



Pos	Dorsal	Nome	Equipa	Escalão	Pos	Sexo	Pos	Tempo	Ritmo
1	85	Bruno Gaspar	AC VERMOIL	M35	1	Male	1	00:13:17	3'19"/km
2	132	Pedro Januário	INDUSTRIAL DESPORTIVO VIEIRENSE	M40	1	Male	2	00:13:17	3'19"/km
3	328	André Ferreira	CPT Sobral de Ceira	Jun/Sen M	1	Male	3	00:13:17	3'19"/km
4	2	Luís Contente	ACDRS QUINHENDROS	Jun/Sen M	2	Male	4	00:13:18	3'19"/km
5	390	Nuno Serrada	ACBatalha	M40	2	Male	5	00:13:38	3'24"/km
6	293	Carlos Costa	Escola de Atletismo de Coimbra/JPaiva	Jun/Sen M	3	Male	6	00:13:53	3'28"/km
7	6	Rui Rodrigues	Centro de Atletismo de Tondela	M40	3	Male	7	00:14:01	3'30"/km
8	27	Ricardo Sousa	DCI/Trilhos Luso Bussaco	Jun/Sen M	4	Male	8	00:14:02	3'30"/km
9	77	Rodrigo Rodrigues	Viriathvs Runners Viseu	Jun/Sen M	5	Male	9	00:14:02	3'30"/km
10	351	João Coentrão	Grupo Recreativo Eirense	Jun/Sen M	6	Male	10	00:14:02	3'30"/km
11	22	William Caetano	kALENJI TEAM DECATHLON AVEIRO	Jun/Sen M	7	Male	11	00:14:03	3'30"/km
12	131	Jorge Marcelino	INDUSTRIAL DESPORTIVO VIEIRENSE	M45	1	Male	12	00:14:04	3'31"/km
13	147	Licínio Carreira	AC VERMOIL	M45	2	Male	13	00:14:08	3'32"/km
14	54	Mário Silva Mourão	Acrs Desterro napo	M55	1	Male	14	00:14:09	3'32"/km
15	71	Ernesto Pereira	FÁTIMA TRAIL TEAM	M35	2	Male	15	00:14:11	3'32"/km
16	272	Adérito Fontes	Escola de Atletismo de Coimbra/JPaiva	M55	2	Male	16	00:14:11	3'33"/km
17	133	António Ferreira	INDUSTRIAL DESPORTIVO VIEIRENSE	M50	1	Male	17	00:14:13	3'33"/km
18	3	Bruno Gonçalves	Escola de Atletismo de Coimbra/JPaiva	M35	3	Male	18	00:14:20	3'35"/km
19	381	Márcio Filipe Simões Pereira	Escola de Atletismo de Coimbra/JPaiva	M40	4	Male	19	00:14:25	3'36"/km
20	164	Ernesto Nabeiro	Soure Mov	M50	2	Male	20	00:14:27	3'36"/km
21	241	Hugo Ramalho	Recreio Desportivo de Águeda	M40	5	Male	21	00:14:29	3'37"/km
22	53	Tiago Gonçalves	Escola de Atletismo de Coimbra/JPaiva	Jun/Sen M	8	Male	22	00:14:31	3'37"/km
23	135	Aléxis Rocha	INDUSTRIAL DESPORTIVO VIEIRENSE	Jun/Sen M	9	Male	23	00:14:38	3'39"/km
24	247	Diogo Pimenta	DCI/Trilhos Luso Bussaco	Jun/Sen M	10	Male	24	00:14:40	3'40"/km
25	84	Miguel Gonçalves	AC VERMOIL	M40	6	Male	25	00:14:42	3'40"/km
26	346	Vitor Cardoso	Escola de Atletismo de Coimbra/JPaiva	M45	3	Male	26	00:14:43	3'40"/km
27	330	João Gonçalves	AC VERMOIL	Jun/Sen M	11	Male	27	00:14:43	3'40"/km
28	106	Pedro Santos	Lama Solta	M35	4	Male	28	00:14:44	3'41"/km
29	246	José Sequeira	Montanha Clube Trail Running/EFAPEL	Jun/Sen M	12	Male	29	00:14:47	3'41"/km
30	322	Hugo Luzio	Saca Trilhos Anadia	M35	5	Male	30	00:14:48	3'42"/km
31	120	Manuel Pinto	Tribo NR	M45	4	Male	31	00:14:53	3'43"/km
32	134	Amílcar Brito	INDUSTRIAL DESPORTIVO VIEIRENSE	M35	6	Male	32	00:14:59	3'44"/km
33	49	Tiago Taborda	DCI/Trilhos Luso Bussaco	M35	7	Male	33	00:15:05	3'46"/km
34	68	José António Pereira Martins	Viriathvs Runners Viseu	M50	3	Male	34	00:15:06	3'46"/km
35	318	José Pedro Galvão		Jun/Sen M	13	Male	35	00:15:06	3'46"/km
36	306	Nuno Marques		Jun/Sen M	14	Male	36	00:15:07	3'46"/km
