



## Trail do Crasto



### Classificação Geral

### Trail Curto

### 19,00 Km.

Pos.	Dor. Nome	Clube	Categoria/Pos.	Tempo	Km./h.	Diferença
1	211 João Gonçalves,	ADFA Viseu	SMTC	1 1:38:00.34	11,63	
2	421 Jorge Almeida,		M40TC	1 1:41:04.37	11,28	0:03:04
3	151 Hugo Pacheco,	Runners do Demo	M40TC	2 1:42:17.74	11,15	0:04:18
4	454 Nuno Guimarães,	TROGLODITAS RUNNERS	SMTC	2 1:42:57.73	11,07	0:04:58
5	256 José Nunes,	Runners do Demo	M40TC	3 1:43:09.52	11,05	0:05:10
6	409 Daniel Fonseca Soares,		M40TC	4 1:43:25.63	11,02	0:05:26
7	403 Luis Carlos Almeida,	JAVALIS - Amizade & Glória	SMTC	3 1:47:40.25	10,59	0:09:40
8	426 José Machado,	Viseu Running Team	SMTC	4 1:47:42.76	10,58	0:09:43
9	387 Pedro Carrilho,		M40TC	5 1:48:03.30	10,55	0:10:03
10	336 Nuno Nogueira,	Espigueiros runners	SMTC	5 1:48:44.40	10,48	0:10:44
11	266 Rui Pereira,	Runners do Demo	SMTC	6 1:48:50.26	10,47	0:10:50
12	296 Bruno Figueiredo,	CASA DO PESSOAL HST VISEU	SMTC	7 1:49:05.94	10,45	0:11:06
13	166 Tiago Morais,	PDA Runners	SMTC	8 1:50:51.82	10,28	0:12:52
14	171 Pedro Pires,	Runners do Demo	M40TC	6 1:51:43.75	10,20	0:13:44
15	323 João Almeida,	Pé no pó	M40TC	7 1:54:34.89	9,95	0:16:35
16	445 Gaudêncio Lopes,	Viseu Running Team	M40TC	8 1:54:58.13	9,92	0:16:58
17	452 João Gomes,	ESGALHADA TRAIL TEAM	SMTC	9 1:57:57.59	9,67	0:19:58
18	451 Pedro Gomes,	ESGALHADA TRAIL TEAM	SMTC	10 1:58:19.94	9,64	0:20:20
19	244 marco capela,	Go Runners	SMTC	11 1:58:28.21	9,62	0:20:28
20	402 João Carlos Simoes Marq	Espigueiros runners	M40TC	9 1:59:14.64	9,56	0:21:15
21	281 António Lourenço,	GDR Granja - Truas do Mau	M40TC	10 1:59:34.13	9,53	0:21:34
22	432 João Cunha,		SMTC	12 1:59:34.25	9,53	0:21:34
23	375 Carlos Santos,	Espigueiros runners	SMTC	13 1:59:57.09	9,50	0:21:57
24	178 Tiago Carvalho,		M40TC	11 2:00:23.50	9,47	0:22:24
25	391 Diogo Fernandes,	Seia	SMTC	14 2:01:06.75	9,41	0:23:07
26	382 Pedro Morgado,	GDCR Lajes	SMTC	15 2:01:10.21	9,41	0:23:10
27	201 José Gouveia,	Viseu 360	M50TC	1 2:01:20.06	9,40	0:23:20
28	334 Rui Costa Matos,		SMTC	16 2:02:01.85	9,34	0:24:02
29	187 Marco Rodrigues,		SMTC	17 2:02:06.98	9,34	0:24:07
30	310 José Henrique Aguiar,	Runners do Demo	M40TC	12 2:02:08.21	9,33	0:24:08
31	313 Luís Salvador,	Runners do Demo	M50TC	2 2:02:09.00	9,33	0:24:09
32	282 António Pereira,	GDR Granja - Truas do Mau	M40TC	13 2:03:42.17	9,22	0:25:42
33	341 João Paulo Marques,	Cubata Team	M40TC	14 2:03:46.12	9,21	0:25:46
34	411 Manuel Vieira,	Viseu Running Team	M50TC	3 2:03:53.83	9,20	0:25:54
