

Lugar	Dorsal	S	Nome	Pais	EQUIPA	Escalões	Tempo	Diferença
1	2455	M	ALEX TONDELA	PORTUGAL	MONTANHA CLUBE TRAIL RUNNING EFAPEL	M40	01:32:38.467	00:00:00.000
2	2242	M	MÁRIO FIRMINO	PORTUGAL	DOLCE FURADOURO	M SENIOR	01:34:29.470	00:01:51.003
3	2374	M	CARLOS ALMEIDA	PORTUGAL	JAVALIS - AMIZADE & GLÓRIA	M45	01:38:23.980	00:05:45.513
4	2338	M	DANIEL SANTOS	PORTUGAL	NS PNEUS /VITALPLACE CLÍNICA DENTÁRIA /YDUTEK.PT ECRÃS LED	M SENIOR	01:39:52.987	00:07:14.520
5	2223	M	ALEXANDRE SANTOS	PORTUGAL	JAVALIS - AMIZADE & GLÓRIA	M40	01:40:34.240	00:07:55.773
6	2344	M	FERNANDO SILVA	PORTUGAL	INDIVIDUAL	M SENIOR	01:41:10.987	00:08:32.520
7	2250	M	GONÇALO CARREGUEIRO	PORTUGAL	INDIVIDUAL	M SENIOR	01:42:09.743	00:09:31.276
8	2012	M	DANIEL BARROS	PORTUGAL	JUVENTUDE CORTEGACENSE	M SENIOR	01:42:42.743	00:10:04.276
9	2339	M	FABIO BARBOSA	PORTUGAL	NS PNEUS /VITALPLACE CLÍNICA DENTÁRIA /YDUTEK.PT ECRÃS LED	M SENIOR	01:43:17.243	00:10:38.776
10	2391	M	HENRIQUE SILVA	PORTUGAL	NS PNEUS /VITALPLACE CLÍNICA DENTÁRIA /YDUTEK.PT ECRÃS LED	M45	01:44:21.247	00:11:42.780
11	2392	M	MANUEL DOMINGUES	PORTUGAL	NS PNEUS /VITALPLACE CLÍNICA DENTÁRIA /YDUTEK.PT ECRÃS LED	M50	01:45:48.000	00:13:09.533
12	2327	M	ALCINO GOUVEIA	PORTUGAL	SENTIR ESCARIZ RUNNING	M45	01:46:19.003	00:13:40.536
13	2073	M	LUÍS MAGALHÃES	PORTUGAL	INDIVIDUAL	M SENIOR	01:46:35.750	00:13:57.283
14	2140	M	RUI FIGUEIREDO	PORTUGAL	JUVENTUDE CORTEGACENSE	M SENIOR	01:47:58.013	00:15:19.546
15	2084	M	TIAGO CARVALHO	PORTUGAL	DIABOS SAMUEL	M40	01:48:31.257	00:15:52.790
16	2003	M	MARCO BASTOS	PORTUGAL	GOODFELLAS WISEGUYS	M SENIOR	01:49:26.760	00:16:48.293
17	2013	M	NUNO ARAUJO	PORTUGAL	JUVENTUDE CORTEGACENSE	M40	01:50:26.763	00:17:48.296
18	2522	M	MIGUEL MORGADO	PORTUGAL	GDCR LAJES	M SENIOR	01:51:49.517	00:19:11.050
19	2354	M	ANDRÉ SANTOS	PORTUGAL	OCR POLICE TEAM	M SENIOR	01:52:10.530	00:19:32.063
20	2045	M	HUGO GUIMARÃES	PORTUGAL	TRAIL RUNNING SUIL PARK	M SENIOR	01:53:26.517	00:20:48.050
21	2372	M	JORGE QUENTAL	PORTUGAL	CENTRO MUNICIPAL DE MARCHA E CORRIDA DE VALE DE CAMBRA	M40	01:53:30.267	00:20:51.800
22	2136	M	RUBEN ALMEIDA	PORTUGAL	GRUPO RECREATIVO E CULTURAL DE TELHADELA	M SENIOR	01:53:55.270	00:21:16.803
23	2194	M	CARLOS SANTOS	PORTUGAL	INDIVIDUAL	M SENIOR	01:54:07.777	00:21:29.310
24	2241	M	MÁRCIO SILVA	PORTUGAL	INDIVIDUAL	M SENIOR	01:54:33.523	00:21:55.056
25	2417	M	PAULO ELIAS	PORTUGAL	SF2002	M SENIOR	01:54:35.773	00:21:57.306
26	2076	M	JOSÉ LOPES	PORTUGAL	INDIVIDUAL	M50	01:54:37.773	00:21:59.306
27	2019	M	ERNESTO ALVES	PORTUGAL	JUVENTUDE CORTEGACENSE	M50	01:55:33.273	00:22:54.806
28	2414	M	FERNANDO RAMOS	PORTUGAL	GDC CASTELO DE PAIVA	M55	01:55:42.023	00:23:03.556
29	2086	M	VALTER CORREIA	PORTUGAL	INDIVIDUAL	M40	01:56:27.027	00:23:48.560
30	2395	M	LUÍS COSTA	PORTUGAL	RUNNERS DO DEMO	M45	01:58:32.787	00:25:54.320
31	2300	M	NUNO COELHO	PORTUGAL	ASSSCC - AR LIVRE E AVENTURA	M45	01:58:34.533	00:25:56.066
32	2473	M	ARSÉNIO FERNANDES	PORTUGAL	ARSM - ASSOCIAÇÃO RECREATIVA DE S MIGUEL	M60	01:59:11.033	00:26:32.566
33	2435	M	JOÃO FONSECA	PORTUGAL	JAVALIS - AMIZADE & GLÓRIA	M50	02:00:48.787	00:28:10.320
34	2268	M	PAULO RODRIGUES	PORTUGAL	INDIVIDUAL	M SENIOR	02:01:29.787	00:28:51.320
35	2052	M	ANDRÉ OLIVEIRA	PORTUGAL	TRAIL RUNNING SUIL PARK	M40	02:01:35.543	00:28:57.076
36	2033	M	PEDRO VIEIRA	PORTUGAL	A.D. AMARANTE TRAIL RUNNING	M40	02:01:39.317	00:29:00.850
37	2359	M	VITOR FERREIRA	PORTUGAL	JAVALIS - AMIZADE & GLÓRIA	M40	02:01:49.290	00:29:10.823
38	2011	F	MARLENE FERREIRA	PORTUGAL	JUVENTUDE CORTEGACENSE	F SENIOR	02:01:50.787	00:29:12.320
39	2332	M	MÁRIO PINHO	PORTUGAL	SENTIR ESCARIZ RUNNING	M45	02:01:57.040	00:29:18.573
40	2408	M	RICARDO CARVALHO	PORTUGAL	JAVALIS - AMIZADE & GLÓRIA	M SENIOR	02:02:01.040	00:29:22.573
41	2305	M	JOSÉ MARTINS	PORTUGAL	INDIVIDUAL	M40	02:02:31.293	00:29:52.826
42	2137	M	RICARDO MONRAIA	PORTUGAL	AD IALBAX	M45	02:02:45.043	00:30:06.576
43	2411	M	DIOGO GIROTO	PORTUGAL	SABEMOS CAIR	M SENIOR	02:02:57.293	00:30:18.826
44	2255	M	JOSÉ GOUVEIA	PORTUGAL	WISEU 360	M50	02:03:03.793	00:30:25.326
45	2215	M	NUNO MENEZES	PORTUGAL	JATAPANHU	M45	02:03:06.793	00:30:28.326
46	2016	M	SERGIO OLIVEIRA	PORTUGAL	JUVENTUDE CORTEGACENSE	M45	02:03:08.793	00:30:30.326
47	2108	M	MIGUEL VIEIRA	PORTUGAL	INDIVIDUAL	M SENIOR	02:03:09.793	00:30:31.326

Lugar	Dorsal	S	Nome	Pais	EQUIPA	Escalões	Tempo	Diferença
48	2089	F	CÉLIA NETO	PORTUGAL	INDIVIDUAL	F SENIOR	02:03:25.790	00:30:47.323
49	2004	M	LUÍS AMARAL	PORTUGAL	INDIVIDUAL	M45	02:03:54.793	00:31:16.326
