

Pos	Dorsal	Nome	Equipa	Categoria	Sexo	Tempo	Ritmo
1	57	Paulo Conde	Oralklass amigos do trail	SEN M	M	01:30:49.135	00:04:32
2	171	Cristiano Santos	YogurtNest	SEN M	M	01:31:51.887	00:04:35
3	60	Belmiro Ferreira	GD Leões da Guarda	M50	M	01:34:17.151	00:04:42
4	36	André Almeida	Factor X / S4L / Medense FC	SEN M	M	01:36:32.732	00:04:49
5	18	António Amador	OriEstarreja	M40	M	01:39:08.257	00:04:57
6	84	Ivo Peko	GAIA TRAIL	SEN M	M	01:42:25.446	00:05:07
7	173	Joaquim Freitas	Satecnosol	M40	M	01:42:52.924	00:05:08
8	25	José Rocha	Leões de Tardariz Trail	SEN M	M	01:43:14.861	00:05:09
9	59	JP	ofrunning	SEN M	M	01:44:23.707	00:05:13
10	16	Hélio Dias	HOSPITAL SANTA MARIA RT	SEN M	M	01:44:32.367	00:05:13
11	148	Paulo Machado	Individual	M40	M	01:45:05.815	00:05:15
12	78	Madeira	GAIA TRAIL	SEN M	M	01:47:19.217	00:05:21
13	111	Luis Leite	GD4Caminhos	M40	M	01:47:31.572	00:05:22
14	576	João Oliveira	Trinca Orelhas de Gato	SEN M	M	01:47:42.309	00:05:23
15	23	Mário Ferreira	Leões de Tardariz Trail	SEN M	M	01:47:55.150	00:05:23
16	64	José Carlos Dias	Runners HP	M40	M	01:50:02.188	00:05:30
17	69	Pedro Guimarães	Runners HP	M40	M	01:50:55.513	00:05:32
18	103	Carlos Costa	Aliança de Gandra	SEN M	M	01:51:07.434	00:05:33
19	178	Hugo Teixeira	Individual	SEN M	M	01:51:12.796	00:05:33
20	155	Fernando Coelho	Trinca Orelhas de Gato	M40	M	01:51:37.997	00:05:34
21	113	joel	Lourival Bike Team	SEN M	M	01:51:38.829	00:05:34
22	15	António Rocha	Factor X / S4L / Medense FC	M60	M	01:51:39.009	00:05:34
23	95	Leonel Neves	Aliança de Gandra	M40	M	01:51:44.062	00:05:35
24	42	Joel Ferreira	Os Aventureiros	SEN M	M	01:52:55.395	00:05:38
25	105	Manuel Póvoas Póvoas	Individual	M50	M	01:53:53.005	00:05:41
26	102	Bruno Cardos	Factor X / S4L / Medense FC	SEN M	M	01:54:02.575	00:05:42
27	120	José Morais Bento	GAIA TRAIL	M50	M	01:54:14.890	00:05:42
28	79	Mike	GAIA TRAIL	SEN M	M	01:54:25.812	00:05:43
29	3	Mario Melo	Galhardos	SEN M	M	01:54:47.823	00:05:44
30	77	Campanhã	GAIA TRAIL	SEN M	M	01:54:49.426	00:05:44
31	11	António Teixeira	Clube ZUPPER	M50	M	01:55:36.928	00:05:46
32	50	Miguel Moura	Factor X / S4L / Medense FC	M40	M	01:55:52.193	00:05:47
33	156	Martinho Costa	Individual	M50	M	01:55:56.283	00:05:47
34	35	Pedro Viana	Factor X / S4L / Medense FC	SEN M	M	01:56:17.039	00:05:48
35	139	Paulo Ferreira	Associação Desportiva de Cabroelo	M40	M	01:56:39.200	00:05:49
36	10	Dario Cardoso	Leões de Tardariz Trail	M40	M	01:56:46.857	00:05:50
37	39	Bruno Monteiro	Gaia Vertical	SEN M	M	01:56:57.509	00:05:50
38	94	Pedro Silva	Aliança de Gandra	M40	M	01:57:47.618	00:05:53
39	72	Pedro Ribeiro	Runners HP	M50	M	01:57:48.543	00:05:53
