

GERAL - TRAIL-CURTO 15KM

Posicao	P. Escalão	Dorsal	Nome	Equipa	Escalao	Tempo
1	1	1364	Bruno Silva	Afa Cycles	Seniores	01:18:10
2	2	1190	Anselmo Maia	Individual	Seniores	01:26:18
3	3	1391	Pedro Oliveira	Fama Runners	Seniores	01:26:23
4	4	1602	Telmo Ferreira	Alive Runners	Seniores	01:26:48
5	5	1117	Rui Gomes	Individual	Seniores	01:27:09
6	6	1271	Ricardo Rodrigues	Individual	Seniores	01:27:36
7	7	1407	Miguel Fernandes	Alive Runners	Seniores	01:29:30
8	8	1083	Nuno Silva	Individual	Seniores	01:29:48
9	9	1397	Ricardo Miranda	GTT - ARMAZÉM DO CAFFÉ	Seniores	01:30:23
10	10	1039	Nuno Figueiredo	GTT - ARMAZÉM DO CAFFÉ	Seniores	01:30:35
11	1	1369	paulo pereira	Fama Runners	Veteranos 40	01:31:01
12	2	1162	Paulo Magalhães	Adeca/Beat Loja Desporto	Veteranos 40	01:31:28
13	11	1226	Ricardo Campos	Fama Runners	Seniores	01:32:07
14	1	1257	Armando Araújo	Fama Runners	Veteranos 50	01:32:30
15	3	1329	Miguel Figueiredo	airorun	Veteranos 40	01:33:19
16	4	1413	Joaquim Pinheiro	Alive Runners	Veteranos 40	01:33:42
17	12	1142	Hélder Ribeiro	airorun	Seniores	01:35:00
18	5	1183	jose pereira	airorun	Veteranos 40	01:35:49
19	13	1258	Paulo Leça	Team Lantemil	Seniores	01:35:55
20	6	1427	José Coelho	Afa Cycles	Veteranos 40	01:36:04
21	1	1402	Ana Rocha	Alive Runners	Seniores	01:36:37
22	14	1370	ricardo fernandes	Fama Runners	Seniores	01:37:04
23	15	1268	Nuno Oliveira	Team Lantemil	Seniores	01:38:23
24	16	1118	André Fraga	Individual	Seniores	01:39:32
25	17	1388	André Rafael	Celtic Challenge Crew	Seniores	01:40:03
26	2	1387	Narciso Machado	Celtic Challenge Crew	Veteranos 50	01:40:07
27	18	1338	Diogo Madeira	Fama Runners	Seniores	01:40:08
28	19	1381	Edgar Costa	Celtic Challenge Crew	Seniores	01:41:01
29	20	1037	Paulo Santos	Team Lantemil	Seniores	01:41:21
30	21	1234	Pedro Azevedo	Individual	Seniores	01:41:39
31	22	1291	Emanuel Machado	Fama Runners	Seniores	01:41:49
32	23	1197	Paulo Elias	BeFitness Runners	Seniores	01:41:57
33	24	1332	Luís Filipe Silva	Fama Runners	Seniores	01:42:24
34	25	1028	João Mendonça	Individual	Seniores	01:43:28
35	26	1196	André Costa	BeFitness Runners	Seniores	01:43:38
36	27	1010	Rafael Santos	Individual	Seniores	01:44:03
37	28	1304	Miguel Fernandes	Fama Runners	Seniores	01:44:43
38	29	1225	Vítor Ribeiro	Didáxis Trail	Seniores	01:45:01
39	2	1250	Rita Loureiro	ORALKLASS AMIGOS DO TRAIL	Seniores	01:45:20
40	3	1241	Tânia Salgado	Fisiojoane	Seniores	01:45:43
41	30	1124	PEDRO CASTRO	Individual	Seniores	01:45:47
42	7	1358	Carlos Silva	Amigos do Caneco	Veteranos 40	01:45:55

43	31	1173	Hélder Pereira	Travassós Running Fafe	Seniores	01:46:08
44	3	1041	Narciso Machado	ProFisio Team	Veteranos 50	01:46:12
45	32	1134	Hélder Faria	Associação Desportiva da Efacec	Seniores	01:46:59
46	33	1238	Hélder Davide Silva	Fisiojoane	Seniores	01:47:12
47	8	1159	Nuno Ferreira	Individual	Veteranos 40	01:47:20
48	9	1356	Joaquim Pereira	Amigos do Caneco	Veteranos 40	01:47:23
