

| Lugar | Dorsal | Nome                | Equipa                                    | Tempo        | Diferença    |
|-------|--------|---------------------|-------------------------------------------|--------------|--------------|
| 1     | 1304   | Ricardo Silva       | Edv - Viana Trail                         | 04:30:12.117 | 00:00:00.000 |
| 2     | 1412   | Nuno Silva          | Team Trail Bifase                         | 04:47:38.153 | 00:17:26.036 |
| 3     | 1411   | Hugo Gonçalves      | Team Trail Bifase                         | 04:56:20.170 | 00:26:08.053 |
| 4     | 1013   | Donatello Rota      | Prozis Athlet                             | 04:58:10.680 | 00:27:58.563 |
| 5     | 1303   | Luís Duarte         | Edv - Viana Trail                         | 05:02:19.203 | 00:32:07.086 |
| 6     | 1137   | Alexandre Rodrigues | Coimbra Trail Running                     | 05:02:19.437 | 00:32:07.320 |
| 7     | 1401   | Paulo Costa         | A.D.Amarante Trail Running                | 05:04:14.447 | 00:34:02.330 |
| 8     | 1129   | Diogo Pinheiro      | Coimbra Trail Running                     | 05:04:20.437 | 00:34:08.320 |
| 9     | 1149   | Luiz Mota           | Casa Do Benfica Em Abrantes               | 05:06:17.443 | 00:36:05.326 |
| 10    | 1309   | Armando Costa       | Edv - Viana Trail                         | 05:07:45.450 | 00:37:33.333 |
| 11    | 1002   | Andris Ronimoiss    | Team Latvia                               | 05:08:42.947 | 00:38:30.830 |
| 12    | 1003   | Janis Kums          | Team Latvia                               | 05:12:03.203 | 00:41:51.086 |
| 13    | 1063   | Paulo Moraes        | Amcf - Arrábida Trail Team                | 05:15:21.207 | 00:45:09.090 |
| 14    | 1059   | Pedro Verissimo     | Amcf - Arrábida Trail Team                | 05:16:13.713 | 00:46:01.596 |
| 15    | 1421   | Leonel Cunha        | Team Trail Bifase                         | 05:22:42.223 | 00:52:30.106 |
| 16    | 1336   | Nelson Teixeira     | Individual                                | 05:25:31.230 | 00:55:19.113 |
| 17    | 1234   | Francisco Carvalho  | Escaravelhos-Cmmouronho Trail Running     | 05:27:26.483 | 00:57:14.366 |
| 18    | 1307   | Victor Correia      | Edv - Viana Trail                         | 05:27:36.233 | 00:57:24.116 |
| 19    | 1170   | Daniel Batata       | Atletismo Clube Da Tocha                  | 05:28:08.233 | 00:57:56.116 |
| 20    | 1083   | Tiago Vicente       | Montanha Clube Trail Running/Efapel       | 05:33:58.747 | 01:03:46.630 |
| 21    | 1048   | António Ferreira    | Runners Do Demo                           | 05:34:50.247 | 01:04:38.130 |
| 22    | 1130   | João Ferreira       | Coimbra Trail Running                     | 05:35:21.250 | 01:05:09.133 |
| 23    | 1217   | Daniel Bento        | Individual                                | 05:35:21.253 | 01:05:09.136 |
| 24    | 1182   | Artur Costa         | Desnível Positivo                         | 05:38:34.007 | 01:08:21.890 |
| 25    | 1185   | Bruno Ribeiro       | Vikings Trail Runners / Ccr Alcabideque   | 05:38:35.757 | 01:08:23.640 |
| 26    | 1308   | Pedro Caprichoso    | Edv - Viana Trail                         | 05:39:28.007 | 01:09:15.890 |
| 27    | 1286   | Pedro Batista       | Arsm - Associação Recreativa De S. Miguel | 05:39:38.510 | 01:09:26.393 |
| 28    | 1057   | Simão Seica         | Amcf - Arrábida Trail Team                | 05:40:14.760 | 01:10:02.643 |
| 29    | 1062   | Rodrigo Noivo       | Amcf - Arrábida Trail Team                | 05:41:14.010 | 01:11:01.893 |
| 30    | 1302   | João Gonçalves      | Edv - Viana Trail                         | 05:41:14.263 | 01:11:02.146 |
| 31    | 1046   | José Costa          | Runners Do Demo                           | 05:41:54.510 | 01:11:42.393 |
| 32    | 1279   | Fernando García     | Boavista Trail                            | 05:47:06.273 | 01:16:54.156 |
| 33    | 1285   | Ricardo Garção      | Arsm - Associação Recreativa De S. Miguel | 05:51:22.280 | 01:21:10.163 |
| 34    | 1299   | Rodrigo Silva       | Monsanto Running Team                     | 05:52:05.533 | 01:21:53.416 |
| 35    | 1019   | Francisco Reis      | A. C. S. Mamede                           | 05:53:50.787 | 01:23:38.670 |
| 36    | 1415   | Miguel Melo         | Individual                                | 05:54:27.067 | 01:24:14.950 |
| 37    | 1029   | Lino Pinto          | Btt Alegria // Tubani                     | 05:54:44.290 | 01:24:32.173 |
| 38    | 1341   | Nuno Paixão         | Ccd Matriz / Borba Trail                  | 05:54:44.537 | 01:24:32.420 |
| 39    | 1064   | Sofia Roquete       | Amcf - Arrábida Trail Team                | 05:57:55.293 | 01:27:43.176 |
| 40    | 1388   | Oscar Ferreira      | Aztrail/Mercentro                         | 05:57:58.797 | 01:27:46.680 |
| 41    | 1360   | Daniel Ribeiro      | Bitrunners                                | 05:58:43.543 | 01:28:31.426 |
| 42    | 1199   | Alan Apolónio       | Ocs - Strendure Running Team              | 05:59:00.047 | 01:28:47.930 |
| 43    | 1160   | Paulo Ferreira      | Nocturnos De Paredes                      | 06:00:22.557 | 01:30:10.440 |
| 44    | 1167   | Pedro Mendes        | Abutres                                   | 06:01:12.050 | 01:30:59.933 |

