

Pos.	Dorsal	Nome	Equipa	Tempo	Diferença
1	979	Paulo Costa	Ada Trailrunningteam	01:57:24.360	00:00:00.000
2	607	Paulo Oliveira	Oralklass-Amigos Do Trail	01:57:24.863	00:00:00.503
3	966	João Gonçalves	Individual	02:02:23.517	00:04:59.157
4	1073	Victor Fernandes	Ctad - Trilhos De Cinfães	02:10:09.393	00:12:45.033
5	981	Jorge Oliveira	Ada Trailrunningteam	02:10:18.647	00:12:54.287
6	889	Celso Oliveira	Lion Runners - G. D. Leões Da Guarda	02:10:26.897	00:13:02.537
7	957	Manuel Barbosa	Amigo	02:12:38.650	00:15:14.290
8	760	Labit	Endurance Shop Rodez	02:12:47.400	00:15:23.040
9	882	Bruno Azevedo	Fridão Sem Limites	02:13:14.903	00:15:50.543
10	912	Adão Monteiro	Fridão Sem Limites	02:13:31.153	00:16:06.793
11	995	João Serôdio	Ada Trailrunningteam	02:13:38.653	00:16:14.293
12	1121	Nuno Fernandes	Sorteio Tâmega Jornal	02:13:39.653	00:16:15.293
13	773	Henrique Barbosa	Individual	02:14:16.930	00:16:52.570
14	1033	José Ribeiro	Gondomar Futsal Clube	02:15:31.167	00:18:06.807
15	414	Francisco Rodrigues	Turres Trail Team	02:16:27.410	00:19:03.050
16	874	Fernando Moreira	Individual	02:16:58.910	00:19:34.550
17	949	Ivo Silva	Associação Desportiva Da Efacec	02:17:04.663	00:19:40.303
18	853	João Branco	Individual	02:17:48.193	00:20:23.833
19	848	Nuno Silva	Individual	02:18:15.417	00:20:51.057
20	911	Agostinho Sousa	Fridão Sem Limites	02:18:30.673	00:21:06.313
21	816	Tiago Pinto	Douroconta-Gabinete De Apoio E Contabilidade	02:19:51.927	00:22:27.567
22	638	Vasco Sousa	Old School Smash Young Ducks	02:20:02.433	00:22:38.073
23	1032	Nuno Lemos	100Estrilhos	02:20:12.670	00:22:48.310
24	1084	Renato Melo	Vikings Trail Runners / Ccr Alcabideque	02:20:27.420	00:23:03.060
25	883	Rui Azevedo	Fridão Sem Limites	02:20:36.420	00:23:12.060
26	446	Pedro Brito	Pés Troikados - Cscs	02:20:55.057	00:23:30.697
27	778	Manuel Ribeiro	Ada Trailrunningteam	02:20:55.180	00:23:30.820
28	790	Fernando Oliveira	Individual	02:21:12.180	00:23:47.820
29	932	Miguel Barros	Ada Trailrunningteam	02:21:18.923	00:23:54.563
30	1122	Diogo Modesto	S.C.D. Glória Do Ribatejo	02:22:05.177	00:24:40.817
31	996	Rui Cortesão	Individual	02:22:45.927	00:25:21.567
32	1094	Filipe Afonso	Acportalegre/Utsm	02:22:49.430	00:25:25.070
33	925	Ricardo Nunes	Fridão Sem Limites	02:22:53.177	00:25:28.817
34	600	Sérgio Anunciação	Oralklass-Amigos Do Trail	02:23:18.560	00:25:54.200
35	1096	Lucinda Sousa	Gondomar Futsal Clube	02:23:52.180	00:26:27.820
36	717	Paulo Melo	All About	02:23:54.440	00:26:30.080
37	661	Sergio Sa	Gtt - Armazém Do Caffé	02:26:14.937	00:28:50.577
38	1068	Filipe Braz	Bilabiker. S Carnes Silva	02:26:15.070	00:28:50.710
39	905	Jose Moises	Acportalegre/Utsm	02:26:16.187	00:28:51.827
40	988	José Faria	Team Lantermil	02:26:16.690	00:28:52.330
41	903	Daniel Henriques	Bela Bela	02:26:48.943	00:29:24.583
42	784	Paulo Ferreira	Nocturnos De Paredes	02:26:49.937	00:29:25.577
43	1075	Bruno Simoes	Adt	02:26:51.943	00:29:27.583
44	1088	André Costa	Vikings Trail Runners / Ccr Alcabideque	02:27:02.440	00:29:38.080
45	866	Luis Pinto	Fridão Sem Limites	02:27:50.440	00:30:26.080
46	857	Nuno Paiva	Caes Davenida	02:27:54.193	00:30:29.833
47	834	Abilio Marques	Unidade Especial De Corrida	02:28:14.193	00:30:49.833
48	839	Miguel Mateus	Degustar Vaidades Nazaré	02:29:09.443	00:31:45.083
49	659	Marco Fernandes	Gtt - Armazém Do Caffé	02:29:30.443	00:32:06.083
50	787	Fernando Gomes	Kemedo Team	02:29:34.197	00:32:09.837
51	701	Moises Rodrigues	Runner'S Do Demo	02:29:40.197	00:32:15.837
52	694	Rui Nogueira	Runner'S Do Demo	02:29:47.457	00:32:23.097
53	1120	Sónia Túbal	Ocs Proaventuras	02:29:57.197	00:32:32.837
54	777	Rui Fernandes	Individual	02:30:12.447	00:32:48.087
55	737	Ricardo Neto	Andatrilhos Freamunde	02:30:48.697	00:33:24.337
