



## Socalcos Trail



### Classificação Geral

### Mini Trail

### 13,00 Km.

| Pos. | Dor. | Nome                                    | Clube                                 | Categoria/Pos. | Tempo         | Km./h. | Diferencia |
|------|------|-----------------------------------------|---------------------------------------|----------------|---------------|--------|------------|
| 1    | 1092 | Adriano Morais,                         | Olimpico Vianense                     | MTSM           | 1 1:23:03.10  | 9,39   |            |
| 2    | 1011 | José Losada,                            | TROGLODITAS RUNNERS                   | MTM40          | 1 1:28:16.47  | 8,84   | 0:05:13    |
| 3    | 1237 | Ricardo Esteves,                        | Academia Desportiva de Arcos de Valde | MTSM           | 2 1:33:20.05  | 8,36   | 0:10:17    |
| 4    | 1039 | João Ribeiro,                           | Manu's Therapy Trail Running          | MTM40          | 2 1:34:53.27  | 8,22   | 0:11:50    |
| 5    | 1161 | Javier Rodríguez Fernández              | Aviva                                 | MTM40          | 3 1:36:28.34  | 8,09   | 0:13:25    |
| 6    | 1212 | Arlindo Ferreira,                       | Bits&Bikes/Trail Running              | MTM50          | 1 1:37:17.30  | 8,02   | 0:14:14    |
| 7    | 1158 | Álvaro Suárez Suárez,                   | CASTRO-TRAIL                          | MTS23          | 1 1:37:37.91  | 7,99   | 0:14:35    |
| 8    | 1051 | gonzalo vales,                          | BOX001 OURENSE RUN MANIAK             | MTSM           | 3 1:38:21.03  | 7,93   | 0:15:18    |
| 9    | 1179 | Antonio Javier Hidalgo Fernandez,       |                                       | MTM40          | 4 1:44:19.56  | 7,48   | 0:21:17    |
| 10   | 1143 | Rodrigo Afonso,                         | Melgaço Alvarinho Trail Team          | MTS23          | 2 1:48:26.32  | 7,19   | 0:25:23    |
| 11   | 2080 | Nuno Morais,                            | EDL                                   | MTM40          | 5 1:48:35.92  | 7,18   | 0:25:33    |
| 12   | 1055 | Miguel Cruz,                            | individual                            | MTSM           | 4 1:49:17.77  | 7,14   | 0:26:15    |
| 13   | 1218 | Fernando Alves,                         | Olimpico Vianense                     | MTM50          | 2 1:50:08.74  | 7,08   | 0:27:06    |
| 14   | 1124 | Sergio Ramos,                           | EDV Viana Trail                       | MTM40          | 6 1:51:02.32  | 7,02   | 0:27:59    |
| 15   | 1087 | Augusto Lopes,                          | Movimento de Juventude de Merelim     | MTM40          | 7 1:51:33.53  | 6,99   | 0:28:31    |
| 16   | 1134 | Eva Carneiro,                           | Paços runners                         | MTF40          | 1 1:52:32.39  | 6,93   | 0:29:29    |
| 17   | 1059 | José Pais,                              | EDL                                   | MTM40          | 8 1:54:38.54  | 6,80   | 0:31:36    |
| 18   | 1044 | Flavio Pereira,                         | EDL                                   | MTSM           | 5 1:55:53.19  | 6,73   | 0:32:50    |
| 19   | 1049 | Helder Costa,                           | Manu's Therapy Trail Running          | MTSM           | 6 1:56:45.12  | 6,68   | 0:33:42    |
| 20   | 1132 | Tiago Martins,                          |                                       | MTSM           | 7 1:57:21.54  | 6,65   | 0:34:19    |
