



## TRAIL DO MONTE MEDA



### Classificação Geral

### Trail 15 km

Pos.	Dor.	Nome	Clube	Cat.	Pos.Cat	Tempo	T/Km.	Dif.
1	877	Nuno Carneiro,	CLUBE ZUPPER	SM	1	1:24:49.69	05:39	
2	578	Marco Faria,	Dá-lhe Gás Running Team	V40M	1	1:25:20.78	05:41	0:00:31
3	668	Ricardo Oliveira,	Trepadores	SM	2	1:26:52.23	05:47	0:02:02
4	544	Adérito Oliveira,	Dá-lhe Gás Running Team	SM	3	1:30:09.43	06:01	0:05:19
5	557	Sérgio SILVA,	MSS CONTABILIDADE TRAIL TEA	SM	4	1:30:32.69	06:02	0:05:43
6	868	Rui Pinto,		V40M	2	1:30:39.01	06:03	0:05:49
7	855	Miguel Mendes,	Paços Runners	SM	5	1:30:57.81	06:04	0:06:08
8	738	Ricardo Campos,	ARC Vale S. Cosme	SM	6	1:31:23.35	06:06	0:06:33
9	894	Nuno Lemos,	Clube atletismo fafe	V40M	3	1:31:41.54	06:07	0:06:52
10	693	Jorge Neto,	NBA BARROSAS	SM	7	1:33:26.12	06:14	0:08:36
11	695	Daniel Martins,	NBA BARROSAS	SM	8	1:33:26.66	06:14	0:08:37
12	689	Ramiro Ribeiro,	NBA BARROSAS	SM	9	1:34:12.14	06:17	0:09:22
13	613	Carlos coelho,	Cláudia Gomes cabeleireira	SM	10	1:34:18.47	06:17	0:09:28
14	514	Abilio Almeida,	Dá-lhe Gás Running Team	V40M	4	1:35:21.55	06:21	0:10:32
15	857	Joao Leite,	OLIVEIRA DE AZEMÉIS(OLIVEIRA	SM	11	1:35:56.52	06:24	0:11:07
16	827	Filipe Manuel Alves da Silva,	Justa & Carneiro -Eletrodomésticos	V40M	5	1:36:19.05	06:25	0:11:29
17	873	Francisco Pacheco,	Paços Runners	V40M	6	1:36:46.57	06:27	0:11:57
18	612	Carlos Cunha,	Dá-lhe Gás Running Team	SM	12	1:37:29.54	06:30	0:12:40
19	882	Carlos Prudêncio,	Dá-lhe Gás Running Team	SM	13	1:37:31.24	06:30	0:12:41
20	635	André Costa,	BeFitness RUNNERS	SM	14	1:37:43.34	06:31	0:12:53
21	452	Bruno Filipe Barbosa Pinto,	Aliados Trail Running Team	SM	15	1:37:54.03	06:32	0:13:04
22	609	Ivo Barbosa,	Devasta trilhos	SM	16	1:38:09.13	06:33	0:13:19
23	848	António Carvalho,	AFIPRE TEAM / CHRONO.PT	V40M	7	1:38:48.15	06:35	0:13:58
24	799	António Fernandes,	Amigos do Trail	V40M	8	1:39:35.68	06:38	0:14:46
25	626	Nuno Silva,	The Newbies	SM	17	1:39:52.25	06:39	0:15:02
26	561	Pedro Moreira,	Trail Sta marta /aldeia dura	V40M	9	1:40:25.37	06:42	0:15:35
27	536	Jorge Ribeiro,	Paços Runners	V40M	10	1:40:52.41	06:43	0:16:02
28	694	Pedro Gaudêncio,	NBA BARROSAS	S23M	1	1:41:16.78	06:45	0:16:27
29	483	Bruno Pereira,	ADECA	SM	18	1:41:24.57	06:46	0:16:35
30	729	André Areias,		SM	19	1:41:35.62	06:46	0:16:46
31	845	Hélder Borges,	AFIPRE TEAM / CHRONO.PT	V40M	11	1:41:39.66	06:47	0:16:50
32	617	Paulo Silva,	CLUBE ZUPPER	SM	20	1:41:44.13	06:47	0:16:54
33	479	Sergio Martins,	A r negrelos	V40M	12	1:41:45.72	06:47	0:16:56
34	724	PAULO SOUSA,	NOS ACREDITAMOS	V40M	13	1:43:06.38	06:52	0:18:16
35	767	Eduardo Xavier,	Devasta trilhos	SM	21	1:43:43.02	06:55	0:18:53
36	803	Vitor Dias,	Amigos do Trail	SM	22	1:43:52.93	06:56	0:19:03
37	846	Marco Andrade,	AFIPRE TEAM / CHRONO.PT	SM	23	1:44:21.87	06:57	0:19:32
38	844	José Silva,	Clube Trilheiros & Amigos	V50M	1	1:44:27.71	06:58	0:19:38
39	892	Renato Coelho,	Nike	S23M	2	1:44:30.19	06:58	0:19:40
40	636	ANTÓNIO SILVA,	RIPOLINS GRIJÓ A CORRER	V50M	2	1:45:07.15	07:00	0:20:17
41	761	Daniel Pereira,		SM	24	1:46:09.01	07:05	0:21:19
42	804	Joaquim Pinto,	Bifase Team	V40M	14	1:47:04.90	07:08	0:22:15
43	558	Nuno Cunha,	Trail Sta marta /aldeia dura	SM	25	1:47:10.37	07:09	0:22:20

44	664	Tiago Oliveira,	Sob Efeito Trail	SM	26	<b>1:47:19.10</b>	07:09	0:22:29
45	811	Adolfo Gomes,	Andatrilhos   Freamunde	V50M	3	<b>1:47:21.53</b>	07:09	0:22:32
46	517	Carlos Vieira,		SM	27	<b>1:47:28.21</b>	07:10	0:22:38
47	731	Luis Alves,		SM	28	<b>1:47:32.87</b>	07:10	0:22:43
48	847	Paulo Abreu,	AFIPRE TEAM / CHRONO.PT	V40M	15	<b>1:47:59.37</b>	07:12	0:23:09
49	854	Nuno Sousa,	Kitty team	V40M	16	<b>1:48:38.49</b>	07:15	0:23:48
50	692	Cardoso Lino,	NBA BARROSAS	V40M	17	<b>1:48:50.71</b>	07:15	0:24:01
51	823	joel batista,	Lourival Bike Team	SM	29	<b>1:49:40.53</b>	07:19	0:24:51
52	891	Fabio Freitas,	Sai da Frente	S23M	3	<b>1:49:40.84</b>	07:19	0:24:51
53	596	fernando Martins,		V50M	4	<b>1:49:55.81</b>	07:20	0:25:06
