

Pos	Num	Nome	Equipa	Sx	Cat	Tempo	Chip	Média	Cat.
1.	298	Hélio FUMO		M	SENIORES MASC	1:33:38.750	1:32:57.880	04:41	1
2.	244	Pedro SANTOS	ORALKLASS-AMIGOS DO TRAIL	M	M40 MASC	1:36:37.800	1:36:17.030	04:50	1
3.	282	Tiago PINTO	Douroconta-Gabinete de Apoio e Contabilidade	M	SENIORES MASC	1:43:40.880	1:43:21.050	05:11	2
4.	273	Sérgio SILVA	MSS Contabilidade Trail Team	M	SENIORES MASC	1:43:41.600	1:43:20.900	05:11	3
5.	204	Luís PEDRO MARTINS	ORALKLASS-AMIGOS DO TRAIL	M	M40 MASC	1:44:01.440	1:43:42.350	05:12	2
6.	143	David PESTANA	Bombeiros de Meda	M	SENIORES MASC	1:48:50.280	1:48:20.730	05:26	4
7.	246	Pedro SILVA	ORALKLASS-AMIGOS DO TRAIL	M	SENIORES MASC	1:50:17.360	1:49:56.110	05:31	5
8.	134	Carlos PRUDÊNCIO	Dá-lhe Gás Trail Team Fisioduo	M	SENIORES MASC	1:51:23.820	1:51:01.120	05:34	6
9.	153	Fernando CARVALHO	NOS ACREDITAMOS	M	M40 MASC	1:51:31.770	1:51:11.130	05:35	3
10.	194	José TEIXEIRA	A.D. Amarante	M	M40 MASC	1:51:40.500	1:51:09.180	05:35	4
11.	130	Bruno PINTO	Aliados Trail Running Team	M	SENIORES MASC	1:52:26.170	1:52:04.100	05:37	7
12.	101	Abílio MARTINS	Dá-lhe Gás Trail Team Fisioduo	M	M40 MASC	1:53:50.780	1:53:29.530	05:41	5
13.	232	Paula SOARES	A.D. Amarante	F	SENIORES FEM	1:55:16.290	1:54:56.870	05:46	1
14.	239	Pedro GARRIDO	OPraticante.pt	M	SENIORES MASC	1:55:18.370	1:54:53.000	05:46	8
15.	176	João TAVARES	CIDEP Fornos Lusavouga	M	M40 MASC	1:55:48.950	1:55:19.300	05:47	6
16.	138	Cláudia COELHO	Generosos Runners	F	SENIORES FEM	1:57:34.680	1:55:58.620	05:53	2
17.	195	Jose PINTO	NOS ACREDITAMOS	M	SENIORES MASC	1:57:56.740	1:57:35.290	05:54	9
18.	202	Luís MAGALHÃES	Boavista Trail	M	SENIORES MASC	1:58:05.180	1:57:38.170	05:54	10
19.	193	José PEDROSA	Os Primos	M	M40 MASC	1:58:10.350	1:57:47.590	05:55	7
20.	181	Jorge GOMES	Outlaw Runners	M	M40 MASC	1:58:56.300	1:58:15.790	05:57	8
21.	272	Sérgio MONTEIRO	Sardonisca Runners	M	SENIORES MASC	1:59:06.720	1:58:44.550	05:58	11
22.	165	Francisco LEMOS	NOS ACREDITAMOS	M	M50 MASC	1:59:18.540	1:58:56.490	05:58	1
23.	213	Marcio TEIXEIRA		M	M40 MASC	2:00:35.200	2:00:04.060	06:02	9
24.	277	Telmo SILVA	A.D. Amarante	M	M40 MASC	2:00:38.980	2:00:12.970	06:02	10
25.	236	Paulo SAMPAIO	Running Force	M	M40 MASC	2:00:43.200	2:00:08.240	06:02	11
26.	163	Filipe SOUSA	KeMedo Team	M	M40 MASC	2:01:31.960	2:01:04.770	06:05	12
27.	149	Fabio SILVA	NOS ACREDITAMOS	M	SENIORES MASC	2:02:18.950	2:01:54.790	06:07	12
28.	216	Marco FARIA	Dá-lhe Gás Trail Team Fisioduo	M	M40 MASC	2:02:36.930	2:01:32.730	06:08	13
