

| Pos. | Nome               | Dorsal | Escalão      | Equipa                             | Gondramaz | Lousã    | Talasnal | Srª Piedade | Tempo    |
|------|--------------------|--------|--------------|------------------------------------|-----------|----------|----------|-------------|----------|
| 1    | Guilherme Lourenço | 1001   | Seniores M   | CRP-Ribafria                       | 00:46:45  | 02:01:31 | 02:38:26 | 04:09:45    | 04:57:45 |
| 2    | João Nogueira      | 1242   | Seniores M   | Oralklasse amigos do trail         | 00:56:12  | 02:18:45 | 03:04:37 |             | 05:33:47 |
| 3    | Hugo Sousa         | 1177   | Seniores M   | CAAC                               | 00:57:16  | 02:22:47 | 03:08:12 | 04:53:09    | 05:40:36 |
| 4    | José Ferreira      | 1041   | Veteranos I  | RUNNERS DO DEMO                    | 00:56:01  | 02:18:48 | 03:05:02 |             | 05:42:07 |
| 5    | Nelson Caldeira    | 1063   | Seniores M   | AC Portalegre / UTSM               | 00:55:33  | 02:18:41 | 03:04:55 | 04:49:56    | 05:43:37 |
| 6    | Nelson Amaral      | 1207   | Seniores M   | CTAD - Trilhos de Cinfães          | 00:55:52  | 02:19:55 | 03:10:19 | 04:59:24    | 05:53:48 |
| 7    | Belmiro Moreira    | 1118   | Seniores M   | ORALKLASS - Amigos do Trail        | 00:57:42  | 02:25:24 | 03:12:46 | 05:01:23    | 05:56:05 |
| 8    | Paulo Miranda      | 1084   | Veteranos I  | Turres Trail Team                  | 00:57:22  | 02:23:23 | 03:11:57 |             | 06:00:58 |
| 9    | Daniel Santos      | 1157   | Seniores M   | Individual                         | 00:56:15  | 02:25:28 | 03:11:37 | 05:06:40    | 06:01:33 |
| 10   | Gonçalo Ferreira   | 1109   | Seniores M   | LIZ RUNNERS                        | 00:56:29  | 02:22:40 | 03:12:17 | 05:08:24    | 06:04:53 |
| 11   | Nuno Reis          | 1181   | Seniores M   | RUN.PT                             | 00:56:18  | 02:18:50 | 03:12:20 | 05:05:58    | 06:04:53 |
| 12   | Tiago Ribeiro      | 1119   | Seniores M   | ORALKLASS - Amigos do Trail        | 01:02:23  | 02:32:37 | 03:19:45 |             | 06:06:08 |
| 13   | Juanmi Juanmi      | 1245   | Veteranos I  | Sapiens Human Runner               | 01:00:33  | 02:31:49 | 03:25:26 | 05:24:28    | 06:17:56 |
| 14   | Renato Vaz         | 1126   | Veteranos I  | Liz Runners                        | 01:02:54  | 02:33:53 | 03:25:29 | 05:22:56    | 06:18:45 |
| 15   | João Serras        | 1198   | Seniores M   |                                    | 01:05:13  | 02:39:47 | 03:32:36 | 05:31:33    | 06:30:15 |
| 16   | Paulo Amaro        | 1066   | Veteranos I  | PelaEstradaFora                    | 00:59:17  | 02:33:58 | 03:26:26 |             | 06:31:16 |
| 17   | Tiago Salgueiro    | 1045   | Seniores M   | O MUNDO DA CORRIDA                 | 01:02:28  | 02:33:34 | 03:25:42 | 05:32:26    | 06:33:30 |
| 18   | André Guerra       | 1231   | Seniores M   | CTR Vale de Cambra                 | 01:00:52  | 02:41:29 | 03:35:07 |             | 06:35:27 |
| 19   | Pedro Gomes        | 1211   | Seniores M   | Galhardos Runners                  | 01:03:44  | 02:38:22 | 03:35:00 | 05:35:06    | 06:36:04 |
| 20   | João Ferreira      | 1099   | Seniores M   | Porto de Mós a Correr              | 00:58:16  | 02:29:29 | 03:20:11 | 05:29:04    | 06:37:27 |
| 21   | Francisco Reis     | 1137   | Seniores M   | Liz Runners                        | 01:02:13  | 02:33:50 | 03:26:13 |             | 06:40:17 |
| 22   | Carlos Mendes      | 1052   | Seniores M   | Caracol Trail Team                 | 01:05:03  | 02:39:50 | 03:34:30 | 05:39:13    | 06:41:05 |
| 23   | Paulo Alves        | 1227   | Veteranos I  | Montanha Clybe Trailrunner/Runners | 01:01:12  | 02:36:02 | 03:31:47 | 05:39:58    | 06:45:40 |
| 24   | Guilherme Hora     | 1163   | Veteranos I  | individual                         | 00:57:15  | 02:29:52 | 03:27:11 | 05:44:09    | 06:47:30 |
