

POS.	DORSAL	G	NOME	PAÍS	EQUIPA	ESCALÃO	TEMPO	DIFERENÇA
1	471	M	OSCAR MENDES	PORTUGAL	ÁGUIAS DE ALVELOS	M40	02:51:32.567	00:00:00.000
2	540	M	SERGIO SÁ	PORTUGAL	ÁGUIAS DE ALVELOS	M SEN	02:55:16.907	00:03:44.340
3	489	M	JOSE BERNÁRDEZ	SPAIN	A.C. CASTELOS TRAIL CLUB	M SEN	02:56:28.973	00:04:56.406
4	536	M	FÁBIO BARBOSA	PORTUGAL	CLUBE DESPORTIVO FEIRENSE	M SEN	02:58:02.310	00:06:29.743
5	301	M	FRANCISCO FERNANDES	PORTUGAL	OLÍMPICO VIANENSE	M SEN	02:59:31.620	00:07:59.053
6	537	M	JOSE FERREIRA	PORTUGAL	INDIVIDUAL	M40	03:01:11.540	00:09:38.973
7	413	M	NELSON FEITEIRA	PORTUGAL	GRUPO CORRIDA DE ARGONCILHE	M40	03:02:13.507	00:10:40.940
8	5005	M	HUGO SILVA	PORTUGAL	OLÍMPICO VIANENSE	M SEN	03:04:44.957	00:13:12.390
9	352	M	STEVEN SÁ	PORTUGAL	INDIVIDUAL	M SEN	03:09:58.470	00:18:25.903
10	491	M	LUIS SANTOS	PORTUGAL	CCD SINTRENSE	M SEN	03:10:02.340	00:18:29.773
11	538	M	FERNANDO COSTA	PORTUGAL	BOAVISTA TRAIL	M40	03:17:05.890	00:25:33.323
12	529	M	VITOR ALMEIDA	PORTUGAL	INDIVIDUAL	M SEN	03:17:18.023	00:25:45.456
13	513	M	PEDRO CAPRICHOSO	PORTUGAL	ÁGUIAS DE ALVELOS	M40	03:19:30.650	00:27:58.083
14	313	F	MARIANA MACHADO	PORTUGAL	INDIVIDUAL	F SEN	03:19:36.903	00:28:04.336
15	496	M	FERNANDO GARCÍA	SPAIN	AZEVIM NATURE	M50	03:20:24.960	00:28:52.393
16	351	M	JORGE RAMOS	PORTUGAL	GRUPO DESPORTIVO DE MÊDA	M40	03:21:37.607	00:30:05.040
17	433	M	RUI ALVES	PORTUGAL	ARCSDESTERRO	M50	03:22:36.007	00:31:03.440
18	516	M	ARTURO PIÑEIRO	SPAIN	SD BARBANTIA RODA	M50	03:23:17.937	00:31:45.370
19	466	M	HUGO MARTINS	PORTUGAL	AMIGOS 100 LIMITES	M40	03:24:00.160	00:32:27.593
20	495	M	BRUNO PEREIRA	PORTUGAL	INDIVIDUAL	M40	03:26:48.100	00:35:15.533
21	311	M	TIAGO OLIVEIRA	PORTUGAL	CLUBE DOS GALITOS	M SEN	03:27:37.563	00:36:04.996
22	430	F	FÁTIMA MELO	PORTUGAL	LOVE TILES	F50	03:29:09.120	00:37:36.553
23	380	M	JOSE PACHECO	SPAIN	EGURRE K3 BASAURI	M50	03:31:02.203	00:39:29.636
24	397	M	PEDRO GUIMARAES	PORTUGAL	LETSRUNAZORES	M50	03:31:37.837	00:40:05.270
25	425	M	RICARDO AMORIM	PORTUGAL	MINHO E LIMA TRAIL/GRUPO MONTE	M SEN	03:32:10.153	00:40:37.586
26	506	M	NELSON MOURA	PORTUGAL	INDIVIDUAL	M40	03:33:24.067	00:41:51.500
27	424	M	FILIPPE ALVES	PORTUGAL	MINHO E LIMA TRAIL/GRUPO MONTE	M40	03:34:55.513	00:43:22.946
28	428	F	GISELA SOUSA	PORTUGAL	AD MARCO 09	F40	03:36:38.480	00:45:05.913
