



### Resultados - Escalão

| Posição | Dorsal | Nome                         | Clube                     | Escalão | Tempo    |
|---------|--------|------------------------------|---------------------------|---------|----------|
| 1       | 731    | Tuxa Negri                   | Ginásio Quinta do Valbom  | SEN-F   | 03:22:58 |
| 2       | 644    | Paula Lage                   | Paredes Aventura          | SEN-F   | 03:24:01 |
| 3       | 611    | Maria Augusta Costa Loureiro | A.D. de Cabroelo          | F-40    | 03:36:49 |
| 4       | 469    | Daniela Russo                | Ginásio Fit4Fun           | SEN-F   | 03:49:02 |
| 5       | 420    | Anabela Remédios             | Atlético Clube São Mamede | F-40    | 03:56:46 |
| 6       | 416    | Ana Sousa                    | Budeguita Runners         | SEN-F   | 04:07:45 |
| 7       | 711    | Sandra Miranda               | Individual                | F-40    | 04:09:54 |
| 8       | 436    | Ariana Pinto                 | Feelmoto                  | SEN-F   | 04:11:34 |

|    |     |                    |                       |       |          |
|----|-----|--------------------|-----------------------|-------|----------|
| 9  | 478 | Dina Rocha         | Coimbra Trail Running | SEN-F | 04:13:12 |
| 10 | 418 | Ana Luisa Geraldo  | Coimbra Trail Running | SEN-F | 04:17:02 |
| 11 | 462 | Conceição Ferreira | Ginásio Fit4Fun       | F-40  | 04:19:07 |
| 12 | 470 | Daniela Soares     | Unidos à Fresca       | SEN-F | 04:25:53 |
| 13 | 647 | Paula Soares       | Individual            | SEN-F | 04:26:33 |
| 14 | 476 | Diana Duarte       | Coimbra Trail Running | SEN-F | 04:28:20 |
| 15 | 496 | Fernanda Pinho     | Moreira Relax Runners | F-40  | 04:28:23 |
| 16 | 646 | Paula Santos       | Os Tugas              | F-40  | 04:29:47 |
| 17 | 744 | Neuza Caridade     | EDV - Viana Trail     | SEN-F | 04:31:59 |
| 18 | 645 | Paula Oliveira     | Individual            | F-40  | 04:32:14 |
| 19 | 603 | Manuela Tavares    | JMV                   | SEN-F | 04:32:37 |
| 20 | 486 | Elisabete Repas    | Gaia- Running         | SEN-F | 04:33:15 |
| 21 | 719 | Susana Lobo Santos | Kangaroo Runners      | F-40  | 04:42:17 |
| 22 | 614 | Mariana Ballester  | Individual            | SEN-F | 04:42:20 |
| 23 | 459 | Claudia Sousa      | Individual            | SEN-F | 04:43:02 |
| 24 | 484 | Dulce Carvalho     | Individual            | F-40  | 04:43:20 |
| 25 | 718 | Sónia Pereira      | All About             | SEN-F | 04:52:52 |
| 26 | 413 | Ana Dias           | Budeguita Runners     | F-40  | 04:53:11 |

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|----|-----|------------------------------------|----------------------------|-------|----------|
| 27 | 444 | Carla Barbosa                      | Ginásio Fit4Fun            | SEN-F | 04:53:51 |
| 28 | 714 | Sara Santos                        | Rainha Club                | SEN-F | 04:55:02 |
| 29 | 487 | Elizabete Araujo                   | All About                  | SEN-F | 04:57:41 |
| 30 | 495 | Fernanda Alves                     | Individual                 | F-40  | 04:59:40 |
| 31 | 454 | Catarina Loureiro                  | Porto de Mós a correr Team | SEN-F | 05:00:06 |
| 32 | 610 | Maria Gomes                        | Individual                 | F-40  | 05:08:16 |
| 33 | 455 | Catia Gomes                        | Nel - Pédatleta            | SEN-F | 05:08:23 |
| 34 | 458 | Claudia Pissarra                   | Ginásio Fit4Fun            | F-40  | 05:08:42 |
| 35 | 494 | Fernanda Almeida                   | Ginásio Fit4Fun            | F-50  | 05:08:46 |
| 36 | 417 | Ana Carolina Jesus Coutinho Soares | Ginásio Fit4Fun            | SEN-F | 05:09:27 |
| 37 | 708 | Sandra Arribança                   | individual                 | F-40  | 05:27:53 |
| 38 | 523 | Ivete Alves                        | Individual                 | F-40  | 05:28:13 |
| 39 | 679 | Pilar Mariño Rodriguez             | C.A.R. Marisqueiro         | F-40  | 05:29:21 |
| 40 | 627 | Mónica Montenegro                  | Ginásio Fit4Fun            | F-40  | 05:29:58 |
| 41 | 425 | Andréa Costa                       | Individual                 | SEN-F | 05:31:20 |
| 42 | 488 | Elsa Soares                        | Ginásio Fit4Fun            | SEN-F | 05:32:11 |
| 43 | 609 | Margarida Carvalho                 | Individual                 | F-40  | 05:34:24 |

