

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
1	168	Romeu Gouveia	Team Escaravelhos - Cmmouronho	02:37:10.133	00:00:00.000
2	235	Dário Moitoso	Clube Independente De Atletismo Ilha Azul	02:37:12.647	00:00:02.514
3	10	António Rocha	Team Oralklass-Amigos Do Trail	02:43:10.083	00:05:59.950
4	236	Flávio Remesso	Adrap	02:43:53.403	00:06:43.270
5	167	Diogo Baena	Team U.F. Comércio E Indústria Atletismo	02:44:30.077	00:07:19.944
6	17	Diogo Fernandes	Team Dr. Merino/4Moove	02:47:16.920	00:10:06.787
7	72	Paulo Costa	Team A.D.Amarante Trail Running	02:48:53.663	00:11:43.530
8	71	Luis Semedo	Team Acportalegre/Utsm	02:49:36.283	00:12:26.150
9	117	Nuno Alves	Team Oralklass-Amigos Do Trail	02:50:16.773	00:13:06.640
10	73	Roberto Baião	Montanha Clube Trail Running/Efapel	02:50:54.020	00:13:43.887
11	23	Diogo Pinheiro	Team Coimbra Trail Running	02:50:58.167	00:13:48.034
12	169	Hélder Grosso	Team U.F. Comércio E Indústria Atletismo	02:51:03.923	00:13:53.790
13	15	Nuno Fernandes	Clube Atletismo Fafe	02:51:57.513	00:14:47.380
14	239	Ricardo Ávila	Clube Independente De Atletismo Ilha Azul	02:52:20.757	00:15:10.624
15	178	Nelson Santos	Dão Nelas Runners	02:53:24.923	00:16:14.790
16	90	Seninho Ribeiro	Team Oralklass-Amigos Do Trail	02:54:26.990	00:17:16.857
17	197	Stefan Almeida	Team Amcf - Arrábida Trail Team	02:55:03.487	00:17:53.354
18	105	Carlos Veloso	Team Sindeq	02:55:53.007	00:18:42.874
19	41	Bruno Silva	Trail Team Bifase	02:55:53.433	00:18:43.300
20	207	Cesar Duarte	Team A.D.Amarante Trail Running	02:55:59.727	00:18:49.594
21	162	Rodrigo Noivo	Team Amcf - Arrábida Trail Team	02:56:14.687	00:19:04.554
22	43	Nelson Graça	Team Goldnutrition Run.Pt	02:56:15.183	00:19:05.050
23	9	João Nogueira	Team Oralklass-Amigos Do Trail	02:56:30.223	00:19:20.090
24	119	Vítor Costa	Team A.D.Amarante Trail Running	02:56:33.487	00:19:23.354
25	233	Márcio Castro	Adrap	02:56:53.677	00:19:43.544
26	97	Francisco Carvalho	Team Escaravelhos - Cmmouronho	02:57:08.977	00:19:58.844
27	177	Virgílio Gomes	Team U.F. Comércio E Indústria Atletismo	02:57:29.987	00:20:19.854
28	46	Olavo Fontinha	Team Atr - Algarve Trail Running	02:57:48.213	00:20:38.080
29	213	Rafael Cruz	Team Oralklass-Amigos Do Trail	02:58:55.703	00:21:45.570
30	109	Luís Martins	Team Oralklass-Amigos Do Trail	02:59:01.190	00:21:51.057
31	238	Diogo Abreu	Adrap	02:59:08.963	00:21:58.830
32	173	Marcelo Graça	Team U.F. Comércio E Indústria Atletismo	02:59:14.697	00:22:04.564
33	203	Rui Luz	Team Amcf - Arrábida Trail Team	02:59:32.933	00:22:22.800
34	201	Bének Morais	Team Amcf - Arrábida Trail Team	02:59:33.433	00:22:23.300
35	20	Edgar Resende	Team Dr. Merino/4Moove	02:59:53.443	00:22:43.310
36	39	Pedro Veríssimo	Team Amcf - Arrábida Trail Team	02:59:57.433	00:22:47.300
37	37	João Fernandes	Team Zona Alta Trail	03:00:27.183	00:23:17.050
38	139	João Lopes	Grupo Desportivo Da Parreira	03:01:09.197	00:23:59.064
39	31	David Gouveia	Team Escaravelhos - Cmmouronho	03:01:57.940	00:24:47.807
40	194	Sérgio Duarte	Team Dr. Merino/4Moove	03:01:57.940	00:24:47.807
