

Lugar	Nome	Equipa	Dorsal	Tempo	Diferença
MASCULINO					
1	Jorge Filipe loureiro Duarte	Runners do demo	201	01:58:56.181	----
2	João Gonçalves	ADFA VISEU	230	02:00:47.624	00:01:51.443
3	José Manuel Duarte Tomás	PSP Viseu Runners	202	02:03:10.104	00:04:13.923
4	Paulo Esteves	Dão Nelas Runners	215	02:05:39.367	00:06:43.186
5	David Coutinho	Jobra - Associação Jovens da Branca	224	02:06:45.815	00:07:49.634
6	Pedro Pires	Runners do Demo	236	02:08:04.596	00:09:08.415
7	Paulo Pires	Runners do Demo	2	02:09:51.870	00:10:55.689
8	Hugo Quesado	Runner do Demo	250	02:10:34.077	00:11:37.896
9	Manuel Lino	DCI/Trilhos Luso Bussaco	200	02:12:31.260	00:13:35.079
10	António Jorge Figueiredo Almeida	-----	243	02:12:56.071	00:13:59.890
11	Luis Almeida	Javalis - Amizade e Glória	205	02:13:11.055	00:14:14.874
12	Augusto Rua	RUNNERS DO DEMO	63	02:13:14.476	00:14:18.295
13	Rui Pereira	Runners do Demo	222	02:14:24.794	00:15:28.613
14	Daniel José Ferreira Marques	ASDREQ	227	02:15:36.035	00:16:39.854
15	FERNANDO CARVALHO	NOS ACREDITAMOS	19	02:16:19.762	00:17:23.581
16	Luis Novais	-----	81	02:17:58.272	00:19:02.091
17	Tiago Almeida	Javalis - Amizade e Glória	208	02:18:17.723	00:19:21.542
18	Pedro Ferreira	Viseu 360	231	02:20:01.458	00:21:05.277
19	NUNO MIGUEL	BÁRTOLO SAÚDE by CLÍNICA FISIOSÁTÃO	75	02:20:06.499	00:21:10.318
20	Henrique Lopes	BÁRTOLO SAÚDE by CLÍNICA FISIOSÁTÃO	131	02:20:06.749	00:21:10.568
21	João Nepomuceno	Dá-lhe Gás team	23	02:21:24.245	00:22:28.064
22	FRANCISCO LEMOS	NOS ACREDITAMOS	17	02:21:39.195	00:22:43.014
23	José Manuel Gomes Nunes	Runners do Demo	229	02:21:40.992	00:22:44.811
24	António Silva	Race Team - Aveiro	50	02:21:58.986	00:23:02.805
25	Alexandre santos	Javalis_Amizade& Glória	182	02:22:05.015	00:23:08.834
26	Renato Amaral	BixosTrailTeam	105	02:22:06.735	00:23:10.554
27	Carlos Alberto Dias de Almeida	JAVALIS - Amizade & Glória	73	02:23:31.474	00:24:35.293
28	Rui Nogueira	Runners do Demo	246	02:26:15.699	00:27:19.518
29	Rodrigo Vieira	Dá-lhe Gás Team	207	02:26:27.948	00:27:31.767
30	Marco Silva	Viriathvs Runners Viseu	240	02:27:17.900	00:28:21.719
31	António Camilo	Esgravulhas team	102	02:27:56.688	00:29:00.507
32	Luís Pedro	RUNNERS DO DEMO	1	02:29:07.848	00:30:11.667
33	Márcio Freitas	Dão nelas runners	86	02:29:29.926	00:30:33.745
34	Vítor Ferreira	Javalis-Amizade &Glória	225	02:29:43.181	00:30:47.000
35	Jose luis matias	Quimilux	255	02:30:07.418	00:31:11.237
36	Nelson Cordeiro	dá-lhe gás team	158	02:30:12.429	00:31:16.248
37	Nuno Alves	-----	140	02:30:51.871	00:31:55.690
38	Bruno Bispo	Runners do Demo	142	02:31:09.910	00:32:13.729
