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Corrida
10km

Trail Longo
26km

Trail Curto
18km

Minitrail
12km

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
1	260	Carneiro, Nuno	CLUBE ZUPPER	12SEM	1	1:04:31.36	05:23	
2	361	Santos, Marco	Team Corpos 3	12SEM	2	1:05:50.50	05:29	0:01:20
3	202	Ribeiro, Ramiro	NBA Barrosas	12SEM	3	1:07:41.95	05:38	0:03:11
4	246	Fernandes, Flávio	NBA Barrosas	12M50	1	1:12:12.55	06:01	0:07:42
5	358	Sampaio, Sergio	FisioPedro	12M40	1	1:12:20.31	06:02	0:07:49
6	62	Fernandes, Alípio	Petro basto	12M50	2	1:14:30.19	06:13	0:09:59

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
7	34	Vale, Alvaro	ADE TRAIL RUNNING	12SEM	4	1:14:48.46	06:14	0:10:17
8	308	Félix, Paulo	BTT POLVOREIRA	12M40	2	1:14:50.00	06:14	0:10:19
9	321	Gonçalves, Rúben	NINJA Team	12SEM	5	1:14:50.79	06:14	0:10:20
10	379	Alves, Manuel		12M50	3	1:15:15.18	06:16	0:10:44
11	277	Fernandes, José		12M50	4	1:15:19.50	06:17	0:10:49
12	270	Teixeira, Adriano	PT LUÍS BESSA	12M50	5	1:15:37.26	06:18	0:11:06
13	331	Costa, Flávio		12SEM	6	1:18:48.63	06:34	0:14:18
14	289	Ribeiro, Tiago	Os corajosos	12SEM	7	1:18:54.13	06:35	0:14:23
15	278	Oliveira, Tiago		12SEM	8	1:19:05.67	06:35	0:14:35
16	32	Jaques, João	Olímpico Vianense trail	12M40	3	1:19:26.29	06:37	0:14:55
17	3	Coelho, Paulo	Clube Atletismo Fafe	12M40	4	1:19:27.11	06:37	0:14:56

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
18	304	Pereira, Luciano	THE SHIELD	12SEM	9	1:19:30.64	06:38	0:15:00
19	153	Martins, Duarte	Ronfe A Correr	12SEM	10	1:20:42.53	06:44	0:16:12
20	7	Ribeiro, Alexandre	Ronfe A Correr	12SEM	11	1:20:54.76	06:45	0:16:24
21	221	Lino, Cardoso	NBA Barrosas	12M40	5	1:21:00.09	06:45	0:16:29
22	355	Fontão, Mário		12M40	6	1:21:13.43	06:46	0:16:42
23	93	Feminino, Tania	.COM-Clube Ori Minho	12SEF	1	1:21:26.78	06:47	0:16:56
24	329	Gomes, Nuno	FisioPedro	12SEM	12	1:21:50.09	06:49	0:17:19
25	267	Fernandes, Vitor	PT LUÍS BESSA	12SEM	13	1:22:09.52	06:51	0:17:39
26	328	Silva, João	FisioPedro	12SEM	14	1:22:45.52	06:54	0:18:15
27	67	Gonçalves, Carlos	OS Internados	12SEM	15	1:24:00.83	07:00	0:19:30
28	225	Moura, Cesar	Trail 4ever/Cfit	12SEM	16	1:24:02.68	07:00	0:19:32

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
29	203	Marinho, Virgilio		12M40	7	1:24:06.37	07:01	0:19:35
30	226	Alves, Renato	Trail 4ever/Cfit	12SEM	17	1:24:16.39	07:01	0:19:45
31	390	Carneiro, Luís		12SEM	18	1:24:17.61	07:01	0:19:47
32	230	Pinho, André	Reumatico Team Trail	12SEM	19	1:24:25.62	07:02	0:19:55
33	258	Palma, Carlos	Individual	12SEM	20	1:24:27.51	07:02	0:19:57
34	351	Barbosa, Cristiano		12SEM	21	1:24:46.75	07:04	0:20:16
35	119	Oliveira, José		12SEM	22	1:25:01.59	07:05	0:20:31
36	327	Cunha, José	Nocturnos de Paredes	12SEM	23	1:25:13.00	07:06	0:20:42
37	145	Moreira, Vera	Trofamteam	12SEF	2	1:25:15.96	07:06	0:20:45
38	197	Couto, Rafael	Trofamteam	12SEM	24	1:25:16.89	07:06	0:20:46
39	253	Carvalho, Zeza	NBA Barrosas	12F40	1	1:25:49.69	07:09	0:21:19
40	235	Ferreira, Joel	Os Marretas	12SEM	25	1:26:32.18	07:13	0:22:01

