

Trail Curto

Pos.	Dorsal	Nome	Equipa	Escalão	Pos. Escalão	Tempo	T/Km.	Dif.
1	1038	Monteiro, Carlos	F.C.Vizela	13M40	1	59:55.85	04:37	
2	1109	Veloso, Carlos	Airorun	13M40	2	1:00:04.73	04:37	00:00:09
3	917	Sá, Ricardo	Akuafit	13SEM	1	1:02:34.49	04:49	00:02:38
4	1297	Oliveira, Helder		13M40	3	1:03:40.93	04:54	00:03:45
5	1019	Santos, Marko	Adosa - Os Santa Apolónia	13SEM	2	1:04:06.73	04:56	00:04:11
6	889	Martins, Daniel	NBA Barrosas	13SEM	3	1:04:12.08	04:56	00:04:16
7	841	Ribeiro, Ramiro	NBA Barrosas	13SEM	4	1:05:01.57	05:00	00:05:06
8	1132	Fernandes, António		13SEM	5	1:06:05.05	05:05	00:06:09
9	1130	Oliveira, Pedro	FisioPedro	13SEM	6	1:06:30.81	05:07	00:06:35
10	848	Neto, Jorge	NBA Barrosas	13SEM	7	1:07:07.47	05:10	00:07:11
11	606	Fernandes, Rui	Clube Atletismo Fafe	13SEM	8	1:07:16.38	05:10	00:07:20
12	1308	Pinto, Filipe	Running Penafiel Trail	13SEM	9	1:07:53.16	05:13	00:07:57
13	1133	Carvalho, Nuno	Realense Futebol Clube	13SEM	10	1:07:53.26	05:13	00:07:57
14	935	Santos, Arménio	NBA Barrosas	13M40	4	1:08:51.48	05:18	00:08:55
15	673	Pereira, Paulo	Dragon Club	13M40	5	1:08:59.79	05:18	00:09:04
16	1219	Costa, Nelson	Águias de Alvelos	13SEM	11	1:09:22.22	05:20	00:09:26
17	849	Lemos, Nuno	Clube Atletismo Fafe	13M40	6	1:09:42.67	05:22	00:09:47
18	680	Maciel, Pedro	Dragon Club	13SEM	12	1:09:48.32	05:22	00:09:52
19	895	Topete, David		13SEM	13	1:10:07.59	05:24	00:10:12
20	611	Martins, Sergio	A.R.DE NEGRELOS	13M50	1	1:10:16.74	05:24	00:10:21
21	623	Pedrosa, José	OS PRIMOS	13M40	7	1:10:32.48	05:26	00:10:36
22	773	Carneiro, José	FisioPedro	13M50	2	1:11:09.33	05:28	00:11:13
23	933	Barbosa, João	Global Trail	13SEM	14	1:11:59.89	05:32	00:12:04
24	932	Barbosa, Carlos	Global Trail	13M40	8	1:11:59.95	05:32	00:12:04
25	1149	Alves, Fernando		13SEM	15	1:12:04.95	05:33	00:12:09
26	1220	Rodrigues, Joaquim	Águias de Alvelos	13M50	3	1:12:14.73	05:33	00:12:19
27	1304	Costa, Rafael	Clube Atletismo Fafe	13SEM	16	1:12:34.40	05:35	00:12:38
28	1196	Mendes, Joaquim	ADEPE	13SEM	17	1:12:45.82	05:36	00:12:50
29	978	Ferreira, Manuel	GD AIRÃO RUN	13M50	4	1:12:46.67	05:36	00:12:51
30	1040	Carvalho, Nuno		13SEM	18	1:12:56.17	05:37	00:13:00
31	1039	Alves, Manuel	São Salvador do Campo	13M50	5	1:12:58.67	05:37	00:13:03
32	1173	Pereira, Sergio	Protek running	13SEM	19	1:13:03.46	05:37	00:13:07
33	1129	Sampaio, Sérgio	FisioPedro	13M40	9	1:13:17.42	05:38	00:13:21
34	1217	Cunha, Eugenio	Amigos das sapatilhas	13M40	10	1:13:30.29	05:39	00:13:34
35	1168	Andrade, Daniel	F.C.Vizela	13M40	11	1:13:32.63	05:39	00:13:37
36	962	Magalhães, Manuel	MOVEIRAS	13M50	6	1:13:36.00	05:40	00:13:40
37	908	Monteiro, Alvaro	Amigos do Parque de Vizela	13M40	12	1:13:38.22	05:40	00:13:42
38	743	Rocha, Hugo	Caça Raposas	13M40	13	1:13:41.10	05:40	00:13:45
39	604	Dinis, Joaquim	Adosa - Os Santa Apolónia	13M50	7	1:13:43.16	05:40	00:13:47
40	1108	Carvalho, Joaquim	Realense Futebol Clube	13M50	8	1:14:15.23	05:43	00:14:19
41	1049	Teixeira, Adriano	infantrail	13M50	9	1:14:15.81	05:43	00:14:20
42	979	Teixeira, Agostinho	GD AIRÃO RUN	13SEM	20	1:14:18.62	05:43	00:14:23
43	626	Miranda, Jorge	OS PRIMOS	13SEM	21	1:14:22.37	05:43	00:14:26
44	890	Pereira, Bruno	ACRD POMBEIRO	13SEM	22	1:14:22.90	05:43	00:14:27
45	625	Fontão, Bruno	OS PRIMOS	13SEM	23	1:14:27.28	05:44	00:14:31
46	679	Sá, Rafael	Dragon Club	13SEM	24	1:15:13.36	05:47	00:15:17
47	678	Martins, José	Dragon Club	13M40	14	1:16:04.75	05:51	00:16:09
48	760	Sampaio, Bruno	Habcarpintaria	13SEM	25	1:16:20.10	05:52	00:16:24
49	896	Pereira, Pedro	ADEPE	13SEM	26	1:16:23.67	05:53	00:16:28
50	1009	Fernandes, Flávio	NBA Barrosas	13M50	10	1:16:28.24	05:53	00:16:32
51	653	Coelho, Eduardo	Cláudia Gomes cabeleireira	13M40	15	1:16:30.19	05:53	00:16:34
52	834	Gonçalves, Manuel	Metalúrgica do Fojo Trail	13SEM	27	1:16:44.59	05:54	00:16:49
53	609	Martins, Luis	A.R.DE NEGRELOS	13M50	11	1:17:04.14	05:56	00:17:08
54	1024	Silva, Miguel	Actualfit	13SEM	28	1:17:20.66	05:57	00:17:25
55	1157	Ribeiro, Renato		13M40	16	1:18:15.86	06:01	00:18:20
56	668	Baptista, Nuno	Adosa - Os Santa Apolónia	13SEM	29	1:18:33.43	06:03	00:18:37
57	1165	Costa, Jose	Ad Carril	13M50	12	1:18:34.58	06:03	00:18:39
58	1200	Cunha, Hugo	Realense Futebol Clube	13SEM	30	1:18:35.30	06:03	00:18:39
59	643	., Sérgio		13SEM	31	1:18:35.51	06:03	00:18:40

Pos.	Dorsal	Nome	Equipa	Escalão	Pos. Escalão	Tempo	T/Km.	Dif.
60	733	Fernandes, Eugénio		13SEM	32	1:18:37.54	06:03	00:18:42
61	984	Torres, Daniel		13SEM	33	1:18:37.85	06:03	00:18:42
62	790	Martins, Fernando		13M50	13	1:19:06.48	06:05	00:19:10
63	954	Coelho, Jose	MOVEIRAS	13M50	14	1:19:10.84	06:05	00:19:15
64	1139	Barbosa, Pedro	Fun Friends	13SEM	34	1:19:12.75	06:06	00:19:17
65	1023	Freitas, Paulo	F.C.Vizela	13M40	17	1:19:19.71	06:06	00:19:24
66	852	Lino, Cardoso	NBA Barrosas	13M50	15	1:19:29.66	06:07	00:19:34
67	963	Lima, Miguel		13SEM	35	1:19:41.67	06:08	00:19:46
68	1056	Silva, Francisco	Habcarpintaria	13M40	18	1:19:44.04	06:08	00:19:48
69	1048	Fernandes, Sérgio	infantrail	13SEM	36	1:19:53.02	06:09	00:19:57
70	663	Pereira, Luciano	THE SHIELD	13SEM	37	1:19:55.61	06:09	00:20:00
71	1128	Silva, João	FisioPedro	13SEM	38	1:19:56.74	06:09	00:20:01
72	1117	Quintas, Paulo	NAST - Nucleo Associativo de Santo Tirso	13M50	16	1:20:14.46	06:10	00:20:18
73	950	Morais, José	F.C.Vizela	13SEM	39	1:20:17.08	06:11	00:20:21
74	657	Silva, Sergio		13SEM	40	1:20:17.44	06:11	00:20:21
75	921	Dantas, Rui	Akuafit	13M40	19	1:20:19.37	06:11	00:20:23
76	977	Pereira, Luis		13SEM	41	1:20:25.30	06:11	00:20:29
77	887	Carvalho, José	ADTTR - Travassós Running Fafe	13SEM	42	1:20:27.22	06:11	00:20:31
78	888	Pereira, Hélder	ADTTR - Travassós Running Fafe	13M40	20	1:20:27.82	06:11	00:20:32
79	983	Coelho, António		13M40	21	1:20:39.48	06:12	00:20:43
80	1002	Vinha, Carlos	Running Penafiel Trail	13M50	17	1:20:48.70	06:13	00:20:53
81	929	Fernandes, Joana	Akuafit	13SEF	1	1:21:03.93	06:14	00:21:08
82	916	Pinho, Rui	Akuafit	13M40	22	1:21:06.76	06:14	00:21:11
83	610	Gomes, Manuel	A.R.DE NEGRELOS	13M50	18	1:21:23.76	06:16	00:21:28
84	775	Marinho, Adão		13M40	23	1:21:24.44	06:16	00:21:28
85	1053	Lemos, Ricardo		13M40	24	1:21:25.21	06:16	00:21:29
86	894	Faria, Filipe		13SEM	43	1:21:31.81	06:16	00:21:36
87	1205	Almeida, Augusto	SVA Automóveis	13M40	25	1:21:57.83	06:18	00:22:02
88	899	Gonçalves, Vitor		13SEM	44	1:22:10.53	06:19	00:22:15
89	1235	Pereira, Fernando	Dragon Club	13M40	26	1:22:13.07	06:19	00:22:17
90	600	Miranda, Rafa		13M40	27	1:22:19.37	06:20	00:22:23
91	1074	Marques, André		13SEM	45	1:22:23.41	06:20	00:22:27
92	958	Melo, Orlando	MOVEIRAS	13M50	19	1:22:33.48	06:21	00:22:37
93	649	Pereira, Tiago	Pastilhas Team	13SEM	46	1:22:33.74	06:21	00:22:38
94	644	Coelho, Paulo	Clube Atletismo Fafe	13M40	28	1:22:43.13	06:22	00:22:47
95	956	Freitas, Manuel	MOVEIRAS	13M50	20	1:22:45.86	06:22	00:22:50
96	1036	Lobo, Sofia	F.C.Vizela	13SEF	2	1:22:50.15	06:22	00:22:54
97	1301	Azevedo, Diogo	F.C.Vizela	13SEM	47	1:22:50.27	06:22	00:22:54
