

Posição:	Dorsal	Nome:	Equipa:	Tempo de Prova:	Diferença do 1º Lugar:
	1	17 ANA ROCHA GONÇALVES	ALIVE FITNESS CLUB	10:47:34	05:35:29
	2	971 SUSANA SIMÕES	DESNÍVEL POSITIVO	10:49:14	05:37:09
	3	588 AMÉLIA DA CONCEIÇÃO PAIS DA COSTA	PROAVENTURAS	11:58:11	06:46:06
	4	65 FÁTIMA NEGRI PINTO DA SILVA	GINÁSIO QUINTA DO VALBOM	15:04:44	09:52:39
	5	335 TERESA ALVES	INDIVIDUAL	16:38:39	11:26:34
	6	414 PATRÍCIA JEREMIAS	MATILHA RADICAL	16:47:57	11:35:52
	7	273 CARLA SOFIA GARCEZ	INDIVIDUAL	17:20:35	12:08:30
DNF		221 ANA LÚCIA DUARTE	FALCÕES SELVAGENS	00:00:00	00:00:00
DNS		264 CARLA SILVA	INDIVIDUAL	00:00:00	00:00:00
DNS		314 CARLA MARIA FARIA LEMOS SILVA	INDIVIDUAL	00:00:00	00:00:00
DNS		337 TERESA ALVES	INDIVIDUAL	00:00:00	00:00:00
DNS		530 FILIPA SOFIA BRITO SAMPAIO	JUSTFORFUN	00:00:00	00:00:00

Posição:	Dorsal	Nome:	Equipa:	Tempo de Prova:	Diferença do 1º Lugar:
1	19	RUI LUZ	INDIVIDUAL	09:17:16	04:05:11
2	707	BÉNEK MORAIS	NUCLEOEIRAS/SPORTZONE	09:33:50	04:21:45
3	970	TELMO VELOSO	DESNÍVEL POSITIVO	09:33:53	04:21:48
4	646	RUI REBELO	SNEAKERS POWER/ APRT	09:55:26	04:43:21
5	485	GIL FERREIRA	INDIVIDUAL	09:55:33	04:43:28
6	197	JOSÉ BARRADAS	LEBRE E TARTARUGA	10:13:31	05:01:26
7	625	NUNO ROCHA	VODAFONE FIRST	10:14:41	05:02:36
8	466	HENRIQUE CAVALEIRO	LOMBADA	10:48:17	05:36:12
9	551	CARLOS RAMOS	NÚCLEO DE MONTANHA DE ESPINHO	10:57:09	05:45:04
10	735	MIGUEL NOVAIS	SOPRO RUN LIFE	10:59:11	05:47:06
11	207	JOSÉ MANUEL GOMES DA SILVA	CHAVES RUNNING TEAM	11:03:32	05:51:27
12	410	VASCO LOPES	INDIVIDUAL	11:19:41	06:07:36
13	515	LUÍS MIGUEL MATOS FERREIRA	RUN 4 FUN	11:28:11	06:16:06
14	278	JOSÉ CAPELA	MINHO AVENTURA	11:35:19	06:23:14
15	128	JOSÉ AFONSO FERREIRA	CLUBE PORTUGAL TELECOM ZONA NORTE	11:40:44	06:28:39
16	184	LUÍS FRANCO DA SILVA	BICA DO BAIRRO/SOSSEGO	11:42:04	06:29:59
17	189	LUÍS RICARDO	CENTRO VICENTINO DA SERRA - PORTALEGRE	11:47:20	06:35:15
18	589	JOÃO PAULO MARQUES	PROAVENTURAS	11:58:13	06:46:08
19	223	NUNO MIGUEL FAUSTINO DIAS COELHO	NUCLEO DE MONTANHA DE ESPINHO	12:04:11	06:52:06
20	723	OMAR GARCIA	THE NIGHT TRAIL	12:04:15	06:52:10
21	203	PASCOAL MELO	MINHO AVENTURA	12:07:13	06:55:08
22	420	JORGE MARIEIRO	HOLMES PLACE OS ILHAVOS	12:09:12	06:57:07
23	469	RUI RODRIGUES	OS ÍLHAVOS	12:09:14	06:57:09
24	239	FRANCISCO PAIS	O MUNDO DA CORRIDA	12:18:53	07:06:48
25	750	SANDRO MIGUEL SANTOS JORDAO	CLUBE MILLENNIUM BCP	12:21:46	07:09:41
26	501	AMÉRICO MACHADO	TRAIL RUNNING ESPOSENDE	12:26:39	07:14:34
27	418	JOÃO PEDRO PINHEIRO	SCPORTO	12:39:24	07:27:19
