

Lugar	Nome	Dorsal	Tempo	Ritmo	Equipa	Idade	Sexo	Escalão	Esc.
1	Gil Maia	701	00:31:24	03:09	ASSOCIAÇÃO LINCE TRIATHLON, Portugal	0	M	Seniores M	1
2	André Silva	923	00:31:29	03:09	Águias de Alvelos, Portugal	0	M	Seniores M	2
3	Luís Pereira	818	00:32:15	03:14	Águias de Alvelos, Portugal	0	M	Vet M35	1
4	Pedro Ferreira	983	00:32:37	03:16	Sport Lisboa e Benfica, Portugal	0	M	Sub23 M	1
5	Toze Castro	382	00:32:52	03:18	Fiaes sc, Portugal	0	M	Vet M35	2
6	Bruno Silva	954	00:33:12	03:20	Oralklass - Amigos do Trail, Portugal	0	M	Sub23 M	2
7	Bruno Pereira	991	00:33:15	03:20	Amigos da Montanha, Portugal	0	M	Seniores M	3
8	TIAGO FREITAS	49	00:33:24	03:21	FIGUEIREDOS RUNNERS & FRIEDNS, Portugal	0	M	Sub23 M	3
9	Fernando Grilo	462	00:33:31	03:22	SIRA - SOC INSTRUÇÃO E RECREIO ALDREENSE, Portugal	0	M	Vet M40	1
10	João Dias	186	00:33:44	03:23	Movimento de Juventude de Merelim, Portugal	0	M	Seniores M	4
11	Hugo Silva	545	00:33:49	03:23	Spin&Run Esposende, Portugal	0	M	Vet M35	3
12	Helder Monteiro	14	00:33:53	03:24	Individual, Portugal	0	M	Seniores M	5
13	João Novo	903	00:34:16	03:26	Individual, Portugal	0	M	Sub23 M	4
14	Luis Sa	343	00:34:19	03:26	Car/Marisqueiro- ESPANHA, Portugal	0	M	Vet M40	2
15	Pedro Mendes	966	00:34:20	03:26	Sporting Clube de Braga, Portugal	0	M	Seniores M	6
16	Luís Martins	326	00:34:21	03:27	Oralklass - Amigos do Trail, Portugal	0	M	Vet M35	4
17	Miguel Vieira	189	00:34:24	03:27	Movimento de Juventude de Merelim, Portugal	0	M	Sub23 M	5
18	Marcelo Costa	335	00:34:26	03:27	AMC TRAIL, Portugal	0	M	Seniores M	7
19	Bruno Rodrigues	336	00:34:29	03:27	Minho Lima Trail, Portugal	0	M	Seniores M	8
20	João Gonçalves	318	00:34:41	03:29	Olímpico Vianense, Portugal	0	M	Seniores M	9
21	João Rodrigues	449	00:34:53	03:30	Amigos da Montanha, Portugal	0	M	Vet M40	3
22	Artur Silva	224	00:35:14	03:32	Clube de Atletismo Olímpico Vianense, Portugal	0	M	Vet M35	5
23	Ricardo Ferreira	134	00:35:17	03:32	Sporting Clube de Espinho - António Leitão, Portugal	0	M	Vet M40	4
24	Marko Santos	915	00:35:27	03:33	Os santa Apolonia, Portugal	0	M	Seniores M	10
25	Marco vides	266	00:35:27	03:33	TriBraga McDonald's, Portugal	0	M	Vet M35	6
26	José Fernandes	538	00:35:37	03:34	Individual, Portugal	0	M	Sub23 M	6
26	João Nogueira	885	00:35:37	03:34	ORALKLASS - AMIGOS DO TRAIL, Portugal	0	M	Vet M35	7
28	Seninho Ribeiro	609	00:35:38	03:34	Individual, Portugal	0	M	Seniores M	11
29	Marcos Álvarez	560	00:35:43	03:35	Individual, Portugal	0	M	Seniores M	12
30	Américo Machado	735	00:35:52	03:36	ADE - Trail Running, Portugal	0	M	Vet M40	5
31	Diogo Silva	778	00:36:04	03:37	G.C.D.R. de Gemeses, Portugal	0	M	Sub23 M	7
32	André Gomes	643	00:36:11	03:38	Olímpico Vianense, Portugal	0	M	Seniores M	13
33	JORGE ROCHINHA	464	00:36:14	03:38	SIRA - SOC INSTRUÇÃO E RECREIO ALDREENSE, Portugal	0	M	Seniores M	14
34	Jose rodrigues	302	00:36:16	03:38	ARCA BarceloS runners, Portugal	0	M	Vet M50	1
35	Raul Rodrigues	488	00:36:19	03:38	Olímpico Vianense, Portugal	0	M	Vet M35	8
36	Fernando Santos	317	00:36:25	03:39	ACRIF, Portugal	0	M	Vet M40	6
37	Franquelim Gonçalves	524	00:36:28	03:39	Cabeceiras Bike Team, Portugal	0	M	Seniores M	15
38	Alberto Valente	687	00:36:28	03:39	Grupo Desportivo Santander Totta, Portugal	0	M	Vet M40	7
39	Emílio Vilarinho	727	00:36:28	03:39	ADE - Trail Running, Portugal	0	M	Vet M35	9
40	João Moita	57	00:36:29	03:39	Associação Beat Your Limit, Portugal	0	M	Vet M35	10
41	António Oliveira	530	00:36:31	03:40	METALISTHELAW, Portugal	0	M	Vet M35	11
42	Carlos Coelho	176	00:36:39	03:40	Trail Me, Portugal	0	M	Seniores M	16
43	Pedro Alves	63	00:36:40	03:40	GD CASTELENSE, Portugal	0	M	Seniores M	17
44	Joao Ribeiro	784	00:36:42	03:41	Oralklass - Amigos do Trail, Portugal	0	M	Seniores M	18

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45	Nelson costa	816	00:36:42	03:41	Águias de Alvelos, Portugal	0	M	Vet M35	12
46	Luis Silva	342	00:36:44	03:41	Individual, Portugal	0	M	Seniores M	19
47	Claudio Araujo	905	00:37:02	03:43	Os santa Apolonia, Portugal	0	M	Vet M35	13
48	João Ribeiro	328	00:37:14	03:44	Slbenfica, Portugal	0	M	Seniores M	20
49	Mário Gonçalves	876	00:37:19	03:44	GDR Juventude das Ribeiras, Portugal	0	M	Vet M50	2
50	JOSÉ MARTINS	463	00:37:30	03:45	SIRA - SOC INSTRUÇÃO E RECREIO ALDREENSE, Portugal	0	M	Vet M50	3
51	Avelino Macedo	375	00:37:42	03:47	Individual, Portugal	0	M	Vet M35	14
52	Paulo Figueiredo	853	00:37:43	03:47	Afis/Ovar, Portugal	0	M	Vet M40	8
53	Vitor Pinto	786	00:37:43	03:47	Oralklass - Amigos do Trail, Portugal	0	M	Vet M40	9
54	nuno sousa	437	00:37:46	03:47	Runners Caminha, Portugal	0	M	Vet M40	10
55	Rui Cardoso	221	00:37:49	03:47	#Elcomandanteteam, Portugal	0	M	Vet M40	11
56	Vítor Almeida	446	00:37:51	03:48	Amigos da Montanha, Portugal	0	M	Vet M40	12
57	Dinis Andrade	860	00:37:53	03:48	ASSOCIAÇÃO LINCE TRIATHLON, Portugal	0	M	Sub23 M	8
58	Rui Alves	793	00:37:57	03:48	Trail Me, Portugal	0	M	Seniores M	21
59	Carlos Ribeiro	947	00:38:03	03:49	CAVE Esposende, Portugal	0	M	Vet M40	13
60	Diana Sousa	766	00:38:06	03:49	RunRiver, Portugal	0	F	Seniores F	1
61	Nuno Lomba	736	00:38:07	03:49	ADE - Trail Running, Portugal	0	M	Vet M35	15
62	Vitor Lima	258	00:38:08	03:49	Individual, Portugal	0	M	Seniores M	22
63	Manuel Figueiredo	906	00:38:17	03:50	FIGUEIREDOS RUNNERS & FRIEDNS, Portugal	0	M	Vet M50	4
64	Joaquim Rodrigues	817	00:38:28	03:51	Águias de Alvelos, Portugal	0	M	Vet M50	5
65	Fernando Almeida	98	00:38:30	03:51	RUNPENAFIEL, Portugal	0	M	Vet M40	14
66	Manuel Carvalho	908	00:38:36	03:52	Os santa Apolonia, Portugal	0	M	Vet M40	15
67	Luís Amorim	859	00:38:39	03:52	Individual, Portugal	0	M	Sub23 M	9
68	Paulo Moreira	834	00:38:42	03:53	Gavioes, Portugal	0	M	Vet M40	16
69	Bruno lopes	721	00:38:44	03:53	Individual, Portugal	0	M	Vet M35	16
70	Jose Carlos	866	00:38:48	03:53	Individual, Portugal	0	M	Vet M35	17
71	jose santos	858	00:38:50	03:53	Oralklass - Amigos do Trail, Portugal	0	M	Vet M35	18
72	João Ramos	896	00:38:55	03:54	EDV - Viana Trail, Portugal	0	M	Sub23 M	10
73	Carlos Álvarez	559	00:38:58	03:54	S.A.Trega-Tomiño, Portugal	0	M	Vet M40	17
74	Miguel Pilar	450	00:39:01	03:55	Team Pilar, Portugal	0	M	Vet M35	19
75	Lucas Tucker	46	00:39:06	03:55	RIP Fábio, Portugal	0	M	Sub23 M	11
76	Diamantino Martins	874	00:39:07	03:55	GDR Juventude das Ribeiras, Portugal	0	M	Vet M40	18
77	Joaquim Figueiredo	963	00:39:09	03:55	Clube Project Run, Portugal	0	M	Seniores M	23
78	José Mário	331	00:39:12	03:56	Individual, Portugal	0	M	Seniores M	24
79	Fernando silva	395	00:39:14	03:56	C.D.C NAVAIS, Portugal	0	M	Vet M50	6
80	Ariana Verde	558	00:39:14	03:56	S.A.Trega-Tomiño, Portugal	0	F	Vet F35	1
81	LuísMiguel Freitas	29	00:39:19	03:56	AiróRun, Portugal	0	M	Vet M40	19
82	Miguel Rego	170	00:39:20	03:56	Qualy - Produtos de Limpeza, Portugal	0	M	Vet M35	20
83	PEDRO COSTA	465	00:39:24	03:57	SIRA - SOC INSTRUÇÃO E RECREIO ALDREENSE, Portugal	0	M	Sub23 M	12
84	Rui Couto	757	00:39:27	03:57	ADE, Portugal	0	M	Vet M40	20
85	Marcelo Martins	724	00:39:29	03:57	Águias de Alvelos, Portugal	0	M	Seniores M	25
86	Aurélio Rebelo	977	00:39:31	03:58	GTRD, Portugal	0	M	Vet M35	21
87	José Macedo	316	00:39:32	03:58	ACRIF, Portugal	0	M	Vet M50	7
88	Nelson Leal	712	00:39:35	03:58	Phoenix-Evorun, Portugal	0	M	Seniores M	26

