

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Idade	Tempo	min/Km	Escalão
5	1	1	NUNO SILVA	BERG OUTDOOR	M	32	02:20:52	05:02	MSEN
65	2	2	BRUNO MOREIRA	AMIGOS DO PEDAL TRILAGARES	M	33	02:29:40	05:21	MSEN
291	3	3	JOAO RODRIGUES	AMIGOS DA MONTANHA	M	33	02:36:23	05:35	MSEN
23	4	1	JOSE PEREIRA	AMIGOS DA MONTANHA	M	45	02:37:16	05:37	M40
274	5	4	JOEL PEREIRA	MINHO E LIMA TRAIL	M	30	02:40:42	05:44	MSEN
120	6	2	FILIFE BRAZ	BILABIKER.S CARNES SILVA CYCLES OLIVEIRA	M	40	02:43:56	05:51	M40
24	7	3	FRANCISCO LEMOS	AMIGOS DO PEDAL TRILAGARES	M	53	02:47:14	05:59	M40
50	8	5	LUIS PINTO	FRIDAO SEM LIMITES	M	32	02:47:54	06:00	MSEN
166	9	6	DANIEL COSTA	FAFE RUNNERS	M	34	02:49:30	06:03	MSEN
29	10	7	BRUNO SANTOS	CTAD TRILHOS DE CINFAES	M	37	02:50:22	06:05	MSEN
195	11	8	LUIS OLIVEIRA	VIMARUNNERS	M	37	02:51:00	06:07	MSEN
89	12	9	PAULO SANTOS		M	38	02:52:31	06:10	MSEN
282	13	1	CASIMIRA MOURA	DR. MERINO/4MOOVE	F	41	02:52:34	06:10	F40
178	14	10	FERNANDO MARINHO	FAFE RUNNERS	M	33	02:52:56	06:10	MSEN
63	15	4	JORGE OLIVEIRA	A.D.AMARANTE TRAIL RUNNING	M	41	02:54:23	06:13	M40
2	16	2	LUCINDA SOUSA	GONDOMAR FUTSAL CLUBE	F	45	02:54:34	06:14	F40
271	17	5	AMADEU TEIXEIRA	AMIGOS DO PEDAL TRILAGARES	M	57	02:54:35	06:14	M40
77	18	6	MIGUEL BARROS	A.D.AMARANTE TRAIL RUNNING	M	46	02:54:54	06:15	M40
232	19	11	CESAR PAIS	CROCODILOS/MISTERPC	M	33	02:55:04	06:15	MSEN
200	20	7	CARLOS FERREIRA	LUSOS XXI	M	41	02:56:33	06:18	M40
154	21	12	CELSE OLIVEIRA	LION RUNNERS G. D. LEOES DA GUARDA	M	29	02:56:54	06:19	MSEN
163	22	8	JORGE MOREIRA	AMIGOS DO PEDAL TRILAGARES	M	49	02:57:50	06:21	M40
129	23	13	HUGO GONCALVES	MARCO TRAIL	M	27	02:58:24	06:22	MSEN
69	24	14	NELSON TEIXEIRA	CROCODILOS/MISTERPC	M	32	02:59:24	06:25	MSEN
202	25	15	JOSE PINTO	TEAM REDE AMBIENTE	M	35	02:59:36	06:25	MSEN
169	26	9	RUI POVO	FAFE RUNNERS	M	43	03:00:34	06:27	M40
285	27	10	CARLOS PEIXOTO	AMIGOS DA MONTANHA	M	44	03:02:39	06:31	M40
199	28	16	LUIS TEIXEIRA	VIMARUNNERS	M	34	03:03:10	06:33	MSEN
59	29	11	MANUEL CHANTRE	ENTRE OS MONTES	M	48	03:03:24	06:33	M40
193	30	17	IVAN ROCHA	LIMITLESS	M	29	03:03:48	06:34	MSEN
32	31	12	MARIO SOARES		M	43	03:04:19	06:35	M40
270	32	13	TIAGO LEAL		M	45	03:04:38	06:36	M40
257	33	18	NUNO LEMOS	REGADAS RUNNERS	M	38	03:05:17	06:37	MSEN
201	34	14	MANUEL AFONSO	VIMARUNNERS	M	46	03:06:18	06:39	M40
57	35	15	MANUEL PINHEIRO	FRIDAO SEM LIMITES	M	48	03:06:25	06:40	M40
78	36	19	FILIFE PINTO	OS LOBOS DO SAIBRO	M	38	03:06:52	06:40	MSEN
42	37	20	JOSE PINTO		M	35	03:07:04	06:41	MSEN