40	96	Carlos Silva	Aliança de Gandra	M50	M	01:57:50.717	00:05:53
41	6	Miguel Alves	Leões de Tardariz Trail	SEN M	M	02:00:54.197	00:06:02
42	81	Vitor Teixeira	Individual	SEN M	M	02:02:01.798	00:06:06
43	32	Agostinho Sousa	KUNALAMA RUNNERS	M60	M	02:02:35.457	00:06:07
44	153	Joao Ribeiro	Individual	SEN M	M	02:02:35.500	00:06:07
45	142	Vicente	Trinca Orelhas de Gato	SEN M	M	02:02:46.477	00:06:08
46	55	jorge beliago	Gansos	SEN M	M	02:03:18.470	00:06:09
47	168	samuel soares	samsys	M40	M	02:03:20.394	00:06:10
48	100	André Fernandes	Aliança de Gandra	SEN M	M	02:03:29.780	00:06:10
49	140	Sérgio Pinto	Amigos do Pedal TrailLagares	M40	M	02:03:50.796	00:06:11
50	49	Hugo Santos	Individual	SEN M	M	02:04:39.608	00:06:13
51	114	Duarte Paulo Ribeiro	BOSCH	M40	M	02:05:07.753	00:06:15
52	117	Paulo Martins	Individual	M50	M	02:05:08.976	00:06:15
53	144	Sergio Gomes	Trinca Orelhas de Gato	M40	M	02:06:00.089	00:06:18
54	19	Helena Gomes	MoinhosRun-ADRM	F40	F	02:06:08.223	00:06:18
55	93	Miguel Sousa	Onda Trail	SEN M	M	02:06:11.323	00:06:18
56	134	paulo morais	somos nós team	M40	M	02:06:19.069	00:06:18

Pos	Dorsal	Nome	Equipa	Categoria	Sexo	Tempo	Ritmo
57	4	Josá Ferreira	Arrasa Trilhos	M50	M	02:06:30.579	00:06:19
58	110	Fabio Santos	HOSPITAL SANTA MARIA RT	SEN M	M	02:06:35.789	00:06:19
59	58	Jennifer Leal	Individual	SEN F	F	02:06:35.966	00:06:19
60	118	Carlos Duarte	MSS CONTABILIDADE TRAIL TEAM	M40	M	02:06:38.660	00:06:19
61	92	António Gonçalves	ACSP	M40	M	02:06:51.539	00:06:20
62	164	Nuno Silva	lipor	SEN M	M	02:06:53.440	00:06:20
63	170	Miguel Leal	YogurtNest	M40	M	02:07:22.312	00:06:22
64	143	Victor Cardoso	Trinca Orelhas de gato	M40	M	02:08:10.828	00:06:24
65	101	Fernanda Machado	Aliança de Gandra	SEN F	F	02:08:14.322	00:06:24
66	30	TIAGO	10TEMIDOS	SEN M	M	02:08:44.961	00:06:26
67	145	Carlos Silva	Trinca Orelhas de Gato	SEN M	M	02:08:58.533	00:06:26
68	97	Paulo Sousa	Aliança de Gandra	M40	M	02:08:59.851	00:06:26
69	80	Jorge Rodrigues	Runners HP	M40	M	02:09:03.506	00:06:27
70	48	Bruno Loureiro	Individual	SEN M	M	02:09:06.520	00:06:27
71	141	Arcanjo Ferreira	Amigos do Pedal TrailLagares	M50	M	02:09:08.825	00:06:27
72	161	Vitor Coelho	lipor	SEN M	M	02:09:11.157	00:06:27
73	8	Joaquim Leite	Leões de Tardariz Trail	M50	M	02:10:07.831	00:06:30
74	98	Hélder Moreira	Aliança de Gandra	SEN M	M	02:10:20.801	00:06:31
75	24	Pedro Brizido	Individual	M40	M	02:10:53.885	00:06:32
76	43	Jorge Sousa	BITRUNNERS	SEN M	M	02:11:05.232	00:06:33
77	169	Mário Coelho	credito agricola	SEN M	M	02:12:09.233	00:06:36
78	61	Vitor Almeida	Individual	M50	M	02:13:01.776	00:06:39
