



São Silvestre Vila Real 2018



Classificação Geral

10,00 Km.

Pos.	Dor.	Nome	Clube	Cat.	Pos. Cat.	Tempo	T/Km.	Dif.
1	415	Luís Saraiva	Sporting Clube de Braga	S	1	30:28.58	03:03	
2	366	Nuno Costa	Maia ac	S	2	30:29.75	03:03	0:00:01
3	73	Antonio Silva	Sporting Clube Portugal	S	3	30:56.13	03:06	0:00:27
4	490	Pedro Ribeiro	SCP	M35	1	31:16.65	03:08	0:00:48
5	472	Hugo Almeida	Sporting Clube de Braga	S	4	31:40.33	03:10	0:01:11
6	196	Adelino Oliveira	Grecas-Vagos	S	5	31:45.59	03:11	0:01:17
7	106	Carlos Lopes	Clube Académico de Mogadouro	M35	2	31:51.63	03:11	0:01:23
8	53	Rui Muga	Clube Académico de Mogadouro	S	6	32:01.32	03:12	0:01:32
9	107	José Carvalho	Clube Académico de Mogadouro	M40	1	32:15.58	03:14	0:01:47
10	494	Nelson Gomes	CD Leomil	M35	3	32:22.89	03:14	0:01:54
11	384	Henrique Costa	Águias de alvélos	S	7	32:46.71	03:17	0:02:18
12	426	Nuno Pereira	Adc São João da serra	S	8	32:47.73	03:17	0:02:19
13	338	Ricardo Queiroz	SL BENFICA	S	9	33:09.41	03:19	0:02:40
14	488	Luís Feiteira	Leixões Sport Club	M45	1	33:22.55	03:20	0:02:54
15	340	Ricardo PINTO		S	10	33:37.41	03:22	0:03:08
16	324	Roberto Ladeiras	GFD Running	S	11	33:41.24	03:22	0:03:12
17	59	pedro magalhães	AMA	S	12	33:42.51	03:22	0:03:14
18	361	Luís Carlos Santos Morgado	Trilhos da Maça - Clube Desportivo de L	M35	4	34:14.20	03:25	0:03:45
19	422	Paulo Pereira	BTT-TRILHOS DE PENAGUIÃO	S	13	34:16.61	03:26	0:03:48
20	430	Pedro Ferreira	Adc São João da serra	M40	2	34:34.17	03:27	0:04:05
21	33	diogo migueis	AMA	S	14	34:37.17	03:28	0:04:08
22	100	Carlos Manuel Ferreira	são salvador do campo	M40	3	34:43.73	03:28	0:04:15
23	215	Carlos Valente	NAVR	M45	2	34:51.31	03:29	0:04:22
24	427	Sérgio Sousa	Adc São João da serra	M45	3	34:58.81	03:30	0:04:30
25	34	Pedro Freitas Freitas	AMA	S	15	35:03.06	03:30	0:04:34
26	252	Adão Pinto	A. D. Amarante Atletismo	M50	1	35:07.78	03:31	0:04:39
27	237	Marco Filipe	CANSC	M40	4	35:25.50	03:33	0:04:57
28	117	Bruno Silva	MAIA AC	S	16	35:31.36	03:33	0:05:02
29	247	João Cavadas		M50	2	35:36.63	03:34	0:05:08
30	345	Paulo Ribeiro	Clube Atletismo do Tâmega	M45	4	35:37.56	03:34	0:05:09
31	440	Clarisse Cruz	Grecas	F35	1	35:39.41	03:34	0:05:10
32	231	Nuno Amado	NAVR	S	17	35:40.30	03:34	0:05:11
33	495	Luís Alvadia		M40	5	35:41.56	03:34	0:05:13
34	461	Sónia Ferreira	Sporting Clube de Braga	SF	1	35:41.75	03:34	0:05:13
35	35	josé pereira	AMA	M40	6	35:47.54	03:35	0:05:19
36	187	Marcelo Gonçalves	GDR Granja - Trutas do Mau	S	18	35:51.62	03:35	0:05:23
37	428	Orlando Neves	Adc São João da serra	M45	5	35:51.80	03:35	0:05:23
38	497	CLAUDIA PEREIRA	Os Santaapolonia	F35	2	36:35.98	03:40	0:06:07
39	474	Filipe Brás		M40	7	37:00.61	03:42	0:06:32
40	141	Luis Pereira		M35	5	37:00.63	03:42	0:06:32
41	429	Justyna Wojcik Wojcik	Adc São João da serra	SF	2	37:06.40	03:43	0:06:37
42	246	Samuel Tomás	NAVR	M35	6	37:10.23	03:43	0:06:41
43	487	Elisabete Pereira	Recreio Desportivo de Águeda	F35	3	37:25.14	03:45	0:06:56
44	195	Rui Cigarrosa		M35	7	37:44.83	03:46	0:07:16
45	251	Manuel Vieira	A. D. Amarante Atletismo	M45	6	37:48.80	03:47	0:07:20
46	270	filipe leite	678	M45	7	38:00.44	03:48	0:07:31
47	269	Jorge Oliveira	A. D. Amarante Atletismo	M40	8	38:04.46	03:48	0:07:35
48	112	Rosa Madureira		F35	4	38:12.50	03:49	0:07:44
49	491	Paulo fernandes		M40	9	38:13.75	03:49	0:07:45
50	7	Jorge Costa		M40	10	38:20.03	03:50	0:07:51
51	9	Albino Ribeiro		M50	3	38:25.55	03:51	0:07:57
52	3	Luís Roque		S	19	38:28.15	03:51	0:07:59
53	177	Jaime Ribeiro	STCAR	M45	8	38:30.78	03:51	0:08:02