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89	Hugo Machado	428	00:39:37	03:58	LION RUNNERS - G. D. Leões da Guarda, Portugal	0	M	Seniores M	27
90	Pedro Vale	181	00:39:40	03:58	ARCA BarceloS runners, Portugal	0	M	Vet M35	22
91	JOSE OLIVEIRA	175	00:39:43	03:59	AiróRun, Portugal	0	M	Vet M40	21
92	Fábio Justo	365	00:39:47	03:59	Running de espinho, Portugal	0	M	Seniores M	28
93	Jose Rodrigues	263	00:39:50	03:59	Individual, Portugal	0	M	Vet M40	22
94	Nuno Ferreira	152	00:39:52	04:00	Individual, Portugal	0	M	Seniores M	29
95	Daniel Soares	445	00:39:53	04:00	Rundiculous, Portugal	0	M	Seniores M	30
96	Pedro Santos	223	00:39:55	04:00	Associação Beat Your Limit, Portugal	0	M	Vet M40	23
97	Paulo Leça	864	00:39:56	04:00	FIGUEIREDOS RUNNERS & FRIEDNS, Portugal	0	M	Vet M35	23
98	José Pais	514	00:39:58	04:00	Escola Desportiva Limiana, Portugal	0	M	Vet M40	24
99	António Cardoso	113	00:40:00	04:00	A.D.Carvalho, Portugal	0	M	Vet M40	25
100	Joaquim Ribeiro	453	00:40:01	04:01	Sporting Clube de Braga, Portugal	0	M	Vet M50	8
101	Eduardo Rodrigues	518	00:40:05	04:01	Viana Running, Portugal	0	M	Seniores M	31
102	Bruno Pires	806	00:40:08	04:01	Olímpico Vianense, Portugal	0	M	Seniores M	32
103	João Tinoco	661	00:40:10	04:01	Individual, Portugal	0	M	Vet M35	24
104	Francisco Cerqueira	202	00:40:13	04:02	Ker Sport Trail Running, Portugal	0	M	Vet M40	26
105	Justino Pereira	833	00:40:15	04:02	Gavioes, Portugal	0	M	Vet M50	9
106	Nuno Iomba	8	00:40:19	04:02	Apulia a correr, Portugal	0	M	Seniores M	33
107	Pedro Coutinho	192	00:40:19	04:02	Movimento de Juventude de Merelim, Portugal	0	M	Seniores M	34
108	Fábio Cruz	191	00:40:19	04:02	Movimento de Juventude de Merelim, Portugal	0	M	Seniores M	35
109	Helder Azevedo	62	00:40:20	04:02	AiróRun, Portugal	0	M	Vet M40	27
110	Nuno Cruz	196	00:40:26	04:03	ARCA BarceloS runners, Portugal	0	M	Vet M35	25
111	David Esteves	648	00:40:26	04:03	Individual, Portugal	0	M	Sub23 M	13
112	Carlos Reis	448	00:40:36	04:04	Individual, Portugal	0	M	Vet M35	26
113	Cesar Gonçalves	886	00:40:41	04:05	AMC TRAIL, Portugal	0	M	Vet M40	28
114	Miguel Pereira	642	00:40:42	04:05	Olímpico Vianense, Portugal	0	M	Vet M35	27
115	Francisco Alves	369	00:40:45	04:05	Cerveira Team Running, Portugal	0	M	Vet M40	29
116	Fausto Silva	680	00:40:46	04:05	Individual, Portugal	0	M	Seniores M	36
117	Pedro Marques	973	00:40:51	04:06	Individual, Portugal	0	M	Sub23 M	14
118	José Sá	372	00:40:53	04:06	LION RUNNERS - G. D. Leões da Guarda, Portugal	0	M	Vet M35	28
119	Ricardo Ferreira	188	00:40:57	04:06	Movimento de Juventude de Merelim, Portugal	0	M	Seniores M	37
120	Filipe Monteiro	18	00:40:59	04:06	Nós a correr, Portugal	0	M	Vet M35	29
121	Paulo Ferreira	355	00:41:04	04:07	ACRIF, Portugal	0	M	Vet M40	30
122	Augusto Lopes	262	00:41:05	04:07	Individual, Portugal	0	M	Vet M40	31
123	Andre Sousa	796	00:41:06	04:07	ARCA BarceloS runners, Portugal	0	M	Vet M40	32
124	Guilherme Pires	438	00:41:09	04:07	GD BPI, Portugal	0	M	Vet M40	33
125	Rui Oliveira	472	00:41:11	04:08	Gaia-Running, Portugal	0	M	Seniores M	38
126	Duarte Barbosa	220	00:41:11	04:08	Individual, Portugal	0	M	Vet M40	34
127	Rui Braga	367	00:41:12	04:08	Dumiense Xallenge Runners, Portugal	0	M	Vet M40	35
128	Flávio Carvalho	315	00:41:13	04:08	ACRIF, Portugal	0	M	Vet M35	30
129	Isidro Miranda	397	00:41:16	04:08	C.D.C NAVAIS, Portugal	0	M	Vet M50	10
130	Daniel Cardoso	592	00:41:16	04:08	AiróRun, Portugal	0	M	Vet M50	11
131	Camilo Oliveira	195	00:41:22	04:09	Dumiense Xallenge Runners, Portugal	0	M	Vet M50	12
132	Sérgio Ramos	120	00:41:25	04:09	EDV - Viana Trail, Portugal	0	M	Vet M40	36

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133	Fernando Alves	641	00:41:26	04:09	Olímpico Vianense, Portugal	0	M	Vet M50	13
134	Jose porto	799	00:41:26	04:09	JOMI, Portugal	0	M	Vet M50	14
135	João Teixeira	363	00:41:26	04:09	EDV - Viana Trail, Portugal	0	M	Vet M40	37
136	João Laranjeira	251	00:41:28	04:09	Individual, Portugal	0	M	Seniores M	39
137	JOSE MARTINS	74	00:41:29	04:09	Individual, Portugal	0	M	Vet M40	38
138	Rui Ramalho	350	00:41:30	04:09	Individual, Portugal	0	M	Vet M40	39
139	Joaquim Fernandes	888	00:41:30	04:09	Individual, Portugal	0	M	Vet M40	40
140	Nuno Vieira	662	00:41:31	04:10	Individual, Portugal	0	M	Vet M40	41
141	Filipe rocha	456	00:41:38	04:10	Individual, Portugal	0	M	Vet M35	31
142	Amandio lopes	638	00:41:41	04:11	Dumiense Xallenge Runners, Portugal	0	M	Vet M60	1
143	José Pereira	717	00:41:44	04:11	Phoenix- EvoRun, Portugal	0	M	Seniores M	40
144	nuno lopes	459	00:41:47	04:11	Individual, Portugal	0	M	Seniores M	41
145	João Pereira	773	00:41:51	04:12	Individual, Portugal	0	M	Sub23 M	15
146	João silva	741	00:41:53	04:12	ADE - Trail Running, Portugal	0	M	Seniores M	42
147	Luís Lima	482	00:41:54	04:12	Trofa Runners, Portugal	0	M	Seniores M	43
148	Nuno Gomes	746	00:42:02	04:13	ADE - Trail Running, Portugal	0	M	Vet M35	32
149	José Faria	234	00:42:05	04:13	Individual, Portugal	0	M	Seniores M	44
150	Antonio Carvalho	528	00:42:06	04:13	Cabeceiras Bike Team, Portugal	0	M	Vet M35	33
151	Sergio Torre	3	00:42:07	04:13	Individual, Portugal	0	M	Vet M35	34
152	Rui Martins	683	00:42:08	04:13	Individual, Portugal	0	M	Vet M40	42
153	Luís Oliveira	605	00:42:12	04:14	HPCon Runners, Portugal	0	M	Seniores M	45
154	Rui kixuto	303	00:42:14	04:14	icon-key.com Time, Portugal	0	M	Vet M40	43
155	Mauro Gonçalves	730	00:42:15	04:14	ADE - Trail Running, Portugal	0	M	Vet M40	44
156	Manuel Silva	950	00:42:16	04:14	Gavioes, Portugal	0	M	Vet M50	15
157	Luís Rodrigues	90	00:42:18	04:14	Individual, Portugal	0	M	Vet M40	45
158	paulo campos	751	00:42:25	04:15	ADE - Trail Running, Portugal	0	M	Vet M40	46
159	Ricardo Miranda	723	00:42:26	04:15	Águias de Alvelos, Portugal	0	M	Seniores M	46
160	Manuel Carriço	657	00:42:26	04:15	Sentir saúde, Portugal	0	M	Vet M50	16
161	Evelina Shamarova	300	00:42:28	04:15	Individual, Portugal	0	F	Vet F40	1
162	José Ponte	359	00:42:29	04:15	EDV - Viana Trail, Portugal	0	M	Vet M60	2
163	Marco silva	507	00:42:30	04:15	Individual, Portugal	0	M	Seniores M	47
164	Ricardo Briote	728	00:42:31	04:16	ADE - Trail Running, Portugal	0	M	Vet M35	35
165	Serafim Ramos	702	00:42:32	04:16	LION RUNNERS - G. D. Leões da Guarda, Portugal	0	M	Vet M60	3
166	Pedro Meixedo	218	00:42:32	04:16	Individual, Portugal	0	M	Vet M35	36
167	Bruno Pereira	707	00:42:41	04:17	GD BPI, Portugal	0	M	Vet M40	47
168	vítor silva	169	00:42:45	04:17	ARCA BarceloS runners, Portugal	0	M	Vet M35	37
169	Jorge Loureiro	946	00:42:46	04:17	CAVE Esposende, Portugal	0	M	Vet M60	4
170	Ricardo Moreira	184	00:42:47	04:17	Individual, Portugal	0	M	Vet M35	38
171	Raul Curva	361	00:42:48	04:17	Individual, Portugal	0	M	Vet M40	48
172	Jose Mariz	619	00:42:50	04:17	Individual, Portugal	0	M	Vet M50	17
173	Bruno Castro	873	00:42:55	04:18	GDR Juventude das Ribeiras, Portugal	0	M	Seniores M	48
174	Ricardo Ramalho	349	00:42:58	04:18	Individual, Portugal	0	M	Vet M40	49
175	Maria Freire	327	00:42:59	04:18	Individual, Portugal	0	F	Vet F40	2
176	Raul Ribeiro	130	00:43:02	04:19	Braga Runners, Portugal	0	M	Vet M60	5

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177	Catarina Amorim	1	00:43:06	04:19	GD CASTELENSE, Portugal	0	F	Seniores F	2
178	Valdemar Fragoso	547	00:43:07	04:19	Spin&Run Esposende, Portugal	0	M	Vet M40	50
179	Joao Passos	617	00:43:07	04:19	Olímpico vianense trail, Portugal	0	M	Vet M50	18
180	Adriana Dias	664	00:43:08	04:19	Oralklass - Amigos do Trail, Portugal	0	F	Vet F35	2
181	Carlos Marques	47	00:43:09	04:19	Spin Run, Portugal	0	M	Vet M40	51
182	Joice Jesus	277	00:43:13	04:20	Individual, Portugal	0	M	Vet M40	52
183	José Silva	765	00:43:13	04:20	Individual, Portugal	0	M	Vet M40	53
184	João Barbosa	636	00:43:20	04:20	Minho Lima Trail, Portugal	0	M	Vet M40	54
185	Manuel Pinto	410	00:43:22	04:21	GTT ARMAZÉM DO CAFFÈ, Portugal	0	M	Vet M40	55
186	Manuel Jesus	108	00:43:24	04:21	Santiagotur, Portugal	0	M	Vet M50	19
187	LEONEL VIDEIRA	780	00:43:26	04:21	NASCIDOS PARA CORRER, Portugal	0	M	Seniores M	49
188	Paulo Araújo	877	00:43:28	04:21	GDR Juventude das Ribeiras, Portugal	0	M	Vet M40	56
189	Luís Ferraz	504	00:43:29	04:21	TEAM CARACOLETAS, Portugal	0	M	Vet M35	39
190	Hugo Pereira	716	00:43:29	04:21	Phoenix- EvoRun, Portugal	0	M	Vet M35	40
191	José Manuel	56	00:43:31	04:22	Braga Runners, Portugal	0	M	Vet M40	57
192	Alberto Freitas	685	00:43:32	04:22	Minis & Bifanas, Portugal	0	M	Vet M40	58
193	Pedro Leite	217	00:43:33	04:22	Individual, Portugal	0	M	Vet M35	41
194	Domingos Martins	320	00:43:36	04:22	Individual, Portugal	0	M	Vet M35	42
195	Sofia Pimenta	373	00:43:37	04:22	LION RUNNERS - G. D. Leões da Guarda, Portugal	0	F	Vet F35	3
196	Domingos Vale	143	00:43:39	04:22	Bora Lá, Portugal	0	M	Vet M40	59
197	JORGE LARANJEIRA	144	00:43:40	04:22	ADCRSME, Portugal	0	M	Vet M40	60
198	Sérgio Crista	878	00:43:47	04:23	GDR Juventude das Ribeiras, Portugal	0	M	Vet M40	61
199	Adelio Maranhao	65	00:43:48	04:23	Equipa Maranhao, Portugal	0	M	Vet M35	43
200	Eduardo cepa	496	00:43:49	04:23	Individual, Portugal	0	M	Vet M40	62
201	Carlos Maia	84	00:43:50	04:23	Individual, Portugal	0	M	Vet M40	63
202	Fernando Oliveira	422	00:43:51	04:24	Individual, Portugal	0	M	Vet M40	64
203	Raquel Andrade	294	00:43:52	04:24	Individual, Portugal	0	F	Vet F35	4
204	Eduardo Silva	86	00:43:55	04:24	Individual, Portugal	0	M	Vet M40	65
205	Fernando Sousa	201	00:43:57	04:24	Individual, Portugal	0	M	Vet M60	6
206	Filipe Machado	607	00:44:01	04:25	Individual, Portugal	0	M	Vet M35	44
207	Pedro Ribeiro	330	00:44:03	04:25	CAVE Esposende, Portugal	0	M	Vet M40	66
208	Ricardo Sousa	492	00:44:05	04:25	Individual, Portugal	0	M	Vet M35	45
209	Paulo Farinhoto	475	00:44:06	04:25	Individual, Portugal	0	M	Seniores M	50
210	Arsélio Remelhe	346	00:44:09	04:25	Individual, Portugal	0	M	Vet M40	67
211	JOSÉ BORGES	910	00:44:12	04:26	Amigos Ponto Final, Portugal	0	M	Vet M50	20
212	Simão Vilaça	629	00:44:16	04:26	Turbulentos, Portugal	0	M	Vet M35	46
213	Armando Costa	699	00:44:16	04:26	Clube Vodafone, Portugal	0	M	Vet M40	68
214	Fátima Dantas	795	00:44:19	04:26	Grupo Juvenil Vila de Punhe, Portugal	0	F	Vet F50	1
215	Hugo Sa	598	00:44:19	04:26	Praceta Run, Portugal	0	M	Vet M35	47
216	RUI MONTEIRO	425	00:44:20	04:26	Individual, Portugal	0	M	Vet M40	69
217	Pedro Pereira	283	00:44:21	04:27	Padela Natural Team-Fisiofreixo, Portugal	0	M	Seniores M	51
218	RUI Torres	484	00:44:22	04:27	Desnível Positivo, Portugal	0	M	Vet M50	21
219	ANTÓNIO NETO	5	00:44:22	04:27	Trifitrofa, Portugal	0	M	Vet M60	7
220	Sebastião Pinto	306	00:44:27	04:27	Os Pintos, Portugal	0	M	Vet M40	70

