

6º Trail CTM Vila Pouca de Aguiar - Resultados Provisórios

TRAIL LONGO

TRAIL CURTO

GERAL

GERAL/GÉNERO

ESCALÃO

TRAIL CURTO - 16.00km

Pos.	Dorsal		Atleta	Clube	Pos. Escalão	Tempo	Diferença
1	829	ES	JOSE MACEDO	CARCOBA	1	M40	01:39:17.351
2	876	PT	ANTÓNIO CAMPOS	CTM VILA POUCA DE AGUIAR	2	M40	01:42:09.820 +00:02:52.469
3	735	PT	NORBERTO LOUREIRO	STCAR	1	M30	01:43:24.917 +00:04:07.566
4	723	PT	MANUEL DIAS	SHUSS	2	M30	01:43:51.735 +00:04:34.384
5	545	PT	DIOGO MACHADO	CHAVES RUNNING TEAM	3	M30	01:45:25.115 +00:06:07.764
6	854	PT	DAVID LEITE	BRAVOS & BRAVITAS	1	M50	01:47:52.582 +00:08:35.231
7	505	PT	VALENTIM HENRIQUES	CLUBE DESPORTIVO ASAS DO MILÉNIO	2	M50	01:49:34.152 +00:10:16.801
8	574	PT	ANTONIO CARVALHO	CABECEIRAS BIKE TEAM	3	M40	01:51:41.553 +00:12:24.202
9	796	PT	MÁRCIO MÁRCIO	BRAVOS & BRAVITAS	4	M30	01:52:44.018 +00:13:26.667
10	588	PT	FÁBIO NUNES	FRIDÃO SEM LIMITES	1	Seniores	01:52:51.153 +00:13:33.802

							M		
11	848	PT	JOSÉ PINHEIRO	A.D.AMARANTE TRAIL RUNNING	4	M40	01:53:39.799	+00:14:22.448	
12	743	PT	ALFREDO MOREIRA	MOINHOS RUN - ADRM	5	M40	01:55:25.289	+00:16:07.938	
13	861	PT	PEDRO FACEIRA	INDIVIDUAL	2	Seniores M	01:58:07.758	+00:18:50.407	
14	726	PT	HUGO LOUREIRO	ALIANÇA DE GANDRA	5	M30	01:58:09.812	+00:18:52.461	
15	851	PT	NUNO MOURA	A.D.AMARANTE TRAIL RUNNING	6	M40	01:59:33.950	+00:20:16.599	
16	891	PT	ALFREDO GOMES	PEDRAS BIKERS TEAM	3	Seniores M	02:00:01.171	+00:20:43.820	
17	546	PT	CÂNDIDO MORAIS	CHAVES RUNNING TEAM	3	M50	02:01:32.220	+00:22:14.869	
18	839	PT	ARSÉNIO RODRIGUES	POWERFIT	4	M50	02:03:12.578	+00:23:55.227	
19	722	PT	BRUNO RICARDO PINHO	BOAVISTA TRAIL	6	M30	02:05:56.767	+00:26:39.416	
20	780	PT	FILIPE SANTOS	BRAVOS & BRAVITAS	4	Seniores M	02:06:08.202	+00:26:50.851	
21	507	PT	FERNANDO SILVA	NOS ACREDITAMOS	5	M50	02:06:13.921	+00:26:56.570	
22	822	PT	RICARDO TEIXEIRA	INDIVIDUAL	5	Seniores M	02:06:40.769	+00:27:23.418	
23	834	PT	RUI PEDRO DA SILVA OLIVEIRA	INDIVIDUAL	6	Seniores M	02:06:50.933	+00:27:33.582	
24	875	PT	GUILHERMINO MEIRELES	CTM VILA POUCA DE AGUIAR	7	M40	02:08:33.113	+00:29:15.762	
25	872	PT	VÍTOR FERREIRA	CTM VILA POUCA DE AGUIAR	7	M30	02:09:28.783	+00:30:11.432	
26	733	PT	AGOSTINHO MARAFÃO	INDIVIDUAL	6	M50	02:09:32.271	+00:30:14.920	