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
41	192	Gonçalves, Miguel	Os Marretas	12SEM	26	1:26:32.28	07:13	0:22:01
42	252	Oliveira, André	GIPA	12SEM	27	1:27:02.51	07:15	0:22:32
43	280	Oliveira, Gil	GIPA	12M40	8	1:27:03.42	07:15	0:22:32
44	275	Abreu, Nelson		12SEM	28	1:27:17.14	07:16	0:22:46
45	309	Araujo, Domingos	BTT POLVOREIRA	12SEM	29	1:27:23.01	07:17	0:22:52
46	311	Gonçalves, Igor	Clube Atletismo Fafe	12SEM	30	1:27:29.00	07:17	0:22:58
47	1095	Marinho, Rosalina	CCDST Camara Municipal de Fafe	12F50	1	1:27:29.46	07:17	0:22:58
48	20	Silva, Fernando		12SEM	31	1:27:50.11	07:19	0:23:19
49	143	Teixeira, Marcelo		12SEM	32	1:27:55.41	07:20	0:23:24
50	259	Carvalho, José	Individual	12M50	6	1:28:07.36	07:21	0:23:36
51	223	Machado, Filipe	NBA Barrosas	12M40	9	1:28:59.76	07:25	0:24:29

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
52	288	Pereira, Pedro		12SEM	33	1:29:34.22	07:28	0:25:03
53	317	Pacheco, José		12M50	7	1:30:08.41	07:31	0:25:37
54	244	Lopes, Paulo	Os Marretas	12SEM	34	1:30:15.42	07:31	0:25:44
55	27	Gomes, Paulo	PablonLunxaz	12SEM	35	1:30:26.18	07:32	0:25:55
56	108	Silva, Augusto	Raver's dos Pisões	12SEM	36	1:31:21.00	07:37	0:26:50
57	109	Rodrigues, Sérgio	Raver's dos Pisões	12SEM	37	1:31:21.42	07:37	0:26:50
58	4	Guedes, Bruno	Porto Sentido Runners	12SEM	38	1:31:22.10	07:37	0:26:51
59	2	Silva, Francisco		12M40	10	1:31:27.36	07:37	0:26:56
60	1306	Gonçalves, Bruno	TARTARUGAS VELOCISTAS	12SEM	39	1:31:36.71	07:38	0:27:06
61	251	Oliveira, Pedro	GIPA	12SEM	40	1:32:10.16	07:41	0:27:39
62	266	Mishra, Vaibhav	MAGNUNSSSENS	12SEM	41	1:32:11.70	07:41	0:27:41

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
63	100	Gonçalves, Paulo		12SEM	42	1:32:28.10	07:42	0:27:57
64	8	Salgado, Marisa	Ronfe A Correr	12SEF	3	1:32:28.47	07:42	0:27:57
65	342	Silva, Tiago	TOWORKFOR	12SEM	43	1:33:15.69	07:46	0:28:45
66	341	Leite, Hugo	TOWORKFOR	12SEM	44	1:33:16.24	07:46	0:28:45
67	371	Lemos, Maria	gtt armazen dio café	12F50	2	1:33:23.01	07:47	0:28:52
68	369	Sá, Paulo	Bota&Siga	12SEM	45	1:33:44.84	07:49	0:29:14
69	372	Ferreira, José	gtt armazen dio café	12M40	11	1:34:31.17	07:53	0:30:00
70	111	Marques, Henrique	Raver's dos Pisões	12SEM	46	1:34:40.53	07:53	0:30:10
71	384	Ferreira, Miguel		12SEM	47	1:35:04.42	07:55	0:30:33
72	365	Dias, Diogo	Score Health Club	12SEM	48	1:35:48.00	07:59	0:31:17
73	364	Bastos, Jorge	Score Health Club	12SEM	49	1:35:49.67	07:59	0:31:19
74	367	Pereira, Carlos	Score Health Club	12SEM	50	1:35:50.84	07:59	0:31:20

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
75	112	Marques, Ricardo	Raver's dos Pisões	12SEM	51	1:35:55.86	08:00	0:31:25
76	183	Costa, Nuno	Os Quenianos do Paço	12SEM	52	1:36:00.62	08:00	0:31:30
77	359	Carvalho, Ana	Vizela nos pés	12F40	2	1:36:04.07	08:00	0:31:33
78	182	Cerqueira, Pedro	Os Quenianos do Paço	12SEM	53	1:36:11.50	08:01	0:31:41
79	33	Pereira, Ana	ADE TRAIL RUNNING	12SEF	4	1:36:13.65	08:01	0:31:43
80	363	Peixoto, Avelino	Score Health Club	12SEM	54	1:36:18.22	08:02	0:31:47
81	381	Meireles, João		12SEM	55	1:36:33.69	08:03	0:32:03
82	83	Carvalho, Rui		12M40	12	1:36:39.55	08:03	0:32:09
83	114	Alves, Miguel	Bota&Siga	12SEM	56	1:36:43.31	08:04	0:32:12
84	99	Silva, Rui		12SEM	57	1:36:45.90	08:04	0:32:15
85	323	Lafarga, Luis		12M40	13	1:36:54.65	08:05	0:32:24
86	25	Mendes, Vitor		12SEM	58	1:36:55.80	08:05	0:32:25

