

Pos.	Dorsal	G	Nome	País	Equipa	Escalão	Tempo	Diferença
1	6	M	ANDRE RODRIGUES	PORTUGAL	PROZIS	M SEN	05:17:23.093	00:00:00.000
2	129	M	BRUNO SILVA	PORTUGAL	.ORALKLASS-AMIGOS DO TRAIL	M SEN	05:31:30.217	00:14:07.124
3	453	M	JOÃO CRUZ	PORTUGAL	.TRAIL TEAM BIFASE	M SEN	05:37:10.417	00:19:47.324
4	3	M	NUNO SILVA	PORTUGAL	.TRAIL TEAM BIFASE	M SEN	05:42:02.513	00:24:39.420
5	4	M	RICARDO SILVA	PORTUGAL	.EDV-VIANA TRAIL	M SEN	05:46:12.087	00:28:48.994
6	369	M	FELIX WEBER	GERMANY	.C.D.C. NAVE / TRAIL RUNNERS	M SEN	05:52:21.777	00:34:58.684
7	168	M	RAFAEL CRUZ	PORTUGAL	.ORALKLASS-AMIGOS DO TRAIL	M SEN	05:53:06.527	00:35:43.434
8	542	M	LEONEL CUNHA	PORTUGAL	.TRAIL TEAM BIFASE	M SEN	05:53:15.023	00:35:51.930
9	159	M	PEDRO BARROS	PORTUGAL	.ORALKLASS-AMIGOS DO TRAIL	M SEN	05:53:57.517	00:36:34.424
10	44	M	PAULO COSTA	PORTUGAL	.A. D. AMARANTE	M40	05:57:12.290	00:39:49.197
11	527	M	SERGIO SA	PORTUGAL	.ÁGUIAS DE ALVELOS	M SEN	05:58:00.737	00:40:37.644
12	7	M	PEDRO RIBEIRO	PORTUGAL	.CLUBE DE PRAÇAS DA ARMADA	M SEN	06:00:32.787	00:43:09.694
13	162	M	PEDRO SANTOS	PORTUGAL	ORALKLASS-AMIGOS DO TRAIL	M45	06:00:47.707	00:43:24.614
14	220	M	FREDERICO CERDEIRA	PORTUGAL	.OCS ARRÁBIDA TRAIL TEAM	M SEN	06:05:03.040	00:47:39.947
15	100	M	PAULO MORAIS	PORTUGAL	.OCS ARRÁBIDA TRAIL TEAM	M45	06:06:03.907	00:48:40.814
16	575	M	NELSON SANTOS	PORTUGAL	.RUNNERS DO DEMO	M40	06:07:50.793	00:50:27.700
17	362	M	ARMANDO COSTA	PORTUGAL	.RUNNERS DO DEMO	M40	06:09:04.133	00:51:41.040
18	161	M	PEDRO ROCHA	PORTUGAL	.ORALKLASS-AMIGOS DO TRAIL	M SEN	06:10:23.870	00:53:00.777
19	26	M	DIOGO PINHEIRO	PORTUGAL	.COIMBRA TRAIL RUNNING	M SEN	06:10:57.113	00:53:34.020
20	223	M	ALEXANDRE URBINA	SPAIN	TRAIL TEAM BIFASE	M SEN	06:11:30.107	00:54:07.014
21	21	M	TIAGO TEIXEIRA	PORTUGAL	.EDV-VIANA TRAIL	M SEN	06:12:17.857	00:54:54.764
22	488	M	FRANCISCO FREITAS	PORTUGAL	ACD JARDIM DA SERRA	M40	06:13:50.837	00:56:27.744
23	153	M	LUÍS MARTINS	PORTUGAL	.ORALKLASS-AMIGOS DO TRAIL	M40	06:14:35.350	00:57:12.257
24	37	M	FRANCISCO FERNANDES	PORTUGAL	.ÁGUIAS DE ALVELOS	M SEN	06:15:51.077	00:58:27.984
25	114	M	RÚBEN CHAVES	PORTUGAL	.OCS ARRÁBIDA TRAIL TEAM	M SEN	06:16:51.560	00:59:28.467
26	51	M	EDUARDO MARTÍNEZ	SPAIN	CORREDOIRAS BUEU	M SEN	06:17:30.057	01:00:06.964
27	290	M	EDGAR RESENDE	PORTUGAL	SIM SUMMIT	M SEN	06:17:44.803	01:00:21.710
28	412	M	CARLOS FERREIRA	PORTUGAL	.SIM SUMMIT	M SEN	06:17:48.307	01:00:25.214
29	43	M	ANTÓNIO FERREIRA	PORTUGAL	.RUNNERS DO DEMO	M45	06:18:01.300	01:00:38.207
30	5	M	DAVID QUELHAS	PORTUGAL	INDIVIDUAL	M SEN	06:18:57.557	01:01:34.464
31	251	M	OSCAR MENDES	PORTUGAL	.ÁGUIAS DE ALVELOS	M SEN	06:19:10.290	01:01:47.197
32	132	M	JOÃO NOGUEIRA	PORTUGAL	.ORALKLASS-AMIGOS DO TRAIL	M SEN	06:20:09.033	01:02:45.940
33	19	M	ANDRÉ DUARTE	PORTUGAL	.C.D.C. NAVE / TRAIL RUNNERS	M SEN	06:22:33.017	01:05:09.924
34	423	M	JOSÉ FREITAS	PORTUGAL	ACD JARDIM DA SERRA	M40	06:22:34.510	01:05:11.417
35	29	M	PEDRO VERÍSSIMO	PORTUGAL	.OCS ARRÁBIDA TRAIL TEAM	M40	06:22:58.753	01:05:35.660
36	40	M	DANIEL BATATA	PORTUGAL	.ATLETISMO CLUBE DA TOCHA	M SEN	06:22:59.063	01:05:35.970
37	52	M	ANTÓNIO FREITAS	PORTUGAL	.NAST-NÚCLEO ASSOCIATIVO DE SANTO TIRSO	M40	06:23:54.497	01:06:31.404
38	456	M	PAULO LOPES	PORTUGAL	.OCS ARRÁBIDA TRAIL TEAM	M45	06:27:08.727	01:09:45.634
39	150	M	MÁRIO PINTO	PORTUGAL	ORALKLASS-AMIGOS DO TRAIL	M SEN	06:27:34.963	01:10:11.870
40	1	M	LUIZ MOTA	PORTUGAL	CASA DO BENFICA EM ABRANTES	M50	06:27:35.463	01:10:12.370
41	48	M	NELSON TEIXEIRA	PORTUGAL	.NAST-NÚCLEO ASSOCIATIVO DE SANTO TIRSO	M SEN	06:27:48.220	01:10:25.127
42	253	M	RICARDO AMORIM	PORTUGAL	MINHO E LIMA TRAIL	M SEN	06:28:03.710	01:10:40.617
43	276	M	VICTOR CORREIA	PORTUGAL	EDV-VIANA TRAIL	M45	06:29:22.577	01:11:59.484
44	318	M	LOIS RODRIGUES	SPAIN	.ÁGUIAS DE ALVELOS	M40	06:29:34.197	01:12:11.104
45	141	F	MARIANA MACHADO	PORTUGAL	.ORALKLASS-AMIGOS DO TRAIL	F SEN	06:30:21.190	01:12:58.097
46	324	M	NUNO CARNEIRO	PORTUGAL	.NAST-NÚCLEO ASSOCIATIVO DE SANTO TIRSO	M SEN	06:30:21.570	01:12:58.477
47	46	M	VÍTOR COSTA	PORTUGAL	.A. D. AMARANTE	M40	06:30:23.567	01:13:00.474
48	2	M	ARMANDO TEIXEIRA	PORTUGAL	SALOMON SUUNTO PORTUGAL	M45	06:30:35.820	01:13:12.727
49	272	F	MARY VIEIRA	PORTUGAL	PROZIS	F SEN	06:32:53.323	01:15:30.230
50	440	M	GONÇALO CARITA	PORTUGAL	.ACP PORTALEGRE/UTSM	M SEN	06:33:00.913	01:15:37.820
51	173	M	VIRGÍLIO ORNELAS	PORTUGAL	ACD JARDIM DA SERRA	M40	06:35:29.077	01:18:05.984

Pos.	Dorsal	G	Nome	País	Equipa	Escalão	Tempo	Diferença
52	38	M	HUGO ARAUJO	PORTUGAL	.ÁGUIAS DE ALVELOS	M SEN	06:36:42.137	01:19:19.044
53	24	M	EDUARDO FONSECA	PORTUGAL	INDIVIDUAL	M SEN	06:37:49.827	01:20:26.734
54	249	M	TIAGO ROVISCO	PORTUGAL	OCS ARRÁBIDA TRAIL TEAM	M40	06:38:13.117	01:20:50.024
55	36	M	BRUNO RIBEIRO	PORTUGAL	.ÁGUIAS DE ALVELOS	M40	06:39:10.110	01:21:47.017
56	140	M	NUNO PAIVA	PORTUGAL	.ACP PORTALEGRE/UTSM	M SEN	06:39:23.363	01:22:00.270
57	32	M	JOÃO FERREIRA	PORTUGAL	.COIMBRA TRAIL RUNNING	M SEN	06:39:54.600	01:22:31.507
58	579	M	NUNO GUIMARÃES	PORTUGAL	TROGLODITAS RUNNERS	M SEN	06:41:33.587	01:24:10.494
59	287	M	SIMÃO SEIÇA	PORTUGAL	OCS ARRÁBIDA TRAIL TEAM	M SEN	06:41:58.083	01:24:34.990
60	250	M	HUMBERTO VARA	PORTUGAL	.CLUBE DE ATLETISMO DE FERREIRA DO ZÉZERE	M55	06:42:03.370	01:24:40.277
61	550	M	MIGUEL RIBEIRO	PORTUGAL	ZONA ALTA TRAIL	M40	06:44:22.810	01:26:59.717
62	170	M	DARÍO MARTÍNEZ	SPAIN	CORREDOIRAS BUEU	M SEN	06:44:30.060	01:27:06.967
63	260	M	JOSÉ DOMÍNGUEZ	SPAIN	.EDV-VIANA TRAIL	M SEN	06:45:20.063	01:27:56.970
64	22	M	PAULO MARREIROS	PORTUGAL	.COIMBRA TRAIL RUNNING	M45	06:46:21.587	01:28:58.494
65	578	M	FÁBIO FILIPE	PORTUGAL	.MONTANHA CLUBE TRAIL RUNNING EFAPEL	M SEN	06:47:25.033	01:30:01.940
66	294	M	VITOR CORDEIRO	PORTUGAL	.EDV-VIANA TRAIL	M55	06:47:33.787	01:30:10.694
67	354	M	EMILIO FERNANDEZ	SPAIN	.EDV-VIANA TRAIL	M50	06:48:42.770	01:31:19.677
68	254	M	CARLOS FERREIRA	PORTUGAL	BTT ALEGRIA	M45	06:48:44.020	01:31:20.927
69	326	M	JOÃO ALEXANDRE	PORTUGAL	.C.D.C. NAVE / TRAIL RUNNERS	M SEN	06:50:08.090	01:32:44.997
70	34	M	ANTÓNIO FIGUEIREDO	PORTUGAL	.COIMBRA TRAIL RUNNING	M40	06:50:40.503	01:33:17.410
71	42	M	TIAGO ARAGÃO	PORTUGAL	CTAD-CONSUMO ZERO	M40	06:50:59.537	01:33:36.444
72	145	M	JOSÉ FÉTEIRA	PORTUGAL	.A.R.S.M. ASSOCIAÇÃO RECREATIVA SÃO MIGUEL	M50	06:52:01.990	01:34:38.897
73	228	M	RUFINO PAIVA	PORTUGAL	.OCS ARRÁBIDA TRAIL TEAM	M45	06:53:52.727	01:36:29.634
74	462	M	BERNARDINO PINTO	PORTUGAL	SIM SUMMIT	M SEN	06:54:53.963	01:37:30.870
75	479	M	TAKAHIRO ISHIDA	JAPAN	CENTRO DE TRAIL CARLOS SÁ PENACOVA TEAM	M50	06:56:43.200	01:39:20.107
76	289	M	PAULO PIRES	PORTUGAL	.RUNNERS DO DEMO	M40	06:57:10.947	01:39:47.854
77	345	M	ROMEU FERNANDES	PORTUGAL	VENDA DA LUÍSA	M SEN	06:57:39.097	01:40:16.004
78	512	M	ARTUR COSTA	PORTUGAL	DESNIVEL POSITIVO	M40	06:57:43.940	01:40:20.847
79	238	M	MIGUEL FERREIRA	PORTUGAL	LION RUNNERS-G. D. LEÕES DA GUARDA	M40	06:59:55.170	01:42:32.077
80	175	M	DUARTE ABREU	PORTUGAL	ACD JARDIM DA SERRA	M45	07:01:56.900	01:44:33.807
81	97	M	JOSÉ COSTA	PORTUGAL	.RUNNERS DO DEMO	M50	07:02:37.900	01:45:14.807
82	99	M	FERNANDO FERREIRA	PORTUGAL	TRILHOS DOS TEMPLÁRIOS	M SEN	07:04:50.877	01:47:27.784
83	582	M	JORGE DUARTE	PORTUGAL	.COIMBRA TRAIL RUNNING	M40	07:05:05.373	01:47:42.280
84	47	M	ANDRÉ ALMEIDA	PORTUGAL	FACTOR X / S4L / MEDENSE FC	M SEN	07:05:39.860	01:48:16.767
85	154	F	PAULA BARBOSA	PORTUGAL	.ORALKLASS-AMIGOS DO TRAIL	F40	07:05:40.107	01:48:17.014
86	554	M	LAURENTINO PITEIRA	PORTUGAL	CLUBE ATLETISMO VIANA DO ALENTEJO	M45	07:06:03.613	01:48:40.520
87	25	M	ANTONIO QUARESMA	PORTUGAL	.COIMBRA TRAIL RUNNING	M40	07:06:05.607	01:48:42.514
88	50	M	SERGIO VIEIRA	PORTUGAL	FÁTIMA TRAIL TEAM	M40	07:06:14.360	01:48:51.267
89	233	M	ARMINDO ANTUNES	PORTUGAL	.COIMBRA TRAIL RUNNING	M40	07:06:52.357	01:49:29.264
90	455	M	JOSÉ NUNES	PORTUGAL	.RUNNERS DO DEMO	M45	07:07:51.847	01:50:28.754
91	35	F	NÁDIA CASTELEIRO	PORTUGAL	.ORALKLASS-AMIGOS DO TRAIL	F SEN	07:09:21.110	01:51:58.017
92	382	M	PEDRO BATISTA	PORTUGAL	.A.R.S.M. ASSOCIAÇÃO RECREATIVA SÃO MIGUEL	M40	07:09:21.587	01:51:58.494
93	45	M	CARLOS CARDOSO	PORTUGAL	.ÁGUIAS DE ALVELOS	M45	07:10:04.607	01:52:41.514
94	227	F	SARA BRITO	PORTUGAL	CA BARREIRA	F50	07:10:15.077	01:52:51.984
95	507	M	SÉRGIO DUARTE	PORTUGAL	SIM SUMMIT	M40	07:11:41.070	01:54:17.977
96	284	M	TELMO VELOSO	PORTUGAL	.EDV-VIANA TRAIL	M45	07:11:47.113	01:54:24.020
97	201	M	JOÃO TOMÁS	PORTUGAL	A. C. S. MAMEDE	M SEN	07:13:35.863	01:56:12.770
98	31	M	FRANCISCO REIS	PORTUGAL	A. C. S. MAMEDE	M SEN	07:13:40.293	01:56:17.200
99	74	M	ANTÓNIO CARDOSO	PORTUGAL	RUNNERS DA FRENTE RIBEIRINHA DA PÓVOA DE SANTA IRIA	M45	07:14:29.797	01:57:06.704
100	298	M	RICARDO GONÇALVES	PORTUGAL	ADRAP	M SEN	07:15:00.530	01:57:37.437
101	274	M	NUNO TORRES	PORTUGAL	.OCS ARRÁBIDA TRAIL TEAM	M40	07:15:26.117	01:58:03.024
102	181	M	MOISÉS BARROSO	PORTUGAL	.ABCANSADO TRAIL	M45	07:16:11.617	01:58:48.524

