

Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença
1	102	M	DARIO MOITOSO	CIAIA- CLUBE INDEPENDENTE ATLETISMO ILHA AZUL	M SENIORES	02:50:45.087	00:00:00.000
2	101	M	HELIO FUMO	RUNNERS DO DEMO	M SENIORES	02:52:30.613	00:01:45.526
3	430	M	BRUNO SILVA	ORALKLASS - AMIGOS DO TRAIL	M SENIORES	02:53:21.087	00:02:36.000
4	125	M	NELSON SANTOS	RUNNERS DO DEMO	M40	02:56:11.340	00:05:26.253
5	108	M	MIGUEL ARSENIO	TRILHO PERDIDO EVENTOS / IMPORLUX	M SENIORES	02:57:48.600	00:07:03.513
6	130	M	PAULO MESQUITA	EDV-VIANA TRAIL	M SENIORES	03:01:38.357	00:10:53.270
7	124	M	FILIPE COSTA	CLUBE DESPORTIVO DE ESPITE	M SENIORES	03:01:52.347	00:11:07.260
8	192	M	LEONEL CUNHA	TEAM TRAIL BIFASE	M SENIORES	03:03:24.600	00:12:39.513
9	103	M	TIAGO ROMÃO	CLUBE DE PRAÇAS DA ARMADA	M SENIORES	03:05:08.600	00:14:23.513
10	319	M	RICARDO CARREIRA	INDIVIDUAL	M SENIORES	03:05:10.107	00:14:25.020
11	401	M	NUNO FERNANDES	CLUBE DE ATLETISMO DE FAFE	M SENIORES	03:08:33.863	00:17:48.776
12	114	M	MARCO FARIA	DÁ-LHE GÁS TRAIL TEAM FISIODUO	M40	03:08:40.103	00:17:55.016
13	129	M	RUBEN VELOSO	EDV-VIANA TRAIL	M SENIORES	03:08:40.103	00:17:55.016
14	309	M	BRUNO SOUSA	FURFOR RUNNING PROJECT	M SENIORES	03:09:32.103	00:18:47.016
15	428	M	EMILIO FERNANDEZ	EDV-VIANA TRAIL	X M50	03:11:31.863	00:20:46.776
16	306	M	JOSE FERREIRA	RUNNERS DO DEMO	M45	03:12:43.110	00:21:58.023
17	147	M	JORGE DUARTE	RUNNERS DO DEMO	M SENIORES	03:13:38.857	00:22:53.770
18	134	M	EDUARDO MOREIRA	AR CASAENSE / ESC. ATLETISMO COIMBRA / INTERMARCHE CONDEIXA	M40	03:14:44.857	00:23:59.770
19	133	M	JOÃO LOPES	COIMBRA TRAIL RUNNING	M SENIORES	03:14:56.857	00:24:11.770
20	472	M	ARMANDO COSTA	RUNNERS DO DEMO	X M40	03:16:12.867	00:25:27.780
21	105	M	MARIO FONSECA	INDIVIDUAL	M SENIORES	03:16:23.857	00:25:38.770
22	144	M	JOÃO FERNANDES	ZONA ALTA TRAIL	M40	03:16:29.143	00:25:44.056
23	182	M	NELSON COSTA	AR CASAENSE / ESC. ATLETISMO COIMBRA / INTERMARCHE CONDEIXA	M40	03:16:54.887	00:26:09.800
24	373	M	JOSE ARNEJO	BOAVISTA TRAIL	X M SENIORES	03:17:41.867	00:26:56.780
25	112	M	JOSÉ MARTINS	DCI/TRILHOS LUSO BUSSACO	M55	03:19:14.357	00:28:29.270
26	186	M	RUI ROMÃO	CLUBE DE ATLETISMO DE FERREIRA DO ZÊZERE	M45	03:20:58.113	00:30:13.026
27	152	M	RUI SILVA	JOBRA-ASSOCIAÇÃO DE JOVENS DA BRANCA	M SENIORES	03:21:03.610	00:30:18.523
28	111	M	VIRGILIO GOMES	CLUBE DE PRAÇAS DA ARMADA	M50	03:21:10.110	00:30:25.023
29	143	M	LUIS PIRES	AR CASAENSE / ESC. ATLETISMO COIMBRA / INTERMARCHE CONDEIXA	M40	03:21:41.360	00:30:56.273
30	304	M	ALCIDES BARBOSA	AZTRAIL/MERCENTRO	M SENIORES	03:22:16.117	00:31:31.030
31	107	M	ANTÓNIO ALMEIDA	CLUBE DE PRAÇAS DA ARMADA	M SENIORES	03:22:30.613	00:31:45.526
32	371	M	JORGE FILIPE	MONTANHA CLUBE TRAIL RUNNING	M SUB 23	03:24:27.617	00:33:42.530
33	361	M	JOSE DOMINGUEZ	EDV-VIANA TRAIL	X M SENIORES	03:25:02.120	00:34:17.033