29	549	M	RUI BARBOSA	PORTUGAL	INDIVIDUAL	M40	03:36:45.007	00:45:12.440
30	324	M	FERNANDO ANTUNES	PORTUGAL	TURBULENTOS	M60	03:36:51.603	00:45:19.036
31	455	M	SERGIO COSTA	PORTUGAL	JUVENTUDE CORTEGACENSE	M SEN	03:37:31.137	00:45:58.570
32	379	M	FERNANDO GONÇALVES	PORTUGAL	DCI/TRILHOS LUSO BUSSACO	M50	03:37:40.420	00:46:07.853
33	5001	M	VITOR NEVES	PORTUGAL	PASTELLO RUNNERS	M40	03:38:05.307	00:46:32.740
34	426	M	RUI CARMO	PORTUGAL	MINHO E LIMA TRAIL/GRUPO MONTE	M SEN	03:39:16.413	00:47:43.846
35	530	M	CARLOS FAZENDEIRO	PORTUGAL	G.D.RONDA	M60	03:41:10.243	00:49:37.676
36	419	M	MIGUEL ALVES	PORTUGAL	Q-TRILHO	M50	03:42:26.007	00:50:53.440
37	408	M	PAULO MAGALHÃES	PORTUGAL	AZAFAMA ILUMINADA	M50	03:43:08.837	00:51:36.270
38	485	M	MARCO VIEIRA	PORTUGAL	CLUBE ZUPPER	M40	03:43:09.977	00:51:37.410
39	337	M	JOÃO MENDES	PORTUGAL	CLUBE ATLETISMO DE FAFE	M40	03:44:46.850	00:53:14.283
40	450	F	ALEXANDRA FERNANDES	PORTUGAL	OLÍMPICO VIANENSE	F50	03:45:39.160	00:54:06.593
41	439	M	FERNANDO AREZES	PORTUGAL	GTT - ARMAZÉM DO CAFFÈ	M50	03:45:39.180	00:54:06.613
42	371	M	ISAAC COSTA	PORTUGAL	NÚCLEO DE MONTANHA DE ESPINHO	M40	03:45:39.287	00:54:06.720

POS.	DORSAL	G	NOME	PAÍS	EQUIPA	ESCALÃO	TEMPO	DIFERENÇA
43	5002	M	PAULO GOMES	PORTUGAL	WERUN	M40	03:46:22.237	00:54:49.670
44	345	M	FLÁVIO GUERREIRO	PORTUGAL	MILHAFRES	M50	03:46:46.147	00:55:13.580
45	315	M	ROGÉRIO RIBEIRO	PORTUGAL	CB RUN	M40	03:47:14.953	00:55:42.386
46	409	M	FLÁVIO COSTA	PORTUGAL	VIZELA CORRE	M SEN	03:47:21.097	00:55:48.530
47	499	M	JOÃO DINIS	PORTUGAL	INDIVIDUAL	M SEN	03:48:55.397	00:57:22.830
48	546	M	JORGE SERRAZINA	PORTUGAL	CLUBE ATLETISMO DE OBIDOS	M60	03:48:57.380	00:57:24.813
49	420	M	TIAGO LIMA	PORTUGAL	AVES RUNNERS	M40	03:49:04.107	00:57:31.540
50	487	F	ANA AZEVEDO	PORTUGAL	ESCOLA DESPORTIVA VIANA	F SEN	03:49:47.737	00:58:15.170
51	522	M	JOSÉ GOMES	PORTUGAL	PASTELLO RUNNERS	M50	03:49:51.303	00:58:18.736
52	483	M	BRUNO BERNARDES	PORTUGAL	INDIVIDUAL	M SEN	03:49:59.403	00:58:26.836
53	382	M	FRANCISCO BOGALHO	PORTUGAL	RTR - RUMILLY TRAIL RUNNING	M40	03:50:07.397	00:58:34.830
54	364	M	PAULO SILVA	PORTUGAL	INDIVIDUAL	M40	03:50:23.387	00:58:50.820
55	453	M	EDUARDO PINTO	PORTUGAL	NASCIDOS PARA CORRER	M60	03:51:08.710	00:59:36.143
56	329	M	VÍTOR CARNEIRO	PORTUGAL	PAÇOS RUNNERS	M40	03:51:15.177	00:59:42.610