| 25   | Adelino Carvalho   | 1019   | Veteranos I  |                                    | 01:12:49  | 02:46:43 | 03:40:03 | 05:41:05    | 06:47:40 |
| 26   | Bruno Esteves      | 1175   | Seniores M   | Abutres Running Team               | 01:13:08  | 02:57:07 | 03:51:47 | 05:55:45    | 06:51:42 |
| 27   | Vasco Lopes        | 1098   | Veteranos I  | Grupo Desportivo da Parreira       | 01:10:27  | 02:55:26 | 03:53:52 | 06:01:49    | 06:56:31 |
| 28   | Gonçalo Rodrigues  | 1165   | Seniores M   | O MUNDO DA CORRIDA                 | 01:03:17  | 02:38:17 | 03:33:39 |             | 06:58:37 |
| 29   | Lino Franco        | 1117   | Veteranos I  | LIZ RUNNERS                        | 01:10:48  | 02:49:23 | 03:48:03 | 05:57:04    | 06:59:23 |
| 30   | Bruno Custódio     | 1051   | Seniores M   | C.D. "Os aguias" trail/running     | 01:17:03  | 02:58:12 | 03:52:25 | 05:55:25    | 07:00:19 |
| 31   | Nuno Carmo         | 1134   | Seniores M   | CAAL - papa trilhos                | 01:13:18  | 02:49:20 | 03:41:48 | 05:57:15    | 07:05:42 |
| 32   | Virgínia Pereira   | 1240   | Veteranas II | Trilhos do Costume                 | 01:11:06  | 02:52:24 | 03:52:11 | 06:00:01    | 07:05:43 |
| 33   | Nádia Casteleiro   | 1129   | Seniores F   | Papa Trilhos                       | 01:06:41  | 02:45:47 | 03:41:46 | 05:57:33    | 07:05:45 |
| 34   | Bruno Carrudo      | 1202   | Seniores M   | Go!Runners                         | 01:05:08  | 02:47:07 | 03:51:45 | 06:03:52    | 07:06:48 |
| 35   | Jorge Justo        | 1218   | Veteranos II | OMundodaCorrida                    | 01:10:00  | 02:50:22 | 03:50:49 | 06:03:06    | 07:08:46 |
| 36   | Paula Lage         | 1004   | Veteranas I  | Paredes Aventura                   | 01:06:25  | 02:44:21 | 03:40:25 | 06:04:12    | 07:10:47 |
| 37   | Daniel Moreira     | 1167   | Seniores M   | Fit&Fun                            | 01:16:56  | 02:57:03 | 03:57:00 | 06:02:35    | 07:12:15 |
| 38   | Francisco Pais     | 1206   | Veteranos I  | O MUNDO DA CORRIDA                 | 01:09:55  | 02:50:10 | 03:47:24 | 06:05:34    | 07:13:26 |

| Pos. | Nome              | Dorsal | Escalão      | Equipa                                       | Gondramaz | Lousã    | Talasnal | Srª Piedade | Tempo    |
|------|-------------------|--------|--------------|----------------------------------------------|-----------|----------|----------|-------------|----------|
| 39   | Pedro Matias      | 1068   | Seniores M   | Porto de Mós a Correr                        | 01:13:27  | 02:59:21 | 04:00:26 |             | 07:13:34 |
| 40   | André Relvas      | 1059   | Seniores M   | Centro Vicentino da Serra                    | 01:16:40  | 03:06:25 | 04:04:36 | 06:10:02    | 07:15:05 |
| 41   | Pedro Sousa       | 1214   | Veteranos I  | Clube Sosi                                   | 01:13:10  | 02:57:12 | 03:52:21 | 06:06:52    | 07:15:14 |
| 42   | João Teixeira     | 1091   | Veteranos I  |                                              | 00:59:03  | 02:29:56 | 03:31:08 | 05:53:01    | 07:15:39 |
| 43   | Hélio Dias        | 1050   | Veteranos II | SILVEIRA - TORRES VEDRAS                     | 01:09:12  | 02:49:26 | 03:46:18 | 06:05:12    | 07:16:27 |
| 44   | Lina Porto        | 1208   | Veteranas I  | grupo cuevas nogueira trail                  | 01:18:18  | 03:05:24 | 04:03:40 | 06:10:54    | 07:16:33 |
| 45   | Sérgio Suzano     | 1122   | Seniores M   | ORALKLASS - Amigos do Trail                  | 01:06:18  | 02:45:44 | 03:51:09 | 06:17:44    | 07:21:52 |
| 46   | João Almeida      | 1166   | Seniores M   | Espaço Saude                                 | 01:11:52  | 02:52:31 | 03:51:40 | 06:08:47    | 07:25:15 |
| 47   | Ricardo Vitorino  | 1018   | Seniores M   | Dolce Furadouro                              | 01:13:02  | 02:59:18 | 04:01:54 | 06:14:20    | 07:30:03 |
