

Pos	Num	Nome	Equipa	Sx	Cat	Intermédio	Tempo	Chip	Ritmo	Cat
1.	58	Fernando LEMOS	Gaia Trail	Masculino	SENIOR MASC	01:15:32	1:46:36.680	1:46:34.600	04:38	1
2.	220	Pedro ROCHA	Oralklass-Amigos do Trail	Masculino	SENIOR MASC	01:18:35	1:47:04.600	1:47:03.500	04:40	2
3.	207	Marco FARIA	Dá-Lhe Gás	Masculino	M40 MASC	01:16:32	1:48:16.530	1:48:14.220	04:43	1
4.	208	Nuno NUNES	Dá-Lhe Gás	Masculino	SENIOR MASC	01:19:03	1:50:40.900	1:50:37.870	04:49	3
5.	209	Joaquim DUARTE	Dá-Lhe Gás	Masculino	SENIOR MASC	01:22:38	1:52:01.800	1:51:57.500	04:52	4
6.	96	Joao RIBEIRO	Oralklass-Amigos do Trail	Masculino	SENIOR MASC	01:22:38	1:53:15.620	1:53:12.970	04:55	5
7.	72	Gilberto COSTA	Espinho Trail	Masculino	M40 MASC	01:22:35	1:54:51.650	1:54:49.400	04:59	2
8.	176	Ricardo NUNES		Masculino	SENIOR MASC	01:24:37	1:55:34.110	1:55:30.330	05:01	6
9.	17	António MARTINS	Boavista Trail	Masculino	M50 MASC	01:24:34	1:55:49.080	1:55:46.600	05:02	1
10.	92	João GOMES	TOG - Trinca Orelhas de Gato	Masculino	SENIOR MASC	01:25:57	1:55:51.480	1:55:48.660	05:02	7
11.	75	Grabiel ARAQUE	Salgueiros Running	Masculino	SENIOR MASC	01:24:50	1:55:53.930	1:55:49.190	05:02	8
12.	210	Pedro DIAS	Dá-Lhe Gás	Masculino	SENIOR MASC	01:26:21	1:57:58.520	1:57:53.590	05:08	9
13.	73	Gilberto PIMENTA	Oralklass-Amigos do Trail	Masculino	SENIOR MASC	01:26:22	1:58:50.980	1:58:47.880	05:10	10
14.	201	Tiago PINTO	RETORTA-QUINTA DAS ARCAS	Masculino	SENIOR MASC	01:22:45	1:59:00.600	1:58:56.240	05:10	11
15.	55	Eurico MOURA	RETORTA-QUINTA DAS ARCAS	Masculino	M40 MASC	01:26:32	1:59:26.530	1:59:22.610	05:11	3
16.	186	Rui SOUSA	RunRiver - Escola Atletismo de Rio Tinto	Masculino	M40 MASC	01:26:53	1:59:42.840	1:59:40.940	05:12	4
17.	214	Francisco Castro		Masculino	SENIOR MASC	01:27:23	1:59:47.480	1:59:40.920	05:13	12
18.	89	Ivo PEREIRA	Gaia Trail	Masculino	SENIOR MASC	01:26:25	1:59:59.660	1:59:53.510	05:13	13
19.	81	Hugo ROMANO	merenguita	Masculino	M40 MASC	01:28:24	2:01:25.380	2:01:19.060	05:17	5
20.	69	Frank FRITSCHÉ		Masculino	M40 MASC	01:29:27	2:03:26.890	2:03:21.290	05:22	6
21.	34	Carlos COSTA	Aliança de Gandra	Masculino	SENIOR MASC	01:29:00	2:06:03.360	2:05:59.370	05:29	14
22.	5	Alfredo MOREIRA	Moinhos Run -ADRM	Masculino	M40 MASC	01:31:07	2:06:07.570	2:06:01.070	05:29	7
23.	115	José RIBEIRO		Masculino	M40 MASC	01:32:29	2:06:36.750	2:06:34.560	05:30	8
24.	1	Adelino SILVA	RETORTA-QUINTA DAS ARCAS	Masculino	M40 MASC	01:29:29	2:06:46.970	2:06:43.080	05:31	9
25.	42	David GONÇALVES	Factor X / S4L / Medense FC	Masculino	SENIOR MASC	01:30:55	2:06:51.110	2:06:46.940	05:31	15
