



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	618	Sérgio Manito	Saca Trilhos Anadia	Male	1	M40	1	01:04:54	5'24"/km
2	526	Luis Lourenço	ACR Running	Male	2	M35	1	01:06:08	5'30"/km
3	651	Nelson Santos	Jovase Trail Running	Male	3	M40	2	01:06:57	5'34"/km
4	599	Luís Miguel Martins	Recreio Desportivo de Águeda	Male	4	M45	1	01:08:16	5'41"/km
5	661	Filipe Costa	DAR RECARDÃES	Male	5	MSenior	1	01:08:54	5'44"/km
6	658	Andre Silva	NS Trail Team	Male	6	M35	2	01:09:46	5'48"/km
7	663	Dorsal Sin Datos	Individual	Male	7	M50	1	01:09:53	5'49"/km
8	587	Fábio Carvalho	Individual	Male	8	M40	3	01:10:00	5'50"/km
9	659	Manuel Vicente	BiciARCA run team	Male	9	M50	2	01:10:26	5'52"/km
10	628	Filipe "humilde" Oliveira	Milheirós de Poiares	Male	10	M35	3	01:10:31	5'52"/km
11	656	João Barbosa	Home design	Male	11	M50	3	01:14:37	6'13"/km
12	566	Carlos Estrela	Individual	Male	12	M45	2	01:15:29	6'17"/km
13	606	Frederico Costa	Os Verbenses	Male	13	M35	4	01:15:35	6'17"/km
14	590	Luis Silvestre	Individual	Male	14	MSenior	2	01:16:07	6'20"/km
15	662	André Jesus	Individual	Male	15	MSenior	3	01:16:12	6'21"/km
16	619	Americo Martins De Pinho	clube campismo sao joao da madeira	Male	16	M50	4	01:16:49	6'24"/km
17	615	Bernardo Leite	Barra Ocean Runners	Male	17	M35	5	01:17:12	6'26"/km
18	583	Rafael Barros	Individual	Male	18	MSenior	4	01:17:28	6'27"/km
19	569	Bruno Cartaxo	RM Runners	Male	19	M40	4	01:17:47	6'28"/km
20	597	Tiago Silvestre	Individual	Male	20	MS23	1	01:17:53	6'29"/km
21	556	Sidónio Arede Almeida	Individual	Male	21	M50	5	01:18:03	6'30"/km
22	524	Arcanjo Amarante Martins	Tainadas Run Team - Somengil	Male	22	M55	1	01:18:07	6'30"/km
23	593	Ricardo Branquinho	NAR - Núcleo de Atletismo de Requeixo	Male	23	M35	6	01:18:12	6'31"/km
24	627	Teresa Pinho	Tainadas Run Team - Somengil	Female	1	F35	1	01:18:31	6'32"/km
25	503	Fernando Mónica	Barra Ocean Runners	Male	24	M45	3	01:18:33	6'32"/km
26	527	Jorge Manuel De Jesus Perdigão	Unidos Run Team	Male	25	M40	5	01:19:00	6'35"/km
27	604	André	Individual	Male	26	MSenior	5	01:19:20	6'36"/km
28	585	Frederico Carvalho	Individual	Male	27	MSenior	6	01:19:26	6'37"/km
29	534	Tibério Almeida Santos	Sosense Trail- Corind/ Braga&Fernandes	Male	28	M50	6	01:19:35	6'37"/km
30	626	Fernando Silva	ADCP PEDRALVA	Male	29	M45	4	01:19:56	6'39"/km
31	532	Maria Fatima Pinho	CLTT - Clinica Litoral Trail Team	Female	2	F60	1	01:19:56	6'39"/km
32	622	Nuno Ribeiro	VVTR Valongo Vouga Trail Running	Male	30	M35	7	01:20:16	6'41"/km
33	616	Paulo Santos	Sosense Trail- Corind/ Braga&Fernandes	Male	31	MSenior	7	01:20:18	6'41"/km
34	636	Carlos Leandro Perdigão Da Costa Português	Os Verbenses	Male	32	M35	8	01:20:20	6'41"/km
35	528	José Perdigão	Individual	Male	33	M40	6	01:20:32	6'42"/km
36	584	Jorge Campos	Individual	Male	34	MSenior	8	01:21:05	6'45"/km
37	612	Alexandre Prior	PRIFER	Male	35	M40	7	01:21:20	6'46"/km
38	625	Joel Prior	JPRIOR RUNNING TEAM	Male	36	MSenior	9	01:21:21	6'46"/km
39	598	Cristiano Bispo	Individual	Male	37	MSenior	10	01:21:39	6'48"/km
40	137	Rui Manuel Freitas Sendão	PRIFER	Male	38	M35	9	01:21:58	6'49"/km