29.	128	Bruno PEREIRA	NOS ACREDITAMOS	M	SENIORES MASC	2:03:07.700	2:02:42.280	06:10	13
30.	229	Nuno JAIME	Matosinhos Futsal Clube	M	M40 MASC	2:05:44.610	2:05:23.560	06:17	14
31.	168	Helder MOREIA	Elefantes runners	M	M40 MASC	2:06:06.170	2:05:41.950	06:18	15
32.	188	Jose GOMES	Nocturnos de Paredes	M	M50 MASC	2:06:18.950	2:05:44.590	06:19	2
33.	108	Alfredo MOREIRA	Moinhos Run - ADRM	M	M40 MASC	2:06:41.260	2:06:18.280	06:20	16
34.	226	NOVAL		M	M40 MASC	2:07:43.220	2:07:17.880	06:23	17
35.	197	Laurindo OSÓRIO	KeMedo Team	M	M50 MASC	2:07:46.870	2:07:20.760	06:23	3
36.	255	Rui BORGES	NAVR	M	M50 MASC	2:07:48.010	2:07:24.510	06:23	4
37.	280	Tiago GOMES	Ginásio Clube de Bragança	M	SENIORES MASC	2:08:09.710	2:07:44.810	06:25	14
38.	260	Rui SOUSA	TurboTrilhos	M	SENIORES MASC	2:08:35.850	2:08:03.480	06:26	15
39.	225	Nelson LOPES	TurboTrilhos	M	SENIORES MASC	2:08:37.170	2:08:06.030	06:26	16
40.	279	Tiago DIAS	Amigos das Sapatilhas	M	SENIORES MASC	2:09:03.000	2:08:04.680	06:27	17
41.	262	Rui ORLANDO NETO	Figueiró Fit	M	M40 MASC	2:09:40.650	2:09:15.170	06:29	18
42.	191	José LOPES	FC Penafiel	M	M40 MASC	2:10:16.930	2:09:41.520	06:31	19
43.	124	Bruno FONTÃO	Os Primos	M	SENIORES MASC	2:10:36.640	2:10:12.510	06:32	18
44.	237	Pedro BARBOSA		M	M50 MASC	2:11:41.050	2:11:14.550	06:35	5

Pos	Num	Nome	Equipa	Sx	Cat	Tempo	Chip	Média	Cat.
45.	207	Luís TEIXEIRA		M	M40 MASC	2:12:16.060	2:11:55.500	06:37	20
46.	105	Alcidio MOREIRA	Elefantes runners	M	M40 MASC	2:12:20.290	2:11:56.330	06:37	21
47.	150	Fátima COELHO	Somos Nós Team	F	F50 FEM	2:12:25.140	2:12:04.120	06:37	1
48.	125	Bruno GAIO	KeMedo Team	M	SENIORES MASC	2:13:09.190	2:12:33.210	06:40	19
49.	744	Vicente SOUSA	TOG – Trinca Orelhas de Gato	M	M40 MASC	2:13:12.860	2:12:53.580	06:40	22
50.	2	PADRINHO	KeMedo Team	M	M40 MASC	2:13:12.900	2:12:47.910	06:40	23
51.	114	André ROCHA		M	SENIORES MASC	2:13:51.440	2:12:22.200	06:41	20
52.	177	Joaquim ALVES		M	SENIORES MASC	2:14:43.260	2:14:11.200	06:44	21
53.	286	Vítor NUNO	Dá-lhe Gás Trail Team Fisioduo	M	SENIORES MASC	2:14:52.170	2:13:46.730	06:44	22
54.	156	Fernando MORAIS	Somos Nós Team	M	M50 MASC	2:15:59.940	2:15:36.920	06:48	6
55.	238	Pedro COELHO		M	SENIORES MASC	2:16:23.770	2:15:31.850	06:49	23
56.	222	Miguel LOPES		M	M40 MASC	2:17:17.520	2:16:21.250	06:52	24
57.	263	Rui PENA	GD TRANCOSO	M	M40 MASC	2:17:22.520	2:16:50.970	06:52	25
58.	135	Carlos RAPOSA		M	M40 MASC	2:17:27.580	2:16:32.020	06:52	26