26.	157	Óscar RODRIGUES	Oralklass-Amigos do Trail	Masculino	M40 MASC	01:32:11	2:07:18.050	2:07:13.910	05:32	10
27.	200	Tiago GOMES	Ginásio Clube de Bragança	Masculino	SENIOR MASC	01:32:39	2:07:26.950	2:07:22.750	05:32	16
28.	14	António JESUS	A r d Aveleda	Masculino	M40 MASC	01:33:55	2:07:48.790	2:07:36.680	05:34	11
29.	162	Paulo MADEIRA	Gaia Trail	Masculino	SENIOR MASC	01:33:41	2:08:00.030	2:07:53.000	05:34	17
30.	79	Hermenegildo MENDES	Boavista Trail	Masculino	SENIOR MASC	01:36:26	2:10:12.090	2:09:56.640	05:40	18
31.	10	André SILVA		Masculino	SENIOR MASC	01:36:00	2:10:21.190	2:10:15.070	05:40	19
32.	76	Hélder BARBOSA	Boavista Trail	Masculino	SENIOR MASC	01:34:29	2:10:21.210	2:10:18.930	05:40	20
33.	87	Ivo BARBOSA	Devasta Trilhos	Masculino	SENIOR MASC	01:34:45	2:10:27.780	2:10:23.730	05:40	21
34.	125	Luís MAGALHÃES	Boavista Trail	Masculino	SENIOR MASC	01:35:20	2:10:27.990	2:10:25.800	05:40	22
35.	67	Flavio SILVA	OFRunning	Masculino	SENIOR MASC	01:36:00	2:11:18.380	2:11:13.910	05:43	23
36.	193	Sérgio GOMES	Preguiças Team	Masculino	M40 MASC	01:37:10	2:12:09.220	2:12:05.260	05:45	12
37.	130	Manuel PÓVOAS	MSS Contabilidade Trail Team	Masculino	M50 MASC	01:36:16	2:12:21.220	2:12:18.650	05:45	2
38.	52	Eduardo XAVIER	Devasta Trilhos	Masculino	M40 MASC	01:34:40	2:13:00.190	2:12:58.510	05:47	13
39.	13	António DUARTE	Espinho Trail	Masculino	SENIOR MASC	01:37:14	2:13:00.550	2:12:58.640	05:47	24
40.	204	Vitor MAIA	Espinho Trail	Masculino	SENIOR MASC	01:37:13	2:13:11.160	2:13:08.320	05:47	25
41.	153	Nuno SILVA	Sport Comércio Salgueiros	Masculino	M40 MASC	01:35:44	2:14:41.980	2:14:32.310	05:52	14
42.	29	Bruno MONTEIRO	TOG - Trinca Orelhas de Gato	Masculino	SENIOR MASC	01:39:18	2:15:10.520	2:15:04.530	05:53	26
43.	98	Joaquim PEREIRA	Gaia Trail	Masculino	M50 MASC	01:37:53	2:15:23.640	2:15:20.480	05:53	3
44.	83	Hugo TEIXEIRA	RETORTA-QUINTA DAS ARCAS	Masculino	M40 MASC	01:38:44	2:16:36.700	2:16:31.380	05:56	15

Pos	Num	Nome	Equipa	Sx	Cat	Intermédio	Tempo	Chip	Ritmo	Cat
45.	18	António ROCHA	Factor X / S4L / Medense FC	Masculino	M60 MASC	01:39:39	2:16:42.730	2:16:36.520	05:56	1
46.	218	Maximiano RODRIGUES		Masculino	M50 MASC	01:38:47	2:17:41.780	2:17:35.690	05:59	4
47.	148	Nelson MARQUES	Gaia Trail	Masculino	SENIOR MASC	01:40:56	2:17:42.220	2:17:30.080	05:59	27
48.	908	Sergio MOREIRA	100 meta	Masculino	M40 MASC		2:17:52.710	2:17:43.220	05:59	16
49.	171	Pedro SILVA	Boavista Trail	Masculino	SENIOR MASC	01:41:38	2:17:59.130	2:17:44.970	06:00	28