41	570	André Assena	RM Runners	Male	39	M40	8	01:22:12	6'51"/km
42	610	Ricardo Filipe Soares Santos	Lobitos BikeTeam	Male	40	M35	10	01:22:31	6'52"/km
43	654	Arsénio Fernandes	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	Male	41	M60	1	01:22:42	6'53"/km
44	514	Carine Loureiro	Unidos Run Team	Female	3	F40	1	01:22:59	6'54"/km
45	561	Fernando Lima Ferreira	Individual	Male	42	M50	7	01:23:02	6'55"/km
46	647	Guilherme Ferreira Dos Santos	Individual	Male	43	MS23	2	01:23:17	6'56"/km
47	620	Paulo Jorge Silva	DAR RECARDÃES	Male	44	M50	8	01:23:22	6'56"/km
48	640	Nelson Manito	MANITOS construções	Male	45	M50	9	01:23:25	6'57"/km
49	529	Jorge Miguel Tavres Gonçalves	ACR Running	Male	46	M40	9	01:23:27	6'57"/km
50	629	Mário Miguel Ferreira	ADCP PEDRALVA	Male	47	M45	5	01:23:31	6'57"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
51	518	Valter Jacinto	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	Male	48	M60	2	01:23:32	6'57"/km
52	655	Lígia Coelho	ARSM - Associação Recreativa de S. Miguel	Female	4	F50	1	01:23:36	6'58"/km
53	643	João Capela	GRECAS	Male	49	M60	3	01:23:38	6'58"/km
54	623	Afonso Conde Faneca Bento	JuveRunTeam	Male	50	MS23	3	01:24:02	7'00"/km
55	611	André Gomes	Individual	Male	51	MSenior	11	01:24:07	7'00"/km
56	571	Carlos Ferreira	Individual	Male	52	M50	10	01:24:09	7'00"/km
57	592	Sandra Vieira	GRECAS	Female	5	F45	1	01:25:05	7'05"/km
58	579	Marquilandro Ferreira	Individual	Male	53	M40	10	01:25:08	7'05"/km
59	535	Leandro Carvalho	Individual	Male	54	M35	11	01:25:50	7'09"/km
60	557	Marco Melo	LAAC - BIKE & SPORT	Male	55	M40	11	01:26:42	7'13"/km
61	551	Rosabell Santos	Individual	Female	6	F45	2	01:26:42	7'13"/km
62	506	Billon	Individual	Female	7	FSenior	1	01:26:52	7'14"/km
63	564	João Monteiro	União Desportiva da Presa	Male	56	MSenior	12	01:27:02	7'15"/km
64	594	Cremilde Miranda	Individual	Female	8	F55	1	01:27:08	7'15"/km
65	548	Aurelie Martins	Tainadas Run Team - Somengil	Female	9	F35	2	01:27:31	7'17"/km
66	517	Daniel Natário	ACR Running	Male	57	M35	12	01:27:34	7'17"/km
67	130	Carlos Manuel Barbosa Reis	PRIFER	Male	58	M45	6	01:27:59	7'19"/km
68	660	Rui Vilar	Individual	Male	59	M45	7	01:28:01	7'20"/km
69	542	Ana Bontempo	RUN 4 FUN	Female	10	F35	3	01:28:05	7'20"/km
70	540	Bruno Santos	Individual	Male	60	M45	8	01:28:29	7'22"/km
71	591	Helder Vieira	GRECAS	Male	61	M60	4	01:28:46	7'23"/km
72	560	Pedro Antonio Lopes Da Silva	Individual	Male	62	M55	2	01:28:53	7'24"/km
73	630	Rafael Pereira	Individual	Male	63	MSenior	13	01:29:09	7'25"/km
74	639	António Manito	MANITOS construções	Male	64	M50	11	01:29:43	7'28"/km
75	644	Gonçalo Santos Conceição	JuveRunTeam	Male	65	MSenior	14	01:30:02	7'30"/km
76	530	Rita Alexandra Frada Almeida	ACR Running	Female	11	F35	4	01:30:04	7'30"/km
77	580	Sonia Silvestre	Domus Trail	Female	12	F60	2	01:30:20	7'31"/km
78	609	Pedro Miguel Carvalhais Bento	Individual	Male	66	M50	12	01:30:25	7'32"/km
79	536	Filipe Carvalho	Individual	Male	67	M35	13	01:30:28	7'32"/km
80	602	André Vieira Lopes	Os Verbenses	Male	68	M35	14	01:31:51	7'39"/km
81	546	Thiago Henrichs Stulpen	Individual	Male	69	MSenior	15	01:31:52	7'39"/km