57	370	M	FILIFE FERREIRA	PORTUGAL	INDIVIDUAL	M SEN	03:52:16.987	01:00:44.420
58	447	M	LUÍS CARVALHO	PORTUGAL	INDIVIDUAL	M SEN	03:52:35.063	01:01:02.496
59	374	F	ANDREIA NOITES	PORTUGAL	SPORTARC	F40	03:53:11.573	01:01:39.006
60	511	M	JAIME LAMEGO	PORTUGAL	INDIVIDUAL	M60	03:54:40.217	01:03:07.650
61	464	F	JÉSSICA CORREIA	PORTUGAL	ARCD VENDA DA LUÍSA	F SEN	03:55:12.217	01:03:39.650
62	481	M	FILIFE ROCHA	PORTUGAL	INDIVIDUAL	M40	03:55:17.413	01:03:44.846
63	387	M	PEDRO DOURADO	PORTUGAL	ÁGUIAS DE ALVELOS	M SEN	03:55:55.377	01:04:22.810
64	308	M	CÉSAR FERNANDES	PORTUGAL	APÚLIA A CORRER	M40	03:56:47.387	01:05:14.820
65	390	M	JOAQUIM PINHEIRO	PORTUGAL	INDIVIDUAL	M50	03:56:58.020	01:05:25.453
66	349	M	PEDRO MAIA	PORTUGAL	MAIA	M40	03:57:12.757	01:05:40.190
67	468	M	ALVARO SOUSA	PORTUGAL	OS SANTA APOLÓNIA - V. N. FAMALICÃO	M50	03:58:23.407	01:06:50.840
68	541	M	DIEGO VIÑA	SPAIN	PONTESECA TRAIL TEAM	M40	03:58:49.507	01:07:16.940
69	449	M	RUBEN BORGES	PORTUGAL	CLUBE DE ATLETISMO AFIPRE TEAM	M SEN	03:58:49.533	01:07:16.966
70	417	M	HUGO FERNANDES	PORTUGAL	INDIVIDUAL	M SEN	03:58:51.187	01:07:18.620
71	330	M	RICARDO CAMPOS	PORTUGAL	VIZELA CORRE	M SEN	03:58:58.760	01:07:26.193
72	423	F	MARGARIDA SOUSA	PORTUGAL	AD MARCO 09	F40	03:59:26.317	01:07:53.750
73	353	M	JOSÉ GAMITO	PORTUGAL	JUVENTUDE ATLÉTICO CLUBE	M SEN	03:59:42.020	01:08:09.453
74	498	M	ANTÓNIO LOUREIRO	PORTUGAL	AUTISTIC RUNNERS	M50	03:59:58.143	01:08:25.576
75	343	M	LUIS SILVA	PORTUGAL	INDIVIDUAL	M50	04:00:14.850	01:08:42.283
76	497	M	JOAO MARQUES	PORTUGAL	SS CGD	M40	04:00:22.133	01:08:49.566
77	510	F	SHIRLEY SOTO	SPAIN	TRAILEROS TOXOS&BIRRAS	F SEN	04:00:34.253	01:09:01.686
78	469	M	JORGE DOMINGUES	PORTUGAL	LEBRES MINHOTAS	M40	04:00:36.837	01:09:04.270
79	508	M	JOSE GOMEZ	SPAIN	TRAILEROS TOXOS&BIRRAS	M40	04:00:45.377	01:09:12.810
80	514	M	FERNANDO CASTANHEIRA	PORTUGAL	CLUBE DESPORTIVO FEIRENSE	M SEN	04:00:45.617	01:09:13.050
81	544	M	PEDRO VENTURA	PORTUGAL	AZTRAIL	M SEN	04:01:09.157	01:09:36.590
82	518	M	LUIS PIRES	PORTUGAL	CÃES D' AVENIDA	M60	04:02:18.257	01:10:45.690
83	406	M	HUGO TEIXEIRA	PORTUGAL	RETORTA - QUINTA DAS ARCAS	M40	04:02:45.427	01:11:12.860
84	503	M	MICHAEL BRAND	GERMANY	INDIVIDUAL	M SEN	04:03:22.287	01:11:49.720

POS.	DORSAL	G	NOME	PAÍS	EQUIPA	ESCALÃO	TEMPO	DIFERENÇA