35	325 Vitor Castro,		M40TC	15 2:04:38.33	9,15	0:26:38
36	395 Henrique Madeira,	Pickle Films	SMTC	18 2:05:14.81	9,10	0:27:15
37	245 Márcio Freitas,	Dão Nelas Runners	SMTC	19 2:06:13.00	9,03	0:28:13
38	179 Luís Costa,	Runners do Demo	M40TC	16 2:07:01.23	8,98	0:29:01
39	180 paulo reis,		M40TC	17 2:07:06.47	8,97	0:29:06
40	286 Pedro Carneiro,	GDR Granja - Truas do Mau	SMTC	20 2:07:49.54	8,92	0:29:50
41	377 LUIS FIGUEIREDO,	Espigueiros runners	M40TC	18 2:09:36.60	8,80	0:31:37
42	273 Marco Bastos,	Marco	SMTC	21 2:10:16.10	8,75	0:32:16
43	372 Cesar Almeida,	Espigueiros runners	M40TC	19 2:11:01.16	8,70	0:33:01
44	448 José Pereira,	Runners do Demo	M40TC	20 2:11:02.00	8,70	0:33:02
45	333 Francisco Aguiar,	Viseu 360	M50TC	4 2:11:24.02	8,68	0:33:24
46	210 António Leitão,	Espigueiros runners	M40TC	21 2:12:14.24	8,62	0:34:14
47	204 Rafael Gomes,	CUBATA Team	M40TC	22 2:12:15.00	8,62	0:34:15
48	447 Pedro Lopes,		SMTC	22 2:12:15.86	8,62	0:34:16
49	305 Maria Fonseca,	Runners do Demo	F40TC	1 2:12:17.54	8,62	0:34:18
50	206 Fred Matos,	Runners do Demo	M40TC	23 2:12:17.70	8,62	0:34:18
51	263 José Dionel,	Dão Nelas Runners	SMTC	23 2:12:24.85	8,61	0:34:25
52	457 Sérgio Gabriel,	GDR Granja - Truas do Mau	SMTC	24 2:13:00.23	8,57	0:35:00
53	248 Cristiano Gaspar,	Carneiros do Demo	SMTC	25 2:13:20.07	8,55	0:35:20
54	412 João Dinis Santos,		M40TC	24 2:13:49.85	8,52	0:35:50
55	415 Manuel Neves,	Lamego Tribo Runners	M60TC	1 2:13:49.86	8,52	0:35:50

56	294 Maria Pina,	GDR Granja - Truas do Mau	F40TC	2	2:13:57.75	8,51	0:35:58
57	400 Helder Massano,		M40TC	25	2:14:09.97	8,50	0:36:10
58	284 Maria Oliveira,	GDR Granja - Truas do Mau	F40TC	3	2:14:32.84	8,47	0:36:33
59	291 Paulo Lourenço,	GDR Granja - Truas do Mau	SMTC	26	2:15:41.51	8,40	0:37:42
60	327 Paulo Duraó,	WISEU TRAIL	M40TC	26	2:15:54.78	8,39	0:37:55
61	290 Octávio Capela,	GDR Granja - Truas do Mau	M50TC	5	2:16:38.89	8,34	0:38:39
62	368 Daniel Faria,		SMTC	27	2:17:54.47	8,27	0:39:54
63	312 João Rasteiro,	Viseu Running Team	SMTC	28	2:17:55.86	8,27	0:39:56
64	200 Rui Freitas,	ESGALHADA TRAIL TEAM	M40TC	27	2:18:35.65	8,23	0:40:36
65	446 José Carvalho,	Runners do Demo	M40TC	28	2:18:39.95	8,22	0:40:40
66	251 Sandra Garrido,	TombaMinis Trail Team	SFTC	1	2:19:20.94	8,18	0:41:21
67	252 Luis Mendes,	TombaMinis Trail Team	SMTC	29	2:19:21.06	8,18	0:41:21
68	304 Manuel Campos,	Viriathvs Runners Viseu	M50TC	6	2:19:21.58	8,18	0:41:22
69	275 José Frias,	@correr queiriga	M40TC	29	2:19:36.21	8,17	0:41:36