27	772	PT	GABRIEL FACEIRA	LINCES DO MARÃO	8	M30	02:09:35.625	+00:30:18.274
28	539	PT	EDUARDO PEREIRA	HAKYPNEUS TEAM	9	M30	02:09:41.957	+00:30:24.606
29	882	PT	TIAGO PEREIRA	CHAVES RUNNING TEAM	10	M30	02:10:25.736	+00:31:08.385
30	914	PT	CARLOS BORGES	CHAVES RUNNING TEAM	8	M40	02:10:29.069	+00:31:11.718
31	779	PT	GIL COUTO	CLUBE DE TRAIL DO ALVÃO	9	M40	02:11:19.035	+00:32:01.684
32	795	PT	MARCELO MARCELO	BRAVOS & BRAVITAS	7	M50	02:11:26.851	+00:32:09.500
33	515	PT	MANUEL NEVES	LAMEGO TRIBO RUNNERS	1	M60	02:11:59.307	+00:32:41.956
34	874	PT	PEDRO SÁ	CTM VILA POUCA DE AGUIAR	10	M40	02:12:37.227	+00:33:19.876
35	813	PT	MIGUEL SILVA	INDIVIDUAL	8	M50	02:15:41.585	+00:36:24.234
36	538	PT	TIAGO PIMENTA	HAKYPNEUS TEAM	11	M30	02:16:26.967	+00:37:09.616
37	768	PT	ANTÓNIO SILVA	B.V.A	12	M30	02:16:37.813	+00:37:20.462
38	781	PT	ANDRÉ ANDRÉ	BRAVOS & BRAVITAS	7	Seniores M	02:16:42.896	+00:37:25.545
39	852	PT	NUNO TEIXEIRA	BRAVOS & BRAVITAS	13	M30	02:16:51.114	+00:37:33.763
40	501	PT	NELSON AGUIAR	SFLUR	11	M40	02:16:55.117	+00:37:37.766
41	749	PT	JOSE PINTO	VILA POUCA DE AGUIAR	9	M50	02:17:18.653	+00:38:01.302
42	510	PT	SANDRA PEREIRA	NOS ACREDITAMOS	1	F40	02:17:23.415	+00:38:06.064
43	520	PT	JOSÉ RAPOSO	TÁLENTOS TEAM	10	M50	02:17:25.310	+00:38:07.959

44	550	PT	LEANDRO TEIXEIRA	NOS ACREDITAMOS	14	M30	02:17:35.314	+00:38:17.963
45	880	PT	CÉU COSTA	CHAVES RUNNING TEAM	1	F50	02:17:53.761	+00:38:36.410
46	825	PT	CARLOS PINTO	INDIVIDUAL	12	M40	02:19:22.875	+00:40:05.524
47	840	PT	MARCO ALMEIDA	POWERFIT	15	M30	02:19:29.573	+00:40:12.222
48	878	PT	RAQUEL CAMPOS	VILA POUCA DE AGUIAR	2	F40	02:19:43.742	+00:40:26.391
49	859	PT	FERNANDA TAVARES	CHAVES RUNNING TEAM	1	F30	02:19:49.731	+00:40:32.380
50	821	PT	PAULO ALVES	INDIVIDUAL	8	Seniores M	02:20:02.260	+00:40:44.909
51	892	PT	ALBERTINO GOMES	PEDRAS BIKERS TEAM	9	Seniores M	02:20:04.909	+00:40:47.558
52	774	PT	ALEXANDRE ALVES	INDIVIDUAL	10	Seniores M	02:20:08.134	+00:40:50.783
53	802	PT	SÉRGIO SÉRGIO	BRAVOS & BRAVITAS	13	M40	02:20:27.058	+00:41:09.707
54	858	PT	NUNO REBELO	POWERFIT	16	M30	02:21:34.771	+00:42:17.420
55	712	PT	ANDRÉ MATOS	RAPOSAS VOADORAS BTT	17	M30	02:23:30.306	+00:44:12.955
56	534	PT	RAQUEL RIBEIRO	ARRASTASSOLAS	3	F40	02:24:09.186	+00:44:51.835
57	865	PT	PAULO CAMPOS	EQUIPA HORA DO LOBO TRAIL - C.F. DE PEROSINHO ATLETISMO	14	M40	02:24:12.665	+00:44:55.314
58	856	PT	JOÃO SOUSA	BRAVOS & BRAVITAS	15	M40	02:24:47.378	+00:45:30.027
59	563	PT	DIANA BATSITA	SETE E PICO	1	Seniores F	02:24:57.932	+00:45:40.581
60	862	PT	LEONEL SILVA	EQUIPA HORA DO LOBO	16	M40	02:25:06.617	+00:45:49.266