98	836	Pinto, Flávio	Metalúrgica do Fojo Trail	13SEM	48	1:22:50.62	06:22	00:22:55
99	959	Silva, Cesar	MOVEIRAS	13M50	21	1:23:07.25	06:24	00:23:11
100	1188	Costa, André		13SEM	49	1:23:09.62	06:24	00:23:14
101	1097	Ferreira, Cidália	Running Penafiel Trail	13F40	1	1:23:22.29	06:25	00:23:26
102	1007	Barbosa, Carlos	Running Penafiel Trail	13M40	29	1:23:23.58	06:25	00:23:28
103	1299	Vasconcelos, Vinício		13M50	22	1:23:24.99	06:25	00:23:29
104	828	Silva, A.	EMBALMUNDO	13M40	30	1:23:25.81	06:25	00:23:30
105	902	Freitas, Luis	ADEPE	13M40	31	1:23:33.60	06:26	00:23:38
106	961	Freitas, Bruno	MOVEIRAS	13M40	32	1:23:34.59	06:26	00:23:39
107	866	Costa, Manuel		13M50	23	1:23:35.19	06:26	00:23:39
108	700	Bastos, Filipe		13M40	33	1:23:43.60	06:26	00:23:48
109	1199	Pais, Ricardo	Protek running	13SEM	50	1:23:46.92	06:27	00:23:51
110	980	Machado, Roberto	GD AIRÃO RUN	13SEM	51	1:23:49.76	06:27	00:23:54
111	906	Carvalho, Zeza	NBA Barrosas	13F40	2	1:23:52.04	06:27	00:23:56
112	771	Palma, Carlo	FisioPedro	13SEM	52	1:23:54.00	06:27	00:23:58
113	1113	Cunha, Jorge	LF2 - Guiberço	13M40	34	1:23:58.98	06:28	00:24:03
114	901	Teixeira, Fernando	Bacanos	13SEM	53	1:24:00.04	06:28	00:24:04
115	1116	Abreu, Nelson	LF2 - Guiberço	13SEM	54	1:24:00.05	06:28	00:24:04
116	987	Ângelo, Muiguel	Xplodtt	13M40	35	1:24:01.70	06:28	00:24:06
117	774	Guimarães, Nelson		13M40	36	1:24:07.47	06:28	00:24:11
118	1127	., Dede	GUIMARRUNNING	13M50	24	1:24:22.30	06:29	00:24:26
119	1182	Alves, Francisco	Mov3	13SEM	55	1:24:22.49	06:29	00:24:26
120	622	Machado, Carlos		13SEM	56	1:24:23.48	06:29	00:24:27
121	605	Oliveira, Carla	Adosa - Os Santa Apolónia	13SEF	3	1:24:24.08	06:30	00:24:28
122	658	Coelho, Eduardo	Lebres Lentas	13SEM	57	1:24:30.40	06:30	00:24:34
123	671	Lima, Mario	Avesrunners	13M40	37	1:24:35.68	06:30	00:24:40
124	1131	Gomes, Nuno	FisioPedro	13SEM	58	1:24:36.73	06:31	00:24:41
125	1112	Castro, Filipe	LF2 - Guiberço	13M40	38	1:24:40.21	06:31	00:24:44
126	1064	Cunha, Pedro		13SEM	59	1:24:40.36	06:31	00:24:44
127	1082	Pereira, Jorge		13SEM	60	1:24:42.30	06:31	00:24:46

Pos.	Dorsal	Nome	Equipa	Escalão	Pos. Escalão	Tempo	T/Km.	Dif.
128	931	Miranda, Pedro	Akuafit	13SEM	61	1:25:25.91	06:34	00:25:30
129	1043	Alex, Paulo	Focoteam24	13SEM	62	1:25:37.80	06:35	00:25:42
130	1016	Teixeira, Armando		13M50	25	1:25:43.58	06:36	00:25:48
131	986	Peixoto, Paulo	Xplodtt	13M40	39	1:25:51.28	06:36	00:25:55
132	861	Ribeiro, Luis	Bota&signa	13SEM	63	1:25:59.69	06:37	00:26:04
133	922	Rodrigues, Carlos	Akuafit	13M40	40	1:26:02.20	06:37	00:26:05
134	783	Silva, Hélder	Elite Team Vizela	13SEM	64	1:26:02.74	06:37	00:26:07
135	1159	Abreu, Pedro		13SEM	65	1:26:04.12	06:37	00:26:08
136	666	Pedrosa, Paulo	Actualfit	13SEM	66	1:26:09.68	06:38	00:26:14
137	724	Silva, Rogério	Team	13M40	41	1:26:19.62	06:38	00:26:24
138	918	Silva, Hugo	Akuafit	13M40	42	1:26:43.01	06:40	00:26:47
139	654	Catarino, Pedro	Dragon Club	13SEM	67	1:26:46.19	06:40	00:26:50
140	710	Lopes, Claudio		13SEM	68	1:26:46.72	06:41	00:26:51
141	728	Mendonça, António	F.C.Vizela	13M50	26	1:26:53.48	06:41	00:26:57
142	903	Pinto, Pedro	Metalúrgica do Fojo Trail	13SEM	69	1:26:56.72	06:41	00:27:01
143	928	Sousa, Paulo	Akuafit	13M40	43	1:27:00.45	06:42	00:27:04
144	712	Silva, Joaquim	grupo desportivo oliveira do castelo	13M50	27	1:27:05.08	06:42	00:27:09
145	1120	Azevedo, José	Elite Team Vizela	13M50	28	1:27:07.01	06:42	00:27:11
146	615	Coelho, Joaquim		13M50	29	1:27:30.38	06:44	00:27:34
147	955	Oliveira, Joaquim	MOVEIRAS	13M40	44	1:27:32.00	06:44	00:27:36
148	1136	Martins, Vitor	Equipotência Trail Team	13SEM	70	1:27:33.44	06:44	00:27:37
149	719	Fernandes, Albino	ADTTR - Travassós Running Fafe	13M50	30	1:27:41.15	06:45	00:27:45
150	942	., Lopes		13SEM	71	1:27:43.20	06:45	00:27:47
151	822	Ferreira, Helder	Amigos do parque de Vizela	13M40	45	1:27:43.92	06:45	00:27:48
152	907	Lopes, Armindo	ARC Vale S. Cosme	13M50	31	1:27:50.27	06:45	00:27:54
153	1305	Leite, Paulo	Vizela nos Pés	13M40	46	1:27:57.11	06:46	00:28:01
154	892	Sousa, Fátima	NBA Barrosas	13F40	3	1:28:25.05	06:48	00:28:29
155	1072	Fernandes, Susana	FF	13F40	4	1:28:29.22	06:48	00:28:33
156	708	Novais, José		13M40	47	1:28:29.36	06:48	00:28:33
157	1102	Dias, Hugo	ADTTR - Travassós Running Fafe	13SEM	72	1:28:33.39	06:49	00:28:37
158	893	Araújo, Paulo	ARC Vale S. Cosme	13M40	48	1:28:40.53	06:49	00:28:45
159	698	Marinho, Rosalina	ADTTR - Travassós Running Fafe	13F50	1	1:29:06.35	06:51	00:29:10
160	1031	Monteiro, Sérgio	Actualfit	13M40	49	1:29:12.11	06:52	00:29:16
161	1026	Félix, Joaquim	Actualfit	13M40	50	1:29:12.36	06:52	00:29:16
162	864	Silva, Ana	F.C.Vizela	13SEF	4	1:29:17.01	06:52	00:29:21
163	1189	Rodrigues, João	Dragon Club	13SEM	73	1:29:26.17	06:53	00:29:30
164	957	Pereira, Adelino	MOVEIRAS	13M40	51	1:29:35.10	06:53	00:29:39
165	1179	Silva, Jorge		13M40	52	1:29:42.83	06:54	00:29:47
166	1170	Pereira, Silverio	Protek running	13M50	32	1:29:47.97	06:54	00:29:52
167	640	Fernandes, Filipe	Sem medo	13SEM	74	1:29:49.90	06:55	00:29:54
168	624	Pedrosa, Luis	OS PRIMOS	13SEM	75	1:30:30.97	06:58	00:30:35
169	745	Moreira, Paulo	Caça Raposas	13M50	33	1:30:41.86	06:59	00:30:46
170	709	Santos, Paulo		13SEM	76	1:30:46.93	06:59	00:30:51
171	157	Araújo, Sandra	FISIO.	13SEF	5	1:30:52.09	06:59	00:30:56
172	947	Gonçalves, Tiago	ADTTR - Travassós Running Fafe	13SEM	77	1:30:57.02	07:00	00:31:01
173	941	Sousa, Miro		13M50	34	1:30:59.09	07:00	00:31:03
174	1086	Macedo, António	Actualfit	13M40	53	1:31:08.00	07:01	00:31:12
175	951	Silva, Maria	F.C.Vizela	13F40	5	1:31:20.81	07:02	00:31:25
176	968	Ribeiro, Carlos	Trail4Fun	13M40	54	1:31:41.54	07:03	00:31:46
177	1041	Novais, Ismael		13SEM	78	1:31:42.03	07:03	00:31:46
178	1234	Almeida, José	Conquistadores	13M50	35	1:31:54.73	07:04	00:31:59
179	788	Mendes, Miguel	ARC Vale S. Cosme	13M40	55	1:31:58.24	07:04	00:32:02
180	612	Rocha, Luis	A.R.DENEGRELOS	13M40	56	1:31:58.42	07:04	00:32:02
181	735	Ventuzelos, José	Caça Raposas	13M50	36	1:31:59.71	07:05	00:32:04
182	753	Gonçalves, Bruno	TARTARUGAS VELOCISTAS	13SEM	79	1:32:11.91	07:06	00:32:16
183	1078	Silva, Néilson	Basto Running Club	13SEM	80	1:32:13.29	07:06	00:32:17
184	925	Cunha, Sara	Akuafit	13SEF	6	1:32:29.51	07:07	00:32:34
185	681	Rocha, Andreia	Dragon Club	13SEF	7	1:32:29.94	07:07	00:32:34
186	960	Batista, Jose	MOVEIRAS	13M50	37	1:32:29.98	07:07	00:32:34
187	1138	Couto, João	Paços Runners	13M50	38	1:32:34.00	07:07	00:32:38
188	1309	Machado, Pedro	Lebres Lentas	13M40	57	1:32:51.43	07:09	00:32:55
189	838	Ceia, Ricardo		13M50	39	1:32:59.44	07:09	00:33:03
190	751	Antunes, Ricardo		13SEM	81	1:33:02.25	07:09	00:33:06
191	1144	Martins, Antonio	Martosa	13M50	40	1:33:02.76	07:09	00:33:07
192	683	Catarino, Helder	Dragon Club	13SEM	82	1:33:03.34	07:09	00:33:07
193	988	Mota, Olga		13SEF	8	1:33:09.63	07:10	00:33:14
194	949	Fernandes, Cristiano		13M40	58	1:33:19.56	07:11	00:33:24
195	755	Pereira, Joel	TARTARUGAS VELOCISTAS	13SEM	83	1:33:21.69	07:11	00:33:26

Pos.	Dorsal	Nome	Equipa	Escalão	Pos. Escalão	Tempo	T/Km.	Dif.
