

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Idade	Tempo	Ritmo	Escalão
164	1	1	JOAO RODRIGUES	AMIGOS DA MONTANHA	M	38	02:11:59	04:33	MSEN
154	2	2	FRANCISCO FERNANDES	EXPERIENCIAR/BARCELT	M	31	02:13:41	04:37	MSEN
231	3	1	ADRIANO SA	AGUIAS DE ALVELOS	M	45	02:20:18	04:50	M40
177	4	3	JOAO OLIVEIRA	CHAVES RUNNING TEAM	M	38	02:23:48	04:58	MSEN
206	5	4	RICARDO MONTEIRO	I.S.D	M	27	02:25:45	05:01	MSEN
223	6	2	ARTUR MATOS	EDV VIANA TRAIL	M	44	02:27:14	05:04	M40
182	7	5	NUNO SOARES	AMIGOS DA MONTANHA	M	34	02:29:50	05:10	MSEN
60	8	6	PAULO DOMINGUES	SHOTS INTERNACIONAL	M	37	02:30:39	05:12	MSEN
160	9	3	ABILIO MINA	EDV VIANA TRAIL	M	46	02:31:25	05:13	M40
216	10	7	JOSE FERREIRA	CLUBE DE MONTANHISMO	M	39	02:31:48	05:14	MSEN
6	11	4	SERGIO GOMES		M	43	02:32:22	05:15	M40
128	12	5	CARLOS PEIXOTO	AMIGOS DA MONTANHA	M	44	02:33:05	05:17	M40
210	13	6	FERNANDO CASTRO	COUTADAS TRAIL TEAM	M	43	02:34:46	05:20	M40
219	14	8	GONCALO MORAIS	CHAVES RUNNING TEAM	M	39	02:35:11	05:21	MSEN
28	15	9	FILIPE FERNANDES		M	29	02:35:35	05:22	MSEN
132	16	10	JOSE FARIA	EDV VIANA TRAIL	M	30	02:35:42	05:22	MSEN
212	17	1	JORGE MAIA	BUDEGUITA RUNNERS	M	50	02:39:30	05:30	M50
5	18	11	EDUARDO SOARES	NOVO DOCE TRAIL	M	36	02:39:54	05:31	MSEN
149	19	1	HUGO LEITE	PICA NO CHAO	M	25	02:39:59	05:31	MSUB25
136	20	12	HUGO ARAUJO	GTT ARMAZEM DO CAFF	M	29	02:40:16	05:32	MSEN
133	21	7	JOAQUIM PINHEIRO	ST TRAIL	M	48	02:40:57	05:33	M40
91	22	13	EDUARDO CUNHA	AGUIAS DE ALVELOS	M	38	02:41:40	05:34	MSEN
166	23	14	PAULO FILIPE		M	38	02:42:32	05:36	MSEN
167	24	15	BRUNO DIAS	FITSPOT	M	31	02:42:50	05:37	MSEN
18	25	1	FERNANDA VERDE	EDV VIANA TRAIL	F	38	02:44:15	05:40	FSEN
113	26	8	SERGIO LIMA	DOMPLEX BTT	M	45	02:46:25	05:44	M40
222	27	2	CARLA SOUSA	EDV VIANA TRAIL	F	33	02:47:10	05:46	FSEN
209	28	9	GONZALO ESTEVEZ	GALIZA TRAIL TEAM	M	43	02:47:11	05:46	M40
81	29	16	IVAN ALVES	ERMIDA TEAM	M	35	02:47:27	05:47	MSEN
131	30	17	JOAO MARTINS		M	36	02:48:53	05:49	MSEN
221	31	18	DUARTE OLIVEIRA	EDV VIANA TRAIL	M	35	02:50:18	05:52	MSEN
97	32	10	DUARTE BARBOSA	NASCIDOS PARA CORRER	M	44	02:51:15	05:54	M40
66	33	19	MARTINHO DIAS	ERMIDA TEAM	M	31	02:51:33	05:55	MSEN
159	34	2	NARCISO MARQUES	CLUBE DE MONTANHISMO	M	57	02:51:41	05:55	M50
22	35	20	JOSE PEREIRA	GALIZA TRAIL TEAM	M	35	02:52:10	05:56	MSEN
151	36	11	PEDRO MIRANDA	VIDAATIVARUNNERS	M	40	02:52:14	05:56	M40
200	37	21	MICHAEL MORAIS	FITSPOT	M	27	02:54:41	06:02	MSEN