54	222	José Barros	NAVR	M40	11	38:33.99	03:51	0:08:05
55	323	Bruno Silva	Domus 3000	S	20	38:34.32	03:51	0:08:05



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56	198	Antonio Carvalho		M35	8	38:44.11	03:52	0:08:15
57	238	Joaquim Santos	CANSC	M40	12	38:48.15	03:53	0:08:19
58	230	José Pereira	NAVR	M40	13	38:48.19	03:53	0:08:19
59	84	Valentim Henriques	Clube Desportivo Asas do Milénium	M50	4	38:56.30	03:54	0:08:27
60	38	Eduardo Meireles	AMA	S	21	39:01.86	03:54	0:08:33
61	254	Francisco Tomás		M45	9	39:04.95	03:54	0:08:36
62	163	Susan Vilela	ADC. Sao João da Serra	F35	5	39:06.76	03:55	0:08:38
63	297	Mário Martins		M35	9	39:09.70	03:55	0:08:41
64	242	António Taveira	CANSC	M45	10	39:21.13	03:56	0:08:52
65	256	Martinho Gomes	Vila Real	M35	10	39:23.46	03:56	0:08:54
66	126	Pedro Botelho	RI 13	M40	14	39:26.52	03:57	0:08:58
67	330	Mario Monteiro	CANSC	M40	15	39:29.11	03:57	0:09:00
68	436	João Oliveira	Chaves Running Team	M40	16	39:30.49	03:57	0:09:01
69	220	Estevão Gonçalves	NAVR	M40	17	39:31.33	03:57	0:09:02
70	234	João Leandro	NAVR	M40	18	39:34.54	03:57	0:09:06
71	45	Ângelo Costa	CTM Vila Pouca de Aguiar	S	22	39:35.66	03:58	0:09:07
72	233	João Rocha	NAVR	M35	11	39:36.93	03:58	0:09:08
73	489	Sérgio Enes	RI 13	M35	12	39:40.01	03:58	0:09:11
74	213	Pedro Nunes	NAVR	M35	13	39:42.87	03:58	0:09:14
75	475	Carlos Pinto		S	23	39:43.63	03:58	0:09:15
76	240	Luis Novais	CANSC	M40	19	39:49.56	03:59	0:09:21
77	155	Abilio Magalhães	Emna Runners	M50	5	39:52.49	03:59	0:09:23
78	395	Paulo Soares		M35	14	39:54.14	03:59	0:09:25
79	63	Ricardo Germano	PHARMADVANCE	S	24	39:55.38	04:00	0:09:26
80	441	Valter Pinto		M35	15	39:58.43	04:00	0:09:29
81	226	Filipe Nunes	NAVR	M45	11	40:07.66	04:01	0:09:39
82	465	Luís Lameira		M35	16	40:10.66	04:01	0:09:42
83	89	Maximino Teles	Atlético Clube do Peso da Régua	M50	6	40:13.51	04:01	0:09:45
84	182	Marco Pinto	Borbela	M35	17	40:14.05	04:01	0:09:45
85	131	Luis Rodrigues	RI 13	M45	12	40:14.32	04:01	0:09:45
86	176	Gabriel Faceira	STCAR	S	25	40:15.36	04:02	0:09:46
87	60	Bruno Peixoto	CANSC	M35	18	40:15.50	04:02	0:09:46
88	438	Norberto Costa	Chaves Running Team	M50	7	40:21.91	04:02	0:09:53
89	250	Miguel Queirós	A. D. Amarante Atletismo	M40	20	40:21.96	04:02	0:09:53
90	322	Pedro Morgado	GDCR LAGES	M35	19	40:23.66	04:02	0:09:55
91	190	David Cardoso		S	26	40:38.75	04:04	0:10:10
92	153	Julio Teixeira	A.D.Amarante Trail Running	M45	13	40:39.96	04:04	0:10:11
93	219	Rui Magalhães	NAVR	M40	21	40:44.02	04:04	0:10:15
94	244	Gil Serafim		S	27	40:44.42	04:04	0:10:15
95	212	Pedro Azevedo	RI 13	S	28	41:08.05	04:07	0:10:39
96	46	Guilhermino Meireles	CTM Vila Pouca de Aguiar	M40	22	41:08.66	04:07	0:10:40
97	188	Luis Faria	GDR Granja - Trutas do Mau	M45	14	41:15.49	04:08	0:10:46
98	12	Luís Félix		S	29	41:17.73	04:08	0:10:49
99	148	Diogo Alves		S	30	41:21.34	04:08	0:10:52
100	94	Luís Manuel E. Calijão Vale	Vila Real	M45	15	41:25.88	04:09	0:10:57
101	119	Miguel Ferreira		S	31	41:35.34	04:10	0:11:06
102	277	Carlos Machado		M50	8	41:36.42	04:10	0:11:07
103	186	Octávio Capela	GDR Granja - Trutas do Mau	M50	9	41:40.95	04:10	0:11:12
104	193	José Oliveira	Petro Basto	M50	10	41:42.15	04:10	0:11:13
105	224	Rui Miguel Borges	NAVR	S	32	41:43.98	04:10	0:11:15
106	185	Sérgio Gabriel	GDR Granja - Trutas do Mau	M35	20	41:45.26	04:11	0:11:16
107	65	Filipe Villas-Boas	Run4Fun	S	33	41:50.76	04:11	0:11:22
108	114	José A. Nunes	Lamego Parente	M50	11	41:54.93	04:11	0:11:26
109	499	Cédric Monteiro	Chaves Running Team	S	34	42:00.44	04:12	0:11:31