85	520	M	JOSÉ PACHECO	PORTUGAL	FLECHA M 50	M50	04:04:19.140	01:12:46.573
86	422	F	MARIA PEREZ	SPAIN	GMTA&CHUVONERS	F SEN	04:04:21.247	01:12:48.680
87	534	M	MIGUEL FERREIRA	PORTUGAL	INDIVIDUAL	M50	04:05:40.187	01:14:07.620
88	395	M	ANGELO PEREIRA	PORTUGAL	INDIVIDUAL	M60	04:05:45.850	01:14:13.283
89	467	M	MANUEL FUENTE	SPAIN	INDIVIDUAL	M40	04:06:01.083	01:14:28.516
90	332	M	ALEXANDRE COSTA	PORTUGAL	PAÇOS RUNNERS	M50	04:06:25.697	01:14:53.130
91	488	M	RICARDO VEIGA	PORTUGAL	INDIVIDUAL	M40	04:06:33.313	01:15:00.746
92	341	M	JOAO GONCALVES	PORTUGAL	ECOBARCAVENTURA	M40	04:06:34.240	01:15:01.673
93	476	M	MIGUEL MARTINS	PORTUGAL	LEBRES MINHOTAS	M40	04:06:44.837	01:15:12.270
94	321	M	ANDRÉ CARDÃO	PORTUGAL	INDIVIDUAL	M SEN	04:07:06.070	01:15:33.503
95	444	M	CARLOS AMIGO	SPAIN	INDIVIDUAL	M40	04:07:17.300	01:15:44.733
96	350	M	RICARDO MARTINS	PORTUGAL	INDIVIDUAL	M40	04:07:33.307	01:16:00.740
97	462	F	GISELA PEREIRA	PORTUGAL	DESNÍVEL POSITIVO	F40	04:07:55.197	01:16:22.630
98	347	M	PAULO FERREIRA	PORTUGAL	CB RUNNING	M40	04:08:33.463	01:17:00.896
99	458	F	CRISTINA SARAIVA	PORTUGAL	INDIVIDUAL	F50	04:08:43.753	01:17:11.186
100	533	F	ANA DIAS	PORTUGAL	VIEIRA A CORRER	F40	04:10:09.613	01:18:37.046
101	326	M	CARLOS ALVES	PORTUGAL	ALLABOUT	M60	04:10:49.497	01:19:16.930
102	356	M	JORGE SEABRA	PORTUGAL	KEMEDO TEAM	M40	04:11:09.537	01:19:36.970
103	342	M	BRUNO ROSA	PORTUGAL	OS GALGOS	M SEN	04:11:25.110	01:19:52.543
104	492	M	JOSE PEREIRA	PORTUGAL	ÁGUIAS DE ALVELOS	M SEN	04:11:25.117	01:19:52.550
105	363	M	ANTÓNIO LOPES	PORTUGAL	PAPAKMS	M50	04:11:51.250	01:20:18.683
106	445	M	VASCO TARELHO	PORTUGAL	INDIVIDUAL	M SEN	04:12:00.387	01:20:27.820
107	416	M	RICARDO SEROMENHO	PORTUGAL	JAM - JUVENTUDE ATLÉTICA MOZELENSE	M40	04:13:18.147	01:21:45.580
108	484	M	PAULO LEITE	PORTUGAL	ALLABOUT	M50	04:14:41.800	01:23:09.233
109	500	M	TELMO REIS	PORTUGAL	LOUSADA RUNNERS	M40	04:14:47.837	01:23:15.270
110	334	M	JOÃO PATATAS	PORTUGAL	MIRANDELA A CORRER - PARQUE VALE DO TUA	M SEN	04:15:22.283	01:23:49.716
111	460	M	FRANCISCO FONSECA	PORTUGAL	INDIVIDUAL	M40	04:15:27.367	01:23:54.800
112	515	M	LUIS ESPADA	SPAIN	KURAI	M40	04:15:41.230	01:24:08.663
113	5049	F	INÊS ALVES	PORTUGAL	INDIVIDUAL	F40	04:16:12.877	01:24:40.310
114	5025	M	RUBEN CONCEIÇÃO	PORTUGAL	A . D . GRIJÓ A CORRER	M SEN	04:16:31.970	01:24:59.403