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
87	335	Pinto, Natália	Serafão 4FUN	12SEF	5	1:37:06.93	08:06	0:32:36
88	104	Maia, João	MAGNUNSSSENS	12SEM	59	1:37:16.93	08:06	0:32:46
89	120	Pereira, Avelino	Bota&Siga	12M40	14	1:37:54.39	08:10	0:33:23
90	107	Magalhães, João	Raver's dos Pisões	12SEM	60	1:38:01.08	08:10	0:33:30
91	229	Ribeiro, Marco	GUIMARUNNING	12SEM	61	1:38:40.00	08:13	0:34:09
92	279	Medeiros, Maria	GIPA	12F40	3	1:38:48.14	08:14	0:34:17
93	296	Soares, Celso		12M40	15	1:38:53.74	08:14	0:34:23
94	332	Ribeiro, José		12SEM	62	1:39:07.03	08:16	0:34:36
95	68	Nunes, Pedro		12SEM	63	1:39:07.34	08:16	0:34:36
96	337	Araújo, António	TOWORKFOR	12SEM	64	1:39:10.57	08:16	0:34:40
97	110	Mendes, Márcio	Raver's dos Pisões	12SEM	65	1:39:19.73	08:17	0:34:49
98	315	Novais, Rui		12SEM	66	1:39:22.91	08:17	0:34:52

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
99	191	Fontes, Jorge	Sporting Clube de Espinho / António Leitão	12M40	16	1:39:54.00	08:19	0:35:23
100	189	Albuquerque, António	Sporting Clube de Espinho / António Leitão	12M40	17	1:39:55.00	08:20	0:35:24
101	198	Vaz, Marco	NBA Barrosas	12SEM	67	1:40:19.90	08:22	0:35:49
102	265	Silva, Diogo	MAGNUNSSSENS	12SEM	68	1:40:25.34	08:22	0:35:54
103	214	Lopes, Rui		12M40	18	1:40:33.06	08:23	0:36:02
104	121	Ramos, Nuno	Bota&Siga	12M40	19	1:40:47.57	08:24	0:36:17
105	79	Silva, Carlos	ArcoRun	12M50	8	1:40:50.08	08:24	0:36:19
106	382	Pereira, José		12M50	9	1:41:10.97	08:26	0:36:40
107	81	Pereira, Hugo		12M40	20	1:41:17.08	08:26	0:36:46
108	291	Teixeira, Sonia	Os corajosos	12SEF	6	1:41:19.73	08:27	0:36:49
109	378	Cruz, José		12M40	21	1:41:20.54	08:27	0:36:50
110	144	Couto, Silvana	Trofamteam	12SEF	7	1:41:50.42	08:29	0:37:19
111	146	Soares, Joao	Trofamteam	12SEM	69	1:41:52.99	08:29	0:37:22

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
112	89	Costa, Joao		12SEM	70	1:41:59.00	08:30	0:37:28
113	234	Fernandes, Pedro		12SEM	71	1:42:06.80	08:31	0:37:36
114	41	Magalhães, Luis	Trailers	12M40	22	1:42:12.85	08:31	0:37:42
115	269	Moreira, Bruno	PT LUÍS BESSA	12SEM	72	1:42:29.70	08:32	0:37:59
116	232	Roriz, Jorge		12SEM	73	1:42:42.98	08:34	0:38:12
117	233	Araujo, Ricardo		12SEM	74	1:42:43.21	08:34	0:38:12
118	105	Correia, Emanuel	MAGNUNSSSENS	12SEM	75	1:43:14.81	08:36	0:38:44
119	185	Figueiredo, Diogo		12SEM	76	1:43:21.96	08:37	0:38:51
120	16	Dinis, Pedro	Corre comigo Riba de Ave	12M40	23	1:43:38.90	08:38	0:39:08
121	14	Abreu, Ana	Corre Comigo Riba de Ave	12F40	4	1:43:39.63	08:38	0:39:09
122	148	Domingues, Mónica	Lebres Minhotas	12SEF	8	1:44:21.00	08:42	0:39:50