50.	99	Joel GOMES		Masculino	SENIOR MASC		2:18:20.850	2:18:10.850	06:01	29
51.	169	Pedro BARBOSA		Masculino	M50 MASC	01:41:27	2:18:21.690	2:18:19.350	06:01	5
52.	216	Andreia ALMEIDA	FurFor Running Project	Feminino	SENIOR FEM	01:40:34	2:18:34.590	2:18:32.010	06:01	1
53.	28	Bruno MELO	Porto Sentido Runners	Masculino	SENIOR MASC	01:39:56	2:18:36.520	2:18:36.520	06:02	30
54.	113	José MORAIS	Gaia Trail	Masculino	M50 MASC	01:40:27	2:18:57.850	2:18:49.550	06:02	6
55.	2	Agostinho NEVES	Juventude Desportiva de Gondomar	Masculino	M60 MASC	01:41:01	2:19:05.260	2:18:56.550	06:03	2
56.	65	Filipe PÓVOAS	MSS Contabilidade Trail Team	Masculino	SENIOR MASC		2:19:38.180	2:19:36.600	06:04	31
57.	167	Pedro MOREIRA	merenguita	Masculino	SENIOR MASC		2:19:44.910	2:19:29.780	06:05	32
58.	177	Ricardo ROCHA		Masculino	M40 MASC		2:19:50.100	2:19:44.190	06:05	17
59.	56	Fabio SANTOS	Hospital de Santa Maria - Porto	Masculino	SENIOR MASC		2:20:11.490	2:20:06.550	06:05	33
60.	122	Laurindo OSÓRIO	KeMedo Team	Masculino	M40 MASC	01:41:43	2:20:24.940	2:20:20.210	06:06	18
61.	203	Victor AZEVEDO	MSS Contabilidade Trail Team	Masculino	M40 MASC		2:20:30.370	2:20:27.950	06:07	19
62.	39	Carlos SOUSA	Devasta Trilhos	Masculino	M50 MASC	01:39:34	2:20:49.080	2:20:40.540	06:07	7
63.	166	Pedro DIAS	Boavista Trail	Masculino	M40 MASC		2:20:50.290	2:20:48.880	06:07	20
64.	124	Luis AZEVEDO		Masculino	M40 MASC		2:21:23.500	2:21:09.540	06:09	21
65.	175	Ricardo FERREIRA	Boavista Trail	Masculino	SENIOR MASC		2:21:25.070	2:21:24.750	06:09	34
66.	168	Pedro NEVES	Juventude Desportiva de Gondomar	Masculino	SENIOR MASC		2:21:33.750	2:21:24.730	06:09	35
67.	38	Carlos RIBEIRO	Boavista Trail	Masculino	SENIOR MASC	01:45:45	2:22:23.410	2:22:04.490	06:11	36
68.	3	Agostinho SOUSA	KUNALAMA RUNNERS	Masculino	M60 MASC	01:44:12	2:23:19.270	2:23:15.160	06:14	3
69.	180	Rúben ALVES	CarpeDiemTrailRunning	Masculino	M40 MASC	01:43:49	2:24:34.980	2:24:30.530	06:17	22
70.	173	Rafael ALMEIDA	A-Team	Masculino	SENIOR MASC	01:47:49	2:24:57.150	2:24:47.830	06:18	37
71.	160	Paulo FERREIRA	Boavista Trail	Masculino	M50 MASC	01:46:16	2:25:20.770	2:25:07.700	06:19	8
72.	24	Bruno DIAS	A-Team	Masculino	SENIOR MASC	01:48:06	2:26:42.280	2:26:33.920	06:23	38
73.	20	Arnaldo MARINHO	Leões de Veneza	Masculino	M60 MASC		2:27:01.910	2:26:57.920	06:23	4
74.	64	Filipe MOREIRA	TUFF BOYS	Masculino	M40 MASC	01:48:39	2:27:07.740	2:26:58.910	06:24	23
75.	110	José GONÇALVES	Team CM - Valongo Capital do Desporto Outdoor	Masculino	M40 MASC	01:48:25	2:27:14.050	2:27:01.230	06:24	24
