

POS.	NOME	DORSAL	ESCALÃO	EQUIPA	CARVALHO	DIANTEIRO	T. MONDEGO	TEMPO FINAL
1	Luiz Mota	1	M45	Casa Benfica em Abrantes	00:59:27	03:21:40	04:33:22	05:32:37
2	David Quelhas	87	SEN M	Coimbra Trail Running	01:01:57	03:24:40	04:47:44	05:57:15
3	Filipe Garcia	104	SEN M	SpotCriativo Viseu Running Team	01:05:12	03:30:31	04:52:19	06:01:59
4	André Monteiro	3	SEN M	ARCD Venda da Luisa	01:00:13	03:27:57	04:57:03	06:09:44
5	Luis Cunha	69	M40	Figueira Kayak Clube	01:04:22	03:50:48	05:14:09	06:22:16
6	Nuno Reis	68	M40	RUN.PT	01:04:29	03:43:00	05:17:53	06:31:38
7	Nuno Vasconcelos	18	SEN M	Coimbra Trail Running	01:07:11	03:56:14	05:23:18	06:36:21
8	José Costa	74	M45	Runner´s do Demo	01:07:49	03:48:04	05:23:12	06:38:54
9	André André	15	SEN M		01:12:56	04:05:07	05:31:02	06:40:22
10	Hugo Conde	83	SEN M	MONTANHA CLUBE TRAIL RUNNING/EFAPEL	01:08:59	03:55:36	05:29:12	06:43:24
11	Edgar Faria	2	SEN M	OZxtreme/RDA	01:11:22	03:58:16	05:32:30	06:55:08
12	Diogo Carvalho	82	M50	NAST	01:05:35	04:02:02	05:41:53	06:55:55
13	Amaro Teixeira	17	SEN M	Centro de Atletismo de Seia	01:14:46	04:01:56	05:40:00	07:07:00
14	João Ferreira	75	SEN M	Coimbra Trail Running	01:02:57	04:06:13	05:49:36	07:08:54
15	André Barros	16	SEN M	CCD Leões da Floresta/UBI	01:05:56	04:10:11	05:53:05	07:10:10
16	Nuno Neves	32	SEN M	Les Big Mecs	01:13:32	04:08:26	05:55:56	07:29:23
17	GONÇALO MOTA	90	M40	NAST	01:14:20	04:08:21	05:58:25	07:31:34
18	Francisco Cachulo	56	SEN M	A20KM Trail Running Team	01:13:05	04:15:58	06:05:19	07:39:58
19	João Ribeiro	33	SEN M	Núcleo Montanha de Espinho	01:14:31	04:15:49	06:13:24	07:48:07
20	Jorge Abrantes	57	M45		01:19:23	04:42:35	06:20:07	07:51:01
21	Elísio Gonçalves	65	M45	Individual	01:19:33	04:42:51	06:20:12	07:51:02
22	António Soares	11	M50	O Praticante	01:23:44	04:45:09	06:25:06	07:53:58
23	José Pereira	53	M55	jamp.eu	01:24:05	04:45:00	06:25:17	07:55:57
24	Luis Baptista	31	SEN M	O2 Life Center	01:22:42	04:44:44	06:24:24	07:57:20
25	Rodrigo Quintal	21	SEN M	O MUNDO DA CORRIDA	01:22:11	04:31:11	06:18:17	07:57:26
26	Jorge Serrazina	76	M60	CA Óbidos	01:14:16	04:29:33	06:23:12	07:57:47
27	Costinha Costinha	24	SEN M	SCD Glória do Ribatejo	01:16:27	04:30:09	06:23:31	07:58:17
28	Rodrigo Pote	72	SEN M	SCD Glória do Ribatejo	01:16:37	04:30:27	06:24:00	07:58:17
29	Vitor Monteiro	26	SEN M	SCD Glória Do Ribatejo	01:16:32	04:30:04	06:23:27	07:58:18
30	Laurentino Martins	86	M45	Caminhar ao luar	01:20:33	04:18:30	06:24:22	07:58:23
31	João Ferreira	29	SEN M	AAC-REMO	-	04:47:57	06:36:27	08:07:53
32	Gonçalo Rodrigues	35	SEN M	ARSM - Associação Recreativa de S. Miguel	01:19:28	04:48:43	06:43:36	08:10:00
33	Luís Silva	34	SEN M	ARSM - Associação Recreativa de S. Miguel	01:30:34	04:48:39	06:43:33	08:22:47
34	Micael Lopes	9	SEN M	viseu 360º	01:16:58	04:45:12	06:43:28	08:24:41
35	Joel Simões	92	SEN M	A20KM	01:23:48	04:55:32	06:50:31	08:26:05
36	Fred Kalahari	5	M45		01:17:11	04:48:18	06:46:44	08:27:00
37	VERA BERNARDO	51	SEN F	ARCD Venda da Luisa	01:22:45	04:55:24	07:03:19	08:29:49
38	Pedro Morgado	38	SEN M	Seifitness Trail Team / GDCR Lages	01:30:47	05:21:33	06:57:15	08:32:44
39	Sandra Arribança	63	F45	individual	01:17:05	05:22:57	07:03:11	08:35:12
40	Nuno Ribeiro	39	SEN M	Figueira Kayak Clube	01:37:51	05:44:09	07:08:26	08:43:17
41	José Faria	84	SEN M	SALMING RUNNING PORTUGAL	01:15:40	05:47:32	07:26:08	08:45:37
42	Mariana	85	SEN F	Sem Clube	-	05:47:27	07:26:13	08:45:38
43	Mário Alberto	97	M45	Não Fazemos nem mais um...km	01:21:35	04:53:59	07:02:07	08:45:54
44	César Ramalho	46	SEN M	ARCD Venda da Luisa	01:20:23	04:53:50	07:03:15	08:47:41
45	Nuno Damasceno	54	SEN M	Cuidado com o Urso Trail Runners	01:37:31	05:47:42	07:26:22	08:50:50