| Lugar | Dorsal | Nome               | Equipa                                              | Tempo        | Diferença    |
|-------|--------|--------------------|-----------------------------------------------------|--------------|--------------|
| 45    | 1134   | Luis Cunha         | Coimbra Trail Running                               | 06:03:21.557 | 01:33:09.440 |
| 46    | 1096   | Gonalo Ferreira   | Liz Runners                                         | 06:05:54.810 | 01:35:42.693 |
| 47    | 1051   | Nuno Alexandre     | Xostrasports                                        | 06:05:55.567 | 01:35:43.450 |
| 48    | 1060   | Filipe Pinheiro    | Amcf - Arrábida Trail Team                          | 06:07:08.063 | 01:36:55.946 |
| 49    | 1219   | Fábio Filipe       | Ca Barreira                                         | 06:07:43.063 | 01:37:30.946 |
| 50    | 1055   | Sérgio Pereira     | Amcf - Arrábida Trail Team                          | 06:08:26.817 | 01:38:14.700 |
| 51    | 1127   | David Amaral       | Coimbra Trail Running                               | 06:08:58.070 | 01:38:45.953 |
| 52    | 1202   | Zó Vieira          | Ocs - Strendure Running Team                        | 06:08:59.567 | 01:38:47.450 |
| 53    | 1172   | Vitor Faim         | Atletismo Clube Da Tocha                            | 06:09:04.067 | 01:38:51.950 |
| 54    | 1345   | Paulo Correia      | A20km Trail Running Team                            | 06:09:59.570 | 01:39:47.453 |
| 55    | 1104   | Ricardo Rodrigues  | Asdreq                                              | 06:11:07.820 | 01:40:55.703 |
| 56    | 1088   | Luís Silva         | Abcansado Trail                                     | 06:11:20.570 | 01:41:08.453 |
| 57    | 1289   | Jorge Moita        | Arsm - Associação Recreativa De S. Miguel           | 06:11:25.570 | 01:41:13.453 |
| 58    | 1287   | Cristina Couceiro  | Arsm - Associação Recreativa De S. Miguel           | 06:11:44.327 | 01:41:32.210 |
| 59    | 1016   | Ester Alves        | Salomon                                             | 06:11:44.573 | 01:41:32.456 |
| 60    | 1422   | Humberto Alexandre | Individual                                          | 06:14:08.600 | 01:43:56.483 |
| 61    | 1056   | Vitor Pinto        | Amcf - Arrábida Trail Team                          | 06:14:29.577 | 01:44:17.460 |
| 62    | 1109   | Miguel Bertolo     | Sabores Do Pao/Zatopeques                          | 06:14:36.333 | 01:44:24.216 |
| 63    | 1293   | Ricardo Ferreira   | Arsm - Associação Recreativa De S. Miguel           | 06:14:59.330 | 01:44:47.213 |
| 64    | 1376   | Takahiro Ishida    | Centro Trail Carlos Sá Team Penacova                | 06:15:29.343 | 01:45:17.226 |
| 65    | 1067   | Rui Santos         | Não Fazemos Nem Mais Um... Km                       | 06:15:57.833 | 01:45:45.716 |
| 66    | 1090   | Rodrigo Quintal    | Sc Povoense - Caracois De Corrida                   | 06:17:43.583 | 01:47:31.466 |
| 67    | 1041   | Paulo Pires        | Runners Do Demo                                     | 06:18:11.367 | 01:47:59.250 |
| 68    | 1007   | Irita Pukite       | Team Latvia                                         | 06:18:26.837 | 01:48:14.720 |
| 69    | 1128   | Paulo Marreiros    | Coimbra Trail Running                               | 06:18:28.587 | 01:48:16.470 |
| 70    | 1108   | João Costa         | Sabores Do Pao/Zatopeques                          | 06:18:44.583 | 01:48:32.466 |
| 71    | 1089   | Romeu Outeiro      | Individual                                          | 06:19:25.337 | 01:49:13.220 |
| 72    | 1252   | Celso Oliveira     | Lion Runners - G. D. Leões Da Guarda                | 06:19:28.337 | 01:49:16.220 |
| 73    | 1236   | Vitor Silva        | Escaravelhos-Cmmouronho Trail Running               | 06:19:32.587 | 01:49:20.470 |
| 74    | 1291   | Tiago Gaspar       | Arsm - Associação Recreativa De S. Miguel           | 06:19:33.610 | 01:49:21.493 |
| 75    | 1210   | Pedro Cardoso      | Runners Da Frente Ribeirinha Da Póvoa De Santa Iria | 06:20:07.343 | 01:49:55.226 |
| 76    | 1163   | Ricardo Silva      | Abutres                                             | 06:21:21.337 | 01:51:09.220 |
| 77    | 1367   | Fausto Pimentel    | #Subiromonte                                        | 06:21:38.090 | 01:51:25.973 |
| 78    | 1178   | Jorge Alves        | Desnível Positivo                                   | 06:21:58.590 | 01:51:46.473 |
| 79    | 1246   | Miguel Ferreira    | Lion Runners - G. D. Leões Da Guarda                | 06:22:03.840 | 01:51:51.723 |
| 80    | 1327   | Diogo Santos       | G.D.Trancoso                                        | 06:22:41.593 | 01:52:29.476 |
| 81    | 1136   | Jorge Duarte       | Coimbra Trail Running                               | 06:22:46.590 | 01:52:34.473 |
| 82    | 1049   | Nuno Miranda       | Runners Do Demo                                     | 06:23:36.593 | 01:53:24.476 |
| 83    | 1045   | Pedro Pires        | Runners Do Demo                                     | 06:23:37.097 | 01:53:24.980 |
| 84    | 1399   | Bruno Santos       | A.D.Amarante Trail Running                          | 06:23:49.843 | 01:53:37.726 |
