

POS.	NOME	DORSAL	ESCALÃO	EQUIPA	GONDRAMAZ	LOUSÃ	CERDEIRA	COENTRAL	CASTANHEIRA DE PÊRA	TALASNAL	OBS. VILA NOVA	VILA NOVA	TEMPO FINAL
1	Jérôme Rodrigues	27	MSeniores	EDV-Viana Trail	01:02:58	02:10:34	03:32:17	06:29:51	07:25:35	09:18:29	10:46:00	-	12:49:57
2	Claudio Quelhas	236	MSeniores	Armada Protuguesa do Trail	01:07:26	02:24:41	03:52:40	07:11:01	08:12:44	10:16:57	11:50:10	12:42:13	13:42:12
3	Guilherme Lourenço	123	MSeniores	CRP - Ribafria	01:05:56	02:19:46	03:47:51	07:21:30	08:20:06	10:14:23	11:49:56	12:53:38	13:57:36
4	Rui Seixo	183	MSeniores	EDV-Viana Trail	01:06:53	02:19:54	03:45:39	07:14:27	08:24:55	-	11:51:21	12:52:55	14:01:25
5	José Faria	146	MSeniores	EDV-Viana Trail	01:08:37	02:20:47	03:47:11	07:25:12	08:25:59	10:33:13	12:07:09	13:03:43	14:08:16
6	Jorge Rocha	102	MSeniores	EDV - Viana Trail	01:07:01	02:23:28	04:11:26	07:37:38	08:30:20	10:33:06	12:02:19	13:05:47	14:10:27
7	Rui Pacheco	228	MSeniores	OFFTEL RUNNERS	01:11:20	02:31:06	04:10:29	07:40:18	08:35:24	10:40:12	12:06:00	13:05:50	14:10:28
8	Helder Fernandes	332	MSeniores		01:08:00	02:31:14	04:08:16	07:31:00	08:26:31	10:33:19	12:07:15	13:21:13	14:28:08
9	Pedro Rodrigues	249	MSeniores	Juventude Vidigalense	01:05:48	02:20:03	03:53:04	07:27:18	08:26:03	10:33:26	-	13:23:19	14:28:08
10	Pedro Baptista	138	MSeniores	ARSM-Associação Recreativa de São Miguel	01:07:47	02:21:24	04:11:32	07:30:53	08:29:49	10:43:28	12:16:37	13:24:25	14:34:18
11	Leonardo Diogo	345	M45	Madeira Ultra Runners/CAMADEIRA	01:06:57	02:19:44	03:46:11	07:14:24	08:24:53	10:41:15	12:21:14	13:32:21	14:40:31
12	Gabriel Meira	116	M40	edv-viana trail	01:11:41	02:32:51	04:18:15	08:00:57	09:00:47	10:57:15	12:28:00	13:36:28	14:41:21
13	José Pereira	270	M40	Desnível Positivo	01:08:25	02:23:38	04:18:47	08:00:34	09:00:44	11:08:06	12:22:25	14:03:00	15:07:18
14	Luís Malheiro	28	MSeniores	AC Portalegre / UTSM	01:08:31	02:23:53	04:07:29	07:31:04	08:29:45	10:43:31	12:33:00	13:56:19	15:15:52
15	António Figueiredo	243	MSeniores	Coimbra Trail Running	01:07:39	02:20:54	03:58:41	07:25:52	08:26:05	10:43:11	12:32:00	14:03:07	15:17:43
16	Salvador Redondo	349	M50	TECNICA AVIVA	01:05:53	02:20:05	03:45:56	07:25:56	08:32:05	10:57:47	12:49:00	14:06:30	15:24:06
17	Renato Silva	261	M40	Paredes Aventura	01:17:43	02:44:32	04:24:03	08:17:58	09:20:48	11:49:52	-	14:36:13	15:51:32
18	Sofia Roquete	4	FSeniores	OFFTEL RUNNERS	01:19:44	02:47:20	04:25:56	08:05:30	09:12:32	11:37:51	-	14:50:23	16:12:53