41	118	Nuno Pereira	Team Oralklass-Amigos Do Trail	03:03:13.690	00:26:03.557
42	190	António Freitas	Team Dr. Merino/4Moove	03:04:14.420	00:27:04.287
43	40	Nuno Cardoso	Individual	03:04:23.693	00:27:13.560
44	216	Nuno Paiva	Team Acportalegre/Utsm	03:04:34.153	00:27:24.020

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
45	153	Hugo Pacheco	Runners Do Demo	03:05:11.193	00:28:01.060
46	99	Nelson Costa	Associação Recreativa Casaense/Escola De Atletismo De Coimbra/Intermarché	03:05:25.193	00:28:15.060
47	74	Marcolino Veríssimo	Team Amcf - Arrábida Trail Team	03:05:31.897	00:28:21.764
48	80	Miguel Pires	Associação Recreativa Casaense/Escola De Atletismo De Coimbra/Intermarché	03:05:53.443	00:28:43.310
49	175	Rui Fonseca	Team U.F. Comércio E Indústria Atletismo	03:06:01.733	00:28:51.600
50	8	Jose Martins	Ozxtreme / Adcrpereira	03:06:33.137	00:29:23.004
51	18	Paulo Oliveira	Team Dr. Merino/4Moove	03:06:40.947	00:29:30.814
52	229	Marco Silva	Associação Desportiva Galomar A.D.G	03:06:52.197	00:29:42.064
53	170	João Canelas	Team U.F. Comércio E Indústria Atletismo	03:08:28.623	00:31:18.490
54	29	Nuno Patricio	Clube Da Natureza De Alvito	03:08:47.370	00:31:37.237
55	19	João Patrício	Team Dr. Merino/4Moove	03:10:51.453	00:33:41.320
56	91	Rúben Chaves	Amcf - Arrábida Trail Team	03:11:52.203	00:34:42.070
57	33	Manuel Costa	Dci/Pedrulha-Mealhada	03:11:56.957	00:34:46.824
58	150	Paulo Mesquita	Team Edv-Viana Trail	03:12:04.097	00:34:53.964
59	142	Rufino Paiva	Team Ocs-Proaventuras	03:12:04.707	00:34:54.574
60	123	Pedro Santos	Team Oralklass-Amigos Do Trail	03:12:27.957	00:35:17.824
61	93	Jose Rosario	Porto De Mos A Correr	03:13:37.077	00:36:26.944
62	70	Tiago Godinho	Caracol Trail Team	03:14:11.460	00:37:01.327
63	32	Rui Azevedo	Fridão Sem Limites	03:14:48.210	00:37:38.077
64	218	André Trindade	Team Acportalegre/Utsm	03:15:37.813	00:38:27.680
65	84	Fernando Santos	Team Escaravelhos - Cmmouronho	03:15:48.063	00:38:37.930
66	83	Joel Martins	Team Escaravelhos - Cmmouronho	03:15:59.963	00:38:49.830
67	166	Joao Afonso	Alexandra Carvalho Team	03:16:08.313	00:38:58.180
68	35	Miguel Ribeiro	Team Zona Alta Trail	03:16:51.557	00:39:41.424
69	159	Helder Pereira	Clube De Atletismo De Ferreira Do Zêzere	03:16:52.463	00:39:42.330
70	103	Filipe Carneiro	Oralklass-Amigos Do Trail	03:18:10.807	00:41:00.674
71	1	Cristina Couceiro	Team Arsm - Associação Recreativa De S. Miguel	03:19:18.967	00:42:08.834
72	193	Fernando Carvalho	Team Dr. Merino/4Moove	03:19:45.287	00:42:35.154
73	69	Paula Soares	Team A.D.Amarante Trail Running	03:19:58.217	00:42:48.084
74	58	José Féteira	Team Arsm - Associação Recreativa De S. Miguel	03:20:17.777	00:43:07.644
75	157	Cristiano Santos	Team A.D.Amarante Trail Running	03:21:38.723	00:44:28.590
76	205	Susana Rodríguez	Team Coimbra Trail Running	03:22:35.003	00:45:24.870
77	11	Armindo Antunes	Team Coimbra Trail Running	03:23:05.727	00:45:55.594
78	240	Filipa Rodrigues	Team Amcf - Arrábida Trail Team	03:23:29.733	00:46:19.600