Pos.	Dorsal	G	Nome	País	Equipa	Escalão	Tempo	Diferença
103	375	M	JOSE NOGUEIRA	PORTUGAL	INDIVIDUAL	M40	07:16:52.763	01:59:29.670
104	522	M	TIAGO MACHADO	PORTUGAL	.MONSANTO RUNNING TEAM	M45	07:17:45.247	02:00:22.154
105	329	M	PEDRO SA	PORTUGAL	.SIM SUMMIT	M SEN	07:18:46.247	02:01:23.154
106	595	M	NUNO VAZ	PORTUGAL	.RUNNERS DO DEMO	M SEN	07:21:22.980	02:03:59.887
107	27	M	PAULO SANTOS	PORTUGAL	GRUPO DESPORTIVO FERREIRENSE	M50	07:22:29.703	02:05:06.610
108	545	M	DIDIER VALENTE	PORTUGAL	.MONSANTO RUNNING TEAM	M45	07:22:43.710	02:05:20.617
109	338	M	MARCELO MARTINS	PORTUGAL	ÁGUIAS DE ALVELOS	M SEN	07:23:05.697	02:05:42.604
110	79	M	PAULINO ABREU	PORTUGAL	.SOLOPISADAS TEAM	M50	07:23:10.957	02:05:47.864
111	138	M	SERGIO ARAUJO	PORTUGAL	ÁGUIAS DE ALVELOS	M SEN	07:23:31.720	02:06:08.627
112	299	M	JOSÉ VIEIRA	PORTUGAL	OCS ARRÁBIDA TRAIL TEAM	M55	07:24:27.443	02:07:04.350
113	134	M	JOÃO ANTUNES	PORTUGAL	EDV-VIANA TRAIL	M45	07:24:58.693	02:07:35.600
114	264	M	PEDRO MARTINS	PORTUGAL	CCRALTO DO MOINHO	M SEN	07:25:27.377	02:08:04.284
115	291	M	MANUEL AUGUSTO	PORTUGAL	GDA - TRAILRUNNERS	M45	07:26:25.177	02:09:02.084
116	301	M	RUI ARAÚJO	PORTUGAL	.SIM SUMMIT	M SEN	07:26:36.177	02:09:13.084
117	518	M	ANTONIO AMORIM	PORTUGAL	S.C.ESPINHO ATLETISMO/ANTÓNIO LEITÃO	M45	07:26:47.137	02:09:24.044
118	205	M	BRUNO FERNANDES	PORTUGAL	CLUBE DESPORTIVO OS METRALHAS	M40	07:27:00.377	02:09:37.284
119	378	M	PAULO NOGUEIRA	PORTUGAL	.MONTANHA CLUBE TRAIL RUNNING EFAPEL	M40	07:27:11.420	02:09:48.327
120	406	M	ÓSCAR MAGOLO	PORTUGAL	.MONTANHA CLUBE TRAIL RUNNING EFAPEL	M40	07:27:18.677	02:09:55.584
121	269	M	MIGUEL BRITES	PORTUGAL	CLUBE FUTEBOL GUADIANA	M45	07:27:49.663	02:10:26.570
122	401	M	ANTÓNIO ANTAS	PORTUGAL	FURÕES DO ALENTEJO	M55	07:27:49.927	02:10:26.834
123	418	M	JOÃO FIGUEIREDO	PORTUGAL	CLUBE FUTEBOL GUADIANA	M40	07:27:52.130	02:10:29.037
124	342	M	LUÍS PEDRO	PORTUGAL	.RUNNERS DO DEMO	M40	07:28:26.407	02:11:03.314
125	295	M	JORGE SANTOS	PORTUGAL	.C.D.C. NAVE / TRAIL RUNNERS	M SEN	07:28:47.907	02:11:24.814
126	361	M	LUIS SILVA	PORTUGAL	SCPOMBAL/TRAIL TEAM	M40	07:29:27.900	02:12:04.807
127	465	M	ANTÓNIO BATATA	PORTUGAL	.ATLETISMO CLUBE DA TOCHA	M45	07:29:30.157	02:12:07.064
128	89	M	RODRIGO ARAUJO	PORTUGAL	MAGICBARBER TRAIL TEAM	M SEN	07:29:51.897	02:12:28.804
129	426	M	PEDRO FREITAS	PORTUGAL	ARRIBAS	M SEN	07:30:08.130	02:12:45.037
130	319	M	JOÃO FERNANDES	PORTUGAL	.ACP PORTALEGRE/UTSM	M55	07:30:24.390	02:13:01.297
131	356	M	PEDRO CARMONA	PORTUGAL	.GO!RUNNERS/OUTPROSTORE	M SEN	07:31:47.877	02:14:24.784
132	10	F	ESTER ALVES	PORTUGAL	SALOMON SUUNTO	F SEN	07:32:26.610	02:15:03.517
133	533	M	SÉRGIO SANTOS	PORTUGAL	DOUROCONTA	M40	07:32:33.883	02:15:10.790
134	532	M	HUGO ROSA	PORTUGAL	.C.D.C. NAVE / TRAIL RUNNERS	M40	07:34:31.353	02:17:08.260
135	59	M	DAVID AMARAL	PORTUGAL	.COIMBRA TRAIL RUNNING	M45	07:36:15.637	02:18:52.544
136	498	F	JOCELINA FERREIRA	PORTUGAL	.MONTANHA CLUBE TRAIL RUNNING EFAPEL	F45	07:36:40.083	02:19:16.990
137	302	M	PEDRO SANTOS	PORTUGAL	CDDR COLMEAL DA TORRE	M45	07:36:50.337	02:19:27.244
138	315	M	RICARDO MIRANDA	PORTUGAL	.ÁGUIAS DE ALVELOS	M SEN	07:37:18.827	02:19:55.734
139	261	M	ANTÓNIO PINTO	PORTUGAL	S.C.ESPINHO ATLETISMO/ANTÓNIO LEITÃO	M50	07:37:48.820	02:20:25.727
140	39	F	SARA SILVA	PORTUGAL	ATLETISMO CLUBE DA TOCHA	F SEN	07:38:01.387	02:20:38.294
141	357	M	MARCO ALMEIDA	PORTUGAL	.MONSANTO RUNNING TEAM	M40	07:38:10.317	02:20:47.224
142	602	M	VASCO SOUSA	PORTUGAL	SCPOVENSE CARACÓIS CORRIDA	M50	07:39:16.057	02:21:52.964
143	116	M	PEDRO CARDOSO	PORTUGAL	RUNNERS DA FRENTE RIBEIRINHA DA PÓVOA DE SANTA IRIA	M40	07:40:09.800	02:22:46.707
144	340	M	JORGE VIEIRA	PORTUGAL	FÁTIMA TRAIL TEAM	M SEN	07:41:00.893	02:23:37.800
145	352	M	EURICO MOURA	PORTUGAL	.RETORTA - QUINTA DAS ARCAS	M40	07:41:32.787	02:24:09.694
146	505	M	INUO MELO	PORTUGAL	SIM SUMMIT	M40	07:41:44.893	02:24:21.800
147	68	M	RICARDO CONDE	PORTUGAL	BOAVISTA TRAIL	M SEN	07:42:14.790	02:24:51.697
148	395	M	FERNANDO BASTOS	PORTUGAL	.MONTANHA CLUBE TRAIL RUNNING EFAPEL	M SEN	07:42:23.027	02:24:59.934
149	186	M	JORGE MOITA	PORTUGAL	.A.R.S.M. ASSOCIAÇÃO RECREATIVA SÃO MIGUEL	M45	07:42:23.530	02:25:00.437
150	146	M	HELDER BAPTISTA	PORTUGAL	.GO!RUNNERS/OUTPROSTORE	M50	07:43:50.430	02:26:27.337
151	429	F	ANA SOUSA	PORTUGAL	TEAM LANTEMIL	F SEN	07:44:02.767	02:26:39.674
152	558	M	TIAGO ALMEIDA	PORTUGAL	JAVALLIS - AMIZADE E GLÓRIA	M SEN	07:44:37.767	02:27:14.674
153	449	M	MIGUEL ALVES	PORTUGAL	LEÕES DE TARDARIZ TRAIL	M SEN	07:45:43.247	02:28:20.154

Pos.	Dorsal	G	Nome	País	Equipa	Escalão	Tempo	Diferença
154	120	M	MARCO FRANCISCO	PORTUGAL	.MONSANTO RUNNING TEAM	M SEN	07:46:04.997	02:28:41.904
155	279	F	GORETI CORREIRA	PORTUGAL	.EDV-VIANA TRAIL	F40	07:46:25.493	02:29:02.400
156	581	M	JOÃO CAETANO	PORTUGAL	INDIVIDUAL	M40	07:46:33.990	02:29:10.897
157	20	F	VIRGÍNIA PEREIRA	PORTUGAL	.MONSANTO RUNNING TEAM	F50	07:46:38.647	02:29:15.554
158	535	M	JOSÉ MENDES	PORTUGAL	.ABUTRES	M45	07:48:25.147	02:31:02.054
159	107	M	PEDRO COSTA	PORTUGAL	MAGICBARBER TRAIL TEAM	M40	07:50:38.400	02:33:15.307
160	469	M	JOÃO ALVES	PORTUGAL	A. C. S. MAMEDE	M SEN	07:50:46.200	02:33:23.107
161	472	M	JORGE GARCIA	SPAIN	INDIVIDUAL	M45	07:50:54.700	02:33:31.607
162	573	M	PEDRO MARQUES	PORTUGAL	COA / CORVUS TRAIL TEAM	M SEN	07:51:24.697	02:34:01.604
163	471	M	MARCO PINTO	PORTUGAL	BRABUS RUNNERS	M SEN	07:51:58.453	02:34:35.360
164	393	F	VERA BERNARDO	PORTUGAL	ARCD VENDA DA LUÍSA	F SEN	07:52:23.657	02:35:00.564
165	180	F	DIANA ELIAS	PORTUGAL	.MONTANHA CLUBE TRAIL RUNNING EFAPEL	F SEN	07:52:40.187	02:35:17.094
166	119	F	RAQUEL PEDRO	PORTUGAL	.MONTANHA CLUBE TRAIL RUNNING EFAPEL	F45	07:53:38.937	02:36:15.844
167	106	M	JOÃO ALMEIDA	PORTUGAL	ATLafa	M45	07:54:33.667	02:37:10.574
168	365	M	HENRIQUE CARVALHO	PORTUGAL	NÃO FAZEMOS NEM MAIS UM...KM	M SEN	07:55:30.153	02:38:07.060
169	14	M	JORGE SERRAZINA	PORTUGAL	CLUBE DE ATLETISMO DE ÓBIDOS	M60	07:55:31.660	02:38:08.567
170	203	M	OSCAR RODRIGUES	PORTUGAL	.ORALKLASS-AMIGOS DO TRAIL	M40	07:57:46.407	02:40:23.314
171	95	M	PAULO AMARO	PORTUGAL	PELAESTRADAFORA	M50	07:57:54.137	02:40:31.044
172	105	F	FERNANDA VERDE	PORTUGAL	.EDV-VIANA TRAIL	F40	07:57:56.637	02:40:33.544
173	278	M	ANDRÉ COSTA	PORTUGAL	.NAST-NÚCLEO ASSOCIATIVO DE SANTO TIRSO	M SEN	07:59:16.873	02:41:53.780
174	485	M	PAULO BARBOSA	PORTUGAL	TEAM LANTEMIL	M50	08:00:01.867	02:42:38.774
175	464	M	ELÍSIO GONÇALVES	PORTUGAL	.ATLETISMO CLUBE DA TOCHA	M45	08:00:36.860	02:43:13.767
176	501	M	ROGERIO VICENTE	PORTUGAL	GTT - ARMAZÉM DO CAFFÈ	M45	08:00:52.160	02:43:29.067
177	262	M	FERNANDO SANTOS	PORTUGAL	.ABUTRES	M SEN	08:00:59.357	02:43:36.264
178	88	M	JORGE ABRANTES	PORTUGAL	INDIVIDUAL	M50	08:01:09.407	02:43:46.314
179	475	M	HUGO CONDE	PORTUGAL	.ABUTRES	M SEN	08:01:09.863	02:43:46.770
180	525	M	AMANDIO ANTUNES	PORTUGAL	.AFIFENSE TRAIL	M40	08:03:42.090	02:46:18.997
181	386	M	HUGO LIMA	PORTUGAL	DESNIVEL POSITIVO	M40	08:03:49.333	02:46:26.240
182	341	M	RUI LIMA	PORTUGAL	.OLÍMPICO VIANENSE	M SEN	08:05:07.913	02:47:44.820
183	577	M	LUIS VERISSIMO	PORTUGAL	FIGUEIRA KAYAK CLUBE	M45	08:05:08.067	02:47:44.974
184	288	M	NUNO ARAUJO	PORTUGAL	.OLÍMPICO VIANENSE	M40	08:05:08.913	02:47:45.820
185	404	F	ANDREIA CORREIA	PORTUGAL	.EDV-VIANA TRAIL	F SEN	08:05:40.067	02:48:16.974
186	600	M	FRED KALAHARI	PORTUGAL	EDV-VIANA TRAIL	M45	08:05:42.063	02:48:18.970
187	536	M	MIGUEL SIMÕES	PORTUGAL	.STRAVISTAS VENDA DO PINHEIRO	M40	08:06:53.557	02:49:30.464
188	346	M	CLÁUDIO REININHO	PORTUGAL	RUNNERS DO DEMO	M40	08:08:19.040	02:50:55.947
189	503	M	JOSE GOMES	PORTUGAL	.NOCTURNOS DE PAREDES	M50	08:09:44.277	02:52:21.184
190	467	M	SIMAO CASTRO	PORTUGAL	COIMBRA TRAIL RUNNING	M40	08:11:05.517	02:53:42.424
191	410	M	MIGUEL MARQUES	PORTUGAL	CA BARREIRA	M45	08:11:42.267	02:54:19.174
192	28	F	MONIQUE RIBEIRO	PORTUGAL	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	F SEN	08:12:52.670	02:55:29.577
193	33	M	BRUNO RIBEIRO	PORTUGAL	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	M SEN	08:12:53.170	02:55:30.077
194	73	M	BRUNO BISPO	PORTUGAL	.RUNNERS DO DEMO	M SEN	08:13:23.420	02:56:00.327
195	445	M	JOSE MOISES	PORTUGAL	.ACP PORTALEGRE/UTSM	M45	08:14:05.487	02:56:42.394
196	277	M	HUGO HENRIQUES	PORTUGAL	GALHARDOS RUNNERS	M40	08:15:29.257	02:58:06.164
197	84	M	SERGIO VIEIRA	PORTUGAL	CDM RUNNING	M SEN	08:15:58.220	02:58:35.127
198	567	M	LUIS LOBATO	PORTUGAL	COA / CORVUS TRAIL TEAM	M45	08:16:10.217	02:58:47.124
199	311	M	NUNO FARIA	PORTUGAL	CIDEP FORNOS LUSAVOUGA	M40	08:16:47.210	02:59:24.117
200	236	M	LUÍS MAGALHÃES	PORTUGAL	BOAVISTA TRAIL	M SEN	08:16:48.963	02:59:25.870
201	476	M	HELDER ANTUNES	PORTUGAL	.ABCANSADO TRAIL	M SEN	08:17:21.957	02:59:58.864
202	478	M	DANIEL SANTOS	PORTUGAL	.ABCANSADO TRAIL	M40	08:17:30.673	03:00:07.580
203	517	M	CELSE OLIVEIRA	PORTUGAL	LION RUNNERS-G. D. LEÕES DA GUARDA	M SEN	08:18:11.700	03:00:48.607
204	317	M	TIAGO SALGUEIRO	PORTUGAL	.ABUTRES	M40	08:19:18.940	03:01:55.847

