



Classificação Geral

Posição	Dorsal	Nome	Clube	Escalão	Tempo
1	66	Cristiana Esteves	Lion Runners - G. D. Leões da Guarda	SEN-F	02:37:48
2	207	Marta Manuela Torres Oliveira e Silva	Ribeiros Bike Shop	F-40	02:44:48
3	233	Olga Mota	Individual	SEN-F	02:57:47
4	71	Daniela Falcão	Os Quebra Nozes	SEN-F	02:58:47
5	311	Telma Duarte	Ermida Fit Runners	SEN-F	03:00:33
6	122	Helena Gomes	individual	F-40	03:00:56
7	301	Sérgia Ariana Pinto	Individual	SEN-F	03:04:14
8	131	Isabel Santos	Longusbike Team / Carlic Porto	SEN-F	03:06:29

9	23	Andreia Amorim	Individual	SEN-F	03:06:37
10	64	Cidália Teixeira	Individual	SEN-F	03:07:43
11	7	Aida Presa	Girls4Run	F-40	03:08:20
12	237	Paula Oliveira	No Meio do Nada	F-40	03:11:42
13	65	Cláudio Taveira	Fontainhas Runners	SEN-F	03:21:11
14	236	Paula Chaves	All About	F-40	03:21:54
15	107	Glória Monteiro	Tartarugas do Asfalto	F-40	03:22:22
16	307	Sónia Azevedo	Individual	SEN-F	03:22:29
17	200	Manuela Ferreira	Pernetas	F-40	03:25:13
18	309	Susana Canhola	Pernetas	F-40	03:25:17
19	317	Veslava Valentinovic	Budeguita Runners	SEN-F	03:25:41
20	306	Solange Sousa	Individual	SEN-F	03:26:18
21	52	Carla Sousa	Us Gunas	F-40	03:26:32
22	129	Isabel Carvalho	individual	F-40	03:29:14
23	181	Lúcia Santos	Metralhas Runners	SEN-F	03:33:47
24	74	Diana Ribeiro	Individual	SEN-F	03:34:11
25	87	Fernanda Almeida	Ginásio Fit4Fun	F-50	03:36:25
26	36	Armandina Torres	GDCT INCM	F-40	03:39:06

27	62	Catarina Pereira	Ei Team Trail	F-40	03:39:10
28	51	Carla Pimentel	Generosos	SEN-F	03:46:46
29	130	Isabel Ferreira	Budeguita Runners	SEN-F	03:48:27
30	206	Marlene Martins	Individual	SEN-F	03:54:04
31	24	Ângela Bragança	Zupper	SEN-F	03:56:04
32	15	Ana Dolores	All About	SEN-F	04:02:13
33	266	Prazeres Pires	Team Duas Faces	F-50	04:22:35
34	16	Ana Magalhães	Individual	F-40	04:24:35
35	221	Mónica Borges	Individual	SEN-F	04:41:52
36	286	Rosa Costa	Moreira Relax Runners	F-50	04:42:58
37	50	Carla Maia	Individual	SEN-F	04:55:46



Classificação Geral

Posição	Dorsal	Nome	Clube	Escalão	Tempo
1	138	João Santos	Boccasballs	SEN-M	01:56:29
2	75	Dinis Gonçalves	Multipower - Gaia Trail	M-40	01:56:35
3	30	António Martins	Centro Ciclista Gondomar	M-40	01:58:12
4	319	Victor Teixeira	Individual	M-40	02:01:47
5	104	Gabriel Meira	EDV - Viana Trail	M-40	02:01:54
6	54	Carlos Alves	MultiPower - Gaia Trail	SEN-M	02:03:40
7	216	Miguel Pires	Quinta da Maia Runners	SEN-M	02:05:06
8	315	Tiago Teixeira	Ginásio Factor X	SEN-M	02:07:27
9	33	António Rocha	Clube Atletismo Gaienses / Toyota	M-50	02:08:39

