

Pos.	Dorsal	G	Nome	Pais	Equipa	escalão	Tempo	Diferença
1	3003	M	MARIO FONSECA	PORTUGAL	INDIVIDUAL	M SENIORES	03:32:11.107	00:00:00.000
2	3203	M	EMÍLIO CARVALHO	PORTUGAL	THE ROOKIES	M40	03:44:23.873	00:12:12.766
3	3184	M	MARCOS PASCUAL	SPAIN	BOAVISTA TRAIL	M SENIORES	03:46:36.037	00:14:24.930
4	3038	M	MARCELO ARAÚJO	PORTUGAL	CIDEP FORNOS LUSAVOUGA	M SENIORES	03:49:59.963	00:17:48.856
5	3196	M	LUÍS GIL	PORTUGAL	GAIA TRAIL	M45	03:51:14.103	00:19:02.996
6	3016	M	DANIEL RIBEIRO	PORTUGAL	BITRUNNERS	M SENIORES	03:54:08.943	00:21:57.836
7	3214	M	MANUEL FERNÁNDEZ	SPAIN	COUTADAS TRAIL TEAM	M45	03:55:00.397	00:22:49.290
8	3127	M	JOAQUIM DUARTE	PORTUGAL	DÁ-LHE GÁS TRAIL TEAM FISIODUO	M SENIORES	03:56:36.287	00:24:25.180
9	3059	M	ANTONIO AMORIM	PORTUGAL	S C ESPINHO	M45	03:59:01.623	00:26:50.516
10	3151	M	ANDRÉ ALMEIDA	PORTUGAL	FACTOR X / S4L / MEDENSE FC	M SENIORES	04:00:16.277	00:28:05.170
11	3036	M	CARLOS VIEIRA	PORTUGAL	CIDEP FORNOS LUSAVOUGA	M SENIORES	04:02:05.450	00:29:54.343
12	3110	M	MIGUEL FERREIRA	PORTUGAL	GD LEÕES DA GUARDA - LION RUNNERS	M40	04:02:30.130	00:30:19.023
13	3150	M	NUNO NUNES	PORTUGAL	FACTOR X / S4L / MEDENSE FC	M SENIORES	04:04:37.373	00:32:26.266
14	3211	M	GERMANO FIGUEIRA	PORTUGAL	INDIVIDUAL	M SENIORES	04:07:01.210	00:34:50.103
15	3066	M	DOMINGOS GOMES	PORTUGAL	S C ESPINHO	M40	04:08:24.687	00:36:13.580
16	3112	M	CELSO OLIVEIRA	PORTUGAL	GD LEÕES DA GUARDA - LION RUNNERS	M SENIORES	04:10:13.767	00:38:02.660
17	3115	M	GILBERTO COSTA	PORTUGAL	ESPINHO TRAIL	M40	04:12:05.550	00:39:54.443
18	3037	M	NUNO FARIA	PORTUGAL	CIDEP FORNOS LUSAVOUGA	M40	04:12:35.447	00:40:24.340
19	3162	M	AVELINO SA	PORTUGAL	JUFACC	M SENIORES	04:14:33.527	00:42:22.420
20	3188	M	JOEL PINTO	PORTUGAL	AD MARCO 09	M SENIORES	04:15:29.913	00:43:18.806
21	3000	M	FÁBIO RODRIGUES	PORTUGAL	BOAVISTA TRAIL	M SENIORES	04:16:24.427	00:44:13.320
22	3185	M	FRANCISCO PASCUAL	SPAIN	BOAVISTA TRAIL	M SENIORES	04:17:17.340	00:45:06.233
23	3216	F	SILVIA DOMINGUEZ	SPAIN	BOAVISTA TRAIL	F SENIORES	04:17:20.987	00:45:09.880
24	3177	M	ADOLFO FERNANDEZ	SPAIN	OLÍMPICO VIANENSE TRAIL	M50	04:17:23.980	00:45:12.873
25	3114	M	LUÍS SILVA	PORTUGAL	ADOSA- OS SANTA APOLÓNIA	M40	04:17:31.380	00:45:20.273
