

Dorsal	Atleta	Escalão	Equipa	Tempo	Dif. +	Ritmo
2223	MENDES, Oscar	SEN-M	Running Team Lantemil	01:51:35	-	05:18
2248	NOGUEIRA, André	SEN-M	ORALKLASS AMIGOS DO TRAIL	02:01:08	00:09:33	05:46
0083	OLIVEIRA, Pedro	SEN-M	Fama Runners	02:01:59	00:10:24	05:48
2524	TABORDA, Armandino	VET-M	LONGUS TRILHOS	02:06:28	00:14:53	06:01
2262	SOUSA, Pedro	SEN-M	Individual	02:10:53	00:19:18	06:13
2904	COSTA, José	SEN-M	Individual	02:11:26	00:19:51	06:15
2230	SOUSA, Hugo	SEN-M	Running Team Lantemil	02:12:17	00:20:42	06:17
2236	COELHO, Carlos	SEN-M	Trail Me	02:17:17	00:25:42	06:32
2253	MACHADO, Paulo	SEN-M	Individual	02:17:55	00:26:20	06:34
2521	COELHO, Vitor	VET-M	Running Team Lantemil	02:18:23	00:26:48	06:35
2229	OLIVEIRA, Nuno	SEN-M	Running Team Lantemil	02:19:12	00:27:37	06:37
2212	SILVA, Rui	SEN-M	Individual	02:19:19	00:27:44	06:38
2507	OLIVEIRA, Jorge	VET-M	EARO - Escola de Atletismo Rosa Oliveira	02:20:51	00:29:16	06:42
2202	LOPES, Diogo	SEN-M	Individual	02:24:04	00:32:29	06:51
2264	SÁ, José	SEN-M	Satecnosol Outdoor / Parjovem	02:24:20	00:32:45	06:52
2257	MERINO, Eduardo	SEN-M	Dr. Merino Clinica (RUN&SHINE)	02:24:40	00:33:05	06:53
2255	MENDES, Bruno	SEN-M	Individual	02:27:11	00:35:36	07:00
2258	MACHADO, Paulo	SEN-M	Individual	02:27:17	00:35:42	07:00
2227	SILVA, Rodrigo	SEN-M	Running Team Lantemil	02:30:00	00:38:25	07:08
2209	OLIVEIRA, Marcelo	SEN-M	Urban Shape Team	02:30:07	00:38:32	07:08
2234	BARREIRO, Ricardo	SEN-M	CAC - Clube de Atletismo de Cunha	02:30:10	00:38:35	07:09
2250	GRILLO, Frederico	SEN-M	Fama Runners	02:30:14	00:38:39	07:09
2024	LOUREIRO, Rita	SEN-F	ORALKLASS AMIGOS DO TRAIL	02:30:42	00:39:07	07:10
2906	ARAUJO, João	SEN-M	AFA Cycles	02:34:01	00:42:26	07:20
2502	TEIXEIRA, Eduardo	VET-M	CTADtiagoaragao.com	02:34:44	00:43:09	07:22
0032	OLIVEIRA, Filipe	SEN-M	Individual	02:34:59	00:43:24	07:22
2203	COSTA, Emanuel	SEN-M	Individual	02:35:03	00:43:28	07:23
0046	RUIVO, Paulo	VET-M	Individual	02:35:06	00:43:31	07:23
2903	BATISTA, Vasco	SEN-M	Individual	02:35:10	00:43:35	07:23

Dorsal	Atleta	Escalão	Equipa	Tempo	Dif. +	Ritmo
2511	ARAUJO, Vitor	VET-M	Individual	02:35:15	00:43:40	07:23
2536	MAIA, Jorge	VET-M	Fama Runners	02:35:17	00:43:42	07:23
2537	LOUREIRO, Paulo	VET-M	Fama Runners	02:35:24	00:43:49	07:24
2266	CRUZ, Márcio	SEN-M	Individual	02:35:29	00:43:54	07:24
2239	SILVA, Helder	SEN-M	Individual	02:35:44	00:44:09	07:24
2014	COUTINHO, Cristina	SEN-F	Individual	02:36:19	00:44:44	07:26
2508	SILVA, Miguel	VET-M	Individual	02:36:45	00:45:10	07:27
2215	GUIMARÃES, Ernesto	SEN-M	Team Pelongra	02:39:58	00:48:23	07:37
2235	SENGO, Rui	SEN-M	Individual	02:41:28	00:49:53	07:41
2220	FONSECA, Daniel	SEN-M	papakm	02:42:51	00:51:16	07:45
2221	GUIMARÃES, Ramiro	SEN-M	Team Pelongra	02:44:44	00:53:09	07:50
2900	NEGRI, Tuxa	SEN-F	Individual	02:47:48	00:56:13	07:59
2900	OLIVEIRA, Paulo	SEN-M	Individual	02:47:48	00:56:13	07:59
2259	TAXA, Ricardo	SEN-M	Desnível Positivo	02:47:54	00:56:19	07:59
2270	MARIZ, Jorge	SEN-M	Individual	02:48:34	00:56:59	08:01
2900	Paulo Oliveira	SEN-M	Individual	02:50:00	00:58:25	08:05
2252	SOUSA, Ricardo	SEN-M	CAC - Clube de Atletismo de Cunha	02:50:24	00:58:49	08:06
2216	GUIMARÃES, Nasa	SEN-M	Team Pelongra	02:50:31	00:58:56	08:07
2251	SOUSA, Marco	SEN-M	CAC - Clube de Atletismo de Cunha	02:50:37	00:59:02	08:07
2268	FIGUEIREDO, Romão	SEN-M	Individual	02:50:40	00:59:05	08:07
2512	RIBEIRO, Paulo	VET-M	Individual	02:51:36	01:00:01	08:10
2525	MARTINS, Paulo	VET-M	Individual	02:51:39	01:00:04	08:10
2267	PENEDO, Ricardo	SEN-M	Individual	02:51:56	01:00:21	08:11
2522	COSTA, Franco	SEN-M	Individual	02:54:09	01:02:34	08:17
2210	ARAUJO, Vitor	SEN-M	Individual	02:54:20	01:02:45	08:18
2226	RODRIGUES, Luís	SEN-M	Individual	02:54:25	01:02:50	08:18
2224	COELHO, Pedro	SEN-M	Running Team Lantemil	02:55:36	01:04:01	08:21
2517	MARTINS, Rui	SEN-M	Individual	02:57:48	01:06:13	08:28
2506	COSTA, César	VET-M	Individual	02:57:51	01:06:16	08:28

