

Pos	Dorsal	Atleta	Sexo	Escalão	Clube	Tempo
1	1	CRISTOFOL (TOFOL)	M	Vet. M40	Salomon	04:28:30
2	162	MIGUEL SILVA	M	Senior M.	Individual	05:05:25
3	286	VICTOR TEIXEIRA	M	Vet. M40	NAST - Nucleo Associativo de Santo Tirso	05:09:51
4	3	LUÍS MOTA	M	Vet. M40	CASA DO BENFICA EM ABRANTES	05:09:52
5	4	LUÍS DUARTE	M	Senior M.	RUN.PT	05:17:40
6	293	JOÃO NOGUEIRA	M	Senior M.	Oralklass - Amigos Do Trail	05:25:07
7	220	JOSÉ SILVA	M	Vet. M40	Individual	05:27:13
8	40	JOÃO MARINHO	M	Senior M.	Desnível Positivo	05:46:49
9	10	NELSON GRAÇA	M	Senior M.	AM ATIBÀ	05:49:55
10	5	CLAÚDIO QUELHAS	M	Senior M.	Individual	05:49:55
11	2	ARMANDO TEIXEIRA	M	Senior M.	Individual	05:49:55
12	86	JOAQUIM FREITAS	M	Senior M.	Grupo Dramático e Recreativo da Retorta	05:50:07
13	260	HUMBERTO VARA	M	Vet. M50	Individual	05:53:22
14	201	LUCINDA SOUSA	F	Vet F40	GONDOMAR FUTSAL CLUBE	05:56:17
15	233	RENATO SILVA	M	Vet. M40	Individual	05:57:50
16	52	PAULO FOMINGUES	M	Senior M.	É DE SHOT INTERNATIONAL	05:57:50
17	276	VITOR RODRIGUES	M	Senior M.	Lince Runners	06:11:31
18	27	ANTÓNIO CARVALHO	M	Senior M.	CCDT CM Gondomar	06:12:40
19	53	CLEMENTE TEIXEIRA	M	Vet. M40	É DE SHOT INTERNATIONAL	06:18:34
20	143	JOÃO BORGES	M	Senior M.	Individual	06:19:16
21	259	HENRIQUE FERREIRA	M	Vet. M50	Individual	06:22:39
22	93	ANDRE CUNHA	M	Senior M.	guimaraes running	06:24:58
23	218	JORGE MARQUES	M	Vet. M40	Individual	06:24:59
24	45	SUSANA SIMÕES	F	Vet F40	Desnível Positivo	06:26:19
25	14	RUBEN FERNANDEZ	M	Vet. M40	Budino Trail O Porrino	06:26:32
26	283	SERGIO SÁ	M	Senior M.	NAST - Nucleo Associativo de Santo Tirso	06:30:18
27	338	RUI SANTOS	M	Senior M.	Unidade Especial de Corrida	06:30:21
28	81	TIAGO TEIXEIRA	M	Senior M.	Ginásio Factor X	06:31:27
29	17	GONÇALO TORRES	M	Senior M.	Cães D' Avenida	06:31:35
30	250	MANUEL EMIDIO	M	Vet. M45	Porto Runners	06:33:39
31	295	VITOR PINTO	M	Senior M.	Oralklass - Amigos Do Trail	06:33:44
32	195	VASCO BATISTA	M	Senior M.	Individual	06:34:15
33	331	ELISABETE VIEIRA	F	Senior F.	Sunset Runners	06:37:58
34	57	SERGIO SANTOS	M	Senior M.	Engomadoria L&A Team	06:38:05
35	130	HELDER OLIVEIRA	M	Senior M.	Individual	06:39:24
36	330	JOÃO SANCHES	M	Vet. M45	SOCONCALMA	06:40:17
37	256	ANGELO PEREIRA	M	Vet. M50	Individual	06:40:51
38	285	GONÇALO MOTA	M	Vet. M40	NAST - Nucleo Associativo de Santo Tirso	06:42:07
39	296	JOSE NEVES	M	Vet. M40	Oralklass - Amigos Do Trail	06:44:35
40	116	CARLOS RAMOS	M	Senior M.	Individual	06:45:23
41	139	JHONNY MARQUES	M	Senior M.	Individual	06:46:44
42	311	PEDRO SOUSA	M	Senior M.	ParJovem - Satecnosol	06:48:00