10	211	Miguel Carvalho	OzXtreme	SEN-M	02:09:29
11	92	Fernando Taborda	Oralklass - Aliança - Amigos do Trail	SEN-M	02:09:46
12	198	Manuel Sousa	A. R. Luz e Vida Gondomarense	M-50	02:10:05
13	72	David Fernando Rocha Tavares	Centro Ciclista de Gondomar	M-50	02:10:46
14	55	Carlos Barroso	Clube Atletismo Gaienses / Toyota	M-40	02:10:48
15	6	Agostinho Costa	CCDR Fundo da Vila	M-50	02:10:50
16	102	Francisco Teixeira	A. R. Luz e Vida Gondomarense	M-40	02:10:53
17	141	Joaquim Freitas	Grupo Dramático e Recreativo da Retorta	M-40	02:14:31
18	79	Domingos Gomes	Individual	SEN-M	02:14:43
19	80	Duarte Barbosa	Individual	M-40	02:15:27
20	280	Ricardo Rocha	Fast ao KM / PRR-Nutrition	SEN-M	02:15:31
21	117	Hélder Rocha	100 Km	SEN-M	02:16:23
22	109	Helder Camilo	Paredes Aventura	SEN-M	02:17:29
23	174	José Manuel Cabral e Silva	Individual	M-50	02:17:41
24	32	António Rocha	Individual	M-50	02:18:01
25	212	Miguel Martins	Longusbike Team / Carlic Porto	SEN-M	02:19:17

26	78	Dionísio Sousa	Individual	M-50	02:19:28
27	70	Daniel Pinheiro	Individual	SEN-M	02:19:59
28	162	José Pinto	Team Rede Ambiente	SEN-M	02:21:30
29	148	Jorge Alves	Desnível Positivo	SEN-M	02:21:33
30	19	André Fonte	Quinta da Maia Runners	SEN-M	02:21:36
31	105	Gabriel Teles	Os Quebra Nozes	SEN-M	02:22:00
32	277	Ricardo Pais	ST Trail	SEN-M	02:23:12
33	302	Sérgio Carneiro	Descola	SEN-M	02:23:19
34	208	Maurício Mendes	Runners United	SEN-M	02:23:22
35	241	Paulo Ferreira	Metralhas Runners	M-40	02:23:46
36	291	Rui Machado	Filónails - Santo Tirso	SEN-M	02:23:51
37	152	Jorge Marques	gd4caminhos	M-40	02:24:01
38	223	Nelson Marques	MultiPower - Gaia Trail	SEN-M	02:24:24
39	238	Paulo Amadeu	MultiPower - Gaia Trail	SEN-M	02:26:05
40	255	Pedro Alves	Ipanema Team Runners	SEN-M	02:26:12
41	186	Luís Sá	Individual	M-40	02:27:35
42	63	Celso Oliveira	Lion Runners - G. D. Leões da Guarda	SEN-M	02:28:39

43	214	Miguel Oliveira	Clube Atletismo Gaienses / Toyota	M-40	02:29:06
44	247	Paulo Oliveira	Ginásio Factor X	SEN-M	02:29:32
45	191	Manuel Costa	Gramidense / KeMedo	SEN-M	02:29:39
46	110	Hélder Costa	Individual	M-40	02:30:50
47	99	Flávio Martins	Individual	SEN-M	02:31:18
48	172	José Luis Loureiro	Autistic Runners	M-50	02:31:28
49	183	Luis Lopes	Fardetas	M-40	02:31:49
50	101	Francisco Pinheiro	Individual	M-40	02:31:52
51	196	Manuel Rola	Juventude Cortegaçense	SEN-M	02:31:56
52	180	Lino Pinto	Individual	SEN-M	02:32:17
53	171	José Carlos Dias	CTAD - Trilhos de Cinfães	M-40	02:32:19
54	179	Leandro Pacheco	Monte dos Amigos	SEN-M	02:32:25
55	284	Rogério Vicente	Dental Doctors	M-40	02:32:44
56	163	José Ribeiro	Ginásio Factor X	M-40	02:32:47
57	240	Paulo Brás	Individual	M-40	02:32:51
58	156	José Cruz	Ei Team Trail	SEN-M	02:33:29
59	273	Ricardo Carvalho	Ei Team Trail	SEN-M	02:33:35
60	165	José Sá	Lion Runners - G. D. Leões da	SEN-M	02:34:03