226	38	12	JOSE ALCOBIA	EDV VIANA TRAIL	M	44	02:55:04	06:02	M40
208	39	22	BERNARDO GIRALDEZ	GALIZA TRAIL TEAM	M	38	02:55:22	06:03	MSEN
188	40	23	ISRAEL MARTINEZ	GALIZA TRAIL TEAM	M	34	02:55:39	06:04	MSEN
86	41	3	PAULA LAGE	CONFRARIA TROTAMONTE	F	39	02:55:48	06:04	FSEN
184	42	24	RENATO JOAO		M	26	02:56:35	06:05	MSEN
109	43	25	MARCO ESCADAS		M	34	02:56:40	06:05	MSEN
112	44	26	BRUNO RESENDE		M	37	02:58:06	06:08	MSEN

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Idade	Tempo	Ritmo	Escalão
68	45	27	LUIS LEMOS		M	37	02:58:06	06:08	MSEN
170	46	28	JORGE BASTOS		M	38	02:58:07	06:08	MSEN
195	47	29	BRUNO PIRES		M	28	02:58:31	06:09	MSEN
88	48	13	ANTONIO MORAIS	CONFRARIA TROTAMONTE	M	44	02:58:57	06:10	M40
114	49	3	MANUEL FERREIRA	AMIGOS DA MONTANHA	M	52	02:59:10	06:11	M50
45	50	30	JOAO MACHADO	TURBULENTOS	M	34	02:59:16	06:11	MSEN
27	51	14	PEDRO BARBOSA	OLIMPICO VIANENSE TR	M	45	02:59:16	06:11	M40
204	52	15	JOAQUIM COELHO	EI TEAM TRAIL	M	42	02:59:47	06:12	M40
150	53	31	ANTONIO ROCHA	TRINCAMETAS	M	28	03:00:11	06:13	MSEN
46	54	32	JOEL GOMES	AGUIAS DE ALVELOS	M	29	03:03:00	06:18	MSEN
69	55	16	LUIS RIBEIRO		M	41	03:03:38	06:20	M40
61	56	33	MARIO OLIVEIRA	SHOTS INTERNACIONAL	M	34	03:05:27	06:23	MSEN
47	57	34	ANDRE GOMES	OLIMPICO VIANENSE TR	M	34	03:05:47	06:25	MSEN
172	58	17	PAULO LIMA	PICA NO CHAO	M	40	03:05:49	06:25	M40
163	59	35	PEDRO JORGE	FITSPOT	M	26	03:06:13	06:25	MSEN
169	60	18	MARIO LIMA		M	49	03:06:24	06:26	M40
94	61	1	ALEXANDRA FERNANDES	NASCIDOS PARA CORRER	F	48	03:07:23	06:28	F40
217	62	19	JOSE SOUSA	A.A. LEBRES DO SADO	M	44	03:08:15	06:30	M40
83	63	36	MIGUEL SECA	SHOTS INTERNACIONAL	M	36	03:08:25	06:30	MSEN
147	64	2	CARLA CRISTINA	PICA NO CHAO	F	40	03:09:28	06:32	F40
191	65	37	VITOR FERNANDES	PICA NO CHAO	M	34	03:10:23	06:34	MSEN
155	66	38	RICARDO BOUCINHA	TRINCAMETAS	M	35	03:10:35	06:35	MSEN
140	67	4	JOSE JANELA	TEAM FAMILICAO	M	53	03:11:02	06:35	M50
137	68	39	RICARDO CARVALHO	EI TEAM TRAIL	M	38	03:11:44	06:36	MSEN
95	69	20	NUNO FERREIRA	NASCIDOS PARA CORRER	M	42	03:12:00	06:37	M40
142	70	40	VITOR ROCHA	VIDAATIVARUNNERS	M	33	03:12:03	06:37	MSEN
153	71	21	DAVID ALVES		M	43	03:12:30	06:38	M40
220	72	41	TIAGO COSTA	CHAVES RUNNING TEAM	M	27	03:13:23	06:40	MSEN
56	73	42	NUNO OLIVEIRA	TURBULENTOS	M	35	03:13:26	06:40	MSEN
127	74	43	PEDRO MATOS		M	26	03:13:40	06:41	MSEN
