

POS	NOME	DORSAL	EQUIPA	CATEGORIA	TEMPO	TEMPO/KM	DIF P/1º
1	PEDRO SOUSA	209	Satecnosol Outdoor / LaSportiva Portugal	SenM	1:06:26.34	04:26	
2	NUNO DUARTE	182	Travassós Running Fafe	SenM	1:08:03.28	04:32	00:01:37
3	NUNO CARDOSO	197	Individual	Vet40M	1:10:28.16	04:42	00:04:02
4	RICARDO MONTEIRO	250	Individual	SenM	1:11:30.86	04:46	00:05:05
5	SÉRGIO SALGUEIRO	225	Individual	SenM	1:13:54.21	04:56	00:07:28
6	FRANCISCO LEMOS	169	arrasta o PE	Vet50M	1:14:31.14	04:58	00:08:05
7	JOSÉ OLIVEIRA	205	Petro Basto	Vet50M	1:14:59.20	05:00	00:08:33
8	NUNO SILVA	240	Individual	SenM	1:16:13.88	05:05	00:09:48
9	PAULO CALDAS	249	Individual	Vet40M	1:16:56.82	05:08	00:10:31
10	SÉRGIO SANTOS	165	Didáxis Trail	SenM	1:18:53.62	05:16	00:12:28
11	PEDRO BRANDÃO	162	Individual	SenM	1:19:16.17	05:17	00:12:50
12	DANIEL BARROS	251	Individual	Vet40M	1:19:57.20	05:20	00:13:31
13	INUO MELO	170	Run 4 All	SenM	1:20:23.58	05:22	00:13:58
14	ALIPIO FERNANDES	149	Petro Basto	Vet50M	1:22:41.49	05:31	00:16:15
15	LOURENÇO TEIXEIRA	173	Individual	SenM	1:22:43.57	05:31	00:16:18
16	RUI SILVA	234	Fama Runners	SenM	1:22:51.05	05:31	00:16:25
17	BRUNO CUNHA	142	Individual	SenM	1:23:15.90	05:33	00:16:50
18	NUNO LEMOS	187	Individual	SenM	1:24:31.94	05:38	00:18:06
19	HENRIQUE FERNANDES	254	Individual	SenM	1:25:00.85	05:40	00:18:35
20	HENRIQUE SANTOS	105	Individual	Vet40M	1:25:54.93	05:44	00:19:29
21	RUI MOTA	230	Fama Runners	SenM	1:25:58.16	05:44	00:19:32
22	VÍTOR RIBEIRO	166	Didáxis Trail	SenM	1:26:14.32	05:45	00:19:48
23	RAMIRO RIBEIRO	233	Individual	SenM	1:26:15.39	05:45	00:19:49
24	NUNO MOREIRA	112	Individual	SenM	1:26:39.11	05:47	00:20:13
25	HELDER PEREIRA	179	Travassós Running Fafe	SenM	1:26:58.11	05:48	00:20:32
26	EUGENIO CUNHA	168	arrasta o PE	Vet40M	1:27:45.43	05:51	00:21:19
27	PAULO FREITAS	114	Individual	SenM	1:27:55.38	05:52	00:21:29
28	FLAVIO COSTA	175	OS KUNAMYS	SenM	1:28:16.34	05:53	00:21:50
29	ÂNGELA COSTA	210	Individual	Vet40F	1:28:24.42	05:54	00:21:58
30	VITOR PONTES	100	Individual	SenM	1:29:00.29	05:56	00:22:34
31	JOSÉ COSTA	242	Individual	SenM	1:29:10.91	05:57	00:22:45
32	RICARDO AIRES	161	Fridão Sem Limites	Vet40M	1:30:02.61	06:00	00:23:37
33	PAULO GOMES	159	Individual	SenM	1:30:03.30	06:00	00:23:37
34	SILVERIO SANTOS	239	Individual	Vet40M	1:30:12.37	06:01	00:23:46
35	BRUNO RIBEIRO	229	Individual	SenM	1:31:46.00	06:07	00:25:20
36	FRANCISCO MOREIRA	241	Individual	Vet40M	1:32:00.52	06:08	00:25:35
37	PAULO OLIVEIRA	211	SVA Automóveis	Vet40M	1:32:00.58	06:08	00:25:35
38	NÉLIO GUIMARAES	212	Individual	SenM	1:32:25.84	06:10	00:26:00
39	NUNO GONÇALVES	204	BTT MARGENS do CÁVADO	SenM	1:32:39.05	06:11	00:26:13
40	LUÍS SILVA	203	Individual	SenM	1:32:55.77	06:12	00:26:30
41	NUNO DUARTE	198	Individual	Vet40M	1:33:07.26	06:12	00:26:41
42	ROSARIO FERNANDES	237	Alive Runners	SenF	1:33:31.46	06:14	00:27:05
43	JOAQUIM COELHO	106	Individual	Vet50M	1:33:35.76	06:14	00:27:10
44	LUIS RIBEIRO	117	BOTA&SIGA	SenM	1:33:47.65	06:15	00:27:22