59.	200	Luis AZEVEDO		M	M40 MASC	2:17:38.350	2:16:43.050	06:53	27
60.	261	Rui LOPES	Amigos do Pedal TrailLagares	M	M40 MASC	2:17:52.020	2:17:29.630	06:53	28
61.	103	Alberto CARLOS	Generosos Runners	M	M40 MASC	2:18:22.010	2:17:45.280	06:55	29
62.	252	ROBERT		M	M50 MASC	2:19:14.410	2:18:50.740	06:58	7
63.	201	Luís BESSA		M	SENIORES MASC	2:19:29.140	2:18:17.280	06:58	24
64.	119	Antonio PEREIRA	NOS ACREDITAMOS	M	M50 MASC	2:19:38.640	2:19:16.450	06:59	8
65.	158	Fernando SILVA	NOS ACREDITAMOS	M	M50 MASC	2:19:39.750	2:19:15.270	06:59	9
66.	170	IBRAIM	MSS Contabilidade Trail Team	M	M40 MASC	2:20:19.560	2:19:59.010	07:01	30
67.	234	Paulo NEVES	Baltar Runners	M	M40 MASC	2:20:24.600	2:19:21.950	07:01	31
68.	289	António SILVA	DAPproduções	M	M40 MASC	2:20:46.470	2:19:54.510	07:02	32
69.	284	Vítor FOLGADO	Outlaw Runners	M	M40 MASC	2:20:52.050	2:20:07.520	07:02	33
70.	123	Bruno FERREIRA		M	M40 MASC	2:20:55.490	2:19:29.240	07:03	34
71.	162	Filipe PINHO	Outlaw Runners	M	M40 MASC	2:21:04.360	2:20:19.300	07:03	35
72.	152	Fernando CAMPOS		M	M40 MASC	2:21:20.850	2:20:59.910	07:04	36
73.	169	Hugo SAMPAIO	Habcarpintaria	M	M40 MASC	2:22:21.910	2:21:53.940	07:07	37
74.	269	Serafim COSTA	Runner family	M	M40 MASC	2:23:11.280	2:22:17.770	07:10	38
75.	182	Jorge MESQUITA	TOG – Trinca Orelhas de Gato	M	M40 MASC	2:23:34.540	2:22:27.290	07:11	39
76.	218	Mario LIMA	Avesrunners	M	M40 MASC	2:24:06.110	2:23:30.900	07:12	40
77.	115	Luísa TEIXEIRA	A.D. Amarante	F	F40 FEM	2:24:18.440	2:23:52.760	07:13	1
78.	178	Joaquim BAPTISTA	Outlaw Runners	M	M40 MASC	2:24:24.530	2:23:31.640	07:13	41
79.	133	Big MAX	TurboTrilhos	M	M40 MASC	2:24:25.930	2:23:54.600	07:13	42
80.	287	Vítor RODRIGUES	Antas Vila Nova De Famalicão	M	SENIORES MASC	2:24:59.330	2:24:15.820	07:15	25
81.	758	Marta REIS	Juventude cortegacense	F	SENIORES FEM	2:25:01.410	2:24:37.120	07:15	3
82.	183	Jorge SANTOS	Outlaw Runners	M	M50 MASC	2:25:11.600	2:24:18.030	07:16	10
83.	112	André LOPES	KeMedo Team	M	SENIORES MASC	2:25:26.330	2:24:56.050	07:16	26
84.	228	Nuno MOURA	A.D. Amarante	M	M40 MASC	2:25:54.430	2:25:14.060	07:18	43
85.	281	Tiago MENDES		M	M50 MASC	2:27:16.650	2:26:41.630	07:22	11
86.	142	David CARVALHO	KeMedo Team	M	SENIORES MASC	2:27:49.140	2:27:10.900	07:23	27
87.	190	José LOPES	Boavista Trail	M	M40 MASC	2:27:53.790	2:27:03.720	07:23	44
88.	185	José ANDRADE		M	M40 MASC	2:28:32.360	2:28:00.930	07:26	45

Pos	Num	Nome	Equipa	Sx	Cat	Tempo	Chip	Média	Cat.
