

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
1	MARCO FARIA	160	Individual	15M40	1:13:47.22	04:55	
2	PEDRO SANTOS	172	Individual	SENM15	1:13:59.44	04:56	00:00:12
3	LUÍS SILVA	129	Ctd - Trilhos de Cinfães	SENM15	1:20:14.77	05:21	00:06:28
4	NUNO MAIA	258	Individual	SENM15	1:20:21.51	05:21	00:06:35
5	JOSÉ SILVA	253	FC Alviada Trail Runners	SENM15	1:21:51.19	05:27	00:08:04
6	NUNO FARIA	170	ADCCJ CLARKS	SENM15	1:21:56.62	05:28	00:08:10
7	FILIPE ALMEIDA	151	Moinhos Run ADRM	SENM15	1:22:25.99	05:30	00:08:39
8	MANUEL ALVES	254	Individual	15M50	1:28:42.05	05:55	00:14:55
9	VITOR SOUSA	560	Individual	SENM15	1:28:43.49	05:55	00:14:56
10	JORGE RIBEIRO	230	Individual	15M40	1:28:44.37	05:55	00:14:57
11	JOSÉ LOPES	202	Power runners	15M40	1:28:47.30	05:55	00:15:00
12	PAULO CAVALEIRO	195	Leitão & Cavaleiro	15M50	1:28:52.88	05:56	00:15:06
13	RICARDO NETO	184	Cfit	SENM15	1:29:02.83	05:56	00:15:16
14	RICARDO FERREIRA	144	Individual	SENM15	1:29:50.39	05:59	00:16:03
15	LUÍS BÁRTOLO	175	Cfit	SENM15	1:29:51.12	05:59	00:16:04
16	JOSE MORAIS	161	Individual	15M50	1:31:45.56	06:07	00:17:59
17	SIMÃO FERNANDES	203	Individuaisbteam	SENM15	1:31:45.87	06:07	00:17:59
18	MANUEL FERREIRA	135	Amigos do Pedal TrailLagares	15M40	1:32:51.20	06:11	00:19:04
19	LEANDRO TEIXEIRA	204	Individuaisbteam	SENM15	1:33:36.33	06:14	00:19:49
20	PEDRO SILVA	242	Individual	SENM15	1:33:41.46	06:15	00:19:54
21	RAFAEL NOGUEIRA	239	Happy Runers (Happy Place)	SENM15	1:33:43.10	06:15	00:19:56
22	CARLOS PINTO	559	Individual	SENM15	1:35:35.97	06:22	00:21:49
23	ANDRE FREITAS	192	Equipotência Trail Team	SENM15	1:37:01.68	06:28	00:23:15
24	DANIEL FARIA	235	Happy Runers (Happy Place)	SENM15	1:37:29.26	06:30	00:23:42
25	PAULO FREITAS	167	Individual	SENM15	1:37:50.62	06:31	00:24:04
26	HELDER CUNHA	233	Oficina do Corpo	SENM15	1:38:10.78	06:33	00:24:24
27	PAULO SOUSA	229	Individual	15M40	1:39:23.03	06:38	00:25:36
28	BRUNO MAIA	169	Javalis Portugal	SENM15	1:39:52.69	06:40	00:26:06
29	ANDRÉ MADUREIRA	558	Individual	SENM15	1:41:02.63	06:44	00:27:16
30	RUI RIBEIRO	546	Individual	15M40	1:44:19.83	06:57	00:30:33
31	ROBERTO MOURA	103	Individual	SENM15	1:45:09.44	07:01	00:31:22
32	VITOR NETO	176	Cfit	SENM15	1:45:33.46	07:02	00:31:46
33	FRANCISCO PACHECO	173	Cfit	SENM15	1:45:37.25	07:02	00:31:50
34	BRUNO MOREIRA	231	FC Alviada Trail Runners	SENM15	1:45:37.51	07:03	00:31:51
35	JOAO NEVES	226	Equipotência Trail Team	SENM15	1:45:52.09	07:03	00:32:05
36	JAIME SOARES	256	Individual	15M40	1:45:52.79	07:04	00:32:06
37	LUIS NEVES	227	Equipotência Trail Team	SENM15	1:45:53.33	07:04	00:32:06
38	PEDRO OLIVEIRA	249	Andatrilhos Freamunde	SENM15	1:46:44.43	07:07	00:32:57