26	3057	M	JOÃO LEAL	PORTUGAL	OFRUNNING	M SENIORES	04:18:03.917	00:45:52.810
27	3120	M	ANTONIO PINTO	PORTUGAL	S C ESPINHO	M50	04:18:13.833	00:46:02.726
28	3126	M	PEDRO DIAS	PORTUGAL	DÁ-LHE GÁS TRAIL TEAM FISIODUO	M SENIORES	04:19:42.610	00:47:31.503
29	3128	M	PAULO DOMINGUES	PORTUGAL	OLÍMPICO VIANENSE TRAIL	M50	04:21:08.757	00:48:57.650
30	3017	M	DIONISIO FERREIRA	PORTUGAL	TEAM TRAIL BEM VIVER	M40	04:23:39.243	00:51:28.136
31	3019	M	ANTONIO MAIA	PORTUGAL	TEAM TRAIL BEM VIVER	M SENIORES	04:23:40.780	00:51:29.673
32	3190	M	PAULO CASTRO	PORTUGAL	CLUBE EFACEC	M40	04:25:10.303	00:52:59.196
33	3192	M	MIGUEL VIEITEZ	SPAIN	TRINORTH	M50	04:25:40.257	00:53:29.150
34	3187	M	JESÚS JORGE	SPAIN	TRINORTH	M SENIORES	04:25:41.767	00:53:30.660
35	3109	M	HUGO SILVA	PORTUGAL	GD LEÕES DA GUARDA - LION RUNNERS	M SENIORES	04:29:12.290	00:57:01.183
36	3179	M	ANDRÉ SANTOS	PORTUGAL	TREPATRILOS TRAIL TEAM	M SENIORES	04:31:58.237	00:59:47.130
37	3062	M	LUÍS SÁ	PORTUGAL	GD LEÕES DA GUARDA - LION RUNNERS	M45	04:34:14.617	01:02:03.510
38	3197	M	IGOR PAIVA	PORTUGAL	FACTOR X / S4L / MEDENSE FC	M SENIORES	04:34:48.670	01:02:37.563
39	3168	M	VASCO SOUSA	PORTUGAL	SPORTING CLUBE POVOENSE	M50	04:34:52.180	01:02:41.073
40	3095	M	PEDRO MENESES	PORTUGAL	CLUBE EFACEC	M45	04:35:06.653	01:02:55.546
41	3208	M	MIGUEL CARVALHO	PORTUGAL	OS BRAVOS	M SENIORES	04:35:08.317	01:02:57.210
42	3142	M	FERNANDO SANTOS	PORTUGAL	NÚCLEO DE MONTANHA DE ESPINHO	M45	04:38:23.117	01:06:12.010
43	3023	M	PEDRO CASTRO	PORTUGAL	CLUBE EFACEC	M40	04:39:27.513	01:07:16.406
44	3154	M	BRUNO MACEDO	PORTUGAL	CAGA TACOS RUNNING TEAM	M40	04:39:33.790	01:07:22.683

Pos.	Dorsal	G	Nome	País	Equipa	escalão	Tempo	Diferença
45	3058	M	FLAVIO SILVA	PORTUGAL	OFRUNNING	M SENIORES	04:39:53.567	01:07:42.460
46	3008	M	ANDRÉ MANITA	PORTUGAL	FACTOR X / S4L / MEDENSE FC	M SENIORES	04:40:17.487	01:08:06.380
47	3064	M	CÉSAR SILVA	PORTUGAL	GTT - ARMAZÉM DO CAFFÈ	M45	04:43:29.720	01:11:18.613
48	3100	M	JOAQUIM LEAL	PORTUGAL	DÁ-LHE GÁS TRAIL TEAM FISIODUO	M40	04:44:15.597	01:12:04.490
49	3176	F	RAQUEL GONZALEZ	SPAIN	BOAVISTA TRAIL	F SENIORES	04:44:43.787	01:12:32.680
