

PROCURARPowered Quero ir (<http://www.queroir.pt>) | Cnet (<http://www.cnet.pt>)**Minitrail**
12km**Trail Curto**
18km**Trail Longo**
26km**Corrida**
10km

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
1	1251	Patrício, João	Dr. Merino/4moove	18SEM	1	1:41:11.55	05:37	
2	1376	Mendes, Adriano	Brabus Runners	18SEM	2	1:45:37.22	05:52	0:04:25
3	1061	Silva, Vítor	Vimarunners	18SEM	3	1:54:11.29	06:21	0:12:59
4	1000	ALves, Vítor	Brabus Runners	18SEM	4	1:55:43.39	06:26	0:14:31
5	1111	Ribeiro, Emerenciano	A.D.CARVALHAL	18M40	1	1:55:44.01	06:26	0:14:32
6	1205	Martins, Daniel		18SEM	5	1:55:58.94	06:27	0:14:47
7	1143	Mendes, Paulo	CR CANDOSO	18M40	2	1:56:20.31	06:28	0:15:08

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
8	1340	Ferreira, Maurício	Travassós Running Fafe	18M40	3	1:56:31.28	06:28	0:15:19
9	1226	Ribeiro, Manuel	Grupo desportivo unidos do cano	18M40	4	1:58:15.34	06:34	0:17:03
10	1370	Araujo, Renato	arc vale são cosme	18SEM	6	1:58:20.50	06:35	0:17:09
11	1220	Silva, Alberto	G. D .Unidos Do Cano	18M50	1	1:58:39.04	06:36	0:17:27
12	1102	Borges, António	Olímpico Vianense trail	18M40	5	1:59:26.18	06:38	0:18:14
13	1301	Silva, Duarte	MOV3	18SEM	7	2:00:20.24	06:41	0:19:08
14	1305	Sampaio, Ricardo	Brabus Runners	18SEM	8	2:00:56.22	06:43	0:19:44
15	1307	Oliveira, Paulo	Ronfe A Correr	18M50	2	2:00:59.77	06:43	0:19:48
16	1293	Martins, Paulo		18M50	3	2:01:02.57	06:43	0:19:51
17	1011	Ferreira, Ricardo	Trail Team Casa das Reparações	18SEM	9	2:01:10.80	06:44	0:19:59
18	2195	Sampaio, Paulo	Lousadarunners	18M40	6	2:01:21.27	06:45	0:20:09

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
19	1192	Pereira, Jorge		18SEM	10	2:01:47.04	06:46	0:20:35
20	1172	Ferreira, Rafael		18SEM	11	2:02:43.11	06:49	0:21:31
21	1148	Pedrosa, José	OS PRIMOS	18M40	7	2:02:53.16	06:50	0:21:41
22	1047	Cunha, Eugenio		18M40	8	2:04:09.26	06:54	0:22:57
23	1074	Sousa, Dionísio		18M50	4	2:05:07.52	06:57	0:23:56
24	1275	Ribeiro, João	Ronfe A Correr	18SEM	12	2:05:10.67	06:57	0:23:59
25	1377	Leite, Cesário	Brabus Runners	18SEM	13	2:06:41.11	07:02	0:25:29
26	1064	Faria, João	SkyLevanta-se	18M50	5	2:07:51.00	07:06	0:26:39
27	1276	Costa, José	Fama Runners	18M40	9	2:08:35.34	07:09	0:27:23
28	1238	Pereira, Fernando	G. D .Unidos Do Cano	18M50	6	2:09:06.97	07:10	0:27:55
29	1151	Pinheiro, João	OS PRIMOS	18SEM	14	2:09:30.49	07:12	0:28:18
30	1157	Oliveira, Rosa		18SEF	1	2:09:45.00	07:12	0:28:33

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
31	1126	Miranda, Rafa	CCR MONTESINHOS	18M40	10	2:09:50.92	07:13	0:28:39
32	1120	Souto, André	My Way	18SEM	15	2:09:57.01	07:13	0:28:45
33	1145	Silva, José	Serafão 4FUN	18SEM	16	2:10:31.03	07:15	0:29:19
34	1091	Vaz, Manuel	Ronfe A Correr	18M50	7	2:11:02.85	07:17	0:29:51
35	1160	Lopes, Manuel	RIOFIT	18M50	8	2:11:05.48	07:17	0:29:53
36	1184	Oliveira, Armando	MAGIC FRIENDS RUNNERS	18M40	11	2:11:16.23	07:18	0:30:04
37	1191	Lemos, Ricardo	OS FELINOS	18M40	12	2:11:33.20	07:19	0:30:21
38	1121	Fonseca, António	My Way	18SEM	17	2:11:44.06	07:19	0:30:32
39	1219	Silva, Luís	Airão Trail Team	18SEM	18	2:12:10.27	07:21	0:30:58
40	1088	Lima, Jorge	Invictus Oporto Team	18M40	13	2:12:18.56	07:21	0:31:07
41	1279	Silva, João	ProFisio Team	18SEM	19	2:12:35.27	07:22	0:31:23
42	1087	Melo, Bruno	Invictus Oporto Team	18SEM	20	2:13:20.80	07:24	0:32:09