19	Rui Luz	352	MSeniores		01:11:49	02:31:11	04:10:24	07:41:43	08:39:51	10:56:28	12:19:10	14:50:27	16:13:01
20	Miguel Baptista	337	MSeniores		01:14:29	02:34:41	04:20:12	08:00:37	09:09:43	11:28:09	-	14:50:17	16:13:05
21	Gil Ferreira	257	MSeniores	MINHO AVENTURA	01:11:18	02:31:18	04:18:21	08:06:28	09:11:40	11:49:48	-	14:57:12	16:16:32
22	Humberto Vara	83	M50	Individual	01:13:20	02:31:08	04:10:32	07:55:20	09:05:11	11:35:42	-	15:15:08	16:47:46
23	Carlos Ramos	230	MSeniores	Núcleo de Montanha de Espinho	01:14:23	02:32:46	04:10:21	07:55:44	09:05:17	11:35:56	-	15:15:38	16:47:49
24	Paulo Correia	185	M50	scalabis night runners	01:18:00	02:53:02	04:42:06	08:50:12	10:00:12	12:28:03	14:21:26	15:39:58	16:50:55
25	Gonçalo Mota	355	M40	NAST	01:27:49	02:58:57	04:48:26	08:44:48	09:56:54	12:07:12	13:58:40	15:29:40	16:53:18
26	João Nunes	73	MSeniores	MULTIPOWER GAIA TRAIL	01:11:23	02:37:24	04:29:02	08:18:02	09:29:19	12:01:24	13:58:31	15:38:00	16:55:50
27	Artur Costa	267	MSeniores	Desnível Positivo	01:08:28	02:27:28	04:10:14	08:02:29	09:06:14	11:35:46	-	15:37:58	16:56:05
28	Bruno Fernandes	294	MSeniores	Monsanto Running Team	01:19:17	02:45:39	04:39:57	08:23:52	09:30:58	12:20:00	14:19:14	15:45:58	17:08:13
29	Vítor Cardoso	312	MSeniores	CTAD-Trilhos de Cinfães	01:19:40	02:53:00	04:49:53	08:45:57	09:56:49	12:40:59	14:33:59	16:00:05	17:27:20
30	Paulo Marreiros	240	M40	Coimbra Trail Running	01:31:11	03:03:53	05:01:44	09:15:19	10:24:30	13:00:11	14:47:38	16:06:54	17:32:45
31	Hélder Lemos	121	MSeniores	O MUNDO DA CORRIDA	01:27:13	02:59:01	04:48:43	08:44:51	09:56:58	12:43:49	14:48:27	16:06:26	17:34:55
32	Edgar Faria	203	MSeniores	Oz Xtreme	01:28:13	02:55:23	04:54:25	09:00:55	10:08:25	12:54:37	15:03:49	16:34:36	17:48:32
33	Ricardo Casanova	311	MSeniores	Individual								-	17:51:20
34	Paulo Costa	119	M45	O MUNDO DA CORRIDA	01:35:07	03:11:06	04:57:27	09:07:08	10:24:02	13:21:58	15:16:49	16:44:54	17:53:22
35	Sérgio Pereira	69	MSeniores	ProAventuras	01:14:16	03:28:03	05:22:27	09:20:57	10:31:52	13:20:49	15:15:32	16:42:09	17:54:51
36	Fernando Santos	274	M40	Núcleo de Montanha de Espinho	01:19:25	02:50:09	04:58:20	09:09:35	10:24:11	13:00:07	15:11:00	16:39:55	17:57:21
37	João Ribeiro	293	MSeniores	Bando dos Trilhos e Tralhos	01:17:40	02:45:35	04:45:11	08:50:49	10:07:50	13:00:02	15:11:26	16:40:02	17:57:22
38	Armando Teixeira	125	M40	Individual	01:21:04	02:50:14	04:41:49	08:55:25	10:15:25	-	14:53:00	16:33:17	17:57:38
39	Artur Matos	307	M45	EDV-VianaTrail	01:19:33	02:51:45	04:49:08	08:55:20	10:15:28	12:53:38	14:52:45	16:33:08	17:57:40
40	Hugo Gonçalves	336	MSeniores	Piratas Team	01:32:14	03:14:23	05:14:14	09:26:04	10:38:57	-	15:21:24	16:43:37	17:58:06
41	Sérgio Morgado	48	M40	salamandrecos	01:24:42	03:04:52	05:14:24	09:26:09	10:39:00	-	15:21:11	16:43:35	17:58:06
42	Ruben Monteiro	282	MSeniores	100Limites	01:32:11	03:14:24	05:14:22	09:26:02	10:38:54	-	15:21:20	16:43:41	17:58:06
43	Paulo Carvalho	239	MSeniores	Coimbra Trail Running	01:09:33	02:23:56	04:10:50	08:17:09	09:28:23	12:06:52	13:58:54	15:49:07	17:58:20

44	Inuo Melo	208	MSeniores	Run 4 All	01:28:08	03:06:57	05:06:00	10:04:53	11:09:53	-	15:29:12	16:42:13	18:07:55
45	António Quaresma	310	M40	Núcleo Sportinguista de Condeixa Trail Running	01:28:18	03:03:46	05:09:12	09:38:44	11:0-1:44	-	15:41:00	16:58:17	18:12:47
46	Manuel Quelhas	148	M40	Paredes Aventura	01:34:36	03:07:08	05:09:37	09:13:55	10:25:00	13:04:00	15:17:31	16:46:46	18:15:25
47	Ricardo Ferreira	179	MSeniores	ARSM - Associação Recreativa de S. Miguel	01:15:33	03:22:23	05:11:46	09:17:59	10:24:08	-	15:28:15	16:56:25	18:24:15
48	Juan Delgado	10	M50	TELENO	01:37:17	03:10:09	05:02:10	09:33:57	10:47:40	-	15:28:53	16:56:37	18:28:35
49	Luís Oliveira	273	M40	GR Os Ribeirinhos - Viseu	01:31:22	03:03:17	04:44:07	08:40:33	09:56:03	12:28:00	14:16:32	17:07:27	18:29:45
50	Christophe Ferreira	175	M40	Paredes Aventura	01:29:08	03:03:23	05:04:12	09:26:06	10:39:07	-	15:33:52	17:04:24	18:39:26
51	Fernando Salvador	78	M40	Paredes Aventura	01:34:34	03:06:49	05:03:59	09:26:15	10:39:03	-	15:32:52	17:04:43	18:39:46
52	Joaquim Freitas	184	M40	Grupo Dramático e Recreativo da Retorta	01:27:32	03:36:05	05:40:55	09:50:00	10:57:25	-	15:32:15	17:04:32	18:39:56
53	Flavio Francisco	209	M40	Monsanto Running Team	01:20:22	02:47:08	05:02:18	09:16:45	10:27:17	-	15:58:00	17:18:40	18:42:22
54	Didier Valente	31	M40	Monsanto Running Team	01:19:22	02:45:45	05:12:32	09:32:22	10:45:11	-	15:56:00	17:18:25	18:42:23
55	João Pereira	87	MSeniores	Monsanto Running Team	01:20:34	02:47:11	05:12:35	09:32:24	10:45:14	-	15:57:00	17:19:27	18:42:24
56	António Arede	21	MSeniores	Monsanto Running Team	01:32:18	03:06:36	05:03:28	09:16:55	10:27:23	-	15:56:00	17:19:40	18:42:36
57	Amadeu Teixeira	173	M55		01:21:48	03:05:24	05:14:37	09:32:46	10:47:30	-	15:47:49	17:27:18	18:45:12
58	Tiago Gaspar	317	MSeniores	ARSM - Associação Recreativa de S. Miguel	01:35:39	03:13:15	05:09:46	09:30:55	10:49:06	-	15:54:03	17:18:57	18:47:06
59	Carlos Jesus	52	MSeniores	Beat Your Limit!	01:17:52	02:51:17	04:55:53	09:16:15	10:38:48	-	15:43:35	17:27:15	18:47:25
60	Francisco Rebelo	191	M40	Beat Your Limit!	01:17:56	02:51:13	04:55:59	09:16:19	10:38:45	-	15:43:45	17:27:22	18:47:30
61	Romeu Colaço	36	MSeniores	Ginásio Quinta do Valbom - AAA	01:22:56	03:07:20	05:21:21	09:49:02	10:57:30	-	16:02:00	17:30:10	18:47:55
62	Ana Campos	80	FSeniores	Shots International Runners	01:41:12	03:27:38	05:32:00	09:55:41	11:10:15	-	16:10:09	17:34:39	18:52:57
63	Miguel Saraiva	25	M45	CA Barreira	01:17:48	02:49:26	04:47:48	09:25:59	10:48:57	-	15:40:39	17:23:00	18:53:44
64	Humberto Silva	303	MSeniores	LOBA.pt	01:15:02	03:25:17	05:24:10	09:33:04	10:47:21	-	15:47:59	17:27:28	18:55:23
65	Jaime Lamego	39	M55	Xtreme Level	01:40:20	03:19:36	05:31:00	10:01:27	11:12:47	-	16:03:58	17:34:42	19:02:22
66	João Sanches	46	M50	SOCONCALMA	01:29:05	02:53:26	05:00:54	09:33:00	10:47:25	-	16:06:09	17:37:21	19:02:24
67	Nelson Costa	129	MSeniores	O MUNDO DA CORRIDA	01:31:51	03:13:20	05:34:38	09:54:17	11:14:05	-	16:02:00	17:29:53	19:02:37