79	38	21	MARCO BROCHADO	OS LOBOS DO SAIBRO	M	38	03:07:10	06:41	MSEN
192	39	22	LUIS TEIXEIRA	LIMITLESS	M	34	03:07:17	06:41	MSEN
211	40	23	RICARDO VIEIRA	BRABUS RUNNERS	M	39	03:07:17	06:41	MSEN
186	41	16	JOSE	CCDFPJP	M	45	03:07:18	06:41	M40
152	42	24	JOSE SA	LION RUNNERS G. D. LEOES DA GUARDA	M	37	03:07:41	06:42	MSEN
217	43	25	VITOR LOPES		M	38	03:07:56	06:43	MSEN
283	44	26	BRUNO LOUREIRO	DR. MERINO/4MOOVE	M	36	03:08:47	06:45	MSEN

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Idade	Tempo	min/Km	Escalão
279	45	17	ANDRE GUEDES	DR. MERINO/4MOOVE	M	42	03:08:51	06:45	M40
91	46	27	LOURENCO TEIXEIRA	OS LOBOS DO SAIBRO	M	28	03:09:13	06:45	MSEN
94	47	28	BRUNO CUNHA	OS LOBOS DO SAIBRO	M	28	03:09:16	06:46	MSEN
240	48	29	JOEL PINTO	MARCO TRAIL	M	26	03:10:02	06:47	MSEN
61	49	18	LUIS VIEIRA	ENTRE OS MONTES	M	50	03:11:07	06:50	M40
184	50	30	VICTOR VITAL	REUMATICOS TEAM	M	33	03:11:09	06:50	MSEN
247	51	31	PEDRO BARROS		M	36	03:11:10	06:50	MSEN
187	52	32	NUNO FERNANDES	REUMATICOS TEAM	M	39	03:11:12	06:50	MSEN
99	53	19	JOSE RIBEIRO	GONDOMAR FUTSAL CLUBE	M	41	03:11:17	06:50	M40
35	54	1	PAULA BARBOSA	ORALKLASSAMIGOS DO TRAIL	F	39	03:11:17	06:50	FSEN
210	55	33	ADRIANO LOPES	BRABUS RUNNERS	M	35	03:11:40	06:51	MSEN
264	56	34	INACIO RIBEIRO	TRAIL DOS MOINHOS CELORICO DE BASTO	M	28	03:12:35	06:53	MSEN
262	57	35	RUBEN ALVES		M	39	03:15:16	06:58	MSEN
131	58	36	FERNANDO PEREIRA		M	33	03:15:20	06:59	MSEN
25	59	37	ARTUR PEREIRA	CLUBE DE PESCA DE AMARANTE	M	38	03:16:03	07:00	MSEN
93	60	20	SERGIO MARQUES	CROCODILOS/MISTERPC	M	40	03:16:44	07:01	M40
139	61	21	LUIS FONTINHA	BILARUNNERS	M	52	03:16:46	07:02	M40
31	62	22	FERNANDO MOREIRA		M	44	03:16:47	07:02	M40
250	63	38	JOAO SILVA	TEAM LANTEMIL	M	29	03:16:58	07:02	MSEN
83	64	23	LUIS LECA	TROCOPASSO RUNNERS	M	47	03:18:34	07:06	M40
86	65	24	JOSE RODRIGUES	TROCOPASSO RUNNERS	M	43	03:18:36	07:06	M40
127	66	25	MANUEL RIBEIRO	A.D.AMARANTE TRAIL RUNNING	M	44	03:19:28	07:08	M40
171	67	39	EUSEBIO FERNANDES	FAFE RUNNERS	M	39	03:19:42	07:08	MSEN
287	68	26	CARLOS PEDRINHAS	AMIGOS DA MONTANHA	M	46	03:19:46	07:08	M40
220	69	27	HELDER COSTA	AMIGO	M	41	03:20:32	07:09	M40
101	70	28	PAULO PELICANO	CROCODILOS/MISTERPC	M	46	03:21:11	07:11	M40
51	71	2	CLAUDIA MOREIRA	MOINHOS RUN ADRM	F	33	03:21:21	07:11	FSEN
49	72	40	HELDER CAMILO	MOINHOS RUN ADRM	M	34	03:21:46	07:12	MSEN
207	73	41	RICARDO GUERRA		M	38	03:22:15	07:13	MSEN
75	74	42	JOAO MOUTINHO	CROCODILOS/MISTERPC	M	36	03:23:08	07:15	MSEN
143	75	43	TIAGO MOREIRA	NOCTURNOS DE PAREDES	M	34	03:23:43	07:16	MSEN