39	Paulo Durao	Viseu Trail	111	02:31:10.161	00:32:13.980
40	João Cabral	-----	218	02:31:30.168	00:32:33.987
41	JOSE MANUEL PINTO	NOS ACREDITAMOS	15	02:31:34.866	00:32:38.685
42	FILIPE SALVADOR	Touro	151	02:32:03.787	00:33:07.606
43	Hélder Marques	Movecho	46	02:33:50.140	00:34:53.959

Lugar	Nome	Equipa	Dorsal	Tempo	Diferença
44	Manuel Vieira	Viseu Running Team	129	02:34:13.636	00:35:17.455
45	José Rodrigues de Almeida	-----	233	02:34:28.644	00:35:32.463
46	Victor Dourado	-----	160	02:36:01.872	00:37:05.691
47	José António Figueiredo Fonseca	Runners do Demo	196	02:37:20.861	00:38:24.680
48	Ricardo Mendes	Viseu 360	259	02:37:37.858	00:38:41.677
49	Marco Rodrigues	-----	146	02:38:23.100	00:39:26.919
50	Daniel Poças Rodrigues	Javalis - Amizade & Glória	239	02:38:38.849	00:39:42.668
51	Miguel Viegas	DCI/Trilhos Luso Bussaco	237	02:39:07.845	00:40:11.664
52	Jorge Coelho	CATR - Correio de Albergaria Trail Running	97	02:39:54.609	00:40:58.428
53	Hugo Guedes	Valaaaas Team	100	02:40:14.095	00:41:17.914
54	Vitor Castro	DCI /TRILHOS LUSO BUSSACO	95	02:40:14.596	00:41:18.415
55	MANUEL PINA	LES BIG MECS	179	02:40:56.198	00:42:00.017
56	JOSE ARTUR LOPES	ASDREQ	209	02:41:43.826	00:42:47.645
57	Hugo Febras	Lamego Tribo Runners	190	02:42:31.818	00:43:35.637
58	sérgio freitas	correio de albergaria trail running	68	02:42:32.317	00:43:36.136
59	Rui Figueiredo	Runners do Demo	77	02:42:37.318	00:43:41.137
60	Nuno Miguel Andrade Moreira	Lamego tribo Runners	187	02:43:30.811	00:44:34.630
61	João ALMEIDA	Viseu Running Team	235	02:45:26.804	00:46:30.623
62	André Pinto	Runners SERNANCELHE Terra da Castanha	72	02:45:27.043	00:46:30.862
63	Joselito Pereira	out 2 run/Miro	42	02:45:47.041	00:46:50.860
64	Albino Pires	Porto Sentido runners	24	02:46:14.745	00:47:18.564
65	João Henriques	Pp's team	115	02:46:47.790	00:47:51.609
66	Luis Ferreira	-----	82	02:46:49.743	00:47:53.562
67	João Fonseca	Javalis Amizade & Gloria	76	02:47:01.282	00:48:05.101
68	fernando gonçalves	kalenji team decathlon aveiro	88	02:47:40.275	00:48:44.094
69	Moisés Martins Rodrigues	Runners do Demo	253	02:47:45.637	00:48:49.456
70	ANTONIO PEREIRA	NOS ACREDITAMOS	18	02:48:10.792	00:49:14.611
71	Pedro Ferreira e	Porto sentido runners	128	02:48:22.270	00:49:26.089
72	Miguel Aguiar	Viseu 360	181	02:48:26.020	00:49:29.839
73	Micael Silva Lopes	SS CGD	188	02:49:48.009	00:50:51.828
74	José Moreira	Viriathvs Runners Vielpeças Trail	219	02:51:45.994	00:52:49.813
75	Pedro Lopes	Viriathvs Runners Viseu	6	02:51:46.504	00:52:50.323
76	Pedro Rui Ferreira Rodrigues	Viriathvs Runners Vielpeças Trail	260	02:51:46.504	00:52:50.323
77	Jorge Mesquita	TOG associação running team	38	02:52:02.994	00:53:06.813
