

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
1	1	Antonio Rocha	Clube Desportivo S. Salvador Do Campo	00:29:34.700	00:00:00.000
2	17	Vitor Oliveira	Maia Ac	00:29:38.013	00:00:03.313
3	133	Daniel Gregório	Centro De Atletismo De Seia	00:29:43.260	00:00:08.560
4	180	Paulo Gomes	Grupo Desportivo E Cultural De Guilhovai	00:29:52.263	00:00:17.563
5	148	Tiago Marques	Centro De Atletismo De Seia	00:30:16.013	00:00:41.313
6	69	José Vieira	Grupo Desportivo E Cultural De Castelo De Paiva	00:30:17.513	00:00:42.813
7	104	Adelino Oliveira	Grecas-Vagos	00:30:18.693	00:00:43.993
8	66	Artur Rodrigues	Grupo Desportivo E Cultural De Guilhovai	00:30:24.513	00:00:49.813
9	158	Cristiano Pereira	Casa Do Povo De Mangualde	00:30:40.270	00:01:05.570
10	139	José Carvalho	Clube Académico De Mogadouro	00:30:42.263	00:01:07.563
11	16	Luís Rações	V. Setúbal Fc	00:30:51.763	00:01:17.063
12	33	Antonio Fernandes	Grupo Desportivo E Cultural De Guilhovai	00:30:58.263	00:01:23.563
13	201	Abílio Gonçalves	A. C. R. Sra Do Desterro - Napo	00:31:13.263	00:01:38.563
14	160	Tiago Machado	Casa Do Povo De Mangualde	00:31:31.017	00:01:56.317
15	152	Pedro Rodrigues	Clube Académico De Mogadouro	00:31:36.267	00:02:01.567
16	87	Nelson Gomes	Grupo Desportivo De Leomil - Trilhos Da Maça	00:31:45.797	00:02:11.097
17	91	João Pereira	Individual	00:31:55.267	00:02:20.567
18	103	Gil Ferreira	Clube Desportivo S. Salvador Do Campo	00:31:57.017	00:02:22.317
19	189	Emilia Piseiro	Recreio Desportivo De Águeda	00:32:03.017	00:02:28.317
20	7	João Vaz	Ccd Alvitejo	00:32:04.767	00:02:30.067
21	159	Pedro Machado	Casa Do Povo De Mangualde	00:32:09.017	00:02:34.317
22	192	Pedro Nadais	Recreio Desportivo De Águeda	00:32:21.017	00:02:46.317
23	193	Ricardo Santos	Recreio Desportivo De Águeda	00:32:26.767	00:02:52.067
24	135	Inês Monteiro	Sporting Clube De Portugal	00:32:28.520	00:02:53.820
25	72	Ricardo Madeira	Grupo Desportivo E Cultural De Castelo De Paiva	00:32:29.017	00:02:54.317
26	141	Messias Dias	Grupo Desportivo E Cultural De Guilhovai	00:32:37.517	00:03:02.817
27	70	Vítor Barbosa	Grupo Desportivo E Cultural De Castelo De Paiva	00:32:51.017	00:03:16.317
28	190	Fábio Castro	Recreio Desportivo De Águeda	00:32:57.520	00:03:22.820
29	212	Miguel Cardoso	Acr Cambra	00:33:00.267	00:03:25.567
30	197	Alex Scutaru	Gdrc Ponterrolense	00:33:07.520	00:03:32.820
31	63	Luís Morgado	Grupo Desportivo De Leomil - Trilhos Da Maça	00:33:08.770	00:03:34.070
32	244	Pedro Guimarães	Ingleses Futebol Clube	00:33:15.520	00:03:40.820
33	185	Hugo Ramalho	Recreio Desportivo De Águeda	00:33:37.020	00:04:02.320
34	140	Manuel Ferreira	Grupo Desportivo E Cultural De Guilhovai	00:33:38.020	00:04:03.320
35	71	Sérgio Azevedo	Grupo Desportivo E Cultural De Castelo De Paiva	00:34:00.020	00:04:25.320
36	191	Hélder Gonçalves	Recreio Desportivo De Águeda	00:34:12.777	00:04:38.077
37	73	Luís Santos	Grupo Desportivo E Cultural De Castelo De Paiva	00:34:25.273	00:04:50.573