TRAIL - C.F. DE
PEROSINHO ATLETISMO

61	705	PT	LUIS GONÇALVES	CAMIR - CLUBE AMADOR DE MIRANDELA	17	M40	02:25:09.168	+00:45:51.817
62	512	PT	MARTINHA MARTINE	NOS ACREDITAMOS	2	F50	02:25:13.582	+00:45:56.231
63	509	PT	NATERCIA FREITAS	NOS ACREDITAMOS	2	F30	02:25:15.668	+00:45:58.317
64	907	PT	FERNANDA CARNEIRO	CHAVES RUNNING TEAM	4	F40	02:25:35.533	+00:46:18.182
65	866	PT	LEONARDO PORTILHO	EQUIPA HORA DO LOBO TRAIL - C.F. DE PEROSINHO ATLETISMO	11	Seniores M	02:25:54.184	+00:46:36.833
66	519	PT	FERNANDO NASCIMENTO	TÁLENTOS TEAM	11	M50	02:26:14.194	+00:46:56.843
67	757	PT	TOMÁS JOÃO AIRES FERREIRA FERREIRA	MARÃO-Z-BIKE	12	M50	02:26:20.689	+00:47:03.338
68	738	ES	JORGE BERNARDINO VALVERDE	INDIVIDUAL	18	M40	02:26:25.835	+00:47:08.484
69	586	PT	TIAGO SOARES	MIRANDELA A CORRER	18	M30	02:26:36.945	+00:47:19.594
70	734	PT	DANIEL COSTA	INDIVIDUAL	12	Seniores M	02:26:57.470	+00:47:40.119
71	762	PT	MANUEL ABOBELEIRA	GEADAS RUNNING	19	M40	02:27:15.836	+00:47:58.485
72	603	PT	JOEL MAGALHÃES	INDIVIDUAL	13	Seniores M	02:27:22.896	+00:48:05.545
73	823	PT	RÉMI FERREIRA	LINCES DO MARÃO	14	Seniores M	02:27:24.456	+00:48:07.105
74	564	PT	FLÁVIA BATISTA	SETE E PICO	3	F30	02:27:37.822	+00:48:20.471
75	756	PT	ANTÓNIO CARVALHO	INDIVIDUAL	13	M50	02:27:40.489	+00:48:23.138
76	915	PT	JOÃO FERNANDES	#CAZAQUISTÃO#	15	Seniores	02:29:11.092	+00:49:53.741

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77	833	PT	LUIS FERNANDES	#CAZAQUISTÃO#	20	M40	02:29:13.348	+00:49:55.997
78	766	PT	RICARDO SARMENTO	CABANES ON FIRE	21	M40	02:29:36.600	+00:50:19.249
79	502	ES	LUIS LAFARGA	INDIVIDUAL	22	M40	02:29:39.177	+00:50:21.826
80	736	ES	MARTA BARBEITO	INDIVIDUAL	4	F30	02:29:41.410	+00:50:24.059
81	755	PT	TÂNIA RIBEIRO	GEADAS RUNNING	2	Seniores F	02:29:45.360	+00:50:28.009
82	906	PT	NUNO CUNHA	GEADAS RUNNING	19	M30	02:29:48.041	+00:50:30.690
83	566	PT	TIAGO CECÍLIO	SETE E PICO	16	Seniores M	02:29:50.453	+00:50:33.102
84	523	PT	AMÉRICO BOTELHO	GEADAS RUNNING	20	M30	02:30:14.921	+00:50:57.570
85	600	PT	PEDRO TEIXEIRA	CABECEIRAS BIKE TEAM	21	M30	02:30:56.846	+00:51:39.495
86	855	PT	MARIA MARIA	BRAVOS & BRAVITAS	5	F40	02:31:04.455	+00:51:47.104
87	530	PT	JOSÉ RODRIGUES	PRESTÍGIO - IMOBILIÁRIA MAIA	14	M50	02:31:22.949	+00:52:05.598
88	511	PT	ARMANDO CARDOSO	NOS ACREDITAMOS	23	M40	02:31:55.794	+00:52:38.443
89	845	PT	FRANCISCO FREITAS	GAIA-RUNNING	15	M50	02:33:48.939	+00:54:31.588
90	724	PT	MIGUEL TAVEIRA	SHUSS	22	M30	02:33:52.049	+00:54:34.698
91	579	PT	LEONARDO PINTO	INDIVIDUAL	23	M30	02:33:56.911	+00:54:39.560
92	742	PT	PAULO SANTOS	LAMEGO PELOS TRILHOS	24	M40	02:34:00.269	+00:54:42.918