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
123	222	Matos, Manuel	NBA Barrosas	12M50	10	1:44:21.76	08:42	0:39:51
124	35	Ribeiro, Pedro		12SEM	77	1:45:07.20	08:46	0:40:36
125	284	Freitas, Benilde	TARTARUGAS VELOCISTAS	12SEF	9	1:45:32.51	08:48	0:41:02
126	290	Melo, Claudia	Os corajosos	12SEF	10	1:45:59.86	08:50	0:41:29
127	293	Freitas, Mara	Reumatico Team Trail	12SEF	11	1:46:05.86	08:50	0:41:35
128	133	Marinho, Pedro	Ânimo Team	12SEM	78	1:46:15.82	08:51	0:41:45
129	377	Alves, André		12SEM	79	1:46:22.07	08:52	0:41:51
130	301	Araújo, José		12SEM	80	1:46:32.11	08:53	0:42:01
131	302	Pereira, Tereza		12SEF	12	1:46:32.39	08:53	0:42:01
132	247	Pinto, Margarida	Fama Runners	12F40	5	1:47:08.51	08:56	0:42:38
133	352	Santos, Ana		12SEF	13	1:47:27.77	08:57	0:42:57
134	60	Gomes, Filipe	Xumakneexaki	12SEM	81	1:47:35.92	08:58	0:43:05

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
135	61	Silva, Alexandre	Xumakneexaki	12SEM	82	1:47:36.31	08:58	0:43:05
136	310	Lopes, Alberto	BTT POLVOREIRA	12SEM	83	1:47:46.50	08:59	0:43:16
137	211	Lima, Maria	Mais Activos	12SEF	14	1:47:48.97	08:59	0:43:18
138	354	Martins, Rosana	Reumatico Team Trail	12SEF	15	1:47:56.62	09:00	0:43:26
139	353	Mendes, Sérgio		12SEM	84	1:48:23.42	09:02	0:43:52
140	366	Oliveira, Moisés	Score Health Club	12SEM	85	1:48:33.55	09:03	0:44:03
141	385	Fernandes, Isabel		12F40	6	1:48:38.43	09:03	0:44:07
142	348	Silva, José	TOWORKFOR	12SEM	86	1:48:40.35	09:03	0:44:09
143	313	Ribeiro, Daniel		12SEM	87	1:49:22.90	09:07	0:44:52
144	314	Moura, Duarte		12SEM	88	1:49:22.96	09:07	0:44:52
145	69	Felgueiras, Nuno	Individual	12SEM	89	1:49:29.90	09:07	0:44:59

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
146	319	Pereira, Barbara		12SEF	16	1:49:46.11	09:09	0:45:15
147	261	Gomes, Ricardo		12SEM	90	1:49:51.13	09:09	0:45:20
148	262	Silva, Tiago		12SEM	91	1:49:52.00	09:09	0:45:21
149	52	Silva, Luís		12SEM	92	1:49:52.21	09:09	0:45:21
150	238	Cruz, Luis	lobos do monte	12M40	24	1:49:57.63	09:10	0:45:27
151	75	Feio, Bárbara		12SEF	17	1:50:05.92	09:10	0:45:35
152	90	Costa, Tiago	TELHATRIL	12SEM	93	1:50:12.29	09:11	0:45:41
153	287	Araújo, Marco	A.D. Esmeriz Running	12SEM	94	1:50:29.14	09:12	0:45:58
154	292	Mateus, Daniela	Vimarunners	12SEF	18	1:50:31.41	09:13	0:46:00
155	94	Figueiredo, Hugo		12SEM	95	1:50:33.66	09:13	0:46:03
156	213	Baptista, Pedro	Mais Activos	12SEM	96	1:50:38.49	09:13	0:46:07
157	58	Serra, Armindo		12M40	25	1:50:38.86	09:13	0:46:08
158	264	Rocha, Vitor		12SEM	97	1:50:45.05	09:14	0:46:14

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
159	245	Ferreira, Pedro	Reumatico Team Trail	12M40	26	1:50:53.92	09:14	0:46:23
160	347	Araújo, Rui	TOWORKFOR	12SEM	98	1:51:04.69	09:15	0:46:34
161	141	Ribeiro, Alívio	Braguinhas runners	12M40	27	1:51:11.17	09:16	0:46:40
162	194	Armada, Alzira	lobos do monte	12F40	7	1:51:13.83	09:16	0:46:43
163	228	Reis, Catarina	lobos do monte	12SEF	19	1:51:14.04	09:16	0:46:43
164	224	Segura, Javier		12SEM	99	1:51:18.09	09:17	0:46:47
165	336	Cláudio, Pedro	TOWORKFOR	12SEM	100	1:51:18.51	09:17	0:46:48
166	138	Faria, Teresa		12F40	8	1:51:30.35	09:18	0:46:59
167	139	Sampaio, Jose		12M50	11	1:51:30.69	09:18	0:47:00
168	344	Ferreira, Joaquim	TOWORKFOR	12M40	28	1:51:31.84	09:18	0:47:01
169	184	Figueiredo, Alcídio		12M50	12	1:52:07.32	09:21	0:47:36