43	312	TIAGO PINHEIRO	M	Senior M.	ParJovem - Satecnosol	06:48:00
44	187	TELMO FERREIRA	M	Senior M.	Individual	06:48:20
45	44	VITOR PENETRA	M	Senior M.	Desnível Positivo	06:48:44
46	74	NUNO PAIVA	M	Senior M.	Gam Team Trail	06:53:18
47	42	PEDRO PINHO	M	Senior M.	Desnível Positivo	06:54:13
48	343	FLÁVIO OLIVEIRA	M	Senior M.	Grupo Dramático e Recreativo da Retorta	06:54:49
49	251	PABLO NÚÑEZ	M	Vet. M45	Individual	06:57:46
50	107	ANTÓNIO CHILÃO	M	Senior M.	Individual	06:58:46
51	15	JORGE FIGUEIREDO	M	Vet. M40	Cabritos da Cortiça - TRAIL	06:58:56
52	303	MANUEL QUELHAS	M	Senior M.	PAREDES AVENTURA	06:58:59
53	126	HELDER CAMPOS	M	Senior M.	Individual	07:01:23
54	314	CARLOS ROCHA	M	Vet. M45	Porto Runners	07:01:47
55	216	JOÃO NETO	M	Vet. M40	Individual	07:01:47
56	236	SANDRO CASTRO	M	Vet. M40	Individual	07:05:16
57	333	PAULO FERREIRA	M	Senior M.	Team CTAD tiagoaragao.com	07:06:16
58	211	FERNANDO CASTRO	M	Vet. M40	Individual	07:06:24
59	177	RICARDO SOUSA	M	Senior M.	Individual	07:07:01
60	261	JOÃO MOTA	M	Vet. M50	Individual	07:09:10
61	69	JOSE ARAUJO	M	Senior M.	Galicia Maxica Trail Adventure	07:10:00
62	305	PEDRO PRATAS	M	Vet. M40	PAREDES AVENTURA	07:10:32
63	335	SÉRGIO DUARTE	M	Senior M.	Team DUAS FACES	07:11:20
64	11	PAULO ALMEIDA	M	Vet. M40	Amigos da Quinta das Freiras	07:12:17
65	319	ALBERTO QUINTIAES	M	Senior M.	RUN TO BE ALIVE	07:12:34
66	73	JORGE BARBOSA	M	Senior M.	Gam Team Trail	07:13:25

Pos	Dorsal	Atleta	Sexo	Escalão	Clube	Tempo
67	76	RICARDO MARTINS	M	Senior M.	Gam Team Trail	07:13:25
68	90	PAULO NUNES	M	Vet. M40	Grupo Dramático e Recreativo da Retorta	07:13:45
69	20	NUNO PAIVA	M	Vet. M45	Cães D' Avenida	07:14:42
70	273	MARISA VIEIRA	F	Senior F.	Lince Runners	07:15:03
71	271	JOAQUIM FERREIRA	M	Vet. M45	Kangaroo Runners	07:15:05
72	178	RICARDO TEIXEIRA	M	Senior M.	Individual	07:15:41
73	284	ANALBERTO SANTOS	M	Vet. M40	NAST - Nucleo Associativo de Santo Tirso	07:16:07
74	212	FERNANDO MENDES	M	Vet. M40	Individual	07:16:59
75	188	TIAGO AMARAL	M	Senior M.	Individual	07:19:44
76	161	MIGUEL MOREIRA	M	Senior M.	Individual	07:20:13
77	32	JOÃO PEREIRA	M	Vet. M40	Clube Desportivo Recreativo Ribeirinho	07:20:16
78	307	HUGO GONÇALVES	M	Senior M.	ParJovem - Satecnosol	07:20:33
79	48	PEDRO CONDE	M	Vet. M40	Desnível Positivo	07:21:19
80	325	EDUARDO MERINO	M	Senior M.	Run&Shine	07:22:05
81	147	JOÃO PINHEIRO	M	Senior M.	Sport Club Do Porto	07:22:13
82	292	ANDRÉ NOGUEIRA	M	Senior M.	Oralklass - Amigos Do Trail	07:23:44
83	269	JOAQUIM PEREIRA	M	Vet. M40	K2RUN	07:25:16
84	88	JORGE MAGALHÃES	M	Vet. M40	Grupo Dramático e Recreativo da Retorta	07:25:41