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
43	1280	Pereira, Abilio	ProFisio Team	18M40	14	2:13:21.64	07:25	0:32:10
44	1176	Sousa, Adriana	C.R.CANDOSO	18SEF	2	2:13:25.35	07:25	0:32:13
45	1161	Oliveira, Abílio	RIOFIT	18M40	15	2:13:43.16	07:26	0:32:31
46	1142	Costa, Susana	Amigos da corrida	18F40	1	2:13:43.84	07:26	0:32:32
47	1300	Mendes, Adao		18M40	16	2:13:48.02	07:26	0:32:36
48	1302	Peixoto, Diogo		18SEM	21	2:14:09.16	07:27	0:32:57
49	1162	Silva, João	RIOFIT	18M40	17	2:14:11.87	07:27	0:33:00
50	1217	S, Mario	ProFisio Team	18M40	18	2:14:13.48	07:27	0:33:01
51	1136	Silva, Joaquim	g d oliveira do castelo guimaraes	18M50	9	2:14:30.44	07:28	0:33:18
52	1089	Ribeiro, João	Serafão 4FUN	18SEM	22	2:14:43.12	07:29	0:33:31
53	1083	Almeida, António		18SEM	23	2:14:57.08	07:30	0:33:45
54	1288	Lima, Mario	Aves runners	18SEM	24	2:15:04.19	07:30	0:33:52

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
55	1075	Pereira, Rui	CR CANDOSO	18SEM	25	2:15:10.00	07:31	0:33:58
56	1124	Pereira, Tomás		18M50	10	2:15:24.32	07:31	0:34:12
57	1150	Fontão, Bruno	OS PRIMOS	18SEM	26	2:16:46.62	07:36	0:35:35
58	1204	Costa, Eduardo	CORRER COM C'ALMA	18SEM	27	2:17:28.24	07:38	0:36:16
59	1247	Leite, Alberto		18M50	11	2:17:29.91	07:38	0:36:18
60	1286	Alves, Ricardo	Neighbors Run	18SEM	28	2:18:45.85	07:43	0:37:34
61	1113	Silva, Leonel		18M40	19	2:18:48.09	07:43	0:37:36
62	1035	Pereira, Marcelo	TF Team	18SEM	29	2:18:50.66	07:43	0:37:39
63	1034	Gonçalves, Daniel	TF Team	18SEM	30	2:18:50.76	07:43	0:37:39
64	1033	Martins, Tiago	TF Team	18SEM	31	2:18:51.00	07:43	0:37:39
65	1130	Silveira, Romeu	My Way	18SEM	32	2:19:05.35	07:44	0:37:53

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
66	1170	Tavares, Casimiro	Amigos do caneco	18M50	12	2:19:55.45	07:46	0:38:43
67	1040	Fernandes, Rui	Vimarunners	18SEM	33	2:19:55.81	07:46	0:38:44
68	1313	Galvão, Rafael	Vimarunners	18M40	20	2:20:06.21	07:47	0:38:54
69	1364	Pereira, Hélder		18M40	21	2:20:42.44	07:49	0:39:30
70	1298	Rodrigues, João	ProFisio Team	18SEM	34	2:20:44.48	07:49	0:39:32
71	1053	Mendes, Artur		18M40	22	2:20:45.36	07:49	0:39:33
72	1065	Silva, Maurício	SkyLevanta-se	18M40	23	2:20:53.06	07:50	0:39:41
73	1285	Novais, Cidalia	RINUS FAFE	18F40	2	2:20:54.30	07:50	0:39:42
74	1333	Silva, José	BIBA MAIS	18M50	13	2:20:54.92	07:50	0:39:43
75	1361	Fernandes, André		18SEM	35	2:20:59.55	07:50	0:39:48
76	1109	Fontão, Armando	CR CANDOSO	18M40	24	2:21:02.41	07:50	0:39:50