82	75	4	ESTELA MARTINS	NASCIDOS PARA CORRER	F	37	03:13:40	06:41	FSEN
168	76	44	RAFAEL ALMEIDA	FITSPOT	M	33	03:13:51	06:41	MSEN
32	77	22	ANTONIO MACHADO	CDRC AMARENSE	M	40	03:14:27	06:42	M40
230	78	45	MIGUEL RIBEIRO	SAO PEDRO TRAIL	M	33	03:14:28	06:42	MSEN
87	79	5	JOSE FERREIRA	CONFRARIA TROTAMONTE	M	50	03:15:18	06:44	M50
125	80	46	RENATO		M	36	03:15:59	06:46	MSEN
117	81	23	ANTONIO GOMES	AGUIAS DE ALVELOS	M	46	03:16:27	06:46	M40
122	82	5	HELENA FERNANDES		F	39	03:17:42	06:49	FSEN
227	83	47	SERGIO MATOS	EDV VIANA TRAIL	M	27	03:18:30	06:51	MSEN
58	84	48	ARTUR PEREIRA	SHOTS INTERNACIONAL	M	35	03:18:55	06:51	MSEN
126	85	49	MANUEL CUNHA		M	39	03:18:57	06:51	MSEN
31	86	50	MARCO FERNANDES		M	37	03:19:01	06:52	MSEN
63	87	51	RICARDO MOREIRA	SHOTS INTERNACIONAL	M	37	03:19:03	06:52	MSEN
7	88	24	RUI SILVA	FITSPOT	M	43	03:20:27	06:54	M40

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Idade	Tempo	Ritmo	Escalão
213	89	3	MIRA MATIAS		F	48	03:20:35	06:55	F40
148	90	25	JOAO ALVES	PICA NO CHAO	M	48	03:20:42	06:55	M40
101	91	52	ALEXANDRE RIBEIRO	FREE TIBET/ VIRA LAT	M	39	03:21:51	06:58	MSEN
205	92	26	JORGE BARBOSA	PAREDES AVENTURA	M	41	03:23:16	07:01	M40
215	93	27	MIGUEL OLIVEIRA	VIDAATIVARUNNERS	M	49	03:25:26	07:05	M40
129	94	53	HELDER TORRES	VIDAATIVARUNNERS	M	34	03:25:26	07:05	MSEN
152	95	4	MARIA COSTA	VIDAATIVARUNNERS	F	52	03:25:41	07:06	F40
171	96	6	ANTONIO LOURENCO	AMIGOS ATLETISMO POV	M	54	03:25:44	07:06	M50
138	97	28	AUGUSTO RODRIGUES		M	45	03:26:29	07:07	M40
135	98	54	JOSE		M	36	03:26:40	07:08	MSEN
234	99	55	NUNO FREITAS	LOBOS DAS TERRAS DA	M	36	03:26:40	07:08	MSEN
203	100	29	MIGUEL REGO	LOBOS DAS TERRAS DA	M	42	03:26:40	07:08	M40
116	101	56	SERGIO MARTINS	EXPERIENCIAR/BARCEL T	M	34	03:26:48	07:08	MSEN
70	102	6	MARIANA BALLESTER		F	27	03:26:51	07:08	FSEN
228	103	57	PEDRO ROCHA	EDV VIANA TRAIL	M	38	03:26:53	07:08	MSEN
29	104	30	JOSE BARROS	CICLOTURISMOBARBUDO	M	43	03:27:40	07:09	M40
186	105	58	JOAO PINTO	NO TOMORROW RUNNING	M	32	03:27:57	07:10	MSEN
183	106	31	PAULO GOMES	NO TOMORROW RUNNING	M	44	03:28:02	07:11	M40
197	107	32	FILIPE ESCOBAR	EI TEAM TRAIL	M	40	03:28:05	07:11	M40
118	108	33	FRANK DOMINGUES	EDV VIANA TRAIL	M	42	03:28:32	07:11	M40
1532	109	7	VIRGILIO PALMEIRA		M	61	03:28:34	07:11	M50
102	110	59	NELSON SILVA	SHOTS INTERNACIONAL	M	38	03:30:41	07:16	MSEN
73	111	60	VITOR OLIVEIRA		M	39	03:32:04	07:19	MSEN
53	112	61	ERIC CARVALHO	ERMIDA TEAM	M	29	03:32:38	07:20	MSEN