| 21   | 1238 | Rosa Afonso,                            | Academia Desportiva de Arcos de Valde | MTSF           | 1 1:57:28.72  | 6,64   | 0:34:26    |
| 22   | 2170 | Armando Vieira,                         | EDL trail                             | MTM40          | 9 2:01:00.28  | 6,45   | 0:37:57    |
| 23   | 1013 | Ángela Fornelos,                        | TROGLODITAS RUNNERS                   | MTF40          | 2 2:03:37.09  | 6,31   | 0:40:34    |
| 24   | 1200 | João Fernandes,                         | Fernandes                             | MTSM           | 8 2:05:39.30  | 6,21   | 0:42:36    |
| 25   | 1047 | BELEN IGLESIAS,                         | BOX001 OURENSE RUN MANIAK             | MTSF           | 2 2:06:23.04  | 6,17   | 0:43:20    |
| 26   | 2005 | LEANDRO FREITAS,                        | AMC TRAIL                             | MTM50          | 3 2:06:39.29  | 6,16   | 0:43:36    |
| 27   | 1149 | Antonio Marques,                        |                                       | MTM50          | 4 2:07:05.25  | 6,14   | 0:44:02    |
| 28   | 1167 | Reyes Boveda Gonzalez,                  | CASTRO-TRAIL                          | MTF40          | 3 2:08:48.79  | 6,06   | 0:45:46    |
| 29   | 1163 | Ana Vieira,                             | ORALKLASS-AMIGOS DO TRAIL             | MTSF           | 3 2:09:43.50  | 6,01   | 0:46:41    |
| 30   | 1056 | Lurdes Pinheiro Pinheiro,               | Sem medo                              | MTF40          | 4 2:09:57.66  | 6,00   | 0:46:55    |
| 31   | 1041 | Manuela Pinto,                          | Manu's Therapy Trail Running          | MTSF           | 4 2:10:04.63  | 6,00   | 0:47:02    |
| 32   | 1155 | Tony Soares,                            | O Monge do Trail Running              | MTM40          | 10 2:11:10.48 | 5,95   | 0:48:07    |
| 33   | 1099 | Carlos Martins,                         | Porto Sentido Runners                 | MTM50          | 5 2:11:41.22  | 5,92   | 0:48:38    |
| 34   | 1142 | André Mendes,                           | Correr por Monção                     | MTSM           | 9 2:12:34.42  | 5,88   | 0:49:31    |
| 35   | 1082 | JOSE FERNANDEZ,                         |                                       | MTSM           | 10 2:12:52.84 | 5,87   | 0:49:50    |
| 36   | 1018 | Nelson Miranda,                         | Salgueiros Running                    | MTSM           | 11 2:12:57.86 | 5,87   | 0:49:55    |
| 37   | 1190 | Manuel Barros,                          | TOG- Trinca Orelhas de Gato           | MTM50          | 6 2:13:09.90  | 5,86   | 0:50:07    |
| 38   | 1102 | Fernando Ferraz,                        | Porto Sentido Runners                 | MTM50          | 7 2:14:02.21  | 5,82   | 0:50:59    |
| 39   | 1203 | Sergio Painhas,                         | ASCDV - Trail Vale do Âncora          | MTM40          | 11 2:14:39.03 | 5,79   | 0:51:36    |
| 40   | 1181 | Filipe Rodrigues,                       | ASCDV- Trail Vale do Âncora           | MTSM           | 12 2:14:40.06 | 5,79   | 0:51:37    |
| 41   | 1244 | José Vilas Boas,                        | Nfitters                              | MTM40          | 12 2:15:41.74 | 5,75   | 0:52:39    |
| 42   | 1093 | Marina Silva,                           | Porto Sentido Runners                 | MTF40          | 5 2:15:57.71  | 5,74   | 0:52:55    |
| 43   | 1101 | Avelino Rodrigues,                      | Porto Sentido Runners                 | MTM40          | 13 2:16:39.11 | 5,71   | 0:53:36    |