115	362	M	MARCO PIRES	PORTUGAL	INDIVIDUAL	M SEN	04:16:38.847	01:25:06.280
116	454	M	CARLOS CARVALHO	PORTUGAL	CORRE SÃO JOÃO	M40	04:16:59.773	01:25:27.206
117	463	M	DAVID ANTUNES	PORTUGAL	DESNÍVEL POSITIVO	M50	04:17:18.360	01:25:45.793
118	388	M	AUGUSTO OLIVEIRA	PORTUGAL	INDIVIDUAL	M50	04:17:25.760	01:25:53.193
119	461	M	GEORGES GOMES	FRANCE	ENDURANCE STORE	M50	04:17:55.373	01:26:22.806
120	474	M	VITOR DIAS	PORTUGAL	GDR RETORTA / QUINTA DAS ARCAS	M50	04:19:01.217	01:27:28.650
121	5058	M	FRANCISCO TORRE	SPAIN	INDIVIDUAL	M SEN	04:19:57.997	01:28:25.430
122	394	M	DANIEL CERZÓN	SPAIN	INDIVIDUAL	M SEN	04:20:24.513	01:28:51.946
123	411	M	PEDRO OLIVEIRA	PORTUGAL	INDIVIDUAL	M50	04:20:34.290	01:29:01.723
124	365	M	FILIPPE MARTINS	PORTUGAL	VISÃO OCULISTA	M40	04:22:49.223	01:31:16.656
125	414	M	VITOR RODRIGUES	PORTUGAL	HABCARPINTARIA TEAM RUN	M SEN	04:22:50.453	01:31:17.886
126	385	M	FERNANDO REMELGADO	PORTUGAL	CCD SIEMENS	M40	04:24:16.427	01:32:43.860

POS.	DORSAL	G	NOME	PAÍS	EQUIPA	ESCALÃO	TEMPO	DIFERENÇA
127	5051	M	JAN KVALBIEN	PORTUGAL	INDIVIDUAL	M40	04:27:02.030	01:35:29.463
128	391	M	LUÍS RAMOS	PORTUGAL	C.F.PEROSINHO-TRAIL & RUNNING	M40	04:27:24.593	01:35:52.026
129	381	M	PEDRO LOPES	PORTUGAL	DCI/TRILHOS LUSO BUSSACO	M40	04:28:46.050	01:37:13.483
130	376	M	VITOR RITO	PORTUGAL	RUNNING ESPINHO	M SEN	04:29:08.990	01:37:36.423
131	303	M	RUI TORRES	PORTUGAL	DESNÍVEL POSITIVO	M50	04:29:33.700	01:38:01.133
132	509	M	FERNANDO COSTA	PORTUGAL	PERNETAS	M50	04:29:35.487	01:38:02.920
133	400	M	DANY GOMES	PORTUGAL	TUGZ TEAM	M SEN	04:29:54.543	01:38:21.976
134	359	F	RITA PAULINO	PORTUGAL	INDIVIDUAL	F SEN	04:30:11.093	01:38:38.526
135	504	M	PEDRO VICENTE	PORTUGAL	INDIVIDUAL	M50	04:31:41.523	01:40:08.956
136	434	M	ANTÓNIO SANTOS	PORTUGAL	SALAMANDRECOS	M50	04:32:48.173	01:41:15.606
137	477	M	PEDRO CRUZ	PORTUGAL	INDIVIDUAL	M40	04:34:41.913	01:43:09.346
138	427	M	CELESTINO GOMES	PORTUGAL	MELRES TRAIL RUNNING _ ORDEM PARA ARREAR	M40	04:35:36.073	01:44:03.506
139	535	F	PAULA TEIXEIRA	PORTUGAL	SPORTARC	F50	04:35:44.293	01:44:11.726
140	354	M	ANTÓNIO FERREIRA	PORTUGAL	ALLABOUT	M50	04:35:53.453	01:44:20.886
141	545	M	PAULO RIBEIRO	PORTUGAL	INDIVIDUAL	M50	04:35:56.763	01:44:24.196
142	539	M	MARCO MENDES	PORTUGAL	REAL CONFRARIA DOS MUFUNFOS	M40	04:36:09.183	01:44:36.616