78	Evaristo Bastos	Correio de Albergaria Trail Runing	148	02:52:10.500	00:53:14.319
79	Carlos Amílcar Domingues Santos Silva	Correio de albergaria traill running	150	02:52:11.740	00:53:15.559
80	Carlos Manuel Carvalho Lopes	Viseu Running Team	168	02:52:58.246	00:54:02.065
81	Homero Lourenço	Viseu Trail	221	02:52:58.692	00:54:02.511
82	José Carlos Silva Moreira	Dão Nelas Runners	135	02:55:33.217	00:56:37.036
83	Paulo Jorge Rodrigues Centeio	PEDALADAS C.C	176	02:55:40.919	00:56:44.738
84	Eduardo Ferreira	Lamego Tribo Runners	98	02:56:19.664	00:57:23.483
85	Daniel	-----	223	02:56:24.953	00:57:28.772
86	Américo José Jesus martins	Correio de Albergaria Trail Runing	169	02:56:43.203	00:57:47.022
87	Luis Rodrigues	H-LOP	261	02:56:49.411	00:57:53.230

Lugar	Nome	Equipa	Dorsal	Tempo	Diferença
88	Carlos Durao	Viseu Trail	112	02:56:53.452	00:57:57.271
89	MARCO MARQUES	ASDREQ	211	02:57:23.456	00:58:27.275
90	Carlos Jorge madail negrão	Correio de albergaria	213	02:57:50.693	00:58:54.512
91	Gonçalo Tiago Marques do Couto	Runners do Demo	92	02:58:22.649	00:59:26.468
92	Paulo Mendes	Dão Nelas Runners	216	02:58:26.898	00:59:30.717
93	Pedro Barbosa	H-LOP	203	02:59:13.942	01:00:17.761
94	Pedro Miguel Paiva Seixas Seixas	-----	94	02:59:47.177	01:00:50.996
95	José António Ferreira amaral	Bela Vista	143	03:00:30.171	01:01:33.990
96	Miguel Ribeiro	Les Big Mecs	234	03:01:00.918	01:02:04.737
97	Joao Pereira	out 2 run/Miro	4	03:01:20.666	01:02:24.485
98	João Costa	-----	206	03:01:30.258	01:02:34.077
99	Emanuel Fernando Castro Amaral	A.R.D. Os Povoenses	189	03:01:58.910	01:03:02.729
100	Sérgio Henriques	Pp's Team	29	03:02:12.118	01:03:15.937
101	Jorge André Coutinho Pereira	Pp's Team	28	03:02:22.917	01:03:26.736
102	Júlio Loureiro	Dá-lhe gás team	90	03:02:39.811	01:03:43.630
103	José Dias	Dá-lhe Gás team	30	03:03:05.154	01:04:08.973
104	Diogo Figueiredo	Esgravulhas Team	185	03:04:11.892	01:05:15.711
105	Mário Rui da Silva Santos	Clube Atlético de Oliveira do Hospital CAOH	84	03:04:23.391	01:05:27.210
106	carlos oliveira	ASDREQ	153	03:07:46.115	01:08:49.934
107	ARMANDO CARDOSO	NOS ACREDITAMOS	13	03:07:52.862	01:08:56.681
108	Vitor Carvalho	BARRASCOS RUNNERS	5	03:08:10.615	01:09:14.434
109	FERNANDO SILVA	NOS ACREDITAMOS	16	03:08:11.619	01:09:15.438
110	Alexandre Marques	ASDREQ	147	03:08:11.861	01:09:15.680
111	Vicente Sousa	TOG associação running team	164	03:08:26.108	01:09:29.927
112	João Neto	Runners do Demo	172	03:10:47.797	01:11:51.616
113	rui gomes	Viriathvs Runners Videlpeças Trail	99	03:13:11.068	01:14:14.887
114	Fernando Simoes	-----	36	03:13:48.023	01:14:51.842