197	76	29	FERNANDO ALMEIDA	NOCTURNOS DE PAREDES	M	40	03:23:43	07:16	M40
76	77	44	MARCIO TEIXEIRA	BTTAMEGA	M	37	03:23:52	07:17	MSEN
266	78	30	AGOSTINHO SOUSA	KUNALAMA RUNNERS	M	62	03:23:57	07:17	M40
43	79	45	MIGUEL SANTOS	MOINHOS RUN ADRM	M	38	03:24:35	07:18	MSEN
111	80	46	PEDRO SEABRA	CROCODILOS/MISTERPC	M	37	03:24:48	07:19	MSEN
44	81	47	GUSTAVO BENTO	FRIDAO SEM LIMITES	M	35	03:24:51	07:19	MSEN
198	82	48	PAULO COLACO	NOCTURNOS DE PAREDES	M	39	03:25:00	07:19	MSEN
204	83	31	SERGIO COUTO	CLABER OS MESTRES DA AGUA	M	43	03:25:23	07:20	M40
141	84	3	MARIA LOUREIRO	ASSOCIACAO DESPORTIVA DE CABROELO	F	45	03:25:23	07:20	F40
281	85	3	LILIANA GOMES	DR. MERINO/4MOOVE	F	30	03:25:24	07:20	FSEN
88	86	49	RICARDO DANTAS	CROCODILOS/MISTERPC	M	39	03:25:27	07:20	MSEN
135	87	50	NORBERTO FERNANDES	OS LOBOS DO SAIBRO	M	35	03:27:25	07:24	MSEN
168	88	51	HUGO FERNANDES	FAFE RUNNERS	M	34	03:27:39	07:25	MSEN

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Idade	Tempo	min/Km	Escalão
58	89	32	JOSE NETO	ENTRE OS MONTES	M	51	03:27:52	07:26	M40
72	90	52	DAVID QUEIROS		M	33	03:28:47	07:27	MSEN
181	91	33	AFONSO CARDOSO		M	63	03:29:22	07:29	M40
66	92	53	ADRIANO REIS	AMIGOS DO PEDAL TRAILAGARES	M	37	03:29:50	07:30	MSEN
233	93	34	JOAQUIM ALVES		M	42	03:30:11	07:31	M40
288	94	35	JORGE SOUSA	AMIGOS DA MONTANHA	M	42	03:30:51	07:32	M40
123	95	36	DOMINGOS BARROS	OS SELVAGENS	M	45	03:31:53	07:34	M40
215	96	37	RUI SILVA	BARDINOS DOS MONTES	M	43	03:31:53	07:34	M40
137	97	54	BRUNO PEIXOTO	REUMATICOS TEAM	M	37	03:32:28	07:35	MSEN
258	98	55	FILIPE FERREIRA	MARCO TRAIL	M	33	03:32:38	07:35	MSEN
112	99	38	ALEXANDRE MOREIRA	MARCO TRAIL	M	43	03:32:38	07:35	M40
196	100	56	MARCO RIBEIRO		M	36	03:32:41	07:35	MSEN
30	101	57	JOAO MENDES	FAFE RUNNERS	M	37	03:34:35	07:40	MSEN
179	102	58	FILIPE	NOCTURNOS DE PAREDES	M	26	03:35:11	07:41	MSEN
81	103	39	EDUARDO RIBEIRO	A.D.AMARANTE TRAIL RUNNING	M	43	03:35:13	07:41	M40
56	104	40	ANTONIO TEIXEIRA	FRIDAO SEM LIMITES	M	56	03:35:35	07:42	M40
90	105	59	SILVIO PINTO	A.D.AMARANTE TRAIL RUNNING	M	36	03:37:11	07:45	MSEN
98	106	41	MANUEL SOUSA	OTICA SOUSA	M	46	03:37:11	07:45	M40
190	107	60	HUGO RIBEIRO	LIMITLESS	M	28	03:37:14	07:45	MSEN
263	108	61	NUNO DUARTE		M	37	03:37:22	07:46	MSEN
115	109	42	ALVARO SARAIVA		M	42	03:37:31	07:46	M40
150	110	43	PAULO BRAS	LION RUNNERS G. D. LEOES DA GUARDA	M	49	03:38:09	07:47	M40
97	111	62	RICARDO SOUSA		M	34	03:38:17	07:48	MSEN
48	112	4	INES MOREIRA	MOINHOS RUN ADRM	F	31	03:38:34	07:49	FSEN
