

| Nome                | Equipa                                                                                 | Dorsal | Lugar | Tempo        | Diferença    |
|---------------------|----------------------------------------------------------------------------------------|--------|-------|--------------|--------------|
| LUÍS SEMEDO         | Acportalegre/Utsm                                                                      | 466    | 1     | 02:33:07.110 | 00:00:00.000 |
| PAULO COSTA         | A.D.Amarante Trail Running                                                             | 92     | 2     | 02:37:20.257 | 00:04:13.147 |
| PEDRO SANTOS        | Oralklass - Amigos Do Trail                                                            | 464    | 3     | 02:39:42.873 | 00:06:35.763 |
| NELSON SANTOS       | Dão Nelas Runners                                                                      | 76     | 4     | 02:41:32.877 | 00:08:25.767 |
| DIOGO BAENA         | U.F. Comércio E Indústria Atletismo                                                    | 280    | 5     | 02:41:44.627 | 00:08:37.517 |
| MARCOLINO VERISSIMO | Amcf-Arrábida Trail Team                                                               | 421    | 6     | 02:42:03.767 | 00:08:56.657 |
| NUNO FERNANDES      | Clube Atletismo Fafe                                                                   | 437    | 7     | 02:42:35.130 | 00:09:28.020 |
| DIOGO PINHEIRO      | Coimbra Trail Running                                                                  | 456    | 8     | 02:46:11.637 | 00:13:04.527 |
| AGOSTINHO REIS      | Individual                                                                             | 163    | 9     | 02:46:32.150 | 00:13:25.040 |
| STEFAN ALMEIDA      | Amcf-Arrábida Trail Team                                                               | 409    | 10    | 02:47:41.020 | 00:14:33.910 |
| NELSON GRAÇA        | Team Goldnutrition Run.Pt                                                              | 454    | 11    | 02:47:42.387 | 00:14:35.277 |
| BÉNEK MORAIS        | Amcf-Arrábida Trail Team                                                               | 414    | 12    | 02:47:55.897 | 00:14:48.787 |
| EMANUEL MACHADO     | Dap Trail Team                                                                         | 348    | 13    | 02:48:24.640 | 00:15:17.530 |
| RICARDO FONSECA     | Cork Trail Team                                                                        | 375    | 14    | 02:49:40.890 | 00:16:33.780 |
| RODRIGO NOIVO       | Amcf-Arrábida Trail Team                                                               | 410    | 15    | 02:49:59.173 | 00:16:52.063 |
| LEONEL CUNHA        | Trail Team Bifase                                                                      | 380    | 16    | 02:51:13.893 | 00:18:06.783 |
| LUÍS MARTINS        | Oralklass - Amigos Do Trail                                                            | 469    | 17    | 02:53:10.147 | 00:20:03.037 |
| MÁRCIO PEREIRA      | Associação Recreativa Casaense / Escola De Atletismo De Coimbra / Intermarché Condeixa | 195    | 18    | 02:53:25.147 | 00:20:18.037 |
| MARCELO GRAÇA       | U.F. Comércio E Indústria Atletismo                                                    | 283    | 19    | 02:54:24.907 | 00:21:17.797 |
| VIRGÍLIO GOMES      | U.F. Comércio E Indústria Atletismo                                                    | 284    | 20    | 02:54:27.657 | 00:21:20.547 |
| RUI LUZ             | Amcf-Arrábida Trail Team                                                               | 467    | 21    | 02:54:34.580 | 00:21:27.470 |
| JOSE MARTINS        | Ozxtreme/Adcrpereira                                                                   | 327    | 22    | 02:55:33.653 | 00:22:26.543 |
| MIGUEL PIRES        | Associação Recreativa Casaense / Escola De Atletismo De Coimbra / Intermarché Condeixa | 307    | 23    | 02:56:25.287 | 00:23:18.177 |
| RAFAEL CRUZ         | Oralklass - Amigos Do Trail                                                            | 465    | 24    | 02:57:06.157 | 00:23:59.047 |
| JOÃO FERNANDES      | Zona Alta Trail                                                                        | 314    | 25    | 02:57:17.910 | 00:24:10.800 |
| TIAGO PINTO         | Douroconta - Gabinete De Apoio E Contabilidade                                         | 105    | 26    | 02:58:24.407 | 00:25:17.297 |
| NUNO TORRES         | Amcf-Arrábida Trail Team                                                               | 420    | 27    | 03:00:55.547 | 00:27:48.437 |
| MANUEL LINO         | Dci/Pedrulha-Mealhada                                                                  | 159    | 28    | 03:01:46.413 | 00:28:39.303 |
| CRISTIANO SANTOS    | A.D.Amarante Trail Running                                                             | 114    | 29    | 03:01:58.160 | 00:28:51.050 |
| TIAGO TEIXEIRA      | Factor X / S4I / Medense Fc                                                            | 400    | 30    | 03:02:12.160 | 00:29:05.050 |
| NUNO PEREIRA        | Oralklass - Amigos Do Trail                                                            | 463    | 31    | 03:02:32.013 | 00:29:24.903 |
| MIGUEL RIBEIRO      | Zona Alta Trail                                                                        | 239    | 32    | 03:03:33.913 | 00:30:26.803 |
| SIMÃO SEIÇA         | Crash&Run                                                                              | 219    | 33    | 03:05:23.303 | 00:32:16.193 |
| EDUARDO MOREIRA     | Scpovoense - Caracóis De Corrida                                                       | 309    | 34    | 03:05:36.917 | 00:32:29.807 |
| RUI POVO            | Clube Atletismo Fafe                                                                   | 439    | 35    | 03:05:38.923 | 00:32:31.813 |
| BRUNO MOREIRA       | Amigos Do Pedal Trailagares                                                            | 388    | 36    | 03:06:24.417 | 00:33:17.307 |
| ARMINDO ANTUNES     | Coimbra Trail Running                                                                  | 137    | 37    | 03:06:38.307 | 00:33:31.197 |
| JOÃO SILVA          | U.F. Comércio E Indústria Atletismo                                                    | 285    | 38    | 03:08:33.710 | 00:35:26.600 |
| DIOGO NUNES         | Montanha Clube Trail Running/Efapel                                                    | 240    | 39    | 03:08:46.927 | 00:35:39.817 |
| ANDRÉ GUEDES        | Dr. Merino/4Moove                                                                      | 458    | 40    | 03:09:57.423 | 00:36:50.313 |
| ADELINO SILVA       | Grupo Dramatico E Recreativo Da Retorta                                                | 306    | 41    | 03:11:03.190 | 00:37:56.080 |