89.	221	Matias SILVA	C. A. Andatrilhos Freamunde	M	SENIORES MASC	2:28:41.480	2:28:10.210	07:26	28
90.	141	KENYANO	Amigos das Sapatilhas	M	M40 MASC	2:28:42.810	2:27:41.740	07:26	46
91.	209	Manuel FONSECA	100Pressa	M	M40 MASC	2:28:43.070	2:28:16.720	07:26	47
92.	243	Pedro SANTOS	Clube Trilheiros & Amigos	M	SENIORES MASC	2:28:52.530	2:28:29.990	07:26	29
93.	247	Pedro SILVA	Aliança Gandra	M	M40 MASC	2:29:01.160	2:28:30.280	07:27	48
94.	116	António COUTO	Baltar Runners	M	M40 MASC	2:29:07.590	2:28:07.680	07:28	49
95.	266	Rui TEIXEIRA	Amigos das Sapatilhas	M	SENIORES MASC	2:29:23.640	2:28:24.630	07:28	30
96.	129	Bruno PEREIRA	Endovelico	M	M40 MASC	2:30:16.990	2:29:34.270	07:31	50
97.	172	João CARDOSO	SS MONTEPIO	M	M40 MASC	2:30:31.430	2:29:58.560	07:32	51
98.	242	Pedro MOREIRA	Amigos das Sapatilhas	M	M40 MASC	2:30:31.720	2:30:03.140	07:32	52
99.	259	Rui GOMES	TOG – Trinca Orelhas de Gato	M	M40 MASC	2:31:50.100	2:30:36.090	07:35	53
100.	210	Manuel FREIRE	Clube Trilheiros & Amigos	M	M40 MASC	2:33:23.670	2:32:58.880	07:40	54
101.	118	Antonio MATOS	Clube Trilheiros & Amigos	M	M50 MASC	2:33:24.970	2:32:58.650	07:40	12
102.	120	António PÓVOAS	MSS Contabilidade Trail Team	M	M50 MASC	2:35:47.010	2:35:24.650	07:47	13
103.	270	Sérgio ALMEIDA	Outlaw Runners	M	M50 MASC	2:35:51.290	2:35:04.260	07:47	14
104.	230	Patrícia PALMEIRA	Ultimagem	F	F40 FEM	2:35:53.550	2:34:51.010	07:47	2
105.	189	José GONÇALVES		M	SENIORES MASC	2:35:55.210	2:34:31.850	07:48	31
106.	127	Bruno LEITE		M	M40 MASC	2:36:06.400	2:35:23.570	07:48	55
107.	264	Rui PINTO	FISIOPERFORMANCE	M	SENIORES MASC	2:37:20.470	2:36:02.320	07:52	32
108.	137	César GONÇALVES	LOUSADA RUNNERS	M	M40 MASC	2:37:26.550	2:36:15.300	07:52	56
109.	173	João MIGUEL GARRIDO	OPraticante.pt	M	M40 MASC	2:38:52.750	2:38:26.310	07:56	57
110.	180	Jorge ESTEVES	KeMedo Team	M	M50 MASC	2:39:09.750	2:38:25.920	07:58	15
111.	122	Armando CARDOSO	NOS ACREDITAMOS	M	M40 MASC	2:39:28.930	2:39:03.230	07:58	58
112.	161	Filipe MOURA	Amigos das Sapatilhas	M	M40 MASC	2:39:30.290	2:38:29.070	07:59	59
113.	217	Mariana PIRES	Condomínio Ideal 2	F	SENIORES FEM	2:41:03.530	2:40:35.920	08:03	4
114.	251	Ricardo DIAS	Condomínio Ideal 2	M	SENIORES MASC	2:41:03.920	2:40:35.200	08:03	33
115.	258	Rui FERNANDES		M	M40 MASC	2:41:05.610	2:40:25.080	08:03	60