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
77	1069	Fernandes, Vera		18SEF	3	2:21:04.63	07:50	0:39:53
78	1107	Araujo, Rui	Grafica covense	18M40	25	2:21:17.77	07:51	0:40:06
79	1321	Ferreira, Sónia	LousadaRunners	18SEF	4	2:21:26.10	07:51	0:40:14
80	1322	Rodrigues, Marco	LousadaRunners	18SEM	36	2:21:26.78	07:51	0:40:15
81	1044	Ribeiro, Diamantino		18M50	14	2:21:36.58	07:52	0:40:25
82	1343	Costa, Hélder	Serafão 4FUN	18SEM	37	2:21:37.19	07:52	0:40:25
83	1016	Lemos, Jorge	GUIMARUNNING	18M40	26	2:21:40.43	07:52	0:40:28
84	1135	Teixeira, Nelson	True Evolution	18M40	27	2:22:15.53	07:54	0:41:04
85	1359	Faria, Adão		18SEM	38	2:22:17.33	07:54	0:41:05
86	1248	Silva, Sergio	ESTOU CANSADO	18SEM	39	2:22:39.98	07:56	0:41:28
87	1082	Miranda, Daniel		18SEM	40	2:22:53.84	07:56	0:41:42
88	1351	Gomes, João		18M40	28	2:22:57.22	07:57	0:41:45

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
89	1337	Delgado, Mariana		18SEF	5	2:23:10.73	07:57	0:41:59
90	1010	Ricardo, Domingos	TRAIL PINOCO	18M40	29	2:23:12.12	07:57	0:42:00
91	1134	Teixeira, João	True Evolution	18SEM	41	2:23:13.00	07:57	0:42:01
92	1007	Faria, Vitor	TRAIL PINOCO	18M40	30	2:23:17.55	07:58	0:42:06
93	1257	Mendes, Miguel	ARC Vale São Cosme	18M40	31	2:23:25.12	07:58	0:42:13
94	1341	Leite, Paulo	vizela nos pes	18M40	32	2:23:34.71	07:59	0:42:23
95	1057	Sá, Pedro	Moinhos Run	18M50	15	2:24:19.03	08:01	0:43:07
96	1110	Guimaraes, Paulo		18M40	33	2:24:50.26	08:03	0:43:38
97	1194	Macedo, Fernando	Stelia	18M40	34	2:24:52.54	08:03	0:43:41
98	1353	Martinho, Daniel	RIOFIT	18SEM	42	2:24:53.44	08:03	0:43:41
99	1365	Monteiro, João		18M40	35	2:24:57.00	08:03	0:43:45
100	1221	Carvalho, Joaquim		18M50	16	2:25:14.37	08:04	0:44:02

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
101	1104	Costa, Franco	Zen Shiatsu PTS	18M40	36	2:25:51.20	08:06	0:44:39
102	1139	Santos, Nuno	Aventureiros	18SEM	43	2:27:04.14	08:10	0:45:52
103	1115	Brito, Leonardo	Neighbors Run	18SEM	44	2:27:05.89	08:10	0:45:54
104	1084	Pereira, Eliana	Team Workout 48/CAM	18SEF	6	2:27:27.94	08:12	0:46:16
105	1352	Gomes, José		18M40	37	2:27:30.76	08:12	0:46:19
106	1196	Silva, Miguel	ActualFit	18SEM	45	2:27:43.68	08:12	0:46:32
107	1128	Salgado, Tânia	Minho Aventura	18SEF	7	2:28:36.47	08:15	0:47:24
108	1183	Neto, Pedro		18SEM	46	2:29:01.47	08:17	0:47:49
109	1059	Sameiro, Alexandre	Serafão 4FUN	18SEM	47	2:29:36.47	08:19	0:48:24
110	1225	Silva, João		18SEM	48	2:30:04.97	08:20	0:48:53
111	1224	Oliveira, Tiago		18SEM	49	2:30:05.56	08:20	0:48:54
112	1052	Ribeiro, Carlos	trail4fun	18M40	38	2:30:30.48	08:22	0:49:18

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
113	1099	Ferreira, Tiago		18SEM	50	2:31:00.87	08:23	0:49:49
114	1070	Oliveira, Hélder	Terror dos Montes	18SEM	51	2:31:23.24	08:25	0:50:11
115	1195	Gonçalves, José	CALCANTES	18M50	17	2:31:33.82	08:25	0:50:22
116	1116	Macieira, Sérgio	GUIMARUNNING	18SEM	52	2:31:41.03	08:26	0:50:29
117	1114	Silva, Daniel	Neighbors Run	18SEM	53	2:31:44.87	08:26	0:50:33
118	1214	Sousa, Goreti	ProFisio Team	18F50	1	2:31:53.41	08:26	0:50:41
119	1261	Araujo, Francisco	Serafão 4FUN	18SEM	54	2:32:46.06	08:29	0:51:34
120	1153	Mendes, Ricardo	BAREJO TEAM	18SEM	55	2:32:53.68	08:30	0:51:42
121	1319	Oliveira, António	Brabus Runners	18SEM	56	2:33:44.16	08:32	0:52:32
122	1182	Lopes, Vitor		18SEM	57	2:33:49.76	08:33	0:52:38
123	1098	Lopes, Claudio		18SEM	58	2:33:50.14	08:33	0:52:38

