

Dorsal	Class.	Esc.	Atleta	Clube	Volta 1	Volta 2	Volta 3	Tempo	Escalão
112	1	1	JOAO FERREIRA	ATLETICO CLUBE POVOA DE VARZIM	05:41	13:35	13:19	32:34:00	MSEN
106	2	2	JOSE SILVA	ATLETICO CLUBE POVOA DE VARZIM	05:41	13:45	14:07	33:31:00	MSEN
92	3	3	DUARTE RODRIGUES	CENTRO DE ATLETISMO DE MAZAREFES	05:41	14:09	14:20	34:08:00	MSEN
167	4	1	ABILIO PEREIRA	TAIPAS	05:44	14:17	14:19	34:19:00	M40
114	5	1	DOMINGOS BARROS	CENTRO DE ATLETISMO DE MAZAREFES	05:45	14:16	14:22	34:22:00	M50
47	6	2	CARLOS MONTEIRO	FUTEBOL CLUBE DE VIZELA	05:48	14:26	14:41	34:54:00	M40
46	7	4	HELDER OLIVEIRA		06:02	14:43	14:39	35:22:00	MSEN
32	8	3	JOSE CORREIA	CLUBE ATLETISMOS DE BAIONA	05:44	14:56	15:16	35:54:00	M40
56	9	5	JOEL PEREIRA	MINHO E LIMA TRAIL	05:49	15:13	15:28	36:29:00	MSEN
48	10	6	LUIS BESSA	FUTEBOL CLUBE VIZELA	06:06	15:19	15:21	36:46:00	MSEN
38	11	4	LUIS MAGALHAES	MINHO E LIMA TRAIL	05:54	15:28	15:53	37:14:00	M40
138	12	5	CARLOS ALVAREZ	S.A.TREGA	06:33	15:38	15:46	37:56:00	M40
11	13	7	DIOGO MACHADO	CYCLONES	05:53	16:12	16:03	38:06:00	MSEN
23	14	8	FILIPE LAGE		06:12	15:54	16:18	38:22:00	MSEN
81	15	6	SERGIO GOMES	ECOBARCAVENTURA	06:23	16:14	15:49	38:25:00	M40
140	16	9	RUBEN VELOSO		05:53	15:43	16:53	38:28:00	MSEN
132	17	10	LUIS DANTAS	ESTRELAS DE BRANDARA	06:09	16:12	16:25	38:45:00	MSEN
67	18	7	EMANUEL MATOS	GDGIVL	06:32	16:06	16:14	38:51:00	M40
170	19	11	JOAO MARTINS	VILA VERDE A CORRER	06:15	16:23	16:16	38:53:00	MSEN
125	20	8	ABEL FRANCO	PIRAMIDE RADICAL CLUBE	06:15	16:23	16:19	38:56:00	M40
107	21	1	JESSICA MATOS	SPORTING CLUBE DE BRAGA	06:43	16:08	16:34	39:24:00	FSEN
108	22	12	FILIPE CORREIA		06:27	16:20	16:57	39:44:00	MSEN
137	23	2	ARIANA VERDE	S.A.TREGA	06:49	16:46	16:50	40:24:00	FSEN
72	24	9	DUARTE BARBOSA		06:36	16:50	17:03	40:28:00	M40
104	25	13	MARCIO ARAUJO	RIBEITRAIL	06:19	17:16	17:19	40:53:00	MSEN
43	26	14	JOSE FERREIRA	TEAM WORKOUT 48/CAM	06:20	17:22	17:19	41:00:00	MSEN
154	27	10	LUIS SILVA		06:36	17:13	17:22	41:11:00	M40
150	28	15	SERGIO FERNANDES	ECOBARCAVENTURA	06:53	17:04	17:17	41:13:00	MSEN
34	29	11	DOMINGOS DIAS	ECOBARCAVENTURA	06:37	17:18	17:22	41:17:00	M40
156	30	16	ANTONIO MONTEIRO		06:45	17:13	17:41	41:39:00	MSEN
82	31	17	HILARIO LOPES		06:34	17:25	17:48	41:45:00	MSEN
70	32	2	NARCISO MARQUES	LIMITE VERTICAL TREKKING	06:53	17:24	17:36	41:52:00	M50
10	33	1	MANUELA MACHADO	CYCLONES	06:51	17:09	17:57	41:56:00	F50