93	793	PT	MARIA CARMO	BRAVOS & BRAVITAS	3	F50	02:34:04.315	+00:54:46.964
94	908	PT	DUARTE AVILA SANTOS	CTM VILA POUCA DE AGUIAR	17	Seniores M	02:34:25.922	+00:55:08.571
95	884	PT	SIMÃO LIMA	INDIVIDUAL	18	Seniores M	02:34:28.550	+00:55:11.199
96	575	PT	TELMO OILIVEIRA	CABECEIRAS BIKE TEAM	24	M30	02:35:12.874	+00:55:55.523
97	701	PT	ARTUR JOSÉ GONÇALVES FERREIRA	CABECEIRAS BIKE TEAM	25	M30	02:35:25.198	+00:56:07.847
98	909	PT	JULIA AREDE	GAIA-RUNNING	3	Seniores F	02:35:27.326	+00:56:09.975
99	728	PT	DANIEL CARVALHO	LINCES DO MARÃO	19	Seniores M	02:35:46.561	+00:56:29.210
100	773	PT	JOÃO SOUSA	LINCES DO MARÃO	20	Seniores M	02:35:48.538	+00:56:31.187
101	877	PT	HUGO PINTO	ELOQUENTE	26	M30	02:36:02.709	+00:56:45.358
102	816	PT	DUARTE LOBO	INDIVIDUAL	25	M40	02:36:13.478	+00:56:56.127
103	771	PT	DUARTE MELO	INDIVIDUAL	27	M30	02:37:25.340	+00:58:07.989
104	581	PT	ANTÓNIO PEREIRA	MEADAS	16	M50	02:37:46.811	+00:58:29.460
105	750	PT	TIAGO CARVALHO	INDIVIDUAL	28	M30	02:37:56.447	+00:58:39.096
106	798	PT	PEDRO ALMEIDA	BRAVOS & BRAVITAS	21	Seniores M	02:39:08.911	+00:59:51.560
107	589	PT	GASPAR OLIVEIRA	PÉS DE CHUMBO RUNNERS	17	M50	02:39:55.183	+01:00:37.832
108	604	PT	EMANUEL FERNANDES	INDIVIDUAL	22	Seniores M	02:39:57.734	+01:00:40.383
109	758	PT	FILIPE RODRIGUES	SUPER LESMAS	26	M40	02:40:45.351	+01:01:28.000