37	321	Luis Fernandes	Team Casmilo Trails	M35	8	Male	37	00:15:13	3'48"/km
38	113	Luís Oliveira	Figueira kayak Clube	Jun/Sen M	15	Male	38	00:15:17	3'49"/km
39	112	Nuno Neves	Lama Solta	Jun/Sen M	16	Male	39	00:15:18	3'49"/km
40	148	Joaquim Quitério	AC VERMOIL	M45	5	Male	40	00:15:23	3'50"/km
41	99	Joao Pato	CluVe	Jun/Sen M	17	Male	41	00:15:25	3'51"/km
42	9	Ricardo Germano	CluVe	M35	9	Male	42	00:15:26	3'51"/km
43	159	Ricardo Saraiva	Grupo Recreativo Eirense	M50	4	Male	43	00:15:29	3'52"/km
44	245	António Velha	GRUPO DESPORTIVO ASSEMPARK	M55	3	Male	44	00:15:32	3'53"/km
45	151	Luis Oliveira	Lama Solta	Jun/Sen M	18	Male	45	00:15:35	3'53"/km
46	316	Juan José González		M50	5	Male	46	00:15:43	3'55"/km
47	354	Manuel Lino	DCI/Trilhos Luso Bussaco	M60	1	Male	47	00:15:44	3'56"/km
48	31	António Moreira	kALENJI TEAM DECATHLON AVEIRO	M40	7	Male	48	00:15:44	3'56"/km
49	139	Licínio Pereira	INDUSTRIAL DESPORTIVO VIEIRENSE	M65	1	Male	49	00:15:45	3'56"/km
50	226	Nelson Heleno	ASSSCC - Ar Livre e Aventura	Jun/Sen M	19	Male	50	00:15:46	3'56"/km
51	248	João Freitas	Vikings Trail Runners / CCR Alcabideque	Jun/Sen M	20	Male	51	00:15:46	3'56"/km



Pos	Dorsal	Nome	Equipa	Escalão	Pos	Sexo	Pos	Tempo	Ritmo
52	307	João Tinoco	ACDRS QUINHENDROS	Jun/Sen M	21	Male	52	00:15:48	3'57"/km
53	352	Paulo Garcia	Escola de Atletismo de Coimbra/JPaiva	M50	6	Male	53	00:15:49	3'57"/km
54	288	Hélder Galvão	Coimbra Trail Running	M35	10	Male	54	00:15:49	3'57"/km
55	259	João Alves		Jun/Sen M	22	Male	55	00:15:50	3'57"/km
56	14	Luis Vilela	Montanha Clube Trail Running/EFAPEL	M40	8	Male	56	00:15:51	3'57"/km
57	145	José Santos	AC VERMOIL	M45	6	Male	57	00:15:52	3'58"/km
58	183	Tiago Roque	Lama Solta	M40	9	Male	58	00:15:53	3'58"/km
59	379	David Patricio	CPT Sobral de Ceira	M55	4	Male	59	00:15:53	3'58"/km
60	10	Miguel Gomes	Ccr Praia de mira	Jun/Sen M	23	Male	60	00:15:57	3'59"/km
61	289	Telmo Santos	Vikings Trail Runners / CCR Alcabideque	Jun/Sen M	24	Male	61	00:15:59	3'59"/km
62	380	Rui Cadete	Lama Solta	M40	10	Male	62	00:15:59	3'59"/km
63	97	João Marques		Jun/Sen M	25	Male	63	00:15:59	3'59"/km
64	155	Salvador Silva	CF Oliveira do Douro	M45	7	Male	64	00:16:01	4'00"/km
65	50	Francisco Ferreira		M55	5	Male	65	00:16:02	4'00"/km
66	329	Rodrigo Cardoso Simões	Escola de Atletismo de Coimbra/JPaiva	Jun/Sen M	26	Male	66	00:16:07	4'01"/km
67	37	Ricardo Nunes	ACRM Silveirinha Grande Claras	Jun/Sen M	27	Male	67	00:16:07	4'01"/km
68	72	Rui Manuel Pires Da Silva	Viriathvs Runners Viseu	M45	8	Male	68	00:16:08	4'02"/km
69	115	Gilberto Pereira	GRUPO DESPORTIVO ASSEMPARK	M40	11	Male	69	00:16:08	4'02"/km
70	128	Mário Carapinheiro	AAC	M55	6	Male	70	00:16:09	4'02"/km
71	89	Nelson Moreira	Casa Benfica de Torres Vedras	M40	12	Male	71	00:16:10	4'02"/km
72	217	Leonel Sousa		M50	7	Male	72	00:16:13	4'03"/km
73	255	Matilde Sanches		Jun/Sen F	1	Female	1	00:16:14	4'03"/km
74	138	Carlos Simões	INDUSTRIAL DESPORTIVO VIEIRENSE	M55	7	Male	73	00:16:15	4'03"/km
75	116	Manuel Machado	GRUPO DESPORTIVO ASSEMPARK	M55	8	Male	74	00:16:18	4'04"/km