115	João Coelho	Viseu Trail	138	03:14:26.017	01:15:29.836
116	Paulo Oliveira	Minho Aventura	252	03:15:24.737	01:16:28.556
117	Vitor	-----	565	03:16:20.543	01:17:24.362
118	Henrique Rocha	-----	226	03:16:27.293	01:17:31.112
119	Aventino Lima	Race Team - Aveiro	47	03:16:29.793	01:17:33.612
120	Rui Silva	Os Papa Milhas	155	03:16:31.260	01:17:35.079
121	Vasco Manuel do Couto Chora Luxo	Porto Sentido Runners	241	03:19:08.479	01:20:12.298
122	Dinis Esteves	ASDREQ	214	03:19:16.530	01:20:20.349
123	José Magalhães	Runner's do demo	184	03:19:53.788	01:20:57.607
124	Alek	BixosTrailTeam	107	03:19:56.016	01:20:59.835
125	Carlos Barbosa	Runners do Demo	57	03:21:40.000	01:22:43.819
126	Paulo Veiga	Runners do Demo	186	03:21:40.750	01:22:44.569
127	Pedro Roque	Os Papa Milhas	156	03:21:51.998	01:22:55.817
128	Renato Santos	VIRIATO CROSSFIT	217	03:21:58.772	01:23:02.591
129	José Manuel Campos Esteves	Coloridos do desporto	244	03:22:04.260	01:23:08.079
130	Bruno Silva	Race Team - Aveiro	51	03:22:10.995	01:23:14.814
131	Artur Jorge Oliveira Santos	Runners SERNANCELHE Terra da Castanha	145	03:22:14.245	01:23:18.064

Lugar	Nome	Equipa	Dorsal	Tempo	Diferença
132	João	-----	64	03:23:08.497	01:24:12.316
133	Paulo Silva	Dão Nelas runners	78	03:23:10.498	01:24:14.317
134	Luis Filipe Rosa	Dão Nelas Runners	144	03:23:10.498	01:24:14.317
135	Mauro Silva	BixosTrailTeam	108	03:23:19.945	01:24:23.764
136	RICARDO BATISTA	BOTA LAMBRA	35	03:23:24.194	01:24:28.013
137	Daniel Filipe Marques Oliveira	Espigueiros Runners - Caparrosinha	165	03:23:59.241	01:25:03.060
138	Paulo matos	Quimilux	256	03:24:20.977	01:25:24.796
139	Nuno Monteiro	-----	183	03:26:10.712	01:27:14.531
140	António Cabral	BOXPARTS	192	03:26:29.711	01:27:33.530
141	Jorge Coelho	BOXPARTS	191	03:26:29.977	01:27:33.796
142	Mário Rodrigues	Runners SERNANCELHE Terra da Castanha	60	03:27:18.704	01:28:22.523
143	Victor Figueiredo	Viriathvs Runners Vielpeças Trail	193	03:27:36.410	01:28:40.229
144	Luís Martins	ARCD Venda da Luisa	70	03:28:19.697	01:29:23.516
145	BRUNO RODRIGUES	MILFRUTAS	199	03:28:44.706	01:29:48.525
146	Sérgio Rodrigues	-----	257	03:31:23.921	01:32:27.740
147	Vitor Santos	Dá-lhe Gás Team	74	03:31:47.974	01:32:51.793
148	Filipe Pereira	ARCD do Bairro de Santa Cruz	116	03:33:17.654	01:34:21.473
149	Paulo Laranjo	-----	177	03:33:18.156	01:34:21.975
150	Rui Barros	CorreRia	134	03:33:54.400	01:34:58.219
151	Rui Seabra	CorreRia	174	03:33:54.900	01:34:58.719
152	Renato Heleno	Valaaaas Team	212	03:33:56.610	01:35:00.429
153	Zé-Tó	FFitness Team	119	03:34:11.649	01:35:15.468
154	Valdemar Almeida	Invicta Runners Team	48	03:34:54.392	01:35:58.211