70	393 Bruno Miguel Santos,	Repeses - VISEU	SMTC	30	2:20:18.66	8,13	0:42:19
71	168 Carlos Cordeiro,	PDA Runners	SMTC	31	2:20:20.87	8,12	0:42:21
72	423 Jose Cardoso,		M40TC	30	2:20:22.38	8,12	0:42:22
73	288 Paulo Loureiro,	GDR Granja - Truas do Mau	M40TC	31	2:20:25.74	8,12	0:42:26
74	379 José Carlos Moreira,	Dão Nelas Runners	SMTC	32	2:21:00.87	8,09	0:43:01
75	332 Tiago Santos,	Dão Nelas Runners	S23MTC	1	2:21:58.94	8,03	0:43:59
76	233 Victor Lemos,	Atlético Clube de Travanca	M40TC	32	2:22:01.48	8,03	0:44:01
77	203 Paulo Mendonça,	Lexvis Running	M40TC	33	2:22:08.51	8,02	0:44:09
78	392 José Lopes,		SMTC	33	2:22:33.54	8,00	0:44:34
79	271 Moises Rodrigues,	Runners do Demo	M40TC	34	2:22:39.61	7,99	0:44:40
80	264 Marco Simões,	PDA Runners	M40TC	35	2:23:03.61	7,97	0:45:04
81	456 Fernando Basto,	GDR Granja - Truas do Mau	M50TC	7	2:23:04.49	7,97	0:45:04
82	195 Sérgio Silva,	Viseu 360	M40TC	36	2:23:07.40	7,97	0:45:07
83	261 Paulo Polónio,	Runners do Demo	SMTC	34	2:23:30.32	7,94	0:45:30
84	260 Jose Amaral,	Tomba minis	M40TC	37	2:23:45.40	7,93	0:45:45
85	337 Nuno Matos,	Viseu 360	SMTC	35	2:23:45.70	7,93	0:45:46
86	161 Márcio Paiva,		SMTC	36	2:24:55.17	7,87	0:46:55
87	442 Bruno Lopes,	Viseu 360	SMTC	37	2:25:53.33	7,81	0:47:53
88	170 Ramiro José,		M50TC	8	2:26:23.93	7,79	0:48:24
89	458 Severino Santos,	GDR Granja - Truas do Mau	M60TC	2	2:26:47.93	7,77	0:48:48
90	255 Jorge Ferreira,	Viriathvs Runners Viseu	M40TC	38	2:26:59.51	7,76	0:49:00
91	225 João Soares,	"Grupo Desportivo ""Os Ribeirinhos""	M60TC	3	2:27:22.94	7,74	0:49:23
92	220 Filipe Pereira,	ARCD Bairro de Santa Cruz	M40TC	39	2:27:23.91	7,73	0:49:24
93	352 Mero Lourenço,	WISEU TRAIL	M40TC	40	2:27:51.00	7,71	0:49:51
94	176 Paulo Teixeira,	Viriato Crossfit	SMTC	38	2:27:54.69	7,71	0:49:55
95	309 David Luis,	Dão Nelas Runners	SMTC	39	2:27:55.00	7,71	0:49:55
96	351 Bruno MELO,	WISEU TRAIL	SMTC	40	2:27:55.61	7,71	0:49:56
97	350 Vitor Marques,		M40TC	41	2:27:55.63	7,71	0:49:56
98	208 Luis Martins,	Dão Nelas Runners	SMTC	41	2:28:25.93	7,68	0:50:26
99	298 António Miguel Batista,	Viriathvs Runners Viseu	M40TC	42	2:29:32.15	7,62	0:51:32
100	299 João Paulo Correia,	Viriathvs Runners Viseu	M50TC	9	2:29:33.11	7,62	0:51:33
101	455 Cidália Teixeira,	GDR Granja - Truas do Mau	F40TC	4	2:29:57.12	7,60	0:51:57
102	267 Ricardo Vaz,	Zequinhas	M40TC	43	2:29:59.05	7,60	0:51:59
103	433 André Magalhães,	Runners SERNANCELHE Terra da Cas	SMTC	42	2:30:58.39	7,55	0:52:58
104	279 Carlos Carneiro,	HERE4BEER	M40TC	44	2:30:59.23	7,55	0:52:59