116.	254	Rui ALMEIDA	Nocturnos de Paredes	M	M40 MASC	2:42:38.090	2:42:12.870	08:08	61
117.	179	Jorge BOTELHO	Hora do Lobo	M	SENIORES MASC	2:43:00.150	2:42:25.930	08:09	34
118.	265	Rui SOUSA	Bombeiros de Meda	M	SENIORES MASC	2:43:01.150	2:42:31.170	08:09	35
119.	160	Filipe CARNEIRO	Trail team 1328	M	M40 MASC	2:45:54.980	2:44:34.030	08:18	62
120.	151	Fernando ALMEIDA		M	M50 MASC	2:45:55.480	2:45:25.830	08:18	16
121.	155	Fernando LOPES	NAVR	M	M40 MASC	2:45:56.210	2:45:26.750	08:18	63
122.	187	FERREIRA	Generosos Runners	M	SENIORES MASC	2:45:56.690	2:45:19.840	08:18	36
123.	245	Pedro SERRA	Endovelico	M	SENIORES MASC	2:47:02.940	2:46:20.470	08:21	37
124.	211	Manuel MARTINS	OPraticante.pt	M	M40 MASC	2:47:11.590	2:46:44.290	08:22	64
125.	257	Rui COSTA	Boavista Trail	M	SENIORES MASC	2:47:14.140	2:46:24.040	08:22	38
126.	174	João RODRIGUES		M	SENIORES MASC	2:47:17.750	2:46:33.780	08:22	39
127.	224	Nelson FREITAS	Team Trail Sobe & Desce	M	M40 MASC	2:47:37.310	2:46:09.550	08:23	65
128.	111	André CARVALHO	Habcarpintaria	M	SENIORES MASC	2:48:34.060	2:47:59.430	08:26	40
129.	109	Ana ÁGUAS	MAG	F	SENIORES FEM	2:49:14.400	2:48:35.070	08:28	5
130.	220	Martinha MARTINE	NOS ACREDITAMOS	F	F50 FEM	2:49:14.960	2:48:48.780	08:28	2
131.	196	Laura MENDES	KeMedo Team	F	F50 FEM	2:51:49.210	2:51:16.110	08:35	3
132.	192	José MESQUITA		M	M50 MASC	2:51:50.120	2:51:22.960	08:35	17

Pos	Num	Nome	Equipa	Sx	Cat	Tempo	Chip	Média	Cat.
133.	121	António FOCA	MSS Contabilidade Trail Team	M	M40 MASC	2:52:40.040	2:52:12.370	08:38	66
134.	107	Alexandre PEREIRA	Equipa A	M	M40 MASC	2:55:29.190	2:54:55.630	08:46	67
135.	276	Susana NETA	Clube Zupper	F	F40 FEM	2:55:30.610	2:54:53.970	08:47	3
136.	271	Sergio CARVALHO		M	M40 MASC	2:55:40.320	2:55:13.220	08:47	68
137.	256	Rui CARVALHO		M	M50 MASC	2:55:57.800	2:55:30.790	08:48	18
138.	164	Flavio SOARES	CAL - Clube Atletismo de Lamas	M	M40 MASC	2:57:11.860	2:55:00.740	08:52	69
139.	117	António LUÍS	MSS Contabilidade Trail Team	M	M50 MASC	2:57:39.250	2:57:11.190	08:53	19
140.	126	Bruno GARCÊS		M	SENIORES MASC	2:58:24.930	2:57:50.870	08:55	41
141.	274	Sónia PEREIRA		F	F40 FEM	2:58:52.440	2:58:15.470	08:56	4
142.	136	Catarina LEITE		F	SENIORES FEM	3:00:30.350	2:59:36.670	09:01	6
143.	199	Leandro LEITE	Ovar	M	M40 MASC	3:00:31.440	2:59:37.620	09:02	70
144.	249	Ricardo COSTA	Habcarpintaria	M	SENIORES MASC	3:01:27.930	3:00:58.400	09:04	42