50	3170	M	PABLO FREIJANES	SPAIN	BOAVISTA TRAIL	M40	04:44:45.520	01:12:34.413
51	3215	M	HUMBERTO SILVA	PORTUGAL	AZTRAIL/MERCENTRO	M40	04:45:11.270	01:13:00.163
52	3167	M	PEDRO BOTO	PORTUGAL	O MUNDO DA CORRIDA	M40	04:45:30.523	01:13:19.416
53	3121	F	MONICA OLIVEIRA	PORTUGAL	S C ESPINHO	F45	04:45:47.513	01:13:36.406
54	3117	M	ANTONIO DUARTE	PORTUGAL	ESPINHO TRAIL	M JÚNIOR	04:45:50.193	01:13:39.086
55	3122	F	SANDRA FERREIRA	PORTUGAL	S C ESPINHO	F40	04:45:52.617	01:13:41.510
56	3193	M	PEDRO BASTOS	PORTUGAL	VCBIKE	M40	04:45:55.677	01:13:44.570
57	3157	M	HENRIQUE BARBOSA	PORTUGAL	MAGICBARBER TRAIL TEAM	M40	04:46:52.837	01:14:41.730
58	3222	M	ROGERIO VICENTE	PORTUGAL	GTT - ARMAZÉM DO CAFFÈ	M45	04:47:48.060	01:15:36.953
59	3025	M	LUÍS MOTA	PORTUGAL	INDIVIDUAL	M55	04:49:56.867	01:17:45.760
60	3180	M	NARCISO MACHADO	PORTUGAL	PROFISIO EUPAGO TEAM	M50	04:50:34.337	01:18:23.230
61	3132	M	CARLOS RIBEIRO	PORTUGAL	DIVE INTO THE MOUNTAINS	M40	04:52:59.397	01:20:48.290
62	3210	M	ALEXANDRE LOURENÇO	PORTUGAL	OS BRAVOS	M40	04:53:00.993	01:20:49.886
63	3194	M	ANTÓNIO GOUVEIA	PORTUGAL	CLUBE ACADÉMICO DE PENAFIRME	M45	04:53:44.933	01:21:33.826
64	3072	M	VASCO FARIA	PORTUGAL	CB RUN	M SENIORES	04:53:53.340	01:21:42.233
65	3053	F	TANIA BATEIRA	PORTUGAL	PORTOCARGO RUNNERS	F40	04:54:08.190	01:21:57.083
66	3182	M	ANTONIO PINTO	PORTUGAL	MONTE DOS AMIGOS	M SENIORES	04:55:53.350	01:23:42.243
67	3043	M	RICARDO ROCHA	PORTUGAL	RICARDO ROCHA	M45	04:56:05.147	01:23:54.040
68	3086	M	RUI SANTOS	PORTUGAL	ANDATRILHOS	M SENIORES	04:58:13.707	01:26:02.600
69	3022	M	ROBERTO FREITAS	PORTUGAL	BOAVISTA TRAIL	M SENIORES	04:58:53.177	01:26:42.070
70	3140	M	VALTER CORREIA	PORTUGAL	NOVA LINHA TRAIL RUNNERS	M40	04:58:58.420	01:26:47.313
71	3202	M	MÁRIO TEIXEIRA	PORTUGAL	WOLVES	M SENIORES	04:59:31.387	01:27:20.280
72	3039	M	MIGUEL OLIVEIRA	PORTUGAL	AIRÃO TRAIL TEAM	M40	04:59:51.253	01:27:40.146
73	3050	M	HUGO COUTO	PORTUGAL	ADC SANTA ISABEL	M SENIORES	05:00:32.290	01:28:21.183
74	3138	M	FERNANDO AUGUSTO	PORTUGAL	ADC SANTA ISABEL	M45	05:00:34.260	01:28:23.153
75	3160	M	FRANCISCO PINHEIRO	PORTUGAL	CTAD - CONSUMO ZERO	M45	05:01:01.307	01:28:50.200