85	234	ROLANDO SANTOS	M	Vet. M40	Individual	07:25:56
86	41	LUÍS ALVES	M	Senior M.	Desnível Positivo	07:26:42
87	238	VITOR COELHO	M	Vet. M40	Individual	07:26:58
88	209	ARTUR BERNARDO	M	Vet. M40	Individual	07:27:19
89	258	CARLOS PEREZ	M	Vet. M50	Individual	07:27:36
90	322	ANTÓNIO MORAIS	M	Vet. M40	RUN TO BE ALIVE	07:30:30
91	149	JOÃO RIBEIRO	M	Senior M.	Individual	07:31:52
92	79	JOSÉ RIBEIRO	M	Senior M.	Ginásio Factor X	07:31:52
93	106	ANDRÉ GUERRA	M	Senior M.	Individual	07:31:54
94	294	ÓSCAR RODRIGUES	M	Senior M.	Oralklass - Amigos Do Trail	07:32:08
95	243	FRANCISCO PIMENTA	M	Vet. M45	Individual	07:32:40
96	103	AIRAM MARTIN	M	Senior M.	Individual	07:36:55
97	87	ROGÉRIO COELHO	M	Senior M.	Grupo Dramático e Recreativo da Retorta	07:37:19
98	118	DAVID REGO	M	Senior M.	Individual	07:39:48
99	300	CÉSAR CANITO	M	Senior M.	OS ROMPE SOLAS	07:42:11
100	182	RUI OLIVEIRA	M	Senior M.	Individual	07:43:25
101	279	NUNO (FOFONI)	M	Vet. M40	Núcleo de Montanha de Espinho	07:43:31
102	30	RUI CORREIA	M	Vet. M40	CLUBE ATLETISMO DE LAMAS	07:43:34
103	200	ANA SELVAGENS	F	Vet F40	Individual	07:45:09
104	51	RUI MAIA	M	Vet. M45	Desnível Positivo	07:45:10
105	22	FERNANDO REMELGADO	M	Senior M.	CCD - SIEMENS	07:45:10
106	132	HENRIQUE PINTO	M	Senior M.	Individual	07:45:11
107	199	TIAGO COSTA	M	Sub23 M.	Individual	07:45:42
108	181	RUI NOGUEIRA	M	Senior M.	Individual	07:45:42
109	158	MARCO DIAS	M	Senior M.	Individual	07:45:43
110	26	ALEXANDRE NEVES	M	Senior M.	CCDT CM Gondomar	07:45:45
111	304	AUGUSTO OLIVEIRA	M	Vet. M40	PAREDES AVENTURA	07:46:02
112	144	JOÃO GONÇALVES	M	Senior M.	Individual	07:46:15
113	166	NUNO MAIA	M	Senior M.	Individual	07:49:01
114	146	JOÃO LARANJEIRA	M	Senior M.	Individual	07:52:37
115	54	HELDER GOMES	M	Senior M.	Individual	07:52:47
116	72	FERNANDO VARANDA	M	Senior M.	Gam Team Trail	07:54:12
117	78	ISAAC COSTA	M	Vet. M40	Gam Team Trail	07:54:12
118	317	ANA GROZNIK	F	Vet F45	RUN 4 FUN	07:56:57
119	156	LUIS RODRIGUES	M	Senior M.	Individual	07:57:42
120	242	ERNESTINO AZEVEDO	M	Vet. M45	Individual	07:57:49
121	324	LILIANA GOMES	F	Senior F.	Run&Shine	08:00:11
122	180	RUI MARTINS	M	Senior M.	Individual	08:00:29
123	80	NUNO TEIXEIRA	M	Senior M.	Ginásio Factor X	08:01:02
124	176	RICARDO REIS	M	Senior M.	Individual	08:03:05
125	277	JOÃO GRAÇA	M	Senior M.	Núcleo de Montanha de Espinho	08:03:05
126	185	SÉRGIO SILVA	M	Senior M.	Individual	08:03:21
127	190	TIAGO DIAS	M	Senior M.	Individual	08:04:07
128	336	LUIS SANTOS	M	Vet. M40	"Trailistas ""Eu é que sei!"""	08:04:13
129	326	PEDRO OLIVEIRA	M	Senior M.	Running Team Lantermil	08:04:18