193	113	62	NUNO	FAMARUNNERS	M	34	03:33:50	07:22	MSEN
192	114	7	SUSANA MACHADO		F	28	03:33:57	07:22	FSEN
134	115	5	CAROLINA PEREIRA	AFIFENSE TRAIL	F	46	03:34:08	07:23	F40
96	116	34	PAULO MACHADO	NASCIDOS PARA CORRER	M	48	03:34:34	07:24	M40
100	117	35	WILSON FONSECA	NASCIDOS PARA CORRER	M	41	03:34:39	07:24	M40
157	118	63	TIAGO MONTEIRO	PICA NO CHAO	M	32	03:35:36	07:26	MSEN
173	119	2	DIOGO MAGALHAES	PICA NO CHAO	M	24	03:35:36	07:26	MSUB25
92	120	36	MANUEL COSTA	NASCIDOS PARA CORRER	M	49	03:36:08	07:27	M40
49	121	37	PEDRO COELHO	NICE RUNNERS	M	46	03:36:14	07:27	M40
161	122	64	CARLOS SOARES	AMIGOS DA MONTANHA	M	31	03:37:55	07:31	MSEN
233	123	8	ANDRA JULIO	GTT ARMAZEM DO CAFF	F	38	03:39:30	07:34	FSEN
104	124	65	NUNO CORREIA		M	36	03:41:00	07:37	MSEN
143	125	38	JOSE CARVALHO	ALVELINHOS RUNNING	M	45	03:41:08	07:37	M40
99	126	39	TIAGO LEAL	NASCIDOS PARA CORRER	M	45	03:41:41	07:39	M40
8	127	8	ANTONIO PEREIRA	INVICTA RUNNERS TEAM	M	60	03:41:46	07:39	M50
121	128	66	NUNO PINTO	LANTEMIL	M	38	03:41:50	07:39	MSEN
38	129	40	RUI AIROSA	BUDEGUITA RUNNERS	M	40	03:42:03	07:39	M40
214	130	3	LUCIANO AMARO	AFIFENSE TRAIL	M	19	03:43:02	07:42	MSUB25
111	131	67	ARMANDO PEREIRA		M	33	03:43:42	07:43	MSEN
139	132	9	MARIANA RODRIGUES	TEAM FAMILICAO	F	39	03:44:23	07:44	FSEN

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Idade	Tempo	Ritmo	Escalão
145	133	41	CARLOS PEREIRA	AFIFENSE TRAIL	M	44	03:44:54	07:45	M40
224	134	42	MANUEL ARAUJO	EDV VIANA TRAIL	M	45	03:44:54	07:45	M40
25	135	9	FERNANDO GONCALVES	BRAGUINHAS RUNNERS P	M	50	03:46:17	07:48	M50
54	136	43	RUI FREITAS	NICE RUNNERS	M	43	03:46:24	07:49	M40
162	137	68	JOSE MACHADO		M	39	03:47:35	07:51	MSEN
211	138	69	PEDRO BRAGA		M	33	03:47:35	07:51	MSEN
55	139	44	JORGE LOURENCO	TURBULENTOS	M	46	03:50:15	07:57	M40
59	140	10	LILIANA PEREIRA	SHOTS INTERNACIONAL	F	35	03:50:30	07:57	FSEN
62	141	11	SANDRA FARIA	SHOTS INTERNACIONAL	F	34	03:50:31	07:57	FSEN
79	142	10	JOSE RIBEIRO	TRILHANDO	M	51	03:50:36	07:57	M50
50	143	70	CARLOS OLIVEIRA		M	39	03:51:01	07:58	MSEN
181	144	71	SERGIO SANTOS	TRINCAMETAS	M	38	03:51:01	07:58	MSEN
130	145	12	FATINHA PINTO	AGUIAS DE ALVELOS	F	39	03:51:42	07:59	FSEN
74	146	13	CELINA LANDEIRA	ERMIDA TEAM	F	31	03:51:42	07:59	FSEN
120	147	11	FERNANDO ROCHA	GRUPO DESPORTIVO LEO	M	57	03:51:42	07:59	M50
156	148	14	CARLA GONCALVES	VIDAATIVARUNNERS	F	39	03:51:49	08:00	FSEN
