

Lugar	Nome	Dorsal	Equipa	Categoria	Tempo	Ritmo	Diferença
1	FERNANDES, NUNO	921	Clube Atletismo Fafe	SENM25	2:10:39.88	05:14	
2	GONÇALVES, JOÃO	875	Vimarunners	SENM25	2:16:48.38	05:28	00:06:08
3	OLIVEIRA, LUIS	898	C.R.Candoso	SENM25	2:21:28.55	05:40	00:10:49
4	PEREIRA, NUNO	922	Nuno Pereira	SENM25	2:29:09.40	05:58	00:18:29
5	FERNANDES, EZEQUIEL	853	Team LANTEMIL	M40_25	2:30:50.15	06:02	00:20:10
6	CUNHA, ANDRÉ	815	Vimarunners	SENM25	2:31:50.79	06:04	00:21:11
7	SOUSA, MIGUEL	915	Os Santa Apolonia	SENM25	2:34:22.94	06:11	00:23:43
8	4247, DANIELA	846	ORALKLASS - AMIGOS DO TRAIL	SENF25	2:34:36.53	06:11	00:23:57
9	MARTINS, LUIS	896	run4smile	SENM25	2:34:36.98	06:11	00:23:57
10	MELO, JORGE	883		SENM25	2:35:32.07	06:13	00:24:52
11	SANTOS, PAULO	930	Team LANTEMIL	SENM25	2:37:15.35	06:17	00:26:35
12	FERNANDES, RUI	949	Clube Atletismo Fafe	SENM25	2:37:26.64	06:18	00:26:47
13	SILVA, RAUL	936	ProFisio Team	M40_25	2:37:42.22	06:18	00:27:02
14	SANTOS, LUIS	901	Vimarunners	SENM25	2:39:42.06	06:23	00:29:02
15	SILVA, RODRIGO	972	Team Lantemil	SENM25	2:41:32.76	06:28	00:30:53
16	CARVALHO, ANDRÉ	814		SENM25	2:41:39.50	06:28	00:31:00
17	SARAIVA, FILIPE	861	Palmeira Runners	SENM25	2:41:40.01	06:28	00:31:00
18	MEIRA, FERNANDO	856	RIOFIT	M40_25	2:42:10.88	06:29	00:31:31
19	AFONSO, MANUEL	971		M40_25	2:42:28.83	06:30	00:31:49
20	LIMA, TIAGO	960	Aves Runners	SENM25	2:44:02.49	06:34	00:33:22
21	FERNANDES, HUGO	870	Clube Atletismo Fafe	SENM25	2:44:13.79	06:34	00:33:34
22	MENDES, SANDRA	951	ProFisio Team	F40_25	2:44:17.68	06:34	00:33:38
23	FREITAS, ROBERTO	943		SENM25	2:44:27.72	06:35	00:33:48
24	PEREIRA, DAVID	847	RIOFIT	SENM25	2:45:13.68	06:37	00:34:34
25	SOUSA, TIAGO	961	Team LANTEMIL	SENM25	2:45:25.80	06:37	00:34:46
26	LAGE, PAULA	924	Dr.Merino/4moove	F40_25	2:45:36.23	06:37	00:34:56
27	FREITAS, FILIPE	857	RIOFIT	M40_25	2:45:53.95	06:38	00:35:14
28	BORGES, CARLOS	831	Vimarunners	M40_25	2:46:45.92	06:40	00:36:06
29	DOMINGUES, JORGE	880	LEBRES MINHOTAS	M40_25	2:48:04.11	06:43	00:37:24
30	FREIRAS, RICARDO	939	RIOFIT	SENM25	2:48:52.04	06:45	00:38:12
31	BARBOSA, PAULA	923	ORALKLASS - AMIGOS DO TRAIL	F40_25	2:49:19.70	06:46	00:38:40
32	FERNANDES, NUNO	920		SENM25	2:51:57.80	06:53	00:41:18
33	OLIVEIRA, JOSÉ	890		SENM25	2:53:40.16	06:57	00:43:00
34	ANDRADE, NELSON	919		SENM25	2:53:49.47	06:57	00:43:09