54	793	Daniel Silva,	Nocturnos de Paredes	SM	30	<b>1:49:57.94</b>	07:20	0:25:08
55	555	Adelino Pinheiro Pinheiro,		V40M	18	<b>1:50:18.40</b>	07:21	0:25:28
56	716	Tiago Pinto,	Andatrilhos   Freamunde	SM	31	<b>1:50:44.58</b>	07:23	0:25:55
57	955	Eva Monteiro,	Moínhos Run	SF	1	<b>1:50:53.59</b>	07:24	0:26:04
58	679	Ricardo Jorge Neto,	Andatrilhos   Freamunde	SM	32	<b>1:50:58.93</b>	07:24	0:26:09
59	576	Eduardo Mendes,	TRAIL TEAM CASA DAS REPARAÇ	SM	33	<b>1:51:13.83</b>	07:25	0:26:24
60	624	Bruno Nogueira,	Aliados Trail Running Team	S23M	4	<b>1:51:26.27</b>	07:26	0:26:36
61	463	Joao Oliveira,	Facort Running Team	SM	34	<b>1:51:52.42</b>	07:27	0:27:02
62	766	Carlos Sousa,	Devasta trilhos	V50M	5	<b>1:52:42.30</b>	07:31	0:27:52
63	786	Pedro Dias,	Boavista Trail	V40M	19	<b>1:53:43.44</b>	07:35	0:28:53
64	582	Ricardo Ferreira,		SM	35	<b>1:53:53.80</b>	07:36	0:29:04
65	872	Joao Alves,	Paços Runners	V40M	20	<b>1:53:56.97</b>	07:36	0:29:07
66	874	Alfredo Batista,	Paços Runners	V40M	21	<b>1:54:14.01</b>	07:37	0:29:24
67	840	José Almeida,		V50M	6	<b>1:54:18.18</b>	07:37	0:29:28
68	893	José SANTOS,	oralklass amigos do trail	SM	36	<b>1:54:46.70</b>	07:39	0:29:57
69	798	Luis Gonçalves,	Amigos do Trail	V40M	22	<b>1:54:53.58</b>	07:40	0:30:04
70	704	Nuno Alexandre,	Nocturnos de Paredes	V40M	23	<b>1:54:59.60</b>	07:40	0:30:10
71	620	Jaime Mendes,		SM	37	<b>1:55:12.68</b>	07:41	0:30:23
72	588	Jorge Beliago,	Gansos	S23M	5	<b>1:55:16.06</b>	07:41	0:30:26
73	685	Matias Silva,	Andatrilhos   Freamunde	SM	38	<b>1:55:23.96</b>	07:42	0:30:34
74	779	Luis Silva,	BRABUS RUNNERS	SM	39	<b>1:55:27.30</b>	07:42	0:30:37
75	504	Simao Alves,		SM	40	<b>1:55:47.03</b>	07:43	0:30:57
76	888	Bruno Fontes,	Tog Associação Running Team	SM	41	<b>1:55:53.96</b>	07:44	0:31:04
77	564	Carlos Ribeiro,	Os2hoRas	SM	42	<b>1:55:54.90</b>	07:44	0:31:05
78	683	Pedro Barbosa,	Swet runners	V50M	7	<b>1:56:09.53</b>	07:45	0:31:20
79	456	João Barros,	Devasta trilhos	V40M	24	<b>1:56:20.52</b>	07:45	0:31:31
80	631	Manuel Goncalves,		SM	43	<b>1:56:27.75</b>	07:46	0:31:38
81	600	Manuel Ferreira,	Amigos do Pedal TraiLagares	V50M	8	<b>1:56:36.49</b>	07:46	0:31:46
82	749	José Almeida,	FISIOPERFORMANCE	SM	44	<b>1:56:37.04</b>	07:46	0:31:47
83	575	Filipe Soares,	S. S. MONTEPIO	SM	45	<b>1:57:07.74</b>	07:49	0:32:18
84	518	Antonio Leal Leal,	Maia	V40M	25	<b>1:57:21.34</b>	07:49	0:32:31
85	451	Mario Lima,	Aves runners	SM	46	<b>1:57:24.61</b>	07:50	0:32:35
86	639	Renato Alves,	trail 4ever/Cfit	SM	47	<b>1:57:35.90</b>	07:50	0:32:46
87	577	Sandra Cunha,	Amigos do Pedal TraiLagares	S23F	1	<b>1:57:38.76</b>	07:51	0:32:49
88	625	Hugo Faria,	The Newbies	SM	48	<b>1:58:09.97</b>	07:53	0:33:20
89	644	Rui Bessa,	Sob Efeito Trail	SM	49	<b>1:58:14.77</b>	07:53	0:33:25
90	777	Marco Sousa,	Baltar TrailRunners	V40M	26	<b>1:58:20.75</b>	07:53	0:33:31
91	843	Alfredo Fraga,	ARRASTASSOLAS	V50M	9	<b>1:58:29.77</b>	07:54	0:33:40
92	726	João Neves,	EQUIPOTENCIA TRAIL TEAM	SM	50	<b>1:58:37.56</b>	07:55	0:33:48
93	851	Vicente Gaspar,		SM	51	<b>1:58:43.56</b>	07:55	0:33:54
94	673	Alexandre Brito,	TRAIL TEAM CASA DAS REPARAÇ	V40M	27	<b>1:58:46.52</b>	07:55	0:33:57
95	489	Ricardo Ferreira,		V40M	28	<b>1:58:47.36</b>	07:55	0:33:57
96	627	Marcelo Teixeira,	The Newbies	SM	52	<b>1:58:51.82</b>	07:55	0:34:02
97	821	José Andrade,	HORA DO LOBO TRAIL	SM	53	<b>1:59:05.95</b>	07:56	0:34:16
98	540	Manuel Fonseca,	100PRESSA	V40M	29	<b>1:59:15.83</b>	07:57	0:34:26
99	666	Tiago Gomes,	Ginásio Clube de Bragança	SM	54	<b>1:59:17.00</b>	07:57	0:34:27
100	825	António Joaquim Ferreira Dias,	Justa & Carneiro -Eletrodomésticos	V50M	10	<b>2:00:01.56</b>	08:00	0:35:12
101	807	Cláudio Monteiro,	Douroconta - Gabinete de Apoio e Cor	V50M	11	<b>2:00:03.07</b>	08:00	0:35:13

102	498 Fernando Nogueira,		SM	55	<b>2:00:09.37</b>	08:01	0:35:19
103	556 Luciano Silva,		SM	56	<b>2:00:11.26</b>	08:01	0:35:21
104	633 Henrique Leal,		SM	57	<b>2:00:11.29</b>	08:01	0:35:21