110	362	Sara Isabel Figueiredo Lopes	Trilhos da Maça - Clube Desportivo de L	F35	6	42:01.99	04:12	0:11:33
111	425	Joao Bandeira		M45	16	42:04.59	04:12	0:11:36
112	118	Daniela Gregório	MAIA AC	SF	3	42:04.67	04:12	0:11:36
113	266	Joao Miguel Silva	Raposas	M50	12	42:05.87	04:13	0:11:37
114	357	Luis Vieira	Moloni running team	M50	13	42:18.96	04:14	0:11:50



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115	139	Vitor Chaves	RI 13	M50	14	42:20.26	04:14	0:11:51
116	453	jacinto rodrigues		M40	23	42:20.97	04:14	0:11:52
117	498	Christian Esteves		S	35	42:23.30	04:14	0:11:54
118	125	luis Barbosa	Galaicus Trail Runners	M35	21	42:29.68	04:15	0:12:01
119	132	Gilberto Pinto	RI 13	M35	22	42:30.69	04:15	0:12:02
120	370	Adérito Pires	CA BOLTS	M45	17	42:34.76	04:15	0:12:06
121	241	Mário Nóbrega	CANSC	M50	15	43:04.22	04:18	0:12:35
122	91	Nuno Cunha	Geadas running	S	36	43:04.99	04:18	0:12:36
123	67	Fábio Mourão	União Desportiva Concelho Sabrosa	S	37	43:09.49	04:19	0:12:40
124	336	Paulo Costa		M40	24	43:09.63	04:19	0:12:41
125	167	João Monteiro	RI 13	S	38	43:17.05	04:20	0:12:48
126	452	andré lopes		M40	25	43:18.34	04:20	0:12:49
127	371	Carlos Carneiro	CA BOLTS	M45	18	43:18.84	04:20	0:12:50
128	58	david brizida	AMA	S	39	43:20.47	04:20	0:12:51
129	16	José Neto	Entre os Montes	M50	16	43:23.37	04:20	0:12:54
130	288	Luís Sousa		M50	17	43:28.51	04:21	0:13:00
131	96	Rui Cardoso	BombiCross Bombeiros deTarouca	M40	26	43:29.50	04:21	0:13:01
132	451	francisco rodrigues		M50	18	43:32.70	04:21	0:13:04
133	44	Carlos Sousa	CTM Vila Pouca de Aguiar	M50	19	43:34.59	04:21	0:13:06
134	400	Nuno Miguel Lopes	Bilabikers/ Carnes Silva/ Cycles Oliveira	M40	27	43:35.92	04:22	0:13:07
135	229	Nelson Silva	NAVR	M35	23	43:36.10	04:22	0:13:07
136	471	Jair Caramelo		M40	28	43:48.39	04:23	0:13:19
137	239	Carlos Nunes	CANSC	M40	29	43:50.90	04:23	0:13:22
138	135	Manuel Eira	RI 13	M50	20	43:53.89	04:23	0:13:25
139	368	Manuel Pinto		M50	21	43:54.34	04:23	0:13:25
140	485	Filipe Canário		M40	30	43:55.33	04:24	0:13:26
141	447	Duarte Escobar	ARA - Alfandeguense	M40	31	43:56.25	04:24	0:13:27
142	180	Emídio Quinteira	VGVR	M35	24	43:58.02	04:24	0:13:29
143	455	cristina pereira	ri 13	SF	4	43:59.22	04:24	0:13:30
144	320	Domingos Araújo	Allianz Record	M45	19	43:59.60	04:24	0:13:31
145	448	Marco Videira	ARA - Alfandeguense	M35	25	43:59.75	04:24	0:13:31
146	298	Daniela Falcão	Clube desportivo de leomil -trilhos da ma	SF	5	44:01.16	04:24	0:13:32
147	82	Filipe Teles	CDL - Trilhos da Maçã	M35	26	44:01.40	04:24	0:13:32
148	308	Eduardo Ribeiro	A. D. Amarante Atletismo	M40	32	44:06.02	04:25	0:13:37
149	249	Catarina Fernandes		SF	6	44:07.37	04:25	0:13:38
150	225	Rui Borges	NAVR	F35	7	44:08.24	04:25	0:13:39
151	189	Mário Rodrigues	GDR Granja - Trutas do Mau	M40	33	44:15.33	04:26	0:13:46
152	500	Armando Jorge		M50	22	44:17.11	04:26	0:13:48
153	108	Pedro Rodrigues	Clube Académico de Mogadouro	M40	34	44:21.03	04:26	0:13:52
154	346	Patricia Ribeiro	Clube Atletismo do Tâmega	SF	7	44:23.52	04:26	0:13:55
155	466	Joana Rosculet		SF	8	44:24.11	04:26	0:13:55
156	164	Jorge Moura	RI 13	M35	27	44:24.22	04:26	0:13:55
157	127	filipe alves	RI 13	M40	35	44:24.27	04:26	0:13:55
158	166	Bruno Coutinho	RI 13	S	40	44:30.38	04:27	0:14:01
159	286	João Ferreira	Vila Real	S	41	44:42.04	04:28	0:14:13
160	358	Álvaro Saraiva	Moloni Running Team	M40	36	44:43.17	04:28	0:14:14
161	218	Raul Fernandes	NAVR	M40	37	44:43.85	04:28	0:14:15
162	363	Patrícia Antunes	Clube Desportivo de Leomil	F35	8	44:45.71	04:29	0:14:17
163	144	Rodrigo Lopes	RCauto	S	42	44:47.16	04:29	0:14:18