| 44   | 1159 | Luisa Marques,                          | Porto Sentido Runners                 | MTF40          | 6 2:16:41.57  | 5,71   | 0:53:39    |
| 45   | 2272 | Torquato, Arnaldo                       | TROGLODITA RUNNERS                    | MTM50          | 8 2:16:50.36  | 5,70   | 0:53:47    |
| 46   | 1227 | Vitor Rebelo,                           | CAAV                                  | MTM40          | 14 2:16:51.08 | 5,70   | 0:53:48    |
| 47   | 1050 | SHEILA CARBALLO,                        | BOX001 OURENSE RUN MANIAK             | MTSF           | 5 2:16:54.39  | 5,70   | 0:53:51    |
| 48   | 1246 | Carlos Borges,                          | Nfitters                              | MTM40          | 15 2:17:48.94 | 5,66   | 0:54:46    |
| 49   | 1228 | Paula Costa,                            |                                       | MTF50          | 1 2:18:00.17  | 5,65   | 0:54:57    |
| 50   | 1204 | Elvira Vereá López de Gue Peña Trevinca |                                       | MTF50          | 2 2:18:30.75  | 5,63   | 0:55:28    |
| 51   | 1108 | Isabel Domingues,                       | Lebres Minhotas                       | MTF40          | 7 2:19:00.40  | 5,61   | 0:55:57    |
| 52   | 1245 | Daniel Lima,                            | Nfitters                              | MTSM           | 13 2:19:19.92 | 5,60   | 0:56:17    |
| 53   | 1213 | Alzira Alves,                           | Bits&Bikes/Trail Running              | MTF50          | 3 2:19:27.86  | 5,59   | 0:56:25    |
| 54   | 1114 | Gilberto Machado,                       | Troglooditas Runners                  | MTM40          | 16 2:20:13.04 | 5,56   | 0:57:10    |
| 55   | 1242 | Joana Pereira,                          | Academia Desportiva de Arcos de Valde | MTSF           | 6 2:20:45.13  | 5,54   | 0:57:42    |
| 56   | 1053 | Sérgio Nuno Silva,                      | Amotinados                            | MTM40          | 17 2:20:51.45 | 5,54   | 0:57:48    |
| 57   | 1054 | Claudia Fernandes,                      | Amotinados                            | MTF40          | 8 2:20:51.49  | 5,54   | 0:57:48    |
| 58   | 1060 | Domingos Teixeira,                      | Amotinados                            | MTM40          | 18 2:23:35.37 | 5,43   | 1:00:32    |
| 59   | 1166 | Cristina Silva,                         | Movimento de Juventude de Merelim     | MTSM           | 14 2:24:37.85 | 5,39   | 1:01:35    |
| 60   | 1235 | paloma trapote,                         | BOX001 OURENSE RUN MANIAK             | MTF50          | 4 2:25:10.00  | 5,37   | 1:02:07    |
| 61   | 1103 | André Oliveira,                         | Porto Sentido Runners                 | MTSM           | 15 2:25:10.07 | 5,37   | 1:02:07    |

|     |                                     |                                   |        |    |            |      |         |
|-----|-------------------------------------|-----------------------------------|--------|----|------------|------|---------|
| 62  | 1042 Natália Pinto,                 | Manu's Therapy Trail Running      | MTSF   | 7  | 2:25:22.49 | 5,37 | 1:02:19 |
| 63  | 1125 Fernando Magalhaes,            | Caminhantes do Condado            | MTM50  | 9  | 2:26:13.47 | 5,33 | 1:03:10 |
| 64  | 1126 Soledad Rocha Romero,          |                                   | MTSF   | 8  | 2:26:14.02 | 5,33 | 1:03:11 |
| 65  | 1076 salome cerqueira,              | EDV-VIANATRAIL                    | MTF40  | 9  | 2:26:14.26 | 5,33 | 1:03:11 |