76	87	António Ribeiro		M50	8	Male	75	00:16:24	4'06"/km
77	298	Tiago Silva	Gatões BTT	Jun/Sen M	28	Male	76	00:16:24	4'06"/km
78	224	Gil Novo Novo	Lama Solta	Jun/Sen M	29	Male	77	00:16:24	4'06"/km
79	214	Pedro Jacinto	GRUPO DESPORTIVO ASSEMPARK	Jun/Sen M	30	Male	78	00:16:25	4'06"/km
80	130	Rui Dinis	INDUSTRIAL DESPORTIVO VIEIRENSE	M55	9	Male	79	00:16:26	4'06"/km
81	167	André Neto	Soure Mov	M35	11	Male	80	00:16:27	4'06"/km
82	174	Hugo Bernardes	Soure Mov	M35	12	Male	81	00:16:27	4'06"/km
83	149	José Mendes	AC VERMOIL	M40	13	Male	82	00:16:28	4'07"/km
84	7	António Ferreira	Lobos da Serra - Loureiro	M50	9	Male	83	00:16:28	4'07"/km
85	142	Adriana Coelho	INDUSTRIAL DESPORTIVO VIEIRENSE	Jun/Sen F	2	Female	2	00:16:30	4'07"/km
86	1	Patrícia Fernandes	Escola de Atletismo de Coimbra/JPaiva	Jun/Sen F	3	Female	3	00:16:31	4'07"/km
87	244	Manuel Sá	GRUPO DESPORTIVO ASSEMPARK	M60	2	Male	84	00:16:32	4'08"/km
88	137	João Marcelino	INDUSTRIAL DESPORTIVO VIEIRENSE	M50	10	Male	85	00:16:32	4'08"/km
89	169	Acílio Noro	Soure Mov	M45	9	Male	86	00:16:33	4'08"/km
90	23	Joao Roso	Escola de Atletismo de Coimbra/JPaiva	M35	13	Male	87	00:16:33	4'08"/km
91	271	Paulo Monteiro	Desportivo Moitense	M50	11	Male	88	00:16:37	4'09"/km
92	317	Bruno Martins	Team Casmilo Trails	Jun/Sen M	31	Male	89	00:16:38	4'09"/km
93	320	Jose Pires		M50	12	Male	90	00:16:40	4'10"/km
94	303	Manuel Ferreira	ADRM	M60	3	Male	91	00:16:41	4'10"/km
95	275	Fernando Morais	Saca Trilhos Anadia	M55	10	Male	92	00:16:42	4'10"/km
96	315	Jorge Lemos		Jun/Sen M	32	Male	93	00:16:45	4'11"/km
97	127	José Simões	AAC	M45	10	Male	94	00:16:45	4'11"/km
98	101	Arcides Simões	Viriathvs Runners Viseu	M55	11	Male	95	00:16:45	4'11"/km
99	304	Jucelino Monteiro	Desportivo Moitense	M50	13	Male	96	00:16:47	4'11"/km
100	344	Telmo José Cruz	FormobikeBTT&TrailRunning	Jun/Sen M	33	Male	97	00:16:47	4'11"/km
101	154	João Rui Baptista	FormobikeBTT&TrailRunning	Jun/Sen M	34	Male	98	00:16:47	4'12"/km
102	215	Henrique Carvalheiro	CCDR Matas e Cipreste	M35	14	Male	99	00:16:50	4'12"/km



Pos	Dorsal	Nome	Equipa	Escalão	Pos	Sexo	Pos	Tempo	Ritmo
103	378	Bruno Silva	ARCD Venda da Luísa	M40	14	Male	100	00:16:51	4'12"/km
104	187	Bruno Simoes		Jun/Sen M	35	Male	101	00:16:55	4'13"/km
105	62	Carlos Costa		M45	11	Male	102	00:16:56	4'14"/km
106	57	Luís Silva	ACRM Silveirinha Grande Claras	M50	14	Male	103	00:16:58	4'14"/km
107	30	Carlos Patrão	Soure Mov	M40	15	Male	104	00:17:01	4'15"/km
108	382	Joana Da Cunha		F40	1	Female	4	00:17:02	4'15"/km
109	264	José Proença	kALENJI TEAM DECATHLON AVEIRO	M40	16	Male	105	00:17:04	4'16"/km
110	26	João Dâmaso	Grupo Maravilha	M35	15	Male	106	00:17:07	4'16"/km
111	110	João Filipe Sequeira		Jun/Sen M	36	Male	107	00:17:07	4'16"/km
112	243	Bruno B Ferreira	ACDRS QUINHENDROS	M40	17	Male	108	00:17:10	4'17"/km
113	65	Luc Hennetier	Escola de Atletismo de Coimbra/JPaiva	M45	12	Male	109	00:17:10	4'17"/km
114	17	Joel Santos	ACRM Silveirinha Grande Claras	M35	16	Male	110	00:17:13	4'18"/km