143	392	M	NELSON BARBOSA	PORTUGAL	REAL CONFRARIA DOS MUFUNFOS	M SEN	04:36:11.020	01:44:38.453
144	327	M	JORGE SILVA	PORTUGAL	INDIVIDUAL	M40	04:36:11.207	01:44:38.640
145	338	M	MAURO PINTO	PORTUGAL	INDIVIDUAL	M40	04:36:48.990	01:45:16.423
146	393	M	ERASMO ALVES	PORTUGAL	TAYLOR'S	M40	04:38:36.017	01:47:03.450
147	328	M	MANUEL FERNANDES	PORTUGAL	URBANATLETAS	M40	04:38:41.620	01:47:09.053
148	373	F	SARA COLAÇO	PORTUGAL	INDIVIDUAL	F40	04:39:43.410	01:48:10.843
149	377	M	RUI VELEZ	PORTUGAL	INDIVIDUAL	M50	04:39:45.460	01:48:12.893
150	493	M	VÍTOR VEIGA	PORTUGAL	URBANATLETAS	M50	04:39:48.597	01:48:16.030
151	475	M	NUNO FREITAS	PORTUGAL	INDIVIDUAL	M40	04:41:01.830	01:49:29.263
152	339	M	FRANCISCO FURÃO	PORTUGAL	INDIVIDUAL	M40	04:41:42.577	01:50:10.010
153	524	F	SARA MACHADO	PORTUGAL	NBA BARROSAS	F SEN	04:42:00.223	01:50:27.656
154	438	F	ANA SANTOS	PORTUGAL	OS TOLINHOS	F60	04:44:00.760	01:52:28.193
155	441	M	HÉLDER PINTO	PORTUGAL	OS TOLINHOS	M40	04:44:06.107	01:52:33.540
156	421	M	JORGE ROCHA	PORTUGAL	GD LEÕES DA GUARDA - LION RUNNERS	M40	04:44:24.217	01:52:51.650
157	325	M	RICARDO LIMA	PORTUGAL	INDIVIDUAL	M40	04:45:05.720	01:53:33.153
158	5057	M	JOSE DEL CASTILHO	SPAIN	INDIVIDUAL	M50	04:45:24.980	01:53:52.413
159	527	M	SÉRGIO AMADO	PORTUGAL	ARCD MENDIGA	M SEN	04:45:40.947	01:54:08.380
160	410	M	LAURENT CARLIOZ	FRANCE	RTR - RUMILLY TRAIL RUNNING	M50	04:47:09.117	01:55:36.550
161	405	M	NICOLAS ULET	FRANCE	RTR - RUMILLY TRAIL RUNNING	M40	04:47:09.923	01:55:37.356
162	398	M	FERNANDO MARINHO	PORTUGAL	INDIVIDUAL	M SEN	04:47:25.753	01:55:53.186
163	502	F	ISABEL SOARES	PORTUGAL	SPORTARC	F40	04:47:34.080	01:56:01.513
164	357	M	MANUEL RIBEIRO	PORTUGAL	CONFRARIA XXXI	M60	04:48:44.580	01:57:12.013
165	323	M	JOSE HAMILTON	PORTUGAL	INDIVIDUAL	M40	04:49:24.750	01:57:52.183
166	437	M	ISMAEL MAIATO	PORTUGAL	SALAMANDRECOS	M50	04:49:51.557	01:58:18.990
167	402	M	SYLVAIN CLERMONT	FRANCE	RTR - RUMILLY TRAIL RUNNING	M40	04:50:52.373	01:59:19.806
168	435	M	CLERMONT DOMINIQUE	FRANCE	RTR - RUMILLY TRAIL RUNNING	M40	04:50:53.457	01:59:20.890

POS.	DORSAL	G	NOME	PAÍS	EQUIPA	ESCALÃO	TEMPO	DIFERENÇA
169	316	M	ANTÓNIO MAGALHÃES	PORTUGAL	NÚCLEO DE MONTANHA DE ESPINHO	M40	04:52:05.357	02:00:32.790
170	412	M	ANTÓNIO PEREIRA	PORTUGAL	CONFRARIA XXXI	M60	04:52:34.357	02:01:01.790