56	1077	Sérgio Lourenço	Individual	02:30:56.950	00:33:32.590
57	746	Bruno Vigário	Metralhas Runners	02:31:04.467	00:33:40.107
58	1119	Raquel Ferreira	Satecnosol Outdoor	02:31:46.950	00:34:22.590
59	1086	Fernando Martins	Individual	02:31:49.700	00:34:25.340
60	894	Carlos Barros	Salamandrecos	02:31:53.200	00:34:28.840
61	1041	Arnaldo Santos	Nocturnos De Paredes	02:32:11.200	00:34:46.840
62	1053	Salete Tavares	Cab Barreira	02:32:29.453	00:35:05.093
63	653	Tiago Sampaio	Gtt - Armazém Do Caffé	02:32:38.453	00:35:14.093
64	710	Labit	Marão Trail	02:32:53.203	00:35:28.843
65	1012	Joao Oliveira	Trinca Orelhas De Gato	02:33:03.703	00:35:39.343

Pos.	Dorsal	Nome	Equipa	Tempo	Diferença
66	982	José Pereira	Ada Trailrunningteam	02:33:17.703	00:35:53.343
67	977	Mauro Cardoso	Nocturnos De Paredes	02:35:02.707	00:37:38.347
68	978	Sergio Vale	Nocturnos De Paredes	02:35:03.717	00:37:39.357
69	941	Bruno Araujo	Kemedo Team	02:35:10.960	00:37:46.600
70	726	Michel Almeida	Fisiofute Trail Running	02:35:23.460	00:37:59.100
71	856	Miguel Araújo	Trail Me	02:35:54.210	00:38:29.850
72	793	Joao Cardoso	Ss Montepio	02:35:56.460	00:38:32.100
73	819	João Santos	Cunha	02:35:57.460	00:38:33.100
74	705	João Santos	Fisiofute Trail Running	02:36:01.210	00:38:36.850
75	1113	Carlos Soares	Ctad - Trilhos De Cinfães	02:37:44.717	00:40:20.357
76	904	Bruno Cardoso	Bela Bela	02:37:57.720	00:40:33.360
77	828	Henrique Matos	Halp	02:38:10.720	00:40:46.360
78	928	Benjamim Cruz	Individual	02:38:38.730	00:41:14.370
79	1002	Sérgio Monteiro	A.Cu.R.A 4 Trail	02:39:34.220	00:42:09.860
80	660	Adelino Fernandes	Gtt - Armazém Do Caffé	02:40:25.223	00:43:00.863
81	973	Pedro Coelho	Team Lantemil	02:40:54.733	00:43:30.373
82	783	Manuel Sousa	Otica Sousa	02:41:25.477	00:44:01.117
83	1015	Sergio Gomes	Trinca Orelhas De Gato	02:41:29.477	00:44:05.117
84	985	Ricardo Ribeiro	Felrun	02:41:30.727	00:44:06.367
85	620	Daniel Neto	Andatrilhos Freamunde	02:41:40.727	00:44:16.367
86	990	André Ferreira	Individual	02:41:47.357	00:44:22.997
87	919	Raquel Andrade	Individual	02:41:54.727	00:44:30.367
88	920	Bruno Moura	Individual	02:41:54.730	00:44:30.370
89	723	José Nogueira	União Ciclista Do Coronado	02:42:03.730	00:44:39.370
90	915	Paulo Alves	Ada Trailrunningteam	02:42:18.987	00:44:54.627
91	335	Rui Pinto	Taylor'S / The Yeatman	02:42:50.730	00:45:26.370
92	767	Paulo Machado	Ffit Gaia Trail	02:43:14.230	00:45:49.870
93	886	José Oliveira	Ascários Escariz	02:43:30.480	00:46:06.120
94	603	Miguel Fernandes	Monsanto Running Team	02:43:58.233	00:46:33.873
95	824	Nuno Filipe	Arcorun	02:44:07.233	00:46:42.873
96	922	Jose Pinto	Kemedo Team	02:44:07.483	00:46:43.123
97	1062	Hugo Duarte	Individual	02:44:08.733	00:46:44.373
98	953	Fernando Silva	Running Team Maia	02:44:22.363	00:46:58.003
99	662	Edgar Ribeiro	Degustar Vaidades Nazaré	02:44:25.483	00:47:01.123
100	926	Helder Silva	Individual	02:44:30.233	00:47:05.873
101	601	Luís Martins	Individual	02:44:34.483	00:47:10.123
102	1082	Salvador Santiago	Individual	02:44:49.483	00:47:25.123
103	1090	Andrés Lago	Individual	02:44:51.117	00:47:26.757
104	628	Laurindo Osório	Kemedo Team	02:44:51.983	00:47:27.623
105	869	Alexandre Pinto	Fridão Sem Limites	02:44:55.237	00:47:30.877
106	924	Andreia Almeida	Fridão Sem Limites	02:45:06.737	00:47:42.377
107	647	Vitor Cardoso	Budeguita Runners	02:45:56.737	00:48:32.377
108	910	Luis Miguel	Fridão Sem Limites	02:47:01.490	00:49:37.130
109	850	António Coelho	Trail Me	02:47:05.990	00:49:41.630
110	815	Filipe Barbosa	Nocturnos De Paredes	02:47:06.990	00:49:42.630
111	813	Sandro Salgado	Raiapinta	02:47:20.133	00:49:55.773
112	972	Henrique Borges	Individual	02:47:22.240	00:49:57.880