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|-----|-----|-----------------------------------|-----------------------|-------|----------|
| 44  | 522 | Isabel Lima                       | Budeguita Runners     | SEN-F | 05:36:45 |
| 45  | 712 | Sandra Oliveira                   | Budeguita Runners     | F-40  | 05:36:50 |
| 46  | 524 | Ivete Carneiro                    | Individual            | F-40  | 05:39:05 |
| 47  | 733 | Vanessa Cunha                     | Papa Trilhos          | SEN-F | 05:47:39 |
| 48  | 615 | Marília Noro                      | Papa Trilhos          | SEN-F | 05:47:44 |
| 49  | 419 | Ana Paula Meneses                 | Coimbra TrailRunning  | F-40  | 05:50:00 |
| 50  | 530 | Joana Gonçalves                   | Coimbra TrailRunning  | SEN-F | 05:50:03 |
| 51  | 710 | Sandra Matias                     | Run@Figueira          | SEN-F | 06:04:54 |
| 52  | 412 | Ana Costa                         | Running Team Maia     | SEN-F | 06:42:10 |
| 53  | 742 | Xana Pato                         | Running Team Maia     | SEN-F | 06:42:16 |
| 54  | 713 | Sara Martins                      | Rainha Club           | SEN-F | 06:42:25 |
| 55  | 628 | Nathalie Martins                  | Ginásio Fit4Fun       | SEN-F | 07:02:41 |
| 56  | 604 | Márcia Bastos                     | Ginásio Fit4Fun       | SEN-F | 07:02:44 |
| DNF | 612 | Maria João Cardoso                | P&J Team              | F-40  | 00:00:00 |
| DNF | 592 | Luisa Mesquita                    | Coimbra Trail Running | SEN-F | 00:00:00 |
| DNF | 581 | Júlia Silva                       | Minho Aventura        | SEN-F | 00:00:00 |
| DNF | 460 | Cláudia Isabel Oliveira Lopes     | Tarahumara            | SEN-F | 00:00:00 |
| DNF | 465 | Cristina Maria Fundevila Teixeira | Individual            | F-40  | 00:00:00 |

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|-----|-----|-----------------------------|------------------------------|-------|----------|
| DNF | 515 | Helena Maia                 | DUROS VL                     | F-50  | 00:00:00 |
| DNF | 514 | Helena Dias                 | Budeguita Runners            | F-40  | 00:00:00 |
| DNF | 414 | Ana Favas                   | Não fazemos nem mais um...km | SEN-F | 00:00:00 |
| DNF | 721 | Susana Maria Coelho Correia | Papa Trilhos                 | SEN-F | 00:00:00 |
| DNF | 709 | Sandra Guerreiro            | Saloios Trail Running        | SEN-F | 00:00:00 |
| DNF | 734 | Verônica Almeida            | Ginásio Factor X             | SEN-F | 00:00:00 |
| DNF | 477 | Diana Tavares               | AD Quinta - Atletismo        | SEN-F | 00:00:00 |
| DNF | 415 | Ana Santos                  | Ginásio Fit4Fun              | SEN-F | 00:00:00 |
| DNF | 463 | Cristiana Barbosa           | All About                    | SEN-F | 00:00:00 |
| DNF | 464 | Cristina Isabel Dias        | Multipower Gaia Trail        | SEN-F | 00:00:00 |
| DNF | 445 | Carla Rubio                 | Individual                   | F-50  | 00:00:00 |



### Resultados - Escalão

| Posição | Dorsal | Nome              | Clube                     | Escalão | Tempo    |
|---------|--------|-------------------|---------------------------|---------|----------|
| 1       | 437    | Armandino Taborda | Oralklass                 | M-40    | 02:37:31 |
| 2       | 443    | Bruno Silva       | Afacycles Sport           | SEN-M   | 02:38:43 |
| 3       | 432    | António Silvino   | Atlético Clube São Mamede | M-50    | 02:45:38 |
| 4       | 422    | André Guedes      | Merino Clínica Médica     | M-40    | 02:51:50 |
| 5       | 655    | Paulo Pinto       | Herbalife                 | M-40    | 02:53:48 |
| 6       | 748    | Renato Silva      | Caldas de São Jorge       | M-40    | 02:57:01 |
| 7       | 747    | António Amorim    | Caldas de São Jorge       | M-40    | 02:57:04 |
| 8       | 568    | José Rosário      | Porto de Mós a Correr     | M-40    | 03:00:28 |

