

Lugar	Esc.	Dorsal	Nome	Equipa	Escalão	Tempo
1	1	55	Amândio Ferreira	RUMO À AVENTURA	SENIORES MASC	01:18:19
2	1	74	Emílio Carvalho		M40 MASC	01:22:23
3	2	108	Avelino Macedo	Vila Verde a Correr	M40 MASC	01:26:47
4	3	43	Marco Rocha	Temos Pena	M40 MASC	01:31:18
5	2	39	David Gonçalves	Factor X / S4L / Medense FC	SENIORES MASC	01:32:29
6	1	17	José Carlos Dias	Ctad - Consumo Zero	M50 MASC	01:32:41
7	4	42	Paulo Vilaça	Cdc de priscos	M40 MASC	01:32:52
8	5	110	António Carvalho	OPRATICANTE.PT-AFIPRE TEAM	M40 MASC	01:33:29
9	3	67	Marco Dantas		SENIORES MASC	01:33:32
10	4	115	Hugo Pinto		SENIORES MASC	01:33:36
11	6	109	Hélder Borges	OPRATICANTE.PT-AFIPRE TEAM	M40 MASC	01:33:42
12	2	10	José Macedo	ACRIF	M50 MASC	01:34:12
13	7	63	Sérgio Campos	RUMO À AVENTURA	M40 MASC	01:35:40
14	8	9	Paulo Ferreira	ACRIF	M40 MASC	01:37:43
15	9	80	Jorge Domingues	Lebres minhotas	M40 MASC	01:41:12
16	10	72	Vitor Mendes	Tesco team	M40 MASC	01:41:20
17	11	32	Emerson Falcão	Ctad - Consumo Zero	M40 MASC	01:41:38
18	3	92	Manuel Costa	Team Lantemil	M50 MASC	01:42:10
19	4	22	Pedro Ribeiro	Ctad - Consumo Zero	M50 MASC	01:42:40
20	5	87	Luís Ferraz		SENIORES MASC	01:43:15
21	12	61	Fausto Teixeira	Lobos do monte	M40 MASC	01:43:49
22	13	65	António Miguel Soares Martins	Lebres minhotas	M40 MASC	01:44:11
23	14	81	Miguel Domingues	Lebres minhotas	M40 MASC	01:44:23
24	15	62	Miguel Pereira	Lobos do monte	M40 MASC	01:44:25
25	6	33	Joaquim Carvalho	Factor X / S4L / Medense FC	SENIORES MASC	01:45:11
26	5	41	Amandio Correia Lopes	Dumiense xallenge Runners	M50 MASC	01:45:18
27	16	30	jorge rodrigues	Ctad - Consumo Zero	M40 MASC	01:46:32
28	17	3	Sérgio Silva	Runforest	M40 MASC	01:47:29
29	18	66	Manuel Marques	Associação comandos Guimarães	M40 MASC	01:47:32
30	7	113	Luis Barreiro	CB RUN	SENIORES MASC	01:47:53
31	8	1	Nuno Gomes	B.T.M.	SENIORES MASC	01:48:22
32	19	11	Miguel Ferreira	ACRIF	M40 MASC	01:48:30
33	20	88	Domingos Martins	Lions runners(Leões da Guarda)	M40 MASC	01:48:34
34	9	118	Adelino Santos	Dragon Club	SENIORES MASC	01:49:57
35	21	64	jorge brito		M40 MASC	01:50:25
36	22	76	Sérgio Filipe Mendes Gomes	footloose	M40 MASC	01:50:31
37	1	18	Ana Freitas	A.D.Carril	F40 FEM	01:50:35
38	1	120	Sara Ferreira	Águias de Alvelos	SENIORES FEM	01:50:47
39	23	100	Fernando Marques	Boss Runners	M40 MASC	01:50:50
40	24	60	André Vieira De Castro		M40 MASC	01:50:54
41	10	7	Filipe Correia	ACRIF	SENIORES MASC	01:50:58
42	6	48	José Gonçalves	Braga Runners	M50 MASC	01:51:49
43	25	21	José Sousa	Associação de Atletismo Lebres do Sado	M40 MASC	01:52:13
44	11	27	José Andrade		SENIORES MASC	01:52:24