			Guarda		
61	134	João Lázaro	Boccasballs	M-40	02:34:18
62	73	David Manuel de Jesus de Sousa	Ciclo Cabanas	SEN-M	02:34:26
63	316	Tomé Pinto	Individual	SEN-M	02:34:33
64	190	Manuel Brand	individual	M-40	02:34:36
65	263	Pedro Meneses	Secai / Pedalar / Digarda	M-40	02:34:40
66	293	Rui Moreira	Individual	SEN-M	02:34:56
67	173	José Luis Macedo	100 Rastos	M-40	02:35:01
68	194	Manuel Moreira	Individual	M-40	02:35:04
69	9	Alberto Marques	Amigos Quinta das Freiras	M-40	02:35:08
70	264	Pedro Pratas	Paredes Aventura	M-40	02:35:12
71	224	Nelson Santos	Gaia Cycling Team	M-40	02:35:16
72	89	Fernando Costa	Pernetas	M-40	02:35:38
73	246	Paulo Morais	Somos Nós Team	M-40	02:35:59
74	176	Júlio Barros	Individual	M-40	02:36:05
75	178	Leandro Barros	Individual	SEN-M	02:36:09
76	137	João Oliveira	Juventude Cortegaçense	M-40	02:36:19

77	28	António Loureiro	Autistic Runners	M-40	02:36:45
78	111	Helder Costa	Ginásio Fit4Fun	SEN-M	02:36:54
79	289	Luis Pinho	Ginásio Fit4Fun	M-40	02:36:58
80	20	André Gonçalves	Pretinho	SEN-M	02:37:40
81	59	Carlos Martins	GINASIO FIT4FUN	SEN-M	02:38:08
82	98	Filipe Sousa	All About	SEN-M	02:38:55
83	261	Pedro Gonçalves	Individual	SEN-M	02:39:02
84	98	Filipe Sousa	All About	SEN-M	02:39:50
85	274	Ricardo Machado	Juventude Cortegacense	SEN-M	02:40:00
86	321	Vitor Castro	Brabus Runners	SEN-M	02:40:04
87	112	Helder Faria	ADEFACEC	SEN-M	02:40:11
88	116	Hélder Parracho	Maia North Side Run	SEN-M	02:40:47
89	155	José Conceição	Gondomar Futsal Clube	SEN-M	02:41:26
90	88	Fernando Bastos	Ginásio Fit4Fun	M-40	02:41:28
91	144	Joel Pinto	Trail de Tongobriga	SEN-M	02:41:50
92	46	Bruno Ramiro	Zé do Pipo & Chico Torneiras	SEN-M	02:41:53
93	218	Miguel Santos	Individual	SEN-M	02:42:01
94	113	Helder Ferreira	Individual	SEN-M	02:42:41

95	210	Miguel Alves	Uma vez perdi-me no monte	SEN-M	02:43:07
96	45	Bruno Porto	Individual	SEN-M	02:43:29
97	12	Américo Areias	Individual	M-40	02:43:36
98	35	António Carlos Teixeira	ADA	M-50	02:44:18
99	328	João Moutinho	Individual	SEN-M	02:45:08
100	61	Carlos Natividade Silva	Paredes Aventura	M-50	02:45:17
101	84	Ernesto Ribeiro	Pernetas	M-40	02:45:34
102	225	Nelson Silva	Individual	SEN-M	02:45:37
103	106	Geraldo Santos	Espinho no Trail	M-40	02:46:07
104	139	Joaquim Coelho	Ei Team Trail	M-40	02:46:44
105	42	Bruno Freitas	Divisão de Elite	SEN-M	02:46:47
106	245	Paulo Melo	Soldado Desconhecido	M-40	02:46:51
107	329	Fernando Ferreira	Individual	M-50	02:46:55
108	276	Ricardo Oliveira	Individual	SEN-M	02:46:59
109	11	Alípio Lopes	Individual	M-50	02:48:03
110	168	José Sousa	Luz Vida Gondomarense	SEN-M	02:48:18
111	43	Bruno Gomes	Levanta Pó	SEN-M	02:48:25