| 85    | 1382   | Miguel Ribeiro     | Zona Alta Trail                                     | 06:25:23.597 | 01:55:11.480 |
| 86    | 1377   | Valter Matos       | Centro Trail Carlos Sá Team Penacova                | 06:26:14.600 | 01:56:02.483 |
| 87    | 1330   | Bruno Costa        | Arca Runners                                        | 06:27:11.353 | 01:56:59.236 |
| 88    | 1262   | Miguel Sousa       | Ourém Vida Team                                     | 06:29:31.107 | 01:59:18.990 |

| Lugar | Dorsal | Nome              | Equipa                                  | Tempo        | Diferença    |
|-------|--------|-------------------|-----------------------------------------|--------------|--------------|
| 89    | 1266   | Francisco Gaio    | Caracol Trail Team                      | 06:31:02.617 | 02:00:50.500 |
| 90    | 1357   | Ricardo Miranda   | Arca Barcelos                           | 06:33:08.363 | 02:02:56.246 |
| 91    | 1353   | João Raposo       | Morcegos Trail                          | 06:33:09.610 | 02:02:57.493 |
| 92    | 1352   | Carlos Figueiredo | Morcegos Trail                          | 06:33:18.113 | 02:03:05.996 |
| 93    | 1147   | Filipe Marques    | Turres Trail Team                       | 06:35:02.617 | 02:04:50.500 |
| 94    | 1223   | Rosalia Silva     | Team Lantemil                           | 06:35:34.367 | 02:05:22.250 |
| 95    | 1035   | Jose Fernandes    | Runners Do Demo                         | 06:35:58.867 | 02:05:46.750 |
| 96    | 1386   | Jorge Abrantes    | Individual                              | 06:36:05.400 | 02:05:53.283 |
| 97    | 1095   | Telmo Velez       | Liz Runners                             | 06:36:13.620 | 02:06:01.503 |
| 98    | 1250   | Hugo Silva        | Lion Runners - G. D. Leões Da Guarda    | 06:36:22.620 | 02:06:10.503 |
| 99    | 1169   | António Batata    | Atletismo Clube Da Tocha                | 06:37:36.623 | 02:07:24.506 |
| 100   | 1188   | Vasco Monteiro    | Vikings Trail Runners / Ccr Alcabideque | 06:38:41.123 | 02:08:29.006 |
| 101   | 1187   | Bruno Coelho      | Vikings Trail Runners / Ccr Alcabideque | 06:38:41.873 | 02:08:29.756 |
| 102   | 1207   | Paulo Santos      | Grupo Desportivo Ferreirense            | 06:39:04.067 | 02:08:51.950 |
| 103   | 1230   | João Ferreira     | Porto De Mós A Correr                   | 06:39:12.627 | 02:09:00.510 |
| 104   | 1012   | Bogdan Snarski    | Albatrosy                               | 06:39:28.377 | 02:09:16.260 |
| 105   | 1212   | Pedro Cruz        | Individual                              | 06:39:59.873 | 02:09:47.756 |
| 106   | 1039   | Bruno Bispo       | Runners Do Demo                         | 06:40:02.377 | 02:09:50.260 |
| 107   | 1301   | Flávio Francisco  | Monsanto Running Team                   | 06:40:54.387 | 02:10:42.270 |
| 108   | 1407   | Joao Caetano      | Individual                              | 06:42:31.130 | 02:12:19.013 |
| 109   | 1190   | Rui Silva         | Salamandreco                            | 06:42:51.137 | 02:12:39.020 |
| 110   | 1326   | Antonio Cardoso   | Individual                              | 06:42:58.920 | 02:12:46.803 |
| 111   | 1329   | Ricardo Dantas    | Crocodilos/Misterpc                     | 06:43:08.887 | 02:12:56.770 |
| 112   | 1354   | Carlos Antão      | Morcegos Trail                          | 06:43:56.137 | 02:13:44.020 |
| 113   | 1281   | Vitor Caldeira    | Boavista Trail                          | 06:45:24.887 | 02:15:12.770 |
| 114   | 1300   | Tiago Machado     | Monsanto Running Team                   | 06:45:25.387 | 02:15:13.270 |
| 115   | 1022   | David Antunes     | A. C. S. Mamede                         | 06:45:53.137 | 02:15:41.020 |
| 116   | 1204   | Amélia Costa      | Ocs - Strendure Running Team            | 06:46:18.140 | 02:16:06.023 |
| 117   | 1047   | José Nunes        | Runners Do Demo                         | 06:47:14.143 | 02:17:02.026 |
| 118   | 1261   | Paulo Martins     | Ourém Vida Team                         | 06:47:48.640 | 02:17:36.523 |
| 119   | 1273   | Vera Bernardo     | Arcd Venda Da Luisa                     | 06:47:57.640 | 02:17:45.523 |
| 120   | 1275   | Paulo Rodrigues   | Arcd Venda Da Luisa                     | 06:48:01.143 | 02:17:49.026 |
| 121   | 1272   | André Monteiro    | Arcd Venda Da Luisa                     | 06:48:20.143 | 02:18:08.026 |
| 122   | 1152   | Bruno Ribeiro     | Kaninos                                 | 06:49:49.897 | 02:19:37.780 |
| 123   | 1260   | Filipe Torres     | Grupo Desportivo Da Parreira            | 06:50:22.923 | 02:20:10.806 |
| 124   | 1346   | Carlos Jesus      | A20km Trail Running Team                | 06:50:23.397 | 02:20:11.280 |
| 125   | 1161   | Tiago Salgueiro   | Abutres                                 | 06:50:51.157 | 02:20:39.040 |
| 126   | 1348   | Vitor Monteiro    | Scd Glória Do Ribatejo                  | 06:50:55.397 | 02:20:43.280 |
| 127   | 1340   | Joao Espiguinha   | Ccd Matriz / Borba Trail                | 06:51:47.403 | 02:21:35.286 |
| 128   | 1315   | Ricardo Neto      | Soure Mov                               | 06:51:49.650 | 02:21:37.533 |
| 129   | 1395   | Miguel Serra      | Coa / Corvus Trail Team                 | 06:53:44.157 | 02:23:32.040 |