| 66  | 1057 Maria Freitas,                 | Nova Linha Trail Runners          | MTS23F | 1  | 2:26:39.56 | 5,32 | 1:03:37 |
| 67  | 1175 Cristina Silva,                | Porto Sentido Runners             | MTF50  | 5  | 2:27:29.72 | 5,29 | 1:04:27 |
| 68  | 1105 Miguel Pereira,                | Porto Sentido Runners             | MTM40  | 19 | 2:27:34.27 | 5,29 | 1:04:31 |
| 69  | 1173 JORGE VAZQUEZ ALV <sup>A</sup> | VII LEGIO GEMINA                  | MTM40  | 20 | 2:27:43.56 | 5,28 | 1:04:41 |
| 70  | 1172 PABLO ALVAREZ MAR <sup>A</sup> | VII LEGIO GEMINA                  | MTM50  | 10 | 2:27:45.34 | 5,28 | 1:04:42 |
| 71  | 1162 Luis ALVAREZ,                  | LOBIOS                            | MTM40  | 21 | 2:27:52.70 | 5,28 | 1:04:50 |
| 72  | 1169 Claudio Cerqueira,             | Porto Sentido Runners             | MTM40  | 22 | 2:28:00.83 | 5,27 | 1:04:58 |
| 73  | 1088 Maria Correia,                 | Movimento de Juventude de Merelim | MTF40  | 10 | 2:29:26.57 | 5,22 | 1:06:24 |
| 74  | 1086 Pedro Gonçalves,               | Alexandra Carvalho Team           | MTM40  | 23 | 2:29:54.73 | 5,20 | 1:06:52 |
| 75  | 1115 Dinis Machado,                 | Manuela Coelho                    | MTM40  | 24 | 2:30:08.57 | 5,20 | 1:07:06 |
| 76  | 1144 Ana Rita Fornelos,             | TROGLODITAS RUNNERS               | MTS23F | 2  | 2:31:26.04 | 5,15 | 1:08:23 |
| 77  | 1061 Pedro Tiago Fernandes,         | TROGLODITAS RUNNERS               | MTSM   | 16 | 2:31:46.58 | 5,14 | 1:08:44 |
| 78  | 1156 Carla Soares,                  | Movimento de Juventude de Merelim | MTF40  | 11 | 2:31:51.81 | 5,14 | 1:08:49 |
| 79  | 1231 Ana Maria Cid,                 |                                   | MTF50  | 6  | 2:32:17.73 | 5,12 | 1:09:15 |
| 80  | 1208 José Pedro,                    | Gansos                            | MTM40  | 25 | 2:33:15.81 | 5,09 | 1:10:13 |
| 81  | 1083 Edgar De Sousa,                | Alexandra Carvalho Team           | MTM40  | 26 | 2:33:36.37 | 5,08 | 1:10:33 |
| 82  | 1069 Josefa Oliveira,               | Minho Aventura                    | MTF40  | 12 | 2:35:45.83 | 5,01 | 1:12:43 |
| 83  | 1180 Juliana Santos,                | Sorriso                           | MTSF   | 9  | 2:35:58.76 | 5,00 | 1:12:56 |
| 84  | 1206 Helena Alvarenga,              | Gansos                            | MTSF   | 10 | 2:36:43.31 | 4,98 | 1:13:40 |
| 85  | 1024 Paulo Ribeiro,                 | Gansos                            | MTM40  | 27 | 2:36:45.55 | 4,98 | 1:13:43 |
| 86  | 1209 Jose Anjos,                    | Gansos                            | MTS23  | 3  | 2:36:45.58 | 4,98 | 1:13:43 |
| 87  | 1094 José Ricardo Silva,            | Porto Sentido Runners             | MTM40  | 28 | 2:37:34.79 | 4,95 | 1:14:32 |
| 88  | 1098 Elizabete Loureiro,            | Porto Sentido Runners             | MTF40  | 13 | 2:37:36.56 | 4,95 | 1:14:34 |
| 89  | 1096 Paulo Rocha,                   | Porto Sentido Runners             | MTM40  | 29 | 2:37:36.60 | 4,95 | 1:14:34 |
| 90  | 3138 ***** Dorsal 3138              |                                   | ?????? |    | 2:37:57.59 | 4,94 | 1:14:55 |
| 91  | 1160 Carlos Dias,                   | Porto Sentido Runners             | MTSM   | 17 | 2:38:50.39 | 4,91 | 1:15:47 |
| 92  | 1010 Ernesto De Freitas,            | CB RUN                            | MTM40  | 30 | 2:39:18.29 | 4,90 | 1:16:15 |
| 93  | 1135 Marcela Fernandes,             | CB RUN                            | MTSM   | 18 | 2:39:19.25 | 4,90 | 1:16:16 |