110	797	PT	PATRICIA SANTOS	BRAVOS & BRAVITAS	5	F30	02:43:00.315	+01:03:42.964
111	850	PT	MARCO NUNES	A.D.AMARANTE TRAIL RUNNING	29	M30	02:43:06.343	+01:03:48.992
112	847	PT	LUÍSA TEIXEIRA	A.D.AMARANTE TRAIL RUNNING	6	F40	02:43:12.199	+01:03:54.848
113	869	PT	PEDRO CUSTÓDIO	BRAVOS & BRAVITAS	30	M30	02:44:55.078	+01:05:37.727
114	557	PT	NUNO SILVA	EDV-VIANATRIL	31	M30	02:45:06.310	+01:05:48.959
115	783	PT	CARLOS SILVA	BRAVOS & BRAVITAS	27	M40	02:45:42.211	+01:06:24.860
116	918	PT	SILVIA SILVIA	BRAVOS & BRAVITAS	7	F40	02:45:45.089	+01:06:27.738
117	803	PT	SÓNIA QUEIRÓS	BRAVOS & BRAVITAS	8	F40	02:45:50.218	+01:06:32.867
118	540	PT	JOÃO CARVALHO	HAKYPNEUS TEAM	23	Seniores M	02:45:54.846	+01:06:37.495
119	587	PT	JORGE CARVAHO	INDIVIDUAL	18	M50	02:46:18.563	+01:07:01.212
120	764	PT	NUNO COUTO	CABANES ON FIRE	28	M40	02:47:39.507	+01:08:22.156
121	537	PT	CARLOS MACHADO	HAKYPNEUS TEAM	29	M40	02:47:46.741	+01:08:29.390
122	529	PT	PAULO PERES	MIRANDELA A CORRER	30	M40	02:48:23.075	+01:09:05.724
123	841	PT	FERNANDO MACHADO	GAIA-RUNNING	31	M40	02:48:46.086	+01:09:28.735
124	559	PT	SALOME CERQUEIRA	EDV-VIANATRIL	9	F40	02:48:54.531	+01:09:37.180
125	800	PT	RICARDO FERREIRA	BRAVOS & BRAVITAS	32	M40	02:49:45.034	+01:10:27.683
126	718	PT	JOSÉ DUARTE	LAMEGO PELOS TRILHOS	2	M60	02:50:50.065	+01:11:32.714

127	838	PT	JOSÉ VIEIRA	POWERFIT	19	M50	02:51:01.873	+01:11:44.522
128	799	PT	PEDRO BASTOS	BRAVOS & BRAVITAS	33	M40	02:55:05.393	+01:15:48.042
129	794	PT	MANUEL GOMES	BRAVOS & BRAVITAS	20	M50	02:55:52.089	+01:16:34.738
130	808	PT	VITOR TERROR	BRAVOS & BRAVITAS	32	M30	02:55:55.210	+01:16:37.859
131	710	ES	AIDA RODRIGUEZ RIVERA	CLUB DE MONTAÑA FORMIGUEIROS / SAN CLODIO-LUGO-GALICIA / PROBA	6	F30	02:56:02.165	+01:16:44.814
132	709	ES	MONICA RODRIGUEZ RIVERA	CLUB DE MONTAÑA FORMIGUEIROS / SAN CLODIO-LUGO-GALICIA / PROBA	10	F40	02:56:05.829	+01:16:48.478
133	711	ES	JOSE MANUEL BARREIRO MACHADO	CLUB DE MONTAÑA FORMIGUEIROS / SAN CLODIO-LUGO-GALICIA / PROBA	34	M40	02:56:07.218	+01:16:49.867
134	552	PT	FÁTIMA AFONSO	CHAVES RUNNING TEAM	4	F50	02:57:14.568	+01:17:57.217
135	860	PT	SUSANA FERREIRA	INSANE TRAIL TEAM	11	F40	02:57:41.241	+01:18:23.890
136	879	PT	JOEL SILVA	INSANE TRAIL TEAM	35	M40	02:57:46.333	+01:18:28.982
137	744	PT	NUNO PEREIRA	INDIVIDUAL	33	M30	02:58:18.259	+01:19:00.908
138	541	PT	LUIS CAMPILLO	INDIVIDUAL	34	M30	03:00:18.383	+01:21:01.032
139	740	PT	SUATI ALMEIDA	INDIVIDUAL	35	M30	03:00:28.158	+01:21:10.807
140	739	PT	RICARDO EIRA	INDIVIDUAL	36	M30	03:00:32.120	+01:21:14.769
141	514	PT	SALOME SOUSA	NOS ACREDITAMOS	5	F50	03:02:32.645	+01:23:15.294

