

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Idade	Tempo	min/Km	Escalão
1178	1	1	TIAGO PEREIRA	F.C. PENAFIEL	M	33	01:32:27	05:47	MSEN
1172	2	1	ALFREDO PINHEIRO	FRIDAO SEM LIMITES	M	52	01:39:14	06:12	M50
1214	3	2	NUNO CARNEIRO	CLUBE ZUPPER	M	32	01:39:21	06:12	MSEN
1097	4	3	ALVARO VASCONCELOS	FRIDAO SEM LIMITES	M	30	01:40:01	06:15	MSEN
1207	5	4	HUGO LEITE	CLUBE ATLETISMO FAFE	M	26	01:40:06	06:15	MSEN
1245	6	5	MIGUEL FERRAS	A.D.AMARANTE TRAIL RUNNING	M	33	01:43:21	06:28	MSEN
1068	7	6	RUI AZEVEDO	FRIDAO SEM LIMITES	M	37	01:43:22	06:28	MSEN
1135	8	1	JORGE OLIVEIRA	A.D.AMARANTE TRAIL RUNNING	M	41	01:45:35	06:36	M40
1229	9	2	PATRICK MARQUES	FRIDAO SEM LIMITES	M	42	01:45:50	06:37	M40
539	10	7	BRUNO SANTOS	CTAD TRILHOS DE CINFAES	M	38	01:46:17	06:38	MSEN
1061	11	8	NORBERTO LOUREIRO	CLUBE DE ATLETISMO DA NOSSA SENHORA DA CONCEICAO	M	33	01:48:11	06:46	MSEN
1241	12	9	NUNO NUNES	BRABUS RUNNERS	M	29	01:49:42	06:51	MSEN
1133	13	2	FERNANDO GONCALVES	CLUBE ATLETISMO FAFE	M	52	01:49:42	06:51	M50
1208	14	3	ALBANO SECCA	CLUBE ATLETISMO FAFE	M	44	01:50:30	06:54	M40
1193	15	4	LUIS FONSECA	UDCSA	M	46	01:50:34	06:54	M40
1078	16	10	RICARDO NUNES	FRIDAO SEM LIMITES	M	30	01:55:14	07:12	MSEN
1180	17	11	FILIPPE TEIXEIRA	AMA ASS. MONDIM ATLETISMO	M	30	01:57:01	07:19	MSEN
1202	18	3	ABILIO MAGALHAES	EMNA RUNNERS	M	50	01:58:57	07:26	M50
1081	19	5	PAULO SOUSA	FRIDAO SEM LIMITES	M	44	01:59:02	07:26	M40
1173	20	12	PEDRO GILVAZ	MONTE DOS AMIGOS/JUVENTUDE RIBEIRAS	M	39	02:01:09	07:34	MSEN
1088	21	13	VITOR MOREIRA	AMIGOS DO PEDAL TRAILAGARES	M	19	02:01:57	07:37	MSEN
1065	22	6	ALEX PINTO	FRIDAO SEM LIMITES	M	40	02:04:01	07:45	M40
1234	23	14	FABIO	U.D.SABROSA	M	19	02:04:28	07:47	MSEN
1192	24	15	CARLOS CARVALHO	UDCSA	M	35	02:04:28	07:47	MSEN
1091	25	7	RUI LOPES	AMIGOS DO PEDAL TRAILAGARES	M	42	02:05:09	07:49	M40
1203	26	16	CARLOS RODRIGUES		M	35	02:05:09	07:49	MSEN
1002	27	17	JOEL SILVA		M	27	02:07:53	08:00	MSEN
1074	28	18	JOSE LEMOS		M	37	02:08:38	08:02	MSEN
1221	29	19	PAULO PIRES	SATINOVATION	M	38	02:08:53	08:03	MSEN
1086	30	1	ROSA BARROS	A.D.AMARANTE TRAIL RUNNING	F	48	02:09:10	08:04	F40
1069	31	20	JOAO MACHADO	FRIDAO SEM LIMITES	M	18	02:10:05	08:08	MSEN
569	32	1	JOANA GONCALVES	ORALKLASS AMIGOS DO TRAIL	F	23	02:10:21	08:09	FSEN
1083	33	21	NUNO LEMOS		M	33	02:10:26	08:09	MSEN
1185	34	22	VITOR MOREIRA	MC DREAM TEAM	M	31	02:10:29	08:09	MSEN
1077	35	2	ANDREIA ALMEIDA	FRIDAO SEM LIMITES	F	27	02:10:43	08:10	FSEN
1039	36	8	MANUEL TEIXEIRA	FRIDAO SEM LIMITES	M	41	02:11:30	08:13	M40