38	161	Carlos Nunes	Casa Do Povo De Mangualde	00:34:49.417	00:05:14.717
39	205	Cristiana Valente	Recreio Desportivo De Águeda	00:34:51.530	00:05:16.830
40	196	Luis Almeida	Clube De Montanha Alto Trilho - Javalis	00:35:10.273	00:05:35.573
41	86	Bruno Vieira	Grupo Desportivo E Cultural De Castelo De Paiva	00:35:24.023	00:05:49.323
42	150	Alexandre Santos	Clube De Montanha Alto Trilho - Javalis	00:35:26.277	00:05:51.577
43	4	Paulo Costa	Viriathvs Runners Viseu	00:35:35.280	00:06:00.580
44	38	Marco Silva	Javalis	00:35:36.523	00:06:01.823
45	12	Aires Aires	F.C.Penafiel	00:35:38.023	00:06:03.323
46	77	Joaquim Barbosa	Grupo Desportivo E Cultural De Castelo De Paiva	00:35:40.273	00:06:05.573
47	13	Rosa Madureira	Individual	00:35:43.027	00:06:08.327
48	88	José Amaral	Individual	00:35:48.523	00:06:13.823
49	43	Carlos Almeida	Clube De Montanha Alto Trilho - Javalis	00:35:54.523	00:06:19.823
50	105	Jorge Loureiro	Dínamo Clube Estação	00:35:57.277	00:06:22.577
51	102	Fábio Ramos	Individual	00:36:03.277	00:06:28.577
52	122	Nuno Dias	Grupo Desportivo ?Os Ribeirinhos?	00:36:16.027	00:06:41.327
53	75	Rui Rodrigues	Grupo Desportivo E Cultural De Castelo De Paiva	00:36:22.277	00:06:47.577
54	173	Paulo Lourenço	Dínamo Clube Estação	00:36:30.027	00:06:55.327
55	188	Bárbara Oliveira	Recreio Desportivo De Águeda	00:36:44.027	00:07:09.327
56	169	José Gomes	Toc Trail Team	00:36:55.527	00:07:20.827
57	24	Manuel Paiva	Correr Viseu	00:36:57.277	00:07:22.577

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
58	246	Célio Camões	Santander	00:37:05.780	00:07:31.080
59	18	Ricardo Germano	Pharmadvance	00:37:25.777	00:07:51.077
60	195	Veronica Scutaru	Gdrc Ponterrolense	00:37:32.027	00:07:57.327
61	129	Luís Freitas	Fitclub Lafões Runners	00:37:46.277	00:08:11.577
62	14	Antonio Ferreira	Individual	00:37:52.533	00:08:17.833
63	76	Raul Moreira	Grupo Desportivo E Cultural De Castelo De Paiva	00:38:09.537	00:08:34.837
64	60	Lídia Pereira	Gdr Granja - Trutas Do Mau	00:38:16.790	00:08:42.090
65	116	Nuno Queiroz	Grupo Desportivo ?Os Ribeirinhos?	00:38:17.780	00:08:43.080
66	15	Amadeu Pereira	Udv União Desportiva Vilamaiorense	00:38:24.280	00:08:49.580
67	234	Diogo Ferreira	Individual	00:38:47.030	00:09:12.330
68	49	Paulo Casais	Clube De Montanha Alto Trilho - Javalis	00:38:53.030	00:09:18.330
69	53	André Cardão	Individual	00:39:15.037	00:09:40.337
70	247	Sérgio Teixeira	Santander	00:39:15.037	00:09:40.337
71	108	Claudio Queiroga	Dínamo Clube Estação	00:39:24.030	00:09:49.330
72	112	Luís Santos	Udv União Desportiva Vilamaiorense	00:39:38.033	00:10:03.333
73	154	Vítor Ferreira	Clube De Montanha Alto Trilho - Javalis	00:39:45.783	00:10:11.083
74	138	Serafim Soares	Grupo Desportivo ?Os Ribeirinhos?	00:39:46.780	00:10:12.080
75	243	Josué Medina	Individual	00:39:53.033	00:10:18.333
76	67	Amélia Vieira	Grupo Desportivo E Cultural De Castelo De Paiva	00:39:57.783	00:10:23.083