142	760	PT	ESTER LIMA	RUN4FUN	6	F50	03:02:44.149	+01:23:26.798
143	560	PT	SUSANA MATOS	EDV-VIANATRIL	12	F40	03:03:19.611	+01:24:02.260
144	864	PT	DANIEL SILVA	EQUIPA HORA DO LOBO TRAIL - C.F. DE PEROSINHO ATLETISMO	24	Seniores M	03:03:46.186	+01:24:28.835
145	867	PT	NUNO SANTOS	EQUIPA HORA DO LOBO TRAIL - C.F. DE PEROSINHO ATLETISMO	37	M30	03:03:49.513	+01:24:32.162
146	809	PT	ANTÓNIO ALBUQUERQUE	BRAVOS & BRAVITAS	36	M40	03:06:05.312	+01:26:47.961
147	790	PT	JOSÉ HERDEIRO	BRAVOS & BRAVITAS	37	M40	03:06:07.594	+01:26:50.243
148	716	PT	DIOGO LUCENA	MEADAS	25	Seniores M	03:06:50.220	+01:27:32.869
149	580	PT	BRUNO LIMA	MEADAS	38	M40	03:07:46.627	+01:28:29.276
150	549	PT	ALVARO CARDOSO	NOS ACREDITAMOS	21	M50	03:09:27.266	+01:30:09.915
151	863	PT	CONCEIÇÃO PEREIRA	EQUIPA HORA DO LOBO TRAIL - C.F. DE PEROSINHO ATLETISMO	7	F50	03:10:00.592	+01:30:43.241
152	805	PT	SÓNIA TAVARES	BRAVOS & BRAVITAS	7	F30	03:10:20.534	+01:31:03.183
153	842	PT	FERNANDO VIEIRA	GAIA-RUNNING	3	M60	03:10:25.588	+01:31:08.237
154	542	PT	MARILENE FARIA	CHAVES RUNNING TEAM	13	F40	03:10:28.494	+01:31:11.143
155	503	PT	MARTA CABRAL	INDIVIDUAL	14	F40	03:10:46.238	+01:31:28.887
156	504	PT	ANTÓNIO CABRAL	INDIVIDUAL	39	M40	03:10:47.676	+01:31:30.325
157	521	PT	ELISABETE LOURENÇO	TÁLENTOS TEAM	15	F40	03:11:12.463	+01:31:55.112

158	522	PT	CREMILDE RAPOSO	TÁLENTOS TEAM	8	F50	03:11:20.658	+01:32:03.307
159	592	PT	MANUEL PENELAS	INDIVIDUAL	22	M50	03:12:39.942	+01:33:22.591
160	776	PT	ALCINO COSTA	INDIVIDUAL	40	M40	03:12:46.463	+01:33:29.112
161	787	PT	ISABEL ISABEL	BRAVOS & BRAVITAS	8	F30	03:12:49.549	+01:33:32.198
162	702	PT	ANTÓNIO PESSOA	LAMEGO	41	M40	03:14:55.946	+01:35:38.595
163	513	PT	AURORA SILVA	NOS ACREDITAMOS	16	F40	03:16:54.790	+01:37:37.439
164	913	PT	VERA LEITE	BRAVOS & BRAVITAS	9	F30	03:17:03.953	+01:37:46.602
165	730	PT	LUIZ BLANQUET BLANQUET	EQUIPA HORA DO LOBO TRAIL - C.F. DE PEROSINHO ATLETISMO	23	M50	03:19:14.716	+01:39:57.365
166	835	PT	CRISTIANA CASTRO	VILA REAL	10	F30	03:21:14.977	+01:41:57.626
167	814	PT	MARÍLIA GUEDES	GEADAS RUNNING	11	F30	03:26:16.227	+01:46:58.876
168	527	PT	ANTÓNIO QUADROS	GEADAS RUNNING	42	M40	03:26:18.284	+01:47:00.933
169	526	PT	SANDRINA QUEIROZ	GEADAS RUNNING	17	F40	03:26:22.267	+01:47:04.916
170	547	PT	BORJA ESTEBAN	INDIVIDUAL	38	M30	03:26:28.473	+01:47:11.122
171	786	PT	FERNANDO FERNANDO	BRAVOS & BRAVITAS	43	M40	03:27:12.242	+01:47:54.891
172	815	PT	CARLA CARNEIRO	INDIVIDUAL	12	F30	03:27:26.220	+01:48:08.869
173	765	PT	SANDRA COUTO	CABANES ON FIRE	13	F30	03:28:16.282	+01:48:58.931
174	843	PT	HELDER OLIVEIRA	GAIA-RUNNING	24	M50	03:28:39.543	+01:49:22.192