109	34	12	JOSE COSTA	MINHO E LIMA TRAIL	06:46	17:32	17:41	41:57:00	M40
122	35	18	MANUEL GARCIA	MONSANTO RUNNING TEAM	07:07	17:39	17:48	42:33:00	MSEN
61	36	13	SERGIO RAMOS	EDVVIANATRIL	07:04	17:49	17:46	42:38:00	M40
99	37	19	PAULO PINHEIRO	RIBEITRAIL	06:56	17:20	18:26	42:42:00	MSEN
135	38	14	LUIS PAULO	MINHO E LIMA TRAIL	06:51	17:55	18:00	42:44:00	M40
116	39	20	HELDER FRANCO	LETHES TRAIL TEAM	06:47	17:52	18:08	42:46:00	MSEN
168	40	3	JOSE PONTE	EDVVIANA TRAIL	07:07	17:46	17:55	42:47:00	M50
84	41	15	JOSE PAIS	EDL	06:51	17:48	18:13	42:51:00	M40
161	42	16	PORFIRIO LOMBA		06:55	17:56	18:10	43:00:00	M40
105	43	21	JOSE FERNANDES		06:46	17:59	18:24	43:08:00	MSEN
97	44	22	FILIPE ALVES	VILA VERDE A CORRER	06:52	18:10	18:13	43:14:00	MSEN

Dorsal	Class.	Esc.	Atleta	Clube	Volta 1	Volta 2	Volta 3	Tempo	Escalão
77	45	17	FRANCISCO CERQUEIRA	MARATONISTAS DO MINHO	06:52	18:01	18:33	43:26:00	M40
28	46	18	CARLOS LOUREIRO	CLUBE ATLETISMO DE ARCOS DE VALDEVEZ	07:07	18:14	18:30	43:50:00	M40
179	47	23	JOSE SILVA	RIBEITRAIL	06:57	18:14	18:46	43:56:00	MSEN
117	48	24	ANDRE SENDAO	LETHES TRAIL TEAM	06:52	18:19	18:57	44:07:00	MSEN
102	49	4	ANTONIO CORUCHO		07:25	18:22	18:31	44:17:00	M50
149	50	25	FAUSTO SILVA		07:16	18:27	18:48	44:30:00	MSEN
165	51	26	CARLOS GONCALVES		06:53	18:38	19:04	44:35:00	MSEN
21	52	19	MANUEL GOMES		07:26	18:34	18:39	44:38:00	M40
93	53	27	NUNO FERNANDES		07:16	18:20	19:16	44:50:00	MSEN
80	54	20	MANUEL CUNHA		07:10	18:48	19:01	44:58:00	M40
131	55	21	ALBERTO BARBOSA	OLIMPICO TRAIL VIANENSE	07:10	18:28	19:28	45:04:00	M40
58	56	22	NUNO SENDAO	LETHES TRAIL TEAM	07:08	19:10	19:46	46:03:00	M40
146	57	3	ADRIANA GOMES	MINHO AVENTURA	07:35	19:14	19:25	46:12:00	FSEN
85	58	28	FLAVIO PEREIRA		07:41	19:33	19:32	46:45:00	MSEN
128	59	5	LUIS FERNANDES		07:42	19:33	20:12	47:26:00	M50
83	60	23	VASCO ROCHA	TERRAS DO VEZ	07:15	19:55	20:20	47:29:00	M40
111	61	29	SAMUEL PINHO		07:32	19:47	20:14	47:32:00	MSEN
25	62	24	ABILIO RODRIGUES		07:37	19:44	20:36	47:56:00	M40
22	63	6	MANUEL PEREIRA	ECOBARCAVENTURA	07:24	20:04	20:39	48:06:00	M50
133	64	25	GUSTAVO TAVEIRA		07:09	20:58	20:01	48:07:00	M40
24	65	4	ANA CERQUEIRA		07:50	20:09	20:38	48:36:00	FSEN
145	66	30	JOAO COSTA		08:07	19:48	20:45	48:39:00	MSEN
64	67	7	DIAMANTINO COELHO	DCR FOREVER	08:10	20:14	20:23	48:46:00	M50
65	68	8	MANUEL PINTO	TERRAS DO VEZ	07:49	20:42	20:18	48:48:00	M50