164	37	luis costa	AMA	M45	20	44:48.22	04:29	0:14:19
165	174	Ivo Pimenta		S	43	44:48.72	04:29	0:14:20
166	302	Sílvio Pinto	A. D. Amarante Atletismo	M45	21	44:53.85	04:29	0:14:25
167	194	Igor Nora		S	44	44:56.46	04:30	0:14:27
168	21	Tiago Ferreira		S	45	45:07.54	04:31	0:14:39
169	109	Meletino Barros	ATVR	M50	23	45:08.72	04:31	0:14:40
170	392	Pedro Oliveira		S	46	45:09.44	04:31	0:14:40
171	78	Paulo Farinhoto		S	47	45:13.07	04:31	0:14:44
172	61	Sandra Nunes	CANSC	F35	9	45:14.65	04:31	0:14:46
173	437	José Carreira	Chaves Running Team	S	48	45:18.84	04:32	0:14:50



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174	184	Tila Pina	GDR Granja - Trutas do Mau	F35	10	45:19.05	04:32	0:14:50
175	113	Jorge Augusto	LUPEMAR	M40	38	45:19.41	04:32	0:14:50
176	205	Rui Botelho		S	49	45:21.84	04:32	0:14:53
177	217	Patrícia Gomes	NAVR	SF	9	45:22.15	04:32	0:14:53
178	216	Jorge Amilcar	NAVR	M35	28	45:22.51	04:32	0:14:54
179	387	Luís Varandas		M35	29	45:29.47	04:33	0:15:00
180	160	João Santos	Art	S	50	45:31.45	04:33	0:15:02
181	408	Luís Carvalho		M50	24	45:31.72	04:33	0:15:03
182	25	Jose Carvalho	hakypneus team	M40	39	45:45.99	04:35	0:15:17
183	8	António Neto	TRIFITROFA	M50	25	45:49.84	04:35	0:15:21
184	273	Luís Barbosa	Barbosas et al.	M45	22	45:53.10	04:35	0:15:24
185	287	Marco Almeida	Geadas running	M35	30	45:58.04	04:36	0:15:29
186	467	Pedro Jesus		S	51	46:03.44	04:36	0:15:34
187	41	César Sousa	CTM Vila Pouca de Aguiar	M35	31	46:05.43	04:37	0:15:36
188	375	João Gil	A.D.Amarante Trail Running	M50	26	46:11.50	04:37	0:15:43
189	62	NUNO CORREIA	RUN4FUN VR	M40	40	46:14.14	04:37	0:15:45
190	86	miguel correia	rin4fun vila real	M40	41	46:14.28	04:37	0:15:45
191	161	Leonardo Paulino	Art	S	52	46:28.76	04:39	0:16:00
192	156	Nuno Pereira	Art	S	53	46:28.91	04:39	0:16:00
193	66	Nuno Miguel Rodrigues	RUN4FUN VR	M35	32	46:29.20	04:39	0:16:00
194	421	Luis Barrias		M45	23	46:35.57	04:40	0:16:07
195	414	Márcio Vicente Pereira	Clube Montanha de Murça	M35	33	46:37.63	04:40	0:16:09
196	55	Tiago Pimenta	pimenta team	S	54	46:48.56	04:41	0:16:20
197	416	Ricardo Militao	Vila Real	S	55	46:48.59	04:41	0:16:20
198	211	CARLOS LOURENÇO	RI 13	S	56	46:50.02	04:41	0:16:21
199	50	Rafaela Bento	CTM Vila Pouca de Aguiar	SF	10	46:50.91	04:41	0:16:22
200	228	Carlos Oliveira	NAVR	F35	11	46:52.89	04:41	0:16:24
201	221	Filipe Rocha	NAVR	M45	24	46:54.08	04:41	0:16:25
202	47	Sérgio Vilela	CTM Vila Pouca de Aguiar	M35	34	46:56.01	04:42	0:16:27
203	284	Tomás Ferreira	Vila Real	M50	27	46:56.17	04:42	0:16:27
204	433	Céu Costa	Chaves Running Team	F35	12	46:56.40	04:42	0:16:27
205	398	IOLANDA FERREIRA	HÓQUEI CLUBE FLAVIENSE	F35	13	46:56.75	04:42	0:16:28
206	278	Miguel Morais	GDR Granja - Trutas do Mau	S	57	46:57.12	04:42	0:16:28
207	77	Miguel Paiva	Varzim Sport Club	M35	35	46:58.56	04:42	0:16:30
208	397	PAULO FERREIRA	Hóquei Clube Flaviense	M40	42	47:01.04	04:42	0:16:32
209	88	Filipe Gomes		M35	36	47:01.54	04:42	0:16:33
210	191	Carlos Alves	Vila Real	M50	28	47:02.05	04:42	0:16:33
211	192	Helder Barros	Vila Real	M40	43	47:02.61	04:42	0:16:34
212	83	Paulo Seixas		S	58	47:02.82	04:42	0:16:34
213	197	Carlos Ferreira	Geadas running	S	59	47:03.32	04:42	0:16:34
214	383	josé araujo		M35	37	47:10.92	04:43	0:16:42
215	420	Gabriel Carvalho		M45	25	47:15.17	04:44	0:16:46
216	423	Mário Costa		S	60	47:19.69	04:44	0:16:51
217	170	jorge ferreira		M35	38	47:29.03	04:45	0:17:00
218	199	Nuno Costa	Orimarão	M40	44	47:40.06	04:46	0:17:11
219	464	Ricardo Teixeira		S	61	47:41.19	04:46	0:17:12