| 94  | 1182 ELISABETE NOGUEIRA             | FRIDÃO SEM LIMITES                | MTF40  | 14 | 2:39:46.84 | 4,88 | 1:16:44 |
| 95  | 1183 ROSA SOARES,                   | FRIDÃO SEM LIMITES                | MTF40  | 15 | 2:39:47.63 | 4,88 | 1:16:45 |
| 96  | 1085 Susana Crasto,                 | Alexandra Carvalho TEAM           | MTF40  | 16 | 2:39:47.71 | 4,88 | 1:16:45 |
| 97  | 1234 Monica Carnero Perez,          | CASTRO-TRAIL                      | MTF40  | 17 | 2:41:43.51 | 4,82 | 1:18:41 |
| 98  | 1153 Leticia Séguin outeirinho,     | Limiactiva                        | MTSF   | 11 | 2:41:44.94 | 4,82 | 1:18:42 |
| 99  | 1220 Anabela Salgado,               | Olimpico vianense                 | MTF40  | 18 | 2:42:02.18 | 4,81 | 1:18:59 |
| 100 | 1147 Cidália Barbosa,               | Cerveira Team Running             | MTF50  | 7  | 2:42:04.64 | 4,81 | 1:19:02 |
| 101 | 1219 Gonçalo Pinheiro,              | Olimpico Vianense                 | MTM40  | 31 | 2:42:05.57 | 4,81 | 1:19:03 |
| 102 | 1221 Oscar Sousa,                   | Olimpico Vianense                 | MTM40  | 32 | 2:42:07.95 | 4,81 | 1:19:05 |
| 103 | 2079 eduardo gallego,               | BOX001 OURENSE RUN MANIAK         | MTM40  | 33 | 2:43:24.11 | 4,77 | 1:20:21 |
| 104 | 1236 sandra lopez,                  | BOX001 OURENSE RUN MANIAK         | MTSF   | 12 | 2:43:27.21 | 4,77 | 1:20:24 |
| 105 | 1165 Antonio Rodrigues,             |                                   | MTSM   | 19 | 2:44:03.73 | 4,75 | 1:21:01 |
| 106 | 1164 Rui Rodrigues,                 |                                   | MTM40  | 34 | 2:44:08.21 | 4,75 | 1:21:05 |
| 107 | 1139 Roberto Moreira,               | Aliança de Gandra                 | MTM40  | 35 | 2:45:32.16 | 4,71 | 1:22:29 |
| 108 | 1065 sara Vilaça,                   | Celeirós                          | MTSF   | 13 | 2:46:15.79 | 4,69 | 1:23:13 |
| 109 | 1214 Fernanda Veríssimo,            |                                   | MTSF   | 14 | 2:46:19.22 | 4,69 | 1:23:16 |
| 110 | 1003 Ivone Pardal,                  | Clube Académico de Mogadouro      | MTF40  | 19 | 2:46:36.66 | 4,68 | 1:23:34 |
| 111 | 1009 João Resende,                  | Invicta Runners Team              | MTM40  | 36 | 2:46:38.55 | 4,68 | 1:23:36 |
| 112 | 1215 Juliana Rocha,                 | Braga                             | MTSM   | 20 | 2:48:04.44 | 4,64 | 1:25:01 |
| 113 | 1100 Ana Sousa,                     | Porto Sentido Runners             | MTF40  | 20 | 2:48:07.23 | 4,64 | 1:25:04 |
| 114 | 1240 Luana Gonçalves,               | Alexandra Carvalho team           | MTS23F | 3  | 2:50:34.01 | 4,57 | 1:27:31 |
| 115 | 1211 TIAGO LEMOS,                   |                                   | MTS23  | 4  | 2:51:10.80 | 4,56 | 1:28:08 |
| 116 | 1195 Susana Martins,                | TOG- Trinca Orelhas de Gato       | MTF40  | 21 | 2:51:38.52 | 4,54 | 1:28:36 |
| 117 | 1187 Isilda Silva,                  | TOG- Trinca Orelhas de Gato       | MTF40  | 22 | 2:51:44.22 | 4,54 | 1:28:41 |
| 118 | 1232 Humberto Martins,              |                                   | MTM40  | 37 | 2:53:20.84 | 4,50 | 1:30:18 |
| 119 | 1217 Vítor Brito,                   | Trilhos Ocultos                   | MTSM   | 21 | 2:53:40.34 | 4,49 | 1:30:37 |
| 120 | 1216 Adélia Barreira,               | Trilhos Ocultos                   | MTSF   | 15 | 2:53:41.91 | 4,49 | 1:30:39 |
| 121 | 1109 João António Esteves Alves,    |                                   | MTSM   | 22 | 2:53:42.63 | 4,49 | 1:30:40 |
