

Lugar	Nome	Equipa	Escalão	Dorsal	Tempo
1	FERNANDO GRILO	Sira	M40	1 114	00:33:08.076
2	MANUEL BESSADA		MSEN	1 156	00:33:44.071
3	MARCELO COSTA	Umfa Warriors	MSEN	2 172	00:35:02.089
4	PEDRO BARROS	Cyclones	MSEN	3 164	00:35:48.011
5	VALTER PEREIRA	Cyclones	MSEN	4 171	00:36:22.005
6	NUNO MORAIS	Edl Trail	M40	2 89	00:37:43.024
7	FERNANDO SANTOS	Acrif	M40	3 15	00:37:44.028
8	CARLOS OLIVEIRA	Sira	MSEN	5 65	00:37:45.028
9	DIONISIO GONÇALVES		M40	4 251	00:37:48.096
10	BRUNO RODRIGUES	Trail Timeout Aventura	MSEN	6 29	00:37:51.040
11	JOSÉ MACEDO	Acrif	M50	1 9	00:37:54.015
12	MARCELO MARTINS	Águias De Ávelos	MSEN	7 101	00:38:49.090
13	LUCIANO ARAÚJO		MSEN	8 122	00:38:54.070
14	ANTÓNIO RIBEIRO	Oada - Os Amigos Da Aventura	MSEN	9 41	00:38:55.025
15	HILARIO LOPES	Edl Trail	MSEN	10 102	00:39:10.077
16	PAULO ARAÚJO	100 Limites	M40	5 99	00:39:23.050
17	FERNANDO PIMENTA		MSEN	11 253	00:39:30.025
18	PEDRO FERNANDES		M40	6 254	00:39:30.038
19	PAULO FERREIRA	Acrif	M40	7 8	00:39:32.059
20	LUIS SÁ	Lethes Trail Team	MSUB23	1 54	00:39:55.095
21	PEDRO GONÇALVES		MSEN	12 71	00:40:21.031
22	DANIEL SOARES	Trail Timeout Aventura	MSEN	13 38	00:40:31.078
23	JOSÉ PAIS	Edl Trail	M40	8 163	00:40:47.029
24	EZEQUIEL FERNANDES	Águias De Ávelos	M40	9 83	00:40:47.038
25	TIAGO OLIVEIRA	Umfa Warriors	MSEN	14 177	00:41:06.025
26	ANDRE MAGALHAES		MSEN	15 190	00:41:27.059
27	JOSÉ SOUSA	100 Espaço Trail Team	M50	2 61	00:41:33.022
28	ANDRÉ FELGUEIRAS		MSEN	16 18	00:41:45.064
29	NÉLSON FERNANDES	Passo De Caracol	MSEN	17 103	00:41:58.088
30	RUI GONÇALVES	Passo De Caracol	MSEN	18 104	00:41:58.098
31	JOSÉ LOPES		M50	3 93	00:42:00.019
32	FRUTUOSO SOUSA	Amc Trail	MSEN	19 11	00:42:01.043
33	EDUARDO BARREIRO	Ker Sport Trail Running	M40	10 186	00:42:02.030
34	SÉRGIO VIDEIRA		MSEN	20 181	00:42:04.069
35	JOSÉ GONÇALVES	Oada - Os Amigos Da Aventura	M40	11 44	00:42:06.034
36	RUI SENDÃO		MSEN	21 136	00:42:06.087
37	CARLOS TAVEIRA	Trogloditas Runners	MSEN	22 110	00:42:28.047
38	GUSTAVO CACHO	Valença	M40	12 13	00:42:29.000
39	PEDRO VIEIRA	A. D. Amarante Trail Running	M40	13 192	00:42:30.016
40	FLÁVIO PEREIRA	Edl Trail	MSEN	23 90	00:42:48.037
41	FLÁVIO CARVALHO	Acrif	MSEN	24 7	00:42:58.000
42	NUNO FREITAS	Ecobarcaventura	MSEN	25 184	00:43:02.095
43	LEONARDO VICENTE		MSUB23	2 78	00:43:07.031
44	RICARDO CRUZ	Ker Sport Trail Running	MSUB23	3 126	00:43:14.028

Lugar	Nome	Equipa	Escalão	Dorsal	Tempo	