105	437 Feliciano Sousa,	Runners SERNANCELHE Terra da Cas	M40TC	45	2:31:12.71	7,54	0:53:13
106	302 Luis Filipe Rosa,	Centro de Atletismo de Seia	M40TC	46	2:31:15.70	7,54	0:53:16
107	405 Fernando Néri,	Viriathvs Runners Viseu	M40TC	47	2:31:53.90	7,51	0:53:54
108	307 Fernando Matos,	Viriathvs Runners Viseu	M40TC	48	2:31:54.23	7,50	0:53:54
109	198 Gonçalo Loureiro,		SMTC	43	2:32:15.09	7,49	0:54:15
110	322 Filipe Saraiva,	Polis Fit Trail	SMTC	44	2:32:26.00	7,48	0:54:26
111	287 Marlene Martins,	GDR Granja - Truas do Mau	F40TC	5	2:32:31.82	7,47	0:54:32
112	177 João Pedro Neves,		SMTC	45	2:33:06.19	7,45	0:55:06
113	278 André Matos,	HERE4BEER	SMTC	46	2:34:16.02	7,39	0:56:16
114	425 Elio da silva Damião,	Tribo da estrela	M40TC	49	2:34:24.21	7,38	0:56:24
115	381 Fernando Pereira,	TOC Runners	M40TC	50	2:34:45.68	7,37	0:56:46
116	152 Daniel Lopes,	ASDREQ	M40TC	51	2:34:54.50	7,36	0:56:55
117	285 Mara Silva,	GDR Granja - Truas do Mau	SFTC	2	2:34:57.94	7,36	0:56:58
118	289 Mauro Nascimento,	GDR Granja - Truas do Mau	M50TC	10	2:34:59.89	7,36	0:57:00
119	196 José António,		M40TC	52	2:35:33.72	7,33	0:57:34
120	436 Pedro Ferreira,	Tondela Runners	M40TC	53	2:35:43.97	7,32	0:57:44
121	419 Anselmo Dias,	Viriathvs Runners Viseu	M40TC	54	2:36:02.38	7,31	0:58:02
122	58 Manuel Félix,	Queiriga Trail	M40TC	55	2:36:15.43	7,30	0:58:15
123	167 Daniel Matos,	PDA Runners	SMTC	47	2:36:17.88	7,29	0:58:18
124	169 André Rodrigues,	PDA Runners	SMTC	48	2:36:18.37	7,29	0:58:18

125	431	José Antunes,	Run 4 Fun	M40TC	56	2:36:18.66	7,29	0:58:19
126	243	Marcos Carreira,	Go Runners	SMTC	49	2:36:24.27	7,29	0:58:24
127	443	Ricardo Mendes,	Viseu 360	M40TC	57	2:36:29.31	7,29	0:58:29
128	440	Ricardo Santos,	Viseu 360	SMTC	50	2:36:30.36	7,28	0:58:30
129	300	Verónica Silva,	Team Contagiante	F40TC	6	2:36:34.70	7,28	0:58:35
130	410	Carlos Costa,	GDCR Lajes - Seia	M50TC	11	2:36:42.54	7,28	0:58:43
131	60	Filipe Pereira,	Queiriga Trail	M40TC	58	2:37:03.00	7,26	0:59:03
132	153	Marta Fonseca,	Runners do Demo	F40TC	7	2:37:05.69	7,26	0:59:06
133	262	Miguel Midões,	KUASEKÍAMOS	SMTC	51	2:37:45.37	7,23	0:59:45
134	388	Cristina Neto,	Runners do Demo	SFTC	3	2:37:56.66	7,22	0:59:57
135	389	António Rebelo,	Viseu Running Team	M60TC	4	2:37:58.00	7,22	0:59:58
136	428	Nelso Soares,	A. R. D. Os Povoenses	SMTC	52	2:38:14.44	7,20	1:00:14
137	270	Bruno Gançalves,	Zequinhas	SMTC	53	2:38:22.39	7,20	1:00:22
138	205	Miguel Almeida,	Tribunal Judicial	M40TC	59	2:38:25.32	7,20	1:00:25
139	315	Artur Santos,	Runners SERNANCELHE Terra da Cas	M40TC	60	2:39:39.20	7,14	1:01:39