28	917	ANDRÉ GUERRA	INDIVIDUAL	12:51:54	07:39:49
29	78	EMANUEL ALEXANDRE CUSTODIO MACHADO	CENTRO VICENTINO DA SERRA	12:58:47	07:46:42
30	355	RICARDO TEIXEIRA	TRAILISTAS "EU É QUE SEI!"	13:02:03	07:49:58
31	356	LUIS SANTOS	TRAILISTAS "EU É QUE SEI!"	13:02:32	07:50:27
32	139	MARCO JORGE	CABRITOS DA MONTANHA	13:03:26	07:51:21
33	526	TIAGO LOPES DOS SANTOS	TOUROS DA BESELGA TRAIL TEAM	13:08:51	07:56:46
34	609	PAULO GOMES	NO TOMORROW RUNNING TEAM	13:08:54	07:56:49
35	64	RUI ROCHA	ADA DESNÍVEL	13:11:29	07:59:24
36	68	GERMANO ADREGA CARDOSO	INDIVIDUAL	13:18:23	08:06:18
37	178	PAULO MARQUES	OS CAGA TACOS RUNNING TEAM	13:24:00	08:11:55

38	438 JOÃO PEDRO GOMES	H2H CLUB BETTER LIVING	13:35:41	08:23:36
39	133 PEDRO SÁ	RUNNING TEAM MAIA	13:35:45	08:23:40
40	793 APRÍGIO ALEXANDRE CONCEIÇÃO CHAVES	CHAVES RUNNING TEAM	13:40:34	08:28:29
41	399 NUNO COELHO SILVA	INDIVIDUAL	13:42:54	08:30:49
42	218 BRUNO MACEDO	OS CAGA TACOS RUNNING TEAM	13:42:55	08:30:50
43	437 FILIPE HONÓRIO TORRES	ASS 20KM DE ALMEIRIM	13:46:43	08:34:38
44	155 JOÃO PEREIRA	MULTIRUNNERS	13:46:46	08:34:41
45	394 ALEXANDRE OLIVEIRA	ANUNNAKI	13:51:46	08:39:41
46	149 JOÃO GRAÇA	NÚCLEO DE MONTANHA DE ESPINHO	13:53:42	08:41:37
47	123 RUI MARTINS	SSCGD	13:58:24	08:46:19
48	76 NUNO COSTA	KANGAROO RUNNERS	13:58:32	08:46:27
49	931 BENIGNO VARELA LOUREDA	EGOVARROS VIVEIRO	14:17:08	09:05:03
50	352 LUÍS MIGUEL	CLUBE ATLETISMO DE LAMAS	14:28:03	09:15:58
51	55 NUNO FILIPE OSÓRIO SEABRA PAIVA	GAM TEAM TRAIL	14:31:24	09:19:19
52	137 JORGE MANUEL MARTINS DA SILVA	INDIVIDUAL	14:31:28	09:19:23
53	57 FERNANDO JOSÉ DA SILVA VARANDA	GAM TEAM TRAIL	14:31:31	09:19:26
54	58 ISAAC MANUEL PINHEIRO SILVA MARQUES COSTA	GAM TEAM TRAIL	14:31:34	09:19:29
55	59 JORGE DAVID VIEIRA BARBOSA	GAM TEAM TRAIL	14:31:36	09:19:31
56	62 RUI MANUEL SILVA GOMES	GD OS RIBEIRINHOS	14:31:40	09:19:35
57	362 CÉSAR DUARTE	A.D.AMARANTE TRAIL RUNNING	14:36:40	09:24:35
58	66 JOSÉ CARLOS SOUSA	A.A.LEBRES DO SADO	14:45:17	09:33:12
59	69 MÁRIO SILVA	TAU RUNNERS	14:45:19	09:33:14
60	359 PEDRO RODRIGUES	OFICINA DO PEDRO	14:45:25	09:33:20
61	423 SÉRGIO ALMEIDA	OS ÍLHAVOS	14:56:14	09:44:09
62	648 DAVID SILVA	20KLM DE ALMEIRIM	15:09:41	09:57:36
63	72 MÁRIO MENESES	PORTO RUNNERS	15:11:28	09:59:23
64	285 JOSÉ FERNANDES FERREIRA	PORTO RUNNERS	15:11:33	09:59:28
65	940 PEDRO MOREIRA	ALL ABOUT	15:11:36	09:59:31
66	67 JOÃO PAULO ALMEIDA	KANINOS	15:24:31	10:12:26
67	606 FREDERICO GOUVEIA E SILVA	INDIVIDUAL	15:29:29	10:17:24