1194	37	23	MARCOS MENDES	MC DREAM TEAM	M	34	02:11:38	08:13	MSEN
1247	38	9	PAULO SARMENTO	FFIT GAIA TRAIL	M	49	02:12:01	08:15	M40
1087	39	24	MIGUEL PINTO	AMIGOS DO PEDAL TRAILAGARES	M	21	02:12:40	08:18	MSEN
1082	40	10	JOSE RIBEIRO		M	47	02:13:16	08:20	M40
1163	41	25	NELSON LOPES		M	30	02:13:52	08:22	MSEN
1115	42	26	CARLOS SANTOS		M	30	02:14:01	08:23	MSEN
1181	43	27	PEDRO CARNEIRO		M	22	02:14:52	08:26	MSEN
564	44	28	JOAO MENDES	CLUBE ATLETISMO FAFE	M	38	02:16:42	08:33	MSEN

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Idade	Tempo	min/Km	Escalão
1107	45	3	CARLA SOUSA	RED LINE	F	26	02:16:50	08:33	FSEN
1108	46	29	JOSE SOUSA	RED LINE	M	31	02:16:54	08:33	MSEN
1105	47	30	HUGO PEREIRA	RED LINE	M	31	02:16:56	08:33	MSEN
1179	48	31	FERNANDO MAGALHAES	AMA ASS. MONDIM ATLETISMO	M	35	02:18:02	08:38	MSEN
1042	49	4	PATRICIA RIBEIRO	MOUNTAIN RUNNERS	F	29	02:18:05	08:38	FSEN
1035	50	11	PEDRO COELHO		M	42	02:18:16	08:38	M40
1126	51	12	ANTONIO ALVES	FRIDAO SEM LIMITES	M	40	02:18:28	08:39	M40
1071	52	32	PAULO REIS	RUN4ALL	M	23	02:18:31	08:39	MSEN
1036	53	33	RUI RODRIGUES	MOUNTAIN RUNNERS	M	39	02:18:34	08:39	MSEN
1162	54	34	SANDRO AFONSO	BRABUS RUNNERS	M	33	02:18:38	08:40	MSEN
1246	55	4	ANTONIO FERNANDES	FFIT GAIA TRAIL	M	52	02:19:18	08:43	M50
1049	56	35	RICARDO DIAS		M	35	02:19:44	08:44	MSEN
1064	57	5	CRISTIANA FERREIRA	RUNNING ESPINHO	F	27	02:19:53	08:44	FSEN
1200	58	36	CARLOS CRUZ	MC DREAM TEAM	M	27	02:22:28	08:54	MSEN
1150	59	13	FERNANDO OLIVEIRA	FFIT GAIA TRAIL	M	48	02:22:32	08:54	M40
1176	60	37	HELDER TELES		M	37	02:24:25	09:02	MSEN
1059	61	38	MARIO LIMA		M	37	02:24:55	09:04	MSEN
1189	62	14	LUIS SOUSA	U.D.SABROSA	M	40	02:26:46	09:11	M40
1190	63	39	VITOR VIEIRA		M	35	02:27:12	09:12	MSEN
1165	64	40	TIAGO MARINHO		M	25	02:27:47	09:14	MSEN
1184	65	41	DANIEL VALE	MC DREAM TEAM	M	28	02:28:43	09:17	MSEN
1101	66	42	PAULO MESQUITA		M	32	02:28:52	09:18	MSEN
1034	67	43	RUI SOUSA	MOUNTAIN RUNNERS	M	32	02:29:30	09:21	MSEN
1051	68	44	JOAO SILVA	MOUNTAIN RUNNERS	M	17	02:29:30	09:21	MSEN
1032	69	45	PAULO SILVA	MOUNTAIN RUNNERS	M	24	02:29:30	09:21	MSEN
567	70	15	RICARDO SILVEIRA	A.D.AMARANTE TRAIL RUNNING	M	40	02:31:11	09:27	M40
1170	71	46	CARLOS JESUS		M	37	02:31:13	09:27	MSEN
1130	72	47	PEDRO COSTA		M	24	02:31:13	09:27	MSEN
1025	73	5	JOAO SANTOS		M	55	02:31:53	09:29	M50
1058	74	16	ADAO RIBEIRO		M	43	02:32:25	09:32	M40
1157	75	48	HUGO BARROS	ROYAL SCHOOL OF LANGUAGES	M	17	02:32:48	09:33	MSEN
1079	76	49	DANIEL SANTOS	GENETICA AMARANTINA	M	33	02:36:12	09:46	MSEN