Lugar	Nome	Dorsal	Tempo	Ritmo	Equipa	Idade	Sexo	Escalão	Esc.
221	Paulo Ribeiro	82	00:44:29	04:27	Dragon Club, Portugal	0	M	Vet M40	71
222	Luís Sá	398	00:44:33	04:28	Individual, Portugal	0	M	Seniores M	52
223	João Laranjeira	732	00:44:39	04:28	ADE - Trail Running, Portugal	0	M	Vet M35	48
224	Filipe Miquelino	737	00:44:39	04:28	ADE - Trail Running, Portugal	0	M	Vet M40	72
225	Francisco Lemos	23	00:44:41	04:29	Individual, Portugal	0	M	Vet M40	73
226	Luís Silva	204	00:44:42	04:29	Silfa Energia, Portugal	0	M	Vet M40	74
227	tiago afonso	936	00:44:42	04:29	Individual, Portugal	0	M	Vet M35	49
228	Hugo Rocha	726	00:44:43	04:29	ADCRSME, Portugal	0	M	Vet M40	75
229	David Pilar	455	00:44:43	04:29	Individual, Portugal	0	M	Vet M50	22
230	Vitor Felgueiras	520	00:44:43	04:29	Bandarra's Clube Ciclismo de Trancoso, Portugal	0	M	Vet M35	50
231	Cristina Iglesias	828	00:44:44	04:29	Viana Running, Portugal	0	F	Vet F40	3
232	Rui Loureiro	435	00:44:45	04:29	QUEIMADOS BTT, Portugal	0	M	Vet M40	76
233	Hélder Coutinho	672	00:44:45	04:29	Individual, Portugal	0	M	Vet M35	51
234	Vitor Martins	228	00:44:47	04:29	Renasce, Portugal	0	M	Vet M35	52
235	Marcio Arezes	841	00:44:47	04:29	Renasce, Portugal	0	M	Seniores M	53
236	Ana Sereno	975	00:44:49	04:29	Olímpico Vianense, Portugal	0	F	Seniores F	3
237	Carlos pontes	832	00:44:51	04:30	Gavioes, Portugal	0	M	Vet M50	23
238	Fernando Ferreira	785	00:44:53	04:30	Eugenios H.C, Portugal	0	M	Seniores M	54
239	Paulo Filipe	750	00:44:55	04:30	ADE - Trail Running, Portugal	0	M	Vet M40	77
240	Daniel Fernandes	232	00:44:56	04:30	Águias de Alvelos, Portugal	0	M	Vet M40	78
241	Graça Costa	447	00:44:57	04:30	Amigos da Montanha, Portugal	0	F	Vet F50	2
242	Francisco pilar	637	00:44:59	04:30	Team Pilar, Portugal	0	M	Vet M35	53
243	Alvaro costa	389	00:45:01	04:31	Altos&Baixos, Portugal	0	M	Vet M50	24
244	Filipe Gonçalves	748	00:45:01	04:31	ADE - Trail Running, Portugal	0	M	Vet M40	79
245	Miguel Faria	899	00:45:02	04:31	Águias de Alvelos, Portugal	0	M	Vet M40	80
246	Emanuel Gomes	970	00:45:03	04:31	Turbulentos, Portugal	0	M	Vet M50	25
247	Adolfo Escudeiro	13	00:45:04	04:31	Individual, Portugal	0	M	Vet M50	26
248	Eunice sousa	314	00:45:04	04:31	GD CASTELENSE, Portugal	0	F	Seniores F	4
249	João Branco	957	00:45:09	04:31	Individual, Portugal	0	M	Seniores M	55
250	Antonio Gomes	64	00:45:10	04:31	Equipa Maranhao, Portugal	0	M	Vet M50	27
251	Nelson miranda	731	00:45:11	04:32	ADE - Trail Running, Portugal	0	M	Seniores M	56
252	Carlos Castro	288	00:45:12	04:32	Individual, Portugal	0	M	Vet M35	54
253	Joaquim Montes	852	00:45:14	04:32	Individual, Portugal	0	M	Vet M35	55
254	Vitor Araújo	353	00:45:15	04:32	Individual, Portugal	0	M	Seniores M	57
255	Miguel Cruz	151	00:45:16	04:32	Individual, Portugal	0	M	Vet M35	56
256	Paulo Nibra	758	00:45:18	04:32	ADE, Portugal	0	M	Vet M35	57
257	Vitor Araújo	166	00:45:19	04:32	Braga Runners, Portugal	0	M	Vet M40	81
258	Artur Bonfim	404	00:45:20	04:32	GTT ARMAZÉM DO CAFFÈ, Portugal	0	M	Vet M35	58
259	Mário Gomes	402	00:45:21	04:33	Rundiculous, Portugal	0	M	Seniores M	58
260	Pedro Vicente	931	00:45:21	04:33	Marmeleira Resort, Portugal	0	M	Vet M50	28
261	Bruno Lemos	884	00:45:22	04:33	IAT Imobiliária, Portugal	0	M	Vet M35	59
262	Guilherme Martins	207	00:45:26	04:33	Movimento de Juventude de Merelim, Portugal	0	M	Vet M40	82
263	Filipe Correia	311	00:45:28	04:33	ACRIF, Portugal	0	M	Vet M35	60
264	João Gomes	53	00:45:29	04:33	Individual, Portugal	0	M	Vet M50	29

Lugar	Nome	Dorsal	Tempo	Ritmo	Equipa	Idade	Sexo	Escalão	Esc.
265	Tiago Sampaio	324	00:45:30	04:33	GTT ARMAZÉM DO CAFFÈ, Portugal	0	M	Vet M35	61
266	JOAO CARVALHO	16	00:45:33	04:34	FIGUEIREDOS RUNNERS & FRIEDNS, Portugal	0	M	Vet M35	62
267	William Santos	546	00:45:34	04:34	Spin&Run Esposende, Portugal	0	M	Seniores M	59
268	Rui Botelho	673	00:45:35	04:34	Individual, Portugal	0	M	Seniores M	60
269	João Couto	140	00:45:39	04:34	Bora Lá, Portugal	0	M	Vet M35	63
270	Ernesto Gonçalves	51	00:45:40	04:34	Running de espinho, Portugal	0	M	Vet M40	83
271	Manuel Caramalho	102	00:45:41	04:35	Correr Antas à Noite, Portugal	0	M	Vet M50	30
272	AMÂNDIO SOARES	43	00:45:41	04:35	Núcleo Sporting Clube Portugal de Braga, Portugal	0	M	Vet M60	8
273	Alexandre Viana	493	00:45:42	04:35	Correr Antas à Noite, Portugal	0	F	Vet F35	5
274	Sérgio Sá	304	00:45:44	04:35	Individual, Portugal	0	M	Seniores M	61
275	Carlos Carreira	754	00:45:48	04:35	ADE - Trail Running, Portugal	0	M	Vet M35	64
276	Paulo Cerqueira	117	00:45:50	04:35	Individual, Portugal	0	M	Vet M35	65
277	Vitor Esteves	647	00:45:50	04:35	Individual, Portugal	0	M	Vet M40	84
278	José Silva	883	00:45:50	04:35	Individual, Portugal	0	M	Vet M40	85
279	João Rosa	620	00:45:51	04:36	Individual, Portugal	0	M	Sub23 M	16
280	Carlos Eiras	477	00:45:53	04:36	Individual, Portugal	0	M	Sub23 M	17
281	Rafael Araujo	930	00:45:53	04:36	Individual, Portugal	0	M	Vet M35	66
282	ANTONIO CORUCHO	179	00:45:53	04:36	Atleturistas, Portugal	0	M	Vet M50	31
283	Joaquim Oliveira	52	00:45:54	04:36	Individual, Portugal	0	M	Vet M50	32
284	Rui Pena	516	00:45:55	04:36	AASM, Portugal	0	M	Vet M40	86
285	José Gomes	93	00:45:56	04:36	grebonfim, Portugal	0	M	Vet M60	9
286	Marlene Puga	521	00:45:57	04:36	Ker Sport Trail Running, Portugal	0	F	Vet F35	6
287	artur fernandes	792	00:45:58	04:36	Individual, Portugal	0	M	Vet M40	87
288	Sameiro Cunha	519	00:45:58	04:36	Escola Desportiva Limiana, Portugal	0	F	Vet F50	3
289	Diogo Rodrigues	863	00:45:58	04:36	HDTraining, Portugal	0	M	Seniores M	62
290	Daniela Sarmiento	241	00:46:00	04:36	LION RUNNERS - G. D. Leões da Guarda, Portugal	0	F	Vet F40	4
291	Helder Melo	597	00:46:00	04:36	Individual, Portugal	0	M	Seniores M	63
292	CELINA SILVA	399	00:46:02	04:37	FIGUEIREDOS RUNNERS & FRIEDNS, Portugal	0	F	Vet F35	7
293	Vitor Alves	639	00:46:02	04:37	Individual, Portugal	0	M	Vet M35	67
294	Maria Marinho	862	00:46:03	04:37	Viana Running, Portugal	0	F	Vet F40	5
295	Ricardo Costa	391	00:46:03	04:37	Altos&Baixos, Portugal	0	M	Vet M40	88
296	Fatima veiga	476	00:46:04	04:37	Amonde, Portugal	0	F	Seniores F	5
297	Helder Silva	986	00:46:06	04:37	Individual, Portugal	0	M	Seniores M	64
298	Orlanda Rego	474	00:46:06	04:37	Gaia-Running, Portugal	0	F	Vet F40	6
299	José Ribeiro	861	00:46:13	04:38	Sornas, Portugal	0	M	Seniores M	65
300	CARLOS OLIVEIRA	39	00:46:14	04:38	OLIVECONTA - CONTABILIDADE E SEGUROS - ERMESINDE, Portugal	0	M	Vet M40	89
301	Seca José	48	00:46:14	04:38	Oliveconta, Portugal	0	M	Vet M40	90
302	José Vilaça	965	00:46:17	04:38	Individual, Portugal	0	M	Vet M40	91
303	LUIS MOTA	173	00:46:17	04:38	AiróRun, Portugal	0	M	Vet M40	92
304	Carlos Sousa	533	00:46:22	04:39	Individual, Portugal	0	M	Vet M40	93
305	Orlando Pereira	250	00:46:24	04:39	Santiagotur, Portugal	0	M	Vet M40	94
306	Alberto Cunha	501	00:46:26	04:39	Olímpico Vianense, Portugal	0	M	Vet M50	33
307	CARLa Salgado	589	00:46:27	04:39	B.T.M., Portugal	0	F	Vet F40	7
308	António Capitão	949	00:46:28	04:39	CAVE Esposende, Portugal	0	M	Vet M40	95