88	69	31	DIOGO BARRETO		07:45	21:04	20:17	49:05:00	MSEN
144	70	32	MIGUEL MARTINS	TERRAS DO VEZ	07:54	20:40	21:02	49:35:00	MSEN
134	71	33	JOSE MARTINS		08:01	20:35	21:01	49:35:00	MSEN
136	72	34	LUIS SA		07:06	23:40	18:58	49:43:00	MSEN
63	73	26	JORGE COELHO	TERRAS DO VEZ	08:24	20:43	20:40	49:46:00	M40
89	74	35	GILBERTO DOMINGUES	ECOBARCAVENTURA	07:51	21:01	21:19	50:10:00	MSEN
151	75	27	ANTONIO CARNEIRO	ECOBARCAVENTURA	08:32	21:47	20:09	50:27:00	M40
100	76	9	ARNALDO TORQUATO	ECOBARCAVENTURA	07:59	21:07	21:25	50:29:00	M50
164	77	36	DIOGO CUNHA		08:04	20:31	21:58	50:32:00	MSEN
127	78	5	CATARINA CERQUEIRA		08:08	21:16	21:09	50:32:00	FSEN
153	79	10	HERCULANO GUIMARAES		08:32	21:47	20:16	50:34:00	M50
79	80	6	RAQUEL MENDES	MARATONISTAS DO MINHO	08:09	20:58	21:31	50:37:00	FSEN
91	81	37	RICARDO GOMES		09:09	20:59	20:30	50:37:00	MSEN
18	82	38	JOAO COSTA	ECOBARCAVENTURA	07:09	21:12	22:28	50:47:00	MSEN
55	83	28	PEDRO PINHEIRO	ECOBARCAVENTURA	07:45	21:01	22:04	50:49:00	M40
39	84	7	FERNANDA BARBOSA		08:07	21:25	21:45	51:17:00	FSEN
115	85	2	CELESTE PARENTE	CENTRO DE ATLETISMO DE MAZAREFES	08:09	21:28	22:14	51:51:00	F50
33	86	39	MANUEL MIRANDA		08:53	21:50	21:40	52:22:00	MSEN
158	87	40	JOSE COSTA		09:09	22:44	20:45	52:38:00	MSEN
68	88	1	SANDRINA GOMES	LETHES TRAIL TEAM	08:38	21:37	22:39	52:53:00	F40

Dorsal	Class.	Esc.	Atleta	Clube	Volta 1	Volta 2	Volta 3	Tempo	Escalão
19	89	29	PEDRO SENDAO		08:31	21:44	22:39	52:53:00	M40
95	90	30	VITOR REBELO		09:11	21:55	21:51	52:56:00	M40
113	91	41	EDUARDO RIBEIRO		07:59	21:57	23:26	53:21:00	MSEN
110	92	42	ARTUR CORREIA		08:24	21:48	23:14	53:25:00	MSEN
159	93	43	PEDRO ALVES		08:44	21:51	22:56	53:30:00	MSEN
126	94	44	PEDRO GONCALVES		08:24	21:53	23:24	53:40:00	MSEN
124	95	45	LUIS TOUCEIRA		08:59	22:25	22:30	53:53:00	MSEN
155	96	11	ALBERTO CUNHA		08:54	22:03	23:03	53:58:00	M50
76	97	46	ALEXANDRE FERNANDES		09:36	22:28	22:01	54:04:00	MSEN
120	98	3	MADALENA ARAUJO		08:58	22:25	22:47	54:10:00	F50
148	99	12	JOAQUIM GOMES		08:29	22:41	23:26	54:34:00	M50
147	100	47	RICARDO GOMES		08:29	22:40	23:26	54:35:00	MSEN
40	101	48	DANIEL AMORIM		08:30	23:20	24:26:00	56:15:00	MSEN
75	102	31	CARLOS MARQUES		09:09	22:44	24:30:00	56:22:00	M40
42	103	8	SARA CARPINTEIRA	CERVEIRA TEAM RUNNING	09:03	24:46:00	23:11	56:58:00	FSEN
73	104	32	ISA SILVA		09:36	23:19	24:09:00	57:03:00	M40
78	105	9	SILVIA VIANA	MARATONISTAS DO MINHO	11:39	23:07	22:24	57:08:00	FSEN