115	150	Vitor Lopes	AC VERMOIL	M50	15	Male	111	00:17:17	4'19"/km
116	228	Rui Póvoa		M40	18	Male	112	00:17:18	4'19"/km
117	370	Luís Machado	ARCD Venda da Luísa	M45	13	Male	113	00:17:18	4'19"/km
118	102	Fernando Alhau	Coimbra Trail Running	M60	4	Male	114	00:17:20	4'20"/km
119	20	Amilcar Costa	ACRM Silveirinha Grande Claras	M50	16	Male	115	00:17:24	4'21"/km
120	69	José Silva	Viriathvs Runners Viseu	M55	12	Male	116	00:17:26	4'21"/km
121	21	José Goes	ACRM Silveirinha Grande Claras	M55	13	Male	117	00:17:26	4'21"/km
122	365	João Marques	ARCD Venda da Luísa	M35	17	Male	118	00:17:28	4'22"/km
123	254	João Martins		M45	14	Male	119	00:17:29	4'22"/km
124	305	André Morais	LisBarro Sport Performance	Jun/Sen M	37	Male	120	00:17:38	4'24"/km
125	170	Vasco Gamboa	Soure Mov	Jun/Sen M	38	Male	121	00:17:41	4'25"/km
126	91	Nuno Figueiredo	Correr Lisboa	M40	19	Male	122	00:17:45	4'26"/km
127	258	José Maçarria	Maresia Bar	M60	5	Male	123	00:17:49	4'27"/km
128	194	Miguel Coimbra	Grupo Recreativo Eirense	M55	14	Male	124	00:17:50	4'27"/km
129	35	Nuno Simões	Escola de Atletismo de Coimbra/JPaiva	M40	20	Male	125	00:17:51	4'27"/km
130	75	Helder Araújo		M60	6	Male	126	00:17:53	4'28"/km
131	196	Filipe Carraco Cerejo	Lama Solta	M35	18	Male	127	00:17:53	4'28"/km
132	274	Luis Gaspar		M35	19	Male	128	00:17:56	4'29"/km
133	81	Brian Ferreira	ASSSCC - Ar Livre e Aventura	Jun/Sen M	39	Male	129	00:17:58	4'29"/km
134	43	Carla Santos	Montanha Clube Trail Running/EFAPEL	Jun/Sen F	4	Female	5	00:18:01	4'30"/km
135	319	Vitor Cação	Gatões BTT	M40	21	Male	130	00:18:01	4'30"/km
136	28	Nélio Vieira	AC Batalha	Jun/Sen M	40	Male	131	00:18:04	4'31"/km
137	136	Pedro Coimbra	INDUSTRIAL DESPORTIVO VIEIRENSE	M45	15	Male	132	00:18:04	4'31"/km
138	285	Ricardo Páscoa	Soure Mov	M40	22	Male	133	00:18:14	4'33"/km
139	205	Hilario Espadilha	GRUPO DESPORTIVO ASSEMPARK	M45	16	Male	134	00:18:18	4'34"/km
140	161	Andreia Brás	Soure Mov	Jun/Sen F	5	Female	6	00:18:22	4'35"/km
141	44	Jose Basilio Simoes	ARCD Venda da Luísa	M50	17	Male	135	00:18:22	4'35"/km
142	216	Henrique Lavaredas	CCDR Matas e Cipreste	M45	17	Male	136	00:18:23	4'35"/km
143	280	Manuel Fernando		M65	2	Male	137	00:18:27	4'36"/km
144	206	José Canha	GRUPO DESPORTIVO ASSEMPARK	M55	15	Male	138	00:18:28	4'37"/km
145	269	Arlindo Neves	ARCD Venda da Luísa	M55	16	Male	139	00:18:32	4'38"/km
146	281	Esmeralda Fiúza	Lobos da Serra - Loureiro	F55	1	Female	7	00:18:34	4'38"/km
147	207	João Neves	Lama Solta	Jun/Sen M	41	Male	140	00:18:34	4'38"/km
148	40	Luís Santos	Team BolêtaRun	M45	18	Male	141	00:18:34	4'38"/km
149	384	Paulo Curado	ARCD Venda da Luísa	M45	19	Male	142	00:18:35	4'39"/km
150	213	Diogo Simões	Lobos da Serra - Loureiro	Jun/Sen M	42	Male	143	00:18:36	4'39"/km
151	210	Vitor Gomes	CluVe	M55	17	Male	144	00:18:39	4'39"/km
152	350	César Tafula		M40	23	Male	145	00:18:42	4'40"/km
153	292	João Rainho	Inter de Limão	Jun/Sen M	43	Male	146	00:18:43	4'40"/km



Pos	Dorsal	Nome	Equipa	Escalão	Pos	Sexo	Pos	Tempo	Ritmo
