

Posição	Dorsal	Nome	Equipa	Escalão	Esc.	Tempo	T/Km.	Dif.
1	564	Faria, Marco	F.C. Vizela	17M40	1	1:19:23.29	04:40	
2	557	Ribeiro, Paulo	A. D. R. Aveleda	17M40	2	1:26:12.93	05:04	00:06:50
3	520	Costa, Manuel	Associação Desportiva de Lustosa	17M50	1	1:27:08.09	05:08	00:07:45
4	517	Bessa, Luis		SENM17	1	1:29:34.92	05:16	00:10:12
5	502	Martins, Sérgio		17M40	3	1:30:32.77	05:20	00:11:10
6	522	Ferreira, José	Associação Desportiva de Lustosa	17M50	2	1:34:11.71	05:32	00:14:49
7	541	Gamito, Bruno	Juventude Atlético Clube	SENM17	2	1:38:40.88	05:48	00:19:18
8	580	Baptista, Pedro		SENM17	3	1:39:01.01	05:49	00:19:38
9	561	Leite, António	Lousada Hotwheels Runners	SENM17	4	1:39:25.63	05:51	00:20:03
10	553	Pinto, Tiago	C. A. Andatrilhos Freamunde	SENM17	5	1:40:17.45	05:54	00:20:54
11	535	Sousa, Nuno	Kitty team	17M40	4	1:40:45.67	05:56	00:21:23
12	570	Machado, Nuno	Lousada Runners	SENM17	6	1:40:56.87	05:56	00:21:34
13	538	Costa, André		SENM17	7	1:42:31.39	06:02	00:23:08
14	558	Moreira, Fernando	A. D. R. Aveleda	SENM17	8	1:42:36.37	06:02	00:23:13
15	563	Dias, Flávio	A. D. R. Aveleda	SENM17	9	1:42:37.72	06:02	00:23:15
16	519	Nunes, Ana	Associação Desportiva de Lustosa	SENF17	1	1:43:31.47	06:05	00:24:08
17	551	Neto, Ricardo	C. A. Andatrilhos Freamunde	SENM17	10	1:43:32.66	06:05	00:24:10
18	555	Coelho, António		17M40	5	1:45:02.54	06:11	00:25:40
19	548	Soares, Hugo	Moinhos Run-ADRM	SENM17	11	1:47:56.25	06:21	00:28:33
20	550	Sousa, Simão	Moinhos Run-ADRM	SENM17	12	1:48:05.49	06:21	00:28:42
21	531	Nunes, Antonio	LousadaBTT	17M40	6	1:48:13.53	06:22	00:28:51
22	532	Martins, Domingos	LousadaBTT	SENM17	13	1:48:13.58	06:22	00:28:51
23	528	Madureira, Rui	Team Trail Bem Viver	SENM17	14	1:49:08.02	06:25	00:29:45
24	533	Pereira, Manuel	Lousada Runners	17M50	3	1:49:15.88	06:26	00:29:53
25	549	Santos, Miguel	Moinhos Run-ADRM	SENM17	15	1:50:09.78	06:29	00:30:47
26	552	Pereira, Pedro	C. A. Andatrilhos Freamunde	SENM17	16	1:51:34.90	06:34	00:32:12
27	529	Ferreira, Sónia	Lousada Runners	SENF17	2	1:52:06.24	06:36	00:32:43
28	527	Rocha, Andre		SENM17	17	1:53:30.53	06:41	00:34:08
29	521	Guimarães, João	Associação Desportiva de Lustosa	17M50	4	1:54:19.24	06:43	00:34:56
30	566	Maria, António	Seilá	17M50	5	1:58:06.16	06:57	00:38:43
31	530	Sousa, Albino		17M40	7	1:58:12.07	06:57	00:38:49
32	526	Moura, Roberto	Rompe Trilhos	SENM17	18	1:58:41.68	06:59	00:39:19
33	525	Ribeiro, Pedro	Rompe Trilhos	SENM17	19	1:58:41.72	06:59	00:39:19
34	545	Gomes, Bruno	Lousada Runners	SENM17	20	1:59:15.94	07:01	00:39:53
35	518	Moura, Joaquim		17M40	8	2:00:24.23	07:05	00:41:01
36	573	Ferreira, Manuel		17M40	9	2:02:11.77	07:11	00:42:49
37	515	Silva, António	Lousada Runners	17M50	6	2:02:31.61	07:12	00:43:09
38	554	Deveza, Helder	Clube Académico de Mogadouro	17M40	10	2:02:37.71	07:13	00:43:15
39	542	Monteiro, Ana	Fisiomov	SENF17	3	2:05:38.14	07:23	00:46:15
40	537	Ribeiro, Daniel	SemTravões	SENM17	21	2:06:22.94	07:26	00:47:00
41	546	Oliveira, Bernardo	Adlustosa	SENM17	22	2:08:47.34	07:35	00:49:24
42	536	Ribeiro, Bruno	Kitty team	SENM17	23	2:08:47.55	07:35	00:49:25
43	560	Bessa, Antónia	A. D. R. Aveleda	17F40	1	2:09:41.75	07:38	00:50:19
44	544	Ferreira, Carlos	AUTISTIC RUNNERS	17M50	7	2:13:10.06	07:50	00:53:47

Posição	Dorsal	Nome	Equipa	Escalão	Esc.	Tempo	T/Km.	Dif.