| 48   | Arlindo Deus      | 1143   | Veteranos II | Millnnium BCP                                | 01:13:49  | 03:05:13 | 04:10:28 | 06:21:01    | 07:30:40 |
| 49   | Bruno Dias        | 1136   | Veteranos I  | LetsRun.pt                                   | 01:09:09  | 02:42:53 | 03:40:00 | 05:58:04    | 07:34:21 |
| 50   | Nelson Bento      | 1128   | Veteranos I  | NEL-Pédatlleta                               | 01:16:36  | 03:01:05 | 04:02:03 | 06:25:56    | 07:35:58 |
| 51   | Vitor Frango      | 1013   | Veteranos I  | Correr em Evora                              | 01:18:08  | 03:03:01 | 04:01:25 | 06:23:18    | 07:37:55 |
| 52   | André Duarte      | 1151   | Seniores M   | C.D. "Os Águias" Trail/Running               | 01:14:22  | 02:59:30 | 04:01:28 | 06:25:47    | 07:38:45 |
| 53   | Tito Henriques    | 1190   | Veteranos I  | Correr para Comer                            | 01:13:42  | 03:01:27 | 04:07:26 | 06:31:40    | 07:40:40 |
| 54   | Luis Silva        | 1008   | Veteranos I  | C.D. " Os Águias" Trail/ Running             | 01:17:06  | 02:59:27 | 04:01:40 | 06:27:05    | 07:41:14 |
| 55   | João Miranda      | 1172   | Seniores M   | AERGOIS TRAIL RUNNING                        | 01:16:59  | 03:02:32 | 04:07:12 | 06:30:36    | 07:41:32 |
| 56   | Henrique Castro   | 1228   | Veteranos I  | Sigma Runners                                | 01:26:44  | 03:15:24 | 04:15:53 | 06:32:36    | 07:42:00 |
| 57   | José Silva        | 1153   | Veteranos I  |                                              | 01:13:39  | 03:02:43 | 04:05:16 | 06:28:39    | 07:42:55 |
| 58   | Hugo Brito        | 1171   | Veteranos I  | AASM Triatlo                                 | 01:19:10  | 03:05:37 | 04:09:04 | 06:36:21    | 07:43:59 |
| 59   | Anabela Pombeiro  | 1002   | Veteranas I  | Individual                                   | 01:19:02  | 03:02:34 | 04:04:17 | 06:28:41    | 07:46:02 |
| 60   | António Simões    | 1219   | Veteranos I  | Ac batalha                                   | 01:17:32  | 03:06:28 | 04:07:29 |             | 07:46:28 |
| 61   | Rui Ferreira      | 1130   | Seniores M   | CRP Ribafria                                 | 01:16:45  | 03:03:24 | 04:08:16 | 06:36:52    | 07:47:00 |
| 62   | Filipe Serrazina  | 1180   | Seniores M   | CRP Ribafria                                 | 01:16:47  | 03:03:26 | 04:08:20 | 06:36:56    | 07:47:14 |
| 63   | Tiago Sousa       | 1113   | Seniores M   | CAAC - Clube de Atletismo de Arentim e Cunha | 01:10:02  | 02:55:30 | 04:01:36 | 06:33:40    | 07:47:28 |
| 64   | Paulo Pelicano    | 1232   | Veteranos I  | Corridas de Pernas Pro Ar                    | 01:17:13  | 03:09:29 | 04:12:02 | 06:38:32    | 07:47:39 |
| 65   | João Guerra       | 1174   | Seniores M   | Putos da Mangueira                           | 01:20:39  | 03:12:47 | 04:13:53 | 06:35:45    | 07:54:02 |
| 66   | Vera Bizarro      | 1184   | Seniores F   | O MUNDO DA CORRIDA                           | 01:17:27  | 03:04:44 | 04:10:49 | 06:39:17    | 07:54:18 |
| 67   | António Geraldo   | 1220   | Veteranos II | O MUNDO DA CORRIDA                           | 01:17:25  | 03:04:47 | 04:10:40 | 06:39:39    | 07:54:22 |
| 68   | Bruno Julião      | 1085   | Seniores M   | Pés Troikados                                | 01:19:15  | 03:12:08 | 04:15:13 | 06:43:03    | 07:58:51 |
| 69   | Alfredo Costa     | 1189   | Veteranos II | OURSENSE o desporto a vossa medida           | 01:15:52  | 03:04:51 | 04:10:47 | 06:42:08    | 08:01:35 |
| 70   | Sandro Rodrigues  | 1183   | Seniores M   | Aurora Trail                                 | 01:18:59  | 03:11:22 | 04:13:57 | 06:44:21    | 08:03:17 |
| 71   | João Pinto        | 1120   | Seniores M   | ORALKLASS - Amigos do Trail                  | 01:24:45  | 03:26:07 | 04:41:51 | 06:50:53    | 08:06:46 |