154	38	João Sintra	ACRM Silveirinha Grande Claras	M60	7	Male	147	00:18:44	4'41"/km
155	270	Carlos Gaspar		M50	18	Male	148	00:18:44	4'41"/km
156	223	Joel Pedrosa Simões		Jun/Sen M	44	Male	149	00:18:44	4'41"/km
157	366	José Guilherme Fernandes	ARCD Venda da Luísa	Jun/Sen M	45	Male	150	00:18:47	4'41"/km
158	256	Diogo Reis	Coimbra Trail Running	M40	24	Male	151	00:18:48	4'42"/km
159	360	Hélder Morim		M35	20	Male	152	00:18:49	4'42"/km
160	375	Fernando Morgado	ARCD Venda da Luísa	M35	21	Male	153	00:18:49	4'42"/km
161	265	João Nunes		M45	20	Male	154	00:18:50	4'42"/km
162	368	Vitor Marques	ARCD Venda da Luísa	M45	21	Male	155	00:18:50	4'42"/km
163	182	Daniela Cruz Santos	Ccr Praia de mira	Jun/Sen F	6	Female	8	00:18:51	4'42"/km
164	242	Silvia Gomes		Jun/Sen F	7	Female	9	00:18:51	4'42"/km
165	36	Armando Pereira	We	M45	22	Male	156	00:18:53	4'43"/km
166	100	Vitor Ribeiro	Los Caribefios	M35	22	Male	157	00:18:53	4'43"/km
167	157	Marta Senos	kALENJI TEAM DECATHLON AVEIRO	Jun/Sen F	8	Female	10	00:18:54	4'43"/km
168	200	António Agostinho Taborda		M40	25	Male	158	00:18:55	4'43"/km
169	55	Helena Mourão Mourão	Acrs Desterro napo	F60	1	Female	11	00:18:56	4'44"/km
170	175	André Esteves	Soure Mov	Jun/Sen M	46	Male	159	00:18:56	4'44"/km
171	51	Carlos Ortet	GRUPO DESPORTIVO ASSEMPARK	M45	23	Male	160	00:18:57	4'44"/km
172	140	Helena Henriques	INDUSTRIAL DESPORTIVO VIEIRENSE	F50	1	Female	12	00:18:58	4'44"/km
173	252	Carlos Lobo		M55	18	Male	161	00:18:59	4'44"/km
174	141	Sónia Farto	INDUSTRIAL DESPORTIVO VIEIRENSE	F45	1	Female	13	00:19:00	4'45"/km
175	301	Sandra Simões	INDUSTRIAL DESPORTIVO VIEIRENSE	F45	2	Female	14	00:19:01	4'45"/km
176	314	José Carlos Pereira	Pegada@Tavira	M45	24	Male	162	00:19:11	4'47"/km
177	105	Elisa Bregieiro	Lama Solta	Jun/Sen F	9	Female	15	00:19:14	4'48"/km
178	231	Marco Pascoal	Vilaventura Trail	M35	23	Male	163	00:19:15	4'48"/km
179	117	Pedro Marques	GRUPO DESPORTIVO ASSEMPARK	M45	25	Male	164	00:19:16	4'49"/km
180	107	Filomena Carvalho	Lama Solta	F40	2	Female	16	00:19:16	4'49"/km
181	240	Vitor Parola	Impact Factor	M35	24	Male	165	00:19:18	4'49"/km
182	233	Hugo Neves	Impact Factor	M35	25	Male	166	00:19:19	4'49"/km
183	261	Joana Barraca		Jun/Sen F	10	Female	17	00:19:22	4'50"/km
184	348	António Fernandes	kALENJI TEAM DECATHLON AVEIRO	M45	26	Male	167	00:19:22	4'50"/km
185	262	Telmo Baptista		Jun/Sen M	47	Male	168	00:19:23	4'50"/km
186	146	Emanuela Simões	AC VERMOIL	F45	3	Female	18	00:19:24	4'51"/km
187	383	Nuno Duarte	Caminhos do diabo	Jun/Sen M	48	Male	169	00:19:26	4'51"/km
188	208	Cristiana Silva	Lobos da Serra - Loureiro	Jun/Sen F	11	Female	19	00:19:27	4'51"/km
189	79	Jacinta Manata	Adões Trail	F40	3	Female	20	00:19:28	4'52"/km
190	361	Óscar Cardoso		Jun/Sen M	49	Male	170	00:19:30	4'52"/km
191	45	Tiago Pires	ARCD Venda da Luísa	M35	26	Male	171	00:19:31	4'52"/km
192	279	Jorge Ramos	ACDRS QUINHENDROS	M65	3	Male	172	00:19:36	4'54"/km
193	114	Valter Jacinto	GRUPO DESPORTIVO ASSEMPARK	M65	4	Male	173	00:19:37	4'54"/km
