



Pos	Dorsal	Nome	Equipa	Sexo	Pos	Cat	Pos	Tempo	Ritmo
1	155	Luís Diogo	DCI / Trilhos Luso Bussaco	Male	1	M35	1	01:33:21	4'54"/km
2	111	Didier De Jesus	Individual	Male	2	M45	1	01:34:51	4'59"/km
3	128	Márcio Tavares	Domus Trail	Male	3	MSenior	1	01:37:42	5'08"/km
4	138	Luis Oliveira	Barracão	Male	4	M45	2	01:40:18	5'16"/km
5	133	Ricardo Correia Martins	Individual	Male	5	M35	2	01:40:25	5'17"/km
6	135	Carlos Manuel França Cálix	Individual	Male	6	MS23	1	01:41:37	5'20"/km
7	102	Luís Filipe Santos Marques	Unidos Run Team	Male	7	MSenior	2	01:41:41	5'21"/km
8	140	Leonardo Gil	Individual	Male	8	MSenior	3	01:42:10	5'22"/km
9	150	José Prouença	TRAIL - Grupo Desportivo de Trancoso	Male	9	M50	1	01:42:12	5'22"/km
10	125	Pedro Capela	Vergabikes PC jardins	Male	10	M50	2	01:44:03	5'28"/km
11	114	Edgar Marques Pinheiro	Individual	Male	11	MSenior	4	01:44:04	5'28"/km
12	152	Luis Ferreira	ACD OS ÍLHAVOS	Male	12	M35	3	01:52:24	5'54"/km
13	126	David Pinho	Domus Trail	Male	13	MSenior	5	01:54:16	6'00"/km
14	109	Carlos Eduardo Domingues	TREPANELAS/PRIFER	Male	14	M40	1	01:58:18	6'13"/km
15	143	André Pinho	Barra Ocean Runners	Male	15	MSenior	6	02:01:40	6'24"/km
16	121	Licínio Manuel Saragoça Costa	Tainadas Run Team - Somengil	Male	16	M45	3	02:03:15	6'29"/km
17	149	Pedro Baptista	ACR Running	Male	17	M45	4	02:03:16	6'29"/km
18	139	Catarina Viana	Runners Sernancelhe Terra da Castanha	Female	1	FSenior	1	02:03:43	6'30"/km
19	127	Paulo Jesus	Domus Trail	Male	18	MSenior	7	02:04:32	6'33"/km
20	112	Nuno Santos	Unidos Run Team	Male	19	MSenior	8	02:04:36	6'33"/km
21	103	Luís Carlos Pereira Carvalho	Individual	Male	20	M35	4	02:05:24	6'36"/km
22	120	Tiago Gandarez	Individual	Male	21	M35	5	02:06:46	6'40"/km
23	118	Ricardo Miguel Miranda Santos	Individual	Male	22	M40	2	02:06:47	6'40"/km
24	123	Kevin Regalado	Tainadas Run Team - Somengil	Male	23	MSenior	9	02:10:38	6'52"/km
25	107	Filipe Rouxinol	Individual	Male	24	M50	3	02:12:16	6'57"/km
26	115	João Santana	Individual	Male	25	M50	4	02:12:16	6'57"/km
27	146	Sandra Oliveira	Tainadas Run Team - Somengil	Female	2	FSenior	2	02:13:14	7'00"/km
28	101	Joana Ribeiro	Barra Ocean Runners	Female	3	F35	1	02:13:14	7'00"/km
29	141	Jorge Fernandes	Tainadas Run Team - Somengil	Male	26	M45	5	02:13:14	7'00"/km
30	110	Joni Rocha	Tainadas Run Team - Somengil	Male	27	M35	6	02:13:19	7'01"/km
31	156	Mario Simões	Individual	Male	28	M55	1	02:13:35	7'01"/km
32	131	Rui Canudo	RM Runners	Male	29	M35	7	02:16:59	7'12"/km
33	132	João Ricardo Oliveira Canudo	RM Runners	Male	30	M35	8	02:16:59	7'12"/km
34	144	Amilcar Raimundo	Sosense Trail- Corind/ Braga&Fernandes	Male	31	M55	2	02:17:00	7'12"/km
35	153	Alexandre Oliveira	Domus Trail	Male	32	MSenior	10	02:17:07	7'13"/km
36	129	Filipe Canudo	RM Runners	Male	33	M45	6	02:17:10	7'13"/km
37	142	Maria De Fátima De Jesus Malta	MIRO TRAIL	Female	4	F55	1	02:18:08	7'16"/km
38	151	Daniela Santos	Barra Ocean Runners	Female	5	FSenior	3	02:18:18	7'16"/km
39	113	André Coquim	ACR Running	Male	34	MSenior	11	02:19:21	7'20"/km
40	104	Marta	Trilhos da Baga / K Run Team	Female	6	F40	1	02:20:32	7'23"/km
41	154	Fátima Ribeiro	Individual	Female	7	F40	2	02:20:37	7'24"/km
42	145	Daniel Silva	Barra Ocean Runners	Male	35	MSenior	12	02:22:08	7'28"/km
43	108	Carlos Ortet	GRUPO DESPORTIVO ASSEMPARK-AVEIRO	Male	36	M50	5	02:22:38	7'30"/km
44	136	Suzete Marco Marco	GRECAS	Female	8	F50	1	02:27:27	7'45"/km
45	106	Luís Soares	Barra Ocean Runners	Male	37	M50	6	02:46:24	8'45"/km
46	117	Oriana Dias	Domus Trail	Female	9	F50	2	02:46:34	8'46"/km
47	119	Patrícia Raquel Nogueira Laranjeiro	Domus Trail	Female	10	F40	3	02:46:35	8'46"/km