105	842 Mário Santos,	ARRASTASSOLAS	SM	58	<b>2:00:11.68</b>	08:01	0:35:22
106	797 Pedro Silva,	Amigos do Trail	SM	59	<b>2:00:12.48</b>	08:01	0:35:22
107	841 Pedro Magalhães,	ARRASTASSOLAS	V40M	30	<b>2:00:14.78</b>	08:01	0:35:25
108	611 Vítor Ribeiro,	The Mountains are calling	V40M	31	<b>2:00:24.46</b>	08:02	0:35:34
109	736 Ricardo Sampaio,	BRABUS RUNNERS	SM	60	<b>2:00:48.16</b>	08:03	0:35:58
110	741 Daniel José Gomes Sousa,		SM	61	<b>2:00:56.73</b>	08:04	0:36:07
111	696 João Ribeiro,	Honra Team	SM	62	<b>2:00:59.00</b>	08:04	0:36:09
112	503 Vitor Ribeiro,	BRABUS RUNNERS	SM	63	<b>2:01:15.22</b>	08:05	0:36:25
113	656 Sílvia Gomes,	CATR/Correr por parzer a 2	SF	2	<b>2:01:32.78</b>	08:06	0:36:43
114	784 EDUARDO PEREIRA,	TEAM HAKYPNEUS	SM	64	<b>2:01:51.81</b>	08:07	0:37:02
115	717 Eugénio Alves,	Andatrilhos   Freamunde	SM	65	<b>2:02:00.80</b>	08:08	0:37:11
116	752 vitor neto,		V40M	32	<b>2:02:03.74</b>	08:08	0:37:14
117	512 José Machado,		V40M	33	<b>2:02:08.15</b>	08:09	0:37:18
118	878 Júlio Sousa,	Factor X / S4L / Medense FC	SM	66	<b>2:02:20.28</b>	08:09	0:37:30
119	647 MARA CÉLIA,	MC	SF	3	<b>2:02:27.66</b>	08:10	0:37:38
120	532 Carlos Leal,	TRAIL TEAM CASA DAS REPARAÇ	SM	67	<b>2:03:12.12</b>	08:13	0:38:22
121	546 Armando Machado,	TRAIL TEAM CASA DAS REPARAÇ	V40M	34	<b>2:03:12.99</b>	08:13	0:38:23
122	808 António Alves,		V40M	35	<b>2:03:25.57</b>	08:14	0:38:36
123	659 Jose Vaz,	Lentinhos	V50M	12	<b>2:03:42.29</b>	08:15	0:38:52
124	682 Josué Silva,		SM	68	<b>2:03:49.56</b>	08:15	0:39:00
125	520 Carlos Cruz,		SM	69	<b>2:03:49.92</b>	08:15	0:39:00
126	883 Sergio Coelho Sergio Coelho,	BTT Alegria // TUBANI	SM	70	<b>2:03:59.52</b>	08:16	0:39:10
127	455 Quim Barros,	Devasta trilhos	SM	71	<b>2:04:02.14</b>	08:16	0:39:12
128	562 Paulo Ferreira,	Trail Sta marta /aldeia dura	SM	72	<b>2:04:03.65</b>	08:16	0:39:14
129	850 António Rodrigues,	AFIPRE TEAM / CHRONO.PT	V50M	13	<b>2:04:05.82</b>	08:16	0:39:16
130	790 Jorge Pacheco,	Boavista Trail	V40M	36	<b>2:04:07.56</b>	08:17	0:39:18
131	634 Helena Castro,	BeFitness RUNNERS	SF	4	<b>2:04:09.55</b>	08:17	0:39:20
132	802 Paulo Ferreira,	Amigos do Trail	SM	73	<b>2:04:10.91</b>	08:17	0:39:21
133	833 Orlando Alves,	Regadas Runners	V40M	37	<b>2:04:15.16</b>	08:17	0:39:25
134	671 Daniel Machado,	Andatrilhos   Freamunde	V40M	38	<b>2:04:15.83</b>	08:17	0:39:26
135	822 Vítor Dias,		V40M	39	<b>2:04:19.45</b>	08:17	0:39:29
136	746 Pedro Pacheco,		SM	74	<b>2:04:29.98</b>	08:18	0:39:40
137	974 ***** , Dorsal 974		?????		<b>2:04:40.09</b>	08:19	0:39:50
138	783 TIAGO PIMENTA,	TEAM HAKYPNEUS	SM	75	<b>2:04:42.98</b>	08:19	0:39:53
139	568 Fernando Carvalho,	S. S. MONTEPIO	V50M	14	<b>2:05:46.95</b>	08:23	0:40:57
140	815 Rui Rosas,		SM	76	<b>2:06:06.40</b>	08:24	0:41:16
141	547 Eduardo Soares,	TRAIL TEAM CASA DAS REPARAÇ	SM	77	<b>2:06:13.59</b>	08:25	0:41:24
142	698 Agostinho Moreira,	Nocturnos de Paredes	V50M	15	<b>2:06:17.32</b>	08:25	0:41:27
143	963 Nuno Barros,	Factor X / S4L / Medense FC	SM	78	<b>2:06:22.44</b>	08:25	0:41:32
144	510 Filipe Nogueira,		SM	79	<b>2:06:26.45</b>	08:26	0:41:36
145	538 Mário Moura,	Leões de Tardariz Trail	V40M	40	<b>2:06:45.74</b>	08:27	0:41:56
146	740 Antonio Joao Gomes Da Silva,		V50M	16	<b>2:06:54.05</b>	08:28	0:42:04
147	691 Zeza Carvalho,	NBA BARROSAS	V40F	1	<b>2:06:56.91</b>	08:28	0:42:07
148	723 Eduarda Pinto,	BRABUS RUNNERS	SF	5	<b>2:06:59.82</b>	08:28	0:42:10
149	168 Filipe Abreu,	Boavista Trail	V40M	41	<b>2:07:40.85</b>	08:31	0:42:51
150	566 Rui Costa,	Os2hoRas	SM	80	<b>2:07:43.51</b>	08:31	0:42:54
151	675 rui neto,		SM	81	<b>2:07:58.05</b>	08:32	0:43:08
152	593 Belém Sampaio-Marques,	Magic friends runners	SF	6	<b>2:08:02.18</b>	08:32	0:43:12
153	643 Paulo Machado,	TRAIL TEAM CASA DAS REPARAÇ	SM	82	<b>2:08:08.61</b>	08:33	0:43:19
154	962 Pedro Ricardo Machado Valente Gc	Lousada BTT	V40M	42	<b>2:08:12.64</b>	08:33	0:43:23
155	697 Marco Mendes,	Andatrilhos   Freamunde	SM	83	<b>2:08:33.01</b>	08:34	0:43:43
