

Pos.	Nome	Dorsal	Equipa	Categoria	Tempo	Ritmo	Diferença
1	PEREIRA, TIAGO	421	Individual	SENM15	1:12:28.39	04:50	0.0
2	FARIA, MARCO	333	Dá-Lhe Gás	15M40	1:14:03.81	04:56	00:01:36
3	SANTOS, PEDRO	378	Individual	SENM15	1:16:05.51	05:04	00:03:38
4	LEAL, CARLOS	433	TRAIL TEAM CASA DAS REPARAÇÕES	SENM15	1:18:46.34	05:15	00:06:18
5	SILVA, PAULO	343	Dá-Lhe Gás	15M40	1:20:50.73	05:23	00:08:23
6	ALMEIDA, ABÍLIO	341	Dá-Lhe Gás	15M40	1:22:53.13	05:32	00:10:25
7	MOTA, PEDRO	446	NOT SO FAST	SENM15	1:23:41.25	05:35	00:11:13
8	SOUSA, ROMEU	470	RorizAventura	SENM15	1:23:59.45	05:36	00:11:31
9	BRANDAO, PAULO	344	Individual	SENM15	1:23:59.65	05:36	00:11:32
10	MARQUES, ABÍLIO	324	Individual	15M50	1:24:53.52	05:40	00:12:26
11	LEMONS, FRANCISCO	503	0.0	15M50	1:25:34.86	05:42	00:13:07
12	PINTO, JOSÉ	502	0.0	SENM15	1:29:42.05	05:59	00:17:14
13	NOGUEIRA, RAFAEL	448	NOT SO FAST	SENM15	1:32:04.60	06:08	00:19:37
14	FERREIRA, RICARDO	422	TRAIL TEAM CASA DAS REPARAÇÕES	SENM15	1:32:11.97	06:09	00:19:44
15	BARBOSA, PAULO	511	0.0	SENM15	1:32:26.75	06:10	00:19:59
16	COSTA, FLÁVIO	328	Individual	SENM15	1:33:36.49	06:14	00:21:08
17	ALMEIDA, HUGO	509	0.0	15M40	1:33:42.45	06:15	00:21:14
18	SOUSA, JOSÉ	356	Red Line	SENM15	1:33:45.74	06:15	00:21:18
19	CUNHA, EUGÉNIO	504	0.0	15M40	1:34:06.31	06:16	00:21:38
20	MENDES, EDUARDO	430	TRAIL TEAM CASA DAS REPARAÇÕES	SENM15	1:34:10.47	06:17	00:21:42
21	BARBOSA, MANUEL	404	Paredes Running	15M40	1:35:42.28	06:23	00:23:14
22	BARBOSA, JORGE	373	LA Zinco	SENM15	1:36:07.86	06:25	00:23:40
23	PEREIRA, HUGO	355	Red Line	SENM15	1:37:53.75	06:32	00:25:26
24	MARTINS, HUGO	318	LA Zinco	SENM15	1:38:01.40	06:32	00:25:33
25	BRITO, ALEXANDRE	431	TRAIL TEAM CASA DAS REPARAÇÕES	15M40	1:38:01.53	06:32	00:25:34
26	GOMES, CARMINDO	513	0.0	15M40	1:38:19.63	06:33	00:25:52
27	PEREIRA, NUNO	413	ART Magrelos	SENM15	1:38:25.59	06:34	00:25:58
28	TORRES, RODRIGO	408	ART Magrelos	SENM15	1:40:43.23	06:43	00:28:15
29	FERNANDES, JOSÉ	454	Nova Linha Trail Runners	15M40	1:40:50.98	06:43	00:28:23
30	SILVA, VITOR	349	Dá-Lhe Gás	SENM15	1:40:55.80	06:44	00:28:28
31	FARIA, DIOGO	472	Individual	SENM15	1:41:29.60	06:46	00:29:02
32	MARTINS, DOMINGOS	426	Individual	SENM15	1:41:29.94	06:46	00:29:02
33	SOUSA, JOAO	429	TRAIL TEAM CASA DAS REPARAÇÕES	15M40	1:41:30.81	06:46	00:29:03
34	MACHADO, ARMANDO	432	TRAIL TEAM CASA DAS REPARAÇÕES	15M40	1:41:30.94	06:46	00:29:03
35	SAMPAIO, BRUNO	370	Individual	SENM15	1:43:52.92	06:56	00:31:25
36	VIEIRA, LUIS	337	Individual	SENM15	1:44:49.04	06:59	00:32:21