| 130   | 1342   | Bruno Romão       | Individual                              | 06:54:47.683 | 02:24:35.566 |
| 131   | 1156   | Jose Gomes        | Nocturnos De Paredes                    | 06:54:51.917 | 02:24:39.800 |
| 132   | 1249   | Luis Sá           | Lion Runners - G. D. Leões Da Guarda    | 06:54:53.937 | 02:24:41.820 |

| Lugar | Dorsal | Nome              | Equipa                                              | Tempo        | Diferença    |
|-------|--------|-------------------|-----------------------------------------------------|--------------|--------------|
| 133   | 1222   | Elisabete Santos  | Team Lantemil                                       | 06:55:28.920 | 02:25:16.803 |
| 134   | 1033   | Nuno Ribeiro      | Figueira Kayak Clube                                | 06:55:59.157 | 02:25:47.040 |
| 135   | 1211   | Ruben Dias        | Runners Da Frente Ribeirinha Da Póvoa De Santa Iria | 06:56:00.907 | 02:25:48.790 |
| 136   | 1143   | Fernando Santos   | Núcleo De Montanha De Espinho                       | 06:56:03.167 | 02:25:51.050 |
| 137   | 1406   | Fernando Homem    | C.A.S.P.A. - Clube Amador Só Para Atletismo         | 06:56:11.660 | 02:25:59.543 |
| 138   | 1379   | Ricardo Silva     | Ccd Renault Cacia                                   | 06:56:16.417 | 02:26:04.300 |
| 139   | 1337   | André Paiva       | Farmácia Luciano E Matos                            | 06:56:25.657 | 02:26:13.540 |
| 140   | 1103   | Diana Gaspar      | Sim Summit                                          | 06:57:21.410 | 02:27:09.293 |
| 141   | 1216   | Paulo Gomes       | No Tomorrow Running Team                            | 06:57:47.660 | 02:27:35.543 |
| 142   | 1334   | Nuno Alves        | #Letsrunazores                                      | 06:58:15.663 | 02:28:03.546 |
| 143   | 1171   | Sara Silva        | Atletismo Clube Da Tocha                            | 06:58:16.663 | 02:28:04.546 |
| 144   | 1166   | Jorge Carvalho    | Abutres                                             | 06:59:04.167 | 02:28:52.050 |
| 145   | 1254   | Luís Soares       | Clube Ogma                                          | 06:59:05.413 | 02:28:53.296 |
| 146   | 1383   | João Tomás        | Urdjuncalense                                       | 07:00:13.667 | 02:30:01.550 |
| 147   | 1044   | Rui Nogueira      | Runners Do Demo                                     | 07:00:19.663 | 02:30:07.546 |
| 148   | 1021   | Charles Custodio  | A. C. S. Mamede                                     | 07:02:12.173 | 02:32:00.056 |
| 149   | 1135   | António Carvalho  | Coimbra Trail Running                               | 07:04:22.173 | 02:34:10.056 |
| 150   | 1333   | Diogo Simão       | Fleed Berg Outdoor                                  | 07:05:22.437 | 02:35:10.320 |
| 151   | 1403   | Cesar Francisco   | Cesarfrancisco.Com Lagrimas Team                    | 07:06:04.177 | 02:35:52.060 |
| 152   | 1404   | Paulo Valentim    | Crp Ribafria                                        | 07:06:55.440 | 02:36:43.323 |
| 153   | 1117   | Bruno Tavares     | Grupo De Corrida De Argoncilhe                      | 07:06:58.930 | 02:36:46.813 |
| 154   | 1198   | Elísio Gonçalves  | Individual                                          | 07:07:39.927 | 02:37:27.810 |
| 155   | 1155   | Arnaldo Santos    | Nocturnos De Paredes                                | 07:08:53.717 | 02:38:41.600 |
| 156   | 1004   | Guntars Logins    | Team Latvia                                         | 07:09:05.437 | 02:38:53.320 |
| 157   | 1394   | Luis Lobato       | Coa / Corvus Trail Team                             | 07:09:32.433 | 02:39:20.316 |
| 158   | 1200   | João Fonseca      | Ocs - Strendure Running Team                        | 07:10:57.947 | 02:40:45.830 |
| 159   | 1374   | Sérgio Almeida    | Acd Os Ílhavos                                      | 07:11:09.187 | 02:40:57.070 |
| 160   | 1277   | Joaquim Baltazar  | Arcd Venda Da Luisa                                 | 07:11:22.187 | 02:41:10.070 |
| 161   | 1070   | Ricardo Valente   | Não Fazemos Nem Mais Um... Km                       | 07:11:30.940 | 02:41:18.823 |
| 162   | 1148   | Eduardo Tavares   | Multirunners                                        | 07:11:48.440 | 02:41:36.323 |
| 163   | 1173   | Vitor Andrade     | Paredes Aventura                                    | 07:11:48.443 | 02:41:36.326 |
| 164   | 1168   | José Coelho       | Abutres                                             | 07:12:18.687 | 02:42:06.570 |
| 165   | 1338   | Pedro Cruz        | Individual                                          | 07:12:20.443 | 02:42:08.326 |
| 166   | 1193   | Pedro Santos      | Gin. Qta Do Valbom - Aaalcochete                    | 07:12:22.197 | 02:42:10.080 |
| 167   | 1267   | Alfredo Costa     | Oursense                                            | 07:12:22.687 | 02:42:10.570 |
| 168   | 1068   | Mário Alberto     | Não Fazemos Nem Mais Um... Km                       | 07:12:42.687 | 02:42:30.570 |
| 169   | 1271   | Pedro Ferreira    | Arcd Venda Da Luisa                                 | 07:12:54.687 | 02:42:42.570 |
| 170   | 1165   | Mario Martins     | Abutres                                             | 07:13:22.450 | 02:43:10.333 |