Pos.	Dorsal	G	Nome	País	Equipa	Escalão	Tempo	Diferença
205	563	M	DAVID GONÇALVES	PORTUGAL	STRENDURE RUNNING TEAM	M SEN	08:19:26.677	03:02:03.584
206	135	M	JOAQUIM CAPELA	PORTUGAL	.KANINOS	M45	08:20:06.677	03:02:43.584
207	193	M	PAULO COSTA	PORTUGAL	CLAC ENTRONCAMENTO	M40	08:21:21.677	03:03:58.584
208	221	F	LÚCIA FRANCO	PORTUGAL	AD GALOMAR	F40	08:21:32.420	03:04:09.327
209	110	F	ANA AMARAL	PORTUGAL	INDIVIDUAL	F45	08:21:53.667	03:04:30.574
210	57	M	JOÃO FERREIRA	PORTUGAL	NUTRI-FORMA	M SEN	08:22:00.927	03:04:37.834
211	268	M	MIGUEL BARROS	PORTUGAL	.A. D. AMARANTE	M50	08:22:36.907	03:05:13.814
212	300	M	JOAO COSTA	PORTUGAL	SABORES DO PAÇO/ZATOPEQUES	M45	08:24:13.643	03:06:50.550
213	115	M	PEDRO DOURADO	PORTUGAL	ÁGUIAS DE ALVELOS	M SEN	08:25:05.637	03:07:42.544
214	121	M	NELSON LEAL	PORTUGAL	INDIVIDUAL	M SEN	08:25:12.383	03:07:49.290
215	574	M	PEDRO SEMIÃO	PORTUGAL	SHARISH GIN/GD PIRANHAS DO ALQUEVA	M40	08:25:21.630	03:07:58.537
216	206	M	MARCO SILVA	PORTUGAL	OCS ARRÁBIDA TRAIL TEAM	M SEN	08:25:36.630	03:08:13.537
217	348	F	MARIA FONSECA	PORTUGAL	RUNNERS DO DEMO	F40	08:25:44.887	03:08:21.794
218	459	M	FAUSTO PIMENTEL	PORTUGAL	INDIVIDUAL	M50	08:26:02.127	03:08:39.034
219	70	M	JOSÉ VIZUETE	SPAIN	ACP PORTALEGRE/UTSM	M45	08:26:35.397	03:09:12.304
220	49	F	SÍLVIA SANTOS	PORTUGAL	.CLUBE DE ATLETISMO DE FERREIRA DO ZÊZERE	F40	08:27:05.613	03:09:42.520
221	200	M	RUI PINHO	PORTUGAL	AKUAFIT	M40	08:27:20.150	03:09:57.057
222	448	M	BRUNO FONTÃO	PORTUGAL	TEAM LANTEMIL	M SEN	08:27:31.183	03:10:08.090
223	376	F	ALEXANDRA FERNANDES	PORTUGAL	.ORALKLASS-AMIGOS DO TRAIL	F50	08:27:44.860	03:10:21.767
224	63	M	LUÍS OLIVEIRA	PORTUGAL	FIGUEIRA KAYAK CLUBE	M SEN	08:28:05.863	03:10:42.770
225	327	M	JOAO FONSECA	PORTUGAL	OUTDOOR CLUBE DE SETUBAL	M50	08:28:06.183	03:10:43.090
226	601	M	JOÃO FERREIRA	PORTUGAL	COIMBRA TRAIL RUNNING	M SEN	08:28:42.387	03:11:19.294
227	463	M	JORGE CORREIA	PORTUGAL	VIRIATHVS RUNNERS VISEU	M50	08:28:56.437	03:11:33.344
228	323	M	ROLANDO JESUS	PORTUGAL	SWAT TEAM	M SEN	08:30:07.597	03:12:44.504
229	427	M	JOSÉ FARIA	PORTUGAL	VELHA GUARDA	M SEN	08:30:07.597	03:12:44.504
230	80	M	PEDRO SIMÕES	PORTUGAL	A.R.S.M. ASSOCIAÇÃO RECREATIVA SÃO MIGUEL	M45	08:30:14.090	03:12:50.997
231	537	M	RICARDO PEREIRA	PORTUGAL	GOIRUNNERS/OUTPROSTORE	M40	08:32:44.563	03:15:21.470
232	555	M	FRANCISCO REBELO	PORTUGAL	FLOWER PEOPLE X	M40	08:32:57.060	03:15:33.967
233	457	M	RUI CARVALHO	PORTUGAL	BRUXOS RUNNERS	M45	08:34:04.687	03:16:41.594
234	231	M	HÉLDER FERREIRA	PORTUGAL	INDIVIDUAL	M55	08:34:26.047	03:17:02.954
235	435	M	MANUEL SARDINHA	PORTUGAL	TRAILTEAMJROXOALUMINIOS	M55	08:34:35.297	03:17:12.204
236	133	M	JOSE COSTA	PORTUGAL	ORALKLASS-AMIGOS DO TRAIL	M45	08:34:43.297	03:17:20.204
237	339	M	BRUNO BONDOSO	PORTUGAL	.C.D.C. NAVE / TRAIL RUNNERS	M45	08:34:53.690	03:17:30.597
238	75	M	JOSÉ PINTO	PORTUGAL	DOUROCONTA	M SEN	08:34:54.033	03:17:30.940
239	416	M	CRISTOVAO CHAVES	PORTUGAL	RUNNERS DO DEMO	M40	08:34:59.543	03:17:36.450
240	336	M	RUI MARTINS	PORTUGAL	.C.D.C. NAVE / TRAIL RUNNERS	M45	08:35:00.303	03:17:37.210
241	216	M	FERNANDO RODRIGUES	PORTUGAL	.OLÍMPICO VIANENSE	M40	08:35:17.790	03:17:54.697
242	270	M	DAVID ALVES	PORTUGAL	.SOLOPISADAS TEAM	M45	08:35:28.190	03:18:05.097
243	379	M	RODOLFO ORFÃO	PORTUGAL	SINMETRO	M40	08:35:35.943	03:18:12.850
244	506	M	DANIEL TERRA	PORTUGAL	FACTOR X / S4L / MEDENSE FC	M SEN	08:35:43.690	03:18:20.597
245	8	F	SUSANA SIMÕES	PORTUGAL	.EDV-VIANA TRAIL	F45	08:36:44.693	03:19:21.600
246	85	M	NUNO HENRIQUES	PORTUGAL	GRUPO DESPORTIVO SANTANDER TOTTA	M40	08:37:44.767	03:20:21.674
247	58	M	ANTÓNIO MADEIRA	PORTUGAL	INDIVIDUAL	M55	08:38:43.010	03:21:19.917
248	489	M	FERNANDO CARNEIRO	PORTUGAL	TREPADORES	M SEN	08:39:06.017	03:21:42.924
249	192	M	FILIPE RAMOS	PORTUGAL	GONDOMAR FUTSAL CLUBE	M40	08:39:28.753	03:22:05.660
250	447	M	ANDRÉ CARVALHO	PORTUGAL	EDV-VIANA TRAIL	M SEN	08:39:50.997	03:22:27.904
251	222	M	CESAR DUARTE	PORTUGAL	.A. D. AMARANTE	M SEN	08:39:52.193	03:22:29.100
252	349	M	ANTÓNIO SILVA	PORTUGAL	EDV-VIANA TRAIL	M SEN	08:39:59.510	03:22:36.417
253	551	M	ÁNGEL GALLARDO	SPAIN	ACP PORTALEGRE/UTSM	M45	08:40:21.993	03:22:58.900
254	474	M	ISMAEL MAIATO	PORTUGAL	SALAMANDRECOS	M50	08:40:48.990	03:23:25.897
255	596	M	NUNO LOPES	PORTUGAL	TRILHOS DOS TEMPLÁRIOS	M40	08:41:09.487	03:23:46.394

Pos.	Dorsal	G	Nome	País	Equipa	Escalão	Tempo	Diferença
256	385	M	HILÁRIO LOURO	PORTUGAL	INDIVIDUAL	M45	08:41:27.447	03:24:04.354
257	169	M	FERNANDO ALMEIDA	PORTUGAL	.NOCTURNOS DE PAREDES	M40	08:41:37.733	03:24:14.640
258	433	M	PEDRO MARTINS	PORTUGAL	.MONSANTO RUNNING TEAM	M45	08:42:05.230	03:24:42.137
259	69	M	MARCO PEREIRA	PORTUGAL	INDIVIDUAL	M40	08:42:31.223	03:25:08.130
260	397	M	SÉRGIO SUZANO	PORTUGAL	ORALKLASS-AMIGOS DO TRAIL	M SEN	08:42:34.697	03:25:11.604
261	461	M	PEDRO FERREIRA	PORTUGAL	ARCD VENDA DA LUÍSA	M45	08:43:08.730	03:25:45.637
262	15	M	EMANUEL OLIVEIRA	PORTUGAL	INDIVIDUAL	M45	08:44:28.213	03:27:05.120
263	143	M	RUI GAMA	PORTUGAL	TIGRES DO ZÊZERE	M50	08:44:29.953	03:27:06.860
264	454	M	MANUEL CORREIA	PORTUGAL	INDIVIDUAL	M45	08:44:35.200	03:27:12.107
265	305	F	FÁTIMA ALENDouro	PORTUGAL	.MONTANHA CLUBE TRAIL RUNNING EFAPEL	F45	08:45:01.697	03:27:38.604
266	147	F	MARIA SANTOS	PORTUGAL	OCS ARRÁBIDA TRAIL TEAM	F SEN	08:45:20.947	03:27:57.854
267	160	M	AMADEU TEIXEIRA	PORTUGAL	HUGO TEIXEIRA PT	M60	08:45:25.957	03:28:02.864
268	151	M	PEDRO MENESES	PORTUGAL	CLUBE EFACEC	M45	08:46:30.947	03:29:07.854
269	508	M	ANTÓNIO GOMES	PORTUGAL	ÁGUAS DE ALVELOS	M50	08:47:06.930	03:29:43.837
270	515	M	ANGELO PEREIRA	PORTUGAL	INDIVIDUAL	M55	08:49:18.453	03:31:55.360
271	65	F	SUSANA RODRIGUES	PORTUGAL	CLUBE ATLETISMO FAFE	F SEN	08:49:39.657	03:32:16.564
272	210	F	VERA OLIVEIRA	PORTUGAL	CLUBE DESPORTIVO OS METRALHAS	F40	08:50:12.453	03:32:49.360
273	225	M	GUSTAVO PESSA	PORTUGAL	PUXA POR TI	M45	08:50:54.823	03:33:31.730
274	492	M	HUGO MACHADO	PORTUGAL	TRILHOS DOS TEMPLÁRIOS	M40	08:51:43.637	03:34:20.544
275	548	M	EDUARDO TAVARES	PORTUGAL	MULTIRUNNERS	M45	08:53:48.367	03:36:25.274
276	102	M	ALFREDO COSTA	PORTUGAL	INDIVIDUAL	M60	08:55:14.957	03:37:51.864
277	103	M	LUÍS FROES	PORTUGAL	ASSOCIAÇÃO 20 KMS DE ALMEIRIM	M SEN	08:56:25.593	03:39:02.500
278	306	M	JOAQUIM LEITE	PORTUGAL	LEÕES DE TARDARIZ TRAIL	M55	08:57:37.210	03:40:14.117
279	157	M	FERNANDO PEREIRA	PORTUGAL	BRABUS RUNNERS	M SEN	08:57:45.083	03:40:21.990
280	109	M	ANTÓNIO SOARES	PORTUGAL	OPRATICANTE.PT	M55	08:58:23.083	03:40:59.990
281	243	M	SILVÉRIO CORREIA	PORTUGAL	GRUPO DESPORTIVO SANTANDER TOTTA	M50	08:58:23.210	03:41:00.117
282	487	M	HERMENEGILDO MENDES	PORTUGAL	BOAVISTA TRAIL	M SEN	08:58:38.573	03:41:15.480
283	292	M	CARLOS CORREIA	PORTUGAL	INDIVIDUAL	M60	08:58:40.323	03:41:17.230
284	583	M	JOSE PEREIRA	PORTUGAL	INDIVIDUAL	M SEN	08:58:43.823	03:41:20.730
285	244	M	JOÃO PEREIRA	PORTUGAL	STRENDURE RUNNING TEAM	M50	08:58:45.710	03:41:22.617
286	304	F	ANDREIA VICENTE	PORTUGAL	CLUBE DESPORTIVO FERREIRENSE	F SEN	08:58:49.573	03:41:26.480
287	246	M	PAULO FIGUEIREDO	PORTUGAL	FIGUEIRA KAYAK CLUBE	M SEN	08:58:54.570	03:41:31.477
288	415	M	JOSÉ SILVA	PORTUGAL	RUNNING ESPINHO	M40	08:59:16.210	03:41:53.117
289	366	M	CÉSAR FRANCISCO	PORTUGAL	CESARFRANCISCO.COM LAGRIMAS TEAM	M50	09:02:09.463	03:44:46.370
290	189	M	PAULO GOMES	PORTUGAL	WE RUN	M40	09:02:33.040	03:45:09.947
291	325	M	JOSÉ SILVA	PORTUGAL	ALEXANDRA CARVALHO TEAM	M40	09:03:01.473	03:45:38.380
292	425	M	JOAO AFONSO	PORTUGAL	.ALEXANDRA CARVALHO TEAM	M SEN	09:03:01.963	03:45:38.870
293	559	M	JOSE CUNHA	PORTUGAL	NOCTURNOS DE PAREDES	M SEN	09:04:49.517	03:47:26.424
294	592	F	SARA SOUSA	PORTUGAL	.C.D.C. NAVE / TRAIL RUNNERS	F SEN	09:05:29.013	03:48:05.920
295	94	M	JORGE NUNES	PORTUGAL	INDIVIDUAL	M45	09:06:17.743	03:48:54.650
296	500	M	MANUEL SILVA	PORTUGAL	OCS ARRÁBIDA TRAIL TEAM	M45	09:06:24.003	03:49:00.910
297	91	M	MARCELO PAULINO	PORTUGAL	CLUBE SOSI	M SEN	09:06:53.717	03:49:30.624
298	208	M	HUGO CARREIRA	PORTUGAL	A. C. S. MAMEDE	M SEN	09:07:00.967	03:49:37.874
299	98	M	DIOGO BARROS	PORTUGAL	SALAMANDRECOS	M40	09:07:49.487	03:50:26.394
300	516	M	JORGE NABAIS	PORTUGAL	COA / CORVUS TRAIL TEAM	M SEN	09:09:16.977	03:51:53.884
301	234	F	RUTE MARTINS	PORTUGAL	COA / CORVUS TRAIL TEAM	F SEN	09:09:19.730	03:51:56.637
302	380	M	NELSON CASTRO	PORTUGAL	INDIVIDUAL	M45	09:09:21.220	03:51:58.127
303	452	M	DINIS CARTAS	PORTUGAL	RUNNING	M SEN	09:09:21.727	03:51:58.634
304	155	M	RUI VIEIRA	PORTUGAL	OCS ARRÁBIDA TRAIL TEAM	M45	09:09:22.227	03:51:59.134
305	523	M	FILIPPE BARBOSA	PORTUGAL	.NOCTURNOS DE PAREDES	M SEN	09:10:19.717	03:52:56.624
306	494	M	RUI INÁCIO	PORTUGAL	DOLCE FURADOURO	M40	09:11:08.957	03:53:45.864