34	406	M	BRUNO RIBEIRO	AGUIAS DE ALVELOS	M40	03:25:11.950	00:34:26.863
35	161	F	INÉS MARQUES	OCS - ARR BIDA TRAIL TEAM	F SENIORES	03:27:00.117	00:36:15.030
36	199	M	VICTOR CORREIA	EDV-VIANA TRAIL	M45	03:27:27.120	00:36:42.033
37	120	M	ROBERTO BAIÃO	OCS - ARR BIDA TRAIL TEAM	M SENIORES	03:28:01.363	00:37:16.276
38	471	M	MARIO PINTO	ORALKLASS - AMIGOS DO TRAIL	X M SENIORES	03:28:07.403	00:37:22.316
39	439	M	BRUNO GONÇALVES	AR CASAENSE / ESC. ATLETISMO COIMBRA / INTERMARCHE CONDEIXA	X M SENIORES	03:28:39.373	00:37:54.286
40	305	M	JOÃO ALVES	ATLÉTICO CLUBE DE S. MAMEDE	M SENIORES	03:28:51.370	00:38:06.283
41	119	M	MIGUEL RIBEIRO	ZONA ALTA TRAIL	M40	03:29:42.867	00:38:57.780
42	142	M	MICAEL COSTA	CLUBE DESPORTIVO DE ESPITE	M SENIORES	03:30:05.867	00:39:20.780
43	237	M	MAURO MARTINS	VIKINGS TRAIL RUNNERS / CCR ALCABIDEQUE	M SENIORES	03:30:13.617	00:39:28.530
44	360	M	FERNANDO FERREIRA	TRILHOS DOS TEMPLÁRIOS	M SENIORES	03:30:27.120	00:39:42.033
45	146	M	MÁRCIO PEREIRA	AR CASAENSE / ESC. ATLETISMO COIMBRA / INTERMARCHE CONDEIXA	M40	03:33:04.117	00:42:19.030
46	275	M	JOSE NUNES	RUNNERS DO DEMO	M45	03:33:49.620	00:43:04.533
47	352	M	PEDRO ROCHA	ORALKLASS - AMIGOS DO TRAIL	M SENIORES	03:34:08.373	00:43:23.286

Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença
48	308	M	JOÃO CORREIA	GDA-TRAILRUNNERS	M SENIORES	03:34:28.873	00:43:43.786
49	276	M	IVAN SILVA	EDV-VIANA TRAIL	M40	03:35:06.870	00:44:21.783
50	167	F	PAULA SOARES	ASSOCIAÇÃO DESPORTIVA DE AMARANTE	F SENIORES	03:36:40.620	00:45:55.533
51	392	M	JOAO RIBEIRO	ORALKLASS - AMIGOS DO TRAIL	M SENIORES	03:36:46.873	00:46:01.786
52	274	M	RICARDO GARÇÃO	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	M SENIORES	03:37:06.623	00:46:21.536
53	153	M	DIAMANTINO GOMES	ALGARUNNERS	M40	03:37:17.370	00:46:32.283
54	224	M	ANTÓNIO CALABOIÇA	GDA-TRAILRUNNERS	M SENIORES	03:37:35.620	00:46:50.533
55	462	M	DANIEL MARQUES	RUNNERS DO DEMO	X M SENIORES	03:37:55.873	00:47:10.786
56	432	M	JOSÉ FETEIRA	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	M50	03:38:54.623	00:48:09.536
57	137	M	HÉLDER PEREIRA	CLUBE DE ATLETISMO DE FERREIRA DO ZÊZERE	M40	03:39:41.867	00:48:56.780
58	188	M	VITOR COSTA	ASSOCIAÇÃO DESPORTIVA DE AMARANTE	M40	03:40:10.870	00:49:25.783
59	261	M	VITOR FRANCISCO	AR CASAENSE / ESC. ATLETISMO COIMBRA / INTERMARCHE CONDEIXA	M SENIORES	03:40:29.373	00:49:44.286
60	445	M	FRANCISCO LEMOS	COIMBRA TRAIL RUNNING	X M SENIORES	03:40:30.623	00:49:45.536
61	150	M	ANDRÉ ROSÁRIO	ZONA ALTA TRAIL	M SENIORES	03:41:39.873	00:50:54.786
62	385	M	VASCO CARVALHO	ICARUS RUNNING TEAM	M SENIORES	03:42:13.623	00:51:28.536
63	180	F	LUCINDA SOUSA	PROZIS ATHLETE	F45	03:43:33.870	00:52:48.783
64	412	M	JOSÉ CAMPAR	DCI/TRILHOS LUSO BUSSACO	M50	03:44:43.623	00:53:58.536
65	265	M	FILIPE GUERRA	CCDR COLMEAL DA TORRE	M SENIORES	03:45:20.127	00:54:35.040