45	547	Eiró, Sara	Salgueiros Running	SENF17	4	2:13:11.60	07:50	00:53:49
46	507	Pereira, Cláudia	Powerrunners #1000pecadosparedes	SENF17	5	2:13:11.87	07:50	00:53:49
47	510	Novais, Oscar	PENAFIEL RUNNING TRAIL	17M40	11	2:18:43.42	08:10	00:59:20
48	500	Oliveira, Isabel		SENF17	6	2:24:06.94	08:29	01:04:44
49	543	Silva, Valdemar		17M50	8	2:24:07.01	08:29	01:04:44
50	567	Freitas, Vera		SENF17	7	2:30:57.02	08:53	01:11:34
51	568	Queirós, David		SENM17	24	2:30:57.02	08:53	01:11:34
52	565	Lopes, Sara	Lousada Runners	SENF17	8	2:34:28.63	09:05	01:15:06
53	559	Sousa, Manuela	A. D. R. Aveleda	17F40	2	2:34:29.54	09:05	01:15:07
54	572	Gomes, Rosa	Lousada Runners	17F40	3	2:34:29.73	09:05	01:15:07
55	505	Pinto, Esmeralda	Travassós Running Fafe	17F40	4	2:36:40.28	09:13	01:17:17
56	523	Pinto, Sandra	Travassós Running Fafe	SENF17	9	2:36:43.95	09:13	01:17:21
57	569	Silva, João	Lousada Hotwheels Runners	SENM17	25	2:43:26.07	09:37	01:24:03
58	562	Carvalho, Ismael	Lousada Hotwheels Runners	17M40	12	2:43:53.89	09:38	01:24:31
59	571	Sousa, Paulo	Lousada Hotwheels Runners	17M40	13	2:43:56.15	09:39	01:24:33
60	503	Bento, Natalia	Travassós Running Fafe	17F40	5	2:56:41.82	10:24	01:37:19
61	504	Mota, Anabela	Travassós Running Fafe	17F50	1	2:56:41.91	10:24	01:37:19
62	514	Lima, Clara	Caça Raposas	17F50	2	2:58:36.16	10:30	01:39:13
63	513	Rocha, Marta	Caça Raposas	SENF17	10	2:58:36.31	10:30	01:39:13
64	508	Dias, Maria	Lousada Runners	17F40	6	2:58:36.64	10:30	01:39:14
65	511	Morais, Paulo	Caça Raposas	17M40	14	2:58:36.79	10:30	01:39:14
66	509	Moreira, Paulo	Caça Raposas	17M50	9	2:58:36.95	10:30	01:39:14
67	107	., Davide	Brabus Runners	SENM17	26	3:10:11.20	11:11	01:50:48
68	516	Ribeiro, Antonio		17M50	10	3:10:11.59	11:11	01:50:49
69	512	Coelho, Sónia	Caça Raposas	17F40	7	3:31:25.95	12:26	02:12:03
70	539	Lé, Lara	Caça Raposas	SENF17	11	3:31:25.95	12:26	02:12:03