140	338	Sónia Figueiredo,	ANGELO	F40TC	8	2:39:40.00	7,14	1:01:40
141	355	CARLOS PRADO,	UISEU TRAIL	M40TC	61	2:40:20.18	7,11	1:02:20
142	435	Hugo Teixeira,		SMTC	54	2:40:20.37	7,11	1:02:20
143	202	Helena Melo,	Espigueiros runners	F40TC	9	2:40:21.23	7,11	1:02:21
144	369	Octávia Vale,		SFTC	4	2:40:22.67	7,11	1:02:23
145	373	Vitor Nogueira,	Runners do Demo	M40TC	62	2:40:26.33	7,11	1:02:26
146	378	Celia Silva,	Espigueiros runners	F40TC	10	2:40:29.36	7,10	1:02:29
147	155	Jorge Silva,	Espigueiros runners	M40TC	63	2:40:35.80	7,10	1:02:36
148	154	Catarina Matos,	Espigueiros runners	SFTC	5	2:40:35.97	7,10	1:02:36
149	430	Victor Figueiredo,	Viriathvs Runners Viseu	M50TC	12	2:40:48.58	7,09	1:02:49
150	413	Marco Mendes,		M40TC	64	2:41:01.47	7,08	1:03:01
151	235	Aníbal Gonçalves,	Atlético Clube de Travanca	M40TC	65	2:41:35.09	7,06	1:03:35
152	283	Diogo Pereirinha,	GDR Granja - Truas do Mau	SMTC	55	2:42:12.14	7,03	1:04:12
153	189	Hélder Lopes,	Team Contagiante	M40TC	66	2:42:16.35	7,03	1:04:16
154	348	Marcio Almeida,	Runners do Demo	M40TC	67	2:42:35.70	7,01	1:04:36
155	182	Telma Lopes,	Não Dão Nadinha	SFTC	6	2:43:10.12	6,99	1:05:10
156	319	Igor Almeida,		SMTC	56	2:43:16.44	6,98	1:05:16
157	316	Daniel Oliveira,	Espigueiros runners	SMTC	57	2:43:49.19	6,96	1:05:49
158	250	Jorge Silva,	UISEU TRAIL	M60TC	5	2:44:02.98	6,95	1:06:03
159	347	Helena Saraiva,	Espigueiros runners	SFTC	7	2:44:14.88	6,94	1:06:15
160	420	Miguel Saraiva,	Team Contagiante	SMTC	58	2:44:24.51	6,93	1:06:25
161	365	Pedro Leao,		SMTC	59	2:46:09.15	6,86	1:08:09
162	268	Carlos Cruz,	Zequinhas	SMTC	60	2:46:21.02	6,85	1:08:21
163	229	Francisca Correia,	Viriathvs Runners Viseu	S23FTC	1	2:46:28.88	6,85	1:08:29
164	232	Isabel Ramires,	Polis Fit Trail	F40TC	11	2:47:00.00	6,83	1:09:00
165	371	Palmira Baltazar,	Guarda Runners	F50TC	1	2:47:01.13	6,83	1:09:01
166	301	Ana Soares,	Lourosa de Baixo	SFTC	8	2:47:27.99	6,81	1:09:28
167	156	Jose Rodrigues,	Runners do Demo	M50TC	13	2:49:10.29	6,74	1:11:10
168	292	Ricardo Ferreira,	GDR Granja - Truas do Mau	SMTC	61	2:49:10.56	6,74	1:11:11
169	57	José Antonio Figueiredo,	Não Dão Nadinha	M40TC	68	2:49:30.78	6,73	1:11:31
170	197	Marco Pontes,	Viriathvs Runners Viseu	M40TC	69	2:49:41.88	6,72	1:11:42
171	306	Viriato Coelho,	Viriathvs Runners Viseu	M50TC	14	2:49:42.11	6,72	1:11:42
172	406	Cláudia Rodrigues,		SFTC	9	2:49:42.36	6,72	1:11:42
173	308	Claudia Nunes,	Viriathvs Runners Viseu	SFTC	10	2:50:04.62	6,70	1:12:05