35	MENDES, GENTIL	864	Guimarunning Moscada	M40_25	2:53:52.33	06:57	00:43:12
36	BARBOSA, MÁRIO	913	Braguinhas Runners	SENM25	2:54:08.69	06:58	00:43:29
37	DOMINGUES, ANTÓNIO	819	LEBRES MINHOTAS	M40_25	2:54:58.75	07:00	00:44:19
38	MARTINS, ANTÓNIO	821	LEBRES MINHOTAS	SENM25	2:55:22.82	07:01	00:44:43
39	OLIVEIRA, BRUNO	828		SENM25	2:55:36.64	07:01	00:44:57
40	MACHADO, NARCISO	917	ProFisio Team	M50_25	2:55:53.93	07:02	00:45:14
41	SANTOS, ELISABETE	850	Team LANTEMIL	F40_25	2:56:27.02	07:03	00:45:47
42	ROCHA, RICARDO	942	FAST AO KM	M40_25	2:59:10.67	07:10	00:48:31
43	MORAIS, ANTÓNIO	823		M40_25	3:00:45.63	07:14	00:50:06
44	FERREIRA, FRANCISCO	862	RIOFIT	SENM25	3:00:57.32	07:14	00:50:17
45	SILVA, ROSÁLIA	946	Team LANTEMIL	SENF25	3:01:12.96	07:15	00:50:33

Lugar	Nome	Dorsal	Equipa	Categoria	Tempo	Ritmo	Diferença
46	FONSECA, ALVARO	805		SENM25	3:01:13.09	07:15	00:50:33
47	RODRIGUES, CARLOS	834		SENM25	3:01:15.32	07:15	00:50:35
48	PEREIRA, RICARDO	941		SENM25	3:01:21.51	07:15	00:50:42
49	GUIMARAES, TIAGO	959		SENM25	3:01:38.17	07:16	00:50:58
50	SOUSA, VÍTOR	966		M40_25	3:01:53.47	07:17	00:51:13
51	PEREIRA, ABÍLIO	800		M40_25	3:02:19.48	07:18	00:51:39
52	MOURA, PAULO	927	ProFisio Team	M40_25	3:02:19.65	07:18	00:51:40
53	TORRES, AFONSO	801	Aves Runners	M40_25	3:02:22.73	07:18	00:51:43
54	OLIVEIRA, ANTÓNIO	824		M40_25	3:03:29.34	07:20	00:52:49
55	MARTINS, PAULO	926		M40_25	3:03:30.70	07:20	00:52:51
56	RIBEIRO, LUIS	900	C.R.Candoso	M40_25	3:05:24.85	07:25	00:54:45
57	MENDES, JOSE	888	Falsos Lentos	SENM25	3:06:46.17	07:28	00:56:06
58	MARQUES, ALBERTO	802	RIOFIT	M40_25	3:08:17.43	07:32	00:57:37
59	FERNANDES, EUSÉBIO	852	Clube Atletismo Fafe	M40_25	3:08:43.12	07:33	00:58:03
60	PEREIRA, TOZE	962		M40_25	3:08:44.00	07:33	00:58:04
61	MACHADO, JORGE	881	Os Santa Apolonia	M50_25	3:08:58.07	07:34	00:58:18
62	NAZARÉ, GONÇALO	865	A.C.R Casais das Boiças	SENM25	3:09:14.02	07:34	00:58:34
63	LAGES, FILIPE	858	Vimarunners	M40_25	3:09:17.86	07:34	00:58:38
64	RICARDO, JOÃO	877	Vimarunners	SENM25	3:09:18.46	07:34	00:58:38
65	CAPELA, JOSÉ	886		M50_25	3:11:09.53	07:39	01:00:30
66	CASTRO, RICARDO	938	Guimarães Trail	M40_25	3:11:32.68	07:40	01:00:53
67	CAMPOS, ANA	810		SENF25	3:11:46.03	07:40	01:01:06
68	SILVA, HELDER	866	Vimarunners	M40_25	3:11:47.43	07:40	01:01:07