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45	FLÁVIO GONÇALVES	151	Individual	Vet40M	1:33:48.44	06:15	00:27:22
46	RENATO PINTO	138	Nocturnos de Paredes	SenM	1:34:13.90	06:17	00:27:48
47	DOMINGOS GOMES	191	Individual	SenM	1:35:15.11	06:21	00:28:49
48	ALBERTO SÁ	183	Individual	Vet50M	1:36:20.53	06:25	00:29:55
49	RICARDO RODRIGUES	143	Individual	Vet40M	1:36:20.66	06:25	00:29:55
50	NUNO ALMEIDA	226	guimarruning moscada	SenM	1:37:35.12	06:30	00:31:09
51	MANUEL RIBEIRO	101	Individual	Vet50M	1:38:17.42	06:33	00:31:51
52	ANGELA LIMA	126	Individual	SenF	1:38:29.14	06:34	00:32:03
53	ÁLVARO MENDES	127	Individual	SenM	1:38:29.49	06:34	00:32:03
54	JOSÉ CARVALHO	181	Travassós Running Fafe	SenM	1:39:31.17	06:38	00:33:05
55	RUI GOMES	158	Individual	SenM	1:39:57.98	06:40	00:33:32
56	JÚLIO ESCRIVÃES	118	Individual	SenM	1:40:15.32	06:41	00:33:49
57	HUGO ROCHA	243	Individual	SenM	1:40:37.21	06:42	00:34:11
58	FATINHA PINTO	235	Aguias de Alvelos	SenF	1:40:50.24	06:43	00:34:24
59	ARTUR COSTA	193	Companhia do Bazófiás	SenM	1:41:08.33	06:45	00:34:42
60	EDUARDO MARQUES	174	OS KUNAMYS	SenM	1:41:09.20	06:45	00:34:43
61	RUI DIAS	145	Individual	SenM	1:41:46.32	06:47	00:35:20
62	ÁLVARO CARDOSO	109	Nós Acreditamos	SenM	1:42:43.38	06:51	00:36:17
63	VITOR ALMEIDA	146	Individual	Vet50M	1:42:57.55	06:52	00:36:32
64	BRUNO TEIXEIRA	218	Individual	SenM	1:42:59.25	06:52	00:36:33
65	CELINA SILVA	128	Individual	SenF	1:43:24.80	06:54	00:36:59
66	FILIPE BENTO	180	Travassós Running Fafe	Vet40M	1:44:04.04	06:56	00:37:38
67	MARTA NOVAL	194	Travassós Running Fafe	SenF	1:44:04.56	06:56	00:37:39
68	PAULO PEREIRA	116	BOTA&SIGA	SenM	1:45:13.86	07:01	00:38:48
69	PAULO GONÇALVES	137	Nocturnos de Paredes	SenM	1:45:13.95	07:01	00:38:48
70	IVO SAMPAIO	111	Individual	SenM	1:45:14.79	07:01	00:38:49
71	ARIANA ARAÚJO	130	Individual	SenF	1:45:18.91	07:01	00:38:53
72	ÓSCAR MARTINS	157	Individual	SenM	1:47:52.40	07:11	00:41:26
73	JOSE TEIXEIRA	196	arrasta o PE	SenM	1:47:52.65	07:12	00:41:27
74	ESTELA NETO	167	Didáxis Trail	SenF	1:48:05.29	07:12	00:41:39
75	ZE LUIS	160	Individual	SenM	1:48:48.56	07:15	00:42:23
76	RUI FERNANDES	238	Alive Runners	SenM	1:48:58.84	07:16	00:42:33
77	HUGO LOBO	171	Run 4 All	SenM	1:49:56.63	07:20	00:43:31
78	BRUNO FONTÃO	217	Individual	SenM	1:49:58.50	07:20	00:43:33
79	ARTUR BOAS	195	Individual	SenM	1:50:11.48	07:21	00:43:45
80	OLGA MOTA	124	Individual	SenF	1:50:13.53	07:21	00:43:48
81	HÉLDER SOUSA	248	Team Gym Amigalhaços SARC-RUN Salgueiral	Vet40M	1:50:17.88	07:21	00:43:52
82	LUIS ARAÚJO	216	Individual	SenM	1:50:54.68	07:24	00:44:29
83	JOSÉ RICARDO	236	Individual	Vet40M	1:51:06.15	07:24	00:44:40
84	ISABEL MARIANI	133	Temos Tempo	Vet40F	1:51:06.22	07:24	00:44:40
85	BERNARDINO ANDRADE	132	Temos Tempo	Vet40M	1:51:07.85	07:25	00:44:42
86	JOSE TEIXEIRA	228	Individual	Vet50M	1:51:22.22	07:25	00:44:56
87	MONICA MONICA	200	+k@rreiros	Vet40F	1:51:22.78	07:26	00:44:57
88	CAMILO CAMILO	199	+k@rreiros	Vet50M	1:51:23.63	07:26	00:44:58