77	118	Roberto Leal	Grupo Desportivo ?Os Ribeirinhos?	00:40:12.033	00:10:37.333
78	113	Paulo Monteiro	Individual	00:40:17.783	00:10:43.083
79	101	Hélder Ramos	Individual	00:40:21.783	00:10:47.083
80	99	Jose Graça	Individual	00:40:37.033	00:11:02.333
81	109	Gabriel Niza	Dínamo Clube Estação	00:40:39.533	00:11:04.833
82	46	Ana Martins	Grupo Desportivo Diana	00:40:44.537	00:11:09.837
83	127	Miguel Campos	Fitclub Lafões Runners	00:40:47.783	00:11:13.083
84	89	Vitor Pereira	Individual	00:40:52.787	00:11:18.087
85	155	Célia Matias	Casa Do Povo De Mangualde	00:40:54.537	00:11:19.837
86	121	Eugénio Almeida	Grupo Desportivo ?Os Ribeirinhos?	00:41:23.283	00:11:48.583
87	142	Maria Lucas	Gdc Fidelidade	00:41:31.787	00:11:57.087
88	199	Luis Bandeira	Move Martifer Gym	00:41:32.287	00:11:57.587
89	57	Mário Rodrigues	Gdr Granja - Trutas Do Mau	00:41:34.537	00:11:59.837
90	114	Luís Santos	Grupo Desportivo ?Os Ribeirinhos?	00:41:36.787	00:12:02.087
91	186	Daniela Falcão	Grupo Desportivo De Leomil - Trilhos Da Maça	00:41:39.543	00:12:04.843
92	79	Filipe Teles	Grupo Desportivo De Leomil - Trilhos Da Maça	00:41:39.790	00:12:05.090
93	59	Severino Santos	Gdr Granja - Trutas Do Mau	00:41:58.037	00:12:23.337
94	184	Luís Rodrigues	Oliveira Runners	00:42:01.537	00:12:26.837
95	156	Laurinda Ferreira	Casa Do Povo De Mangualde	00:42:03.037	00:12:28.337
96	64	Sara Morgado	Grupo Desportivo De Leomil - Trilhos Da Maça	00:42:03.787	00:12:29.087
97	41	Ricardo Carvalho	Javalis	00:42:07.040	00:12:32.340
98	36	Sofia Romão	Correr Viseu	00:42:20.540	00:12:45.840
99	143	Ant?Nio Pereira	Mulas Da Cooperativa Running Team	00:42:20.790	00:12:46.090
100	23	Anabela Abreu	Correr Viseu	00:42:33.537	00:12:58.837
101	123	Diogo Almeida	Individual	00:42:42.287	00:13:07.587
102	55	Tila Pina	Gdr Granja - Trutas Do Mau	00:42:51.790	00:13:17.090
103	137	Paulo Ferreira	Grupo Desportivo ?Os Ribeirinhos?	00:43:00.787	00:13:26.087
104	200	João Fonseca	Clube De Montanha Alto Trilho - Javalis	00:43:05.290	00:13:30.590
105	194	Jorge Couto	Individual	00:43:05.343	00:13:30.643
106	131	António Fernandes	Fitclub Lafões Runners	00:43:25.040	00:13:50.340
107	248	Ricardo Figueiredo	Santander	00:43:30.037	00:13:55.337
108	209	Tatiana Silva	Acr Cambra	00:43:34.573	00:13:59.873
109	211	Tatiana Carvalho	Acr Cambra	00:43:39.543	00:14:04.843
110	117	Daniel Ferreira	Grupo Desportivo ?Os Ribeirinhos?	00:43:40.820	00:14:06.120
111	74	Sandra Teixeira	Grupo Desportivo E Cultural De Castelo De Paiva	00:43:46.040	00:14:11.340
112	84	Artur Vieira	Grupo Desportivo E Cultural De Castelo De Paiva	00:43:46.043	00:14:11.343
113	37	Olga Martins	Viriathvs Runners Viseu	00:43:48.790	00:14:14.090
114	45	Nuno Antunes	Individual	00:43:58.050	00:14:23.350

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
115	119	Rui Pedrinho	Grupo Desportivo ?Os Ribeirinhos?	00:44:07.293	00:14:32.593
116	217	Domingos Almeida	Grupo Desportivo ?Os Ribeirinhos?	00:44:10.040	00:14:35.340