76	3220	M	FILIPE TAVARES	PORTUGAL	AZTRAIL/MERCENTRO	M SENIORES	05:01:22.983	01:29:11.876
77	3033	M	JOÃO OLIVEIRA	PORTUGAL	AMIGOS 100 LIMITES	M SENIORES	05:01:26.087	01:29:14.980
78	3070	M	DAVID ALVES	PORTUGAL	SOLOPISADAS TEAM	M45	05:02:13.940	01:30:02.833
79	3027	M	GERMANO CARDOSO	PORTUGAL	GERMANO	M40	05:05:41.457	01:33:30.350
80	3082	M	DANIEL MIRANDA	PORTUGAL	PASTILHAS TEAM	M40	05:07:11.570	01:35:00.463
81	3106	M	JORGE QUEIROS	PORTUGAL	S C ESPINHO	M40	05:08:56.253	01:36:45.146
82	3205	M	JOSÉ SILVA	PORTUGAL	CÂMARA MUNICIPAL DE GONDOMAR	M45	05:09:22.607	01:37:11.500
83	3104	M	NELSON MARQUES	PORTUGAL	GAIA TRAIL	M SENIORES	05:11:29.730	01:39:18.623
84	3096	M	ARMANDO MORENO	PORTUGAL	TRAILENTO	M55	05:12:04.653	01:39:53.546
85	3018	M	RUI MADUREIRA	PORTUGAL	TEAM TRAIL BEM VIVER	M SENIORES	05:13:03.653	01:40:52.546
86	3102	M	DIOGO RESENDE	PORTUGAL	ADC SANTA ISABEL	M SENIORES	05:13:24.283	01:41:13.176
87	3129	M	CARLOS CARDOSO	PORTUGAL	BITRUNNERS	M SENIORES	05:14:28.720	01:42:17.613
88	3049	M	ADRIANO OLIVEIRA	PORTUGAL	INDIVIDUAL	M50	05:15:21.333	01:43:10.226

Pos.	Dorsal	G	Nome	País	Equipa	escalão	Tempo	Diferença
89	3063	M	FÁBIO SANTOS	PORTUGAL	HSANTAMARIART	M SENIORES	05:16:10.850	01:43:59.743
90	3091	M	MANUEL FARIA	PORTUGAL	MSS CONTABILIDADE TRAIL TEAM	M50	05:16:31.727	01:44:20.620
91	3093	M	VICTOR AZEVEDO	PORTUGAL	MSS CONTABILIDADE TRAIL TEAM	M45	05:16:32.253	01:44:21.146
92	3206	M	LUIS RIBEIRO	PORTUGAL	PORTOCARGO RUNNERS	M45	05:18:51.783	01:46:40.676
93	3218	M	PAULO DELGADO	PORTUGAL	CALMA - TOMAR	M40	05:19:30.063	01:47:18.956
94	3034	M	FILIPE ABREU	PORTUGAL	BOAVISTA TRAIL	M40	05:20:07.870	01:47:56.763
95	3024	M	JOSÉ ORGANISTA	PORTUGAL	CORREDOR DE FIM DE SEMANA	M45	05:20:23.053	01:48:11.946
96	3073	M	JORGE BARBOSA	PORTUGAL	PAREDES AVENTURA	M45	05:22:23.637	01:50:12.530
97	3124	M	FERNANDO RODRIGUES	PORTUGAL	FACTOR X / S4L / MEDENSE FC	M45	05:23:43.877	01:51:32.770
98	3136	M	CARLOS AZEVEDO	PORTUGAL	FACTOR X / S4L / MEDENSE FC	M SENIORES	05:23:46.003	01:51:34.896
99	3031	M	CARLOS RIBEIRO	PORTUGAL	BOAVISTA TRAIL	M SENIORES	05:24:01.590	01:51:50.483
100	3094	M	CESAR SOUSA	PORTUGAL	SPORTING CLUBE SILVALDE	M45	05:24:18.853	01:52:07.746