| NUNO NUNES          | Dá-Lhe Gás                                                                             | 85     | 42    | 03:11:11.927 | 00:38:04.817 |
| FILIPE LEMOS        | Nortrail                                                                               | 111    | 43    | 03:12:14.427 | 00:39:07.317 |
| NUNO GUIMARÃES      | Trogloditas Runners                                                                    | 43     | 44    | 03:12:15.927 | 00:39:08.817 |

| Nome              | Equipa                                                                                 | Dorsal | Lugar | Tempo        | Diferença    |
|-------------------|----------------------------------------------------------------------------------------|--------|-------|--------------|--------------|
| HÉLDER ROCHA      | Douroconta - Gabinete De Apoio E Contabilidade                                         | 104    | 45    | 03:13:10.567 | 00:40:03.457 |
| ADOLFO FERNANDEZ  | Individual                                                                             | 36     | 46    | 03:13:36.917 | 00:40:29.807 |
| BRUNO RIBEIRO     | Vikings Trail Runners / Ccr Alcabideque                                                | 170    | 47    | 03:14:22.920 | 00:41:15.810 |
| JOÃO PIMENTEL     | Associação Recreativa Casaense / Escola De Atletismo De Coimbra / Intermarché Condeixa | 308    | 48    | 03:14:46.187 | 00:41:39.077 |
| ANTÓNIO CASTRO    | Clube Atletismo Fafe                                                                   | 441    | 49    | 03:14:46.187 | 00:41:39.077 |
| MARCO GUERRA      | Gdazambuja - Trail Team                                                                | 209    | 50    | 03:16:41.033 | 00:43:33.923 |
| CLÁUDIO ROÇAS     | Dão Nelas Runners                                                                      | 95     | 51    | 03:17:05.433 | 00:43:58.323 |
| LUIS COSTA        | Clube De Futebol Guadiana                                                              | 370    | 52    | 03:17:05.943 | 00:43:58.833 |
| RICARDO AGUIAR    | Scpovoense - Caracóis De Corrida                                                       | 320    | 53    | 03:17:27.187 | 00:44:20.077 |
| DIOGO PIMENTA     | Dci/Pedrulha-Mealhada                                                                  | 157    | 54    | 03:17:34.187 | 00:44:27.077 |
| TIAGO SOARES      | Moinhos Run-Adrm                                                                       | 168    | 55    | 03:17:49.433 | 00:44:42.323 |
| ANDRÉ MONTEIRO    | Montanha Clube Trail Running/Efapel                                                    | 64     | 56    | 03:17:51.693 | 00:44:44.583 |
| ADÃO MONTEIRO     | Fridão Sem Limites                                                                     | 404    | 57    | 03:18:13.937 | 00:45:06.827 |
| MIGUEL NETO       | Royal Wellness Center                                                                  | 373    | 58    | 03:18:26.687 | 00:45:19.577 |
| NUNO PAIVA        | Caes D'Avenida                                                                         | 274    | 59    | 03:20:47.697 | 00:47:40.587 |
| DIOGO SILVA       | Douroconta - Gabinete De Apoio E Contabilidade                                         | 457    | 60    | 03:20:48.833 | 00:47:41.723 |
| PAULO COLAÇO      | Nocturnos De Paredes                                                                   | 245    | 61    | 03:21:15.367 | 00:48:08.257 |
| JOEL PINTO        | Taylors                                                                                | 175    | 62    | 03:21:41.190 | 00:48:34.080 |
| PAULO PIRES       | Runners Do Demo                                                                        | 82     | 63    | 03:21:57.440 | 00:48:50.330 |
| SUSANA ECHEVERRIA | Coimbra Trail Running                                                                  | 227    | 64    | 03:22:24.443 | 00:49:17.333 |
| FRANK FRITSCHÉ    | Individual                                                                             | 155    | 65    | 03:22:39.943 | 00:49:32.833 |
| INÊS MOREIRA      | A.D.Amarante Trail Running                                                             | 88     | 66    | 03:22:49.200 | 00:49:42.090 |
| ROMEU GOUVEIA     | Salomon Suunto Portugal                                                                | 1      | 67    | 03:22:57.193 | 00:49:50.083 |
| MIGUEL SOUSA      | Os Santa Apolónia                                                                      | 387    | 68    | 03:23:24.943 | 00:50:17.833 |
| LUÍS PEDRO        | Runners Do Demo                                                                        | 215    | 69    | 03:23:38.693 | 00:50:31.583 |
| PEDRO ROSA        | Grupo Desportivo Da Parreira                                                           | 328    | 70    | 03:24:45.197 | 00:51:38.087 |
| JORGE FERREIRA    | Royal Wellness Center                                                                  | 109    | 71    | 03:24:58.067 | 00:51:50.957 |
| FILIPE AFONSO     | Acportalegre/Utsm                                                                      | 369    | 72    | 03:25:11.693 | 00:52:04.583 |
| NUNO COELHO       | Montanha Clube Trail Running/Efapel                                                    | 241    | 73    | 03:25:53.697 | 00:52:46.587 |
| JOAQUIM PINHEIRO  | Individual                                                                             | 75     | 74    | 03:26:03.557 | 00:52:56.447 |
| ANTÓNIO MENDES    | A.D.Amarante Trail Running                                                             | 243    | 75    | 03:26:09.093 | 00:53:01.983 |
| JOÃO LEAL         | Ofrunningteam                                                                          | 10     | 76    | 03:26:48.200 | 00:53:41.090 |
| ÁLVARO MANO       | Coimbra Trail Running                                                                  | 344    | 77    | 03:27:09.963 | 00:54:02.853 |
| JOSÉ NOGUEIRA     | Individual                                                                             | 235    | 78    | 03:27:12.957 | 00:54:05.847 |
| MAURO MARTINS     | Vikings Trail Runners / Ccr Alcabideque                                                | 169    | 79    | 03:27:23.947 | 00:54:16.837 |
| MIGUEL CRUZ       | Bitrunners                                                                             | 252    | 80    | 03:27:31.947 | 00:54:24.837 |
| PAULO RIBEIRO     | Os Santa Apolónia                                                                      | 326    | 81    | 03:27:37.847 | 00:54:30.737 |
| AMÉRICO SANTOS    | Casa Doce                                                                              | 153    | 82    | 03:28:02.097 | 00:54:54.987 |