68	Anabela Pombeiro	212	F40	Agregar	01:33:13	03:13:53	05:18:38	09:50:31	11:14:09	-	16:02:25	17:29:49	19:02:45
69	Jorge Barbosa	174	M40	PAREDES AVENTURA	01:22:49	02:59:22	04:54:19	09:39:26	11:10:40	-	16:27:50	17:46:26	19:04:20
70	Vitor Coelho	32	M40	Running Team Lantemil	01:33:31	03:13:10	05:26:21	10:27:58	11:36:52	-	16:27:38	17:48:30	19:05:35
71	Dino Mafra	51	MSeniores	AC Portalegre / UTSM	01:18:19	02:53:55	04:59:01	09:19:03	10:38:38	-	16:01:57	17:32:48	19:07:22
72	JOSÉ CONSTANTINO	88	MSeniores	ELECTRICO FUTEBOL CLUBE	01:35:01	03:23:00	05:35:20	10:02:49	11:16:29	-	16:00:19	17:32:53	19:07:25
73	João Vaz	18	M40	FKC - ATeam	01:35:34	03:13:34	05:20:30	09:46:00	11:01:06	-	16:18:14	17:50:51	19:10:35
74	Emanuel Matos	237	M40	Minho Aventura	01:41:21	03:21:49	05:35:12	10:04:07	11:11:22	-	16:27:32	17:48:27	19:14:32
75	Vitor Silva	186	MSeniores	Vimarunners	01:13:11	02:42:29	04:38:15	09:08:28	10:22:31	13:17:13	16:16:22	17:46:23	19:17:35
76	Paulo Domingues	329	MSeniores	Shots International Runners	01:35:27	03:19:07	05:34:58	09:55:46	11:10:11	-	16:15:00	17:49:38	19:21:35
77	Pedro Sá	300	MSeniores	running tema maia	01:28:23	03:03:04	05:21:16	09:55:59	11:10:33	-	16:17:00	17:51:30	19:21:51
78	José Pereira	3	M50	Salamandrecos									19:29:27
79	Marco Silva	182	M40	All About	01:20:01	02:58:25	05:09:24	09:26:19	10:38:10	-	15:32:11	17:44:03	19:33:21
80	Nelson Bento	319	MSeniores	NEL Pédatleta	01:21:08	03:01:42	05:20:46	09:54:28	11:12:54	-	16:24:00	18:02:38	19:39:51
81	Jorge Serrazina	82	M55	CA Óbidos	01:33:44	03:11:36	05:39:54	10:00:07	11:12:56	-	-	18:02:25	19:39:51
82	Helder Costa	325	M40	porto de mos a correr	01:20:30	03:01:47	05:20:50	09:54:24	11:12:50	-	16:23:44	18:02:29	19:39:51
83	Jorge Costa	143	MSeniores	Experiençar	01:35:10	03:14:19	05:26:26	10:03:05	11:19:35	-	16:37:44	18:09:38	19:41:15
84	Américo Machado	40	MSeniores	Trail Running Esposende	01:32:41	03:13:28	05:26:29	10:06:25	11:19:31	-	16:37:37	18:09:28	19:41:14
85	Miguel Brites	330	M40	Individual	01:30:43	03:08:28	05:20:23	09:50:36	11:13:55	-	16:29:15	18:17:24	19:46:46
86	Tiago Cação	241	MSeniores	Coimbra Trail Running	01:14:26	03:23:20	05:29:23	09:54:21	11:15:44	-	16:41:43	18:16:37	19:47:50
87	Helder Baptista	150	M45	TRILHO PERDIDO	01:27:00	03:11:00	05:21:29	09:54:13	11:12:20	-	16:29:41	18:17:12	19:51:05
88	Fernando Homem	92	MSeniores	C.A.S.P.A. - Clube Amador Só Para Atletismo	01:38:44	03:24:44	05:33:55	10:06:39	11:25:16	-	16:41:20	18:16:42	19:53:00
89	Hugo Teixeira	295	MSeniores		01:32:50	03:08:36	05:09:41	09:39:21	11:00:40	-	16:44:49	18:20:03	19:53:42
90	Joao Paiva	93	M45	Clube ANACOM	01:43:17	03:32:03		10:07:54	11:29:46	-	16:48:28	18:19:59	19:53:45
91	César Canito	220	M40	Os Rompe Solas	01:30:21	03:09:24	05:31:21	10:20:11	11:38:10	-	17:07:18	18:35:28	20:06:51
92	Marco Ferreira	320	MSeniores	Team Duas Faces	01:26:15	02:59:32	04:52:36	08:58:49	10:18:11	-	16:23:15	18:17:56	20:09:42