49	34	1034	Sergio Manuel Santos Ortiga	Individual	Seniores	01:47:43
50	35	1067	João Saldanha	ProFisio Team	Seniores	01:47:47
51	36	1383	Romeu Carvalho	Celtic Challenge Crew	Seniores	01:47:51
52	37	1348	Artur Matias	Individual	Seniores	01:48:08
53	38	1119	Rui Leitão	Individual	Seniores	01:48:13
54	39	1366	Bruno Mendes	Individual	Seniores	01:48:19
55	40	1185	Sérgio Martins	Experienciar/Barceltécnica/Sportsonfire	Seniores	01:48:23
56	41	1035	Felisberto Arcipreste	Individual	Seniores	01:48:38
57	10	1425	Armando Araújo	Individual	Veteranos 40	01:48:57
58	1	1349	Raul Pereira Fernandes	Individual	Veteranos 60	01:49:10
59	42	1394	Nélio Guimarães	Alive Runners	Seniores	01:49:14
60	43	1395	João Machado	Individual	Seniores	01:49:21
61	44	1277	nuno silva	Team Lantemil	Seniores	01:49:25
62	45	1377	Leandro Rodrigues	Celtic Challenge Crew	Seniores	01:49:42
63	46	1373	Hélder Cristiano Ribeiro	Individual	Seniores	01:49:50
64	4	1403	Maria Fernandes	Alive Runners	Seniores	01:49:54
65	11	1339	Manuel Gomes	Fama Runners	Veteranos 40	01:50:06
66	47	1115	António Pedro Vieira	Individual	Seniores	01:50:12
67	2	1029	José Mendonça	Fama Runners	Veteranos 60	01:50:39
68	48	1293	Jaques Farinhoto	Fama Runners	Seniores	01:50:43
69	49	1030	Micael Guimarães	Individual	Seniores	01:50:50
70	50	1256	Diogo Lopes Sampaio	Fama Runners	Seniores	01:51:02
71	51	1267	Pedro Coelho	Team Lantemil	Seniores	01:51:05
72	12	1132	Miguel Machado	ATIB FinaBraga Running	Veteranos 40	01:51:16
73	13	1082	Nuno Carvalho	ATIB FinaBraga Running	Veteranos 40	01:51:20
74	4	1305	Manuel Ferreira	Fama Runners	Veteranos 50	01:51:35
75	1	1266	Elisabete Santos	Team Lantemil	Veteranos 40	01:51:39
76	52	1251	André Nogueira	ORALKLASS AMIGOS DO TRAIL	Seniores	01:51:42
77	53	1335	Daniel Lopes	Individual	Seniores	01:51:45
78	14	1219	Miguel Silva	Minho Aventura	Veteranos 40	01:52:10
79	5	1296	Sandra Dias	Team Lantemil	Seniores	01:52:27
80	54	1179	joao oliveira	Individual	Seniores	01:52:31
81	55	1317	Ricardo Silva	Mouquim-Afa Cycles-Eugenios-Bargauto	Seniores	01:52:56
82	15	1315	Rogério Abreu	Step Team	Veteranos 40	01:53:01
83	16	1357	José Martins	Amigos do Caneco	Veteranos 40	01:53:14
84	6	1265	Luísa Azevedo	Team Lantemil	Seniores	01:53:20
85	56	1390	José Augusto Alves	Fama Runners	Seniores	01:53:24
86	17	1422	manuel joaquim fonseca pinto	Individual	Veteranos 40	01:53:29
87	5	1163	Sebastião Gonçalves	BRAGA RUNNERS	Veteranos 50	01:53:54
88	6	1103	Albino Rocha	ATIB FinaBraga Running	Veteranos 50	01:54:23
89	57	1043	nelson Vaz	ProFisio Team	Seniores	01:54:27
90	18	1116	Rui Azevedo	Individual	Veteranos 40	01:54:55
91	19	1418	Isaque Lucena	Afa Cycles	Veteranos 40	01:54:58
92	58	1148	Sérgio Monteiro	A.Cu.R.A. 4 Trail	Seniores	01:55:25

93	59	1110	Sérgio Fernandes	ASSOCIAÇÃO BTT9:15 LOURO	Seniores	01:57:22
94	20	1375	Mário Jorge Oliveira	Individual	Veteranos 40	01:57:39
95	60	1218	Fernando Oliveira	Bota&Siga	Seniores	01:58:01