45	CLAUDIO ALVES		MSUB23	4	81	00:43:16.065
46	JOAQUIM PEREIRA	Acra Running	MSEN	26	169	00:43:18.019
47	JOSE FERNANDEZ		MSEN	27	28	00:43:20.004
48	LUIS TOUCEIRA		MSEN	28	160	00:43:35.084
49	DAVID SORA		M40	14	22	00:43:46.055
50	LUIS CONDE	Ascd Vile	MSEN	29	127	00:43:47.049
51	FERNANDO SOUSA		M50	4	4	00:43:59.002
52	JOANA BARROS	Team Workout 48	FSEN	1	66	00:43:59.058
53	GONÇALO CARVALHO		MSUB23	5	63	00:44:03.057
54	ARNALDO RODRIGUES	Desnivel Positivo	M50	5	157	00:44:14.051
55	LEONEL GARCIA	Associação De Jovens De Malarranha	MSEN	30	36	00:44:22.027
56	MANUEL QUEIROZ		M40	15	151	00:44:24.068
57	FILIPPE CORREIA	Acrif	MSEN	31	6	00:44:33.082
58	MAURICE LOWES		M50	6	97	00:44:48.088
59	SUSANA VIEIRA		FSEN	2	96	00:44:48.094
60	FRANCISCO ALVES	Cerveira Team Running	M40	16	154	00:44:50.056
61	TIAGO LIMA	Ker Sport Trail Running	MSEN	32	25	00:44:50.085
62	ALBERTO CUNHA		M50	7	120	00:45:14.055
63	MARLENE PUGA	Ker Sport Trail Running	FSEN	3	95	00:45:23.012
64	VERA COSTA		FSEN	4	75	00:45:44.092
65	JOÃO ANDRADE		MSEN	33	76	00:45:44.096
66	JOSÉ MIGUEL		MSUB23	6	88	00:45:47.093
67	CARLOS OLIVEIRA	Oada - Os Amigos Da Aventura	M40	17	43	00:45:48.028
68	PATRICK LIMA		M40	18	132	00:45:51.025
69	NUNO ABREU		M40	19	21	00:45:54.039
70	RUI SILVA		M40	20	167	00:45:57.009
71	NUNO CARAÇA	Umfa Warriors	MSEN	34	146	00:45:58.024
72	RICARDO SILVA		MSEN	35	37	00:45:58.091
73	NUNO TRIGUEIRO		M40	21	166	00:46:01.038
74	PEDRO OLIVEIRA	Cerveira Team Running	MSEN	36	148	00:46:14.001
75	MANUEL VALE		M40	22	50	00:46:20.086
76	PEDRO CACAIS		MSEN	37	27	00:46:27.079
77	ALTINO CUNHA		MSEN	38	118	00:46:33.074
78	JOSÉ AMORIM		M50	8	57	00:46:38.054
79	JOSÉ BARROS	Porto	MSEN	39	182	00:46:39.064
80	DANIEL BESSA		MSEN	40	92	00:46:43.027
81	HILÁRIO LEMOS		M40	23	138	00:46:45.042
82	CATARINA DANTAS	Acra Running	FSEN	5	191	00:46:50.001
83	HUGO OTERELO		M40	24	255	00:46:50.034
84	GILBERTO VIDEIRA	The Wolves - Amigos Do Desporto Acrvf	MSEN	41	12	00:47:00.008
85	JOÃO BAPTISTA	Acra Running	M40	25	168	00:47:12.035
86	JOSÉ FONSECA		MSEN	42	170	00:47:23.033
87	JOAO OLIVEIRA		MSEN	43	3	00:47:31.072
88	NUNO SÁ		MSEN	44	139	00:47:52.052

Lugar	Nome	Equipa	Escalão	Dorsal	Tempo	
89	ANDRÉ CORDEIRO	Tás Bem Mene	MSEN	45	52	00:48:02.036
90	ALEXANDRE AREIAS	Oada - Os Amigos Da Aventura	MSEN	46	42	00:48:04.061
91	CARLA OLIVEIRA	Turbulentos	F40	1	159	00:48:07.006
92	ELISABETE LIMA		F40	2	119	00:48:23.042
93	NUNO LIMA		M40	26	176	00:48:27.023