196	727	Moreira, João	Basto Running Club	13M40	59	1:33:33.89	07:12	00:33:38
197	920	Dias, David	Akuafit	13SEM	84	1:34:08.86	07:15	00:34:13
198	926	Cachetas, Maria	Akuafit	13F40	6	1:34:09.39	07:15	00:34:13
199	839	Sá, Paulo		13SEM	85	1:34:37.83	07:17	00:34:42
200	726	Correia, João	Sem medo	13M40	60	1:34:39.94	07:17	00:34:44
201	637	Coelho, António	Sem medo	13M50	41	1:34:40.14	07:17	00:34:44
202	682	Rocha, Angélica	Dragon Club	13SEF	9	1:34:43.57	07:17	00:34:48
203	674	Fonseca, António	Dragon Club	13M40	61	1:34:43.93	07:17	00:34:48
204	1015	Maia, Agostinho		13M40	62	1:34:55.67	07:18	00:35:00
205	886	Macedo, Luis	Mov3	13SEM	86	1:34:58.97	07:18	00:35:03
206	630	Gomes, Eliseu	Amigos da borga	13M40	63	1:34:59.74	07:18	00:35:04
207	1000	Azevedo, Bruno	ADEPE	13M40	64	1:34:59.81	07:18	00:35:04
208	1063	Lopes, Rui		13SEM	87	1:35:04.67	07:19	00:35:09
209	761	Peixoto, Manuel	amigos	13M50	42	1:35:14.29	07:20	00:35:18
210	779	Fernandes, Cesar		13M40	65	1:35:14.66	07:20	00:35:19
211	782	Ferreira, João		13SEM	88	1:35:14.76	07:20	00:35:19
212	973	Neves, Luis	Equipotência Trail Team	13SEM	89	1:35:23.77	07:20	00:35:28
213	1300	Silva, Hélder		13M40	66	1:35:28.51	07:21	00:35:33
214	1187	Abreu, Jorge	Mov3	13SEM	90	1:35:35.09	07:21	00:35:39
215	1161	Silva, Alberto		13M40	67	1:35:51.62	07:22	00:35:56
216	729	Silva, Jorge		13M40	68	1:35:54.40	07:23	00:35:58
217	1051	Ferreira, Pedro		13SEM	91	1:36:11.31	07:24	00:36:14
218	1110	Leite, José		13M50	43	1:36:11.16	07:24	00:36:15
219	1227	Gonçalves, Pedro		13M40	69	1:36:45.86	07:27	00:36:50
220	875	Freitas, Agostinho	Mov3	13SEM	92	1:36:47.08	07:27	00:36:51
221	772	Carvalho, José	FisioPedro	13M50	44	1:36:50.49	07:27	00:36:54
222	1081	Afonso, Daniel		13SEM	93	1:36:56.57	07:27	00:37:01
223	652	Pereira, Hugo	Hugo	13M40	70	1:37:08.27	07:28	00:37:12
224	621	Ramos, Hugo	MAGNUSSENS	13SEM	94	1:37:09.24	07:28	00:37:13
225	785	Oliveira, Sandra		13SEF	10	1:37:12.86	07:29	00:37:17
226	607	Pereira, Rui		13SEM	95	1:37:17.37	07:29	00:37:21
227	619	Maia, João	MAGNUSSENS	13SEM	96	1:37:22.84	07:29	00:37:27
228	620	Correia, Emanuel	MAGNUSSENS	13SEM	97	1:37:23.27	07:29	00:37:27
229	797	Pinto, José	PIPOCAS & BOMBOCAS	13M50	45	1:37:31.49	07:30	00:37:35
230	843	Gouveia, Domingos	A` casa Bezerra Team	13M40	71	1:37:39.13	07:31	00:37:43
231	1201	Silva, Manuel		13M50	46	1:37:41.55	07:31	00:37:46
232	1121	Neto, Célia	Figueirófit	13SEF	11	1:37:57.27	07:32	00:38:01
233	930	Ferreira, Paula	Akuafit	13F40	7	1:38:02.41	07:32	00:38:04
234	798	Gomes, José		13SEM	98	1:38:02.40	07:32	00:38:06
235	639	Pimenta, Pedro	Sem medo	13M40	72	1:38:07.40	07:33	00:38:11
236	998	Ferreira, Nuno		13SEM	99	1:38:10.28	07:33	00:38:14
237	1163	Pereira, Rui	Actualfit	13M40	73	1:38:18.77	07:34	00:38:23
238	1202	Silva, Alberto	G.D.CANO	13M50	47	1:38:19.93	07:34	00:38:24
239	1035	Ferreira, Vitor	Actualfit	13SEM	100	1:38:30.31	07:35	00:38:34
240	650	Mendes, Jorge		13SEM	101	1:39:17.46	07:38	00:39:21
241	695	Freitas, Duarte	ADTTR - Travassós Running Fafe	13SEM	102	1:39:23.58	07:39	00:39:28
242	748	Bento, Filipe	ADTTR - Travassós Running Fafe	13M40	74	1:39:24.41	07:39	00:39:28
243	1076	Gonçalves, José		13M50	48	1:39:40.00	07:40	00:39:44
244	1176	Torres, Armandina	Gdct INCM	13F40	8	1:39:44.14	07:40	00:39:48
245	641	Pinheiro, Lurdes	Sem medo	13F40	9	1:39:48.31	07:41	00:39:52
246	781	Magalhães, Nilda	Fisicorpus casa da costura	13F50	2	1:39:51.57	07:41	00:39:56
247	1027	Almeida, Leandro	Actualfit	13SEM	103	1:40:04.89	07:42	00:40:09
248	1105	Morais, Carlos		13M40	75	1:40:09.24	07:42	00:40:13
249	608	Pedrosa, Agostinho		13M50	49	1:40:21.52	07:43	00:40:26
250	1134	Freitas, António	BTT POLVOREIRA	13M40	76	1:40:27.50	07:44	00:40:32
251	691	Oliveira, Teresa	ADTTR - Travassós Running Fafe	13SEF	12	1:40:27.53	07:44	00:40:32
252	1050	Carvalho, José	Caça Raposas	13M50	50	1:40:38.98	07:45	00:40:43
253	1030	Cunha, Paulo	Actualfit	13SEM	104	1:40:46.86	07:45	00:40:51
254	1025	Alves, João	Actualfit	13SEM	105	1:41:13.08	07:47	00:41:17
255	1207	Ribeiro, Pedro	SVA Automóveis	13M40	77	1:41:16.81	07:47	00:41:21
256	1085	Carneiro, Pedro	Actualfit	13SEM	106	1:41:16.84	07:47	00:41:21
257	1033	Ribeiro, Carina	Actualfit	13F40	10	1:41:17.87	07:48	00:41:22
258	868	Correia, Rui	Mov3	13SEM	107	1:41:22.32	07:48	00:41:26
259	1014	Santana, João	Team Aguenta Ai	13M50	51	1:41:24.28	07:48	00:41:28
260	757	Lima, Rui		13M40	78	1:41:58.48	07:51	00:42:02
261	870	Talagaia, Sónia	Mov3	13SEF	13	1:42:23.22	07:53	00:42:27
262	869	Lopes, Bruna	Mov3	13SEF	14	1:42:23.28	07:53	00:42:27
263	970	Freitas, Sílvio		13SEM	108	1:43:13.00	07:56	00:43:17

Pos.	Dorsal	Nome	Equipa	Escalão	Pos. Escalão	Tempo	T/Km.	Dif.
