

Lugar	Dorsal	S	Nome	País	EQUIPA	Escalões	Tempo	Diferença
1	149	M	DIOGO PINHEIRO	PORTUGAL	COIMBRA TRAIL RUNNING	M SENIOR	05:03:28.153	00:00:00.000
2	264	M	ANTÓNIO FERREIRA	PORTUGAL	RUNNERS DO DEMO	M45	05:11:36.670	00:08:08.517
3	112	M	FÁBIO FILIPE	PORTUGAL	INDIVIDUAL	M SENIOR	05:14:38.940	00:11:10.787
4	279	M	FILIPE GARCIA	PORTUGAL	VESEU RUNNING TEAM	M SENIOR	05:22:50.227	00:19:22.074
5	132	M	HELDER ROCHA	PORTUGAL	DOUROCONTA - GABINETE DE APOIO E CONTABILIDADE, LDA	M40	05:23:56.707	00:20:28.554
6	63	M	MARCELO ARAÚJO	PORTUGAL	CIDEP FORNOS LUSAVOUGA	M SENIOR	05:25:06.503	00:21:38.350
7	185	M	PAULO PIRES	PORTUGAL	RUNNERS DO DEMO	M40	05:33:15.470	00:29:47.317
8	267	M	LUIS PEREIRA	PORTUGAL	GO! RUNNERS/OUTPROSTORE	M SENIOR	05:34:38.723	00:31:10.570
9	204	M	TONY FIGUEIREDO	PORTUGAL	DÃO NELAS RUNNERS	M SENIOR	05:34:53.247	00:31:25.094
10	59	M	PEDRO NUNES	PORTUGAL	FORMOBIKE BTT & TRAIL RUNNING	M SENIOR	05:35:45.477	00:32:17.324
11	227	M	AUGUSTO TRINDADE	PORTUGAL	RUNNERS DO DEMO	M45	05:37:05.230	00:33:37.077
12	284	M	JOSÉ COSTA	PORTUGAL	RUNNERS DO DEMO	M50	05:39:11.983	00:35:43.830
13	220	M	RUI PEREIRA	PORTUGAL	RUNNERS DO DEMO	M SENIOR	05:39:11.983	00:35:43.830
14	130	M	VALTER MATOS	PORTUGAL	RUNNERS DO DEMO	M40	05:44:16.497	00:40:48.344
15	155	M	JOSE MARTINS	PORTUGAL	DCI // TRILHOS LUSO BUSSACO	M55	05:47:16.753	00:43:48.600
16	290	M	NUNO GUIMARÃES	PORTUGAL	TROGLODITAS RUNNERS	M SENIOR	05:48:02.763	00:44:34.610
17	80	M	CELSO OLIVEIRA	PORTUGAL	LION RUNNERS - G. D. LEÕES DA GUARDA	M SENIOR	05:52:45.013	00:49:16.860
18	273	M	HUMBERTO VARA	PORTUGAL	CLUBE DE ATLETISMO DE FERREIRA DO ZÊZERE	M55	05:54:58.520	00:51:30.367
19	76	M	HÉLDER PINTO	PORTUGAL	CCRD BURINHOSA	M40	05:56:23.520	00:52:55.367
20	194	M	SÉRGIO CARNEIRO	PORTUGAL	A D MARCO 09	M SENIOR	05:56:27.523	00:52:59.370
21	177	M	JOÃO MATEUS	PORTUGAL	G.R.CORREDOURA	M SENIOR	05:56:27.533	00:52:59.380
22	91	M	MIGUEL FERREIRA	PORTUGAL	LION RUNNERS - G. D. LEÕES DA GUARDA	M40	05:57:56.277	00:54:28.124
23	131	M	DAVID COUTINHO	PORTUGAL	JOBRA - ASSOCIAÇÃO JOVENS DA BRANCA	M45	05:59:08.037	00:55:39.884
24	62	M	NUNO FARIA	PORTUGAL	CIDEP FORNOS LUSAVOUGA	M40	06:00:13.283	00:56:45.130
25	225	M	LUÍS PEDRO	PORTUGAL	RUNNERS DO DEMO	M40	06:00:15.783	00:56:47.630
26	292	M	FERNANDO GARCÍA	SPAIN	TROGLODITAS RUNNERS	M45	06:03:01.787	00:59:33.634
27	184	M	TIAGO MACHADO	PORTUGAL	MONSANTO RUNNING TEAM	M45	06:04:11.293	01:00:43.140
28	40	M	PEDRO COSTA	PORTUGAL	MAGICBARBER TRAIL TEAM	M40	06:04:17.887	01:00:49.734
29	268	M	LEON PEREIRA	PORTUGAL	INDIVIDUAL	M SENIOR	06:05:15.540	01:01:47.387
30	219	M	JOAO NETO	PORTUGAL	RUNNERS DO DEMO	M SENIOR	06:05:28.040	01:01:59.887