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46	Ana Duarte	10	F45	Falcões Selvagens	01:37:46	05:43:47	07:21:42	08:51:10
47	Pedro Polónio	78	SEN M	Sport Clube Beira-Mar	01:37:58	05:23:19	07:05:15	08:53:53
48	Gonçalo Valente	14	M45	Não Fazemos nem mais um...km	01:24:10	04:53:18	07:03:41	08:57:09
49	Ricardo Valente	50	M50	Não fazemos nem mais um...km	01:21:00	04:44:49	07:04:13	08:57:10
50	Fábio Ferreira	41	SEN M	Casa JOVASE	01:22:50	04:55:28	07:03:26	09:00:29
51	Paulo Pacheco	58	SEN M	Amigos dos Açores	-	05:21:23	07:17:02	09:00:54
52	David Clemente	64	SEN M	A20KM	01:34:46	05:48:23	07:23:00	09:02:11
53	António Paulo	59	M50	Casa JOVASE	01:21:26	04:48:30	07:26:18	09:05:50
54	António Oliveira	101	M45	Os Finos	-	05:47:37	07:26:16	09:09:50
55	Tiago Miguel	93	Sub 23 M	ARCD Venda da Luisa	01:23:54	05:15:16	07:25:47	09:13:00
56	Alexandre Fonseca	88	SEN M	SCD Glória do Ribatejo	01:24:13	05:24:45	07:23:09	09:20:44
57	Pedro Longuinho	23	SEN M	ARCD Venda da Luisa	01:24:01	05:15:21	07:26:05	09:22:16
58	CESARIO ROCHA	98	M50	Ladecasa	01:30:42	05:40:26	07:25:59	09:35:35
59	RUI VIEGAS	62	SEN M	Galhardos Runners	01:32:04	05:48:30	07:41:07	09:36:46
60	Pedro Vidal	94	M40		01:37:37	06:03:15	07:52:32	09:43:34
61	Rui Carvalho	30	M45	Individual	01:30:38	05:28:10	07:33:34	09:47:41
62	Nelson Correia	8	SEN M	ARCD Venda da Luisa	01:42:25	06:04:01	08:03:15	09:50:31
63	Eduardo Mendes	49	M50		01:31:58	05:44:21	07:50:14	09:56:32
64	Fátima Gonçalves	81	F50	O MUNDO DA CORRIDA	01:42:06	06:06:25	08:06:02	09:57:06
65	Paula Costa	95	F50	C. R. Candoso	01:42:36	06:07:59	08:10:37	10:01:11
66	António Gonçalves	80	M55	O MUNDO DA CORRIDA	01:47:09	06:06:30	08:06:08	10:01:11
67	Joel Ginga	77	SEN M	Sport Clube Beira-Mar	01:48:42	06:13:23	08:12:51	10:03:55
68	Miguel Gonçalves	102	M40	Morcegos do Chicharo	01:38:02	06:06:02	08:03:03	10:12:18
69	Mario Sequeira	55	M40	Casa JOVASE	01:24:17	06:03:09	08:06:25	10:12:22
70	Fernando Banca	37	M40	Crazy Papa Km's	01:43:35	06:11:40	08:21:18	10:13:24
71	Paulo Silva	45	M45	Crazy Papa Km's	01:43:30	06:11:35	08:21:24	10:15:05
72	Renato Ribeiro	42	M40		01:43:44	06:11:46	08:21:21	10:15:05
73	Miguel Alfaiate	27	SEN M	AAC-REMO	01:33:52	06:04:19	08:14:12	10:27:00
74	Ivónio Martins	89	SEN M	INtrilhos	01:49:01	06:20:39	08:42:21	10:39:58
75	João Rodrigues	60	M45		01:38:35	06:06:36	08:26:58	10:42:27
76	António Lopes	44	SEN M	Trail Runners da Ponte	01:33:13	06:06:42	08:35:57	10:45:00
77	Joana Frazão	13	SEN F	Porto de Mós A Correr	01:51:55	06:21:21	08:52:18	11:13:00
78	CÉLIA AZENHA	96	F50	aa lebres do sado	02:02:41	06:43:48	09:28:47	11:28:30
79	Rui Monteiro	4	SEN M	ARCD Venda da Luisa	01:39:56	06:22:10	09:11:04	11:28:30
80	Sérgio Viana	43	SEN M	Seifitness Trail Team	01:33:20	06:21:15	09:23:37	11:32:25
81	Andreia Costa	7	SEN F	OZxtreme/RDA	01:50:40	06:27:23	09:23:34	11:43:30
82	José Fernandes	36	M50	ARCD Venda da Luisa	02:02:47	06:43:54	09:29:40	11:43:30

DESISTÊNCIAS

DORSAL	NOME
19	Carlos Correia
103	Renato Ferreira
61	Daniel Batata
47	Paulo Alves
91	Pedro Flores De Magalhães