79	44	Mariana Machado	Os Santa Apolónia	03:24:28.227	00:47:18.094
80	151	André Duarte	Clube De Atletismo De Ferreira Do Zêzere	03:24:38.987	00:47:28.854
81	237	Pedro Freitas	Adrap	03:24:56.230	00:47:46.097
82	230	Ricardo Gouveia	Adrap	03:25:51.980	00:48:41.847
83	125	Rita Loureiro	Oralklass-Amigos Do Trail	03:28:14.483	00:51:04.350
84	148	Inês Moreira	Team A.D.Amarante Trail Running	03:28:29.233	00:51:19.100
85	82	Bruno Santos	Team A.D.Amarante Trail Running	03:28:29.987	00:51:19.854
86	116	Hélder Lemos	Team Ocs-Proaventuras	03:28:30.483	00:51:20.350
87	188	João Fernandes	Team Acportalegre/Utsm	03:28:43.733	00:51:33.600
88	79	Nelson Diogo	Amcf - Arrábida Trail Team	03:29:03.993	00:51:53.860

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
89	172	Ricardo Aguiar	Scpovoense - Caracóis De Corrida	03:29:23.443	00:52:13.310
90	232	Marcelo Salgueiro	Clube Independente De Atletismo Ilha Azul	03:29:35.947	00:52:25.814
91	64	Marcelo Martins	Edl Trail	03:30:21.240	00:53:11.107
92	115	Nádia Casteleiro	Oralklass-Amigos Do Trail	03:30:47.737	00:53:37.604
93	231	Francisco Salgueiro	Clube Independente De Atletismo Ilha Azul	03:31:22.677	00:54:12.544
94	127	Sérgio Suzano	Oralklass-Amigos Do Trail	03:32:08.493	00:54:58.360
95	53	Miguel Sousa	Os Santa Apolónia	03:33:00.250	00:55:50.117
96	120	Paula Barbosa	Oralklass-Amigos Do Trail	03:33:40.170	00:56:30.037
97	138	Daniel Ribeiro	Bitrunners	03:34:02.493	00:56:52.360
98	14	João Santos	Turres Trail Team	03:36:26.140	00:59:16.007
99	219	Bruno Neves	Team Acportalegre/Utsm	03:36:48.000	00:59:37.867
100	176	Jorge Nabais	Coa - Clube De Orientação E Aventura	03:40:01.857	01:02:51.724
101	234	Camila João	Acd Jardim Da Serra	03:40:57.850	01:03:47.717
102	204	Joel Silva	Team A.D.Amarante Trail Running	03:40:58.507	01:03:48.374
103	38	João Plácido	Team Zona Alta Trail	03:40:58.850	01:03:48.717
104	158	Tiago Gaspar	Team Arsm - Associação Recreativa De S. Miguel	03:41:00.007	01:03:49.874
105	77	Fernando Gomes	Kemedo Team	03:41:04.010	01:03:53.877
106	25	Angelo Pereira	Centro Ciclista De Gondomar	03:42:13.273	01:05:03.140
107	174	Tiago Subtil	Afifense Trail	03:42:22.957	01:05:12.824
108	223	Jose Reis	Team Acportalegre/Utsm	03:42:35.767	01:05:25.634
109	140	Ricardo Nunes	Fridão Sem Limites	03:42:45.337	01:05:35.204
110	212	Tiago Silva	Team Coimbra Trail Running	03:43:26.010	01:06:15.877
111	52	António Rocha	Team Factor X / S4I / Medense Fc	03:43:53.513	01:06:43.380
112	155	Rui Lobo	Team Atr - Algarve Trail Running	03:44:03.013	01:06:52.880
113	47	Mário Figueiras	Acm Montemor A Correr	03:44:08.070	01:06:57.937
114	30	Catarina Fernandes	Viriathvs Runners Viseu	03:44:21.263	01:07:11.130
115	163	Filomena Sabino	Team Atr - Algarve Trail Running	03:44:51.763	01:07:41.630
116	89	Telmo Carvalho	Team Arsm - Associação Recreativa De S. Miguel	03:45:26.013	01:08:15.880
117	161	José Vieira	Team Ocs-Proaventuras	03:45:40.317	01:08:30.184
118	86	Sofia Lourenço	Team Arsm - Associação Recreativa De S. Miguel	03:45:42.560	01:08:32.427