1040	77	6	ELIANA TEIXEIRA	FRIDAO SEM LIMITES	F	34	02:36:26	09:47	FSEN
1092	78	50	MIGUEL PEREIRA		M	32	02:36:27	09:47	MSEN
1136	79	51	HUGO OLIVEIRA	FUGITIVOS URBANOS CLINICA MAIS SAUDE	M	31	02:39:16	09:57	MSEN
1119	80	17	PEDRO VIDAL		M	42	02:39:59	10:00	M40
1218	81	52	RUI NUNES	MC DREAM TEAM	M	21	02:40:11	10:01	MSEN
1198	82	7	LUCY ARAUJO	ACR FERVENCA	F	33	02:40:32	10:02	FSEN
1031	83	18	ANTONIO RODRIGUES	MOUNTAIN RUNNERS	M	42	02:43:24	10:13	M40
1018	84	8	ANA LIRIO		F	30	02:45:23	10:20	FSEN
596	85	6	DAVID SILVA	OPRATICANTE.PT	M	53	02:45:34	10:21	M50
1055	86	53	RUI CARRIL		M	36	02:46:33	10:25	MSEN
1028	87	7	JOSE RIBEIRO		M	52	02:46:34	10:25	M50
1073	88	19	AMANDIO SOUSA		M	47	02:47:28	10:28	M40

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Idade	Tempo	min/Km	Escalão
1168	89	20	RODRIGO AGUIAR		M	48	02:48:36	10:32	M40
1001	90	9	ANA PEREIRA		F	27	02:50:41	10:40	FSEN
1024	91	54	MARCELO TEIXEIRA		M	26	02:51:14	10:42	MSEN
1250	92	8	ARTUR MORAIS		M	54	02:51:34	10:43	M50
1236	93	55	JOAO MOREIRA	VILLA DE BASTO TRAIL	M	38	02:53:17	10:50	MSEN
1090	94	10	MARIA LEAO	AMIGOS DO PEDAL TRAILAGARES	F	36	02:53:25	10:50	FSEN
1222	95	2	SANDRINA QUEIROZ	GEADAS RUNNING	F	40	02:54:13	10:53	F40
1225	96	56	BRUNO CARVALHO	GEADAS RUNNING	M	34	02:54:16	10:54	MSEN
1223	97	21	ANTONIO QUADROS	GEADAS RUNNING	M	43	02:54:17	10:54	M40
1224	98	57	NUNO CUNHA	GEADAS RUNNING	M	32	02:54:17	10:54	MSEN
1226	99	58	CARLOS FERREIRA		M	28	02:54:17	10:54	MSEN
1204	100	59	PEDRO SILVA	MC DREAM TEAM	M	37	02:55:24	10:57	MSEN
1182	101	22	JORGE COELHO		M	41	02:56:08	11:01	M40
1146	102	3	FILOMENA NETO	A.D.AMARANTE TRAIL RUNNING	F	46	02:56:13	11:01	F40
1212	103	4	MARIA MONTEIRO		F	43	02:56:17	11:01	F40
1217	104	23	HUGO ALVES		M	40	02:56:34	11:02	M40
1243	105	5	LIGIA DIAS		F	42	02:58:17	11:09	F40
1244	106	24	DUARTE VITORIA		M	43	02:58:17	11:09	M40
1112	107	60	JOSE TEIXEIRA		M	32	02:58:29	11:09	MSEN
1038	108	11	CLAUDIA SOUSA	MOUNTAIN RUNNERS	F	30	02:59:14	11:12	FSEN
1242	109	61	RICARDO SILVA	MOUNTAIN RUNNERS	M	30	02:59:43	11:14	MSEN
1102	110	1	MANUELA SOUSA		F	52	02:59:44	11:14	F50
1113	111	62	ANTONIO CUNHA		M	33	03:00:29	11:17	MSEN
1231	112	12	MARIA SOUSA	TEAM AGUENTA AI	F	25	03:01:32	11:20	FSEN
1017	113	63	JOAO RIBEIRO		M	27	03:01:33	11:21	MSEN
1205	114	64	RICARDO NOGUEIRA		M	37	03:01:54	11:22	MSEN
1053	115	2	MARIA MOREIRA	SLUIZ	F	51	03:02:44	11:25	F50
1054	116	9	AUGUSTO BARBOSA	SLUIZ	M	54	03:02:44	11:25	M50
1052	117	13	ANA PINTO		F	34	03:03:25	11:28	FSEN