| VANDA JERONIMO    | Top Gym                                                                                | 268    | 83    | 03:28:26.700 | 00:55:19.590 |
| ERNESTO ALVES     | Juventude Cortegacense                                                                 | 128    | 84    | 03:29:18.203 | 00:56:11.093 |
| JOAQUIM PEREIRA   | Gaiatrail                                                                              | 470    | 85    | 03:29:25.450 | 00:56:18.340 |
| JORGE MOREIRA     | Amigos Do Pedal Trailagares                                                            | 389    | 86    | 03:29:33.097 | 00:56:25.987 |
| JOÃO CANELAS      | U.F. Comércio E Indústria Atletismo                                                    | 282    | 87    | 03:29:42.450 | 00:56:35.340 |
| RICARDO PEREIRA   | Rpstudio Trail Team                                                                    | 45     | 88    | 03:30:07.980 | 00:57:00.870 |

| Nome              | Equipa                                         | Dorsal | Lugar | Tempo        | Diferença    |
|-------------------|------------------------------------------------|--------|-------|--------------|--------------|
| IVO ALMEIDA       | Ginasio Fit4fun                                | 340    | 89    | 03:30:09.200 | 00:57:02.090 |
| LAURINDO OSÓRIO   | Kemedo Team                                    | 428    | 90    | 03:30:49.603 | 00:57:42.493 |
| RUI MARTINS       | Clac Entroncamento/Ondatrilhos                 | 192    | 91    | 03:30:55.853 | 00:57:48.743 |
| HUGO FIGUEIREDO   | Gramidense Ifc                                 | 101    | 92    | 03:31:04.203 | 00:57:57.093 |
| PEDRO ANJOS       | Clac Entroncamento/Ondatrilhos                 | 185    | 93    | 03:31:23.203 | 00:58:16.093 |
| JOÃO SANTOS       | Turres Trail Team                              | 20     | 94    | 03:31:37.453 | 00:58:30.343 |
| RICARDO FERREIRA  | Boavista F.C.                                  | 197    | 95    | 03:31:58.953 | 00:58:51.843 |
| PAULO CÉSAR       | Ctad Trilhos De Cinfães                        | 453    | 96    | 03:32:24.463 | 00:59:17.353 |
| FERNANDO GOMES    | Kemedo Team                                    | 422    | 97    | 03:32:28.707 | 00:59:21.597 |
| MARIANA MACHADO   | Os Santa Apolónia                              | 150    | 98    | 03:33:29.607 | 01:00:22.497 |
| BRUNO RAMIRO      | Kemedo Team                                    | 13     | 99    | 03:34:11.607 | 01:01:04.497 |
| VÍTOR GONÇALVES   | Edv - Viana Trail                              | 147    | 100   | 03:35:02.457 | 01:01:55.347 |
| DANIEL FONSECA    | Runners Do Demo                                | 200    | 101   | 03:35:22.707 | 01:02:15.597 |
| MANUEL SILVA      | Amcf-Arrábida Trail Team                       | 435    | 102   | 03:35:24.710 | 01:02:17.600 |
| MARIO MELO        | Galhardos Runners                              | 33     | 103   | 03:35:40.217 | 01:02:33.107 |
| LICINIO SEQUEIRA  | O Mundo Da Corrida                             | 339    | 104   | 03:35:53.957 | 01:02:46.847 |
| ANTÓNIO FERREIRA  | Individual                                     | 266    | 105   | 03:35:55.960 | 01:02:48.850 |
| HUGO MOREIRA      | Douroconta - Gabinete De Apoio E Contabilidade | 106    | 106   | 03:36:31.960 | 01:03:24.850 |
| CARLOS COSTA      | Aliança De Gandra                              | 396    | 107   | 03:36:59.217 | 01:03:52.107 |
| VASCO SOUSA       | Coimbra Trail Running                          | 269    | 108   | 03:37:01.460 | 01:03:54.350 |
| NUNO RUBEIRO      | Edv - Viana Trail                              | 408    | 109   | 03:37:49.210 | 01:04:42.100 |
| NARCISO MACHADO   | Profisio Team                                  | 174    | 110   | 03:38:03.463 | 01:04:56.353 |
| JOSÉ ZANANAR      | Atletismo Clube Da Tocha                       | 123    | 111   | 03:38:36.713 | 01:05:29.603 |
| JOEL BARBOSA      | Powerrunners #1000Pecadosparedes               | 275    | 112   | 03:38:40.460 | 01:05:33.350 |
| EUSÉBIO FERNANDES | Clube Atletismo Fafe                           | 438    | 113   | 03:39:09.367 | 01:06:02.257 |
| CÉSAR DUARTE      | A.D.Amarante Trail Running                     | 93     | 114   | 03:39:10.713 | 01:06:03.603 |
| ALFREDO COSTA     | Oursense                                       | 72     | 115   | 03:39:24.967 | 01:06:17.857 |
| ELÍSIO GONÇALVES  | Individual                                     | 300    | 116   | 03:39:32.963 | 01:06:25.853 |
| JOÃO NEPOMUCENO   | Dá-Lhe Gás                                     | 296    | 117   | 03:39:51.193 | 01:06:44.083 |
| ADRIANA DIAS      | Individual                                     | 220    | 118   | 03:39:53.717 | 01:06:46.607 |
| JORGE CORREIA     | Viriathvs Runners Viseu                        | 154    | 119   | 03:40:24.467 | 01:07:17.357 |
| JOSÉ FORTUNA      | Douroconta - Gabinete De Apoio E Contabilidade | 108    | 120   | 03:40:27.223 | 01:07:20.113 |
| ÂNGELO PEREIRA    | Centro Ciclista De Gondomar                    | 226    | 121   | 03:40:46.173 | 01:07:39.063 |
| PAULA LAGE        | Dr. Merino/4Moove                              | 434    | 122   | 03:41:21.217 | 01:08:14.107 |
| LINA MARQUES      | Clac Entroncamento/Ondatrilhos                 | 186    | 123   | 03:41:54.217 | 01:08:47.107 |
| ANTÓNIO MIRANDA   | Individual                                     | 294    | 124   | 03:42:03.973 | 01:08:56.863 |
| BRUNO SANTOS      | A.D.Amarante Trail Running                     | 242    | 125   | 03:42:14.373 | 01:09:07.263 |
| QUIM MANEL        | Wolves                                         | 323    | 126   | 03:42:30.467 | 01:09:23.357 |
| BRUNO ALEN        | Individual                                     | 238    | 127   | 03:42:43.870 | 01:09:36.760 |
| MANUEL PINHEIRO   | Fridão Sem Limites                             | 402    | 128   | 03:43:24.217 | 01:10:17.107 |
| HUGO HENRIQUES    | Galhardos Runners                              | 49     | 129   | 03:43:41.647 | 01:10:34.537 |
| SÉRGIO GOMES      | Trinca Orelhas De Gato                         | 444    | 130   | 03:44:27.720 | 01:11:20.610 |
| HELDER BARBOSA    | Boavista F.C.                                  | 198    | 131   | 03:44:55.467 | 01:11:48.357 |
| LUÍS SALVADOR     | Runners Do Demo                                | 214    | 132   | 03:45:20.720 | 01:12:13.610 |

| Nome                | Equipa                                                                                 | Dorsal | Lugar | Tempo        | Diferença    |
|---------------------|----------------------------------------------------------------------------------------|--------|-------|--------------|--------------|
| CARLA SANTOS        | Montanha Clube Trail Running/Efapel                                                    | 127    | 133   | 03:45:24.970 | 01:12:17.860 |