31	231	M	HUGO PACHECO	PORTUGAL	RUNNERS DO DEMO	M40	06:05:29.543	01:02:01.390
32	190	M	PEDRO PIRES	PORTUGAL	RUNNERS DO DEMO	M40	06:05:29.547	01:02:01.394
33	152	M	RUI LÓIA	PORTUGAL	8300 WILD SPORTS	M45	06:06:18.297	01:02:50.144
34	314	M	HELDER BAPTISTA	PORTUGAL	GO! RUNNERS/OUTPROSTORE	M50	06:07:20.550	01:03:52.397
35	38	M	NUNO CORREIA	PORTUGAL	INDIVIDUAL	M40	06:08:15.300	01:04:47.147
36	156	M	RUI SANTOS	PORTUGAL	NÃO FAZEMOS NEM MAIS UM?KM	M45	06:08:26.050	01:04:57.897
37	16	M	PAULO PINHEIRO	PORTUGAL	RIBEIRAS TRAIL	M40	06:08:47.800	01:05:19.647
38	66	M	DIDIER VALENTE	PORTUGAL	MONSANTO RUNNING TEAM	M45	06:08:57.303	01:05:29.150
39	11	M	JORGE QUEIRÓS	PORTUGAL	SC ESPINHO - ANTÓNIO LEITÃO	M40	06:09:22.800	01:05:54.647
40	5	M	CARLOS ABREU	PORTUGAL	CASA JOVASE	M40	06:13:12.310	01:09:44.157
41	10	M	JOSÉ PINTO	PORTUGAL	DOUROCONTA - GABINETE DE APOIO E CONTABILIDADE, LDA	M SENIOR	06:14:13.197	01:10:45.044
42	65	M	RODRIGO SILVA	PORTUGAL	MONSANTO RUNNING TEAM	M SENIOR	06:14:18.813	01:10:50.660
43	89	M	HUGO SILVA	PORTUGAL	LION RUNNERS - G. D. LEÕES DA GUARDA	M SENIOR	06:14:53.817	01:11:25.664
44	277	F	PAULA COSTA	PORTUGAL	ACADEMIA DESPORTIVA DE ARCOS DE VALDEVEZ	F40	06:15:03.567	01:11:35.414
45	254	M	RUI SOUSA	PORTUGAL	ACADEMIA DESPORTIVA DE ARCOS DE VALDEVEZ	M40	06:15:07.067	01:11:38.914
46	82	M	MIGUEL SARAIVA	PORTUGAL	CA BARREIRA	M50	06:17:38.570	01:14:10.417
47	142	M	RODRIGO ARAUJO	PORTUGAL	MAGICBARBER TRAIL TEAM	M SENIOR	06:18:53.573	01:15:25.420

Lugar	Dorsal	S	Nome	País	EQUIPA	Escalões	Tempo	Diferença
48	148	M	RENATO CARVALHO	PORTUGAL	SICÓTRILHOS	M SENIOR	06:22:39.580	01:19:11.427
49	240	M	JOÃO COSTA	PORTUGAL	SABORES DO PAÇO/ZATOPEQUES	M45	06:25:08.087	01:21:39.934
50	153	M	MARCO FERREIRA	PORTUGAL	RODA DIANTEIRA	M40	06:25:18.587	01:21:50.434
51	241	M	JOSE JESUS	PORTUGAL	FORMOBIKE BTT & TRAIL RUNNING	M50	06:25:54.587	01:22:26.434
52	251	F	ALICE LOPES	PORTUGAL	FIT 4 FUN	F40	06:29:16.347	01:25:48.194
53	107	M	FERREIRA COIMBRA	PORTUGAL	UISEU 360	M SENIOR	06:29:46.847	01:26:18.694
54	119	M	CARLOS COSTA	PORTUGAL	INDIVIDUAL	M SENIOR	06:32:45.853	01:29:17.700
55	274	M	LUÍS MOTA	PORTUGAL	PRAIATRIL	M55	06:33:04.353	01:29:36.200
56	269	M	FERNANDO SANTOS	PORTUGAL	NÚCLEO DE MONTANHA DE ESPINHO	M45	06:33:04.860	01:29:36.707
57	90	M	LUÍS SÁ	PORTUGAL	LION RUNNERS - G. D. LEÕES DA GUARDA	M45	06:33:17.853	01:29:49.700
58	196	M	CRISTÓVÃO CHAVES	PORTUGAL	RUNNERS DO DEMO	M40	06:33:40.107	01:30:11.954
59	102	M	LUÍS TEIXEIRA	PORTUGAL	LIMITLESS	M SENIOR	06:34:13.357	01:30:45.204
60	166	M	MIGUEL SOUSA	PORTUGAL	OURÉM VIDA TEAM	M40	06:34:57.117	01:31:28.964
61	72	M	PAULO CASTRO	PORTUGAL	CLUBE EFACEC	M40	06:37:57.880	01:34:29.727