171	448	M	JOSÉ RIBEIRO	PORTUGAL	CLUVE (VETERANOS DE COIMBRA)	M60	04:52:59.723	02:01:27.156
172	407	M	JUAN RAMOS	SPAIN	FFDR	M50	04:54:38.413	02:03:05.846
173	432	F	MARISA FERREIRA	PORTUGAL	INDIVIDUAL	F40	04:55:27.970	02:03:55.403
174	436	M	TIAGO CARNEIRO	PORTUGAL	INDIVIDUAL	M50	04:55:51.653	02:04:19.086
175	404	M	DAVID DIAS	PORTUGAL	AKUAFIT	M SEN	04:56:43.123	02:05:10.556
176	431	M	CARLOS RODRIGUES	PORTUGAL	O QUE OS COPOS FAZEM...	M40	04:56:43.633	02:05:11.066
177	528	M	RUI DANTAS	PORTUGAL	AKUAFIT	M40	04:56:44.290	02:05:11.723
178	547	M	JOAO SILVA	PORTUGAL	INDIVIDUAL	M40	05:00:42.860	02:09:10.293
179	470	F	ISABEL SANTOS	PORTUGAL	MSS CONTABILIDADE TRAIL TEAM	F40	05:03:14.463	02:11:41.896
180	505	M	JOSÉ FERNANDES	PORTUGAL	BRAGUINHA RUNNER	M50	05:03:37.157	02:12:04.590
181	322	F	ROSA VAZ	PORTUGAL	INDIVIDUAL	F50	05:03:37.773	02:12:05.206
182	507	F	BETA FERNANDES	PORTUGAL	BRAGUINHA RUNNER	F40	05:03:38.017	02:12:05.450
183	532	M	FERNANDO VAZ	PORTUGAL	TOP TOP RUN	M50	05:03:41.353	02:12:08.786
184	312	M	MÍLTON TRIGO	PORTUGAL	INDIVIDUAL	M40	05:04:16.690	02:12:44.123
185	348	F	ISABEL BRANDAO	PORTUGAL	SPORTARC	F40	05:04:47.210	02:13:14.643
186	473	M	EDOZIE DATEDE	NIGERIA	MSS CONTABILIDADE TRAIL TEAM	M SEN	05:09:48.733	02:18:16.166
187	309	F	ANDREIA PEREIRA	PORTUGAL	TEAM LANTEMIL	F SEN	05:09:57.907	02:18:25.340
188	310	M	RUI TEIXEIRA	PORTUGAL	TEAM LANTEMIL	M40	05:09:58.967	02:18:26.400
189	358	M	MANUEL PEREIRA	PORTUGAL	INDIVIDUAL	M40	05:10:12.397	02:18:39.830
190	360	M	HENRIQUE ANTUNES	PORTUGAL	GOAT - WEST TRAIL TEAM	M40	05:10:47.720	02:19:15.153
191	389	F	MARIA BRÁS	PORTUGAL	SPIN&RUN ESPOSENDE	F50	05:11:20.103	02:19:47.536
192	523	M	JOEL GONÇALVES	PORTUGAL	URBANATLETAS	M40	05:12:36.593	02:21:04.026
193	521	M	JOÃO MORAIS	PORTUGAL	INDIVIDUAL	M50	05:12:37.027	02:21:04.460
194	314	M	LEONEL FERREIRA	PORTUGAL	INDIVIDUAL	M40	05:12:37.717	02:21:05.150
195	396	M	RUI MADEIRA	PORTUGAL	INDIVIDUAL	M50	05:16:37.507	02:25:04.940
196	340	M	IVAN MARTIN	SPAIN	C.A.R. MARISQUEIRO	M40	05:18:13.820	02:26:41.253
197	401	F	VANESSA BACHELET	FRANCE	RTR - RUMILLY TRAIL RUNNING	F40	05:19:22.403	02:27:49.836
198	399	F	COUAPEL GENEVIEVE	FRANCE	RTR - RUMILLY TRAIL RUNNING	F50	05:19:22.430	02:27:49.863
199	384	M	HENRIQUE PEREIRA	PORTUGAL	SECOS	M40	05:21:53.037	02:30:20.470