264	943	Ascensão, Manuel		13M40	79	1:43:13.20	07:56	00:43:17
265	992	Oliveira, António		13M50	52	1:43:13.21	07:56	00:43:17
266	711	Ferreira, Tiago		13SEM	109	1:43:17.92	07:57	00:43:22
267	815	Maias, Teresa		13SEF	15	1:43:28.46	07:58	00:43:32
268	1216	Coelho, Luís	Protek running	13M40	80	1:43:50.69	07:59	00:43:55
269	897	Pereira, Pedro	CDC CAMPEÃ	13SEM	110	1:43:55.16	08:00	00:43:59
270	816	Pinto, Agostinho		13SEM	111	1:44:06.62	08:01	00:44:11
271	898	Mourão, Nelson	CDC CAMPEÃ	13SEM	112	1:44:08.00	08:01	00:44:12
272	837	Gonçalves, José	Metalúrgica do Fojo Trail	13SEM	113	1:44:09.00	08:01	00:44:13
273	972	Pereira, Jorge	Sobe&Desce Runners	13M40	81	1:44:17.09	08:01	00:44:21
274	971	Martins, Leonel	Sobe&Desce Runners	13M40	82	1:44:18.53	08:01	00:44:23
275	616	Silva, Carlos	ArcoRun	13M50	53	1:44:26.61	08:02	00:44:31
276	1028	Monteiro, Francisco	Actualfit	13SEM	114	1:44:40.47	08:03	00:44:44
277	754	Pacheco, Miguel	TARTARUGAS VELOCISTAS	13SEM	115	1:45:03.68	08:05	00:45:08
278	631	Leitão, Daniel	Amigos da borga	13SEM	116	1:45:21.30	08:06	00:45:25
279	1054	Alves, José	ADEPE	13M50	54	1:45:41.81	08:08	00:45:46
280	656	Peixoto, Sofia		13SEF	16	1:45:46.02	08:08	00:45:50
281	833	Soares, Tiago	Metalúrgica do Fojo Trail	13SEM	117	1:45:54.70	08:09	00:45:59
282	1092	Vale, Andreia	Actualfit	13SEF	17	1:46:22.90	08:11	00:46:27
283	1169	Gonçalves, Anabela	Protek running	13F40	11	1:46:24.21	08:11	00:46:28
284	1073	Fernandes, Jorge	FF	13M40	83	1:46:27.74	08:11	00:46:32
285	863	Carvalho, Ana	F.C.Vizela	13F40	12	1:46:28.22	08:11	00:46:32
286	915	Vilela, Daniel		13M40	84	1:46:42.91	08:13	00:46:47
287	1111	Torres, Carlos		13SEM	118	1:46:43.95	08:13	00:46:48
288	1135	Magalhaes, Luis		13M40	85	1:46:52.33	08:13	00:46:56
289	817	Moura, Célia	Amigos das sapatilhas	13SEF	18	1:47:04.22	08:14	00:47:08
290	1079	Guedes, Ricardo		13SEM	119	1:47:07.36	08:14	00:47:11
291	1093	Salgado, Rafael	Actualfit	13SEM	120	1:47:25.57	08:16	00:47:30
292	927	Pinto, Catarina	Akuafit	13SEF	19	1:47:31.16	08:16	00:47:35
293	715	Ribeiro, Marco	GUIMARUNNING	13M40	86	1:47:31.32	08:16	00:47:35
294	1122	Coelho, Márcia	Ei Team Trail	13F40	13	1:47:31.59	08:16	00:47:36
295	756	Freitas, Benilde	TARTARUGAS VELOCISTAS	13SEF	20	1:47:43.44	08:17	00:47:47
296	694	Mendes, Carlos	ADTTR - Travassós Running Fafe	13SEM	121	1:47:45.56	08:17	00:47:50
297	705	Nantua, Priscila	GUIMARUNNING	13SEF	21	1:47:48.87	08:18	00:47:53
298	659	Machado, Paulo	Lebres Lentas	13SEM	122	1:47:55.46	08:18	00:47:59
299	999	Eusébio, Raquel	Clube Atletismo Fafe	13SEF	22	1:48:10.24	08:19	00:48:14
300	1192	Ferreira, Paulo		13M40	87	1:48:12.89	08:19	00:48:17
301	909	Guerra, Carlos		13M40	88	1:48:20.27	08:20	00:48:24
302	1303	Pinto, Filipe	Actualfit	13SEM	123	1:48:37.00	08:21	00:48:41
303	1126	Ramos, Ricardo		13M40	89	1:48:44.45	08:22	00:48:48
304	883	Lopes, Diogo	Mov3	13SEM	124	1:48:45.47	08:22	00:48:49
305	1158	Lopes, Alice		13F40	14	1:48:55.00	08:23	00:48:59
306	1123	Sampaio, Mara		13F40	15	1:48:55.22	08:23	00:48:59
307	1160	Ribeiro, Susana		13SEF	23	1:48:57.64	08:23	00:49:02
308	1206	Pereira, António	SVA Automóveis	13M40	90	1:49:01.83	08:23	00:49:06
309	1052	Brito, Micaela	Devasta Trilhos	13SEF	24	1:49:32.66	08:26	00:49:37
310	867	Mazri, Dine	Mov3	13SEM	125	1:50:05.77	08:28	00:50:10
311	872	Abreu, Ivo	Mov3	13SEM	126	1:50:10.89	08:29	00:50:15
312	1119	Fernandes, Cristiano	ADTTR - Travassós Running Fafe	13SEM	127	1:50:40.85	08:31	00:50:45
313	1229	Ferreira, Carla	ADECA	13F40	16	1:50:41.99	08:31	00:50:46
314	981	Matos, Hilário	GD AIRÃO RUN	13M40	91	1:50:43.31	08:31	00:50:47
315	982	Dias, Carla	GD AIRÃO RUN	13F40	17	1:50:43.40	08:31	00:50:47
316	714	Sousa, Maria	a noite passa a correr	13F50	3	1:50:43.74	08:31	00:50:48
317	844	Castro, Carlos	A` casa Bezerra Team	13M40	92	1:50:56.14	08:32	00:51:00
318	1042	Sousa, Soraia	Focoteam24	13SEF	25	1:50:56.27	08:32	00:51:00
319	665	Ferreira, Vera	Actualfit	13SEF	26	1:50:58.78	08:32	00:51:03
320	617	., Samuka	GUIMARUNNING	13SEM	128	1:51:00.54	08:32	00:51:05
321	1046	Gregório, Carlos		13SEM	129	1:51:02.00	08:32	00:51:06
322	953	Silva, Agostinha	F.C.Vizela	13F40	18	1:51:07.66	08:33	00:51:12
323	738	Dias, Maria	Caça Raposas	13F40	19	1:51:11.41	08:33	00:51:15
324	647	Gonçalves, Adélio	GOMESSEG RUNNERS	13M50	55	1:51:12.64	08:33	00:51:17
325	945	Sousa, Érico	ADTTR - Travassós Running Fafe	13SEM	130	1:51:22.82	08:34	00:51:27
326	934	Barbosa, Augusta	Global Trail	13F40	20	1:51:26.24	08:34	00:51:30
327	1020	Cruz, Dário	Adosa - Os Santa Apolónia	13M40	93	1:51:38.02	08:35	00:51:42
328	684	Araújo, Fátima	Dragon Club	13SEF	27	1:51:49.69	08:36	00:51:54
329	706	Rodríguez, Alexandre	amigos das sapatilhas	13M40	94	1:51:56.34	08:37	00:52:00
330	687	Bento, Natália	ADTTR - Travassós Running Fafe	13F40	21	1:52:08.91	08:38	00:52:13
331	614	Fernandes, Alexandra	GUIMARUNNING	13F40	22	1:52:15.83	08:38	00:52:20

Pos.	Dorsal	Nome	Equipa	Escalão	Pos. Escalão	Tempo	T/Km.	Dif.
332	1107	Cunha, Jorge	Maia-768	13M40	95	1:52:17.34	08:38	00:52:21
333	1151	Faria, Filipe		13M40	96	1:52:19.40	08:38	00:52:23
334	1307	Andrade, Nuno	Figueirófit	13SEM	131	1:52:19.51	08:38	00:52:24
335	707	Martins, Florbela	amigos das sapatilhas	13F40	23	1:52:20.89	08:39	00:52:25
336	1310	Mendes, João		13M40	97	1:52:22.22	08:39	00:52:26
337	713	Silva, Maria	grupo desportivo oliveira do castelo	13F40	24	1:52:45.16	08:40	00:52:49
338	1198	., Mariana	Runners do Demo	13SEF	28	1:52:47.83	08:41	00:52:52
339	675	Boas, Daniela	Dragon Club	13SEF	29	1:52:49.25	08:41	00:52:53
340	846	Gonçalves, Dirceu	A`casa Bezerra Team	13M40	98	1:52:49.76	08:41	00:52:54
341	990	Lopes, Miguel		13SEM	132	1:52:51.94	08:41	00:52:56
342	677	Silva, Maria	Dragon Club	13F40	25	1:52:52.40	08:41	00:52:56
343	693	Freitas, Ana	ADTTR - Travassós Running Fafe	13SEF	30	1:52:55.99	08:41	00:53:00
344	1153	Vasconcelos, Maria		13F40	26	1:53:14.51	08:43	00:53:19
345	1021	Azevedo, Laura	Mov3	13SEF	31	1:53:15.01	08:43	00:53:19
346	1152	Lopes, Lúcia		13SEF	32	1:53:18.33	08:43	00:53:22
347	826	Alves, Sérgio	Claranet	13SEM	133	1:53:20.49	08:43	00:53:24
348	667	Carvalho, Anabela	Clube Trilheiros & Amigos	13F50	4	1:53:22.22	08:43	00:53:26
349	825	Fonseca, Miguel	Claranet	13SEM	134	1:53:27.11	08:44	00:53:31
350	747	Oliveira, Sofia	ADTTR - Travassós Running Fafe	13SEF	33	1:53:30.19	08:44	00:53:34
351	749	Antunes, Carla		13F40	27	1:53:49.24	08:45	00:53:53
352	750	Braga, Sergio		13M40	99	1:53:49.35	08:45	00:53:53
353	877	Costa, Ana	Mov3	13SEF	34	1:54:13.91	08:47	00:54:18
354	1061	Sousa, Rui	MOUNTAIN RUNNERS	13SEM	135	1:54:16.53	08:47	00:54:21
355	818	Silva, Ricardo	MOUNTAIN RUNNERS	13SEM	136	1:54:17.85	08:48	00:54:22
356	778	., Ângela	Xavimoto	13SEF	35	1:54:20.53	08:48	00:54:25
357	725	Correia, Celina	Sem medo	13F40	28	1:54:24.17	08:48	00:54:28
358	1080	Alves, André		13SEM	137	1:54:26.28	08:48	00:54:30
359	692	Mendes, Raquel	ADTTR - Travassós Running Fafe	13SEF	36	1:54:27.68	08:48	00:54:32
360	629	Melo, Sergio	Amigos da borga	13SEM	138	1:54:32.21	08:49	00:54:36
361	642	Marinho, Fátima	Sem medo	13SEF	37	1:54:50.15	08:50	00:54:54
362	855	Rodrigues, José	Patos	13M50	56	1:54:51.63	08:50	00:54:56
363	777	., Kiko	Xavimoto	13SEM	139	1:54:57.47	08:51	00:55:01
364	854	Pereira, Alzira	Patos	13F50	5	1:55:00.84	08:51	00:55:05
365	1141	Rios, Bruno	PRIMOS E COMPADRES	13SEM	140	1:55:02.56	08:51	00:55:07