| CARLOS QUEIRÓS      | A.D.Amarante Trail Running                                                             | 86     | 134   | 03:45:43.127 | 01:12:36.017 |
| JOAO VALENTE        | Juventude Cortegacense                                                                 | 130    | 135   | 03:45:50.627 | 01:12:43.517 |
| PAULO NETA          | Clube Zupper                                                                           | 228    | 136   | 03:45:54.470 | 01:12:47.360 |
| JOÃO PEREIRA        | Individual                                                                             | 342    | 137   | 03:46:23.473 | 01:13:16.363 |
| RUI PEREIRA         | Edv - Viana Trail                                                                      | 251    | 138   | 03:46:28.877 | 01:13:21.767 |
| MIGUEL CARVALHO     | Individual                                                                             | 346    | 139   | 03:46:43.220 | 01:13:36.110 |
| ANDRE SOUSA         | Individual                                                                             | 343    | 140   | 03:46:46.973 | 01:13:39.863 |
| TANIA BATEIRA       | Individual                                                                             | 178    | 141   | 03:46:47.973 | 01:13:40.863 |
| HENRIQUE FERNANDES  | Dão Nelas Runners                                                                      | 204    | 142   | 03:47:05.470 | 01:13:58.360 |
| ALEXANDRA FERNANDES | Individual                                                                             | 412    | 143   | 03:47:08.723 | 01:14:01.613 |
| FERNANDO OLIVEIRA   | Hora Do Lobo Trail - Cf Perosinho Atletismo                                            | 472    | 144   | 03:47:27.120 | 01:14:20.010 |
| RICARDO SILVA       | Ofrunningteam                                                                          | 287    | 145   | 03:47:29.907 | 01:14:22.797 |
| ANDRÉ CARDÃO        | Individual                                                                             | 299    | 146   | 03:48:07.857 | 01:15:00.747 |
| FILOMENA SABINO     | Atr - Algarve Trail Running                                                            | 179    | 147   | 03:48:23.603 | 01:15:16.493 |
| FILIPE MACHADO      | Individual                                                                             | 376    | 148   | 03:48:50.473 | 01:15:43.363 |
| PAULO COSTA         | Clac Entroncamento/Ondatrilhos                                                         | 190    | 149   | 03:48:51.350 | 01:15:44.240 |
| RUI BESSA           | Sob Efeito Trail                                                                       | 173    | 150   | 03:48:55.473 | 01:15:48.363 |
| NUNO CUNHA          | Geadas Running                                                                         | 236    | 151   | 03:49:18.230 | 01:16:11.120 |
| FERNANDO AUGUSTO    | Caracois Do Monte                                                                      | 202    | 152   | 03:49:41.973 | 01:16:34.863 |
| BRUNO RIBEIRO       | Kaninos                                                                                | 99     | 153   | 03:49:47.227 | 01:16:40.117 |
| CARLOS AZEVEDO      | Factor X / S4I / Medense Fc                                                            | 399    | 154   | 03:50:46.727 | 01:17:39.617 |
| NUNO TEIXEIRA       | Individual                                                                             | 401    | 155   | 03:50:46.987 | 01:17:39.877 |
| RICARDO PIRES       | Dá-Lhe Gás                                                                             | 83     | 156   | 03:51:14.977 | 01:18:07.867 |
| PAULO BATISTA       | Atletismo Clube Da Tocha                                                               | 331    | 157   | 03:51:26.727 | 01:18:19.617 |
| ANA VIEIRA          | Amigos Do Pedal Trailagares                                                            | 381    | 158   | 03:51:28.227 | 01:18:21.117 |
| JOSÉ GOMES          | Individual                                                                             | 261    | 159   | 03:51:30.977 | 01:18:23.867 |
| PEDRO PINTO         | Clube Efacec                                                                           | 449    | 160   | 03:51:36.637 | 01:18:29.527 |
| LUIS CARIDADE       | Vikings Trail Runners / Ccr Alcabideque                                                | 65     | 161   | 03:51:47.883 | 01:18:40.773 |
| NUNO SALVADOR       | Dão Nelas Runners                                                                      | 152    | 162   | 03:52:03.320 | 01:18:56.210 |
| ANDRÉ FONTE         | Associação Recreativa Casaense / Escola De Atletismo De Coimbra / Intermarché Condeixa | 371    | 163   | 03:52:10.897 | 01:19:03.787 |
| MIGUEL BARNABÉ      | Vertical Navis                                                                         | 46     | 164   | 03:52:30.143 | 01:19:23.033 |
| TERESA AFONSO       | Individual                                                                             | 415    | 165   | 03:52:38.987 | 01:19:31.877 |
| MARCO VASCONCELOS   | Equipa A                                                                               | 341    | 166   | 03:52:44.313 | 01:19:37.203 |
| ANDREIA AREIAS      | Coimbra Trail Running                                                                  | 468    | 167   | 03:53:48.477 | 01:20:41.367 |
| RUI LOBO            | Atr - Algarve Trail Running                                                            | 176    | 168   | 03:53:51.980 | 01:20:44.870 |
| RUI GOMES           | Hora Do Lobo Trail - Cf Perosinho Atletismo                                            | 471    | 169   | 03:53:59.487 | 01:20:52.377 |
| ANA SOUSA           | Budeguita Runners                                                                      | 461    | 170   | 03:54:14.230 | 01:21:07.120 |
| LUÍS SILVA          | Aliança De Gandra                                                                      | 394    | 171   | 03:54:19.987 | 01:21:12.877 |
| RICARDO GONÇALVES   | Clube Atletismo Fafe                                                                   | 440    | 172   | 03:54:20.233 | 01:21:13.123 |
| JOSÉ PEREIRA        | A.D.Amarante Trail Running                                                             | 90     | 173   | 03:54:20.987 | 01:21:13.877 |
| RODRIGO TAVARES     | Clube De Praças Da Armada                                                              | 324    | 174   | 03:54:46.480 | 01:21:39.370 |
| ROBERTO BAIÃO       | Montanha Clube Trail Running/Efapel                                                    | 135    | 175   | 03:54:57.983 | 01:21:50.873 |
| ALEXANDRE LOURENÇO  | Taylors                                                                                | 358    | 176   | 03:54:59.143 | 01:21:52.033 |