Lugar	Nome	Dorsal	Tempo	Ritmo	Equipa	Idade	Sexo	Escalão	Esc.
309	Raquel Costa	333	00:46:29	04:39	Braga Runners, Portugal	0	F	Seniores F	6
310	Sebastião Gonçalves	54	00:46:30	04:39	Braga Runners, Portugal	0	M	Vet M50	34
311	Catarina Soares	487	00:46:32	04:40	HPCOn Runners, Portugal	0	F	Seniores F	7
312	Jeronimo Silva	11	00:46:33	04:40	DGIK MEG, Portugal	0	M	Vet M40	96
313	Filipe Gomes	290	00:46:33	04:40	Individual, Portugal	0	M	Vet M35	68
314	Hugo Oterelo	822	00:46:35	04:40	Individual, Portugal	0	M	Vet M40	97
315	Ricardo Pereira	850	00:46:36	04:40	Individual, Portugal	0	M	Vet M40	98
316	Miguel Pires	845	00:46:41	04:41	Individual, Portugal	0	M	Seniores M	66
317	Carlos Gomes	898	00:46:42	04:41	Águias de Alvelos, Portugal	0	M	Vet M40	99
318	Raul Macedo	376	00:46:42	04:41	Individual, Portugal	0	M	Vet M50	35
319	Cristina Silva	193	00:46:43	04:41	Movimento de Juventude de Merelim, Portugal	0	F	Vet F35	8
320	Luis Miguel	969	00:46:45	04:41	Olímpico vianense trail, Portugal	0	M	Vet M35	69
321	Jorge Prata	172	00:46:50	04:41	Turbulentos, Portugal	0	M	Vet M40	100
322	André Coelho	812	00:46:51	04:42	HD Training, Portugal	0	M	Seniores M	67
323	Bruo Marinho	854	00:46:52	04:42	Minute Print Team, Portugal	0	M	Vet M40	101
324	André Correia	813	00:46:52	04:42	Individual, Portugal	0	M	Seniores M	68
325	Rui Godinho	479	00:46:52	04:42	GDM Runners, Portugal	0	M	Vet M40	102
326	Manuel Faria	882	00:46:55	04:42	Individual, Portugal	0	M	Vet M50	36
327	Marcelino Mota	253	00:46:58	04:42	Braga Runners, Portugal	0	M	Vet M40	103
328	Luis Magalhães	868	00:46:59	04:42	Maiagym, Portugal	0	M	Seniores M	69
329	Arlindo Costinha	698	00:46:59	04:42	Individual, Portugal	0	M	Vet M40	104
330	Ricardo Silva	7	00:47:02	04:43	B. V. Barcelos, Portugal	0	M	Vet M40	105
331	Pedro maia	652	00:47:06	04:43	Maiagym, Portugal	0	M	Vet M35	70
332	Pedro Vilela	856	00:47:07	04:43	Individual, Portugal	0	M	Sub23 M	18
333	João Figueiredo	35	00:47:08	04:43	Individual, Portugal	0	M	Vet M40	106
334	Miguel Machado	313	00:47:08	04:43	Amigos do empeno - trail running, Portugal	0	M	Vet M40	107
335	Aires Patrão	747	00:47:09	04:43	ADE - Trail Running, Portugal	0	M	Vet M40	108
336	Lucia Dias	185	00:47:09	04:43	ARCA BarceloS runners, Portugal	0	F	Seniores F	8
337	Jorge Silva	413	00:47:09	04:43	M/ VET m35, Portugal	0	M	Vet M35	71
338	Ricardo Guimaraes	678	00:47:11	04:44	Individual, Portugal	0	M	Vet M35	72
339	Marco Martins	239	00:47:12	04:44	Individual, Portugal	0	M	Seniores M	70
340	José Ramalho	843	00:47:13	04:44	GD Goma, Portugal	0	M	Vet M50	37
341	Luís Meném	231	00:47:14	04:44	Braguinhas Runners, Portugal	0	M	Vet M50	38
342	Francisco Vieira	131	00:47:18	04:44	Individual, Portugal	0	M	Vet M40	109
343	Sara Marinho	782	00:47:19	04:44	Individual, Portugal	0	F	Vet F35	9
343	Nuno Ferreira	125	00:47:19	04:44	Ferreira, Portugal	0	M	Sub23 M	19
345	Vitor Moreira	513	00:47:22	04:45	Individual, Portugal	0	M	Seniores M	71
346	Gabriel Venda	490	00:47:22	04:45	Individual, Portugal	0	M	Vet M35	73
347	Pedro Costa	385	00:47:23	04:45	Individual, Portugal	0	M	Seniores M	72
348	Nuno Cintra	696	00:47:24	04:45	Individual, Portugal	0	M	Vet M40	110
349	LEANDRO RAMOS	118	00:47:24	04:45	Nocturnos Paredes, Portugal	0	M	Vet M40	111
350	Adelino Magalhães	212	00:47:26	04:45	Dumiense Xallenge Runners, Portugal	0	M	Vet M35	74
351	Claudio Candido	744	00:47:26	04:45	ADE - Trail Running, Portugal	0	M	Vet M40	112
351	Francisco Silva	439	00:47:26	04:45	Dumiense Xallenge Runners, Portugal	0	M	Vet M35	75

Lugar	Nome	Dorsal	Tempo	Ritmo	Equipa	Idade	Sexo	Escalão	Esc.
353	José Brito	167	00:47:29	04:45	Braga Runners, Portugal	0	M	Vet M40	113
354	PAULO RIBEIRO	96	00:47:29	04:45	CLUBE NOVO BANCO, Portugal	0	M	Vet M40	114
355	Bruno Loureiro	226	00:47:30	04:45	Renasce, Portugal	0	M	Seniores M	73
356	JOSE SILVA	110	00:47:30	04:45	Individual, Portugal	0	M	Vet M50	39
357	Paulo Bastos	354	00:47:31	04:46	AMC TRAIL, Portugal	0	M	Vet M40	115
358	Elisabete Repas	470	00:47:33	04:46	Gaia-Running, Portugal	0	F	Vet F50	4
359	Ramiro Batista	550	00:47:34	04:46	Spin&Run Esposende, Portugal	0	M	Vet M50	40
360	João Rosendo	548	00:47:34	04:46	Spin&Run Esposende, Portugal	0	M	Vet M50	41
361	Carla Oliveira	103	00:47:36	04:46	Individual, Portugal	0	F	Vet F40	8
362	Diogo capitão	962	00:47:43	04:47	Individual, Portugal	0	M	Seniores M	74
363	Hélder pinto	58	00:47:44	04:47	Individual, Portugal	0	M	Seniores M	75
364	Sérgio Mota	332	00:47:47	04:47	Individual, Portugal	0	M	Vet M40	116
365	Luís Cunha	955	00:47:47	04:47	ADE - Trail Running, Portugal	0	M	Seniores M	76
366	Pedro Oliveira	671	00:47:48	04:47	Cerveira Team Running, Portugal	0	M	Vet M35	76
367	Raquel Grilo	686	00:47:48	04:47	Gira Sol, Portugal	0	F	Vet F40	9
368	Ana Garcês	895	00:47:51	04:48	Seixas Garces & Monteiro, Portugal	0	F	Seniores F	9
369	Paulo Conde	939	00:47:51	04:48	Afis/Ovar, Portugal	0	M	Vet M35	77
370	Sara Nunes	940	00:47:52	04:48	Afis/Ovar, Portugal	0	F	Vet F40	10
371	Paulo Jorge	225	00:47:53	04:48	A.N.A., Portugal	0	M	Vet M40	117
372	Joao Goncalves	968	00:47:54	04:48	Individual, Portugal	0	M	Sub23 M	20
373	Manuel Pereira	880	00:47:55	04:48	ADE - Trail Running, Portugal	0	M	Seniores M	77
374	Amaro Rocha	289	00:47:57	04:48	GONTINHÃES TRAIL RUNNERS, Portugal	0	M	Vet M50	42
375	Nuno Sousa	890	00:47:59	04:48	Individual, Portugal	0	M	Seniores M	78
376	José Duarte	777	00:48:00	04:48	Individual, Portugal	0	M	Vet M40	118
377	Sergio Quintas	808	00:48:00	04:48	Helena Closet, Portugal	0	M	Vet M35	78
378	Pedro Lopes	60	00:48:02	04:49	Individual, Portugal	0	M	Seniores M	79
379	DEOLINDA FARIA	174	00:48:06	04:49	AiróRun, Portugal	0	F	Vet F40	11
380	Tatiana Silva	430	00:48:06	04:49	LION RUNNERS - G. D. Leões da Guarda, Portugal	0	F	Seniores F	10
381	Ana Silva	542	00:48:06	04:49	Spin&Run Esposende, Portugal	0	F	Vet F35	10
382	Hélder Cardoso	116	00:48:07	04:49	Apulia a correr, Portugal	0	M	Vet M35	79
383	Nuno Fernandes	794	00:48:09	04:49	Individual, Portugal	0	M	Seniores M	80
384	Paulo Vilarinho	468	00:48:09	04:49	Gaia-Running, Portugal	0	M	Vet M40	119
385	Sérgio oliveira	613	00:48:10	04:49	Oliveirinhas, Portugal	0	M	Vet M40	120
386	Humberto Neves	851	00:48:10	04:49	Individual, Portugal	0	M	Vet M40	121
387	Humberto Barros	190	00:48:11	04:50	Kaninos, Portugal	0	M	Vet M35	80
388	Rui Sampaio	415	00:48:12	04:50	KW Business Rock, Portugal	0	M	Seniores M	81
389	Fernando Marques	434	00:48:12	04:50	KW Business Rock, Portugal	0	M	Vet M40	122
390	Rui Furtado	670	00:48:15	04:50	Minis & Bifanas, Portugal	0	M	Vet M40	123
391	Sérgio Mendes	879	00:48:16	04:50	GDR Juventude das Ribeiras, Portugal	0	M	Vet M40	124
392	Raul Coelho	904	00:48:16	04:50	ParJovem, Portugal	0	M	Vet M35	81
393	Severino Ribeiro	523	00:48:22	04:51	Famalicão em forma, Portugal	0	M	Vet M50	43
394	Ricardo Pinto	255	00:48:23	04:51	CMI Montanhismo, Portugal	0	M	Vet M40	125
395	Rúben Eira	776	00:48:24	04:51	Individual, Portugal	0	M	Seniores M	82
396	Isabel Cunha	370	00:48:27	04:51	Cerveira Team Running, Portugal	0	F	Vet F40	12

Lugar	Nome	Dorsal	Tempo	Ritmo	Equipa	Idade	Sexo	Escalão	Esc.
397	Emilio Cardoso	321	00:48:29	04:51	BTM, Portugal	0	M	Vet M50	44
398	Marta Martins	94	00:48:33	04:52	Individual, Portugal	0	F	Vet F35	11
399	Rui Neiva	823	00:48:35	04:52	Century21, Portugal	0	M	Seniores M	83
400	Geraldo Castro	112	00:48:37	04:52	Individual, Portugal	0	M	Seniores M	84
401	Jorge Duarte	187	00:48:38	04:52	Movimento de Juventude de Merelim, Portugal	0	M	Vet M40	126
402	Bruno Cunha	312	00:48:41	04:53	B.V.BRAGA, Portugal	0	M	Seniores M	85
403	Luis Silva	454	00:48:44	04:53	Sporting Clube de Braga, Portugal	0	M	Vet M60	10
404	André Viana	802	00:48:46	04:53	HD Training, Portugal	0	M	Seniores M	86
405	Paulo Ferreira	522	00:48:46	04:53	HDTraining, Portugal	0	M	Seniores M	87
406	Marco Pereira	739	00:48:47	04:53	ADE - Trail Running, Portugal	0	M	Vet M35	82
407	Leninha Costa	499	00:48:48	04:53	Individual, Portugal	0	F	Vet F60	1
408	Luís Amaro	779	00:48:49	04:53	Individual, Portugal	0	M	Vet M35	83
409	MÓNIA RIBEIRO	329	00:48:50	04:53	GTT ARMAZÉM DO CAFFÈ, Portugal	0	F	Vet F35	12
410	Diogo Nobre	691	00:48:50	04:53	Individual, Portugal	0	M	Seniores M	88
411	Joao Pinheiro	264	00:48:51	04:54	Porto Sentido Runners, Portugal	0	M	Vet M40	127
412	João Santos	384	00:49:01	04:55	Individual, Portugal	0	M	Seniores M	89
413	Fernando Azevedo	26	00:49:01	04:55	Individual, Portugal	0	M	Vet M60	11
414	Filipe Ribeiro	534	00:49:04	04:55	Individual, Portugal	0	M	Vet M35	84
415	Vitor Lopes	536	00:49:04	04:55	Individual, Portugal	0	M	Seniores M	90
416	Eduardo Coutada	743	00:49:05	04:55	ADE - Trail Running, Portugal	0	M	Vet M40	128
417	BERNADO SILVA	849	00:49:06	04:55	FIGUEIREDOS RUNNERS & FRIEDNS, Portugal	0	M	Sub23 M	21
418	Nuno Silva	959	00:49:07	04:55	Individual, Portugal	0	M	Vet M40	129
419	Duarte Sá	451	00:49:08	04:55	Individual, Portugal	0	M	Sub23 M	22
420	Joaquim Alberto	408	00:49:09	04:55	Individual, Portugal	0	M	Vet M40	130
421	Rodrigo Azevedo	531	00:49:10	04:55	Individual, Portugal	0	M	Sub23 M	23
422	Micaela Martins	684	00:49:11	04:56	Individual, Portugal	0	F	Vet F35	13
423	Bruno Lopes	88	00:49:13	04:56	Individual, Portugal	0	M	Vet M35	85
424	Samuel Pinho	432	00:49:16	04:56	Individual, Portugal	0	M	Seniores M	91
425	Cláudia Carcau	307	00:49:17	04:56	LION RUNNERS - G. D. Leões da Guarda, Portugal	0	F	Vet F35	14
426	Lucas Vilela	259	00:49:21	04:57	Núcleo do Sporting Clube de Portugal de Vila Nova de Famalicão, Portugal	0	M	Vet M40	131
427	José Rodrigues	34	00:49:22	04:57	JC.PEDRINHA, Portugal	0	M	Vet M50	45
428	Alvaro Silva	155	00:49:23	04:57	Mss-Contabilidade, Portugal	0	M	Vet M50	46
429	Manuel Sousa	820	00:49:24	04:57	Individual, Portugal	0	M	Vet M50	47
430	João Cruz	649	00:49:24	04:57	Individual, Portugal	0	M	Sub23 M	24
431	Rui Soares	985	00:49:25	04:57	HPCon Runners, Portugal	0	M	Vet M50	48
432	Pedro ribeiro	540	00:49:26	04:57	GTT ARMAZÉM DO CAFFÈ, Portugal	0	M	Vet M40	132
433	fernando pilar	403	00:49:28	04:57	Individual, Portugal	0	M	Vet M40	133
434	Ricardo Lomba	257	00:49:28	04:57	LUSITAR, Portugal	0	M	Seniores M	92
435	Hélio Silva	714	00:49:29	04:57	Phoenix-Evorun, Portugal	0	M	Vet M40	134
436	Ivone Trigo	713	00:49:29	04:57	Phoenix-Evorun, Portugal	0	F	Vet F35	15
437	Artur Ferreira	364	00:49:32	04:58	Individual, Portugal	0	M	Vet M40	135
438	Aires Rocha	719	00:49:33	04:58	EDV - Viana Trail, Portugal	0	M	Vet M40	136
439	André Silva	804	00:49:33	04:58	Núcleo do Sporting Clube de Portugal de Vila Nova de Famalicão, Portugal	0	M	Vet M35	86
440	NUNO LOPES	791	00:49:36	04:58	CMC CARAPPAUS, Portugal	0	M	Vet M40	137