194	308	Liliana Silva	CPT Sobral de Ceira	F45	4	Female	21	00:19:40	4'55"/km
195	32	Aldina Ferreira	We	F40	4	Female	22	00:19:46	4'56"/km
196	158	Odeta Cruz		F55	2	Female	23	00:19:47	4'56"/km
197	257	João Manuel Rodrigues Barroco	GRUPO DESPORTIVO ASSEMPARK	M60	8	Male	174	00:19:49	4'57"/km
198	209	Roberto Simões	Lobos da Serra - Loureiro	M40	26	Male	175	00:19:50	4'57"/km



Pos	Dorsal	Nome	Equipa	Escalão	Pos	Sexo	Pos	Tempo	Ritmo
199	179	Sara Martins	CluVe	F45	5	Femal	e 24	00:19:52	4'58"/km
200	178	Ana Carolina Filipe		Jun/Sen F	12	Femal	e 25	00:19:53	4'58"/km
201	323	Pedro Roque	Os Papa Milhas	M50	19	Male	176	00:19:58	4'59"/km
202	165	Jorge Cordeiro	Soure Mov	M55	19	Male	177	00:20:00	5'00"/km
203	203	Luís Pinto	Diabinhos de Samuel	M40	27	Male	178	00:20:01	5'00"/km
204	372	José Fernandes	ARCD Venda da Luísa	M55	20	Male	179	00:20:02	5'00"/km
205	377	Carlos Albuquerque	ARCD Venda da Luísa	M45	27	Male	180	00:20:03	5'00"/km
206	171	António Ferreira	Soure Mov	M40	28	Male	181	00:20:03	5'01"/km
207	251	Pedro Marques	Lama Solta	M35	27	Male	182	00:20:07	5'01"/km
208	74	Pedro Fernandes	ACDRS QUINHENDROS	M45	28	Male	183	00:20:09	5'02"/km
209	15	José Ladeiro	FitMove	Jun/Sen M	50	Male	184	00:20:11	5'02"/km
210	376	Elisabete Correia	ARCD Venda da Luísa	F35	1	Femal	e 26	00:20:11	5'02"/km
211	111	João Luis Santos		M50	20	Male	185	00:20:12	5'03"/km
212	122	Paulo Gonçalves		M45	29	Male	186	00:20:15	5'03"/km
213	374	Isabel Barreiro	ARCD Venda da Luísa	F40	5	Femal	e 27	00:20:17	5'04"/km
214	356	Edgar Gomes	Soure Mov	M35	28	Male	187	00:20:20	5'05"/km
215	347	Saul Leite	Correr Lisboa	Jun/Sen M	51	Male	188	00:20:21	5'05"/km
216	343	Anabela Fonseca		F45	6	Femal	e 28	00:20:28	5'07"/km
217	12	Joana Almeida		Jun/Sen F	13	Femal	e 29	00:20:30	5'07"/km
218	98	Henrique Conceição	Viseu 360	M65	5	Male	189	00:20:30	5'07"/km
219	249	Ivo Alexandre Carvalho Dos Reis		M35	29	Male	190	00:20:30	5'07"/km
220	282	Celestino Marques	INDUSTRIAL DESPORTIVO VIEIRENSE	M60	9	Male	191	00:20:32	5'08"/km
221	218	Elias Leitão		M65	6	Male	192	00:20:34	5'08"/km
222	108	Rui Carlos Correia	kALENJI TEAM DECATHLON AVEIRO	M50	21	Male	193	00:20:39	5'09"/km
223	163	Catarina Cordeiro	Soure Mov	F45	7	Femal	e 30	00:20:39	5'09"/km
224	357	Rafael Morim		Jun/Sen M	52	Male	194	00:20:41	5'10"/km
225	173	Marta Serralheiro	Soure Mov	F45	8	Femal	e 31	00:20:43	5'10"/km
226	198	Filomena Trindade	kALENJI TEAM DECATHLON AVEIRO	F60	2	Femal	e 32	00:20:43	5'10"/km
227	184	Antónia Abrantes	CluVe	F55	3	Femal	e 33	00:20:45	5'11"/km
228	143	Eugénio Nebdes	AC VERMOIL	M60	10	Male	195	00:20:49	5'12"/km
229	18	João Graca	ACRM Silveirinha Grande Claras	M65	7	Male	196	00:20:50	5'12"/km
230	185	Nuno Fernandes		M45	30	Male	197	00:20:52	5'13"/km
231	342	Márcio Silva		M35	30	Male	198	00:20:52	5'13"/km
232	250	Rui Silva	Adões Trail	Jun/Sen M	53	Male	199	00:20:53	5'13"/km
233	277	João Rovira	CSKD	Jun/Sen M	54	Male	200	00:20:54	5'13"/km
234	253	Teresa Barra		F35	2	Femal	e 34	00:20:54	5'13"/km