220	214	Rui Pedro Barreira	NAVR	S	62	47:46.02	04:47	0:17:17
221	223	Fernando Silva	NAVR	M50	29	47:47.98	04:47	0:17:19
222	468	Marco Baptista		M40	45	47:52.71	04:47	0:17:24
223	478	André Oliveira		M35	39	47:57.01	04:48	0:17:28
224	74	Catia Teixeira		S	63	47:57.27	04:48	0:17:28
225	105	Filipe Nogueira	Vila Real	S	64	47:57.52	04:48	0:17:29
226	303	Ricardo Machado	Bilabiker's/Carnes Silva/Cycles Oliveira	M35	40	48:07.30	04:49	0:17:38
227	310	Francisco Costa	Cofina	M50	30	48:07.48	04:49	0:17:38
228	486	Amélia Araújo	ginásio da trofa	F35	14	48:08.55	04:49	0:17:40
229	255	Valdemar Valente		M50	31	48:10.86	04:49	0:17:42
230	372	Paulo Martins	CA BOLTS	M50	32	48:22.07	04:50	0:17:53
231	360	Luís Alves		M40	46	48:26.57	04:51	0:17:58
232	367	Rui Nobrega		M40	47	48:26.78	04:51	0:17:58



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233	404	Tânia Coelho		SF	11	48:33.80	04:51	0:18:05
234	418	Albertino Gomes	Rebordochao	S	65	48:34.40	04:51	0:18:05
235	417	Alfredo Gomes	Rebordochao	S	66	48:35.25	04:52	0:18:06
236	403	Paulo Alves		S	67	48:36.00	04:52	0:18:07
237	133	Rui Sousa	RI 13	M40	48	48:39.95	04:52	0:18:11
238	111	Alexandre Alves		S	68	48:40.04	04:52	0:18:11
239	64	Joaquim Vaz		M45	26	48:42.04	04:52	0:18:13
240	110	JOSÈ PINTO	RAPOSINHAS TEAM	M40	49	48:45.54	04:53	0:18:17
241	15	Vitor Hugo Pinto		M45	27	48:45.96	04:53	0:18:17
242	69	Luis Teixeira	BombiCross Bombeiros deTarouca	M40	50	48:49.06	04:53	0:18:20
243	309	Catarina Regalo	Cofina	F35	15	48:50.77	04:53	0:18:22
244	282	Luis Ferreira	Insane Trail Team	M40	51	48:51.89	04:53	0:18:23
245	158	Tomás Pedroso	Art	S	69	48:52.30	04:53	0:18:23
246	459	CARLOS LOURENÇO		M45	28	49:06.40	04:55	0:18:37
247	121	Mariano Veiga	Pés Troikados	S	70	49:07.49	04:55	0:18:38
248	87	Manuel Rodrigues	CORRER LEÇA	M50	33	49:08.10	04:55	0:18:39
249	460	José Felix		M35	41	49:08.40	04:55	0:18:39
250	432	Sónia Avelens		SF	12	49:08.51	04:55	0:18:40
251	393	Nuno Fernandes	Ponte de Lima	S	71	49:15.06	04:56	0:18:46
252	129	Abel Clemente	RI 13	M45	29	49:20.01	04:56	0:18:51
253	171	tiago brandão		S	72	49:22.71	04:56	0:18:54
254	434	Eduardo Pinto	Chaves Running Team	M50	34	49:31.33	04:57	0:19:02
255	443	Armando Lapa		M50	35	49:35.45	04:58	0:19:06
256	172	cristina coelho		F35	16	49:37.66	04:58	0:19:09
257	150	Carlos Assunção Martins Martins		M50	36	49:38.72	04:58	0:19:10
258	147	Luís Amaro		M35	42	49:42.29	04:58	0:19:13
259	462	Frederico Bento	Chaves Running Team	M45	30	49:45.94	04:59	0:19:17
260	2	nuno ferreira		M35	43	49:46.65	04:59	0:19:18
261	90	José Martins		S	73	49:47.32	04:59	0:19:18
262	439	Fernanda Carneiro	Chaves Running Team	F35	17	49:51.22	04:59	0:19:22
263	402	Luis Ferreira		M35	44	50:07.27	05:01	0:19:38
264	208	VANIA FERREIRA	RI 13	SF	13	50:10.83	05:01	0:19:42
265	210	RUI NOVAIS	RI 13	M35	45	50:11.57	05:01	0:19:43
266	285	Ana Ferreira	Vila Real	S	74	50:11.76	05:01	0:19:43
267	128	Davide Clamente	RI 13	S	75	50:23.00	05:02	0:19:54
268	54	António Ferreira	GDM-VR	M50	37	50:23.23	05:02	0:19:54
269	39	Tony Fernandes		M40	52	50:23.63	05:02	0:19:55
270	130	Jorge Pereira		M50	38	50:24.19	05:02	0:19:55
271	56	Bruno Dias Ferreira		M35	46	50:27.46	05:03	0:19:58
272	19	José Carlos Ribeiro Rodrigues		M50	39	50:34.06	05:03	0:20:05
273	68	Vitorino Cardoso		M50	40	50:36.77	05:04	0:20:08
274	257	Olga Lopes		SF	14	50:38.11	05:04	0:20:09
275	104	Guilherme Fontinha	Vila Real	M50	41	50:44.17	05:04	0:20:15
276	4	Luis Costa		M50	42	50:47.46	05:05	0:20:18
277	463	Tânia Ribeiro	Geadas running	SF	15	50:51.34	05:05	0:20:22
278	79	Bruno Carvalho	Geadas running	M35	47	50:52.11	05:05	0:20:23