68	492 BRUNO CAMPELO	TRAIL RUNNING ESPOSENDE	15:44:09	10:32:04
69	486 RICARDO DANTAS	TRAIL RUNNING ESPOSENDE	15:45:58	10:33:53
70	408 HERNÂNI MARQUE MONTEIRO	AMIGOS VALE SILENCIO	15:59:05	10:47:00
71	522 CARLOS NAVEGA	SEM ROTA	15:59:07	10:47:02
72	328 LOURENÇO BRAY	NENHUMA	16:16:50	11:04:45
73	54 RICARDO ALMEIDA	A2C	16:16:53	11:04:48
74	445 PEDRO AMENDOEIRA	EXPENSE REDUCTION ANALYSTS	16:27:54	11:15:49
75	60 SÉRGIO ÁLVARO CARMO SILVA	GAM TEAM TRAIL	16:34:55	11:22:50

76	336 VÍTOR PEREIRA	INDIVIDUAL	16:38:41	11:26:36
77	413 LUÍS HENRIQUE SILVA	MATILHA RADICAL	16:48:00	11:35:55
78	396 RICARDO OLIVEIRA	ANUNNAKI	16:51:04	11:38:59
79	230 PAULO TRIGO	SPEEDRUS	16:57:37	11:45:32
80	267 SÉRGIO RODRIGUES	INDIVIDUAL	17:20:29	12:08:24
81	669 VALTER SEMEDO MATOS	CORRER VISEU	17:20:38	12:08:33
82	186 HÉLDER JORGE F. LOPES	INDIVIDUAL	17:20:41	12:08:36
83	706 PAULO LUCAS	INDIVIDUAL	17:37:32	12:25:27
DNF	690 ISAUQUE LUCENA	DESNÍVEL POSITIVO	00:00:00	00:00:00
DNF	334 JOÃO QUINTAL	INDIVIDUAL	00:00:00	00:00:00
DNF	180 CÉSAR EDGAR DE SOUSA LEÃO	UNIDADE ESPECIAL DE CORRIDA	00:00:00	00:00:00
DNF	74 RUI FILIPE TAIPA SANTOS	UNIDADE ESPECIAL DE CORRIDA	00:00:00	00:00:00
DNF	357 MIGUEL MACIEIRA	INDIVIDUAL	00:00:00	00:00:00
DNF	18 PAULO PEREIRA	RUNNING TEAM MAIA	00:00:00	00:00:00
DNF	20 GUSTAVO BARROS	DUCKS TEAM	00:00:00	00:00:00
DNF	954 TELMO SAMPAIO FERREIRA	ALIVE FITNESS CLUB	00:00:00	00:00:00
DNS	61 NUNO MIGUEL AZEVEDO RAMOS	GAM TEAM TRAIL	00:00:00	00:00:00
DNS	63 LUÍS DUARTE	RUN.PT	00:00:00	00:00:00
DNS	75 GERMANO ADREGA CARDOSO	INDIVIDUAL	00:00:00	00:00:00
DNS	148 MARCO PAULO MIRANDA COELHO MAGALHÃES	ADA TRAIL RUNNING	00:00:00	00:00:00
DNS	165 JOÃO CÔRTE-REAL	MULTIRUNNERS	00:00:00	00:00:00
DNS	169 MARCO ANTÓNIO SILVA	CONFRARIA TROTRAMONTES	00:00:00	00:00:00
DNS	172 CARLOS MIGUEL LOPES FILIPE	INDIVIDUAL	00:00:00	00:00:00
DNS	179 CARLOS MONTEIRO	INDIVIDUAL	00:00:00	00:00:00
DNS	182 JOÃO PENHA GARCIA	INDIVIDUAL	00:00:00	00:00:00
DNS	214 MARCO GIGANTE	VIANA RUNNERS	00:00:00	00:00:00
DNS	258 TIAGO SALGUEIRO	O MUNDO DA CORRIDA	00:00:00	00:00:00
DNS	269 ANDRÉ CARVALHO	INDIVIDUAL	00:00:00	00:00:00
DNS	274 ARTUR BERNARDO	CAFÉ CARTOON	00:00:00	00:00:00
DNS	301 HERCULANO MANUEL COSME RAPOSO	CES_CENTRO DE EXERCICIO E SAUDE	00:00:00	00:00:00
DNS	306 SÉRGIO INÁCIO	INDIVIDUAL	00:00:00	00:00:00
DNS	321 HELDER CAMPOS	TEAM GOSAÚDE	00:00:00	00:00:00
DNS	326 TIAGO LOUREIRO	INDIVIDUAL	00:00:00	00:00:00
DNS	338 LUÍS MIGUEL ALVES MONTEIRO	BOX230	00:00:00	00:00:00