79	12	Pedro Santos	individual	SEN M	M	02:15:00.815	00:06:45
80	76	Paulo Clemente	Salseiros	SEN M	M	02:15:23.019	00:06:46
81	115	Joaquim Alves	Individual	SEN M	M	02:15:50.471	00:06:47
82	108	Rui Airosa	Budeguita Runners	M40	M	02:16:04.102	00:06:48
83	52	João Costa	Individual	SEN M	M	02:16:36.493	00:06:49
84	70	Sérgio Ribeiro	Runners HP	M40	M	02:16:38.178	00:06:49
85	65	Marieta Branco	Runners HP	F40	F	02:16:39.101	00:06:49
86	126	Jose Junior	Trinca Orelhas de Gato	M50	M	02:16:48.290	00:06:50
87	68	Pedro Oliveira	Runners HP	M40	M	02:16:56.697	00:06:50
88	135	Nuno Neves	100meta	SEN M	M	02:17:04.500	00:06:51
89	119	Patrícia Fernandes	Individual	F40	F	02:17:08.911	00:06:51
90	127	Jose Jesus	Trinca Orelhas de Gato	M40	M	02:17:31.551	00:06:52
91	17	Pirat@	Individual	M40	M	02:17:37.759	00:06:52
92	106	Lino Moreira	Os TurboMula	M60	M	02:17:52.681	00:06:53
93	5	Iracema Costa	Individual	F50	F	02:18:01.871	00:06:54
94	99	Roberto Moreira	Aliança de Gandra	SEN M	M	02:18:06.375	00:06:54
95	131	Cesar Carneiro	ADCReguenga	SEN M	M	02:18:20.947	00:06:55
96	146	Guimarães	Trinca Orelhas de Gato	M40	M	02:18:23.372	00:06:55
97	45	Gerson Alves	KeMedo Team	SEN M	M	02:18:44.496	00:06:56
98	150	Filipe Truta	Individual	SEN M	M	02:19:44.528	00:06:59
99	162	José Marques	lipor	M40	M	02:20:28.594	00:07:01
100	31	JORGE	10TEMIDOS	M50	M	02:20:29.993	00:07:01
101	107	Paulo Costa	Porto Runners	M50	M	02:22:06.095	00:07:06
102	133	fatima vieira	somos nós team	F50	F	02:22:21.802	00:07:07
103	181					02:23:22.836	00:07:10
104	34	JPS	Factor X / S4L / Medense FC	SEN M	M	02:24:14.336	00:07:12
105	28	Sérgio Moura	Hora do lobo	SEN M	M	02:24:40.069	00:07:14
106	37	TITO	10TEMIDOS	SEN M	M	02:25:40.966	00:07:17
107	29	RUI	10TEMIDOS	M40	M	02:25:41.509	00:07:17
108	166	agostinho torres	lipor	M40	M	02:26:41.937	00:07:20
109	128	Antonio Ribeiro	Trinca Orelhas de Gato	M50	M	02:27:43.216	00:07:23
110	74	Mário Pereira	Runners HP	M50	M	02:27:49.286	00:07:23
111	129	José Moura Sousa	os barriguitas	M60	M	02:28:00.073	00:07:24
112	1	Paulo Costa	Individual	M40	M	02:28:08.059	00:07:24

Pos	Dorsal	Nome	Equipa	Categoria	Sexo	Tempo	Ritmo
113	21	Valdemar Almeida	Invicta Runners Team	M50	M	02:28:10.782	00:07:24
114	179	Ismael Duarte	Onda Trail	SEN M	M	02:28:15.094	00:07:24
115	121	César Rocha	#correratenumdarmais	M40	M	02:28:30.418	00:07:25
116	88	Isabel	#correratenumdarmais	F40	F	02:28:30.483	00:07:25
117	63	Nuno Eduardo Ribeiro	CCD SIEMENS	SEN M	M	02:28:36.746	00:07:25
118	147	Fernando Ferreira	Trinca Orelhas de Gato	M40	M	02:28:53.519	00:07:26
119	44	Augusto Coelho	Individual	M50	M	02:28:53.622	00:07:26