156	805 Nélson Gomes,	Bifase Team	SM	84	<b>2:08:36.81</b>	08:34	0:43:47
157	742 Márcio Almeida,	MSS CONTABILIDADE TRAIL TEA	V40M	43	<b>2:08:38.79</b>	08:35	0:43:49
158	628 Flavio Pinto,		SM	85	<b>2:08:51.56</b>	08:35	0:44:02
159	581 Sérgio Pereira,	TREPATRILHOS TRAIL TEAM	V50M	17	<b>2:09:13.44</b>	08:37	0:44:23

160	527 Diogo Oliveira,	Angry Ducks	SM	86	<b>2:09:42.86</b>	08:39	0:44:53
161	739 Sandro Afonso,	BRABUS RUNNERS	SM	87	<b>2:10:05.68</b>	08:40	0:45:16
162	645 Jorge Almeida,	Soplalifana	V40M	44	<b>2:10:07.37</b>	08:40	0:45:17
163	806 Abílio Pacheco,	Bifase Team	V40M	45	<b>2:10:14.44</b>	08:41	0:45:24
164	485 David Barros,		V40M	46	<b>2:10:18.24</b>	08:41	0:45:28
165	875 Kosta Karas,	Aliança de Gandra	SF	7	<b>2:10:48.43</b>	08:43	0:45:58
166	863 Renato André,	ARC Vale S. Cosme	SM	88	<b>2:11:02.62</b>	08:44	0:46:13
167	730 Lopes Armindo,	ARC Vale S. Cosme	V50M	18	<b>2:11:02.88</b>	08:44	0:46:13
168	886 João Rocha,		SM	89	<b>2:11:31.01</b>	08:46	0:46:41
169	107 José Paulino,		V40M	47	<b>2:11:41.31</b>	08:47	0:46:51
170	690 Filipe Machado,	NBA BARROSAS	V40M	48	<b>2:12:18.45</b>	08:49	0:47:28
171	839 Pedro Oliveira,	Sob Efeito Trail	SM	90	<b>2:12:20.61</b>	08:49	0:47:31
172	870 Claudio Quinteira,		SM	91	<b>2:12:23.24</b>	08:50	0:47:33
173	539 Tiago David Silva Ferreira,	100PRESSA	S23M	6	<b>2:12:29.51</b>	08:50	0:47:40
174	880 Joaquim Alves,		SM	92	<b>2:12:37.53</b>	08:51	0:47:48
175	725 Luis Neves,	EQUIPOTENCIA TRAIL TEAM	SM	93	<b>2:13:13.35</b>	08:53	0:48:23
176	952 José Silva,	FAT FIRE FIGTHERS	SM	94	<b>2:13:33.20</b>	08:54	0:48:43
177	810 Gilberto Orlando,		SM	95	<b>2:13:53.14</b>	08:56	0:49:03
178	713 Rui Moreira,	PAPATRAILS	SM	96	<b>2:13:58.73</b>	08:56	0:49:09
179	765 Natália Maria Silva Lima,	BRABUS RUNNERS	SF	8	<b>2:14:37.55</b>	08:59	0:49:48
180	957 André Mendes,		SM	97	<b>2:15:00.73</b>	09:00	0:50:11
181	778 Filipe Moreira,		SM	98	<b>2:15:02.11</b>	09:00	0:50:12
182	515 Antonio Malheiro Malheiro,		V40M	49	<b>2:15:07.41</b>	09:00	0:50:17
183	890 Jose Parabéns,		SM	99	<b>2:15:10.24</b>	09:01	0:50:20
184	574 Sílvia Pinto,	S. S. MONTEPIO	V40F	2	<b>2:15:13.32</b>	09:01	0:50:23
185	490 Vitor Cunha,	BRABUS RUNNERS	V50M	19	<b>2:15:24.10</b>	09:02	0:50:34
186	744 Ricardo Faria,		SM	100	<b>2:16:10.76</b>	09:05	0:51:21
187	889 Paulo Santos,	Tog Associação Running Team	V40M	50	<b>2:16:31.21</b>	09:06	0:51:41
188	796 Leandro Matos,	Amigos do Trail	V40M	51	<b>2:16:34.23</b>	09:06	0:51:44
189	958 Bruno Gonçalves,		SM	101	<b>2:16:44.67</b>	09:07	0:51:55
190	887 Joel Vale,	Tog Associação Running Team	SM	102	<b>2:16:52.52</b>	09:08	0:52:03
191	837 Pedro Viana Da Fonseca,		SM	103	<b>2:17:01.79</b>	09:08	0:52:12
192	688 Pedro Pereira,	Andatrilhos   Freamunde	SM	104	<b>2:17:20.76</b>	09:09	0:52:31
193	856 Sílvia Soares,		SF	9	<b>2:17:21.51</b>	09:09	0:52:32
194	495 Alexandre Fernandes,	Clube Trilheiros & Amigos	SM	105	<b>2:17:27.92</b>	09:10	0:52:38
195	701 Daniel Pereira,	Nocturnos de Paredes	V40M	52	<b>2:17:28.51</b>	09:10	0:52:39
196	785 CARLOS MACHADO,	TEAM HAKYPNEUS	V40M	53	<b>2:17:34.85</b>	09:10	0:52:45
197	709 Pedro Coelho,		SM	106	<b>2:17:45.11</b>	09:11	0:52:55
198	623 Gil Silva,		V40M	54	<b>2:17:53.04</b>	09:12	0:53:03
199	537 Bruno Silva,		SM	107	<b>2:18:36.78</b>	09:14	0:53:47
200	554 ricardo ribeiro,	os lobos btt sai da frente	SM	108	<b>2:18:44.34</b>	09:15	0:53:54
201	595 Nuno Barbosa,		SM	109	<b>2:18:50.17</b>	09:15	0:54:00
202	672 Ricardo Machado,	Andatrilhos   Freamunde	V50M	20	<b>2:18:59.39</b>	09:16	0:54:09
203	879 Ricardo Sousa,	Factor X / S4L / Medense FC	V40M	55	<b>2:19:02.17</b>	09:16	0:54:12
204	776 Vítor Martins,	EQUIPOTENCIA TRAIL TEAM	SM	110	<b>2:19:05.11</b>	09:16	0:54:15
205	618 Teresa Maias,		SF	10	<b>2:19:05.22</b>	09:16	0:54:15
206	728 Hugo Carvalho,	FISIOPERFORMANCE	SM	111	<b>2:19:18.76</b>	09:17	0:54:29
207	648 ARMANDO LEITE,	MC	SM	112	<b>2:19:19.79</b>	09:17	0:54:30
208	651 JORGE LAGAREIRO,	MC	V40M	56	<b>2:19:22.17</b>	09:17	0:54:32