76.	82	Hugo SANTOS	Valongo trilhos trail	Masculino	SENIOR MASC	01:46:25	2:27:27.950	2:27:18.810	06:25	39
77.	172	Pedro VIEIRA	merenguita	Masculino	M40 MASC	01:48:27	2:27:32.040	2:27:15.480	06:25	25
78.	151	Nuno ALEXANDRE	Nocturnos de Paredes	Masculino	M40 MASC	01:45:55	2:27:32.890	2:27:24.100	06:25	26
79.	217	Sérgio PINTO	Merenguita	Masculino	M40 MASC	01:48:28	2:27:33.110	2:27:16.540	06:25	27
80.	191	Serafim COSTA	Runner family	Masculino	M40 MASC	01:48:27	2:27:59.330	2:27:51.370	06:26	28
81.	182	Rui MAGALHAES	Alcateia Team	Masculino	M40 MASC	01:47:57	2:28:10.200	2:27:55.110	06:26	29
82.	63	Filipe ABREU	Boavista Trail	Masculino	M40 MASC	01:49:18	2:28:13.060	2:27:59.770	06:26	30
83.	107	José BARBOSA	Boavista Trail	Masculino	SENIOR MASC	01:46:19	2:28:26.660	2:28:16.600	06:27	40
84.	61	Fernando SILVA	TrepaTrilhos Trail Team	Masculino	M40 MASC	01:48:02	2:28:32.590	2:28:27.800	06:28	31
85.	35	Carlos LEAL	Boavista Trail	Masculino	M40 MASC	01:46:26	2:28:45.070	2:28:42.950	06:28	32
86.	84	Humberto PINHO	Porto Sentido Runners	Masculino	M60 MASC	01:48:04	2:29:18.980	2:29:13.530	06:29	5
87.	97	Joaquim ALVES		Masculino	SENIOR MASC	01:48:11	2:29:25.620	2:29:15.210	06:30	41
88.	112	José MESQUITA		Masculino	M50 MASC	01:50:33	2:29:37.490	2:29:30.100	06:31	9

Pos	Num	Nome	Equipa	Sx	Cat	Intermédio	Tempo	Chip	Ritmo	Cat
89.	36	Carlos MAGALHÃES		Masculino	SENIOR MASC	01:50:00	2:30:03.700	2:29:57.440	06:31	42
90.	179	Rosa TEIXEIRA	Hora do Lobo Trail - CF Perosinho Atletismo	Feminino	M40 FEM	01:50:01	2:30:13.750	2:30:08.130	06:32	1
91.	25	Bruno GAIO	Os sarrotes	Masculino	SENIOR MASC	01:50:00	2:30:14.600	2:30:08.390	06:32	43
92.	117	José SALAS	MSS Contabilidade Trail Team	Masculino	M40 MASC	01:46:10	2:30:20.920	2:30:17.920	06:32	33
93.	33	Carlos AZEVEDO	Factor X / S4L / Medense FC	Masculino	SENIOR MASC	01:50:08	2:32:09.400	2:31:56.440	06:37	44
94.	11	Ângela VIEIRA	Factor X / S4L / Medense FC	Feminino	SENIOR FEM	01:52:49	2:32:09.540	2:32:03.030	06:37	2
95.	60	Fernando RODRIGUES		Masculino	M40 MASC	01:50:09	2:32:11.090	2:31:58.760	06:37	34
96.	219	Armando MOREIRA	Clube Zupper	Masculino	M50 MASC	01:50:46	2:32:22.920	2:32:16.980	06:37	10
97.	26	Bruno LOUREIRO	Boavista Trail	Masculino	SENIOR MASC	01:51:03	2:32:23.150	2:32:11.320	06:38	45
98.	152	Nuno AMORIM	Factor X / S4L / Medense FC	Masculino	SENIOR MASC	01:50:05	2:32:57.300	2:32:44.950	06:39	46
99.	47	Edgar CUNHA		Masculino	SENIOR MASC	01:52:53	2:33:09.260	2:32:57.400	06:40	47