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
170	303	Oliveira, Mariana	Brabus Runners	12SEF	20	1:52:30.00	09:22	0:47:59
171	231	Neves, Abilio	Equipotencia Trail Team	12M50	13	1:52:46.14	09:24	0:48:15
172	1117	Dinis, Joaquim	Os Santa Apolónia	12M40	29	1:52:51.04	09:24	0:48:20
173	97	Oliveira, Carla	Os Santa Apolónia	12SEF	21	1:52:51.10	09:24	0:48:20
174	188	Machado, Margarida	Sporting Clube de Espinho / António Leitão	12F50	3	1:52:55.82	09:25	0:48:25
175	268	Fernandes, Ângela	PT LUÍS BESSA	12SEF	22	1:53:06.81	09:26	0:48:36
176	78	Saraiva, Fátima	Emotional Traps - Psicologia	12F40	9	1:53:54.90	09:30	0:49:24
177	86	Lopes, Virgilio		12M40	30	1:54:26.55	09:32	0:49:56
178	106	Batista, Julia		12F50	4	1:54:54.22	09:35	0:50:23
179	82	Branco, David	TF Team	12M40	31	1:54:59.75	09:35	0:50:29
180	161	Carvalho, Antero		12M40	32	1:54:59.87	09:35	0:50:29

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
181	172	Gomes, Pedro	TF Team	12SEM	101	1:55:02.12	09:35	0:50:31
182	56	Lemos, Rosario	BOSCH	12F50	5	1:56:38.54	09:43	0:52:08
183	181	Azevedo, David	Os Quenianos do Paço	12M40	33	1:56:40.00	09:43	0:52:09
184	167	Freitas, Luis	amigas do trail	12M40	34	1:56:53.13	09:44	0:52:22
185	103	Santos, Paulo	MAGNUNSSENS	12SEM	102	1:57:11.88	09:46	0:52:41
186	128	Pinto, Sandra	Travassós Running Fafe	12SEF	23	1:57:22.11	09:47	0:52:51
187	307	Teixeira, Ricardo	BTT POLVOREIRA	12M40	35	1:57:30.00	09:47	0:52:59
188	212	Fernandes, Maria	Mais Activos	12F50	6	1:57:45.95	09:49	0:53:15
189	199	Guerra, Carlos		12SEM	103	1:57:57.26	09:50	0:53:26
190	115	Salgueiro, Artur		12M40	36	1:58:15.58	09:51	0:53:45
191	177	Castelo, José	Fardetas	12M50	14	1:58:34.24	09:53	0:54:03
192	239	Pinto, Angela		12F40	10	1:59:03.95	09:55	0:54:33

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
193	285	Coelho, Pedro		12SEM	104	1:59:25.00	09:57	0:54:54
194	26	Oliveira, Sandra	BOSCH	12F40	11	1:59:50.44	09:59	0:55:19
195	166	Machado, Leta	Amigas do trail	12F40	12	2:00:01.04	10:00	0:55:30
196	164	Machado, Raquel	Amigas do trail	12F40	13	2:00:01.39	10:00	0:55:30
197	135	Vaz, Mara	Ânimo Team	12SEF	24	2:00:08.55	10:01	0:55:38
198	159	Martins, Helena	Lebres Minhotas	12SEF	25	2:00:46.13	10:04	0:56:15
199	158	Domingues, Isabel	Lebres Minhotas	12F40	14	2:00:46.76	10:04	0:56:16
200	312	Cabaça, Sónia	RIOFIT	12SEF	26	2:01:09.77	10:06	0:56:39
201	360	Fernandes, Silvia		12F40	15	2:01:10.25	10:06	0:56:39
202	124	Ribeiro, Filipa	RIOFIT	12SEF	27	2:01:11.26	10:06	0:56:40
203	136	Vaz, José	Ânimo Team	12M40	37	2:01:19.98	10:07	0:56:49

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
204	53	Paiva, Sandra		12SEF	28	2:01:31.01	10:08	0:57:00
205	66	Morais, Paula	éjáli...clube de amigos trailrunners.	12F40	16	2:01:32.44	10:08	0:57:01
206	339	Oliveira, João	TOWORKFOR	12SEM	105	2:01:32.84	10:08	0:57:02
207	376	Lopes, Paula		12F50	7	2:01:35.80	10:08	0:57:05
208	340	Ferreira, Joel	TOWORKFOR	12SEM	106	2:01:36.43	10:08	0:57:05
209	19	Neto, Luciana	TF Team	12SEF	29	2:01:37.69	10:08	0:57:07
210	374	Xavier, Sofia		12SEF	30	2:01:39.94	10:08	0:57:09
211	375	Monteiro, Luísa		12F40	17	2:01:40.00	10:08	0:57:09
212	152	Aguiar, Susana	ProFisio Team	12SEF	31	2:01:45.14	10:09	0:57:14
213	1229	Pereira, José	Marretas	12SEM	107	2:01:47.03	10:09	0:57:16
214	272	Teixeira, Vanessa	VSC Sprint	12SEF	32	2:02:39.22	10:13	0:58:08
215	271	Sousa, Nuno	VSC Sprint	12SEM	108	2:02:40.89	10:13	0:58:10