39	SÉRGIO PESSEGUEIRO	130	CFit/inBIKet	15M40	1:47:23.32	07:10	00:33:36
40	ANTÓNIO SILVA	224	Individual	15M40	1:47:29.75	07:10	00:33:43
41	MANUEL FERREIRA	556	Individual	SENM15	1:47:39.78	07:11	00:33:53
42	ANDREA COELHO	221	Tecla 3 Runners	15F40	1:47:46.46	07:11	00:33:59
43	TIAGO RIBEIRO	146	Foge Foge Bandido	SENM15	1:47:47.85	07:11	00:34:01
44	AGOSTINHO MATOS	149	THE STRONG TEAM	SENM15	1:47:50.32	07:11	00:34:03
45	JOSÉ MATOS	122	Individual	SENM15	1:47:51.85	07:11	00:34:05

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46	ARNALDO NOGUEIRA	174	Cfit	SENM15	1:47:54.86	07:12	00:34:08
47	JOAQUIM MOURA	252	Happy Runers (Happy Place)	15M40	1:47:56.05	07:12	00:34:09
48	MAURICIO RIBEIRO	126	Individual	15M40	1:47:59.37	07:12	00:34:12
49	BRUNO CASTRO	132	Individual	SENM15	1:48:09.42	07:13	00:34:22
50	ANDRÉ MARTINS	128	CFit/inBIKEtus	SENM15	1:48:14.39	07:13	00:34:27
51	ANDREIA COSTA	236	Happy Runers (Happy Place)	SENF15	1:48:51.46	07:15	00:35:04
52	DAVIDE PINTO	247	Happy Runers (Happy Place)	SENM15	1:48:53.67	07:16	00:35:07
53	MÁRIO NARCISO	217	OS DO PODIO	SENM15	1:49:20.73	07:17	00:35:34
54	ANTÓNIO ROCHA	206	Kitty team	SENM15	1:49:29.19	07:18	00:35:42
55	HUGO MARTINS	137	Tartaruga rapida	SENM15	1:50:09.47	07:21	00:36:22
56	ANTÓNIO MARIA	133	Individual	15M50	1:50:21.61	07:21	00:36:35
57	LUIS VIEIRA	102	Individual	SENM15	1:50:33.95	07:22	00:36:47
58	FILIPE RIBEIRO	152	Individual	SENM15	1:50:51.13	07:23	00:37:04
59	JOSE NETO	105	Individual	15M40	1:51:12.31	07:25	00:37:25
60	SÉRGIO ANDRADE	228	Moinhos Run ADRM	SENM15	1:51:25.03	07:26	00:37:38
61	VITOR PIRES	259	Individual	SENM15	1:51:30.14	07:26	00:37:43
62	CARLA COUTO	214	Individual	SENF15	1:51:32.77	07:26	00:37:46
63	JOSÉ BARBOSA	220	Individual	SENM15	1:51:33.35	07:26	00:37:46
64	CRISTIANO SILVA	177	Individual	SENM15	1:51:52.23	07:27	00:38:05
65	PEDRO GOMES	156	Oficina do Corpo	SENM15	1:51:53.65	07:28	00:38:07
66	CRISTINA COUTO	223	Tecla 3 Runners	SENF15	1:52:13.50	07:29	00:38:27
67	PAULO LEÃO	100	Individual	SENM15	1:52:19.27	07:29	00:38:32
68	JOAQUIM RIBEIRO	193	Equipotência Trail Team	SENM15	1:52:21.41	07:29	00:38:34
69	JOSE VEIGA	222	Individual	15M40	1:53:36.64	07:34	00:39:50
70	JORGE MOREIRA	162	Individual	SENM15	1:53:41.31	07:35	00:39:54
71	JOAO PEDROSA	209	team 3	SENM15	1:54:33.80	07:38	00:40:47
72	LUIS PEDROSA	207	team 3	SENM15	1:54:36.99	07:38	00:40:50
73	JOSÉ VENTUZELOS	139	Individual	15M40	1:54:37.06	07:38	00:40:50
74	VITOR SILVA	219	Tecla 3 Runners	15M40	1:54:37.63	07:39	00:40:51
75	ISABEL MAGALHÃES	243	Happy Runers (Happy Place)	SENF15	1:54:44.64	07:39	00:40:58
76	DIOGO TRISTÃO	238	Happy Runers (Happy Place)	SENM15	1:55:01.99	07:40	00:41:15