50	2304	M	BRUNO BISPO	PORTUGAL	RUNNERS DO DEMO	M SENIOR	02:04:00.297	00:31:21.830
51	2081	M	RAUL COELHO	PORTUGAL	INDIVIDUAL	M SENIOR	02:04:06.043	00:31:27.576
52	2407	M	FERNANDO APARÍCIO	PORTUGAL	TEAM CONTAGIANTE	M50	02:04:15.547	00:31:37.080
53	2475	M	PAULO MILHEIRO	PORTUGAL	VIRIATHVS RUNNERS VISEU	M40	02:04:17.047	00:31:38.580
54	2315	M	VASCO AMORIM	PORTUGAL	INDIVIDUAL	M45	02:04:18.543	00:31:40.076
55	2379	M	HEITOR COSTA	PORTUGAL	INDIVIDUAL	M45	02:04:39.047	00:32:00.580
56	2378	M	SÉRGIO SOARES	PORTUGAL	INDIVIDUAL	M SENIOR	02:04:39.797	00:32:01.330
57	2424	M	HUMBERTO CARVALHO	PORTUGAL	BORABORA, VAMOS LÁ!	M40	02:04:40.297	00:32:01.830
58	2331	M	JOÃO SILVA	PORTUGAL	SENTIR ESCARIZ RUNNING	M SENIOR	02:04:59.297	00:32:20.830
59	2416	M	PAULINO OLIVEIRA	PORTUGAL	ANSIBIKERS	M SENIOR	02:05:00.047	00:32:21.580
60	2333	M	TONI PAIVA	PORTUGAL	SENTIR ESCARIZ RUNNING	M40	02:05:24.547	00:32:46.080
61	2150	M	CRISTIANO GASPAR	PORTUGAL	CARNEIROS DO DEMO	M SENIOR	02:05:25.557	00:32:47.090
62	2063	M	JOAQUIM PINTO	PORTUGAL	RIBEIRAS TRAIL	M45	02:05:27.050	00:32:48.583
63	2141	F	AIDA PRESA	PORTUGAL	CLUBE EFACEC	F45	02:05:27.553	00:32:49.086
64	2168	F	SANDRA GARRIDO	PORTUGAL	TOMBAMINIS TRAIL TEAM	F SENIOR	02:05:27.807	00:32:49.340
65	2314	M	JORGE BRANCO	PORTUGAL	BRANCOS	M50	02:05:38.797	00:33:00.330
66	2233	M	MIGUEL VALENTE	PORTUGAL	INDIVIDUAL	M SENIOR	02:05:58.550	00:33:20.083
67	2042	M	AMIRAT SAID	FRANCE	INDIVIDUAL	M60	02:05:59.050	00:33:20.583
68	2189	M	JORGE GARCIA	PORTUGAL	INDIVIDUAL	M40	02:06:15.550	00:33:37.083
69	2267	M	MANUEL CANDEIAS	PORTUGAL	ACAIL GAS RUNNING	M45	02:06:35.053	00:33:56.586
70	2080	M	FERNANDO SOUSA	PORTUGAL	INDIVIDUAL	M60	02:06:48.800	00:34:10.333
71	2335	M	VITOR RIBEIRO	PORTUGAL	LOS CARIBEÑOS	M SENIOR	02:06:55.307	00:34:16.840
72	2467	M	TIAGO MARINHO	PORTUGAL	A D MARCO 09	M SENIOR	02:07:26.803	00:34:48.336
73	2087	M	CARLOS FERREIRA	PORTUGAL	FIT 4 FUN	M50	02:09:18.067	00:36:39.600
74	2348	F	CARINA PINHO	PORTUGAL	INDIVIDUAL	F SENIOR	02:09:18.067	00:36:39.600
75	2394	M	PEDRO MAGALHAES	PORTUGAL	INDIVIDUAL	M SENIOR	02:09:48.317	00:37:09.850
76	2065	M	MIGUEL OLIVEIRA	PORTUGAL	TRAIL RUNNING SUIL PARK	M SENIOR	02:09:52.810	00:37:14.343
77	2157	M	ANTONIO MARQUES	PORTUGAL	AVILA RUNNERS	M50	02:10:01.810	00:37:23.343
78	2326	M	RUI FIGUEIREDO	PORTUGAL	SENTIR ESCARIZ RUNNING	M40	02:10:34.560	00:37:56.093
79	2323	M	JOSÉ OLIVEIRA	PORTUGAL	SENTIR ESCARIZ RUNNING	M45	02:10:36.313	00:37:57.846
80	2188	M	DIOGO ALVES	PORTUGAL	VIKINGS TRAIL RUNNERS/CCR ALCABIDEQUE	M SENIOR	02:10:37.063	00:37:58.596
81	2495	M	MARCO COSTA	PORTUGAL	BOMBEIROS VOLUNTÁRIOS DE OLIVEIRA DE AZEMEIS	M SENIOR	02:10:37.810	00:37:59.343
82	2261	M	HELDER MARQUES	PORTUGAL	ACTIB	M40	02:10:44.560	00:38:06.093
83	2343	M	ARLINDO PIRES	PORTUGAL	INDIVIDUAL	M45	02:10:52.813	00:38:14.346
84	2431	M	BRUNO CASAL	PORTUGAL	BORABORA, VAMOS LÁ!	M SENIOR	02:11:17.560	00:38:39.093
85	2196	F	ANA CERQUEIRA	PORTUGAL	TROGLODITAS RUNNERS	F40	02:11:33.067	00:38:54.600
86	2195	M	FILIPPE LAGE	PORTUGAL	TROGLODITAS RUNNERS	M SENIOR	02:11:36.810	00:38:58.343
87	2349	M	JOSÉ CARMO	PORTUGAL	SPORTARC	M SENIOR	02:11:48.063	00:39:09.596
88	2351	M	LUÍS FERREIRA	PORTUGAL	ACTIB	M SENIOR	02:12:15.813	00:39:37.346
89	2322	M	RUBENS SOARES	PORTUGAL	SPORTARC	M40	02:14:09.820	00:41:31.353
90	2176	M	JOAO PEREIRA	PORTUGAL	MIROTRAIL	M40	02:14:13.320	00:41:34.853
91	2032	M	FLÁVIO FIGUEIRA	PORTUGAL	INDIVIDUAL	M SENIOR	02:14:59.820	00:42:21.353
92	2412	F	ARIANA TAVARES	PORTUGAL	VISEU RUNNING TEAM	F SENIOR	02:15:02.073	00:42:23.606
93	2474	F	LIGIA COELHO	PORTUGAL	ARSM - ASSOCIAÇÃO RECREATIVA DE S MIGUEL	F50	02:15:05.820	00:42:27.353
94	2244	M	HUGO TAVARES	PORTUGAL	INDIVIDUAL	M SENIOR	02:15:12.073	00:42:33.606

Lugar	Dorsal	S	Nome	Pais	EQUIPA	Escalões	Tempo	Diferença
95	2118	F	SÍLVIA GOMES	PORTUGAL	CORRER POR PRAZER A 2	F SENIOR	02:15:14.570	00:42:36.103
96	2048	M	IVO FERREIRA	PORTUGAL	GALINHAS DE CROSS	M SENIOR	02:15:24.073	00:42:45.606
97	2167	M	JOSE AMARAL	PORTUGAL	TOMBAMINIS TRAIL TEAM	M40	02:15:30.327	00:42:51.860
98	2428	M	NUNO TOMÉ	PORTUGAL	INDIVIDUAL	M SENIOR	02:15:37.323	00:42:58.856
99	2277	M	TONY MATIAS	PORTUGAL	#INSIGNIAMOBILIARIO	M40	02:15:42.573	00:43:04.106
100	2103	M	VIRGÍLIO NETO	PORTUGAL	ADCR PEREIRA TRAIL RUNNING TEAM	M40	02:16:08.323	00:43:29.856
101	2262	M	NUNO SILVA	PORTUGAL	ACTIB	M40	02:16:13.827	00:43:35.360
102	2126	F	SUSANA MARTINS	PORTUGAL	FIT 4 FUN	F45	02:17:31.090	00:44:52.623