69	RIBEIRO, PAULO	929	Os Santa Apolonia	M40_25	3:12:19.27	07:42	01:01:39
70	SOARES, JORGE	885		M40_25	3:12:28.46	07:42	01:01:48
71	GUISE, LUÍS	895	Vimarunners	M40_25	3:12:30.24	07:42	01:01:50
72	FERNANDES, RUI	948	Vimarunners	SENM25	3:12:31.11	07:42	01:01:51
73	MOURA, GASPAR	863		M50_25	3:12:44.38	07:43	01:02:04
74	GALVÃO, RAFAEL	934	Vimarunners	M40_25	3:13:17.75	07:44	01:02:38
75	COSTA, ANTÓNIO	818	Vimarunners	M50_25	3:14:07.85	07:46	01:03:28
76	SANTOS, HUGO	871		M40_25	3:14:47.97	07:48	01:04:08
77	SILVA, MÁRCIO	909	Vimarunners	SENM25	3:15:29.23	07:49	01:04:49
78	PEREIRA, ÁLVARO	807	Aves Runners	M50_25	3:15:33.98	07:49	01:04:54
79	COSTA, ÂNGELA	816	Guimarunning Moscada	F40_25	3:15:42.80	07:50	01:05:03
80	AZEVEDO, ANA	808	Os Santa Apolonia	SENF25	3:16:56.20	07:53	01:06:16
81	SERENO, ANA	812	Vimarunners	SENF25	3:17:32.46	07:54	01:06:52
82	MEIRA, RICARDO	940	Os Santa Apolonia	M40_25	3:17:34.98	07:54	01:06:55
83	GIL, JOÃO	874		M50_25	3:17:51.00	07:55	01:07:11
84	SILVA, JORGE	884		M40_25	3:18:03.30	07:55	01:07:23
85	SILVA, LUÍS	902	VaiComCalma	SENM25	3:20:56.90	08:02	01:10:17
86	NÂNTUA, PRISCILA	933	Guimarunning Moscada	SENF25	3:22:10.67	08:05	01:11:31
87	FARIA, RUI	947		SENM25	3:22:11.47	08:05	01:11:31
88	CARDOSO, SERGIO	953	Os Santa Apolonia	M40_25	3:22:19.92	08:06	01:11:40
89	MOURA, BRUNO	826		SENM25	3:24:03.76	08:10	01:13:24
90	ANDRADE, RAQUEL	935		SENF25	3:24:04.77	08:10	01:13:25

Lugar	Nome	Dorsal	Equipa	Categoria	Tempo	Ritmo	Diferença
91	VIEIRA, MANUEL	906	SCORE HEALTH CLUB	M40_25	3:24:08.24	08:10	01:13:28
92	RIBEIRO, FILIPE	860	ASSOCIAÇÃO CULTURAL DE VERMOIM	M40_25	3:24:54.51	08:12	01:14:15
93	SAMPAIO, MANUEL	905		M50_25	3:25:27.04	08:13	01:14:47
94	FERREIRA, DANIEL	843	SCORE HEALTH CLUB	M40_25	3:25:32.49	08:13	01:14:52
95	REBELO, DANIEL	844		M40_25	3:25:32.58	08:13	01:14:53
96	PEDRO, LUÍS	899	Guimarunning Moscada	SENM25	3:26:22.13	08:15	01:15:42
97	CARNEIRO, FERNANDO	855		M50_25	3:29:38.28	08:23	01:18:58
98	MACHADO, CRISTINA	841		SENF25	3:32:24.64	08:30	01:21:45
99	MORGADO, CARLOS	833		SENM25	3:32:44.96	08:31	01:22:05
100	MARTINS, IVÓNIO	872	INtrilhos	SENM25	3:33:35.83	08:33	01:22:56
101	FERREIRA, HELENA	867		SENF25	3:38:22.65	08:44	01:27:43
102	MORAIS, JOSÉ	889		M40_25	3:38:54.25	08:45	01:28:14
103	SILVA, ALEXANDRE	804		SENM25	3:39:04.45	08:46	01:28:24