164	113	63	RUI FERNANDES	FAFE RUNNERS	M	36	03:38:39	07:49	MSEN
165	114	44	PEDRO SILVA	FAFE RUNNERS	M	41	03:38:39	07:49	M40
73	115	64	NUNO OLIVEIRA		M	31	03:38:46	07:49	MSEN
223	116	65	RUI FRAGA	REUMATICOS TEAM	M	37	03:40:19	07:52	MSEN
100	117	4	SANDRA ARRIBANCA	CROCODILOS/MISTERPC	F	45	03:40:46	07:53	F40
149	118	66	PEDRO GAIO	LION RUNNERS G. D. LEOES DA GUARDA	M	39	03:40:46	07:53	MSEN
268	119	67	NUNO SANTOS	VILLA DE BASTO TRAIL	M	29	03:42:20	07:57	MSEN
249	120	68	MARINHO		M	35	03:42:20	07:57	MSEN
230	121	45	FERNANDO NUNES		M	45	03:43:03	07:58	M40
70	122	46	RUI ANDRADE	CROCODILOS/MISTERPC	M	41	03:44:40	08:02	M40
160	123	47	JOSE PINTO	NOCTURNOS DE PAREDES	M	40	03:44:56	08:02	M40
159	124	69	PEDRO NOGUEIRA	NOCTURNOS DE PAREDES	M	39	03:45:47	08:04	MSEN
203	125	48	LUIS RIBEIRO		M	41	03:46:38	08:06	M40
174	126	70	JOSE MADUREIRA	AMIGO	M	35	03:46:58	08:07	MSEN
177	127	49	ARMANDO RIBEIRO	AMIGO	M	44	03:46:58	08:07	M40
39	128	50	CARLOS ALVES		M	49	03:47:27	08:07	M40
64	129	71	FERNANDO NOGUEIRA	AMIGOS DO PEDAL TRAILAGARES	M	34	03:47:33	08:08	MSEN
82	130	51	ANTONIO MARTINS	MOINHOS RUN ADRM	M	44	03:47:43	08:08	M40
212	131	72	CESARIO LEITE	BRABUS RUNNERS	M	33	03:47:53	08:08	MSEN
227	132	52	RICARDOCABRAL	BARDINOS DOS MONTES	M	45	03:47:59	08:08	M40

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Idade	Tempo	min/Km	Escalão
130	133	73	SIMAO SOUSA	MOINHOS RUN ADRM	M	29	03:48:45	08:10	MSEN
95	134	53	NUNO CASTRO		M	47	03:48:48	08:10	M40
26	135	74	MIGUEL MACEDO	SOLINCA GUIMARAES	M	28	03:48:55	08:10	MSEN
54	136	75	JOSE FERREIRA		M	33	03:48:57	08:10	MSEN
213	137	54	PAULO FERREIRA	CTR VALE DE CAMBRA	M	50	03:49:19	08:12	M40
276	138	76	AURELIANO VALENTE	CLUBE ZUPPER	M	36	03:49:43	08:12	MSEN
67	139	5	MARIA LEAO	AMIGOS DO PEDAL TRAILAGARES	F	36	03:50:19	08:13	FSEN
106	140	55	RUI MARTINS	PRETINHO	M	40	03:50:36	08:14	M40
71	141	77	GILBERTO PIMENTA	PERFORMANCE ON RUN	M	31	03:50:59	08:15	MSEN
162	142	78	RUI COSTA	FAFE RUNNERS	M	31	03:51:01	08:15	MSEN
205	143	79	RUI PEREIRA	BARDINOS DOS MONTES	M	39	03:52:03	08:17	MSEN
109	144	80	ANDRE GONCALVES	PRETINHO	M	39	03:52:18	08:18	MSEN
224	145	81	EMIDIO QUINTEIRA	ENTRE OS MONTES	M	35	03:52:53	08:19	MSEN
33	146	82	BRUNO TEIXEIRA		M	39	03:53:19	08:20	MSEN
239	147	83	DANIEL GONCALVES		M	20	03:53:46	08:21	MSEN
107	148	56	PEDRO COELHO		M	42	03:53:47	08:21	M40
125	149	57	ERNESTO MARTINS	LION RUNNERS G. D. LEOES DA GUARDA	M	54	03:55:13	08:24	M40
273	150	84	ERNESTO PINHO		M	33	03:56:33	08:27	MSEN
216	151	58	PAULO FERNANDES	BARDINOS DOS MONTES	M	41	03:56:35	08:27	M40