100.	37	Carlos OLIVEIRA	Oliveconta - Contabilidade e Seguros - Ermesinde	Masculino	M40 MASC	01:53:33	2:34:30.960	2:34:14.730	06:43	35
101.	121	Laura MENDES	KeMedo Team	Feminino	M40 FEM	01:52:44	2:34:56.960	2:34:48.080	06:44	2
102.	8	André FRAGA	Locomotiva de Paranhos	Masculino	SENIOR MASC	01:55:44	2:35:13.230	2:35:01.340	06:45	48
103.	21	Aurélio SALAS	MSS Contabilidade Trail Team	Masculino	M40 MASC	01:52:26	2:35:26.570	2:35:23.440	06:46	36
104.	88	Ivo OLIVEIRA	Factor X / S4L / Medense FC	Masculino	M40 MASC	01:53:47	2:35:36.160	2:35:27.760	06:46	37
105.	197	Susana SILVA	Factor X / S4L / Medense FC	Feminino	SENIOR FEM	01:53:14	2:35:37.210	2:35:30.860	06:46	3
106.	198	Tiago COSTA	GDC FIDELIDADE	Masculino	SENIOR MASC	01:53:00	2:36:06.440	2:35:53.990	06:47	49
107.	66	Filipe SOUSA	MaisSaúde - Fisioterapia e Osteopatia	Masculino	SENIOR MASC	01:52:44	2:36:30.720	2:36:26.210	06:48	50
108.	105	Jorge SOUSA	BITRUNNERS	Masculino	M40 MASC	01:51:28	2:37:02.980	2:36:54.620	06:50	38
109.	111	José LOPES	Boavista Trail	Masculino	M40 MASC	01:53:51	2:37:53.920	2:37:39.640	06:52	39
110.	123	Lino MOREIRA	Os TurboMula	Masculino	M60 MASC	01:55:38	2:37:55.640	2:37:48.740	06:52	6
111.	43	David NOGUEIRA	Hora do Lobo Trail - CF Perosinho Atletismo	Masculino	M50 MASC	01:55:38	2:38:26.470	2:38:22.030	06:53	11
112.	102	Jorge OLIVEIRA	Sorud	Masculino	SENIOR MASC	01:55:34	2:39:22.420	2:39:14.150	06:56	51
113.	19	António VIEIRA	SORUD	Masculino	M60 MASC	01:55:23	2:39:22.640	2:39:14.550	06:56	7
114.	128	Manuel FREIRE	Clube Trilheiros & Amigos	Masculino	M40 MASC	01:54:41	2:39:37.390	2:39:30.910	06:56	40
115.	41	Cristina MADUREIRA	Team CM - Valongo Capital do Desporto Outdoor	Feminino	M40 FEM	01:55:25	2:40:16.920	2:40:04.210	06:58	3
116.	118	José SANTOS	Douroconta Gabinete de Apoio e Contabilidade	Masculino	M50 MASC	01:54:56	2:40:33.660	2:40:29.370	06:59	12
117.	7	André CRISTIANO	Tesos & Mouraria	Masculino	SENIOR MASC	01:57:34	2:42:00.500	2:41:54.210	07:02	52
118.	16	António FREIRE		Masculino	M40 MASC	01:58:51	2:43:14.700	2:42:58.780	07:06	41
119.	119	Jose SECA	Oliveconta - Contabilidade e Seguros - Ermesinde	Masculino	M40 MASC	01:58:58	2:44:11.850	2:43:57.570	07:08	42
120.	62	Fernando VIEIRA		Masculino	M50 MASC	01:56:42	2:44:55.950	2:44:37.100	07:10	13
121.	185	Rui ROCHA	TOG - Trinca Orelhas de Gato	Masculino	SENIOR MASC	02:00:56	2:45:27.250	2:45:20.280	07:11	53
122.	104	Jorge PINTO		Masculino	M40 MASC	01:57:24	2:45:49.180	2:45:38.830	07:13	43
123.	77	Helder MARQUES	Hora do Lobo Trail - CF Perosinho Atletismo	Masculino	SENIOR MASC	02:01:01	2:45:53.123	2:45:45.583	07:13	54