103	2054	M	TELMO OLIVEIRA	PORTUGAL	TRAIL RUNNING SUIL PARK	M40	02:18:26.580	00:45:48.113
104	2165	M	DAVID AGUIAR	PORTUGAL	TRILHADOS	M SENIOR	02:18:29.330	00:45:50.863
105	319	M	CARLOS FREITAS	PORTUGAL	TRILHADOS	M SENIOR	02:18:33.080	00:45:54.613
106	2442	M	JOSE CARDOSO	PORTUGAL	INDIVIDUAL	M45	02:18:40.580	00:46:02.113
107	1443	M	SERGIO MARTINS	PORTUGAL	INDIVIDUAL	S/ESCALÃO	02:18:52.333	00:46:13.866
108	2014	M	DOMINGOS CAMBOA	PORTUGAL	JUVENTUDE CORTEGACENSE	M55	02:19:38.840	00:47:00.373
109	2220	M	RUI OLIVEIRA	PORTUGAL	INDIVIDUAL	M SENIOR	02:19:48.840	00:47:10.373
110	2418	M	LUIS ELIAS	PORTUGAL	INDIVIDUAL	M SENIOR	02:19:57.333	00:47:18.866
111	2227	M	CESAR ALMEIDA	PORTUGAL	ESPIGUEIROS RUNNERS - CAPARROSIHA	M40	02:20:01.333	00:47:22.866
112	2131	M	FILIPE PEREIRA	PORTUGAL	GRC TELHADELA	M40	02:20:03.087	00:47:24.620
113	2116	F	PAULA TEIXEIRA	PORTUGAL	SPORTARC	F50	02:20:07.583	00:47:29.116
114	2437	M	TIAGO CARVALHO	PORTUGAL	VVTR VALONGO VOUGA TRAIL RUNNING	M SENIOR	02:20:08.837	00:47:30.370
115	2248	M	BRUNO SILVEIRA	PORTUGAL	OVOS DUROS	M SENIOR	02:20:25.833	00:47:47.366
116	2029	M	SÉRGIO FERREIRA	PORTUGAL	INDIVIDUAL	M40	02:20:29.833	00:47:51.366
117	2144	M	HUGO CONÇALVES	PORTUGAL	INDIVIDUAL	M SENIOR	02:20:32.337	00:47:53.870
118	2027	M	JOAO RODRIGUES	PORTUGAL	#NINJADOTRAIL	M SENIOR	02:20:35.337	00:47:56.870
119	2313	F	MARLENE FERREIRA	PORTUGAL	DRAGONS	F40	02:20:51.340	00:48:12.873
120	2312	M	JOÃO FERREIRA	PORTUGAL	INDIVIDUAL	M40	02:21:37.587	00:48:59.120
121	2284	F	DANIELA GUERRA	PORTUGAL	ASSSCC - AR LIVRE E AVENTURA	F SENIOR	02:22:14.840	00:49:36.373
122	2274	F	VERONICA SANTANA	PORTUGAL	TEAM CONTAGIANTE	F40	02:22:25.840	00:49:47.373
123	2102	F	EVA RIBEIRO	PORTUGAL	RIBEIRAS TRAIL	F40	02:22:36.840	00:49:58.373
124	2056	F	MARGARIDA MARTINS	PORTUGAL	RIBEIRAS TRAIL	F55	02:22:37.590	00:49:59.123
125	2466	F	RUTE BASTOS	PORTUGAL	ACT - ATLETISMO CLUBE DA TOCHA	F40	02:22:53.340	00:50:14.873
126	2111	M	PEDRO MATOS	PORTUGAL	DESAFIOS - DESPORTO E AVENTURA	M SENIOR	02:23:03.843	00:50:25.376
127	2058	M	JOSÉ MOURA	PORTUGAL	RIBEIRAS TRAIL	M50	02:23:07.343	00:50:28.876
128	2458	M	MANUEL SILVA	PORTUGAL	JUVENTUDE CORTEGACENSE	M55	02:23:19.843	00:50:41.376
129	2098	M	PEDRO COUTINHO	PORTUGAL	INDIVIDUAL	M40	02:23:21.093	00:50:42.626
130	2330	M	CLÁUDIO MOREIRA	PORTUGAL	SENTIR ESCARIZ RUNNING	M SENIOR	02:23:31.363	00:50:52.896
131	2405	M	FAUSTINO LANÇA	PORTUGAL	INDIVIDUAL	M45	02:23:43.863	00:51:05.396
132	2026	M	JOEL SEQUEIRA	PORTUGAL	JUVENTUDE CORTEGACENSE	M40	02:23:45.593	00:51:07.126
133	2151	M	RUI MACÁRIO	PORTUGAL	INDIVIDUAL	M40	02:23:53.593	00:51:15.126
134	2040	M	RUI SILVA	PORTUGAL	INDIVIDUAL	M SENIOR	02:24:02.607	00:51:24.140
135	2346	M	GONÇALO OLIVEIRA	PORTUGAL	INDIVIDUAL	M40	02:24:20.850	00:51:42.383
136	2097	M	TIAGO BOAS	PORTUGAL	FLORESTA BTT	M40	02:24:32.843	00:51:54.376
137	2260	M	RICARDO BATISTA	PORTUGAL	ACTIB	M SENIOR	02:24:41.847	00:52:03.380
138	2021	M	JORGE MARQUES	PORTUGAL	INDIVIDUAL	M SENIOR	02:24:44.097	00:52:05.630
139	2347	M	NUNO ALMEIDA	PORTUGAL	INDIVIDUAL	M40	02:24:51.847	00:52:13.380
140	2432	F	GABRIELA OLIVEIRA	PORTUGAL	ASSSCC - AR LIVRE E AVENTURA	F40	02:24:59.597	00:52:21.130
141	2039	F	RAQUEL DIAS	PORTUGAL	INDIVIDUAL	F40	02:25:01.843	00:52:23.376

Lugar	Dorsal	S	Nome	Pais	EQUIPA	Escalões	Tempo	Diferença
142	2015	F	MARIA OLIVEIRA	PORTUGAL	JUVENTUDE CORTEGACENSE	F45	02:25:03.597	00:52:25.130
143	2018	F	ANABELA MARQUES	PORTUGAL	JUVENTUDE CORTEGACENSE	F45	02:25:18.617	00:52:40.150
144	2336	M	TIAGO BASTOS	PORTUGAL	LOS CARIBEÑOS	M SENIOR	02:25:36.597	00:52:58.130
145	2088	M	RICARDO PINTO	PORTUGAL	ÉJÁLI...CLUBE DE AMIGOS TRAILRUNNERS	M SENIOR	02:25:37.367	00:52:58.900
146	2093	M	PEDRO GOMES	PORTUGAL	ÉJÁLI...CLUBE DE AMIGOS TRAILRUNNERS	M SENIOR	02:25:37.850	00:52:59.383
147	2100	M	CHÉRIF HÉMIANI	FRANCE	INDIVIDUAL	M60	02:25:46.597	00:53:08.130
148	2091	M	CARLOS CAMPOS	PORTUGAL	G.R.C. TELHADELA	M SENIOR	02:25:51.600	00:53:13.133
149	2096	M	FILIPE PEREIRA	PORTUGAL	@CORRERQUEIRIGA	M40	02:25:55.097	00:53:16.630
150	2523	M	NOVO DORSAL	PORTUGAL	INDIVIDUAL	S/ESCALÃO	02:26:07.850	00:53:29.383
151	2077	M	SIMÃO MARTINS	PORTUGAL	#NINJADOTRAIL	M SENIOR	02:26:08.600	00:53:30.133
152	2145	M	PAULO SERRA	PORTUGAL	MATILHA DA ATALAIA	M40	02:26:26.600	00:53:48.133
153	2449	M	PEDRO AGUIAR	PORTUGAL	RUN2IT	M SENIOR	02:26:35.360	00:53:56.893
154	2364	M	TIAGO CRUZ	PORTUGAL	ADC SÃO JACINTO	M SENIOR	02:26:35.600	00:53:57.133
155	2079	M	LEANDRO LOURENÇO	PORTUGAL	#NINJADOTRAIL	M SENIOR	02:26:40.353	00:54:01.886