| 72   | Gonzalo Mateos    | 1186   | Veteranos I  | Todo Vertical                                | 01:15:43  | 03:03:12 | 04:10:01 | 06:41:59    | 08:07:59 |
| 73   | Rui Pereira       | 1116   | Seniores M   | Shots International Runner                   | 01:23:42  | 03:21:33 | 04:29:10 | 06:53:26    | 08:11:44 |
| 74   | Ricardo Henriques | 1158   | Seniores M   | Shots International Runners                  | 01:23:41  | 03:21:39 | 04:29:06 | 06:53:31    | 08:11:47 |
| 75   | Hugo Sa           | 1138   | Seniores M   | AD Quinta - Atletismo                        | 01:24:31  | 03:17:48 | 04:25:40 | 06:57:00    | 08:11:55 |
| 76   | Bruno Gomes       | 1024   | Seniores M   |                                              | 01:23:08  | 03:19:28 | 04:27:00 |             | 08:12:23 |

| Pos. | Nome              | Dorsal | Escalão      | Equipa                            | Gondramaz | Lousã    | Talasnal | Srª Piedade | Tempo    |
|------|-------------------|--------|--------------|-----------------------------------|-----------|----------|----------|-------------|----------|
| 77   | Vitor Coelho      | 1033   | Veteranos I  |                                   | 01:19:04  | 03:19:58 | 04:35:24 | 06:58:25    | 08:13:42 |
| 78   | Sérgio Marques    | 1042   | Veteranos I  | Corridas de Pernas Pro Ar         | 01:17:16  | 03:09:48 | 04:12:10 | 06:52:00    | 08:16:06 |
| 79   | Sérgio Forte      | 1015   | Seniores M   | One Man Trail                     | 01:17:18  | 03:08:42 | 04:13:14 | 06:52:20    | 08:16:06 |
| 80   | José Costa        | 1107   | Veteranos II | Pés Troikados-GTL                 | 01:19:30  | 03:13:21 | 04:23:23 | 06:52:15    | 08:16:07 |
| 81   | Humberto Bezerra  | 1026   | Seniores M   | Cães d'Avenida/Patrões            | 01:19:43  | 03:14:07 | 04:22:23 |             | 08:17:27 |
| 82   | Alexandre Pereira | 1028   | Seniores M   |                                   | 01:23:59  | 03:18:22 | 04:22:04 | 06:57:12    | 08:17:27 |
| 83   | José Soares       | 1043   | Seniores M   | Patrões                           | 01:24:04  | 03:18:13 | 04:22:33 |             | 08:17:49 |
| 84   | Fernanda Almeida  | 1070   | Veteranas I  | AGREGAR                           | 01:16:51  | 03:11:45 | 04:20:41 | 06:53:36    | 08:18:44 |
| 85   | Geraldo Santos    | 1057   | Seniores M   |                                   | 01:18:11  | 03:15:55 | 04:25:50 | 07:00:38    | 08:26:08 |
| 86   | Luís Carvalho     | 1233   | Seniores M   | Individual                        | 01:27:30  | 03:23:18 | 04:30:54 | 07:06:35    | 08:26:28 |
| 87   | José Santos       | 1229   | Veteranos I  | Vila Seca Run Team                | 01:23:35  | 03:21:08 | 04:30:27 | 07:06:39    | 08:26:42 |
| 88   | Marco Ferreira    | 1168   | Seniores M   | TEAM DUAS FACES                   | 01:0-1:56 | 02:34:17 | 03:24:47 | 05:28:19    | 08:28:25 |
| 89   | Tiago Santos      | 1159   | Seniores M   | TEAM DUAS FACES                   | 01:00:28  | 02:34:19 | 03:25:37 | 05:28:24    | 08:28:31 |
| 90   | Emídio Santos     | 1225   | Veteranos II | Sigma runners                     | 01:26:55  | 03:27:46 | 04:35:39 | 07:12:51    | 08:29:02 |
| 91   | Oswaldo Rebelo    | 1141   | Veteranos I  | Individual                        | 01:17:02  | 03:10:58 | 04:25:27 | 07:11:10    | 08:30:59 |
| 92   | Rui Martins       | 1079   | Veteranos I  |                                   | 01:04:49  | 02:42:44 | 03:35:04 |             | 08:33:09 |
| 93   | Romeu Outeiro     | 1146   | Seniores M   |                                   | 01:02:32  | 02:38:24 | 03:32:28 | 05:35:16    | 08:36:04 |
| 94   | João Rodrigues    | 1161   | Veteranos II | individual                        | 01:22:33  | 03:25:09 | 04:33:28 | 07:10:42    | 08:36:51 |
| 95   | María             | 1236   | Seniores F   | Grupo Cuevas Nogueira Trail       | 01:21:09  | 03:26:51 | 04:35:29 | 07:13:30    | 08:37:20 |
