

#	Nome	Equipa	Dorsal	Tempo	Diferença
MASCULINO					
1	Paulo Gonçalves	Clube de Montanhismo da Guarda	203	01:39:40.277	----
2	Diogo Antunes	Esgalhada trail team	192	01:47:01.340	00:07:21.063
3	Paulo Costa	VIRIATHVS RUNNERS VISEU	167	01:47:49.311	00:08:09.034
4	André Barros	Clube de Montanhismo da Guarda	390	01:49:34.107	00:09:53.830
5	marco capela	CLUBE TERRAS DO COA SABUGAL	23	01:49:39.555	00:09:59.278
6	José Belbuche	Centro Trail Carlos Sá Team Penacova	327	01:50:49.102	00:11:08.825
7	David Assis	Casa do Povo de Mangualde	155	01:51:10.076	00:11:29.799
8	José Gouveia	Viseu360	148	01:51:47.794	00:12:07.517
9	Marco Rodrigues	----	266	01:52:54.253	00:13:13.976
10	DANIEL ALEXANDRE SOUSA ANDRADE	Esgalhada Trail Team	310	01:53:03.334	00:13:23.057
11	José Santos Gomes	Viseu Running Team	10	01:54:50.856	00:15:10.579
12	Sérgio Fragona	Soltem o Rebanho	395	01:55:49.265	00:16:08.988
13	António Leitão	Marcha Lenta Team	265	01:58:43.321	00:19:03.044
14	Francisco Aguiar	Viseu 360	201	01:59:50.253	00:20:09.976
15	Vasco Manuel de Almeida Marques	Traquinos	357	01:59:51.376	00:20:11.099
16	Manuel Joaquim Pragana Fonseca	Clube de Montanhismo da Guarda / Traquinos	425	02:01:34.282	00:21:54.005
17	José Silva	PSP VISEU RUNNERS	71	02:02:05.348	00:22:25.071
18	Miguel Silva	Porto Sentido Runners	216	02:02:31.851	00:22:51.574
19	Micael Silva Lopes	SS CGD	289	02:03:11.329	00:23:31.052
20	Rui Coelho	----	271	02:03:38.310	00:23:58.033
21	Diogo Duarte	Viseu 360	321	02:03:48.359	00:24:08.082
22	Rui Pacheco	Clube de Montanhismo da Guarda	8	02:04:09.317	00:24:29.040
23	Pedro Miguel Laranjo	Viseu 360	5	02:04:14.744	00:24:34.467
24	Nuno Cardoso	Viseu 360	229	02:04:15.361	00:24:35.084
25	Manuel Fernandes	Viseu 360	291	02:04:15.603	00:24:35.326
26	Carlos Filipe da Silva Chagas	Clube Montanhismo da Guarda	48	02:06:35.789	00:26:55.512
27	José Miguel de Frias Pereira	Runners do Demo	238	02:06:47.543	00:27:07.266
28	Hélio Costa	CCDR Colmeal da torre	250	02:07:24.112	00:27:43.835
29	Mário Carlos Correia Fernandes	VISEU360	176	02:07:26.553	00:27:46.276
30	José Martins	Marcha Lenta Team	113	02:07:37.743	00:27:57.466
31	António Pedro Oliveira	----	434	02:08:01.097	00:28:20.820
32	Bruno Santos	----	355	02:08:17.067	00:28:36.790
33	Gonçalo Nuno Lopes Paiva	Traquinos	415	02:09:09.550	00:29:29.273
34	Ricardo Jorge Alves Gomes	A.R.D. Os Povoenses	394	02:10:01.755	00:30:21.478
35	ANTÓNIO LÁGEO	Galhardos Runners	270	02:10:02.073	00:30:21.796
36	David Fonseca	Traquinos	367	02:11:24.534	00:31:44.257
37	José carlos sousa Duarte	Esgalhada Trail Team	152	02:11:32.326	00:31:52.049
38	Custódio Ferreira	Viseu 360	20	02:11:44.231	00:32:03.954
39	Pedro Ferreira	Centro Trail Carlos Sá Team Penacova	410	02:12:14.463	00:32:34.186
40	Fernando ruas cardoso	Porto sentido runners	227	02:12:34.499	00:32:54.222
41	Paulo Abrantes	Traquinos	352	02:13:22.042	00:33:41.765
42	Daniel Pina	Keep Running	347	02:13:23.001	00:33:42.724
43	Rui Freitas	Esgalhada Trail Team	29	02:14:22.716	00:34:42.439