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|----|-----|------------------------------|--------------------------------|-------|----------|
| 9  | 424 | André Simões                 | Individual                     | SEN-M | 03:02:43 |
| 10 | 474 | David Tavares                | Individual                     | M-50  | 03:08:09 |
| 11 | 558 | Jorge Pereira                | Gaia- Running                  | M-40  | 03:11:44 |
| 12 | 743 | Manuel Soares                | EDV - Viana Trail              | M-40  | 03:15:33 |
| 13 | 404 | Adriano Oliveira             | Lusitanos                      | M-40  | 03:20:15 |
| 14 | 623 | Miguel Esteves               | Individual                     | SEN-M | 03:21:12 |
| 15 | 564 | José Eduardo                 | Individual                     | SEN-M | 03:21:18 |
| 16 | 665 | Pedro Costa                  | KeMedo Team                    | SEN-M | 03:21:57 |
| 17 | 589 | Luis Carlos Vicente Silva    | Individual                     | M-40  | 03:22:30 |
| 18 | 528 | Jaime Costa                  | Individual                     | M-40  | 03:22:43 |
| 19 | 600 | Manuel Rocha                 | Porto Runners                  | M-40  | 03:22:46 |
| 20 | 565 | José Ferreira                | Individual                     | M-50  | 03:23:48 |
| 21 | 456 | César Francisco              | cesarfrancisco.com             | M-40  | 03:24:07 |
| 22 | 505 | Filipe Quelhas               | Individual                     | SEN-M | 03:25:53 |
| 23 | 726 | Tiago Gregório               | ITS                            | SEN-M | 03:26:55 |
| 24 | 578 | José Miguel Santos           | S. C. C. - Ar Livre e Aventura | M-40  | 03:26:58 |
| 25 | 439 | Bruno Esteves                | Abutres                        | SEN-M | 03:27:01 |
| 26 | 664 | Paulo Renato Fernandes Gomes | Arouca                         | SEN-M | 03:28:14 |

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|----|-----|--------------------------------|----------------------------|-------|----------|
| 27 | 633 | Nuno Coelho                    | Coimbra Trail Running      | SEN-M | 03:32:47 |
| 28 | 430 | António Martins Silva Monteiro | Complexo Desportivo Arouca | M-40  | 03:33:30 |
| 29 | 513 | Helder Martins                 | Grimes                     | SEN-M | 03:33:41 |
| 30 | 435 | António José Machado Loureiro  | Autistic Runners           | M-40  | 03:36:08 |
| 31 | 553 | Jorge Gomes                    | Arcorun                    | SEN-M | 03:36:31 |
| 32 | 653 | Paulo Machado                  | Individual                 | SEN-M | 03:38:41 |
| 33 | 482 | Diogo João Loureiro            | Gaia Trail                 | SEN-M | 03:38:57 |
| 34 | 575 | José Luis Loureiro             | Autistic Runners           | M-50  | 03:39:01 |
| 35 | 745 | Vitor Moutinho                 | Individual                 | M-50  | 03:39:11 |
| 36 | 583 | Leandro Pacheco                | Individual                 | SEN-M | 03:41:43 |
| 37 | 423 | André Neto                     | Individual                 | SEN-M | 03:41:57 |
| 38 | 518 | Hugo Ferreira                  | Saloios Trail Running      | SEN-M | 03:42:55 |
| 39 | 629 | Nelson Pires                   | Lusitanos                  | SEN-M | 03:44:04 |
| 40 | 641 | Nuno Teixeira                  | Ginásio Factor X           | SEN-M | 03:44:44 |
| 41 | 643 | Nuno Miguel Vieira Teixeira    | Arouca                     | SEN-M | 03:45:03 |
| 42 | 730 | Tomé Pinto                     | Individual                 | SEN-M | 03:45:36 |
| 43 | 692 | Rogério Machado                | Brigada do Trail           | SEN-M | 03:48:46 |
| 44 | 507 | Francisco Figueiredo           | Ginásio Fit4Fun            | SEN-M | 03:49:08 |

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|----|-----|---------------------------|-------------------------------|-------|----------|
| 45 | 552 | Jorge Costa Matos         | Individual                    | M-40  | 03:49:23 |
| 46 | 517 | Henrique Pinto            | Coimbra Trail Running         | SEN-M | 03:51:49 |
| 47 | 407 | Alexandre Assunção        | Complexo Desportivo de Arouca | SEN-M | 03:52:01 |
| 48 | 441 | Bruno Oliveira            | Individual                    | SEN-M | 03:52:16 |
| 49 | 452 | Carlos Alberto Ferreira   | Individual                    | M-60  | 03:52:31 |
| 50 | 431 | António Silva             | ITS                           | SEN-M | 03:54:04 |
| 51 | 534 | João Dias                 | Indústria Cames Gândara       | SEN-M | 03:54:18 |
| 52 | 471 | Dario Teixeira            | Individual                    | SEN-M | 03:54:22 |
| 53 | 739 | Vitor Fernandes           | Gaia- Running                 | M-40  | 03:54:35 |
| 54 | 693 | Romeu Fernandes           | Individual                    | SEN-M | 03:55:48 |
| 55 | 658 | Paulo Polónio             | Coimbra TrailRunning          | M-50  | 03:56:53 |
| 56 | 599 | Manuel Oliveira           | Individual                    | M-40  | 03:57:05 |
| 57 | 651 | Paulo Costa               | Individual                    | SEN-M | 03:57:19 |
| 58 | 635 | Nuno Filipe               | Arcorun                       | SEN-M | 03:57:28 |
| 59 | 489 | Emanuel Victor            | Coimbra Trail Running         | SEN-M | 03:59:26 |
| 60 | 689 | Ricardo Trigo             | Ginásio Fit4Fun               | SEN-M | 03:59:47 |
| 61 | 642 | Nuno José Fonseca Freitas | Individual                    | M-40  | 03:59:54 |