96	2	1184	deolinda faria	airorun	Veteranos 40	01:58:06
97	21	1278	JOSÉ CARLOS ARAÚJO	Team Lantemil	Veteranos 40	01:58:10
98	7	1354	Casimiro Tavares	Amigos do Caneco	Veteranos 50	01:58:17
99	61	1033	João Barbosa	GLOBAL TRAIL	Seniores	01:58:23
100	22	1211	Sérgio Costa	ADE RUNNING	Veteranos 40	01:58:25
101	23	1393	António Malheiro	Individual	Veteranos 40	01:58:33
102	24	1399	Abílio Pereira	Step Team	Veteranos 40	01:58:36
103	62	1282	Miguel Araújo	Team Lantemil	Seniores	01:58:40
104	3	1136	Alberto Sá	Individual	Veteranos 60	01:58:43
105	7	1331	Vera Fernandes	Individual	Seniores	01:58:46
106	8	1072	joaquim coelho	Individual	Veteranos 50	01:58:50
107	63	1102	Hugo Azevedo	Individual	Seniores	01:58:55
108	25	1101	Luís Teixeira	ATIB FinaBraga Running	Veteranos 40	01:58:58
109	26	1114	RICARDO CARVALHO	ATIB FinaBraga Running	Veteranos 40	01:59:02
110	64	1140	Luís Ribeiro	Bota&Siga	Seniores	01:59:27
111	27	1355	José Augusto Silva	Amigos do Caneco	Veteranos 40	01:59:38
112	65	1326	Diogo Costa	Fama Runners	Seniores	01:59:43
113	28	1223	João Ferreira	Individual	Veteranos 40	01:59:56
114	29	1321	Miguel Ângelo Faria	Experienciar/Barceltécnica/Sportsonfire	Veteranos 40	02:00:42
115	30	1031	Sérgio Osório	GLOBAL TRAIL	Veteranos 40	02:00:54
116	66	1044	José Faria	ProFisio Team	Seniores	02:01:19
117	31	1199	Vitor Dinis	BeFitness Runners	Veteranos 40	02:01:26
118	32	1262	Rui Teixeira	Team Lantemil	Veteranos 40	02:01:32
119	67	1287	Ricardo Ferreira	Fama Runners	Seniores	02:01:54
120	33	1175	José Luis Costa	Individual	Veteranos 40	02:01:58
121	68	1260	Jorge Rebelo	Individual	Seniores	02:02:00
122	69	1099	João Rodrigues	Individual	Seniores	02:02:04
123	34	1161	José Manuel	BRAGA RUNNERS	Veteranos 40	02:02:10
124	35	1288	Sergio Fernandes	Mouquim-Afa Cycles-Eugenios-Bargauto	Veteranos 40	02:02:12
125	70	1135	Libanio Alves	Individual	Seniores	02:02:47
126	8	1320	Ariana Araújo	Fama Runners	Seniores	02:02:56
127	36	1292	Paulo Reis	Fama Runners	Veteranos 40	02:03:13
128	71	1081	Domingos Machado	Individual	Seniores	02:03:19
129	72	1378	Bruno Vieira	Celtic Challenge Crew	Seniores	02:03:34
130	9	1410	Liliana Barros	Alive Runners	Seniores	02:03:46
131	73	1153	Roberto Magalhães	Individual	Seniores	02:04:26
132	74	1244	Valter Gouveia	10Temidos	Seniores	02:04:29
133	37	1249	Wilson Fonseca	10Temidos	Veteranos 40	02:04:33
134	75	1263	Martinho Padrão	Team Lantemil	Seniores	02:05:12
135	10	1213	Marta Noval	Travassós Running Fafe	Seniores	02:05:14
136	76	1172	Paulo Lopes	Travassós Running Fafe	Seniores	02:05:17
137	77	1275	Helio Borges	Team Lantemil	Seniores	02:05:20
138	38	1374	José Figueiredo	Individual	Veteranos 40	02:06:11
139	78	1157	André Magalhães	Individual	Seniores	02:06:21
140	39	1096	Joaquim Silva	Team Lantemil	Veteranos 40	02:06:25
141	40	1309	Gabriel Lobo	Step Team	Veteranos 40	02:06:53
142	11	1224	Estela Neto	Didáxis Trail	Seniores	02:07:04