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
216	388	Oliveira, Liliana		12SEF	33	2:02:44.27	10:14	0:58:13
217	240	Pinto, Miguel		12M40	38	2:02:44.35	10:14	0:58:13
218	48	Ferreira, Sofia	Colégio do Ave	12F40	18	2:02:45.69	10:14	0:58:15
219	18	Monteiro, Elisabete	TF Team	12SEF	34	2:03:21.31	10:17	0:58:50
220	227	Lima, Francisca		12SEF	35	2:03:50.26	10:19	0:59:19
221	243	Pereira, João		12M50	15	2:04:46.94	10:24	1:00:16
222	91	Fernandes, Duarte		12M40	39	2:05:02.66	10:25	1:00:32
223	276	Fernandes, João	Paredes Aventura / Fitness MonteLargo	12M50	16	2:05:03.87	10:25	1:00:33
224	263	Cunha, Claudia		12SEF	36	2:05:10.00	10:26	1:00:39
225	88	Paiva, Francisco		12SEM	109	2:05:25.86	10:27	1:00:55
226	12	Oliveira, Jorge	PaMic	12M40	40	2:05:26.21	10:27	1:00:55

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
227	11	Oliveira, Sandra	PaMic	12SEF	37	2:05:27.00	10:27	1:00:56
228	80	Pinho, Manuel	Individual	12M40	41	2:05:27.97	10:27	1:00:57
229	92	Pinho, Gonçalo	Individual	12SEM	110	2:05:28.45	10:27	1:00:57
230	64	Cardoso, Aurora		12F50	8	2:05:39.74	10:28	1:01:09
231	123	Ferreira, Ricardo	Queda Trail	12SEM	111	2:05:44.33	10:29	1:01:13
232	30	Azevedo, Marcos	Queda Trail	12SEM	112	2:06:50.24	10:34	1:02:19
233	169	Matos, Maria		12SEF	38	2:06:53.87	10:34	1:02:23
234	168	Perreira, Susana		12SEF	39	2:06:57.00	10:35	1:02:26
235	236	Gonçalves, Elsa	Vizela nos Pés	12SEF	40	2:06:59.48	10:35	1:02:28
236	180	Magalhães, Dolores		12F40	19	2:07:15.04	10:36	1:02:44
237	1	Torres, Marta		12SEF	41	2:08:18.75	10:42	1:03:48

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
238	383	Gonçalves, Vera		12F40	20	2:08:50.56	10:44	1:04:20
239	346	Pinto, Pedro	TOWORKFOR	12SEM	113	2:08:58.18	10:45	1:04:27
240	300	Cunha, Nuno	VAICOMCALMA	12M40	42	2:09:42.77	10:49	1:05:12
241	299	Pereira, Andreia	VAICOMCALMA	12F40	21	2:09:43.27	10:49	1:05:12
242	320	Gonçalves, Miriam		12SEF	42	2:10:18.01	10:52	1:05:47
243	343	Peixoto, Sandra	TOWORKFOR	12F40	22	2:10:57.56	10:55	1:06:27
244	118	Santos, Sérgio	Dragon club	12M40	43	2:11:24.36	10:57	1:06:53
245	326	Castro, Sara		12SEF	43	2:11:25.68	10:57	1:06:55
246	40	Nogueira, Vitor		12SEM	114	2:11:26.00	10:57	1:06:55
247	324	Correia, Celina	ZUPPER	12F40	23	2:11:26.63	10:57	1:06:56
248	215	Castro, Su	C&C Team	12SEF	44	2:12:15.55	11:01	1:07:45

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
249	13	Gomes, Vera	MELRES TRAIL RUNNING - ORDEM PARA ARREAR	12F40	24	2:12:19.51	11:02	1:07:49
250	160	Cardoso, Carina		12F40	25	2:12:26.23	11:02	1:07:55
251	22	Silva, Carlos	Queda Trail	12M40	44	2:12:42.67	11:04	1:08:12
252	31	Ribeiro, Susana	Queda Trail	12SEF	45	2:12:45.11	11:04	1:08:14
253	29	Lima, Liliana	Queda Trail	12SEF	46	2:12:45.53	11:04	1:08:15
254	174	Santos, Pedro	Lobos do monte	12SEM	115	2:12:46.41	11:04	1:08:15
255	207	Silva, Manuela	lobos do monte	12F40	26	2:12:46.74	11:04	1:08:16
256	173	Teixeira, Sofia	Lobos do monte	12SEF	47	2:12:46.97	11:04	1:08:16
257	171	Silva, Amélia	Lobos do monte	12SEF	48	2:12:46.99	11:04	1:08:16
258	333	Costa, Teresa	Afifense Trail	12SEF	49	2:12:58.36	11:05	1:08:27
259	87	Ferreira, Juliana		12SEF	50	2:14:25.00	11:12	1:09:54
260	187	Duraes, Sofia	SAI DA FRENTE	12SEF	51	2:14:43.64	11:14	1:10:13