155	Tiago Coelho	-----	120	03:35:25.889	01:36:29.708
156	André Magalhães	Runners SERNANCELHE Terra da Castanha	103	03:36:29.179	01:37:32.998
157	Virgílio Nereu Lopes	ARCD Bairro de Santa Cruz	109	03:37:34.633	01:38:38.452
158	santiago	Correio de Albergaria Trail Running	39	03:37:42.869	01:38:46.688
159	José Santos	out 2 run/Miro	37	03:38:13.323	01:39:17.142
160	Henrique Bruno Santos	TOG associação running team	247	03:39:19.106	01:40:22.925
161	HELDER MANUEL RODRIGUES CARRASQUEIRA	Dá-Lhe Gás Team	62	03:39:28.604	01:40:32.423
162	Carlos Prado	Viseu Trail	175	03:40:09.867	01:41:13.686
163	jose manuel de sousa ferreira ferreira	GD OS RIBEIRINHOS	173	03:42:33.079	01:43:36.898
164	Tiago Lopes	BXA Team	162	03:42:51.826	01:43:55.645
165	Sandro Lapas	BXA Team	154	03:42:52.327	01:43:56.146
166	Joaquim Cruz	BXA Team	161	03:42:52.327	01:43:56.146
167	Ricardo Germano	Pharmadvance	123	03:43:46.075	01:44:49.894
168	André Oliveira	-----	127	03:43:46.075	01:44:49.894
169	Carlos Martins	Race Team - Aveiro	49	03:45:59.301	01:47:03.120
170	José Martins	ARCD Bairro de Santa Cruz	110	03:46:22.798	01:47:26.617
171	Miguel Almeida	Lamego Tribo runners	167	03:52:10.250	01:53:14.069
172	Paulo Ferreira	Ponto Zen	2021	03:53:07.243	01:54:11.062
173	Luis Pereira	-----	125	03:53:12.741	01:54:16.560
174	Nuno Marques	Espigueiros Runners	141	03:53:27.989	01:54:31.808
175	Jorge Sanches	F4L	133	03:56:55.959	01:57:59.778

Lugar	Nome	Equipa	Dorsal	Tempo	Diferença
176	Manuel Tavares	Os Papa Milhas	178	03:57:52.202	01:58:56.021
177	Ricardo Pratas	Os Papa Milhas	157	03:57:55.952	01:58:59.771
178	Lourenço Reis dos Santos Junior	-----	149	03:58:48.706	01:59:52.525
179	André esteves	-----	136	03:58:49.945	01:59:53.764
180	Carlos Polónio	F4L	137	03:58:51.444	01:59:55.263
181	Hugo Marques	Runners do Demo	41	04:02:51.663	02:03:55.482
182	Paulo Almeida	Runners do demo	55	04:02:52.162	02:03:55.981
183	Victor Silva	out 2 run/Miro	3	04:05:35.389	02:06:39.208
184	Paulo Rodrigues	Nucleo Dão Nelas BTT	61	04:21:46.714	02:22:50.533
185	Diogo Antunes	Esgalhada trail team	56	04:23:38.950	02:24:42.769
186	Luís Teixeira	Fruta da 5ª	11	04:24:33.234	02:25:37.053
187	Flávio silva	Fruta da 5ª	25	04:26:28.967	02:27:32.786
188	Bruno Silva	Fruta da 5ª	22	04:26:30.717	02:27:34.536
189	François WILMAN	PortaOestePortugal	66	04:35:20.654	02:36:24.473
190	Jose Santos	Police Challenge	87	04:35:49.390	02:36:53.209
--	José Miguel de Frias Pereira	Runners do Demo	114	--:--:-- (D)	----
--	joao valerio	PSP Viseu Runners	232	--:--:-- (D)	----
--	Daniel Fonseca	Runners do demo	126	--:--:-- (D)	----
FEMININO					