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|----|-----|---------------------------------|----------------------------------|-------|----------|
| 62 | 671 | Pedro Meneses                   | Individual                       | SEN-M | 03:59:59 |
| 63 | 606 | Marco Lourenço                  | ADEFACEC                         | SEN-M | 04:00:03 |
| 64 | 493 | Fábio Silva                     | ADEFACEC                         | SEN-M | 04:00:08 |
| 65 | 510 | Gabriel Coutinho                | ADEFACEC                         | SEN-M | 04:00:12 |
| 66 | 532 | João Constante                  | Coimbra Trail Running            | SEN-M | 04:00:15 |
| 67 | 497 | Fernando Correia                | Complexo Desportivo Arouca       | SEN-M | 04:00:30 |
| 68 | 472 | David Alves                     | Individual                       | M-40  | 04:01:30 |
| 69 | 585 | Lino Moreira                    | All About                        | M-60  | 04:02:12 |
| 70 | 656 | Paulo Pires                     | Moreira Relax Runners            | SEN-M | 04:02:44 |
| 71 | 461 | Claudio Reininho                | Foz Côa Trail                    | SEN-M | 04:03:15 |
| 72 | 691 | Rodrigo Ferreira                | Individual                       | M-40  | 04:03:19 |
| 73 | 697 | Rui Escaroupa                   | Individual                       | SEN-M | 04:03:34 |
| 74 | 587 | Luis Oliveira                   | Grupo Desportivo Santander Totta | M-40  | 04:03:51 |
| 75 | 694 | Rui Andrade                     | Team Duas Faces                  | SEN-M | 04:03:55 |
| 76 | 729 | Tiago Sousa                     | ADEFACEC                         | SEN-M | 04:04:44 |
| 77 | 741 | Vitor Matos                     | ADEFACEC                         | SEN-M | 04:04:51 |
| 78 | 475 | Diamantino Linhares             | Individual                       | SEN-M | 04:04:54 |
| 79 | 541 | João Paulo Nobre Santos Marques | Individual                       | M-40  | 04:05:02 |

|    |     |                                      |                           |       |          |
|----|-----|--------------------------------------|---------------------------|-------|----------|
| 80 | 601 | Manuel Segundo                       | Arcorun                   | M-60  | 04:05:06 |
| 81 | 440 | Bruno Martelo                        | Coimbra Trail Running     | SEN-M | 04:05:15 |
| 82 | 582 | Leandro Freitas                      | Individual                | M-50  | 04:05:31 |
| 83 | 560 | Jorge Santos                         | Porto Runners             | M-40  | 04:05:58 |
| 84 | 631 | Nuno Cáceres                         | Porto Runners             | M-40  | 04:06:02 |
| 85 | 538 | João Pires                           | Com Dores da Bairrada     | M-40  | 04:06:26 |
| 86 | 616 | Mário Pontes Lima                    | Friends Rus               | M-40  | 04:08:02 |
| 87 | 525 | Ivo Almeida                          | Ginásio Fit4Fun           | M-40  | 04:08:20 |
| 88 | 681 | Renato Ferreira                      | Individual                | M-40  | 04:09:16 |
| 89 | 652 | Paulo Lagoa                          | Budeguita Runners         | M-40  | 04:09:20 |
| 90 | 427 | António Carvalho                     | Apoio à velhice           | M-50  | 04:10:03 |
| 91 | 574 | José Francisco Magalhães Tomás Costa | Individual                | M-40  | 04:10:10 |
| 92 | 521 | Hugues Almeida                       | Apoio à velhice           | SEN-M | 04:10:12 |
| 93 | 654 | Paulo Pelicano                       | Corridas de Pernas pro Ar | M-40  | 04:10:23 |
| 94 | 453 | Carlos Augusto Martins Silva         | Individual                | M-40  | 04:11:25 |
| 95 | 499 | Fernando Nunes                       | JMV                       | M-50  | 04:11:52 |
| 96 | 512 | Helder Bastos                        | Ginásio Fit4Fun           | SEN-M | 04:12:04 |