Lugar	Esc.	Dorsal	Nome	Equipa	Escalão	Tempo
45	26	45	Carlos Rodrigues	Akuafit	M40 MASC	01:52:40
46	12	5	Jose Vale		SENIORES MASC	01:52:58
47	13	56	Carlos Campainha	Alexandra Carvalho Team	SENIORES MASC	01:53:02
48	27	106	Pedro Vidal	Os Finos	M40 MASC	01:53:19
49	14	58	Rui Martins	MARTOSA TEAM	SENIORES MASC	01:53:22
50	2	34	Eliana Pereira	Alexandra Carvalho Team	F40 FEM	01:53:24
51	28	36	Rui Maciel	Alexandra Carvalho Team	M40 MASC	01:53:25
52	29	85	Ricardo Peixinho	Alexandra Carvalho Team	M40 MASC	01:53:26
53	30	19	Jose Armando	A.D.Carril	M40 MASC	01:53:58
54	3	31	Marieta Branco	Ctad - Consumo Zero	F40 FEM	01:53:59
55	31	79	Luis Miguel		M40 MASC	01:54:07
56	32	91	Vitor Araújo	Minho Aventura	M40 MASC	01:54:25
57	33	54	Jorge Vieira		M40 MASC	01:54:26
58	34	47	José Manuel	Braga Runners	M40 MASC	01:55:09
59	15	14	João Ferreira	ACRIF	SENIORES MASC	01:55:28
60	16	112	Bruno Moura		SENIORES MASC	01:56:21
61	2	111	Raquel Andrade		SENIORES FEM	01:56:21
62	17	99	Pedro Costa	Alexandra Carvalho Team	SENIORES MASC	01:57:16
63	18	46	Nuno Ricardo Carreiras Vaz	Alexandra Carvalho Team	SENIORES MASC	01:58:35
64	7	107	José Pinto		M50 MASC	02:00:14
65	35	84	Daniel Amorim	ACDAV - OLHAR ENCANTADOR	M40 MASC	02:00:15
66	4	52	Carla Vinagre	Trail 4 Fun	F40 FEM	02:00:22
67	36	51	Pedro Vieira	Trail 4 Fun	M40 MASC	02:00:40
68	8	53	Fernando Ramos	Trail 4 Fun	M50 MASC	02:00:40
69	37	86	Vitor Martins	Alexandra Carvalho Team	M40 MASC	02:01:59
70	38	28	Miguel Pinto		M40 MASC	02:02:14
71	19	8	Flávio Carvalho	ACRIF	SENIORES MASC	02:02:18
72	39	114	José Cruz	ZENIT AUTOMOVEIS	M40 MASC	02:02:30
73	20	6	Jonas Sumares		SENIORES MASC	02:02:32
74	40	102	Joao Couto	Os Finos	M40 MASC	02:04:21
75	9	16	José Carlos Rodrigues	JCPEDRINHA	M50 MASC	02:04:49
76	5	59	Dores Cachetas	Akuafit	F40 FEM	02:05:52
77	41	13	Carlos Silva	ACRIF	M40 MASC	02:05:59
78	42	119	Paulo Sousa	Akuafit	M40 MASC	02:06:20
79	1	116	Paula Costa		F50 FEM	02:06:26
80	21	93	Cristiano Silva	B.T.M.	SENIORES MASC	02:07:21
81	3	57	Tanya Reis	B.T.M.	SENIORES FEM	02:07:22
82	22	23	Nelson Veloso	EquiVelosos	SENIORES MASC	02:11:01
83	43	83	Ricardo Castro		M40 MASC	02:12:29
84	6	122	Sandra Ferreira	Boavista trail	F40 FEM	02:16:23
85	44	117	Jorge Costa	Braga Runners	M40 MASC	02:17:07
86	45	49	João Cunha	Braga Runners	M40 MASC	02:17:07
87	7	40	Susana Luís	Lions runners(Leões da Guarda)	F40 FEM	02:17:20
88	10	75	José Ferreira		M50 MASC	02:18:26

Lugar	Esc.	Dorsal	Nome	Equipa	Escalão	Tempo
89	8	70	Susana Mota	Braga Runners	F40 FEM	02:19:59
90	11	98	António Ferreira	Alexandra Carvalho Team	M50 MASC	02:27:03
91	46	2	Raul Cerdeira		M40 MASC	02:29:07
92	9	103	Susy Costa	Minho Aventura	F40 FEM	02:30:51
93	4	38	Jamille Silva	Ctad - Consumo Zero	SENIORES FEM	02:32:11
94	47	82	Henrique reis		M40 MASC	02:32:16
95	10	26	Daniela Fernandes	Ctad - Consumo Zero	F40 FEM	02:32:34
96	23	94	Nuno Fernandes	OPRATICANTE.PT-AFIPRE TEAM	SENIORES MASC	02:32:49
97	11	95	Susana Rodrigues	OPRATICANTE.PT-AFIPRE TEAM	F40 FEM	02:35:58
98	12	101	Alexandra Oliveira	B.T.M.	F40 FEM	02:37:33
99	13	4	Lurdes Magalhães	B.T.M.	F40 FEM	02:37:38
100	48	24	Artur Fonseca	Ruptura Total	M40 MASC	02:40:54
101	5	15	Albertina Gonçalves	Lousada Runners	SENIORES FEM	02:42:12
102	14	29	Andreia Vieira	Boavista trail	F40 FEM	02:43:22
103	6	96	Helena Santos	OPRATICANTE.PT-AFIPRE TEAM	SENIORES FEM	02:49:38
104	7	77	Joana Pontes Ferreira	footloose	SENIORES FEM	03:24:35
105	12	78	António Félix Matos Ferreira	footloose	M50 MASC	03:24:37