37	FERREIRA, SONIA	469	Individual	SENF15	1:45:59.59	07:04	00:33:32
38	RODRIGUES, MARCO	468	Individual	SENM15	1:45:59.93	07:04	00:33:32
39	FERREIRA, MANUEL	359	TECLA 3 RUNNERS	15M40	1:46:54.07	07:08	00:34:26
40	SOARES, MANUEL	372	Individual	15M40	1:46:54.14	07:08	00:34:26
41	CARVALHO, ANDRÉ	406	ART Magrelos	SENM15	1:47:28.47	07:10	00:35:00
42	PEREIRA, HUGO	416	ART Magrelos	SENM15	1:47:29.03	07:10	00:35:01
43	TELES, MARINA	393	Powerrunners	SENF15	1:47:38.09	07:11	00:35:10
44	BARBOSA, JOEL	394	Powerrunners	SENM15	1:47:38.58	07:11	00:35:11
45	SILVEIRA, PEDRO	435	Amigos das Sapatilhas	SENM15	1:47:54.35	07:12	00:35:26

Pos.	Nome	Dorsal	Equipa	Categoria	Tempo	Ritmo	Diferença
46	BARBOSA, ROBBY	471	Individual	SENM15	1:48:30.64	07:14	00:36:03
47	CARVALHO, HUGO	332	Individual	SENM15	1:49:29.64	07:18	00:37:02
48	SOUSA, JOSÉ	456	BTT Alegria // TUBANI	SENM15	1:49:44.38	07:19	00:37:16
49	SOARES, EDUARDO	425	TRAIL TEAM CASA DAS REPARAÇÕES	SENM15	1:50:05.69	07:20	00:37:38
50	MAIA, BRUNO	369	Individual	SENM15	1:51:15.13	07:25	00:38:47
51	MOREIRA, CLEMENTE	411	TECLA 3 RUNNERS	15M40	1:51:22.16	07:25	00:38:54
52	SILVA, LUCÍLIA	353	TECLA 3 RUNNERS	SENF15	1:52:07.21	07:28	00:39:39
53	SOUSA, HUGO	352	TECLA 3 RUNNERS	SENM15	1:52:08.10	07:29	00:39:40
54	NARCISO, MÁRIO	377	OS DO PODIO	15M40	1:52:42.67	07:31	00:40:15
55	FERNANDES, ALBINO	364	Individual	15M50	1:53:23.64	07:34	00:40:56
56	SOUSA, SERGIO	438	Kitty team	15M40	1:53:23.84	07:34	00:40:56
57	PINTO, ORLANDO	340	Individual	15M40	1:53:23.95	07:34	00:40:56
58	CORREIRA, FRANCISCO	410	ART Magrelos	SENM15	1:53:52.95	07:36	00:41:25
59	VIEIRA, DANIEL	363	Nova Linha Trail Runners	15M40	1:54:10.95	07:37	00:41:43
60	FERREIRA, CIDÁLIA	361	Nova Linha Trail Runners	15F40	1:54:12.49	07:37	00:41:44
61	MATOS, JOSÉ	308	Individual	SENM15	1:54:42.47	07:39	00:42:14
62	SILVESTRE, ANDRÉ	312	TECLA 3 RUNNERS	SENM15	1:54:54.57	07:40	00:42:27
63	CARVALHO, JOSÉ	499	0.0	15M50	1:54:55.68	07:40	00:42:28
64	COELHO, ANDREA	314	TECLA 3 RUNNERS	15F40	1:55:14.96	07:41	00:42:47
65	SILVA, DANIEL	399	Nocturnos de Paredes	SENM15	1:56:40.34	07:47	00:44:12
66	NIELSEN, NICK	464	Individual	SENM15	1:56:58.54	07:48	00:44:31
67	AFONSO, SANDRO	321	BRABUS RUNNERS	SENM15	1:56:58.59	07:48	00:44:31
68	CAMPOS, RICARDO	386	Individual	SENM15	1:56:59.69	07:48	00:44:32
69	CUNHA, MARCO	302	Individual	SENM15	1:57:23.70	07:50	00:44:56
70	COUTO, CRISTINA	354	TECLA 3 RUNNERS	SENF15	1:57:29.14	07:50	00:45:01
71	PICÓ, RICARDO	402	Paredes Running	SENM15	1:57:30.09	07:50	00:45:02
72	NETO, HUGO	301	Nocturnos de Paredes	SENM15	1:57:30.47	07:50	00:45:02