156	2350	M	PAULO TEIXEIRA	PORTUGAL	INDIVIDUAL	M SENIOR	02:26:40.600	00:54:02.133
157	2112	M	ARTUR NEVES	PORTUGAL	INDIVIDUAL	M45	02:26:43.597	00:54:05.130
158	2101	M	CARLOS LOPES	PORTUGAL	INDIVIDUAL	M50	02:26:48.103	00:54:09.636
159	2328	F	FLORA SANTOS	PORTUGAL	SENTIR ESCARIZ RUNNING	F40	02:26:52.100	00:54:13.633
160	2463	M	HUGO TEIXEIRA	PORTUGAL	#KABERA100PNEU	M SENIOR	02:26:58.850	00:54:20.383
161	2172	F	VERA TAVARES	PORTUGAL	TRAIL BELA BELA	F SENIOR	02:27:31.353	00:54:52.886
162	2519	M	JOÃO AZEVEDO	PORTUGAL	INDIVIDUAL	M45	02:27:35.353	00:54:56.886
163	2253	F	OTILIA COSTA	PORTUGAL	ASSSCC - AR LIVRE E AVENTURA	F40	02:27:42.853	00:55:04.386
164	2451	M	RICARDO GONÇALVES	PORTUGAL	DUETO FANTÁSTICO	M40	02:28:10.857	00:55:32.390
165	2452	M	ALEXANDRE LARANJEIRA	PORTUGAL	INDIVIDUAL	M40	02:28:11.107	00:55:32.640
166	2156	M	JOSÉ PINHO	PORTUGAL	INDIVIDUAL	M45	02:28:31.853	00:55:53.386
167	2051	F	CRISTINA SILVA	PORTUGAL	BORABORA, VAMOS LÁ!	F45	02:28:43.857	00:56:05.390
168	2020	M	TIAGO PEREIRA	PORTUGAL	JUVENTUDE CORTEGACENSE	M40	02:28:55.363	00:56:16.896
169	2380	M	AGOSTINHO MOREIRA	PORTUGAL	NOCTURNOS DE PAREDES	M55	02:29:12.357	00:56:33.890
170	2340	M	MIGUEL COSTA	PORTUGAL	NS PNEUS /VITALPLACE CLÍNICA DENTÁRIA /YDUTEK.PT ECRÃS LED	M SENIOR	02:29:21.357	00:56:42.890
171	2232	F	CARLA VINAGRE	PORTUGAL	TRAIL 4 FUN	F40	02:29:25.107	00:56:46.640
172	2231	M	PEDRO VIEIRA	PORTUGAL	TRAIL 4 FUN	M45	02:29:25.113	00:56:46.646
173	2410	F	TERESA AMORIM	PORTUGAL	SABEMOS CAIR	F SENIOR	02:29:25.857	00:56:47.390
174	2464	M	PEDRO AGUIAR	PORTUGAL	MARCO 09	M SENIOR	02:29:28.107	00:56:49.640
175	2154	M	ANDRE TAVARES	PORTUGAL	INDIVIDUAL	M SENIOR	02:29:33.857	00:56:55.390
176	2382	M	RICARDO SOARES	PORTUGAL	INDIVIDUAL	M SENIOR	02:30:03.357	00:57:24.890
177	2355	F	RÁQUEL FERREIRA	PORTUGAL	OCR POLICE TEAM	F SENIOR	02:30:25.860	00:57:47.393
178	2376	F	SÓNIA LEMOS	PORTUGAL	GDR GRANJA - TRUTAS DO MAU	F SENIOR	02:30:27.113	00:57:48.646
179	2186	M	VITOR ALMEIDA	PORTUGAL	INDIVIDUAL	M40	02:30:27.613	00:57:49.146
180	2158	M	RUI RIBEIRO	PORTUGAL	INDIVIDUAL	M45	02:30:32.360	00:57:53.893
181	2191	M	JOSÉ ANTUNES	PORTUGAL	RUN4FUN	M45	02:30:34.607	00:57:56.140
182	2193	F	MARIA MACHADO	PORTUGAL	SPORTING CLUBE DE ESPINHO / ANTONIO LEITÃO	F55	02:30:46.110	00:58:07.643
183	2443	F	ANA GASPAR	PORTUGAL	UGAS TRAIL RUNNING	F SENIOR	02:30:52.360	00:58:13.893
184	2324	F	VÂNIA RELVAS	PORTUGAL	SENTIR ESCARIZ RUNNING	F SENIOR	02:31:00.613	00:58:22.146
185	2200	F	CELINA OLIVEIRA	PORTUGAL	RUN4FUN	F50	02:31:26.860	00:58:48.393
186	2129	F	CATIA FERNANDES	PORTUGAL	TRAIL BELA BELA	F SENIOR	02:31:27.860	00:58:49.393
187	2199	M	HUMBERTO DIAS	PORTUGAL	RUN4FUN	M45	02:31:37.863	00:58:59.396
188	2017	M	HELDER ROCHA	PORTUGAL	JUVENTUDE CORTEGACENSE	M40	02:31:48.363	00:59:09.896

Lugar	Dorsal	S	Nome	Pais	EQUIPA	Escalões	Tempo	Diferença
189	2271	M	MARIO BRAGA	PORTUGAL	INDIVIDUAL	M45	02:32:09.890	00:59:31.423
190	1021	F	CLOTILDE SANTOS	PORTUGAL	BATALHÃO CROSSGYM	F45	02:32:16.617	00:59:38.150
191	2246	M	CARLOS BASTOS	PORTUGAL	VALE DOS DUROS	M SENIOR	02:32:17.373	00:59:38.906
192	2381	M	CESAR CONCEIÇÃO	PORTUGAL	GOODFELLAS WISEGUYS	M SENIOR	02:32:44.113	01:00:05.646
193	2517	M	ANTONIO MADEIRA	PORTUGAL	PICKLE FILMS	M60	02:33:11.367	01:00:32.900
194	2187	M	MÁRIO NEVES	PORTUGAL	ALMINHAS	M40	02:33:19.863	01:00:41.396
195	2024	M	JOÃO BEIRÃO	PORTUGAL	OS MIMOSOS	M50	02:33:28.863	01:00:50.396
196	2174	M	HUGO LOPES	PORTUGAL	AGD SPORTS ACADEMY	M SENIOR	02:33:38.617	01:01:00.150
197	2050	F	CRISTINA SILVA	PORTUGAL	BORABORA, VAMOS LÁ!	F45	02:34:32.627	01:01:54.160
198	2329	M	FERNANDO BRANDÃO	PORTUGAL	SENTIR ESCARIZ RUNNING	M45	02:34:38.377	01:01:59.910
199	2202	M	JOSE MADUREIRA	PORTUGAL	INDIVIDUAL	M50	02:34:39.120	01:02:00.653
200	2472	M	JOSE SANTOS	PORTUGAL	RUNNERS DO DEMO	M50	02:34:52.370	01:02:13.903
201	2226	M	MÁRIO SANTIAGO	PORTUGAL	INDIVIDUAL	M45	02:35:30.870	01:02:52.403
202	2278	F	MÓNICA BAPTISTA	PORTUGAL	TEAM CONTAGIANTE	F45	02:35:47.120	01:03:08.653
203	2444	F	CATARINA ESCAROUPA	PORTUGAL	UGAS TRAIL RUNNING	F SENIOR	02:36:01.623	01:03:23.156
204	2289	M	ANDRÉ OLIVEIRA	PORTUGAL	INDIVIDUAL	M SENIOR	02:36:17.123	01:03:38.656
205	2265	M	DIOGO COSTA	PORTUGAL	INDIVIDUAL	M SENIOR	02:36:20.373	01:03:41.906
206	2104	M	DELFIN SILVA	PORTUGAL	INDIVIDUAL	M45	02:36:32.873	01:03:54.406
207	2105	M	PEDRO SILVA	PORTUGAL	INDIVIDUAL	M JUNIOR	02:36:33.633	01:03:55.166
208	2229	M	NELSON PEREIRA	PORTUGAL	GRT - GUEPARDOS RUNNING TEAM	M SENIOR	02:36:35.397	01:03:56.930