143	79	1167 Emanuel Costa	GTT - ARMAZÉM DO CAFFÉ	Seniores	02:07:35
144	12	1198 Sandra Silva	BeFitness Runners	Seniores	02:07:52
145	80	1273 HUGO PEREIRA	Team Lantemil	Seniores	02:08:36
146	81	1120 Vitor Hugo Alves	Individual	Seniores	02:08:42
147	82	1201 Paulo Morais	BeFitness Runners	Seniores	02:08:49
148	13	1379 Adriana Moura	Celtic Challenge Crew	Seniores	02:08:53
149	83	1243 José Ribeiro	Fisiojoane	Seniores	02:08:55
150	84	1299 César Ferreira	Team Lantemil	Seniores	02:08:57
151	85	1318 T P	Fama Runners	Seniores	02:09:00
152	86	1295 Pingu Do Deserto	Fama Runners	Seniores	02:09:13
153	87	1008 JOSÉ ARMANDO ALVES	A.Cu.R.A BTT	Seniores	02:09:15
154	41	1111 Rui Gonçalves	ATIB FinaBraga Running	Veteranos 40	02:09:17
155	88	1158 Pedro Faria	Individual	Seniores	02:09:20
156	4	1170 Luís Costa	Individual	Veteranos 60	02:09:22
157	89	1229 Pedro Oliveira	ADE RUNNING	Seniores	02:09:41
158	90	1228 Marco Araújo	ADE RUNNING	Seniores	02:09:43
159	91	1230 Rúben Lima	ADE RUNNING	Seniores	02:10:16
160	92	1408 Rui Fernandes	Alive Runners	Seniores	02:10:19
161	5	1385 Joaquim Carvalho	Celtic Challenge Crew	Veteranos 60	02:10:23
162	1	1274 Céu Lemos	Individual	Veteranos 50	02:10:41
163	93	1330 João Andrade	Individual	Seniores	02:10:44
164	94	1070 Hélder Ribeiro	Individual	Seniores	02:10:48
165	42	1280 Carlos Paulo Gomes Costa	Team Lantemil	Veteranos 40	02:11:09
166	95	1376 Marcos Barbosa	Celtic Challenge Crew	Seniores	02:11:27
167	14	1191 Helena Castro	BeFitness Runners	Seniores	02:11:29
168	43	1160 João Rui Guimarães	Individual	Veteranos 40	02:11:33
169	44	1016 vitor castro	Individual	Veteranos 40	02:11:38
170	15	1248 Ana Isabel Campanha	10Temidos	Seniores	02:11:44
171	45	1060 José António Pereira	Amigos Ponto Final	Veteranos 40	02:11:54
172	46	1061 Joaquim Pinheiro	Amigos Ponto Final	Veteranos 40	02:11:57
173	96	1147 Rui Costa	A.Cu.R.A. 4 Trail	Seniores	02:12:11
174	97	1217 Helder Silva	Individual	Seniores	02:12:14
175	98	1013 Pedro Ferreira	Individual	Seniores	02:12:50
176	99	1404 Hugo Silva	PAPAMILHAS	Seniores	02:12:55
177	47	1069 Antonio Caridade	Team Lantemil	Veteranos 40	02:13:01
178	100	1281 Rui Soares	Team Lantemil	Seniores	02:13:03
179	16	1080 Catarina Cordeiro costa	Fama Runners	Seniores	02:13:06
180	48	1174 Filipe Bento	Travassós Running Fafe	Veteranos 40	02:13:07
181	101	1206 Artur Vieira	Individual	Seniores	02:13:26
182	102	1139 Paulo Pereira	Bota&Siga	Seniores	02:13:34
183	103	1152 Leandro Ferreira	Individual	Seniores	02:13:41
184	104	1264 Tiago Dias	Team Lantemil	Seniores	02:13:44
185	105	1149 João Ferreira	A.Cu.R.A. 4 Trail	Seniores	02:14:03
186	49	1129 João Riço	ATIB FinaBraga Running	Veteranos 40	02:14:16
187	50	1087 Carlos Borges	ATIB FinaBraga Running	Veteranos 40	02:14:18
188	9	1085 Alexandre Gomes Pereira	Os Pereiras	Veteranos 50	02:14:23
189	106	1084 Alexandre Pereira	Os Pereiras	Seniores	02:14:25
190	107	1012 Ricardo Nicolau	Individual	Seniores	02:14:27