Lugar	Nome	Dorsal	Tempo	Ritmo	Equipa	Idade	Sexo	Escalão	Esc.
441	João Cruz	767	00:49:36	04:58	Corre Comigo Riba de Ave, Portugal	0	M	Vet M35	87
442	Helena Soares	85	00:49:37	04:58	Turbulentos, Portugal	0	F	Vet F40	13
443	João Soares	238	00:49:37	04:58	Dumiense Xallenge Runners, Portugal	0	M	Vet M50	49
444	José Faria	17	00:49:45	04:59	Amigos das Sapatilhas, Portugal	0	M	Vet M40	138
445	Henrique Barros	286	00:49:46	04:59	Salgueiros Running, Portugal	0	M	Vet M40	139
446	Pedro Amaro	429	00:49:46	04:59	Individual, Portugal	0	M	Vet M40	140
447	Jorge Silva	219	00:49:47	04:59	Dumiense Xallenge Runners, Portugal	0	M	Vet M40	141
448	André Santos	660	00:49:48	04:59	SushiTeam, Portugal	0	M	Seniores M	93
449	Carlos Brandão	921	00:49:49	04:59	Os Fiscais, Portugal	0	M	Seniores M	94
450	Ângelo Luz	914	00:49:51	05:00	Individual, Portugal	0	M	Vet M35	88
451	MARTA CARVALHO	919	00:49:54	05:00	JCC, Portugal	0	F	Vet F40	14
452	Silvia Viana	203	00:49:54	05:00	Ker Sport Trail Running, Portugal	0	F	Vet F40	15
453	HERMES LOBO	920	00:49:55	05:00	JCC, Portugal	0	M	Vet M40	142
454	Ricardo Costa	275	00:49:55	05:00	Almostrunners, Portugal	0	M	Vet M35	89
455	Fernando Silva	409	00:49:56	05:00	Xallenge Runners, Portugal	0	M	Vet M40	143
456	DOMINGOS MACHADO	122	00:49:56	05:00	Dumiense Xallenge Runners, Portugal	0	M	Vet M60	12
457	André Penetra	539	00:49:57	05:00	Proriver, Portugal	0	M	Sub23 M	25
458	Artur Silva	10	00:49:59	05:00	Turbulentos, Portugal	0	M	Vet M50	50
459	Vasco Marta	543	00:49:59	05:00	Spin&Run Esposende, Portugal	0	M	Vet M35	90
460	Tiago Veríssimo	182	00:49:59	05:00	Individual, Portugal	0	M	Seniores M	95
461	Mónica Ferreira	551	00:50:00	05:00	Spin&Run Esposende, Portugal	0	F	Vet F40	16
462	Rui Fonseca	803	00:50:10	05:01	Individual, Portugal	0	M	Vet M35	91
463	Rui Regado	340	00:50:14	05:02	Individual, Portugal	0	M	Vet M35	92
464	Manuel granja	835	00:50:14	05:02	Gavioes, Portugal	0	M	Vet M40	144
465	Augusto Mendes	836	00:50:15	05:02	Gavioes, Portugal	0	M	Vet M50	51
466	Sérgio Martins	901	00:50:15	05:02	B.T.M., Portugal	0	M	Vet M35	93
467	Pedro Matos	334	00:50:15	05:02	Braga Runners, Portugal	0	M	Seniores M	96
468	Avelino Viana	15	00:50:16	05:02	Individual, Portugal	0	M	Vet M40	145
469	Nelson vides	644	00:50:18	05:02	Individual, Portugal	0	M	Vet M40	146
470	Sérgio Dias	489	00:50:18	05:02	Individual, Portugal	0	M	Vet M35	94
471	Guilherma Novo	846	00:50:20	05:02	Marques/Novo, Portugal	0	F	Vet F40	17
472	Maria Leitão	319	00:50:21	05:03	Individual, Portugal	0	F	Seniores F	11
473	maria alves	606	00:50:25	05:03	Individual, Portugal	0	F	Vet F40	18
474	João Morais	912	00:50:34	05:04	Individual, Portugal	0	M	Vet M50	52
475	José Fernandes	73	00:50:35	05:04	ADCRSME, Portugal	0	M	Vet M40	147
476	José Rodrigues	156	00:50:38	05:04	Individual, Portugal	0	M	Vet M50	53
477	Anabela Martins	200	00:50:41	05:05	Fit club atc, Portugal	0	F	Vet F40	19
478	Vitor Freire	506	00:50:42	05:05	Individual, Portugal	0	M	Vet M40	148
479	Juliana Pinheiral	755	00:50:44	05:05	ADE - Trail Running, Portugal	0	F	Seniores F	12
480	Lara Salgado	497	00:50:44	05:05	Individual, Portugal	0	F	Sub23 F	1
481	Sérgio arezes	147	00:50:45	05:05	Individual, Portugal	0	M	Vet M35	95
482	José Matos	132	00:50:48	05:05	Individual, Portugal	0	M	Vet M40	149
483	marcia bandeira	650	00:50:49	05:05	Amigos da Montanha, Portugal	0	F	Vet F40	20
484	Pedro Cruz	171	00:50:51	05:06	GD CASTELENSE, Portugal	0	M	Vet M40	150

Lugar	Nome	Dorsal	Tempo	Ritmo	Equipa	Idade	Sexo	Escalão	Esc.
485	Filipe priegue	133	00:50:52	05:06	Individual, Portugal	0	M	Vet M40	151
486	José Soares	509	00:50:53	05:06	Individual, Portugal	0	M	Seniores M	97
487	Luís Duarte	377	00:50:55	05:06	Gaia-Running, Portugal	0	M	Vet M50	54
488	Luís Nogueira	646	00:50:55	05:06	Nogueira's, Portugal	0	M	Vet M40	152
489	Artur Ferreira	525	00:50:56	05:06	Cabeceiras Bike Team, Portugal	0	M	Seniores M	98
490	Ricardo Azevedo	953	00:50:57	05:06	Valério Hunters, Portugal	0	M	Seniores M	99
491	Paulo Miranda	80	00:50:57	05:06	Individual, Portugal	0	M	Seniores M	100
492	Bruno Meira	549	00:51:00	05:06	Spin&Run Esposende, Portugal	0	M	Vet M40	153
493	Pedro Louçano	141	00:51:01	05:07	Individual, Portugal	0	M	Vet M35	96
494	Luís Ferraz	810	00:51:01	05:07	Individual, Portugal	0	M	Vet M40	154
495	Catarina Santos	142	00:51:01	05:07	Individual, Portugal	0	F	Seniores F	13
496	Joao Remedios	467	00:51:02	05:07	Individual, Portugal	0	M	Vet M50	55
497	Hugo Remelhe	964	00:51:04	05:07	Valerios hunters, Portugal	0	M	Sub23 M	26
498	Reinaldo Miranda	246	00:51:08	05:07	Individual, Portugal	0	M	Vet M50	56
499	Diogo Pereira	587	00:51:13	05:08	Individual, Portugal	0	M	Sub23 M	27
500	ALBERTO SA	510	00:51:17	05:08	INTRATÁVEIS, Portugal	0	M	Vet M60	13
501	João Amaral	984	00:51:18	05:08	Individual, Portugal	0	M	Seniores M	101
502	Pedro VilasBoas	431	00:51:18	05:08	30 over 30, Portugal	0	M	Vet M35	97
503	Ricardo Alves	769	00:51:19	05:08	Emforça, Portugal	0	M	Vet M35	98
504	Andreia Azevedo	807	00:51:23	05:09	Individual, Portugal	0	F	Sub23 F	2
505	Vitória Ferreira	124	00:51:24	05:09	Ferreira, Portugal	0	F	Sub23 F	3
506	Anabela Ramos	655	00:51:25	05:09	Maiagym, Portugal	0	F	Vet F40	21
507	Sara Carpinteira	631	00:51:25	05:09	Ker Sport Trail Running, Portugal	0	F	Seniores F	14
508	Ângela Teles	69	00:51:26	05:09	Individual, Portugal	0	F	Seniores F	15
509	Sara Esteves	980	00:51:29	05:09	Individual, Portugal	0	F	Seniores F	16
510	HelderMiguel Azevedo	458	00:51:31	05:10	Individual, Portugal	0	M	Vet M40	155
511	Vanessa Pereira	815	00:51:32	05:10	Clube de Atletismo Olímpico Vianense, Portugal	0	F	Vet F35	16
512	Isabel Alves	194	00:51:32	05:10	Movimento de Juventude de Merelim, Portugal	0	F	Vet F40	22
513	Anabela Salgado	106	00:51:32	05:10	Olímpico vianense trail, Portugal	0	F	Vet F40	23
514	Carla Cruz	616	00:51:33	05:10	Olímpico vianense trail, Portugal	0	F	Vet F40	24
515	Rui Rodrigues	677	00:51:35	05:10	Minis & Bifanas, Portugal	0	M	Vet M50	57
516	Ricardo Jorge	979	00:51:38	05:10	Individual, Portugal	0	M	Sub23 M	28
517	SANDRA AMORIM	621	00:51:39	05:10	Individual, Portugal	0	F	Vet F40	25
518	Maria Campos	554	00:51:41	05:11	Spin&Run Esposende, Portugal	0	F	Vet F50	5
519	Sameiro Fraguinha	753	00:51:42	05:11	ADE - Trail Running, Portugal	0	F	Vet F40	26
520	PEDRO FERREIRA	38	00:51:44	05:11	F3M, Portugal	0	M	Vet M35	99
521	Tiago Pereira	569	00:51:45	05:11	Escola Secundária de Barcelinhos, Portugal	0	M	Sub23 M	29
522	RUI SILVA	280	00:51:45	05:11	Dumiense Xallenge Runners, Portugal	0	M	Vet M35	100
523	Alberto Oliveira	570	00:51:45	05:11	Escola Secundária de Barcelinhos, Portugal	0	M	Sub23 M	30
524	Andre Alves	585	00:51:45	05:11	Escola Secundária de Barcelinhos, Portugal	0	M	Sub23 M	31
525	Pedro Rocha	386	00:51:46	05:11	Esposende Bike Team, Portugal	0	M	Vet M40	156
526	António Coelho	261	00:51:48	05:11	Individual, Portugal	0	M	Vet M40	157
527	AUGUSTO RAMOS	710	00:51:50	05:11	Individual, Portugal	0	M	Vet M50	58
528	Jose gomes	243	00:51:57	05:12	Individual, Portugal	0	M	Vet M40	158