124.	131	Márcio MENDES	Equipa boot	Masculino	SENIOR MASC	01:59:57	2:46:15.220	2:46:05.340	07:14	55
125.	101	Jorge DUARTE	Espinho Trail	Masculino	SENIOR MASC	02:03:45	2:47:56.860	2:47:54.140	07:18	56
126.	50	Eduardo NASCIMENTO		Masculino	M40 MASC	02:01:38	2:49:07.770	2:48:54.480	07:21	44
127.	27	Bruno MARTINS	Factor X / S4L / Medense FC	Masculino	SENIOR MASC	02:04:00	2:49:22.380	2:49:09.500	07:22	57
128.	189	Sandro PINHEIRO	Factor X / S4L / Medense FC	Masculino	SENIOR MASC	02:04:02	2:49:22.940	2:49:10.680	07:22	58
129.	90	João ALEIXO	Lobo do Mar	Masculino	SENIOR MASC	02:02:03	2:49:27.950	2:49:13.570	07:22	59
130.	211	Nuno GONÇALVES	Clube Zupper	Masculino	M40 MASC	02:06:19	2:49:32.500	2:49:26.460	07:22	45
131.	12	Antero CUNHA		Masculino	M50 MASC	02:01:59	2:49:34.040	2:49:27.100	07:22	14
132.	71	Gerson ALVES	KeMedo Team	Masculino	SENIOR MASC	02:04:25	2:49:39.900	2:49:32.210	07:23	60

Pos	Num	Nome	Equipa	Sx	Cat	Intermédio	Tempo	Chip	Ritmo	Cat
133.	149	Nelson SANTOS	TOG - Trinca Orelhas de Gato	Masculino	M40 MASC	02:05:05	2:49:49.830	2:49:44.970	07:23	46
134.	78	Henrique BARBEDO	SUCUPIRA ON TOUR	Masculino	M40 MASC	02:00:49	2:49:50.070	2:49:46.820	07:23	47
135.	138	Maria BARBEDO	SUCUPIRA ON TOUR	Feminino	M40 FEM	02:00:51	2:49:52.290	2:49:49.220	07:23	4
136.	54	Eugénio SOARES	Factor X / S4L / Medense FC	Masculino	M50 MASC	02:05:43	2:51:57.900	2:51:53.410	07:29	15
137.	161	Paulo LARA	Gondomar	Masculino	M40 MASC		2:52:20.250	2:52:05.840	07:29	48
138.	137	Maria RIBEIRO	Clube Zupper	Feminino	M50 FEM	02:06:29	2:52:35.150	2:52:31.760	07:30	1
139.	154	Nuno LAGO	Sorud	Masculino	SENIOR MASC	02:04:35	2:54:48.310	2:54:37.550	07:36	61
140.	116	José PEDROSA	SORUD	Masculino	SENIOR MASC	02:03:59	2:54:50.550	2:54:41.040	07:36	62
141.	147	Nelo QUIM	Tesos & Mouraria	Masculino	M40 MASC	02:03:53	2:55:26.450	2:55:17.400	07:38	49
142.	86	Iracema COSTA	Vilela Bikestore	Feminino	M50 FEM	02:09:08	2:55:36.090	2:55:33.040	07:38	2
143.	139	Marina SILVA	Porto Sentido Runners	Feminino	M40 FEM	02:07:40	2:55:55.850	2:55:49.570	07:39	5
144.	141	Marta SOUSA	Hora do Lobo Trail - CF Perosinho Atletismo	Feminino	M40 FEM	02:08:56	2:56:44.140	2:56:38.820	07:41	6
145.	80	Hugo NETO	Nocturnos de Paredes	Masculino	SENIOR MASC	02:06:46	2:57:12.950	2:57:03.880	07:42	63
146.	49	Eduardo CASTRO		Masculino	M50 MASC	02:06:42	2:57:24.480	2:57:20.220	07:43	16
147.	106	José ANDRADE		Masculino	SENIOR MASC	02:09:35	2:57:25.640	2:57:19.470	07:43	64
148.	158	Partricia FERNANDES		Feminino	M40 FEM	02:08:43	2:57:26.850	2:57:19.920	07:43	7
