

Dorsal	Atleta	Escalão	Equipa	Tempo	Dif. +	Ritmo
3513	TEIXEIRA, Victor	VET-M	NAST	02:48:40	-	05:26
0003	FERNANDES, Diogo	SEN-M	Afa Cycles	02:54:37	00:05:57	05:37
3253	PRESA, Renato	SEN-M	Desnível Positivo	03:18:36	00:29:56	06:24
3214	DINIS, João	SEN-M	Individual	03:22:07	00:33:27	06:31
3251	COSTA, Artur	SEN-M	Desnível Positivo	03:24:57	00:36:17	06:36
3201	MARTINS, Helder	SEN-M	Individual	03:27:23	00:38:43	06:41
0001	ALVES, Ester	SEN-F	Afa Cycles	03:31:45	00:43:05	06:49
3517	SIMÕES, Nuno	VET-M	Individual	03:34:07	00:45:27	06:54
3516	MOTA, Gonçalo	VET-M	NAST	03:34:31	00:45:51	06:55
3254	PENETRA, Vitor	SEN-M	Desnível Positivo	03:39:07	00:50:27	07:04
3518	QUERIDO, Bruno	VET-M	Desnível Positivo	03:44:44	00:56:04	07:14
3240	PINTO, Pedro	SEN-M	Trilhos D'Aventura	03:48:43	01:00:03	07:22
3204	PEREIRA, Nuno	SEN-M	Individual	03:50:05	01:01:25	07:25
3515	VELOSO, Rui	VET-M	Fama Runners	03:51:35	01:02:55	07:28
0002	BOMTEMPO, Ricardo	SEN-M	Kangaroo Runners	03:51:58	01:03:18	07:28
3512	DIAS, Bruno	VET-M	Trail Vilar Perdizes	03:53:12	01:04:32	07:31
0007	CARNEIRO, Vitor	SEN-M	Fama Runners	03:54:19	01:05:39	07:33
3210	FERNANDES, Ricardo	SEN-M	papakm	03:54:32	01:05:52	07:33
3205	PEDRO, Eurico	SEN-M	Individual	03:54:58	01:06:18	07:34
3216	MEIRA, Filipe	SEN-M	Individual	03:55:03	01:06:23	07:34
0040	ALVES, José	SEN-M	Fama Runners	03:56:24	01:07:44	07:37
3238	MELO, Inuo	SEN-M	Run4All	04:00:10	01:11:30	07:44
3237	COSTA, Ulisses	SEN-M	Run4All	04:00:13	01:11:33	07:44
3213	ROCHA, Ricardo	SEN-M	FAST AO KM	04:00:44	01:12:04	07:45
3226	BARBOSA, Mário	SEN-M	Individual	04:03:57	01:15:17	07:52
3504	MARQUES, Mário	VET-M	Individual	04:05:45	01:17:05	07:55
3502	FERREIRA, Artur	VET-M	Individual	04:05:49	01:17:09	07:55
3203	GRAÇA, João	SEN-M	Individual	04:08:22	01:19:42	08:00
3245	OLIVEIRA, Mário	SEN-M	Shots International Runners	04:10:36	01:21:56	08:05