191	17	1380 Raquel Carvalho	Celtic Challenge Crew	Seniores	02:14:34
192	51	1065 José Ribeiro	Ribeiro e Serra	Veteranos 40	02:14:35

193	108	1345	Bruno Barbosa	Norcana Running	Seniores	02:14:41
194	109	1207	NUNO FELGUEIRAS	ProFisio Team	Seniores	02:14:56
195	110	1171	José Carvalho	Travassós Running Fafe	Seniores	02:15:02
196	18	1022	Filipa Marques	Individual	Seniores	02:15:11
197	19	1382	Cecília Vieira	Celtic Challenge Crew	Seniores	02:15:15
198	111	1014	Marco Ferreira	Individual	Seniores	02:15:17
199	52	1396	Manuel Santos	PAPAMILHAS	Veteranos 40	02:15:27
200	53	1105	Sergio Oliveira	Individual	Veteranos 40	02:15:29
201	54	1255	José Silva	Fama Runners	Veteranos 40	02:15:33
202	112	1426	joao araujo	Afa Cycles	Seniores	02:16:06
203	113	1344	José Silva	Individual	Seniores	02:16:13
204	114	1156	João Machado	Squadra di Potenza	Seniores	02:16:23
205	10	1128	Pedro rocha	Individual	Veteranos 50	02:16:27
206	115	1141	Davide Silva	Bota&Siga	Seniores	02:16:31
207	55	1286	João Rodrigues	Team Lantemil	Veteranos 40	02:16:36
208	116	1045	Pedro Ferreira	ProFisio Team	Seniores	02:16:46
209	117	1007	Rafael couto	Individual	Seniores	02:16:53
210	11	1066	MANUEL CARVALHO	Individual	Veteranos 50	02:17:16
211	118	1048	luis leite	Individual	Seniores	02:17:24
212	119	1406	Rogério Sá	Fama Runners	Seniores	02:17:38
213	120	1165	Bruno Silva	IMANrunners	Seniores	02:17:43
214	3	1313	Isabel Araújo	Step Team	Veteranos 40	02:18:04
215	56	1073	Joaquim Carvalho	Individual	Veteranos 40	02:18:10
216	20	1314	Marta Abreu	Step Team	Seniores	02:18:32
217	121	1122	Paulo Dias	Individual	Seniores	02:18:36
218	21	1123	Celeste Ramos	Individual	Seniores	02:19:12
219	22	1192	Rita Cruz	BeFitness Runners	Seniores	02:19:14
220	122	1214	Ricardo Novais	Individual	Seniores	02:19:16
221	123	1106	Jorge Luís Oliveira	Individual	Seniores	02:19:18
222	4	1368	Julia Maria De Oliveira Baltazar	Individual	Veteranos 40	02:19:41
223	23	1182	Cátia Silva	GTT - ARMAZÉM DO CAFFÉ	Seniores	02:20:05
224	124	1392	Rodolfo Silva	Farroncos Papa KM	Seniores	02:20:15
225	5	1047	Sandra Santos	ProFisio Team	Veteranos 40	02:20:22
226	125	1400	Bruno Saldanha	PAPAMILHAS	Seniores	02:20:31
227	24	1411	Liliana Alves	Alive Runners	Seniores	02:20:45
228	126	1064	Armando Serra	Ribeiro e Serra	Seniores	02:20:53
229	57	1412	David Dewasmes	Fama Runners	Veteranos 40	02:22:00
230	127	1333	André Oliveira	Fama Runners	Seniores	02:22:03
231	25	1310	Elsa Almeida	Step Team	Seniores	02:22:05
232	26	1276	Mariana Ferreira	Team Lantemil	Seniores	02:22:10
233	27	1097	Morgana Almeida	Individual	Seniores	02:22:14
234	6	1325	José Carlos Figueiredo	Fama Runners	Veteranos 60	02:22:17
235	128	1133	João Couto	VESPA RUNNERS	Seniores	02:22:20
236	129	1181	Alex Marques	Individual	Seniores	02:22:23
237	58	1075	Justino Azevedo	Individual	Veteranos 40	02:22:29
238	28	1259	Adriana Gomes	Minho Aventura	Seniores	02:22:31
239	59	1098	Fernando Ribeiro	Individual	Veteranos 40	02:22:33