175	767	PT	ANABELA SILVA	CABANES ON FIRE	18	F40	03:29:27.643	+01:50:10.292
176	500	PT	MARGARIDA OLIVEIRA	PAREDES AVENTURA	19	F40	03:29:29.781	+01:50:12.430
177	912	PT	MARIA DO CARMO	MIRANDELA A CORRER	9	F50	03:32:50.065	+01:53:32.714
178	849	PT	ANA MENDONÇA	A.D.AMARANTE TRAIL RUNNING	14	F30	03:32:57.125	+01:53:39.774
179	770	PT	CARLA GONÇALVES	RUN4FUN	20	F40	03:36:23.979	+01:57:06.628
180	837	PT	CÁTIA CARVALHO	POWERFIT	4	Seniores F	03:39:16.286	+01:59:58.935
181	836	PT	LILIANA SOUSA	POWERFIT	15	F30	03:39:21.475	+02:00:04.124
182	819	PT	ANTÓNIO CARDOSO	PITUFOS TEAM	26	Seniores M	03:40:54.369	+02:01:37.018
183	820	PT	INÊS FRANCISCO	PITUFOS TEAM	5	Seniores F	03:40:57.641	+02:01:40.290
184	818	PT	GONÇALO SARDINHA	PITUFOS TEAM	27	Seniores M	03:41:08.895	+02:01:51.544
185	556	PT	MARIA COELHO	LAMEGO PELOS TRILHOS	10	F50	03:43:53.332	+02:04:35.981
186	846	PT	LUÍSA MARIZ	RUN4FUN	11	F50	03:43:54.213	+02:04:36.862
187	555	PT	EDUARDO LUIS	LAMEGO PELOS TRILHOS	44	M40	03:44:00.909	+02:04:43.558
188	868	PT	PAULA TAVARES	EQUIPA HORA DO LOBO TRAIL - C.F. DE PEROSINHO ATLETISMO	21	F40	03:44:31.346	+02:05:13.995
189	752	PT	GISELA LOPES	INDIVIDUAL	22	F40	03:44:36.247	+02:05:18.896
190	536	PT	CRISTINA RAMIRES	MIRANDELA A CORRER	23	F40	03:45:18.467	+02:06:01.116

191	567	PT	SANDRA GOMES	SETE E PICO	24	F40	03:45:23.538	+02:06:06.187
192	719	PT	MANUEL SILVA	ARRASTASSOLAS	25	M50	03:45:25.276	+02:06:07.925
193	775	PT	CÁTIA COSTA	INDIVIDUAL	16	F30	03:50:37.911	+02:11:20.560
194	916	PT	ARTUR MORAIS	INDIVIDUAL	26	M50	03:50:41.990	+02:11:24.639
195	593	PT	JOÃO TEIXEIRA	INDIVIDUAL	45	M40	03:50:46.390	+02:11:29.039
196	708	PT	JOSÉ MACHADO	INDIVIDUAL	4	M60	03:50:48.269	+02:11:30.918
197	568	PT	CLÁUDIO MARINHO	SETE E PICO	46	M40	03:50:52.304	+02:11:34.953
198	759	PT	CARLOS LIMA	RUN4FUN	27	M50	03:54:56.536	+02:15:39.185
199	741	PT	OLEMA GONÇALVES	MIRANDELA A CORRER	12	F50	03:54:59.887	+02:15:42.536
200	791	PT	LILIANA CANEDO	BRAVOS & BRAVITAS	25	F40	03:58:07.913	+02:18:50.562
201	830	PT	ANTÓNIO CRUZ	INDIVIDUAL	47	M40	04:00:13.677	+02:20:56.326
202	543	PT	JOSÉ CARREIRA	CHAVES RUNNING TEAM	39	M30	04:00:29.638	+02:21:12.287
203	601	PT	GUILHERME FONTINHA	VILA REAL	28	M50	04:00:38.568	+02:21:21.217
204	602	PT	PALMIRA FONTINHA	VILA REAL	13	F50	04:00:41.750	+02:21:24.399
205	525	PT	PAULO NUNES	TÁLENTOS TEAM	29	M50	04:00:48.181	+02:21:30.830
206	524	PT	ISABEL NUNES	TÁLENTOS TEAM	14	F50	04:00:54.063	+02:21:36.712
207	754	PT	GISELA LOPES	INDIVIDUAL	26	F40	04:00:58.678	+02:21:41.327