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3259	SILVA, Nuno	SEN-M	Individual	04:11:10	01:22:30	08:06
3258	MATOS, José	SEN-M	Individual	04:11:13	01:22:33	08:06
3234	MARTINS, Carlos	SEN-M	Individual	04:11:22	01:22:42	08:06
3209	PEREIRA, Paulo	SEN-M	papakm	04:14:28	01:25:48	08:12
3255	ALMEIDA, Diogo	SEN-M	Desnível Positivo	04:15:01	01:26:21	08:13
3509	NOVOA, Pedro	VET-M	Minho Aventura	04:15:35	01:26:55	08:14
3005	NETA, Susana	SEN-F	Os Netas	04:15:38	01:26:58	08:14
3500	PEREIRA, Rui	VET-M	Individual	04:16:34	01:27:54	08:16
3208	MONTEIRO, Fernando	SEN-M	papakm	04:20:38	01:31:58	08:24
3008	PINTO, Brígida	SEN-F	ORALKLASS AMIGOS DO TRAIL	04:21:04	01:32:24	08:25
3009	AMOEDO, Natália	SEN-F	Desnível Positivo	04:22:37	01:33:57	08:28
3247	OLIVEIRA, Pedro	SEN-M	Running Team Lantemil	04:29:12	01:40:32	08:41
3242	COSTA, Ricardo	SEN-M	Fama Runners	04:29:36	01:40:56	08:41
3233	CALDEIRA, Vítor	SEN-M	Individual	04:34:28	01:45:48	08:51
3508	NOGUEIRA, Pedro	VET-M	Individual	04:35:30	01:46:50	08:53
3507	CASTRO, Vitor	VET-M	Individual	04:37:14	01:48:34	08:56
0022	JANELA, José	VET-M	Team Famalicão / Afa Cycles	04:37:24	01:48:44	08:56
3250	MOREIRA, Sérgio	SEN-M	Individual	04:37:52	01:49:12	08:57
3514	NETA, Paulo	VET-M	Os Netas	04:37:57	01:49:17	08:57
3232	HENRIQUES, Ricardo	SEN-M	Shots International Runners	04:40:21	01:51:41	09:02
3218	PINTO, Rui	SEN-M	CLUBE DESPORTIVO DE LOUSADO	04:42:28	01:53:48	09:06
3215	AZEVEDO, Carlos	SEN-M	Individual	04:44:52	01:56:12	09:11
3212	SILVA, Marco	SEN-M	Individual	04:44:56	01:56:16	09:11
3239	OLIVEIRA, Paulo	SEN-M	Fama Runners	04:45:43	01:57:03	09:12
3211	GUIMARÃES, Micael	SEN-M	CRF	04:50:53	02:02:13	09:23
3225	CUNHA, José	SEN-M	JC&NIKI	04:56:52	02:08:12	09:34
3257	COSTA, Isaac	SEN-M	Individual	04:56:57	02:08:17	09:34
3002	COSTA, Catarina	SEN-F	Fama Runners	05:08:54	02:20:14	09:57
3501	PINTO, Jorge	VET-M	Individual	05:12:46	02:24:06	10:05

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3503	SOUSA, Álvaro	VET-M	papakm	05:12:56	02:24:16	10:05
3244	FONSECA, Wilson	SEN-M	Fama Runners	05:16:09	02:27:29	10:11
3100	QUINTELA, Paula	VET-F	Fama Runners	05:22:46	02:34:06	10:24
3001	NEIVA, Raquel	SEN-F	CLUBE DESPORTIVO DE LOUSADO	05:26:23	02:37:43	10:31
3241	SILVA, Pedro	SEN-M	Fama Runners	05:31:02	02:42:22	10:40
3004	CABRAL, Solange	SEN-F	Vamos Lá	05:46:23	02:57:43	11:10
3511	RIBEIRO, José	VET-M	Vamos Lá	05:46:27	02:57:47	11:10
3510	MELO, Pedro	VET-M	Individual	05:52:32	03:03:52	11:22
3236	SILVA, Bruno	SEN-M	Individual	02:05:38	-	-
3505	BARROS, José	VET-M	Individual	03:25:43	-	-
3228	MARQUES, João	SEN-M	No Tomorrow Running Team	03:31:27	-	-
3219	OLIVEIRA, Duarte	SEN-M	A T V.V	03:40:38	-	-
3223	SOUSA, Ricardo	SEN-M	Individual	04:26:22	-	-
3224	COSTA, Jorge	SEN-M	Individual	04:33:35	-	-
3222	LUÍS, Mário	SEN-M	XTrail Running Team	04:45:11	-	-
3221	RAMOS, Fernando	SEN-M	XTrail Running Team	04:45:15	-	-