| 122 | 1198 Sónia Lopes,                   | Trilhos Ocultos                   | MTF40  | 23 | 2:53:44.34 | 4,49 | 1:30:41 |
| 123 | 1025 Joaquim Garces,                | Gansos                            | MTM50  | 11 | 2:53:57.80 | 4,48 | 1:30:55 |
| 124 | 1207 Jorge Caldas,                  | Gansos                            | MTM40  | 38 | 2:53:59.29 | 4,48 | 1:30:56 |
| 125 | 1239 Bruna Costa,                   | Alexandra Carvalho Team           | MTSF   | 16 | 2:55:02.39 | 4,46 | 1:31:59 |
| 126 | 1178 Carla Caldas,                  | O mais rápido da minha rua        | MTF40  | 24 | 2:56:29.36 | 4,42 | 1:33:26 |
| 127 | 1052 Joaquina Martins,              | Invicta Runners Team              | MTF50  | 8  | 2:56:31.00 | 4,42 | 1:33:28 |
| 128 | 1040 Anabela Henriques,             | Manu's Therapy Trail Running      | MTF50  | 9  | 2:58:37.84 | 4,37 | 1:35:35 |
| 129 | 1226 Claudia Gomes,                 | Valença                           | MTSF   | 17 | 3:02:11.23 | 4,28 | 1:39:08 |
| 130 | 1032 Margaret Couto,                | Afife                             | MTSF   | 18 | 3:03:18.61 | 4,26 | 1:40:16 |
| 131 | 1171 Diogo Teixeira,                | Cerveira Team Running             | MTSM   | 23 | 3:03:52.94 | 4,24 | 1:40:50 |
| 132 | 1072 César Saraiva Alves,           |                                   | MTM40  | 39 | 3:04:29.13 | 4,23 | 1:41:26 |
| 133 | 1035 Ana Vasconcelos,               |                                   | MTF40  | 25 | 3:04:29.54 | 4,23 | 1:41:27 |
| 134 | 1066 Paula Veiga,                   | Trail Team Montaria               | MTF40  | 26 | 3:05:50.97 | 4,20 | 1:42:48 |
| 135 | 1068 Ana Ramião,                    | Trail Team Montaria               | MTF40  | 27 | 3:05:53.02 | 4,20 | 1:42:50 |

|     |                                  |                                   |       |    |            |              |
|-----|----------------------------------|-----------------------------------|-------|----|------------|--------------|
| 136 | 1067 Elisabete Guia,             | Trail Team Montaria               | MTSF  | 19 | 3:06:37.15 | 4,18 1:43:34 |
| 137 | 1230 João Nápoles,               | Team Shark                        | MTS23 | 5  | 3:07:12.19 | 4,17 1:44:09 |
| 138 | 1229 Jorge Nápoles,              | Team Shark                        | MTM40 | 40 | 3:07:12.27 | 4,17 1:44:09 |
| 139 | 1020 Joana Ribeiro,              | Gansos                            | MTSF  | 20 | 3:08:02.14 | 4,15 1:44:59 |
| 140 | 1023 Laurinda Tavares,           | Gansos                            | MTF40 | 28 | 3:08:05.06 | 4,15 1:45:02 |
| 141 | 1021 Silvia Barbosa,             | Gansos                            | MTF40 | 29 | 3:08:05.21 | 4,15 1:45:02 |
| 142 | 1058 Marcia Almeida,             | Nova Linha Trail Runners          | MTF40 | 30 | 3:08:17.54 | 4,14 1:45:15 |
| 143 | 1078 nuno silva,                 | EDV-VIANATRIL                     | MTSM  | 24 | 3:09:18.18 | 4,12 1:46:15 |
| 144 | 1077 celia cerqueira,            | EDV-VIANATRIL                     | MTF40 | 31 | 3:09:18.34 | 4,12 1:46:15 |
| 145 | 1140 Natalia Moreira,            | Aliança de Gandra                 | MTF40 | 32 | 3:09:49.25 | 4,11 1:46:46 |
| 146 | 1028 Rui Machado,                | Gansos                            | MTM50 | 12 | 3:09:51.96 | 4,11 1:46:49 |
| 147 | 1036 Ana Silva,                  |                                   | MTSF  | 21 | 3:11:00.59 | 4,08 1:47:58 |
| 148 | 1015 Maria Moreira,              | Salgueiros Running                | MTF50 | 10 | 3:11:59.58 | 4,06 1:48:57 |