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
124	1234	Ferreira, José	Caminhos fracos	18M40	39	2:34:03.49	08:34	0:52:51
125	1171	Ferreira, Daniel	Caminhos fracos	18SEM	59	2:34:03.50	08:34	0:52:52
126	1354	Gomes, Eduardo	RIOFIT	18SEM	60	2:34:18.00	08:34	0:53:06
127	1282	Gomes, Sérgio	trail4fun	18SEM	61	2:34:24.93	08:35	0:53:13
128	1054	Ferreira, Pedro	Airão Trail Team	18SEM	62	2:34:28.47	08:35	0:53:16
129	1299	Machado, Diogo	ProFisio Team	18SEM	63	2:34:31.80	08:35	0:53:20
130	1027	Fonseca, António		18M50	18	2:34:33.13	08:35	0:53:21
131	1297	Barbosa, Rui	ProFisio Team	18SEM	64	2:34:34.58	08:35	0:53:23
132	1375	Freitas, Armando	RIOFIT	18M40	40	2:34:50.44	08:36	0:53:38
133	1165	Oliveira, José	RIOFIT	18M40	41	2:34:50.45	08:36	0:53:38
134	1242	Marques, Pedro		18SEM	65	2:35:12.21	08:37	0:54:00

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
135	1189	Sousa, Carlos		18M40	42	2:35:15.93	08:38	0:54:04
136	1178	Oliveira, Diogo	A.C. VERMOIM	18SEM	66	2:35:39.71	08:39	0:54:28
137	1105	Sampaio, Jose	Grafica covense	18M40	43	2:35:46.64	08:39	0:54:35
138	1329	Esteves, Francisco	Melgaço Alvarinho Trail	18SEM	67	2:36:36.49	08:42	0:55:24
139	1296	Leite, Sandra	ProFisio Team	18SEF	8	2:37:07.80	08:44	0:55:56
140	1190	Pereira, Vitor		18M40	44	2:37:13.70	08:44	0:56:02
141	1223	Pereira, Adelino		18M40	45	2:38:08.31	08:47	0:56:56
142	1317	Ferreira, Luis		18SEM	68	2:38:36.24	08:49	0:57:24
143	1332	Carvalho, Bruno	Os Santa Apolónia	18SEM	69	2:39:07.87	08:50	0:57:56
144	1149	Pedrosa, Luis	OS PRIMOS	18SEM	70	2:39:08.00	08:50	0:57:56
145	1004	Gonçalves, Rui	Manus	18SEM	71	2:39:12.45	08:51	0:58:00
146	1005	Pereira, Rogério	Manus	18M40	46	2:39:12.46	08:51	0:58:00

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
147	1017	Santos, André	Manus	18SEM	72	2:39:12.64	08:51	0:58:01
148	1241	Coutinho, Vítor	Brabus Runners	18M50	19	2:39:36.80	08:52	0:58:25
149	1167	Pinto, Rui		18SEM	73	2:39:42.28	08:52	0:58:30
150	1021	Gomes, Luis	Team Lantemil	18M40	47	2:39:48.10	08:53	0:58:36
151	1163	Abreu, Diogo	RIOFIT	18SEM	74	2:39:55.96	08:53	0:58:44
152	1051	Fernandes, Luis	Queda Trail	18SEM	75	2:39:57.15	08:53	0:58:45
153	1372	Gomes, Filipe		18SEM	76	2:39:57.77	08:53	0:58:46
154	1374	Ferreira, Daniel		18M40	48	2:41:09.24	08:57	0:59:57
155	1228	Silva, Luís	PT LUÍS BESSA	18SEM	77	2:41:17.38	08:58	1:00:05
156	1037	Oliveira, Eduardo	Vimarunners	18SEM	78	2:41:46.15	08:59	1:00:34
157	1119	Duarte, João	My Way	18SEM	79	2:41:54.64	09:00	1:00:43
158	1169	Carneiro, João	My Way	18SEM	80	2:41:54.75	09:00	1:00:43