94	RAFAEL COSTA	Ccr Santa Comba	M40	27	26	00:48:43.076
95	NUNO MONTEIRO	Adn Sport	MSEN	47	30	00:48:44.063
96	ADEMAR CONCEIÇÃO		MSEN	48	131	00:48:46.035
97	MIGUEL ALVES		M40	28	108	00:48:53.024
98	CARINA PINHO	Umfa Warriors	FSEN	6	145	00:49:08.023
99	HÉLDER LIMA		MSUB23	7	137	00:49:13.028
100	ANA PINTO	Spac Btt	FSEN	7	125	00:49:25.016
101	FABIANO FRANÇA		M40	29	252	00:49:28.009
102	JOÃO FERREIRA	Acrif	MSEN	49	10	00:49:32.080
103	HERNÂNI CERQUEIRA	Brava Lite	MSEN	50	152	00:49:50.071
104	SERGIO PAINHAS	Ascd Vile	MSEN	51	129	00:50:01.016
105	JOSÉ CERQUEIRA	Carlsberg Team	M40	30	68	00:50:02.004
106	LUÍS RUAS		MSEN	52	188	00:50:18.027
107	ISABEL CUNHA	Cerveira Team Running	F40	3	144	00:50:21.039
108	BRUNO ANDRADE	Barcelos	MSEN	53	51	00:50:29.041
109	HELDER GONÇALVES		MSEN	54	17	00:50:49.083
110	JOSE NOVAIS		M40	31	256	00:50:53.096
111	CATARINA CERQUEIRA	Acra Running	FSEN	8	45	00:50:56.075
112	BASÍLIO AMORIM		M40	32	48	00:50:57.087
113	JOSE SANISIDRO		M40	33	39	00:51:10.076
114	JOSÉ CABAJAL	Vigo	M40	34	53	00:51:10.078
115	CRISTINA RODRIGUES	Cer Caleiras Rafael	FSEN	9	84	00:51:20.098
116	VITOR BARBOSA		MSEN	55	147	00:51:25.078
117	JOSÉ SILVA	Guardiões	M40	35	1	00:51:26.076
118	JOÃO COSTA		MSEN	56	16	00:51:29.025
119	CLÁUDIO RODRIGUES		MSEN	57	199	00:51:29.035
120	XAVIER AREIAS	Oada - Os Amigos Da Aventura	MSUB23	8	155	00:51:39.080
121	HENRIQUE GONÇALVES	Oada - Os Amigos Da Aventura	MSEN	58	40	00:51:48.044
122	FILIPPE VIEIRA		M40	36	257	00:52:00.026
123	EDUARDO SILVA	Jet	MSEN	59	85	00:52:44.082
124	SÓNIA FERNANDES	Rp Topografia	FSEN	10	174	00:52:51.092
125	RUI PEIXOTO	Rp Topografia	MSEN	60	173	00:52:52.009
126	TONY GONÇALVES		MSEN	61	178	00:53:04.009
127	MANUELA NOVAIS		FSEN	11	98	00:53:07.027
128	CARLOS BRANDAO	Amares	MSEN	62	100	00:53:10.025
129	JOANA CASTRO		FSEN	12	198	00:53:23.020
130	PAULO FERREIRA		M40	37	106	00:53:29.091
131	LUIS FERREIRA		MSUB23	9	14	00:53:37.057
132	DOROTEIA FERNANDES	Ker Sport Trail Running	F40	4	187	00:54:00.094

Lugar	Nome	Equipa	Escalão	Dorsal	Tempo	
133	PAULO RODRIGUES	Braga Turbogirls Dagordateam	M40	38	149	00:54:19.034
134	ÂNGELA BARROS		F40	5	77	00:54:20.044
135	LUZ ALMEIDA		F50	1	5	00:54:26.023
136	JOSÉ FERREIRA		M50	9	130	00:54:35.094
137	JOÃO MENDES		M40	39	87	00:55:49.092
138	CARINA SILVA		FSEN	13	80	00:55:50.006
139	CARINA MENESES		FSEN	14	59	00:56:05.011
140	DÁRIO MENDONÇA		M50	10	180	00:56:05.072