DNS	351 JOAQUIM COELHO	RUN TO BE ALIVE	00:00:00	00:00:00
DNS	354 LUÍS RODRIGUES	PORTO RUNNERS	00:00:00	00:00:00
DNS	358 LUÍS FILIPE MIRANDA DOS SANTOS	DAR-R.R.AUTOMATIC-FERMAQ	00:00:00	00:00:00
DNS	360 RENATO HERNANDEZ	WWW.NUTRIMANIA.PT	00:00:00	00:00:00

DNS	364 FERNANDO MANUEL GONÇALVES NUNES	INDIVIDUAL	00:00:00	00:00:00
DNS	365 PEDRO BÔTO	LINCE RUNNERS	00:00:00	00:00:00
DNS	366 VASCO LOPES	INDIVIDUAL	00:00:00	00:00:00
DNS	387 ANTÓNIO CONDE	INDIVIDUAL	00:00:00	00:00:00
DNS	388 JOÃO CONDE	INDIVIDUAL	00:00:00	00:00:00
DNS	393 ANTÓNIO CARVALHO	C.C.D. C.M. GONDOMAR	00:00:00	00:00:00
DNS	395 ANTÓNIO FERNANDO BAPTISTA FERREIRA CHILÃO	INDIVIDUAL	00:00:00	00:00:00
DNS	397 MARCO FERREIRA	FRATELLI ENDURANCE SPORTS	00:00:00	00:00:00
DNS	398 TIAGO SANTOS	FRATELLI ENDURANCE SPORTS	00:00:00	00:00:00
DNS	411 TIAGO PINTO	TIAGO PINTO	00:00:00	00:00:00
DNS	412 JOSÉ CRUZ	RUN TO BE ALIVE	00:00:00	00:00:00
DNS	436 ANDRÉ FERREIRA	CUF PORTO	00:00:00	00:00:00
DNS	442 RICARDO PINHÃO	CORRIDAS DE PERNAS PARA O AR	00:00:00	00:00:00
DNS	443 HUMBERTO VARA	INDIVIDUAL	00:00:00	00:00:00
DNS	444 MIGUEL BAPTISTA	X3M	00:00:00	00:00:00
DNS	453 ZÉ SOARES	RODABIKE/CHARON	00:00:00	00:00:00
DNS	457 NELIO DA SILVA	INDIVIDUAL	00:00:00	00:00:00
DNS	463 RUI RODRIGUES	HOLMESPLACE OS ILHAVOS	00:00:00	00:00:00
DNS	470 HERCULANO MANUEL COSME RAPOSO	PICANAMULA	00:00:00	00:00:00
DNS	473 PAULO ALVES	INDIVIDUAL	00:00:00	00:00:00
DNS	539 RUI REBELO	SNEAKERS POWER/ APRT	00:00:00	00:00:00
DNS	541 ANDRÉ RODRIGUES	JUVENTUDE VIDIGALENSE	00:00:00	00:00:00
DNS	546 CÉSAR DUARTE	A.D.AMARANTE TRAIL RUNNING	00:00:00	00:00:00
DNS	548 FERNANDO HOMEM	CASPA/GREEN ROC	00:00:00	00:00:00
DNS	617 DAVID SILVA	20KLM DE ALMEIRIM	00:00:00	00:00:00
DNS	650 MÁRIO PIRES	INDIVIDUAL	00:00:00	00:00:00
DNS	668 BRUNO FILIPE DE SA CAMPELO	INDIVIDUAL	00:00:00	00:00:00
DNS	684 JOÃO MARINHO -TESTE	D+	00:00:00	00:00:00
DNS	699 LUIS ALVES	DESNÍVEL POSITIVO	00:00:00	00:00:00
DNS	733 JOSÉ ANTÓNIO MARQUES PEREIRA	JAMP.EU	00:00:00	00:00:00
DNS	764 LINO LUZ	INDIVIDUAL	00:00:00	00:00:00
DNS	787 APRIGIO ALEXANDRE CONCEIÇÃO CHAVES	CHAVES RUNNING TEAM	00:00:00	00:00:00
DNS	820 DAVID FERREIRA	SCALABIS NIGHT RUNNERS	00:00:00	00:00:00
DNS	914 JOÃO PAULO DUARTE MARQUES	INDIVIDUAL	00:00:00	00:00:00
DNS	916 ANDRÉ GUERRA	INDIVIDUAL	00:00:00	00:00:00
DNS	948 URBANO FILIPE DE ABREU VITORINO RIBEIRO	A.D.AMARANTE TRAIL RUNNING	00:00:00	00:00:00
DNS	958 AUGUSTO OLIVEIRA	PAREDES AVENTURA	00:00:00	00:00:00