117	147	Rui Rocha	Fitclub Lafões Runners	00:44:21.793	00:14:47.093
118	178	Filipe Duarte	Jmp Team	00:44:31.827	00:14:57.127
119	187	Ricardo Carvalheira	Individual	00:44:33.297	00:14:58.597
120	100	Patrícia Amtunes	Grupo Desportivo De Leomil - Trilhos Da Maça	00:44:40.793	00:15:06.093
121	168	Henrique Aidos	A Natureza Ensina	00:44:44.043	00:15:09.343
122	130	Bruno Lopes	Individual	00:44:47.543	00:15:12.843
123	48	Luis Barros	Individual	00:44:58.793	00:15:24.093
124	153	João Costa	Individual	00:45:05.793	00:15:31.093
125	56	Marilyne Marques	Gdr Granja - Trutas Do Mau	00:45:26.043	00:15:51.343
126	62	José Cardoso	Gdr Granja - Trutas Do Mau	00:45:27.047	00:15:52.347
127	241	João Abrantes	Leoninos	00:45:38.793	00:16:04.093
128	245	Ademino Amorim	Individual	00:45:58.797	00:16:24.097
129	149	Pedro Campos	Já T´Apanho	00:46:08.547	00:16:33.847
130	144	Hugo Tavares	Oliveira Runners	00:46:17.297	00:16:42.597
131	126	Sofia Girão	Fitclub Lafões Runners	00:46:23.047	00:16:48.347
132	172	Pedro Farreca	Oliveira Runners	00:46:23.547	00:16:48.847
133	83	Fernando Ramos	Grupo Desportivo E Cultural De Castelo De Paiva	00:46:30.797	00:16:56.097
134	177	Paulo Rodrigues	Individual	00:46:39.047	00:17:04.347
135	146	Joana Rodrigues	Fitclub Lafões Runners	00:46:47.307	00:17:12.607
136	115	José Ferreira	Grupo Desportivo ?Os Ribeirinhos?	00:46:48.547	00:17:13.847
137	198	Joao Vieira	Individual	00:46:50.047	00:17:15.347
138	78	Raquel Lopes	Individual	00:46:50.050	00:17:15.350
139	242	Augusto Ferreira	Individual	00:46:51.047	00:17:16.347
140	35	Susana Duarte	Correr Viseu	00:47:12.297	00:17:37.597
141	30	Jorge Borges	Correr Viseu	00:47:13.550	00:17:38.850
142	165	António Martins	Correr Viseu	00:47:13.797	00:17:39.097
143	96	Pedro Alves	Runners Do Demo	00:47:31.047	00:17:56.347
144	179	João Coelho	Individual	00:47:42.800	00:18:08.100
145	44	Nuno Neves	Siga	00:48:01.087	00:18:26.387
146	128	Nuno Rocha	Fitclub Lafões Runners	00:48:02.547	00:18:27.847
147	151	Filipe Castanheira	Fitclub Lafões Runners	00:48:02.553	00:18:27.853
148	240	Carlos Santos	Individual	00:48:10.300	00:18:35.600
149	9	Isabel Inacio	Viseu 360	00:48:18.303	00:18:43.603
150	8	António Melo	Viseu 360	00:48:18.553	00:18:43.853
151	21	Nuno Dias	Correr Viseu	00:48:24.300	00:18:49.600
152	90	Francisco Moreira	Runners Sernancelhe Terra Da Castanha	00:48:35.300	00:19:00.600
153	40	Mário Rodrigues	Runners Sernancelhe Terra Da Castanha	00:48:35.550	00:19:00.850
154	176	Carlos Oliveira	Individual	00:48:46.050	00:19:11.350
155	92	Sandro Sandro	Bxa Team	00:48:52.053	00:19:17.353
156	82	Joaquim Cruz	Bxa Team	00:48:52.550	00:19:17.850
157	58	Sónia Lemos	Gdr Granja - Trutas Do Mau	00:49:05.303	00:19:30.603
158	174	Sílvia Gomes	Grupo Desportivo De Leomil - Trilhos Da Maça	00:49:10.303	00:19:35.603
159	175	Paula Campos	Já T´Apanho	00:49:21.307	00:19:46.607
160	47	Rui Campos	Já T´Apanho	00:49:21.553	00:19:46.853
