaodeixa	05:57:58.683	03:02:04.563
417	1402	André Gomes	Ratatui Team	05:58:07.337	03:02:13.217
418	1162	Helena Matias	Pupilos Trail Team	05:58:26.593	03:02:32.473
419	1328	Ana Oliveira	Lion Runners - G. D. Leões Da Guarda	05:59:16.087	03:03:21.967
420	1151	Martinho Dias	Individual	06:00:40.590	03:04:46.470
421	1138	Daniel Silva	Hora Do Lobo Trail / Cf Perosinho	06:00:50.420	03:04:56.300
422	1551	André Leão	Individual	06:01:05.093	03:05:10.973
423	1408	Joaquim Caeiro	Individual	06:01:41.343	03:05:47.223
424	1325	Paulo Lopes	Alverca Urban Runners	06:04:04.100	03:08:09.980
425	1463	Jose Nobrega	Nature High Running	06:04:14.100	03:08:19.980
426	1335	Ana Loreto	Montanha Clube Trail Running/Efapel	06:04:17.850	03:08:23.730
427	1563	Eduard Agayev	Individual	06:06:30.357	03:10:36.237
428	1109	Rui Botelho	Individual	06:08:15.617	03:12:21.497
429	1270	Eduardo Soares	Coaal	06:11:36.127	03:15:42.007
430	1287	Mónica Sá	Tartarugas Do Asfalto	06:11:50.617	03:15:56.497
431	1584	Marcos Alves	Individual	06:12:59.127	03:17:05.007
432	1507	Nuno Dias	Casa Do Benfica Em Castelo Branco	06:13:38.373	03:17:44.253
433	1550	Beatriz Esteves	#Letsrunazores	06:13:51.623	03:17:57.503
434	1361	Miguel Graça	Dolce Furadouro	06:14:00.627	03:18:06.507
435	1227	Margarida Carvalho	Coimbra Trail Running	06:14:13.627	03:18:19.507
436	1055	Hugo Bera	Coimbra Trail Running	06:14:13.877	03:18:19.757
437	1235	Cristovao Bacalhau	Xiripiti Team	06:15:49.880	03:19:55.760
438	1407	Fábio Francisco	Xiripiti Team	06:15:50.630	03:19:56.510
439	1429	Jorge Pimpao	C.C.D. De Porto Mendo	06:16:00.880	03:20:06.760
440	1316	Juliana Mees	Individual	06:16:48.153	03:20:54.033

POS.	DORSAL	NOME	EQUIPA	TEMPO	DIFERENÇA
441	1403	Rui Barbosa	Matilha Running	06:18:03.887	03:22:09.767
442	1284	José Camelo	Matilha Running	06:18:04.137	03:22:10.017
443	1448	Edgar Fernandes	Fire Team Bvmc	06:18:54.280	03:23:00.160
444	1195	Daniel Pinto	Comdor Runners	06:21:46.393	03:25:52.273
445	1490	Gabriela França	Juventude Cortegacense	06:22:18.397	03:26:24.277
446	1331	Joao Cruz	Individual	06:23:03.147	03:27:09.027
447	1529	Ana Tamanqueira	Run4eat	06:23:27.647	03:27:33.527
448	1220	José Abrantes	Tribo Nr	06:24:37.910	03:28:43.790
449	1314	Ana Gaspar	Morcegos Trail	06:25:29.660	03:29:35.540
450	1161	Pedro Correia	Kondores Trail Running	06:26:02.907	03:30:08.787
451	1094	João Bernardino	Devagar, Devagarinho...	06:26:51.407	03:30:57.287
452	1186	Bruno Pereira	Individual	06:27:41.667	03:31:47.547
453	1413	Paolo Pozzan	Individual	06:27:41.670	03:31:47.550
454	1210	Pedro Rodrigues	Gondomar Futsal Clube	06:29:15.663	03:33:21.543
455	1117	Andreia Costa	Ozxtreme/Adcrpereira	06:29:32.173	03:33:38.053
456	1136	Manuel Gomes	Individual	06:29:43.163	03:33:49.043
457	1260	Joao Santos	Pinhal Total Oleiros Aventura	06:30:04.163	03:34:10.043
458	1545	Juliana Menezes	Individual	06:30:10.413	03:34:16.293
459	1339	Elisabete Azougado	Tálenos Team	06:30:19.417	03:34:25.297
460	1288	Susete Marques	Individual	06:31:19.167	03:35:25.047
461	1389	José Melo	Run 4 Fun	06:32:38.423	03:36:44.303
462	1275	Paula Capela	Kaninos	06:32:59.427	03:37:05.307
463	1348	João Pereira	Gtt-Armazém Do Caffè	06:34:22.427	03:38:28.307
464	1207	Tiago Sampaio	Gtt-Armazém Do Caffè	06:34:22.927	03:38:28.807
465	1272	Zé Luis	Casa Do Benfica Santo Tirso	06:35:24.427	03:39:30.307
466	1084	Gonçalo Antunes	Gang Do Amendoim	06:36:34.930	03:40:40.810
467	1342	Paulo Jorge	A.N.A.	06:37:50.433	03:41:56.313
468	1588	André Santa	Individual	06:38:05.187	03:42:11.067
469	1578	Ricardo Santa	Individual	06:38:07.933	03:42:13.813
470	1258	Alfredo Moral	Individual	06:40:27.517	03:44:33.397
471	1297	Cláudia Pinto	Individual	06:40:28.693	03:44:34.573
472	1502	Ricardo Gonçalves	Individual	06:40:34.940	03:44:40.820
473	1552	Marco Machado	Individual	06:41:27.193	03:45:33.073
474	1540	Daniel Serrao	Madeira Trail Team	06:42:34.697	03:46:40.577
475	1222	Filipe Bessa	Adefacec	06:44:11.450	03:48:17.330
476	1369	Manuela Arantes	Individual	06:45:19.953	03:49:25.833
477	1385	Rui Costa	Individual	06:46:33.457	03:50:39.337
478	1088	Jéssica Correia	Arcd Venda Da Luisa	06:48:46.463	03:52:52.343
479	1075	Rui Monteiro	Arcd Venda Da Luisa	06:48:46.960	03:52:52.840
480	1522	Maria Colaço	Run4eat	06:53:24.723	03:57:30.603
481	1290	Sonia Cruz	Correr Soc Rec Da Granja	06:53:44.973	03:57:50.853
482	1444	Pedro Silva	Individual	06:54:40.233	03:58:46.113
483	1315	Maria Gonçalves	Individual	06:54:41.477	03:58:47.357
484	1376	Ricardo Baptista	C.C.D. De Porto Mendo	06:55:23.227	03:59:29.107

POS.	DORSAL	NOME	EQUIPA	TEMPO	DIFERENÇA
485	1428	Augusto Silva	Lv Trail	06:58:26.483	04:02:32.363
486	1171	Liliana Carvalho	Individual	06:59:36.990	04:03:42.870
487	1374	Paulo Cardoso	Individual	07:05:16.390	04:09:22.270
488	1573	Paulo Ferreira	Portocargo	07:06:53.257	04:10:59.137
489	1571	José Santo	Individual	07:21:12.553	04:25:18.433
490	1185	Mário Soares	Lion Runners - G. D. Leões Da Guarda	07:21:12.793	04:25:18.673
491	1149	Isabel Araujo	Individual	07:21:13.053	04:25:18.933
492	1570	Vitor Santos	Individual	07:21:13.053	04:25:18.933