209	966 Armando Moreira,	CLUBE ZUPPER	V50M	21	<b>2:19:34.51</b>	09:18	0:54:45
210	965 Luís Carneiro,	King Arthur	SM	113	<b>2:19:59.68</b>	09:20	0:55:10
211	543 Sergio Cunha,		V50M	22	<b>2:20:09.46</b>	09:21	0:55:19
212	862 Filipe Alferes,	Regadas Runners	V40M	57	<b>2:20:42.36</b>	09:23	0:55:52
213	589 Miguel Costa,	Gansos	V40M	58	<b>2:21:01.22</b>	09:24	0:56:11
214	499 Ruben Lopes,		SM	114	<b>2:21:28.14</b>	09:26	0:56:38
215	866 hugopinho Pinho,	Penafiel	SM	115	<b>2:21:33.45</b>	09:26	0:56:43
216	534 José Ribeiro Santos,		V50M	23	<b>2:22:21.02</b>	09:29	0:57:31
217	770 Filipe Lima,	PORTO RUN TEAM	SM	116	<b>2:22:35.62</b>	09:30	0:57:46

218	858 Tiago Maia,	Spartan Spirit	S23M	7	<b>2:23:06.86</b>	09:32	0:58:17
219	860 Lucinda Gomes,	Spartan Spirit	V50F	1	<b>2:23:23.08</b>	09:34	0:58:33
220	542 Henrique Barros,	Salgueiros Running	V40M	59	<b>2:23:23.63</b>	09:34	0:58:34
221	608 Carlos Taveira,		V40M	60	<b>2:23:31.75</b>	09:34	0:58:42
222	551 Andreia Pinto,		SF	11	<b>2:23:53.83</b>	09:36	0:59:04
223	820 Patricia Fernandes,	HORA DO LOBO TRAIL	V40F	3	<b>2:24:00.85</b>	09:36	0:59:11
224	961 Manuel Ferreira de Sampaio,	NÓS ACREDITAMOS	V50M	24	<b>2:24:10.27</b>	09:37	0:59:20
225	967 Tiago Mendonça ,	Traillovers	SM	117	<b>2:24:23.87</b>	09:38	0:59:34
226	759 Hugo Ramos,	Magnunssens	SM	118	<b>2:24:32.39</b>	09:38	0:59:42
227	524 Amândio Sousa Sousa,	kinkipa	V40M	61	<b>2:24:34.44</b>	09:38	0:59:44
228	674 Pedro Brito,	TRAIL TEAM CASA DAS REPARAC	S23M	8	<b>2:25:14.76</b>	09:41	1:00:25
229	523 Joaquim Carvalho,		V40M	62	<b>2:25:26.96</b>	09:42	1:00:37
230	594 Nilda Magalhães,		V50F	2	<b>2:25:31.28</b>	09:42	1:00:41
231	488 Fabio Monteiro,	Fire Team	SM	119	<b>2:25:48.29</b>	09:43	1:00:58
232	708 Carlos Gonçalves,	Traillovers	V40M	63	<b>2:26:07.82</b>	09:45	1:01:18
233	462 Gabriela Madeira,	#MIRRAS	SF	12	<b>2:26:11.73</b>	09:45	1:01:22
234	768 Ana Oliveira,		S23F	2	<b>2:26:18.39</b>	09:45	1:01:28
235	763 Rui Alves,	Ramalves	V40M	64	<b>2:26:30.43</b>	09:46	1:01:40
236	852 Joaquim Sousa,	Kitty team	V50M	25	<b>2:26:36.82</b>	09:46	1:01:47
237	528 Aníbal Ferreira,	Angry Ducks	SM	120	<b>2:26:47.69</b>	09:47	1:01:58
238	601 Luis Lafarga,		V40M	65	<b>2:26:59.73</b>	09:48	1:02:10
239	800 Bruno Mesquita,	Amigos do Trail	SM	121	<b>2:27:19.32</b>	09:49	1:02:29
240	473 Luis Ferreira,	Fire Team	SM	122	<b>2:27:24.97</b>	09:50	1:02:35
241	598 Cátia Oliveira,	Amigos do Pedal TrailLagares	SF	13	<b>2:27:34.76</b>	09:50	1:02:45
242	457 Joel Coelho,	Pepperoni Pizzaria	SM	123	<b>2:27:53.47</b>	09:52	1:03:03
243	572 Rui Carvalho,	S. S. MONTEPIO	SM	124	<b>2:28:00.70</b>	09:52	1:03:11
244	508 Luis Carneiro,		SM	125	<b>2:28:05.42</b>	09:52	1:03:15
245	592 Patrícia Domingos,		SF	14	<b>2:28:11.90</b>	09:53	1:03:22
246	657 Flávio Sousa,	#nsp_ontour	SM	126	<b>2:28:16.41</b>	09:53	1:03:26
247	747 Pedro Silveira,	Amigos das Sapatilhas	V40M	66	<b>2:28:23.07</b>	09:54	1:03:33
248	482 Rui Machado,		SM	127	<b>2:28:31.60</b>	09:54	1:03:42
249	737 Francisco Rodrigues,	Andatrilhos   Freamunde	V40M	67	<b>2:29:32.94</b>	09:58	1:04:43
250	722 Manuel Teixeira,	Irun	V40M	68	<b>2:29:36.01</b>	09:58	1:04:46
251	669 Diogo Oliveira Da Costa,		SM	128	<b>2:29:39.16</b>	09:59	1:04:49
252	559 Bruno Gonçalves,	Trail Sta marta /aldeia dura	SM	129	<b>2:29:56.40</b>	10:00	1:05:06
253	864 Elzo Gomes,		SM	130	<b>2:30:05.45</b>	10:00	1:05:15
254	721 Mónica Magalhães,	PAPATRAILS	SF	15	<b>2:30:12.30</b>	10:01	1:05:22
255	871 Jorge Souto,	Paços Runners	V40M	69	<b>2:30:18.57</b>	10:01	1:05:29
256	661 Paulo Torres,		SM	131	<b>2:30:53.26</b>	10:04	1:06:03
257	478 Elisabete Gonçalves,	Clube Trilheiros & Amigos	V40F	4	<b>2:31:05.47</b>	10:04	1:06:15
258	795 Vera Pinho,	Amigos do Trail	SF	16	<b>2:31:27.69</b>	10:06	1:06:38
259	629 Maria Teixeira,	Turma Top	V50F	3	<b>2:31:48.85</b>	10:07	1:06:59
260	108 Alberto Pereira,		V50M	26	<b>2:32:06.52</b>	10:08	1:07:17
261	522 Manuel Paiva,		V50M	27	<b>2:32:10.48</b>	10:09	1:07:20