161	68	Ana Soares	Clube De Montanha Alto Trilho - Javalis	00:49:33.303	00:19:58.603
162	10	Agostinho Bizarro	Vfm	00:49:34.087	00:19:59.387
163	134	Isabel Regueira	Fitclub Lafões Runners	00:49:55.803	00:20:21.103
164	125	Sónia Eugénio	Individual	00:50:11.053	00:20:36.353
165	29	Teresa Ramos	Correr Viseu	00:50:23.553	00:20:48.853
166	85	Mário Correia	Leoninos	00:50:29.057	00:20:54.357
167	11	Márcio Almeida	Grupo Desportivo ?Os Ribeirinhos?	00:50:35.057	00:21:00.357
168	110	Eduardo Ribeiro	Individual	00:50:50.307	00:21:15.607
169	39	Sandra Coelho	Javalis	00:50:54.560	00:21:19.860
170	42	Manuel Jacinto	Correr Viseu	00:50:59.557	00:21:24.857
171	28	Antonio Ramos	Correr Viseu	00:51:18.810	00:21:44.110

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
172	52	Helena Cruz	Javalis	00:51:23.807	00:21:49.107
173	250	Desconhecido	Individual	00:51:26.807	00:21:52.107
174	111	Leonor Soares	Individual	00:51:40.810	00:22:06.110
175	124	Luís Figueiredo	Fitclub Lafões Runners	00:51:41.560	00:22:06.860
176	50	Ana Rodrigues	Individual	00:51:57.600	00:22:22.900
177	95	Elisabete Matos	Gdr Granja - Trutas Do Mau	00:52:06.060	00:22:31.360
178	54	Acácio Fonseca	Gdr Granja - Trutas Do Mau	00:52:06.060	00:22:31.360
179	32	Cristina Almeida	Viseu 360	00:52:15.310	00:22:40.610
180	22	Nuno Ribeiro	Viseu 360	00:52:15.810	00:22:41.110
181	34	Aires Ferreira	Correr Viseu	00:52:37.320	00:23:02.620
182	25	Jordana Ferreira	Correr Viseu	00:52:38.060	00:23:03.360
183	81	Rui Macário	Individual	00:52:40.310	00:23:05.610
184	80	Guida Gonçalves	Individual	00:53:42.063	00:24:07.363
185	232	Filipe Marques	Individual	00:54:22.317	00:24:47.617
186	31	Filipa Aparício	Correr Viseu	00:54:38.817	00:25:04.117
187	136	Joana Monteiro	Fitclub Lafões Runners	00:55:14.073	00:25:39.373
188	249	Hélio Gonçalves	Santander	00:55:41.567	00:26:06.867
189	98	Rute Vasconcelos	Individual	00:55:48.817	00:26:14.117
190	3	Margarida Rodrigues	Move Martifer Gym	00:55:59.070	00:26:24.370
191	65	Ana Alexandre	Individual	00:56:24.317	00:26:49.617
192	97	Marco Moutinho	Individual	00:56:25.817	00:26:51.117
193	171	Inês Lopes	Individual	00:56:33.067	00:26:58.367
194	51	Carlos Carvalho	Individual	00:57:33.067	00:27:58.367
195	183	Anabela Dias	Move Martifer Gym	00:57:40.570	00:28:05.870
196	181	Catarina Dias	Move Martifer Gym	00:57:41.320	00:28:06.620
197	27	Joana Graça	Correr Viseu	00:58:22.320	00:28:47.620
198	5	António Pereira	Viriathvs Runners Viseu	00:58:29.820	00:28:55.120
199	167	José Aidos	A Natureza Ensina	01:01:49.577	00:32:14.877
200	61	Andreia Ramos	Correr Viseu	01:02:06.827	00:32:32.127
201	19	Carlos Gomes	Individual	01:02:17.080	00:32:42.380
202	20	Teresa Gomes	Individual	01:02:18.077	00:32:43.377
203	221	António Moura	Individual	01:02:18.330	00:32:43.630
204	182	Maria Bandeira	Move Martifer Gym	01:05:53.587	00:36:18.887
205	203	Isabel Matos	Individual	01:20:40.537	00:51:05.837
206	202	Maria Pereira	Individual	01:20:40.867	00:51:06.167