240	130	1353	Luis Lobo	Individual	Seniores	02:22:44
241	2	1415	Dulce Ribeiro	Alive Runners	Veteranos 50	02:22:50
242	29	1311	Patrícia Abreu	Step Team	Seniores	02:23:04

243	60	1074	Carlos Fernandes	Individual	Veteranos 40	02:23:17
244	61	1024	Joaquim Costa	Individual	Veteranos 40	02:23:24
245	131	1285	Frederico Oliveira	Team Lantemil	Seniores	02:23:26
246	12	1036	António Vale Lima	Individual	Veteranos 50	02:23:36
247	6	1089	Anabela Flores	Fama Runners	Veteranos 40	02:23:45
248	132	1049	André carreira	clube atletismo da Póvoa de varzim	Seniores	02:23:49
249	30	1154	Marcia Sousa	Individual	Seniores	02:23:52
250	7	1146	Paula Sa	Online Team	Veteranos 40	02:23:56
251	31	1145	Elisabete Sofia Costa	Online Team	Seniores	02:23:59
252	133	1093	Jacinto Duarte	Fama Runners	Seniores	02:24:20
253	13	1361	Artur Silva	Fama Runners	Veteranos 50	02:24:27
254	32	1237	Marta Peixoto	Fisiojoane	Seniores	02:24:39
255	134	1177	Pedro Oliveira	Individual	Seniores	02:24:55
256	135	1079	Pedro Sousa	Farmacia Marinho	Seniores	02:25:14
257	136	1346	Jorge Miguel Ferreira	Norcana Running	Seniores	02:25:38
258	33	1341	Inês Matos	Fama Runners	Seniores	02:25:41
259	137	1342	Filipe Fonseca	Fama Runners	Seniores	02:25:44
260	14	1109	Carlos Almeida	Individual	Veteranos 50	02:25:59
261	34	1269	Isabel Martins	Team Lantemil	Seniores	02:26:03
262	35	1005	Silvana Couto	Individual	Seniores	02:26:06
263	138	1006	João Soares	Individual	Seniores	02:26:09
264	36	1042	Teresa Oliveira	ProFisio Team	Seniores	02:26:18
265	37	1384	Filipa Moura	Celtic Challenge Crew	Seniores	02:26:51
266	38	1242	Márcia Ferreira	Fisiojoane	Seniores	02:27:00
267	139	1302	Hugo Peixoto	Step Team	Seniores	02:27:31
268	140	1104	Bruno Silva	Step Team	Seniores	02:27:36
269	141	1601	Rui Sousa	Alive Runners	Seniores	02:28:48
270	142	1419	André Reis	Individual	Seniores	02:29:00
271	62	1019	Ricardo Moreira	Individual	Veteranos 40	02:29:03
272	143	1208	Vitor Cerqueira	BTT Team Stones	Seniores	02:29:06
273	144	1340	Rui Ferreira	Fama Runners	Seniores	02:29:08
274	145	1071	Joel Mendes	Craziest Runners	Seniores	02:29:10
275	8	1409	Isabel Alves	Alive Runners	Veteranos 40	02:29:13
276	9	1113	Mauela Freitas	Individual	Veteranos 40	02:29:30
277	39	1112	Fátima Miranda	Individual	Seniores	02:29:33
278	63	1222	Eduardo Nascimento	Individual	Veteranos 40	02:29:36
279	64	1233	Paulo Cosme	SonaeTrail	Veteranos 40	02:29:44
280	146	1095	Isabel Carneiro	Fama Runners	Seniores	02:30:05
281	65	1094	Vitor Moreira	Fama Runners	Veteranos 40	02:30:07
282	10	1108	SANDRA RAIMUNDO	Individual	Veteranos 40	02:30:10
283	147	1405	CELSO FERNANDES	PAPAMILHAS	Seniores	02:30:20
284	148	1001	Mafalda Alves	Individual	Seniores	02:30:22
285	11	1023	Ana Alves	PAPATRAILS	Veteranos 40	02:30:25
286	40	1289	Natércia Silva	Fama Runners	Seniores	02:30:27
287	149	1209	Nelson Oliveira	Individual	Seniores	02:30:28
288	150	1300	Cristiano Saldanha	Step Team	Seniores	02:30:30