101	3013	M	MIGUEL CRUZ	PORTUGAL	CLUBE EFACEC	M40	05:24:24.650	01:52:13.543
102	3105	F	PAULA ALMEIDA	PORTUGAL	INDIVIDUAL	F SENIORES	05:24:27.857	01:52:16.750
103	3207	F	MANUELA FARIA	PORTUGAL	PORTOCARGO RUNNERS	F50	05:24:50.047	01:52:38.940
104	3161	M	FERNANDO COSTA	PORTUGAL	PERNETAS	M45	05:25:43.727	01:53:32.620
105	3199	F	ELISABETE REPAS	PORTUGAL	GAIA - RUNNING	F50	05:25:51.263	01:53:40.156
106	3152	M	ANDRÉ NOVAIS	PORTUGAL	FACTOR X / S4L / MEDENSE FC	M SENIORES	05:26:30.833	01:54:19.726
107	3166	M	FILIPE ESCOBAR	PORTUGAL	EQUIPA A	M40	05:27:02.963	01:54:51.856
108	3067	M	RODRIGO OLIVEIRA	PORTUGAL	INDIVIDUAL	M40	05:27:39.517	01:55:28.410
109	3015	M	JOSÉ BARBOSA	PORTUGAL	BOAVISTA TRAIL	M SENIORES	05:33:18.590	02:01:07.483
110	3149	M	PAULO ARAÚJO	PORTUGAL	FACTOR X / S4L / MEDENSE FC	M SENIORES	05:33:20.660	02:01:09.553
111	3164	M	VITOR RITO	PORTUGAL	RUNNING ESPINHO	M SENIORES	05:33:54.423	02:01:43.316
112	3212	F	SANDRA ARRIBANÇA	PORTUGAL	INDIVIDUAL	F45	05:33:55.350	02:01:44.243
113	3139	M	FRUTUOSO SOUSA	PORTUGAL	AMC TRAIL	M SENIORES	05:35:09.067	02:02:57.960
114	3055	M	FRANCISCO FONSECA	PORTUGAL	EQUIPA UNIDOS PELOS TRILHOS	M50	05:36:07.587	02:03:56.480
115	3169	M	MIGUEL MOREIRA	PORTUGAL	INDIVIDUAL	M40	05:36:09.443	02:03:58.336
116	3060	F	MARIA GOMES	PORTUGAL	WOLVES	F45	05:36:21.890	02:04:10.783
117	3040	M	CELESTINO GOMES	PORTUGAL	MELRES TRAIL RUINNING	M40	05:36:26.510	02:04:15.403
118	3174	M	PAULO GOMES	PORTUGAL	NO TOMORROW RUNNING TEAM	M45	05:38:33.097	02:06:21.990
119	3052	M	ORLANDO CAMPOS	PORTUGAL	FISIO.	M40	05:40:50.453	02:08:39.346
120	3131	F	MARIA LOUREIRO	PORTUGAL	ASSOCIAÇÃO DESPORTIVA DE CABROELO	F45	05:41:06.133	02:08:55.026
121	3189	F	PAULA ARAÚJO	PORTUGAL	TRAIL TEAM VILA DE MOUROS	F SENIORES	05:42:34.470	02:10:23.363
122	3026	M	FERNANDO SANTOS	PORTUGAL	GTT - ARMAZÉM DO CAFFÈ	M50	05:43:11.847	02:11:00.740
123	3119	M	RICARDO SANTOS	PORTUGAL	S C ESPINHO	M SENIORES	05:43:40.867	02:11:29.760
124	3153	M	PEDRO MARQUES	PORTUGAL	FACTOR X / S4L / MEDENSE FC	M45	05:44:35.797	02:12:24.690
125	3084	M	MANUEL SAMPAIO	PORTUGAL	INDIVIDUAL	M60	05:44:55.280	02:12:44.173
126	3021	M	FRANCISCO REIS	PORTUGAL	NÚCLEO DE MONTANHA DE ESPINHO	M45	05:45:21.630	02:13:10.523