174	173	Rui Andre,	Pes Anserinus	M40TC	70	2:50:50.88	6,67	1:12:51
175	190	Carlos Ferreira,	Team Contagiante	M40TC	71	2:51:12.03	6,66	1:13:12
176	398	Clara Nóbrega,		F40TC	12	2:51:36.39	6,64	1:13:36
177	328	Paulo Santos,		M40TC	72	2:51:38.22	6,64	1:13:38
178	223	José Manuel Martins,	Clube de Corrida REN	M40TC	73	2:52:13.05	6,62	1:14:13
179	183	Pedro Lopes,	Não Dão Nadinha	SMTC	62	2:52:19.58	6,62	1:14:20
180	157	Elsa Santos,	Runners do Demo	F40TC	13	2:52:27.12	6,61	1:14:27
181	295	Daniel Figueredo,	ARCD Bairro de Santa Cruz	S23MTC	2	2:53:36.98	6,57	1:15:37
182	441	Sandra Coelho,	JAVALLIS - Amizade & Glória	F40TC	14	2:53:40.49	6,56	1:15:40
183	214	Antonio Manuel Alves He	Polis Fit Trail	SMTC	63	2:53:49.42	6,56	1:15:49
184	231	José Ramires,	Polis Fit Trail	M50TC	15	2:56:18.08	6,47	1:18:18
185	311	Octávio Ferreira,		M40TC	74	2:56:51.83	6,45	1:18:52
186	218	VÍTOR Grilo,	Polis Fit Trail	M40TC	75	2:57:05.48	6,44	1:19:05
187	217	Ana Carvalho,	Polis Fit Trail	SFTC	11	2:57:06.69	6,44	1:19:07
188	418	Rui Ribeiro,		M40TC	76	2:57:08.46	6,44	1:19:08
189	246	Manuel Pacheco,	Atlético Clube de Travanca	SMTC	64	2:57:10.80	6,43	1:19:11
190	236	Sandra Santos,	Atlético Clube de Travanca	F40TC	15	2:58:36.27	6,38	1:20:36
191	353	Joca Durão,	UISEU TRAIL	SMTC	65	2:58:41.78	6,38	1:20:42
192	385	Mafalda Pereira,		SFTC	12	2:58:43.93	6,38	1:20:44
193	407	Cláudia Vaz,	Polis Fit Trail	SFTC	13	2:58:47.44	6,38	1:20:47

194	158 Cristina Almeida,	Viseu 360	F40TC	16	2:58:58.95	6,37	1:20:59
195	184 Bruno Costa,	Team Contagiante	SMTC	66	2:59:01.28	6,37	1:21:01
196	384 Marlene Almeida,	Viseu Running Team	SFTC	14	2:59:20.05	6,36	1:21:20
197	427 Jose Faro,	Viseu 360	M40TC	77	2:59:21.63	6,36	1:21:22
198	237 Nuno Lopes,	Viriato Crossfit	SMTC	67	2:59:45.46	6,34	1:21:45
199	342 Elisabete Correia,		SFTC	15	2:59:56.83	6,34	1:21:57
200	318 Nuno Neves,	TOC Runners	M40TC	78	3:00:48.90	6,31	1:22:49
201	343 Ana Marques,		SFTC	16	3:02:02.05	6,26	1:24:02
202	331 Francisco Agostinho,		M40TC	79	3:02:05.49	6,26	1:24:05
203	226 Celina Terras,	Polis Fit Trail	F40TC	17	3:02:06.88	6,26	1:24:07
204	221 Virgílio Lopes,	ARCD Bairro de Santa Cruz	M60TC	6	3:02:47.34	6,24	1:24:47
205	380 Mónica Baptista,	Team Contagiante	F40TC	18	3:03:14.81	6,22	1:25:15
206	450 fernando sousa,	Viriathvs Runners Viseu	M60TC	7	3:03:18.47	6,22	1:25:18
207	317 André Oliveira,	Espigueiros runners	SMTC	68	3:04:08.40	6,19	1:26:08
208	340 Marco Coelho,		M40TC	80	3:04:09.14	6,19	1:26:09
209	314 Cláudia Carrilho,	CCDR Colmeal da Torre	SFTC	17	3:04:42.05	6,17	1:26:42