366	1140	Cunha, Célia	PRIMOS E COMPADRES	13SEF	38	1:55:02.80	08:51	00:55:07
367	900	Ferreira, Fernando		13M50	57	1:55:37.83	08:54	00:55:42
368	741	Magalhães, António	Caça Raposas	13SEM	141	1:55:48.28	08:54	00:55:52
369	752	Golo, Zé	G. D. Vale do Ave	13SEM	142	1:56:00.58	08:55	00:56:05
370	1211	Teixeira, José		13M50	58	1:56:03.70	08:56	00:56:08
371	995	Silva, Fernando		13SEM	143	1:56:14.03	08:56	00:56:18
372	994	Costa, Flávio		13SEM	144	1:56:14.72	08:57	00:56:19
373	1071	Henriques, Filipe	Fun Friends	13SEM	145	1:56:17.96	08:57	00:56:22
374	1070	Leite, Mário	Fun Friends	13SEM	146	1:56:18.74	08:57	00:56:23
375	602	Alves, Natália	NA BOA	13F40	29	1:56:19.12	08:57	00:56:23
376	919	Ferreira, Elsa	Akuafit	13F40	30	1:56:33.74	08:58	00:56:38
377	952	Cunha, Ricardo	Vizela nos Pés	13M40	100	1:56:48.80	08:59	00:56:53
378	688	Pinto, Esmeralda	ADTTR - Travassós Running Fafe	13F40	31	1:57:00.17	09:00	00:57:04
379	689	Pinto, Orlando	ADTTR - Travassós Running Fafe	13M50	59	1:57:05.00	09:00	00:57:09
380	601	Alves, Joana	NA BOA	13SEF	39	1:57:21.90	09:02	00:57:26
381	805	Freitas, Maria	ADTTR - Travassós Running Fafe	13F40	32	1:58:08.42	09:05	00:58:12
382	944	Fernandes, Ricardo	ADTTR - Travassós Running Fafe	13SEM	147	1:58:08.99	09:05	00:58:13
383	638	Pimenta, Marco	Sem medo	13M40	101	1:58:13.74	09:06	00:58:18
384	1029	Carvalho, Paula	Actualfit	13SEF	40	1:58:14.93	09:06	00:58:19
385	1096	Machado, Andreia	Jorge Oculista	13SEF	41	1:58:16.94	09:06	00:58:21
386	939	Castro, Tania	Bot&signa	13SEF	42	1:58:26.73	09:07	00:58:31
387	938	Pereira, Avelino	Bot&signa	13M50	60	1:58:27.06	09:07	00:58:31
388	829	Dias, Emanuel	Monte dos Amigos	13SEM	148	1:58:32.34	09:07	00:58:36
389	823	Lima, Patrícia	Claranet	13F40	33	1:58:32.83	09:07	00:58:37
390	1115	Bernardino, João	LF2 - Guiberço	13M50	61	1:58:57.10	09:09	00:59:01
391	845	Lemos, Carlos	A`casa Bezerra Team	13SEM	149	1:59:07.78	09:10	00:59:12
392	1142	Almeida, Jaime	PRIMOS E COMPADRES	13SEM	150	1:59:24.90	09:11	00:59:29
393	914	Silva, Mónica		13F40	34	1:59:27.85	09:11	00:59:32
394	1077	Penteado, Francisco		13SEM	151	1:59:31.69	09:12	00:59:36
395	964	Lopes, Cláudia	As Lutadoras	13SEF	43	1:59:55.47	09:13	00:59:59
396	821	Gil, Anabela	As Lutadoras	13F40	35	1:59:56.30	09:14	01:00:00
397	697	Novais, Adelaide	ADTTR - Travassós Running Fafe	13F50	6	2:00:00.05	09:14	01:00:04
398	989	Lopes, Augusto		13M50	62	2:00:02.66	09:14	01:00:07
399	1175	Afonso, Paula	Trailers!	13F40	36	2:00:42.19	09:17	01:00:46

Pos.	Dorsal	Nome	Equipa	Escalão	Pos. Escalão	Tempo	T/Km.	Dif.
400	1203	Lopes, Andreia	Mov3	13SEF	44	2:00:49.98	09:18	01:00:54
401	1204	Meireles, Sérgio	Mov3	13M40	102	2:00:50.11	09:18	01:00:54
402	736	Ventuzelos, Filipa	Caça Raposas	13F40	37	2:01:03.38	09:19	01:01:07
403	739	Magalhães, Manuel	Caça Raposas	13M50	63	2:01:04.33	09:19	01:01:08
404	1302	Machado, José		13M50	64	2:01:06.31	09:19	01:01:10
405	801	Campos, Juliano	É pra meninos	13SEM	152	2:01:14.75	09:20	01:01:19
406	923	Martins, Filipa	Akuafit	13SEF	45	2:01:21.61	09:20	01:01:26
407	924	Borges, Marta	Akuafit	13SEF	46	2:01:21.77	09:20	01:01:26
408	1095	Magalhaes, Ana	Jorge Oculista	13SEF	47	2:01:59.50	09:23	01:02:03
409	1195	Magalhães, Miguel	Almost Runners	13M40	103	2:02:04.77	09:23	01:02:09
410	1194	Antunes, Renato	Almost Runners	13M40	104	2:02:05.10	09:23	01:02:09
411	794	Teixeira, Pedro	PIPOCAS & BOMBOCAS	13SEM	153	2:02:08.62	09:24	01:02:13
412	1114	Batista, Susana	LF2 - Guiberço	13SEF	48	2:02:31.00	09:25	01:02:35
413	1208	Cardos, Carlos		13M40	105	2:02:41.96	09:26	01:02:46
414	1209	Cardoso, Pedro		13SEM	154	2:02:42.50	09:26	01:02:46
415	1210	Azevedo, Paulo		13M40	106	2:02:42.60	09:26	01:02:47
416	1180	Mendonça, Ana	A.D.Amarante	13SEF	49	2:03:25.31	09:30	01:03:29
417	776	Carneiro, Bruno	Figueirófit	13SEM	155	2:03:29.54	09:30	01:03:34
418	1018	Rodrigues, Ana		13SEF	50	2:03:31.69	09:30	01:03:36
419	874	Almeida, Juliana	Mov3	13SEF	51	2:03:50.06	09:32	01:03:54
420	800	Machado, Sandra	É pra meninos	13SEF	52	2:03:53.47	09:32	01:03:57
421	840	Emídio, Manuel		13M50	65	2:04:24.08	09:34	01:04:28
422	1003	Castro, Flávio	ADTRR - Travassós Running Fafe	13SEM	156	2:04:32.31	09:35	01:04:36
423	965	Silva, Helder	Paredes Aventura	13M40	107	2:04:39.46	09:35	01:04:43
424	966	Silva, Afonso	Paredes Aventura	13SEM	157	2:04:39.71	09:35	01:04:44
425	819	Teixeira, Ricardo	BTT POLVOREIRA	13M40	108	2:05:08.64	09:38	01:05:13
426	742	Lima, Clara	Caça Raposas	13F50	7	2:05:09.83	09:38	01:05:14
427	1075	Castro, Liliana		13SEF	53	2:05:19.63	09:38	01:05:24
428	865	Pereira, Sandra	Vizela nos Pés	13SEF	54	2:05:26.98	09:39	01:05:31
429	876	Silva, Vânia	Mov3	13SEF	55	2:05:28.36	09:39	01:05:32
430	795	Pereira, Magda	PIPOCAS & BOMBOCAS	13SEF	56	2:05:51.82	09:41	01:05:56
431	809	Martins, Ana	As Lutadoras	13SEF	57	2:07:04.58	09:47	01:07:09
432	767	Sousa, Vitor		13SEM	158	2:07:05.50	09:47	01:07:09
433	940	Carvalho, Éia		13SEF	58	2:07:11.01	09:47	01:07:15
434	974	Neves, Abílio	Equipotência Trail Team	13M50	66	2:07:12.86	09:47	01:07:17
435	645	Gomes, Armindo	GOMESSEG RUNNERS	13M50	67	2:07:19.36	09:48	01:07:23
436	718	Meireles, Elsa	Figueirófit	13F40	38	2:07:20.70	09:48	01:07:25
437	1047	Carvalho, Inês		13SEF	59	2:07:25.86	09:48	01:07:30
438	891	Santos, Rosa	Akuafit	13SEF	60	2:07:27.26	09:48	01:07:31
439	1166	Andre, Ivo	Pastilhas Team	13SEM	159	2:07:48.08	09:50	01:07:52
440	1167	Vale, João		13SEM	160	2:08:15.36	09:52	01:08:19
441	1215	Teixeira, Vânia	Manu´s Therapy Trail Running	13SEF	61	2:08:51.20	09:55	01:08:55
442	1223	Coutinho, António		13M50	68	2:08:59.15	09:55	01:09:03
443	1137	Guimarães, Hugo		13SEM	161	2:09:16.88	09:57	01:09:21
444	765	Alberto, Ricardo	amigos	13SEM	162	2:09:59.81	10:00	01:10:04
445	764	Ferreira, Sonia	amigos	13F40	39	2:10:00.86	10:00	01:10:05
446	763	Ribeiro, Maximo	amigos	13M40	109	2:10:01.00	10:00	01:10:05
447	1193	Silva, Rui		13SEM	163	2:10:01.26	10:00	01:10:05
448	762	Ribeiro, Angelo	amigos	13M40	110	2:10:01.46	10:00	01:10:05
449	744	Sampaio, Alberto	Caça Raposas	13M50	69	2:10:35.36	10:03	01:10:39
450	1186	Moreira, Raquel	Mov3	13SEF	62	2:11:23.41	10:06	01:11:27
451	1190	., Paula	Sem medo	13F40	40	2:12:20.28	10:11	01:12:24
452	1191	., Vítor	Sem medo	13M40	111	2:12:20.59	10:11	01:12:25
453	685	Matos, Alexandra	GUMARUNNING	13F40	41	2:12:22.28	10:11	01:12:26
454	628	., Vedeta	GUMARUNNING	13SEF	63	2:12:22.83	10:11	01:12:27
455	1232	Araújo, Pedro	Happy team	13SEM	164	2:12:24.41	10:11	01:12:28
456	1298	Ferreira, Pedro		13SEM	165	2:12:25.77	10:11	01:12:30
457	1231	Araújo, Isabel	Canal Correrias	13F40	42	2:12:36.67	10:12	01:12:41
458	1233	Silva, Sandra	Happy team	13F40	43	2:12:36.90	10:12	01:12:41
459	1058	Gomes, Sandra	Forever Friends	13F40	44	2:12:38.45	10:12	01:12:42
460	1057	Marques, Célia	Forever Friends	13F40	45	2:12:40.42	10:12	01:12:44
461	1013	Silva, Manuel	Team Aguenta Ai	13M50	70	2:12:48.12	10:13	01:12:52
462	1230	Coelho, José	ADECA	13M50	71	2:13:19.49	10:15	01:13:23
463	905	Machado, Ricardo	Ad Carril	13SEM	166	2:13:27.19	10:16	01:13:31
464	904	Rocha, Manuela	Ad Carril	13SEF	64	2:13:27.32	10:16	01:13:31
465	664	Coelho, Diana	Actualfit	13SEF	65	2:13:49.00	10:18	01:13:53
466	669	Ferreira, Elsa	Actualfit	13SEF	66	2:13:49.61	10:18	01:13:54
467	730	Morais, Paulo	Caça Raposas	13M40	112	2:14:01.80	10:19	01:14:06

Pos.	Dorsal	Nome	Equipa	Escalão	Pos. Escalão	Tempo	T/Km.	Dif.