113	826	Pedro Marques	Individual	02:47:49.243	00:50:24.883
114	1067	Andreia Oliveira	Runner'S Do Demo	02:47:52.493	00:50:28.133
115	606	Pedro Alves	Enjoyandgorunners/Gtcc	02:47:54.500	00:50:30.140
116	754	Fernando Vicente	Os Galgos	02:48:25.250	00:51:00.890
117	1045	Sandra Pera	Gondomar Futsal Clube	02:48:28.743	00:51:04.383
118	983	José Teixeira	Felrun	02:48:29.497	00:51:05.137
119	1007	Paulo Reis	Run4all	02:48:35.243	00:51:10.883
120	841	Rui Leitão	Varzim Sport Club	02:48:39.997	00:51:15.637
121	805	Joao Campos	Ss Montepio	02:48:40.247	00:51:15.887
122	1065	Paulo Leite	All About Spirit Team	02:48:49.000	00:51:24.640
123	788	José Pinto	Nocturnos De Paredes	02:48:49.747	00:51:25.387
124	1000	Matilde Brito	XI&S Trail	02:48:50.007	00:51:25.647
125	1016	Fernando Pereira	Trinca Orelhas De Gato	02:49:05.247	00:51:40.887
126	1013	Vitor Cardoso	Trinca Orelhas De Gato	02:49:07.497	00:51:43.137
127	648	José Mendes	Gondomar Futsal Clube	02:49:35.497	00:52:11.137
128	1081	Sérgio Osório	Individual	02:49:43.497	00:52:19.137
129	1139	Joana Rodrigues	Individual	02:50:03.247	00:52:38.887
130	945	Miguel Cruz	Associação Desportiva Da Efacec	02:50:04.497	00:52:40.137

Pos.	Dorsal	Nome	Equipa	Tempo	Diferença
131	943	Mário Ferreira	Associação Desportiva Da Efacec	02:50:05.250	00:52:40.890
132	946	Miguel Barbosa	Associação Desportiva Da Efacec	02:50:06.003	00:52:41.643
133	899	Mario Costa	Moreira Relax Runners	02:50:06.247	00:52:41.887
134	1101	Nuno Raposo	Gaia Running	02:50:09.497	00:52:45.137
135	1039	André Cardoso	Individual	02:50:13.997	00:52:49.637
136	663	Eliseu Leite	Laundos	02:50:15.007	00:52:50.647
137	1114	Vicente Sousa	Trinca Orelhas De Gato	02:50:38.750	00:53:14.390
138	1100	Nelson Santos	Gaiabike	02:50:46.500	00:53:22.140
139	1098	Pedro Pratas	Paredes Aventura	02:50:47.500	00:53:23.140
140	898	Jose Ferreira	Gtt - Armazém Do Caffé	02:50:51.253	00:53:26.893
141	1083	José Ribeiro	Individual	02:51:04.753	00:53:40.393
142	1138	Ana Amaral	Individual	02:51:12.260	00:53:47.900
143	1118	Fernando Pereira	Gondomar Futsal Clube	02:51:14.630	00:53:50.270
144	1066	Antonio Fernandes	Individual	02:51:17.383	00:53:53.023
145	812	Daniel Silva	Arcorun	02:51:18.000	00:53:53.640
146	967	Ana Sereno	Individual	02:51:29.003	00:54:04.643
147	706	Carlos Sousa	Runner'S Do Demo	02:51:54.753	00:54:30.393
148	779	Jorge Esteves	Kemedo Team	02:51:58.513	00:54:34.153
149	923	Alberto Silva	Eu Run	02:51:59.507	00:54:35.147
150	642	André Ferreira	Extreme Academy	02:52:02.503	00:54:38.143
151	693	João Ferreira	Run4eat	02:52:09.753	00:54:45.393
152	722	Ricardo Ferreira	All About	02:52:23.503	00:54:59.143
153	741	Nuno Pinto	Team Lantermil	02:53:33.757	00:56:09.397
154	1076	José Fundo	Monte Dos Amigos/Juventude Ribeiras	02:53:47.757	00:56:23.397
155	865	Carlos .Macedo	Individual	02:54:00.510	00:56:36.150
156	1022	Ana Carneiro	Xl&S Trail	02:54:26.770	00:57:02.410
157	611	Antonio Santos	Associação Academica De S.Mamede	02:54:27.513	00:57:03.153
158	728	Tiago Costa	Ermida Team	02:54:33.260	00:57:08.900
159	782	Roberto Costa	Alternativa Jeans	02:54:41.390	00:57:17.030
160	700	Tiago Gomes	Extreme Academy	02:55:33.020	00:58:08.660
161	993	Veronica Moreira	Mancos	02:55:46.773	00:58:22.413
162	252	Jose Conceição	Fridão Sem Limites	02:55:47.767	00:58:23.407
163	956	José Madureira	Amigo	02:55:53.013	00:58:28.653
164	980	Eduardo Ribeiro	Ada Trailrunningteam	02:56:05.013	00:58:40.653
165	757	Sérgio Teixeira	Maiacrossteam	02:56:08.263	00:58:43.903
166	697	Miguel Barnabé	Vertical Navis	02:57:02.017	00:59:37.657
167	948	Serafim Ramos	Lion Runners - G. D. Leões Da Guarda	02:57:35.520	01:00:11.160
168	858	Nuno Almeida	Monte Dos Amigos/Juventude Ribeiras	02:57:45.767	01:00:21.407