130	155	LUÍS SÁ	M	Senior M.	Individual	08:05:15
131	289	ANA SANTOS	F	Vet F50	O Mundo da Corrida	08:05:31
132	288	HÉLDER PINTO	M	Senior M.	O Mundo da Corrida	08:05:31

Pos	Dorsal	Atleta	Sexo	Escalão	Clube	Tempo
133	148	JOÃO PINHEIRO	M	Senior M.	Individual	08:06:22
134	112	BRUNO MACEDO	M	Senior M.	Individual	08:06:43
135	119	DAVID VILABOA	M	Senior M.	Individual	08:06:50
136	205	MARIA MARTINS	F	Vet F45	Individual	08:07:15
137	348	MANUEL FUENTE	M	Senior M.	Individual	08:08:08
138	298	SUSANA NETA	F	Senior F.	Os NETAS	08:09:02
139	214	FRANCISCO TATO	M	Vet. M40	Individual	08:10:06
140	136	HUGO FERNANDES	M	Senior M.	Individual	08:10:06
141	282	GUILHERME MARTINS	M	Vet. M40	Movimento Juventude de Merelim	08:10:06
142	313	NUNO GONÇALVES	M	Senior M.	Porto Runners	08:10:23
143	315	JOAQUIM VIANA	M	Vet. M45	Porto Runners	08:10:23
144	96	JOANA SOUSA	F	Senior F.	0	08:11:09
145	344	VITOR COELHO	M	Vet. M40	Individual	08:11:10
146	184	SÉRGIO SILVA	M	Senior M.	Individual	08:11:10
147	165	NUNO COSTA	M	Senior M.	Individual	08:13:32
148	232	PAULO MARQUES	M	Vet. M40	Individual	08:14:49
149	125	GERMANO CARDOSO	M	Senior M.	Individual	08:15:47
150	142	JOÃO MOREIRA	M	Senior M.	ADEFACEC	08:19:44
151	163	NUNO SILVA	M	Senior M.	Individual	08:20:17
152	170	PAULO MARQUES	M	Senior M.	Individual	08:21:04
153	49	PEDRO GONÇALVES	M	Vet. M40	Desnível Positivo	08:21:53
154	46	MARGARIDA MAGALHÃES	F	Vet F45	Desnível Positivo	08:21:53
155	206	ALBERTO MARQUES	M	Vet. M40	Individual	08:22:05
156	255	AGOSTINHO COSTA	M	Vet. M50	Individual	08:22:34
157	38	NATALIA AMOEDO	F	Senior F.	Desnível Positivo	08:23:12
158	43	RICARDO TAXA	M	Senior M.	Desnível Positivo	08:23:12
159	135	HUGO TEIXEIRA	M	Senior M.	Individual	08:23:33
160	168	PAULO AMADEU	M	Senior M.	Individual	08:23:40
161	169	PAULO PEREIRA	M	Senior M.	Individual	08:23:41
162	210	CÂNDIDO SILVA	M	Vet. M40	Individual	08:25:12
163	198	EDUARDO CARDOSO	M	Sub23 M.	Individual	08:25:12
164	192	TIAGO SANTOS	M	Senior M.	Individual	08:25:20
165	131	HELIO BORGES	M	Senior M.	Individual	08:25:40
166	287	PAULO GOMES	M	Vet. M40	NO TOMORROW RUNNING TEAM	08:30:11
167	346	MARIA VASQUEZ	F	Senior F.	Individual	08:30:50
168	347	DIEGO PRADO	M	Senior M.	Individual	08:30:50
169	164	NUNO GONÇALVES	M	Senior M.	Individual	08:31:10
170	266	ANTONIO CARVALHO	M	Vet. M55	Individual	08:31:10
171	25	JOANA ALMEIDA	F	Senior F.	CCDT CM Gondomar	08:32:36
172	334	NUNO SOBRAL	M	Senior M.	Team DUAS FACES	08:34:58
173	150	JORGE FERNANDES	M	Senior M.	Individual	08:36:44
174	97	MARIA COELHO	F	Senior F.	Individual	08:37:16