| 149 | 1106 Lisa Pereira,               | Porto Sentido Runners             | MTSF  | 22 | 3:13:54.12 | 4,02 1:50:51 |
| 150 | 1097 Inês Pinto,                 | Porto Sentido Runners             | MTSF  | 23 | 3:13:54.71 | 4,02 1:50:52 |
| 151 | 1174 Ana Nova,                   | Porto Sentido Runners             | MTSF  | 24 | 3:13:54.91 | 4,02 1:50:52 |
| 152 | 1095 Mónica Carvalho,            | Porto Sentido Runners             | MTSF  | 25 | 3:13:59.36 | 4,02 1:50:56 |
| 153 | 1012 Patrícia Castro Patrícia Ca | TROGLODITAS RUNNERS               | MTSF  | 26 | 3:15:00.57 | 4,00 1:51:58 |
| 154 | 1154 Samanta Filipe,             | Cerveira Team Running             | MTSF  | 27 | 3:15:12.48 | 4,00 1:52:09 |
| 155 | 1151 Adelaide Filipe,            | Cerveira Team Running             | MTF50 | 11 | 3:15:14.01 | 4,00 1:52:11 |
| 156 | 1136 Irma Martins,               |                                   | MTSF  | 28 | 3:15:45.53 | 3,98 1:52:43 |
| 157 | 1137 Hugo Carneiro,              |                                   | MTSM  | 25 | 3:15:47.75 | 3,98 1:52:45 |
| 158 | 1027 Ana Cristina,               | Gansos                            | MTF40 | 33 | 3:15:57.46 | 3,98 1:52:54 |
| 159 | 1030 Miguel Costa,               | Gansos                            | MTM40 | 41 | 3:16:00.46 | 3,98 1:52:57 |
| 160 | 1045 MARIA JOSE TOURON,          | BOX001 OURENSE RUN MANIAK         | MTSF  | 29 | 3:17:39.05 | 3,95 1:54:36 |
| 161 | 1046 LISI CARNERO,               | BOX001 OURENSE RUN MANIAK         | MTF40 | 34 | 3:17:39.08 | 3,95 1:54:36 |
| 162 | 1070 Manuela Pereira,            | Cantinho da Pt                    | MTSF  | 30 | 3:18:20.32 | 3,93 1:55:17 |
| 163 | 1071 Sónia Sá,                   | Cantinho da PT                    | MTSF  | 31 | 3:18:20.42 | 3,93 1:55:17 |
| 164 | 1031 Fernanda Santos,            | Gansos                            | MTF50 | 12 | 3:19:34.24 | 3,91 1:56:31 |
| 165 | 1089 David Costa,                | Manu's Therapy Trail Running      | MTM40 | 42 | 3:19:46.09 | 3,90 1:56:43 |
| 166 | 1131 Mónica Martins,             |                                   | MTSF  | 32 | 3:19:46.61 | 3,90 1:56:44 |
| 167 | 1038 Margarida Esteves,          |                                   | MTSF  | 33 | 3:19:47.04 | 3,90 1:56:44 |
| 168 | 1133 Filipe Lúcio,               |                                   | MTSM  | 26 | 3:19:49.21 | 3,90 1:56:46 |
| 169 | 1243 Eunice Coelho,              |                                   | MTF40 | 35 | 3:24:17.15 | 3,82 2:01:14 |
| 170 | 1225 Lúcia Ferreira,             |                                   | MTSF  | 34 | 3:24:17.78 | 3,82 2:01:15 |
| 171 | 1008 Carla Caldeira,             |                                   | MTF40 | 36 | 3:24:35.50 | 3,81 2:01:33 |
| 172 | 1117 Rita Rodrigues,             | MINHO AVENTURA                    | MTF40 | 37 | 3:26:40.27 | 3,77 2:03:37 |
| 173 | 1111 Nuno Couto,                 | Cerveira Team Running             | MTSM  | 27 | 3:27:07.20 | 3,77 2:04:04 |
| 174 | 1112 Rita Coelho,                |                                   | MTSF  | 35 | 3:27:08.71 | 3,77 2:04:06 |
| 175 | 1113 Manuela Coelho,             | Trogloditas Runners               | MTF40 | 38 | 3:27:39.72 | 3,76 2:04:37 |
| 176 | 1194 Rosa Gonçalves,             | TOG- Trinca Orelhas de Gato       | MTSF  | 36 | 3:29:33.07 | 3,72 2:06:30 |
| 177 | 1192 Beatriz Almeida,            | TOG- Trinca Orelhas de Gato       | MTF40 | 39 | 3:29:34.02 | 3,72 2:06:31 |