#	Nome	Equipa	Dorsal	Tempo	Diferença
44	António Ferreira	-----	272	02:15:13.580	00:35:33.303
45	Tiago Ferreira	Viseu 360	44	02:15:14.714	00:35:34.437
46	Sérgio Silva	Viseu 360	14	02:15:26.605	00:35:46.328
47	Vitor Carvalho	-----	220	02:17:11.287	00:37:31.010
48	Severino Costa	G.D.R.GRANJA-CASTRO DAIRE-TRUTAS DO MAU	45	02:17:18.239	00:37:37.962
49	Mário Rui Santos	Clube Atlético de Oliveira do Hospital	186	02:17:20.048	00:37:39.771
50	Paulo Lopes	Viseu 360	18	02:18:29.780	00:38:49.503
51	Paulo Jorge Marques	----	436	02:18:47.236	00:39:06.959
52	Jonas Aimar	Viseu 360º	43	02:19:44.273	00:40:03.996
53	Luis Rosa	Dão Nelas Runners	236	02:20:08.452	00:40:28.175
54	Nuno Proença	Corridinha da quarta-feira	214	02:20:47.111	00:41:06.834
55	José Gomes	Corridinha da Quarta-feira	215	02:20:47.270	00:41:06.993
56	António Esteves	Corridinha da quarta-feira	211	02:20:47.559	00:41:07.282
57	Carlos Marinho	-----	21	02:20:48.465	00:41:08.188
58	Paulo Loureiro	Gapafit Castro Daire	132	02:21:12.737	00:41:32.460
59	Pedro Gil	ASA CDCF	170	02:21:20.794	00:41:40.517
60	Filipe Fernandes	Esgalhada Trail Team	31	02:21:49.479	00:42:09.202
61	António Luís Simão da Fonseca	Traquinos	386	02:22:49.294	00:43:09.017
62	Paulo ALEXandre dos Santos Amaral	Traquinos	351	02:23:01.188	00:43:20.911
63	Henrique Conceição	Viseu 360	35	02:23:18.756	00:43:38.479
64	Paulo Correia	Clube Terras do Côa - Sabugal	407	02:24:05.742	00:44:25.465
65	João Gaspar	-----	156	02:26:45.742	00:47:05.465
66	Óscar Rocha	Viriathvs Runners Viseu	342	02:27:53.452	00:48:13.175
67	JOSE FARO	Javalis - Amizade & Gloria	423	02:27:53.718	00:48:13.441
68	João Pedro Viegas	Associação R.C.Figueiró Granja-Figueiró Bixxxos Team	330	02:30:25.284	00:50:45.007
69	Eugénio Rodrigues Proença	Associação Beselguense	315	02:30:37.948	00:50:57.671
70	Nuno Filipe Lopes Pinto	-----	200	02:30:44.277	00:51:04.000
71	David Vicente	-----	217	02:30:46.248	00:51:05.971
72	Marcos Carreira	clube terras do coa	7	02:30:49.974	00:51:09.697
73	Nuno Teixeira	Clube Terras do Coa	72	02:30:50.695	00:51:10.418
74	Gonçalo Pires	Galhardos Runners	199	02:31:20.405	00:51:40.128
75	Rui Daniel Gonçalves Dionisio	Traquinos	389	02:32:37.227	00:52:56.950
76	José Sidónio Silva	-----	418	02:33:24.003	00:53:43.726
77	Humberto Dias	Run4fun	222	02:33:40.405	00:54:00.128
78	Filipe Sousa	Viseu 360	402	02:33:41.150	00:54:00.873
79	Pedro Andrade	-----	34	02:34:14.714	00:54:34.437
80	Aníbal Gonçalves	Atlético Clube de Travanca	313	02:36:00.225	00:56:19.948
81	jose manuel de sousa fereira	GD OS RIBEIRINHOS	131	02:36:27.404	00:56:47.127
82	André Magalhães	Runners SERNANCELHE Terra da Castanha	260	02:37:26.932	00:57:46.655
83	Vitor Jorge Pereira Nogueira	Runners do Demo	426	02:37:57.989	00:58:17.712
84	Luís	Traquinos	353	02:39:06.119	00:59:25.842
85	Nuno Ribeiro	Viseu 360	3	02:42:04.680	01:02:24.403
86	Celso Ribeiro	-----	22	02:42:47.183	01:03:06.906
87	Filipe Albuquerque Patricio	Esgalhada Trail Team	275	02:44:14.920	01:04:34.643