149.	53	Elisabete NUNES	Sport Comércio Salgueiros	Feminino	M40 FEM	02:07:29	2:58:02.540	2:57:52.580	07:44	8
150.	114	José SOUSA	OS BARRIGUITAS	Masculino	M60 MASC	02:08:31	2:58:25.710	2:58:15.800	07:46	8
151.	30	Bruno SILVA		Masculino	SENIOR MASC		2:59:05.330	2:58:56.630	07:47	65
152.	178	Rosa MENDES	Boavista Trail	Feminino	M50 FEM	02:11:52	3:01:04.240	3:00:51.500	07:52	3
153.	100	Jorge CUNHA		Masculino	M40 MASC	02:07:33	3:02:15.960	3:02:06.780	07:55	50
154.	205	Vitor FONSECA		Masculino	M40 MASC	02:10:43	3:02:25.570	3:02:16.030	07:56	51
155.	109	José FERREIRA		Masculino	M40 MASC	02:09:06	3:02:58.990	3:02:43.170	07:58	52
156.	206	Vítor RIBEIRO	The Mountains are calling	Masculino	M40 MASC	02:08:52	3:03:09.840	3:02:57.550	07:58	53
157.	74	Gonçalo NUNES	ANAG TENNIS TEAM	Masculino	SENIOR MASC	02:09:53	3:03:15.630	3:03:10.460	07:58	66
158.	194	Sérgio GUIMARÃES	Hora do Lobo Trail - CF Perosinho Atletismo	Masculino	M40 MASC	02:11:49	3:03:33.500	3:03:26.600	07:59	54
159.	140	Mário PEREIRA	HJK Gaia	Masculino	M40 MASC	02:14:11	3:03:36.030	3:03:24.990	07:59	55
160.	136	Maria DIAS	merenguita	Feminino	M40 FEM	02:15:45	3:03:42.940	3:03:25.700	07:59	9
161.	163	Paulo MOREIRA	merenguita	Masculino	M50 MASC	02:15:57	3:03:43.600	3:03:26.410	07:59	17
162.	145	Miguel CUNHA	TOG - Trinca Orelhas de Gato	Masculino	M40 MASC	02:14:43	3:04:51.640	3:04:42.890	08:02	56
163.	202	Valdemar ALMEIDA		Masculino	M50 MASC	02:12:43	3:05:00.740	3:04:55.750	08:02	18
164.	120	Julio HENRIQUES		Masculino	M40 MASC	02:11:53	3:05:15.430	3:04:59.830	08:03	57
165.	51	Eduardo SANTOS	A-Team	Masculino	SENIOR MASC	02:13:57	3:05:18.630	3:05:10.050	08:04	67
166.	31	Carla PEREIRA	Aliança de Gandra	Feminino	SENIOR FEM	02:17:16	3:05:19.230	3:05:16.370	08:04	4
167.	142	Micael CUNHA	Gaia Trail	Masculino	SENIOR MASC	02:08:21	3:05:22.730	3:05:09.690	08:04	68
168.	70	Gabriela MADEIRA	#mirras	Feminino	SENIOR FEM	02:15:28	3:05:34.020	3:05:23.280	08:04	5
169.	46	Duarte MALHEIRO	HJK Gaia	Masculino	M40 MASC	02:14:13	3:06:29.410	3:06:16.810	08:07	58
170.	93	João MARTINS	Sorud	Masculino	M50 MASC	02:13:27	3:06:42.720	3:06:34.220	08:07	19
171.	144	Miguel BARBOSA	Equipa Boot	Masculino	M40 MASC	02:14:10	3:06:49.450	3:06:40.370	08:07	59
172.	126	Luis RIBEIRO		Masculino	M40 MASC	02:14:38	3:07:33.760	3:07:27.940	08:09	60
173.	143	Micaela BRITO	Devasta Trilhos	Feminino	SENIOR FEM	02:19:08	3:10:00.430	3:09:56.320	08:16	6
174.	199	Tiago CUNHA		Masculino	SENIOR MASC	02:11:26	3:10:19.010	3:10:09.650	08:16	69