289	3	1386	Maria de Lurdes	Celtic Challenge Crew	Veteranos 50	02:31:05
290	41	1215	Barbara Teixeira	GTT - ARMAZÉM DO CAFFÉ	Seniores	02:31:09
291	42	1240	Ana Catarina Pereira	Fisiojoane	Seniores	02:32:03
292	43	1155	filipa costa	Individual	Seniores	02:32:24

293	12	1220 Ana Carneiro	Minho Aventura	Veteranos 40	02:32:32
294	44	1322 Filipa Pimenta	Individual	Seniores	02:33:26
295	4	1352 Ana Paula Simões	Fama Runners	Veteranos 50	02:33:40
296	45	1372 Ana Catarina Santos	As Ribeirenses	Seniores	02:33:44
297	151	1294 Hugo Caldas	Fama Runners	Seniores	02:33:47
298	152	1254 Helder Costa	Individual	Seniores	02:33:56
299	66	1027 Pedro Moreira	Individual	Veteranos 40	02:34:00
300	13	1350 M ^a . Cristina Ribeiro	Individual	Veteranos 40	02:34:07
301	14	1337 BERTILIA SILVA	Individual	Veteranos 40	02:34:11
302	67	1324 Vali Ribeiro	Fama Runners	Veteranos 40	02:34:39
303	46	1307 Maria José Alves	Step Team	Seniores	02:35:14
304	47	1306 Carla Pinto	Step Team	Seniores	02:35:16
305	49	1053 Marisa Xavier	clube atletismo da Póvoa de varzim	Seniores	02:35:34
306	48	1050 Sandra Veloso	clube atletismo da Póvoa de varzim	Seniores	02:35:34
307	50	1279 Ana Matos	Individual	Seniores	02:36:11
308	15	1272 Claudia Macedo	Individual	Veteranos 40	02:36:23
309	16	1290 Susana Lobo	Fama Runners	Veteranos 40	02:36:31
310	17	1020 Natália Alves	Individual	Veteranos 40	02:36:33
311	51	1092 Virgínia Duarte	Fama Runners	Seniores	02:36:43
312	52	1261 Maria Gonçalves	Individual	Seniores	02:38:02
313	53	1018 Joana Alves	Individual	Seniores	02:38:23
314	18	1138 Marlene Rodrigues	Thunder Team	Veteranos 40	02:38:41
315	68	1137 Pedro Rodrigues	Thunder Team	Veteranos 40	02:38:43
316	153	1017 José Ferreira Costa	Fama Runners	Seniores	02:38:53
317	19	1021 Margarida Pinto	Individual	Veteranos 40	02:38:55
318	154	1068 Nelson Machado	ProFisio Team	Seniores	02:39:01
319	20	1303 Cristina Guimarães	Step Team	Veteranos 40	02:39:03
320	54	1004 Mónica Magalhães	PAPATRAILS	Seniores	02:39:39
321	155	1210 Nuno Ferreira	Running Team Maia	Seniores	02:39:41
322	156	1221 Paulo Sampaio	ProFisio Team	Seniores	02:39:51
323	69	1168 CARLOS FILIPE COSTA CARVALI	BRAGA RUNNERS	Veteranos 40	02:40:07
324	70	1367 Antonio Soares	GLOBAL TRAIL	Veteranos 40	02:40:11
325	21	1203 Célia Alves	As Ribeirenses	Veteranos 40	02:40:13
326	55	1239 Carla Mendes	Fisiojoane	Seniores	02:41:00
327	56	1187 Sara Novais	GTT - ARMAZÉM DO CAFFÉ	Seniores	02:41:02
328	15	1371 Carlos Gandra	GTT - ARMAZÉM DO CAFFÉ	Veteranos 50	02:41:04
329	157	1301 Pedro Gonçalves	Step Team	Seniores	02:41:18
330	71	1032 Sérgio Silva	GLOBAL TRAIL	Veteranos 40	02:41:32
331	158	1347 Ricardo Azevedo	Norcana Running	Seniores	02:41:35
332	159	1189 Nuno Gonçalves	Individual	Seniores	02:42:06
333	22	1052 Adelaide morim	clube atletismo da Póvoa de varzim	Veteranos 40	02:42:09
334	23	1051 Mariana Parente	clube atletismo da Póvoa de varzim	Veteranos 40	02:42:12