175	235	RUI PENA	M	Vet. M40	Individual	08:38:08
176	265	PAULO VALENTE	M	Vet. M50	Individual	08:38:19
177	29	CARLOS CARDOSO	M	Vet. M40	CLUBE ATLETISMO DE LAMAS	08:38:40
178	36	JOÃO MEIXEDO	M	Vet. M45	Desnivel negativo	08:39:42
179	128	HELDER MATOS	M	Senior M.	Individual	08:39:44
180	208	ARMINDO PINHEIRO	M	Vet. M40	Individual	08:40:53
181	274	HELDER CRUZ	M	Senior M.	Lince Runners	08:40:58
182	18	JOAO LELIS	M	Senior M.	Cães D' Avenida	08:41:50
183	109	AURELIANO VALENTE	M	Senior M.	Individual	08:42:52
184	12	BRUNO GRAÇA	M	Senior M.	Bando dos Trilhos e Tralhos, Associação Betetista.	08:44:08
185	124	FILIPE SOUSA	M	Senior M.	Individual	08:44:09
186	120	DOMINGOS MORAIS	M	Senior M.	Individual	08:45:04
187	281	LUÍS ANDRADE	M	Vet. M40	MELRES TRAIL RUNNING - Ordem para arriar	08:46:08
188	268	MÁRIO MENESES	M	Vet. M55	Individual	08:48:41
189	19	JOÃO ROCHA	M	Vet. M45	Cães D' Avenida	08:48:51
190	77	SÉRGIO SILVA	M	Senior M.	Gam Team Trail	08:50:19
191	316	LUIS POEIRA	M	Vet. M45	Porto Runners	08:52:25
192	6	HÉLDER PINTO	M	Senior M.	AD Amarante Trail Running	08:52:32
193	219	JOSÉ NEVES	M	Vet. M40	Individual	08:53:01
194	84	SÉRGIO AMORIM	M	Vet. M45	GRUPO DESPORTIVO LEÕES DO VENEZA	08:54:50
195	85	PAULO RODRIGUES	M	Vet. M50	GRUPO DESPORTIVO LEÕES DO VENEZA	08:54:50
196	117	CARLOS SILVA	M	Senior M.	Individual	08:57:01
197	332	DAVID SOUSA	M	Vet. M45	Sunset Runners	08:57:22
198	154	JOSÉ VIDAL	M	Senior M.	Individual	08:58:15

Pos	Dorsal	Atleta	Sexo	Escalão	Clube	Tempo
199	160	MÁRIO RODRIGUES	M	Senior M.	Individual	08:58:32
200	70	RAMIRO NORES	M	Vet. M50	Galicia Maxica Trail Adventure	08:59:08
201	92	VITOR DIAS	M	Vet. M45	Grupo Dramático e Recreativo da Retorta	09:01:46
202	231	PAULO DOMINGUES	M	Vet. M40	Individual	09:02:37
203	60	DANIEL OLIVEIRA	M	Senior M.	FAMA RUNNERS	09:02:58
204	61	NUNO ALVES	M	Senior M.	FAMA RUNNERS	09:02:58
205	64	SIMÃO CARNEIRO	M	Senior M.	FAMA RUNNERS	09:02:58
206	237	TIAGO PEDROSO	M	Vet. M40	Individual	09:03:11
207	221	JOSÉ NUNES	M	Vet. M40	Individual	09:03:46
208	35	ARTUR COSTA	M	Senior M.	Companhia do Bazófiás	09:04:58
209	16	FÁBIO BEZERRA	M	Senior M.	Cães D' Avenida	09:06:41
210	244	GASTAO SOUSA	M	Vet. M45	Individual	09:06:47
211	75	NUNO RAMOS	M	Senior M.	Gam Team Trail	09:11:50
212	59	CARLOS MOUTINHO	M	Senior M.	FAMA RUNNERS	09:12:57
213	275	PEDRO BÔTO	M	Senior M.	Lince Runners	09:12:58
214	340	JOÃO MARAFONA	M	Vet. M45	VARZIMLAZER	09:13:17
215	24	ADELINO SILVA	M	Vet. M40	CCD - SIEMENS	09:13:21
216	56	PEDRO MARQUES	M	Senior M.	Engomadoria L&A Team	09:13:22
217	104	ALEXANDRE SILVA	M	Senior M.	Individual	09:13:23