200	305	M	JOSÉ SOUSA	PORTUGAL	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	M50	05:22:54.337	02:31:21.770
201	440	F	TERESA SILVA	PORTUGAL	TURBULENTOS	F50	05:22:54.940	02:31:22.373
202	368	M	RICARDO MAGALHAES	PORTUGAL	SECOS	M40	05:31:15.670	02:39:43.103
203	482	F	MANUELA MATIAS	PORTUGAL	BRAGUINHA RUNNER	F40	05:32:09.287	02:40:36.720
204	543	M	JOSÉ SILVA	PORTUGAL	CORREDOR FIM DE TARDE	M50	05:32:23.123	02:40:50.556
205	418	M	JOSE SILVA	PORTUGAL	NÚCLEO DE MONTANHA DE ESPINHO	M40	05:33:44.087	02:42:11.520
206	367	F	GORETI SILVA	PORTUGAL	DESNÍVEL POSITIVO	F40	05:33:44.403	02:42:11.836
207	5035	M	EDUARDO COUTADA	PORTUGAL	SPIN&RUN ESPOSENDE	M50	05:41:00.557	02:49:27.990
208	383	M	RAMIRO BATISTA	PORTUGAL	SPIN&RUN ESPOSENDE	M60	05:41:00.983	02:49:28.416
209	456	F	CONCEIÇÃO QUEIRÓZ	PORTUGAL	SPIN&RUN ESPOSENDE	F60	05:41:01.077	02:49:28.510
210	386	M	JORGE SERRA	PORTUGAL	SPIN&RUN ESPOSENDE	M50	05:41:01.243	02:49:28.676

POS.	DORSAL	G	NOME	PAÍS	EQUIPA	ESCALÃO	TEMPO	DIFERENÇA
211	501	F	MARIANA CAPITÃO	PORTUGAL	INDIVIDUAL	F40	05:41:01.657	02:49:29.090
212	446	F	SAMEIRO FRAGUINHA	PORTUGAL	SPIN&RUN ESPOSENDE	F40	05:41:02.043	02:49:29.476
213	550	F	MÓNICA FERREIRA	PORTUGAL	SPIN&RUN ESPOSENDE	F40	05:41:02.170	02:49:29.603
214	366	F	MARIA CAMPOS	PORTUGAL	SPIN&RUN ESPOSENDE	F50	05:41:02.260	02:49:29.693
215	5003	M	MARCELINO MOTA	PORTUGAL	BRAGA RUNNERS	M40	05:41:03.507	02:49:30.940
216	378	M	RUI CARVALHO	PORTUGAL	S. S. MONTEPIO	M40	05:45:04.180	02:53:31.613
217	372	M	FRANCISCO MOREIRA	PORTUGAL	S. S. MONTEPIO	M50	05:45:05.117	02:53:32.550
218	369	M	FERNANDO CARVALHO	PORTUGAL	S. S. MONTEPIO	M50	05:45:05.220	02:53:32.653
219	375	M	RICARDO RESENDE	PORTUGAL	S. S. MONTEPIO	M40	05:45:06.680	02:53:34.113
220	331	M	AMARO ROCHA	PORTUGAL	GT RUNNERS	M60	05:45:31.560	02:53:58.993
221	443	M	RUI ALMEIDA	PORTUGAL	INDIVIDUAL	M SEN	05:46:09.277	02:54:36.710
222	480	F	GISLAINE COSTA	BRAZIL	SAFADOS DO TRAIL	F40	05:54:05.483	03:02:32.916
223	346	M	QUIM SAMPAIO	PORTUGAL	DESNÍVEL POSITIVO	M60	06:00:25.893	03:08:53.326
224	304	F	MARIA FERNANDES	PORTUGAL	CERVEIRA TEAM RUNNING	F50	06:00:26.057	03:08:53.490
225	479	F	ALICE FRANÇA	PORTUGAL	INDIVIDUAL	F40	06:06:28.587	03:14:56.020
226	452	M	HUMBERTO BARROS	PORTUGAL	KANINOS	M40	06:06:28.860	03:14:56.293