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|-----|-----|----------------------------------|-------------------------------|-------|----------|
| 97  | 563 | José Aguiar                      | Coimbra TrailRunning          | M-50  | 04:12:32 |
| 98  | 607 | Marco Santos                     | Individual                    | SEN-M | 04:13:05 |
| 99  | 677 | Pedro Miguel Pereira Gilvaz      | Feel free                     | SEN-M | 04:13:09 |
| 100 | 682 | Ricardo Carmo                    | Complexo Desportivo de Arouca | SEN-M | 04:13:22 |
| 101 | 666 | Pedro Costa                      | Emogis                        | SEN-M | 04:13:42 |
| 102 | 727 | Tiago Madeira                    | Coimbra Trail Running         | SEN-M | 04:14:55 |
| 103 | 520 | Hugo Ricardo Silva Barroso Pinto | ADEFACEC                      | SEN-M | 04:15:21 |
| 104 | 442 | Bruno Reis                       | Atlético Clube São Mamede     | SEN-M | 04:15:25 |
| 105 | 680 | Raul Lopez                       | Individual                    | SEN-M | 04:15:52 |
| 106 | 619 | Miguel Alves                     | Uma Vez Perdi-me no Monte     | SEN-M | 04:16:33 |
| 107 | 705 | Rui Silva                        | ATR - Algarve Trail Running   | SEN-M | 04:18:23 |
| 108 | 533 | João Coroado                     | Coimbra Trail Running         | M-50  | 04:18:29 |
| 109 | 675 | Pedro Tavares Bastos             | Ginásio Fit4Fun               | M-40  | 04:19:10 |
| 110 | 540 | João Frederico d Orey de Faria   | Sempre em Frente              | SEN-M | 04:19:14 |
| 111 | 543 | João Xavier Amorim Silva         | Individual                    | SEN-M | 04:20:25 |
| 112 | 617 | Mário Jorge Abreu Goios Ferreira | ADEFACEC                      | M-40  | 04:21:08 |
| 113 | 622 | Miguel Cruz                      | ADEFACEC                      | SEN-M | 04:21:11 |

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|-----|-----|-----------------------------|-------------------------------|-------|----------|
| 114 | 561 | Jorge Silva                 | Arcorun                       | M-40  | 04:22:27 |
| 115 | 590 | Luís Miguel Nogueira Coelho | Complexo Desportivo de Arouca | M-40  | 04:23:01 |
| 116 | 550 | Jorge Coelho                | Brigada do Trail              | M-40  | 04:23:05 |
| 117 | 500 | Fernando Manuel de Almeida  | F. C. Porto                   | SEN-M | 04:23:08 |
| 118 | 667 | Pedro Falcão                | Saloios Trail Running         | SEN-M | 04:24:27 |
| 119 | 405 | Afonso Coelho               | Florestas Sustentáveis        | SEN-M | 04:24:36 |
| 120 | 473 | David Pinto                 | Unidos à Fresca               | M-40  | 04:25:43 |
| 121 | 717 | Simão Cardoso               | Individual                    | SEN-M | 04:27:27 |
| 122 | 411 | Amilcar Ferreira            | Arcorun                       | M-40  | 04:28:26 |
| 123 | 408 | Alexandre Fernandes         | Arcorun                       | SEN-M | 04:28:29 |
| 124 | 576 | José Manuel Oliveira        | Individual                    | M-50  | 04:28:33 |
| 125 | 724 | Tiago Araújo                | Abutres                       | SEN-M | 04:29:55 |
| 126 | 433 | António Tavares             | Individual                    | SEN-M | 04:29:58 |
| 127 | 502 | Filipe Carvalho             | Cross The Line                | SEN-M | 04:31:29 |
| 128 | 559 | Jorge Santos                | Arcorun                       | M-40  | 04:31:37 |
| 129 | 503 | Filipe Conceição            | Individual                    | SEN-M | 04:31:52 |
| 130 | 491 | Fabio Pocinho               | Individual                    | SEN-M | 04:32:45 |

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|-----|-----|----------------------------------|---------------------------|-------|----------|
| 131 | 501 | Fernando Rafael Ribeiro Carvalho | Individual                | SEN-M | 04:33:22 |
| 132 | 685 | Ricardo Silva                    | Individual                | SEN-M | 04:33:28 |
| 133 | 480 | Diogo Oliveira                   | Engomadoria L&A Team      | SEN-M | 04:34:30 |
| 134 | 637 | Nuno Moreira                     | ADEFACEC                  | SEN-M | 04:36:34 |
| 135 | 597 | Manuel Moura                     | ADEFACEC                  | SEN-M | 04:36:37 |
| 136 | 632 | Nuno Cardoso                     | Individual                | SEN-M | 04:38:50 |
| 137 | 620 | Miguel Barros                    | Arcorun                   | M-40  | 04:38:53 |
| 138 | 702 | Rui Paralta                      | Individual                | SEN-M | 04:39:56 |
| 139 | 740 | Vitor Fonseca                    | Coimbra Trail Running     | SEN-M | 04:40:02 |
| 140 | 492 | Fábio Resende                    | TNT - Trilhos Natura Team | SEN-M | 04:40:56 |
| 141 | 595 | Manuel Cunha Lima                | Experienciar              | M-50  | 04:41:07 |
| 142 | 447 | Carlos Bastos                    | Ginásio Fit4Fun           | SEN-M | 04:41:26 |
| 143 | 551 | Jorge Costa                      | Ginásio Fit4Fun           | SEN-M | 04:41:30 |
| 144 | 544 | Joaquim Alves                    | Individual                | M-40  | 04:41:36 |
| 145 | 508 | Francisco Teixeira               | Individual                | SEN-M | 04:42:24 |
| 146 | 536 | João Ferreira                    | All About                 | M-40  | 04:42:29 |
| 147 | 649 | Paulo Borges                     | ADEFACEC                  | SEN-M | 04:48:58 |
| 148 | 406 | Alberto César                    | WalkFast                  | M-40  | 04:49:09 |