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88	Luis Lemos Loureiro	Viseu 360	239	02:44:22.659	01:04:42.382
89	Luis Brito	-----	178	02:45:02.842	01:05:22.565
90	Antonio Loureiro	ESGALHADA TRAIL TEAM	194	02:46:01.167	01:06:20.890
91	Leonardo Silva	Associação R.C.Figueiró Granja-Figueiró Bixxxos Team	332	02:46:12.670	01:06:32.393
92	Kevin Costa	Associação R.C.Figueiró Granja-Figueiró Bixxxos Team	331	02:46:49.909	01:07:09.632
93	Pedro Caramelo	Pé Ligeiro de Gouveia	127	02:49:58.689	01:10:18.412
94	Nuno Gil	Corridinha da quarta-feira	210	02:50:24.889	01:10:44.612
95	Paulo Borralhinho	CCDR Colmeal da Torre	244	02:52:02.659	01:12:22.382
96	Sandra Margarida Jesus Fortuna Fernandes	Corridinha da Quarta-feira	256	02:52:55.653	01:13:15.376
97	Rui Pedro da Silva Fernandes	Corridinha da Quarta-Feira	257	02:52:56.793	01:13:16.516
98	Davide Silvio Rodrigues Batista	Corridinha da Quarta-Feira	255	02:53:35.068	01:13:54.791
99	Ricardo Camilo	Associação R.C.Figueiró Granja-Figueiró Bixxxos Team	207	02:55:04.663	01:15:24.386
100	Rúben Santos	Associação R.C.Figueiró Granja-Figueiró Bixxxos Team	329	02:55:32.061	01:15:51.784
101	Francisco Moreira	Runners SERNANCELHE Terra da Castanha	254	02:56:19.087	01:16:38.810
102	Mário Rodrigues	Runners SERNANCELHE Terra da Castanha	242	02:56:19.644	01:16:39.367
103	Sérgio Currais	Clube de Montanhismo da Guarda	174	02:56:37.387	01:16:57.110
104	Carlos Cordeiro	CAMR	122	02:56:47.295	01:17:07.018
105	Carlos Leitão	Clube Atletismo Monica Rosa	188	02:56:48.263	01:17:07.986
106	Nelson Adrego	-----	182	02:57:50.114	01:18:09.837
107	Cláudio Manuel Cerqueira da Silva	Porto sentido Runners	146	02:58:52.028	01:19:11.751
108	Bruno Figueiredo	-----	316	02:59:14.784	01:19:34.507
109	Ricardo Homem	-----	173	03:01:49.275	01:22:08.998
110	TIAGO CANTARINHA	Galhardos Runners	269	03:07:41.529	01:28:01.252
111	Vital	Viseu 360	422	03:07:51.525	01:28:11.248
112	Manuel Pacheco	Atlético Clube de Travanca	344	03:10:43.268	01:31:02.991
113	André Tavares	Associação R.C.Figueiró Granja-Figueiró Bixxxos Team	268	03:11:36.717	01:31:56.440
114	Herminio Silva	dimag	231	03:11:41.958	01:32:01.681
115	FILIPE NEVES	Esgalhada Trail Team	109	03:16:18.218	01:36:37.941
116	Nuno Miguel Torres Albuquerque	-----	151	03:20:25.729	01:40:45.452
117	José Figueiredo	----	432	03:20:27.986	01:40:47.709
118	Joaquim Ferreira	Ponto Zen	168	03:26:18.150	01:46:37.873
119	Fernando Ferreira	Runners SERNANCELHE Terra da Castanha	261	03:28:51.652	01:49:11.375
120	João Furtado	Associação R.C.Figueiró Granja-Figueiró Bixxxos Team	123	03:31:45.107	01:52:04.830
121	António José Gaspar Correia	Grupo BTT de Manteigas	383	03:47:44.870	02:08:04.593
122	Rodrigo Figueiredo	-----	318	04:10:01.948	02:30:21.671
--	Tiago Carreira	Viriathvs runners	360	--:--:-- (D)	----
FEMININO					
1	Sabina Neca	Clube de Montanhismo da Guarda	428	01:53:18.762	----
2	Sandrina	Viseu 360	320	02:03:48.524	00:10:29.762
3	Paula Cardoso	viseu360	169	02:18:29.204	00:25:10.442
4	Andreia Luísa Lemos Pita	ARDC Venda da Luisa	218	02:22:28.267	00:29:09.505