62	175	M	HUGO PINTO	PORTUGAL	STRENDURE RUNNING TEAM	M SENIOR	06:37:59.117	01:34:30.964
63	106	M	JOAQUIM MADUREIRA	PORTUGAL	CLUBE ZUPPER	M45	06:39:37.120	01:36:08.967
64	223	M	RUI NOGUEIRA	PORTUGAL	RUNNERS DO DEMO	M SENIOR	06:41:11.130	01:37:42.977
65	165	M	PAULO MARTINS	PORTUGAL	OURÉM VIDA TEAM	M45	06:41:37.627	01:38:09.474
66	199	M	NUNO MAGRO	PORTUGAL	GO! RUNNERS/OUTPROSTORE	M45	06:42:22.877	01:38:54.724
67	202	M	ALBERTO FREITAS	PORTUGAL	A D MARCO 09	M40	06:43:17.630	01:39:49.477
68	217	M	JOÃO MARTINS	PORTUGAL	INDIVIDUAL	M SENIOR	06:43:21.127	01:39:52.974
69	79	M	PEDRO CASTRO	PORTUGAL	CLUBE EFACEC	M40	06:43:26.380	01:39:58.227
70	224	F	MARIA FONSECA	PORTUGAL	RUNNERS DO DEMO	F40	06:44:10.880	01:40:42.727
71	44	M	LUIS RODRIGUES	PORTUGAL	A D MARCO 09	M SENIOR	06:44:25.130	01:40:56.977
72	68	M	CARLOS TOMÉ	PORTUGAL	MONSANTO RUNNING TEAM	M50	06:47:16.383	01:43:48.230
73	67	M	MÁRIO ALBERTO	PORTUGAL	NÃO FAZEMOS NEM MAIS UM?KM	M45	06:47:35.137	01:44:06.984
74	7	M	FÁBIO FERREIRA	PORTUGAL	CASA JOVASE	M40	06:47:36.140	01:44:07.987
75	18	M	ARMANDO MOREIRA	PORTUGAL	RIBEIRAS TRAIL	M45	06:47:37.390	01:44:09.237
76	167	M	NUNO OLIVEIRA	PORTUGAL	MOINHOS DA GÂNDARA TRAIL	M40	06:48:47.647	01:45:19.494
77	144	M	JORGE LOPES	PORTUGAL	EQUIPA A	M40	06:48:57.140	01:45:28.987
78	229	M	MARIO MELO	PORTUGAL	GALHARDOS RUNNERS	M40	06:49:39.650	01:46:11.497
79	164	M	HUGO HENRIQUES	PORTUGAL	GALHARDOS RUNNERS	M40	06:49:39.903	01:46:11.750
80	261	M	SERGIO FREITAS	PORTUGAL	CATR - CORREIO DE ALBERGARIA TRAIL RUNNING	M45	06:49:40.143	01:46:11.990
81	250	F	PAULA PENEDO	PORTUGAL	BOAVISTA TRAIL	F40	06:50:03.393	01:46:35.240
82	9	M	AURÉLIO QUIAIOS	PORTUGAL	INDIVIDUAL	M40	06:50:04.643	01:46:36.490
83	94	F	CRISTIANA FERREIRA	PORTUGAL	RUNNING ESPINHO	F SENIOR	06:51:21.147	01:47:52.994
84	198	M	RICARDO CARMO	PORTUGAL	ÁGUIAS DA FREITA	M SENIOR	06:51:42.397	01:48:14.244
85	22	M	FRANCISCO VÁLGA	PORTUGAL	INDIVIDUAL	M40	06:51:45.147	01:48:16.994
86	191	M	VITOR DINIZ	PORTUGAL	TOMAR RUNNERS	M45	06:51:47.397	01:48:19.244
87	316	M	PEDRO PEREIRA	PORTUGAL	SALAMANDRECOS	M45	06:52:12.897	01:48:44.744
88	171	M	CARLOS VIEIRA	PORTUGAL	CIDEP FORNOS LUSAVOUGA	M SENIOR	06:52:48.267	01:49:20.114
89	209	M	JÓRGE CORREIA	PORTUGAL	VIRIATHVS RUNNERS VISEU	M50	06:55:03.157	01:51:35.004
90	197	M	SÉRGIO VIEIRA	PORTUGAL	INDIVIDUAL	M SENIOR	06:55:37.157	01:52:09.004
91	295	F	BELEN VIDAL	SPAIN	TROGLODITAS RUNNERS	F45	06:56:14.157	01:52:46.004
92	1	M	LUIS DIAS	PORTUGAL	ÁGUIAS DA FREITA	M SENIOR	06:56:14.657	01:52:46.504
93	158	M	JOAO SANTOS	PORTUGAL	OS TOLINHOS	M SENIOR	06:59:58.663	01:56:30.510
94	48	M	ANTONIO TEIXEIRA	PORTUGAL	NOCTURNOS DE PAREDES	M40	07:01:03.920	01:57:35.767