112	285	Romulo Silva	Gramidense / KeMedo	SEN-M	02:48:29
113	327	Nelson Sousa	Paredes Aventura	SEN-M	02:49:53
114	58	Carlos Magalhães	As Belas e Eles	SEN-M	02:50:19
115	267	Rafael Almeida	Bravos do Mindelo	SEN-M	02:50:34
116	29	António Martins	Individual	M-40	02:50:57
117	184	Luis Peixoto	Individual	M-40	02:51:16
118	232	Nuno Teixeira	Ginásio Factor X	SEN-M	02:51:30
119	204	Mário Rodrigues	Metralhas Runners	M-40	02:51:38
120	268	Rafael Lopez Puertas	Maratón Jaen	M-50	02:52:06
121	27	António Fonseca	Individual	SEN-M	02:52:28
122	126	Hugo Silva	Individual	SEN-M	02:53:05
123	290	Rui Gonçalves	ADEFACEC	SEN-M	02:53:11
124	281	Ricardo Silva	Tou Que Nem Posso	SEN-M	02:53:22
125	10	Alcino Vieira	Individual	M-50	02:53:27
126	195	Manuel Rocha	Ginásio Factor X	M-50	02:53:56
127	203	Mário Lança	Individual	M-40	02:54:38
128	108	Hélder Agostinho	Individual	SEN-M	02:54:43
129	93	Fernando Jorge Oliveira	FFIT Gaia Trail	M-40	02:54:57

130	239	Paulo Borges	ADEFACEC	SEN-M	02:55:04
131	257	Pedro Cruz	ADEFACEC	SEN-M	02:55:09
132	254	Paulo Diogo da Silva Reis	Run4all	SEN-M	02:55:18
133	243	Paulo Graça	Monte dos Amigos	M-50	02:55:46
134	288	Rui Claro	Juventude Cortegacense	SEN-M	02:55:51
135	220	Mike Dias	Santiago Team	M-40	02:56:33
136	169	José Carlos Bessa	BTT Matosinhos	SEN-M	02:56:37
137	298	Rui Soares	Individual	SEN-M	02:56:57
138	22	André Trigais	Individual	SEN-M	02:57:23
139	97	Filipe Saraiva	Individual	SEN-M	02:58:01
140	85	Fábio Pinto	Individual	SEN-M	02:58:07
141	248	Paulo Pinheiro	Monte dos Amigos	SEN-M	02:58:28
142	249	Paulo Pires	Moreira Relax Runners	SEN-M	02:58:41
143	300	Serafim Ramos	Clube do Pessoal EDP - Porto	M-50	02:58:44
144	175	José Pedro Sistelo	All About	SEN-M	02:58:52
145	103	Frank Domingues	Individual	M-40	02:59:17
146	94	Filipe Medeiros	All About	SEN-M	02:59:35

147	182	Luis Lobo	Alltitudes	M-40	02:59:38
148	213	Miguel Moura	Individual	M-40	02:59:44
149	222	Nelson Duarte	The Outsiders Running Trail Team	M-40	02:59:48
150	170	José Carlos Branco	Individual	SEN-M	03:00:31
151	120	Hélder Silva	Individual	SEN-M	03:00:59
152	4	Afonso Bonifácio	Pernetas	SEN-M	03:01:02
153	41	Bruno Carneiro	Minions	SEN-M	03:01:04
154	272	Renato Pinto	Corredores Nocturnos de Paredes	SEN-M	03:01:22
155	252	Paulo Seabra	Individual	M-40	03:01:38
156	154	Jorge Pinto de Barros	Individual	SEN-M	03:02:01
157	217	Miguel Rocha	Health Club X5	M-40	03:02:06
158	91	Fernando Oliveira	Individual	M-50	03:04:01
159	228	Nuno Ferreira	Individual	M-40	03:04:22
160	260	Pedro Gomes	Individual	M-40	03:04:27
161	324	Adriano Magalhães	Fardetas	M-40	03:04:33
162	228	Nuno Ferreira	Individual	M-40	03:04:42
163	160	José Leite	Individual	M-40	03:04:47
164	8	Alberto Lima	Individual	M-40	03:04:57