1216	118	6	MARIA PINTO		F	48	03:04:27	11:32	F40
1174	119	7	SONIA GILVAZ	MONTE DOS AMIGOS/JUVENTUDE RIBEIRAS	F	40	03:04:38	11:32	F40
1230	120	25	JOAO TEIXEIRA		M	49	03:06:10	11:38	M40
1057	121	65	ANDRE RIBEIRO		M	30	03:06:17	11:38	MSEN
1237	122	66	JOAO TEIXEIRA	A.D.AMARANTE TRAIL RUNNING	M	14	03:06:44	11:40	MSEN
1238	123	67	FRANCISCO LOPES	A.D.AMARANTE TRAIL RUNNING	M	14	03:06:44	11:40	MSEN
1062	124	14	CATIA PEREIRA	A.D.AMARANTE TRAIL RUNNING	F	28	03:08:32	11:47	FSEN
1043	125	15	TERESA MAIAS		F	32	03:08:33	11:47	FSEN
1197	126	68	MARCIO NEVES	ACR FERVENCA	M	33	03:08:35	11:47	MSEN
1109	127	26	PAULO SAMPAIO		M	40	03:08:55	11:48	M40
1160	128	69	HUGO COSTA		M	25	03:09:12	11:50	MSEN
1166	129	27	LUIS MOURA	CDRPJB RUNNERS	M	45	03:09:15	11:50	M40
1111	130	28	EMILIO CARVALHO	MOUNTAIN RUNNERS	M	48	03:09:39	11:51	M40
1072	131	16	ALEXANDRA PIMENTA		F	27	03:10:10	11:53	FSEN
1191	132	70	HELDER TEIXEIRA		M	34	03:10:10	11:53	MSEN

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Idade	Tempo	min/Km	Escalão
1098	133	71	MIGUEL SILVA		M	31	03:10:11	11:53	MSEN
1132	134	17	SONIA SILVA	MOUNTAIN RUNNERS	F	37	03:10:15	11:53	FSEN
1235	135	18	ANDREIA MOREIRA	MOUNTAIN RUNNERS	F	29	03:10:15	11:53	FSEN
1093	136	72	BRUNO PEREIRA		M	30	03:10:16	11:53	MSEN
1027	137	73	BRUNO PINHEIRO		M	35	03:12:52	12:03	MSEN
1220	138	29	MIGUEL BROCHADO	EQUIPA XPTO	M	40	03:13:01	12:04	M40
1056	139	8	SUZETE SOUSA	FRIDAO SEM LIMITES	F	41	03:14:57	12:11	F40
1067	140	19	CARLA TEIXEIRA	FRIDAO SEM LIMITES	F	36	03:14:57	12:11	FSEN
1121	141	20	LILIANA TEIXEIRA		F	27	03:16:17	12:16	FSEN
1213	142	21	FERNANDA OLIVEIRA		F	34	03:18:15	12:23	FSEN
1196	143	9	SANDRA RAIMUNDO		F	43	03:18:20	12:24	F40
1175	144	22	ANABELA PINTO	FIRE RUNNERES	F	31	03:19:52	12:29	FSEN
1177	145	23	CRISTIANA PINTO	FIRE RUNNERES	F	21	03:19:52	12:29	FSEN
1154	146	24	CARLA FERREIRA	FFIT GAIA TRAIL	F	37	03:19:54	12:29	FSEN
1206	147	74	BRUNO ROCHA	FFIT GAIA TRAIL	M	34	03:19:55	12:29	MSEN
1210	148	25	JOANA SILVEIRA		F	27	03:21:40	12:36	FSEN
1211	149	75	DIOGO VASCONCELOS		M	29	03:21:42	12:36	MSEN
1060	150	76	DANIEL ANDRADE	VILLA DE BASTO TRAIL	M	31	03:24:17	12:46	MSEN
1219	151	26	MARIANA OLIVEIRA	BRABUS RUNNERS	F	31	03:24:41	12:47	FSEN
1041	152	77	MIGUEL SILVA	EQUIPA BRABUS RUNNERS	M	32	03:24:41	12:47	MSEN
1215	153	27	SILVIA GONCALVES	A.D.AMARANTE TRAIL RUNNING	F	39	03:25:51	12:52	FSEN
1240	154	78	PEDRO MONTERO		M	38	03:28:16	13:01	MSEN
1155	155	28	ALICE PEREIRA	A.D.AMARANTE TRAIL RUNNING	F	37	03:30:29	13:09	FSEN