| Nome                | Equipa                                         | Dorsal | Lugar | Tempo        | Diferença    |
|---------------------|------------------------------------------------|--------|-------|--------------|--------------|
| MAFALDA MONIZ       | Amcf-Arrábida Trail Team                       | 418    | 177   | 03:55:06.733 | 01:21:59.623 |
| LUÍS COSTA          | Fit Club Lafões Runners                        | 316    | 178   | 03:55:52.983 | 01:22:45.873 |
| JOÃO DIAS           | Individual                                     | 272    | 179   | 03:57:03.987 | 01:23:56.877 |
| JOÃO ARAÚJO         | Individual                                     | 30     | 180   | 03:57:07.490 | 01:24:00.380 |
| AGOSTINHO SOUSA     | Moinhos Run-Adrm                               | 271    | 181   | 03:57:08.487 | 01:24:01.377 |
| NUNO GONÇALVES      | Montanha Clube Trail Running/Efapel            | 279    | 182   | 03:57:09.733 | 01:24:02.623 |
| LUÍS MAGALHÃES      | Boavista F.C.                                  | 196    | 183   | 03:58:05.487 | 01:24:58.377 |
| MÁRIO PINTO         | Acm Montemor A Correr                          | 50     | 184   | 03:58:49.487 | 01:25:42.377 |
| RUBEN VIEIRA        | Trail Team Bifase                              | 48     | 185   | 03:59:17.987 | 01:26:10.877 |
| VITOR SANTOS        | Leões De Tardariz Trail                        | 66     | 186   | 04:00:19.957 | 01:27:12.847 |
| PEDRO CRUZ          | Individual                                     | 149    | 187   | 04:00:40.237 | 01:27:33.127 |
| DELFIN NUNES        | Kemedo Team                                    | 377    | 188   | 04:00:54.407 | 01:27:47.297 |
| BRUNO FERNANDES     | Individual                                     | 254    | 189   | 04:01:47.490 | 01:28:40.380 |
| SARA RAFAEL         | Kemedo Team                                    | 424    | 190   | 04:01:52.003 | 01:28:44.893 |
| SANDRA ARRIBANÇA    | Individual                                     | 353    | 191   | 04:03:02.240 | 01:29:55.130 |
| JOAQUIM SANTOS      | Kemedo Team                                    | 426    | 192   | 04:03:32.747 | 01:30:25.637 |
| MARIA RAMOS         | Dci/Pedrulha-Mealhada                          | 156    | 193   | 04:03:36.990 | 01:30:29.880 |
| NUNO DUARTE         | Os Pimentinhas                                 | 276    | 194   | 04:03:38.673 | 01:30:31.563 |
| PAULO SILVA         | Movol                                          | 223    | 195   | 04:03:57.713 | 01:30:50.603 |
| MÓNICA RIBEIRO      | Vikings Trail Runners / Ccr Alcabideque        | 19     | 196   | 04:04:07.410 | 01:31:00.300 |
| IVONE FERREIRA      | Trilho Perdido Eventos / Imporlux              | 459    | 197   | 04:04:24.243 | 01:31:17.133 |
| HERMENEGILDO MENDES | Gondomar Futsal Clube                          | 383    | 198   | 04:04:29.990 | 01:31:22.880 |
| JOSÉ MOREIRA        | Viriathvs Runners Viseu                        | 212    | 199   | 04:05:24.743 | 01:32:17.633 |
| CÉSAR SOUSA         | Hora Do Lobo Trail - Cf Perosinho Atletismo    | 474    | 200   | 04:05:53.743 | 01:32:46.633 |
| CATARINA ALVES      | Coimbra Trail Running                          | 132    | 201   | 04:06:37.993 | 01:33:30.883 |
| CLÁUDIO MONTEIRO    | Douroconta - Gabinete De Apoio E Contabilidade | 217    | 202   | 04:07:42.747 | 01:34:35.637 |
| ANDREIA AMORIM      | Gondomar Futsal Clube                          | 406    | 203   | 04:09:09.750 | 01:36:02.640 |
| DAVID CAMELO        | Ctad Trilhos De Cinfães                        | 335    | 204   | 04:09:39.427 | 01:36:32.317 |
| NELSON VAZ          | Profisio Team                                  | 29     | 205   | 04:09:42.167 | 01:36:35.057 |
| MÁRCIO MENDES       | Individual                                     | 256    | 206   | 04:10:08.927 | 01:37:01.817 |
| MÁRIO OLIVEIRA      | Shots International Runners                    | 210    | 207   | 04:10:23.747 | 01:37:16.637 |
| PEDRO NOGUEIRA      | Shots International Runners                    | 208    | 208   | 04:10:25.007 | 01:37:17.897 |
| ELISEU LEITE        | Laundos-Pova De Varzim                         | 304    | 209   | 04:10:57.927 | 01:37:50.817 |
| HENRIQUE CASTRO     | Sigmarunners                                   | 362    | 210   | 04:11:59.507 | 01:38:52.397 |
| PAULO MENDES        | Dão Nelas Runners                              | 117    | 211   | 04:12:04.420 | 01:38:57.310 |
| PEDRO SILVA         | Aliança De Gandra                              | 390    | 212   | 04:12:14.750 | 01:39:07.640 |
| ANA DOURADO         | Coimbra Trail Running                          | 278    | 213   | 04:12:17.250 | 01:39:10.140 |
| AIDA PRESA          | Girls4run                                      | 44     | 214   | 04:12:23.757 | 01:39:16.647 |
| LUÍS MARTINS        | Dr. Runner'S Team                              | 321    | 215   | 04:12:48.500 | 01:39:41.390 |
| SILVIA DIAS         | Dá-Lhe Gás                                     | 297    | 216   | 04:12:57.000 | 01:39:49.890 |
| JOSÉ DIAS           | Dá-Lhe Gás                                     | 298    | 217   | 04:12:59.760 | 01:39:52.650 |
| ANA TOMÉ            | Zona Alta Trail                                | 313    | 218   | 04:14:18.180 | 01:41:11.070 |
| BRUNO RAPOSEIRA     | Alpiarça                                       | 288    | 219   | 04:14:38.003 | 01:41:30.893 |
| NELSON AMARAL       | Strendure Running Team                         | 460    | 220   | 04:14:42.193 | 01:41:35.083 |

| Nome               | Equipa                                      | Dorsal | Lugar | Tempo        | Diferença    |
|--------------------|---------------------------------------------|--------|-------|--------------|--------------|
| JOSÉ GASPAR        | Aliança De Gandra                           | 395    | 221   | 04:14:54.753 | 01:41:47.643 |
| MANUEL TEIXEIRA    | Clube Millennium Bcp                        | 207    | 222   | 04:15:17.753 | 01:42:10.643 |
| BRUNO ARAUJO       | Kemedo Team                                 | 429    | 223   | 04:15:55.253 | 01:42:48.143 |
| MANUEL MORENO      | Morcegos Trail                              | 162    | 224   | 04:16:17.100 | 01:43:09.990 |
| JORGE AGUIAR       | Referee Team                                | 73     | 225   | 04:16:18.507 | 01:43:11.397 |
| JOSÉ CARVALHO      | Caes D´Avenida                              | 290    | 226   | 04:17:26.393 | 01:44:19.283 |
| CONCEIÇÃO FERREIRA | Ginasio Fit4fun                             | 336    | 227   | 04:17:31.507 | 01:44:24.397 |
| MARCELO FERREIRA   | Team Lantemil                               | 359    | 228   | 04:17:40.180 | 01:44:33.070 |
| CLAUDIA MARINA     | Atr - Algarve Trail Running                 | 224    | 229   | 04:18:09.177 | 01:45:02.067 |