209	2234	F	ILDA FERNANDES	PORTUGAL	INDIVIDUAL	F40	02:36:50.627	01:04:12.160
210	2309	F	AMÉLIA RAMOS	PORTUGAL	DRAGONS	F40	02:37:25.920	01:04:47.453
211	2457	M	MICHAEL MARQUES	PORTUGAL	UISEU RUNNING TEAM	M SENIOR	02:37:31.877	01:04:53.410
212	2007	M	PEDRO SILVA	PORTUGAL	SILVAS	M45	02:37:37.883	01:04:59.416
213	2008	M	RICARDO SILVA	PORTUGAL	SILVAS	M40	02:37:39.373	01:05:00.906
214	2427	M	RUI NUNES	PORTUGAL	INDIVIDUAL	M40	02:37:42.127	01:05:03.660
215	2001	M	RUI HENRIQUES	PORTUGAL	INDIVIDUAL	M45	02:37:43.877	01:05:05.410
216	2388	F	MARGARIDA RAIMUNDO	PORTUGAL	GOODFELLAS WISEGUYS	F SENIOR	02:37:45.377	01:05:06.910
217	2401	M	BRUNO TAVARES	PORTUGAL	GOODFELLAS WISEGUYS	M SENIOR	02:37:58.380	01:05:19.913
218	2409	F	ANABELA SILVA	PORTUGAL	PÉS DE CHUMBO RUNNERS	F SENIOR	02:38:01.887	01:05:23.420
219	2249	M	JOÃO PINHO	PORTUGAL	CAGA TACOS RUNNING TEAM	M40	02:38:11.627	01:05:33.160
220	2301	F	CÉLIA SILVA	PORTUGAL	INDIVIDUAL	F45	02:38:22.627	01:05:44.160
221	2399	M	FRANCISCO COUTINHO	PORTUGAL	GOODFELLAS WISEGUYS	M SENIOR	02:38:27.130	01:05:48.663
222	2002	M	NUNO CORREIA	PORTUGAL	INDIVIDUAL	M SENIOR	02:38:51.883	01:06:13.416
223	2293	F	ISABEL CARVALHO	PORTUGAL	WOLVES	F45	02:39:05.880	01:06:27.413
224	2496	M	SILVÉRIO SILVA	PORTUGAL	INDIVIDUAL	M40	02:39:07.627	01:06:29.160
225	2028	M	TIAGO GOMES	PORTUGAL	OS AUDAZES	M SENIOR	02:40:09.383	01:07:30.916
226	2031	M	DIOGO PIEDADE	PORTUGAL	OS AUDAZES	M SENIOR	02:40:09.890	01:07:31.423
227	2155	M	NELSON NOGUEIRA	PORTUGAL	INDIVIDUAL	M60	02:40:33.383	01:07:54.916
228	2426	F	ANA MELO	PORTUGAL	INDIVIDUAL	F SENIOR	02:40:37.387	01:07:58.920
229	2383	F	MANUELA SOUSA	PORTUGAL	RUNNING ESPINHO	F55	02:40:40.637	01:08:02.170
230	2270	M	LUIS LOPES	PORTUGAL	INDIVIDUAL	M SENIOR	02:41:29.633	01:08:51.166
231	2445	M	MARCIO ALMEIDA	PORTUGAL	PRIMUS BUNITUS	M40	02:42:04.137	01:09:25.670
232	2465	M	RODRIGO AGUIAR	PORTUGAL	A D MARCO 09	M50	02:42:08.640	01:09:30.173
233	2373	F	CRISTINA NETO	PORTUGAL	RUNNERS DO DEMO	F SENIOR	02:42:20.640	01:09:42.173
234	2114	M	NUNO BRITO	PORTUGAL	SALGUEIROS RUNNING	M45	02:42:22.143	01:09:43.676
235	2124	F	ROSA TAVARES	PORTUGAL	SALGUEIROS RUNNING	F45	02:42:22.393	01:09:43.926

Lugar	Dorsal	S	Nome	Pais	EQUIPA	Escalões	Tempo	Diferença
236	2023	F	MARIA BEIRÃO	PORTUGAL	OS MIMOSOS	F SENIOR	02:42:51.137	01:10:12.670
237	2022	M	JOÃO SOUSA	PORTUGAL	OS MIMOSOS	M SENIOR	02:42:51.893	01:10:13.426
238	2357	F	HELENA ALMEIDA	PORTUGAL	GOODFELLAS WISEGUYS	F SENIOR	02:43:11.390	01:10:32.923
239	2419	M	HENRIQUE ALMEIDA	PORTUGAL	INDIVIDUAL	M SENIOR	02:43:17.390	01:10:38.923
240	2235	M	NUNO SANTOS	PORTUGAL	INDIVIDUAL	M45	02:43:52.390	01:11:13.923
241	2294	F	ANA BONIFACIL	PORTUGAL	WOLVES	F45	02:44:40.897	01:12:02.430
242	2178	M	ISMAEL RAMOS	PORTUGAL	INDIVIDUAL	M SENIOR	02:44:45.643	01:12:07.176
243	2057	M	RICARDO ROCHA	PORTUGAL	RIBEIRAS TRAIL	M40	02:45:00.143	01:12:21.676
244	2462	F	MARIA RODRIGUES	PORTUGAL	TABELA DE DECISÃO	F40	02:45:01.647	01:12:23.180
245	2461	M	SAMUEL NEVES	PORTUGAL	TABELA DE DECISÃO	M45	02:45:02.397	01:12:23.930
246	2276	F	LIANE CARREIRA	PORTUGAL	TEAM CONTAGIANTE	F SENIOR	02:45:06.640	01:12:28.173
247	2325	F	ANA CABRAL	PORTUGAL	SENTIR ESCARIZ RUNNING	F SENIOR	02:46:38.647	01:14:00.180
248	2430	M	TIAGO LOPES	PORTUGAL	INDIVIDUAL	M SENIOR	02:46:50.147	01:14:11.680
249	2256	M	ÁLVARO PEREIRA	PORTUGAL	#ATÉCHORAS	M40	02:47:10.150	01:14:31.683
250	2115	M	ANTONIO TEIXEIRA	PORTUGAL	INDIVIDUAL	M50	02:47:19.150	01:14:40.683
251	2439	F	SANDRA SILVA	PORTUGAL	CIDEP FORNOS LUSAVOUGA	F40	02:47:33.147	01:14:54.680
252	2468	F	SOFIA SANTOS	PORTUGAL	SOURE MOV	F SENIOR	02:48:11.653	01:15:33.186
253	2456	M	RICARDO SILVA	PORTUGAL	INDIVIDUAL	M45	02:48:26.400	01:15:47.933
254	2469	M	GUSTAVO PINTO	PORTUGAL	INDIVIDUAL	M SENIOR	02:48:31.150	01:15:52.683
255	2402	M	DIOGO TAVARES	PORTUGAL	GOODFELLAS WISEGUYS	M SENIOR	02:48:44.900	01:16:06.433
256	2310	M	NELSON ADREGO	PORTUGAL	INDIVIDUAL	M45	02:48:46.903	01:16:08.436
257	2311	F	VERA ABREU	PORTUGAL	INDIVIDUAL	F SENIOR	02:49:04.670	01:16:26.203
258	2135	M	CARLOS RODRIGUES	PORTUGAL	INDIVIDUAL	M40	02:49:13.903	01:16:35.436
259	2363	F	ISABEL BARRA	PORTUGAL	GAFANHORI	F50	02:49:16.160	01:16:37.693
260	2341	F	INÉS BICAS	PORTUGAL	INDIVIDUAL	F SENIOR	02:49:18.927	01:16:40.460
261	2175	M	VICTOR SILVA	PORTUGAL	MIROTRAIL	M50	02:49:20.653	01:16:42.186
262	2307	M	RICARDO COELHO	PORTUGAL	CLUBE TRILHEIROS & AMIGOS	M SENIOR	02:49:26.653	01:16:48.186