1	Maria Eduarda Lopes Leitao	Runners Sernancelhe Terra da Castanha	69	02:49:45.467	----
2	Liliana da Silveira Lopes	ASDREQ	159	02:53:15.742	00:03:30.275
3	Patrícia Costa	Esgravulhas Team	106	02:57:30.947	00:07:45.480
4	SANDRA PEREIRA	NOS ACREDITAMOS	20	02:59:30.182	00:09:44.715
5	Silvia Dias	Dá-lhe Gás team	31	03:02:31.406	00:12:45.939
6	Lisete Marques Antunes	Dá-lhe Gás Team	27	03:03:03.901	00:13:18.434
7	Ana Pinto	TOG associação running team	163	03:04:30.141	00:14:44.674
8	Judite Sousa	GRUPO DESPORTIVO DE BRAGANÇA	44	03:16:45.040	00:26:59.573
9	Alice Ventura	Vikings	245	03:19:08.521	00:29:23.054
10	Eunice	DCI/Trilhos Luso Bussaco	204	03:19:53.516	00:30:08.049
11	Célia Santos	ARCD Venda da Luisa	71	03:28:19.196	00:38:33.729
12	Carla Sofia Garcez	-----	258	03:31:22.173	00:41:36.706
13	Iolanda Babo	CATR - Correio de Albergaria Trail Rubinho	152	03:31:35.170	00:41:49.703
14	Sara Quinta	CATR - Correio de Albergaria Trail Running	96	03:31:55.185	00:42:09.718
15	Vitalina Mendes	-----	170	03:34:12.646	00:44:27.179
16	Carla Santos	TOG associação running team	249	03:39:19.106	00:49:33.639
17	Maria da Conceição Marcela Abreu	Centro Trail Carlos Sá Team Penacova	197	03:39:57.819	00:50:12.352
18	Aida Linhares	-----	33	03:43:17.575	00:53:32.108
19	Fátima Anastácio	Dá-lhe gás team	91	03:43:18.073	00:53:32.606
20	Helena Carolina Azevedo	Banda oferta runners	121	03:43:46.075	00:54:00.608
21	Inês Aparício	Viseu Trail	139	03:44:47.309	00:55:01.842
22	Susana Lopes	Viseu Trail	113	03:44:48.322	00:55:02.855
23	Susana costa	Minho Aventura	251	03:52:42.495	01:02:57.028
24	Ester Soares	-----	124	03:53:11.200	01:03:25.733
25	Liane Carreira	TEAM CONTAGIANTE®	85	03:56:24.225	01:06:38.758

Lugar	Nome	Equipa	Dorsal	Tempo	Diferença
26	Sandra Oliveira	Viseu Trail	228	03:57:48.954	01:08:03.487
27	Sónia Martins	Viseu Trail	220	03:57:50.453	01:08:04.986
28	Sandra Mascarenhas	Porto Sentido runners	26	03:59:43.448	01:09:57.981
29	Sílvia Pedro	out 2 run/Miro	130	03:59:43.448	01:09:57.981
30	Marisol Valente	-----	83	04:09:59.602	01:20:14.135
31	Mónica Baptista	-----	104	04:14:19.318	01:24:33.851
32	Paula Andrade	VIKINGS TRAIL RUNNERS / CCR ALCABIDQUE	238	04:17:50.539	01:28:05.072
33	Isabel Jesus	out 2 run/Miro	43	04:17:50.996	01:28:05.529
34	Daniela Patrícia Teixeira	Fruta da 5ª	32	04:24:33.234	01:34:47.767
35	Sandra Marisa Matos	Fruta da 5ª	21	04:26:28.473	01:36:43.006
36	Tania Cristina Duarte Ferreira	out 2 run/Miro	101	04:26:29.978	01:36:44.511
37	Christine WILMAN	PortaOestePortugal	67	04:34:59.148	01:45:13.681
38	Luz Costa	-----	242	04:42:18.337	01:52:32.870
--	Sónia Barbosa	Psp Viseu Runners	89	--:--:-- (D)	----