127	3098	M	NUNO FERNANDES	PORTUGAL	ARCORUN	M40	05:46:03.687	02:13:52.580
128	3195	F	ELISABETE SOUSA	PORTUGAL	CLUBE ACADÉMICO DE PENAFIRME	F45	05:46:20.867	02:14:09.760
129	3178	M	EMANUEL CABEÇA	PORTUGAL	STAMINA	M40	05:46:24.680	02:14:13.573
130	3061	F	SABRINA SZNAK	ARGENTINA	N/A	F SENIORES	05:47:14.313	02:15:03.206
131	3191	M	ARNALDO MARINHO	PORTUGAL	GRUPO DESPORTIVO LEOES DO VENEZA	M60	05:48:31.397	02:16:20.290
132	3065	M	NUNO TEIXEIRA	PORTUGAL	BOAVISTA TRAIL	M40	05:48:32.043	02:16:20.936

Pos.	Dorsal	G	Nome	País	Equipa	escalão	Tempo	Diferença
133	3145	F	SYLVIE DUARTE	PORTUGAL	INDIVIDUAL	F50	05:48:32.627	02:16:21.520
134	3032	M	JOÃO ALEIXO	PORTUGAL	LOBO DO MAR	M SENIORES	05:49:10.537	02:16:59.430
135	3071	M	PEDRO SILVA	PORTUGAL	BOAVISTA TRAIL	M40	05:50:50.167	02:18:39.060
136	3011	M	LUÍS PEDRO	PORTUGAL	STRAVISTAS VENDA PINHEIRO	M45	05:51:36.897	02:19:25.790
137	3155	M	MARCOS GANDRA	PORTUGAL	MCCB RUNNING TEAM	M40	05:53:28.600	02:21:17.493
138	3113	M	JOÃO SILVA	PORTUGAL	INDIVIDUAL	M55	05:53:41.193	02:21:30.086
139	3173	M	FERNANDO VITAL	PORTUGAL	BOAVISTA TRAIL	M55	05:58:17.233	02:26:06.126
140	3014	M	TIAGO MOREIRA	PORTUGAL	BOAVISTA TRAIL	M40	06:03:01.810	02:30:50.703
141	3130	M	PAULO FERREIRA	PORTUGAL	BOAVISTA TRAIL	M55	06:03:05.213	02:30:54.106
142	3181	M	ARMINDO DINIS	PORTUGAL	PROFISIO EUPAGO TEAM	M50	06:03:32.617	02:31:21.510
143	3046	M	PAULO FERREIRA	PORTUGAL	INDIVIDUAL	M50	06:03:32.740	02:31:21.633
144	3088	M	JOÃO GRAÇA	PORTUGAL	NÚCLEO DE MONTANHA DE ESPINHO	M40	06:05:09.557	02:32:58.450
145	3111	M	ANTÓNIO MAGALHÃES	PORTUGAL	NÚCLEO DE MONTANHA DE ESPINHO	M45	06:05:09.987	02:32:58.880
146	3092	M	CARLOS NAVEGA	PORTUGAL	CNCBACADAPASSO	M50	06:07:25.593	02:35:14.486
147	3221	M	HELDER SILVA	PORTUGAL	GTT - ARMAZÉM DO CAFFÈ	M40	06:13:06.893	02:40:55.786
148	3200	M	SÉRGIO COELHO	PORTUGAL	GTT - ARMAZÉM DO CAFFÈ	M40	06:13:07.663	02:40:56.556
149	3133	M	EUGENIO SOARES	PORTUGAL	FACTOR X / S4L / MEDENSE FC	M50	06:14:17.470	02:42:06.363
150	3076	M	LUIS SANTANA	PORTUGAL	TRILHOS DO COSTUME	M55	06:15:41.683	02:43:30.576
151	3213	M	TIAGO SILVA	PORTUGAL	AZTRAIL/MERCENTRO	M SENIORES	06:16:20.787	02:44:09.680