Pos.	Dorsal	G	Nome	País	Equipa	Escalão	Tempo	Diferença
307	163	M	FABIO SILVA	PORTUGAL	.NAST-NÚCLEO ASSOCIATIVO DE SANTO TIRSO	M SEN	09:12:21.450	03:54:58.357
308	125	F	CARLA HENRIQUES	PORTUGAL	ASSOCIAÇÃO VALE GRANDE	F40	09:12:21.697	03:54:58.604
309	265	M	NUNO TEIXEIRA	PORTUGAL	SPORTARC.RUNNING	M SEN	09:12:46.223	03:55:23.130
310	195	M	ROBERTO SANCHEZ	SPAIN	CLUB DE MONTAÑA KARAKORUM	M45	09:12:55.223	03:55:32.130
311	531	M	JOÃO SIMÕES	PORTUGAL	RUNNERS DO DEMO	M SEN	09:13:32.677	03:56:09.584
312	530	M	JUSTINO PINTO	PORTUGAL	SHARISH GIN/GD PIRANHAS DO ALQUEVA	M40	09:13:34.223	03:56:11.130
313	353	M	NELSON SANTOS	PORTUGAL	GO!RUNNERS/OUTPROSTORE	M45	09:15:58.413	03:58:35.320
314	470	M	ANDRÉ PAIVA	PORTUGAL	FARMÁCIA LUCIANO E MATOS	M SEN	09:16:29.410	03:59:06.317
315	483	F	JESUS MONRAIA	PORTUGAL	AD IALBAX	F45	09:18:36.797	04:01:13.704
316	403	M	MANUEL COSTA	PORTUGAL	.RETORTA - QUINTA DAS ARCAS	M40	09:19:16.633	04:01:53.540
317	64	F	SOFIA COELHO	PORTUGAL	.BOAVISTA TRAIL	F45	09:21:20.113	04:03:57.020
318	511	M	JORGE PEREIRA	PORTUGAL	OZXTREME	M SEN	09:21:47.860	04:04:24.767
319	590	M	LUIS FIDALGO	PORTUGAL	TRILHOS DO COSTUME	M45	09:22:37.233	04:05:14.140
320	477	M	VITOR VIEIRA	PORTUGAL	INDIVIDUAL	M SEN	09:22:45.353	04:05:22.260
321	67	M	SANDRO RODRIGUES	PORTUGAL	AURORA TRAIL	M40	09:23:04.610	04:05:41.517
322	398	M	PAULO GAMA	PORTUGAL	GONDOMAR FUTSAL CLUBE	M50	09:24:12.840	04:06:49.747
323	207	M	NELSON SOUSA	PORTUGAL	DIRTRUNNERS	M50	09:24:20.233	04:06:57.140
324	139	M	TIAGO AMADO	PORTUGAL	OCS ARRÁBIDA TRAIL TEAM	M40	09:24:26.837	04:07:03.744
325	466	M	MARCO RASTEIRO	PORTUGAL	GO!RUNNERS/OUTPROSTORE	M40	09:26:18.817	04:08:55.724
326	176	F	ANA MOTA	PORTUGAL	INDIVIDUAL	F SEN	09:27:10.237	04:09:47.144
327	510	M	ADELINO CARVALHO	PORTUGAL	.MONSANTO RUNNING TEAM	M45	09:27:11.560	04:09:48.467
328	275	M	TIAGO SANTOS	PORTUGAL	AMIGOS ATLETISMO MAFRA	M45	09:27:41.307	04:10:18.214
329	413	M	HELDER PINTO	PORTUGAL	CCRD BURINHOSA	M40	09:28:00.237	04:10:37.144
330	409	F	ANA SANTOS	PORTUGAL	CCRD BURINHOSA	F55	09:28:02.237	04:10:39.144
331	585	M	JOAQUIM PINHEIRO	PORTUGAL	INDIVIDUAL	M50	09:28:38.987	04:11:15.894
332	185	F	CARLA ANTUNES	PORTUGAL	DIVE INTO THE MOUNTAINS	F40	09:28:47.797	04:11:24.704
333	405	M	MAURO PINTO	PORTUGAL	INDIVIDUAL	M40	09:29:03.803	04:11:40.710
334	87	M	ROGÉRIO FERNANDES	PORTUGAL	SÓBE - SÓBIMEU	M40	09:29:16.490	04:11:53.397
335	158	M	FERNANDO MATEUS	PORTUGAL	.CLUBE DE ATLETISMO DE FERREIRA DO ZÊZERE	M60	09:29:23.550	04:12:00.457
336	513	M	JOSÉ MATOS	PORTUGAL	MBT-MONFORTE BIKERUNTEAM	M50	09:29:25.043	04:12:01.950
337	179	F	ILZE LAPINA	LATVIA	OK ZIEMELKURZEME	F50	09:30:54.533	04:13:31.440
338	96	M	MANUEL CAROCINHO	PORTUGAL	INDIVIDUAL	M45	09:31:42.023	04:14:18.930
339	257	M	GONÇALO NAZARÉ	PORTUGAL	PUXA POR TI	M SEN	09:32:47.017	04:15:23.924
340	166	M	PEDRO PEREIRA	PORTUGAL	#PEPI	M45	09:34:02.507	04:16:39.414
341	566	M	HELIO COSTA	PORTUGAL	CCDR COLMEAL DA TORRE	M40	09:34:08.757	04:16:45.664
342	167	M	JORGE BASTOS	PORTUGAL	PERNETAS	M40	09:35:12.237	04:17:49.144
343	330	M	NUNO MAGRO	PORTUGAL	.GO!RUNNERS/OUTPROSTORE	M45	09:36:11.997	04:18:48.904
344	374	M	EURICO JOAO	PORTUGAL	FREERUNNERS	M40	09:36:34.727	04:19:11.634
345	484	M	DAVID CAMELO	PORTUGAL	CINFÃES A CORRER	M SEN	09:36:41.477	04:19:18.384
346	171	F	SOFIA SIMÕES	PORTUGAL	GRUPO DESPORTIVO FERREIRENSE	F40	09:37:10.247	04:19:47.154
347	137	M	DIOGO SIMÃO	PORTUGAL	FLEED.PT / BA&N	M40	09:37:42.247	04:20:19.154
348	111	M	HUGO PAULO	PORTUGAL	STRENDURE RUNNING TEAM	M40	09:37:48.967	04:20:25.874
349	553	M	PAULO AZEVEDO	PORTUGAL	INDIVIDUAL	M50	09:38:49.953	04:21:26.860
350	191	M	NUNO ATHAYDE	PORTUGAL	TURRES TRAIL TEAM	M45	09:39:10.700	04:21:47.607
351	541	M	MARCO CRUZ	PORTUGAL	CAMINHAR AO LUAR	M40	09:39:13.700	04:21:50.607
352	434	M	FILIPPE GONÇALVES	SPAIN	.SOLOPISADAS TEAM	M50	09:39:19.200	04:21:56.107
353	61	M	NELSON AMARAL	PORTUGAL	INDIVIDUAL	M SEN	09:39:30.697	04:22:07.604
354	561	F	LILIANE VAZ	PORTUGAL	.C.D.C. NAVE / TRAIL RUNNERS	F SEN	09:39:46.447	04:22:23.354
355	556	M	CARLOS CHARRUA	PORTUGAL	CLUBE ATLETISMO VIANA DO ALENTEJO	M45	09:40:31.930	04:23:08.837
356	122	M	JOSÉ ROCHA	PORTUGAL	TRILHOS DO COSTUME	M50	09:40:58.003	04:23:34.910
357	178	M	LOPEZ SERGE	FRANCE	INDIVIDUAL	M55	09:41:38.927	04:24:15.834