66	457	M	ANTÓNIO FIGUEIREDO	COIMBRA TRAIL RUNNING	X M40	03:45:51.623	00:55:06.536
67	219	F	SILVIA DOMINGUEZ	BOAVISTA TRAIL	X F SENIORES	03:46:03.123	00:55:18.036
68	135	M	MANUEL SOUSA	CLUBE DE PRAÇAS DA ARMADA	M45	03:46:12.373	00:55:27.286
69	378	M	PEDRO FREITAS	ARRIBAS	M SENIORES	03:46:37.873	00:55:52.786
70	329	F	NÁDIA CASTELEIRO	ORALKLASS - AMIGOS DO TRAIL	F SENIORES	03:46:54.620	00:56:09.533
71	240	M	TIAGO DUARTE	ATLETISMO CLUBE DA TOCHA	M SENIORES	03:47:19.377	00:56:34.290
72	145	M	ROGÉRIO COSTA	INDIVIDUAL	M40	03:47:41.873	00:56:56.786
73	465	M	PAULO GONÇALVES	CLUBE DE PRAÇAS DA ARMADA	M SENIORES	03:47:45.373	00:57:00.286
74	380	M	LUIS MAGALHAES	BOAVISTA TRAIL	M SENIORES	03:48:02.873	00:57:17.786
75	372	M	LUIS COSTA	INDIVIDUAL	M45	03:48:19.623	00:57:34.536
76	438	M	PAULO COSTA	ASSOCIAÇÃO DESPORTIVA DE AMARANTE	M40	03:48:42.123	00:57:57.036
77	181	M	JOAQUIM DUARTE	DÁ-LHE GÁS TRAIL TEAM FISIODUO	M SENIORES	03:49:19.877	00:58:34.790
78	148	M	CARLOS ANTUNES	INDIVIDUAL	M55	03:49:25.620	00:58:40.533
79	214	F	MARIA FERREIRO	BOAVISTA TRAIL	X F SENIORES	03:49:55.623	00:59:10.536
80	347	M	ALFREDO GASPAR	GRUPO RECREATIVO VILAVERDENSE	M SENIORES	03:49:57.123	00:59:12.036
81	318	M	JORGE VIEIRA	FATIMA TRAIL TEAM	M SENIORES	03:49:59.373	00:59:14.286
82	354	M	GILBERTO PIMENTA	ORALKLASS - AMIGOS DO TRAIL	M SENIORES	03:50:07.377	00:59:22.290
83	416	M	JOÃO GRADE	TRILHOS DOS TEMPLÁRIOS	X M40	03:50:46.123	01:00:01.036
84	377	M	FRANCISCO FERRO	GDA-TRAILRUNNERS	M45	03:52:04.127	01:01:19.040
85	320	M	MANUEL CARVALHO	OS SANTA APOLONIA	M40	03:52:08.623	01:01:23.536
86	383	M	DIOGO PIMENTA	DCI/TRILHOS LUSO BUSSACO	M SENIORES	03:53:13.377	01:02:28.290
87	251	F	BEATRIZ ALVES	DCI/TRILHOS LUSO BUSSACO	F SUB 23	03:53:31.877	01:02:46.790
88	239	M	ANDRE MACHADO	OS SANTA APOLONIA	M SENIORES	03:54:11.373	01:03:26.286
89	359	M	DAVID GONÇALVES	STRENDURE RUNNING TEAM	M SENIORES	03:54:19.873	01:03:34.786
90	376	M	FÁBIO SILVA	CLUBE EFACEC	M SENIORES	03:54:30.403	01:03:45.316
91	200	M	FÁBIO MENDES	MONTANHA CLUBE TRAIL RUNNING	M SENIORES	03:54:30.873	01:03:45.786
92	469	M	PAULO FERRÁS	ASSOCIAÇÃO DESPORTIVA DE AMARANTE	M SENIORES	03:54:31.377	01:03:46.290
93	160	M	JOSÉ ZANANAR	ATLETISMO CLUBE DA TOCHA	M55	03:54:36.627	01:03:51.540
94	162	F	JOANA ESPERANÇO	MONTANHA CLUBE TRAIL RUNNING	F SENIORES	03:56:06.623	01:05:21.536

Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença
95	409	M	RUI PEREIRA	RUNNERS DO DEMO	M SENIORES	03:56:53.373	01:06:08.286
96	467	M	RUI MARTINS	CLAC ENTRONCAMENTO	M SENIORES	03:57:03.623	01:06:18.536
97	136	M	CARLOS CUNHA	DCI/TRILHOS LUSO BUSSACO	M55	03:58:11.373	01:07:26.286
98	175	F	SARA BRITO	CLUBE DE ATLETISMO DA BARREIRA	F50	03:59:23.880	01:08:38.793
99	159	M	MIGUEL BARROS	ASSOCIAÇÃO DESPORTIVA DE AMARANTE	M50	03:59:35.623	01:08:50.536