Lugar	Nome	Dorsal	Tempo	Ritmo	Equipa	Idade	Sexo	Escalão	Esc.
529	Conceição Queiroz	715	00:51:58	05:12	Phoenix-Evorun, Portugal	0	F	Vet F60	2
530	António Ferreira	278	00:51:59	05:12	Individual, Portugal	0	M	Vet M60	14
531	João Esteves	978	00:52:01	05:13	Individual, Portugal	0	M	Seniores M	102
532	ALBERTO MARTINEZ	233	00:52:01	05:13	Individual, Portugal	0	M	Vet M40	159
533	António Mesquita	177	00:52:03	05:13	Porto Runners, Portugal	0	M	Vet M60	15
534	António Botelho	675	00:52:03	05:13	Individual, Portugal	0	M	Vet M50	59
535	SUSANA QUEIROZ	97	00:52:04	05:13	ALEXANDRA CARVALHO TEAM, Portugal	0	F	Vet F40	27
536	Morten Kroger	918	00:52:05	05:13	Individual, Portugal	0	M	Vet M40	160
537	Andreia Carvalho	305	00:52:06	05:13	Os Pintos, Portugal	0	F	Seniores F	17
538	Marta Marinho	917	00:52:07	05:13	Individual, Portugal	0	F	Vet F40	28
539	HENRIQUE MARQUES	772	00:52:07	05:13	TOMATUBIKER'S, Portugal	0	M	Vet M35	101
540	Nuno miranda	887	00:52:07	05:13	Individual, Portugal	0	M	Vet M40	161
541	Paulo Dias	61	00:52:16	05:14	Individual, Portugal	0	M	Vet M50	60
542	António Faria	948	00:52:16	05:14	CAVE Esposende, Portugal	0	M	Vet M60	16
543	Bruno Coelho	282	00:52:17	05:14	Individual, Portugal	0	M	Seniores M	103
544	Marina Leite	971	00:52:19	05:14	Turbulentos, Portugal	0	F	Vet F40	29
545	José Peixoto	6	00:52:19	05:14	Individual, Portugal	0	M	Seniores M	104
546	Ricardo Marques	847	00:52:23	05:15	Marques/Novo, Portugal	0	M	Vet M40	162
547	Adelino Faria	486	00:52:27	05:15	Individual, Portugal	0	M	Vet M50	61
548	Helena Loureiro	783	00:52:28	05:15	Individual, Portugal	0	F	Vet F35	17
549	Conceição Cruz	500	00:52:29	05:15	ARCA BarceloS runners, Portugal	0	F	Vet F50	6
550	Cândido Cunha	811	00:52:30	05:15	Team Pilar, Portugal	0	F	Sub23 F	4
551	Pedro Dinis	345	00:52:31	05:16	Colégio do Ave, Portugal	0	M	Vet M40	163
552	Paula Ferreira	952	00:52:32	05:16	Individual, Portugal	0	F	Vet F40	30
553	Rui Pereira	249	00:52:34	05:16	Individual, Portugal	0	M	Vet M35	102
554	Daniel Barros	165	00:52:37	05:16	Individual, Portugal	0	M	Vet M60	17
555	Ana Oliveira	123	00:52:37	05:16	Real chapéus, Portugal	0	F	Vet F35	18
556	Carla Gonçalves	900	00:52:38	05:16	Individual, Portugal	0	F	Vet F40	31
557	Tiago Sousa	568	00:52:39	05:16	Escola Secundária de Barcelinhos, Portugal	0	M	Sub23 M	32
558	Pedro Brizado	338	00:52:40	05:16	Individual, Portugal	0	M	Vet M40	164
559	Mario costa	297	00:52:40	05:16	Individual, Portugal	0	M	Vet M40	165
560	Gustavo Simões	352	00:52:40	05:16	Individual, Portugal	0	M	Vet M35	103
561	Leandro Silva	279	00:52:42	05:17	Individual, Portugal	0	M	Seniores M	105
562	Liliana Loureiro	227	00:52:42	05:17	Renasce, Portugal	0	F	Vet F35	19
563	Eduardo Outeiro	934	00:52:46	05:17	UTILIS, Portugal	0	M	Vet M40	166
564	Paula gomes	396	00:52:49	05:17	C.D.C NAVAIS, Portugal	0	F	Vet F40	32
565	JOAQUIM VILASBOAS	839	00:52:54	05:18	Santiagotur, Portugal	0	M	Vet M40	167
566	Filipe Martins	951	00:52:54	05:18	Individual, Portugal	0	M	Vet M40	168
567	Paula Miranda	247	00:52:56	05:18	Individual, Portugal	0	F	Vet F40	33
568	Mafalda Reis	768	00:52:59	05:18	Fisio., Portugal	0	F	Seniores F	18
569	Fernando Valente	875	00:53:03	05:19	GDR Juventude das Ribeiras, Portugal	0	M	Vet M50	62
570	Susana Rodrigues	444	00:53:03	05:19	Clube Atletismo Fafe, Portugal	0	F	Seniores F	19
571	Ana coelho	897	00:53:05	05:19	Gaia-Running, Portugal	0	F	Vet F35	20
572	Nélson Soares	798	00:53:06	05:19	Individual, Portugal	0	M	Sub23 M	33

Lugar	Nome	Dorsal	Tempo	Ritmo	Equipa	Idade	Sexo	Escalão	Esc.
573	Júlio Carvalho	775	00:53:07	05:19	Individual, Portugal	0	M	Seniores M	106
574	João Soares	393	00:53:07	05:19	Individual, Portugal	0	M	Vet M40	169
575	Joaquim Marques	457	00:53:10	05:19	Individual, Portugal	0	M	Vet M50	63
576	Ricardo Oliveira	161	00:53:10	05:19	Forrest Gump, Portugal	0	M	Vet M35	104
577	Verónica Fradique	630	00:53:12	05:20	Individual, Portugal	0	F	Sub23 F	5
578	Alice Miranda	252	00:53:12	05:20	Individual, Portugal	0	F	Vet F40	34
579	Maria Rodrigues	848	00:53:13	05:20	Individual, Portugal	0	F	Vet F40	35
580	André Campos	825	00:53:13	05:20	.COM, Portugal	0	M	Sub23 M	34
581	Maria Brás	556	00:53:15	05:20	Spin&Run Esposende, Portugal	0	F	Vet F40	36
582	Pedro cunha	390	00:53:15	05:20	Altos&Baixos, Portugal	0	M	Vet M35	105
583	MIGUEL Oliveira	594	00:53:17	05:20	Individual, Portugal	0	M	Sub23 M	35
584	Susana Oliveira	55	00:53:21	05:21	Braga Runners, Portugal	0	F	Vet F40	37
585	Nuno Moreira	615	00:53:21	05:21	Individual, Portugal	0	M	Vet M40	170
586	Albino Oliveira	837	00:53:21	05:21	GTT ARMAZÉM DO CAFFÈ, Portugal	0	M	Vet M60	18
587	Domingos Ribeiro	149	00:53:23	05:21	Individual, Portugal	0	M	Seniores M	107
588	Marta Coto	994	00:53:25	05:21	Individual, Portugal	0	F	Seniores F	20
589	Vitor Cardoso	705	00:53:28	05:21	Pequenos Gestos, Portugal	0	M	Seniores M	108
590	Tiago Costa	595	00:53:28	05:21	Individual, Portugal	0	M	Vet M35	106
591	Henriqueta Sampaio	596	00:53:28	05:21	Individual, Portugal	0	F	Vet F35	21
592	Jorge Gonçalves	703	00:53:29	05:21	Pequenos Gestos, Portugal	0	M	Seniores M	109
593	ANGELINA SILVA	111	00:53:32	05:22	Individual, Portugal	0	F	Vet F50	7
594	Bruno Pinheiro	433	00:53:35	05:22	Trail Team Montaria, Portugal	0	M	Vet M35	107
595	Teresa Silva	9	00:53:36	05:22	Turbulentos, Portugal	0	F	Vet F40	38
596	Alzira Almeida	407	00:53:36	05:22	Turbulentos, Portugal	0	F	Vet F40	39
597	Rui machado	32	00:53:40	05:22	Gansos, Portugal	0	M	Vet M50	64
598	natalia alves	790	00:53:41	05:23	NA BOA, Portugal	0	F	Vet F40	40
599	Ricardo Freitas	668	00:53:42	05:23	R&R Team, Portugal	0	M	Seniores M	110
600	João Couto	718	00:53:44	05:23	Spin&Run Esposende, Portugal	0	M	Vet M35	108
601	Vítor Lopes	240	00:53:44	05:23	Individual, Portugal	0	M	Seniores M	111
602	JOÃO LOPES	394	00:53:48	05:23	Desportivo Ases S. Jorge, Portugal	0	M	Vet M50	65
603	Telmo Oliveira	526	00:53:49	05:23	Cabeceiras Bike Team, Portugal	0	M	Seniores M	112
604	Joao Cruz	244	00:53:49	05:23	ARCA BarceloS runners, Portugal	0	M	Vet M50	66
605	Sara Duarte	401	00:53:49	05:23	SaraDuarte, Portugal	0	F	Seniores F	21
606	SAMUEL MACIEL	358	00:53:49	05:23	SamuelMaciel, Portugal	0	M	Vet M35	109
607	Rafael Brito	230	00:53:50	05:23	Renasce, Portugal	0	M	Vet M50	67
608	David Batista	527	00:53:50	05:23	Cabeceiras Bike Team, Portugal	0	M	Vet M35	110
609	Pedro Silva	380	00:53:50	05:23	LANHAS TT, Portugal	0	M	Seniores M	113
610	Sandra Aguiar	478	00:53:51	05:24	GDM Runners, Portugal	0	F	Vet F40	41
611	António Sousa	163	00:54:00	05:24	Individual, Portugal	0	M	Vet M50	68
612	Manuel Carvalho	658	00:54:00	05:24	Amigos P.C.D Guimaraes, Portugal	0	M	Vet M60	19
613	Sandra Júlio	541	00:54:05	05:25	Spin&Run Esposende, Portugal	0	F	Seniores F	22
614	Ana Matos	421	00:54:08	05:25	ARCA BarceloS runners, Portugal	0	F	Vet F40	42
615	Cidália Rodrigues	420	00:54:08	05:25	ARCA BarceloS runners, Portugal	0	F	Vet F40	43
616	José Coutinho	371	00:54:09	05:25	Individual, Portugal	0	M	Vet M35	111

Lugar	Nome	Dorsal	Tempo	Ritmo	Equipa	Idade	Sexo	Escalão	Esc.
617	sara antunes	322	00:54:10	05:25	Individual, Portugal	0	F	Vet F35	22
618	Manuel Matos	635	00:54:10	05:25	KO-RI-DA, Portugal	0	M	Vet M50	69
619	Andreia Abreu	309	00:54:11	05:26	Individual, Portugal	0	F	Seniores F	23
620	Elisabete Carvalho	720	00:54:19	05:26	EDV - Viana Trail, Portugal	0	F	Vet F40	44
621	Pedro Macedo	344	00:54:20	05:26	Individual, Portugal	0	M	Vet M40	171
622	Antonio Carneiro	440	00:54:24	05:27	Altos&Baixos, Portugal	0	M	Vet M40	172
623	Ricardo Carvalho	932	00:54:29	05:27	UTILIS, Portugal	0	M	Vet M40	173
624	Gorete Cachada	260	00:54:32	05:28	ARCA BarceloS runners, Portugal	0	F	Vet F40	45
625	Neuza caridade	612	00:54:34	05:28	BOAVISTRAIL, Portugal	0	F	Vet F35	23
626	Pedro Machado	508	00:54:35	05:28	Individual, Portugal	0	M	Vet M35	112
627	Noemia Rocha	281	00:54:37	05:28	CMI Montanhismo, Portugal	0	F	Vet F40	46
628	Filipe Garcês	894	00:54:37	05:28	Seixas Garces & Monteiro, Portugal	0	M	Seniores M	114
629	Daniel rodrigues	665	00:54:42	05:29	Individual, Portugal	0	M	Vet M40	174
630	Cândida Pedrosa	656	00:54:49	05:29	Maiagym, Portugal	0	F	Vet F50	8
631	ABILIO MELO	210	00:54:49	05:29	OLDRUNNERS, Portugal	0	M	Vet M40	175
632	vitlor fernandes	209	00:54:49	05:29	OLDRUNNERS, Portugal	0	M	Vet M40	176
633	Anabela Oliveira	654	00:54:50	05:29	Maiagym, Portugal	0	F	Sub23 F	6
634	Tiago FSV	208	00:54:52	05:30	Alcedo atthis, Portugal	0	M	Vet M35	113
635	Sérgio Jerónimo	20	00:54:54	05:30	Individual, Portugal	0	M	Vet M35	114
636	Paulo Ribeiro	400	00:55:08	05:31	Individual, Portugal	0	M	Vet M40	177
637	Maria Bras	555	00:55:16	05:32	Spin&Run Esposende, Portugal	0	F	Vet F60	3
638	Joaquim Leal	269	00:55:17	05:32	Individual, Portugal	0	M	Vet M50	70
639	Fernando Oliveira	929	00:55:20	05:32	Clube de Atletismo de Brito, Portugal	0	M	Seniores M	115
640	Tânia Tinoco	927	00:55:20	05:32	Clube de Atletismo de Brito, Portugal	0	F	Seniores F	24
641	Josefina Tinoco	928	00:55:20	05:32	Clube de Atletismo de Brito, Portugal	0	F	Vet F50	9
642	André Capitão	916	00:55:20	05:32	Performance Racing team, Portugal	0	M	Vet M35	115
643	Diogo Duarte	572	00:55:23	05:33	Escola Secundária de Barcelinhos, Portugal	0	M	Sub23 M	36
644	Rafaela Martins	958	00:55:23	05:33	Escola Secundária de Barcelinhos, Portugal	0	F	Sub23 F	7
645	José Soares	579	00:55:23	05:33	Escola Secundária de Barcelinhos, Portugal	0	M	Sub23 M	37
646	Luis Simões	564	00:55:23	05:33	Escola Secundária de Barcelinhos, Portugal	0	M	Sub23 M	38
647	Marília Ferreira	139	00:55:26	05:33	Individual, Portugal	0	F	Vet F35	24
648	ISIDRO SILVA	129	00:55:27	05:33	Individual, Portugal	0	M	Vet M50	71
649	Luis Vaz	711	00:55:28	05:33	Phoenix- EvoRun, Portugal	0	M	Seniores M	116
650	fabio maranhao	76	00:55:29	05:33	maranhao, Portugal	0	M	Sub23 M	39
651	Tiago Gonçalves	709	00:55:31	05:34	Individual, Portugal	0	M	Sub23 M	40
652	Luciano Rocha	158	00:55:31	05:34	Altos&Baixos, Portugal	0	M	Vet M35	116
653	Jorge Oliveira	593	00:55:31	05:34	Individual, Portugal	0	M	Vet M40	178
654	Berta Ferreira	265	00:55:33	05:34	Porto Sentido Runners, Portugal	0	F	Vet F40	47
655	ANDRE GUIMARAES	944	00:55:40	05:34	ACD.São João da Serra, Portugal	0	M	Seniores M	117
656	Miguel Novo	618	00:55:42	05:35	Always for you BI, Portugal	0	M	Vet M35	117
657	Helder Oliveira	471	00:55:42	05:35	Gaia-Running, Portugal	0	M	Vet M50	72
658	LUIS LIMA	827	00:55:45	05:35	GOPINHOS MIMELHOS, Portugal	0	M	Seniores M	118
659	Filipa Carvalho	287	00:55:46	05:35	AD Esmeriz Running, Portugal	0	F	Vet F40	48
660	ARNALDO PINTO	22	00:55:53	05:36	OS PERNA LONGA, Portugal	0	M	Vet M60	20