| 96   | José Fernandes    | 1160   | Seniores M   | OzXtreme                          | 01:23:30  | 03:21:48 | 04:30:58 | 07:11:54    | 08:37:21 |
| 97   | Jose Fernandez    | 1209   | Veteranos II | grupo cuevas nogueira trail       | 01:20:25  | 03:26:45 | 04:35:41 | 07:18:59    | 08:37:21 |
| 98   | Diego Prado       | 1235   | Seniores M   | Grupo Cuevas Nogueira Trail       | 01:20:28  | 03:26:54 | 04:35:32 | 07:12:58    | 08:37:22 |
| 99   | António Carmo     | 1132   | Veteranos II | CAAL - papa trilhos               | 01:19:28  | 03:31:25 | 04:42:23 | 07:17:31    | 08:37:43 |
| 100  | Emanuel Machado   | 1148   | Seniores M   | Centro Vicentino da Serra         | 01:17:45  | 03:16:20 | 04:32:17 | 07:13:43    | 08:37:55 |
| 101  | António Perinha   | 1173   | Seniores M   | Centro Vicentino Serra Portalegre | 01:17:43  | 03:16:24 | 04:32:14 | 07:13:17    | 08:37:59 |
| 102  | João Linhares     | 1012   | Seniores M   | Barcelos Team Portugal            | 01:18:05  | 03:14:19 | 04:26:19 | 07:07:29    | 08:39:18 |
| 103  | Ismael Costa      | 1037   | Seniores M   | Free Runners                      | 01:17:48  | 03:09:44 | 04:26:08 | 07:24:47    | 08:39:23 |
| 104  | Sara Silva        | 1239   | Seniores F   |                                   | 01:06:22  | 02:42:51 | 03:36:06 | 05:39:19    | 08:41:07 |
| 105  | Sílvia Cunha      | 1195   | Seniores F   | Tartarugas dos Alfolto            | 01:22:30  | 03:25:24 | 04:34:20 |             | 08:44:13 |
| 106  | Luis Freitas      | 1234   | Veteranos I  | LF201xs/BOSCH                     | 01:16:26  | 03:19:02 | 04:36:10 | 07:35:07    | 08:48:30 |
| 107  | Pedro Pereira     | 1105   | Seniores M   |                                   | 01:24:15  | 03:22:48 | 04:35:35 | 07:27:30    | 08:49:11 |
| 108  | Valter Matos      | 1020   | Seniores M   |                                   | 01:18:14  | 03:15:34 | 04:24:15 | 07:24:27    | 08:49:42 |
| 109  | Bruno Ferreira    | 1069   | Seniores M   | Bruno Ferreira - Fisioterapia     | 01:17:39  | 03:27:44 | 04:51:15 | 07:24:30    | 08:51:03 |
| 110  | Nuno Alves        | 1056   | Veteranos I  |                                   | 01:29:01  | 03:36:27 | 04:54:10 | 07:29:49    | 08:51:04 |
| 111  | Nuno Ribeiro      | 1115   | Veteranos I  | dbearth                           | 01:20:36  | 03:20:04 | 04:36:39 | 07:20:28    | 08:52:31 |
| 112  | Pedro Faísca      | 1210   | Veteranos I  | Mov'et                            | 01:18:22  | 03:25:59 | 04:32:35 | 07:20:54    | 08:52:41 |
| 113  | Isaac Costa       | 1047   | Veteranos I  | Addicted to trail                 | 01:26:13  | 03:33:58 | 04:44:08 | 07:31:19    | 08:54:10 |
| 114  | Blandine Craveiro | 1046   | Seniores F   | Addicted to trail                 | 01:26:16  | 03:34:02 | 04:44:10 | 07:31:25    | 08:54:13 |

| Pos. | Nome              | Dorsal | Escalão      | Equipa                           | Gondramaz | Lousã    | Talasnal  | Srª Piedade | Tempo    |
|------|-------------------|--------|--------------|----------------------------------|-----------|----------|-----------|-------------|----------|
| 115  | Severino Rosa     | 1196   | Veteranos II | SS CGD                           | 01:24:26  | 03:31:06 | 04:43:00  | 07:30:14    | 08:54:50 |
| 116  | Ana Bernardo      | 1200   | Seniores F   | Aminhacorrída/Kalengi            | 01:27:56  | 03:41:33 | 04:52:48  | 07:35:00    | 08:59:38 |
| 117  | Nuno Redondo      | 1194   | Seniores M   |                                  | 01:20:46  | 03:34:32 | 04:40:12  |             | 08:59:43 |
| 118  | Rui Carvalho      | 1078   | Veteranos I  | Individual                       | 01:13:32  | 03:02:59 | 04:20:09  | 07:28:38    | 09:01:42 |
| 119  | Marília Noro      | 1144   | Seniores F   | Papa Trilhos                     | 01:23:04  | 03:34:09 | 04:50:43  | 07:36:37    | 09:04:09 |
| 120  | António Monteiro  | 1073   | Veteranos I  | Glória Runners                   | 01:24:24  | 03:30:17 | 04:49:19  | 07:40:31    | 09:04:10 |