Dorsal	Atleta	Escalão	Equipa	Tempo	Dif. +	Ritmo
2527	AZEVEDO, Rui	VET-M	Individual	02:59:28	01:07:53	08:32
2206	VIDAL, Joaquim	SEN-M	Individual	02:59:36	01:08:01	08:33
2902	MAIA, Anselmo	SEN-M	AFA Cycles	03:01:34	01:09:59	08:38
2214	PEREIRA, Bruno	SEN-M	Individual	03:01:37	01:10:02	08:38
2232	TEIXEIRA, Virgílio	SEN-M	Individual	03:02:38	01:11:03	08:41
2532	ARAÚJO, João	VET-M	Fama Runners	03:04:23	01:12:48	08:46
2515	COSTA, Luis	VET-M	Individual	03:04:57	01:13:22	08:48
2092	BARBOSA, Marlene	SEN-F	Individual	03:05:10	01:13:35	08:49
2218	FERREIRA, Bruno	SEN-M	Individual	03:05:10	01:13:35	08:49
2213	CASTRO, Gil	SEN-M	Individual	03:05:24	01:13:49	08:49
2265	MACHADO, João	SEN-M	Squadra di Potenza	03:05:34	01:13:59	08:50
2905	RIBEIRO, José	SEN-M	AFA Cycles	03:05:40	01:14:05	08:50
2211	PEREIRA, Hugo	SEN-M	Individual	03:05:45	01:14:10	08:50
2529	SANTO, Carlos	VET-M	Fama Runners	03:06:07	01:14:32	08:51
2246	CARVALHO, Rui	SEN-M	Run4All	03:06:27	01:14:52	08:52
2201	COSTA, Pedro	SEN-M	Individual	03:08:14	01:16:39	08:57
2022	MACHADO, Maria	SEN-F	Fama Runners	03:09:09	01:17:34	09:00
2535	BARROS, Domingos	VET-M	os selvagens	03:09:14	01:17:39	09:00
2526	SEABRA, Paulo	VET-M	Individual	03:10:20	01:18:45	09:03
2238	GONÇALVES, Vítor	SEN-M	Individual	03:12:19	01:20:44	09:09
2004	ESTEVES, Cristiana	SEN-F	Individual	03:12:23	01:20:48	09:09
2205	MARQUES, Joel	SEN-M	FAST AO KM	03:12:34	01:20:59	09:10
2504	ROCHA, Manuel	VET-M	FAST AO KM	03:12:39	01:21:04	09:10
2513	SOARES, João	VET-M	Individual	03:12:43	01:21:08	09:10
2249	SOUSA, Tiago	SEN-M	CAC - Clube de Atletismo de Cunha	03:12:45	01:21:10	09:10
2101	CARVALHO, Paula	VET-F	OS ISABELINHAS	03:12:47	01:21:12	09:10
2016	ALVES, Elisabete	SEN-F	Individual	03:12:51	01:21:16	09:11
2003	GRILLO, Patrícia	SEN-F	Urban Shape Team	03:13:04	01:21:29	09:11
2242	ALVES, José	SEN-M	Individual	03:13:06	01:21:31	09:11