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
159	1122	Ferreira, Rosendo	My Way	18SEM	81	2:42:12.92	09:01	1:01:01
160	1311	Mendes, Jacinto		18M40	49	2:42:14.06	09:01	1:01:02
161	1342	Ferreira, José	Potes de ouro	18M40	50	2:42:15.77	09:01	1:01:04
162	1144	Cunha, Manuel		18M50	20	2:42:18.14	09:01	1:01:06
163	1362	Pinhão, Mário	Bosch	18M50	21	2:42:20.00	09:01	1:01:08
164	1289	Freitas, Marta		18SEF	9	2:42:21.47	09:01	1:01:09
165	1203	Alves, Liliana	Alive Runners	18SEF	10	2:42:50.08	09:03	1:01:38
166	1077	Soares, João	Bosch	18M50	22	2:42:51.59	09:03	1:01:40
167	1236	Afonso, Sandra	Fardetas	18F40	3	2:42:56.71	09:03	1:01:45
168	1032	Ferreira, Pedro		18SEM	82	2:43:04.30	09:04	1:01:52
169	1038	Oliveira, Pedro	Fu jipu taskai BemOsmaxos	18M40	51	2:43:13.34	09:04	1:02:01

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
170	1101	Teixeira, Francisco	Botico	18SEM	83	2:43:20.45	09:04	1:02:08
171	1081	Araújo, Nelson	Trail 4 Fun	18SEM	84	2:43:22.68	09:05	1:02:11
172	1108	Rodrigues, Luisa	CR CANDOSO	18F40	4	2:43:27.81	09:05	1:02:16
173	1259	Lima, Ruben	A.D. Esmeriz Running	18SEM	85	2:43:39.42	09:06	1:02:27
174	1264	Pacheco, Brás		18SEM	86	2:43:42.97	09:06	1:02:31
175	1100	Santos, Ana	Botico	18SEF	11	2:43:43.72	09:06	1:02:32
176	1080	Lopes, Fernando	Terror dos Montes	18M50	23	2:43:49.00	09:06	1:02:37
177	1284	Silva, Alexandre		18SEM	87	2:44:13.47	09:07	1:03:01
178	1152	Mendes, Jose	BAREJO TEAM	18M40	52	2:44:24.25	09:08	1:03:12
179	1250	Magalhães, Joana	RINUS FAFE	18SEF	12	2:44:24.69	09:08	1:03:13
180	1260	Novais, Marisa	RINUS FAFE	18SEF	13	2:44:26.24	09:08	1:03:14

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
181	1272	Alves, Vitor	RINUS FAFE	18M40	53	2:44:26.56	09:08	1:03:15
182	1270	Machado, Diogo		18SEM	88	2:44:27.89	09:08	1:03:16
183	1339	Lopes, Ivo		18SEM	89	2:44:47.19	09:09	1:03:35
184	1045	Ribeiro, José		18M40	54	2:44:52.00	09:10	1:03:40
185	1090	Pinto, Manuela	Serafão 4FUN	18SEF	14	2:44:52.01	09:10	1:03:40
186	1024	Malheiro, André		18SEM	90	2:44:55.00	09:10	1:03:43
187	1256	Lopes, Leandro	OS CANSADOS	18SEM	91	2:44:57.35	09:10	1:03:45
188	1246	Leite, Manuel	CORRER COM C'ALMA	18M50	24	2:44:58.52	09:10	1:03:47
189	1112	Novais, Agostinho		18SEM	92	2:44:59.24	09:10	1:03:47
190	1058	Rodrigues, Nuno	Ronfe A Correr	18SEM	93	2:45:18.05	09:11	1:04:06
191	1324	Morais, Carlos	RIOFIT	18M40	55	2:45:19.34	09:11	1:04:07
192	1164	Oliveira, Joaquim	RIOFIT	18M50	25	2:45:19.54	09:11	1:04:08

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
193	1323	Fernandes, Céu	RIOFIT	18F40	5	2:45:21.22	09:11	1:04:09
194	1303	Costa, Elisabete	Braguinhas runners	18SEF	15	2:45:22.18	09:11	1:04:10
195	1243	Campos, Tiago	A.C. VERMOIM	18SEM	94	2:45:50.00	09:13	1:04:38
196	1208	José, Miguel		18SEM	95	2:46:02.76	09:13	1:04:51
197	1252	Gomes, Luís		18M40	56	2:46:03.47	09:14	1:04:51
198	1003	Oliveira, Filipe		18M40	57	2:46:18.99	09:14	1:05:07
199	1073	Lopes, Ricardo	Terror dos Montes	18SEM	96	2:46:30.00	09:15	1:05:18
200	1318	Leite, Jorge	Running Monkeys	18SEM	97	2:46:41.18	09:16	1:05:29
201	1009	Gouveia, Domingos	TRAIL PINOCO	18M40	58	2:46:45.90	09:16	1:05:34
202	1008	Gouveia, José	TRAIL PINOCO	18M40	59	2:46:46.75	09:16	1:05:35
203	1096	Afonso, Vitor	Trail 4 Fun	18SEM	98	2:46:49.28	09:16	1:05:37
204	1133	Carvalho, Filipe	Falta muito?	18SEM	99	2:46:49.48	09:16	1:05:37