73	COELHO, RAUL	447	Individual	SENM15	1:57:58.39	07:52	00:45:30
74	MARIA, ANTÓNIO	322	Individual	15M50	1:57:58.76	07:52	00:45:31
75	PINTO, CARLA	520	0.0	15F40	1:58:04.86	07:52	00:45:37
76	VIEIRA, PEDRO	473	Individual	15M40	1:58:06.73	07:52	00:45:39
77	MARQUES, PEDRO	371	Individual	15M40	1:58:12.93	07:53	00:45:45
78	MOREIRA, DANIEL	395	Powerrunners	15M40	1:58:21.53	07:53	00:45:54
79	ESTRELA, DAVID	398	Lixenses	SENM15	1:58:27.95	07:54	00:46:00
80	BARROS, HENRIQUE	451	Default Team	SENM15	1:58:53.87	07:56	00:46:26
81	SOUSA, ALICE	505	0.0	15F40	1:59:17.57	07:57	00:46:50
82	SILVA, BRUNA	311	Nocturnos de Paredes	SENF15	1:59:33.80	07:58	00:47:06
83	SOARES, SÉRGIO	496	0.0	15M40	1:59:35.30	07:58	00:47:07
84	RIBEIRO, RUI	501	0.0	15M40	1:59:35.44	07:58	00:47:07
85	SILVA, DIOGO	441	Soplabifana	SENM15	1:59:48.66	07:59	00:47:21
86	MACHADO, PAULO	409	TRAIL TEAM CASA DAS REPARAÇÕES	SENM15	1:59:50.34	07:59	00:47:22
87	OLIVEIRA, JOÃO	450	Default Team	SENM15	2:00:12.57	08:01	00:47:45
88	FERREIRA, PAULO	390	Barbudos da montanha	SENM15	2:00:15.31	08:01	00:47:47
89	SILVA, VITOR	313	TECLA 3 RUNNERS	15M40	2:00:27.64	08:02	00:48:00
90	SILVA, SALETTE	346	Nocturnos de Paredes	15F40	2:00:33.91	08:02	00:48:06

Pos.	Nome	Dorsal	Equipa	Categoria	Tempo	Ritmo	Diferença
91	EUSEBIO, EMILIA	331	TECLA 3 RUNNERS	15F40	2:00:44.49	08:03	00:48:16
92	SOARES, ROGERIO	423	TRAIL TEAM CASA DAS REPARAÇOES	SENM15	2:01:31.78	08:06	00:49:04
93	SILVA, HELDER	319	LA Zinco	SENM15	2:01:48.82	08:07	00:49:21
94	SOUSA, HENRIQUE	427	Soplabifana	15M40	2:02:54.59	08:12	00:50:27
95	ESTRELA, SÍLVIA	419	Lixenses	SENF15	2:03:10.68	08:13	00:50:43
96	COSTA, CATARINA	465	Lousada runners	SENF15	2:03:11.60	08:13	00:50:44
97	LEITE, JOÃO	510	0.0	15M40	2:03:14.06	08:13	00:50:46
98	SILVA, ANA	436	Kitty team	SENF15	2:03:20.01	08:13	00:50:52
99	ALMEIDA, JORGE	445	Soplabifana	15M40	2:03:20.81	08:13	00:50:53
100	ESTÊVÃO, MÁRIO	463	BTT Alegria // TUBANI	SENM15	2:03:26.55	08:14	00:50:59
101	SOUSA, GABRIEL	498	0.0	SENM15	2:03:27.66	08:14	00:51:00
102	SANTOS, JOAQUIM	420	Lixenses	SENM15	2:04:13.33	08:17	00:51:45
103	GUIMARÃES, NÉLSON	507	0.0	SENM15	2:04:13.91	08:17	00:51:46
104	NOGUEIRA, JOAQUIM	428	TRAIL TEAM CASA DAS REPARAÇOES	15M50	2:04:14.73	08:17	00:51:47
105	MATOS, ROBERTO	508	0.0	15M40	2:04:15.69	08:17	00:51:48
106	SOUSA, MARCO	434	Individual	SENM15	2:04:30.59	08:18	00:52:03
107	BARBOSA, BARBOSA	323	s.luiz	15M50	2:04:34.09	08:18	00:52:06
108	MOREIRA, MARIA	325	s.luiz	15F40	2:04:34.10	08:18	00:52:06
109	COUTO, HUGO	497	0.0	15M40	2:04:34.37	08:18	00:52:06