169	652	Rui Samuel	Gtt - Armazém Do Caffé	02:57:53.020	01:00:28.660
170	842	Carlos Felgueiras	Andatrilhos Freamunde	02:58:10.277	01:00:45.917
171	734	Carlos Leal	Andatrilhos Freamunde	02:58:10.773	01:00:46.413
172	1049	Bruno Fernandes	Gondomar Futsal Clube	02:58:18.270	01:00:53.910
173	906	Ana Ventura	Acportalegre/Utsm	02:58:32.277	01:01:07.917
174	822	Paulo Natividade	Individual	02:58:45.780	01:01:21.420
175	676	Nuno Correia	Individual	02:58:57.270	01:01:32.910
176	1140	Jorge Costa	Individual	02:59:06.523	01:01:42.163
177	944	Francisco Batista	Associação Desportiva Da Efacec	02:59:09.273	01:01:44.913
178	689	Nuno Reis	Individual	02:59:26.777	01:02:02.417
179	791	Jose Cunha	Nocturnos De Paredes	02:59:29.023	01:02:04.663
180	699	Joaquim Pinto	Monte Dos Amigos/Juventude Ribeiras	02:59:33.773	01:02:09.413
181	698	Tiago Neiva	Monte Dos Amigos/Juventude Ribeiras	02:59:51.277	01:02:26.917
182	872	Miguel Navega	Acportalegre/Utsm	02:59:56.777	01:02:32.417
183	801	Emanuel Almeida	Ss Montepio	03:00:27.783	01:03:03.423
184	830	Pedro Marques	Halp	03:00:30.277	01:03:05.917
185	831	Liliana Neto	Halp	03:00:30.777	01:03:06.417
186	1014	Luis Morata	Trinca Orelhas De Gato	03:00:44.527	01:03:20.167
187	795	Fernando Carvalho	Ss Montepio	03:01:05.280	01:03:40.920
188	643	Pedro Saraiva	Sir.Aivamed	03:01:07.530	01:03:43.170
189	806	Olga Martins	Ermida Team	03:01:10.030	01:03:45.670
190	1035	Vera Reis	Morcegos Trail	03:01:24.030	01:03:59.670
191	1011	Helder Rodrigues	Groupama Trail Team	03:01:25.297	01:04:00.937
192	1070	Alba Soler	Individual	03:01:41.030	01:04:16.670
193	885	Filipe Pinheiro	Fridão Sem Limites	03:02:16.910	01:04:52.550
194	630	Pedro Barbosa	Individual	03:02:19.530	01:04:55.170
195	631	Célia Sampaio	Desnivel Positivo	03:02:20.040	01:04:55.680

Pos.	Dorsal	Nome	Equipa	Tempo	Diferença
196	703	Mario Monteiro	Qt Das Arcas	03:02:20.280	01:04:55.920
197	1080	José Marques	Individual	03:02:21.030	01:04:56.670
198	690	Nuno Neves	Turres Trail Team	03:02:21.537	01:04:57.177
199	1058	Ricardo Pinheiro	Individual	03:02:42.280	01:05:17.920
200	974	M?Nica Martins	Team Lanthemil	03:02:42.540	01:05:18.180
201	1027	Vincent Dussaubat	Arrabida	03:02:48.783	01:05:24.423
201	1023	Rui Pereira	Arrabida	03:02:48.783	01:05:24.423
202	649	Marta Cardoso	Individual	03:03:03.530	01:05:39.170
203	1005	Helder Rodrigues	Individual	03:03:27.287	01:06:02.927
204	1025	Alcino Araújo	Individual	03:03:27.533	01:06:03.173
205	1047	Pedro Sousa	Gondomar Futsal Clube	03:03:34.910	01:06:10.550
206	794	Antonio Coelho	Ss Montepio	03:03:53.533	01:06:29.173
207	1099	Jorge Cruz	Individual	03:04:03.287	01:06:38.927
208	863	Ana Ferreira	Individual	03:04:03.783	01:06:39.423
209	1020	Amílcar Ferreira	Arcorun	03:04:04.050	01:06:39.690
210	838	Paulo Seabra		03:04:05.413	01:06:41.053
211	618	Dimitri Matos	Gtt - Armazém Do Caffé	03:04:08.037	01:06:43.677
212	902	Pedro Silva	Trepatrielhos Trail Team	03:04:18.533	01:06:54.173
213	833	Rui Santos	Blackbulls Cycling Team	03:05:10.290	01:07:45.930
214	614	Marçal Mendes	Individual	03:05:10.793	01:07:46.433
214	692	Roberto Silva	100Limites Trail Team	03:05:10.793	01:07:46.433
215	609	Ana Caetano	Sporting Clube Beira Mar	03:05:11.293	01:07:46.933
216	752	Bruno Pereira	100Limites Trail Team	03:05:11.667	01:07:47.307
217	1057	Rui Santos	Os Contrabandistas	03:05:25.540	01:08:01.180
218	739	Nuno Pina	Vamos Equipa.	03:05:25.917	01:08:01.557
219	704	Nuno Fernandes	Trepatrielhos Trail Team	03:05:28.287	01:08:03.927
220	646	Ana Sousa	Clube Nortada Aventura - Murtosa Night Runners	03:05:29.290	01:08:04.930
221	1046	Maria Cardoso	Gondomar Futsal Clube	03:05:31.287	01:08:06.927
222	1050	João Ferreira	Gondomar Futsal Clube	03:05:32.040	01:08:07.680
223	1123	Desconhecido	Individual	03:05:34.287	01:08:09.927