235	67	João Paulo Santos Fernandes	PROSISTEM	M45	31	Male	201	00:20:55	5'13"/km
236	176	Ricardo Silva	Adões Trail	M40	29	Male	202	00:20:56	5'14"/km
237	70	Rui Pires	FHCoimbra	M45	32	Male	203	00:20:58	5'14"/km
238	39	Carlos Barroso		M55	21	Male	204	00:20:58	5'14"/km
239	311	Antonio Tafula		M65	8	Male	205	00:21:03	5'15"/km
240	287	Ana Pinheiro	FHCoimbra	Jun/Sen F	14	Femal	e 35	00:21:04	5'16"/km
241	234	João Luís Almeida Cunha Rodrigues		M45	33	Male	206	00:21:07	5'16"/km
242	237	Carlos Rodrigues		M40	30	Male	207	00:21:08	5'17"/km
243	327	Carlos Humberto Madeira Coelho	Miro trail	M45	34	Male	208	00:21:13	5'18"/km
244	349	Hugo Matos		M45	35	Male	209	00:21:15	5'18"/km



Pos	Dorsal	Nome	Equipa	Escalão	Pos	Sexo	Pos	Tempo	Ritmo
245	59	Lino Carraco	ACRM Silveirinha Grande Claras	M50	22	Male	210	00:21:20	5'20"/km
246	177	Jorge Filipe		M45	36	Male	211	00:21:22	5'20"/km
247	11	Maria João Benquerença	ARCD Venda da Luísa	F45	9	Female	36	00:21:24	5'21"/km
248	364	João Travasso	ARCD Venda da Luísa	M35	31	Male	212	00:21:25	5'21"/km
249	197	Jorge Justo	CPT Sobral de Ceira	M60	11	Male	213	00:21:26	5'21"/km
250	90	Patrícia Gomes		Jun/Sen F	15	Female	37	00:21:32	5'23"/km
251	172	Joel Baptista	Soure Mov	M40	31	Male	214	00:21:34	5'23"/km
252	166	Rosália Duarte	Soure Mov	F55	4	Female	38	00:21:35	5'23"/km
253	263	Laurinda Pereira	CSKD	F50	2	Female	39	00:21:38	5'24"/km
254	299	Adriana Almeida	Gatões BTT	Jun/Sen F	16	Female	40	00:21:38	5'24"/km
255	302	Nelia Jesus	Gatões BTT	F45	10	Female	41	00:21:39	5'24"/km
256	291	Jorge Ribeiro	R G Levanta Poeira	M50	23	Male	215	00:21:41	5'25"/km
257	310	Inês Oliveira	Correr Lisboa	Jun/Sen F	17	Female	42	00:22:00	5'30"/km
258	19	Gabriela Carraco	ACRM Silveirinha Grande Claras	F40	6	Female	43	00:22:04	5'31"/km
259	94	Marta Costa	Adões Trail	Jun/Sen F	18	Female	44	00:22:05	5'31"/km
260	227	Mariana Ribeiro	Lama Solta	Jun/Sen F	19	Female	45	00:22:05	5'31"/km
261	276	Anabela Paiva	CSKD	F45	11	Female	46	00:22:08	5'32"/km
262	56	Ondina Leal	ACRM Silveirinha Grande Claras	F45	12	Female	47	00:22:08	5'32"/km
263	48	Eduarda Vinagre	kALENJI TEAM DECATHLON AVEIRO	F45	13	Female	48	00:22:09	5'32"/km
264	268	Filipe Braz		M45	37	Male	216	00:22:10	5'32"/km
265	156	Cláudia Pimentel	CF Oliveira do Douro	F50	3	Female	49	00:22:11	5'32"/km
266	162	Santos Mota	Soure Mov	M60	12	Male	217	00:22:17	5'34"/km
267	33	Isabel Ventura	Tribo NR	F55	5	Female	50	00:22:24	5'36"/km
268	363	Tânia Maia	ARCD Venda da Luísa	F35	3	Female	51	00:22:30	5'37"/km
269	201	Patricia Gonçalves	Lama Solta	F35	4	Female	52	00:22:31	5'37"/km
270	341	Paula Simões		F35	5	Female	53	00:22:35	5'38"/km
271	58	Lucídio Dias	ACRM Silveirinha Grande Claras	M60	13	Male	218	00:22:37	5'39"/km
272	190	Marco Costa	kALENJI TEAM DECATHLON AVEIRO	M40	32	Male	219	00:22:38	5'39"/km
273	82	Carlos Grácio	Os Galgos de Tancos	M55	22	Male	220	00:22:39	5'39"/km
274	326	Michel Pestana		M40	33	Male	221	00:22:42	5'40"/km
275	239	Paulo Santos		M50	24	Male	222	00:22:43	5'40"/km