Dorsal	Atleta	Escalão	Equipa	Tempo	Dif. +	Ritmo
2011	CARVALHO, Berta	SEN-F	Individual	03:13:19	01:21:44	09:12
2534	SILVA, Nuno	VET-M	Individual	03:13:39	01:22:04	09:13
2237	COSTA, Diogo	SEN-M	Individual	03:15:16	01:23:41	09:17
2263	LOPES, José	SEN-M	Casa Do Benfica de Santo Tirso	03:16:27	01:24:52	09:21
2005	MIRRA, Adriana	SEN-F	Urban Shape Team	03:18:38	01:27:03	09:27
2505	REIS, Álvaro	VET-M	Individual	03:21:13	01:29:38	09:34
2269	CANDIDO, Rui	SEN-M	Individual	03:21:41	01:30:06	09:36
2001	MOREIRA, Susana	SEN-F	Individual	03:21:59	01:30:24	09:37
2523	ALVES, Paulo	SEN-M	Individual	03:22:03	01:30:28	09:37
2509	FERNANDES, José	VET-M	Individual	03:22:26	01:30:51	09:38
2901	CATARINO, Fátima	SEN-F	Individual	03:23:01	01:31:26	09:40
2256	COUTO, Hugo	SEN-M	Individual	03:23:12	01:31:37	09:40
2261	SEMBLANO, José	SEN-M	No Tomorrow Running Team	03:23:17	01:31:42	09:40
2533	SÁ, Manuel	VET-M	Fama Runners	03:23:53	01:32:18	09:42
2219	BORGES, Helio	SEN-M	Running Team Lantemil	03:23:58	01:32:23	09:42
2009	VILASBOAS, Debora	SEN-F	Individual	03:24:01	01:32:26	09:42
2254	BRITO, André	SEN-M	Fama Runners	03:24:04	01:32:29	09:43
2015	VILAÇA, Rita	SEN-F	Fama Runners	03:24:10	01:32:35	09:43
2243	SOUSA, Nuno	SEN-M	Run4All	03:26:17	01:34:42	09:49
2103	VILHENA, Rosa	VET-F	Fama Runners	03:28:19	01:36:44	09:55
2531	VALE, Jorge	VET-M	Fama Runners	03:28:24	01:36:49	09:55
2233	FERREIRA, Rui	SEN-M	Individual	03:33:04	01:41:29	10:08
2017	MARTINS, Guida	SEN-F	Individual	03:33:32	01:41:57	10:10
2018	PINHEIRO, Sandra	SEN-F	Individual	03:33:35	01:42:00	10:10
2241	FERREIRA, Fabio	SEN-M	Individual	03:33:41	01:42:06	10:10
2200	PIMENTA, Ricardo	SEN-M	Individual	03:33:47	01:42:12	10:10
2501	CARVALHO, Joaquim	VET-M	Individual	03:33:51	01:42:16	10:11
2104	MOREIRA, Amelia	VET-F	os selvagens	03:36:09	01:44:34	10:17
2901	CATARINO, Fátima	SEN-F	Individual	03:38:15	01:46:40	10:23

Dorsal	Atleta	Escalão	Equipa	Tempo	Dif. +	Ritmo
2000	VIEIRA, Ana	SEN-F	Individual	03:38:50	01:47:15	10:25
2208	PATRÍCIO, Fernando	SEN-M	Individual	03:43:00	01:51:25	10:37
2012	XAVIER, Ana	SEN-F	Cães D'Avenida	03:43:22	01:51:47	10:38
2019	FIGUEIROA, Margarida	SEN-F	Individual	03:43:26	01:51:51	10:38
2528	SOARES, Paulo	VET-M	Cães D'Avenida	03:43:30	01:51:55	10:38
2102	OLIVENÇA, Maria	VET-F	Individual	03:44:21	01:52:46	10:41
2530	DEWASMES, David	SEN-M	Fama Runners	03:45:02	01:53:27	10:42
2023	CRUZ, Rita	SEN-F	Fama Runners	03:45:11	01:53:36	10:43
2100	OLIVEIRA, Paula	VET-F	Individual	03:51:12	01:59:37	11:00
2002	CARIDADE, Neuza	SEN-F	Individual	03:53:19	02:01:44	11:06
2510	ESTRELA, Vitor	VET-M	Individual	03:53:24	02:01:49	11:06
2500	MOURA, Manuel	VET-M	Individual	03:56:01	02:04:26	11:14
2520	RAMALHO, João	VET-M	Artes de movimento	03:57:51	02:06:16	11:19
2519	PIRES, Celestino	VET-M	Artes de movimento	03:57:58	02:06:23	11:19
2006	ESTEVES, Monica	SEN-F	JC&NIKI	04:02:15	02:10:40	11:32
2222	FURTADO, Isac	SEN-M	Individual	04:03:23	02:11:48	11:35
2007	SOUSA, Daniela	SEN-F	Individual	04:03:27	02:11:52	11:35
2245	VIEIRA, Pedro	SEN-M	Run4All	04:03:29	02:11:54	11:35
2516	SOUSA, Manuel	SEN-M	Individual	04:04:09	02:12:34	11:37
2020	ROSAS, Patricia	SEN-F	Individual	04:19:43	02:28:08	12:22
2231	TEIXEIRA, Francisco	SEN-M	Individual	04:19:55	02:28:20	12:22
2228	PINTO, Daniel	SEN-M	unRUNNERS	04:26:27	02:34:52	12:41
2260	COSTA, Carlos	SEN-M	Individual	05:16:21	03:24:46	15:03