210	339 Alexandra Cruz,	JAVALLIS - Amizade & Glória	SFTC	18	3:05:06.00	6,16	1:27:06
211	326 António José Pereira Fern:	TOC Runners	M50TC	16	3:05:06.79	6,16	1:27:07
212	185 Sandra Antunes,	Viriato Crossfit	SFTC	19	3:06:49.07	6,10	1:28:49
213	227 Joao Antunes,	Viriato Crossfit	SMTC	69	3:06:51.57	6,10	1:28:52
214	194 JOSÉ Costa,	Papa Trails	SMTC	70	3:07:17.71	6,09	1:29:18
215	234 João Almeida,	Atlético Clube de Travanca	SMTC	71	3:08:32.81	6,05	1:30:33
216	376 Carla Viegas,	Espigueiros runners	SFTC	20	3:09:28.57	6,02	1:31:29
217	362 Vitor Lucas,	Polis Fit Trail	SMTC	72	3:10:24.38	5,99	1:32:24
218	386 Teresa Pires,	Guarda Runners	F50TC	2	3:11:02.71	5,97	1:33:03
219	363 Fernando Figueiredo,	Não Dão Nadinha	M40TC	81	3:11:09.11	5,96	1:33:09
220	396 Patrícia Martins,	Pickle Films	SFTC	21	3:12:18.05	5,93	1:34:18
221	181 Guilherme Gomes,	Runners SERNANCELHE Terra da Cas	S23MTC	3	3:13:29.37	5,89	1:35:29
222	259 Tiago Pinheiro,	Team Contagiante	SMTC	73	3:13:33.30	5,89	1:35:33
223	329 Eduardo Luis,		M40TC	82	3:14:27.22	5,86	1:36:27
224	159 Helder Fernandes,		SMTC	74	3:14:27.66	5,86	1:36:28
225	188 Susana Lopes,	Team Contagiante	F40TC	19	3:14:39.56	5,86	1:36:40
226	193 Fabiana Silva,	Papa Trails	SFTC	22	3:15:06.63	5,84	1:37:07
227	247 Marisa Rodrigues,	Papa Trails	SFTC	23	3:15:08.58	5,84	1:37:09
228	253 Raquel Gomes,	Dão Nelas Runners	F40TC	20	3:16:30.59	5,80	1:38:31
229	417 José Jorge,	Polis Fit Trail	M50TC	17	3:17:09.06	5,78	1:39:09
230	357 INÊS APARICÍO,	UISEU TRAIL	SFTC	24	3:17:32.17	5,77	1:39:32
231	358 JOÃO COELHO,	UISEU TRAIL	SMTC	75	3:17:33.25	5,77	1:39:33
232	394 Paulo Almeida,	Runners do Demo	M40TC	83	3:18:30.61	5,74	1:40:31
233	416 Hugo Marques,	Runners do Demo	SMTC	76	3:18:30.89	5,74	1:40:31
234	439 Inês Amaral,	TombaMinis Trail Team	F40TC	21	3:19:13.73	5,72	1:41:14
235	360 ANABELA BATISTA,	UISEU TRAIL	F40TC	22	3:19:14.68	5,72	1:41:15
236	356 ALEXANDRA ALMEIDA,	UISEU TRAIL	F40TC	23	3:19:19.42	5,72	1:41:19
237	359 SERGIO LOPES,	UISEU TRAIL	M40TC	84	3:19:19.97	5,72	1:41:20
238	424 Ana sofia almeida madeir:	Tribo da estrela	SFTC	25	3:19:20.46	5,72	1:41:20
239	354 Sandra Oliveira,	UISEU TRAIL	F40TC	24	3:19:21.03	5,72	1:41:21
240	346 Francisca Lopes,		SFTC	26	3:19:49.75	5,71	1:41:50
241	345 Miguel Santos,		SMTC	77	3:19:52.84	5,70	1:41:53
242	349 Fernando Pinto,	Runners do Demo	M40TC	85	3:20:45.77	5,68	1:42:46
243	335 Joana Monteiro,	TOC Runners	F40TC	25	3:20:46.50	5,68	1:42:47
244	434 Isabel Urbano,		SFTC	27	3:20:48.66	5,68	1:42:49