120	116	WILSON	10TEMIDOS	M40	M	02:29:04.311	00:07:27
121	176	Nuno Gonçalves	Trinca Orelhas de Gato	M40	M	02:29:52.855	00:07:29
122	66	Mafalda Coelho	Runners HP	SEN F	F	02:29:53.019	00:07:29
123	67	Maria Silva	Runners HP	SEN F	F	02:29:54.479	00:07:29
124	149	RUI CORREIA	Dragon Runners	SEN M	M	02:30:08.210	00:07:30
125	75	Elisabete Rente	Salseiros	SEN F	F	02:30:56.349	00:07:32
126	20	ISABEL CARVALHO	MoinhosRun-ADRM	F40	F	02:32:16.384	00:07:36
127	158	José	MSS CONTABILIDADE TRAIL TEAM	M40	M	02:32:28.384	00:07:37
128	154	Domingos Teixeira	Individual	SEN M	M	02:32:30.318	00:07:37
129	157	João	Individual	M40	M	02:32:31.082	00:07:37
130	175	Nelson Sousa	Individual	SEN M	M	02:32:36.489	00:07:37
131	89	Solange Sousa	Individual	SEN F	F	02:32:39.426	00:07:37
132	104	Paulo Lara	Larocas Team	M40	M	02:33:52.947	00:07:41
133	7	Manuel Alvarino	Leões de Tardariz Trail	M40	M	02:33:58.279	00:07:41
134	40	Helder Oliveira	Individual	SEN M	M	02:34:06.767	00:07:42
135	51	Gilberto Sousa	Individual	SEN M	M	02:34:09.776	00:07:42
136	160	António Sá	Team Lantermil	M40	M	02:34:20.259	00:07:43
137	159	Emanuel Gomes	Team Lantermil	SEN M	M	02:34:20.463	00:07:43
138	130	Hugo Oliveira	Pigs do Mato	SEN M	M	02:35:43.130	00:07:47
139	2	Francisco Gomes	Shots International Runners	M40	M	02:36:09.750	00:07:48
140	132	josé teixeira	somos nós team	M50	M	02:38:05.714	00:07:54
141	177	José Ferreira	Generosos Runners	SEN M	M	02:38:12.931	00:07:54
142	137	Joao Couto	Os Finos	M40	M	02:39:51.743	00:07:59
143	122	Marlene P.	Individual	SEN F	F	02:39:52.128	00:07:59
144	87	António Fernandes	#correratenumdarmais	M60	M	02:40:03.634	00:08:00
145	54	paulo ribeiro	Gansos	M40	M	02:41:08.151	00:08:03
146	53	Ana Cristina	Gansos	F40	F	02:41:08.197	00:08:03
147	151	MR	ofrunning	SEN M	M	02:42:42.404	00:08:08
148	165	Mario Cardoso	lipor	M40	M	02:44:36.805	00:08:13
149	73	Paula Moura	Runners HP	F40	F	02:46:21.684	00:08:19
150	56	moreira	ofrunning	SEN M	M	02:48:45.619	00:08:26
151	27	EDGAR	10TEMIDOS	SEN M	M	02:49:59.477	00:08:29
152	109	Paula Oliveira	Sporting Clube de Espinho	F40	F	02:50:46.493	00:08:32
153	167	jorge carvalho	lipor	M40	M	02:50:55.020	00:08:32
154	163	Carina Monteiro	lipor	SEN F	F	03:06:50.022	00:09:20
155	85	Isidro Silva	Individual	M50	M	03:10:56.766	00:09:32
156	136	ana sousa	Individual	F50	F	03:13:24.677	00:09:40
157	91	Marlene Ribeiro	Individual	F40	F	03:50:38.987	00:11:31
158	90	Teresa Costa	Individual	F50	F	03:50:39.697	00:11:31
159	152	José Vicente	Citroen	M40	M	00:36:23.000	00:01:49
160	46	Flavio Silva	ofrunning	SEN M	M	00:40:41.000	00:02:02
161	13	João Graça	Individual	M40	M	00:24:53.000	00:01:14