100	280	M	EUSÉBIO FERNANDES	CLUBE DE ATLETISMO DE FAFE	M40	03:59:38.383	01:08:53.296
101	163	F	IDALINA MARQUES	ZONA ALTA TRAIL	F40	04:01:32.120	01:10:47.033
102	303	M	FILIFE AFONSO	ATLETISMO CLUBE DE PORTALEGRE / UTSM	M SENIORES	04:01:45.373	01:11:00.286
103	437	M	LUIS ROSMANINHO	ASSOCIAÇÃO DESPORTIVA LUSITANO XXI (ADLXXI)	M SENIORES	04:01:47.123	01:11:02.036
104	183	M	SÉRGIO LOURENÇO	INDIVIDUAL	M45	04:02:13.623	01:11:28.536
105	141	M	ELISIO GONÇALVES	ATLETISMO CLUBE DA TOCHA	M45	04:02:59.373	01:12:14.286
106	193	M	PAULO ALVES	GRUPO DESPORTIVO SANTANDER TOTTA	M40	04:03:55.123	01:13:10.036
107	156	M	JOÃO CRUZ	INDIVIDUAL	M SENIORES	04:04:20.623	01:13:35.536
108	113	M	MANUEL COSTA	DCI/TRILHOS LUSO BUSSACO	M60	04:04:34.623	01:13:49.536
109	330	F	CRISTINA ARREIOL	BOAVISTA TRAIL	F SENIORES	04:04:48.120	01:14:03.033
110	222	M	EMANUEL MACHADO	EDV-VIANA TRAIL	M SENIORES	04:04:52.123	01:14:07.036
111	312	M	PEDRO SANTOS	CDDR COLMEAL DA TORRE	M45	04:04:52.627	01:14:07.540
112	268	M	JOSÉ DIAS	DÁ-LHE GÁS TRAIL TEAM FISIODUO	M SENIORES	04:06:49.873	01:16:04.786
113	178	F	FILOMENA SABINO	C.D.C. NAVE / TRAIL RUNNERS	F45	04:07:06.373	01:16:21.286
114	164	F	CONCEIÇÃO CASTANHEIRA	ZONA ALTA TRAIL	F55	04:07:42.123	01:16:57.036
115	393	M	RICARDO FERREIRA	BOAVISTA TRAIL	M SENIORES	04:08:02.370	01:17:17.283
116	464	M	SERGIO COSTA	ORALKLASS - AMIGOS DO TRAIL	X M SENIORES	04:08:02.623	01:17:17.536
117	446	M	JOSÉ SANTOS	SPORTING CLUBE POVOENSE - CARACOIS DE CORRIDA	X M40	04:10:14.623	01:19:29.536
118	184	M	JOSÉ TEIXEIRA	ASSOCIAÇÃO DESPORTIVA DE AMARANTE	M45	04:10:17.123	01:19:32.036
119	442	M	JOAO AFONSO	ACADEMIA DESPORTIVA DE ARCOS DE VALDEVEZ	M40	04:10:31.620	01:19:46.533
120	341	M	BRUNO SANTOS	ASSOCIAÇÃO DESPORTIVA DE AMARANTE	M40	04:10:32.627	01:19:47.540
121	211	F	SILVIA SANTOS	CLUBE DE ATLETISMO DE FERREIRA DO ZÊZERE	F40	04:11:00.123	01:20:15.036
122	195	M	LUIS ALEXANDRE	TRILHOS DOS TEMPLÁRIOS	M45	04:11:26.877	01:20:41.790
123	389	M	ANDRÉ MAGALHÃES	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	M SENIORES	04:12:56.120	01:22:11.033
124	256	F	JULIA FERNANDES	ORALKLASS - AMIGOS DO TRAIL	F50	04:14:23.123	01:23:38.036
125	444	M	SÉRGIO TEIXEIRA	DESTINOLIMPICO - ASSOCIAÇÃO DE DESPORTOS URBANOS DE ALVERCA	X M45	04:14:41.877	01:23:56.790
126	285	F	MARIA AMOÍNSHA	INDIVIDUAL	F SENIORES	04:15:07.123	01:24:22.036
127	314	M	ANTÓNIO SIMÕES	RX RUNNERS	M40	04:15:45.620	01:25:00.533
128	366	M	VITOR PEREIRA	AGUEDA ACTION CLUB - ACTIB	M SENIORES	04:15:55.620	01:25:10.533
129	321	F	ANA PESTANA	"C.D." "OS GUIAS" DE ALPIARÇA"	F SENIORES	04:16:51.123	01:26:06.036
130	407	M	JOAQUIM SOUSA	SACA TRILHOS ANADIA	M50	04:16:56.620	01:26:11.533
131	223	M	PEDRO MENDES	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	M45	04:17:03.123	01:26:18.036
132	301	M	CARLOS FERREIRA	UISEU 360	M45	04:17:58.370	01:27:13.283