189	152	85	JOSE TEIXEIRA	FELGUEIRAS RUNNERS	M	33	03:56:38	08:27	MSEN
118	153	86	PEDRO CORREIA		M	37	03:57:04	08:28	MSEN
38	154	87	JOAO CARDOSO	CLUBE DE PESCA DE AMARANTE	M	37	03:57:20	08:28	MSEN
62	155	59	PEDRO PATRICIO	ENTRE OS MONTES	M	47	03:58:25	08:31	M40
85	156	6	ELISABETE CARVALHO	TROCOPASSO RUNNERS	F	37	03:58:55	08:32	FSEN
153	157	88	DIOGO RAMALHAO	LION RUNNERS G. D. LEOES DA GUARDA	M	28	03:59:12	08:33	MSEN
128	158	89	JORGE CARNEIRO		M	35	04:00:20	08:35	MSEN
104	159	60	JOAQUIM VIDAL		M	40	04:03:15	08:41	M40
255	160	90	CESAR CARNEIRO	ADCREGUENGA	M	38	04:03:16	08:41	MSEN
185	161	91	TOME PINTO	EDVVIANA TRAIL	M	33	04:03:39	08:42	MSEN
261	162	61	JOSE MENEZES		M	41	04:03:39	08:42	M40
260	163	7	MARIA ELISA		F	34	04:03:39	08:42	FSEN
272	164	62	RUI PEREIRA	GAJARUNNING	M	40	04:03:43	08:42	M40
254	165	63	MANUEL CUNHA		M	41	04:06:13	08:48	M40
235	166	64	JORGE SILVA	RUNNERS UNIDOS A PIPA	M	40	04:06:14	08:48	M40
158	167	92	HUGO NETO	NOCTURNOS DE PAREDES	M	36	04:06:23	08:48	MSEN
236	168	65	HELDER FERREIRA	ENTRE OS MONTES	M	40	04:06:23	08:48	M40
84	169	5	CARLA NEVES	TROCOPASSO RUNNERS	F	45	04:07:14	08:50	F40
246	170	8	ALICE CAPELAS		F	37	04:07:40	08:51	FSEN
96	171	93	ORLANDO GONCALVES	OTICA SOUSA	M	39	04:08:28	08:53	MSEN
80	172	94	NUNO SANTOS	CROCODILOS/MISTERPC	M	31	04:10:26	08:57	MSEN
74	173	95	PEDRO SANTOS	CROCODILOS/MISTERPC	M	37	04:10:26	08:57	MSEN
229	174	96	HENRIQUE SANTOS	BARDINOS DOS MONTES	M	39	04:10:34	08:57	MSEN
156	175	66	NUNO SALGADO	NOCTURNOS DE PAREDES	M	42	04:10:52	08:58	M40
157	176	97	JOSE CORREIA	NOCTURNOS DE PAREDES	M	37	04:10:52	08:58	MSEN

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Idade	Tempo	min/Km	Escalão
219	177	98	JOSE CUNHA	NOCTURNOS DE PAREDES	M	28	04:10:52	08:58	MSEN
172	178	9	JOANA AZEVEDO		F	34	04:12:28	09:01	FSEN
122	179	67	PEDRO AMENDOEIRA	SCHOOLEMBASSY.COM	M	42	04:14:14	09:05	M40
113	180	99	RICARDO PINHEIRO	A.D.AMARANTE TRAIL RUNNING	M	38	04:15:02	09:06	MSEN
183	181	68	CANDIDO SILVA	NEXPLORE MQ/DBR/DUT	M	41	04:15:02	09:06	M40
194	182	69	PEDRO SEIXAS	ORALKLASSAMIGOS DO TRAIL	M	42	04:17:02	09:11	M40
245	183	100	JOSE GONCALVES		M	33	04:17:32	09:12	MSEN
180	184	70	MANUEL LIMA	EXPERIENCIAR	M	57	04:18:47	09:14	M40
252	185	71	NUNO MORGADO	CORRER LECA	M	40	04:19:06	09:15	M40
182	186	101	JOSE BEIRA		M	39	04:19:38	09:16	MSEN
243	187	72	JOSE AMARO	HAPPY RUNNERS	M	46	04:20:18	09:18	M40
244	188	102	NUNO MARTINS	HAPPY RUNNERS	M	36	04:20:19	09:18	MSEN
142	189	103	ALEXANDRE SERAFIM	REUMATICOS TEAM	M	35	04:21:00	09:19	MSEN