152	3075	M	MIGUEL MENDES	PORTUGAL	GD LEÕES DA GUARDA - LION RUNNERS	M SENIORES	06:17:33.043	02:45:21.936
153	3051	M	FRANCISCO ZENHA	PORTUGAL	ADC SANTA ISABEL	M SENIORES	06:17:37.667	02:45:26.560
154	3198	M	PAULO CORREIA	PORTUGAL	PAULO CORREIA REABILITAÇÃO INTEGRADA	M40	06:18:44.693	02:46:33.586
155	3108	M	SERGIO MOURA	PORTUGAL	ADC SANTA ISABEL	M40	06:19:59.750	02:47:48.643
156	3158	M	BRUNO ROCHA	PORTUGAL	AD QUINTA PARAMOS	M SENIORES	06:20:51.343	02:48:40.236
157	3159	M	BRUNO ROCHA	PORTUGAL	AD QUINTA PARAMOS	M SENIORES	06:20:51.343	02:48:40.236
158	3080	M	ANTÓNIO OLIVEIRA	PORTUGAL	OS FINOS	M45	06:20:54.100	02:48:42.993
159	3165	M	JORGE CRUZ	PORTUGAL	SUCRE	M45	06:20:56.033	02:48:44.926
160	3156	M	JOAO COUTO	PORTUGAL	OS FINOS	M45	06:20:56.270	02:48:45.163
161	3103	M	PEDRO BARROS	PORTUGAL	MARMEDSA NOATUM SHIPPING AGENCY RUNNING TEAM	M45	06:20:56.387	02:48:45.280
162	3137	M	NUNO AMORIM	PORTUGAL	FACTOR X / S4L / MEDENSE FC	M SENIORES	06:22:09.777	02:49:58.670
163	3090	F	JOANA SILVA	PORTUGAL	ARCORUN	F SENIORES	06:25:47.220	02:53:36.113
164	3009	F	BANITA RX	PORTUGAL	INDIVIDUAL	F40	06:25:47.280	02:53:36.173
165	3087	M	JORGE SILVA	PORTUGAL	INDIVIDUAL	M45	06:25:47.650	02:53:36.543
166	3123	F	CARLA NEVES	PORTUGAL	FACTOR X / S4L / MEDENSE FC	F SENIORES	06:30:13.063	02:58:01.956
167	3010	M	RUI SOUSA	PORTUGAL	OFRUNNING	M SENIORES	06:30:13.767	02:58:02.660
168	3048	F	RITA FREITAS	PORTUGAL	INDIVIDUAL	F SENIORES	06:32:22.593	03:00:11.486
169	3099	M	MANUEL SILVA	PORTUGAL	CLUBE INDEPENDENTE DE ATLETISMO DE ALPENDORADA	M45	06:35:55.013	03:03:43.906
170	3172	F	PATRÍCIA ROCHA	PORTUGAL	CORRER LEÇA	F45	06:38:30.823	03:06:19.716
171	3042	M	ANDRÉ CABRAL	PORTUGAL	NO TEAM	M45	06:38:49.190	03:06:38.083
172	3175	F	CLAUDIA MOURA	PORTUGAL	INDIVIDUAL	F SENIORES	06:38:50.643	03:06:39.536
173	3012	M	MÁRIO FERREIRA	PORTUGAL	CLUBE EFACEC	M45	06:38:58.490	03:06:47.383
174	3056	M	PEDRO NEVES	PORTUGAL	INDIVIDUAL	M40	06:40:58.500	03:08:47.393
175	3004	M	MARIO SILVA	PORTUGAL	SINTRARUNNING	M50	06:41:18.683	03:09:07.576
176	3143	F	LÍGIA MENDES	PORTUGAL	CLUBE TRILHEIROS E AMIGOS	F40	06:44:27.567	03:12:16.460

Pos.	Dorsal	G	Nome	País	Equipa	escalão	Tempo	Diferença