133	355	M	TIAGO FERREIRA	DESTINOLIMPICO - ASSOCIAÇÃO DE DESPORTOS URBANOS DE ALVERCA	M SENIORES	04:18:42.123	01:27:57.036
134	417	M	BRUNO RIBEIRO	KANINOS RUNNERS	M40	04:19:03.370	01:28:18.283
135	291	F	RAQUEL PEDRO	MONTANHA CLUBE TRAIL RUNNING	F45	04:19:58.120	01:29:13.033
136	231	M	JOÃO SANTOS	TURRES TRAIL CLUBE	M40	04:19:58.623	01:29:13.536
137	236	M	RICARDO MORDOMO	CLUBE DESPORTIVO DE ESPITE	M SENIORES	04:20:18.373	01:29:33.286
138	149	M	AGOSTINHO NEVES	JUVENTUDE DESPORTIVA DE GONDOMAR	M60	04:20:45.623	01:30:00.536
139	264	M	CARLOS PALAIO	GRUPO RECREATIVO VILAVERDENSE	M45	04:20:51.620	01:30:06.533
140	165	F	CARLA REIS	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	F45	04:21:06.373	01:30:21.286
141	460	M	PEDRO LARANJO	AR CASAENSE / ESC. ATLETISMO COIMBRA / INTERMARCHE CONDEIXA	X M45	04:21:51.117	01:31:06.030

Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença
142	230	M	PEDRO BOTELHO	ALGARUNNERS	M SENIORES	04:21:52.623	01:31:07.536
143	168	F	SALETE GUARDA	CLUBE DE ATLETISMO DA BARREIRA	F45	04:21:54.620	01:31:09.533
144	336	M	HILÁRIO LOURO	INDIVIDUAL	M45	04:22:17.633	01:31:32.546
145	217	F	ANA CONTREIRAS	ALGARUNNERS	F SENIORES	04:22:51.390	01:32:06.303
146	364	M	RUI LOBO	ALGARUNNERS	M60	04:22:58.620	01:32:13.533
147	422	M	HELDER MATOS	INDIVIDUAL	M45	04:24:32.400	01:33:47.313
148	123	M	JOÃO BARBOSA	INDIVIDUAL	M SUB 23	04:25:32.623	01:34:47.536
149	324	F	FÁTIMA ALENDOURO	MONTANHA CLUBE TRAIL RUNNING	X F45	04:25:48.620	01:35:03.533
150	202	F	PAULA BRANCO	ZONA ALTA TRAIL	F45	04:26:24.620	01:35:39.533
151	394	M	ROBERTO FREITAS	BOAVISTA TRAIL	M SENIORES	04:27:00.117	01:36:15.030
152	346	M	DIOGO BARROS	CB RUN	M45	04:27:23.867	01:36:38.780
153	363	M	ANTÓNIO BATISTA	ASSOCIAÇÃO BRAVE VIRIATHVS RUNNERS CLUBE DESPORTIVO	M40	04:27:55.370	01:37:10.283
154	342	M	PAULO CASTRO	CLUBE EFACEC	M40	04:28:33.120	01:37:48.033
155	447	M	TIAGO GREGORIO	SPORTING CLUBE POVOENSE - CARACOIS DE CORRIDA	M40	04:29:03.867	01:38:18.780
156	461	M	DIRCEU MORGADO	FURFOR RUNNING PROJECT	X M45	04:29:59.873	01:39:14.786
157	252	F	CARINA MATIAS	CLUBE DE ATLETISMO DA BARREIRA	F SENIORES	04:30:05.370	01:39:20.283
158	194	M	PAULO COSTA	INDIVIDUAL	M50	04:31:02.130	01:40:17.043
159	463	M	ANDRÉ DUARTE	"C.D." "OS GUIAS" DE ALPIARÇA"	X M40	04:31:08.867	01:40:23.780
160	367	M	RENATO BARROS	MONTANHA CLUBE TRAIL RUNNING	M55	04:31:15.617	01:40:30.530
161	116	M	JOSÉ DIAS	ZONA ALTA TRAIL	M55	04:31:24.123	01:40:39.036
162	140	M	ABÍLIO ALMEIDA	DÁ-LHE GÁS TRAIL TEAM FISIODUO	M45	04:31:48.120	01:41:03.033
163	287	F	PAULA COSTA	ACADEMIA DESPORTIVA DE ARCOS DE VALDEVEZ	F40	04:31:55.367	01:41:10.280
164	279	M	JOSÉ PEREIRA	ATR-ASSOCIAÇÃO ALGARVE TRAIL RUNNING	M40	04:32:22.117	01:41:37.030
165	173	F	ESTELA MARTINHO	OCS - ARR BIDA TRAIL TEAM	F SENIORES	04:32:31.120	01:41:46.033