119	156	Alexandra Fernandes	Individual	03:45:50.320	01:08:40.187
120	2	Manuel Alves	Olimpico Vianense Trail	03:46:00.803	01:08:50.670
121	209	Marisa Rodrigues	Team A.D.Amarante Trail Running	03:46:01.017	01:08:50.884
122	76	Carlos Queirós	Team A.D.Amarante Trail Running	03:46:01.267	01:08:51.134
123	45	Joana Alves	Caracol Trail Team	03:47:22.043	01:10:11.910
124	104	Vitor Coelho	Team Sindeq	03:47:29.767	01:10:19.634
125	56	André Almeida	Team Factor X / S4I / Medense Fc	03:47:54.520	01:10:44.387
126	4	Raul Silva	Profisio Team	03:49:44.283	01:12:34.150
127	152	Tiago Portela	Alexandra Carvalho Team	03:50:22.030	01:13:11.897
128	26	Jose Moises	Team Acportalegre/Utsm	03:50:49.783	01:13:39.650
129	132	Maria Fonseca	Runners Do Demo	03:51:29.527	01:14:19.394
130	143	Maria Afonso	Individual	03:51:38.527	01:14:28.394
131	112	Maria Areias	Oralklass-Amigos Do Trail	03:53:33.537	01:16:23.404
132	114	Maria Gonçalves	Oralklass-Amigos Do Trail	03:54:08.530	01:16:58.397

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
133	135	Nuno Baltazar	Juventude Vidigalense	03:54:26.493	01:17:16.360
134	92	Tiago Ramos	Clube De Atletismo De Ferreira De Zêzere	03:55:59.033	01:18:48.900
135	149	Pedro Guimaraes	A	03:56:03.033	01:18:52.900
136	214	Pedro Tavares	Team Acportalegre/Utsm	03:56:43.033	01:19:32.900
137	126	Sérgio Anunciação	Oralklass-Amigos Do Trail	03:57:02.537	01:19:52.404
138	13	Rute Martins	Clube De Atletismo De Ferreira Do Zêzere	03:57:03.213	01:19:53.080
139	160	Mafalda Moniz	Team Amcf - Arrábida Trail Team	03:57:07.470	01:19:57.337
140	171	João Caetano	Team U.F. Comércio E Indústria Atletismo	03:57:51.953	01:20:41.820
141	111	Manuel Ferreira	Oralklass-Amigos Do Trail	03:58:23.293	01:21:13.160
142	68	António Miranda	Team Atr - Algarve Trail Running	03:58:32.287	01:21:22.154
143	102	Catarina Alves	Team Coimbra Trail Running	03:58:36.787	01:21:26.654
144	192	Carlos Galamba	Team Coimbra Trail Running	03:58:37.537	01:21:27.404
145	95	Lina Marques	Clac Entroncamento/Ondatrilhos	04:00:59.040	01:23:48.907
146	59	Andreia Almeida	Fridão Sem Limites	04:04:25.157	01:27:15.024
147	165	Ivone Ferreira	Trilho Perdido Eventos / Imporlux	04:04:25.403	01:27:15.270
148	226	Bruno Tavares	Team Edv-Viana Trail	04:07:15.373	01:30:05.240
149	181	Alfredo Costa	Oursense	04:11:01.310	01:33:51.177
150	211	Álvaro Mano	Team Coimbra Trail Running	04:11:08.840	01:33:58.707
151	50	Júlia Alves	Linces De Montemor	04:11:14.310	01:34:04.177
152	85	Carla Reis	Team Arsm - Associação Recreativa De S. Miguel	04:11:37.563	01:34:27.430
153	182	Jorge Moita	Team Arsm - Associação Recreativa De S. Miguel	04:11:39.563	01:34:29.430
154	98	Manuel Moreno	Morcegos Trail	04:12:28.830	01:35:18.697
155	145	José Zananar	Atletismo Clube Da Tocha	04:14:19.340	01:37:09.207
156	55	Diogo Flamino	Linces De Montemor	04:14:30.813	01:37:20.680
157	42	Felisbela Sousa	Team Atr - Algarve Trail Running	04:15:32.070	01:38:21.937
158	106	São Castanheira	Clac Entroncamento/Ondatrilhos	04:15:32.813	01:38:22.680
159	94	Rui Silva	Team Clac Entroncamento/Ondatrilhos	04:16:17.097	01:39:06.964