|     |     |                                    |                       |       |          |
|-----|-----|------------------------------------|-----------------------|-------|----------|
| 149 | 715 | Sérgio Miranda                     | Asphalt Assault Team  | SEN-M | 04:49:27 |
| 150 | 706 | Rui Fernando Rosas Oliveira        | Lusitano              | SEN-M | 04:50:06 |
| 151 | 746 | Luis Nogueira                      | Tartarugas do Asfalto | M-40  | 04:51:20 |
| 152 | 593 | Manuel Castanheira Almeida Jacinto | Individual            | SEN-M | 04:52:55 |
| 153 | 428 | António Lourenço                   | AD Quinta - Atletismo | SEN-M | 04:53:21 |
| 154 | 686 | Ricardo Silva                      | Ginásio Fit4Fun       | SEN-M | 04:53:55 |
| 155 | 549 | Jorge Basto                        | Individual            | M-40  | 04:54:16 |
| 156 | 490 | Erhan Gunaydin                     | Rainha Club           | SEN-M | 04:55:31 |
| 157 | 683 | Ricardo Conceição                  | Trialeiros do Monte   | SEN-M | 04:57:09 |
| 158 | 531 | João Cardoso                       | Trialeiros do Monte   | SEN-M | 04:57:12 |
| 159 | 403 | Adriano Moreira                    | Ginásio Fit4Fun       | M-50  | 04:57:15 |
| 160 | 509 | Frederico Rocha                    | All About             | SEN-M | 04:57:45 |
| 161 | 723 | Tiago Almeida                      | Budeguita Runners     | SEN-M | 04:58:59 |
| 162 | 547 | Joaquim Viana                      | Porto Runners         | M-40  | 04:59:25 |
| 163 | 625 | Miguel Magalhaes                   | Porto Runners         | M-40  | 04:59:28 |
| 164 | 684 | Ricardo Costa                      | Bai K Andas Team      | SEN-M | 04:59:31 |
| 165 | 511 | Gabriel Rego                       | Beira-Mar             | M-40  | 04:59:35 |

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|-----|-----|--------------------------------|-----------------------|-------|----------|
| 166 | 704 | Rui Pires                      | Individual            | SEN-M | 04:59:54 |
| 167 | 566 | José Loureiro                  | AD Quinta - Atletismo | SEN-M | 05:00:00 |
| 168 | 696 | Rui Castro                     | Arouca                | SEN-M | 05:00:03 |
| 169 | 690 | Rodolfo Carvalho               | All About             | SEN-M | 05:03:18 |
| 170 | 738 | Vitor Costa                    | Individual            | SEN-M | 05:03:29 |
| 171 | 401 | Acácio Santos                  | All About             | SEN-M | 05:03:34 |
| 172 | 572 | José António Lameira Rafael    | Rolhas&Caricas        | SEN-M | 05:04:01 |
| 173 | 608 | Marcos Soares                  | Ginásio Fit4fun       | SEN-M | 05:04:04 |
| 174 | 618 | Michel Rolo                    | Lama na Cueca         | SEN-M | 05:05:08 |
| 175 | 650 | Paulo Cavaco                   | Individual            | M-40  | 05:05:42 |
| 176 | 648 | Paulo Azevedo                  | Lusitanos             | M-40  | 05:07:31 |
| 177 | 659 | Paulo Serranito                | Não te prives         | M-50  | 05:08:04 |
| 178 | 660 | Paulo Tina                     | Individual            | M-40  | 05:08:12 |
| 179 | 707 | Salvador Rodrigues             | Ginásio Fit4Fun       | M-40  | 05:08:50 |
| 180 | 670 | Pedro Melo                     | Arcorun               | M-40  | 05:09:07 |
| 181 | 676 | Pedro Miguel Almeida Magalhães | Ginásio Fit4Fun       | SEN-M | 05:09:16 |
| 182 | 698 | Rui Gonçalves                  | ADEFACEC              | SEN-M | 05:13:39 |
| 183 | 449 | Carlos Galamba                 | Coimbra Trail Running | M-40  | 05:13:42 |