166	414	M	DÁRIO SILVA	BOAVISTA TRAIL	X M40	04:32:52.617	01:42:07.530
167	326	F	LIDIA TIRNOVSCHI	INDIVIDUAL	F SENIORES	04:32:53.367	01:42:08.280
168	272	M	PEDRO ANJOS	TRILHO PERDIDO EVENTOS / IMPORLUX	M40	04:33:26.870	01:42:41.783
169	247	F	CARLA SANTOS	SACA TRILHOS ANADIA	F45	04:33:29.123	01:42:44.036
170	126	M	ANTÓNIO ROCHA	FACTOR X / S4L / MEDENSE FC	M60	04:35:01.120	01:44:16.033
171	110	M	PAULO MORAIS	OCS - ARR BIDA TRAIL TEAM	M45	04:35:31.123	01:44:46.036
172	289	F	ANA MELO	SACA TRILHOS ANADIA	F SENIORES	04:35:42.863	01:44:57.776
173	205	F	ZENAIDE ALVES	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	F45	04:36:25.120	01:45:40.033
174	238	M	PEDRO FERREIRA	WISEU 360	M40	04:37:52.377	01:47:07.290
175	349	M	BRUNO PEREIRA	O QUE QUEREMOS ? MONTE	M SENIORES	04:37:54.363	01:47:09.276
176	399	M	CANDIDO MORAIS	INDIVIDUAL	M55	04:39:27.113	01:48:42.026
177	379	M	DANIEL CAMPANIÇO	ASSOCIAÇÃO DESPORTIVA LUSITANO XXI (ADLXXI)	M SENIORES	04:39:35.113	01:48:50.026
178	189	M	ÁLVARO MANO	COIMBRA TRAIL RUNNING	M45	04:39:47.867	01:49:02.780
179	421	M	ANTÓNIO TELES	DÁ-LHE GÁS TRAIL TEAM FISIODUO	X M40	04:41:44.110	01:50:59.023
180	331	F	ANA GRADE	ALGARUNNERS	F40	04:42:06.863	01:51:21.776
181	234	M	JOAQUIM BARBOSA	INDIVIDUAL	M50	04:43:42.363	01:52:57.276
182	151	M	JOSÉ SANTOS	SPORTING CLUBE POVOENSE - CARACOIS DE CORRIDA	M45	04:44:02.623	01:53:17.536
183	139	M	ALFREDO COSTA	INDIVIDUAL	M60	04:44:46.893	01:54:01.806
184	132	M	ANTÓNIO GRAÇA	DCI/TRILHOS LUSO BUSSACO	M55	04:44:58.367	01:54:13.280
185	315	M	VITOR GATEIRA	ASSOCIAÇÃO DESPORTIVA LUSITANO XXI (ADLXXI).	M SENIORES	04:45:55.860	01:55:10.773
186	260	F	MARIA GOMES	WOLVES	F45	04:46:25.613	01:55:40.526
187	170	F	CELIA HENRIQUES	BRUXOS RUNNERS	F50	04:46:46.620	01:56:01.533
188	241	F	ANA AZEVEDO	ASSOCIAÇÃO MOINHO DE VERMOIM	F SENIORES	04:46:52.610	01:56:07.523

Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença
189	340	M	HELDER SOARES	BRUXOS RUNNERS	M40	04:46:56.860	01:56:11.773
190	233	M	ANTÓNIO MIRANDA	ALGARUNNERS	M50	04:47:16.610	01:56:31.523
191	166	F	LAURINDA BARROS	ASSOCIAÇÃO DESPORTIVA DE AMARANTE	F50	04:48:49.123	01:58:04.036
192	206	F	ELISABETE ALVES	TROGLODITAS UDERCUP RUNNERS	F SENIORES	04:50:35.613	01:59:50.526
193	221	M	JOSÉ MOREIRA	ASSOCIAÇÃO BRAVE VIRIATHVS RUNNERS CLUBES DESPORTIVO	M50	04:52:02.617	02:01:17.530
194	228	M	ANTÓNIO CORREIA	ASSOCIAÇÃO BRAVE VIRIATHVS RUNNERS CLUBES DESPORTIVO	M50	04:52:02.860	02:01:17.773
195	157	M	FRANCISCO AGUIAR	WISEU 360	M55	04:52:06.363	02:01:21.276
196	191	M	PEDRO RODRIGUES	ASSOCIAÇÃO BRAVE VIRIATHVS RUNNERS CLUBES DESPORTIVO	M50	04:54:01.867	02:03:16.780
197	418	M	FERNANDO MARQUES	DCI/TRILHOS LUSO BUSSACO	M SENIORES	04:54:22.107	02:03:37.020
198	413	M	HORÁCIO FERREIRA	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	M50	04:55:21.357	02:04:36.270