Lugar	Dorsal	S	Nome	País	EQUIPA	Escalões	Tempo	Diferença
95	49	F	CARINA VANSTALLE	PORTUGAL	ATR - ALGARVE TRAIL RUNNING	F40	07:01:04.420	01:57:36.267
96	73	M	JOAQUIM LOBATO	PORTUGAL	LIMITLESS	M50	07:01:17.670	01:57:49.517
97	85	M	NELSON AMARAL	PORTUGAL	INDIVIDUAL	M SENIOR	07:01:24.917	01:57:56.764
98	43	M	MARCO NAZARÉ	PORTUGAL	SABORES DO PAÇO/ZATOPEQUES	M40	07:02:39.923	01:59:11.770
99	24	M	VITOR FONSECA	PORTUGAL	ÉJÁLI...CLUBE DE AMIGOS TRAILRUNNERS	M SENIOR	07:03:00.923	01:59:32.770
100	21	M	CARLOS AZEVEDO	PORTUGAL	ÉJÁLI...CLUBE DE AMIGOS TRAILRUNNERS	M40	07:03:05.673	01:59:37.520
101	26	M	MARCO SILVA	PORTUGAL	ÉJÁLI...CLUBE DE AMIGOS TRAILRUNNERS	M SENIOR	07:03:07.670	01:59:39.517
102	163	M	SANDRO JORDÃO	PORTUGAL	NÃO FAZEMOS NEM MAIS UM?KM	M SENIOR	07:03:52.923	02:00:24.770
103	186	M	VITOR PEREIRA	PORTUGAL	ÁGUEDA ACTION CLUB - ACTIB	M SENIOR	07:04:16.673	02:00:48.520
104	17	M	EDUARDO PACHECO	PORTUGAL	RIBEIRAS TRAIL	M40	07:04:40.927	02:01:12.774
105	100	M	PAULO COSTA	PORTUGAL	CLAC ENTRONCAMENTO	M40	07:04:51.443	02:01:23.290
106	64	M	BRUNO FERNANDES	PORTUGAL	INDIVIDUAL	M SENIOR	07:05:00.923	02:01:32.770
107	118	M	DIOGO CUNHA	PORTUGAL	CA BARREIRA	M SENIOR	07:05:58.430	02:02:30.277
108	173	M	FERNANDO ALMEIDA	PORTUGAL	NOCTURNOS DE PAREDES	M40	07:06:08.687	02:02:40.534
109	281	M	JOÃO TEIXEIRA	PORTUGAL	CLUBE DE ATLETISMO DE FERREIRA DO ZÊZERE	M45	07:06:15.437	02:02:47.284
110	46	M	SIMAO CASTRO	PORTUGAL	COIMBRA TRAIL RUNNING	M40	07:06:22.437	02:02:54.284
111	97	M	BRUNO MACEDO	PORTUGAL	CAGA TACOS RUNNING TEAM	M40	07:07:22.937	02:03:54.784
112	246	M	LAO ALEXANDRE	PORTUGAL	FIGUEIRA KAYAK CLUBE	M SENIOR	07:07:22.943	02:03:54.790
113	257	M	LUÍS OLIVEIRA	PORTUGAL	FIGUEIRA KAYAK CLUBE	M SENIOR	07:07:25.433	02:03:57.280
114	139	M	ANTÓNIO CARVALHO	PORTUGAL	COIMBRA TRAIL RUNNING	M SENIOR	07:09:41.690	02:06:13.537
115	126	M	ANDRÉ MONTEIRO	PORTUGAL	VIKINGS TRAIL RUNNERS/CCR ALCABIDEQUE	M SENIOR	07:09:43.937	02:06:15.784
116	256	M	RICARDO VALENTE	PORTUGAL	PIMPÕES TRAIL TEAM	M50	07:09:55.153	02:06:27.000
117	174	F	PATRÍCIA RIBEIRO	PORTUGAL	STRENDURE RUNNING TEAM	F SENIOR	07:10:08.440	02:06:40.287
118	6	M	JOSÉ MOREIRA	PORTUGAL	VIRIATHVS RUNNERS VISEU	M50	07:11:24.190	02:07:56.037
119	33	M	JOÃO OLIVEIRA	PORTUGAL	LIMITLESS	M SENIOR	07:12:25.693	02:08:57.540
120	212	M	NEVILLE SUZMAN	PORTUGAL	CIGNON	M50	07:13:37.693	02:10:09.540
121	127	M	JOSÉ CALISTO	PORTUGAL	PRAIATRIL	M60	07:14:14.703	02:10:46.550
122	283	M	PEDRO LOPES	PORTUGAL	CORRER POR PRAZER A 2	M40	07:14:39.447	02:11:11.294
123	188	M	JOÃO CRUZ	PORTUGAL	ADABEM RUNNING TEAM	M SENIOR	07:14:56.197	02:11:28.044