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
205	1132	Lucas, Alberto	Falta muito?	18SEM	100	2:46:50.34	09:16	1:05:38
206	1092	Fernandes, Bruno	Vimarunners	18SEM	101	2:46:57.41	09:17	1:05:45
207	1093	Gonçalves, Joana	Vimarunners	18SEF	16	2:46:57.50	09:17	1:05:46
208	1046	Soares, Miguel	Bosch	18M40	60	2:46:59.47	09:17	1:05:47
209	1356	Santos, Joaquim	lixenses	18SEM	102	2:47:01.52	09:17	1:05:50
210	1168	Silva, Patricia	My Way	18SEF	17	2:47:07.44	09:17	1:05:55
211	1177	Campos, João	A.C. VERMOIM	18SEM	103	2:47:33.60	09:19	1:06:22
212	1210	Martins, Leonel	turbo lento	18M40	61	2:48:02.11	09:20	1:06:50
213	1014	Silva, Ricardo	Manus	18SEM	104	2:48:03.07	09:20	1:06:51
214	1211	Matos, Alexandra	GUIMARUNNING	18F40	6	2:48:09.80	09:21	1:06:58
215	1026	Carneiro, Carlos		18M40	62	2:48:44.60	09:22	1:07:33

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
216	1023	Mesquita, Joao		18M40	63	2:48:44.74	09:22	1:07:33
217	1218	Oliveira, José	STRONG TEAM	18M50	26	2:49:01.42	09:23	1:07:49
218	1158	Magalhães, Nilda	MAGIC FRIENDS RUNNERS	18F50	2	2:49:01.48	09:23	1:07:49
219	1140	Pinto, Domingos	Aventureiros	18M40	64	2:49:09.02	09:24	1:07:57
220	1212	Pinto, António		18M50	27	2:49:13.28	09:24	1:08:01
221	1268	Neves, Luis	Equipotencia Trail Team	18SEM	105	2:49:37.88	09:25	1:08:26
222	1269	Neves, Joao	Equipotencia Trail Team	18SEM	106	2:49:38.12	09:25	1:08:26
223	1156	Ribeiro, Pedro		18SEM	107	2:50:11.72	09:27	1:09:00
224	1062	Dias, Tiago	Team Lantemil	18SEM	108	2:50:18.89	09:28	1:09:07
225	1187	Almeida, Leonardo	GUIMARUNNING	18SEM	109	2:51:03.30	09:30	1:09:51
226	1188	Almeida, Nuno	GUIMARUNNING	18SEM	110	2:51:03.96	09:30	1:09:52

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
227	1029	Freitas, Rita		18SEF	18	2:51:05.59	09:30	1:09:54
228	1185	Oliveira, Élia	MAGIC FRIENDS RUNNERS	18F40	7	2:51:18.23	09:31	1:10:06
229	1141	Silveira, Dina	Aventureiros	18SEF	19	2:51:23.52	09:31	1:10:12
230	1020	Carrilho, Celso		18M50	28	2:51:29.00	09:32	1:10:17
231	1237	Queiroz, Miguel	Fardetas	18M40	65	2:51:30.00	09:32	1:10:18
232	1291	Leão, Filipe	RUNORDIE	18SEM	111	2:51:35.00	09:32	1:10:23
233	1355	Barros, Joana		18SEF	20	2:52:02.68	09:33	1:10:51
234	1206	Costa, Leandro		18SEM	112	2:52:36.00	09:35	1:11:24
235	1048	Santos, Carlos	Queda Trail	18SEM	113	2:52:43.80	09:36	1:11:32
236	1283	Mendes, Franclim	trail4fun	18SEM	114	2:52:58.27	09:37	1:11:46
237	1373	Castro, Vitor		18M40	66	2:53:29.11	09:38	1:12:17
238	1227	Lagoa, Cristiana	Alive Runners	18SEF	21	2:54:03.33	09:40	1:12:51