| 171   | 1339   | Rui Gama          | Wikaboo                                             | 07:13:39.947 | 02:43:27.830 |
| 172   | 1079   | Pedro Brito       | Individual                                          | 07:13:40.690 | 02:43:28.573 |
| 173   | 1018   | Nuno André        | Nel - Pédatleta                                     | 07:14:10.940 | 02:43:58.823 |
| 174   | 1181   | André Castro      | Desnível Positivo                                   | 07:15:29.707 | 02:45:17.590 |
| 175   | 1284   | Gonçalo Rodrigues | Arsm - Associação Recreativa De S. Miguel           | 07:16:48.953 | 02:46:36.836 |
| 176   | 1257   | Fernando Parente  | Strong Team                                         | 07:16:54.197 | 02:46:42.080 |

| Lugar | Dorsal | Nome               | Equipa                                   | Tempo        | Diferença    |
|-------|--------|--------------------|------------------------------------------|--------------|--------------|
| 177   | 1243   | Ricardo Casanova   | Individual                               | 07:17:10.200 | 02:46:58.083 |
| 178   | 1220   | Miguel Marques     | Ca Barreira                              | 07:20:13.710 | 02:50:01.593 |
| 179   | 1328   | Miguel Barnabé     | Vertical Navis                           | 07:20:15.457 | 02:50:03.340 |
| 180   | 1094   | João Salgueiro     | Liz Runners                              | 07:20:16.960 | 02:50:04.843 |
| 181   | 1424   | Jorge Bastos       | Individual                               | 07:20:25.957 | 02:50:13.840 |
| 182   | 1385   | Carlos Costa       | Individual                               | 07:20:28.713 | 02:50:16.596 |
| 183   | 1384   | Ana Sereno         | Individual                               | 07:21:09.207 | 02:50:57.090 |
| 184   | 1363   | Pedro Cordas       | Clube Millennium Bcp                     | 07:21:12.207 | 02:51:00.090 |
| 185   | 1322   | Filipe Almeida     | F4I                                      | 07:21:27.470 | 02:51:15.353 |
| 186   | 1238   | David Assis        | Individual                               | 07:21:28.957 | 02:51:16.840 |
| 187   | 1375   | Tiago Guimaraes    | Acd Os Ílhavos                           | 07:21:39.960 | 02:51:27.843 |
| 188   | 1159   | Fernando Almeida   | Nocturnos De Paredes                     | 07:21:45.470 | 02:51:33.353 |
| 189   | 1040   | Daniel Fonseca     | Runners Do Demo                          | 07:22:17.707 | 02:52:05.590 |
| 190   | 1036   | Nuno Oliveira      | Runners Do Demo                          | 07:22:17.960 | 02:52:05.843 |
| 191   | 1371   | João Silva         | Individual                               | 07:22:45.467 | 02:52:33.350 |
| 192   | 1269   | Paulo Patrício     | Individual                               | 07:22:56.213 | 02:52:44.096 |
| 193   | 1408   | Diogo Flamino      | Linces De Montemor                       | 07:23:10.960 | 02:52:58.843 |
| 194   | 1023   | Emanuel Batista    | A. C. S. Mamede                          | 07:25:21.213 | 02:55:09.096 |
| 195   | 1231   | Paula Pita         | Porto De Mós A Correr                    | 07:25:37.717 | 02:55:25.600 |
| 196   | 1297   | Adelino Carvalho   | Monsanto Running Team                    | 07:25:48.723 | 02:55:36.606 |
| 197   | 1314   | Márcio Felício     | Soure Mov                                | 07:25:55.723 | 02:55:43.606 |
| 198   | 1052   | Helder Silva       | Mirandela A Correr                       | 07:25:59.473 | 02:55:47.356 |
| 199   | 1227   | Joaquim Silva      | Team Lantemil                            | 07:27:17.967 | 02:57:05.850 |
| 200   | 1259   | Manuel Costa       | Gdr Retorta                              | 07:27:19.467 | 02:57:07.350 |
| 201   | 1343   | Cristiana Ferreira | Running Espinho                          | 07:27:56.717 | 02:57:44.600 |
| 202   | 1122   | Paulo Ferreira     | Individual                               | 07:28:58.970 | 02:58:46.853 |
| 203   | 1153   | António Duarte     | Kaninos                                  | 07:29:04.723 | 02:58:52.606 |
| 204   | 1280   | Luís Froes         | Boavista Trail                           | 07:31:10.723 | 03:00:58.606 |
| 205   | 1177   | José Rodrigues     | Paredes Aventura                         | 07:31:26.237 | 03:01:14.120 |
| 206   | 1154   | Sergio Coelho      | Nocturnos De Paredes                     | 07:31:27.477 | 03:01:15.360 |
| 207   | 1362   | Virgílio Costa     | Clube Millennium Bcp                     | 07:31:55.973 | 03:01:43.856 |
| 208   | 1344   | Jose Silva         | Running Espinho                          | 07:32:04.727 | 03:01:52.610 |
| 209   | 1146   | José Silva         | Núcleo De Montanha De Espinho            | 07:32:05.477 | 03:01:53.360 |
| 210   | 1005   | Ilze Limanane      | Team Latvia                              | 07:32:12.477 | 03:02:00.360 |
| 211   | 1245   | Pedro Gaio         | Lion Runners - G. D. Leões Da Guarda     | 07:32:52.230 | 03:02:40.113 |
| 212   | 1123   | Hélder Ferreira    | Individual                               | 07:34:05.983 | 03:03:53.866 |
| 213   | 1119   | Celestino Gomes    | Melres Trail Running - Ordem Para Arrear | 07:35:01.770 | 03:04:49.653 |
| 214   | 1316   | Carlos Correia     | Individual                               | 07:36:27.233 | 03:06:15.116 |