5	Fátima Costa	Viriathvs Runners Viseu	399	02:26:05.990	00:32:47.228
6	Celina Dias	Run4fun	223	02:27:01.524	00:33:42.762
7	Sandra Santos	Atlético Clube de Travanca	335	02:27:15.461	00:33:56.699

#	Nome	Equipa	Dorsal	Tempo	Diferença
8	Marlene Martins	Gapafit Castro Daire	133	02:31:33.241	00:38:14.479
9	Helena Melo	Marcha Lenta Team	205	02:34:38.229	00:41:19.467
10	Mariana Coelho	Runners do Demo	341	02:35:01.197	00:41:42.435
11	Maria Monteiro	Clube de Montanhismo da Guarda	9	02:35:34.939	00:42:16.177
12	Ana Lopes	Atlético Clube de Travanca	314	02:36:40.904	00:43:22.142
13	Beatriz da Conceição Nunes Gouveia	-----	356	02:41:53.145	00:48:34.383
14	Cristina Almeida	Viseu 360	4	02:42:04.144	00:48:45.382
15	Graça Costa	RUNNERS DO DEMO	273	02:44:17.938	00:50:59.176
16	Sandra Teresa Ferreira Chaves	Runners do Demo	237	02:45:26.615	00:52:07.853
17	Marta Sofia Ferreira de Oliveira	Grupo Desportivo de Trancoso	379	02:46:13.332	00:52:54.570
18	Regina Araújo	Runners SERNANCELHE Terra da Castanha	373	02:46:38.609	00:53:19.847
19	Andreia Cláudia de Jesus Pena	Corridinha da quarta-feira	258	02:47:28.361	00:54:09.599
20	Sónia Rodrigues	Galhardos Runners	144	02:53:29.648	01:00:10.886
21	Raquel gomes	Dão Nelas Runners	361	02:55:04.362	01:01:45.600
22	Mónica Baptista	-----	128	02:55:05.187	01:01:46.425
23	Ana Rita Ferreira	Galhardos runners	145	02:56:41.378	01:03:22.616
24	Neuza Costa	CAMR	121	02:56:47.347	01:03:28.585
25	Carla Leitão	Clube Atletismo Monica Rosa	187	02:56:47.872	01:03:29.110
26	Sara Jesus figueiredo	-----	363	02:57:08.163	01:03:49.401
27	Vera Abreu	-----	181	02:58:05.052	01:04:46.290
28	Susana Amaral Ferreira	SS CGD	345	03:03:07.299	01:09:48.537
29	Teresa Rocha	JORSAT - runners	401	03:07:16.719	01:13:57.957
30	Daniela Ferreira	JORSAT RUNNERS	364	03:07:16.989	01:13:58.227
31	Sofia	Viseu 360	421	03:07:51.573	01:14:32.811
32	Liliana Santos	GalhardosRunners	319	03:14:29.225	01:21:10.463
33	Márcia Alexandra	Viriathvs Runners Viseu	400	03:16:14.968	01:22:56.206
34	liliana lopes	Viseu 360	336	03:18:28.663	01:25:09.901
35	Marta Daniela Chaves	----	437	03:18:31.516	01:25:12.754
36	Vera Ferreira	Viseu 360	16	03:18:31.976	01:25:13.214
37	Maria Pires	----	433	03:21:12.119	01:27:53.357
38	Isabel Rodrigues	Galhardos Runners	47	03:22:43.708	01:29:24.946
39	Sandrina malhada	Runners do demo	292	03:25:29.112	01:32:10.350
40	Sandra Santos	Runners SERNANCELHE terra da Castanha	262	03:28:51.668	01:35:32.906
41	Ana Catarina Gomes Vilhena	Clube de Montanhismo da Guarda	190	03:32:25.399	01:39:06.637
42	Cristina Pires	clube de montanhismo	24	03:32:25.599	01:39:06.837
43	Maria José David Pinto	Grupo BTT de Manteigas	382	03:47:46.084	01:54:27.322
44	Ana Raquel Garcia Magueijo	Jorsat	340	03:53:50.986	02:00:32.224
45	Sandra Camões	Jorsat	369	03:53:51.187	02:00:32.425
46	Sandra Santos	Jorsat runners	350	03:53:51.245	02:00:32.483
47	Mónica Figueiredo	-----	317	04:10:01.675	02:16:42.913
--	Elisabete Leitão	Runners SERNANCELHE Terra da Castanha	234	--:--:-- (D)	----