263	2049	F	ANDREIA MARTINS	PORTUGAL	GALINHAS DE CROSS	F SENIOR	02:49:34.903	01:16:56.436
264	2038	M	JOAQUIM CRUZ	PORTUGAL	BXA TEAM	M45	02:49:36.663	01:16:58.196
265	2037	M	SANDRO LAPAS	PORTUGAL	INDIVIDUAL	M40	02:49:36.907	01:16:58.440
266	2203	M	JOSÉ PAULA	PORTUGAL	INDIVIDUAL	M55	02:49:39.407	01:17:00.940
267	2010	F	DANIELA FERREIRA	PORTUGAL	INDIVIDUAL	F SENIOR	02:49:51.403	01:17:12.936
268	2055	M	RICARDO FERREIRA	PORTUGAL	INDIVIDUAL	M40	02:49:53.407	01:17:14.940
269	2320	F	AGUEDA NETO	PORTUGAL	INDIVIDUAL	F SENIOR	02:49:55.657	01:17:17.190
270	2317	F	CARINA CORREIA	PORTUGAL	INDIVIDUAL	F SENIOR	02:50:26.407	01:17:47.940
271	2146	M	NELSON SANTOS	PORTUGAL	INDIVIDUAL	M SENIOR	02:50:43.913	01:18:05.446
272	2291	M	DANIEL FORTUNA	PORTUGAL	INDIVIDUAL	M SENIOR	02:50:51.410	01:18:12.943
273	2493	F	ANA MOREIRA	PORTUGAL	BOMBEIROS VOLUNTÁRIOS DE OLIVEIRA DE AZEMEIS	F SENIOR	02:51:11.657	01:18:33.190
274	2259	F	INÉS MARTINS	PORTUGAL	ACTIB	F SUB23	02:51:14.407	01:18:35.940
275	2142	F	ANA BRITO	PORTUGAL	SALGUEIROS RUNNING	F SENIOR	02:51:20.907	01:18:42.440
276	2306	F	FÁTIMA LUCAS	PORTUGAL	ACTIB	F SENIOR	02:52:16.913	01:19:38.446
277	2384	F	PAULA SANTOS	PORTUGAL	INDIVIDUAL	F45	02:52:18.663	01:19:40.196
278	2041	M	RODRIGUES FERNANDO	FRANCE	INDIVIDUAL	M60	02:52:24.163	01:19:45.696
279	2393	M	RICARDO NORDESTE	PORTUGAL	INDIVIDUAL	M45	02:52:32.420	01:19:53.953
280	2500	M	JOSE ROCHA	PORTUGAL	INDIVIDUAL	M45	02:52:38.417	01:19:59.950
281	2092	F	CARLA ANTUNES	PORTUGAL	INDIVIDUAL	F40	02:52:42.920	01:20:04.453
282	2094	M	SERGIO BRAGA	PORTUGAL	INDIVIDUAL	M45	02:52:42.930	01:20:04.463

Lugar	Dorsal	S	Nome	Pais	EQUIPA	Escalões	Tempo	Diferença
283	2254	F	LUIZA SANTOS	PORTUGAL	ASSSCC - AR LIVRE E AVENTURA	F45	02:52:44.163	01:20:05.696
284	2085	M	MIGUEL COSTA	PORTUGAL	INDIVIDUAL	M45	02:52:53.160	01:20:14.693
285	2239	M	MIGUEL RIBEIRO	PORTUGAL	LES BIG MECS	M SENIOR	02:53:04.413	01:20:25.946
286	2334	F	ANA RIBEIRO	PORTUGAL	LOS CARIBEÑOS	F SENIOR	02:53:07.413	01:20:28.946
287	2453	F	EMANUELA MORAIS	PORTUGAL	VVTR VALONGO VOUGA TRAIL RUNNING	F SENIOR	02:54:07.417	01:21:28.950
288	2295	F	CRISTINA COELHO	PORTUGAL	WOLVES	F45	02:54:16.170	01:21:37.703
289	2484	M	MANUEL ROJÃO	PORTUGAL	BOMBEIROS VOLUNTÁRIOS DE OLIVEIRA DE AZEMEIS	M SENIOR	02:54:26.167	01:21:47.700
290	2485	M	FERNANDO COSTA	PORTUGAL	BOMBEIROS VOLUNTÁRIOS DE OLIVEIRA DE AZEMEIS	M45	02:54:51.167	01:22:12.700
291	2282	M	ÁLVARO ALMEIDA	PORTUGAL	GANSOS	M50	02:55:55.420	01:23:16.953
292	2281	F	CRISTINA FONSECA	PORTUGAL	GANSOS	F40	02:55:57.937	01:23:19.470
293	2130	M	SÉRGIO OLIVEIRA	PORTUGAL	TRAIL BELA BELA	M40	02:56:00.670	01:23:22.203
294	2415	F	HELENA ALVARENGA	PORTUGAL	GANSOS	F SENIOR	02:56:02.177	01:23:23.710
295	2436	F	DANIELA ANDRADE	PORTUGAL	ALLFORONE	F SENIOR	02:56:17.170	01:23:38.703
296	2288	F	SÓNIA RODRIGUES	PORTUGAL	GALHARDOS RUNNERS	F40	02:57:01.670	01:24:23.203
297	2279	M	DANIEL SOARES	PORTUGAL	ÁGUIAS DA FREITA	M SENIOR	02:57:58.677	01:25:20.210
298	2238	F	CÉLIA SIMÕES	PORTUGAL	PSP VISEU RUNNERS	F40	02:58:06.423	01:25:27.956
299	2273	F	FATIMA GUEDES	PORTUGAL	TEAM CONTAGIANTE	F SENIOR	02:58:16.443	01:25:37.976
300	2318	M	JOÃO MACHADO	PORTUGAL	INDIVIDUAL	M40	02:58:31.927	01:25:53.460
301	2429	M	PAULO FIÚZA	PORTUGAL	MILLENNIUM BCP	M50	02:58:38.677	01:26:00.210
302	2447	F	ANGELA ESCAROUPA	PORTUGAL	UGAS TRAIL RUNNING	F SUB23	02:58:45.177	01:26:06.710
303	2287	M	JOSÉ TEIXEIRA	PORTUGAL	NOCTURNOS DE PAREDES	M55	02:59:03.927	01:26:25.460
304	2113	F	MARIANA PEREIRA	PORTUGAL	RUN4FUN	F SENIOR	02:59:11.927	01:26:33.460
305	2070	F	EDITE FERNANDES	PORTUGAL	BORABORA, VAMOS LÁ!	F45	02:59:18.187	01:26:39.720
306	2069	M	ANTÓNIO MATOS	PORTUGAL	BORABORA, VAMOS LÁ!	M50	02:59:18.427	01:26:39.960
307	2488	M	SIMÃO LOPES	PORTUGAL	INDIVIDUAL	M SUB23	02:59:37.180	01:26:58.713
308	2492	M	MARCO SANTOS	PORTUGAL	BOMBEIROS VOLUNTÁRIOS DE OLIVEIRA DE AZEMEIS	M SENIOR	02:59:50.930	01:27:12.463
309	2491	M	RÚBEN CARVALHO	PORTUGAL	BOMBEIROS VOLUNTÁRIOS DE OLIVEIRA DE AZEMEIS	M SENIOR	02:59:51.680	01:27:13.213
310	1034	M	NUNO ALMEIDA	PORTUGAL	RIBEIRAS TRAIL	M40	02:59:53.927	01:27:15.460
311	2119	M	RICARDO FORTUNA	PORTUGAL	FIT 4 FUN	M SENIOR	02:59:59.927	01:27:21.460
312	2192	M	BRUNO COSTA	PORTUGAL	INDIVIDUAL	M40	03:00:06.180	01:27:27.713
313	2240	M	FÁBIO SANTOS	PORTUGAL	INDIVIDUAL	M SENIOR	03:00:06.433	01:27:27.966
314	2099	M	CARLOS MARTINS	PORTUGAL	RACE TEAM - AVEIRO	M55	03:00:31.680	01:27:53.213
315	2345	F	CARLA SANTOS	PORTUGAL	INDIVIDUAL	F SENIOR	03:00:32.943	01:27:54.476