82	550	Alex Franco	Individual	Male	70	MS23	4	01:32:08	7'40"/km
83	633	José Alisson	Individual	Male	71	MSenior	16	01:32:21	7'41"/km
84	601	Paulo Gomes	Runners Sernancelhe Terra da Castanha	Male	72	M40	12	01:32:53	7'44"/km
85	547	Davide Pinheiro	CDCF ALDEIA STO ANTONIO	Male	73	MSenior	17	01:32:53	7'44"/km
86	613	Catarina Saraiva	Individual	Female	13	FSenior	2	01:33:25	7'47"/km
87	545	Brigite	Individual	Female	14	F50	2	01:33:27	7'47"/km
88	614	Ludovina De Oliveira Ribeiro Saraiva	Individual	Female	15	F60	3	01:33:33	7'47"/km
89	586	Luís Lourenço	Individual	Male	74	M50	13	01:34:28	7'52"/km
90	516	Tiago De Jesus Lopes	ACR Running	Male	75	M40	13	01:34:48	7'54"/km
91	541	Pedro Bontempo	RUN 4 FUN	Male	76	M45	9	01:35:51	7'59"/km
92	617	Rosa Tavares	Sosense Trail- Corind/ Braga&Fernandes	Female	16	F50	3	01:36:13	8'01"/km
93	595	Fábio Gabriel Santos Nascimento	Individual	Male	77	MSenior	18	01:38:18	8'11"/km
94	621	Clara Pinto	Individual	Female	17	FSenior	3	01:38:19	8'11"/km
95	596	Carlos Oliveira	J C T	Male	78	M50	14	01:39:00	8'15"/km
96	664	Dorsal Sin Datos	Individual	Male	79	M50	15	01:39:22	8'16"/km
97	505	Pinto	Individual	Female	18	F55	2	01:39:37	8'18"/km
98	581	Billon Chloe	Individual	Female	19	FSenior	4	01:39:38	8'18"/km
99	544	Liliana Colaço	Individual	Female	20	FSenior	5	01:40:21	8'21"/km
100	576	Raquel Mirena J. Silvestre	Tainadas Run Team - Somengil	Female	21	F40	2	01:41:17	8'26"/km
101	562	Fatima Pires Silva	Individual	Female	22	F60	4	01:43:00	8'35"/km



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
102	653	Susana Vieira	Sosense Trail- Corind/ Braga&Fernandes	Female	23	F45	3	01:46:13	8'51"/km
103	553	Joao Picado	União Desportiva da Presa	Male	80	M50	16	01:48:13	9'01"/km
104	537	Vera Lúcia De Jesus Manco	União Desportiva da Presa	Female	24	F40	3	01:48:13	9'01"/km
105	563	Joana Mesquita	Domus Trail	Female	25	F40	4	01:48:14	9'01"/km
106	521	Nohélia Carla De Jesus Cartaxo	Unidos Run Team	Female	26	F40	5	01:48:43	9'03"/km
107	510	Jéssica Quintas	Nutricionista Jéssica Quintas	Female	27	FSenior	6	01:48:48	9'04"/km
108	588	Eunice Quintas	Nutricionista Jéssica Quintas	Female	28	FSenior	7	01:48:48	9'04"/km
109	511	João Cruz	Nutricionista Jéssica Quintas	Male	81	MSenior	19	01:48:49	9'04"/km
110	589	António Salgueiredo	Nutricionista Jéssica Quintas	Male	82	M55	3	01:48:50	9'04"/km
111	504	Billon	Individual	Female	29	F60	5	01:51:25	9'17"/km
112	519	Sarah Loureiro	Unidos Run Team	Female	30	F40	6	01:52:55	9'24"/km
113	549	Martim Verdadeiro	Individual	Male	83	MS23	5	01:54:11	9'30"/km
114	543	João Carlos Costa Da Cruz	União Desportiva da Presa	Male	84	M55	4	01:57:36	9'48"/km
115	531	Margarida Perdigão	Unidos Run Team	Female	31	F40	7	02:06:33	10'32"/km
116	522	Sofia Janicas	Unidos Run Team	Female	32	F40	8	02:06:34	10'32"/km
117	634	Frederico Da Costa Barros	Os Verbenses	Male	85	M35	15	02:12:16	11'01"/km
118	552	Suzete Cardoso	União Desportiva da Presa	Female	33	F45	4	02:23:10	11'55"/km
119	565	Cristina Monteiro	União Desportiva da Presa	Female	34	F50	4	02:23:10	11'55"/km