177	3005	M	JOAO OLIVEIRA	PORTUGAL	GANSOS	M SENIORES	06:44:28.710	03:12:17.603
178	3135	M	SANDRO PINHEIRO	PORTUGAL	FACTOR X / S4L / MEDENSE FC	M SENIORES	06:47:47.967	03:15:36.860
179	3146	F	MARGARIDA NEVES	PORTUGAL	HORA DO LOBO TRAIL FC PEROSINHO	F55	06:48:29.923	03:16:18.816
180	3223	F	MI COUTO	PORTUGAL	BOAVISTA TRAIL	F SENIORES	06:49:34.827	03:17:23.720
181	3144	F	DIANA DIAS	PORTUGAL	DAPPRODUÇÕES	F SENIORES	06:49:35.243	03:17:24.136
182	3045	M	ARTUR FONSECA	PORTUGAL	RUPTURA TOTAL	M40	06:49:39.643	03:17:28.536
183	3148	M	ADELINO PINTO	PORTUGAL	DAPPRODUÇÕES	M SENIORES	06:49:40.640	03:17:29.533
184	3002	M	NUNO CAPELA	PORTUGAL	NÚCLEO DE MONTANHA DE ESPINHO	M40	06:52:18.227	03:20:07.120
185	3077	F	CARMEN CRISTINO	PORTUGAL	TRILHOS DO COSTUME	F45	06:56:50.537	03:24:39.430
186	3201	M	RICARDO FRANÇA	PORTUGAL	WOLVES	M SENIORES	07:06:52.447	03:34:41.340
187	3079	M	PEDRO MAGALHÃES	PORTUGAL	CUIDADO COM O URSO PANDA TRAIL RUNNERS	M45	07:07:44.723	03:35:33.616
188	3147	F	CRISTINA MOURA	PORTUGAL	HORA DO LOBO TRAIL FC PEROSINHO	F55	07:08:27.810	03:36:16.703
189	3081	M	LUIS MORAIS	PORTUGAL	MADUGYM	M50	07:09:00.610	03:36:49.503
190	3141	M	PEDRO MADUREIRA	PORTUGAL	ADC SANTA ISABEL	M SENIORES	07:14:15.030	03:42:03.923
191	3097	M	ALCINDO SILVA	PORTUGAL	XTRAIL	M50	07:20:12.740	03:48:01.633
192	3163	M	PAULO FERNANDES	PORTUGAL	BARRANCOS FC/BIOGADO	M45	07:27:58.207	03:55:47.100
193	3217	F	CARLA SANTOS	PORTUGAL	TOG - TRINCA ORELHAS DE GATO	F40	07:27:59.570	03:55:48.463
194	3074	M	NORBERTO AGUIAR	PORTUGAL	GD LEÕES DA GUARDA - LION RUNNERS	M SENIORES	07:47:10.450	04:14:59.343
195	3209	M	MANUEL LIMA	PORTUGAL	EXPERIENCIAR	M60	08:15:27.770	04:43:16.663
196	3219	F	GABRIELA VEIGA	PORTUGAL	CÂMARA MUNICIPAL DE GONDOMAR	F45	08:17:45.737	04:45:34.630
197	3030	M	PAULO OLIVEIRA	PORTUGAL	LOS MANOS	M SENIORES	08:26:34.903	04:54:23.796
198	3029	F	DANIELA MARTINS	PORTUGAL	LOS MANOS	F SENIORES	08:26:35.913	04:54:24.806
199	2391	M	BRUNO ALVES	PORTUGAL	TRILHOS DO COSTUME	M40	08:27:25.493	04:55:14.386
200	3006	M	MARCOS CARVALHO	PORTUGAL	RUNNING ESPINHO	M SENIORES	08:41:51.877	05:09:40.770
201	3007	F	SANDRA MARTINS	PORTUGAL	RUNNING ESPINHO	F40	08:41:52.533	05:09:41.426