468	734	Coelho, Sónia	Caça Raposas	13F40	46	2:14:03.63	10:19	01:14:08
469	842	Sousa, Mónica	Alvelinhos running	13F40	47	2:15:40.77	10:26	01:15:45
470	936	Lima, Ana	É pra meninos	13SEF	67	2:15:44.86	10:27	01:15:49
471	937	Faria, Miguel	É pra meninos	13M40	113	2:15:45.35	10:27	01:15:49
472	879	Rocha, Fátima	Mov3	13SEF	68	2:15:49.96	10:27	01:15:54
473	880	Cardoso, Filipa	Mov3	13SEF	69	2:15:50.27	10:27	01:15:54
474	1221	Pereira, Rui		13M40	114	2:16:29.42	10:30	01:16:33
475	1125	Pinto, Patrícia		13SEF	70	2:17:13.03	10:33	01:17:17
476	1171	Macedo, Francisco	sobe e desce runners	13SEM	167	2:17:23.55	10:34	01:17:28
477	1172	Magalhaes, Soraia	sobe e desce runners	13SEF	71	2:17:24.18	10:34	01:17:28
478	967	Domingos, João	Paredes Aventura	13M50	72	2:17:47.85	10:36	01:17:52
479	686	Mota, Anabela	ADTTR - Travassós Running Fafe	13F50	8	2:17:54.88	10:37	01:17:59
480	1148	Silva, João	Amigos da borga	13SEM	168	2:18:23.92	10:39	01:18:28
481	1124	Martins, Ana		13SEF	72	2:18:44.07	10:40	01:18:48
482	853	Rodrigues, Bárbara	Patos	13SEF	73	2:19:21.08	10:43	01:19:25
483	856	Costa, Luís	Patos	13SEM	169	2:19:21.15	10:43	01:19:25
484	850	Costa, David	Manu´s Therapy Trail Running	13M40	115	2:19:31.69	10:44	01:19:36
485	851	João, Sandra	Manu´s Therapy Trail Running	13F40	48	2:19:33.37	10:44	01:19:37
486	1004	Moreira, Ana	Caça Raposas	13SEF	74	2:19:52.38	10:46	01:19:56
487	793	Pereira, Alexandra	PIPOCAS & BOMBOCAS	13SEF	75	2:20:20.61	10:48	01:20:25
488	796	Sampaio, Eugénia	PIPOCAS & BOMBOCAS	13F40	49	2:20:21.11	10:48	01:20:25
489	1017	Ribeiro, Ana		13SEF	76	2:20:24.89	10:48	01:20:29
490	731	Pinto, Andreia		13SEF	77	2:21:04.35	10:51	01:21:08
491	732	Barbosa, António		13SEM	170	2:21:05.31	10:51	01:21:09
492	1090	Costa, Pedro	Actualfit	13SEM	171	2:22:33.72	10:58	01:22:38
493	1089	Machado, Rita	Actualfit	13SEF	78	2:22:33.73	10:58	01:22:38
494	648	Vasconcelos, Cláudia	GOMESSEG RUNNERS	13F40	50	2:22:36.48	10:58	01:22:40
495	882	Ferreira, Ana	Mov3	13SEF	79	2:22:47.25	10:59	01:22:51
496	646	Gonçalves, Bárbara	GOMESSEG RUNNERS	13SEF	80	2:23:00.13	11:00	01:23:04
497	1185	Castro, Ana	Mov3	13F50	9	2:23:07.15	11:01	01:23:11
498	824	Pinto, Mónica	Claranet	13F40	51	2:23:53.39	11:04	01:23:57
499	803	Monteiro, Ana	ADTTR - Travassós Running Fafe	13SEF	81	2:24:14.60	11:06	01:24:19
500	1067	Mota, Adelaide		13F50	10	2:25:07.55	11:10	01:25:12
501	910	Guerra, Ana		13F40	52	2:25:07.79	11:10	01:25:12
502	1005	Moreira, Gonçalo	Caça Raposas	13SEM	172	2:25:28.36	11:11	01:25:32
503	1104	Batista, Susana	ADTTR - Travassós Running Fafe	13F40	53	2:25:31.11	11:12	01:25:35
504	690	Pinto, Sandra	ADTTR - Travassós Running Fafe	13SEF	82	2:25:40.68	11:12	01:25:45
505	740	Magalhães, Ana	Caça Raposas	13SEF	83	2:25:43.90	11:13	01:25:48
506	1006	Mota, Maria	Caça Raposas	13F50	11	2:26:06.67	11:14	01:26:11
507	699	Alves, Ana	ADTTR - Travassós Running Fafe	13SEF	84	2:27:14.56	11:20	01:27:19
508	806	Alves, Maria	ADTTR - Travassós Running Fafe	13F40	54	2:27:16.42	11:20	01:27:20
509	792	Baptista, Nuno		13SEM	173	2:27:45.96	11:22	01:27:50
510	832	Monteiro, João	FM	13SEM	174	2:28:14.78	11:24	01:28:19
511	831	Monteiro, Sara	FM	13SEF	85	2:28:15.64	11:24	01:28:20
512	1164	Carvalho, Miguel	GUIMARUNNING	13SEM	175	2:28:25.83	11:25	01:28:30
513	1174	Pereira, Natália	Protek running	13SEF	86	2:29:27.06	11:30	01:29:31
514	1044	Silva, Daniela	LION RUNNERS - G.D. Leões da Guarda	13SEF	87	2:29:27.77	11:30	01:29:32
515	911	Pereira, Sandra	As Jleitosas	13F40	55	2:29:50.15	11:32	01:29:54
516	912	Machado, Celia	As Jleitosas	13F40	56	2:29:50.91	11:32	01:29:55
517	913	Costa, Rosa	As Jleitosas	13F50	12	2:29:51.15	11:32	01:29:55
518	1213	Costa, Carlos	ADTTR - Travassós Running Fafe	13M50	73	2:31:45.03	11:40	01:31:49
519	1143	., Sami	Martosa	13SEF	88	2:32:22.31	11:43	01:32:26
520	769	Teixeira, Eva	La Famiglia	13SEF	89	2:32:36.17	11:44	01:32:40
521	768	Amaro, Armando	La Famiglia	13M40	116	2:32:37.12	11:44	01:32:41
522	1103	Fernandes, Adriano	ADTTR - Travassós Running Fafe	13M40	117	2:34:49.25	11:55	01:34:53
523	813	Ferreira, Paula	ADTTR - Travassós Running Fafe	13F40	57	2:34:53.11	11:55	01:34:57
524	1154	Fonseca, Simão	Carolisses	13M40	118	2:36:35.37	12:03	01:36:39
525	857	Azevedo, José	Carolisses	13M40	119	2:36:38.76	12:03	01:36:43
526	858	Silva, Sandra	Carolisses	13SEF	90	2:36:45.00	12:03	01:36:49
527	1150	Lima, Cristina		13SEF	91	2:37:00.06	12:05	01:37:04
528	634	Almeida, Filipe	Amigos da borga	13SEM	176	2:39:55.00	12:18	01:39:59
529	948	Oliveira, Helena		13F50	13	2:41:54.71	12:27	01:41:59
530	993	Freitas, Emilia		13F50	14	2:41:54.90	12:27	01:41:59
531	1212	Neves, Odete	OU VAI OU RACHA	13F50	15	2:49:34.13	13:03	01:49:38
532	787	Magalhães, Paulo	OU VAI OU RACHA	13M40	120	2:49:34.24	13:03	01:49:38
533	786	Magalhães, Fernanda	OU VAI OU RACHA	13F40	58	2:49:34.82	13:03	01:49:39
534	1155	Carneiro, Elisabete	Carolisses	13F40	59	2:52:39.47	13:17	01:52:43
535	1156	Macedo, Cecília	Carolisses	13F50	16	2:52:40.73	13:17	01:52:45

Pos.	Dorsal	Nome	Equipa	Escalão	Pos. Escalão	Tempo	T/Km.	Dif.