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|-----|-----|-----------------------------------------|------------------------------------------------|-------|----------|
| 184 | 580 | José Pedro Santos Rocha                 | Grupo Desportivo Santander Totta               | SEN-M | 05:13:47 |
| 185 | 468 | Daniel Soares                           | Complexo Desportivo de Arouca                  | SEN-M | 05:13:51 |
| 186 | 498 | Fernando Mateus                         | JMV                                            | M-40  | 05:15:46 |
| 187 | 516 | Henrique Pereira                        | Individual                                     | M-50  | 05:19:21 |
| 188 | 569 | José Santos                             | Vertente Norte                                 | M-40  | 05:19:25 |
| 189 | 584 | Leonel Adérito Fernandes de São José    | Sport Clube Alfragide                          | M-40  | 05:22:14 |
| 190 | 736 | Victor Ventura                          | Kangaroo Runners                               | M-40  | 05:23:13 |
| 191 | 479 | Diogo Moreira                           | ADEFACEC                                       | SEN-M | 05:23:18 |
| 192 | 613 | Maria João Costeira                     | Nortada -Murtosa Night Runners                 | SEN-M | 05:25:01 |
| 193 | 402 | Adriano Coutinho                        | Clube Nortada Aventura - Murtosa Night Runners | M-40  | 05:25:05 |
| 194 | 483 | Domingos Ventura                        | Complexo Desportivo de Arouca                  | SEN-M | 05:27:40 |
| 195 | 519 | Hugo Gomes                              | Individual                                     | SEN-M | 05:27:45 |
| 196 | 548 | Joel José Ginga                         | Praticamente Quenianos                         | SEN-M | 05:28:08 |
| 197 | 678 | Pedro Ricardo Machado Valente Gonçalves | Caminheiros da Sede                            | M-40  | 05:29:27 |
| 198 | 434 | António Jorge Costa                     | Ginásio Fit4Fun                                | M-50  | 05:30:11 |
| 199 | 567 | José Ricardo                            | Maia A.C.                                      | M-40  | 05:31:12 |

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|-----|-----|-------------------------|---------------------------------------|-------|----------|
| 200 | 557 | Jorge Nunes             | Individual                            | M-40  | 05:31:33 |
| 201 | 570 | José Santos             | Ginásio Fit4Fun                       | SEN-M | 05:32:20 |
| 202 | 638 | Nuno Morgado            | Individual                            | SEN-M | 05:36:08 |
| 203 | 481 | Diogo Tavares Fernandes | A.D.C.Felgueira                       | SEN-M | 05:37:45 |
| 204 | 450 | Carlos Pinto Coelho     | O Mundo da Corrida                    | M-50  | 05:37:54 |
| 205 | 737 | Virgílio Pinto          | Trofa                                 | SEN-M | 05:38:01 |
| 206 | 630 | Nuno Anastácio          | Runlovers                             | SEN-M | 05:38:06 |
| 207 | 577 | José Manuel Vilela      | Arouca                                | SEN-M | 05:38:10 |
| 208 | 624 | Miguel Loureiro         | Individual                            | M-40  | 05:39:14 |
| 209 | 598 | Manuel Moura            | Os Barriguitas                        | M-60  | 05:43:52 |
| 210 | 526 | Ivo Carmo               | Papa Trilhos                          | SEN-M | 05:47:36 |
| 211 | 573 | José António Miguens    | Invicta Runners Team                  | M-40  | 05:49:52 |
| 212 | 674 | Pedro Salgueiro         | Sawadee                               | SEN-M | 05:50:33 |
| 213 | 602 | Manuel Vaz Luis         | Florestas Sustentáveis                | SEN-M | 05:52:11 |
| 214 | 504 | Filipe Coutinho         | Caminheiros da Sede                   | SEN-M | 05:52:15 |
| 215 | 703 | Rui Pereira             | Caminheiros da Sede                   | SEN-M | 05:52:20 |
| 216 | 426 | António Barreira Pazos  | GMTA - Galícia Máxica Trail Adventure | M-40  | 06:00:04 |

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|-----|-----|--------------------------------------------|---------------------------------------|-------|----------|
| 217 | 529 | Jesús Fernández Villar                     | GMTA - Galicia Máxica Trail Adventure | M-40  | 06:00:10 |
| 218 | 594 | Manuel Coelho                              | Legion Kombat                         | M-40  | 06:01:32 |
| 219 | 687 | Ricardo Soares                             | Vertente Norte                        | SEN-M | 06:01:35 |
| 220 | 672 | Pedro Oliveira                             | Grupo Desportivo da Parreira          | SEN-M | 06:01:39 |
| 221 | 586 | Luis Oliveira                              | Grupo Desportivo da Parreira          | SEN-M | 06:01:43 |
| 222 | 546 | Joaquim Ribeiro                            | Individual                            | M-40  | 06:02:50 |
| 223 | 720 | Susana Maria Campos Pereira Abreu da Costa | Caminheiros da Sede                   | SEN-M | 06:04:39 |
| 224 | 639 | Nuno Prada                                 | Caminheiros da Sede                   | SEN-M | 06:04:43 |
| 225 | 539 | João Quintas                               | FKC - ATEAM                           | M-40  | 06:04:48 |
| 226 | 728 | Tiago Salgueiro                            | Sawadee                               | SEN-M | 06:08:06 |
| 227 | 700 | Rui Lira Cardoso                           | Individual                            | M-40  | 06:08:56 |
| 228 | 545 | Joaquim Lima                               | Grupo Desportivo BPI                  | M-40  | 06:15:03 |
| 229 | 661 | Paulo Alexandre Costa                      | All About                             | M-40  | 06:17:11 |
| 230 | 735 | Victor Paiva                               | Rainha Club                           | M-40  | 06:42:13 |
| 231 | 634 | Nuno Cunha                                 | Colégio Júlio Dinis                   | SEN-M | 06:42:28 |
| 232 | 562 | José Afonso                                | Individual                            | M-60  | 06:47:50 |
| DNF | 527 | Jaime Carvalho                             | Coimbra Trail Running                 | M-40  | 00:00:00 |