245	324 Carina Borges,		SFTC	28	3:22:14.00	5,64	1:44:14
246	390 Joaquim Pais,	Tribo da estrela	M40TC	86	3:22:14.49	5,64	1:44:14
247	422 António Nascimento,	Gouveia	SMTC	78	3:22:25.04	5,63	1:44:25
248	383 Mário Almeida,	JORSAT RUNNERS	M50TC	18	3:23:14.81	5,61	1:45:15
249	162 Paulo Sá,	Viseu 360	M50TC	19	3:27:03.93	5,51	1:49:04
250	209 Vera Ferreira,	Viseu 360	SFTC	29	3:27:06.10	5,50	1:49:06
251	367 Fábio Matos,	Alcateia Running Team	SMTC	79	3:29:29.95	5,44	1:51:30
252	366 Daniela Guerra,	Alcateia Running Team	SFTC	30	3:29:30.71	5,44	1:51:31
253	277 Ana Cabral,	Dão Nelas Runners	F40TC	26	3:30:29.70	5,42	1:52:30
254	321 Cláudia Silva,	Josefinas Runners	F40TC	27	3:30:37.12	5,41	1:52:37
255	444 Celia Cordeiro,	Shift Trail Team	F40TC	28	3:30:50.50	5,41	1:52:51
256	224 João Almeida,	Viriathvs Runners Viseu	M50TC	20	3:30:51.02	5,41	1:52:51
257	438 Carla Nascimento,	Viriathvs Runners Viseu	F40TC	29	3:30:52.11	5,41	1:52:52
258	370 Clara Santos,	Josefinas Runners	F40TC	30	3:31:12.00	5,40	1:53:12
259	320 Elisabete Santos,	Josefinas Runners	F40TC	31	3:31:12.47	5,40	1:53:12
260	174 Alexandra Bento,	Pes Anserinus	F40TC	32	3:31:59.90	5,38	1:54:00
261	274 Anabela Midões,	KUASEKÍAMOS	F50TC	3	3:33:13.98	5,35	1:55:14
262	258 Catia Silva,	Team Contagiante	SFTC	31	3:37:27.97	5,24	1:59:28

263	240 Luis Didelet,	Polis Fit Trail	SMTC	80	3:38:13.68	5,22	2:00:14
264	449 Isabel Rodrigues,	Team Contagiante	SFTC	32	3:39:15.56	5,20	2:01:16
265	191 Elisabete Silva,	Team Contagiante	SFTC	33	3:39:16.64	5,20	2:01:17
266	239 Joana Ferreira,	Polis Fit Trail	SFTC	34	3:41:18.48	5,15	2:03:18
267	216 Pedro Ribeiro,	Polis Fit Trail	M40TC	87	3:41:20.26	5,15	2:03:20
268	165 Catia Lopes,	CDR ÁGUIAS UNIDAS	SFTC	35	3:44:57.53	5,07	2:06:58
269	160 Hugo Leandro,	Bixostrailteam	SMTC	81	3:46:02.68	5,04	2:08:03
270	228 Andreia Andrade,	Polis Fit Trail	SFTC	36	3:48:54.11	4,98	2:10:54
271	219 Alexandra Maria Candeias	Polis Fit Trail	F40TC	33	3:48:54.27	4,98	2:10:54
272	242 Catarina Simão,	Espigueiros runners	SFTC	37	3:53:38.93	4,88	2:15:39
273	207 Telma Alves,	Espigueiros runners	F40TC	34	3:53:40.12	4,88	2:15:40
274	361 marisa ramires,	Polis Fit Trail	SFTC	38	4:00:51.07	4,73	2:22:51
275	230 Andreia Fonseca,	Polis Fit Trail	SFTC	39	4:01:10.54	4,73	2:23:11
276	212 Cecília Pissarra,	Polis Fit Trail	F50TC	4	4:01:11.88	4,73	2:23:12
277	238 Ana Catarina Gomes Vilh	Polis Fit Trail	F40TC	35	4:01:28.03	4,72	2:23:28
278	213 António Pereira de Andrac	Polis Fit Trail	M50TC	21	4:05:59.08	4,63	2:27:59