



Resultados - Geral

Posição	Dorsal	Nome	Clube	Escalão	Tempo
1	5	Julia Conceição	F. C. Penafiel	F-40	02:26:45
2	32	Helena Mourão	G. D. C. Castelo de Paiva	F-40	02:37:52
3	39	Carla Oliveira	Individual	SEN-F	02:40:28
4	51	Paula Silva	Individual	F-40	02:45:34
5	12	Susana Neta	Os Netas	SEN-F	02:48:04
6	46	Abélia Maria Correia da Silva	Individual	SEN-F	03:14:41
7	108	Alda Rocha	Run & Fun	SEN-F	03:30:27
8	17	Carla Moreira	Clube na Roda da Ana Rocha	F-40	03:50:00
DNF	27	Fátima Santos	Os Carros Vassoura	SEN-F	00:00:00
DNF	29	Ivete Carneiro	Os Carros Vassoura	F-40	00:00:00

DNF	36	Francisca Reis	Individual	SEN-F	00:00:00
DNF	45	Marco Silva	Individual	SEN-F	00:00:00
DNF	64	Olivia Carneiro	Individual	F-40	00:00:00
DNF	71	Ana Braz	SS - CGD	F-40	00:00:00
DNF	96	Lucia Oliveira	A🎯oreana Clube Banif	SEN-F	00:00:00
DNF	97	Aline Cola🎯o	A🎯oreana Clube Banif	SEN-F	00:00:00



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Posição	Dorsal	Nome	Clube	Escalão	Tempo
1	48	Paulo Pinto	A. D. Rio Largo C. E.	M-40	01:48:33
2	2	João Colaço	Nel - Pó de Atletas	SEN-M	01:57:23
3	440	Humberto Vara	Run & Fun	M-50	01:59:53
4	74	José Manuel Antunes Gomes	Confraria Bike Clube	M-40	02:03:32
5	75	António Filipe Bastos Fontes	Cal	M-40	02:03:46
6	16	Joaquim Pereira	Individual	M-40	02:05:00
7	1	João Oliveira	Individual	SEN-M	02:06:20
8	49	Celestino Miguel Martins Espirito Santo	Offtel Runners	SEN-M	02:07:14
9	90	Fernando Queirós	Oralklass Amigos do Trail	M-40	02:11:49
10	83	João Nogueira	Oralklass Amigos do Trail	SEN-M	02:11:51

11	23	Carlos Ferreira	A. D. Rio Largo C. Espinho	SEN-M	02:12:21
12	99	Rui Chamusca	A🏆oreana Clube Banif	M-40	02:12:50
13	57	Fernando Miguel Mendes	Offtel Runners	M-40	02:13:55
14	106	Paulo Vila🏆a🏆	Tugas na Estrada	M-50	02:14:38
15	229	S🏆rgio Suzano	Oralklass - Amigos do Trail	SEN-M	02:15:02
16	59	🏆ngelo Pereira	Centro Ciclista de Gondomar	M-50	02:16:41
17	101	Alfredo Pereira	A🏆oreana Clube Banif	M-40	02:17:56
18	98	Raul Pereira	A🏆oreana Clube Banif	M-40	02:18:02
19	89	Pedro Silva	Oralklass Amigos do Trail	SEN-M	02:18:50
20	68	Jo🏆o Almeida Tavares	Individual	SEN-M	02:19:10
21	232	Luciano Vozniak	P🏆 Redondo	SEN-M	02:21:26
22	236	Domingos Manuel Presas	Nascido para correr	M-40	02:23:13
23	15	Augusto Oliveira	Paredes Aventura	M-40	02:23:29
24	7	Nuno Maia	Individual	SEN-M	02:23:38
25	50	Miguel Paredes	Individual	SEN-M	02:23:40
26	78	Nuno Costa	Kangaroo Runners	SEN-M	02:23:50
27	65	Fernando Lopes	Individual	SEN-M	02:24:42

28	41	José Sousa	Associação de Atletismo Lebres do Sado	M-40	02:25:56
29	88	Rui Pereira	Oralklass Amigos do Trail	SEN-M	02:26:19
30	80	António Teixeira	Damiro Vip	M-50	02:26:26
31	58	Humberto Lopes	Individual	M-40	02:28:35
32	69	Luís S	Individual	SEN-M	02:28:55
33	441	Duarte Silva	Run & Fun	SEN-M	02:30:00
34	72	Enido Andrade	Individual	SEN-M	02:30:33
35	25	Pedro Barbosa	Individual	SEN-M	02:34:08
36	26	José Silva	Individual	M-40	02:34:15
37	76	Rui Silva	Individual	M-40	02:35:05
38	30	Joaquim Alves	Individual	SEN-M	02:35:22
39	35	Nelson Ramos	Individual	M-40	02:35:47
40	113	João Guimarães	Run & Fun	SEN-M	02:36:18
41	437	Rui Fernandes	Run & Fun	M-40	02:36:24
42	111	Filipe Esteves	Run & Fun	SEN-M	02:36:28
43	110	Fábio Soares	Run & Fun	SEN-M	02:36:31
44	8	Paulo Valente	Trailistas "Eu não sei"	M-50	02:37:41