536	1145	Freitas, Ana	Carolisses	13SEF	92	2:52:43.50	13:17	01:52:48
537	969	Gomes, Sara	Clube Atletismo Fafe	13SEF	93	2:59:23.50	13:48	01:59:28
538	1065	Correia, José		13SEM	177	2:59:23.57	13:48	01:59:28
539	1087	Costa, Elisabete	Actualfit	13SEF	94	3:00:07.88	13:51	02:00:12
540	1088	Ribeiro, Jorge	Actualfit	13SEM	178	3:00:07.96	13:51	02:00:12
541	1068	Sousa, Susana		13F40	60	3:04:53.40	14:13	02:04:57
542	1069	Rocha, Manuela		13SEF	95	3:05:17.82	14:15	02:05:22
543	1222	Castro, Ana		13F40	61	3:09:46.64	14:36	02:09:51
544	1225	Costa, Susana		13F40	62	3:09:54.00	14:36	02:09:58
545	996	Teixeira, Sílvia		13SEF	96	3:10:19.00	14:38	02:10:23
546	997	Martins, Pedro		13SEM	179	3:12:27.11	14:48	02:12:31
547	860	Cunha, Andreia	Carolisses	13F40	63	3:16:18.16	15:06	02:16:22
548	859	Sousa, Carlos	Carolisses	13SEM	180	3:16:18.27	15:06	02:16:22
549	1306	Ribeiro, Carla	ADTTR - Travassós Running Fafe	13SEF	97	3:20:27.50	15:25	02:20:32
550	946	Ribeiro, Ana	ADTTR - Travassós Running Fafe	13SEF	98	3:20:28.95	15:25	02:20:33

Trail Longo

Pos.	Dor.	Nome	Club	Cat.	Pos.	Tiempo	T/Km.	Dif.
1	275	Mendes, Óscar	Águias de Alvelos	20SEM	1	1:32:17.43	04:37	
2	137	Pinheiro, Marco	ARC Vale S. Cosme	20SEM	2	1:33:48.47	04:41	0:01:31
3	274	Ribeiro, Bruno	Águias de Alvelos	20SEM	3	1:35:14.33	04:46	0:02:57
4	260	Fernandes, Nuno	Clube Atletismo Fafe	20SEM	4	1:37:12.11	04:52	0:04:55
5	257	Araújo, Marcelo	Focoteam24	20SEM	5	1:40:01.16	05:00	0:07:44
6	136	Campos, Ricardo	ARC Vale S. Cosme	20SEM	6	1:41:37.89	05:05	0:09:21
7	249	Faria, Marco	F.C.Vizela	20M40	1	1:41:59.25	05:06	0:09:42
8	204	Costa, Daniel	Clube Atletismo Fafe	20SEM	7	1:43:07.66	05:09	0:10:51
9	187	Povo, Rui	Clube Atletismo Fafe	20M40	2	1:44:16.49	05:13	0:11:59
10	267	Freitas, Pedro	AMA	20SEM	8	1:45:00.10	05:15	0:12:43
11	191	Costa, Vasco	ARC Vale S. Cosme	20SEM	9	1:47:05.03	05:21	0:14:48
12	143	Carvalho, Nel	Adosa - Os Santa Apolónia	20M40	3	1:47:09.80	05:21	0:14:53
13	205	Ribeiro, José	ARC Vale S. Cosme	20SEM	10	1:49:01.65	05:27	0:16:45
14	118	Freitas, Gualter	GUIMARUNNING	20M40	4	1:49:13.84	05:28	0:16:57
15	252	Teles, Antonio	Clube Trilheiros & Amigos	20M40	5	1:49:30.75	05:29	0:17:14
16	271	Mendes, António	A.D.Amarante	20SEM	11	1:52:22.51	05:37	0:20:06
17	128	Cruz, Vítor		20SEM	12	1:53:02.70	05:39	0:20:46
18	145	Pereira, Bruno	ADECA	20SEM	13	1:53:39.54	05:41	0:21:23
19	113	Oliveira, Miguel	GUIMARUNNING	20M40	6	1:53:45.15	05:41	0:21:28
20	130	Cunha, Bruno	Brabus Runners	20SEM	14	1:55:36.89	05:47	0:23:20
21	117	Silva, Carlos	Clube Trilheiros & Amigos	20M50	1	1:55:51.21	05:48	0:23:34
22	116	Braga, Filipe	GUIMARUNNING	20SEM	15	1:56:21.17	05:49	0:24:04
23	181	Sousa, Diogo	ADTTR - Travassós Running Fafe	20SEM	16	1:57:51.93	05:54	0:25:35
24	273	Cunha, Eduardo	Águias de Alvelos	20M40	7	1:57:51.97	05:54	0:25:35
25	237	Almeida, Sérgio	Africanrunners	20SEM	17	1:58:10.88	05:55	0:25:54
26	268	Louro, Jorge	Clube Naval de São Vicente	20SEM	18	1:58:24.92	05:55	0:26:08
27	253	Santos, Luis	Vimarunners	20SEM	19	1:59:14.44	05:58	0:26:57
28	313	Oliveira, Vítor		20SEM	20	1:59:19.24	05:58	0:27:02
29	182	Vilela, Néelson	Figueirófit	20SEM	21	1:59:47.92	05:59	0:27:31
30	259	Ribeiro, Marcos		20SEM	22	2:00:18.42	06:01	0:28:01
31	192	Martins, Paulo		20M50	2	2:00:38.40	06:02	0:28:21
32	108	Meira, Ricardo	Adosa - Os Santa Apolónia	20M40	8	2:00:48.22	06:02	0:28:31
33	312	Talagaia, Renato		20SEM	23	2:01:12.72	06:04	0:28:56
34	218	Neto, Rui	Figueirófit	20M40	9	2:01:30.42	06:05	0:29:13
35	248	Silva, Luís	Adosa - Os Santa Apolónia	20SEM	24	2:01:32.06	06:05	0:29:15
36	223	Martins, Domingos	Lousada Btt	20SEM	25	2:01:38.37	06:05	0:29:21
37	123	Pinheiro, Joaquim	Sem medo	20M50	3	2:02:26.46	06:07	0:30:09
38	103	Martins, Paulo		20SEM	26	2:02:47.10	06:08	0:30:30
39	121	Sousa, Rui	TurboTrilhos	20SEM	27	2:02:48.26	06:08	0:30:31
40	261	Felix, José	BTT POLVOREIRA	20M40	10	2:03:33.89	06:11	0:31:17
41	209	Amorim, Xavier	A.D.Carvalhal	20SEM	28	2:03:37.20	06:11	0:31:20
42	269	Araújo, Jorge	A.R.C. Vale S.Cosme	20M50	4	2:04:49.78	06:14	0:32:33
43	151	Vieira, Albino	CB RUN	20M50	5	2:05:03.57	06:15	0:32:47
44	213	Nunes, Nando		20M40	11	2:05:11.58	06:16	0:32:55
45	120	Lopes, Nelson	TurboTrilhos	20SEM	29	2:05:19.58	06:16	0:33:03
46	168	Ribeiro, Jhou	Manu's Therapy Trail Running	20M40	12	2:05:24.13	06:16	0:33:07
47	286	Costa, Mário	ProFisio Team	20M40	13	2:06:10.54	06:19	0:33:54
48	193	Carvalho, Nelson	A.D.Carvalhal	20M40	14	2:06:38.93	06:20	0:34:22
49	210	Pereira, Ricardo	A.D.Carvalhal	20M40	15	2:06:46.36	06:20	0:34:29
50	112	Santos, Henrique		20M50	6	2:07:08.82	06:21	0:34:52
51	219	Costa, Ricardo	Figueirófit	20SEM	30	2:07:49.88	06:23	0:35:33
52	206	Carvalho, José	Bacanos	20SEM	31	2:08:11.87	06:25	0:35:55
53	282	Oliveira, Miguel	Airão Trail Team	20M40	16	2:08:12.89	06:25	0:35:56
54	229	Ricardo, João	Vimarunners	20M40	17	2:08:36.10	06:26	0:36:19
55	236	Leite, Eliseu	Laundos Trail	20M40	18	2:08:44.90	06:26	0:36:28
56	247	Azevedo, Ana		20SEF	1	2:08:54.84	06:27	0:36:38
57	126	Neto, Pedro		20SEM	32	2:09:43.88	06:29	0:37:27
58	100	., Vasco	CB RUN	20SEM	33	2:11:54.89	06:36	0:39:38
59	197	Caldas, António		20M40	19	2:11:55.54	06:36	0:39:39

Pos.	Dor.	Nome	Club	Cat.	Pos.	Tiempo	T/Km.	Dif.