93	Nilton David	326	M40		01:30:32	03:08:31	05:20:20	09:50:41	11:13:50	-	16:29:24	18:17:40	20:10:33
94	JOSE VIZUETE	193	M40	CLUB TRAIL COMESUELAS	01:28:53	03:19:15	05:35:48	10:37:11	11:57:07	-	17:07:38	18:37:20	20:12:20
95	FERNANDO BARRERO	192	M40	ACPORTALEGRE/UTSM	01:28:59	03:19:12	05:35:29	10:37:04	11:57:15	-	17:07:25	18:37:11	20:12:21
96	Maria Martins	7	F45	Centro de Ciclista de Gondomar	01:31:28	03:18:56	05:37:32	10:04:42	11:23:41	-	16:58:06	18:39:57	20:15:25
97	Ricardo Vitorino	126	MSeniores	Dolce CR / Running Team ACRDFuradouro	01:34:41	03:22:43	05:44:23	10:39:30	12:02:27	-	17:33:05	19:00:08	20:15:46
98	Filipe Inácio	298	MSeniores	ProAventuras	01:27:27	02:58:07	05:00:51	09:33:42	10:57:20	-	16:47:55	18:23:38	20:16:05
99	João Marques	306	M50	Proaventuras	01:25:32	03:46:42	05:54:22	10:13:44	11:32:24	-	16:47:32	18:23:27	20:16:05
100	Rui Nascimento	26	M40	Individual	01:34:06	03:17:44	05:30:08	10:08:25	11:27:51	-	17:01:47	18:40:53	20:27:11
101	Nuno Coelho	276	M40	Núcleo de Montanha de Espinho	01:16:49	03:28:58	05:35:45	10:14:30	11:30:00	-	16:44:00	18:34:22	20:27:23
102	Jorge Abrantes	11	M45		01:33:19	03:07:38	05:08:02	09:49:06	10:59:29	-	16:58:28	18:33:46	20:36:17
103	Hugo Azevedo	144	MSeniores	Beat Your Limit!	01:34:43	03:13:57	05:34:31	10:24:42	12:07:27	-	17:27:25	19:04:50	20:36:50
104	Ramiro Alves	181	MSeniores	Vila Seca Run Team	01:28:30	03:03:51	05:09:15	09:39:13	11:0-1:50	-	16:43:32	18:38:26	20:39:02
105	Francisco Pais	120	M45	O MUNDO DA CORRIDA	01:34:31	03:15:45	05:20:55	09:40:15	11:00:01	-	16:43:48	18:38:31	20:39:04
106	Bruno Martins	206	MSeniores	O MUNDO DA CORRIDA	01:20:25	02:56:58	05:09:18	09:39:17	11:0-1:55	-	16:44:33	-	20:39:04
107	Nuno Assis	132	MSeniores	Centro Vicentino da Serra	01:41:18	03:25:37	05:37:34	10:19:56	11:43:28	-	17:19:16	18:57:49	20:43:54
108	André Guerreiro	41	MSeniores	Oeiras Trail Team	01:41:09	03:27:07	05:39:03	10:18:26	11:35:47	-	17:15:39	19:02:43	20:46:16
109	Narciso Chaves	177	M40	Madeira Trail Team	01:27:29	03:25:20	05:54:18	10:47:25	12:10:09	-	17:36:20	19:09:31	20:53:12
110	Alexandre Neves	67	MSeniores	C.C.D.T.C.M.Gondomar	01:33:55	03:20:27	05:45:29	10:39:03	12:06:11	-	17:36:52	19:09:39	20:53:13
111	Carlos Filipe	350	M45	ARCADA/BECOIMBRA	01:33:10	03:13:25	05:35:52	10:11:58	11:31:13	-	17:30:00	19:15:43	20:54:58
112	Cirilo Formiga	9	M60	O Praticante	01:34:14	03:14:58	05:36:08	10:24:11	11:45:00	-	17:15:52	19:02:18	20:55:21
113	Bruno Campelo	62	MSeniores	Padela Natural Team	01:32:46	03:13:47	05:38:40	10:35:54	11:49:10	-	17:39:00	19:16:01	21:01:41
114	Miguel Silva	301	MSeniores		01:34:20	03:14:51	05:44:47	10:35:58	11:49:14	-	17:38:18	19:15:59	21:01:44
115	Rodrigo Pote	341	MSeniores	Gloria runners	01:25:30	03:04:16		10:37:27	11:57:20	-	17:41:14	19:17:57	21:01:54
116	João Fonseca	136	M45	ProAventuras	01:35:20	03:46:17	05:57:57	10:35:18	11:54:08	-	17:37:00	19:16:31	21:04:43
117	Ricardo Henriques	79	MSeniores	Shots International Runners	01:41:32	03:30:07	05:44:54	10:38:04	11:56:23	-	17:38:41	19:15:39	21:10:23