Pos.	Dorsal	G	Nome	País	Equipa	Escalão	Tempo	Diferença
358	388	F	LURDES GIL	PORTUGAL	GRUPO DESPORTIVO FERREIRENSE	F45	09:42:00.677	04:24:37.584
359	316	M	JOÃO SILVA	PORTUGAL	ASSOCIAÇÃO 20 KMS DE ALMEIRIM	M SEN	09:42:36.003	04:25:12.910
360	197	M	AIGARS ACTINS	LATVIA	INDIVIDUAL	M50	09:42:41.920	04:25:18.827
361	118	M	FERNANDO MENDES	PORTUGAL	INDIVIDUAL	M45	09:43:00.167	04:25:37.074
362	242	M	ANDRÉ RELVAS	PORTUGAL	INDIVIDUAL	M SEN	09:43:03.663	04:25:40.570
363	182	M	ROGERIO ABREU	PORTUGAL	O QUE QUEREMOS É MONTE	M45	09:43:14.253	04:25:51.160
364	280	M	PAULO SOARES	PORTUGAL	VALE CORRER	M40	09:43:15.663	04:25:52.570
365	414	F	ANA TOMÉ	PORTUGAL	PACE.MAKERS	F45	09:43:27.003	04:26:03.910
366	400	M	SÉRGIO OLIVEIRA	PORTUGAL	PACE.MAKERS	M45	09:43:28.663	04:26:05.570
367	213	M	LUÍS PEDRO	PORTUGAL	.STRAVISTAS VENDA DO PINHEIRO	M45	09:43:32.003	04:26:08.910
368	520	M	FERNANDO JORGE	PORTUGAL	BOAVISTA TRAIL	M45	09:44:09.663	04:26:46.570
369	127	F	ANA VIEIRA	PORTUGAL	.ORALKLASS-AMIGOS DO TRAIL	F SEN	09:45:59.887	04:28:36.794
370	428	M	GONÇALO VALENTE	PORTUGAL	PIMPÕES TRAIL TEAM	M50	09:46:59.627	04:29:36.534
371	128	M	RUI MONTEIRO	PORTUGAL	ARCD VENDA DA LUÍSA	M SEN	09:48:30.370	04:31:07.277
372	245	M	JOSÉ CORREIA	PORTUGAL	.STRAVISTAS VENDA DO PINHEIRO	M55	09:48:44.497	04:31:21.404
373	460	M	PEDRO CARVALHIDO	PORTUGAL	.ALEXANDRA CARVALHO TEAM	M45	09:48:44.613	04:31:21.520
374	604	M	MANUEL GARCÍA	SPAIN	INDIVIDUAL	M45	09:48:49.257	04:31:26.164
375	603	F	VANESSA MORALES	SPAIN	INDIVIDUAL	F SEN	09:48:50.867	04:31:27.774
376	360	M	RUI MIGUEL	PORTUGAL	RUN CREW TRAIL MONTIJO	M45	09:49:35.007	04:32:11.914
377	364	M	PAULO PACHECO	PORTUGAL	TPP MOUNTAIN RUNNERS	M SEN	09:49:48.353	04:32:25.260
378	232	M	FERNANDO CUNHA	PORTUGAL	EDV-VIANA TRAIL	M55	09:50:49.853	04:33:26.760
379	241	F	PATRÍCIA SANTOS	PORTUGAL	.C.D.C. NAVE / TRAIL RUNNERS	F45	09:52:29.260	04:35:06.167
380	258	M	BRUNO RIBEIRO	PORTUGAL	.KANINOS	M40	09:52:34.263	04:35:11.170
381	538	M	EDUARDO COSTA	PORTUGAL	ASSOCIAÇÃO DESPORTIVA E CULTURAL INDEMNITA ATIVA / CORRUSEVEN	M45	09:54:12.563	04:36:49.470
382	285	M	LUIS FERREIRA	PORTUGAL	ACD OS ÍLHAVOS	M SEN	09:54:26.060	04:37:02.967
383	528	M	GUSTAVO BARROS	PORTUGAL	GREEN TRACE RUNNERS	M40	09:54:32.773	04:37:09.680
384	543	M	MANUEL MARTINS	PORTUGAL	OPRATICANTE.PT	M40	09:54:52.057	04:37:28.964
385	124	M	RUI ALEGRE	PORTUGAL	INDIVIDUAL	M40	09:56:18.543	04:38:55.450
386	597	F	ANA COSTA	PORTUGAL	RUNNING TEAM MAIA	F40	09:57:11.517	04:39:48.424
387	144	M	JOSÉ MOREIRA	PORTUGAL	VIRIATHVS RUNNERS VISEU	M50	09:57:56.767	04:40:33.674
388	524	M	JOÃO SILVA	PORTUGAL	INDIVIDUAL	M55	09:57:57.767	04:40:34.674
389	136	M	FERNANDO SANTOS	PORTUGAL	GTT - ARMAZÉM DO CAFFÈ	M50	09:57:58.787	04:40:35.694
390	271	M	JOÃO SANCHES	PORTUGAL	.CLUBE DE ATLETISMO DE FERREIRA DO ZÉZERE	M50	09:58:07.770	04:40:44.677
391	215	F	CATARINA SILVA	PORTUGAL	.CLUBE DE ATLETISMO DE FERREIRA DO ZÉZERE	F50	09:58:10.267	04:40:47.174
392	443	F	ANA DUARTE	PORTUGAL	OCS ARRÁBIDA TRAIL TEAM	F50	09:58:11.777	04:40:48.684
393	588	M	PAULO FERREIRA	PORTUGAL	TÁLENTOS TEAM	M50	09:58:12.270	04:40:49.177
394	255	M	MIGUEL DUARTE	PORTUGAL	.MONSANTO RUNNING TEAM	M45	09:59:24.273	04:42:01.180
395	239	M	ORLANDO FERREIRA	PORTUGAL	SABORES DO PAÇO/ZATOPEQUES	M60	09:59:36.013	04:42:12.920
396	296	M	GONÇALO RODRIGUES	PORTUGAL	A.R.S.M. ASSOCIAÇÃO RECREATIVA SÃO MIGUEL	M SEN	10:00:28.270	04:43:05.177
397	281	M	PEDRO VITORINO	PORTUGAL	INDIVIDUAL	M40	10:03:36.977	04:46:13.884
398	552	M	DANIEL PINTO	PORTUGAL	COMDOR RUNNERS	M SEN	10:04:09.720	04:46:46.627
399	344	F	PATRÍCIA LOURENÇO	PORTUGAL	INDIVIDUAL	F40	10:04:43.277	04:47:20.184
400	605	M	PAULO PELICANO	PORTUGAL	CORCODILOS-MISTER PC	M50	10:04:51.467	04:47:28.374
401	263	M	PEDRO RAMOS	PORTUGAL	INDIVIDUAL	M50	10:09:03.683	04:51:40.590
402	81	F	PATRÍCIA SILVA	PORTUGAL	.MONSANTO RUNNING TEAM	F40	10:09:07.933	04:51:44.840
403	117	M	EMIDIO SANTOS	PORTUGAL	SIGMARUNNERS	M55	10:09:28.923	04:52:05.830
404	539	F	MARIA SÁ	PORTUGAL	DIVE INTO THE MOUNTAINS	F50	10:10:55.910	04:53:32.817
405	198	M	CÉSAR ORVALHO	PORTUGAL	POWERLAB.PT	M SEN	10:11:22.530	04:53:59.437
406	218	M	FILIPPE CEIA	PORTUGAL	INDIVIDUAL	M SEN	10:11:25.530	04:54:02.437
407	444	M	PEDRO SOUSA	PORTUGAL	CLUBE SOSI	M50	10:11:42.650	04:54:19.557
408	142	M	RENATO MARTINS	PORTUGAL	TREPADORES	M40	10:11:46.530	04:54:23.437

Pos.	Dorsal	G	Nome	País	Equipa	Escalão	Tempo	Diferença
409	355	M	MARIO BATISTA	PORTUGAL	ADA DESNIVEL	M40	10:11:59.400	04:54:36.307
410	451	F	MANUELA OLVEIRA	SPAIN	.BOAVISTA TRAIL	F45	10:17:52.847	05:00:29.754
411	387	M	CES?RIO ROCHA	PORTUGAL	LADECASA	M50	10:21:42.060	05:04:18.967
412	373	M	JOSE MARTINS	PORTUGAL	INDIVIDUAL	M40	10:23:40.790	05:06:17.697
413	381	M	JOÃO NEVES	PORTUGAL	ASSOCIAÇÃO DESPORTIVA E CULTURAL RIBEIRINHA ATIVA / COBRISEVEN	M SEN	10:25:45.023	05:08:21.930
414	312	M	JOÃO MARQUES	PORTUGAL	INDIVIDUAL	M55	10:27:32.297	05:10:09.204
415	211	M	PEDRO BATISTA	PORTUGAL	INDIVIDUAL	M SEN	10:30:12.740	05:12:49.647
416	148	M	PAULO FERREIRA	PORTUGAL	INDIVIDUAL	M50	10:30:23.243	05:13:00.150
417	363	M	NUNO GAMEIRO	PORTUGAL	INDIVIDUAL	M SEN	10:30:59.557	05:13:36.464
418	439	F	FLOR MADUREIRA	PORTUGAL	CONFRARIA TROTAMONTES	F50	10:33:17.803	05:15:54.710
419	93	F	CONCEIÇÃO FERREIRA	PORTUGAL	AZTRAIL/MERCENTRO	F50	10:33:18.703	05:15:55.610
420	308	M	LUÍS CARLOS	PORTUGAL	CHITAS DE ALCobaça	M45	10:33:46.053	05:16:22.960
421	514	M	FERNANDO BANCA	PORTUGAL	WIKABOO	M40	10:33:54.217	05:16:31.124
422	237	F	LOES SCHUREN	NETHERLANDS	PUXA POR TI	F40	10:34:04.197	05:16:41.104
423	411	M	JOSÉ COSTA	PORTUGAL	COIMBRA TRAIL RUNNING	M60	10:36:46.307	05:19:23.214
424	76	M	JOSÉ SARGAÇO	PORTUGAL	FALCÕES SELVAGENS	M45	10:39:38.897	05:22:15.804
425	589	M	FABIO DELGADO	PORTUGAL	CORRER EM Évora	M SEN	10:39:59.567	05:22:36.474
426	547	M	JOSÉ MENDES	PORTUGAL	BOAVISTA TRAIL	M55	10:39:59.643	05:22:36.550
427	504	F	CRISTINA ARREIOL	PORTUGAL	.BOAVISTA TRAIL	F SEN	10:40:03.310	05:22:40.217
428	309	F	FERNANDA MELO	PORTUGAL	GRUPO DESPORTIVO VELENSE	F45	10:40:40.637	05:23:17.544
429	321	F	ANA GOMES	PORTUGAL	STRENDURE RUNNING TEAM	F40	10:40:42.637	05:23:19.544
430	407	M	FERNANDO PEREIRA	PORTUGAL	GONDOMAR FUTSAL CLUBE	M50	10:40:43.887	05:23:20.794
431	101	M	ALBERTO SOLPOSTO	PORTUGAL	INDIVIDUAL	M SEN	10:40:51.920	05:23:28.827
432	591	M	SÉRGIO MOREIRA	PORTUGAL	ULTRA DIABÉTICO	M40	10:40:58.163	05:23:35.070
433	521	M	LUIS NUNES	PORTUGAL	CLUBE DE ATLETISMO DE ÓBIDOS	M60	10:47:33.087	05:30:09.994
434	417	M	PEDRO SILVA	PORTUGAL	PUXA POR TI	M40	10:47:37.817	05:30:14.724
435	390	M	ANDRÉ DIAS	PORTUGAL	INDIVIDUAL	M45	10:49:05.310	05:31:42.217
436	214	F	SÍLVIA CRUZ	PORTUGAL	.C.D.C. NAVE / TRAIL RUNNERS	F SEN	10:49:29.810	05:32:06.717
437	320	M	ALVARO NUNES	PORTUGAL	.NAST-NÚCLEO ASSOCIATIVO DE SANTO TIRSO	M45	10:49:57.303	05:32:34.210
438	560	M	PAULO FERNANDES	PORTUGAL	BARRANCOS FC/BIOGADO	M45	10:49:57.573	05:32:34.480
439	123	M	GONÇALO RITA	PORTUGAL	O MUNDO DA CORRIDA	M40	10:50:01.803	05:32:38.710
440	486	M	NUNO MACHADO	PORTUGAL	SHARISH GIN/GD PIRANHAS DO ALQUEVA	M40	10:50:43.297	05:33:20.204
441	468	M	ANTÓNIO CARDOSO	PORTUGAL	SHARISH GIN/GD PIRANHAS DO ALQUEVA	M45	10:50:44.070	05:33:20.977
442	432	M	FILIPPE LEITE	PORTUGAL	OS FINOS	M SEN	10:53:18.323	05:35:55.230
443	78	F	ANA PISSARRA	PORTUGAL	GINASIO FIT4FUN	F45	10:53:22.273	05:35:59.180
444	82	M	ANGELO PINHO	PORTUGAL	GINASIO FIT4FUN	M45	10:53:23.327	05:36:00.234
445	229	M	DIOGO LEITE	PORTUGAL	INDIVIDUAL	M50	10:53:24.030	05:36:00.937
446	562	M	ANTÓNIO SIMÕES	PORTUGAL	INDIVIDUAL	M50	10:54:36.760	05:37:13.667
447	571	M	MIGUEL GONÇALVES	PORTUGAL	100 GÁS TRAIL TEAM	M40	10:57:57.480	05:40:34.387
448	190	M	PEDRO PEREIRA	PORTUGAL	INDIVIDUAL	M40	10:58:05.733	05:40:42.640
449	240	M	GONÇALO MELO	PORTUGAL	.RUN 4 FUN	M50	11:00:56.583	05:43:33.490
450	188	M	PEDRO RIBEIRO	PORTUGAL	RUN 4 FUN	M40	11:00:58.333	05:43:35.240
451	351	M	RUI FARIA	PORTUGAL	RUN 4 FUN	M45	11:00:59.333	05:43:36.240
452	359	M	TEODORO TRINDADE	PORTUGAL	.RUN 4 FUN	M55	11:00:59.460	05:43:36.367
453	165	M	MARIO COSTA	PORTUGAL	MOREIRA RELAX RUNNERS	M55	11:04:08.590	05:46:45.497
454	499	M	ANTÓNIO COELHO	PORTUGAL	CLUBE EFACEC	M50	11:04:10.447	05:46:47.354
455	247	M	BRUNO LOUREIRO	PORTUGAL	BOAVISTA TRAIL	M SEN	11:04:54.093	05:47:31.000
456	56	F	CAROLINA PEREIRA	PORTUGAL	AFIFENSE TRAIL	F50	11:05:57.677	05:48:34.584
457	586	M	CARLOS PEREIRA	PORTUGAL	.AFIFENSE TRAIL	M45	11:06:08.907	05:48:45.814
458	546	M	SERGIO RODRIGUES	PORTUGAL	INDIVIDUAL	M60	11:14:31.340	05:57:08.247
459	367	F	FAVELINA SANTOS	PORTUGAL	GRCD LEIÃO - COBRAS TRAILISTAS	F45	11:14:34.097	05:57:11.004

Pos.	Dorsal	G	Nome	País	Equipa	Escalão	Tempo	Diferença
460	442	F	SARA NOGUEIRA	PORTUGAL	GRCD LEIÃO - COBRAS TRAILISTAS	F40	11:14:41.103	05:57:18.010
461	204	M	CASIMIRO SILVA	PORTUGAL	GRCD LEIÃO - COBRAS TRAILISTAS	M45	11:14:41.830	05:57:18.737
462	557	M	NUNO BARATA	PORTUGAL	COA / CORVUS TRAIL TEAM	M45	11:16:16.563	05:58:53.470
463	569	M	SILVÉRIO SANTOS	PORTUGAL	CLUBE PESSOAL AGUAS DE GAIA	M45	11:24:17.607	06:06:54.514
464	420	F	RAQUEL VASCONCELOS	PORTUGAL	NO TOMORROW RUNNING TEAM	F40	11:34:23.900	06:17:00.807
465	473	M	PAULO GOMES	PORTUGAL	NO TOMORROW RUNNING TEAM	M45	11:34:24.617	06:17:01.524
466	256	M	BRUNO MARQUÊS	PORTUGAL	C. A. TRAIL RUNNERS DA PONTE	M40	11:34:32.117	06:17:09.024
467	495	M	RICARDO PATO	PORTUGAL	STRENDURE RUNNING TEAM	M40	11:34:33.617	06:17:10.524
468	424	M	JOAQUIM BEXIGA	PORTUGAL	CLUBE OGMA	M50	11:34:45.397	06:17:22.304
469	509	M	RAFAEL SOUSA	PORTUGAL	.GO!RUNNERS/OUTPROSTORE	M SUB23	11:34:51.117	06:17:28.024
470	496	M	CARLOS CASTRO	PORTUGAL	PRAIOLAS TEAM - CASA DO POVO DA PRAIA DO NORTE - FAIAL	M40	11:35:31.640	06:18:08.547
471	570	M	AUGUSTO OLIVEIRA	PORTUGAL	INDIVIDUAL	M45	11:36:55.627	06:19:32.534
472	310	F	ESMERALDA MELO	PORTUGAL	FIGUEIRA KAYAK CLUBE	F55	11:37:12.120	06:19:49.027
473	377	F	MARINA MARQUES	PORTUGAL	RUN 4 FUN	F45	11:39:00.107	06:21:37.014
474	332	M	PAULO RAPOSO	PORTUGAL	.RUN 4 FUN	M45	11:39:11.357	06:21:48.264
475	358	M	JOSE CONCEIÇÃO	PORTUGAL	MAGICBARBER TRAIL TEAM	M SEN	11:40:18.873	06:22:55.780
476	337	M	RODOLFO SILVA	PORTUGAL	BOAVISTA TRAIL	M40	11:42:27.077	06:25:03.984
477	402	F	INÊS PERES	PORTUGAL	DESLIZA TEAM	F SEN	11:43:04.810	06:25:41.717
478	441	M	NUNO NUNES	PORTUGAL	.CLUBE DE ATLETISMO DE FERREIRA DO ZÊZERE	M SEN	11:43:07.377	06:25:44.284
479	66	F	MARINHA PIRES	PORTUGAL	AFIFENSE TRAIL	F SEN	11:49:42.383	06:32:19.290
480	436	M	HUGO DUARTE	PORTUGAL	STAMINA TRAIL RUNNERS	M40	11:49:46.637	06:32:23.544
481	333	F	CARLA TABAIO	PORTUGAL	INDIVIDUAL	F SEN	11:52:24.487	06:35:01.394
482	519	M	VITOR VIANA	PORTUGAL	CLUBE ZUPPER	M45	11:57:22.940	06:39:59.847
483	108	M	ADRIANO ROCHA	PORTUGAL	EDV-VIANA TRAIL	M50	11:57:36.680	06:40:13.587
484	126	M	LUIS POEIRA	PORTUGAL	PORTO RUNNERS	M50	12:02:32.403	06:45:09.310
485	77	F	ALEXANDRA CARVALHO	PORTUGAL	ALEXANDRA CARVALHO TEAM	F40	12:14:26.543	06:57:03.450
486	72	M	PEDRO ALVES	PORTUGAL	.ALEXANDRA CARVALHO TEAM	M40	12:14:27.660	06:57:04.567
487	53	M	CÉSAR DIOGO	PORTUGAL	BRUXOS RUNNERS	M40	12:16:07.520	06:58:44.427
488	219	M	FERNANDO SOARES	PORTUGAL	INDIVIDUAL	M50	12:24:52.443	07:07:29.350
489	430	M	DANIEL SILVA	PORTUGAL	ARCORUN	M SEN	12:27:37.167	07:10:14.074
490	60	M	JOÃO VIEIRA	PORTUGAL	DIVE INTO THE MOUNTAINS	M50	12:30:34.640	07:13:11.547
491	286	M	JOAO ALMEIDA	PORTUGAL	.KANINOS	M50	12:32:54.370	07:15:31.277