335	160	1100 Bruno Gramaxo	Individual	Seniores	02:42:30
336	161	1003 Vitor Teixeira	PAPATRAILS	Seniores	02:42:34
337	57	1002 Estela Oliveira	PAPATRAILS	Seniores	02:42:37
338	72	1398 Eduardo Atraca	Individual	Veteranos 40	02:43:02
339	58	1252 Catarina Vilaça	Individual	Seniores	02:43:06
340	24	1205 Silvia Azevedo	As Ribeirenses	Veteranos 40	02:45:33
341	162	1319 Leandro Dias	Fama Runners	Seniores	02:45:35
342	59	1078 Helena Andrade	Farmacia Marinho	Seniores	02:46:15

343	60	1076 Vânia Campos	Farmacia Marinho	Seniores	02:46:28
344	163	1077 Hugo Fernandes	Farmacia Marinho	Seniores	02:46:42
345	164	1246 Manuel Gonçalves	10Temidos	Seniores	02:46:45
346	165	1308 João Cunha	Step Team	Seniores	02:46:50
347	61	1193 Cátia Costa	BeFitness Runners	Seniores	02:47:49
348	166	1195 André Araújo	BeFitness Runners	Seniores	02:47:52
349	62	1334 Sara Rocha	Papaquilometros	Seniores	02:48:29
350	63	1283 Susana Azevedo	Team Lantemil	Seniores	02:49:14
351	167	1284 Pedro Neto	Team Lantemil	Seniores	02:49:17
352	64	1144 Sara Silva	IMANrunners	Seniores	02:49:52
353	168	1143 Filipe Silva	IMANrunners	Seniores	02:49:56
354	25	1059 Rita Pinto	Go-Fama	Veteranos 40	02:50:17
355	169	1401 Nuno Correia Pinto	Go-Fama	Seniores	02:50:21
356	26	1164 Susana Oliveira	BRAGA RUNNERS	Veteranos 40	02:50:25
357	27	1169 MARTA LOPES	BRAGA RUNNERS	Veteranos 40	02:50:27
358	16	1336 José Carneiro	ErmidaFit Runners	Veteranos 50	02:50:31
359	65	1126 vera pires	Fama Runners	Seniores	02:50:37
360	66	1127 Ana Carvalho	Fama Runners	Seniores	02:50:41
361	17	1600 António José	Alive Runners	Veteranos 50	02:52:02
362	67	1312 Natália Martins	Step Team	Seniores	02:53:25
363	28	1417 Carla Teixeira	Step Team	Veteranos 40	02:53:28
364	29	1202 Paula Cristina Santos	As Ribeirenses	Veteranos 40	02:53:30
365	30	1204 Paula Cristina Afonso	As Ribeirenses	Veteranos 40	02:53:33
366	68	1297 Sofia Naldinho	Team Lantemil	Seniores	02:53:34
367	31	1055 Goretí Cunha	Go-Fama	Veteranos 40	02:54:23
368	73	1054 Mário Cunha	Go-Fama	Veteranos 40	02:54:26
369	74	1603 Pedro Pereira	Individual	Veteranos 40	03:03:37
370	75	1063 Fernando Mesquita	Individual	Veteranos 40	03:04:25
371	76	1062 João Freitas	Individual	Veteranos 40	03:04:29
372	69	1423 Sonia Sampaio	Individual	Seniores	03:06:40
373	170	1424 Hugo carvalho	Individual	Seniores	03:06:43
374	70	1232 Liliana Isabel Nogueira	SonaeTrail	Seniores	03:09:25
375	7	1362 Lino Moreira	Os TurboMula	Veteranos 60	03:10:01
376	1	1363 Ana Moreira	Os TurboMula	Veteranos 60	03:10:04
377	32	1056 Paula Moreira	Go-Fama	Veteranos 40	03:11:56
378	33	1058 Margarida Pereira	Go-Fama	Veteranos 40	03:12:00
379	71	1231 Ana Rocha	SonaeTrail	Seniores	03:16:07
380	5	1359 Milagros Dillen	Fama Runners	Veteranos 50	03:24:41
381	171	1360 Joaquin Dillen	Fama Runners	Seniores	03:24:47
382	72	1298 Carla Carina Dias	Team Lantemil	Seniores	03:28:53
383	172	1011 Paulo Carvalho	Fama Runners	Seniores	03:28:56