165	128	Ilídio Pires	All About - Pentelheiros Runners	M-40	03:05:34
166	262	Pedro Matos	Bikes & Friends	SEN-M	03:05:38
167	119	Helder Silva	Individual	M-40	03:06:13
168	76	Diogo Couto	Moreira Relax Runners	SEN-M	03:06:33
169	270	Renato Cardoso	Porto Runners	M-40	03:06:46
170	161	José Pereira	Gramidense / KeMedo	SEN-M	03:07:55
171	123	Henrique Marques	Individual	M-40	03:08:14
172	326	José Silva	Individual	M-40	03:08:27
173	146	Joel Rego	Bazinga	SEN-M	03:08:31
174	278	Ricardo Rego	Bazinga	SEN-M	03:08:35
175	299	Serafim Fonseca	Os Amigos de São Pedro da Cova	M-50	03:08:38
176	305	Simão Sousa	Individual	SEN-M	03:08:42
177	145	Joel Ramos	Ginásio Factor X	SEN-M	03:08:58
178	3	Adriano Rocha	Outsiders Running Trail Team	M-40	03:09:08
179	39	Avelino Rodrigues	Pernetas	M-40	03:09:15
180	121	Helder Silva	La Zinco	SEN-M	03:09:53
181	2	Adalberto Figueiredo	Individual	M-40	03:10:45

182	193	Manuel Emidio	Individual	M-50	03:11:08
183	135	João Monteiro	Budeguita Runners	SEN-M	03:11:14
184	5	Afonso Oliveira	Individual	SEN-M	03:11:34
185	77	Diogo Santana	bravos de mindelo	SEN-M	03:11:47
186	38	Armindo Maia	Serra	SEN-M	03:11:58
187	115	Hélder Oliveira	Chaplin	SEN-M	03:12:10
188	297	Rui Ribeiro	Individual	M-40	03:12:14
189	136	João Mota	Individual	M-50	03:12:22
190	34	António Silva	Individual	M-40	03:12:24
191	133	João Ferreira	Ginásio Factor X	M-50	03:12:28
192	86	Fábio Silva	Bikes & Friends	SEN-M	03:13:20
193	197	Manuel Silva	Individual	SEN-M	03:13:41
194	209	Micael Cunha	MultiPower - Gaia Trail	SEN-M	03:13:45
195	44	Bruno Monteiro	Lion Runners - G. D. Leões da Guarda	SEN-M	03:13:59
196	100	Francis Fernandes	As Belas e Eles	SEN-M	03:14:17
197	275	Ricardo Magalhães	As Belas e Eles	SEN-M	03:14:24
198	37	Armando Moreira	Individual	M-40	03:15:00

199	192	Manuel Cunha Lima	Experienciar	M-50	03:15:04
200	296	Rui Rebelo	Run4All	SEN-M	03:15:27
201	177	Julio Silva	Juventude Cortegaçense	M-40	03:15:57
202	147	Joel Sequeira	Juventude Cortegaçense	SEN-M	03:16:00
203	142	Joaquim Nogueira	Gramidense / KeMedo	M-40	03:17:36
204	269	Renato Almeida	Gramidense / KeMedo	SEN-M	03:17:45
205	253	Paulo Silva	Divisão de Elite	SEN-M	03:17:55
206	21	André Penafort	Individual	SEN-M	03:18:54
207	271	Renato Lourenço	Individual	SEN-M	03:19:19
208	215	Miguel Pinto	Monte dos Amigos	SEN-M	03:19:25
209	322	Vitor Costa	Monte dos Amigos	SEN-M	03:19:29
210	303	Sérgio Oliveira	Uma vez perdi-me no monte	SEN-M	03:19:51
211	83	Ernesto Martins	Tou Que Nem Posso	M-50	03:20:17
212	143	Joaquim Vidal	Individual	SEN-M	03:20:25
213	40	Bruno Andrade	Trailgloditas	SEN-M	03:21:00
214	320	Vitor Barroso	Fontainhas Runners	M-40	03:21:08
215	265	Pedro Ricardo Oliveira Lourenço	Ribeiros Bike Shop	SEN-M	03:21:42
216	188	Luís Sousa	Individual	M-40	03:22:35