145.	145	Domingos FAUSTINO	Centro Cultural da STCP	M	M40 MASC	3:03:10.740	3:02:38.610	09:10	71
146.	214	MARCO	ccdt/stcp	M	M40 MASC	3:03:13.520	3:02:41.870	09:10	72
147.	288	Rita LEAL	KeMedo Team	F	SENIORES FEM	3:05:34.200	3:04:59.270	09:17	7
148.	283	Valter BARBOSA	Centro Cultural da STCP	M	SENIORES MASC	3:06:45.270	3:06:15.320	09:20	43
149.	240	Fernando AZEVEDO	KeMedo Team	M	M40 MASC	3:06:46.380	3:06:11.160	09:20	73
150.	171	Iracema COSTA	Bikestore	F	F50 FEM	3:07:36.810	3:07:15.260	09:23	4
151.	146	Bruno CÂMARA	Equipa A	M	M40 MASC	3:08:35.050	3:07:53.520	09:26	74
152.	175	João SANTOS		M	SENIORES MASC	3:08:47.860	3:07:20.630	09:26	44
153.	131	Bruno SILVA	Vaiatéondeosteuspéstelevar	M	M40 MASC	3:09:05.450	3:08:23.410	09:27	75
154.	215	XANANA		M	M40 MASC	3:09:06.240	3:08:35.390	09:28	76
155.	198	Leandro ANDRADE	Baltar Runners	M	M40 MASC	3:09:50.090	3:08:46.840	09:29	77
156.	140	Cristina FONSECA	GANSOS	F	F40 FEM	3:11:27.340	3:10:52.550	09:34	5
157.	106	Alcino TAVARES	GANSOS	M	M40 MASC	3:11:27.480	3:10:47.500	09:34	78
158.	235	Paulo RIBEIRO	GANSOS	M	M40 MASC	3:11:28.870	3:10:49.490	09:34	79
159.	157	Fernando RODRIGUES	Vila Lusa Imobiliária	M	M50 MASC	3:18:44.770	3:17:01.390	09:56	20
160.	227	Nuno DIAS	Casa do Benfica em Castelo Branco	M	M40 MASC	3:21:30.060	3:20:50.370	10:04	80
161.	104	Alberto MARTINS	Bikestore	M	M50 MASC	3:21:44.240	3:21:21.840	10:05	21
162.	139	Cristiano ALVES	Trail team 1328	M	SENIORES MASC	3:22:32.450	3:21:11.450	10:08	45
163.	184	Jorge VASCONCELOS	Equipa A	M	M40 MASC	3:22:37.040	3:21:54.640	10:08	81
164.	132	Carlos ALMEIDA		M	M50 MASC	3:23:10.690	3:21:39.890	10:10	22
165.	275	Sophie DUARTE		F	SENIORES FEM	3:23:11.990	3:21:41.470	10:10	8
166.	208	Manuel CUNHA LIMA	EXPERIENCIAR	M	M50 MASC	3:26:52.100	3:26:03.140	10:20	23
167.	110	Ana SOUSA		F	F50 FEM	3:34:45.200	3:33:05.510	10:44	5
168.	248	Raul ANDRADE	Baltar Runners	M	SENIORES MASC	3:39:37.640	3:38:34.820	10:59	46
169.	267	Samanta MAIA	CAL - Clube Atletismo de Lamas	F	F40 FEM	4:06:16.420	4:04:32.350	12:19	6
170.	219	MARLENE	CAL - Clube Atletismo de Lamas	F	F40 FEM	4:06:16.480	4:04:32.230	12:19	7
171.	278	Teresa TAVARES	CAL - Clube Atletismo de Lamas	F	F40 FEM	4:06:17.490	4:04:33.150	12:19	8
172.	297	VASSOURA	II TRAIL DO CAPITÃO	M		4:06:22.480	4:03:18.190	12:19	
-	241	MEIRELES		M	SENIORES MASC	Abandono			