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
239	1295	Brizado, Pedro		18M40	67	2:54:10.67	09:41	1:12:59
240	1357	Estrela, Silvia	lixenses	18SEF	22	2:54:18.94	09:41	1:13:07
241	1358	Estrela, David	lixenses	18SEM	115	2:54:19.09	09:41	1:13:07
242	1290	Martins, Vitor	RUNORDIE	18SEM	116	2:54:19.79	09:41	1:13:08
243	1346	Granja, Francisco	Iomave	18M50	29	2:54:43.48	09:42	1:13:31
244	1265	Lima, Natália	Brabus Runners	18SEF	23	2:55:01.57	09:43	1:13:50
245	1304	Lima, Sílvia		18SEF	24	2:56:23.83	09:48	1:15:12
246	1159	Sousa, Filipe		18M40	68	2:56:39.72	09:49	1:15:28
247	1254	Santos, Paulino	Iobos do monte	18M40	69	2:56:40.62	09:49	1:15:29
248	1018	Gomes, Daniel	THINGS.COM.PT	18M40	70	2:57:26.24	09:51	1:16:14
249	2089	Gomes, Romeu	GUIMARUNNING	18SEM	117	2:57:46.29	09:53	1:16:34
250	1347	Rebelo, Maria	Iomave	18F40	8	2:57:51.87	09:53	1:16:40

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
251	1371	Gomes, José		18M50	30	2:58:18.51	09:54	1:17:07
252	1025	Coutinho, Américo		18M50	31	2:59:28.22	09:58	1:18:16
253	1019	Machado, Manuel		18M50	32	2:59:28.84	09:58	1:18:17
254	1378	Fernandes, Maria	GUIMARUNNING	18F40	9	3:00:03.15	10:00	1:18:51
255	1127	Peixoto, José	GUIMARUNNING	18M40	71	3:00:03.82	10:00	1:18:52
256	1063	Oliveira, Salette	ADE TRAIL RUNNING	18SEF	25	3:00:09.37	10:01	1:18:57
257	1369	Delgado, Anabela		18F40	10	3:00:26.00	10:01	1:19:14
258	1235	Pereira, Luis	PT Luis Bessa	18SEM	118	3:01:07.59	10:04	1:19:56
259	1129	Gandarela, Sérgio	FitTeam	18SEM	119	3:01:35.00	10:05	1:20:23
260	1216	Neves, Sergio	ProFisio Team	18SEM	120	3:01:50.42	10:06	1:20:38
261	1281	Simões, Sofia	ProFisio Team	18SEF	26	3:01:51.55	10:06	1:20:40

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
262	1345	Miguelote, Ricardo	Vimarunners	18SEM	121	3:02:27.26	10:08	1:21:15
263	1328	Ferreira, Sílvia		18SEF	27	3:02:27.80	10:08	1:21:16
264	1180	Sousa, Ricardo	GUIMARUNNING	18SEM	122	3:02:49.00	10:09	1:21:37
265	1314	Lusquinhos, Cláudio		18SEM	123	3:02:51.19	10:10	1:21:39
266	1230	Silva, Filipe		18M40	72	3:03:37.19	10:12	1:22:25
267	1308	Moura, Cláudia		18SEF	28	3:04:31.85	10:15	1:23:20
268	1348	Silva, Miguel	Brabus Runners	18SEM	124	3:04:37.09	10:15	1:23:25
269	1367	Rodrigues, Jose		18SEM	125	3:04:42.02	10:16	1:23:30
270	1366	Sousa, Maria		18SEF	29	3:05:51.86	10:20	1:24:40
271	1368	Cardoso, Liliana		18SEF	30	3:05:57.31	10:20	1:24:45
272	1244	Lobo, Anabela	CORRER COM C'ALMA	18SEF	31	3:07:50.46	10:26	1:26:38
273	1262	Soares, Fábia		18SEF	32	3:07:50.98	10:26	1:26:39

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
274	1325	Pereira, José	PT LUÍS BESSA	18SEM	126	3:08:13.79	10:27	1:27:02
275	1232	Ferreira, Jose		18M40	73	3:09:49.52	10:33	1:28:38
276	1201	Brito, Vitor	ADDC RUN	18M40	74	3:10:25.51	10:35	1:29:14
277	1198	Falcão, Pedro	ADDC RUN	18M40	75	3:10:26.23	10:35	1:29:14
278	1199	Lobo, Joaquim	ADDC RUN	18M40	76	3:10:26.58	10:35	1:29:15
279	1327	Sousa, Nelson	Bia Team	18SEM	127	3:10:34.33	10:35	1:29:22
280	1326	Sousa, Solange	Bia Team	18SEF	33	3:10:39.00	10:35	1:29:27
281	1050	Jeri, Alice	URSOPARDO	18SEF	34	3:10:45.62	10:36	1:29:34
282	1049	Castro, Cristiano	URSOPARDO	18SEM	128	3:10:46.12	10:36	1:29:34
283	1067	Pereira, Ana	SkyLevanta-se	18SEF	35	3:11:42.68	10:39	1:30:31
284	1066	Alves, Maria	SkyLevanta-se	18F50	3	3:11:42.77	10:39	1:30:31
285	1106	Machado, Armindo	Grafica covense	18M40	77	3:11:46.22	10:39	1:30:34
286	1312	Nunes, Mario		18M40	78	3:11:52.75	10:40	1:30:41