199	210	F	VANDA MATIAS	INDIVIDUAL	F50	04:55:24.110	02:04:39.023
200	131	M	LEONEL CAMPOS	CLAC ENTRONCAMENTO	M55	04:56:37.110	02:05:52.023
201	436	M	JOSÉ SÁ	INDIVIDUAL	M SENIORES	04:57:33.853	02:06:48.766
202	423	M	FERNANDO RODRIGUES	FACTOR X / S4L / MEDENSE FC	X M45	04:59:52.350	02:09:07.263
203	384	M	NUNO NUNES	CLUBE DE ATLETISMO DE FERREIRA DO ZÊZERE	M SENIORES	05:00:26.853	02:09:41.766
204	229	M	DINIS SANTOS	CLUBE DESPORTIVO DE ESPITE	M SENIORES	05:01:11.107	02:10:26.020
205	296	F	SUSANA RODRIGUES	CLUBE DE ATLETISMO DE FAFE	F SENIORES	05:02:23.603	02:11:38.516
206	201	F	CARLA HENRIQUES	ASSOCIAÇÃO VALE GRANDE	F40	05:04:08.607	02:13:23.520
207	203	F	GABRIELA FONSECA	EDV-VIANA TRAIL	F SENIORES	05:08:44.603	02:17:59.516
208	468	M	JOEL MARTINHO	COIMBRA TRAIL RUNNING	X M SENIORES	05:08:47.593	02:18:02.506
209	403	M	PEDRO CASTRO	CLUBE EFACEC	M40	05:09:55.853	02:19:10.766
210	307	M	PAULO GAIÃO	ZONA ALTA TRAIL	M45	05:11:25.350	02:20:40.263
211	390	M	PEDRO NEVES	JUVENTUDE DESPORTIVA DE GONDOMAR	M SENIORES	05:13:14.347	02:22:29.260
212	262	M	PAULO MOTA	CLAC ENTRONCAMENTO	M50	05:13:25.850	02:22:40.763
213	290	F	RAQUEL ANDRADE	INDIVIDUAL	F SENIORES	05:13:48.850	02:23:03.763
214	155	M	JOSÉ MATOS	MBT-MONFORTE BIKERUNTEAM	M50	05:14:28.853	02:23:43.766
215	350	M	RUI CUNHA	GRUPO DESPORTIVO SANTANDER TOTTA	M50	05:17:06.597	02:26:21.510
216	209	F	VERA REIS	CLUBE DE PRAÇAS DA ARMADA	F40	05:17:11.850	02:26:26.763
217	227	M	MIGUEL PEDRO	SALAMANDRECOS	M50	05:17:49.097	02:27:04.010
218	277	M	JOS RAPOSO	GRUPO DESPORTIVO SANTANDER TOTTA	M50	05:20:07.847	02:29:22.760
219	282	F	ANA FAISCA	OCS - ARR BIDA TRAIL TEAM	F SENIORES	05:21:26.593	02:30:41.506
220	266	M	JOSE ROCHA	TRILHOS DO COSTUME.	M50	05:25:19.093	02:34:34.006
221	313	M	DAVID GONÇALVES	FACTOR X / S4L / MEDENSE FC	M SENIORES	05:25:43.843	02:34:58.756
222	215	F	CRISTINA ORFÃO	INDIVIDUAL	F45	05:26:20.847	02:35:35.760
223	345	M	CARLOS RIBEIRO	INDIVIDUAL	M45	05:28:09.590	02:37:24.503
224	216	F	ORLANDA REGO	GAIA-RUNNING	F45	05:28:25.850	02:37:40.763
225	174	F	MARIA REPAS	GAIA-RUNNING	F50	05:30:25.843	02:39:40.756
226	424	M	CARLOS BORGES	INDIVIDUAL	M40	05:32:27.580	02:41:42.493
227	138	M	JOÃO GIL	ASSOCIAÇÃO DESPORTIVA DE AMARANTE	M60	05:33:40.843	02:42:55.756
228	204	F	CLAUDIA MOREIRA	ASSOCIAÇÃO DESPORTIVA DE AMARANTE	F SENIORES	05:34:24.090	02:43:39.003
229	431	M	JOSÉ SOUSA	INDIVIDUAL	M45	05:39:37.333	02:48:52.246
230	212	F	BELÉM MARQUES	OS SANTA APOLONIA	F40	05:39:40.337	02:48:55.250
231	176	F	ANA DUARTE	OCS - ARR BIDA TRAIL TEAM	F50	05:40:16.087	02:49:31.000
232	388	M	TIAGO GASPAR	TRILHOS DOS TEMPLÁRIOS	M40	05:40:53.827	02:50:08.740
233	300	F	LIGIA MENDES	INDIVIDUAL	F40	05:46:37.580	02:55:52.493
234	284	F	CLAUDIA RIBEIRO	"C.D." "OS GUIAS" DE ALPIARÇA"	F SENIORES	05:48:05.827	02:57:20.740