208	753	PT	GISELA LOPES	INDIVIDUAL	27	F40	04:01:01.256	+02:21:43.905
209	769	PT	ALEXANDRE SOUSA	INDIVIDUAL	28	Seniores M	04:01:30.895	+02:22:13.544
210	807	PT	VIRGINA VIRGINA	BRAVOS & BRAVITAS	28	F40	04:02:06.213	+02:22:48.862
211	824	PT	PEDRO RAMIRES	MIRANDELA A CORRER	29	Seniores M	04:02:11.199	+02:22:53.848
212	885	PT	ALEXANDRA GONÇALVES	RUN4FUN	29	F40	04:02:25.849	+02:23:08.498
213	778	PT	EDITE SANTOS	INDIVIDUAL	15	F50	04:02:31.379	+02:23:14.028
214	561	PT	LIGIA FERNANDES	EDV-VIANATRIL	30	F40	04:02:38.170	+02:23:20.819
215	558	PT	CELIA CERQUEIRA	EDV-VIANATRIL	31	F40	04:02:54.342	+02:23:36.991
216	590	PT	NUNO DINIS	INDIVIDUAL	40	M30	04:04:23.316	+02:25:05.965
217	883	PT	JOSÉ PARENTE	INDIVIDUAL	30	Seniores M	04:04:25.454	+02:25:08.103
218	761	PT	LETÍCIA ALMEIDA SOUSA	INDIVIDUAL	17	F30	04:04:32.123	+02:25:14.772
219	720	PT	JOÃO RESENDE	INVICTA RUNNERS TEAM	48	M40	04:04:43.415	+02:25:26.064
220	785	PT	DORINDA GOMES	BRAVOS & BRAVITAS	32	F40	04:09:25.987	+02:30:08.636
221	806	PT	VALTER MOTA	BRAVOS & BRAVITAS	49	M40	04:09:29.237	+02:30:11.886
222	804	PT	SONIA RAQUEL	BRAVOS & BRAVITAS	33	F40	04:09:31.662	+02:30:14.311
223	788	PT	JOANA SILVA	BRAVOS & BRAVITAS	18	F30	04:09:33.421	+02:30:16.070
224	745	PT	JOÃO LOUREIRO	INDIVIDUAL	41	M30	04:13:00.108	+02:33:42.757

225	812	PT	TERESA TORRINHAS MORAIS	VILA NOVA DE GAIA	34	F40	04:17:48.465	+02:38:31.114
226	910	PT	ANA SANTOS	INDIVIDUAL	19	F30	04:18:46.313	+02:39:28.962
227	531	PT	ERMESINDA CARVALHO	PRESTÍGIO - IMOBILIÁRIA MAIA	16	F50	04:19:04.466	+02:39:47.115
228	893	PT	PAULO MARQUES	PEDRAS BIKERS TEAM	31	Seniores M	04:23:43.735	+02:44:26.384
229	895	PT	MANUEL MELO	PEDRAS BIKERS TEAM	42	M30	04:23:44.543	+02:44:27.192
230	886	PT	ALEXANDRE LAMEIRA	PEDRAS BIKERS TEAM	50	M40	04:23:47.933	+02:44:30.582
231	889	PT	ELISABETE CORREIA	PEDRAS BIKERS TEAM	20	F30	04:23:53.149	+02:44:35.798
232	888	PT	EMA LEAL DA COSTA	PEDRAS BIKERS TEAM	35	F40	04:23:54.600	+02:44:37.249
233	887	PT	CARLOS PINTO	PEDRAS BIKERS TEAM	30	M50	04:24:01.961	+02:44:44.610
234	890	PT	CÁTIA MARQUES	PEDRAS BIKERS TEAM	21	F30	04:24:10.846	+02:44:53.495
235	747	PT	AMÂNDIO TAVEIRA	INDIVIDUAL	5	M60	04:36:43.857	+02:57:26.506
236	746	PT	ALEXANDRE MATOS	INDIVIDUAL	31	M50	04:36:46.608	+02:57:29.257
237	919	PT	SOFIA LEAL	BRAVOS & BRAVITAS	22	F30	04:38:37.655	+02:59:20.304
238	801	PT	ROSA ROSA	BRAVOS & BRAVITAS	36	F40	04:38:41.351	+02:59:24.000