Lugar	Nome	Dorsal	Tempo	Ritmo	Equipa	Idade	Sexo	Escalão	Esc.
661	AURORA FREITAS	667	00:55:58	05:36	Salgueiros Running, Portugal	0	F	Vet F50	10
662	Jose Soares	557	00:55:58	05:36	Individual, Portugal	0	M	Seniores M	119
663	Paulo Gaspar	461	00:55:59	05:36	KW Business Rock, Portugal	0	M	Vet M50	73
664	Ramiro Fernandes	891	00:56:01	05:37	IAT Imobiliária, Portugal	0	M	Vet M50	74
665	Leandro Coelho	925	00:56:02	05:37	TrepaTrilhos Trail Team, Portugal	0	M	Vet M35	118
666	Marcia Gomes	762	00:56:08	05:37	Silfa Energia, Portugal	0	F	Vet F40	49
667	Nelson Monteiro	761	00:56:08	05:37	Silfa Energia, Portugal	0	M	Vet M40	179
668	Filipa Cruz	909	00:56:13	05:38	Individual, Portugal	0	F	Seniores F	25
669	Cláudia Vilela	937	00:56:13	05:38	Individual, Portugal	0	F	Vet F35	25
670	Luzinha Monteiro	926	00:56:14	05:38	TrepaTrilhos Trail Team, Portugal	0	F	Vet F35	26
671	Álvaro Vale	742	00:56:21	05:39	ADE - Trail Running, Portugal	0	M	Vet M35	119
672	ana pereira	740	00:56:21	05:39	ADE - Trail Running, Portugal	0	F	Vet F35	27
673	Manuel Novo	229	00:56:27	05:39	Renasce, Portugal	0	M	Vet M40	180
674	maria mendes	502	00:56:27	05:39	Individual, Portugal	0	F	Vet F40	50
675	Pedro Rodrigues	168	00:56:29	05:39	Santiagotur, Portugal	0	M	Vet M40	181
676	Ricardo Marinho	78	00:56:29	05:39	Individual, Portugal	0	M	Vet M35	120
677	David Pedras	368	00:56:40	05:40	Individual, Portugal	0	M	Vet M40	182
678	Ana Ramos	436	00:56:46	05:41	GONTINHÃES TRAIL RUNNERS, Portugal	0	F	Vet F40	51
679	Nelson Nogueira	72	00:56:48	05:41	Individual, Portugal	0	M	Vet M60	21
680	Rafaela faria	706	00:56:48	05:41	Grupo Juvenil Vila de Punhe, Portugal	0	F	Seniores F	26
681	Rui silva	388	00:56:51	05:42	Altos&Baixos, Portugal	0	M	Vet M40	183
682	Silvia Faria	591	00:56:51	05:42	Individual, Portugal	0	F	Seniores F	27
683	Bruno Baltazar	601	00:56:57	05:42	Individual, Portugal	0	M	Sub23 M	41
684	David Marafona	690	00:56:57	05:42	Individual, Portugal	0	M	Sub23 M	42
685	Manuel Araújo	107	00:56:58	05:42	Santiagotur, Portugal	0	M	Vet M40	184
686	Eduarda Barros	4	00:57:00	05:42	Individual, Portugal	0	F	Vet F35	28
687	Jose Gonçalves	693	00:57:07	05:43	Individual, Portugal	0	M	Vet M40	185
688	Pedro Abreu	774	00:57:11	05:44	Try to Stop Us / Ideal Team / Dot Spot, Portugal	0	M	Vet M40	186
689	Rui Bastos	157	00:57:12	05:44	Bouça d' areia, Portugal	0	M	Vet M50	75
690	LÚCIA CORUCHO	180	00:57:13	05:44	Atleturistas, Portugal	0	F	Vet F40	52
691	Júlia Silva	137	00:57:23	05:45	onlyRun, Portugal	0	F	Vet F40	53
692	Domingos Silva	583	00:57:24	05:45	Escola Secundária de Barcelinhos, Portugal	0	M	Vet M50	76
693	Eugénia Ferreira	608	00:57:27	05:45	Individual, Portugal	0	F	Vet F35	29
694	Ivone Ferraz	924	00:57:30	05:45	TEAM CARACOLETAS, Portugal	0	F	Vet F35	30
695	Joaquim Oliveira	505	00:57:30	05:45	Braga a correr, Portugal	0	M	Vet M50	77
696	Manuel Carvalho	383	00:57:32	05:46	Individual, Portugal	0	M	Vet M60	22
697	Maria Martins	797	00:57:34	05:46	Acra Running, Portugal	0	F	Vet F40	54
698	Henrique Marques	292	00:57:37	05:46	Individual, Portugal	0	M	Sub23 M	43
699	ricardo cristino	360	00:57:38	05:46	Individual, Portugal	0	M	Vet M35	121
700	Miguel Boas	392	00:57:39	05:46	Individual, Portugal	0	M	Vet M35	122
701	Pedro Teixeira	789	00:57:44	05:47	Cabeceiras Bike Team, Portugal	0	M	Seniores M	120
702	Raquel Pereira	669	00:57:47	05:47	R&R Team, Portugal	0	F	Seniores F	28
703	Odilia Esteves	245	00:57:47	05:47	Individual, Portugal	0	F	Vet F35	31
704	Juliana Costa	198	00:57:47	05:47	Colégio do Ave, Portugal	0	F	Seniores F	29

Lugar	Nome	Dorsal	Tempo	Ritmo	Equipa	Idade	Sexo	Escalão	Esc.
705	Rui Costa	199	00:57:48	05:47	Colégio do Ave, Portugal	0	M	Vet M40	187
706	Lucia Marinho	610	00:57:49	05:47	Gangue do Areias, Portugal	0	F	Vet F40	55
707	Rui Matos	611	00:57:50	05:47	Gangue do Areias, Portugal	0	M	Vet M40	188
708	André Pinhal	308	00:57:51	05:48	Individual, Portugal	0	M	Seniores M	121
709	SUSANA BARROSO	414	00:57:52	05:48	KW Business Rock, Portugal	0	F	Seniores F	30
710	MIGUEL RODRIGUES	416	00:57:53	05:48	KW Business Rock, Portugal	0	M	Vet M35	123
711	Rui Ferreira	160	00:58:02	05:49	FIGUEIREDOS RUNNERS & FRIEDNS, Portugal	0	M	Seniores M	122
712	Sara Machado	159	00:58:02	05:49	FIGUEIREDOS RUNNERS & FRIEDNS, Portugal	0	F	Seniores F	31
713	Joana Alves	788	00:58:03	05:49	NA BOA, Portugal	0	F	Vet F35	32
714	Eliseo Martínez	213	00:58:08	05:49	Waldo's Team, Portugal	0	M	Vet M40	189
715	João Cainé	922	00:58:13	05:50	Turbulentos, Portugal	0	M	Vet M50	78
716	José Pinto	41	00:58:16	05:50	Individual, Portugal	0	M	Vet M50	79
717	Renato Ferreira	800	00:58:17	05:50	Individual, Portugal	0	M	Seniores M	123
718	Paula Campos	824	00:58:18	05:50	.COM, Portugal	0	F	Vet F50	11
719	Albertino Domingues	688	00:58:19	05:50	Individual, Portugal	0	M	Vet M40	190
720	Joel Costa	267	00:58:22	05:51	Renasce, Portugal	0	M	Seniores M	124
721	Stephenie Pedra	268	00:58:22	05:51	Renasce, Portugal	0	F	Vet F35	33
722	Olga Azevedo	494	00:58:26	05:51	Correr Antas à Noite, Portugal	0	F	Seniores F	32
723	Oscar Sousa	763	00:58:28	05:51	Olímpico vianense trail, Portugal	0	M	Vet M35	124
724	Olga Samoes	869	00:58:30	05:51	Individual, Portugal	0	F	Vet F40	56
725	Paulo Pinho	933	00:58:36	05:52	UTILIS, Portugal	0	M	Vet M40	191
726	Zulmira Marinho	801	00:58:39	05:52	Minute Print Team, Portugal	0	F	Vet F35	34
727	Adelino Correia	870	00:58:39	05:52	Individual, Portugal	0	M	Vet M60	23
728	Ana Costinha	495	00:58:39	05:52	Individual, Portugal	0	F	Vet F40	57
729	António oliveira	235	00:58:40	05:52	Individual, Portugal	0	M	Vet M60	24
730	Sónia Martins	442	00:58:41	05:53	Individual, Portugal	0	F	Vet F40	58
731	Rafaela Fernandes	996	00:58:42	05:53	Individual, Portugal	0	F	Seniores F	33
732	Sónia Antunes	441	00:58:42	05:53	Individual, Portugal	0	F	Vet F35	35
733	Madalena fontes	40	00:58:52	05:54	Individual, Portugal	0	F	Seniores F	34
734	Célia Viana	945	00:58:53	05:54	Individual, Portugal	0	F	Vet F40	59
735	Paula Silva	337	00:59:02	05:55	Individual, Portugal	0	F	Vet F40	60
736	Filipe Araujo	256	00:59:04	05:55	CMI Montanhismo, Portugal	0	M	Vet M40	192
737	Francisco Gomes	562	00:59:07	05:55	Escola Secundária de Barcelinhos, Portugal	0	M	Sub23 M	44
738	Renato Torres	566	00:59:07	05:55	Escola Secundária de Barcelinhos, Portugal	0	M	Sub23 M	45
739	Silvia Oliveira	366	00:59:11	05:56	Individual, Portugal	0	F	Vet F35	36
740	Andreia Fontainhas	405	00:59:14	05:56	Olímpico vianense trail, Portugal	0	F	Seniores F	35
741	José Cruz	590	00:59:23	05:57	Individual, Portugal	0	M	Seniores M	125
742	Christopher Guimaraens	12	00:59:23	05:57	Individual, Portugal	0	M	Vet M40	193
743	Bárbara Abreu	443	00:59:31	05:58	Individual, Portugal	0	F	Seniores F	36
744	Alexandra Costa	584	00:59:36	05:58	Individual, Portugal	0	F	Seniores F	37
745	Maria Pilar	529	00:59:45	05:59	Team Pilar, Portugal	0	F	Vet F40	61
746	Catarina Cepa	653	00:59:45	05:59	Team Pilar, Portugal	0	F	Seniores F	38
747	Carla boas	197	00:59:57	06:00	Santiagotur, Portugal	0	F	Vet F40	62
748	José Azevedo	50	01:00:05	06:01	Individual, Portugal	0	M	Vet M60	25