262	474 Joaquim Leão,	Fire Team	V50M	28	<b>2:32:39.12</b>	10:11	1:07:49
263	794 Ana Alves,	PAPATRAILS	V40F	5	<b>2:32:47.94</b>	10:11	1:07:58
264	619 Agostinho Pinto,		SM	132	<b>2:32:50.41</b>	10:11	1:08:00
265	792 Manuel Paulo Almeida,	Boavista Trail	SM	133	<b>2:33:35.12</b>	10:14	1:08:45
266	481 Aldemar Martins,		SM	134	<b>2:33:35.53</b>	10:14	1:08:46
267	771 Albano Alves,		SM	135	<b>2:33:38.07</b>	10:15	1:08:48
268	791 Carla Costa,	Boavista Trail	SF	17	<b>2:33:39.08</b>	10:15	1:08:49
269	591 Sérgio Silva,		SM	136	<b>2:33:57.63</b>	10:16	1:09:08
270	513 Fátima Morais,		V40F	6	<b>2:33:59.62</b>	10:16	1:09:10
271	525 Celeste Silva,		V40F	7	<b>2:34:01.53</b>	10:16	1:09:12
272	603 Fernando Oliveira,		V40M	70	<b>2:34:39.12</b>	10:19	1:09:49
273	604 Sousa Henrique,	Soplabifana	V40M	71	<b>2:35:00.89</b>	10:20	1:10:11
274	569 Francisco Moreira,	S. S. MONTEPIO	V40M	72	<b>2:35:10.59</b>	10:21	1:10:21
275	453 Paulo Ribeiro,		V40M	73	<b>2:35:11.22</b>	10:21	1:10:21

276	758 Emanuel Correia,	Magnunssens	S23M	9	<b>2:35:13.49</b>	10:21	1:10:23
277	760 João Maia,	Magnunssens	SM	137	<b>2:35:15.35</b>	10:21	1:10:25
278	865 Celso Rocha,		V40M	74	<b>2:35:18.00</b>	10:21	1:10:28
279	711 Pedro Gomes,		SM	138	<b>2:35:32.32</b>	10:22	1:10:42
280	649 MARIA OLIVEIRA,	MC	V40F	8	<b>2:35:43.95</b>	10:23	1:10:54
281	650 CARLOS FAMILIAR,	MC	V40M	75	<b>2:35:45.29</b>	10:23	1:10:55
282	497 Pedro Ferreira,		SM	139	<b>2:36:11.56</b>	10:25	1:11:22
283	615 Lígia Lopes,		V40F	9	<b>2:37:13.04</b>	10:29	1:12:23
284	616 José Oliveira,		V40M	76	<b>2:37:14.44</b>	10:29	1:12:24
285	548 José Matos,	Gansos Daltónicos	S23M	10	<b>2:37:21.14</b>	10:29	1:12:31
286	549 Jorge Sousa,	Gansos Daltónicos	S23M	11	<b>2:37:22.39</b>	10:29	1:12:32
287	496 Elsa Moreira,	Clube Trilheiros & Amigos	SF	18	<b>2:37:26.52</b>	10:30	1:12:37
288	646 Emanuel Rocha,		SM	140	<b>2:37:37.86</b>	10:31	1:12:48
289	954 Ana Conceição,	FAT FIRE FIGTHERS	SF	19	<b>2:38:23.83</b>	10:34	1:13:34
290	493 Francisco Ferreira,		V40M	77	<b>2:38:49.46</b>	10:35	1:13:59
291	529 Eurico Ferreira,	Angry Ducks	SM	141	<b>2:38:50.20</b>	10:35	1:14:00
292	727 Mariana Oliveira,	BRABUS RUNNERS	SF	20	<b>2:38:54.37</b>	10:36	1:14:04
293	953 Joana Sousa,	FAT FIRE FIGTHERS	S23F	3	<b>2:39:04.12</b>	10:36	1:14:14
294	579 Jorge Caldas,		V40M	78	<b>2:39:19.70</b>	10:37	1:14:30
295	816 Marco Pacheco,	Cricas, Bamulá	V40M	79	<b>2:39:28.71</b>	10:38	1:14:39
296	817 Cristina Amaral,	Porto	V50F	4	<b>2:39:32.55</b>	10:38	1:14:43
297	814 Paulo Soares,		V40M	80	<b>2:39:40.96</b>	10:39	1:14:51
298	950 Eva Moreira,	Nocturnos de Paredes	SF	21	<b>2:40:30.29</b>	10:42	1:15:40
299	976 Hugo Machado,		SM	142	<b>2:40:30.52</b>	10:42	1:15:41
300	660 César Moreira,		SM	143	<b>2:40:33.38</b>	10:42	1:15:43
301	526 Tiago Araújo,	Angry Ducks	SM	144	<b>2:41:27.34</b>	10:46	1:16:37
302	505 Ricardo Barbosa,		SM	145	<b>2:41:33.29</b>	10:46	1:16:43
303	703 Jose Moura,	Nocturnos de Paredes	V40M	81	<b>2:41:37.42</b>	10:46	1:16:47
304	813 Ismael Carvalho,		V40M	82	<b>2:41:45.48</b>	10:47	1:16:55
305	773 Delfina Eiras,	Trail Sta marta /aldeia dura	V50F	5	<b>2:41:51.96</b>	10:47	1:17:02
306	705 Carlos Vasconcelos,	Nocturnos de Paredes	V50M	29	<b>2:41:54.23</b>	10:48	1:17:04
307	960 Zé Pedro Ferreira,	Traillovers	SM	146	<b>2:42:13.14</b>	10:49	1:17:23
308	467 Paula Ferreira,	GENEROSOS RUNNERS	V40F	10	<b>2:42:22.90</b>	10:50	1:17:33
309	637 Manuel Sousa,	Trail Sta marta /aldeia dura	V50M	30	<b>2:43:02.38</b>	10:52	1:18:12
310	654 Bruno Barbosa,	Os bate na avó.	SM	147	<b>2:43:39.82</b>	10:55	1:18:50
311	653 João Teixeira,	Os bate na avó.	SM	148	<b>2:43:40.18</b>	10:55	1:18:50
312	710 Luís Magalhães,		SM	149	<b>2:44:02.21</b>	10:56	1:19:12
313	684 Mónica Pinto,		SM	150	<b>2:44:13.07</b>	10:57	1:19:23
314	465 Horacio Ferreira,	GENEROSOS RUNNERS	SM	151	<b>2:44:37.68</b>	10:59	1:19:48
315	959 Rita Leal,	FreemotionClub	SF	22	<b>2:45:33.06</b>	11:02	1:20:43