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
261	49	Costa, Juliana	Colégio do Ave	12SEF	52	2:14:53.26	11:14	1:10:22
262	47	Garrido, Daniela	Colégio do Ave	12SEF	53	2:14:53.28	11:14	1:10:22
263	44	Barbosa, Joana	Colégio do Ave	12SEF	54	2:14:53.54	11:14	1:10:23
264	15	Costa, Rui	Corre comigo Riba de Ave	12M40	45	2:14:54.03	11:15	1:10:23
265	286	Oliveira, Bruno	A.D. Esmeriz Running	12SEM	116	2:15:20.00	11:17	1:10:49
266	186	Duraes, Emanuel	SAI DA FRENTE	12M40	46	2:15:26.60	11:17	1:10:56
267	122	Carole, Sandrine		12SEF	55	2:15:27.63	11:17	1:10:57
268	316	Graça, Patrícia		12SEF	56	2:17:53.27	11:29	1:13:22
269	38	Salgado, Filipe	QUEDATRIL	12SEM	117	2:18:08.88	11:31	1:13:38
270	2317	Abreu, Cristina	OS PREGUIÇOSOS	12F50	9	2:18:33.29	11:33	1:14:02
271	101	Silva, Manuela		12F50	10	2:18:33.39	11:33	1:14:02

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
272	63	Portela, Isabel	TRAIL PINOCO	12F40	27	2:18:37.43	11:33	1:14:06
273	201	Ribeiro, Assunção	A.C. VERMOIM	12F50	11	2:18:54.42	11:35	1:14:23
274	200	Costa, José	A.C. VERMOIM	12M50	17	2:18:56.00	11:35	1:14:25
275	72	Lima, Cristina		12SEF	57	2:18:59.90	11:35	1:14:29
276	59	Resende, Ricardo		12M40	47	2:19:14.00	11:36	1:14:43
277	126	Resende, Tiago		12SEM	118	2:19:14.42	11:36	1:14:43
278	134	Marques, Diogo		12SEM	119	2:19:17.21	11:36	1:14:46
279	150	Mendes, Vanessa	ProFisio Team	12SEF	58	2:19:28.17	11:37	1:14:57
280	294	Prazeres, Andreia		12SEF	59	2:19:34.83	11:38	1:15:04
281	330	Martins, Joao	Rosa Chiclete	12SEM	120	2:19:35.89	11:38	1:15:05
282	147	Cardoso, Jorge		12SEM	121	2:19:36.07	11:38	1:15:05
283	298	Sousa, Diana		12SEF	60	2:19:36.14	11:38	1:15:05

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
284	322	Costa, Vera	Rosa Chiclete	12SEF	61	2:19:36.34	11:38	1:15:05
285	43	Ribeiro, Catarina		12SEF	62	2:21:13.85	11:46	1:16:43
286	165	Alves, Juliana	Amigas do trail	12F40	28	2:23:10.13	11:56	1:18:39
287	162	Oliveira, Daniela	amigas do trail	12F40	29	2:23:10.14	11:56	1:18:39
288	218	Teixeira, Rita	C&C Team	12SEF	63	2:23:50.69	11:59	1:19:20
289	154	Oliveira, Andreia		12SEF	64	2:23:58.77	12:00	1:19:28
290	357	Costeira, Ana	Brabus Runners	12SEF	65	2:24:22.54	12:02	1:19:52
291	356	Vieira, Joana	Brabus Runners	12SEF	66	2:24:29.00	12:02	1:19:58
292	116	Dias, Cristina	Amigos Do Rui	12F40	30	2:26:23.95	12:12	1:21:53
293	127	Fernandes, Paula	Travassós Running Fafe	12F40	31	2:26:36.49	12:13	1:22:05
294	129	Baptista, Susana		12F40	32	2:26:38.65	12:13	1:22:08
295	102	Ferreira, Orquidea	FitTeam	12F40	33	2:27:34.93	12:18	1:23:04
296	241	Guerra, Ana		12F40	34	2:27:46.81	12:19	1:23:16

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
297	362	Lima, Patrícia		12SEF	67	2:29:02.51	12:25	1:24:32
298	77	Lima, Ana		12SEF	68	2:29:02.94	12:25	1:24:32
299	219	Castro, Carlos	C&C Team	12M40	48	2:29:22.48	12:27	1:24:51
300	217	Castro, Catarina	C&C Team	12SEF	69	2:29:30.17	12:28	1:24:59
301	216	Castro, Lúcia	C&C Team	12SEF	70	2:29:30.29	12:28	1:24:59
302	76	Carvalho, Sónia		12F40	35	2:31:27.96	12:37	1:26:57
303	256	Lopes, Rosa	C&C Team	12F50	12	2:31:44.84	12:39	1:27:14
304	255	Pinto, Silvéria	C&C Team	12SEF	71	2:31:45.04	12:39	1:27:14
305	254	Lemos, Ana	C&C Team	12SEF	72	2:31:45.17	12:39	1:27:14
306	220	Bachmann, Andrea	C&C Team	12SEF	73	2:31:45.42	12:39	1:27:14
307	306	Monteiro, Carla		12F40	36	2:31:53.01	12:39	1:27:22
308	318	Santos, Emília		12F40	37	2:31:53.09	12:39	1:27:22