124	180	M	LUIS SILVA	PORTUGAL	SCPOMBAL/TRAIL TEAM	M40	07:14:57.063	02:11:28.910
125	238	M	NELSON SANTOS	PORTUGAL	GO! RUNNERS/OUTPROSTORE	M45	07:16:12.457	02:12:44.304
126	52	M	ANDRÉ CARDÃO	PORTUGAL	INDIVIDUAL	M SENIOR	07:18:48.217	02:15:20.064
127	234	M	FRANCISCO AGUIAR	PORTUGAL	VISEU 360	M55	07:18:56.970	02:15:28.817
128	157	M	PEDRO CASTRO	PORTUGAL	INDIVIDUAL	M SENIOR	07:19:33.713	02:16:05.560
129	285	M	JOSÉ COELHO	PORTUGAL	ABUTRES	M45	07:19:36.217	02:16:08.064
130	293	M	ADELINO CARVALHO	PORTUGAL	INDIVIDUAL	M45	07:20:19.960	02:16:51.807
131	32	M	SAMUEL CASTELA	PORTUGAL	LYNX	M SENIOR	07:22:17.967	02:18:49.814
132	183	M	JOÃO CASAL	PORTUGAL	INDIVIDUAL	M40	07:22:22.467	02:18:54.314
133	4	M	NUNO SÁ	PORTUGAL	INDIVIDUAL	M SENIOR	07:22:56.970	02:19:28.817
134	53	M	LEONEL CAMPOS	PORTUGAL	CLAC ENTRONCAMENTO	M55	07:25:22.723	02:21:54.570
135	75	F	ANA SANTOS	PORTUGAL	CCRD BURINHOSA	F55	07:25:45.223	02:22:17.070
136	259	M	PEDRO NOGUEIRA	PORTUGAL	A D MARCO 09	M SENIOR	07:26:00.473	02:22:32.320
137	51	F	MARIA MONRAIA	PORTUGAL	AD IALBAX	F45	07:26:25.723	02:22:57.570
138	271	M	ANTONINO GONÇALVES	PORTUGAL	DESNIVEL POSITIVO	M50	07:26:26.227	02:22:58.074
139	203	M	RICARDO SILVA	PORTUGAL	INDIVIDUAL	M SENIOR	07:28:17.497	02:24:49.344
140	317	F	FLOR MADUREIRA	PORTUGAL	CONFRARIA TROTAMONTES	F50	07:28:49.767	02:25:21.614
141	249	M	JOSÉ SILVA	PORTUGAL	NÚCLEO DE MONTANHA DE ESPINHO	M45	07:29:28.740	02:26:00.587

Lugar	Dorsal	S	Nome	País	EQUIPA	Escalões	Tempo	Diferença
142	57	M	JOSE SILVA	PORTUGAL	RUNNING ESPINHO	M40	07:29:29.730	02:26:01.577
143	27	M	EUGÉNIO DIAS	PORTUGAL	ATLETISMOCLUBEDATOCHA	M SENIOR	07:30:45.233	02:27:17.080
144	101	M	PEDRO DIAS	PORTUGAL	CLAC ENTRONCAMENTO	M SENIOR	07:31:12.237	02:27:44.084
145	128	M	JOÃO CRESPO	PORTUGAL	INDIVIDUAL	M SENIOR	07:32:40.860	02:29:12.707
146	294	M	MANUEL GRAÇA	PORTUGAL	TROGLODITAS RUNNERS	M50	07:35:31.497	02:32:03.344
147	280	M	JOÃO SANCHES	PORTUGAL	CLUBE DE ATLETISMO DE FERREIRA DO ZÉZERE	M50	07:36:23.497	02:32:55.344
148	88	M	BRUNO MONTEIRO	PORTUGAL	LION RUNNERS - G. D. LEÕES DA GUARDA	M SENIOR	07:38:21.503	02:34:53.350
149	92	M	DOMINGOS FARIA	PORTUGAL	LION RUNNERS - G. D. LEÕES DA GUARDA	M40	07:38:22.500	02:34:54.347
150	125	M	PAULO FERREIRA	PORTUGAL	INDIVIDUAL	M50	07:39:12.503	02:35:44.350
151	13	M	ANGELO PINHO	PORTUGAL	FIT 4 FUN	M45	07:39:12.753	02:35:44.600
152	69	M	PAULO NETA	PORTUGAL	CLUBE ZUPPER	M45	07:39:44.503	02:36:16.350
153	70	M	ANDRÉ CAVADAS	PORTUGAL	CLUBE ZUPPER	M40	07:39:45.503	02:36:17.350
154	216	F	CATARINA REGALO	PORTUGAL	VIRIATHVS RUNNERS VISEU	F40	07:40:40.257	02:37:12.104
155	226	M	CARLOS BARBOSA	PORTUGAL	RUNNERS DO DEMO	M SENIOR	07:40:40.753	02:37:12.600