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
287	1012	Pereira, Vera	Lesmas & Caracóis	18SEF	36	3:12:45.85	10:43	1:31:34
288	1173	Ferreira, Joaquim	A.C. VERMOIM	18M50	33	3:13:51.81	10:46	1:32:40
289	1174	Azevedo, Fátima	A.C. VERMOIM	18F40	11	3:13:52.42	10:46	1:32:40
290	1266	Lima, António	Bosch	18M50	34	3:13:53.08	10:46	1:32:41
291	1233	Ferreira, Justa		18F40	12	3:13:59.31	10:47	1:32:47
292	1222	Ribeiro, Lurdes		18F50	4	3:14:05.53	10:47	1:32:54
293	1028	Freitas, Eduarda		18F40	13	3:14:06.21	10:47	1:32:54
294	1013	Brás, Margarida	Lesmas & Caracóis	18SEF	37	3:14:44.38	10:49	1:33:32
295	1118	Pinto, Bruno	Vimarunners	18SEM	129	3:15:45.00	10:53	1:34:33
296	1334	Bastos, Luis		18SEM	130	3:19:39.29	11:06	1:38:27
297	1335	Santos, Diogo		18SEM	131	3:19:40.00	11:06	1:38:28

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
298	1336	Soares, Antonio		18M40	79	3:19:42.26	11:06	1:38:30
299	1138	Bras, Ana	Aventureiros	18F40	14	3:21:18.19	11:11	1:40:06
300	1193	Silva, Kevin	CR CANDOSO	18SEM	132	3:21:20.29	11:11	1:40:08
301	1175	Faria, Hélder	CR CANDOSO	18SEM	133	3:21:30.06	11:12	1:40:18
302	1245	Barroso, Dores	CORRER COM C'ALMA	18F50	5	3:21:33.67	11:12	1:40:22
303	1316	Ferreira, Luis		18M50	35	3:22:06.26	11:14	1:40:54
304	1200	Silva, Luis	ADDC RUN	18M40	80	3:22:36.31	11:15	1:41:24
305	1310	Quinta, Rui	Moinhos Run ADRM	18M50	36	3:22:41.13	11:16	1:41:29
306	1068	Porfirio, José		18SEM	134	3:23:21.25	11:18	1:42:09
307	1179	Carneiro, Ana	Minho Aventura	18F40	15	3:23:30.10	11:18	1:42:18
308	1042	Freitas, Luis		18SEM	135	3:23:47.12	11:19	1:42:35
309	1240	Penha, Paula		18F40	16	3:24:20.01	11:21	1:43:08
310	1239	Penha, António		18M50	37	3:24:21.23	11:21	1:43:09

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
311	1137	Pereira, Eugenia	Aventureiros	18F40	17	3:25:31.52	11:25	1:44:20
312	1309	Vicente, João		18SEM	136	3:26:00.37	11:27	1:44:48
313	1202	Correia, Francisco		18SEM	137	3:26:15.63	11:28	1:45:04
314	1255	Rito, Ana		18F40	18	3:26:15.68	11:28	1:45:04
315	1292	Moura, Manuel	Os Barriguitas	18M50	38	3:27:07.22	11:30	1:45:55
316	1263	Faria, Carina		18SEF	38	3:27:57.89	11:33	1:46:46
317	1055	Silva, João		18M40	81	3:32:53.00	11:50	1:51:41
318	1125	Magalhaes, Iris	My Way	18SEF	39	3:36:39.87	12:02	1:55:28
319	1147	Bessa, Alexandra	Tem Aguenta Aí	18F40	19	3:43:28.19	12:25	2:02:16
320	1146	Silva, Manuel	Tem Aguenta Aí	18M40	82	3:43:28.19	12:25	2:02:16
321	1294	Silva, Isidro		18M50	39	3:46:01.22	12:33	2:04:49
322	1197	Silva, Rui	ADDC RUN	18M40	83	3:51:53.26	12:53	2:10:41
323	1277	Faria, Ricardo		18SEM	138	3:52:39.72	12:56	2:11:28

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
324	1274	Coelho, Ana	Clube Efacec	18SEF	40	4:20:57.75	14:30	2:39:46
325	1273	Ferreira, Mário	Clube Efacec	18M40	84	4:20:59.64	14:30	2:39:48