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
309	157	Rodrigues, Fatima	Amigos Do Rui	12F50	13	2:32:16.38	12:41	1:27:45
310	178	Castelo, Silvia	Fardetas	12F40	38	2:32:18.35	12:42	1:27:47
311	179	Tavares, Cristiana	Fardetas	12SEF	74	2:32:18.56	12:42	1:27:48
312	380	Almeida, Isaura		12F50	14	2:34:38.93	12:53	1:30:08
313	21	Teixeira, Claudia		12F40	39	2:34:43.46	12:54	1:30:12
314	42	Almeida, Daniela		12SEF	75	2:35:12.95	12:56	1:30:42
315	39	Moreira, Ana		12SEF	76	2:36:05.04	13:00	1:31:34
316	37	Costa, Ana		12SEF	77	2:36:07.39	13:01	1:31:36
317	98	Morais, Daniela		12F40	40	2:36:12.44	13:01	1:31:41
318	349	Fernandes, Emanuela	TOWORKFOR	12SEF	78	2:37:22.67	13:07	1:32:52
319	338	Ferreira, Fernando	TOWORKFOR	12SEM	122	2:37:22.78	13:07	1:32:52
320	345	Dias, Carla	TOWORKFOR	12SEF	79	2:37:23.28	13:07	1:32:52

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
321	137	Pacheco, Edgar		12SEM	123	2:37:24.89	13:07	1:32:54
322	130	Sanguedo, Lurdes		12F40	41	2:37:28.51	13:07	1:32:58
323	140	Ferreira, Sandra		12F40	42	2:37:34.58	13:08	1:33:04
324	96	Andrade, Elisabete		12F40	43	2:37:54.40	13:10	1:33:23
325	113	Silva, Sara		12SEF	80	2:37:54.73	13:10	1:33:24
326	9	Oliveira, Luis	Queda Trail	12SEM	124	2:39:56.80	13:20	1:35:26
327	10	Pereira, Carina	Queda Trail	12SEF	81	2:39:57.71	13:20	1:35:27
328	17	Azevedo, Diana	TF Team	12SEF	82	2:43:54.20	13:40	1:39:23
329	23	Dias, Anabela		12SEF	83	2:44:25.39	13:42	1:39:54
330	24	Duarte, Miguel		12SEM	125	2:44:25.59	13:42	1:39:55
331	242	Ferreira, Mariana	GUIMARUNNING	12SEF	84	2:45:54.37	13:50	1:41:23
332	386	Abreu, Ana		12SEF	85	2:46:26.24	13:52	1:41:55

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
333	84	Faria, Carla		12SEF	86	2:47:02.98	13:55	1:42:32
334	85	Marinho, Silvia		12SEF	87	2:47:02.99	13:55	1:42:32
335	350	Fernandes, Albano	TOWORKFOR	12M40	49	2:48:41.03	14:03	1:44:10
336	73	Casimiro, Rosa	Invictus Oporto Team	12F40	44	2:53:06.32	14:26	1:48:35
337	204	Moreira, Cláudia	lobos do monte	12SEF	88	2:57:26.62	14:47	1:52:56
338	208	Santos, Maria	AS 3 AMIGAS	12F40	45	2:57:30.84	14:48	1:53:00
339	210	Abreu, Ana	AS AMIGAS	12F40	46	2:57:31.35	14:48	1:53:00
340	209	Nogueira, Carina	AS AMIGAS	12SEF	89	2:57:32.65	14:48	1:53:02
341	193	Maior, Carla	lobos do monte	12SEF	90	2:57:55.52	14:50	1:53:25
342	205	Santos, Luisa	lobos do monte	12SEF	91	2:58:20.00	14:52	1:53:49
343	206	Santos, Raquel	lobos do monte	12SEF	92	2:58:22.00	14:52	1:53:51
344	274	Azevedo, Carina	Carina Azevedo	12SEF	93	2:58:40.59	14:53	1:54:10

Pos.	Dorsal	Nome	Equipa	Escalão	Pos.Esc.	Tempo	T/Km.	Dif.
345	155	Rodrigues, Pedro		12SEM	126	2:58:46.18	14:54	1:54:15
346	156	Rodrigues, Rui	Amigos Do Rui	12M40	50	2:58:47.91	14:54	1:54:17