132	190	104	SERGIO ALVES	REUMATICOS TEAM	M	36	04:21:00	09:19	MSEN
134	191	6	OLGA GOUVEIA	GDPGRUPO DESPORTIVO DA PESQUEIRA	F	43	04:21:51	09:21	F40
102	192	73	JOAQUIM SILVA	GRUPO DESPORTIVO DA PESQUEIRA	M	42	04:21:53	09:21	M40
234	193	74	PAULO HENRIQUES	LION RUNNERS G. D. LEOES DA GUARDA	M	52	04:22:22	09:22	M40
231	194	10	SILVIA FARIA		F	35	04:22:22	09:22	FSEN
188	195	75	LUIS TEIXEIRA	FELGUEIRAS RUNNERS	M	40	04:22:22	09:22	M40
146	196	76	JOSE COSTA		M	49	04:23:45	09:25	M40
136	197	105	CEDRIC SILVA	INDIOS DE BTTRAIL	M	36	04:28:23	09:35	MSEN
126	198	106	FILIPE GONCALVES	INDIOS DE BTTRAIL	M	31	04:28:23	09:35	MSEN
269	199	107	HUGO MOTA	INDIOS DE BTTRAIL	M	29	04:28:24	09:35	MSEN
28	200	108	RUI BOTELHO		M	24	04:28:26	09:35	MSEN
209	201	109	HERNANI DIAS		M	30	04:33:57	09:47	MSEN
47	202	77	RUI QUINTA	MOINHOS RUN ADRM	M	56	04:36:56	09:53	M40
27	203	78	JUSTINO GONCALVES		M	58	04:42:45	10:06	M40
259	204	79	FELICIANO FERREIRA		M	43	04:42:45	10:06	M40
289	205	7	ISABEL MARTINS	AMIGOS DA MONTANHA	F	52	04:44:13	10:09	F40
138	206	110	CARLOS SOARES	AMIGOS DA MONTANHA	M	32	04:45:27	10:11	MSEN
290	207	11	DIANA RIBEIRO	AMIGOS DA MONTANHA	F	34	04:45:27	10:11	FSEN
60	208	111	RICARDO TEIXEIRA	A.D.AMARANTE TRAIL RUNNING	M	32	04:47:47	10:16	MSEN
256	209	112	MIGUEL SILVA	BRABUS RUNNERS	M	32	04:47:57	10:17	MSEN
117	210	12	PAULA COSTA	KIKA TEAM	F	34	04:48:27	10:18	FSEN
41	211	13	CLAUDIA BABO	KIKA TEAM	F	32	04:48:27	10:18	FSEN
114	212	14	RITA BASTO	KIKA TEAM	F	30	04:48:27	10:18	FSEN
151	213	8	MARIA RICARDO	LION RUNNERS G. D. LEOES DA GUARDA	F	52	04:49:57	10:21	F40
148	214	80	MARIO SOARES	LION RUNNERS G. D. LEOES DA GUARDA	M	57	04:49:57	10:21	M40
286	215	81	JOSE ARAUJO	AMIGOS DA MONTANHA	M	44	04:52:24	10:26	M40
226	216	9	ALEXANDRA MADUREIRA	BARDINOS DOS MONTES	F	41	04:59:25	10:41	F40
124	217	10	AMELIA MOREIRA	OS SELVAGENS	F	52	05:01:05	10:45	F40
140	218	11	ALBERTINA MACHADO	BILARUNNERS	F	49	05:01:05	10:45	F40
228	219	12	CARLA SANTOS	BARDINOS DOS MONTES	F	40	05:02:02	10:47	F40
206	220	15	ANDREA PEREIRA	BARDINOS DOS MONTES	F	38	05:02:02	10:47	FSEN

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Idade	Tempo	min/Km	Escalão
218	221	113	PAULO FERREIRA	BARDINOS DOS MONTES	M	36	05:05:10	10:54	MSEN
110	222	114	JOSE FONSECA		M	25	05:17:42	11:21	MSEN
92	223	115	BRUNO PINHEIRO		M	34	05:17:42	11:21	MSEN
225	224	116	ADOLFO ALMEIDA	PIRATAS RUNNING TEAM	M	38	05:25:16	11:37	MSEN
214	225	117	GONCALO DAVID	PIRATAS RUNNING TEAM	M	31	05:25:18	11:37	MSEN