172	106	10	MARIA ARAUJO		08:55	24:33:00	24:41:00	58:08:00	FSEN
142	107	49	MANUEL		09:36	25:16:00	23:18	58:10:00	MSEN
141	108	11	CARMEN		09:36	25:17:00	23:18	58:10:00	FSEN
50	109	2	ANA FARIA	CANTINHO DA PT	10:50	23:36	23:51	58:17:00	F40
157	110	3	MARIA ESTEVES		10:50	23:37	23:52	58:18:00	F40
166	111	4	MARTA VELOSO		08:55	24:33:00	25:04:00	58:31:00	F40
118	112	33	JORGE OLIVEIRA		09:09	24:09:00	25:26:00	58:44:00	M40
45	113	5	ANA SOUSA	ECOBARCAVENTURA	09:31	24:04:00	25:19:00	58:53:00	F40
123	114	12	HELENA OLIVEIRA		09:19	24:31:00	26:06:00	59:55:00	FSEN
101	115	6	ANABELA SILVA	LIMITE VERTICAL TREKKING	09:50	25:16:00	25:22:00	01:00:27	F40
54	116	13	SONIA FERNANDES		10:07	25:54:00	24:28:00	01:00:27	FSEN
103	117	7	LUCIA CORUCHO		10:06	25:01:00	25:46:00	01:00:53	F40
139	118	14	ANABELA RODRIGUES		09:21	25:25:00	26:37:00	01:01:23	FSEN
59	119	15	MARTA CUNHA		09:41	25:25:00	26:19:00	01:01:25	FSEN
160	120	50	FRANCISCO LOPES		10:15	25:22:00	26:23:00	01:01:59	MSEN
143	121	8	SUSANA CRUZ		10:08	25:55:00	26:39:00	01:02:41	F40
17	122	9	SANDRA COUTINHO	ECOBARCAVENTURA	09:29	26:33:00	27:06:00	01:03:07	F40
98	123	51	NUNO LEMOS		10:12	25:52:00	27:29:00	01:03:32	MSEN
27	124	4	MARIA PEREIRA	ECOBARCAVENTURA	10:04	26:13:00	27:16:00	01:03:32	F50
35	125	16	INES DIAS		10:11	26:47:00	26:56:00	01:03:53	FSEN
30	126	17	CARLA BARBOSA	ECOBARCAVENTURA	09:39	26:22:00	27:56:00	01:03:56	FSEN
37	127	18	ANA DIAS		10:10	26:48:00	28:05:00	01:05:02	FSEN
36	128	52	MARTINHO PEREIRA		10:10	26:47:00	28:07:00	01:05:02	MSEN
49	129	10	SUSANA ZAMITH	CANTINHO DA PT	10:53	26:57:00	28:30:00	01:06:19	F40
94	130	13	ARMANDO FERNANDES		10:52	26:50:00	28:57:00	01:06:39	M50
66	131	14	JOSE CERQUEIRA		10:52	27:19:00	29:50:00	01:08:00	M50
52	132	19	CAROLINA PEREIRA	CANTINHO DA PT	10:53	28:07:00	29:15:00	01:08:14	FSEN

Dorsal	Class.	Esc.	Atleta	Clube	Volta 1	Volta 2	Volta 3	Tempo	Escalão
51	133	11	SUSANA LEAL	CANTINHO DA PT	10:53	28:06:00	29:15:00	01:08:14	F40
69	134	20	ANA CACHO		10:06	27:37:00	31:46:00	01:09:28	FSEN
16	135	15	GARCIA SILVA	ECOBARCAVENTURA	10:07	29:15:00	30:47:00	01:10:08	M50
57	136	5	GINA MAIA		10:50	29:58:00	30:48:00	01:11:35	F50
74	137	12	ISABEL MARQUES		10:50	30:04:00	30:43:00	01:11:36	F40
152	138	16	JORGE SOUSA	LETHES TRAIL TEAM	11:46	32:05:00	31:20:00	01:15:10	M50
130	139	21	INES REGO	ECOBARCAVENTURA	10:10	32:03:00	35:39:00	01:17:51	FSEN