156	87	M	BRUNO BATISTA	PORTUGAL	LION RUNNERS - G. D. LEÕES DA GUARDA	M SENIOR	07:43:11.510	02:39:43.357
157	187	M	PAULO SANTOS	PORTUGAL	G.R.CORREDOURA	M SENIOR	07:43:31.267	02:40:03.114
158	248	M	NUNO TEIXEIRA	PORTUGAL	SPORTARC	M SENIOR	07:45:44.017	02:42:15.864
159	266	M	MIGUEL BARROS	PORTUGAL	PERNETAS	M SENIOR	07:46:17.767	02:42:49.614
160	275	M	PAULO CARVALHO	PORTUGAL	CDM RUNNING	M45	07:46:50.270	02:43:22.117
161	258	M	CÉSAR RAMALHO	PORTUGAL	VIKINGS TRAIL RUNNERS/CCR ALCABIDEQUE	M SENIOR	07:47:16.520	02:43:48.367
162	120	M	MANUEL FERNANDES	PORTUGAL	VISEU 360	M40	07:47:17.270	02:43:49.117
163	233	M	NUNO CARDOSO	PORTUGAL	VISEU 360	M40	07:47:19.020	02:43:50.867
164	20	M	VITOR ALMEIDA	PORTUGAL	INDIVIDUAL	M55	07:48:30.273	02:45:02.120
165	28	M	GONCALO VALENTE	PORTUGAL	PIMPÕES TRAIL TEAM	M50	07:51:01.557	02:47:33.404
166	105	M	DIOGO DUARTE	PORTUGAL	C C R D BURINHOSA	M SENIOR	07:51:59.030	02:48:30.877
167	104	F	SANDRINA CARDOSO	PORTUGAL	CCRD BURINHOSA	F SENIOR	07:52:00.537	02:48:32.384
168	110	M	VITAL SOARES	PORTUGAL	CCRD BURINHOSA	M SENIOR	07:52:01.030	02:48:32.877
169	50	M	DIOGO GAMITO	PORTUGAL	SALAMANDRECOS	M50	07:52:18.530	02:48:50.377
170	47	M	PEDRO FONSECA	PORTUGAL	RIBEIRAS TRAIL	M SENIOR	07:54:47.787	02:51:19.634
171	61	M	MIGUEL CRUZ	PORTUGAL	CLUBE EFACEC	M40	07:55:19.290	02:51:51.137
172	244	M	BRUNO SILVA	PORTUGAL	INDIVIDUAL	M SUB23	07:55:19.543	02:51:51.390
173	96	M	JORGE BASTOS	PORTUGAL	PERNETAS	M40	07:55:22.037	02:51:53.884
174	54	M	TIAGO COELHO	PORTUGAL	CORRER LEÇA	M40	07:55:52.543	02:52:24.390
175	37	M	RICARDO PIMENTA	PORTUGAL	CORRER LEÇA	M SENIOR	07:55:53.040	02:52:24.887
176	35	M	JORGE PEREIRA	PORTUGAL	GRT - GUEPARDOS RUNNING TEAM	M SENIOR	07:56:21.790	02:52:53.637
177	181	F	MARILIA NORO	PORTUGAL	COA/CORVUS TRAIL TEAM	F SENIOR	07:57:36.797	02:54:08.644
178	182	M	TIAGLO MAGALHÃES	PORTUGAL	SALAMANDRECOS	M40	07:57:37.057	02:54:08.904
179	161	M	JOÃO FERREIRA	PORTUGAL	RUNNERS DO DEMO	M40	07:57:39.317	02:54:11.164
180	236	M	JOSÉ PEREIRA	PORTUGAL	RUNNERS DO DEMO	M45	07:57:39.553	02:54:11.400
181	136	F	SARA CARVALHO	PORTUGAL	ARCD VENDA DA LUISA	F SENIOR	07:59:27.297	02:55:59.144
182	140	M	NELSON CORREIA	PORTUGAL	ARCD VENDA DA LUISA	M SENIOR	07:59:27.547	02:55:59.394
183	103	M	HUGO PACHECO	PORTUGAL	INDIVIDUAL	M40	07:59:53.297	02:56:25.144
184	286	M	FÁBIO MENDES	PORTUGAL	INDIVIDUAL	M SENIOR	08:01:48.057	02:58:19.904
185	133	M	FRANCISCO REIS	PORTUGAL	NÚCLEO DE MONTANHA DE ESPINHO	M45	08:02:38.807	02:59:10.654
186	137	M	RICARDO CARVALHO	PORTUGAL	EQUIPA A	M40	08:05:40.060	03:02:11.907
187	141	M	NUNO SANTOS	PORTUGAL	INDIVIDUAL	M40	08:05:40.560	03:02:12.407