Campeonato Nacional

Pos.	Dorsal	G	Nome	País	Equipa	Escalão	Tempo	Diferença
1	6	M	ANDRE RODRIGUES	PORTUGAL	PROZIS	M SEN	05:17:23.093	00:00:00.000
2	129	M	BRUNO SILVA	PORTUGAL	.ORALKLASS-AMIGOS DO TRAIL	M SEN	05:31:30.217	00:14:07.124
3	453	M	JOÃO CRUZ	PORTUGAL	.TRAIL TEAM BIFASE	M SEN	05:37:10.417	00:19:47.324
4	3	M	NUNO SILVA	PORTUGAL	.TRAIL TEAM BIFASE	M SEN	05:42:02.513	00:24:39.420
5	4	M	RICARDO SILVA	PORTUGAL	.EDV-VIANA TRAIL	M SEN	05:46:12.087	00:28:48.994
6	168	M	RAFAEL CRUZ	PORTUGAL	.ORALKLASS-AMIGOS DO TRAIL	M SEN	05:53:06.527	00:35:43.434
7	542	M	LEONEL CUNHA	PORTUGAL	.TRAIL TEAM BIFASE	M SEN	05:53:15.023	00:35:51.930
8	159	M	PEDRO BARROS	PORTUGAL	.ORALKLASS-AMIGOS DO TRAIL	M SEN	05:53:57.517	00:36:34.424
9	44	M	PAULO COSTA	PORTUGAL	.A. D. AMARANTE	M40	05:57:12.290	00:39:49.197
10	527	M	SERGIO SA	PORTUGAL	.ÁGUIAS DE ALVELOS	M SEN	05:58:00.737	00:40:37.644
11	7	M	PEDRO RIBEIRO	PORTUGAL	.CLUBE DE PRAÇAS DA ARMADA	M SEN	06:00:32.787	00:43:09.694
12	220	M	FREDERICO CERDEIRA	PORTUGAL	.OCS ARRÁBIDA TRAIL TEAM	M SEN	06:05:03.040	00:47:39.947
13	100	M	PAULO MORAIS	PORTUGAL	.OCS ARRÁBIDA TRAIL TEAM	M45	06:06:03.907	00:48:40.814
14	575	M	NELSON SANTOS	PORTUGAL	.RUNNERS DO DEMO	M40	06:07:50.793	00:50:27.700
15	362	M	ARMANDO COSTA	PORTUGAL	.RUNNERS DO DEMO	M40	06:09:04.133	00:51:41.040

Pos.	Dorsal	G	Nome	País	Equipa	Escalão	Tempo	Diferença
16	161	M	PEDRO ROCHA	PORTUGAL	.ORALKLASS-AMIGOS DO TRAIL	M SEN	06:10:23.870	00:53:00.777
17	26	M	DIOGO PINHEIRO	PORTUGAL	.COIMBRA TRAIL RUNNING	M SEN	06:10:57.113	00:53:34.020
18	21	M	TIAGO TEIXEIRA	PORTUGAL	.EDV-VIANA TRAIL	M SEN	06:12:17.857	00:54:54.764
19	488	M	FRANCISCO FREITAS	PORTUGAL	ACD JARDIM DA SERRA	M40	06:13:50.837	00:56:27.744
20	153	M	LUÍS MARTINS	PORTUGAL	.ORALKLASS-AMIGOS DO TRAIL	M40	06:14:35.350	00:57:12.257
21	37	M	FRANCISCO FERNANDES	PORTUGAL	.ÁGUIAS DE ALVELOS	M SEN	06:15:51.077	00:58:27.984
22	114	M	RÚBEN CHAVES	PORTUGAL	.OCS ARRÁBIDA TRAIL TEAM	M SEN	06:16:51.560	00:59:28.467
23	412	M	CARLOS FERREIRA	PORTUGAL	.SIM SUMMIT	M SEN	06:17:48.307	01:00:25.214
24	43	M	ANTÓNIO FERREIRA	PORTUGAL	.RUNNERS DO DEMO	M45	06:18:01.300	01:00:38.207
25	132	M	JOÃO NOGUEIRA	PORTUGAL	.ORALKLASS-AMIGOS DO TRAIL	M SEN	06:20:09.033	01:02:45.940
26	19	M	ANDRÉ DUARTE	PORTUGAL	.C.D.C. NAVE / TRAIL RUNNERS	M SEN	06:22:33.017	01:05:09.924
27	423	M	JOSÉ FREITAS	PORTUGAL	ACD JARDIM DA SERRA	M40	06:22:34.510	01:05:11.417
28	29	M	PEDRO VERÍSSIMO	PORTUGAL	.OCS ARRÁBIDA TRAIL TEAM	M40	06:22:58.753	01:05:35.660
29	40	M	DANIEL BATATA	PORTUGAL	.ATLETISMO CLUBE DA TOCHA	M SEN	06:22:59.063	01:05:35.970
30	52	M	ANTÓNIO FREITAS	PORTUGAL	.NAST-NÚCLEO ASSOCIATIVO DE SANTO TIRSO	M40	06:23:54.497	01:06:31.404
31	456	M	PAULO LOPES	PORTUGAL	.OCS ARRÁBIDA TRAIL TEAM	M45	06:27:08.727	01:09:45.634
32	1	M	LUIZ MOTA	PORTUGAL	CASA DO BENFICA EM ABRANTES	M50	06:27:35.463	01:10:12.370
33	48	M	NELSON TEIXEIRA	PORTUGAL	.NAST-NÚCLEO ASSOCIATIVO DE SANTO TIRSO	M SEN	06:27:48.220	01:10:25.127
34	253	M	RICARDO AMORIM	PORTUGAL	MINHO E LIMA TRAIL	M SEN	06:28:03.710	01:10:40.617
35	276	M	VICTOR CORREIA	PORTUGAL	EDV-VIANA TRAIL	M45	06:29:22.577	01:11:59.484
36	141	F	MARIANA MACHADO	PORTUGAL	.ORALKLASS-AMIGOS DO TRAIL	F SEN	06:30:21.190	01:12:58.097
37	324	M	NUNO CARNEIRO	PORTUGAL	.NAST-NÚCLEO ASSOCIATIVO DE SANTO TIRSO	M SEN	06:30:21.570	01:12:58.477
38	46	M	VÍTOR COSTA	PORTUGAL	.A. D. AMARANTE	M40	06:30:23.567	01:13:00.474
39	2	M	ARMANDO TEIXEIRA	PORTUGAL	SALOMON SUUNTO PORTUGAL	M45	06:30:35.820	01:13:12.727
40	272	F	MARY VIEIRA	PORTUGAL	PROZIS	F SEN	06:32:53.323	01:15:30.230
41	440	M	GONÇALO CARITA	PORTUGAL	.ACP PORTALEGRE/UTSM	M SEN	06:33:00.913	01:15:37.820
42	38	M	HUGO ARAUJO	PORTUGAL	.ÁGUIAS DE ALVELOS	M SEN	06:36:42.137	01:19:19.044
43	24	M	EDUARDO FONSECA	PORTUGAL	INDIVIDUAL	M SEN	06:37:49.827	01:20:26.734
44	249	M	TIAGO ROVISCO	PORTUGAL	OCS ARRÁBIDA TRAIL TEAM	M40	06:38:13.117	01:20:50.024
45	36	M	BRUNO RIBEIRO	PORTUGAL	.ÁGUIAS DE ALVELOS	M40	06:39:10.110	01:21:47.017
46	140	M	NUNO PAIVA	PORTUGAL	.ACP PORTALEGRE/UTSM	M SEN	06:39:23.363	01:22:00.270
47	32	M	JOÃO FERREIRA	PORTUGAL	.COIMBRA TRAIL RUNNING	M SEN	06:39:54.600	01:22:31.507
48	579	M	NUNO GUIMARÃES	PORTUGAL	TROGLODITAS RUNNERS	M SEN	06:41:33.587	01:24:10.494
49	287	M	SIMÃO SEIÇA	PORTUGAL	OCS ARRÁBIDA TRAIL TEAM	M SEN	06:41:58.083	01:24:34.990
50	250	M	HUMBERTO VARA	PORTUGAL	.CLUBE DE ATLETISMO DE FERREIRA DO ZÉZERE	M55	06:42:03.370	01:24:40.277
51	550	M	MIGUEL RIBEIRO	PORTUGAL	ZONA ALTA TRAIL	M40	06:44:22.810	01:26:59.717
52	22	M	PAULO MARREIROS	PORTUGAL	.COIMBRA TRAIL RUNNING	M45	06:46:21.587	01:28:58.494
53	578	M	FÁBIO FILIPE	PORTUGAL	.MONTANHA CLUBE TRAIL RUNNING EFAPEL	M SEN	06:47:25.033	01:30:01.940
54	294	M	VITOR CORDEIRO	PORTUGAL	.EDV-VIANA TRAIL	M55	06:47:33.787	01:30:10.694
55	254	M	CARLOS FERREIRA	PORTUGAL	BTT ALEGRIA	M45	06:48:44.020	01:31:20.927
56	326	M	JOÃO ALEXANDRE	PORTUGAL	.C.D.C. NAVE / TRAIL RUNNERS	M SEN	06:50:08.090	01:32:44.997
57	34	M	ANTÓNIO FIGUEIREDO	PORTUGAL	.COIMBRA TRAIL RUNNING	M40	06:50:40.503	01:33:17.410
58	42	M	TIAGO ARAGÃO	PORTUGAL	CTAD-CONSUMO ZERO	M40	06:50:59.537	01:33:36.444
59	145	M	JOSÉ FÉTEIRA	PORTUGAL	.A.R.S.M. ASSOCIAÇÃO RECREATIVA SÃO MIGUEL	M50	06:52:01.990	01:34:38.897
60	228	M	RUFINO PAIVA	PORTUGAL	.OCS ARRÁBIDA TRAIL TEAM	M45	06:53:52.727	01:36:29.634
61	289	M	PAULO PIRES	PORTUGAL	.RUNNERS DO DEMO	M40	06:57:10.947	01:39:47.854
62	512	M	ARTUR COSTA	PORTUGAL	DESNIVEL POSITIVO	M40	06:57:43.940	01:40:20.847
63	238	M	MIGUEL FERREIRA	PORTUGAL	LION RUNNERS-G. D. LEÕES DA GUARDA	M40	06:59:55.170	01:42:32.077
64	97	M	JOSÉ COSTA	PORTUGAL	.RUNNERS DO DEMO	M50	07:02:37.900	01:45:14.807
65	582	M	JORGE DUARTE	PORTUGAL	.COIMBRA TRAIL RUNNING	M40	07:05:05.373	01:47:42.280
66	154	F	PAULA BARBOSA	PORTUGAL	.ORALKLASS-AMIGOS DO TRAIL	F40	07:05:40.107	01:48:17.014