224	878	Ricardo Germano	Band Of Runners	03:05:41.547	01:08:17.187
225	1111	Afonso Fernandes	Individual	03:06:06.060	01:08:41.700
226	729	Carlos Campos	Individual	03:06:06.543	01:08:42.183
227	1059	Daniel Barbosa	Btt Alegria/ Tubani	03:06:08.540	01:08:44.180
228	810	Carlos Jesus	Beat Your Limit!	03:06:57.293	01:09:32.933
229	952	Hugo Azevedo	Beat Your Limit!	03:06:58.297	01:09:33.937
230	696	Celia Sousa	Smfantastic	03:06:58.547	01:09:34.187
231	695	Joao Ribeiro	Smfantastic	03:06:59.047	01:09:34.687
232	859	André Oliveira	Band Of Runners	03:07:01.543	01:09:37.183
233	789	Alexandra Padilha	Individual	03:07:03.800	01:09:39.440
234	832	Ana Pinto	Aliança De Gandra	03:07:20.293	01:09:55.933
235	870	David Teixeira	C Runners	03:07:25.793	01:10:01.433
236	608	Pedro Barros	Happyrun	03:08:22.547	01:10:58.187
236	742	Ernesto Martins	Lion Runners - G. D. Leões Da Guarda	03:08:22.547	01:10:58.187
237	937	Sara Rafael	Kemedo Team	03:08:23.803	01:10:59.443
238	775	José Pereira	Kemedo Team	03:08:24.050	01:10:59.690
239	1141	Paulo Vilarinho	Individual	03:08:33.547	01:11:09.187
240	644	Vitor Viana	Clube Zupper	03:08:56.050	01:11:31.690
241	986	Bruno Fernandes	Kika Team	03:09:04.297	01:11:39.937
242	1079	Carlos Vieira	Btt Alegria/ Tubani	03:09:19.307	01:11:54.947
243	951	Catarina Lapa	Coimbra Trail Running	03:09:34.057	01:12:09.697
244	750	José Silva	Trepatrielhos Trail Team	03:09:40.800	01:12:16.440
245	681	Ana Marques	Individual	03:10:08.550	01:12:44.190
246	879	Francisco Santos	Barc	03:10:24.050	01:12:59.690
247	780	Óscar Figueiredo	Individual	03:11:13.803	01:13:49.443
248	738	Pedro Oliveira	Andatrilhos Freamunde	03:11:29.553	01:14:05.193
249	735	Marta Ribeiro	Andatrilhos Freamunde	03:11:37.553	01:14:13.193
250	844	Nuno Carneiro	Individual	03:12:08.307	01:14:43.947
251	1063	Nuno Ribeiro	Ccd-Siemens	03:12:16.057	01:14:51.697
252	909	Andreia Mota	Fridão Sem Limites	03:12:18.057	01:14:53.697
253	825	Paulo Freitas	Dcstar	03:12:23.557	01:14:59.197
254	671	Rui Ferreira	All About	03:13:02.310	01:15:37.950
255	1001	Rui Costa	A.Cu.R.A 4 Trail	03:13:15.060	01:15:50.700
256	1003	Paulo Gomes	A.Cu.R.A 4 Trail	03:13:15.067	01:15:50.707
257	709	Elisabete Rocha	Natural Force	03:13:20.810	01:15:56.450

Pos.	Dorsal	Nome	Equipa	Tempo	Diferença
258	1026	Ricardo Teixeira	Ada Trailrunningteam	03:13:32.317	01:16:07.957
259	639	Rui Leite	Team Nnr Gti	03:13:54.937	01:16:30.577
260	774	Nuno Rodrigues	Budeguita Runners	03:14:02.560	01:16:38.200
261	1104	Adao Ribeiro	Individual	03:14:04.440	01:16:40.080
262	917	Joel Santos	Individual	03:14:15.313	01:16:50.953
263	1028	Nuno Morgado	Correr Leça	03:14:19.940	01:16:55.580
264	1036	Marlene Pinto	Individual	03:14:36.820	01:17:12.460
265	964	Vânia Vieira	Individual	03:14:43.067	01:17:18.707
266	634	Hugo Ferraz	Individual	03:15:04.067	01:17:39.707
267	936	Luís Pinheiro	Jacarés Cansados	03:15:08.813	01:17:44.453
268	881	Paulo Abrantes	Barc	03:15:09.567	01:17:45.207
269	942	Bruno Andrade	Jacarés Cansados	03:15:13.693	01:17:49.333
270	707	José Oliveira	Trepatrihos Trail Team	03:15:41.067	01:18:16.707
271	711	Miguel Silva	Tainadas Family Running	03:16:02.317	01:18:37.957
272	802	Vera Malheiro	Tainadas Family Running	03:16:04.193	01:18:39.833
273	931	Benigno Azevedo	Individual	03:16:16.567	01:18:52.207
274	897	Pedro Miranda	Marco Runners	03:16:19.823	01:18:55.463
275	855	Paulo Marques	Individual	03:16:20.703	01:18:56.343
276	745	Sandra Faria	Shots International Runners	03:16:42.070	01:19:17.710
277	716	Ricardo Oliveira	All About	03:17:57.573	01:20:33.213
278	721	Telmo Freitas	All About	03:17:57.823	01:20:33.463
278	718	Mário Pereira	All About	03:17:57.823	01:20:33.463
279	724	Frederico Neto	Individual	03:18:17.077	01:20:52.717