| 178 | 1019 Susana Pereira,             | Desnível Positivo                 | MTSF  | 37 | 3:33:44.44 | 3,65 2:10:41 |
| 179 | 1224 Fernando Moreira,           |                                   | MTM50 | 13 | 3:37:05.29 | 3,59 2:14:02 |
| 180 | 1202 Rosa Ribeiro,               |                                   | MTF40 | 40 | 3:37:07.51 | 3,59 2:14:05 |
| 181 | 1138 Rosário Gomes,              | Cerveira Team Running             | MTF50 | 13 | 3:37:37.54 | 3,58 2:14:35 |
| 182 | 1152 Paula Alves,                | Cerveira Team Running             | MTF40 | 41 | 3:37:38.31 | 3,58 2:14:35 |
| 183 | 1150 Fátima Fernandes,           | Cerveira Team Running             | MTF40 | 42 | 3:37:40.11 | 3,58 2:14:37 |
| 184 | 1081 Vera Filipe,                | Cerveira Team Running             | MTSF  | 38 | 3:37:41.05 | 3,58 2:14:38 |
| 185 | 1034 Isabel Lopes,               | LION RUNNERS – G. D. Leões da Gua | MTF50 | 14 | 3:47:38.33 | 3,43 2:24:35 |
| 186 | 1090 Sandra João,                | Manu's Therapy Trail Running      | MTF40 | 43 | 4:03:03.20 | 3,21 2:40:00 |
| 187 | 1121 Gracinda Beito,             | Cantinho da PT                    | MTF40 | 44 | 4:09:30.69 | 3,13 2:46:28 |
| 188 | 1123 Ana Dantas,                 | Cantinho da PT                    | MTSF  | 39 | 4:09:32.45 | 3,13 2:46:29 |
| 189 | 1119 Marisa Sousa,               |                                   | MTSF  | 40 | 4:09:34.53 | 3,13 2:46:32 |
| 190 | 1127 Tiago Gonçalves,            | Afifense Trail                    | MTSM  | 28 | 4:10:22.88 | 3,12 2:47:20 |
| 191 | 1177 Marcia Meira,               | Afifense Trail                    | MTSF  | 41 | 4:10:23.94 | 3,12 2:47:21 |
| 192 | 1128 Francisco Oliveira,         | Afifense Trail                    | MTS23 | 6  | 4:10:24.87 | 3,12 2:47:22 |
| 193 | 1176 Daniel Meira,               | Afifense Trail                    | MTSM  | 29 | 4:10:25.18 | 3,11 2:47:22 |
| 194 | 1130 Elisa Carina Mendes,        | Afifense Trail                    | MTF40 | 45 | 4:10:25.19 | 3,11 2:47:22 |
| 195 | 1129 Lurdes Ramos,               | Afifense Trail                    | MTF40 | 46 | 4:10:25.61 | 3,11 2:47:23 |
| 196 | 1185 Bé Brazeta,                 | TOG- Trinca Orelhas de Gato       | MTM50 | 14 | 4:10:43.96 | 3,11 2:47:41 |
| 197 | 1193 Goreti Rocha,               | TOG- Trinca Orelhas de Gato       | MTF40 | 47 | 4:10:44.45 | 3,11 2:47:41 |
| 198 | 1186 Deolinda Campanhã,          | TOG- Trinca Orelhas de Gato       | MTM50 | 15 | 4:10:45.73 | 3,11 2:47:43 |
| 199 | 1188 Joana Vieira,               | TOG- Trinca Orelhas de Gato       | MTF40 | 48 | 4:10:48.68 | 3,11 2:47:46 |
| 200 | 1196 Raquel Tomé,                |                                   | MTF40 | 49 | 4:12:15.97 | 3,09 2:49:13 |
| 201 | 1073 Marlene Moreira,            | 100 meta                          | MTF40 | 50 | 4:12:18.89 | 3,09 2:49:16 |
| 202 | 1168 Ignacio Fernandez Enriquez, |                                   | MTSM  | 30 | 4:26:00.24 | 2,93 3:02:57 |
| 203 | 1048 Isabel Correia,             |                                   | MTF40 | 51 | 4:33:27.51 | 2,85 3:10:25 |
| 204 | 1141 Tânia Martins,              |                                   | MTSF  | 42 | 4:33:27.68 | 2,85 3:10:25 |
| 205 | 1014 Paula Salgado,              | Salgueiros Running                | MTF50 | 15 | 4:50:08.13 | 2,69 3:27:05 |
| 206 | 1116 Alexandrina Babo,           | Cantinho da PT                    | MTSF  | 43 | 6:16:26.89 | 2,07 4:53:24 |