118	RUBÉN RAMOS SOSA	147	M40	A.D. Extremadura Natural	01:33:24	03:24:31	-	10:47:04	12:17:29	-	17:47:40	19:22:32	21:10:50
119	Jorge Barbosa	259	MSeniores	Individual	01:42:33	03:32:30	06:08:54	11:06:33	12:33:19	-	18:09:14	19:45:04	21:21:34
120	Sergio Santos	245	MSeniores		01:41:29	03:28:55	06:08:58	11:06:37	12:33:14	-	18:20:00	19:44:16	21:21:42
121	Carlos Justo	251	M55	Minho Aventura	01:29:16	03:11:26	05:40:07	10:16:54	11:38:06	-	17:41:26	19:24:28	21:25:58
122	Ana Santos	187	F50	CCRD BURINHOSA	01:43:11	03:33:40	05:52:48	10:45:00	12:10:32	-	17:43:34	19:34:10	21:26:18
123	Sérgio Silva	327	MSeniores	APT	01:33:21	03:08:53		11:01:51	12:38:08	-	17:44:58	19:35:52	21:26:21
124	Valter Martinho	172	MSeniores	Ginásio Quinta do Valbom - AAA	01:40:39	03:29:32	06:09:02	11:06:07	12:28:27	-	18:07:54	19:35:48	21:30:46
125	César Duarte	84	MSeniores	a.d.amarante trail running	01:18:33	02:53:28	04:54:12	09:39:30	11:10:37	-	17:35:34	19:41:57	21:31:13
126	Lourenço Bray	64	MSeniores		01:43:41	03:40:50	06:07:02	11:02:06	12:34:31	-	18:11:18	19:54:22	21:38:30
127	Francisco Bossa	347	M40	O Mundo da Corrida	01:45:51	03:44:02	06:0-1:58	10:52:06	12:11:30	-	17:34:00	19:28:19	21:40:33
128	Luis Nunes	127	M60	CAOB	01:37:34	03:22:49	-	10:24:47	11:55:06	-	17:43:00	19:40:52	21:51:15
129	Bruno Rodrigues	210	MSeniores	Fire Team BVMC	01:29:57	03:13:43	05:47:36	11:07:20	12:42:15	16:07:00	18:38:11	20:25:51	21:53:11
130	Bruno Paiva	54	MSeniores	Team33	01:30:05	03:13:54	05:47:59	11:07:17	12:42:22	16:07:00	18:38:40	20:25:50	21:53:11
131	Henrique Pinto	215	MSeniores	Coimbra Trail Running	01:31:24	03:08:33	05:18:14	10:13:52	11:43:40	-	17:50:44	19:57:13	21:53:46
132	António Soares	113	MSeniores		01:34:00	03:22:02	05:54:32	-	12:10:41	-	18:17:55	19:59:41	21:54:25
133	Nuno Garrana	124	MSeniores	AFDD-Run Crew Trail Montijo	01:34:24	03:16:03	05:47:41	10:57:00	12:25:01	-	18:06:37	20:00:38	21:57:05
134	Tiago Salgueiro	86	MSeniores	Mundo da Corrida	01:42:49	03:34:53	05:56:37	10:46:51	12:06:01	-	17:57:50	20:00:30	21:59:31
135	Arnaldo Dias	131	M40	O MUNDO DA CORRIDA	01:42:59	03:34:58	05:56:00	10:47:00	12:06:04	-	17:57:35	20:00:27	21:59:35
136	FRANCISCO OLIVEIRA	292	M40	Time to run/Blue O	01:18:48	02:58:16	05:47:21	10:43:16	12:08:16	-	18:09:10	20:08:07	22:00:25
137	Helder Campos	170	MSeniores		01:19:03	02:58:18	05:47:18	10:43:31	12:08:12	-	18:08:46	20:08:11	22:00:25
138	Nelson Amaral	229	MSeniores	CTAD - trilhos de Cinfães	01:11:00	02:58:00	04:50:00	10:51:00		-	18:20:00	20:08:00	22:00:25
139	Paulo Paiva	56	M40	Run To Be Alive	01:27:55	03:10:19	05:23:34	10:20:06	11:57:46	-	17:54:38	20:00:00	22:00:25
140	Sérgio Moreira	89	MSeniores	Blue O	01:35:14	03:24:15	05:48:04	10:50:46	12:08:21	-	18:20:00	20:08:00	22:00:55
141	Nuno Silva	354	M40	individual	01:39:15	03:24:48	05:58:27	11:22:46	12:48:26	16:16:00	18:36:45	20:24:46	22:09:25
142	João Lourenço	14	M50	Salamandrecos	01:28:00	03:12:47	05:20:02	10:21:34	11:51:09	-	18:06:55	20:09:57	22:14:57
143	Marcelo Dias	13	M40	Salamandrecos	01:42:43	03:31:19	05:51:00	10:24:59	11:55:53	-	18:06:40	20:09:51	22:14:57