280	1031	Carina Silva	Individual	03:19:11.080	01:21:46.720
281	641	Nuno Gomes	Team Nnr Gti	03:19:34.587	01:22:10.227
282	666	Cristina Rocha	Comdor Runners	03:19:45.333	01:22:20.973
283	914	Luis Almeida	Lion Runners - G. D. Leões Da Guarda	03:20:30.827	01:23:06.467
284	884	José Rodrigues	Aasm Triatlo	03:21:08.453	01:23:44.093
285	975	Jorge Marques	Team Lantermil	03:21:11.330	01:23:46.970
286	989	Isabel Martins	Team Lantermil	03:21:11.337	01:23:46.977
287	612	Sílvio Patrício	Individual	03:21:15.080	01:23:50.720
288	893	Vitor Peixoto	Individual	03:21:23.830	01:23:59.470
289	758	Rui S?	Ffit Gaia Trail	03:21:31.330	01:24:06.970
290	1004	Antonio Carneiro	Individual	03:21:42.337	01:24:17.977
291	624	Maria Loureiro	Budeguita Runners	03:21:46.333	01:24:21.973
292	875	Eduardo Nascimento	Individual	03:21:51.083	01:24:26.723
293	1029	Ana Gomes	Gaia Running	03:22:23.083	01:24:58.723
294	1071	Laura Pla	Individual	03:22:47.583	01:25:23.223
295	892	Leandro Gomes	Individual	03:22:54.833	01:25:30.473
296	677	Paulo Ribeiro	Invicta Runners Team	03:23:14.847	01:25:50.487
297	636	Susana Ferraz	Juventude Vidigalense	03:23:42.337	01:26:17.977
298	962	Fátima Videira	Coimbra Trail Running	03:24:11.847	01:26:47.487
299	749	Alexandra Couto	Trepatrihos Trail Team	03:24:16.587	01:26:52.227
300	667	Daniel Machado	Os Fugitivos Da Crise	03:24:29.587	01:27:05.227
301	1048	Rui Oliveira	Gondomar Futsal Clube	03:24:46.840	01:27:22.480
302	1069	Alzira Fontes	C. R. Candoso	03:25:14.593	01:27:50.233
303	908	Elisa Lopes	Trepatrihos Trail Team	03:25:35.097	01:28:10.737
304	940	Liliana Vieira	Kemedo Team	03:26:35.097	01:29:10.737
305	921	Luis Silva	Kemedo Team	03:26:36.603	01:29:12.243
305	843	Pedro Marques	Kemedo Team	03:26:36.603	01:29:12.243
306	756	Fernando Azevedo	Kemedo Team	03:26:37.980	01:29:13.620
307	1034	Inês Carlos	Fridão Sem Limites	03:26:38.597	01:29:14.237
308	818	Helder Gomes	Kemedo Team	03:26:38.847	01:29:14.487
309	685	Celeste Dias	Quenianos Canelas	03:26:43.597	01:29:19.237
310	682	Marco Dias	Quenianos Canelas	03:26:44.097	01:29:19.737
311	1109	Mariana Teixeira	Individual	03:27:05.097	01:29:40.737
312	1024	Ricardo Mendonça	Individual	03:27:07.100	01:29:42.740
313	1051	Helder Heitor	Individual	03:27:07.597	01:29:43.237
314	933	Luís Pereira	Individual	03:27:44.347	01:30:19.987
315	934	Victor Ferreira	Ginja Team	03:28:07.357	01:30:42.997
316	1074	Rosa Leal	Individual	03:28:19.600	01:30:55.240
317	715	Silvia Pedroso	Aasm Triatlo	03:29:12.357	01:31:47.997
318	781	Joana Gonçalves	Vimarunners	03:29:25.853	01:32:01.493
319	740	Carla Boas	B'Life	03:29:30.353	01:32:05.993
320	245	João Pereira	B'Life	03:29:32.477	01:32:08.117

Pos.	Dorsal	Nome	Equipa	Tempo	Diferença
321	712	Mário Soares	Lion Runners - G. D. Leões Da Guarda	03:29:54.103	01:32:29.743
322	713	Maria Ricardo	Lion Runners - G. D. Leões Da Guarda	03:29:54.353	01:32:29.993
323	772	Susana Luís	Lion Runners - G. D. Leões Da Guarda	03:29:54.727	01:32:30.367
324	1009	Feliciano Ferreira	Individual	03:29:55.103	01:32:30.743
325	684	Anabela Machado	Quenianos Canelas	03:30:00.107	01:32:35.747
326	969	Helena Azevedo	Band Of Runners	03:30:54.613	01:33:30.253
327	622	Manuela Machado	Andatrilhos Freamunde	03:31:29.860	01:34:05.500
328	871	Ester Pires	Band Of Runners	03:31:42.860	01:34:18.500
329	888	Luis Carvalho	Band Of Runners	03:31:43.610	01:34:19.250
330	976	Jose Leal	Individual	03:32:00.873	01:34:36.513
331	823	Nuno Santos	Dcstar	03:32:04.860	01:34:40.500
332	632	João Matos	Ginja Team	03:32:34.110	01:35:09.750
333	961	Mariana Gonçalves	Ginja Team	03:32:38.617	01:35:14.257
334	1008	Luis Martins	Individual	03:33:20.363	01:35:56.003
335	970	Filipa Brites	Individual	03:33:47.863	01:36:23.503