110	NOVAIS, OSCAR	379	dr.Merino/4mouve	15M50	2:05:26.32	08:22	00:52:58
111	PEREIRA, CLÁUDIA	397	Powerrunners	SENF15	2:06:20.42	08:25	00:53:52
112	BARBOSA, ANTONIO	342	Paredes Running	15M40	2:07:37.05	08:30	00:55:09
113	CUNHA, TIAGO	380	Individual	SENM15	2:08:03.64	08:32	00:55:36
114	RODRIGUES, JOSÉ	439	Individual	15M50	2:10:12.99	08:41	00:57:45
115	MADURO, FERNANDO	407	Paredes Running	15M50	2:10:29.91	08:42	00:58:02
116	ROCHA, PEDRO	517	0.0	SENM15	2:11:16.65	08:45	00:58:49
117	OROSA, JORGE	442	Individual	SENM15	2:12:06.92	08:48	00:59:39
118	RIBEIRO, SANDRA	334	TECLA 3 RUNNERS	SENF15	2:12:08.68	08:49	00:59:41
119	MOREIRA, ISABEL	412	TECLA 3 RUNNERS	15F40	2:12:09.34	08:49	00:59:41
120	GOMES, JOÃO	459	Individual	SENM15	2:12:17.80	08:49	00:59:50
121	SOUSA, JOAQUIM	437	Kitty team	15M40	2:12:56.26	08:52	01:00:28
122	SILVA, HELDER	382	Individual	SENM15	2:15:18.46	09:01	01:02:50
123	DIAS, MARIA	330	Individual	15F40	2:15:54.19	09:04	01:03:26
124	MARISA, SONIA	365	Paredes Running	SENF15	2:17:47.37	09:11	01:05:19
125	SILVA, RUI	368	Barbudos da montanha	SENM15	2:17:48.54	09:11	01:05:21
126	GARCÊS, SÓNIA	396	Powerrunners	SENF15	2:17:50.22	09:11	01:05:22
127	BARROS, ANTÓNIO	348	Nocturnos de Paredes	15M40	2:19:00.15	09:16	01:06:32
128	LEÃO, FERNANDA	512	0.0	15F40	2:19:00.64	09:16	01:06:33
129	MOURA, JOSÉ	310	Nocturnos de Paredes	15M40	2:20:28.71	09:22	01:08:01
130	BENTO, NATÁLIA	338	Individual	15F40	2:20:31.77	09:22	01:08:04
131	PINTO, ESMERALDA	335	Individual	15F40	2:20:35.00	09:22	01:08:07
132	VENTOSELOS, FILIPA	516	0.0	SENF15	2:21:42.94	09:27	01:09:15
133	CUNHA, JOANA	462	NOT SO FAST	SENF15	2:22:31.98	09:30	01:10:04
134	SOUSA, LUCIANA	316	Individual	SENF15	2:22:34.73	09:30	01:10:07
135	ALVES, CÉSAR	329	Individual	15M40	2:22:35.04	09:30	01:10:07

Pos.	Nome	Dorsal	Equipa	Categoria	Tempo	Ritmo	Diferença
136	SERRA, FILIPE	388	Individual	SENM15	2:22:48.40	09:31	01:10:20
137	NOGUEIRA, MANUEL	401	Individual	SENM15	2:23:48.61	09:35	01:11:21
138	PINTO, SANDRA	357	Individual	SENF15	2:23:52.73	09:36	01:11:25
139	BESSA, ALEXANDRA	383	Team Aguenta Aí	15F40	2:24:26.95	09:38	01:11:59
140	ROMANO, HUGO	461	Individual	15M40	2:25:07.30	09:40	01:12:39
141	OLIVEIRA, ISABEL	317	Individual	SENF15	2:26:03.89	09:44	01:13:36
142	GOMES, MARIA	327	TECLA 3 RUNNERS	15F40	2:27:43.16	09:51	01:15:15
143	DUARTE, MARIA	326	TECLA 3 RUNNERS	SENF15	2:27:45.04	09:51	01:15:17
144	PRADA, NUNO	387	Individual	15M40	2:31:00.41	10:04	01:18:32
145	PINHEIRO, JOANA	350	Nova Linha Trail Runners	SENF15	2:32:21.15	10:09	01:19:53