144	Fernando Mendes	263	M45	CUF	01:33:33	03:23:49	05:39:12	10:37:20	12:08:52	-	18:10:23	20:09:34	22:17:27
145	Paulo Marques	235	M40	Os Caga tacos running team	01:22:07	03:08:41	05:39:09	10:37:17	12:08:34	-	18:09:54	20:09:47	22:17:31
146	Bruno Macedo	224	MSeniores	Os Caga Tacos Running Team	01:34:03	03:23:52	05:39:50	10:37:24	12:08:40	-	18:10:54	20:09:43	22:17:36
147	Paulo Pires	149	M50	SS CGD	01:25:21	03:50:18	06:18:03	11:04:02	12:30:19	-	18:24:12	20:23:35	22:20:24
148	Suzana Andrade	278	F40	Jobra	01:32:00	03:13:41	05:30:34	10:34:58	12:08:42	-	18:10:05	20:14:05	22:22:29
149	Jose Serrano	202	M40	Monsanto Running Team	01:40:17	03:27:35	05:36:14	10:10:40	11:43:35	-	17:53:22	20:08:56	22:22:42
150	António Moraes	231	M40	Confraria Trotamontes	01:38:06	03:24:03	05:54:15	11:04:14	12:38:24	16:18:00	18:42:58	20:34:10	22:22:43
151	André Pinheiro	58	MSeniores		01:36:32	03:23:22	-	10:51:08	12:31:09	-	18:25:19	20:23:33	22:23:19
152	José Catarino	308	M45	Individual	01:39:00	03:29:26	06:16:17	11:04:10	12:30:36	-	18:25:58	20:23:46	22:35:19
153	Vitor Pinto	164	MSeniores	Amigos Vale do Silencio	01:26:01	03:20:40	05:51:36	10:52:26	12:21:33	-	18:43:08	20:34:40	22:35:19
154	Pedro Mendonca	97	MSeniores	Matilha Running	01:23:44	03:08:26	05:39:00	10:38:25	11:56:18	-	18:43:44	20:38:40	22:40:59
155	Paulo Neta	107	M40	ZUPPER	01:42:07	03:35:01	06:09:41	11:10:03	12:36:15	16:16:00	19:04:20	21:12:44	22:44:14
156	Justino Silva	335	MSeniores	individual	01:31:37	03:27:56	05:55:07	11:23:17	12:59:40	16:18:00	18:37:04	20:42:43	22:44:14
157	Pedro Conceição	247	MSeniores	Monsanto Running Team	01:21:52	03:04:05	05:14:18	10:24:02	12:17:21	-	18:23:48	20:34:16	22:45:50
158	Pedro Cordas	285	M40	Millennium BCP	01:43:44	03:35:07	06:02:56	10:51:02	12:24:11	-	18:23:01	20:33:58	22:45:50
159	António Aires	100	M45	WWW.CORRERPORTUGAL.NET	01:47:15	03:55:48	06:30:29	11:23:03	12:55:19	16:27:00	18:40:28	21:00:49	22:54:41
160	André Castro	271	M40	Desnivel Positivo	01:32:31	03:14:00	05:36:56	10:44:52	12:19:14	-	18:27:27	20:46:19	22:58:16
161	Ricardo Taxa	272	MSeniores	Desnível Positivo	01:32:36	03:14:04	05:36:48	10:44:49	12:19:17	-	18:27:37	20:46:27	22:58:16
162	Vitor Caldeira	190	MSeniores	Individual	01:33:26	03:24:34	05:50:15	10:46:23	12:23:04	16:04:00	18:47:26	21:06:02	23:08:06
163	David ROSA	95	MSeniores		01:40:08	03:29:16	05:56:42	11:00:39	12:26:07	16:20:00	18:47:33	21:05:07	23:08:29
164	Fernando Vilela	286	M50	Millennium BCP	01:39:23	03:23:04	05:39:37	11:29:33	12:55:34	16:20:00	18:57:02	21:12:39	23:08:52
165	Sérgio Ramos	166	MSeniores	EDV - Viana Trail	01:26:12	03:11:52	05:38:41	11:01:39	12:34:01	-	18:44:36	21:01:58	23:09:38
166	João Penas	117	MSeniores		01:25:27	02:59:27	05:13:56	10:21:43	11:54:50	-	18:40:56	21:04:34	23:15:30
167	Augusto Oliveira	155	M40	Paredes Aventura	01:33:41	03:07:28	05:30:16	10:56:18	12:38:29	16:02:00	18:32:08	21:02:21	23:37:40
168	Nelson Ramos	283	M45	Millennium BCP	01:42:40	03:29:05	05:58:03	11:28:09	13:03:51	16:26:00	-	21:13:13	23:38:50
169	Augusto Ribeiro	315	M40	Cabritos da Cortiça	01:42:37	03:32:34	06:09:47	11:09:59	12:36:23	16:16:00	19:03:18	21:22:32	23:40:09

170	Bruno Lopes	221	MSeniores	lojatrailrun.net	01:41:27	03:29:15	06:09:50	11:08:24	12:34:43	16:16:00	19:04:04	21:22:27	23:40:05
171	Paulo Marques	324	M40	BADTEAM RARÍSSIMAS	01:33:53	03:18:58	05:39:34	11:07:00	12:38:20	16:39:00	19:17:28	21:22:57	23:40:05
172	Pedro Sousa	50	M40	Cães D´ Avenida	01:38:13	03:24:57	06:07:30	11:31:32	13:13:47	16:56:00	19:29:36	21:35:53	23:40:05
173	Pedro Novoa	253	M50	MINHO AVENTURA	01:35:53	03:27:45	06:03:18	11:31:07	13:13:30	16:54:00	19:29:27	21:36:20	23:40:05
174	Isaac Costa	313	M40		01:41:24	03:28:41	06:09:53	11:06:28	12:32:25	16:16:00	19:03:42	21:22:37	23:41:15
175	Valdir Costa	250	MSeniores	Minho Aventura	01:35:46	03:27:49	06:03:43	11:31:17		16:54:00		22:53:00	23:41:15
176	Fernando Pinheiro	256	M40	MINHO AVENTURA	01:35:49	03:27:43	06:03:41	11:31:11	13:14:18	16:54:00	19:28:58	21:36:27	23:41:15
177	Orlando Marques	216	MSeniores	Paredes Aventura	01:39:58	03:32:38	06:04:02	11:06:52	12:38:48	16:32:00	19:01:30	21:23:23	23:45:35
178	José Rodrigues	163	M40	Paredes Aventura	01:40:03	03:32:36	06:03:57	11:06:57	12:38:37	16:32:00	19:01:00	21:23:35	23:45:35
179	Romão Santos	171	M40	SALAMANDRECOS	01:40:59	03:25:42	05:54:59	11:18:23	13:05:52	16:54:00	19:31:12	21:48:54	23:53:25
180	Cátia Nunes	85	FSeniores	Salamandrecos	01:33:16	03:19:30	05:55:16	11:23:32	13:05:49	16:53:00	19:31:51	21:48:45	23:53:26
181	Luis Alvaro	342	M45	o mundo da corrida	01:43:53	03:36:02	06:05:01	11:15:35	12:43:41	16:18:00	19:57:32	21:52:20	23:55:12
182	Pedro Batista	232	M40	asas ao peito	01:42:04	03:35:13	06:08:23	11:34:07	13:12:43	16:44:00	19:17:51	21:37:29	23:57:30
183	Nuno Tamagnini	280	M40	Núcleo de Montanha de Espinho	01:32:02	03:22:30	05:59:24	10:55:28	12:48:36	16:39:00	19:18:37	21:37:38	23:57:31
184	Carlos Guerra	65	M45	Runners Frente Ribeirinha Povia de Santa Iria	01:33:50	03:28:32	05:58:21	11:28:20	13:10:27	17:08:00	19:40:10	22:0-1:55	24:03:37
185	Carlos Martins	338	M40		01:33:01	03:19:54	06:02:02	11:19:32	12:54:04	16:45:00	-	21:49:07	24:05:20
186	Sofia Coelho	314	F40	X5 Health Club	01:51:46	03:55:52	06:59:08	12:11:39	13:28:27	17:08:00	19:50:46	22:15:44	24:10:07
187	JaeJong Jeong	356	MSeniores		01:36:38	03:34:24	06:19:44	11:48:17	13:20:58	17:03:00	19:31:25	22:0-1:46	24:14:54
188	José Machado	254	MSeniores	MINHO AVENTURA	01:44:45	03:42:28	06:11:33	11:33:55	13:12:56	16:54:00	19:34:06	21:56:38	24:15:32
189	Pedro Braga	219	MSeniores	Superfraquinhos	01:44:48	03:42:14	06:11:17	11:33:45	13:12:53	16:56:00	19:33:58	21:56:54	24:15:32
190	Jorge Correia	90	MSeniores		01:43:05	03:42:08	06:17:05	11:30:11	13:15:22	17:02:00	19:37:06	22:14:18	24:20:02
191	Rui Gama	145	M45	Individual	01:32:38	03:25:14	06:24:48	11:26:48	13:06:19	17:25:00	20:06:00	22:20:57	24:28:55
192	Pedro Brito	60	M40	O Mundo da Corrida	01:32:56	03:25:09	06:24:45	11:26:53	13:06:11	17:21:00	20:06:00	22:21:08	24:29:00
193	Frederico Alfaia	57	MSeniores		01:33:04	03:25:12	06:24:54	11:26:44	13:06:15	17:21:00	20:06:00	22:21:03	24:29:16
194	JOAQUIM FERNANDES	281	M50	LEBRES DO SADO	01:45:12	03:45:08	06:37:04	11:48:22	13:20:54	17:18:00	20:06:00	22:21:11	24:30:07
195	Pedro	158	MSeniores		01:48:18	03:53:16	06:18:46	11:26:07	12:57:37	16:56:00	19:40:40	22:06:30	24:47:44