| 215   | 1179   | Goreti Silva       | Desnível Positivo                        | 07:36:37.983 | 03:06:25.866 |
| 216   | 1157   | Filipe Barbosa     | Nocturnos De Paredes                     | 07:37:11.987 | 03:06:59.870 |
| 217   | 1239   | António Soares     | Opraticante.Pt                           | 07:37:26.490 | 03:07:14.373 |
| 218   | 1074   | André Relvas       | Dap Trail Team                           | 07:38:30.237 | 03:08:18.120 |
| 219   | 1378   | Miguel Pimenta     | Individual                               | 07:39:22.993 | 03:09:10.876 |
| 220   | 1038   | Andreia Oliveira   | Runners Do Demo                          | 07:39:26.493 | 03:09:14.376 |

| Lugar | Dorsal | Nome               | Equipa                                              | Tempo        | Diferença    |
|-------|--------|--------------------|-----------------------------------------------------|--------------|--------------|
| 221   | 1349   | Hugo Ferreira      | Scd Glória Do Ribatejo                              | 07:40:35.993 | 03:10:23.876 |
| 222   | 1413   | André Simões       | Individual                                          | 07:40:50.743 | 03:10:38.626 |
| 223   | 1194   | Valter Martinho    | Gin. Qta Do Valbom - Aaalcochete                    | 07:41:11.247 | 03:10:59.130 |
| 224   | 1124   | Rui Martins        | Caravela Seguros Trail Running Team                 | 07:41:58.243 | 03:11:46.126 |
| 225   | 1320   | Gil Araujo         | Afifensetrail                                       | 07:42:16.747 | 03:12:04.630 |
| 226   | 1101   | Tiago Maia         | Individual                                          | 07:42:16.993 | 03:12:04.876 |
| 227   | 1324   | Fernando Capitão   | Ac Batalha                                          | 07:43:53.500 | 03:13:41.383 |
| 228   | 1209   | Vitor Marques      | Runners Da Frente Ribeirinha Da Póvoa De Santa Iria | 07:44:06.003 | 03:13:53.886 |
| 229   | 1020   | Hugo Brasana       | A. C. S. Mamede                                     | 07:44:12.500 | 03:14:00.383 |
| 230   | 1192   | Renato Carvalho    | Individual                                          | 07:44:14.020 | 03:14:01.903 |
| 231   | 1229   | Hugo Teixeira      | Individual                                          | 07:44:26.250 | 03:14:14.133 |
| 232   | 1087   | António Sousa      | Runners À Ventura                                   | 07:44:30.750 | 03:14:18.633 |
| 233   | 1419   | Emilia Silveira    | Monsanto Running Team                               | 07:44:32.500 | 03:14:20.383 |
| 234   | 1332   | Joaquim Santos     | Kemedo Team                                         | 07:44:35.000 | 03:14:22.883 |
| 235   | 1133   | Ricardo Ferreira   | Coimbra Trail Running                               | 07:44:59.750 | 03:14:47.633 |
| 236   | 1132   | Renato Ferreira    | Coimbra Trail Running                               | 07:45:06.503 | 03:14:54.386 |
| 237   | 1244   | Bruno Monteiro     | Lion Runners - G. D. Leões Da Guarda                | 07:46:05.007 | 03:15:52.890 |
| 238   | 1224   | Hélio Borges       | Team Lantemil                                       | 07:48:05.007 | 03:17:52.890 |
| 239   | 1066   | Goncalo Valente    | Não Fazemos Nem Mais Um... Km                       | 07:49:20.010 | 03:19:07.893 |
| 240   | 1065   | Paulo Santos       | Não Fazemos Nem Mais Um... Km                       | 07:49:20.260 | 03:19:08.143 |
| 241   | 1125   | Ludovico Belo      | Caravela Seguros Trail Running Team                 | 07:51:18.013 | 03:21:05.896 |
| 242   | 1141   | João Paixão        | Tartarugas Noturnas                                 | 07:52:34.517 | 03:22:22.400 |
| 243   | 1180   | Filipe Pereira     | Desnível Positivo                                   | 07:52:42.263 | 03:22:30.146 |
| 244   | 1214   | Carlos Azevedo     | Ejali... Clube De Amigos Trailrunners               | 07:52:50.823 | 03:22:38.706 |
| 245   | 1389   | Conceição Ferreira | Aztrail/Mercentro                                   | 07:52:57.023 | 03:22:44.906 |
| 246   | 1387   | Antonio Martins    | Aztrail/Mercentro                                   | 07:52:57.267 | 03:22:45.150 |
| 247   | 1213   | Vitor Fonseca      | Ejali... Clube De Amigos Trailrunners               | 07:53:17.077 | 03:23:04.960 |
| 248   | 1215   | Marco Silva        | Ejali... Clube De Amigos Trailrunners               | 07:53:47.323 | 03:23:35.206 |
| 249   | 1106   | Miguel Simões      | Stravistas Vp                                       | 07:54:27.517 | 03:24:15.400 |
| 250   | 1107   | Francisco Dias     | Stravistas Vp                                       | 07:54:30.533 | 03:24:18.416 |
| 251   | 1232   | Leonel Cordeiro    | Porto De Mós A Correr                               | 07:55:35.963 | 03:25:23.846 |
| 252   | 1077   | Nuno Assis         | Dap Trail Team                                      | 07:55:59.047 | 03:25:46.930 |
| 253   | 1355   | Paulo Rosa         | Generg                                              | 07:55:59.527 | 03:25:47.410 |
| 254   | 1331   | Ana Lucia          | Amcf - Arrábida Trail Team                          | 08:00:05.027 | 03:29:52.910 |
| 255   | 1189   | Mario Costa        | Moreira Relax Runners                               | 08:00:32.283 | 03:30:20.166 |