316	2243	F	SOFIA SANTOS	PORTUGAL	C. D. C. PARADELA	F SENIOR	03:00:40.180	01:28:01.713
317	2201	F	FÁTIMA BARROS	PORTUGAL	INDIVIDUAL	F55	03:01:22.937	01:28:44.470
318	2120	M	LUIS FERREIRA	PORTUGAL	INDIVIDUAL	M50	03:01:25.437	01:28:46.970
319	2133	F	CARLA TAVARES	PORTUGAL	INDIVIDUAL	F SENIOR	03:01:26.933	01:28:48.466
320	2053	M	JOAO DIAS	PORTUGAL	INDIVIDUAL	M50	03:01:47.433	01:29:08.966
321	2490	M	JOÃO OLIVEIRA	PORTUGAL	BOMBEIROS VOLUNTÁRIOS DE OLIVEIRA DE AZEMEIS	M SUB23	03:01:50.187	01:29:11.720
322	2486	M	JOSÉ OLIVEIRA	PORTUGAL	BOMBEIROS VOLUNTÁRIOS DE OLIVEIRA DE AZEMEIS	M40	03:01:50.187	01:29:11.720
323	2257	M	HUGO LEANDRO	PORTUGAL	INDIVIDUAL	M SENIOR	03:01:54.933	01:29:16.466
324	2275	F	GABRIELA VEIGA	PORTUGAL	RUNNING ESPINHO	F45	03:02:52.440	01:30:13.973
325	2030	F	SUSANA SOUSA	PORTUGAL	INDIVIDUAL	F40	03:02:52.690	01:30:14.223
326	2501	M	JOÃO CARVALHO	PORTUGAL	INDIVIDUAL	M45	03:03:15.693	01:30:37.226
327	2247	F	SUSANA PEREIRA	PORTUGAL	#ATÉCHORAS	F SENIOR	03:03:16.453	01:30:37.986
328	2404	M	MANUEL COSTA	PORTUGAL	INDIVIDUAL	M55	03:03:46.437	01:31:07.970
329	2421	F	TANIA SILVA	PORTUGAL	GALHARDOS RUNNERS	F SENIOR	03:04:28.693	01:31:50.226

Lugar	Dorsal	S	Nome	Pais	EQUIPA	Escalões	Tempo	Diferença
330	2258	M	HELDER FERNANDES	PORTUGAL	INDIVIDUAL	M SENIOR	03:04:39.940	01:32:01.473
331	2046	F	HELENA MARIZ	PORTUGAL	ALLFORONE	F40	03:05:34.940	01:32:56.473
332	2476	M	PAULO DUARTE	PORTUGAL	RUNNERS DO DEMO	M SENIOR	03:05:37.190	01:32:58.723
333	2109	M	EDGAR MENDES	PORTUGAL	RUN4FUN	M SENIOR	03:05:44.190	01:33:05.723
334	2043	M	RODRIGUES ALEXANDRE	FRANCE	INDIVIDUAL	M40	03:07:19.947	01:34:41.480
335	2434	F	EDUARDA VINAGRE	PORTUGAL	BORABORA, VAMOS LÁ!	F45	03:08:21.210	01:35:42.743
336	2071	F	CARLA SILVA	PORTUGAL	VVTR VALONGO VOUGA TRAIL RUNNING	F SENIOR	03:10:24.467	01:37:46.000
337	2072	M	PAULO XAVIER	PORTUGAL	VVTR VALONGO VOUGA TRAIL RUNNING	M SENIOR	03:10:24.703	01:37:46.236
338	2160	F	SANDRA FERREIRA	PORTUGAL	AMBO TEAM	F SENIOR	03:10:43.460	01:38:04.993
339	2487	M	MÁRCIO COSTA	PORTUGAL	BOMBEIROS VOLUNTÁRIOS DE OLIVEIRA DE AZEMEIS	M SENIOR	03:10:49.203	01:38:10.736
340	2163	M	JOÃO ABREU	PORTUGAL	AMBO TEAM	M SUB23	03:10:50.200	01:38:11.733
341	2446	M	FERNANDO PINTO	PORTUGAL	PRIMUS BUNITUS	M45	03:11:32.207	01:38:53.740
342	2139	M	TIAGO LAGES	PORTUGAL	SALGUEIROS RUNNING	M SENIOR	03:11:43.453	01:39:04.986
343	2162	M	ALIPIO ESTIMA	PORTUGAL	AMBO TEAM	M SENIOR	03:11:55.207	01:39:16.740
344	2161	M	JOÃO ALMEIDA	PORTUGAL	AMBO TEAM	M SENIOR	03:11:58.203	01:39:19.736
345	2095	F	INÊS ALVES	PORTUGAL	KUTAI SI	F SENIOR	03:13:13.710	01:40:35.243
346	2342	M	GABRIEL RESENDE	PORTUGAL	INDIVIDUAL	M SENIOR	03:13:14.227	01:40:35.760
347	2230	F	LILIANA BARROS	PORTUGAL	VERTICALURBAN	F40	03:13:14.230	01:40:35.763
348	2224	M	RICARDO DINIS	PORTUGAL	FRIENDSHIP TOUR	M SENIOR	03:13:26.457	01:40:47.990
349	2225	F	CARLA RODRIGUES	PORTUGAL	INDIVIDUAL	F40	03:13:30.457	01:40:51.990
350	2441	F	CATHERINE FERNANDES	PORTUGAL	SICÓ TRAILS	F SENIOR	03:13:43.710	01:41:05.243
351	2440	M	PEDRO SILVA	PORTUGAL	SICÓTRILHOS	M SENIOR	03:13:45.207	01:41:06.740
352	2385	F	JOANA RIBEIRO	PORTUGAL	GANSOS	F SENIOR	03:14:24.710	01:41:46.243
353	2297	M	MIGUEL COSTA	PORTUGAL	GANSOS	M40	03:14:24.963	01:41:46.496
354	2448	F	ANA RAMOS	PORTUGAL	UGAS TRAIL RUNNING	F SENIOR	03:15:20.713	01:42:42.246
355	2228	F	ANABELA ANABELA	PORTUGAL	MANU'S THERAPY TRAIL RUNNING	F50	03:15:31.893	01:42:53.426
356	2117	F	CONCEIÇÃO CANDEIAS	PORTUGAL	INDIVIDUAL	F50	03:15:38.393	01:42:59.926
357	2316	F	CARLA NASCIMENTO	PORTUGAL	VIRIATHVS RUNNERS VISEU	F40	03:16:53.477	01:44:15.010
358	2218	F	TELMA ALVES	PORTUGAL	ESPIGUEIROS RUNNERS - CAPARROSI	F45	03:18:33.470	01:45:55.003
359	2296	F	MANUELA SANTOS	PORTUGAL	WOLVES	F50	03:19:10.223	01:46:31.756
360	2181	M	GENTIL PEREIRA	PORTUGAL	INDIVIDUAL	M40	03:19:11.973	01:46:33.506
361	2180	F	RITA FALCAO	PORTUGAL	AS MELHORES CASTAS	F SENIOR	03:19:12.473	01:46:34.006
362	2263	F	PAULA RODRIGUES	PORTUGAL	ACTIB	F40	03:20:03.227	01:47:24.760
363	2251	F	DANIELA GEITOEIRA	PORTUGAL	ASSSCC - AR LIVRE E AVENTURA	F SENIOR	03:21:02.727	01:48:24.260
364	2173	M	JOÃO SANTANA	PORTUGAL	SANTANA	M50	03:22:07.227	01:49:28.760
365	2222	M	MANUEL SILVA	PORTUGAL	PK56	M50	03:22:09.477	01:49:31.010
366	2185	F	ANDREIA VIEIRA	PORTUGAL	BOAVISTA TRAIL	F40	03:22:17.990	01:49:39.523
367	2149	F	CARLA CARDOSO	PORTUGAL	INDIVIDUAL	F45	03:22:41.730	01:50:03.263
368	2481	F	SOFIA BASTOS	PORTUGAL	INDIVIDUAL	F40	03:23:06.480	01:50:28.013