Constantino													
196	André Fraga	264	MSeniores	Locomotiva de Paranhos	01:43:57	03:32:41	06:17:43	11:38:58	13:13:27	16:56:00	19:51:13	22:15:58	24:51:26
197	Paulo Gomes	194	M40	No Tomorrow Running Team	01:31:55	03:15:05	05:47:09	11:0-1:53	12:38:16	16:54:00	19:50:50	22:16:07	24:51:34
198	Pedro Moreira	111	M40	No Tomorrow Running	01:31:57	03:15:02	05:47:13	11:0-1:45	12:37:47	16:53:00	19:50:39	22:15:47	24:51:40
199	Virgilio Costa	284	M45	Millennium BCP	01:44:41	03:36:35	06:14:42	11:36:23	13:12:24		20:22:00	22:46:48	24:56:55
200	EDUARD IRIMIA	333	M40		01:42:00	03:34:42	06:15:18	11:36:32	13:12:48	17:08:00	20:21:31	22:46:40	24:57:04
201	Rui Pena	15	M40	AASM - Triatlo	01:48:48	03:55:18	06:51:50	11:49:18	13:26:58	17:18:00	20:10:37	22:34:01	24:59:58
202	Miguel Gameiro	199	M40	C.A.S.P.A. - Clube Amador Só Para Atletismo	01:51:27	03:55:11	06:44:18	12:06:43	13:43:31		20:21:05	22:42:48	25:01:52
203	Renato Barros	61	M50	MONTANHA CLUBE TRAIL	01:31:35	03:19:01	05:54:07	11:39:50	13:33:09	17:33:00	20:27:00	22:57:47	25:03:47
204	Pedro Batista	160	MSeniores		01:33:29	03:26:09	05:57:40	11:27:18	13:13:37	17:21:00	20:26:24	22:41:03	25:04:35
205	Paulo Alves	291	M40	Individual team runner	01:30:52	03:20:23	05:56:34	11:39:11	13:31:55	17:38:00	20:27:00	22:54:14	25:05:57
206	António Fernandes	188	M45	Montanha Clube Trail/Runners	01:31:00	03:19:53	05:54:37	11:38:54	13:31:59	17:32:00	20:27:00	22:53:45	25:05:55
207	Nuno Braga	176	MSeniores	Montanha Clube Trail Running/Runners	01:30:27	03:18:52	05:54:43	11:39:14	13:32:41	17:25:00	20:25:43	22:53:33	25:06:02
208	José Sequeira	106	MSeniores	Montanha Clube Trail Running	01:31:26	03:19:05	05:54:47	11:39:20	13:33:31	17:33:00	20:23:55	22:53:03	25:06:15
209	Gonçalo Manteigas	200	MSeniores	Monsanto Running Team	01:29:02	03:19:21	05:57:45	11:27:11	13:13:40	17:21:00	20:27:00	22:41:10	25:06:56
210	Miguel Duarte	128	M40	Run4Fun	01:40:43	03:31:55	06:16:57	11:39:56	13:14:13	17:21:00	20:26:07	22:40:58	25:07:07

CLASSIFICAÇÕES DO UTAX PROVISÓRIAS													
						03:45:37	06:29:43	11:47:23	13:32:54	17:49:00	20:52:15	23:46:04	25:15:34
						03:50:52	06:43:08	12:06:40	13:44:07	17:38:00	20:50:54	23:46:21	25:16:37
						3:57:06	07:13:26		13:52:07	17:46:00	20:48:51	23:23:02	25:20:58