| 256   | 1325   | John Kelly         | Ac Batalha                                          | 08:01:36.033 | 03:31:23.916 |
| 257   | 1237   | Marco Santos       | Tarahumara                                          | 08:01:52.977 | 03:31:40.860 |
| 258   | 1043   | Luis Baptista      | Runners Do Demo                                     | 08:02:14.783 | 03:32:02.666 |
| 259   | 1042   | Carlos Almeida     | Runners Do Demo                                     | 08:02:19.283 | 03:32:07.166 |
| 260   | 1076   | Pedro Vaz          | Dap Trail Team                                      | 08:02:33.533 | 03:32:21.416 |
| 261   | 1008   | Rodrigo Nogueira   | Individual                                          | 08:03:31.033 | 03:33:18.916 |
| 262   | 1317   | Carlos Pereira     | Afifensetrail                                       | 08:03:47.787 | 03:33:35.670 |
| 263   | 1282   | Bruno Fernandes    | Boavista Trail                                      | 08:04:34.537 | 03:34:22.420 |
| 264   | 1025   | Luis Madeira       | Ss Cgd                                              | 08:05:29.047 | 03:35:16.930 |

| Lugar | Dorsal | Nome                | Equipa                                    | Tempo        | Diferença    |
|-------|--------|---------------------|-------------------------------------------|--------------|--------------|
| 265   | 1053   | António Lopes       | Clube De Atletismo Trail Runners Da Ponte | 08:05:58.790 | 03:35:46.673 |
| 266   | 1414   | Manuel Martins      | Individual                                | 08:06:16.293 | 03:36:04.176 |
| 267   | 1024   | Leonor Mota         | A. C. S. Mamede                           | 08:06:25.793 | 03:36:13.676 |
| 268   | 1242   | António Simões      | Individual                                | 08:08:09.043 | 03:37:56.926 |
| 269   | 1098   | Silvério Santos     | Clube Pessoal Águas Gaia                  | 08:08:12.547 | 03:38:00.430 |
| 270   | 1203   | Maria Santos        | Ocs - Strendure Running Team              | 08:08:21.543 | 03:38:09.426 |
| 271   | 1205   | Pedro Brito         | Pés Troikados - Cscs                      | 08:08:30.300 | 03:38:18.183 |
| 272   | 1321   | Jose Meneses        | Individual                                | 08:08:38.543 | 03:38:26.426 |
| 273   | 1120   | Hermenegildo Mendes | Gondomar Futsal Clube                     | 08:08:52.053 | 03:38:39.936 |
| 274   | 1372   | Jorge Marieiro      | Acd Os Ílhavos                            | 08:09:17.543 | 03:39:05.426 |
| 275   | 1175   | Paula Moreira       | Paredes Aventura                          | 08:10:09.547 | 03:39:57.430 |
| 276   | 1174   | Rui Moreira         | Paredes Aventura                          | 08:10:10.297 | 03:39:58.180 |
| 277   | 1102   | Daniel Fernandes    | Vimarunners                               | 08:10:16.800 | 03:40:04.683 |
| 278   | 1206   | Bruno Julião        | Pés Troikados - Cscs                      | 08:12:32.550 | 03:42:20.433 |
| 279   | 1031   | Paulo Figueiredo    | Figueira Kayak Clube                      | 08:14:25.307 | 03:44:13.190 |
| 280   | 1121   | José Mendes         | Gondomar Futsal Clube                     | 08:17:40.310 | 03:47:28.193 |
| 281   | 1097   | Lino Franco         | Liz Runners                               | 08:17:40.563 | 03:47:28.446 |
| 282   | 1241   | Bruno Ribeiro       | Apulia A Correr                           | 08:18:30.313 | 03:48:18.196 |
| 283   | 1311   | Manuel Victorino    | Ccd Alvitejo                              | 08:18:32.063 | 03:48:19.946 |
| 284   | 1365   | Antonio Alves       | Clube Millennium Bcp                      | 08:18:47.813 | 03:48:35.696 |
| 285   | 1034   | Fernando Costa      | Figueira Kayak Clube                      | 08:19:05.817 | 03:48:53.700 |
| 286   | 1268   | Marco Silva         | Individual                                | 08:19:15.067 | 03:49:02.950 |
| 287   | 1221   | Mónica Martins      | Team Lantemil                             | 08:19:35.813 | 03:49:23.696 |
| 288   | 1226   | Pedro Coelho        | Team Lantemil                             | 08:19:37.567 | 03:49:25.450 |
| 289   | 1100   | Nélio Girão         | Formobike Btt & Trail Running             | 08:21:53.570 | 03:51:41.453 |
| 290   | 1294   | Rui Pena            | Aasm                                      | 08:22:24.320 | 03:52:12.203 |
| 291   | 1319   | Marinha Pires       | Afifensetrail                             | 08:27:36.580 | 03:57:24.463 |
| 292   | 1283   | Tome Barrosa        | Boavista Trail                            | 08:27:37.080 | 03:57:24.963 |
| 293   | 1069   | Claudino Rebelo     | Não Fazemos Nem Mais Um... Km             | 08:31:31.837 | 04:01:19.720 |
| 294   | 1093   | Diogo Caseiro       | Liz Runners                               | 08:32:48.590 | 04:02:36.473 |
| 295   | 1201   | Maria Martins       | Ocs - Strendure Running Team              | 08:32:56.847 | 04:02:44.730 |
| 296   | 1298   | Angela Suzano       | Monsanto Running Team                     | 08:33:17.590 | 04:03:05.473 |
| 297   | 1295   | Paulo Pereira       | Monsanto Running Team                     | 08:33:23.340 | 04:03:11.223 |
| 298   | 1112   | Pedro Ribeiro       | Run 4 Fun                                 | 08:34:16.597 | 04:04:04.480 |
| 299   | 1114   | Rui Faria           | Run 4 Fun                                 | 08:34:17.847 | 04:04:05.730 |