| 121  | Ivo Carmo         | 1133   | Seniores M   | CAAL - papa trilhos              | 01:23:00  | 03:34:07 | 04:50:52  | 07:36:39    | 09:04:11 |
| 122  | José Santos       | 1121   | Seniores M   | ORALKLASS - Amigos do Trail      | 01:24:43  | 03:26:21 | 04:41:54  | 07:31:59    | 09:04:22 |
| 123  | Humberto Almeida  | 1191   | Veteranos I  | CTAD-Trilhos de Cinfães          | 01:16:54  | 03:16:27 | 04:26:56  | 07:29:03    | 09:06:44 |
| 124  | Nuno Costa        | 1213   | Veteranos I  | SS CGD                           | 01:23:49  | 03:24:34 | 04:39:30  | 07:28:44    | 09:06:52 |
| 125  | Nuno Pimpão       | 1016   | Seniores M   | Furões do Alentejo               | 01:00:04  | 02:33:03 | 03:31:51  |             | 09:07:15 |
| 126  | José Nunes        | 1062   | Veteranos I  | Runners do Demo                  | 01:09:35  | 02:57:52 | 03:56:52  | 06:07:31    | 09:08:06 |
| 127  | Pedro Pires       | 1145   | Veteranos I  | Runner`s do DEMO                 | 01:09:23  | 02:57:55 | 03:56:55  | 06:06:59    | 09:08:07 |
| 128  | Joana Frazão      | 1147   | Seniores F   | Porto de Mós A Correr            | 01:36:31  | 03:45:53 | 04:58:59  | 07:43:13    | 09:15:43 |
| 129  | Joao Silva        | 1053   | Seniores M   | Individual                       | 01:27:08  | 03:34:34 | 04:49:13  |             | 09:19:53 |
| 130  | Ricardo Fernandes | 1135   | Seniores M   | Espaço saúde                     | 01:11:49  | 02:52:33 | 03:51:33  | 06:09:08    | 09:25:31 |
| 131  | Célia Sampaio     | 1203   | Veteranas I  | Desnível Positivo                | 01:33:51  | 03:41:19 | 04:52:41  | 07:54:05    | 09:26:40 |
| 132  | Pedro Barbosa     | 1204   | Veteranos I  | Olimpico Vianense Trail/ND Sport | 01:33:53  | 03:41:26 | 04:52:37  | 07:54:07    | 09:26:51 |
| 133  | Ana Silva         | 1164   | Veteranas I  | OZXTREME                         | 01:24:35  | 03:36:01 | 04:48:30  | 07:51:59    | 09:27:58 |
| 134  | Sérgio Varela     | 1162   | Seniores M   | OzXtreme                         | 01:23:53  | 03:35:18 | 04:48:21  | 07:51:23    | 09:28:01 |
| 135  | António Lourenço  | 1034   | Veteranos I  | AD QUINTA - ATLETISMO            | 01:23:46  | 03:35:25 | 04:48:44  | 07:46:27    | 09:31:24 |
| 136  | Jaime Lamego      | 1011   | Veteranos II | Xtreme Level                     | 01:20:17  | 03:38:44 | 04:48:25  | 07:46:34    | 09:31:24 |
| 137  | José Loureiro     | 1035   | Veteranos I  | AD QUINTA - ATLETISMO            | 01:22:25  | 03:25:39 | 04:48:41  | 07:38:44    | 09:31:25 |
| 138  | Paulo Martins     | 1081   | Veteranos II | Proaventuras                     | 01:34:54  | 03:54:17 | 05:08:47  | 08:00:55    | 09:31:38 |
| 139  | Maria Santos      | 1106   | Seniores F   | Proaventuras                     | 01:23:39  | 03:21:00 | 04:22:44  | 08:00:59    | 09:31:40 |
| 140  | Maria Martins     | 1080   | Veteranas I  | Proaventuras                     | 01:34:52  | 03:54:21 | 05:08:51  | 08:01:15    | 09:31:40 |
| 141  | Alberto Santos    | 1092   | Veteranos I  |                                  | 01:30:54  | 03:48:50 | 05:07:47  |             | 09:31:54 |
| 142  | Rui Pinto         | 1155   | Veteranos I  | Correr na Cidade                 | 01:29:05  | 03:36:24 | 04:57:57  | 08:06:26    | 09:36:10 |
| 143  | Nuno Malcata      | 1156   | Seniores M   | Correr na Cidade                 | 01:32:51  | 03:48:25 | 04:57:34  | 08:05:56    | 09:36:11 |
| 144  | João Veríssimo    | 1083   | Seniores M   |                                  | 01:26:52  | 03:37:49 | 04:55:50  |             | 09:38:24 |
| 145  | Manuel Morais     | 1061   | Seniores M   | Farmácia Luciano e Matos         | 01:26:51  | 03:37:24 | 04:55:04  | 07:54:34    | 09:38:27 |
| 146  | Fernando Fonseca  | 1221   | Veteranos II | O MUNDO DA CORRIDA               | 01:26:48  | 03:42:01 | 05:0-1:46 |             | 09:38:36 |