146	AFONSO, ANTONIO	320	Individual	15M50	2:33:18.04	10:13	01:20:50
147	MOTA, ANABELA	339	Individual	15F40	2:33:35.98	10:14	01:21:08
148	SOUSA, JOSÉ	506	0.0	SENM15	2:34:44.74	10:19	01:22:17
149	RODRIGUES, MARIA	455	Lousada runners	15F40	2:36:14.49	10:25	01:23:46
150	MOURA, JOANA	440	Individual	SENF15	2:37:32.03	10:30	01:25:04
151	ANDRADE, AFONSO	449	Individual	SENM15	2:37:32.35	10:30	01:25:04
152	SOARES, SÍLVIA	376	OS DO PODIO	SENF15	2:37:33.60	10:30	01:25:06
153	JORGE, MANUEL	306	Team aguenta aí	15M40	2:40:01.82	10:40	01:27:34
154	BAIA, MARTA	374	Soplabifana	15F40	2:40:37.91	10:43	01:28:10
155	COSTA, CÉLIA	367	Soplabifana	SENF15	2:40:39.23	10:43	01:28:11
156	PINTO, FILIPE	305	Nocturnos de Paredes	SENM15	2:41:02.67	10:44	01:28:35
157	ALMEIDA, PEDRO	400	ART Magrelos	SENM15	2:42:51.73	10:51	01:30:24
158	SOARES, DIOGO	414	ART Magrelos	SENM15	2:42:51.84	10:51	01:30:24
159	TEIXEIRA, FILIPE	304	Nocturnos de Paredes	15M40	2:43:57.21	10:56	01:31:29
160	FERNANDS, JOANA	300	Nocturnos de Paredes	SENF15	2:43:58.08	10:56	01:31:30
161	LOPES, CELESTE	424	Paredes Running	15F40	2:45:30.24	11:02	01:33:02
162	RIBEIRO, LUIS	467	Paredes Running	15M40	2:45:30.74	11:02	01:33:03
163	COELHO, PEDRO	389	Individual	SENM15	2:48:17.55	11:13	01:35:50
164	QUEIRÓS, NUNO	515	0.0	SENM15	2:51:45.94	11:27	01:39:18
165	AMORIM, PAULO	307	Nocturnos de Paredes	SENM15	2:54:00.85	11:36	01:41:33
166	SILVA, JOANA	315	Nocturnos de Paredes	SENF15	2:54:01.52	11:36	01:41:34
167	MOREIRA, CRISTINA	500	0.0	15F40	3:01:59.78	12:08	01:49:32
168	COSTA, SUSANA	460	Individual	SENF15	3:02:00.02	12:08	01:49:32
169	ALVES, CLARA	444	Individual	SENF15	3:02:00.18	12:08	01:49:32
170	LOPES, ISABEL	366	LION RUNNERS – G.D. Leões da Guarda	15F40	3:02:43.72	12:11	01:50:16
171	RAMOS, ANGELA	303	Nocturnos de Paredes	SENF15	3:13:32.28	12:54	02:01:04
172	MORAIS, AURORA	309	Nocturnos de Paredes	15F40	3:13:32.29	12:54	02:01:04
173	MENDES, BÁRBARA	519	0.0	SENF15	3:20:26.15	13:22	02:07:58
174	COELHO, SÓNIA	381	Individual	SENF15	3:20:27.50	13:22	02:08:00
175	VITORINO, LUÍS	391	Individual	15M40	3:20:28.74	13:22	02:08:01
176	FONSECA, DIOGO	518	0.0	SENM15	3:20:28.83	13:22	02:08:01
177	SILVA, JOSÉ	452	Individual	15M40	3:21:34.30	13:26	02:09:06
178	SILVA, RAQUEL	474	Individual	SENF15	3:25:20.57	13:41	02:12:53
179	COSTA, FILIPA	443	Individual	SENF15	3:25:25.57	13:42	02:12:58
180	MOREIRA, SÓNIA	347	Nocturnos de Paredes	SENF15	3:27:04.20	13:48	02:14:36

Pos.	Nome	Dorsal	Equipa	Categoria	Tempo	Ritmo	Diferença
181	SILVA, PEDRO	345	Nocturnos de Paredes	SENM15	3:27:04.21	13:48	02:14:36