Geral F40 F45 F50 FSeniores M40 M45 M50 M55 M60 MSeniores MSub 23													
215	Luis Monteiro	204	M40	SS CBP	01:27:34	03:22:33	06:24:57	12:14:06	13:32:46	18:03:00	20:55:42	23:12:57	25:21:44
216	Rui Pinho	290	M40	Porto Runners	01:41:54	03:46:19	06:30:55	12:07:43	13:43:56	17:59:00	20:55:59	23:12:52	25:21:47
217	Nuno Ferreira	222	MSeniores	WWW.CORRERPORTUGAL.NET	01:47:25	03:46:53	06:12:58	10:46:18	12:09:59	-	18:58:21	22:16:19	25:24:18
218	Luis Monteiro	81	M40	Clube Desportivo da Limpeza Urbana	01:40:51	03:43:11	06:43:18	12:00:51	13:28:37	17:48:00	16:24:00	22:52:08	25:25:26
219	Miguel Baptista	12	M50	Decathlon/Omega Pharma	01:40:11	03:22:49	05:44:28	10:54:30	12:44:32	17:21:00	20:12:20	22:51:35	25:25:43

220	Joao Agostinho	59	M45	Salamandrecos	01:30:00	03:23:25	05:53:38	11:18:33	13:05:21	17:18:00	20:13:00	23:0-1:58	25:25:52
221	Bruno Augusto	296	MSeniores	Vulpes moutain sports team	01:35:24	03:34:39	06:40:15	12:00:10	13:43:24		21:08:58	23:32:43	25:26:04
222	José Fernandes	68	MSeniores		01:46:17	03:46:11	06:30:21	12:06:12	13:52:28		21:10:58	23:38:18	25:26:30
223	António Horteiga	262	M50		01:51:52	03:54:22	06:24:38	11:59:08	13:38:57	17:55:00	20:26:53	22:53:00	25:27:55
224	Rui Batista	42	M50	PM maia-fitness.com/Runsox Runners	01:41:14	03:32:44	06:04:48	11:34:13	-	17:21:00	20:13:00	22:53:40	25:28:02
225	Artur Pereira	55	M45	Enterprom	01:41:47	03:40:14	06:33:14	11:48:36	13:30:44	17:21:00	20:13:02	22:54:08	25:28:07
226	Iosif Bletan	23	M50	Trilhos de Costume	01:46:56	03:45:27	06:53:52	12:25:40	13:54:41	17:48:00	20:50:29	23:32:22	25:28:14
227	Carlos Silva	211	MSeniores	CTAD - Trilhos de Cinfães	01:51:37	03:55:41	06:40:36	12:07:36	13:43:42	18:08:00		23:37:56	25:28:25
228	FRANCISCO FERREIRA	346	M50	areosa trail	01:42:53	03:48:44	06:36:05	12:11:23	13:54:44	18:03:00	20:54:46	23:24:19	25:31:02
229	Eusébio Ruas	344	M45	areosa trail	01:43:02	03:48:49	06:35:54	12:11:29	13:54:50	18:05:00	20:54:53	23:24:38	25:31:02
230	Paulo Rodrigues	151	M40	Clube de Montanha do Funchal	01:49:11	03:54:42	06:40:49	12:18:20	14:05:27		21:11:04	23:38:34	25:32:43
231	João Santos	304	M40	Vulpes Mountain Sports Team	01:38:52	03:46:15	06:40:26	12:00:02	13:43:28		21:09:37	23:32:38	25:34:23
232	Rui Gaspar	180	M40	Bando dos Trilhos e Tralhos Associação Betetista	01:31:15	03:27:02	07:01:32	12:30:52	13:55:29		21:05:23	23:23:09	25:36:17
233	Bruno Graça	140	M40	Bando dos Trilhos e Tralhos, Associação Betetista	01:49:16	03:57:10	07:01:36	12:40:03	14:13:11		21:06:22	23:23:30	25:36:41
234	André Carvalho	339	MSeniores	Montanha Clube Trail Running/Runners	01:30:50	03:18:42	05:54:28	11:38:48	13:33:03	17:33:00	20:27:00	22:55:58	25:38:47
235	Marco Silva	265	M45	Grupo Desportivo das Corticeiras	01:41:34	03:41:26	06:29:06	12:18:24	14:05:23	18:08:00	20:48:34	23:22:51	25:45:35
236	Marco Lourenço	322	MSeniores	Associação Desportiva da Efacec	01:46:29	04:05:51	07:08:31	12:25:27	13:51:48	17:55:00	20:53:58	23:59:36	25:58:40
237	Fábio Silva	321	MSeniores	Associação Desportiva da Efacec	01:46:38	04:06:01	07:08:44	12:25:35	13:51:44	17:59:00	20:54:14	24:0-1:52	25:58:45
238	Carlos Lourenço	17	M45		01:39:27	03:22:56	05:41:43	11:46:15	13:54:59	-	21:32:31	24:00:29	25:58:50
239	Tiago Sousa	323	MSeniores	Associação Desportiva da Efacec	01:46:00	04:06:09	07:08:37	12:25:37	13:51:55	17:55:00	20:54:06	23:59:10	25:59:00
240	Nádia Casteleiro	169	FSeniores	Papa Trilhos	01:49:58	03:50:30	06:41:38	12:07:47	13:50:27		21:24:05	24:00:38	26:02:07
241	António Carmo	156	M45	Papa Trilhos	01:50:01	03:50:36	06:41:33	12:08:13	13:50:42		21:23:58	24:00:35	26:02:25
242	Nuno Carmo	157	MSub 23	Papa Trilhos	01:49:54	03:50:33	06:41:27	12:08:09	13:50:32		21:23:46	24:00:24	26:03:14

243	Luís Costa	33	M50	Salamandrecos	01:47:01	03:53:29	06:53:56	12:30:07	14:31:01	22:04:51	24:40:55	26:48:21
244	Nuno Bandarra	16	MSeniores	Salamandrecos	01:51:00	04:18:39	07:11:49	12:58:02	15:0-1:58	22:04:55	24:41:19	26:48:22

DESISTÊNCIAS

DORSAL NOME

Não existem dados