| 147  | Paulo Valentim    | 1104   | Veteranos I  | CRP - Ribafria                   | 01:12:57  | 02:52:39 | 03:52:46  | 06:28:16    | 09:41:08 |
| 148  | José Melo         | 1021   | Veteranos II | Run 4 Fun                        | 01:30:51  | 03:51:54 | 05:08:57  | 08:10:52    | 09:42:58 |
| 149  | Paulo Oliveira    | 1064   | Veteranos I  | PelaEstradaFora                  | 01:19:20  | 03:13:10 | 04:19:27  | 08:07:57    | 09:43:23 |
| 150  | Luís Palma        | 1060   | Veteranos I  | ATR - Algarve Trail Running      | 01:15:59  | 02:59:10 | 04:0-1:42 | 06:20:57    | 09:43:34 |
| 151  | Carla Mendes      | 1127   | Veteranas I  | Tartarugas Solidárias            | 01:42:31  | 04:00:27 | 05:21:19  | 08:17:51    | 09:45:41 |
| 152  | Patrícia Silva    | 1140   | Seniores F   | Tartarugas Solidárias            | 01:42:37  | 04:00:33 | 05:22:12  |             | 09:45:53 |

| Pos. | Nome              | Dorsal | Escalão      | Equipa                                 | Gondramaz | Lousã    | Talasnal | Srª Piedade | Tempo    |
|------|-------------------|--------|--------------|----------------------------------------|-----------|----------|----------|-------------|----------|
| 153  | Pedro Guimaraes   | 1029   | Veteranos I  | A+                                     | 01:26:57  | 03:39:41 | 04:51:55 |             | 09:47:29 |
| 154  | Jeroen Jonk       | 1244   | Veteranos I  | Lets Bundl                             | 01:35:58  | 03:54:05 | 05:08:36 | 08:11:04    | 09:48:37 |
| 155  | Rita Gabriel      | 1187   | Seniores F   | Não Fazemos nem mais 1 km              | 01:36:13  | 03:54:24 | 05:09:20 | 08:11:28    | 09:48:56 |
| 156  | Teresa Conceição  | 1108   | Veteranas II | Não Fazemos Nem Mais Um ... Km         | 01:41:31  | 04:01:21 | 05:23:00 | 08:11:48    | 09:48:57 |
| 157  | Claudino Rebelo   | 1216   | Veteranos II | CAOB                                   | 01:34:37  | 03:42:27 | 05:11:12 | 08:14:04    | 09:48:57 |
| 158  | Sandra Lensink    | 1243   | Veteranas I  | Lets Bundl                             |           |          |          |             | 09:48:59 |
| 159  | Ricardo Vicente   | 1036   | Veteranos I  |                                        | 01:37:45  | 04:01:29 | 05:17:58 |             | 09:49:39 |
| 160  | Rute Gonçalves    | 1222   | Seniores F   | 4 ao Km                                | 01:44:21  | 04:09:07 | 05:26:12 | 08:19:57    | 09:52:16 |
| 161  | Rui Santos        | 1179   | Seniores M   | DAR-Recardães                          | 01:06:21  | 02:45:10 | 03:52:59 |             | 09:54:11 |
| 162  | Miguel Pimenta    | 1017   | Seniores M   | Coimbratrailrunning                    | 01:18:45  | 03:05:01 | 04:09:14 | 06:48:36    | 09:58:05 |
| 163  | José Vieira       | 1169   | Seniores M   |                                        | 01:26:42  | 03:17:19 | 04:19:47 | 06:44:40    | 10:03:21 |
| 164  | Fausto Pereira    | 1086   | Seniores M   | MadRunners                             | 01:34:33  | 03:26:25 | 04:32:31 | 06:59:06    | 10:10:41 |
| 165  | Pedro Ramos       | 1185   | Veteranos I  | Não fazemos nem mais 1 km              | 01:41:52  | 04:11:15 | 05:29:16 | 08:37:44    | 10:26:10 |
| 166  | Mario Felizardo   | 1097   | Veteranos II | Não fazemos nem + um Km                | 01:40:49  | 04:01:25 | 05:29:01 | 08:37:34    | 10:26:15 |
| 167  | Paulo Gonçalves   | 1030   | Veteranos I  | Abutres running team                   | 01:27:00  | 03:44:58 | 05:08:41 | 08:45:36    | 10:35:51 |
| 168  | Mário Coelho      | 1223   | Veteranos II | ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO | 01:34:05  | 03:56:06 | 05:18:45 | 08:45:22    | 10:35:54 |
| 169  | Ana Coelho        | 1224   | Veteranas II | ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO | 01:38:16  | 03:55:15 | 05:18:57 | 08:41:07    | 10:35:54 |