| MARIA SANTOS       | Ocs Proaventuras                            | 478    | 230   | 04:18:11.933 | 01:45:04.823 |
| PEDRO MENESES      | Clube Efacec                                | 452    | 231   | 04:18:25.683 | 01:45:18.573 |
| DOMINGOS MARTINS   | Individual                                  | 103    | 232   | 04:19:05.017 | 01:45:57.907 |
| RUI SOUSA          | Palmeira Runners                            | 22     | 233   | 04:19:25.453 | 01:46:18.343 |
| BRUNO FERNANDES    | Individual                                  | 6      | 234   | 04:20:03.010 | 01:46:55.900 |
| CARLOS DUARTE      | Mss Contabilidade Trail Team                | 462    | 235   | 04:20:12.570 | 01:47:05.460 |
| BRUNO PINHO        | Individual                                  | 25     | 236   | 04:20:17.930 | 01:47:10.820 |
| MANUEL MARTINS     | Clube Nortada Aventura - Mnr                | 171    | 237   | 04:20:45.760 | 01:47:38.650 |
| ANDRÉ FIGUEIREDO   | Individual                                  | 260    | 238   | 04:20:54.510 | 01:47:47.400 |
| ISABEL GOMES       | Individual                                  | 352    | 239   | 04:21:52.010 | 01:48:44.900 |
| DANIELA SOARES     | Unidos A Fresca                             | 59     | 240   | 04:21:54.260 | 01:48:47.150 |
| VÍTOR RIBEIRO      | The Mountains Are Calling                   | 9      | 241   | 04:23:29.013 | 01:50:21.903 |
| CARLOS RIBEIRO     | Os2horas                                    | 134    | 242   | 04:23:36.013 | 01:50:28.903 |
| JOSE SILVA         | Running Espinho                             | 480    | 243   | 04:23:48.273 | 01:50:41.163 |
| BRUNO MARTINS      | Factor X / S4I / Medense Fc                 | 432    | 244   | 04:23:57.767 | 01:50:50.657 |
| PATRICIA RIBEIRO   | Mountain Runners                            | 244    | 245   | 04:24:04.767 | 01:50:57.657 |
| HUGO PINTO         | Clube Efacec                                | 451    | 246   | 04:24:05.517 | 01:50:58.407 |
| MIGUEL OLIVEIRA    | Airão Trail Team                            | 131    | 247   | 04:25:11.773 | 01:52:04.663 |
| LUIS MORAIS        | Hora Do Lobo Trail - Cf Perosinho Atletismo | 475    | 248   | 04:25:38.517 | 01:52:31.407 |
| JOSÉ ROCHA         | Individual                                  | 345    | 249   | 04:25:47.523 | 01:52:40.413 |
| MANUEL BARBOSA     | Paredes Running                             | 479    | 250   | 04:26:10.047 | 01:53:02.937 |
| RUI SANTOS         | Dr. Runner'S Team                           | 322    | 251   | 04:26:20.520 | 01:53:13.410 |
| PAULO GAMA         | Gondomar Futsal Clube                       | 384    | 252   | 04:27:46.270 | 01:54:39.160 |
| JOÃO PINHO         | Coimbra Trail Running                       | 303    | 253   | 04:27:48.520 | 01:54:41.410 |
| RAQUEL VASCONCELOS | No Tomorrow Running Team                    | 368    | 254   | 04:28:02.270 | 01:54:55.160 |
| DANIEL MOTA        | Maianorthsiderun                            | 102    | 255   | 04:28:04.270 | 01:54:57.160 |
| PAULO GOMES        | No Tomorrow Running Team                    | 330    | 256   | 04:28:05.697 | 01:54:58.587 |
| HELENA DIAS        | Budeguita Runners                           | 289    | 257   | 04:28:28.943 | 01:55:21.833 |
| PAULO MOREIRA      | Street & Trail Runners                      | 267    | 258   | 04:28:30.490 | 01:55:23.380 |
| MÁRIO FERREIRA     | Clube Efacec                                | 448    | 259   | 04:29:01.197 | 01:55:54.087 |
| BRUNO LOUREIRO     | Individual                                  | 122    | 260   | 04:29:11.560 | 01:56:04.450 |
| DIOGO RESENDE      | Caracois Do Monte                           | 201    | 261   | 04:29:48.947 | 01:56:41.837 |
| PEDRO OLIVEIRA     | Sob Efeito Trail                            | 56     | 262   | 04:30:08.197 | 01:57:01.087 |
| PAULO MELO         | Individual                                  | 225    | 263   | 04:30:23.523 | 01:57:16.413 |
| JOANA SILVA        | Arcorun                                     | 113    | 264   | 04:31:00.523 | 01:57:53.413 |

| Nome              | Equipa                                      | Dorsal | Lugar | Tempo        | Diferença    |
|-------------------|---------------------------------------------|--------|-------|--------------|--------------|
| SÉRGIO SANTOS     | Hora Do Lobo Trail - Cf Perosinho Atletismo | 473    | 265   | 04:31:01.197 | 01:57:54.087 |
| FILIPE PINHEIRO   | Fridão Sem Limites                          | 405    | 266   | 04:31:08.457 | 01:58:01.347 |
| DANIEL MARCOS     | Vikings Trail Runners / Ccr Alcabideque     | 124    | 267   | 04:31:19.277 | 01:58:12.167 |
| SANDRA AGRA       | Vikings Trail Runners / Ccr Alcabideque     | 118    | 268   | 04:31:21.203 | 01:58:14.093 |
| PAULO FERNANDES   | Barrancos Fc/Biogado                        | 250    | 269   | 04:32:17.027 | 01:59:09.917 |
| MARIA FERREIRA    | Correr Leça                                 | 158    | 270   | 04:32:39.027 | 01:59:31.917 |
| JOAO SILVA        | Individual                                  | 69     | 271   | 04:33:07.283 | 02:00:00.173 |
| LEANDRO PACHECO   | Monte Dos Amigos                            | 455    | 272   | 04:33:38.063 | 02:00:30.953 |
| PAULO GRAÇA       | Monte Dos Amigos                            | 357    | 273   | 04:33:39.453 | 02:00:32.343 |
| FÁBIO SILVA       | Referee Team                                | 133    | 274   | 04:33:46.777 | 02:00:39.667 |
| GUSTAVO MENDES    | Individual                                  | 246    | 275   | 04:34:38.183 | 02:01:31.073 |
| JOSE SILVA        | Individual                                  | 248    | 276   | 04:34:41.203 | 02:01:34.093 |
| TIAGO SANTOS      | Individual                                  | 247    | 277   | 04:34:48.027 | 02:01:40.917 |
| SILVÉRIO SANTOS   | Clube Pessoal Águas Gaia                    | 332    | 278   | 04:35:01.457 | 02:01:54.347 |
| RUI FERNANDES     | Individual                                  | 447    | 279   | 04:35:20.957 | 02:02:13.847 |
| RICARDO CONDE     | C.D. Os Águias" De Alpiarça"                | 277    | 280   | 04:35:22.783 | 02:02:15.673 |
| NUNO PAULINO      | C.D. Os Águias" De Alpiarça"                | 301    | 281   | 04:35:38.713 | 02:02:31.603 |
| PEDRO CARMO       | Clac Entroncamento/Ondatrilhos              | 182    | 282   | 04:35:53.527 | 02:02:46.417 |
| JOÃO GIL          | A.D.Amarante Trail Running                  | 318    | 283   | 04:36:31.530 | 02:03:24.420 |
| FLOR MADUREIRA    | Individual                                  | 378    | 284   | 04:36:35.167 | 02:03:28.057 |
| MARIO COSTA       | Moreira Relax Runners                       | 372    | 285   | 04:36:37.667 | 02:03:30.557 |
| RICARDO SANTA     | Individual                                  | 270    | 286   | 04:37:15.030 | 02:04:07.920 |