77	CATARINA SAMPAIO	241	Happy Runers (Happy Place)	SENF15	1:55:15.26	07:41	00:41:28
78	ANDRÉ MOREIRA	180	FC Aliviada Trail Runners	SENM15	1:55:17.94	07:41	00:41:31
79	RUI FERREIRA	240	Happy Runers (Happy Place)	SENM15	1:55:29.84	07:42	00:41:43
80	SÍLVIA SOARES	218	OS DO PODIO	SENF15	1:56:35.70	07:46	00:42:49
81	DANIEL SILVA	119	FUGITIVOS URBANOS - CLÍNICA + SAÚDE	SENM15	1:57:50.63	07:51	00:44:04
82	JORGE TEIXEIRA	215	Individual	15M50	1:58:36.15	07:54	00:44:49
83	MARCO SOUSA	260	Individual	15M40	1:58:59.33	07:56	00:45:12
84	MARCO SOUSA	190	Individual	SENM15	2:00:44.43	08:03	00:46:57
85	JOCA GONZAGA	164	TRAIL 268	SENM15	2:00:45.96	08:03	00:46:59
86	PAULO PINTO	245	Happy Runers (Happy Place)	SENM15	2:00:47.59	08:03	00:47:01
87	MARCIA RIBEIRO	104	Individual	SENF15	2:02:43.14	08:11	00:48:56
88	MÁXIMO RIBEIRO	232	Oficina do Corpo	SENM15	2:04:15.78	08:17	00:50:29
89	HUGO COUTO	257	Individual	15M40	2:04:27.04	08:18	00:50:40
90	CARLOS	123	Individual	SENM15	2:05:20.59	08:21	00:51:34

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91	JOANA MOURA	124	Individual	SENF15	2:05:20.75	08:21	00:51:34
92	SÍLVIA ESTRELA	196	Lixenses	SENF15	2:06:07.14	08:24	00:52:20
93	PEDRO SILVA	181	Cfit	SENM15	2:06:11.12	08:25	00:52:24
94	SUSANA SOUSA	171	ADCCJ CLARKS	SENF15	2:06:23.32	08:26	00:52:36
95	JOAQUIM SANTOS	210	Lixenses	SENM15	2:06:25.79	08:26	00:52:39
96	CARLA SANTOS	251	Happy Runers (Happy Place)	SENF15	2:06:27.76	08:26	00:52:41
97	NUNO ALMEIDA	120	FUGITIVOS URBANOS - CLÍNICA + SAÚDE	SENM15	2:06:29.80	08:26	00:52:43
98	ROGERIO PEREIRA	107	C30	SENM15	2:06:42.47	08:27	00:52:55
99	CÉLIA CORREIA	106	C30	SENF15	2:06:43.27	08:27	00:52:56
100	RUI RIBEIRO	208	team 3	SENM15	2:06:46.75	08:27	00:53:00
101	HELENA CERQUEDA	136	Tartaruga rapida	SENF15	2:08:15.97	08:33	00:54:29
102	MARTA FERREIRA	166	TRAIL 268	SENF15	2:08:59.30	08:36	00:55:12
103	MARIA TELES	248	Happy Runers (Happy Place)	SENF15	2:09:01.14	08:36	00:55:14
104	CECÍLIA MENDONÇA	165	TRAIL 268	SENF15	2:09:01.64	08:36	00:55:15
105	MARIA MOREIRA	159	S. Luiz	15F40	2:09:03.02	08:36	00:55:16
106	AUGUSTO BARBOSA	158	S. Luiz	15M50	2:09:03.64	08:36	00:55:17
107	ABILIO NEVES	191	Equipotência Trail Team	15M50	2:10:01.86	08:40	00:56:15
108	VERA MENDES	118	FUGITIVOS URBANOS - CLÍNICA + SAÚDE	SENF15	2:10:56.00	08:44	00:57:09
109	SÉRGIO SANTOS	199	Penoucas team	SENM15	2:12:03.56	08:48	00:58:17
110	RUI FERNANDES	200	Penoucas team	SENM15	2:12:04.29	08:48	00:58:17
111	CARLOS FELGUEIRAS	234	Individual	SENM15	2:12:27.43	08:50	00:58:40
112	RUI GONÇALVES	187	Oficina do Corpo	SENM15	2:12:58.77	08:52	00:59:12