175.	4	Alberto MARTINS	Vilela Bikestore	Masculino	M50 MASC	02:15:48	3:11:23.310	3:11:18.430	08:19	20
176.	134	Margarida NEVES	Hora do Lobo Trail - CF Perosinho Atletismo	Feminino	M50 FEM	02:18:46	3:12:04.710	3:12:00.080	08:21	4

Pos	Num	Nome	Equipa	Sx	Cat	Intermédio	Tempo	Chip	Ritmo	Cat
177.	40	Clara LIMA	merenguita	Feminino	M50 FEM	02:16:13	3:13:31.380	3:13:14.270	08:25	5
178.	22	Beatriz CRUZ	Hora do Lobo Trail - CF Perosinho Atletismo	Feminino	M40 FEM	02:15:58	3:13:33.000	3:13:23.630	08:25	10
179.	108	José CASTRO		Masculino	M50 MASC	02:19:35	3:14:17.130	3:14:04.060	08:27	21
180.	15	Antonio SILVA		Masculino	M50 MASC		3:14:28.820	3:14:28.820	08:28	22
181.	155	Nuno SANTOS	Hora do Lobo Trail - CF Perosinho Atletismo	Masculino	SENIOR MASC	02:23:25	3:25:50.130	3:25:40.780	08:57	70
182.	165	Pedro BALDAIA		Masculino	SENIOR MASC	02:20:11	3:25:53.990	3:25:39.850	08:57	71
183.	91	João BALDAIA		Masculino	SENIOR MASC	02:20:13	3:25:56.570	3:25:41.310	08:57	72
184.	183	Rui OLIVEIRA	Comdor Runners	Masculino	M40 MASC	02:29:16	3:31:59.990	3:31:46.940	09:13	61
185.	57	Fernanda CARNEIRO	Porto Sentido Runners	Feminino	M50 FEM	02:35:17	3:32:46.070	3:32:42.370	09:15	6
186.	187	Rui TEIXEIRA	Porto Sentido Runners	Masculino	M40 MASC	02:36:02	3:32:47.630	3:32:41.580	09:15	62
187.	94	Joao PINHEIRO	Porto Sentido Runners	Masculino	M50 MASC	02:36:03	3:32:48.200	3:32:43.770	09:15	23
188.	212	Solange SOUSA	Bia Team	Feminino	M40 FEM	02:28:51	3:33:48.820	3:33:32.130	09:18	11
189.	213	Nelson SOUSA	Bia Team	Masculino	M40 MASC	02:28:52	3:33:48.820	3:33:32.230	09:18	63
190.	135	Margarida SILVA	Nocturnos de Paredes	Feminino	SENIOR FEM	02:44:12	3:45:08.040	3:44:52.380	09:47	7
191.	215	Fernanda LEÃO	Nocturnos de Paredes	Feminino	M40 FEM	02:43:55	3:45:09.270	3:44:52.760	09:47	12
192.	146	Moura PINTO	Madureira's	Masculino	M60 MASC	02:35:33	3:47:16.440	3:47:00.210	09:53	9
193.	184	Rui QUINTA	merenguita	Masculino	M50 MASC	02:44:18	3:55:17.830	3:55:00.930	10:14	24
194.	170	Pedro SILVA	Nocturnos de Paredes	Masculino	SENIOR MASC		4:34:56.040	4:34:40.250	11:57	73
-	226	VASSOURA 23 K				03:17:57				
-	127	Manuel BARBOSA	Paredes Running	Masculino	M40 MASC			Desclassificado		
-	188	Sandro AFONSO	Brabus Runners	Masculino	SENIOR MASC			Desclassificado		
-	95	João RESENDE	Gansos	Masculino	M40 MASC			Desclassificado		
-	150	Noémia PINTO	Galaicos	Feminino	SENIOR FEM			Desclassificado		
-	103	Jorge PACHECO	Boavista Trail	Masculino	M40 MASC			Desclassificado		
-	181	Rui COSTA	Boavista Trail	Masculino	SENIOR MASC			Desclassificado		