279	325	Silvia Coelho	Viseu Running Team	SF	16	50:53.18	05:05	0:20:24
280	301	Miguel Almeida		M40	53	50:59.88	05:06	0:20:31
281	115	Raquel Sousa		SF	17	51:02.39	05:06	0:20:33
282	326	José Almeida	Viseu Running Team	M50	43	51:03.97	05:06	0:20:35
283	204	Jaime Ribeiro	Vila Real	S	76	51:05.58	05:07	0:20:37
284	381	João Ferreira		S	77	51:06.91	05:07	0:20:38
285	27	CARLOS MACHADO	HAKYPNEUS TEAM	M35	48	51:07.10	05:07	0:20:38
286	295	Pedro Charrao	PINTURAS CHARRAO	M40	54	51:07.95	05:07	0:20:39
287	80	Maikel Varela		S	78	51:08.15	05:07	0:20:39
288	23	João Ferreira		S	79	51:18.29	05:08	0:20:49
289	18	Mário Rodrigues	Runners Sernancelhe Terra da Castanha	M40	55	51:18.74	05:08	0:20:50
290	442	carlos 222002123		M35	49	51:29.84	05:09	0:21:01
291	378	Ana Borges	A.D.Amarante Trail Running	M40	56	51:41.46	05:10	0:21:12



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292	369	Bernardo Alves	CA BOLTS	M35	50	51:41.64	05:10	0:21:13
293	373	Rui Lacerda	CA BOLTS	S	80	51:41.76	05:10	0:21:13
294	374	Joao Teixeira		S	81	51:42.50	05:10	0:21:14
295	159	Leonardo Jesus	Art	S	82	51:44.45	05:10	0:21:15
296	446	Bruno Videira	ARA - Alfandeguense	S	83	51:44.75	05:10	0:21:16
297	14	Rui Alves	Entre os Montes	M40	57	51:47.90	05:11	0:21:19
298	481	João Cristovão		S	84	51:52.18	05:11	0:21:23
299	43	Lúcia Lemos	CTM Vila Pouca de Aguiar	F35	18	52:03.87	05:12	0:21:35
300	22	João Fraga		S	85	52:04.47	05:12	0:21:35
301	152	Luisa Teixeira	A.D.Amarante Trail Running	F35	19	52:07.25	05:13	0:21:38
302	245	Jorge Vilela	NAVR	M50	44	52:09.61	05:13	0:21:41
303	137	Filipe Montes	RI 13	S	86	52:16.50	05:14	0:21:48
304	365	Luis Pedro Fernandes		S	87	52:17.05	05:14	0:21:48
305	85	Luís Filipe Ribeiro		S	88	52:21.72	05:14	0:21:53
306	290	David Afonso	RI 13	M35	51	52:23.39	05:14	0:21:54
307	154	Susana Veloso	A.D.Amarante Trail Running	F35	20	52:29.08	05:15	0:22:00
308	95	Patrícia Carvalho	BombiCross Bombeiros deTarouca	F35	21	52:29.46	05:15	0:22:00
309	281	Clara Nobrega	Insane Trail Team	F35	22	52:30.78	05:15	0:22:02
310	102	José Pimentel		M50	45	52:34.97	05:15	0:22:06
311	116	Eduardo Pinto		M45	31	52:36.16	05:16	0:22:07
312	101	Luís Rosa	BOTICASMOVENTEAM	M45	32	52:39.10	05:16	0:22:10
313	81	Marco Varela	MABV	S	89	52:40.81	05:16	0:22:12
314	431	Rui Couto		M35	52	52:42.43	05:16	0:22:13
315	419	Luís Paulo Dias De Sousa		S	90	52:44.44	05:16	0:22:15
316	181	José Silva		M50	46	52:48.07	05:17	0:22:19
317	424	Rui Freitas		M40	58	52:55.26	05:18	0:22:26
318	260	Antonio Rodrigues		M50	47	52:57.39	05:18	0:22:28
319	376	Joao Morais		M40	59	52:57.77	05:18	0:22:29
320	307	Pedro Ferreira		M40	60	52:58.77	05:18	0:22:30
321	1	Daniel Conde		S	91	53:03.34	05:18	0:22:34
322	28	Diana Moura	Diana Moura	SF	18	53:08.41	05:19	0:22:39
323	316	Nuno Amaral	Allianz Record	S	92	53:15.12	05:20	0:22:46
324	413	Antonio Ricardo Lebres		M50	48	53:15.28	05:20	0:22:46
325	385	Francisco Teixeira	AMA	M50	49	53:16.32	05:20	0:22:47
326	52	Catarina Costa		F35	23	53:16.76	05:20	0:22:48
327	469	Carlos João	Moloni Running Team	M40	61	53:28.61	05:21	0:23:00
328	334	João Silva	Vila Real	S	93	53:29.61	05:21	0:23:01
329	317	Cecília Madeira		F35	24	53:39.32	05:22	0:23:10
330	321	Raul Santos		M50	50	53:46.12	05:23	0:23:17
331	157	Ruben Loureiro	Art	S	94	54:00.24	05:24	0:23:31
332	294	Marcelo Teixeira	PINTURAS CHARRAO	M45	33	54:03.63	05:24	0:23:35
333	165	Marco Dias	RI 13	M35	53	54:03.89	05:24	0:23:35
334	296	Artur Morais	PINTURAS CHARRAO	M50	51	54:04.26	05:24	0:23:35
335	388	Arménio Lopes		M50	52	54:05.16	05:25	0:23:36