316	641 Maria Fátima Ribeiro,	CLUBE ZUPPER	V50F	6	<b>2:45:40.46</b>	11:03	1:20:50
317	772 Candida Moreira,	Trail Sta marta /aldeia dura	V40F	11	<b>2:45:49.10</b>	11:03	1:20:59
318	670 Ricardo Silva,	Mountain Runners	SM	152	<b>2:47:06.78</b>	11:08	1:22:17
319	519 José Francisco Batista,		SM	153	<b>2:47:20.90</b>	11:09	1:22:31
320	830 Hugo Filipe Moreira da Silva Neves	Justa & Carneiro -Eletrodomésticos	SM	154	<b>2:47:28.98</b>	11:10	1:22:39
321	832 Paulo Lara,	Macron Runners	V40M	83	<b>2:47:34.90</b>	11:10	1:22:45
322	775 Rui Machado,	Gansos	V50M	31	<b>2:47:58.28</b>	11:12	1:23:08
323	486 Margarida Brás,	Lesmas & Caracóis	SF	23	<b>2:49:12.68</b>	11:17	1:24:23
324	764 Edite Cruz,		V40F	12	<b>2:49:27.61</b>	11:18	1:24:38
325	788 Maria José Neto,	Boavista Trail	V50F	7	<b>2:49:36.15</b>	11:18	1:24:46
326	707 Mário Ibarra,		SM	155	<b>2:49:58.26</b>	11:20	1:25:08
327	884 Jorge Fontes,	Sporting Clube de Espinho / António I	V40M	84	<b>2:49:58.95</b>	11:20	1:25:09
328	706 Anabela Sousa,	Grupo de corrida de Argoncilhe	V40F	13	<b>2:49:59.01</b>	11:20	1:25:09
329	885 António Albuquerque,	Sporting Clube de Espinho / António I	V40M	85	<b>2:50:05.39</b>	11:20	1:25:15
330	801 Andres Ferreira,	Amigos do Trail	SM	156	<b>2:52:10.53</b>	11:29	1:27:21
331	715 Tiago Teixeira,	Sob Efeito Trail	SM	157	<b>2:53:14.62</b>	11:33	1:28:25
332	477 Rodrigo Ferraz,	GENEROSOS RUNNERS	V40M	86	<b>2:53:26.59</b>	11:34	1:28:37
333	461 Claudia Coelho,	GENEROSOS RUNNERS	SF	24	<b>2:53:27.56</b>	11:34	1:28:38

334	460 Sofia Tadeu,	GENEROSOS RUNNERS	SM	158	<b>2:53:30.38</b>	11:34	1:28:40
335	585 Licínia Silva,	Carpe Diem	SF	25	<b>2:53:32.56</b>	11:34	1:28:43
336	501 Bruno Ribeiro,		SM	159	<b>2:53:40.12</b>	11:35	1:28:50
337	466 Joana Rocha,	GENEROSOS RUNNERS	SF	26	<b>2:53:44.85</b>	11:35	1:28:55
338	951 Pedro Coelho,	FAT FIRE FIGTHERS	SM	160	<b>2:54:05.85</b>	11:36	1:29:16
339	826 Elsa Graciosa Moreira Carneiro Dia	Justa & Carneiro -Eletrodomésticos	V50F	8	<b>2:54:15.19</b>	11:37	1:29:25
340	475 Antonio Bessa,	Fire Team	SM	161	<b>2:54:37.21</b>	11:38	1:29:47
341	472 Vladimiro Pinto,	Fire Team	SM	162	<b>2:54:43.91</b>	11:39	1:29:54
342	587 Joaquim Garces,	Gansos	V50M	32	<b>2:54:53.96</b>	11:40	1:30:04
343	468 Elsa Moreira,	Team Shark	V40F	14	<b>2:54:59.91</b>	11:40	1:30:10
344	632 Manuel Moreira,		V50M	33	<b>2:55:08.34</b>	11:41	1:30:18
345	762 Goretí Guimarães,	pamuk	V40F	15	<b>2:55:23.02</b>	11:42	1:30:33
346	712 Jorge Vaz,	VAZ	V40M	87	<b>2:56:07.35</b>	11:44	1:31:17
347	956 Roberto Silva,	Moínhos Run	SM	163	<b>2:56:19.93</b>	11:45	1:31:30
348	714 Ana Nogueira,		V40F	16	<b>2:57:22.27</b>	11:49	1:32:32
349	580 Maria Silva,		V40F	17	<b>2:57:23.17</b>	11:50	1:32:33
350	165 Olga Coelho,	santo tirso	SF	27	<b>2:58:12.56</b>	11:53	1:33:23
351	964 Hugo Miguel Ferreira Fernandes,		S23M	12	<b>2:58:52.78</b>	11:56	1:34:03
352	655 Fátima Mnendes,		V40F	18	<b>2:59:35.21</b>	11:58	1:34:45
353	640 Sonia Mendes,		V40F	19	<b>2:59:35.53</b>	11:58	1:34:46
354	835 António Oliveira,	BRABUS RUNNERS	SM	164	<b>3:01:33.16</b>	12:06	1:36:43
355	836 Juliana Oliveira,	BRABUS RUNNERS	SF	28	<b>3:01:34.74</b>	12:06	1:36:45
356	824 Ricardo Marques,		SM	165	<b>3:01:36.35</b>	12:06	1:36:46
357	565 Heitor Neto,	Os2hoRas	SM	166	<b>3:02:09.14</b>	12:09	1:37:19
358	720 Estela Oliveira,	PAPATRAILS	SF	29	<b>3:02:49.74</b>	12:11	1:38:00
359	622 Vítor Mendes,	BeFitness RUNNERS	SM	167	<b>3:03:43.20</b>	12:15	1:38:53
360	621 Andreia Pelicano,	BeFitness RUNNERS	SF	30	<b>3:03:44.85</b>	12:15	1:38:55
361	819 Cristina Moreira,	HORA DO LOBO TRAIL	V40F	20	<b>3:03:52.70</b>	12:16	1:39:03
362	700 Carla Almeida,	Nocturnos de Paredes	V40F	21	<b>3:05:25.71</b>	12:22	1:40:36
363	560 Rogério Leão,	Trail Sta marta /aldeia dura	SM	168	<b>3:06:18.78</b>	12:25	1:41:29
364	506 Fátima Ramos,	Aliança de Gandra	V40F	22	<b>3:07:53.60</b>	12:32	1:43:04
365	507 Rosa Soares,	Aliança de Gandra	V50F	9	<b>3:07:55.29</b>	12:32	1:43:05