| JOSÉ CORREIA      | Arcorun                                     | 79     | 287   | 04:37:17.467 | 02:04:10.357 |
| ABEL SILVA        | Juventude Cortegacense                      | 129    | 288   | 04:37:50.780 | 02:04:43.670 |
| MARIA LOUREIRO    | Budeguita Runners                           | 218    | 289   | 04:38:01.030 | 02:04:53.920 |
| NELSON SILVA      | Shots International Runners                 | 7      | 290   | 04:38:12.033 | 02:05:04.923 |
| DAVID NOGUEIRA    | Individual                                  | 55     | 291   | 04:38:56.280 | 02:05:49.170 |
| MARIANA BALLESTER | Trail-Running.Pt                            | 379    | 292   | 04:40:35.783 | 02:07:28.673 |
| SANDRA MESQUITA   | Os Santa Apolónia                           | 112    | 293   | 04:41:16.533 | 02:08:09.423 |
| FERNANDO SANTOS   | Individual                                  | 211    | 294   | 04:41:58.037 | 02:08:50.927 |
| CARLA PEREIRA     | Aliança De Gandra                           | 397    | 295   | 04:41:59.970 | 02:08:52.860 |
| JOSE COSTA        | Kemedo Team                                 | 430    | 296   | 04:42:04.787 | 02:08:57.677 |
| GERSON ALVES      | Kemedo Team                                 | 427    | 297   | 04:42:08.713 | 02:09:01.603 |
| MIGUEL BARBOSA    | Clube Efacec                                | 436    | 298   | 04:42:10.287 | 02:09:03.177 |
| MIGUEL CRUZ       | Clube Efacec                                | 450    | 299   | 04:42:10.287 | 02:09:03.177 |
| DANIELA COSTA     | Acm Montemor A Correr                       | 53     | 300   | 04:43:08.040 | 02:10:00.930 |
| ANTONIO SILVA     | Wolf                                        | 58     | 301   | 04:44:18.547 | 02:11:11.437 |
| FELISBELA SOUSA   | Atr - Algarve Trail Running                 | 42     | 302   | 04:44:39.547 | 02:11:32.437 |
| ALVARO NUNES      | All About                                   | 160    | 303   | 04:45:00.297 | 02:11:53.187 |
| BRUNO MOREIRA     | Team Lantemil                               | 61     | 304   | 04:45:18.290 | 02:12:11.180 |
| MANUEL JULIO      | Clac Entroncamento/Ondatrilhos              | 191    | 305   | 04:45:30.547 | 02:12:23.437 |
| ALEXANDRA PADILHA | Moura&Dias                                  | 77     | 306   | 04:45:42.793 | 02:12:35.683 |
| HÉLDER CUNHA      | Individual                                  | 319    | 307   | 04:45:49.223 | 02:12:42.113 |
| JOÃO LOPES        | Clac Entroncamento/Ondatrilhos              | 188    | 308   | 04:45:59.043 | 02:12:51.933 |

| Nome                | Equipa                                      | Dorsal | Lugar | Tempo        | Diferença    |
|---------------------|---------------------------------------------|--------|-------|--------------|--------------|
| MARCO PEIXOTO       | Sporting Clube De Espinho / António Leitão  | 419    | 309   | 04:46:05.473 | 02:12:58.363 |
| VITOR CARDOSO       | Baguim Runners                              | 100    | 310   | 04:46:15.043 | 02:13:07.933 |
| JOSÉ CONCEIÇÃO      | Fridão Sem Limites                          | 446    | 311   | 04:46:37.730 | 02:13:30.620 |
| ALEXANDRA SOARES    | Coimbra Trail Running                       | 136    | 312   | 04:46:51.550 | 02:13:44.440 |
| RUI VIEGAS          | Galhardos Runners                           | 60     | 313   | 04:46:53.973 | 02:13:46.863 |
| BRUNO BENTO         | Individual                                  | 139    | 314   | 04:49:01.547 | 02:15:54.437 |
| JOSÉ LAGE           | Bamulá - Amigos Dos Semaforos               | 249    | 315   | 04:49:17.543 | 02:16:10.433 |
| PAULO LOUREIRO      | Team Lantemil                               | 8      | 316   | 04:50:49.297 | 02:17:42.187 |
| MARCOS GOMES        | Individual                                  | 305    | 317   | 04:50:54.047 | 02:17:46.937 |
| FIGUEIREDO CARLOS   | Individual                                  | 181    | 318   | 04:51:12.977 | 02:18:05.867 |
| PEDRO SANTOS        | Individual                                  | 366    | 319   | 04:51:14.977 | 02:18:07.867 |
| JOSÉ MENDES         | Gondomar Futsal Clube                       | 32     | 320   | 04:52:08.727 | 02:19:01.617 |
| RAUL VIANA          | Individual                                  | 144    | 321   | 04:52:37.300 | 02:19:30.190 |
| HUGO OLIVEIRA       | Fugitivos Urbanos                           | 351    | 322   | 04:52:39.480 | 02:19:32.370 |
| SILVIO FREITAS      | Individual                                  | 374    | 323   | 04:52:41.227 | 02:19:34.117 |
| GUSTAVO NUNES       | Acm Montemor A Correr                       | 52     | 324   | 04:52:51.800 | 02:19:44.690 |
| RÚBEN BRAGANÇA      | Grupo Desportivoda Parreira                 | 145    | 325   | 04:53:42.800 | 02:20:35.690 |
| JOAQUIM MATTINS     | Dci/Pedrulha-Mealhada                       | 329    | 326   | 04:53:56.480 | 02:20:49.370 |
| JOSÉ HENRIQUE       | Grupo Desportivo Da Parreira                | 365    | 327   | 04:54:03.287 | 02:20:56.177 |
| PAULO SILVA         | Cmds                                        | 167    | 328   | 04:54:36.807 | 02:21:29.697 |
| ELIANA PEREIRA      | Individual                                  | 355    | 329   | 04:54:37.053 | 02:21:29.943 |
| IRACEMA COSTA       | Individual                                  | 4      | 330   | 04:54:58.053 | 02:21:50.943 |
| ALBERTO GUEDES      | Pt Team                                     | 232    | 331   | 04:55:45.483 | 02:22:38.373 |
| JOÃO SILVA          | Clube Millennium Bcp                        | 205    | 332   | 04:55:57.307 | 02:22:50.197 |
| BELMIRO MAGALHÃES   | Individual                                  | 315    | 333   | 04:55:58.053 | 02:22:50.943 |
| JORGE RIBEIRO       | Individual                                  | 47     | 334   | 04:56:10.233 | 02:23:03.123 |
| ALICE VENTURA       | Vikings Trail Runners / Ccr Alcabideque     | 96     | 335   | 04:57:27.557 | 02:24:20.447 |
| CARLA PINTO         | Individual                                  | 234    | 336   | 04:57:29.557 | 02:24:22.447 |
| FRANCISCO GONÇALVES | Caes D´Avenida                              | 292    | 337   | 04:59:08.810 | 02:26:01.700 |
| LUÍS ROCHA          | Caes D´Avenida                              | 295    | 338   | 04:59:11.813 | 02:26:04.703 |
| SUZANA RAPOSO       | Correr Lisboa                               | 16     | 339   | 05:01:25.493 | 02:28:18.383 |
| NUNO ARAUJO         | Individual                                  | 363    | 340   | 05:01:57.560 | 02:28:50.450 |
| MARIA FRANCO        | Hora Do Lobo Trail - Cf Perosinho Atletismo | 476    | 341   | 05:02:15.687 | 02:29:08.577 |
| MANUEL SILVA        | C.I.A. Alpendorada                          | 259    | 342   | 05:02:48.570 | 02:29:41.460 |
| DIOGO SILVA         | Individual                                  | 142    | 343   | 05:04:13.167 | 02:31:06.057 |