336	168	Tiago Assunção	37 Team	S	95	54:05.29	05:25	0:23:36
337	341	Daniela Correia		SF	19	54:05.82	05:25	0:23:37
338	342	Celso Correia		S	96	54:06.40	05:25	0:23:37
339	122	André Matos		S	97	54:13.70	05:25	0:23:45
340	411	Luis Gomes	Luis	M35	54	54:14.14	05:25	0:23:45
341	143	Carlos Carneiro		M45	34	54:14.21	05:25	0:23:45
342	103	Luís Gonçalves		M35	55	54:14.45	05:25	0:23:45
343	97	Nuno Silva	Design Lógico	M40	62	54:15.56	05:26	0:23:47
344	98	Júlio Azevedo	Design Lógico	M50	53	54:15.60	05:26	0:23:47
345	123	Francisco Oliveira		M45	35	54:15.86	05:26	0:23:47
346	26	joao carvalho	HAKYPNEUS TEAM	S	98	54:27.56	05:27	0:23:59
347	30	Carla Ferreira	CORRER LEÇA	F35	25	54:29.33	05:27	0:24:00
348	235	Carla Tomás	NAVR	F35	26	54:34.46	05:27	0:24:05
349	333	Berta Miranda		F35	27	54:35.45	05:28	0:24:06
350	410	Natália Simões		F35	28	54:36.59	05:28	0:24:08



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351	337	Alice Pereira		F35	29	54:36.81	05:28	0:24:08
352	449	Lino Ribeiro		M45	36	54:37.07	05:28	0:24:08
353	391	Sónia Moreira		F35	30	54:52.96	05:29	0:24:24
354	390	Joaquim Escaleira		M45	37	54:54.97	05:29	0:24:26
355	329	Carla Nascimento	Viriathvs Runners Viseu	F35	31	55:07.55	05:31	0:24:39
356	40	António Rodrigues	BombiCross Bombeiros deTarouca	M45	38	55:09.51	05:31	0:24:41
357	145	Nuno Peixoto	STCAR	M40	63	55:18.63	05:32	0:24:50
358	169	Alfredo Ribeiro	STCAR	S	99	55:20.50	05:32	0:24:52
359	24	Americo Botelho	pink floyd	M35	56	55:20.86	05:32	0:24:52
360	496	Joana Almeida		F35	32	55:23.48	05:32	0:24:54
361	493	Nuno Morais		M40	64	55:25.02	05:33	0:24:56
362	482	Andreia Marcelo		SF	20	55:37.33	05:34	0:25:08
363	306	António Faria		M35	57	55:40.58	05:34	0:25:12
364	200	Sandra Conceição	Orimarão	F35	33	55:40.98	05:34	0:25:12
365	394	Marco Fonte		S	100	55:42.09	05:34	0:25:13
366	29	Helena Azevedo		SF	21	55:42.70	05:34	0:25:14
367	457	Mikael Machado		S	101	55:43.12	05:34	0:25:14
368	20	Paulo Cabo		M50	54	55:43.78	05:34	0:25:15
369	389	Andre Raposeira	"CCD "" O ALVITEJO """	M35	58	56:01.59	05:36	0:25:33
370	470	Marilene Faria	Chaves Running Team	F35	34	56:12.41	05:37	0:25:43
371	146	Joana Barros		SF	22	56:13.56	05:37	0:25:45
372	267	Lia Dinis	Raposas	F35	35	56:18.25	05:38	0:25:49
373	261	Francisco Sousa	Raposas	M50	55	56:19.41	05:38	0:25:50
374	268	Maria Oliveira	Raposas	F35	36	56:19.75	05:38	0:25:51
375	265	Antonio Silva	Raposas	M45	39	56:20.22	05:38	0:25:51
376	263	Jorge Fraga	Raposas	M45	40	56:20.45	05:38	0:25:51
377	262	Jose Pereira	Raposas	M50	56	56:22.23	05:38	0:25:53
378	32	Luis Cerqueira Cerqueira	AMA	M50	57	56:45.24	05:41	0:26:16
379	380	Tiago Macieirinha		S	102	56:47.52	05:41	0:26:19
380	173	joão malano		M40	65	56:49.01	05:41	0:26:20
381	253	Helder fraguito		M40	66	56:50.64	05:41	0:26:22
382	272	Filipe Fraguito	100 equipa running	M35	59	56:50.86	05:41	0:26:22
383	6	António Costa		S	103	57:03.17	05:42	0:26:34
384	206	António Botelho		M50	58	57:03.64	05:42	0:26:35
385	314	Catarina Ferreira	Allianz Record	SF	23	57:04.95	05:42	0:26:36
386	49	Ricardo Grilo	CTM Vila Pouca de Aguiar	M40	67	57:05.34	05:43	0:26:36
387	409	Carlos Pereira		M45	41	57:10.06	05:43	0:26:41
388	476	José Rodrigues		M50	59	57:11.57	05:43	0:26:43
389	396	Christophe Sousa		S	104	57:11.74	05:43	0:26:43
390	280	Susana Ferreira	Insane Trail Team	F35	37	57:16.72	05:44	0:26:48
391	279	Joel Silva	Insane Trail Team	M40	68	57:17.20	05:44	0:26:48
392	344	Arlete Gomes		F35	38	57:25.43	05:45	0:26:56
393	343	Daniela Afonso		SF	24	57:25.67	05:45	0:26:57