366	859 Amelia Ramos,	Spartan Spirit	V40F	23	<b>3:08:26.75</b>	12:34	1:43:37
367	677 Claudia Sousa,	Mountain Runners	SF	31	<b>3:09:31.63</b>	12:38	1:44:42
368	678 Rui Miguel Sousa,	Mountain Runners	SM	169	<b>3:09:33.05</b>	12:38	1:44:43
369	494 Carla Ferreira,		V40F	24	<b>3:09:38.14</b>	12:39	1:44:48
370	861 Maria Barros,	Spartan Spirit	V50F	10	<b>3:10:12.97</b>	12:41	1:45:23
371	828 Justa Antónia Moreira Carneiro,	Justa & Carneiro -Eletrodomésticos	V40F	25	<b>3:11:00.64</b>	12:44	1:46:11
372	502 António Carlos Rocha,		V50M	34	<b>3:13:07.87</b>	12:53	1:48:18
373	876 Raul Cunha,	cUnHaX	V50M	35	<b>3:13:22.31</b>	12:53	1:48:32
374	567 Carlos Cabouco,	S. S. MONTEPIO	V40M	88	<b>3:13:25.35</b>	12:54	1:48:35
375	500 Ana Silva,	Lesmas & Caracóis	V40F	26	<b>3:18:00.00</b>	13:12	1:53:10
376	535 Manuel Silva,	Team Aguenta Aí	V40M	89	<b>3:18:44.84</b>	13:15	1:53:55
377	458 Silvia Cruz,	Pepperoni Pizzaria	SF	32	<b>3:19:03.98</b>	13:16	1:54:14
378	470 Lurdes Loureiro,	GENEROSOS RUNNERS	SF	33	<b>3:19:08.54</b>	13:17	1:54:19
379	545 Ana Leal,	Dá-lhe Gás Running Team	SF	34	<b>3:19:12.81</b>	13:17	1:54:23
380	789 Ana Catarina Faria,	Boavista Trail	SF	35	<b>3:19:45.87</b>	13:19	1:54:56
381	787 Elisete Viegas,	Boavista Trail	V40F	27	<b>3:19:46.38</b>	13:19	1:54:56
382	972 Sara Pinheiro,		S23F	4	<b>3:21:42.20</b>	13:27	1:56:52
383	699 Antonio Barros,	Nocturnos de Paredes	V40M	90	<b>3:22:29.91</b>	13:30	1:57:40
384	681 Sandra Morais,	Bravas	SF	36	<b>3:22:37.34</b>	13:30	1:57:47
385	680 Livi Sousa,	Bravas	SF	37	<b>3:22:41.78</b>	13:31	1:57:52
386	610 Susana Vieira,		V40F	28	<b>3:24:42.80</b>	13:39	1:59:53
387	459 Pedro Leal,	Pepperoni Pizzaria	V40M	91	<b>3:24:58.93</b>	13:40	2:00:09
388	571 Patricia Rebelo,	S. S. MONTEPIO	SF	38	<b>3:26:47.23</b>	13:47	2:01:57
389	573 Rui Rebelo,	S. S. MONTEPIO	V40M	92	<b>3:26:47.85</b>	13:47	2:01:58
390	607 Micaela Brito,	Devasta trilhos	SF	39	<b>3:28:04.08</b>	13:52	2:03:14
391	769 Cláudia Carvalhal,	MSS CONTABILIDADE TRAIL TEA	V40F	29	<b>3:29:12.43</b>	13:57	2:04:22

392	667 Duarte Costa,		S23M	13	<b>3:29:33.08</b>	13:58	2:04:43
393	881 Celia Vieira,		V40F	30	<b>3:30:11.03</b>	14:01	2:05:21
394	665 Diogo Moita,		S23M	14	<b>3:31:16.08</b>	14:05	2:06:26
395	757 Ana Rita Moreira,	Uh Lá Lá	SF	40	<b>3:34:11.34</b>	14:17	2:09:21
396	511 Nuno Serra,	Lordelo Aventura	V40M	93	<b>3:34:32.46</b>	14:18	2:09:42
397	756 Carmelita Marques,	Uh Lá Lá	SF	41	<b>3:34:39.74</b>	14:19	2:09:50
398	755 Carla Leal,	Uh Lá Lá	SF	42	<b>3:34:41.57</b>	14:19	2:09:52
399	662 Vanda Silva,	Metralhas Runners	SF	43	<b>3:35:11.50</b>	14:21	2:10:22
400	533 Jose Almeida,		V50M	36	<b>3:37:27.02</b>	14:30	2:12:37
401	676 Clarisse Matos,	Toupeirinhas de São Mamede	SF	44	<b>3:38:41.31</b>	14:35	2:13:51
402	743 José Coelho,	Adeca	V40M	94	<b>3:38:47.99</b>	14:35	2:13:58
403	750 João Paulo de Sousa,	Manguelas - Run/Walk TEAM	SM	170	<b>3:40:07.95</b>	14:41	2:15:18
404	782 Celina Baptista,	CNCBacadapasso	V50F	11	<b>3:40:08.97</b>	14:41	2:15:19
405	781 Carlos Navega,	CNCBacadapasso	V50M	37	<b>3:40:09.88</b>	14:41	2:15:20
406	733 Sandra Silva,		SF	45	<b>3:43:29.71</b>	14:54	2:18:40
407	734 Rosário Santos,		V40F	31	<b>3:45:26.47</b>	15:02	2:20:36
408	969 Pedro Lourenço,	Tog Associação Running Team	SM	171	<b>3:45:38.55</b>	15:03	2:20:49
409	838 Sonia Sampaio,	Metralhas Runners	V40F	32	<b>3:45:38.58</b>	15:03	2:20:49
410	975 ***** Dorsal 975		?????		<b>3:45:43.90</b>	15:03	2:20:54
411	454 Rosa Leal,	Paços Runners	SF	46	<b>3:45:47.36</b>	15:03	2:20:57
412	464 Andreia Patrícia Oliveira,		SF	47	<b>3:50:28.72</b>	15:22	2:25:39
413	812 Pedro Oliveira,		V40M	95	<b>3:50:29.58</b>	15:22	2:25:40
414	748 Ana Ferreira,		V50F	12	<b>3:51:03.69</b>	15:24	2:26:14
415	753 Maria Filomena Marcelo Marcelo,		V50F	13	<b>3:58:55.31</b>	15:56	2:34:05
416	968 Carlos Oliveira,	Tog Associação Running Team	SM	172	<b>3:59:04.49</b>	15:56	2:34:14
417	751 Rui Queirós,	Manguelas - Run/Walk TEAM	SM	173	<b>4:19:16.09</b>	17:17	2:54:26