45	34	Ricardo Teixeira	Trailistas 'Eu 💎 que sei!'	SEN-M	02:37:43
46	4	Manuel Nogueira	vaimaislonge.net	M-40	02:38:22
47	60	Bruno Almeida	Individual	M-40	02:39:03
48	55	Bruno Santos	Caetano Runners	SEN-M	02:39:26
49	62	Fernando Pinheiro Mendes	Cuf	M-40	02:40:12
50	73	Marco Almeida	Galp Energia - Norte	M-40	02:40:32
51	37	Francisco Macedo	Offtel Runners	M-40	02:40:34
52	31	Bruno Rocha	A. D. Amarante - Trail Running	SEN-M	02:41:35
53	52	Hugo S💎	PRT / A. D. Quinta	SEN-M	02:42:38
54	66	Jose Fernando Gomes Marques	C. A. Matosinhos	M-40	02:44:42
55	54	Paulo Rodrigues	G. D. Le💎es do Veneza	M-50	02:44:51
56	112	Manuel Soares	Run & Fun	SEN-M	02:46:44
57	11	Paulo Neta	Os Netas	M-40	02:48:11
58	92	Ruben Martins	Oralklass Amigos do Trail	SEN-M	02:49:09
59	114	Gon💎alves Marinho	Run & Fun	SEN-M	02:49:13
60	28	Carlos Moreira	Running Class Frederico Silva Personal Trainer	SEN-M	02:50:05
61	105	Ricardo Silva	Tugas na Estrada	SEN-M	02:51:03

62	40	Fernando Nunes	Individual	M-50	02:54:41
63	53	Carlos Carreira	Pezinhos de L	SEN-M	02:54:43
64	24	Andr Costa	Individual	SEN-M	02:55:08
65	42	Andr Castro	Individual	SEN-M	02:56:15
66	22	Rui Silva	Slow Down	M-40	02:58:24
67	44	Bruno Gaspar	Clube de Gaia	SEN-M	02:59:39
68	115	Ricardo Ferreira	Run & Fun	SEN-M	02:59:57
69	52	Hugo S	PRT / A. D. Quinta	SEN-M	03:00:57
70	77	Viriato Gil Tavares Almeida	Individual	M-40	03:03:02
71	61	Jos Duarte	Falta muito?	M-50	03:03:04
72	67	Carlos Almeida	Individual	M-40	03:04:05
73	82	Paulo Graa	Individual	M-40	03:04:09
74	100	Rui Ribeiro	Aoreana Clube Banif	SEN-M	03:05:18
75	38	Paulo Silva	Individual	M-40	03:06:56
76	10	Jorge Costa	Papa-Lguas / X5 Health Club	M-40	03:12:13
77	79	Franciso Teixeira	Kangaroo Runners	SEN-M	03:14:07
78	95	Manuel Tavares	Aoreana Clube Banif	M-40	03:19:50
79	103	Paulo Ferreira	Ponto Zen	SEN-M	03:24:53

80	70	Isaac Costa	Individual	SEN-M	03:27:25
81	43	João Cunha	Individual	SEN-M	03:30:33
82	56	Tiago Oliveira	Douro Runners	SEN-M	03:40:38
83	3	Pedro Coelho	O Mundo da Corrida	M-40	03:42:45
DNF	6	Rui Miguel Tito Dias Moreira	Individual	SEN-M	00:00:00
DNF	9	Ílvaro Leite	Individual	M-40	00:00:00
DNF	13	Jorge Quina	Individual	M-40	00:00:00
DNF	14	Anselmo Leitão	Individual	M-40	00:00:00
DNF	18	Nuno Filipe Faria Ferreira	CCD - Siemens	SEN-M	00:00:00
DNF	19	Adelino Silva	CCD - Siemens	M-40	00:00:00
DNF	20	Fernando Remelgado	CCD - Siemens	SEN-M	00:00:00
DNF	21	Armando Carlos Ferreira dos Santos	Individual	M-50	00:00:00
DNF	33	Sérgio Fontes	Os 5  Hora	SEN-M	00:00:00
DNF	47	Daniel	Offtel Runners	SEN-M	00:00:00
DNF	63	Victor Carneiro	Os Carros Vassoura	SEN-M	00:00:00
DNF	81	Fernanda Alves	Individual	M-40	00:00:00
DNF	84	Vitor Pinto	Oralklass Amigos do Trail	SEN-M	00:00:00

DNF	85	Jos ♦ Neves	Oralklass Amigos do Trail	M-40	00:00:00
DNF	86	♦scar Rodrigues	Oralklass Amigos do Trail	SEN-M	00:00:00
DNF	87	Andr ♦ Nogueira	Oralklass Amigos do Trail	SEN-M	00:00:00
DNF	94	Carlos Gon ♦ alves	Oralklass Amigos do Trail	SEN-M	00:00:00
DNF	102	Jorge Pereira	A ♦ oreana Clube Banif	SEN-M	00:00:00
DNF	104	Rui Manuel Pacheco Duarte	Karrapateira 1919	M-50	00:00:00
DNF	107	Rui Soares	Individual	SEN-M	00:00:00
DNF	0	Gilberto Fontes	Run & Fun	SEN-M	00:00:00
DNF	438	Ant ♦ nio Teixeira	Run & Fun	M-50	00:00:00