104	RODRIGUES, JOSÉ	892		M40_25	3:39:25.18	08:47	01:28:45
105	FERREIRA, JORGE	970		M40_25	3:41:36.00	08:52	01:30:56
106	PEREIRA, MARCO	910		M40_25	3:41:36.09	08:52	01:30:56
107	SOUSA, CARLOS	836		M40_25	3:41:37.61	08:52	01:30:58
108	MENDES, JOÃO	876		SENM25	3:41:38.29	08:52	01:30:58
109	ABREU, CLAUDIO	840	Vimarunners	M40_25	3:42:28.23	08:54	01:31:48
110	BRANDAO, SARA	646		SENF25	3:42:38.09	08:54	01:31:58
111	LIMA, ANGELA	817		SENF25	3:43:28.45	08:56	01:32:48
112	MENDES, ALVARO	806		SENM25	3:43:28.71	08:56	01:32:49
113	FERREIRA, JOSÉ	887		M50_25	3:44:25.25	08:59	01:33:45
114	FERNANDES, SIMÃO	957		SENM25	3:44:33.36	08:59	01:33:53
115	COSTA, JU	894		SENF25	3:45:15.48	09:01	01:34:35
116	NÓVOA, PAULO	928	CEPSI - Centro de Psicologia e Pedagogia de Braga	M50_25	3:45:16.49	09:01	01:34:36
117	CARRILHO, CELSO	838		M50_25	3:45:21.31	09:01	01:34:41
118	RIBEIRO, CLARISSE	839		F40_25	3:46:11.36	09:03	01:35:31
119	ANTUNES, PAULO	925		M40_25	3:46:12.32	09:03	01:35:32
120	PIRES, ALEXANDRA	803		F40_25	3:46:27.92	09:04	01:35:48
121	PINHEIRO, PEDRO	932	RIOFIT	SENM25	3:47:02.80	09:05	01:36:23
122	SILVA, JOÃO	878		M40_25	3:47:09.52	09:05	01:36:30
123	SOUSA, EDGAR	848	AC Team	M40_25	3:47:33.72	09:06	01:36:54
124	FERNANDES, ANTÓNIO	820	AC Team	M40_25	3:49:35.30	09:11	01:38:55
125	GOMES, EDUARDO	849	RIOFIT	SENM25	3:50:53.69	09:14	01:40:14
126	RIBEIRO, HELENA	868	RIOFIT	SENF25	3:51:34.27	09:16	01:40:54
127	PEREIRA, PEDRO	931	Guimarunning Moscada	SENM25	3:55:00.93	09:24	01:44:21
128	PEREIRA, SÉRGIO	954		SENM25	3:57:28.50	09:30	01:46:49
129	FERREIRA, CARLOS	832		M40_25	3:57:29.33	09:30	01:46:49
130	ANTUNES, NÉLIA	918	INtrilhos	SENF25	4:01:26.68	09:39	01:50:47
131	BOITEAU, SÉVERINE	648	Vimarunners	F40_25	4:02:58.31	09:43	01:52:18
132	BRAS, SONIA	958		SENF25	4:06:13.25	09:51	01:55:33
133	BRAS, ANA	809		F40_25	4:06:13.26	09:51	01:55:33
134	PEIXOTO, JOSÉ	891	Guimarunning Moscada	SENM25	4:06:30.61	09:52	01:55:51
135	ARAÚJO, LUÍSA	903	Guimarunning Moscada	SENF25	4:25:38.17	10:38	02:14:58

Lugar	Nome	Dorsal	Equipa	Categoria	Tempo	Ritmo	Diferença
136	PEREIRA, CATARINA	837	Guimarunning Moscada	SENF25	4:25:40.61	10:38	02:15:01
137	SOUSA, MÁRCIA	908	Guimarunning Moscada	SENF25	4:25:41.35	10:38	02:15:01
138	MOREIRA, CARLA	830		F40_25	4:32:05.07	10:53	02:21:25
139	SOARES, ANA	968		SENF25	4:32:05.44	10:53	02:21:25