336	971	Rui Rodrigues	Individual	03:33:48.113	01:36:23.753
337	935	António Lima	Ginja Team	03:33:57.617	01:36:33.257
338	965	Mónica Guedes	Nocturnos De Paredes	03:34:00.620	01:36:36.260
339	804	Fernanda Leão	Nocturnos De Paredes	03:34:00.863	01:36:36.503
340	1078	Ricardo Carvalho	Mocidade Invicta Fc	03:34:14.113	01:36:49.753
341	939	Patricia Neto	Kemedo Team	03:34:26.113	01:37:01.753
342	1095	Aurélio Carvalho	Kemedo Team	03:34:26.623	01:37:02.263
343	918	Vitor Sousa	Individual	03:36:24.870	01:39:00.510
344	907	Susana Sousa	Trepatrielhos Trail Team	03:36:26.743	01:39:02.383
345	761	Ricardo Campos	Anonymous Prosports Challenger	03:36:30.623	01:39:06.263
346	762	Rui Campos	Anonymous Prosports Challenger	03:36:31.120	01:39:06.760
347	1103	Ana Ribeiro	Kika Team	03:37:34.627	01:40:10.267
348	987	Rita Basto	Kika Team	03:37:34.633	01:40:10.273
349	877	Claudia Babo	Kika Team	03:37:34.873	01:40:10.513
350	1017	Ligia Lopes	Trepatrielhos Trail Team	03:38:07.377	01:40:43.017
351	900	Decio Silva	Individual	03:38:31.127	01:41:06.767
352	896	Luís Gomes	Individual	03:38:31.373	01:41:07.013
353	730	Carlos Lopes	Temoskir	03:40:01.387	01:42:37.027
354	731	Nuno Fonseca	Temoskir	03:40:01.630	01:42:37.270
355	725	João Augusto	Temoskir	03:40:02.380	01:42:38.020
356	759	Serafim Sousa	Clube Atletismo De Lamas	03:40:30.910	01:43:06.550
357	605	Manuel Gomes	Individual	03:40:45.633	01:43:21.273
358	670	Paulo Areal	All About	03:40:55.133	01:43:30.773
359	811	Rolando Paulo	Trail Running Clube Btt Sanguedo	03:41:36.637	01:44:12.277
360	950	Dina Gonçalves	Lion Runners - G. D. Leões Da Guarda	03:42:07.387	01:44:43.027
361	929	Fernando Pereira	Individual	03:42:17.887	01:44:53.527
362	669	Andreia Sá	Comdor Runners	03:42:29.153	01:45:04.793
363	672	Rui Oliveira	Comdor Runners	03:42:29.387	01:45:05.027
364	1091	Luis Schumacher	Os Finos	03:42:34.137	01:45:09.777
365	1010	António Batista	Arcorun	03:42:36.387	01:45:12.027
366	829	Diana Fernandes	All About	03:42:36.643	01:45:12.283
367	835	Sandra Zeferino	Em'Força/All About	03:42:38.913	01:45:14.553
368	916	Artur Saraiva	Metralhas Runners	03:42:53.897	01:45:29.537
369	1040	Hugo Carvalho	Metralhas Runners	03:42:54.137	01:45:29.777
370	770	Mário Rodrigues	Metralhas Runners	03:42:56.013	01:45:31.653
371	764	Cristiana Rodrigues	Maiacrossteam	03:43:01.647	01:45:37.287
372	763	Joana Martins	Maiacrossteam	03:43:01.890	01:45:37.530
373	1021	João Ferreira	Clube Pessoal Edp - V. N. Gaia	03:43:20.637	01:45:56.277
374	1089	Ana Gaspar	Morcegos Trail	03:43:29.390	01:46:05.030
375	623	Silvia Faria	Felrun	03:43:35.147	01:46:10.787
376	645	Estefânia Matias	Clube Zupper	03:43:57.647	01:46:33.287
377	650	Beatriz Esteves	Letsrunazores	03:44:58.647	01:47:34.287
378	1006	Paulo Sousa	Individual	03:46:09.180	01:48:44.820
379	880	Rui Correia	Barc	03:46:10.647	01:48:46.287
380	674	Susete Marques	Run4eat	03:46:35.647	01:49:11.287
381	800	Rui Carvalho	Ss Montepio	03:46:37.147	01:49:12.787
382	799	Ricardo Silva	Ss Montepio	03:46:37.407	01:49:13.047
383	796	Francisco Moreira	Ss Montepio	03:46:37.413	01:49:13.053
384	798	Nuno Bastos	Ss Montepio	03:46:37.900	01:49:13.540
384	797	Hugo Silva	Ss Montepio	03:46:37.900	01:49:13.540

Pos.	Dorsal	Nome	Equipa	Tempo	Diferença
385	895	Paula Costa	Kika Team	03:46:49.647	01:49:25.287
386	1087	João Veloso	Vikings Trail Runners / Ccr Alcabideque	03:46:58.397	01:49:34.037
387	691	Pedro Duarte	Kemedo Team	03:46:58.653	01:49:34.293
388	1093	Carla Pereira	Edv-Vianatrail	03:47:10.660	01:49:46.300
389	891	Filomena Rocha	M&E Runners	03:47:36.900	01:50:12.540
390	890	Eurico Mendes	M&E Runners	03:47:37.650	01:50:13.290
391	938	Claudia Pacheco	Kemedo Team	03:47:58.153	01:50:33.793