218	191	TIAGO MOREIRA	M	Senior M.	Individual	09:13:24
219	328	FILIPE MAIA	M	Junior M.	SILMAIA	09:14:42
220	329	JORGE MAIA	M	Vet. M45	SILMAIA	09:14:43
221	31	RICHARD SILVA	M	Vet. M40	CLUBE BTT SANGUEDO	09:14:59
222	301	MÁRCIO CASTRO	M	Senior M.	Os semi-tenros com aspirações a semi-rijos	09:14:59
223	306	DIOGO SILVA	M	Senior M.	ParJovem - Satecnosol	09:18:05
224	241	AVELINO FARIA	M	Vet. M45	Individual	09:19:57
225	152	JOSE JESUS	M	Senior M.	Individual	09:20:40
226	95	CARLA ANDRÉ	F	Senior F.	Individual	09:23:30
227	349	JOSE FERNANDEZ	M	Vet. M55	Individual	09:27:45
228	246	JOSÉ FERREIRA	M	Vet. M45	Individual	09:29:24
229	8	TIAGO ARAÚJO	M	Senior M.	Abutres Running Team	09:30:24
230	133	HUGO CABRAL	M	Senior M.	Abutres Running Team	09:30:25
231	39	DIOGO ALMEIDA	M	Senior M.	Desnível Positivo	09:36:32
232	341	PEDRO FÃO	M	Senior M.	VIANA RUNNERS	09:39:27
233	34	DANIELA BARBOSA	F	Senior F.	Clube Zupper	09:39:53
234	245	JOÃO MARTINS	M	Vet. M45	Individual	09:39:54
235	203	SOFIA COELHO	F	Vet F40	Individual	09:48:17
236	310	PEDRO ALVES	M	Senior M.	ParJovem - Satecnosol	09:51:49
237	121	FERNANDO RAMOS	M	Senior M.	Individual	09:51:49
238	37	CARLA MONTEIRO	F	Senior F.	Desnível Positivo	09:55:12
239	108	ANTÓNIO CASTRO	M	Senior M.	Individual	09:55:14
240	345	FRANCISCO SERRANO	M	Vet. M40	Individual	09:55:16
241	254	RUI ALMEIDA	M	Vet. M45	Individual	09:56:45
242	193	TIAGO SOEIRO	M	Senior M.	Individual	10:02:59
243	50	FREDERICO ESTEVES	M	Vet. M45	Desnível Positivo	10:03:48
244	320	ANA PINTO	F	Vet F40	RUN TO BE ALIVE	10:03:48
245	318	VERA AUGUSTO	F	Senior F.	RUN TO BE ALIVE	10:03:48
246	321	ANTÓNIO FREITAS	M	Vet. M40	RUN TO BE ALIVE	10:03:52
247	23	NUNO FERREIRA	M	Senior M.	CCD - SIEMENS	10:05:37
248	55	NUNO MARQUES	M	Senior M.	Engomadoria L&A Team	10:05:41
249	62	RICARDO COSTA	M	Senior M.	FAMA RUNNERS	10:08:39
250	63	RUI RIBEIRO	M	Senior M.	FAMA RUNNERS	10:08:39
251	249	MANUEL COSTA	M	Vet. M45	Individual	10:15:49
252	99	RAQUEL ANDRADE	F	Senior F.	Individual	10:15:49
253	204	ALEXANDRA FERNANDES	F	Vet F45	Individual	10:15:49
254	240	ANTONIO FERNANDES	M	Vet. M45	Individual	10:15:50
255	65	PAULA QUINTELA	F	Vet F45	FAMA RUNNERS	10:22:42
256	13	RUI GASPAR	M	Vet. M40	Bando dos Trilhos e Tralhos, Associação Betetista.	10:22:44
257	175	PEDRO SANTOS	M	Senior M.	Individual	10:22:46
258	253	PAULO CARVALHO	M	Vet. M45	Individual	10:22:47
259	262	JOÃO FONSECA	M	Vet. M50	Individual	10:28:29
260	297	SERAFIM FONSECA	M	Vet. M55	os amigos de s.pedro da cova	10:28:29
261	171	PAULO SILVA	M	Senior M.	0	10:43:09
262	252	PAULO LUCAS	M	Vet. M45	Individual	10:45:24