| 300   | 1196   | Romeu Colaço        | Gin. Qta Do Valbom - Aaalcochete          | 08:39:14.607 | 04:09:02.490 |
| 301   | 1032   | João Vaz            | Figueira Kayak Clube                      | 08:40:18.357 | 04:10:06.240 |
| 302   | 1225   | Miguel Teixeira     | Team Lantemil                             | 08:40:40.860 | 04:10:28.743 |
| 303   | 1191   | Rui Carvalho        | Individual                                | 08:41:47.857 | 04:11:35.740 |
| 304   | 1278   | Noly Oliveira       | Boavista Trail                            | 08:44:58.367 | 04:14:46.250 |
| 305   | 1054   | Paulo Bispo         | Clube De Atletismo Trail Runners Da Ponte | 08:46:39.870 | 04:16:27.753 |
| 306   | 1113   | Gonçalo Melo        | Run 4 Fun                                 | 08:47:24.867 | 04:17:12.750 |
| 307   | 1312   | Carlos Henriques    | Individual                                | 08:47:29.120 | 04:17:17.003 |
| 308   | 1417   | António Neto        | Snr                                       | 08:47:39.820 | 04:17:27.703 |

| Lugar | Dorsal | Nome                | Equipa                               | Tempo        | Diferença    |
|-------|--------|---------------------|--------------------------------------|--------------|--------------|
| 309   | 1398   | Nuno Figueiredo     | Coa / Corvus Trail Team              | 08:48:00.370 | 04:17:48.253 |
| 310   | 1409   | Bruno Porto         | Individual                           | 08:50:05.817 | 04:19:53.700 |
| 311   | 1420   | Luís Álvaro         | Mundo Da Corrida                     | 08:55:32.133 | 04:25:20.016 |
| 312   | 1255   | Joaquim Bexiga      | Clube Ogma                           | 08:57:25.887 | 04:27:13.770 |
| 313   | 1256   | Fernanada França    | Clube Ogma                           | 08:57:29.647 | 04:27:17.530 |
| 314   | 1110   | Orlando Ferreira    | Sabores Do Paço/Zatopeques           | 08:57:42.140 | 04:27:30.023 |
| 315   | 1071   | Teresa Conceição    | Não Fazemos Nem Mais Um... Km        | 08:57:46.647 | 04:27:34.530 |
| 316   | 1306   | Adriano Rocha       | Edv - Viana Trail                    | 09:02:55.900 | 04:32:43.783 |
| 317   | 1276   | Rui Monteiro        | Arcd Venda Da Luisa                  | 09:04:37.153 | 04:34:25.036 |
| 318   | 1270   | José Fernandes      | Arcd Venda Da Luisa                  | 09:04:42.903 | 04:34:30.786 |
| 319   | 1086   | Mario Batista       | Ada Desnivel                         | 09:04:43.157 | 04:34:31.040 |
| 320   | 1092   | Jose Baptista       | Liz Runners                          | 09:08:07.160 | 04:37:55.043 |
| 321   | 1081   | Luis Calheiros      | O Mundo Da Corrida                   | 09:10:07.663 | 04:39:55.546 |
| 322   | 1009   | Regula Lacher       | Eth Zurich                           | 09:16:43.427 | 04:46:31.310 |
| 323   | 1010   | Juraj Hromkovic     | Individual                           | 09:16:50.183 | 04:46:38.066 |
| 324   | 1208   | Lurdes Gil          | Grupo Desportivo Ferreirense         | 09:17:18.870 | 04:47:06.753 |
| 325   | 1391   | Vladimir Gruborovi? | The Lonely Runner                    | 09:18:20.433 | 04:48:08.316 |
| 326   | 1111   | Teodoro Trindade    | Run 4 Fun                            | 09:22:22.437 | 04:52:10.320 |
| 327   | 1405   | Rui Ferreira        | Crp Ribafria                         | 09:23:30.943 | 04:53:18.826 |
| 328   | 1350   | Viviana Ribeiro     | Individual                           | 09:23:31.943 | 04:53:19.826 |
| 329   | 1233   | Catarina Loureiro   | Porto De Mós A Correr                | 09:24:06.947 | 04:53:54.830 |
| 330   | 1073   | Fausto Pereira      | Individual                           | 09:29:48.707 | 04:59:36.590 |
| 331   | 1105   | Vitor Saraiva       | Stravistas Vp                        | 09:29:58.957 | 04:59:46.840 |
| 332   | 1258   | Pedro Silva         | Puxa Por Ti                          | 09:32:12.710 | 05:02:00.593 |
| 333   | 1351   | Rui Marques         | Morcegos Trail                       | 09:32:12.710 | 05:02:00.593 |
| 334   | 1247   | Maria Ricardo       | Lion Runners - G. D. Leões Da Guarda | 09:35:34.467 | 05:05:22.350 |
| 335   | 1030   | Paulo Nunes         | Btt Alegria // Tubani                | 09:37:47.970 | 05:07:35.853 |
| 336   | 1028   | Daniel Barbosa      | Btt Alegria // Tubani                | 09:37:53.473 | 05:07:41.356 |
| 337   | 1368   | Gonçalo Rita        | Individual                           | 09:40:09.413 | 05:09:57.296 |
| 338   | 1366   | João Duarte         | Individual                           | 09:43:05.733 | 05:12:53.616 |
| 339   | 1091   | Frederico Crasto    | Liz Runners                          | 09:43:06.737 | 05:12:54.620 |
| 340   | 1263   | Maria Loureiro      | Individual                           | 09:45:46.737 | 05:15:34.620 |
| 341   | 1248   | Luis Almeida        | Lion Runners - G. D. Leões Da Guarda | 09:45:47.737 | 05:15:35.620 |
| 342   | 1027   | Francisco Silva     | Btt Alegria // Tubani                | 09:52:25.440 | 05:22:13.323 |
| 343   | 1150   | Luís Poeira         | Porto Runners                        | 09:53:25.253 | 05:23:13.136 |
| 344   | 1138   | Isabel Conceição    | Individual                           | 09:59:57.513 | 05:29:45.396 |