48	149	45	PEDRO ALVES	NICE RUNNERS	M	40	03:58:15	08:13	M40
124	150	6	ELSA RODRIGUES		F	40	04:00:07	08:16	F40
123	151	46	LUIS MARQUES		M	42	04:00:08	08:16	M40
180	152	72	CARLOS TEIXEIRA	TRINCAMETAS	M	30	04:00:45	08:18	MSEN
80	153	7	SOLANGE CABRAL	TRILHANDO	F	51	04:03:04	08:23	F40
201	154	73	FERNANDO MARINHO		M	33	04:03:55	08:25	MSEN
110	155	47	MANUEL OLIVEIRA		M	48	04:06:12	08:30	M40
23	156	74	RUI PEIXOTO	LOBOS DAS TERRAS DA	M	35	04:11:43	08:41	MSEN
24	157	75	BRUNO COUTINHO		M	35	04:11:43	08:41	MSEN
144	158	48	LUIS MARTINS		M	41	04:21:36	09:01	M40
146	159	49	FELICIANO FERREIRA		M	43	04:21:36	09:01	M40
185	160	15	DORA DIAS	NO TOMORROW RUNNING	F	33	04:23:10	09:04	FSEN
190	161	50	CARLOS SANTOS	NO TOMORROW RUNNING	M	43	04:23:10	09:04	M40
187	162	16	RAQUEL VASCONCELOS	NO TOMORROW RUNNING	F	38	04:23:10	09:04	FSEN
98	163	17	JOANA SOUSA	NASCIDOS PARA CORRER	F	38	04:23:10	09:04	FSEN
93	164	8	MARIA ROLLA	NASCIDOS PARA CORRER	F	58	04:23:10	09:04	F40
115	165	9	ISABEL MARTINS	AMIGOS DA MONTANHA	F	52	04:25:41	09:10	F40
26	166	51	MILTON TRIGO		M	41	04:27:14	09:13	M40
106	167	76	CARLOS FERREIRA	REUMATICOS TEAM	M	27	04:31:22	09:21	MSEN
103	168	52	PAULO LOURENCO	REUMATICOS TEAM	M	48	04:31:22	09:21	M40
105	169	77	SERGIO ALVES	REUMATICOS TEAM	M	36	04:31:22	09:22	MSEN
107	170	78	ALEXANDRE SERAFIM	REUMATICOS TEAM	M	34	04:31:22	09:22	MSEN
108	171	79	VICTOR VITAL	REUMATICOS TEAM	M	33	04:31:22	09:22	MSEN
196	172	80	RUI FRAGA	REUMATICOS TEAM	M	37	04:31:23	09:22	MSEN
175	173	81	NUNO FERNANDES	REUMATICOS TEAM	M	38	04:31:44	09:22	MSEN
43	174	53	FERNANDO SOUSA		M	44	04:31:46	09:22	M40
72	175	54	CARLOS SOUSA		M	42	04:31:47	09:22	M40
141	176	82	NUNO FERREIRA		M	29	04:31:50	09:22	MSEN

Dorsal	Class.	Esc.	Atleta	Clube	Sexo	Idade	Tempo	Ritmo	Escalão
71	177	83	JOSE SOUSA		M	28	04:31:50	09:22	MSEN
37	178	55	PAULO MARQUES	BUDEGUITA RUNNERS	M	45	04:36:29	09:32	M40
229	179	84	ALFREDO VIEIRA	AMARES URBAN FIT	M	32	04:43:30	09:47	MSEN
235	180	85	PEDRO OLIVEIRA		M	29	04:50:23	10:01	MSEN
35	181	56	TIAGO AMORIM	BUDEGUITA RUNNERS	M	44	05:07:45	10:37	M40
33	182	10	SANDRA OLIVEIRA	BUDEGUITA RUNNERS	F	41	05:07:56	10:37	F40
39	183	11	SILVIA BARROS	TURBULENTOS	F	41	05:41:13	11:46	F40
199	184	1	LISETE CUNHA	TRINCAMETAS	F	24	06:01:26	12:28	FSUB25
198	185	86	ANDRE SOUSA	TRINCAMETAS	M	27	06:01:32	12:28	MSEN
189	186	87	NUNO FERREIRA	TRINCAMETAS	M	36	06:01:33	12:28	MSEN