188	19	M	LUIS MARQUES	PORTUGAL	TRILHADOS	M SENIOR	08:07:35.817	03:04:07.664

Lugar	Dorsal	S	Nome	País	EQUIPA	Escalões	Tempo	Diferença
189	113	M	IVO ALMEIDA	PORTUGAL	INDIVIDUAL	M45	08:09:14.067	03:05:45.914
190	108	M	FERNANDO VARANDA	PORTUGAL	INDIVIDUAL	M40	08:09:14.320	03:05:46.167
191	245	M	RUI FERREIRA	PORTUGAL	WISEU 360	M40	08:09:18.570	03:05:50.417
192	214	M	NELSON RAMOS	PORTUGAL	MILLENNIUM BCP	M50	08:09:22.320	03:05:54.167
193	145	M	PAULO SANTOS	PORTUGAL	NÃO FAZEMOS NEM MAIS UM?KM	M40	08:09:28.087	03:05:59.934
194	117	M	VÍTOR PEREIRA	PORTUGAL	NÃO FAZEMOS NEM MAIS UM?KM	M40	08:09:28.087	03:05:59.934
195	36	M	MANUEL ALVES	PORTUGAL	INDIVIDUAL	M50	08:10:34.570	03:07:06.417
196	206	M	ARTUR SILVA	PORTUGAL	CLUBE MILLENNIUM BCP	M55	08:11:42.823	03:08:14.670
197	12	F	SOFIA GUERRA	PORTUGAL	MATILHA DA ATALAIA	F40	08:11:50.823	03:08:22.670
198	228	M	JOSÉ FARINHA	PORTUGAL	MILLENNIUM BCP	M45	08:12:32.077	03:09:03.924
199	208	M	EDUARDO FERREIRA	PORTUGAL	CLUBE MILLENNIUM BCP	M45	08:12:33.073	03:09:04.920
200	121	M	MÁRIO SEQUEIRA	PORTUGAL	CASA JOVASE	M45	08:12:55.827	03:09:27.674
201	111	M	RICARDO SILVA	PORTUGAL	MONSANTO RUNNING TEAM	M45	08:16:08.833	03:12:40.680
202	83	F	NATASHA PLANAS	PORTUGAL	MONSANTO RUNNING TEAM	F50	08:16:27.843	03:12:59.690
203	146	M	TIAGO ZELLER	PORTUGAL	INDIVIDUAL	M40	08:16:30.837	03:13:02.684
204	179	M	PAULO LEITE	PORTUGAL	ALL ABOUT	M55	08:16:31.587	03:13:03.434
205	31	F	FILIPA CASTELA	PORTUGAL	LYNX	F40	08:16:49.833	03:13:21.680
206	150	M	ANTÓNIO PAULO	PORTUGAL	CASA JOVASE	M55	08:17:35.837	03:14:07.684
207	55	M	PEDRO CARMO	PORTUGAL	CLAC ENTRONCAMENTO	M40	08:17:43.837	03:14:15.684
208	99	M	JOÃO LOPES	PORTUGAL	CLAC ENTRONCAMENTO	M45	08:17:45.087	03:14:16.934
209	159	M	PAULO MENDES	PORTUGAL	DÃO NELAS RUNNERS	M40	08:18:53.840	03:15:25.687
210	170	M	TIAGO SILVA	PORTUGAL	JUVENTUDE CORTEGACENSE	M SENIOR	08:18:54.840	03:15:26.687
211	81	M	MIGUEL BAPTISTA	PORTUGAL	MONSANTO RUNNING TEAM	M55	08:20:48.843	03:17:20.690
212	84	M	PAULO CARVALHO	PORTUGAL	WILD RUNNERS	M40	08:20:58.593	03:17:30.440
213	192	F	SÓNIA FILIPE	PORTUGAL	OS TOLINHOS	F SENIOR	08:21:35.597	03:18:07.444
214	210	M	FERNANDO RODRIGUES	PORTUGAL	INDIVIDUAL	M55	08:21:44.343	03:18:16.190
215	115	M	LUÍS AZEVEDO	PORTUGAL	A4 VOLUNTÁRIO DE RAÇA	M SENIOR	08:22:13.963	03:18:45.810
216	296	F	MARIANA BALLESTER	PORTUGAL	TRAIL-RUNNING.PT	F SENIOR	08:23:07.847	03:19:39.694
217	2	M	RUI GOMES	PORTUGAL	VIRIATHVS RUNNERS VISEU	M45	08:23:28.350	03:20:00.197
218	41	M	RICARDO FERNANDES	PORTUGAL	TEAM TRAIL BEM VIVER	M SENIOR	08:23:39.100	03:20:10.947
219	205	F	RITA GABRIEL	PORTUGAL	NÃO FAZEMOS NEM MAIS UM?KM	F SENIOR	08:27:40.867	03:24:12.714