160	183	Miguel Pedro	Salamandrecos	04:17:28.857	01:40:18.724
161	136	Vitor Almeida	Individual	04:17:35.297	01:40:25.164
162	57	Ana Duarte	Stravistas Vp	04:17:35.570	01:40:25.437
163	196	João Pinho	Team Coimbra Trail Running	04:17:49.573	01:40:39.440
164	134	Patricia Moreira	Team A.D.Amarante Trail Running	04:20:26.087	01:43:15.954
165	228	Hélder Lopes	Team Montanha Clube Trail Running/Efapel	04:20:39.577	01:43:29.444
166	131	Maria Queiroz	Gtt - Armazém Do Caffè	04:21:19.010	01:44:08.877
167	107	Ana Dourado	Team Coimbra Trail Running	04:25:29.833	01:48:19.700
168	189	Alexandra Vanstalle	Team Atr - Algarve Trail Running	04:25:33.337	01:48:23.204
169	121	Joao Gil	Individual	04:26:06.337	01:48:56.204
170	164	Cristina Barros	Sinmetro	04:27:51.447	01:50:41.314
171	179	Ana Grade	U.F. Comércio E Indústria Atletismo	04:29:49.093	01:52:38.960
172	3	Celia Sousa	Individual	04:29:57.093	01:52:46.960
173	110	Carla Soares	Team Arsm - Associação Recreativa De S. Miguel	04:32:04.420	01:54:54.287
174	36	Ana Tomé	Zona Alta Trail	04:33:40.107	01:56:29.974
175	27	António Firmino	"C.D. ""Os Águias"" De Alpiarça"	04:33:40.607	01:56:30.474
176	49	António Monteiro	Acm Montemor A Correr	04:34:13.350	01:57:03.217

Lugar	Dorsal	Nome	Equipa	Tempo	Diferença
177	28	Carla Semedo	Team Acportalegre/Utsm	04:34:33.607	01:57:23.474
178	186	Mariana Leirinha	Team Acportalegre/Utsm	04:34:36.850	01:57:26.717
179	54	Pedro Marques	Team Factor X / S4I / Medense Fc	04:35:56.603	01:58:46.470
180	137	Serafim Ramos	Lion Runners - G.D. Leões Da Guarda	04:37:19.857	02:00:09.724
181	224	Alexandra Soares	Team Coimbra Trail Running	04:39:09.613	02:01:59.480
182	34	Carolina Pereira	Afifense Trail	04:43:55.123	02:06:44.990
183	221	João Palmela	Team Edv-Viana Trail	04:48:13.873	02:11:03.740
184	195	Zé Almeida	Team Edv-Viana Trail	04:48:14.287	02:11:04.154
185	124	Manuel Julio	Team Clac Entroncamento/Ondatrilhos	04:48:25.383	02:11:15.250
186	215	Ana Garcia	Montanha Clube Trail Running/Efapel	04:49:32.263	02:12:22.130
187	141	Fernando Vicente	Individual	04:49:48.627	02:12:38.494
188	48	Maria Lemos	Gtt - Armazém Do Caffè	04:51:32.993	02:14:22.860
189	7	Luis Carvalho	Individual	04:51:51.743	02:14:41.610
190	51	Joana Maia	Alexandra Carvalho Team	04:55:15.213	02:18:05.080
191	146	Susana Castro	Psp Viseu Runners	05:05:25.873	02:28:15.740
192	21	Solange Sousa	Individual	05:06:47.153	02:29:37.020
193	66	Maria Silva	C.A.S.P.A.(Clube Amador Só Para Atletismo)	05:07:22.907	02:30:12.774
194	96	Luis Rei	Team Clac Entroncamento/Ondatrilhos	05:07:22.920	02:30:12.787
195	198	João Silva	Team Atr - Algarve Trail Running	05:11:56.420	02:34:46.287
196	67	Firmino Mendes	Team Montanha Clube Trail Running/Efapel	05:14:44.563	02:37:34.430
197	130	Ana Loreto	Montanha Clube Trail Running/Efapel	05:16:18.170	02:39:08.037
198	227	Sandra Gonçalves	Montanha Clube Trail Running/Efapel	05:33:23.207	02:56:13.074
199	147	Ana Dias	Team Lantermil	05:37:41.953	03:00:31.820
200	16	Ana Cabrita	Individual	05:40:18.207	03:03:08.074