113	JOSÉ MAGALHÃES	121	Individual	15M50	2:13:01.27	08:52	00:59:14
114	RICARDO SAMPAIO	141	Individual	SENM15	2:14:23.55	08:58	01:00:37
115	LUÍS CUNHA	198	Penoucas team	SENM15	2:15:17.49	09:01	01:01:30
116	JORGE FERNANDES	201	Penoucas team	SENM15	2:15:20.54	09:01	01:01:34
117	DIOGO COELHO	109	Individual	SENM15	2:20:55.35	09:24	01:07:08
118	JOÃO TEIXEIRA	113	Individual	SENM15	2:21:47.98	09:27	01:08:01
119	ALEXANDRA BESSA	154	Team Aguenta Aí	15F40	2:23:19.57	09:33	01:09:33
120	MARCO CUNHA	111	Individual	SENM15	2:24:44.12	09:39	01:10:57
121	PEDRO RIBEIRO	145	Individual	SENM15	2:25:10.00	09:41	01:11:23
122	PEDRO NUNES	112	Individual	SENM15	2:25:13.39	09:41	01:11:26
123	NUNO COSTA	250	Andatrilhos Freamunde	SENM15	2:25:13.68	09:41	01:11:27
124	JENIFFER TEIXEIRA	246	Happy Runers (Happy Place)	SENF15	2:25:48.66	09:43	01:12:02
125	MARIA SILVA	216	Individual	15F40	2:27:48.50	09:51	01:14:02
126	MANUEL SILVA	138	Team Aguenta Aí	15M40	2:27:52.07	09:51	01:14:05
127	JOANA CUNHA	255	Individual	SENF15	2:29:31.19	09:58	01:15:44
128	FILIPA VENTUZELOS	101	Individual	15F40	2:29:46.13	09:59	01:15:59
129	PAULA MARTINS	131	Individual	SENF15	2:29:58.22	10:00	01:16:11
130	ADRIANA COLINO	110	Individual	SENF15	2:31:26.94	10:06	01:17:40
131	SANDRA SILVA	117	FUGITIVOS URBANOS - CLÍNICA + SAÚDE	SENF15	2:32:30.20	10:10	01:18:43
132	RUI COELHO	116	FUGITIVOS URBANOS - CLÍNICA + SAÚDE	15M40	2:32:31.45	10:10	01:18:44
133	JOANA NETO	244	Happy Runers (Happy Place)	SENF15	2:34:58.32	10:20	01:21:11
134	FILIPA MOTA	237	Happy Runers (Happy Place)	SENF15	2:35:00.30	10:20	01:21:13
135	ANA SOUSA	197	Oficina do Corpo	SENF15	2:36:01.59	10:24	01:22:15

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136	ANA GOMES	125	Oficina do Corpo	SENF15	2:36:02.77	10:24	01:22:16
137	CARLOS ABREU	185	Oficina do Corpo	SENM15	2:36:14.43	10:25	01:22:27
138	CRISTINA SOARES	140	Individual	15F40	2:36:54.74	10:28	01:23:08
139	FERNANDA LEAL	108	Individual	15F40	2:36:58.85	10:28	01:23:12
140	SÓNIA COSTA	127	Individual	15F40	2:49:47.22	11:19	01:36:00
141	VITOR FERREIRA	186	Oficina do Corpo	SENM15	2:51:05.41	11:24	01:37:18
142	JOANA SILVA	189	Oficina do Corpo	SENF15	2:51:06.49	11:24	01:37:19
143	ANGELO RIBEIRO	153	Oficina do Corpo	15M40	2:51:07.83	11:25	01:37:21
144	PAULO SILVA	157	Individual	15M40	2:53:35.37	11:34	01:39:48
145	MIGUEL MACHADO	188	Oficina do Corpo	SENM15	2:53:42.26	11:35	01:39:55
146	ANDREA VIEIRA	182	Marco Trail	SENF15	2:54:10.63	11:37	01:40:24
147	EUNICE COELHO	213	Individual	SENF15	2:54:11.71	11:37	01:40:25
148	JOÃO CARDOSO	168	Ctad - Trilhos de Cinfães	SENM15	2:54:12.92	11:37	01:40:26
149	ANA SILVA	205	Kitty team	SENF15	2:59:19.74	11:57	01:45:33