235	334	F	CRISTINA MEIRELES	SACA TRILHOS ANADIA	F55	05:48:14.827	02:57:29.740

Lugar	Dorsal	Sexo	Nome	Equipa	Escalão	Tempo	Diferença
236	375	M	MARIO CARIDADE	PACE.MAKERS RUNNING CLUB	M SENIORES	05:50:27.323	02:59:42.236
237	410	M	EUGÉNIO SOARES	FACTOR X / S4L / MEDENSE FC	M50	05:53:03.567	03:02:18.480
238	248	F	SONIA BRÁS	ASSOCIAÇÃO DESPORTIVA DE AMARANTE	F SENIORES	05:54:15.823	03:03:30.736
239	269	M	ALVARO FERREIRA	TRILHOS DO COSTUME	M50	05:56:14.820	03:05:29.733
240	420	M	RICARDO PATRICIO	INDIVIDUAL	M40	05:56:32.567	03:05:47.480
241	351	M	RUI CARVALHO	INDIVIDUAL	M50	05:57:06.317	03:06:21.230
242	254	F	ZELIA PINHEL	ASSOCIAÇÃO BRAVE VIRIATHVS RUNNERS CLUBE DESPORTIVO	F SENIORES	05:57:15.573	03:06:30.486
243	225	M	FERNANDO VICENTE	INDIVIDUAL	M60	05:58:44.070	03:07:58.983
244	381	M	MARIO COSTA	INDIVIDUAL	M55	06:01:08.817	03:10:23.730
245	332	F	CAROLINA PEREIRA	AFIFENSE TRAIL	F50	06:01:43.567	03:10:58.480
246	374	M	ANTONIO SILVA	FACTOR X / S4L / MEDENSE FC	M45	06:02:07.567	03:11:22.480
247	273	M	MANUEL JULIO	CLAC ENTRONCAMENTO	M60	06:03:49.320	03:13:04.233
248	299	F	MARIA LOUREIRO	CORRER LEÇA	F45	06:06:06.820	03:15:21.733
249	297	F	ISABEL MADEIRA	ASSOCIAÇÃO RECREATIVA CULTURAL E DESPORTIVA DA VENDA DA LUISA	X F50	06:06:36.560	03:15:51.473
250	337	M	JOAQUIM MENDES	MONTANHA CLUBE TRAIL RUNNING	M55	06:07:25.317	03:16:40.230
251	250	F	PATRICIA ROCHA	INDIVIDUAL	F45	06:08:07.567	03:17:22.480
252	259	F	NEUZA CARIDADE	BOAVISTA TRAIL	F SENIORES	06:10:07.060	03:19:21.973
253	196	M	VITOR ALMEIDA	INDIVIDUAL	M55	06:10:43.317	03:19:58.230
254	298	F	SOFIA MARTINS	INDIVIDUAL	F40	06:11:42.560	03:20:57.473
255	397	M	VITOR VIANA	CLUBE ZUPPER	M45	06:15:14.307	03:24:29.220
256	365	M	PEDRO PEREIRA	AB CANSADO TRAIL - ASSOCIAÇÃO DO BAIRRO DO CANSADO	M45	06:17:47.307	03:27:02.220
257	322	F	CARINA SILVA	CLAC ENTRONCAMENTO	X F40	06:23:26.820	03:32:41.733
258	325	F	ANA PALMEIRO	AB CANSADO TRAIL - ASSOCIAÇÃO DO BAIRRO DO CANSADO	F40	06:24:03.553	03:33:18.466
259	245	F	SUSANA CASTRO	CM FAMILY TRAIL RUNNERS	F40	06:27:25.807	03:36:40.720
260	449	M	BRUNO ALVES	TRILHOS DO COSTUME	M40	06:29:58.043	03:39:12.956
261	396	M	VITOR LOURENÇO	MONTES SALOIOS TRAIL TEAM	M50	06:30:24.543	03:39:39.456
262	244	F	LISETA PINTO	CLUBE EFACEC	F45	06:31:27.550	03:40:42.463
263	292	F	MARIA ALVES	CB RUN	F SENIORES	06:39:13.040	03:48:27.953
264	283	F	ISABEL CONCEIÇÃO	DESTINOLIMPICO - ASSOCIAÇÃO DE DESPORTOS URBANOS DE ALVERCA	F SENIORES	06:47:06.787	03:56:21.700
265	387	M	FRANCISCO REBELO	AB CANSADO TRAIL - ASSOCIAÇÃO DO BAIRRO DO CANSADO	M45	06:47:48.533	03:57:03.446
266	288	F	SOLANGE SOUSA	INDIVIDUAL	F40	06:51:58.567	04:01:13.480
267	158	M	MANUEL RODRIGUES	CORRER LEÇA	M60	07:00:27.783	04:09:42.696
268	249	F	CLAUDIA MOURA	INDIVIDUAL	F SENIORES	07:23:11.767	04:32:26.680
269	208	F	MARIA COSTA	INDIVIDUAL	F55	07:25:16.267	04:34:31.180