392	1043	Pedro Rodrigues	Gondomar Futsal Clube	03:48:04.270	01:50:39.910
393	748	Luzinha Monteiro	Trepatrilhos Trail Team	03:49:02.527	01:51:38.167
394	1018	Sergio Rocha	Trinca Orelhas De Gato	03:49:50.907	01:52:26.547
395	1019	Miguel Costa	Trinca Orelhas De Gato	03:49:51.907	01:52:27.547
396	727	Pedro Santos	Fama Runners	03:51:07.947	01:53:43.587
397	1037	Pedro Santos	Individual	03:51:11.907	01:53:47.547
398	658	Flávio Ortins	Gtt - Armazém Do Caffé	03:51:13.910	01:53:49.550
399	1038	Joao Novo	Individual	03:51:15.030	01:53:50.670
400	616	Cristina Silva	Gdlu	03:51:26.687	01:54:02.327
401	629	Paulo Andrade	Mancos	03:51:27.660	01:54:03.300
402	635	Sofia Ribeiro	Individual	03:52:06.420	01:54:42.060
403	680	Joana Silva	Metralhas Runners	03:52:06.917	01:54:42.557
404	683	Paulo Viana	Quenianos Canelas	03:53:06.420	01:55:42.060
405	817	Cristina Jesus	Beat Your Limit!	03:53:14.667	01:55:50.307
406	876	Silvia Dias	Vimarunners	03:53:14.670	01:55:50.310
407	827	Gil Castro	Beat Your Limit	03:53:15.173	01:55:50.813
408	1105	José Fonseca	Individual	03:53:16.163	01:55:51.803
409	840	Sérgio Brites	Gangue Das Maças	03:53:20.167	01:55:55.807
410	655	Joana Maia	Gtt - Armazém Do Caffé	03:53:32.427	01:56:08.067
410	654	Ondina Salgado	Gtt - Armazém Do Caffé	03:53:32.427	01:56:08.067
411	656	Pedro Pereira	Gtt - Armazém Do Caffé	03:53:33.423	01:56:09.063
412	998	Teresa Maias	Individual	03:55:02.920	01:57:38.560
413	860	Carla Neves	Maugénio	03:55:12.920	01:57:48.560
414	766	Georgina Santos	Estafermos	03:57:57.677	02:00:33.317
415	765	Oriana Moreira	Estafermos	03:57:58.427	02:00:34.067
416	637	Carlos Ferraz	Treinos Do Cacete	04:00:44.940	02:03:20.580
417	1106	Valerie Laur	Compressport Team	04:01:56.707	02:04:32.347
417	1108	Sofia Simões	Compressport Team	04:01:56.707	02:04:32.347
417	1107	Fernando Prisal	Compressport Team	04:01:56.707	02:04:32.347
418	994	Carla Morim	Mancos	04:02:30.940	02:05:06.580
419	984	Manuel Silveira	Mancos	04:02:32.557	02:05:08.197
420	901	Maria Costa	Moreira Relax Runners	04:03:48.193	02:06:23.833
421	621	Susana Faria	Lion Runners - G. D. Leões Da Guarda	04:03:48.693	02:06:24.333
422	687	Isabel Santos	Bardinos Dos Montes	04:04:22.693	02:06:58.333
423	1056	Ricardo Pereira	Caipicompany	04:04:23.693	02:06:59.333
424	867	Miguel Ferreira	Caipicompany	04:04:24.563	02:07:00.203
425	792	Vera Lopes	Individual	04:04:27.200	02:07:02.840
426	675	Angela Costa	Individual	04:04:27.700	02:07:03.340
427	861	Noemia Pinto	Maugénio	04:04:55.457	02:07:31.097
428	1097	Joao Marques	Pés Troikados - Cscs	04:05:25.447	02:08:01.087
429	771	Joana Martins	Lion Runners - G. D. Leões Da Guarda	04:05:56.957	02:08:32.597
430	913	Raquel Santos	Lion Runners - G. D. Leões Da Guarda	04:05:57.200	02:08:32.840
431	744	Ricardo Santos	Cabritos Da Montanha	04:08:04.453	02:10:40.093
432	814	Lara Salgado	Raiapinta	04:08:17.703	02:10:53.343
433	786	Julia Silva	Minho Aventura	04:08:17.707	02:10:53.347
434	1072	Miguel Henriques	Individual	04:12:09.330	02:14:44.970
435	821	Bruno Rodrigues	Crazy Trailers	04:19:00.733	02:21:36.373
436	678	Jorge Rocha	Invicta Runners Team	04:31:16.770	02:33:52.410
437	679	Carla Santos	Invicta Runners Team	04:31:17.013	02:33:52.653
438	610	Artur Fonseca	Ruptura Total	04:35:22.780	02:37:58.420
439	999	Salomé Gomes	Nocturnos De Paredes	04:38:22.033	02:40:57.673
440	736	Carolina Files	Andatrilhos Freamunde	04:38:40.790	02:41:16.430
441	743	Isabel Lopes	Lion Runners - G. D. Leões Da Guarda	04:38:41.287	02:41:16.927
442	868	Sonia Sampaio	Metralhas Runners	05:01:47.457	03:04:23.097
443	785	Armindo Ferreira	Individual	05:23:23.403	03:25:59.043
444	747	Sara Vigário	Metralhas Runners	05:48:28.217	03:51:03.857
445	769	Marcia Pinto	Metralhas Runners	05:48:28.710	03:51:04.350