| TIAGO LEMOS         | Individual                                  | 356    | 344   | 05:04:24.813 | 02:31:17.703 |
| MARIA LOPES         | Individual                                  | 80     | 345   | 05:06:08.317 | 02:33:01.207 |
| RUI MOURA           | Viriathvs Runners Viseu                     | 411    | 346   | 05:06:23.500 | 02:33:16.390 |
| NUNO MARQUES        | Individual                                  | 161    | 347   | 05:07:13.823 | 02:34:06.713 |
| DANIEL LEAL         | Geadas Running                              | 81     | 348   | 05:07:49.847 | 02:34:42.737 |
| RICARDO SILVA       | Individual                                  | 31     | 349   | 05:08:52.820 | 02:35:45.710 |
| LUIS GOMES          | Kemedo Team                                 | 423    | 350   | 05:09:06.257 | 02:35:59.147 |
| CARLA SANTOS        | Individual                                  | 333    | 351   | 05:10:36.827 | 02:37:29.717 |
| HENRIQUE SANTOS     | Individual                                  | 334    | 352   | 05:10:37.503 | 02:37:30.393 |

| Nome             | Equipa                                    | Dorsal | Lugar | Tempo        | Diferença    |
|------------------|-------------------------------------------|--------|-------|--------------|--------------|
| PAULA ANDRADE    | Vikings Trail Runners / Ccr Alcabideque   | 84     | 353   | 05:11:53.597 | 02:38:46.487 |
| LUIS REI         | Clac Entroncamento/Ondatrilhos            | 193    | 354   | 05:12:04.573 | 02:38:57.463 |
| JOÃO SANTOS      | Clube Atletismo Amigos Parque Da Paz      | 347    | 355   | 05:12:54.327 | 02:39:47.217 |
| PEDRO PISCO      | Mrr / Nice Runners                        | 67     | 356   | 05:12:59.073 | 02:39:51.963 |
| LISETA PINTO     | Mrr / Nice Runners                        | 68     | 357   | 05:12:59.760 | 02:39:52.650 |
| BRUNO MONTEIRO   | Lion Runners - G.D. Leões Da Guarda       | 34     | 358   | 05:17:21.330 | 02:44:14.220 |
| ARTUR SILVA      | Clube Millennium Bcp                      | 206    | 359   | 05:17:23.770 | 02:44:16.660 |
| SOLANGE SOUSA    | Individual                                | 442    | 360   | 05:18:17.830 | 02:45:10.720 |
| MANUEL GOMES     | Mss Contabilidade Trail Team              | 121    | 361   | 05:19:59.767 | 02:46:52.657 |
| HELENA LEMOS     | Individual                                | 28     | 362   | 05:20:34.833 | 02:47:27.723 |
| ISABEL CONCEIÇÃO | Individual                                | 199    | 363   | 05:21:12.083 | 02:48:04.973 |
| CARLOS SILVEIRA  | Clac Entroncamento/Ondatrilhos            | 187    | 364   | 05:21:35.093 | 02:48:27.983 |
| RUI SANTOS       | Blackbulls / Clube De Condeixa            | 312    | 365   | 05:21:37.587 | 02:48:30.477 |
| PEDRO BARBOSA    | Individual                                | 37     | 366   | 05:22:24.337 | 02:49:17.227 |
| CÉLIA SAMPAIO    | Desnível Positivo                         | 38     | 367   | 05:22:24.337 | 02:49:17.227 |
| JOAQUIM LOBATO   | Running Espinho                           | 5      | 368   | 05:22:31.087 | 02:49:23.977 |
| LINO MOREIRA     | Os Turbomula                              | 253    | 369   | 05:25:52.840 | 02:52:45.730 |
| VÂNIA PIRATA     | Acm Montemor A Correr                     | 51     | 370   | 05:27:12.340 | 02:54:05.230 |
| NUNO CHAPA       | Acm Montemor A Correr                     | 54     | 371   | 05:27:12.840 | 02:54:05.730 |
| HUGO CALDEIRA    | Arsm - Associação Recreativa De S. Miguel | 229    | 372   | 05:27:22.530 | 02:54:15.420 |
| JOÃO GENÉSIO     | Individual                                | 172    | 373   | 05:28:34.343 | 02:55:27.233 |
| MANUEL ALVARINO  | Leões De Tardariz Trail                   | 78     | 374   | 05:30:06.787 | 02:56:59.677 |
| SARA SILVA       | Individual                                | 18     | 375   | 05:30:17.847 | 02:57:10.737 |
| PEDRO FERNANDES  | Individual                                | 27     | 376   | 05:30:23.283 | 02:57:16.173 |
| MARLENE RIBEIRO  | Trepatrilhos Trail Team                   | 360    | 377   | 05:30:49.783 | 02:57:42.673 |
| ELENA DOMINGUEZ  | Individual                                | 35     | 378   | 05:43:14.610 | 03:10:07.500 |
| SÉRGIO BASTOS    | Team Lantemil                             | 364    | 379   | 05:48:39.263 | 03:15:32.153 |
| DANIEL SANTOS    | Individual                                | 311    | 380   | 05:49:05.010 | 03:15:57.900 |
| FERNANDA LOPES   | Porto Sentido Runners                     | 97     | 381   | 05:50:49.867 | 03:17:42.757 |
| JOAO PINHEIRO    | Porto Sentido Runners                     | 98     | 382   | 05:50:50.620 | 03:17:43.510 |
| FILIPE LEITÃO    | Gondomar Futsal Clube                     | 382    | 383   | 05:53:51.717 | 03:20:44.607 |
| JOSE COELHO      | Individual                                | 484    | 384   | 05:54:15.487 | 03:21:08.377 |
| DIANA CANCELA    | Individual                                | 367    | 385   | 05:54:33.313 | 03:21:26.203 |
| ANA OLIVEIRA     | Lion Runners - G.D. Leões Da Guarda       | 166    | 386   | 05:57:52.127 | 03:24:45.017 |
| ARTUR FONSECA    | Ruptura Total                             | 2      | 387   | 05:57:52.137 | 03:24:45.027 |
| PEDRO BERNARDES  | Lion Runners - G.D. Leões Da Guarda       | 165    | 388   | 05:57:53.377 | 03:24:46.267 |
| ANTÓNIO CEBOLA   | Clac Entroncamento/Ondatrilhos            | 189    | 389   | 05:59:21.627 | 03:26:14.517 |
| MARIA COLAÇO     | Run 4 Eat                                 | 233    | 390   | 06:00:56.380 | 03:27:49.270 |
| SUSETTE MARQUES  | Run 4 Eat                                 | 180    | 391   | 06:00:56.880 | 03:27:49.770 |
| MANUEL LIMA      | Experienciar                              | 317    | 392   | 06:10:11.890 | 03:37:04.780 |
| RUI OLIVEIRA     | Comdor Runners                            | 138    | 393   | 06:12:33.893 | 03:39:26.783 |
| RUI FAMILIAR     | Trepatrilhos Trail Team                   | 361    | 394   | 06:14:28.787 | 03:41:21.677 |
| PAULO LOPES      | Alverca Urban Runners                     | 433    | 395   | 06:15:38.647 | 03:42:31.537 |
| SANDRA MENDES    | Clube Zupper                              | 203    | 396   | 06:16:32.400 | 03:43:25.290 |

| Nome              | Equipa                                  | Dorsal | Lugar | Tempo        | Diferença    |
|-------------------|-----------------------------------------|--------|-------|--------------|--------------|
| HUGO SANTOS       | Vikings Trail Runners / Ccr Alcabideque | 125    | 397   | 06:42:03.210 | 04:08:56.100 |
| BRUNA SANTOS      | Individual                              | 354    | 398   | 07:06:59.707 | 04:33:52.597 |
| HELOISE RODRIGUES | Individual                              | 21     | 399   | 07:08:36.653 | 04:35:29.543 |
| MARGARIDA DANTAS  | Team Lantemil                           | 302    | 400   | 07:11:17.767 | 04:38:10.657 |