Pos.	Dorsal	G	Nome	País	Equipa	Escalão	Tempo	Diferença
67	554	M	LAURENTINO PITEIRA	PORTUGAL	CLUBE ATLETISMO VIANA DO ALENTEJO	M45	07:06:03.613	01:48:40.520
68	25	M	ANTONIO QUARESMA	PORTUGAL	.COIMBRA TRAIL RUNNING	M40	07:06:05.607	01:48:42.514
69	233	M	ARMINDO ANTUNES	PORTUGAL	.COIMBRA TRAIL RUNNING	M40	07:06:52.357	01:49:29.264
70	455	M	JOSÉ NUNES	PORTUGAL	.RUNNERS DO DEMO	M45	07:07:51.847	01:50:28.754
71	35	F	NÁDIA CASTELEIRO	PORTUGAL	.ORALKLASS-AMIGOS DO TRAIL	F SEN	07:09:21.110	01:51:58.017
72	382	M	PEDRO BATISTA	PORTUGAL	.A.R.S.M. ASSOCIAÇÃO RECREATIVA SÃO MIGUEL	M40	07:09:21.587	01:51:58.494
73	45	M	CARLOS CARDOSO	PORTUGAL	.ÁGUIAS DE ALVELOS	M45	07:10:04.607	01:52:41.514
74	227	F	SARA BRITO	PORTUGAL	CA BARREIRA	F50	07:10:15.077	01:52:51.984
75	284	M	TELMO VELOSO	PORTUGAL	.EDV-VIANA TRAIL	M45	07:11:47.113	01:54:24.020
76	201	M	JOÃO TOMÁS	PORTUGAL	A. C. S. MAMEDE	M SEN	07:13:35.863	01:56:12.770
77	74	M	ANTÓNIO CARDOSO	PORTUGAL	RUNNERS DA FRENTE RIBEIRINHA DA PÓVOA DE SANTA IRIA	M45	07:14:29.797	01:57:06.704
78	274	M	NUNO TORRES	PORTUGAL	.OCS ARRÁBIDA TRAIL TEAM	M40	07:15:26.117	01:58:03.024
79	181	M	MOISÉS BARROSO	PORTUGAL	.ABCANSADO TRAIL	M45	07:16:11.617	01:58:48.524
80	375	M	JOSE NOGUEIRA	PORTUGAL	INDIVIDUAL	M40	07:16:52.763	01:59:29.670
81	522	M	TIAGO MACHADO	PORTUGAL	.MONSANTO RUNNING TEAM	M45	07:17:45.247	02:00:22.154
82	329	M	PEDRO SA	PORTUGAL	.SIM SUMMIT	M SEN	07:18:46.247	02:01:23.154
83	595	M	NUNO VAZ	PORTUGAL	.RUNNERS DO DEMO	M SEN	07:21:22.980	02:03:59.887
84	27	M	PAULO SANTOS	PORTUGAL	GRUPO DESPORTIVO FERREIRENSE	M50	07:22:29.703	02:05:06.610
85	545	M	DIDIER VALENTE	PORTUGAL	.MONSANTO RUNNING TEAM	M45	07:22:43.710	02:05:20.617
86	338	M	MARCELO MARTINS	PORTUGAL	.ÁGUIAS DE ALVELOS	M SEN	07:23:05.697	02:05:42.604
87	79	M	PAULINO ABREU	PORTUGAL	.SOLOPISADAS TEAM	M50	07:23:10.957	02:05:47.864
88	299	M	JOSÉ VIEIRA	PORTUGAL	OCS ARRÁBIDA TRAIL TEAM	M55	07:24:27.443	02:07:04.350
89	134	M	JOÃO ANTUNES	PORTUGAL	EDV-VIANA TRAIL	M45	07:24:58.693	02:07:35.600
90	291	M	MANUEL AUGUSTO	PORTUGAL	GDA - TRAILRUNNERS	M45	07:26:25.177	02:09:02.084
91	301	M	RUI ARAÚJO	PORTUGAL	.SIM SUMMIT	M SEN	07:26:36.177	02:09:13.084
92	378	M	PAULO NOGUEIRA	PORTUGAL	.MONTANHA CLUBE TRAIL RUNNING EFAPEL	M40	07:27:11.420	02:09:48.327
93	406	M	ÓSCAR MAGOLO	PORTUGAL	.MONTANHA CLUBE TRAIL RUNNING EFAPEL	M40	07:27:18.677	02:09:55.584
94	269	M	MIGUEL BRITES	PORTUGAL	CLUBE FUTEBOL GUADIANA	M45	07:27:49.663	02:10:26.570
95	401	M	ANTÓNIO ANTAS	PORTUGAL	FURÕES DO ALENTEJO	M55	07:27:49.927	02:10:26.834
96	418	M	JOÃO FIGUEIREDO	PORTUGAL	CLUBE FUTEBOL GUADIANA	M40	07:27:52.130	02:10:29.037
97	342	M	LUÍS PEDRO	PORTUGAL	.RUNNERS DO DEMO	M40	07:28:26.407	02:11:03.314
98	295	M	JORGE SANTOS	PORTUGAL	.C.D.C. NAVE / TRAIL RUNNERS	M SEN	07:28:47.907	02:11:24.814
99	465	M	ANTÓNIO BATATA	PORTUGAL	.ATLETISMO CLUBE DA TOCHA	M45	07:29:30.157	02:12:07.064
100	426	M	PEDRO FREITAS	PORTUGAL	ARRIBAS	M SEN	07:30:08.130	02:12:45.037
101	319	M	JOÃO FERNANDES	PORTUGAL	.ACP PORTALEGRE/UTSM	M55	07:30:24.390	02:13:01.297
102	356	M	PEDRO CARMONA	PORTUGAL	.GO!RUNNERS/OUTPROSTORE	M SEN	07:31:47.877	02:14:24.784
103	10	F	ESTER ALVES	PORTUGAL	SALOMON SUUNTO	F SEN	07:32:26.610	02:15:03.517
104	533	M	SÉRGIO SANTOS	PORTUGAL	DOUROCONTA	M40	07:32:33.883	02:15:10.790
105	532	M	HUGO ROSA	PORTUGAL	.C.D.C. NAVE / TRAIL RUNNERS	M40	07:34:31.353	02:17:08.260
106	59	M	DAVID AMARAL	PORTUGAL	.COIMBRA TRAIL RUNNING	M45	07:36:15.637	02:18:52.544
107	498	F	JOCELINA FERREIRA	PORTUGAL	.MONTANHA CLUBE TRAIL RUNNING EFAPEL	F45	07:36:40.083	02:19:16.990
108	302	M	PEDRO SANTOS	PORTUGAL	CCDR COLMEAL DA TORRE	M45	07:36:50.337	02:19:27.244
109	315	M	RICARDO MIRANDA	PORTUGAL	.ÁGUIAS DE ALVELOS	M SEN	07:37:18.827	02:19:55.734
110	39	F	SARA SILVA	PORTUGAL	ATLETISMO CLUBE DA TOCHA	F SEN	07:38:01.387	02:20:38.294
111	116	M	PEDRO CARDOSO	PORTUGAL	RUNNERS DA FRENTE RIBEIRINHA DA PÓVOA DE SANTA IRIA	M40	07:40:09.800	02:22:46.707
112	340	M	JORGE VIEIRA	PORTUGAL	FÁTIMA TRAIL TEAM	M SEN	07:41:00.893	02:23:37.800
113	352	M	EURICO MOURA	PORTUGAL	.RETORTA - QUINTA DAS ARCAS	M40	07:41:32.787	02:24:09.694
114	68	M	RICARDO CONDE	PORTUGAL	BOAVISTA TRAIL	M SEN	07:42:14.790	02:24:51.697
115	395	M	FERNANDO BASTOS	PORTUGAL	.MONTANHA CLUBE TRAIL RUNNING EFAPEL	M SEN	07:42:23.027	02:24:59.934
116	186	M	JORGE MOITA	PORTUGAL	.A.R.S.M. ASSOCIAÇÃO RECREATIVA SÃO MIGUEL	M45	07:42:23.530	02:25:00.437
117	146	M	HELDER BAPTISTA	PORTUGAL	.GO!RUNNERS/OUTPROSTORE	M50	07:43:50.430	02:26:27.337

Pos.	Dorsal	G	Nome	País	Equipa	Escalão	Tempo	Diferença
118	120	M	MARCO FRANCISCO	PORTUGAL	.MONSANTO RUNNING TEAM	M SEN	07:46:04.997	02:28:41.904
119	279	F	GORETI CORREIRA	PORTUGAL	.EDV-VIANA TRAIL	F40	07:46:25.493	02:29:02.400
120	20	F	VIRGÍNIA PEREIRA	PORTUGAL	.MONSANTO RUNNING TEAM	F50	07:46:38.647	02:29:15.554
121	535	M	JOSÉ MENDES	PORTUGAL	.ABUTRES	M45	07:48:25.147	02:31:02.054
122	107	M	PEDRO COSTA	PORTUGAL	MAGICBARBER TRAIL TEAM	M40	07:50:38.400	02:33:15.307
123	573	M	PEDRO MARQUES	PORTUGAL	COA / CORVUS TRAIL TEAM	M SEN	07:51:24.697	02:34:01.604
124	393	F	VERA BERNARDO	PORTUGAL	ARCD VENDA DA LUÍSA	F SEN	07:52:23.657	02:35:00.564
125	119	F	RAQUEL PEDRO	PORTUGAL	.MONTANHA CLUBE TRAIL RUNNING EFAPEL	F45	07:53:38.937	02:36:15.844
126	14	M	JORGE SERRAZINA	PORTUGAL	CLUBE DE ATLETISMO DE ÓBIDOS	M60	07:55:31.660	02:38:08.567
127	203	M	OSCAR RODRIGUES	PORTUGAL	.ORALKLASS-AMIGOS DO TRAIL	M40	07:57:46.407	02:40:23.314
128	95	M	PAULO AMARO	PORTUGAL	PELAESTRADAFORA	M50	07:57:54.137	02:40:31.044
129	105	F	FERNANDA VERDE	PORTUGAL	.EDV-VIANA TRAIL	F40	07:57:56.637	02:40:33.544
130	485	M	PAULO BARBOSA	PORTUGAL	TEAM LANTEMIL	M50	08:00:01.867	02:42:38.774
131	464	M	ELÍSIO GONÇALVES	PORTUGAL	.ATLETISMO CLUBE DA TOCHA	M45	08:00:36.860	02:43:13.767
132	262	M	FERNANDO SANTOS	PORTUGAL	.ABUTRES	M SEN	08:00:59.357	02:43:36.264
133	88	M	JORGE ABRANTES	PORTUGAL	INDIVIDUAL	M50	08:01:09.407	02:43:46.314
134	475	M	HUGO CONDE	PORTUGAL	.ABUTRES	M SEN	08:01:09.863	02:43:46.770
135	525	M	AMANDIO ANTUNES	PORTUGAL	.AFIFENSE TRAIL	M40	08:03:42.090	02:46:18.997
136	341	M	RUI LIMA	PORTUGAL	.OLÍMPICO VIANENSE	M SEN	08:05:07.913	02:47:44.820
137	288	M	NUNO ARAUJO	PORTUGAL	.OLÍMPICO VIANENSE	M40	08:05:08.913	02:47:45.820
138	600	M	FRED KALAHARI	PORTUGAL	EDV-VIANA TRAIL	M45	08:05:42.063	02:48:18.970
139	536	M	MIGUEL SIMÕES	PORTUGAL	.STRAVISTAS VENDA DO PINHEIRO	M40	08:06:53.557	02:49:30.464
140	503	M	JOSE GOMES	PORTUGAL	.NOCTURNOS DE PAREDES	M50	08:09:44.277	02:52:21.184
141	410	M	MIGUEL MARQUES	PORTUGAL	CA BARREIRA	M45	08:11:42.267	02:54:19.174
142	28	F	MONIQUE RIBEIRO	PORTUGAL	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	F SEN	08:12:52.670	02:55:29.577
143	33	M	BRUNO RIBEIRO	PORTUGAL	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	M SEN	08:12:53.170	02:55:30.077
144	73	M	BRUNO BISPO	PORTUGAL	.RUNNERS DO DEMO	M SEN	08:13:23.420	02:56:00.327
145	445	M	JOSE MOISES	PORTUGAL	.ACP PORTALEGRE/UTSM	M45	08:14:05.487	02:56:42.394
146	277	M	HUGO HENRIQUES	PORTUGAL	GALHARDOS RUNNERS	M40	08:15:29.257	02:58:06.164
147	567	M	LUIS LOBATO	PORTUGAL	COA / CORVUS TRAIL TEAM	M45	08:16:10.217	02:58:47.124
148	476	M	HELDER ANTUNES	PORTUGAL	.ABCANSADO TRAIL	M SEN	08:17:21.957	02:59:58.864
149	478	M	DANIEL SANTOS	PORTUGAL	.ABCANSADO TRAIL	M40	08:17:30.673	03:00:07.580
150	517	M	CELSO OLIVEIRA	PORTUGAL	LION RUNNERS-G. D. LEÕES DA GUARDA	M SEN	08:18:11.700	03:00:48.607
151	317	M	TIAGO SALGUEIRO	PORTUGAL	.ABUTRES	M40	08:19:18.940	03:01:55.847
152	135	M	JOAQUIM CAPELA	PORTUGAL	.KANINOS	M45	08:20:06.677	03:02:43.584
153	193	M	PAULO COSTA	PORTUGAL	CLAC ENTRONCAMENTO	M40	08:21:21.677	03:03:58.584
154	110	F	ANA AMARAL	PORTUGAL	INDIVIDUAL	F45	08:21:53.667	03:04:30.574
155	57	M	JOÃO FERREIRA	PORTUGAL	NUTRI-FORMA	M SEN	08:22:00.927	03:04:37.834
156	268	M	MIGUEL BARROS	PORTUGAL	.A. D. AMARANTE	M50	08:22:36.907	03:05:13.814
157	300	M	JOAO COSTA	PORTUGAL	SABORES DO PAÇO/ZATOPEQUES	M45	08:24:13.643	03:06:50.550
158	121	M	NELSON LEAL	PORTUGAL	INDIVIDUAL	M SEN	08:25:12.383	03:07:49.290
159	574	M	PEDRO SEMIÃO	PORTUGAL	SHARISH GIN/GD PIRANHAS DO ALQUEVA	M40	08:25:21.630	03:07:58.537
160	206	M	MARCO SILVA	PORTUGAL	OCS ARRÁBIDA TRAIL TEAM	M SEN	08:25:36.630	03:08:13.537
161	376	F	ALEXANDRA FERNANDES	PORTUGAL	.ORALKLASS-AMIGOS DO TRAIL	F50	08:27:44.860	03:10:21.767
162	327	M	JOAO FONSECA	PORTUGAL	OUTDOOR CLUBE DE SETUBAL	M50	08:28:06.183	03:10:43.090
163	427	M	JOSÉ FARIA	PORTUGAL	VELHA GUARDA	M SEN	08:30:07.597	03:12:44.504
164	457	M	RUI CARVALHO	PORTUGAL	BRUXOS RUNNERS	M45	08:34:04.687	03:16:41.594
165	435	M	MANUEL SARDINHA	PORTUGAL	TRAILTEAMJROXOALUMINIOS	M55	08:34:35.297	03:17:12.204
166	339	M	BRUNO BONDOSO	PORTUGAL	.C.D.C. NAVE / TRAIL RUNNERS	M45	08:34:53.690	03:17:30.597
167	75	M	JOSÉ PINTO	PORTUGAL	DOUROCONTA	M SEN	08:34:54.033	03:17:30.940
168	216	M	FERNANDO RODRIGUES	PORTUGAL	.OLÍMPICO VIANENSE	M40	08:35:17.790	03:17:54.697