Lugar	Nome	Dorsal	Tempo	Ritmo	Equipa	Idade	Sexo	Escalão	Esc.
749	José Nunes	27	01:00:06	06:01	Carapaus, Portugal	0	M	Vet M40	194
750	Carla Nunes	28	01:00:06	06:01	Individual, Portugal	0	F	Vet F40	63
751	carlos costa	211	01:00:15	06:02	OLDRUNNERS, Portugal	0	M	Vet M40	195
752	André Barros	126	01:00:15	06:02	Individual, Portugal	0	M	Seniores M	126
753	Miguel Magalhães	271	01:00:19	06:02	Almostrunners, Portugal	0	M	Vet M35	125
754	Eduardo cardoso	237	01:00:23	06:03	Sunshine, Portugal	0	M	Vet M35	126
755	Ana Brito	299	01:00:29	06:03	Salgueiros Running, Portugal	0	F	Seniores F	39
756	Ana Duarte	162	01:00:29	06:03	Salgueiros Running, Portugal	0	F	Vet F40	64
757	Sofia Figueiras	759	01:00:31	06:04	A D E Trail, Portugal	0	F	Vet F40	65
758	Joaquim pereira	310	01:00:34	06:04	Individual, Portugal	0	M	Vet M40	196
759	João Silva	481	01:00:36	06:04	BS, Portugal	0	M	Seniores M	127
760	Carla Barbosa	480	01:00:36	06:04	BS, Portugal	0	F	Seniores F	40
761	Albertina Gonçalves	71	01:00:42	06:05	Lousada Runners, Portugal	0	F	Vet F35	37
762	DAvid Mourão	633	01:00:51	06:06	KO-RI-DA, Portugal	0	M	Vet M40	197
763	Henrique Coelho	634	01:00:51	06:06	KO-RI-DA, Portugal	0	M	Vet M40	198
764	Odília Costa	974	01:00:58	06:06	Upss, Portugal	0	F	Vet F35	38
765	alexandra lopes	787	01:00:58	06:06	Upss, Portugal	0	F	Vet F35	39
766	Rosa Pereira	694	01:01:00	06:06	Individual, Portugal	0	F	Vet F60	4
767	Maria Simões	938	01:01:02	06:07	Individual, Portugal	0	F	Vet F50	12
768	Diogo Matos	865	01:01:02	06:07	Individual, Portugal	0	M	Seniores M	128
769	Pedro Lopes	913	01:01:03	06:07	Individual, Portugal	0	M	Seniores M	129
770	Ricardo Ribeiro	911	01:01:03	06:07	Individual, Portugal	0	M	Vet M40	199
771	Renato Antunes	272	01:01:12	06:08	Almostrunners, Portugal	0	M	Vet M40	200
772	Margarida Miranda	622	01:01:16	06:08	Rumo a aventura, Portugal	0	F	Vet F40	66
773	Isaura Miranda	624	01:01:16	06:08	Rumo a aventura, Portugal	0	F	Vet F50	13
774	Patricia Miranda	623	01:01:17	06:08	Rumo a aventura, Portugal	0	F	Seniores F	41
775	Rui Senra	127	01:01:18	06:08	CMI Montanhismo, Portugal	0	M	Vet M35	127
776	Paulo Oliveira	666	01:01:23	06:09	Individual, Portugal	0	M	Vet M50	80
777	Joaquim Castro	216	01:01:26	06:09	Individual, Portugal	0	M	Vet M50	81
778	Rosa Silva	663	01:01:28	06:09	Turbulentos, Portugal	0	F	Vet F50	14
779	Natália Fernandes	178	01:01:29	06:09	Turbulentos, Portugal	0	F	Vet F50	15
780	David Cruz	153	01:01:34	06:10	GCDR de Gemeses, Portugal	0	M	Vet M50	82
781	Mário Santos	809	01:01:34	06:10	Individual, Portugal	0	M	Vet M35	128
782	Rosete Miranda	236	01:01:34	06:10	Individual, Portugal	0	F	Vet F35	40
783	Mónica oliveira	603	01:01:39	06:10	Oliveirinhas, Portugal	0	F	Vet F35	41
784	Horácio Ferreira	604	01:01:39	06:10	Oliveirinhas, Portugal	0	M	Vet M40	201
785	Sílvia Pires	362	01:01:46	06:11	Runners Caminha, Portugal	0	F	Vet F40	67
786	Helena Lages	942	01:01:47	06:11	#runnerscaminha, Portugal	0	F	Vet F35	42
787	Sara Sousa	764	01:01:59	06:12	Olímpico vianense trail, Portugal	0	F	Vet F35	43
788	Ricardo Reis	855	01:02:03	06:13	Kings Team, Portugal	0	M	Seniores M	130
789	Manuela Silva	960	01:02:06	06:13	Individual, Portugal	0	F	Vet F40	68
790	Sameiro Pereira	625	01:02:06	06:13	Rumo a aventura, Portugal	0	F	Vet F50	16
791	Maria Sousa	323	01:02:06	06:13	Individual, Portugal	0	F	Seniores F	42
792	Rafael Silva	961	01:02:06	06:13	Individual, Portugal	0	M	Sub23 M	46

Lugar	Nome	Dorsal	Tempo	Ritmo	Equipa	Idade	Sexo	Escalão	Esc.
793	Elisabete Meira	339	01:02:07	06:13	Individual, Portugal	0	F	Vet F40	69
794	Nuno Reis	857	01:02:10	06:13	Kings Team, Portugal	0	M	Vet M35	129
795	Rute Oliveira	205	01:02:13	06:14	Silfa Energia, Portugal	0	F	Vet F35	44
796	João Miranda	95	01:02:16	06:14	Individual, Portugal	0	M	Vet M50	83
797	Sonia Lopes	121	01:02:27	06:15	DUREZA, Portugal	0	F	Seniores F	43
798	Pedro Cunha	44	01:02:30	06:15	VidaAtivaRunners, Portugal	0	M	Seniores M	131
798	Joana Figueiredo	146	01:02:30	06:15	Individual, Portugal	0	F	Seniores F	44
800	Anabela Gonçalves	872	01:02:31	06:16	GDR Juventude das Ribeiras, Portugal	0	F	Vet F40	70
801	Jorge Serra	552	01:02:46	06:17	Spin&Run Esposende, Portugal	0	M	Vet M50	84
802	Patrícia Serra	553	01:02:47	06:17	Spin&Run Esposende, Portugal	0	F	Seniores F	45
803	Nuno Oliveira	976	01:02:52	06:18	Individual, Portugal	0	M	Vet M40	202
804	Ricardo Cardoso	357	01:03:00	06:18	Individual, Portugal	0	M	Seniores M	132
805	Tony Silva	356	01:03:00	06:18	Individual, Portugal	0	M	Seniores M	133
806	ANDRÉ GONÇALVES	902	01:03:11	06:20	GOPINHOS MIMELHOS, Portugal	0	M	Seniores M	134
807	Helena Fernandes	941	01:03:16	06:20	Tribraga, Portugal	0	F	Vet F50	17
808	Isabel Marinha	544	01:03:17	06:20	Spin&Run Esposende, Portugal	0	F	Seniores F	46
809	Hélder Assunção	679	01:03:17	06:20	Gruzende, Portugal	0	M	Vet M40	203
810	SOFIA BASTOS	417	01:03:27	06:21	KW Business Rock, Portugal	0	F	Vet F35	45
811	Miguel Peixoto	992	01:03:27	06:21	Individual, Portugal	0	M	Sub23 M	47
812	Raul Peixoto	993	01:03:28	06:21	Individual, Portugal	0	M	Seniores M	135
813	Fátima Miranda	503	01:03:34	06:22	GirlsIT, Portugal	0	F	Seniores F	47
814	Vanessa Oliveira	91	01:03:50	06:23	Individual, Portugal	0	F	Seniores F	48
815	Diana Amaral	842	01:03:59	06:24	Individual, Portugal	0	F	Vet F40	71
816	Paula Costa	68	01:04:18	06:26	Individual, Portugal	0	F	Vet F40	72
817	JOSÉ CARNEIRO	512	01:04:24	06:27	INTRATÁVEIS, Portugal	0	M	Vet M60	26
818	JOÃO MARQUES	511	01:04:24	06:27	INTRATÁVEIS, Portugal	0	M	Vet M60	27
819	Daniela Sá	284	01:04:26	06:27	Individual, Portugal	0	F	Seniores F	49
820	Nelson santos	285	01:04:27	06:27	Individual, Portugal	0	M	Seniores M	136
821	Helder Silva	67	01:04:31	06:28	Individual, Portugal	0	M	Seniores M	137
822	Isabel Gonçalves	840	01:04:31	06:28	Olímpico Vianense, Portugal	0	F	Vet F40	73
823	Guilherme Barbosa	576	01:04:38	06:28	Escola Secundária de Barcelinhos, Portugal	0	M	Sub23 M	48
824	Domingos Figueiras	738	01:04:40	06:28	ADE - Trail Running, Portugal	0	M	Vet M50	85
825	Rui Pereira	756	01:04:40	06:28	ADE, Portugal	0	M	Vet M40	204
826	António Mirra	423	01:04:45	06:29	Individual, Portugal	0	M	Vet M35	130
827	Francisco Ribeiro	819	01:05:10	06:31	Individual, Portugal	0	M	Vet M35	131
828	Cláudia Pinho	291	01:05:18	06:32	Individual, Portugal	0	F	Vet F40	74
829	Ana Gonçalves	293	01:05:18	06:32	Individual, Portugal	0	F	Vet F40	75
830	Sandra Ramos	989	01:05:19	06:32	Esposende run girls, Portugal	0	F	Vet F40	76
831	Paulo ribeiro	387	01:05:22	06:33	Altos&Baixos, Portugal	0	M	Vet M40	205
832	Bruno Rocha	935	01:05:22	06:33	Altos&Baixos, Portugal	0	M	Vet M40	206
833	ELISABETE RIBEIRO	838	01:05:29	06:33	Santiagotur, Portugal	0	F	Vet F40	77
834	Maria Mariz	697	01:05:47	06:35	Individual, Portugal	0	F	Seniores F	50
835	Vítor Gomes	695	01:05:47	06:35	Individual, Portugal	0	M	Vet M40	207
836	Paulo Costa	651	01:05:47	06:35	Individual, Portugal	0	M	Vet M40	208

Lugar	Nome	Dorsal	Tempo	Ritmo	Equipa	Idade	Sexo	Escalão	Esc.
837	Ana Silva	206	01:05:59	06:36	Individual, Portugal	0	F	Seniores F	51
838	vera oliveira	31	01:06:04	06:37	Individual, Portugal	0	F	Vet F35	46
839	Tiago Oliveira	30	01:06:04	06:37	Individual, Portugal	0	M	Vet M35	132
840	Sara Couto	771	01:06:32	06:40	Abafadas, Portugal	0	F	Seniores F	52
841	Maria Pereira	145	01:06:38	06:40	Individual, Portugal	0	F	Vet F40	78
842	SILVIA MARTINS	972	01:06:39	06:40	Individual, Portugal	0	F	Vet F40	79
843	Ana Pereira	452	01:06:40	06:40	Individual, Portugal	0	F	Sub23 F	8
844	Fátima Mirante	485	01:07:12	06:44	Gaia-Running, Portugal	0	F	Vet F40	80
845	Rita Sapage	469	01:07:12	06:44	Gaia-Running, Portugal	0	F	Vet F40	81
846	Ilídio Mota	424	01:07:18	06:44	Individual, Portugal	0	M	Vet M40	209
847	João Estrada	427	01:07:19	06:44	Individual, Portugal	0	M	Vet M40	210
848	Dolores Vázquez	214	01:07:20	06:44	Waldo's Team, Portugal	0	F	Vet F40	82
849	Rita Marques	215	01:07:20	06:44	Waldo's Team, Portugal	0	F	Seniores F	53
850	Florinda Figueiredo	692	01:07:39	06:46	Individual, Portugal	0	F	Vet F50	18
851	Carlos Alves	681	01:07:39	06:46	Individual, Portugal	0	M	Vet M40	211
852	Diogo Costa	602	01:07:53	06:48	Individual, Portugal	0	M	Sub23 M	49
853	NUNO PONTES	115	01:08:28	06:51	ADCRSME, Portugal	0	M	Vet M40	212
854	Norberta Grilo	627	01:08:33	06:52	Individual, Portugal	0	F	Vet F40	83
855	António Jácomo	586	01:08:39	06:52	Individual, Portugal	0	M	Vet M40	213
856	Casimiro Lima	844	01:08:39	06:52	Individual, Portugal	0	M	Vet M40	214
857	Maria Couto	770	01:08:49	06:53	Abafadas, Portugal	0	F	Seniores F	54
858	LEILA BORGES	418	01:09:03	06:55	KW Business Rock, Portugal	0	F	Vet F40	84
859	Rosa Lopes	599	01:09:04	06:55	Individual, Portugal	0	F	Vet F40	85
860	Sílvio Silva	600	01:09:05	06:55	Famalicão, Portugal	0	M	Vet M50	86
861	José Oliveira	956	01:09:09	06:55	Individual, Portugal	0	M	Vet M40	215
862	Manuela Alves	498	01:09:35	06:58	Braga Runners, Portugal	0	F	Vet F40	86
863	Sónia Tato	829	01:09:35	06:58	Camélia, Portugal	0	F	Vet F40	87
864	Fátima Lopes	483	01:09:35	06:58	Trofa Runners, Portugal	0	F	Vet F60	5
865	Elisabete Johansson	830	01:09:36	06:58	Famelga, Portugal	0	F	Vet F40	88
866	Sandra Ribeiro	943	01:10:45	07:05	Individual, Portugal	0	F	Vet F40	89
867	Francisco Velasco	814	01:11:44	07:11	Individual, Portugal	0	M	Vet M35	133
868	Augusto Borges	419	01:12:06	07:13	KW Business Rock, Portugal	0	M	Vet M40	216
869	Rui Rodrigues	734	01:13:12	07:20	ADE - Trail Running, Portugal	0	M	Vet M40	217
870	Liliana Gomes	632	01:14:16	07:26	Individual, Portugal	0	F	Vet F40	90
871	Diogo Alves	988	01:14:28	07:27	Individual, Portugal	0	M	Seniores M	138
872	João Ramos	987	01:14:29	07:27	Individual, Portugal	0	M	Seniores M	139
873	Salete Oliveira	733	01:14:59	07:30	ADE - Trail Running, Portugal	0	F	Vet F35	47
874	André Botelho	674	01:15:56	07:36	Individual, Portugal	0	M	Seniores M	140
875	Ana Machado	676	01:15:56	07:36	Individual, Portugal	0	F	Seniores F	55
876	Elisabete Gonçalves	760	01:19:00	07:54	DUREZA, Portugal	0	F	Seniores F	56
877	Sandra Silva	700	01:20:37	08:04	Vamos Equipe, Portugal	0	F	Vet F40	91
878	Altino Valente	42	01:20:38	08:04	Individual, Portugal	0	M	Vet M40	218
879	Conceicao Remedios	466	01:20:38	08:04	Individual, Portugal	0	F	Vet F50	19
880	Suzana Pereira	109	01:21:24	08:09	DUREZA, Portugal	0	F	Seniores F	57

Lugar	Nome	Dorsal	Tempo	Ritmo	Equipa	Idade	Sexo	Escalão	Esc.
881	Filipa Barbosa	588	01:21:25	08:09	DUREZA, Portugal	0	F	Seniores F	58
882	Bruno Monteiro	892	01:25:11	08:32	Individual, Portugal	0	M	Vet M35	134