141	CÁTIA BRITO		FSEN	15	23	00:56:48.056
142	RENATO ALVES		MSEN	63	72	00:57:02.030
143	JOÃO SILVA		MSEN	64	73	00:57:02.097
144	TIAGO MATOS		MSUB23	10	82	00:57:03.054
145	MARIA PEREIRA		F50	2	179	00:57:05.066
146	JOAO ARTUR		MSEN	65	258	00:57:06.096
147	FILOMENA CORREIA	FSEN	16	162	00:58:23.064	
148	ANTÓNIO MOREIRA	MSEN	66	161	00:58:23.076	
149	ANA PIRES	Ponte De Lima	FSEN	17	175	00:58:58.076
150	PAULA SOUSA	Letra	F40	6	194	00:59:02.072
151	TIAGO LOPES	Letra	MSEN	67	196	00:59:02.080
152	FRANCISCO PEREIRA	Letra	MSEN	68	193	00:59:03.042
153	ALEXANDRE MIRANDA		MSUB23	11	121	00:59:19.091
154	LEONARDO CEREJEIRA		M50	11	111	00:59:27.036
155	MANUEL COELHO		M50	12	19	00:59:31.081
156	FILIPPE PEREIRA		M40	40	20	01:00:05.041
157	CIDÁLIA PEREIRA		F40	7	24	01:00:07.007
158	MARIA DANTAS		FSEN	18	200	01:00:07.028
159	IVO CUNHA		MSEN	69	259	01:01:23.011
160	MANUEL CARDOSO		M50	13	105	01:01:56.038
161	LOURENÇO SILVA		MSUB23	12	79	01:02:34.090
162	SERGIO LIMA	Guardiões	MSEN	70	2	01:02:49.063
163	TIAGO FALCÃO	100 Equipa Team	MSEN	71	140	01:02:50.046
164	DIOGO BARRETO	100 Equipa Team	M40	41	142	01:02:50.053
165	PEDRO FERNANDES	100 Equipa Team	MSEN	72	141	01:02:50.089
166	PAULA SANTOS		F40	8	56	01:03:11.040
167	VITOR SANTOS		M40	42	55	01:03:12.010
168	SUSANA DANTAS		F40	9	107	01:04:15.033
169	MARIANA GOMES	Ponte De Lima	F40	10	91	01:04:15.060
170	VÂNIA ARAÚJO		FSEN	19	94	01:04:15.073
171	MARIA GOMES	100 Espaço Trail Team	F50	3	62	01:04:36.088
172	CATARINA BRITO	Os Sonos	FSEN	20	150	01:07:20.016
173	ANDREIA COSTA	Os Sonos	FSEN	21	74	01:07:20.039
174	ANTONIO BILBAO	Galicia Maxica Trail Aventure	M50	14	133	01:07:21.005
175	NUNO SOUSA		MSEN	73	115	01:08:31.091
176	SÓNIA CARVALHO		F40	11	135	01:09:54.096

Lugar	Nome	Equipa	Escalão	Dorsal	Tempo	
177	MANUELA PARENTE		F40	12	134	01:09:55.001
178	CATARINA FREITAS		F40	13	49	01:11:24.079
179	STEPHANE COSTA		MSEN	74	143	01:12:31.054
180	JOANA CARVALHO	Ponte De Lima	F40	14	201	01:13:11.044
181	AMÉRICO SILVA	Carlsberg Team	M40	43	70	01:13:27.028
182	VICTOR GACHINEIRO	Carlsberg Team	MSEN	75	67	01:13:27.055
183	ELISA SOARES		F40	15	47	01:15:41.042
184	SAMUEL DURAES	Fora Do Sofa	MSUB23	13	32	01:16:41.034
185	JOÃO MOREIRA	Fora Do Sofa	MSUB23	14	34	01:16:41.085
186	TIAGO DURAES	Fora Do Sofa	MSUB23	15	33	01:16:42.003
187	SOFIA FREITAS	Oada - Os Amigos Da Aventura	FSEN	22	116	01:17:52.008
188	SANDRA CONDE	Ascd Vile	FSEN	23	128	01:17:52.012