1047	156	29	LIDIA LENCASTRE		F	39	03:36:43	13:33	FSEN
1048	157	30	CARLOS MOREIRA		M	43	03:36:43	13:33	M40
1131	158	30	SANDRA CARVALHO	MOUNTAIN RUNNERS	F	31	03:39:28	13:43	FSEN
1033	159	79	CESAR COUTO	MOUNTAIN RUNNERS	M	34	03:39:29	13:43	MSEN
1037	160	31	RICARDO MEIRELES	MOUNTAIN RUNNERS	M	40	03:39:31	13:43	M40
1089	161	3	NATALIA FERREIRA	AMIGOS DO PEDAL TRAILAGARES	F	52	03:41:33	13:51	F50
1148	162	10	MARIA SEIXAS	A.D.AMARANTE TRAIL RUNNING	F	44	03:42:27	13:54	F40
1013	163	11	GRACA CARVALHO		F	40	03:42:28	13:54	F40
1050	164	32	HUGO SOUSA		M	41	03:42:30	13:55	M40
1080	165	80	PAULO ROCHA		M	39	03:42:42	13:55	MSEN
1129	166	81	MIGUEL MENDES		M	21	03:49:45	14:21	MSEN
1201	167	82	PEDRO FERRAZ		M	19	03:49:45	14:21	MSEN
1209	168	31	ANA FERRAZ		F	22	03:49:46	14:22	FSEN
1239	169	32	ANA MONTERO		F	33	03:55:21	14:42	FSEN
1161	170	33	SUSANA TEIXEIRA		F	32	03:56:15	14:46	FSEN
1030	171	34	FATIMA PEREIRA		F	36	03:56:15	14:46	FSEN
1167	172	35	CRISTIANA OLIVEIRA		F	27	03:56:16	14:46	FSEN
1096	173	12	MARIA PINTO		F	45	04:02:10	15:08	F40
1085	174	36	DORA VENTURA	EQUIPA XPTO	F	39	04:02:10	15:08	FSEN
1070	175	37	ANA LEITE	FRIDAO SEM LIMITES	F	31	04:04:56	15:18	FSEN
1127	176	13	ALEXANDRA BESSA	TEAM AGUENTA AI	F	41	04:17:58	16:08	F40

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Idade	Tempo	min/Km	Escalão
1128	177	33	MANUEL JORGE	TEAM AGUENTA AI	M	47	04:17:59	16:08	M40
1139	178	38	MARINA CUNHA	ROYAL SCHOOL OF LANGUAGES	F	33	04:20:11	16:16	FSEN
1147	179	14	PATRICIA CRUZ	ROYAL SCHOOL OF LANGUAGES	F	41	04:20:16	16:16	F40
1145	180	83	DAVID BARROS	ROYAL SCHOOL OF LANGUAGES	M	16	04:20:17	16:16	MSEN
1156	181	39	DIANA POCAS	FFIT GAIA TRAIL	F	38	04:20:46	16:18	FSEN
1124	182	10	TENESC MACEDO	FUNCTIONAL STUDIO	M	51	04:21:16	16:20	M50
1125	183	40	LUCIA LEITE	FUNCTIONAL STUDIO	F	34	04:21:18	16:20	FSEN
1123	184	84	PEDRO CARNEIRO	FUNCTIONAL STUDIO	M	29	04:21:40	16:21	MSEN
1122	185	41	FLAVIA MACEDO	FUNCTIONAL STUDIO	F	25	04:21:40	16:21	FSEN
1106	186	15	DINA COELHO		F	41	04:26:18	16:39	F40
1015	187	42	GRACA MENDES	ARRASTA O PE	F	27	04:26:18	16:39	FSEN
1143	188	34	PAULO BARROS	ROYAL SCHOOL OF LANGUAGES	M	48	04:43:11	17:42	M40
1141	189	43	SILVIA RIBEIRO	ROYAL SCHOOL OF LANGUAGES	F	37	04:43:11	17:42	FSEN
1152	190	16	FABIOLA MARTINS	ROYAL SCHOOL OF LANGUAGES	F	40	04:43:11	17:42	F40
1144	191	85	SANDRO MARTINS	ROYAL SCHOOL OF LANGUAGES	M	34	04:43:11	17:42	MSEN
1149	192	44	MARIA CARVALHO	ROYAL SCHOOL OF LANGUAGES	F	33	04:43:12	17:42	FSEN
1094	193	45	ANA MOREIRA		F	30	04:45:12	17:49	FSEN