394	293	Adilia Da Assunção Palas Palas		F35	39	57:48.67	05:47	0:27:20
395	477	Fernando Dinis		M35	60	57:55.03	05:48	0:27:26
396	492	Nuno Pereira		M35	61	57:55.10	05:48	0:27:26
397	484	Filipe Carvalho		M35	62	57:57.54	05:48	0:27:29
398	138	Bruno Moura	RI 13	M35	63	57:59.41	05:48	0:27:30
399	407	Raquel Mendes	Viseu Running Team	F35	40	58:01.22	05:48	0:27:32
400	48	Manuel Ferreira	CTM Vila Pouca de Aguiar	M50	60	58:03.94	05:48	0:27:35
401	435	Fátima Afonso	Chaves Running Team	F35	41	58:04.55	05:48	0:27:36
402	70	Sónia Assunção	BombiCross Bombeiros deTarouca	F35	42	58:10.30	05:49	0:27:41
403	71	Armanda Santos	BombiCross Bombeiros deTarouca	F35	43	58:10.59	05:49	0:27:42
404	377	Flávio De Sousa	#Nsp_ontour	S	105	58:14.15	05:49	0:27:45
405	17	Henrique Da Silva		S	106	58:17.75	05:50	0:27:49
406	13	Ana Leal		SF	25	59:09.63	05:55	0:28:41
407	401	João Furriel		S	107	59:12.42	05:55	0:28:43
408	319	Luís Carvalho	Allianz Record	M50	61	59:16.70	05:56	0:28:48
409	382	Antonio Mota		M50	62	59:16.93	05:56	0:28:48



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410	318	Francisco Azevedo	Allianz Record	M50	63	59:19.94	05:56	0:28:51
411	405	Luis Carvalho	Os Finos	M45	42	59:27.31	05:57	0:28:58
412	406	José Marques	Os Finos	M45	43	59:28.20	05:57	0:28:59
413	183	Hélio Teixeira		M40	69	59:29.66	05:57	0:29:01
414	271	Luis Cardoso	100 equipa running	M40	70	59:32.57	05:57	0:29:04
415	304	Mauro Trindade	Vila Real	M35	64	1:00:07.83	06:01	0:29:39
416	305	Ana Balsa		SF	26	1:00:37.76	06:04	0:30:09
417	291	NATHALIE SANTOS	Dolcefarma	F35	44	1:00:52.55	06:05	0:30:24
418	292	Nuno Angélico	Dolcefarma	M35	65	1:00:54.71	06:05	0:30:26
419	379	Fernando Miguel Pereira	Os Finos	M45	44	1:00:58.73	06:06	0:30:30
420	175	Ana Fontoura		F35	45	1:01:32.15	06:09	0:31:03
421	450	Fernando Neves		M40	71	1:01:32.28	06:09	0:31:03
422	5	Mariana Santos		SF	27	1:01:55.29	06:12	0:31:26
423	331	Miguel Campos	Tartarugas	M45	45	1:01:57.03	06:12	0:31:28
424	149	Luís Felício		M50	64	1:02:13.62	06:13	0:31:45
425	243	Alexandre Breda Matos		M45	46	1:02:14.08	06:13	0:31:45
426	332	NELSON SILVA		M45	47	1:02:29.41	06:15	0:32:00
427	444	Josefa Fonseca		SF	28	1:02:29.85	06:15	0:32:01
428	207	Daniela Banaszak		SF	29	1:02:34.89	06:15	0:32:06
429	412	Maria Augusta Varandas		F35	46	1:03:04.87	06:18	0:32:36
430	36	Agostinho Martins	AMA	M50	65	1:03:06.61	06:19	0:32:38
431	162	Gabriel Rodrigues	Art	S	108	1:03:53.95	06:23	0:33:25
432	248	Leonor Cavadas		F35	47	1:04:16.81	06:26	0:33:48
433	348	Carlos Pereira		M35	66	1:04:17.84	06:26	0:33:49
434	349	Joana Nogueira		F35	48	1:04:18.38	06:26	0:33:49
435	151	Luiz Henrique Marques Silva	Brasil	S	109	1:04:32.33	06:27	0:34:03
436	364	Sérgio Ferreira		M40	72	1:04:49.81	06:29	0:34:21
437	350	Nuno Carvalho		M35	67	1:04:50.23	06:29	0:34:21
438	454	valdemar martins		M40	73	1:04:50.60	06:29	0:34:22
439	458	Lino Ribeiro		M45	48	1:05:40.23	06:34	0:35:11
440	456	claudia vilela	ri 13	SF	30	1:05:44.83	06:34	0:35:16
441	480	Vera Silveira		SF	31	1:06:02.97	06:36	0:35:34
442	479	Steeve Rosádo		S	110	1:06:04.45	06:36	0:35:35
443	315	Miguel Amaro	Allianz Record	M45	49	1:07:23.44	06:44	0:36:54
444	72	Gonçalo Melo	BombiCross Bombeiros deTarouca	M35	68	1:09:18.26	06:56	0:38:49
445	339	Manuel Cordeiro		M50	66	1:09:26.25	06:57	0:38:57
446	76	Rosa Correia	BombiCross Bombeiros deTarouca	F35	49	1:09:26.82	06:57	0:38:58
447	201	Dulce Afonso	Orimarão	F35	50	1:10:29.83	07:03	0:40:01
448	473	Jorge Santos		M35	69	1:10:39.15	07:04	0:40:10
449	359	Pedro Seixas Da Silva		M35	70	1:10:40.79	07:04	0:40:12