369	2062	F	ALBINA VIEIRA	PORTUGAL	RIBEIRAS TRAIL	F55	03:24:12.987	01:51:34.520
370	2064	F	ANA SANTOS	PORTUGAL	RIBEIRAS TRAIL	F50	03:24:13.237	01:51:34.770
371	2460	F	ISABEL SILVA	PORTUGAL	INDIVIDUAL	F60	03:24:22.733	01:51:44.266
372	2132	F	ISABEL GONÇALVES	PORTUGAL	OLÍMPICO VIANENSE	F50	03:24:31.263	01:51:52.796
373	2128	M	EDGAR SOUSA	PORTUGAL	ALEXANDRA CARVALHO TEAM	M45	03:24:32.490	01:51:54.023
374	2138	F	ESTEFÂNIA MATIAS	PORTUGAL	CLUBE VODAFONE	F45	03:25:03.487	01:52:25.020
375	2121	M	DAVID COSTA	PORTUGAL	MANU'S THERAPY TRAIL RUNNING	M40	03:25:34.737	01:52:56.270
376	2122	F	SANDRA JOÃO	PORTUGAL	MANU'S THERAPY TRAIL RUNNING	F40	03:25:35.487	01:52:57.020

Lugar	Dorsal	S	Nome	Pais	EQUIPA	Escalões	Tempo	Diferença
377	2459	F	ADRIANA TEIXEIRA	PORTUGAL	INDIVIDUAL	F SENIOR	03:25:37.990	01:52:59.523
378	2403	F	JOANA CARVALHO	PORTUGAL	INDIVIDUAL	F SENIOR	03:25:40.987	01:53:02.520
379	2321	F	DORA VENTURA	PORTUGAL	INDIVIDUAL	F40	03:25:59.740	01:53:21.273
380	2420	M	JOÃO GONÇALVES	PORTUGAL	AKG RUNNERS	M40	03:25:59.740	01:53:21.273
381	2272	M	JOAQUIM GARCES	PORTUGAL	GANSOS	M55	03:26:13.987	01:53:35.520
382	2406	F	CARINA GARCEZ	PORTUGAL	GANSOS	F40	03:26:13.990	01:53:35.523
383	2066	M	AUGUSTO COSTA	PORTUGAL	BORABORA, VAMOS LÁ!	M60	03:26:26.987	01:53:48.520
384	2075	F	ANDREIA SANTOS	PORTUGAL	GALINHAS DE CROSS	F SENIOR	03:27:31.240	01:54:52.773
385	2074	M	RAUL LOURA	PORTUGAL	GALINHAS DE CROSS	M SENIOR	03:27:31.740	01:54:53.273
386	2499	M	MIGUEL HENRIQUES	PORTUGAL	TRAIL-RUNNING.PT	M50	03:28:11.743	01:55:33.276
387	2483	F	SHEILA FERREIRA	PORTUGAL	LION RUNNERS - G. D. LEÕES DA GUARDA	F SENIOR	03:30:48.507	01:58:10.040
388	2211	F	RAQUEL SANTOS	PORTUGAL	LION RUNNERS - G. D. LEÕES DA GUARDA	F40	03:30:48.997	01:58:10.530
389	2034	M	LUÍS SA	PORTUGAL	VVTR VALONGO VOUGA TRAIL RUNNING	M45	03:32:20.500	01:59:42.033
390	2035	F	MARIA SILVA	PORTUGAL	VVTR VALONGO VOUGA TRAIL RUNNING	F45	03:32:20.753	01:59:42.286
391	2471	M	NUNO VIGÁRIO	PORTUGAL	INDIVIDUAL	M40	03:32:42.503	02:00:04.036
392	2143	F	ROSA SILVA	PORTUGAL	VVTR VALONGO VOUGA TRAIL RUNNING	F40	03:35:14.260	02:02:35.793
393	2159	F	ANA MARQUES	PORTUGAL	VVTR VALONGO VOUGA TRAIL RUNNING	F SENIOR	03:35:15.063	02:02:36.596
394	2299	M	ANTÓNIO PINTO	PORTUGAL	NOCTURNOS DE PAREDES	M60	03:37:09.010	02:04:30.543
395	2298	F	FILIPA PINTO	PORTUGAL	NOCTURNOS DE PAREDES	F SENIOR	03:37:10.983	02:04:32.516
396	2252	F	JESSICA CARDOSO	PORTUGAL	ASSSCC - AR LIVRE E AVENTURA	F SENIOR	03:37:17.010	02:04:38.543
397	2303	F	ANA GONÇALVES	PORTUGAL	BORABORA, VAMOS LÁ!	F50	03:37:19.763	02:04:41.296
398	2067	F	ANA RIBEIRO	PORTUGAL	BORABORA, VAMOS LÁ!	F45	03:37:20.763	02:04:42.296
399	2450	M	HELDER SILVA	PORTUGAL	TRILHADOS	M40	03:38:17.763	02:05:39.296
400	2498	M	ADRIANO BERNARDINO	PORTUGAL	INDIVIDUAL	M SENIOR	03:38:18.763	02:05:40.296
401	2308	M	JOSE MOUTINHO	PORTUGAL	INDIVIDUAL	M60	03:40:05.017	02:07:26.550
402	2107	M	ANGELO PAIVA	PORTUGAL	RECCUA RUNNERS	M40	03:40:29.767	02:07:51.300
403	2360	F	LILIANA ROCHA	PORTUGAL	#ATÉCHORAS	F40	03:42:12.773	02:09:34.306
404	2068	M	TIAGO MOTA	PORTUGAL	INDIVIDUAL	M SENIOR	03:43:10.527	02:10:32.060
405	2433	F	LILIANA SILVA	PORTUGAL	INDIVIDUAL	F SENIOR	03:43:11.780	02:10:33.313
406	2216	F	ROSINDA MACEDO	PORTUGAL	CAGA TACOS RUNNING TEAM	F55	03:46:36.287	02:13:57.820
407	2217	M	ANTÓNIO MACEDO	PORTUGAL	CAGA TACOS RUNNING TEAM	M60	03:46:36.287	02:13:57.820
408	2302	F	ISABEL RODRIGUES	PORTUGAL	INDIVIDUAL	F45	03:49:04.040	02:16:25.573
409	2352	F	CARLA NEVES	PORTUGAL	INDIVIDUAL	F40	03:54:51.303	02:22:12.836
410	2353	M	JOSÉ SIMÕES	PORTUGAL	INDIVIDUAL	M SENIOR	03:54:56.803	02:22:18.336
411	2169	M	LUÍS MENDES	PORTUGAL	TOMBAMINIS TRAIL TEAM	M SENIOR	03:58:10.323	02:25:31.856
412	2170	F	MARIA BARBOSA	PORTUGAL	BARBOSA	F55	03:58:13.810	02:25:35.343
413	2206	F	CRISTINA GONÇALVES	PORTUGAL	LION RUNNERS - G. D. LEÕES DA GUARDA	F40	04:01:47.817	02:29:09.350
414	2386	F	GRAÇA SILVA	PORTUGAL	CLUBE MILLENNIUM BCP	F55	04:01:48.067	02:29:09.600
415	2489	M	PAULO FERREIRA	PORTUGAL	INDIVIDUAL	M40	04:12:43.340	02:40:04.873
416	2127	F	HELOISE RODRIGUES	PORTUGAL	TURRES TRAIL TEAM	F45	04:17:15.353	02:44:36.886
417	2153	F	ARIANA MENDES	PORTUGAL	BARBOSA	F SENIOR	04:33:16.387	03:00:37.920
418	2171	M	PAULO BARBOSA	PORTUGAL	BARBOSA	M55	04:33:18.390	03:00:39.923
419	2152	M	PEDRO BARBOSA	PORTUGAL	BARBOSA	M SENIOR	04:33:19.137	03:00:40.670
420	2480	F	HELENA MATIAS	PORTUGAL	FIGUEIRA KAYAK CLUBE	F40	06:12:34.817	04:39:56.350