276	104	Judite Roque	Lama Solta	F40	7	Female	54	00:22:43	5'40"/km
277	121	Jacqueline Dias	Tribo NR	F50	4	Female	55	00:22:44	5'41"/km
278	80	Nuno Alves	CASA DO BENFICA DE CONDEIXA	M45	38	Male	223	00:22:46	5'41"/km
279	95	Maria Inês Oliveira	Lama Solta	Jun/Sen F	20	Female	56	00:22:46	5'41"/km
280	41	Alexandre Carreira		Jun/Sen M	55	Male	224	00:22:46	5'41"/km
281	144	Alfredo Santos	AC VERMOIL	M65	9	Male	225	00:22:59	5'44"/km
282	118	Antonio Carvalho	GRUPO DESPORTIVO ASSEMPARK	M65	10	Male	226	00:23:03	5'45"/km
283	125	Helena Santos	Correr Lisboa	F35	6	Female	57	00:23:06	5'46"/km
284	219	António Matos	kALENJI TEAM DECATHLON AVEIRO	M50	25	Male	227	00:23:06	5'46"/km
285	93	Telma Costa	Adões Trail	F40	8	Female	58	00:23:07	5'46"/km
286	290	Olga Caramelo		F45	14	Female	59	00:23:08	5'47"/km
287	189	Carolina Rodrigues		Jun/Sen F	21	Female	60	00:23:08	5'47"/km



Pos	Dorsal	Nome	Equipa	Escalão	Pos	Sexo	Pos	Tempo	Ritmo
288	192	Sérgio Almeida		Jun/Sen M	56	Male	228	00:23:11	5'47"/km
289	283	António Serôdio	Soure Mov	M60	14	Male	229	00:23:22	5'50"/km
290	359	Vitor Neves		Jun/Sen M	57	Male	230	00:23:22	5'50"/km
291	109	Madalena Jesus Correia	kALENJI TEAM DECATHLON AVEIRO	F50	5	Female	61	00:23:33	5'53"/km
292	260	Dora Dinis		F40	9	Female	62	00:23:44	5'56"/km
293	296	Cátia Agostinho		Jun/Sen F	22	Female	63	00:23:46	5'56"/km
294	297	Nélia Matos	CSKD	F50	6	Female	64	00:23:48	5'57"/km
295	371	Judite Duarte	ARCD Venda da Luísa	F45	15	Female	65	00:23:48	5'57"/km
296	168	Alda Santos	Soure Mov	F45	16	Female	66	00:23:50	5'57"/km
297	188	Tânia Ribeiro		Jun/Sen F	23	Female	67	00:23:55	5'58"/km
298	186	Sandra Rito		Jun/Sen F	24	Female	68	00:23:55	5'58"/km
299	353	Vitor Gariso	Soure Mov	M50	26	Male	231	00:24:02	6'00"/km
300	345	Bruno Nunes		Jun/Sen M	58	Male	232	00:24:05	6'01"/km
301	286	Elisabete Carreira	Soure Mov	F40	10	Female	69	00:24:05	6'01"/km
302	325	António Sousa	Os Papa Milhas	M45	39	Male	233	00:24:11	6'02"/km
303	193	Vera Cordeiro		F35	7	Female	70	00:24:15	6'03"/km
304	369	Nelson Gaspar	ARCD Venda da Luísa	M45	40	Male	234	00:24:17	6'04"/km
305	83	Helena Grácio	Os Galgos de Tancos	F55	6	Female	71	00:24:18	6'04"/km
306	212	Hugo Silva		M35	32	Male	235	00:24:21	6'05"/km
307	266	José Quadrado	Tribo NR	M45	41	Male	236	00:24:22	6'05"/km
308	358	Marco Santos		Jun/Sen M	59	Male	237	00:24:27	6'06"/km
309	221	Edite Fernandes	kALENJI TEAM DECATHLON AVEIRO	F45	17	Female	72	00:24:45	6'11"/km
310	313	Diana Pereira	kALENJI TEAM DECATHLON AVEIRO	F40	11	Female	73	00:24:53	6'13"/km
311	238	João Daniel Cruz		Jun/Sen M	60	Male	238	00:24:58	6'14"/km
312	235	João Cruz		M50	27	Male	239	00:24:58	6'14"/km
313	64	Regina Marvão	kALENJI TEAM DECATHLON AVEIRO	F40	12	Female	74	00:25:19	6'19"/km
314	324	Paula Tavares	Os Papa Milhas	F45	18	Female	75	00:25:26	6'21"/km
315	76	Daniel Antunes	ACDRS QUINHENDROS	M45	42	Male	240	00:25:35	6'23"/km
316	24	Daniela Norte		F35	8	Female	76	00:25:57	6'29"/km
317	236	Carla Costa		F40	13	Female	77	00:26:43	6'40"/km