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|-----|-----|-----------------------------|-----------------------|-------|----------|
| DNF | 626 | Miguel Nascimento           | Coimbra Trail Running | SEN-M | 00:00:00 |
| DNF | 535 | João Duarte                 | Individual            | M-40  | 00:00:00 |
| DNF | 591 | Luís Paulo Simões Rodrigues | Fire Team BVMC        | SEN-M | 00:00:00 |
| DNF | 673 | Pedro Pinto                 | O Mundo da Corrida    | SEN-M | 00:00:00 |
| DNF | 636 | Nuno Mendes                 | Individual            | M-40  | 00:00:00 |
| DNF | 579 | José Pedro Pinto Silva      | Individual            | M-40  | 00:00:00 |
| DNF | 556 | Jorge Moutinho              | Eu+                   | SEN-M | 00:00:00 |
| DNF | 571 | José Alberto Martins        | Individual            | M-40  | 00:00:00 |
| DNF | 451 | Carlos Reis Ferreira        | G. D. BPI             | M-50  | 00:00:00 |
| DNF | 537 | João Marafona               | DURO VL               | M-40  | 00:00:00 |
| DNF | 695 | Rui Carvalho                | DUROS VL              | M-40  | 00:00:00 |
| DNF | 421 | André Amorim                | Budeguita Runners     | M-40  | 00:00:00 |
| DNF | 722 | Tiago Almeida               | Budeguita Runners     | M-40  | 00:00:00 |
| DNF | 448 | Carlos Freitas              | Individual            | SEN-M | 00:00:00 |
| DNF | 554 | Jorge Leite                 | Arcorun               | M-40  | 00:00:00 |
| DNF | 596 | Manuel Martins              | Individual            | M-40  | 00:00:00 |
| DNF | 467 | Daniel Mota                 | Maia North Side Run   | M-40  | 00:00:00 |

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|-----|-----|--------------------------------------|-------------------------------|-------|----------|
| DNF | 438 | Bruno Costa                          | Complexo Desportivo Arouca    | SEN-M | 00:00:00 |
| DNF | 699 | Rui Guedes                           | Cross The Line                | SEN-M | 00:00:00 |
| DNF | 732 | Valter Gonçalves                     | Ginásio Factor X              | SEN-M | 00:00:00 |
| DNF | 663 | Paulo Jorge da Costa Carvalho        | Complexo Desportivo de Arouca | M-40  | 00:00:00 |
| DNF | 588 | Luis Santos Poeira                   | Porto Runners                 | M-40  | 00:00:00 |
| DNF | 662 | Paulo Jorge Carmo                    | Ginásio Fit4Fun               | M-40  | 00:00:00 |
| DNF | 669 | Pedro Marinho                        | Nexplore                      | SEN-M | 00:00:00 |
| DNF | 506 | Filipe Tomás                         | Atlético Clube São Mamede     | M-60  | 00:00:00 |
| DNF | 466 | Daniel Brandão                       | Arouca                        | SEN-M | 00:00:00 |
| DNF | 485 | Eduardo Jaime Magalhães<br>Rodrigues | APEF - Braga                  | M-40  | 00:00:00 |
| DNF | 668 | Pedro Gomes                          | Feelmoto                      | M-40  | 00:00:00 |
| DNF | 410 | Álvaro Reis                          | Individual                    | M-40  | 00:00:00 |
| DNF | 621 | Miguel Campos                        | Individual                    | M-40  | 00:00:00 |
| DNF | 429 | António Marques                      | Individual                    | M-40  | 00:00:00 |
| DNF | 701 | Rui Montenegro                       | Colégio Júlio Dinis           | M-40  | 00:00:00 |
| DNF | 605 | Marco Carvalho                       | Colégio Júlio Dinis           | SEN-M | 00:00:00 |
| DNF | 688 | Ricardo Teixeira                     | Colégio Júlio Dinis           | SEN-M | 00:00:00 |

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|-----|-----|-------------------|---------------------------|-------|----------|
| DNF | 716 | Sérgio Pereira    | Caminheiros da Sede       | SEN-M | 00:00:00 |
| DNF | 555 | Jorge Leite       | Monkey Trail Running Team | SEN-M | 00:00:00 |
| DNF | 640 | Nuno Raposo       | NME                       | SEN-M | 00:00:00 |
| DNF | 457 | César Teixeira    | Gaia-Running              | M-40  | 00:00:00 |
| DNF | 446 | Carlos Almeida    | individual                | M-50  | 00:00:00 |
| DNF | 409 | Álvaro Figueiredo | Individual                | M-40  | 00:00:00 |
| DNF | 542 | João Vitor Pinto  | No Tomorrow Running Team  | SEN-M | 00:00:00 |
| DNF | 725 | Tiago Costa       | Núcleo Montanha Espinho   | SEN-M | 00:00:00 |