| 170  | Alexandre Fonseca | 1112   | Seniores M   | Gloria Runners                         | 01:30:17  | 03:53:35 | 05:25:01 |             | 10:36:37 |
| 171  | Manuel Fuente     | 1238   | Seniores M   | Grupo Cuevas Nogueira Trail            | 01:18:54  | 03:17:41 | 04:31:32 | 06:53:51    | 10:37:21 |
| 172  | Pedro Jaime       | 1176   | Veteranos I  | Ginja Team                             | 01:35:52  | 04:03:05 | 05:29:21 | 09:02:28    | 10:52:46 |
| 173  | Ernesto Alves     | 1110   | Veteranos I  | Juventude Cortegacense                 | 01:26:40  | 03:31:16 | 04:44:34 | 07:42:30    | 11:04:06 |
| 174  | Ricardo Machado   | 1114   | Seniores M   | Juventude Cortegacense                 | 01:26:38  | 03:31:19 | 04:44:37 | 07:42:36    | 11:04:06 |
| 175  | Manuel Rola       | 1088   | Seniores M   | Juventude Cortegacense                 | 01:26:35  | 03:31:12 | 04:44:31 | 07:41:56    | 11:04:07 |
| 176  | Daniel Lopes      | 1076   | Seniores M   | A.D. Rio Largo C.E.                    | 01:36:18  | 04:07:47 | 05:39:49 |             | 11:10:56 |
| 177  | Sérgio Anjos      | 1039   | Veteranos I  |                                        | 01:42:03  | 04:15:55 | 05:53:23 | 09:14:54    | 11:12:26 |
| 178  | José Garcez       | 1154   | Veteranos I  | Évora Night Runners                    | 01:42:27  | 04:20:45 | 05:52:41 | 09:14:37    | 11:12:27 |
| 179  | Francisco Vaz     | 1212   | Veteranos I  | Frufresh Runners                       | 01:26:32  | 03:35:04 | 04:59:02 | 07:59:31    | 11:19:14 |
| 180  | Hugo Fernandes    | 1226   | Seniores M   |                                        | 01:27:02  | 03:43:27 | 04:58:07 | 07:56:34    | 11:21:08 |
| 181  | Márcio Mendes     | 1178   | Seniores M   | DAR-Recardães                          | 01:36:23  | 03:44:53 | 05:06:39 | 08:00:32    | 11:25:09 |
| 182  | Ivo Santos        | 1032   | Seniores M   | dolce furadouro                        | 01:24:12  | 03:35:50 | 04:59:09 | 08:01:04    | 11:35:09 |
| 183  | Sérgio Rodrigues  | 1090   | Veteranos II | individual                             | 01:34:40  | 03:54:01 | 05:16:25 | 08:12:48    | 11:42:54 |
| 184  | Sofia Portela     | 1182   | Veteranas I  | Não faço nem mais um KM                | 01:46:29  | 04:40:36 | 06:09:19 | 09:48:34    | 11:43:29 |
| 185  | Andreia Costa     | 1014   | Seniores F   | Tartarugas Solidárias                  | 01:42:34  | 04:00:48 | 05:21:07 | 08:17:46    | 11:45:48 |
| 186  | Rogério Mendes    | 1152   | Seniores M   |                                        | 01:42:44  | 04:28:22 | 06:03:06 | 09:41:13    | 11:46:00 |
| 187  | Jorge Zambujo     | 1054   | Veteranos I  |                                        | 01:38:04  | 04:22:57 | 05:53:56 | 09:48:45    | 11:51:45 |
| 188  | Catarina Pinheiro | 1055   | Seniores F   | individual                             | 01:49:46  | 04:40:57 | 06:15:11 | 09:57:25    | 11:53:27 |
| 189  | Maria Santos      | 1093   | Veteranas I  |                                        | 01:53:20  | 04:40:47 | 06:23:27 | 10:09:04    | 12:19:41 |
| 190  | Avelino Fernandes | 1188   | Veteranos I  | CRR A-do-Barbas                        | 01:36:57  | 03:57:35 | 05:23:11 | 08:52:52    | 12:30:17 |

| Pos. | Nome            | Dorsal | Escalão    | Equipa              | Gondramaz | Lousã    | Talasnal | Srª Piedade | Tempo    |
|------|-----------------|--------|------------|---------------------|-----------|----------|----------|-------------|----------|
| 191  | Joaquim Barbosa | 1077   | Seniores M | A.D. Rio Largo C.E. | 01:36:20  | 04:07:40 | 05:39:31 | 09:18:52    | 13:10:53 |

# DESISTÊNCIAS

|      |                               |
|------|-------------------------------|
| 1123 | André Nogueira                |
| 1205 | Susana Oliveira               |
| 1027 | Pedro Pina                    |
| 1150 | Jose David Miguelez Rodriguez |
| 1082 | Helena Silva                  |