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89	ANTÓNIO FERREIRA	252	Individual	Vet50M	1:51:27.63	07:26	00:45:02
90	TÓ-ZÉ BORGES	129	Individual	Vet40M	1:52:23.02	07:30	00:45:57
91	HELENA SOUSA	131	OLIMPICO VIANENSE TRAIL/ND SPORT	SenF	1:52:24.46	07:30	00:45:58
92	JOSÉ LIMA	110	Individual	Vet40M	1:53:05.99	07:32	00:46:40
93	LUÍS MIRANDA	247	Team Gym Amigalhaços SARC-RUN Salgueiral	Vet40M	1:53:08.00	07:33	00:46:42
94	NUNO ALEXANDRE	134	Nocturnos de Paredes	SenM	1:53:56.71	07:36	00:47:31
95	FERNANDA LEÃO	135	Nocturnos de Paredes	Vet40F	1:53:56.80	07:36	00:47:31
96	JOSÉ EUGÉNIO	253	Individual	Vet50M	1:54:38.73	07:39	00:48:13
97	MARCO RIBAS	176	OS KUNAMYS	SenM	1:57:39.31	07:51	00:51:13
98	DIOGO SAMPAIO	113	Individual	SenM	1:58:52.74	07:56	00:52:27
99	CARLOS ALMEIDA	147	Individual	Vet50M	1:59:50.86	07:59	00:53:25
100	RUI FERREIRA	244	All About Spirit Team	Vet40M	1:59:51.16	07:59	00:53:25
101	SANDRA MACHADO	140	Nocturnos de Paredes	SenF	2:00:15.99	08:01	00:53:50
102	ELISABETE FARIA	144	Individual	SenF	2:00:16.12	08:01	00:53:50
103	HUGO PEREIRA	186	Individual	SenM	2:01:47.33	08:07	00:55:21
104	ARTUR SALGUEIRO	148	Individual	Vet40M	2:01:53.33	08:08	00:55:27
105	DIANA ALVES	227	Individual	SenF	2:02:32.12	08:10	00:56:06
106	DANIELA MARQUES	232	Fama Runners	SenF	2:02:56.15	08:12	00:56:30
107	CRISTINA CRUZ	231	Fama Runners	SenF	2:02:57.78	08:12	00:56:32
108	ANA ABREU	155	Hard Trails Runners	SenF	2:03:56.54	08:16	00:57:31
109	MARIA MOREIRA	103	s luis	Vet40F	2:03:57.59	08:16	00:57:32
110	AUGUSTO BARBOSA	102	s luis	Vet50M	2:03:59.02	08:16	00:57:33
111	PAULO MIRANDA	208	Individual	Vet40M	2:06:24.86	08:26	00:59:59
112	ALEXANDRA GOMES	188	São Mateus Runners	SenF	2:08:16.14	08:33	01:01:50
113	JAIME COELHO	152	Individual	SenM	2:08:41.11	08:35	01:02:15
114	EDUARDA COELHO	121	Individual	SenF	2:08:41.12	08:35	01:02:15
115	MANUEL TOMÁS	156	Hard Trails Runners	Vet50M	2:08:55.98	08:36	01:02:30
116	CARLA MARTINS	163	Individual	SenF	2:08:56.96	08:36	01:02:31
117	FRANCISCA PEREIRA	164	Individual	SenF	2:08:56.99	08:36	01:02:31
118	ARACI QUEIROGA	120	Individual	SenF	2:08:57.81	08:36	01:02:32
119	VITOR TOMÁS	154	Hard Trails Runners	SenM	2:09:02.48	08:36	01:02:36
120	ISABEL QUEIROGA	119	Individual	SenF	2:09:20.34	08:37	01:02:54
121	HÉLDER HENRIQUES	207	Individual	Vet40M	2:09:25.40	08:38	01:02:59
122	PEDRO MOREIRA	115	Individual	SenM	2:11:07.30	08:44	01:04:41
123	LILIAN CURVO	177	Individual	SenF	2:11:13.59	08:45	01:04:48
124	PAULO CARRILHO	122	Individual	SenM	2:13:47.85	08:55	01:07:22
125	HEIDI MANNINEN	123	Individual	SenF	2:14:43.84	08:59	01:08:18
126	VERA FERREIRA	190	São Mateus Runners	SenF	2:16:08.70	09:05	01:09:43
127	ANDREIA FERREIRA	153	Individual	SenF	2:43:42.14	10:55	01:37:16
128	LILIANA BRANDAO	184	Individual	SenF	2:43:42.69	10:55	01:37:17
129	ODETE OLIVEIRA	206	Individual	SenF	3:02:18.55	12:09	01:55:53
130	PAULO CARDOSO	213	Individual	SenM	3:02:18.63	12:09	01:55:53
131	LUISA SILVA	201	Individual	SenF	3:02:18.92	12:09	01:55:53