60	190	Coelho, Fátima	Somos Nós Team	20F40	1	2:12:01.87	06:36	0:39:45
61	149	Oliveira, José	RIOFIT RUNNING	20M40	20	2:12:17.24	06:37	0:40:00
62	134	Silva, João	RIOFIT RUNNING	20M40	21	2:12:23.10	06:37	0:40:06
63	228	Fernandes, Ricardo	Afrikanrunners	20M40	22	2:12:35.20	06:38	0:40:18
64	133	Pinto, Anselmo	Anselmo Pinto	20M40	23	2:12:40.30	06:38	0:40:23
65	196	Lopes, Torcato	Vizela nos Pés	20M40	24	2:12:57.60	06:39	0:40:41
66	189	Morais, Fernando	Somos Nós Team	20M50	7	2:13:07.53	06:39	0:40:51
67	119	Mesquita, Sandra	Adosa - Os Santa Apolónia	20F40	2	2:13:56.42	06:42	0:41:39
68	115	Costa, Ângela	GUIMARUNNING	20F40	3	2:14:00.91	06:42	0:41:44
69	104	Lopes, Manuel	RIOFIT RUNNING	20M50	8	2:14:41.81	06:44	0:42:25
70	105	Freitas, Ricardo	RIOFIT RUNNING	20SEM	34	2:14:42.01	06:44	0:42:25
71	142	Martinho, Daniel	RIOFIT RUNNING	20SEM	35	2:14:42.32	06:44	0:42:25
72	194	Guimarães, Ernesto		20SEM	36	2:14:48.33	06:44	0:42:31
73	222	Ribeiro, Gilberto	Índios do Monte	20M40	25	2:15:33.54	06:47	0:43:17
74	127	Peixoto, Andre		20SEM	37	2:15:46.64	06:47	0:43:30
75	131	Freire, Manuel	Clube Trilheiros & Amigos	20M40	26	2:15:49.53	06:47	0:43:33
76	278	Barbosa, Paulo	Águias de Alvelos	20SEM	38	2:15:54.72	06:48	0:43:38
77	200	Sousa, Agostinho	Kunalama Runners	20M50	9	2:16:08.58	06:48	0:43:52
78	251	Araújo, Joaquim	lobos do monte	20SEM	39	2:16:33.38	06:50	0:44:16
79	166	Neves, Paulo		20SEM	40	2:16:59.80	06:51	0:44:43
80	242	Nunes, Nelson	Afrikanrunners	20M40	27	2:17:11.29	06:52	0:44:54
81	238	Freitas, Nelson	Afrikanrunners	20SEM	41	2:17:11.69	06:52	0:44:55
82	246	Pereira, Sílvia	Adosa - Os Santa Apolónia	20F40	4	2:17:19.50	06:52	0:45:02
83	125	Miranda, Daniel	Pastilhas Team	20M40	28	2:17:31.81	06:53	0:45:15
84	198	Costa, Eduardo	Mov3	20SEM	42	2:17:40.70	06:53	0:45:24
85	245	Mendes, Ricardo	Adosa - Os Santa Apolónia	20SEM	43	2:18:17.77	06:55	0:46:01
86	122	., Cuzinho	GUIMARUNNING	20SEM	44	2:18:42.96	06:56	0:46:26
87	132	Alberto, Carlos		20M40	29	2:18:49.98	06:56	0:46:33
88	107	Coelho, Pedro		20SEM	45	2:19:22.94	06:58	0:47:06
89	216	Alves, Jorge	Villa de Basto trail	20M40	30	2:19:38.56	06:59	0:47:22
90	270	Moreira, Pedro	Caça Raposas	20SEM	46	2:19:47.18	06:59	0:47:30
91	240	Martins, Emanuel	Afrikanrunners	20M40	31	2:19:52.23	07:00	0:47:35
92	239	Machado, Marco	Afrikanrunners	20M40	32	2:19:53.87	07:00	0:47:37
93	148	Marques, Alberto	RIOFIT RUNNING	20M40	33	2:19:56.85	07:00	0:47:40
94	243	Martins, Miguel		20M50	10	2:21:03.23	07:03	0:48:46
95	183	Pinto, Nelson	Figueirófit	20M40	34	2:21:17.68	07:04	0:49:01
96	276	Figueiredo, Avelino	Águias de Alvelos	20M40	35	2:21:38.46	07:05	0:49:21
97	111	Machado, Cris	GUIMARUNNING	20SEF	2	2:21:53.85	07:06	0:49:37
98	110	Soares, Miguel	GUIMARUNNING	20M40	36	2:21:54.57	07:06	0:49:38
99	158	Ferreira, José	GTT - Armazém do Caffé	20M50	11	2:22:31.42	07:08	0:50:14
100	165	Almeida, Jorge	Soplabilfana	20M40	37	2:22:50.67	07:09	0:50:34
101	317	Leite, André	Laundos Trail	20SEM	47	2:22:56.31	07:09	0:50:39
102	139	Pinto, Luisa	GUIMARUNNING	20SEF	3	2:22:56.42	07:09	0:50:39
103	320	Rodrigues, Susana	Clube Atletismo Fafe	20SEF	4	2:23:42.02	07:11	0:51:25
104	160	Gonçalves, Ricardo	Clube Atletismo Fafe	20M40	38	2:23:48.93	07:11	0:51:32
105	114	Costa, Sandra	GUIMARUNNING	20SEF	5	2:23:53.00	07:12	0:51:36
106	162	Martins, Joao		20SEM	48	2:24:23.96	07:13	0:52:07
107	161	Machado, Nuno		20SEM	49	2:25:26.12	07:16	0:53:09
108	277	Vilas-Boas, Paulo	Águias de Alvelos	20M40	39	2:25:56.55	07:18	0:53:40
109	256	Mendes, Antonio		20M50	12	2:26:09.69	07:18	0:53:53
110	230	Dias, António	ADEPE	20M40	40	2:26:19.54	07:19	0:54:03
111	226	Oliveira, Hélder	Terror dos Montes	20SEM	50	2:27:31.66	07:23	0:55:15
112	284	Cortinhas, Paulo	Canal Correrias	20M40	41	2:27:40.61	07:23	0:55:24
113	159	Lemos, Maria	GTT - Armazém do Caffé	20F50	1	2:27:57.88	07:24	0:55:41
114	233	Ferreira, Sónia	Lousada Runners	20SEF	6	2:28:04.33	07:24	0:55:47
115	241	Gonçalves, Domingos	Afrikanrunners	20M40	42	2:28:46.54	07:26	0:56:30
116	177	Pinho, Carlos	VIRAS	20M40	43	2:28:51.50	07:27	0:56:34
117	144	Morais, Firmino	Ginásio Clube de Bragança	20M40	44	2:29:24.01	07:28	0:57:07
118	154	Castro, João		20M40	45	2:29:35.32	07:29	0:57:18
119	217	Ferreira, Ricardo	A.D.Carvalhal	20SEM	51	2:29:43.39	07:29	0:57:26
120	281	Travessas, Sandra	Turbulentos	20F40	5	2:29:47.83	07:29	0:57:31
121	101	Ribeiro, Bruno	Apúlia a Correr	20SEM	52	2:30:28.92	07:31	0:58:12
122	208	Oliveira, Luis	Felgueiras team trail	20M40	46	2:30:33.31	07:32	0:58:16
123	109	., Mike	GUIMARUNNING	20SEM	53	2:30:34.07	07:32	0:58:17
124	102	Sousa, Filipe	MaisSaúde - Fisioterapia E Osteopatia	20SEM	54	2:30:36.97	07:32	0:58:20
125	314	Silva, Domingos		20SEM	55	2:30:57.84	07:33	0:58:41
126	150	Pacheco, Pedro		20SEM	56	2:31:58.94	07:36	0:59:42
127	156	Lopes, Fernando	Terror dos Montes	20M50	13	2:32:08.84	07:36	0:59:52

Pos.	Dor.	Nome	Club	Cat.	Pos.	Tiempo	T/Km.	Dif.
128	169	Pinto, Manu	Manu's Therapy Trail Running	20SEF	7	2:32:53.00	07:39	1:00:36
129	263	Martins, Rui	Martosa	20SEM	57	2:34:13.14	07:43	1:01:56
130	224	Silva, Jorge	ADEPE	20M40	47	2:37:57.57	07:54	1:05:41
131	220	Martins, Diana		20SEF	8	2:38:34.56	07:56	1:06:18
132	272	., Nini		20SEF	9	2:38:40.00	07:56	1:06:23
133	225	Oliveira, Olegário	ADEPE	20M40	48	2:39:47.17	07:59	1:07:30
134	174	Silva, Igor	VIRAS	20SEM	58	2:39:52.58	08:00	1:07:36
135	188	Ribeiro, Miguel		20SEM	59	2:40:28.10	08:01	1:08:11
136	186	Marques, Ana		20SEF	10	2:40:36.00	08:02	1:08:19
137	167	., Daniel	DanielFF	20M40	49	2:41:09.22	08:03	1:08:52
138	287	Oliveira, Joana	Afrikanrunners	20SEF	11	2:41:39.49	08:05	1:09:22
139	266	., Russo	Tesos & Mouraria	20SEM	60	2:41:44.22	08:05	1:09:27
140	163	Henrique, Sousa	Soplabifana	20M40	50	2:42:51.00	08:09	1:10:34
141	265	Chapeiro, Nelo	Tesos & Mouraria	20M40	51	2:44:11.78	08:13	1:11:55
142	319	Marques, Mariana	Laundos Trail	20SEF	12	2:44:22.72	08:13	1:12:06
143	201	Zeferino, Sandra	Bikeservice	20SEF	13	2:44:23.69	08:13	1:12:07
144	262	Sousa, José		20M40	52	2:45:16.57	08:16	1:13:00
145	221	Mendes, Ligia	Clube Trilheiros & Amigos	20F40	6	2:45:17.44	08:16	1:13:00
146	153	Marante, Rui	Pastilhas Team	20SEM	61	2:45:30.68	08:17	1:13:14
147	155	Silva, Anabela		20SEF	14	2:46:04.36	08:18	1:13:47
148	184	Pinto, Natália	Manu's Therapy Trail Running	20SEF	15	2:46:17.03	08:19	1:14:00
149	171	Nogueira, Maria	VIRAS	20F40	7	2:48:07.60	08:24	1:15:51
150	173	Nogueira, Maria	VIRAS	20F40	8	2:48:09.82	08:24	1:15:53
151	135	Oliveira, Pedro	RIOFIT RUNNING	20SEM	62	2:48:53.92	08:27	1:16:37
152	175	Machado, Gilberto	VIRAS	20M40	53	2:53:35.99	08:41	1:21:19
153	315	Campos, Carlos		20M40	54	2:55:15.60	08:46	1:22:59
154	318	Marques, Avelino	Laundos Trail	20M50	14	2:56:01.09	08:48	1:23:44
155	235	Silva, Ricardo		20M40	55	2:57:02.53	08:51	1:24:46
156	185	Ribeiro, Sylvie	Manu's Therapy Trail Running	20SEF	16	2:58:48.45	08:56	1:26:31
157	211	Ferreira, Joaquim	A.C. VERMOIM	20M50	15	2:59:25.89	08:58	1:27:09
158	212	Azevedo, Fátima	A.C. VERMOIM	20F40	9	2:59:27.08	08:58	1:27:10
159	283	Mota, Andreia		20SEF	17	3:01:18.37	09:04	1:29:01
160	231	Nunes, Jorge	Afrikanrunners	20M40	56	3:06:18.08	09:19	1:34:01
161	232	Monteiro, Miguel	Afrikanrunners	20F40	10	3:06:18.88	09:19	1:34:02
162	285	Alves, Paula	Profisio Team	20F40	11	3:10:05.62	09:30	1:37:49
163	152	Brás, Margarida		20SEF	18	3:12:25.32	09:37	1:40:08
164	180	Nunes, Marco	A.D-AMARANTE TRAIL RUNNING	20M40	57	3:12:31.82	09:38	1:40:15
165	176	Ribeiro, Maria	VIRAS	20F40	12	3:14:47.48	09:44	1:42:30
166	170	Carvalho, Paulo	VIRAS	20M50	16	3:22:52.79	10:09	1:50:36
167	179	Pereira, Sofia	VIRAS	20SEF	19	3:32:52.21	10:39	2:00:35
168	172	Nogueira, Alexandra	VIRAS	20F40	13	3:32:54.29	10:39	2:00:37
169	280	Costa, António		20SEM	63	3:34:52.27	10:45	2:02:35
170	279	Sousa, Livia		20F40	14	3:35:01.00	10:45	2:02:44