220	147	M	MANUEL VICTORINO	PORTUGAL	CCD ALVITEJO	M60	08:27:41.110	03:24:12.957
221	232	F	ANA SOUSA	PORTUGAL	ADCS JACINTO	F SENIOR	08:27:49.360	03:24:21.207
222	3	M	SILVIO FREITAS	PORTUGAL	INDIVIDUAL	M40	08:29:09.613	03:25:41.460
223	154	M	CARLOS CARREIRA	PORTUGAL	ADE TRAIL RUNNING	M40	08:31:36.867	03:28:08.714
224	176	M	RENATO RIBEIRO	PORTUGAL	BUSTOS RUNNERS	M40	08:34:24.627	03:30:56.474
225	74	M	PAULO SILVA	PORTUGAL	BUSTOS RUNNERS	M45	08:34:25.627	03:30:57.474
226	242	F	RAQUEL VASCONCELOS	PORTUGAL	NO TOMORROW RUNNING TEAM	F40	08:36:48.130	03:33:19.977
227	243	M	PAULO GOMES	PORTUGAL	NO TOMORROW RUNNING TEAM	M45	08:36:48.383	03:33:20.230
228	255	M	PAULO FREITAS	PORTUGAL	FACTOR X / S4L / MEDENSE FC	M45	08:40:13.137	03:36:44.984
229	114	M	MARIO COSTA	PORTUGAL	MOREIRA RELAX RUNNERS	M55	08:40:13.397	03:36:45.244
230	39	M	VITOR VIANA	PORTUGAL	CLUBE ZUPPER	M45	08:40:15.140	03:36:46.987
231	129	M	LUIS ALMEIDA	PORTUGAL	CORRER LEÇA	M55	08:40:15.390	03:36:47.237
232	193	M	DANIEL MOTA	PORTUGAL	LION RUNNERS - G. D. LEÕES DA GUARDA	M45	08:43:12.260	03:39:44.107
233	211	M	ANTÓNIO ALVES	PORTUGAL	CLUBE MILLENNIUM BCP	M45	08:44:16.397	03:40:48.244
234	287	M	ANTÓNIO OLIVEIRA	PORTUGAL	OS FINOS	M45	08:48:46.907	03:45:18.754
235	78	M	PEDRO VIDAL	PORTUGAL	OS FINOS	M45	08:48:47.407	03:45:19.254

Lugar	Dorsal	S	Nome	País	EQUIPA	Escalões	Tempo	Diferença
236	168	M	RUI VIEGAS	PORTUGAL	GALHARDOS RUNNERS	M40	08:49:25.410	03:45:57.257
237	239	M	NUNO FIGUEIREDO	PORTUGAL	GALHARDOS RUNNERS	M SENIOR	08:49:25.657	03:45:57.504
238	143	F	SANDRA CABRAL	PORTUGAL	GINÁSIO CLUBE DE BRAGANÇA	F45	08:49:55.910	03:46:27.757
239	151	F	TERESA CONCEIÇÃO	PORTUGAL	NÃO FAZEMOS NEM MAIS UM?KM	F60	08:49:55.910	03:46:27.757
240	289	F	PAULA VENTURA	PORTUGAL	ASSOCIAÇÃO VALE GRANDE	F45	08:52:02.413	03:48:34.260
241	122	F	LISETA PINTO	PORTUGAL	CLUBE EFACEC	F45	08:54:52.920	03:51:24.767
242	265	M	MANUEL RODRIGUES	PORTUGAL	CORRER LEÇA	M60	08:56:18.673	03:52:50.520
243	270	M	JOSE GUIMARAES	PORTUGAL	INDIVIDUAL	M45	09:00:43.443	03:57:15.290
244	134	M	PAULO RIBEIRO	PORTUGAL	INDIVIDUAL	M45	09:00:44.933	03:57:16.780
245	30	F	SYLWIA WOJCIK	POLAND	SYLVETTA KSIEZNICZKA WIATRU	F SENIOR	09:01:24.437	03:57:56.284
246	23	M	CESARIO ROCHA	PORTUGAL	LADECAS	M50	09:03:57.560	04:00:29.407
247	98	M	MANUEL JULIO	PORTUGAL	CLAC ENTRONCAMENTO	M60	09:04:45.943	04:01:17.790
248	77	M	SILVÉRIO SANTOS	PORTUGAL	CLUBE PESSOAL ÁGUAS GAIA	M45	09:14:28.967	04:11:00.814
249	123	M	PEDRO PISCO	PORTUGAL	CLUBE EFACEC	M50	09:34:29.013	04:31:00.860
250	124	M	JOSÉ CONCEIÇÃO	PORTUGAL	MAGICBARBER TRAIL TEAM	M SENIOR	09:34:42.510	04:31:14.357
251	195	M	JOSE GARCEZ	PORTUGAL	ÉVORA NIGHT RUNNERS	M45	09:49:53.547	04:46:25.394