217	325	José Castelo	Individual	M-50	03:22:44
218	82	Emídio Pontes	Os Amigos de São Pedro da Cova	M-50	03:24:03
219	90	Fernando Gomes	Individual	M-40	03:24:41
220	53	Carlindo Martins	Individual	M-40	03:24:51
221	56	Carlos Guedes	Alltitudes	SEN-M	03:25:02
222	242	Paulo Fonseca	Os Amigos de São Pedro da Cova	M-50	03:25:21
223	47	Bruno Rodrigues	Crazy Trailers	SEN-M	03:25:53
224	323	Vitor Helder da Silva Santos	Confraria Trotamontes	M-40	03:25:56
225	304	Sérgio Silva	Us Gunas	SEN-M	03:26:04
226	60	Carlos Moreira	Individual	SEN-M	03:26:06
227	189	Luís Miguel Ferreira	Lion Runners - G. D. Leões da Guarda	M-40	03:26:10
228	226	Nelson Sousa	Individual	SEN-M	03:26:14
229	226	Nelson Sousa	Individual	SEN-M	03:26:29
230	159	José Ferreira	Lion Runners - G. D. Leões da Guarda	SEN-M	03:26:37
231	118	Helder Silva	Moreira Relax Runners	M-40	03:26:40
232	229	Nuno Morgado	Individual	SEN-M	03:26:44

233	244	Paulo Macedo	Pari Passu	SEN-M	03:27:42
234	294	Rui Paiva	Gazufas Racing	SEN-M	03:28:14
235	205	Mário Jorge Soares	All About	SEN-M	03:29:29
236	140	Joaquim França	Refugio	M-50	03:32:18
237	219	Miguel Silva	Brabus Runners	SEN-M	03:32:41
238	49	Bruno Vigário	Metralhas Runners	SEN-M	03:33:41
239	279	Ricardo Rocha	Individual	SEN-M	03:34:15
240	230	Nuno Reis	Individual	SEN-M	03:36:17
241	199	Manuel José Costa Freitas	Individual	SEN-M	03:36:30
242	31	António Pinheiro	Team Duas Faces	SEN-M	03:39:17
243	258	Pedro da Costa Ferreira	Individual	M-40	03:42:31
244	234	Oscar Novais	Individual	M-40	03:42:34
245	314	Tiago Salgueiro	Sawadee	SEN-M	03:44:31
246	256	Pedro Costelha	Generosos	M-40	03:46:42
247	81	Eduardo Castro	Individual	SEN-M	03:47:41
248	57	Carlos Lira	Powerboost	SEN-M	03:47:48
249	96	Filipe Ramos	Powerboost	SEN-M	03:47:52
250	26	António Carvalho	Nocturnos de Paredes	M-50	03:54:15

251	259	Pedro Duarte	Gramidense / KeMedo	SEN-M	03:56:08
252	185	Luis Pereira	Individual	SEN-M	03:59:04
253	125	Hugo Costa	Individual	M-40	04:04:02
254	295	Rui Quinta	Individual	M-50	04:08:49
255	251	Paulo Santos	Individual	SEN-M	04:22:15
256	1	Abílio Ferreira	Individual	SEN-M	04:41:43
257	150	Jorge Borges	Individual	SEN-M	04:41:58