Pos.	Dorsal	G	Nome	País	Equipa	Escalão	Tempo	Diferença
169	270	M	DAVID ALVES	PORTUGAL	.SOLOPISADAS TEAM	M45	08:35:28.190	03:18:05.097
170	379	M	RODOLFO ORFÃO	PORTUGAL	SINMETRO	M40	08:35:35.943	03:18:12.850
171	8	F	SUSANA SIMÕES	PORTUGAL	.EDV-VIANA TRAIL	F45	08:36:44.693	03:19:21.600
172	58	M	ANTÓNIO MADEIRA	PORTUGAL	INDIVIDUAL	M55	08:38:43.010	03:21:19.917
173	222	M	CESAR DUARTE	PORTUGAL	.A. D. AMARANTE	M SEN	08:39:52.193	03:22:29.100
174	474	M	ISMAEL MAIATO	PORTUGAL	SALAMANDRECOs	M50	08:40:48.990	03:23:25.897
175	596	M	NUNO LOPES	PORTUGAL	TRILHOS DOS TEMPLÁRIOS	M40	08:41:09.487	03:23:46.394
176	385	M	HILÁRIO LOURO	PORTUGAL	INDIVIDUAL	M45	08:41:27.447	03:24:04.354
177	169	M	FERNANDO ALMEIDA	PORTUGAL	.NOCTURNOS DE PAREDES	M40	08:41:37.733	03:24:14.640
178	69	M	MARCO PEREIRA	PORTUGAL	INDIVIDUAL	M40	08:42:31.223	03:25:08.130
179	461	M	PEDRO FERREIRA	PORTUGAL	ARCD VENDA DA LUÍSA	M45	08:43:08.730	03:25:45.637
180	305	F	FÁTIMA ALENDOURO	PORTUGAL	.MONTANHA CLUBE TRAIL RUNNING EFAPEL	F45	08:45:01.697	03:27:38.604
181	147	F	MARIA SANTOS	PORTUGAL	OCS ARRÁBIDA TRAIL TEAM	F SEN	08:45:20.947	03:27:57.854
182	151	M	PEDRO MENESES	PORTUGAL	CLUBE EFACEC	M45	08:46:30.947	03:29:07.854
183	508	M	ANTÓNIO GOMES	PORTUGAL	ÁGUAS DE ALVELOS	M50	08:47:06.930	03:29:43.837
184	515	M	ANGELO PEREIRA	PORTUGAL	INDIVIDUAL	M55	08:49:18.453	03:31:55.360
185	65	F	SUSANA RODRIGUES	PORTUGAL	CLUBE ATLETISMO FAFE	F SEN	08:49:39.657	03:32:16.564
186	102	M	ALFREDO COSTA	PORTUGAL	INDIVIDUAL	M60	08:55:14.957	03:37:51.864
187	306	M	JOAQUIM LEITE	PORTUGAL	LEÕES DE TARDARIZ TRAIL	M55	08:57:37.210	03:40:14.117
188	109	M	ANTÓNIO SOARES	PORTUGAL	OPRATICANTE.PT	M55	08:58:23.083	03:40:59.990
189	243	M	SILVÉRIO CORREIA	PORTUGAL	GRUPO DESPORTIVO SANTANDER TOTTA	M50	08:58:23.210	03:41:00.117
190	292	M	CARLOS CORREIA	PORTUGAL	INDIVIDUAL	M60	08:58:40.323	03:41:17.230
191	366	M	CÉSAR FRANCISCO	PORTUGAL	CESARFRANCISCO.COM LAGRIMAS TEAM	M50	09:02:09.463	03:44:46.370
192	425	M	JOAO AFONSO	PORTUGAL	.ALEXANDRA CARVALHO TEAM	M SEN	09:03:01.963	03:45:38.870
193	592	F	SARA SOUSA	PORTUGAL	.C.D.C. NAVE / TRAIL RUNNERS	F SEN	09:05:29.013	03:48:05.920
194	516	M	JORGE NABAIS	PORTUGAL	COA / CORVUS TRAIL TEAM	M SEN	09:09:16.977	03:51:53.884
195	234	F	RUTE MARTINS	PORTUGAL	COA / CORVUS TRAIL TEAM	F SEN	09:09:19.730	03:51:56.637
196	380	M	NELSON CASTRO	PORTUGAL	INDIVIDUAL	M45	09:09:21.220	03:51:58.127
197	155	M	RUI VIEIRA	PORTUGAL	OCS ARRÁBIDA TRAIL TEAM	M45	09:09:22.227	03:51:59.134
198	523	M	FILIFE BARBOSA	PORTUGAL	.NOCTURNOS DE PAREDES	M SEN	09:10:19.717	03:52:56.624
199	125	F	CARLA HENRIQUES	PORTUGAL	ASSOCIAÇÃO VALE GRANDE	F40	09:12:21.697	03:54:58.604
200	531	M	JOÃO SIMÕES	PORTUGAL	RUNNERS DO DEMO	M SEN	09:13:32.677	03:56:09.584
201	530	M	JUSTINO PINTO	PORTUGAL	SHARISH GIN/GD PIRANHAS DO ALQUEVA	M40	09:13:34.223	03:56:11.130
202	403	M	MANUEL COSTA	PORTUGAL	.RETORTA - QUINTA DAS ARCAS	M40	09:19:16.633	04:01:53.540
203	64	F	SOFIA COELHO	PORTUGAL	.BOAVISTA TRAIL	F45	09:21:20.113	04:03:57.020
204	511	M	JORGE PEREIRA	PORTUGAL	OZXTREME	M SEN	09:21:47.860	04:04:24.767
205	398	M	PAULO GAMA	PORTUGAL	GONDOMAR FUTSAL CLUBE	M50	09:24:12.840	04:06:49.747
206	139	M	TIAGO AMADO	PORTUGAL	OCS ARRÁBIDA TRAIL TEAM	M40	09:24:26.837	04:07:03.744
207	510	M	ADELINO CARVALHO	PORTUGAL	.MONSANTO RUNNING TEAM	M45	09:27:11.560	04:09:48.467
208	413	M	HELDER PINTO	PORTUGAL	CCRD BURINHOSA	M40	09:28:00.237	04:10:37.144
209	409	F	ANA SANTOS	PORTUGAL	CCRD BURINHOSA	F55	09:28:02.237	04:10:39.144
210	185	F	CARLA ANTUNES	PORTUGAL	DIVE INTO THE MOUNTAINS	F40	09:28:47.797	04:11:24.704
211	158	M	FERNANDO MATEUS	PORTUGAL	.CLUBE DE ATLETISMO DE FERREIRA DO ZÊZERE	M60	09:29:23.550	04:12:00.457
212	513	M	JOSÉ MATOS	PORTUGAL	MBT-MONFORTE BIKERUNTEAM	M50	09:29:25.043	04:12:01.950
213	96	M	MANUEL CAROCINHO	PORTUGAL	INDIVIDUAL	M45	09:31:42.023	04:14:18.930
214	167	M	JORGE BASTOS	PORTUGAL	PERNETAS	M40	09:35:12.237	04:17:49.144
215	330	M	NUNO MAGRO	PORTUGAL	.GOIRUNNERS/OUTPROSTORE	M45	09:36:11.997	04:18:48.904
216	171	F	SOFIA SIMÕES	PORTUGAL	GRUPO DESPORTIVO FERREIRENSE	F40	09:37:10.247	04:19:47.154
217	434	M	FILIFE GONÇALVES	SPAIN	.SOLOPISADAS TEAM	M50	09:39:19.200	04:21:56.107
218	561	F	LILIANE VAZ	PORTUGAL	.C.D.C. NAVE / TRAIL RUNNERS	F SEN	09:39:46.447	04:22:23.354
219	122	M	JOSÉ ROCHA	PORTUGAL	TRILHOS DO COSTUME	M50	09:40:58.003	04:23:34.910

Pos.	Dorsal	G	Nome	País	Equipa	Escalão	Tempo	Diferença
220	388	F	LURDES GIL	PORTUGAL	GRUPO DESPORTIVO FERREIRENSE	F45	09:42:00.677	04:24:37.584
221	213	M	LUÍS PEDRO	PORTUGAL	.STRAVISTAS VENDA DO PINHEIRO	M45	09:43:32.003	04:26:08.910
222	520	M	FERNANDO JORGE	PORTUGAL	BOAVISTA TRAIL	M45	09:44:09.663	04:26:46.570
223	127	F	ANA VIEIRA	PORTUGAL	.ORALKLASS-AMIGOS DO TRAIL	F SEN	09:45:59.887	04:28:36.794
224	428	M	GONÇALO VALENTE	PORTUGAL	PIMPÕES TRAIL TEAM	M50	09:46:59.627	04:29:36.534
225	245	M	JOSÉ CORREIA	PORTUGAL	.STRAVISTAS VENDA DO PINHEIRO	M55	09:48:44.497	04:31:21.404
226	460	M	PEDRO CARVALHIDO	PORTUGAL	.ALEXANDRA CARVALHO TEAM	M45	09:48:44.613	04:31:21.520
227	232	M	FERNANDO CUNHA	PORTUGAL	EDV-VIANA TRAIL	M55	09:50:49.853	04:33:26.760
228	258	M	BRUNO RIBEIRO	PORTUGAL	.KANINOS	M40	09:52:34.263	04:35:11.170
229	528	M	GUSTAVO BARROS	PORTUGAL	GREEN TRACE RUNNERS	M40	09:54:32.773	04:37:09.680
230	144	M	JOSÉ MOREIRA	PORTUGAL	VIRIATHVS RUNNERS VISEU	M50	09:57:56.767	04:40:33.674
231	524	M	JOÃO SILVA	PORTUGAL	INDIVIDUAL	M55	09:57:57.767	04:40:34.674
232	271	M	JOÃO SANCHES	PORTUGAL	.CLUBE DE ATLETISMO DE FERREIRA DO ZÉZERE	M50	09:58:07.770	04:40:44.677
233	215	F	CATARINA SILVA	PORTUGAL	.CLUBE DE ATLETISMO DE FERREIRA DO ZÉZERE	F50	09:58:10.267	04:40:47.174
234	443	F	ANA DUARTE	PORTUGAL	OCS ARRÁBIDA TRAIL TEAM	F50	09:58:11.777	04:40:48.684
235	239	M	ORLANDO FERREIRA	PORTUGAL	SABORES DO PAÇO/ZATOPEQUES	M60	09:59:36.013	04:42:12.920
236	263	M	PEDRO RAMOS	PORTUGAL	INDIVIDUAL	M50	10:09:03.683	04:51:40.590
237	539	F	MARIA SÁ	PORTUGAL	DIVE INTO THE MOUNTAINS	F50	10:10:55.910	04:53:32.817
238	444	M	PEDRO SOUSA	PORTUGAL	CLUBE SOSI	M50	10:11:42.650	04:54:19.557
239	451	F	MANUELA OLIVEIRA	SPAIN	.BOAVISTA TRAIL	F45	10:17:52.847	05:00:29.754
240	381	M	JOÃO NEVES	PORTUGAL	ASSOCIAÇÃO DESPORTIVA E CULTURAL INDEMNITA ATIVA /CORRUSEVEN	M SEN	10:25:45.023	05:08:21.930
241	148	M	PAULO FERREIRA	PORTUGAL	INDIVIDUAL	M50	10:30:23.243	05:13:00.150
242	439	F	FLOR MADUREIRA	PORTUGAL	CONFRARIA TROTAMONTES	F50	10:33:17.803	05:15:54.710
243	93	F	CONCEIÇÃO FERREIRA	PORTUGAL	AZTRAIL/MERCENTRO	F50	10:33:18.703	05:15:55.610
244	411	M	JOSÉ COSTA	PORTUGAL	COIMBRA TRAIL RUNNING	M60	10:36:46.307	05:19:23.214
245	547	M	JOSÉ MENDES	PORTUGAL	BOAVISTA TRAIL	M55	10:39:59.643	05:22:36.550
246	309	F	FERNANDA MELO	PORTUGAL	GRUPO DESPORTIVO VELENSE	F45	10:40:40.637	05:23:17.544
247	407	M	FERNANDO PEREIRA	PORTUGAL	GONDOMAR FUTSAL CLUBE	M50	10:40:43.887	05:23:20.794
248	82	M	ANGELO PINHO	PORTUGAL	GINASIO FIT4FUN	M45	10:53:23.327	05:36:00.234
249	240	M	GONÇALO MELO	PORTUGAL	.RUN 4 FUN	M50	11:00:56.583	05:43:33.490
250	359	M	TEODORO TRINDADE	PORTUGAL	.RUN 4 FUN	M55	11:00:59.460	05:43:36.367
251	165	M	MARIO COSTA	PORTUGAL	MOREIRA RELAX RUNNERS	M55	11:04:08.590	05:46:45.497
252	499	M	ANTÓNIO COELHO	PORTUGAL	CLUBE EFACEC	M50	11:04:10.447	05:46:47.354
253	56	F	CAROLINA PEREIRA	PORTUGAL	AFIFENSE TRAIL	F50	11:05:57.677	05:48:34.584
254	586	M	CARLOS PEREIRA	PORTUGAL	.AFIFENSE TRAIL	M45	11:06:08.907	05:48:45.814
255	442	F	SARA NOGUEIRA	PORTUGAL	GRCD LEIÃO - COBRAS TRAILISTAS	F40	11:14:41.103	05:57:18.010
256	569	M	SILVÉRIO SANTOS	PORTUGAL	CLUBE PESSOAL AGUAS DE GAIA	M45	11:24:17.607	06:06:54.514
257	420	F	RAQUEL VASCONCELOS	PORTUGAL	NO TOMORROW RUNNING TEAM	F40	11:34:23.900	06:17:00.807
258	473	M	PAULO GOMES	PORTUGAL	NO TOMORROW RUNNING TEAM	M45	11:34:24.617	06:17:01.524
259	424	M	JOAQUIM BEXIGA	PORTUGAL	CLUBE OGMA	M50	11:34:45.397	06:17:22.304
260	509	M	RAFAEL SOUSA	PORTUGAL	.GO!RUNNERS/OUTPROSTORE	M SUB23	11:34:51.117	06:17:28.024
261	496	M	CARLOS CASTRO	PORTUGAL	PRAIOLAS TEAM - CASA DO POVO DA PRAIA DO NORTE - FAIAL	M40	11:35:31.640	06:18:08.547
262	570	M	AUGUSTO OLIVEIRA	PORTUGAL	INDIVIDUAL	M45	11:36:55.627	06:19:32.534
263	310	F	ESMERALDA MELO	PORTUGAL	FIGUEIRA KAYAK CLUBE	F55	11:37:12.120	06:19:49.027
264	377	F	MARINA MARQUES	PORTUGAL	RUN 4 FUN	F45	11:39:00.107	06:21:37.014
265	332	M	PAULO RAPOSO	PORTUGAL	.RUN 4 FUN	M45	11:39:11.357	06:21:48.264
266	402	F	INÊS PERES	PORTUGAL	DESLIZA TEAM	F SEN	11:43:04.810	06:25:41.717
267	441	M	NUNO NUNES	PORTUGAL	.CLUBE DE ATLETISMO DE FERREIRA DO ZÉZERE	M SEN	11:43:07.377	06:25:44.284
268	66	F	MARINHA PIRES	PORTUGAL	AFIFENSE TRAIL	F SEN	11:49:42.383	06:32:19.290
269	333	F	CARLA TABAIO	PORTUGAL	INDIVIDUAL	F SEN	11:52:24.487	06:35:01.394
270	77	F	ALEXANDRA CARVALHO	PORTUGAL	ALEXANDRA CARVALHO TEAM	F40	12:14:26.543	06:57:03.450

Pos.	Dorsal	G	Nome	País	Equipa	Escalão	Tempo	Diferença
271	72	M	PEDRO ALVES	PORTUGAL	.ALEXANDRA CARVALHO TEAM	M40	12:14:27.660	06:57:04.567
272	286	M	JOAO ALMEIDA	PORTUGAL	.KANINOS	M50	12:32:54.370	07:15:31.27